

D.A.S.H. Weekly

March 1, 2010

Swimmer of the Week

Swimmer of the Week selections are determined by practice & meet attendance, practice & meet performance, and attitude. For the week of February 22, they are:

GREEN – Anna Pfeiffer

BLUE – Jack Benda

BRONZE – Katelyn Schroeder

SILVER – Christopher Duehr

GOLD – Autumn Roepsch

Hotels for State Meets

DASH has a block of rooms at the Baymont Inn & Suites in Coralville for State -13 & Over on March 5 – 7. The rooms are for Friday and Saturday nights. \$69 plus tax. Please make your reservation through Ruth Smith at R & R Travel (1-800-373-1235 or ruth@rrtravel.biz).

Season Awards, Pizza, & Pool Party

The season-end awards will be presented on Sunday, March 28, at San Jose pool. A RSVP / Pizza order form, also w/more details (time, cost, etc...) will be sent out in the near future.

Spring/Summer Season Info – Posted!

Summer season info is posted on the team website.

Practice Schedule

For the weeks of – March 1

State & Sectional Qualifiers only 5:45 – 7:15 p.m. M - Th

For the weeks of – March 8

State & Sectional Qualifiers only 5:45 – 7:15 p.m. M – Tu

Swim Meet – Entry Deadlines & Info

| Deadline | Meet | Who |
|----------|-------------|----------|
| Date | (Meet Date) | Attends? |

| Has passed | Iowa Swimming 13 & Over State | State Q |
|------------|-------------------------------|---------|
|------------|-------------------------------|---------|

U of I Field House Pool, March 5 – 7

On deck times;

Friday prelims – 8:15 a.m.

Friday finals – 4:15 p.m.

Saturday prelims – 8:15 a.m.

Saturday finals – 4:15 p.m.

Sunday prelims – 8:15 a.m.

Sunday finals – 4:45 p.m. (unless, in p.m. 1650)

Has passed Speedo Sectional Championships Meet cuts
UofMN, Minneapolis (3/10-13)

Meet “Codes” –

Q – Qualifying time

State Q’s – must have a State Q time to enter (Q+)

NON-Q’s – may NOT have a State Q to enter a particular event (Q-)

ALL – means any team member may attend

GO – Gold Group

SI – Silver Group

BL – Blue Group

BR – Bronze Group

GR – Green Group

ISI – Iowa Swimming Inc.

The ISI State Q times can be found at the following links;

