
Individual Meet Results
2009 MR Senior Mets SC 19-Feb-09 to 22-Feb-09 Yards - Hy-Tek Single Year Points
Location: Bronx, New York
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Gabrielle Borutecene (17) W					
1:10.84Y	585 P # 3	Women 100 Breast	36	---	1.38
4:48.46Y	594 P # 9	Women 400 IM	31	---	0.89
2:18.27Y	549 P # 13	Women 200 IM	66	---	2.48
5:22.26Y	541 P # 19	Women 500 Free	49	---	6.64
2:29.55Y	641 F # 27	Women 200 Breast	20	---	0.50
2:30.48Y	628 P # 27	Women 200 Breast	23	---	1.43
58.04Y	480 P # 29	Women 100 Free	97	---	0.69
Nicholas Cerra (17) M					
1:42.81Y	738 P # 6	Men 200 Free	3	---	-0.97
1:44.17Y	704 F # 6	Men 200 Free	5	14	0.39
50.84Y	766 F # 8	Men 100 Fly	1	20	-0.69
50.86Y	765 P # 8	Men 100 Fly	1	---	-0.67
4:05.74Y	767 P # 10	Men 400 IM	4	---	-2.51
4:12.30Y	702 F # 10	Men 400 IM	7	12	4.05
1:57.06Y	722 F # 14	Men 200 IM	11	6	0.93
1:57.98Y	702 P # 14	Men 200 IM	11	---	1.85
4:36.80Y	757 F # 20	Men 500 Free	5	14	-0.46
4:37.58Y	750 P # 20	Men 500 Free	2	---	0.32
1:51.24Y	823 F # 32	Men 200 Fly	1	20	-1.88
1:53.69Y	772 P # 32	Men 200 Fly	1	---	0.57
Linda Chang (16) W					
26.64Y	538 P # 15	Women 50 Free	87	---	0.86
58.11Y	491 P # 29	Women 100 Free	99	---	1.52
One June Chang (18) M					
1:03.13Y	582 P # 4	Men 100 Breast	33	---	3.05
1:43.34Y	714 F # 6	Men 200 Free	3	16	-0.42
1:45.11Y	669 P # 6	Men 200 Free	7	---	1.35
52.54Y	683 P # 8	Men 100 Fly	9	---	0.55
54.34Y	602 F # 8	Men 100 Fly	16	1	2.35
1:43.84Y	701 F # 12	800 Free Relay Lead Off	---	---	0.08
2:00.81Y	605 P # 14	Men 200 IM	19	---	3.94
21.81Y	713 F # 16	Men 50 Free	12	5	0.03
21.84Y	710 P # 16	Men 50 Free	13	---	0.06
47.05Y	728 P # 30	Men 100 Free	7	---	0.13
47.19Y	721 F # 30	Men 100 Free	8	11	0.27
47.15Y	723 F # 34	400 Free Relay Lead Off	---	---	0.23
Rachel Cho (14) W					
11:22.54Y	545 F # 1	Women 1000 Free	41	---	27.69
2:03.81Y	539 P # 5	Women 200 Free	75	---	5.85
25.19Y	702 P # 15	Women 50 Free	29	---	0.21
1:04.14Y	551 P # 17	Women 100 Back	71	---	2.30
5:33.13Y	493 P # 19	Women 500 Free	58	---	17.14
55.02Y	674 P # 29	Women 100 Free	30	---	1.20
Jonathan Derlath (17) M					
9:32.12Y	782 F # 2	Men 1000 Free	3	16	3.95

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1:45.25Y	676 P # 6	Men 200 Free	9	---	0.75
1:45.47Y	671 F # 6	Men 200 Free	12	5	0.97
4:10.53Y	719 F # 10	Men 400 IM	11	6	0.06
4:12.79Y	697 P # 10	Men 400 IM	10	---	2.32
4:36.67Y	759 F # 20	Men 500 Free	4	15	1.88
4:41.44Y	714 P # 20	Men 500 Free	4	---	6.65
57.73Y	511 F # 22	400 Medley Relay Lead Off	---	---	1.26
15:54.36Y	806 F # 24	Men 1650 Free	2	17	7.52
2:00.69Y	609 P # 26	Men 200 Back	30	---	2.42
Julia Festa (17) W					
10:12.57Y	788 F # 1	Women 1000 Free	3	16	1.13
1:55.78Y	674 P # 5	Women 200 Free	14	---	1.85
1:56.54Y	655 F # 5	Women 200 Free	15	2	2.61
1:59.23Y	592 F # 11	800 Free Relay Lead Off	---	---	5.30
24.95Y	675 P # 15	Women 50 Free	17	---	0.26
