



high schools

GIRLS SWIMMING

Caseys capture second sectional final

By Mia Costello
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NEPTUNE — The top-seeded Red Bank Catholic girls swim team capitalized on its impressive depth Tuesday night to win their second Non-Public A South sectional final at the Neptune Aquatic Center.

"My team swam very well today," said Red Bank Catholic head coach Matt Bowen. "I was very surprised by some of the individuals who swam their best times including Anna Pelligra in the 200 individual medley, and Mary Sharp in the 100 freestyle."

The Caseys only won three individual events, but they won two out of the three relays to outscore the second-seeded

Bishop Ahr 97-73.

Red Bank Catholic received a bye into the sectional final after posting a 12-0 regular season record. Bishop Ahr (7-17) defeated Notre Dame 100-70 to earn their spot in the sectional finals.

"For some teams it can be a distraction to sit back and watch other teams, but my girls rallied around that and the tension and excitement built for them," said Bowen. "All last week while all the other state meets were going on my team was keeping track of what was happening, and you can tell the intensity was building, and they couldn't wait to swim."

Red Bank Catholic won the 200-yard freestyle relay in 1:41.85, and won the 400-yard free-



Jackie Van Len of Red Bank Catholic swims the 500-yard freestyle against Bishop Ahr in the NJISAA Swimming Non-Public A south sectional finals at the Neptune Aquatics Center. ROBERT WARD/STAFF PHOTOGRAPHER

style relay in 3:40.13.

Sophomore Jackie Van Lew led her team to two first place finishes. She placed first in the 500 freestyle (5:09.90), to outswim teammate Alli Vil-

lane who finished behind her with a time of 5:30.94. Van Lew also won the 200 freestyle (1:54.83).

Junior Karli Rymer claimed the top spot in the 100 butterfly swim-

ming a 59.70, almost four seconds ahead of her closest competitor to extend her team's lead 44-31.

The other two-time winner of night was Bishop Ahr freshman Katrina Kuhn who won the 100 freestyle, and 100 backstroke. She swam a 52.70 in the 100 freestyle, and a 59.53 in the 100 backstroke to outswim her competitors by over three seconds in each event.

Red Bank Catholic still had a 87-69 lead going into the last relay by having almost every swimmer that competed scoring at least one point. Rymer, Shannon Belforti, Morgan Belforti, and Van Lew swam to a first place finish (3:40.13) to hold on for the win.

"We try not to just focus on winning every event, but to also get swimmers to place third, fourth and fifth so that were able to build up points and win the close meets," said Bowen. "Every individual but one scored in the top five in every individual event today, and I always tell my team that you don't have to win every event in order to win, and that's the interesting thing about swimming."

The Caseys will face the Non-Public A North bracket winner on Sunday at The College of New Jersey at 3:45 p.m. for the state championship.

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