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Express swimmers 'Sizzle' in meet at RU

The Eastern Express swim team recently competed in the 16th annual Summer Sizzle meet, which was held at Rutgers University. Summer Sizzle is one of three meets organized and sponsored each year by Eastern Express. To qualify for competition at the meet, swimmers must have already attained challenging qualifying times, which are established by gender and age group.

The meet is held annually at the end of June near the mid-point of the long course (50 meters pool) season, and brings together many of the top swimmers from central and northern New Jersey, and the New York metropolitan area.

Eastern Express sent a squad of 47 swimmers who participated in the three-day event. Overall, Eastern Express placed third in the team scoring behind Scarlet Aquatic from Piscataway, and Team Suffolk from Long Island. A scoring system awards points to the top sixteen places in each event by age group to determine the titles.

In the 10-and-under age group, Express swimmers who achieved top 8 finishes included Anshu Sinha (eighth, 100 breast) in the girls' division, and Peter Kalibat (first, 200 free; third, 100 fly and 200 IM, fourth, 400 free; fifth, 50 back and 100 back) in the boys' division.

In the girls' 11-12 age group, standouts Julia Anderson (first, 400 free; second, 100 free; third, 100 back; fourth, 200 back and 400 IM, sixth, 200 fly; seventh, 200 IM) and Jillian Liwacz (first, 50 fly, 200 fly and 100 free; second, 50 free & 400 IM, third, 400 free) each captured multiple top three finishes. Other swimmers in this group with strong performances included Carlyn Hubert (eighth, 50 back), and Laura Poss (fourth, 200 breast; fifth, 400 IM; seventh, 50 free).

In the girls' 13-14 age group, Victoria Cassidy (second, 400 free and 400 IM; fifth, 200 fly and 800 free; sixth, 200 free;

eighth, 100 free and 200 back), Kristiana Kalibat (third, 200 back; seventh, 100 back), and Emily Logan (third, 400 free; fourth, 200 free and 200 IM; fifth, 400 IM; sixth, 800 free) each provided impressive results.

Similarly, in the boys' 13-14 age group, Alex Field (first, 200 breast; second, 100 breast; third, 100 back, 200 IM and 400 IM; eighth, 100 free and 400 free), Matthew Kietlinski (first, 200 fly; second, 400 IM; third, 100 fly; fifth, 200 free; eighth, 200 breast), and Mike Leddy (fifth, 200 breast; seventh, 400 IM; eighth, 200 back) delivered notable swims.

In the senior age group, women 15-and-over, Brittany Iacouzze (first, 400 free; second, 200 fly, 400 IM and 1500 free; fourth, 200 free), Samantha Kietlinski (second, 800 free; third, 400 free; sixth, 200 free; seventh, 200 IM and 400 IM; eighth, 100 free and 200 back), and Meghan Leddy (first, 100 back, 200 IM and 1500 free; second, 200 back; third, 200 fly; eighth, 200 breast) each delivered multiple top three finishes.

Leddy, a noteworthy swimmer who has already qualified for two events in the Olympic Trials to be held in July, 2008, in

Omaha, Nebraska, also contributed to two new meet records. These included her individual time of 17:09.38 in the 1500 free, and a new meet standard of 8:41.03 in the women's 800 freestyle relay with teammates Samantha Kietlinski, Kathleen Morrison, and Brittany Iacouzze.

For the 15-and-over boys, Josh Chen (eighth, 200 fly) and Sean MacKenzie (seventh, 1500 free) also swam well, and collected points towards the team scoring.

Other swimmers for Eastern Express who achieved top 16 finishes and garnered points for the team included Elizabeth Cava (15th, 800 free), Martha Ferguson (11th, 200 breast; 16th, 100 breast), Cassidy Hubert (16th, 100 fly), Hannah Matheson (ninth, 400 IM; 12th, 200 fly), Kathleen Morrison (ninth, 1500 free; 12th, 400 free; 13th, 200 IM; 16th, 200 breast), Shreya Rane (11th, 100 breast; 14th, 200 free), Michelle Stefandl (13th, 200 free), and Evelyn Yuen (10th, 100 breast).

In the boys' division, top 16 finishes were achieved by Robb Dunne (14th, 400 free and 400 IM), Nathan Hirshbein (ninth, 100 back; 12th, 50 free), Ryan Lago (10th, 50 back), and Larry Rosa (12th, 200 back).

Family Golf is set for Aug. 3

The Family Golf Association, in conjunction with the Princeton Recreation Department and the Mercer County Park Commission, will be holding its 4th Annual Family Golf Outing on Thursday, Aug. 3 at the Princeton Country Club.

The main goal of the outing is to get family members out and enjoying the game of golf together. The main event is a choice of either a 9-hole or 18-hole two-person team scramble. The only requirement is that the two-person team is somehow related. There will be two shotgun starts, one for 18-hole golf-

ers at 12:30 p.m. and the other for 9-holers at 3:30 p.m.

The cost is \$45 per team for nine holes and \$70 per team for 18 holes. The fee includes greens fees and an awards dinner with door prizes after play. Some of the door prizes include foursomes to Jasna Polana and Springdale Golf Courses, gift certificates to Blue Point Grill, Witherspoon Grill, Nassau Street Seafood, and Panera Bread.

For more information or to register, contact Ted Ernst of the Princeton Recreation Department at 921-9480.