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**Individual Meet Results**
**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**
**Location: Ward Melville HS**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
<b>Amanda Agostino (10) W</b>					
42.99Y 419	F # 17	Women 10 & Under 50 Breast	7	11.5	-1.16
1:24.06Y 367	F # 25	Women 10 & Under 100 Back	4	15	-1.41
42.81Y 181	F # 29	Women 10 & Under 50 Fly	29	---	0.85
3:00.05Y 388	F # 33	Women 10 & Under 200 IM	5	14	-3.13
39.79Y 321	F # 67	Women 10 & Under 50 Back	15	2	0.10
1:32.13Y 459	F # 71	Women 10 & Under 100 Breast	2	17	-1.70
1:36.50Y 179	F # 75	Women 10 & Under 100 Fly	9	9	1.00
1:26.57Y 330	F # 79	Women 10 & Under 100 IM	12	5	-2.28
<b>Alexa Aliprantis (15) W</b>					
5:23.90Y 346	F # 9	Women 15-18 400 IM	9	9	8.11
1:18.58Y 399	F # 43	Women 15-18 100 Breast	8	11	1.16
28.19Y 412	F # 47	Women 15-18 50 Free	17	---	0.07
1:10.18Y 317	F # 51	Women 15-18 100 Back	9	9	1.66
2:30.82Y 359	F # 59	Women 15-18 200 IM	13	4	-0.15
1:01.00Y 380	F # 87	Women 15-18 100 Free	15	2	-1.44
2:32.71Y 328	F # 91	Women 15-18 200 Back	12	5	-0.21
2:47.45Y 440	F # 95	Women 15-18 200 Breast	4	15	-0.99
<b>Ryan Alles (17) M</b>					
1:12.13Y 310	F # 44	Men 15-18 100 Breast	15	2	0.74
2:43.69Y 264	F # 96	Men 15-18 200 Breast	2	---	4.55
<b>Ali Aly (10) M</b>					
41.73Y 472	F # 18	Men 10 & Under 50 Breast	1	20	-3.36
36.38Y 417	F # 30	Men 10 & Under 50 Fly	1	20	-2.05
1:17.65Y 528	F # 80	Men 10 & Under 100 IM	1	20	-4.48
<b>Andriana Andriopoulos (12) W</b>					
1:20.21Y 209	F # 41	Women 11-12 100 Back	57	---	-0.11
31.27Y 340	F # 45	Women 11-12 50 Free	44	---	1.21
43.90Y 161	F # 49	Women 11-12 50 Breast	60	---	2.09
36.70Y 232	F # 53	Women 11-12 50 Fly	51	---	1.90
1:10.57Y 227	F # 85	Women 11-12 100 Free	73	---	2.96
37.20Y 228	F # 89	Women 11-12 50 Back	51	---	0.53
1:34.69Y 158	F # 93	Women 11-12 100 Breast	1	---	2.49
1:32.51Y 32	F # 97	Women 11-12 100 Fly	1	---	8.57
<b>Christopher Arena (9) M</b>					
45.76Y 440	F # 18	Men 10 & Under 50 Breast	11	6	0.20
35.07Y 452	F # 22	Men 10 & Under 50 Free	27	---	-0.22
40.83Y 347	F # 30	Men 10 & Under 50 Fly	13	4	-3.51
2:59.78Y 511	F # 34	Men 10 & Under 200 IM	4	15	-1.78
40.99Y 424	F # 68	Men 10 & Under 50 Back	22	---	-1.20
1:39.72Y 459	F # 72	Men 10 & Under 100 Breast	8	11	2.75
1:28.26Y 427	F # 76	Men 10 & Under 100 Fly	1	20	-2.39
1:27.60Y 421	F # 80	Men 10 & Under 100 IM	18	---	-3.74
2:38.69Y 503	F # 82	Men 10 & Under 200 Free	3	16	-2.35

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Time	F/P/S	Event	Place	Points	Improv
<b>Saaio Awon (12) M</b>					
1:18.81Y	DQ	F # 42 Men 11-12 100 Back	---	---	---
30.31Y	377	F # 46 Men 11-12 50 Free	29	---	-0.25
32.70Y	383	F # 54 Men 11-12 50 Fly	3	16	-0.13
2:41.91Y	298	F # 58 Men 11-12 200 IM	12	5	0.16
1:06.67Y	305	F # 86 Men 11-12 100 Free	25	---	-0.58
36.58Y	241	F # 90 Men 11-12 50 Back	33	---	0.32
1:14.32Y	330	F # 98 Men 11-12 100 Fly	1	20	-0.25
1:14.98Y	306	F # 102 Men 11-12 100 IM	6	13	-0.96
33.02Y	364	T # 510 Mixed 50 Fly	3	---	0.19
<b>Katrina Bamba (12) W</b>					
1:07.56Y	566	F # 41 Women 11-12 100 Back	1	20	0.18
29.90Y	432	F # 45 Women 11-12 50 Free	19	---	0.11
33.09Y	425	F # 53 Women 11-12 50 Fly	16	1	0.22
2:28.93Y	538	F # 57 Women 11-12 200 IM	1	20	-0.23
2:21.82Y	636	F # 61 Women 11-12 200 Back	1	20	-1.16
1:05.20Y	388	F # 85 Women 11-12 100 Free	25	---	1.31
31.95Y	550	F # 89 Women 11-12 50 Back	1	20	1.09
1:20.17Y	484	F # 93 Women 11-12 100 Breast	1	20	0.36
1:11.76Y	461	F # 97 Women 11-12 100 Fly	2	17	-1.85
NS		F # 103 Women 11-12 500 Free	---	---	---
1:05.62Y	631	T # 504 Mixed 100 Back	1	---	-1.76
<b>Conor Beil (10) M</b>					
45.18Y	319	F # 18 Men 10 & Under 50 Breast	5	14	-0.51
33.24Y	438	F # 22 Men 10 & Under 50 Free	9	9	0.34
1:32.60Y	438	F # 72 Men 10 & Under 100 Breast	1	20	-3.54
<b>Adam Bouzourene (12) M</b>					
42.47Y	161	F # 50 Men 11-12 50 Breast	23	---	-0.38
<b>Tarik Bouzourene (16) M</b>					
1:11.34Y	367	F # 44 Men 15-18 100 Breast	11	6	-2.78
25.93Y	388	F # 48 Men 15-18 50 Free	25	---	-0.27
2:20.92Y	281	F # 60 Men 15-18 200 IM	19	---	-5.47
56.55Y	348	F # 88 Men 15-18 100 Free	26	---	-2.30
2:39.67Y	342	F # 96 Men 15-18 200 Breast	8	11	-2.07
<b>Jaime Boyko (13) W</b>					
5:33.05Y	341	F # 5 Women 13-14 400 IM	19	---	-0.57
2:18.55Y	294	F # 15 Women 13-14 200 Free	34	---	0.03
28.53Y	469	F # 23 Women 13-14 50 Free	24	---	0.69
1:12.68Y	317	F # 27 Women 13-14 100 Back	36	---	-1.18
1:13.68Y	292	F # 31 Women 13-14 100 Fly	26	---	1.77
2:39.70Y	303	F # 35 Women 13-14 200 IM	42	---	4.74
1:02.95Y	378	F # 65 Women 13-14 100 Free	35	---	0.99
2:36.48Y	340	F # 69 Women 13-14 200 Back	29	---	-1.34
27.86Y	524	T # 401 Mixed 50 Free	4	---	0.02

