

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points

Location: Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
Amanda Agostino (10) W					
3:00.42Y	119 F # 1	Women 10 & Under 200 Free	37	---	-0.20
3:07.26Y	312 F # 9	Women 10 & Under 200 IM	25	---	---
1:28.85Y	281 F # 41	Women 9-10 100 IM	30	---	-13.56
46.46Y	274 F # 51	Women 9-10 50 Breast	19	---	1.08
38.92Y	137 F # 61	Women 9-10 50 Free	52	---	0.62
39.69Y	326 F # 97	Women 9-10 50 Back	23	---	-0.79
1:36.45Y	373 F # 103	Women 9-10 100 Breast	15	---	-1.30
43.36Y	162 F # 107	Women 9-10 50 Fly	37	---	1.40
Alexa Aliprantis (15) W					
6:03.60Y	258 F # 7	Women 500 Free	22	---	1.46
2:34.20Y	310 F # 17	Women 200 IM	27	---	1.27
1:18.71Y	395 F # 21	Women 100 Breast	16	---	0.19
2:32.92Y	325 F # 33	Women 200 Back	24	---	-0.41
1:10.70Y	301 F # 37	400 Medley Relay Lead Off	---	---	2.18
2:49.09Y	418 F # 69	Women 200 Breast	6	4.5	0.65
1:14.87Y	192 F # 77	Women 100 Fly	24	---	1.33
1:11.57Y	274 F # 85	Women 100 Back	16	---	3.05
1:03.47Y	291 F # 89	400 Free Relay Lead Off	---	---	1.03
Ali Aly (10) M					
2:30.69Y	459 F # 2	Men 10 & Under 200 Free	3	8	-0.76
2:53.25Y	449 F # 10	Men 10 & Under 200 IM	5	6	0.53
1:22.13Y	410 F # 42	Men 9-10 100 IM	5	6	---
1:20.99Y	454 F # 48	Men 9-10 100 Back	6	5	-2.98
31.57Y	532 F # 62	Men 9-10 50 Free	3	8	-0.52
37.86Y	449 F # 98	Men 9-10 50 Back	6	5	-0.66
39.78Y	261 F # 108	Men 9-10 50 Fly	7	4	1.35
1:11.19Y	437 F # 114	Men 9-10 100 Free	5	6	-1.53
32.05Y	504 F # 118	200 Free Relay Lead Off	---	---	-0.04
MaryKate Amato (15) W					
NS	F # 7	Women 500 Free	---	---	---
Andriana Andriopoulos (12) W					
NS	F # 3	Women 11-12 200 Free	---	---	---
NS	F # 11	Women 11-12 200 IM	---	---	---
Jessica Arana (11) W					
2:10.68Y	646 F # 3	Women 11-12 200 Free	4	7	-0.02
2:28.72Y	660 F # 11	Women 11-12 200 IM	5	6	-2.15
1:19.56Y	610 F # 49	Women 11-12 100 Breast	7	4	-1.81
32.02Y	563 F # 57	Women 11-12 50 Fly	15	---	-1.11
1:01.96Y	591 F # 63	Women 11-12 100 Free	10	1	0.04
1:10.13Y	633 F # 93	Women 11-12 100 IM	11	---	-1.27
1:08.34Y	656 F # 109	Women 11-12 100 Fly	8	3	-2.23
28.79Y	596 F # 115	Women 11-12 50 Free	8	3	0.12
Christopher Arena (9) M					
2:51.22Y	347 F # 2	Men 10 & Under 200 Free	17	---	---

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Time	F/P/S	Event	Place	Points	Improv
3:06.81Y	DQ F # 10	Men 10 & Under 200 IM	---	---	---
1:31.12Y	359 F # 48	Men 9-10 100 Back	16	---	-1.52
45.56Y	449 F # 52	Men 9-10 50 Breast	12	---	-2.44
35.69Y	420 F # 62	Men 9-10 50 Free	22	---	-1.15
1:37.96Y	493 F # 104	Men 9-10 100 Breast	12	---	---
44.34Y	209 F # 108	Men 9-10 50 Fly	13	---	-5.28
1:20.11Y	346 F # 114	Men 9-10 100 Free	19	---	1.52
Saaïor Awon (12) M					
1:27.77Y	266 F # 50	Men 11-12 100 Breast	18	---	-7.14
33.97Y	309 F # 58	Men 11-12 50 Fly	21	---	---
1:08.55Y	251 F # 64	Men 11-12 100 Free	32	---	---
38.47Y	150 F # 68	200 Medley Relay Lead Off	---	---	0.47
1:15.94Y	280 F # 94	Men 11-12 100 IM	19	---	---
1:20.47Y	180 F # 100	Men 11-12 100 Back	15	---	-4.21
1:18.52Y	229 F # 110	Men 11-12 100 Fly	11	---	-0.96
31.11Y	326 F # 120	200 Free Relay Lead Off	---	---	-0.91
Jordan Bader (16) W					
5:52.73Y	311 F # 7	Women 500 Free	17	---	4.81
2:30.62Y	350 F # 17	Women 200 IM	24	---	2.42
1:23.11Y	257 F # 21	Women 100 Breast	24	---	0.96
2:31.14Y	347 F # 33	Women 200 Back	22	---	2.10
2:55.96Y	302 F # 69	Women 200 Breast	12	---	-2.83
1:10.29Y	306 F # 77	Women 100 Fly	13	---	2.46
1:13.44Y	213 F # 85	Women 100 Back	20	---	3.56
Katrina Bamba (12) W					
2:19.58Y	382 F # 3	Women 11-12 200 Free	16	---	-0.83
2:32.78Y	481 F # 11	Women 11-12 200 IM	11	---	2.44
1:19.81Y	493 F # 49	Women 11-12 100 Breast	8	3	-1.30
33.30Y	413 F # 57	Women 11-12 50 Fly	19	---	0.43
1:04.38Y	416 F # 63	Women 11-12 100 Free	24	---	0.49
32.33Y	523 F # 67	200 Medley Relay Lead Off	---	---	1.47
1:10.03Y	536 F # 93	Women 11-12 100 IM	10	1	-1.10
1:07.69Y	561 F # 99	Women 11-12 100 Back	3	8	0.31
38.15Y	434 F # 105	Women 11-12 50 Breast	9	2	-2.37
Ivan Bandovic (16) M					
2:17.83Y	356 F # 26	Men 200 Fly	16	---	4.14
54.03Y	451 F # 30	Men 100 Free	27	---	-0.26
2:14.91Y	366 F # 34	Men 200 Back	15	---	3.02
1:00.23Y	446 F # 38	400 Medley Relay Lead Off	---	---	-0.01
1:00.21Y	396 F # 78	Men 100 Fly	22	---	0.80
2:01.35Y	342 F # 82	Men 200 Free	22	---	3.43
1:00.58Y	433 F # 86	Men 100 Back	11	---	0.34
54.45Y	434 F # 90	400 Free Relay Lead Off	---	---	0.16
Conor Beil (10) M					
2:31.57Y	447 F # 2	Men 10 & Under 200 Free	4	7	-16.99

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Time	F/P/S	Event	Place	Points	Improv
2:47.27Y	522 F # 10	Men 10 & Under 200 IM	3	8	---
1:19.98Y	465 F # 42	Men 9-10 100 IM	4	7	-1.16
1:17.20Y	549 F # 48	Men 9-10 100 Back	1	11	0.31
33.52Y	422 F # 62	Men 9-10 50 Free	12	---	0.50
35.89Y	555 F # 98	Men 9-10 50 Back	3	8	-0.08
36.27Y	DQ F # 108	Men 9-10 50 Fly	---	---	---
1:11.18Y	437 F # 114	Men 9-10 100 Free	4	7	-0.31
Samara Bernstein (10) W					
1:35.53Y	155 F # 41	Women 9-10 100 IM	47	---	---
44.63Y	348 F # 51	Women 9-10 50 Breast	14	---	---
37.47Y	200 F # 61	Women 9-10 50 Free	43	---	---
45.90Y	83 F # 97	Women 9-10 50 Back	57	---	---
46.49Y	72 F # 107	Women 9-10 50 Fly	47	---	---
1:24.21Y	127 F # 113	Women 9-10 100 Free	48	---	---
Alyssa Blum (10) W					
2:25.27Y	537 F # 1	Women 10 & Under 200 Free	5	6	---
2:44.84Y	567 F # 9	Women 10 & Under 200 IM	7	4	0.32
1:17.19Y	563 F # 41	Women 9-10 100 IM	6	5	0.91
1:17.55Y	550 F # 55	Women 9-10 100 Fly	5	6	1.33
30.33Y	600 F # 61	Women 9-10 50 Free	3	8	0.83
36.40Y	500 F # 97	Women 9-10 50 Back	10	1	-0.61
33.42Y	610 F # 107	Women 9-10 50 Fly	6	5	0.62
1:07.03Y	558 F # 113	Women 9-10 100 Free	5	6	1.10
Adam Bouzourene (12) M					
NS	F # 4	Men 11-12 200 Free	---	---	---
NS	F # 12	Men 11-12 200 IM	---	---	---
1:37.25Y	1 F # 100	Men 11-12 100 Back	35	---	2.21
1:39.40Y	1 F # 110	Men 11-12 100 Fly	24	---	-1.92
34.49Y	131 F # 116	Men 11-12 50 Free	58	---	-0.19
Tarik Bouzourene (15) M					
26.20Y	420 F # 74	Men 50 Free	46	---	-0.63
2:06.32Y	314 F # 82	Men 200 Free	28	---	-6.05
1:09.81Y	179 F # 86	Men 100 Back	26	---	0.44
Jaime Boyko (13) W					
6:12.91Y	254 F # 5	Women 13-14 500 Free	20	---	-1.49
2:39.01Y	313 F # 19	Women 13-14 200 IM	24	---	1.59
1:13.01Y	311 F # 27	Women 13-14 100 Fly	19	---	1.10
2:18.52Y	294 F # 31	Women 13-14 200 Free	24	---	-1.58
1:25.79Y	251 F # 71	Women 13-14 100 Breast	20	---	-4.79
1:01.96Y	415 F # 83	Women 13-14 100 Free	18	---	-0.44
2:40.97Y	280 F # 87	Women 13-14 200 Back	18	---	1.15
Connor Brown (12) M					
2:23.60Y	289 F # 4	Men 11-12 200 Free	12	---	-3.55
2:46.13Y	247 F # 12	Men 11-12 200 IM	11	---	-8.42
36.70Y	235 F # 46	Men 11-12 50 Back	25	---	-2.38

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Time	F/P/S	Event	Place	Points	Improv
39.66Y 59	F # 58	Men 11-12 50 Fly	45	---	3.76
1:05.89Y 329	F # 64	Men 11-12 100 Free	22	---	-1.87
1:16.65Y 261	F # 94	Men 11-12 100 IM	22	---	-7.11
1:22.05Y 146	F # 100	Men 11-12 100 Back	16	---	0.46
32.48Y 242	F # 116	Men 11-12 50 Free	43	---	1.24
Kieran Brown (8) M					
2:09.91Y DQ	F # 44	Men 8 & Under 100 IM	---	---	---
1:07.58Y DQ	F # 54	Men 8 & Under 50 Fly	---	---	---
53.31Y 1	F # 60	Men 8 & Under 50 Free	35	---	3.44
51.18Y 48	F # 96	Men 8 & Under 50 Back	20	---	-3.02
1:05.32Y DQ	F # 102	Men 8 & Under 50 Breast	---	---	---
1:55.22Y 1	F # 112	Men 8 & Under 100 Free	31	---	6.31
Ryan Brown (10) M					
2:30.24Y 465	F # 2	Men 10 & Under 200 Free	2	9	-4.54
2:45.37Y 546	F # 10	Men 10 & Under 200 IM	2	9	-0.35
1:18.09Y 516	F # 42	Men 9-10 100 IM	2	9	-0.54
38.36Y 638	F # 52	Men 9-10 50 Breast	1	11	0.33
32.59Y 474	F # 62	Men 9-10 50 Free	6	5	1.19
1:23.82Y 630	F # 104	Men 9-10 100 Breast	1	11	-0.51
36.42Y 415	F # 108	Men 9-10 50 Fly	1	11	2.35
1:11.33Y 433	F # 114	Men 9-10 100 Free	6	5	1.86
Alexis Bush (9) W					
1:45.35Y 120	F # 41	Women 9-10 100 IM	63	---	---
1:40.61Y 201	F # 47	Women 9-10 100 Back	34	---	---
42.88Y 94	F # 61	Women 9-10 50 Free	72	---	0.58
Daniel Caceres (17) M					
5:42.89Y 238	F # 8	Men 500 Free	18	---	6.74
2:23.86Y 229	F # 18	Men 200 IM	38	---	-1.50
54.19Y 416	F # 30	Men 100 Free	29	---	0.80
2:31.31Y 119	F # 34	Men 200 Back	26	---	1.87
24.60Y 473	F # 74	Men 50 Free	25	---	0.24
59.65Y 391	F # 78	Men 100 Fly	20	---	-0.46
2:01.25Y 326	F # 82	Men 200 Free	21	---	0.64
Brendan Chan (13) M					
5:18.28Y 358	F # 14	Men 13-14 400 IM	11	---	---
2:31.18Y 307	F # 20	Men 13-14 200 IM	25	---	-0.36
2:46.40Y 403	F # 24	Men 13-14 200 Breast	12	---	1.97
1:12.39Y 207	F # 28	Men 13-14 100 Fly	27	---	1.32
1:17.27Y 372	F # 72	Men 13-14 100 Breast	16	---	0.42
2:45.63Y 152	F # 80	Men 13-14 200 Fly	10	1	---
2:32.46Y 284	F # 88	Men 13-14 200 Back	19	---	-1.17
Elizabeth Chang (14) W					
5:37.64Y 457	F # 5	Women 13-14 500 Free	5	6	---
5:14.58Y 424	F # 13	Women 13-14 400 IM	9	2	---
2:25.48Y 468	F # 19	Women 13-14 200 IM	7	4	1.73

