

YMCA NATIONAL LONG COURSE



CHAMPIONSHIP

INDIANAPOLIS, IN
JULY 27-31
2016

Saturday
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)	



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**

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CHAMPIONSHIP VENUE

The City of Indianapolis, Mayor Joseph H. Hogsett

Indiana University Purdue University Indianapolis, Chancellor Charles R. Bantz

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

Michael Howe, Ed Merklung, Keith Dollard, Katy Shreve,
Judy Gemmecke, Dave Thibodeau, Kelsey Wasyk, 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!

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Donna and Bob Turner

Betsy and Tom Warrick

Jim & Nancy Weaton

Wich Wich Superior Sandwiches



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.



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Attending College/University Coaches

2016 YMCA Long Course Nationals



Anderson University-Conner Snare	MIT -Dani Korman
Army West Point-Riley Boulden	Michigan State-Nate Destree
Ball State University-Kristy Patterson	Ohio State University-Jordan Wolfrum
Bowling Green State University -Jaclyn Rosen	Rensselaer Polytechnic Institute-Shannon O'Brien
Bowling Green State University -Matthew Ense	Rose-Hulman Institute of Technology-Keith Crawford
Bucknell University-Kristine Mann	The College of William & Mary-Chris Carter
Carthage College-Beth DeLaRosby	United States Naval Academy-Mark Liscinsky
Chatham University-Carter Crosby	University at Buffalo-Andy Bashor
Colgate University-Justin Jennings	University of Arizona-Steve Brown
Connecticut College -Marc Benvenuti	University of Connecticut-Matt Donovan
Cornell University-Carlye Ellis	University of Kentucky-Chip Kline
Davidson College-Haley Mitchell	University of Louisville-Stephanie Juncker
Denison university-Kellen Beckwith	University of Minnesota-Tyler Gerst
Denison university-Kim Lloyd	University of Missouri-St. Louis-Tomas Kuzvard
Franklin College-Andrew Hendricks	University of Notre Dame-Joe Spahn
Franklin Pierce -Brian Fazzino	University of San Diego-Mike Keeler
Hiram College-Brian O'Neill	Virginia Tech -Sarah Stockwell
Indiana State University -Rebecca Westfall	Worcester Polytechnic Institute-Paul Bennett
Indiana University-Blaire Bachman	Wright State University-Kyle Oaks
Kenyon College -Fernando Rodriguez	Xavier University-Brent MacDonald
Lehigh University-Erin Matyus	
Lehigh University-Rob Herb	
Manchester University-Mike Kroll	

YMCA National Swimming Championship

Fun Facts

YMCA Century of Group Swimming Historical Timeline

- 1885** Brooklyn YMCA built first YMCA swimming pool, then known as “the swimming bath.”
- 1904** First YMCA lifesaving corps was organized at Camp Dudley in upstate New York.
- 1906** Detroit YMCA launched group swimming instruction, a radical departure from the one-on-one instruction common at the time.
- YMCA and Red Cross join together to promote first aid and develop lifesaving corps at the YMCA in Baltimore.
- 1909** The YMCA in Kansas City, Mo., built a pool with roll-out rims and a water recirculation system (filtration system was added in 1910). The new filtration systems created a healthier atmosphere for swimmers and, in turn, made pools more appealing to the public.
- 1910** YMCA Teaching America to Swim campaign was launched, “to teach every boy and young man in North America, who does not know how, to swim.”
- 1912** National YMCA Lifesaving Service organized.
- 1916** Army camps offered swimming instruction using YMCA techniques during World War I.
- 1923** First YMCA swimming championships held at Brooklyn YMCA.
- 1938** New YMCA aquatics program launched. Swimmers at varying abilities identified as Minnows, Fish and Sharks.
- 1959** YMCA Scuba program developed.
- 1964** YMCA launched Springboard Diving programs.
- 1973** YMCA began its first national emphasis on aquatic activities for the disabled.
- 1975** National YMCA Swimming and Diving Championship became the largest swimming championship in the world with more than 1,500 participants; it continues to this day.
- 1982** YMCA launched aquatics programs in partnership with National Physical Fitness through Water Exercise and Arthritis Foundation.
- 1992** YMCA reached milestones: more than 1,700 pools in operation; more than 25,000 lifeguards and instructors trained.
- 1994** On the Guard II: The YMCA Lifeguard Program introduced.
- YMCA Synchronized Swimming and YMCA Wetball (Water Polo) introduced through the cooperation of the U.S. Olympic Committee and the national governing bodies of the sports.
- 1996** YMCA Splash, a community-based learn-to-swim program, is launched to help people of all ages, especially children and families, learn basic swimming skills and water safety practices.
- 2006** The nation’s 2,594 YMCAs celebrate 100 years of group swimming instruction.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE YOU HEARD OF HYPOXIC BLACKOUT?

DID YOU KNOW...

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

TRAIN (SAFELY) LIKE A CHAMPION!

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

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

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

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

ENJOY THE WATER SAFELY THIS SUMMER

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

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

IS YOUR SWIMMER LIFEGUARDING THIS SUMMER?

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

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

Which Fan are you?



The Seat Saver

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



The Screamer

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



The Sign Holder

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



The Photographer

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

CHEER
CELEBRATE
INSPIRE
ENCOURAGE
RESPECT
ENJOY



The Noise Maker

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



The Respectful Spectator

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

YMCA and Olympic Trials



YMCA Swimmers Competing at 2016 Olympic Trial

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

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

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

Olympic Team

Hali Flickinger

Ryan Held

Hannah Aspden (Para)

Robert Griswold (Para)

Cailin Currie (Para)



Athlete Travel Assistance



Once again, the travel assistance committee was able to provide funding for travel expenses for swimmer athletes with a demonstrated financial need to the 2016 YMCA National Long Course Swimming Championships. To date, the total amount of travel assistance is \$74,000, and these funds have been generated by the “Stay-with-Us” program.

The impact of this assistance is reflected in the words of one of the Y recipients.

“I would like to thank the YMCA Nationals Committee for granting me travel assistance for the Short Course YMCA Nationals in April. Participating in Nationals had been a dream of mine for many years and I have worked very hard to accomplish the time standards to qualify and earn a spot among some of the best swimmers in this country. It was truly an honor and an amazing experience and without the assistance from your committee, I may not have been able to attend. I am excited that I have also made Long Course Nationals and am looking forward to traveling to Indiana to compete at the end of this month”.



In order to be eligible for travel assistance, swimmers must be receiving financial support from their local Y, and the head coach is responsible for submitting the application with the approval of the local Y executive director. Travel assistance is available for the 2017 Short and Long Course Swimming Championships and the application will be posted on the YMCA swimming web site in early December.

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

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 401

Women 400 LC Meter Freestyle

National Record

4:16.64 Leah Braswell
York & York County-PA, 2014



Defending Champion
Abbey Erwin - 4:19.63
Downtown Boise Family YMCA

Event 402

Men 400 LC Meter Freestyle

National Record

3:58.37 Hank Siefert
Coffman Family-OH, 2015



Defending Champion
Hank Siefert - 3:58.37
Coffman Family YMCA

Year	Name	Association	Time
2015	Abbey Erwin	Downtown Boise Family	4:19.63
2014	Leah Braswell	York & York County YMCA	4:16.64
2013	Caitlynn Moon	Kishwaukee Family YMCA	4:20.60
2012	Haley Lips	Middle Tyger YMCA	4:17.56
2011	Emily Launer	Kishwaukee YMCA	4:19.65
2010	Shelby Fortin	Wilton YMCA	4:20.13
2009	Laura Simon	Middle Tyger YMCA	4:22.31
2008	Kelly Ann Baird	Winston Salem YMCA	
2007	Caroline Smith	Winston Salem YMCA	4:19.90
2006	Sarah Broadley	Central Florida YMCA	4:25.09

Year	Name	Association	Time
2015	Hank Siefert	Coffman Family YMCA	3:58.37
2014	Grant House	Countryside YMCA	3:58.69
2013	Sava Turcanu	Hickory Foundation YMCA	4:00.63
2012	Justin Kaisrlik	Central Florida Metro	4:02.89
2011	Sean Monahan	M. E. Lyons YMCA	4:02.83
2010	Robby Harder	Wilton YMCA	4:06.46
2009	Ty Perkins	South Family YMCA	4:05.04
2008	Travis McNamara	Cheshire YMCA	4:03.24
2007	Travis McNamara	Cheshire YMCA	4:05.97
2006	Justin Galbreath	South YMCA	4:04.14

Event 403

Women 50 LC Meter Butterfly

National Record

27.27 Becca Weiland
Stevens Point Area YMCA, 2009



Defending Champion
Caitlin Tycz – 27.82
Bath Area Family YMCA

Event 404

Men 50 LC Meter Butterfly

National Record

24.18 Tim Phillips
Marietta YMCA, 2009



Defending Champion
Joseph Delbuono – 25.58
Somerset Valley YMCA

Year	Name	Association	Time
2015	Caitlin Tycz	Bath Area Family YMCA	27.82
2014	Maddie Zimmerman	Upper Main Line YMCA	28.00
2013	Maddie Zimmerman	Upper Main Line YMCA	27.40
2012	Courtney Weaver	Greater Flint YMCA	27.47
2011	Courtney Weaver	Greater Flint YMCA	28.05
2010	Emily Lloyd	Anne Arundel	28.02
2009	Becca Weiland	Stevens Point YMCA	27.27
2008	Heather Savage	Canandaigua YMCA	28.56
2007	MACKENZIE Powers	Kishwaukee YMCA	28.75
2006	Stephanie Shupe	Upper Main Line YMCA	28.61

