

The 41st annual Metros Swimming and Diving Championships were held Feb 23-27, 2005 at the Montgomery Aquatic Center. This "All-Star" event features only the best high school swimmers and divers from Montgomery County and the Washington Metropolitan area private schools. The Quince Orchard Swim and Dive Boys Team was represented in individual events by Stephen Moreland (200 IM, 100 Fly), Robbie Carmack (200 IM), Taylor Hull (50 Fly), Bennett Van Pelt Diller (100 Fly, 100 Breast), Stephen Janos (100 Back, 100 Free), Cory Panow (100 Back), and John Calvert (100 Breast). The girls qualifying for individual events were Charlotte Floria (200 IM, 100 Back), Rachel Miskiel (200 IM, 100 Breast), Kristen Moores (100 Fly, 100 Back), Lindsey Szymczak (100 Fly, 500 Free) and Olivia Ribbe (50 Free). The Cougars relay teams also included David Somers (200 Free Relay) Scott Page (200 Free Relay), Emma Lister (200 Medley Relay, 200 Free Relay), Leslie Olinger (200, 400 Free Relays), Shannon Phelan (200 Free Relay), and Heather Durosko (200 Free Relay).

Kristen Moores finished in 4th place in the 100 Fly and in 6th place in the 100 Back, earning a team-high point total of 28 points. Kristen had the 15th highest point total of all women swimmers. Stephen Moreland finished in 9th place in the 100 Fly, earning 9 points, and Bennett Van Pelt Diller finished in 14th place in the 100 Fly, and in 12th place in the 100 Breast, earning a total of 8 points. The girls 200 Medley Relay team of Kristen Moores, Emma Lister, Rachel Miskiel, and Olivia Ribbe finished in 11th place, and the boys 400 Free Relay team of Bennett Van Pelt Diller, Robbie Carmack, Stephan Moreland, and Stehpen Janos finished in 15th place. Overall, Quince Orchard finished in 24th place out of the 52 teams entered in the meet.

Event # 5 Men 200 IM				Place			
Points							
2:04.36Y	P	Moreland, Stephan C.	SO	18	---	0.56	
2:17.50Y	P	Carmack, Robbie	FR	43	---	5.83	
Event # 6 Women 200 IM							
2:25.49Y	P	Floria, Charlotte	SO	35	---	0.39	
2:25.76Y	P	Miskiel, Rachel	SO	38	---	3.18	
Event # 7 Men 50 Free							
23.72Y	P	Hull, Taylor	SR	40	---	0.06	
Event # 8 Women 50 Free							
26.24Y	P	Ribbe, Olivia	SO	31	---	0.20	
Event # 9 Men 1 Meter 6 Dives							
NS	F	Copeland, Brent	SO	---	---	---	
Event # 11 Men 100 Fly							
54.52Y	F	Moreland, Stephan C.	SO	9	9	-1.52	
55.51Y	P	Van Pelt Diller, Bennett W.	SO	9	---	-1.09	
55.78Y	P	Moreland, Stephan C.	SO	11	---	-0.26	
56.15Y	F	Van Pelt Diller, Bennett W.	SO	14	3	-0.45	
Event # 12 Women 100 Fly							
58.91Y	F	Moores, Kristen	SO	4	15	-1.66	
59.60Y	P	Moores, Kristen	SO	5	---	-0.97	
1:05.67Y	P	Szymczak, Lindsey C.	FR	29	---	0.46	
Event # 13 Men 100 Free							
53.13Y	P	Janos, Stephen E.	JR	42	---	0.68	
Event # 16 Women 500 Free							
5:36.31Y	F	Szymczak, Lindsey C.	FR	33	---	-6.37	

Event # 19 Men 100 Back

59.54Y	P	Janos, Stephen E.	JR	21	---	0.42
1:01.92Y	P	Ponow, Cory	JR	40	---	-0.08

Event # 20 Women 100 Back

1:01.50Y	F	Moores, Kristen	SO	6	13	-0.12
1:02.05Y	P	Moores, Kristen	SO	8	---	0.43
1:06.20Y	F	Floria, Charlotte	SO	---	---	0.29

Event # 21 Men 100 Breast

1:02.52Y	P	Van Pelt Diller, Bennett W.	SO	10	---	-0.39
1:03.69Y	F	Van Pelt Diller, Bennett W.	SO	12	5	0.78
1:06.64Y	P	Calvert, John	SO	27	---	1.86

Event # 22 Women 100 Breast

1:13.36Y	P	Miskiel, Rachel	SO	26	---	2.05
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Event # 1 Men 200 Medley Place Points

1:46.49	Stephen Janos, Bennett Van Pelt Diller, Stephan Moreland, Taylor Hull	17	-
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Event # 2 Women 200 Medley

1:58.28	Kristen Moores, Rachel Miskiel, Emma Lister, Olivia Ribbe
11	12

Event # 17 Men 200 Free

1:39.06	David Somers, Scott Page, Robbie Carmack, Taylor Hull
27	---

Event # 18 Women 200 Free

1:51.66	Shannon Phelan, Leslie Olinger, Emma Lister, Heather Durosko	31
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Event # 23 Men 400 Free

3:29.84	Bennett Van Pelt Diller, Robbie Carmack, Stephen Janos. Stephan Moreland	15	4
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Event # 24 Women 400 Free

3:54.81	Olivia Ribbe, Leslie Olinger, Rachel Miskiel, Kristen Moores	17
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