

YMCA NATIONAL
LONG COURSE



CHAMPIONSHIP

INDIANAPOLIS, IN
JULY 27-31
2016

Sunday
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)	

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 Klope	Judy Sharkey	



CHAMPIONSHIP SPONSORS

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Jennifer Barley

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The Gardner Family

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Montclair Y Swim Parents Association

Cindy and Sue

Leslie and Norm Jay

Brandywine DE

Claudia and Chuck Multer

Donna and Bob Turner

Betsy and Tom Warrick

Jim & Nancy Weaton

Wich Wich Superior Sandwiches



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





FOR YOUTH DEVELOPMENT
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**

CHAMPIONSHIP SPONSORS

Fine Designs

SPEEDO

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!

Attending College/University Coaches

2016 YMCA Long Course Nationals



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
Indiana University-Blaire Bachman
Kenyon College -Fernando Rodriguez
Lehigh University-Erin Matyus
Lehigh University-Rob Herb
Lindsey Wilson College-Alicia Kemnitz
Manchester University-Mike Kroll
Marshall University-Bill Tramel
Massachusetts Institute of Technology -Dani Korman

Miami University, OH-Dan Carrington
Michigan State-Nate Destree
Ohio State University-Jordan Wolfrum
Ohio University-Rachel Komisarz-Baugh
Rensselaer Polytechnical Institute-Shannon O'Brien
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 Illinois-Sue Novitsky
University of Kentucky-Chip Kline
University of Louisville-Stephanie Juncker
University of Minnesota-Tyler Gerst
University of Missouri-St. Louis-Tomas Kuzvard
University Of North Carolina/Chapel Hill-Christy Garth
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

YMCA National Swimming Championship

Fun Facts

I'll meet you at the Y—Organizations started at YMCAs

YMCAs have long been places where things happened. Here are some of the organizations and events that first took place at a YMCA.

Toastmasters International was invented in 1903 as an older youth public speaking program by Ralph C. Smedley, education director of the Bloomington (Ill.) YMCA. Smedley realized that older boys visiting the Y needed training in communication skills. He arrived at the name The Toastmasters Club because meetings resembled a series of banquet toasts. At each YMCA Smedley transferred to, he would start a new club. Viewed as a personal idiosyncrasy of Smedley by other YMCA secretaries, the Toastmasters Clubs he started were by and large not successful until he began working at the Santa Ana (Calif.) YMCA. After the first Toastmasters Club meeting there on October 22, 1924, the idea took hold and spread, and a federation of Toastmasters Clubs was soon created. The federation of clubs incorporated in 1932, and by 1941 Toastmasters needed Smedley's full attention, so he resigned from the YMCA to devote himself to his creation.

The Negro National League, the first black baseball league to last a full season, was formed at a meeting at the Paseo YMCA in Kansas City, Mo., in 1920.

Gideons International was formed on July 1, 1899, at the YMCA in Janesville, Wis., by three men (Nicholson, Hill and Knights) who had come up with the idea a few months earlier. The Gideons were a group of Christian commercial travelers who were to evangelize as they went around the country on business. To that end, Gideons would leave Bibles in the rooms in which they had stayed. While their meeting was at the YMCA, they were not Y staff or volunteers or members. Nor were they taking part in a YMCA program.

Jazzercise, a famous aerobic exercise program for women, was started in 1969 in Evanston, Ill., by a dancer, Judi Missett. Missett began teaching Jazzercise® in 1972 at the La Jolla, (Cal.) YMCA. Jacki Sorensen, by the way, who is frequently but erroneously associated with Jazzercise®, has no connection with the YMCA. She has popularized aerobic exercise, however, and YMCAs have benefited greatly from her efforts in the field.

Father's Day in its present form was created at a meeting at the Spokane, Wash., YMCA in 1909 by Louise Smart Dodd. The Y and the Spokane Minister's Alliance swiftly endorsed the idea and helped it spread, holding the first Father's Day celebration on June 10, 1910. President Wilson officially recognized Father's Day in 1916, President Coolidge recommended it in 1924, and in 1971 President Nixon and Congress issued proclamations and endorsements of Father's Day as a national tradition.

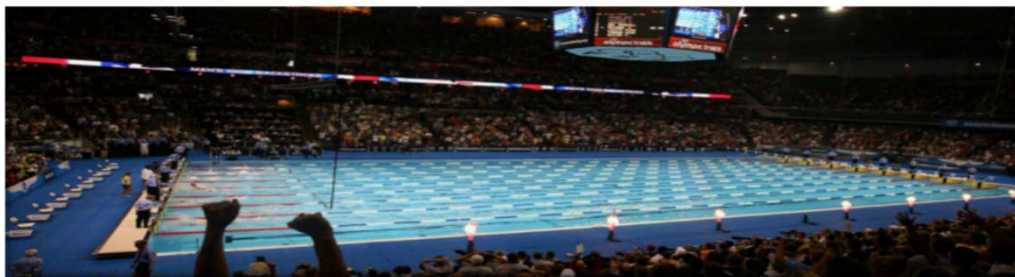
Camp Fire Girls were founded in 1910. (Now Camp Fire Boys and Girls)

Boy Scouts YMCA leaders played a key role in the development of the Boy Scouts in the United States. YMCA and Scout leaders realized that Scouting in the United States needed to be a separate movement. In June 1910, a temporary national headquarters was housed in the YMCA office in New York City.

USO (United Service Organization) was created in October 1940, as a joint effort between many organizations including the YMCA, helping servicemen and noncombatants in the nation's war.

Peace Corps was founded in 1961 by President Kennedy and was patterned after the YMCA's program of World Service Workers, which had started in the 1880's.

YMCA and Olympic Trials



YMCA Swimmers Competing at 2016 Olympic Trial

Hannah Aspden-Triangle Area (NC)	Adriana Grabski-Greater Sunbury (PA)	Ky Lee Perry-Wilton (MA)
Kyle Aukerman-ME Lyons (OH)	Greg Grewal-Lionville (PA)	Nick Peterson-Schroeder (WI)
Caroline Baldwin-Westfield (NJ)	Bailey Grinter-Edwardsville (IL)	Tim Phillips-Marietta(OH) -Parkersburg (WV)
Billy Beard-Upper Main Line (PA)	Robert Griswold-Ocean County (NJ)	Aris Plamondon-Greater Flint (MI)
Karl Bishop-Cheshire (CT)	John Hansen-Greater Flint (MI)	Cooper Prue-Greater Flint (MI)
Joe Bonk-Triangle Area (NC)	Courtney Harnish-York (PA)	Amanda Quitos-Greater Flint (MI)
Leah Braswell-York (PA)	Kaitlin Harty-Northshore (MA)	Shannon Rauth-Upper Main Line (PA)
Emily Brunneman-ME Lyons (OH)	Daniel Hein-Kishwaukee (IL)	Tyler Rauth-Upper Main Line (PA)
Marie Chamberlain-Cape Cod (MA)	Ryan Held-Springfield (IL)	Molly Roberts-Greater Flint (MI)
Drew Clark-Sarasota (FL)	Grant House-Countryside (OH)	Hannah Saiz-Schroeder (WI)
Brandon Crabtree-Mission Valley (CA)	Nancy Hu-Sarasota (FL)	Katie Saloky-Greater Sunbury (PA)
Kendra Crew-Springfield (OH)	Cassy Jernberg-Schroeder (WI)	Tristan Sanders-Suncoast (FL)
Cailin Currie – Andover/N. Andover(MA)	Austin Katz-Sarasota (FL)	Olivia Schmelzer-Lancaster&Fairfield (OH)
Bailey Curtis-Greater Flint (MI)	Taylor Katz-Sarasota (FL)	Ashlyn Schoof-Schroeder (WI)
Emma Curtis-Greater Flint (MI)	Katrina Konopka-Middle Tyger (SC)	Emma Seiberlich-Phoenixville (PA)
Ross Dant-Hickory (NC)	Christina Lang-Suncoast (FL)	Erin Sellers-Upper Main Line (PA)
Thuy Dinh-Upper Main Line (PA)	Brayden Lauffer-Triangle Area (NC)	Hank Siefert-Coffman (OH)
Megan Elmquist-Greater Flint (MI)	Meghan Lavelle-Leaning Tower (IL)	Alaina Skellett-Greater Flint (MI)
Ragen Engel-Springfield (OH)	Bethany Leap-Sarasota (FL)	Meghan Small-York (PA)
Danny Erlenmeyer-Sarasota (FL)	Benjamin Lin-Summit Area (NJ)	Hannah Snyder-Triangle Area (NC)
Kendyl Ferrara-ME Lyons (OH)	Adam Mania-Schroeder (WI)	Kevin Steel-Schroeder (WI)
Abby Fisher-Lakeland Hills (NJ)	David May-Cheshire (CT)	Rachel Stoddard-Somerset Valley (NJ)
Josh Fleagle-Auglaize Mercer (OH)	Lucas McCrory-Triangle Area (NC)	Lindsay Temple-Somerset Valley (NJ)
Hali Flickinger-York (PA)	Max McHugh-Door County (WI)	Caitlin Tycz-Bath Area (ME)
Camryn Forbes-Butler (PA)	Caitlynn Moon-Kishwaukee (IL)	Danielle Valley-Sarasota (FL)
Natalie Gallamore-Greater Flint (MI)	Alex Myers-Schroeder (WI)	Zack Warner-Somerset Valley (NJ)
Ally Galyer-Middle Tyger (SC)	Jesse Novak-Somerset Valley (NJ)	Sarah Welch-Northshore (MA)
Danielle Galyer-Middle Tyger (SC)	Jenny Nusbaum-Triangle Area (NC)	James Wells-Bath Area (ME)
Corey Gambardella-Soundview (CT)	Kacey Oberlander-York (PA)	Katy Williams-Triangle Area (NC)
Matthew Garcia-Sarasota (FL)	Matthew O'Donnell-Sarasota (FL)	Logan Wilson-Triangle Area (NC)
Margo Geer-Springfield (OH)	Carter Paige-Sarasota (FL)	Sean Workman-Edwardsville (IL)
Alex Gianino-Triangle Area (NC)	Luke Papendick-Lakeland Hills (NJ)	Maddy Zimmerman-Upper Main Line (PA)

Olympic Team

Hali Flickinger

Ryan Held

Hannah Aspden (Para)

Robert Griswold (Para)

Cailin Currie (Para)



Upcoming Events

Reaching Goals
Celebrating Achievements



2016 YMCA National Virtual Invitational
Swim Locally – Compete Nationally – Oct 22-30, 2016



2017 YMCA Short Course Nationals
April 3-7, 2017 GAC, Greensboro, NC



2017 YMCA Masters National Meet
May 4-7, 2017 Sarasota YMCA, Sarasota, Florida



2017 YMCA Long Course Nationals
July 31-Aug 4, 2017 Location to be announced in Sept 2016



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

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.

