

# D.A.S.H. Weekly

July 20, 2009

## 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 13, they are:

GREEN – Molly Duehr  
BLUE – Kayla Klein  
BRONZE – Jenna Willer  
SILVER – Madelaine Thomas  
GOLD – Ben Loeffelholz

## Practice Schedule

NOTE: Due to Loras All-Sports Camp (week of July 20), on severe weather days, there will be no GOLD or SILVER afternoon practice. Call Coach Doug if you have a question on the weather. In the event of a cancelled afternoon, GOLD swimmers are still expected to attend a minimum of 5 practices that week.

### For the week of – July 20

NOTE – This is the last week of practice. Unless, you are participating in the State Championship meet.

Also, due to nearing the end of the season and our “tapering”, some practices will be concluding earlier than listed.

**GOLD** 5:30 – 8\*\* a.m., Monday - Friday  
**OR**  
4:45\*\* – 7 p.m., M – Th  
\*\* Dryland either 7:30 – 8 a.m. OR 4:45– 5:15 p.m.  
Saturday – for those swimmers who will be participating in the State meet, and are not swimming at Regionals, you will do a short workout following the p.m. session at Regionals (approximately 4:30 p.m.)

**SILVER** 7:15 – 9:30 a.m., Monday – Friday\*  
Make-up: 4:45 – 6:45 p.m., M - Th  
\* Only one practice allowed per day.

**BLUE** 7 – 9 a.m., Monday – Friday\*  
Make-up: 6 – 8 p.m., M – Th\*  
\* Only one practice allowed per day.

**BRONZE** 8 – 9:30 a.m., Monday – Friday\*  
Make-up: 6:30 – 8 p.m., M - Th\*  
\* Only one practice allowed per day.

**GREEN** 8 – 9:15 a.m., Monday – Friday\*  
Make-up: 6:30 – 7:45 p.m., M - Th\*  
\* Only one practice allowed per day.

STAY FIT 7 – 9 a.m., Monday – Friday

### For the week of – July 27

State meet participants only.

13 & older – 7 – 9 a.m.

12 & under – 8:30 – 10 a.m.

For any GOLD, BLUE, or Stay Fit member who would like to continue training, Coach Doug will be opening up at 6 a.m., Monday – Thursday, July 27 – 30 and Monday – Wednesday, August 3 – 5.

## Regional Finals – Worker Reminder!!!!!!

The worker assignment / sign-up sheets are posted on the DASH Room door. Please get your name on there, if you need to work.

A reminder to families attending the State meet, we will need workers to fill our timing spots at State. There shouldn't be as many needed as in the past, since ISI has mandated that the host club staff 50% of the positions, but, we'll still need help.

## Team DASH State T-shirts

DASH Swimmers and Families:

We will be ordering State T-shirts again this season. The cost this season is \$9 per shirt. This season the shirts are royal blue with white lettering. The front design and possible back design for the shirts are attached to the newsletter. You have a choice this season of ordering one of two different back designs (or no design on the back). The first choice is on the attachment, the second choice will be a list of all the names of the DASH swimmers who qualified for state. I will get a copy of the designs in the DASH room early this week along with a sign-up sheet for you to place your orders on. Please indicate which back design you want when ordering. You need to pay for your shirt when you order, so please put your money (with your name on it) in the HUFF mailbox. Orders are due by morning practice on Monday, July 20 so that the shirts will be ready for pick-up before the State meet. If you would rather email your order to me, my address is [vickiehuff@yahoo.com](mailto:vickiehuff@yahoo.com). If your

swimmer hasn't qualified for State yet and hopes to qualify at Regionals, you may want to consider ordering a shirt now, just in case. There is no time to place an add-on order after Regionals, as the shirts wouldn't be ready in time - so all orders must be received by the due date. I will order a couple extras for people who don't get their order in on time, but I will only order a couple. The available extra sizes I have will be on a list at the concession stand at Regionals, so if your child qualifies there, you can go up and request one of the extras (if there are any left).

If you have any questions, please call me at 580-8163 or send me an email.

Thanks,  
Vickie Huff

### **STATE MEET Hotel Rooms**

Contact Ruth Smith at R & R Travel ([ruth@rrtravel.biz](mailto:ruth@rrtravel.biz) or 800-373-1235) to reserve your rooms for the State meet in Iowa City. Rooms are blocked for Thursday, July 30, Friday, July 31, and Saturday, August 1.

### **Swim Meet – Entry Deadlines & Info**

Deadline	Meet	Who
Date	(Meet Date)	Attends?

