



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 THURSDAY PRELIMS for Spectators



2019 YMCA Long Course National Championship

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



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

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: Pre-order Ticket Pick up - Level 1: Spectator Entrance

7:00AM-11:00AM

SPECTATORS: Ticket Sales - Level 1: Spectator Entrance

7:00AM

OFFICIALS: Picture - Level 1: Spectator Stands

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

8:25AM

ALL: SENIOR RECOGNITION

8:30AM

ALL: PRELIMS START

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

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

8:10PM

ALL: Estimated Session End Time



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

ATTENDING

Updated 7/31

COLLEGE/UNIVERSITY COACHES

2019 YMCA Long Course Nationals

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

Towson University
University of Maryland, Baltimore Cnty
University of Minnesota
University of Montevallo
University of Richmond
University of Tennessee
Virginia Military Institute
Washington & Jefferson College
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**



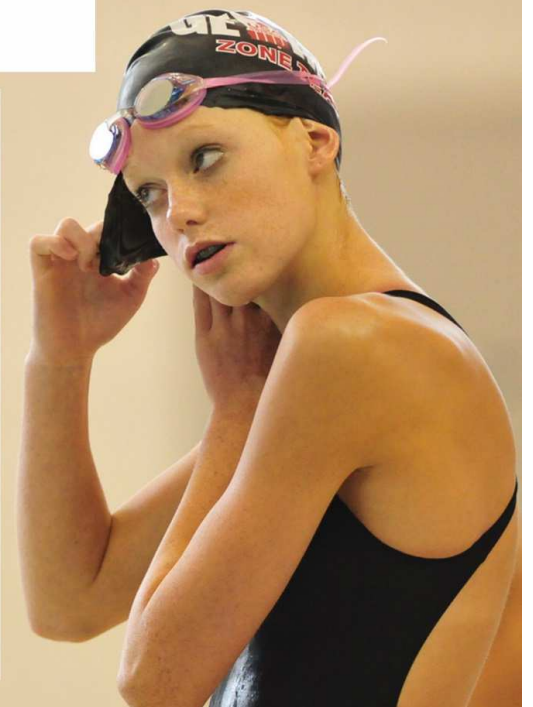
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YMCA SWIMMING EMERGING LEADER ACADEMY

The YMCA Swimming Emerging Leader Academy (formerly "Leadership Development Camp") is a season-long program in which 22 YMCA National level swimmers further develop their leadership capacity around communication skills, decision making, situational leadership, inclusion and community service.

The ELA begins in August, continues through Short Course YMCA Nationals and includes a 3-1/2 day "Swimposium" in Orlando, FL in October. All participants are high school juniors (class of 2021) and were selected through a detailed application process.

The 2019-20 ELA Class

Colleen Adams
Kate Augustyn
Amelia Buyers
CJ Bernauer
Madeline Blakely
Maddie Haley
Carstyn Klosterman
Abbey Malmstrom
Sydney McCracken
Elizabeth McDevitt
John McGowan
Jenna Maloy
Thomas Pennimpede
Alexa Petrie
Kathryn Pressly
Emma Shaughnessy
Reese Turner
Julie Wang
Jack Wisniewski
Timothy Wong
Owen Wright
Alan Xia

State College YMCA
Eau Claire YMCA
Boise YMCA
Lakeland Hills YMCA
Fort Meigs YMCA
New Canaan YMCA
YMCA of Northwest North Carolina
Upper Main Line YMCA
Kennett Area YMCA
Alamance County YMCA
Lakeland Hills YMCA
YMCA of the Triangle Area
Somerset Valley YMCA
Randolph YMCA
Frederick County YMCA
Red Bank YMCA
Springfield (OH) YMCA
Joliet YMCA
Goldsboro Family YMCA
Boise YMCA
Upper Main Line YMCA
Metuchen Edison YMCA

Coach/Facilitators

Jamie Bloom
Jack Caucino
Bernie Dickman
Mike McHugh
Louis Petto
Meredith Griffin

YMCA of the Triangle Area
Red Bank YMCA
South Shore YMCA
Door County YMCA
Upper Main Line YMCA
YMCA of the USA

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FOCUS ON FAST



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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. ”**

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OLYMPIC FINALIST
WORLD CHAMPION



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2019 YMCA LONG COURSE NATIONALS MEET COMMITTEE



Brad Bason
Assistant Meet Director



Bob Turner
Meet Director



Jack Caucino
Chair, Coaches Association



Eddie Hughes
Meet Referee



Tom Janszen
Time Trials



Bob Johnson
Admin Referee



Chris Jung
Officials Coordinator



Bob McDowell
Announcer



Ed Miller
Deck Referee



Claudia Multer
Chair, Meet Operations



John Richards
Help Desk



Carolyn Ryan
Admissions



Jim Ryan
Chair, Eligibility Committee



Donna Turner
Awards



Tom Warrick
Chair, Entries & Check-in



Darlene Fung
Athlete Representative



Marisa Krauss
Athlete Representative



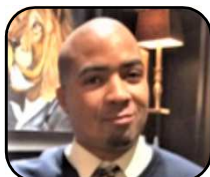
Laurin Potter
Athlete Representative



Christopher Welsh
Athlete Representative



Lindsay Mondick
YUSA Aquatic Sports



Sam Mars
YUSA Events Mgr



Erin Reuland
YUSA Competitive Events



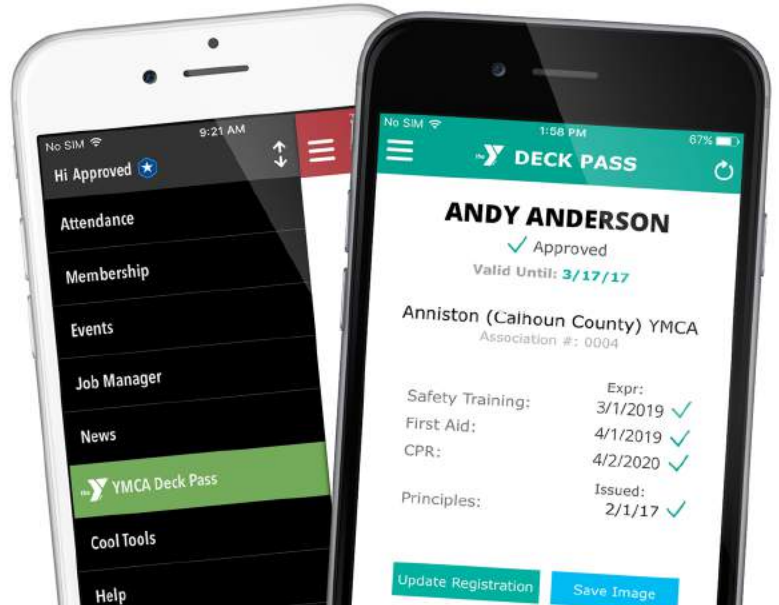
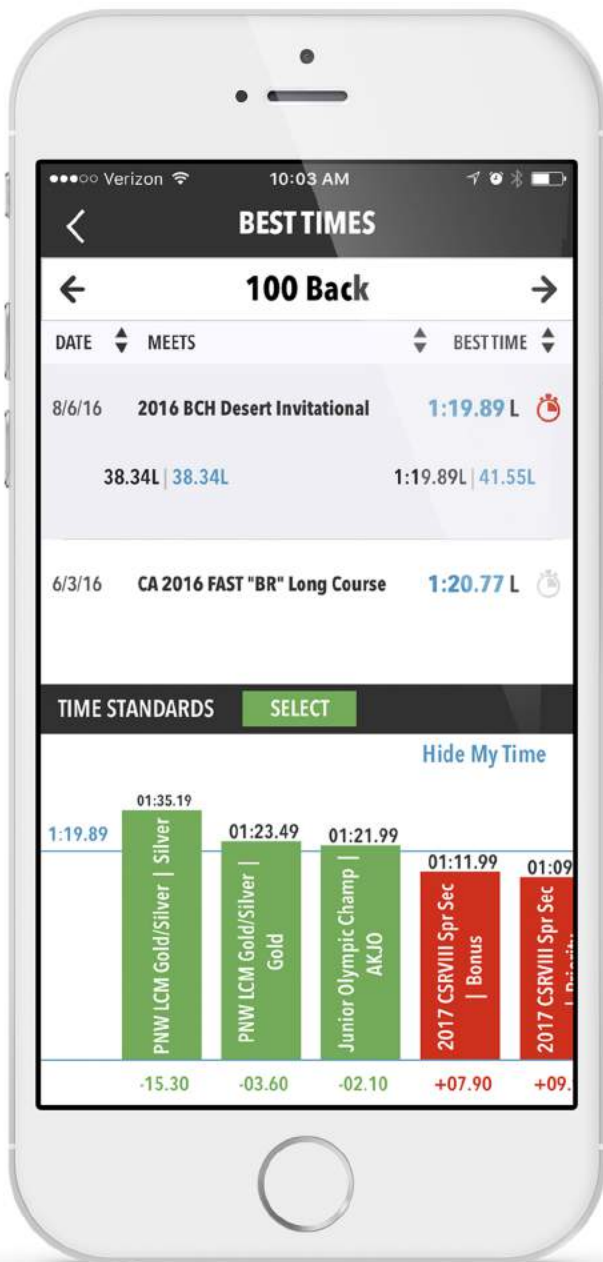
Meredith Griffin
YUSA Sports Coordinator



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For Parents, Coaches & Admins!

