

No taper needed for Cedar Falls to splash to an MVC swimming crown

By Jim Leitner

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DUBUQUE — Bailey

Pons considers the Mississippi Valley Conference girls swimming meet just one small stepping stone on the path to much higher season-ending goals.

So when Cedar Falls won the team title by 122 points Saturday at the Hempstead pool, it took her somewhat by surprise.

“We came here expecting to swim our best and to maybe compete for the

team championship,” said Pons, who had a hand in four victories.

“Our focus is always on swimming our best at the end of the year — in regionals and at state. So we don’t taper for this meet at all.”

The Cedar Rapids Kennedy quartet of Carmen McCoy, Ashley Harris, Alexandra Scharmer and Kylee Von Ahsen won the 200 medley relay in 1:56.52 — just .32 seconds ahead of Linn-Mar. The Lions’ Emilie Berg, who swam the second leg of

that relay, recorded a time of 25.50 seconds to win the 50 freestyle. Iowa

City West’s Beth Eyanson won the 100 butterfly in 1:00.81.