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Time	F/P/S	Event	Place	Points	Improv
1:09.48Y	372 F # 27	Women 13-14 100 Fly	11	---	3.28
2:08.88Y	434 F # 31	Women 13-14 200 Free	7	4	2.35
2:34.82Y	360 F # 79	Women 13-14 200 Fly	5	6	8.91
59.87Y	462 F # 83	Women 13-14 100 Free	7	4	0.66
2:25.59Y	456 F # 87	Women 13-14 200 Back	7	4	-6.41
Linda Chang (16) W					
5:34.85Y	439 F # 7	Women 500 Free	6	5	---
56.59Y	556 F # 29	Women 100 Free	6	5	-0.02
2:25.96Y	424 F # 33	Women 200 Back	18	---	0.68
27.85Y	436 F # 73	Women 50 Free	16	---	2.07
2:21.36Y	184 F # 81	Women 200 Free	25	---	17.19
1:16.16Y	144 F # 85	Women 100 Back	30	---	8.92
Kimberly Chan (10) W					
2:50.39Y	211 F # 1	Women 10 & Under 200 Free	25	---	-36.49
1:26.56Y	330 F # 41	Women 9-10 100 IM	27	---	-6.36
1:30.76Y	225 F # 47	Women 9-10 100 Back	21	---	-3.82
36.56Y	243 F # 61	Women 9-10 50 Free	34	---	-0.77
1:43.98Y	235 F # 103	Women 9-10 100 Breast	27	---	-12.39
41.03Y	247 F # 107	Women 9-10 50 Fly	29	---	0.26
1:23.86Y	133 F # 113	Women 9-10 100 Free	43	---	-0.13
Hajin Choi (13) M					
5:16.85Y	607 F # 6	Men 13-14 500 Free	3	8	-0.71
4:56.79Y	521 F # 14	Men 13-14 400 IM	6	5	3.84
2:19.59Y	494 F # 20	Men 13-14 200 IM	12	---	2.35
1:56.40Y	644 F # 32	Men 13-14 200 Free	3	8	-4.18
1:05.56Y	445 F # 36	Men 13-14 100 Back	9	2	-0.17
25.12Y	636 F # 76	Men 13-14 50 Free	8	3	-0.40
54.50Y	617 F # 84	Men 13-14 100 Free	6	5	0.11
2:18.40Y	503 F # 88	Men 13-14 200 Back	6	5	-0.25
Danielle Cohen (7) W					
1:41.42Y	180 F # 43	Women 8 & Under 100 IM	10	1	-5.91
49.36Y	89 F # 53	Women 8 & Under 50 Fly	8	3	-3.05
44.58Y	42 F # 59	Women 8 & Under 50 Free	14	---	2.55
47.83Y	137 F # 95	Women 8 & Under 50 Back	15	---	-4.74
52.35Y	216 F # 101	Women 8 & Under 50 Breast	11	---	-5.22
1:29.13Y	150 F # 111	Women 8 & Under 100 Free	8	3	-4.16
Emanuel Cohen (10) M					
2:37.23Y	372 F # 2	Men 10 & Under 200 Free	8	3	-5.21
3:00.07Y	370 F # 10	Men 10 & Under 200 IM	10	1	-0.33
1:23.29Y	381 F # 42	Men 9-10 100 IM	8	3	-7.60
1:20.93Y	455 F # 48	Men 9-10 100 Back	5	6	1.30
1:30.87Y	238 F # 56	Men 9-10 100 Fly	5	6	-17.83
37.77Y	454 F # 66	200 Medley Relay Lead Off	---	---	0.52
Olivia Cohen (11) W					
2:24.57Y	400 F # 3	Women 11-12 200 Free	19	---	-3.92

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Time	F/P/S	Event	Place	Points	Improv
2:38.15Y	522 F # 11	Women 11-12 200 IM	15	---	-1.89
1:24.40Y	488 F # 49	Women 11-12 100 Breast	16	---	-0.56
35.24Y	376 F # 57	Women 11-12 50 Fly	29	---	0.22
1:09.15Y	347 F # 63	Women 11-12 100 Free	45	---	-0.45
1:17.21Y	416 F # 93	Women 11-12 100 IM	39	---	1.02
39.90Y	432 F # 105	Women 11-12 50 Breast	17	---	-0.16
1:17.49Y	412 F # 109	Women 11-12 100 Fly	27	---	-0.53
Bernadette Conway (9) W					
1:03.21Y	1 F # 97	Women 9-10 50 Back	86	---	-7.48
1:20.19Y	1 F # 107	Women 9-10 50 Fly	68	---	---
1:59.66Y	1 F # 113	Women 9-10 100 Free	86	---	-6.30
John Conway (13) M					
1:17.35Y	369 F # 72	Men 13-14 100 Breast	17	---	-1.42
28.17Y	391 F # 76	Men 13-14 50 Free	38	---	---
1:02.64Y	297 F # 84	Men 13-14 100 Free	40	---	0.41
Martin Conway (12) M					
1:19.43Y	DQ F # 94	Men 11-12 100 IM	---	---	---
1:29.56Y	35 F # 110	Men 11-12 100 Fly	20	---	---
31.40Y	308 F # 116	Men 11-12 50 Free	36	---	-0.83
Kim Corso (14) W					
2:44.97Y	192 F # 19	Women 13-14 200 IM	34	---	---
2:57.63Y	312 F # 23	Women 13-14 200 Breast	13	---	4.74
2:28.96Y	123 F # 31	Women 13-14 200 Free	46	---	4.60
1:20.51Y	352 F # 71	Women 13-14 100 Breast	10	1	3.90
30.82Y	248 F # 75	Women 13-14 50 Free	40	---	1.42
1:06.69Y	220 F # 83	Women 13-14 100 Free	42	---	1.25
Samantha Darling (9) W					
1:37.46Y	249 F # 41	Women 9-10 100 IM	51	---	-5.07
54.04Y	161 F # 51	Women 9-10 50 Breast	53	---	1.01
40.42Y	187 F # 61	Women 9-10 50 Free	58	---	0.96
48.18Y	126 F # 97	Women 9-10 50 Back	67	---	0.40
48.85Y	102 F # 107	Women 9-10 50 Fly	53	---	1.71
1:27.62Y	178 F # 113	Women 9-10 100 Free	60	---	-0.78
Philip Decker (13) M					
6:10.88Y	236 F # 6	Men 13-14 500 Free	18	---	-15.32
2:40.85Y	178 F # 20	Men 13-14 200 IM	36	---	---
2:17.20Y	250 F # 32	Men 13-14 200 Free	34	---	-0.08
1:19.00Y	71 F # 36	Men 13-14 100 Back	43	---	1.19
27.99Y	405 F # 76	Men 13-14 50 Free	35	---	0.37
1:02.55Y	300 F # 84	Men 13-14 100 Free	38	---	1.34
2:41.31Y	170 F # 88	Men 13-14 200 Back	26	---	---
Michaela DePhillips (8) W					
1:38.49Y	230 F # 43	Women 8 & Under 100 IM	8	3	0.69
59.29Y	1 F # 53	Women 8 & Under 50 Fly	16	---	11.54
39.29Y	237 F # 59	Women 8 & Under 50 Free	7	3	0.89

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47.28Y	155 F # 95	Women 8 & Under 50 Back	12	---	-2.62
51.61Y	241 F # 101	Women 8 & Under 50 Breast	8	3	1.79
1:29.27Y	148 F # 111	Women 8 & Under 100 Free	9	2	3.04
Stephanie DiPreta (15) W					
5:43.43Y	392 F # 7	Women 500 Free	10	1	10.81
5:27.26Y	323 F # 15	Women 400 IM	13	---	12.78
2:32.87Y	329 F # 17	Women 200 IM	25	---	1.22
2:33.62Y	352 F # 25	Women 200 Fly	14	---	4.20
2:28.97Y	382 F # 33	Women 200 Back	21	---	0.69
1:09.83Y	328 F # 37	400 Medley Relay Lead Off	---	---	-0.09
1:14.45Y	203 F # 77	Women 100 Fly	21	---	4.51
2:13.30Y	319 F # 81	Women 200 Free	14	---	6.71
1:10.75Y	299 F # 85	Women 100 Back	15	---	0.83
Addison Dolido (9) M					
1:48.83Y	54 F # 42	Men 9-10 100 IM	43	---	-1.65
53.62Y	151 F # 52	Men 9-10 50 Breast	30	---	0.38
42.59Y	106 F # 62	Men 9-10 50 Free	59	---	0.07
49.86Y	82 F # 98	Men 9-10 50 Back	45	---	-4.88
53.92Y	2 F # 108	Men 9-10 50 Fly	29	---	2.84
1:36.71Y	41 F # 114	Men 9-10 100 Free	51	---	1.56
Alexandra Dolido (12) W					
2:19.11Y	389 F # 3	Women 11-12 200 Free	15	---	-18.52
2:36.26Y	432 F # 11	Women 11-12 200 IM	13	---	-0.79
33.94Y	416 F # 45	Women 11-12 50 Back	14	---	-0.66
1:23.33Y	405 F # 49	Women 11-12 100 Breast	13	---	-0.49
30.90Y	560 F # 57	Women 11-12 50 Fly	7	4	0.27
1:12.56Y	457 F # 93	Women 11-12 100 IM	19	---	0.29
1:10.88Y	485 F # 109	Women 11-12 100 Fly	16	---	-1.49
28.64Y	522 F # 115	Women 11-12 50 Free	6	5	0.16
Neil Duggan (13) M					
3:08.82Y	1 F # 20	Men 13-14 200 IM	43	---	---
NS	F # 28	Men 13-14 100 Fly	---	---	---
1:35.93Y	1 F # 36	Men 13-14 100 Back	48	---	-2.65
1:36.47Y	DQ F # 72	Men 13-14 100 Breast	---	---	---
35.88Y	1 F # 76	Men 13-14 50 Free	63	---	-0.38
1:19.51Y	1 F # 84	Men 13-14 100 Free	61	---	-4.06
Ryan Earley (10) M					
1:34.99Y	143 F # 42	Men 9-10 100 IM	26	---	---
53.87Y	38 F # 52	Men 9-10 50 Breast	32	---	-0.06
37.89Y	200 F # 62	Men 9-10 50 Free	37	---	0.28
46.34Y	91 F # 98	Men 9-10 50 Back	38	---	-2.25
46.67Y	46 F # 108	Men 9-10 50 Fly	16	---	-2.47
1:28.99Y	55 F # 114	Men 9-10 100 Free	41	---	3.32
37.75Y	206 F # 118	200 Free Relay Lead Off	---	---	0.14

