

**YMCA**  
LONG COURSE **NATIONAL**



**CHAMPIONSHIP**

INDIANAPOLIS, IN

JULY 27-31

**2016**

**Friday**  
**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)	

# CHAMPIONSHIP SPONSORS

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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

All YMCA Meet and Event Volunteers

# Thank You!

YMCA OF THE USA

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# **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.

Oftentimes 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.

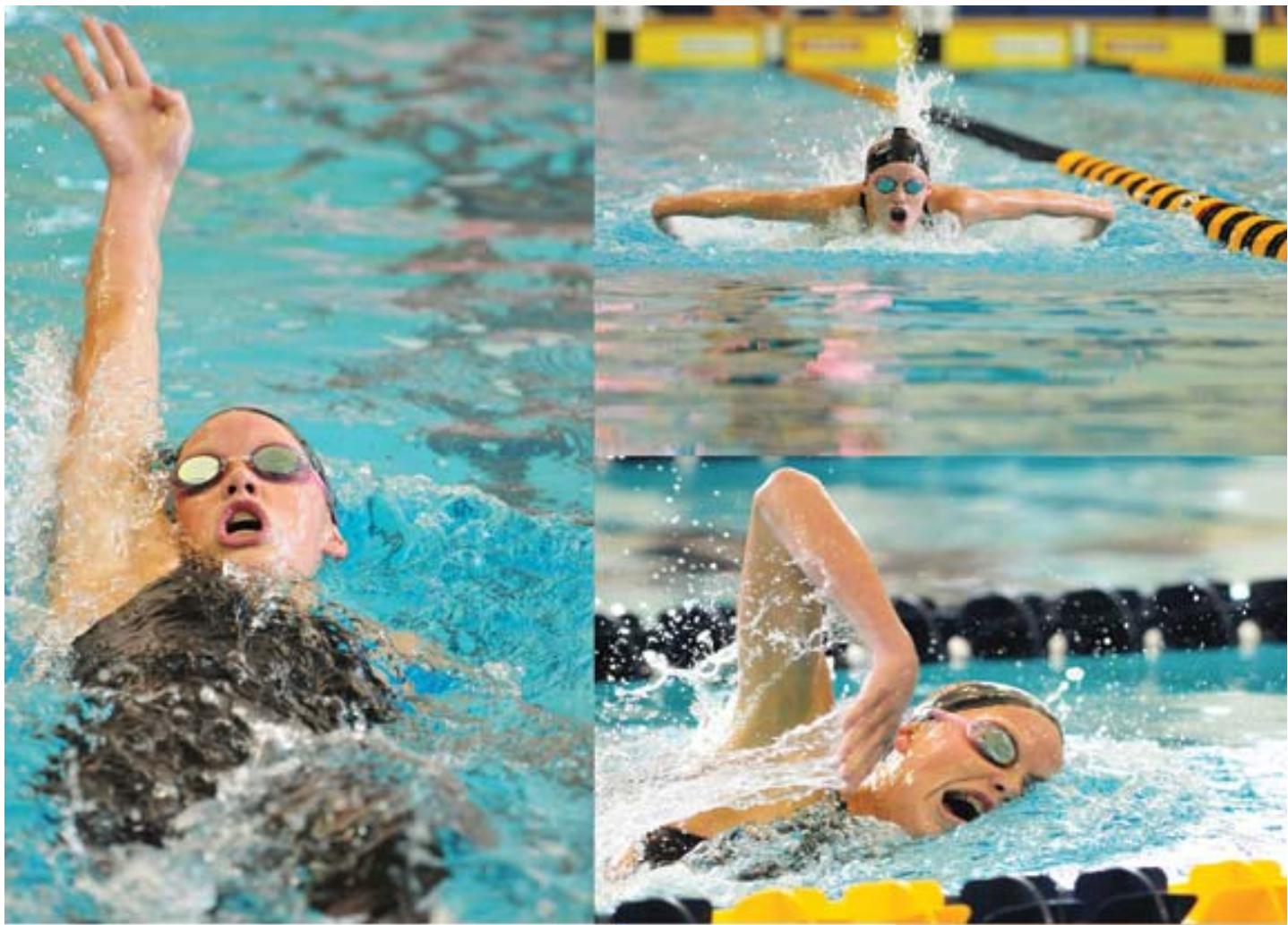
Along with swimsuit donation, Ys around the country will award scholarships for free swim lessons to children in high-risk and underserved communities.

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](http://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.



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# YMCA National Swimming Championship

## Fun Facts

### History of the YMCA logo



In 1878, the Eighth Conference of the World Alliance of YMCAs met in Geneva, Switzerland, and had on its agenda the creation of a distinctive international badge of the Associations. The matter was turned over to a committee, and three years later at the Ninth Conference in London, the alliance approved the following:

A circle, depicting the oneness of mankind, divided at its outside edge into five segments bearing the names of five parts of the world as they were described at the time Europe, Asia, Oceania, Africa and America separated by small decorative scrolls called cartouches upon which can be read in many languages the initials of our title, YMCA.

Inside the circle are the first two letters of the word Christ. The Greek letters Chi and Rho (XP) form the ancient symbol that early Christians painted on the walls of the catacombs. It was used by the Y to remind all that Christ was at the center of the movement.

Finally an open Bible was added both because this divine book is the weapon of warfare which St. John gives to young men, and because it's the distinguishing mark of the great Reformation. The Bible opens on the Savior's High Priestly prayer, from which we have especially chosen the 21st verse: That they all may be one...as We are one'—John 17:21."

Behind the book and symbols was an aura of golden rays. The action on the badge was noteworthy, wrote one YMCA historian, because the phrase "that they all may be one" became the supreme expression of the ecumenical purposes of the World Alliance, pulling together those of many sects.



Luther H. Gulick, who revolutionized sports and physical fitness at the YMCA, proposed a red equilateral triangle as a symbol in 1891. It was adopted immediately by Springfield College. The sides of the triangle, Gulick said, stood for an essential unity—spirit, mind, and body—each being necessary and eternal part of man, being neither one alone but all three," a "wonderful combination of dust of the earth and the breath of God."

Gulick wanted something that would "stick right out" and not be confused with the Red Cross symbol "yet be just as simple and strong. The red triangle was just that, and it swept the movement, carried around the world by U.S. foreign secretaries.

# YMCA National Swimming Championship

## Fun Facts

### History of the YMCA logo (continued)



In 1895, the annual convention of the U.S. and Canadian YMCAs authorized adding the triangle to the old World Alliance insignia. "The cumbersome design that resulted—a superimposition of the triangle upon the circle, open Bible, and Christian monogram of the World Alliance—was largely reserved for official use, for Gulick's triangle had long since become the unofficial emblem on the jerseys of athletic teams, over the doors of local associations, and on lapel pins," another historian wrote. The resulting design of the official emblem dropped the continents, aura and cartouches along the way, though it's not clear when that took place. They are not shown on the so-called Gulick design.



The superimposed logo, first used in 1896, was registered by the National Board of YMCAs in 1965 with the U.S. Patent and Trademark Office. In the intervening 69 years, Gulick's version was revised, with a second ring added inside the rest during the 1950s. It was said that the second ring represented friendship and love without end among individuals. This remains the YMCA's official emblem. The everyday logo from 1897 to 1967 was the red triangle. About the time of World War I, a blue bar was placed over it reading "YMCA." The use of the triangle and bar logo accelerated during the war, when it marked the 26,000 men and women from the U.S. Y who served in the United States and France.



After 70 years of using symbols in various combinations and styles, some felt the need for a change. "We had shaped and reshaped, used and abused our symbol so much that no strong, single corporate identity came through," said John Root, Chicago's general executive at the time. He asked a Chicago designer to produce a new logo. The result was the triangle and bent bar that looks like the letter Y. It was a combination of modern design and Gulick's traditional triangle. When the National Board met in November 1967, it approved Root's new logo for use throughout the movement. It was registered that same year and remains the official logo.



<sup>®</sup> The new brand strategy – the result of more than two years of analysis and research – was introduced July 2010. The YMCA unveiled a new, more forward-looking logo that reflects the vibrancy and diversity of the organization, and a framework that focuses resources on three core areas: youth development, healthy living and social responsibility. In another major change, the nonprofit will be called "the Y" to align with how people most commonly refer to the organization.

# **Attending College/University Coaches**

## **2016 YMCA Long Course Nationals**

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Anderson University-Conner Snare  
Army West Point-Riley Boulden  
Ball State University-Kristy Patterson  
Bowling Green State University -Jaclyn Rosen  
Bowling Green State University -Matthew Ense  
Bucknell University-Kristine Mann  
Carthage College-Beth DeLaRosby  
Chatham University-Carter Crosby  
Colgate University-Justin Jennings  
Connecticut College -Marc Benvenuti  
Cornell University-Carlye Ellis  
Davidson College-Haley Mitchell  
Denison university-Kellen Beckwith  
Denison university-Kim Lloyd  
Franklin College-Andrew Hendricks  
Franklin Pierce -Brian Fazzino  
Hiram College-Brian O'Neill  
Indiana State University -Rebecca Westfall  
Kenyon College -Fernando Rodriguez  
Lehigh University-Erin Matyus  
Lehigh University-Rob Herb  
Manchester University-Mike Kroll

Massachusetts Institute of Technology -Dani Korman  
Michigan State-Nate Destree  
Ohio State University-Jordan Wolfrum  
Rose-Hulman Institute of Technology-Keith Crawford  
The College of William & Mary-Chris Carter  
United States Naval Academy-Mark Liscinsky  
University at Buffalo-Andy Bashor  
University of Arizona-Steve Brown  
University of Connecticut-Matt Donovan  
University of Kentucky-Chip Kline  
University of Louisville-Stephanie Juncker  
University of Minnesota-Tyler Gerst  
University of Notre Dame-Joe Spahn  
University of San Diego-Mike Keeler  
University of Toledo-Milana Socha  
Virginia Tech -Sarah Stockwell  
Worcester Polytechnic Institute-Paul Bennett  
Wright State University-Kyle Oaks  
Xavier University-Brent MacDonald

# **GRADUATING SENIORS**

## **2016 YMCA LONG COURSE CHAMPIONSHIP**

**Anderson Area YMCA - SC**

**Andover North Andover YMCA - MA**

- Darren Ty - Boston University

**Auglaize Mercer Counties YMCA - OH**

**Bath Area Family YMCA - ME**

**Bayside Branch YMCA - RI**

**Beckley Raleigh County YMCA - WV**

**Blue Ash Branch YMCA - OH**

- Mary Margaret Fry - U of Illinois
- Casey Becker - U of Dayton
- Alex Fortman - U of Cincinnati
- Wesley Ruedebush - U of Cincinnati

**Boise Family YMCA - ID**

**Boyertown Area YMCA - PA**

**Brandywine DE YMCA - DE**

**Brandywine PA YMCA - PA**

**Buehler YMCA - IL**

- Grace Grzybek- Butler University

**Butler YMCA - PA**

**Cadillac Area YMCA - MI**

**Chambersburg Memorial YMCA - PA**

**Champaign County YMCA - IL**

**Cherokee County Family YMCA - SC**

**Cheshire YMCA - CT**

- Adam Ambrosey - Connecticut College
- Karl Bishop - University of Connecticut
- Matthew Corona - Marist College
- Jack Doherty - William and Mary
- Robert Driscoll - University of Connecticut
- Matthew Lettiero - Georgetown University
- Jaime Robinson - New York

**Coffman Family YMCA - OH**

- Meghan Bobick- Cleveland State University

**Columbia Northwest Family YMCA - SC**

**Countryside Ralph Stolle YMCA - OH**

- Nevie Rice - Auburn
- Alex Nucerino - John Carroll
- Matt Slabe - Yale
- Marianne Kahmann - Ohio State

**Door County YMCA - WI**

**Down East Family YMCA - ME**

- Talor Hamilton - Southern Florida
- Cooper Holmes - University of Tampa

**Duanesburg YMCA - NY**

- Rebecca Nelson- State University of Binghamton.

