



2020 - 2021



CD Swimming News

Congratulations to both our Boys and Girls Swim Teams for a fabulous year in the pool.

Both teams had a winning record for the 22nd straight year here at CD.

A special shout out to the following swimmers who broke into the top ten best swims ever at CD.

Seniors:

Jack Dowling
Paige Heck
Anna Conway

Juniors:

Eric Axtman
Alyssa Millar

Sophomores:

Jake Keyes
Elaina Stubbe

And finally, the following swimmers combined to break a CD High School record that has stood for 20 years, Sydney Updegrave, Alyssa Millar, Elayna Stubbe, and Anna Conway.

Thanks for a great season and good luck to our spring sports.

This was posted on 3-8-2021



CD Swimming News

Congratulations to our PIAA District III Medalists, Eric Axtman, Jack Dowling, Jake Keyes, Josh Schmidt and Alex Waxmonsky. We are so proud of you all!

This was posted on 3-8-2021



PIAA District III Championship Meet

- Jake Keyes takes 9th in the 100 Breaststroke with a time of 1:00.91. Awesome Sophomore season Jake!
- 200 Free Relay of Dowling, Keyes, Schmidt and Axtman drop .46 for a time of 128.5 and a 4th place medal. Way to go boys!!
- Jack Dowling Medals in the 50 Free with a time 21.73. Way to go Jack!
- Sophomore Jake Keyes drops 1.12 in the 200 IM. Great Swim Jake!
- CD Boys relay of Dowling, Keyes, Waxmonsky and Axtman drop .60 and take 6th in the medley relay!

Great Job!

This was posted on 3-8-2021



CD Swimming News

Congratulations to our 2021 District Qualifiers. In a year when the number of qualifiers has been cut in half, we are super proud of these athletes for this accomplishment. Great Job!

Eric Axtman
Jack Dowling
Gavin Elliott
Jake Keyes
Josh Schmidt
Alex Waxmonsky

This was posted on 3-1-2021



CD Swimming News

New School Record! Medley Relay team of Updegrave, Millar, Stubbe and Conway break the CDHS 200 Medley Relay record with a time of 152.26! Watch for our boys at Districts on March 6th as they are on the verge of record breaking times!

This was posted on 2-25-2021

**CENTRAL DAUPHIN SWIMMING
AND DIVING
TEAM RECORDS**

MARCH 2021 – MEN

Event	Holder	Year	Time
200 Medley Relay	Conway,Keyes, Dowling,Kelley	2018	1:37.52
200 Free	Christopher Wary	2002	1:42.00
200 IM	Jeremy Linn	1993	1:58.33
50 Free	Jeremy Linn	1992	21.63
Diving	Matt Mullen	2013	465.55
100 Fly	Bill Marlin	1984	52.28
100 Free	Christopher Wary	2002	47.27
500 Free	Bill Marlin	1983	4:43.44
200 Free Relay	Z.Ruth, N. Bloom R. Averill J.Yohe	2015	1:28.40
100 Back	Bill Houck	1999	52.70
100 Breast	Jeremy Linn	1994	54.70
400 Free Relay	Jonah Key,Jav. Kelley J.Dowling,Daul Will	2018	3:17.03

**CENTRAL DAUPHIN SWIMMING
AND DIVING
TEAM RECORDS**

MARCH 2021 – WOMEN

Event	Holder	Year	Time
200 Medley Relay	S.Updegrave,A.Millar E.Stubbe,A.Conway	2021	1:52.26
200 Free	Sarah Pease	2005	1:59.77
200 IM	Jenna Clugh	2005	2:10.49
50 Free	Samantha Wary	2010	24.26
Diving	Rachel McCormick	2013	503.6
100 Fly	Autum Fortney	2016	58.61
100 Free	Samantha Wary	2010	53.82
500 Free	Katie Lelinski	2010	5:27.27
200 Free Relay	K. Lelinski, Tomolavage H. Deichmiller,S. Wary	2011	1:41.47
100 Back	Sydney Updegrave	2020	1:00.81
100 Breast	Jenna Clugh	2005	1:07.89
400 Free Relay	A.Conway, A.Rabino P.Heck, Updegrave	2020	3:43.81



CD Swimming News

Congratulations and good luck to our Seniors.

This was posted on 2-24-2021



CD Swimming News

- CD Girls Medley Relay of Updegrave, Millar, Stubbe and Conway best time of the season and coming home with 4th place medals!
- More best times for CD Swimmers - 50 free Updegrave 25.51 and Conway 25.59.
- 200 Free Relay team of Conway, Danner, Rabino and Heck 5th place medal with a best time of 1:42.86.
- Paige Heck drops 9seconds on her 500 free for another best time!
- Sydney Updegrave medals in the 100 back after dropping 2 seconds from her seed time.
- Rams 400 free relay team of Conway, Rabino, Heck and Updegrave drop 9 seconds for best time.
- Boys Mid Penn Championships - Medley Relay team of Dowling, Keyes, Schmidt and Axtman place 3rd with a best time of 138.96!
- Freshman Sean Lehan finishing 6th in the 200IM.
- Boys 50 Free: Keyes 6th with a best time of 22.42, Axtman 9th with a time of 22.96 way to go boys!
- Boys 100 Fly Dowling 4th with a best time of 53.51!
- Freshman Bryce Miller 12th in the 100 back.
- 4 CD Boys in the 100 Breast finals ALL best times: Keyes 4th 1.00.70, Axtman 7th 103.15, Chatell 104.10, Waxmonsky 108.83!

Great Job!

This was posted on 2-22-2021

CONGRATULATIONS TO OUR MID PENN QUALIFIERS

Anna Conway
Myah Danner
Paige Heck
Alyssa Millar
Aliyah Rabino
Elayna Stubbe
Sydney Updegrave

Girls Meet 2/19
7:00pm



Eric Axtman
Jason Chatell
Jack Dowling
Jake Keyes
Sean Lehan
Bryce Miller
Josh Schmidt
Alex Waxmonsky

Boys Meet 2/20
3:00pm



CD Swimming News

Congratulations to our Mid Penn Qualifiers

This was posted on 2-22-2021



CD Swimming News

Congratulations CD Boys and Girls Swimming for defeating Mifflin County. Great Job!

This was posted on 2-10-2021



CD Swimming News

Swim results from Dallastown:

Boys: Dallastown 108 Central Dauphin 61

Girls: Dallastown 85 Central Dauphin 85

This was posted on 1-11-2021



2020 - 2021 CD Swimming Team



CD Swimming Videos

[Click here to view the videos](#)

This was posted on 1-9-2021