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Race Timing
Meet Results & Best Times
Volunteer Job Sign Ups
Attendance Tracking
Team News
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FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

HISTORY OF THE YMCA LOGO



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

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

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

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

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



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

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



FUN FACTS

YMCA NATIONAL SWIMMING CHAMPIONSHIP

HISTORY OF THE YMCA LOGO (CONTINUED)



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



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



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



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



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ACROSS AMERICA
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CONGRATULATIONS TO OUR GRADUATING SENIORS

2019 YMCA Long Course Nationals

Alamance County Community YMCA - NC

Anchorage Alaska YMCA - AK

- Bret Congdon - Colorado Mesa Univ

Anderson Area YMCA - SC

Andover North Andover YMCA - MA

Auglaize Mercer Counties YMCA - OH

- Cole Condon- University of Findlay

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

- Molly Rosenthal - Nebraska
- Jane Denenberg - UMass
- Rebecca DiCosola - Calvin
- Nik Fischer - Undecided
- Ahalya Lettenberger - Rice

Bradford Family YMCA - PA

Brandywine DE YMCA - DE

Burbank Branch YMCA - MA

- Christopher Anasasiades - Bridgewater State University

Cecil County YMCA - MD

Chambersburg Memorial YMCA - PA

- Avery Barley-Messiah College

Champaign County YMCA - IL

- Alex Shilts - Johns Hopkins

Cheshire YMCA - CT

- Joseph Cannata - Fairfield University
- Brennan Carroll - Old Dominion Univ
- Christopher Ford - Fairfield University
- Samantha Grenon - Bryant University
- Peter Levens - Cornell University
- Lucas Racevicius - Rider University
- Jack Tucker - Union College

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

- Rachel Hand - University of Maine
- Camden Holmes - University of Maine
- Sam Pelletier - Middlebury College

East Hampton RECenter YMCA - NY

Fairfax County YMCA in Reston - VA

Fanwood Scotch Plains YMCA - NJ

- Josh Cohen - Georgia Tech University
- Darlene Fung - Harvard University
- Mike Botting - Alabama University
- Jonus Gurski - Misericordia University
- Corby Eldrenkamp - New Jersey Institute of Technology

Farmington Valley Branch YMCA - CT

- Christopher Weber - Middlebury College

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

- Ellie D'Amico - Undecided

Greater Spartanburg YMCA - SC

- Michael Juengel - Purdue University
- Luke Smith - Clemson University
- Sarah Grace Byers - Emory University
- Sarah Young - West Virginia University
- Hannah Weber - Providence College
- Jodi Ogle - East Carolina University
- Rachel Peden - Carson-Newman Univ

Greater Susquehanna Valley YMCA - PA

- Christian Coleman

Greater Waterbury YMCA - CT

Greensboro YMCA - NC

- Craig Herndon - East Carolina Univ
- McKenzie Campbell - Georgia Tech
- Alexandra White - Kenyon

Greensburg YMCA - PA

- William Crites - Villanova

Greenwich YMCA - CT

- Christian Farricker - Michigan
- Stephan Todorovic - Boston College

Hagerstown Maryland YMCA - MD

- Sierra Tosten-UMBC

Hamilton Area NJ YMCA - NJ

- Christian Devine-Rensselaer Polytechnic Institute
- Felipe Bargo - University of Delaware
- Steven Paterno - East Carolina Univ

Hanover Area YMCA - PA

Jennersville YMCA - PA

- Michael Fazio-Towson University
- Aaron Tupper-Lafayette College

Joliet YMCA - IL

- Cetta Senese, Lewis University
- Ben Chambers - Ripon College

Kennebec Valley YMCA - ME

Kennett Area YMCA - PA

- Collin Slupe - Clarkson University

Kishwaukee Family YMCA - IL

La Crosse Area Family YMCA - WI

Lakeland Hills Family YMCA - NJ

- Zack Crowe - Purdue University

Lakota Family YMCA - OH

Lancaster and Fairfield YMCA - OH

Laurel East Hartford YMCA - CT

- Abigail Francis - Davidson College
- Anthony Meglin - Wheaton College

Lionville Community YMCA - PA

Lynchburg YMCA - VA

- Lexi Plogger - Liberty University
- Anne-Elaine Tiller - West Virginia University

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

- Mitch Orozco - University of Cincinnati

Montclair YMCA - NJ

New Canaan Community YMCA - CT

- Isabel Anbar- James Madison University
- Richard Ettinger-Wesleyan University
- Michael Kotlyar- University of Miami
- Sebastian Brice- University of Wisconsin

Newport County YMCA - RI

Northwest North Carolina YMCA - NC

- Lizzie Parks - College of Charleston

Ocean County YMCA - NJ

Oshkosh Community YMCA - WI

- Brennan Hoem - St Cloud State
- Andrew Groth - University of Wisconsin - Lacrosse

CONGRATULATIONS TO OUR GRADUATING SENIORS

2019 YMCA Long Course Nationals

Parkersburg YMCA - WV

Phoenixville Branch YMCA - PA

Piedmont Family YMCA - VA

Powel Crosley Jr YMCA - OH

- Emerson Amongero - University of Louisville
- Stephen Metzner - University of Cincinnati
- Quinn Nyberg - University of Cincinnati
- Elijah O'Connor - Asbury University
- Dominique Valentine - Augustana College
- Isaiah Valentine - Augustana College

Randolph YMCA - NJ

Rapid Area YMCA - MI

- Julien Camy - Calvin University
- Andrew DeBoer - St. Olaf College
- Conner Dedert - Grand Valley State University
- Henry Schutte - University of Virginia

RC Durr Family YMCA - KY

Reading and Berks County YMCA - PA

Red Bank Branch YMCA - NJ

- Kirsten Ardis - U Mass
- Megan Judge - Lehigh
- Mary Mahoney - Lehigh
- Maile Mora - Wagner
- Sammy Rennard - Penn State
- Paul Retterer - University of Southern California

Regional YMCA of Western Connecticut - CT

- Billy Regan - UCONN

Richard A Henson Family YMCA - MD

- Gregory Treuth - University of South Carolina

Ridgewood Branch OH YMCA - OH

- Sarah Turchanik - Ohio State University

Ridgewood NJ YMCA - NJ

Ridley Area YMCA - PA

- James Greek - Bloomsburg University
- William Resweber - Drexel University

Sage YMCA - IL

Salem Family YMCA - VA

Skaneateles YMCA - NY

Somerset Hills YMCA - NJ

- Matt Voight - Loyola University
- Lukas Scheidl - Brown University
- Meredith Riegler - Lindenwood Univ
- Sarah Daly - Connecticut College

Somerset Valley YMCA - NJ

Soundview Family YMCA - CT

South Family YMCA - OH

- ME Smith - University of the Cumberland
- Emma Swabb - Xavier University

South Florida YMCA - FL

- Max Miller - Indian River State College

South Shore MA YMCA - MA

Springfield Family YMCA - OH

SPY Greater Annapolis YMCA - MD

- Griffin Distler - Mount St Mary's

State College Family YMCA - PA

- Grace Dangelo - Penn State Altoona

Summit Branch YMCA - NJ

Suncoast YMCA - FL

- Mackenzie Kallevig - Southwestern Minnesota State University
- Michael Gottlieb - University of Florida
- Kyle Romero - University of Miami

Sussex County Branch YMCA - NJ

Tri County YMCA Inc - WV

- Tim Stollings - University of Findlay

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

- Nolan Clancy - University of Maryland
- Hannah Thornton - Duquesne Univ

Westfield YMCA - NJ

Wheeling YMCA - WV

Wilmington YMCA NC - NC

Wilton Family YMCA - CT

- Arisa Cowe-Harvey Mudd
- Leila Hastings-Fairfield University
- Grace Lange- Boston University
- Brenna McLaughlin-Villanova
- Katie Stevenson- William & Mary
- Vidur Hareesh-UVA

Wyckoff Family YMCA Inc - NJ

- Brian Coughlin - St. Peters

YMCA in Central Maryland - MD

YMCA of Asheboro NC Inc - NC

York And York County YMCA - PA

- Alex Sun - University of Chicago
- Alec Fatta - Lasalle University
- Stephen Ventura - University of Pitt
- Megan French - East Coast U
- Kayla Reedy - Towson U



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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

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USA OLYMPIANS

Darian Townsend

VOLUNTEER OFFICIALS AND TIMERS

2019 YMCA Long Course Nationals

THANK YOU FOR YOUR TIME AND EXPERTISE

Lynn Alexy	Carla Hazzam	Sandi Rushevics
Sharon Anderson	Bert Hewitt	Steve Sawin
Lequang Bach	Sonja Hood	Janet Schiavone
John Bernauer	Derek Houtz	Frank Senese
David Blake	Junko Iizuka	Judy Sharkey
Felixa Boutwell	Bob Johnson	Steve Sheblessy
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Michele Foreback	Susan Nutt	Mark Wollen
Chuck Graf	Dave Pack	John Zebrowski
Joe Guenther	Brad Pennington	Kim Zebrowski
John Guntly	Cary Pong	
Eric Harnish	Nancy Pressly	
Chad Hawkins	Alka Rinkus	

UPCOMING EVENTS



2019-2020 YMCA Swimming Emerging Leader Academy (ELA)

ELA is a season-long program in which YMCA National level swimmers further develop their leadership capacity around communication skills, decision making, situational leadership, inclusion and community service.

