



**Starting Locations:**

For **Prelims** – No Chase-Starts

- The 50 Meter events will start at the diving board end of pool
- All other events will start at the Instructional pool end of the pool
- At the finish all swimmers will remain in the water until the next heat has started using flyover starts (except 50 Meter events, Backstroke events and Medley Relays).

For **Finals** 50M events will start at diving board end of pool and all other events will start at the Instructional pool end of the pool.

# HEAT SHEET PROGRAM WEDNESDAY PRELIMS

for  
Spectators



# 2019 YMCA Long Course National Championship

Alamance County Community YMCA (NC)  
Anchorage Alaska YMCA (AK)  
Anderson Area YMCA (SC)  
Andover North Andover YMCA (MA)  
Auglaize Mercer Counties YMCA (OH)  
Bangor YMCA (ME)  
Bath Area Family YMCA (ME)  
Bayside Branch YMCA (RI)  
Blue Ash YMCA (OH)  
Boyertown Area YMCA (PA)  
BR Ryall NW Dupage YMCA (IL)  
Bradford Family YMCA (PA)  
Brandywine DE YMCA (DE)  
Burbank Branch YMCA (MA)  
Cecil County YMCA (MD)  
Chambersburg Memorial YMCA (PA)  
Champaign County YMCA (IL)  
Cheshire YMCA (CT)  
Coffman Family YMCA (OH)  
Columbia Northwest Family YMCA (SC)  
Cumberland MD YMCA (MD)  
Door County YMCA (WI)  
Dover YMCA (DE)  
Down East Family YMCA (ME)  
East Hampton RECenter YMCA (NY)  
Fairfax County YMCA in Reston (VA)  
Fanwood Scotch Plains YMCA (NJ)  
Farmington Valley Branch YMCA (CT)  
Flushing YMCA (NY)  
Fort Meigs YMCA (OH)  
Frederick County YMCA (MD)  
Goldsboro Family YMCA (NC)  
Great Miami Valley Ohio YMCA (OH)  
Greater Glenville YMCA (NY)  
Greater Holyoke YMCA (MA)  
Greater Johnstown Community (PA)  
Greater Missoula Family YMCA (MT)  
Greater Spartanburg YMCA (SC)  
Greater Susquehanna Valley YMCA (PA)  
Greater Waterbury YMCA (CT)  
Greensboro YMCA (NC)  
Greensburg YMCA (PA)  
Greenwich YMCA (CT)  
Hagerstown Maryland YMCA (MD)  
Hamilton Area NJ YMCA (NJ)  
Hanover Area YMCA (PA)  
Jennersville YMCA (PA)  
Joliet YMCA (IL)  
Kennebec Valley YMCA (ME)  
Kennett Area YMCA (PA)  
Kishwaukee Family YMCA (IL)  
La Crosse Area Family YMCA (WI)  
Lakeland Hills Family YMCA (NJ)  
Lakota Family YMCA (OH)  
Lancaster and Fairfield YMCA (OH)  
Laurel East Hartford YMCA (CT)  
Lionville Community YMCA (PA)  
Lynchburg YMCA (VA)  
Madison Area YMCA (NJ)  
ME Lyons Anderson YMCA (OH)  
Meadowlands Area YMCA (NJ)  
Metropolitan YMCA Of The Oranges (NJ)  
Metuchen Edison YMCA (NJ)  
Miami County Ohio YMCA (OH)  
Montclair YMCA (NJ)  
New Canaan Community YMCA (CT)  
Newport County YMCA (RI)  
Northwest North Carolina YMCA (NC)  
Ocean County YMCA (NJ)  
Oshkosh Community YMCA (WI)  
Parkersburg YMCA (WV)  
Phoenixville Branch YMCA (PA)  
Piedmont Family YMCA (VA)  
Powel Crosley Jr YMCA (OH)  
Randolph YMCA (NJ)  
Rapid Area YMCA (MI)  
RC Durr Family YMCA (KY)  
Reading and Berks County YMCA (PA)  
Red Bank Branch YMCA (NJ)  
Regional YMCA of Western Connecticut (CT)  
Richard A Henson Family YMCA (MD)  
Ridgewood Branch OH YMCA (OH)  
Ridgewood NJ YMCA (NJ)  
Ridley Area YMCA (PA)  
Sage YMCA (IL)  
Salem Family YMCA (VA)  
Skaneateles YMCA (NY)  
Somerset Hills YMCA (NJ)  
Somerset Valley YMCA (NJ)  
Soundview Family YMCA (CT)  
South Family YMCA (OH)  
South Florida YMCA (FL)  
South Shore MA YMCA (MA)  
Springfield Family YMCA (OH)  
SPY Greater Annapolis YMCA (MD)  
State College Family YMCA (PA)  
Summit Branch YMCA (NJ)  
Suncoast YMCA (FL)  
Sussex County Branch YMCA (NJ)  
Tri County YMCA Inc (WV)  
Tri Hampton Family YMCA (PA)  
Upper Main Line YMCA (PA)  
Upper Perkiomen Valley YMCA (PA)  
Wallingford Family YMCA (CT)  
Waynesboro Family YMCA (VA)  
West Chester Area YMCA (PA)  
Western Branch YMCA (DE)  
Westfield YMCA (NJ)  
Wheeling YMCA (WV)  
Wilmington YMCA NC (NC)  
Wilton Family YMCA (CT)  
Wyckoff Family YMCA Inc (NJ)  
YMCA in Central Maryland (MD)  
YMCA of Asheboro NC Inc (NC)  
York And York County YMCA (PA)



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

### START OF DAY 2 - WEDNESDAY

*Day's Event: Women's 200 Meter Freestyle Relay (Finals Only)*

*Day's Event: Men's 200 Meter Freestyle Relay (Finals Only)*

*Day's Event: Women's 200 Meter Backstroke*

*Day's Event: Men's 200 Meter Backstroke*

*Day's Event: Women's 100 Meter Butterfly*

*Day's Event: Men's 100 Meter Butterfly*

*Day's Event: Women's 200 Meter Breaststroke*

*Day's Event: Men's 200 Meter Breaststroke*

*Day's Event: Women's 400 Meter Medley Relay*

*Day's Event: Men's 400 Meter Medley Relay*

- 6:00AM-8:15AM **COACHES:** Competition Pool Open for Prelims Warm-up
- 7:00AM-11:00AM **COACHES:** Team, Coaches, College Coaches Check-in – Level 0: WEST GYM
- 7:00AM-11:00AM **SPECTATORS:** Pre-order Ticket Pickup – Level 1: Spectator Entrance
- 7:00AM-11:00AM **SPECTATORS:** Ticket Sales – Level 1: Spectator Entrance
- 7:00AM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance
- 7:15AM **OFFICIALS:** Officials & Timers Meeting & Officials Check-in-Level B: AP Class (Officials) Room
- 7:30AM-10:00AM **COACHES:** Time Trial Table Open – Level B: Room across from instructional pool
- 7:30AM **COACHES:** Relay Table Open - Level B: Room across from instructional pool
- 7:30AM **COACHES:** Scratch Table Open - Level B: Room across from instructional pool
- 8:15AM **ALL:** Clear Pool & Devotion and National Anthem
- 8:30AM ALL: PRELIMS START**

### TIME TRIALS START - 30 Minutes After Prelims

#### Scheduled Time Trial Events

200 Meter Backstroke; 100 Meter Butterfly; 200 Meter Breaststroke; 100 Meter Backstroke  
200 Meter Freestyle; 400 Meter IM; 50 Meter Breaststroke

### 4:00PM Evening - Day 2

- 3:45PM **COACHES:** Pool Opens for Finals Warm-up
- 4:00PM-7:00PM **SPECTATORS:** Pre-order Ticket Pick up - Level 1: Spectator Entrance
- 4:00PM-7:00PM **SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance
- 4:00PM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance
- 4:00PM **COACHES:** Relay Table, Time Trials Table Open - Level B: Room across from instructional pool
- 4:00PM-5:00pm **COACHES:** Scratch Table Open Level B: Room across from instructional pool
- 4:00PM **OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
- 4:00PM-6:00PM **COACHES:** Team, Coaches, College Coaches Check-in – Level 0: WEST GYM
- 4:30PM **SWIMMERS:** Assembly for Opening Ceremonies - Athlete Village- Level 0: WEST GYM
- 4:45PM **SWIMMERS:** Clear Competition Pool
- 4:45PM ALL: OPENING CEREMONIES - PARADE OF ATHLETES**
- 5:00PM **ALL:** Devotion and National Anthem
- 5:15PM ALL: FINALS START WITH C, B, A HEATS**
- 5:15PM **ALL:** Finals of Women and Men 200 Freestyle Relay
- **ALL:** Awards of the 1500 Freestyle from previous day - Women prior to awards for women  
200 free relay, men prior to awards for men 200 free relay
- 8:20PM ALL: Estimated Session End Time**



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

---

### START OF DAY 3 - THURSDAY

*Day's Event: Women's 100 Meter Backstroke*

*Day's Event: Men's 100 Meter Backstroke*

*Day's Event: Women's 50 Meter Breaststroke*

*Day's Event: Men's 50 Meter Breaststroke*

*Day's Event: Women's 400 Meter I.M.*

*Day's Event: Men's 400 Meter I.M.*

*Day's Event: Women's 200 Meter Freestyle*

*Day's Event: Men's 200 Meter Freestyle*

*Day's Event: Women's 200 Meter Medley Relay*

*Day's Event: Men's 200 Meter Medley Relay*

6:00AM-8:15AM	<b>COACHES:</b> Competition Pool Open Prelims Warm-up
7:00AM-11:00AM	<b>COACHES:</b> Team, Coaches, College Coaches Check-in – Level 0: WEST GYM
7:00AM-11:00AM	<b>SPECTATORS:</b> Pre-order Ticket Pick up - Level 1: Spectator Entrance
7:00AM-11:00AM	<b>SPECTATORS:</b> Ticket Sales - Level 1: Spectator Entrance
7:00AM	<b>OFFICIALS:</b> Picture – Level 1: Spectator Stands
7:00AM	<b>SPECTATORS:</b> Stands Opens for Spectators - Level 1: Spectator Entrance
7:15AM	<b>OFFICIALS:</b> Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
7:30AM-10:00AM	<b>COACHES:</b> Time Trial Table Open - Level B: Room across from instructional pool
7:30AM	<b>COACHES:</b> Relay Table Open - Level B: Room across from instructional pool
7:30AM	<b>COACHES:</b> Scratch Table Open - Level B: Room across from instructional pool 8:15AM
	<b>ALL:</b> Clear Pool & Devotion and National Anthem
<b>8:25AM</b>	<b>ALL: SENIOR RECOGNITION</b>
<b>8:30AM</b>	<b>ALL: PRELIMS START</b>

### TIME TRIALS START - 30 Minutes After Prelims

#### Scheduled Time Trial Events

100 Meter Backstroke; 200 Meter Freestyle; 400 Meter Ind. Medley; 50 Meter Breaststroke  
50 Meter Freestyle; 50 Meter Butterfly; 100 Meter Breaststroke; 400 Meter Freestyle

### 4:00PM

### Evening - Day 3

4:00PM	<b>COACHES:</b> Pool Opens for Finals Warm-up
4:00PM-7:00PM	<b>SPECTATORS:</b> Ticket Sales - Level 1: Spectator Entrance
4:00PM	<b>SPECTATORS:</b> Stands Opens for Spectators - Level 1: Spectator Entrance
4:00PM	<b>COACHES:</b> Relay Table, Time Trials Table Open - Level B: Room across from instructional pool
4:00PM-5:00pm	<b>COACHES:</b> Scratch Table Open - Level B: Room across from instructional pool
4:15PM	<b>OFFICIALS:</b> Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
5:00PM-6:00PM	<b>COACHES:</b> Team, Coaches, College Coaches Check-in – Level 0: WEST GYM
5:00PM	<b>ALL:</b> Clear Pool & Devotion and National Anthem
<b>5:15PM</b>	<b>ALL: FINALS START WITH C, B, A HEATS</b>
<b>8:10PM</b>	<b>ALL: Estimated Session End Time</b>



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

---

### START OF DAY 4 - FRIDAY

*Day's Event: Women's 400 Meter Freestyle*

*Day's Event: Men's 400 Meter Freestyle*

*Day's Event: Women's 50 Meter Butterfly*

*Day's Event: Men's 50 Meter Butterfly*

*Day's Event: Men's 100 Meter Breaststroke*

*Day's Event: Women's 100 Meter Breaststroke*

*Day's Event: Men's 50 Meter Freestyle*

*Day's Event: Women's 50 Meter Freestyle*

*Day's Event: Women's 800 Meter Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)*