FIVE SIGNS

A CHILD IS STRUGGLING WITH SUMMER HUNGER



© iStock.com/René Jansa



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.

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.

'Hunger' 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. »

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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.





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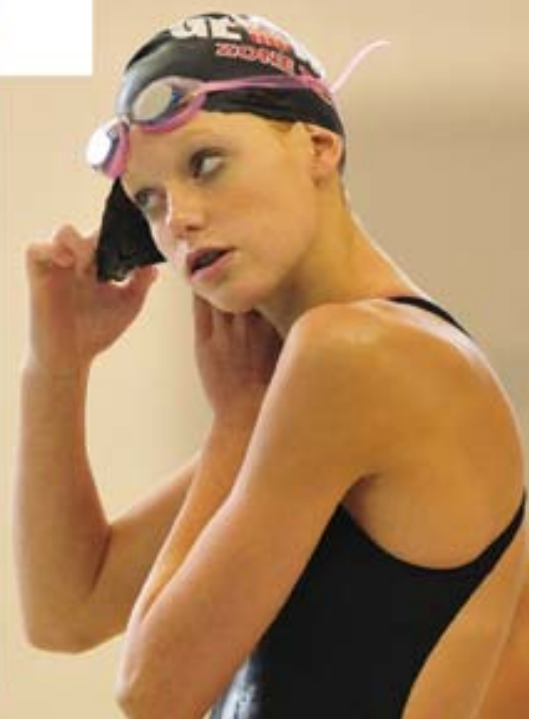
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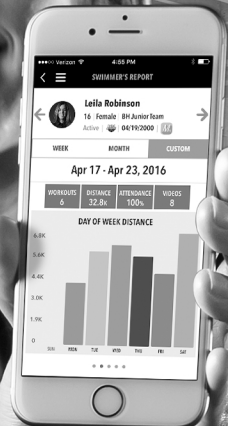
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YMCA Long Course Championship

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 501

Women 200 LC Meter Butterfly

National Record

2:09.96 Leah Gingrich
West Shore-PA, 2008



Defending Champion
Kate May - 2:16.65
Edwardsville YMCA

Year	Name	Association	Time
2015	Kate May	Edwardsville YMCA	2:16.65
2014	Amanda McNulty	Middle Tyger YMCA	2:15.24
2013	Elise Lankiewicz	Brandywine DE YMCA	2:16.26
2012	Courtney Weaver	Greater Flint YMCA	2:13.34
2011	Courtney Weaver	Greater Flint YMCA	2:15.72
2010	Kendall Farmham	Anne Arundel YMCA	2:21.97
2009	Addie Carne	Middle Tyger YMCA	2:20.28
2008	Leah Gingrich	West Shore YMCA	2:09.96
2007	Julianna Prim	Winston Salem YMCA	2:17.41
2006	Nina Rossi	Hamilton Area YMCA - NJ	2:16.69

Event 502

Men 200 LC Meter Butterfly

National Record

2:02.33 David May
Cheshire YMCA-CT, 2015



Defending Champion
David May - 2:02.33
Cheshire YMCA

Year	Name	Association	Time
2015	David May	Cheshire YMCA	2:02.33
2014	Tommy Kealy	Wilton YMCA	2:05.29
2013	Sava Turcanu	Hickory Foundation YMCA	2:03.85
2012	Leo Lim	Wyckoff Family YMCA	2:02.39
2011	Leo Lim	Wyckoff Family YMCA	2:03.50
2010	Matthew Salig	Upper Main Line YMCA	2:05.48
2009	Josh Friedel	Rappahannock YMCA	2:03.13
2008	Matt Navata	Montclair YMCA	2:05.60
2007	Luke Bushman	Green Bay YMCA Metro	2:05.20
2006	Todd McGraw	Huntington YMCA WV	2:04.25

Event 503

Women 100 LC Meter Freestyle

National Record

56.05 Katrina Konopka
Middle Tyger-SC, 2015



Defending Champion
Katrina Konopka – 56.05
Middle Tyger YMCA

Year	Name	Association	Time
2015	Katrina Konopka	Middle Tyger YMCA	56.05
2014	Alisabeth Marsteller	Countryside YMCA	56.43
2013	Katrina Konopka	Middle Tyger YMCA	56.77
2012	Madeline Smart	Wilton YMCA	57.38
2011	Katrina Konopka	Middle Tyger YMCA	57.25
2010	Emily Lloyd	Anne Arundel YMCA	57.46
2009	Emily Lloyd	Anne Arundel YMCA	56.79
2008	Emily Lloyd	Anne Arundel YMCA	57.07
2007	Emily Lloyd	Anne Arundel YMCA	57.51
2006	Hollis Capuano	Cheshire Branch YMCA	58.96

Event 504

Men 100 LC Meter Freestyle

National Record

50.17 Joe Bonk
Triangle Area YMCA-NC, 2012



Defending Champion
Mark Andrew – 50.96
Greater Miami Valley YMCA

Year	Name	Association	Time
2015	Mark Andrew	Greater Miami Valley YMCA	50.96
2014	Zachary Molloy	Ocean County YMCA	51.01
2013	Colin Ellington	Triangle Area YMCA	50.81
2012	Joe Bonk	Triangle Area YMCA	50.17
2011	Jack Forese	New Canaan YMCA	51.74
2010	Tim Squires	Elkins West Virginia	51.68
2009	Tim Phillips	Marietta YMCA	50.72
2008	Evan Reed	Upper Main Line YMCA	51.25
2007	Jim Barbieri	Countryside Ralph Stolle	53.44
2006	Evan Reed	Upper Main Line YMCA	51.94

Event 505

Women 200 LC Meter IM

National Record

2:16.33 Leah Gingrich
West Shore-PA, 2008



Defending Champion
Maggie Werba - 2:19.60
Oshkosh Community YMCA

Year	Name	Association	Time
2015	Maggie Werba	Oshkosh Community YMCA	2:19.60
2014	Alisabeth Marsteller	Countryside YMCA	2:19.04
2013	Savanna Faulconer	Middle Tyger YMCA	2:18.39
2012	Haley Lips	Middle Tyger YMCA	2:19.52
2011	Meriza Werenski	Greater Holyoke YMCA	2:18.02
2010	Caroline Fore	Middle Tyger YMCA	2:21.35
2009	Addie Carne	Middle Tyger YMCA	2:21.85
2008	Leah Gingrich	West Shore YMCA	2:16.33
2007	Katya Bachrouche	Farmington Family YMCA	2:22.41
2006	Nina Rossi	Hamilton Area YMCA - NJ	2:21.03

Event 506

Men 200 LC Meter IM

National Record

2:05.13 Connor Maher
Cheshire-CT, 2011



Defending Champion
Sean Workman – 2:06.51
Edwardsville YMCA

Year	Name	Association	Time
2015	Sean Workman	Edwardsville YMCA	2:06.51
2014	Grant House	Countryside YMCA	2:05.49
2013	Colin Ellington	Triangle Area YMCA	2:05.34
2012	Christopher DePietro	Lancaster & Fairfield	2:06.62
2011	Connor Maher	Cheshire YMCA	2:05.13
2010	Matthew Salig	Upper Main Line YMCA	2:06.61
2009	Matthew Salig	Upper Main Line YMCA	2:05.53
2008	Scott Marino	Fanwood-Scotch Plains	2:05.19
2007	Scott Marino	Fanwood-Scotch Plains	2:07.29
2006	Todd McGraw	Huntington YMCA WV	2:10.16

Event 507

Women 50 LC Meter Backstroke

National Record
29.32 Lauren English
Montclair-NJ, 2004



Defending Champion
Camryn Forbes – 29.41
Butler YMCA

Year	Name	Association	Time
2015	Camryn Forbes	Butler YMCA	29.41
2014	Emily Slabe	Countryside YMCA	29.54
2013	Emily Cornell	Upper Main Line YMCA	30.42
2012	Danielle Bach	Wyckoff Family YMCA	29.93
2011	Celia Oberholzer	Powell Crosley	30.20
2010	Emily Slabe	Countryside YMCA	30.13
2009	Lauren Solernou	Cheshire YMCA	29.33
2008	Lauren Solernou	Cheshire YMCA	30.04
2007	Lauren Solernou	Cheshire YMCA	30.69
2006	Lauren Solernou	Cheshire YMCA	30.13

Event 508

Men 50 LC Meter Backstroke

National Record
25.90 James Wells
Bath Area-ME, 2010



Defending Champion
Nate Simpson – 27.00
Bath Area Family YMCA

Year	Name	Association	Time
2015	Nate Simpson	Bath Area Family YMCA	27.00
2014	Maximilian St George	B. R. Ryall YMCA	26.73
2013	Dylan Sali	Somerset Valley YMCA	26.21
2012	Nic Graesser	Upper Main Line YMCA	26.01
2011	Steven Zimmerman	Countryside YMCA	26.61
2010	James Wells	Bath Area Family YMCA	25.90
2009	James Wells	Bath Area Family YMCA	26.43
2008	Jim Barbieri	Countryside Ralph Stolle	27.45
2007	Jim Barbieri	Countryside Ralph Stolle	27.81
2006	Jim Barbieri	Countryside Ralph Stolle	27.46

Event 509

Women 400 LC Meter Freestyle Relay

National Record

3:51.79 Middle Tyger YMCA
Middle Tyger YMCA-SC, 2015



Defending Champion
Middle Tyger YMCA - 3:51.79
Ali Galyer, Maegan Rudolph,
Sydney Baker, Katrina Konopka

Year	Association	Time
2015	Middle Tyger YMCA	3:51.79
2014	Triangle Area YMCA	3:53.14
2013	Somerset Valley YMCA	3:52.18
2012	Middle Tyger YMCA	3:51.98
2011	Middle Tyger YMCA	3:54.85
2010	Middle Tyger YMCA	3:58.32
2009	Middle Tyger YMCA	3:55.40
2008	West Shore YMCA	3:55.59
2007	Middle Tyger YMCA	3:58.86
2006	Upper Main Line YMCA	4:01.30

Event 510

Men 400 LC Meter Freestyle Relay

National Record

3:29.36 Triangle Area YMCA
Triangle Area YMCA-NC, 2012



Defending Champion
Countryside Ralph Stolle - 3:31.91
Matt Slabe, Kevin George,
Jack German, Jacob Peloquin