**Edwardsville YMCA - IL**

**Fanwood Scotch Plains YMCA - NJ**

- Matt Auda - Washington University in St. Louis
- Amanda Banasiak - Bowdoin College
- Sarah Davis - Rutgers University
- Kevin Fleck - Lehigh University

**Farmington Valley Branch YMCA - CT**

**Fayette County Family YMCA - IL**

**Foothills YMCA - CA**

**Fox Cities YMCA - WI**

- Alexia Monty - Delta State University

**Frederick County YMCA - MD**

**Greater Flint YMCA - MI**

- Jonathan Hansen - University of Indianapolis
- Bailey Curtis - undecided
- Ryan Johnston - Cleveland State University

**Greater Holyoke YMCA - MA**

**Greater Montgomery YMCA - AL**

**Greater Nashua YMCA - NH**

**Greater Waterbury YMCA - CT**

**Greater Westfield YMCA - MA**

- Kelsey Johnstone- Assumption College

**Green Bay YMCA Metro - WI**

- Ryan Scripp University of Wisconsin-Milwaukee

**Green Family YMCA - OH**

- Dominic Poletta - Wright State University

**Greensboro YMCA - NC**

- Alex Strasser - Davidson College

**Greensburg YMCA - PA**

**Greenwich YMCA - CT**

**Grove City YMCA-PA - PA**

- Kimmi Wendelschafer - Grove City College
- Austin Wilson - Penn State University

**Hamilton Area NJ YMCA - NJ**

- David Madigan - TCNJ, Annie Menninger - TCNJ, Madeline Horner - University of Rhode Island

**Hampshire Regional YMCA - MA**

**Hazleton YMCA - PA**

**Hickory Foundation YMCA - NC**

- Maria Turcanu - Emory

**Jennersville YMCA - PA**

- Saralynn Davis- Youngstown State University

**Joliet YMCA - IL**

- TJ LeSeure - University of Indianapolis

# **GRADUATING SENIORS**

## **2016 YMCA LONG COURSE CHAMPIONSHIP**

### **Juniata Valley YMCA - PA**

### **Kishwaukee Family YMCA - IL**

- Jensen Keck - Illinois State
- Austin Bockman - Rose Hulman
- Daniel Hein - Missouri
- Jacob Bjork - Wash U.

### **Lakeland Hills Family YMCA - NJ**

### **Lakota Family YMCA - OH**

- Joshua Rocheleau - Ohio State University

### **Lancaster and Fairfield YMCA - OH**

### **Lattof International YMCA - IL**

- Erin Radermacher - Kalamazoo College, Michigan

### **Laurel East Hartford YMCA - CT**

- Garrett Wlochowski - UMBC
- Robert Davis - Bryant
- Cory Madalena - RPI
- Alyssa DiFiore - Bryant

### **Leaning Tower YMCA - IL**

- Mark Gullickson - DePauw University

### **Liberty Township Powell YMCA - OH**

### **Lionville Community YMCA - PA**

- Tommy Cestare - Pitt

### **Lowe's YMCA - NC**

- Ellesse Stevens - Denison University

### **Macomb Family YMCA - MI**

### **Marinette Menominee YMCA - MI**

### **ME Lyons Anderson YMCA - OH**

### **Metuchen Edison YMCA - NJ**

### **Miami County Ohio YMCA - OH**

### **Michiana YMCA - IN**

### **Middle Tyger YMCA - SC**

- Charlie Jason-University Of South Carolina
- Jackson Kabas-Villanova
- Evan Kramer-Washington and Lee
- Connor Clayton-Carneige Mellon

### **Montclair YMCA - NJ**

- Cha O'Leary - Yale University
- Emily O'Halloran - Loyola Maryland University
- Hannah O'Halloran - Wesleyan University
- Sam Kirkman - UNC

### **New Bedford YMCA - MA**

### **New Canaan Community YMCA - CT**

### **Newberry County Family YMCA - SC**

### **Newport County YMCA - RI**

### **North Shore Sterling MA YMCA - MA**

- Kaitlin Harty - University of Texas at Austin
- KJ Scalley - Clemson University
- Nick Sionkiewicz - Wheeling Jesuit University
- Sarah Welch - Brown University

### **Northwest North Carolina YMCA - NC**

- Morgan Tacik- Tulane University
- Emma Nicklas- Morris- Carnegie Mellon University
- Matt Berry Oberlin College
- Jenny Graham Washington and Lee: Anis Yahi  
Greensboro College

### **Ocean County YMCA - NJ**

### **Oshkosh Community YMCA - WI**

### **Phoenixville Branch YMCA - PA**

### **Powel Crosley Jr YMCA - OH**

- Christopher Rutter - Kenyon

### **Racine Family YMCA - WI**

### **Rapid Area YMCA - MI**

- Joey Puglessi - University of Buffalo
- Lauren Ryan - Grand Valley State University
- Maddy Wilson - Butler University
- Karsen Diepholz - Illinois Institute Of Technology
- Alex Norman - Albion College

### **Red Bank Branch - NJ**

- Zach DiGairo - Bentley
- Amanda Giannattasio - Florida Southern
- Tyler Kauth - Seton Hall
- Willem Reerink - MIT
- Karin Schienvar - Florida Gulf Coast
- Katherine Scott - Binghamton
- Joe Skimmons - Columbia
- Teddy Smith - Denver
- Shoshana Swell - Cornell
- Brian Tuck

### **Regional YMCA of Western Connecticut - CT**

- Kira Page - Duke
- Grace Regan - Central CT State
- Jacob Branchflower - Dalhousie University
- Michael Li - Cornell
- Jeffrey Ragatz - Gettysburg

### **Ridgewood Branch OH YMCA - OH**

### **Ridgewood NJ YMCA - NJ**

### **Ridley Area YMCA - PA**

- Matthew Haigh - University of Pennsylvania

### **Rock Hill Aquatics Center - SC**

### **Rock River Valley YMCA - IL**

### **Rocky Mount Family YMCA - NC**

# **GRADUATING SENIORS**

## **2016 YMCA LONG COURSE CHAMPIONSHIP**

### **Somerset Hills YMCA - NJ**

- Kayla Purcell - Virginia Tech
- Ben Baxter - Carnegie Mellon
- Jade Rice - Villanova
- Alex Klippel - Villanova

### **Somerset Valley YMCA - NJ**

### **Soundview Family YMCA - CT**

### **South Family YMCA - OH**

- Claire Golba - Tulane University
- Matthew Kelleher - Ashland University

### **South Florida YMCA - FL**

### **South Shore MA YMCA - MA**

- Alex Rastelli - Carnegie Mellon University

### **Springfield Family YMCA - OH**

### **SPY Greater Annapolis YMCA - MD**

- Brendan Jones - St Mary's College
- Richie Kogut - Loyola University of Maryland

### **Summit Branch YMCA - NJ**

### **Suncoast YMCA - FL**

- Madison Jones - University of Florida

### **Sussex Family Branch YMCA - DE**

- John (Jack) Weeks -University of Tennessee

### **Tri County YMCA Inc - WV**

### **Uniontown Area YMCA - PA**

- Elizabeth Klingensmith - Emory University
- Logan Knoyer - West Virginia Wesleyan College

### **Upper Main Line YMCA - PA**

- Linda Ashmead - University of Pennsylvania
- Billy Beard - Penn State
- Sam Hawke - Carnegie Melon
- Kevin Jay - Catholic
- Elizabeth Law - LIU Post
- Samantha Murphy - Albright
- Lexi Rauth - Connecticut College

### **Upper Perkiomen Valley YMCA - PA**

### **West Shore YMCA - PA**

### **Western Branch YMCA - DE**

### **Western North Carolina YMCA - NC**

- Anna Vess- Nc State
- Erwin Ortiz- Mars Hill College

### **Westfield YMCA - NJ**

- Caroline Basil - Cal Poly

### **Wheeling YMCA - WV**

### **Wilkes Barre Family YMCA - PA**

### **Wilton Family YMCA - CT**

- Kiersten Daly -Colgate University
- Sophie Hayes -Keene State
- Emma Holmquist -University of Pennsylvania
- Alex Ignatov -Bates College
- Ky-lee Perry -NC State University
- Hugo Sykes -Denver University
- Lexo Walker -Columbia University

### **Winsted Area Branch YMCA - CT**

### **Wyckoff Family YMCA Inc - NJ**

- Francis Biagioli - Denison University
- Isabella Biagioli - Marist College
- Sam Kauffman - University of Delaware
- Noah Kim - Penn State University
- Jon Links - NYU
- Andrew Ro - College of NJ
- Julia Solin - Marist College
- Harrison Yi - College of NJ

### **YMCA in Central Maryland - MD**

### **York And York County YMCA - PA**

# 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 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



## The Screamer

I don't just cheer. I yell, screech, scream, and holler when my son swims. 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



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

# **Volunteer Officials and Timers**

## ***2016 YMCA Long Course Nationals***

### **THANK YOU FOR YOUR TIME AND EXPERTISE**

Lynn Alexy	Stephanie Dupree	Bill Koss	Alisa Shin
Dianne Archer	Ed Eckels	Alice Lo	Connie Siefert
Chris Auda	Jon Fox	Cathie Lohse	Jim Smits
Ben Babakhani	Anthony Frazier	Christina Long	Charlene Stevenson
John Bernauer	Brian Gallamore	James McCarthy	Eric Tacik
Joel Black	Mark Geleskie	Phoebe McCarthy	Hiroshi` Tanaka
Dave Blake	Val Gibson	Dan Megill	Sho Tanaka
Rich Bleichfeld	Sean Halpin	Bob Menck	Jim Temple
Andrew Bondarowicz	Bryan Hastings	Becky Menso	Barbara Tucker
Rob Bowe	Suzanne Heath	Ed Miller	Bill Tucker
Maureen Buzdygon	Bert Hewitt	Gary Moline	Gretchen Van de Walle
Raymond Byrd	Paula Horne	Jim O'Neill	Jack VerHelst
Bill Carkhuff	Bill Houk	Scott Palfreyman	
Rick Carson	Bill Houk	Dave Parkman	
Toni Chase	Lisa Huber	Nancy Pressly	
Mei Chen	Eddie Hughes	Ted Rauth	
John Clough	Shelly Hunt	Kevin Rice	
Jim Colizzo	Jennifer Johnson	Dave Roberts	
Jeff Crater	Bob Johnson	Heather Roesch	
Robert Dant	Patrick Johnstone	Cara Roeseler	
Leann Day	Chris Jung	Lynn Roose	
Chuck Dougherty	Lisa Kauffman	Tez Seiberlich	
Curt Dunseath	Jon Kilama	Jeff Seifert	
	Linda Kloepf	Judy Sharkey	



# FIVE SIGNS A CHILD IS STRUGGLING WITH SUMMER HUNGER



## **Summer can be an anxiety-provoking time for**

16 million kids across the U.S. who are struggling with hunger at home. The end of every school year means lost access to free and reduced-price lunches that provide regular nutrition to growing bodies.



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For a child who does not receive regular, healthy meals at home, the summer months may feel extra long. The result of summer hunger, especially over many years, can be devastating to children's physical, cognitive and social-emotional development. When kids are malnourished—or don't know where their next meal is coming from—they cannot focus, their academic performance may suffer and they are more likely to act out against peers and adults.

Here are a few common signs that a child may struggle with hunger:

## **1. They ask about food every day and they're not picky.**

If a child seems fixated on meals or expresses consistent interest in when the next snack is being served, she may be struggling with hunger at home. While children are often hungry at regular eating times or following activities, pay attention to children who arrive at camp hungry and are rarely selective about what they eat.

## **2. They suddenly lose or gain weight.**

Not all children who are hungry are thin. The result of lost access to regular nutrition can sometimes mean families are relying on low-price, low-quality processed food, junk food, or sugary snacks and beverages. If a child appears to be gaining weight in summer, a calorie-rich, nutrient-void diet may be to blame.

## **3. They hoard snacks and food.**

If food is provided at your summer camp, pay attention to children who seem to take more than a fair share, ask for extra portions to take home or sneak snacks into their pockets. Children who do not know where their next meal is coming from may exhibit these types of hoarding food behaviors as a survival strategy.

## **4. They are bullying or behaving badly.**

'Hanger' pains are real. As adults, we know that our concentration and moods are impacted by our hunger. Yet adults (more likely) have the coping skills and resources to manage appropriately. For kids, who are not yet fully developed, the inability to access food regularly can cause behavior issues that affect their camp peers and counselors. If a child is acting aggressively, picking fights with other children (especially over food or money) or seems distracted, he may be struggling with hunger. Similarly, a child who lacks energy throughout the day may also be going to bed on an empty stomach. Read more about how hunger affects children's behavior.

