

# **2009 -2010 Delaware Swim Team**

## *Long Course*

### **2009 Mel Zajac Jr. International Championship**

- 1 swimmer participated as a member of Team USA
- 4 individual swims scoring in the Top 16
- 1 individual swim scoring in the Top 8
- 4 team records

### **2009 USA Open Water Championships**

- 2 swimmers participated
- 1 swimmer placing 6<sup>th</sup> qualifying for FINA Open Water World Cup
- 1 swimmers placing 2<sup>nd</sup> qualifying for World Championships

### **2009 World Championship Trials**

- 3 swimmers participated
- 4 individual swims placing in the Top 20
- 3 individual swims scoring in the Top 16
- 2 individual swims scoring in the Top 8
- 1 swimmer placing 3<sup>rd</sup> in the 1500m Freestyle
- 6 team records

### **2009 FINA World Championships**

- 1 swimmer participated
- 1 swimmer finishing 5<sup>th</sup> in the open water 5k
- 1 swimmer finishing 2<sup>nd</sup> and winning the Silver Medal in the open water 10k

### **2009 FINA Open Water World Cup**

- 1 swimmer participated
- 1 swimmer finishing 2<sup>nd</sup> place in the 10k

### **2009 NBAC Mid Summer Classic**

- 22 swimmers participated
- 42 individual swims at Finals
- 25 individual swims scoring in the Top 16
- 17 individual swims scoring in the Top 8

### **2009 FLA Senior Championships**

- 16 swimmers participated
- 75 individual swims at Finals
- 37 individual swims scoring in the Top 20
- 15 individual swims scoring in the Top 10
- 3 swimmers placing in the Top 3 to make the Medal stand
- 4 team records

**2009 Middle Atlantic Long Course Senior Championships**

- 20 swimmers participated
- 35 individual swims at Finals
- 22 individual swims scoring in the Top 16
- 9 individual swims scoring in the Top 8

**2009 Middle Atlantic Long Course Junior Olympics**

- 14 swimmers participated
- 25 individual swims scoring in the Top 16
- 17 individual swims scoring in the Top 8

**2009 US Open Championship**

- 2 swimmers participated
- 2 individual swims at Finals
- 1 individual swim scoring in the Top 16

**2009 US Swimming Junior National Championships**

- 3 swimmers participated
- 3 individual swims at Finals
- 1 individual swim scoring in the Top 16
- 2 team records

**2009 Eastern Zone Long Course All Star Meet**

- 5 swimmers participated

*Short Course*

**2009 National Age Group Team Challenge**

- 73 swimmers participated
- 21 individual swims scoring in the Top 3
  - 7 individual event champions
    - 7 meet records
    - 2 team records
  - 1 Meet High Point Champion
- 4<sup>th</sup> place overall Team High Point

**2009 Delaware State Swimming Championship**

- 213 swimmers participated
- Over 700 individual swims scoring in the Top 8
  - Over 100 individual event champions
- 10 individual Age Group High Point Champions
  - 20 relay championships
    - 6 meet records
- 1<sup>st</sup> place overall Team High Point

**2009 TYR Cup**

- 115 swimmers participated
- Over 200 individual swims scoring in the Top 16
- Over 100 individual swims scoring in the Top 8
  - 20 individual event champions
    - 8 relay championships
      - 8 team records
      - 1 meet record
- 1 individual Age Group High Point Champion
- 1<sup>st</sup> place overall Team High Point

**2009 USA Short Course Junior Nationals**

- 7 swimmers participated
- Placed 1<sup>st</sup> and 2<sup>nd</sup> in the Women's 400 IM
- 12 individual swims scoring in the Top 16
  - 5 individual swims scoring in the Top 8
    - 8 team records
- 1 individual event champion

**2009 Jersey Wahoo IMX Invitational**

- 27 swimmers participated
- Over 50 best times achieved
- 21 individual event winners

### **2010 Middle Atlantic Elite Meet**

- 88 swimmers participated
- Over 200 individual swims scoring in the Top 16
- Over 100 individual swims scoring in the Top 8
  - 20 individual event champions
    - 4 relays Championships
      - 8 team records
      - 5 meet records
- 2 individual age group High Point Champions

