

YMCA NATIONAL
LONG COURSE



CHAMPIONSHIP

INDIANAPOLIS, IN
JULY 27-31
2016

Thursday
Prelims Program
For Spectators



Participating Teams

2016 YMCA Long Course Nationals

Anderson Area YMCA (SC)	Greensboro YMCA (NC)	Racine Family YMCA (WI)
Andover North Andover YMCA (MA)	Greensburg YMCA (PA)	Rapid Area YMCA (MI)
Auglaize Mercer Counties YMCA (OH)	Greenwich YMCA (CT)	Red Bank Branch (NJ)
Bath Area Family YMCA (ME)	Grove City YMCA-PA (PA)	Regional YMCA of Western Connecticut (CT)
Bayside Branch YMCA (RI)	Hamilton Area NJ YMCA (NJ)	Ridgewood Branch OH YMCA (OH)
Beckley Raleigh County YMCA (WV)	Hampshire Regional YMCA (MA)	Ridgewood NJ YMCA (NJ)
Blue Ash Branch YMCA (OH)	Hazleton YMCA (PA)	Ridley Area YMCA (PA)
Boise Family YMCA (ID)	Hickory Foundation YMCA (NC)	Rock Hill Aquatics Center (SC)
Boyertown Area YMCA (PA)	Jennersville YMCA (PA)	Rock River Valley YMCA (IL)
Brandywine DE YMCA (DE)	Joliet YMCA (IL)	Rocky Mount Family YMCA (NC)
Brandywine PA YMCA (PA)	Juniata Valley YMCA (PA)	Somerset Hills YMCA (NJ)
Buehler YMCA (IL)	Kishwaukee Family YMCA (IL)	Somerset Valley YMCA (NJ)
Butler YMCA (PA)	Lakeland Hills Family YMCA (NJ)	Soundview Family YMCA (CT)
Cadillac Area YMCA (MI)	Lakota Family YMCA (OH)	South Family YMCA (OH)
Chambersburg Memorial YMCA (PA)	Lancaster and Fairfield YMCA (OH)	South Florida YMCA (FL)
Champaign County YMCA (IL)	Lattof International YMCA (IL)	South Shore MA YMCA (MA)
Cherokee County Family YMCA (SC)	Laurel East Hartford YMCA (CT)	Springfield Family YMCA (OH)
Cheshire YMCA (CT)	Leaning Tower YMCA (IL)	SPY Greater Annapolis YMCA (MD)
Coffman Family YMCA (OH)	Liberty Township Powell YMCA (OH)	Summit Branch YMCA (NJ)
Columbia Northwest Family YMCA (SC)	Lionville Community YMCA (PA)	Suncoast YMCA (FL)
Countryside Ralph Stolle YMCA (OH)	Lowe's YMCA (NC)	Sussex Family Branch YMCA (DE)
Door County YMCA (WI)	Macomb Family YMCA (MI)	Tri County YMCA Inc (WV)
Down East Family YMCA (ME)	Marinette Menominee YMCA (MI)	Uniontown Area YMCA (PA)
Duanesburg YMCA (NY)	ME Lyons Anderson YMCA (OH)	Upper Main Line YMCA (PA)
Edwardsville YMCA (IL)	Metuchen Edison YMCA (NJ)	Upper Perkiomen Valley YMCA (PA)
Fanwood Scotch Plains YMCA (NJ)	Miami County Ohio YMCA (OH)	West Shore YMCA (PA)
Farmington Valley Branch YMCA (CT)	Michiana YMCA (IN)	Western Branch YMCA (DE)
Fayette County Family YMCA (IL)	Middle Tyger YMCA (SC)	Western North Carolina YMCA (NC)
Foothills YMCA (CA)	Montclair YMCA (NJ)	Westfield YMCA (NJ)
Fox Cities YMCA (WI)	New Bedford YMCA (MA)	Wheeling YMCA (WV)
Frederick County YMCA (MD)	New Canaan Community YMCA (CT)	Wilkes Barre Family YMCA (PA)
Greater Flint YMCA (MI)	Newberry County Family YMCA (SC)	Wilton Family YMCA (CT)
Greater Holyoke YMCA (MA)	Newport County YMCA (RI)	Winsted Area Branch YMCA (CT)
Greater Montgomery YMCA (AL)	North Shore Sterling MA YMCA (MA)	Wyckoff Family YMCA Inc (NJ)
Greater Nashua YMCA (NH)	Northwest North Carolina YMCA (NC)	YMCA in Central Maryland (MD)
Greater Waterbury YMCA (CT)	Ocean County YMCA (NJ)	York And York County YMCA (PA)
Greater Westfield YMCA (MA)	Oshkosh Community YMCA (WI)	
Green Bay YMCA Metro (WI)	Phoenixville Branch YMCA (PA)	
Green Family YMCA (OH)	Powel Crosley Jr YMCA (OH)	

Which Fan are you?



The Seat Saver

I know I am saving the good seats, but I have friends who like to show up after the start of the session



The Screamer

I don't just cheer. I yell, screech, scream, and holler when my son swim. I'm very emotional. I have to be the loudest person in the stands or he won't hear me



The Sign Holder

Without a large sign, how will my daughter see me in the stands as she swims



The Photographer

I have an expensive camera, so I need to stand at the railing and take flash pictures at the start of my daughter's races

CHEER
CELEBRATE
INSPIRE
ENCOURAGE
RESPECT
ENJOY



The Noise Maker

I bought a horn so my son can hear my support even when his head is under water



The Respectful Spectator

I enjoy sitting with my friends but we all try to get to the stands well before the start of the session. I cheer for all the swimmers ... even swimmers from other teams who are on pace to break a record. I try to respect all the people who have volunteered to make this event a life long experience while also making sure my actions don't negatively impact the experience for other parents



**935
Swimmers**

**502 Women
433 Men**



Swimmers per Team

38 from Red Bank, NJ
37 from Chesire, CT
32 from Somerset Valley, NJ
32 from Wilton Family, CT
31 from Countryside, OH

AGE

3 Swimmers 12 years old
33 Swimmers 13 years old
75 Swimmers 14 years old
147 Swimmers 15 years old
218 Swimmers 16 years old
320 Swimmers 17 years old
148 Swimmers 18 years old



**187
Coaches**



**83
Volunteer
Officials**

40
Pre-
registered
College/
University
Coaches



2016 YMCA Long Course Nationals Meet Stats

**113
Teams**

**2870 Individual
353 Relay
1121 Pre-entered
Time Trials**

Team Size

25 teams with 1 swimmer
10 teams with 2 swimmers
6 teams with 3 swimmers
6 teams with 4 swimmers
8 Teams with 5 swimmers
9 Teams with 6 swimmers
4 Teams with 7 swimmers
6 Teams with 8 swimmers



**3223
Entries**



AL, CA, CT, DE, FL,
ID, IL, IN,
MA, MD, ME, MI,
NC, NH, NJ, NY,
OH, PA, RI, SC,
WI, WV

22 States



18 from PA
14 from OH
13 from NJ
10 from CT
9 from IL
7 from MA
6 from SC



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

June 29, 2016

On behalf of the staff and volunteers of YMCA of the USA, it is my pleasure to welcome you to Indianapolis and the 2016 YMCA National Long Course Championship.

At the Y, our youth sports programs and competitions are an essential part of our commitment to youth development. Among many other things, they impart important lessons about the value of exercise, hard work, determination and sportsmanship—lessons that last a lifetime.

These virtues will be on full and vivid display over the next few days. There will be inspiring performances, exciting finishes and countless proud moments for athletes, parents and coaches alike. Let this be a celebration of *everyone's* accomplishments and of all the hard work and support that qualifying for a national swimming championship—and realizing our full potential—requires.

We are so glad you're here. Congratulations on everything you have achieved to this point, and best of luck during this prestigious competition.

Sincerely,

Kevin Washington
President and CEO
YMCA of the USA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

June 29, 2016

As a cause-driven organization, the Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, our staff and volunteers share a singular passion and vision for providing all youth the tools and resources they need to realize their full potential and ultimately succeed in life.

When I first started working for the Y over 20 years ago, I learned that the moments when we truly get to bear witness to young people realizing their full potential – and validate all of the reasons why we “do what we do” – are rare. Those moments, however, *are not* rare here at the Long Course National Championship. In fact, *they are absolutely in abundance*.

This week, not only do we get to celebrate the accomplishments of our young people in their journeys as athletes, but we get to celebrate our collective efforts to support them in their journeys in life. Make no mistake: what we are celebrating here is nothing short of the very best of Y Youth Development.

On behalf of my colleagues at YMCA of the USA and the many devoted volunteers who have worked tirelessly to bring this great event to life, it's my great honor to *welcome all of you* – athletes, coaches, parents and family members – to Indianapolis, *congratulate you* for everything you have done to get here, and *thank you* for championing our shared cause.

With tremendous gratitude and pride,

Spencer Bonnie
National Director, Events and Sports
YMCA of the USA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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**YMCA of the USA Thanks all Volunteers and Sponsors of the 2016
National YMCA Long Course Swimming Championship for their support
of this experience for our competing athletes, families and friends.
Indianapolis, IN – July 27 - 31, 2016**

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CHAMPIONSHIP VENUE

The City of Indianapolis, Mayor Joseph H. Hogsett

Indiana University Purdue University Indianapolis, Chancellor Charles R. Bantz

I.U.P.U.I Aquatic Center,

Michael Howe, Ed Merkling, Keith Dollard, Katy Shreve,

Judy Gemmecke, Dave Thibodeau, Kelsey Wasylik, Rich Lord & Team

KEY EVENT SUPPORT

Chartwells Dining Service, Jane Whisman, Andrea Boger & Team

Take It Live Productions, Chris Lundie & Team

ProSwim Visual, Mike Comer & Team

TeamUnify, Tom Fristoe, Tim LaRoche & Team

Y Sports Housing, Mallory Norton Jacqui Drazen & Liz Foreman

Methodist Sports Medicine Team

VOLUNTEERS & Event Staff

YMCA of Greater Indianapolis, Eric Ellsworth, Gregg Hiland, Jan Clark & John Fero

All YMCA Meet and Event Volunteers

Thank You!



July 27-31, 2016

Greetings!

On behalf of the City of Indianapolis, it is my pleasure to welcome you to the 2016 YMCA National Long Course Swimming Championships.

We are excited to host such a promising group of talented young men and women. Your hard work, enthusiasm and dedication have earned you a place in this prestigious event being held in one of the United States' most celebrated aquatic facilities, the Indiana University Natatorium.

I especially commend the families for your support and encouragement of the swimmers as they work to reach their goals. It is important to have a strong support network at home as they strive to reach their dreams. Additionally, I would also like to thank and congratulate the coaches for all your efforts to teach and prepare them.

While in Indianapolis, I hope you all have time to enjoy the many world-class attractions Indianapolis has to offer. Places of interest include: the Children's Museum of Indianapolis, Indianapolis Zoo and White River Gardens, NCAA Hall of Champions and the Indianapolis Museum of Art's 100 Acre Nature Park. Summer is also a great time to enjoy the Indianapolis Cultural Trail that winds through downtown connecting dining, shopping, cultural amenities, and entertainment options in all six of our eclectic cultural districts.

Good luck to all the swimmers, and best wishes for an enjoyable competition. Enjoy your stay in Indianapolis, and come back and visit us again.