Mon., July 13	Regional Finals at Loras Pool (7/25 & 26) Non-Q's	
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There will be a email w/"on deck" times later today, once all out of town entries are received and entered.
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Tues., July 21*	State at Iowa City (7/30 – 8/2)	State Q's
	* for those who already have Q times	
TBA**	Zones at Grand Forks, ND (8/7 – 9)	AAA
** Anyone who already has AAA times must submit those entries to ISI Age Group Chair, Eric Follmuth, by Monday, July 27 <sup>th</sup> .		
TBA	Jr. Nationals at Federal Way, WA	Meet cuts

Meet "Codes" –

Q – Qualifying time

State Q's – must have a State Q time to enter

NON-Q's – may NOT have a State Q to enter a particular event

ALL – means any team member may attend

GO – Gold Group

SI – Silver Group

### **MEET RESULTS**

BLAST Summer Sizzler (?)  
Cedar Falls  
July 16 – 19, 2009

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Add / Drop</u>
Event # 1 Female 50 Fly Senior				
33.43L	Orvis, Allison	15	13	0.72

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](http://www.isiswim.org/timestandards/ts2009-12scv.pdf)

Short Course Meter pools (25 m) –

[www.isiswim.org/timestandards/ts2009-12scm.pdf](http://www.isiswim.org/timestandards/ts2009-12scm.pdf)

Long Course Meter pools (50 m) –

[www.isiswim.org/timestandards/ts2009-12lcm.pdf](http://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](mailto:coachdoug@teamdash.org)

### **Contacting Coach Tasia**

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

### **Contacting Coach Jake**

Cell Phone: (563) 599-8892  
E-mail: [coachjake@teamdash.org](mailto:coachjake@teamdash.org)

### **Other Swimming Links**

USA Swimming	<a href="http://www.usaswimming.org">www.usaswimming.org</a>
Iowa Swimming	<a href="http://www.isiswim.org">www.isiswim.org</a>
DASH website	<a href="http://www.teamdash.org">www.teamdash.org</a>

Event # 2 Male 50 Fly Senior				
27.67L	Huff, Jordan	17	4	-1.27
30.09L	Huff, Connor	15	13	-0.49
31.26L	Orvis, Jason	15	24	-6.23
38.86L	Colin, Ben	12	63	1.17
Event # 3 Female 400 IM Senior				
5:23.38L	Maher, Hannah	16	1	2.26
5:31.72L	Orvis, Allison	15	5	10.69
5:50.53L	Maher, Mary Kathryn	16	26	7.01
Event # 4 Male 400 IM Senior				
4:47.82L	Warren, Donny	18	2	5.85
4:57.26L	Huff, Jordan	17	4	-5.66
5:08.85L	Maloney, Nathan	17	8	11.61
5:09.88L	Huff, Connor	15	9	9.45
Event # 5 Female 50 Back Senior				
34.96L	Orvis, Allison	15	4	0.46
37.62L	Maher, Mary Kathryn	16	28	1.99
Event # 6 Male 50 Back Senior				
30.04L	Warren, Donny	18	2	0.48
33.37L	Orvis, Jason	15	13	-3.71
47.33L	Faldet, Mack	12	62	-1.84
55.41L	Faldet, Noah	9	69	1.44
Event # 8 Male 400 IM 12 & Under				
6:14.46L	Colin, Ben	12	5	---
Event # 9 Female 50 Breast Senior				
36.36L	DQ Maher, Hannah	16	---	---
Event # 10 Male 50 Breast Senior				
34.94L	Maloney, Nathan	17	4	-0.84
35.18L	Huff, Connor	15	5	-1.23
51.86L	Faldet, Mack	12	52	-2.38
59.00L	Faldet, Noah	9	58	-3.64
Event # 11 Female 50 Free 13-14				
30.18L	Roepsch, Autumn	14	6	0.35
30.95L	Roepsch, Autumn	14	7	1.12
33.33L	Cram, Erin	14	28	1.07
Event # 12 Male 50 Free 13-14				
26.65L	Gill, Josh	14	1	0.36
27.95L	Gill, Josh	14	1	1.66
33.14L	Nugent, Brien	14	33	1.21
Event # 13 Female 50 Free Senior				
28.55L	Maher, Hannah	16	3	0.26
28.94L	Orvis, Allison	15	4	0.04
29.53L	Maher, Hannah	16	3	1.24
29.89L	Orvis, Allison	15	5	0.99
32.08L	Nugent, Alyx	17	28	2.82
32.70L	Maher, Mary Kathryn	16	38	1.61
Event # 14 Male 50 Free Senior				
24.66L	Huff, Jordan	17	1	1.07
25.29L	Huff, Jordan	17	1	1.70
28.81L	Orvis, Jason	15	28	1.03
29.57L	Griffin, Cameron	17	47	1.19
Event # 16 Male 200 Breast 13-14				
2:45.22L	Gill, Josh	14	1	4.34
2:47.92L	Gill, Josh	14	1	7.04
3:23.15L	Nugent, Brien	14	11	-3.47
3:33.04L	Nugent, Brien	14	12	6.42

