

# LC State Champs – July 2008

## Taylor Dschaak

LONG COURSE (METERS)					PRELIM	FINALS	11-12
Event	11-12 State	11-12 Zone	SECTIONAL	PB Time	Time	Time	Place
400 Free	05:18.09	05:04.69	04:38.79	04:56.03	----	04:50.58	3rd
200 Free	02:30.49	02:25.89	02:13.09	02:23.55	02:20.39	02:20.15	5th
50 Free	31.59	30.99	28.79	30.57	30.24	30.23	7th
50 Fly	34.59	33.59	NA	31.61	31.35	30.85	3rd
200 IM	02:50.39	02:45.19	02:30.89	02:40.73	02:36.79	02:37.11	3rd
100 Free	01:09.09	01:07.89	01:01.79	01:06.95	01:05.38	01:05.57	8th
100 Fly	01:19.19	01:14.99	01:07.89	01:10.75	01:08.11	01:08.51	3rd

**Thursday:** 400 Free (timed finals) dropped 6 seconds and took 3rd overall.

**Friday: Prelims** moved up from 11th to 5th seed dropping 3 seconds and taking 2nd in her heat.

**Finals:** 200 Free was side by side with Cara Norris and was out touched (.05 seconds) to take 5th and record another PB times. She swam the lead off leg of the 400 Free Relay in a 1:05.63 which is more than a second faster than her PB time.

**Saturday: Prelims** moved up from 11th in the 50 Free to 8th for Finals. That's a big one because once you make Champ Finals the worst you can do it 8th. She went into the 50 Fly seeded 5th and came out the #1 seed for Finals. **Finals:** She swam another PB time in the 50 Free and moved from 8th to finish 7th overall. In the 50 Fly she took 3rd. I did not expect her to win as Rachel Jackson is awesome and she set a new state record. In the 200IM she ended her streak of PB times at 8. This was her 7th race of the day, so it is not surprising she added time after dropping 4 seconds in Prelims. Her splits in the relays were PB times.

**Sunday: Prelims** Tay swam great with two PB times and qualifying Champ finals in both events. **Finals:** Cara Norris beat Tay in the 100 Free when she slipped a little from her Prelim time. In the 100 Fly Tay was swimming next to Cara again. This time she held her off to finish 3rd overall.

- BLACK =** NOT a PERSONAL BEST time.
- BLUE =** NEW PERSONAL BEST time.
- GREEN=** STATE CUT that is a PERSONAL BEST time.
- ORANGE=** ZONE CUT that is a PERSONAL BEST time.
- PURPLE=** SECTIONAL CUT that is a PERSONAL BEST time.