Best regards,

Joseph H. Hogsett
Mayor
City of Indianapolis



THANK YOU arena FOR HELPING US SAVE AND CHANGE LIVES!

arena Donates Swimsuits to Participants in Y's Safety Around Water Program

Access to swimsuits encourages swim program participation in underserved communities

As part of the Y's mission to help close gaps, global water instinct brand *arena* is donating 700 new swimsuits to participants in the Y's Safety Around Water program. While many children in underserved communities lack access to swimming lessons and swimming pools, an often unreported barrier is having the right swim gear when participating in swim activities.

Often times kids are embarrassed that they don't have a swimsuit when enrolled in swim programs and they end up not participating fully or don't show up for classes. *arena* is helping the Y break down those barriers by providing high quality swimwear that will help improve confidence that will only grow as they get more comfortable in and around the water.

arena, recognized as one of the premium brands of high quality swimwear and equipment, is donating a total of 7,000 swimsuits to ten Ys throughout the country as part of their effort to make swimming more accessible to all children.

"As a brand driven by a passion for all aquatic sports, the YMCA's mission to save lives through learn to swim initiatives and introduce our sport to children in every community is something that is in direct alignment with *arena*'s core values", said Steve Ozmai, Director of Marketing at *arena*. "We are honored to partner with such an iconic organization and help break down barriers for an entirely new generation of swimmers and water lovers."

According to data from the USA Swimming Foundation, 70 percent of African American and 60 percent of Hispanic children cannot swim, compared to just 40 percent of Caucasian children. While fatal drowning is a concern for all children – it's the second-leading cause of unintentional injury-related death for children ages one to 14 years old – African American children ages 5 to 14 are three times more likely to drown than their white counterparts.

Safety Around Water is a free program designed to engage and educate parents about the importance of water safety skills and provide more of America's youth access to water safety lessons. The program focuses on reaching underserved communities with a special emphasis on African American and Hispanic communities, where risk of drowning among children is highest.

Along with swimsuit donation, Ys around the country will award scholarships for free swim lessons to children in high-risk and underserved communities.

The Y introduced the concept of group swim lessons in 1909. Now, each year in 2,200 pools across the country, the Y teaches more than a million children from all backgrounds invaluable water safety and swim skills. Through Safety Around Water, the Y hopes to further bridge cultural and access gaps that can prevent some children from learning important water safety skills.

Families interested in learning more about Safety Around Water and how to enroll their child in local Y swimming and water safety classes should visit www.ymca.net/watersafety.

About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 22 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.



FOR YOUTH DEVELOPMENT®
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HAVE YOU HEARD OF HYPOXIC BLACKOUT?

DID YOU KNOW...

- Hypoxic Blackout is a condition in which the body is deprived of adequate oxygen supply.
- Hypoxic Blackout is the result of a person who engages in activities such as hyperventilation preceding underwater swimming and extended breath-holding in the water.
- Hypoxic Blackout happens very quickly and usually without warning when a swimmer engages in these dangerous activities.

TRAIN (SAFELY) LIKE A CHAMPION!

Strong, fast underwaters and a steady breathing pattern are both essential for competitive swimming success.

There are plenty of safe ways for swimmers to improve both. But there are also some training activities that are dangerous, even deadly. Without adequate oxygen, swimmers can suffer Hypoxic Blackout.

- Never hyperventilate then practice underwater kicking.
- Do not participate in underwater swimming or kicking contests.
- Do not participate in swims or underwater kicking exercises in which breathing is not allowed.

Work with your coach to incorporate safe training practices that will improve your speed and power without putting you at risk for Hypoxic Blackout.

ENJOY THE WATER SAFELY THIS SUMMER

Having a good time swimming or playing in the pool is something we all enjoy. However, enjoying the water means being safe in the water, too. Some activities may seem like a game or training but can be dangerous. Breathholding contests, underwater swimming challenges and hyperventilating before swimming are potentially deadly activities, even when performed for competitive or military training.

Be smart and do not engage in, or let your family members participate in such activities. Being confident and comfortable underwater is an essential aquatic skill. Being educated and participating only in safe breathing practices is an essential life skill.

IS YOUR SWIMMER LIFEGUARDING THIS SUMMER?

Help your child have a safe and fun summer while he or she works as a lifeguard. Educate your child about the dangers of Hypoxic Blackout. Remind him or her to be alert while on duty and prevent swimmers from attempting to hyperventilate and engage in extended breath-holding activities. Encourage them to educate patrons about the dangers of these actions. If your child sees such activities, remind them to enforce their facility's rules and intervene if they see anyone engaged in these risky behaviors.

Working as a lifeguard is a great responsibility - help make your child's summer job experience as a lifeguard a positive one they will remember for a lifetime!

Meet Committee and Volunteers

Bob Turner	Meet Director
John Mendell	Asst Meet Director - Help Desk
Tom Janszen	Assistant Meet Director
Joel Black	Meet Referee

Jim Ryan	Admissions/ Finals Parade
Bob McDowell	Announcer
Brad Bason	Awards
Donna Turner	Awards
Jamie Bloom	Coach Rep
Susan Smith	Late Coach Check-In
John Richards	Late Coach Check-In
Claudia Multer	Meet Operations
Martin Scheidl	Meet Operations
Terri Shannon	Meet Operations
Tom Warrick	Meet Operations
Paula Criel	Officials Training
Lynn Alexy	Photographer
Shawna Strasser	Photographer
Larry Chau	Photographer
Cissie Hughes	Runner
Cindy Bowe	Scratch Desk/Relay Desk
Carolyn Ryan	Ticket Sales
Betsy Warrick	Ticket Sales
Steve Lyons	Time Trials
Chuck Multer	Time Trials
Karen Janszen	Time Trials/Awards
Greg Eggert	Vendor Coordinator
KiKi Farmer	YMCA Volunteer Coordinator
Spencer Bonnie	YUSA, Event Director
Meredith Griffin	YUSA, Swimming Sports Coordinator
Audra Harris	YUSA
Robin Lee	YUSA





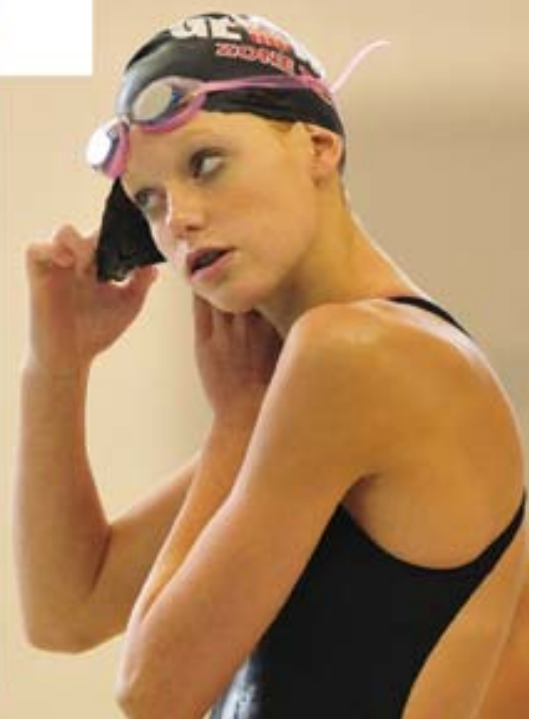
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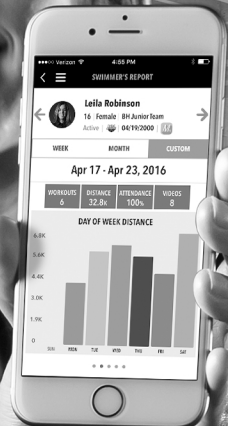
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TeamUnify Booth***

YMCA and Olympic Trials



YMCA Swimmers Competing at 2016 Olympic Trial

Hannah Aspden-Triangle Area (NC)
Kyle Aukerman-ME Lyons (OH)
Caroline Baldwin-Westfield (NJ)
Billy Beard-Upper Main Line (PA)
Karl Bishop-Cheshire (CT)
Joe Bonk-Triangle Area (NC)
Leah Braswell-York (PA)
Emily Brunneman-ME Lyons (OH)
Marie Chamberlain-Cape Cod (MA)
Drew Clark-Sarasota (FL)
Brandon Crabtree-Mission Valley (CA)
Kendra Crew-Springfield (OH)
Cailin Currie – Andover/N. Andover(MA)
Bailey Curtis-Greater Flint (MI)
Emma Curtis-Greater Flint (MI)
Ross Dant-Hickory (NC)
Thuy Dinh-Upper Main Line (PA)
Megan Elmquist-Greater Flint (MI)
Ragen Engel-Springfield (OH)
Danny Erlenmeyer-Sarasota (FL)
Kendyl Ferrara-ME Lyons (OH)
Abby Fisher-Lakeland Hills (NJ)
Josh Fleagle-Auglaize Mercer (OH)
Hali Flickinger-York (PA)
Camryn Forbes-Butler (PA)
Natalie Gallamore-Greater Flint (MI)
Ally Galyer-Middle Tyger (SC)
Danielle Galyer-Middle Tyger (SC)
Corey Gambardella-Soundview (CT)
Matthew Garcia-Sarasota (FL)
Margo Geer-Springfield (OH)
Alex Gianino-Triangle Area (NC)

Adriana Grabski-Greater Sunbury (PA)
Greg Grewal-Lionville (PA)
Bailey Grinter-Edwardsville (IL)
Robert Griswold-Ocean County (NJ)
John Hansen-Greater Flint (MI)
Courtney Harnish-York (PA)
Kaitlin Harty-Northshore (MA)
Daniel Hein-Kishwaukee (IL)
Ryan Held-Springfield (IL)
Grant House-Countryside (OH)
Nancy Hu-Sarasota (FL)
Cassy Jernberg-Schroeder (WI)
Austin Katz-Sarasota (FL)
Taylor Katz-Sarasota (FL)
Katrina Konopka-Middle Tyger (SC)
Christina Lang-Suncoast (FL)
Brayden Lauffer-Triangle Area (NC)
Meghan Lavelle-Leaning Tower (IL)
Bethany Leap-Sarasota (FL)
Benjamin Lin-Summit Area (NJ)
Adam Mania-Schroeder (WI)
David May-Cheshire (CT)
Lucas McCrory-Triangle Area (NC)
Max McHugh-Door County (WI)
Caitlynn Moon-Kishwaukee (IL)
Alex Myers-Schroeder (WI)
Jesse Novak-Somerset Valley (NJ)
Jenny Nusbaum-Triangle Area (NC)
Kacey Oberlander-York (PA)
Matthew O'Donnell-Sarasota (FL)
Carter Paige-Sarasota (FL)
Luke Papendick-Lakeland Hills (NJ)

