

D.A.S.H. Weekly

March 10, 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 March 1, they are:

GREEN – season completed
BLUE – season completed
BRONZE – season completed
SILVER – Melanie Schaefer
GOLD – Morgan Schill

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...) has been sent out in the near future. Please get it returned to Karen Noel by the deadline.

Spring/Summer Season Info – Posted!

Summer season info is posted on the team website.

Practice Schedule

For the weeks of – Season Completed!

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?
Has passed	Speedo Sectional Championships UofMN, Minneapolis (3/10-13)	Meet cuts

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

MEET RESULTS

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

Individual Events –

<u>Event / Time</u>	<u>Prelims/Finals</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time Add or Drop</u>
Event # 1 Female 200 IM 13-14					
2:24.33Y	P	Lembezeder, Molly	13	14	-4.03
2:24.66Y	F	Lembezeder, Molly	13	14	-3.70

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

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Other Swimming Links

USA Swimming www.usaswimming.org
Iowa Swimming www.isiswim.org
DASH website www.teamdash.org

2:25.33Y	P	Noel, Lauren	13	17	-3.12
2:26.05Y	F	Noel, Lauren	13	16	-2.40
2:26.58Y	P	Cram, Erin	14	20	-2.56
Event # 2 Male 200 IM 13-14					
2:10.34Y	P	Yuan, Justin	14	6	-10.26
2:12.27Y	F	Yuan, Justin	14	6	-8.33
2:14.99Y	P	Nugent, Brien	14	9	-1.29
2:16.05Y	F	Nugent, Brien	14	12	-0.23
Event # 3 Female 200 IM Senior					
2:08.37Y *	F	Orvis, Allison	16	1	-1.82
2:09.31Y	F	Maher, Hannah	17	2	1.50
2:12.45Y	P	Maher, Hannah	17	3	4.64
2:15.79Y	P	Orvis, Allison	16	5	5.60
2:16.46Y	F	Roepsch, Autumn	15	13	2.14
2:16.87Y	P	Schroeder, Emily	15	8	-1.43
2:16.89Y	P	Roepsch, Autumn	15	9	2.57
2:18.32Y	F	Schroeder, Emily	15	8	0.02
* DASH Team Record - 15 & 16 Girls					
Event # 4 Male 200 IM Senior					
1:58.86Y	F	Maloney, Nathan	17	17	3.89
2:03.16Y	P	Gill, Josh	15	8	-0.29
2:05.32Y	F	Orvis, Jason	16	13	-29.76
2:06.30Y	F	Roberson, Chandler	17	15	-2.25
2:06.67Y	P	Roberson, Chandler	17	16	-1.88
2:06.91Y	P	Orvis, Jason	16	17	-28.17
2:08.40Y	F	Gill, Mitchel	16	21	0.47
2:08.57Y	P	Gill, Mitchel	16	20	0.64
2:08.78Y	P	Loeffelholz, Ben	17	21	-10.22
2:09.72Y	P	Maloney, Nathan	17	25	14.75
Event # 5A Female 1000 Free 13-14					
12:03.10Y	F	Noel, Lauren	13	11	-9.88
12:17.51Y	F	Schaefer, Melanie	13	15	-12.15
Event # 5B Female 1000 Free 15 & Over					
10:57.37Y	F	Orvis, Allison	16	1	9.72
10:58.57Y*	F	Maher, Mary Kathryn	17	2	-15.82
* DASH Team Record - 17 & 18 Girls					
Event # 6A Male 1000 Free 13-14					
11:36.99Y	F	Colin, Ben	13	11	-10.33
11:39.99Y	F	Rutkowski, Alec	13	13	-7.02
Event # 6B Male 1000 Free 15 & Over					
10:31.53Y	F	Schroeder, Mitchell	15	5	-59.34
10:35.07Y	F	Roberson, Chandler	17	6	-21.62
10:43.34Y	F	Griffin, Cameron	17	8	-28.22
Event # 7 Female 100 Free 13-14					
56.33Y	F	Lembeseder, Molly	13	6	-0.95
56.37Y	P	Lembeseder, Molly	13	6	-0.91
56.97Y	F	Schaefer, Melanie	13	12	-4.06
57.93Y	P	Schaefer, Melanie	13	15	-3.10
59.54Y	P	Schill, Morgan	14	26	-1.72
Event # 8 Male 100 Free 13-14					
52.25Y	P	Yuan, Justin	14	6	-2.69
53.04Y	F	Yuan, Justin	14	7	-1.90

