

FRAC Woodland Spring Classic May 20-22, 2011 Meet Results

Congratulations to the many FRAC swimmers that competed in Woodland for the annual Spring Classic! We had 18 swimmers participate, and everyone had some fantastic swims! 6 FRAC Team Records were broken during this meet. Great job to Paige Dahlen for achieving the 7-8 Girls Team Records for the 50 Free (43.44, beating her own personal record) and 100 Free (1:33.35, previously set by Jessica Ruiz in 2006). Natalie Stafano (7-8 Girls) earned the team record in the 200 Free (4:05.17), being the youngest FRAC swimmer to complete the 200 Meter Freestyle! Arun Rai (9-10 Boys) broke three team records, set by Aaron Birch in 2007, in the 100 Free (1:12.55), 200 Free (2:36.43), and 400 Free (5:28.64). Congratulations swimmers!

FRAC had 5 swimmers compete in the Long Course meter pool for the first time, and they all did a wonderful job! Way to go Madisen Riopel (9-10 Girls), Ryan Fredieu (7-8 Boys), Joseph Nakamura (7-8 Boys), Aunjalee Randhawa (11-12 Girls) and Sara Roloff (13-14 Girls)!

For the 13-14 Girls age group, Jessica Ruiz had 6 new best times, achieving her A Time Standard in the 100 Free (1:09.40). Camerin Cunningham had 100% new best times, and qualified for the Long Course Meter Junior Olympics in the 100 Fly (1:22.38). Claudia Guillory had a new best time in the 100-meter Backstroke with a time of 1:20.73. Emily Lee had many new best times, including the 200 IM (3:51.47) and 200 Free (3:18.64). Great job girls!

Jackson Lee and Cassie Cunningham, both in the 11-12 Age Groups, achieved 100% new best times! Fantastic job!

Walker Lee, for the 7-8 Boys, placed 2nd in the 100 Backstroke with a time of 1:48.39 and 3rd in the 50 Backstroke (50.47). Walker was 0.01 seconds away from the FRAC Team Record!

For the 9-10 Boys, FRAC swimmer Bryce Dahlen placed 5th in the 100 Fly (1:38.41) and 7th in the 50 Breast (50.38). Marlon Vos Alfaro placed 3rd in both the 50 Free (34.47) and 100 Free (1:19.55). He was 2nd in the 50 Back (41.08) and 1st in the 100 Back with a time of 1:25.03, which earned him a AAA time standard. Cade Cunningham had a new best time in the 100-meter Backstroke with a time of 1:48.47). Arun Rai earned two AAAA time standards in the 50 Breaststroke (41.79) and 100 Breaststroke (1:29.98).

We are so proud of our swimmers for all they have achieved so far! Keep up the tremendous work and we look forward to your continued success in the future!!! ☺

