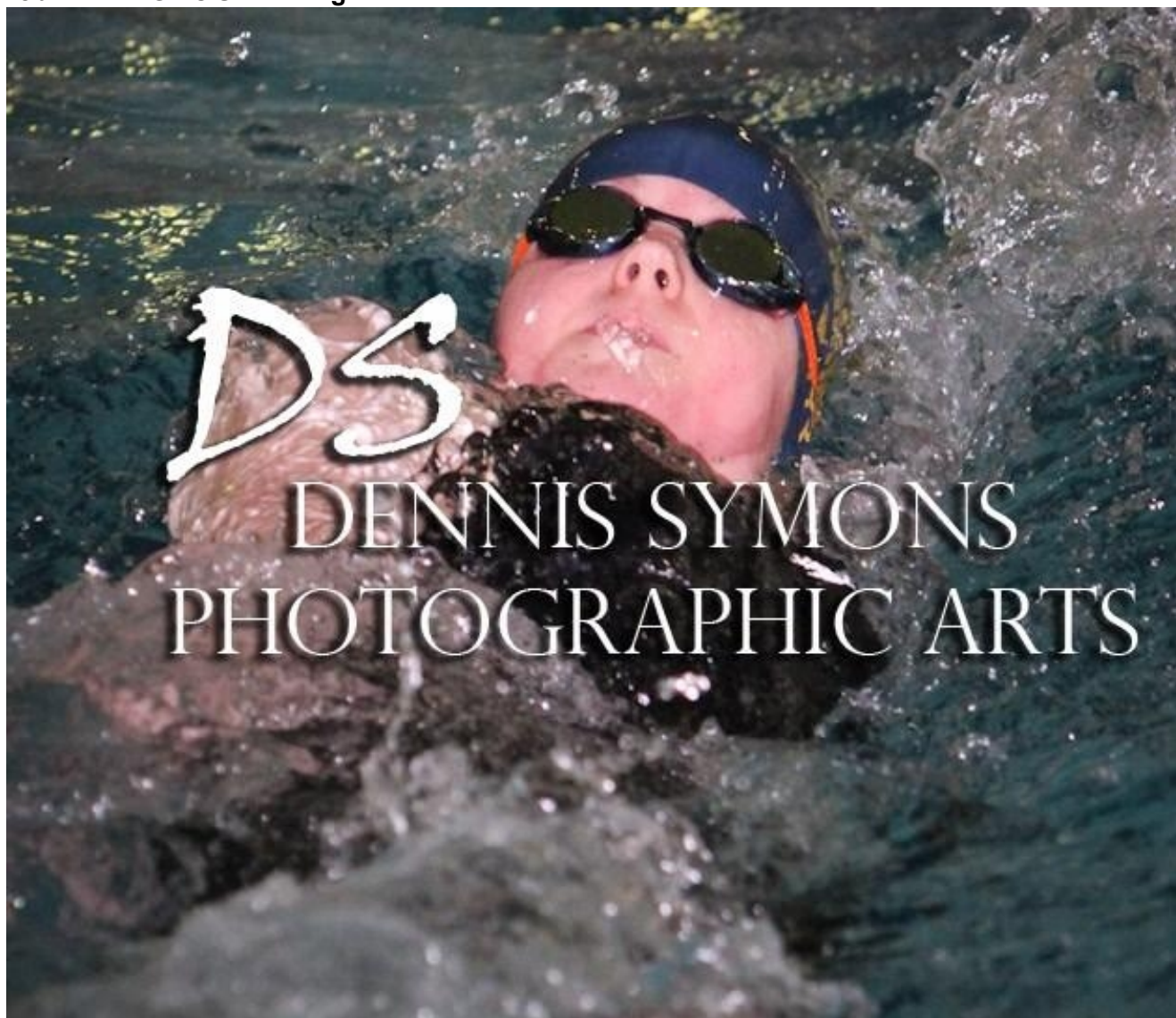


Feb. 4 MCT Girls Swimming



Nottingham's Lisa Mazukewicz zips her way to a fourth-place finish in the backstroke at today's Mercer County meet (Photo by Dennis Symons Jr./purchase photos at www.denissymons.com).

DeAngelo's big day leads Steinert to seventh; Mazukewicz excels for Stars

By Rich Fisher

Fish4Scores.com

Feb. 4: The Steinert girls swim team is holding out hope it might get a berth in the state meet.

If it doesn't happen, then senior Sara DeAngelo will always take pride in the way her high school career ended.

