
Individual Meet Results
2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points
Sanction: MR-090305 Location: Bronx, New York
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Amanda Agostino (10) W					
1:20.04Y	209 F # 57	Women 9-10 100 Free	26	---	-3.17
39.28Y	346 F # 61	Women 9-10 50 Back	7	---	-0.41
1:25.71Y	349 F # 73	Women 9-10 100 IM	11	---	-0.86
Alexa Aliprantis (15) W					
2:11.82Y	345 F # 35	Women 15-18 200 Free	6	---	-1.36
1:17.05Y	442 F # 39	Women 15-18 100 Breast	2	---	-0.37
1:10.22Y	315 F # 47	Women 15-18 100 Back	4	---	1.70
1:14.54Y	200 F # 51	Women 15-18 100 Fly	2	---	2.36
1:00.69Y	392 F # 77	Women 15-18 100 Free	7	---	-0.31
2:46.95Y	446 F # 85	Women 15-18 200 Breast	2	---	-0.50
2:45.27Y	200 F # 89	Women 15-18 200 Fly	2	---	-3.11
Ryan Alles (17) M					
1:10.78Y	351 F # 40	Men 15-18 100 Breast	4	---	-0.61
26.93Y	281 F # 44	Men 15-18 50 Free	4	---	-0.03
1:12.73Y	49 F # 48	Men 15-18 100 Back	9	---	-0.29
2:32.19Y	123 F # 56	Men 15-18 200 IM	14	---	-2.48
59.85Y	203 F # 78	Men 15-18 100 Free	7	---	0.07
2:44.65Y	7 F # 82	Men 15-18 200 Back	14	---	---
2:41.08Y	298 F # 86	Men 15-18 200 Breast	11	---	1.94
Matthew Alonso (11) M					
54.35Y	1 F # 38	Men 11-12 50 Breast	22	---	1.30
36.22Y	157 F # 42	Men 11-12 50 Free	16	---	-0.35
1:36.02Y	31 F # 46	Men 11-12 100 Back	14	---	0.11
46.48Y	1 F # 50	Men 11-12 50 Fly	11	---	3.76
1:21.05Y	77 F # 76	Men 11-12 100 Free	24	---	-6.18
46.62Y	1 F # 80	Men 11-12 50 Back	13	---	0.65
1:43.51Y	1 F # 88	Men 11-12 100 Fly	7	---	3.54
1:35.52Y	39 F # 92	Men 11-12 100 IM	23	---	-4.07
Andriana Andriopoulos (12) W					
NS	F # 75	Women 11-12 100 Free	---	---	---
NS	F # 83	Women 11-12 100 Breast	---	---	---
NS	F # 91	Women 11-12 100 IM	---	---	---
Christopher Arena (9) M					
43.99Y	517 F # 16	Men 9-10 50 Breast	5	---	-1.57
1:28.36Y	418 F # 24	Men 9-10 100 Back	12	---	-1.54
40.70Y	352 F # 28	Men 9-10 50 Fly	10	---	-0.13
1:16.82Y	427 F # 58	Men 9-10 100 Free	14	---	-1.77
1:36.35Y	525 F # 66	Men 9-10 100 Breast	2	---	-0.62
1:28.47Y	401 F # 74	Men 9-10 100 IM	9	---	0.87
1:23.50Y	530 T # 130	Men 9-10 100 Fly	1	---	-4.76
Saaïor Awon (12) M					
30.27Y	380 F # 42	Men 11-12 50 Free	15	---	-0.04
1:14.45Y	329 F # 46	Men 11-12 100 Back	7	---	-3.85
32.28Y	408 F # 50	Men 11-12 50 Fly	1	---	-0.42

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Time	F/P/S	Event	Place	Points	Improv
DQ	F # 76	Men 11-12 100 Free	---	---	---
1:14.27Y 331	F # 88	Men 11-12 100 Fly	2	---	-0.05
1:13.20Y 356	F # 92	Men 11-12 100 IM	2	---	-1.78
6:23.84Y 299	F # 94	Men 11-12 500 Free	10	---	3.26
Jordan Bader (16) W					
2:11.18Y 346	F # 35	Women 15-18 200 Free	4	---	1.88
1:11.00Y 283	F # 47	Women 15-18 100 Back	6	---	1.12
1:09.63Y 326	F # 51	Women 15-18 100 Fly	4	---	1.80
2:31.75Y 333	F # 55	Women 15-18 200 IM	5	---	3.55
1:00.40Y 398	F # 77	Women 15-18 100 Free	6	---	0.19
2:29.36Y 372	F # 81	Women 15-18 200 Back	4	---	0.44
2:57.28Y DQ	F # 85	Women 15-18 200 Breast	---	---	---
Adam Bouzourene (12) M					
43.52Y 119	F # 38	Men 11-12 50 Breast	18	---	1.05
35.07Y 102	F # 42	Men 11-12 50 Free	11	---	0.58
1:32.74Y 1	F # 46	Men 11-12 100 Back	10	---	-2.30
48.36Y 1	F # 50	Men 11-12 50 Fly	15	---	1.52
1:13.89Y 117	F # 76	Men 11-12 100 Free	6	---	-4.23
42.20Y 19	F # 80	Men 11-12 50 Back	1	---	-4.23
1:34.15Y 138	F # 84	Men 11-12 100 Breast	3	---	-1.32
1:27.59Y 47	F # 92	Men 11-12 100 IM	15	---	-24.88
Tarik Bouzourene (16) M					
2:06.74Y 246	F # 36	Men 15-18 200 Free	10	---	0.42
1:13.90Y 291	F # 40	Men 15-18 100 Breast	1	---	2.56
26.34Y 354	F # 44	Men 15-18 50 Free	27	---	0.41
2:22.18Y 262	F # 56	Men 15-18 200 IM	8	---	1.26
56.44Y 353	F # 78	Men 15-18 100 Free	19	---	-0.11
2:25.74Y 202	F # 82	Men 15-18 200 Back	3	---	-9.95
2:44.44Y 280	F # 86	Men 15-18 200 Breast	1	---	4.77
Jaime Boyko (13) W					
6:10.55Y 268	F # 9	Women 13-14 500 Free	2	---	-0.93
2:21.72Y 244	F # 13	Women 13-14 200 Free	17	---	3.20
28.25Y 492	F # 21	Women 13-14 50 Free	14	---	0.41
1:13.87Y 282	F # 25	Women 13-14 100 Back	15	---	1.19
1:13.64Y 293	F # 29	Women 13-14 100 Fly	8	---	1.73
1:02.16Y 408	F # 59	Women 13-14 100 Free	13	---	0.20
2:38.50Y 313	F # 63	Women 13-14 200 Back	20	---	2.02
2:41.66Y 319	F # 71	Women 13-14 200 Fly	3	---	-2.12
Connor Brown (12) M					
2:21.75Y 316	F # 4	Men 11-12 200 Free	1	---	-1.85
30.65Y 355	F # 42	Men 11-12 50 Free	19	---	0.05
36.99Y 159	F # 50	Men 11-12 50 Fly	21	---	1.09
36.68Y 236	F # 80	Men 11-12 50 Back	15	---	-0.02
1:27.72Y 59	F # 88	Men 11-12 100 Fly	15	---	4.36
1:19.43Y 194	F # 92	Men 11-12 100 IM	14	---	3.03