Year	Association	Time
2015	Countryside Ralph Stolle YMCA	3:31.91
2014	Triangle Area YMCA	3:30.50
2013	Triangle Area YMCA	3:30.16
2012	Triangle Area YMCA	3:29.36
2011	Cheshire YMCA	3:31.30
2010	Upper Main Line YMCA	3:33.63
2009	Upper Main Line YMCA	3:31.18
2008	Middle Tyger YMCA	3:33.66
2007	Middle Tyger YMCA	3:37.53
2006	Middle Tyger YMCA	3:37.00

Event 511

Women 800 LC Meter Freestyle

National Record

8:48.06 Caitlynn Moon
Kishwaukee Family-IL, 2014



Defending Champion
Emmaline Peterson – 8:52.15
Hickory Foundation YMCA

Year	Name	Association	Time
2015	Emmaline Peterson	Hickory Foundation YMCA	8:52.15
2014	Caitlynn Moon	Kishwaukee Family YMCA	8:49.29
2013	Caitlynn Moon	Kishwaukee Family YMCA	8:57.44
2012	Kendall Dawson	Central Florida Metro YMCA	8:56.18
2011	Emily Launer	Kishwaukee YMCA	8:59.65
2010	Carly Munchel	West Shore YMCA	9:08.32
2009	Laura Simon	Middle Tyger YMCA	8:55.46
2008	Laura Simon	Middle Tyger YMCA	8:59.00
2007	Caroline Smith	Winston Salem YMCA	8:59.53
2006	Sarah Broadley	Central Florida YMCA	9:02.92

Event 512

Men 800 LC Meter Freestyle

National Record

8:21.91 Robby Giller
Wilton Family YMCA, 2015



Defending Champion
Robby Giller - 8:21.91
Wilton Family YMCA

Year	Name	Association	Time
2015	Robby Giller	Wilton YMCA	8:21.91
2014	Kevin George	Countryside YMCA	8:27.58
2013	Stephen Holmquist	Wilton YMCA	8:23.37
2012	Matthew Moen	Wilton YMCA	8:25.03
2011	Sava Turcanu	Hickory YMCA	8:22.11
2010	Ty Perkins	South Family YMCA	8:35.62
2009	Ty Perkins	South Family YMCA	8:25.05
2008	Travis Green	Huntington YMCA WV	8:27.55
2007	Luke Bushman	Green Bay YMCA Metro	8:28.32
2006	Justin Galbreath	South YMCA	8:28.73

2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 5 Prelims

Event 501 Women 200 LC Meter Butterfly

National: 2:09.96 8/1/2008 Leah Gingrich				
Lane	Name	Age	Team	Seed Time
Heat 1 of 10 Prelims Starts at 08:30 AM				
1				
2	Pappas, Erini	13	Phoenixville-PA	2:11.03 Y
3	Steward, Kara	17	Boise-ID	2:10.74 Y
4	Wilson, Maddy	18	Rapid Area-MI	2:10.20 Y
5	Ehret, Erika	16	New Canaan-CT	2:10.54 Y
6	Kurtz, Lily	17	Cheshire-CT	2:10.86 Y
7	Kapostasy, Allison	16	ME Lyons-OH	2:11.45 Y
8				
Heat 2 of 10 Prelims Starts at 08:33 AM				
1	Culbert, Shannon	15	Ocean County-NJ	2:09.72 Y
2	Horman, Alex	18	Rapid Area-MI	2:09.52 Y
3	Reilly, Maggie	14	LakelandHills-NJ	2:09.25 Y
4	Lechner, Ashleigh	16	W.North Carolina	2:08.85 Y
5	Long, Camille	17	W.North Carolina	2:09.20 Y
6	Conte, Amanda	15	New Canaan-CT	2:09.41 Y
7	Spillane, Catherine	17	South Shore, MA	2:09.60 Y
8	Klingensmith, Elizabeth	17	Uniontown-PA	2:10.13 Y
Heat 3 of 10 Prelims Starts at 08:35 AM				
1	Higgins, Andrea	17	North Shore-MA	2:07.98 Y
2	Newnam, Anna	16	W.North Carolina	2:06.64 Y
3	McLaughlin, Brenna	15	Wilton-CT	2:31.41
4	Robinson, Kathryn	16	Cheshire-CT	2:31.24
5	Griswold, Molly	17	Ocean County-NJ	2:31.33
6	Faria, Alexis	16	LakelandHills-NJ	2:05.83 Y
7	Leggett, Miranda	15	Oshkosh-WI	2:07.53 Y
8	Scott, Katherine	18	Red Bank - NJ	2:08.17 Y
Heat 4 of 10 Prelims Starts at 08:38 AM				
1	Taylor, Marissa	17	Hickory -NC	2:31.13
2	Blaakman, MaKenzie	16	Middle Tyger-SC	2:31.00
3	Meurer, Amanda	16	Western-CT	2:30.65
4	Harter, Rayna	16	Joliet - IL	2:30.52
5	Mulcahy, Brianna	16	Red Bank - NJ	2:30.52
6	Quinn, Lilly	17	Brandywine-DE	2:30.92
7	McDermott, Meg	17	SomersetValleyNJ	2:31.06
8	Dado, Nicole	15	Red Bank - NJ	2:31.18
Heat 5 of 10 Prelims Starts at 08:40 AM				
1	Horne, Sarah	16	Wyckoff-NJ	2:30.43
2	Louie, Emily	17	SomersetValleyNJ	2:30.23
3	Elder, Maelyn	17	York-PA	2:30.05
4	Roberts, Molly	17	Gr. Flint-MI	2:29.47
5	Carlin, Emilee	16	Countryside-OH	2:29.92
6	Van Gheem, Annah	17	Green Bay-WI	2:30.11
7	Chase, Mimi	16	West Shore-PA	2:30.40
8	Roose, Elissa	15	Kishwaukee-IL	2:30.47

Heat 6 of 10 Prelims Starts at 08:43 AM

1	Workman, Gail	15	ME Lyons-OH	2:29.17
2	Mora, Maile	15	Red Bank - NJ	2:28.92
3	Zablocki, Bri	16	Green Bay-WI	2:28.78
4	Rauth, Lexi	18	UpperMainLine-PA	2:28.61
5	Chan, Zoe	16	Ridgewood-NJ	2:28.70
6	Smith, M.E.	15	South Family-OH	2:28.87
7	Hansen, Morgan	17	Phoenixville-PA	2:29.12
8	Peters, Evelyn	14	Rock Hill-SC	2:29.36

Heat 7 of 10 Prelims Starts at 08:45 AM

1	Synan, Haley	17	Gr Holyoke-MA	2:28.07
2	Cook, Cami	18	York-PA	2:27.89
3	Bollendorf, Emily	17	Racine-WI	2:27.06
4	Tejeda, Gabriella	13	Cheshire-CT	2:26.44
5	Mendoza, Ailee	17	Greenwich-CT	2:26.70
6	Bazarian, Ally	16	Wilton-CT	2:27.44
7	Tingley, Nicole	16	SummitBranch-NJ	2:28.06
8	O'Leary, Cha	18	Montclair-NJ	2:28.55

Heat 8 of 10 Prelims Starts at 08:47 AM

1	Gawronski, Dia	16	Cheshire-CT	2:25.86
2	Lim, Cleopatra	15	Wyckoff-NJ	2:23.48
3	Boyer, Elizabeth	16	Cheshire-CT	2:19.95
4	Glass, Megan	15	Blue Ash-OH	2:18.78
5	Connolly, Katherine	15	South Shore, MA	2:19.53
6	Campbell, McKenzie	15	Greensboro-NC	2:22.35
7	Dixon, Alexandra	16	Duanesburg-NY	2:24.82
8	Gallamore, Natalie	17	Gr. Flint-MI	2:26.42

Heat 9 of 10 Prelims Starts at 08:50 AM

1	Leko, Mia	16	Cheshire-CT	2:25.73
2	Rudolph, Maegan	17	Middle Tyger-SC	2:23.43
3	Perrotta, Brooke	17	Cheshire-CT	2:19.60
4	Durak, Anna	16	Hickory -NC	2:17.64
5	Tacik, Morgan	18	Northwest-NC	2:19.40
6	Tycz, Caitlin	16	Bath Area-ME	2:21.82
7	Martin, Corinne	18	Northwest-NC	2:24.02
8	Hayes, Sophie	17	Wilton-CT	2:26.11

Heat 10 of 10 Prelims Starts at 08:52 AM

1	Larsen, Natalie	16	Wilton-CT	2:25.12
2	Otten, Emma	17	Countryside-OH	2:23.13
3	Jelley, Shannon	16	Countryside-OH	2:19.56
4	Seiberlich, Emma	17	Phoenixville-PA	2:12.14
5	Ilgenfritz, Emily	18	York-PA	2:18.97
6	Braswell, Leah	16	York-PA	2:21.55
7	Hathaway, Meagan	16	North Shore-MA	2:23.59
8	Shin, Clair	17	Wyckoff-NJ	2:25.94

South (Diving Pool) is odd heats North (Scoreboard) is Even heats
 All 50's start at scoreboard end 200 med relay 800 free and 800 free relay start diving pool end
 all other events -- odd heats diving pool end even heats scoreboard end

2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 5 Prelims

Event 502 Men 200 LC Meter Butterfly**National: 2:02.33 8/7/2015 David May****Lane Name Age Team Seed Time****Heat 1 of 8 Prelims Starts at 08:55 AM**

1				
2	Ye, Vincent	15	Lionville-PA	1:58.94 Y
3	Titterton, Matthew	16	East Hartford-CT	1:58.93 Y
4	Cromie, Tommy	16	SomersetHills-NJ	1:57.90 Y
5	Trentalange, Richard	14	Red Bank - NJ	1:58.05 Y
6	Doepke, Malcolm	18	ME Lyons-OH	1:58.93 Y
7				
8				

Heat 2 of 8 Prelims Starts at 08:57 AM

1	Holman, Kyle	17	Western Br-DE	1:57.74 Y
2	Koul, Raveesh	17	SomersetHills-NJ	1:57.61 Y
3	Oh, Joshua	17	Wyckoff-NJ	1:55.06 Y
4	Anderson, Tim	14	Wyckoff-NJ	2:17.51
5	Smith, Christopher	17	Red Bank - NJ	1:50.84 Y
6	Tan, Sean	16	LakelandHills-NJ	1:57.05 Y
7	Kirkby, James	17	UpperMainLine-PA	1:57.62 Y
8	Ryle, Kevin	16	UpperMainLine-PA	1:57.75 Y

Heat 3 of 8 Prelims Starts at 08:59 AM

1	Jones, Brendan	18	Annapolis-MD	2:17.33
2	Stollings, Tim	15	Tri-County-WV	2:17.13
3	Hussey, Reid	16	Annapolis-MD	2:16.96
4	Valentine, Isaiah	15	Powel Crosley-OH	2:16.66
5	Rutz, Cameron	16	Countryside-OH	2:16.88
6	Chimes, Eric	15	Ridgewood-OH	2:17.05
7	Day, John	16	Northwest-NC	2:17.27
8	Cox, Miles	14	York-PA	2:17.42

