

## Zeiler qualifies for state in 200 free relay

Written by Holyoke Enterprise

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HHS swimmer Jordan Zeiler helped her 200 free relay team to a sixth place finish and state qualifying time at the Greeley Invite Saturday, Jan. 9.

HHS swimmers on the Sterling HS swim team competed in what coach Adria Colver said was the largest and most competitive meet of the year with teams from across the state participating.

Zeiler's relay team finished in sixth place after turning in a time of 1:49.76.

Colver said the team has been working hard to improve their breathing technique. They practice drills that help them hold their breath when needed. Colver said Zeiler took the challenge and swam her 50-yard leg of the relay without a breath.

Zeiler also competed on the 200 medley relay that finished in 15th place.

Colver said Briar Bergner opened the meet with an exceptionally strong breast stroke leg on her medley relay. Pamela McWilliams followed with a strong individual performance in the 200 free. "Between the two of them, they set the tone for the entire meet," Colver added.

Colver said other HHS swimmers turned in great performances coming back after the break. She said they put in some extra holiday practice and came back with great attitudes.

Brandi Orand swam well in the 50 free. Nicole Brandt took off more than three seconds in her 100 free. Bergner and McWilliams each dropped their 100 free times by four seconds. Amy Krogmeier also turned in a great race in the 100 breaststroke, according to Colver.

The Sterling team earned 86 points which was good enough for 12th place.

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The swim team will host Scottsbluff, Neb. in Sterling Thursday, Jan. 14 and then will host Windsor in Sterling on Tuesday, Jan. 19.