Ky Lee Perry-Wilton (MA)
Nick Peterson-Schroeder (WI)
Tim Phillips-Marietta(OH) -Parkersburg (WV)
Aris Plamomndon-Greater Flint (MI)
Cooper Prue-Greater Flint (MI)
Amanda Quitos-Greater Flint (MI)
Shannon Rauth-Upper Main Line (PA)
Tyler Rauth-Upper Main Line (PA)
Molly Roberts-Greater Flint (MI)
Hannah Saiz-Schroeder (WI)
Katie Saloky-Greater Sunbury (PA)
Tristan Sanders-Suncoast (FL)
Olivia Schmelzer-Lancaster&Fairfield (OH)
Ashlyn Schoof-Schroeder (WI)
Emma Seiberlich-Phoenixville (PA)
Erin Sellers-Upper Main Line (PA)
Hank Siefert-Coffman (OH)
Alaina Skellett-Greater Flint (MI)
Meghan Small-York (PA)
Hannah Snyder-Triangle Area (NC)
Kevin Steel-Schroeder (WI)
Rachel Stoddard-Somerset Valley (NJ)
Lindsay Temple-Somerset Valley (NJ)
Caitlin Tycz-Bath Area (ME)
Danielle Valley-Sarasota (FL)
Zack Warner-Somerset Valley (NJ)
Sarah Welch-Northshore (MA)
James Wells-Bath Area (ME)
Katy Williams-Triangle Area (NC)
Logan Wilson-Triangle Area (NC)
Sean Workman-Edwardsville (IL)
Maddy Zimmerman-Upper Main Line (PA)

Olympic Team

Hali Flickinger

Ryan Held

Hannah Aspden (Para)

Robert Griswold (Para)

Cailin Currie (Para)



YMCA National Swimming Championship

Fun Facts

YMCA Quiz

1. What does YMCA stand for?

- a. You & Me Can Act
- b. Youth Means Canny Art
- c. Young Men's Christian Association
- d. Young Men's Common Association

2. In how many countries does it operate worldwide?

- a. 145
- b. 122
- c. 98
- d. 51

3. Where was the YMCA movement founded?

- a. London
- b. New York
- c. Paris
- d. Toronto

4. Who sang about the YMCA in 1978?

- a. The Country Bumpkins
- b. The City Dwellers
- c. The Village People
- d. The Townsfolk

5. Where was the first YMCA in the U.S.?

- a. Boston, Massachusetts
- b. Las Vegas, Nevada
- c. Boulder, Colorado
- d. Nashville, Tennessee

6. When did the YMCA become co-ed?

- a. Mid 1850's
- b. Mid 1960's
- c. Mid 1970's
- d. Mid 1980's

7. What did the YMCA pioneer the concept of?

- a. Voluntary work
- b. Internships
- c. Summer camp
- d. Night school

8. During World War I who wrote a song called "I can always find a little sunshine in the YMCA"?

- a. Sammy Cahn
- b. Irving Berlin
- c. Noel Coward
- d. George Gershwin

9. Who did the YMCA support in the internment camps during World War II?

- a. Japanese-Americans
- b. Germans
- c. Jews
- d. British

10. Which popular cartoon referenced the YMCA in one episode by making Barney (a leading character) let the local YMCA use his swimming pool?

- a. The Simpsons
- b. Boss Cat
- c. The Flintstones
- d. King of the Hill

11. What is the initiative of the YMCA called that supports those who want to lead a healthy lifestyle but struggle to do so?

- a. YMCA Always Active
- b. YMCA Activate America
- c. YMCA Acutely Aware
- d. YMCA Arousing Awareness

Answers: c, b, a, c, a, a, d, b, a, c, b



USA SWIMMING

NATIONAL JUNIOR TEAM VISION STATEMENT

"The National Junior Team Program Will Strengthen the Future Performance of
The United States Olympic Swimming Team."

2016-2017 NATIONAL JUNIOR TEAM SELECTION SUMMARY

GENERAL CRITERIA

- ❖ All team members must be registered USA Swimming members at the time of the qualifying performance.
- ❖ The athlete must be eligible to represent the U.S. in International Competition as of September 1, 2016.
- ❖ Athletes must be 18 or under on September 1, 2016.
- ❖ The National Junior Team roster will be selected according to the FINA database as of September 8, 2016 at 8am Mountain Time; if a time is not in the FINA times database as of September 8, 2016 then that time will not be considered.

PERFORMANCE CRITERIA

- ❖ To be selected to the National Junior Team, athletes must meet the General Selection Criteria. The Team will then be selected based on the following Performance Criteria:
 - Priority One:** The top two athletes in each individual Olympic event.
 - Priority Two:** The third and fourth ranked swimmer in the 100 and 200 meter long course freestyle.
 - Priority Three:** Additional FEMALE athletes who have a world ranking within, and including, the top 75 in an individual Olympic event and additional MALE athletes who have a world ranking within, and including, the top 100 in an individual Olympic event.
- ❖ Relay lead-offs, time trials, swim-offs and intermediate splits will NOT be considered.
- ❖ Long course times will be considered from January 1st, 2016 through and including August 31st, 2016 from all USA Swimming and FINA approved competitions.

ADDITIONAL CRITERIA

- ❖ A minimum of 26 men and 26 women will be selected. If after applying all the selection procedures, the team size is below 26 men or 26 women, additional athletes will be included based on their highest world ranking, as outlined above, in an individual Olympic event until 26 men or 26 women are selected to the team. In meeting the minimum team size requirements, once an event has been filled with four swimmers no additional swimmers will be added in that event.
- ❖ Maximum team size will consist of 40 men and 40 women. Should more than 40 men or 40 women meet the selection requirements, those with the highest world rankings will be selected.
- ❖ Should there be a tie, either within in individual Olympic event or amongst a world ranking in two separate individual Olympic events, which would result in an increase to the team size beyond 40 men or 40 women, then the athlete's next highest world ranking in an individual Olympic event will be used to break the tie. Should this not break the tie, the process will be continued until the tie is broken.
- ❖ Athletes who have competed in an individual Olympic event at The Olympic Games, Pan Pacific Games, or World Championships are not eligible for the National Junior Team Roster.
- ❖ Athletes will be considered regardless of year in high school, college or university as long as all other requirements are met.
- ❖ Athletes may not appear on the National Junior Team Roster and National Team Roster within the same season.

*The intent of this document is to give athletes and coaches an overview of the 2016-2017
National Junior Team selection. Any questions can be directed to Mitch Dalton at
mdalton@usaswimming.org*



USA SWIMMING

18 & Under

WORLD 100

2016-2017 18 & UNDER WORLD 100 SELECTION SUMMARY

GENERAL CRITERIA

- ❖ The athlete must be a registered USA Swimming member at the time of the qualifying performance.
- ❖ The athlete must be eligible to represent the U.S. in International Competition as of September 1, 2016.
- ❖ The athlete must be 18 or under on September 1, 2016 (born on, or after, September 2nd 1997)
- ❖ The 18 & Under World 100 list will be selected according to the FINA database as of September 8, 2016 at 8am Mountain Time; if a time is not in the FINA times database as of September 8, 2016 then that time will not be considered.

PERFORMANCE CRITERIA

- ❖ Athletes will be ranked according to their highest 18 & Under World Ranking in an individual Olympic event.
- ❖ The top ranked 50 men and top ranked 50 women, according to their highest 18 & Under World Ranking in an individual Olympic event, will be selected to the 18 & Under World 100.
- ❖ Relay lead-offs, time trials, swim-offs and intermediate splits will NOT be considered.
- ❖ Long course times will be considered from January 1st, 2016 through and including August 31st, 2016 from all USA Swimming and FINA approved competitions.

ADDITIONAL CRITERIA

- ❖ Athletes can visit the USA Swimming website to check their current highest 18 & Under World Ranking at any given point in the season.
<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2866&Alias=Rainbow&Lang=en>
Enter "Born between" dates of 02/09/1997 (September 2nd, 1997) and current date (day/month/2016)
NOTE: If an athletes name, or time, is not appearing in the data base, please contact Mitch Dalton at mdalton@usaswimming.org
- ❖ A minimum of 50 men and 50 women will be selected to the 18 & Under World 100.
- ❖ Athletes will be considered regardless of year in high school, college or university as long as all other requirements are met.

MOTIVATION FOR GENERAL GOAL

- ❖ A general goal to shoot for would be an 18 & Under World Ranking within the Top 25 in an individual Olympic event at the conclusion of the qualifying period. Posting a Top 25 18 & Under World Ranking will not automatically qualify an athlete to the 18 & Under World 100. The intent of this general goal is to give coaches and athletes a motivational tool and measuring stick.

The intent of this document is to give athletes and coaches an overview of the 2016-2017 18 & Under World 100 selection. Any questions can be directed to Mitch Dalton at mdalton@usaswimming.org

YMCA Long Course Championship

History of Team Results

Women

2015	Middle Tyger	498.5	Triangle Area	284	NW N Carolina	206.5
2014	Triangle Area	381	Countryside	372.5	York	343
2013	Middle Tyger	806	Triangle Area	519	Somerset Valley	436
2012	Middle Tyger	746	Wilton	491.5	Triangle Area	427.5
2011	Middle Tyger	666	Wilton	473	Grtr Holyoke	426
2010	Middle Tyger	424	Wilton	417	Countryside	275.5
2009	Middle Tyger	616	Wilton	286	West Shore	267
2008	West Shore	466	Middle Tyger	452.5	Cheshire	282.5
2007	Middle Tyger	482	Farmington	314	Countryside	237
2006	Boyertown	488	Middle Tyger	350	UpperMainLine	307

Men

2015	Wilton	470.5	Cheshire	403	Red Bank	310
2014	Wilton	362	Countryside	358	Ocean County	339.5
2013	Wilton	638	Middle Tyger	499	Somerset Valley	493.5
2012	Triangle Area	484	Wilton	466.5	UpperMainLine	452
2011	Middle Tyger	618	UpperMainLine	377	Cheshire	364
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

Combined

2015	Middle Tyger	739.5	Wilton	608.5	Cheshire	587
2014	Countryside	730.5	Triangle Area	666	Wilton	664
2013	Middle Tyger	1305	Triangle Area	999.5	Somerset Valley	929.5
2012	Middle Tyger	1161.5	Wilton	958	Triangle Area	911.5
2011	Middle Tyger	1284	Sarasota	659	UpperMainLine	647
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	603.5
2007	Middle Tyger	1022	Countryside	598	New Canaan	434
2006	Middle Tyger	746	UpperMainLine	610	Boyertown	600

Event 101

Women 200 LC Meter Freestyle Relay

National Record

1:45.67 Triangle Area YMCA
Triangle Area YMCA-NC, 2014



Defending Champion

Somerset Valley YMCA - 1:45.94
Holly Christensen, Alexandra Gebel,
Megan Bull, Katrina Kuhn

Year	Association	Time
2015	Somerset Valley YMCA	1:45.94
2014	Triangle Area YMCA	1:45.67
2013	Somerset Valley YMCA	1:45.97
2012	Middle Tyger YMCA	1:46.31
2011	Middle Tyger YMCA	1:47.81
2010	Stevens Point YMCA	1:49.57
2009	Anne Arundel County YMCA	1:48.29
2008	West Shore YMCA	1:48.36
2007	Middle Tyger YMCA	1:49.74
2006	Boyertown Area YMCA	1:50.19

Event 102

Men 200 LC Meter Freestyle Relay

National Record

1:33.83 Triangle Area YMCA
Triangle Area YMCA-NC, 2014



Defending Champion

Red Bank YMCA - 1:35.46
Jimmy Rush, Brian Tucker,
Tyler Kauth, Sid Farber

Year	Association	Time
2015	Red Bank YMCA	1:35.46
2014	Triangle Area YMCA	1:33.83
2013	Triangle Area YMCA	1:34.64
2012	Triangle Area YMCA	1:33.96
2011	Middle Tyger YMCA	1:36.38
2010	Upper Main Line YMCA	1:37.13
2009	Upper Main Line YMCA	1:36.84
2008	Middle Tyger YMCA	1:37.02
2007	Middle Tyger YMCA	1:37.69
2006	Upper Main Line	1:37.78

