

Welcome to the 38th Annual
Niagara-Orleans
Girls Individual Swimming
Championships



Newfane Central Schools
Friday, January 26, 2024

**WELCOME TO NEWFANE CENTRAL SCHOOLS
and the
GIRLS NIAGARA - ORLEANS INDIVIDUAL CHAMPIONSHIP MEET.**

This meet is held annually to determine the All-League Swim Team. The team championship has already been determined by the records of the teams during the dual meet season. League records may be established during this meet.

THE SCHOOLS AND THE COACHES

Akron	Andrea Troussaint	Nicole Johnson
Albion	Jay Kovalski	Meghan Kania
Medina	Mitchell Dockery	Demerise Eadie
Newfane	Nick Kiser	Kathy Dudley
Roy-Hart/Barker	Lindsay Yates	Dottie Barr

**NIAGARA - ORLEANS LEAGUE
GIRLS SWIMMING 2023-2024
FINAL STANDINGS**

Roy-Hart-Barker	7 – 0– 1
Albion	6 – 2
Newfane	4 – 3 – 1
Akron	2 – 6
Medina	0 – 8

LEAGUE CHAMPIONS

2022 – 2023	Roy-Hart-Barker	2004 - 2005	Albion
2021 – 2022	Akron	2003 - 2004	Starpoint
2020 – 2021	Akron	2002 - 2003	Starpoint
2019 - 2020	Roy-Hart	2001 - 2002	Barker
2018 - 2019	Roy-Hart	2000 - 2001	Barker
2017 – 2018	Akron/Roy-Hart	1999 - 2000	Albion/Barker
2016 – 2017	Newfane	1998 - 1999	Albion
2015 – 2016	Newfane	1997 - 1998	Albion
2014 – 2015	Newfane	1996 - 1997	Albion
2013 – 2014	Newfane	1995 - 1996	Albion
2012 – 2013	Newfane	1994 - 1995	Albion
2011 – 2012	Newfane	1993 - 1994	Roy-Hart
2010 – 2011	Newfane	1992 - 1993	Roy-Hart
2009 – 2010	Newfane	1991 - 1992	Akron
2008 – 2009	Albion	1990 - 1991	Akron/Medina
2007 – 2008	Albion	1989 - 1990	Medina
2006 - 2007	Albion	1988 - 1989	Medina
2005 - 2006	Albion	1987 - 1988	Barker
		1986 - 1987	Barker

INDIVIDUAL CHAMPIONSHIP MEET:

The meet consists of eight individual events and three relays. In each of the events, ribbons will be awarded to the first three place finishers and/or relay team members. The winners of each event are the All-League Team and will receive the Niagara-Orleans All-League Shield. Each swimmer may enter no more than four events: maximum of two individual events. No team scores are recorded as this is strictly an individual effort.

THE PROGRAM

WELCOME: Chanceton Puinno and Chad Gretz, N/O Swim Chair
Rachéle Hathaway, Tech. Chair

AWARDING of the team All-League Trophy
This Year's League Champions are:
the Roy-Hart-Barker Channel Cats.

THE LEAGUE SPORTSMANSHIP AWARD
which is voted on by the coaches will be announced at the beginning of the Championship Meet.

Please stand for the Pledge of Allegiance

THE EVENTS:

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|------------------------|--|
| *200 B Medley Relay | 4 swimmers on a team swim 50 yds. of each of back, breast, fly and free. |
| *200 A Medley Relay | 4 swimmers on a team swim 50 yds. of each of back, breast, fly and free. |
| *200 Freestyle | 8 lengths of the pool, any stroke(s) |
| *200 Individual Medley | one swimmer does 50 yds. of each stroke in order: fly, back, breast, free. |
| *50 Freestyle | just down and back! |

INTERMISSION

- | | |
|----------------|-----------------------------|
| *100 Butterfly | 4 lengths of butterfly |
| *100 Freestyle | 4 lengths of any stroke (s) |
| *500 Freestyle | 20 lengths of any stroke |

INTERMISSION

- | | |
|------------------------|--|
| *200 B Freestyle Relay | 4 swimmers on a team swim 50 yds. Freestyle |
| *200 A Freestyle Relay | 4 swimmers on a team swim 50 yds. Freestyle |
| *100 Backstroke | 4 lengths of backstroke |
| *100 Breaststroke | 4 lengths of breaststroke |
| *400 B Freestyle Relay | 4 swimmers on a team swim 100 yds. Freestyle |
| *400 A Freestyle Relay | 4 swimmers on a team swim 100 yds. Freestyle |



League Records

200yd Medley Relay				
League Record	1:59.14	1998	M.McKenna, K.Szkiany, K.Messmer, F.Erway	Albion
Crossover Qual Time	n/a			
200yd Freestyle				
League Record	1:57.42	12/19/19	Amanda Hill	Roy-Hart
Crossover Qual Time	2:33.00			
200yd IM				
League Record	2:15.65	2020	Amanda Hill	Roy-Hart
Crossover Qual Time	3:00.00			
50yd Freestyle				
League Record	24.72	1/26/22	Amanda Hill	Roy-Hart
Crossover Qual Time	:33.00			
100yd Butterfly				
League Record	1:01.47	2/8/06	Shannon Strong	Newfane
Crossover Qual Time	1:30.00			
100yd Freestyle				
League Record	53.91	1/26/22	Amanda Hill	Roy-Hart
Crossover Qual Time	1:08.00			
500yd Freestyle				
League Record	5:23.35	1/7/20	Amanda Hill	Roy-Hart
Crossover Qual Time	7:00.00			
200yd Freestyle Relay				
League Record	1:44.00	2020	K.Lang, K.Hagen, J.Bobzien, A.Hill	Roy-Hart
Crossover Qual Time	n/a			
100yd Backstroke				
League Record	1:00.99	2020	Kayla Hagen	Roy-Hart
Crossover Qual Time	1:25.00			
100yd Breaststroke				
League Record	1:10.44	2/6/04	MacKenzie Pochatko	Starpoint
Crossover Qual Time	1:33.00			
400yd Freestyle Relay				
League Record	3:53.38	1/31/20	K.Hagen, M.Ohol, A.Hill, A.Rickard	Roy-Hart
Crossover Qual Time	n/a			