

## Individual Meet Results

2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points

Location: Rutgers University

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

Time	F/P/S	Event	Place	Points	Improv
<b>Jessica Arana (12) W</b>					
34.80L	681	F # 15 AG Women 11-12 50 Back	2	7	-3.72
4:44.99L	772	F # 21 AG Women 11-12 400 Free	1	9	-6.10
39.56L	631	F # 27 AG Women 11-12 50 Breast	3	6	-1.61
1:10.22L	746	F # 49 AG Women 11-12 100 Fly	1	9	-3.10
1:24.23L	668	F # 55 AG Women 11-12 100 Breast	1	9	-12.42
2:17.51L	737	F # 61 AG Women 11-12 200 Free	1	9	-2.29
1:04.55L	711	F # 79 AG Women 11-12 100 Free	1	9	-2.49
1:13.55L	711	F # 91 AG Women 11-12 100 Back	2	7	-0.56
2:34.14L	777	F # 97 AG Women 11-12 200 IM	1	9	-4.36
<b>Christopher Arena (10) M</b>					
1:40.95L	571	F # 30 AG Men 10 & Under 100 Breast	9	---	-0.03
39.83L	489	F # 48 AG Men 10 & Under 50 Fly	16	---	1.09
3:11.18L	515	F # 54 AG Men 10 & Under 200 IM	15	---	1.35
47.90L	488	F # 66 AG Men 10 & Under 50 Breast	10	---	1.16
1:18.46L	512	F # 90 AG Men 10 & Under 100 Free	23	---	-3.06
1:35.45L	388	F # 96 AG Men 10 & Under 100 Fly	20	---	4.80
<b>Tabitha Barbosa (13) W</b>					
2:24.97L	493	F # 13 AG Women 13-14 200 Free	26	---	0.55
3:07.85L	505	F # 25 AG Women 13-14 200 Breast	10	---	3.39
2:43.95L	548	F # 31 AG Women 13-14 200 IM	23	---	3.98
30.32L	618	F # 45 AG Women 13-14 50 Free	15	---	---
1:07.35L	528	F # 57 AG Women 13-14 100 Free	33	---	0.71
5:50.57L	520	F # 63 AG Women 13-14 400 IM	29	---	---
1:14.86L	517	F # 87 AG Women 13-14 100 Fly	23	---	-4.69
2:45.14L	528	F # 93 AG Women 13-14 200 Back	36	---	3.98
1:27.34L	507	F # 99 AG Women 13-14 100 Breast	17	---	-1.27
<b>Gabrielle Borutecene (17) W</b>					
NS	P # 3 S	Women 100 Breast	---	---	---
NS	P # 9 S	Women 200 IM	---	---	---
5:26.89L	605	P # 33 S Women 400 IM	39	---	3.34
2:49.12L	675	F # 68 S Women 200 Breast	15	2	3.01
2:52.96L	626	P # 68 S Women 200 Breast	16	---	6.85
1:04.90L	528	P # 72 S Women 100 Free	73	---	1.15
<b>Patricia Cerri-Droz (10) W</b>					
36.29L	499	F # 17 AG Women 10 & Under 50 Free	15	---	-1.05
1:33.07L	DQ	F # 23 AG Women 10 & Under 100 Back	---	---	---
1:42.15L	539	F # 29 AG Women 10 & Under 100 Breast	11	---	-3.89
39.05L	548	F # 47 AG Women 10 & Under 50 Fly	11	---	-3.93
3:16.98L	480	F # 53 AG Women 10 & Under 200 IM	17	---	-21.58
47.20L	513	F # 65 AG Women 10 & Under 50 Breast	11	---	-1.38
43.36L	443	F # 83 AG Women 10 & Under 50 Back	20	---	-0.89
1:33.96L	451	F # 95 AG Women 10 & Under 100 Fly	16	---	-17.41
<b>Leonid Chernukha (11) M</b>					
34.43L	820	F # 16 AG Men 11-12 50 Back	6	3	-1.46

