

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE (PHAC)

2010 - 2011

BOYS SWIMMING and DIVING ALL-STAR TEAMS

Event	Time	Team	Names
200 Medley Relay			
1st Team	1.45.36	Bloomsburg	Stefan Szilagyi, Mitch Fornwald, Zach Stephens, Sam Calhoun
2nd Team	1.46.5	Williamsport	Jacob Makey, Trevor Harris, Andrew Kuizo, Matt Runtas
200 Free			
1st Team	1.51.98	Danville	Zach Haney
2nd Team	1.54.76	Lewisburg	Logan Metzger
200 IM			
1st Team	2.06.57	Williamsport	Trevor Harris
2nd Team	2.10.69	Danville	Matt Bason
50 Free			
1st Team	22.82	Montoursville	Alex Sullivan
2nd Team	22.87	Williamsport	Matt Runtas
Diving			
1st Team	214.91	Danville	Tom Huber
2nd Team	192.72	Shamokin	Tyler Moroskie
100 Fly			
1st Team	54.89	Williamsport	Trevor Harris
2nd Team	55.72	Bloomsburg	Stefan Szilagyi
100 Free			
1st Team	50.1	Montoursville	Lars Sigurdsson
2nd Team	51.14	Montoursville	Alex Sullivan
500 Free			
1st Team	5.12.73	Danville	Matt Bason
2nd Team	5.16.81	Williamsport	Bryan Nardone
200 Free Relay			
1st Team	1.34.1	Williamsport	Matt Runtas, John Good, Shaun Smith, Duncan Frazier
2nd Team	1.37.6	Danville	Collin DeFacis, Travis Stine, Danny Redell, Zach Haney
100 Back			
1st Team	58.99	Danville	Zach Haney
2nd Team	59.04	Central Columbia	Jacob Osborne
100 Breast			
1st Team	1.05.9	Montoursville	Lars Sigurdson
2nd Team	1.07.57	Jersey Shore	Ian Enderson
400 Free Relay			
1st Team	3.26.63	Williamsport	Duncan Frazier, Jacob Mackey, Shaun Smith, Trevor Harris
2nd Team	3.36.62	Danville	Collin DeFacis, Travis Stine, Matt Bason, Zach Haney

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PHAC 2010 - 2011 BOYS SWIMMING LEAGUE CHAMPION: WILLIAMSPORT HIGH SCHOOL

PHAC 2010 - 2011 BOYS SWIMMING COACH OF THE YEAR: CONNIE BOYER, SHAMOKIN HIGH SCHOOL