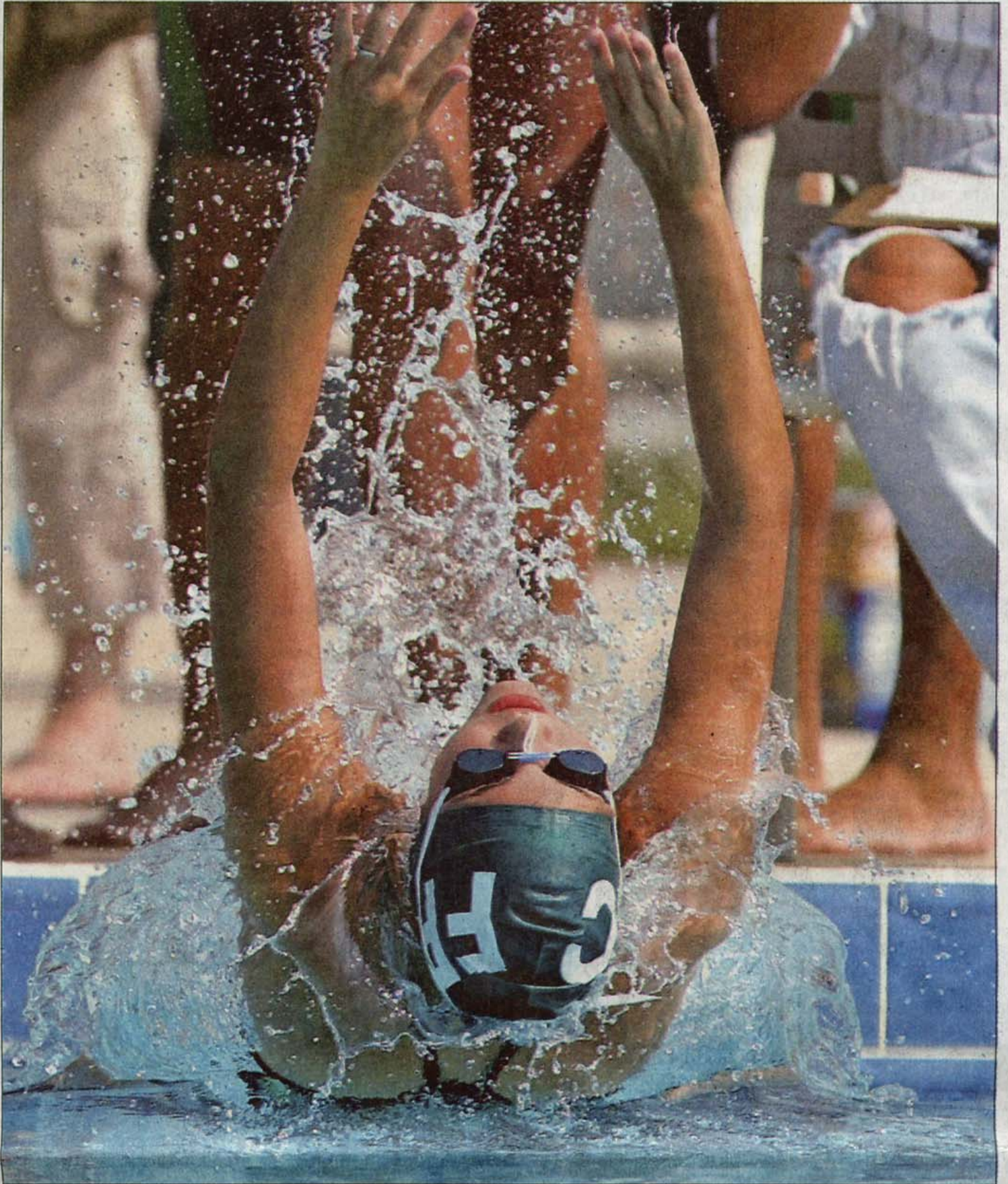


SWIMMING 2007



News-Tribune photos/**JUSTIN YURKANIN**

Flagler Palm Coast High School's Sarah DeAugustino, one of the area's best at the backstroke, did a solid job in the 100, winning in 1:12 flat and by a wide margin.

