

Making a splash

Mountaineers run away with first Southwestern Foothills swim championship

Kings Mountain's men and the Hickory women won the first-ever Southwestern Foothills 3A Conference swim meet Wednesday night at the Valdese Recreation Center.

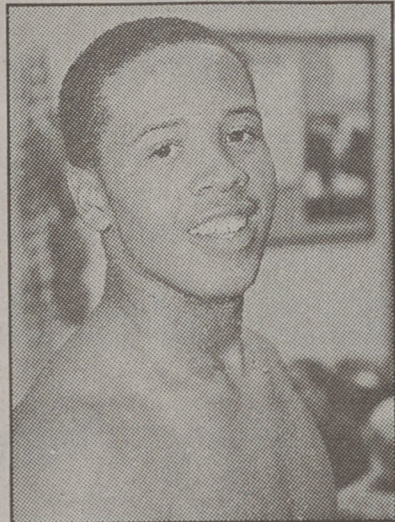
The Hickory women completely dominated their competition, scoring 481 points to 358 for runner-up R-S Central. Kings Mountain finished third with 306 points, followed by St. Stephens 292, Crest 278 and Fred T. Foard 103.

Kings Mountain's men also ran away with the title, scoring 514 points to 353 by St. Stephens. R-S Central was third with 212, followed by Foard 179, Hickory 176 and Crest 140.

Coming in with some stiff competition from the past, KM Coach Aaron Allen said he wasn't sure if his teams had enough power and depth to pull off any victories.

"This new conference is packed with year-round swimmer talent," Allen said. "We are just very lucky to have young adults come out and want to compete. We don't have a large, if any, year-round base to pull from right now. What we have are seasonal athletes that work hard to perform at their best."

The Mountaineers started off slowly, according to Allen, but ultimately their depth allowed



KM's Sedrick Young wins SWFH diving championship.

them to pull away from the competition. They were led by first place champions Yuuki Nishiyama in the 200 IM, Colby Wollack in the 100 back, Sedrick Young in 1M diving, and the 200 free relay team of Ben Sabetti, Earl Bowman, Alex Canipe and Nishiyama.

Sabetti, Bowman, Canipe and Nishiyama also won second place in the 400 free relay. Others finishing second were Nishiyama in the 100 fly, Ben Sabetti in 50 free, and Arthur Welsh in 1M diving.

Third place finishes included the 200 medley relay team of Wollack, Isaac Hill, Joel Santora

and Welsh; Santora in the 200 free, Wollack in 200 IM, Dustin Calvert in 1M diving, Canipe in 100 free and Hill in 100 breast

The Mountaineer men finished their regular season with an 18-1 record, with their only loss coming to non-conference opponent Asheville by five points.

Several men also qualified for the Western Regionals, including Young, Welsh, Calvert, Chris Moore, Nishiyama, Ben Sabetti, Canipe, Santora, Bowman, Charlie Jones, Hill and Wollack.

In the women's competition, Georgia Dawson was KM's only first place finisher. She won the 1M diving.

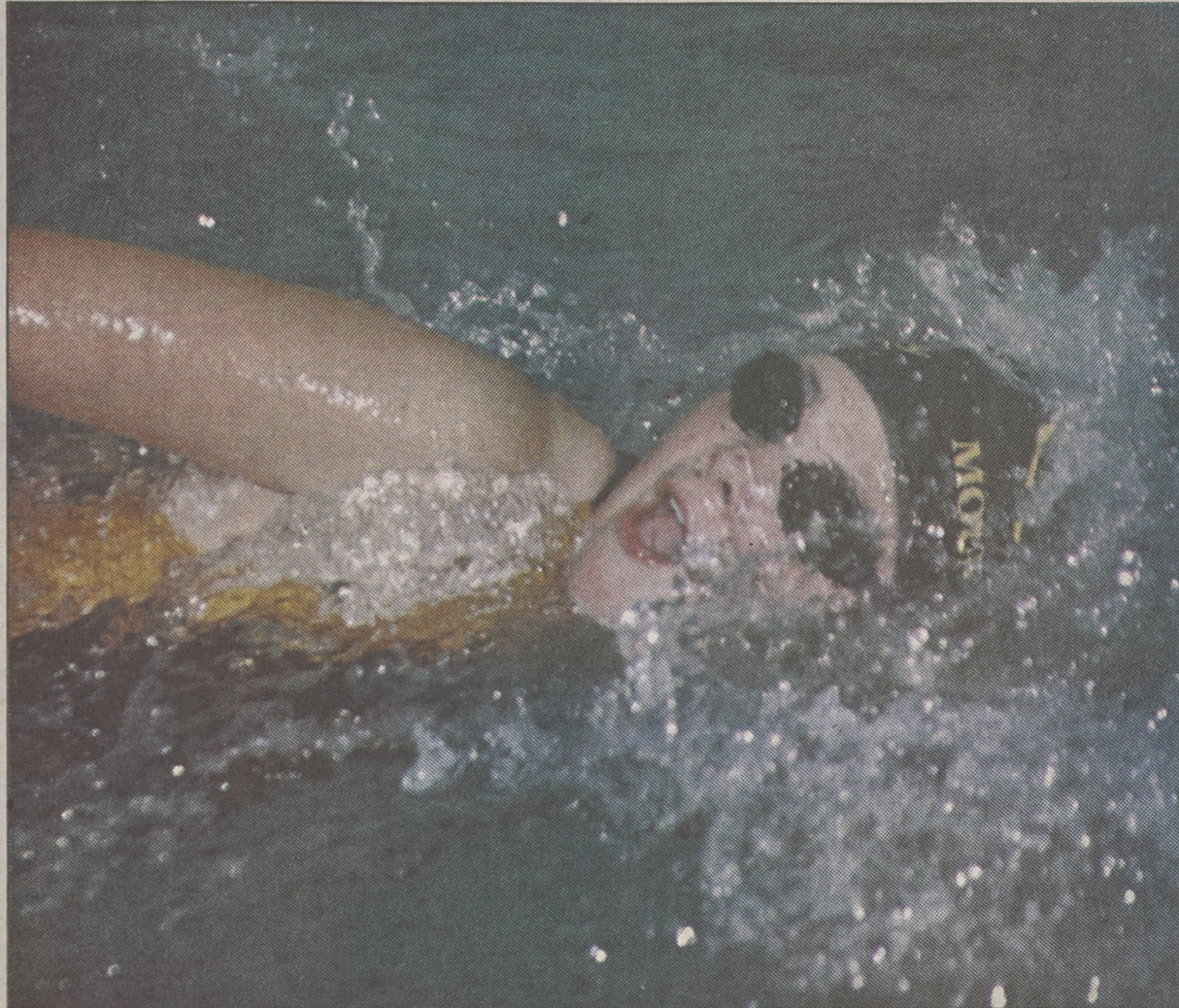
Jacky Hagner finished second in the diving competition, and the 200 free relay team of Sarah Propst, Kelly Peeler, Meghan Potter and Hayley Flynn also finished second.

