

# 2012 West Virginia State Champ Predictions

SwimWV is back again for another round of predictions for this year's WVSSAC State Swimming Championships! I have teamed up with the same former high school coach as last year to gain more perspective and analysis.

*\*Disclaimer: In no way are these predictions meant to offend or discourage anyone. This is simply how I predict things to unfold at the state meet. If you don't like them, then change them. Go out and prove me wrong! You don't win on paper, you win in the pool. Good luck to ALL swimmers and here's to a great 2012 state meet!*

## BOYS

### 200 Medley Relay

**2011 Results:** GW1:40.93, Bridgeport 1:43.63, Parkersburg 1:47.54, Hurricane 1:47.80, Winfield 1:48.38, John Marshall 1:49.03

**State Record:** Parkersburg (2009) 1:40.65

SwimWV Predictions:	Coaches' Predictions:
1. Hurricane	1. Bridgeport
2. South Charleston	2. Hurricane
3. Bridgeport	3. South Charleston
4. Brooke	4. Capital
5. Capital	5. Brooke
6. Notre Dame	6. Notre Dame

**SwimWV:** Just as last year the favorite in the medley relay doesn't even make it out of regionals only this year it's the boys of GW (last season the ladies of Parkersburg suffered an unfortunate DQ at regionals). What that means is this race become much harder to pick. I underestimated Hurricane last season but there is no overlooking them this season with a stellar performance at regionals. I picked them to take the win followed by South Charleston. However, the dark horse right now is Bridgeport. They left Frank Csonka out of this one at regionals but if they decide to take advantage of the GW disqualification and put him here they can drop nearly five seconds. Brooke and Capital should also final and could finish in any order. For the sixth spot I went with Notre Dame who made some relay moves at regionals by putting Jake Preaskorn in this relay.

**What really happened:** After George Washington's unfortunate disqualification at regionals it was someone else's turn to step up to the plate and that team turned out to be Hurricane. The Redskins jumped out to a big lead through three legs and had enough to hold off a late charge from Bridgeport. Their time of 1:44.19 puts them into the top 10 performers all-time at ninth. As coach predicted the Indians decided to make some relay changes from regionals by inserting Frank Csonka here. Unfortunately they just didn't have enough to overtake Hurricane. Capital had a great meet to move up

to third in here. Brooke was a solid fourth while South Charleston and Fairmont Senior rounded out the final in fifth and sixth.

**How did I do:** I really underestimated Hurricane last season and I knew better this year, I went with them to win and they didn't let me down. Bridgeport made some changes to the lineup to jump a spot to second while Capital had four solid swims to move up two places. Brooke stayed right where I thought it fourth. South Charleston had a strong back half but fell a few spots to fifth while Fairmont Senior snuck into the A final in sixth. For the first event I picked 5 of the 6 finalists.

**Coach:** These relays are always so hard to guess. George Washington was a full second of a favorite over everyone in the state and just needed to coast safely through regionals. Yet, as SwimWV mentioned...here we are again. With GW out, it makes sense for Bridgeport to go jostle the relays to make this their focus, so I give them the edge over Hurricane. 3-6 are really anyone's guess.

## 200 Freestyle

**2011 Results:** T. Warden 1:44.86, J. Shaffer 1:45.58, D. Wayne 1:50.31, F. Csonka 1:51.22, F. Inglehammar 1:51.45, K. Simmons 1:51.62

**State Record:** Tim Phillips (PKB) (2009) 1:39.14

SwimWV Predictions:	Coaches' Predictions:
1. Tate Warden (Capital)	1. Tate Warden
2. Keegan Simmons (Jeff)	2. Keegan Simmons
3. Sean Snider (Parkersburg)	3. Zach Kidd
4. Zach Kidd (GW)	4. Sean Snider
5. Matt Lowther (Bridgeport)	5. Matthew Lowther
6. Josh Barnette (GW)	6. Josh Barnette

**SwimWV:** Warden posted a blistering 1:41.0 at MSAC two weeks ago (an All-American Consideration time) and barring MAJOR disaster he is going to run away with this one. Tim Phillips' state record may be a bit of a stretch but I won't count out a great push towards it from Warden. Simmons and Snider have also been under 1:50 this season and could have a great battle for second. Kidd made a move to the 200 this season which will help GW in the team title race, especially if his teammate Barnette can get into finals as well. Barnette and Lowther are three seconds ahead of the next fastest time and both look to final and drop some time.