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Time	F/P/S	Event	Place	Points	Improv
<b>Connor Brown (12) M</b>					
2:29.19Y	215	F # 4 Men 11-12 200 Free	16	1	5.59
30.68Y	353	F # 46 Men 11-12 50 Free	36	---	0.08
39.42Y	301	F # 50 Men 11-12 50 Breast	8	11	-2.91
36.70Y	172	F # 54 Men 11-12 50 Fly	33	---	0.80
2:45.99Y	248	F # 58 Men 11-12 200 IM	14	3	-0.14
1:05.71Y	334	F # 86 Men 11-12 100 Free	17	---	-0.18
37.82Y	180	F # 90 Men 11-12 50 Back	44	---	1.12
1:16.40Y	268	F # 102 Men 11-12 100 IM	10	7	-0.25
6:18.91Y	326	F # 104 Men 11-12 500 Free	6	13	7.78
<b>Ryan Brown (10) M</b>					
1:20.97Y	455	F # 26 Men 10 & Under 100 Back	2	17	-2.28
37.85Y	450	F # 68 Men 10 & Under 50 Back	6	13	-2.06
<b>Daniel Caceres (17) M</b>					
2:03.35Y	288	F # 40 Men 15-18 200 Free	2	---	3.13
24.96Y	442	F # 48 Men 15-18 50 Free	7	12	0.60
1:06.93Y	189	F # 52 Men 15-18 100 Back	1	---	0.72
59.57Y	394	F # 56 Men 15-18 100 Fly	1	20	0.90
54.03Y	423	F # 88 Men 15-18 100 Free	13	4	0.64
<b>Brendan Chan (13) M</b>					
5:15.62Y	377	F # 6 Men 13-14 400 IM	12	5	-2.66
1:15.39Y	426	F # 20 Men 13-14 100 Breast	5	14	-0.12
27.88Y	413	F # 24 Men 13-14 50 Free	36	---	0.22
		F # 28 Men 13-14 100 Back	---	---	---
1:09.44Y	293	F # 32 Men 13-14 100 Fly	17	---	-1.30
2:29.58Y	330	F # 36 Men 13-14 200 IM	24	---	-0.68
1:03.52Y	268	F # 66 Men 13-14 100 Free	2	---	2.03
2:32.94Y	278	F # 70 Men 13-14 200 Back	20	---	0.48
2:44.71Y	425	F # 74 Men 13-14 200 Breast	10	7	0.53
1:14.57Y	450	T # 209 Mixed 100 Breast	4	---	-0.94
<b>Kimberly Chan (10) W</b>					
35.27Y	309	F # 21 Women 10 & Under 50 Free	31	---	-1.29
1:31.78Y	205	F # 25 Women 10 & Under 100 Back	41	---	1.02
41.15Y	242	F # 29 Women 10 & Under 50 Fly	17	---	0.42
3:06.78Y	317	F # 33 Women 10 & Under 200 IM	11	6	-0.21
39.39Y	341	F # 67 Women 10 & Under 50 Back	14	3	-3.42
1:45.83Y	204	F # 71 Women 10 & Under 100 Breast	28	---	1.98
1:27.35Y	339	F # 75 Women 10 & Under 100 Fly	1	20	3.50
1:29.52Y	267	F # 79 Women 10 & Under 100 IM	24	---	2.96
2:51.59Y	198	F # 81 Women 10 & Under 200 Free	16	1	1.20
<b>Hajin Choi (13) M</b>					
1:13.29Y	489	F # 20 Men 13-14 100 Breast	1	20	-2.68
1:03.43Y	521	F # 28 Men 13-14 100 Back	1	20	-0.50
1:07.74Y	347	F # 32 Men 13-14 100 Fly	12	5	2.59
2:21.20Y	466	F # 36 Men 13-14 200 IM	14	3	3.96

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Time	F/P/S	Event	Place	Points	Improv
2:14.57Y	570 F # 70	Men 13-14 200 Back	1	20	-3.83
2:40.00Y	488 F # 74	Men 13-14 200 Breast	1	20	-2.28
1:14.59Y	450 T # 209	Mixed 100 Breast	5	---	-1.38
1:03.35Y	524 T # 404	Mixed 100 Back	1	---	-0.58
<b>Emanuel Cohen (10) M</b>					
32.77Y	464 F # 22	Men 10 & Under 50 Free	5	14	0.10
40.18Y	245 F # 30	Men 10 & Under 50 Fly	9	9	1.82
	F # 64	Men 10 & Under 100 Free	---	---	---
1:42.14Y	255 F # 72	Men 10 & Under 100 Breast	14	3	-0.86
1:26.15Y	314 F # 80	Men 10 & Under 100 IM	16	1	2.86
<b>Olivia Cohen (11) W</b>					
2:23.32Y	420 F # 3	Women 11-12 200 Free	20	---	-0.76
5:24.10Y	640 F # 7	Women 11-12 400 IM	3	16	-7.44
2:58.68Y	557 F # 37	Women 11-12 200 Breast	3	16	---
1:17.83Y	383 F # 41	Women 11-12 100 Back	31	---	-0.30
40.24Y	414 F # 49	Women 11-12 50 Breast	26	---	0.34
2:37.72Y	528 F # 57	Women 11-12 200 IM	10	7	-0.43
2:41.82Y	494 F # 61	Women 11-12 200 Back	5	14	---
2:48.74Y	509 F # 83	Women 11-12 200 Fly	2	17	---
1:25.86Y	453 F # 93	Women 11-12 100 Breast	22	---	1.46
1:17.43Y	410 F # 101	Women 11-12 100 IM	24	---	1.24
6:08.69Y	492 F # 103	Women 11-12 500 Free	3	16	2.37
<b>John Conway (13) M</b>					
1:03.31Y	275 F # 66	Men 13-14 100 Free	1	---	1.08
2:49.32Y	366 F # 74	Men 13-14 200 Breast	14	3	3.02
<b>Martin Conway (12) M</b>					
1:17.95Y	239 F # 42	Men 11-12 100 Back	23	---	-1.46
30.53Y	363 F # 46	Men 11-12 50 Free	34	---	-0.87
40.88Y	230 F # 50	Men 11-12 50 Breast	13	4	-0.73
1:05.86Y	330 F # 86	Men 11-12 100 Free	19	---	-2.23
36.96Y	222 F # 90	Men 11-12 50 Back	37	---	-1.31
1:24.42Y	111 F # 98	Men 11-12 100 Fly	22	---	-1.91
<b>Philip Decker (13) M</b>					
2:14.43Y	294 F # 16	Men 13-14 200 Free	32	---	-2.77
27.27Y	460 F # 24	Men 13-14 50 Free	25	---	-0.35
1:16.31Y	129 F # 28	Men 13-14 100 Back	49	---	-1.31
1:01.17Y	349 F # 66	Men 13-14 100 Free	41	---	-0.04
2:38.04Y	210 F # 70	Men 13-14 200 Back	30	---	-3.27
<b>Michaela DePhillips (8) W</b>					
48.95Y	337 F # 17	Women 10 & Under 50 Breast	43	---	-0.87
1:47.89Y	333 F # 71	Women 10 & Under 100 Breast	36	---	-2.33
<b>Alexandra Dolido (12) W</b>					
1:14.49Y	355 F # 41	Women 11-12 100 Back	12	5	0.70
39.15Y	381 F # 49	Women 11-12 50 Breast	12	5	0.16
2:34.46Y	457 F # 57	Women 11-12 200 IM	6	13	-0.31