*Day's Event: Men's 800 Meter Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)*

6:00AM-8:15AM

**COACHES:** Competition Pool Open Prelims Warm-up

7:00AM-11:00AM

**COACHES:** Team, Coaches, College Coaches Check-in - Level 0: WEST GYM

7:00AM-11:00AM

**SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance

7:00AM

**SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance

7:15AM

**OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room

7:30AM-10:00AM

**COACHES:** Time Trial Table Open - Level B: Room across from instructional pool

7:30AM

**COACHES:** Scratch Table Open - Level B: Room across from instructional pool

7:30AM

**COACHES:** Relay Table Open - Level B: Room across from instructional pool

8:15AM

**ALL:** Clear Pool & Devotion and National Anthem

**8:30AM**

**ALL: PRELIMS START**

### TIME TRIALS START - 30 Minutes After Prelims

#### Scheduled Time Trial Events

50 Meter Freestyle; 50 Meter Butterfly; 100 Meter Breaststroke; 400 Meter Freestyle;

200 Meter Butterfly; 100 Meter Freestyle; 200 Meter IM; 50 Meter Backstroke

### 4:00PM

### Evening - Day 4

4:00PM

**COACHES:** Pool Opens for Finals Warm-up

4:00PM-7:00PM

**SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance

4:00PM

**SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance

4:00PM

**COACHES:** Relay Table, Time Trials Table Open - Level B: Room across from instructional pool

4:00PM-5:00pm

**COACHES:** Scratch Table Open - Level B: Room across from instructional pool

4:15PM

**OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room

5:00PM-6:00PM

**COACHES:** Team, Coaches, College Coaches Check-in - Level 0: WEST GYM

5:00PM

**ALL:** Clear Pool & Devotion and National Anthem

**5:15PM**

**ALL: FINALS START WITH C, B, A HEATS**

**8:15PM**

**ALL: Estimated Session End Time**



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

---

### START OF DAY 5 - SATURDAY

*Day's Event: Women's 200 Meter Butterfly*  
*Day's Event: Men's 200 Meter Butterfly*  
*Day's Event: Women's 100 Meter Freestyle*  
*Day's Event: Men's 100 Meter Freestyle*  
*Day's Event: Women's 200 Meter I.M.*  
*Day's Event: Men's 200 Meter I.M.*  
*Day's Event: Women's 50 Meter Backstroke*  
*Day's Event: Men's 50 Meter Backstroke*  
*Day's Event: Women's 400 Meter Freestyle Relay*  
*Day's Event: Men's 400 Meter Freestyle Relay*  
*Day's Event: Women's 800 Meter Freestyle*  
*Day's Event: Men's 800 Meter Freestyle*

6:00AM-8:15AM **COACHES:** Competition Pool Open Prelims Warm-up  
7:00AM-11:00AM **COACHES:** Team, Coaches, College Coaches Check-in – Level 0: WEST GYM  
7:00AM-11:00AM **SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance  
7:00AM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance  
7:15AM **OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room  
7:30AM-10:00AM **COACHES:** Time Trial Table Open - Level B: Room across from instructional pool  
7:30AM **COACHES:** Relay Table Open Level B: Room across from instructional pool  
8:15AM **ALL:** Clear Pool & Devotion and National Anthem  
**8:30AM ALL: PRELIMS START**

### TIME TRIALS START - 30 Minutes After Prelims

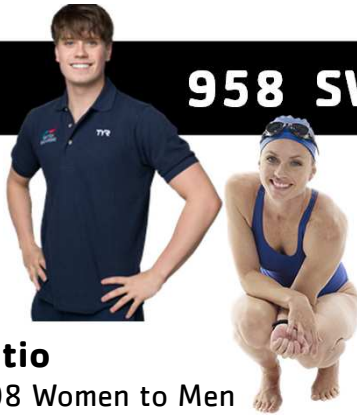
#### Schedule Time Trial Events

200 Meter Butterfly; 100 Meter Freestyle; 200 Meter Ind. Medley; 50 Meter Backstroke  
200 Meter Backstroke; 100 Meter Butterfly; 200 Meter Breaststroke

### 4:00PM Evening - Day 5

4:00PM **COACHES:** Pool Opens for Finals Warm-up  
4:00PM-7:00PM **SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance  
4:00PM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance  
4:00PM **COACHES:** Relay Table Open - Level B: Room across from instructional pool  
4:15pm- 5:15pm **COACHES:** College Coaches Check-in – Level 0: WEST GYM  
4:15PM **OFFICIALS:** Officials/Timers Meeting - Level B: AP Class (Officials) Room  
5:00PM **ALL:** Clear Pool & Devotion and National Anthem  
**5:10PM ALL: COACH OF THE MEET AWARD**  
**5:15PM ALL: FINALS START WITH C, B, A HEATS**  
  
**8:45PM ALL: Estimated Session End Time**

**958 SWIMMERS**



**459 Women**  
**499 Men**

**Ratio**

1.08 Women to Men

**Swimmers per Team**

- 49 from Red Bank, NJ
- 42 from Cheshire, CT
- 41 from Greater Spartanburg, SC
- 40 from Somerset Valley, NJ
- 39 from Lakeland Hills, NJ



**AGE : Avg=16.0**

**Median=16.0**

- 12 Swimmers 12 years old
- 35 Swimmers 13 years old
- 111 Swimmers 14 years old
- 158 Swimmers 15 years old
- 240 Swimmers 16 years old
- 242 Swimmers 17 years old
- 150 Swimmers 18 years old

**TEAMS**

**115**



**Team Size:**

**Avg size= 8; Median Size= 5**

- 26 teams with 1 swimmer
- 16 teams with 2 swimmers
- 4 teams with 3 swimmers
- 8 teams with 4 swimmers
- 8 Teams with 5 swimmers
- 7 Teams with 6 swimmers
- 5 Teams with 7 swimmers
- 3 Teams with 8 swimmers



- 19 from PA
- 18 from NJ
- 13 from OH
- 10 from CT
- 7 from MD
- 6 from NC
- 5 from VA

**TEAMS FROM**  
**21 STATES**



- AK, CT, DE, FL,
- IL, KY,
- MA, MD, ME, MI,
- MT, NC, NJ, NY,
- OH, PA, RI, SC,
- VA, WI, WV

**215 COACHES**



**VOLUNTEER OFFICIALS**

**67**



**32**

**Pre-Registered COLLEGE/ UNIVERSITY COACHES**

**2019**  
**YMCA LONG COURSE NATIONALS MEET STATISTICS**

**3074 Individuals**

**346 Relays**

**ENTRIES**

**3420**

**1267 Pre-entered Time Trials**





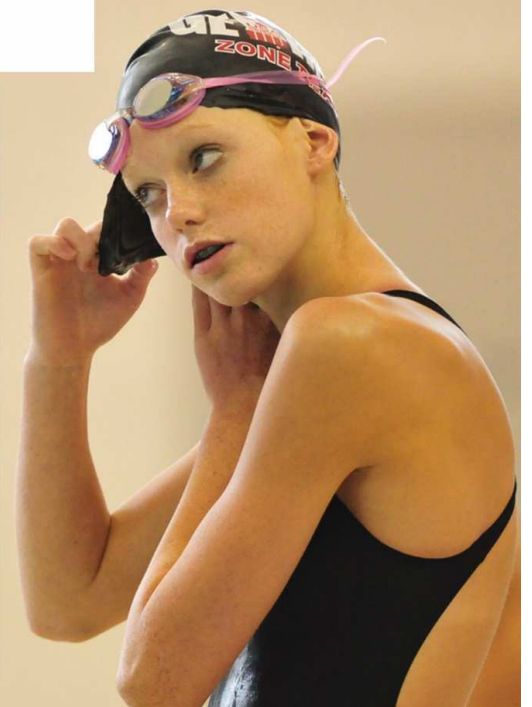
**proswim**<sup>TM</sup>  
v i s u a l s

Action Photography by:

## ProSwim Visuals

Photos Taken by RESERVATION ONLY  
ONE SWIMMER PER HEAT

Visit Booth in Vendor Area for More Info  
or Sign up Now at  
[www.proswimvisuals.com/reserve](http://www.proswimvisuals.com/reserve)





# 2019 LONG COURSE CHAMPIONSHIP VOLUNTEERS

**MEET DIRECTOR: Bob Turner**

**ASSISTANT MEET DIRECTOR: Brad Bason**

## **Admissions/Heat Sheets**

Carolyn Ryan  
Betsy Warrick

## **Announcer**

Bob McDowell

## **Awards**

Donna Turner, *Leader*  
Karen Janzen  
Brad Bason  
Tom Janzen  
Steve Lyons  
Jim Ryan

## **Coach Check-in**

Tom Warrick, *Leader*  
Brad Bason  
Kiki Framer  
Karen Janzen  
Tom Janzen  
Steve Lyons  
Claudia Multer  
Chuck Multer  
John Richards  
Carl Sandoe  
Roni Sawin  
Steve Sawin  
Martin Scheidl  
Terri Shannon  
Jack VerHelst

## **Facility Management**

Natalie Taylor, *Rec, Mgr*

## **Help Desk**

John Richards

## **Late Check-in**

Kiki Farmer  
Donna Turner

## **Meet Operations**

Claudia Multer, *Leader*  
Karen Janzen (*TT*)  
Steve Lyons (*TT*)  
Chuck Multer (*Console*)  
Carl Sandoe  
(*Scratches, Relays*)  
Martin Scheidl  
Terri Shannon (*Console*)  
Tom Warrick  
(*Entries, Website*)

## **Volunteer Coordinator**

Kiki Farmer  
John Richards

## **YMCA of USA**

Meredith Griffin, *YUSA*  
Lindsay Mondick, *YUSA*  
Sam Mars, *YUSA*  
Erin Reuland, *YUSA*  
Jim Ryan, *YUSA*

## **OFFICIALS:**

### **Meet Referee**

Eddie Hughes

### **Administrative Referee**

Bob Johnson  
Nancy Pressly

### **Chief Judges**

Chris Jung  
Ted Rauth  
Bach LeQuang  
Bert Hewitt  
Alka Rinkus  
Mark Wollen  
Sharon Anderson

### **Deck Referees**

Ed Miller  
Judy Sharkey  
Jack VerHelst  
Dave Blake

### **Head Timers**

Roni Sawin

### **Starters**

Chuck Dougherty  
Ed Eckles  
Chris Jung  
Steve Sawin

### **Time Trials**

Tom Janszen, *Referee*  
Bart Fellin



speedo   
**Fastskin**  
LZR PURE FOCUS

# FOCUS ON FAST



#MadeForFastskin




LZR PURE FOCUS

**“ IF YOU WANT TO  
BE THE FASTEST,  
YOU NEED TO BE  
WEARING THE FASTEST  
AND BEST. THAT’S WHY  
I’M TEAM SPEEDO. ”**

**HALI FLICKINGER**  
OLYMPIC FINALIST  
WORLD CHAMPION



Speedo and  are registered trademarks of and used under license from Speedo International Limited.



