



Gulf Age Group Championships

Date: December 5th-7th

Location: College Station

Gulf Age Group Champs are the fastest 14 and under athletes in the Gulf. You must have qualifying times to participate in this meet. Last year we had one athlete representing PFL Aquatics and this year we had 4. The boys did a great job of representing us and we couldn't be prouder of you gentlemen. There are only 16 spots in finals, A and B final, at this meet so it is extremely hard to make finals. We are focused on achieving best times and if that puts us in a position to make finals, well that's a bonus. Focus on what you can control and that's exactly what you did gentlemen. Fantastic job!!!

Here are the athletes that represented PFL Aquatics and their results + new cuts achieved

- **Henry Gonchar (11)-very hard to make cuts at the bottom of the age group**
- **Austiin Lin (12), Matthew Powell (12) and Erin Trichovikj(14), Henry Gonchar - 8 out of 8 best times-BB time 100 IM, B time 50 fly, B time 200 Bk first time and spilt his race like a pro-by 50 37.48/ 39.1/ 40.4/ 39.4**
- **Austin Lin - 6 out of 6, Broke 1 minute in the 100 Fr for fist time 59.72- This is a BIG milestone-Congrats Austin, A time 100 fly, AA time 50 Fr-dropped 8 seconds, A time 100 Fr, AA time 50 fly, BB time 100 br**

- **Matthew Powell - 4 out of 8 best times-out of town over the holidays and still went best times-Way to step up Matthew.**
- **Erin Trichovikj - 6 out of 6 best times - A time 200 Fr, A time 200 Br, A time 200 IM, A time 200 fly, A time 100 Br**

All 4 athletes raced in the 200 Free relay. They were seeded with a 1:58.5 and dropped 11.91 seconds to go a 1:46.59. WOW! That is what I call stepping up for your team and one another. Coming together and racing for one another is a BIG part of Championships. PFL Proud Gents.

Thank you, parents and athletes, for driving to College Station and representing PFL Aquatics. WE hope that others see what you have accomplished and strive to make this level of competition this summer of next short course season. Thank you for showing others what's possible.

Thanks for being a part of PFL Aquatics,

Coach Jason