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points

Location: Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
Sean Earley (11) M					
38.75Y	265 F # 46	Men 11-12 50 Back	33	---	-1.10
39.84Y	135 F # 58	Men 11-12 50 Fly	46	---	0.07
1:11.71Y	291 F # 64	Men 11-12 100 Free	46	---	-1.80
1:22.73Y	268 F # 94	Men 11-12 100 IM	37	---	-2.60
43.20Y	279 F # 106	Men 11-12 50 Breast	26	---	-1.56
32.49Y	365 F # 116	Men 11-12 50 Free	44	---	0.18
Elizabeth Eastman (13) W					
5:50.19Y	402 F # 5	Women 13-14 500 Free	9	2	-23.29
5:02.12Y	565 F # 13	Women 13-14 400 IM	4	7	-15.24
2:29.07Y	460 F # 19	Women 13-14 200 IM	14	---	2.80
1:06.32Y	522 F # 27	Women 13-14 100 Fly	7	4	2.23
1:12.78Y	314 F # 35	Women 13-14 100 Back	25	---	-1.00
1:20.65Y	383 F # 71	Women 13-14 100 Breast	11	---	3.69
2:22.92Y	585 F # 79	Women 13-14 200 Fly	4	7	1.26
2:32.86Y	392 F # 87	Women 13-14 200 Back	11	---	-8.14
Juleen Elizee (17) W					
1:20.08Y	315 F # 21	Women 100 Breast	19	---	1.32
1:02.81Y	296 F # 29	Women 100 Free	39	---	0.90
2:39.74Y	221 F # 33	Women 200 Back	34	---	---
29.46Y	299 F # 73	Women 50 Free	32	---	0.82
1:13.68Y	196 F # 77	Women 100 Fly	20	---	3.01
2:16.61Y	254 F # 81	Women 200 Free	17	---	-1.21
1:03.51Y	272 F # 89	400 Free Relay Lead Off	---	---	1.60
Sarah Exposito (15) W					
2:35.47Y	292 F # 17	Women 200 IM	29	---	4.01
1:04.06Y	271 F # 29	Women 100 Free	45	---	0.67
2:33.69Y	315 F # 33	Women 200 Back	26	---	-1.61
1:07.47Y	411 F # 77	Women 100 Fly	11	---	1.39
2:21.15Y	196 F # 81	Women 200 Free	24	---	3.92
1:12.74Y	240 F # 85	Women 100 Back	19	---	0.79
Jasmine Ferrer (10) W					
1:44.19Y	38 F # 41	Women 9-10 100 IM	61	---	---
1:49.14Y	1 F # 47	Women 9-10 100 Back	44	---	-12.39
42.07Y	30 F # 61	Women 9-10 50 Free	66	---	-0.10
Victoria Filardi (15) W					
2:39.89Y	233 F # 17	Women 200 IM	37	---	2.53
1:24.58Y	242 F # 21	Women 100 Breast	28	---	3.29
2:43.67Y	185 F # 33	Women 200 Back	41	---	1.04
3:03.95Y	240 F # 69	Women 200 Breast	14	---	7.27
1:19.18Y	89 F # 77	Women 100 Fly	29	---	---
1:18.10Y	107 F # 85	Women 100 Back	33	---	---
Daniel Finnegan (13) M					
5:37.59Y	448 F # 6	Men 13-14 500 Free	9	2	-16.33
2:30.98Y	309 F # 20	Men 13-14 200 IM	24	---	0.88

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
2:07.58Y	414 F # 32	Men 13-14 200 Free	18	---	-1.76
1:10.43Y	286 F # 36	Men 13-14 100 Back	20	---	0.42
1:20.36Y	DQ F # 72	Men 13-14 100 Breast	---	---	---
28.16Y	392 F # 76	Men 13-14 50 Free	37	---	-0.22
2:28.13Y	347 F # 88	Men 13-14 200 Back	16	---	-1.17
Matthew Finnegan (13) M					
5:48.86Y	371 F # 6	Men 13-14 500 Free	13	---	-3.98
2:32.41Y	289 F # 20	Men 13-14 200 IM	30	---	0.76
1:15.67Y	124 F # 28	Men 13-14 100 Fly	33	---	-1.34
2:10.69Y	357 F # 32	Men 13-14 200 Free	25	---	1.51
28.12Y	395 F # 76	Men 13-14 50 Free	36	---	0.75
1:00.43Y	376 F # 84	Men 13-14 100 Free	28	---	-0.23
2:38.11Y	209 F # 88	Men 13-14 200 Back	24	---	-0.87
Alexa Fucile (9) W					
1:35.99Y	277 F # 41	Women 9-10 100 IM	48	---	-1.65
50.28Y	288 F # 51	Women 9-10 50 Breast	43	---	-0.79
39.80Y	214 F # 61	Women 9-10 50 Free	56	---	0.69
DQ	F # 103	Women 9-10 100 Breast	---	---	---
50.30Y	67 F # 107	Women 9-10 50 Fly	57	---	-0.69
1:27.33Y	183 F # 113	Women 9-10 100 Free	58	---	1.16
Samantha Gallego (9) W					
1:48.25Y	82 F # 41	Women 9-10 100 IM	66	---	---
1:48.87Y	79 F # 47	Women 9-10 100 Back	43	---	---
45.60Y	18 F # 61	Women 9-10 50 Free	78	---	-1.02
Olivia Garvey (9) W					
1:37.07Y	256 F # 41	Women 9-10 100 IM	50	---	-4.03
51.34Y	250 F # 51	Women 9-10 50 Breast	46	---	-0.52
38.16Y	289 F # 61	Women 9-10 50 Free	47	---	1.50
43.50Y	301 F # 97	Women 9-10 50 Back	46	---	-0.46
40.99Y	375 F # 107	Women 9-10 50 Fly	28	---	-3.68
1:25.52Y	219 F # 113	Women 9-10 100 Free	51	---	-1.25
Michaela Gawley (12) W					
46.76Y	1 F # 45	Women 11-12 50 Back	81	---	-9.25
49.58Y	1 F # 57	Women 11-12 50 Fly	69	---	-2.62
1:33.23Y	1 F # 63	Women 11-12 100 Free	90	---	-0.02
1:38.21Y	1 F # 93	Women 11-12 100 IM	72	---	-8.49
50.07Y	1 F # 105	Women 11-12 50 Breast	45	---	-0.92
40.57Y	1 F # 115	Women 11-12 50 Free	74	---	-1.60
Caroline Germano (11) W					
2:33.85Y	266 F # 3	Women 11-12 200 Free	31	---	-1.22
2:49.61Y	370 F # 11	Women 11-12 200 IM	27	---	-1.45
38.83Y	230 F # 45	Women 11-12 50 Back	50	---	0.56
39.84Y	155 F # 57	Women 11-12 50 Fly	51	---	1.05
1:12.09Y	262 F # 63	Women 11-12 100 Free	58	---	-0.40
1:22.13Y	287 F # 93	Women 11-12 100 IM	53	---	-0.29

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points

Location: Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
1:20.32Y	318 F # 99	Women 11-12 100 Back	34	---	-1.70
1:27.10Y	197 F # 109	Women 11-12 100 Fly	36	---	1.79
George Germano (8) M					
1:50.54Y	38 F # 44	Men 8 & Under 100 IM	14	---	1.72
59.48Y	1 F # 54	Men 8 & Under 50 Fly	19	---	3.60
45.92Y	4 F # 60	Men 8 & Under 50 Free	27	---	5.72
51.03Y	52 F # 96	Men 8 & Under 50 Back	19	---	0.62
58.03Y	39 F # 102	Men 8 & Under 50 Breast	18	---	-1.54
1:37.74Y	30 F # 112	Men 8 & Under 100 Free	16	---	1.71
Kerry Giovanniello (12) W					
2:11.83Y	516 F # 3	Women 11-12 200 Free	5	6	-1.58
2:37.20Y	419 F # 11	Women 11-12 200 IM	14	---	-2.45
34.66Y	371 F # 45	Women 11-12 50 Back	24	---	-0.72
34.10Y	367 F # 57	Women 11-12 50 Fly	22	---	-0.18
1:01.14Y	531 F # 63	Women 11-12 100 Free	5	6	-1.23
1:13.64Y	379 F # 99	Women 11-12 100 Back	20	---	-0.57
1:17.00Y	327 F # 109	Women 11-12 100 Fly	26	---	-1.15
28.68Y	519 F # 115	Women 11-12 50 Free	7	4	-0.51
Michael Giovanniello (15) M					
2:42.14Y	60 F # 18	Men 200 IM	50	---	0.20
1:33.56Y	1 F # 22	Men 100 Breast	40	---	0.65
1:00.60Y	247 F # 30	Men 100 Free	52	---	-1.44
28.65Y	232 F # 74	Men 50 Free	60	---	0.34
1:22.27Y	1 F # 78	Men 100 Fly	46	---	3.43
2:14.12Y	188 F # 82	Men 200 Free	36	---	0.48
Sarah Greco (13) W					
6:16.24Y	235 F # 5	Women 13-14 500 Free	22	---	---
2:39.47Y	306 F # 19	Women 13-14 200 IM	27	---	0.35
3:08.75Y	216 F # 23	Women 13-14 200 Breast	20	---	-0.36
2:20.62Y	261 F # 31	Women 13-14 200 Free	31	---	1.80
1:26.39Y	237 F # 71	Women 13-14 100 Breast	22	---	2.91
29.38Y	403 F # 75	Women 13-14 50 Free	28	---	0.29
1:03.71Y	351 F # 83	Women 13-14 100 Free	23	---	0.30
Michael Gregorace (8) M					
2:44.47Y	428 F # 2	Men 10 & Under 200 Free	13	---	---
2:56.13Y	554 F # 10	Men 10 & Under 200 IM	6	5	-7.07
1:23.52Y	522 F # 44	Men 8 & Under 100 IM	1	11	-7.84
38.59Y	449 F # 54	Men 8 & Under 50 Fly	2	9	-0.34
34.50Y	483 F # 60	Men 8 & Under 50 Free	4	7	-0.79
43.91Y	293 F # 66	200 Medley Relay Lead Off	---	---	1.08
41.57Y	396 F # 96	Men 8 & Under 50 Back	5	6	-1.26
45.22Y	463 F # 102	Men 8 & Under 50 Breast	2	9	0.05
1:16.38Y	439 F # 112	Men 8 & Under 100 Free	3	8	-2.49
Sophia Gregorace (6) W					
1:53.35Y	29 F # 43	Women 8 & Under 100 IM	16	---	-7.17

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
58.70Y	1 F # 53	Women 8 & Under 50 Fly	15	---	-2.96
47.93Y	1 F # 59	Women 8 & Under 50 Free	23	---	-0.15
51.67Y	37 F # 95	Women 8 & Under 50 Back	20	---	0.39
57.96Y	56 F # 101	Women 8 & Under 50 Breast	21	---	-4.20
1:42.61Y	1 F # 111	Women 8 & Under 100 Free	15	---	-4.06
Zoe Gregorace (12) W					
2:11.97Y	514 F # 3	Women 11-12 200 Free	6	5	0.59
2:24.71Y	602 F # 11	Women 11-12 200 IM	3	8	0.61
34.91Y	355 F # 45	Women 11-12 50 Back	28	---	0.69
1:13.37Y	666 F # 49	Women 11-12 100 Breast	2	9	0.42
1:01.61Y	513 F # 63	Women 11-12 100 Free	9	2	-0.10
1:08.20Y	597 F # 93	Women 11-12 100 IM	4	7	1.01
1:11.93Y	429 F # 99	Women 11-12 100 Back	13	---	-0.58
1:06.61Y	606 F # 109	Women 11-12 100 Fly	3	8	0.47
Joseph Guglielmo (11) M					
2:37.68Y	237 F # 4	Men 11-12 200 Free	22	---	---
3:00.86Y	219 F # 12	Men 11-12 200 IM	19	---	-8.44
41.65Y	134 F # 46	Men 11-12 50 Back	48	---	-0.95
41.45Y	78 F # 58	Men 11-12 50 Fly	51	---	-5.10
1:11.55Y	296 F # 64	Men 11-12 100 Free	45	---	-2.70
1:24.46Y	227 F # 94	Men 11-12 100 IM	45	---	---
1:31.00Y	105 F # 100	Men 11-12 100 Back	27	---	---
32.50Y	365 F # 116	Men 11-12 50 Free	45	---	-0.20
Delaney Hall (12) M					
2:21.56Y	318 F # 4	Men 11-12 200 Free	8	3	-9.42
2:37.89Y	350 F # 12	Men 11-12 200 IM	8	3	-6.33
1:21.18Y	423 F # 50	Men 11-12 100 Breast	9	2	0.64
33.90Y	313 F # 58	Men 11-12 50 Fly	20	---	0.43
1:06.49Y	311 F # 64	Men 11-12 100 Free	24	---	-2.77
1:14.25Y	326 F # 94	Men 11-12 100 IM	13	---	0.36
37.60Y	396 F # 106	Men 11-12 50 Breast	11	---	0.82
30.08Y	392 F # 116	Men 11-12 50 Free	21	---	0.19
Julia Hall (12) W					
2:15.30Y	454 F # 3	Women 11-12 200 Free	12	---	-1.77
2:28.06Y	551 F # 11	Women 11-12 200 IM	4	7	-5.80
1:19.31Y	506 F # 49	Women 11-12 100 Breast	6	5	-3.08
30.88Y	561 F # 57	Women 11-12 50 Fly	5	5.5	-1.20
1:03.34Y	451 F # 63	Women 11-12 100 Free	18	---	0.21
32.92Y	483 F # 67	200 Medley Relay Lead Off	---	---	-0.12
1:10.90Y	508 F # 93	Women 11-12 100 IM	13	---	-0.85
37.91Y	447 F # 105	Women 11-12 50 Breast	6	5	-1.20
1:08.45Y	552 F # 109	Women 11-12 100 Fly	10	1	0.64
Cara Heaney (8) W					
1:47.63Y	89 F # 43	Women 8 & Under 100 IM	12	---	-5.18
59.56Y	1 F # 53	Women 8 & Under 50 Fly	18	---	1.36