The ELA begins in August, continues through Short Course YMCA Nationals and includes a 3 1/2 day "Swimposium" in Orlando, FL in October. All participants are high school juniors and are selected through a detailed application process.

Information and application for 2020- 2021 ELA will be posted by May 2020



2019 11th Annual National YMCA Virtual Meet

October 19 – 27 - "Swim Locally – Compete Nationally"

- Teams will swim locally but compete against other YMCA teams and swimmers from across the county. Teams and swimmers will compete for rankings in a number of age-group swimming events
- Teams will compete any day within the Oct 19-27 dates
- This meet is a closed (YMCA teams only), inter- or intra-association YMCA Invitational meet open to all YMCA registered swim teams. All competition is held at the local area or local YMCA
- No Qualifying Standard



2020 YMCA National Diving Championship

April 2-5 – YMCA of Central Florida Aquatic Center – Orlando, Florida

- Degree of Difficulty Requirements



2020 YMCA Master National Meet

May 7-10 – YMCA of Central Florida Aquatic Center – Orlando, Florida

- No Qualifying Standards



2020 YMCA Long Course National Championship

Date and Location to be Announced

- Qualifying Standards

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 301

Women 100 LC Meter Backstroke

National Record

1:02.14 Camryn Forbes
Butler-PA, 2016



Defending Champion
Olivia Harper - 1:02.21
Bath Area Family YMCA

Event 302

Men 100 LC Meter Backstroke

National Record

55.56 Gregory Tarasevich
Central Florida Metro-FL, 2012



Defending Champion
Jack Alexy – 56.65
Somerset Hills YMCA

Year	Name	Association	Time
2018	Olivia Harper	Bath Area Family YMCA	1:02.21
2017	Camryn Forbes	Butler YMCA	1:02.66
2016	Camryn Forbes	Butler YMCA	1:02.14
2015	Camryn Forbes	Butler YMCA	1:02.54
2014	Camryn Forbes	Butler YMCA	1:02.68
2013	Ali Galyer	Middle Tyger	1:02.90
2012	Maggie Miller	Elkins West Virginia YMCA	1:04.15
2011	Emily Slabe	Countryside YMCA	1:04.17
2010	Danielle Galyer	Middle Tyger	1:03.12
2009	Lauren Solernou	Cheshire YMCA	1:04.00

Year	Name	Association	Time
2018	Jack Alexy	Somerset Hills YMCA	56.65
2017	Brendan Burns	Upper Main Line YMCA	56.91
2016	Hank Siefert	Coffman Family YMCA	58.05
2015	Daniel Hein	Kishwaukee YMCA	56.79
2014	Tristan Sanders	Suncoast YMCA	56.61
2013	Dylan Sali	Somerset Valley	56.51
2012	Gregory Tarasevich	Central Florida Metro	55.56
2011	Steven Zimmerman	Countryside YMCA	56.47
2010	Steven Zimmerman	Countryside YMCA	56.38
2009	Josh Friedel	Rappahannock YMCA	57.04

2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

Event 303

Women 50 LC Meter Breaststroke

National Record

32.49 Jessie McMurray
York and York County-PA YMCA, 2018



Defending Champion
Jessie McMurray – 32.49
York and York County YMCA

Year	Name	Association	Time
2018	Jessie McMurray	York and York County	32.49
2017	Madison Blakesley	Michiana YMCA	32.54
2016	Cha O'Leary	Montclair YMCA	33.00
2015	Alyssa Arwood	Western North Carolina	32.96
2014	Alyssa Arwood	Western North Carolina	32.72
2013	Olivia Ontjes	Triangle Area YMCA	32.82
2012	Rachel Stoddard	Somerset Valley	33.63
2011	Kayla Brumbaum	Rappahannock YMCA	33.15
2010	Emily Weir	Wilton YMCA	32.79
2009	Kim Jerome	Cheshire YMCA	33.44

Event 304

Men 50 LC Meter Breaststroke

National Record

27.83 Max McHugh
Door County-WI YMCA, 2017



Defending Champion
Richard Trentalange – 29.10
Red Bank YMCA

Year	Name	Association	Time
2018	Richard Trentalange	Red Bank YMCA	29.10
2017	Max McHugh	Door County YMCA	28:18
2016	Max McHugh	Door County YMCA	28.37
2015	Max McHugh	Door County YMCA	29.13
2014	Zack Warner	Somerset Valley YMCA	28.53
2013	Conner McHugh	Door County YMCA	28.70
2012	Conner McHugh	Door County YMCA	29.47
2011	Sean Johnson	Somerset Valley YMCA	29.55
2010	Andrew Guinther	Glens Falls YMCA	29.79
2009	Harrison Cefalo	Red Bank YMCA	29.61

2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

Event 305

Women 400 LC Meter IM

National Record

4:49.32 Leah Braswell
York and York County-PA, 2017



Defending Champion
Hannah Cech – 4:56.69
Lakota Family YMCA

Event 306

Men 400 LC Meter IM

National Record

4:25.27 Matt Fallon
Somerset Valley-NJ, 2018



Defending Champion
Matt Fallon – 4:25.27
Somerset Valley YMCA

Year	Name	Association	Time
2018	Hannah Cech	Lakota Family YMCA	4:56.69
2017	Leah Braswell	York and York County	4:49.32
2016	Leah Braswell	York and York County	4:53.62
2015	Jessica Horomanski	Middle Tyger YMCA	4:58.82
2014	Verity Abel	Wilton YMCA	4:56.69
2013	Savanna Faulconer	Middle Tyger YMCA	4:51.03
2012	Kendall Dawson	Central Florida Metro YMCA	4:57.86
2011	Meriza Werenski	Greater Holyoke YMCA	4:57.09
2010	Caroline Fore	Middle Tyger YMCA	5:05.22
2009	Laura Simon	Middle Tyger YMCA	4:54.10

Year	Name	Association	Time
2018	Matt Fallon	Somerset Valley YMCA	4:25.27
2017	Matt Fallon	Somerset Valley YMCA	4:32.52
2016	Robby Giller	Wilton YMCA	4:26.69
2015	Mark Andrew	Greater Miami Valley Ohio	4:26.57
2014	Mark Andrew	Greater Miami Valley Ohio	4:27.25
2013	Sava Turcanu	Hickory Foundation YMCA	4:31.37
2012	Sava Turcanu	Hickory Foundation YMCA	4:29.19
2011	David Ingraham	Middle Tyger	4:27.27
2010	Nathan Hart	Western North Carolina	4:35.50
2009	Matt Navata	Montclair YMCA	4:32.29

2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

Event 307

Women 200 LC Meter Freestyle

National Record

2:00.22 Leah Gingrich
West Shore-PA 2008



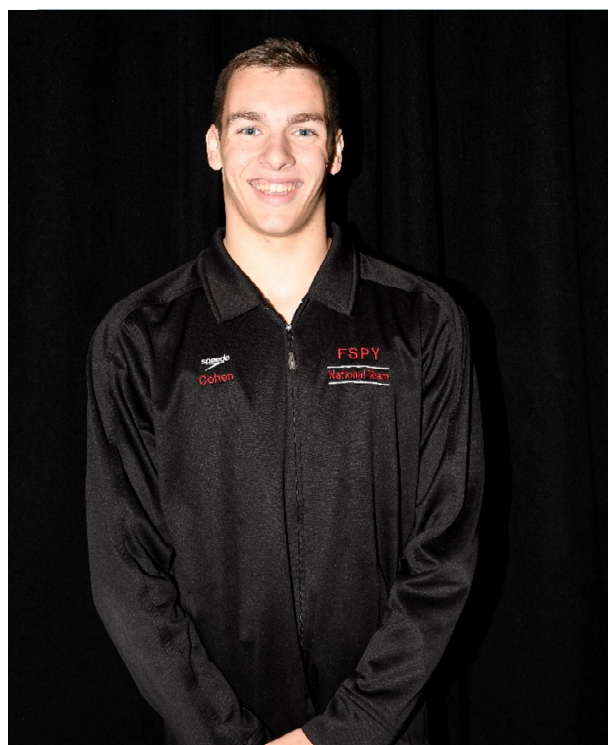
Defending Champion
Abigail Doss - 2:02.32
Greater Susquehanna Valley YMCA

Event 308

Men 200 LC Meter Freestyle

National Record

1:50.75 Tim Phillips
Marietta YMCA, 2009



Defending Champion
Josh Cohen - 1:52.60
Fanwood Scotch Plains YMCA

Year	Name	Association	Time
2018	Abigail Doss	Grtr Susquehanna Valley	2:02.32
2017	Paige Hetrick	Bradford Family YMCA	2:03.48
2016	Faith Hefner	Hickory Foundation YMCA	2:03.15
2015	Abbey Erwin	Downtown Boise Family	2:03.95
2014	Caitlynn Moon	Kishwaukee Family YMCA	2:02.62
2013	Caitlynn Moon	Kishwaukee Family YMCA	2:03.77
2012	Haley Lips	Middle Tyger YMCA	2:02.51
2011	Katrina Konopka	Middle Tyger YMCA	2:05.01
2010	Shelby Fortin	Wilton Family YMCA	2:04.74
2009	Shelby Fortin	Wilton Family YMCA	2:04.61