Event # 18 Male 200 Breast Senior					
2:32.02L	Warren, Donny	18	2	2.69	
2:33.44L	Warren, Donny	18	1	4.11	
2:45.11L	Huff, Connor	15	5	6.72	
2:47.46L	Huff, Connor	15	6	9.07	
3:06.45L	Gill, Mitchel	15	15	5.40	
3:11.58L	Gill, Mitchel	15	17	10.53	
Event # 19 Female 200 Fly 13-14					
3:05.25L	Cram, Erin	14	7	-5.49	
3:09.96L	Cram, Erin	14	7	-0.78	
Event # 22 Male 200 Fly Senior					
2:26.98L	Huff, Connor	15	2	5.98	
2:30.33L	Huff, Connor	15	4	9.33	
Event # 23 Female 100 Back 13-14					
1:15.29L	Roepsch, Autumn	14	5	0.04	
1:16.38L	Roepsch, Autumn	14	8	1.13	
Event # 24 Male 100 Back 13-14					
1:28.47L	Nugent, Brien	14	26	5.01	
Event # 25 Female 100 Back Senior					
1:12.50L	Orvis, Allison	15	3	1.45	
1:12.73L	Orvis, Allison	15	4	1.68	
1:15.54L	Maher, Hannah	16	6	3.73	
1:15.84L	Maher, Mary Kathryn	16	12	-2.53	
1:16.31L	Maher, Hannah	16	7	4.50	
1:18.18L	Maher, Mary Kathryn	16	14	-0.19	
Event # 26 Male 100 Back Senior					
1:03.06L	Huff, Jordan	17	2	4.08	
1:03.08L	Huff, Jordan	17	2	4.10	
1:03.62L	Warren, Donny	18	3	3.71	
1:04.56L	Warren, Donny	18	3	4.65	
1:11.84L	Orvis, Jason	15	9	-0.05	
1:13.01L	Orvis, Jason	15	13	1.12	
1:18.87L	Griffin, Cameron	17	27	-5.04	
1:19.24L	Gill, Mitchel	15	28	5.18	
Event # 27 Female 200 IM 13-14					
2:41.92L	Roepsch, Autumn	14	10	-2.21	
2:46.22L	Roepsch, Autumn	14	8	2.09	
2:58.68L	Cram, Erin	14	30	0.51	
Event # 28 Male 200 IM 13-14					
2:27.36L	Gill, Josh	14	1	0.45	
2:34.76L	Gill, Josh	14	4	7.85	
Event # 29 Female 200 IM Senior					
2:34.92L	Orvis, Allison	15	2	2.96	
2:35.07L	Orvis, Allison	15	4	3.11	
2:47.64L	DQ Nugent, Alyx	17	---	---	
Event # 30 Male 200 IM Senior					
2:18.91L	Warren, Donny	18	2	5.59	
2:20.16L	Warren, Donny	18	2	6.84	
2:27.66L	Huff, Connor	15	5	6.93	
2:29.14L	Huff, Connor	15	6	8.41	
2:38.18L	Orvis, Jason	15	19	1.92	
2:49.41L	Gill, Mitchel	15	33	9.41	
Event # 33 Female 400 Free Senior					
4:53.26L	Maher, Hannah	16	1	10.35	
4:56.47L	Maher, Hannah	16	3	13.56	
4:58.77L	Maher, Mary Kathryn	16	4	2.61	