## **5. Their teeth are decaying.**

A diet filled with sugar is the leading cause of tooth decay in young children. Lack of calcium is also a contributing factor. When children are not receiving proper nutrition at home and/or not receiving dental care, the warning signs can be seen on their smiling faces. Early-intervention can help prevent lifelong complications. »

**READ & SHARE MORE STORIES LIKE THIS ONE AT  
[YMCA.NET/SUMMERBUZZ](http://YMCA.NET/SUMMERBUZZ)**

The YMCA is committed to the healthy youth development journey of every child. Our holistic approach to nurturing all children's potential includes the ongoing support of their physical, cognitive and social-emotional growth.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## YEAR-ROUND YOUTH DEVELOPMENT



**THE Y HELPS  
ALL CHILDREN ACHIEVE  
THEIR FULL POTENTIAL  
BY PROVIDING  
SUPPORT  
YEAR-ROUND**

**[YMCA.NET/YOUTH-DEVELOPMENT](http://YMCA.NET/YOUTH-DEVELOPMENT)**

# 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 301

## Women 100 LC Meter Backstroke

### National Record

1:02.54 Camryn Forbes  
Butler-PA, 2015



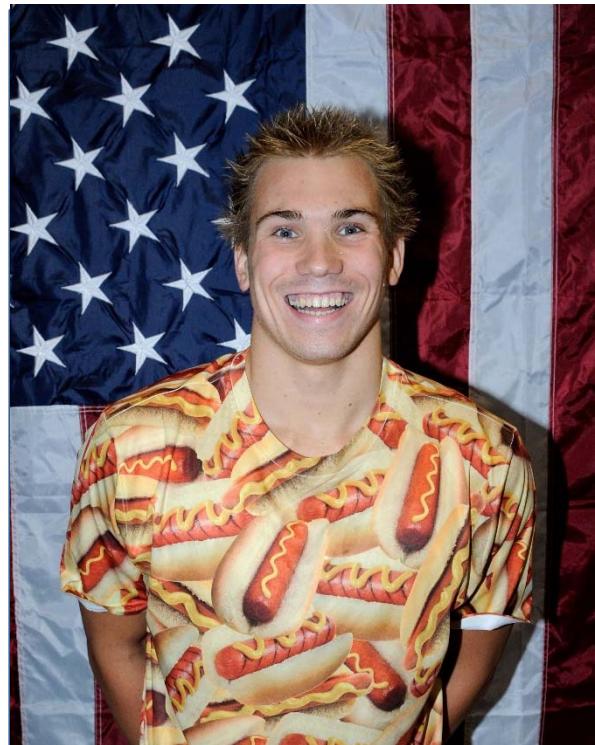
Defending Champion  
Camryn Forbes- 1:02.54  
Butler YMCA

# Event 302

## Men 100 LC Meter Backstroke

### National Record

55.56 Gregoriy Tarasevich  
Central Florida Metro-FL, 2012



Defending Champion  
Daniel Hein – 56.79  
Kishwaukee YMCA

Year	Name	Association	Time
2015	Camryn Forbes	Butler YMCA	1:02.54
2014	Camryn Forbes	Butler YMCA	1:02.68
2013	Ali Galyer	Middle Tyger	1:02.90
2012	Maggie Miller	Elkins West Virginia YMCA	1:04.15
2011	Emily Slabe	Countryside YMCA	1:04.17
2010	Danielle Galyer	Middle Tyger	1:03.12
2009	Lauren Solernou	Cheshire YMCA	1:04.00
2008	Lauren Solernou	Cheshire YMCA	1:04.00
2007	Sarah Galvin	B.R. Ryall	1:05.69
2006	Alex Suppan	Greater Burlington YMCA	1:05.07

Year	Name	Association	Time
2015	Daniel Hein	Kishwaukee YMCA	56.79
2014	Tristan Sanders	Suncoast YMCA	56.61
2013	Dylan Sali	Somerset Valley	56.51
2012	Gregoriy Tarasevich	Central Florida Metro	55.56
2011	Steven Zimmerman	Countryside YMCA	56.47
2010	Steven Zimmerman	Countryside YMCA	56.38
2009	Josh Friedel	Rappahannock YMCA	57.04
2008	Jim Barbiere	Countryside Ralph Stolle	57.63
2007	Jim Barbiere	Countryside Ralph Stolle	59.36
2006	Johnny Hagaman	Western North Carolina	58.16

# Event 303

## Women 50 LC Meter Breaststroke

### National Record

32.62 Olivia Ontjes  
Triangle Area YMCA, 2014



Defending Champion  
Alyssa Arwood – 32.96  
Western North Carolina YMCA

Year	Name	Association	Time
2015	Alyssa Arwood	Western North Carolina	32.96
2014	Alyssa Arwood	Western North Carolina	32.72
2013	Olivia Ontjes	Triangle Area YMCA	32.82
2012	Rachel Stoddard	Somerset Valley	33.63
2011	Kayla Brumbaum	Rappahannock YMCA	33.15
2010	Emily Weir	Wilton YMCA	32.79
2009	Kim Jerome	Cheshire YMCA	33.44
2008	Laura Gorinski	Greensburg YMCA	33.98
2007	Lindsey Graessle	Countryside Ralph Stolle	33.95
2006	Marianne Flynn	West Shore YMCA	33.65

# Event 304

## Men 50 LC Meter Breaststroke

### National Record

28.53 Conner McHugh Door Cnty, 2013  
Zack Warner Somerset Valley, 2014



Defending Champion  
Max McHugh – 29.13  
Door County YMCA

Year	Name	Association	Time
2015	Max McHugh	Door County YMCA	29.13
2014	Zack Warner	Somerset Valley YMCA	28.53
2013	Conner McHugh	Door County YMCA	28.70
2012	Conner McHugh	Door County YMCA	29.47
2011	Sean Johnson	Somerset Valley YMCA	29.55
2010	Andrew Guinther	Glens Falls YMCA	29.79
2009	Harrison Cefalo	Red Bank YMCA	29.61
2008	Austin Mizzell	Cheshire YMCA	30.32
2007	Collin Ohning	Middle Tyger YMCA	30.24
2006	Collin Ohning	Middle Tyger YMCA	31.27

# Event 305

## Women 400 LC Meter IM

### National Record

4:51.03 Savanna Faulconer  
Middle Tyger-SC, 2013



Defending Champion  
Jessica Horomanski – 4:58.82  
Middle Tyger YMCA

# Event 306

## Men 400 LC Meter IM

### National Record

4:26.57 Mark Andrew  
Greater Miami Valley-OH, 2015



Defending Champion  
Mark Andrew – 4:26.57  
Greater Miami Valley Ohio YMCA

Year	Name	Association	Time
2015	Jessica Horomanski	Middle Tyger YMCA	4:58.82
2014	Verity Abel	Wilton YMCA	4:56.69
2013	Savanna Faulconer	Middle Tyger YMCA	4:51.03
2012	Kendall Dawson	Central Florida Metro YMCA	4:57.86
2011	Meriza Werenski	Greater Holyoke YMCA	4:57.09
2010	Caroline Fore	Middle Tyger YMCA	5:05.22
2009	Laura Simon	Middle Tyger YMCA	4:54.10
2008	Laura Simon	Middle Tyger YMCA	4:58.12
2007	Katya Bachrouche	Farmington Family YMCA	4:59.34
2006	Nina Rossi	Hamilton Area YMCA - NJ	5:02.59

Year	Name	Association	Time
2015	Mark Andrew	Greater Miami Valley Ohio	4:26.57
2014	Mark Andrew	Greater Miami Valley Ohio	4:27.25
2013	Sava Turcanu	Hickory Foundation YMCA	4:31.37
2012	Sava Turcanu	Hickory Foundation YMCA	4:29.19
2011	David Ingraham	Middle Tyger	4:27.27
2010	Nathan Hart	Western North Carolina	4:35.50
2009	Matt Navata	Montclair YMCA	4:32.29
2008	Matt Navata	Montclair YMCA	4:34.48
2007	Luke Bushman	Green Bay YMCA Metro	4:35.41
2006	Todd McGraw	Huntington YMCA WV	4:37.89

# Event 307

## Women 200 LC Meter Freestyle

### National Record

2:00.22 Leah Gingrich  
West Shore-PA 2008



Defending Champion  
Abbey Erwin - 2:03.95  
Downtown Boise Family YMCA

# Event 308

## Men 200 LC Meter Freestyle

### National Record

1:50.75 Tim Phillips  
Marietta YMCA, 2009



Defending Champion  
Hank Siefert - 1:52.64  
Coffman Family YMCA

Year	Name	Association	Time
2015	Abbey Erwin	Downtown Boise Family	2:03.95
2014	Caitlynn Moon	Kishwaukee Family YMCA	2:02.62
2013	Caitlynn Moon	Kishwaukee Family YMCA	2:03.77
2012	Haley Lips	Middle Tyger YMCA	2:02.51
2011	Katrina Konopka	Middle Tyger YMCA	2:05.01
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

Year	Name	Association	Time
2015	Hank Siefert	Coffman Family YMCA	1:52.64
2014	Grant House	Countryside YMCA	1:51.12
2013	Colin Ellington	Triangle Area YMCA	1:53.29
2012	Vlad Komarov	Upper Main Line YMCA	1:52.76
2011	Steven Zimmerman	Countryside YMCA	1:54.83
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

# Event 309

## Women 200 LC Meter Medley Relay

### National Record

1:57.53 – Middle Tyger-SC  
2013



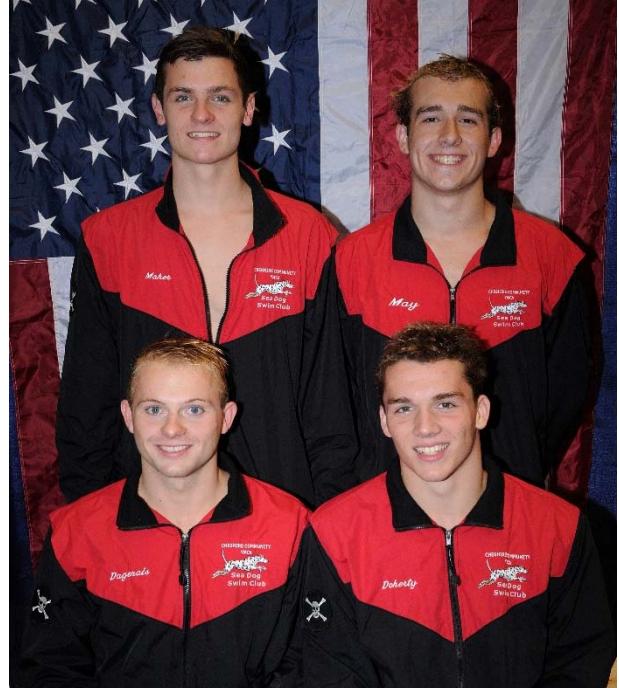
Defending Champion  
Middle Tyger YMCA – 1:57.57  
Ali Galyer, Alaina Riordan,  
Meredith Whisenhunt, Katrina Konopka

# Event 310

## Men 200 LC Meter Medley Relay

### National Record

1:44.00 – Somerset Valley-NJ  
2013



Defending Champion  
Cheshire YMCA – 1:46.10  
Curtis Maher, Matthew Dagenais,  
David May, Jack Doherty

Year	Association	Time
2015	Middle Tyger	1:57.57
2014	Countryside YMCA	1:57.76
2013	Middle Tyger YMCA	1:57.53
2012	Upper Main Line YMCA	1:58.44
2011	Middle Tyger YMCA	2:00.94
2010	Wilton YMCA	2:00.41
2009	Anne Arundel County YMCA	1:59.45
2008	Cheshire YMCA	1:59.83
2007	Farmington Family YMCA	2:01.63
2006	Boyertown Area YMCA	2:01.17

