

FRAC 2011 Sierra Nevada 14 & Under

Short Course Junior Olympics

March 4-6, 2011

Congratulations to our 2011 Junior Olympic Team! FRAC had fantastic results! Participants at the 2011 Sierra Nevada 14 & Under Short Course Junior Olympics Meet held March 4-6 in Fairfield, CA were Cade Cunningham, Camerin Cunningham, Bryce Dahlen, Paige Dahlen, Claudia Guillory, Arun Rai, Jessica Ruiz, & Marlon Vos Alfaro.

Arun Rai, swimming for our 9-10 boys, had some amazing swims! Arun took second in the 100 yd breaststroke with a time of 1:21.19, which was faster than the Jr. Olympic record!! He was also second in the 50 yd breaststroke (36.75). He took sixth in the 200 yd freestyle (2:22.23), seventh in the 100 yd IM (1:15.66), and eighth in the 50 yd freestyle (30.34). Arun had 100% new best times at this meet. He has earned four far western qualifying times and will be traveling to Morgan Hill to compete at the end of this month. WAY TO GO ARUN!!! WE ARE SO PROUD OF YOU!!! :)

Marlon Vos Alfaro, also swimming for our 9-10 boys, had seventh place finishes in both the 50 yd backstroke (35.65) and the 100 yd backstroke (1:18.87). Marlon has also qualified for Far Westerns. Fabulous job Marlon!! :)

Our 9-10 boys 200 yd freestyle relay (Cade Cunningham, Bryce Dahlen, Arun Rai, Marlon Vos Alfaro) earned a fifth place win with a time of 2:11.47. Nice!! :)

Paige Dahlen, 7-8 girls, took third place in the 50 yd backstroke (44.21), fourth in the 25 yd freestyle (17.03), sixth in both the 50 yd freestyle (37.77) and 100 yd freestyle (1:25.95). Paige also had a seventh place finish in the 25 yd backstroke clocking in at 21.62. Awesome swims Paige! :)

We are excited to have so many of our swimmers making such a splash at these competitive meets!!