**What really happened:** Well as we both said this one wasn't even close. Warden jumped out to a lead from the start and really built this race nearly even splitting his first and second 100. While he fell short of his time from MSAC a few weeks ago it was still nearly a seven second victory for the senior from Capital. His time in finals of 1:41.49 and prelims of 1:41.67 moves him into the second and third fastest performances all-time and moves him up to number two all-time behind Tim Phillips. Sean Snider used a strong second 100 to move past Keegan Simmons for second. Zach Kidd was the only other swimmer under 1:50 in fourth place. Barnette and Lowther completed the final in fifth and sixth.

**How did I do:** As predicted this race was really between Warden and the clock and while I know he was disappointed with his time it was still a dominating performance and one of the best in state meet history. Snider jumped up one spot with his second place finish while Simmons fell one spot to third. Kidd finished right were predicted in fourth. Lowther and Barnette ended up reversed in fifth and sixth place. I predicted all six correctly for a running total of 11 of 12.

**Coach:** For those of you that saw Tim’s dominance in the 200 freestyle in 2009, you’ll see a similar display this year from Tate. The battle for second ought to be a fantastic sight though. Simmons has gone a 1:46, Kidd went 1:49 in December and isn’t scared of anyone, and Snider has also been under 1:50 before. In one of the most difficult events to swim well, you’ll see some of the greatest swimmers the state has to offer.

## 200 IM

**2011 Results:** T. Moore 1:56.09, M. Csonka 1:59.13, Z. Shurow 2:07.93, Z. Kidd 2:08.38,  
C. Kay 2:11.61, J. Harrick 2:15.01

**State Record:** Tim Phillips (PKB) (2008) 1:51.19

<p>SwimWV Predictions:</p> <ol style="list-style-type: none"> <li>1. Nate Carr (CCHS)</li> <li>2. Jake Preaskorn (Notre Dame)</li> <li>3. Jacob Nason (GW)</li> <li>4. Jacob Crain (CCHS)</li> <li>5. Zach Shurow (Hurricane)</li> <li>6. Jacob Douglas (Nitro)</li> </ol>	<p>Coaches’ Predictions:</p> <ol style="list-style-type: none"> <li>1. Nate Carr</li> <li>2. Jacob Nason</li> <li>3. Jake Preaskorn</li> <li>4. Jacob Crain</li> <li>5. Zach Shurow</li> <li>6. Heston Smith (University)</li> </ol>
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SwimWV: Nate Carr is the only swimmer in this race that has swam under 2:00 this season having done it twice. I expect him to possibly push the state record, he has been within a second and a half at a club meet, but may fall short this season. Preaskorn will finally get some great competition here with Carr and should also go under 2:00. The Jacob’s (Nason and Crain) had a great race at regionals with Crain outtouching Nason by .08 but GW needs all the extra points it can get without its medley relay. Shurow comes in with the next best series of times and should also be under 2:10. The final spot could go to many swimmers but I went with Douglas however don’t count out Smith from University or Childers from Winfield.

**What really happened:** Just like Tate in the 200 free, Nate Carr is in a class above the others in the 200 IM. While he was off of Tim Phillip’s record he still posted a swift 1:53.51 in finals which became the fourth fastest performance of all-time. His prelims time of 1:53.45 was the third best and moved him into second behind Phillips. Jake Preaskorn was also under 2:00 and clocked in at 1:58.98 to become the seventh fastest performer in history as a freshman. Jacob Nason nearly broke the 2:00 barrier to finish third while Zach Shurow dropped nearly six seconds from his prelims time to finish fourth. Jacob Crain and Jacob Douglas rounded out the finalists.

**How did I do:** Well this race had three Jacobs and one Jake but it was Nate who took the convincing win. He didn't quite push Tim Phillip's record (must be something with the name Tim in the record books, the first five individual events are held by Tim Phillips or Tim Squires) Nate did have a five second win over everyone else. Preaskorn was great in his state meet debut and watch out for him in the coming years. Nason was a solid third but Shurow was the surprise with a great finals swim to move up to fourth over Crain. Douglas completed the top six. I'm doing pretty well so far as I'm 17 of 18.

**Coach:** Nate, the second half of "TNT" with Tate Warden on their club team, will also breeze through his first event. Phillips' record in the IM is in serious jeopardy. 2-4 are a bit fuzzier. Jacob Crain had to swim a lifetime best in the IM at regionals to touch out Nason, who swam a 2:00 in December. I give the edge to Nason with Jake Preaskorn sneaking in between them. There's a huge drop to Shurow at 5<sup>th</sup> and Smith at 6<sup>th</sup>.

