

Northern TRIBS swimmers smashed 25 Club Records during the 2018 Adirondack Gold Short Course Championship in Troy



Skyler Sanderson of Canton, Gretchen Braun of Lisbon, Seth Braun of Lisbon, Alexis Stuntz of Canton, and Sydney Rochefort of Massena show off their medals. Photo by Coach Jock.



March 16-18, during the 2018 Adirondack Gold Short Course Championship in Troy, Northern TRIBS Swimming (NTS) was represented by 12 athletes from across Franklin and St. Lawrence counties. Combined, these swimmers smashed 25 club records including 11 female, 12 male and 2 relay records.

Gretchen Braun of Lisbon (pictured left) led the way on the Female Team sweeping First Place in all 9 of her individual races, with a First Place 400 Freestyle Relay and a Second Place 200 Medley Relay, earning herself Individual High Point for Girls 10 & Under, 1st Place with 180 points.

Out of all her events, Gretchen dropped the most time, 12 seconds, in her 500 Free for a 6:00.22*. In her 50 Free she went 28.49*, 100 Free 1:01.30*, 200 Free 2:14.16*, 50 Back 31.65*, 100 Back 1:10.13*, 100 IM 1:11.43*, 200 IM 2:34.46*, and in the 100 Breast 1:22.03*.

All (9) of her swims smashed club records*.

Sydney Rochefort of Massena (pictured right) won the 50 Breaststroke, came second to Gretchen in a number of events including the 100 Breast, 100 and 200 Individual Medley, and contributed to the relay teams above, earning herself Individual High Point for Girls 10 & Under, 3rd Place with 131 points.

Out of all her events, Sydney dropped the most time, 17 seconds, in her 500 Freestyle for 6:51.97. She was 1st Place in the 50 Breast with a 39.30. She was 2nd in the 100 Breast going 1:23.98, 100 IM 1:15.38, and 200 IM 2:47.19.

Moving forwards, Gretchen and Sydney will both represent NTS at the Eastern Zone Short Course Age Group Championship next weekend in Webster NY. They will compete against clubs from Maine down to Virginia. NTS is proud to have these two outstanding athletes attend.



Meanwhile, Seth Braun of Lisbon fought his way to finish 1st and 2nd Place in several of his events for the men's team. Seth had to swim each of his 9 individual races during prelims and again during finals (except the 500) nearly doubling the number of his races to 15 throughout this Championship. It was a nail-bitter, coming down to Seth's final race Sunday night during finals, on the third day... He had to out touch one of his competitors in the 200 IM, at least getting 3rd place, to win 2nd Place overall. And, he did it, by one point! Overall, Seth finished with 152 points just ahead of 3rd place with 151.

Seth won 1st Place in the 500 Free, dropping 14 seconds, for a 5:32.73*. He was 2nd Place in the 100 Breast 1:13.88*, 100 Free 56.62*, 100 IM 1:06.09*, and 200 Breast 2:43.33. And, 3rd in the 50 Breast 34.48, 50 Free 26.72*, 200 Free 2:07.39, and 200 IM 2:22.48* smashing a total of 6 club records.

Other NTS Gold Team members include Hannah and Paul Braun from Lisbon. Paul smashed 6 club records: 50 Free 23.55*, 100 Free 50.31*, 200 Free 1:52.11*, 500 Free 5:07.16*, 100 back 56.95*, and 200 Back 2:03.44*. Competing from Malone was Emma Dumas and from Helena Emily Lantry. Emily smashed club records in 50 Back (30.04) and the 200 Back (2:17.35). Sina and Leon Lufkin from Potsdam, Skyler Sanderson from Canton, Sophia Silver from Canton, and Alexis Stuntz also from Canton competed.



The 10 and Under relay team of Sydney, Alexis, Skyler and Gretchen won 1st Place in the 400 Free Relay with a time of 4:57.56* and 2nd Place in the 200 Medley Relay with a 2:28.42*. They smashed the previous Club Relay Records.

Out of 26 Adirondack swim clubs, NTS Women ranked 6th, Men ranked 10th, and combined they ranked 9th against several larger clubs from the Albany region with around 100 competitors each.

NTS also said "Good-bye!" to one graduating senior, Hannah Braun of Lisbon (pictured to the left with Coach Jock and Coach Smith during senior night). Hannah has been swimming with NTS for 6 years and will pursue a career in medicine. Hannah would like to thank her coaches and teammates for an awesome six years.

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