



2011 YMCA Long Course National Swimming Championship

**July 25-29, 2011
Georgia Tech Aquatics Center**

Wednesday Finals

swim 

kastaway
SWIMWEAR

POSEIDON
Computer-Aided Drowning Detection

speedo 

2011 YMCA Long Course National Swimming Championship

Schedule of Activities

MONDAY

7:30am Pre-meet registration (until 3:00)
2:15 New Coaches Meeting – Spectator Bleachers
3:00 Scratch Box closes for 1500 Freestyle
3:00 Pre-meet Coaches Meeting-Spectator Bleachers
3:30 Pre-meet Officials Meeting – Officials Reg Room
4:15 General Warm-up – No Diving
4:30 Scratch box closes for Tuesday Events
5:00 Clear Pool, Devotions and National Anthem
5:15 Finals Begin
1500 free (men & women) – Alt W/M-fast to slow
7:30 Registration (closes 8:30)

TUESDAY PRELIMS

6:00am General Warm-up – No Diving
7:30 Time Trial Sign-up open (closes at 10:00)
7:30 Officials Meeting - Officials Registration Room
8:15 Clear Pool Devotions and National Anthem
8:30am Prelims Begin
1:00 Scratch Box Closes for Wednesday Events
TBD Time Trials – 30 minutes after prelim ends

TUESDAY FINALS

4:00pm General Warm-up – No Diving
4:30 Officials Meeting
5:00 Parade of Swimmers and Officials
***Women/Men 1500Free top 20 finishers to Awards Rm*
Devotions and National Anthem
Parade Awards Women & Men 1500 Free
5:45pm Finals Begin with C, B, A Heats
Swim Women & Men 100 Back
Swim Women 400 Free
***Women 100 Back top 20 finishers to Awards Rm*
Swim Men 400 Free
***Men 100 Back top 20 finishers to Awards Rm*
Parade Awards Women & Men 100 Back
Swim Women 50 Breast
***Women 400 Free top 20 finishers to Awards Rm*
Swim Men 50 Breast
***Men 400 Free top 20 finishers to Awards Rm*
Parade Awards Women & Men 400 Free
Swim Women 200 IM
***Women 50 Breast top 20 finishers to Awards Rm*
Swim Men 200 IM
***Men 50 breast top 20 finishers to Awards Rm*
Parade Awards Women & Men 50 Breast
Swim Women 50 Free
***Women 200 IM top 20 finishers to Awards Rm*
Swim Men 50 Free
***Men 200 IM top 20 finishers to Awards Rm*
Parade Awards Women 200 IM
***Women 50 free top 20 finishers to Awards Rm*
Parade Awards Men 200 IM
***Men 50 Free top 20 finishers to Awards Rm*
Parade Awards Women & Men 50 Free
Swim Women & Men 200 Medley Relay

WEDNESDAY PRELIMS

6:00am General Warm-up – No Diving
7:30 Time Trial Sign-up open (closes at 10:00)
7:45 Officials Meeting - Officials Registration Room
8:15 Clear Pool
Devotions and National Anthem
8:30am Prelims Begin
1:00 Scratch Box Closes for Thursday events
TBD Time Trials – 30 minutes after prelim ends

WEDNESDAY FINALS

4:00pm General Warm-up – No Diving
4:45 Officials Meeting - Officials Registration Room
5:15 Clear Pool for Finals
***Women/Men 200 MR top 20 finishers to Awards Rm*
Devotions and National Anthem
Parade Awards Women 200 Medley Relay
Parade Awards Men 200 Medley Relay
5:30pm Finals Begin with C, B, A Heats
Swim Women 800 Free Final Heat
Swim Women 100 Fly
***Women 800 Free top 20 finishers to Awards Rm*
Swim Men 100 Fly
Parade Awards Women 800 Free
Swim Women 200 Breast
***Women 100 Fly top 20 finishers to Awards Rm*
Swim Men 200 Breast
***Men 100 Fly top 20 finishers to Awards Rm*
Parade Awards Women 100 Fly
Parade Awards Men 100 Fly
Swim Women 200 Free
***Women 200 Breast top 20 finishers to Awards Rm*
Swim Men 200 Free
***Men 200 Breast top 20 finishers to Awards Rm*
Parade Awards Women 200 Breast
***Women 200 Free top 20 finishers to Awards Rm*
Parade Awards Men 200 Breast
***Men 200 Free top 20 finishers to Awards Rm*
Parade Awards Women 200 Free
Parade Awards Men 200 Free
Swim Women 400 Free Relay
Swim Men 400 Free Relay

2011 YMCA Long Course National Swimming Championship

Schedule of Activities

THURSDAY PRELIMS

- 6:00am General Warm-up – No Diving
7:30 Time Trial Sign-up open (closes at 10:00)
7:45 Officials Meeting - Officials Registration Room
8:15 Clear Pool
Devotions and National Anthem
Senior Recognition
8:30am **Prelims Begin**
1:00 Scratch Box Closes for Friday Events