Heat 4 of 8 Prelims Starts at 09:01 AM

1	Liu, NingNing	16	York-PA	2:16.06
2	Neverman, Kaiser	14	Green Bay-WI	2:15.64
3	Om, Joe	16	Wyckoff-NJ	2:15.22
4	Dixon, Brice	16	Countryside-OH	2:14.77
5	Knorr, Ethan	15	Greensboro-NC	2:14.95
6	Maldonado, Dimitri	16	Red Bank - NJ	2:15.32
7	Zablocki, Jackie	17	Green Bay-WI	2:15.81
8	Hardy, JJ	15	Columbia-SC	2:16.43

Heat 5 of 8 Prelims Starts at 09:03 AM

1	Losee, KJ	14	Rapid Area-MI	2:14.12
2	Shadeck, Kyle	18	Cheshire-CT	2:13.97
3	Ambrose, Adam	18	Cheshire-CT	2:13.70
4	Rastelli, Alex	18	South Shore, MA	2:13.69
5	Lynch, Jack	17	Wilton-CT	2:13.70
6	Sun, Gary	16	LakelandHills-NJ	2:13.93
7	Lenchik, Josh	16	Northwest-NC	2:14.09
8	Shao, Alan	14	FanwoodScotch-NJ	2:14.23

Heat 6 of 8 Prelims Starts at 09:05 AM

1	Stout, Dawson	17	Western-CT	2:12.81
2	Kelley, Jimmy	17	ME Lyons-OH	2:11.68
3	Burns, Brendan	15	UpperMainLine-PA	2:10.26
4	Dobson, Chet	16	Blue Ash-OH	2:08.53
5	Rice, Jade	17	SomersetHills-NJ	2:09.43
6	Biagioli, Francis	18	Wyckoff-NJ	2:10.91
7	Puglessi, Ben	16	Rapid Area-MI	2:12.27
8	Leibold, Kevin	15	South Family-OH	2:13.63

Heat 7 of 8 Prelims Starts at 09:08 AM

1	Mahler, Adam	15	Wilkes-Barre-PA	2:12.70
2	Park, Joseph	17	Leaning Tower-IL	2:11.34
3	Aukerman, Nick	17	South Family-OH	2:10.04
4	Walker, Lexo	17	Wilton-CT	2:07.22
5	Halpin, Liam	17	South Family-OH	2:09.14
6	Ehlinger, Ryan	17	Green Bay-WI	2:10.78
7	DiGiaro, Zach	18	Red Bank - NJ	2:12.21
8	Parkman, Zach	15	Lancaster-OH	2:13.49

Heat 8 of 8 Prelims Starts at 09:10 AM

1	Ryan, Erik	17	Wilton-CT	2:12.32
2	Erickson, Jonathan	18	ME Lyons-OH	2:11.16
3	Robison, Connor	18	Cheshire-CT	2:09.73
4	Gambardella, Corey	17	Soundview-CT	2:01.52
5	North, Dylan	18	York-PA	2:08.64
6	Otterbein, Jake	18	SomersetValleyNJ	2:10.56
7	Karschnik, Jonah	13	ME Lyons-OH	2:12.16
8	Palpallatoc, Josh	17	Ridgewood-NJ	2:12.90

Event 503 Women 100 LC Meter Freestyle**National: 56.05 8/7/2015 Katrina Konopka****Lane Name Age Team Seed Time****Heat 1 of 14 Prelims Starts at 09:12 AM**

1	Lang, Christina	18	Suncoast-FL	53.59 Y
2				
3	Claus, Abby	17	SummitBranch-NJ	53.55 Y
4	Mullally, Gabriella	16	Oshkosh-WI	53.51 Y
5	Blaakman, MaKenzie	16	Middle Tyger-SC	53.53 Y
6	Curtis, Audrey	17	Greensboro-NC	53.58 Y
7				
8				

Heat 2 of 14 Prelims Starts at 09:13 AM

1	Isakoff, Katelin	15	FarmingtonVal-CT	53.50 Y
2	Bissaillon, Caroline	17	Gr. Westfield-MA	53.46 Y
3	Crater, Jackie	17	SummitBranch-NJ	53.45 Y
4	Brady, Victoria	17	Edwardsville-IL	53.34 Y
5	Megill, Cara	16	Boyertown-PA	53.37 Y
6	Sweeney, Caroline	16	New Canaan-CT	53.46 Y
7	Dennis, Morgan	14	Northwest-NC	53.49 Y
8	Felton, Eleanor	16	Duanesburg-NY	53.51 Y

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Heat 3 Prelims (#503 Women 100 LC Meter Freestyle)

1	Blake, Kelly	17	Western Br-DE	53.23 Y
2	Maizes, DeeDee	16	FanwoodScotch-NJ	52.57 Y
3	Rankin, Michaela	16	Ocean County-NJ	52.39 Y
4	Judge, Megan	15	Red Bank - NJ	52.06 Y
5	Snover, Jessi	17	Middle Tyger-SC	52.33 Y
6	Kiely, Katie	16	LakelandHills-NJ	52.55 Y
7	Baber, Corinne	17	Countryside-OH	52.62 Y
8	Elmqvist, Megan	13	Gr. Flint-MI	53.32 Y

Heat 4 of 14 Prelims Starts at 09:15 AM

1	Boesche, Julia	17	Lattof-IL	1:01.67
2	Horner, Madeline	18	Hamilton Area-NJ	1:01.65
3	Heimes, Kaylee	15	U Perkiomen-PA	1:01.63
4	DiFiore, Alyssa	18	East Hartford-CT	1:01.62
5	O'Halloran, Hannah	17	Montclair-NJ	1:01.62
6	Jimenez, Isabelle	17	Blue Ash-OH	1:01.63
7	Matesa, Isabella	14	Countryside-OH	1:01.66
8	Klug, Alyssa	14	Leaning Tower-IL	1:01.69

Heat 5 of 14 Prelims Starts at 09:16 AM

1	Miller, Taci	16	Lancaster-OH	1:01.58
2	Leary, Frances	17	Powel Crosley-OH	1:01.52
3	Piacentino, Victoria	15	Wilton-CT	1:01.47
4	Thomas, Lia	17	Powel Crosley-OH	1:01.44
5	McGann, Caroline	14	Red Bank - NJ	1:01.45
6	Ashmead, Linda	17	UpperMainLine-PA	1:01.52
7	Martin, Kylie	16	York-PA	1:01.55
8	Young, Sarah	16	Middle Tyger-SC	1:01.59

Heat 6 of 14 Prelims Starts at 09:17 AM

1	Farrell, Claire	17	Coffman - OH	1:01.42
2	Best, Avery	13	Montclair-NJ	1:01.42
3	Lukshides, Olivia	18	SomersetValleyNJ	1:01.37
4	Carr, Annie	16	Greensboro-NC	1:01.34
5	Wargo, Ellie	17	Cheshire-CT	1:01.35
6	Wyant, Sarah	16	West Shore-PA	1:01.40
7	Manson, Kyra	17	SomersetHills-NJ	1:01.42
8	Hullette, Ruth	16	Hickory -NC	1:01.43

Heat 7 of 14 Prelims Starts at 09:18 AM

1	Rochon, Riley	16	Lionville-PA	1:01.27
2	Stankiewicz, Julie	17	FanwoodScotch-NJ	1:01.15
3	Brewer, Lexy	18	SomersetValleyNJ	1:00.97
4	Maizes, Rachel	16	FanwoodScotch-NJ	1:00.95
5	Miller, Kayla	15	Rocky Mount-NC	1:00.96
6	Carlin, Ally	16	Countryside-OH	1:01.12
7	Austin, Tori	16	South Shore, MA	1:01.19
8	Mayo, Alex	13	Soundview-CT	1:01.29

Heat 8 of 14 Prelims Starts at 09:19 AM

1	Scrimizzi, Kate	17	Countryside-OH	1:00.94
2	DiCamillo, Lauren	15	Brandywine-PA	1:00.90
3	Luckett, Leah	13	Countryside-OH	1:00.87
4	McCadden, Kristi	16	Oshkosh-WI	1:00.84
5	Contino, Taylor	17	ME Lyons-OH	1:00.84
6	Fry, Mary Margaret	18	Blue Ash-OH	1:00.90
7	Fung, Darlene	15	FanwoodScotch-NJ	1:00.91
8	Schlitt, Kayla	14	W.North Carolina	1:00.95

Heat 9 of 14 Prelims Starts at 09:19 AM

1	Tolan, Ann	17	Bath Area-ME	1:00.81
2	Kauffman, Sam	18	Wyckoff-NJ	1:00.77
3	Giampietro, Olivia	17	Phoenixville-PA	1:00.69
4	Hopf, Hollie	18	SomersetValleyNJ	1:00.67
5	Prentice, Casey	17	Dancely-MD	1:00.68
6	Pape, Caroline	13	Northwest-NC	1:00.72
7	Fortman, Emma	15	Blue Ash-OH	1:00.78
8	Reeder, Grace	15	W.North Carolina	1:00.83

Heat 10 of 14 Prelims Starts at 09:20 AM

1	Pinnix, Omega	14	Greensboro-NC	1:00.59
2	Gingerich, Marisa	17	York-PA	1:00.56
3	Marzolf, Mallory	17	Butler-PA	1:00.49
4	Lydzinski, Kara	17	SomersetValleyNJ	1:00.39
5	May, Hannah	17	Blue Ash-OH	1:00.48
6	Yadoff, Jamie	17	Wyckoff-NJ	1:00.55
7	Thomae, Victoria	16	Edwardsville-IL	1:00.59
8	Kilama, Atim	16	Brandywine-DE	1:00.66

Heat 11 of 14 Prelims Starts at 09:21 AM

1	Keenan, Margie	17	SummitBranch-NJ	1:00.29
2	Laurita, Mary	17	SomersetHills-NJ	1:00.27
3	Banasiak, Amanda	18	FanwoodScotch-NJ	1:00.22
4	Choi, Abby	16	Wyckoff-NJ	1:00.07
5	Gebel, Alexandra	17	SomersetValleyNJ	1:00.14
6	Pehowski, Jenna	17	Rock Hill-SC	1:00.23
7	Hart, Madeline	14	ME Lyons-OH	1:00.27
8	Cook, Cami	18	York-PA	1:00.36