Year	Name	Association	Time
2015	Joseph Delbuono	Somerset Valley YMCA	25.58
2014	Brad Zdroik	Somerset Valley YMCA	25.33
2013	Michael Skibniewski	Western Monmouth Co.	25.42
2012	Eric Lethander	Powell Crosley YMCA	25.29
	Joe Bonk	Triangle Area YMCA	25.29
2011	Eric Forrester	Mon Valley YMCA	25.54
2010	Matthew Salig	Upper Main Line YMCA	25.43
2009	Tim Phillips	Marietta YMCA	24.18
2008	Alex Smit	Countryside YMCA	25.56
2007	Andrew Stoker	Upper Main Line YMCA	26.23
2006	Matthew Harmon	YMCA Riverside Recreation	25.96

Event 405

Women 100 LC Meter Breaststroke

National Record

1:11.26 KC Moss Wilton-CT, 2009
Savanna Faulconer M. Tyger-SC, 2013



Defending Champion
Cha O'Leary - 1:12.65
Montclair YMCA

Event 406

Men 100 LC Meter Breaststroke

National Record

1:02.80 Eric Ronda
Wilton-CT, 2013



Defending Champion
Jacob Limaldi - 1:04.48
Red Bank Branch YMCA

Year	Name	Association	Time
2015	Cha O'Leary	Montclair YMCA	1:12.65
2014	Alyssa Arwood	Western North Carolina	1:11.68
2013	Savanna Faulconer	Middle Tyger YMCA	1:11.26
2012	Olivia Ontjes	Triangle Area YMCA	1:12.90
2011	Kayla Brumbaum	Rappahannock YMCA	1:11.94
2010	Emily Weir	Wilton Family YMCA	1:12.09
2009	KC Moss	Wilton Family YMCA	1:11.89
2008	Stephanie Conklin	Blue Ash YMCA	1:12.64
2007	Lindsey Graessle	Countryside Ralph Stolle	1:12.71
2006	Keri Sink	YMCA of the Greater Elgin	1:13.37

Year	Name	Association	Time
2015	Jacob Limaldi	Red Bank Branch YMCA	1:04.48
2014	Zack Warner	Somerset Valley YMCA	1:02.94
2013	Eric Ronda	Wilton YMCA	1:02.80
2012	Eric Ronda	Wilton YMCA	1:04.38
2011	Harrison Cefalo	Red Bank Branch YMCA	1:06.30
2010	Sean Johnson	Somerset Valley YMCA	1:05.78
2009	Harrison Cefalo	Red Bank Branch YMCA	1:05.47
2008	Austin Mizzell	Cheshire YMCA	1:05.53
2007	Justin Farra	Countryside Ralph Stolle	1:07.00
2006	Justin Farra	Countryside Ralph Stolle	1:07.20

Event 407

Women 50 LC Meter Freestyle

National Record

25.70 Katrina Konopka
Middle Tyger-SC, 2015



Defending Champion
Katrina Konopka – 25.70
Middle Tyger YMCA

Event 408

Men 50 LC Meter Freestyle

National Record

22.82 Joe Bonk
Triangle Area-NC, 2012



Defending Champion
Zach Apple – 23.04
Greater Miami Valley YMCA

Year	Name	Association	Time
2015	Katrina Konopka	Middle Tyger YMCA	25.70
2014	Ky-lee Perry	Wilton YMCA	25.95
2013	Katrina Konopka	Middle Tyger YMCA	25.84
2012	Jenna Immormino	Somerset Hills	26.43
2011	Katrina Konopka	Middle Tyger YMCA	26.35
2010	Emily Lloyd	Anne Arundel YMCA	25.82
2009	Emily Lloyd	Anne Arundel YMCA	25.74
2008	Emily Lloyd	Anne Arundel YMCA	26.25
2007	Emily Lloyd	Anne Arundel YMCA	26.69
2006	Emily Lloyd	Anne Arundel YMCA	26.87

Year	Name	Association	Time
2015	Zach Apple	Greater Miami Valley YMCA	23.04
2014	Colin Ellington	Triangle Area YMCA	23.37
2013	Robert Borowicz	Middle Tyger YMCA	23.60
2012	Joe Bonk	Triangle Area YMCA	23.02
2011	Jack Forese	New Canaan YMCA	23.79
2010	Tim Squires	Elkins YMCA	23.15
2009	James Wells	Bath Area Family YMCA	24.11
2008	Evan Reed	Upper Main Line YMCA	23.66
2007	Collin Ohning	Middle Tyger YMCA	24.35
2006	Evan Reed	Upper Main Line YMCA	24.03

Event 409

Women 800 LC Meter Freestyle Relay

National Record

8:20.61 Middle Tyger YMCA
Middle Tyger YMCA-SC, 2012



Defending Champion
Middle Tyger YMCA– 8:22.54
Ali Galyer, Meredith Whisenhunt,
Sydney Baker, Katrina Konopka

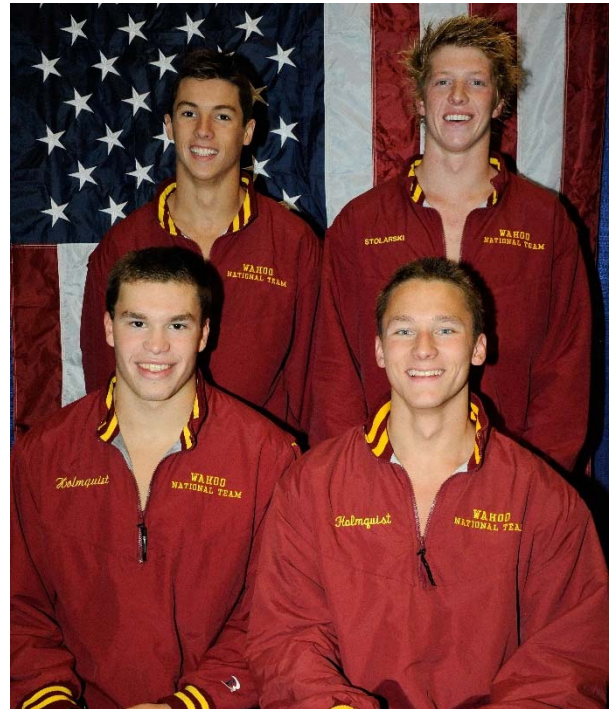
Year	Association	Time
2015	Middle Tyger YMCA	8:22.54
2014	Triangle Area YMCA	8:21.82
2013	Triangle Area YMCA	8:26.89
2012	Middle Tyger YMCA	8:20.61
2011	Wilton YMCA	8:33.48
2010	West Shore YMCA	8:38.94
2009	Middle Tyger YMCA	8:28.90
2008	West Shore YMCA	8:29.28
2007	Middle Tyger YMCA	8:35.84
2006	Middle Tyger YMCA	8:40.30

Event 410

Men 800 LC Meter Freestyle Relay

National Record

7:39.91 Countryside YMCA
Countryside-OH, 2014



Defending Champion
Wilton Family – 7:43.17
Hugo Sykes, Ed Stolarski,
Robby Giller, Stephen Holmquist

Year	Association	Time
2015	Wilton Family	7:43.17
2014	Countryside YMCA	7:39.91
2013	Middle Tyger YMCA	7:45.93
2012	Triangle Area YMCA	7:44.53
2011	Middle Tyger YMCA	7:45.59
2010	Upper Main Line YMCA	7:53.49
2009	Upper Main Line YMCA	7:49.21
2008	Middle Tyger YMCA	7:52.27
2007	Middle Tyger YMCA	7:55.79
2006	Middle Tyger YMCA	7:52.52

2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Event 401 Women 400 LC Meter Freestyle

National: 4:16.64 7/29/2014 Leah Braswell

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Prelims Starts at 08:30 AM

1				
2	Borges, Elizabeth	17	SomersetValleyNJ	5:07.64Y
3	Pape, Caroline	13	Northwest-NC	5:07.34Y
4	Dennis, Morgan	14	Northwest-NC	5:07.19Y
5	Palfreyman, Grace	16	SomersetValleyNJ	5:07.21Y
6	McCarthy, Kaitlyn	17	Red Bank - NJ	5:07.40Y
7				
8				

Heat 2 of 7 Prelims Starts at 08:35 AM

1	Dixon, Alexandra	16	Duanesburg-NY	5:07.14Y
2	Contino, Taylor	17	ME Lyons-OH	5:06.75Y
3	Biagioli, Isabella	18	Wyckoff-NJ	5:06.49Y
4	Ferrara, Kendyl	18	ME Lyons-OH	5:06.22Y
5	DiFiore, Alyssa	18	East Hartford-CT	5:06.40Y
6	Ackerson, Chelsea	17	Hamilton Area-NJ	5:06.52Y
7	Stevens, Julia	13	Cheshire-CT	5:06.84Y
8	Megill, Cara	16	Boyertown-PA	5:07.16Y

Heat 3 of 7 Prelims Starts at 08:39 AM

1	Flaherty, Margaret	17	Waterbury-CT	5:05.49Y
2	McLaughlin, Brenna	15	Wilton-CT	5:04.65Y
3	Hardewig, Lexie	18	ME Lyons-OH	5:03.75Y
4	Loughlin, Casey	14	Cheshire-CT	5:02.38Y
5	Di Blasio, Brigid	17	SomersetValleyNJ	5:03.33Y
6	McDermott, Meg	17	SomersetValleyNJ	5:04.44Y
7	Rice, McKenzie	16	Countryside-OH	5:05.18Y
8	Daly, Kiersten	18	Wilton-CT	5:05.90Y

