



# ORCA News

11/30/2009

## 8 ORCA Records Fall at Cerritos

On the weekend of November 21<sup>st</sup>, 30 ORCA swimmers competed at the Cerritos Blue, Red, and White meet at the Cerritos Olympic Center, setting 8 new club records and 90 new personal best times. Six of the eight records were individual records while two were relays.

Leading the way was **Lucas Spencer** with four new ORCA records. Spencer broke the 15-18 Mens 100 Freestyle (48.32), 200 Freestyle (1:47.16), 100 Breaststroke (1:02.08) and 200 IM (2:01.89). **Chandler Regan** broke the ORCA team record and qualified for her very first Sectional Cut in the 100 Breaststroke with a time of 1:08.67. Also breaking an individual record was **Connor Regan** re-breaking his own record in the 200 Backstroke with a time of 2:07.56. The two relay records were broken by the 15-18 Girls. The relay of **Elle Gault, Danica Lambert, Madison Tedesco and Brianna Hayes** broke the 200 Freestyle Relay record (1:49.23), and **Courtney Nguyen, Elle Gault, Madison Tedesco, and Brianna Hayes** broke the 200 Medley Relay (2:02.70).

With all the new times being posted, please take a look at the ORCA website ([www.orca-aquatics.com](http://www.orca-aquatics.com)) under top 5 times to see if your name may have moved up the list. With three meets (ORCA B/R/W, Winter Age Group Champs, and Sectionals) coming up in the next three weeks please CHEER every chance you get!!!

### MOST BEST TIMES ACHIEVED

#### 7 BEST TIMES

Jenn Davis

#### 6 BEST TIMES

Tasha Mahshi

#### 5 BEST TIMES

Drake Dusterhoft

Clarissa Hoyt

Chloe Regan

Katrina Sommer