

Northern TRIBS swimmers perform well at Starfish Trophy Invitational – brought home 3 trophies!

Twenty-one Northern TRIBS swimmers attended the 2018 Starfish Trophy Invitational January 5-7 in Troy at Rensselaer Polytechnic Institute hosted by the Albany Starfish Swim Club.

Over the course of the 3-day invitational, TRIBS swimmers worked together to improve their swims and break 4 Female Club Records, 12 Male Club Records and 5 Club Relay Records. Several swimmers also returned home with a number of ribbons including 3 trophies. In order to earn a trophy, swimmers had to place well for their age group in all their (8) individual events.

2nd Place – 9 & 10 Girls



**Sydney Rochefort – 137pts.
Massena**

2nd Place 200 IM 2:53.29
2nd Place 200 Free 2:35.72
4th Place 100 Free 1:11.08
1st Place 100 IM 1:19.00
2nd Place 100 Breast 1:28.90
3rd Place 100 Back 1:21.72
1st Place 50 Breast 40.33
4th Place 50 Free 32.58

1st Place – 9 & 10 Girls



**Gretchen Braun – 157pts.
Lisbon**

1st Place 200 IM 2:41.46*
1st Place 200 Free 2:21.26
1st Place 100 Free 1:04.07*
1st Place 9-10 50 Back 33.37
1st Place 100 Breast 1:25.61*
1st Place 100 Back 1:12.71*
1st Place 50 Free 29.57
2nd Place 100 Fly 1:27.76

* Denotes new club record

2nd Place – 11 & 12 Boys



**Seth Braun – 137pts.
Lisbon**

2nd Place 200 IM 2:26.58*
2nd Place 200 Free 2:07.03*
2nd Place 100 Free 57.82*
1st Place 100 IM 1:07.72*
2nd Place 100 Breast 1:17.38
3rd Place 50 Breast 34.97
2nd Place 50 Free 27.00*
3rd Place 100 Fly 1:11.16*

Gretchen and Sydney placed First and Second in three of their races together, beating out the best of their age group. Gretchen took First Place in all but one of her events, the 100 Fly, and broke 4 Female 9-10 Club Records: 200 IM, 100 Free, 100 Breast, and 100 Back. Sydney won First Place in the 100 IM and the 50 Breast. Meanwhile, Seth was able to out touch a number of competitors for a First, five Seconds and a Third Place finish while breaking six Male 11-12 Records: 200 IM, 200 Free, 100 Free, 100 IM, 50 Free, and 100 Fly.

Paul Braun of Lisbon also performed exceptionally well, ranking fifth in his age group, breaking 6 Male Club Records: 100 Free – 51.75, 200 Free – 1:52.46, 500 Free – 5:16.72, 50 Back – 28.01, 100 Back – 58.97, and 200 Back – 2:09.29

Five relay records were also re-set including the Female 10 & Under 100 Free Relay (1:02.80) by the team of Sydney R., Skylar S., Lexi S., and Gretchen B.; the Female 13 & Over 200 Free Relay (1:52.14) by the team of Sophia S., Claire K., Emily L., and Hannah B.; the Female 13 & Over 200 Medley Relay by the team of Emily L., Hannah B., Sophia S., and Rachel B.; the Male 13 & Over 200 Free Relay (1:57.17) by the team of Lean L., Braden Whittaker., Cooper S., Paul Braun.; and the Male 13 & Over 200 Medley Relay (2:10.00) by the team of Paul B., Cooper S., Leon L., and Braden Whittaker.

For full meet results please visit <http://gotribs.org/meets>