Year	Association	Time
2015	Cheshire YMCA	1:46.10
2014	Somerset Valley YMCA	1:44.25
2013	Somerset Valley YMCA	1:44.00
2012	Upper Main Line YMCA	1:46.44
2011	Middle Tyger YMCA	1:46.97
2010	Wilton YMCA	1:48.06
2009	Upper Main Line YMCA	1:47.50
2008	Cheshire YMCA	1:47.01
2007	Middle Tyger YMCA	1:48.65
2006	Middle Tyger YMCA	1:50.27

**2016 LCY Nationals**  
**July 27 - 31, 2016**  
**Meet Program - Day 3 Prelims**

**Event 301 Women 100 LC Meter Backstroke**

National: 1:02.54 8/3/2015 Camryn Forbes

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 16 Prelims Starts at 08:30 AM**

1				
2				
3	Reilly, Emma	16	Westfield-NJ	59.49 Y
4	Riegler, Meredith	15	SomersetHills-NJ	59.34 Y
5	May, Sophie	17	Jennersville-PA	59.38 Y
6				
7				
8				

**Heat 2 of 16 Prelims Starts at 08:32 AM**

1				
2	Trout, Riley	13	York-PA	59.25 Y
3	Reott, Mari	17	Grove City-PA	59.24 Y
4	Horton, Haley	17	Greensboro-NC	59.18 Y
5	Biagioli, Isabella	18	Wyckoff-NJ	59.19 Y
6	Banner, Haley	15	Liberty Twp-OH	59.24 Y
7	Walker, Sydney	15	Boise-ID	59.26 Y
8				

**Heat 3 of 16 Prelims Starts at 08:33 AM**

1	Bisignani, Mikayla	16	Greensburg-PA	59.17 Y
2	Bousum, Grace	13	Lionville-PA	59.09 Y
3	Choi, Abby	16	Wyckoff-NJ	58.86 Y
4	Caprio, Britney	17	Suncoast-FL	58.75 Y
5	Tarantola, Grace	14	LakelandHills-NJ	58.77 Y
6	Houtz, Sydney	14	JuniataValley-PA	58.93 Y
7	Reilly, Maggie	14	LakelandHills-NJ	59.13 Y
8	Donnelly, Kiersten	13	Lionville-PA	59.17 Y

**Heat 4 of 16 Prelims Starts at 08:34 AM**

1	King, Jeannette	16	New Bedford-MA	58.42 Y
2	Pringle, Laura	17	Cheshire-CT	58.24 Y
3	Judge, Megan	15	Red Bank - NJ	57.97 Y
4	Kiely, Katie	16	LakelandHills-NJ	56.78 Y
5	Borrero, Kayla	15	Ocean County-NJ	57.73 Y
6	Issenmann, Susie	15	South Family-OH	58.03 Y
7	Farrell, Peyton	14	Coffman - OH	58.35 Y
8	Long, Camille	17	W.North Carolina	58.54 Y

**Heat 5 of 16 Prelims Starts at 08:35 AM**

1	Cranker, Emi	14	Western Br-DE	1:09.54
2	Holderfield, Taylor	14	Leaning Tower-IL	1:09.52
3	Hastings, Grace	14	ME Lyons-OH	1:09.50
4	Cloutier, Cambria	16	North Shore-MA	1:09.46
5	Mooers, Fiona	13	South Shore, MA	1:09.47
6	Thomsen, Sophie	16	SummitBranch-NJ	1:09.52
7	Storm, Gracie	18	Countryside-OH	1:09.52
8	Rankin, Michaela	16	Ocean County-NJ	56.63 Y

**Heat 6 of 16 Prelims Starts at 08:37 AM**

1	Baber, Corinne	17	Countryside-OH	1:09.43
2	Zelinske, Alexandra	14	Phoenixville-PA	1:09.42
3	Fry, Mary Margaret	18	Blue Ash-OH	1:09.31
4	Steffel, Emma	16	Green Bay-WI	1:09.23
5	Jimenez, Isabelle	17	Blue Ash-OH	1:09.30
6	Condon, Abigail	17	New Canaan-CT	1:09.37
7	Barone, Kayla	15	West Shore-PA	1:09.43
8	Ackerson, Chelsea	17	Hamilton Area-NJ	1:09.44

**Heat 7 of 16 Prelims Starts at 08:38 AM**

1	Sampson, Emma	16	Springfield-OH	1:09.17
2	Kauffman, Sam	18	Wyckoff-NJ	1:09.05
3	Brown, Erin	16	Waterbury-CT	1:09.03
4	Edwards, Natalie	17	Edwardsville-IL	1:08.91
5	Martin, Phoebe	15	Northwest-NC	1:08.94
6	Claus, Abby	17	SummitBranch-NJ	1:09.04
7	Ally, Emily	13	Greensboro-NC	1:09.14
8	Young, Sarah	16	Middle Tyger-SC	1:09.19

**Heat 8 of 16 Prelims Starts at 08:39 AM**

1	Laibly, Cassie	16	Oshkosh-WI	1:08.88
2	Hullette, Ruth	16	Hickory -NC	1:08.83
3	Schmelzer, Olivia	16	Lancaster-OH	1:08.80
4	Giannattasio, Amanda	18	Red Bank - NJ	1:08.74
5	Beal, Caroline	17	Western-CT	1:08.77
6	Crater, Jackie	17	SummitBranch-NJ	1:08.82
7	Ronan, Eleanor	17	North Shore-MA	1:08.86
8	Arts, Molly	14	Wyckoff-NJ	1:08.91

**Heat 9 of 16 Prelims Starts at 08:40 AM**

1	Hufziger, Mary	16	Western-CT	1:08.63
2	Chau, Jessica	17	Ridgewood-NJ	1:08.56
3	Johnson, McKenna	15	Red Bank - NJ	1:08.49
4	Bazarian, Ally	16	Wilton-CT	1:08.42
5	Buchler, Kira	16	Phoenixville-PA	1:08.47
6	Schobel, Marie	16	Red Bank - NJ	1:08.52
7	Fung, Darlene	15	FanwoodScotch-NJ	1:08.61
8	Fortman, Emma	15	Blue Ash-OH	1:08.70

**Heat 10 of 16 Prelims Starts at 08:42 AM**

1	Hsi, Audrey	16	SomersetValleyNJ	1:08.40
2	Nelson, Rebecca	18	Duanesburg-NY	1:08.38
3	Griffith, Beth Ann	17	ME Lyons-OH	1:08.34
4	Colizzo, Julia	15	UpperMainLine-PA	1:08.31
5	Borges, Elizabeth	17	SomersetValleyNJ	1:08.32
6	Ament, Taylor	16	Lionville-PA	1:08.36
7	Stewart, Avrie	17	Marinette-MI	1:08.39
8	Howard, Tori	13	Lionville-PA	1:08.41

**Heat 11 of 16 Prelims Starts at 08:43 AM**

1	Pennington, Isabel	13	Northwest-NC	1:08.24
2	Pinnix, Omega	14	Greensboro-NC	1:08.16
3	Di Blasio, Brigid	17	SomersetValleyNJ	1:08.14
4	Paff, Callie	16	York-PA	1:08.07
5	Brewer, Lexy	18	SomersetValleyNJ	1:08.08
6	Wilson, Allyson	16	Countryside-OH	1:08.15
7	Koenig, Lily	17	Andover-MA	1:08.20
8	Ty, Allyson	16	Andover-MA	1:08.30

**2016 LCY Nationals****July 27 - 31, 2016****Meet Program - Day 3 Prelims****Heat 12 Prelims (#301 Women 100 LC Meter Backstroke)**

1	Savidge, Elizabeth	15	East Hartford-CT	1:07.68
2	Basil, Caroline	18	Westfield-NJ	1:07.66
3	Davis, Saralynn	17	Jennersville-PA	1:07.34
4	MacCausland, Heather	14	Lionville-PA	1:07.27
5	Trotter, Hailee	15	Powel Crosley-OH	1:07.27
6	Walsh, Chynna	16	SomersetValleyNJ	1:07.55
7	Sweeney, Caroline	16	New Canaan-CT	1:07.66
8	Petrak, Taylor	17	Butler-PA	1:07.78

**Heat 13 of 16 Prelims Starts at 08:45 AM**

1	Dunseath, Chloe	15	ME Lyons-OH	1:07.17
2	Grzybek, Grace	18	Buehler-IL	1:07.07
3	Clough, Maggie	14	Countryside-OH	1:06.90
4	Monty, Lexi	18	Fox Cities-WI	1:06.62
5	Heimes, Kaylee	15	U Perkiomen-PA	1:06.87
6	Temple, Alexandra	16	SomersetValleyNJ	1:06.92
7	Saladin, Katy	15	Wilton-CT	1:07.17
8	O'Halloran, Hannah	17	Montclair-NJ	1:07.25

**Heat 14 of 16 Prelims Starts at 08:46 AM**

1	Francisco, Anna	17	Ocean County-NJ	1:06.29
2	Shelly, Marget	16	Chambersburg-PA	1:05.69
3	Perry, Ky-lee	18	Wilton-CT	1:04.07
4	Seiberlich, Emma	17	Phoenixville-PA	1:02.56
5	Kahmann, Marianne	19	Countryside-OH	1:03.95
6	Golba, Claire	17	South Family-OH	1:04.38
7	Apostolu, Georgia	17	Ridley-PA	1:05.97
8	Anbar, Isabel	15	New Canaan-CT	1:06.51

**Heat 15 of 16 Prelims Starts at 08:48 AM**

1	Sardis, Megan	17	SomersetValleyNJ	1:06.26
2	Shuppert, Emma	15	Blue Ash-OH	1:05.65
3	Otten, Emma	17	Countryside-OH	1:04.04
4	Forbes, Camryn	17	Butler-PA	1:02.54
5	Sigmon, Heather	17	Greensboro-NC	1:03.42
6	Skellett, Alaina	17	Gr. Flint-MI	1:04.34
7	Buchmaier, Felicity	16	Rapid Area-MI	1:05.83
8	Alexy, Kate	17	SomersetHills-NJ	1:06.33

**Heat 16 of 16 Prelims Starts at 08:49 AM**

1	Hofmann, Riley	16	Rapid Area-MI	1:06.13
2	Hansen, Ginger	15	Red Bank - NJ	1:05.64
3	Ye, Athena	15	Kishwaukee-IL	1:04.03
4	Harty, Kaitlin	18	North Shore-MA	1:01.11
5	Grinter, Bailey	17	Edwardsville-IL	1:03.29
6	Hemp, Kerrigan	14	Andover-MA	1:04.21
7	Jeffreys, Ashley	15	Rapid Area-MI	1:05.82
8	Gingerich, Marisa	17	York-PA	1:06.31

**Event 302 Men 100 LC Meter Backstroke**

National:	55.56	7/24/2012	Gregory Tarasevich	
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 13 Prelims Starts at 08:50 AM</b>				
1				
2				
3	Hutchinson, Hudson	17	Gr. Flint-MI	54.27 Y
4	Tolino, Christian	16	Frederick-MD	54.26 Y
5	Wu, Christopher	15	Cheshire-CT	54.27 Y
6				
7				
8				
<b>Heat 2 of 13 Prelims Starts at 08:51 AM</b>				
1	Huff, Carson	16	UpperMainLine-PA	54.19 Y
2	Kolenovic, Ali	16	Ridgewood-NJ	54.13 Y
3	Koul, Raveesh	17	SomersetHills-NJ	54.08 Y
4	Prewette, Jake	16	Middle Tyger-SC	53.90 Y
5	McIlroy, Connor	17	Lionville-PA	53.92 Y
6	Stollings, Tim	15	Tri-County-WV	54.10 Y
7	Teague, Charles	17	Brandywine-DE	54.16 Y
8				
<b>Heat 3 of 13 Prelims Starts at 08:52 AM</b>				
1	Sionkiewicz, Nick	18	North Shore-MA	53.80 Y
2	Baxter, Ben	18	SomersetHills-NJ	53.43 Y
3	Evers, Brandon	17	SomersetValleyNJ	53.00 Y
4	Scheidl, Lukas	15	SomersetHills-NJ	52.72 Y
5	Zmetrovich, Oliver	16	North Shore-MA	52.87 Y
6	Fischer, Patrick	16	Greensboro-NC	53.21 Y
7	Kelley, Paxton	16	Powel Crosley-OH	53.67 Y
8	Lohse, Riley	16	Kishwaukee-IL	53.86 Y
<b>Heat 4 of 13 Prelims Starts at 08:53 AM</b>				
1	Boran, Mark	17	Hazleton-PA	52.33 Y
2	Smits, Matthew	16	Wyckoff-NJ	1:03.93
3	Christian, Jack	13	Phoenixville-PA	1:03.92
4	Chase, Ethan	15	Northwest-NC	1:03.83
5	Pong, CJ	14	Chambersburg-PA	1:03.84
6	Overbey, Scott	17	ME Lyons-OH	1:03.93
7	Gunn, Ted	16	York-PA	1:03.98
8	Schutte, Henry	15	Rapid Area-MI	52.37 Y
<b>Heat 5 of 13 Prelims Starts at 08:55 AM</b>				
1	Pendery, Grey	17	Powel Crosley-OH	1:03.81
2	Leibold, Kevin	15	South Family-OH	1:03.73
3	Cortright, Kevin	17	Wyckoff-NJ	1:03.68
4	Donnells, Carter	16	ME Lyons-OH	1:03.65
5	Heimes, Justin	14	U Perkiomen-PA	1:03.65
6	Puglessi, Ben	16	Rapid Area-MI	1:03.72
7	Gifford, Alex	14	Wyckoff-NJ	1:03.75
8	Hilliard, Carson	16	UpperMainLine-PA	1:03.82