DISCOVER FAST  
SPEEDOUSA.COM

# ATTENDING

## COLLEGE/UNIVERSITY COACHES

### 2019 YMCA Long Course Nationals

---

Bard College  
Brandeis University  
Catholic University  
Colgate University  
Columbia University  
in the City of New York  
Connecticut College  
Dartmouth College  
Davidson College  
Denison University  
Franklin & Marshall College  
Frostburg State University  
Gettysburg College  
Hamilton College  
Ithaca College  
Lehigh University  
Princeton University  
Rensselaer Polytechnic Institute  
Stony Brook University

University of Minnesota  
University of Montevallo  
University of Richmond  
University of Tennessee  
Virginia Military Institute  
Washington & Lee University  
Washington University in St. Louis  
Wesleyan University  
West Virginia University  
Widener University  
Worcester Polytechnic Institute  
York College of Pennsylvania



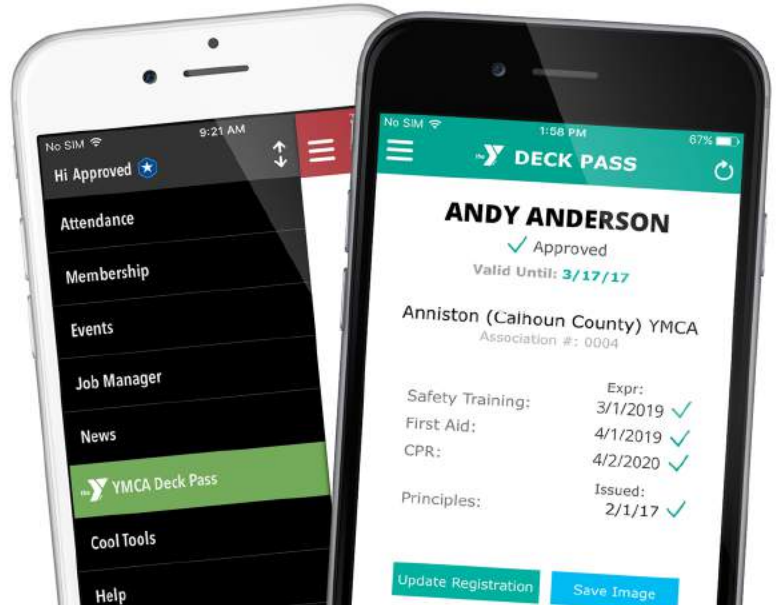
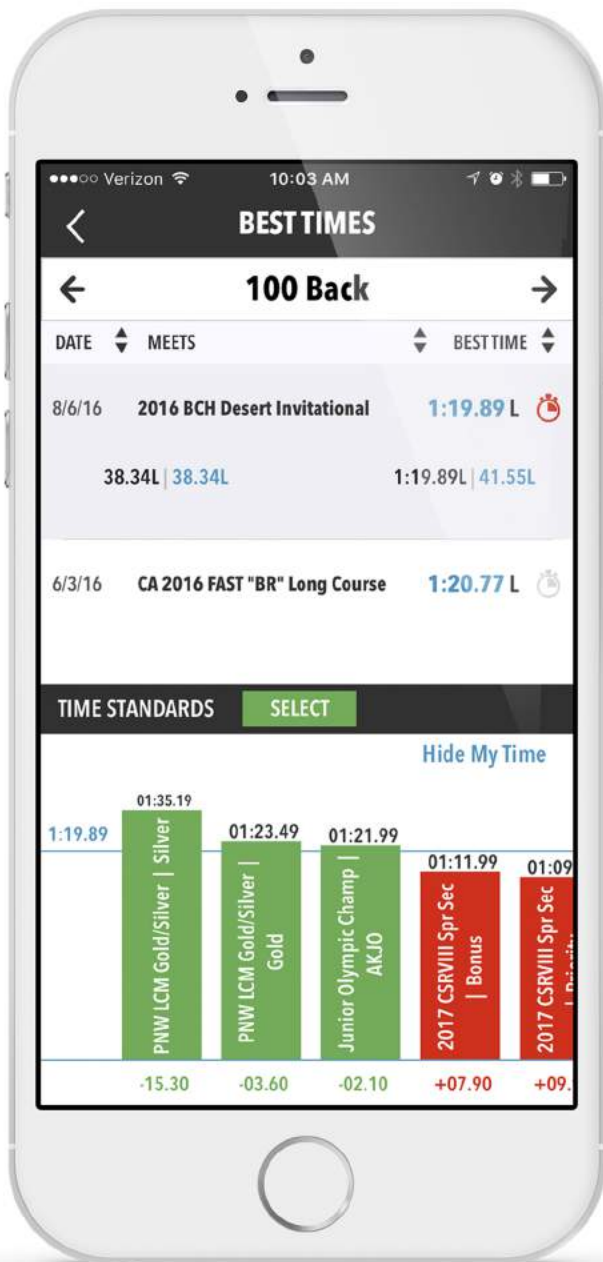
**THANK YOU FOR YOUR SUPPORT OF  
YMCA SWIMMING**



# OnDeck

Mobile Swim Team Management Made Better  
FAR

**Access Your Swimmer's Best Times and Meet Results, Your YMCA Deck Pass, and Even Time a Race, All in OnDeck!**



**For Parents, Coaches & Admins!**

- YMCA Deck Pass
- Account Information
- Race Timing
- Meet Results & Best Times
- Volunteer Job Sign Ups
- Attendance Tracking
- Team News
- And Much More!





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THANK YOU!

YMCA of the USA is grateful to all involved in making the 2019 YMCA National Long Course Championship a special celebration of achievement for our athletes, coaches and families.

In addition to the Championship Committee, officials and volunteers who have given their time and talents, we would also like to thank the following supporters:

## EVENT SPONSORS

### SPEEDO

### THE COLLEGE PARK COMMUNITY

<b>The University of Maryland</b> .....	Natalie Taylor
.....	Matt Clair
<b>The Crowne Plaza Greenbelt</b> .....	Trent Caruso
.....	Lisa John Baptiste
<b>YMCA in Central Maryland</b> .....	Melanie Greenhill & Volunteers
.....	Eric Somerville

### CHAMPIONSHIP VENUE SUPPORT

<b>USA Swimming</b> .....	Jeff Allen
<b>Take it Live</b> .....	Chris Lundie & Team
<b>Goodies To Go</b> .....	Maelyn Bailey
<b>One World Transport</b> .....	Stephanie Weber
.....	Barbra Collins
<b>Metro Swim</b> .....	Xuming Wang
.....	Yifan Li
.....	Henry Rueda
<b>ProSwim Visuals</b> .....	Mike Comer
.....	Matt Bish
.....	Simone Amaduzzi,
.....	Andrea Villavicencio
<b>TeamUnify</b> .....	Tim LaRoche
<b>Swiss Timing USA</b> .....	Matt Murphy
<b>Sport Fair Inc</b> .....	Gary Ramsey & Team
<b>Howard Johnson</b> .....	Ed Burgos

### USA OLYMPIANS

Darian Townsend



# HOPE HAS NO FINISH LINE★

With the support of more than 100 Olympians, we unite the swimming community to raise money to cure cancer.

---

## TWO WAYS TO PARTICIPATE

20 OPEN WATER SWIMS ★ HOST AN SAA POOL SWIM

---

📷🐦 @SAASWIM  
SWIMACROSSAMERICA.ORG

**≡SWIM≡**  
**ACROSS AMERICA**  
★ MAKING WAVES TO FIGHT CANCER ★



# FUN FACTS

## YMCA NATIONAL SWIMMING CHAMPIONSHIP

---

### THE STORY OF OUR FOUNDING



*George Williams  
founded the YMCA in 1844.*

In 1844, industrialized London was a place of great turmoil and despair. For the young men who migrated to the city from rural areas to find jobs, London offered a bleak landscape of tenement housing and dangerous influences.

Twenty-two-year-old George Williams, a farmer-turned-department store worker, was troubled by what he saw. He joined 11 friends to organize the first Young Men's Christian Association (YMCA), a refuge of Bible study and prayer for young men seeking escape from the hazards of life on the streets.

Although an association of young men meeting around a common purpose was nothing new, the Y offered something unique for its time. The organization's drive to meet social need in the community was compelling, and its openness to members crossed the rigid lines separating English social classes.

Years later, retired Boston sea captain Thomas Valentine Sullivan, working as a marine missionary, noticed a similar need to create a safe "home away from home" for sailors and merchants. Inspired by the stories of the Y in England, he led the formation of the first U.S. YMCA at the Old South Church in Boston on December 29, 1851.





# INDIVIDUAL & BUSINESS SPONSORS

## 2019 YMCA Long Course National Championship



Tobias and Kim Boedeker

Carolina Foot Care, LLC

Bernardine and Mark Dickman

Greenwich Marlins

The Hagenauers-dedicated to PCY

Charles and Claudia Multer

Tracy Mohr

The Reiss Family

Jim & Carolyn Ryan

Red Bank YMCA

Bob and Donna Turner

YingChun Zhang



# YMCA LONG COURSE CHAMPIONSHIP HISTORY OF TEAM RESULTS

## Women

2018	Cheshire	444	Red Bank	440	ME Lyons	323
2017	Cheshire	345	York	297	FanwoodSchPI	285
2016	Hickory	336	Countryside	294	Wilton	290
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

## Men

2018	Red Bank	431	Somerset Hills	423.5	Greenwich	256
2017	Powel Crosley	387	Somerset Valley	311	Wilton	286.5
2016	Wilton	457	UpperMainLine	394	Cheshire	288.5
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	410.5	Countryside	232
2009	UpperMainLine	268	Red Bank	286	Wilton	236

## Combined

2018	Red Bank	871	Cheshire	519	York	462
2017	Somerset Valley	566	Red Bank	523	York	475
2016	Wilton	747	Cheshire	547.5	Countryside	540
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

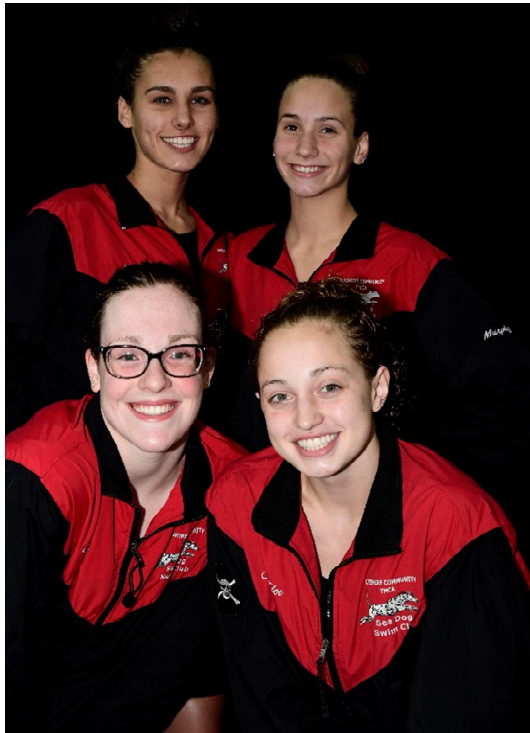
# 2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

## Event 101

### Women 200 LC Meter Freestyle Relay

#### National Record

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



**Defending Champion**  
Cheshire YMCA - 1:47.06  
Alexandra Tyler, Mia Leko,  
Elizabeth Boyer, Sophie Murphy

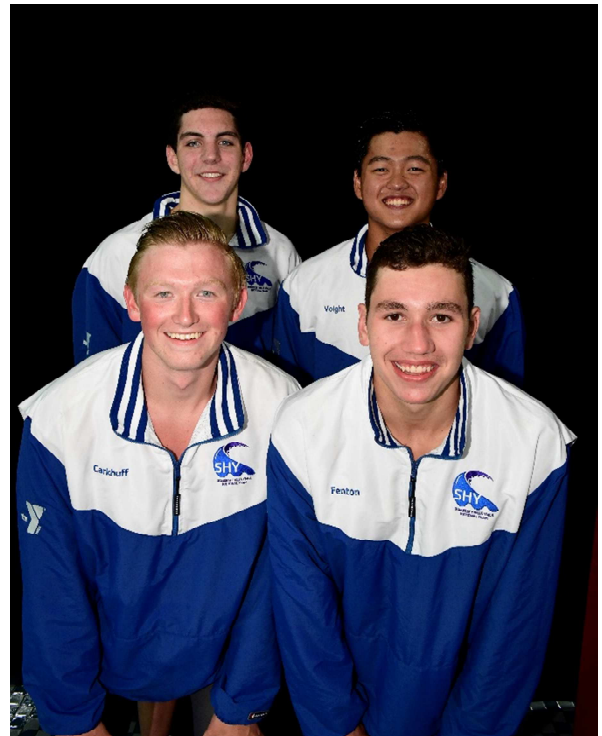
Year	Association	Time
2018	Cheshire YMCA	1:47.06
2017	Fanwood Scotch Plains YMCA	1:47.41
2016	Fanwood Scotch Plains YMCA	1:46.04
2015	Somerset Valley YMCA	1:45.94
2014	Triangle Area YMCA	1:45.67
2013	Somerset Valley YMCA	1:45.97
2012	Middle Tyger YMCA	1:46.31
2011	Middle Tyger YMCA	1:47.81
2010	Stevens Point YMCA	1:49.57
2009	Anne Arundel County YMCA	1:48.29

## Event 102

### Men 200 LC Meter Freestyle Relay

#### National Record

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



**Defending Champion**  
Somerset Hills YMCA - 1:35.29  
Roo Fenton, Jack Alexy,  
Jonathan Hua, Ryan Carkhuff

Year	Association	Time
2018	Somerset Hills YMCA	1:35.29
2017	Powel Crosley Jr YMCA	1:35.58
2016	Upper Main Line YMCA	1:35.87
2015	Red Bank YMCA	1:35.46
2014	Triangle Area YMCA	1:33.83
2013	Triangle Area YMCA	1:34.64
2012	Triangle Area YMCA	1:33.96
2011	Middle Tyger YMCA	1:36.38
2010	Upper Main Line YMCA	1:37.13
2009	Upper Main Line YMCA	1:36.84