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
43.41Y	76 F # 59	Women 8 & Under 50 Free	11	---	0.94
50.84Y	54 F # 95	Women 8 & Under 50 Back	17	---	-5.25
52.20Y	221 F # 101	Women 8 & Under 50 Breast	10	1	-1.32
1:39.52Y	16 F # 111	Women 8 & Under 100 Free	14	---	1.51
Finola Heaney (10) W					
2:29.54Y	472 F # 1	Women 10 & Under 200 Free	8	3	-7.75
2:50.62Y	496 F # 9	Women 10 & Under 200 IM	11	---	-4.44
1:19.60Y	499 F # 41	Women 9-10 100 IM	12	---	-2.94
1:17.32Y	535 F # 47	Women 9-10 100 Back	5	6	-1.45
31.93Y	499 F # 61	Women 9-10 50 Free	9	2	-0.22
35.17Y	572 F # 65	200 Medley Relay Lead Off	---	---	-0.67
34.82Y	593 F # 97	Women 9-10 50 Back	6	5	-1.02
34.44Y	554 F # 107	Women 9-10 50 Fly	8	3	-1.88
1:10.07Y	465 F # 113	Women 9-10 100 Free	9	2	-1.31
Alec Huang (11) M					
2:32.06Y	309 F # 4	Men 11-12 200 Free	20	---	---
3:01.64Y	211 F # 12	Men 11-12 200 IM	20	---	-0.23
38.01Y	303 F # 46	Men 11-12 50 Back	29	---	1.30
1:32.20Y	320 F # 50	Men 11-12 100 Breast	24	---	-4.33
35.75Y	324 F # 58	Men 11-12 50 Fly	31	---	-0.58
1:20.38Y	326 F # 94	Men 11-12 100 IM	26	---	-3.64
1:23.86Y	249 F # 100	Men 11-12 100 Back	20	---	-2.34
1:21.12Y	311 F # 110	Men 11-12 100 Fly	13	---	-6.41
Eric Hu (15) M					
6:15.71Y	112 F # 8	Men 500 Free	23	---	---
2:38.56Y	92 F # 18	Men 200 IM	49	---	---
1:24.52Y	63 F # 22	Men 100 Breast	36	---	---
1:01.41Y	220 F # 30	Men 100 Free	59	---	---
28.26Y	260 F # 74	Men 50 Free	55	---	---
1:11.05Y	111 F # 78	Men 100 Fly	40	---	---
1:14.18Y	73 F # 86	Men 100 Back	29	---	---
Christina Interrante (12) W					
3:12.77Y	DQ F # 11	Women 11-12 200 IM	---	---	---
37.44Y	216 F # 45	Women 11-12 50 Back	40	---	-1.86
39.88Y	96 F # 57	Women 11-12 50 Fly	52	---	---
1:14.05Y	142 F # 63	Women 11-12 100 Free	62	---	---
1:28.22Y	86 F # 93	Women 11-12 100 IM	62	---	---
1:29.86Y	68 F # 109	Women 11-12 100 Fly	37	---	---
33.01Y	233 F # 115	Women 11-12 50 Free	46	---	-1.15
Jasmine Jiang (14) W					
6:13.44Y	220 F # 5	Women 13-14 500 Free	21	---	-8.68
2:39.14Y	265 F # 19	Women 13-14 200 IM	25	---	0.39
2:19.33Y	251 F # 31	Women 13-14 200 Free	29	---	0.55
1:16.85Y	154 F # 35	Women 13-14 100 Back	35	---	4.70
28.97Y	381 F # 75	Women 13-14 50 Free	21	---	0.40

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
1:04.50Y	290 F # 83	Women 13-14 100 Free	29	---	1.96
2:41.74Y	228 F # 87	Women 13-14 200 Back	19	---	5.21
Raushan Kadirov (15) M					
2:34.99Y	129 F # 18	Men 200 IM	47	---	-1.31
1:16.93Y	235 F # 22	Men 100 Breast	25	---	-0.93
58.26Y	331 F # 30	Men 100 Free	48	---	0.71
1:11.51Y	134 F # 38	400 Medley Relay Lead Off	---	---	-1.35
2:52.05Y	203 F # 70	Men 200 Breast	21	---	0.01
25.28Y	496 F # 74	Men 50 Free	37	---	-0.24
1:10.55Y	159 F # 86	Men 100 Back	27	---	-2.31
Sanjay Kalra (12) M					
40.54Y	68 F # 46	Men 11-12 50 Back	43	---	-1.94
38.27Y	107 F # 58	Men 11-12 50 Fly	40	---	-2.18
1:18.19Y	38 F # 64	Men 11-12 100 Free	61	---	-4.89
Bogdan Kaminyar (10) M					
2:45.84Y	269 F # 2	Men 10 & Under 200 Free	14	---	-3.28
3:14.17Y	228 F # 10	Men 10 & Under 200 IM	14	---	2.70
1:27.96Y	275 F # 42	Men 9-10 100 IM	16	---	-23.18
52.96Y	DQ F # 52	Men 9-10 50 Breast	---	---	---
1:30.66Y	242 F # 56	Men 9-10 100 Fly	4	7	---
Madeline Kang (9) W					
2:37.39Y	526 F # 1	Women 10 & Under 200 Free	14	---	---
3:05.03Y	475 F # 9	Women 10 & Under 200 IM	23	---	---
Brooke Kaplan (11) W					
2:36.89Y	227 F # 3	Women 11-12 200 Free	35	---	-7.19
2:56.63Y	287 F # 11	Women 11-12 200 IM	31	---	-14.15
39.51Y	197 F # 45	Women 11-12 50 Back	56	---	0.27
39.41Y	173 F # 57	Women 11-12 50 Fly	47	---	-0.83
1:11.51Y	278 F # 63	Women 11-12 100 Free	53	---	-2.42
1:19.51Y	353 F # 93	Women 11-12 100 IM	48	---	-3.59
41.43Y	355 F # 105	Women 11-12 50 Breast	23	---	-0.21
32.72Y	329 F # 115	Women 11-12 50 Free	44	---	-0.13
Paige Kaplan (11) W					
2:15.89Y	548 F # 3	Women 11-12 200 Free	13	---	0.50
2:29.00Y	656 F # 11	Women 11-12 200 IM	7	4	-2.67
34.35Y	485 F # 45	Women 11-12 50 Back	19	---	-0.73
1:17.52Y	663 F # 49	Women 11-12 100 Breast	5	6	-0.35
31.56Y	592 F # 57	Women 11-12 50 Fly	11	---	-0.40
1:09.51Y	653 F # 93	Women 11-12 100 IM	7	4	-2.08
1:11.39Y	571 F # 99	Women 11-12 100 Back	10	1	-1.99
1:08.97Y	638 F # 109	Women 11-12 100 Fly	12	---	-2.31
Stephanie Kaplan (9) W					
2:39.35Y	498 F # 1	Women 10 & Under 200 Free	15	---	-4.85
2:49.20Y	660 F # 9	Women 10 & Under 200 IM	10	1	-21.60
1:18.86Y	678 F # 41	Women 9-10 100 IM	11	---	-4.22

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points

Location: Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
39.56Y	744 F # 51	Women 9-10 50 Breast	3	8	-1.43
33.04Y	566 F # 61	Women 9-10 50 Free	15	---	-0.82
39.80Y	478 F # 97	Women 9-10 50 Back	24	---	-3.51
1:26.18Y	757 F # 103	Women 9-10 100 Breast	3	7.5	-3.32
1:11.55Y	573 F # 113	Women 9-10 100 Free	15	---	-4.36
33.00Y	569 F # 117	200 Free Relay Lead Off	---	---	-0.86
Adam Kapusta (8) M					
1:31.07Y	342 F # 44	Men 8 & Under 100 IM	5	6	---
42.82Y	265 F # 54	Men 8 & Under 50 Fly	4	7	-0.31
37.66Y	322 F # 60	Men 8 & Under 50 Free	5	6	-0.11
40.77Y	434 F # 96	Men 8 & Under 50 Back	4	7	-4.35
52.61Y	183 F # 102	Men 8 & Under 50 Breast	11	---	-10.05
1:22.32Y	295 F # 112	Men 8 & Under 100 Free	5	6	2.02
Rebecca Karcher (15) W					
2:49.87Y	119 F # 17	Women 200 IM	45	---	-2.36
1:08.63Y	136 F # 29	Women 100 Free	60	---	3.26
2:51.77Y	97 F # 33	Women 200 Back	45	---	6.63
30.05Y	273 F # 73	Women 50 Free	38	---	0.56
2:33.35Y	60 F # 81	Women 200 Free	34	---	2.59
1:18.53Y	98 F # 85	Women 100 Back	34	---	4.00
Catherine Kilgallen (10) W					
2:50.21Y	212 F # 1	Women 10 & Under 200 Free	24	---	---
3:02.96Y	357 F # 9	Women 10 & Under 200 IM	19	---	3.46
42.71Y	193 F # 97	Women 9-10 50 Back	39	---	-0.22
41.08Y	245 F # 107	Women 9-10 50 Fly	30	---	0.85
1:15.62Y	313 F # 113	Women 9-10 100 Free	25	---	0.57
Kristen Kilgallen (8) W					
1:54.58Y	DQ F # 43	Women 8 & Under 100 IM	---	---	---
59.66Y	1 F # 53	Women 8 & Under 50 Fly	19	---	0.89
48.31Y	1 F # 59	Women 8 & Under 50 Free	25	---	0.88
54.43Y	1 F # 95	Women 8 & Under 50 Back	24	---	0.54
59.86Y	18 F # 101	Women 8 & Under 50 Breast	24	---	0.90
1:45.75Y	1 F # 111	Women 8 & Under 100 Free	18	---	-0.70
Ashley Kisielewicz (9) W					
1:58.00Y	DQ F # 41	Women 9-10 100 IM	---	---	---
2:08.83Y	DQ F # 47	Women 9-10 100 Back	---	---	---
47.02Y	1 F # 61	Women 9-10 50 Free	83	---	-2.31
Genna Kranis (13) W					
5:37.97Y	494 F # 5	Women 13-14 500 Free	6	5	-16.79
2:30.06Y	445 F # 19	Women 13-14 200 IM	16	---	-0.29
1:07.68Y	477 F # 27	Women 13-14 100 Fly	9	2	0.65
2:08.80Y	471 F # 31	Women 13-14 200 Free	6	5	0.79
1:22.19Y	342 F # 71	Women 13-14 100 Breast	15	---	0.13
28.57Y	466 F # 75	Women 13-14 50 Free	16	---	0.60
1:00.71Y	464 F # 83	Women 13-14 100 Free	13	---	0.62

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Brandon Kraut (14) M					
5:24.84Y	460 F # 6	Men 13-14 500 Free	5	6	---
4:52.13Y	459 F # 14	Men 13-14 400 IM	5	6	4.02
2:21.71Y	364 F # 20	Men 13-14 200 IM	15	---	5.79
2:42.50Y	391 F # 24	Men 13-14 200 Breast	9	2	1.75
2:06.58Y	349 F # 32	Men 13-14 200 Free	17	---	5.56
1:03.14Y	441 F # 40	400 Medley Relay Lead Off	---	---	2.44
26.16Y	467 F # 76	Men 13-14 50 Free	19	---	0.51
2:32.11Y	230 F # 80	Men 13-14 200 Fly	7	4	---
57.60Y	395 F # 84	Men 13-14 100 Free	17	---	1.47
Rachel Lana (11) W					
2:52.70Y	73 F # 3	Women 11-12 200 Free	40	---	-10.09
3:15.66Y	104 F # 11	Women 11-12 200 IM	38	---	-26.01
42.10Y	93 F # 45	Women 11-12 50 Back	65	---	-2.42
42.54Y	59 F # 57	Women 11-12 50 Fly	58	---	-0.87
1:22.50Y	45 F # 63	Women 11-12 100 Free	81	---	-0.24
1:32.20Y	85 F # 93	Women 11-12 100 IM	66	---	---
1:29.33Y	122 F # 99	Women 11-12 100 Back	46	---	-5.61
37.69Y	76 F # 115	Women 11-12 50 Free	69	---	-0.48
Richard Law (12) M					
2:25.16Y	267 F # 4	Men 11-12 200 Free	13	---	-2.89
2:49.17Y	212 F # 12	Men 11-12 200 IM	14	---	1.71
39.47Y	107 F # 46	Men 11-12 50 Back	41	---	0.47
1:34.99Y	123 F # 50	Men 11-12 100 Breast	30	---	1.16
1:09.76Y	218 F # 64	Men 11-12 100 Free	38	---	0.86
1:22.20Y	135 F # 94	Men 11-12 100 IM	35	---	2.93
1:25.35Y	95 F # 110	Men 11-12 100 Fly	18	---	0.58
32.65Y	232 F # 116	Men 11-12 50 Free	46	---	0.36
Rose Lee (14) W					
6:44.16Y	82 F # 5	Women 13-14 500 Free	32	---	---
2:46.02Y	180 F # 19	Women 13-14 200 IM	37	---	---
1:16.42Y	174 F # 27	Women 13-14 100 Fly	23	---	---
1:11.18Y	310 F # 35	Women 13-14 100 Back	21	---	1.45
28.50Y	417 F # 75	Women 13-14 50 Free	14	---	-0.77
1:04.10Y	304 F # 83	Women 13-14 100 Free	27	---	-1.27
2:37.46Y	284 F # 87	Women 13-14 200 Back	16	---	-0.77
Stefanie Lehner (13) W					
5:38.66Y	489 F # 5	Women 13-14 500 Free	8	3	-2.90
4:58.32Y	595 F # 13	Women 13-14 400 IM	3	8	4.70
2:20.26Y	608 F # 19	Women 13-14 200 IM	3	8	1.32
1:04.04Y	601 F # 27	Women 13-14 100 Fly	2	9	0.30
2:11.42Y	420 F # 31	Women 13-14 200 Free	13	---	3.56
2:20.35Y	624 F # 79	Women 13-14 200 Fly	3	8	-3.00
1:00.08Y	490 F # 83	Women 13-14 100 Free	9	2	1.57
2:26.67Y	484 F # 87	Women 13-14 200 Back	8	3	-2.24

