

**South Lakes High School Swim and Dive**  
**11400 South Lakes Drive, Reston, Virginia 20191**  
**Scott Brown, Head Coach**  
**southlakesswimanddive@gmail.com**

## **NEWS RELEASE**

January 8, 2017

### **South Lakes Pulls Off Senior Night Victory Against McLean**

Reston, VA – Strong swims and a number of first-place finishes by South Lakes High School swimmers helped the Seahawks pull off a Senior Night victory against McLean High School at the Herndon Community Center January 8. The girls scored 165 points to McLean’s 150, while the boys scored 161 points against McLean’s 153.

South Lakes got off to a fast start with both the boys and girls 200yd Medley Relay teams clocking Regionals-qualifying times. Ben Barbee, Michael George, Tyler Ellis, and Gianmichel D’Alessandro swam a 1:40.28, while Katie Nguyen, Megan Carney, Emily Landeryou, and Sophia Landeryou swam a 1:53.40. Other swimmers who had Regionals-qualifying times included Tyler Ellis in the 50yd freestyle, D’Alessandro in the 100yd freestyle, Jack Edgmond in the 500 freestyle, and Michael George in the 100yd breaststroke. Both girls and boys 400yd freestyle relay teams also qualified for Regionals—D’Alessandro, Edgmond, Hunter Ellis, and Tyler Ellis for the boys; Sophia Landeryou, Megan Carney, Anna Redican, and Emily Landeryou for the girls.

Additional highlights for South Lakes included:

- A sweep of the 50yd Freestyle event for the boys with first- through fourth-place finishes for T. Ellis (first), Edgmond (second), Benjamin Gyski (third), and James Crosby (fourth).
  
- A first place for diver Emma Bulger.

- First place finishes in the 100yd butterfly for Hunter Ellis and Emily Landeryou.
- A first place finish in the 100yd freestyle for Caitlyn King and a one-two finish in the boys 100yd freestyle for D'Alessandro and Gryski.
- A one-two finish in the 500yd freestyle for both the boys and girls teams; Edgemon (first) and Barbee for the boys and Hannah Lane (first) and Rachel Mietlicki for the girls.
- First place finish in the girls 200yd freestyle relay for A. Redican, Katie Nguyen, Natalie Pritz, and King.

With only two regular season meets remaining, the Seahawks already have a strong showing of swimmers who have qualified for regional or state cuts. In addition to those mentioned, additional Regionals qualifiers include Edgemon, A. Redican, and E. Landeryou in the 200 freestyle; T. Ellis, George, Edgemon, and Gryski in the 200yd Individual Medley; Katie Nguyen, S. Landeryou, D'Alessandro in the 50yd freestyle; T. Ellis in the 100yd freestyle; Gryski in the 100yd breaststroke; and Edgemon in the 100yd butterfly.

State qualifiers include Tyler Ellis in the 100yd butterfly and Ellis, George, and D'Alessandro in the 100yd breaststroke.

South Lakes swimmers and divers face Langley High School this Friday, January 13, at Spring Hill RECenter at 6:30 p.m. and will swim their final meet of the season on Wednesday, January 18 against Washington & Lee.

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