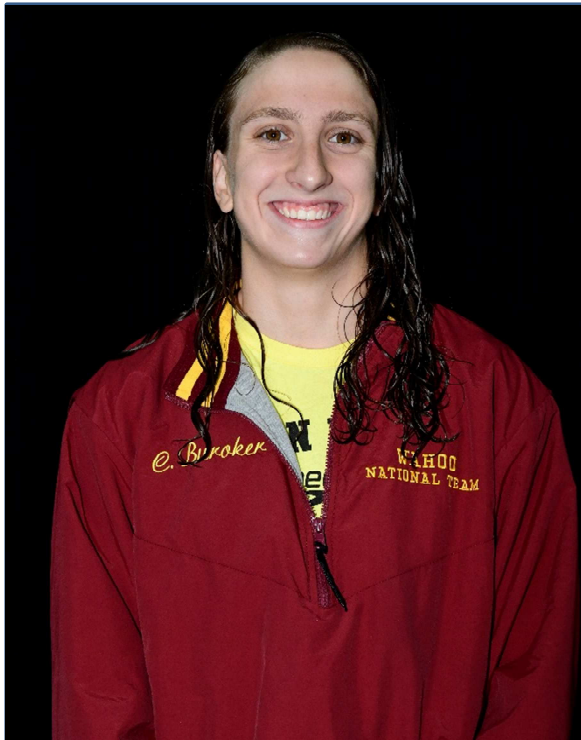
# 2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

## Event 103

### Women 1500 LC Meter Freestyle

#### National Record

16:40.05 Caitlynn Moon  
Kishwaukee Family-IL, 2014



**Defending Champion**  
**Catherine Buroker – 16:53.39**  
**Wilton Family YMCA**

## Event 104

### Men 1500 LC Meter Freestyle

#### National Record

15:35.36 Karl Bishop  
Cheshire-CT, 2016



**Defending Champion**  
**Ethan Knorr – 15:58.29**  
**Hickory Foundation YMCA**

Year	Name	Association	Time
2018	Catherine Buroker	Wilton	16:53.39
2017	Leah Braswell	York and York County	16:46.88
2016	Emmaline Peterson	Hickory Foundation	16:45.63
2015	Emmaline Peterson	Hickory Foundation	16:50.75
2014	Caitlynn Moon	Kishwaukee Family	16:40.05
2013	Caitlynn Moon	Kishwaukee Family	17:06.46
2012	Verity Abel	Wilton	17:04.29
2011	Shaylynn Spelman	M. E. Lyons	17:20.10
2010	Breann McDowell	Countryside	17:13.79
2009	Laura Simon	Middle Tyger	16:59.47

Year	Name	Association	Time
2018	Ethan Knorr	Hickory Foundation YMCA	15:58.29
2017	Riley Pestorius	Somerset Valley YMCA	16:07.56
2016	Karl Bishop	Cheshire	15:35.36
2015	Karl Bishop	Cheshire	15:47.16
2014	Brandon Sweezer	Rock Hill	16:02.58
2013	Ian Rainey	Wilton	15:59.78
2012	Sava Turcanu	Hickory Foundation YMCA	16:08.23
2011	Bradley Wachenfeld	Somerset Hills YMCA	16:05.63
2010	Graham Williams	Hickory Foundation YMCA	15:59.42
2009	Ty Perkins	South Family YMCA	16:09.37

# 2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

## Event 201

### Women 200 LC Meter Backstroke

#### National Record

2:10.58 Erin Voss  
Greater Holyoke-MA, 2014



Defending Champion  
Olivia Harper - 2:15.75  
Bath Area Family YMCA

## Event 202

### Men 200 LC Meter Backstroke

#### National Record

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



Defending Champion  
Noah Young - 2:03.85  
Countryside YMCA

Year	Name	Association	Time
2018	Olivia Harper	Bath Area Family YMCA	2:15.75
2017	Camryn Forbes	Butler YMCA	2:13.57
2016	Kaitlin Harty	North Shore Sterling YMCA	2:12.63
2015	Ali Galyer	Middle Tyger YMCA	2:15.55
2014	Erin Voss	Greater Holyoke YMCA	2:10.58
2013	Erin Voss	Greater Holyoke YMCA	2:15.98
2012	Remedy Rule	Waynesboro Family YMCA	2:18.22
2011	Emily Slabe	Countryside YMCA	2:17.93
2010	Justine Ress	Cheshire YMCA	2:18.34
2009	Lauren Solemou	Cheshire YMCA	2:16.39

Year	Name	Association	Time
2018	Noah Young	Countryside YMCA	2:03.85
2017	Jake Kealy	Wilton YMCA	2:03.53
2016	Jake Kealy	Wilton YMCA	2:04.81
2015	Sean Workman	Edwardsville YMCA	2:03.92
2014	Tristan Sanders	Suncoast YMCA	2:01.68
2013	Tristan Sanders	Suncoast YMCA	2:03.04
2012	Gregoriy Tarasevich	Central Florida Metro YMCA	2:01.01
2011	Steven Zimmerman	Countryside YMCA	2:01.33
2010	Steven Zimmerman	Countryside YMCA	2:04.13
2009	Josh Friedel	Rappahannock YMCA	2:01.70

# 2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

## Event 203

### Women 100 LC Meter Butterfly

#### National Record

1:00.22 Courtney Weaver  
Greater Flint-MI, 2012



Defending Champion  
Megan Glass - 1:00.52  
Blue Ash YMCA

## Event 204

### Men 100 LC Meter Butterfly

#### National Record

52.88 Tim Phillips  
Marietta YMCA, 2009



Defending Champion  
Kaiser Neverman - 55.07  
Green Bay Metro YMCA

Year	Name	Association	Time
2018	Megan Glass	Blue Ash YMCA	1:00.52
2017	Megan Glass	Blue Ash YMCA	1:01.03
2016	Megan Sichterman	Countryside YMCA	1:00.23
2015	Megan Sichterman	Countryside YMCA	1:01.72
2014	Maddie Zimmerman	Upper Main Line YMCA	1:01.36
2013	Maddie Zimmerman	Upper Main Line YMCA	1:01.07
2012	Courtney Weaver	Greater Flint YMCA	1:00.22
2011	Courtney Weaver	Greater Flint YMCA	1:01.69
2010	Kendall Farnham	Anne Arundel YMCA	1:03.22
2009	Haley Lips	Middle Tyger YMCA	1:00.63

Year	Name	Association	Time
2018	Kaiser Neverman	Green Bay Metro YMCA	55.07
2017	Brendan Burns	Upper Main Line YMCA	54.50
2016	Corey Gambardella	Soundview Family YMCA	55.09
2015	David May	Cheshire YMCA	55.09
2014	Zachary Molloy	Ocean County	55.40
2013	Justin Mehl	Middle Tyger YMCA	55.42
2012	Joe Bonk	Triangle Area YMCA	55.62
2011	David Ingraham	Middle Tyger YMCA	56.03
2010	Matthew Salig	Upper Main Line YMCA	55.49
2009	Tim Phillips	Marietta YMCA	52.88

# 2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

## Event 205

### Women 200 LC Meter Breaststroke

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



Defending Champion  
Kate Overbey - 2:34.05  
ME Lyons YMCA

## Event 206

### Men 200 LC Meter Breaststroke

National Record  
2:14.55 Matt Fallon  
Somerset Valley-NJ, 2018



Defending Champion  
Matt Fallon - 2:14.55  
Somerset Valley YMCA

Year	Name	Association	Time
2018	Kate Overbey	ME Lyons YMCA	2:34.05
2017	Lizzy Colwell	New Canaan Community	2:36.82
2016	Lizzy Colwell	New Canaan Community	2:34.78
2015	Cha O'Leary	Montclair YMCA	2:36.41
2014	Olivia Ontjes	Triangle Area YMCA	2:34.34
2013	Savanna Faulconer	Middle Tyger YMCA	2:31.75
2012	Katie Evans	Greenwich YMCA	2:36.41
2011	Meriza Werenski	Greater Holyoke YMCA	2:36.27
2010	Emily Weir	Wilton YMCA	2:36.73
2009	KC Moss	Wilton YMCA	2:30.74

Year	Name	Association	Time
2018	Matt Fallon	Somerset Valley YMCA	2:14.55
2017	Max McHugh	Door County YMCA	2:16.48
2016	Max McHugh	Door County YMCA	2:18.49
2015	Majester Abdul-Jalil	Charleston Family YMCA	2:21.09
2014	Jonathan Rutter	Powell Crosley Jr YMCA	2:15.96
2013	Jonathan Rutter	Powell Crosley Jr YMCA	2:17.86
2012	Conner McHugh	Door County YMCA	2:21.97
2011	Jared Kauffman	Middle Tyger YMCA	2:22.43
2010	Bill Young	Western North Carolina	2:21.37
2009	Harrison Cefalo	Red Bank Branch YMCA	2:23.41

# 2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

## Event 207

### Women 400 LC Meter Medley Relay

#### National Record

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



**Defending Champion**  
Cheshire YMCA – 4:16.95  
Alexandra Tyler, Elizabeth Boyer,  
Mia Leko, Sophie Murphy

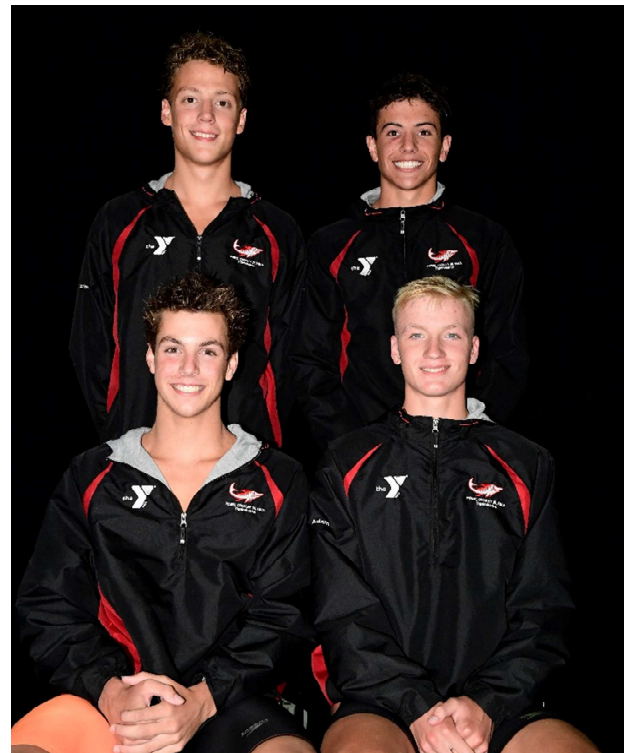
Year	Association	Time
2018	Cheshire YMCA	4:16.95
2017	Cheshire YMCA	4:17.88
2016	Fanwood Scotch Plains YMCA	4:21.64
2015	Middle Tyger YMCA	4:16.54
2014	York & York County YMCA	4:19.83
2013	Middle Tyger YMCA	4:15.06
2012	Middle Tyger YMCA	4:16.94
2011	Middle Tyger YMCA	4:23.04
2010	Wilton Family YMCA	4:24.14
2009	Middle Tyger YMCA	4:18.78

## Event 208

### Men 400 LC Meter Medley Relay

#### National Record

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



**Defending Champion**  
Powel Crosley Jr YMCA - 3:54.65  
David Johnson, Adam Sherman,  
Luke Paxton, Owen Taylor

Year	Association	Time
2018	Powel Crosley Jr YMCA	3:54.65
2017	Lakeland Hills Family YMCA	3:53.28
2016	Upper Main Line YMCA	3:53.99
2015	Cheshire YMCA	3:53.13
2014	Somerset Valley YMCA	3:50.79
2013	Somerset Valley YMCA	3:49.13
2012	Somerset Valley YMCA	3:50.99
2011	Middle Tyger YMCA	3:54.41
2010	Upper Main Line YMCA	3:55.98
2009	Upper Main Line YMCA	3:56.31