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Time	F/P/S	Event	Place	Points	Improv
1:02.10Y	496 F # 85	Women 11-12 100 Free	6	13	-0.16
35.34Y	330 F # 89	Women 11-12 50 Back	15	2	1.40
1:26.26Y	335 F # 93	Women 11-12 100 Breast	25	---	2.93
1:11.50Y	489 F # 101	Women 11-12 100 IM	1	20	-0.77
1:01.19Y	529 T # 507	Mixed 100 Free	2	---	-1.07
<b>Sean Earley (12) M</b>					
1:23.26Y	122 F # 42	Men 11-12 100 Back	37	---	0.63
31.64Y	293 F # 46	Men 11-12 50 Free	47	---	-0.67
DQ	F # 50	Men 11-12 50 Breast	---	---	---
37.82Y	180 F # 90	Men 11-12 50 Back	44	---	-0.93
1:27.46Y	62 F # 98	Men 11-12 100 Fly	24	---	0.38
<b>Elizabeth Eastman (13) W</b>					
NS	F # 11	Women 13-14 500 Free	---	---	---
2:19.82Y	273 F # 15	Women 13-14 200 Free	37	---	5.05
1:15.27Y	536 F # 19	Women 13-14 100 Breast	2	17	-1.69
29.08Y	426 F # 23	Women 13-14 50 Free	45	---	0.94
1:12.70Y	316 F # 27	Women 13-14 100 Back	37	---	-0.08
2:23.89Y	545 F # 35	Women 13-14 200 IM	2	17	-1.71
1:03.44Y	360 F # 65	Women 13-14 100 Free	43	---	2.16
2:30.54Y	426 F # 69	Women 13-14 200 Back	15	2	-2.32
2:42.47Y	536 F # 73	Women 13-14 200 Breast	1	20	-0.57
2:24.14Y	541 T # 406	Mixed 200 IM	2	---	-1.46
<b>Juleen Elizee (18) W</b>					
1:18.46Y	359 F # 43	Women 15-18 100 Breast	7	12	-0.30
29.09Y	326 F # 47	Women 15-18 50 Free	9	---	0.58
1:12.51Y	228 F # 55	Women 15-18 100 Fly	18	---	1.84
2:33.46Y	306 F # 59	Women 15-18 200 IM	16	1	3.30
1:01.99Y	326 F # 87	Women 15-18 100 Free	19	---	0.08
3:01.57Y	224 F # 95	Women 15-18 200 Breast	3	---	5.16
<b>Sarah Exposito (15) W</b>					
1:23.14Y	278 F # 43	Women 15-18 100 Breast	19	---	0.46
28.95Y	353 F # 47	Women 15-18 50 Free	8	---	0.99
1:11.25Y	284 F # 51	Women 15-18 100 Back	13	4	-0.70
1:05.63Y	472 F # 55	Women 15-18 100 Fly	1	20	-0.45
2:33.92Y	314 F # 59	Women 15-18 200 IM	19	---	2.46
1:03.39Y	293 F # 87	Women 15-18 100 Free	26	---	---
2:32.64Y	329 F # 91	Women 15-18 200 Back	11	6	-1.05
1:05.11Y	490 T # 511	Mixed 100 Fly	1	---	-0.97
<b>Alexa Fucile (10) W</b>					
1:28.15Y	277 F # 25	Women 10 & Under 100 Back	24	---	-4.10
43.24Y	172 F # 67	Women 10 & Under 50 Back	62	---	0.05
1:46.38Y	195 F # 71	Women 10 & Under 100 Breast	30	---	-2.29
<b>Olivia Garvey (9) W</b>					
35.34Y	435 F # 21	Women 10 & Under 50 Free	32	---	-1.32
1:33.28Y	339 F # 25	Women 10 & Under 100 Back	50	---	0.96

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Time	F/P/S	Event	Place	Points	Improv
40.85Y	381 F # 29	Women 10 & Under 50 Fly	13	4	-0.14
42.96Y	325 F # 67	Women 10 & Under 50 Back	57	---	-0.54
<b>Caroline Germano (11) W</b>					
1:18.30Y	371 F # 41	Women 11-12 100 Back	34	---	-0.94
32.32Y	354 F # 45	Women 11-12 50 Free	66	---	-0.05
42.97Y	283 F # 49	Women 11-12 50 Breast	51	---	1.82
2:49.47Y	372 F # 57	Women 11-12 200 IM	35	---	-0.14
38.21Y	261 F # 89	Women 11-12 50 Back	61	---	-0.06
1:31.49Y	325 F # 93	Women 11-12 100 Breast	48	---	3.31
1:26.04Y	219 F # 97	Women 11-12 100 Fly	34	---	0.73
<b>Kerry Giovannello (12) W</b>					
1:13.83Y	373 F # 41	Women 11-12 100 Back	11	6	0.19
28.56Y	528 F # 45	Women 11-12 50 Free	5	14	-0.12
32.41Y	466 F # 53	Women 11-12 50 Fly	5	14	-0.95
2:33.10Y	475 F # 61	Women 11-12 200 Back	3	16	-3.86
2:48.94Y	375 F # 83	Women 11-12 200 Fly	3	16	---
34.99Y	351 F # 89	Women 11-12 50 Back	13	4	0.33
1:15.01Y	376 F # 97	Women 11-12 100 Fly	5	14	1.13
1:14.83Y	390 F # 101	Women 11-12 100 IM	11	5.5	0.23
<b>Sarah Greco (13) W</b>					
2:18.87Y	288 F # 15	Women 13-14 200 Free	36	---	0.47
1:26.16Y	242 F # 19	Women 13-14 100 Breast	27	---	2.68
29.44Y	399 F # 23	Women 13-14 50 Free	53	---	1.04
1:14.40Y	267 F # 27	Women 13-14 100 Back	44	---	-0.16
2:40.84Y	288 F # 35	Women 13-14 200 IM	45	---	3.84
<b>Michael Gregorace (8) M</b>					
44.34Y	502 F # 18	Men 10 & Under 50 Breast	3	16	0.13
35.51Y	430 F # 22	Men 10 & Under 50 Free	32	---	1.01
1:29.48Y	394 F # 26	Men 10 & Under 100 Back	20	---	0.41
36.79Y	539 F # 30	Men 10 & Under 50 Fly	3	16	-0.57
1:14.52Y	488 F # 64	Men 10 & Under 100 Free	9	9	-1.02
42.50Y	354 F # 68	Men 10 & Under 50 Back	37	---	0.93
1:23.69Y	517 F # 80	Men 10 & Under 100 IM	5	14	2.77
2:44.46Y	428 F # 82	Men 10 & Under 200 Free	8	11	-0.01
<b>Joseph Guglielmo (11) M</b>					
39.00Y	488 F # 50	Men 11-12 50 Breast	7	12	-2.01
1:11.32Y	302 F # 86	Men 11-12 100 Free	47	---	-0.23
40.90Y	165 F # 90	Men 11-12 50 Back	68	---	-0.75
1:28.29Y	408 F # 94	Men 11-12 100 Breast	11	6	-1.89
<b>Delaney Hall (12) M</b>					
2:15.98Y	404 F # 4	Men 11-12 200 Free	2	17	-5.58
1:14.87Y	318 F # 42	Men 11-12 100 Back	8	11	-1.94
28.99Y	465 F # 46	Men 11-12 50 Free	4	15	-0.90
31.70Y	445 F # 54	Men 11-12 50 Fly	1	20	-1.06
2:32.33Y	427 F # 58	Men 11-12 200 IM	2	17	-0.54