25.03Y	668 F # 15	Women 50 Free	18	---	0.34
5:05.93Y	688 F # 19	Women 500 Free	13	4	9.76
5:06.41Y	683 P # 19	Women 500 Free	12	---	10.24
54.19Y	652 F # 29	Women 100 Free	18	---	0.44
54.77Y	625 P # 29	Women 100 Free	21	---	1.02
54.25Y	649 F # 33	400 Free Relay Lead Off	---	---	0.50
Erik Heinemann (16) M					
10:03.20Y	659 F # 2	Men 1000 Free	19	---	-10.61
4:24.84Y	593 P # 10	Men 400 IM	28	---	-1.57
2:06.66Y	532 P # 14	Men 200 IM	51	---	-4.75
4:57.68Y	592 P # 20	Men 500 Free	40	---	0.62
NS	F # 24	Men 1650 Free	---	---	---
NS	P # 32	Men 200 Fly	---	---	---
Maggie Johns (16) W					
10:50.84Y	622 F # 1	Women 1000 Free	31	---	-1.11
2:01.56Y	539 P # 5	Women 200 Free	60	---	0.21
4:52.88Y	558 P # 9	Women 400 IM	46	---	7.98
5:16.56Y	590 P # 19	Women 500 Free	38	---	1.31
18:00.57Y	655 F # 23	Women 1650 Free	23	---	-3.68
2:19.41Y	555 P # 31	Women 200 Fly	53	---	0.50
Emily Kelly (16) W					
1:51.76Y	775 F # 5	Women 200 Free	4	15	2.92
1:52.16Y	765 P # 5	Women 200 Free	3	---	3.32
1:01.42Y	604 P # 7	Women 100 Fly	39	---	3.40
24.08Y	773 P # 15	Women 50 Free	2	---	0.46
24.42Y	740 F # 15	Women 50 Free	5	14	0.80
58.93Y	722 P # 17	Women 100 Back	7	---	1.27
1:00.47Y	658 F # 17	Women 100 Back	8	11	2.81
DQ	P # 25	Women 200 Back	---	---	---
50.75Y	838 F # 29	Women 100 Free	3	16	-0.77
51.73Y	787 P # 29	Women 100 Free	2	---	0.21

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Richard KE (14) M					
1:08.31Y	561 P # 4	Men 100 Breast	82	---	3.03
2:31.59Y	541 P # 28	Men 200 Breast	63	---	7.43
Austin Kowalsky (14) M					
1:48.71Y	731 P # 6	Men 200 Free	31	---	-1.03
54.39Y	755 P # 8	Men 100 Fly	29	---	-0.91
1:48.58Y	735 F # 12	800 Free Relay Lead Off	---	---	-1.16
21.99Y	833 F # 16	Men 50 Free	17	---	-0.04
22.44Y	791 P # 16	Men 50 Free	24	---	0.41
5:01.03Y	652 P # 20	Men 500 Free	48	---	---
49.87Y	735 P # 30	Men 100 Free	42	---	-0.27
2:04.38Y	681 P # 32	Men 200 Fly	30	---	1.12
48.62Y	797 F # 34	400 Free Relay Lead Off	---	---	-1.52
Michael Lennon (14) M					
9:48.21Y	824 F # 2	Men 1000 Free	6	13	-5.70
1:49.30Y	717 P # 6	Men 200 Free	40	---	-0.02
4:19.86Y	742 F # 10	Men 400 IM	22	---	-2.50
4:23.52Y	708 P # 10	Men 400 IM	24	---	1.16
4:48.65Y	762 P # 20	Men 500 Free	14	---	-0.51
4:48.89Y	759 F # 20	Men 500 Free	12	5	-0.27
58.64Y	614 F # 22	400 Medley Relay Lead Off	---	---	0.34
16:31.98Y	803 F # 24	Men 1650 Free	7	12	8.78
2:02.76Y	711 F # 32	Men 200 Fly	20	---	1.35
2:03.69Y	694 P # 32	Men 200 Fly	25	---	2.28
Kevin Ling (14) M					
1:03.77Y	718 P # 4	Men 100 Breast	42	---	-1.24
4:31.57Y	634 P # 10	Men 400 IM	45	---	-0.05
2:17.76Y	747 F # 28	Men 200 Breast	23	---	-0.75
2:19.17Y	725 P # 28	Men 200 Breast	24	---	0.66
Colleen Logan (17) W					
18:30.98Y	583 F # 23	Women 1650 Free	39	---	13.47
11:06.07Y	561 T # 101	Mixed 1000 Free	1	---	-1.36
Michael Mayer (16) M					
9:58.46Y	680 F # 2	Men 1000 Free	14	3	-7.84
1:01.84Y	689 P # 4	Men 100 Breast	22	---	-1.95