Short Course Yard pools (25 yd) –

www.isiswim.org/timestandards/ts2009-12scv.pdf

Short Course Meter pools (25 m) –

www.isiswim.org/timestandards/ts2009-12scm.pdf

Long Course Meter pools (50 m) –

www.isiswim.org/timestandards/ts2009-12lcm.pdf

Contacting Coach Doug

Office Phone: (563) 588-7525

Cell Phone: (563) 543-1105

E-mail: coachdoug@teamdash.org

Contacting Coach Tasia

Cell Phone: (641) 680-1057

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Contacting Coach Jake

Cell Phone: (563) 599-8892

E-mail: jacob.gantenbein@gmail.com

Other Swimming Links

USA Swimming www.usaswimming.org

Iowa Swimming www.isiswim.org

DASH website www.teamdash.org

MEET RESULTS

12 & Under State – Mercer Park Aquatic Center, Iowa City, Feb. 26 – 28

Individual Events –

| <u>Event / Time</u> | <u>Name</u> | <u>Age</u> | <u>Place</u> | <u>Time Add or Drop</u> |
|---|---------------------|------------|--------------|-------------------------|
| Event # 2 Male 200 IM 11-12 2:38.46Y | Colin, John | 11 | 18 | -1.06 |
| Event # 3 Female 200 IM 9-10 2:44.40Y | Noel, Carlie | 10 | 4 | -3.49 |
| 3:07.00Y | Maher, Kelsey | 10 | 15 | -5.72 |
| 3:16.95Y | Schroeder, Adrianna | 9 | 24 | 0.93 |
| Event # 4 Male 200 IM 9-10 2:48.69Y | Duehr, Christopher | 10 | 6 | -12.56 |
| Event # 5 Female 50 Fly 11-12 31.58Y | Willer, Jenna | 11 | 12 | -1.62 |
| Event # 6 Male 50 Fly 11-12 32.48Y | Colin, John | 11 | 12 | 0.11 |
| Event # 7 Female 50 Back 11-12 34.03Y | Willer, Jenna | 11 | 16 | -0.22 |
| 34.73Y | Schill, Megan | 12 | 24 | -0.02 |
| Event # 8 Male 50 Back 11-12 33.85Y | Forsyth, TJ | 12 | 11 | -0.26 |
| 35.21Y | Colin, John | 11 | 19 | 2.01 |
| Event # 10 Male 500 Free 9-10 6:09.62Y Team Record | Duehr, Christopher | 10 | 2 | -10.95 |
| Event # 13 Female 200 Medley Relay 11-12 - Lead-Off Legs (50 Back) 35.37Y | Schill, Megan | 12 | --- | 0.62 |
| Event # 14 Male 200 Medley Relay 11-12 - Lead-Off Legs (50 Back) 37.93Y | Nugent, Brendan | 12 | --- | 1.55 |
| Event # 15 Female 200 Medley Relay 10 & Under - Lead-Off Legs (50 Back) 34.88Y | Noel, Carlie | 10 | --- | -0.21 |
| Event # 16 Male 200 Medley Relay 10 & Under - Lead-Off Legs (50 Back) 38.48Y | Duehr, Christopher | 10 | --- | -0.46 |
| Event # 17 Female 200 Medley Relay 8 & Under - Lead-Off Legs (50 Back) 53.55Y | Kalb, Christine | 8 | --- | -10.09 |
| Event # 19 Female 50 Breast 11-12 39.91Y | Tsui, Alice | 12 | 14 | 2.17 |
| 40.56Y | Schill, Megan | 12 | 17 | 1.50 |
| Event # 21 Female 100 Free 11-12 1:05.35Y | Willer, Jenna | 11 | 22 | 0.03 |
| 1:05.92Y | Tsui, Alice | 12 | 25 | 0.45 |
| Event # 22 Male 100 Free 11-12 1:01.72Y | Forsyth, TJ | 12 | 11 | -2.46 |
| 1:03.26Y | Colin, John | 11 | 16 | 2.22 |
| Event # 23 Female 100 Free 9-10 1:04.93Y Team Record | Noel, Carlie | 10 | 4 | -0.58 |
| 1:11.19Y | Tsui, Grace | 10 | 12 | 0.52 |
| 1:16.61Y | Maher, Kelsey | 10 | 25 | -1.04 |
| 1:20.77Y | Yaunches, Rebecca | 9 | 35 | -0.26 |
| Event # 24 Male 100 Free 9-10 1:04.53Y | Duehr, Christopher | 10 | 2 | -5.02 |
| 1:14.26Y | Yuan, Brandon | 10 | 19 | -4.54 |
| 1:19.15Y | Colin, Will | 9 | 30 | 3.54 |
| Event # 25 Female 50 Free 8 & Under | | | | |