Event # 9 Female 100 Free Senior

53.90Y	F	Maher, Hannah	17	4	-0.91
54.10Y	P	Maher, Hannah	17	3	-0.71
54.66Y	P	Roepsch, Autumn	15	5	0.44
54.83Y	F	Roepsch, Autumn	15	6	0.61
57.05Y	P	Schroeder, Emily	15	16	-0.73
57.09Y	P	Maher, Mary	17	17	-0.22
		Kathryn			
57.36Y	F	Schroeder, Emily	15	16	-0.42
58.17Y	F	Maher, Mary	17	24	0.86
		Kathryn			

Event # 10 Male 100 Free Senior

47.34Y	F	Loeffelholz, Ben	17	3	0.18
47.37Y	F	Gill, Josh	15	4	-2.03
48.36Y	P	Gill, Josh	15	4	-1.04
48.46Y	P	Forsyth, Christian	16	5	-0.69
48.64Y	P	Loeffelholz, Ben	17	6	1.48
49.10Y	F	Forsyth, Christian	16	7	-0.05
49.34Y	F	Huff, Connor	16	18	-0.19
49.79Y	P	Huff, Connor	16	17	0.26
50.76Y	P	Griffin, Cameron	17	32	-0.79
51.10Y	P	Fuerste, Cole	16	36	-0.33
51.22Y	P	Orvis, Jason	16	39	0.88
54.13Y	P	Rotz, Jordan	16	58	-0.57

Event # 11 Female 200 Breast 13-14

2:39.99Y	P	Thomas, Madelaine	14	10	-5.38
2:40.93Y	F	Schill, Morgan	14	11	-8.08
2:42.69Y	P	Schill, Morgan	14	13	-6.32
2:43.28Y	F	Thomas, Madelaine	14	12	-2.09

Event # 12 Male 200 Breast 13-14

2:32.32Y	F	Nugent, Brien	14	9	-12.38
2:34.50Y	P	Nugent, Brien	14	10	-10.20

Event # 14 Male 200 Breast Senior

2:15.35Y	F	Huff, Connor	16	5	0.65
2:15.93Y	F	Maloney, Nathan	17	17	1.37
2:16.95Y	P	Huff, Connor	16	4	2.25
2:20.73Y	P	Gill, Mitchel	16	10	-4.62
2:20.74Y	P	Roberson,	17	11	-4.25
		Chandler			
2:21.29Y	F	Roberson,	17	11	-3.70
		Chandler			
2:22.14Y	F	Gill, Mitchel	16	13	-3.21
2:26.61Y	P	Maloney, Nathan	17	17	12.05

Event # 15A Female 800 Free Relay 13-14 - Lead-Off Legs (200 Free)

2:11.18Y	F	Lembezeder, Molly	13	---	-0.13
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Event # 15B Female 800 Free Relay15 & Over - Lead-Off Legs (200 Free)

1:59.13Y	F	Orvis, Allison	16	---	2.07
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Event # 16A Male 800 Free Relay 13-14 - Lead-Off Legs (200 Free)

2:08.32Y	F	Rutkowski, Alec	13	---	-3.03
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Event # 16B Male 800 Free Relay15 & Over - Lead-Off Legs (200 Free)

1:49.58Y	F	Huff, Connor	16	---	0.86
1:53.14Y	F	Griffin, Cameron	17	---	3.10

Event # 17 Female 200 Free Relay 13-14 - Lead-Off Legs (50 Free)

26.89Y	F	Schaefer, Melanie	13	---	-1.11
29.47Y	F	Topping, Taylor	13	---	0.27

Event # 18 Male 200 Free Relay 13-14 - Lead-Off Legs (50 Free)