Year	Name	Association	Time
2018	Josh Cohen	Fanwood Scotch Plains	1:52.60
2017	Hank Siefert	Coffman Family YMCA	1:52.49
2016	Grant House	Countryside YMCA	1:50.84
2015	Hank Siefert	Coffman Family YMCA	1:52.64
2014	Grant House	Countryside YMCA	1:51.12
2013	Colin Ellington	Triangle Area YMCA	1:53.29
2012	Vlad Komarov	Upper Main Line YMCA	1:52.76
2011	Steven Zimmerman	Countryside YMCA	1:54.83
2010	John Hauser	Pottstown YMCA	1:55.46
2009	Tim Phillips	Marietta YMCA	1:50.75

2019 YMCA LONG COURSE CHAMPIONSHIP DEFENDING CHAMPS

Event 309

Women 200 LC Meter Medley Relay

National Record

1:57.19 Red Bank Branch-NJ
2018



Defending Champion
Red Bank Branch YMCA – 1:57.19
Marie Schobel, Emma Shaughnessy,
Ginger Hansen, Megan Judge

Year	Association	Time
2018	Red Bank Branch YMCA	1:57.19
2017	Fanwood Scotch Plains YMCA	1:57.21
2016	Butler YMCA	1:57.36
2015	Middle Tyger YMCA	1:57.57
2014	Countryside YMCA	1:57.76
2013	Middle Tyger YMCA	1:57.53
2012	Upper Main Line YMCA	1:58.44
2011	Middle Tyger YMCA	2:00.94
2010	Wilton YMCA	2:00.41
2009	Anne Arundel County YMCA	1:59.45

Event 310

Men 200 LC Meter Medley Relay

National Record

1:44.00 – Somerset Valley-NJ
2013



Defending Champion
Somerset Hills YMCA – 1:45.79
Jack Alexy, Lukas Scheidl,
Roo Fenton, Ryan Carkhuff

Year	Association	Time
2018	Somerset Hills YMCA	1:45.79
2017	Somerset Hills YMCA	1:46.01
2016	Upper Main Line YMCA	1:46.83
2015	Cheshire YMCA	1:46.10
2014	Somerset Valley YMCA	1:44.25
2013	Somerset Valley YMCA	1:44.00
2012	Upper Main Line YMCA	1:46.44
2011	Middle Tyger YMCA	1:46.97
2010	Wilton YMCA	1:48.06
2009	Upper Main Line YMCA	1:47.50

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

July 30 - August 3, 2019

Meet Program - Day 3 Prelims

Event 301 Women 100 LC Meter Backstroke

National: 1:02.14 7/29/2016 Camryn Forbes				
Lane	Name	Age	Team	Seed Time
Heat 1 of 16 Prelims Starts at 08:30 AM				
1				
2	Lettenberger, Ahalya	18	B R Ryall-IL	1:25.73 L B
3	McLeod, Margie	17	Bath Area-ME	59.21 Y
4	Utecht, Allyssa	17	Phoenixville-PA	59.13 Y
5	Donnelly, Kiersten	16	UpperMainLine-PA	59.20 Y
6	Weiss, Rachel	17	LakelandHills-NJ	59.23 Y
7	Gibney, Alexa	18	UpperMainLine-PA	1:55.98 L B
8				
Heat 2 of 16 Prelims Starts at 08:33 AM				
1	O'Neill, Claire	16	York-PA	59.10 Y
2	Zhang, Vivian	16	SummitBranch-NJ	58.97 Y
3	Policari, Leah	16	Red Bank - NJ	58.85 Y
4	Schueler, Aanika	16	SomersetHills-NJ	58.80 Y
5	Jankovich, Alexis	16	Red Bank - NJ	58.81 Y
6	Istambouli, Leiya	16	Western-CT	58.89 Y
7	Marino, Mira	13	LakelandHills-NJ	59.03 Y
8	Yancey, Mia	16	RidleyArea-PA	59.11 Y
Heat 3 of 16 Prelims Starts at 08:34 AM				
1	Kidchob, Alexis	16	Meadowlands-NJ	58.51 Y
2	Unruh, Megan	14	Boyertown-PA	58.23 Y
3	Smith, Alaina	17	Spartanburg-SC	57.81 Y
4	Lall, Symran	17	LakelandHills-NJ	56.89 Y
5	Spelke, Cora	15	Bath Area-ME	57.66 Y
6	Reid, McKenzie	16	South Family-OH	58.16 Y
7	Ryle, Lauren	15	Rapid Area-MI	58.33 Y
8	Iizuka, Monica	17	LakelandHills-NJ	58.77 Y
Heat 4 of 16 Prelims Starts at 08:35 AM				
1	Pope, Phoebe	17	Randolph-NJ	1:09.55
2	Keane, Ava	16	Soundview-CT	1:09.53
3	Muck, Abby	15	Kishwaukee-IL	1:09.52
4	Turner, Peyton	17	UpperMainLine-PA	1:09.46
5	Wagner, Kristen	17	Waynesboro-VA	1:09.49
6	Kisova, Veronika	14	Andover-MA	1:09.53
7	Hand, Rachel	18	Down East-ME	1:09.53
8	Breton, Ava	16	Cheshire-CT	1:09.58
Heat 5 of 16 Prelims Starts at 08:37 AM				
1	Paxton, Madelyn	13	York-PA	1:09.45
2	Lane, Lauren	14	Westfield-NJ	1:09.41
3	Havice, Julia	13	York-PA	1:09.40
4	Undercofler, Gemma	13	UpperMainLine-PA	1:09.39
5	Stewart, Danielle	16	Dover-DE	1:09.39
6	Battagliese, Katelyn	17	SomersetValleyNJ	1:09.41
7	Marcella, Maddy	13	Andover-MA	1:09.42
8	Patt, Kaitlin	15	Burbank-MA	1:09.45

Heat 6 of 16 Prelims Starts at 08:38 AM

1	Leibold, Ella	13	South Family-OH	1:09.38
2	Weldon, Caroline	14	LakelandHills-NJ	1:09.32
3	Jurski, Joslyn	15	Fort Meigs-OH	1:09.29
4	Judge, Shannon	16	Red Bank - NJ	1:09.23
5	Ardis, Kirsten	18	Red Bank - NJ	1:09.28
6	Horan, Katie	17	Columbia-SC	1:09.32
7	Ward, Juliana	17	SomersetValleyNJ	1:09.35
8	Wolf, Carly	17	Sage-IL	1:09.39

Heat 7 of 16 Prelims Starts at 08:40 AM

1	Fresa, Noel	17	U Perkiomen-PA	1:09.19
2	Hamill, Emily	12	UpperMainLine-PA	1:09.17
3	Simpson, Katie	15	West Chester-PA	1:09.15
4	Pinnix, Omega	17	Greensboro-NC	1:09.09
5	Chen, Sarah	16	Cheshire-CT	1:09.12
6	Ploskonka, Alexa	16	Kennett-PA	1:09.17
7	Kidney, Victoria	14	Wheeling-WV	1:09.18
8	Hoffman, Bella	14	SomersetHills-NJ	1:09.20

Heat 8 of 16 Prelims Starts at 08:41 AM

1	McMenemy, Kelsey	16	Powel Crosley-OH	1:09.07
2	Clippard, Lauren	15	Powel Crosley-OH	1:09.04
3	Blakely, Madeline	16	Fort Meigs-OH	1:08.93
4	Fasano, Ava	14	Wilton-CT	1:08.93
5	Rodrigues, Sarah	12	The Oranges-NJ	1:08.93
6	Chow, Olivia	13	SomersetValleyNJ	1:09.03
7	Heeren, Rachel	16	SomersetValleyNJ	1:09.04
8	Blake, Lindsay	16	UpperMainLine-PA	1:09.08

Heat 9 of 16 Prelims Starts at 08:42 AM

1	Weidner, Sydney	14	Red Bank - NJ	1:08.85
2	Reilly, Maggie	17	SomersetValleyNJ	1:08.78
3	Farrell, Peyton	17	Coffman - OH	1:08.77
4	Stahl, Nyah	17	York-PA	1:08.70
5	Gardner, Brooke	17	Wilton-CT	1:08.72
6	Spexarth, Carrie	17	Ocean County-NJ	1:08.78
7	McCombs, Emma	16	York-PA	1:08.81
8	Carroll, Spencer	14	Cheshire-CT	1:08.92

Heat 10 of 16 Prelims Starts at 08:44 AM

1	Zelinske, Lauren	14	Phoenixville-PA	1:08.52
2	Weber, Rachel	17	Ridgewood-OH	1:08.46
3	Johnson, Alexandra	14	ME Lyons-OH	1:08.37
4	DeVirgilio, Gabriella	17	Red Bank - NJ	1:08.26
5	Klosterman, Carstyn	16	Northwest-NC	1:08.31
6	Coburn, Zoe	14	Greensboro-NC	1:08.41
7	Stevens, Jillian	16	Cheshire-CT	1:08.47
8	Ghate, Anushree	15	MetuchenED-NJ	1:08.65