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|--------------------------------------|--------------------|---------------------|----|-----|--------|
| 39.03Y | | Michel, Tori | 8 | 13 | -1.39 |
| 41.70Y | | Pfeiffer, Anna | 8 | 24 | -1.44 |
| 45.50Y | | Kalb, Christine | 8 | 37 | 1.50 |
| 49.60Y | | Duehr, Molly | 7 | 48 | 2.40 |
| Event # 26 Male 50 Free 8 & Under | | | | | |
| 51.12Y | | Topping, Luke | 8 | 24 | 4.85 |
| Event # 29 Female 100 Fly 9-10 | | | | | |
| 1:40.60Y | | Maher, Kelsey | 10 | 17 | 0.52 |
| Event # 30 Male 100 Fly 9-10 | | | | | |
| 1:22.84Y | | Duehr, Christopher | 10 | 6 | -8.40 |
| 1:38.45Y | | Colin, Will | 9 | 11 | 1.04 |
| Event # 31 Female 50 Fly 8 & Under | | | | | |
| 47.23Y | | Michel, Tori | 8 | 10 | -4.33 |
| 51.82Y | | Pfeiffer, Anna | 8 | 19 | -3.58 |
| Event # 33 Female 200 Back 11-12 | | | | | |
| 2:40.69Y | | Willer, Jenna | 11 | 19 | -6.83 |
| Event # 34 Male 200 Back 11-12 | | | | | |
| 2:35.15Y | | Colin, John | 11 | 10 | -8.64 |
| 2:37.71Y | | Forsyth, TJ | 12 | 13 | -2.48 |
| 2:43.96Y | | Nugent, Brendan | 12 | 16 | 1.72 |
| Event # 35 Female 50 Back 9-10 | | | | | |
| 34.27Y | Team Record | Noel, Carlie | 10 | 3 | -0.82 |
| 38.20Y | | Tsui, Grace | 10 | 12 | 0.70 |
| 40.98Y | | Maher, Kelsey | 10 | 30 | 0.22 |
| 43.80Y | | Yaunches, Rebecca | 9 | 47 | 1.79 |
| Event # 41 Female 100 Free 8 & Under | | | | | |
| 1:36.01Y | | Pfeiffer, Anna | 8 | 24 | 0.91 |
| 1:09.35Y | DNF | Michel, Tori | 8 | --- | --- |
| Event # 43 Female 100 Breast 11-12 | | | | | |
| 1:27.25Y | | Tsui, Alice | 12 | 13 | 2.24 |
| Event # 45 Female 50 Breast 9-10 | | | | | |
| 39.48Y | | Noel, Carlie | 10 | 4 | -1.52 |
| 42.89Y | | Tsui, Grace | 10 | 12 | -0.33 |
| 44.53Y | | Maher, Kelsey | 10 | 19 | -1.54 |
| 46.78Y | | Schroeder, Adrianna | 9 | 27 | -0.47 |
| Event # 46 Male 50 Breast 9-10 | | | | | |
| 43.19Y | | Yuan, Brandon | 10 | 7 | -2.27 |
| Event # 47 Female 50 Back 8 & Under | | | | | |
| 44.24Y | | Michel, Tori | 8 | 5 | 0.76 |
| 47.67Y | | Pfeiffer, Anna | 8 | 15 | -0.94 |
| 51.20Y | | Kalb, Christine | 8 | 36 | -12.44 |
| Event # 48 Male 50 Back 8 & Under | | | | | |
| 55.69Y | | Topping, Luke | 8 | 23 | 2.39 |
| Event # 49 Female 100 Back 11-12 | | | | | |
| 1:13.19Y | | Willer, Jenna | 11 | 14 | -2.34 |
| 1:15.69Y | | Schill, Megan | 12 | 27 | -1.44 |
| Event # 50 Male 100 Back 11-12 | | | | | |
| 1:12.89Y | | Colin, John | 11 | 13 | -1.57 |
| 1:14.74Y | | Forsyth, TJ | 12 | 16 | 1.38 |
| Event # 51 Female 100 Back 9-10 | | | | | |
| 1:14.62Y | Team Record | Noel, Carlie | 10 | 4 | -1.00 |
| 1:21.68Y | | Tsui, Grace | 10 | 10 | -0.94 |
| 1:28.50Y | | Yaunches, Rebecca | 9 | 21 | -2.34 |
| Event # 52 Male 100 Back 9-10 | | | | | |
| 1:22.46Y | | Duehr, Christopher | 10 | 9 | -2.17 |
| Event # 53 Female 200 Free 11-12 | | | | | |