THURSDAY FINALS

- 4:00pm General Warm-up – No Diving
4:45 Officials Meeting - Officials Registration Room
5:15 Clear Pool for Finals
***Women/Men 400 FR top 20 finishers to Awards Rm*
Devotions and National Anthem
Parade Awards Women 400 Free Relay
Parade Awards Men 400 Free Relay
5:30pm **Finals Begin with C, B, A Heats**
Swim Women 400 IM
Swim Men 400 IM
Swim Women 100 Free
***Women 400 IM top 20 finishers to Awards Rm*
Swim Men 100 Free
***Men 400 IM top 20 finishers to Awards Rm*
Parade Awards Women 400 IM
Parade Awards Men 400 IM
Swim Women 200 Back
***Women 100 Free top 20 finishers to Awards Rm*
Swim Men 200 Back
***Men 100 Free top 20 finishers to Awards Rm*
Parade Awards Women 100 Free
Parade Awards Men 100 Free
Swim Women 50 Fly
Women 200 Back top 20 finishers to Awards Rm
Swim Men 50 Fly
***Men 200 Back top 20 finishers to Awards Rm*
Parade Awards Women 200 Back
***Women 50 Fly top 20 finishers to Awards Rm*
Parade Awards Men 200 Back
***Men 50 Fly top 20 finishers to Awards Rm*
Parade Awards Women 50 Fly
Parade Awards Men 50 Fly
Swim Women 800 Free Relay
Swim Men 800 Free Relay
9:00 Volunteer Recognition – Invitation Only
Location: TBD

FRIDAY PRELIMS

- 6:00am General Warm-up – No Diving
7:30 Time Trial Sign-up open (closes at 10:00)
7:45 Officials Meeting - Officials Registration Room
8:15 Clear Pool
Devotions and National Anthem
Coach of the Meet Award
8:30am **Prelims Begin**

FRIDAY FINALS

- 4:00pm General Warm-up – No Diving
4:45 Official Meeting - Officials Registration Room
5:15 **Clear Pool for Finals**
***Women/Men 800 FR top 20 finishers to Awards Rm*
Devotions and National Anthem
Parade Awards Women 800 Free Relay
Parade Awards Men 800 Free Relay
5:30pm **Finals Begin with C, B, A Heats**
Swim Men 800 Free Final Heat
Swim Women 200 Free Relay
***Men 800 Free top 20 finishers to Awards Rm*
Swim Men 200 Free Relay
Parade Awards Men 800 Free
Swim Women 200 Fly
***Women 200 FR top 20 finishers to Awards Rm*
Swim Women 200 Fly
***Men 200 FR top 20 finishers to Awards Rm*
Parade Awards Women 200 Free Relay
Parade Awards Men 200 Free Relay
Swim Women 50 Back
***Women 200 Fly top 20 finishers to Awards Rm*
Swim Men 50 Back
***Men 200 Fly top 20 finishers to Awards Rm*
Parade Awards Women 200 Fly
Parade Awards Men 200 Fly
Swim Women 100 Breast
***Women 50 Back top 20 finishers to Awards Rm*
Swim Men 100 Breast
***Men 50 Back top 20 finishers to Awards Rm*
Parade Awards Women 50 Back
***Women 100 Breast top 20 finishers to Awards Rm*
Parade Awards Men 50 Back
***Men 100 Breast top 20 finishers to Awards Rm*
Parade Awards Women 100 Breast
Parade Awards Men 100 Breast
Swim Women 400 Medley Relay
***Women 400 MR top 20 finishers to Awards Rm*
Swim Men 400 Medley Relay
***Men 400 MR top 20 finishers to Awards Rm*
Parade Awards Women 400 Medley Relay
Parade Awards Men 400 Medley Relay
Parade Women's Team Award
Parade Men's Team Award
Parade Combined Team Award



YMCA of the USA National Long Course Swimming Championships

SPONSORS

Linda and John Mendell

Brandywine DE YMCA

B. R. Ryall YMCA

Donna and Bob Turner

Jim & Nancy Weaton

Good Luck to All Swimmers

Bettie Williams

National Advisory Committee

Carolyn and Jim Ryan

Betsy and Tom Warrick

The Frank Family

Joliet Jets

Andreas & Gudrun Graesser

Kauffman Family

The Mateo Family

Westfield YMCA Wave Swim
Team

The Tugaoen Family

Bill and Kathy Young

Carl and Mary Kay Youngdale

The Meet Committee would like to THANK
all of our volunteers and sponsors for their
support of this meet and YMCA swimmers.

Thank You



Special Announcements

Meet Survey: Your feedback counts! Please take the time to complete our short meet survey at the YMCA Nationals web site (listed below)

YMCA Nationals Web site: www.YMCASwimmingAndDiving.org
Results, Pictures, Survey

YMCA Coaches & Officials: www.YMCACompetitiveSwim.org

Video Streaming: Finals video replays will be available on USA-S web site after the meet

2012 Short Course National: Monday April 2 thru
Thursday April 5, 2012
Greensboro Aquatic Center,
Greensboro, North Carolina

The Coaches Advisory Committee Members:

Jack Cascino – Red Bank
Peter Wright – Middle Tyger
Dave Prutow – Tri-Hampton
Todd Marsh – Spokane
Steve Brown – Sarasota
Jeremy Bannon – M.E. Lyon
Bill Sepich – Burlington County
Brad Isham – Countryside
John Ogden – North Shore



