

D.A.S.H. Weekly

“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

- Lou Holtz

If anyone has a quote you would like to share w/the team, please email it to me. – Coach Doug

July 12, 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 July 5, they are:

- GREEN – Molly Duehr
- BLUE – Elizabeth Welu
- BRONZE – Olivia Thomas
- SILVER – Jenna Willer
- GOLD – Alec Rutkowski

Regional Finals – it’s coming SOON!!!!

Remember, we are the host team for the Iowa Swimming Regional Finals on July 24 & 25. Becky Conlon (bconlon@vousq.net) will have meet worker sign-ups posted sometime by the middle of July. Also, we’ll need some workers for the day before (2 – 5 p.m.), cleaning the pool area and setting up for the meet. Plan to get in some of your work assignments!!!!

Swimmers, if you don’t have a State Q time in an event, you may swim that event at this meet.

The ENTRY DEADLINE is THIS THURSDAY (July 15).

State Meet – check over your list of Q Times

I’ve attached a list of swimmers who have State Qualifying (Q) Times. Please look it over and let me know if there any omissions.

Practice Schedule

For the week of – July 12

GOLD	5:30 – 8 a.m.	Monday – Friday
	4:50 – 7 p.m.	Monday – Thursday
	NO Practice	Saturday

This is the last week of doubles for GOLD.

SILVER*	7:15 – 9:30 a.m.	Monday - Friday
	4:50 – 6:30 p.m.	Monday – Thursday
	NO Practice	Saturday

BRONZE*	8 – 9:30 a.m.	Monday – Friday
	6:30 – 8 p.m.	Monday – Thursday

BLUE*	7 – 9 a.m.	Monday – Friday
	6 – 8 p.m.	Monday – Thursday

GREEN*	8 – 9:15 a.m.	Monday – Friday
	6:30 – 7:45 p.m.	Monday – Thursday

STAY FIT	7 – 9 a.m.	Monday – Friday
----------	------------	-----------------

*GREEN, BLUE, BRONZE, & SILVER have 2 practice options on Monday – Thursday, they may not attend both in the same day.

For the week of – July 19

This is the last week of the season, for those not attending the State meet. It’s been fun!!!! See you in the fall.

GOLD	5:30 – 8 a.m.	Monday – Friday
	4:50 – 7 p.m.	Monday – Thursday
	NO Practice	Saturday

SILVER*	7:15 – 9:30 a.m.	Monday - Friday
	4:50 – 6:30 p.m.	Monday – Thursday
	NO Practice	Saturday

BRONZE*	8 – 9:30 a.m.	Monday – Friday
	6:30 – 8 p.m.	Monday – Thursday

BLUE*	7 – 9 a.m.	Monday – Friday
	6 – 8 p.m.	Monday – Thursday

GREEN*	8 – 9:15 a.m.	Monday – Friday
	6:30 – 7:45 p.m.	Monday – Thursday

STAY FIT	7 – 9 a.m.	Monday – Friday
----------	------------	-----------------

*GREEN, BLUE, BRONZE, & SILVER have 2 practice options on Monday – Thursday, they may not attend both in the same day.

For the week of – July 26

State Qualifiers Only –

13 & Over	7 – 9 a.m.	Monday – Thursday
12 & Under	8:30 – 10 a.m.	Monday - Thursday

NOTE: As we get closer to the end of the season and the swimmers’ taper meet, they will be getting done earlier than usual. Please check to see when your child will be finishing practice.

Hotel Rooms – Blocks for DASH

We have some rooms blocked for the following meets;
July 29, 30, 31 Iowa City Baymont for State

Please contact Ruth Smith (ruth@rrtravel.biz or 800-373-1235) at R & R Travel to reserve your room in these blocks. DO NOT contact the hotel directly.

Swim Meet – Entry Deadlines & Info

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Has passed	Clinton (July 16 – 18)	State Q’s
------------	------------------------	-----------

Riverview Pool
Riverview Drive, Clinton, IA
Be on deck by;
Friday afternoon session – 1:50 p.m.
Saturday a.m. session (13 & Up) – 6:50 a.m.
Saturday p.m. session (12 & Under) – 11:50 a.m.
Sunday a.m. session (13 & Up) - 6:50 a.m.
Sunday p.m. session (12 & Under) – 11:50 a.m.

NOTE: Watch for additional emails, if there are changes from host team.