Heat 11 of 16 Prelims Starts at 08:45 AM

1	Murphy, Sophie	16	Cheshire-CT	1:08.23
2	Wang, Marina	13	UpperMainLine-PA	1:08.00
3	Wintermute, Monica	16	SomersetValleyNJ	1:07.84
4	Michalik, Claire	16	Greenwich-CT	1:07.55
5	Vanyo, Athena	15	Piedmont-VA	1:07.74
6	Lee, Arabella	15	Red Bank - NJ	1:08.00
7	Cranker, Emi	17	Cecil County-MD	1:08.03
8	Houtz, Sydney	17	Susquehanna-PA	1:08.25

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

July 30 - August 3, 2019

Meet Program - Day 3 Prelims

Heat 12 Prelims (#301 Women 100 LC Meter Backstroke)

1	Hughes, Lily	15	FanwoodScotch-NJ	1:07.38
2	Roche, Cameron	16	Wyckoff-NJ	1:07.32
3	Howard, Tori	16	UpperMainLine-PA	1:07.14
4	Pappas, Erini	16	UpperMainLine-PA	1:07.01
5	Khan, Asma	14	Ridgewood-OH	1:07.10
6	Pappalardo, Jenna	16	Ocean County-NJ	1:07.29
7	Paxson, Amanda	16	Blue Ash-OH	1:07.33
8	Cahill, Alyssa	18	SomersetValleyNJ	1:07.45

Heat 13 of 16 Prelims Starts at 08:48 AM

1	Turchanik, Sarah	17	Ridgewood-OH	1:06.87
2	Zelinske, Alexandra	17	Phoenixville-PA	1:06.76
3	Swabb, Emma	18	South Family-OH	1:06.68
4	Hemp, Kerrigan	17	Andover-MA	1:06.62
5	Tosten, Sierra	17	Hagerstown-MD	1:06.66
6	Castro, Jade	14	State College-PA	1:06.70
7	Habjan, Ela	14	Montclair-NJ	1:06.86
8	Ally, Emily	16	Greensboro-NC	1:06.93

Heat 14 of 16 Prelims Starts at 08:49 AM

1	Haley, Maddie	16	New Canaan-CT	1:06.31
2	Ogle, Jodi	18	Spartanburg-SC	1:06.09
3	Colizzo, Julia	18	UpperMainLine-PA	1:05.38
4	Shuppert, Emma	18	Blue Ash-OH	1:02.82
5	Horner, Cameron	16	Henson-MD	1:05.16
6	Pennington, Isabel	16	Northwest-NC	1:05.81
7	Neal, Madison	15	Northwest-NC	1:06.26
8	Bradley, Izzy	15	Piedmont-VA	1:06.62

Heat 15 of 16 Prelims Starts at 08:51 AM

1	Arts, Molly	17	Wyckoff-NJ	1:06.29
2	Dunnigan, Megan	14	FarmingtonVal-CT	1:06.00
3	Mostek, Anya	15	Phoenixville-PA	1:05.28
4	Harper, Olivia	17	Bath Area-ME	1:02.21
5	Tyler, Alexandra	16	Cheshire-CT	1:05.15
6	Williams, Bri	16	Wyckoff-NJ	1:05.70
7	Fortman, Emma	18	Blue Ash-OH	1:06.21
8	Rickert, Marlee	17	ReadingBerks-PA	1:06.46

Heat 16 of 16 Prelims Starts at 08:52 AM

1	Leydig, Camryn	15	York-PA	1:06.26
2	Anbar, Isabel	18	New Canaan-CT	1:05.97
3	Trout, Riley	16	York-PA	1:05.27
4	Hetrick, Paige	17	Bradford-PA	1:01.73
5	Kayal, Grace	17	Red Bank - NJ	1:04.61
6	Wright, Katie	17	Red Bank - NJ	1:05.47
7	Loughlin, Casey	17	Cheshire-CT	1:06.20
8	Pastushan, Alex	15	New Canaan-CT	1:06.46

Event 302 Men 100 LC Meter Backstroke

National: 55.56 7/24/2012		Gregory Tarasevich		
Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Prelims Starts at 08:54 AM				
1	Nejame, Neil	17	Red Bank - NJ	53.92Y
2	Coughlin, Brian	18	Wyckoff-NJ	53.88Y
3	LeTourneau, Avery	16	Rapid Area-MI	53.65Y
4	Pappas, George	16	Phoenixville-PA	53.33Y
5	Man, Michael	17	SomersetValleyNJ	53.54Y
6	Adams, Hunter	16	Red Bank - NJ	53.68Y
7	Kaszny, Jonah	16	Lionville-PA	53.88Y
8				
Heat 2 of 12 Prelims Starts at 08:55 AM				
1	Ovanic, Joe	15	Joliet - IL	53.22Y
2	Pacholarz, Michael	17	Sussex County-NJ	53.09Y
3	Bartone, Nicco	17	Bath Area-ME	52.87Y
4	Pack, Danny	17	Brandywine-DE	52.32Y
5	Johnson, Kyle	17	Reston-VA	52.79Y
6	Schlueter, Alex	17	Sage-IL	53.04Y
7	Voight, Matt	18	SomersetHills-NJ	53.12Y
8	Wray, Peyton	16	Piedmont-VA	53.32Y
Heat 3 of 12 Prelims Starts at 08:56 AM				
1	Barley, Avery	18	Chambersburg-PA	50.56Y
2	Johnson, Noah	15	Piedmont-VA	1:03.98
3	Jones, Roman	14	SomersetHills-NJ	1:03.95
4	Willertz, Evan	16	Bath Area-ME	1:03.88
5	Dudley, Dakota	17	Spartanburg-SC	1:03.92
6	Lou, Andrew	16	Cheshire-CT	1:03.96
7	Gurski, Joseph	16	FanwoodScotch-NJ	1:03.98
8	Pong, CJ	17	Chambersburg-PA	50.90Y
Heat 4 of 12 Prelims Starts at 08:57 AM				
1	Wollen, Mitchell	15	Cheshire-CT	1:03.80
2	Benadouda, Yanis	16	Bayside-RI	1:03.73
3	Schuller, Ryan	15	SomersetHills-NJ	1:03.68
4	Hamill, Alex	15	UpperMainLine-PA	1:03.66
5	Humphrey, Jaden	16	Springfield-OH	1:03.66
6	Fox, Benjamin	17	Flushing-NY	1:03.71
7	Kidchob, Andrew	15	Meadowlands-NJ	1:03.78
8	Melanson, Derek	17	Cheshire-CT	1:03.81
Heat 5 of 12 Prelims Starts at 08:59 AM				
1	Hood, Liam	17	Montclair-NJ	1:03.55
2	Lee, Taite	15	Wyckoff-NJ	1:03.54
3	Gomes, Lucas	16	Meadowlands-NJ	1:03.51
4	Jacob, Justin	15	Greenwich-CT	1:03.49
5	McDowell, Benaiah	17	Spartanburg-SC	1:03.49
6	Stearns, Will	17	SomersetValleyNJ	1:03.52
7	Tupper, Aaron	19	Jennersville-PA	1:03.55
8	Sparks, Jack	17	Greenwich-CT	1:03.63

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

July 30 - August 3, 2019

Meet Program - Day 3 Prelims

Heat 6 Prelims (#302 Men 100 LC Meter Backstroke)

1	Narcelles, Christian	16	Springfield-OH	1:03.45
2	Gaynor, Dylan	17	Brandywine-DE	1:03.36
3	Beebe, Kyle	14	Madison Area-NJ	1:03.11
4	Casavant, Jack	15	Ridgewood-NJ	1:03.04
5	Hain, Alex	15	Frederick-MD	1:03.07
6	Pelletier, Sam	18	Down East-ME	1:03.23
7	Kim, John	15	Wyckoff-NJ	1:03.43
8	Womble, Ethan	16	Greensboro-NC	1:03.49

Heat 7 of 12 Prelims Starts at 09:01 AM

1	Simmons, Liam	14	Western Br-DE	1:02.92
2	Fischer, Nik	18	B R Ryall-IL	1:02.90
3	Ettinger, Richard	18	New Canaan-CT	1:02.74
4	Desclois, Ben	16	Hagerstown-MD	1:02.73
5	Meyers, Will	14	ME Lyons-OH	1:02.74
6	Pennimpede, Tommy	16	SomersetValleyNJ	1:02.77
7	Curreri, James	16	LakelandHills-NJ	1:02.92
8	Siegmeier, Noah	17	Sage-IL	1:02.95

Heat 8 of 12 Prelims Starts at 09:03 AM

1	Ostolaza, Dylan	15	LakelandHills-NJ	1:02.67
2	Qiu, Philip	16	SomersetValleyNJ	1:02.09
3	Risma, Sammy	18	Blue Ash-OH	1:02.03
4	Hughes, Sam	16	Ridgewood-NJ	1:02.00
5	Mazziotti, Kyle	16	Cheshire-CT	1:02.02
6	Lewis, Tommy	17	Greenwich-CT	1:02.06
7	Dedert, Conner	19	Rapid Area-MI	1:02.33
8	Morgan, Alex	17	Greenwich-CT	1:02.69

Heat 9 of 12 Prelims Starts at 09:04 AM

1	Stanislaw, Evan	17	Spartanburg-SC	1:01.86
2	Fazio, Michael	18	Jennersville-PA	1:01.71
3	Eberhardt, Nathen	18	Lancaster-OH	1:01.56
4	Cox, Miles	17	York-PA	1:01.34
5	Weber, Chris	18	FarmingtonVal-CT	1:01.54
6	McMurray, Keaton	18	AuglaizeMercerOH	1:01.58
7	Fantano, Derek	15	Cheshire-CT	1:01.80
8	McBoyle, Reid	17	SomersetHills-NJ	1:01.92