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Time	F/P/S	Event	Place	Points	Improv
6:08.79Y	383 F # 94	Men 11-12 500 Free	6	---	-2.34
Ryan Brown (11) M					
2:28.57Y	358 F # 4	Men 11-12 200 Free	7	---	0.81
31.24Y	443 F # 42	Men 11-12 50 Free	22	---	-0.16
33.84Y	432 F # 50	Men 11-12 50 Fly	15	---	-0.23
2:42.40Y	441 F # 54	Men 11-12 200 IM	11	---	1.12
1:10.22Y	334 F # 76	Men 11-12 100 Free	22	---	0.87
1:20.74Y	593 F # 84	Men 11-12 100 Breast	1	---	-2.70
1:20.47Y	326 F # 88	Men 11-12 100 Fly	8	---	3.85
1:17.02Y	419 F # 92	Men 11-12 100 IM	9	---	-1.07
Patricia Cerri-Droz (9) W					
46.70Y	426 F # 15	Women 9-10 50 Breast	17	---	---
37.46Y	324 F # 19	Women 9-10 50 Free	11	---	---
48.43Y	113 F # 27	Women 9-10 50 Fly	7	---	---
1:28.74Y	157 F # 57	Women 9-10 100 Free	35	---	---
41.89Y	375 F # 61	Women 9-10 50 Back	22	---	---
1:35.90Y	278 F # 73	Women 9-10 100 IM	15	---	---
Ruben Cerri-Droz (11) M					
44.57Y	219 F # 38	Men 11-12 50 Breast	5	---	---
37.39Y	101 F # 42	Men 11-12 50 Free	21	---	---
1:52.85Y	1 F # 46	Men 11-12 100 Back	20	---	---
43.92Y	16 F # 50	Men 11-12 50 Fly	7	---	---
1:30.43Y	1 F # 76	Men 11-12 100 Free	32	---	---
48.69Y	1 F # 80	Men 11-12 50 Back	17	---	---
NS	F # 84	Men 11-12 100 Breast	---	---	---
Brendan Chan (13) M					
1:15.22Y	431 F # 18	Men 13-14 100 Breast	1	---	0.65
27.92Y	410 F # 22	Men 13-14 50 Free	28	---	0.26
1:10.60Y	281 F # 26	Men 13-14 100 Back	16	---	0.57
1:11.97Y	219 F # 30	Men 13-14 100 Fly	10	---	2.53
1:03.72Y	261 F # 60	Men 13-14 100 Free	2	---	2.23
2:45.06Y	421 F # 68	Men 13-14 200 Breast	5	---	0.88
2:45.93Y	149 F # 72	Men 13-14 200 Fly	5	---	4.66
Elizabeth Chang (14) W					
5:37.87Y	455 F # 9	Women 13-14 500 Free	1	---	0.23
27.74Y	478 F # 21	Women 13-14 50 Free	5	---	-0.18
1:07.96Y	414 F # 25	Women 13-14 100 Back	3	---	-0.86
1:06.38Y	473 F # 29	Women 13-14 100 Fly	1	---	0.18
2:24.46Y	485 F # 33	Women 13-14 200 IM	1	---	0.71
59.55Y	475 F # 59	Women 13-14 100 Free	4	---	0.34
2:26.90Y	435 F # 63	Women 13-14 200 Back	2	---	1.31
Kimberly Chan (10) W					
2:40.60Y	322 F # 1	Women 9-10 200 Free	4	---	-9.79
33.54Y	404 F # 19	Women 9-10 50 Free	6	---	-1.73
36.68Y	439 F # 27	Women 9-10 50 Fly	1	---	-4.05

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Time	F/P/S	Event	Place	Points	Improv
3:06.34Y	321 F # 31	Women 9-10 200 IM	8	---	-0.44
1:14.36Y	345 F # 57	Women 9-10 100 Free	4	---	-8.23
41.84Y	228 F # 61	Women 9-10 50 Back	21	---	2.45
1:23.94Y	390 F # 73	Women 9-10 100 IM	4	---	-2.62
Olivia Cohen (11) W					
2:21.77Y	445 F # 3	Women 11-12 200 Free	8	---	-1.55
39.74Y	440 F # 37	Women 11-12 50 Breast	11	---	-0.16
1:17.63Y	389 F # 45	Women 11-12 100 Back	19	---	-0.20
35.41Y	367 F # 49	Women 11-12 50 Fly	19	---	0.40
2:38.17Y	521 F # 53	Women 11-12 200 IM	5	---	0.45
1:24.09Y	496 F # 83	Women 11-12 100 Breast	4	---	-0.31
1:16.83Y	429 F # 87	Women 11-12 100 Fly	7	---	0.08
1:16.98Y	423 F # 91	Women 11-12 100 IM	14	---	0.79
6:04.91Y	517 F # 93	Women 11-12 500 Free	1	---	-1.41
Samantha Darling (9) W					
52.64Y	206 F # 15	Women 9-10 50 Breast	14	---	-0.39
38.42Y	277 F # 19	Women 9-10 50 Free	19	---	0.09
48.26Y	118 F # 27	Women 9-10 50 Fly	6	---	3.35
1:27.46Y	181 F # 57	Women 9-10 100 Free	29	---	-0.16
46.52Y	181 F # 61	Women 9-10 50 Back	17	---	-1.26
1:42.10Y	169 F # 73	Women 9-10 100 IM	35	---	4.64
Philip Decker (13) M					
5:59.09Y	305 F # 10	Men 13-14 500 Free	15	---	-7.92
1:28.57Y	99 F # 18	Men 13-14 100 Breast	7	---	-1.28
26.63Y	511 F # 22	Men 13-14 50 Free	13	---	-0.64
1:16.09Y	115 F # 30	Men 13-14 100 Fly	1	---	0.01
2:39.68Y	193 F # 34	Men 13-14 200 IM	2	---	-1.15
59.76Y	401 F # 60	Men 13-14 100 Free	19	---	-1.41
3:15.72Y	78 F # 68	Men 13-14 200 Breast	13	---	0.48
Stephanie DiPreta (15) W					
5:18.07Y	386 F # 7	Women 15-18 400 IM	3	---	5.70
5:43.58Y	391 F # 11	Women 15-18 500 Free	2	---	10.96
2:08.64Y	404 F # 35	Women 15-18 200 Free	3	---	2.48
1:09.86Y	327 F # 47	Women 15-18 100 Back	3	---	0.64
1:14.12Y	212 F # 51	Women 15-18 100 Fly	1	---	4.18
2:35.99Y	285 F # 55	Women 15-18 200 IM	10	---	4.34
1:00.29Y	407 F # 77	Women 15-18 100 Free	5	---	0.31
2:26.24Y	424 F # 81	Women 15-18 200 Back	3	---	-2.04
3:10.24Y	173 F # 85	Women 15-18 200 Breast	4	---	6.01
Neil Duggan (13) M					
2:46.59Y	1 F # 14	Men 13-14 200 Free	7	---	-8.99
1:31.03Y	55 F # 18	Men 13-14 100 Breast	12	---	-6.77
34.95Y	1 F # 22	Men 13-14 50 Free	19	---	-0.93
1:35.39Y	1 F # 26	Men 13-14 100 Back	7	---	-0.54
1:15.80Y	1 F # 60	Men 13-14 100 Free	18	---	-3.71