Thurs., 7/15 Regional Finals @ Loras (July 24 & 25) Non-Q's
 Tues., 7/20 Summer State (July 29-Aug. 1) State Q's
 TBA Central Zone Champs (Aug. 6 – 8) AAA cuts

Contacting Coach Doug

Cell Phone: (563) 543-1105
 E-mail coachdoug@teamdash.org

Contacting Coach Tasia

Cell Phone: (641) 680-1057
 E-mail coachtasia@teamdash.org

Contacting Coach Jake

Cell Phone: (563) 599-8892
 E-mail jacob.gantenbein@gmail.com

Contacting Team President

Heidi Schill
 E-mail hmsschill@aol.com

Other Swimming Links

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

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

MEET RESULTS

BLAST Summer Sizzler

The Falls Aquatic Center, Cedar Falls, IA

July 8 – 11, 2010

Event / Time	NOTE	Prelim/Final	Name	Age	Place	Time Add/Drop
Event # 1 Female 50 Fly Senior						
30.84L		F	Maher, Hannah	17	3	-1.97
32.78L		F	Orvis, Allison	16	17	0.07
36.41L		F	Maher, Mary Kathryn	17	52	-0.40
46.49L		F	Maher, Kelsey	10	94	-1.40
Event # 2 Male 50 Fly Senior						
34.80L		F	Warren, Jack	17	46	-15.44
36.22L		F	Warren, Charlie	14	49	-5.70
Event # 3 Female 400 IM Senior						
5:19.51L	Team Record	F	Maher, Hannah	17	2	-1.61
5:24.12L		F	Orvis, Allison	16	4	3.09
5:45.45L		F	Maher, Mary Kathryn	17	23	1.93
Event # 4 Male 400 IM Senior						
4:51.05L		F	Warren, Donny	19	1	14.19
4:54.75L		F	Huff, Jordan	18	2	-2.51
5:18.18L		F	Huff, Connor	16	12	30.04
5:27.13L		F	Roberson, Chandler	17	21	12.15
5:48.94L		F	Colin, Ben	13	35	-25.52
Event # 5 Female 50 Back Senior						
37.03L		F	Maher, Mary Kathryn	17	16	1.40
47.09L		F	Maher, Kelsey	10	70	-1.17
58.54L		F	Warren, Olivia	10	79	3.31
Event # 6 Male 50 Back Senior						
29.11L		F	Huff, Jordan	18	2	-1.78

30.36L	F	Warren, Donny	19	5	1.24
36.55L	F	Warren, Charlie	14	40	-3.91
40.12L	F	Warren, Jack	17	53	-10.10
Event # 9 Female 50 Breast Senior					
35.74L	F	Maher, Hannah	17	2	-1.60
51.85L	F	Maher, Kelsey	10	52	2.48
Event # 10 Male 50 Breast Senior					
35.25L	F	Huff, Connor	16	9	1.39
44.22L	F	Warren, Charlie	14	40	-3.10
Event # 11 Female 50 Free 13-14					
31.36L	P	Schaefer, Melanie	13	13	-0.49
31.53L	F	Schaefer, Melanie	13	13	-0.32
32.86L	F	Thomas, Madelaine	14	23	---
32.93L	P	Thomas, Madelaine	14	23	---
Event # 12 Male 50 Free 13-14					
28.85L	F	Rutkowski, Alec	13	3	-0.38
29.56L	F	Colin, Ben	13	8	-0.45
29.74L	P	Rutkowski, Alec	13	6	0.51
30.08L	P	Colin, Ben	13	7	0.07
31.37L	F	Warren, Charlie	14	14	-0.81
31.42L	P	Warren, Charlie	14	14	-0.76
Event # 13 Female 50 Free Senior					
28.47L	F	Maher, Hannah	17	5	0.18
29.15L	P	Maher, Hannah	17	2	0.86
29.79L	F	Roepsch, Autumn	15	12	1.72
30.00L	P	Roepsch, Autumn	15	12	1.93
32.01L	P	Schill, Morgan	15	30	-3.42
32.15L	P	Maher, Mary Kathryn	17	35	1.06
33.38L	P	Cram, Erin	15	46	2.01
Event # 14 Male 50 Free Senior					
24.72L	F	Huff, Jordan	18	1	1.13
25.59L	P	Huff, Jordan	18	1	2.00
26.72L	F	Loeffelholz, Ben	17	13	1.90
26.94L	P	Loeffelholz, Ben	17	11	2.12
27.04L	F	Orvis, Jason	16	18	-0.06
27.73L	P	Orvis, Jason	16	23	0.63
31.84L	P	Warren, Jack	17	59	-7.17
Event # 15 Female 200 Breast 13-14					
3:06.62L	F	Thomas, Madelaine	14	10	-3.75
3:11.24L	P	Thomas, Madelaine	14	9	0.87
Event # 17 Female 200 Breast Senior					
2:51.60L	F	Maher, Hannah	17	3	2.07
2:54.13L	P	Maher, Hannah	17	2	4.60
3:12.43L	P	Schill, Morgan	15	9	-14.76
Event # 18 Male 200 Breast Senior					
2:35.07L	F	Warren, Donny	19	3	5.78
2:39.12L	P	Warren, Donny	19	2	9.83
2:44.41L	F	Huff, Connor	16	6	9.84
2:45.24L	P	Huff, Connor	16	4	10.67
Event # 21 Female 200 Fly Senior					
2:52.49L	P	Orvis, Allison	16	10	---
Event # 22 Male 200 Fly Senior					
2:33.43L	P	Huff, Connor	16	10	17.60
2:40.49L	P	Roberson, Chandler	17	11	---
Event # 24 Male 100 Back 13-14					
1:16.72L	F	Rutkowski, Alec	13	4	-0.73