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**
**Location: Rutgers University**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
4:54.81L	791	F # 22 AG Men 11-12 400 Free	5	4	-5.06
40.06L	732	F # 28 AG Men 11-12 50 Breast	5	4	-1.95
1:10.78L	856	F # 50 AG Men 11-12 100 Fly	5	4	-6.87
1:26.71L	764	F # 56 AG Men 11-12 100 Breast	4	5	---
2:20.39L	798	F # 62 AG Men 11-12 200 Free	5	4	-3.84
1:04.83L	804	F # 80 AG Men 11-12 100 Free	5	4	-1.07
32.31L	795	F # 86 AG Men 11-12 50 Fly	3	6	0.22
2:39.06L	DQ	F # 98 AG Men 11-12 200 IM	---	---	---
<b>Hajin Choi (14) M</b>					
2:07.15L	686	F # 14 AG Men 13-14 200 Free	5	4	-2.02
1:13.95L	448	F # 20 AG Men 13-14 100 Back	18	---	2.34
2:34.13L	520	F # 32 AG Men 13-14 200 IM	24	---	3.43
27.34L	665	F # 46 AG Men 13-14 50 Free	5	4	-0.06
1:00.08L	636	F # 58 AG Men 13-14 100 Free	15	---	0.59
5:21.52L	578	F # 64 AG Men 13-14 400 IM	20	---	-4.60
4:35.18L	643	F # 82 AG Men 13-14 400 Free	8	1	-0.93
1:09.24L	495	F # 88 AG Men 13-14 100 Fly	17	---	-2.42
2:41.02L	406	F # 94 AG Men 13-14 200 Back	30	---	10.16
<b>Annabelle Corcoran (9) W</b>					
36.18L	647	F # 17 AG Women 10 & Under 50 Free	14	---	---
1:27.19L	763	F # 23 AG Women 10 & Under 100 Back	6	3	---
41.12L	595	F # 47 AG Women 10 & Under 50 Fly	15	---	---
3:10.09L	704	F # 53 AG Women 10 & Under 200 IM	13	---	---
2:47.53L	674	F # 59 AG Women 10 & Under 200 Free	8	1	---
40.36L	761	F # 83 AG Women 10 & Under 50 Back	7	2	---
1:19.92L	629	F # 89 AG Women 10 & Under 100 Free	17	---	---
1:31.41L	669	F # 95 AG Women 10 & Under 100 Fly	14	---	---
<b>Jonathan Derlath (18) M</b>					
8:42.64L	732	F # 2 S Men 800 Free	5	14	16.11
2:05.35L	585	P # 6 S Men 200 Free	34	---	5.24
2:20.26L	602	P # 10 S Men 200 IM	19	---	2.32
2:24.20L	532	F # 10 S Men 200 IM	24	---	6.26
4:50.59L	686	P # 34 S Men 400 IM	17	---	6.43
4:54.22L	655	F # 34 S Men 400 IM	22	---	10.06
1:08.66L	453	P # 38 S Men 100 Back	55	---	2.45
4:16.91L	673	P # 40 S Men 400 Free	12	---	7.63
4:21.50L	627	F # 40 S Men 400 Free	14	3	12.22
1:10.00L	409	F # 42 S 400 Medley Relay Lead Off	---	---	3.79
2:22.97L	536	P # 71 S Men 200 Back	31	---	3.75
16:50.64L	721	F # 76 S Men 1500 Free	7	12	39.70
<b>Julia Festa (17) W</b>					
9:21.16L	701	F # 1 S Women 800 Free	10	7	18.73
2:14.55L	608	P # 5 S Women 200 Free	25	---	5.50
28.21L	700	F # 35 S Women 50 Free	5	14	0.62
28.26L	695	P # 35 S Women 50 Free	5	---	0.67

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**
**Location: Rutgers University**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
4:31.71L	710	F # 39 S Women 400 Free	14	3	3.83
4:35.54L	670	P # 39 S Women 400 Free	16	---	7.66
17:54.65L	731	F # 67 S Women 1500 Free	12	5	22.15
1:02.67L	616	P # 72 S Women 100 Free	22	---	1.88
1:05.44L	508	F # 72 S Women 100 Free	24	---	4.65
<b>Kerry Giovannello (13) W</b>					
2:21.86L	551	F # 13 AG Women 13-14 200 Free	18	---	-1.53
31.32L	542	F # 45 AG Women 13-14 50 Free	39	---	-0.50
1:05.80L	586	F # 57 AG Women 13-14 100 Free	18	---	-1.90
4:49.26L	615	F # 81 AG Women 13-14 400 Free	12	---	-7.74
<b>Michael Gregorace (9) M</b>					
1:29.01L	688	F # 24 AG Men 10 & Under 100 Back	12	---	-3.78
1:41.19L	706	F # 30 AG Men 10 & Under 100 Breast	10	---	-0.65
39.41L	658	F # 48 AG Men 10 & Under 50 Fly	13	---	-1.19
2:59.48L	824	F # 54 AG Men 10 & Under 200 IM	7	2	-8.12
47.92L	641	F # 66 AG Men 10 & Under 50 Breast	11	---	-0.68
44.06L	544	F # 84 AG Men 10 & Under 50 Back	28	---	0.18
1:17.11L	676	F # 90 AG Men 10 & Under 100 Free	17	---	-4.01
1:23.83L	813	F # 96 AG Men 10 & Under 100 Fly	3	6	-5.46
<b>Zoe Gregorace (13) W</b>					
2:20.11L	584	F # 13 AG Women 13-14 200 Free	12	---	0.21
DQ		F # 25 AG Women 13-14 200 Breast	---	---	---
2:35.41L	680	F # 31 AG Women 13-14 200 IM	6	3	-1.00
2:33.01L	708	F # 51 AG Women 13-14 200 Fly	4	5	-1.29
1:06.82L	548	F # 57 AG Women 13-14 100 Free	29	---	0.15
5:27.19L	684	F # 63 AG Women 13-14 400 IM	6	3	-0.17
4:50.59L	602	F # 81 AG Women 13-14 400 Free	16	---	-3.98
1:10.79L	643	F # 87 AG Women 13-14 100 Fly	9	---	-0.58
1:20.84L	680	F # 99 AG Women 13-14 100 Breast	3	6	0.47
<b>Erik Heinemann (17) M</b>					
8:48.97L	700	F # 2 S Men 800 Free	11	6	-3.77
1:00.83L	648	F # 8 S Men 100 Fly	10	7	-0.48
1:01.53L	621	P # 8 S Men 100 Fly	13	---	0.22
2:04.76L	600	F # 12 S 800 Free Relay Lead Off	---	---	-1.70
4:48.73L	702	P # 34 S Men 400 IM	13	---	-4.26
4:50.60L	686	F # 34 S Men 400 IM	13	4	-2.39
4:19.52L	655	P # 40 S Men 400 Free	20	---	-4.65
4:24.45L	607	F # 40 S Men 400 Free	24	---	0.28
2:14.09L	675	F # 75 S Men 200 Fly	18	---	1.04
2:17.69L	613	P # 75 S Men 200 Fly	18	---	4.64
16:55.35L	711	F # 76 S Men 1500 Free	9	9	-18.77
<b>Adam Herzog (17) M</b>					
9:04.97L	622	F # 2 S Men 800 Free	22	---	-20.94
2:06.32L	568	P # 6 S Men 200 Free	40	---	-2.84
27.05L	575	P # 36 S Men 50 Free	35	---	-0.83

