



RACE *for the* RECORD

Two school records fall at regionals

After the starting buzzer, senior Carmen Vajgrt takes a deep breath and dives into the cool, blue water. Less than a minute later, she stretches out her arm and touches the hard wall. The race was over. She looks around and realizes no one is around her. She turns towards the scoreboard and waits anxiously for the time to come up. 58.87. "I could not believe it. It was so amazing," Vajgrt said. She had just broken the 100 fly record.

The previous school record for the 100 fly was 59.39 seconds, held by Kelsey Staub from 2009. Vajgrt beat that by about half a second at the regional meet. This was almost two seconds faster than she had ever swam it before. "I had always been at a minute flat, and I had never gone under it," Vajgrt said.

Before regionals, coach Shari Wall-

ing questioned whether she should let Vajgrt swim the 100 fly, since she had never gotten under a minute. "I felt like she should swim the 200 IM in my head because we needed a victory, but in my heart I wanted her to swim the 100 fly," Walling said.

Vajgrt thought she could do it. "My heart was with the 100 fly," Vajgrt said. "I've been telling myself since freshman year that I wanted to break that 100 fly record."

When the time came up on the screen, everyone came down to congratulate her. "I got out of the pool and my whole team was there. They were hugging me and I was crying, and I couldn't believe what was going on," she said. "The pain hadn't even set in my body yet."

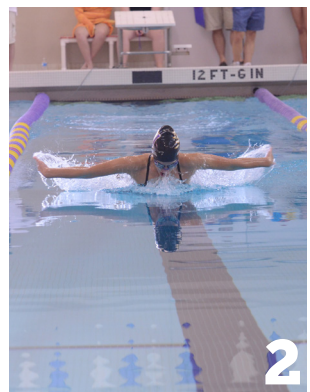
Vajgrt then went over to talk to Coach Walling. "We hugged and I can

still feel it because we were both just so happy," Walling said.

Vajgrt was not the only one with success. As soon as the meet started, the medley relay (with junior Niki Ferguson, freshman Lexie Winnett, senior Cheyenne Church, and senior Mollie Greenwood) was within the record by a half-second. They did not beat it, but they earned their best time of the season.

Then came the 200 IM. From the start, freshman Lexi Horner was in the lead. The race finished with her breaking the school record by four seconds with a time of 2:11.

The team became regional champions and placed 11th at the state competition. "Everyone was swimming really well," Vajgrt said. "There wasn't one person who walked away from that pool disappointed."



Spread by Megan Buckallew & Elizabeth Reiher

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Job # 3292 School Johnston High School

Special Instructions

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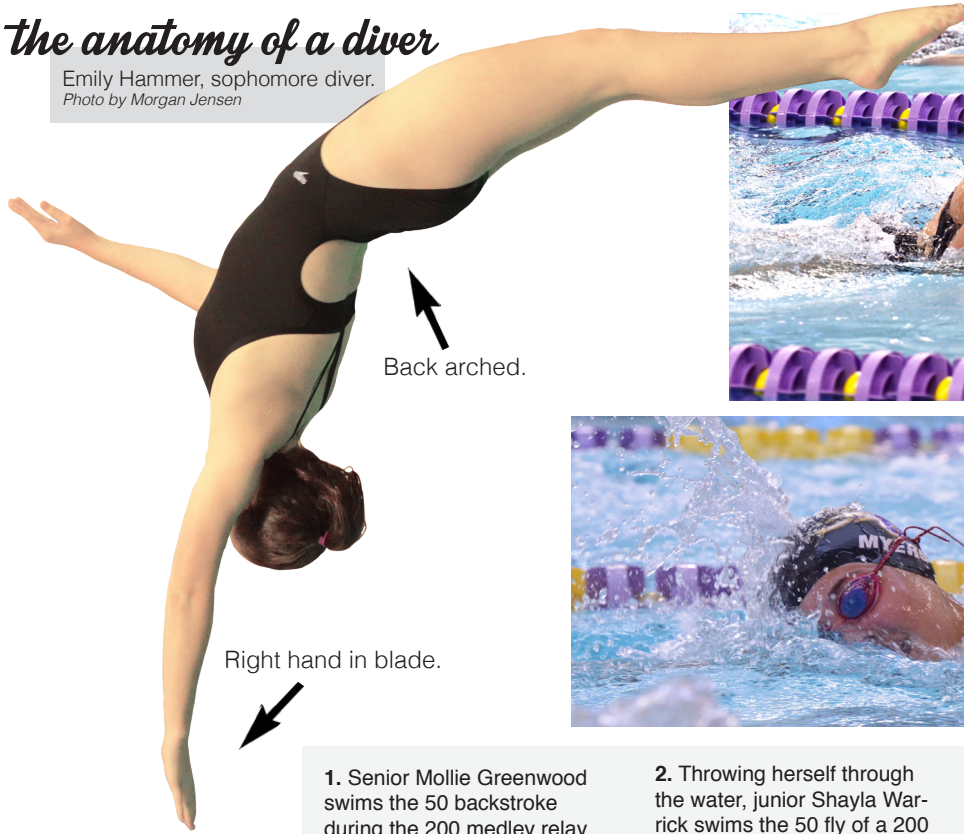
Senior Carmen Vajgrt throws herself through the water while swimming the 100 fly, which she now holds the record for. "When I looked up at the board after the 100 fly, I knew I had just won and had become a Regional Champion, but when I saw a 58.87 I immediately jumped up out of the water, put my hands over my mouth and started to cry. My coach almost didn't let me swim this event and I had not only finally gone under a minute, I had broken our school record by almost a second and a half," Vajgrt said.

Photo by Elizabeth Reiher

Toes pointed. →

The anatomy of a diver

Emily Hammer, sophomore diver.
Photo by Morgan Jensen



Back arched.

Right hand in blade.



1. Senior Mollie Greenwood swims the 50 backstroke during the 200 medley relay at the JHS Invitational. "In the medley relay, I like swimming the backstroke because I usually swim freestyle events. It's a nice change of scenery," Greenwood said.
Photo by Elizabeth Reiher

2. Throwing herself through the water, junior Shayla Warwick swims the 50 fly of a 200 medley relay during the home swim meet Sept. 10 against Ames. The relay also included senior Cheyenne Church and freshmen Lexie Winnett and Olivia White.
Photo by Elizabeth Reiher

3. Freshman Lexi Winnett races towards the wall to finish the breaststroke at Waukee. "Our goal [to win] regionals was very important because we haven't won for many years and beating Waukee couldn't have been a greater achievement," Winnett said.
Photo by Clara Carlson

5. Freshman Lexi Horner swims the breaststroke during the 200 IM at the JHS Invite. "I reached my goal of breaking the 200 IM record. It was one thing I really wanted to accomplish, and I was nervous that I wouldn't," Horner said.
Photo by Elizabeth Reiher

4. Gasping for air, sophomore Mallorie Myers swims the 200 free during the home swim meet vs. Ames. The varsity girls lost but the JV girls won 109-76. "Although swimming is extremely hard sometimes, the pay off for all your hard work is worth it," Myers said.
Photo by Elizabeth Reiher

girls swimming **57**

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