26.29Y	F	Rutkowski, Alec	13	---	0.28
Event # 19 Female 200 Free Relay15 & Over - Lead-Off Legs (50 Free)					
25.37Y	F	Orvis, Allison	16	---	0.23
Event # 20 Male 200 Free Relay15 & Over - Lead-Off Legs (50 Free)					
21.83Y	F	Gill, Josh	15	---	0.09
23.58Y	F	Orvis, Jason	16	---	-4.41
23.66Y	F	Griffin, Cameron	17	---	-0.23
Event # 21 Female 50 Free 13-14					
25.65Y	F	Lembezeder, Molly	13	4	-0.70
25.82Y	P	Lembezeder, Molly	13	4	-0.53
26.66Y	P	Schaefer, Melanie	13	10	-1.34
26.76Y	F	Schaefer, Melanie	13	13	-1.24
27.72Y	P	Schill, Morgan	14	26	-0.54
28.25Y	P	Thomas, Madelaine	14	36	0.16
Event # 22 Male 50 Free 13-14					
23.73Y	F	Yuan, Justin	14	4	-1.40
24.00Y	P	Yuan, Justin	14	4	-1.13
25.24Y	P	Nugent, Brien	14	12	-1.74
25.29Y	F	Nugent, Brien	14	11	-1.69
25.98Y	P	Colin, Ben	13	17	-0.49
26.27Y	P	Rutkowski, Alec	13	20	0.26
Event # 23 Female 50 Free Senior					
25.11Y	P	Maher, Hannah	17	6	-0.35
25.35Y	P	Orvis, Allison	16	8	0.21
25.72Y	P	Roepsch, Autumn	15	11	0.40
Event # 24 Male 50 Free Senior					
21.82Y	F	Loeffelholz, Ben	17	4	0.54
21.91Y	F	Gill, Josh	15	5	0.17
21.93Y	P	Gill, Josh	15	5	0.19
22.01Y	P	Loeffelholz, Ben	17	6	0.73
22.38Y	P	Forsyth, Christian	16	11	-0.63
22.55Y	F	Forsyth, Christian	16	14	-0.46
22.66Y	P	Temperley, Tim	17	16	-1.39
23.03Y	P	Huff, Connor	16	32	-0.12
23.12Y	F	Temperley, Tim	17	16	-0.93
23.18Y	P	Fuerste, Cole	16	37	---
23.21Y	P	Griffin, Cameron	17	38	-0.68
23.32Y	P	Orvis, Jason	16	44	-4.67
24.68Y	P	Rotz, Jordan	16	79	-0.37
Event # 25 Female 400 IM 13-14					
5:12.02Y	F	Noel, Lauren	13	8	-8.60
5:13.35Y	F	Cram, Erin	14	10	-3.40
5:13.45Y	P	Noel, Lauren	13	8	-7.17
5:16.59Y	P	Cram, Erin	14	10	-0.16
Event # 26 Male 400 IM 13-14					
5:03.15Y	F	Rutkowski, Alec	13	9	-7.91
5:10.43Y	F	Colin, Ben	13	10	0.07
5:16.77Y	P	Rutkowski, Alec	13	10	5.71
5:18.19Y	P	Colin, Ben	13	11	7.83
Event # 27 Female 400 IM Senior					
4:56.76Y	F	Schroeder, Emily	15	4	-5.82
4:59.74Y	P	Schroeder, Emily	15	6	-2.84
Event # 28 Male 400 IM Senior					
4:30.90Y	P	Roberson, Chandler	17	8	-6.14
4:32.63Y	F	Roberson,	17	8	-4.41