Heat 12 of 14 Prelims Starts at 09:22 AM

1	Hemp, Kerrigan	14	Andover-MA	59.90
2	Bobick, Meghan	18	Coffman - OH	59.59
3	Rudolph, Maegan	17	Middle Tyger-SC	59.17
4	Berloco, Abbey	16	Hamilton Area-NJ	57.33
5	Forbes, Camryn	17	Butler-PA	58.08
6	Petrak, Taylor	17	Butler-PA	59.23
7	Swell, Shoshana	19	Red Bank - NJ	59.82
8	Sheridan, Kate	16	Wyckoff-NJ	1:00.00

Heat 13 of 14 Prelims Starts at 09:23 AM

1	Thornton, Hannah	15	Jennersville-PA	59.85
2	Tiernan, Tara	17	Cheshire-CT	59.47
3	Davis, Sarah	18	FanwoodScotch-NJ	58.52
4	Page, Kira	17	Western-CT	57.25
5	Perrotta, Brooke	17	Cheshire-CT	57.82
6	Summit, Maggie	14	North Shore-MA	59.22
7	Tyler, Alexandra	13	Cheshire-CT	59.75
8	Hufziger, Mary	16	Western-CT	59.92

Heat 14 of 14 Prelims Starts at 09:24 AM

1	Jeffreys, Ashley	15	Rapid Area-MI	59.84
2	Purcell, Kayla	17	SomersetHills-NJ	59.39
3	Schmelzer, Olivia	16	Lancaster-OH	58.28
4	Perry, Ky-lee	18	Wilton-CT	56.31
5	Moesch, Marlise	16	FanwoodScotch-NJ	57.40
6	Curtis, Emma	17	Gr. Flint-MI	59.19
7	Rice, Nevie	18	Countryside-OH	59.70
8	Barone, Kayla	15	West Shore-PA	59.90

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Event 504 Men 100 LC Meter Freestyle

National: 50.17 7/26/2012 Joe Bonk				
Lane	Name	Age	Team	Seed Time
Heat 1 of 14 Prelims Starts at 09:25 AM				
1				
2	LeSeure, TJ	18	Joliet - IL	48.12 Y
3	Oliveri, Jeffery	17	Dancely-MD	48.03 Y
4	Swartfager, Marcus	17	Grove City-PA	47.97 Y
5	Evers, Brandon	17	SomersetValleyNJ	47.97 Y
6	Bemis, Michael	17	Suncoast-FL	48.09 Y
7	Powell, Tom	17	Jennersville-PA	48.18 Y
8				
Heat 2 of 14 Prelims Starts at 09:26 AM				
1	Carkhuff, Ryan	16	SomersetHills-NJ	47.93 Y
2	Kramer, Evan	18	Middle Tyger-SC	47.23 Y
3	Berger, Mark	16	SummitBranch-NJ	56.68
4	Lenchik, Josh	16	Northwest-NC	56.66
5	Wright, Connor	16	Red Bank - NJ	56.67
6	Rudman, Edward	17	New Canaan-CT	46.13 Y
7	Ashby, Spencer	17	Middle Tyger-SC	47.29 Y
8	Gibson, Kevin	18	SomersetValleyNJ	47.93 Y
Heat 3 of 14 Prelims Starts at 09:27 AM				
1	Ovanic, Jordan	16	Joliet - IL	56.64
2	Donnells, Carter	16	ME Lyons-OH	56.63
3	Driscoll, Robert	18	Cheshire-CT	56.61
4	Baker, Richie	18	Annapolis-MD	56.59
5	Kirkman, Samuel	18	Montclair-NJ	56.60
6	DeLauro, Thomas	17	SomersetValleyNJ	56.63
7	Karschnik, Jonah	13	ME Lyons-OH	56.64
8	Huo, Samuel	16	Brandywine-DE	56.65
Heat 4 of 14 Prelims Starts at 09:28 AM				
1	Rash, Broden	16	FanwoodScotch-NJ	56.57
2	Imposimato, Juan	17	South Florida-FL	56.48
3	Greene, Jacob	16	Northwest-NC	56.47
4	Heath, Nick	16	FanwoodScotch-NJ	56.42
5	Printon, Kyle	17	SomersetValleyNJ	56.46
6	Shilts, Alex	15	Champaign-IL	56.47
7	Schuetz, Matt	17	Blue Ash-OH	56.55
8	Holmes, Camden	15	Down East-ME	56.58
Heat 5 of 14 Prelims Starts at 09:28 AM				
1	Mazziotti, Kyle	13	Cheshire-CT	56.39
2	Gifford, Alex	14	Wyckoff-NJ	56.37
3	Lingo, Pete	17	ME Lyons-OH	56.33
4	Hua, Jonathan	16	SomersetHills-NJ	56.28
5	Fox, Ben	16	Soundview-CT	56.32
6	Khym, David	15	Ridgewood-NJ	56.35
7	Baggette, Brian	17	Edwardsville-IL	56.38
8	Knoyer, Logan	18	Uniontown-PA	56.40

Heat 6 of 14 Prelims Starts at 09:29 AM

1	Davis, Robert	18	East Hartford-CT	56.26
2	Pressly, John	17	Frederick-MD	56.22
3	Petrillo, Danny	17	SomersetValleyNJ	56.20
4	Ruh, Andres	14	Greenwich-CT	56.10
5	Fitzpatrick, Ryan	18	SomersetValleyNJ	56.20
6	Mathus, Nicholas	15	SomersetHills-NJ	56.22
7	Norman, Eric	15	Ridgewood-OH	56.23
8	Walsh, Daniel	15	Cheshire-CT	56.26

Heat 7 of 14 Prelims Starts at 09:30 AM

1	Bachman, Griffin	16	Powel Crosley-OH	56.02
2	Kenny, Brian	17	FanwoodScotch-NJ	55.99
3	Hardy, JJ	15	Columbia-SC	55.94
4	O'Connor, Ethan	15	Bayside-RI	55.92
5	Guindine, Lawrence	17	Wyckoff-NJ	55.93
6	Nucerino, Alex	18	Countryside-OH	55.97
7	Brocker, Phil	16	Powel Crosley-OH	56.01
8	Han, Will	15	Ridgewood-NJ	56.06

Heat 8 of 14 Prelims Starts at 09:31 AM

1	D'Amore, Logan	14	FanwoodScotch-NJ	55.87
2	Navarrete, Fernando	18	South Florida-FL	55.86
3	Buzdygon, Aaron	16	Brandywine-DE	55.84
4	Racke, Michael	17	Liberty Twp-OH	55.81
5	Ortiz, Erwin	18	W.North Carolina	55.84
6	Risma, Sammy	15	Blue Ash-OH	55.85
7	Nguyen, Olivier	18	Brandywine-PA	55.86
8	Steward, Gordon	15	Wyckoff-NJ	55.90

Heat 9 of 14 Prelims Starts at 09:32 AM

1	Corona, Matt	18	Cheshire-CT	55.80
2	Keh, Lucas	17	Wyckoff-NJ	55.79
3	Kuscan, Nolan	17	Wyckoff-NJ	55.72
4	Ryle, Kevin	16	UpperMainLine-PA	55.65
5	von Autenried, Kurt	17	Hamilton Area-NJ	55.65
6	Hakes, Ryan	17	Green Bay-WI	55.77
7	Zelina, Jorge	15	South Family-OH	55.79
8	Raub, Ethan	17	Northwest-NC	55.80

Heat 10 of 14 Prelims Starts at 09:33 AM

1	Morgan, Griff	17	Westfield-NJ	55.63
2	Bandt, Joshua	17	Oshkosh-WI	55.56
3	Yanello, Jonathon	17	Joliet - IL	55.50
4	Schutte, Henry	15	Rapid Area-MI	55.40
5	Peckmann, Alec	17	York-PA	55.45
6	Rocheleau, Joshua	18	Lakota-OH	55.52
7	Alexy, Max	15	SomersetHills-NJ	55.57
8	Sanders, Matt	17	SomersetValleyNJ	55.64

Heat 11 of 14 Prelims Starts at 09:34 AM

1	Madigan, David	18	Hamilton Area-NJ	55.35
2	Adl, Charlie	17	New Canaan-CT	55.23
3	Herfel, Garrison	17	Powel Crosley-OH	55.10
4	Collins, Aedan	17	Westfield-NJ	54.88
5	Park, Tim	15	Ridgewood-NJ	54.92
6	Louison, Brandon	17	Gr. Westfield-MA	55.11
7	Kirkby, James	17	UpperMainLine-PA	55.25
8	McCullough, Will	17	Powel Crosley-OH	55.38

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Heat 12 Prelims (#504 Men 100 LC Meter Freestyle)

1	Lance, Patrick	17	Boyertown-PA	54.77
2	Yi, Harrison	18	Wyckoff-NJ	54.38
3	Roeseler, Andreas	17	Leaning Tower-IL	53.37
4	Siefert, Hank	17	Coffman - OH	51.96
5	Burt, Carson	17	Powel Crosley-OH	53.13
6	Otterbein, Jake	18	SomersetValleyNJ	53.92
7	Smith, Teddy	18	Red Bank - NJ	54.52
8	Lequang, Matthew	14	Hamilton Area-NJ	54.86

Heat 13 of 14 Prelims Starts at 09:35 AM

1	Poletta, Dominic	17	Green Family-OH	54.71
2	Dewsbury, Gage	16	Boise-ID	54.28
3	Doherty, Jack	18	Cheshire-CT	53.25
4	Sykes, Hugo	17	Wilton-CT	51.46
5	Snyder, Zach	18	York-PA	52.96
6	Hartley, Nathaniel	17	Rock Hill-SC	53.91
7	Cortright, Kevin	17	Wyckoff-NJ	54.46
8	Fleagle, Justin	15	AuglaizeMercerOH	54.85

Heat 14 of 14 Prelims Starts at 09:36 AM

1	Hovart, Rak	17	Middle Tyger-SC	54.67
2	Fortman, Alex	18	Blue Ash-OH	54.13
3	Hawke, Sam	18	UpperMainLine-PA	53.15
4	Beard, Billy	18	UpperMainLine-PA	51.07
5	German, Jack	20	Countryside-OH	52.69
6	Cohen, Josh	15	FanwoodScotch-NJ	53.56
7	Skerjanz, Remy	17	Middle Tyger-SC	54.46
8	Forese, Mark	17	New Canaan-CT	54.81

Event 505 Women 200 LC Meter IM

National: 2:16.33 7/29/2008 Leah Gingrich

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Prelims Starts at 09:37 AM

1	Lang, Christina	18	Suncoast-FL	2:10.59 Y
2	Cabaron, Gabrielle	17	Ocean County-NJ	2:10.57 Y
3	Eisenhauer, Victoria	14	LakelandHills-NJ	2:09.67 Y
4	Longenecker, Emily	17	Western Br-DE	2:09.18 Y
5	Morel, Rebecca	16	SomersetHills-NJ	2:09.41 Y
6	Detwiler, Tatum	15	Uniontown-PA	2:09.68 Y
7	Hansen, Morgan	17	Phoenixville-PA	2:10.57 Y
8				