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|--|---------------------|----|-----|--------|
| 2:22.96Y | Willer, Jenna | 11 | 18 | -2.67 |
| Event # 54 Male 200 Free 11-12 | | | | |
| 2:19.01Y | Forsyth, TJ | 12 | 12 | -1.20 |
| 2:21.81Y | Colin, John | 11 | 16 | 4.72 |
| Event # 55 Female 200 Free 9-10 | | | | |
| 2:25.01Y | Noel, Carlie | 10 | 4 | 0.13 |
| 2:41.57Y | Tsui, Grace | 10 | 12 | -13.82 |
| 2:42.35Y | Maher, Kelsey | 10 | 15 | -0.08 |
| 2:57.52Y | Yaunches, Rebecca | 9 | 29 | 0.48 |
| Event # 56 Male 200 Free 9-10 | | | | |
| 2:19.72Y | Duehr, Christopher | 10 | 2 | -9.77 |
| 2:39.84Y | Yuan, Brandon | 10 | 17 | -4.59 |
| Event # 57 Female 400 Free Relay 11-12 - Lead-Off Legs (100 Free) | | | | |
| 1:16.38Y | Tsui, Alice | 12 | --- | 10.91 |
| Event # 58 Male 400 Free Relay 11-12 - Lead-Off Legs (100 Free) | | | | |
| 1:02.11Y | Forsyth, TJ | 12 | --- | -2.07 |
| Event # 59 Female 200 Free Relay 11-12 - Lead-Off Legs (50 Free) | | | | |
| 31.20Y | Tsui, Alice | 12 | --- | 1.95 |
| Event # 60 Male 200 Free Relay 11-12 - Lead-Off Legs (50 Free) | | | | |
| 28.42Y | Forsyth, TJ | 12 | --- | -0.39 |
| Event # 61 Female 200 Free Relay10 & Under - Lead-Off Legs (50 Free) | | | | |
| 29.81Y | Noel, Carlie | 10 | --- | -0.55 |
| Event # 62 Male 200 Free Relay10 & Under - Lead-Off Legs (50 Free) | | | | |
| 30.97Y | Duehr, Christopher | 10 | --- | -1.63 |
| Event # 63 Female 200 Free Relay8 & Under - Lead-Off Legs (50 Free) | | | | |
| 41.44Y | Pfeiffer, Anna | 8 | --- | -1.70 |
| Event # 65 Female 100 IM 11-12 | | | | |
| 1:17.29Y | Schill, Megan | 12 | 23 | 1.31 |
| Event # 66 Male 100 IM 11-12 | | | | |
| 1:18.05Y | Colin, John | 11 | 20 | 4.58 |
| Event # 67 Female 100 IM 9-10 | | | | |
| 1:17.56Y | Noel, Carlie | 10 | 4 | -0.04 |
| 1:21.32Y | Tsui, Grace | 10 | 9 | 0.15 |
| 1:27.21Y | Maher, Kelsey | 10 | 23 | -0.66 |
| 1:29.98Y | Schroeder, Adrianna | 9 | 32 | -2.96 |
| Event # 68 Male 100 IM 9-10 | | | | |
| 1:20.42Y | Duehr, Christopher | 10 | 6 | -2.16 |
| 1:30.84Y | Yuan, Brandon | 10 | 20 | 0.28 |
| Event # 69 Female 100 IM 8 & Under | | | | |
| 1:39.55Y | Michel, Tori | 8 | 9 | -4.74 |
| 1:49.05Y | Pfeiffer, Anna | 8 | 27 | -2.62 |
| Event # 71 Female 50 Free 11-12 | | | | |
| 29.43Y | Tsui, Alice | 12 | 18 | 0.18 |
| 29.77Y | Willer, Jenna | 11 | 25 | 0.27 |
| 31.05Y | Schill, Megan | 12 | 35 | 1.24 |
| Event # 72 Male 50 Free 11-12 | | | | |
| 28.43Y | Forsyth, TJ | 12 | 11 | -0.38 |
| 28.79Y | Colin, John | 11 | 13 | 0.95 |
| Event # 73 Female 50 Free 9-10 | | | | |
| 29.51Y Team Record | Noel, Carlie | 10 | 3 | -0.85 |
| 31.37Y | Tsui, Grace | 10 | 6 | -0.49 |
| 33.72Y | Maher, Kelsey | 10 | 18 | 0.19 |
| Event # 74 Male 50 Free 9-10 | | | | |
| 30.53Y | Duehr, Christopher | 10 | 4 | -2.07 |
| 33.89Y | Colin, Will | 9 | 21 | 0.33 |

