
Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET 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 (11) W					
2:39.49Y	197 F # 3	Women 11-12 200 Free	43	---	-9.03
2:49.87Y	367 F # 11	Women 11-12 200 IM	31	---	-1.62
38.51Y	245 F # 45	Women 11-12 50 Back	46	---	-0.59
1:28.63Y	389 F # 49	Women 11-12 100 Breast	22	---	1.62
1:13.56Y	224 F # 63	Women 11-12 100 Free	56	---	-1.93
1:22.05Y	289 F # 93	Women 11-12 100 IM	45	---	-3.66
1:23.04Y	DQ F # 99	Women 11-12 100 Back	---	---	---
41.83Y	336 F # 105	Women 11-12 50 Breast	29	---	0.49
Vincent Agostino (8) M					
1:42.68Y	131 F # 44	Men 8 & Under 100 IM	11	---	---
45.32Y	176 F # 54	Men 8 & Under 50 Fly	6	5	-4.99
40.64Y	185 F # 60	Men 8 & Under 50 Free	12	---	-0.63
45.27Y	237 F # 96	Men 8 & Under 50 Back	10	---	-4.90
56.97Y	62 F # 102	Men 8 & Under 50 Breast	13	---	---
1:29.40Y	151 F # 112	Men 8 & Under 100 Free	12	---	-6.10
Alexa Aliprantis (16) W					
1:16.49Y	435 F # 21	Women 100 Breast	7	---	4.17
2:38.80Y	276 F # 25	Women 200 Fly	12	---	-6.47
2:29.66Y	368 F # 33	Women 200 Back	20	---	2.77
28.30Y	400 F # 73	Women 50 Free	35	---	1.38
1:13.57Y	211 F # 77	Women 100 Fly	23	---	1.39
1:11.77Y	260 F # 85	Women 100 Back	29	---	4.96
Ali Aly (11) M					
2:17.88Y	524 F # 4	Men 11-12 200 Free	11	---	1.41
2:35.87Y	534 F # 12	Men 11-12 200 IM	7	---	0.26
35.13Y	465 F # 46	Men 11-12 50 Back	18	---	0.58
34.10Y	416 F # 58	Men 11-12 50 Fly	19	---	-0.94
1:02.40Y	584 F # 64	Men 11-12 100 Free	10	---	-0.38
1:15.05Y	477 F # 94	Men 11-12 100 IM	23	---	0.46
1:14.79Y	483 F # 100	Men 11-12 100 Back	10	---	2.18
40.37Y	416 F # 106	Men 11-12 50 Breast	19	---	-0.69
28.89Y	597 F # 120	200 Free Relay Lead Off	---	---	0.15
Lauren Auersperg (10) W					
1:48.78Y	5 F # 41	Women 9-10 100 IM	64	---	---
1:47.29Y	DQ F # 47	Women 9-10 100 Back	---	---	---
41.04Y	60 F # 61	Women 9-10 50 Free	64	---	1.12
51.36Y	DQ F # 97	Women 9-10 50 Back	---	---	---
50.46Y	4 F # 107	Women 9-10 50 Fly	54	---	---
1:27.58Y	72 F # 113	Women 9-10 100 Free	62	---	-3.42
Saaio Awon (13) M					
2:33.77Y	270 F # 20	Men 13-14 200 IM	21	---	-3.16
1:11.06Y	245 F # 28	Men 13-14 100 Fly	18	---	-0.40
1:14.36Y	176 F # 36	Men 13-14 100 Back	23	---	-0.09
1:13.85Y	190 F # 40	400 Medley Relay Lead Off	---	---	-0.60

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
28.18Y 390	F # 76	Men 13-14 50 Free	38	---	-0.78
1:02.32Y 308	F # 84	Men 13-14 100 Free	40	---	-2.15
2:37.35Y 219	F # 88	Men 13-14 200 Back	21	---	---
Jordan Bader (17) W					
5:43.65Y 373	F # 7	Women 500 Free	16	---	-4.27
5:08.72Y 436	F # 15	Women 400 IM	11	---	-5.81
1:20.48Y 304	F # 21	Women 100 Breast	16	---	-1.67
2:29.81Y 394	F # 25	Women 200 Fly	8	---	5.29
2:30.04Y 353	F # 33	Women 200 Back	22	---	1.58
2:52.50Y 331	F # 69	Women 200 Breast	12	---	-3.46
1:08.86Y 336	F # 77	Women 100 Fly	11	---	2.21
2:11.78Y 335	F # 81	Women 200 Free	15	---	2.48
Katrina Bamba (13) W					
5:49.21Y 409	F # 5	Women 13-14 500 Free	7	---	-14.81
1:10.05Y 401	F # 27	Women 13-14 100 Fly	8	---	1.14
2:15.99Y 337	F # 31	Women 13-14 200 Free	13	---	3.45
1:06.24Y 531	F # 35	Women 13-14 100 Back	3	8	1.34
1:05.45Y 560	F # 39	400 Medley Relay Lead Off	---	---	0.55
29.16Y 420	F # 75	Women 13-14 50 Free	22	---	-0.63
1:02.77Y 385	F # 83	Women 13-14 100 Free	13	---	1.18
2:19.77Y 595	F # 87	Women 13-14 200 Back	2	9	2.70
Ivan Bandovic (17) M					
2:10.46Y 448	F # 18	Men 200 IM	13	---	1.25
53.39Y 450	F # 30	Men 100 Free	22	---	-0.16
2:10.82Y 418	F # 34	Men 200 Back	10	---	0.36
59.12Y 456	F # 38	400 Medley Relay Lead Off	---	---	-1.02
24.48Y 484	F # 74	Men 50 Free	21	---	-0.02
58.89Y 420	F # 78	Men 100 Fly	13	---	0.41
1:59.32Y 363	F # 82	Men 200 Free	15	---	3.37
Conor Beil (11) M					
2:19.01Y 505	F # 4	Men 11-12 200 Free	13	---	-5.25
2:42.00Y 447	F # 12	Men 11-12 200 IM	16	---	-0.03
34.36Y 512	F # 46	Men 11-12 50 Back	13	---	0.68
34.90Y 371	F # 58	Men 11-12 50 Fly	25	---	-0.30
1:06.67Y 441	F # 64	Men 11-12 100 Free	24	---	-1.63
34.14Y 526	F # 68	200 Medley Relay Lead Off	---	---	0.46
1:16.30Y 440	F # 94	Men 11-12 100 IM	28	---	-0.68
1:13.10Y 531	F # 100	Men 11-12 100 Back	6	5	-0.11
1:18.81Y 366	F # 110	Men 11-12 100 Fly	17	---	-0.82
Alyssa Blum (11) W					
2:13.56Y 591	F # 3	Women 11-12 200 Free	5	6	-2.48
2:32.62Y 601	F # 11	Women 11-12 200 IM	6	5	-5.10
34.16Y 498	F # 45	Women 11-12 50 Back	14	---	-0.04
31.63Y 588	F # 57	Women 11-12 50 Fly	4	7	-0.32
1:01.34Y 615	F # 63	Women 11-12 100 Free	4	7	-1.30

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
1:13.58Y	523 F # 93	Women 11-12 100 IM	14	---	1.61
1:13.30Y	513 F # 99	Women 11-12 100 Back	11	---	-0.12
1:12.26Y	547 F # 109	Women 11-12 100 Fly	6	5	-1.46
Adam Bouzourene (13) M					
1:33.36Y	22 F # 72	Men 13-14 100 Breast	50	---	3.10
	NS F # 76	Men 13-14 50 Free	---	---	---
1:16.02Y	1 F # 84	Men 13-14 100 Free	71	---	3.72
Tarik Bouzourene (16) M					
2:36.76Y	382 F # 70	Men 200 Breast	20	---	-1.78
	25.77Y 401 F # 74	Men 50 Free	37	---	-0.16
	1:08.41Y 133 F # 78	Men 100 Fly	41	---	-9.82
Jaime Boyko (14) W					
6:02.05Y	287 F # 5	Women 13-14 500 Free	10	---	-8.50
2:36.04Y	307 F # 19	Women 13-14 200 IM	14	---	1.08
1:10.66Y	335 F # 27	Women 13-14 100 Fly	10	---	1.12
1:12.52Y	270 F # 35	Women 13-14 100 Back	15	---	1.64
1:12.06Y	283 F # 39	400 Medley Relay Lead Off	---	---	1.18
	28.28Y 435 F # 75	Women 13-14 50 Free	11	---	0.57
	2:42.29Y 261 F # 79	Women 13-14 200 Fly	8	---	0.63
	2:37.10Y 289 F # 87	Women 13-14 200 Back	16	---	4.66
Patrick Boyle (9) M					
1:35.46Y	253 F # 42	Men 9-10 100 IM	45	---	---
1:36.00Y	262 F # 48	Men 9-10 100 Back	29	---	-5.17
	54.94Y 113 F # 52	Men 9-10 50 Breast	30	---	-2.93
	46.67Y 184 F # 98	Men 9-10 50 Back	48	---	-3.25
	1:58.78Y 142 F # 104	Men 9-10 100 Breast	39	---	-8.53
	1:28.31Y 171 F # 114	Men 9-10 100 Free	61	---	-3.77
Connor Brown (13) M					
5:33.55Y	478 F # 8	Men 500 Free	16	---	-4.44
5:01.26Y	485 F # 14	Men 13-14 400 IM	8	---	---
1:10.38Y	265 F # 28	Men 13-14 100 Fly	16	---	-2.97
2:11.19Y	348 F # 32	Men 13-14 200 Free	15	---	3.20
1:13.16Y	208 F # 36	Men 13-14 100 Back	20	---	-1.11
1:20.83Y	275 F # 72	Men 13-14 100 Breast	31	---	0.72
	28.23Y 386 F # 76	Men 13-14 50 Free	40	---	1.11
	1:00.93Y 358 F # 84	Men 13-14 100 Free	31	---	2.28
Kieran Brown (9) M					
1:39.61Y	178 F # 42	Men 9-10 100 IM	51	---	-26.11
1:56.38Y	1 F # 48	Men 9-10 100 Back	46	---	16.56
	39.71Y 226 F # 62	Men 9-10 50 Free	53	---	-0.13
	43.64Y 304 F # 98	Men 9-10 50 Back	39	---	-3.12
	47.41Y 114 F # 108	Men 9-10 50 Fly	54	---	-1.78
	1:28.63Y 165 F # 114	Men 9-10 100 Free	63	---	-3.49
Nate Brown (13) M					
2:21.26Y	465 F # 20	Men 13-14 200 IM	10	---	-0.33

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
2:38.53Y	508 F # 24	Men 13-14 200 Breast	6	5	-1.47
1:08.99Y	307 F # 28	Men 13-14 100 Fly	13	---	2.09
25.93Y	568 F # 76	Men 13-14 50 Free	18	---	0.38
2:46.25Y	145 F # 80	Men 13-14 200 Fly	4	7	---
57.81Y	477 F # 84	Men 13-14 100 Free	17	---	1.39
58.37Y	455 F # 92	400 Free Relay Lead Off	---	---	1.95
Ryan Brown (11) M					
2:18.52Y	514 F # 4	Men 11-12 200 Free	12	---	-5.61
2:37.40Y	512 F # 12	Men 11-12 200 IM	11	---	0.03
1:14.01Y	774 F # 50	Men 11-12 100 Breast	1	11	-5.51
33.84Y	432 F # 58	Men 11-12 50 Fly	17	---	1.16
1:05.95Y	464 F # 64	Men 11-12 100 Free	22	---	-1.85
1:11.36Y	595 F # 94	Men 11-12 100 IM	7	---	-3.21
33.98Y	783 F # 106	Men 11-12 50 Breast	3	8	-1.98
1:14.59Y	474 F # 110	Men 11-12 100 Fly	11	---	1.55
Alexis Bush (10) W					
1:30.24Y	252 F # 41	Women 9-10 100 IM	34	---	-0.67
1:35.76Y	190 F # 55	Women 9-10 100 Fly	14	---	---
36.51Y	245 F # 61	Women 9-10 50 Free	41	---	-0.43
42.15Y	216 F # 65	200 Medley Relay Lead Off	---	---	0.74
41.00Y	265 F # 97	Women 9-10 50 Back	31	---	-0.41
1:43.91Y	236 F # 103	Women 9-10 100 Breast	41	---	-3.85
1:20.51Y	199 F # 113	Women 9-10 100 Free	44	---	-0.38
Maryellen Campbell (16) W					
4:55.65Y	536 F # 15	Women 400 IM	5	6	---
2:20.90Y	506 F # 17	Women 200 IM	4	7	2.80
1:09.53Y	648 F # 21	Women 100 Breast	1	11	2.61
59.21Y	445 F # 29	Women 100 Free	17	---	2.96
2:33.33Y	601 F # 69	Women 200 Breast	1	11	-0.93
26.54Y	546 F # 73	Women 50 Free	10	---	0.82
1:05.42Y	468 F # 85	Women 100 Back	9	---	2.14
Beth Caruana (10) W					
2:31.17Y	448 F # 1	Women 10 & Under 200 Free	3	8	-2.14
2:47.61Y	533 F # 9	Women 10 & Under 200 IM	4	7	-5.30
1:17.84Y	545 F # 41	Women 9-10 100 IM	3	8	-4.11
1:19.39Y	481 F # 47	Women 9-10 100 Back	3	8	-1.83
1:19.10Y	514 F # 55	Women 9-10 100 Fly	3	8	-8.56
37.64Y	431 F # 97	Women 9-10 50 Back	10	---	0.20
1:32.34Y	455 F # 103	Women 9-10 100 Breast	11	---	-1.08
1:08.97Y	498 F # 113	Women 9-10 100 Free	9	---	-2.42
Ruben Cerri-Droz (12) M					
NS	F # 4	Men 11-12 200 Free	---	---	---
40.58Y	66 F # 46	Men 11-12 50 Back	47	---	-3.41
1:30.09Y	217 F # 50	Men 11-12 100 Breast	17	---	---
1:15.27Y	89 F # 64	Men 11-12 100 Free	54	---	2.55