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Zachary Leng (8) M					
2:46.90Y	398 F # 2	Men 10 & Under 200 Free	16	---	-29.77
3:04.19Y	460 F # 10	Men 10 & Under 200 IM	12	---	0.76
1:24.38Y	500 F # 44	Men 8 & Under 100 IM	3	8	-9.85
37.13Y	521 F # 54	Men 8 & Under 50 Fly	1	11	-1.03
32.56Y	588 F # 60	Men 8 & Under 50 Free	1	11	-1.29
38.24Y	561 F # 96	Men 8 & Under 50 Back	2	9	-1.87
48.43Y	332 F # 102	Men 8 & Under 50 Breast	6	5	0.40
1:14.68Y	483 F # 112	Men 8 & Under 100 Free	2	9	-2.89
Maryann Lennon (10) W					
2:22.28Y	585 F # 1	Women 10 & Under 200 Free	2	9	-5.53
2:37.65Y	660 F # 9	Women 10 & Under 200 IM	3	8	-0.55
1:15.07Y	622 F # 41	Women 9-10 100 IM	3	8	-2.91
40.74Y	522 F # 51	Women 9-10 50 Breast	7	4	-0.70
1:11.81Y	690 F # 55	Women 9-10 100 Fly	2	9	2.07
34.29Y	626 F # 97	Women 9-10 50 Back	5	6	-0.29
1:27.43Y	559 F # 103	Women 9-10 100 Breast	5	6	-0.55
33.23Y	621 F # 107	Women 9-10 50 Fly	5	6	0.56
Alexandra Leonardo (13) W					
6:08.03Y	283 F # 5	Women 13-14 500 Free	18	---	---
1:30.89Y	138 F # 71	Women 13-14 100 Breast	30	---	1.65
31.96Y	223 F # 75	Women 13-14 50 Free	47	---	1.14
2:41.42Y	322 F # 79	Women 13-14 200 Fly	6	5	7.33
Pamela Leon (11) W					
2:37.07Y	225 F # 3	Women 11-12 200 Free	36	---	-31.73
3:01.02Y	239 F # 11	Women 11-12 200 IM	34	---	-0.98
39.21Y	211 F # 45	Women 11-12 50 Back	52	---	-1.83
36.90Y	289 F # 57	Women 11-12 50 Fly	42	---	-1.45
1:12.52Y	251 F # 63	Women 11-12 100 Free	60	---	-2.15
50.27Y	23 F # 105	Women 11-12 50 Breast	47	---	-1.38
1:25.17Y	237 F # 109	Women 11-12 100 Fly	35	---	-10.19
34.22Y	241 F # 115	Women 11-12 50 Free	49	---	-0.24
Diane Li (13) W					
1:15.64Y	525 F # 71	Women 13-14 100 Breast	3	8	0.85
32.17Y	210 F # 75	Women 13-14 50 Free	50	---	0.51
2:44.91Y	230 F # 87	Women 13-14 200 Back	22	---	---
Kenneth LI (14) M					
2:16.27Y	456 F # 20	Men 13-14 200 IM	7	4	-6.74
2:02.44Y	428 F # 32	Men 13-14 200 Free	11	---	-5.49
1:03.48Y	429 F # 36	Men 13-14 100 Back	5	6	-0.19
1:05.00Y	376 F # 40	400 Medley Relay Lead Off	---	---	1.33
1:13.31Y	402 F # 72	Men 13-14 100 Breast	8	3	1.21
25.09Y	556 F # 76	Men 13-14 50 Free	7	4	0.17
2:32.35Y	227 F # 80	Men 13-14 200 Fly	8	3	---
55.50Y	481 F # 92	400 Free Relay Lead Off	---	---	0.42

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points

Location: Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
Katlyn Lizzio (7) W					
2:08.94Y	DQ	F # 43 Women 8 & Under 100 IM	---	---	---
	NS	F # 53 Women 8 & Under 50 Fly	---	---	---
50.25Y	1	F # 59 Women 8 & Under 50 Free	30	---	2.35
52.28Y	25	F # 95 Women 8 & Under 50 Back	21	---	-3.59
57.52Y	66	F # 101 Women 8 & Under 50 Breast	20	---	1.59
1:55.80Y	1	F # 111 Women 8 & Under 100 Free	28	---	0.95
Colleen Logan (17) W					
5:37.08Y	421	F # 7 Women 500 Free	8	3	13.73
5:13.38Y	402	F # 15 Women 400 IM	8	3	8.80
Gabriella Lucchese (9) W					
1:46.96Y	98	F # 41 Women 9-10 100 IM	65	---	-8.08
51.85Y	232	F # 51 Women 9-10 50 Breast	48	---	-8.26
42.43Y	109	F # 61 Women 9-10 50 Free	70	---	-1.32
48.04Y	130	F # 97 Women 9-10 50 Back	66	---	-6.04
58.49Y	1	F # 107 Women 9-10 50 Fly	66	---	-1.19
1:32.53Y	95	F # 113 Women 9-10 100 Free	69	---	-2.97
Geyanne Lui (13) W					
5:58.55Y	344	F # 5 Women 13-14 500 Free	14	---	---
5:04.80Y	544	F # 13 Women 13-14 400 IM	6	5	-5.48
2:25.90Y	512	F # 19 Women 13-14 200 IM	8	3	0.66
2:44.79Y	505	F # 23 Women 13-14 200 Breast	3	8	0.12
1:08.76Y	443	F # 35 Women 13-14 100 Back	13	---	1.70
1:06.97Y	505	F # 39 400 Medley Relay Lead Off	---	---	-0.09
1:16.86Y	489	F # 71 Women 13-14 100 Breast	5	6	-0.51
27.65Y	541	F # 75 Women 13-14 50 Free	7	4	-0.15
2:21.06Y	573	F # 87 Women 13-14 200 Back	3	8	-1.69
1:00.72Y	464	F # 91 400 Free Relay Lead Off	---	---	-0.66
Sarah Maley (12) W					
2:52.26Y	29	F # 3 Women 11-12 200 Free	39	---	---
3:18.12Y	22	F # 11 Women 11-12 200 IM	39	---	-11.44
42.03Y	39	F # 45 Women 11-12 50 Back	64	---	-1.17
45.42Y	1	F # 57 Women 11-12 50 Fly	63	---	-3.09
1:19.80Y	38	F # 63 Women 11-12 100 Free	75	---	-1.25
1:33.30Y	20	F # 93 Women 11-12 100 IM	67	---	-6.37
48.97Y	6	F # 105 Women 11-12 50 Breast	44	---	-1.00
36.77Y	54	F # 115 Women 11-12 50 Free	63	---	-0.48
Matthew Manfre (10) M					
2:41.60Y	318	F # 2 Men 10 & Under 200 Free	9	2	-1.01
3:02.25Y	346	F # 10 Men 10 & Under 200 IM	11	---	2.06
1:24.64Y	349	F # 42 Men 9-10 100 IM	11	---	-3.29
42.45Y	438	F # 52 Men 9-10 50 Breast	6	5	-1.84
34.34Y	378	F # 62 Men 9-10 50 Free	18	---	-0.19
42.01Y	252	F # 66 200 Medley Relay Lead Off	---	---	1.63
39.95Y	345	F # 98 Men 9-10 50 Back	13	---	-0.43

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points

Location: Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
1:32.68Y	437 F # 104	Men 9-10 100 Breast	6	5	-0.43
44.03Y	111 F # 108	Men 9-10 50 Fly	11	---	0.50
34.11Y	390 F # 118	200 Free Relay Lead Off	---	---	-0.42
Victoria Manfre (13) W					
6:24.17Y	193 F # 5	Women 13-14 500 Free	27	---	-19.40
2:46.83Y	212 F # 19	Women 13-14 200 IM	38	---	-1.73
2:24.25Y	208 F # 31	Women 13-14 200 Free	39	---	-2.12
1:19.59Y	135 F # 35	Women 13-14 100 Back	44	---	-0.26
1:31.14Y	133 F # 71	Women 13-14 100 Breast	31	---	-0.25
30.70Y	307 F # 75	Women 13-14 50 Free	37	---	0.13
1:06.68Y	251 F # 83	Women 13-14 100 Free	41	---	0.27
Celine Manigbas (10) W					
3:09.38Y	58 F # 1	Women 10 & Under 200 Free	40	---	---
DQ	F # 9	Women 10 & Under 200 IM	---	---	---
1:30.25Y	252 F # 41	Women 9-10 100 IM	34	---	---
47.67Y	228 F # 51	Women 9-10 50 Breast	27	---	-5.75
38.51Y	154 F # 61	Women 9-10 50 Free	48	---	-2.67
42.16Y	215 F # 97	Women 9-10 50 Back	34	---	-2.93
40.67Y	261 F # 107	Women 9-10 50 Fly	27	---	-6.20
1:28.24Y	63 F # 113	Women 9-10 100 Free	62	---	-0.13
Timothy Marski (8) M					
1:33.03Y	DQ F # 44	Men 8 & Under 100 IM	---	---	---
45.44Y	172 F # 54	Men 8 & Under 50 Fly	6	5	-2.99
39.61Y	230 F # 60	Men 8 & Under 50 Free	7	4	0.91
45.11Y	244 F # 96	Men 8 & Under 50 Back	7	4	0.58
48.14Y	343 F # 102	Men 8 & Under 50 Breast	5	6	-1.71
1:29.39Y	151 F # 112	Men 8 & Under 100 Free	8	3	1.65
Bryan McNally (11) M					
2:50.39Y	104 F # 4	Men 11-12 200 Free	28	---	---
3:16.16Y	84 F # 12	Men 11-12 200 IM	23	---	---
41.39Y	144 F # 46	Men 11-12 50 Back	47	---	-0.54
37.72Y	225 F # 58	Men 11-12 50 Fly	38	---	-2.09
1:16.90Y	161 F # 64	Men 11-12 100 Free	59	---	-2.74
1:32.07Y	84 F # 94	Men 11-12 100 IM	55	---	-5.98
51.12Y	13 F # 106	Men 11-12 50 Breast	44	---	-1.73
34.93Y	225 F # 116	Men 11-12 50 Free	60	---	-2.40
Lauren McNally (9) W					
2:40.97Y	476 F # 1	Women 10 & Under 200 Free	19	---	---
2:51.87Y	627 F # 9	Women 10 & Under 200 IM	13	---	-1.39
1:20.60Y	631 F # 41	Women 9-10 100 IM	14	---	-3.04
1:22.73Y	579 F # 47	Women 9-10 100 Back	12	---	-3.50
1:24.10Y	545 F # 55	Women 9-10 100 Fly	8	3	-1.42
37.83Y	584 F # 97	Women 9-10 50 Back	17	---	-1.59
37.01Y	559 F # 107	Women 9-10 50 Fly	15	---	-1.02
1:13.99Y	502 F # 113	Women 9-10 100 Free	24	---	-1.33

