

STATE SWIMMING

Pittsford's Stone wins

Strategy works to perfection in 500 freestyle

Staff report

Lindsay Stone had the right plan in place and everything was going exactly to plan.

The Pittsford freshman had kept the leader of the 500-yard freestyle championship within a body length or two for much of the race, and as the final stretch drew near at Ithaca College, it was time to turn up the intensity.

Stone finished the final five laps in strong fashion to catch and surpass Molly Treble of Massapequa (Section VIII) and win in a personal-best time of 4 minutes, 49.03 seconds.

The automatic All-American time was just 0.21 seconds faster than Treble's.

"Coach (Marty Keating) talked to us night before about making life-changing moments and memories," said Stone, who cut more than six seconds off her preliminary time. "I definitely think it was my best race. It was so exciting. I just can't believe it honestly."

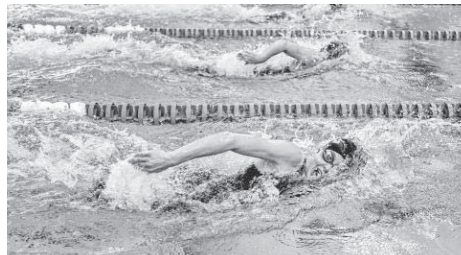
The strategy to let someone else set the pace allowed Stone to reserve energy for the final kick.

"The last five laps came and I was like, 'All right here we go.' The last lap I just put my head down and went for it," she said.

Stone also placed fourth in the 200 freestyle (1:51.63) and teamed with Stephanie Andrews, Emma Corby and Katie Smith to win the 200 freestyle relay with a state meet record time of 1:35.34.



Pittsford's Lindsay Stone wins the 500-yard freestyle with a time of 4:49.03 at the state girls swimming and diving championships Saturday at Ithaca College. ADRIAN KRAUS



Canandaigua's Sarah Baxter swims the anchor leg of the 400-yard freestyle relay Saturday at Ithaca College. ADRIAN KRAUS

Stone and Smith were also on the second-place 400 freestyle relay team (3:27.25), which has lowered the Section V record by five seconds this season.

"It was crazy going straight from the 500 to the 200 free relay. It always helps when you feel like you're on top of the world," Stone said.

Those efforts helped lead Section V to its second straight section scoring title after not winning one since 2007. Section V finished with 611 points to

outpace runner-up Section VI by 45.5 points.

"We were really excited," Canandaigua senior Sarah Baxter said. "There are barely any sections that can go two years in a row. I'm really proud to be a part of that."

Baxter capped a stellar career with a third-place finish in the 100 freestyle (51.30) and fourth-place showing in the 50 freestyle (23.88).

She was sixth after the preliminaries and shaved off a solid chunk of time in each final.

"I would have liked to do better, but it is states," said Baxter, who was third in the 100 freestyle last year as well. "I'm pretty proud of myself. It was awesome to even be able to go."

Section V had four swimmers in the top 10 of the 50 free, led by Pittsford's Smith.

Smith had the fastest preliminary time in the 50 and 100 freestyles, but finished second in both on Saturday.

The sophomore was edged by Dina Rommel of Clarence-VI by just 0.11 seconds in the 50, and lost by 0.38 seconds to Andrea Ernst of Orchard Park-VI in the 100.

"(Katie) has had a meteoric rise the last year and a half," Keating said. "But she hasn't had that experience like today."

Rush-Henrietta senior Megan Burns also produced a pair of top-10 finishes, placing sixth in the 50 freestyle (24.15) and eighth in the 100 freestyle (52.22).

STATE SWIMMING CHAMPIONSHIPS

NYSPHSAA Championships at Ithaca College
200-yard medley relay: 1. Ward-Melville-XI 1:48.38, 6. Pittsford (Stephie Riley, Becca Evans, Anne Marie Mozrali, Katie McPherson) 1:51.02, 7. Fairport (Swati Kumar, Lauren Michelsen, Suhan Mestha, Daina Basic), 1:51.05. **200 freestyle:** 1. Molly Treble (Massapequa-VIII) 1:49.98, 4. Lindsay Stone (Pittsford) 1:51.63. **200 individual medley:** 1. Mikayla Sargent (Olean-VI) 2:02.80. **50 freestyle:** 1. Dina Rommel (Clarence-VI) 23.13, 2.

Katie Smith (Pittsford) 23.24, 4. Sarah Baxter (Canandaigua) 23.88, 6. Megan Burns (Rush-Henrietta) 24.15, 10. Mestha (Fairport) 24.26. **Diving:** 1. Addison Walkowiak (Ballston Spa-II) 494.3, 4. Seica Hallstead (Canandaigua) 434.65, 8. Erin Norton (Victor) 424.1, 9. Alexandra House (Newark) 423.25. **100 butterfly:** 1. Rommel (Clarence-VI) 55.77. **100 freestyle:** 1. Andrea Ernst (Orchard Park-VI) 50.88, 2. Smith (Pittsford) 51.26, 3. Baxter (Canandaigua) 51.30, 8. Megan Burns (Rush-Henrietta) 52.22. **500 freestyle:** 1. Stone

(Pittsford) 4:49.03, 2. Treble (Massapequa-VI-II) 4:49.24. **200 freestyle relay:** 1. Pittsford (Stephanie Andrews, Emma Corby, Stone, Smith) 1:35.34, 3. Rush-Henrietta (Lucia Berkef, Alicia Shenal, Katie Bruns, Megan Burns) 1:38.05, 4. Canandaigua (Sarah Jane Wied, Alyssa Baker, Heather Chrisman, Baxter) 1:38.07, 8. Fairport (Kumar, Mestha, Vienna Howard, Basic) 1:39.57. **100 backstroke:** 1. Emma Hadley (Greeley-I) 56.71, 10. Riley (Pittsford) 59.44. **100 breaststroke:** 1. Margaret Aroesty (Long Beach-VIII) 1:04.10, 9.

Kristina Posnick (Webster) 1:07.15. **400 freestyle relay:** 1. Clarence-VI 3:26.98, 2. Pittsford (Stone, Andrews, Evans, Smith) 3:27.25, 6. Canandaigua (Chrisman, Kylie Loforte, Abbie Sullivan, Baxter) 3:36.33, 8. Webster (Natalie Neamtu, Lauren Nicastro, Sydney Krisanda, Posnick) 3:36.84. **Section scoring:** 1. Section V 611 points, 2. Section VI 565.5, 3. Section I 456, 4. Section VIII 363, 5. Section XI 303.5