Heat 2 of 9 Prelims Starts at 09:39 AM

1	Keck, Jensen	18	Kishwaukee-IL	2:08.45 Y
2	Rudy, Gabrielle	17	Ridley-PA	2:06.55 Y
3	Culbert, Shannon	15	Ocean County-NJ	2:31.58
4	Nelson, Rebecca	18	Duanesburg-NY	2:31.54
5	Afromsky, Ashleigh	16	Wyckoff-NJ	2:31.56
6	Johnstone, Kelsey	18	Gr.Westfield-MA	2:31.77
7	Nolte, Nikolette	16	Boyertown-PA	2:07.88 Y
8	Senese, Cetta	15	Joliet - IL	2:09.17 Y

Heat 3 of 9 Prelims Starts at 09:42 AM

1	Christuk, Catherine	15	North Shore-MA	2:31.48
2	Pinto, Aidan	15	LakelandHills-NJ	2:31.43
3	Grenon, Samantha	15	Cheshire-CT	2:31.36
4	O'Halloran, Emily	17	Montclair-NJ	2:31.33
5	Rauth, Lexi	18	UpperMainLine-PA	2:31.33
6	Leary, Frances	17	Powel Crosley-OH	2:31.41
7	Jones, Madison	18	Suncoast-FL	2:31.44
8	Londergon, Lucy	16	Joliet - IL	2:31.53

Heat 4 of 9 Prelims Starts at 09:44 AM

1	Regan, Grace	17	Western-CT	2:31.14
2	Herman, Alison	16	SomersetValleyNJ	2:30.96
3	Martin, Anna	16	Ridgewood-OH	2:30.80
4	Pearce, Briana	15	Edwardsville-IL	2:30.68
5	Snover, Jessi	17	Middle Tyger-SC	2:30.76
6	Sunseri, Mia	13	Wheeling-WV	2:30.96
7	Luckett, Leah	13	Countryside-OH	2:31.01
8	Ganihanova, Aziza	14	SomersetValleyNJ	2:31.30

Heat 5 of 9 Prelims Starts at 09:47 AM

1	Byers, Sarah Grace	15	Middle Tyger-SC	2:30.55
2	Turchanik, Sarah	14	Ridgewood-OH	2:30.23
3	Grenoble, Madi	16	Lionville-PA	2:29.94
4	Chau, Jessica	17	Ridgewood-NJ	2:29.85
5	Molloy, Marianne	17	Ocean County-NJ	2:29.85
6	Edwards, Natalie	17	Edwardsville-IL	2:30.11
7	Zukowski, Brooke	17	Butler-PA	2:30.38
8	Anbar, Isabel	15	New Canaan-CT	2:30.56

Heat 6 of 9 Prelims Starts at 09:49 AM

1	Carlin, Emilee	16	Countryside-OH	2:29.82
2	Barone, Kayla	15	West Shore-PA	2:29.46
3	Wootton, Amelia	17	Western-CT	2:29.31
4	Lumino, Sophia	15	North Shore-MA	2:29.09
5	Bushelman, Mollie	18	ME Lyons-OH	2:29.15
6	Mudry, Vivian	13	Soundview-CT	2:29.33
7	Overbey, Kate	15	ME Lyons-OH	2:29.50
8	Holmquist, Ellen	14	Wilton-CT	2:29.83

Heat 7 of 9 Prelims Starts at 09:52 AM

1	Nicklas-Morris, Emma	18	Northwest-NC	2:28.43
2	Colwell, Lizzy	16	New Canaan-CT	2:27.28
3	Boyer, Elizabeth	16	Cheshire-CT	2:25.95
4	Mendoza, Ailee	17	Greenwich-CT	2:23.63
5	Rice, Kiki	17	Oshkosh-WI	2:24.80
6	Francis, Abby	15	East Hartford-CT	2:26.59
7	Trotter, Hailee	15	Powel Crosley-OH	2:27.84
8	Wright, Katie	14	Red Bank - NJ	2:29.08

Heat 8 of 9 Prelims Starts at 09:54 AM

1	Paff, Callie	16	York-PA	2:28.38
2	Reeder, Grace	15	W.North Carolina	2:26.82
3	Horton, Bridget	17	Wyckoff-NJ	2:25.74
4	Bull, Megan	17	SomersetValleyNJ	2:21.96
5	Cooke, Maddie	17	Phoenixville-PA	2:24.78
6	Moore, Sophia	14	Greenwich-CT	2:26.44
7	Gallamore, Natalie	17	Gr. Flint-MI	2:27.72
8	Young, Sarah	16	Middle Tyger-SC	2:29.02

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2016 LCY Nationals

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Meet Program - Day 5 Prelims

Heat 9 Prelims (#505 Women 200 LC Meter IM)

1	Sichterman, Megan	17	Countryside-OH	2:27.92
2	Daly, Kiersten	18	Wilton-CT	2:26.66
3	Holmquist, Emma	18	Wilton-CT	2:25.36
4	Hardy, Sarah	15	MetuchenED-NJ	2:19.99
5	Welch, Sarah	18	North Shore-MA	2:24.09
6	Hathaway, Meagan	16	North Shore-MA	2:26.19
7	Ronan, Eleanor	17	North Shore-MA	2:27.69
8	Brown, Natalie	18	Ocean County-NJ	2:28.92

Event 506 Men 200 LC Meter IM**National: 2:05.13 7/26/2011 Connor Maher**

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims Starts at 09:59 AM

1	Reerink, Willem	17	Red Bank - NJ	1:58.75 Y
2	Ro, Andrew	18	Wyckoff-NJ	1:58.39 Y
3	Ashby, Spencer	17	Middle Tyger-SC	1:57.58 Y
4	Stanek, Mitchell	17	W.North Carolina	1:56.64 Y
5	Scheidl, Lukas	15	SomersetHills-NJ	1:57.31 Y
6	Beaulieu, Cian	16	East Hartford-CT	1:58.02 Y
7	Madalena, Cory	17	East Hartford-CT	1:58.53 Y
8	Park, Joseph	17	Leaning Tower-IL	1:58.98 Y

Heat 2 of 8 Prelims Starts at 10:01 AM

1	Pidde, Tyler	17	Rock River-IL	1:56.42 Y
2	Tees, Matt	19	Hamilton Area-NJ	2:19.69
3	Titterton, Matthew	16	East Hartford-CT	2:19.53
4	Potts, Kyle	17	Joliet - IL	2:19.07
5	Forst, Preston	15	Greensboro-NC	2:19.11
6	Cox, Miles	14	York-PA	2:19.60
7	Cashell, Dan	16	Powel Crosley-OH	1:55.49 Y
8	Bebel, Ryan	16	Westfield-NJ	1:56.46 Y

Heat 3 of 8 Prelims Starts at 10:03 AM

1	Wagner, Matt	16	Northwest-NC	2:18.82
2	Fales, Wesley	17	Wilton-CT	2:18.66
3	Weinman, Dakota	17	Rapid Area-MI	2:18.36
4	Rutter, Christopher	18	Powel Crosley-OH	2:18.26
5	Bernard, Jon	15	Countryside-OH	2:18.26
6	Fallon, Matt	13	SomersetValleyNJ	2:18.54
7	Scripp, Ryan	18	Green Bay-WI	2:18.68
8	Waterland, Daniel	16	Brandywine-DE	2:19.01

Heat 4 of 8 Prelims Starts at 10:05 AM

1	Diepholz, Karsen	18	Rapid Area-MI	2:17.75
2	Lashua, Matthew	15	GreaterNashua-NH	2:17.59
3	Yi, Harrison	18	Wyckoff-NJ	2:17.55
4	Shao, Alan	14	FanwoodScotch-NJ	2:17.51
5	Keh, Lucas	17	Wyckoff-NJ	2:17.53
6	Johnston, Ryan	18	Gr. Flint-MI	2:17.56
7	Pendery, Grey	17	Powel Crosley-OH	2:17.61
8	Shadeck, Kyle	18	Cheshire-CT	2:18.21

Heat 5 of 8 Prelims Starts at 10:08 AM

1	Zmetrovich, Oliver	16	North Shore-MA	2:17.46
2	Fore, Dylan	15	Northwest-NC	2:17.33
3	Neverman, Kaiser	14	Green Bay-WI	2:17.24
4	Sandner, Michael	15	Coffman - OH	2:17.16
5	Regan, Billy	15	Western-CT	2:17.21
6	Klippel, Alexander	18	SomersetHills-NJ	2:17.27
7	Kealy, Jake	17	Wilton-CT	2:17.34
8	Guenther, Nathaniel	17	Lattof-IL	2:17.47

Heat 6 of 8 Prelims Starts at 10:10 AM

1	Bondarowicz, Chris	17	FanwoodScotch-NJ	2:16.28
2	Peckmann, Alec	17	York-PA	2:15.49
3	Wlochowski, Garrett	17	East Hartford-CT	2:14.01
4	Kabas, Jackson	18	Middle Tyger-SC	2:12.58
5	Sun, Alex	15	York-PA	2:13.31
6	Jason, Charles	18	Middle Tyger-SC	2:15.04
7	Anderson, Jarod	17	West Shore-PA	2:16.06
8	Sarmiento, Alejandro	16	Winsted Area-CT	2:16.89

Heat 7 of 8 Prelims Starts at 10:12 AM

1	Phelps, Colton	16	Ridgewood-OH	2:16.20
2	Skimmons, Joseph	18	Red Bank - NJ	2:15.09
3	Biagioli, Francis	18	Wyckoff-NJ	2:13.61
4	Tan, Sean	16	LakelandHills-NJ	2:12.35
5	Jay, Kevin	18	UpperMainLine-PA	2:12.90
6	North, Dylan	18	York-PA	2:14.49
7	McKenrick, Brian	17	UpperMainLine-PA	2:15.87
8	Puglessi, Joey	18	Rapid Area-MI	2:16.70

Heat 8 of 8 Prelims Starts at 10:14 AM

1	Brewer, Ben	16	Cheshire-CT	2:16.11
2	Oland, Remington	17	Frederick-MD	2:15.07
3	House, Grant	18	Countryside-OH	2:13.47
4	Carroll, Hassler	18	ME Lyons-OH	2:07.59
5	Butkovich, Patrick	17	ME Lyons-OH	2:12.85
6	Gunn, Ted	16	York-PA	2:14.06
7	Amato, Chandler	17	SomersetValleyNJ	2:15.70
8	Baecker, Zach	17	Coffman - OH	2:16.33