Bulldogs dominate cross-town rival

By **ANDREW MIKULA**
STAFF WRITER

PALM COAST — Early-season swim meets aren't necessarily a good indicator of how the team will do later in the year. But they can yield some useful information for coaches — and motivation for competitors.

Such was the case last week when Flagler Palm Coast and Matanzas teams swam in a dual meet at the Frieda Zamba Swimming Pool. The deeper talent and sheer numbers worked to FPC's advantage, but both teams came away with things to build on.

Matanzas sophomore Christina Orengo was one of three Lady Pirates to win events despite a 114-53 team loss to FPC. Orengo, who

started swimming year-round in 2006, won the 500-yard freestyle by 13 seconds and cut substantial time off her previous personal record for the event. She finished strong at 7:17.46.

It was 17 seconds off Orengo's previous time and beat FPC's senior, Kristina Nakochnaya, and two other Lady Bulldog swimmers, Olivia Williams and Megan Mittelman.

Orengo was pretty satisfied, and a little startled.

"I was more of a sprinter, but I guess I'm not anymore," Orengo said. "Coach (Laura) Detering and coach (Corine) La Fountain gave me a lot of encouragement and coach Cruz (FPC assistant coach Daniel Cruz) has been a big help. It's given me a boost so I



LOWE

can do it again."

She wasn't the only swimmer happy with results. FPC's Jaron Lowe, a sophomore who is the top

swimmer on the Bulldogs' boys team, was encouraged by his performance and winning time in the 200 freestyle. He did 1:58.88, a good time considering the Zamba pool doesn't have starting blocks.

"It was a pretty decent race for the first time this season," Lowe said. "I took it out a little too fast, but I finished up pretty good. I'm hoping to go under 1:55 most of the season."

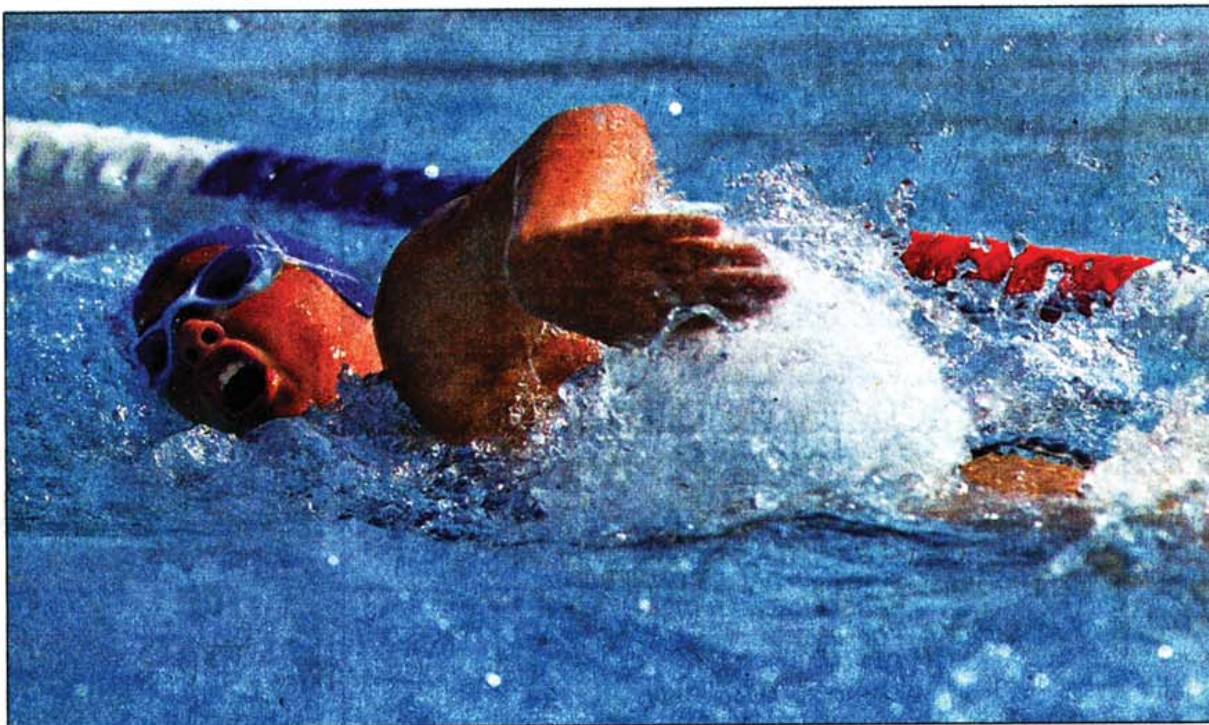
Lowe was one of two Bulldog swimmers who won two events during the Thursday meet as the Bulldogs beat Matanzas 94-38.