YMCA Long Course Championship

History of Team Results

Women

2010	Middle Tyger	424	Wilton	417	Countryside	275.50
2009	Middle Tyger	616	Wilton	286	West Shore	267
2008	West Shore	466	Middle Tyger	452.50	Cheshire	282.50
2007	Middle Tyger	482	Farmington	314	Countryside	237
2006	Boyertown	488	Middle Tyger	350	UpperMainLine	307
2005	Boyertown	396	NW DuPage	245	South Family	237
2004	Central Fla	339.50	West Shore	315	Montclair	285
2003	Plymouth	441	NW DuPage	288	Middle Tyger	211
2002	Spartanburg	337	Roanoke	283	M. E. Lyons	259
2001	M. E. Lyons	349	Gamble-Nippert	337	Roanoke	315

Men

2010	Wilton	415	UpperMainLine	410.50	Countryside	232
2009	UpperMainLine	268	Red Bank	286	Wilton	236
2008	Middle Tyger	440.50	Countryside	327	Cheshire	321
2007	Middle Tyger	540	Countryside	361	New Canaan	308
2006	Middle Tyger	396	Countryside	325	UpperMainLine	303
2005	Wilton	364	Middle Tyger	261	Countryside	259
2004	Wilton	371	Darien	320.50	NW DuPage	307
2003	Wilton	445	Powel Crosley	364	Montgomery	287
2002	Powel Crosley	314	Wilton	309.50	Roanoke	256
2001	M. E. Lyons	569	Powel Crosley	462	Grand Rapids	289.50

Combined

2010	Wilton	832	Upper Main Line	610	Middle Tyger	573
2009	Middle Tyger	817	Wilton	522	UpperMainLine	497
2008	Middle Tyger	893	West Shore	691	Cheshire	603.50
2007	Middle Tyger	1022	Countryside	598	New Canaan	434
2006	Middle Tyger	746	UpperMainLine	610	Boyertown	600
2005	Wilton	581.50	Countryside	461	Boyertown	409
2004	Wilton	617	Central Fla	481.50	NW DuPage	472.50
2003	Wilton	535	Plymouth	467	NW DuPage	437.50
2002	Roanoke	539	Wilton	526.50	M. E. Lyons	504.50
2001	M. E. Lyons	918	Powel Crosley	529	Spartanburg	399

Event 309

Women 800 LC Meter Freestyle

National Record

8:55.46 Laura Simon
Middle Tyger YMCA, 2009



Defending Champion
Carly Munchel- 9:08.32
West Shore YMCA

Year	Name	Association	Time
2010	Carly Munchel	West Shore YMCA	9:08.32
2009	Laura Simon	Middle Tyger YMCA	8:55.46
2008	Laura Simon	Middle Tyger YMCA	8:59.00
2007	Caroline Smith	Winston Salem YMCA	8:59.53
2006	Sarah Broadley	Central Florida YMCA	9:02.92
2005	Sarah Broadley	Central Florida YMCA	9:02.98

Event 512

Men 800 LC Meter Freestyle

National Record

8:25.05 Ty Perkins
South Family YMCA-Kettering
2009



Defending Champion
Ty Perkins - 8:35.62
South Family YMCA-Kettering

Year	Name	Association	Time
2010	Ty Perkins	South Family YMCA	8:35.62
2009	Ty Perkins	South Family YMCA	8:25.05
2008	Travis Green	Huntington YMCA WV	8:27.55
2007	Luke Bushman	Green Bay YMCA Metro	8:28.32
2006	Justin Galbreath	South YMCA	8:28.73
2005	Justin Galbreath	South YMCA	8:28.62

Event 301

Women 100 LC Meter Butterfly

National Record

1:00.49 Leah Gingrich
West Shore-PA, 2008



Defending Champion
Kendall Farmham- 1:03.22
Anne Arundel YMCA

Year	Name	Association	Time
2010	Kendall Farmham	Anne Arundel YMCA	103.22
2009	Haley Lips	Middle Tyger YMCA	1:00.63
2008	Leah Gingrich	West Shore YMCA	1:00.49
2007	Haley Lips	Middle Tyger YMCA	1:02.37
2006	Emily Christy	Boyertown Area YMCA	1:03.32
2005	Felicia Lee	Montclair YMCA	1:02.48

Event 302

Men 100 LC Meter Butterfly

National Record

52.88 Tim Phillips
Marietta YMCA, 2009



Defending Champion
Matthew Salig- 55.49
Upper Main Line YMCA

Year	Name	Association	Time
2010	Matthew Salig	UpperMainLine YMCA	55.49
2009	Tim Phillips	Marietta YMCA	52.88
2008	Alex Smit	Countryside Ralph Stolle	56.69
2007	Andrew Stoker	Upper Main Line YMCA	57.18
2006	Todd McGraw	Huntington YMCA WV	56.71
2005	Pat Reams	South Shore YMCA	55.43

Event 303

Women 200 LC Meter Breaststroke

National Record

2:30.74 KC Moss
Wilton Family YMCA, 2009



Defending Champion
Emily Weir- 2:36.73
Wilton Family YMCA

Year	Name	Association	Time
2010	Emily Weir	Wilton YMCA	2:36.73
2009	KC Moss	Wilton Family YMCA	2:30.74
2008	Stephanie Conklin	Blue Ash Branch YMCA	2:36.68
2007	Stephanie Conklin	Blue Ash Branch YMCA	2:38.31
2006	Stephanie Conklin	Blue Ash Branch YMCA	2:37.49
2005	Shayna Longacre	Boyetown Area YMCA	2:39.53

