

Cougars sink Waterloo West

Written by Metro Sports Report

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Lydia Yang claimed three victories Tuesday night as the Kennedy Cougars dunked Waterloo West, 140-41, in a Mississippi Valley Conference swim meet at Kennedy.

The Cougars swept all 12 events.

Yang captured the 100 freestyle and swam on the triumphant 200 medley relay and 400 freestyle relay. Brooke Timmerman, Raquel Green, Darby Manternach, Brooke Harris, Maddie Bagby, MacKinzee Macho and Kirsten Siebenga were double-winners for Kennedy.

Twelve different swimmers were victorious for the Cougars, counting the relays.

KENNEDY 140, WATERLOO WEST 41

200 medley relay - Kennedy (Kennedy Smith, Brooke Timmerman, Lydia Yang, Raquel Green)
1:58.87

200 free - Darby Manternach, Kennedy, 2:06.85

200 IM - Raquel Green, Kennedy, 2:28.01

50 free - Brooke Harris, Kennedy, 26.86

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Diving - Jayden Lovell, Kennedy, 214.35

100 fly - Maddie Bagby, Kennedy, 1:07.86

100 free - Lydia Yang, Kennedy, 57.62

500 free - MacKinzee Macho, Kennedy, 5:41.00

200 free relay - Kennedy (Brooke Harris, Brooke Timmerman, Maddie Bagby, Kirsten Siebenga)
1:44.97

100 back - Taylor Golden, Kennedy, 1:06.29

100 breast - MacKinzee Macho, Kennedy, 1:15.64

400 free relay - Kennedy (Kirsten Siebenga, Lydia Yang, Jessica Williams, Darby Manternach)
3:55.21