Event 201

Women 200 LC Meter Backstroke

National Record
2:10.58 Erin Voss
Greater Holyoke-MA, 2014



Defending Champion
Ali Galyer - 2:15.55
Middle Tyger YMCA

Year	Name	Association	Time
2015	Ali Galyer	Middle Tyger YMCA	2:15.55
2014	Erin Voss	Greater Holyoke YMCA	2:10.58
2013	Erin Voss	Greater Holyoke YMCA	2:15.98
2012	Remedy Rule	Waynesboro Family YMCA	2:18.22
2011	Emily Slabe	Countryside YMCA	2:17.93
2010	Justine Ress	Cheshire YMCA	2:18.34
2009	Lauren Solernou	Cheshire YMCA	2:16.39
2008	Sarah Galvin	B.R. Ryall YMCA	2:19.61
2007	Alexandrea VanOost	Elgin Taylor YMCA	2:21.63
2006	Kelly deMarrais	Somerset Valley YMCA	2:20.01

Event 202

Men 200 LC Meter Backstroke

National Record
2:01.01 Gregory Tarasevich
Central Florida Metro-FL, 2012



Defending Champion
Sean Workman - 2:03.92
Edwardsville YMCA

Year	Name	Association	Time
2015	Sean Workman	Edwardsville YMCA	2:03.92
2014	Tristan Sanders	Suncoast YMCA	2:01.68
2013	Tristan Sanders	Suncoast YMCA	2:03.04
2012	Gregory Tarasevich	Central Florida Metro YMCA	2:01.01
2011	Steven Zimmerman	Countryside YMCA	2:01.33
2010	Steven Zimmerman	Countryside YMCA	2:04.13
2009	Josh Friedel	Rappahannock YMCA	2:01.70
2008	Jim Barbieri	Countryside YMCA	2:06.11
2007	Justin Farra	Countryside Ralph Stolle	2:07.27
2006	Tom Recko	YMCA of The North Shore	2:06.88

Event 203

Women 100 LC Meter Butterfly

National Record

1:00.22 Courtney Weaver
Greater Flint-MI, 2012



Defending Champion
Megan Sichterman - 1:01.72
Countryside Ralph Stolle YMCA

Year	Name	Association	Time
2015	Megan Sichterman	Countryside YMCA	1:01.72
2014	Maddie Zimmerman	Upper Main Line YMCA	1:01.36
2013	Maddie Zimmerman	Upper Main Line YMCA	1:01.07
2012	Courtney Weaver	Greater Flint YMCA	1:00.22
2011	Courtney Weaver	Greater Flint YMCA	1:01.69
2010	Kendall Farmham	Anne Arundel YMCA	1:03.22
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	Boyetown Area YMCA	1:03.32

Event 204

Men 100 LC Meter Butterfly

National Record

52.88 Tim Phillips
Marietta YMCA, 2009



Defending Champion
David May – 55.09
Cheshire YMCA

Year	Name	Association	Time
2015	David May	Cheshire YMCA	55.09
2014	Zachary Molloy	Ocean County	55.40
2013	Justin Mehl	Middle Tyger YMCA	55.42
2012	Joe Bonk	Triangle Area YMCA	55.62
2011	David Ingraham	Middle Tyger YMCA	56.03
2010	Matthew Salig	Upper Main Line YMCA	55.49
2009	Tim Phillips	Marietta YMCA	52.88
2008	Alex Smit	Countryside	56.69
2007	Andrew Stoker	Upper Main Line YMCA	57.18
2006	Todd McGraw	Huntington YMCA WV	56.71

Event 205

Women 200 LC Meter Breaststroke

National Record
2:30.74 KC Moss
Wilton Family-CT, 2009



Defending Champion
Cha O'Leary - 2:36.41
Montclair YMCA

Year	Name	Association	Time
2015	Cha O'Leary	Montclair YMCA	2:36.41
2014	Olivia Ontjes	Triangle Area YMCA	2:34.34
2013	Savanna Faulconer	Middle Tyger YMCA	2:31.75
2012	Katie Evans	Greenwich YMCA	2:36.41
2011	Meriza Werenski	Greater Holyoke YMCA	2:36.27
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

Event 206

Men 200 LC Meter Breaststroke

National Record
2:15.96 Jonathan Rutter
Powell Crosley Jr-OH, 2014



Defending Champion
Majester Abdul-Jalil - 2:21.09
Charleston Family YMCA

Year	Name	Association	Time
2015	Majester Abdul-Jalil	Charleston Family YMCA	2:21.09
2014	Jonathan Rutter	Powell Crosley Jr YMCA	2:15.96
2013	Jonathan Rutter	Powell Crosley Jr YMCA	2:17.86
2012	Conner McHugh	Door County YMCA	2:21.97
2011	Jared Kauffman	Middle Tyger YMCA	2:22.43
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

Event 207

Women 400 LC Meter Medley Relay

National Record

4:15.06 Middle Tyger YMCA
Middle Tyger YMCA-SC, 2013



Defending Champion
Middle Tyger YMCA– 4:16.54
Ali Galyer, Jessica Horomanski,
Meredith Whisenhunt, Katrina Konopka

Year	Association	Time
2015	Middle Tyger YMCA	4:16.54
2014	York & York County YMCA	4:19.83
2013	Middle Tyger YMCA	4:15.06
2012	Middle Tyger YMCA	4:16.94
2011	Middle Tyger YMCA	4:23.04
2010	Wilton Family YMCA	4:24.14
2009	Middle Tyger YMCA	4:18.78
2008	West Shore YMCA	4:22.96
2007	Farmington Family YMCA	4:24.22
2006	Boyertown Area YMCA	4:24.11

Event 208

Men 400 LC Meter Medley Relay

National Record

3:49.13 Somerset Valley YMCA
Somerset Valley YMCA-NJ, 2013



Defending Champion
Cheshire YMCA - 3:53.13
Matthew Dagenais, David May,
Jack Doherty, Curtis Maher

Year	Association	Time
2015	Cheshire YMCA	3:53.13
2014	Somerset Valley YMCA	3:50.79
2013	Somerset Valley YMCA	3:49.13
2012	Somerset Valley YMCA	3:50.99
2011	Middle Tyger YMCA	3:54.41
2010	Upper Main Line YMCA	3:55.98
2009	Upper Main Line YMCA	3:56.31
2008	Middle Tyger YMCA	3:58.23
2007	Middle Tyger YMCA	3:58.77
2006	Ralph Stolle Countryside YMCA	3:59.88

2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 2 Prelims

Event 201 Women 200 LC Meter Backstroke

National: 2:15.38 7/29/2004 Tricia Weaner				
Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Prelims Starts at 08:30 AM				
1				
2				
3	Joyce, Lauren	16	Red Bank - NJ	2:07.98 Y
4	Heimes, Kaylee	15	U Perkiomen-PA	2:07.82 Y
5	Houtz, Sydney	14	JuniataValley-PA	2:07.86 Y
6				
7				
8				
Heat 2 of 12 Prelims Starts at 08:33 AM				
1	Claus, Abby	17	SummitBranch-NJ	2:07.80 Y
2	Stewart, Avrie	17	Marinette-MI	2:07.62 Y
3	Ament, Taylor	16	Lionville-PA	2:07.54 Y
4	Walsh, Chynna	16	SomersetValleyNJ	2:06.14 Y
5	Borrero, Kayla	15	Ocean County-NJ	2:06.17 Y
6	Edwards, Natalie	17	Edwardsville-IL	2:07.58 Y
7	Bartlett, Kelsey	17	UpperMainLine-PA	2:07.76 Y
8	Marzolf, Mallory	17	Butler-PA	2:07.81 Y
Heat 3 of 12 Prelims Starts at 08:35 AM				
1	Sweeney, Caroline	16	New Canaan-CT	2:05.85 Y
2	Schobel, Marie	16	Red Bank - NJ	2:05.63 Y
3	Alexy, Kate	17	SomersetHills-NJ	2:04.36 Y
4	Riegler, Meredith	15	SomersetHills-NJ	2:28.94
5	Colizzo, Julia	15	UpperMainLine-PA	2:28.95
6	Kiely, Katie	16	LakelandHills-NJ	2:04.59 Y
7	Wright, Katie	14	Red Bank - NJ	2:05.80 Y
8	Ganihanova, Aziza	14	SomersetValleyNJ	2:05.98 Y
Heat 4 of 12 Prelims Starts at 08:38 AM				
1	Pennington, Isabel	13	Northwest-NC	2:28.94
2	Roche, Cameron	13	Wyckoff-NJ	2:28.91
3	Holderfield, Taylor	14	Leaning Tower-IL	2:28.82
4	Nelson, Rebecca	18	Duanesburg-NY	2:28.56
5	Tarantola, Grace	14	LakelandHills-NJ	2:28.64
6	Koenig, Lily	17	Andover-MA	2:28.84
7	Jeffreys, Ashley	15	Rapid Area-MI	2:28.94
8	Trout, Riley	13	York-PA	2:28.94
Heat 5 of 12 Prelims Starts at 08:41 AM				
1	May, Sophie	17	Jennersville-PA	2:28.55
2	Cherkez, Sophia	16	Hickory -NC	2:28.45
3	Storm, Gracie	18	Countryside-OH	2:28.43
4	Culbert, Shannon	15	Ocean County-NJ	2:28.27
5	Davis, Saralynn	17	Jennersville-PA	2:28.33
6	Thomsen, Sophie	16	SummitBranch-NJ	2:28.43
7	Ty, Allyson	16	Andover-MA	2:28.46
8	Paff, Callie	16	York-PA	2:28.55

Heat 6 of 12 Prelims Starts at 08:43 AM

1	Weeks, Molly	17	Sussex-DE	2:28.11
2	Tiernan, Tara	17	Cheshire-CT	2:27.86
3	Cloutier, Cambria	16	North Shore-MA	2:27.86
4	Beal, Caroline	17	Western-CT	2:27.74
5	Biagioli, Isabella	18	Wyckoff-NJ	2:27.80
6	Buchler, Kira	16	Phoenixville-PA	2:27.86
7	Daly, Kiersten	18	Wilton-CT	2:28.08
8	Temple, Alexandra	16	SomersetValleyNJ	2:28.25

Heat 7 of 12 Prelims Starts at 08:46 AM

1	Trotter, Hailee	15	Powel Crosley-OH	2:27.27
2	Larsen, Natalie	16	Wilton-CT	2:27.09
3	Mooers, Fiona	13	South Shore, MA	2:26.95
4	Kauffman, Sam	18	Wyckoff-NJ	2:26.68
5	Ackerson, Chelsea	17	Hamilton Area-NJ	2:26.79
6	Condon, Abigail	17	New Canaan-CT	2:27.03
7	Shuppert, Emma	15	Blue Ash-OH	2:27.17
8	Ronan, Eleanor	17	North Shore-MA	2:27.27