## 50 Freestyle

**2011 Results:** S. Fetsko 21.36, A. Green 21.76, B. Davis 22.12, D. Artimez 23.18, J. Weber 23.33, C. Gill 23.42

**State Record:** Tim Squires (B-U) (2010) 20.53

SwimWV Predictions:	Coaches' Predictions:
1. Frank Csonka (Bridgeport)	1. Frank Csonka
2. Adam Poe (South Charleston)	2. Adam Poe
3. Jack Wright (Hurricane)	3. Connor Gill
4. Connor Gill (Elkins)	4. Jack Wright
5. Alex Petry (Fairmont Senior)	5. Alex Petry
6. Loy McGuire (Huntington)	6. Loy McGuire

**SwimWV:** This event lost a lot from graduation and boys choosing other events which leaves it wide open for anyone to take. Csonka comes in as the top qualifier and the fastest swimmer in the field. I will take him for the win but don't count out the freshman Poe as a dark horse. Both need to keep an eye out for Wright as well. Gill was a finalist last season and with a great race could sneak past Wright. Petry and McGuire are the only other swimmers to be under 24 at regionals and could round out the top six.

**What really happened:** Frank Csonka dipped below 22 in prelims to solidify that he was the one to beat and he did it again in finals with a time of 21.83 which moves him into seventh all-time. Adam Poe took second to become the tenth fastest swimmer all-time with his time from prelims. Jack Wright and Connor Gill also went under 23 seconds to get third and fourth. Logan Demyon and Robert Hall completed the top six.

**How did I do:** Well I correctly picked the top four in the correct order. Csonka was the only swimmer under 22 but keep an eye on Poe in the coming years. As just a freshman he and Jake Preaskorn could be the future stars of the meet. Wright and Gill finished right where I thought. I picked a Fairmont Senior swimmer to finish fifth, just the wrong one. It was Logan Demyon who made a big move in prelims to get into the A final. Robert Hall also had a great preliminary swim to jump into the final six. This one hurt me a bit on the last two but I'm 21 of 24.

**Coach:** This event doesn't have a lot of depth, with nearly two seconds between 1<sup>st</sup> & 6<sup>th</sup>. First and second are pretty darn close though, with Poe having gone a 22.2 to Csonka's 22.0. Wright comes to West Virginia by way of Colorado and could sneak into the mix for 3<sup>rd</sup>, but I'll give the edge to Gill.

## 100 Butterfly

**2011 Results:** T. Warden 53.27, M. Lynch 54.08, J. Crain 55.49, J. Nason 55.57,  
A. Brumley 57.09, F. Ingelhammar 57.66

**State Record:** Tim Phillips (PKB) (2009) 47.61

SwimWV Predictions: 1. Jacob Nason (GW) 2. Connor Gill (Elkins) 3. Keegan Simmons (Jefferson) 4. Jack Wright (Hurricane) 5. Heston Smith (University) 6. Josh Jobes (Parkersburg)	Coaches' Predictions: 1. Jacob Nason 2. Jack Wright 3. Keegan Simmons 4. Connor Gill 5. Heston Smith 6. Josh Jobes
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**SwimWV:** Like the 50 freestyle this race looks to be much more wide open than many this season. Defending champion Warden chose other events leaving Nason as the only finalist from last season. He comes in with the best series of times and the only swimmers in the race to break 54 this season. Gill, Simmons and Wright have been within half a second of each other and expect one of the best races of the meet for second here. Smith is the only other swimmer to be under 1:00 this season and is a solid fifth place. Jobes has the next best times from throughout the season so I picked him to complete the top six but look for Salakovich of Brooke and Nelson of Bridgeport to possible sneak into the A final.

**What really happened:** Well it was the transfer from Colorado who claimed his first state title in West Virginia. Wright used a good first 50 to hold off Jacob Nason for the win. His time of 52.94 makes him the seventh fastest performer in state meet history. Nason just didn't have quite enough to get past Wright but does become the ninth fastest performer in history. Connor Gill finished third with Keegan Simmons closely behind in fourth. Heston Smith was fifth with Cameron Nelson completing the top six.