**2016 LCY Nationals****July 27 - 31, 2016****Meet Program - Day 3 Prelims****Heat 6 Prelims (#302 Men 100 LC Meter Backstroke)**

1	Escott, Ivan	16	Boyertown-PA	1:03.59
2	Ovanic, Jordan	16	Joliet - IL	1:03.54
3	Chang, Eric	17	FanwoodScotch-NJ	1:03.53
4	Jeffers, Alec	16	Green Bay-WI	1:03.42
5	Wachenfeld, Dylan	16	SomersetHills-NJ	1:03.46
6	Weber, Chris	15	FarmingtonVal-CT	1:03.54
7	Neinas, Macoy	17	Door County-WI	1:03.59
8	Dengler, Jack	16	West Shore-PA	1:03.64

**Heat 7 of 13 Prelims Starts at 08:57 AM**

1	Weinman, Dakota	17	Rapid Area-MI	1:03.37
2	Forst, Preston	15	Greensboro-NC	1:03.26
3	Seifert, Griffin	14	Gr. Flint-MI	1:03.19
4	Beaulieu, Cian	16	East Hartford-CT	1:03.15
5	Kogut, Richie	17	Annapolis-MD	1:03.19
6	Arwood, Reid	16	W.North Carolina	1:03.24
7	Guenther, Nathaniel	17	Lattof-IL	1:03.35
8	Waterland, Daniel	16	Brandywine-DE	1:03.39

**Heat 8 of 13 Prelims Starts at 08:58 AM**

1	Prugh, JC	16	Countryside-OH	1:03.03
2	Alexy, Jack	13	SomersetHills-NJ	1:03.03
3	Imposimato, Juan	17	South Florida-FL	1:02.91
4	Huber, Joey	17	Red Bank - NJ	1:02.88
5	Wright, Connor	16	Red Bank - NJ	1:02.90
6	Bota, Evan	14	LakelandHills-NJ	1:03.00
7	Young, Noah	15	Countryside-OH	1:03.03
8	Apfel, Abraham	15	Cadillac-MI	1:03.14

**Heat 9 of 13 Prelims Starts at 08:59 AM**

1	Greene, Jacob	16	Northwest-NC	1:02.69
2	Bandt, Joshua	17	Oshkosh-WI	1:02.66
3	McMurray, Keaton	15	AuglaizeMercerOH	1:02.59
4	Kelley, Jimmy	17	ME Lyons-OH	1:02.47
5	Links, Jon	18	Wyckoff-NJ	1:02.54
6	Hirshon, Noah	16	Foothills-CA	1:02.65
7	Rudman, Edward	17	New Canaan-CT	1:02.66
8	Woollweaver, Noah	18	BeckleyRaleighWV	1:02.69

**Heat 10 of 13 Prelims Starts at 09:00 AM**

1	O'Connor, Ethan	15	Bayside-RI	1:02.34
2	Downs-Honey, Vincent	17	Newport Co-RI	1:02.29
3	Hua, Jonathan	16	SomersetHills-NJ	1:02.03
4	Barley, Avery	15	Chambersburg-PA	1:01.45
5	Whitcomb, Nick	16	Hampshire-MA	1:01.59
6	Skerjanz, Remy	17	Middle Tyger-SC	1:02.16
7	Toepfer, Nicholas	13	South Shore, MA	1:02.32
8	Santoro, Kevin	17	Wilton-CT	1:02.36

**Heat 11 of 13 Prelims Starts at 09:01 AM**

1	Louison, Brandon	17	Gr.Westfield-MA	1:01.39
2	Macchia, Michael	17	SomersetHills-NJ	1:00.87
3	Oland, Remington	17	Frederick-MD	59.84
4	Siefert, Hank	17	Coffman - OH	58.86
5	Puglessi, Joey	18	Rapid Area-MI	59.66
6	Hartley, Nathaniel	17	Rock Hill-SC	1:00.56
7	Hamilton, Talor	18	Down East-ME	1:00.96
8	Fleagle, Justin	15	AuglaizeMercerOH	1:01.45

**Heat 12 of 13 Prelims Starts at 09:03 AM**

1	Johnston, Ryan	18	Gr. Flint-MI	1:01.09
2	May, David	16	Cheshire-CT	1:00.81
3	Erickson, Jonathan	18	ME Lyons-OH	59.83
4	Kealy, Jake	17	Wilton-CT	58.58
5	Ramsay, Auston	17	South Shore, MA	58.88
6	Wagner, Matt	16	Northwest-NC	1:00.54
7	Johnson, Jake	17	W.North Carolina	1:00.90
8	Ragatz, Jeff	17	Western-CT	1:01.41

**Heat 13 of 13 Prelims Starts at 09:04 AM**

1	Burns, Brendan	15	UpperMainLine-PA	1:01.04
2	Scrivanich, Tommy	16	Wyckoff-NJ	1:00.65
3	Wlochowski, Garrett	17	East Hartford-CT	59.83
4	McKenrick, Brian	17	UpperMainLine-PA	57.46
5	Kauth, Tyler	18	Red Bank - NJ	58.87
6	Weeks, Jack	18	Sussex-DE	1:00.09
7	Lorenz, Michael	14	Powel Crosley-OH	1:00.90
8	Wilson, Austin	18	Grove City-PA	1:01.40

**Event 303 Women 50 LC Meter Breaststroke**

<b>Lane</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>Heat 1 of 12 Prelims Starts at 09:05 AM</b>				
1	Rogers, Michaela	17	Middle Tyger-SC	34.71 Y
2	Foltz, Grace	15	Fayette-IL	33.65 Y
3	Quitos, Amanda	17	Gr. Flint-MI	32.01 Y
4	Rudy, Gabrielle	17	Ridley-PA	30.67 Y
5	Macco, Emily	17	Green Bay-WI	31.04 Y
6	Wendelschafer, Kimmi	18	Grove City-PA	33.06 Y
7	Monaghan, Caroline	15	Red Bank - NJ	34.68 Y
8				
<b>Heat 2 of 12 Prelims Starts at 09:05 AM</b>				
1	Butterfield, Morgan	17	Countryside-OH	41.11
2	Roesch, Natalie	16	Oshkosh-WI	40.01
3	Mowad, Maddy	16	Cheshire-CT	39.35
4	Stankiewicz, Julie	17	FanwoodScotch-NJ	39.13
5	Fuerbacher, Morgan	14	Red Bank - NJ	39.16
6	Fraser, Coco	14	LakelandHills-NJ	39.49
7	Erickson, Bryn	16	Countryside-OH	40.37
8	Athanas, Elizabeth	14	North Shore-MA	45.00
<b>Heat 3 of 12 Prelims Starts at 09:06 AM</b>				
1	Jones, Madison	18	Suncoast-FL	38.36
2	Forsthofel, Madison	16	ME Lyons-OH	38.18
3	Nawrocki, Alexandra	15	Cheshire-CT	38.11
4	McGovern, Emily	17	SummitBranch-NJ	38.10
5	Page, Emma	17	W.North Carolina	38.10
6	Nappi, Julia	13	Red Bank - NJ	38.15
7	Stevens, Ellesse	18	Lowes-NC	38.21
8	Mutter, Meredith	14	Lionville-PA	38.95

**2016 LCY Nationals****July 27 - 31, 2016****Meet Program - Day 3 Prelims****Heat 4 Prelims (#303 Women 50 LC Meter Breaststroke)**

1	Markey, Chloe	16	SummitBranch-NJ	37.63
2	Johnstone, Kelsey	18	Gr.Westfield-MA	37.68
3	Dunnigan, Lilia	15	FarmingtonVal-CT	37.65
4	Hopf, Hollie	18	SomersetValleyNJ	37.58
5	Gebel, Alexandra	17	SomersetValleyNJ	37.80
6	Weinstein, Anna	14	Western-CT	37.67
7	Pong, Danielle	17	Chambersburg-PA	37.69
8	Wilber, Emma	17	Gr.Westfield-MA	38.00

**Heat 5 of 12 Prelims Starts at 09:07 AM**

1	Szum, Katie	16	Andover-MA	37.54
2	Arwood, Fiona	13	W.North Carolina	37.48
3	Marjamaa, Sidney	17	Red Bank - NJ	37.37
4	Graham, Jenny	18	Northwest-NC	37.30
5	Solin, Julia	18	Wyckoff-NJ	37.33
6	Pitstick, Mallory	16	Kishwaukee-IL	37.42
7	Mendelson, Emily	17	Western-CT	37.53
8	Detwiler, Tatum	15	Uniontown-PA	37.57

**Heat 6 of 12 Prelims Starts at 09:08 AM**

1	Cooper, Katie	16	SomersetValleyNJ	37.29
2	Holmquist, Ellen	14	Wilton-CT	37.28
3	Joyce, Lauren	16	Red Bank - NJ	37.15
4	Capro, Emma	18	Ocean County-NJ	37.04
5	DiBetta, Casadie	12	Wheeling-WV	37.05
6	Fuller, Shelbey	14	Rock Hill-SC	37.25
7	Mozoki, Olivia	15	South Shore, MA	37.28
8	Breay, Madeline	16	Rapid Area-MI	37.29

**Heat 7 of 12 Prelims Starts at 09:08 AM**

1	Hastings, Liela	14	Wilton-CT	36.94
2	Portolese, Stephanie	17	Michiana-IN	36.79
3	Griswold, Molly	17	Ocean County-NJ	36.67
4	Thomae, Victoria	16	Edwardsville-IL	36.52
5	Ryan, Lauren	18	Rapid Area-MI	36.56
6	Schellenboom, Jessica	14	Rapid Area-MI	36.69
7	Wilkins, Aleida	14	Kishwaukee-IL	36.82
8	Gary, Bella	13	Wilton-CT	36.98

**Heat 8 of 12 Prelims Starts at 09:09 AM**

1	Joyce, Alaina	16	Greensboro-NC	36.38
2	Greene, Sara	14	Rock Hill-SC	36.34
3	Blakesley, Madison	16	Michiana-IN	36.24
4	Regan, Grace	17	Western-CT	36.21
5	Tray, Zoe	13	Cheshire-CT	36.22
6	D'Allegro, Jenna	17	SomersetValleyNJ	36.27
7	Wootton, Amelia	17	Western-CT	36.37
8	Wager, Amanda	15	North Shore-MA	36.48

**Heat 9 of 12 Prelims Starts at 09:09 AM**

1	Jones, Abbie	18	Butler-PA	36.10
2	Overbey, Kate	15	ME Lyons-OH	35.95
3	Nestor, Madison	18	Greensburg-PA	35.90
4	Shuppert, Emma	15	Blue Ash-OH	35.85
5	Sunseri, Mia	13	Wheeling-WV	35.87
6	Cabaron, Gabrielle	17	Ocean County-NJ	35.92
7	Krivitsky, Victoria	17	South Shore, MA	36.03
8	Morel, Rebecca	16	SomersetHills-NJ	36.11