Heat 8 of 12 Prelims Starts at 08:48 AM

1	Wilson, Allyson	16	Countryside-OH	2:26.34
2	Herman, Alison	16	SomersetValleyNJ	2:26.30
3	O'Halloran, Hannah	17	Montclair-NJ	2:26.16
4	Griffith, Beth Ann	17	ME Lyons-OH	2:25.97
5	Young, Sarah	16	Middle Tyger-SC	2:25.98
6	Dunseath, Chloe	15	ME Lyons-OH	2:26.28
7	Martin, Phoebe	15	Northwest-NC	2:26.33
8	Crater, Jackie	17	SummitBranch-NJ	2:26.59

Heat 9 of 12 Prelims Starts at 08:51 AM

1	Kahmann, Marianne	19	Countryside-OH	2:25.77
2	Basil, Caroline	18	Westfield-NJ	2:25.32
3	Rice, Nevie	18	Countryside-OH	2:24.73
4	Hsi, Audrey	16	SomersetValleyNJ	2:24.27
5	Petrak, Taylor	17	Butler-PA	2:24.55
6	Borges, Elizabeth	17	SomersetValleyNJ	2:24.94
7	Monty, Lexi	18	Fox Cities-WI	2:25.52
8	Saladin, Katy	15	Wilton-CT	2:25.88

Heat 10 of 12 Prelims Starts at 08:53 AM

1	Gingerich, Marisa	17	York-PA	2:23.69
2	Rice, Kiki	17	Oshkosh-WI	2:21.63
3	Anbar, Isabel	15	New Canaan-CT	2:20.46
4	Welch, Sarah	18	North Shore-MA	2:16.06
5	Otten, Emma	17	Countryside-OH	2:18.46
6	Skellett, Alaina	17	Gr. Flint-MI	2:20.94
7	Golba, Claire	17	South Family-OH	2:22.63
8	Chau, Jessica	17	Ridgewood-NJ	2:24.24

Heat 11 of 12 Prelims Starts at 08:56 AM

1	Caccamo, Kim	17	Wyckoff-NJ	2:23.57
2	Apostolu, Georgia	17	Ridley-PA	2:21.29
3	Mendoza, Ailee	17	Greenwich-CT	2:19.77
4	Seiberlich, Emma	17	Phoenixville-PA	2:11.59
5	Grinter, Bailey	17	Edwardsville-IL	2:17.84
6	Sigmon, Heather	17	Greensboro-NC	2:20.88
7	Horton, Bridget	17	Wyckoff-NJ	2:22.25
8	Summit, Maggie	14	North Shore-MA	2:24.21

All events- odd heats start dive well end - even heats start scoreboard end

2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 2 Prelims

Heat 12 Prelims (#201 Women 200 LC Meter Backstroke)

1	Clough, Maggie	14	Countryside-OH	2:23.15
2	Hardy, Sarah	15	MetuchenED-NJ	2:21.04
3	Ye, Athena	15	Kishwaukee-IL	2:18.97
4	Harty, Kaitlin	18	North Shore-MA	2:10.23
5	Forbes, Camryn	17	Butler-PA	2:16.75
6	Hemp, Kerrigan	14	Andover-MA	2:20.62
7	Shelly, Marget	16	Chambersburg-PA	2:21.79
8	Hofmann, Riley	16	Rapid Area-MI	2:23.79

Event 202 Men 200 LC Meter Backstroke

National: 2:01.69 7/28/2005 Patrick Schirk

Lane	Name	Age	Team	Seed	Time
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Heat 1 of 11 Prelims Starts at 09:01 AM

1					
2	McIlroy, Connor	17	Lionville-PA	1:56.59 Y	
3	Dengler, Jack	16	West Shore-PA	1:55.74 Y	
4	Scheidl, Lukas	15	SomersetHills-NJ	1:54.84 Y	
5	Baxter, Ben	18	SomersetHills-NJ	1:55.22 Y	
6	Kolenovic, Ali	16	Ridgewood-NJ	1:55.75 Y	
7	Wilson, Austin	18	Grove City-PA	1:56.91 Y	
8					

Heat 2 of 11 Prelims Starts at 09:03 AM

1	Kint, Matthew	18	York-PA	2:18.92	
2	Pierre, James	17	Butler-PA	2:18.69	
3	Jason, Charles	18	Middle Tyger-SC	2:18.60	
4	Beaulieu, Cian	16	East Hartford-CT	2:18.47	
5	Bota, Evan	14	LakelandHills-NJ	2:18.49	
6	Overbey, Scott	17	ME Lyons-OH	2:18.65	
7	Wynne, Will	17	Cheshire-CT	2:18.80	
8	Huber, Joey	17	Red Bank - NJ	1:53.84 Y	

Heat 3 of 11 Prelims Starts at 09:06 AM

1	Fox, Ben	16	Soundview-CT	2:18.43	
2	Alexy, Jack	13	SomersetHills-NJ	2:18.32	
3	Macchia, Michael	17	SomersetHills-NJ	2:18.03	
4	Williams, Nathan	15	Columbia-SC	2:17.98	
5	Young, Noah	15	Countryside-OH	2:17.99	
6	Phelps, Colton	16	Ridgewood-OH	2:18.25	
7	Christian, Jack	13	Phoenixville-PA	2:18.40	
8	Wachenfeld, Dylan	16	SomersetHills-NJ	2:18.43	

Heat 4 of 11 Prelims Starts at 09:08 AM

1	Weber, Chris	15	FarmingtonVal-CT	2:17.93	
2	Kim, Noah	17	Wyckoff-NJ	2:17.75	
3	Cromie, Tommy	16	SomersetHills-NJ	2:17.70	
4	Waterland, Daniel	16	Brandywine-DE	2:17.65	
5	Greene, Jacob	16	Northwest-NC	2:17.67	
6	Seifert, Griffin	14	Gr. Flint-MI	2:17.72	
7	Retterer, Paul	14	Red Bank - NJ	2:17.78	
8	Hua, Jonathan	16	SomersetHills-NJ	2:17.95	

Heat 5 of 11 Prelims Starts at 09:10 AM

1	Imposimato, Juan	17	South Florida-FL	2:17.50	
2	Hussey, Reid	16	Annapolis-MD	2:17.47	
3	Scalley, KJ	18	North Shore-MA	2:17.43	
4	O'Connor, Ethan	15	Bayside-RI	2:17.34	
5	Warner, Dawson	15	South Family-OH	2:17.38	
6	Hovart, Rak	17	Middle Tyger-SC	2:17.44	
7	Sionkiewicz, Nick	18	North Shore-MA	2:17.48	
8	Zmetrovich, Oliver	16	North Shore-MA	2:17.57	

Heat 6 of 11 Prelims Starts at 09:13 AM

1	Kogut, Richie	17	Annapolis-MD	2:17.07	
2	Potts, Kyle	17	Joliet - IL	2:17.03	
3	Teague, Charles	17	Brandywine-DE	2:16.87	
4	Chase, Ethan	15	Northwest-NC	2:16.54	
5	Whitcomb, Nick	16	Hampshire-MA	2:16.72	
6	Woollwever, Noah	18	BeckleyRaleighWV	2:17.00	
7	Stout, Dawson	17	Western-CT	2:17.06	
8	Chang, Eric	17	FanwoodScotch-NJ	2:17.29	

Heat 7 of 11 Prelims Starts at 09:15 AM

1	Boran, Mark	17	Hazleton-PA	2:16.23	
2	Lorenz, Michael	14	Powel Crosley-OH	2:16.05	
3	Widenhofer, Eric	15	Ridgewood-OH	2:15.98	
4	Toepfer, Nicholas	13	South Shore, MA	2:15.75	
5	Leibold, Kevin	15	South Family-OH	2:15.84	
6	Apfel, Abraham	15	Cadillac-MI	2:16.03	
7	Keh, Lucas	17	Wyckoff-NJ	2:16.21	
8	Arwood, Reid	16	W.North Carolina	2:16.46	

Heat 8 of 11 Prelims Starts at 09:17 AM

1	Stauffer, John	17	SomersetValleyNJ	2:15.49	
2	Kelley, Jimmy	17	ME Lyons-OH	2:15.42	
3	Weinman, Dakota	17	Rapid Area-MI	2:15.20	
4	Gunn, Ted	16	York-PA	2:14.59	
5	Skerjan, Remy	17	Middle Tyger-SC	2:14.71	
6	Hilliard, Carson	16	UpperMainLine-PA	2:15.41	
7	Downs-Honey, Vincent	17	Newport Co-RI	2:15.48	
8	Jeffers, Alec	16	Green Bay-WI	2:15.74	

Heat 9 of 11 Prelims Starts at 09:20 AM

1	Oland, Remington	17	Frederick-MD	2:13.73	
2	Sun, Alex	15	York-PA	2:12.68	
3	Sykes, Hugo	17	Wilton-CT	2:11.11	
4	North, Dylan	18	York-PA	2:07.59	
5	Ericksen, Jonathan	18	ME Lyons-OH	2:09.54	
6	Johnston, Ryan	18	Gr. Flint-MI	2:11.67	
7	Wagner, Matt	16	Northwest-NC	2:13.08	
8	Wright, Connor	16	Red Bank - NJ	2:14.52	

Heat 10 of 11 Prelims Starts at 09:22 AM

1	Links, Jon	18	Wyckoff-NJ	2:13.72	
2	Kabas, Jackson	18	Middle Tyger-SC	2:12.54	
3	Weeks, Jack	18	Sussex-DE	2:10.61	
4	Kauth, Tyler	18	Red Bank - NJ	2:07.37	
5	Dant, Ross	15	Hickory -NC	2:09.33	
6	Hartley, Nathaniel	17	Rock Hill-SC	2:11.60	
7	Tan, Sean	16	LakelandHills-NJ	2:12.98	
8	Hirshon, Noah	16	Foothills-CA	2:14.39	

All events- odd heats start dive well end - even heats start scoreboard end

2016 LCY Nationals

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Meet Program - Day 2 Prelims

Heat 11 Prelims (#202 Men 200 LC Meter Backstroke)

1	Ragatz, Jeff	17	Western-CT	2:13.62
2	Knorr, Ethan	15	Greensboro-NC	2:11.76
3	Wlochowski, Garrett	17	East Hartford-CT	2:10.44
4	Kealy, Jake	17	Wilton-CT	2:07.28
5	Santoro, Kevin	17	Wilton-CT	2:08.56
6	Scrivanich, Tommy	16	Wyckoff-NJ	2:11.34
7	Johnson, Jake	17	W.North Carolina	2:12.70
8	Louison, Brandon	17	Gr.Westfield-MA	2:14.09

Event 203 Women 100 LC Meter Butterfly

National: 1:00.49 7/30/2008 Leah Gingrich

Lane	Name	Age	Team	Seed Time
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Heat 1 of 15 Prelims Starts at 09:27 AM

1				
2				
3	Schaper, Macie	16	FanwoodScotch-NJ	59.06 Y
4	Hullette, Ruth	16	Hickory -NC	59.00 Y
5	Quinn, Lilly	17	Brandywine-DE	59.06 Y
6				
7				
8				

