

Grass Valley Penguin Sprint Meet – April 9-10, 2011

FRAC had a fantastic meet in Grass Valley for the 2011 Penguin Sprint Meet, held April 9-10 at Bear River High School. A big congratulations goes out to FRAC for earning the Team Spirit Award for the second year in a row! 38 swimmers competed from our team, and all swimmers achieved at least one new best time. There were 5 high point trophies awarded to FRAC swimmers as well. Paige Dahlen, 8-under girls, earned the high point award in her age group, placing first in the 25 yard free (16.37), 50 Free (35.16), 100 Free (1:27.54), 25 Back (20.55), 25 Breast (25.45), and the 100 I.M. (1:41.71). Walker Lee won the high point award for the 8-under boys, obtaining first place finishes in the 100 Free (1:36.10), 25 Back (21.61), 50 Back (49.66), and 25 Fly (23.26). Arun Rai, 9-10 boys, placed first in the 50 Free (30.61), 100 Free (1:08.39), 200 Free (2:30.12), 50 Breast (38.76), 100 Breast (1:25.72), 50 Fly (36.83), 100 Fly (1:22.45), and 100 I.M. (1:15.55). Claudia Guillory, 13-14 girls, earned first place finishes in the 50 Free (27.44), 100 Free (59.53), 200 Free (2:13.41), 500 Free (5:55.21), 100 Back (1:09.90), 100 Fly (1:15.38), and 200 I.M. (2:32.11). Swimming unattached while competing for River Valley High School, swimmer Varinder Singh was the top 15-16 boy, winning the 100 Free (1:08.98), 100 Back (1:14.13), 200 Back (2:48.97), 100 Breast (1:25.35), and the 200 Breast (3:02.98). The 13-14 girls relay team of Claudia Guillory, Jessica Ruiz, Emily Lee, and Camerin Cunningham placed first in the 200 Medley Relay with a time of 2:23.73. Guillory, Ruiz, Cunningham, and Sara Roloff won the 13-14 girls 200 Freestyle Relay as well, finishing with a time of 1:58.17. The 10-under boys team placed first in both of their relays. The team composed of Arun Rai, Marlon Vos Alfaro, Bryce Dahlen, and Trevor Martin earned first place in the 200 Medley Relay with a time of 2:46.57. Rai, Vos Alfaro, Dahlen, and Avery Anderson won the 200 Freestyle Relay (2:35.95). The 8-under girls team of Paige Dahlen, Natalie Stafano, Calista Martin, and Emma Cucchi took second in the

100 Medley Relay with a time of 2:02.85. Other great swims included Marlon Vos Alfaro (9-10 boys) earning first place in the 50 Back (37.51) and 100 Back (1:19.14), Jessica Ruiz (13-14 girls) winning the 200 Back (2:36.01) and 200 Breast (2:51.32), and Sammy Cesena (15-16 boys), who swam unattached while competing for River Valley High School, swimming to first place in the 200 I.M. (2:21.25). Congratulations FRAC Swimmers! We are so proud of you all!