5:00.58L	Maher, Mary Kathryn	16	4	4.42
5:03.12L	Nugent, Alyx	17	7	11.24
5:07.66L	Nugent, Alyx	17	9	15.78
Event # 34 Male 400 Free Senior				
4:14.81L	Huff, Jordan	17	2	10.24
4:21.76L	Huff, Jordan	17	1	17.19
4:52.78L	Griffin, Cameron	17	12	6.57
Event # 36 Male 100 Free 8 & Under				
1:39.86L	Colin, Will	8	7	-9.68
Event # 37 Female 100 Free 9-10				
1:19.80L	Willer, Jenna	10	11	0.12
1:27.49L	Noel, Carlie	10	22	4.24
Event # 38 Male 100 Free 9-10				
1:44.99L	Faldet, Noah	9	27	-7.87
Event # 39 Female 100 Free 11-12				
1:08.86L	Lembezeder, Molly	12	7	-4.41
1:11.24L	Noel, Lauren	12	11	-0.97
1:13.27L	Schaefer, Melanie	12	19	-3.01
Event # 40 Male 100 Free 11-12				
1:09.84L	Colin, Ben	12	6	1.59
1:16.40L	Colin, John	11	17	-2.32
1:25.17L	Faldet, Mack	12	28	-1.74
1:26.52L	Nugent, Brendan	11	29	3.63
Event # 44 Male 50 Fly 8 & Under				
56.79L	Colin, Will	8	6	4.57
Event # 45 Female 50 Fly 9-10				
41.16L	Willer, Jenna	10	8	---
51.93L	Noel, Carlie	10	19	1.46
Event # 47 Female 50 Fly 11-12				
33.69L	Lembezeder, Molly	12	4	-2.94
35.96L	Noel, Lauren	12	6	0.26
43.44L	Schaefer, Melanie	12	29	1.40
Event # 48 Male 50 Fly 11-12				
43.50L	Colin, John	11	17	2.42
Event # 49 Female 100 Back 9-10				
1:36.16L	Willer, Jenna	10	12	-4.99
1:38.01L	Noel, Carlie	10	16	-8.73
Event # 50 Male 100 Back 9-10				
2:08.69L	Faldet, Noah	9	30	---
Event # 51 Female 100 Back 11-12				
1:24.89L	Lembezeder, Molly	12	14	---
1:36.84L	Schaefer, Melanie	12	40	0.27
Event # 52 Male 100 Back 11-12				
1:27.74L	Colin, John	11	12	0.36
1:37.31L	Nugent, Brendan	11	22	0.29
1:46.98L	Faldet, Mack	12	24	-2.59
1:27.27L	DQ Colin, Ben	12	---	---
Event # 54 Male 50 Back 8 & Under				
1:00.56L	Colin, Will	8	12	-1.29
Event # 55 Female 400 Free 12 & Under				
5:36.06L	Noel, Lauren	12	9	-29.46
Event # 56 Male 400 Free 12 & Under				
5:16.65L	Colin, Ben	12	2	0.25
Event # 57 Female 200 Free Relay12 & Under - Lead-Off Legs ( 50 Free )				
1:04.19L	Lembezeder, Molly	12	---	29.98
Event # 58 Male 200 Free Relay12 & Under - Lead-Off Legs ( 50 Free )				

1:12.24L	Colin, John	11	---	38.63
Event # 59 Female 100 Free 13-14				
1:05.19L	Roepsch, Autumn	14	2	-0.59
1:05.44L	Roepsch, Autumn	14	7	-0.34
1:08.66L	Schroeder, Emily	14	15	2.39
1:09.42L	Schroeder, Emily	14	16	3.15
1:11.96L	Cram, Erin	14	32	-1.40
Event # 60 Male 100 Free 13-14				
57.16L	Gill, Josh	14	1	-1.63
1:03.52L	Gill, Josh	14	4	4.73
1:11.38L	Nugent, Brien	14	34	-0.93
Event # 61 Female 100 Free Senior				
1:02.86L	Orvis, Allison	15	4	-0.48
1:03.45L	Orvis, Allison	15	2	0.11
1:03.53L	Maher, Hannah	16	3	1.22
1:08.64L	Nugent, Alyx	17	24	3.44
1:10.37L	Maher, Mary Kathryn	16	36	3.99
Event # 62 Male 100 Free Senior				
53.91L	Huff, Jordan	17	1	3.48
57.20L	Huff, Jordan	17	3	6.77
58.20L	Warren, Donny	18	6	1.90
58.78L	Loeffelholz, Ben	16	8	1.87
58.95L	Loeffelholz, Ben	16	9	2.04
1:00.93L	Griffin, Cameron	17	22	0.08
1:04.03L	Roberson, Chandler	16	39	-0.14
1:04.11L	Orvis, Jason	15	40	2.99
1:08.23L	Gill, Mitchel	15	57	1.15
Event # 64 Male 100 Breast 13-14				
1:16.12L	Gill, Josh	14	1	2.83
1:18.29L	Gill, Josh	14	1	5.00
1:31.67L	Nugent, Brien	14	14	-0.18
1:34.29L	Nugent, Brien	14	15	2.44
Event # 65 Female 100 Breast Senior				
1:21.91L	Maher, Hannah	16	1	4.35
1:22.57L	Maher, Hannah	16	3	5.01
Event # 66 Male 100 Breast Senior				
1:12.12L	Warren, Donny	18	1	1.50
1:14.16L	Maloney, Nathan	17	2	0.09
1:14.71L	Maloney, Nathan	17	2	0.64
1:15.09L	Warren, Donny	18	3	4.47
1:17.68L	Huff, Connor	15	8	4.49
1:18.08L	Huff, Connor	15	7	4.89
1:25.97L	Roberson, Chandler	16	19	4.79
1:29.49L	Gill, Mitchel	15	21	4.75
Event # 67 Female 100 Fly 13-14				
1:20.82L	Schroeder, Emily	14	15	---
1:21.15L	Cram, Erin	14	16	-0.71
1:21.47L	Schroeder, Emily	14	15	0.65
1:21.49L	Cram, Erin	14	16	-0.37
Event # 70 Male 100 Fly Senior				
1:04.83L	Maloney, Nathan	17	6	0.03
1:04.84L	Maloney, Nathan	17	7	0.04
1:05.81L	Loeffelholz, Ben	16	9	0.65
1:07.68L	Huff, Connor	15	12	3.87
1:08.60L	Huff, Connor	15	11	4.79
Event # 71 Female 200 Free 13-14				

