

2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-

July 28 - July 31, 2009

Meet Program - Day 5 Prelims

**Event 33 Women 200 LC Meter Freestyle Relay**

All Heats start from Warm-Up End

National: 1:48.36 8/1/2008 West Shore YMCA

L Schmittle, A Zelenky, S Kinsey, L Gingrich

Meet Qualifying: 2:01.49

Lane	Team	Relay	Seed Time
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**Heat 1 of 9 Prelims Starts at 08:00 AM**

3	Suburban W-OH		1:43.69 Y
4	Phoenixville-PA		1:43.66 Y
5	Long Island-NY		1:43.68 Y

**Heat 2 of 9 Prelims Starts at 08:02 AM**

2	St. Charles-MO		1:43.43 Y
3	Pottstown-PA		1:43.00 Y
4	Westfield-NJ		1:41.35 Y
5	Newberry-SC		1:42.26 Y
6	Northwest-NY		1:43.42 Y
7	Kennett-PA		1:43.61 Y

**Heat 3 of 9 Prelims Starts at 08:04 AM**

1	Farmington-MI		1:40.99 Y
2	West Monmouth-NJ		1:39.32 Y
3	Greensburg-PA		1:39.07 Y
4	Boyertown-PA		2:01.15
5	Ocean County-NJ		2:01.32
6	Greenwich-CT		1:39.12 Y
7	Door County-WI		1:39.56 Y
8	Bath Area-ME		1:41.34 Y

**Heat 4 of 9 Prelims Starts at 08:06 AM**

1	MetuchenED-NJ		2:01.02
2	South Toledo- OH		2:00.94
3	West Morris-NJ		2:00.19
4	Gr. Flint-MI		1:59.65
5	Mid-Delmarva-MD		1:59.89
6	Fox Cities-WI		2:00.28
7	Hamilton Area-NJ		2:00.98
8	Fayette-IL		2:01.08

**Heat 5 of 9 Prelims Starts at 08:08 AM**

1	Columbia NW-SC		1:59.57
2	Brandywine-De		1:59.23
3	Gr. Johnstown-PA		1:58.79
4	Red Bank - NJ		1:58.63
5	S. Shore Mill-MA		1:58.78
6	Rock Hill-SC		1:59.15
7	Hunterdon-NJ		1:59.29
8	Coffman - OH		1:59.65

**Heat 6 of 9 Prelims Starts at 08:10 AM**

1	East Hartford-CT		1:58.29
2	Piedmont-VA		1:58.08
3	Rowan-NC		1:57.99
4	Cheshire-CT		1:57.47
5	Montclair-NJ		1:57.50
6	Ridgewood-NJ		1:58.00
7	Blue Ash-OH		1:58.14
8	Flushing-NY		1:58.43

**Heat 7 of 9 Prelims Starts at 08:11 AM**

1	Suncoast-FL		1:56.78
2	UpperMainLine-PA		1:55.64
3	Anne Arundel-MD		1:53.96
4	SomersetHills-NJ		1:53.37
5	FanwoodScotch-NJ		1:53.59
6	SomersetValleyNJ		1:55.08
7	Wyckoff-NJ		1:56.55
8	Andover-MA		1:57.35

**Heat 8 of 9 Prelims Starts at 08:13 AM**

1	Wilton-CT		1:56.67
2	Oshkosh-WI		1:55.31
3	West Shore-PA		1:53.95
4	Tri-Hampton-PA		1:52.93
5	B R Ryall-IL		1:53.48
6	Gr Holyoke-MA		1:54.98
7	North Shore-MA		1:56.40
8	Countryside-OH		1:57.21

**Heat 9 of 9 Prelims Starts at 08:15 AM**

1	Tampa Metro-FL		1:56.57
2	Rappahannock-VA		1:55.19
3	Rapid Area-MI		1:53.95
4	Middle Tyger-SC		1:49.03
5	South Family-OH		1:53.40
6	Powel Crosley-OH		1:54.04
7	Winston-Salem-NC		1:55.68
8	Kishwaukee-IL		1:56.82

**Event 34 Men 200 LC Meter Freestyle Relay**

All Heats start from Warm-Up End

National: 1:36.24 7/30/2004 Darien Community YMCA

J Geissinger, P Baity, M Baity, M Donch

Meet Qualifying: 1:49.99

Lane	Team	Relay	Seed Time
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**Heat 1 of 8 Prelims Starts at 08:20 AM**

3	Fox Cities-WI		1:49.03 Y
4	Fayette-IL		1:32.18 Y
5	Coffman - OH		1:32.61 Y

**Heat 2 of 8 Prelims Starts at 08:22 AM**

2	Lebanon-PA		1:30.98 Y
3	Pottstown-PA		1:29.15 Y
4	Brandywine-PA		1:42.81 S
5	Westfield-NJ		1:28.52 Y
6	Catonsville-MD		1:29.25 Y
7	Lancaster-OH		1:31.68 Y

**Heat 3 of 8 Prelims Starts at 08:23 AM**

1	Rapid Area-MI		1:49.71
2	Hunterdon-NJ		1:49.48
3	Ridgewood-NJ		1:48.64
4	Flushing-NY		1:48.17
5	Hamilton Area-NJ		1:48.37
6	S. Shore Mill-MA		1:49.41
7	Gr. Flint-MI		1:49.58
8	Tri-Hampton-PA		1:49.92

## 2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-

July 28 - July 31, 2009

## Meet Program - Day 5 Prelims

**Heat 4 Prelims (#34 Men 200 LC Meter Freestyle Relay)**

1	Columbia NW-SC	1:47.87
2	Oshkosh-WI	1:47.77
3	Leaning Tower-IL	1:47.62
4	Wilton-CT	1:47.31
5	Winston-Salem-NC	1:47.37
6	West Shore-PA	1:47.75
7	Waterbury-CT	1:47.83
8	MetuchenED-NJ	1:48.03

**Heat 5 of 8 Prelims Starts at 08:27 AM**

1	Northwest-CT	1:47.21
2	Western-CT	1:46.72
3	East Hartford-CT	1:46.52
4	Anne Arundel-MD	1:46.25
5	East Suburban-PA	1:46.34
6	Laurel Highlands	1:46.54
7	Suncoast-FL	1:46.73
8	Suburban W-OH	1:47.21

**Heat 6 of 8 Prelims Starts at 08:28 AM**

1	Rock Hill-SC	1:45.74
2	North Shore-MA	1:44.45
3	Boyertown-PA	1:43.56
4	Andover-MA	1:40.77
5	Brandywine-De	1:42.32
6	Wyckoff-NJ	1:43.99
7	Cheshire-CT	1:45.46
8	Tampa Metro-FL	1:46.11

**Heat 7 of 8 Prelims Starts at 08:30 AM**

1	South Family-OH	1:45.67
2	UpperMainLine-PA	1:44.32
3	Montclair-NJ	1:42.64
4	Middle Tyger-SC	1:40.00
5	SomersetValleyNJ	1:41.96
6	Ocean County-NJ	1:43.81
7	Blue Ash-OH	1:45.39
8	Kishwaukee-IL	1:46.03

**Heat 8 of 8 Prelims Starts at 08:32 AM**

1	Gr. Johnstown-PA	1:45.50
2	Rappahannock-VA	1:44.11
3	Powel Crosley-OH	1:42.48
4	B R Ryall-IL	1:38.47
5	Red Bank - NJ	1:41.87
6	SomersetHills-NJ	1:43.69
7	Countryside-OH	1:45.27
8	FanwoodScotch-NJ	1:45.80

**Event 35 Women 200 LC Meter Butterfly**

Odd Heats begin at Warm-Up Pool End

Even Heats begin at Diving Board End

National: 2:09.96 8/1/2008 Leah Gingrich

Meet Qualifying: 2:37.19

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 11 Prelims Starts at 08:35 AM**

3	Kathleen Marrese	17	Western-CT	2:15.75 Y
4	Heather Saule	17	Gr. Flint-MI	2:15.71 Y
5	Heather Lundstrom	14	West County-MO	2:15.73 Y

**Heat 2 of 11 Prelims Starts at 08:38 AM**

1	Brittany Guinee	17	SomersetHills-NJ	2:15.17 Y
2	Anna Blackburn	16	Winston-Salem-NC	2:14.78 Y
3	Maggie Dillione	17	Tri-Hampton-PA	2:13.74 Y
4	Alison Simon	18	Greensboro-NC	2:13.30 Y
5	Caroline Brennan	16	SomersetHills-NJ	2:13.61 Y
6	Isabelle Cecere	13	SomersetHills-NJ	2:14.14 Y
7	Julie Takagi	17	Montclair-NJ	2:14.84 Y

**Heat 3 of 11 Prelims Starts at 08:40 AM**

1	Rachel Cortright	15	Ridgewood-NJ	2:11.38 Y
2	Desirae Deveaux	18	North Shore-MA	2:10.17 Y
3	Jessica Weber	17	Gr. Flint-MI	2:08.85 Y
4	Mary deMarras	18	SomersetHills-NJ	2:05.36 Y
5	Chloe Conjares	16	Wyckoff-NJ	2:08.10 Y
6	Kelly Markwell	17	Red Bank - NJ	2:09.01 Y
7	Lauren Keenan	16	UpperMainLine-PA	2:10.66 Y
8	Amanda Wachenfeld	16	SomersetHills-NJ	2:12.29 Y