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
1:21.01Y	DQ F # 94	Men 11-12 100 IM	---	---	---
1:30.74Y	22 F # 110	Men 11-12 100 Fly	25	---	3.96
31.45Y	305 F # 116	Men 11-12 50 Free	23	---	-0.39
Brendan Chan (14) M					
6:00.05Y	227 F # 6	Men 13-14 500 Free	17	---	-18.69
5:02.34Y	379 F # 14	Men 13-14 400 IM	9	---	-8.37
2:23.82Y	330 F # 20	Men 13-14 200 IM	14	---	-4.27
2:41.79Y	400 F # 24	Men 13-14 200 Breast	9	---	1.17
2:16.06Y	195 F # 32	Men 13-14 200 Free	23	---	-4.71
1:14.43Y	369 F # 72	Men 13-14 100 Breast	11	---	1.07
27.18Y	385 F # 76	Men 13-14 50 Free	27	---	0.31
1:01.03Y	269 F # 84	Men 13-14 100 Free	32	---	1.19
1:00.64Y	282 F # 92	400 Free Relay Lead Off	---	---	0.80
Elizabeth Chang (15) W					
5:26.16Y	527 F # 7	Women 500 Free	6	5	-1.19
4:58.33Y	534 F # 15	Women 400 IM	6	5	-1.68
2:23.12Y	481 F # 17	Women 200 IM	11	---	3.30
2:29.52Y	410 F # 25	Women 200 Fly	7	---	5.48
1:00.55Y	397 F # 29	Women 100 Free	24	---	2.55
27.91Y	434 F # 73	Women 50 Free	27	---	0.24
1:07.31Y	416 F # 77	Women 100 Fly	6	5	2.77
2:09.47Y	388 F # 81	Women 200 Free	11	---	5.82
Linda Chang (17) W					
5:30.18Y	475 F # 7	Women 500 Free	9	---	0.40
2:22.81Y	471 F # 17	Women 200 IM	10	---	0.51
NS	F # 21	Women 100 Breast	---	---	---
56.08Y	565 F # 29	Women 100 Free	3	8	0.76
26.36Y	548 F # 73	Women 50 Free	7	---	0.83
2:01.28Y	545 F # 81	Women 200 Free	2	9	-1.64
1:06.90Y	415 F # 85	Women 100 Back	13	---	-0.22
William Chang (13) M					
1:23.95Y	198 F # 72	Men 13-14 100 Breast	36	---	0.22
33.40Y	54 F # 76	Men 13-14 50 Free	69	---	-0.07
1:14.79Y	5 F # 84	Men 13-14 100 Free	70	---	---
Kimberly Chan (11) W					
2:23.17Y	423 F # 3	Women 11-12 200 Free	16	---	-0.38
2:36.72Y	542 F # 11	Women 11-12 200 IM	11	---	-6.01
35.53Y	411 F # 45	Women 11-12 50 Back	24	---	-1.67
32.55Y	531 F # 57	Women 11-12 50 Fly	14	---	-0.78
1:06.52Y	431 F # 63	Women 11-12 100 Free	27	---	1.76
1:16.20Y	445 F # 93	Women 11-12 100 IM	27	---	-0.82
41.11Y	371 F # 105	Women 11-12 50 Breast	26	---	-0.92
1:12.13Y	551 F # 109	Women 11-12 100 Fly	5	6	0.22
Geoffrey Chen (11) M					
2:14.19Y	588 F # 4	Men 11-12 200 Free	5	6	-2.10

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
2:31.84Y	594 F # 12	Men 11-12 200 IM	5	6	-0.92
34.00Y	535 F # 46	Men 11-12 50 Back	11	---	-0.54
33.43Y	456 F # 58	Men 11-12 50 Fly	15	---	-0.05
1:03.07Y	561 F # 64	Men 11-12 100 Free	14	---	1.07
1:10.27Y	632 F # 94	Men 11-12 100 IM	6	5	-0.34
1:13.23Y	528 F # 100	Men 11-12 100 Back	7	---	-1.32
1:13.91Y	493 F # 110	Men 11-12 100 Fly	10	---	-2.90
Jonathan Chen (10) M					
2:56.47Y	161 F # 2	Men 10 & Under 200 Free	24	---	-4.11
3:14.64Y	224 F # 10	Men 10 & Under 200 IM	21	---	---
1:26.77Y	301 F # 42	Men 9-10 100 IM	27	---	-3.28
1:27.25Y	311 F # 48	Men 9-10 100 Back	20	---	-5.26
42.65Y	429 F # 52	Men 9-10 50 Breast	6	5	-2.04
1:37.12Y	348 F # 104	Men 9-10 100 Breast	14	---	-4.19
40.23Y	243 F # 108	Men 9-10 50 Fly	27	---	-0.04
1:18.40Y	254 F # 114	Men 9-10 100 Free	36	---	-1.77
Erjin Choi (11) M					
46.88Y	1 F # 46	Men 11-12 50 Back	67	---	-2.57
56.82Y	1 F # 58	Men 11-12 50 Fly	53	---	-0.67
1:40.72Y	1 F # 64	Men 11-12 100 Free	83	---	4.60
DQ	F # 94	Men 11-12 100 IM	---	---	---
1:50.29Y	DQ F # 100	Men 11-12 100 Back	---	---	---
41.07Y	1 F # 116	Men 11-12 50 Free	66	---	-0.67
Rachel Cho (15) W					
5:36.42Y	445 F # 7	Women 500 Free	14	---	20.43
2:31.57Y	381 F # 25	Women 200 Fly	10	---	14.76
55.90Y	593 F # 29	Women 100 Free	2	9	2.08
2:29.99Y	367 F # 33	Women 200 Back	21	---	13.30
Matthew Chung (11) M					
3:28.27Y	17 F # 12	Men 11-12 200 IM	33	---	---
Zachary Ciriaco (8) M					
1:33.46Y	292 F # 44	Men 8 & Under 100 IM	6	5	-6.01
44.55Y	202 F # 54	Men 8 & Under 50 Fly	5	6	-0.94
38.11Y	300 F # 60	Men 8 & Under 50 Free	6	5	0.51
44.15Y	DQ F # 96	Men 8 & Under 50 Back	---	---	---
53.19Y	165 F # 102	Men 8 & Under 50 Breast	7	---	-4.02
1:24.87Y	240 F # 112	Men 8 & Under 100 Free	8	---	0.54
38.99Y	259 F # 118	200 Free Relay Lead Off	---	---	1.39
Danielle Cohen (8) W					
3:17.11Y	349 F # 9	Women 10 & Under 200 IM	30	---	---
1:32.64Y	344 F # 43	Women 8 & Under 100 IM	5	6	0.37
45.00Y	219 F # 53	Women 8 & Under 50 Fly	7	---	0.87
39.08Y	246 F # 59	Women 8 & Under 50 Free	13	---	1.18
45.39Y	224 F # 95	Women 8 & Under 50 Back	16	---	0.63
50.43Y	282 F # 101	Women 8 & Under 50 Breast	10	---	-0.20

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
1:22.24Y	290 F # 111	Women 8 & Under 100 Free	5	6	-2.09
Emanuel Cohen (11) M					
2:34.66Y	275 F # 4	Men 11-12 200 Free	29	---	5.42
2:54.23Y	292 F # 12	Men 11-12 200 IM	25	---	6.11
35.82Y	424 F # 46	Men 11-12 50 Back	28	---	-0.06
37.31Y	245 F # 58	Men 11-12 50 Fly	31	---	0.12
1:12.21Y	278 F # 64	Men 11-12 100 Free	43	---	2.32
1:20.97Y	311 F # 94	Men 11-12 100 IM	41	---	-1.41
1:17.69Y	403 F # 100	Men 11-12 100 Back	13	---	-0.30
1:22.73Y	274 F # 110	Men 11-12 100 Fly	20	---	0.62
Olivia Cohen (12) W					
1:20.60Y	473 F # 49	Women 11-12 100 Breast	6	5	-0.50
32.56Y	457 F # 57	Women 11-12 50 Fly	15	---	-1.43
1:03.34Y	451 F # 63	Women 11-12 100 Free	14	---	-0.27
1:13.01Y	443 F # 93	Women 11-12 100 IM	10	---	-0.68
1:13.35Y	387 F # 99	Women 11-12 100 Back	12	---	-4.28
38.15Y	434 F # 105	Women 11-12 50 Breast	12	---	-1.12
Lauren Darling (8) W					
1:40.09Y	202 F # 43	Women 8 & Under 100 IM	15	---	-13.09
52.14Y	32 F # 53	Women 8 & Under 50 Fly	20	---	---
42.16Y	119 F # 59	Women 8 & Under 50 Free	23	---	1.06
49.22Y	95 F # 95	Women 8 & Under 50 Back	25	---	-0.36
55.11Y	129 F # 101	Women 8 & Under 50 Breast	25	---	1.71
1:30.36Y	129 F # 111	Women 8 & Under 100 Free	19	---	1.03
Samantha Darling (10) W					
2:51.23Y	202 F # 1	Women 10 & Under 200 Free	20	---	---
1:32.19Y	214 F # 41	Women 9-10 100 IM	39	---	2.72
1:35.64Y	137 F # 47	Women 9-10 100 Back	29	---	-5.50
1:42.61Y	94 F # 55	Women 9-10 100 Fly	22	---	0.42
44.70Y	120 F # 97	Women 9-10 50 Back	47	---	-0.98
1:50.51Y	131 F # 103	Women 9-10 100 Breast	52	---	0.73
1:22.96Y	150 F # 113	Women 9-10 100 Free	54	---	4.46
Dara Davison (11) W					
44.61Y	23 F # 45	Women 11-12 50 Back	63	---	-0.18
2:10.37Y	1 F # 49	Women 11-12 100 Breast	55	---	-7.46
1:28.09Y	1 F # 63	Women 11-12 100 Free	77	---	-2.61
1:40.37Y	1 F # 93	Women 11-12 100 IM	71	---	-5.12
1:42.15Y	1 F # 99	Women 11-12 100 Back	52	---	3.17
58.86Y	1 F # 105	Women 11-12 50 Breast	58	---	2.43
Philip Decker (14) M					
5:38.07Y	365 F # 6	Men 13-14 500 Free	9	---	-21.02
2:29.81Y	242 F # 20	Men 13-14 200 IM	19	---	-1.50
1:05.46Y	324 F # 28	Men 13-14 100 Fly	6	5	-10.62
2:05.53Y	369 F # 32	Men 13-14 200 Free	10	---	0.84
1:24.35Y	116 F # 72	Men 13-14 100 Breast	39	---	-4.22

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
25.85Y	492 F # 76	Men 13-14 50 Free	17	---	0.15
57.30Y	407 F # 84	Men 13-14 100 Free	16	---	0.75
Michaela DePhillips (9) W					
2:59.48Y	253 F # 1	Women 10 & Under 200 Free	31	---	---
3:16.93Y	351 F # 9	Women 10 & Under 200 IM	28	---	---
1:33.95Y	317 F # 41	Women 9-10 100 IM	44	---	0.04
1:40.62Y	235 F # 55	Women 9-10 100 Fly	19	---	-7.23
37.65Y	314 F # 61	Women 9-10 50 Free	47	---	-0.27
1:42.81Y	423 F # 103	Women 9-10 100 Breast	34	---	0.30
42.87Y	298 F # 107	Women 9-10 50 Fly	34	---	-4.37
1:22.36Y	288 F # 113	Women 9-10 100 Free	52	---	-3.15
Stephanie DiPreta (16) W					
5:50.79Y	324 F # 7	Women 500 Free	19	---	18.17
2:37.31Y	256 F # 17	Women 200 IM	31	---	5.66
1:02.06Y	336 F # 29	Women 100 Free	30	---	2.08
2:35.56Y	285 F # 33	Women 200 Back	32	---	9.32
29.20Y	331 F # 73	Women 50 Free	48	---	0.93
1:12.54Y	240 F # 77	Women 100 Fly	19	---	2.60
2:10.35Y	361 F # 81	Women 200 Free	13	---	4.19
Kathleen Duong (9) W					
2:55.96Y	290 F # 1	Women 10 & Under 200 Free	28	---	-7.25
3:05.15Y	473 F # 9	Women 10 & Under 200 IM	17	---	---
1:28.96Y	425 F # 41	Women 9-10 100 IM	32	---	---
1:29.07Y	429 F # 47	Women 9-10 100 Back	18	---	-2.89
42.41Y	611 F # 51	Women 9-10 50 Breast	11	---	-0.02
1:29.32Y	690 F # 103	Women 9-10 100 Breast	7	---	-2.82
46.58Y	167 F # 107	Women 9-10 50 Fly	44	---	2.86
1:20.46Y	332 F # 113	Women 9-10 100 Free	43	---	-3.96
Ryan Earley (11) M					
NS	F # 4	Men 11-12 200 Free	---	---	---
41.17Y	153 F # 46	Men 11-12 50 Back	50	---	-4.27
1:46.70Y	61 F # 50	Men 11-12 100 Breast	41	---	-5.93
1:17.68Y	143 F # 64	Men 11-12 100 Free	59	---	-3.00
1:30.37Y	111 F # 94	Men 11-12 100 IM	58	---	-4.62
1:30.47Y	114 F # 100	Men 11-12 100 Back	34	---	-6.62
48.71Y	70 F # 106	Men 11-12 50 Breast	43	---	-1.79
Sean Earley (12) M					
2:17.52Y	380 F # 4	Men 11-12 200 Free	10	---	-6.71
2:40.94Y	310 F # 12	Men 11-12 200 IM	14	---	0.64
35.52Y	299 F # 46	Men 11-12 50 Back	25	---	-0.71
34.03Y	306 F # 58	Men 11-12 50 Fly	18	---	-0.55
1:03.22Y	414 F # 64	Men 11-12 100 Free	15	---	-0.64
1:12.94Y	364 F # 94	Men 11-12 100 IM	14	---	-1.50
39.31Y	306 F # 106	Men 11-12 50 Breast	15	---	-0.73
28.74Y	482 F # 116	Men 11-12 50 Free	10	---	-0.75