Both teams suffer from a lack of numbers, but Matanzas more so because there were two events, the 100-yard butterfly and the 200 individual medley, in which the Pirates didn't have enough swimmers to make an entry.

Lowe won by a big margin over teammate Derek Marcusky in the 200 freestyle and was also strong in the 100 backstroke, where his 1:01.90 time beat teammate Matt Whaley by 12 seconds.

Marcusky and Whaley did get wins over their own, with Whaley taking the individual

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Matanzas High School swimmer Laura Allender swims the 200 meter freestyle leg of the team medley at Frieda Zamba swimming pool in Palm Coast on Thursday.

RIVAL

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medley (2:53.22) and Marcusky the 100 freestyle (1:04.09). The latter race was one of the closest for the boys as Marcusky edged the Pirates' Zach Ward by two seconds.

Pedro Vasconcellos also won two events for the Bulldogs, winning the 100 fly in 1:14.85 and grinding out the 500 freestyle, the longest race in high school swimming, with a 6:22.90. Matanzas' Corbin Allen kept pace in that one, though, finishing in 6:36.75.

The Bulldogs made a clean sweep of the individual events, with Mavrick Marquart taking the 50 freestyle in 26.85 seconds in his first race with FPC. Andrei Kalishnakov won the 100 breaststroke in 1:23.01 in a photo finish over Allen, who swam it in 1:23.03.

Matanzas made a pretty strong challenge in one of the three relays. In the 200 freestyle relay, FPC's team of Marcusky,

Marquart, Kalishnakov and Seth Fielding swam 2:09.59 which the Pirates team — Keith Simpson, Justin D'Angelo Ward and Paul Polinskiy — swam in 2:10.75. The other two relays, the 200 medley and the 400 freestyle, were not as close as FPC's experience made a difference.

The girls' races involved a more crowded field of swimmers, with most events having a full complement of six competitors. FPC got wins from Michelle Soltes, Jessica Seward, Lora Dal Bianco, Sarah DeAugustino and Nicole Kowsh. Matanzas copped wins from Orengo, Brittany Rogers and Aisling Collins.

One of the closest races was also a slight surprise. Rogers, a sophomore, won the 100-yard butterfly by slightly better than one second over FPC's four-year starter and senior Ross Denuna. Rogers' winning time was 1:13.69.

DeAugustino, one of the area's best at the backstroke, did a solid job in the 100, winning in 1:12 flat and by a wide margin over teammate Kayla Groth. Dal Bianco, an Italian ex-

change student competing in the individual medley, won in 2:28.52, a 20-second advantage over runner-up Brittany Rogers of Matanzas.

