

# Women's Swimming & Diving

## Sunday, January 9, 2005

### COACH'S CORNER

We returned on January 4th from an excellent training trip to St. Croix. The training was strong and many women posted some of their fastest workout times of the season. Our distance swimmers made a set of 15 x 100s on 1:10 (LCM) and everyone completed either a 3000 or 5000 in their stroke. The highlight for the coaching staff came on New Year's Day when they swam the "60 point set." Each swimmer is given an event and a goal time. If she is faster than the goal time, then it counts as a point and they need 60 points to complete the set. Although the goal times were tougher this year, the team swam even faster. Below are their goal times (they can swim anything in that range or faster) followed by their actual times. All swims are LCM. After two rounds, they had 54 points. We took 6 volunteers (and more offered to swim) to complete the set.

100 back:

Kyle 1:12: 112.5, 112.9; Alli 1:14: 1:13.4, 1:12.5; Kim Ono 1:10: 1:08.5, 1:09.2; Jess 1:12: 1:11.2, 1:11.3, 1:12.2

200 back

Michelle 2:32: 2:29.5, 2:29.3, 2:29.4; Emily S 2:39: 2:34.4, 2:34.8; Lindsay 2:34: 2:24.7, 2:26.7, 2:27.6

100 fly

Molly B 1:08: 1:09.2, 1:08.2, 1:08.8; Kara 1:08: 1:08.4, 1:08.6; Bridget 1:06: 1:05.2, 1:06.1

200 fly

Noelle 2:22: 2:19.3, 2:18.8, 2:19.6

100 free

Erin 1:01: 1:00.8, 1:01.3; Molly W 1:01: 1:00.2, 1:00.7; KimL 1:04: 1:02.6, 1:03.6  
Kathleen 1:04: 1:03.7, 1:04.2; Catherine 1:06: 1:03.5, 1:03.6, 1:03.7; Jenna 1:06: 1:05.2, 1:04.9

200free

Laurin 2:15: 2:13.8, 2:15.1; Emily W 2:15: 2:14.5, 2:15.3

400 free

Steph G 4:44: 4:42, 4:43; Stacy 4:35: 4:36, 4:35

Kelly 4:35: 4:36, 4:35; Rachel 4:48: 4:49, 4:58

100 breast

Meaghan 1:21: 1:18.3, 1:18.5; Amanda 1:24: 1:20.4, 1:22.0

Kate 1:25: 1:22.9, 1:23.1; Joanna 1:21: 1:21.9 (pulled second one 1:19)

200 breast

LeeAnn 2:45: 2:43.5, 2:42.9; Jackie 2:45: 2:46.5, 2:45.8

Jane 2:49: 2:48.2, 2:49.8

HWSD is now 8-0 after defeating Northeastern in a dual meet on January 8<sup>th</sup>. The friendly competition with another local team permitted us the flexibility to mix up the line up. Results are below. Harvard Women's Swimming and Diving will be back in action after exams against Yale and Princeton. The HYP meet will be held at Yale this year on Friday night at 6 pm and Saturday at 12 pm.