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points**Location: ET Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
Sarah Exposito (16) W					
2:36.61Y 265	F # 17	Women 200 IM	30	---	5.15
2:32.64Y 359	F # 25	Women 200 Fly	11	---	5.49
1:02.47Y 321	F # 29	Women 100 Free	32	---	-0.26
28.95Y 350	F # 73	Women 50 Free	45	---	0.99
1:07.47Y 394	F # 77	Women 100 Fly	7	---	2.36
1:14.09Y 195	F # 85	Women 100 Back	39	---	2.84
Aileen Fitzpatrick (12) W					
2:15.42Y 452	F # 3	Women 11-12 200 Free	7	---	-0.75
2:36.92Y 423	F # 11	Women 11-12 200 IM	12	---	-2.61
33.26Y 460	F # 45	Women 11-12 50 Back	10	---	-0.70
36.47Y 243	F # 57	Women 11-12 50 Fly	38	---	-2.89
1:03.56Y 444	F # 63	Women 11-12 100 Free	16	---	0.65
37.57Y 210	F # 67	200 Medley Relay Lead Off	---	---	3.61
1:15.25Y 378	F # 93	Women 11-12 100 IM	19	---	-0.68
1:10.33Y 477	F # 99	Women 11-12 100 Back	3	8	-1.33
29.31Y 473	F # 115	Women 11-12 50 Free	15	---	-0.42
Connor Fitzpatrick (10) M					
2:31.77Y 444	F # 2	Men 10 & Under 200 Free	6	5	1.17
2:56.49Y 411	F # 10	Men 10 & Under 200 IM	10	---	1.51
1:25.01Y 340	F # 42	Men 9-10 100 IM	22	---	1.19
1:21.46Y 443	F # 48	Men 9-10 100 Back	10	---	0.61
1:36.40Y DQ	F # 56	Men 9-10 100 Fly	---	---	---
43.64Y 186	F # 66	200 Medley Relay Lead Off	---	---	5.75
38.99Y 392	F # 98	Men 9-10 50 Back	14	---	1.10
1:40.56Y 283	F # 104	Men 9-10 100 Breast	20	---	-2.58
1:10.54Y 455	F # 114	Men 9-10 100 Free	10	---	0.52
33.16Y 442	F # 118	200 Free Relay Lead Off	---	---	0.65
Ian Fitzpatrick (8) M					
2:41.87Y 461	F # 2	Men 10 & Under 200 Free	16	---	---
3:02.50Y 479	F # 10	Men 10 & Under 200 IM	13	---	---
1:25.75Y 466	F # 44	Men 8 & Under 100 IM	4	7	-1.81
38.77Y 440	F # 54	Men 8 & Under 50 Fly	3	8	-2.31
34.17Y 500	F # 60	Men 8 & Under 50 Free	1	11	0.63
40.29Y 457	F # 96	Men 8 & Under 50 Back	4	7	-0.93
48.56Y 326	F # 102	Men 8 & Under 50 Breast	5	6	-1.68
1:15.92Y 451	F # 112	Men 8 & Under 100 Free	4	7	1.50
Samantha Gallego (10) W					
2:54.04Y 175	F # 1	Women 10 & Under 200 Free	23	---	---
1:28.79Y DQ	F # 41	Women 9-10 100 IM	---	---	---
1:31.05Y 219	F # 47	Women 9-10 100 Back	24	---	-1.91
35.14Y 315	F # 61	Women 9-10 50 Free	28	---	-1.11
41.90Y 226	F # 97	Women 9-10 50 Back	36	---	-1.88
41.07Y 246	F # 107	Women 9-10 50 Fly	24	---	-3.08
1:17.83Y 259	F # 113	Women 9-10 100 Free	37	---	-1.38

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
Olivia Garvey (10) W					
2:43.37Y	288 F # 1	Women 10 & Under 200 Free	10	---	-4.20
3:00.59Y	382 F # 9	Women 10 & Under 200 IM	12	---	---
1:23.89Y	392 F # 41	Women 9-10 100 IM	15	---	0.38
45.33Y	319 F # 51	Women 9-10 50 Breast	22	---	-1.16
33.04Y	433 F # 61	Women 9-10 50 Free	19	---	-0.10
39.06Y	357 F # 97	Women 9-10 50 Back	18	---	-3.55
36.28Y	459 F # 107	Women 9-10 50 Fly	9	---	-0.18
1:13.58Y	366 F # 113	Women 9-10 100 Free	25	---	-2.65
Danielle Gaudet (11) W					
40.94Y	136 F # 45	Women 11-12 50 Back	56	---	-2.24
1:36.31Y	226 F # 49	Women 11-12 100 Breast	40	---	---
1:19.27Y	97 F # 63	Women 11-12 100 Free	68	---	1.82
1:30.89Y	106 F # 93	Women 11-12 100 IM	65	---	-0.58
1:31.62Y	84 F # 99	Women 11-12 100 Back	45	---	-2.95
34.62Y	219 F # 115	Women 11-12 50 Free	49	---	0.27
Timothy Genovese (15) M					
5:25.83Y	405 F # 8	Men 500 Free	11	---	---
4:45.65Y	461 F # 16	Men 400 IM	11	---	-1.59
2:19.63Y	340 F # 18	Men 200 IM	26	---	1.83
55.64Y	435 F # 30	Men 100 Free	31	---	0.73
2:08.24Y	536 F # 34	Men 200 Back	8	---	1.37
59.41Y	529 F # 38	400 Medley Relay Lead Off	---	---	-0.21
25.81Y	452 F # 74	Men 50 Free	39	---	0.42
1:04.76Y	292 F # 78	Men 100 Fly	35	---	1.77
59.47Y	527 F # 86	Men 100 Back	11	---	-0.15
Caroline Germano (12) W					
2:28.70Y	248 F # 3	Women 11-12 200 Free	23	---	5.26
2:45.64Y	310 F # 11	Women 11-12 200 IM	23	---	2.34
36.52Y	264 F # 45	Women 11-12 50 Back	33	---	0.49
1:27.43Y	309 F # 49	Women 11-12 100 Breast	19	---	-0.56
37.59Y	190 F # 57	Women 11-12 50 Fly	42	---	0.26
1:19.23Y	272 F # 93	Women 11-12 100 IM	35	---	2.12
1:17.54Y	274 F # 99	Women 11-12 100 Back	20	---	1.00
40.94Y	292 F # 105	Women 11-12 50 Breast	24	---	0.58
George Germano (9) M					
1:43.72Y	116 F # 42	Men 9-10 100 IM	55	---	-3.21
1:39.18Y	204 F # 48	Men 9-10 100 Back	35	---	2.64
40.88Y	175 F # 62	Men 9-10 50 Free	58	---	0.99
45.45Y	230 F # 98	Men 9-10 50 Back	44	---	0.27
51.58Y	DQ F # 108	Men 9-10 50 Fly	---	---	---
1:30.27Y	136 F # 114	Men 9-10 100 Free	67	---	-1.49
Michael Giannotti (12) M					
2:35.72Y	139 F # 4	Men 11-12 200 Free	30	---	---
35.70Y	289 F # 46	Men 11-12 50 Back	27	---	-1.07

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points**Location: ET Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
1:31.85Y	181 F # 50	Men 11-12 100 Breast	21	---	-1.17
1:10.91Y	188 F # 64	Men 11-12 100 Free	38	---	0.94
1:17.04Y	251 F # 94	Men 11-12 100 IM	29	---	-6.50
1:30.02Y	30 F # 110	Men 11-12 100 Fly	21	---	---
29.99Y	398 F # 116	Men 11-12 50 Free	18	---	-0.29
Nicolette Gibbons (14) W					
5:40.34Y	436 F # 5	Women 13-14 500 Free	5	6	-0.68
5:19.88Y	386 F # 13	Women 13-14 400 IM	7	---	10.97
2:32.68Y	356 F # 19	Women 13-14 200 IM	11	---	4.98
1:10.09Y	353 F # 27	Women 13-14 100 Fly	9	---	2.17
2:12.20Y	371 F # 31	Women 13-14 200 Free	8	---	5.02
28.49Y	418 F # 75	Women 13-14 50 Free	16	---	0.75
2:32.22Y	396 F # 79	Women 13-14 200 Fly	5	6	6.04
1:02.36Y	366 F # 83	Women 13-14 100 Free	11	---	3.14
Michael Giovannello (16) M					
5:21.41Y	403 F # 8	Men 500 Free	10	---	-17.48
2:38.03Y	71 F # 18	Men 200 IM	52	---	1.64
59.96Y	224 F # 30	Men 100 Free	60	---	1.40
2:39.15Y	52 F # 34	Men 200 Back	32	---	-21.18
NS	F # 74	Men 50 Free	---	---	---
2:08.65Y	216 F # 82	Men 200 Free	31	---	0.40
1:16.26Y	11 F # 86	Men 100 Back	49	---	-1.49
Sarah Greco (14) W					
6:06.73Y	258 F # 5	Women 13-14 500 Free	13	---	-5.73
1:16.06Y	183 F # 27	Women 13-14 100 Fly	16	---	2.46
2:15.59Y	312 F # 31	Women 13-14 200 Free	11	---	1.07
1:14.18Y	223 F # 35	Women 13-14 100 Back	18	---	0.29
28.38Y	427 F # 75	Women 13-14 50 Free	14	---	0.81
1:02.82Y	349 F # 83	Women 13-14 100 Free	14	---	1.83
2:39.27Y	260 F # 87	Women 13-14 200 Back	21	---	3.81
1:02.80Y	350 F # 91	400 Free Relay Lead Off	---	---	1.81
Sophia Gregorace (7) W					
1:33.80Y	320 F # 43	Women 8 & Under 100 IM	6	5	-1.58
46.96Y	155 F # 53	Women 8 & Under 50 Fly	10	---	2.76
42.31Y	113 F # 59	Women 8 & Under 50 Free	24	---	2.14
45.01Y	239 F # 95	Women 8 & Under 50 Back	15	---	-0.17
49.97Y	299 F # 101	Women 8 & Under 50 Breast	7	---	0.17
1:30.06Y	134 F # 111	Women 8 & Under 100 Free	18	---	1.99
Jessica Guglielmo (9) W					
1:45.13Y	381 F # 103	Women 9-10 100 Breast	42	---	-2.63
47.43Y	141 F # 107	Women 9-10 50 Fly	47	---	---
1:23.91Y	253 F # 113	Women 9-10 100 Free	56	---	-2.03
Joseph Guglielmo (12) M					
2:19.70Y	346 F # 4	Men 11-12 200 Free	16	---	-2.83
2:40.58Y	315 F # 12	Men 11-12 200 IM	13	---	-3.29

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
1:14.01Y	333 F # 94	Men 11-12 100 IM	21	---	-0.45
1:20.37Y	183 F # 100	Men 11-12 100 Back	18	---	-7.83
35.77Y	501 F # 106	Men 11-12 50 Breast	8	---	0.99
Delaney Hall (13) M					
NS	F # 14	Men 13-14 400 IM	---	---	---
2:23.06Y	434 F # 20	Men 13-14 200 IM	13	---	0.38
1:06.91Y	375 F # 28	Men 13-14 100 Fly	9	---	-2.81
2:12.83Y	320 F # 32	Men 13-14 200 Free	18	---	-2.59
1:14.48Y	453 F # 72	Men 13-14 100 Breast	12	---	-0.17
28.12Y	395 F # 76	Men 13-14 50 Free	37	---	0.09
1:01.19Y	348 F # 84	Men 13-14 100 Free	34	---	0.72
Julia Hall (13) W					
5:01.31Y	571 F # 13	Women 13-14 400 IM	4	7	---
2:25.16Y	524 F # 19	Women 13-14 200 IM	2	9	-0.45
2:57.21Y	347 F # 23	Women 13-14 200 Breast	6	5	7.94
2:10.05Y	446 F # 31	Women 13-14 200 Free	5	6	-0.77
1:09.81Y	408 F # 35	Women 13-14 100 Back	8	---	2.68
1:23.00Y	321 F # 71	Women 13-14 100 Breast	12	---	5.23
27.50Y	554 F # 75	Women 13-14 50 Free	4	7	-0.57
1:00.46Y	474 F # 83	Women 13-14 100 Free	6	5	0.98
Diana Harvey (16) W					
6:02.46Y	250 F # 7	Women 500 Free	24	---	---
NS	F # 15	Women 400 IM	---	---	---
2:34.06Y	300 F # 17	Women 200 IM	27	---	4.33
2:43.81Y	212 F # 25	Women 200 Fly	13	---	6.98
1:02.86Y	307 F # 29	Women 100 Free	34	---	3.43
28.20Y	408 F # 73	Women 50 Free	32	---	0.68
1:10.61Y	296 F # 77	Women 100 Fly	14	---	2.21
1:13.15Y	221 F # 85	Women 100 Back	35	---	---
Noelle Harvey (11) W					
2:32.95Y	278 F # 3	Women 11-12 200 Free	33	---	-8.04
2:44.22Y	439 F # 11	Women 11-12 200 IM	22	---	-7.80
37.94Y	274 F # 45	Women 11-12 50 Back	39	---	-0.11
1:23.42Y	512 F # 49	Women 11-12 100 Breast	13	---	-0.61
35.64Y	354 F # 57	Women 11-12 50 Fly	30	---	---
1:16.06Y	449 F # 93	Women 11-12 100 IM	26	---	---
38.54Y	503 F # 105	Women 11-12 50 Breast	14	---	-0.30
30.64Y	464 F # 115	Women 11-12 50 Free	22	---	-0.60
Cara Heaney (9) W					
2:55.26Y	298 F # 1	Women 10 & Under 200 Free	26	---	---
1:36.29Y	271 F # 41	Women 9-10 100 IM	48	---	-2.32
1:35.41Y	296 F # 47	Women 9-10 100 Back	27	---	-6.01
35.79Y	410 F # 61	Women 9-10 50 Free	35	---	-1.33
1:43.86Y	404 F # 103	Women 9-10 100 Breast	40	---	-3.37
48.28Y	117 F # 107	Women 9-10 50 Fly	51	---	-4.59

