

## Swimmers enjoy unusual J-Hawk Relays

Written by Jim Ecker

Saturday, 01 December 2012 15:42 - Last Updated Saturday, 01 December 2012 17:53

---



Dylan Casey of Kennedy swam 100 yards Saturday with his eye goggles around his nose, but was able to laugh about it later.

For one thing, the Cougars set a record in the 300-yard backstroke relay with Casey swimming the anchor leg. And for another, the annual J-Hawk Relays are a fun meet with a variety of different events that you don't see anywhere else.

"It's a fun event to come to," said Casey. "It's a lot less stress. You can enjoy yourself while you're swimming. If you drop times, it's great. If you don't, it's no big deal."

All nine of Saturday's events were relays, with some unusual races like the 600 freestyle relay and the 300 yard individual medley relay.

Casey did not intend to swim with his goggles around his nose. He dove into the Jefferson pool for the anchor leg on the 300 backstroke with his goggles covering his eyes, but when he popped up they weren't there anymore.

"I just went too deep on my dive," he explained. "They kind of slipped down and didn't want to stay in place, I guess."

Casey was too busy to adjust the goggles. He had four laps to swim and a race to win for

## Swimmers enjoy unusual J-Hawk Relays

Written by Jim Ecker

Saturday, 01 December 2012 15:42 - Last Updated Saturday, 01 December 2012 17:53

---

Kennedy.

"It would have been a waste of time and I had to focus on the race," he said. "You can't call a timeout in a relay.

"It was pretty distracting, but I think it pushed me to swim faster. Since my goggles were down, I had to push myself harder to keep up and keep going."

Kennedy beat Dubuque Senior by nearly seven seconds in the 300 backstroke relay with John Richardson, Chandler Heisler and Casey swimming 100 yards apiece.

Dubuque Senior did not win the 300 backstroke relay, but the Rams won everything else and captured the team championship with 122 points by claiming eight out of nine events.

Kennedy finished second with 68 points. Linn-Mar tied for third and Jefferson finished sixth and last.

### J-HAWK RELAYS

#### Team Standings

1. Dubuque Senior 122, 2. Kennedy 68, 3. (tie) Linn-Mar 62; Iowa City West 62, 5. Hempstead 48, 6. Jefferson 20.

#### 400 Medley Relay

1. Dubuque Senior 3:58.18
2. Kennedy 4:05.90 (John Richardson, Jack Green, Chandler Heisler, Harrison Moore)
3. Iowa City West 4:06.66

#### 600 Freestyle Relay

1. Dubuque Senior 6:00.20
2. Linn-Mar 6:08.50 (Justin Arebaugh, Carter Starr, Kyle McNeal)
3. Hempstead 7:08.21

#### 200 Freestyle Relay

## Swimmers enjoy unusual J-Hawk Relays

Written by Jim Ecker

Saturday, 01 December 2012 15:42 - Last Updated Saturday, 01 December 2012 17:53

---

1. Dubuque Senior 1:34.49
2. Kennedy 1:40.92 (Harrison Moore, Landon Crippes, Jon Burstain, John Smith)
3. Iowa City West 1:42.61

### 300 Backstroke Relay

1. Kennedy 2:55.73 (John Richardson, Chandler Heisler, Dylan Casey)
2. Dubuque Senior 3:02.51
3. Linn-Mar 3:20.05 (John Roggendorf, Duggan Trenary, Matt Ramsey)

### 300 Individual Medley Relay

1. Dubuque Senior 3:02.39
2. Iowa City West 3:07.72
3. Linn-Mar 3:24.89 (Justin Arebaugh, Calvin Greve, Kyle McNeal)

### 300 Breaststroke Relay

1. Dubuque Senior 3:27.33
2. Iowa City West 3:27.96
3. Kennedy 3:54.72 (Jack Green, Jon Burstain, Seth Dunne)

### 300 Butterfly Relay

1. Dubuque Senior 3:03.27
2. Linn-Mar 3:10.50 (Duggan Trenary, Carter Starr, Zack Hendricks)
3. Hempstead 3:11.79

### 400 Freestyle Relay

1. Dubuque Senior 3:26.68
2. Kennedy 3:28.99 (Harrison Moore, John Richardson, Chandler Heisler, Dylan Casey)
3. Jefferson 3:57.69 (Quinn Franklin, Michael Munson, Austin Schmuecker, Zach Khorsand)

### 200 Medley Relay

1. Dubuque Senior 1:51.18
2. Iowa City West 1:52.35
3. Linn-Mar 1:54.04 (Matt Ramsey, Jonathan Tripp, Justin Arebaugh, Carter Starr)