Event 507 Women 50 LC Meter Backstroke**National: 29.32 7/30/2004 Lauren English**

Lane	Name	Age	Team	Seed Time
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Heat 1 of 10 Prelims Starts at 10:16 AM

1	Joyce, Lauren	16	Red Bank - NJ	30.51 Y
2	Laibly, Cassie	16	Oshkosh-WI	28.81 Y
3	Cloutier, Cambria	16	North Shore-MA	28.43 Y
4	Buchmaier, Felicity	16	Rapid Area-MI	27.58 Y
5	Walker, Sydney	15	Boise-ID	28.22 Y
6	Brown, Erin	16	Waterbury-CT	28.50 Y
7	Houtz, Sydney	14	JuniataValley-PA	29.71 Y
8	Wright, Katie	14	Red Bank - NJ	31.40 Y

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Heat 2 Prelims (#507 Women 50 LC Meter Backstroke)

1	Riegler, Meredith	15	SomersetHills-NJ	27.36 Y
2	Burzynski, Monika	15	FanwoodScotch-NJ	26.34 Y
3	Ament, Taylor	16	Lionville-PA	32.61 S
4	Bousum, Grace	13	Lionville-PA	34.87
5	Horton, Haley	17	Greensboro-NC	35.39
6	Harty, Kaitlin	18	North Shore-MA	25.15 Y
7	Kiely, Katie	16	LakelandHills-NJ	26.66 Y
8	King, Jeannette	16	New Bedford-MA	27.50 Y

Heat 3 of 10 Prelims Starts at 10:18 AM

1	Zelinske, Alexandra	14	Phoenixville-PA	34.30
2	Holderfield, Taylor	14	Leaning Tower-IL	33.68
3	Donnelly, Kiersten	13	Lionville-PA	33.50
4	Reilly, Emma	16	Westfield-NJ	33.26
5	Judge, Megan	15	Red Bank - NJ	33.44
6	Hsi, Audrey	16	SomersetValleyNJ	33.58
7	Bartlett, Kelsey	17	UpperMainLine-PA	33.76
8	Savidge, Elizabeth	15	East Hartford-CT	34.39

Heat 4 of 10 Prelims Starts at 10:18 AM

1	Heimes, Kaylee	15	U Perkiomen-PA	33.15
2	Johnson, McKenna	15	Red Bank - NJ	33.09
3	Roche, Cameron	13	Wyckoff-NJ	33.06
4	Storm, Gracie	18	Countryside-OH	33.00
5	Howard, Tori	13	Lionville-PA	33.00
6	Mooers, Fiona	13	South Shore, MA	33.08
7	Martin, Phoebe	15	Northwest-NC	33.15
8	Ganihanova, Aziza	14	SomersetValleyNJ	33.24

Heat 5 of 10 Prelims Starts at 10:19 AM

1	Monty, Lexi	18	Fox Cities-WI	32.95
2	Pinnix, Omega	14	Greensboro-NC	32.87
3	Saladin, Katy	15	Wilton-CT	32.77
4	Bazarian, Ally	16	Wilton-CT	32.67
5	Beal, Caroline	17	Western-CT	32.72
6	Issenmann, Susie	15	South Family-OH	32.79
7	Condon, Abigail	17	New Canaan-CT	32.93
8	Tarantola, Grace	14	LakelandHills-NJ	33.00

Heat 6 of 10 Prelims Starts at 10:20 AM

1	Wilson, Allyson	16	Countryside-OH	32.65
2	Sardis, Megan	17	SomersetValleyNJ	32.59
3	Arts, Molly	14	Wyckoff-NJ	32.46
4	Choi, Abby	16	Wyckoff-NJ	32.33
5	Ally, Emily	13	Greensboro-NC	32.41
6	Crater, Jackie	17	SummitBranch-NJ	32.54
7	Caprio, Britney	17	Suncoast-FL	32.64
8	Giannattasio, Amanda	18	Red Bank - NJ	32.66

Heat 7 of 10 Prelims Starts at 10:20 AM

1	Fry, Mary Margaret	18	Blue Ash-OH	32.28
2	Frazier, Erika	16	FanwoodScotch-NJ	32.18
3	Pringle, Laura	17	Cheshire-CT	32.08
4	May, Sophie	17	Jennersville-PA	31.94
5	Baber, Corinne	17	Countryside-OH	32.02
6	Cranker, Emi	14	Western Br-DE	32.13
7	Rankin, Michaela	16	Ocean County-NJ	32.19
8	Borrero, Kayla	15	Ocean County-NJ	32.33

Heat 8 of 10 Prelims Starts at 10:21 AM

1	Schobel, Marie	16	Red Bank - NJ	31.81
2	Hofmann, Riley	16	Rapid Area-MI	31.23
3	Skellett, Alaina	17	Gr. Flint-MI	30.50
4	Grinter, Bailey	17	Edwardsville-IL	29.87
5	Shuppert, Emma	15	Blue Ash-OH	30.25
6	Hemp, Kerrigan	14	Andover-MA	30.97
7	Colizzo, Julia	15	UpperMainLine-PA	31.56
8	Koenig, Lily	17	Andover-MA	31.92

Heat 9 of 10 Prelims Starts at 10:22 AM

1	Davis, Saralynn	17	Jennersville-PA	31.80
2	Walsh, Chynna	16	SomersetValleyNJ	31.15
3	Alexy, Kate	17	SomersetHills-NJ	30.47
4	Kahmann, Marianne	19	Countryside-OH	29.65
5	Ye, Athena	15	Kishwaukee-IL	30.23
6	Hansen, Ginger	15	Red Bank - NJ	30.75
7	Anbar, Isabel	15	New Canaan-CT	31.45
8	Clough, Maggie	14	Countryside-OH	31.82

Heat 10 of 10 Prelims Starts at 10:22 AM

1	Dunseath, Chloe	15	ME Lyons-OH	31.64
2	Ty, Allyson	16	Andover-MA	31.13
3	Sigmon, Heather	17	Greensboro-NC	30.46
4	Forbes, Camryn	17	Butler-PA	29.41
5	Golba, Claire	17	South Family-OH	30.19
6	Temple, Alexandra	16	SomersetValleyNJ	30.56
7	Apostolu, Georgia	17	Ridley-PA	31.32
8	Pennington, Isabel	13	Northwest-NC	31.81

Event 508 Men 50 LC Meter Backstroke

National: 25.47 7/30/2012 Nic Graesser				
Lane	Name	Age	Team	Seed Time

Heat 1 of 11 Prelims Starts at 10:26 AM

1				
2				
3	Prewette, Jake	16	Middle Tyger-SC	27.63 Y
4	Retterer, Paul	14	Red Bank - NJ	26.67 Y
5	Baker, Richie	18	Annapolis-MD	27.61 Y
6				
7				
8				

Heat 2 of 11 Prelims Starts at 10:27 AM

1				
2	McIlroy, Connor	17	Lionville-PA	26.52 Y
3	Bandt, Joshua	17	Oshkosh-WI	26.15 Y
4	Dengler, Jack	16	West Shore-PA	32.09 S
5	Ty, Darren	18	Andover-MA	24.55 Y
6	Pressly, John	17	Frederick-MD	26.28 Y
7	Seifert, Griffin	14	Gr. Flint-MI	26.55 Y
8				

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Heat 3 Prelims (#508 Men 50 LC Meter Backstroke)

1	Williams, Nathan	15	Columbia-SC	32.75
2	Huff, Carson	16	UpperMainLine-PA	32.01
3	Hussey, Reid	16	Annapolis-MD	31.33
4	Pong, CJ	14	Chambersburg-PA	31.15
5	Chase, Ethan	15	Northwest-NC	31.27
6	Scalley, KJ	18	North Shore-MA	31.57
7	Wu, Christopher	15	Cheshire-CT	32.51
8	Woollweever, Noah	18	BeckleyRaleighWV	28.97S

Heat 4 of 11 Prelims Starts at 10:28 AM

1	Widenhofer, Eric	15	Ridgewood-OH	31.05
2	Heimes, Justin	14	U Perkiomen-PA	31.02
3	Santoro, Kevin	17	Wilton-CT	30.86
4	Sionkiewicz, Nick	18	North Shore-MA	30.67
5	Hilliard, Carson	16	UpperMainLine-PA	30.72
6	Arwood, Reid	16	W.North Carolina	30.88
7	Gifford, Alex	14	Wyckoff-NJ	31.03
8	Warner, Dawson	15	South Family-OH	31.14

Heat 5 of 11 Prelims Starts at 10:28 AM

1	Toepfer, Nicholas	13	South Shore, MA	30.60
2	Kim, Noah	17	Wyckoff-NJ	30.56
3	Fischer, Patrick	16	Greensboro-NC	30.49
4	Hirshon, Noah	16	Foothills-CA	30.42
5	Alexy, Jack	13	SomersetHills-NJ	30.45
6	Ovanic, Jordan	16	Joliet - IL	30.52
7	Wachenfeld, Dylan	16	SomersetHills-NJ	30.58
8	Kelley, Paxton	16	Powel Crosley-OH	30.61

Heat 6 of 11 Prelims Starts at 10:29 AM

1	Teague, Charles	17	Brandywine-DE	30.29
2	Bota, Evan	14	LakelandHills-NJ	30.28
3	Wynne, Will	17	Cheshire-CT	30.13
4	Waterland, Daniel	16	Brandywine-DE	29.96
5	Holmes, Cooper	18	Down East-ME	30.06
6	Jeffers, Alec	16	Green Bay-WI	30.26
7	Overbey, Scott	17	ME Lyons-OH	30.29
8	Pendery, Grey	17	Powel Crosley-OH	30.32

Heat 7 of 11 Prelims Starts at 10:30 AM

1	Links, Jon	18	Wyckoff-NJ	29.81
2	Weinman, Dakota	17	Rapid Area-MI	29.68
3	Kogut, Richie	17	Annapolis-MD	29.59
4	Strasser, Alex	18	Greensboro-NC	29.55
5	Downs-Honey, Vincent	17	Newport Co-RI	29.56
6	Smits, Matthew	16	Wyckoff-NJ	29.61
7	Hutchinson, Hudson	17	Gr. Flint-MI	29.72
8	Lohse, Riley	16	Kishwaukee-IL	29.85

Heat 8 of 11 Prelims Starts at 10:30 AM

1	Evers, Brandon	17	SomersetValleyNJ	29.45
2	Young, Noah	15	Countryside-OH	29.42
3	Huber, Joey	17	Red Bank - NJ	29.31
4	Prugh, JC	16	Countryside-OH	29.18
5	Neinas, Macoy	17	Door County-WI	29.26
6	May, David	16	Cheshire-CT	29.38
7	Hua, Jonathan	16	SomersetHills-NJ	29.45
8	Baxter, Ben	18	SomersetHills-NJ	29.47

