

Saulnier wins MVC swim title for Wash

Written by Jim Ecker

Saturday, 25 January 2014 21:13 - Last Updated Sunday, 26 January 2014 16:47



CEDAR FALLS - Nick Saulnier likes to jump in the pool for a good workout before school starts in the morning, just like most swimmers, but the Cedar Rapids Washington sophomore has taken his routine to the extreme.

During the high school season, he practices with his teammates at Washington. But during the "offseason," he'll practice at the University of Iowa Aquatic Center with members of the Iowa Flyers Swim Club in the morning before returning to Washington for a full day of classes. He's done that twice a week during part of the school year, on Tuesdays and Thursdays.

He'll return to Iowa City every day during the "offseason" to practice after school, Monday through Friday, and he'll also swim at the UI facility on Saturdays and Sundays.

"I like swimming," he said Saturday.

He's good at it, too.

Saulnier won the 100 backstroke at the Mississippi Valley Conference meet in Cedar Falls Saturday and placed second in three other events, helping the Warriors finish second in the team standings behind Iowa City West.

"He's obviously a tremendous athlete," said Washington Coach Chris Cruise. "He's where he is

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right now because of his hard work and his dedication and commitment. There's no doubt about that.

"He's one of the hardest-working kids in our program and probably the state as well. We're very, very fortunate to have him on our team."

Saulnier will not be able to practice in Iowa City before school this semester after the high school season ends because he has an early-bird class at Washington, but he plans to resume his routine next year when he's a junior.



He's become good friends with other members of the elite IFLY swim club, including several of the young stars from Iowa City West who dominated the MVC meet. The Trojans won 10 of 11 events, with Saulnier taking the other.

Sophomore Aiden Keen, sophomore Mark McGlaughlin and freshman Oliver Martin all won two individual events for Iowa City West. Instead of giving them dirty looks, Saulnier could be seen joking and laughing with the Trojans.

"It's a friendly competition," he said. "They're definitely fast people. It's good to race some of them and practice with them out of the high school season."

Iowa City West won the MVC title with 361 points, but Washington rolled up 341 points and challenged the second-ranked Trojans with its depth. The 10th-ranked Warriors placed second in seven events and finished third in two others.

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"A good team race for us today, much like it has been all season long," said Cruise. "We've had a lot of guys who have stepped up and done a nice job. That was the big difference for us today."

The Warriors are looking forward to the state meet Feb. 15 in Marshalltown, where their depth could be important.

"We may not win a lot of events at state, but I definitely think we'll have a lot of people going, so I think we can do well," said Saulnier.

Saulnier placed in four events at the state meet last year as a freshman when he was fourth in the 200 medley relay, fourth in the 400 freestyle relay, eighth in the 100 backstroke and 10th in the 200 individual medley.

"He does a lot of different things very, very well. He can fill a bunch of holes for us," said Cruise.

"He's a neat kid, too. I can't say enough good things about him as a person, which is probably the most enjoyable thing about coaching him."

Saulnier placed second in the 200 IM Saturday and helped the Warriors finish second in the 200 medley relay and 400 freestyle relay. Jared Thorson placed second in the 50 freestyle and 100 butterfly. Cameron Kelley was second in the 500 freestyle and Nick Durin was second in the 100 breaststroke for Washington.

Linn-Mar nipped Dubuque Senior for third place in the team standings, 265-264. Duggan Trenary (100 butterfly) and Calvin Greve (100 backstroke) led the Lions with third-place showings.

Jefferson finished seventh out of 11 teams. Paul Hummell placed fourth in the 100 breaststroke and helped the J-Hawks finish fifth in the 200 medley relay and sixth in 200 freestyle relay.

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Kennedy placed 10th in the standings. Brennan Urbi finished sixth in the 50 freestyle and 100 backstroke for the Cougars.

TEAM STANDINGS

1. Iowa City West 361, 2. Washington 341, 3. Linn-Mar 265, 4. Dubuque Senior 264, 5. Dubuque Hempstead 188, 6. Waterloo West 144, 7. Jefferson 116, 8. Iowa City High 98, 9. Cedar Falls 95, 10. Kennedy 91, 11. Waterloo East 51.

WINNERS

200 medley relay - Iowa City West 1:37.89
200 freestyle - Aidan Keen, Iowa City West, 1:45.19
200 IM - Oliver Martin, Iowa City West, 1:59.58
50 freestyle - Mark McGlaughlin, Iowa City West, 21.48
100 butterfly - Oliver Martin, Iowa City West, 53.34
100 freestyle - Mark McGlaughlin, Iowa City West, 47.35
500 freestyle - Aidan Keen, Iowa City West, 4:43.69
200 freestyle relay - Iowa City West 1:28.06
100 backstroke - Nick Saulnier, Washington, 53.69
100 breaststroke - Matt Anderson, Iowa City West, 1:00.74
400 freestyle relay - Iowa City West 3:17.18

WASHINGTON PLACEWINNERS

Top 6
1st - Nick Saulnier, 100 backstroke, 53.69
2nd - 200 medley relay (Saulnier, Scheetz, Thorson, Kehoe) 1:39.68
2nd - Nick Saulnier, 200 IM, 2:01.59
2nd - Jared Thorson, 50 freestyle, 22.38
2nd - Jared Thorson, 100 butterfly, 53.69
2nd - Cameron Kelley, 500 freestyle, 4:46.81
2nd - Nick Durin, 100 breaststroke, 1:01.97
2nd - 400 freestyle relay (Durin, Kelley, Thorson, Saulnier) 3:19.82
3rd - Cameron Kelley, 200 free, 1:47.82
3rd - 200 freestyle relay (Kehoe, Durin, Scheetz, Kelley) 1:30.87
5th - Jakob Kehoe, 50 freestyle, 22.73
5th - Matt Jackson, 100 breaststroke, 1:04.91
6th - Matt Jackson, 200 IM, 2:06.88
6th - Nick Durin, 100 freestyle, 50.45

LINN-MAR PLACEWINNERS

Top 6

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3rd - Duggan Trenary, 100 butterfly, 56.33

3rd - Calvin Greve, 100 backstroke, 55.22

4th - 200 medley relay (McNeal, Tripp, Hendricks, Roggendorf) 1:43.91

4th - Zach Hendricks, 100 butterfly, 56.88

4th - 200 freestyle relay (Arebaugh, Ramsey, Roggendorf, Trenary) 1:31.81

5th - Kyle McNeal, 100 freestyle, 50.27

5th - Kyle McNeal, 100 backstroke, 56.57

5th - 400 freestyle relay (Arebaugh, Hendricks, Trenary, McNeal) 3:24.81

JEFFERSON PLACEWINNERS

Top 6

4th - Paul Hummell, 100 breaststroke, 1:03.13

5th - 200 medley relay (Schmuecker, P.Hummell, Homan, L.Hummell) 1:47.66

6th - 200 freestyle relay (P.Hummell, Homan, Martin, L.Hummell) 1:35.48

KENNEDY PLACEWINNERS

Top 6

6th - Brennan Urbi, 50 freestyle, 22.86

6th - Brennan Urbi, 100 backstroke, 56.63