2:21.97L	Roepsch, Autumn	14	4	-6.28
Event # 72 Male 200 Free 13-14				
2:12.95L	Gill, Josh	14	1	3.55
2:18.38L	Gill, Josh	14	3	8.98
Event # 73 Female 200 Free Senior				
2:15.95L	Orvis, Allison	15	4	-2.91
2:17.81L	Maher, Hannah	16	5	1.99
2:17.88L	Orvis, Allison	15	2	-0.98
2:18.79L	Maher, Hannah	16	3	2.97
2:27.61L	Nugent, Alyx	17	22	11.13
2:29.09L	Maher, Mary Kathryn	16	26	7.31
Event # 74 Male 200 Free Senior				
1:58.74L	Huff, Jordan	17	1	7.00
2:07.52L	Huff, Jordan	17	1	15.78
2:10.55L	Huff, Connor	15	7	4.66
2:11.38L	Loeffelholz, Ben	16	7	3.96
2:12.14L	Loeffelholz, Ben	16	8	4.72
2:14.27L	Griffin, Cameron	17	12	-0.71
2:14.37L	Griffin, Cameron	17	14	-0.61
2:20.20L	Orvis, Jason	15	26	-1.18
Event # 75 Female 200 Back 13-14				
2:43.37L	Roepsch, Autumn	14	9	-4.43
2:46.14L	Roepsch, Autumn	14	9	-1.66
2:51.23L	Schroeder, Emily	14	15	10.40
2:51.97L	Schroeder, Emily	14	15	11.14
2:54.40L	Cram, Erin	14	21	-1.12
Event # 76 Male 200 Back 13-14				
3:08.46L	Nugent, Brien	14	23	-1.36
Event # 77 Female 200 Back Senior				
2:37.39L	Orvis, Allison	15	4	8.60
2:40.05L	Orvis, Allison	15	3	11.26
Event # 78 Male 200 Back Senior				
2:15.59L	Huff, Jordan	17	1	6.71
2:21.79L	Warren, Donny	18	3	9.98
2:23.51L	Warren, Donny	18	4	11.70
2:26.77L	Maloney, Nathan	17	5	9.76
2:30.50L	Orvis, Jason	15	10	-4.51
2:41.88L	Roberson, Chandler	16	14	9.68
2:44.68L	Gill, Mitchel	15	16	4.18
2:50.80L	Orvis, Jason	15	18	15.79
Event # 79 Female 1500 Free Senior				
19:33.32L	Maher, Mary Kathryn	16	4	-15.92
19:55.28L	Nugent, Alyx	17	7	49.50
Event # 80 Male 1500 Free Senior				
19:22.17L	Griffin, Cameron	17	7	---
Event # 82 Male 200 Back 11-12				
3:00.67L	Colin, Ben	12	4	-0.78
3:05.75L	Colin, John	11	5	-10.67
3:22.75L	Nugent, Brendan	11	8	---
Event # 83 Female 50 Free 8 & Under				
1:08.09L	Duehr, Molly	6	31	---
Event # 84 Male 50 Free 8 & Under				
43.22L	Colin, Will	8	7	1.54
Event # 85 Female 50 Free 9-10				
34.75L	Willer, Jenna	10	8	-3.70
40.32L	Maher, Kelsey	9	25	-0.34