Event 304

Men 200 LC Meter Breaststroke

National Record

2:19.22 Marty Hubbell
Countryside-OH, 1992



Defending Champion
Bill Young - 2:21.37
Western North Carolina YMCA

Year	Name	Association	Time
2010	Bill Young	Western North Carolina	2:21.37
2009	Harrison Cefalo	Red Bank Branch YMCA	2:23.41
2008	Scott Marino	Fanwood-Scotch Plains	2:24.25
2007	Justin Farra	Countryside Ralph Stolle	2:24.53
2006	MacGregor Leo	New Canaan YMCA	2:25.41
2005	Andy Dilz	Blue Ash YMCA	2:25.71

Event 305

Women 200 LC Meter Freestyle

National Record

2:00.22 Leah Gingrich
West Shore YMCA, PA 2008



Defending Champion
Shelby Fortin - 2:04.74
Wilton Family YMCA

Year	Name	Association	Time
2010	Shelby Fortin	Wilton Family YMCA	2:04.74
2009	Shelby Fortin	Wilton Family YMCA	2:04.61
2008	Haley Lips	Middle Tyger YMCA	2:05.30
2007	Melissa Helock	Fanwood-Scotch Plains	2:08.24
2006	Sarah Krone	Blue Ash YMCA	2:08.39
2005	Carly Mathes	South Family YMCA	2:06.83

Event 306

Men 200 LC Meter Freestyle

National Record

1:50.75 Tim Phillips
Marietta YMCA, 2009



Defending Champion
John Hauser- 1:55.46
Pottstown YMCA

Year	Name	Association	Time
2010	John Hauser	Pottstown YMCA	1:55.46
2009	Tim Phillips	Marietta YMCA	1:50.75
2008	Evan Reed	Upper Main Line YMCA	1:53.35
2007	Travis McNamara	Cheshire YMCA	1:54.39
2006	Evan Reed	Upper Main Line YMCA	1:55.54
2005	Gustavo Chagas	Franklin County YMCA	1:54.71

Event 307

Women 400 LC Meter Freestyle Relay

National Record

3:55.40 Middle Tyger YMCA
Middle Tyger YMCA, 2009



Defending Champion

Middle Tyger YMCA - 3:58.32
Sara Beth Drake, Katrina Konopka,
Morgan Brooks, Keelin McNamara

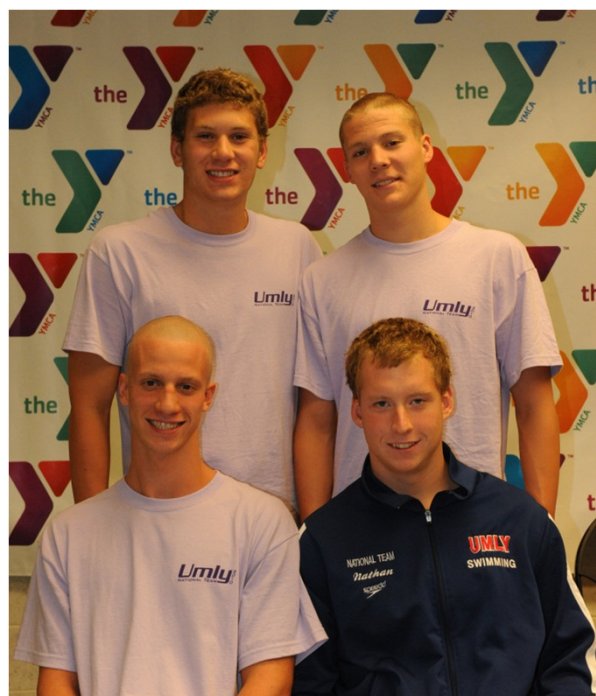
Year	Association	Time
2010	Middle Tyger YMCA	3:58.32
2009	Middle Tyger YMCA	3:55.40
2008	West Shore YMCA	3:55.59
2007	Middle Tyger YMCA	3:58.86
2006	Upper Main Line YMCA	4:01.30
2005	Boyertown Area YMCA	4:00.23

Event 308

Men 400 LC Meter Freestyle Relay

National Record

3:31.18 Upper Main Line YMCA
Upper Main Line YMCA, 2009



Defending Champion

Upper Main Line YMCA - 3:33.63
Matthew Salig, Thomas Mershon,
Tyler Rauth, Nathan Reed

Year	Association	Time
2010	Upper Main Line YMCA	3:33.63
2009	Upper Main Line YMCA	3:31.18
2008	Middle Tyger YMCA	3:33.66
2007	Middle Tyger YMCA	3:37.53
2006	Middle Tyger YMCA	3:37.00
2005	Schroeder YMCA	3:36.57

3rd Annual YMCA Virtual National Invitational Meet

Oct 15-23, 2011

**Become part of YMCA history. Join
the thousands of YMCA
swimmers to participate**

**During Oct 15-23, the local YMCA competitive swimming
community will come together in the
world's largest
YMCA Swimming Invitational Meet**

“Swim Locally – Compete Nationally”