		Chandler			
4:37.94Y	F	Gill, Mitchel	16	11	-3.27
4:48.41Y	P	Gill, Mitchel	16	12	7.20
Event # 29 Female 100 Fly 13-14					
1:04.89Y	F	Noel, Lauren	13	9	-2.44
1:06.24Y	P	Noel, Lauren	13	9	-1.09
1:06.70Y	P	Cram, Erin	14	10	0.20
1:07.07Y	F	Cram, Erin	14	12	0.57
1:07.43Y	F	Lembezeder, Molly	13	13	-1.58
1:08.61Y	P	Lembezeder, Molly	13	14	-0.40
Event # 30 Male 100 Fly 13-14					
59.59Y	F	Yuan, Justin	14	6	-0.70
59.73Y	P	Yuan, Justin	14	6	-0.56
Event # 31 Female 100 Fly Senior					
1:00.34Y	P	Orvis, Allison	16	4	-2.17
Event # 32 Male 100 Fly Senior					
54.05Y	P	Gill, Josh	15	9	-3.07
55.28Y	P	Loeffelholz, Ben	17	16	0.37
57.67Y	P	Maloney, Nathan	17	29	1.76
59.01Y	P	Roberson, Chandler	17	34	-2.46
Event # 33 Female 200 Back 13-14					
2:22.28Y	F	Schill, Morgan	14	9	-5.76
2:23.28Y	P	Schill, Morgan	14	10	-4.76
2:23.43Y	P	Cram, Erin	14	11	-1.00
2:23.86Y	F	Cram, Erin	14	11	-0.57
2:35.68Y	P	Schaefer, Melanie	13	28	1.49
Event # 34 Male 200 Back 13-14					
2:15.42Y	F	Nugent, Brien	14	12	-12.92
2:16.82Y	P	Nugent, Brien	14	13	-11.52
2:26.11Y	P	Rutkowski, Alec	13	20	0.56
2:28.22Y	P	Colin, Ben	13	23	-1.44
NS	P	Warren, Charlie	13	---	---
Event # 35 Female 200 Back Senior					
2:16.71Y	P	Maher, Mary Kathryn	17	9	-2.04
2:17.22Y	P	Roepsch, Autumn	15	12	-0.14
2:21.13Y	F	Schroeder, Emily	15	14	1.95
2:22.14Y	P	Schroeder, Emily	15	18	2.96
Event # 36 Male 200 Back Senior					
2:01.87Y	F	Maloney, Nathan	17	9	8.87
2:03.11Y	F	Orvis, Jason	16	12	-21.63
2:04.93Y	P	Orvis, Jason	16	12	-19.81
2:05.43Y	P	Maloney, Nathan	17	13	12.43
2:09.97Y	F	Gill, Mitchel	16	21	-2.68
2:10.80Y	P	Gill, Mitchel	16	21	-1.85
Event # 39 Female 500 Free Senior					
5:23.55Y	P	Maher, Mary Kathryn	17	3	0.47
Event # 40 Male 500 Free Senior					
4:51.76Y	F	Temperley, Tim	17	3	1.36
4:53.23Y	F	Huff, Connor	16	5	-1.56
4:53.52Y	P	Temperley, Tim	17	1	3.12
4:57.04Y	P	Huff, Connor	16	5	2.25
5:05.26Y	F	Roberson, Chandler	17	10	-8.28