Heat 4 of 7 Prelims Starts at 08:44 AM

1	Durak, Anna	16	Hickory -NC	4:50.44Y
2	Lechner, Ashleigh	16	W.North Carolina	4:36.01
3	Robinson, Jaime	18	Cheshire-CT	4:34.91
4	French, Meghan	15	York-PA	4:34.66
5	Erwin, Maggie	15	Boise-ID	4:34.71
6	Workman, Gail	15	ME Lyons-OH	4:35.38
7	Becker, Casey	18	Blue Ash-OH	5:00.96Y
8	Lang, Christina	18	Suncoast-FL	4:36.99

Heat 5 of 7 Prelims Starts at 08:49 AM

1	Caccamo, Kim	17	Wyckoff-NJ	4:32.66
2	Moellering, Meredith	15	ME Lyons-OH	4:30.64
3	Turcanu, Maria	17	Hickory -NC	4:27.18
4	Ilgenfritz, Emily	18	York-PA	4:22.96
5	Tacik, Morgan	18	Northwest-NC	4:26.33
6	Pokrzywa, Julia	17	York-PA	4:29.24
7	Buroker, Catherine	16	Wilton-CT	4:31.92
8	Tiernan, Tara	17	Cheshire-CT	4:34.39

Heat 6 of 7 Prelims Starts at 08:53 AM

1	Kauffeld, Emma	16	Wilton-CT	4:32.26
2	Hathaway, Meagan	16	North Shore-MA	4:29.58
3	Clough, Sally	17	Countryside-OH	4:26.86
4	Erwin, Abbey	17	Boise-ID	4:18.62
5	Schlegel, Hannah	17	Boyertown-PA	4:25.15
6	Welch, Nicole	16	North Shore-MA	4:28.17
7	Long, Camille	17	W.North Carolina	4:31.83
8	Tyler, Alexandra	13	Cheshire-CT	4:34.20

Heat 7 of 7 Prelims Starts at 08:58 AM

1	Sutter, Olivia	14	W.North Carolina	4:32.18
2	Cherkez, Sophia	16	Hickory -NC	4:29.46
3	Murtagh, Madison	16	Hickory -NC	4:26.48
4	Braswell, Leah	16	York-PA	4:18.09
5	Peterson, Emmaline	17	Hickory -NC	4:23.59
6	Bull, Megan	17	SomersetValleyNJ	4:27.26
7	Hefner, Faith	15	Hickory -NC	4:30.70
8	Halloran, Maggie	17	Columbia-SC	4:34.15

Event 402 Men 400 LC Meter Freestyle

National: 3:58.37 8/6/2015 Hank Siefert

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Prelims Starts at 09:02 AM

1				
2				
3	Greene, Jacob	16	Northwest-NC	4:45.47Y
4	Lingo, Pete	17	ME Lyons-OH	4:45.18Y
5	Gardner, Greg	17	Brandywine-DE	4:45.46Y
6				
7				
8				

Heat 2 of 8 Prelims Starts at 09:06 AM

1	Walsh, Daniel	15	Cheshire-CT	4:45.15Y
2	Knorr, Ethan	15	Greensboro-NC	4:44.98Y
3	Kelley, Jimmy	17	ME Lyons-OH	4:44.68Y
4	Doepke, Malcolm	18	ME Lyons-OH	4:44.53Y
5	Zelina, Jorge	15	South Family-OH	4:44.61Y
6	Hovart, Rak	17	Middle Tyger-SC	4:44.84Y
7	Powell, Tom	17	Jennersville-PA	4:45.05Y
8	Kolenovic, Ali	16	Ridgewood-NJ	4:45.18Y

Heat 3 of 8 Prelims Starts at 09:10 AM

1	Boyer, Wyatt	16	Columbia-SC	4:43.80Y
2	Komishane, Coleman	16	North Shore-MA	4:42.99Y
3	Scrivanich, Tommy	16	Wyckoff-NJ	4:42.38Y
4	Steward, Gordon	15	Wyckoff-NJ	4:41.40Y
5	Ortiz, Erwin	18	W.North Carolina	4:41.49Y
6	Fleck, Kevin	18	FanwoodScotch-NJ	4:42.72Y
7	Liu, NingNing	16	York-PA	4:43.12Y
8	Adl, Charlie	17	New Canaan-CT	4:44.43Y

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
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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 4 Prelims (#402 Men 400 LC Meter Freestyle)

1	Brewer, Ben	16	Cheshire-CT	4:39.24Y
2	Nonnenmacher, Nick	16	Wilton-CT	4:17.61
3	Theobald, Austin	17	Countryside-OH	4:17.16
4	Agnew, Price	16	Middle Tyger-SC	4:16.88
5	Greenwood, Jacob	15	Chambersburg-PA	4:16.94
6	Maldonado, Dimitri	16	Red Bank - NJ	4:17.51
7	Song, Justin	16	Ridgewood-NJ	4:17.76
8	Kint, Matthew	18	York-PA	4:39.44Y

Heat 5 of 8 Prelims Starts at 09:19 AM

1	Wright, Connor	16	Red Bank - NJ	4:15.99
2	Baggette, Brian	17	Edwardsville-IL	4:15.65
3	Suchy, Will	16	Wilton-CT	4:15.29
4	Yi, Harrison	18	Wyckoff-NJ	4:14.48
5	Ryan, Erik	17	Wilton-CT	4:14.49
6	Buzdygon, Aaron	16	Brandywine-DE	4:15.35
7	Park, Tim	15	Ridgewood-NJ	4:15.85
8	Davis, Robert	18	East Hartford-CT	4:16.64

Heat 6 of 8 Prelims Starts at 09:23 AM

1	Ignatov, Alex	18	Wilton-CT	4:12.63
2	Aukerman, Nick	17	South Family-OH	4:08.49
3	Smith, Christopher	17	Red Bank - NJ	4:05.60
4	Carroll, Hassler	18	ME Lyons-OH	3:58.77
5	Giller, Robby	17	Wilton-CT	4:02.18
6	Cohen, Josh	15	FanwoodScotch-NJ	4:06.06
7	Diepholz, Karsen	18	Rapid Area-MI	4:11.37
8	Mostofi, James	17	Wilton-CT	4:14.30

Heat 7 of 8 Prelims Starts at 09:27 AM

1	Gambardella, Corey	17	Soundview-CT	4:12.48
2	House, Grant	18	Countryside-OH	4:06.64
3	Waters, Ryan	17	SomersetValleyNJ	4:05.26
4	Bishop, Karl	18	Cheshire-CT	3:58.48
5	Dant, Ross	15	Hickory -NC	4:01.57
6	Slabe, Matt	18	Countryside-OH	4:05.90
7	Robison, Connor	18	Cheshire-CT	4:10.12
8	Joyce, Tim	15	Wilton-CT	4:13.84

Heat 8 of 8 Prelims Starts at 09:31 AM

1	Lequang, Matthew	14	Hamilton Area-NJ	4:11.82
2	Butkovich, Patrick	17	ME Lyons-OH	4:06.25
3	Haigh, Matthew	18	Ridley-PA	4:05.24
4	Siefert, Hank	17	Coffman - OH	3:58.37
5	Snyder, Zach	18	York-PA	3:58.93
6	Walker, Lexo	17	Wilton-CT	4:05.71
7	Pestorius, Riley	17	SomersetValleyNJ	4:09.03
8	Biagioli, Francis	18	Wyckoff-NJ	4:13.83

Event 403 Women 50 LC Meter Butterfly

National: 27.27 7/30/2009 Becca Weiland

Lane Name Age Team Seed Time

Heat 1 of 13 Prelims Starts at 09:35 AM

1				
2	Roose, Elissa	15	Kishwaukee-IL	29.48 Y
3	Piasecki, Maddi	15	Red Bank - NJ	28.31 Y
4	Pinto, Aidan	15	LakelandHills-NJ	27.96 Y
5	Sealander, Ava	15	Down East-ME	27.97 Y
6	Francisco, Anna	17	Ocean County-NJ	29.42 Y
7				
8				

Heat 2 of 13 Prelims Starts at 09:36 AM

1	Krug, Emma	15	Rapid Area-MI	26.79 Y
2	Higgins, Andrea	17	North Shore-MA	45.00
3	Robinson, Kathryn	16	Cheshire-CT	34.41
4	Reilly, Maggie	14	LakelandHills-NJ	33.51
5	Smith, M.E.	15	South Family-OH	33.57
6	Kapostasy, Allison	16	ME Lyons-OH	35.37
7	Gallamore, Natalie	17	Gr. Flint-MI	26.44 Y
8	Roberts, Molly	17	Gr. Flint-MI	27.13 Y

Heat 3 of 13 Prelims Starts at 09:37 AM

1	Tolan, Ann	17	Bath Area-ME	33.08
2	Spillane, Catherine	17	South Shore, MA	32.96
3	Chase, Mimi	16	West Shore-PA	32.78
4	Conte, Amanda	15	New Canaan-CT	32.35
5	Tejeda, Gabriella	13	Cheshire-CT	32.62
6	Mora, Maile	15	Red Bank - NJ	32.83
7	Wilson, Maddy	18	Rapid Area-MI	33.05
8	Senese, Cetta	15	Joliet - IL	33.38

Heat 4 of 13 Prelims Starts at 09:37 AM

1	Steward, Kara	17	Boise-ID	32.27
2	McDermott, Meg	17	SomersetValleyNJ	32.14
3	Ehret, Erika	16	New Canaan-CT	31.99
4	Dado, Nicole	15	Red Bank - NJ	31.95
5	Shin, Clair	17	Wyckoff-NJ	31.98
6	Pappas, Erini	13	Phoenixville-PA	32.00
7	Slabe, Sarah	15	Countryside-OH	32.26
8	Synan, Haley	17	Gr Holyoke-MA	32.27