**Teams will swim locally while competing against other YMCA
teams and YMCA swimmers from across the country**

More Information

**www.ymcaswimminganddiving.org
www.ymcacompetitiveswim.org**

2011 YMCA National Long Course Championship**July 25 - July 29, 2011****Session Report**

Session: 4 Day 3 Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	309 Women 800 Freestyle	10	1	05:30 PM	_____
Finals	301 Women 100 Butterfly	30	3u	05:41 PM	_____
	Break: 3 Minutes				
Finals	302 Men 100 Butterfly	30	3	05:49 PM	_____
	Break: 15 Minutes				
Finals	303 Women 200 Breaststroke	30	3u	06:09 PM	_____
	Break: 3 Minutes				
Finals	304 Men 200 Breaststroke	30	3u	06:23 PM	_____
	Break: 15 Minutes				
Finals	305 Women 200 Freestyle	30	3u	06:48 PM	_____
	Break: 3 Minutes				
Finals	306 Men 200 Freestyle	30	3u	06:59 PM	_____
	Break: 27 Minutes				
Finals	307 Women 400 Freestyle Relay	20	2u	07:35 PM	_____
	Break: 3 Minutes				
Finals	308 Men 400 Freestyle Relay	20	2u	07:47 PM	_____
	Swimmer Count for Warm-ups: 280	=====	=====		
	Entry / Heat Totals:	230	23		
	Finish Time			07:56 PM	_____

2011 YMCA National Long Course Championship

July 25 - July 29, 2011

Meet Program - Day 3 Finals

Event 309 Women 800 LC Meter Freestyle

National: 8:55.46 7/31/2009 Laura Simon				
Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
1	Joanna Murphy	16	Sarasota-FL	9:24.84
2	Grace Counts	17	Powel Crosley-OH	9:24.29
3	Shaylynn Spelman	15	ME Lyons-OH	9:23.55
4	India Boland	17	North Shore-MA	9:10.60
5	Emily Launer	17	Kishwaukee-IL	9:08.12
6	Kaitlyn Ferrara	16	ME Lyons-OH	9:10.57
7	Ava Jones	18	Sarasota-FL	9:15.14
8	Nicole Tronolone	16	Fayetteville-NC	9:23.56
9	Rachel Mulligan	16	Triangle Area-NC	9:24.53
10	Erin Ridge	17	ME Lyons-OH	9:26.41

Event 301 Women 100 LC Meter Butterfly

National: 1:00.49 7/30/2008 Leah Gingrich				
Lane	Name	Age	Team	Prelims
Heat 1 C - Final				
1	Jazzi Cooper	16	Wilton-CT	1:05.92
2	Brodde Lamb	18	Piedmont-VA	1:05.86
3	Sydney Bornstein	15	Hamilton Area-NJ	1:05.70
4	Alexandra Marshall	16	Northwest-NC	1:05.56
5	Caroline O'Brien	16	Wilton-CT	1:05.48
6	Morgan Perrotti	14	Suncoast-FL	1:05.56
7	Brennah Ross	18	UpperMainLine-PA	1:05.70
8	Natalie Cronk	17	Piedmont-VA	1:05.71
9	Jenna Immormino	17	SomersetHills-NJ	1:05.87
10	Morgan Carr	14	Huntington-WV	1:06.02
Heat 2 B - Final				
1	Amanda Lucia	17	Gr Holyoke-MA	1:05.36
2	Grace DiMeo	15	Sarasota-FL	1:05.12
3	Gabriella Levine	17	FanwoodScotch-NJ	1:05.01
4	Hannah James	15	Sarasota-FL	1:04.95
5	Morgan Contino	16	ME Lyons-OH	1:04.81
6	Katie Murphy	16	Wyckoff-NJ	1:04.91
7	Emily Slabe	15	Countryside-OH	1:05.00
8	Amanda McNulty	14	Middle Tyger-SC	1:05.08
9	Charlotte Ward	18	Middle Tyger-SC	1:05.26
10	Rachel Cortright	17	Ridgewood-NJ	1:05.45
Heat 3 A - Final				
1	Kate Kelly	16	Middle Tyger-SC	1:04.24
2	Sara Beth Drake	18	Middle Tyger-SC	1:04.19
3	Bailie Monahan	17	Rappahannock-VA	1:03.81
4	Elise Lankiewicz	16	Brandywine-De	1:03.37
5	Courtney Weaver	15	Gr. Flint-MI	1:02.41
6	Caitlin Casazza	15	Northwest-NC	1:02.98
7	Katy Luchansky	17	Wilton-CT	1:03.41
8	Katrina Konopka	14	Middle Tyger-SC	1:03.89
9	Maddie Zimmerman	15	UpperMainLine-PA	1:04.23
10	Tori Oslund	18	W.North Carolina	1:04.36
Alternates				
1	Erin Seiler	17	UpperMainLine-PA	1:06.12
2	Erica Fabbri	17	Tri-Hampton-PA	1:06.30