5:06.34Y	P	Griffin, Cameron	17	9	-0.18
5:08.31Y	F	Griffin, Cameron	17	12	1.79
5:08.33Y	P	Roberson, Chandler	17	11	-5.21
5:08.54Y	P	Schroeder, Mitchell	15	12	-4.32
5:10.69Y	F	Schroeder, Mitchell	15	15	-2.17
Event # 41 Female 400 Medley Relay 13-14 - Lead-Off Legs (100 Back)					
1:06.63Y	F	Cram, Erin	14	---	0.30
1:16.13Y	F	Topping, Taylor	13	---	0.12
Event # 42 Male 400 Medley Relay 13-14 - Lead-Off Legs (100 Back)					
1:02.93Y	F	Nugent, Brien	14	---	-4.16
Event # 44 Male 400 Medley Relay15 & Over - Lead-Off Legs (100 Back)					
54.84Y	F	Maloney, Nathan	17	---	1.52
56.82Y	F	Orvis, Jason	16	---	-0.13
59.92Y	F	Forsyth, Christian	16	---	-2.96
Event # 45 Female 200 Medley Relay 13-14 - Lead-Off Legs (50 Back)					
30.59Y	F	Cram, Erin	14	---	-0.71
34.94Y	F	Topping, Taylor	13	---	-0.20
Event # 46 Male 200 Medley Relay 13-14 - Lead-Off Legs (50 Back)					
29.08Y	F	Nugent, Brien	14	---	-3.74
Event # 48 Male 200 Medley Relay15 & Over - Lead-Off Legs (50 Back)					
28.18Y	F	Gill, Mitchel	16	---	-1.66
Event # 49A Female 1650 Free 13-14					
20:25.05Y	F	Schaefer, Melanie	13	11	-17.49
Event # 50A Male 1650 Free 13-14					
19:29.76Y	F	Colin, Ben	13	10	0.32
19:52.95Y	F	Rutkowski, Alec	13	11	19.79
Event # 50B Male 1650 Free 15 & Over					
17:54.49Y	F	Schroeder, Mitchell	15	2	-60.15
NS	F	Griffin, Cameron	17	---	---
Event # 51 Female 200 Free 13-14					
2:06.44Y	F	Schaefer, Melanie	13	13	-6.00
2:08.37Y	P	Schaefer, Melanie	13	14	-4.07
2:10.75Y	P	Noel, Lauren	13	18	0.89
Event # 52 Male 200 Free 13-14					
2:05.15Y	F	Colin, Ben	13	11	1.21
2:06.18Y	P	Colin, Ben	13	14	2.24
Event # 53 Female 200 Free Senior					
2:03.72Y	P	Schroeder, Emily	15	11	-2.12
NS	P	Maher, Mary Kathryn	17	---	---
Event # 54 Male 200 Free Senior					
1:49.01Y	P	Forsyth, Christian	16	8	0.90
1:49.80Y	P	Temperley, Tim	17	10	4.79
1:52.87Y	P	Griffin, Cameron	17	26	2.83
1:55.67Y	P	Schroeder, Mitchell	15	34	-2.59
Event # 55 Female 100 Breast 13-14					
1:13.01Y	F	Thomas, Madelaine	14	11	-3.76
1:14.04Y	P	Thomas, Madelaine	14	9	-2.73
1:15.86Y	P	Lembezeder, Molly	13	15	-1.38
1:16.02Y	F	Lembezeder, Molly	13	12	-1.22
1:16.51Y	F	Schill, Morgan	14	14	-0.59
1:18.51Y	P	Schill, Morgan	14	18	1.41
Event # 56 Male 100 Breast 13-14					
1:05.89Y	F	Yuan, Justin	14	5	-3.61
1:06.71Y	P	Yuan, Justin	14	5	-2.79

1:09.36Y	F	Nugent, Brien	14	9	-2.03
1:11.36Y	P	Nugent, Brien	14	12	-0.03
Event # 58 Male 100 Breast Senior					
1:05.93Y	P	Gill, Mitchel	16	22	-0.35
Event # 59 Female 100 Back 13-14					
1:06.15Y	P	Cram, Erin	14	11	-0.18
1:06.71Y	F	Cram, Erin	14	11	0.38
1:07.19Y	F	Lembezeder, Molly	13	13	-0.31
1:07.28Y	P	Lembezeder, Molly	13	12	-0.22
1:08.35Y	P	Schill, Morgan	14	17	0.17
Event # 60 Male 100 Back 13-14					
1:01.02Y	F	Yuan, Justin	14	12	0.61
1:02.28Y	P	Yuan, Justin	14	15	1.87
1:02.55Y	F	Nugent, Brien	14	13	-4.54
1:03.64Y	P	Nugent, Brien	14	16	-3.45
Event # 61 Female 100 Back Senior					
1:05.38Y	P	Schroeder, Emily	15	12	1.96
NS	P	Maher, Mary Kathryn	17	---	---
Event # 62 Male 100 Back Senior					
59.77Y	P	Gill, Mitchel	16	27	0.03
Event # 63 Female 200 Fly 13-14					
2:32.29Y	F	Cram, Erin	14	6	0.76
2:32.79Y	P	Cram, Erin	14	4	1.26
2:33.17Y	F	Noel, Lauren	13	7	-5.81
2:34.14Y	P	Noel, Lauren	13	5	-4.84
Event # 67 Female 400 Free Relay 13-14 - Lead-Off Legs (100 Free)					
55.93Y	F	Lembezeder, Molly	13	---	-1.35
1:00.10Y	F	Noel, Lauren	13	---	-0.90
Event # 68 Male 400 Free Relay 13-14 - Lead-Off Legs (100 Free)					
57.40Y	F	Colin, Ben	13	---	-0.20
Event # 70 Male 400 Free Relay15 & Over - Lead-Off Legs (100 Free)					
54.59Y	F	Nugent, Brien	14	---	-3.91

