

Excel Alumni at Conference Championships Week 1

This week was the first week of conference championships for college swim teams, and Excel Alumni made impacts throughout all of them. It was a week that provided many personal best swims, conference champions, and even a new school record holder. Here are some highlights from a week of fast swimming.

Three Excel Alumni participated in one of what will be one of this year's fastest meets: SEC Championships. This meet saw Matthew Beach ('15), Paige Scheriger ('14), and Ethan Browne ('15) all feature for the University of Kentucky, University of Florida, and the University of Tennessee, respectively. Matthew Beach recorded two personal best times in the 500 Free (4:28.81) and the 100 Fly (49.97) while Paige Scheriger saw her personal best in the 100 Breaststroke drop to 1:03.06. Ethan Browne saw drops in all three of his events including a 1:48.66 in the 200 IM and a 53.28, which was good enough for 9th overall including a win in the B Final.

But Ethan's standout swim was in the 200 Breaststroke. In prelims, Ethan swam a lifetime best 1:55.86, good enough to return in the A Final tied for 6th. Later that night Ethan swam another best, dropping another second to hit 1:54.08. Unfortunately, this was just off the podium. However, Ethan's time was good enough to take down a five year old school record by U.S. National Team Member, Brad Craig.



Ethan Browne ('15)

Maggie Pope ('13) was a key part of Richmond's sixth straight Atlantic-10 title. Maggie recorded three personal best times at A-10 Championships including her 50 Free (24.68) and her 200 Back (2:05.32). Maggie's biggest swim was in the 100 Backstroke as she lowered her personal best to 55.61, good enough for 2nd overall.

Nancy Claire Smith ('13) competed for Carson-Newman College at BMC Championships. Nancy Claire also saw two personal bests from her swims this past week. Nancy Claire saw bests in the 500 Free (5:06.65) and the 400 IM (4:36.35). Her swim in the 200 Breaststroke (2:21.63), while not her personal best, was good enough for Nancy Claire to record 7th overall and add another A-Final Swim for Excel Alumni.

Two alumni participated in SAA Conference Championships: Mitchell Koenig ('14) for Rhodes and Will Retersdorf ('15) for Birmingham Southern. Will swam personal bests in 100 Fly (51.96), 200 Fly (1:56.89), and the 200 IM (1:54.34). All

three swims placed Will in the A Finals of the SAA's with his 200 IM placing him on the medal stand. Will's forty individual points played a key role in Birmingham Southern capturing a conference title. Mitchell also went three personal bests in the 500 Free (4:59.88), 100 Fly (55.98), and the 1650 Free (17.38.16), with all three scoring Mitchell fifteen (15) individual points.

Class of 2014 alumni Rhett Lundy helped the Grinnell College Pioneers capture the Midwest Conference Championship after back-to-back second place finishes. Rhett also recorded three personal bests in the 200 IM (1:58.13), 200 Breaststroke (2:09.10), and the 100 Breaststroke (57.79). Rhett's personal best in his 100 Breaststroke established him as a conference champion.



Michaela Kent ('13)

Another Excel Alum was crowned conference champion this past week: Michaela Kent ('13) for the University of Evansville. Michaela's A-Final swim of 55.53 was a whole two seconds faster than her entry time in the morning, and gave her the Missouri Valley title by just six-hundredths of a second! She also recorded personal bests in both the 50 Free (23.67) and the 100 Free (51.43) both good enough to see her swim twice more in the A Final.

Out west competing in the SCIAC Championships was Mark Rusznak ('14) for Pamona College. Mark competed in the 500 Free and 200 Backstroke, recording personal bests in both. His times of 4:45.26 and 1:56.19 were good enough for 14th and 11th respectively.

What a great way to kick off Conference Championships for our Excel Alumni. Check back for updates as Conference Championships continue on throughout the month.