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points**Location: ET Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
1:21.43Y	309 F # 113	Women 9-10 100 Free	48	---	-0.66
36.57Y	369 F # 117	200 Free Relay Lead Off	---	---	-0.55
Finola Heaney (11) W					
2:14.70Y	570 F # 3	Women 11-12 200 Free	6	5	-2.83
2:30.26Y	637 F # 11	Women 11-12 200 IM	5	6	-4.54
31.97Y	649 F # 45	Women 11-12 50 Back	3	8	-0.65
31.68Y	585 F # 57	Women 11-12 50 Fly	5	6	-0.74
1:03.02Y	552 F # 63	Women 11-12 100 Free	11	---	-2.01
32.28Y	627 F # 67	200 Medley Relay Lead Off	---	---	-0.34
1:12.10Y	569 F # 93	Women 11-12 100 IM	8	---	-1.50
1:10.45Y	601 F # 99	Women 11-12 100 Back	4	7	-1.36
1:11.83Y	559 F # 109	Women 11-12 100 Fly	4	7	-3.87
28.56Y	613 F # 119	200 Free Relay Lead Off	---	---	-0.29
Michael Hildebrandt (12) M					
2:15.33Y	415 F # 4	Men 11-12 200 Free	6	5	0.69
2:35.31Y	385 F # 12	Men 11-12 200 IM	6	5	-1.90
34.24Y	373 F # 46	Men 11-12 50 Back	12	---	0.15
35.11Y	248 F # 58	Men 11-12 50 Fly	26	---	---
1:02.84Y	427 F # 64	Men 11-12 100 Free	13	---	0.73
34.88Y	335 F # 68	200 Medley Relay Lead Off	---	---	0.79
1:14.57Y	317 F # 94	Men 11-12 100 IM	22	---	0.88
1:12.49Y	384 F # 100	Men 11-12 100 Back	5	6	0.35
28.68Y	486 F # 116	Men 11-12 50 Free	9	---	0.29
Alec Huang (12) M					
NS	F # 4	Men 11-12 200 Free	---	---	---
NS	F # 12	Men 11-12 200 IM	---	---	---
34.79Y	340 F # 46	Men 11-12 50 Back	17	---	-0.28
31.92Y	431 F # 58	Men 11-12 50 Fly	7	---	0.19
1:00.28Y	516 F # 64	Men 11-12 100 Free	5	6	0.01
1:11.94Y	394 F # 94	Men 11-12 100 IM	9	---	0.37
1:14.50Y	328 F # 100	Men 11-12 100 Back	8	---	1.07
1:10.96Y	420 F # 110	Men 11-12 100 Fly	8	---	-0.25
Eric Hu (16) M					
5:54.32Y	191 F # 8	Men 500 Free	24	---	-21.39
2:28.78Y	DQ F # 18	Men 200 IM	---	---	---
1:20.83Y	115 F # 22	Men 100 Breast	35	---	0.95
59.65Y	235 F # 30	Men 100 Free	58	---	0.53
26.29Y	358 F # 74	Men 50 Free	44	---	-0.35
1:03.64Y	275 F # 78	Men 100 Fly	31	---	0.94
2:13.58Y	144 F # 82	Men 200 Free	39	---	1.61
Zahrah Ibrahim (10) W					
1:40.56Y	80 F # 41	Women 9-10 100 IM	54	---	-2.39
53.45Y	48 F # 51	Women 9-10 50 Breast	56	---	1.34
39.33Y	121 F # 61	Women 9-10 50 Free	59	---	1.02
48.25Y	27 F # 97	Women 9-10 50 Back	62	---	-1.04

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
48.49Y	30 F # 107	Women 9-10 50 Fly	53	---	-0.88
1:28.32Y	62 F # 113	Women 9-10 100 Free	64	---	1.19
Jasmine Jiang (15) W					
28.24Y	408 F # 73	Women 50 Free	33	---	-0.06
2:17.38Y	251 F # 81	Women 200 Free	20	---	0.73
1:13.07Y	231 F # 85	Women 100 Back	33	---	0.92
Anwar Kadirov (13) M					
2:56.96Y	32 F # 20	Men 13-14 200 IM	41	---	-2.04
2:41.35Y	7 F # 32	Men 13-14 200 Free	39	---	1.68
1:22.29Y	19 F # 36	Men 13-14 100 Back	38	---	-0.23
Raushan Kadirov (16) M					
2:28.23Y	178 F # 18	Men 200 IM	41	---	7.32
1:14.66Y	270 F # 22	Men 100 Breast	29	---	-0.22
56.08Y	367 F # 30	Men 100 Free	37	---	2.88
Madeline Kang (10) W					
NS	F # 1	Women 10 & Under 200 Free	---	---	---
NS	F # 9	Women 10 & Under 200 IM	---	---	---
Brooke Kaplan (12) W					
2:20.69Y	364 F # 3	Women 11-12 200 Free	13	---	-5.47
2:40.00Y	382 F # 11	Women 11-12 200 IM	17	---	1.08
35.66Y	311 F # 45	Women 11-12 50 Back	26	---	1.15
1:23.72Y	395 F # 49	Women 11-12 100 Breast	14	---	-2.71
1:05.26Y	386 F # 63	Women 11-12 100 Free	21	---	-2.37
1:17.44Y	318 F # 93	Women 11-12 100 IM	28	---	2.19
1:15.84Y	318 F # 99	Women 11-12 100 Back	17	---	2.43
39.09Y	384 F # 105	Women 11-12 50 Breast	18	---	0.19
Sarah Kaplan (10) W					
1:39.34Y	96 F # 41	Women 9-10 100 IM	50	---	---
NS	F # 51	Women 9-10 50 Breast	---	---	---
40.12Y	91 F # 61	Women 9-10 50 Free	60	---	0.66
1:45.20Y	214 F # 103	Women 9-10 100 Breast	43	---	-2.12
50.53Y	3 F # 107	Women 9-10 50 Fly	56	---	---
1:36.26Y	1 F # 113	Women 9-10 100 Free	79	---	4.26
Adam Kapusta (9) M					
2:35.31Y	549 F # 2	Men 10 & Under 200 Free	10	---	2.38
2:52.34Y	601 F # 10	Men 10 & Under 200 IM	7	---	-2.16
1:22.30Y	554 F # 42	Men 9-10 100 IM	13	---	-3.74
1:23.19Y	537 F # 56	Men 9-10 100 Fly	4	7	-2.21
33.82Y	519 F # 62	Men 9-10 50 Free	21	---	0.09
38.40Y	552 F # 98	Men 9-10 50 Back	9	---	-1.52
36.35Y	562 F # 108	Men 9-10 50 Fly	8	---	-1.10
1:12.27Y	549 F # 114	Men 9-10 100 Free	16	---	0.46
33.34Y	545 F # 118	200 Free Relay Lead Off	---	---	-0.39
Rebecca Karcher (16) W					
2:56.90Y	50 F # 17	Women 200 IM	50	---	10.01
1:10.72Y	84 F # 29	Women 100 Free	67	---	5.46

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points**Location: ET Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
NS	F # 33	Women 200 Back	---	---	---
Tate Keller (12) M					
46.86Y 1	F # 46	Men 11-12 50 Back	66	---	-3.07
43.19Y 1	F # 58	Men 11-12 50 Fly	44	---	-9.54
1:30.93Y 1	F # 64	Men 11-12 100 Free	77	---	-1.90
Yaroslav Khanas (13) M					
5:22.22Y 564	F # 6	Men 13-14 500 Free	6	5	-9.45
2:24.62Y 408	F # 20	Men 13-14 200 IM	16	---	-3.34
1:07.78Y 346	F # 28	Men 13-14 100 Fly	10	---	1.67
2:04.23Y 479	F # 32	Men 13-14 200 Free	7	---	2.05
1:21.70Y 253	F # 72	Men 13-14 100 Breast	33	---	-0.19
25.53Y 601	F # 76	Men 13-14 50 Free	12	---	0.12
56.17Y 545	F # 84	Men 13-14 100 Free	12	---	0.52
Catherine Kilgallen (11) W					
2:29.11Y 331	F # 3	Women 11-12 200 Free	25	---	-7.53
2:48.30Y 387	F # 11	Women 11-12 200 IM	26	---	-3.79
37.66Y 289	F # 45	Women 11-12 50 Back	36	---	-0.63
1:30.91Y 338	F # 49	Women 11-12 100 Breast	27	---	1.57
1:11.04Y 292	F # 63	Women 11-12 100 Free	45	---	0.94
1:18.20Y 389	F # 93	Women 11-12 100 IM	31	---	-2.05
39.97Y 428	F # 105	Women 11-12 50 Breast	22	---	-0.06
32.07Y 370	F # 115	Women 11-12 50 Free	39	---	0.42
Kristen Kilgallen (9) W					
1:40.20Y 200	F # 41	Women 9-10 100 IM	52	---	-4.20
1:45.46Y 125	F # 47	Women 9-10 100 Back	39	---	-1.79
52.84Y 199	F # 51	Women 9-10 50 Breast	53	---	-0.25
48.40Y 119	F # 97	Women 9-10 50 Back	63	---	-2.53
1:51.99Y 264	F # 103	Women 9-10 100 Breast	54	---	0.43
1:29.54Y 143	F # 113	Women 9-10 100 Free	68	---	-3.42
Veniamin Konovalov (11) M					
2:19.06Y 505	F # 4	Men 11-12 200 Free	14	---	-0.33
2:36.17Y 529	F # 12	Men 11-12 200 IM	8	---	-10.67
34.51Y 503	F # 46	Men 11-12 50 Back	15	---	-2.29
33.31Y 464	F # 58	Men 11-12 50 Fly	13	---	-2.32
1:02.40Y 584	F # 64	Men 11-12 100 Free	10	---	-1.34
1:13.48Y 526	F # 94	Men 11-12 100 IM	18	---	-0.40
1:15.15Y 472	F # 100	Men 11-12 100 Back	11	---	1.34
40.96Y 386	F # 106	Men 11-12 50 Breast	22	---	-1.22
Erica Koumas (11) W					
2:40.90Y 181	F # 3	Women 11-12 200 Free	44	---	-16.60
38.60Y 241	F # 45	Women 11-12 50 Back	47	---	0.74
1:31.97Y 315	F # 49	Women 11-12 100 Breast	32	---	1.04
1:12.40Y 254	F # 63	Women 11-12 100 Free	51	---	-0.08
1:19.66Y 349	F # 93	Women 11-12 100 IM	37	---	-1.26
1:22.44Y 296	F # 109	Women 11-12 100 Fly	16	---	2.09

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
33.00Y	312 F # 115	Women 11-12 50 Free	44	---	0.56
Genna Kranis (14) W					
5:37.71Y	456 F # 5	Women 13-14 500 Free	3	8	2.34
2:25.79Y	463 F # 19	Women 13-14 200 IM	3	8	0.03
1:05.79Y	493 F # 27	Women 13-14 100 Fly	4	7	1.63
2:07.97Y	452 F # 31	Women 13-14 200 Free	4	7	2.08
28.06Y	452 F # 75	Women 13-14 50 Free	7	---	0.29
2:30.51Y	421 F # 79	Women 13-14 200 Fly	4	7	6.66
59.96Y	459 F # 83	Women 13-14 100 Free	4	7	1.26
59.30Y	486 F # 91	400 Free Relay Lead Off	---	---	0.60
Rachel Lana (12) W					
2:37.59Y	143 F # 3	Women 11-12 200 Free	41	---	-15.11
3:01.14Y	143 F # 11	Women 11-12 200 IM	39	---	-0.56
38.06Y	186 F # 45	Women 11-12 50 Back	41	---	-1.33
1:38.65Y	90 F # 49	Women 11-12 100 Breast	44	---	-3.52
1:13.13Y	163 F # 63	Women 11-12 100 Free	54	---	-2.21
1:25.55Y	132 F # 93	Women 11-12 100 IM	56	---	-0.17
1:24.63Y	116 F # 99	Women 11-12 100 Back	39	---	-2.55
33.36Y	214 F # 115	Women 11-12 50 Free	46	---	-1.24
Richard Law (13) M					
6:00.37Y	297 F # 6	Men 13-14 500 Free	18	---	-22.58
1:16.73Y	101 F # 28	Men 13-14 100 Fly	21	---	-2.37
2:18.36Y	232 F # 32	Men 13-14 200 Free	25	---	-1.24
1:17.57Y	100 F # 36	Men 13-14 100 Back	32	---	0.66
1:29.15Y	88 F # 72	Men 13-14 100 Breast	47	---	0.05
30.40Y	231 F # 76	Men 13-14 50 Free	61	---	-0.41
1:04.91Y	223 F # 84	Men 13-14 100 Free	52	---	-0.68
Juliette Lee (14) W					
DQ	F # 19	Women 13-14 200 IM	---	---	---
2:28.61Y	127 F # 31	Women 13-14 200 Free	27	---	-1.38
1:14.18Y	223 F # 35	Women 13-14 100 Back	18	---	-5.66
1:29.92Y	128 F # 71	Women 13-14 100 Breast	30	---	---
28.24Y	438 F # 75	Women 13-14 50 Free	10	---	0.17
1:06.60Y	223 F # 83	Women 13-14 100 Free	30	---	-0.68
1:03.11Y	339 F # 91	400 Free Relay Lead Off	---	---	-4.17
Rose Lee (15) W					
6:26.19Y	140 F # 7	Women 500 Free	41	---	-17.97
2:44.14Y	181 F # 17	Women 200 IM	40	---	4.46
1:02.85Y	312 F # 29	Women 100 Free	33	---	0.11
2:36.70Y	273 F # 33	Women 200 Back	34	---	5.53
27.92Y	433 F # 73	Women 50 Free	28	---	0.26
2:23.20Y	168 F # 81	Women 200 Free	31	---	2.02
1:10.06Y	320 F # 85	Women 100 Back	23	---	1.10
Alexandra Leonardo (14) W					
6:05.17Y	267 F # 5	Women 13-14 500 Free	11	---	-2.86

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points**Location: ET Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
5:29.09Y	324 F # 13	Women 13-14 400 IM	8	---	---
NS	F # 27	Women 13-14 100 Fly	---	---	---
NS	F # 31	Women 13-14 200 Free	---	---	---
NS	F # 35	Women 13-14 100 Back	---	---	---
30.60Y	263 F # 75	Women 13-14 50 Free	37	---	-0.10
2:39.44Y	298 F # 79	Women 13-14 200 Fly	7	---	14.03
2:31.49Y	367 F # 87	Women 13-14 200 Back	12	---	-3.41
Pamela Leon (12) W					
2:28.80Y	246 F # 3	Women 11-12 200 Free	24	---	-1.44
2:54.93Y	204 F # 11	Women 11-12 200 IM	36	---	-1.88
38.50Y	166 F # 45	Women 11-12 50 Back	45	---	0.86
1:44.68Y	11 F # 49	Women 11-12 100 Breast	53	---	0.50
1:08.92Y	273 F # 63	Women 11-12 100 Free	33	---	0.62
1:21.40Y	220 F # 93	Women 11-12 100 IM	43	---	0.28
1:20.02Y	256 F # 109	Women 11-12 100 Fly	12	---	-1.43
31.86Y	302 F # 115	Women 11-12 50 Free	36	---	-0.62
Emily Liang (9) W					
2:49.70Y	363 F # 1	Women 10 & Under 200 Free	17	---	---
3:00.21Y	529 F # 9	Women 10 & Under 200 IM	10	---	---
1:26.06Y	493 F # 41	Women 9-10 100 IM	22	---	---
1:29.49Y	420 F # 47	Women 9-10 100 Back	19	---	-2.30
46.19Y	447 F # 51	Women 9-10 50 Breast	26	---	-1.58
40.49Y	443 F # 97	Women 9-10 50 Back	27	---	-1.04
1:36.73Y	539 F # 103	Women 9-10 100 Breast	20	---	-3.41
42.83Y	299 F # 107	Women 9-10 50 Fly	33	---	0.57
35.26Y	439 F # 117	200 Free Relay Lead Off	---	---	-1.00
Diane Li (14) W					
2:41.01Y	241 F # 19	Women 13-14 200 IM	17	---	6.28
2:41.51Y	518 F # 23	Women 13-14 200 Breast	3	8	3.02
2:29.75Y	115 F # 31	Women 13-14 200 Free	28	---	-5.24
1:16.07Y	477 F # 71	Women 13-14 100 Breast	4	7	1.45
31.16Y	225 F # 75	Women 13-14 50 Free	46	---	-0.37
1:08.42Y	170 F # 83	Women 13-14 100 Free	39	---	0.68
Ien Li (12) W					
34.34Y	390 F # 45	Women 11-12 50 Back	16	---	-1.23
35.18Y	309 F # 57	Women 11-12 50 Fly	28	---	-2.95
1:05.45Y	380 F # 63	Women 11-12 100 Free	23	---	-3.57
1:16.04Y	356 F # 93	Women 11-12 100 IM	25	---	---
39.93Y	341 F # 105	Women 11-12 50 Breast	21	---	-1.11
1:24.55Y	161 F # 109	Women 11-12 100 Fly	19	---	---
29.84Y	436 F # 119	200 Free Relay Lead Off	---	---	---
Kenneth LI (15) M					
2:15.47Y	410 F # 18	Men 200 IM	21	---	-0.58
1:12.61Y	357 F # 22	Men 100 Breast	23	---	0.51
53.34Y	533 F # 30	Men 100 Free	21	---	-0.89

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
24.32Y	579 F # 74	Men 50 Free	16	---	-0.53
1:02.56Y	367 F # 78	Men 100 Fly	25	---	-0.22
1:01.47Y	451 F # 86	Men 100 Back	20	---	-1.39
Sandra Li (10) W					
42.53Y	439 F # 51	Women 9-10 50 Breast	12	---	-0.83
1:18.79Y	521 F # 55	Women 9-10 100 Fly	2	9	-4.16
31.67Y	515 F # 61	Women 9-10 50 Free	8	---	0.02
36.44Y	498 F # 65	200 Medley Relay Lead Off	---	---	-0.24
35.58Y	548 F # 97	Women 9-10 50 Back	3	8	-1.10
1:32.24Y	457 F # 103	Women 9-10 100 Breast	10	---	-3.07
1:08.69Y	507 F # 113	Women 9-10 100 Free	7	---	0.15
31.59Y	520 F # 117	200 Free Relay Lead Off	---	---	-0.06
Geyanne Lui (14) W					
5:32.49Y	498 F # 5	Women 13-14 500 Free	2	9	-26.06
4:49.26Y	620 F # 13	Women 13-14 400 IM	1	11	-5.50
2:43.96Y	485 F # 23	Women 13-14 200 Breast	4	7	2.72
1:06.01Y	485 F # 27	Women 13-14 100 Fly	6	5	-2.17
1:06.34Y	470 F # 35	Women 13-14 100 Back	4	7	-0.20
1:16.49Y	465 F # 71	Women 13-14 100 Breast	5	6	1.55
2:32.33Y	395 F # 79	Women 13-14 200 Fly	6	5	-9.25
58.39Y	524 F # 83	Women 13-14 100 Free	3	8	0.37
Sarah Maley (13) W					
6:45.89Y	97 F # 5	Women 13-14 500 Free	24	---	---
3:04.67Y	42 F # 19	Women 13-14 200 IM	34	---	0.44
2:37.13Y	65 F # 31	Women 13-14 200 Free	31	---	-0.53
1:21.05Y	104 F # 35	Women 13-14 100 Back	30	---	-2.40
33.92Y	111 F # 75	Women 13-14 50 Free	71	---	-0.46
1:14.37Y	59 F # 83	Women 13-14 100 Free	60	---	0.41
2:55.14Y	115 F # 87	Women 13-14 200 Back	29	---	-1.09
Jonathan Manfre (10) M					
1:29.76Y	238 F # 42	Men 9-10 100 IM	33	---	---
1:28.29Y	289 F # 48	Men 9-10 100 Back	21	---	-4.51
35.62Y	311 F # 62	Men 9-10 50 Free	32	---	-0.32
40.70Y	310 F # 98	Men 9-10 50 Back	27	---	-1.18
46.42Y	52 F # 108	Men 9-10 50 Fly	51	---	2.95
1:21.91Y	177 F # 114	Men 9-10 100 Free	49	---	2.13
Matthew Manfre (11) M					
2:26.16Y	393 F # 4	Men 11-12 200 Free	18	---	-3.31
2:47.58Y	373 F # 12	Men 11-12 200 IM	20	---	-8.33
1:27.09Y	436 F # 50	Men 11-12 100 Breast	13	---	0.49
38.07Y	209 F # 58	Men 11-12 50 Fly	34	---	1.04
1:07.60Y	412 F # 64	Men 11-12 100 Free	27	---	-2.13
1:18.80Y	369 F # 94	Men 11-12 100 IM	32	---	-3.62
39.81Y	445 F # 106	Men 11-12 50 Breast	16	---	-0.62
30.82Y	469 F # 116	Men 11-12 50 Free	20	---	-1.01

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
**Location: ET Nassau County Aquatic Center, East Meadow
 Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
Victoria Manfre (14) W					
6:28.02Y	146	F # 5 Women 13-14 500 Free	19	---	8.32
1:18.49Y	124	F # 27 Women 13-14 100 Fly	22	---	1.91
2:24.81Y	174	F # 31 Women 13-14 200 Free	23	---	2.71
1:20.82Y	71	F # 35 Women 13-14 100 Back	29	---	1.89
31.10Y	229	F # 75 Women 13-14 50 Free	45	---	0.67
1:06.50Y	226	F # 83 Women 13-14 100 Free	28	---	0.72
2:52.18Y	110	F # 87 Women 13-14 200 Back	26	---	10.03
Celine Manigbas (11) W					
2:54.18Y	315	F # 11 Women 11-12 200 IM	35	---	---
38.84Y	229	F # 45 Women 11-12 50 Back	49	---	-0.09
1:35.09Y	250	F # 49 Women 11-12 100 Breast	37	---	-1.20
1:17.33Y	135	F # 63 Women 11-12 100 Free	63	---	-2.87
1:21.58Y	300	F # 93 Women 11-12 100 IM	44	---	-5.99
1:25.92Y	221	F # 109 Women 11-12 100 Fly	22	---	2.09
35.83Y	157	F # 115 Women 11-12 50 Free	62	---	0.83
Timothy Marski (9) M					
1:22.80Y	541	F # 42 Men 9-10 100 IM	14	---	-5.66
1:26.90Y	451	F # 48 Men 9-10 100 Back	19	---	-5.53
32.50Y	591	F # 62 Men 9-10 50 Free	11	---	-0.67
1:34.63Y	560	F # 104 Men 9-10 100 Breast	9	---	-8.39
37.08Y	524	F # 108 Men 9-10 50 Fly	10	---	-8.36
1:11.03Y	584	F # 114 Men 9-10 100 Free	12	---	-3.97
Michael Mayer (16) M					
2:01.48Y	637	F # 18 Men 200 IM	1	11	2.62
1:03.12Y	643	F # 22 Men 100 Breast	4	7	1.35
52.60Y	514	F # 30 Men 100 Free	16	---	-0.55
2:14.68Y	709	F # 70 Men 200 Breast	1	11	4.19
58.03Y	481	F # 78 Men 100 Fly	10	---	0.91
1:51.95Y	537	F # 82 Men 200 Free	6	5	2.71
52.12Y	535	F # 90 400 Free Relay Lead Off	---	---	-1.03
Sean McClellan (9) M					
3:12.95Y	DQ	F # 10 Men 10 & Under 200 IM	---	---	---
1:29.88Y	369	F # 42 Men 9-10 100 IM	34	---	---
1:36.61Y	250	F # 48 Men 9-10 100 Back	31	---	0.67
36.35Y	387	F # 62 Men 9-10 50 Free	37	---	-1.36
1:48.10Y	306	F # 104 Men 9-10 100 Breast	28	---	-0.81
40.01Y	383	F # 108 Men 9-10 50 Fly	25	---	0.02
1:19.44Y	362	F # 114 Men 9-10 100 Free	39	---	-4.27
Bryan McNally (12) M					
2:36.40Y	132	F # 4 Men 11-12 200 Free	31	---	-7.99
3:05.76Y	63	F # 12 Men 11-12 200 IM	32	---	-2.80
41.12Y	49	F # 46 Men 11-12 50 Back	49	---	0.41
36.83Y	166	F # 58 Men 11-12 50 Fly	29	---	-0.01
1:14.75Y	99	F # 64 Men 11-12 100 Free	52	---	-0.54

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
1:26.22Y	66 F # 94	Men 11-12 100 IM	52	---	-1.70
45.99Y	40 F # 106	Men 11-12 50 Breast	38	---	-0.92
33.86Y	164 F # 116	Men 11-12 50 Free	45	---	-1.07
Claire McNeary (9) W					
2:54.38Y	308 F # 1	Women 10 & Under 200 Free	25	---	-9.69
2:59.52Y	537 F # 9	Women 10 & Under 200 IM	9	---	---
1:24.49Y	531 F # 41	Women 9-10 100 IM	18	---	-9.51
1:23.20Y	568 F # 47	Women 9-10 100 Back	9	---	-4.13
45.26Y	486 F # 51	Women 9-10 50 Breast	21	---	-1.83
42.86Y	330 F # 65	200 Medley Relay Lead Off	---	---	3.75
1:37.64Y	521 F # 103	Women 9-10 100 Breast	24	---	-3.13
42.67Y	306 F # 107	Women 9-10 50 Fly	31	---	-1.54
1:20.81Y	324 F # 113	Women 9-10 100 Free	46	---	-4.42
Daniel McNeary (9) M					
1:36.34Y	236 F # 42	Men 9-10 100 IM	48	---	---
1:31.58Y	349 F # 48	Men 9-10 100 Back	25	---	-2.35
38.19Y	296 F # 62	Men 9-10 50 Free	43	---	0.96
41.18Y	415 F # 66	200 Medley Relay Lead Off	---	---	-0.31
NS	F # 98	Men 9-10 50 Back	---	---	---
42.99Y	DQ F # 108	Men 9-10 50 Fly	---	---	---
1:27.56Y	185 F # 114	Men 9-10 100 Free	58	---	0.50
Joanna McNulty (9) W					
2:52.81Y	326 F # 1	Women 10 & Under 200 Free	21	---	---
1:28.66Y	432 F # 41	Women 9-10 100 IM	31	---	-4.04
1:35.87Y	314 F # 55	Women 9-10 100 Fly	16	---	---
36.93Y	351 F # 61	Women 9-10 50 Free	45	---	-0.47
40.35Y	450 F # 97	Women 9-10 50 Back	25	---	-1.47
1:39.17Y	491 F # 103	Women 9-10 100 Breast	27	---	-1.39
1:20.55Y	330 F # 113	Women 9-10 100 Free	45	---	-0.35
Bridget Moody (15) W					
5:26.93Y	520 F # 7	Women 500 Free	7	---	6.38
5:15.10Y	407 F # 15	Women 400 IM	12	---	4.42
2:31.22Y	353 F # 17	Women 200 IM	22	---	6.86
2:29.81Y	406 F # 25	Women 200 Fly	8	---	2.30
58.62Y	475 F # 29	Women 100 Free	14	---	1.90
27.10Y	501 F # 73	Women 50 Free	16	---	0.25
1:08.34Y	383 F # 77	Women 100 Fly	9	---	1.71
2:04.25Y	493 F # 81	Women 200 Free	3	8	3.48
58.37Y	485 F # 89	400 Free Relay Lead Off	---	---	1.65
Jack Mulderrig (17) M					
5:15.05Y	429 F # 8	Men 500 Free	6	5	-2.23
4:37.80Y	469 F # 16	Men 400 IM	6	5	-3.65
2:11.17Y	435 F # 18	Men 200 IM	16	---	-0.97
1:10.19Y	369 F # 22	Men 100 Breast	17	---	-0.52
55.64Y	357 F # 30	Men 100 Free	31	---	-0.02