The veteran Spartan finished fourth in both the 100 fly (1:09.39) and 100 breast (1:21.40) in today's Mercer County Meet at Lawrence High School, helping the Spartans to a solid seventh-place finish with 99 points.

DeAngelo equaled her No. 4 seed in the fly and surpassed her fifth seed in the breast.

"I'm extremely proud of myself," DeAngelo said. "I went for it. I tried to finish with a bang my senior year and I'm extremely happy with the outcome of today."

DeAngelo just missed her personal record in the breaststroke, finishing .2 seconds away. She had no illusions of defeating who beat her out, as West Windsor-South's Jocelyn Yuen was first in 1:03.16, Princeton's Serena Deardorff took second (1:05.80) and Pennington's Carly Deeter was third (1:06.43)

"I'm pretty good with the people who beat me," she said. "They're excellent swimmers. They're great swimmers. I'm proud to even be in that same heat."

Steinert coach Jacquelyn Nami shared that pride.

"She was on today," Nami said. "Fourth place in both events and the best time in her season for both, and best time ever in her 100 fly. It was wonderful. What a way to end it."

Steinert had one other fourth-place finisher in Lauren Cruz, who swam a 1:03.02 in the 100 fly. Cruz also had a seventh-place ribbon in the 50 free. DeAngelo and Cruz were both on the fifth-place 200 free relay team and the sixth-place 200 medley relay team.

Overall, the Spartan gals were a satisfied bunch.

"I couldn't be happier, it was great," Nami said. "I'm happy with pretty much all of them. We expected Lauren and Sara to come back (in the finals) today the way they did."

"Haley Thayer did really well in the backstroke. Sarah Sacco snuck into the 400 free and Tess had 10th so that was nice. And Maggie Herbert, being brand new to place ninth in the 50 free, that was wonderful."

DeAngelo was equally happy.

"Everyone did awesome," she said. "Everyone was placing high. I can't remember the last time we had this many swimmers back to the finals."

There were plenty for sure.

With Ms. DeAngelo leading the charge.

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Nottingham sophomore Lisa Mazukewicz had a solid day in her second MCT, highlighted by a fourth-place finish in the 100 back in which she swam a 1:11.58. In the qualifying round, she re-set her school record in the event with a 1:11.10. She also got a 10th-place ribbon in the 200 IM, and swam on the 12th-place 200 medley relay team.

Mazukewicz equaled her seed in the back and beat her No. 12 seed by two in the IM.



Steinert senior Sara DeAngelo closed out an outstanding career (provided Steinert doesn't make states) with an outstanding day as she took fourth in both the breast and fly at today's MCT (Photo by Dennis Symons Jr./purchase photos at www.dennissymons.com).

“I feel really good, I improved a lot since last year’s meet,” Mazukewicz said. “I’m proud of myself. I dropped a lot of time in my IM on Thursday and got pretty close to my times again today.”

Mazukewicz feels getting some experience in the MCT last year helped prep her for this time around.

“It definitely helped me today,” she said. “This meet is different than a lot of the meets we do for club swimming. When you get to finals everyone is so good and so fast and you really have to try your best in finals.”

The following is a complete round-up on Hamilton Township finalists. Top 3 swimmers earn medals and the next nine earn ribbons:

HAMILTON WEST

200 medley relay: 11th, Abi Wagner, Autumn Sharkey, Maddie Uram, Sofi Walter, (2:12.85).

NOTTINGHAM

Lisa Mazukewicz: 4th, 100 back (1:11.58); 10th, 200 IM (2:42.04)

200 medley relay: 12th, Mazukewicz, Sam Williams, Theresa Henry, Bridget Doolittle (2:31.34).

400 free relay: 12th, Lisa Mazukewicz, Theresa Henry, Bridget Doolittle, Sam Williams (4:50.24).

STEINERT

Lauren Cruz: 4th, 100 free (1:03.02); 7th, 50 free (29.98)

Sara DeAngelo: 4th, 100 fly (1:09.39); 4th 100 free (1:03.02)

Margaret Herbert: 9th, 50 free (29.72)

Tess Dalton: 10th, 400 free (5:08.03)

Sarah Sacco: 12th, 400 free (5:18.52)

Haley Thayer: 8th, 100 back (1:14.31)

200 medley relay: 6th, Haley Thayer, Sara DeAngelo, Ciera Jones, Lauren Cruz (2:15.99).

200 free relay: 5th, Margaret Herbert, Sara DeAngelo, Haley Thayer, Lauren Cruz (1:58.21).

400 free relay: 9th, Taylor Kwok, Ciera Jones, Tess Dalton, Margaret Herbert (4:33.48).