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Jeffrey McNeary (11) M					
2:20.05Y	488 F # 4	Men 11-12 200 Free	7	4	-22.02
2:34.00Y	562 F # 12	Men 11-12 200 IM	6	5	-0.72
32.50Y	632 F # 46	Men 11-12 50 Back	9	2	-0.08
1:24.97Y	487 F # 50	Men 11-12 100 Breast	15	---	1.54
1:03.54Y	545 F # 64	Men 11-12 100 Free	12	---	-0.21
1:11.98Y	575 F # 94	Men 11-12 100 IM	8	3	-0.84
39.57Y	458 F # 106	Men 11-12 50 Breast	17	---	0.39
28.51Y	622 F # 116	Men 11-12 50 Free	13	---	-0.18
29.04Y	586 F # 120	200 Free Relay Lead Off	---	---	0.35
Kara McNelis (13) W					
2:58.40Y	91 F # 19	Women 13-14 200 IM	51	---	0.68
2:35.08Y	83 F # 31	Women 13-14 200 Free	53	---	-2.74
1:22.62Y	74 F # 35	Women 13-14 100 Back	53	---	2.74
32.10Y	214 F # 75	Women 13-14 50 Free	48	---	-1.26
1:11.29Y	123 F # 83	Women 13-14 100 Free	51	---	-1.68
2:51.75Y	150 F # 87	Women 13-14 200 Back	29	---	---
Joanna McNulty (8) W					
1:49.90Y	63 F # 43	Women 8 & Under 100 IM	15	---	---
1:04.01Y	1 F # 53	Women 8 & Under 50 Fly	21	---	6.66
45.87Y	13 F # 59	Women 8 & Under 50 Free	20	---	-1.41
46.86Y	169 F # 95	Women 8 & Under 50 Back	10	1	-3.01
50.55Y	278 F # 101	Women 8 & Under 50 Breast	5	6	-1.53
1:42.92Y	1 F # 111	Women 8 & Under 100 Free	16	---	3.74
Dana Mirro (13) W					
2:56.00Y	113 F # 19	Women 13-14 200 IM	48	---	5.64
2:33.81Y	95 F # 31	Women 13-14 200 Free	52	---	4.38
1:22.56Y	75 F # 35	Women 13-14 100 Back	52	---	0.32
32.14Y	212 F # 75	Women 13-14 50 Free	49	---	0.90
1:10.86Y	134 F # 83	Women 13-14 100 Free	48	---	2.36
2:54.18Y	125 F # 87	Women 13-14 200 Back	30	---	-1.58
Bridget Moody (14) W					
5:51.84Y	353 F # 5	Women 13-14 500 Free	11	---	-4.72
2:37.58Y	286 F # 19	Women 13-14 200 IM	21	---	3.59
2:13.39Y	350 F # 31	Women 13-14 200 Free	16	---	1.72
1:18.87Y	109 F # 35	Women 13-14 100 Back	43	---	3.86
28.73Y	399 F # 75	Women 13-14 50 Free	17	---	-0.35
1:02.11Y	375 F # 83	Women 13-14 100 Free	19	---	0.42
2:38.92Y	264 F # 87	Women 13-14 200 Back	17	---	-0.11
Jack Mulderrig (16) M					
5:20.12Y	413 F # 8	Men 500 Free	8	3	-11.14
2:14.63Y	384 F # 18	Men 200 IM	23	---	-1.76
1:11.82Y	353 F # 22	Men 100 Breast	16	---	-0.54
2:24.40Y	256 F # 26	Men 200 Fly	21	---	-0.77
2:32.36Y	443 F # 70	Men 200 Breast	11	---	-2.66

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points**Location: Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
1:02.86Y	301 F # 78	Men 100 Fly	30	---	-1.06
2:00.98Y	349 F # 82	Men 200 Free	19	---	-0.42
Nicholas Mu (12) M					
2:07.26Y	555 F # 4	Men 11-12 200 Free	2	9	-0.95
5:02.44Y	620 F # 16	Men 400 IM	14	---	-5.96
31.21Y	569 F # 46	Men 11-12 50 Back	5	6	0.31
30.13Y	549 F # 58	Men 11-12 50 Fly	5	6	0.42
1:00.20Y	519 F # 64	Men 11-12 100 Free	7	4	0.38
30.82Y	596 F # 68	200 Medley Relay Lead Off	---	---	-0.08
1:05.85Y	588 F # 100	Men 11-12 100 Back	2	9	0.35
36.39Y	465 F # 106	Men 11-12 50 Breast	6	5	-0.52
27.84Y	545 F # 116	Men 11-12 50 Free	7	4	0.07
Jasmine Nakkab (12) W					
2:12.63Y	501 F # 3	Women 11-12 200 Free	8	3	-3.15
2:33.94Y	465 F # 11	Women 11-12 200 IM	12	---	-12.65
33.00Y	477 F # 45	Women 11-12 50 Back	10	1	0.01
31.63Y	514 F # 57	Women 11-12 50 Fly	12	---	-0.39
1:02.07Y	497 F # 63	Women 11-12 100 Free	12	---	0.01
33.43Y	449 F # 67	200 Medley Relay Lead Off	---	---	0.44
1:11.28Y	496 F # 93	Women 11-12 100 IM	15	---	-0.64
38.07Y	438 F # 105	Women 11-12 50 Breast	8	3	-0.17
1:10.20Y	503 F # 109	Women 11-12 100 Fly	14	---	-1.83
28.66Y	520 F # 119	200 Free Relay Lead Off	---	---	0.02
Renee Nakkab (9) W					
2:56.53Y	284 F # 1	Women 10 & Under 200 Free	34	---	---
3:10.63Y	415 F # 9	Women 10 & Under 200 IM	27	---	---
1:29.36Y	416 F # 41	Women 9-10 100 IM	32	---	-2.83
1:31.40Y	378 F # 47	Women 9-10 100 Back	23	---	-4.76
1:37.56Y	285 F # 55	Women 9-10 100 Fly	13	---	-4.81
42.16Y	362 F # 97	Women 9-10 50 Back	34	---	-0.02
1:41.34Y	450 F # 103	Women 9-10 100 Breast	22	---	-7.31
1:21.80Y	301 F # 113	Women 9-10 100 Free	40	---	1.29
Bridget O'Shaughnessy (9) W					
1:34.70Y	302 F # 41	Women 9-10 100 IM	45	---	---
47.74Y	384 F # 51	Women 9-10 50 Breast	28	---	-1.38
39.42Y	231 F # 61	Women 9-10 50 Free	53	---	-0.81
45.63Y	214 F # 97	Women 9-10 50 Back	56	---	-5.54
NS	F # 107	Women 9-10 50 Fly	---	---	---
1:26.42Y	201 F # 113	Women 9-10 100 Free	55	---	-10.76
Richard Pak (13) M					
2:20.69Y	474 F # 18	Men 200 IM	33	---	-1.25
1:01.40Y	573 F # 28	Men 13-14 100 Fly	10	1	-1.38
2:07.94Y	407 F # 32	Men 13-14 200 Free	19	---	-0.33
1:16.98Y	380 F # 72	Men 13-14 100 Breast	14	---	-4.00
26.47Y	524 F # 76	Men 13-14 50 Free	20	---	0.47

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points

Location: Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
2:22.55Y	434 F # 88	Men 13-14 200 Back	10	1	-4.82
Jay Park (15) M					
NS	F # 8	Men 500 Free	---	---	---
2:10.40Y	510 F # 26	Men 200 Fly	8	3	4.41
52.17Y	585 F # 30	Men 100 Free	14	---	1.06
2:15.36Y	409 F # 34	Men 200 Back	16	---	2.28
24.52Y	562 F # 74	Men 50 Free	24	---	0.55
58.12Y	536 F # 78	Men 100 Fly	12	---	0.38
1:53.58Y	570 F # 82	Men 200 Free	8	3	-0.79
Horace Patrick (16) M					
2:21.26Y	276 F # 18	Men 200 IM	34	---	-4.27
1:06.21Y	534 F # 22	Men 100 Breast	6	5	-2.00
1:00.62Y	202 F # 30	Men 100 Free	53	---	0.95
2:26.21Y	532 F # 70	Men 200 Breast	5	6	-6.83
NS	F # 74	Men 50 Free	---	---	---
1:02.99Y	297 F # 78	Men 100 Fly	32	---	1.83
Trudiann Patrick (13) W					
5:37.38Y	499 F # 5	Women 13-14 500 Free	4	7	-23.43
5:02.16Y	564 F # 13	Women 13-14 400 IM	5	6	---
2:27.78Y	481 F # 19	Women 13-14 200 IM	11	---	0.23
2:51.65Y	416 F # 23	Women 13-14 200 Breast	6	4.5	8.13
1:14.84Y	259 F # 27	Women 13-14 100 Fly	21	---	8.91
1:14.55Y	557 F # 71	Women 13-14 100 Breast	1	11	0.52
26.57Y	634 F # 75	Women 13-14 50 Free	3	8	-0.24
59.05Y	532 F # 83	Women 13-14 100 Free	4	7	-1.67
58.61Y	551 F # 91	400 Free Relay Lead Off	---	---	-2.11
Giorgia Piantanida (10) W					
2:22.53Y	581 F # 1	Women 10 & Under 200 Free	3	8	0.45
2:34.80Y	699 F # 9	Women 10 & Under 200 IM	1	11	-2.88
1:15.24Y	617 F # 41	Women 9-10 100 IM	5	6	-1.86
1:13.93Y	627 F # 47	Women 9-10 100 Back	3	8	---
31.03Y	555 F # 61	Women 9-10 50 Free	5	6	-0.65
34.54Y	610 F # 65	200 Medley Relay Lead Off	---	---	-0.78
33.93Y	648 F # 97	Women 9-10 50 Back	3	8	-1.39
33.95Y	581 F # 107	Women 9-10 50 Fly	7	4	-1.15
1:07.50Y	543 F # 113	Women 9-10 100 Free	6	5	-2.06
Olivia Plansker (9) W					
3:01.26Y	235 F # 1	Women 10 & Under 200 Free	38	---	---
3:28.18Y	247 F # 9	Women 10 & Under 200 IM	34	---	---
1:36.06Y	275 F # 41	Women 9-10 100 IM	49	---	-1.77
1:34.88Y	307 F # 47	Women 9-10 100 Back	27	---	-7.15
36.13Y	392 F # 61	Women 9-10 50 Free	31	---	-0.02
49.27Y	94 F # 65	200 Medley Relay Lead Off	---	---	2.11
43.60Y	297 F # 97	Women 9-10 50 Back	47	---	-3.56
49.64Y	82 F # 107	Women 9-10 50 Fly	55	---	-0.28

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
1:21.75Y	302 F # 113	Women 9-10 100 Free	39	---	1.85
Julia Pusateri (10) W					
2:52.98Y	185 F # 1	Women 10 & Under 200 Free	28	---	-6.21
3:08.95Y	295 F # 9	Women 10 & Under 200 IM	26	---	5.16
1:26.86Y	323 F # 41	Women 9-10 100 IM	28	---	-11.16
1:30.95Y	221 F # 47	Women 9-10 100 Back	22	---	-1.96
41.21Y	500 F # 51	Women 9-10 50 Breast	8	3	-0.27
1:32.74Y	447 F # 103	Women 9-10 100 Breast	9	1.5	-0.80
39.50Y	310 F # 107	Women 9-10 50 Fly	22	---	1.00
1:20.35Y	202 F # 113	Women 9-10 100 Free	33	---	-2.89
34.78Y	335 F # 117	200 Free Relay Lead Off	---	---	0.89
Lisa Quick (13) W					
6:27.13Y	178 F # 5	Women 13-14 500 Free	28	---	---
2:57.44Y	100 F # 19	Women 13-14 200 IM	49	---	9.17
1:29.22Y	1 F # 27	Women 13-14 100 Fly	34	---	5.82
1:19.74Y	132 F # 35	Women 13-14 100 Back	45	---	2.61
1:29.78Y	161 F # 71	Women 13-14 100 Breast	27	---	-0.05
31.59Y	247 F # 75	Women 13-14 50 Free	46	---	0.61
2:49.23Y	178 F # 87	Women 13-14 200 Back	28	---	5.16
Jasmine Rashid (12) W					
2:24.18Y	311 F # 3	Women 11-12 200 Free	18	---	5.62
2:40.58Y	374 F # 11	Women 11-12 200 IM	16	---	6.86
32.29Y	526 F # 45	Women 11-12 50 Back	5	6	0.93
1:25.85Y	345 F # 49	Women 11-12 100 Breast	18	---	1.39
1:07.17Y	325 F # 63	Women 11-12 100 Free	37	---	4.08
1:15.70Y	365 F # 93	Women 11-12 100 IM	29	---	3.97
1:13.52Y	382 F # 99	Women 11-12 100 Back	19	---	5.82
30.20Y	411 F # 115	Women 11-12 50 Free	22	---	1.15
29.95Y	428 F # 119	200 Free Relay Lead Off	---	---	0.90
Isabel Ren (12) W					
2:27.21Y	268 F # 3	Women 11-12 200 Free	25	---	-16.15
2:46.69Y	297 F # 11	Women 11-12 200 IM	24	---	-10.26
1:16.73Y	337 F # 93	Women 11-12 100 IM	34	---	0.50
1:14.09Y	366 F # 99	Women 11-12 100 Back	23	---	-0.49
41.33Y	273 F # 105	Women 11-12 50 Breast	22	---	1.25
Amelia Ricketts (13) W					
6:31.99Y	155 F # 5	Women 13-14 500 Free	30	---	-12.55
1:22.38Y	78 F # 27	Women 13-14 100 Fly	29	---	2.45
2:27.33Y	167 F # 31	Women 13-14 200 Free	44	---	3.97
1:20.36Y	118 F # 35	Women 13-14 100 Back	46	---	2.65
30.40Y	DQ F # 75	Women 13-14 50 Free	---	---	---
1:05.58Y	286 F # 83	Women 13-14 100 Free	34	---	-1.12
2:47.43Y	199 F # 87	Women 13-14 200 Back	26	---	---
Daveen Rim (12) M					
3:11.42Y	1 F # 4	Men 11-12 200 Free	30	---	---