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1:02.72Y	431 F # 86	Men 11-12 100 Free	2	17	-0.72
35.28Y	312 F # 90	Men 11-12 50 Back	17	---	-1.96
1:11.59Y	404 F # 102	Men 11-12 100 IM	1	20	-2.30
5:59.01Y	442 F # 104	Men 11-12 500 Free	1	20	-5.81
2:15.42Y	413 T # 309	Mixed 200 Free	2	---	-6.14
<b>Julia Hall (12) W</b>					
2:51.65Y	513 F # 37	Women 11-12 200 Breast	1	20	---
37.42Y	474 F # 49	Women 11-12 50 Breast	1	20	-0.49
2:30.77Y	507 F # 61	Women 11-12 200 Back	1	20	-4.01
2:35.99Y	525 F # 83	Women 11-12 200 Fly	1	20	---
1:05.38Y	382 F # 85	Women 11-12 100 Free	27	---	2.25
36.98Y	498 T # 303	Mixed 50 Breast	1	---	-0.93
<b>Alec Huang (11) M</b>					
1:17.71Y	402 F # 42	Men 11-12 100 Back	20	---	-6.15
29.96Y	525 F # 46	Men 11-12 50 Free	20	---	0.33
33.95Y	425 F # 54	Men 11-12 50 Fly	12	5	-0.30
2:51.67Y	322 F # 58	Men 11-12 200 IM	23	---	4.72
35.49Y	444 F # 90	Men 11-12 50 Back	19	---	-1.22
1:15.24Y	457 F # 98	Men 11-12 100 Fly	2	17	-1.19
DQ	F # 102	Men 11-12 100 IM	---	---	---
<b>Jasmine Jiang (14) W</b>					
2:25.32Y	167 F # 15	Women 13-14 200 Free	7	---	6.54
29.24Y	360 F # 23	Women 13-14 50 Free	48	---	0.67
1:14.99Y	201 F # 27	Women 13-14 100 Back	47	---	2.84
1:17.34Y	151 F # 31	Women 13-14 100 Fly	2	---	4.50
2:42.31Y	224 F # 35	Women 13-14 200 IM	51	---	3.56
1:04.24Y	299 F # 65	Women 13-14 100 Free	52	---	1.70
2:42.14Y	223 F # 69	Women 13-14 200 Back	46	---	5.61
<b>Raushan Kadirov (15) M</b>					
25.10Y	512 F # 48	Men 15-18 50 Free	10	7	-0.15
2:20.91Y	320 F # 60	Men 15-18 200 IM	18	---	-5.95
53.37Y	531 T # 302	Mixed 100 Free	1	---	-1.40
<b>Sanjay Kalra (12) M</b>					
37.25Y	148 F # 54	Men 11-12 50 Fly	36	---	-1.02
38.84Y	134 F # 90	Men 11-12 50 Back	60	---	-1.70
<b>Bogdan Kaminyar (10) M</b>					
34.34Y	378 F # 22	Men 10 & Under 50 Free	19	---	-0.32
1:30.63Y	DQ F # 26	Men 10 & Under 100 Back	---	---	---
40.92Y	216 F # 30	Men 10 & Under 50 Fly	14	3	1.24
3:11.05Y	257 F # 34	Men 10 & Under 200 IM	3	16	-0.42
1:17.27Y	280 F # 64	Men 10 & Under 100 Free	22	---	0.38
40.56Y	317 F # 68	Men 10 & Under 50 Back	16	0.5	-1.03
1:29.86Y	256 F # 76	Men 10 & Under 100 Fly	3	16	-0.80
1:31.25Y	209 F # 80	Men 10 & Under 100 IM	25	---	3.29
2:50.48Y	219 F # 82	Men 10 & Under 200 Free	10	7	4.64

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**Individual Meet Results**
**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**
**Location: Ward Melville HS**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
<b>Brooke Kaplan (12) W</b>					
1:23.14Y	145 F # 41	Women 11-12 100 Back	70	---	0.96
40.49Y	314 F # 49	Women 11-12 50 Breast	28	---	-0.83
2:49.79Y	261 F # 57	Women 11-12 200 IM	38	---	0.55
1:26.49Y	330 F # 93	Women 11-12 100 Breast	27	---	-1.83
1:28.21Y	94 F # 97	Women 11-12 100 Fly	38	---	-0.89
1:20.76Y	235 F # 101	Women 11-12 100 IM	48	---	1.25
<b>Stephanie Kaplan (10) W</b>					
NS	F # 21	Women 10 & Under 50 Free	---	---	---
<b>Adam Kapusta (8) M</b>					
35.01Y	456 F # 22	Men 10 & Under 50 Free	25	---	-1.39
1:30.38Y	DQ F # 26	Men 10 & Under 100 Back	---	---	---
41.75Y	308 F # 30	Men 10 & Under 50 Fly	21	---	-1.07
1:17.55Y	409 F # 64	Men 10 & Under 100 Free	23	---	-2.75
42.33Y	362 F # 68	Men 10 & Under 50 Back	34	---	1.56
1:30.79Y	DQ F # 80	Men 10 & Under 100 IM	---	---	---
<b>Catherine Kilgallen (10) W</b>					
42.12Y	458 F # 17	Women 10 & Under 50 Breast	2	17	-1.01
34.98Y	324 F # 21	Women 10 & Under 50 Free	29	---	0.38
1:27.12Y	299 F # 25	Women 10 & Under 100 Back	20	---	-0.33
39.21Y	322 F # 29	Women 10 & Under 50 Fly	6	13	-1.02
1:19.70Y	216 F # 63	Women 10 & Under 100 Free	27	---	4.65
41.37Y	249 F # 67	Women 10 & Under 50 Back	37	---	0.03
1:24.32Y	381 F # 79	Women 10 & Under 100 IM	9	9	-3.08
2:52.28Y	192 F # 81	Women 10 & Under 200 Free	17	---	2.07
<b>Genna Kranis (14) W</b>					
5:10.25Y	456 F # 5	Women 13-14 400 IM	2	17	0.89
5:40.85Y	432 F # 11	Women 13-14 500 Free	3	16	3.48
NS	F # 15	Women 13-14 200 Free	---	---	---
1:22.27Y	306 F # 19	Women 13-14 100 Breast	19	---	0.24
28.56Y	412 F # 23	Women 13-14 50 Free	25	---	0.59
1:07.01Y	452 F # 31	Women 13-14 100 Fly	1	20	0.12
2:28.23Y	424 F # 35	Women 13-14 200 IM	12	5	2.47
1:00.54Y	435 F # 65	Women 13-14 100 Free	12	5	0.45
2:31.62Y	365 F # 69	Women 13-14 200 Back	17	---	-1.69
2:57.03Y	319 F # 73	Women 13-14 200 Breast	13	4	1.55
1:06.34Y	474 T # 407	Mixed 100 Fly	5	---	-0.55
<b>Brandon Kraut (14) M</b>					
2:07.77Y	328 F # 16	Men 13-14 200 Free	19	---	6.75
26.25Y	459 F # 24	Men 13-14 50 Free	11	6	0.60
1:04.16Y	369 F # 32	Men 13-14 100 Fly	6	13	-0.90
2:17.73Y	431 F # 36	Men 13-14 200 IM	4	15	1.81
58.13Y	375 F # 66	Men 13-14 100 Free	16	1	2.00
	F # 74	Men 13-14 200 Breast	---	---	---
2:31.98Y	232 F # 78	Men 13-14 200 Fly	4	15	-0.13

