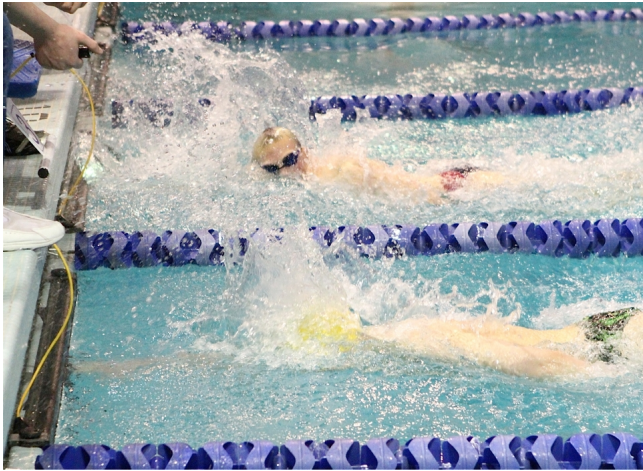


## Hughes captures tight 500 at MVC swim

Written by Jim Ecker

Saturday, 19 January 2013 19:44 - Last Updated Saturday, 19 January 2013 20:31

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Josh Hughes has been one of the top long-distance swimmers in Iowa during his prep career at Cedar Rapids Washington.

In fact, he probably could have swum all the way from here to Johns Hopkins University in Baltimore by now if you added all his miles together in the pool.

Hughes will swim at Johns Hopkins next year and probably major in biology as he works toward a spot in the medical field. For now, he's set his sights on trying to win a state title in the 500-yard freestyle next month in Marshalltown.

Hughes is currently ranked third in the event, but he defeated top-ranked Aidan Keen of Iowa City West in the 500 free at the Mississippi Valley Conference Super Meet at the Jefferson High School pool Saturday afternoon.

The two friends battled stroke for stroke in an exciting race until Hughes nipped Keen at the finish by a scant 5-hundredths of a second. Hughes was clocked in 4:45.02 and Keen touched in 4:45.07.

Hughes and Keen both swim for the I-Fly club in Iowa City during the offseason. Keen is just a freshman, but he's already established himself as one of the top swimmers in the state.

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"We nicknamed him Aladdin," said Hughes. "We're really good friends and that was really a fun race."

Hughes and Keen have battled in the 500 before. Hughes has won every time, but the margin is getting smaller and smaller. "It's never been that close," he said after his tight victory.

Keen beat Hughes in the 200 freestyle Saturday, so they got a split for the day in their head-to-head battles.

The 500 free was the best race of the meet.

"It will be fun at state now," said Hughes. "The two of us will probably be the top-two spots at state. It will be the same thing at districts and the same thing at state."

The 500 was fun to watch, but it took a mental toll on Hughes.

"It's nerve-wracking," he said. "It's like, 'OK, is he going to break away or am I going to break away?' It's like a game of riddles."

Harris Thompson of Iowa City High is another top man in the 500, but he did not swim in that event Saturday.

Dubuque Senior trimmed Washington for the team championship in the Super Meet, 396-353. Kennedy finished fifth, Linn-Mar sixth and Jefferson 10th in the 11-team field.

Hughes was named the Valley Division Athlete of the Year. Chandler Heisler of Kennedy was named the co-Athlete of the Year in the Mississippi Division with Josh Gill of Dubuque Senior.

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Jared Thorson of Washington won the 100-yard butterfly for the Warriors by a convincing margin.

Hughes, a 4.0 student, visited Johns Hopkins in the fall and liked everything about the prestigious school and its NCAA Division III swim program.

"It was one of those love-at-first-sight things," he said. "I knew this is the school I want to go to."

Washington Coach Chris Cruise thinks Hughes has selected the right school for his academic and athletic pursuits.

"I think it will be a good fit for him out there," Cruise said. "He's a solid student. And he's been one of the premier distance swimmers in the state of Iowa for the last three years.

"The thing that I've been most impressed about Josh this year is the transformation that he's made as a team leader. He's really done a fantastic job of encouraging our kids and has kind words for everyone.