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|---|---------------------|----|-----|-------|
| 33.98Y | Yuan, Brandon | 10 | 22 | -0.98 |
| Event # 75 Female 200 Breast 11-12 | | | | |
| 3:06.24Y | Tsui, Alice | 12 | 15 | 4.42 |
| Event # 77 Female 100 Breast 9-10 | | | | |
| 1:28.71Y | Noel, Carlie | 10 | 4 | -0.22 |
| 1:35.76Y | Tsui, Grace | 10 | 13 | -0.47 |
| 1:38.92Y | Schroeder, Adrianna | 9 | 18 | -1.28 |
| 1:41.58Y | Yaunches, Rebecca | 9 | 24 | --- |
| Event # 78 Male 100 Breast 9-10 | | | | |
| 1:31.48Y | Duehr, Christopher | 10 | 4 | -4.15 |
| 1:38.21Y | Yuan, Brandon | 10 | 9 | -3.65 |
| Event # 79 Female 50 Breast 8 & Under | | | | |
| 54.61Y | Michel, Tori | 8 | 15 | -0.96 |
| 1:01.81Y DQ | Pfeiffer, Anna | 8 | --- | --- |
| Event # 83 Female 50 Fly 9-10 | | | | |
| 36.25Y | Tsui, Grace | 10 | 9 | -1.18 |
| 40.82Y | Maher, Kelsey | 10 | 19 | 0.67 |
| Event # 84 Male 50 Fly 9-10 | | | | |
| 38.45Y | Colin, Will | 9 | 10 | -2.83 |
| Event # 85 Female 400 Medley Relay 11-12 - Lead-Off Legs (100 Back) | | | | |
| 1:15.49Y | Schill, Megan | 12 | --- | -1.64 |
| Event # 86 Male 400 Medley Relay 11-12 - Lead-Off Legs (100 Back) | | | | |
| 1:18.02Y | Nugent, Brendan | 12 | --- | -0.73 |

Relays –

| <u>Place</u> | <u>Event / Names</u> | <u>Time</u> | - | - |
|--------------|---|-----------------|-------------------------|-------------------------|
| 10 | Event # 13 Female 11-12 200 Medley | 2:22.61 | Y | F |
| | Megan Schill (12) Alice Tsui (12) | | Jenna Willer (11) | Katelynn Schroeder (12) |
| | | 35.37 41.34 | | 32.47 33.43 |
| 6 | Event # 14 Male 11-12 200 Medley | 2:21.02 | Y | F |
| | Brendan Nugent (12) Tj Forsyth (12) | | John Colin (11) | Jack Benda (12) |
| | | 37.93 37.95 | | 34.02 31.12 |
| 4 | Event # 15 Female 10 & Under 200 Medley | 2:33.86 | Y | F |
| | Carlie Noel (10) Adrianna Schroeder (9) | | Grace Tsui (10) | Kelsey Maher (10) |
| | | 34.88 48.66 | | 37.45 32.87 |
| 4 | Event # 16 Male 10 & Under 200 Medley | 2:38.17 | Y | F |
| | Christopher Duehr (10) Noah Faldet (9) | | Will Colin (9) | Brandon Yuan (10) |
| | | 38.48 47.48 | | 39.09 33.13 |
| --- | Event # 17 Female 8 & Under 200 Medley | 3:28.67 | Y | F |
| DQ | Christine Kalb (8) Anna Pfeiffer (8) | | Tori Michel (8) | Molly Duehr (7) |
| | | 53.55 55.17 | | 47.18 52.77 |
| 10 | Event # 57 Female 11-12 400 Free | 4:35.99 | Y | F |
| | Alice Tsui (12) Megan Schill (12) | | Katelynn Schroeder (12) | Jenna Willer (11) |
| | | 32.51 31.82 | | 34.99 30.47 |
| | | 36.08 35.25 | | 40.27 34.58 |
| | | 1:08.59 1:07.07 | | 1:15.26 1:05.05 |