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Time	F/P/S	Event	Place	Points	Improv
3:23.74Y	1 F # 64	Men 13-14 200 Back	9	---	---
3:17.03Y	DQ F # 68	Men 13-14 200 Breast	---	---	---
Alexa Durso (11) W					
1:13.40Y	228 F # 75	Women 11-12 100 Free	10	---	0.52
40.98Y	134 F # 79	Women 11-12 50 Back	10	---	---
1:30.19Y	139 F # 87	Women 11-12 100 Fly	2	---	---
1:27.16Y	174 F # 91	Women 11-12 100 IM	11	---	---
Ryan Earley (10) M					
53.82Y	39 F # 16	Men 9-10 50 Breast	12	---	-0.05
38.62Y	166 F # 20	Men 9-10 50 Free	12	---	1.01
51.19Y	1 F # 28	Men 9-10 50 Fly	12	---	4.52
1:30.15Y	40 F # 58	Men 9-10 100 Free	26	---	4.48
49.07Y	22 F # 62	Men 9-10 50 Back	22	---	2.73
1:44.83Y	23 F # 74	Men 9-10 100 IM	21	---	9.84
Sean Earley (12) M					
2:34.54Y	152 F # 4	Men 11-12 200 Free	1	---	-2.06
41.28Y	212 F # 38	Men 11-12 50 Breast	12	---	-1.92
31.92Y	276 F # 42	Men 11-12 50 Free	23	---	0.28
1:22.26Y	142 F # 46	Men 11-12 100 Back	19	---	-0.37
2:52.85Y	173 F # 54	Men 11-12 200 IM	19	---	-1.77
1:29.04Y	239 F # 84	Men 11-12 100 Breast	18	---	-3.19
1:30.70Y	22 F # 88	Men 11-12 100 Fly	3	---	3.62
1:20.05Y	180 F # 92	Men 11-12 100 IM	15	---	-2.68
6:52.73Y	162 F # 94	Men 11-12 500 Free	3	---	---
Juleen Elizee (18) W					
1:17.69Y	380 F # 39	Women 15-18 100 Breast	3	---	-0.77
28.31Y	385 F # 43	Women 15-18 50 Free	8	---	-0.20
2:29.96Y	357 F # 55	Women 15-18 200 IM	3	---	-0.20
1:00.97Y	363 F # 77	Women 15-18 100 Free	8	---	-0.94
2:37.94Y	242 F # 81	Women 15-18 200 Back	3	---	-1.80
2:55.07Y	300 F # 85	Women 15-18 200 Breast	7	---	-1.34
Sarah Exposito (15) W					
5:23.70Y	347 F # 7	Women 15-18 400 IM	5	---	3.89
Victoria Filardi (15) W					
2:18.39Y	236 F # 35	Women 15-18 200 Free	3	---	-2.34
1:22.96Y	282 F # 39	Women 15-18 100 Breast	8	---	1.67
1:18.56Y	98 F # 47	Women 15-18 100 Back	6	---	0.46
2:38.24Y	254 F # 55	Women 15-18 200 IM	12	---	0.88
Alexa Fucile (10) W					
48.27Y	206 F # 15	Women 9-10 50 Breast	25	---	-2.01
37.09Y	218 F # 19	Women 9-10 50 Free	4	---	-2.02
1:28.55Y	269 F # 23	Women 9-10 100 Back	8	---	0.40
49.54Y	14 F # 27	Women 9-10 50 Fly	12	---	1.24
1:21.80Y	172 F # 57	Women 9-10 100 Free	2	---	-4.37
42.61Y	197 F # 61	Women 9-10 50 Back	36	---	-0.58

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Time	F/P/S	Event	Place	Points	Improv
1:48.24Y	166 F # 65	Women 9-10 100 Breast	26	---	1.86
1:34.12Y	179 F # 73	Women 9-10 100 IM	8	---	-1.87
Samantha Gallego (9) W					
51.49Y	245 F # 15	Women 9-10 50 Breast	6	---	-3.34
39.21Y	240 F # 19	Women 9-10 50 Free	24	---	-6.39
1:40.15Y	209 F # 23	Women 9-10 100 Back	1	---	-8.72
53.76Y	9 F # 27	Women 9-10 50 Fly	29	---	---
1:28.98Y	153 F # 57	Women 9-10 100 Free	36	---	---
47.77Y	139 F # 61	Women 9-10 50 Back	26	---	---
1:54.21Y	229 F # 65	Women 9-10 100 Breast	6	---	---
1:39.26Y	216 F # 73	Women 9-10 100 IM	25	---	-8.99
Olivia Garvey (9) W					
50.19Y	291 F # 15	Women 9-10 50 Breast	1	---	-1.15
34.28Y	494 F # 19	Women 9-10 50 Free	13	---	-1.06
1:34.05Y	323 F # 23	Women 9-10 100 Back	21	---	1.73
41.22Y	365 F # 27	Women 9-10 50 Fly	16	---	0.37
1:20.89Y	322 F # 57	Women 9-10 100 Free	29	---	-2.72
42.61Y	341 F # 61	Women 9-10 50 Back	36	---	-0.35
1:49.52Y	305 F # 65	Women 9-10 100 Breast	28	---	-2.14
1:31.93Y	359 F # 73	Women 9-10 100 IM	1	---	-5.14
Caroline Germano (11) W					
42.11Y	323 F # 37	Women 11-12 50 Breast	29	---	0.96
31.71Y	393 F # 41	Women 11-12 50 Free	31	---	-0.61
1:19.53Y	338 F # 45	Women 11-12 100 Back	23	---	1.23
39.55Y	167 F # 49	Women 11-12 50 Fly	7	---	0.76
1:08.84Y	357 F # 75	Women 11-12 100 Free	28	---	-1.27
1:31.14Y	333 F # 83	Women 11-12 100 Breast	22	---	2.96
1:27.34Y	193 F # 87	Women 11-12 100 Fly	16	---	2.03
1:22.25Y	284 F # 91	Women 11-12 100 IM	1	---	0.12
Michael Giovanniello (15) M					
5:38.89Y	315 F # 12	Men 15-18 500 Free	2	---	---
2:14.60Y	182 F # 36	Men 15-18 200 Free	13	---	0.96
28.41Y	249 F # 44	Men 15-18 50 Free	7	---	0.10
1:16.10Y	16 F # 52	Men 15-18 100 Fly	9	---	-2.74
2:42.18Y	59 F # 56	Men 15-18 200 IM	3	---	0.24
1:00.09Y	265 F # 78	Men 15-18 100 Free	8	---	-0.51
	F # 82	Men 15-18 200 Back	---	---	---
3:08.07Y	42 F # 86	Men 15-18 200 Breast	13	---	-9.23
Deena Gottlieb (15) W					
2:20.33Y	207 F # 35	Women 15-18 200 Free	7	---	---
1:25.08Y	230 F # 39	Women 15-18 100 Breast	2	---	---
30.62Y	234 F # 43	Women 15-18 50 Free	12	---	---
1:24.79Y	5 F # 47	Women 15-18 100 Back	10	---	---
1:05.68Y	219 F # 77	Women 15-18 100 Free	6	---	---
3:01.92Y	263 F # 85	Women 15-18 200 Breast	1	---	---