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**Individual Meet Results**
**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**
**Location: Ward Melville HS**
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Time	F/P/S	Event	Place	Points	Improv
<b>Richard Law (12) M</b>					
2:29.53Y	210 F # 4	Men 11-12 200 Free	18	---	4.37
1:21.09Y	167 F # 42	Men 11-12 100 Back	32	---	-0.58
32.03Y	269 F # 46	Men 11-12 50 Free	49	---	-0.26
35.86Y	211 F # 54	Men 11-12 50 Fly	27	---	1.04
2:51.09Y	192 F # 58	Men 11-12 200 IM	21	---	5.68
1:09.54Y	223 F # 86	Men 11-12 100 Free	40	---	0.64
38.02Y	170 F # 90	Men 11-12 50 Back	51	---	0.48
1:24.10Y	116 F # 98	Men 11-12 100 Fly	21	---	-0.67
1:20.09Y	179 F # 102	Men 11-12 100 IM	26	---	0.82
6:23.36Y	302 F # 104	Men 11-12 500 Free	7	12	-1.55
<b>Rose Lee (14) W</b>					
28.76Y	397 F # 23	Women 13-14 50 Free	31	---	0.26
1:11.25Y	307 F # 27	Women 13-14 100 Back	23	---	1.52
2:44.73Y	195 F # 35	Women 13-14 200 IM	55	---	-1.29
1:03.52Y	324 F # 65	Women 13-14 100 Free	45	---	-0.58
2:35.41Y	312 F # 69	Women 13-14 200 Back	25	---	-2.05
<b>Stefanie Lehner (13) W</b>					
5:35.81Y	511 F # 11	Women 13-14 500 Free	3	16	-2.85
2:06.78Y	513 F # 15	Women 13-14 200 Free	2	17	-1.08
58.61Y	551 F # 65	Women 13-14 100 Free	1	20	0.10
2:20.14Y	588 F # 69	Women 13-14 200 Back	2	17	-3.60
2:43.21Y	526 F # 73	Women 13-14 200 Breast	1	20	-1.28
<b>Zachary Leng (8) M</b>					
50.05Y	DQ F # 18	Men 10 & Under 50 Breast	---	---	---
32.07Y	615 F # 22	Men 10 & Under 50 Free	1	20	-0.49
1:22.71Y	549 F # 26	Men 10 & Under 100 Back	2	17	0.42
37.86Y	485 F # 30	Men 10 & Under 50 Fly	2	17	0.73
3:02.64Y	477 F # 34	Men 10 & Under 200 IM	1	20	-0.79
1:13.91Y	504 F # 64	Men 10 & Under 100 Free	8	11	-0.77
1:47.21Y	322 F # 72	Men 10 & Under 100 Breast	25	---	0.39
1:25.74Y	466 F # 80	Men 10 & Under 100 IM	14	3	1.36
2:42.23Y	456 F # 82	Men 10 & Under 200 Free	2	17	-3.36
<b>Alexandra Leonardo (14) W</b>					
1:07.69Y	191 F # 65	Women 13-14 100 Free	4	---	1.82
2:39.14Y	262 F # 69	Women 13-14 200 Back	35	---	2.07
2:39.09Y	302 F # 77	Women 13-14 200 Fly	7	12	5.00
<b>Pamela Leon (11) W</b>					
38.21Y	226 F # 53	Women 11-12 50 Fly	2	---	1.31
1:26.68Y	206 F # 97	Women 11-12 100 Fly	36	---	1.51
<b>Diane Li (13) W</b>					
1:15.54Y	235 F # 27	Women 13-14 100 Back	48	---	-1.59
2:34.73Y	374 F # 35	Women 13-14 200 IM	27	---	-3.68
2:41.72Y	270 F # 69	Women 13-14 200 Back	44	---	-3.19
<b>Kenneth LI (15) M</b>					
1:15.68Y	269 F # 44	Men 15-18 100 Breast	1	---	3.58

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**Individual Meet Results**
**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**
**Location: Ward Melville HS**
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Time	F/P/S	Event	Place	Points	Improv
25.08Y	513 F # 48	Men 15-18 50 Free	9	9	0.16
1:05.25Y	317 F # 52	Men 15-18 100 Back	8	11	1.77
1:04.94Y	286 F # 56	Men 15-18 100 Fly	15	2	2.16
2:20.94Y	319 F # 60	Men 15-18 200 IM	20	---	4.89
54.27Y	492 F # 88	Men 15-18 100 Free	15	2	-0.81
2:21.51Y	310 F # 92	Men 15-18 200 Back	7	12	3.67
2:42.98Y	315 F # 96	Men 15-18 200 Breast	1	---	7.33
2:34.93Y	143 F # 100	Men 15-18 200 Fly	1	---	6.78
<b>Corinne Lizzio (12) W</b>					
1:20.38Y	205 F # 41	Women 11-12 100 Back	59	---	-0.48
31.33Y	336 F # 45	Women 11-12 50 Free	45	---	0.36
41.00Y	289 F # 49	Women 11-12 50 Breast	32	---	-1.56
DQ	F # 53	Women 11-12 50 Fly	---	---	---
1:08.50Y	285 F # 85	Women 11-12 100 Free	54	---	2.12
38.01Y	188 F # 89	Women 11-12 50 Back	59	---	0.48
1:29.81Y	256 F # 93	Women 11-12 100 Breast	40	---	1.57
1:19.07Y	276 F # 101	Women 11-12 100 IM	40	---	3.28
31.98Y	492 T # 510	Mixed 50 Fly	1	---	-0.39
<b>Geyanne Lui (13) W</b>					
2:09.15Y	464 F # 15	Women 13-14 200 Free	3	16	0.06
27.73Y	535 F # 23	Women 13-14 50 Free	7	12	0.08
1:08.18Y	461 F # 31	Women 13-14 100 Fly	5	14	-1.03
<b>Matthew Manfre (10) M</b>					
32.75Y	465 F # 22	Men 10 & Under 50 Free	4	15	-0.58
1:22.22Y	425 F # 26	Men 10 & Under 100 Back	1	20	-3.20
41.42Y	197 F # 30	Men 10 & Under 50 Fly	17	---	-1.35
2:57.11Y	403 F # 34	Men 10 & Under 200 IM	2	17	0.22
1:11.85Y	419 F # 64	Men 10 & Under 100 Free	1	20	-0.73
39.49Y	367 F # 68	Men 10 & Under 50 Back	7	12	0.56
1:22.42Y	403 F # 80	Men 10 & Under 100 IM	2	17	-2.22
2:36.52Y	381 F # 82	Men 10 & Under 200 Free	2	17	1.69
1:22.85Y	410 T # 202	Mixed 100 Back	2	---	-2.57
<b>Victoria Manfre (14) W</b>					
2:42.12Y	227 F # 35	Women 13-14 200 IM	50	---	-4.71
2:42.15Y	223 F # 69	Women 13-14 200 Back	47	---	-6.61
30.58Y	264 T # 201	Mixed 50 Free	2	---	0.15
<b>Celine Manigbas (10) W</b>					
47.58Y	231 F # 17	Women 10 & Under 50 Breast	34	---	-0.09
1:31.91Y	203 F # 25	Women 10 & Under 100 Back	42	---	2.11
43.72Y	151 F # 29	Women 10 & Under 50 Fly	33	---	3.42
40.00Y	311 F # 67	Women 10 & Under 50 Back	17	---	-1.00
1:43.58Y	242 F # 71	Women 10 & Under 100 Breast	21	---	0.99
1:39.08Y	141 F # 75	Women 10 & Under 100 Fly	10	7	0.74
1:29.33Y	271 F # 79	Women 10 & Under 100 IM	23	---	-0.92