1:01.90Y	687 F # 4	Men 100 Breast	23	---	-1.89
4:17.77Y	659 P # 10	Men 400 IM	17	---	-5.13
4:18.01Y	657 F # 10	Men 400 IM	21	---	-4.89
1:50.48Y	570 F # 12	800 Free Relay Lead Off	---	---	0.81
4:49.64Y	663 P # 20	Men 500 Free	18	---	-1.70
4:50.75Y	653 F # 20	Men 500 Free	20	---	-0.59
16:45.32Y	686 F # 24	Men 1650 Free	13	4	-12.61
2:13.38Y	730 P # 28	Men 200 Breast	12	---	-0.71
2:16.33Y	683 F # 28	Men 200 Breast	16	1	2.24
Lowell Nickey (16) M					
9:55.66Y	692 F # 2	Men 1000 Free	10	7	---

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1:48.56Y	615	P # 6 Men 200 Free	30	---	-1.18
23.45Y	603	P # 16 Men 50 Free	71	---	-0.12
4:43.46Y	719	F # 20 Men 500 Free	10	7	-13.97
4:47.35Y	683	P # 20 Men 500 Free	10	---	-10.08
50.36Y	617	P # 30 Men 100 Free	57	---	0.06
16:34.20Y	712	T # 413 Men 1650 Free	1	---	---
Yalim Okkan (17) M					
1:03.54Y	592	P # 4 Men 100 Breast	40	---	0.32
4:35.47Y	489	P # 10 Men 400 IM	60	---	0.51
2:20.63Y	590	P # 28 Men 200 Breast	32	---	2.16
2:06.27Y	528	P # 32 Men 200 Fly	42	---	-1.95
Brian O'Neill (17) M					
10:22.72Y	560	F # 2 Men 1000 Free	33	---	15.58
4:35.11Y	492	P # 10 Men 400 IM	59	---	3.45
5:06.62Y	495	P # 20 Men 500 Free	62	---	9.33
17:27.30Y	584	F # 24 Men 1650 Free	33	---	34.51
2:08.03Y	496	P # 32 Men 200 Fly	52	---	2.63
Jay Park (15) M					
4:33.44Y	565	P # 10 Men 400 IM	53	---	0.63
51.15Y	632	P # 30 Men 100 Free	85	---	0.04
2:07.58Y	560	P # 32 Men 200 Fly	47	---	1.59
51.92Y	597	F # 34 400 Free Relay Lead Off	---	---	0.81
Matthew Salcedo (14) M					
10:48.40Y	568	F # 2 Men 1000 Free	43	---	-7.61
18:01.13Y	597	F # 24 Men 1650 Free	46	---	-30.63
2:12.36Y	536	P # 32 Men 200 Fly	75	---	3.13
Benjamin Shanley (15) M					
2:25.30Y	562	P # 28 Men 200 Breast	47	---	-0.91
Adrian Silva (16) M					
55.99Y	565	P # 8 Men 100 Fly	57	---	1.49
2:01.70Y	640	P # 32 Men 200 Fly	19	---	-0.37
2:02.01Y	634	F # 32 Men 200 Fly	19	---	-0.06
Ashley Smith (17) W					
10:15.12Y	776	F # 1 Women 1000 Free	5	14	-21.23
1:58.04Y	619	P # 5 Women 200 Free	29	---	0.27
1:02.42Y	553	P # 7 Women 100 Fly	49	---	0.37
5:05.55Y	691	F # 19 Women 500 Free	12	5	0.83
5:05.63Y	691	P # 19 Women 500 Free	9	---	0.91
2:15.96Y	575	P # 25 Women 200 Back	51	---	1.95
2:10.19Y	697	F # 31 Women 200 Fly	14	3	-2.01
2:10.67Y	689	P # 31 Women 200 Fly	15	---	-1.53
Nicholas Spinella (16) M					
1:45.52Y	690	P # 6 Men 200 Free	11	---	1.43
1:48.00Y	629	F # 6 Men 200 Free	15	2	3.91
4:24.93Y	593	P # 10 Men 400 IM	29	---	5.44
21.94Y	743	P # 16 Men 50 Free	15	---	-0.04

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22.28Y	711 F # 16	Men 50 Free	16	1	0.30
52.13Y	786 P # 18	Men 100 Back	2	---	-0.11
52.19Y	783 F # 18	Men 100 Back	2	17	-0.05
52.35Y	776 F # 22	400 Medley Relay Lead Off	---	---	0.11
1:53.58Y	775 P # 26	Men 200 Back	2	---	-0.17
1:55.21Y	740 F # 26	Men 200 Back	4	15	1.46
48.67Y	699 P # 30	Men 100 Free	26	---	1.26