Heat 2 of 15 Prelims Starts at 09:28 AM

1				
2	Gawronski, Dia	16	Cheshire-CT	58.98 Y
3	Wilber, Emma	17	Gr.Westfield-MA	58.90 Y
4	Harter, Rayna	16	Joliet - IL	58.79 Y
5	Do, Corina	15	SomersetValleyNJ	58.79 Y
6	Schrader, Ashley	16	Suncoast-FL	58.90 Y
7	Horton, Haley	17	Greensboro-NC	58.99 Y
8				

Heat 3 of 15 Prelims Starts at 09:29 AM

1	Mullally, Gabriella	16	Oshkosh-WI	58.68 Y
2	Sealander, Ava	15	Down East-ME	58.67 Y
3	Leggett, Miranda	15	Oshkosh-WI	58.63 Y
4	Sullivan, McKaylie	12	Lionville-PA	58.55 Y
5	Pennington, Isabel	13	Northwest-NC	58.60 Y
6	Klingensmith, Elizabeth	17	Uniontown-PA	58.64 Y
7	Jones, Madison	18	Suncoast-FL	58.68 Y
8	Lechner, Ashleigh	16	W.North Carolina	58.78 Y

Heat 4 of 15 Prelims Starts at 09:30 AM

1	Krug, Emma	15	Rapid Area-MI	58.34 Y
2	Loughlin, Casey	14	Cheshire-CT	58.31 Y
3	Reilly, Maggie	14	LakelandHills-NJ	58.16 Y
4	Steward, Kara	17	Boise-ID	58.02 Y
5	Frazier, Erika	16	FanwoodScotch-NJ	58.05 Y
6	Piasecki, Maddi	15	Red Bank - NJ	58.27 Y
7	Higgins, Andrea	17	North Shore-MA	58.34 Y
8	Culbert, Shannon	15	Ocean County-NJ	58.40 Y

Heat 5 of 15 Prelims Starts at 09:31 AM

1	Torrens, Jordyn	16	ME Lyons-OH	57.86 Y
2	Ireland, Victoria	14	Red Bank - NJ	57.77 Y
3	Newnam, Anna	16	W.North Carolina	56.29 Y
4	Louie, Emily	17	SomersetValleyNJ	1:07.55
5	Slabe, Sarah	15	Countryside-OH	1:07.58
6	Schmelzer, Olivia	16	Lancaster-OH	56.93 Y
7	Tolan, Ann	17	Bath Area-ME	57.85 Y
8	Horne, Sarah	16	Wyckoff-NJ	57.89 Y

Heat 6 of 15 Prelims Starts at 09:32 AM

1	Pinto, Aidan	15	LakelandHills-NJ	1:07.52
2	Covington, Taylor	18	Cherokee-SC	1:07.47
3	Elder, Maelyn	17	York-PA	1:07.31
4	Basil, Caroline	18	Westfield-NJ	1:07.28
5	Piacentino, Victoria	15	Wilton-CT	1:07.31
6	Pappas, Erini	13	Phoenixville-PA	1:07.36
7	Wargo, Ellie	17	Cheshire-CT	1:07.50
8	DiCamillo, Lauren	15	Brandywine-PA	1:07.53

Heat 7 of 15 Prelims Starts at 09:33 AM

1	Shelly, Marget	16	Chambersburg-PA	1:07.17
2	Snover, Jessi	17	Middle Tyger-SC	1:07.13
3	Turchanik, Sarah	14	Ridgewood-OH	1:07.08
4	Van Gheem, Annah	17	Green Bay-WI	1:07.04
5	Roose, Elissa	15	Kishwaukee-IL	1:07.07
6	Wilson, Maddy	18	Rapid Area-MI	1:07.11
7	Caccamo, Kim	17	Wyckoff-NJ	1:07.13
8	Peters, Evelyn	14	Rock Hill-SC	1:07.25

Heat 8 of 15 Prelims Starts at 09:34 AM

1	Blank, Lily	14	Rapid Area-MI	1:06.92
2	Weeks, Molly	17	Sussex-DE	1:06.85
3	Horman, Alex	18	Rapid Area-MI	1:06.77
4	Tingley, Nicole	16	SummitBranch-NJ	1:06.61
5	Bernauer, Kate	16	LakelandHills-NJ	1:06.62
6	Zablocki, Bri	16	Green Bay-WI	1:06.77
7	Brewer, Lexy	18	SomersetValleyNJ	1:06.87
8	Sardis, Megan	17	SomersetValleyNJ	1:06.99

Heat 9 of 15 Prelims Starts at 09:35 AM

1	Carlin, Emilee	16	Countryside-OH	1:06.57
2	Farrell, Peyton	14	Coffman - OH	1:06.56
3	Hart, Madeline	14	ME Lyons-OH	1:06.54
4	Brown, Natalie	18	Ocean County-NJ	1:06.36
5	Chan, Zoe	16	Ridgewood-NJ	1:06.45
6	Mulcahy, Brianna	16	Red Bank - NJ	1:06.56
7	Faria, Alexis	16	LakelandHills-NJ	1:06.56
8	Francisco, Anna	17	Ocean County-NJ	1:06.59

Heat 10 of 15 Prelims Starts at 09:36 AM

1	Larsen, Natalie	16	Wilton-CT	1:06.27
2	Scott, Katherine	18	Red Bank - NJ	1:06.21
3	Subramaniam, Hannah	16	Greenwich-CT	1:05.87
4	Tyler, Alexandra	13	Cheshire-CT	1:05.82
5	Hayes, Sophie	17	Wilton-CT	1:05.84
6	Durak, Anna	16	Hickory -NC	1:06.02
7	Schlitt, Kayla	14	W.North Carolina	1:06.23
8	Connolly, Katherine	15	South Shore, MA	1:06.29

All events- odd heats start dive well end - even heats start scoreboard end

2016 LCY Nationals

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Meet Program - Day 2 Prelims

Heat 11 Prelims (#203 Women 100 LC Meter Butterfly)

1	Leko, Mia	16	Cheshire-CT	1:05.71
2	Pringle, Laura	17	Cheshire-CT	1:05.67
3	Berloco, Abbey	16	Hamilton Area-NJ	1:05.66
4	MacCausland, Heather	14	Lionville-PA	1:05.56
5	Moellering, Meredith	15	ME Lyons-OH	1:05.58
6	Scrimizzi, Kate	17	Countryside-OH	1:05.67
7	Blaakman, MaKenzie	16	Middle Tyger-SC	1:05.69
8	Hansen, Morgan	17	Phoenixville-PA	1:05.73

Heat 12 of 15 Prelims Starts at 09:38 AM

1	Giampietro, Olivia	17	Phoenixville-PA	1:05.50
2	Purcell, Kayla	17	SomersetHills-NJ	1:05.41
3	Hansen, Ginger	15	Red Bank - NJ	1:05.31
4	Manson, Kyra	17	SomersetHills-NJ	1:05.14
5	Rice, Kiki	17	Oshkosh-WI	1:05.20
6	Molloy, Marianne	17	Ocean County-NJ	1:05.37
7	Lim, Cleopatra	15	Wyckoff-NJ	1:05.42
8	Blakesley, Madison	16	Michiana-IN	1:05.53

Heat 13 of 15 Prelims Starts at 09:39 AM

1	Gallamore, Natalie	17	Gr. Flint-MI	1:04.82
2	Hardy, Sarah	15	MetuchenED-NJ	1:04.11
3	Rudolph, Maegan	17	Middle Tyger-SC	1:03.42
4	Burzynski, Monika	15	FanwoodScotch-NJ	1:01.93
5	Ilgenfritz, Emily	18	York-PA	1:03.15
6	Page, Kira	17	Western-CT	1:03.69
7	Campbell, McKenzie	15	Greensboro-NC	1:04.61
8	Laurita, Mary	17	SomersetHills-NJ	1:05.02

Heat 14 of 15 Prelims Starts at 09:40 AM

1	Tacik, Morgan	18	Northwest-NC	1:04.73
2	Bollendorf, Emily	17	Racine-WI	1:03.80
3	Cook, Cami	18	York-PA	1:03.24
4	Sichterman, Megan	17	Countryside-OH	1:01.59
5	Perrotta, Brooke	17	Cheshire-CT	1:02.33
6	Skellett, Alaina	17	Gr. Flint-MI	1:03.62
7	Fung, Darlene	15	FanwoodScotch-NJ	1:04.49
8	Jelley, Shannon	16	Countryside-OH	1:04.90

Heat 15 of 15 Prelims Starts at 09:41 AM

1	Boyer, Elizabeth	16	Cheshire-CT	1:04.72
2	Martin, Corinne	18	Northwest-NC	1:03.79
3	Hefner, Faith	15	Hickory -NC	1:03.24
4	Tycz, Caitlin	16	Bath Area-ME	1:00.81
5	Glass, Megan	15	Blue Ash-OH	1:01.96
6	Perry, Ky-lee	18	Wilton-CT	1:03.49
7	Buchmaier, Felicity	16	Rapid Area-MI	1:04.30
8	Lydzinski, Kara	17	SomersetValleyNJ	1:04.85

Event 204 Men 100 LC Meter Butterfly

National:		52.88	7/29/2009	Tim Phillips	
Lane	Name	Age	Team	Seed Time	
Heat	1 of 11 Prelims	Starts at 09:42 AM			
1					
2	Ortiz, Erwin	18	W.North Carolina	53.04	Y
3	Swartfager, Marcus	17	Grove City-PA	52.85	Y
4	Dengler, Jack	16	West Shore-PA	52.76	Y
5	Chang, Matthew	16	Red Bank - NJ	52.80	Y
6	McMurray, Keaton	15	AuglaizeMercerOH	52.97	Y
7	Morgan, Griff	17	Westfield-NJ	53.11	Y
8					
Heat	2 of 11 Prelims	Starts at 09:43 AM			
1	Oh, Joshua	17	Wyckoff-NJ	52.68	Y
2	Weeks, Jack	18	Sussex-DE	52.50	Y
3	Pokrant, Rockwell	17	Grove City-PA	51.94	Y
4	Smith, Christopher	17	Red Bank - NJ	51.19	Y
5	House, Grant	18	Countryside-OH	51.65	Y
6	Om, Joe	16	Wyckoff-NJ	52.44	Y
7	Curtis, Bailey	18	Gr. Flint-MI	52.65	Y
8	Furcon, Drew	18	Brandywine-PA	52.72	Y
Heat	3 of 11 Prelims	Starts at 09:44 AM			
1	Shimada, Tyler	16	Leaning Tower-IL	1:01.18	
2	Carlucci, Sean	16	MetuchenED-NJ	1:01.17	
3	Saddoud, Maurilio	15	Rock Hill-SC	1:01.14	
4	Roeseler, Andreas	17	Leaning Tower-IL	1:01.02	
5	Lashua, Matthew	15	GreaterNashua-NH	1:01.12	
6	Day, John	16	Northwest-NC	1:01.16	
7	Yanello, Jonathon	17	Joliet - IL	1:01.17	
8	Cromie, Tommy	16	SomersetHills-NJ	58.87	S
Heat	4 of 11 Prelims	Starts at 09:45 AM			
1	Byrd, Bryan	15	Western Br-DE	1:00.99	
2	von Autenried, Kurt	17	Hamilton Area-NJ	1:00.97	
3	Pulaski, Jon	17	Greensboro-NC	1:00.87	
4	Forst, Preston	15	Greensboro-NC	1:00.86	
5	Raub, Ethan	17	Northwest-NC	1:00.87	
6	Dixon, Brice	16	Countryside-OH	1:00.91	
7	Lenchik, Josh	16	Northwest-NC	1:00.99	
8	Pestorius, Riley	17	SomersetValleyNJ	1:00.99	
Heat	5 of 11 Prelims	Starts at 09:46 AM			
1	Thomas, Brandon	17	Uniontown-PA	1:00.77	
2	Collins, Aedan	17	Westfield-NJ	1:00.77	
3	Maldonado, Dimitri	16	Red Bank - NJ	1:00.64	
4	Ryan, Erik	17	Wilton-CT	1:00.63	
5	Shadeck, Kyle	18	Cheshire-CT	1:00.63	
6	Sandner, Michael	15	Coffman - OH	1:00.66	
7	Larsen, Christian	16	Wilton-CT	1:00.77	
8	Herfel, Garrison	17	Powel Crosley-OH	1:00.84	