## 2019 LCY Nationals, Sanction #: PVA-19-306

July 30 - August 3, 2019

## Meet Program - Day 2 Prelims

**Event 201 Women 200 LC Meter Backstroke**

National: 2:10.58 7/31/2014 Erin Voss

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 12 Prelims Starts at 08:30 AM</b>				
1				
2	Ward, Juliana	17	SomersetValleyNJ	2:07.46Y
3	Fresa, Noel	17	U Perkiomen-PA	2:07.10Y
4	Jurski, Joslyn	15	Fort Meigs-OH	2:07.05Y
5	Blakely, Madeline	16	Fort Meigs-OH	2:07.07Y
6	Wolf, Carly	17	Sage-IL	2:07.33Y
7	Lettenberger, Ahalya	18	B R Ryall-IL	2:57.25
8				
<b>Heat 2 of 12 Prelims Starts at 08:34 AM</b>				
1	Castro, Jade	14	State College-PA	2:06.98Y
2	Policari, Leah	16	Red Bank - NJ	2:06.84Y
3	McGann, Julia	16	Westfield-NJ	2:06.65Y
4	Field, Madi	17	B R Ryall-IL	2:06.40Y
5	Kannee, Sophie	16	Spartanburg-SC	2:06.59Y
6	Zhang, Vivian	16	SummitBranch-NJ	2:06.67Y
7	Sherratt, Billie	13	FanwoodScotch-NJ	2:06.90Y
8	Chen, Sarah	16	Cheshire-CT	2:06.99Y
<b>Heat 3 of 12 Prelims Starts at 08:37 AM</b>				
1	Iizuka, Monica	17	LakelandHills-NJ	2:06.14Y
2	Bradley, Izzy	15	Piedmont-VA	2:05.62Y
3	Smith, Alaina	17	Spartanburg-SC	2:04.89Y
4	Unruh, Megan	14	Boyertown-PA	2:04.77Y
5	Zelinske, Lauren	14	Phoenixville-PA	2:04.78Y
6	Spelke, Cora	15	Bath Area-ME	2:05.51Y
7	Rodrigues, Sarah	12	The Oranges-NJ	2:05.95Y
8	Ardis, Kirsten	18	Red Bank - NJ	2:06.23Y
<b>Heat 4 of 12 Prelims Starts at 08:39 AM</b>				
1	Hughes, Lily	15	FanwoodScotch-NJ	2:04.46Y
2	Kisova, Veronika	14	Andover-MA	2:28.99
3	Lane, Lauren	14	Westfield-NJ	2:28.77
4	Harkins, Hailey	17	SomersetValleyNJ	2:28.67
5	Leibold, Ella	13	South Family-OH	2:28.68
6	Johnson, Alexandra	14	ME Lyons-OH	2:28.92
7	DeVirgilio, Gabriella	17	Red Bank - NJ	2:02.64Y
8	Vanyo, Athena	15	Piedmont-VA	2:04.60Y
<b>Heat 5 of 12 Prelims Starts at 08:42 AM</b>				
1	Bernstein, Sarah	16	LakelandHills-NJ	2:28.54
2	McCombs, Emma	16	York-PA	2:28.38
3	Keane, Ava	16	Soundview-CT	2:28.09
4	Habjan, Ela	14	Montclair-NJ	2:27.95
5	Coburn, Zoe	14	Greensboro-NC	2:27.97
6	Sowka, Brooke	13	East Hartford-CT	2:28.36
7	Cranker, Emi	17	Cecil County-MD	2:28.53
8	Judge, Shannon	16	Red Bank - NJ	2:28.65

**Heat 6 of 12 Prelims Starts at 08:45 AM**

1	Howard, Tori	16	UpperMainLine-PA	2:27.90
2	Chow, Olivia	13	SomersetValleyNJ	2:27.73
3	Riegler, Meredith	18	SomersetHills-NJ	2:27.58
4	Fasano, Ava	14	Wilton-CT	2:27.47
5	Zelinske, Alexandra	17	Phoenixville-PA	2:27.50
6	Weldon, Caroline	14	LakelandHills-NJ	2:27.59
7	Battagliese, Katelyn	17	SomersetValleyNJ	2:27.76
8	Ghate, Anushree	15	MetuchenED-NJ	2:27.92

**Heat 7 of 12 Prelims Starts at 08:48 AM**

1	Pappas, Erini	16	UpperMainLine-PA	2:27.27
2	Blass, Julia	16	Wyckoff-NJ	2:26.96
3	Stahl, Nyah	17	York-PA	2:26.92
4	Hoffman, Bella	14	SomersetHills-NJ	2:26.63
5	Gardner, Brooke	17	Wilton-CT	2:26.82
6	Stevens, Jillian	16	Cheshire-CT	2:26.95
7	McMenemy, Kelsey	16	Powel Crosley-OH	2:27.26
8	Kidney, Victoria	14	Wheeling-WV	2:27.45

**Heat 8 of 12 Prelims Starts at 08:51 AM**

1	Gomez, Isabelle	15	Lakota-OH	2:26.41
2	Fortman, Emma	18	Blue Ash-OH	2:26.14
3	Young, Sarah	19	Spartanburg-SC	2:25.59
4	Dunnigan, Megan	14	FarmingtonVal-CT	2:25.13
5	Clippard, Lauren	15	Powel Crosley-OH	2:25.44
6	Houtz, Sydney	17	Susquehanna-PA	2:25.75
7	Cahill, Alyssa	18	SomersetValleyNJ	2:26.20
8	Williams, Bri	16	Wyckoff-NJ	2:26.62

**Heat 9 of 12 Prelims Starts at 08:54 AM**

1	Tosten, Sierra	17	Hagerstown-MD	2:24.97
2	Mostek, Anya	15	Phoenixville-PA	2:24.71
3	Leydig, Camryn	15	York-PA	2:24.26
4	Swabb, Emma	18	South Family-OH	2:23.77
5	Neal, Madison	15	Northwest-NC	2:23.89
6	Tyler, Alexandra	16	Cheshire-CT	2:24.61
7	Arts, Molly	17	Wyckoff-NJ	2:24.79
8	Klosterman, Carstyn	16	Northwest-NC	2:24.99

**Heat 10 of 12 Prelims Starts at 08:57 AM**

1	Arkenberg, Alexa	16	R.C. Durr-KY	2:22.92
2	Paxson, Amanda	16	Blue Ash-OH	2:21.00
3	Pastushan, Alex	15	New Canaan-CT	2:19.81
4	Shuppert, Emma	18	Blue Ash-OH	2:16.61
5	Anbar, Isabel	18	New Canaan-CT	2:18.95
6	Loughlin, Casey	17	Cheshire-CT	2:20.32
7	Page, Lorelai	14	LakelandHills-NJ	2:22.18
8	French, Meghan	18	York-PA	2:23.67

**Heat 11 of 12 Prelims Starts at 09:00 AM**

1	Meisner, Julia	15	SomersetValleyNJ	2:22.92
2	Hemp, Kerrigan	17	Andover-MA	2:20.83
3	Ganihanova, Aziza	17	SomersetValleyNJ	2:19.33
4	Harper, Olivia	17	Bath Area-ME	2:15.75
5	Wright, Katie	17	Red Bank - NJ	2:18.33
6	Horner, Cameron	16	Henson-MD	2:20.23
7	Roche, Cameron	16	Wyckoff-NJ	2:21.92
8	Pennington, Isabel	16	Northwest-NC	2:23.31



## 2019 LCY Nationals, Sanction #: PVA-19-306

July 30 - August 3, 2019

## Meet Program - Day 2 Prelims

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

1	Murphy, Sophie	16	Cheshire-CT	2:22.61
2	Ogle, Jodi	18	Spartanburg-SC	2:20.43
3	Trout, Riley	16	York-PA	2:19.29
4	Hetrick, Paige	17	Bradford-PA	2:13.47
5	Kayal, Grace	17	Red Bank - NJ	2:17.98
6	McEnroe, Kirsti	15	Spartanburg-SC	2:20.11
7	Haley, Maddie	16	New Canaan-CT	2:21.18
8	Colizzo, Julia	18	UpperMainLine-PA	2:23.01

**Event 202 Men 200 LC Meter Backstroke**

National: 2:01.01 7/28/2011 Gregory Tarasevich

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 9 Prelims Starts at 09:05 AM**

1				
2				
3	Parker, William	16	Wilmington-NC	1:56.56Y
4	Man, Michael	17	SomersetValleyNJ	1:55.99Y
5	Knopf, Luke	17	Coffman - OH	1:56.43Y
6				
7				
8				

**Heat 2 of 9 Prelims Starts at 09:08 AM**

1				
2	Pacholarz, Michael	17	Sussex County-NJ	1:55.01Y
3	Pong, CJ	17	Chambersburg-PA	1:52.58Y
4	Alexy, Rob	14	SomersetHills-NJ	2:18.85
5	Ferdico, Zach	14	LakelandHills-NJ	2:18.94
6	Mazziotti, Kyle	16	Cheshire-CT	1:54.83Y
7	Green, Connor	16	Lancaster-OH	1:55.73Y
8				

**Heat 3 of 9 Prelims Starts at 09:11 AM**

1	Regan, Timmy	15	Western-CT	2:18.73
2	Wray, Peyton	16	Piedmont-VA	2:18.48
3	Pelletier, Sam	18	Down East-ME	2:18.24
4	Moul, Thomas	14	UpperMainLine-PA	2:17.82
5	Hood, Liam	17	Montclair-NJ	2:18.00
6	McNamara, Kevin	15	LakelandHills-NJ	2:18.48
7	Danus, Quinn	15	LakelandHills-NJ	2:18.71
8	Lamping, Adam	16	Powel Crosley-OH	2:18.79

**Heat 4 of 9 Prelims Starts at 09:13 AM**

1	Viney, Copeland	17	Spartanburg-SC	2:17.63
2	Sparks, Jack	17	Greenwich-CT	2:17.51
3	Dudley, Dakota	17	Spartanburg-SC	2:17.28
4	Qiu, Philip	16	SomersetValleyNJ	2:16.80
5	Curreri, James	16	LakelandHills-NJ	2:17.01
6	Willertz, Evan	16	Bath Area-ME	2:17.31
7	Ostolaza, Dylan	15	LakelandHills-NJ	2:17.56
8	Guthrie, Wyatt	17	Greensboro-NC	2:17.78

**Heat 5 of 9 Prelims Starts at 09:16 AM**

1	Hamill, Alex	15	UpperMainLine-PA	2:16.72
2	Melanson, Derek	17	Cheshire-CT	2:16.45
3	Morgan, Alex	17	Greenwich-CT	2:16.21
4	Desclos, Ben	16	Hagerstown-MD	2:16.08
5	Savidge, Daniel	17	East Hartford-CT	2:16.19
6	Meyers, Will	14	ME Lyons-OH	2:16.33
7	Pennimpede, Tommy	16	SomersetValleyNJ	2:16.51
8	McDowell, Benaiah	17	Spartanburg-SC	2:16.76

**Heat 6 of 9 Prelims Starts at 09:19 AM**

1	Parker, Jack	16	Spartanburg-SC	2:15.47
2	Kim, John	15	Wyckoff-NJ	2:15.32
3	Weil, Jay	17	Powel Crosley-OH	2:14.84
4	Downs-Honey, Vincent	20	Newport Co-RI	2:13.61
5	Diehl, Daniel	13	Cumberland-MD	2:14.01
6	Siegmeier, Noah	17	Sage-IL	2:15.15
7	Wynne, Shane	15	Cheshire-CT	2:15.35
8	Wollen, Mitchell	15	Cheshire-CT	2:15.88

**Heat 7 of 9 Prelims Starts at 09:21 AM**

1	Janton, Tommy	15	Western Br-DE	2:12.69
2	Hughes, Sam	16	Ridgewood-NJ	2:11.31
3	Hanke, Sam	16	Cheshire-CT	2:10.21
4	Sun, Alex	18	York-PA	2:07.26
5	Wesley, Sam	17	RidleyArea-PA	2:09.19
6	Weber, Chris	18	FarmingtonVal-CT	2:10.90
7	Eberhardt, Nathan	18	Lancaster-OH	2:12.31
8	Williams, Nathan	18	Columbia-SC	2:13.21

**Heat 8 of 9 Prelims Starts at 09:24 AM**

1	Stanislaw, Evan	17	Spartanburg-SC	2:12.62
2	Gifford, Alex	17	Wyckoff-NJ	2:11.03
3	Heimes, Justin	17	U Perkiomen-PA	2:10.20
4	Toepfer, Nicholas	16	South Shore, MA	2:06.85
5	Racevicius, Lucas	18	Cheshire-CT	2:08.44
6	Voight, Matt	18	SomersetHills-NJ	2:10.75
7	Horkan, Michael	16	Wyckoff-NJ	2:12.00
8	Hardy, Cole	15	Columbia-SC	2:12.84

**Heat 9 of 9 Prelims Starts at 09:27 AM**

1	Johnson, David	16	Powel Crosley-OH	2:12.53
2	Burk, Garrett	18	Brandywine-DE	2:10.93
3	Hodgson, Lucas	15	Greenwich-CT	2:09.79
4	Juengel, Michael	18	Spartanburg-SC	2:06.82
5	Retterer, Paul	17	Red Bank - NJ	2:07.65
6	Christian, Jack	16	UpperMainLine-PA	2:10.64
7	Bota, Evan	17	LakelandHills-NJ	2:11.69
8	Fantano, Derek	15	Cheshire-CT	2:12.72

## 2019 LCY Nationals, Sanction #: PVA-19-306

July 30 - August 3, 2019

## Meet Program - Day 2 Prelims

**Event 203 Women 100 LC Meter Butterfly**

National: 1:00.22 7/25/2012 Courtney Weaver

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 15 Prelims Starts at 09:29 AM**

