

Welcome to the 38<sup>th</sup> 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  
Rach lle 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:**

*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

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