52.10L	Schroeder, Adrianna	9	49	3.08
Event # 86 Male 50 Free 9-10				
37.08L	Duehr, Christopher	10	11	-6.93
NS	Faldet, Noah	9	---	---
Event # 87 Female 50 Free 11-12				
31.25L	Lembezeder, Molly	12	5	-2.96
40.28L	Schroeder, Katelynn	11	53	-12.58
Event # 88 Male 50 Free 11-12				
31.28L	Colin, Ben	12	4	1.06
34.42L	Colin, John	11	14	0.81
38.00L	Nugent, Brendan	11	21	0.37
NS	Faldet, Mack	12	---	---
Event # 89 Female 100 Fly 9-10				
1:38.80L	Willer, Jenna	10	12	-3.92
Event # 90 Male 100 Fly 9-10				
1:48.20L	Duehr, Christopher	10	5	---
Event # 91 Female 100 Fly 11-12				
1:23.75L	DQ Lembezeder, Molly	12	---	---
Event # 94 Male 50 Breast 8 & Under				
1:10.27L	Colin, Will	8	10	-2.28
Event # 95 Female 50 Breast 9-10				
55.13L	Maher, Kelsey	9	13	0.17
1:00.40L	Schroeder, Adrianna	9	27	-1.37
Event # 96 Male 50 Breast 9-10				
NS	Faldet, Noah	9	---	---
Event # 97 Female 50 Breast 11-12				
43.80L	Lembezeder, Molly	12	9	-0.94
57.49L	Schroeder, Katelynn	11	32	-20.95
Event # 98 Male 50 Breast 11-12				
49.55L	Colin, John	11	11	-1.00
55.63L	Nugent, Brendan	11	15	3.25
NS	Faldet, Mack	12	---	---
Event # 99 Female 200 IM 9-10				
3:58.48L	Maher, Kelsey	9	19	9.88
4:20.48L	DQ Schroeder, Adrianna	9	---	---
3:42.25L	DQ Willer, Jenna	10	---	---
Event #100 Male 200 IM 9-10				
3:37.26L	Duehr, Christopher	10	10	---
Event #101 Female 200 IM 11-12				
3:51.72L	Schroeder, Katelynn	11	46	---
Event #102 Male 200 IM 11-12				
2:56.02L	Colin, Ben	12	5	-8.93
Event #103 Female 200 Medley Relay12 & Under - Lead-Off Legs ( 50 Back )				
1:35.47L	Lembezeder, Molly	12	---	55.11
Event #104 Male 200 Medley Relay12 & Under - Lead-Off Legs ( 50 Back )				
1:32.33L	Nugent, Brendan	11	---	46.97
Event #107 Female 100 Breast 10 & Under				
2:10.39L	Maher, Kelsey	9	27	5.83
NS	Willer, Jenna	10	---	---
Event #110 Male 100 Breast 11-12				
2:02.19L	Nugent, Brendan	11	17	3.88
Event #111 Female 200 Free 9-10				
2:57.80L	Willer, Jenna	10	13	-9.01
3:23.26L	Maher, Kelsey	9	24	7.11
Event #114 Male 200 Free 11-12				
2:28.47L	Colin, Ben	12	4	2.99

3:03.12L	Nugent, Brendan	11	18	2.21
Event #115 Female 50 Back 10 & Under				
41.19L	Willer, Jenna	10	9	-2.54
52.03L	Maher, Kelsey	9	23	2.16
Event #118 Male 50 Back 11-12				
40.52L	Colin, Ben	12	7	1.35
45.71L	Nugent, Brendan	11	15	0.35
Event #120 Male 800 Free 12 & Under				
11:06.35L	Colin, Ben	12	3	9.73

