

## **Congratulations the CVAC 2013 North Carolina Long Course State Championship Team!**

### **Qualifying Swimmers:**

#### **14 & Under Championships – Greensboro, NC July 11-14th**

Rachel Little, Micah McRea, Ruslan Rautiola, Jon Hoshall, Brent Hoshall, and Brady Leatherman.

#### **Senior Championships- Charlotte, NC July 18-21st**

Jacob Queen and Noah McRea

#### **Recap NC 14 & Under Championships- Greensboro Aquatic Center**

CVAC swimmers had a great weekend in a great facility. This was a fast meet with several state records broken. It is always a pleasure to swim in the premier pool in the state. We had several swimmers post personal best times and **3 CVAC team records broken.**

#### **Notable Swims by CVAC:**

##### **John Hoshall**

100M Back – 1:29.37 – Personal Best Time

50M Back- 41.36 – Personal Best Time

##### **Brady Leatherman**

50M Free – 30.23 – Personal Best Time

50M Fly- 33.86 – Personal Best Time

##### **Ruslan Rautiola**

50M Free – 34.39 – Personal Best Time

100M Fly – 1:25.98 – 13<sup>th</sup> Place

200M IM – 3:10.55 – Personal Best Time

50M Fly – 37.25 – 16<sup>th</sup> Place – CVAC Team Record

##### **Micah McRea**

100M Fly – 1:15.30 – 25<sup>th</sup> Place – Personal Best

50M Breast – 39.94 – 20<sup>th</sup> Place – Personal Best

400M Free – 4:47.47 – 7<sup>th</sup> Place- CVAC Team Record

200M Free – 2:19.33 – 12<sup>th</sup> Place – Personal Best Time

100M Breast- 1:25.51 – 11<sup>th</sup> Place – Personal Best Time

200M IM – 2:38.65 – 12<sup>th</sup> Place – Personal Best Time

50M Fly – 34.14 – Personal Best Time

100M Free – 1:05.94 – Personal Best Time

200M Breast – 2:59.43 – 4<sup>th</sup> Place – CVAC Team Record

### **Recap NC Senior Championships – Charlotte, NC Mecklenburg Aquatic Center**

Our CVAC dynamic duo had a fantastic weekend in a very fast meet. We saw **5 CVAC team records broken**. This was a really cool meet to attend as both as a swimmer and a parent. Many older swimmers participated including many college athletes and even an Olympian. It was a great experience for our swimmers to be in the pool with Cullen Jones, two-time Olympian. As a spectator it was a treat to see him really race. By the way he is the fastest American in history in the 50M Free and we saw him do this thing (he did win in finals).

#### **Notable swims by CVAC:**

##### **Jacob Queen**

800M Free: 8:56.65 – Finals-18<sup>th</sup> Place – CVAC Team Record

200M Breast: 2:34.96 – Finals-19<sup>st</sup> Place – CVAC Team Record

100M Back: 1:04.52 – Personal Best Time

200M Back: 2:15.76 – Finals 28<sup>nd</sup> Place – CVAC Team Record

200M IM: 2:15.31 – Finals 15<sup>th</sup> Place – CVAC Team Record

##### **Noah McRea**

200M Free: 2:01.99 – Personal Best Time

100M Breast: 1:13.11 – Finals 31<sup>st</sup> Place- Personal Best Time

200M Breast: 2:38.58 –Personal Best Time

400M IM: 4:48.40 – Finals 26<sup>th</sup> Place – CVAC Team Record

400M Free: 4:21.17 – Finals 21<sup>st</sup> Place- Personal Best Time

200M IM: 2:16.63 – Finals 19<sup>th</sup> Place – Personal Best Time