**Heat 10 of 12 Prelims Starts at 09:10 AM**

1	Schienvar, Karin	18	Red Bank - NJ	35.28
2	Cooke, Maddie	17	Phoenixville-PA	34.69
3	MacCausland, Heather	14	Lionville-PA	34.42
4	Bushelman, Mollie	18	ME Lyons-OH	33.91
5	O'Leary, Cha	18	Montclair-NJ	34.14
6	Engel, Addie	14	Springfield-OH	34.60
7	Gilliland, Virginia	16	Greensboro-NC	34.88
8	Moore, Sophia	14	Greenwich-CT	35.76

**Heat 11 of 12 Prelims Starts at 09:10 AM**

1	Grenoble, Madi	16	Lionville-PA	35.23
2	Covington, Taylor	18	Cherokee-SC	34.65
3	Mudry, Vivian	13	Soundview-CT	34.40
4	Francis, Abby	15	East Hartford-CT	33.88
5	Maizes, Rachel	16	FanwoodScotch-NJ	34.12
6	Gass, Claire	14	AuglaizeMercerOH	34.47
7	Keck, Jensen	18	Kishwaukee-IL	34.79
8	Cabiling, Tara	14	Suncoast-FL	35.64

**Heat 12 of 12 Prelims Starts at 09:11 AM**

1	Menninger, Annie	18	Hamilton Area-NJ	35.15
2	D'Allegro, Michelle	16	SomersetValleyNJ	34.61
3	McQueary, Gracyn	17	ME Lyons-OH	34.24
4	Zukowski, Brooke	17	Butler-PA	33.81
5	Engel, Bridget	14	Springfield-OH	33.93
6	Nolte, Nikolette	16	Boyertown-PA	34.46
7	Eisenhauer, Victoria	14	LakelandHills-NJ	34.74
8	Tepe, Kerry	17	Powel Crosley-OH	35.60

**Event 304 Men 50 LC Meter Breaststroke****National: 28.53 7/29/2014 Zach Warner****Lane Name Age Team Seed Time****Heat 1 of 11 Prelims Starts at 09:17 AM**

1				
2				
3	OConnor, Vinnie	17	Edwardsville-IL	32.85 Y
4	Rach, Matthew	16	Michiana-IN	29.05 Y
5	Haller, Nicholas	17	ME Lyons-OH	29.46 Y
6				
7				
8				

**Heat 2 of 11 Prelims Starts at 09:18 AM**

1	Clayton, Connor	18	Middle Tyger-SC	28.32 Y
2	West, Joseph	16	Red Bank - NJ	36.69
3	Yancey, Oliver	17	Ridley-PA	35.57
4	Fry, Blake	14	Lancaster-OH	35.17
5	Enderle, Ben	16	Powel Crosley-OH	35.32
6	Vess, John	14	W.North Carolina	36.25
7	Sun, Gary	16	LakelandHills-NJ	28.15 Y
8	Hansen, Jonathan	18	Gr. Flint-MI	28.94 Y

**2016 LCY Nationals****July 27 - 31, 2016****Meet Program - Day 3 Prelims****Heat 3 Prelims (#304 Men 50 LC Meter Breaststroke)**

1	Nortonsmith, Quinn	16	Hampshire-MA	34.77
2	Schlosser, Evan	16	ME Lyons-OH	34.55
3	Berger, Brandon	15	Wilton-CT	34.35
4	Wu, Christopher	15	Cheshire-CT	34.30
5	Dupree, Benjamin	14	Red Bank - NJ	34.31
6	Herndon, Craig	15	Greensboro-NC	34.46
7	Berry, Matthew	18	Northwest-NC	34.64
8	Fore, Dylan	15	Northwest-NC	34.78

**Heat 4 of 11 Prelims Starts at 09:19 AM**

1	Driscoll, Robert	18	Cheshire-CT	34.23
2	Saddoud, Maurilio	15	Rock Hill-SC	34.18
3	Yahi, Anis	18	Northwest-NC	34.08
4	Prue, Cooper	16	Gr. Flint-MI	33.93
5	Fricker, Matthew	15	LakelandHills-NJ	33.94
6	Hudgins, Jacob	15	Andover-MA	34.16
7	Kotlyar, Michael	15	New Canaan-CT	34.23
8	Lettiero, Matthew	17	Cheshire-CT	34.26

**Heat 5 of 11 Prelims Starts at 09:19 AM**

1	Auda, Matthew	18	FanwoodScotch-NJ	33.79
2	Lewis, Edward	15	Lancaster-OH	33.68
3	Bebel, Ryan	16	Westfield-NJ	33.65
4	Sandner, Michael	15	Coffman - OH	33.58
5	Snyder, Will	17	Northwest-NC	33.61
6	Chan, Matthew	16	Hamilton Area-NJ	33.66
7	Daniel, Colin	16	Westfield-NJ	33.79
8	Wilson, Matt	16	Rapid Area-MI	33.91

**Heat 6 of 11 Prelims Starts at 09:20 AM**

1	Doyle, Ben	14	Lionville-PA	33.46
2	Rexroth, Brian	17	Springfield-OH	33.43
3	Geheb, Chase	16	Suncoast-FL	33.35
4	Sepuca, Joseph	16	Wilton-CT	33.19
5	Nouchi, Noah	14	Northwest-NC	33.34
6	Scheer, Jon	18	Rapid Area-MI	33.38
7	Dovolani, Bexhet	17	Wilton-CT	33.45
8	Wolfram, Vinnie	17	Coffman - OH	33.48

**Heat 7 of 11 Prelims Starts at 09:20 AM**

1	Ambrosey, Adam	18	Cheshire-CT	33.14
2	Kincade, Joel	17	SomersetValleyNJ	33.07
3	Alstott, David	16	Soundview-CT	33.03
4	Cammann, Conor	17	Andover-MA	32.85
5	Kronheimer, Zachary	16	FanwoodScotch-NJ	32.86
6	Miller, Keegan	17	Joliet - IL	33.04
7	Kelleher, Matthew	19	South Family-OH	33.10
8	Jones, Brendan	18	Annapolis-MD	33.17

**Heat 8 of 11 Prelims Starts at 09:21 AM**

1	Madalena, Cory	17	East Hartford-CT	32.81
2	Cheruk, Noah	16	Wilton-CT	32.66
3	Rutter, Christopher	18	Powel Crosley-OH	32.58
4	Dela Cruz, Dylan	15	Ocean County-NJ	32.32
5	Meng, Ryan	16	Red Bank - NJ	32.58
6	Bebel, Eric	16	Westfield-NJ	32.64
7	Ro, Andrew	18	Wyckoff-NJ	32.68
8	Fitzpatrick, Ryan	18	SomersetValleyNJ	32.81

**Heat 9 of 11 Prelims Starts at 09:21 AM**

1	Schlehr, Teddy	17	Countryside-OH	32.14
2	Skimmons, Joseph	18	Red Bank - NJ	31.78
3	LeSeure, TJ	18	Joliet - IL	31.39
4	Bondarowicz, Chris	17	FanwoodScotch-NJ	30.81
5	May, David	16	Cheshire-CT	31.35
6	Cook, Sean	14	Ocean County-NJ	31.61
7	Ty, Darren	18	Andover-MA	31.95
8	Li, Michael	17	Western-CT	32.29

**Heat 10 of 11 Prelims Starts at 09:22 AM**

1	van Dijk, Ryan	17	SomersetHills-NJ	32.13
2	Hoover, Davis	16	Greensboro-NC	31.76
3	Tenbarge, Luke	16	Blue Ash-OH	31.38
4	Abdul-Jalil, Majester	16	Tri-County-WV	30.73
5	Rash, Broden	16	FanwoodScotch-NJ	31.33
6	Baecker, Zach	17	Coffman - OH	31.60
7	Warren, Steven	16	Westfield-NJ	31.93
8	Krause, Hayden	17	Countryside-OH	32.21

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

1	Reerink, Willem	17	Red Bank - NJ	32.06
2	Simunek, Joseph	18	SomersetValleyNJ	31.72
3	Bolestka, Logan	17	Frederick-MD	31.37
4	McHugh, Maxwell	16	Door County-WI	28.73
5	Holmes, Cooper	18	Down East-ME	31.14
6	Rohweder, Andrew	16	Green Family-OH	31.50
7	Brockman, Blake	17	Powel Crosley-OH	31.82
8	Foster, Sean	16	SomersetHills-NJ	32.21

**Event 305 Women 400 LC Meter IM****National: 4:51.03 7/31/2013 Savanna Faulconer**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 6 Prelims Starts at 09:28 AM</b>				
1	Joram, Sarah	17	Northwest-NC	4:36.65 Y
2	Christuk, Catherine	15	North Shore-MA	4:36.39 Y
3	Kurtz, Lily	17	Cheshire-CT	4:34.00 Y
4	Longenecker, Emily	17	Western Br-DE	4:31.88 Y
5	Nicklas-Morris, Emma	18	Northwest-NC	4:32.27 Y
6	O'Halloran, Emily	17	Montclair-NJ	4:34.49 Y
7	Pinto, Aidan	15	LakelandHills-NJ	4:36.41 Y
8	Higgins, Andrea	17	North Shore-MA	4:36.71 Y
<b>Heat 2 of 6 Prelims Starts at 09:33 AM</b>				
1	Welch, Sarah	18	North Shore-MA	4:28.46 Y
2	Lumino, Sophia	15	North Shore-MA	5:18.73
3	Ganianova, Aziza	14	SomersetValleyNJ	5:17.99
4	Carlin, Emilee	16	Countryside-OH	5:17.67
5	Riegler, Meredith	15	SomersetHills-NJ	5:17.80
6	Chau, Jessica	17	Ridgewood-NJ	5:18.67
7	Zablocki, Bri	16	Green Bay-WI	5:18.88
8	Herman, Alison	16	SomersetValleyNJ	4:30.82 Y

**2016 LCY Nationals****July 27 - 31, 2016****Meet Program - Day 3 Prelims****Heat 3 Prelims (#305 Women 400 LC Meter IM)**

1	Connolly, Katherine	15	South Shore, MA	5:17.57
2	Trout, Riley	13	York-PA	5:16.87
3	Paff, Callie	16	York-PA	5:16.26
4	Molloy, Marianne	17	Ocean County-NJ	5:15.99
5	Byers, Sarah Grace	15	Middle Tyger-SC	5:15.99
6	Martin, Anna	16	Ridgewood-OH	5:16.64
7	Gary, Bella	13	Wilton-CT	5:17.09
8	Grenon, Samantha	15	Cheshire-CT	5:17.63

**Heat 4 of 6 Prelims Starts at 09:43 AM**

1	Shelly, Marget	16	Chambersburg-PA	5:10.89
2	Lim, Cleopatra	15	Wyckoff-NJ	5:08.63
3	Daly, Kiersten	18	Wilton-CT	5:05.45
4	Erwin, Abbey	17	Boise-ID	5:00.25
5	Mendoza, Ailee	17	Greenwich-CT	5:04.60
6	Boyer, Elizabeth	16	Cheshire-CT	5:07.23
7	Glass, Megan	15	Blue Ash-OH	5:09.75
8	Hofmann, Riley	16	Rapid Area-MI	5:15.02

**Heat 5 of 6 Prelims Starts at 09:49 AM**

1	Hathaway, Meagan	16	North Shore-MA	5:10.69
2	Reeder, Grace	15	W.North Carolina	5:07.98
3	Rice, Kiki	17	Oshkosh-WI	5:05.36
4	Hardy, Sarah	15	MetuchenED-NJ	4:59.31
5	Tacik, Morgan	18	Northwest-NC	5:01.07
6	Cherkez, Sophia	16	Hickory -NC	5:07.23
7	Sutter, Olivia	14	W.North Carolina	5:08.98
8	Campbell, McKenzie	15	Greensboro-NC	5:14.03

**Heat 6 of 6 Prelims Starts at 09:54 AM**

1	Turcanu, Maria	17	Hickory -NC	5:10.51
2	Colwell, Lizzy	16	New Canaan-CT	5:07.98
3	Holmquist, Emma	18	Wilton-CT	5:05.10
4	Braswell, Leah	16	York-PA	4:55.24
5	Peterson, Emmaline	17	Hickory -NC	5:00.97
6	Schlegel, Hannah	17	Boyertown-PA	5:06.60
7	Bull, Megan	17	SomersetValleyNJ	5:08.76
8	Larsen, Natalie	16	Wilton-CT	5:12.46