All events- odd heats start dive well end - even heats start scoreboard end

2016 LCY Nationals

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Meet Program - Day 2 Prelims

Heat 6 Prelims (#204 Men 100 LC Meter Butterfly)

1	Peckmann, Alec	17	York-PA	1:00.60
2	Sanders, Matt	17	SomersetValleyNJ	1:00.52
3	Daniel, Colin	16	Westfield-NJ	1:00.43
4	Donnells, Carter	16	ME Lyons-OH	1:00.36
5	Branchflower, Jacob	18	Western-CT	1:00.41
6	Escott, Ivan	16	Boyetown-PA	1:00.44
7	Koul, Raveesh	17	SomersetHills-NJ	1:00.60
8	Berger, Mark	16	SummitBranch-NJ	1:00.62

Heat 7 of 11 Prelims Starts at 09:48 AM

1	Nguyen, Olivier	18	Brandywine-PA	1:00.27
2	Shao, Alan	14	FanwoodScotch-NJ	1:00.17
3	Neverman, Kaiser	14	Green Bay-WI	1:00.06
4	Fitzpatrick, Ryan	18	SomersetValleyNJ	59.95
5	Kirkby, James	17	UpperMainLine-PA	1:00.03
6	Puglessi, Ben	16	Rapid Area-MI	1:00.07
7	Stollings, Tim	15	Tri-County-WV	1:00.25
8	Ty, Darren	18	Andover-MA	1:00.34

Heat 8 of 11 Prelims Starts at 09:49 AM

1	Park, Joseph	17	Leaning Tower-IL	59.90
2	Losee, KJ	14	Rapid Area-MI	59.88
3	Puglessi, Joey	18	Rapid Area-MI	59.83
4	Poletta, Dominic	17	Green Family-OH	59.62
5	Palpallatoc, Josh	17	Ridgewood-NJ	59.79
6	Burge, Ethan	14	Newberry-SC	59.83
7	Ambrose, Adam	18	Cheshire-CT	59.90
8	Rastelli, Alex	18	South Shore, MA	59.91

Heat 9 of 11 Prelims Starts at 09:50 AM

1	Walker, Lexo	17	Wilton-CT	59.31
2	Pressly, John	17	Frederick-MD	58.94
3	Ehlinger, Ryan	17	Green Bay-WI	58.13
4	Burns, Brendan	15	UpperMainLine-PA	56.33
5	Smith, Teddy	18	Red Bank - NJ	57.80
6	Rice, Jade	17	SomersetHills-NJ	58.62
7	Hawke, Sam	18	UpperMainLine-PA	59.22
8	Kealy, Jake	17	Wilton-CT	59.55

Heat 10 of 11 Prelims Starts at 09:51 AM

1	Zablocki, Jackie	17	Green Bay-WI	59.29
2	Karschnik, Jonah	13	ME Lyons-OH	58.87
3	Strasser, Alex	18	Greensboro-NC	57.93
4	Gambardella, Corey	17	Soundview-CT	54.97
5	McKenrick, Brian	17	UpperMainLine-PA	56.96
6	Otterbein, Jake	18	SomersetValleyNJ	58.47
7	Dobson, Chet	16	Blue Ash-OH	59.18
8	Shilts, Alex	15	Champaign-IL	59.53

Heat 11 of 11 Prelims Starts at 09:52 AM

1	Burt, Carson	17	Powel Crosley-OH	59.28
2	Halpin, Liam	17	South Family-OH	58.70
3	Fortman, Alex	18	Blue Ash-OH	57.91
4	Beard, Billy	18	UpperMainLine-PA	54.77
5	Doherty, Jack	18	Cheshire-CT	56.70
6	DiGiaro, Zach	18	Red Bank - NJ	58.30
7	Lance, Patrick	17	Boyetown-PA	59.18
8	Scripp, Ryan	18	Green Bay-WI	59.48

Event 205 Women 200 LC Meter Breaststroke

National: 2:30.74 7/29/2009		KC Moss		
Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Prelims	Starts at 09:52 AM			
1	Nawrocki, Alexandra	15	Cheshire-CT	2:27.95 Y
2	Solin, Julia	18	Wyckoff-NJ	2:27.89 Y
3	McGovern, Emily	17	SummitBranch-NJ	2:27.64 Y
4	Wendelschaefer, Kimmi	18	Grove City-PA	2:27.19 Y
5	Tray, Zoe	13	Cheshire-CT	2:27.52 Y
6	Mowad, Maddy	16	Cheshire-CT	2:27.84 Y
7	Roesch, Natalie	16	Oshkosh-WI	2:27.91 Y
8				
Heat 2 of 11 Prelims	Starts at 09:55 AM			
1	Portolese, Stephanie	17	Michiana-IN	2:26.87 Y
2	Ericksen, Bryn	16	Countryside-OH	2:26.48 Y
3	Rogers, Michaela	17	Middle Tyger-SC	2:26.13 Y
4	Greene, Sara	14	Rock Hill-SC	2:25.83 Y
5	Nappi, Julia	13	Red Bank - NJ	2:26.08 Y
6	Holmquist, Ellen	14	Wilton-CT	2:26.39 Y
7	Mudry, Vivian	13	Soundview-CT	2:26.48 Y
8	Stevens, Ellesse	18	Lowes-NC	2:26.88 Y
Heat 3 of 11 Prelims	Starts at 09:58 AM			
1	McQueary, Gracyn	17	ME Lyons-OH	2:25.28 Y
2	Cabaron, Gabrielle	17	Ocean County-NJ	2:24.09 Y
3	Tepe, Kerry	17	Powel Crosley-OH	2:23.29 Y
4	Byers, Sarah Grace	15	Middle Tyger-SC	2:23.07 Y
5	Morel, Rebecca	16	SomersetHills-NJ	2:23.21 Y
6	Christuk, Catherine	15	North Shore-MA	2:23.89 Y
7	Cooper, Katie	16	SomersetValleyNJ	2:24.72 Y
8	Monaghan, Caroline	15	Red Bank - NJ	2:25.65 Y
Heat 4 of 11 Prelims	Starts at 10:01 AM			
1	Rudy, Gabrielle	17	Ridley-PA	2:20.37 Y
2	Breay, Madeline	16	Rapid Area-MI	2:51.34
3	DiBetta, Casadie	12	Wheeling-WV	2:51.27
4	Jones, Abbie	18	Butler-PA	2:51.24
5	McMurray, Jessie	14	York-PA	2:51.24
6	Fuller, Shelbey	14	Rock Hill-SC	2:51.31
7	Harnish, Meaghan	12	York-PA	2:51.35
8	Nicklas-Morris, Emma	18	Northwest-NC	2:21.30 Y
Heat 5 of 11 Prelims	Starts at 10:03 AM			
1	Ryan, Lauren	18	Rapid Area-MI	2:50.99
2	Wootton, Amelia	17	Western-CT	2:50.87
3	Lumino, Sophia	15	North Shore-MA	2:50.42
4	Athanas, Elizabeth	14	North Shore-MA	2:50.35
5	Forsthoeft, Madison	16	ME Lyons-OH	2:50.37
6	Wager, Amanda	15	North Shore-MA	2:50.64
7	Krivitsky, Victoria	17	South Shore, MA	2:50.87
8	Capro, Emma	18	Ocean County-NJ	2:51.09

All events- odd heats start dive well end - even heats start scoreboard end

2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 2 Prelims

Heat 6 Prelims (#205 Women 200 LC Meter Breaststroke)

1	Turcanu, Maria	17	Hickory -NC	2:50.06
2	Macco, Emily	17	Green Bay-WI	2:49.90
3	Johnstone, Kelsey	18	Gr.Westfield-MA	2:49.63
4	Overbey, Kate	15	ME Lyons-OH	2:49.50
5	Schienvar, Karin	18	Red Bank - NJ	2:49.55
6	Szum, Katie	16	Andover-MA	2:49.82
7	Mutter, Meredith	14	Lionville-PA	2:50.06
8	Mozoki, Olivia	15	South Shore, MA	2:50.11

Heat 7 of 11 Prelims Starts at 10:09 AM

1	Bushelman, Mollie	18	ME Lyons-OH	2:49.11
2	Horton, Bridget	17	Wyckoff-NJ	2:49.03
3	Grenoble, Madi	16	Lionville-PA	2:48.89
4	Dunnigan, Lilia	15	FarmingtonVal-CT	2:48.74
5	Foltz, Grace	15	Fayette-IL	2:48.76
6	Weinstein, Anna	14	Western-CT	2:48.90
7	Markey, Chloe	16	SummitBranch-NJ	2:49.35
8	Cabiling, Tara	14	Suncoast-FL	2:49.46

Heat 8 of 11 Prelims Starts at 10:12 AM

1	D'Allegro, Michelle	16	SomersetValleyNJ	2:48.53
2	Engel, Addie	14	Springfield-OH	2:48.23
3	Herman, Alison	16	SomersetValleyNJ	2:47.97
4	Sunseri, Mia	13	Wheeling-WV	2:47.59
5	Joram, Sarah	17	Northwest-NC	2:47.84
6	Gilliland, Virginia	16	Greensboro-NC	2:48.20
7	Kurtz, Lily	17	Cheshire-CT	2:48.31
8	D'Allegro, Jenna	17	SomersetValleyNJ	2:48.58

Heat 9 of 11 Prelims Starts at 10:14 AM

1	Mendelson, Emily	17	Western-CT	2:46.90
2	Nolte, Nikolette	16	Boyertown-PA	2:45.25
3	Thomae, Victoria	16	Edwardsville-IL	2:44.46
4	Colwell, Lizzy	16	New Canaan-CT	2:38.48
5	Moore, Sophia	14	Greenwich-CT	2:40.52
6	Hunt, Megan	17	York-PA	2:44.96
7	Gass, Claire	14	AuglaizeMercerOH	2:46.10
8	Keck, Jensen	18	Kishwaukee-IL	2:47.23

Heat 10 of 11 Prelims Starts at 10:17 AM

1	Schellenboom, Jessica	14	Rapid Area-MI	2:46.89
2	Sutter, Olivia	14	W.North Carolina	2:45.24
3	Regan, Grace	17	Western-CT	2:43.41
4	Holmquist, Emma	18	Wilton-CT	2:37.72
5	Zukowski, Brooke	17	Butler-PA	2:40.00
6	Senese, Cetta	15	Joliet - IL	2:44.88
7	Eisenhauer, Victoria	14	LakelandHills-NJ	2:45.77
8	Page, Emma	17	W.North Carolina	2:47.11