Heat 10 of 12 Prelims Starts at 09:05 AM

1	Paxton, Luke	16	Powel Crosley-OH	1:00.89
2	Diehl, Daniel	13	Cumberland-MD	59.77
3	Christian, Jack	16	UpperMainLine-PA	59.38
4	Toepfer, Nicholas	16	South Shore, MA	58.11
5	Hodgson, Lucas	15	Greenwich-CT	58.99
6	Hardy, Cole	15	Columbia-SC	59.67
7	Schutte, Henry	18	Rapid Area-MI	1:00.13
8	Janton, Tommy	15	Western Br-DE	1:01.26

Heat 11 of 12 Prelims Starts at 09:07 AM

1	Bota, Evan	17	LakelandHills-NJ	1:00.65
2	Hanke, Sam	16	Cheshire-CT	59.75
3	Racevicius, Lucas	18	Cheshire-CT	59.27
4	Heimes, Justin	17	U Perkiomen-PA	57.99
5	Juengel, Michael	18	Spartanburg-SC	58.86
6	Horkan, Michael	16	Wyckoff-NJ	59.61
7	Burk, Garrett	18	Brandywine-DE	1:00.06
8	Downs-Honey, Vincent	20	Newport Co-RI	1:01.23

Heat 12 of 12 Prelims Starts at 09:08 AM

1	Wu, Christopher	18	Cheshire-CT	1:00.55
2	Eckels, Evan	16	Hamilton Area-NJ	59.74
3	Russano, Trent	16	SomersetHills-NJ	59.24
4	Fleagle, Justin	18	AuglaizeMercerOH	57.18
5	Sun, Alex	18	York-PA	58.81
6	Wesley, Sam	17	RidleyArea-PA	59.51
7	Gifford, Alex	17	Wyckoff-NJ	59.77
8	Johnson, David	16	Powel Crosley-OH	1:00.91

Event 303 Women 50 LC Meter Breaststroke

National: 32.49 8/1/2018 Jessie McMurray

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

1				
2				
3	Panico, Isabella	14	SomersetValleyNJ	34.84Y
4	Bopp, Jenna	16	Wheeling-WV	31.60Y
5	Salzer, Claire	15	Oshkosh-WI	32.84Y
6				
7				
8				

Heat 2 of 11 Prelims Starts at 09:10 AM

1				
2	D'Amico, Ellie	18	Gr Missoula-MT	40.62
3	Devine, Emma	15	LakelandHills-NJ	39.82
4	Agans, Madison	16	SomersetValleyNJ	39.25
5	Harshaw, Anna	17	Greensboro-NC	39.43
6	Santos, Sarah	15	Ocean County-NJ	39.98
7	Powell, Kari	14	Chambersburg-PA	36.61S
8				

Heat 3 of 11 Prelims Starts at 09:11 AM

1	Randolph, Elise	14	Fort Meigs-OH	39.07
2	Claus, Emma	16	SummitBranch-NJ	38.56
3	Foung, Lily	15	Montclair-NJ	38.11
4	Keh, Irene	17	Wyckoff-NJ	37.95
5	Weiss, Rachel	17	LakelandHills-NJ	38.01
6	Plogger, Lexi	18	Lynchburg-VA	38.55
7	Josephs, Megan	17	Red Bank - NJ	38.67
8	Dy, Bree	16	FanwoodScotch-NJ	39.18

Heat 4 of 11 Prelims Starts at 09:12 AM

1	Corbo, Julia	16	LakelandHills-NJ	37.77
2	Gao, Annie	12	ReadingBerks-PA	37.64
3	Delaney, Maggie	14	State College-PA	37.55
4	Herbert, Julia	12	Western-CT	37.45
5	Hastings, Liela	17	Wilton-CT	37.49
6	Weidner, Sydney	14	Red Bank - NJ	37.59
7	Cottingham, Brianna	15	Northwest-NC	37.71
8	McBoyle, Paige	15	SomersetHills-NJ	37.85

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

July 30 - August 3, 2019

Meet Program - Day 3 Prelims

Heat 5 Prelims (#303 Women 50 LC Meter Breaststroke)

1	White, Katelyn	15	B R Ryall-IL	37.22
2	Barto, Mary	15	Cheshire-CT	37.14
3	Barto, Julia	13	Cheshire-CT	37.10
4	Falwell, Caroline	14	Lynchburg-VA	36.95
5	Keats-O'Connor, Autumn	17	SummitBranch-NJ	36.95
6	Folk, Mollie	16	Spartanburg-SC	37.13
7	Stockard, Taylor	15	Ridgewood-OH	37.15
8	Rypkema, Anneliese	17	Columbia-SC	37.42

Heat 6 of 11 Prelims Starts at 09:14 AM

1	Senese, Cetta	18	Joliet - IL	36.56
2	Newkirk, Ann	14	South Family-OH	36.39
3	Rice, Meredith	14	Spartanburg-SC	36.36
4	Neno, Natalie	12	Red Bank - NJ	36.27
5	Pappalardo, Jenna	16	Ocean County-NJ	36.32
6	Mutter, Meredith	17	UpperMainLine-PA	36.39
7	Weber, Hannah	18	Spartanburg-SC	36.49
8	Clayton, Grace	17	Spartanburg-SC	36.67

Heat 7 of 11 Prelims Starts at 09:14 AM

1	Rinkus, Quinn	14	Red Bank - NJ	36.18
2	Butera, Bella	15	York-PA	36.13
3	Thurin, Kelsey	17	Suncoast-FL	36.12
4	Matern, Sofia	13	ME Lyons-OH	36.07
5	Tray, Zoe	16	Cheshire-CT	36.10
6	Doss, Gabrielle	16	Susquehanna-PA	36.13
7	Dannhaus, Olivia	14	Sage-IL	36.15
8	Vazquez, Yeira	13	B R Ryall-IL	36.26

Heat 8 of 11 Prelims Starts at 09:15 AM

1	Wentzel, Anais	16	Wilton-CT	35.96
2	Krauss, Marisa	17	West Chester-PA	35.80
3	Ireland, Victoria	17	Red Bank - NJ	35.75
4	Anthony, Elle	14	South Shore, MA	35.61
5	Kim, Elissa	13	Wyckoff-NJ	35.62
6	Heist, Megan	16	York-PA	35.76
7	Aguanno, Isabella	15	Ocean County-NJ	35.87
8	Fuerbacher, Morgan	17	Red Bank - NJ	35.99

Heat 9 of 11 Prelims Starts at 09:16 AM

1	Fadely, Jennah	16	Asheboro-NC	35.52
2	Zhao, Kathy	15	Blue Ash-OH	34.99
3	Ruhnke, Jackie	16	LakelandHills-NJ	34.34
4	Shaughnessy, Emma	16	Red Bank - NJ	33.58
5	McCracken, Sydney	16	Kennett-PA	34.09
6	Nappi, Julia	16	Red Bank - NJ	34.81
7	Headley, Mackenzie	12	FarmingtonVal-CT	35.33
8	Burton, Piper	17	Greensboro-NC	35.60

Heat 10 of 11 Prelims Starts at 09:17 AM

1	Thompson, Kelsey	16	LakelandHills-NJ	35.47
2	DiGiorgio, Abigail	15	FanwoodScotch-NJ	34.95
3	Overbey, Kate	18	ME Lyons-OH	34.22
4	Eisenhauer, Victoria	17	SomersetValleyNJ	33.23
5	Mohr, Katie	15	Northwest-NC	33.80
6	Guadalupi, Cecilia	17	Kennebec-ME	34.63
7	Harper, Haily	17	Bath Area-ME	35.20
8	DiScala, Ella	14	LakelandHills-NJ	35.59

Heat 11 of 11 Prelims Starts at 09:18 AM

1	Kersebet, Stella	17	Door County-WI	35.40
2	Barkman, Katelyn	15	Suncoast-FL	34.88
3	Fenton, Liz	17	SomersetHills-NJ	34.18
4	McMurray, Jessie	17	York-PA	32.49
5	Mudry, Vivian	16	Cheshire-CT	33.66
6	Zimmermann, Emily	16	Red Bank - NJ	34.59
7	Welsch, Layla	12	Piedmont-VA	35.16
8	Knotts, Kellie	17	Powel Crosley-OH	35.55

Event 304 Men 50 LC Meter Breaststroke

National: 27.83 8/2/2017 Maxwell McHugh

Lane	Name	Age	Team	Seed Time
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Heat 1 of 15 Prelims Starts at 09:19 AM

1	Doromal, James	17	B R Ryall-IL	30.95Y
2	Goodspeed, Cameron	17	GrGlenville-NY	29.84Y
3	Lee, Taite	15	Wyckoff-NJ	29.32Y
4	Sherk, Zachary	17	ReadingBerks-PA	27.61Y
5	Siu, Kenneth	16	Andover-MA	29.00Y
6	Maximenya, Daniel	15	Anderson-SC	29.40Y
7	Kundrats, Jimmy	15	Red Bank - NJ	29.97Y
8				