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|----|---------------------------------------|---------------------|-------------------------|-------------------------|
| 7 | Event # 58 Male 11-12 400 Free | | | |
| | | 4:29.06 | Y | F |
| | Tj Forsyth (12) | John Colin (11) | Jack Benda (12) | Brendan Nugent (12) |
| | 28.93 | 30.69 | 33.97 | 31.68 |
| | 33.18 | 34.79 | 40.10 | 35.72 |
| | 1:02.11 | 1:05.48 | 1:14.07 | 1:07.40 |
| 12 | Event # 59 Female 11-12 200 Free | | | |
| | | 2:05.34 | Y | F |
| | Alice Tsui (12) | Megan Schill (12) | Katelynn Schroeder (12) | Jenna Willer (11) |
| | 31.2 | 31.23 | 33.8 | 29.11 |
| 5 | Event # 60 Male 11-12 200 Free | | | |
| | | 1:59.45 | Y | F |
| | Tj Forsyth (12) | John Colin (11) | Nick Topping (12) | Brendan Nugent (12) |
| | 28.42 | 28.29 | 31.99 | 30.75 |
| 4 | Event # 61 Female 10 & Under 200 Free | | | |
| | | 2:10.17 | Y | F |
| | Carlie Noel (10) | Julia Stierman (10) | Kelsey Maher (10) | Grace Tsui (10) |
| | 29.81 | 36.51 | 32.74 | 31.11 |
| 4 | Event # 62 Male 10 & Under 200 Free | | | |
| | | 2:14.93 | Y | F |
| | Christopher Duehr (10) | Will Colin (9) | Brandon Yuan (10) | Noah Faldet (9) |
| | 30.97 | 32.9 | 33.77 | 37.29 |
| 7 | Event # 63 Female 8 & Under 200 Free | | | |
| | | 2:54.72 | Y | F |
| | Anna Pfeiffer (8) | Molly Duehr (7) | Christine Kalb (8) | Tori Michel (8) |
| | 41.44 | 51.69 | 44.61 | 37.19 |
| 10 | Event # 85 Female 11-12 400 Medley | | | |
| | | 5:12.49 | Y | F |
| | Megan Schill (12) | Alice Tsui (12) | Jenna Willer (11) | Katelynn Schroeder (12) |
| | 36.05 | 41.50 | 34.67 | 34.86 |
| | 39.44 | 46.53 | 40.66 | 38.88 |
| | 1:15.49 | 1:28.03 | 1:15.33 | 1:13.74 |
| 6 | Event # 86 Male 11-12 400 Medley | | | |
| | | 5:17.87 | Y | F |
| | Brendan Nugent (12) | Tj Forsyth (12) | John Colin (11) | Nick Topping (12) |
| | 38.51 | 39.34 | 36.34 | 34.02 |
| | 39.51 | 46.59 | 45.92 | 37.74 |
| | 1:18.02 | 1:25.93 | 1:22.26 | 1:11.76 |