Heat 11 of 11 Prelims Starts at 10:20 AM

1	Joyce, Alaina	16	Greensboro-NC	2:46.85
2	Gary, Bella	13	Wilton-CT	2:45.01
3	Martin, Anna	16	Ridgewood-OH	2:42.48
4	O'Leary, Cha	18	Montclair-NJ	2:36.41
5	Bull, Megan	17	SomersetValleyNJ	2:39.93
6	Francis, Abby	15	East Hartford-CT	2:44.49
7	Austin, Tori	16	South Shore, MA	2:45.71
8	Hastings, Liela	14	Wilton-CT	2:46.93

Event 206 Men 200 LC Meter Breaststroke

National: 2:19.22 1992		M. Hubbell		
Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Prelims Starts at 10:22 AM				
1				
2	Amato, Chandler	17	SomersetValleyNJ	2:13.22 Y
3	Doyle, Ben	14	Lionville-PA	2:12.30 Y
4	Lewis, Edward	15	Lancaster-OH	2:11.98 Y
5	Li, Michael	17	Western-CT	2:12.18 Y
6	Snyder, Will	17	Northwest-NC	2:12.89 Y
7	Om, Joe	16	Wyckoff-NJ	2:13.35 Y
8				
Heat 2 of 9 Prelims Starts at 10:25 AM				
1	Wolfram, Vinnie	17	Coffman - OH	2:10.90 Y
2	Foster, Sean	16	SomersetHills-NJ	2:09.87 Y
3	Holmes, Cooper	18	Down East-ME	2:09.31 Y
4	Yahi, Anis	18	Northwest-NC	2:37.99
5	Dela Cruz, Dylan	15	Ocean County-NJ	2:08.16 Y
6	Warren, Steven	16	Westfield-NJ	2:09.63 Y
7	Bebel, Ryan	16	Westfield-NJ	2:10.09 Y
8	Kincade, Joel	17	SomersetValleyNJ	2:11.16 Y
Heat 3 of 9 Prelims Starts at 10:27 AM				
1	Wu, Christopher	15	Cheshire-CT	2:37.85
2	Hanley, Rhys	17	SomersetValleyNJ	2:37.53
3	Regan, Billy	15	Western-CT	2:37.42
4	Cook, Sean	14	Ocean County-NJ	2:37.28
5	Dupree, Benjamin	14	Red Bank - NJ	2:37.33
6	Herndon, Craig	15	Greensboro-NC	2:37.47
7	Bolesta, Logan	17	Frederick-MD	2:37.62
8	Vess, John	14	W.North Carolina	2:37.96
Heat 4 of 9 Prelims Starts at 10:30 AM				
1	Rexroth, Brian	17	Springfield-OH	2:36.85
2	Guenther, Nathaniel	17	Lattof-IL	2:36.75
3	Meng, Ryan	16	Red Bank - NJ	2:36.63
4	Scheer, Jon	18	Rapid Area-MI	2:36.57
5	Dovolani, Bexhet	17	Wilton-CT	2:36.60
6	Rohweder, Andrew	16	Green Family-OH	2:36.70
7	Zmetrovich, Oliver	16	North Shore-MA	2:36.76
8	Schlehr, Teddy	17	Countryside-OH	2:37.26
Heat 5 of 9 Prelims Starts at 10:33 AM				
1	Hansen, Jonathan	18	Gr. Flint-MI	2:36.45
2	Kotlyar, Michael	15	New Canaan-CT	2:36.21
3	Zablocki, Jackie	17	Green Bay-WI	2:35.94
4	Hudgins, Jacob	15	Andover-MA	2:35.80
5	Fricker, Matthew	15	LakelandHills-NJ	2:35.80
6	Ro, Andrew	18	Wyckoff-NJ	2:36.16
7	Alstott, David	16	Soundview-CT	2:36.25
8	Simunek, Joseph	18	SomersetValleyNJ	2:36.56

All events- odd heats start dive well end - even heats start scoreboard end

2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 2 Prelims

Heat 6 Prelims (#206 Men 200 LC Meter Breaststroke)

1	Fore, Dylan	15	Northwest-NC	2:35.72
2	Sun, Alex	15	York-PA	2:35.43
3	Bernard, Jon	15	Countryside-OH	2:34.81
4	Pidde, Tyler	17	Rock River-IL	2:34.67
5	Rutter, Christopher	18	Powel Crosley-OH	2:34.71
6	Petrillo, Danny	17	SomersetValleyNJ	2:35.21
7	Berger, Brandon	15	Wilton-CT	2:35.65
8	Skimmons, Joseph	18	Red Bank - NJ	2:35.79

Heat 7 of 9 Prelims Starts at 10:38 AM

1	Tenbarge, Luke	16	Blue Ash-OH	2:34.55
2	Jay, Kevin	18	UpperMainLine-PA	2:33.13
3	Madalena, Cory	17	East Hartford-CT	2:31.44
4	Bondarowicz, Chris	17	FanwoodScotch-NJ	2:23.58
5	Baecker, Zach	17	Coffman - OH	2:28.92
6	Sun, Gary	16	LakelandHills-NJ	2:32.19
7	Klippel, Alexander	18	SomersetHills-NJ	2:34.12
8	Stanek, Mitchell	17	W.North Carolina	2:34.66

Heat 8 of 9 Prelims Starts at 10:40 AM

1	Reerink, Willem	17	Red Bank - NJ	2:34.35
2	Sepuca, Joseph	16	Wilton-CT	2:32.80
3	Cashell, Dan	16	Powel Crosley-OH	2:29.96
4	Clayton, Connor	18	Middle Tyger-SC	2:23.55
5	Brockman, Blake	17	Powel Crosley-OH	2:25.37
6	Anderson, Jarod	17	West Shore-PA	2:31.63
7	Kelleher, Matthew	19	South Family-OH	2:33.58
8	Haller, Nicholas	17	ME Lyons-OH	2:34.60

Heat 9 of 9 Prelims Starts at 10:43 AM

1	Fales, Wesley	17	Wilton-CT	2:34.26
2	Driscoll, Robert	18	Cheshire-CT	2:32.45
3	Fallon, Matt	13	SomersetValleyNJ	2:29.70
4	Abdul-Jalil, Majester	16	Tri-County-WV	2:21.09
5	McHugh, Maxwell	16	Door County-WI	2:24.82
6	Cheruk, Noah	16	Wilton-CT	2:31.58
7	Lynch, Jack	17	Wilton-CT	2:33.46
8	Fry, Blake	14	Lancaster-OH	2:34.57

Event 207 Women 400 LC Meter Medley Relay

National: 4:18.78 7/31/2009 Middle Tyger YMCA

K Crawford, C Fore, H Lips, R Carne

Lane	Team	Relay	Seed Time
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Heat 1 of 6 Prelims Starts at 10:45 AM

1			
2			
3	South Family-OH		3:58.46 Y
4	Kishwaukee-IL		3:57.43 Y
5	Western Br-DE		3:57.82 Y
6			
7			
8			

Heat 2 of 6 Prelims Starts at 10:50 AM

1	Greenwich-CT	3:55.27 Y
2	Bath Area-ME	3:48.74 Y
3	East Hartford-CT	4:36.57
4	LakelandHills-NJ	4:36.00
5	Powel Crosley-OH	4:36.10
6	Andover-MA	4:37.09
7	Gr. Flint-MI	3:50.35 Y
8		

Heat 3 of 6 Prelims Starts at 10:54 AM

1	Suncoast-FL	4:35.70
2	Rock Hill-SC	4:35.65
3	South Shore, MA	4:35.52
4	Leaning Tower-IL	4:35.18
5	Oshkosh-WI	4:35.27
6	Green Bay-WI	4:35.54
7	SummitBranch-NJ	4:35.66
8	W.North Carolina	4:35.77

Heat 4 of 6 Prelims Starts at 10:59 AM

1	Northwest-NC	4:32.27
2	Wilton-CT	4:29.58
3	Western-CT	4:28.76
4	Countryside-OH	4:25.52
5	SomersetValleyNJ	4:26.77
6	Red Bank - NJ	4:29.29
7	Blue Ash-OH	4:31.75
8	Hamilton Area-NJ	4:34.71

Heat 5 of 6 Prelims Starts at 11:04 AM

1	Ocean County-NJ	4:32.14
2	Hickory -NC	4:29.35
3	ME Lyons-OH	4:28.01
4	FanwoodScotch-NJ	4:25.25
5	York-PA	4:26.21
6	Rapid Area-MI	4:29.10
7	Lionville-PA	4:30.70
8	Middle Tyger-SC	4:34.31

Heat 6 of 6 Prelims Starts at 11:08 AM

1	Montclair-NJ	4:31.82
2	SomersetHills-NJ	4:29.29
3	Greensboro-NC	4:26.92
4	Phoenixville-PA	4:23.38
5	North Shore-MA	4:25.69
6	Cheshire-CT	4:29.01
7	New Canaan-CT	4:29.59
8	Wyckoff-NJ	4:33.00

All events- odd heats start dive well end - even heats start scoreboard end

2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 2 Prelims

Event 208 Men 400 LC Meter Medley Relay**National: 3:56.31 7/31/2009 Upper Main Line YMCA****T Mershon, A Seiler, M Salig, N Reed**

Lane	Team	Relay	Seed Time
Heat 1 of 5 Prelims Starts at 11:16 AM			
1			
2			
3	Frederick-MD		3:36.77 Y
4	Lionville-PA		3:34.68 Y
5	Down East-ME		3:36.58 Y
6			
7			
8			
Heat 2 of 5 Prelims Starts at 11:20 AM			
1	South Florida-FL		4:14.46
2	Ridgewood-OH		4:13.70
3	Hamilton Area-NJ		4:12.70
4	York-PA		4:11.38
5	Joliet - IL		4:11.89
6	W.North Carolina		4:13.05
7	Leaning Tower-IL		4:14.03
8	Gr. Flint-MI		3:30.08 Y
Heat 3 of 5 Prelims Starts at 11:25 AM			
1	South Family-OH		4:10.71
2	Greensboro-NC		4:08.21
3	ME Lyons-OH		4:05.62
4	FanwoodScotch-NJ		4:02.23
5	Cheshire-CT		4:04.63
6	SomersetValleyNJ		4:06.89
7	Blue Ash-OH		4:09.34
8	LakelandHills-NJ		4:11.11
Heat 4 of 5 Prelims Starts at 11:29 AM			
1	Wyckoff-NJ		4:09.64
2	Green Bay-WI		4:07.93
3	SomersetHills-NJ		4:05.41
4	Red Bank - NJ		3:59.29
5	Coffman - OH		4:04.47
6	Middle Tyger-SC		4:06.73
7	Northwest-NC		4:09.00
8	Western-CT		4:10.98
Heat 5 of 5 Prelims Starts at 11:33 AM			
1	Westfield-NJ		4:09.40
2	Rapid Area-MI		4:07.14
3	Wilton-CT		4:04.81
4	UpperMainLine-PA		3:56.84
5	Powel Crosley-OH		4:02.97
6	Countryside-OH		4:06.55
7	East Hartford-CT		4:08.64
8	New Canaan-CT		4:10.95

All events- odd heats start dive well end - even heats start scoreboard end