### Individual Meet Results

**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**

**Location: Rutgers University**

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

Time	F/P/S	Event	Place	Points	Improv
4:27.59L	577	P # 40 S Men 400 Free	38	---	-3.75
58.37L	568	P # 73 S Men 100 Free	38	---	-1.74
17:17.14L	660	F # 76 S Men 1500 Free	16	1	---
<b>Maggie Johns (17) W</b>					
5:29.89L	583	P # 33 S Women 400 IM	45	---	5.53
4:48.20L	543	P # 39 S Women 400 Free	48	---	7.47
18:57.24L	581	F # 67 S Women 1500 Free	28	---	32.10
2:38.47L	523	P # 74 S Women 200 Fly	52	---	3.29
<b>Madeline Kang (10) W</b>					
33.16L	676	F # 17 AG Women 10 & Under 50 Free	3	6	-6.93
1:29.35L	545	F # 23 AG Women 10 & Under 100 Back	10	---	-17.11
37.37L	630	F # 47 AG Women 10 & Under 50 Fly	7	2	-2.38
3:05.46L	604	F # 53 AG Women 10 & Under 200 IM	10	---	---
2:43.30L	574	F # 59 AG Women 10 & Under 200 Free	6	3	-33.76
38.96L	668	F # 83 AG Women 10 & Under 50 Back	4	5	-17.91
1:13.34L	646	F # 89 AG Women 10 & Under 100 Free	6	3	-17.69
1:26.53L	599	F # 95 AG Women 10 & Under 100 Fly	9	---	-23.40
<b>Paige Kaplan (12) W</b>					
36.67L	561	F # 15 AG Women 11-12 50 Back	14	---	-1.79
5:03.11L	608	F # 21 AG Women 11-12 400 Free	7	2	-3.88
39.80L	619	F # 27 AG Women 11-12 50 Breast	5	4	0.40
1:12.89L	674	F # 49 AG Women 11-12 100 Fly	4	5	-0.92
1:26.70L	608	F # 55 AG Women 11-12 100 Breast	4	5	0.74
2:25.90L	585	F # 61 AG Women 11-12 200 Free	7	2	-1.13
33.55L	626	F # 85 AG Women 11-12 50 Fly	6	3	0.04
1:19.40L	539	F # 91 AG Women 11-12 100 Back	16	---	-9.33
2:44.08L	634	F # 97 AG Women 11-12 200 IM	5	4	0.84
<b>Stephanie Kaplan (10) W</b>					
34.83L	580	F # 17 AG Women 10 & Under 50 Free	9	---	-0.02
1:32.18L	482	F # 23 AG Women 10 & Under 100 Back	14	---	0.07
1:35.27L	672	F # 29 AG Women 10 & Under 100 Breast	4	5	0.26
3:00.32L	663	F # 53 AG Women 10 & Under 200 IM	9	---	0.25
2:41.87L	595	F # 59 AG Women 10 & Under 200 Free	4	5	-2.90
43.59L	666	F # 65 AG Women 10 & Under 50 Breast	5	4	-0.33
43.16L	453	F # 83 AG Women 10 & Under 50 Back	19	---	-2.35
1:16.02L	569	F # 89 AG Women 10 & Under 100 Free	9	---	-1.05
1:28.66L	555	F # 95 AG Women 10 & Under 100 Fly	11	---	-4.98
<b>Emily Kelly (17) W</b>					
2:05.91L	798	F # 11 S 800 Free Relay Lead Off	---	---	0.88
27.63L	748	F # 35 S Women 50 Free	3	16	0.03
28.06L	712	P # 35 S Women 50 Free	3	---	0.46
1:11.69L	592	P # 37 S Women 100 Back	27	---	-0.60
4:28.79L	742	F # 39 S Women 400 Free	6	13	8.01
4:29.79L	731	P # 39 S Women 400 Free	5	---	9.01
17:34.61L	782	F # 67 S Women 1500 Free	5	14	14.02