Event 302 Men 100 LC Meter Butterfly

National: 52.88 7/29/2009 Tim Phillips				
Lane	Name	Age	Team	Prelims
Heat 1 C - Final				
1	Raymond Cswerko	18	Northwest-CT	58.95
2	Joseph Connors	18	Red Bank - NJ	58.84
3	Zachary Perrotti	17	Suncoast-FL	58.81
4	Tom McKee	18	Brandywine-De	58.62
5	Jeffrey Donovin	17	SomersetValleyNJ	58.48
6	Joshua Nordike	16	Fayette-IL	58.50
7	Mike Napolitano	18	FanwoodScotch-NJ	58.72
8	Daniel Hellman	18	Red Bank - NJ	58.84
9	Christian Caveness	16	Wilmington-NC	58.90
10	Jonathan Burr	18	East Hartford-CT	59.07
Heat 2 B - Final				
1	Kyle Madley	18	SomersetHills-NJ	58.36
2	Alex Keller	16	Fayette-IL	58.21
3	Kevin Rogers	18	Triangle Area-NC	58.10
4	Justin Mehl	15	Middle Tyger-SC	58.00
5	Eric Lethander	17	Powel Crosley-OH	57.91
6	Jack Bremer	17	Anne Arundel-MD	57.92
7	Christian Josephson	17	Countryside-OH	58.04
8	David Morgan	17	Suncoast-FL	58.19
9	Matt McKenney	17	Anne Arundel-MD	58.27
10	Joe Dunn	17	FanwoodScotch-NJ	58.44
Heat 3 A - Final				
1	Eric Forrester	18	Mon Valley-PA	57.77
2	Joseph Shepley	15	Cheshire-CT	57.64
3	Austin Wolff	17	New Canaan-CT	57.46
4	Leo Lim	17	Wyckoff-NJ	57.17
5	David Ingraham	18	Middle Tyger-SC	56.59
6	Andrew Yunker	17	Gr. Flint-MI	56.99
7	Tyler Rauth	18	UpperMainLine-PA	57.40
8	Tate Warden	17	Huntington-WV	57.57
9	Kei Ishimaru	16	Kishwaukee-IL	57.70
10	Lucas Bureau	17	Laurel Highlands	57.83
Alternates				
1	Gregory Kogut	18	Anne Arundel-MD	59.10
2	Isaac Klinger	15	Greensboro-NC	59.24

Event 303 Women 200 LC Meter Breaststroke

National: 2:30.74 7/29/2009 KC Moss				
Lane	Name	Age	Team	Prelims
Heat 1 C - Final				
1	Olivia Clark	16	Wilton-CT	2:49.42
2	Keelin McNamara	17	Middle Tyger-SC	2:49.03
3	Jessica Burkett	16	West Shore-PA	2:48.77
4	Nicole Provenza	17	Anne Arundel-MD	2:48.56
5	Katie Evans	14	Greenwich-CT	2:47.56
6	Helen Park	15	Cheshire-CT	2:47.91
7	Maggie Werba	14	Oshkosh-WI	2:48.75
8	Rachel Revolinski	18	Oshkosh-WI	2:48.95
9	Elise Prayson	17	South Family-OH	2:49.33
10	Morgan Scarth	17	Wilton-CT	2:49.55

2011 YMCA National Long Course Championship

July 25 - July 29, 2011

Meet Program - Day 3 Finals

Heat 2 B - Final (#303 Women 200 LC Meter Breaststroke)

1	Izzi Woodard	15	Rock Hill-SC	2:46.80	_____
2	Valerie Jones	18	Kishwaukee-IL	2:46.64	_____
3	Seana Acker	17	Piedmont-VA	2:45.68	_____
4	Carlyn Evans	17	UpperMainLine-PA	2:45.46	_____
5	Marina Borri	17	Farmington-MI	2:45.34	_____
6	Brooke Morton	17	Central-FL	2:45.41	_____
7	Monica Milici	17	Middle Tyger-SC	2:45.67	_____
8	Olivia Leunis	16	New Canaan-CT	2:46.14	_____
9	Gabbie Pettinichi	18	ME Lyons-OH	2:46.74	_____
10	Megan Harris	18	UpperMainLine-PA	2:47.24	_____

Heat 3 A - Final

1	McKenzie Street	14	Ridley-PA	2:45.06	_____
2	Erin Dunstan	16	New Canaan-CT	2:44.06	_____
3	Megan Lattimer	18	Wilton-CT	2:43.74	_____
4	Emily Maret	18	W.North Carolina	2:42.15	_____
5	Bethany Leap	15	Sarasota-FL	2:39.36	_____
6	Meriza Werenski	15	Gr Holyoke-MA	2:39.77	_____
7	Courtney Flynn	18	East Hartford-CT	2:43.46	_____
8	Kayla Brumbaum	16	Rappahannock-VA	2:43.77	_____
9	Shannon Ahearn	17	Wilton-CT	2:44.96	_____
10	Sam Hardewig	17	ME Lyons-OH	2:45.12	_____