Heat 2 of 15 Prelims Starts at 09:20 AM

1	Johnson, Michael	17	Chambersburg-PA	34.32S
2	Parker, William	16	Wilmington-NC	36.05
3	Vlass, Jeffrey	16	SummitBranch-NJ	35.19
4	McDonald, Logan	15	Northwest-NC	34.95
5	Heilman, Matthew	15	Piedmont-VA	35.17
6	Higgins, Jack	17	SomersetValleyNJ	35.55
7	Koval, David	17	Henson-MD	33.75S
8	Crites, Billy	18	Greensburg-PA	27.57Y

Heat 3 of 15 Prelims Starts at 09:20 AM

1	Fricker, Leo	16	Ridgewood-NJ	34.68
2	Hua, Harrison	16	Cheshire-CT	34.52
3	Trenery, Aidan	15	FanwoodScotch-NJ	34.46
4	Chen, Edward	15	Cheshire-CT	34.42
5	Markowitz, Owen	13	LakelandHills-NJ	34.45
6	Suchyj, Tyler	16	Western Br-DE	34.51
7	Powers, Leo	14	Montclair-NJ	34.62
8	Chang, Atticus	14	Madison Area-NJ	34.89

Heat 4 of 15 Prelims Starts at 09:21 AM

1	Lynk, Liam	15	LakelandHills-NJ	34.30
2	Anbar, Kalen	14	New Canaan-CT	34.22
3	Distler, Griffin	18	Annapolis-MD	34.19
4	Masneri, David	13	Greensboro-NC	34.14
5	Villa, Sebas	17	Coffman - OH	34.15
6	Graf, Matthew	15	LakelandHills-NJ	34.20
7	Townson, Connor	15	Montclair-NJ	34.25
8	Lin, Gregory	13	Red Bank - NJ	34.38

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

July 30 - August 3, 2019

Meet Program - Day 3 Prelims

Heat 5 Prelims (#304 Men 50 LC Meter Breaststroke)

1	Nyberg, Quinn	18	Powel Crosley-OH	34.07
2	Heasley, Foster	17	State College-PA	33.88
3	Bolding, John-Walker	15	Spartanburg-SC	33.82
4	Leshnower, Luke	16	LakelandHills-NJ	33.75
5	Valliere, Alexander	15	Northwest-NC	33.78
6	Acciani, Anthony	17	SomersetValleyNJ	33.83
7	Gauthier, Peter	14	Cheshire-CT	34.06
8	Levine, Evan	16	Cheshire-CT	34.10

Heat 6 of 15 Prelims Starts at 09:23 AM

1	Macaulay, Quinn	17	Brandywine-DE	33.71
2	O'Donnell, Noah	15	Blue Ash-OH	33.64
3	Esposito, Patty	16	Greensboro-NC	33.59
4	Coleman, Christian	18	Susquehanna-PA	33.50
5	Broome, John	16	Spartanburg-SC	33.51
6	Wright, Owen	15	UpperMainLine-PA	33.59
7	Ferdico, Dylan	17	LakelandHills-NJ	33.66
8	Cebula, Kacper	16	Sage-IL	33.75

Heat 7 of 15 Prelims Starts at 09:24 AM

1	Foley, Jack	17	SomersetValleyNJ	33.40
2	Kutuzov, Peter	16	Meadowlands-NJ	33.39
3	Partridge, Nicholas	14	Down East-ME	33.34
4	Senese, Matt	17	Joliet - IL	33.27
5	Cabiling, Ebrahim	16	Suncoast-FL	33.28
6	Greene, Connor	17	Northwest-NC	33.38
7	Honwad, Brandon	17	SomersetValleyNJ	33.40
8	Stephenson, Timothy	17	FarmingtonVal-CT	33.43

Heat 8 of 15 Prelims Starts at 09:25 AM

1	Dela Cruz, Christian	15	Red Bank - NJ	33.17
2	Stellmach, Nathan	15	Waterbury-CT	33.06
3	Fetterhoff, Eli	16	Rapid Area-MI	33.03
4	Narcelles, Christian	16	Springfield-OH	32.99
5	Holt, Marshall	17	Joliet - IL	33.02
6	Gao, Kevin	14	SomersetValleyNJ	33.03
7	Lutter, Sam	17	York-PA	33.16
8	Ruetten, David	17	Kishwaukee-IL	33.27

Heat 9 of 15 Prelims Starts at 09:25 AM

1	Haakma, Jacob	16	Rapid Area-MI	32.94
2	Devine, Christian	18	Hamilton Area-NJ	32.87
3	McQueary, Ian	16	ME Lyons-OH	32.76
4	Clancy, Nolan	18	Western Br-DE	32.65
5	Brown, Jonathan	16	SomersetHills-NJ	32.70
6	Van Den Bosch, Kai	17	Spartanburg-SC	32.81
7	Cheng, Steven	17	Ridgewood-NJ	32.93
8	McQueary, Tommie	16	ME Lyons-OH	32.98

Heat 10 of 15 Prelims Starts at 09:26 AM

1	Fatta, Tanner	16	York-PA	32.59
2	O'Connor, Elijah	18	Powel Crosley-OH	32.47
3	Wade, George	17	SomersetValleyNJ	32.45
4	Florio, Aidan	15	Ridgewood-OH	32.42
5	Casavant, Jack	15	Ridgewood-NJ	32.43
6	McKenrick, Aidan	17	Phoenixville-PA	32.46
7	Robinson, Sean	16	SomersetHills-NJ	32.50
8	DeBoer, Andrew	18	Rapid Area-MI	32.61

Heat 11 of 15 Prelims Starts at 09:27 AM

1	Thompson, Jake	17	Columbia-SC	32.38
2	Kim, Christian	15	Wyckoff-NJ	32.29
3	Sparks, Jack	17	Greenwich-CT	32.26
4	Stoia, Brandon	17	Ridgewood-OH	32.23
5	Burns, Jake	16	Suncoast-FL	32.26
6	Coughlin, Brian	18	Wyckoff-NJ	32.28
7	Anastasiades, Christopher	18	Burbank-MA	32.33
8	Fenixdy, Darren	16	Wyckoff-NJ	32.39

Heat 12 of 15 Prelims Starts at 09:28 AM

1	Ford, Christopher	18	Cheshire-CT	32.19
2	Wesley, Ben	17	RidleyArea-PA	32.12
3	Vye, Nicholas	16	Northwest-NC	32.01
4	Dupree, Benjamin	17	Red Bank - NJ	31.98
5	Zellner, Joey	16	Wallingford-CT	32.01
6	Lester, Patrick	16	Powel Crosley-OH	32.04
7	Truscio, Kevin	16	Red Bank - NJ	32.13
8	Ober, Nathan	17	Kennett-PA	32.20

Heat 13 of 15 Prelims Starts at 09:29 AM

1	Lucas, Kyle	17	AuglaizeMercerOH	31.75
2	Grandy, Jack	16	ME Lyons-OH	31.28
3	Citta, Dylan	16	Red Bank - NJ	30.55
4	Cook, Sean	17	Red Bank - NJ	29.80
5	Aune, Brock	17	Door County-WI	30.33
6	Betances, Darien	15	FanwoodScotch-NJ	31.10
7	Herndon, Craig	18	Greensboro-NC	31.46
8	McKenna, Patrick	16	Northwest-NC	31.92

Heat 14 of 15 Prelims Starts at 09:29 AM

1	Thomas, Riley	16	York-PA	31.55
2	Cannata, Joey	18	Cheshire-CT	31.26
3	Kotlyar, Michael	18	New Canaan-CT	30.49
4	Sherman, Adam	17	Powel Crosley-OH	29.68
5	Doyle, Ben	17	UpperMainLine-PA	30.27
6	Liu, Colin	17	SomersetValleyNJ	30.94
7	Rusnock, Joe	16	FarmingtonVal-CT	31.40
8	Ventura, Stephen	18	York-PA	31.85

Heat 15 of 15 Prelims Starts at 09:30 AM

1	Hedges, Will	16	SummitBranch-NJ	31.48
2	Schober, Michael	17	Red Bank - NJ	31.25
3	Fry, Blake	17	Lancaster-OH	30.39
4	Trentalange, Richard	17	Red Bank - NJ	29.10
5	Sun, Alex	18	York-PA	30.13
6	Nutt, Johnny	17	Red Bank - NJ	30.70
7	Insixiengmay, Steven	15	Northwest-NC	31.36
8	Hawkins, Ben	17	Columbia-SC	31.85

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

July 30 - August 3, 2019

Meet Program - Day 3 Prelims

Event 305 Women 400 LC Meter IM**National: 4:49.32 8/2/2017 Leah Braswell****Lane Name Age Team Seed Time****Heat 1 of 7 Prelims Starts at 09:31 AM**

1				
2				
3	Trentalange, Charlotte	14	Red Bank - NJ	4:36.40 Y
4	Jann, Sara-Michael	15	Spartanburg-SC	4:35.16 Y
5	D'Amico, Ellie	18	Gr Missoula-MT	4:35.70 Y
6	Hu, Danning	17	LakelandHills-NJ	4:36.42 Y
7				
8				