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**
**Location: Rutgers University**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
1:00.30L	715	P # 72 S Women 100 Free	7	---	1.53
1:01.43L	667	F # 72 S Women 100 Free	8	11	2.66
<b>Anton Khrystenko (11) M</b>					
35.25L	769	F # 16 AG Men 11-12 50 Back	7	2	2.04
5:03.11L	724	F # 22 AG Men 11-12 400 Free	12	---	-15.44
30.85L	728	F # 44 AG Men 11-12 50 Free	10	---	0.28
1:15.83L	715	F # 50 AG Men 11-12 100 Fly	10	---	-1.32
2:25.35L	713	F # 62 AG Men 11-12 200 Free	12	---	-1.80
1:06.49L	748	F # 80 AG Men 11-12 100 Free	11	---	-1.64
1:15.22L	789	F # 92 AG Men 11-12 100 Back	5	4	0.80
2:51.32L	638	F # 98 AG Men 11-12 200 IM	23	---	-6.94
<b>Sean Kim (14) M</b>					
2:12.99L	569	F # 14 AG Men 13-14 200 Free	21	---	-12.63
1:10.00L	576	F # 20 AG Men 13-14 100 Back	9	---	-10.59
2:30.91L	573	F # 32 AG Men 13-14 200 IM	16	---	-22.97
28.25L	595	F # 46 AG Men 13-14 50 Free	19	---	-4.43
59.67L	653	F # 58 AG Men 13-14 100 Free	11	---	-9.28
5:22.56L	570	F # 64 AG Men 13-14 400 IM	23	---	-57.16
4:37.09L	625	F # 82 AG Men 13-14 400 Free	11	---	-35.18
1:10.94L	439	F # 88 AG Men 13-14 100 Fly	21	---	-22.70
2:29.65L	578	F # 94 AG Men 13-14 200 Back	15	---	3.18
<b>Austin Kowalsky (15) M</b>					
NS		P # 6 S Men 200 Free	---	---	---
NS		P # 8 S Men 100 Fly	---	---	---
24.99L	807	F # 36 S Men 50 Free	5	14	-0.02
25.37L	776	P # 36 S Men 50 Free	4	---	0.36
1:08.48L	565	P # 38 S Men 100 Back	53	---	3.99
4:38.79L	527	P # 40 S Men 400 Free	57	---	---
56.39L	734	F # 73 S Men 100 Free	18	---	0.75
57.20L	700	P # 73 S Men 100 Free	24	---	1.56
2:29.06L	501	P # 75 S Men 200 Fly	40	---	10.39
<b>Zachary Leng (9) M</b>					
35.08L	695	F # 18 AG Men 10 & Under 50 Free	13	---	-0.02
1:29.11L	686	F # 24 AG Men 10 & Under 100 Back	13	---	-2.24
38.21L	719	F # 48 AG Men 10 & Under 50 Fly	8	1	-3.57
3:11.51L	681	F # 54 AG Men 10 & Under 200 IM	16	---	-13.22
40.45L	714	F # 84 AG Men 10 & Under 50 Back	11	---	-1.85
1:15.57L	717	F # 90 AG Men 10 & Under 100 Free	9	---	-4.05
1:27.33L	734	F # 96 AG Men 10 & Under 100 Fly	8	1	-7.11
<b>Maryann Lennon (11) W</b>					
37.64L	597	F # 15 AG Women 11-12 50 Back	18	---	-0.31
5:30.19L	497	F # 21 AG Women 11-12 400 Free	19	---	0.44
1:17.30L	662	F # 49 AG Women 11-12 100 Fly	9	---	1.25
34.93L	631	F # 85 AG Women 11-12 50 Fly	12	---	0.08
1:21.18L	598	F # 91 AG Women 11-12 100 Back	21	---	0.27

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**
**Location: Rutgers University**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
<b>Michael Lennon (15) M</b>					
8:45.54L	789	F # 2 S Men 800 Free	9	9	-0.06
1:58.88L	810	F # 6 S Men 200 Free	9	9	-3.53
2:01.13L	760	P # 6 S Men 200 Free	9	---	-1.28
2:21.10L	651	P # 10 S Men 200 IM	26	---	0.91
1:59.58L	794	F # 12 S 800 Free Relay Lead Off	---	---	-2.83
4:48.91L	749	F # 34 S Men 400 IM	19	---	1.17
4:51.62L	726	P # 34 S Men 400 IM	20	---	3.88
4:11.23L	796	F # 40 S Men 400 Free	4	15	-2.89
4:14.30L	764	P # 40 S Men 400 Free	7	---	0.18
2:13.88L	751	P # 75 S Men 200 Fly	7	---	0.68
16:36.92L	801	F # 76 S Men 1500 Free	2	17	-3.31
<b>Kevin Ling (15) M</b>					
1:13.44L	692	F # 4 S Men 100 Breast	18	---	0.98
1:13.86L	679	P # 4 S Men 100 Breast	17	---	1.40
2:26.45L	556	P # 10 S Men 200 IM	44	---	2.05
5:05.94L	608	P # 34 S Men 400 IM	44	---	-1.09
28.06L	563	P # 36 S Men 50 Free	55	---	-0.55
2:35.26L	734	F # 69 S Men 200 Breast	12	5	-1.54
2:40.38L	664	P # 69 S Men 200 Breast	14	---	3.58
<b>Konstantin Lomeyko (11) M</b>					
5:06.14L	701	F # 22 AG Men 11-12 400 Free	14	---	-28.66
40.55L	706	F # 28 AG Men 11-12 50 Breast	6	3	-4.41
1:18.35L	648	F # 50 AG Men 11-12 100 Fly	18	---	---
1:30.48L	675	F # 56 AG Men 11-12 100 Breast	9	---	-4.43
2:27.25L	682	F # 62 AG Men 11-12 200 Free	17	---	-7.30
1:08.34L	688	F # 80 AG Men 11-12 100 Free	18	---	-4.20
1:22.82L	581	F # 92 AG Men 11-12 100 Back	25	---	-7.26
2:51.14L	640	F # 98 AG Men 11-12 200 IM	22	---	---
<b>Marie Lucas (13) W</b>					
9:35.38L	738	F # 1 S Women 800 Free	21	---	-7.84
2:15.97L	668	F # 13 AG Women 13-14 200 Free	5	4	-2.68
3:01.56L	579	F # 25 AG Women 13-14 200 Breast	7	2	-1.74
2:38.00L	639	F # 31 AG Women 13-14 200 IM	14	---	---
2:38.76L	629	F # 51 AG Women 13-14 200 Fly	8	1	---
1:05.33L	604	F # 57 AG Women 13-14 100 Free	11	---	---
5:27.08L	684	F # 63 AG Women 13-14 400 IM	5	4	-7.15
18:22.35L	753	F # 67 S Women 1500 Free	20	---	-0.54
4:47.85L	628	F # 81 AG Women 13-14 400 Free	10	---	2.89
2:43.60L	550	F # 93 AG Women 13-14 200 Back	33	---	---
1:26.90L	518	F # 99 AG Women 13-14 100 Breast	16	---	---
<b>Lauren McNally (10) W</b>					
33.91L	632	F # 17 AG Women 10 & Under 50 Free	7	2	-0.80
1:26.39L	615	F # 23 AG Women 10 & Under 100 Back	5	4	-0.42
1:42.47L	533	F # 29 AG Women 10 & Under 100 Breast	12	---	-5.51

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**
**Location: Rutgers University**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
38.88L	556	F # 47 AG Women 10 & Under 50 Fly	10	---	-1.27
2:54.81L	728	F # 53 AG Women 10 & Under 200 IM	3	6	-6.07
2:31.96L	745	F # 59 AG Women 10 & Under 200 Free	1	9	-11.60
40.81L	569	F # 83 AG Women 10 & Under 50 Back	9	---	-1.31
1:11.64L	697	F # 89 AG Women 10 & Under 100 Free	3	6	-6.52
1:25.71L	617	F # 95 AG Women 10 & Under 100 Fly	8	1	-0.43
<b>Jeffrey McNeary (12) M</b>					
36.42L	533	F # 16 AG Men 11-12 50 Back	13	---	-0.39
5:10.79L	540	F # 22 AG Men 11-12 400 Free	19	---	-6.84
43.47L	369	F # 28 AG Men 11-12 50 Breast	15	---	-1.45
31.07L	596	F # 44 AG Men 11-12 50 Free	16	---	-0.11
1:20.10L	440	F # 50 AG Men 11-12 100 Fly	22	---	1.44
2:28.37L	517	F # 62 AG Men 11-12 200 Free	21	---	1.00
1:08.46L	540	F # 80 AG Men 11-12 100 Free	19	---	0.51
1:18.84L	523	F # 92 AG Men 11-12 100 Back	13	---	0.04
2:50.25L	505	F # 98 AG Men 11-12 200 IM	19	---	3.36
<b>Katherine Meyers (10) W</b>					
1:31.76L	491	F # 23 AG Women 10 & Under 100 Back	13	---	-10.88
1:39.19L	595	F # 29 AG Women 10 & Under 100 Breast	10	---	-4.28
3:09.40L	560	F # 53 AG Women 10 & Under 200 IM	12	---	-16.39
44.56L	623	F # 65 AG Women 10 & Under 50 Breast	8	1	-3.37
1:20.36L	452	F # 89 AG Women 10 & Under 100 Free	18	---	-5.75
1:33.52L	459	F # 95 AG Women 10 & Under 100 Fly	15	---	-11.82
<b>Tyler Meyers (11) M</b>					
36.42L	698	F # 16 AG Men 11-12 50 Back	13	---	-1.20
5:09.02L	678	F # 22 AG Men 11-12 400 Free	17	---	-5.09
30.85L	728	F # 44 AG Men 11-12 50 Free	10	---	-0.59
1:17.47L	671	F # 50 AG Men 11-12 100 Fly	16	---	-0.05
2:24.49L	728	F # 62 AG Men 11-12 200 Free	11	---	-4.00
33.45L	722	F # 86 AG Men 11-12 50 Fly	10	---	0.61
1:15.59L	779	F # 92 AG Men 11-12 100 Back	7	2	-3.36
2:43.24L	752	F # 98 AG Men 11-12 200 IM	9	---	-3.35
<b>Renee Nakkab (10) W</b>					
3:15.53L	495	F # 53 AG Women 10 & Under 200 IM	16	---	-8.08
46.30L	550	F # 65 AG Women 10 & Under 50 Breast	9	---	-2.41
45.59L	343	F # 83 AG Women 10 & Under 50 Back	25	---	0.65
1:20.76L	442	F # 89 AG Women 10 & Under 100 Free	20	---	-4.02
1:36.62L	401	F # 95 AG Women 10 & Under 100 Fly	18	---	-5.19
<b>Lowell Nickey (17) M</b>					
9:10.98L	594	F # 2 S Men 800 Free	25	---	21.13
2:01.66L	666	P # 6 S Men 200 Free	12	---	-0.94
2:01.95L	659	F # 6 S Men 200 Free	15	2	-0.65
26.12L	DQ	P # 36 S Men 50 Free	---	---	---
4:14.37L	708	F # 40 S Men 400 Free	17	---	-3.91
4:19.03L	660	P # 40 S Men 400 Free	18	---	0.75