1:17.30L	New Q	F	Colin, Ben	13	5	-5.14
1:18.68L		P	Colin, Ben	13	5	-3.76
1:18.96L		P	Rutkowski, Alec	13	6	1.51
1:20.42L		F	Warren, Charlie	14	13	-1.47
1:21.38L		P	Warren, Charlie	14	13	-0.51
Event # 25 Female 100 Back Senior						
1:11.82L		F	Orvis, Allison	16	1	0.78
1:12.87L		P	Orvis, Allison	16	1	1.83
1:13.76L		P	Roepsch, Autumn	15	2	2.72
1:16.10L		F	Roepsch, Autumn	15	8	5.06
1:17.41L		F	Maher, Mary Kathryn	17	14	1.57
1:18.48L		P	Maher, Mary Kathryn	17	14	2.64
1:19.98L		P	Cram, Erin	15	20	3.57
1:21.16L		P	Schill, Morgan	15	24	0.06
Event # 26 Male 100 Back Senior						
1:01.44L		F	Huff, Jordan	18	1	2.46
1:01.86L		P	Huff, Jordan	18	1	2.88
1:04.86L		P	Warren, Donny	19	5	4.95
1:06.14L		F	Warren, Donny	19	7	6.23
1:09.13L		F	Orvis, Jason	16	14	0.23
1:09.85L		P	Orvis, Jason	16	13	0.95
1:15.17L		P	Schroeder, Mitchell	15	31	-2.28
1:15.87L		P	Loeffelholz, Ben	17	33	1.23
1:26.33L		P	Warren, Jack	17	42	-21.53
Event # 27 Female 200 IM 13-14						
2:58.07L		P	Schaefer, Melanie	13	24	---
3:06.33L	DQ	P	Thomas, Madelaine	14	---	---
Event # 28 Male 200 IM 13-14						
2:42.18L	New Q	F	Rutkowski, Alec	13	5	---
2:47.34L		P	Rutkowski, Alec	13	5	---
3:01.92L		P	Warren, Charlie	14	19	6.64
Event # 29 Female 200 IM Senior						
2:32.31L		F	Maher, Hannah	17	2	1.93
2:32.89L		P	Orvis, Allison	16	3	4.29
2:33.37L		P	Maher, Hannah	17	5	2.99
2:33.73L		F	Orvis, Allison	16	4	5.13
2:39.78L		P	Roepsch, Autumn	15	12	8.14
2:40.27L		F	Roepsch, Autumn	15	14	8.63
2:54.20L		P	Cram, Erin	15	33	-3.97
Event # 30 Male 200 IM Senior						
2:19.66L		F	Huff, Jordan	18	2	7.35
2:20.63L		P	Huff, Jordan	18	2	8.32
2:28.17L		P	Huff, Connor	16	6	10.74
2:34.44L		F	Huff, Connor	16	8	17.01
2:39.59L		P	Roberson, Chandler	17	23	6.72
2:40.46L		P	Schroeder, Mitchell	15	24	-7.94
2:42.44L		P	Orvis, Jason	16	28	6.18
Event # 31 Female 400 Free 13-14						
5:17.71L		P	Schaefer, Melanie	13	10	---
Event # 32 Male 400 Free 13-14						
4:54.39L		F	Colin, Ben	13	5	-13.68
4:58.35L		P	Colin, Ben	13	9	-9.72
Event # 33 Female 400 Free Senior						
4:56.93L		F	Maher, Mary Kathryn	17	6	0.77
4:59.97L		P	Maher, Mary Kathryn	17	7	3.81
Event # 34 Male 400 Free Senior						