**How did I do:** Well I had five of the top six but my order of finish was a little off! Wright was satisfied with my prediction of him in fourth so he went out and captured the title. Nason dropped one spot to second as did Gill and Simmons. Heston Smith finished right where I thought in fifth while the sixth spot went to Nelson of Bridgeport. So far I'm 26 of 30.

**Coach:** Nason's fly has looked really sharp this year, with a low 53 around midseason. He should have this race comfortably. Gill & Wright are battling for the second consecutive race with Keegan Simmons thrown in the mix this time. I decided to go with the "revenge factor" for Wright getting him the silver.

## 100 Freestyle

**2011 Results:** S. Fetsko 47.21, A. Green 47.90, B. Davis 49.54, F. Csonka 50.17, N. Zeli 51.48, D. Artimez 51.94

**State Record: Tim Squires (B-U) (2010) 45.31**

SwimWV Predictions: 1. Austin Green (SCHS) 2. Frank Csonka (Bridgeport) 3. Adam Poe (South Charleston) 4. Zach Shurow (Hurricane) 5. Josh Harrick (Brooke) 6. Chris Kay (GW)	Coaches' Predictions: 1. Austin Green 2. Frank Csonka 3. Adam Poe 4. Zach Shurow 5. Chris Kay 6. Josh Harrick
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**SwimWV:** It was a little surprising to see Green choose this event this season having only swam it twice but last year's runner-up looks to claim his first state title in this race. Green comes in nearly a second and a half faster than his nearest competition but the battle for second between Csonka and Poe could be tight. Both swam season bests at regionals and are within three tenths of one another and the only other swimmers under 50 seconds. Another talented freshman, Shurow looks to break the 50 second barrier and could get a great race with Harrick and Kay. Also keep an eye on Mannon from Spring Valley who could easily break into the top group.

**What really happened:** Austin Green laid claim to his first state title with a great showing here in the 100 free. Last year's runner-up was able to turn his silver into gold and also move into fifth all-time at a 46.38 behind some pretty amazing swimmers in Tim Squires, Tim Phillips, and Chris Hagedorn. Frank Csonka also jumped into the top performers list with his prelim time of 47.69 to become the seventh fastest all-time. Adam Poe also dips below 50 seconds to take third. Zach Shurow almost dipped under the 50 barrier too but came up just .18 short. Chris Kay and Josh Harrick rounded out the top six.

**How did I do:** Well as I predicted it was Austin Green who reigned supreme with his first state title. Frank Csonka held tight for second with Adam Poe rounding out the top three. Shurow stayed right where I thought in fourth but my fifth and sixth ended up flip flopped. I should point out that coach got all six correct in the right order, way to go! I'm up to 32 out of 36.

**Coach:** I don't expect any major surprises in the top 3. Shurow went a lifetime best in regionals and might grab another one at states, so he could be locked in, too. I swapped 5 & 6 with SwimWV just to be difficult.

## 500 Freestyle

**2011 Results:** J. Shaffer 4:52.00, D. Wayne 5:02.62, S. Snider 5:04.60, Z. Kidd 5:05.27,  
K. Simmons 5:05.90, C. Dixon 5:10.04

**State Record:** Travis Green (South Charleston) (2007) 4:36.90

SwimWV Predictions: 1. Tate Warden (Capital) 2. Zach Kidd (GW) 3. Sean Snider (Parkersburg) 4. Matt Lowther (Bridgeport) 5. Noah Salvatore (WPHS)	Coaches' Predictions: 1. Tate Warden 2. Zach Kidd 3. Sean Snider 4. Matt Lowther 5. Noah Salvatore
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6. Jacob Douglas (Nitro)	6. Jacob Douglas
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**SwimWV:** Again Warden is in a class by himself here. Don't be surprised to see him down Travis Green's state record here either. Kidd and Snider have also both been under 5:00 at MSAC where it came down to the finish with Kidd taking it over Snider. I look for them to battle it out again here but as I've said, GW needs all the extra points they can get in the team title race so I went with Kidd. Lowther has the next best series of time and swam by himself at regionals so look for his time to improve with more competition from Salvatore and the others. The sixth and final spot could go to a number of swimmers but I went with Douglas.