Relay Events –

<u>Event / Splits / Time</u>	-	-	-	<u>Place</u>
Event # 15A Female 13-14 800 Free	-	-	-	
8:36.34	Y	F		4
Molly Lembezeder	Erin Cram (14)	Lauren Noel (13)	Melanie Schaefer (13)	
(13)				
29.89	33.81	34.93	32.55	2:11.18
29.37	32.73	33.91	33.77	2:09.78
29.41	33.07	33.98	33.38	2:09.84
28.99	31.87	33.04	32.64	2:06.54
Event # 15B Female 15 & Over 800 Free				
8:04.33	Y	F		3
Allison Orvis (16)	Hannah Maher (17)	Autumn Roepsch (15)	Mary Kathryn Maher (17)	
27.15	29.97	31.06	30.95	1:59.13
27.00	29.89	31.60	31.68	2:00.17
26.50	29.95	32.22	32.63	2:01.30
27.39	31.17	32.91	32.26	2:03.73
Event # 16A Male 13-14 800 Free				
8:15.88	Y	F		2
Alec Rutkowski (13)	Justin Yuan (14)	Ben Colin (13)	Brien Nugent (14)	
Event # 16B Male 15 & Over 800 Free				
7:11.56	Y	F		2

Connor Huff (16)	Tim Temperley (17)	Christian Forsyth (16)	Ben Loeffelholz (17)		
25.51	27.90	28.28	27.89	1:49.58	
22.99	25.52	27.86	28.74	1:45.11	
24.10	27.44	28.60	28.56	1:48.70	
23.32	26.82	28.78	29.25	1:48.17	
	7:25.06	Y	F		8
Cameron Griffin (17)	Josh Gill (15)	Nathan Maloney (17)	Mitchell Schroeder (15)		
25.69	28.68	29.19	29.58	1:53.14	
20.35	31.58	27.78	27.67	1:47.38	
24.95	27.53	28.78	29.35	1:50.61	
25.93	28.95	29.86	29.19	1:53.93	
	NS		F		---
Event # 17 Female 13-14 200 Free					
	1:45.26	Y	F		4
Melanie Schaefer (13)	Molly Lembezeder (13)	Erin Cram (14)	Morgan Schill (14)		
26.89	25.09	26.48	26.80		
	1:54.36	Y	F		12
Taylor Topping (13)	Lauren Noel (13)	Madelaine Thomas (14)	Maddie Kieler (13)		
29.47	26.95	29.00	28.94		
Event # 18 Male 13-14 200 Free					
	1:40.24	Y	F		3
Alec Rutkowski (13)	Justin Yuan (14)	Ben Colin (13)	Brien Nugent (14)		
26.29	23.55	26.03	24.37		
Event # 19 Female 15 & Over 200 Free					
	1:41.38	Y	F		3
Allison Orvis (16)	Hannah Maher (17)	Emily Schroeder (15)	Autumn Roepsch (15)		
25.37	24.95	26.03	25.03		
Event # 20 Male 15 & Over 200 Free					
	1:31.95	Y	F		10
Cameron Griffin (17)	Cole Fuerste (16)	Tim Temperley (17)	Nathan Maloney (17)		
23.66	22.60	22.39	23.30		
	1:36.52	Y	F		20
Jason Orvis (16)	Jordan Rotz (16)	Mitchell Schroeder (15)	Mitchel Gill (16)		
23.58	24.23	24.78	23.93		
	1:27.57	Y	F	DQ	---
Josh Gill (15)	Connor Huff (16)	Christian Forsyth (16)	Ben Loeffelholz (17)		
21.83	22.44	21.71	21.59		
Event # 41 Female 13-14 400 Medley					
	4:24.74	Y	F		6
Erin Cram (14)	Madelaine Thomas (14)	Lauren Noel (13)	Molly Lembezeder (13)		
31.85	35.64	30.20	25.79		
34.78	40.31	35.74	30.43		
1:06.63	1:15.95	1:05.94	56.22		
	4:46.06	Y	F		8
Taylor Topping (13)	Morgan Schill (14)	Melanie Schaefer (13)	Maddie Kieler (13)		
36.70	35.16	31.46	30.13		
39.43	40.82	38.08	34.28		
1:16.13	1:15.98	1:09.54	1:04.14		
Event # 42 Male 13-14 400 Medley					
	4:12.44	Y	F		3