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Sarah Greco (13) W					
6:12.46Y	257 F # 9	Women 13-14 500 Free	3	---	-3.78
2:23.60Y	217 F # 13	Women 13-14 200 Free	2	---	5.20
1:26.60Y	232 F # 17	Women 13-14 100 Breast	15	---	3.12
29.17Y	419 F # 21	Women 13-14 50 Free	27	---	0.77
1:13.89Y	281 F # 25	Women 13-14 100 Back	16	---	-0.51
1:03.01Y	376 F # 59	Women 13-14 100 Free	14	---	1.47
2:35.72Y	351 F # 63	Women 13-14 200 Back	12	---	-4.04
3:05.06Y	256 F # 67	Women 13-14 200 Breast	1	---	-2.47
Joseph Guglielmo (11) M					
NS	F # 4	Men 11-12 200 Free	---	---	---
1:28.20Y	157 F # 46	Men 11-12 100 Back	2	---	-2.80
42.64Y	44 F # 50	Men 11-12 50 Fly	5	---	1.19
Alec Huang (11) M					
39.25Y	475 F # 38	Men 11-12 50 Breast	7	---	-2.49
28.85Y	599 F # 42	Men 11-12 50 Free	3	---	-0.78
33.35Y	461 F # 50	Men 11-12 50 Fly	8	---	-0.60
2:50.66Y	334 F # 54	Men 11-12 200 IM	16	---	3.71
1:05.26Y	487 F # 76	Men 11-12 100 Free	11	---	-1.24
35.98Y	415 F # 80	Men 11-12 50 Back	8	---	0.49
1:16.04Y	447 F # 92	Men 11-12 100 IM	7	---	-4.34
6:36.85Y	357 F # 94	Men 11-12 500 Free	12	---	---
Eric Hu (15) M					
NS	F # 12	Men 15-18 500 Free	---	---	---
Anwar Kadirov (12) M					
49.47Y	1 F # 38	Men 11-12 50 Breast	16	---	-5.60
33.75Y	170 F # 42	Men 11-12 50 Free	7	---	-5.07
1:27.65Y	47 F # 46	Men 11-12 100 Back	1	---	-7.35
43.45Y	1 F # 50	Men 11-12 50 Fly	6	---	-13.36
1:18.84Y	28 F # 76	Men 11-12 100 Free	18	---	-11.80
41.23Y	45 F # 80	Men 11-12 50 Back	39	---	-6.94
1:46.32Y	1 F # 84	Men 11-12 100 Breast	15	---	-22.74
1:26.82Y	57 F # 92	Men 11-12 100 IM	13	---	---
Raushan Kadirov (15) M					
2:04.64Y	344 F # 36	Men 15-18 200 Free	4	---	-3.39
1:15.77Y	266 F # 40	Men 15-18 100 Breast	5	---	-0.10
25.33Y	492 F # 44	Men 15-18 50 Free	16	---	0.23
1:09.43Y	152 F # 52	Men 15-18 100 Fly	6	---	1.44
53.20Y	539 F # 78	Men 15-18 100 Free	1	---	-0.17
2:41.64Y	62 F # 82	Men 15-18 200 Back	12	---	---
3:00.82Y	108 F # 86	Men 15-18 200 Breast	10	---	9.49
NS	F # 90	Men 15-18 200 Fly	---	---	---
Sanjay Kalra (12) M					
41.57Y	199 F # 38	Men 11-12 50 Breast	14	---	-3.44
33.46Y	186 F # 42	Men 11-12 50 Free	4	---	-3.71

Individual Meet Results
2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points
Sanction: MR-090305 Location: Bronx, New York
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
1:25.42Y	82 F # 46	Men 11-12 100 Back	22	---	-9.82
37.20Y	150 F # 50	Men 11-12 50 Fly	24	---	-0.05
1:13.84Y	118 F # 76	Men 11-12 100 Free	5	---	-4.35
40.27Y	77 F # 80	Men 11-12 50 Back	33	---	1.43
1:31.27Y	193 F # 84	Men 11-12 100 Breast	25	---	-8.44
1:22.45Y	130 F # 92	Men 11-12 100 IM	20	---	---
Brooke Kaplan (12) W					
2:29.68Y	235 F # 3	Women 11-12 200 Free	18	---	3.52
39.73Y	352 F # 37	Women 11-12 50 Breast	10	---	-0.76
32.34Y	273 F # 41	Women 11-12 50 Free	38	---	-0.38
1:20.42Y	204 F # 45	Women 11-12 100 Back	24	---	-1.76
2:51.78Y	DQ F # 53	Women 11-12 200 IM	---	---	---
1:08.91Y	273 F # 75	Women 11-12 100 Free	29	---	-2.10
37.64Y	206 F # 79	Women 11-12 50 Back	18	---	-1.60
1:19.75Y	259 F # 91	Women 11-12 100 IM	21	---	0.24
6:45.21Y	194 F # 93	Women 11-12 500 Free	5	---	6.31
Rebecca Karcher (15) W					
2:24.29Y	154 F # 35	Women 15-18 200 Free	8	---	-5.38
29.53Y	310 F # 43	Women 15-18 50 Free	5	---	0.04
1:12.86Y	237 F # 47	Women 15-18 100 Back	9	---	-1.67
1:20.36Y	65 F # 51	Women 15-18 100 Fly	5	---	-0.83
1:05.26Y	232 F # 77	Women 15-18 100 Free	5	---	-0.11
2:39.77Y	233 F # 81	Women 15-18 200 Back	8	---	-3.76
NS	F # 89	Women 15-18 200 Fly	---	---	---
Tate Keller (11) M					
53.06Y	1 F # 38	Men 11-12 50 Breast	21	---	---
47.94Y	1 F # 42	Men 11-12 50 Free	28	---	---
1:01.59Y	DQ F # 50	Men 11-12 50 Fly	---	---	---
1:51.73Y	1 F # 76	Men 11-12 100 Free	40	---	---
56.90Y	1 F # 80	Men 11-12 50 Back	23	---	---
Genna Kranis (14) W					
5:08.45Y	469 F # 5	Women 13-14 400 IM	2	---	-0.91
5:39.69Y	441 F # 9	Women 13-14 500 Free	2	---	2.32
28.27Y	435 F # 21	Women 13-14 50 Free	15	---	0.30
1:07.22Y	445 F # 29	Women 13-14 100 Fly	2	---	0.88
2:29.51Y	404 F # 33	Women 13-14 200 IM	7	---	3.75
1:00.19Y	449 F # 59	Women 13-14 100 Free	6	---	0.10
2:31.28Y	370 F # 63	Women 13-14 200 Back	6	---	-0.34
2:55.71Y	335 F # 67	Women 13-14 200 Breast	8	---	0.23
Rachel Lana (11) W					
50.72Y	14 F # 37	Women 11-12 50 Breast	16	---	1.69
37.66Y	77 F # 41	Women 11-12 50 Free	24	---	0.76
1:32.34Y	73 F # 45	Women 11-12 100 Back	8	---	3.01
42.51Y	60 F # 49	Women 11-12 50 Fly	17	---	1.42
1:19.22Y	98 F # 75	Women 11-12 100 Free	28	---	-2.85