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**
**Location: Rutgers University**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
56.20L	659	F # 73 S Men 100 Free	17	---	-0.18
57.13L	619	P # 73 S Men 100 Free	23	---	0.75
18:16.89L	527	F # 76 S Men 1500 Free	28	---	48.12
<b>Richard Pak (14) M</b>					
2:11.45L	599	F # 14 AG Men 13-14 200 Free	14	---	-1.30
2:31.30L	566	F # 32 AG Men 13-14 200 IM	19	---	-1.79
2:24.63L	647	F # 52 AG Men 13-14 200 Fly	7	2	-4.54
1:00.61L	615	F # 58 AG Men 13-14 100 Free	19	---	0.11
5:22.35L	572	F # 64 AG Men 13-14 400 IM	22	---	-2.52
4:38.36L	613	F # 82 AG Men 13-14 400 Free	15	---	-1.72
1:06.53L	589	F # 88 AG Men 13-14 100 Fly	10	---	-0.41
2:42.30L	388	F # 94 AG Men 13-14 200 Back	31	---	3.83
<b>Irene Park (11) W</b>					
38.58L	541	F # 15 AG Women 11-12 50 Back	20	---	-6.87
41.41L	629	F # 27 AG Women 11-12 50 Breast	9	---	-0.25
1:19.51L	607	F # 49 AG Women 11-12 100 Fly	13	---	-4.60
1:31.39L	612	F # 55 AG Women 11-12 100 Breast	14	---	1.30
34.17L	675	F # 85 AG Women 11-12 50 Fly	9	---	-1.09
1:22.14L	572	F # 91 AG Women 11-12 100 Back	25	---	0.40
2:53.13L	614	F # 97 AG Women 11-12 200 IM	20	---	-3.48
<b>Trudiann Patrick (14) W</b>					
2:18.28L	597	F # 13 AG Women 13-14 200 Free	8	1	-0.07
3:00.92L	578	F # 25 AG Women 13-14 200 Breast	6	3	-1.51
2:34.16L	649	F # 31 AG Women 13-14 200 IM	4	5	0.10
29.09L	674	F # 45 AG Women 13-14 50 Free	3	6	-0.25
1:03.40L	647	F # 57 AG Women 13-14 100 Free	6	3	-0.50
5:32.27L	608	F # 63 AG Women 13-14 400 IM	12	---	1.86
4:50.14L	584	F # 81 AG Women 13-14 400 Free	15	---	-6.04
1:23.04L	616	F # 99 AG Women 13-14 100 Breast	9	---	-0.56
<b>Giorgia Piantanida (11) W</b>					
1:18.60L	671	F # 91 AG Women 11-12 100 Back	13	---	-2.36
2:47.60L	688	F # 97 AG Women 11-12 200 IM	9	---	-3.25
<b>Lindsay Schlichte (14) W</b>					
2:15.92L	644	F # 13 AG Women 13-14 200 Free	4	5	-6.64
1:19.78L	399	F # 19 AG Women 13-14 100 Back	30	---	-0.06
30.35L	575	F # 45 AG Women 13-14 50 Free	16	---	-1.16
1:05.40L	568	F # 57 AG Women 13-14 100 Free	14	---	-2.33
4:47.21L	612	F # 81 AG Women 13-14 400 Free	9	---	-3.89
<b>Sarah Schlichte (18) W</b>					
9:25.08L	682	F # 1 S Women 800 Free	13	4	0.34
2:13.11L	625	P # 5 S Women 200 Free	17	---	1.10
2:13.87L	609	F # 5 S Women 200 Free	23	---	1.86
30.21L	540	P # 35 S Women 50 Free	59	---	0.44
4:37.16L	641	P # 39 S Women 400 Free	20	---	0.63
4:38.47L	627	F # 39 S Women 400 Free	23	---	1.94

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points****Location: Rutgers University****Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
17:50.39L	742 F # 67 S	Women 1500 Free	9	9	-4.36
1:04.26L	553 P # 72 S	Women 100 Free	57	---	0.64
<b>Nicholas Spinella (17) M</b>					
2:00.51L	691 P # 6 S	Men 200 Free	7	---	0.64
2:01.32L	673 F # 6 S	Men 200 Free	6	13	1.45
1:01.90L	606 P # 8 S	Men 100 Fly	14	---	0.92
1:05.37L	478 F # 8 S	Men 100 Fly	16	1	4.39
2:18.24L	650 P # 10 S	Men 200 IM	12	---	-0.02
2:21.46L	591 F # 10 S	Men 200 IM	15	2	3.20
24.75L	762 F # 36 S	Men 50 Free	3	16	-0.72
25.20L	725 P # 36 S	Men 50 Free	3	---	-0.27
1:00.41L	767 P # 38 S	Men 100 Back	3	---	0.31
1:01.73L	716 F # 38 S	Men 100 Back	6	13	1.63
4:30.79L	547 P # 40 S	Men 400 Free	47	---	4.21
1:00.36L	769 F # 42 S	400 Medley Relay Lead Off	---	---	0.26
2:13.34L	716 F # 71 S	Men 200 Back	5	14	3.27
2:13.60L	711 P # 71 S	Men 200 Back	6	---	3.53
54.56L	730 P # 73 S	Men 100 Free	3	---	-0.17
57.71L	595 F # 73 S	Men 100 Free	8	11	2.98
<b>Sean Sullivan (16) M</b>					
1:10.88L	727 F # 4 S	Men 100 Breast	7	12	-1.36
1:11.64L	703 P # 4 S	Men 100 Breast	8	---	-0.60
1:01.18L	674 P # 8 S	Men 100 Fly	9	---	0.91
1:01.28L	670 F # 8 S	Men 100 Fly	12	5	1.01
2:14.71L	764 P # 10 S	Men 200 IM	7	---	0.56
2:17.15L	717 F # 10 S	Men 200 IM	8	11	3.00
4:38.28L	826 F # 34 S	Men 400 IM	3	16	-2.63
4:41.09L	801 P # 34 S	Men 400 IM	1	---	0.18
1:06.58L	576 P # 38 S	Men 100 Back	39	---	0.19
4:17.42L	698 P # 40 S	Men 400 Free	15	---	-0.48
4:23.46L	638 F # 40 S	Men 400 Free	16	1	5.56
2:33.26L	753 F # 69 S	Men 200 Breast	9	9	-1.16
2:37.33L	697 P # 69 S	Men 200 Breast	9	---	2.91
56.80L	667 P # 73 S	Men 100 Free	19	---	-0.52
1:00.91L	501 F # 73 S	Men 100 Free	24	---	3.59
2:13.11L	721 P # 75 S	Men 200 Fly	5	---	2.87
2:13.25L	718 F # 75 S	Men 200 Fly	6	13	3.01
<b>Cathy Tan (11) W</b>					
36.09L	694 F # 15 AG	Women 11-12 50 Back	11	---	-0.46
4:50.10L	837 F # 21 AG	Women 11-12 400 Free	2	7	-3.08
41.41L	629 F # 27 AG	Women 11-12 50 Breast	9	---	-1.43
31.60L	664 F # 43 AG	Women 11-12 50 Free	9	---	-0.14
1:28.91L	668 F # 55 AG	Women 11-12 100 Breast	9	---	-0.31
2:18.99L	827 F # 61 AG	Women 11-12 200 Free	2	7	-2.75
1:06.17L	755 F # 79 AG	Women 11-12 100 Free	6	3	-1.37

