

Kitsos leads Cougars at SE Polk swim

Written by Metro Sports Report
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RUNNELLS - Stefan Kitsos of Kennedy captured the 100 breaststroke at the Southeast Polk Invitational swim meet Saturday in Runnells.

Kitsos was clocked in 1:00.57, beating Zach Linder of Waukee to the wall by 64-hundredths of a second.

Waukee won all the other events and claimed the championship with 443 points. Kennedy finished second out of eight schools with 261 points.

The Cougars got second-place finishes from Cade Schoenauer in the 200 free, Kitsos in the 100 free and the 200 medley relay. The Cougars got third-place showings from Reece Linder in the 200 IM, Schoenauer in the 100 fly and Clark Montover in the 200 free and 500 free.

TEAM STANDINGS

1. Waukee 443, 2. Kennedy 261, 3. Boone 191, 4. Des Moines East 149, 5. Indianola 95, 6. Southeast Polk 94, 7. Grinnell 61, 8. Des Moines Hoover 8.

WINNERS

200 medley relay - Waukee 1:41.48
200 free - Brett Shaw, Waukee, 1:50.69
200 IM - Zach Linder, Waukee, 2:03.06
50 free - Josh Waltman, Waukee, 22.27
100 fly - Jackson Kuhlers, Waukee, 52.78
100 free - Brett Shaw, Waukee, 49.10
500 free - Cameron Briggs, Waukee, 5:14.90
200 free relay - Waukee 1:29.96
100 back - Cameron Briggs, Waukee, 55.93

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100 breast - Stefan Kitsos, Kennedy, 1:00.57
400 free relay - Waukee 3:20.47