### **2010 Delaware High School Swimming State Championship**

- 13 individual State Champions
- 17 swimmers selected 1<sup>st</sup> Team All State
- 13 swimmers selected 2<sup>nd</sup> Team All State
- 8 swimmers selected Honorable Mention All State
  - Delaware Female Swimmer of the Year
  - Delaware Male Swimmer of the Year
  - 7 Delaware High School State Record
  - 3 University of Delaware Pool Records

### **2010 Pennsylvania High School Swimming Championships**

- 2 swimmers selected 2<sup>nd</sup> team All Area: Chester County
- 3 swimmers selected Honorable Mention All Area: Chester County
- 1 swimmer selected 1<sup>st</sup> team All-Delco: Delaware County
- 1 swimmer selected 2<sup>nd</sup> team All-Delco: Delaware County
- 1 swimmer selected 3<sup>rd</sup> team All-Delco: Delaware County
- 1 swimmer selected Honorable Mention All-Delco: Delaware County
- 2 swimmers qualifying for PIAA State Championship
  - 1 swimmer selected All State

### **2010 Texas Grand Prix**

- 16 individual swims scoring in the Top 16
- 4 individual swims scoring in the Top 8
  - 28 team records

### **2010 NISCA Junior Nationals**

- 2 swimmers participated
- 3 individual swims scoring in the Top 16
- 1 individual swim scoring in the Top 8
  - 1 team record

### **2010 Speedo Champions Series**

- 11 swimmers participated
- 5 individual swims scoring in the Top 16
- 2 individual swims scoring in the Top 8

### **2010 Middle Atlantic Short Course Junior Olympics**

- 66 swimmers participated
- 130 individual swims scoring in the Top 16
- 50 individual swim scoring in the Top 8
- 11 relay championships
- 5 meet records
- 3<sup>rd</sup> overall

### **2010 Middle Atlantic Senior Championships**

- 40 swimmers participated
- 14 individual swims placing in the Top 24
- 4 individual swim scoring in the Top 16
- 1 individual swim scoring in the Top 8

### **2010 Middle Atlantic Mini Championships**

- 35 swimmers participated
- Over 200 best times
- 60 individual swims scoring in the Top 8
- 4 relay championships
- 2 individual events champions
- 1 team record
- 1 meet record
- 3<sup>rd</sup> overall Team High Point

### **2010 Middle Atlantic Regional Swimming Championships**

- 77 swimmers participated
- Over 200 best times
- 232 individual swims scoring in the Top 16
- 15 individual swims placing 1<sup>st</sup> within its division

### **2010 Eastern Zone Short Course All Star Meet**

- 7 swimmers selected to represent Mid Atlantic

**In 2009- 2010...**

201 individual events were won by DST swimmers  
60 Delaware Swim Team records were broken  
47 relays were won by DST swimmers  
38 DST swimmers were named to the Delaware High School All State Team  
32 meet records were set by DST swimmers  
16 meet High Point Awards  
15<sup>th</sup> Delaware State Championship  
13 Individual High School State Champions  
10 DST swimmers we named all Area/County in Pennsylvania  
9 US Long Course Junior National Qualifiers  
7 Middle Atlantic LSC Records (District/ Resident/ Championship)  
7 swimmers selected for Middle Atlantic Eastern Zone All-star Team  
6 Delaware High School State Records  
5 US Long Course National Qualifiers  
2 swimmers named to the United States Youth Team  
2 swimmers named to the United States National Team  
1 swimmer selected for Eastern Zone Select Camp  
1 swimmer selected Delaware Female Swimmer of the Year  
1 swimmer selected Delaware Male Swimmer of the Year  
1 member of the United State World Championships Team  
1 USA Junior National Champion  
1 World Championship Silver Medalist  
Finished 25<sup>th</sup> in USA Swimming Virtual Club National Championship  
- Awarded Silver Medal for Club Excellence by  
USA Swimming