## Individual Meet Results

**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**

**Location: Rutgers University**

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

Time	F/P/S	Event	Place	Points	Improv
1:14.20L	801	F # 91 AG Women 11-12 100 Back	3	6	-0.89
2:39.12L	807	F # 97 AG Women 11-12 200 IM	2	7	0.16
<b>Gabrielle Toback (14) W</b>					
2:17.45L	613	F # 13 AG Women 13-14 200 Free	7	2	-5.25
1:11.26L	669	F # 19 AG Women 13-14 100 Back	2	7	-0.99
2:33.79L	655	F # 31 AG Women 13-14 200 IM	3	6	-3.06
28.90L	689	F # 45 AG Women 13-14 50 Free	1	9	-0.40
1:01.77L	714	F # 57 AG Women 13-14 100 Free	1	9	-2.52
5:34.22L	594	F # 63 AG Women 13-14 400 IM	17	---	-7.27
1:08.69L	675	F # 87 AG Women 13-14 100 Fly	3	6	-3.61
2:35.81L	628	F # 93 AG Women 13-14 200 Back	7	2	1.81
<b>Zachary Towers (12) M</b>					
35.32L	600	F # 16 AG Men 11-12 50 Back	8	1	-1.07
4:45.57L	740	F # 22 AG Men 11-12 400 Free	3	6	-7.92
40.76L	503	F # 28 AG Men 11-12 50 Breast	7	2	-1.48
28.79L	743	F # 44 AG Men 11-12 50 Free	4	5	-1.18
1:08.56L	757	F # 50 AG Men 11-12 100 Fly	2	7	-5.92
2:17.68L	694	F # 62 AG Men 11-12 200 Free	3	6	-4.32
1:01.90L	760	F # 80 AG Men 11-12 100 Free	2	7	-3.10
1:15.44L	618	F # 92 AG Men 11-12 100 Back	6	3	-1.95
2:35.15L	722	F # 98 AG Men 11-12 200 IM	5	4	-2.54
<b>Cara Treble (11) W</b>					
4:54.33L	798	F # 21 AG Women 11-12 400 Free	4	5	-12.79
32.08L	632	F # 43 AG Women 11-12 50 Free	12	---	-0.06
1:22.48L	535	F # 49 AG Women 11-12 100 Fly	18	---	-5.59
2:23.18L	749	F # 61 AG Women 11-12 200 Free	5	4	-1.99
1:07.27L	716	F # 79 AG Women 11-12 100 Free	8	1	-0.59
36.95L	520	F # 85 AG Women 11-12 50 Fly	24	---	1.72
2:52.95L	617	F # 97 AG Women 11-12 200 IM	19	---	-2.14
<b>Molly Treble (13) W</b>					
9:22.26L	802	F # 1 S Women 800 Free	11	6	-10.42
2:12.90L	733	F # 13 AG Women 13-14 200 Free	3	6	-1.46
1:15.39L	577	F # 19 AG Women 13-14 100 Back	13	---	-0.10
2:36.41L	664	F # 31 AG Women 13-14 200 IM	8	1	-5.76
30.40L	612	F # 45 AG Women 13-14 50 Free	18	---	0.63
1:03.84L	663	F # 57 AG Women 13-14 100 Free	9	---	-0.15
5:31.07L	655	F # 63 AG Women 13-14 400 IM	10	---	-6.18
18:04.20L	798	F # 67 S Women 1500 Free	13	4	-12.74
4:39.59L	713	F # 81 AG Women 13-14 400 Free	2	7	2.08
2:41.82L	575	F # 93 AG Women 13-14 200 Back	28	---	3.91
<b>Dylan VanManen (11) M</b>					
36.95L	667	F # 16 AG Men 11-12 50 Back	15	---	-1.40
4:57.36L	771	F # 22 AG Men 11-12 400 Free	8	1	-1.08
31.88L	665	F # 44 AG Men 11-12 50 Free	22	---	-0.60
1:17.00L	683	F # 50 AG Men 11-12 100 Fly	15	---	-5.52