RCA Stars of Tomorrow  
Clinton  
July 10 – 12, 2009

<u>Event / Time</u>	<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Add / Drop</u>
Event # 2 Male 400 Free 13-14				
4:44.98L	Gill, Josh	14	2	0.15
Event # 5 Female 200 IM 11-12				
3:03.08L	Noel, Lauren	12	3	3.48
3:37.19L	Schill, Megan	11	15	---
Event # 7 Female 100 Free 9-10				
1:25.33L	Noel, Carlie	10	8	-7.37
Event # 9 Female 200 Free 13-14				
2:47.65L	Schill, Morgan	14	16	---
Event # 13 Female 100 Free 11-12				
1:14.34L	Noel, Lauren	12	6	2.13
1:29.87L	Schill, Megan	11	16	-0.54
Event # 15 Female 200 IM 10 & Under				
3:28.24L	Noel, Carlie	10	5	-8.90
Event # 17 Female 200 Breast 13-14				
3:28.87L	Schill, Morgan	14	10	-7.31
Event # 18 Male 200 Breast 13-14				
2:45.10L	Gill, Josh	14	1	4.22
Event # 21 Female 800 Free Senior				
11:52.32L	Noel, Lauren	12	10	---
Event # 23 Female 100 Back 13-14				
1:23.02L	Cram, Erin	14	9	2.27
1:28.59L	Schill, Morgan	14	18	0.37
Event # 24 Male 100 Back 13-14				
1:13.69L	Gill, Josh	14	5	-0.55
1:19.93L	Schroeder, Mitchell	14	11	-5.73
1:21.38L	Duster, Alex	14	17	-0.21
1:30.55L	Warren, Charlie	13	20	2.50
Event # 26 Male 100 Back Senior				
1:03.74L	Huff, Jordan	17	1	4.76
1:04.27L	Warren, Donny	18	2	4.36
1:13.45L	Huff, Connor	15	10	5.84
1:18.21L	Loeffelholz, Ben	16	16	1.55
Event # 30 Male 200 Fly Senior				
2:26.62L	Warren, Donny	18	1	4.63
2:30.26L	Huff, Connor	15	2	9.26
2:41.91L	Huff, Jordan	17	3	15.30
Event # 31 Female 100 Free 13-14				
1:13.36L	Cram, Erin	14	18	-2.86
1:17.40L	Schill, Morgan	14	26	-4.73
Event # 32 Male 100 Free 13-14				

59.12L	Gill, Josh	14	1	0.33
1:05.10L	Schroeder, Mitchell	14	6	-6.39
1:05.55L	Duster, Alex	14	8	1.61
1:18.14L	Warren, Charlie	13	25	1.56
Event # 34 Male 100 Free Senior				
55.78L	Huff, Jordan	17	1	5.35
59.39L	Warren, Donny	18	5	3.09
1:00.34L	Loeffelholz, Ben	16	9	3.43
1:01.04L	Huff, Connor	15	11	3.18
Event # 35 Female 200 IM 13-14				
2:58.17L	Cram, Erin	14	11	-15.92
3:09.68L	Schill, Morgan	14	18	---
Event # 36 Male 200 IM 13-14				
2:26.91L	Gill, Josh	14	1	-3.38
2:48.40L	Schroeder, Mitchell	14	10	---
Event # 38 Male 200 IM Senior				
2:19.81L	Warren, Donny	18	1	6.49
2:20.34L	Huff, Jordan	17	2	4.18
2:30.45L	Huff, Connor	15	5	9.72
2:36.36L	Loeffelholz, Ben	16	12	-5.29
Event # 40 Male 400 Medley Relay 13-14 - Lead-Off Legs ( 100 Back )				
1:21.10L	Schroeder, Mitchell	14	---	-4.56
Event # 42 Male 400 Medley Relay Senior - Lead-Off Legs ( 100 Back )				
1:04.19L	Huff, Jordan	17	---	5.21
Event # 43 Female 100 Fly 10 & Under				
1:42.72L	Willer, Jenna	10	6	---
1:53.92L	Noel, Carlie	10	13	---
Event # 45 Female 100 Fly 11-12				
1:19.63L	Noel, Lauren	12	1	-13.36
Event # 47 Female 50 Back 8 & Under				
58.20L	Montag, Abbie	8	6	---
Event # 49 Female 50 Back 10 & Under				
43.73L	Willer, Jenna	10	4	---
44.30L	Noel, Carlie	10	8	-0.97
56.42L	Montag, Sam	10	42	---
1:01.69L	Montag, Madeline	9	47	---
Event # 51 Female 50 Back 11-12				
39.56L	Noel, Lauren	12	5	-0.91
48.73L	Schill, Megan	11	34	-0.24
NS	Kalb, Sean	12	---	---
Event # 53 Female 50 Breast 8 & Under				
1:17.08L	Montag, Abbie	8	15	---
Event # 55 Female 50 Breast 10 & Under				
49.97L	Noel, Carlie	10	8	0.77
1:00.70L	Montag, Sam	10	36	---
1:01.14L	Willer, Jenna	10	38	---
Event # 57 Female 50 Breast 11-12				
45.44L	Noel, Lauren	12	9	-6.60
50.85L	Schill, Megan	11	27	-12.09
NS	Kalb, Sean	12	---	---
Event # 59 Female 100 Free 8 & Under				
2:14.28L	Montag, Abbie	8	19	---
Event # 61 Female 100 Free 10 & Under				
1:19.68L	Willer, Jenna	10	5	---