"This foursome had a lot to be happy about because they set a new school record in the process," said Coach Allen.

They broke their previous 200 free relay record by over a second, making it in 151.8 seconds.

The KM women finished with a 9-10 overall record.

Ladies moving on to the Regionals include Potter, Propst, Flynn, Peeler, Hagner and Dawson.



Mary Grace Keller competes for Kings Mountain's women's swim team in Wednesday's Southwestern Foothills 3A Conference meet.

THE RESULTS

Women's results:

200 medley relay - KM A 6th (Amy Robinson, Virginia Neisler, Summer Trakas, Elizabeth Whisnant).

200 freestyle - 4th Hayley Flynn, 10th Amanda Shannon, 11th Kelly Mattox, 14th Melodie McSwain.

200 IM - 11th Kelly Peeler, 13th Emilie Ledford, 15th Hannah McDaniel, 16th Melissa Franks.

50 free - 4th Meghan Potter, 5th Sarah Propst, 10th Elizabeth Whisnant, 12th Colleen Brogdon.

Diving - 1st Georgia Dawson, 2nd Jacky Hagner.

100 butterfly - 11th Emilie Ledford, 13th Summer Trakas, 14th Charlotte Allen.

100 freestyle - 5th Sarah Propst, 6th Meghan Potter, 15th Jennifer Regan.

500 freestyle - 4th Hayley Flynn, 10th Amanda Shannon, 14th Kelly Mattox, 15th Aymie Blalock.

200 free relay - 2nd KM A (Peeler, Propst, Flynn, Potter).

100 back - 8th Amy Robinson, 15th Mary Grace Keller, 16th Corey Gist.

100 breast - 13th Haley Hopson, 14th Heather Kubu, 15th Hannah McDaniel, 16th Virginia Neisler.

400 free relay - 3rd KM A (Peeler, Flynn, Potter, Propst).

Men's results:

200 medley relay - 3rd KM A (Colby Wollack, Arthur Welsh, Joel Santora, Isaac Hill).

200 freestyle - 3rd Joel Santora, 5th Earl Bowman, 8th Chris Moore.

200 IM - 1st Yuuki Nishiyama, 3rd Colby Wollack, 5th Charlie Jones, 8th Michael Sabetti.

50 freestyle - 2nd Ben Sabetti, 4th Alex Canipe, 10th Justin Frye, 12th Kenny Childers.

Diving - 1st Sedrick Young, 2nd Arthur Welsh, 3rd Dustin Calvert, 4th Chris Moore.

100 butterfly - 2nd Yuuki Nishiyama, 4th Ben Sabetti, 5th Joel Santora.

100 freestyle - 3rd Alex Canipe, 6th Justin Frye, 7th Alex Bennett, 9th Ryan Hovis.

500 freestyle - 4th Charlie Jones, 6th Earl Bowman, 7th Arthur Welsh.

200 free relay - 1st KM A (Canipe, Santora, Nishiyama, Bowman).

100 back - 1st Colby Wollack, 6th Michael Sabetti, 11th Ryan Hovis.

100 breast - 3rd Isaac Hill, 9th Alex Bennett.

400 free relay - 2nd KM A (Bowman, Nishiyama, B. Sabetti, Canipe).

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