Heat 5 of 13 Prelims Starts at 09:37 AM

1	Sullivan, McKaylie	12	Lionville-PA	31.93
2	Zablocki, Bri	16	Green Bay-WI	31.80
3	Klingensmith, Elizabeth	17	Uniontown-PA	31.68
4	Meurer, Amanda	16	Western-CT	31.67
5	Leko, Mia	16	Cheshire-CT	31.67
6	Piacentino, Victoria	15	Wilton-CT	31.71
7	Otten, Emma	17	Countryside-OH	31.84
8	Gawronski, Dia	16	Cheshire-CT	31.94

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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 6 Prelims (#403 Women 50 LC Meter Butterfly)

1	Horton, Haley	17	Greensboro-NC	31.64
2	Rauth, Lexi	18	UpperMainLine-PA	31.57
3	Van Gheem, Annah	17	Green Bay-WI	31.49
4	Bazarian, Ally	16	Wilton-CT	31.37
5	Schaper, Macie	16	FanwoodScotch-NJ	31.41
6	Harter, Rayna	16	Joliet - IL	31.50
7	Lim, Cleopatra	15	Wyckoff-NJ	31.60
8	Mulcahy, Brianna	16	Red Bank - NJ	31.66

Heat 7 of 13 Prelims Starts at 09:38 AM

1	Wilber, Emma	17	Gr.Westfield-MA	31.24
2	Blank, Lily	14	Rapid Area-MI	31.20
3	Horman, Alex	18	Rapid Area-MI	31.11
4	DiCamillo, Lauren	15	Brandywine-PA	31.01
5	Peters, Evelyn	14	Rock Hill-SC	31.09
6	Bernauer, Kate	16	LakelandHills-NJ	31.11
7	Chan, Zoe	16	Ridgewood-NJ	31.22
8	Hayes, Sophie	17	Wilton-CT	31.25

Heat 8 of 13 Prelims Starts at 09:39 AM

1	Quinn, Lilly	17	Brandywine-DE	30.95
2	Louie, Emily	17	SomersetValleyNJ	30.75
3	Leggett, Miranda	15	Oshkosh-WI	30.72
4	Blaakman, MaKenzie	16	Middle Tyger-SC	30.56
5	Hansen, Morgan	17	Phoenixville-PA	30.72
6	Lydzinski, Kara	17	SomersetValleyNJ	30.75
7	Scrimizzi, Kate	17	Countryside-OH	30.90
8	Workman, Gail	15	ME Lyons-OH	30.95

Heat 9 of 13 Prelims Starts at 09:39 AM

1	Frazier, Erika	16	FanwoodScotch-NJ	30.54
2	Basil, Caroline	18	Westfield-NJ	30.52
3	Pringle, Laura	17	Cheshire-CT	30.46
4	Horne, Sarah	16	Wyckoff-NJ	30.44
5	Manson, Kyra	17	SomersetHills-NJ	30.46
6	Tingley, Nicole	16	SummitBranch-NJ	30.50
7	Bollendorf, Emily	17	Racine-WI	30.53
8	Mullally, Gabriella	16	Oshkosh-WI	30.55

Heat 10 of 13 Prelims Starts at 09:40 AM

1	Martin, Corinne	18	Northwest-NC	30.28
2	Ireland, Victoria	14	Red Bank - NJ	30.27
3	Hullette, Ruth	16	Hickory -NC	30.24
4	Faria, Alexis	16	LakelandHills-NJ	30.23
5	Subramaniam, Hannah	16	Greenwich-CT	30.24
6	Connolly, Katherine	15	South Shore, MA	30.24
7	Griswold, Molly	17	Ocean County-NJ	30.28
8	Torrens, Jordyn	16	ME Lyons-OH	30.28

Heat 11 of 13 Prelims Starts at 09:40 AM

1	Maizes, Rachel	16	FanwoodScotch-NJ	29.84
2	Farrell, Peyton	14	Coffman - OH	29.54
3	Moesch, Marlise	16	FanwoodScotch-NJ	28.88
4	Davis, Sarah	18	FanwoodScotch-NJ	28.10
5	Ye, Athena	15	Kishwaukee-IL	28.70
6	Laurita, Mary	17	SomersetHills-NJ	29.12
7	Newnam, Anna	16	W.North Carolina	29.71
8	Hopf, Hollie	18	SomersetValleyNJ	29.91

Heat 12 of 13 Prelims Starts at 09:41 AM

1	Scott, Katherine	18	Red Bank - NJ	29.79
2	Brown, Natalie	18	Ocean County-NJ	29.51
3	Giampietro, Olivia	17	Phoenixville-PA	28.87
4	Burzynski, Monika	15	FanwoodScotch-NJ	28.07
5	Glass, Megan	15	Blue Ash-OH	28.62
6	Buchmaier, Felicity	16	Rapid Area-MI	29.05
7	Campbell, McKenzie	15	Greensboro-NC	29.66
8	Do, Corina	15	SomersetValleyNJ	29.90

Heat 13 of 13 Prelims Starts at 09:41 AM

1	Page, Kira	17	Western-CT	29.73
2	Sichterman, Megan	17	Countryside-OH	29.21
3	Hansen, Ginger	15	Red Bank - NJ	28.77
4	Tycz, Caitlin	16	Bath Area-ME	27.82
5	Purcell, Kayla	17	SomersetHills-NJ	28.44
6	Blake, Kelly	17	Western Br-DE	28.92
7	Brewer, Lexy	18	SomersetValleyNJ	29.63
8	Schlitt, Kayla	14	W.North Carolina	29.89

Event 404 Men 50 LC Meter Butterfly

National: 24.18 7/30/2009 Tim Phillips

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Prelims Starts at 09:46 AM

1	Parkman, Zach	15	Lancaster-OH	26.65 Y
2	Donnells, Carter	16	ME Lyons-OH	25.42 Y
3	Oconnor, Vinnie	17	Edwardsville-IL	25.07 Y
4	Pokrant, Rockwell	17	Grove City-PA	24.54 Y
5	DiGiaro, Zach	18	Red Bank - NJ	24.86 Y
6	Swartfager, Marcus	17	Grove City-PA	25.19 Y
7	Chang, Matthew	16	Red Bank - NJ	25.54 Y
8				

Heat 2 of 9 Prelims Starts at 09:47 AM

1	Scripp, Ryan	18	Green Bay-WI	23.43 Y
2	Jones, Brendan	18	Annapolis-MD	30.82
3	Anderson, Tim	14	Wyckoff-NJ	29.66
4	Escott, Ivan	16	Boyertown-PA	29.38
5	Hussey, Reid	16	Annapolis-MD	29.52
6	Oh, Joshua	17	Wyckoff-NJ	29.88
7	Furcon, Drew	18	Brandywine-PA	27.40 S
8	Shilts, Alex	15	Champaign-IL	24.37 Y

Heat 3 of 9 Prelims Starts at 09:47 AM

1	Mahler, Adam	15	Wilkes-Barre-PA	29.18
2	Stout, Dawson	17	Western-CT	29.03
3	Rutz, Cameron	16	Countryside-OH	28.92
4	Valentine, Isaiah	15	Powel Crosley-OH	28.85
5	Ye, Vincent	15	Lionville-PA	28.88
6	Trentalange, Richard	14	Red Bank - NJ	29.01
7	Forst, Preston	15	Greensboro-NC	29.05
8	Holman, Kyle	17	Western Br-DE	29.24

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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 4 Prelims (#404 Men 50 LC Meter Butterfly)

1	Cromie, Tommy	16	SomersetHills-NJ	28.63
2	Byrd, Bryan	15	Western Br-DE	28.47
3	Curtis, Bailey	18	Gr. Flint-MI	28.44
4	Palpallatoc, Josh	17	Ridgewood-NJ	28.40
5	Lashua, Matthew	15	GreaterNashua-NH	28.41
6	Baxter, Ben	18	SomersetHills-NJ	28.44
7	Larsen, Christian	16	Wilton-CT	28.48
8	Titterton, Matthew	16	East Hartford-CT	28.70

Heat 5 of 9 Prelims Starts at 09:48 AM

1	Stollings, Tim	15	Tri-County-WV	28.37
2	Branchflower, Jacob	18	Western-CT	28.32
3	Koul, Raveesh	17	SomersetHills-NJ	28.25
4	Lenchik, Josh	16	Northwest-NC	28.11
5	Saddoud, Maurilio	15	Rock Hill-SC	28.23
6	Carlucci, Sean	16	MetuchenED-NJ	28.29
7	Om, Joe	16	Wyckoff-NJ	28.37
8	Dobson, Chet	16	Blue Ash-OH	28.37

Heat 6 of 9 Prelims Starts at 09:48 AM

1	Sanders, Matt	17	SomersetValleyNJ	28.08
2	Thomas, Brandon	17	Uniontown-PA	28.02
3	Halpin, Liam	17	South Family-OH	27.94
4	Collins, Aedan	17	Westfield-NJ	27.91
5	Dixon, Brice	16	Countryside-OH	27.91
6	Neverman, Kaiser	14	Green Bay-WI	28.00
7	Daniel, Colin	16	Westfield-NJ	28.02
8	Nguyen, Olivier	18	Brandywine-PA	28.10