4:27.67L	P	Warren, Donny	19	2	-2.13
4:47.16L	P	Loeffelholz, Ben	17	12	13.08
4:47.28L	P	Schroeder, Mitchell	15	13	4.60
4:51.76L	F	Warren, Donny	19	8	21.96
4:51.83L	P	Roberson, Chandler	17	18	15.17
Event # 37 Female 50 Fly 9-10					
49.70L	F	Maher, Kelsey	10	21	1.81
1:04.86L	F	Thomas, Olivia	9	43	---
1:12.03L	F	Warren, Olivia	10	47	3.64
Event # 38 Male 50 Fly 9-10					
45.59L	F	Colin, Will	9	8	-1.37
Event # 39 Female 50 Fly 11-12					
34.71L	F	Willer, Jenna	11	2	-1.20
37.29L	F	Schill, Megan	12	11	-0.13
40.54L	F	Tsui, Grace	11	24	---
42.23L	F	Tsui, Alice	12	29	---
49.52L	F	McDermott, Becca	11	46	0.95
Event # 43 Female 100 Free 9-10					
1:28.09L	F	Maher, Kelsey	10	18	2.50
1:45.62L	F	Thomas, Olivia	9	49	---
2:09.28L	F	Warren, Olivia	10	61	17.46
Event # 44 Male 100 Free 9-10					
1:31.16L	F	Colin, Will	9	18	3.23
Event # 45 Female 100 Free 11-12					
1:13.11L	F	Willer, Jenna	11	18	0.87
1:14.39L	F	Schill, Megan	12	23	-1.90
1:16.16L	F	Tsui, Alice	12	27	---
1:20.13L	F	Tsui, Grace	11	41	---
1:28.36L	F	McDermott, Becca	11	59	2.51
1:33.56L	F	Kuhl, Rachel	12	70	---
Event # 46 Male 100 Free 11-12					
1:13.20L	F	Colin, John	12	11	-2.93
Event # 47 Female 100 Back 9-10					
1:43.84L	F	Maher, Kelsey	10	18	2.09
2:13.17L	F	Warren, Olivia	10	51	-0.66
2:16.17L	F	Thomas, Olivia	9	52	---
Event # 48 Male 100 Back 9-10					
1:49.67L	F	Colin, Will	9	20	-5.33
Event # 49 Female 100 Back 11-12					
1:27.53L	F	Willer, Jenna	11	19	0.79
1:30.44L	F	Schill, Megan	12	29	1.26
1:54.58L	F	Kuhl, Rachel	12	57	---
Event # 50 Male 100 Back 11-12					
1:31.11L	F	Colin, John	12	14	6.35
Event # 53 Female 50 Breast 11-12					
44.97L	F	Tsui, Alice	12	11	---
48.10L	F	Tsui, Grace	11	23	---
48.52L	F	McDermott, Becca	11	24	0.30
Event # 55 Female 400 Free 12 & Under					
7:14.99L	F	Kuhl, Rachel	12	29	---
Event # 56 Male 400 Free 12 & Under					
5:48.51L	F	Colin, John	12	17	---
Event # 59 Female 100 Free 13-14					
1:06.44L	F	Lembezeder, Molly	13	8	0.27
1:06.62L	P	Lembezeder, Molly	13	8	0.45
1:10.55L	P	Noel, Lauren	13	20	0.78