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
2:33.26Y	404 F # 70	Men 200 Breast	17	---	6.32
1:02.44Y	290 F # 78	Men 100 Fly	24	---	1.34
1:59.22Y	365 F # 82	Men 200 Free	14	---	0.57
Campbell Munn (8) M					
1:42.87Y	128 F # 44	Men 8 & Under 100 IM	12	---	-6.35
47.52Y	DQ F # 54	Men 8 & Under 50 Fly	---	---	---
41.47Y	150 F # 60	Men 8 & Under 50 Free	13	---	0.64
Caroline Munn (10) W					
1:27.49Y	310 F # 41	Women 9-10 100 IM	29	---	-2.26
1:49.08Y	29 F # 55	Women 9-10 100 Fly	24	---	-4.52
34.58Y	346 F # 61	Women 9-10 50 Free	25	---	0.83
Jasmine Nakkab (13) W					
2:29.39Y	455 F # 19	Women 13-14 200 IM	6	5	3.39
1:08.66Y	445 F # 27	Women 13-14 100 Fly	7	---	1.76
1:12.08Y	335 F # 35	Women 13-14 100 Back	13	---	4.45
28.44Y	477 F # 75	Women 13-14 50 Free	15	---	0.80
2:30.48Y	473 F # 79	Women 13-14 200 Fly	3	8	0.97
1:01.84Y	420 F # 83	Women 13-14 100 Free	9	---	2.09
2:33.45Y	383 F # 87	Women 13-14 200 Back	14	---	7.95
Bridget O'Shaughnessy (10) W					
2:46.10Y	257 F # 1	Women 10 & Under 200 Free	14	---	-3.96
3:01.66Y	371 F # 9	Women 10 & Under 200 IM	14	---	---
1:24.53Y	376 F # 41	Women 9-10 100 IM	19	---	-1.83
42.53Y	439 F # 51	Women 9-10 50 Breast	12	---	0.07
34.86Y	330 F # 61	Women 9-10 50 Free	27	---	0.53
NS	F # 97	Women 9-10 50 Back	---	---	---
1:38.74Y	329 F # 103	Women 9-10 100 Breast	26	---	2.97
42.05Y	208 F # 107	Women 9-10 50 Fly	29	---	0.10
Julie Pak (15) W					
6:18.83Y	175 F # 7	Women 500 Free	35	---	4.21
2:32.14Y	339 F # 17	Women 200 IM	23	---	2.33
1:17.73Y	423 F # 21	Women 100 Breast	12	---	0.84
1:02.43Y	327 F # 29	Women 100 Free	31	---	1.46
28.46Y	391 F # 73	Women 50 Free	36	---	0.13
1:13.17Y	238 F # 77	Women 100 Fly	21	---	-1.52
1:15.14Y	176 F # 85	Women 100 Back	40	---	0.26
Jay Park (16) M					
4:34.33Y	509 F # 16	Men 400 IM	3	8	4.11
2:09.53Y	476 F # 18	Men 200 IM	12	---	2.30
2:07.95Y	523 F # 26	Men 200 Fly	2	9	3.21
51.49Y	564 F # 30	Men 100 Free	11	---	0.91
24.07Y	547 F # 74	Men 50 Free	14	---	0.29
58.04Y	480 F # 78	Men 100 Fly	11	---	0.66
1:03.08Y	342 F # 86	Men 100 Back	25	---	7.07

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Horace Patrick (17) M					
2:24.55Y	530 F # 70	Men 200 Breast	5	6	-0.55
28.57Y	161 F # 74	Men 50 Free	64	---	1.51
1:08.45Y	112 F # 78	Men 100 Fly	42	---	7.29
Ellyshia Pereira (16) W					
2:33.99Y	301 F # 17	Women 200 IM	26	---	4.25
1:21.27Y	304 F # 21	Women 100 Breast	18	---	3.33
2:25.47Y	431 F # 33	Women 200 Back	13	---	2.19
2:59.83Y	257 F # 69	Women 200 Breast	17	---	---
28.49Y	385 F # 73	Women 50 Free	37	---	0.01
1:06.64Y	424 F # 85	Women 100 Back	12	---	0.95
Nicole Pereira (13) W					
2:43.81Y	249 F # 19	Women 13-14 200 IM	22	---	2.64
2:58.27Y	335 F # 23	Women 13-14 200 Breast	7	---	4.06
1:16.55Y	208 F # 35	Women 13-14 100 Back	22	---	1.19
1:23.71Y	303 F # 71	Women 13-14 100 Breast	13	---	2.07
30.89Y	294 F # 75	Women 13-14 50 Free	42	---	0.20
2:45.90Y	218 F # 87	Women 13-14 200 Back	23	---	---
Carlotta Piantanida (7) W					
1:56.25Y	DQ F # 43	Women 8 & Under 100 IM	---	---	---
59.37Y	1 F # 53	Women 8 & Under 50 Fly	28	---	-12.23
46.09Y	9 F # 59	Women 8 & Under 50 Free	37	---	-0.92
53.20Y	DQ F # 95	Women 8 & Under 50 Back	---	---	---
56.60Y	89 F # 101	Women 8 & Under 50 Breast	27	---	-0.75
1:47.76Y	1 F # 111	Women 8 & Under 100 Free	39	---	-0.85
Giorgia Piantanida (11) W					
2:12.21Y	617 F # 3	Women 11-12 200 Free	2	9	-1.50
2:26.42Y	696 F # 11	Women 11-12 200 IM	2	9	-4.25
32.73Y	595 F # 45	Women 11-12 50 Back	7	---	-0.42
32.25Y	549 F # 57	Women 11-12 50 Fly	12	---	-1.70
1:02.12Y	585 F # 63	Women 11-12 100 Free	8	---	-0.85
33.01Y	575 F # 67	200 Medley Relay Lead Off	---	---	-0.14
Olivia Plasker (10) W					
2:39.48Y	336 F # 1	Women 10 & Under 200 Free	7	---	-21.78
3:15.36Y	234 F # 9	Women 10 & Under 200 IM	24	---	-12.82
1:30.67Y	243 F # 41	Women 9-10 100 IM	35	---	-0.56
1:30.51Y	229 F # 47	Women 9-10 100 Back	22	---	1.62
47.89Y	220 F # 51	Women 9-10 50 Breast	34	---	0.25
1:43.37Y	245 F # 103	Women 9-10 100 Breast	39	---	-1.26
44.64Y	122 F # 107	Women 9-10 50 Fly	39	---	1.03
1:12.17Y	405 F # 113	Women 9-10 100 Free	16	---	-2.29
John Poblador (14) M					
2:49.39Y	37 F # 20	Men 13-14 200 IM	37	---	4.34
3:14.31Y	42 F # 24	Men 13-14 200 Breast	26	---	-2.59
1:17.41Y	45 F # 36	Men 13-14 100 Back	31	---	0.93

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
29.15Y	238 F # 76	Men 13-14 50 Free	50	---	0.12
1:06.94Y	94 F # 84	Men 13-14 100 Free	57	---	2.58
2:53.59Y	3 F # 88	Men 13-14 200 Back	31	---	---
Michaela Pujals (16) W					
5:50.16Y	328 F # 7	Women 500 Free	18	---	---
2:21.63Y	493 F # 17	Women 200 IM	6	5	-1.20
2:26.52Y	447 F # 25	Women 200 Fly	4	7	3.86
2:22.38Y	479 F # 33	Women 200 Back	10	---	---
25.73Y	618 F # 73	Women 50 Free	2	9	0.67
1:02.80Y	554 F # 77	Women 100 Fly	3	8	1.58
1:04.75Y	492 F # 85	Women 100 Back	5	6	-1.78
Jillian Pusateri (8) W					
1:48.09Y	84 F # 43	Women 8 & Under 100 IM	23	---	2.43
58.34Y	1 F # 53	Women 8 & Under 50 Fly	27	---	6.23
41.63Y	139 F # 59	Women 8 & Under 50 Free	21	---	-1.64
46.73Y	174 F # 95	Women 8 & Under 50 Back	19	---	-1.21
53.33Y	183 F # 101	Women 8 & Under 50 Breast	17	---	-0.24
1:33.15Y	86 F # 111	Women 8 & Under 100 Free	22	---	-3.01
Julia Pusateri (11) W					
2:33.68Y	268 F # 3	Women 11-12 200 Free	36	---	-5.89
2:51.94Y	342 F # 11	Women 11-12 200 IM	34	---	-4.78
38.89Y	227 F # 45	Women 11-12 50 Back	50	---	-1.13
1:26.70Y	433 F # 49	Women 11-12 100 Breast	17	---	0.11
1:09.17Y	347 F # 63	Women 11-12 100 Free	35	---	-4.92
1:18.00Y	394 F # 93	Women 11-12 100 IM	29	---	-2.80
38.62Y	499 F # 105	Women 11-12 50 Breast	16	---	0.21
1:23.48Y	273 F # 109	Women 11-12 100 Fly	18	---	1.67
Isabel Ren (13) W					
6:10.73Y	267 F # 5	Women 13-14 500 Free	15	---	-20.45
2:34.93Y	371 F # 19	Women 13-14 200 IM	13	---	-6.42
1:15.67Y	236 F # 27	Women 13-14 100 Fly	15	---	-0.07
1:07.54Y	485 F # 35	Women 13-14 100 Back	5	6	-1.26
1:08.57Y	449 F # 39	400 Medley Relay Lead Off	---	---	-0.23
29.23Y	415 F # 75	Women 13-14 50 Free	25	---	1.08
1:03.98Y	341 F # 83	Women 13-14 100 Free	19	---	-1.05
2:26.77Y	483 F # 87	Women 13-14 200 Back	8	---	---
Amelia Ricketts (14) W					
6:06.14Y	262 F # 5	Women 13-14 500 Free	12	---	-14.11
2:45.29Y	188 F # 19	Women 13-14 200 IM	23	---	-1.77
1:16.85Y	163 F # 27	Women 13-14 100 Fly	19	---	0.36
2:17.09Y	287 F # 31	Women 13-14 200 Free	14	---	-0.31
29.79Y	320 F # 75	Women 13-14 50 Free	27	---	-0.05
1:03.70Y	318 F # 83	Women 13-14 100 Free	18	---	-0.22
2:42.58Y	218 F # 87	Women 13-14 200 Back	22	---	-1.05

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points**Location: ET Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
Loren Rodgers (15) W					
3:04.47Y	11	F # 17 Women 200 IM	54	---	---
1:11.51Y	70	F # 29 Women 100 Free	70	---	0.12
3:06.33Y	1	F # 33 Women 200 Back	43	---	7.10
32.23Y	135	F # 73 Women 50 Free	73	---	-0.19
2:43.79Y	4	F # 81 Women 200 Free	46	---	4.77
1:26.05Y	1	F # 85 Women 100 Back	59	---	0.95
John Rotolo (13) M					
6:16.19Y	207	F # 6 Men 13-14 500 Free	20	---	-37.51
2:36.24Y	236	F # 20 Men 13-14 200 IM	27	---	-5.61
3:00.78Y	229	F # 24 Men 13-14 200 Breast	19	---	---
2:19.83Y	211	F # 32 Men 13-14 200 Free	26	---	-2.61
1:26.51Y	140	F # 72 Men 13-14 100 Breast	43	---	0.42
1:04.42Y	238	F # 84 Men 13-14 100 Free	49	---	-1.03
2:38.33Y	207	F # 88 Men 13-14 200 Back	22	---	-4.29
Katherine Ryan (16) W					
5:51.23Y	321	F # 7 Women 500 Free	20	---	---
2:29.09Y	373	F # 17 Women 200 IM	18	---	1.80
59.70Y	426	F # 29 Women 100 Free	19	---	1.93
2:28.43Y	386	F # 33 Women 200 Back	19	---	4.76
28.13Y	414	F # 73 Women 50 Free	31	---	1.37
1:13.03Y	226	F # 77 Women 100 Fly	20	---	---
1:09.93Y	316	F # 85 Women 100 Back	21	---	2.63
Matthew Salcedo (15) M					
5:11.45Y	515	F # 8 Men 500 Free	4	7	4.92
4:39.65Y	511	F # 16 Men 400 IM	8	---	10.77
2:08.69Y	535	F # 18 Men 200 IM	10	---	1.17
52.72Y	560	F # 30 Men 100 Free	18	---	0.71
2:05.98Y	578	F # 34 Men 200 Back	5	6	0.24
58.17Y	579	F # 38 400 Medley Relay Lead Off	---	---	0.01
23.97Y	610	F # 74 Men 50 Free	13	---	-0.03
57.31Y	569	F # 78 Men 100 Fly	8	---	-0.11
57.62Y	601	F # 86 Men 100 Back	7	---	-0.54
Kyle Sanders (15) W					
2:25.32Y	445	F # 17 Women 200 IM	14	---	-2.12
59.94Y	421	F # 29 Women 100 Free	20	---	1.08
2:21.69Y	495	F # 33 Women 200 Back	9	---	-0.20
1:06.96Y	423	F # 37 400 Medley Relay Lead Off	---	---	1.07
27.66Y	455	F # 73 Women 50 Free	25	---	0.15
2:12.62Y	330	F # 81 Women 200 Free	16	---	-1.04
1:05.34Y	480	F # 85 Women 100 Back	8	---	-0.55
Max Scalandre (8) M					
2:40.85Y	474	F # 2 Men 10 & Under 200 Free	15	---	---
2:59.03Y	519	F # 10 Men 10 & Under 200 IM	11	---	---
1:23.91Y	512	F # 44 Men 8 & Under 100 IM	3	8	-4.88