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
3:19.75Y	1 F # 12	Men 11-12 200 IM	24	---	-22.58
42.80Y	DQ F # 46	Men 11-12 50 Back	---	---	---
42.29Y	3 F # 58	Men 11-12 50 Fly	54	---	---
1:22.16Y	1 F # 64	Men 11-12 100 Free	65	---	---
1:28.80Y	33 F # 94	Men 11-12 100 IM	53	---	---
44.63Y	80 F # 106	Men 11-12 50 Breast	33	---	---
37.71Y	1 F # 116	Men 11-12 50 Free	66	---	-2.61
Tristan Robinson (10) M					
3:02.51Y	110 F # 2	Men 10 & Under 200 Free	22	---	---
3:15.34Y	217 F # 10	Men 10 & Under 200 IM	15	---	---
John Rotolo (12) M					
2:31.52Y	186 F # 4	Men 11-12 200 Free	18	---	-11.38
2:49.97Y	204 F # 12	Men 11-12 200 IM	16	---	---
NS	F # 50	Men 11-12 100 Breast	---	---	---
NS	F # 58	Men 11-12 50 Fly	---	---	---
NS	F # 64	Men 11-12 100 Free	---	---	---
1:20.45Y	171 F # 94	Men 11-12 100 IM	27	---	-0.80
1:23.92Y	109 F # 100	Men 11-12 100 Back	21	---	---
1:25.29Y	96 F # 110	Men 11-12 100 Fly	17	---	---
Meaghan Rush (13) W					
2:44.58Y	DQ F # 17	Women 200 IM	---	---	---
3:17.65Y	126 F # 23	Women 13-14 200 Breast	23	---	---
2:25.20Y	195 F # 31	Women 13-14 200 Free	42	---	7.87
Kyle Sanders (14) W					
6:08.28Y	249 F # 5	Women 13-14 500 Free	19	---	-9.25
2:36.64Y	299 F # 19	Women 13-14 200 IM	19	---	4.28
1:13.00Y	266 F # 27	Women 13-14 100 Fly	18	---	-3.53
1:08.40Y	399 F # 35	Women 13-14 100 Back	12	---	1.05
27.96Y	460 F # 75	Women 13-14 50 Free	9	2	0.41
1:01.02Y	417 F # 83	Women 13-14 100 Free	14	---	1.10
2:34.81Y	320 F # 87	Women 13-14 200 Back	14	---	5.12
Max Scalandre (7) M					
DQ	F # 44	Men 8 & Under 100 IM	---	---	---
49.12Y	72 F # 54	Men 8 & Under 50 Fly	9	2	-7.39
44.53Y	39 F # 60	Men 8 & Under 50 Free	20	---	1.23
47.78Y	146 F # 96	Men 8 & Under 50 Back	13	---	-1.50
47.95Y	350 F # 102	Men 8 & Under 50 Breast	4	7	-0.48
1:37.48Y	33 F # 112	Men 8 & Under 100 Free	15	---	-4.15
John Schlichte (10) M					
1:34.65Y	148 F # 42	Men 9-10 100 IM	24	---	---
1:32.10Y	DQ F # 48	Men 9-10 100 Back	---	---	---
34.87Y	350 F # 62	Men 9-10 50 Free	19	---	0.17
Lindsay Schlichte (13) W					
5:38.51Y	490 F # 5	Women 13-14 500 Free	7	4	-5.26
5:44.61Y	268 F # 13	Women 13-14 400 IM	14	---	---

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
2:39.61Y	304 F # 19	Women 13-14 200 IM	28	---	1.22
1:17.11Y	198 F # 27	Women 13-14 100 Fly	24	---	1.59
2:14.79Y	358 F # 31	Women 13-14 200 Free	17	---	2.33
29.22Y	415 F # 75	Women 13-14 50 Free	26	---	0.37
1:02.89Y	381 F # 83	Women 13-14 100 Free	21	---	0.03
2:43.70Y	245 F # 87	Women 13-14 200 Back	20	---	3.25
Jake Schwartz (15) M					
5:32.98Y	355 F # 8	Men 500 Free	14	---	-25.04
1:14.90Y	290 F # 22	Men 100 Breast	19	---	-6.72
54.95Y	463 F # 30	Men 100 Free	32	---	-0.21
NS	F # 34	Men 200 Back	---	---	---
24.48Y	565 F # 74	Men 50 Free	22	---	-0.27
2:04.01Y	356 F # 82	Men 200 Free	26	---	1.30
1:05.08Y	323 F # 86	Men 100 Back	20	---	1.04
56.09Y	416 F # 90	400 Free Relay Lead Off	---	---	0.93
Benjamin Shanley (15) M					
5:13.93Y	495 F # 8	Men 500 Free	7	4	-3.89
4:45.45Y	462 F # 16	Men 400 IM	9	2	-5.78
2:12.81Y	458 F # 18	Men 200 IM	17	---	0.36
1:08.22Y	496 F # 22	Men 100 Breast	11	---	1.45
52.97Y	549 F # 30	Men 100 Free	20	---	0.53
2:35.35Y	417 F # 70	Men 200 Breast	14	---	9.14
24.51Y	563 F # 74	Men 50 Free	23	---	0.51
1:54.73Y	545 F # 82	Men 200 Free	11	---	-0.48
Kelly Shanley (17) W					
5:34.63Y	440 F # 7	Women 500 Free	5	6	14.30
5:13.58Y	401 F # 15	Women 400 IM	9	2	9.01
Adrian Silva (16) M					
4:41.20Y	450 F # 16	Men 400 IM	7	4	---
55.71Y	576 F # 78	Men 100 Fly	3	8	1.21
1:55.03Y	469 F # 82	Men 200 Free	12	---	0.17
1:02.16Y	375 F # 86	Men 100 Back	16	---	---
Nicholas Silva (12) M					
2:38.45Y	112 F # 4	Men 11-12 200 Free	23	---	---
3:00.75Y	101 F # 12	Men 11-12 200 IM	18	---	-7.73
34.78Y	265 F # 58	Men 11-12 50 Fly	26	---	-1.84
1:16.20Y	71 F # 64	Men 11-12 100 Free	58	---	-1.85
1:23.39Y	112 F # 94	Men 11-12 100 IM	40	---	---
1:35.36Y	1 F # 100	Men 11-12 100 Back	33	---	-1.26
34.39Y	136 F # 116	Men 11-12 50 Free	57	---	0.47
Allegra Sodi (10) W					
2:41.04Y	316 F # 1	Women 10 & Under 200 Free	20	---	-13.12
3:05.16Y	334 F # 9	Women 10 & Under 200 IM	24	---	-5.18
1:24.10Y	387 F # 41	Women 9-10 100 IM	23	---	-1.53
42.56Y	438 F # 51	Women 9-10 50 Breast	9	2	0.87

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
34.90Y	328 F # 61	Women 9-10 50 Free	24	---	-0.94
39.90Y	316 F # 97	Women 9-10 50 Back	25	---	0.36
1:32.74Y	447 F # 103	Women 9-10 100 Breast	9	1.5	0.74
1:16.83Y	283 F # 113	Women 9-10 100 Free	28	---	-0.01
Luca Sodi (8) M					
1:54.24Y	11 F # 44	Men 8 & Under 100 IM	19	---	---
1:01.21Y	1 F # 54	Men 8 & Under 50 Fly	20	---	-1.76
45.22Y	20 F # 60	Men 8 & Under 50 Free	24	---	-1.71
51.42Y	DQ F # 96	Men 8 & Under 50 Back	---	---	---
57.16Y	58 F # 102	Men 8 & Under 50 Breast	16	---	2.20
1:50.06Y	1 F # 112	Men 8 & Under 100 Free	28	---	4.39
Thomas Soregaroli (13) M					
5:45.96Y	390 F # 6	Men 13-14 500 Free	12	---	-61.22
3:01.84Y	217 F # 24	Men 13-14 200 Breast	18	---	-11.49
2:13.97Y	301 F # 32	Men 13-14 200 Free	31	---	-0.64
1:10.41Y	287 F # 36	Men 13-14 100 Back	19	---	-2.74
28.56Y	362 F # 76	Men 13-14 50 Free	41	---	-0.42
1:02.13Y	315 F # 84	Men 13-14 100 Free	35	---	-0.55
2:28.32Y	344 F # 88	Men 13-14 200 Back	17	---	-4.76
Alexandra Sparrow (11) W					
2:36.05Y	238 F # 3	Women 11-12 200 Free	34	---	-1.65
2:45.87Y	418 F # 11	Women 11-12 200 IM	22	---	-5.23
37.58Y	294 F # 45	Women 11-12 50 Back	41	---	2.15
1:30.38Y	349 F # 49	Women 11-12 100 Breast	26	---	-1.70
1:11.34Y	283 F # 63	Women 11-12 100 Free	52	---	2.67
1:18.34Y	385 F # 93	Women 11-12 100 IM	42	---	-2.25
1:20.52Y	339 F # 109	Women 11-12 100 Fly	31	---	1.44
30.70Y	460 F # 115	Women 11-12 50 Free	28	---	0.02
Emma Stern (11) W					
3:23.93Y	1 F # 3	Women 11-12 200 Free	44	---	---
3:30.38Y	16 F # 11	Women 11-12 200 IM	40	---	-15.10
46.45Y	1 F # 45	Women 11-12 50 Back	79	---	-0.44
47.22Y	1 F # 57	Women 11-12 50 Fly	67	---	-0.33
1:40.40Y	1 F # 63	Women 11-12 100 Free	95	---	6.58
1:39.95Y	3 F # 93	Women 11-12 100 IM	75	---	3.44
1:43.94Y	1 F # 99	Women 11-12 100 Back	55	---	-0.59
45.08Y	1 F # 115	Women 11-12 50 Free	78	---	3.93
Isaac Suh (11) M					
51.07Y	1 F # 46	Men 11-12 50 Back	63	---	-1.38
1:04.73Y	DQ F # 58	Men 11-12 50 Fly	---	---	---
1:37.99Y	1 F # 64	Men 11-12 100 Free	79	---	-7.62
1:53.66Y	1 F # 94	Men 11-12 100 IM	61	---	---
1:51.12Y	1 F # 100	Men 11-12 100 Back	37	---	-1.65
55.53Y	1 F # 106	Men 11-12 50 Breast	46	---	-4.61

