

# Chips off the Rock

The Rockville-Montgomery Swim Club

<http://www.rockvillemd.gov/swimcenter/rmsc/index.html>

Thursday, March 26, 2009 Our 41st Year

## Spring Champs - This Weekend

The Madness continues this weekend with the Spring Championships at Fairland. This is a timed finals meet. All swimmers should have an RMSC cap and wear their new white RMSC Spring Champs T-shirt at the meet. Please be on time for your scheduled warm up time.

### **Saturday & Sunday, March 28-29:**

9-12s: Warmup: 7:00, 1<sup>st</sup> event 8:00 am.

13&O: Warmup: 12:50, 1<sup>st</sup> event at 2:00 pm

### **Directions to Fairland:**

[pvswim.org/pooldirs.htm#Fairland](http://pvswim.org/pooldirs.htm#Fairland)

### **Meet announcement:**

[pvswim.org/0809meet/09-47-ma.htm](http://pvswim.org/0809meet/09-47-ma.htm)

## Weekend Practice Schedule

### **Friday, March 27:**

Sr. III: Regular practice

Select/Junior I: 5:00-6:30 pm

Senior II: 3:30-5:00 pm

**Sr. I: No PM Practice – Swim Fast**

**Jr. II: No Practice – Swim Fast**

### **Saturday, March 28:**

Sr. I: 6:00-8:00 pm

**Jr. I/II: No Practice**

### **Sunday, March 29:**

**This is the last day of practice for all groups in the Fall-Winter session**

Zone Team Swimmers: 7:00-8:30 am

**ISS: No Practice**

### **Monday, March 30:**

Zone Team: 5:30-7:00 pm

### **Tuesday, March 31**

## Zone Team: 5:30-6:30 pm Speedo Champions Series – This Weekend

One of the fastest senior level meets on the East Coast will be swum at the Germantown Aquatic Center and hosted by RMSC. Many of the fastest swimmers in the region will be on hand for one more short course best time. RMSC swimmers are reminded to wear an RMSC cap and their Sectional outfit at the meet.

### **Thursday, March 26:**

Warm ups at 3:20 pm, 1<sup>st</sup> event at 4:30 pm

### **Friday-Sunday, March 27-29:**

Prelims: Warmup: 6:30, 1<sup>st</sup> event at 9:00 am.

Finals: Warmup: 5:00, 1<sup>st</sup> event at 6:00 pm

### **Directions to Germantown:**

[pvswim.org/pooldirs.htm#Germantown](http://pvswim.org/pooldirs.htm#Germantown)

### **Meet Announcement:**

[pvswim.org/0809meet/09-46-info.html](http://pvswim.org/0809meet/09-46-info.html)

## NCSA Junior Nationals Results

Our RMSC senior swimmers were in Florida last week for the NCSA Junior National Championships. RMSC finished a very strong 5<sup>th</sup> place in the team competition. The following swimmers swam to their all time best times: Jesse Cunningham, Ashleigh Ferguson, Matthew Gibson, Sandy Haibel, Allie Klatzkin, Zandy Morres, Matt Reinheimer, Katie Rogers, Alicia Watkins, and Dorothy Yu.

## The Streak Continues – 2009 JO Champions

RMSC continued it's incredible streak of victories (at least 15 years) at the PVS JO Championships. RMSC won by over 1,000 points. High point winners were Dorit Song (10&U Girls) and Harrison Gu (11-12 Boys)

One of the highlights of the meet was the National Age Group record setting performance of the 10&U Girls 200 Medley Relay. Eliya Harnood, Dorit Song, Sydney Kirsch, and Claudia Gibson swam to a time of 2:02.82. The following swimmers qualified for the Potomac Valley Zone Team: Dorit Song, Eliya Harnood, Claudia Gibson, Devin Truong, Jessica Chen, Alicia Tiberino, Andrew Gibson, Harrison Gu, Eric Lin, Minoles Katsigannakis, Josh Kiehl and Sammy Lee. Kevin Hauri qualified the previous week at Senor Champs. The following swimmers swam to their all time best times: Daniel Chen, Heather Chen, Jessica Chen, Grace Choung, Eugene Chu, Alexander Chung, Matthew Din, Kevin Fu, Andrew Gibson, Claudia Gibson, Katy Gillis, Elaina Gu, Harrison Gu, Kevin Gu, Sherril Han, Eliya Harnood, Michael Hauri, Faye Hixenbaugh, Kevin Ho, Ben Hseih, Leah Hubert, John Jeang, Minoles Katsigiannakis, Kenneth Ke, Josh Kiehl, Mark Larson, Sammy Lee, Eric Lin, Anatol Liu, Matthew Liu, Leo Mercer, Jalyn Robinson, Will Sherman, Dorit Song, Collin Stanhope, Xaviera Steele, Grace Sun, Scarlett Sun, Alicia Tiberino, Matthew Tiberino, Nikos Tragotsis, Calvin Tran, Karl Treichel, Matthew Triau, Devin Truong, Victoria Tsai, Adam Watkins, Jeanette Welch, Sanjay Wijesekera, Katarina Yang, Daniel Yook, Emily Zhang, Kellie Zhang, Lynn Zhang, Andrew Zhao, and Amy Zhou.

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## Upcoming Meets

