

SWIMMING



ADRIAN KRAUS

Pittsford swimmers celebrate their Class A championship on Saturday at the Webster Aquatic Center. It's the 13th straight Section V title for the Panthers.

# Pittsford defends title

## Panthers win 13th straight swim crown

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WEBSTER — Katie McPherson, like all of the Pittsford girls swimmers, has never experienced disappointment at the Section V Class A swimming championships.

McPherson, a senior at Pittsford Sutherland, has been a varsity swimmer for four years and in each of those seasons, her team has won a sectional title.

The Panthers captured their 13th sectional title, finishing with 508 points to outpace second-place Webster by 205 points. Fairport was third (294), Victor finished fourth (251), and Penfield placed fifth (204).

"It's pretty insane to think about," said McPherson. Instead of being burdened by the big expectations, McPherson said the Panthers relish the opportunity.

"They aren't a burden," McPherson said. "Coach (Marty Keating) does a great job of keeping us motivated. There's

yelling, but there's also music to keep it light. He plays Adele all the time. She's on repeat. That kind of keeps you going. It's also Sugarland and the Dixie Chicks. It's everything. It's Boyz II Men. He has very good taste in music."

It starts with a year-round commitment to swimming. Keating said 16 of the 19 Pittsford swimmers at the sectional meet swim with him year-round. In all, 14 Pittsford swimmers and divers will compete at the state meet on Nov. 21-22 at Ithaca College.

"It's no secret," Keating said. "That's how we do it. They swim year-round."

The Panthers took first in six of the 11 events. It would've been seven wins, but junior Katie Smith, the defending state champ and state record holder, was disqualified in the 50-yard freestyle after a false start. Smith did, however, earn a win the 100 freestyle.

"This is all about hard work and consistency," Keating said. "It's about the details and taking care of the little things. I love it, I love it. I just think it's going to get better and better."

Led by swimmer of the

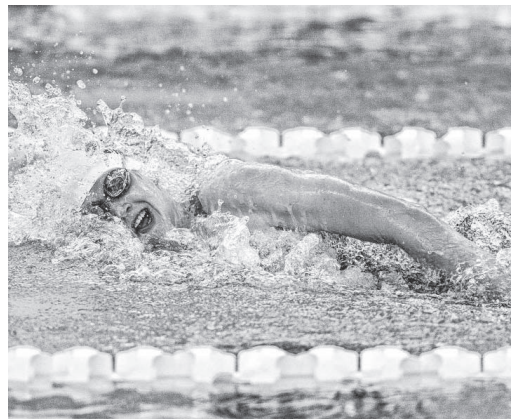
meet, sophomore Lindsay Stone, they swept the top three positions in the 500 freestyle. Stone defended her titles in the 200 and 500 freestyles. Stone, a Sutherland student, dropped a second from her previous best time in the 200 (1:50.13). She also swam a leg on the victorious 200 and 400 freestyle relay teams. The Panthers are the defending state champ in the 200 freestyle relay.

"It's really great. I am really lucky to be part of a team with such great girls," said Stone, a fourth-year varsity swimmer. "All of my best friends are on this team. It's really just a family atmosphere, and I love it. I've been very fortunate for the past four years."

Fairport senior Susan Mestha had an impressive meet. She took first in the 100 backstroke, second in the 100 butterfly, and anchored the winning 200 medley relay team.

"The feeling is ineffable," Mestha said. "There are no words to describe this feeling. It feels great."

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Pittsford's Lindsay Stone wins the 200 yard freestyle with a time of 1:50.13.