

D.A.S.H. Weekly

November 24, 2008

Swimmer of the Week

Swimmer of the Week selections are determined by practice & meet attendance, practice & meet performance, and attitude. For the week of November 17, they are:

GREEN – Riley Jungblut

BRONZE – Grace Tsui

BLUE – Ellie Burns

SILVER – Lauren Noel

GOLD – Mitchell Schroeder

Practice Schedule

Week of November 24;

NOTE – Tuesday time for all groups will be the “Friday” schedule. Friday practice is during the a.m.

GOLD	4:30 - 7 p.m., Monday
	4:30 – 6:30 p.m., Tuesday
	NO Practice – Wednesday & Thursday
	9 – 11 a.m., Friday & Saturday
SILVER	6:30 - 7 p.m., Monday
	4:30 – 6:30 p.m., Tuesday
	NO Practice – Wednesday & Thursday
	9 – 11 a.m., Friday & Saturday
BRONZE	6:30 - 8 p.m., Monday
	4:30 – 6 p.m., Tuesday
	NO Practice – Wednesday & Thursday
	10:30 - Noon, Friday
BLUE	4:30 – 6:15 p.m., Monday & Tuesday
	NO Practice – Wednesday & Thursday
	10:30 - Noon, Friday
GREEN	6 - 7 p.m., Monday
	4:30 – 5:45 p.m., Tuesday
	NO Practice – Wednesday & Thursday
	10:30 – 11:45 a.m., Friday

Week of December 1;

GOLD	4:30 - 7 p.m., M-Th
	4:30 – 6:30 p.m., Friday
	NO Practice – Saturday
SILVER	6:30 - 7 p.m., M-Th
	4:30 – 6:30 p.m., Friday
BRONZE	6:30 - 8 p.m., M-Th
	4:30 – 6 p.m., Friday

BLUE	4:30 – 6:15 p.m., M - F
GREEN	6 - 7 p.m., M - Th
	4:30 – 5:45 p.m., Friday

Poinsettia Fund Raiser

They're coming!!!!!!

Watch for deliver instructions via email later this week.

Swim Meet Hotel Info

If anyone needs hotel accommodations, please contact; Ruth Smith at 800-373-1235 or ruth@rrtravel.biz.

Also, as we progress through the season, Ruth will be handling our team reservations for 12 & Under State, Senior State, and Speedo Sectionals.

Swim Meet – Entry Deadlines, & Info

Deadline Date	Meet (Meet Date)	Who Attends?
Tues., Nov. 25	BLST - Cedar Falls (Dec. 5 – 7)	ALL
Tues., Nov. 25	ICE – Iowa City (Dec. 13 & 14)	State Q's
Friday, Dec.12	Team Iowa All-Stars (Jan. 17 & 18)	Qualifiers
(For this meet, entries must go through ISI. See ISI website for details.)		
Tues., Dec. 30	BETT – Bettendorf (Jan. 9 – 11)	State Q's
Tues., Jan. 6	DASH – Loras Pool (Jan. 18)	
	9 – 12 yr. olds Non-Q and 8 & Under and 13 & over	ALL
Thurs., Jan. 22	DASH – Hempstead Pool (Feb. 7 & 8)	ALL*
	* Swimmers competing at the following week's Regional Final meet should limit their swims at the DASH Valentines meet	

Meet “Codes” –

ALL – means any team member may attend

GO – Gold Group

SI – Silver Group

BL – Blue Group

BR – Bronze Group

GR – Green Group

Q – Qualifying time

ISI – Iowa Swimming Inc.

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

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

Other Swimming Links

USA Swimming

www.usaswimming.org

Iowa Swimming

www.isiswim.org

DASH website

www.teamdash.org

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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MEET RESULTS

Cedar Rapids Harvest Invitational

Kennedy HS Pool

Nov. 22 & 23, 2008

Event 1 Girls 10 & Under 50 Yard Freestyle

32.19 A
35.99 Q
35.99 BB
39.79 B

Name	Age	Team	Finals Time
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15 Montag, Sam J	10	DASH-IA	41.71
18 Schroeder, Katelynn R	10	DASH-IA	42.22
29 Schroeder, Adrianna E	8	DASH-IA	45.86