**Heat 4 of 11 Prelims Starts at 08:42 AM**

1	Christina Provenza	17	Anne Arundel-MD	2:36.92
2	Kelly Dickerson	18	Tampa Metro-FL	2:36.72
3	Gen Spittler	18	B R Ryall-IL	2:36.48
4	Sharron Isola	15	Kishwaukee-IL	2:36.05
5	Sydney Bornstein	13	Hamilton Area-NJ	2:36.13
6	Siobhan Goodman	15	Ridgewood-NJ	2:36.68
7	Jennifer Arana	12	Flushing-NY	2:36.86
8	Lauren Baisden	18	Phoenixville-PA	2:04.38 Y

**Heat 5 of 11 Prelims Starts at 08:45 AM**

1	Kelly Dvoryak	16	West Shore-PA	2:35.80
2	Amanda Distler	16	Wyckoff-NJ	2:35.17
3	Nina Lisella	16	Boyertown-PA	2:34.94
4	Toireasa	15	North Shore-MA	2:34.90
5	Marissa Doepker	18	Farmington-MI	2:34.94
6	Morgan Pfaff	15	West Shore-PA	2:35.10
7	Madi Ralston	17	Rowan-NC	2:35.56
8	Kara Millaci	17	Hunterdon-NJ	2:36.02

**Heat 6 of 11 Prelims Starts at 08:47 AM**

1	Katie Hommes	17	Wyckoff-NJ	2:34.72
2	Jaina Lumkong	16	West Morris-NJ	2:34.52
3	Shannon Draves	18	Pottstown-PA	2:34.19
4	Kaitlyn O'Connor	15	North Shore-MA	2:34.16
5	Amy Needham	16	North Shore-MA	2:34.16
6	Erica Hasson	16	S. Shore Mill-MA	2:34.22
7	Adrienne Phillips	18	West Shore-PA	2:34.63
8	Jazzi Cooper	14	Wilton-CT	2:34.90

**Heat 7 of 11 Prelims Starts at 08:50 AM**

1	Emily Miles	17	West Morris-NJ	2:33.75
2	Allie Dye	16	Middle Tyger-SC	2:33.56
3	Tommie Dillione	13	Tri-Hampton-PA	2:33.22
4	Gabrielle Giambagno	17	Hamilton Area-NJ	2:32.63
5	Jacqueline White	16	Ridgewood-NJ	2:32.91
6	Christina Santomauro	17	SomersetValleyNJ	2:33.38
7	Abby Wiese	18	SomersetHills-NJ	2:33.73
8	Hannah Lips	13	Middle Tyger-SC	2:33.81

**2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-**

**July 28 - July 31, 2009**

**Meet Program - Day 5 Prelims**

**Heat 8 Prelims (#35 Women 200 LC Meter Butterfly)**

1	Mazie Siddens	15	Suncoast-FL	2:31.69
2	Madeline Hoch	14	West Shore-PA	2:31.63
3	Madeline Bowe	18	Piedmont-VA	2:30.53
4	Kelly Verheyleweghen	15	Suncoast-FL	2:30.08
5	Victoria Oslund	16	W.North Carolina	2:30.29
6	Kirsten Guelly	17	Flushing-NY	2:30.74
7	Katie Hallenbeck	16	Kishwaukee-IL	2:31.65
8	Michelle Kim	13	Ridgewood-NJ	2:32.16

**Heat 9 of 11 Prelims Starts at 08:54 AM**

1	Elizabeth Simon	17	Middle Tyger-SC	2:29.70
2	Brennah Ross	16	UpperMainLine-PA	2:28.07
3	Catherine Patrell	17	Cheshire-CT	2:26.31
4	Courtney Beidler	17	Tri-Hampton-PA	2:21.24
5	Kristina Roop	17	UpperMainLine-PA	2:24.36
6	Hilary Woltdt	17	Oshkosh-WI	2:26.91
7	Laura Krueger	18	Powel Crosley-OH	2:28.89
8	Katie Shoemaker	16	Columbia NW-SC	2:29.83

**Heat 10 of 11 Prelims Starts at 08:57 AM**

1	Meg Powers	17	S. Shore Mill-MA	2:29.69
2	Carly Munchel	17	West Shore-PA	2:27.85
3	Abbey Tuchscherer	17	Oshkosh-WI	2:26.09
4	Emily Weaner	17	West Shore-PA	2:18.53
5	Sarah D'Antoni	17	Ridgewood-NJ	2:24.22
6	Genevieve Miller	13	Winston-Salem-NC	2:26.87
7	Kendall Farnham	17	Anne Arundel-MD	2:28.39
8	Sam Vandyke	18	Countryside-OH	2:29.73

**Heat 11 of 11 Prelims Starts at 08:59 AM**

1	Sara Beth Drake	16	Middle Tyger-SC	2:29.26
2	Emily Slabe	13	Coffman - OH	2:27.48
3	Kelly O'Connor	18	North Shore-MA	2:25.67
4	Addie Carne	18	Middle Tyger-SC	2:18.00
5	Rachel Moore	15	Andover-MA	2:22.13
6	Courtney Weaver	13	Gr. Flint-MI	2:26.64
7	Stephanie Bolin	18	Oshkosh-WI	2:28.24
8	Brittney Rohr	19	South Family-OH	2:29.70

**Event 36 Men 200 LC Meter Butterfly**

Odd Heats begin at Warm-Up Pool End

Even Heats begin at Diving Board End

National: 2:04.25 8/3/2006 Todd McGraw

Meet Qualifying: 2:26.99

**Lane Name Age Team Seed Time**

**Heat 1 of 10 Prelims Starts at 09:01 AM**

3	Aaron DuCharme	18	Gr. Flint-MI	2:04.43 Y
4	Tommy Healy	16	Winston-Salem-NC	2:03.94 Y
5	Jeffrey Donovin	15	SomersetValleyNJ	2:04.16 Y

**Heat 2 of 10 Prelims Starts at 09:04 AM**

2	Nick Keenan	17	Glens Falls-NY	2:02.61 Y
3	Kevin Posten	16	Gr. Flint-MI	2:01.74 Y
4	John Keough	17	UpperMainLine-PA	1:59.96 Y
5	Alexander Robinson	17	Goldsboro-NC	2:00.05 Y
6	Daniel Hellman	16	Red Bank - NJ	2:01.97 Y
7	Evan Deakyne	17	Phoenixville-PA	2:03.18 Y

**Heat 3 of 10 Prelims Starts at 09:06 AM**

1	Alex Lee	17	Ridgewood-NJ	2:26.98
2	Evan Walker	17	Huntington-WV	2:26.93
3	Mike Glaser	17	Blue Ash-OH	2:26.70
4	Jonathan Keim	16	Mid-Delmarva-MD	2:26.33
5	Zachary Conviser	18	W.North Carolina	2:26.66
6	Cory Pooley	17	Winston-Salem-NC	2:26.90
7	Elliott Batchelder	16	B R Ryall-IL	2:26.97
8	Won Ho Chang	17	Bath Area-ME	1:50.79 Y

**Heat 4 of 10 Prelims Starts at 09:08 AM**

1	Bryan Strobehn	16	Countryside-OH	2:25.86
2	Justin Kostelnik	14	Laurel Highlands	2:25.42
3	Michael King	13	Laurel Highlands	2:25.08
4	Matt Harding	17	East Hartford-CT	2:24.82
5	Jonathan Ciriello	17	SomersetHills-NJ	2:25.00
6	Jason Spazzarini	16	East Hartford-CT	2:25.17
7	Eric Chung	16	SomersetHills-NJ	2:25.64
8	Joseph Aburahma	17	Huntington-WV	2:26.26

**Heat 5 of 10 Prelims Starts at 09:10 AM**

1	Richard Gomez	15	Leaning Tower-IL	2:24.74
2	Chris Doherty	16	Tri-Hampton-PA	2:23.65
3	Ian Zelaya	18	Mid-Delmarva-MD	2:23.19
4	Jacob Crain	15	Huntington-WV	2:22.91
5	Gregory Kogut	16	Anne Arundel-MD	2:23.10
6	Jonathan Soto	16	Ridgewood-NJ	2:23.52
7	Alex Keller	14	Fayette-IL	2:24.44
8	Jamey Lynch	16	Red Bank - NJ	2:24.79

**Heat 6 of 10 Prelims Starts at 09:13 AM**

1	Alex Fox	15	Winston-Salem-NC	2:22.25
2	Benjamin Creekmore	13	Brandywine-De	2:21.95
3	Andrew Jackwin	18	East Hartford-CT	2:21.85
4	Kevin Kosciuk	16	Cheshire-CT	2:19.71
5	Ryan Cahalane	17	Wilton-CT	2:21.42
6	Ian Delahunty	15	Middle Tyger-SC	2:21.92
7	Brian Key	16	Oshkosh-WI	2:22.05
8	Mike Napolitano	16	FanwoodScotch-NJ	2:22.62

**Heat 7 of 10 Prelims Starts at 09:15 AM**

1	Alan Nedley	18	Laurel Highlands	2:19.35
2	Jared Gentry	15	Middle Tyger-SC	2:18.63
3	Timothy Ramos	18	Gr Holyoke-MA	2:18.32
4	Eric Spazzarini	18	East Hartford-CT	2:18.14
5	Kyle Jennings	18	SomersetValleyNJ	2:18.14
6	Danny Collins	18	Flushing-NY	2:18.54
7	Christian Josephson	15	Countryside-OH	2:18.64
8	Dan Napolitano	16	FanwoodScotch-NJ	2:19.58

**Heat 8 of 10 Prelims Starts at 09:17 AM**

1	Dan Mangan	17	Wilton-CT	2:15.94
2	Leo Lim	15	Wyckoff-NJ	2:15.33
3	Billy Draves	16	Pottstown-PA	2:12.41
4	Brad Bielak	18	Ridgewood-OH	2:07.80
5	Andrew Yunker	15	Gr. Flint-MI	2:11.16
6	Kyle Doxtater	15	Mid-Delmarva-MD	2:14.34
7	Tim Early	16	Countryside-OH	2:15.62
8	Conor McAuliffe	17	Andover-MA	2:17.34

**2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-****July 28 - July 31, 2009****Meet Program - Day 5 Prelims****Heat 9 Prelims (#36 Men 200 LC Meter Butterfly)**

1	Brian Batson	18	Brandywine-De	2:15.85
2	Brian Barr	16	SomersetValleyNJ	2:15.31
3	Wesley Trumbauer	17	Boyertown-PA	2:11.68
4	Nathan Hart	17	W.North Carolina	2:06.72
5	Aaron Lawson	17	Countryside-OH	2:09.68
6	Blake Freeman	17	Suncoast-FL	2:14.29
7	Jack Bremer	15	Anne Arundel-MD	2:15.54
8	Nathan Reed	17	UpperMainLine-PA	2:17.03

**Heat 10 of 10 Prelims Starts at 09:21 AM**

1	Brendan Fortin	18	Andover-MA	2:15.75
2	Isaac Klinger	13	Greensboro-NC	2:14.94
3	Jonathan Burr	16	East Hartford-CT	2:11.63
4	Matt Navata	17	Montclair-NJ	2:05.60
5	Josh Friedel	16	Rappahannock-VA	2:08.67
6	David Ireland	17	South Family-OH	2:13.22
7	Austin Taylor	16	Wyckoff-NJ	2:15.40
8	Connor Yoo	16	UpperMainLine-PA	2:16.42

**Event 37 Women 50 LC Meter Backstroke****All Heats start from Diving End****National: 29.32 7/30/2004 Lauren English****Meet Qualifying: 34.59**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 22 Prelims Starts at 09:25 AM**

2	Stephanie Ou	14	West Chester-PA	30.35 Y
3	Anna Gasparini	14	West Shore-PA	29.88 Y
4	Audrey Rittenhouse	16	Phoenixville-PA	29.85 Y
5	Leanne Egan	17	Rock Hill-SC	29.87 Y
6	Mary Miller	17	Anne Arundel-MD	29.89 Y

**Heat 2 of 22 Prelims Starts at 09:26 AM**

1	Alison Strickler	14	St. Charles-MO	29.85 Y
2	Sharron Isola	15	Kishwaukee-IL	29.84 Y
3	Danielle Alcorn	16	Rock Hill-SC	29.82 Y
4	Jenna Zitkus	13	Leaning Tower-IL	29.74 Y
5	Bowie Reilly	18	West Monmouth-NJ	29.81 Y
6	Rachel Grove	16	Countryside-OH	29.82 Y
7	Dani Fletcher	17	Rappahannock-VA	29.84 Y
8	Marina Preiss	13	Long Island-NY	29.85 Y

**Heat 3 of 22 Prelims Starts at 09:26 AM**

1	Jenna Tugaoen	14	Hilliker-OH	29.72 Y
2	Melissa Cropper	17	Anne Arundel-MD	29.70 Y
3	Maggie Suhling	15	Rappahannock-VA	29.67 Y
4	Brittanie Dean	15	Illinois Valley	29.66 Y
5	Alex Vezzetti	15	Rock Hill-SC	29.66 Y
6	Kelly Miller	15	State College-PA	29.67 Y
7	Catherine McAllister	15	Genesee Area-NY	29.71 Y
8	Holly Nedley	17	Uniontown-PA	29.74 Y

**Heat 4 of 22 Prelims Starts at 09:27 AM**

1	Kate Hugo	13	Oshkosh-WI	29.65 Y
2	Rachel Jencen	15	Gr. Miami Val-OH	29.64 Y
3	Megan Pullet	14	East Suburban-PA	29.61 Y
4	Loren Dutca	16	Leaning Tower-IL	29.58 Y
5	Rebecca Haegele	18	Kennett-PA	29.59 Y
6	Shannon Dunn	16	Northwest-CT	29.62 Y
7	Dana Resker	18	SomersetValleyNJ	29.64 Y
8	Anna Woodward	17	Hampshire-MA	29.66 Y

**Heat 5 of 22 Prelims Starts at 09:27 AM**

1	Virginia Summer	15	Newberry-SC	29.50 Y
2	Elizabeth Grazio	13	Sunbury-PA	29.46 Y
3	Kaitlyn Goldsmith	15	Suburban W-OH	29.39 Y
4	Katelyn Kidney	16	North Shore-MA	29.30 Y
5	Emilee Letarte	17	Countryside-OH	29.34 Y
6	Danielle Parowski	15	Gr. Johnstown-PA	29.42 Y
7	Sidney Pahmer	16	Wilton-CT	29.47 Y
8	Haley Dascenzo	15	Uniontown-PA	29.55 Y

**Heat 6 of 22 Prelims Starts at 09:27 AM**

1	Jamie Garbash	17	J.B. Chambers-WV	29.17 Y
2	Zoe Wuckovich	16	Rappahannock-VA	29.12 Y
3	Michaela Rabas	16	Door County-WI	28.98 Y
4	Sara Reidler	17	Suburban W-OH	28.88 Y
5	Abby Motley	18	Gr. Johnstown-PA	28.96 Y
6	Olivia Gregson	13	Gr. Flint-MI	29.03 Y
7	Meredith Smith	16	Westfield-NJ	29.14 Y
8	Audrey McLean	14	Montclair-NJ	29.26 Y

**Heat 7 of 22 Prelims Starts at 09:28 AM**

1	Heather Lundstrom	14	West County-MO	28.78 Y
2	Arica Smith	13	Door County-WI	28.61 Y
3	Katie Buchser	15	SomersetHills-NJ	28.53 Y
4	Jessica Russell	14	Bath Area-ME	28.31 Y
5	Katie Sagaser	17	Talbot County-MD	28.52 Y
6	Bennett Anthony	15	Middle Tyger-SC	28.57 Y
7	Jenna Hoffman	18	Northwest-NY	28.66 Y
8	McKenzie Trelka	15	Door County-WI	28.79 Y

**Heat 8 of 22 Prelims Starts at 09:28 AM**

1	Emily Buczkowski	16	Bath Area-ME	28.04 Y
2	Kelsey Williams	16	Sunbury-PA	27.02 Y
3	Kathleen Gast	16	Lebanon-PA	33.11 S
4	Maria Ciaralli	17	Tri-Hampton-PA	32.91 S
5	Hannah Connell	15	West Cook-IL	32.92 S
6	Brooke Waugaman	16	Greensburg-PA	26.48 Y
7	Emily O'Neill	16	West Monmouth-NJ	27.11 Y
8	Sarah Boyle	16	Columbia NW-SC	28.08 Y

**Heat 9 of 22 Prelims Starts at 09:28 AM**

1	Regan Girten	17	Blue Ash-OH	34.59
2	Megan Bowersox	18	Countryside-OH	34.59
3	Emily Bloxam	15	Suncoast-FL	34.57
4	Alyssa Houser	18	Tri-Hampton-PA	34.53
5	Julia Harris	18	East Hartford-CT	34.57
6	Patty Boyer	16	Wyckoff-NJ	34.57
7	Katie Cater	13	Rowan-NC	34.59
8	Lexi Fabbri	12	Tri-Hampton-PA	32.77 S

## 2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-

July 28 - July 31, 2009

## Meet Program - Day 5 Prelims

**Heat 10 Prelims (#37 Women 50 LC Meter Backstroke)**

1	Julia Sung	17	Flushing-NY	34.52
2	Vicky Miller	16	Rowan-NC	34.50
3	Jaime Siler	15	South Family-OH	34.49
4	Kyoka Hosoi	13	Wyckoff-NJ	34.48
5	Erica Fabbri	15	Tri-Hampton-PA	34.49
6	Sarah Freeman	12	Suncoast-FL	34.50
7	Morgan Brebberman	13	South Toledo- OH	34.51
8	Jessie Cromie	14	Iredell-NC	34.52

**Heat 11 of 22 Prelims Starts at 09:29 AM**

1	Lindsay Temple	13	SomersetValleyNJ	34.46
2	Molly Doody	18	Powel Crosley-OH	34.43
3	Erika Birk	12	Tampa Metro-FL	34.41
4	Maddie Crimmins	15	Mid-Delmarva-MD	34.39
5	Cassie Matthys	16	Delta County MI	34.40
6	Paige Theobald	14	Countryside-OH	34.43
7	Kendall Van Sistine	15	Oshkosh-WI	34.46
8	Ashley Miller	15	Suburban W-OH	34.48

**Heat 12 of 22 Prelims Starts at 09:30 AM**

1	Katherine Kelloway	17	North Shore-MA	34.37
2	Sara Beers	14	Ocean County-NJ	34.34
3	Kaylin Sylvester	16	Tampa Metro-FL	34.32
4	Jackie Finn	18	Hunterdon-NJ	34.30
5	Lindsay Gorgen	16	Tampa Metro-FL	34.30
6	Sara Daher	14	North Shore-MA	34.33
7	Tara Gidaszewski	15	Kishwaukee-IL	34.36
8	Nicole Salzano	13	Ridgewood-NJ	34.38

**Heat 13 of 22 Prelims Starts at 09:30 AM**

1	Megan Sandoe	17	Brandywine-PA	34.29
2	Michelle LoPresti	14	Wyckoff-NJ	34.26
3	Jessica Cronin	14	FanwoodScotch-NJ	34.23
4	Jackie Ramdin	15	Rowan-NC	34.23
5	Heidi Klein	17	Oshkosh-WI	34.23
6	Courtney McKinnon	17	Montclair-NJ	34.26
7	Lena DiPrizito	13	Wyckoff-NJ	34.27
8	Michelle Fischl	15	Greensburg-PA	34.30

**Heat 14 of 22 Prelims Starts at 09:31 AM**

1	Kathleen Marrese	17	Western-CT	34.18
2	Tessa Parks	17	South Family-OH	34.16
3	Katy Comer	14	FanwoodScotch-NJ	34.01
4	Kelsey Rosko	16	MetuchenED-NJ	34.00
5	Roni Faller	17	Andover-MA	34.01
6	Alyssa Finn	16	Hunterdon-NJ	34.04
7	Izzy Brassfield	18	Greensboro-NC	34.16
8	Loren Phinney	18	S. Shore Mill-MA	34.18

**Heat 15 of 22 Prelims Starts at 09:31 AM**

1	Kara Dubiel	18	SomersetValleyNJ	33.96
2	Katie Roddy	17	Piedmont-VA	33.90
3	Allyson French	17	Tampa Metro-FL	33.88
4	Hannah Verrette	13	North Shore-MA	33.82
5	Edan Scott	13	Leaning Tower-IL	33.85
6	Ryan Alexander	13	North Shore-MA	33.90
7	Teri Faller	16	Andover-MA	33.94
8	Olivia Wilson	13	Blue Ash-OH	33.99

**Heat 16 of 22 Prelims Starts at 09:31 AM**

1	Tori Wood	15	Anne Arundel-MD	33.80
2	Lee Ingram	18	West Monmouth-NJ	33.75
3	Courtney Miller	15	Harrison Co.-WV	33.75
4	Meaghan Kwarcinski	15	Gr Holyoke-MA	33.73
5	Katlyn Mutone	15	Boyertown-PA	33.74
6	Caitlin English	15	FanwoodScotch-NJ	33.75
7	Micaela Lyons	15	FanwoodScotch-NJ	33.77
8	Holly Hirsch	18	Rock Hill-SC	33.82

**Heat 17 of 22 Prelims Starts at 09:32 AM**

1	Marisa Immormino	17	SomersetHills-NJ	33.71
2	Kirsten Rissover	17	Blue Ash-OH	33.65
3	Madeline Rastall	14	Marinette-MI	33.60
4	Sarah Weidner	17	South Family-OH	33.55
5	Rachael Loek	15	B R Ryall-IL	33.59
6	Ashley El Nagggar	16	Wyckoff-NJ	33.65
7	Emily Eaton	16	Gr. Flint-MI	33.71
8	Suzanne Lemberg	17	Westfield-NJ	33.73

**Heat 18 of 22 Prelims Starts at 09:32 AM**

1	Heather Saule	17	Gr. Flint-MI	33.49
2	Oria Alexander	14	Westfield-NJ	33.45
3	Austin Mateo	14	Wyckoff-NJ	33.39
4	Aubrey Miller	16	Boyertown-PA	33.35
5	Ellen Johnson	17	Tri-Hampton-PA	33.38
6	Kaylyn Murphy	15	Coffman - OH	33.41
7	Hannah Huber	16	Anne Arundel-MD	33.48
8	Maggie Gavin-Hanner	17	UpperMainLine-PA	33.54

**Heat 19 of 22 Prelims Starts at 09:33 AM**

1	Ashley Martin	16	Rock Hill-SC	33.29
2	Elina Hu	17	Oshkosh-WI	33.18
3	Anna Ratana	17	Winston-Salem-NC	33.15
4	Ashley Conroy	17	Ocean County-NJ	33.07
5	Melissa Kang	18	Brandywine-PA	33.14
6	Briana Conners	16	Blue Ash-OH	33.17
7	Nicole Colucci	18	FanwoodScotch-NJ	33.20
8	Gabriella Levine	15	FanwoodScotch-NJ	33.34

**Heat 20 of 22 Prelims Starts at 09:33 AM**

1	Sara Nestrowitz	13	Ridgewood-NJ	32.88
2	Mara Valenzuela	16	SomersetValleyNJ	32.32
3	Bridget Sauer	18	Brandywine-De	31.19
4	Celia Oberholzer	15	Powel Crosley-OH	30.55
5	Siri Smits	15	Oshkosh-WI	30.95
6	Caroline Burns	18	Anne Arundel-MD	32.09
7	Kelly Hamilton	14	Chambersburg-PA	32.41
8	Rebecca Ball	18	Gr. Flint-MI	33.00

**Heat 21 of 22 Prelims Starts at 09:33 AM**

1	Kendra Bierman	16	Powel Crosley-OH	32.83
2	Meghan Lam	17	Brandywine-De	32.26
3	Stephanie Kinsey	18	West Shore-PA	31.12
4	Lauren Solernou	16	Cheshire-CT	30.04
5	Sarah Galvin	18	B R Ryall-IL	30.85
6	Megan Niermann	13	Fayette-IL	32.03
7	Maria Kieft	17	Rapid Area-MI	32.41
8	Dana Yu	15	SomersetValleyNJ	32.94

## 2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-

July 28 - July 31, 2009

## Meet Program - Day 5 Prelims

**Heat 22 Prelims (#37 Women 50 LC Meter Backstroke)**

1	Alex Eiler	14	Oshkosh-WI	32.61
2	Kathryn Greskoff	17	UpperMainLine-PA	32.25
3	Emily Slabe	13	Coffman - OH	31.02
4	Andrea Bryson	13	Fox Cities-WI	29.31
5	Anna Gibas	17	Greensburg-PA	30.60
6	Amanda Thach	16	West Seattle-WA	31.96
7	Brittney Rohr	19	South Family-OH	32.36
8	Casey Stahl	17	SomersetValleyNJ	32.88

**Event 38 Men 50 LC Meter Backstroke**

All Heats start from Diving End

National: 26.29 8/3/2001 Jayme O Cramer

Meet Qualifying: 32.39

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 18 Prelims Starts at 09:40 AM**

3	Ryan Ratajczyk	19	Fayette-IL	27.58Y
4	Michael O'Brien	14	Hilliker-OH	27.50Y
5	Garrett Proconier	15	Gr. Flint-MI	27.56Y

**Heat 2 of 18 Prelims Starts at 09:41 AM**

1	Jesse Stottlemeyer	17	Hagerstown-MD	27.46Y
2	John Lawson	16	SomersetValleyNJ	27.42Y
3	Christopher LoTempio	18	Northwest-NY	27.37Y
4	Ian DiCarlo	13	Laurel Highlands	27.32Y
5	Tommy Hunt	16	Rappahannock-VA	27.37Y
6	Justin Marler	14	St. Charles-MO	27.41Y
7	Shayne Custodio	14	Mid-Delmarva-MD	27.45Y
8	Matt Lang	18	Rock Hill-SC	27.49Y

**Heat 3 of 18 Prelims Starts at 09:41 AM**

1	Paul Bimmler	18	Andover-MA	27.27Y
2	Will Schlosser	17	UpperMainLine-PA	27.23Y
3	Jacob Nicolella	15	Mon Valley-PA	27.17Y
4	Connor O'Prey	15	Ridley-PA	26.90Y
5	Vincent King	16	Columbia NW-SC	26.91Y
6	Jeremy Raisky	16	South Oakland-MI	27.22Y
7	Zachary Rogers	13	St. Charles-MO	27.23Y
8	Braxten Judkins	16	Suburban W-OH	27.28Y

**Heat 4 of 18 Prelims Starts at 09:41 AM**

1	Adam Grant	17	Mid-Delmarva-MD	26.78Y
2	Seth Greene	17	Rock Hill-SC	26.69Y
3	Martin Kendig	16	East Suburban-PA	26.41Y
4	Matt Duffy	17	Boyertown-PA	25.64Y
5	Ben Orr	18	Newberry-SC	26.26Y
6	Connor Murphy	17	West Monmouth-NJ	26.55Y
7	Chris Hoops	15	Phoenixville-PA	26.72Y
8	Edward Griswold	17	Buehler-IL	26.80Y

**Heat 5 of 18 Prelims Starts at 09:42 AM**

1	Kevin Bell	16	Licking-OH	25.34Y
2	Travis Bohn	16	West Shore-PA	29.10S
3	Alex Horner	15	W.North Carolina	32.39
4	Matthew Brinton	14	Jennersville-PA	32.35
5	Ray Snyder	14	Waterbury-CT	32.36
6	Ned Ramsay	13	S. Shore Mill-MA	32.39
7	Justin Stewart	16	West Shore-PA	30.24S
8	Daniel Simon	16	Greensburg-PA	25.35Y

**Heat 6 of 18 Prelims Starts at 09:42 AM**

1	Daniel Hufziger	16	Western-CT	32.32
2	David Hunter	15	Andover-MA	32.31
3	Caleb Camp	15	Chapel Hill-NC	32.27
4	Sam Mullen	15	R.C. Durr-KY	32.25
5	Steven Geier	15	East Hartford-CT	32.26
6	Connor Graham	14	Columbia NW-SC	32.28
7	Chris Woods	17	Gr.Westfield-MA	32.31
8	Paul Hoffman	16	Powel Crosley-OH	32.34

**Heat 7 of 18 Prelims Starts at 09:42 AM**

1	Joey Steele	16	Suncoast-FL	32.22
2	Ryan Fahey	16	S. Shore Mill-MA	32.19
3	Ray Chen	15	Cheshire-CT	32.17
4	Kevin Silverman	15	Wyckoff-NJ	32.15
5	Ken Richardson	14	UpperMainLine-PA	32.15
6	Danny Graham	15	Flushing-NY	32.18
7	Evan Handler	15	Powel Crosley-OH	32.19
8	Austin Eiler	13	Oshkosh-WI	32.24

**Heat 8 of 18 Prelims Starts at 09:43 AM**

1	Nicholas Gutsche	14	Brandywine-De	32.12
2	Brandon Worley	16	Middletown-OH	32.05
3	Sean Brant	16	Anne Arundel-MD	31.97
4	Ben Enterline	15	Fox Cities-WI	31.97
5	David Chung	14	SomersetValleyNJ	31.97
6	Keith Monteiro	15	FanwoodScotch-NJ	32.01
7	Jon Stanton	16	Tri-Hampton-PA	32.05
8	Keith Chandler	15	Down East-ME	32.15

**Heat 9 of 18 Prelims Starts at 09:43 AM**

1	Michael McKee	17	East Hartford-CT	31.94
2	Jin Roh	14	Ridgewood-NJ	31.92
3	Chris Pitler	17	Tri-Hampton-PA	31.90
4	Max Shin	14	Westfield-NJ	31.86
5	Kyle Morrison	16	Gr. Miami Val-OH	31.87
6	Christopher Tucker	13	Red Bank - NJ	31.90
7	Russell Stoll	14	Wyckoff-NJ	31.94
8	William Grant	15	UpperMainLine-PA	31.95

**Heat 10 of 18 Prelims Starts at 09:43 AM**

1	Peter Westcott	15	Ridgewood-NJ	31.75
2	Eric Wegner	16	Brandywine-De	31.66
3	Brian Giacopelli	18	SomersetValleyNJ	31.62
4	TJ McComish	17	West Seattle-WA	31.60
5	Billy Choi	15	East Hartford-CT	31.61
6	Stephen Barrosse	18	W.North Carolina	31.62
7	Will Krueger	15	South Family-OH	31.74
8	Matthew Stover	16	Darke County-OH	31.82

**Heat 11 of 18 Prelims Starts at 09:44 AM**

1	Kevin Hong	15	SomersetValleyNJ	31.50
2	Trevor Marshall Jr	15	Montclair-NJ	31.49
3	Ricky Lessard	16	East Hartford-CT	31.46
4	Brad Ranson	17	Hamilton Area-NJ	31.35
5	Matthew Lollis	16	Rock Hill-SC	31.37
6	Zachary Goodman	15	Mid-Delmarva-MD	31.47
7	Matthew Rochna	16	Indiana-PA	31.49
8	Robert Breen	16	North Shore-MA	31.51

## 2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-

July 28 - July 31, 2009

## Meet Program - Day 5 Prelims

**Heat 12 Prelims (#38 Men 50 LC Meter Backstroke)**

1	Ethan Louie	14	MetuchenED-NJ	31.35
2	Larry Zhang	16	Westfield-NJ	31.11
3	John Thompson	15	Hunterdon-NJ	31.07
4	Mike Oster	17	Westfield-NJ	30.96
5	Kelly Dullard	15	Waterbury-CT	31.04
6	Benjamin Jumper	16	West Shore-PA	31.08
7	Kenny Savage	17	SomersetHills-NJ	31.34
8	Jaime Ianiro	17	Montclair-NJ	31.35

**Heat 13 of 18 Prelims Starts at 09:45 AM**

1	Nic Graesser	15	UpperMainLine-PA	30.91
2	Adam Herzog	17	Huntington-NY	30.86
3	John Belanger	15	Andover-MA	30.80
4	Daniel Zalkind	18	Brandywine-PA	30.78
5	Tyler Benner	16	Countryside-OH	30.80
6	Travis Hunter	17	Miami County-OH	30.85
7	Joey Duronio	15	Chapel Hill-NC	30.89
8	Aaron Athanas	15	North Shore-MA	30.93

**Heat 14 of 18 Prelims Starts at 09:45 AM**

1	Dennis Hall-App	16	Montclair-NJ	30.72
2	Ryan DeBerry	15	W.North Carolina	30.69
3	Jan Yburan	17	Montclair-NJ	30.64
4	Andrew Smith	18	SomersetHills-NJ	30.43
5	Chad Thompson	17	Kishwaukee-IL	30.48
6	Al Lim	14	Rock Hill-SC	30.65
7	David Yao	18	SomersetValleyNJ	30.71
8	Dylan Coggin	18	Brandywine-De	30.73

**Heat 15 of 18 Prelims Starts at 09:45 AM**

1	Sam Lynch	14	Red Bank - NJ	30.33
2	Nick Warner	17	SomersetValleyNJ	30.26
3	Jonathan Lollis	18	Rock Hill-SC	30.23
4	Peter KO	17	Ridgewood-NJ	30.08
5	Andrew Jung	15	Montclair-NJ	30.22
6	Drew Sullenbarger	16	South Family-OH	30.24
7	Eric Lethander	15	Powel Crosley-OH	30.28
8	Alex Burzynski	15	FanwoodScotch-NJ	30.35

**Heat 16 of 18 Prelims Starts at 09:46 AM**

1	Thomas Rinaldi	16	SomersetValleyNJ	29.98
2	Gus Bailey	17	Suburban W-OH	29.72
3	Zach Fischer	17	Powel Crosley-OH	28.96
4	Trevor Carr	18	Rappahannock-VA	28.11
5	Zach Peart	18	FanwoodScotch-NJ	28.59
6	Jacob Kramb	18	Countryside-OH	29.64
7	Mike Harmon	17	Chambersburg-PA	29.84
8	Conor Deveney	16	Wilton-CT	30.08

**Heat 17 of 18 Prelims Starts at 09:46 AM**

1	Eric Forrester	16	Mon Valley-PA	29.89
2	Brendan Kerins	17	Catonsville-MD	29.68
3	Tyler Lareau	18	North Shore-MA	28.78
4	James Wells	17	Bath Area-ME	27.71
5	Steven Zimmerman	16	Countryside-OH	28.52
6	Matthew Vanbiervliet	16	SomersetValleyNJ	29.29
7	Colin Heil	16	Anne Arundel-MD	29.83
8	Nick Purrington	15	East Hartford-CT	30.06

**Heat 18 of 18 Prelims Starts at 09:46 AM**

1	Cody Wei	16	Tampa Metro-FL	29.87
2	Ian Wooley	14	Countryside-OH	29.68
3	Alec Francis	18	Boyertown-PA	28.75
4	Jack Pretto	17	Cheshire-CT	27.68
5	Mitchell Smith	18	Gr. Johnstown-PA	28.37
6	Jordan Guttrich	16	Gr. Flint-MI	29.21
7	Jeffrey Mead	16	Columbia NW-SC	29.75
8	Charles Wu	17	Red Bank - NJ	30.00

**Event 39 Women 100 LC Meter Breaststroke**

Odd Heats begin at Warm-Up Pool End

Even Heats begin at Diving Board End

National: 1:12.32 1996 K. Jones

Meet Qualifying: 1:22.29

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 15 Prelims Starts at 09:52 AM**

2	Alexandria Zimmerman	17	Pottstown-PA	1:10.30 Y
3	Ashley Collier	19	Norwich-NY	1:10.24 Y
4	Racheal Weiland	15	Stevens Point-WI	1:10.16 Y
5	Sloane Hindman	16	Red Bank - NJ	1:10.24 Y
6	Kate Bradley	14	SomersetHills-NJ	1:10.27 Y
7	Hannah Larson	17	W.North Carolina	1:10.32 Y

**Heat 2 of 15 Prelims Starts at 09:53 AM**

1	Megan VanKirk	15	Hunterdon-NJ	1:10.09 Y
2	Kellyn McCarthy	17	Flushing-NY	1:09.96 Y
3	Katie Cullinan	14	Montclair-NJ	1:09.71 Y
4	Kaitlin Kunkle	14	Newberry-SC	1:09.69 Y
5	Erin Seiler	15	UpperMainLine-PA	1:09.70 Y
6	Haley Heydt	15	Boyertown-PA	1:09.87 Y
7	Palmer Benson	14	Winston-Salem-NC	1:10.01 Y
8	Michelle Fischl	15	Greensburg-PA	1:10.09 Y

**Heat 3 of 15 Prelims Starts at 09:54 AM**

1	Jillian Kniffen	17	Greensburg-PA	1:09.53 Y
2	Abbey Ridge	17	Bath Area-ME	1:09.40 Y
3	Liz Mooney	16	Middle Tyger-SC	1:09.37 Y
4	Catie Schmitz	16	Rappahannock-VA	1:09.35 Y
5	Brielle Caucino	17	Red Bank - NJ	1:09.35 Y
6	Samantha Heyman	18	Greenwich-CT	1:09.40 Y
7	Jen Koide	13	West Morris-NJ	1:09.44 Y
8	Emily Gwynn	14	Canandaigua-NY	1:09.59 Y

**Heat 4 of 15 Prelims Starts at 09:55 AM**

1	Savanna Townsend	14	Door County-WI	1:09.34 Y
2	Claire Gilbert	16	Powel Crosley-OH	1:09.17 Y
3	Shannon Slate	15	Red Bank - NJ	1:09.07 Y
4	Seana Acker	15	Piedmont-VA	1:08.81 Y
5	Basira Knight	13	Montclair-NJ	1:08.86 Y
6	Caitlyn Sirkoch	18	East Suburban-PA	1:09.09 Y
7	Cecelia McEachern	14	Down East-ME	1:09.32 Y
8	Brittany Finlay	17	Suburban W-OH	1:09.34 Y

## 2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-

July 28 - July 31, 2009

## Meet Program - Day 5 Prelims

**Heat 5 Prelims (#39 Women 100 LC Meter Breaststroke)**

1	Allison Pavlik	15	B R Ryall-IL	1:08.71 Y
2	Laura Stephens	16	Kennett-PA	1:08.53 Y
3	Sierra Townsend	16	Door County-WI	1:08.20 Y
4	Greta Leberfinger	15	SomersetHills-NJ	1:07.90 Y
5	Melissa Merwin	16	DowntownYouth-CT	1:08.17 Y
6	Tara O'Prey	14	Ridley-PA	1:08.43 Y
7	Kerry Borbidge	16	Ridley-PA	1:08.55 Y
8	Abby Pires	15	Westfield-NJ	1:08.75 Y

**Heat 6 of 15 Prelims Starts at 09:57 AM**

1	Devonne Moore	14	Phoenixville-PA	1:07.22 Y
2	Izzi Woodard	13	Rock Hill-SC	1:22.25
3	Audris Oh	13	MetuchenED-NJ	1:22.22
4	Shannon Burr	18	East Hartford-CT	1:22.17
5	Hailey Martel	15	Cheshire-CT	1:22.18
6	Samantha Shelley	17	Brandywine-De	1:22.23
7	Jamie Kane	16	Pottstown-PA	1:05.62 Y
8	Lauren Brundage	17	SomersetHills-NJ	1:07.40 Y

**Heat 7 of 15 Prelims Starts at 09:59 AM**

1	Ali Bauer	15	Rapid Area-MI	1:22.02
2	Alyssa Wolfe	14	Coffman - OH	1:21.82
3	Chelsea Unger	18	West Monmouth-NJ	1:21.77
4	Kelsey Boucher	18	East Hartford-CT	1:21.68
5	Amelia Buckley	16	West Monmouth-NJ	1:21.68
6	Emily Pedrick	17	Wyckoff-NJ	1:21.80
7	Elise Prayson	15	South Family-OH	1:21.91
8	Katie Sayles	15	Winston-Salem-NC	1:22.08

**Heat 8 of 15 Prelims Starts at 10:00 AM**

1	Paige Agnello	16	SomersetValleyNJ	1:21.63
2	Kerrienne Morrison	17	Gr. Miami Val-OH	1:21.55
3	Julie Shea	15	Burbank-MA	1:21.51
4	Rachael Whittemore	16	W.North Carolina	1:21.37
5	Kara Lacoste	15	Gr Holyoke-MA	1:21.51
6	Jordy Hanna	17	West Seattle-WA	1:21.53
7	Megan Aitro	15	Cheshire-CT	1:21.62
8	Rachel Holm	13	Fayette-IL	1:21.63

**Heat 9 of 15 Prelims Starts at 10:01 AM**

1	Kristin Filby	14	South Toledo- OH	1:21.32
2	Megan Lattimer	16	Wilton-CT	1:21.18
3	Safiyyah Abdullah	12	Greensboro-NC	1:21.17
4	Kayla McAvoy	15	Wyckoff-NJ	1:21.12
5	Kelsey Rouse	18	Anne Arundel-MD	1:21.17
6	Eileen Goralski	15	Glens Falls-NY	1:21.18
7	Jane Kim	18	Flushing-NY	1:21.30
8	Petra Brusnighan	13	Anne Arundel-MD	1:21.35

**Heat 10 of 15 Prelims Starts at 10:02 AM**

1	Erica Smrcina	17	Cape Cod-MA	1:20.93
2	Maeve O'Leary	17	Montclair-NJ	1:20.81
3	Kelsey Buckley	15	Suncoast-FL	1:20.77
4	Heidi Nichols	17	Columbia NW-SC	1:20.68
5	Rikki Berk	15	Wyckoff-NJ	1:20.76
6	Morgan Kandrac	16	Hamilton Area-NJ	1:20.79
7	Natalie Cronk	15	Piedmont-VA	1:20.85
8	Marina Borri	15	Farmington-MI	1:21.02

**Heat 11 of 15 Prelims Starts at 10:03 AM**

1	Rachael Theiler	14	Powel Crosley-OH	1:20.42
2	Celia Frick	14	SomersetHills-NJ	1:20.11
3	Amanda Grant	16	Hamilton Area-NJ	1:20.01
4	Lauren Law	14	UpperMainLine-PA	1:19.96
5	Garrison Stevens	18	Rowan-NC	1:20.00
6	Katie McCullough	18	Rapid Area-MI	1:20.06
7	Meredith Gibbon	17	Greensburg-PA	1:20.38
8	Mariah Akinbi	16	Powel Crosley-OH	1:20.60

**Heat 12 of 15 Prelims Starts at 10:05 AM**

1	Kylie McKenzie	17	Tri-Hampton-PA	1:19.86
2	Charlotte Harris	15	Blue Ash-OH	1:19.62
3	Megan Harris	16	UpperMainLine-PA	1:19.56
4	Price Kinney	18	Middle Tyger-SC	1:19.33
5	Stephanie Baliko	17	FanwoodScotch-NJ	1:19.42
6	Jenni Russell	17	Rock Hill-SC	1:19.57
7	Kim Weyand	16	Anne Arundel-MD	1:19.63
8	Nicole Provenza	15	Anne Arundel-MD	1:19.96

**Heat 13 of 15 Prelims Starts at 10:06 AM**

1	Rachel Stoddard	14	SomersetValleyNJ	1:18.57
2	Hannah Markey	16	FanwoodScotch-NJ	1:17.87
3	Kaela Bjornberg	17	Cheshire-CT	1:16.65
4	Emily Schon	17	UpperMainLine-PA	1:14.42
5	Caroline Fore	17	Middle Tyger-SC	1:15.86
6	Madeline Scarborough	18	B R Ryall-IL	1:17.64
7	Morgan Johnston	15	Mid-Delmarva-MD	1:18.37
8	Colleen Joorfetz	17	B R Ryall-IL	1:19.32

**Heat 14 of 15 Prelims Starts at 10:07 AM**

1	Shannon Ahearn	15	Wilton-CT	1:18.53
2	Jenelle Zee	16	SomersetHills-NJ	1:17.78
3	Emily Maret	16	W.North Carolina	1:16.54
4	KC Moss	14	Wilton-CT	1:14.07
5	Becca Murray	17	Brandywine-De	1:15.84
6	Julia Courtney	18	Cheshire-CT	1:17.42
7	Lizzy Visconti	18	Cheshire-CT	1:18.19
8	Katie Torres	17	Suncoast-FL	1:19.24

**Heat 15 of 15 Prelims Starts at 10:08 AM**

1	Laura Nichols	17	Columbia NW-SC	1:18.41
2	Jenn Abbott	17	Wilton-CT	1:17.74
3	Carlyn Evans	15	UpperMainLine-PA	1:16.51
4	Kim Jerome	16	Cheshire-CT	1:13.57
5	Stephanie Ferrell	16	Montclair-NJ	1:15.18
6	Monica Milici	15	Middle Tyger-SC	1:16.74
7	Karissa Gorman	18	Gr Holyoke-MA	1:17.99
8	Rachel Revolinski	16	Oshkosh-WI	1:19.04

## 2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-

July 28 - July 31, 2009

## Meet Program - Day 5 Prelims

**Event 40 Men 100 LC Meter Breaststroke**

Odd Heats begin at Warm-Up Pool End

Even Heats begin at Diving Board End

National: 1:03.98 1992 M. Hubbell

Meet Qualifying: 1:15.99

Lane	Name	Age	Team	Seed	Time
<b>Heat 1 of 13 Prelims Starts at 10:09 AM</b>					
1	Jonathan Champagne	18	Brandywine-De	1:03.68	Y
2	Daniel Sapienza	16	West Monmouth-NJ	1:03.41	Y
3	Tyler Ziegler	18	Brandywine-PA	1:03.26	Y
4	Carl Roycroft	17	Hockomock-MA	1:03.16	Y
5	Zachary Yocum	18	Lebanon-PA	1:03.21	Y
6	Andrew Slater	18	Lancaster-OH	1:03.31	Y
7	Robert Froster	15	West Monmouth-NJ	1:03.67	Y
8	Thomas DiGuglielmo	17	Wilton-CT	1:03.76	Y
<b>Heat 2 of 13 Prelims Starts at 10:10 AM</b>					
1	Nicholas Vandermolen	16	Red Bank - NJ	1:02.80	Y
2	Mike Cooke	17	Anne Arundel-MD	1:02.63	Y
3	Tyler Gross	15	Pottstown-PA	1:02.51	Y
4	Conner McHugh	13	Door County-WI	1:02.31	Y
5	Peter Dolnicek	16	South Oakland-MI	1:02.43	Y
6	Lucas Bureau	15	Ligonier-PA	1:02.58	Y
7	Louie Seefeld	14	Phoenixville-PA	1:02.75	Y
8	Matt Lang	18	Rock Hill-SC	1:03.12	Y
<b>Heat 3 of 13 Prelims Starts at 10:11 AM</b>					
1	Christiansen Connor	16	Fox Cities-WI	1:02.01	Y
2	J Key	17	W.North Carolina	1:01.75	Y
3	Christian Sinchi	19	Cheshire-CT	1:01.70	Y
4	Nicholas Grippo	17	Red Bank - NJ	1:01.45	Y
5	Ryan Walker	17	FanwoodScotch-NJ	1:01.49	Y
6	Garrick Givens	17	Farmington-MI	1:01.71	Y
7	JC Logan	16	Ridley-PA	1:02.00	Y
8	Ryan Bacci	17	Flushing-NY	1:02.25	Y
<b>Heat 4 of 13 Prelims Starts at 10:12 AM</b>					
1	Jack Lorentzen	16	Westfield-NJ	1:01.04	Y
2	Jordan Hartman	17	Boyetown-PA	1:00.92	Y
3	David White	18	Hunterdon-NJ	1:00.23	Y
4	Corey Beinhart	14	South Family-OH	1:15.99	
5	Luke Nosbisch	17	East Suburban-PA	58.42	Y
6	Joseph Lacus	17	East Hartford-CT	1:00.41	Y
7	Nolan Schneider	14	Hunterdon-NJ	1:00.96	Y
8	Matt Morgan	18	Westfield-NJ	1:01.19	Y
<b>Heat 5 of 13 Prelims Starts at 10:14 AM</b>					
1	Jonathan Rutter	13	Powel Crosley-OH	1:15.96	
2	Ian Zelaya	18	Mid-Delmarva-MD	1:15.91	
3	Will Stokes	18	Rowan-NC	1:15.81	
4	John Om	12	Ridgewood-NJ	1:15.67	
5	Connor Daly	15	Burbank-MA	1:15.77	
6	Max Whitehead	15	UpperMainLine-PA	1:15.88	
7	Matt Harding	17	East Hartford-CT	1:15.92	
8	James Black	17	North Shore-MA	1:15.97	

**Heat 6 of 13 Prelims Starts at 10:15 AM**

1	William Laporta	16	MetuchenED-NJ	1:15.52
2	Steven McKee	14	East Hartford-CT	1:15.33
3	Jackson Salter	15	Montclair-NJ	1:15.13
4	Matthew Hooper	14	Rapid Area-MI	1:15.09
5	Adam Shaw	15	Cheshire-CT	1:15.12
6	Zachary Mabin	13	Hamilton Area-NJ	1:15.21
7	Evan Paulan	18	FanwoodScotch-NJ	1:15.35
8	Harold Choo	13	Ridgewood-NJ	1:15.58

**Heat 7 of 13 Prelims Starts at 10:16 AM**

1	Shane Tonery	16	MetuchenED-NJ	1:15.02
2	Sam VanBuskirk	15	Rock Hill-SC	1:14.85
3	Brandon Gauthier	17	Greensburg-PA	1:14.71
4	Murphy Hebbard	17	Joliet - IL	1:14.64
5	Elliot Penson	17	S. Shore Mill-MA	1:14.65
6	Matt Kendall	16	SomersetValleyNJ	1:14.76
7	Joshua Bjornberg	15	Cheshire-CT	1:14.89
8	Brendan Woo	13	Wyckoff-NJ	1:15.03

**Heat 8 of 13 Prelims Starts at 10:17 AM**

1	Jake Iotte	14	Fox Cities-WI	1:14.17
2	Nick Dello Buono	17	Kennett-PA	1:14.15
3	Billy Drennen	16	UpperMainLine-PA	1:14.06
4	David Yazbeck	18	S. Shore Mill-MA	1:13.80
5	Jeff Sloan	17	Tri-Hampton-PA	1:13.92
6	Graham Beck	16	North Shore-MA	1:14.08
7	Michael Chickene	18	Hunterdon-NJ	1:14.16
8	Matt McNamara	15	South Oakland-MI	1:14.30

**Heat 9 of 13 Prelims Starts at 10:18 AM**

1	Matthew Jennings	17	Brandywine-De	1:13.72
2	Timothy Lattimer	16	Wilton-CT	1:13.45
3	Al Lim	14	Rock Hill-SC	1:13.20
4	Patrick Gilbreath	17	Tampa Metro-FL	1:12.98
5	Thomas Moore	16	Huntington-WV	1:13.13
6	Devin McCaffrey	15	Suncoast-FL	1:13.22
7	Evan Mahoney	14	Ocean County-NJ	1:13.48
8	Connor McColligan	16	Red Bank - NJ	1:13.73

**Heat 10 of 13 Prelims Starts at 10:19 AM**

1	Sean Murphy	17	Wyckoff-NJ	1:12.89
2	Victor Luo	14	SomersetValleyNJ	1:12.44
3	Ryan Fortin	15	Andover-MA	1:11.80
4	Connor Beaulieu	17	East Hartford-CT	1:11.50
5	Andrew McCollister	16	Rowan-NC	1:11.66
6	Marshall Lambert	16	Boyetown-PA	1:12.36
7	Patrick Foos	17	Blue Ash-OH	1:12.44
8	Stephen Raynes	16	SomersetHills-NJ	1:12.96

**Heat 11 of 13 Prelims Starts at 10:20 AM**

1	Jeremy Chaudet	18	SomersetValleyNJ	1:11.12
2	Tyler Szarko	18	Catonsville-MD	1:10.29
3	Raymond Cswerko	16	Northwest-CT	1:08.80
4	Andrew Guinther	17	Glens Falls-NY	1:06.50
5	Jonathan Profitt	18	Powel Crosley-OH	1:08.23
6	Bill Young	15	W.North Carolina	1:09.33
7	Kurt VonEhr	18	Rapid Area-MI	1:10.50
8	James Sturner	17	Tri-Hampton-PA	1:11.40

**2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-**

**July 28 - July 31, 2009**

**Meet Program - Day 5 Prelims**

**Heat 12 Prelims (#40 Men 100 LC Meter Breaststroke)**

1	Greg Baliko	15	FanwoodScotch-NJ	1:10.97
2	Andrew Seiler	18	UpperMainLine-PA	1:09.76
3	Zach Auclair	17	East Hartford-CT	1:08.62
4	Ted Millett	17	North Shore-MA	1:06.39
5	Sean Johnson	16	SomersetValleyNJ	1:07.75
6	Graham Kauffman	17	Middle Tyger-SC	1:09.21
7	AJ Burt	16	Powel Crosley-OH	1:10.47
8	Michael Gordon	16	Kishwaukee-IL	1:11.38

**Heat 13 of 13 Prelims Starts at 10:22 AM**

1	Colton Spark	16	Middle Tyger-SC	1:10.74
2	Cameron Weaver	18	Gr. Flint-MI	1:09.48
3	Harrison Cefalo	16	Red Bank - NJ	1:08.46
4	Jared Kauffman	16	Middle Tyger-SC	1:06.39
5	Tanner Lowman	18	Rowan-NC	1:07.06
6	Eric Traub	17	Northwest-CT	1:09.03
7	Robbie Mix	17	UpperMainLine-PA	1:10.39
8	Ethan McNeil	18	Countryside-OH	1:11.32

**Event 41 Women 400 LC Meter Medley Relay**

Odd Heats begin at Warm-Up Pool End

Even Heats begin at Diving Board End

National: 4:22.96 8/1/2008 West Shore YMCA

S Kinsey, A Zelenky, L Gingrich, C Loht

Meet Qualifying: 4:56.99

Lane	Team	Relay	Seed Time
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**Heat 1 of 8 Prelims Starts at 10:23 AM**

3	Fox Cities-WI	4:11.54Y
4	Bath Area-ME	4:07.95Y
5	Mid-Delmarva-MD	4:11.21Y
6	East Suburban-PA	4:12.17Y

**Heat 2 of 8 Prelims Starts at 10:28 AM**

1	Door County-WI	4:03.90Y
2	Pottstown-PA	4:01.92Y
3	Greensburg-PA	3:56.08Y
4	Suburban W-OH	4:55.68
5	West Monmouth-NJ	3:53.79Y
6	Westfield-NJ	4:01.41Y
7	West Morris-NJ	4:02.10Y
8	Phoenixville-PA	4:05.03Y

**Heat 3 of 8 Prelims Starts at 10:32 AM**

1	South Toledo- OH	4:55.54
2	Leaning Tower-IL	4:53.83
3	MetuchenED-NJ	4:51.48
4	Hamilton Area-NJ	4:50.48
5	Hunterdon-NJ	4:51.27
6	Rowan-NC	4:52.36
7	Ocean County-NJ	4:55.25
8	Gr. Miami Val-OH	4:55.57

**Heat 4 of 8 Prelims Starts at 10:37 AM**

1	Boyertown-PA	4:50.20
2	Fayette-IL	4:48.34
3	Montclair-NJ	4:48.21
4	East Hartford-CT	4:47.44
5	Flushing-NY	4:48.12
6	Blue Ash-OH	4:48.32
7	Rock Hill-SC	4:49.41
8	Coffman - OH	4:50.38

**Heat 5 of 8 Prelims Starts at 10:42 AM**

1	Countryside-OH	4:44.97
2	Ridgewood-NJ	4:44.17
3	SomersetHills-NJ	4:43.86
4	Columbia NW-SC	4:43.41
5	Gr. Flint-MI	4:43.84
6	Piedmont-VA	4:43.95
7	Red Bank - NJ	4:44.63
8	W.North Carolina	4:45.93

**Heat 6 of 8 Prelims Starts at 10:47 AM**

1	S. Shore Mill-MA	4:41.90
2	Rappahannock-VA	4:39.62
3	UpperMainLine-PA	4:34.34
4	Cheshire-CT	4:29.55
5	West Shore-PA	4:33.01
6	Brandywine-De	4:38.34
7	Suncoast-FL	4:40.72
8	Andover-MA	4:43.25

**Heat 7 of 8 Prelims Starts at 10:51 AM**

1	Wyckoff-NJ	4:41.17
2	SomersetValleyNJ	4:38.83
3	Powel Crosley-OH	4:33.99
4	Anne Arundel-MD	4:29.31
5	B R Ryall-IL	4:32.36
6	FanwoodScotch-NJ	4:38.17
7	South Family-OH	4:40.53
8	Gr Holyoke-MA	4:43.04

**Heat 8 of 8 Prelims Starts at 10:56 AM**

1	North Shore-MA	4:41.16
2	Rapid Area-MI	4:38.49
3	Wilton-CT	4:33.29
4	Middle Tyger-SC	4:21.48
5	Oshkosh-WI	4:30.88
6	Tri-Hampton-PA	4:37.98
7	Winston-Salem-NC	4:39.76
8	Kishwaukee-IL	4:42.91

## 2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-

July 28 - July 31, 2009

## Meet Program - Day 5 Prelims

**Event 42 Men 400 LC Meter Medley Relay**

Odd Heats begin at Warm-Up Pool End

Even Heats begin at Diving Board End

National: 3:56.41 8/3/2001 M.E. Lyons-OH

J Cramer, R Kauscher, P Carothers, K Nead

Meet Qualifying: 4:29.99

Lane	Team	Relay	Seed Time
<b>Heat 1 of 7 Prelims Starts at 11:03 AM</b>			
1	Brandywine-PA		3:47.43 Y
2	Winston-Salem-NC		3:46.14 Y
3	Gr. Johnstown-PA		3:45.65 Y
4	Kennett-PA		3:45.16 Y
5	Phoenixville-PA		3:45.56 Y
6	Fox Cities-WI		3:46.06 Y
7	South Oakland-MI		3:47.28 Y
8	Mid-Delmarva-MD		3:47.67 Y
<b>Heat 2 of 7 Prelims Starts at 11:07 AM</b>			
1	Laurel Highlands		3:43.44 Y
2	East Suburban-PA		3:42.97 Y
3	Pottstown-PA		3:37.01 Y
4	Hamilton Area-NJ		4:29.92
5	Westfield-NJ		3:35.78 Y
6	Catonsville-MD		3:42.66 Y
7	Mon Valley-PA		3:43.08 Y
8	Lancaster-OH		3:44.10 Y
<b>Heat 3 of 7 Prelims Starts at 11:12 AM</b>			
1	Waterbury-CT		4:29.86
2	Ocean County-NJ		4:27.97
3	Rock Hill-SC		4:27.09
4	Fayette-IL		4:26.26
5	Hunterdon-NJ		4:26.77
6	Flushing-NY		4:27.23
7	Tampa Metro-FL		4:29.29
8	Oshkosh-WI		4:29.89
<b>Heat 4 of 7 Prelims Starts at 11:16 AM</b>			
1	MetuchenED-NJ		4:25.42
2	Leaning Tower-IL		4:23.35
3	Rapid Area-MI		4:23.12
4	Ridgewood-NJ		4:20.75
5	Tri-Hampton-PA		4:22.49
6	Suncoast-FL		4:23.33
7	Blue Ash-OH		4:24.40
8	West Shore-PA		4:25.70
<b>Heat 5 of 7 Prelims Starts at 11:20 AM</b>			
1	W.North Carolina		4:13.45
2	North Shore-MA		4:11.35
3	Rappahannock-VA		4:09.11
4	Middle Tyger-SC		4:03.33
5	UpperMainLine-PA		4:08.20
6	Wyckoff-NJ		4:10.28
7	Kishwaukee-IL		4:12.90
8	Anne Arundel-MD		4:20.33

**Heat 6 of 7 Prelims Starts at 11:24 AM**

1	East Hartford-CT	4:13.07
2	Andover-MA	4:11.35
3	Montclair-NJ	4:09.08
4	SomersetValleyNJ	4:03.32
5	Wilton-CT	4:06.99
6	Boyertown-PA	4:09.44
7	B R Ryall-IL	4:12.63
8	Brandywine-De	4:13.91

**Heat 7 of 7 Prelims Starts at 11:29 AM**

1	SomersetHills-NJ	4:12.99
2	Gr. Flint-MI	4:11.11
3	Countryside-OH	4:08.60
4	Red Bank - NJ	4:03.30
5	Powel Crosley-OH	4:06.75
6	FanwoodScotch-NJ	4:09.17
7	South Family-OH	4:12.04
8	Cheshire-CT	4:13.68

**Event 21 Women 800 LC Meter Freestyle**

All heats start at Warm-up end

National: 8:56.48 7/28/2004 Leah Gingrich

Meet Qualifying: 9:46.89

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals - Swimming with Finals</b>				
1	Genevieve Miller	13	Winston-Salem-NC	9:23.75
2	Emily Launer	15	Kishwaukee-IL	9:21.34
3	Courtney Beidler	17	Tri-Hampton-PA	9:14.38
4	Kelly Ann Baird	17	Winston-Salem-NC	8:58.49
5	Laura Simon	18	Middle Tyger-SC	8:59.00
6	Megan Happ	18	UpperMainLine-PA	9:19.97
7	Rachel Wilson	18	Winston-Salem-NC	9:22.15
8	Carly Munchel	17	West Shore-PA	9:23.86
<b>Heat 2 of 5 Finals Starts at 11:35 AM</b>				
1	Kate Taylor	18	Kishwaukee-IL	9:32.62
2	Natalie Bolin	16	Oshkosh-WI	9:32.35
3	Grace Counts	15	Powel Crosley-OH	9:30.61
4	Colleen McCormack	17	North Shore-MA	9:29.67
5	Ellie Roeing	18	B R Ryall-IL	9:30.55
6	Sara Craft	15	Wyckoff-NJ	9:31.38
7	Rebecca Maher	18	DowntownYouth-CT	9:32.52
8	Valerie Jones	16	Kishwaukee-IL	9:33.57
<b>Heat 3 of 5 Finals Starts at 11:44 AM</b>				
1	Courtney Weaver	13	Gr. Flint-MI	9:43.11
2	Stephanie Nguyen	16	Cheshire-CT	9:40.59
3	Madeline Bowe	18	Piedmont-VA	9:37.10
4	Sarah Kaneshiki	16	Gr. Johnstown-PA	9:34.66
5	India Boland	15	North Shore-MA	9:35.26
6	Megan Alexander	15	North Shore-MA	9:40.57
7	Anna Blair Bullock	16	Winston-Salem-NC	9:42.13
8	Sarah Ford	18	Coffman - OH	9:43.41

**2009 YMCA National Long Course Championship, Sanction #: USAS PVA-09-****July 28 - July 31, 2009****Meet Program - Day 5 Prelims****Heat 4 Finals (#21 Women 800 LC Meter Freestyle)**

1	Claire Keithly	17	UpperMainLine-PA	10:34.36Y
2	Jamie Osborn	16	Middle Tyger-SC	10:28.32Y
3	Carrigan Eckels	14	West Shore-PA	9:46.71
4	Alexandria Koukos	15	Cheshire-CT	9:44.14
5	Claire Winkler	15	Rappahannock-VA	9:45.33
6	Carrie Chibe	18	B R Ryall-IL	10:27.57Y
7	Kimberly Kaller	17	SomersetHills-NJ	10:30.59Y
8	Grace Baird	14	Winston-Salem-NC	10:37.20Y

**Heat 5 of 5 Finals Starts at 12:03 PM**

1	Jennifer Schmitz	14	South Family-OH	10:44.54Y
2	Kelsey Reid	18	Gr. Flint-MI	10:43.80Y
3	Megan Foran	15	Red Bank - NJ	10:43.16Y
4	Carolyn Carter	16	Countryside-OH	10:41.65Y
5	Sara Pardue	16	B R Ryall-IL	10:42.62Y
6	Jennifer Rothe	17	Oshkosh-WI	10:43.59Y
7	Riley LeBlanc	15	North Shore-MA	10:43.82Y