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points
Location: Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Whitney Sun (10) W					
2:32.82Y	425 F # 1	Women 10 & Under 200 Free	11	---	---
2:56.44Y	428 F # 9	Women 10 & Under 200 IM	15	---	---
Dina Sutherland (13) W					
5:28.47Y	372 F # 13	Women 13-14 400 IM	11	---	---
2:39.26Y	309 F # 19	Women 13-14 200 IM	26	---	3.58
2:46.88Y	477 F # 23	Women 13-14 200 Breast	5	6	2.18
2:22.58Y	232 F # 31	Women 13-14 200 Free	33	---	-1.48
1:14.69Y	553 F # 71	Women 13-14 100 Breast	2	9	-0.72
29.92Y	363 F # 75	Women 13-14 50 Free	33	---	0.90
2:45.37Y	224 F # 87	Women 13-14 200 Back	23	---	---
Sarah Tanchuck (11) W					
3:16.49Y	1 F # 3	Women 11-12 200 Free	43	---	-20.06
3:38.64Y	1 F # 11	Women 11-12 200 IM	41	---	---
45.69Y	5 F # 45	Women 11-12 50 Back	75	---	-2.84
51.86Y	1 F # 57	Women 11-12 50 Fly	71	---	-2.04
1:29.96Y	1 F # 63	Women 11-12 100 Free	87	---	-5.39
1:37.95Y	16 F # 93	Women 11-12 100 IM	71	---	-13.86
1:40.66Y	1 F # 99	Women 11-12 100 Back	54	---	-14.50
40.74Y	1 F # 115	Women 11-12 50 Free	75	---	-3.51
Gabrielle Terzano (16) W					
5:45.83Y	358 F # 7	Women 500 Free	11	---	-4.23
5:04.71Y	466 F # 15	Women 400 IM	5	6	-5.07
2:25.52Y	429 F # 17	Women 200 IM	16	---	2.11
2:28.05Y	425 F # 25	Women 200 Fly	11	---	1.68
2:32.49Y	327 F # 33	Women 200 Back	23	---	0.27
27.87Y	435 F # 73	Women 50 Free	18	---	0.52
1:07.00Y	409 F # 77	Women 100 Fly	10	1	1.43
2:12.06Y	330 F # 81	Women 200 Free	11	---	2.99
Lauren Tierney (12) W					
2:28.32Y	253 F # 3	Women 11-12 200 Free	27	---	-12.26
3:13.91Y	45 F # 11	Women 11-12 200 IM	37	---	1.29
37.22Y	227 F # 45	Women 11-12 50 Back	39	---	-1.57
34.62Y	339 F # 57	Women 11-12 50 Fly	24	---	-0.52
1:08.48Y	286 F # 63	Women 11-12 100 Free	43	---	0.68
1:17.64Y	312 F # 93	Women 11-12 100 IM	40	---	---
1:21.12Y	188 F # 99	Women 11-12 100 Back	36	---	-3.92
31.58Y	320 F # 115	Women 11-12 50 Free	38	---	-1.93
Gabrielle Toback (13) W					
5:34.76Y	520 F # 5	Women 13-14 500 Free	2	9	-11.84
5:06.32Y	532 F # 13	Women 13-14 400 IM	7	4	-0.04
2:22.82Y	563 F # 19	Women 13-14 200 IM	5	6	1.57
1:04.83Y	573 F # 27	Women 13-14 100 Fly	3	8	-0.45
1:02.42Y	676 F # 35	Women 13-14 100 Back	2	9	0.67
1:03.43Y	637 F # 39	400 Medley Relay Lead Off	---	---	1.68

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points**Location: Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
26.30Y	658 F # 75	Women 13-14 50 Free	2	9	-0.05
57.42Y	603 F # 83	Women 13-14 100 Free	2	9	0.95
2:16.90Y	642 F # 87	Women 13-14 200 Back	2	9	1.43
Brittany Torre (17) W					
2:52.94Y	80 F # 17	Women 200 IM	47	---	10.05
NS	F # 25	Women 200 Fly	---	---	---
2:45.99Y	147 F # 33	Women 200 Back	44	---	3.81
33.09Y	77 F # 73	Women 50 Free	50	---	2.21
1:21.91Y	20 F # 77	Women 100 Fly	30	---	8.97
1:19.51Y	73 F # 85	Women 100 Back	35	---	4.44
Cara Treble (10) W					
2:25.49Y	534 F # 1	Women 10 & Under 200 Free	6	5	-1.91
2:55.21Y	442 F # 9	Women 10 & Under 200 IM	14	---	3.02
1:17.42Y	557 F # 41	Women 9-10 100 IM	8	3	-3.65
1:29.87Y	291 F # 55	Women 9-10 100 Fly	9	2	-1.23
30.39Y	596 F # 61	Women 9-10 50 Free	4	7	-0.24
37.24Y	453 F # 97	Women 9-10 50 Back	14	---	-1.61
35.07Y	521 F # 107	Women 9-10 50 Fly	9	2	-6.09
1:06.37Y	579 F # 113	Women 9-10 100 Free	4	7	-0.62
30.41Y	595 F # 117	200 Free Relay Lead Off	---	---	-0.22
Molly Treble (12) W					
2:02.65Y	698 F # 3	Women 11-12 200 Free	1	11	-0.86
NS	F # 11	Women 11-12 200 IM	---	---	---
32.40Y	519 F # 45	Women 11-12 50 Back	7	4	-0.95
31.14Y	545 F # 57	Women 11-12 50 Fly	9	2	0.29
57.56Y	671 F # 63	Women 11-12 100 Free	2	9	0.31
1:09.35Y	558 F # 93	Women 11-12 100 IM	6	5	-0.63
1:09.71Y	496 F # 99	Women 11-12 100 Back	7	4	-0.10
1:08.30Y	557 F # 109	Women 11-12 100 Fly	7	4	-1.52
27.14Y	636 F # 119	200 Free Relay Lead Off	---	---	-0.25
Dylan VanManen (10) M					
2:12.35Y	741 F # 2	Men 10 & Under 200 Free	1	11	-5.02
2:35.03Y	685 F # 10	Men 10 & Under 200 IM	1	11	-8.06
1:14.51Y	619 F # 42	Men 9-10 100 IM	1	11	-2.38
1:18.81Y	487 F # 56	Men 9-10 100 Fly	1	11	1.00
29.73Y	641 F # 62	Men 9-10 50 Free	1	11	-0.27
34.51Y	633 F # 98	Men 9-10 50 Back	1	11	-1.39
1:30.89Y	474 F # 104	Men 9-10 100 Breast	3	8	-0.65
1:04.01Y	650 F # 114	Men 9-10 100 Free	1	11	-0.54
Ryan VanManen (14) M					
5:35.08Y	386 F # 6	Men 13-14 500 Free	7	4	-7.52
2:35.20Y	490 F # 24	Men 13-14 200 Breast	3	8	-4.55
2:08.24Y	320 F # 32	Men 13-14 200 Free	21	---	0.20
1:12.88Y	141 F # 36	Men 13-14 100 Back	27	---	2.87
26.86Y	410 F # 76	Men 13-14 50 Free	24	---	0.08

Individual Meet Results
28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points**Location: Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
57.65Y	394 F # 84	Men 13-14 100 Free	18	---	-1.20
2:28.97Y	237 F # 88	Men 13-14 200 Back	18	---	-8.98
David Villani (9) M					
3:06.28Y	191 F # 2	Men 10 & Under 200 Free	23	---	---
3:23.48Y	264 F # 10	Men 10 & Under 200 IM	17	---	---
1:34.72Y	267 F # 42	Men 9-10 100 IM	25	---	-26.11
1:31.03Y	361 F # 48	Men 9-10 100 Back	15	---	-5.53
39.15Y	251 F # 62	Men 9-10 50 Free	47	---	2.37
41.26Y	411 F # 98	Men 9-10 50 Back	20	---	-1.59
1:55.11Y	194 F # 104	Men 9-10 100 Breast	30	---	1.89
1:27.89Y	179 F # 114	Men 9-10 100 Free	39	---	5.46
Eric Wang (12) M					
NS	F # 4	Men 11-12 200 Free	---	---	---
NS	F # 12	Men 11-12 200 IM	---	---	---
NS	F # 50	Men 11-12 100 Breast	---	---	---
NS	F # 58	Men 11-12 50 Fly	---	---	---
NS	F # 64	Men 11-12 100 Free	---	---	---
Erika Winkler (14) W					
5:35.02Y	478 F # 5	Women 13-14 500 Free	3	8	---
2:26.26Y	455 F # 19	Women 13-14 200 IM	10	1	2.95
1:09.61Y	368 F # 27	Women 13-14 100 Fly	12	---	---
1:07.93Y	415 F # 35	Women 13-14 100 Back	9	2	1.80
1:07.37Y	434 F # 39	400 Medley Relay Lead Off	---	---	1.24
27.67Y	484 F # 75	Women 13-14 50 Free	8	3	-0.33
1:00.50Y	437 F # 83	Women 13-14 100 Free	11	---	1.17
2:25.06Y	464 F # 87	Women 13-14 200 Back	6	5	3.39
59.04Y	496 F # 91	400 Free Relay Lead Off	---	---	-0.29
Fallon Wulff (11) W					
43.60Y	47 F # 45	Women 11-12 50 Back	69	---	-1.54
1:55.85Y	1 F # 49	Women 11-12 100 Breast	50	---	-6.18
1:36.02Y	1 F # 63	Women 11-12 100 Free	93	---	-2.01
1:40.44Y	1 F # 93	Women 11-12 100 IM	77	---	-9.58
1:38.69Y	4 F # 99	Women 11-12 100 Back	52	---	-4.85
41.05Y	1 F # 115	Women 11-12 50 Free	76	---	-2.44
Shannon Wulff (8) W					
2:02.99Y	1 F # 43	Women 8 & Under 100 IM	20	---	-13.37
NS	F # 53	Women 8 & Under 50 Fly	---	---	---
NS	F # 59	Women 8 & Under 50 Free	---	---	---
53.81Y	DQ F # 95	Women 8 & Under 50 Back	---	---	---
1:00.64Y	7 F # 101	Women 8 & Under 50 Breast	25	---	-6.24
1:58.36Y	1 F # 111	Women 8 & Under 100 Free	30	---	-10.47
Barry Yang (12) M					
2:50.68Y	21 F # 4	Men 11-12 200 Free	29	---	---
DQ	F # 12	Men 11-12 200 IM	---	---	---
41.16Y	47 F # 46	Men 11-12 50 Back	46	---	-1.63

Individual Meet Results

28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points

Location: Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
37.40Y 141	F # 58	Men 11-12 50 Fly	36	---	-0.20
1:12.08Y DQ	F # 64	Men 11-12 100 Free	---	---	---
1:23.98Y 102	F # 94	Men 11-12 100 IM	43	---	---
42.85Y 145	F # 106	Men 11-12 50 Breast	23	---	-1.54
31.37Y 310	F # 116	Men 11-12 50 Free	34	---	-0.78
Alice Ye (8) W					
2:55.97Y 290	F # 1	Women 10 & Under 200 Free	33	---	---
3:11.06Y 410	F # 9	Women 10 & Under 200 IM	28	---	---
1:30.65Y 387	F # 43	Women 8 & Under 100 IM	3	8	-4.80
40.58Y 392	F # 53	Women 8 & Under 50 Fly	4	7	-1.70
38.64Y 267	F # 59	Women 8 & Under 50 Free	6	4	0.29
43.26Y 312	F # 95	Women 8 & Under 50 Back	3	8	-0.80
50.81Y 269	F # 101	Women 8 & Under 50 Breast	6	5	-2.20
1:22.69Y 280	F # 111	Women 8 & Under 100 Free	4	7	-3.56
Morgan Yi (9) W					
3:00.17Y 246	F # 1	Women 10 & Under 200 Free	36	---	---
3:18.61Y 334	F # 9	Women 10 & Under 200 IM	30	---	---
Kalie Yuen (8) W					
1:47.77Y 88	F # 43	Women 8 & Under 100 IM	13	---	-4.05
52.48Y 26	F # 53	Women 8 & Under 50 Fly	11	---	-5.94
44.56Y 43	F # 59	Women 8 & Under 50 Free	13	---	0.43
51.08Y 49	F # 95	Women 8 & Under 50 Back	18	---	-0.39
55.93Y 106	F # 101	Women 8 & Under 50 Breast	15	---	-3.19
1:46.27Y 1	F # 111	Women 8 & Under 100 Free	19	---	4.82
Kyle Zarriello (13) M					
2:39.36Y 196	F # 20	Men 13-14 200 IM	35	---	0.01
2:23.03Y 167	F # 32	Men 13-14 200 Free	42	---	7.31
1:16.59Y 122	F # 36	Men 13-14 100 Back	38	---	3.85
31.03Y 190	F # 76	Men 13-14 50 Free	57	---	1.23
1:05.98Y 191	F # 84	Men 13-14 100 Free	47	---	0.58
2:34.73Y 253	F # 88	Men 13-14 200 Back	21	---	8.04
Michael Ziedalski (14) M					
2:34.60Y 179	F # 20	Men 13-14 200 IM	32	---	---
1:11.55Y 144	F # 28	Men 13-14 100 Fly	24	---	3.84
1:12.17Y 159	F # 36	Men 13-14 100 Back	25	---	2.71
26.83Y 413	F # 76	Men 13-14 50 Free	23	---	-0.04
1:05.44Y 133	F # 84	Men 13-14 100 Free	45	---	5.11
2:34.41Y 166	F # 88	Men 13-14 200 Back	20	---	-1.35
Vance Zuo (14) M					
4:51.51Y 464	F # 14	Men 13-14 400 IM	4	7	-4.14
2:15.79Y 465	F # 20	Men 13-14 200 IM	5	6	0.22
2:39.09Y 437	F # 24	Men 13-14 200 Breast	7	4	-6.47
1:01.59Y 461	F # 28	Men 13-14 100 Fly	11	---	0.12
1:13.26Y 404	F # 72	Men 13-14 100 Breast	7	4	1.45
25.86Y 491	F # 76	Men 13-14 50 Free	18	---	0.19

Individual Meet Results**28TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 16-Jan-09 to 18-Jan-09 Yards - Hy-Tek Single Year Points****Location: Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
57.53Y 398	F # 84	Men 13-14 100 Free	15	---	0.55
57.43Y 402	F # 92	400 Free Relay Lead Off	---	---	0.45