

Heisler shines as Cougars dunk Hempstead

Written by Metro Sports Report

Thursday, 03 January 2013 23:36 - Last Updated Friday, 04 January 2013 00:53

DUBUQUE -- Chandler Heisler won four events Thursday night as the Cedar Rapids Kennedy Cougars defeated Hempstead, 103-67, in a Mississippi Valley Conference swimming meet in Dubuque.

Heisler captured the 100 IM and 100 freestyle races for Kennedy. He also swam on the triumphant 200 medley relay and 200 freestyle relay.

Stefan Kitsos was a three-time winner for the Cougars in the 100 butterfly, 200 medley relay and 200 freestyle relay.

KENNEDY 103, HEMPSTEAD 67

WINNERS

200 medley relay - Kennedy (John Richardson, Stefan Kitsos, Andy Hanson, Chandler Heisler)
1:46.21

200 freestyle - Alec Rutkowski (DH) 1:54.12

200 IM - Chandler Heisler (CRK) 2:11.92

50 freestyle - Alec Rutkowski (DH) 23.16

100 butterfly - Stefan Kitsos (CRK) 1:01.35

Heisler shines as Cougars dunk Hempstead

Written by Metro Sports Report

Thursday, 03 January 2013 23:36 - Last Updated Friday, 04 January 2013 00:53

100 freestyle - Chandler Heisler (CRK) 51.44

500 freestyle - Nick Rober (DH) 5:42.94

200 freestyle relay - Kennedy (Chandler Heisler, Stefan Kitsos, Harrison Moore, John Richardson) 1:33.94

100 backstroke - Charles Warren (DH) 58.40

100 breaststroke - Jon Burstain (CRK) 1:11.60

400 freestyle relay - Hempstead 3:32.42