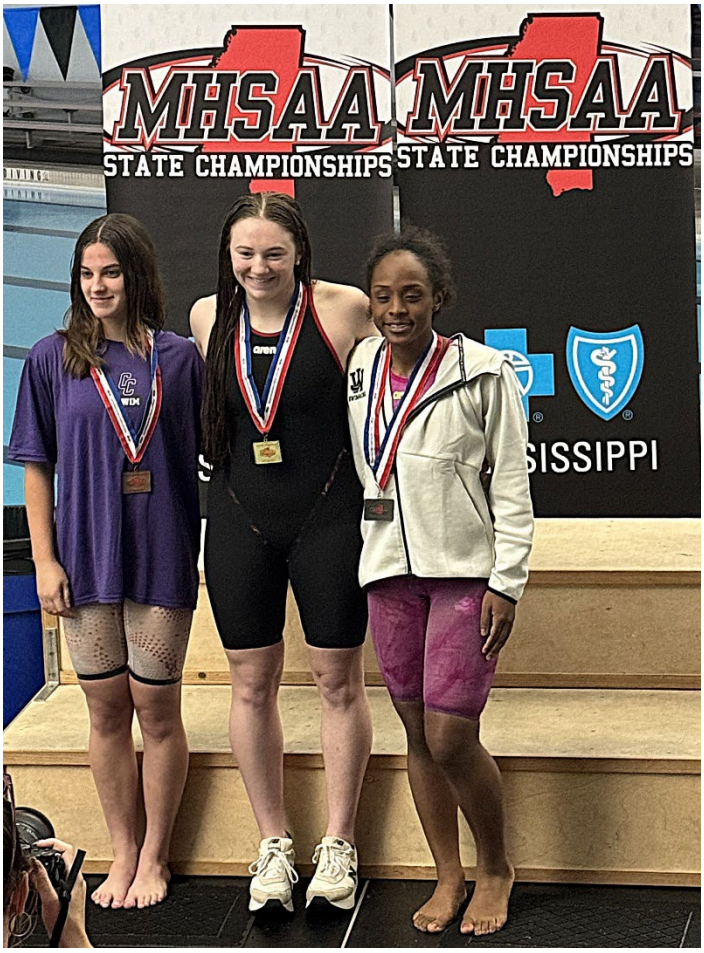
CALEDONIA – Pools don't discriminate.

It doesn't matter if you do the work in your backyard or at the local YMCA, logging your yardage – and maybe even your miles – is crucial if you want to shine on the state's biggest stage.



Caledonia High School swimmers Izzy Clark, Ian Hurt and Michael Robinson proved that adage Saturday, Oct. 17, at the Mississippi High School Activities Association (MHSAA) Class II State Championship at the Tupelo Aquatic Center.

Clark finished first with a state-record (and personal-best) time of 1 minute, 12.69 seconds in the 100-yard breaststroke, while Hurt won the 100 butterfly in a personal-best time (PR) of 1:00.69 and Robinson, an eighth-grader, was third in the 500 freestyle (PR of 5:42.7).

"If you're going to put in the work, there is going to be good results," Clark said. "It really helps if you try instead of just go through the motions."

Clark spent the two-week fall break training for swimming and practicing with the CHS volleyball team. She said swimming by herself forced her to motivate herself and to focus on winning another state championship.

In 2025, Clark broke the state record by more than three seconds in winning the event with a PR. She said afterward she didn't know what the record was or that she had broken it. This year, she said she had a better idea what time she needed to eclipse her mark.

"Last year, I was like, 'Oh, I have a chance to win (a state title)'," Clark said. "This year, I told myself I couldn't let somebody beat me and take my second one away from me."

Clark also finished second in the 100 fly (PR of 1:02). In 2025, she placed second in the 100 fly (1:04.05).



A year ago, Hurt was recovering from a broken ankle for a majority of the season and spent most of the campaign with times around the 1:08 mark. This year, he said being healthy and attending more practices provided a better foundation, as did having more motivation and ultimately focusing on the fly in practice to build endurance.

"After my opening meet in Tupelo, I knew this is my best chance, so I decided to focus on it a lot more," said Hurt, referring to switching his 50-50 split between free and fly strokes in practice to focus on the fly. "I did it for about two weeks after the North Half meet. I felt the difference. I had the strength and top-seed times, but my lactic-acid tolerance wasn't high enough. In an hour practice, I would hit that LT4 in the last 25 minutes, which changed it so much. That is like the last 25 yards, which is where everybody usually dies out. That was where I was able to maintain my pace."

In 2025, Hurt finished fifth in the 100 fly (1:08.27), and Robinson was fifth in the 500 free (6:14.48).

“We were so excited for this time because last year he just couldn’t break that 1:04 mark and then he suddenly destroys it,” CHS swimming coach Stephanie Gonzalez said.

Hurt plays trombone in the Caledonia band and competes on the school’s cross country team. He said his goal is to earn a medal at the final marching band competition of the season on Saturday, Oct. 24, at Brandon High and to do the same the following weekend at the cross country state meet.

“I came a long way,” Hurt said. “Before this year, I wouldn’t swim outside of the season because I didn’t know what I was supposed to do. I swam a lot over the summer, and I think that helped me a lot to be able to do all the workouts. It was awesome being able to finish everything and feel like I did something instead of getting tired and feeling like I was dragging myself along.”



Last year, Robinson cut more than 30 seconds off his time in the 500 free from the beginning of the season. He said he couldn’t see his time at the end of the state championship race because his contact lens fell out while he was swimming. This year, he said he had better fortune and was able to “push through the pain”, a saying he learned to appreciate as a seventh-grader.

“I was shocked at my time,” said Robinson, who said he had never eclipsed the 5:50 mark. “I was able to do it because of motivation and my coach. I was on pace for about 3/4th of the race.”

Said Gonzalez, “That was the most exciting race as he was neck and neck with an older swimmer for around 350 yards and those last few strokes he pulled ahead by just tenths of a second.”

Robinson, who also was fifth in the 200 free (2:08.92), said he was able to stay on pace thanks to the endurance work he did in practice or at home. That work helped him overcome sickness prior to the North Half meet and exceed his expectations at this year's state meet. It also excites him about what is in store for the rest of his high school swimming career.

"The moment you start (your race) it should start hurting," Robinson said. "If it is not, you're not doing it right. It hurt from the first lap, so I knew I was doing it right, and it gave me confidence to know if I kept it up I would get top five or top three."

The boys 200 free relay team of Hurt, Garrett Chandler, Robinson and Rance Walton was eighth (1:52.04) and the 200 medley relay team of Robinson, Hurt, Aiden McDaniel and Walton was fifth (2:10.41).

Chandler had a personal-best time (PR) in the 100 free (15th-place finish). Walton also recorded a PR in the 100 breast (16th).