



STONE CRABS SWIM TEAM



Established 1991
USA Swimming Coaches Ann & Randy Stone
1085 Crane Crest Way, Orlando, FL, 32825
407-282-4970
StoneCrabs@aol.com www.stonecrabsswimteam.com

STONE CRABS SWIM TEAM - END of the MONTH WRAP UP

INSIDE THIS NEWSLETTER:

1. Weather Policy
2. Kings Bay Invitational News- entry fees, hotel, meet schedule, etc.
3. Winter Haven Invitational Summary

WEATHER POLICY

We do practice in the rain, but we do not practice when it is lightning. It is up to each family to decide whether or not they want to travel to practice and see whether or not it is "on". In rare instances- Coach Ann will send out an E-mail in advance canceling practice 30 minutes beforehand. If it looks as though the weather may clear up we do try to "wait out" the storm.

KINGS BAY "DOWN UNDER" INVITATIONAL

The Kings Bay Invitational entry deadline is tomorrow, Thursday, September 30th. Below is a list of all swimmers who are presently entered in this upcoming swim meet. If you would like to sign up for this meet, but do not see your name on the list below - please contact Coach Ann immediately at stonecrabs@aol.com.

Matthew Dewey- Sat. and Sun.

Elle Gindelsperger- Sat. Only

Abigail Gordiany- Fri., Sat., Sun.

Elisabeth Gregory - Sat. and Sun.

Emily Lennon- Sat. and Sun.

Sean Lennon- Sat. and Sun.

Thomas Lennon- Sat. and Sun.



STONE CRABS SWIM TEAM



Established 1991

USA Swimming Coaches Ann & Randy Stone

1085 Crane Crest Way, Orlando, FL, 32825

407-282-4970

StoneCrabs@aol.com www.stonecrabsswimteam.com

Lucy Nguyen- Sat. Only

Andrew Nordlund- Sat. and Sun.

Erica Nordlund- Sat. and Sun.

Joseph Szul- Sat. and Sun.

Hayley Teagle- Sat. and Sun.

Bella Tubbs- Sat. and Sun.

Sophia Tubbs- Sat. and Sun.

Amanda Weinstein- Sat. Only

Channah Weinstein- Sat. Only

Daniel Westgate- Sat. and Sun.

Eva Wolpert- Sat. and Sun.

"DOWN UNDER" KINGS BAT BOOMERS INVITATIONAL INFORMATION

Kings Bay "Down Under" Invitational, October 8- 10

Meet Location- Camden County Recreation Center

1050 Wildcat Lane

Kingsland, GA 31548

It is a 3 hour drive from Orlando to Kingsland, GA. The pool is 30 minutes straight north from Jacksonville on I-95. Basic directions: Take I-4 East to I-95 North- Take 2nd exit in GA for the hotel, and take the 3rd exit in GA for the pool.

Entry Fees are due by September 30th- place all entry fees in the "Invitational Folder" in the swim box. Please indicate the days that you are planning to swim.



STONE CRABS SWIM TEAM



Established 1991
USA Swimming Coaches Ann & Randy Stone
1085 Crane Crest Way, Orlando, FL, 32825
407-282-4970
StoneCrabs@aol.com www.stonecrabsswimteam.com

The following age groups will be competing in this invitational- 6U, 8U, 10U, 11&12, 13&14, Senior

The next invitational that our team will be attending is in Kings Bay, GA at the Camden County High School Recreational Facility. This is a great swim meet- it is an excellent opportunity to race swimmers from another part of the country- without having to travel too far! All Stone Crabs Swim Team members are invited and encouraged to sign up for this swim meet. Below is some basic information concerning the meet:

HOTEL RESERVATION INFORMATION:

Sleep Inn, 1321 Hospitality Avenue, Kingsland, GA 31548

912-673-7116

A block of rooms have been reserved under "Stone Crabs Swim Team" at the The Sleep Inn in Kingsland, GA. This is a four year old new hotel- the group rate includes: complimentary breakfast, refrigerator in all rooms, free wireless, pool, etc. Room with 2 double beds: \$59.00 plus tax- total cost \$68.00 a night.