Heat 2 of 7 Prelims Starts at 09:36 AM

1	Tucker, Autumn-Brook	17	LakelandHills-NJ	4:34.79 Y
2	Young, Sarah	19	Spartanburg-SC	4:33.83 Y
3	Gerhart, Sophie	17	State College-PA	4:32.46 Y
4	Fraser, Coco	17	LakelandHills-NJ	5:18.46
5	Tyler, Julianna	14	Cheshire-CT	4:31.34 Y
6	O'Neill, Claire	16	York-PA	4:33.08 Y
7	Field, Madi	17	B R Ryall-IL	4:34.17 Y
8	Mohr, Katie	15	Northwest-NC	4:35.11 Y

Heat 3 of 7 Prelims Starts at 09:42 AM

1	Bridges, Jenna	16	Spartanburg-SC	5:18.15
2	Snow, Julia	14	Cheshire-CT	5:17.62
3	Mayo, Alex	16	Soundview-CT	5:16.95
4	Bousum, Grace	16	UpperMainLine-PA	5:16.89
5	Hastings, Liela	17	Wilton-CT	5:16.93
6	Mora, Maile	18	Red Bank - NJ	5:17.33
7	Welker, Sydney	16	York-PA	5:17.69
8	Pappas, Erini	16	UpperMainLine-PA	5:18.21

Heat 4 of 7 Prelims Starts at 09:48 AM

1	Penny, Hayden	13	Spartanburg-SC	5:16.70
2	Bergstrom, Nora	16	Cheshire-CT	5:16.43
3	Wilson, Peyton	15	Greensboro-NC	5:15.55
4	Hensley, Mia	15	Lancaster-OH	5:15.24
5	Peden, Rachel	18	Spartanburg-SC	5:15.29
6	Martin, Rebecca	17	Spartanburg-SC	5:16.30
7	Harkins, Hailey	17	SomersetValleyNJ	5:16.66
8	Robinson, Lily	14	UpperMainLine-PA	5:16.77

Heat 5 of 7 Prelims Starts at 09:53 AM

1	Barto, Julia	13	Cheshire-CT	5:14.42
2	Tejeda, Gabriella	16	Cheshire-CT	5:13.84
3	Meisner, Julia	15	SomersetValleyNJ	5:13.13
4	Skidmore, Lindsey	17	Spartanburg-SC	5:11.48
5	Gomez, Isabelle	15	Lakota-OH	5:12.47
6	Stahl, Nyah	17	York-PA	5:13.55
7	Riegler, Meredith	18	SomersetHills-NJ	5:14.31
8	Haley, Maddie	16	New Canaan-CT	5:15.24

Heat 6 of 7 Prelims Starts at 09:59 AM

1	Herbert, Olivia	14	Western-CT	5:10.79
2	Francis, Abby	18	East Hartford-CT	5:07.79
3	Arkenberg, Alexa	16	R.C. Durr-KY	5:04.16
4	Harnish, Meaghan	15	York-PA	4:57.25
5	Campbell, McKenzie	18	Greensboro-NC	5:00.16
6	Trout, Riley	16	York-PA	5:07.23
7	Agans, Madison	16	SomersetValleyNJ	5:10.22
8	McDermott, Kelly	17	Wyckoff-NJ	5:11.37

Heat 7 of 7 Prelims Starts at 10:04 AM

1	Loughlin, Casey	17	Cheshire-CT	5:10.71
2	Thompson, Emily	13	SomersetValleyNJ	5:07.57
3	Grenon, Samantha	18	Cheshire-CT	5:03.16
4	Cech, Hannah	17	Lakota-OH	4:56.69
5	Byers, Sarah Grace	18	Spartanburg-SC	4:58.93
6	Sunseri, Mia	16	Wheeling-WV	5:05.39
7	Workman, Gail	18	ME Lyons-OH	5:09.00
8	Denenberg, Jane	18	B R Ryall-IL	5:10.96

Event 306 Men 400 LC Meter IM**National: 4:25.27 8/1/2018 Matt Fallon****Lane Name Age Team Seed Time****Heat 1 of 8 Prelims Starts at 10:09 AM**

1	Townson, Connor	15	Montclair-NJ	4:14.90 Y
2	Parkman, Zach	18	Lancaster-OH	4:14.65 Y
3	Wade, George	17	SomersetValleyNJ	4:14.13 Y
4	Jones, Max	16	Annapolis-MD	4:13.89 Y
5	Citta, Dylan	16	Red Bank - NJ	4:13.98 Y
6	Anderson, Tim	17	LakelandHills-NJ	4:14.43 Y
7	Manzella, Timmy	17	New Canaan-CT	4:14.78 Y
8				

Heat 2 of 8 Prelims Starts at 10:15 AM

1	McNamara, Kevin	15	LakelandHills-NJ	4:13.66 Y
2	Lester, Patrick	16	Powel Crosley-OH	4:13.18 Y
3	Hoem, Brennan	18	Oshkosh-WI	4:12.62 Y
4	Wollen, Mitchell	15	Cheshire-CT	4:11.56 Y
5	Acciani, Anthony	17	SomersetValleyNJ	4:12.37 Y
6	Capizzi, Anthony	16	SomersetHills-NJ	4:13.08 Y
7	Eldrenkamp, Corby	18	FanwoodScotch-NJ	4:13.23 Y
8	McDowell, Benaiah	17	Spartanburg-SC	4:13.70 Y

Heat 3 of 8 Prelims Starts at 10:20 AM

1	Colwell, Patrick	17	New Canaan-CT	4:10.93 Y
2	Fry, Blake	17	Lancaster-OH	4:09.79 Y
3	Holtman, Josh	18	Powel Crosley-OH	4:08.52 Y
4	Truscio, Kevin	16	Red Bank - NJ	4:07.58 Y
5	Crowe, Zack	17	LakelandHills-NJ	4:07.86 Y
6	Dupree, Benjamin	17	Red Bank - NJ	4:09.03 Y
7	Gurski, Jonus	18	FanwoodScotch-NJ	4:10.17 Y
8	Jennings, Preston	17	Spartanburg-SC	4:11.29 Y

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

July 30 - August 3, 2019

Meet Program - Day 3 Prelims

Heat 4 Prelims (#306 Men 400 LC Meter IM)

1	He, Corey	15	FanwoodScotch-NJ	4:54.45
2	Markowitz, Owen	13	LakelandHills-NJ	4:54.41
3	Regan, Timmy	15	Western-CT	4:53.44
4	Finkel, Justin	15	Cheshire-CT	4:53.29
5	Craft, Alex	16	ME Lyons-OH	4:53.33
6	Bracall, Nick	14	Spartanburg-SC	4:54.27
7	Bernauer, Clayton	16	LakelandHills-NJ	4:54.43
8	Johnson, David	16	Powel Crosley-OH	4:54.66

Heat 5 of 8 Prelims Starts at 10:30 AM

1	Hu, Kevin	16	Wilton-CT	4:53.15
2	Anbar, Kalen	14	New Canaan-CT	4:53.03
3	Greek, Jimmy	18	RidleyArea-PA	4:52.94
4	Huang, Keren	17	FanwoodScotch-NJ	4:52.19
5	Weil, Jay	17	Powel Crosley-OH	4:52.82
6	Bull, Brian	16	SomersetValleyNJ	4:52.96
7	Soja, Max	16	SomersetValleyNJ	4:53.11
8	Hess, Rory	16	Wilton-CT	4:53.19

Heat 6 of 8 Prelims Starts at 10:35 AM

1	Ehret, Bennett	16	New Canaan-CT	4:51.71
2	Desclous, Ben	16	Hagerstown-MD	4:50.82
3	Menchhofer, Bryce	14	Blue Ash-OH	4:50.10
4	Racevicius, Lucas	18	Cheshire-CT	4:48.08
5	Wisniewski, Jack	16	Goldsboro-NC	4:48.52
6	Wise, Calvin	17	Springfield-OH	4:50.82
7	Wynne, Shane	15	Cheshire-CT	4:51.19
8	Hargrove, Noah	17	Piedmont-VA	4:51.75

Heat 7 of 8 Prelims Starts at 10:40 AM

1	Williams, Nathan	18	Columbia-SC	4:45.64
2	Castagno, Joe	16	SomersetHills-NJ	4:44.61
3	Danus, Nolan	17	LakelandHills-NJ	4:41.43
4	Regan, Billy	18	Western-CT	4:33.84
5	Rennard, Sammy	18	Red Bank - NJ	4:36.13
6	Menchhofer, Erik	16	Blue Ash-OH	4:42.28
7	Cox, Miles	17	York-PA	4:45.07
8	Gamper, Andrew	16	Wyckoff-NJ	4:47.68

Heat 8 of 8 Prelims Starts at 10:45 AM

1	Thomas, Riley	16	York-PA	4:45.15
2	Lynk, Liam	15	LakelandHills-NJ	4:44.27
3	Shoyat, Eli	15	Powel Crosley-OH	4:40.27
4	Scheidl, Lukas	18	SomersetHills-NJ	4:32.32
5	Doromal, James	17	B R Ryall-IL	4:34.82
6	Borges, Nathan	17	SomersetValleyNJ	4:41.56
7	Parker, Jack	16	Spartanburg-SC	4:44.62
8	Lanuza, Christian	16	Greenwich-CT	4:46.62

Event 307 Women 200 LC Meter Freestyle

National: 2:00.22		8/29/2008	Leah Gingrich	
Lane	Name	Age	Team	Seed Time
Heat 1 of 14 Prelims Starts at 10:50 AM				
1	Warner, