

STATE SWIMMING AND DIVING CHAMPIONSHIPS

For Pittsford girls team, another brilliant effort

STAFF REPORT

The Pittsford girls swimming team has set the bar so high that there are instances when winning a state title is great, but not necessarily the ultimate goal.

It's not always about beating the competition, it's about beating the clock.

Sophomore Lindsay Stone did beat all of her competition Saturday at the NYSPHSAA Swimming and Diving Championships at Ithaca College, claiming state titles in the 200-yard freestyle (1:48.89) and 500 freestyle (4:48.86).

Teammate and junior Katie Smith also won a state crown, taking first in the 50 freestyle (23.08) after back-to-back years as runner-up.

The two also swam on the winning 200 freestyle (1:34.73) and 400 freestyle relays (3:28.36).

The 200 free relay of Becca Evans, Emma Corby, Stone and Smith set the state record, breaking the mark the same foursome set just a night previously in the preliminaries.

"It's quite a great feeling," said Stone, who defended her title in the 500 freestyle. "It's definitely how I hoped to come out and it's really rewarding."

Stone swam personal bests in both events, but came up just a little short of her ultimate goal of breaking the state record in each.

She was 0.6 second shy of the 200 freestyle mark and just under two seconds shy of the 500 freestyle record despite winning by nearly 10 seconds.

"I'm not really disappointed because I have to be excited about my performance. I had two personal bests, Stone said. "I set my goals high and if I reach them that's great and get close that's great, but we'll see as time goes on. There is always room for improvement and raising the bar."

Smith finally broke through for the title in the 50 freestyle with an automatic All-American time.



ADRIAN KRAUS
Fairport's Megan Palmer swims the butterfly leg in the finals of the 200 yard medley relay.



ADRIAN KRAUS
Fairport's Lauren Michelsen, right, and Grace Chen hug teammate Megan Palmer.

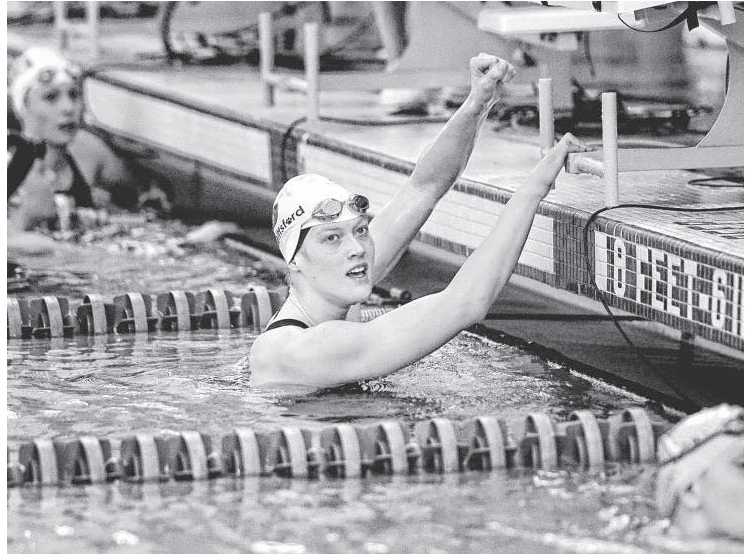
She was top seed heading into the 50 as well as the 100 freestyle, but finished second (51.08), 0.2 second behind Andrea Ernst of Orchard Park-VI.

Smith's top goals were to become the first to go under 23 seconds in the 50 freestyle or the first to go under 50 seconds in the 100 freestyle.

Quite the expectations, but that is the result when there has already been so much accomplished.

Fairport's 200 medley relay was the only other Section V representative to win a state title.

The foursome of Grace Chen, Lauren Michelsen, Megan Palmer and Suhan Mestha finished in 1:46.32, just 0.18 second off the state record.



ADRIAN KRAUS
Pittsford's Lindsay Stone pumps her fist after winning the finals of the 200 yard freestyle with a time of 1:48.89 during the 2014 NYSPHSAA Girls Swimming & Diving Championships.

All the victories helped Section V win the state section title for the third straight year, outscoring Section I by 136 points.

Pittsford also won the unofficial team title with 268 points. Fairport was sixth with 140 points.

Corby, a sophomore, contributed further to the team and sectional wins with a sixth-place finish in the 200 freestyle (1:59.90) despite entering the weekend seeded 24th.

Team: Section V 700.5, Section I 564.50, Section VI 522.5, Section VIII 390, Section IV 314, Section II 330, Section XI 212, Section IX 179, CHSAA 132, Section III 107.5, PSAL 41.

Individual: 200 medley relay: 1. Fairport (Grace Chen, Laruen Michelsen, Megan Palmer, Suhan Mestha) 1:46.32, 2. Arlington-I, 1:47.47; **200 freestyle:** 1. Lindsay Stone (Pittsford) 1:48.89, 2. Cara Treble (Massapequa-VIII) 1:50.14; 6. Emma Corby (Pittsford) 1:59.90;

200 IM: 1. Margaret Aroesty (Long Beach-VIII) 2:00.71; 4. Becca Evans (Pittsford) 2:06.11; 7. Natalie Zaravella (Victor) 2:06.69; **50 freestyle:** 1. Katie Smith (Pittsford) 23:08, 2. Andrea Ernst (Orchard Park-VI) 23:41, 6. Catherine Schultheis (Brookport) 24:30, 10. Maddison Sullivan (Honeoye Falls-Lima) 24:75; **Diving:** 1. Ayla Bonniwell (Ithaca) 529.45; 2. Alexandra House (Newark) 518.25; 6. Kate Applin (Dansville) 484.45, 10. Serica Hallstead (Canandaigua) 473.35; **100 butterfly:** 1. Paige Kaplan (Bellmore-Merrick) 55.53; **100 freestyle:** 1. Ernst (Orchard Park-VI) 50.88, 2. Smith (Pittsford) 51:08, T-6. Suhan Mestha (Fairport) 52.63, 8. Catherine Schultheis (Brookport) 52.70; **500 freestyle:** 1. Stone (Pittsford) 4:48.86, 2. Kerry Giovanniello (Bellmore-Merrick-VIII) 4:58.86; 9. Nancy Nasky (Brighton) 5:07.96; **200 freestyle relay:** 1. Pittsford (Evans, Corby, Stone, Smith) 1:34.73; 2. Orchard Park-VI 1:37.36, 5. Fairport (Chen, Mestha, Palmer, Anna LaPorte) 1:38.53; **100 backstroke:** 1. Casey Gavigan (Ward-Melville-VIII) 55:16; **100 breaststroke:** 1. Margaret Aroesty (Long Beach-VIII) 1:02.19; 9. Natalie Zaravella (Victor) 1:06.63; **400 freestyle relay:** 1. Pittsford (Stone, Corby, Evans, Smith) 3:28.36, 2. Orchard Park-VI 3:33.14, 5. Webster (Natalie Neamtu, Lauren Nicastrro, Sydney Krisanda, Kristina Posnick) 3:36.50, 8. Fairport (Mestha, Chen, Palmer, Maggie Long) 3:37.41.

*State Record