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**Individual Meet Results**
**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**
**Location: Ward Melville HS**
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Time	F/P/S	Event	Place	Points	Improv
<b>Timothy Marski (8) M</b>					
48.44Y	DQ	F # 18 Men 10 & Under 50 Breast	---	---	---
1:32.43Y	332	F # 26 Men 10 & Under 100 Back	27	---	-6.95
<b>Lauren McNally (9) W</b>					
1:10.55Y	603	F # 63 Women 10 & Under 100 Free	2	17	-1.32
38.51Y	547	F # 67 Women 10 & Under 50 Back	7	12	0.68
1:33.46Y	604	F # 71 Women 10 & Under 100 Breast	6	13	-2.75
37.92Y	579	T # 403 Mixed 50 Back	2	---	0.09
<b>Jeffrey McNeary (11) M</b>					
2:54.39Y	664	F # 38 Men 11-12 200 Breast	1	20	---
27.66Y	681	F # 46 Men 11-12 50 Free	1	20	-0.85
38.48Y	517	F # 50 Men 11-12 50 Breast	4	15	-0.55
2:30.94Y	640	F # 62 Men 11-12 200 Back	2	17	---
2:36.92Y	624	F # 84 Men 11-12 200 Fly	1	20	---
1:00.83Y	640	F # 86 Men 11-12 100 Free	1	20	-2.71
1:21.48Y	574	F # 94 Men 11-12 100 Breast	1	20	-1.95
<b>Kara McNelis (13) W</b>					
2:48.92Y	182	F # 69 Women 13-14 200 Back	57	---	2.36
<b>Bridget Moody (14) W</b>					
5:18.12Y	399	F # 5 Women 13-14 400 IM	6	13	7.44
5:41.48Y	428	F # 11 Women 13-14 500 Free	4	15	0.38
2:10.24Y	408	F # 15 Women 13-14 200 Free	6	13	1.05
1:27.17Y	187	F # 19 Women 13-14 100 Breast	2	---	3.58
29.08Y	372	F # 23 Women 13-14 50 Free	45	---	0.35
1:09.51Y	371	F # 31 Women 13-14 100 Fly	14	3	-1.28
2:36.69Y	298	F # 35 Women 13-14 200 IM	36	---	7.49
1:00.77Y	426	F # 65 Women 13-14 100 Free	15	2	-0.92
2:41.73Y	228	F # 69 Women 13-14 200 Back	45	---	5.49
2:58.32Y	304	F # 73 Women 13-14 200 Breast	19	---	3.23
2:35.12Y	356	F # 77 Women 13-14 200 Fly	5	14	2.92
2:32.52Y	392	T # 411 Mixed 200 Fly	3	---	0.32
<b>Jack Mulderrig (16) M</b>					
5:17.28Y	434	F # 14 Men 15-18 500 Free	4	15	-2.84
1:58.65Y	394	F # 40 Men 15-18 200 Free	7	12	-0.74
1:10.71Y	387	F # 44 Men 15-18 100 Breast	9	9	-1.11
26.11Y	373	F # 48 Men 15-18 50 Free	28	---	0.14
1:01.10Y	364	F # 56 Men 15-18 100 Fly	6	12.5	-0.16
2:12.14Y	428	F # 60 Men 15-18 200 IM	2	16.5	-0.85
56.55Y	348	F # 88 Men 15-18 100 Free	26	---	0.68
2:18.31Y	311	F # 92 Men 15-18 200 Back	3	16	1.71
2:16.83Y	372	F # 100 Men 15-18 200 Fly	3	16	-3.28
<b>Jasmine Nakkab (12) W</b>					
DQ		F # 41 Women 11-12 100 Back	---	---	---
28.04Y	567	F # 45 Women 11-12 50 Free	1	20	-0.60
37.85Y	450	F # 49 Women 11-12 50 Breast	2	17	-0.22

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**Individual Meet Results**
**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**
**Location: Ward Melville HS**
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Time	F/P/S	Event	Place	Points	Improv
DQ	F # 53	Women 11-12 50 Fly	---	---	---
DQ	F # 57	Women 11-12 200 IM	---	---	---
1:00.13Y 569	F # 85	Women 11-12 100 Free	1	20	-1.93
1:23.30Y 406	F # 93	Women 11-12 100 Breast	5	14	1.21
6:03.62Y 422	F # 103	Women 11-12 500 Free	1	20	-13.55
1:09.97Y 488	T # 311	Mixed 100 Back	2	---	-2.25
37.46Y 471	T # 506	Mixed 50 Breast	2	---	-0.61
<b>Renee Nakkab (9) W</b>					
44.79Y 506	F # 17	Women 10 & Under 50 Breast	14	3	-1.67
35.85Y 407	F # 21	Women 10 & Under 50 Free	44	---	-0.13
1:31.60Y 374	F # 25	Women 10 & Under 100 Back	38	---	0.60
42.54Y 311	F # 29	Women 10 & Under 50 Fly	28	---	0.12
3:11.01Y 411	F # 33	Women 10 & Under 200 IM	13	4	4.82
1:21.77Y 301	F # 63	Women 10 & Under 100 Free	1	---	1.26
43.41Y 305	F # 67	Women 10 & Under 50 Back	64	---	1.25
1:40.02Y 475	F # 71	Women 10 & Under 100 Breast	11	6	-1.32
1:27.73Y 453	F # 79	Women 10 & Under 100 IM	16	1	-1.63
<b>Bridget O'Shaughnessy (9) W</b>					
1:41.73Y 443	F # 71	Women 10 & Under 100 Breast	17	---	-0.79
<b>Amanda Peralta (10) W</b>					
48.34Y 203	F # 17	Women 10 & Under 50 Breast	39	---	-0.46
1:35.30Y 143	F # 25	Women 10 & Under 100 Back	58	---	-0.82
41.45Y 231	F # 29	Women 10 & Under 50 Fly	19	---	-0.35
1:46.93Y 186	F # 71	Women 10 & Under 100 Breast	32	---	-1.52
1:33.76Y 223	F # 75	Women 10 & Under 100 Fly	6	13	-1.11
3:05.26Y 84	F # 81	Women 10 & Under 200 Free	6	---	11.27
<b>Olivia Plansker (9) W</b>					
34.59Y 477	F # 21	Women 10 & Under 50 Free	23	---	-1.54
1:33.61Y 332	F # 25	Women 10 & Under 100 Back	52	---	-1.27
1:20.53Y 330	F # 63	Women 10 & Under 100 Free	31	---	0.63
43.80Y 289	F # 67	Women 10 & Under 50 Back	67	---	0.20
<b>Julia Pusateri (10) W</b>					
34.77Y 335	F # 21	Women 10 & Under 50 Free	27	---	0.88
1:32.78Y 187	F # 25	Women 10 & Under 100 Back	47	---	1.83
39.23Y 322	F # 29	Women 10 & Under 50 Fly	7	12	0.73
3:11.41Y 271	F # 33	Women 10 & Under 200 IM	14	3	7.62
1:16.79Y 284	F # 63	Women 10 & Under 100 Free	15	2	-2.58
41.95Y 224	F # 67	Women 10 & Under 50 Back	48	---	0.37
1:26.61Y 329	F # 79	Women 10 & Under 100 IM	13	3.5	-0.25
2:48.07Y 235	F # 81	Women 10 & Under 200 Free	12	5	-3.10
<b>Lisa Quick (14) W</b>					
1:18.89Y 109	F # 27	Women 13-14 100 Back	4	---	1.76
<b>Isabel Ren (12) W</b>					
2:24.81Y 302	F # 3	Women 11-12 200 Free	23	---	-2.40
1:13.60Y 380	F # 41	Women 11-12 100 Back	10	7	-0.31