Individual Meet Results
2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points
Sanction: MR-090305 Location: Bronx, New York
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
41.71Y	106 F # 79	Women 11-12 50 Back	12	---	-0.39
1:51.74Y	2 F # 83	Women 11-12 100 Breast	18	---	2.49
1:34.17Y	57 F # 91	Women 11-12 100 IM	21	---	1.97
Richard Law (13) M					
6:22.95Y	173 F # 10	Men 13-14 500 Free	2	---	-0.41
2:23.86Y	157 F # 14	Men 13-14 200 Free	24	---	-1.30
1:22.43Y	8 F # 30	Men 13-14 100 Fly	4	---	-1.67
2:46.96Y	112 F # 34	Men 13-14 200 IM	5	---	1.55
1:08.79Y	114 F # 60	Men 13-14 100 Free	13	---	-0.11
2:49.29Y	86 F # 64	Men 13-14 200 Back	3	---	---
3:16.23Y	73 F # 68	Men 13-14 200 Breast	14	---	---
Matthew Leary (14) M					
2:08.15Y	321 F # 14	Men 13-14 200 Free	11	---	-17.85
27.14Y	388 F # 22	Men 13-14 50 Free	21	---	-4.30
1:03.37Y	433 F # 26	Men 13-14 100 Back	2	---	-9.98
2:25.97Y	297 F # 34	Men 13-14 200 IM	9	---	-25.69
Rose Lee (14) W					
2:27.99Y	134 F # 13	Women 13-14 200 Free	8	---	4.62
28.49Y	418 F # 21	Women 13-14 50 Free	18	---	-0.01
1:10.64Y	326 F # 25	Women 13-14 100 Back	7	---	0.91
1:16.19Y	180 F # 29	Women 13-14 100 Fly	2	---	1.27
Pamela Leon (11) W					
2:34.37Y	259 F # 3	Women 11-12 200 Free	3	---	-1.88
32.51Y	342 F # 41	Women 11-12 50 Free	1	---	-0.16
1:28.20Y	143 F # 45	Women 11-12 100 Back	5	---	1.48
39.12Y	186 F # 49	Women 11-12 50 Fly	5	---	2.22
3:07.57Y	174 F # 53	Women 11-12 200 IM	7	---	7.14
1:11.54Y	278 F # 75	Women 11-12 100 Free	1	---	-0.98
39.52Y	197 F # 79	Women 11-12 50 Back	3	---	0.31
1:27.31Y	171 F # 91	Women 11-12 100 IM	12	---	-3.73
7:08.76Y	170 F # 93	Women 11-12 500 Free	8	---	-18.71
Gary Liang (13) M					
1:34.68Y	7 F # 18	Men 13-14 100 Breast	14	---	---
34.44Y	10 F # 22	Men 13-14 50 Free	18	---	---
1:34.00Y	1 F # 26	Men 13-14 100 Back	6	---	---
1:42.34Y	1 F # 30	Men 13-14 100 Fly	9	---	---
Diane Li (13) W					
1:07.85Y	215 F # 59	Women 13-14 100 Free	4	---	0.11
2:45.04Y	228 F # 63	Women 13-14 200 Back	22	---	3.32
Gabriella Lucchese (9) W					
49.85Y	304 F # 15	Women 9-10 50 Breast	37	---	-0.83
38.67Y	265 F # 19	Women 9-10 50 Free	20	---	-1.94
1:44.89Y	133 F # 23	Women 9-10 100 Back	10	---	-0.44
53.58Y	11 F # 27	Women 9-10 50 Fly	27	---	-4.91
1:24.94Y	231 F # 57	Women 9-10 100 Free	17	---	-7.59

Individual Meet Results
2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points
Sanction: MR-090305 Location: Bronx, New York
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
46.45Y 184	F # 61	Women 9-10 50 Back	16	---	-1.41
1:46.73Y 353	F # 65	Women 9-10 100 Breast	23	---	-5.29
1:42.74Y 158	F # 73	Women 9-10 100 IM	38	---	-3.80
Sarah Maley (12) W					
49.00Y 6	F # 37	Women 11-12 50 Breast	11	---	0.03
36.86Y 51	F # 41	Women 11-12 50 Free	22	---	0.31
1:33.85Y 1	F # 45	Women 11-12 100 Back	11	---	1.83
46.01Y 1	F # 49	Women 11-12 50 Fly	24	---	0.86
1:20.10Y 34	F # 75	Women 11-12 100 Free	29	---	0.97
43.01Y 17	F # 79	Women 11-12 50 Back	20	---	0.98
1:48.02Y 1	F # 83	Women 11-12 100 Breast	16	---	2.41
1:31.78Y 36	F # 91	Women 11-12 100 IM	19	---	5.52
Jonathan Manfre (9) M					
54.80Y DQ	F # 16	Men 9-10 50 Breast	---	---	---
41.52Y 148	F # 20	Men 9-10 50 Free	22	---	2.73
1:43.95Y 127	F # 24	Men 9-10 100 Back	9	---	---
Matthew Manfre (10) M					
32.18Y 497	F # 20	Men 9-10 50 Free	1	---	-0.57
1:23.43Y 396	F # 24	Men 9-10 100 Back	2	---	1.21
44.24Y 105	F # 28	Men 9-10 50 Fly	16	---	2.82
Victoria Manfre (14) W					
6:19.70Y 187	F # 9	Women 13-14 500 Free	6	---	-4.30
2:22.10Y 210	F # 13	Women 13-14 200 Free	18	---	-2.15
30.91Y 242	F # 21	Women 13-14 50 Free	5	---	0.48
1:19.29Y 100	F # 25	Women 13-14 100 Back	1	---	0.36
2:48.02Y 157	F # 33	Women 13-14 200 IM	1	---	5.90
Celine Manigbas (10) W					
47.27Y 243	F # 15	Women 9-10 50 Breast	22	---	-0.31
36.62Y 240	F # 19	Women 9-10 50 Free	30	---	-1.89
1:33.88Y 167	F # 23	Women 9-10 100 Back	20	---	4.08
41.19Y 241	F # 27	Women 9-10 50 Fly	15	---	0.89
1:25.27Y 108	F # 57	Women 9-10 100 Free	20	---	-2.97
41.56Y 240	F # 61	Women 9-10 50 Back	18	---	1.56
1:35.78Y 190	F # 69	Women 9-10 100 Fly	8	---	-2.56
1:27.57Y 308	F # 73	Women 9-10 100 IM	14	---	-1.76
Bryan McNally (11) M					
49.42Y 50	F # 38	Men 11-12 50 Breast	15	---	-1.67
1:30.52Y 113	F # 46	Men 11-12 100 Back	7	---	1.56
38.61Y 185	F # 50	Men 11-12 50 Fly	30	---	0.89
3:12.16Y 115	F # 54	Men 11-12 200 IM	3	---	3.60
1:18.71Y 122	F # 76	Men 11-12 100 Free	17	---	1.81
40.71Y 173	F # 80	Men 11-12 50 Back	37	---	-0.68
1:27.92Y 155	F # 92	Men 11-12 100 IM	17	---	-4.15
7:23.23Y 145	F # 94	Men 11-12 500 Free	4	---	-17.28

