

Northern TRIBS Swimming sends 2 swimmers to compete at the 2018 Eastern Zone Short Course Championship in Webster, NY.

March 29 – 31, Northern TRIBS Swimming had two swimmers attending the 2018 Eastern Zone Short Course Championship in Webster, NY. 928 different age group swimmers from 200 teams spanning Maine to Virginia attended this year's Zones. In order to attend, swimmers needed to qualify by achieving a "cut time" which is set to be challenging for each age group.



Gretch Braun diving in for the 10 & Under 100 Freestyle

10 year old Gretchen Braun from Lisbon swam the 100 Freestyle in 1:00.74 placing 6th, 2nd in the 100 Back with a 1:06.08, 9th in the 200 Freestyle with a 2:13.29, 5th in the 500 Freestyle with a 5:53.15, 13th in the 100 IM with a 1:11.00, and 5th in the 50 Back with a 31.70. All of her times were new club records except the 50 Backstroke which she already holds the record from a week before. In Individual High Points (by age group) Gretchen ranked 11th.

USA Swimming uses Age Group Motivational Times which range from a "B" to "AAAA" times, the highest benchmark. Gretchen received "AAA" times in her 100 IM and 50 Backstroke. She then earned "AAAA" times in her 4 other events: the 100, 200, and 500 Free, and the 100 Backstroke. Gretchen's 10 & Under 100 Backstroke time of 1:06.08 currently ranks her 22nd in the nation.



Sydney Rochefort swimming the 10 & Under 100 Breaststroke

10 year old Sydney Rochefort from Massena competed in the 100 IM with a time of 1:18.26 and the 100 Breaststroke with a time of 1:26.20. Sydney's 100 IM was a "A" motivational time and the 100 Breaststroke is a "AA".

"Qualifying for this meet is an accomplishment in itself. It takes a lot of hard work and dedication, training for several years to become successful enough to attend a meet of this caliber. Gretchen and Sydney exemplify what it takes, they're awesome athletes and some of our toughest competitors, and they're only 10! We cannot wait to see what they'll accomplish throughout their athletic careers." says Northern TRIBS Swimming Head Coach Joshua Jock.

NTS registration is open for the 2018 Spring/Summer Long Course Season including swim lessons, stroke school, age groups and senior swimming in Canton and Massena. Register today online: <http://goTRIBS.org/home>

Meet results are online: <http://goTRIBS.org/meets>