1:23.25L	Noel, Carlie	10	8	-9.45
1:51.82L	Montag, Sam	10	35	---
2:22.85L	Montag, Madeline	9	43	---
Event # 63 Female 200 Medley Relay10 & Under - Lead-Off Legs ( 50 Back )				
1:52.33L	Montag, Abbie	8	---	---
Event # 67 Female 50 Free 13-14				
32.97L	Cram, Erin	14	13	0.71
36.06L	Schill, Morgan	14	25	0.63
Event # 68 Male 50 Free 13-14				
26.29L	Gill, Josh	14	1	-0.43
Event # 70 Male 50 Free Senior				
27.13L	Loeffelholz, Ben	16	8	0.57
Event # 71 Female 200 Back 13-14				
2:57.69L	Cram, Erin	14	6	2.17
3:04.33L	Schill, Morgan	14	9	2.13
Event # 72 Male 200 Back 13-14				
2:49.49L	Schroeder, Mitchell	14	9	-12.00
Event # 75 Female 100 Breast 13-14				
1:35.65L	Cram, Erin	14	8	-7.43
1:40.88L	Schill, Morgan	14	12	-3.94
Event # 76 Male 100 Breast 13-14				
1:15.11L	Gill, Josh	14	1	1.82
Event # 79 Female 100 Fly 13-14				
1:21.86L	Cram, Erin	14	9	-23.17
Event # 80 Male 100 Fly 13-14				
1:08.58L	Gill, Josh	14	2	-1.78
1:27.55L	Schroeder, Mitchell	14	13	-8.70
Event # 82 Male 100 Fly Senior				
1:07.09L	Loeffelholz, Ben	16	5	1.93
Event # 88 Male 1500 Free Senior				
19:02.53L	Schroeder, Mitchell	14	4	---
Event # 91 Female 200 Free 11-12				
2:50.68L	Schaefer, Melanie	12	13	---
Event # 92 Male 200 Free 11-12				
2:25.48L	Colin, Ben	12	3	-0.39
2:49.81L	Colin, John	11	9	-1.00
Event # 93 Female 100 Back 10 & Under				
2:03.11L	Montag, Sam	10	32	---
2:23.55L	Montag, Madeline	9	38	---
Event # 94 Male 100 Back 10 & Under				
1:55.00L	Colin, Will	8	9	---
Event # 95 Female 100 Back 11-12				
1:31.19L	Kalb, Sean	12	11	1.54
1:36.57L	Schaefer, Melanie	12	17	---
1:47.20L	Schill, Megan	11	29	-7.76
Event # 96 Male 100 Back 11-12				
1:24.06L	Colin, Ben	12	7	-1.70
1:27.38L	Colin, John	11	11	-2.17
Event # 97 Female 50 Free 8 & Under				
54.85L	Montag, Abbie	8	17	---
Event # 98 Male 50 Free 8 & Under				
41.68L	Colin, Will	8	5	-4.06
Event # 99 Female 50 Free 10 & Under				
44.61L	Montag, Sam	10	39	---

1:02.29L	Montag, Madeline	9	51	---
Event #101 Female 50 Free 11-12				
33.43L	Kalb, Sean	12	8	-0.32
33.88L	Schaefer, Melanie	12	11	---
38.33L	Schill, Megan	11	29	-2.41
Event #102 Male 50 Free 11-12				
30.22L	Colin, Ben	12	3	-0.67
33.61L	Colin, John	11	11	-1.27
Event #104 Male 50 Fly 8 & Under				
52.22L	Colin, Will	8	5	-2.11
Event #105 Female 50 Fly 10 & Under				
56.11L	Montag, Sam	10	28	---
Event #107 Female 50 Fly 11-12				
36.99L	Kalb, Sean	12	5	-0.51
43.57L	Schaefer, Melanie	12	18	1.53
45.50L	Schill, Megan	11	26	-4.37
Event #108 Male 50 Fly 11-12				
37.69L	Colin, Ben	12	6	-0.15
41.08L	Colin, John	11	13	-0.99
Event #109 Female 100 Breast 10 & Under				
2:12.08L	Montag, Sam	10	23	---
Event #111 Female 100 Breast 11-12				
1:34.56L	Kalb, Sean	12	3	-11.14
1:49.99L	Schill, Megan	11	16	-23.70
Event #2088 Male 200 Free Senior				
2:24.86L	Schroeder, Mitchell	14		-10.12
Event #4088 Male 400 Free Senior				
4:52.50L	Schroeder, Mitchell	14		-31.67
Event #8088 Male 800 Free Senior				
10:06.30L	Schroeder, Mitchell	14		---