Individual Meet Results

2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points

Sanction: MR-090305 Location: Bronx, New York

Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Kara McNelis (13) W					
6:58.40Y	56	F # 9 Women 13-14 500 Free	11	---	5.00
2:35.24Y	81	F # 13 Women 13-14 200 Free	9	---	1.05
32.77Y	174	F # 21 Women 13-14 50 Free	13	---	0.67
1:22.07Y	84	F # 25 Women 13-14 100 Back	3	---	2.19
1:32.50Y	1	F # 29 Women 13-14 100 Fly	12	---	0.66
1:09.58Y	166	F # 59 Women 13-14 100 Free	11	---	-1.71
2:50.16Y	168	F # 63 Women 13-14 200 Back	3	---	3.60
3:35.50Y	1	F # 67 Women 13-14 200 Breast	29	---	7.09
Dana Mirro (13) W					
2:35.37Y	80	F # 13 Women 13-14 200 Free	10	---	5.94
32.69Y	178	F # 21 Women 13-14 50 Free	12	---	1.45
1:24.88Y	38	F # 25 Women 13-14 100 Back	9	---	2.64
2:56.49Y	108	F # 33 Women 13-14 200 IM	5	---	6.13
1:11.89Y	109	F # 59 Women 13-14 100 Free	19	---	3.39
3:01.99Y	54	F # 63 Women 13-14 200 Back	14	---	7.81
3:17.01Y	132	F # 67 Women 13-14 200 Breast	16	---	---
Bridget Moody (14) W					
5:21.76Y	373	F # 5 Women 13-14 400 IM	7	---	11.08
5:43.39Y	414	F # 9 Women 13-14 500 Free	3	---	2.29
2:07.10Y	470	F # 13 Women 13-14 200 Free	2	---	-2.09
27.94Y	462	F # 21 Women 13-14 50 Free	9	---	-0.79
1:08.59Y	400	F # 29 Women 13-14 100 Fly	4	---	-0.92
2:36.03Y	308	F # 33 Women 13-14 200 IM	11	---	6.83
59.35Y	483	F # 59 Women 13-14 100 Free	3	---	-1.42
2:30.65Y	419	F # 71 Women 13-14 200 Fly	1	---	-1.55
Renee Nakkab (9) W					
44.86Y	503	F # 15 Women 9-10 50 Breast	6	---	0.07
35.34Y	435	F # 19 Women 9-10 50 Free	18	---	-0.51
1:29.46Y	421	F # 23 Women 9-10 100 Back	10	---	-1.54
3:09.59Y	425	F # 31 Women 9-10 200 IM	10	---	3.40
1:19.08Y	366	F # 57 Women 9-10 100 Free	21	---	-1.43
41.19Y	408	F # 61 Women 9-10 50 Back	12	---	-0.97
1:41.95Y	439	F # 65 Women 9-10 100 Breast	10	---	1.93
1:26.77Y	476	F # 73 Women 9-10 100 IM	13	---	-0.96
Bridget O'Shaughnessy (9) W					
47.72Y	385	F # 15 Women 9-10 50 Breast	24	---	-0.02
37.49Y	322	F # 19 Women 9-10 50 Free	14	---	-1.93
1:37.41Y	258	F # 23 Women 9-10 100 Back	27	---	-0.77
49.40Y	88	F # 27 Women 9-10 50 Fly	11	---	-19.18
1:25.09Y	228	F # 57 Women 9-10 100 Free	18	---	4.06
44.07Y	277	F # 61 Women 9-10 50 Back	43	---	-1.56
1:47.23Y	140	F # 69 Women 9-10 100 Fly	5	---	-6.82
1:34.60Y	304	F # 73 Women 9-10 100 IM	12	---	-0.10

Individual Meet Results

2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points

Sanction: MR-090305 Location: Bronx, New York

Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Richard Pak (13) M					
4:50.91Y	569 F # 6	Men 13-14 400 IM	2	---	-11.49
2:03.64Y	490 F # 14	Men 13-14 200 Free	3	---	-0.13
1:15.75Y	416 F # 18	Men 13-14 100 Breast	2	---	-1.23
25.88Y	572 F # 22	Men 13-14 50 Free	4	---	0.19
2:17.91Y	524 F # 34	Men 13-14 200 IM	3	---	-1.19
54.42Y	620 F # 60	Men 13-14 100 Free	1	---	-1.55
2:20.99Y	460 F # 64	Men 13-14 200 Back	4	---	-1.56
2:41.80Y	464 F # 68	Men 13-14 200 Breast	1	---	-1.41
25.54Y	600 T # 103	Men 13-14 50 Free	2	---	-0.15
Amanda Peralta (10) W					
3:02.73Y	102 F # 1	Women 9-10 200 Free	4	---	8.74
47.18Y	246 F # 15	Women 9-10 50 Breast	21	---	-1.16
1:38.13Y	99 F # 23	Women 9-10 100 Back	28	---	2.83
39.95Y	291 F # 27	Women 9-10 50 Fly	12	---	-1.50
3:26.15Y	144 F # 31	Women 9-10 200 IM	2	---	10.04
1:24.17Y	127 F # 57	Women 9-10 100 Free	11	---	1.69
43.66Y	157 F # 61	Women 9-10 50 Back	40	---	-0.84
1:42.25Y	99 F # 69	Women 9-10 100 Fly	2	---	8.49
1:35.55Y	154 F # 73	Women 9-10 100 IM	13	---	1.19
Jorge Pincay (11) M					
48.11Y	88 F # 38	Men 11-12 50 Breast	14	---	---
36.57Y	140 F # 42	Men 11-12 50 Free	18	---	---
1:34.17Y	55 F # 46	Men 11-12 100 Back	13	---	---
45.39Y	1 F # 50	Men 11-12 50 Fly	10	---	---
1:25.59Y	13 F # 76	Men 11-12 100 Free	29	---	---
44.43Y	39 F # 80	Men 11-12 50 Back	8	---	---
1:48.21Y	42 F # 84	Men 11-12 100 Breast	16	---	---
1:38.75Y	11 F # 92	Men 11-12 100 IM	25	---	---
Olivia Plansker (9) W					
49.89Y	302 F # 15	Women 9-10 50 Breast	38	---	-1.54
35.20Y	443 F # 19	Women 9-10 50 Free	17	---	0.61
1:36.75Y	270 F # 23	Women 9-10 100 Back	24	---	3.14
50.77Y	57 F # 27	Women 9-10 50 Fly	17	---	1.60
1:18.33Y	385 F # 57	Women 9-10 100 Free	16	---	-1.57
44.72Y	250 F # 61	Women 9-10 50 Back	2	---	1.12
1:47.84Y	333 F # 65	Women 9-10 100 Breast	25	---	-4.30
1:35.91Y	278 F # 73	Women 9-10 100 IM	16	---	-0.15
Julia Pusateri (10) W					
1:15.00Y	329 F # 57	Women 9-10 100 Free	7	---	-1.79
42.27Y	211 F # 61	Women 9-10 50 Back	30	---	0.69
1:24.39Y	380 F # 73	Women 9-10 100 IM	7	---	-2.22
Lisa Quick (14) W					
1:31.80Y	92 F # 17	Women 13-14 100 Breast	9	---	2.02
1:23.81Y	25 F # 25	Women 13-14 100 Back	6	---	6.68