Heat 7 of 9 Prelims Starts at 09:49 AM

1	Raub, Ethan	17	Northwest-NC	27.70
2	Ehlinger, Ryan	17	Green Bay-WI	27.22
3	Burns, Brendan	15	UpperMainLine-PA	26.97
4	Strasser, Alex	18	Greensboro-NC	25.95
5	Doherty, Jack	18	Cheshire-CT	26.48
6	Ty, Darren	18	Andover-MA	27.12
7	von Autenried, Kurt	17	Hamilton Area-NJ	27.52
8	Puglessi, Ben	16	Rapid Area-MI	27.89

Heat 8 of 9 Prelims Starts at 09:49 AM

1	Burge, Ethan	14	Newberry-SC	27.69
2	Hamilton, Talor	18	Down East-ME	27.15
3	Lance, Patrick	17	Boyertown-PA	26.84
4	Beard, Billy	18	UpperMainLine-PA	25.95
5	May, David	16	Cheshire-CT	26.26
6	Herfel, Garrison	17	Powel Crosley-OH	27.12
7	Yanello, Jonathon	17	Joliet - IL	27.39
8	Losee, KJ	14	Rapid Area-MI	27.82

Heat 9 of 9 Prelims Starts at 09:50 AM

1	Pulaski, Jon	17	Greensboro-NC	27.55
2	McMurray, Keaton	15	AuglaizeMercerOH	27.15
3	Pressly, John	17	Frederick-MD	26.53
4	Poletta, Dominic	17	Green Family-OH	25.91
5	Smith, Teddy	18	Red Bank - NJ	26.08
6	Fitzpatrick, Ryan	18	SomersetValleyNJ	27.11
7	Rice, Jade	17	SomersetHills-NJ	27.22
8	Rastelli, Alex	18	South Shore, MA	27.70

Event 405 Women 100 LC Meter Breaststroke

National: 1:11.26 7/31/2009		KC Moss		
Lane	Name	Age	Team	Seed Time
Heat 1 of 13 Prelims Starts at 09:54 AM				
1				
2	Butterfield, Morgan	17	Countryside-OH	1:08.17 Y
3	Roesch, Natalie	16	Oshkosh-WI	1:08.06 Y
4	Page, Emma	17	W.North Carolina	1:08.04 Y
5	Wendelschaefer, Kimmi	18	Grove City-PA	1:08.05 Y
6	Fuerbacher, Morgan	14	Red Bank - NJ	1:08.13 Y
7	Pitstick, Mallory	16	Kishwaukee-IL	1:08.19 Y
8				
Heat 2 of 13 Prelims Starts at 09:55 AM				
1	Wilber, Emma	17	Gr.Westfield-MA	1:07.99 Y
2	Turchanik, Sarah	14	Ridgewood-OH	1:07.86 Y
3	Mendelson, Emily	17	Western-CT	1:07.83 Y
4	Griswold, Molly	17	Ocean County-NJ	1:07.80 Y
5	Joyce, Lauren	16	Red Bank - NJ	1:07.80 Y
6	Byers, Sarah Grace	15	Middle Tyger-SC	1:07.84 Y
7	Jones, Madison	18	Suncoast-FL	1:07.90 Y
8	Marjamaa, Sidney	17	Red Bank - NJ	1:07.99 Y
Heat 3 of 13 Prelims Starts at 09:56 AM				
1	Mowad, Maddy	16	Cheshire-CT	1:07.71 Y
2	Fraser, Coco	14	LakelandHills-NJ	1:07.50 Y
3	Christuk, Catherine	15	North Shore-MA	1:07.41 Y
4	Ryan, Lauren	18	Rapid Area-MI	1:07.38 Y
5	Ronan, Eleanor	17	North Shore-MA	1:07.39 Y
6	Szum, Katie	16	Andover-MA	1:07.47 Y
7	Nestor, Madison	18	Greensburg-PA	1:07.60 Y
8	Rogers, Michaela	17	Middle Tyger-SC	1:07.73 Y
Heat 4 of 13 Prelims Starts at 09:58 AM				
1	Cooper, Katie	16	SomersetValleyNJ	1:07.16 Y
2	Engel, Bridget	14	Springfield-OH	1:07.07 Y
3	Stevens, Ellesse	18	Lowes-NC	1:07.06 Y
4	Cabaron, Gabrielle	17	Ocean County-NJ	1:06.79 Y
5	Stankiewicz, Julie	17	FanwoodScotch-NJ	1:06.98 Y
6	Wootton, Amelia	17	Western-CT	1:07.07 Y
7	Quitos, Amanda	17	Gr. Flint-MI	1:07.11 Y
8	Mozoki, Olivia	15	South Shore, MA	1:07.27 Y
Heat 5 of 13 Prelims Starts at 09:59 AM				
1	Nicklas-Morris, Emma	18	Northwest-NC	1:05.98 Y
2	Detwiler, Tatum	15	Uniontown-PA	1:05.90 Y
3	Rudy, Gabrielle	17	Ridley-PA	1:03.75 Y
4	Breay, Madeline	16	Rapid Area-MI	1:18.91
5	Gebel, Alexandra	17	SomersetValleyNJ	1:02.25 Y
6	Portolese, Stephanie	17	Michiana-IN	1:05.71 Y
7	Pong, Danielle	17	Chambersburg-PA	1:05.94 Y
8	Greene, Sara	14	Rock Hill-SC	1:06.50 Y

South (Diving Pool) is odd heats North (Scoreboard) is Even heats
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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 6 Prelims (#405 Women 100 LC Meter Breaststroke)

1	Athanas, Elizabeth	14	North Shore-MA	1:18.85
2	Krivitsky, Victoria	17	South Shore, MA	1:18.79
3	Graham, Jenny	18	Northwest-NC	1:18.74
4	D'Allegro, Jenna	17	SomersetValleyNJ	1:18.71
5	Holmquist, Ellen	14	Wilton-CT	1:18.73
6	Hastings, Liela	14	Wilton-CT	1:18.77
7	Schellenboom, Jessica	14	Rapid Area-MI	1:18.83
8	DiBetta, Casadie	12	Wheeling-WV	1:18.88

Heat 7 of 13 Prelims Starts at 10:01 AM

1	McGovern, Emily	17	SummitBranch-NJ	1:18.65
2	Arwood, Fiona	13	W.North Carolina	1:18.59
3	Trotter, Hailee	15	Powel Crosley-OH	1:18.54
4	Lumino, Sophia	15	North Shore-MA	1:18.49
5	Tray, Zoe	13	Cheshire-CT	1:18.53
6	Morel, Rebecca	16	SomersetHills-NJ	1:18.55
7	Gilliland, Virginia	16	Greensboro-NC	1:18.65
8	Horton, Bridget	17	Wyckoff-NJ	1:18.67

Heat 8 of 13 Prelims Starts at 10:03 AM

1	Wilkins, Aleida	14	Kishwaukee-IL	1:18.38
2	Wager, Amanda	15	North Shore-MA	1:18.35
3	Senese, Cetta	15	Joliet - IL	1:18.29
4	Capro, Emma	18	Ocean County-NJ	1:18.23
5	Engel, Addie	14	Springfield-OH	1:18.24
6	Joyce, Alaina	16	Greensboro-NC	1:18.30
7	Sunseri, Mia	13	Wheeling-WV	1:18.37
8	McMurray, Jessie	14	York-PA	1:18.45

Heat 9 of 13 Prelims Starts at 10:04 AM

1	Nelson, Rebecca	18	Duanesburg-NY	1:18.08
2	Macco, Emily	17	Green Bay-WI	1:18.02
3	D'Allegro, Michelle	16	SomersetValleyNJ	1:17.90
4	Foltz, Grace	15	Fayette-IL	1:17.73
5	Dunnigan, Lilia	15	FarmingtonVal-CT	1:17.89
6	Tepe, Kerry	17	Powel Crosley-OH	1:17.94
7	Kurtz, Lily	17	Cheshire-CT	1:18.06
8	Menninger, Annie	18	Hamilton Area-NJ	1:18.12

Heat 10 of 13 Prelims Starts at 10:05 AM

1	Schienvar, Karin	18	Red Bank - NJ	1:17.62
2	Cabiling, Tara	14	Suncoast-FL	1:17.53
3	Grenoble, Madi	16	Lionville-PA	1:17.45
4	Maizes, Rachel	16	FanwoodScotch-NJ	1:17.31
5	Johnstone, Kelsey	18	Gr.Westfield-MA	1:17.31
6	Francis, Abby	15	East Hartford-CT	1:17.45
7	Jones, Abbie	18	Butler-PA	1:17.59
8	Weinstein, Anna	14	Western-CT	1:17.64

Heat 11 of 13 Prelims Starts at 10:06 AM

1	Mudry, Vivian	13	Soundview-CT	1:16.72
2	Gass, Claire	14	AuglaizeMercerOH	1:15.84
3	Martin, Anna	16	Ridgewood-OH	1:15.21
4	Zukowski, Brooke	17	Butler-PA	1:13.59
5	Nolte, Nikolette	16	Boyertown-PA	1:14.67
6	Moore, Sophia	14	Greenwich-CT	1:15.74
7	Hunt, Megan	17	York-PA	1:16.08
8	Eisenhauer, Victoria	14	LakelandHills-NJ	1:17.16

Heat 12 of 13 Prelims Starts at 10:07 AM

1	Regan, Grace	17	Western-CT	1:16.38
2	Overbey, Kate	15	ME Lyons-OH	1:15.82
3	Bushelman, Mollie	18	ME Lyons-OH	1:15.16
4	Colwell, Lizzy	16	New Canaan-CT	1:13.58
5	Cooke, Maddie	17	Phoenixville-PA	1:14.40
6	Golba, Claire	17	South Family-OH	1:15.72
7	Gary, Bella	13	Wilton-CT	1:16.06
8	Covington, Taylor	18	Cherokee-SC	1:16.99

Heat 13 of 13 Prelims Starts at 10:09 AM

1	Thomae, Victoria	16	Edwardsville-IL	1:16.31
2	Austin, Tori	16	South Shore, MA	1:15.78
3	Blakesley, Madison	16	Michiana-IN	1:15.11
4	O'Leary, Cha	18	Montclair-NJ	1:12.65
5	Perrotta, Brooke	17	Cheshire-CT	1:13.81
6	Keck, Jensen	18	Kishwaukee-IL	1:15.53
7	Holmquist, Emma	18	Wilton-CT	1:15.85
8	McQueary, Gracyn	17	ME Lyons-OH	1:16.74

Event 406 Men 100 LC Meter Breaststroke

National: 1:02.80 8/2/2013 Eric Ronda

Lane	Name	Age	Team	Seed Time
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Heat 1 of 12 Prelims Starts at 10:10 AM

1	van Dijk, Ryan	17	SomersetHills-NJ	1:00.96 Y
2	Bebel, Eric	16	Westfield-NJ	1:00.75 Y
3	Jones, Brendan	18	Annapolis-MD	1:00.66 Y
4	Doyle, Ben	14	Lionville-PA	1:00.21 Y
5	Yancey, Oliver	17	Ridley-PA	1:00.57 Y
6	Prue, Cooper	16	Gr. Flint-MI	1:00.69 Y
7	Sandner, Michael	15	Coffman - OH	1:00.77 Y
8				

Heat 2 of 12 Prelims Starts at 10:11 AM

1	Kronheimer, Zachary	16	FanwoodScotch-NJ	1:00.15 Y
2	Ro, Andrew	18	Wyckoff-NJ	1:00.05 Y
3	Bebel, Ryan	16	Westfield-NJ	59.78 Y
4	Snyder, Will	17	Northwest-NC	1:12.39
5	Wolfram, Vinnie	17	Coffman - OH	59.67 Y
6	Daniel, Colin	16	Westfield-NJ	59.95 Y
7	Hudgins, Jacob	15	Andover-MA	1:00.09 Y
8	Schlusser, Evan	16	ME Lyons-OH	1:00.18 Y

Heat 3 of 12 Prelims Starts at 10:12 AM

1	Meng, Ryan	16	Red Bank - NJ	1:12.36
2	Chan, Matthew	16	Hamilton Area-NJ	1:12.31
3	Fleagle, Justin	15	AuglaizeMercerOH	1:12.24
4	Berger, Brandon	15	Wilton-CT	1:12.24
5	Berry, Matthew	18	Northwest-NC	1:12.24
6	Guenther, Nathaniel	17	Lattof-IL	1:12.28
7	Jason, Charles	18	Middle Tyger-SC	1:12.35
8	Lettiero, Matthew	17	Cheshire-CT	1:12.37

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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 4 Prelims (#406 Men 100 LC Meter Breaststroke)

1	Enderle, Ben	16	Powel Crosley-OH	1:12.19
2	Dela Cruz, Dylan	15	Ocean County-NJ	1:12.05
3	Geheb, Chase	16	Suncoast-FL	1:11.99
4	Hoover, Davis	16	Greensboro-NC	1:11.97
5	Jay, Kevin	18	UpperMainLine-PA	1:11.98
6	Krause, Hayden	17	Countryside-OH	1:12.04
7	Kincade, Joel	17	SomersetValleyNJ	1:12.15
8	Wilson, Matt	16	Rapid Area-MI	1:12.20

Heat 5 of 12 Prelims Starts at 10:14 AM

1	Stanek, Mitchell	17	W.North Carolina	1:11.92
2	Dupree, Benjamin	14	Red Bank - NJ	1:11.88
3	Bernard, Jon	15	Countryside-OH	1:11.84
4	Potts, Kyle	17	Joliet - IL	1:11.81
5	Kelleher, Matthew	19	South Family-OH	1:11.81
6	Auda, Matthew	18	FanwoodScotch-NJ	1:11.86
7	Scheer, Jon	18	Rapid Area-MI	1:11.88
8	Fales, Wesley	17	Wilton-CT	1:11.97

Heat 6 of 12 Prelims Starts at 10:15 AM

1	Zablocki, Jackie	17	Green Bay-WI	1:11.73
2	Fore, Dylan	15	Northwest-NC	1:11.67
3	McGuire, Trey	16	GrMontgomery-AL	1:11.64
4	Pidde, Tyler	17	Rock River-IL	1:11.47
5	Miller, Keegan	17	Joliet - IL	1:11.61
6	Phelps, Colton	16	Ridgewood-OH	1:11.66
7	Rach, Matthew	16	Michiana-IN	1:11.68
8	Herndon, Craig	15	Greensboro-NC	1:11.74

Heat 7 of 12 Prelims Starts at 10:17 AM

1	Alstott, David	16	Soundview-CT	1:11.42
2	Rexroth, Brian	17	Springfield-OH	1:11.32
3	Reerink, Willem	17	Red Bank - NJ	1:11.25
4	West, Joseph	16	Red Bank - NJ	1:11.12
5	Nouchi, Noah	14	Northwest-NC	1:11.17
6	Cammann, Conor	17	Andover-MA	1:11.31
7	Saddoud, Maurilio	15	Rock Hill-SC	1:11.38
8	Fricker, Matthew	15	LakelandHills-NJ	1:11.46

Heat 8 of 12 Prelims Starts at 10:18 AM

1	Kotlyar, Michael	15	New Canaan-CT	1:11.04
2	Nortonsmith, Quinn	16	Hampshire-MA	1:10.95
3	Sepuca, Joseph	16	Wilton-CT	1:10.90
4	Driscoll, Robert	18	Cheshire-CT	1:10.72
5	Amato, Chandler	17	SomersetValleyNJ	1:10.89
6	Lynch, Jack	17	Wilton-CT	1:10.93
7	Dovolani, Bexhet	17	Wilton-CT	1:11.04
8	Li, Michael	17	Western-CT	1:11.08

Heat 9 of 12 Prelims Starts at 10:19 AM

1	Kramer, Evan	18	Middle Tyger-SC	1:10.57
2	Rutter, Christopher	18	Powel Crosley-OH	1:10.51
3	Foster, Sean	16	SomersetHills-NJ	1:10.39
4	Klippel, Alexander	18	SomersetHills-NJ	1:10.35
5	Kabas, Jackson	18	Middle Tyger-SC	1:10.38
6	Fry, Blake	14	Lancaster-OH	1:10.44
7	Berger, Mark	16	SummitBranch-NJ	1:10.56
8	Schlehr, Teddy	17	Countryside-OH	1:10.61

Heat 10 of 12 Prelims Starts at 10:20 AM

1	Ambrosey, Adam	18	Cheshire-CT	1:10.04
2	Fallon, Matt	13	SomersetValleyNJ	1:09.47
3	Baecker, Zach	17	Coffman - OH	1:08.97
4	Clayton, Connor	18	Middle Tyger-SC	1:07.20
5	Sun, Gary	16	LakelandHills-NJ	1:08.18
6	Simunek, Joseph	18	SomersetValleyNJ	1:09.32
7	LeSeure, TJ	18	Joliet - IL	1:09.82
8	Bolesta, Logan	17	Frederick-MD	1:10.35

Heat 11 of 12 Prelims Starts at 10:21 AM

1	Tenbarge, Luke	16	Blue Ash-OH	1:09.94
2	Haller, Nicholas	17	ME Lyons-OH	1:09.42
3	Anderson, Jarod	17	West Shore-PA	1:08.83
4	Bondarowicz, Chris	17	FanwoodScotch-NJ	1:04.97
5	Brockman, Blake	17	Powel Crosley-OH	1:08.10
6	Cheruk, Noah	16	Wilton-CT	1:09.27
7	Warren, Steven	16	Westfield-NJ	1:09.68
8	Madalena, Cory	17	East Hartford-CT	1:10.16

Heat 12 of 12 Prelims Starts at 10:22 AM

1	Rohweder, Andrew	16	Green Family-OH	1:09.92
2	Ty, Darren	18	Andover-MA	1:09.40
3	Cashell, Dan	16	Powel Crosley-OH	1:08.38
4	McHugh, Maxwell	16	Door County-WI	1:03.62
5	Skimmons, Joseph	18	Red Bank - NJ	1:07.60
6	Holmes, Cooper	18	Down East-ME	1:08.99
7	Cook, Sean	14	Ocean County-NJ	1:09.48
8	Rash, Broden	16	FanwoodScotch-NJ	1:10.07

Event 407 Women 50 LC Meter Freestyle

National: 25.65 8/6/2015 Katrina Konopka

Lane	Name	Age	Team	Seed Time
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Heat 1 of 16 Prelims Starts at 10:23 AM

1				
2				
3	Claus, Abby	17	SummitBranch-NJ	24.69 Y
4	McQueary, Gracyn	17	ME Lyons-OH	24.61 Y
5	Fraser, Elise	17	LakelandHills-NJ	24.68 Y
6	Subramaniam, Hannah	16	Greenwich-CT	24.69 Y
7				
8				

Heat 2 of 16 Prelims Starts at 10:24 AM

1	Brady, Victoria	17	Edwardsville-IL	24.56 Y
2	Maizes, DeeDee	16	FanwoodScotch-NJ	24.46 Y
3	Reeder, Grace	15	W.North Carolina	24.42 Y
4	Bollendorf, Emily	17	Racine-WI	24.41 Y
5	King, Jeannette	16	New Bedford-MA	24.42 Y
6	Sealander, Ava	15	Down East-ME	24.45 Y
7	Luckett, Leah	13	Countryside-OH	24.54 Y
8	Farrell, Peyton	14	Coffman - OH	24.56 Y