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
43.74Y	231 F # 54	Men 8 & Under 50 Fly	4	7	1.63
34.82Y	466 F # 60	Men 8 & Under 50 Free	2	9	1.67
41.08Y	419 F # 66	200 Medley Relay Lead Off	---	---	0.58
40.09Y	467 F # 96	Men 8 & Under 50 Back	3	8	-0.41
42.09Y	604 F # 102	Men 8 & Under 50 Breast	2	9	-3.11
1:15.66Y	457 F # 112	Men 8 & Under 100 Free	3	8	1.52
Allison Schefer (15) W					
6:07.85Y	234 F # 7	Women 500 Free	27	---	---
Jake Schwartz (16) M					
5:20.50Y	410 F # 8	Men 500 Free	7	---	-8.99
2:28.18Y	179 F # 18	Men 200 IM	40	---	5.22
53.18Y	488 F # 30	Men 100 Free	20	---	-0.35
2:20.18Y	282 F # 34	Men 200 Back	18	---	2.77
24.42Y	516 F # 74	Men 50 Free	19	---	0.04
1:56.78Y	432 F # 82	Men 200 Free	11	---	-3.84
1:01.71Y	391 F # 86	Men 100 Back	22	---	-0.36
Natasha Senken (15) W					
5:35.85Y	449 F # 7	Women 500 Free	13	---	-13.04
4:58.85Y	530 F # 15	Women 400 IM	7	---	-3.41
1:13.18Y	557 F # 21	Women 100 Breast	4	7	0.81
1:00.09Y	415 F # 29	Women 100 Free	21	---	0.09
2:38.41Y	561 F # 69	Women 200 Breast	3	8	-0.19
27.83Y	441 F # 73	Women 50 Free	26	---	0.43
1:08.00Y	394 F # 77	Women 100 Fly	8	---	0.16
59.57Y	436 F # 89	400 Free Relay Lead Off	---	---	-0.43
Pierce Senken (11) M					
2:15.74Y	561 F # 4	Men 11-12 200 Free	7	---	-5.37
2:37.00Y	517 F # 12	Men 11-12 200 IM	10	---	-3.17
34.42Y	509 F # 46	Men 11-12 50 Back	14	---	-0.27
1:25.23Y	480 F # 50	Men 11-12 100 Breast	11	---	0.31
1:03.39Y	550 F # 64	Men 11-12 100 Free	16	---	-2.04
35.16Y	463 F # 68	200 Medley Relay Lead Off	---	---	0.47
1:13.01Y	541 F # 94	Men 11-12 100 IM	15	---	-1.89
1:11.69Y	573 F # 100	Men 11-12 100 Back	4	7	-2.75
1:16.96Y	412 F # 110	Men 11-12 100 Fly	16	---	-1.82
29.42Y	561 F # 120	200 Free Relay Lead Off	---	---	-0.56
Benjamin Shanley (16) M					
NS	F # 70	Men 200 Breast	---	---	---
NS	F # 74	Men 50 Free	---	---	---
NS	F # 82	Men 200 Free	---	---	---
Brandon Shteyman (16) M					
NS	F # 70	Men 200 Breast	---	---	---
NS	F # 74	Men 50 Free	---	---	---
NS	F # 82	Men 200 Free	---	---	---

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
Karan Singh (10) M					
1:40.62Y 64	F # 42	Men 9-10 100 IM	53	---	-5.32
1:16.92Y DQ	F # 48	Men 9-10 100 Back	---	---	---
40.44Y 90	F # 62	Men 9-10 50 Free	57	---	-0.67
Caryn Smith (16) W					
5:32.23Y 459	F # 7	Women 500 Free	10	---	-4.47
5:04.74Y 466	F # 15	Women 400 IM	10	---	---
2:22.09Y 486	F # 17	Women 200 IM	9	---	-2.15
58.10Y 491	F # 29	Women 100 Free	9	---	0.86
2:26.98Y 408	F # 33	Women 200 Back	16	---	3.53
1:05.90Y 451	F # 37	400 Medley Relay Lead Off	---	---	3.25
26.42Y 557	F # 73	Women 50 Free	8	---	0.24
2:04.43Y 477	F # 81	Women 200 Free	5	6	0.60
1:05.02Y 482	F # 85	Women 100 Back	7	---	2.37
Allegra Sodi (11) W					
2:29.51Y 326	F # 3	Women 11-12 200 Free	26	---	-2.50
2:49.29Y 374	F # 11	Women 11-12 200 IM	30	---	-6.08
36.13Y 375	F # 45	Women 11-12 50 Back	28	---	-0.84
1:31.05Y 335	F # 49	Women 11-12 100 Breast	29	---	0.95
1:11.21Y 287	F # 63	Women 11-12 100 Free	47	---	-1.06
1:20.97Y 316	F # 93	Women 11-12 100 IM	41	---	-1.35
1:19.53Y 338	F # 99	Women 11-12 100 Back	25	---	-1.74
41.60Y 347	F # 105	Women 11-12 50 Breast	27	---	0.32
Luca Sodi (9) M					
1:33.77Y 286	F # 42	Men 9-10 100 IM	41	---	-3.05
1:33.23Y 316	F # 48	Men 9-10 100 Back	27	---	-2.59
37.87Y 312	F # 62	Men 9-10 50 Free	42	---	-0.32
1:46.96Y 326	F # 104	Men 9-10 100 Breast	27	---	-2.31
46.90Y 128	F # 108	Men 9-10 50 Fly	53	---	-1.24
1:26.38Y 209	F # 114	Men 9-10 100 Free	53	---	-4.47
Christopher Sommella (15) M					
5:54.15Y 221	F # 8	Men 500 Free	23	---	---
2:21.92Y 304	F # 18	Men 200 IM	32	---	1.03
56.46Y 401	F # 30	Men 100 Free	40	---	0.18
2:20.83Y 321	F # 34	Men 200 Back	20	---	-0.89
25.92Y 443	F # 74	Men 50 Free	41	---	0.39
2:01.02Y 413	F # 82	Men 200 Free	18	---	-3.82
1:05.60Y 306	F # 86	Men 100 Back	27	---	-1.10
Thomas Soregaroli (14) M					
5:21.98Y 481	F # 6	Men 13-14 500 Free	5	6	-1.02
4:59.47Y 401	F # 14	Men 13-14 400 IM	7	---	---
2:22.97Y 343	F # 20	Men 13-14 200 IM	12	---	1.06
2:03.41Y 409	F # 32	Men 13-14 200 Free	6	5	-0.80
1:06.02Y 341	F # 36	Men 13-14 100 Back	5	6	0.38
1:06.51Y 325	F # 40	400 Medley Relay Lead Off	---	---	0.87

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
27.47Y	362 F # 76	Men 13-14 50 Free	30	---	0.25
57.08Y	416 F # 84	Men 13-14 100 Free	15	---	-0.28
2:19.72Y	375 F # 88	Men 13-14 200 Back	10	---	-0.68
Michelle Sorokko (8) W					
2:59.12Y	256 F # 1	Women 10 & Under 200 Free	30	---	---
3:16.59Y	354 F # 9	Women 10 & Under 200 IM	26	---	---
1:30.48Y	DQ F # 43	Women 8 & Under 100 IM	---	---	---
47.11Y	DQ F # 53	Women 8 & Under 50 Fly	---	---	---
37.22Y	336 F # 59	Women 8 & Under 50 Free	5	6	0.35
45.58Y	216 F # 95	Women 8 & Under 50 Back	17	---	-0.37
44.54Y	517 F # 101	Women 8 & Under 50 Breast	1	11	-1.91
1:23.79Y	256 F # 111	Women 8 & Under 100 Free	7	---	2.79
Carly Spallone (10) W					
1:43.47Y	46 F # 41	Women 9-10 100 IM	59	---	---
52.27Y	78 F # 51	Women 9-10 50 Breast	52	---	-2.71
41.29Y	52 F # 61	Women 9-10 50 Free	66	---	1.47
47.55Y	41 F # 97	Women 9-10 50 Back	56	---	-4.41
50.98Y	1 F # 107	Women 9-10 50 Fly	57	---	-1.11
1:31.11Y	29 F # 113	Women 9-10 100 Free	70	---	0.83
Conor Spinella (12) M					
2:19.59Y	348 F # 4	Men 11-12 200 Free	15	---	---
2:41.11Y	308 F # 12	Men 11-12 200 IM	15	---	---
33.34Y	428 F # 46	Men 11-12 50 Back	9	---	-2.91
1:28.27Y	256 F # 50	Men 11-12 100 Breast	15	---	2.22
33.23Y	351 F # 58	Men 11-12 50 Fly	11	---	0.69
1:12.86Y	366 F # 94	Men 11-12 100 IM	13	---	-28.66
1:16.95Y	265 F # 110	Men 11-12 100 Fly	15	---	-3.72
28.29Y	513 F # 116	Men 11-12 50 Free	6	3	-0.31
Kevin Stapleton (10) M					
1:34.67Y	148 F # 42	Men 9-10 100 IM	42	---	---
1:36.80Y	131 F # 48	Men 9-10 100 Back	32	---	-1.82
39.40Y	133 F # 62	Men 9-10 50 Free	51	---	1.50
45.91Y	DQ F # 98	Men 9-10 50 Back	---	---	---
41.18Y	206 F # 108	Men 9-10 50 Fly	32	---	-0.71
1:27.24Y	81 F # 114	Men 9-10 100 Free	55	---	4.50
Emma Stern (12) W					
3:02.81Y	1 F # 3	Women 11-12 200 Free	47	---	-21.12
41.89Y	42 F # 45	Women 11-12 50 Back	58	---	-0.73
1:39.09Y	83 F # 49	Women 11-12 100 Breast	48	---	-0.79
1:24.28Y	1 F # 63	Women 11-12 100 Free	73	---	-1.10
1:28.36Y	83 F # 93	Women 11-12 100 IM	60	---	-3.85
1:31.60Y	44 F # 109	Women 11-12 100 Fly	25	---	-10.15
36.82Y	52 F # 115	Women 11-12 50 Free	67	---	0.20
Jackson Sugarman (12) M					
2:16.39Y	398 F # 4	Men 11-12 200 Free	9	---	2.89

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
2:44.45Y	267 F # 12	Men 11-12 200 IM	17	---	---
33.58Y	413 F # 46	Men 11-12 50 Back	10	---	-0.58
32.00Y	426 F # 58	Men 11-12 50 Fly	8	---	-0.23
1:02.31Y	445 F # 64	Men 11-12 100 Free	9	---	0.95
1:11.78Y	399 F # 94	Men 11-12 100 IM	8	---	---
38.41Y	353 F # 106	Men 11-12 50 Breast	11	---	-5.25
27.22Y	589 F # 116	Men 11-12 50 Free	3	8	-0.53
28.54Y	496 F # 120	200 Free Relay Lead Off	---	---	0.79
Adele Sukhova (11) W					
2:23.30Y	420 F # 3	Women 11-12 200 Free	17	---	-1.08
2:49.94Y	366 F # 11	Women 11-12 200 IM	32	---	-3.09
38.41Y	250 F # 45	Women 11-12 50 Back	43	---	-0.68
1:31.00Y	336 F # 49	Women 11-12 100 Breast	28	---	-21.73
33.29Y	487 F # 57	Women 11-12 50 Fly	18	---	-3.60
1:18.22Y	388 F # 93	Women 11-12 100 IM	32	---	-1.35
43.28Y	269 F # 105	Women 11-12 50 Breast	37	---	-1.37
29.48Y	546 F # 115	Women 11-12 50 Free	16	---	-1.25
29.46Y	547 F # 119	200 Free Relay Lead Off	---	---	-1.27
Whitney Sun (11) W					
2:17.64Y	516 F # 3	Women 11-12 200 Free	10	---	0.67
2:34.89Y	568 F # 11	Women 11-12 200 IM	9	---	-3.34
32.68Y	598 F # 45	Women 11-12 50 Back	6	5	-0.12
32.10Y	558 F # 57	Women 11-12 50 Fly	11	---	-0.61
1:02.03Y	589 F # 63	Women 11-12 100 Free	7	---	1.11
1:13.20Y	534 F # 93	Women 11-12 100 IM	11	---	-2.05
1:14.27Y	494 F # 109	Women 11-12 100 Fly	9	---	-2.23
28.56Y	613 F # 115	Women 11-12 50 Free	6	5	0.02
Dina Sutherland (14) W					
5:11.35Y	448 F # 13	Women 13-14 400 IM	5	6	-8.12
2:31.65Y	371 F # 19	Women 13-14 200 IM	8	---	2.23
2:40.43Y	532 F # 23	Women 13-14 200 Breast	2	9	5.46
2:18.32Y	267 F # 31	Women 13-14 200 Free	15	---	5.29
1:12.62Y	580 F # 71	Women 13-14 100 Breast	2	9	0.83
29.05Y	375 F # 75	Women 13-14 50 Free	20	---	0.95
1:03.64Y	320 F # 83	Women 13-14 100 Free	17	---	1.56
Emily Tan (16) W					
5:37.18Y	421 F # 7	Women 500 Free	15	---	-2.00
2:22.01Y	487 F # 17	Women 200 IM	8	---	5.39
56.65Y	554 F # 29	Women 100 Free	6	5	2.56
2:21.40Y	495 F # 33	Women 200 Back	6	5	2.24
26.63Y	539 F # 73	Women 50 Free	12	---	1.79
2:04.38Y	478 F # 81	Women 200 Free	4	7	5.88
1:06.40Y	433 F # 85	Women 100 Back	10	---	2.97
56.33Y	568 F # 89	400 Free Relay Lead Off	---	---	2.24