Brien Nugent (14)	Justin Yuan (14)	Alec Rutkowski (13)	Ben Colin (13)	
30.24	30.55	30.14	26.65	
32.69	35.19	36.86	30.12	
1:02.93	1:05.74	1:07.00	56.77	
Event # 44 Male 15 & Over 400 Medley				
	3:40.26	Y	F	5
Nathan Maloney (17)	Josh Gill (15)	Connor Huff (16)	Ben Loeffelholz (17)	
26.93	28.41	25.22	22.52	
27.91	33.02	30.87	25.38	
54.84	1:01.43	56.09	47.90	
	3:59.20	Y	F	13
Jason Orvis (16)	Tim Temperley (17)	Chandler Roberson (17)	Cole Fuerste (16)	
27.75	32.46	27.55	24.19	
29.07	37.81	32.87	27.50	
56.82	1:10.27	1:00.42	51.69	
	4:02.65	Y	F	14
Christian Forsyth (16)	Mitchel Gill (16)	Cameron Griffin (17)	Mitchell Schroeder (15)	
29.01	30.23	29.88	25.50	
30.91	35.04	34.30	27.78	
59.92	1:05.27	1:04.18	53.28	
Event # 45 Female 13-14 200 Medley				
	1:59.24	Y	F	5
Erin Cram (14)	Madelaine Thomas (14)	Lauren Noel (13)	Molly Lembezeder (13)	
30.59	34.15	29.62	24.88	
	2:14.82	Y	F	DQ ---
Taylor Topping (13)	Morgan Schill (14)	Melanie Schaefer (13)		
34.94	35.74	33.03	31.11	
Event # 46 Male 13-14 200 Medley				
	1:53.61	Y	F	3
Brien Nugent (14)	Justin Yuan (14)	Alec Rutkowski (13)	Ben Colin (13)	
29.08	30.18	28.93	25.42	
Event # 48 Male 15 & Over 200 Medley				
	1:48.58	Y	F	12
Mitchel Gill (16)	Tim Temperley (17)	Christian Forsyth (16)	Mitchell Schroeder (15)	
28.18	30.46	25.09	24.85	
Event # 67 Female 13-14 400 Free				
	3:52.69	Y	F	5
Molly Lembezeder (13)	Erin Cram (14)	Morgan Schill (14)	Melanie Schaefer (13)	
26.98	27.54	27.85	27.61	
28.95	31.53	32.04	30.19	
55.93	59.07	59.89	57.80	
	4:17.26	Y	F	10
Lauren Noel (13)	Taylor Topping (13)	Madelaine Thomas (14)	Maddie Kieler (13)	
28.78	30.10	30.38	31.92	
31.32	34.82	33.69	36.25	
1:00.10	1:04.92	1:04.07	1:08.17	
Event # 68 Male 13-14 400 Free				
	3:41.93	Y	F	3
Ben Colin (13)	Justin Yuan (14)	Alec Rutkowski (13)	Brien Nugent (14)	
27.32	24.45	26.76	25.72	

30.08	27.42	30.58	29.60	
57.40	51.87	57.34	55.32	
Event # 70 Male 15 & Over 400 Free				
	3:54.73	Y	F	15
Brien Nugent (14)	Justin Yuan (14)	Alec Rutkowski (13)	Ben Colin (13)	
25.90	27.43	28.08	28.61	
28.69	30.10	32.99	32.93	
54.59	57.53	1:01.07	1:01.54	