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Girls Swimming: Pittsford repeats as 'A' champions

The Panthers were able to come out on top in five of the 11 events held on the night, doing so with a team that consisted of 21 freshman out of 38 girls.

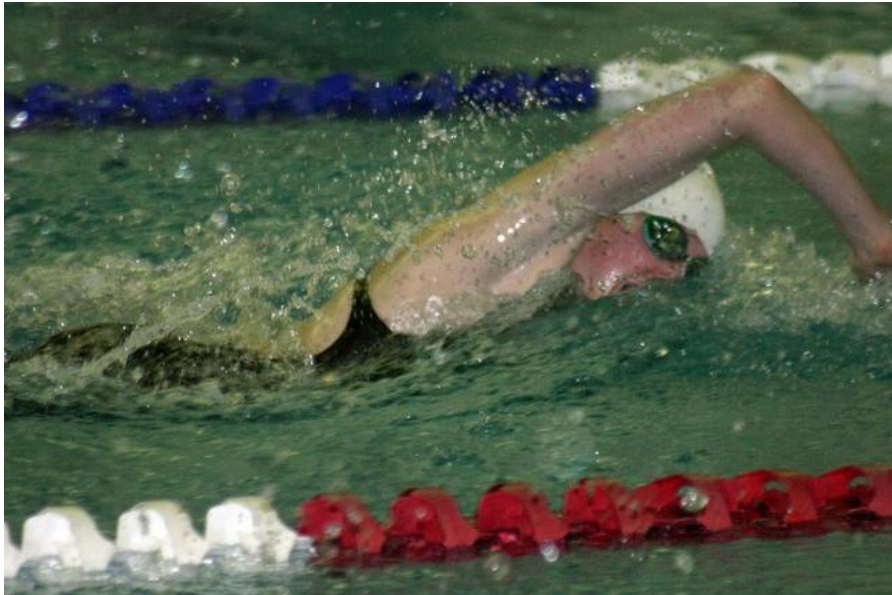










BRYAN SULLIVAN/MESSENGER POST

Pittsford's Lindsay Stone won the 500 freestyle at the Section 5 Class A championship race last Saturday at the Webster Aquatic Center.

By Brian Shuman, Correspondent

Posted Nov. 12, 2012 at 12:01 AM
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Webster, N.Y.

The Section 5 Class A Girls Swimming Championship was held Saturday Night at the Webster Aquatic Center and Pittsford emerged as champions yet again by the end of the night.

The Panthers were able to come out on top in five of the 11 events held on the night, doing so with a team that consisted of 21 freshman out of 38 girls.

The team won two relays on the night, the first of which in the 200 freestyle relay with a time of 1:37.94, good enough for All-American consideration. They also improved on their state qualifying 400 freestyle relay by nearly four seconds with a 3:33.73.

Coach Marty Keating said he was "pleasantly surprised" with the girls relays.

Freshman Katie Smith was the star of the meet, winning both the 50 and the 100 freestyle races. Heading into the meet Smith had already qualified for states in both events, however things got even better when she was able to automatically qualify for All-American in the 50 yard freestyle with a time of 23.44.

The time also topped the previous A Meet record of 23.56 held by Webster's Kara Lynn Joyce and was .01 shy of tying the Section 5 record.

An excellent performance was turned in by Penfield's Emily Martin, who won two races on the night. The senior



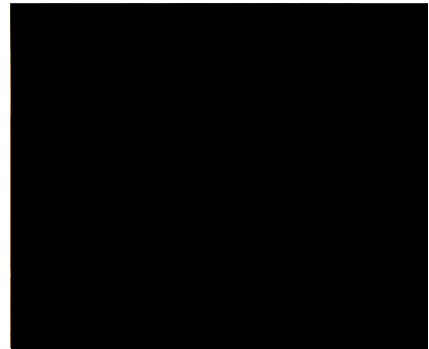
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was able to win her first ever sectional race in the 200 free with a time of 1:56.12, the only time good enough to qualify for states in the event.

She then topped it with a victory in the 100 butterfly event with a time of 59.8. When asked how she feels she did Martin said "I'm pleased with myself. Everyone on my teams doing really well so it's great to be a part of that."

Penfield was able to finish second overall with a score of 314 points, thanks to Martin's two victories to go along with Emma Shi's win in the 200 Individual Medley (2:10.19).

Shi just edged out Pittsford's Lindsay Stone, who had a time of 2:10.44. Despite the close loss Stone was able to become victories later on in the meet when she dominated the 500 freestyle by over 10 seconds, finishing the race with a state qualifying time of 5:02.09.

Other winners on the night included Fairport sophomore Suhan Mestha in the 100 backstroke with a time of 59.95, topping her state qualifying preliminary time. The Fairport team won the 200 medley relay at the start of the meet as well.

Lastly, Kristina Posnick of Webster was able to win the 100 breaststroke event with a time of 1:07.54. The Webster team also improved on their preliminary time in the 400 freestyle relay to qualify for states with a time of 3:42.35.

Pittsford's final score showed their thorough dominating of the event, ending with 460.5 points to make it the 11th year in a row the girls swim team has won the Section 5 Class A Title.

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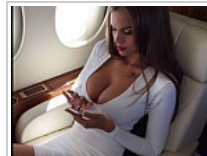
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