Event 2 Boys 10 & Under 50 Yard Freestyle

31.59 A
35.19 Q
35.19 BB
38.89 B

Name	Age	Team	Finals Time
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13 Tittle, Trenton M	10	DASH-IA	41.18
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Event 3 Girls 8 & Under 25 Yard Freestyle

18.89 A
21.29 B

Name	Age	Team	Finals Time
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6 Schmitt, Katelyn J	8	DASH-IA	24.16
8 Montag, Abbie M	8	DASH-IA	24.88
11 Thomas, Olivia L	8	DASH-IA	25.60

Event 4 Boys 8 & Under 25 Yard Freestyle

18.49 A
20.69 B

Name	Age	Team	Finals Time
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5 Weber, Ben J	8	DASH-IA	23.94
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Event 9 Girls 10 & Under 200 Yard IM

2:55.99 A
3:19.39 Q
3:19.39 BB
3:42.69 B

Name	Age	Team	Finals Time
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4 Schroeder, Katelynn R	10	DASH-IA	3:38.00
12 Montag, Sam J	10	DASH-IA	4:09.70
---			DQ
Willer, Jenna A	10	DASH-IA	55.10
---			48.68

Event 13 Girls 10 & Under 50 Yard Breaststroke

41.99 A
47.79 Q
47.79 BB
53.59 B

Name	Age	Team	Finals Time
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12 Montag, Sam J	10	DASH-IA	57.72
14 Willer, Jenna A	10	DASH-IA	57.91
18 Schroeder, Adrianna E	8	DASH-IA	58.50

22 Schroeder, Katelynn R	10	DASH-IA	59.70
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Event 14 Boys 10 & Under 50 Yard Breaststroke

42.19 A
47.89 Q
47.89 BB
53.59 B

Name	Age	Team	Finals Time
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14 Tittle, Trenton M	10	DASH-IA	59.87
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Event 15 Girls 8 & Under 25 Yard Breaststroke

25.19 A
27.89 B

Name	Age	Team	Finals Time
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4 Thomas, Olivia L	8	DASH-IA	32.04
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Event 17 Girls 10 & Under 100 Yard Backstroke

1:22.19 A
1:33.99 Q
1:33.99 BB
1:45.69 B

Name	Age	Team	Finals Time
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1 Willer, Jenna A	10	DASH-IA	1:36.52
8 Schroeder, Katelynn R	10	DASH-IA	1:45.68
13 Schroeder, Adrianna E	8	DASH-IA	1:53.60
---			DQ
Montag, Sam J	10	DASH-IA	33.88

Event 18 Boys 10 & Under 100 Yard Backstroke

1:21.29 A
1:32.09 Q
1:32.09 BB
1:42.89 B

Name	Age	Team	Finals Time
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11 Tittle, Trenton M	10	DASH-IA	2:02.52
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Event 19 Girls 8 & Under 50 Yard Backstroke

52.29 A
58.89 Q
58.89 B

Name	Age	Team	Finals Time
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2 Schmitt, Katelyn J	8	DASH-IA	1:01.56
5 Montag, Abbie M	8	DASH-IA	1:03.32
21 Thomas, Olivia L	8	DASH-IA	1:19.67