Individual Meet Results

2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points

Sanction: MR-090305 Location: Bronx, New York

Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
1:31.97Y	1 F # 29	Women 13-14 100 Fly	10	---	8.57
2:54.72Y	91 F # 33	Women 13-14 200 IM	3	---	6.45
1:09.15Y	151 F # 59	Women 13-14 100 Free	10	---	3.10
2:49.39Y	139 F # 63	Women 13-14 200 Back	2	---	5.32
3:11.65Y	158 F # 67	Women 13-14 200 Breast	9	---	3.98
Isabel Ren (12) W					
2:24.50Y	306 F # 3	Women 11-12 200 Free	12	---	-0.31
39.15Y	381 F # 37	Women 11-12 50 Breast	4	---	-0.05
1:12.68Y	406 F # 45	Women 11-12 100 Back	4	---	-0.92
2:41.35Y	364 F # 53	Women 11-12 200 IM	9	---	-0.10
1:05.33Y	384 F # 75	Women 11-12 100 Free	9	---	0.30
1:25.44Y	354 F # 83	Women 11-12 100 Breast	9	---	0.06
1:13.82Y	419 F # 91	Women 11-12 100 IM	3	---	-1.46
6:33.68Y	249 F # 93	Women 11-12 500 Free	4	---	2.50
Daveen Rim (12) M					
43.95Y	103 F # 38	Men 11-12 50 Breast	2	---	-0.68
35.41Y	86 F # 42	Men 11-12 50 Free	13	---	-1.02
41.70Y	11 F # 50	Men 11-12 50 Fly	3	---	-0.59
Tristan Robinson (10) M					
46.45Y	268 F # 16	Men 9-10 50 Breast	7	---	1.25
36.66Y	258 F # 20	Men 9-10 50 Free	26	---	-0.39
1:32.44Y	207 F # 24	Men 9-10 100 Back	16	---	1.13
44.85Y	89 F # 28	Men 9-10 50 Fly	17	---	2.26
1:23.07Y	154 F # 58	Men 9-10 100 Free	4	---	-3.78
41.24Y	286 F # 62	Men 9-10 50 Back	13	---	0.88
1:45.93Y	191 F # 66	Men 9-10 100 Breast	12	---	5.58
1:34.29Y	DQ F # 74	Men 9-10 100 IM	---	---	---
Courtney Roman (11) W					
43.32Y	267 F # 37	Women 11-12 50 Breast	35	---	---
38.43Y	49 F # 41	Women 11-12 50 Free	27	---	2.46
1:35.47Y	32 F # 45	Women 11-12 100 Back	12	---	---
43.64Y	29 F # 49	Women 11-12 50 Fly	20	---	1.36
1:27.33Y	1 F # 75	Women 11-12 100 Free	40	---	1.35
41.93Y	98 F # 79	Women 11-12 50 Back	14	---	---
1:41.02Y	139 F # 83	Women 11-12 100 Breast	7	---	---
1:31.75Y	92 F # 91	Women 11-12 100 IM	18	---	---
John Rotolo (12) M					
2:29.29Y	213 F # 4	Men 11-12 200 Free	8	---	-2.23
30.24Y	382 F # 42	Men 11-12 50 Free	14	---	-3.08
1:16.69Y	271 F # 46	Men 11-12 100 Back	9	---	-2.74
34.55Y	278 F # 50	Men 11-12 50 Fly	16	---	-0.49
2:45.13Y	258 F # 54	Men 11-12 200 IM	12	---	-4.84
Kyle Sanders (14) W					
5:54.77Y	333 F # 9	Women 13-14 500 Free	8	---	-13.51
1:21.40Y	329 F # 17	Women 13-14 100 Breast	10	---	-2.79

Individual Meet Results
2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points
Sanction: MR-090305 Location: Bronx, New York
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
27.55Y 494	F # 21	Women 13-14 50 Free	2	---	0.04
2:30.25Y 392	F # 33	Women 13-14 200 IM	8	---	-2.11
58.86Y 504	F # 59	Women 13-14 100 Free	2	---	-1.06
2:27.15Y 432	F # 63	Women 13-14 200 Back	3	---	-2.48
2:56.42Y 327	F # 67	Women 13-14 200 Breast	11	---	-9.64
John Schlichte (10) M					
2:44.78Y 281	F # 2	Men 9-10 200 Free	5	---	3.64
Jake Schwartz (15) M					
5:29.49Y 379	F # 12	Men 15-18 500 Free	2	---	-1.76
2:01.06Y 412	F # 36	Men 15-18 200 Free	12	---	-0.63
24.70Y 546	F # 44	Men 15-18 50 Free	10	---	0.32
1:03.75Y 368	F # 48	Men 15-18 100 Back	7	---	1.68
2:25.64Y 248	F # 56	Men 15-18 200 IM	11	---	0.79
53.53Y 524	F # 78	Men 15-18 100 Free	5	---	-0.36
2:17.41Y 375	F # 82	Men 15-18 200 Back	3	---	-5.61
2:56.40Y 154	F # 86	Men 15-18 200 Breast	7	---	10.52
Kevin Seger (16) M					
1:59.58Y 376	F # 36	Men 15-18 200 Free	9	---	---
1:15.05Y 259	F # 40	Men 15-18 100 Breast	3	---	---
25.17Y 451	F # 44	Men 15-18 50 Free	15	---	---
1:04.16Y 305	F # 48	Men 15-18 100 Back	10	---	---
55.49Y 391	F # 78	Men 15-18 100 Free	14	---	---
2:19.72Y 289	F # 82	Men 15-18 200 Back	6	---	---
NS	F # 86	Men 15-18 200 Breast	---	---	---
Nicholas Silva (12) M					
NS	F # 4	Men 11-12 200 Free	---	---	---
NS	F # 46	Men 11-12 100 Back	---	---	---
1:11.38Y 176	F # 76	Men 11-12 100 Free	28	---	-3.63
40.05Y 85	F # 80	Men 11-12 50 Back	32	---	-6.32
1:27.22Y 279	F # 84	Men 11-12 100 Breast	13	---	0.76
1:22.61Y 127	F # 92	Men 11-12 100 IM	1	---	-0.78
Maximillian Smitham (17) M					
1:53.63Y 480	F # 36	Men 15-18 200 Free	1	---	-1.43
DQ	F # 40	Men 15-18 100 Breast	---	---	---
50.63Y 574	F # 78	Men 15-18 100 Free	1	---	---
Thomas Soregaroli (13) M					
5:38.56Y 441	F # 10	Men 13-14 500 Free	7	---	-4.29
2:08.42Y 398	F # 14	Men 13-14 200 Free	12	---	-4.54
28.34Y 378	F # 22	Men 13-14 50 Free	2	---	-0.14
1:08.01Y 362	F # 26	Men 13-14 100 Back	10	---	-0.93
2:27.27Y 366	F # 34	Men 13-14 200 IM	12	---	-4.35
1:00.50Y 374	F # 60	Men 13-14 100 Free	24	---	-0.87
2:26.11Y 378	F # 64	Men 13-14 200 Back	10	---	-1.29
2:59.72Y 241	F # 68	Men 13-14 200 Breast	16	---	-1.28