1				
2				
3	Ben-David, Nicole	14	FanwoodScotch-NJ	58.77Y
4	Burr, Kathryn	16	Piedmont-VA	58.70Y
5	D'Ambrosio, Danielle	16	SomersetValleyNJ	58.71Y
6				
7				
8				

**Heat 2 of 15 Prelims Starts at 09:31 AM**

1	Yuan, Allison	17	UpperMainLine-PA	58.38Y
2	Dangelo, Grace	18	State College-PA	58.14Y
3	Yu, Sophia	15	Piedmont-VA	57.98Y
4	Tucker, Autumn-Brook	17	LakelandHills-NJ	57.90Y
5	Cox, Grace	17	Parkersburg-WV	57.94Y
6	Rocheleau, Amber	17	East Hartford-CT	58.07Y
7	Headley, Mackenzie	12	FarmingtonVal-CT	58.26Y
8	Schueler, Aanika	16	SomersetHills-NJ	58.51Y

**Heat 3 of 15 Prelims Starts at 09:32 AM**

1	Ehrnfeldt, Megan	15	Boyertown-PA	57.81Y
2	Donnelly, Kiersten	16	UpperMainLine-PA	57.21Y
3	Lee, Grace	13	Wyckoff-NJ	1:07.59
4	Lee, Natalie	16	FanwoodScotch-NJ	1:07.54
5	Doss, Gabrielle	16	Susquehanna-PA	1:07.58
6	Ireland, Victoria	17	Red Bank - NJ	55.76Y
7	Kudlac, Avery	14	East Hartford-CT	57.77Y
8	Reid, McKenzie	16	South Family-OH	57.87Y

**Heat 4 of 15 Prelims Starts at 09:33 AM**

1	McGonigal, Maeren	13	Greensboro-NC	1:07.50
2	Durkin, Keeley	17	RidleyArea-PA	1:07.48
3	Arkenberg, Alexa	16	R.C. Durr-KY	1:07.44
4	Bodnar, Clara	14	South Shore, MA	1:07.39
5	Iizuka, Erica	17	LakelandHills-NJ	1:07.40
6	Nunn, Melanie	16	SummitBranch-NJ	1:07.46
7	Tejeda, Gabriella	16	Cheshire-CT	1:07.48
8	Kepka, Cleo	14	Wyckoff-NJ	1:07.53

**Heat 5 of 15 Prelims Starts at 09:35 AM**

1	Viney, Gardner Anne	14	Spartanburg-SC	1:07.35
2	Wang, Julie	16	Joliet - IL	1:07.34
3	Tyler, Julianna	14	Cheshire-CT	1:07.27
4	Pitchell, Julia	16	East Hartford-CT	1:07.17
5	Foltz, Caroline	15	York-PA	1:07.24
6	Martin, Rebecca	17	Spartanburg-SC	1:07.31
7	Hoffman, Bella	14	SomersetHills-NJ	1:07.34
8	Valentine, Dominique	18	Powel Crosley-OH	1:07.36

**Heat 6 of 15 Prelims Starts at 09:36 AM**

1	Fulton, Alexa	14	UpperMainLine-PA	1:07.14
2	Chatterson, Maya	16	Piedmont-VA	1:07.05
3	Goz, Kaitlynne	16	Suncoast-FL	1:06.98
4	Haley, Kelci	14	New Canaan-CT	1:06.94
5	Arps, Lillian	15	Oshkosh-WI	1:06.98
6	Schwarz, Maureen	15	SomersetValleyNJ	1:07.05
7	Mahoney, Mary	17	Red Bank - NJ	1:07.10
8	Rynkiewicz, Bailey	15	LakelandHills-NJ	1:07.17

**Heat 7 of 15 Prelims Starts at 09:38 AM**

1	Lester, Veronica	14	Wilton-CT	1:06.93
2	Dobrindt, Emily	17	South Shore, MA	1:06.89
3	Washburn, Lizzy	14	SummitBranch-NJ	1:06.77
4	O'Donnell, Sophie	16	Piedmont-VA	1:06.71
5	Pastushan, Alex	15	New Canaan-CT	1:06.75
6	Gallucci, Gabby	16	Wyckoff-NJ	1:06.80
7	Lesser, Hannah	18	SomersetValleyNJ	1:06.90
8	Lolli, Sarah	16	Blue Ash-OH	1:06.93

**Heat 8 of 15 Prelims Starts at 09:39 AM**

1	Havice, Julia	13	York-PA	1:06.69
2	Shaw, Abby	17	Red Bank - NJ	1:06.59
3	Smith, M.E.	18	South Family-OH	1:06.49
4	Gomez, Atzi	15	Sage-IL	1:06.47
5	Alexander, Reece	16	Northwest-NC	1:06.48
6	Cowe, Arisa	18	Wilton-CT	1:06.52
7	Wintermute, Monica	16	SomersetValleyNJ	1:06.68
8	Johnson, Lucia	14	ME Lyons-OH	1:06.70

**Heat 9 of 15 Prelims Starts at 09:40 AM**

1	Bradley, Izzy	15	Piedmont-VA	1:06.37
2	Manthorp, Sarah	17	UpperMainLine-PA	1:06.32
3	McDermott, Kelly	17	Wyckoff-NJ	1:06.31
4	Houtz, Sydney	17	Susquehanna-PA	1:06.28
5	Fenton, Liz	17	SomersetHills-NJ	1:06.28
6	Denenberg, Jane	18	B R Ryall-IL	1:06.31
7	Skidmore, Lindsey	17	Spartanburg-SC	1:06.34
8	Warner, Bella	17	Brandywine-DE	1:06.45

**Heat 10 of 15 Prelims Starts at 09:42 AM**

1	Padilla, Kenzie	13	Phoenixville-PA	1:06.17
2	Arts, Molly	17	Wyckoff-NJ	1:06.16
3	Thornton, Hannah	18	Western Br-DE	1:06.11
4	Hensley, Mia	15	Lancaster-OH	1:06.03
5	Dunnigan, Megan	14	FarmingtonVal-CT	1:06.04
6	Webster, Laryssa	15	Bradford-PA	1:06.13
7	Haley, Maddie	16	New Canaan-CT	1:06.16
8	Reedy, Kayla	18	York-PA	1:06.22

**Heat 11 of 15 Prelims Starts at 09:43 AM**

1	Harkins, Hailey	17	SomersetValleyNJ	1:05.95
2	Heeren, Rachel	16	SomersetValleyNJ	1:05.85
3	Zhou, Grace	14	SomersetValleyNJ	1:05.49
4	Gerhart, Sophie	17	State College-PA	1:05.42
5	Ulmer, Sydney	15	York-PA	1:05.42
6	Michalik, Claire	16	Greenwich-CT	1:05.51
7	Kendall, McKayla	14	Bangor-ME	1:05.92
8	Fraser, Coco	17	LakelandHills-NJ	1:06.02

## 2019 LCY Nationals, Sanction #: PVA-19-306

July 30 - August 3, 2019

## Meet Program - Day 2 Prelims

**Heat 12 Prelims (#203 Women 100 LC Meter Butterfly)**

1	Bousum, Grace	16	UpperMainLine-PA	1:05.15
2	Pappas, Erini	16	UpperMainLine-PA	1:04.98
3	McKinney, Abigael	17	Westfield-NJ	1:04.96
4	McDevitt, Elizabeth	15	Alamance-NC	1:04.87
5	Vanyo, Athena	15	Piedmont-VA	1:04.93
6	Thompson, Emily	13	SomersetValleyNJ	1:04.97
7	Ally, Emily	16	Greensboro-NC	1:04.98
8	Meisner, Julia	15	SomersetValleyNJ	1:05.17

**Heat 13 of 15 Prelims Starts at 09:46 AM**

1	Neeb, Amanda	16	Western-CT	1:04.56
2	Tosten, Sierra	17	Hagerstown-MD	1:04.28
3	Campbell, McKenzie	18	Greensboro-NC	1:03.52
4	Moellering, Meredith	18	ME Lyons-OH	1:02.70
5	Farrell, Peyton	17	Coffman - OH	1:03.27
6	Hart, Madeline	17	ME Lyons-OH	1:03.77
7	Zebrowski, Jessica	16	Red Bank - NJ	1:04.43
8	Bridges, Jenna	16	Spartanburg-SC	1:04.83

**Heat 14 of 15 Prelims Starts at 09:47 AM**

1	Horan, Katie	17	Columbia-SC	1:04.52
2	Hann, Lily	15	LakelandHills-NJ	1:03.94
3	Stevenson, Katie	18	Wilton-CT	1:03.37
4	Turchanik, Sarah	17	Ridgewood-OH	1:02.24
5	Sullivan, Mac	15	UpperMainLine-PA	1:03.06
6	Uhlin, Brina	17	York-PA	1:03.69
7	Lee, Arabella	15	Red Bank - NJ	1:04.39
8	Reilly, Maggie	17	SomersetValleyNJ	1:04.81

**Heat 15 of 15 Prelims Starts at 09:48 AM**

1	Burton, Piper	17	Greensboro-NC	1:04.50
2	Judge, Megan	18	Red Bank - NJ	1:03.78
3	Fung, Darlene	18	FanwoodScotch-NJ	1:03.35
4	Glass, Megan	18	Blue Ash-OH	1:00.52
5	Hardy, Sarah	18	MetuchenED-NJ	1:02.94
6	Roberti, Hailey	18	SomersetValleyNJ	1:03.58
7	Morris, Kate	16	B R Ryall-IL	1:04.30
8	Stevens, Julia	16	Cheshire-CT	1:04.66

**Event 204 Men 100 LC Meter Butterfly**

National: 52.88 7/29/2009 Tim Phillips

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 14 Prelims Starts at 09:50 AM**

1				
2				
3	Weber, Chris	18	FarmingtonVal-CT	52.95Y
4	Baganski, Brendan	16	Phoenixville-PA	52.84Y
5	Zilch, Herman IV	15	Gr. Johnstown-PA	52.84Y
6				
7				
8				

**Heat 2 of 14 Prelims Starts at 09:51 AM**

1	Alvarez, Mark	16	SummitBranch-NJ	52.74Y
2	Johnson, Sam	15	Piedmont-VA	52.55Y
3	Soja, Max	16	SomersetValleyNJ	52.13Y
4	Inman, Jack	17	Lionville-PA	52.01Y
5	Shilts, Alex	18	Champaign-IL	52.07Y
6	Pack, Danny	17	Brandywine-DE	52.38Y
7	Willertz, Evan	16	Bath Area-ME	52.66Y
8	Simmons, Liam	14	Western Br-DE	52.76Y

**Heat 3 of 14 Prelims Starts at 09:52 AM**

1	Gomes, Lucas	16	Meadowlands-NJ	51.71Y
2	Risma, Sammy	18	Blue Ash-OH	51.45Y
3	Pong, CJ	17	Chambersburg-PA	50.98Y
4	Johnson, Brandon	18	Bath Area-ME	50.65Y
5	Barley, Avery	18	Chambersburg-PA	50.94Y
6	Camy, Julien	18	Rapid Area-MI	51.24Y
7	Condon, Cole	19	AuglaizeMercerOH	51.49Y
8	Johnson, Kyle	17	Reston-VA	51.78Y

**Heat 4 of 14 Prelims Starts at 09:53 AM**

1	Vadakkan, Siddhant	13	Ridgewood-NJ	1:01.13
2	Stearns, Will	17	SomersetValleyNJ	1:01.09
3	Clark, Charlie	17	Greenwich-CT	1:01.08
4	Parkman, Zach	18	Lancaster-OH	1:01.05
5	Domingo, Robin	14	Spartanburg-SC	1:01.08
6	Rennard, Charlie	13	Red Bank - NJ	1:01.09
7	Hoem, Brennan	18	Oshkosh-WI	1:01.12
8	Miller, Maxwell	18	South Florida-FL	1:01.14

**Heat 5 of 14 Prelims Starts at 09:55 AM**

1	Hieber, Trent	15	FarmingtonVal-CT	1:00.97
2	Foster, Hethon	14	Soundview-CT	1:00.92
3	Jones, Roman	14	SomersetHills-NJ	1:00.89
4	Wu, Ivan	16	Ridgewood-NJ	1:00.88
5	Yost, Matthew	18	Bath Area-ME	1:00.88
6	Dapo, Denis	15	Suncoast-FL	1:00.91
7	Meglin, Anthony	18	East Hartford-CT	1:00.93
8	Fox, Benjamin	17	Flushing-NY	1:01.02