### Individual Meet Results

**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**

**Location: Ward Melville HS**

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

Time	F/P/S	Event	Place	Points	Improv
29.42Y	465 F # 45	Women 11-12 50 Free	8	11	-0.53
39.20Y	379 F # 49	Women 11-12 50 Breast	13	4	-0.80
33.90Y	379 F # 53	Women 11-12 50 Fly	20	---	-0.05
2:41.45Y	363 F # 57	Women 11-12 200 IM	17	---	-4.14
1:05.03Y	394 F # 85	Women 11-12 100 Free	23	---	-0.40
33.25Y	461 F # 89	Women 11-12 50 Back	2	17	-0.68
1:25.38Y	356 F # 93	Women 11-12 100 Breast	20	---	-1.17
1:15.74Y	358 F # 97	Women 11-12 100 Fly	9	9	-0.25
1:15.28Y	377 F # 101	Women 11-12 100 IM	16	1	-0.95
<b>Amelia Ricketts (13) W</b>					
2:22.86Y	227 F # 15	Women 13-14 200 Free	40	---	1.72
30.61Y	313 F # 23	Women 13-14 50 Free	6	---	0.59
1:18.82Y	152 F # 27	Women 13-14 100 Back	3	---	1.16
1:06.39Y	260 F # 65	Women 13-14 100 Free	1	---	0.85
2:44.71Y	232 F # 69	Women 13-14 200 Back	50	---	-1.17
<b>John Rotolo (12) M</b>					
2:31.82Y	183 F # 4	Men 11-12 200 Free	19	---	0.30
1:19.43Y	204 F # 42	Men 11-12 100 Back	25	---	-2.35
42.57Y	156 F # 50	Men 11-12 50 Breast	24	---	-0.16
35.04Y	252 F # 54	Men 11-12 50 Fly	20	---	-1.47
DQ	F # 58	Men 11-12 200 IM	---	---	---
1:07.92Y	269 F # 86	Men 11-12 100 Free	33	---	-2.51
36.08Y	268 F # 90	Men 11-12 50 Back	27	---	-1.30
1:29.90Y	221 F # 94	Men 11-12 100 Breast	14	3	-0.26
1:20.09Y	195 F # 98	Men 11-12 100 Fly	15	2	-1.84
1:17.96Y	228 F # 102	Men 11-12 100 IM	15	2	-2.49
<b>Kyle Sanders (14) W</b>					
5:24.01Y	358 F # 5	Women 13-14 400 IM	12	5	-9.27
2:13.99Y	339 F # 15	Women 13-14 200 Free	15	2	0.33
27.76Y	477 F # 23	Women 13-14 50 Free	8	11	0.21
1:07.00Y	447 F # 27	Women 13-14 100 Back	1	20	-0.35
NS	F # 31	Women 13-14 100 Fly	---	---	---
2:32.51Y	358 F # 35	Women 13-14 200 IM	20	---	0.15
1:00.72Y	428 F # 65	Women 13-14 100 Free	14	3	0.80
2:29.63Y	394 F # 69	Women 13-14 200 Back	13	4	-0.06
1:05.89Y	486 T # 202	Mixed 100 Back	1	---	-1.46
27.51Y	497 T # 401	Mixed 50 Free	3	---	-0.04
<b>Max Scalandre (7) M</b>					
46.59Y	405 F # 18	Men 10 & Under 50 Breast	14	3	-1.36
<b>John Schlichte (10) M</b>					
32.99Y	451 F # 22	Men 10 & Under 50 Free	6	13	-1.45
43.80Y	118 F # 30	Men 10 & Under 50 Fly	29	---	0.54
1:15.44Y	325 F # 64	Men 10 & Under 100 Free	15	2	-5.79
40.25Y	331 F # 68	Men 10 & Under 50 Back	13	4	0.25
2:41.14Y	323 F # 82	Men 10 & Under 200 Free	1	20	-4.16

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**Individual Meet Results**
**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**
**Location: Ward Melville HS**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
<b>Lindsay Schlichte (13) W</b>					
5:38.57Y	489 F # 11	Women 13-14 500 Free	1	20	1.64
2:11.40Y	420 F # 15	Women 13-14 200 Free	8	11	-1.06
28.68Y	457 F # 23	Women 13-14 50 Free	28	---	-0.17
1:12.87Y	311 F # 27	Women 13-14 100 Back	38	---	-0.65
2:34.08Y	383 F # 35	Women 13-14 200 IM	22	---	-1.51
1:01.57Y	430 F # 65	Women 13-14 100 Free	21	---	-0.75
2:36.87Y	335 F # 69	Women 13-14 200 Back	30	---	-0.05
<b>Jake Schwartz (15) M</b>					
5:31.25Y	367 F # 14	Men 15-18 500 Free	1	---	-1.73
24.38Y	574 F # 48	Men 15-18 50 Free	2	17	-0.10
NS	F # 52	Men 15-18 100 Back	---	---	---
DQ	F # 60	Men 15-18 200 IM	---	---	---
53.89Y	509 F # 88	Men 15-18 100 Free	10	7	-1.06
2:24.97Y	259 F # 92	Men 15-18 200 Back	1	---	1.95
1:02.07Y	428 T # 311	Mixed 100 Back	1	---	-1.97
<b>Brandon Shteyman (15) M</b>					
5:31.41Y	365 F # 14	Men 15-18 500 Free	2	---	-27.91
1:06.72Y	546 F # 44	Men 15-18 100 Breast	1	20	-5.33
25.39Y	487 F # 48	Men 15-18 50 Free	15	2	-1.25
2:16.19Y	398 F # 60	Men 15-18 200 IM	10	7	-8.98
54.48Y	483 F # 88	Men 15-18 100 Free	17	---	-3.53
2:28.11Y	521 F # 96	Men 15-18 200 Breast	1	20	-8.92
<b>Adrian Silva (16) M</b>					
52.65Y	512 F # 88	Men 15-18 100 Free	3	16	0.11
2:16.55Y	339 F # 92	Men 15-18 200 Back	2	17	1.05
2:33.29Y	430 F # 96	Men 15-18 200 Breast	2	17	1.22
<b>Nicholas Silva (12) M</b>					
33.55Y	333 F # 54	Men 11-12 50 Fly	9	9	-1.23
1:26.46Y	296 F # 94	Men 11-12 100 Breast	9	9	-5.38
1:19.13Y	215 F # 98	Men 11-12 100 Fly	11	6	-3.04
<b>Maximillian Smitham (17) M</b>					
1:55.06Y	450 F # 40	Men 15-18 200 Free	1	20	---
1:09.07Y	404 F # 44	Men 15-18 100 Breast	3	16	---
NS	F # 56	Men 15-18 100 Fly	---	---	---
NS	F # 60	Men 15-18 200 IM	---	---	---
<b>Allegra Sodi (10) W</b>					
34.41Y	355 F # 21	Women 10 & Under 50 Free	21	---	0.60
1:21.27Y	434 F # 25	Women 10 & Under 100 Back	4	15	-1.80
41.07Y	246 F # 29	Women 10 & Under 50 Fly	16	1	-0.48
2:56.24Y	431 F # 33	Women 10 & Under 200 IM	1	20	-1.05
1:14.28Y	347 F # 63	Women 10 & Under 100 Free	8	11	-0.95
37.70Y	428 F # 67	Women 10 & Under 50 Back	3	16	-1.48
1:22.32Y	430 F # 79	Women 10 & Under 100 IM	5	14	-1.78
NS	F # 81	Women 10 & Under 200 Free	---	---	---

