

## TRIBS swimmers perform well at 2016 Adirondack Long Course Championship



Gretchen B. with her 1<sup>st</sup> place trophy

During a 3-day Adirondack Long Course Swimming Championship, July 22 – 24, at Colgate University in Hamilton, Gretchen Braun of Lisbon won 1st place overall in her 8 and Under age group with a total of 89 points. During Day 3 Gretchen broke two 23 year-old (from 1993) 8 and Under Adirondack Long Course Resident and District Records for the 100 LCM Freestyle by almost 2 seconds with the time of 1:18.43. After the race she said, "I'm tired but happy!"



Sina L, Katie M. and Gretchen B. pose before Day 2 warmups.

A total of 13 Club Records were broken over the three days by 4 members of Northern TRIBS Swimming. Gretchen B. set 4 records in the Female 8 & Under LCM 50 Freestyle (35.53), 100 Freestyle (1:18.43), 200 Freestyle (2:54.59) and the 50 Backstroke (44.02). Sina Lufkin of Potsdam set 4 records in the 11-12 LCM 50 Free (33.91), 200 Free (2:40.83) and 400 Free (5:30.73) along with the 200 Individual Medley (3:09.67). Katie McGrath of Potsdam set 3 Club Records in the 11-12 LCM 50 Backstroke (38.56), 100 Backstroke (1:23.68) and in the 50 Butterfly (37.43). And, Leon Lufkin of Potsdam set 2 records in 13-14 100 Breaststroke (1:18.15) and 200 Breaststroke (2:54.71). Claire Knowlton of Gouverneur also participated and performed well during this 3-day Championship.

Meet results are available here: <http://gotribs.org/meets>