**Heat 6 of 14 Prelims Starts at 09:56 AM**

1	Guenther, Nicholas	15	East Hartford-CT	1:00.82
2	Bracall, Nick	14	Spartanburg-SC	1:00.80
3	Ettinger, Richard	18	New Canaan-CT	1:00.76
4	Pogwist, Owen	16	Henson-MD	1:00.70
5	Ovanic, Joe	15	Joliet - IL	1:00.74
6	Maher, Spencer	17	Waterbury-CT	1:00.78
7	Otten, Evan	15	Spartanburg-SC	1:00.81
8	Adams, Hunter	16	Red Bank - NJ	1:00.85

**Heat 7 of 14 Prelims Starts at 09:57 AM**

1	Carnevale, Leo	17	Red Bank - NJ	1:00.69
2	Anderson, Tim	17	LakelandHills-NJ	1:00.58
3	Menchhofer, Bryce	14	Blue Ash-OH	1:00.56
4	Krause, Jack	15	Wyckoff-NJ	1:00.55
5	Sanahurskyj, Danny	14	Sage-IL	1:00.56
6	Paul, Jack	16	Wyckoff-NJ	1:00.57
7	Perez, David	16	Red Bank - NJ	1:00.64
8	Gamper, Andrew	16	Wyckoff-NJ	1:00.69

## 2019 LCY Nationals, Sanction #: PVA-19-306

July 30 - August 3, 2019

## Meet Program - Day 2 Prelims

**Heat 8 Prelims (#204 Men 100 LC Meter Butterfly)**

1	Todorovic, Stephan	18	Greenwich-CT	1:00.40
2	Fatta, Alec	18	York-PA	1:00.34
3	Orozco, Mitch	19	Miami County-OH	1:00.28
4	Resweber, Will	18	RidleyArea-PA	1:00.20
5	Anastasiades, Christopher	18	Burbank-MA	1:00.27
6	Wisniewski, Jack	16	Goldsboro-NC	1:00.31
7	D'Elia, Matthew	16	Red Bank - NJ	1:00.37
8	Kim, Lucas	16	Wyckoff-NJ	1:00.49

**Heat 9 of 14 Prelims Starts at 10:00 AM**

1	Shirman, Mitchell	16	Wyckoff-NJ	1:00.17
2	Neale, Bode	16	Spartanburg-SC	1:00.09
3	Amongero, Emerson	18	Powel Crosley-OH	1:00.08
4	Capizzi, Anthony	16	SomersetHills-NJ	1:00.00
5	Iacono, Julian	18	Brandywine-DE	1:00.07
6	Shir, Maor	17	Wyckoff-NJ	1:00.09
7	Van Den Bosch, Kai	17	Spartanburg-SC	1:00.12
8	D'Amore, Logan	17	FanwoodScotch-NJ	1:00.19

**Heat 10 of 14 Prelims Starts at 10:01 AM**

1	Valentine, Isaiah	18	Powel Crosley-OH	59.97
2	Welsh, Christopher	18	SomersetValleyNJ	59.89
3	Borges, Nathan	17	SomersetValleyNJ	59.83
4	Stanislaw, Evan	17	Spartanburg-SC	59.82
5	Rock, Noah	14	Greensboro-NC	59.83
6	Payne, Jarrett	13	Springfield-OH	59.86
7	Yin, Gabriel	16	Blue Ash-OH	59.97
8	Jordan, Colin	15	Spartanburg-SC	59.98

**Heat 11 of 14 Prelims Starts at 10:02 AM**

1	Knurek, Tyler	15	MetuchenED-NJ	59.78
2	Desclois, Ben	16	Hagerstown-MD	59.51
3	Turnbull, Timothy	16	Western-CT	59.41
4	McMurray, Keaton	18	AuglaizeMercerOH	59.31
5	Bottomley, Robert	17	Ridgewood-OH	59.40
6	Taylor, Owen	16	Powel Crosley-OH	59.42
7	LeTourneau, Avery	16	Rapid Area-MI	59.62
8	Tucker, Jack	18	Cheshire-CT	59.80

**Heat 12 of 14 Prelims Starts at 10:04 AM**

1	Ehret, Bennett	16	New Canaan-CT	59.17
2	Holmes, Camden	18	Down East-ME	58.40
3	Hodgson, Marcus	17	Greenwich-CT	57.72
4	Paxton, Luke	16	Powel Crosley-OH	56.81
5	Losee, KJ	17	Rapid Area-MI	57.61
6	Lane, Nicky	17	LakelandHills-NJ	57.97
7	Pascale, James	16	Greenwich-CT	58.78
8	Smith, Luke	18	Spartanburg-SC	59.24

**Heat 13 of 14 Prelims Starts at 10:05 AM**

1	Lee, Ian	15	Western-CT	59.12
2	Russano, Trent	16	SomersetHills-NJ	58.18
3	Lequang, Matthew	17	Hamilton Area-NJ	57.69
4	Fleagle, Justin	18	AuglaizeMercerOH	56.24
5	Cox, Miles	17	York-PA	57.45
6	Hess, Rory	16	Wilton-CT	57.95
7	Vlahos, Luke	17	Northwest-NC	58.52
8	Crowe, Zack	17	LakelandHills-NJ	59.19

**Heat 14 of 14 Prelims Starts at 10:06 AM**

1	Gurski, Joseph	16	FanwoodScotch-NJ	58.94
2	Cynor, Quinton	16	Sage-IL	58.12
3	Hardy, JJ	18	Columbia-SC	57.62
4	Scheidl, Lukas	18	SomersetHills-NJ	55.72
5	Colwell, Patrick	17	New Canaan-CT	56.83
6	Stollings, Tim	18	Tri-County-WV	57.83
7	Hargrove, Noah	17	Piedmont-VA	58.44
8	Dostal, Justin	14	ME Lyons-OH	59.19

**Event 205 Women 200 LC Meter Breaststroke**

National: 2:30.74 7/29/2009 KC Moss

**Lane Name Age Team Seed Time****Heat 1 of 10 Prelims Starts at 10:07 AM**

1				
2	Newkirk, Ann	14	South Family-OH	2:27.53Y
3	McBoyle, Paige	15	SomersetHills-NJ	2:27.27Y
4	Panico, Isabella	14	SomersetValleyNJ	2:27.22Y
5	Herbert, Julia	12	Western-CT	2:27.27Y
6	O'Neill, Claire	16	York-PA	2:27.34Y
7	Josephs, Megan	17	Red Bank - NJ	2:27.55Y
8				

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

1	Keh, Irene	17	Wyckoff-NJ	2:27.00Y
2	Gindorf, Jamie	17	Sage-IL	2:26.71Y
3	Zhao, Kathy	15	Blue Ash-OH	2:26.11Y
4	Stockard, Taylor	15	Ridgewood-OH	2:25.48Y
5	Vazquez, Yeira	13	B R Ryall-IL	2:26.04Y
6	Hu, Danning	17	LakelandHills-NJ	2:26.69Y
7	Istambouli, Leiya	16	Western-CT	2:26.97Y
8	Salzer, Claire	15	Oshkosh-WI	2:27.19Y

**Heat 3 of 10 Prelims Starts at 10:13 AM**

1	Mora, Maile	18	Red Bank - NJ	2:24.12Y
2	Aguanno, Isabella	15	Ocean County-NJ	2:23.54Y
3	Welsch, Layla	12	Piedmont-VA	2:22.31Y
4	Guadalupi, Cecilia	17	Kennebec-ME	2:19.51Y
5	Keats-O'Connor, Autumn	17	SummitBranch-NJ	2:21.69Y
6	Weber, Hannah	18	Spartanburg-SC	2:22.73Y
7	Powell, Kari	14	Chambersburg-PA	2:24.07Y
8	Knotts, Kellie	17	Powel Crosley-OH	2:24.42Y

**Heat 4 of 10 Prelims Starts at 10:16 AM**

1	Folk, Mollie	16	Spartanburg-SC	2:51.06
2	Neno, Natalie	12	Red Bank - NJ	2:50.91
3	Iizuka, Erica	17	LakelandHills-NJ	2:50.72
4	Fadely, Jennah	16	Asheboro-NC	2:50.62
5	Rypkema, Anneliese	17	Columbia-SC	2:50.67
6	Barto, Mary	15	Cheshire-CT	2:50.80
7	Heist, Megan	16	York-PA	2:50.92
8	Krauss, Marisa	17	West Chester-PA	2:51.35

## 2019 LCY Nationals, Sanction #: PVA-19-306

July 30 - August 3, 2019

## Meet Program - Day 2 Prelims

**Heat 5 Prelims (#205 Women 200 LC Meter Breaststroke)**

1	Butera, Bella	15	York-PA	2:50.53
2	Kersebet, Stella	17	Door County-WI	2:50.46
3	Randolph, Elise	14	Fort Meigs-OH	2:50.29
4	Barto, Julia	13	Cheshire-CT	2:50.03
5	Tejeda, Gabriella	16	Cheshire-CT	2:50.19
6	Burr, Kathryn	16	Piedmont-VA	2:50.32
7	DiScala, Ella	14	LakelandHills-NJ	2:50.48
8	Weiss, Rachel	17	LakelandHills-NJ	2:50.57

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

1	Wentzel, Anais	16	Wilton-CT	2:49.99
2	Dannhaus, Olivia	14	Sage-IL	2:49.90
3	McCracken, Sydney	16	Kennett-PA	2:49.55
4	Doss, Gabrielle	16	Susquehanna-PA	2:49.45
5	Zimmermann, Emily	16	Red Bank - NJ	2:49.50
6	Hastings, Liela	17	Wilton-CT	2:49.71
7	Fleenor, Anna Clare	17	Salem-VA	2:49.93
8	Plogger, Lexi	18	Lynchburg-VA	2:50.01

**Heat 7 of 10 Prelims Starts at 10:26 AM**

1	Thurin, Kelsey	17	Suncoast-FL	2:49.04
2	Bopp, Jenna	16	Wheeling-WV	2:48.76
3	Matern, Sofia	13	ME Lyons-OH	2:48.43
4	Foung, Lily	15	Montclair-NJ	2:48.07
5	DiGiorgio, Abigail	15	FanwoodScotch-NJ	2:48.37
6	White, Katelyn	15	B R Ryall-IL	2:48.66
7	Harshaw, Anna	17	Greensboro-NC	2:49.03
8	Burton, Piper	17	Greensboro-NC	2:49.15

**Heat 8 of 10 Prelims Starts at 10:29 AM**

1	Kim, Elissa	13	Wyckoff-NJ	2:46.47
2	Ireland, Victoria	17	Red Bank - NJ	2:43.64
3	Byers, Sarah Grace	18	Spartanburg-SC	2:42.16
4	Harnish, Meaghan	15	York-PA	2:35.81
5	Eisenhauer, Victoria	17	SomersetValleyNJ	2:41.47
6	Ruhnke, Jackie	16	LakelandHills-NJ	2:43.01
7	Clayton, Grace	17	Spartanburg-SC	2:45.96
8	Herbert, Olivia	14	Western-CT	2:47.87

**Heat 9 of 10 Prelims Starts at 10:32 AM**

1	Field, Madi	17	B R Ryall-IL	2:46.06
2	Mohr, Katie	15	Northwest-NC	2:43.38
3	Mudry, Vivian	16	Cheshire-CT	2:41.89
4	Sunseri, Mia	16	Wheeling-WV	2:34.77
5	Nappi, Julia	16	Red Bank - NJ	2:39.61
6	Francis, Abby	18	East Hartford-CT	2:42.98
7	Mutter, Meredith	17	UpperMainLine-PA	2:44.94
8	Agans, Madison	16	SomersetValleyNJ	2:47.14

**Heat 10 of 10 Prelims Starts at 10:35 AM**

1	Cottingham, Brianna	15	Northwest-NC	2:46.02
2	Holmquist, Ellen	17	Wilton-CT	2:43.01
3	McMurray, Jessie	17	York-PA	2:41.57
4	Overbey, Kate	18	ME Lyons-OH	2:34.05
5	Doss, Abigail	17	Susquehanna-PA	2:38.88
6	Tray, Zoe	16	Cheshire-CT	2:42.81
7	Senese, Cetta	18	Joliet - IL	2:44.43
8	Shaughnessy, Emma	16	Red Bank - NJ	2:46.88

**Event 206 Men 200 LC Meter Breaststroke**

National: 2:14.55 7/31/2018 Matt Fallon

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 13 Prelims Starts at 10:38 AM**

1				
2	Dela Cruz, Christian	15	Red Bank - NJ	2:12.89Y
3	Trener, Aidan	15	FanwoodScotch-NJ	2:12.30Y
4	Heilman, Matthew	15	Piedmont-VA	2:12.13Y
5	Foley, Jack	17	SomersetValleyNJ	2:12.18Y
6	Macauley, Quinn	17	Brandywine-DE	2:12.79Y
7				
8				