**What really happened:** *Once again this race came down to Tate Warden versus the clock. He pushed the state record throughout but fell just .4 short of taking down Travis Green's five year old mark. His time does make him the second fastest performer in history at 4:37.29, his prelim time also goes down as the sixth fastest ever. It is a truly a shame to not see Warden leave his mark in the record books but I know he will have great success as he moves on to collegiate swimming. Zach Kidd and Sean Snider also went under the 5:00 barrier. Kidd moves to seventh all-time while Snider is now eighth. Matt Lowther finished fourth while Jackson Lilly and Noah Salvatore completed the top six.*

**How did I do:** *The winner here was a no brainer as Warden beat the field by over 15 seconds! Second and third place finishers Kidd and Snider finished right where I thought they would as did fourth place finisher Lowther. Jackson Lilly used a good prelim swim to move up to the A final which pushed Salvator one spot to sixth. More than half way done and I'm 37 of 42.*

**Coach:** No wild guesses here, I went straight chalk. Warden's best time is faster than the state record, so if he wants it—it's all his. Both he and Kidd took it easy at regionals, and I expect a 1-2 finish from them. Next year, swimmers 2-6 return so there could be a nice little rivalry with all the swimmers who don't claim gold this year.

**200 Freestyle Relay**

**2011 Results:** Bridgeport 1:33.44, Hurricane 1:34.03, Wheeling Park 1:34.11, Parkersburg 1:35.61, Jefferson 1:35.79, Brooke 1:36.56

**State Record:** Parkersburg (2008) 1:29.69

SwimWV Predictions: 1. Charleston Catholic 2. Hurricane 3. South Charleston 4. Bridgeport 5. Elkins 6. Capital	Coaches' Predictions: 1. Charleston Catholic 2. Hurricane 3. South Charleston 4. Elkins 5. Bridgeport 6. George Washington
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**SwimWV:** Charleston Catholic and Hurricane had a great race at regionals last weekend and I expect them to again this week. I have to give the edge to Catholic who will have Nate Carr on the end of their relay. South Charleston will have both Poe and Green to bookend their relay but don't have quite the depth to hang with Catholic and Hurricane however I believe their duo gives them a bit of a leg up on Bridgeport. Elkins and Capital will also look to push the others and move up in finals.

**What really happened:** Capital needed a big anchor leg swim from Tate Warden to shock everyone with a win here and that is exactly what they got. To prove the depth from the southern region; Capital didn't even earn an automatic qualifying spot to the state meet after finishing fourth in this event at regionals. Their time of 1:32.79 makes them the sixth fastest performers with the ninth fastest performance all-time. Charleston Catholic settled for second, nearly a second better than third place Hurricane. Region IV kept rolling with fourth going to George Washington moved two of their swimmers into this relay after the medley disqualification. Elkins and Brooke completed the final.

**How did I do:** Well I picked Capital to finish six and apparently they didn't like that, instead they went out and took the title for themselves! Charleston Catholic and Hurricane each moved down one spot to finish second and third. As I said, GW made some moves from regionals to move into the top six and finish fourth. Elkins stayed right where I thought in fifth. Brooke snuck into the top group to finish sixth. This one hurt a bit so I'm now at 41 of 48.

**Coach:** The depth of Region Four becomes clear when you realize South Charleston has two of the fastest sprinters in the state on their relay on they're the third fastest 200 free relay at the regional championship. I don't have any reason to think there will be changes at the top, so I'll stick with SwimWV's pick. I'd expect George Washington to use some of their swimmers from the medley relay on this relay, so they should move into finals.

## 100 Backstroke

**2011 Results:** C. Kay 56.19, M. Lynch 56.87, C. Gill 57.41, A. Petry 59.41, A. Brumley 1:00.96, J. Artimez 1:01.15

**State Record:** Michael Walker (Bridgeport) (2005) 51.87

SwimWV Predictions:	Coaches' Predictions:
1. Nate Carr (CCHS)	1. Nate Carr
2. Chris Kay (GW)	2. Chris Kay
3. Josh Harrick (Brooke)	3. Josh Harrick
4. Alex Petry (Fairmont Senior)	4. Alex Petry
5. Shawn Gee (Washington)	5. Sam Mannon
6. Sam Mannon (Spring Valley)	6. Shawn Gee

**SwimWV:** Like Warden in his event, Carr is in a class by himself here. He owns the top four times of the season and comes in nearly four seconds ahead of Kay. Look for him to make a great run at Michael Walker's seven year old record as well. Kay is the defending champion and comes in with the next best series of times. Harrick is the only other swimmer to go under a minute at 1:00 and again has a better

series of times than the others. Petry finished fourth a season ago and should also break the minute barrier. Gee and Mannon look to dip under 1:00 as well.

