



Collegiate's Sandid passes midseason tests /South Central Kansas swimming standouts

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Men's Swimming and Diving

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Adam Sandid spent part of his holiday break soaking up sunshine in Mexico, so his fitness wasn't at a peak level for the Andover Invitational on Saturday.

But the Wichita Collegiate swimming standout's competitive juices appeared to be flowing just fine.

Sandid, the Class 5-1A swimmer of the meet at last year's state swimming and diving championships, started the stretch run for his final state meet with a pair of individual freestyle victories and another win with teammates Derek Yang, Harry Ling and Luke Cremin in the 200-yard freestyle relay. Sandid outdueled fellow senior and friendly rival Regan Richardson of Maize South in the 50 free and 100 free, posting 5-1A's top time this season in the 50 before edging Richardson again in a battle of the state's last two 5-1A champions in the 100.

"It's always great to race him," said Sandid, a Wichita Swim Club teammate of Richardson's who won the 50 in 21.48 seconds and 100 in 47.40. "Always having somebody to race is the best option.

"I'm really thankful to have him. He always pushes me and I'm excited for state to see what he can do and see what I can do."

The duo put on a show at state last season, with Sandid carving nearly a second off the 5-1A meet record in the 200-yard freestyle with his winning time of 1:39.92. A day earlier, Sandid teamed with Yang, Paul Mines and Joseph Gadalla to set a meet record in the 200-yard freestyle relay preliminaries (1:26.10).

Richardson, who won the 50 free title that Sandid vacated at state last season, knocked off the Spartan in the 100 to earn double gold. Sandid entered the event with the top preliminary time, but Richardson sliced more than a second and a half off his prelim time to edge Sandid by .18 in the finals with a mark of 45.65.

On Saturday, with the stakes not as high, Richardson posted second-place times of 21.85 in the 50 free and 47.58 in the 100.

"It's always fun to race him," Richardson said of Sandid. "I think he tends to bring out the best in me. I missed the wall in the 100 twice today and that was unfortunate, but it was just a lot of fun. He's a good athlete."

Sandid only attempted to defend one of his individual state titles a year ago, and that could be the case again next month. He would like to cut more time off his state record in the 200 free, setting 1:37 as a goal.

His versatility has left him pondering another option besides a head-to-head duel with Richardson in the 100 free.

"We have a meet pretty much every weekend from now on and I'd love to do some different events – maybe some backstroke, some breaststroke," Sandid said. "But once we get a little later in the season, I'll really focus on state events.

"I'm not exactly sure what I'm swimming yet – for sure, the 200 free. But I'm a little between the 100 butterfly and the 100 free because my fly has been getting really good this year, so I'm really happy about that."



Andover's Eli Conard enters the pool en route to victory in the 100-yard butterfly at the Andover Invitational.

FOUR MEETS, FOUR VICTORIES FOR ANDOVER

One of the biggest emerging threats to Andover Central's two-year reign atop Class 5-1A boys swimming is crosstown rival Andover.

The Trojans rolled up 454 points in their home invitational on Saturday for their fourth victory in as many meets this season. And like in December meets hosted by Newton, Maize and Andover Central, Andover's closest pursuer was Central.

Andover captured victories in three individual events, with senior Jonathan Gott winning the 200-yard freestyle in 1:50.08, the second-fastest time in 5-1A this season. Junior Eli Conard, the state leader in the 100 butterfly, won that event in 54.96 and senior Sam Ellis took first in the 100 backstroke in 54.87.

The Trojans, who were fourth at state a year ago behind Central, Kapaun Mt. Carmel and Wichita Collegiate, bookended Saturday's meet with victories in the 200 medley relay and 400 freestyle relay. Junior David Gott, freshman Eric Witt, Conard and Ellis posted a time of 1:42.19 in the 200 medley relay to edge Collegiate by .26 and Central by .39. Conard, Jonathan Gott, junior Ian Diefenbach and Ellis capped the team victory with a winning time of 3:20.36 in the 400 free relay, a mark that placed the Trojans atop the list of 5-1A season bests.

Andover Central, which scored 321 points, got a pair of individual victories from sophomore Brian Nguyen. Nguyen trimmed more than a second off his state-best 200-yard individual medley time, winning in 1:59.42. He made a similar cut in the 500 freestyle, posting a time of 4:55.92.

Senior Noah Krueger, the state leader in the 100-yard breaststroke, added a victory in that event for the Jaguars in 1:02.07.

ALBERTI LEADS KAPAUN TO NORTH INVITATIONAL TITLE

Junior Frank Alberti won four events to lead Kapaun Mt. Carmel to the team title Saturday at the Wichita North Invitational.

Alberti, last year's 5-1A runner-up in the 200 individual medley, won that event in 2:00.61 and took first in the 100 breaststroke in 1:01.61. He also helped the Crusaders win the 200 medley relay (1:45.04) and 200 freestyle relay (1:36.76) as Kapaun scored 509 points, well ahead of runner-up Derby's 370.

Seniors Sam Knapp, Brandon Kinman and Radek Ruzicka joined Alberti on the winning medley relay, while Ruzicka and freshmen Alex McLain and Henry Studnicka were part of the 200 free relay.

Freshman Robby Richardson teamed with Kinman, Knapp and Studnicka to give the Crusaders a sweep of the relay titles, winning the 400 free event in 3:32.82.

Studnicka and Kinman helped Kapaun win seven of the 12 events with individual victories of their own. Studnicka won a tightly contested 500-yard freestyle in 5:13.22, while Kinman took the 100 backstroke in 58.04.

Like Alberti, Derby sophomore Jared Hays and Wichita Northwest junior Brock Wallace claimed two individual titles. Hays won the 200-yard freestyle in 1:52.18 before coming back to take the 100 butterfly in 59.08. Wallace locked down the freestyle sprints, winning the 50 in 22.47 and the 100 in 48.98.



Andover Central's Noah Krueger