1:15.45L	P	Thomas, Madelaine	14	36	---
Event # 60 Male 100 Free 13-14					
1:05.99L	P	Rutkowski, Alec	13	5	-1.71
1:07.06L	P	Colin, Ben	13	9	0.79
1:08.31L	F	Warren, Charlie	14	15	-8.27
1:09.29L	P	Warren, Charlie	14	17	-7.29
Event # 61 Female 100 Free Senior					
1:03.36L	F	Maher, Hannah	17	6	1.05
1:03.47L	P	Maher, Hannah	17	3	1.16
1:04.28L	F	Roepsch, Autumn	15	8	2.25
1:04.61L	P	Roepsch, Autumn	15	9	2.58
1:09.00L	P	Maher, Mary Kathryn	17	32	2.66
1:12.54L	P	Cram, Erin	15	48	0.58
Event # 62 Male 100 Free Senior					
54.48L	F	Huff, Jordan	18	1	4.05
54.88L	P	Huff, Jordan	18	1	4.45
1:00.39L	P	Loeffelholz, Ben	17	17	5.31
1:00.69L	F	Loeffelholz, Ben	17	14	5.61
1:13.03L	P	Warren, Jack	17	51	-13.20
Event # 63 Female 100 Breast 13-14					
1:25.95L	P	Thomas, Madelaine	14	8	-0.69
1:32.03L	F	Lembezeder, Molly	13	15	2.75
1:32.64L	P	Lembezeder, Molly	13	14	3.36
Event # 65 Female 100 Breast Senior					
1:21.52L	F	Maher, Hannah	17	4	3.96
1:23.09L	P	Maher, Hannah	17	6	5.53
1:25.64L	F	Roepsch, Autumn	15	7	-0.13
1:26.52L	P	Roepsch, Autumn	15	9	0.75
Event # 66 Male 100 Breast Senior					
1:13.15L	F	Warren, Donny	19	3	2.53
1:14.29L	P	Warren, Donny	19	3	3.67
1:17.63L	F	Huff, Connor	16	6	5.79
1:17.66L	P	Huff, Connor	16	6	5.82
Event # 67 Female 100 Fly 13-14					
1:15.31L	F	Noel, Lauren	13	13	-2.32
1:15.90L	P	Noel, Lauren	13	14	-1.73
1:19.33L	F	Lembezeder, Molly	13	15	-0.67
1:20.06L	P	Lembezeder, Molly	13	17	0.06
Event # 68 Male 100 Fly 13-14					
1:15.30L	P	Rutkowski, Alec	13	6	---
Event # 69 Female 100 Fly Senior					
1:11.70L	P	Maher, Hannah	17	7	-1.71
1:11.88L	F	Maher, Hannah	17	7	-1.53
1:12.66L	F	Orvis, Allison	16	8	0.65
1:13.04L	P	Orvis, Allison	16	10	1.03
1:18.84L	P	Cram, Erin	15	17	1.58
1:19.72L	F	Cram, Erin	15	15	2.46
Event # 70 Male 100 Fly Senior					
1:03.42L	P	Warren, Donny	19	9	-0.19
1:03.54L	F	Warren, Donny	19	11	-0.07
1:09.48L	P	Huff, Connor	16	22	8.56
1:09.66L	P	Loeffelholz, Ben	17	23	7.80
Event # 71 Female 200 Free 13-14					
2:52.30L	P	Thomas, Madelaine	14	34	---
Event # 72 Male 200 Free 13-14					
2:23.94L	P	Colin, Ben	13	8	0.18