Event 20 Boys 8 & Under 50 Yard Backstroke

52.49 A
57.79 Q
57.79 B

Name	Age	Team	Finals Time
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30	Burns, Ellie L	41.48	44.02	12	DASH-IA	1:25.50		30.74	33.98	34.17	37.93		
Event 110 Boys 11-12 100 Yard Freestyle													
		1:02.69	A										
		1:05.29	Q										
		1:07.89	BB										
		1:13.09	B										
	Name			Age		Team							
	Finals Time												
6	Forsyth, TJ S	32.66	35.10	11	DASH-IA	1:07.76	BB						
Event 111 Girls 13-14 100 Yard Freestyle													
		1:02.19	Q										
		1:02.19	A										
		1:07.39	BB										
		1:12.49	B										
	Name			Age		Team							
	Finals Time												
2	Cram, Erin E	29.89	32.91	13	DASH-IA	1:02.80	BB						
12	Schill, Morgan E	32.10	34.97	13	DASH-IA	1:07.07	BB						
Event 112 Boys 13-14 100 Yard Freestyle													
		57.39	Q										
		57.39	A										
		1:02.19	BB										
		1:06.99	B										
	Name			Age		Team							
	Finals Time												
3	Yuan, Justin	28.29	30.63	13	DASH-IA	58.92	BB						
(Event 112 Boys 13-14 100 Yard Freestyle)													
				Age		Team							
6	Schroeder, Mitchell P	29.15	30.95	13	DASH-IA	1:00.10	BB						
19	Nugent, Brien T	31.04	34.52	13	DASH-IA	1:05.56	B						
Event 115 Girls 11-12 50 Yard Butterfly													
		32.39	A										
		33.79	Q										
		35.09	BB										
		37.79	B										
	Name			Age		Team							
	Finals Time												
18	Schaefer, Melanie M			11	DASH-IA	42.42							
19	Schill, Megan M			11	DASH-IA	42.83							
21	Burns, Ellie L			12	DASH-IA	49.67							
Event 117 Girls 13-14 100 Yard Butterfly													
		1:07.79	A										
		1:10.64	Q										
		1:13.49	BB										
		1:19.09	B										
	Name			Age		Team							
	Finals Time												
1	Cram, Erin E	33.47	37.65	13	DASH-IA	1:11.12	BB						
7	Kuhlmann, Emily A	41.36	53.89	14	DASH-IA	1:35.25							
Event 123 Girls Senior 200 Yard Freestyle Relay													
	Team			Relay		Finals Time							
7	DASH-IA			A		2:16.82							
	1) Schill, Morgan E 13			2) Schaefer, Melanie M 11									
	3) Kuhlmann, Emily A 14			4) Burns, Ellie L 12									
Event 124 Boys Senior 200 Yard Freestyle Relay													
	Team			Relay		Finals Time							
4	DASH-IA			A		1:53.83							
	1) Yuan, Justin 13			2) Nugent, Brien T 13									
	3) Schroeder, Mitchell P 13			4) Forsyth, TJ S 11									
	26.38			29.77									
Event 125 Girls 11-12 400 Yard IM													
		5:36.09	A										
		5:50.19	Q										
		6:04.19	BB										
		6:32.19	B										
	Name			Age		Team							
	Finals Time												
1	Noel, Lauren A			12	DASH-IA	5:45.94	Q						
Event 128 Boys 13-14 400 Yard IM													
		5:00.49	A										
		5:12.99	Q										
		5:25.49	BB										
		5:50.59	B										
	Name			Age		Team							
	Finals Time												
4	Schroeder, Mitchell P			13	DASH-IA	5:25.27	BB						
6	Yuan, Justin			13	DASH-IA	5:26.84	B						
Event 801 Men Senior 500 Yard Freestyle													
		5:24.29	Senior Q										
		5:25.29	Senior A										
		5:52.29	Senior BB										
		6:19.39	Senior B										
	Name			Age		Team							
	Finals Time												
6	Schroeder, Mitchell P	31.29	36.43	13	DASH-IA	5:55.38	B						
		35.67	35.78			36.06	37.54						
		35.71	33.95			36.41	36.54						
Event 900 Girls Senior 400 Yard IM													
		5:14.09	Senior A										
		5:22.79	Senior Q										
		5:40.29	Senior BB										
		6:06.49	Senior B										
	Name			Age		Team							
	Finals Time												
5	Noel, Lauren A	36.68	44.68	12	DASH-IA	5:45.94	B						
		51.81	51.25			42.83	37.53						
						38.92							
Event 901 Boys Senior 400 Yard IM													
		4:49.09	Senior A										
		5:01.19	Senior Q										
		5:13.19	Senior BB										
		5:37.29	Senior B										
	Name			Age		Team							
	Finals Time												
6	Schroeder, Mitchell P	35.96	44.33	13	DASH-IA	5:25.27	B						
		47.57	46.81			39.60	39.78						
						36.35	34.87						
8	Yuan, Justin	35.41	40.38	13	DASH-IA	5:26.84	B						
		46.96	46.72			41.94	40.73						
						38.78	35.92						