

SPORTS

SWIM CHAMPIONSHIPS

Hilzen wins five gold medals and the High Point trophy

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Sports in the USA

Three Glen Rock swimmers, Bobby Hilzen, 14, Mark Hilzen, 9, and Bridget Horton, 10, added two weeks to their swim season by qualifying and competing in the Eastern Zone Long Course Swim Championships recently held at Penn State University.

More than 1000 swimmers representing the northeastern states from Maine to Virginia participated in this prestigious, highly competitive meet. The swimmers were among the best in their respective states, having achieved some very tough qualifying times. Bobby, Mark and Bridget Horton were members of "Team New Jersey" that was well-represented with 146 swimmers.

Bobby Hilzen swam in six individual events and had personal best times in all of his swims. He excelled in the preliminaries, and advanced to the finals in each of those events. Bobby had a sixth place finish in the 200 Free (2:05.59), as well as first place finishes in the 200 Butterfly (2:17.80), 400 Individual Medley (4:54.51), 400 Free (4:16.39), 800 Free (8:46.18), and the 1500 Free (16:44.42). His strong effort resulted in capturing the high point award for the 13- and 14-year old age group. He is currently ranked 14th in the nation among 14-year old boys in the 800 free, and 15th in the 1500 free. He is very close to achieving the qualifying times for the Junior Nationals in the 800

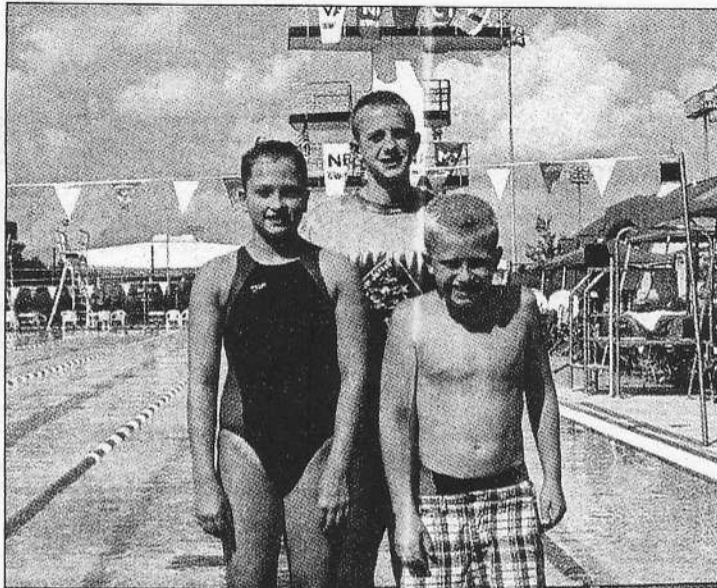


PHOTO COURTESY OF GLENN HILZEN

Three Glen Rock swimmers, Bobby Hilzen, Mark Hilzen and Bridget Horton, competed recently in the prestigious and highly competitive Eastern Zone Long Course Swim Championships at Penn State University.

and the 1500 next summer, which will be held in Irvine, Calif.

Mark Hilzen qualified in both the 50-meter and 100-meter butterfly. He raced to a personal best time in the 100-fly (1:24.96), which earned him a spot on the 400 Medley Relay, where he lowered his time to a 1:24.53. Mark also anchored the 200 Free Relay for the 10 and under age group.

Bridget Horton competed in the maximum six individual events plus three relays and swam best times in eight of her nine swims.

Her best individual effort came in the 200 IM with a time of 2:54.45 and a 16th place. In the 400-meter Free, she broke the Ridgewood YMCA team record for the 10 and under girls with a time of 5:27.43, which placed her 18th overall. Her other personal bests came in the 100 Back, 100 Breast, 50 Breast, and the relay split for the 100 free.

Bobby and Mark swim year-round for the NJ Wave swim team, while Bridget competes as a member of the Ridgewood YMCA Breakers.

TRAVEL BASEBALL