2:36.02L	P	Warren, Charlie	14	21	-2.13
Event # 73 Female 200 Free Senior					
2:18.75L	F	Orvis, Allison	16	5	5.27
2:20.15L	P	Orvis, Allison	16	6	6.67
2:20.68L	P	Roepsch, Autumn	15	8	4.75
2:23.30L	F	Roepsch, Autumn	15	8	7.37
Event # 74 Male 200 Free Senior					
2:01.71L	F	Huff, Jordan	18	1	9.97
2:04.15L	P	Huff, Jordan	18	1	12.41
2:09.74L	F	Huff, Connor	16	6	3.85
2:11.34L	P	Huff, Connor	16	9	5.45
2:13.32L	F	Loeffelholz, Ben	17	9	5.90
2:15.31L	F	Schroeder, Mitchell	15	12	0.16
2:17.33L	P	Schroeder, Mitchell	15	17	2.18
2:18.77L	P	Loeffelholz, Ben	17	18	11.35
2:45.96L	P	Warren, Jack	17	42	-40.15
Event # 75 Female 200 Back 13-14					
2:58.33L	P	Noel, Lauren	13	15	3.02
2:58.38L	F	Noel, Lauren	13	15	3.07
Event # 76 Male 200 Back 13-14					
2:43.81L	P	Colin, Ben	13	6	-4.15
2:55.27L	F	Warren, Charlie	14	12	-17.80
3:00.33L	P	Warren, Charlie	14	15	-12.74
2:44.98L	DQ P	Rutkowski, Alec	13	---	---
Event # 77 Female 200 Back Senior					
2:32.95L	F	Orvis, Allison	16	2	4.16
2:36.84L	P	Orvis, Allison	16	2	8.05
2:45.01L	P	Maher, Mary Kathryn	17	5	5.40
2:47.55L	F	Maher, Mary Kathryn	17	6	7.94
2:52.49L	P	Cram, Erin	15	12	5.04
2:55.29L	F	Cram, Erin	15	14	7.84
Event # 78 Male 200 Back Senior					
2:19.53L	F	Warren, Donny	19	2	7.72
2:20.99L	P	Warren, Donny	19	2	9.18
2:41.23L	P	Schroeder, Mitchell	15	14	0.43
2:41.77L	F	Schroeder, Mitchell	15	15	0.97
Event # 79 Female 1500 Free Senior					
19:31.90L	F	Maher, Mary Kathryn	17	5	-1.42
Event # 80 Male 1500 Free Senior					
17:00.01L	Team F	Huff, Jordan	18	1	-46.91
Record					
18:41.03L	F	Schroeder, Mitchell	15	7	15.24
Event # 81 Female 200 Back 11-12					
3:03.89L	F	Willer, Jenna	11	18	-0.83
3:07.32L	F	Noel, Carlie	11	22	-1.20
4:12.16L	F	Kuhl, Rachel	12	38	---
Event # 82 Male 200 Back 11-12					
3:23.61L	F	Duehr, Christopher	11	12	---
Event # 83 Female 50 Free 8 & Under					
48.96L	F	Duehr, Molly	7	12	-19.13
Event # 85 Female 50 Free 9-10					
39.52L	F	Maher, Kelsey	10	21	0.82
48.31L	F	Thomas, Olivia	9	55	-10.29
51.76L	F	Warren, Olivia	10	62	7.16
Event # 87 Female 50 Free 11-12					
32.74L	F	Willer, Jenna	11	12	-0.63

34.76L	F	Tsui, Alice	12	28	---	
35.06L	F	Noel, Carlie	11	31	0.14	
36.35L	F	Tsui, Grace	11	44	---	
42.02L	F	Kuhl, Rachel	12	73	---	
Event # 91 Female 100 Fly 11-12						
1:25.71L	New Q	F	Willer, Jenna	11	7	-4.59
Event # 92 Male 100 Fly 11-12						
1:38.21L	F	Duehr, Christopher	11	18	-9.47	
Event # 93 Female 50 Breast 8 & Under						
1:13.48L	F	Duehr, Molly	7	17	---	
Event # 95 Female 50 Breast 9-10						
52.19L	F	Maher, Kelsey	10	11	2.82	
55.74L	F	Thomas, Olivia	9	23	-11.99	
1:23.37L	F	Warren, Olivia	10	54	---	
Event # 97 Female 200 Breast 11-12						
3:33.54L	F	Noel, Carlie	11	15	---	
Event # 99 Female 200 IM 9-10						
3:31.49L	F	Maher, Kelsey	10	18	-10.95	
4:31.81L	F	Thomas, Olivia	9	45	---	
Event #101 Female 200 IM 11-12						
3:07.06L	New Q	F	Tsui, Alice	12	24	---
3:10.72L	F	Tsui, Grace	11	27	---	
Event #102 Male 200 IM 11-12						
3:12.09L	F	Duehr, Christopher	11	19	-19.19	
Event #109 Female 100 Breast 11-12						
1:40.13L	F	Tsui, Alice	12	22	---	
1:49.34L	F	Willer, Jenna	11	42	---	
Event #110 Male 100 Breast 11-12						
1:44.53L	F	Duehr, Christopher	11	11	-12.62	
Event #113 Female 200 Free 11-12						
2:35.79L	F	Willer, Jenna	11	9	-6.73	
Event #114 Male 200 Free 11-12						
2:40.29L	F	Duehr, Christopher	11	11	-17.79	
Event #115 Female 50 Back 10 & Under						
1:00.86L	New Q	F	Duehr, Molly	7	60	---
Event #117 Female 50 Back 11-12						
39.71L	F	Willer, Jenna	11	9	0.17	
41.03L	F	Tsui, Grace	11	16	---	
Event #120 Male 800 Free 12 & Under						
11:58.72L	New Q	F	Duehr, Christopher	11	3	---