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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 3 Prelims (#407 Women 50 LC Meter Freestyle)

1	Fortman, Emma	15	Blue Ash-OH	24.30Y
2	Detwiler, Tatum	15	Uniontown-PA	24.27Y
3	Wilson, Emma	15	Grove City-PA	23.28Y
4	Bissailon, Caroline	17	Gr.Westfield-MA	28.49
5	Alexy, Kate	17	SomersetHills-NJ	27.30S
6	Felton, Eleanor	16	Duanesburg-NY	24.22Y
7	Rankin, Michaela	16	Ocean County-NJ	24.29Y
8	Faria, Alexis	16	LakelandHills-NJ	24.38Y

Heat 4 of 16 Prelims Starts at 10:24 AM

1	Sweeney, Caroline	16	New Canaan-CT	28.48
2	Dennis, Morgan	14	Northwest-NC	28.46
3	Horne, Sarah	16	Wyckoff-NJ	28.46
4	Wyant, Sarah	16	West Shore-PA	28.45
5	Hastings, Grace	14	ME Lyons-OH	28.46
6	Kauffman, Sam	18	Wyckoff-NJ	28.46
7	Schrader, Ashley	16	Suncoast-FL	28.48
8	Lang, Christina	18	Suncoast-FL	28.49

Heat 5 of 16 Prelims Starts at 10:25 AM

1	Lutz, Claire	15	Lattof-IL	28.45
2	Bisignani, Mikayla	16	Greensburg-PA	28.45
3	DiCamillo, Lauren	15	Brandywine-PA	28.43
4	Curtis, Audrey	17	Greensboro-NC	28.43
5	Jimenez, Isabelle	17	Blue Ash-OH	28.43
6	Hooten, Hays	16	Northwest-NC	28.44
7	Barcia, Olivia	16	FanwoodScotch-NJ	28.45
8	Dapore, Ashley	17	Coffman - OH	28.45

Heat 6 of 16 Prelims Starts at 10:25 AM

1	May, Hannah	17	Blue Ash-OH	28.42
2	Manthorp, Sarah	14	Lionville-PA	28.40
3	Manson, Kyra	17	SomersetHills-NJ	28.37
4	Do, Corina	15	SomersetValleyNJ	28.36
5	Maki, Caroline	15	Lionville-PA	28.37
6	Wargo, Ellie	17	Cheshire-CT	28.38
7	Boesche, Julia	17	Lattof-IL	28.41
8	Ty, Allyson	16	Andover-MA	28.42

Heat 7 of 16 Prelims Starts at 10:26 AM

1	Miller, Kayla	15	Rocky Mount-NC	28.36
2	Hopf, Hollie	18	SomersetValleyNJ	28.33
3	Contino, Taylor	17	ME Lyons-OH	28.33
4	McCadden, Kristi	16	Oshkosh-WI	28.31
5	Behling, Kalli	17	Oshkosh-WI	28.33
6	Nance, Lauren	15	Hamilton Area-NJ	28.33
7	Frazier, Erika	16	FanwoodScotch-NJ	28.34
8	Jones, Abbie	18	Butler-PA	28.36

Heat 8 of 16 Prelims Starts at 10:26 AM

1	Horner, Madeline	18	Hamilton Area-NJ	28.30
2	Apostolu, Georgia	17	Ridley-PA	28.29
3	Giampietro, Olivia	17	Phoenixville-PA	28.28
4	Prentice, Casey	17	Dancely-MD	28.26
5	Sigmon, Heather	17	Greensboro-NC	28.27
6	Caras, Nhia	13	Kishwaukee-IL	28.28
7	May, Sophie	17	Jennersville-PA	28.29
8	Megill, Cara	16	Boyertown-PA	28.31

Heat 9 of 16 Prelims Starts at 10:26 AM

1	Baber, Corinne	17	Countryside-OH	28.25
2	McKean, Maddie	16	UpperMainLine-PA	28.21
3	Dumdey, Mattea	16	GreaterNashua-NH	28.19
4	Chandler, Aubrey	14	Rock Hill-SC	28.17
5	Choi, Abby	16	Wyckoff-NJ	28.18
6	Tingley, Nicole	16	SummitBranch-NJ	28.19
7	Vess, Anna	17	W.North Carolina	28.23
8	Morris, Lucie	13	Springfield-OH	28.26

Heat 10 of 16 Prelims Starts at 10:27 AM

1	Nitti, Maria	17	Hamilton Area-NJ	28.15
2	Yadoff, Jamie	17	Wyckoff-NJ	28.10
3	Monty, Lexi	18	Fox Cities-WI	28.08
4	Mullally, Gabriella	16	Oshkosh-WI	28.04
5	Hufziger, Mary	16	Western-CT	28.06
6	Kahmann, Marianne	19	Countryside-OH	28.09
7	Keenan, Margie	17	SummitBranch-NJ	28.13
8	Koschik, Ellie	17	Montclair-NJ	28.17

Heat 11 of 16 Prelims Starts at 10:27 AM

1	Thomas, Lia	17	Powel Crosley-OH	28.03
2	Marzolf, Mallory	17	Butler-PA	28.01
3	Matesa, Isabella	14	Countryside-OH	28.01
4	Ally, Emily	13	Greensboro-NC	27.99
5	Rice, Nevie	18	Countryside-OH	28.01
6	Carr, Annie	16	Greensboro-NC	28.01
7	Kilama, Atim	16	Brandywine-DE	28.02
8	Austin, Tori	16	South Shore, MA	28.04

Heat 12 of 16 Prelims Starts at 10:28 AM

1	Hart, Madeline	14	ME Lyons-OH	27.92
2	Bobick, Meghan	18	Coffman - OH	27.83
3	Rochon, Riley	16	Lionville-PA	27.80
4	Barone, Kayla	15	West Shore-PA	27.77
5	Welch, Sarah	18	North Shore-MA	27.78
6	Judge, Megan	15	Red Bank - NJ	27.82
7	Moellering, Meredith	15	ME Lyons-OH	27.86
8	Longenecker, Emily	17	Western Br-DE	27.97

Heat 13 of 16 Prelims Starts at 10:28 AM

1	Schlitt, Kayla	14	W.North Carolina	27.73
2	Parks, Lizzie	15	Northwest-NC	27.71
3	Pehowski, Jenna	17	Rock Hill-SC	27.62
4	Pape, Caroline	13	Northwest-NC	27.58
5	Sheridan, Kate	16	Wyckoff-NJ	27.58
6	Lydzinski, Kara	17	SomersetValleyNJ	27.67
7	Blake, Kelly	17	Western Br-DE	27.72
8	Jeffreys, Ashley	15	Rapid Area-MI	27.76

Heat 14 of 16 Prelims Starts at 10:28 AM

1	Pinnix, Omega	14	Greensboro-NC	27.47
2	Banasiak, Amanda	18	FanwoodScotch-NJ	27.17
3	Petrak, Taylor	17	Butler-PA	26.94
4	Grinter, Bailey	17	Edwardsville-IL	26.05
5	Summit, Maggie	14	North Shore-MA	26.65
6	Page, Kira	17	Western-CT	27.09
7	Tolan, Ann	17	Bath Area-ME	27.37
8	Schienvar, Karin	18	Red Bank - NJ	27.57

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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 15 Prelims (#407 Women 50 LC Meter Freestyle)

1	Fry, Mary Margaret	18	Blue Ash-OH	27.41
2	Swell, Shoshana	19	Red Bank - NJ	27.11
3	Gebel, Alexandra	17	SomersetValleyNJ	26.82
4	Schmelzer, Olivia	16	Lancaster-OH	26.01
5	Davis, Sarah	18	FanwoodScotch-NJ	26.56
6	Blakesley, Madison	16	Michiana-IN	26.97
7	Moesch, Marlise	16	FanwoodScotch-NJ	27.29
8	Thornton, Hannah	15	Jennersville-PA	27.55

Heat 16 of 16 Prelims Starts at 10:29 AM

1	Laurita, Mary	17	SomersetHills-NJ	27.40
2	Purcell, Kayla	17	SomersetHills-NJ	27.11
3	Curtis, Emma	17	Gr. Flint-MI	26.66
4	Perry, Ky-lee	18	Wilton-CT	25.77
5	Berloco, Abbey	16	Hamilton Area-NJ	26.44
6	Cooke, Maddie	17	Phoenixville-PA	26.95
7	Fung, Darlene	15	FanwoodScotch-NJ	27.25
8	Farrell, Claire	17	Coffman - OH	27.48

Event 408 Men 50 LC Meter Freestyle

National: 23.02 7/24/2012 Joe Bonk

Lane Name Age Team Seed Time

Heat 1 of 12 Prelims Starts at 10:36 AM

1				
2	Powell, Tom	17	Jennersville-PA	22.06 Y
3	Lohse, Riley	16	Kishwaukee-IL	22.05 Y
4	Berger, Mark	16	SummitBranch-NJ	22.03 Y
5	Lloyd, Timmy	18	Middle Tyger-SC	22.03 Y
6	Rastatter, Will	16	Grove City-PA	22.05 Y
7				
8				

Heat 2 of 12 Prelims Starts at 10:37 AM

1	Shilts, Alex	15	Champaign-IL	22.00 Y
2	Bebel, Eric	16	Westfield-NJ	21.94 Y
3	Macchia, Michael	17	SomersetHills-NJ	21.72 Y
4	Swartfager, Marcus	17	Grove City-PA	21.62 Y
5	Bemis, Michael	17	Suncoast-FL	21.62 Y
6	Furcon, Drew	18	Brandywine-PA	21.89 Y
7	Mete, Arion	16	Waterbury-CT	21.94 Y
8	Gibson, Kevin	18	SomersetValleyNJ	22.01 Y