Heat 9 of 11 Prelims Starts at 10:31 AM

1	Imposimato, Juan	17	South Florida-FL	29.01
2	German, Jack	20	Countryside-OH	28.82
3	Rudman, Edward	17	New Canaan-CT	28.48
4	Wilson, Austin	18	Grove City-PA	27.49
5	Erickson, Jonathan	18	ME Lyons-OH	28.08
6	Macchia, Michael	17	SomersetHills-NJ	28.63
7	Tolino, Christian	16	Frederick-MD	28.96
8	Lorenz, Michael	14	Powel Crosley-OH	29.11

Heat 10 of 11 Prelims Starts at 10:31 AM

1	Wagner, Matt	16	Northwest-NC	29.00
2	Johnson, Jake	17	W.North Carolina	28.66
3	Puglessi, Joey	18	Rapid Area-MI	28.32
4	Ramsay, Auston	17	South Shore, MA	27.27
5	Scrivanich, Tommy	16	Wyckoff-NJ	27.98
6	Whitcomb, Nick	16	Hampshire-MA	28.57
7	Barley, Avery	15	Chambersburg-PA	28.90
8	Chang, Eric	17	FanwoodScotch-NJ	29.05

Heat 11 of 11 Prelims Starts at 10:32 AM

1	Leibold, Kevin	15	South Family-OH	28.97
2	Johnston, Ryan	18	Gr. Flint-MI	28.63
3	Wlochowski, Garrett	17	East Hartford-CT	28.32
4	McKenrick, Brian	17	UpperMainLine-PA	27.18
5	Hamilton, Talor	18	Down East-ME	27.90
6	Kauth, Tyler	18	Red Bank - NJ	28.51
7	Oland, Remington	17	Frederick-MD	28.86
8	Ragatz, Jeff	17	Western-CT	29.02

Event 509 Women 400 LC Meter Freestyle Relay

National: 3:51.79 8/7/2015 Middle Tyger YMCA

A Galyer, M Rudolph, S Baker, K Konopka

Lane	Team	Relay	Seed Time
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Heat 1 of 5 Prelims Starts at 10:36 AM

1			
2			
3	Greenwich-CT		3:35.47 Y
4	LakelandHills-NJ		3:34.72 Y
5	Rapid Area-MI		3:34.81 Y
6			
7			
8			

Heat 2 of 5 Prelims Starts at 10:39 AM

1	Oshkosh-WI		3:33.70 Y
2	Ocean County-NJ		3:32.43 Y
3	Bath Area-ME		3:30.73 Y
4	SummitBranch-NJ		4:06.77
5	Boise-ID		3:29.35 Y
6	New Canaan-CT		3:31.11 Y
7	Gr. Flint-MI		3:32.43 Y
8			

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2016 LCY Nationals

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Heat 3 Prelims (#509 Women 400 LC Meter Freestyle Relay)

1	Coffman - OH	4:05.64
2	Blue Ash-OH	4:03.15
3	SomersetValleyNJ	4:01.58
4	Wilton-CT	3:59.78
5	ME Lyons-OH	4:01.14
6	Western-CT	4:02.89
7	Powel Crosley-OH	4:04.12
8	East Hartford-CT	4:06.77

Heat 4 of 5 Prelims Starts at 10:48 AM

1	Middle Tyger-SC	4:05.62
2	Hamilton Area-NJ	4:02.98
3	Wyckoff-NJ	4:01.39
4	York-PA	3:58.69
5	Hickory -NC	4:00.38
6	Countryside-OH	4:02.63
7	Red Bank - NJ	4:04.05
8	Greensboro-NC	4:06.41

Heat 5 of 5 Prelims Starts at 10:52 AM

1	Lionville-PA	4:04.35
2	Northwest-NC	4:02.93
3	North Shore-MA	4:01.29
4	FanwoodScotch-NJ	3:56.12
5	Cheshire-CT	3:59.78
6	Edwardsville-IL	4:02.37
7	SomersetHills-NJ	4:04.04
8	W.North Carolina	4:06.23

Event 510 Men 400 LC Meter Freestyle Relay

National: 3:29.36 7/25/2012 Triangle Area, NC

A Mathews, C Ellington, M Crowder, J Bonk

Lane	Team	Relay	Seed Time
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Heat 1 of 4 Prelims Starts at 10:56 AM

1	Gr. Flint-MI	3:13.03 Y
2	Joliet - IL	3:46.30
3	Northwest-NC	3:45.97
4	SomersetHills-NJ	3:45.77
5	New Canaan-CT	3:45.96
6	Green Family-OH	3:46.22
7	LakelandHills-NJ	3:11.32 Y
8		

Heat 2 of 4 Prelims Starts at 10:59 AM

1	Ridgewood-NJ	3:45.13
2	Middle Tyger-SC	3:42.72
3	SomersetValleyNJ	3:40.43
4	Cheshire-CT	3:37.93
5	Coffman - OH	3:39.60
6	Blue Ash-OH	3:41.71
7	Rapid Area-MI	3:44.04
8	Grove City-PA	3:45.35

Heat 3 of 4 Prelims Starts at 11:03 AM

1	Westfield-NJ	3:44.48
2	East Hartford-CT	3:42.02
3	Wyckoff-NJ	3:40.35
4	Countryside-OH	3:33.97
5	Red Bank - NJ	3:39.53
6	Leaning Tower-IL	3:41.66
7	Hamilton Area-NJ	3:43.44
8	South Florida-FL	3:45.19

Heat 4 of 4 Prelims Starts at 11:07 AM

1	York-PA	3:44.27
2	FanwoodScotch-NJ	3:41.84
3	Powel Crosley-OH	3:39.62
4	UpperMainLine-PA	3:33.89
5	Wilton-CT	3:38.22
6	ME Lyons-OH	3:41.08
7	Green Bay-WI	3:43.38
8	Greensboro-NC	3:45.19

Event 511 Women 800 LC Meter Freestyle

National: 8:48.06 7/28/2009 Caitlyn Moon

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals - Swimming with Finals

1	Cherkez, Sophia	16	Hickory -NC	9:13.44
2	Sichterman, Megan	17	Countryside-OH	9:11.33
3	Schlegel, Hannah	17	Boyertown-PA	9:03.24
4	Peterson, Emmaline	17	Hickory -NC	8:50.80
5	Erwin, Abbey	17	Boise-ID	8:52.38
6	Murtagh, Madison	16	Hickory -NC	9:08.33
7	Turcanu, Maria	17	Hickory -NC	9:11.54
8	Welch, Nicole	16	North Shore-MA	9:16.80

Heat 2 of 3 Finals Starts at 11:11 AM

1	Halloran, Maggie	17	Columbia-SC	9:24.69
2	Erwin, Maggie	15	Boise-ID	9:23.14
3	Buroker, Catherine	16	Wilton-CT	9:20.10
4	Robinson, Jaime	18	Cheshire-CT	9:18.47
5	Pokrzywa, Julia	17	York-PA	9:18.58
6	Kauffeld, Emma	16	Wilton-CT	9:21.92
7	Clough, Sally	17	Countryside-OH	9:24.55
8	Kapostasy, Allison	16	ME Lyons-OH	9:25.71

Heat 3 of 3 Finals Starts at 11:21 AM

1	Di Blasio, Brigid	17	SomersetValleyNJ	10:27.21 Y
2	Flaherty, Margaret	17	Waterbury-CT	9:37.74
3	McLaughlin, Brenna	15	Wilton-CT	9:36.42
4	Loughlin, Casey	14	Cheshire-CT	9:25.85
5	French, Meghan	15	York-PA	9:26.99
6	Becker, Casey	18	Blue Ash-OH	9:37.66
7	Rice, McKenzie	16	Countryside-OH	10:23.82 Y
8	Dixon, Alexandra	16	Duanesburg-NY	10:43.46 Y

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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 5 Prelims

Event 512 Men 800 LC Meter Freestyle

National: 8:17.21 7/27/2016 Ross Dant				
Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals - Swimming with Finals				
1	Ignatov, Alex	18	Wilton-CT	8:32.69
2	Waters, Ryan	17	SomersetValleyNJ	8:31.62
3	Bishop, Karl	18	Cheshire-CT	8:22.19
4	Dant, Ross	15	Hickory -NC	8:18.52
5	Giller, Robby	17	Wilton-CT	8:21.91
6	Haigh, Matthew	18	Ridley-PA	8:25.74
7	Slabe, Matt	18	Countryside-OH	8:31.76
8	Cohen, Josh	15	FanwoodScotch-NJ	8:33.27
Heat 2 of 4 Finals Starts at 11:32 AM				
1	Greenwood, Jacob	15	Chambersburg-PA	8:48.95
2	Baggette, Brian	17	Edwardsville-IL	8:46.46
3	Joyce, Tim	15	Wilton-CT	8:39.12
4	Aukerman, Nick	17	South Family-OH	8:35.48
5	Mostofi, James	17	Wilton-CT	8:38.90
6	Pestorius, Riley	17	SomersetValleyNJ	8:46.05
7	Agnew, Price	16	Middle Tyger-SC	8:46.83
8	Stauffer, John	17	SomersetValleyNJ	8:49.69
Heat 3 of 4 Finals Starts at 11:41 AM				
1	Theobald, Austin	17	Countryside-OH	9:29.94 Y
2	Procopii, Stephan	15	Hickory -NC	9:01.26
3	Chimes, Eric	15	Ridgewood-OH	8:52.99
4	Nonnenmacher, Nick	16	Wilton-CT	8:50.97
5	Suchy, Will	16	Wilton-CT	8:51.91
6	Rutz, Cameron	16	Countryside-OH	8:58.62
7	Park, Tim	15	Ridgewood-NJ	9:29.66 Y
8	Fleck, Kevin	18	FanwoodScotch-NJ	9:36.71 Y
Heat 4 of 4 Finals Starts at 11:50 AM				
1				
2	Falder, Nicholas	15	Western-CT	9:52.94 Y
3	Steward, Gordon	15	Wyckoff-NJ	9:42.58 Y
4	Komishane, Coleman	16	North Shore-MA	9:37.52 Y
5	Gardner, Greg	17	Brandywine-DE	9:41.25 Y
6	Hanley, Rhys	17	SomersetValleyNJ	9:47.52 Y
7				
8				

South (Diving Pool) is odd heats North (Scoreboard) is Even heats
 All 50's start at scoreboard end 200 med relay 800 free and 800 free relay start diving pool end
 all other events -- odd heats diving pool end even heats scoreboard end