

Meet Results: St Charles Pentathlon

Last weekend was a great meet in St Charles to kick-off the long course season. The Pentathlon format consists of each swimmer competing in 5 events (4 events for 8 & under) and scores are based on *total time* for all the events. Check out the [meet results here](#).

Meet Highlights

Overall TOP 6 award winners:

Mark Hallman – 1st place 11 year old boys
Nikita Bondarenko – 4th place 12 year old boys
Alanna Dassoﬀ – 6th place 12 year old girls
Eric Hallman – 6th place 15 & over boys

9 new team records:

Hanna Blankemeier (8 & under 50 fly & 50 back)
Nora Sullivan (9-10 50 back & 200 IM)
Nikita Bondarenko (11-12 100 fly, breast, free & 200 IM)
Kyle Patnode (13-14 100 back)

[Long Course 2008 Power Point Clubs](#)

Getting faster in a hurry:

Hanna Blankemeier (50 fly -22.35, 50 back, -14.90, 50 breast -13.93, 50 free -11.46); Cameron Brandt (100 fly -24.90); Hannah Connell (100 breast -45.62); Alanna Dassoﬀ (100 fly -10.33); Mark Hallman (100 fly -20.15, 200 IM -10.99); Nora Sullivan (50 fly -13.23, 200 IM -40.41); Alex West (100 fly -18.87, 200 IM -21.83)

Chicago Classic @ UIC: May 24-25

Warm-up Times Saturday & Sunday

13 & older (6:45am)

11 & under (~11:45, exact time will be posted on team website later this week)

[Meet Entries on website.](#)

Once again, be sure to pack your team suit for the meet. Our athletes should plan on sitting together in the bleachers on the south end of the pool (starting block end). Be sure to wear your team gear and pack a water bottle. Depending on the weather, the pool area can get hot and it is important to stay hydrated throughout the meet.

Mini-Meets: May 21-21

During practice this week on Wednesday & Thursday, Tiny TOPS, Red & Black squads will have mini-meets. The meets will be done in similar fashion to dual and invitational meets. Parents are encouraged to attend and will also be needed as volunteers to help time the swimmers. These Mini-meets will focus on learning and performing skills correctly. Athletes are encouraged to get loud and support their teammates! Remember competition is “striving together”, not against each other. Let’s have some fun!

River Forest Memorial Day Parade

Next Monday, May 26th is the River Forest Memorial Day Parade. We will walk in the parade right behind the YMCA bus. The parade route will begin at Constitution Park (7715 Greenfield Avenue) and end at Keystone Park (400 Keystone Avenue). Please meet us at 11:00am wearing your TOPS gear! Athletes should wear their gray ringer T’s and other family members can wear any Red or Black shirt. Dogs are welcome to walk too! Check the website and/or email later this week for a more exact YMCA / TOPS starting location.

Indianapolis Meet Deposits

Reminder: \$100 Deposits for the Indianapolis travel meet is due by Wednesday this week. All athletes will be staying with the team. Please contact the office if you have any questions.

TOPS Parent Social!!!

Save the date! Saturday, June 21st at 5:00pm we will have a parent social at Rave Wines. Cost will be \$15 per person and will include wine and food. Rave is located at 1114 Chicago Avenue in Oak Park. Visit [Rave's website](#) for more information about the store.