

2017 Eastern Zone Championship/Sectional Weekend

March 30 - April 2, Northern TRIBS Swimming had two swimmers attending the 2017 Eastern Zone Short Course Championship in Webster and another at the 2017 Eastern Zone Speedo Sectionals (North) in Ithaca. Age groups swimmers from Maine down to Pennsylvania attended this year's SC Championships with faster swimmers making qualifying times to attend Sectionals.



Pictured above, Gretchen Braun from Lisbon attended SC Zones with Leon Lufkin of Potsdam as part of the Adirondack "All-star" Team" while Julia Domena from Waddington prepared for Sectionals in Ithaca.

Gretchen swam in the Female 10 & Under age group and was able to improve most of her swims, setting new clubs records in the 100 Free with a 1:05.95, the 200 Free with a 2:19.88 and the 500 Free with a 6:12.43. She set personal best time in the 100 Back with a 1:16.80 and the 50 Free with a 30.05. She also swam the 100 IM going 1:16.44. Gretchen finished each day with a relay: 200 Medley, 200 and 400 Free Relays, giving her 9 events over the 3 day championship.



This was Leon's 2nd time attending SC Zones. He attended finals in both the Male 13-14 100 and 200 Breaststroke. In the 100 Breaststroke he was 6th with a 1:04.61 and in the 200 Breaststroke 5th with a 2:20.81, breaking his previous club record. Leon also swam Breast on both the Male 13-14 200 and 400 Medley Relays which both took 2nd place.

Meanwhile in Ithaca, Julia was getting ready to compete at Speedo Sectionals.



This year 142 clubs attended EZ Speedo Sectionals with just over 1,000 athletes. On Saturday, Julia was seeded 76th place in the 50 Free and finished 58th out of 145 swimmers with a time of 24.74. Then on Sunday Julia's final race was the 100 Free with a time of 54.48 improving her rank from 95 to 89 out of 152 swimmers.

Complete results will be published on the club's website:

http://gotribs.org/2016-2017_sc_meets