Heat 3 of 12 Prelims Starts at 10:37 AM

1	Inserra, Matt	17	Lattof-IL	25.76
2	Baker, Richie	18	Annapolis-MD	25.74
3	Ragatz, Jeff	17	Western-CT	25.73
4	Schuetz, Matt	17	Blue Ash-OH	25.70
5	Morgan, Griff	17	Westfield-NJ	25.71
6	Printon, Kyle	17	SomersetValleyNJ	25.73
7	Rastelli, Alex	18	South Shore, MA	25.75
8	Risma, Sammy	15	Blue Ash-OH	25.76

Heat 4 of 12 Prelims Starts at 10:37 AM

1	Toepfer, Nicholas	13	South Shore, MA	25.70
2	Alexy, Max	15	SomersetHills-NJ	25.69
3	Labenski, Mitchell	17	Lionville-PA	25.67
4	Hakes, Ryan	17	Green Bay-WI	25.66
5	Oliveri, Jeffery	17	Dancely-MD	25.67
6	Sanders, Matt	17	SomersetValleyNJ	25.68
7	Ovanic, Jordan	16	Joliet - IL	25.70
8	Nguyen, Olivier	18	Brandywine-PA	25.70

Heat 5 of 12 Prelims Starts at 10:38 AM

1	O'Connor, Ethan	15	Bayside-RI	25.65
2	Corona, Matt	18	Cheshire-CT	25.63
3	Cortright, Kevin	17	Wyckoff-NJ	25.60
4	Adl, Charlie	17	New Canaan-CT	25.58
5	Veit, Eric	17	South Florida-FL	25.59
6	Kuscan, Nolan	17	Wyckoff-NJ	25.61
7	Bachman, Griffin	16	Powel Crosley-OH	25.64
8	Ruedebusch, Wesley	19	Blue Ash-OH	25.65

Heat 6 of 12 Prelims Starts at 10:38 AM

1	Petrillo, Danny	17	SomersetValleyNJ	25.57
2	Miller, Keegan	17	Joliet - IL	25.55
3	Wooltweever, Noah	18	BeckleyRaleighWV	25.54
4	Racke, Michael	17	Liberty Twp-OH	25.49
5	Moebius, Matthew	18	Miami County-OH	25.53
6	Madigan, David	18	Hamilton Area-NJ	25.55
7	Day, John	16	Northwest-NC	25.56
8	Barley, Avery	15	Chambersburg-PA	25.57

Heat 7 of 12 Prelims Starts at 10:39 AM

1	Ashby, Spencer	17	Middle Tyger-SC	25.43
2	Holmes, Camden	15	Down East-ME	25.42
3	Nika, Bryce	17	Brandywine-PA	25.38
4	Kramer, Evan	18	Middle Tyger-SC	25.32
5	Knoyer, Logan	18	Uniontown-PA	25.36
6	Hardy, JJ	15	Columbia-SC	25.41
7	Evers, Brandon	17	SomersetValleyNJ	25.42
8	LeSeure, TJ	18	Joliet - IL	25.44

Heat 8 of 12 Prelims Starts at 10:39 AM

1	Potts, Kyle	17	Joliet - IL	25.31
2	Raub, Ethan	17	Northwest-NC	25.27
3	Bandt, Joshua	17	Oshkosh-WI	25.24
4	Heath, Nick	16	FanwoodScotch-NJ	25.17
5	Dewsbury, Gage	16	Boise-ID	25.21
6	Tucker, Brian	17	Red Bank - NJ	25.25
7	Collins, Aedan	17	Westfield-NJ	25.27
8	Louison, Brandon	17	Gr.Westfield-MA	25.32

Heat 9 of 12 Prelims Starts at 10:39 AM

1	McMurray, Keaton	15	AuglaizeMercerOH	25.13
2	Herfel, Garrison	17	Powel Crosley-OH	25.05
3	Hartley, Nathaniel	17	Rock Hill-SC	25.03
4	Reynolds, Devin	17	Grove City-PA	24.86
5	Forese, Mark	17	New Canaan-CT	24.95
6	Carkhuff, Ryan	16	SomersetHills-NJ	25.03
7	McCullough, Will	17	Powel Crosley-OH	25.05
8	Yanello, Jonathon	17	Joliet - IL	25.14

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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 10 Prelims (#408 Men 50 LC Meter Freestyle)

1	Wilson, Austin	18	Grove City-PA	24.80
2	Ramsay, Auston	17	South Shore, MA	24.56
3	McHugh, Maxwell	16	Door County-WI	24.40
4	German, Jack	20	Countryside-OH	23.74
5	Poletta, Dominic	17	Green Family-OH	24.24
6	Doherty, Jack	18	Cheshire-CT	24.48
7	Roeseler, Andreas	17	Leaning Tower-IL	24.67
8	Oconnor, Vinnie	17	Edwardsville-IL	24.82

Heat 11 of 12 Prelims Starts at 10:40 AM

1	McGugan, Henry	19	Greensboro-NC	24.75
2	Snyder, Zach	18	York-PA	24.52
3	Rudman, Edward	17	New Canaan-CT	24.38
4	Sykes, Hugo	17	Wilton-CT	23.38
5	Schutte, Henry	15	Rapid Area-MI	24.14
6	Siefert, Hank	17	Coffman - OH	24.43
7	Hawke, Sam	18	UpperMainLine-PA	24.58
8	Fortman, Alex	18	Blue Ash-OH	24.81

Heat 12 of 12 Prelims Starts at 10:40 AM

1	Strasser, Alex	18	Greensboro-NC	24.68
2	Slabe, Matt	18	Countryside-OH	24.48
3	Kauth, Tyler	18	Red Bank - NJ	24.26
4	Beard, Billy	18	UpperMainLine-PA	23.16
5	Burt, Carson	17	Powel Crosley-OH	24.13
6	Hamilton, Talor	18	Down East-ME	24.43
7	Mathus, Nicholas	15	SomersetHills-NJ	24.56
8	Fleagle, Justin	15	AuglaizeMercerOH	24.81

Event 409 Women 800 LC Meter Freestyle Relay

National: 8:20.61 7/26/2012 Middle Tyger YMCA

H Lips, K Knopka, A Galyer, A Gillig

Lane	Team	Relay	Seed Time
Heat 1 of 4 Finals - Swimming with Finals			
1	Gr. Flint-MI		8:52.10
2	Hamilton Area-NJ		8:48.27
3	Northwest-NC		8:46.41
4	ME Lyons-OH		8:41.89
5	W.North Carolina		8:44.17
6	Wyckoff-NJ		8:47.88
7	Blue Ash-OH		8:48.68
8	Greensboro-NC		8:52.16

Heat 2 of 4 Finals - Swimming with Finals

1	North Shore-MA		8:39.36
2	York-PA		8:37.22
3	Cheshire-CT		8:36.51
4	Hickory -NC		8:29.25
5	Countryside-OH		8:34.72
6	FanwoodScotch-NJ		8:37.06
7	Wilton-CT		8:38.81
8	SomersetValleyNJ		8:41.89

Heat 3 of 4 Finals Starts at 10:47 AM

1	Oshkosh-WI		7:42.01 Y
2	Boise-ID		7:30.08 Y
3	Middle Tyger-SC		8:55.62
4	Red Bank - NJ		8:52.92
5	Western-CT		8:54.40
6	Powel Crosley-OH		8:57.32
7	Ocean County-NJ		7:40.88 Y
8			

Heat 4 of 4 Finals Starts at 10:55 AM

1			
2			
3	Lionville-PA		7:48.68 Y
4	New Canaan-CT		7:42.22 Y
5	Bath Area-ME		7:43.68 Y
6			
7			
8			

Event 410 Men 800 LC Meter Freestyle Relay

National: 7:39.91 7/31/2015 Great Miami Valey

G House, K George, R Westrick, M Slabe

Lane	Team	Relay	Seed Time
Heat 1 of 4 Finals - Swimming with Finals			
1	Ridgewood-NJ		8:09.45
2	East Hartford-CT		8:05.81
3	Rapid Area-MI		8:03.22
4	York-PA		7:59.36
5	Red Bank - NJ		8:01.48
6	Powel Crosley-OH		8:04.98
7	Blue Ash-OH		8:08.07
8	South Family-OH		8:10.89

Heat 2 of 4 Finals - Swimming with Finals

1	Middle Tyger-SC		7:58.61
2	Countryside-OH		7:52.82
3	ME Lyons-OH		7:50.64
4	Wilton-CT		7:45.90
5	Cheshire-CT		7:46.51
6	UpperMainLine-PA		7:52.65
7	SomersetValleyNJ		7:57.38
8	Wyckoff-NJ		7:58.99

Heat 3 of 4 Finals Starts at 11:06 AM

1			
2	Westfield-NJ		7:03.71 Y
3	Coffman - OH		6:58.96 Y
4	Northwest-NC		8:10.99
5	Green Bay-WI		8:11.35
6	Gr. Flint-MI		7:03.19 Y
7	New Canaan-CT		7:04.46 Y
8			

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2016 LCY Nationals

July 27 - 31, 2016

Meet Program - Day 4 Prelims

Heat 4 Finals (#410 Men 800 LC Meter Freestyle Relay)

1		
2		
3	W.North Carolina	7:09.94Y
4	FanwoodScotch-NJ	7:07.18Y
5	Greensboro-NC	7:08.22Y
6		
7		
8		

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