"Josh has really embraced his role as a leader on this year's team and has done some amazing things. He's really enjoying that role and really embracing it. It's not only been good for him, it's been tremendous for our program.

"It's been incredible to watch and I'm very, very proud of him."

Heisler finished third in the 50 freestyle and the 100 freestyle for Kennedy. Lance Scallon placed third in the 100 backstroke for Jefferson.

MVC SWIM MEET

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### At Jefferson

#### Team Standings

1. Dubuque Senior 396, 2. Washington 353, 3. Iowa City West 218, 4. Cedar Falls 192.5, 5. Kennedy 188, 6. Linn-Mar 182.5, 7. Iowa City High 156, 8. Dubuque Hempstead 124, 9. Waterloo West 106, 10. Jefferson 75, 11. Waterloo East 37.

#### Winners

200 Medley Relay - Dubuque Senior 1:39.24  
200 Freestyle - Aidan Keen, IC West, 1:44.61  
200 IM - Jake Sund, Cedar Falls, 2:03.59  
50 Freestyle - Josh Gill, Dubuque Senior, 21.72  
100 Butterfly - Jared Thorson, Washington, 53.99  
100 Freestyle - Mark McGlaughlin, IC West, 46.96 (pool record)  
500 Freestyle - Josh Hughes, Washington, 4:45.02  
200 Freestyle Relay - Dubuque Senior 1:27.74  
100 Backstroke - Mark McGlaughlin, IC West, 53.55  
100 Breaststroke - Josh Gill, Dubuque Senior, 59.59  
400 Freestyle Relay - Iowa City West 3:19.50

#### WASHINGTON PLACEWINNERS

##### Top 6

1st - Jared Thorson, 100 butterfly, 53.99  
1st - Josh Hughes, 500 freestyle, 4:45.02  
2nd - 200 medley relay (Nick Saulnier, John Kopec, Jared Thorson, Nick Durin) 1:40.06  
2nd - Josh Hughes, 200 freestyle, 1:48.21  
3rd - Nick Saulnier, 200 IM, 2:05.99  
3rd - Nick Durin, 100 breaststroke, 1:04.31  
3rd - 400 freestyle relay (Josh Hughes, Ryo Ueno, Nick Saulnier, Jared Thorson) 3:20.27  
4th - Jared Thorson, 50 freestyle, 22.52  
4th - Cam Bentley, 100 backstroke, 57.04  
5th - Logan Barnes, 100 butterfly, 58.75  
5th - Matteo Tormene, 500 free, 5:18.87  
5th - Nick Saulnier, 100 backstroke, 57.39  
6th - Nick Durin, 50 freestyle, 23.24  
6th - Ryo Ueno, 100 freestyle, 50.60  
6th - Eric Roush, 500 freestyle, 5:24.94

#### KENNEDY PLACEWINNERS

##### Top 6

3rd - Chandler Heisler, 50 freestyle, 22.15

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3rd - Chandler Heisler, 100 freestyle, 49.22

3rd - 200 freestyle relay (Harrison Moore, Brennan Urbi, Chandler Heisler, Dylan Casey)  
1:31.05

4th - 200 medley relay (John Richardson, Stefan Kitsos, Andy Hanson, Harrison Moore) 1:45.82

4th - 400 freestyle relay (Chandler Heisler, John Richardson, Brennan Urbi, Dylan Casey)  
3:27.55

6th - Stefan Kitsos, 200 IM, 2:11.13

### LINN-MAR PLACEWINNERS

Top 6

4th - Duggan Trenary, 100 butterfly, 57.98

5th - 200 medley relay (Kyle McNeal, Nate Greve, Duggan Trenary, John Roggendorf) 1:46.38

5th - Justin Arebaugh, 50 free, 22.89

5th - 200 freestyle relay (Nate Greve, Duggan Trenary, John Roggendorf, Justin Arebaugh)  
1:34.17

### JEFFERSON PLACEWINNEERS

Top 6

3rd - Lance Scallon, 100 backstroke, 56.88

6th - 200 freestyle relay (Michael Munson, Luke Hummell, Zach Khorsand, Lance Scallon)  
1:36.25