### Individual Meet Results

**2009 MR Metro Silvers South 06-Mar-09 to 08-Mar-09 Yards - Hy-Tek Single Year Points**

**Location: Ward Melville HS**

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

Time	F/P/S	Event	Place	Points	Improv
2:55.37Y	441 T # 406	Mixed 200 IM	3	---	-1.92
<b>Thomas Soregaroli (13) M</b>					
5:42.85Y	411 F # 12	Men 13-14 500 Free	9	9	-3.11
2:14.50Y	292 F # 16	Men 13-14 200 Free	34	---	1.54
1:09.50Y	315 F # 28	Men 13-14 100 Back	18	---	0.56
1:11.32Y	237 F # 32	Men 13-14 100 Fly	22	---	-0.65
2:32.35Y	290 F # 36	Men 13-14 200 IM	29	---	0.73
1:01.37Y	342 F # 66	Men 13-14 100 Free	42	---	-0.76
2:27.40Y	358 F # 70	Men 13-14 200 Back	16	1	-0.92
<b>Alexandra Sparrow (11) W</b>					
1:18.57Y	364 F # 41	Women 11-12 100 Back	41	---	0.65
30.68Y	462 F # 45	Women 11-12 50 Free	33	---	---
41.60Y	347 F # 49	Women 11-12 50 Breast	40	---	0.24
35.46Y	364 F # 53	Women 11-12 50 Fly	37	---	-0.72
2:46.71Y	407 F # 57	Women 11-12 200 IM	29	---	0.84
1:08.57Y	365 F # 85	Women 11-12 100 Free	56	---	-0.10
35.55Y	410 F # 89	Women 11-12 50 Back	20	---	0.12
1:26.41Y	440 F # 93	Women 11-12 100 Breast	26	---	-3.97
1:20.02Y	351 F # 97	Women 11-12 100 Fly	22	---	0.94
1:17.74Y	401 F # 101	Women 11-12 100 IM	27	---	-0.60
<b>Whitney Sun (11) W</b>					
1:18.68Y	361 F # 41	Women 11-12 100 Back	45	---	1.00
31.50Y	407 F # 45	Women 11-12 50 Free	47	---	-0.09
40.11Y	421 F # 49	Women 11-12 50 Breast	22	---	-0.35
35.13Y	382 F # 53	Women 11-12 50 Fly	35	---	-0.13
1:29.40Y	371 F # 93	Women 11-12 100 Breast	36	---	-2.12
1:20.52Y	339 F # 97	Women 11-12 100 Fly	23	---	-0.14
<b>Dina Sutherland (13) W</b>					
5:24.37Y	400 F # 5	Women 13-14 400 IM	13	4	-3.26
2:23.65Y	216 F # 15	Women 13-14 200 Free	4	---	3.81
29.04Y	429 F # 23	Women 13-14 50 Free	44	---	0.02
1:17.90Y	174 F # 27	Women 13-14 100 Back	60	---	1.22
1:15.13Y	251 F # 31	Women 13-14 100 Fly	1	---	3.83
DQ	F # 35	Women 13-14 200 IM	---	---	---
NS	F # 65	Women 13-14 100 Free	---	---	---
<b>Lauren Tierney (12) W</b>					
1:19.88Y	217 F # 41	Women 11-12 100 Back	55	---	-1.24
31.79Y	307 F # 45	Women 11-12 50 Free	59	---	0.21
36.03Y	265 F # 53	Women 11-12 50 Fly	40	---	1.41
1:08.36Y	289 F # 85	Women 11-12 100 Free	53	---	0.56
37.78Y	199 F # 89	Women 11-12 50 Back	56	---	0.56
NS	F # 101	Women 11-12 100 IM	---	---	---
<b>Dylan VanManen (11) M</b>					
5:22.38Y	656 F # 8	Men 11-12 400 IM	3	16	---
1:14.80Y	482 F # 42	Men 11-12 100 Back	7	12	-1.13

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Time	F/P/S	Event	Place	Points	Improv
29.63Y	547 F # 46	Men 11-12 50 Free	13	4	-0.10
42.31Y	320 F # 50	Men 11-12 50 Breast	21	---	-0.16
34.51Y	393 F # 54	Men 11-12 50 Fly	16	1	1.37
2:37.72Y	507 F # 58	Men 11-12 200 IM	5	14	2.69
1:02.47Y	581 F # 86	Men 11-12 100 Free	1	20	-1.54
35.27Y	457 F # 90	Men 11-12 50 Back	16	1	0.76
1:31.44Y	337 F # 94	Men 11-12 100 Breast	16	1	0.55
1:15.82Y	442 F # 98	Men 11-12 100 Fly	4	15	-1.99
1:15.39Y	467 F # 102	Men 11-12 100 IM	8	11	0.88
1:03.49Y	546 T # 507	Mixed 100 Free	6	---	-0.52
<b>Ryan VanManen (14) M</b>					
5:36.47Y	376 F # 12	Men 13-14 500 Free	6	13	1.39
2:07.04Y	341 F # 16	Men 13-14 200 Free	16	1	0.05
27.31Y	375 F # 24	Men 13-14 50 Free	26	---	0.53
1:09.57Y	230 F # 28	Men 13-14 100 Back	19	---	-0.44
1:08.88Y	217 F # 32	Men 13-14 100 Fly	14	3	0.54
2:21.67Y	364 F # 36	Men 13-14 200 IM	16	1	0.23
58.70Y	353 F # 66	Men 13-14 100 Free	20	---	1.05
2:26.22Y	275 F # 70	Men 13-14 200 Back	15	2	-2.73
<b>Phillip Wang (15) M</b>					
1:11.89Y	379 F # 44	Men 15-18 100 Breast	14	3	1.31
1:05.09Y	281 F # 56	Men 15-18 100 Fly	16	1	0.25
2:34.75Y	132 F # 60	Men 15-18 200 IM	1	---	4.68
<b>Barry Yang (12) M</b>					
30.49Y	365 F # 46	Men 11-12 50 Free	33	---	-0.79
42.40Y	163 F # 50	Men 11-12 50 Breast	22	---	-0.24
37.46Y	139 F # 54	Men 11-12 50 Fly	37	---	1.25
1:12.00Y	161 F # 86	Men 11-12 100 Free	3	---	0.41
41.47Y	38 F # 90	Men 11-12 50 Back	72	---	0.31
1:35.05Y	122 F # 94	Men 11-12 100 Breast	1	---	4.62
<b>Nathan Yang (10) M</b>					
45.52Y	305 F # 18	Men 10 & Under 50 Breast	7	12	-2.83
42.27Y	167 F # 30	Men 10 & Under 50 Fly	24	---	-2.90
1:36.35Y	363 F # 72	Men 10 & Under 100 Breast	1	20	-9.46
<b>Alice Ye (8) W</b>					
37.00Y	347 F # 21	Women 10 & Under 50 Free	5	---	1.53
1:25.38Y	515 F # 25	Women 10 & Under 100 Back	6	12	-2.33
42.32Y	320 F # 29	Women 10 & Under 50 Fly	26	---	1.74
3:03.70Y	489 F # 33	Women 10 & Under 200 IM	8	11	-4.91
1:16.80Y	425 F # 63	Women 10 & Under 100 Free	16	1	-2.94
39.26Y	506 F # 67	Women 10 & Under 50 Back	12	5	-2.38
1:42.23Y	434 F # 71	Women 10 & Under 100 Breast	19	---	-5.87
1:27.28Y	DQ F # 79	Women 10 & Under 100 IM	---	---	---
2:46.81Y	399 F # 81	Women 10 & Under 200 Free	11	6	-1.93

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Michael Ziedalski (14) M</b>					
2:17.66Y	173 F # 16	Men 13-14 200 Free	41	---	3.82
27.08Y	393 F # 24	Men 13-14 50 Free	22	---	0.25
1:10.08Y	216 F # 28	Men 13-14 100 Back	21	---	0.62
1:09.15Y	210 F # 32	Men 13-14 100 Fly	16	1	1.44
2:36.85Y	152 F # 36	Men 13-14 200 IM	35	---	2.25
<b>Vance Zuo (14) M</b>					
2:07.26Y	337 F # 16	Men 13-14 200 Free	17	---	0.79
26.14Y	468 F # 24	Men 13-14 50 Free	6	13	0.47
1:04.12Y	406 F # 28	Men 13-14 100 Back	3	16	-1.73
2:16.23Y	457 F # 36	Men 13-14 200 IM	1	20	0.66
57.02Y	418 F # 66	Men 13-14 100 Free	6	13	0.04
2:21.75Y	343 F # 70	Men 13-14 200 Back	5	14	---