

BLAST NATION:

By now you've heard that the **BLAST** finished a surprising third in the Louisiana State Long Course Championships. But the numbers behind the story are even more incredible! Here are some:

One - Damon McCoy Female winner - Kara Kopcsó won the award for the third state meet in a row!

Two - National Top 16 times turned in by Griffin Guzan in the 50 fly and 100 fly

Three - Individual High point winners - Kristen Jennings [11-12 girls], Griffin Guzan [10 & under boys] and Kara Kopcsó, [19 & under girls],

8 - 11-12 girls state records broken; Kara - 200 free, 400 free, 800 free, 200 back, and 400 IM, Alex Cloutet, 200 breast,

400 free and medley relays, [Brooke Vinturella, Kristen Jennings, Alex C, and Kara K.]

9 - National Top Ten times turned in by our 11-12 girls

37 - individual and relay state champions - team record for a state meet and the most for any team in the meet.

Individual Champions breakdown:

Kristen Jennings - 4 - 11-12 girls, 50 back, 100 back, 50 fly and 200 IM

Brooke Vinturella - 3 - 11-12 girls, 200 free, 400 free and 100 fly.

Alex Cloutet - 2 - 11-12 girls, 50 breast and 100 breast

Jesi Kopcsó - 5 - 15-16 girls, 100 breast, 200 breast and 100 fly, 19 & under 100 and 200 breast.

Kara Kopcsó - 6 - 19 & under girls, 200 free, 400 free, 800 free, 200 back, 200 IM and 400 IM

Harrison Prieto - 3 - 10 & under boys 50 free, 50 and 100 back.

Griffin Guzan - 5 - 10 & under boys 100 free, 200 free, 100 breast, 100 fly and 200 IM.

Andrew Knudsen - 2 - 11-12 boys 400 free and 100 fly.

Colin Babcock - 1 - 15-16 boys 400 IM.

Relay Champions:

10 & under boys: 200 free and medley relays - Trey James, Grant Gallaspy, Griffin Guzan and Harrison Prieto.

11-12 girls: 200 free relay - Kara, Claire Rasmus, Brooke and Alex

11-12 girls: medley relay - Kara, Kristen, Brooke and Alex

11-12 boys: 200 free and medley relays - Andrew Knudsen, Mason Drouant, Gianni [JQ] Scramuzza and Will Warwick.

2961.50 points scored by team -most ever for a state meet.

And I'm just getting started, but shut eye is needed.

BB