**What really happened:** *It was again Nate Carr from Charleston Catholic who took his second title of the meet. His prelims time of 52.80 moved him into second all-time behind Michael Walker. His final time of 53.31 made him the second and fourth fastest in history. Defending champion Chris Kay swam a 54.90 in prelims to become the ninth fastest performer in history. Josh Harrick was third while Alex Petry was fourth. Tyler Foster and Shawn Gee completed the final in fifth and sixth.*

**How did I do:** *Well I thought Nate Carr might push Walker's state record but it just wasn't in the cards this season but don't worry swim fans, he is only a junior. Keep your eyes on this one next year. Kay was a solid second place followed by Harrick and Petry right where I predicted in third and fourth. Foster had a strong prelim swim to get into the top six while Gee fell one spot to sixth. With two events to go I'm 46 of 54.*

**Coach:** Carr, Kay, and Harrick have all but secured their 1-2-3 spots. Petry went a 59 last year, so I'll give him the edge for 4<sup>th</sup>. Gee & Mannon are interchangeable at the 5-6 position, I'll go with Mannon.

## 100 Breaststroke

**2011 Results:** T. Moore 59.16, M. Csonka 1:01.37, J. Crain 1:04.67, E. Judd 1:04.91,  
A. Mull 1:06.36, J. Weber 1:06.56

**State Record:** Thomas Moore (GW) (2011) 59.16

SwimWV Predictions:	Coaches' Predictions:
1. Austin Green (SCHS)	1. Austin Green
2. Jake Preaskorn (Notre Dame)	2. Jake Preaskorn
3. Logan Lehosit (Bridgeport)	3. Logan Lehosit
4. Jacob Crain (CCHS)	4. Jacob Crain
5. Josh Barnette (GW)	5. Matt Spence
6. Colin Meadows (GW)	6. Josh Barnette

**SwimWV:** Thomas Moore's state record from last season will most likely be shortly lived as Green has already swum under that time back in December and again at regionals. Green has been under 1:00 five times this season, no other swimmer in the race has even been under 1:02, and should be the first swimmer to swim under 59 at the state meet. Preaskorn is clearly the second best swimmer here and I wouldn't be surprised to see him getting pretty close (or going under) the 1:00 barrier as well. Lehosit is has a two second cushion over Crain. Barnette and Meadows could really help GW here if both can get into finals. George Washington could get any number of swimmers into finals here with Lilly and Peyatte also in the race; also don't overlook Spence of Spring Valley as well.

**What really happened:** *I remember watching Matt Wallen set the state record at 59.66 back in 2002. It was the first time someone had gone under 1:00 and it took nine years before someone did it again when Thomas Moore went 59.16 last year. Not only did Austin Green go under a minute, he decided to skip 59*

altogether, he actually skipped 58 too in prelims to set a new record at 57.50 (an All-American Consideration time). He came back to swim the second fastest time in history at 58.29 in finals. As coach mentioned, in most year's Jake Preaskorn's time of 1:00.43 would have won but he settled for second and became the fifth fastest performer in history with the sixth best time. Logan Lehosit held off a late charge by Jacob Crain to take third. George Washington got two into the top six with Peyatte and Barnette in fifth and sixth.

**How did I do:** As I said, like Tate and Nate in their events Austin is simply in another league at the moment. Preaskorn had a great first showing at his first state meet with a strong performance here to finish second. Lehosit and Crain finished right where I thought in third and fourth. I thought GW would get two into the final, it was just a matter of which two. Turned out it would be Peyatte and Barnette. With one to go I'm 51 of 60.

**Coach:** Green looked effortless in the water at regionals and should have no problem with the meet record. The freshman Preaskorn could be looking at a 1:00 flat time which would be great in years past—but not this year. Spence had a great swim to move from potentially watching consols to now getting a shot at finals. Standing in front of him are Lehosit & Crain, who should be in at 3 & 4.