Alternates

1	Morgan Rulevich	14	Rock Hill-SC	2:49.75	_____
2	Hannah Snyder	17	Triangle Area-NC	2:49.85	_____

Event 304 Men 200 LC Meter Breaststroke

National: 2:19.22 1992		M. Hubbell			
Lane	Name	Age	Team	Prelims	
Heat 1 C - Final					
1	Greg Grewal	17	Lionville-PA	2:32.27	_____
2	Graham Beck	18	North Shore-MA	2:32.01	_____
3	Luke Lechner	15	W.North Carolina	2:31.64	_____
4	Conner McHugh	15	Door County-WI	2:31.16	_____
5	Bill Young	17	W.North Carolina	2:30.58	_____
6	AJ Burt	18	Powel Crosley-OH	2:30.78	_____
7	Joshua Bjornberg	17	Cheshire-CT	2:31.36	_____
8	Elliot Penson	19	S. Shore Mill-MA	2:31.69	_____
9	Luca Bassani	15	Central-FL	2:32.25	_____
10	Steven McKee	16	East Hartford-CT	2:33.20	_____

Heat 2 B - Final

1	Sean Johnson	18	SomersetValleyNJ	2:30.16	_____
2	Greg Baliko	17	FanwoodScotch-NJ	2:29.79	_____
3	Taylor Hall	16	Middle Tyger-SC	2:28.40	_____
4	Andrew McCollister	18	J.F. Hurley-NC	2:28.03	_____
5	Sam DeLise	15	Wilton-CT	2:27.56	_____
6	Zachary Mabin	15	Hamilton Area-NJ	2:27.94	_____
7	Patrick Wall	15	Sarasota-FL	2:28.29	_____
8	James Logan	18	Ridley-PA	2:29.68	_____
9	John Gartland	18	UpperMainLine-PA	2:29.95	_____
10	Jack Bremer	17	Anne Arundel-MD	2:30.43	_____

Heat 3 A - Final

1	Nate Carr	16	Huntington-WV	2:27.35	_____
2	Jacob Limaldi	14	Ocean County-NJ	2:26.84	_____
3	Timothy Lattimer	18	Wilton-CT	2:26.02	_____
4	Louis Seefeld	16	UpperMainLine-PA	2:24.64	_____
5	Jared Kauffman	18	Middle Tyger-SC	2:23.20	_____
6	John Santoro	17	New Canaan-CT	2:24.21	_____
7	Gregory Han	16	Cheshire-CT	2:25.75	_____
8	Jonathan Rutter	15	Powel Crosley-OH	2:26.76	_____
9	Colton Spark	18	Middle Tyger-SC	2:26.90	_____
10	Victor Luo	16	SomersetValleyNJ	2:27.44	_____

Alternates

1	Matthew Hooper	16	Rapid Area-MI	2:33.62	_____
2	Danny Sullivan	17	Hamilton Area-NJ	2:33.96	_____

Event 305 Women 200 LC Meter Freestyle

National: 2:00.22 8/29/2008		Leah Gingrich			
Lane	Name	Age	Team	Prelims	
Heat 1 C - Final					
1	Meredith Whisenhunt	14	Middle Tyger-SC	2:12.23	_____
2	Natalie Cronk	17	Piedmont-VA	2:11.38	_____
3	Anastasia Bogdanovski	17	FanwoodScotch-NJ	2:10.71	_____
4	Madeline Smart	16	Wilton-CT	2:10.46	_____
5	Molly Willingham	18	Middle Tyger-SC	2:10.37	_____
6	Hayley Tomlinson	17	Triangle Area-NC	2:10.40	_____
7	Ali Galyer	13	Middle Tyger-SC	2:10.63	_____
8	Caitlin Cole	17	Wilton-CT	2:11.34	_____
9	Kiera Molloy	17	Triangle Area-NC	2:11.44	_____
10	Emily Harris	14	UpperMainLine-PA	2:12.23	_____

Heat 2 B - Final

1	Sara Beth Drake	18	Middle Tyger-SC	2:10.13	_____
2	Kelsey Frantz	17	Sarasota-FL	2:09.80	_____
3	Verity Abel	15	Wilton-CT	2:09.43	_____
4	Danielle Albright	17	Tampa Metro-FL	2:09.03	_____
5	Sydney King	15	Licking-OH	2:08.77	_____
6	Ryan Alexander	15	North Shore-MA	2:08.79	_____
7	Anna Wujciak	16	Gr. Flint-MI	2:09.32	_____
8	Toireasa Rafferty-Millett	17	North Shore-MA	2:09.72	_____
9	Gabriela Gil	16	Central-FL	2:10.02	_____
10	Elise McVey	17	Middle Tyger-SC	2:10.27	_____

Heat 3 A - Final

1	India Boland	17	North Shore-MA	2:08.57	_____
2	Morgan Brooks	18	Middle Tyger-SC	2:08.40	_____
3	Megan Alexander	17	North Shore-MA	2:08.24	_____
4	Katrina Konopka	14	Middle Tyger-SC	2:07.93	_____
5	Elizabeth McDonald	17	Cheshire-CT	2:05.99	_____
6	Katy Luchansky	17	Wilton-CT	2:07.24	_____
7	Meaghan Kwarcinski	17	Gr Holyoke-MA	2:08.01	_____
8	Kaitlyn Ferrara	16	ME Lyons-OH	2:08.36	_____
9	Grace Counts	17	Powel Crosley-OH	2:08.52	_____
10	Julianne Phillips	18	Portsmouth-VA	2:08.75	_____

Alternates

1	Dana Rzewnicki	18	SomersetValleyNJ	2:12.31	_____
2	Astrid Swensen	14	North Shore-MA	2:12.35	_____

2011 YMCA National Long Course Championship**July 25 - July 29, 2011****Meet Program - Day 3 Finals****Event 306 Men 200 LC Meter Freestyle**

National: 1:50.75 7/29/2009 Tim Phillips				
Lane	Name	Age	Team	Prelims
Heat 1 C - Final				
1	Mike Johnson	17	Rappahannock-VA	1:59.74
2	Justin Stewart	18	West Shore-PA	1:59.58
3	Christian Caveness	16	Wilmington-NC	1:59.54
4	Grant Alef	18	Kishwaukee-IL	1:59.44
5	Matt Luminais	17	UpperMainLine-PA	1:59.28
6	Josh Shaffer	18	Huntington-WV	1:59.30
7	Robert Breen	18	North Shore-MA	1:59.50
8	Ryan Gajdzisz	15	FanwoodScotch-NJ	1:59.54
9	Joe Torres	15	Red Bank - NJ	1:59.73
10	Matthew Montague	18	ME Lyons-OH	1:59.79

Heat 2 B - Final

1	Connor Maher	18	Cheshire-CT	1:59.26
2	Luke Zalewski	17	Cheshire-CT	1:59.22
3	Nikita Bondarenko	16	West Cook-IL	1:58.98
4	Jason Potter	17	New Canaan-CT	1:58.66
5	Liam McKane	15	Sarasota-FL	1:58.00
6	Jack Forese	18	New Canaan-CT	1:58.25
7	Tommy Wolinski	17	Montclair-NJ	1:58.88
8	Joseph Shepley	15	Cheshire-CT	1:59.21
9	Grayson Davis	16	Triangle Area-NC	1:59.24
10	Mike Napolitano	18	FanwoodScotch-NJ	1:59.28

Heat 3 A - Final

1	Jeffrey Donovan	17	SomersetValleyNJ	1:57.10
2	Nathan Reed	19	UpperMainLine-PA	1:56.85
3	Sava Turcanu	16	Hickory -NC	1:56.46
4	Steven Zimmerman	18	Countryside-OH	1:55.94
5	Kevin Rogers	18	Triangle Area-NC	1:55.64
6	Dylan Ludwick	18	Tri-Hampton-PA	1:55.85
7	Ryan McRae	16	Suncoast-FL	1:56.44
8	Justin Mehl	15	Middle Tyger-SC	1:56.83
9	Sean Monahan	18	ME Lyons-OH	1:57.00
10	Alex Bryson	18	Fox Cities-WI	1:57.74

Alternates

1	Tommy Easley	17	ME Lyons-OH	1:59.80
2	Connor Blevins	17	Triangle Area-NC	1:59.84

Event 307 Women 400 LC Meter Freestyle Relay

National: 3:55.40 7/29/2009 Middle Tyger YMCA				
Lane	Team	Relay	Prelims	
Heat 1 B - Final				
1	Cheshire-CT		4:07.49	
2	Countryside-OH		4:07.19	
3	UpperMainLine-PA		4:05.93	
4	Gr. Flint-MI		4:05.45	
5	Suncoast-FL		4:04.55	
6	SomersetHills-NJ		4:05.21	
7	Tri-Hampton-PA		4:05.47	
8	Laurel Highlands		4:05.96	
9	Ridgewood-NJ		4:07.43	
10	B R Ryall-IL		4:07.63	

Heat 2 A - Final

1	Powel Crosley-OH	4:04.32	
2	Gr Holyoke-MA	4:03.72	
3	Northwest-NC	4:03.48	
4	Wilton-CT	4:01.84	
5	Middle Tyger-SC	3:58.13	
6	FanwoodScotch-NJ	4:00.78	
7	North Shore-MA	4:02.57	
8	Sarasota-FL	4:03.68	
9	SomersetValleyNJ	4:04.28	
10	ME Lyons-OH	4:04.47	

Alternates

1	Anne Arundel County YMC	4:07.90
2	Ocean County YMCA	4:07.91

Event 308 Men 400 LC Meter Freestyle Relay

National: 3:31.18 7/29/2009 Upper Main Line YMCA				
T Mershon, M Salig, A Seiler, N Reed				
Lane	Team	Relay	Prelims	
Heat 1 B - Final				
1	Chambersburg-PA		3:42.32	
2	Blue Ash-OH		3:41.37	
3	Wyckoff-NJ		3:41.09	
4	Countryside-OH		3:40.87	
5	North Shore-MA		3:39.85	
6	Suncoast-FL		3:39.92	
7	Red Bank - NJ		3:41.07	
8	Anne Arundel-MD		3:41.32	
9	Tri-Hampton-PA		3:41.71	
10	Wilton-CT		3:42.69	
Heat 2 A - Final				
1	ME Lyons-OH		3:39.21	
2	SomersetValleyNJ		3:38.35	
3	New Canaan-CT		3:37.85	
4	Middle Tyger-SC		3:35.57	
5	Cheshire-CT		3:33.74	
6	FanwoodScotch-NJ		3:35.52	
7	UpperMainLine-PA		3:37.09	
8	Triangle Area-NC		3:38.23	
9	Powel Crosley-OH		3:38.77	
10	Sarasota-FL		3:39.22	

Alternates

1	Greater Flint YMCA	3:42.92
2	West Shore YMCA - PA	3:43.52