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**
**Location: Rutgers University**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
2:21.23L	783	F # 62 AG Men 11-12 200 Free	6	3	-2.68
1:05.62L	777	F # 80 AG Men 11-12 100 Free	7	2	-2.26
1:17.53L	724	F # 92 AG Men 11-12 100 Back	10	---	-5.01
2:44.64L	732	F # 98 AG Men 11-12 200 IM	10	---	-5.70
<b>John Wagner (18) M</b>					
1:53.60L	846	F # 6 S Men 200 Free	2	17	-3.86
1:59.29L	715	P # 6 S Men 200 Free	4	---	1.83
58.31L	734	P # 8 S Men 100 Fly	1	---	0.14
59.59L	682	F # 8 S Men 100 Fly	5	14	1.42
2:11.41L	771	F # 10 S Men 200 IM	3	16	1.82
2:11.84L	762	P # 10 S Men 200 IM	2	---	2.25
23.85L	837	F # 36 S Men 50 Free	1	20	0.19
23.93L	830	P # 36 S Men 50 Free	1	---	0.27
59.23L	801	P # 38 S Men 100 Back	2	---	0.14
59.37L	795	F # 38 S Men 100 Back	2	17	0.28
2:07.13L	821	F # 71 S Men 200 Back	2	17	-0.12
2:10.12L	764	P # 71 S Men 200 Back	3	---	2.87
53.16L	782	F # 73 S Men 100 Free	1	20	0.50
53.26L	778	P # 73 S Men 100 Free	1	---	0.60
2:20.31L	561	P # 75 S Men 200 Fly	23	---	4.63
<b>Eric Wang (13) M</b>					
2:17.23L	593	F # 14 AG Men 13-14 200 Free	28	---	-4.24
1:10.81L	651	F # 20 AG Men 13-14 100 Back	12	---	-2.91
2:33.51L	624	F # 32 AG Men 13-14 200 IM	22	---	-5.00
28.56L	666	F # 46 AG Men 13-14 50 Free	26	---	-1.32
2:34.38L	615	F # 52 AG Men 13-14 200 Fly	11	---	1.23
1:02.60L	614	F # 58 AG Men 13-14 100 Free	29	---	-1.83
4:52.56L	577	F # 82 AG Men 13-14 400 Free	25	---	0.22
1:07.05L	677	F # 88 AG Men 13-14 100 Fly	13	---	0.15
2:35.54L	583	F # 94 AG Men 13-14 200 Back	23	---	-1.58
<b>Brian Wendland (12) M</b>					
36.02L	557	F # 16 AG Men 11-12 50 Back	10	---	-1.46
4:55.74L	656	F # 22 AG Men 11-12 400 Free	6	3	-5.16
30.97L	602	F # 44 AG Men 11-12 50 Free	14	---	-0.66
2:21.31L	632	F # 62 AG Men 11-12 200 Free	7	2	-2.27
1:07.39L	574	F # 80 AG Men 11-12 100 Free	16	---	-0.24
1:17.26L	566	F # 92 AG Men 11-12 100 Back	8	1	-2.10
2:44.97L	578	F # 98 AG Men 11-12 200 IM	12	---	-4.19
<b>Alice Ye (9) W</b>					
35.70L	673	F # 17 AG Women 10 & Under 50 Free	12	---	-3.17
1:29.35L	712	F # 23 AG Women 10 & Under 100 Back	10	---	-0.29
1:44.25L	669	F # 29 AG Women 10 & Under 100 Breast	14	---	-6.76
37.87L	749	F # 47 AG Women 10 & Under 50 Fly	9	---	-3.55
2:58.47L	837	F # 53 AG Women 10 & Under 200 IM	6	3	-12.98
2:42.04L	754	F # 59 AG Women 10 & Under 200 Free	5	4	-11.23

---

**Individual Meet Results**
**2010 CeraVe Invitational for Out of LSC teams 15-Jan-10 to 17-Jan-10 LC Meters - Hy-Tek Single Year Points**
**Location: Rutgers University**
**Long Island Aquatic Club [LIAC-MR] Coach: David Ferris**

Time	F/P/S	Event	Place	Points	Improv
40.99L 727	F # 83 AG	Women 10 & Under 50 Back	10	---	-1.60
1:16.14L 734	F # 89 AG	Women 10 & Under 100 Free	10	---	-5.64
1:21.79L 871	F # 95 AG	Women 10 & Under 100 Fly	3	6	-7.11
<b>Megan Zarrillo (17) W</b>					
9:10.60L 754	F # 1 S	Women 800 Free	6	13	-0.77
2:10.00L DQ	P # 5 S	Women 200 Free	---	---	---
2:35.85L 591	P # 9 S	Women 200 IM	30	---	1.94
5:20.18L 654	P # 33 S	Women 400 IM	21	---	7.56
5:16.60L DQ	F # 33 S	Women 400 IM	---	---	---
1:10.19L 643	F # 37 S	Women 100 Back	20	---	1.08
1:11.13L 611	P # 37 S	Women 100 Back	24	---	2.02
4:30.80L 720	F # 39 S	Women 400 Free	11	6	-0.42
4:32.98L 697	P # 39 S	Women 400 Free	11	---	1.76
1:12.14L 576	F # 41 S	400 Medley Relay Lead Off	---	---	3.03
17:30.55L 792	F # 67 S	Women 1500 Free	4	15	0.38
2:28.14L 693	F # 70 S	Women 200 Back	16	1	0.22
2:29.40L 673	P # 70 S	Women 200 Back	15	---	1.48
NS	P # 72 S	Women 100 Free	---	---	---
<b>Cady Zawatson (15) W</b>					
5:29.07L 595	P # 33 S	Women 400 IM	43	---	2.49
30.03L 565	P # 35 S	Women 50 Free	54	---	-0.27
4:37.67L 680	F # 39 S	Women 400 Free	22	---	-2.14
4:37.93L 677	P # 39 S	Women 400 Free	23	---	-1.88
18:04.79L 724	F # 67 S	Women 1500 Free	14	3	2.79
1:03.79L 586	P # 72 S	Women 100 Free	50	---	-0.11
<b>Cassidy Zawatson (10) W</b>					
40.49L 482	F # 47 AG	Women 10 & Under 50 Fly	12	---	-0.36
3:10.50L 548	F # 53 AG	Women 10 & Under 200 IM	15	---	-38.81
2:44.85L 552	F # 59 AG	Women 10 & Under 200 Free	7	2	-4.70
41.15L 552	F # 83 AG	Women 10 & Under 50 Back	11	---	-2.01
1:15.73L 577	F # 89 AG	Women 10 & Under 100 Free	8	1	-3.07
1:28.06L 567	F # 95 AG	Women 10 & Under 100 Fly	10	---	-7.52