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## Record-breaking Lafayette City Meet

By Jean Follmer



Nicholas Inserra, Springbrook Swim Team  
Photo Lisa Drito

Springbrook girl's 13-14 high point winner, Nora Vance also claimed a record at City Meet. Vance led off the Medley Relay with backstroke. Vance, along with teammates Brooke Aiello, Kathryn Hill and Kate Avery won with a record time of 1:58.17.

Led by head coach Molly Quinn, Springbrook took home yet another first place trophy. "Growing up swimming the Lafayette City Meet has always been a personal highlight of my swim season; we are very lucky to swim in a City Meet with such a fun atmosphere filled with good natured competition. It is especially gratifying to have Springbrook perform so strongly my first year as Head Coach. Every team swam exceptionally well this year and I am extremely proud of the effort our team put forth last weekend," said Quinn.

LMYA surely had one of the most celebrated second place finishes in meet history. Led by co-head coaches Marc Cavallero and Jeff Miller, LMYA swimmers drew their share of constant, deafening cheers from the stands. "I am very proud of the team and their performance at City Meet. The kids have been working extremely hard on their stroke technique and conditioning in practices and it is rewarding for them to swim so well. The mid-season racing experience they get at the City Meet is extremely valuable for the end of the season when the team peaks for league championships and the County meet," said Cavallero.

The LMYA's Boys 7-8 Medley Relay was a record setter. Teammates Jack Larsen, Reider Martinsen, Alec Baker and Christopher Rogers beat out Rancho Colorados for a meet record time of 1:12.88. The foursome went on to break a 30-year-old pool record in the free relay with a time of 1:02.71. When asked how he felt about the win, Alec Baker replied, "Awesome!"

Rancho Colorados finished third with a number of high finishes that resulted in major points for the team. Rancho's 9-10 Boys boasted an on-the-edge-of-your-seats win in the 200-yard free relay with Jon Bindi, Joey Berzins, Cole Lauritzen and Brad Robison with 2:10.61. Sun Valley came in second with a time of 2:10.64.

(Note: Many other records were set at this year's City Meet but unfortunately we cannot include all of them; congratulations to everyone on a race well swum!)

The six Lafayette swim teams descended upon Acalanes High School for the 43rd annual City Meet on July 11. Las Trampas, LMYA, Oakwood, Rancho Colorados, Springbrook and Sun Valley were geared up and ready for action. City Meet began with "one to watch" in the girl's six-and-under 25-yard freestyle. Caitlin Smith, 5-year-old LMYA swimmer, finished first in both the preliminaries & finals. Smith went on to win the High Point trophy for her age group. Dillan Thoms of Las Trampas followed suit with a first place freestyle in the boy's six-and-under. Thoms also went home with the High Point trophy.

The Springbrook domination began with Nicholas Inserra in the Boys 11-12 50-yard freestyle. Finishing with a record-breaking time of 24.12, Inserra had the endless sea of red and black cheering wildly. That was only the beginning of Inserra's unbeatable record-breaking streak - he set records in all of his events, Medley Relay 2:04.49, Free Relay 1:47.95, 50-yard butterfly 26.57, 100-yard IM 1:01.15.



LMYA Boys 7-8 Relay teammates (left to right) Reider Martinsen, Alec Baker, Jack Larsen and Christopher Rogers  
Photo Lisa Dirito



Connor Mattox and Conor MacKinnon received Springbrook's Spirit Award along with Brennan Quinn (not pictured)  
Photo Tatia MacKinnon

**Final Team Scores:**

Springbrook 1313.5  
LMYA 820.5  
Rancho Colorados 721  
Sun Valley 683  
Las Trampas 601  
Oakwood 71

**High Point Winners**

6 & Under Girls  
Caitlin Smith, LMYA, 28

11/12 Girls  
Helene Hollidge, LMYA, 33

6&Under Boys  
Dillan Thoms, Las Trampas, 33

11/12 Boys  
Nicholas Inserra, Springbrook, 33

7/8 Girls  
Jackie Geannacopulos, LMYA, 31

13/14 Girls  
Nora Vance, Springbrook, 33

7/8 Boys  
Alec Baker, LMYA, 31  
Beck Jurasius, Sun Valley, 31

13/14 Boys  
Brendan Foster, Springbrook, 31

9/10 Girls  
Caroline Walsh, Sun Valley, 33

15-18 Girls  
Natalie Chan, Springbrook, 31

9/10 Boys  
Sean McKenna, Sun Valley, 33

15-18 Boys  
Nat Boone, Springbrook, 31

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