

STATE MAR 2009

Taylor Dschaak

CINCINNATI
MARLINS



SHORT COURSE (YARDS)				RESULTS			
Event	13-14 STATE	ZONE	SECTIONAL	PB	Prelims	Finals	Place
100 Fly	01:02.99	01:02.39	01:00.09	01:00.74	59.86	59.94	6th
500 Free	05:28.29	05:23.49	05:12.09	05:16.38	----	05:17.83	11th
50 Free	26.29	26.29	25.29	26.04	25.83	----	23rd
400 IM	04:54.69	04:52.99	04:40.49	04:48.01	----	04:47.19	15th
100 Free	57.09	57.09	54.79	56.04	56.45	----	23rd
200 Fly	02:25.89	02:16.29	02:12.49	02:12.17	02:12.86	02:12.51	4th
1650 Free	19:10.49	18:31.19	18:00.79	18:25.90	----	17:59.60	6th

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.

FRIDAY

Prelims: Taylor swam a new **Sectional cut!** Swimming the 100 Fly in prelims. She goes to Final seeded 6th. She swam the anchor leg in a 2:00.30 split to come from behind to win the heat for her team.

FINALS: She finished where she was seeded in the 100 Fly. In the 500 Free she said she felt like she was going to throw up, so swimming close to a PB wasn't so bad.

SATURDAY:

Prelims: Only one prelim event... the 50 Free. She swam a **PB time** and finished 23rd (up from her 31st seeding). She, also, swam the 200 Free relay. She swam the anchor leg to bring her relay in 1st fo their heat with a 25.5 split.

FINALS: One individual event... the 400IM. She swam a **PB time** and finished 15th, which was down from her 9th place seed. She, also, swam on the 400 Medley relay swimming the Butterfly leg with a 1:00.24 split. The relay took 5th overall. After Finals the 200 Free relay ended up placing 7th overall.

SUNDAY

Prelims: Taylor swam about as expect for Prelims. She was seeded 21st in the 100 Free and it was going to take a very good swim to make finals. She went into finals seeded 4th in the 200 Fly. She swam the 1650 in prelims. Fastest 8 swim in Finals except you can request prelims, which Taylor did so she would have max energy for the 200 Fly. She only dropped 26 seconds and earned her 3rd **Sectional cut.**

FINALS:

Her only event was the 200 Fly. An interesting note her she was the only swimmer in Champ Finals not wearing a \$400 fast suit (there are two suits that are considered game changes... making seconds of difference and Tay was the only one in this group not wearing one). Her fast suit is a \$100 and 3 year technology. Still she managed to do all right.