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Peaking past Pennridge

NORTH PENN SWEEPS PAST PENNRIDGE AND EYES ANOTHER SUCCESSFUL FEBRUARY

By Mike Cabrey, Staff Writer



MARK C. PSORAS/THE REPORTER North Penn's Samantha Deanna and Pennridge swimmers launch at the start of the 200 Medley Relay event on Wednesday.

TOWAMENCIN — The North Penn boys swim team is looking forward to what it can do next month when the postseason begins.

But before that, they had to finish out this month, which the Knights did with a 99-78 win over Pennridge Wednesday afternoon at the Rick Carroll Natatorium.

"January's a tough month," Knights coach Brian Daly said. "Two meets a week, practicing three mornings a week. It's cold, it's dark, just a tough month."

"We're at the end of the month, for the most part everybody's

healthy. Everyone's broken down, but swimming well. So, I think we're right where we want to."

On the girls side, the Maidens completed the dual meet sweep for North Penn by downing Pennridge 103-75.

The 200 Medley Relay squad of Samantha Deana, Becca Hannings, Lauren French and Nicole Dibonaventura set a pool record with a time of 1:53.28.

"That time is roughly how fast we were shaved and tapered at district last year," North Penn girls coach Kristen Bartlewicz said. "So, we're going to swim a lot faster. The big goal is to get that relay to states, get all three relays to states."

The NP boys (10-1, 6-0 Suburban One National) had top times or points in all but two events, with Dan Dingman taking first place in both the 200 individual medley (1:59.71) and 100 free (49.24).

"I was happy," Daly said. "Seems like we had a lot of guys on the roster score in a lot of different events and not the same guys that it usually is. It looks like what some new names had an opportunity to get up and race."

The Knights' Sean McDonald just missed out on a district cut as he won the 500 free in a time of 5:19.63.

"I was looking to get district," McDonald said. "I just got to keep along, Advertisement keep trying."

Even for those who have gotten under district time, there was still no time for relaxing, according to Daly.

"We're allowed four athletes per event at districts and we have some events where we more than four guys qualified," Daly said. "So there is some jockeying for position going on in several of the events here today where it would have been easy for a guy to throttle back, rest on their laurels. I can't say I saw anybody sitting back."

Dave Apple won two events for the Rams, claiming first in the 50 free (22.55) and 100 fly (55.30).

For the Pennridge girls, Megan Hahn was second in the 200 free and third in the 500 free. Keni Poirer was second in the 100 fly.

"It was a tough meet, but the kids did

pretty well," said Ryan Griffith, who coaches both Ram squads. "We had two boys relays qualifying for districts and a couple of best times on the girls side. We just, pretty much, get a lot of them ready for champs in two weeks."

For the Maidens 10-1, 5-1 SOL National) Casey O'Neill swam a district time with a 5:36.28 in the 500 free. She took second behind teammate Colleen Stiles.

Jan Ikeda posted a personal best in the 100 fly with her first-place time of 1:01.20.

Both North Penn squads complete the week by host rival Souderton Friday at The Rick at 3:30 p.m.

"The guys are always competitive in water polo and swimming," Daly said. "I'm sure both teams are tired. Just that competitive nature comes out, guys tend to find another gear. So, that always tends to be an exciting meet."

The Knights and Maidens finish the regular season by welcoming Emmaus Tuesday at 3:45 p.m. . The Green Hornets won the boys and girls state championships last season.

"It's just great to have the best competition in the state to come, to be able to compete against them," Daly said. "To be able to see what we got before we head into the championship season."

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