

Jan. 17 Swimming



Sara DeAngelo cruised to victory in the 100 fly against Notre Dame, and also won the 100 breast to help the Spartans to victory (Photo by Dennis Symons Jr./purchase photos at www.dennissymons.com).

Steinert girls top Notre Dame behind Cruz, DeAngelo

Jan. 17: Lauren Cruz won the 200 freestyle (2:07.50) and 100 freestyle (57.54) while Sara DeAngelo won the 100 fly (1:07.34) and 100 breaststroke (1:16.78) as the Steinert girls swim team defeated Notre Dame, 98-72, to improve to 4-3.

Both girls were on the winning 200 medley relay team along with Taylor Kwok and Hailey Thayer (2:04.20). Thayer also won the 100 back (1:08.43) and was second in the 50 free. Kwok took second in the 200 IM.

Tess Dalton was second in the 500 freestyle and third in the 200 free, Margaret Hebert took third in the 50 free and 100 free, Sara Sacco was third in the 100 free and Carley Conti was third in the 100 back as the Spartans improved to 4-3.

In the boys meet, Steinert (6-3) dropped its third straight as undefeated Notre Dame took a 100-70 victory.

Zach Mabin won the 200 IM (2:05.46) and 100 breast (1:02.36), while Tommy Wright won the 500 free (5:17.33).

Second-place finishes came from Kevin Diefenbach (50 free, 100 free), Tyler Gulsby (100 fly, 100 back), while third-place finishers were Wright (200 free) and Gary Liedtka-Bizuga (100 breast).

WWPS wins twice but John has solid effort for Nottingham boys

Michael John had a strong meet in Nottingham's boys' 116-48 loss to West Windsor-Plainsboro South, as he won the 100 breast (1:15.58) and took second in the 200 IM. Joe Oliver was second in the 50 free, Jeremy Oiler took second in the 500 free while third-place finishes came from Anthony

Tafraw (200 IM), Eric Cougan (100 free) and Jawad Shah (100 back).

The Nottingham girls dropped a 119-50 decision to WW-P South despite a first-place finish by Sam Williams in the 500 freestyle and a third-place finish in the 100 breast.

Lisa Mazukewicz took second in the 200 IM and third in the 100 back, while Theresa Henry and Breanne Graves were 2-3 in the 100 free.

Torres, Walter excel for Hamilton in losses to Ewing

Jacob Torres won the 100 back and 500 freestyle and was on the winning 400 freestyle relay in Hamilton West's boys' 91-77 loss to Ewing. Griffin Hutton won the 200 IM and was also on the free relay team with Sam Markos and Aleks Henson.

Markos took second in the 200 freestyle.

Sofi Walter was a double winner in the 50 and 100 freestyle races in the Hornet girls' 92-76 setback to Ewing. Maddie Uram won the 100 breast.