### 400 Freestyle Relay

**2011 Results:** GW 3:22.42, Hurricane 3:28.63, Winfield 3:30.57, Wheeling Park 3:30.82, Jefferson 3:32.38, Brooke 3:32.63

**State Record:** Parkersburg (2009) 3:19.02

SwimWV Predictions:	Coaches' Predictions:
1. George Washington	1. George Washington
2. Charleston Catholic	2. Charleston Catholic
3. Bridgeport	3. Bridgeport
4. Elkins	4. Elkins
5. Parkersburg	5. Parkersburg
6. University	6. University

**SwimWV:** This could be one of the greatest races of the meet; George Washington and Charleston Catholic were within .02 of each other at regionals. This race is also big points for GW in the team race and a win here could really help. Bridgeport is a solid third but didn't have much competition at regionals so they could easily drop a lot of time but I just don't know if they have enough fire power to keep up with GW and Charleston Catholic. Elkins looks like another solid finalist and should have a great race with Parkersburg. The final spot could go to a number of teams but I gave the nod to University.

**What really happened:** Once again Charleston Catholic had to fend off its cross-town rivals for a win here. They fell just short in the 200 free relay and they weren't going to let that happen again. A strong anchor from Nate Carr gave the Irish their first relay state title since the inaugural state meet in 1999 (that one came in the 200 free relay). George Washington had a strong finish from Jacob Nason but it

*just wasn't enough to keep pace with Carr. Bridgeport finished third ahead of Elkins, Parkersburg and University.*

**How did I do:** *Well I knew Charleston Catholic and George Washington would have a great race but I was wrong on the order of the finish. The rest of the final ended up exactly as I thought with Bridgeport, Elkins, Parkersburg, and University completing the final event of the meet.*

**Coach:** While the George Washington/Charleston Catholic battle expects to be fierce, it's downright shocking to see how far they are behind the great Parkersburg relay. I have this one going without any surprises, but only because I can't figure out where the surprise will happen. There should be an unexpected team in the top six.

## Men

**2011 Results:** 1. GW 222, 2. Bridgeport 148, T3. Hurricane/Winfield 100, 5. Brooke 85

SwimWV Predictions:

1. George Washington
2. Bridgeport
3. Charleston Catholic
4. South Charleston
5. Hurricane

**SwimWV:** Despite a disqualification at regionals in the medley relay the gentleman from George Washington will once again claim a team title; their third in four years. The depth the Patriots bring in the 200 IM, 500 free and 100 breaststroke are going to propel them to the title by an overwhelming margin. Bridgeport looks to be a solid runner-up behind their relays and leader Frank Csonka. Charleston Catholic also looks to get back to the top five this season. With standout Nate Carr and strong freestyle relays the Irish could push Bridgeport for second if they place well in preliminaries. Fourth and fifth looks to be close between South Charleston and Hurricane as I have them separated by three points. I overlooked the men from Hurricane last season and I learned my lesson this year but South Charleston comes with two strong swimmers in Green and Poe. Overall the top five could feature four teams from Region IV; a showcase of the depth coming from the Kanawha/Putnam County region.

**What really happened:** *It was once again George Washington who took the title for the third time in four years. Just like Morgantown, the GW boys did win any races of the championships yet their 55 point victory over runners-up Bridgeport proved that their medley disqualification was a nonfactor by the time the state meet came around. Bridgeport was the lone reprehensive from the north in the top five as the south showed their dominance. Charleston Catholic finished third (with only five scorers) but had to hold off a charge from Hurricane who finished just six points back. South Charleston rounded out the top five just two points ahead of Capital.*

*Overall I finish at 57 out of 66, or 86%. I congratulate all swimmers on a job well done and a terrific season! It was overall a very great meet for the women this year!*

*I want to offer a special congratulations to the new state record holder and All-American Consideration achiever Austin Green (100 breaststroke).*

*To the men of George Washington, a relay disqualification at regionals can be a devastating blow to a team's title hopes but you didn't let that fluke affect your title aspirations. You came out and swam away with your third title in four years once again proving your current dominance in men's high school swimming in West Virginia.*

*I have to say that picking an MVP was really, really tough. Probably the toughest pick in the last two years. There were many outstanding performances but as you may have noticed I like to pick the underdogs or the underestimated here. So with that said my pick for the men's MVP goes to four individuals who had one heck of a swim to win the 200 free relay. Scott Adams, Corrie Shaffer, Logan Garrison and Tate Warden are this year's MVP's! To compare how much time they dropped from regionals here are their splits from regionals/state finals: Scott 25.19/23.82, Shaffer 25.11/23.85, Garrison 24.72/24.02 and Warden 21.88/21.10. My hats off to each of you for having the swim of your lives!*

*I offer my congratulations to those swimmers who shook up the rankings, who went out there and proved me wrong and swam great races. The predictions are never the true finishes and as I said before if you didn't like them go out there and change them and many of you certainly did!*