To make reservations please call the hotel directly at: 912-673-7116. Suites are also available.

ENTRY FEES

All 3 Days (9 ind. events, 2 relays)

1 swimmer: \$46

2 swimmers: \$92

3 swimmers: \$138



STONE CRABS SWIM TEAM



Established 1991

USA Swimming Coaches Ann & Randy Stone

1085 Crane Crest Way, Orlando, FL, 32825

407-282-4970

StoneCrabs@aol.com www.stonecrabsswimteam.com

2 Days (6 ind. events, 2 relays)

1 swimmer: \$34

2 swimmers: \$68

3 swimmers: \$102

1 Day (3 ind. events, 1 relay)

1 swimmer: \$22

2 swimmers: \$44

3 swimmers: \$66

MEET INFORMATION

ORDER OF EVENTS

FRIDAY EVENING SESSION, Oct.8 WARM-UP: 5:00PM

TIMED FINALS 6:00PM

EVENT # (GIRLS) EVENT # (BOYS)

1	11 & 12 200 YD IND. MEDLEY	2
3	SENIOR 400 YD IND. MEDLEY	4
5	10 & UN 200 YD FREESTYLE	6
7	11 & 12 200 YD FREESTYLE	8
9	SENIOR 500 YD FREESTYLE	10

SATURDAY MORNING SESSION, Oct. 9 WARM-UP: 8:00AM

TIMED FINALS: 9:00AM

11	11 & 12 100 YD FREESTYLE	12
13	13 & 14 200 YD FREESTYLE	14
15	SENIOR 200 YD FREESTYLE	16
17	11 & 12 50 YD BREAST	18
19	13 & 14 100 YD BREAST	20
21	SENIOR 100 YD BREAST	22
23	11 & 12 50 YD FREESTYLE	24
25	13 & 14 50 YD FREESTYLE	26
27	SENIOR 50 YD FREESTYLE	28



STONE CRABS SWIM TEAM



Established 1991
 USA Swimming Coaches Ann & Randy Stone
 1085 Crane Crest Way, Orlando, FL, 32825
 407-282-4970
 StoneCrabs@aol.com www.stonecrabsswimteam.com

29	11 & 12 200 YD R-MEDLEY	30
31	13 & 14 200 YD R-MEDLEY	32
33	SENIOR 200 YD R-MEDLEY	34

***** 10 MINUTE BREAK *****

35	SENIOR 1000 YD FREESTYLE	36
----	--------------------------	----

SATURDAY AFTERNOON SESSION, Oct. 9 WARM-UP: 12:00PM TIMED FINALS: 1:00PM

37	10 & UN 100 YD FREESTYLE	38
39	8 & UN 50 YD FREESTYLE	40
41	6 & UN 25 YD FREESTYLE	42
43	10 & UN 50 YD BACK	44
45	8 & UN 25 YD BACK	46
47	6 & UN 25 YD BACK	48
49	10 & UN 100 YD IM	50
51	8 & UN 100 YD IM	52
53	10 & UN 200 YD R-MEDLEY	54
55	8 & UN 100 YD R-MEDLEY	56
57	6 & UN 100 YD R-MEDLEY	58

ORDER OF EVENTS

SUNDAY MORNING SESSION, Oct. 10 WARM-UP: 8:00AM

TIMED FINALS: 9:00AM

EVENT # (GIRLS) EVENT # (BOYS)

59	11 & 12 200 YD R-FREE	60
61	13 & 14 200 YD R-FREE	62
63	SENIOR 200 YD R-FREE	64
65	13 & 14 100 YD FREESTYLE	66
67	SENIOR 100 YD FREESTYLE	68
69	11 & 12 50 YD BUTTERFLY	70
71	13 & 14 100 YD BUTTERFLY	72
73	SENIOR 100 YD BUTTERFLY	74
75	11 & 12 50 YD BACK	76
77	13 & 14 100 YD BACK	78
79	SENIOR 100 YD BACK	80
81	11 & 12 100 YD IND. MEDLEY	82
83	13 & 14 200 YD IND. MEDLEY	84
85	SENIOR 200 YD IND. MEDLEY	86

***** 10 MINUTE BREAK *****

87	Senior 1650 YD FREESTYLE	88
----	--------------------------	----

SUNDAY AFTERNOON SESSION, Oct. 10

WARM-UP: 12:00PM

TIMED FINALS: 1:00PM

89	10 & UN 50 YD BREAST	90
----	----------------------	----



STONE CRABS SWIM TEAM



Established 1991

USA Swimming Coaches Ann & Randy Stone

1085 Crane Crest Way, Orlando, FL, 32825

407-282-4970

StoneCrabs@aol.com www.stonecrabsswimteam.com

91	8 & UN 25 YD BREAST	92
93	6 & UN 25 YD BREAST	94
95	10 & UN 50 YD FREESTYLE	96
97	8 & UN 25 YD FREESTYLE	98
99	10 & UN 50 YD BUTTERFLY	100
101	8 & UN 25 YD BUTTERFLY	102
103	6 & UN 25 YD BUTTERFLY	104
105	10 & UN 200 YD IND. MEDLEY	106
107	10 & UN 200 YD R-FREE	108
109	8 & UN 100 YD R-FREE	110
111	6 & UN 100 YD R-FREE	112

WINTER HAVEN INVITATIONAL SUMMARY

We had some very strong swims at the recent "Get Rowdy" Winter Haven Invitational. Below are some of the highlights from this swim meet. Kudos to all of the Stone Crabs swimmers who participated in the invitational- GREAT SWIMMING!

SWIMMING AVERAGE (SA)

1.000 CLUB- All Personal Best swims

Elle Gindlesperger (4), Elisabeth Gregory (9), Kaitlyn Leonard (11), Victoria Morris (7), Taylor Rop (10), Emma Shutters (8),

.800 CLUB

Alessandra Fable (11), Robert McCarthy (8), Eva Wolpert (8)

HIGH POINT TROPHY WINNER

3rd Place Trophy: Andrew Cheslock (12)- 11 & 12 Boys High Point Award

JUNIOR OLYMPIC QUALIFIER



STONE CRABS SWIM TEAM



Established 1991
USA Swimming Coaches Ann & Randy Stone
1085 Crane Crest Way, Orlando, FL, 32825
407-282-4970
StoneCrabs@aol.com www.stonecrabsswimteam.com

Congratulations to **Taylor Grabenhorst (12)** for achieving the short course Junior Olympic (JO) qualifying time in the 11 & 12 Girls100Y Breaststroke with a very fast time of 1:18.39.

NATIONAL AGE GROUP TIME STANDARDS- below is a list of swimmers who achieved the national age group time standards categories listed below for the first time:

"AA"

Andrew Cheslock (12) 50Y BR 34.61

Taylor Grabenhorst (12) 100Y BR 1:18.39

"A"

Alison Herlitzka (16) 200Y FY 2:24.10

"BB"

Kayley Estoesta (11) 100Y FY 1:13.38

Lucy Nguyen (11) 50Y BK 34.19

Daniel Westgate (9) 200Y IM 3:10.03, 50Y FR 35.17

"B"

Alessandra Fable (11) 50Y FR 33.76

Ardinn Grabenhorst (11) 200Y FR 2:39.76

Elisabeth Gregory (9) 100Y FR 1:28.57, 100Y FY 1:52.46, 50Y BK 46.25

Abby Sullivan (14) 100Y BK 1:18.14

Daniel Westgate (9) 200Y FR 2:51.81

Katelyn Westgate (11) 500Y FR 6:57.60, 100Y IM 1:24.77

Eva Wolpert (8) 50Y BR 53.39



STONE CRABS SWIM TEAM

Established 1991

USA Swimming Coaches Ann & Randy Stone

1085 Crane Crest Way, Orlando, FL, 32825

407-282-4970

StoneCrabs@aol.com www.stonecrabsswimteam.com