**Event 306 Men 400 LC Meter IM**

National: 4:26.57 8/5/2015 Mark Andrew

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 6 Prelims Starts at 09:59 AM**

1	Park, Joseph	17	Leaning Tower-IL	4:13.85 Y
2	Bernard, Jon	15	Countryside-OH	4:13.42 Y
3	Rice, Jade	17	SomersetHills-NJ	4:12.04 Y
4	Trentalange, Richard	14	Red Bank - NJ	4:11.70 Y
5	Kint, Matthew	18	York-PA	4:11.91 Y
6	Brewer, Ben	16	Cheshire-CT	4:12.07 Y
7	Santoro, Kevin	17	Wilton-CT	4:13.73 Y
8				

**Heat 2 of 6 Prelims Starts at 10:04 AM**

1	Holman, Kyle	17	Western Br-DE	4:11.46 Y
2	Hanley, Rhys	17	SomersetValleyNJ	4:10.59 Y
3	Amato, Chandler	17	SomersetValleyNJ	4:09.65 Y
4	Ehlinger, Ryan	17	Green Bay-WI	4:54.96
5	Buzdygon, Aaron	16	Brandywine-DE	4:54.97
6	Jason, Charles	18	Middle Tyger-SC	4:10.41 Y
7	Cashell, Dan	16	Powel Crosley-OH	4:10.96 Y
8	Scheidl, Lukas	15	SomersetHills-NJ	4:11.60 Y

**Heat 3 of 6 Prelims Starts at 10:08 AM**

1	Shadeck, Kyle	18	Cheshire-CT	4:54.63
2	Stanek, Mitchell	17	W.North Carolina	4:52.83
3	Fales, Wesley	17	Wilton-CT	4:52.05
4	Klippel, Alexander	18	SomersetHills-NJ	4:51.51
5	Stout, Dawson	17	Western-CT	4:51.53
6	Phelps, Colton	16	Ridgewood-OH	4:52.13
7	Lashua, Matthew	15	GreaterNashua-NH	4:53.24
8	Williams, Nathan	15	Columbia-SC	4:54.65

**Heat 4 of 6 Prelims Starts at 10:13 AM**

1	Agnew, Price	16	Middle Tyger-SC	4:49.42
2	Tan, Sean	16	LakelandHills-NJ	4:47.09
3	Stauffer, John	17	SomersetValleyNJ	4:43.89
4	Mostofi, James	17	Wilton-CT	4:37.94
5	Halpin, Liam	17	South Family-OH	4:40.25
6	Gunn, Ted	16	York-PA	4:46.19
7	Regan, Billy	15	Western-CT	4:47.72
8	Shao, Alan	14	FanwoodScotch-NJ	4:51.07

**Heat 5 of 6 Prelims Starts at 10:18 AM**

1	Lynch, Jack	17	Wilton-CT	4:48.60
2	Jay, Kevin	18	UpperMainLine-PA	4:46.68
3	Bishop, Karl	18	Cheshire-CT	4:43.67
4	Butkovich, Patrick	17	ME Lyons-OH	4:36.94
5	Biagioli, Francis	18	Wyckoff-NJ	4:39.54
6	Sun, Alex	15	York-PA	4:44.87
7	Pidde, Tyler	17	Rock River-IL	4:47.39
8	Fallon, Matt	13	SomersetValleyNJ	4:50.81

**Heat 6 of 6 Prelims Starts at 10:23 AM**

1	Anderson, Jarod	17	West Shore-PA	4:48.32
2	Clayton, Connor	18	Middle Tyger-SC	4:46.61
3	North, Dylan	18	York-PA	4:40.65
4	Giller, Robby	17	Wilton-CT	4:29.45
5	Kabas, Jackson	18	Middle Tyger-SC	4:39.44
6	Knorr, Ethan	15	Greensboro-NC	4:44.12
7	Ryan, Erik	17	Wilton-CT	4:47.38
8	Chimes, Eric	15	Ridgewood-OH	4:49.88

**2016 LCY Nationals**  
**July 27 - 31, 2016**  
**Meet Program - Day 3 Prelims**

**Event 307 Women 200 LC Meter Freestyle**

National: 2:00.22 8/29/2008 Leah Gingrich

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 14 Prelims Starts at 10:28 AM**

1				
2				
3	Mozoki, Olivia	15	South Shore, MA	1:55.83 Y
4	Brown, Natalie	18	Ocean County-NJ	1:55.80 Y
5	Hastings, Grace	14	ME Lyons-OH	1:55.83 Y
6				
7				
8				

**Heat 2 of 14 Prelims Starts at 10:30 AM**

1	Truumees, Heili	17	LakelandHills-NJ	1:55.80 Y
2	Cloutier, Cambria	16	North Shore-MA	1:55.47 Y
3	Turchanik, Sarah	14	Ridgewood-OH	1:55.27 Y
4	Contino, Taylor	17	ME Lyons-OH	1:54.96 Y
5	Wright, Katie	14	Red Bank - NJ	1:55.25 Y
6	Hufziger, Mary	16	Western-CT	1:55.30 Y
7	Gawronski, Dia	16	Cheshire-CT	1:55.59 Y
8				

**Heat 3 of 14 Prelims Starts at 10:32 AM**

1	Megill, Cara	16	Boyertown-PA	1:54.47 Y
2	Tyler, Alexandra	13	Cheshire-CT	1:53.88 Y
3	Snover, Jessi	17	Middle Tyger-SC	1:50.73 Y
4	Hart, Madeline	14	ME Lyons-OH	2:13.93
5	Hsi, Audrey	16	SomersetValleyNJ	2:13.98
6	MacCausland, Heather	14	Lionville-PA	1:50.76 Y
7	Griffith, Beth Ann	17	ME Lyons-OH	1:54.10 Y
8	Erwin, Maggie	15	Boise-ID	1:54.60 Y

**Heat 4 of 14 Prelims Starts at 10:34 AM**

1	Biagioli, Isabella	18	Wyckoff-NJ	2:13.88
2	Luckett, Leah	13	Countryside-OH	2:13.86
3	Maizes, DeeDee	16	FanwoodScotch-NJ	2:13.67
4	Becker, Casey	18	Blue Ash-OH	2:13.64
5	Wargo, Ellie	17	Cheshire-CT	2:13.66
6	Sears, Katherine	17	Brandywine-PA	2:13.69
7	Stankiewicz, Julie	17	FanwoodScotch-NJ	2:13.88
8	O'Halloran, Hannah	17	Montclair-NJ	2:13.92

**Heat 5 of 14 Prelims Starts at 10:36 AM**

1	Temple, Alexandra	16	SomersetValleyNJ	2:13.56
2	Miller, Kayla	15	Rocky Mount-NC	2:13.53
3	Pape, Caroline	13	Northwest-NC	2:13.52
4	Elmquist, Megan	13	Gr. Flint-MI	2:13.51
5	Jimenez, Isabelle	17	Blue Ash-OH	2:13.51
6	Wyant, Sarah	16	West Shore-PA	2:13.52
7	Francisco, Anna	17	Ocean County-NJ	2:13.56
8	Sardis, Megan	17	SomersetValleyNJ	2:13.64

**Heat 6 of 14 Prelims Starts at 10:38 AM**

1	Schaper, Macie	16	FanwoodScotch-NJ	2:13.35
2	Thornton, Hannah	15	Jennersville-PA	2:13.25
3	Pehowski, Jenna	17	Rock Hill-SC	2:13.21
4	Ashmead, Linda	17	UpperMainLine-PA	2:13.20
5	Hyatt, Juli	17	Wyckoff-NJ	2:13.20
6	Lechner, Ashleigh	16	W.North Carolina	2:13.23
7	Shores, Maly	17	Hickory -NC	2:13.32
8	Lukshides, Olivia	18	SomersetValleyNJ	2:13.47

**Heat 7 of 14 Prelims Starts at 10:40 AM**

1	Taylor, Marissa	17	Hickory -NC	2:13.07
2	Blake, Kelly	17	Western Br-DE	2:13.03
3	Rice, McKenzie	16	Countryside-OH	2:12.87
4	Palfreyman, Grace	16	SomersetValleyNJ	2:12.59
5	McGann, Caroline	14	Red Bank - NJ	2:12.84
6	Harrigan, Margaret	17	SummitBranch-NJ	2:13.03
7	Smith, M.E.	15	South Family-OH	2:13.06
8	Dennis, Morgan	14	Northwest-NC	2:13.11

**Heat 8 of 14 Prelims Starts at 10:43 AM**

1	Horner, Madeline	18	Hamilton Area-NJ	2:12.44
2	Carlin, Ally	16	Countryside-OH	2:12.32
3	DiFiore, Alyssa	18	East Hartford-CT	2:12.26
4	Edwards, Natalie	17	Edwardsville-IL	2:12.25
5	Fortman, Emma	15	Blue Ash-OH	2:12.26
6	Keenan, Margie	17	SummitBranch-NJ	2:12.29
7	Stevens, Julia	13	Cheshire-CT	2:12.32
8	Flaherty, Margaret	17	Waterbury-CT	2:12.51

**Heat 9 of 14 Prelims Starts at 10:45 AM**

1	Curtis, Emma	17	Gr. Flint-MI	2:12.05
2	Miller, Taci	16	Lancaster-OH	2:12.02
3	Scrimizzi, Kate	17	Countryside-OH	2:11.99
4	Harty, Kaitlin	18	North Shore-MA	2:11.97
5	McDermott, Meg	17	SomersetValleyNJ	2:11.98
6	Longenecker, Emily	17	Western Br-DE	2:12.00
7	Bobick, Meghan	18	Coffman - OH	2:12.05
8	Mahoney, Mary	14	Red Bank - NJ	2:12.05

**Heat 10 of 14 Prelims Starts at 10:47 AM**

1	McCartney, Makenna	17	Gr. Flint-MI	2:11.91
2	Tycz, Caitlin	16	Bath Area-ME	2:11.77
3	Martin, Kylie	16	York-PA	2:11.71
4	Ferrara, Kendyl	18	ME Lyons-OH	2:11.68
5	Di Blasio, Brigid	17	SomersetValleyNJ	2:11.70
6	May, Hannah	17	Blue Ash-OH	2:11.77
7	Bousum, Grace	13	Lionville-PA	2:11.81
8	Marzolf, Mallory	17	Butler-PA	2:11.96

**Heat 11 of 14 Prelims Starts at 10:49 AM**

1	Halloran, Maggie	17	Columbia-SC	2:11.40
2	Cook, Cami	18	York-PA	2:11.25
3	Kauffeld, Emma	16	Wilton-CT	2:11.08
4	Workman, Gail	15	ME Lyons-OH	2:10.85
5	Robinson, Jaime	18	Cheshire-CT	2:10.94
6	Sheridan, Kate	16	Wyckoff-NJ	2:11.08
7	Borges, Elizabeth	17	SomersetValleyNJ	2:11.32
8	Buroker, Catherine	16	Wilton-CT	2:11.55

**2016 LCY Nationals****July 27 - 31, 2016****Meet Program - Day 3 Prelims****Heat 12 Prelims (#307 Women 200 LC Meter Freestyle)**

1	Gingerich, Marisa	17	York-PA	2:10.13
2	Jolley, Shannon	16	Countryside-OH	2:09.31
3	Murtagh, Madison	16	Hickory -NC	2:07.34
4	Ilgenfritz, Emily	18	York-PA	2:05.60
5	Davis, Sarah	18	FanwoodScotch-NJ	2:06.58
6	Berloco, Abbey	16	Hamilton Area-NJ	2:07.58
7	Long, Camille	17	W.North Carolina	2:09.84
8	McCadden, Kristi	16	Oshkosh-WI	2:10.71

**Heat 13 of 14 Prelims Starts at 10:53 AM**

1	Moellering, Meredith	15	ME Lyons-OH	2:09.91
2	Summit, Maggie	14	North Shore-MA	2:09.21
3	Tiernan, Tara	17	Cheshire-CT	2:06.83
4	Braswell, Leah	16	York-PA	2:04.63
5	Hefner, Faith	15	Hickory -NC	2:06.54
6	Moesch, Marlise	16	FanwoodScotch-NJ	2:07.55
7	Caccamo, Kim	17	Wyckoff-NJ	2:09.72
8	Burzynski, Monika	15	FanwoodScotch-NJ	2:10.48