Individual Meet Results
2009 MR Metro Age Group Central 20-Mar-09 to 22-Mar-09 Yards - Hy-Tek Single Year Points
Sanction: MR-090305 Location: Bronx, New York
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Alexandra Sparrow (11) W					
39.69Y	443	F # 37 Women 11-12 50 Breast	9	---	-1.67
30.37Y	483	F # 41 Women 11-12 50 Free	12	---	-0.31
1:16.67Y	415	F # 45 Women 11-12 100 Back	13	---	-1.25
2:40.18Y	493	F # 53 Women 11-12 200 IM	7	---	-5.69
1:07.11Y	411	F # 75 Women 11-12 100 Free	18	---	-1.46
1:15.80Y	455	F # 87 Women 11-12 100 Fly	6	---	-3.28
1:15.72Y	459	F # 91 Women 11-12 100 IM	9	---	-2.02
6:42.54Y	291	F # 93 Women 11-12 500 Free	3	---	---
Emma Stern (11) W					
48.55Y	68	F # 37 Women 11-12 50 Breast	10	---	0.12
38.14Y	59	F # 41 Women 11-12 50 Free	25	---	-1.59
1:42.20Y	1	F # 45 Women 11-12 100 Back	19	---	-1.74
45.91Y	1	F # 49 Women 11-12 50 Fly	23	---	4.36
1:30.68Y	1	F # 75 Women 11-12 100 Free	46	---	-3.01
47.25Y	1	F # 79 Women 11-12 50 Back	30	---	0.80
1:44.22Y	88	F # 83 Women 11-12 100 Breast	10	---	-9.71
1:38.14Y	14	F # 91 Women 11-12 100 IM	24	---	1.63
Adele Sukhova (10) W					
1:25.13Y	111	F # 57 Women 9-10 100 Free	19	---	---
45.81Y	86	F # 61 Women 9-10 50 Back	12	---	---
1:52.73Y	100	F # 65 Women 9-10 100 Breast	3	---	---
1:40.15Y	85	F # 73 Women 9-10 100 IM	30	---	---
Whitney Sun (11) W					
2:25.31Y	389	F # 3 Women 11-12 200 Free	13	---	-6.13
39.96Y	429	F # 37 Women 11-12 50 Breast	17	---	-0.15
30.67Y	462	F # 41 Women 11-12 50 Free	16	---	-0.83
1:17.29Y	398	F # 45 Women 11-12 100 Back	17	---	-0.39
2:48.64Y	382	F # 53 Women 11-12 200 IM	16	---	-6.23
1:06.20Y	441	F # 75 Women 11-12 100 Free	13	---	-3.89
34.89Y	451	F # 79 Women 11-12 50 Back	5	---	-2.63
1:17.36Y	412	F # 91 Women 11-12 100 IM	17	---	---
6:31.54Y	351	F # 93 Women 11-12 500 Free	3	---	---
Dina Sutherland (13) W					
1:03.58Y	355	F # 59 Women 13-14 100 Free	19	---	-0.25
2:40.85Y	558	F # 67 Women 13-14 200 Breast	1	---	-2.89
Sarah Tanchuck (12) W					
53.70Y	1	F # 37 Women 11-12 50 Breast	21	---	-2.05
40.67Y	1	F # 41 Women 11-12 50 Free	33	---	-0.07
1:42.34Y	1	F # 45 Women 11-12 100 Back	20	---	1.68
52.05Y	1	F # 49 Women 11-12 50 Fly	31	---	0.19
1:30.18Y	1	F # 75 Women 11-12 100 Free	44	---	0.22
46.87Y	1	F # 79 Women 11-12 50 Back	28	---	1.18
2:03.85Y	1	F # 83 Women 11-12 100 Breast	22	---	5.92
1:42.43Y	1	F # 91 Women 11-12 100 IM	28	---	4.48

Individual Meet Results
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Sanction: MR-090305 Location: Bronx, New York
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Time	F/P/S	Event	Place	Points	Improv	
Lauren Tierney (12) W						
NS	F # 3	Women 11-12 200 Free	---	---	---	
Dylan VanManen (11) M						
29.25Y	572	F # 42	Men 11-12 50 Free	5	---	-0.38
1:13.44Y	522	F # 46	Men 11-12 100 Back	6	---	-1.36
33.79Y	435	F # 50	Men 11-12 50 Fly	13	---	0.65
2:38.34Y	498	F # 54	Men 11-12 200 IM	6	---	3.31
1:01.72Y	608	F # 76	Men 11-12 100 Free	3	---	-0.75
34.83Y	483	F # 80	Men 11-12 50 Back	5	---	0.32
1:12.24Y	539	F # 88	Men 11-12 100 Fly	2	---	-3.58
1:15.96Y	450	F # 92	Men 11-12 100 IM	6	---	1.45
Ryan VanManen (14) M						
5:29.53Y	425	F # 10	Men 13-14 500 Free	3	---	-5.55
2:04.62Y	386	F # 14	Men 13-14 200 Free	5	---	-2.37
26.99Y	400	F # 22	Men 13-14 50 Free	20	---	0.21
2:21.98Y	359	F # 34	Men 13-14 200 IM	7	---	0.54
58.84Y	348	F # 60	Men 13-14 100 Free	15	---	1.19
David Villani (9) M						
51.57Y	217	F # 16	Men 9-10 50 Breast	6	---	1.16
39.67Y	228	F # 20	Men 9-10 50 Free	15	---	2.89
1:33.19Y	317	F # 24	Men 9-10 100 Back	18	---	2.16
48.71Y	81	F # 28	Men 9-10 50 Fly	8	---	2.46
1:28.52Y	167	F # 58	Men 9-10 100 Free	23	---	6.09
1:55.21Y	192	F # 66	Men 9-10 100 Breast	4	---	1.99
1:49.92Y	DQ	F # 70	Men 9-10 100 Fly	---	---	---
1:41.62Y	146	F # 74	Men 9-10 100 IM	18	---	6.90
Fallon Wulff (11) W						
49.78Y	34	F # 37	Women 11-12 50 Breast	12	---	11.46
40.73Y	1	F # 41	Women 11-12 50 Free	34	---	-0.32
1:38.29Y	6	F # 45	Women 11-12 100 Back	14	---	-0.40
49.48Y	1	F # 49	Women 11-12 50 Fly	30	---	-4.66
Shannon Wulff (9) W						
1:02.29Y	1	F # 15	Women 9-10 50 Breast	34	---	1.65
50.62Y	1	F # 19	Women 9-10 50 Free	52	---	-2.92
1:49.78Y	DQ	F # 23	Women 9-10 100 Back	---	---	---
59.45Y	1	F # 27	Women 9-10 50 Fly	32	---	-11.23
Barry Yang (12) M						
41.51Y	202	F # 38	Men 11-12 50 Breast	13	---	-0.89
30.54Y	362	F # 42	Men 11-12 50 Free	18	---	0.05
1:31.62Y	4	F # 46	Men 11-12 100 Back	9	---	-3.45
36.54Y	179	F # 50	Men 11-12 50 Fly	19	---	0.33
1:09.63Y	221	F # 76	Men 11-12 100 Free	21	---	-1.96
40.39Y	73	F # 80	Men 11-12 50 Back	35	---	-0.77
1:30.66Y	23	F # 88	Men 11-12 100 Fly	2	---	-0.52
1:21.71Y	145	F # 92	Men 11-12 100 IM	19	---	-2.27

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Time	F/P/S	Event	Place	Points	Improv
Nathan Yang (10) M					
43.64Y	385	F # 16 Men 9-10 50 Breast	3	---	-1.88
38.13Y	189	F # 20 Men 9-10 50 Free	7	---	-1.33
1:29.94Y	255	F # 24 Men 9-10 100 Back	13	---	-10.98
41.77Y	184	F # 28 Men 9-10 50 Fly	11	---	-0.50
1:23.11Y	154	F # 58 Men 9-10 100 Free	5	---	-3.14
42.20Y	244	F # 62 Men 9-10 50 Back	18	---	-4.09
1:36.30Y	364	F # 66 Men 9-10 100 Breast	1	---	-0.05
1:32.00Y	219	F # 70 Men 9-10 100 Fly	5	---	-9.55
Michael Ziedalski (14) M					
26.89Y	408	F # 22 Men 13-14 50 Free	18	---	0.06
1:09.98Y	218	F # 26 Men 13-14 100 Back	14	---	0.52
1:07.50Y	259	F # 30 Men 13-14 100 Fly	6	---	-0.21
2:37.78Y	142	F # 34 Men 13-14 200 IM	19	---	3.18