**Heat 2 of 13 Prelims Starts at 10:41 AM**

1	Robinson, Sean	16	SomersetHills-NJ	2:12.01Y
2	Holtman, Josh	18	Powel Crosley-OH	2:11.58Y
3	Koval, David	17	Henson-MD	2:11.28Y
4	Acciani, Anthony	17	SomersetValleyNJ	2:09.63Y
5	McDowell, Benaiah	17	Spartanburg-SC	2:10.58Y
6	Devine, Christian	18	Hamilton Area-NJ	2:11.48Y
7	Kundrats, Jimmy	15	Red Bank - NJ	2:11.91Y
8	Liu, Colin	17	SomersetValleyNJ	2:12.09Y

**Heat 3 of 13 Prelims Starts at 10:43 AM**

1	Rusnock, Joe	16	FarmingtonVal-CT	2:37.75
2	Honwad, Brandon	17	SomersetValleyNJ	2:37.63
3	Pelletier, Sam	18	Down East-ME	2:37.52
4	Truscio, Kevin	16	Red Bank - NJ	2:37.42
5	Man, Michael	17	SomersetValleyNJ	2:37.48
6	Hawkins, Ben	17	Columbia-SC	2:37.52
7	Rennard, Sammy	18	Red Bank - NJ	2:37.75
8	Villa, Sebas	17	Coffman - OH	2:06.66Y

**Heat 4 of 13 Prelims Starts at 10:46 AM**

1	O'Donnell, Noah	15	Blue Ash-OH	2:37.32
2	Broome, John	16	Spartanburg-SC	2:37.24
3	Thompson, Jake	17	Columbia-SC	2:37.10
4	Masneri, David	13	Greensboro-NC	2:37.01
5	Holt, Marshall	17	Joliet - IL	2:37.02
6	Hua, Harrison	16	Cheshire-CT	2:37.18
7	Partridge, Nicholas	14	Down East-ME	2:37.31
8	Cabiling, Ebrahim	16	Suncoast-FL	2:37.37

**Heat 5 of 13 Prelims Starts at 10:49 AM**

1	Burns, Jake	16	Suncoast-FL	2:36.94
2	Vye, Nicholas	16	Northwest-NC	2:36.50
3	Anbar, Kalen	14	New Canaan-CT	2:36.43
4	Powers, Leo	14	Montclair-NJ	2:35.89
5	Cook, Sean	17	Red Bank - NJ	2:36.02
6	Fricker, Leo	16	Ridgewood-NJ	2:36.49
7	Vlass, Jeffrey	16	SummitBranch-NJ	2:36.93
8	Bolding, John-Walker	15	Spartanburg-SC	2:36.99

2019 LCY Nationals, Sanction #: PVA-19-306

July 30 - August 3, 2019

Meet Program - Day 2 Prelims

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

1	Fetterhoff, Eli	16	Rapid Area-MI	2:35.75
2	Leshnower, Luke	16	LakelandHills-NJ	2:35.46
3	Ruetten, David	17	Kishwaukee-IL	2:35.08
4	Graf, Matthew	15	LakelandHills-NJ	2:34.91
5	McKenna, Patrick	16	Northwest-NC	2:35.04
6	Nyberg, Quinn	18	Powel Crosley-OH	2:35.17
7	Huang, Keren	17	FanwoodScotch-NJ	2:35.54
8	Haaksma, Jacob	16	Rapid Area-MI	2:35.77

**Heat 7 of 13 Prelims Starts at 10:55 AM**

1	Lutter, Sam	17	York-PA	2:34.83
2	Townson, Connor	15	Montclair-NJ	2:34.69
3	Lynk, Liam	15	LakelandHills-NJ	2:34.29
4	Kim, Christian	15	Wyckoff-NJ	2:34.14
5	Narcelles, Christian	16	Springfield-OH	2:34.21
6	Lin, Gregory	13	Red Bank - NJ	2:34.36
7	Ferdico, Dylan	17	LakelandHills-NJ	2:34.81
8	Markowitz, Owen	13	LakelandHills-NJ	2:34.89

**Heat 8 of 13 Prelims Starts at 10:58 AM**

1	McQueary, Tommie	16	ME Lyons-OH	2:34.00
2	Hedges, Will	16	SummitBranch-NJ	2:33.80
3	Dupree, Benjamin	17	Red Bank - NJ	2:33.68
4	Valliere, Alexander	15	Northwest-NC	2:33.60
5	Wesley, Ben	17	RidleyArea-PA	2:33.61
6	Lanuza, Christian	16	Greenwich-CT	2:33.76
7	Ventura, Stephen	18	York-PA	2:33.98
8	McQueary, Ian	16	ME Lyons-OH	2:34.12

**Heat 9 of 13 Prelims Starts at 11:01 AM**

1	Grandy, Jack	16	ME Lyons-OH	2:33.39
2	Sparks, Jack	17	Greenwich-CT	2:32.95
3	Heasley, Foster	17	State College-PA	2:32.65
4	Lewis, Tommy	17	Greenwich-CT	2:32.51
5	Danus, Nolan	17	LakelandHills-NJ	2:32.65
6	Wade, George	17	SomersetValleyNJ	2:32.72
7	Chen, Edward	15	Cheshire-CT	2:33.13
8	Cheng, Steven	17	Ridgewood-NJ	2:33.43

**Heat 10 of 13 Prelims Starts at 11:03 AM**

1	Senese, Matt	17	Joliet - IL	2:32.18
2	Herndon, Craig	18	Greensboro-NC	2:31.99
3	Aune, Brock	17	Door County-WI	2:31.67
4	Coughlin, Brian	18	Wyckoff-NJ	2:31.19
5	Kutuzov, Peter	16	Meadowlands-NJ	2:31.30
6	Gurski, Jonus	18	FanwoodScotch-NJ	2:31.96
7	Nutt, Johnny	17	Red Bank - NJ	2:32.02
8	Gao, Kevin	14	SomersetValleyNJ	2:32.51

**Heat 11 of 13 Prelims Starts at 11:06 AM**

1	Betances, Darien	15	FanwoodScotch-NJ	2:30.78
2	Insixiengmay, Steven	15	Northwest-NC	2:29.07
3	Fry, Blake	17	Lancaster-OH	2:26.69
4	Sherman, Adam	17	Powel Crosley-OH	2:23.47
5	Wise, Calvin	17	Springfield-OH	2:26.04
6	Kotlyar, Michael	18	New Canaan-CT	2:28.55
7	Ford, Christopher	18	Cheshire-CT	2:30.12
8	Winter, Tyce	18	Piedmont-VA	2:31.11

**Heat 12 of 13 Prelims Starts at 11:09 AM**

1	Wright, Owen	15	UpperMainLine-PA	2:30.35
2	Castagno, Joe	16	SomersetHills-NJ	2:29.07
3	Florio, Aidan	15	Ridgewood-OH	2:26.13
4	Regan, Billy	18	Western-CT	2:23.39
5	Trentalange, Richard	17	Red Bank - NJ	2:25.98
6	Stoia, Brandon	17	Ridgewood-OH	2:28.18
7	Wu, Christopher	18	Cheshire-CT	2:29.72
8	Clancy, Nolan	18	Western Br-DE	2:30.95

**Heat 13 of 13 Prelims Starts at 11:12 AM**

1	Cannata, Joey	18	Cheshire-CT	2:30.29
2	Doyle, Ben	17	UpperMainLine-PA	2:29.05
3	Thomas, Riley	16	York-PA	2:26.07
4	Citta, Dylan	16	Red Bank - NJ	2:21.82
5	Doromal, James	17	B R Ryall-IL	2:24.73
6	Fatta, Tanner	16	York-PA	2:27.40
7	Olson, Brooks	15	Gr. Miami Val-OH	2:29.45
8	Lester, Patrick	16	Powel Crosley-OH	2:30.79

**Event 207 Women 400 LC Meter Medley Relay**

National: 4:15.06 8/1/2013 Middle Tyger SC

K Crawford, C Fore, H Lips, R Carne

Lane	Team	Relay	Seed Time
------	------	-------	-----------

**Heat 1 of 5 Prelims Starts at 11:15 AM**

1			
2			
3	Westfield-NJ		3:59.38Y
4	Kennett-PA		3:59.22Y
5	West Chester-PA		3:59.23Y
6			
7			
8			

**Heat 2 of 5 Prelims Starts at 11:20 AM**

1	Chambersburg-PA		3:58.72Y
2	Bath Area-ME		3:55.14Y
3	SomersetHills-NJ		4:37.42
4	New Canaan-CT		4:37.27
5	Suncoast-FL		4:37.37
6	Fort Meigs-OH		4:37.69
7	Kennebec-ME		3:57.64Y
8			

**Heat 3 of 5 Prelims Starts at 11:25 AM**

1	State College-PA		4:36.84
2	South Shore, MA		4:35.84
3	South Family-OH		4:34.36
4	Ridgewood-OH		4:33.77
5	B R Ryall-IL		4:33.84
6	Powel Crosley-OH		4:34.97
7	East Hartford-CT		4:36.00
8	Sage-IL		4:37.08

2019 LCY Nationals, Sanction #: PVA-19-306

July 30 - August 3, 2019

Meet Program - Day 2 Prelims

**Heat 4 Prelims (#207 Women 400 LC Meter Medley Relay)**

1	Western-CT	4:31.13
2	Greensboro-NC	4:29.61
3	Cheshire-CT	4:22.04
4	SomersetValleyNJ	4:20.57
5	Blue Ash-OH	4:21.51
6	Spartanburg-SC	4:25.33
7	Wilton-CT	4:30.41
8	Wyckoff-NJ	4:31.57

**Heat 5 of 5 Prelims Starts at 11:35 AM**

1	LakelandHills-NJ	4:30.83
2	Northwest-NC	4:27.27
3	Red Bank - NJ	4:22.01
4	York-PA	4:20.41
5	ME Lyons-OH	4:20.59
6	UpperMainLine-PA	4:24.51
7	FanwoodScotch-NJ	4:29.82
8	Phoenixville-PA	4:31.46

**Event 208 Men 400 LC Meter Medley Relay**

National: 3:49.13 8/2/2013 Somerset Valley, NJ

D Sali, Z Warner, D Chung, B Zhoik

Lane	Team	Relay	Seed Time
------	------	-------	-----------

**Heat 1 of 6 Prelims Starts at 11:40 AM**

1		
2		
3	Down East-ME	3:36.63Y
4	Coffman - OH	3:34.67Y
5	Kishwaukee-IL	3:34.97Y
6	Flushing-NY	3:37.01Y
7		
8		

**Heat 2 of 6 Prelims Starts at 11:44 AM**

1	Bath Area-ME	3:33.16Y
2	State College-PA	3:32.11Y
3	Ridgewood-NJ	4:13.09
4	South Shore, MA	4:12.17
5	Brandywine-DE	4:12.18
6	Phoenixville-PA	4:14.04
7	Chambersburg-PA	3:32.99Y
8	RidleyArea-PA	3:33.51Y

**Heat 3 of 6 Prelims Starts at 11:49 AM**

1	Joliet - IL	4:11.87
2	ME Lyons-OH	4:11.16
3	Western Br-DE	4:10.94
4	Lancaster-OH	4:08.67
5	Northwest-NC	4:09.41
6	Montclair-NJ	4:11.08
7	Suncoast-FL	4:11.58
8	Ridgewood-OH	4:12.11

**Heat 4 of 6 Prelims Starts at 11:53 AM**

1	UpperMainLine-PA	4:07.71
2	Sage-IL	4:07.62
3	B R Ryall-IL	4:07.16
4	Greensboro-NC	4:07.04
5	AuglaizeMercerOH	4:07.09
6	Blue Ash-OH	4:07.60
7	Springfield-OH	4:07.63
8	SomersetValleyNJ	4:07.83

**Heat 5 of 6 Prelims Starts at 11:58 AM**

1	LakelandHills-NJ	4:05.74
2	Wyckoff-NJ	4:03.30
3	Red Bank - NJ	4:00.73
4	Greenwich-CT	3:59.03
5	Hamilton Area-NJ	4:00.25
6	Spartanburg-SC	4:02.76
7	New Canaan-CT	4:04.71
8	Rapid Area-MI	4:06.75

**Heat 6 of 6 Prelims Starts at 12:02 PM**

1	Western-CT	4:05.41
2	Columbia-SC	4:02.80
3	SomersetHills-NJ	4:00.31
4	York-PA	3:55.72
5	Powel Crosley-OH	3:59.32
6	FanwoodScotch-NJ	4:01.09
7	Cheshire-CT	4:03.65
8	FarmingtonVal-CT	4:06.41