Soltes, a junior, won the 200 freestyle in 2:32.09 and was third in the backstroke. Kowsh won the 100 breaststroke in 1:21.65, a nine-second win over Julia D'Angelo of Matanzas. Seward sprinted to a 27.81-second win in the 50 freestyle and Collins led Matanzas' only 1-2 finish by winning the 100 freestyle in 1:12.25, less than a second ahead of Julia D'Angelo.

FPC dominated two of the three relays. DeAugustino, Dal Bianco, Denuna and Nichole Smith won the 200 medley in 2:13.97 and the Lady Bulldogs' 200 freestyle team of DeAugustino, Smith, Denuna and Dal Bianco won in 2:02.22.

The 400 freestyle race was the closest of all the girls' relay races. FPC's Kaili Insaloco, Ashley Reynolds, Alison Parks and Soltes won in 4:57.53, less than .3 of a second ahead of the Matanzas team of Laura Allender, Collins and the Rogers' sisters.



Flagler Palm Coast High School's Lora Dal Bianco swims the brest stroke during the 200-meter team medley against Matanzas High School at Frieda Zamba swimming pool in Palm Coast on Thursday.

SPORTS

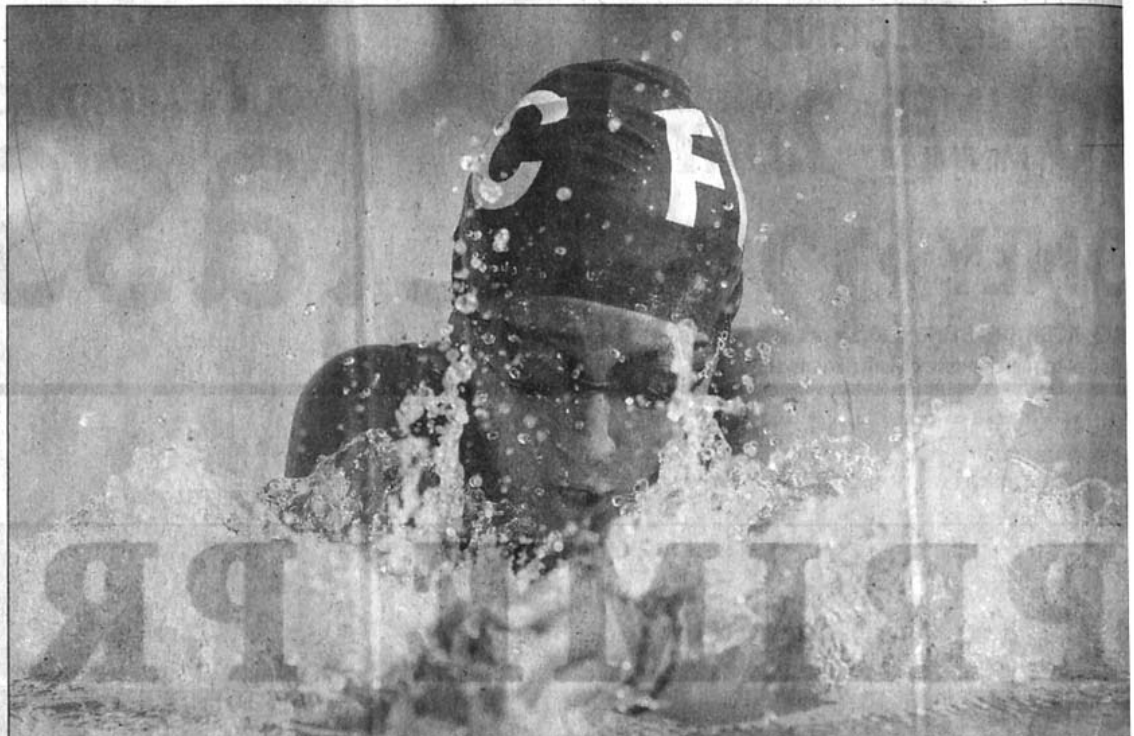
Wednesday, September 5, 2007

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