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
Gabrielle Terzano (17) W					
5:47.80Y	344 F # 7	Women 500 Free	17	---	1.97
4:59.35Y	507 F # 15	Women 400 IM	8	---	-2.38
2:25.97Y	419 F # 17	Women 200 IM	17	---	2.56
2:27.74Y	424 F # 25	Women 200 Fly	5	6	2.74
2:28.01Y	383 F # 33	Women 200 Back	18	---	-4.21
2:43.71Y	444 F # 69	Women 200 Breast	8	---	5.22
1:06.61Y	408 F # 77	Women 100 Fly	5	6	1.04
2:11.72Y	336 F # 81	Women 200 Free	14	---	2.65
Hayley Tesser (10) W					
1:53.10Y	DQ F # 41	Women 9-10 100 IM	---	---	---
1:52.94Y	1 F # 47	Women 9-10 100 Back	42	---	---
43.53Y	2 F # 61	Women 9-10 50 Free	83	---	---
51.25Y	1 F # 97	Women 9-10 50 Back	72	---	-8.43
58.68Y	DQ F # 107	Women 9-10 50 Fly	---	---	---
1:28.95Y	54 F # 113	Women 9-10 100 Free	66	---	-22.18
Kimberly Tetuan (11) W					
2:36.65Y	230 F # 3	Women 11-12 200 Free	40	---	-13.86
3:00.75Y	242 F # 11	Women 11-12 200 IM	38	---	-13.69
1:38.91Y	176 F # 49	Women 11-12 100 Breast	47	---	-0.60
40.19Y	141 F # 57	Women 11-12 50 Fly	47	---	-2.37
1:16.01Y	164 F # 63	Women 11-12 100 Free	58	---	1.89
1:26.66Y	185 F # 93	Women 11-12 100 IM	58	---	---
1:28.45Y	138 F # 99	Women 11-12 100 Back	42	---	-0.43
33.60Y	277 F # 115	Women 11-12 50 Free	47	---	-0.56
Austin Toth (13) M					
6:12.61Y	226 F # 6	Men 13-14 500 Free	19	---	---
2:36.04Y	239 F # 20	Men 13-14 200 IM	25	---	-9.71
2:55.52Y	290 F # 24	Men 13-14 200 Breast	14	---	---
2:21.83Y	183 F # 32	Men 13-14 200 Free	32	---	-1.29
1:21.00Y	271 F # 72	Men 13-14 100 Breast	32	---	-4.17
28.87Y	339 F # 76	Men 13-14 50 Free	48	---	-1.31
1:03.34Y	274 F # 84	Men 13-14 100 Free	46	---	-2.91
Connor Towers (9) M					
2:25.40Y	693 F # 2	Men 10 & Under 200 Free	5	6	-6.75
2:47.51Y	662 F # 10	Men 10 & Under 200 IM	4	7	-4.09
1:20.69Y	597 F # 42	Men 9-10 100 IM	8	---	-0.93
1:18.23Y	660 F # 48	Men 9-10 100 Back	6	5	-2.90
43.57Y	536 F # 52	Men 9-10 50 Breast	8	---	-0.63
37.20Y	616 F # 98	Men 9-10 50 Back	6	5	-0.98
37.96Y	480 F # 108	Men 9-10 50 Fly	15	---	0.01
1:09.34Y	632 F # 114	Men 9-10 100 Free	6	5	0.05
Hannah VanManen (8) W					
1:40.62Y	193 F # 43	Women 8 & Under 100 IM	16	---	-4.06
49.90Y	76 F # 53	Women 8 & Under 50 Fly	17	---	2.30

Individual Meet Results

29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points

Location: ET Nassau County Aquatic Center, East Meadow

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

Time	F/P/S	Event	Place	Points	Improv
43.85Y 63	F # 59	Women 8 & Under 50 Free	32	---	0.42
48.61Y 113	F # 95	Women 8 & Under 50 Back	22	---	-0.29
52.99Y 194	F # 101	Women 8 & Under 50 Breast	14	---	0.40
1:35.52Y 55	F # 111	Women 8 & Under 100 Free	26	---	-7.02
Ryan VanManen (15) M					
5:14.80Y 489	F # 8	Men 500 Free	5	6	-6.45
4:45.57Y 461	F # 16	Men 400 IM	10	---	-0.01
2:13.98Y 437	F # 18	Men 200 IM	20	---	-1.01
1:10.01Y 437	F # 22	Men 100 Breast	15	---	1.54
56.76Y 389	F # 30	Men 100 Free	42	---	0.96
2:29.50Y 500	F # 70	Men 200 Breast	10	---	1.16
26.37Y 406	F # 74	Men 50 Free	46	---	0.69
2:01.62Y 401	F # 82	Men 200 Free	21	---	3.24
Claire Villani (13) W					
6:20.41Y 213	F # 5	Women 13-14 500 Free	17	---	-48.57
2:43.63Y 251	F # 19	Women 13-14 200 IM	21	---	-10.47
2:24.49Y 204	F # 31	Women 13-14 200 Free	21	---	-13.71
1:19.06Y 147	F # 35	Women 13-14 100 Back	26	---	1.94
1:30.20Y 152	F # 71	Women 13-14 100 Breast	31	---	-5.05
30.20Y 342	F # 75	Women 13-14 50 Free	29	---	-0.65
1:07.03Y 240	F # 83	Women 13-14 100 Free	33	---	1.30
David Villani (10) M					
2:38.38Y 357	F # 2	Men 10 & Under 200 Free	12	---	-27.90
3:02.51Y 344	F # 10	Men 10 & Under 200 IM	14	---	-20.97
1:24.93Y 342	F # 42	Men 9-10 100 IM	21	---	-3.88
1:19.88Y 481	F # 48	Men 9-10 100 Back	8	---	-4.48
NS	F # 62	Men 9-10 50 Free	---	---	---
1:44.87Y 208	F # 104	Men 9-10 100 Breast	25	---	-4.75
41.72Y 186	F # 108	Men 9-10 50 Fly	34	---	0.41
1:14.48Y 349	F # 114	Men 9-10 100 Free	21	---	-4.31
Megan Waring (16) W					
5:29.22Y 483	F # 7	Women 500 Free	8	---	---
1:13.21Y 533	F # 21	Women 100 Breast	5	6	4.09
58.24Y 485	F # 29	Women 100 Free	10	---	0.50
2:21.68Y 491	F # 33	Women 200 Back	8	---	---
2:37.72Y 539	F # 69	Women 200 Breast	2	9	7.26
27.28Y 483	F # 73	Women 50 Free	18	---	0.78
2:05.52Y 455	F # 81	Women 200 Free	8	---	1.63
William Wendt (16) M					
5:08.99Y 498	F # 8	Men 500 Free	2	9	0.26
4:40.86Y 453	F # 16	Men 400 IM	9	---	3.24
1:09.87Y 413	F # 22	Men 100 Breast	14	---	2.23
NS	F # 26	Men 200 Fly	---	---	---
53.49Y 475	F # 30	Men 100 Free	23	---	1.56
24.48Y 511	F # 74	Men 50 Free	21	---	0.45

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points**Location: ET Nassau County Aquatic Center, East Meadow****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
59.97Y	405 F # 78	Men 100 Fly	16	---	2.37
1:57.65Y	414 F # 82	Men 200 Free	13	---	4.87
Erika Winkler (15) W					
5:22.33Y	559 F # 7	Women 500 Free	2	9	-4.35
4:59.35Y	526 F # 15	Women 400 IM	8	---	6.42
2:25.67Y	439 F # 17	Women 200 IM	16	---	5.41
58.50Y	480 F # 29	Women 100 Free	13	---	-0.54
2:23.48Y	466 F # 33	Women 200 Back	11	---	6.46
1:06.82Y	428 F # 37	400 Medley Relay Lead Off	---	---	1.20
27.46Y	471 F # 73	Women 50 Free	22	---	0.29
2:04.99Y	477 F # 81	Women 200 Free	7	---	0.10
1:05.01Y	492 F # 85	Women 100 Back	6	5	-0.61
Kevin Wu (17) M					
2:38.49Y	332 F # 70	Men 200 Breast	23	---	-1.76
25.04Y	435 F # 74	Men 50 Free	26	---	0.10
1:05.83Y	222 F # 86	Men 100 Back	30	---	0.64
53.80Y	432 F # 90	400 Free Relay Lead Off	---	---	0.57
Fallon Wulff (12) W					
42.68Y	23 F # 45	Women 11-12 50 Back	61	---	-0.92
42.18Y	26 F # 57	Women 11-12 50 Fly	55	---	-7.30
1:23.80Y	1 F # 63	Women 11-12 100 Free	72	---	-7.41
1:30.84Y	48 F # 93	Women 11-12 100 IM	64	---	-9.60
1:36.14Y	1 F # 99	Women 11-12 100 Back	49	---	-1.00
48.54Y	14 F # 105	Women 11-12 50 Breast	52	---	10.22
Barry Yang (13) M					
3:02.46Y	210 F # 24	Men 13-14 200 Breast	21	---	---
2:21.72Y	185 F # 32	Men 13-14 200 Free	31	---	-3.03
1:25.72Y	1 F # 36	Men 13-14 100 Back	39	---	-0.06
1:23.50Y	209 F # 72	Men 13-14 100 Breast	35	---	-2.92
29.31Y	307 F # 76	Men 13-14 50 Free	52	---	0.14
1:04.65Y	231 F # 84	Men 13-14 100 Free	50	---	-1.40
Nathan Yang (11) M					
2:30.97Y	324 F # 4	Men 11-12 200 Free	23	---	-12.49
2:46.81Y	383 F # 12	Men 11-12 200 IM	19	---	-3.05
1:23.51Y	523 F # 50	Men 11-12 100 Breast	8	---	-0.64
34.80Y	376 F # 58	Men 11-12 50 Fly	23	---	-0.11
1:08.40Y	388 F # 64	Men 11-12 100 Free	30	---	-0.66
1:16.07Y	447 F # 94	Men 11-12 100 IM	27	---	-1.17
38.65Y	507 F # 106	Men 11-12 50 Breast	13	---	0.57
1:19.20Y	356 F # 110	Men 11-12 100 Fly	18	---	0.34
Camellia Ye (8) W					
1:32.53Y	347 F # 43	Women 8 & Under 100 IM	4	7	-2.79
46.58Y	DQ F # 53	Women 8 & Under 50 Fly	---	---	---
38.26Y	285 F # 59	Women 8 & Under 50 Free	12	---	0.48
42.74Y	335 F # 95	Women 8 & Under 50 Back	4	7	0.63

Individual Meet Results
29TH ANNUAL DR. MARTIN LUTHER KING SWIM MEET 15-Jan-10 to 17-Jan-10 Yards - Hy-Tek Single Year Points
Location: ET Nassau County Aquatic Center, East Meadow
Long Island Aquatic Club [LIAC-MR] Coach: David Ferris

Time	F/P/S	Event	Place	Points	Improv
50.09Y 295	F # 101	Women 8 & Under 50 Breast	8	---	-1.40
1:25.15Y 227	F # 111	Women 8 & Under 100 Free	9	---	2.51
Morgan Yi (10) W					
2:46.80Y 249	F # 1	Women 10 & Under 200 Free	16	---	-13.37
3:00.31Y 385	F # 9	Women 10 & Under 200 IM	11	---	-9.89
Kalie Yuen (9) W					
2:55.58Y 294	F # 1	Women 10 & Under 200 Free	27	---	---
1:26.82Y 475	F # 41	Women 9-10 100 IM	26	---	-6.46
48.63Y 350	F # 51	Women 9-10 50 Breast	35	---	-1.66
35.71Y 415	F # 61	Women 9-10 50 Free	34	---	-0.89
42.11Y 364	F # 97	Women 9-10 50 Back	38	---	-0.75
1:46.00Y 365	F # 103	Women 9-10 100 Breast	44	---	-5.29
1:21.17Y 315	F # 113	Women 9-10 100 Free	47	---	-2.50
Vance Zuo (15) M					
NS	F # 8	Men 500 Free	---	---	---
NS	F # 16	Men 400 IM	---	---	---
2:13.31Y 449	F # 18	Men 200 IM	18	---	0.33
2:15.41Y 424	F # 26	Men 200 Fly	5	6	-2.28
55.38Y 445	F # 30	Men 100 Free	28	---	-1.60
2:33.73Y 440	F # 70	Men 200 Breast	18	---	-2.98
25.41Y 485	F # 74	Men 50 Free	31	---	-0.26
1:01.44Y 452	F # 86	Men 100 Back	19	---	-2.68