**Heat 14 of 14 Prelims Starts at 10:55 AM**

1	Welch, Nicole	16	North Shore-MA	2:09.91
2	Martin, Corinne	18	Northwest-NC	2:08.03
3	Rudolph, Maegan	17	Middle Tyger-SC	2:06.82
4	Seiberlich, Emma	17	Phoenixville-PA	2:03.82
5	Clough, Sally	17	Countryside-OH	2:06.01
6	Durak, Anna	16	Hickory -NC	2:07.52
7	Rice, Nevie	18	Countryside-OH	2:09.66
8	Pokrzywa, Julia	17	York-PA	2:10.15

**Event 308 Men 200 LC Meter Freestyle****National: 1:50.75 7/29/2009 Tim Phillips****Lane Name Age Team Seed Time****Heat 1 of 10 Prelims Starts at 10:57 AM**

1	Escott, Ivan	16	Boyertown-PA	1:45.18 Y
2	Kolenovic, Ali	16	Ridgewood-NJ	1:45.04 Y
3	Zelina, Jorge	15	South Family-OH	1:44.65 Y
4	Fazio, Michael	15	Jennersville-PA	1:44.44 Y
5	Cortright, Kevin	17	Wyckoff-NJ	1:44.61 Y
6	Powell, Tom	17	Jennersville-PA	1:44.76 Y
7	Brockman, Blake	17	Powel Crosley-OH	1:45.06 Y
8	Walsh, Daniel	15	Cheshire-CT	1:45.33 Y

**Heat 2 of 10 Prelims Starts at 10:59 AM**

1	Ortiz, Erwin	18	W.North Carolina	1:42.90 Y
2	Beaulieu, Cian	16	East Hartford-CT	2:02.94
3	Theobald, Austin	17	Countryside-OH	2:02.87
4	Brockler, Phil	16	Powel Crosley-OH	2:02.73
5	von Autenried, Kurt	17	Hamilton Area-NJ	2:02.76
6	Gifford, Alex	14	Wyckoff-NJ	2:02.89
7	Ramsay, Auston	17	South Shore, MA	1:39.57 Y
8	Huber, Joey	17	Red Bank - NJ	1:43.42 Y

**Heat 3 of 10 Prelims Starts at 11:01 AM**

1	Petrillo, Danny	17	SomersetValleyNJ	2:02.72
2	Karschnik, Jonah	13	ME Lyons-OH	2:02.65
3	Hardy, JJ	15	Columbia-SC	2:02.44
4	Norman, Eric	15	Ridgewood-OH	2:02.36
5	Foster, Sean	16	SomersetHills-NJ	2:02.43
6	Galarza, Andrew	16	MetuchenED-NJ	2:02.63
7	Pierre, Andrew	15	Butler-PA	2:02.67
8	Morgan, Griff	17	Westfield-NJ	2:02.72

**Heat 4 of 10 Prelims Starts at 11:03 AM**

1	Lingo, Pete	17	ME Lyons-OH	2:02.14
2	Greenwood, Jacob	15	Chambersburg-PA	2:01.96
3	DeLauro, Thomas	17	SomersetValleyNJ	2:01.95
4	DiGiaro, Zach	18	Red Bank - NJ	2:01.86
5	Joyce, Tim	15	Wilton-CT	2:01.91
6	Sartoris, Graeden	17	East Hartford-CT	2:01.95
7	Boyer, Wyatt	16	Columbia-SC	2:01.97
8	Ryle, Kevin	16	UpperMainLine-PA	2:02.19

**Heat 5 of 10 Prelims Starts at 11:05 AM**

1	Day, John	16	Northwest-NC	2:01.75
2	Losee, KJ	14	Rapid Area-MI	2:01.69
3	Han, Will	15	Ridgewood-NJ	2:01.68
4	Nonnenmacher, Nick	16	Wilton-CT	2:01.45
5	Nucerino, Alex	18	Countryside-OH	2:01.52
6	Hakes, Ryan	17	Green Bay-WI	2:01.69
7	Steward, Gordon	15	Wyckoff-NJ	2:01.73
8	Maldonado, Dimitri	16	Red Bank - NJ	2:01.85

**Heat 6 of 10 Prelims Starts at 11:07 AM**

1	Scripp, Ryan	18	Green Bay-WI	2:01.03
2	Fortman, Alex	18	Blue Ash-OH	2:00.96
3	Smith, Teddy	18	Red Bank - NJ	2:00.63
4	Park, Tim	15	Ridgewood-NJ	2:00.52
5	Davis, Robert	18	East Hartford-CT	2:00.52
6	Lance, Patrick	17	Boyertown-PA	2:00.92
7	Buzdygon, Aaron	16	Brandywine-DE	2:01.02
8	Bagette, Brian	17	Edwardsville-IL	2:01.42

**Heat 7 of 10 Prelims Starts at 11:09 AM**

1	Kirkby, James	17	UpperMainLine-PA	2:00.34
2	Kramer, Evan	18	Middle Tyger-SC	2:00.17
3	Roeseler, Andreas	17	Leaning Tower-IL	1:59.98
4	Keh, Lucas	17	Wyckoff-NJ	1:59.80
5	Ignatov, Alex	18	Wilton-CT	1:59.81
6	Adl, Charlie	17	New Canaan-CT	2:00.17
7	Dewsbury, Gage	16	Boise-ID	2:00.31
8	Suchy, Will	16	Wilton-CT	2:00.38

**Heat 8 of 10 Prelims Starts at 11:11 AM**

1	Diepholz, Karsen	18	Rapid Area-MI	1:59.14
2	Robison, Connor	18	Cheshire-CT	1:58.39
3	Otterbein, Jake	18	SomersetValleyNJ	1:56.18
4	House, Grant	18	Countryside-OH	1:53.96
5	Cohen, Josh	15	FanwoodScotch-NJ	1:55.18
6	Yi, Harrison	18	Wyckoff-NJ	1:57.47
7	Skerjanz, Remy	17	Middle Tyger-SC	1:58.91
8	Schutte, Henry	15	Rapid Area-MI	1:59.66

**2016 LCY Nationals****July 27 - 31, 2016****Meet Program - Day 3 Prelims****Heat 9 Prelims (#308 Men 200 LC Meter Freestyle)**

1	Gambardella, Corey	17	Soundview-CT	1:59.08
2	Hovart, Rak	17	Middle Tyger-SC	1:58.12
3	Haigh, Matthew	18	Ridley-PA	1:55.95
4	Snyder, Zach	18	York-PA	1:53.22
5	Sykes, Hugo	17	Wilton-CT	1:55.12
6	Burt, Carson	17	Powel Crosley-OH	1:57.24
7	Dobson, Chet	16	Blue Ash-OH	1:58.83
8	Peckmann, Alec	17	York-PA	1:59.59

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

1	Lequang, Matthew	14	Hamilton Area-NJ	1:59.06
2	Waters, Ryan	17	SomersetValleyNJ	1:57.78
3	Walker, Lexo	17	Wilton-CT	1:55.81
4	Carroll, Hassler	18	ME Lyons-OH	1:52.77
5	Slabe, Matt	18	Countryside-OH	1:54.47
6	Hawke, Sam	18	UpperMainLine-PA	1:56.83
7	Smith, Christopher	17	Red Bank - NJ	1:58.66
8	Forese, Mark	17	New Canaan-CT	1:59.41

**Event 309 Women 200 LC Meter Medley Relay**

National: 1:57.23 7/30/2013 Middle Tyger YMCA

A Galyer, M Rudolph, S Baker, K Knopka

**Lane Team Relay Seed Time****Heat 1 of 6 Prelims Starts at 11:17 AM**

1			
2			
3	Grove City-PA		1:50.53 Y
4	Northwest-NC		1:49.85 Y
5	Greensburg-PA		1:50.40 Y
6	New Canaan-CT		1:50.99 Y
7			
8			

**Heat 2 of 6 Prelims Starts at 11:19 AM**

1	South Shore, MA		1:49.27 Y
2	Oshkosh-WI		1:48.64 Y
3	Lionville-PA		1:47.75 Y
4	Western-CT		1:47.16 Y
5	Wilton-CT		1:47.48 Y
6	Western Br-DE		1:48.62 Y
7	Kishwaukee-IL		1:48.67 Y
8	Green Bay-WI		1:49.30 Y

**Heat 3 of 6 Prelims Starts at 11:21 AM**

1	Boise-ID		1:45.99 Y
2	Gr. Flint-MI		1:44.35 Y
3	Bath Area-ME		1:43.51 Y
4	Powel Crosley-OH		2:06.82
5	Phoenixville-PA		1:42.49 Y
6	Butler-PA		1:44.15 Y
7	LakelandHills-NJ		1:44.53 Y
8	Wyckoff-NJ		1:46.86 Y

**Heat 4 of 6 Prelims Starts at 11:23 AM**

1	Countryside-OH		2:06.07
2	SummitBranch-NJ		2:04.88
3	Montclair-NJ		2:03.43
4	Middle Tyger-SC		1:59.71
5	SomersetHills-NJ		2:02.42
6	Rapid Area-MI		2:04.60
7	Ocean County-NJ		2:05.37
8	Hickory -NC		2:06.68

**Heat 5 of 6 Prelims Starts at 11:25 AM**

1	Suncoast-FL		2:06.03
2	Springfield-OH		2:04.77
3	Red Bank - NJ		2:02.93
4	FanwoodScotch-NJ		1:59.25
5	York-PA		2:02.35
6	ME Lyons-OH		2:03.69
7	Blue Ash-OH		2:05.17
8	Rock Hill-SC		2:06.67

**Heat 6 of 6 Prelims Starts at 11:28 AM**

1	W.North Carolina		2:05.55
2	Cheshire-CT		2:04.62
3	Greensboro-NC		2:02.47
4	East Hartford-CT		1:53.52
5	SomersetValleyNJ		2:01.62
6	North Shore-MA		2:03.56
7	Hamilton Area-NJ		2:05.07
8	Brandywine-PA		2:06.25

**Event 310 Men 200 LC Meter Medley Relay**

National: 1:44.00 7/30/2013 Somerset Valley

D Sali, Z Warner, D Chung, B Zdroik

**Lane Team Relay Seed Time****Heat 1 of 4 Prelims Starts at 11:33 AM**

1	Brandywine-PA		1:39.21 Y
2	Green Bay-WI		1:38.32 Y
3	Down East-ME		1:37.81 Y
4	Gr. Flint-MI		1:37.13 Y
5	Lionville-PA		1:37.32 Y
6	Northwest-NC		1:38.08 Y
7	Middle Tyger-SC		1:39.20 Y
8	Western-CT		1:39.42 Y

**Heat 2 of 4 Prelims Starts at 11:35 AM**

1	Grove City-PA		1:33.94 Y
2	Cheshire-CT		1:54.10
3	FanwoodScotch-NJ		1:53.01
4	Frederick-MD		1:51.26
5	Powel Crosley-OH		1:52.18
6	Hamilton Area-NJ		1:53.54
7	Green Family-OH		1:54.22
8	York-PA		1:36.54 Y

**2016 LCY Nationals****July 27 - 31, 2016****Meet Program - Day 3 Prelims****Heat 3 Prelims (#310 Men 200 LC Meter Medley Relay)**

1	Wilton-CT	1:33.53 Y
2	SomersetValleyNJ	1:53.85
3	Greensboro-NC	1:52.95
4	Countryside-OH	1:51.07
5	ME Lyons-OH	1:52.14
6	East Hartford-CT	1:53.48
7	Rapid Area-MI	1:54.19
8	Westfield-NJ	1:35.35 Y

**Heat 4 of 4 Prelims Starts at 11:39 AM**

1	Joliet - IL	1:54.29
2	Wyckoff-NJ	1:53.62
3	Coffman - OH	1:52.68
4	UpperMainLine-PA	1:48.17
5	Red Bank - NJ	1:51.43
6	SomersetHills-NJ	1:53.01
7	Blue Ash-OH	1:54.16
8	LakelandHills-NJ	1:35.06 Y