49.23Y	671 F # 30	Men 100 Free	22	---	1.82
Sean Sullivan (15) M					
53.13Y	750 F # 8	Men 100 Fly	18	---	-0.50
53.35Y	740 P # 8	Men 100 Fly	17	---	-0.28
4:05.73Y	827 P # 10	Men 400 IM	3	---	-1.83
4:08.55Y	799 F # 10	Men 400 IM	6	13	0.99
1:56.55Y	791 F # 14	Men 200 IM	6	13	-0.55
1:57.12Y	778 P # 14	Men 200 IM	7	---	0.02
4:45.46Y	739 F # 20	Men 500 Free	11	6	-2.92
4:47.56Y	720 P # 20	Men 500 Free	11	---	-0.82
2:13.01Y	752 F # 28	Men 200 Breast	13	4	-7.41
2:14.84Y	723 P # 28	Men 200 Breast	15	---	-5.58
1:56.28Y	776 F # 32	Men 200 Fly	5	14	-0.50
1:57.48Y	752 P # 32	Men 200 Fly	4	---	0.70
Emily Tan (15) W					
1:10.96Y	626 P # 3	Women 100 Breast	37	---	1.48
2:18.02Y	569 P # 13	Women 200 IM	64	---	-0.54
25.56Y	637 P # 15	Women 50 Free	41	---	0.36
2:35.72Y	598 P # 27	Women 200 Breast	47	---	2.47
55.26Y	622 P # 29	Women 100 Free	34	---	0.48
Gabrielle Toback (13) W					
26.02Y	683 P # 15	Women 50 Free	62	---	-0.28
1:03.69Y	627 P # 17	Women 100 Back	66	---	1.94
1:03.78Y	623 F # 21	400 Medley Relay Lead Off	---	---	2.03
2:20.20Y	587 P # 25	Women 200 Back	63	---	5.49
57.34Y	606 P # 29	Women 100 Free	84	---	0.87
Molly Treble (12) W					
10:57.32Y	805 F # 1	Women 1000 Free	34	---	-6.09
18:22.88Y	799 F # 23	Women 1650 Free	35	---	17.42
John Wagner (17) M					
1:39.05Y	838 F # 6	Men 200 Free	1	20	0.34
1:41.06Y	784 P # 6	Men 200 Free	1	---	2.35
3:57.52Y	851 F # 10	Men 400 IM	1	20	1.95
4:02.30Y	802 P # 10	Men 400 IM	1	---	6.73
1:51.42Y	852 F # 14	Men 200 IM	1	20	1.75
1:54.12Y	789 P # 14	Men 200 IM	1	---	4.45
50.70Y	819 F # 18	Men 100 Back	1	20	0.95
50.92Y	808 P # 18	Men 100 Back	1	---	1.17
1:47.68Y	887 F # 26	Men 200 Back	1	20	-2.82

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1:50.24Y	829 P # 26	Men 200 Back	1	---	-0.26
45.62Y	825 F # 30	Men 100 Free	2	17	0.59
45.75Y	818 P # 30	Men 100 Free	2	---	0.72
Megan Zarrillo (16) W					
10:13.84Y	782 F # 1	Women 1000 Free	4	15	-14.92
1:54.76Y	699 F # 5	Women 200 Free	17	---	-0.39
1:57.14Y	641 P # 5	Women 200 Free	22	---	1.99
4:37.05Y	691 F # 9	Women 400 IM	10	7	-3.05
4:42.12Y	647 P # 9	Women 400 IM	16	---	2.02
5:01.24Y	733 P # 19	Women 500 Free	4	---	-3.31
5:03.47Y	711 F # 19	Women 500 Free	7	12	-1.08
1:02.24Y	587 F # 21	400 Medley Relay Lead Off	---	---	0.70
17:05.16Y	797 F # 23	Women 1650 Free	4	15	-4.93
2:07.36Y	736 P # 25	Women 200 Back	8	---	-3.00
2:11.91Y	655 F # 25	Women 200 Back	8	11	1.55
Cady Zawatson (14) W					
10:33.12Y	DQ F # 1	Women 1000 Free	---	---	---
1:59.06Y	647 P # 5	Women 200 Free	40	---	-0.60
4:45.14Y	654 F # 9	Women 400 IM	20	---	-3.11
4:47.21Y	637 P # 9	Women 400 IM	25	---	-1.04
1:57.88Y	675 F # 11	800 Free Relay Lead Off	---	---	-1.78
5:12.39Y	672 P # 19	Women 500 Free	26	---	-3.24
17:26.92Y	776 F # 23	Women 1650 Free	9	9	-11.97
56.15Y	622 P # 29	Women 100 Free	56	---	-0.28
56.16Y	621 F # 33	400 Free Relay Lead Off	---	---	-0.27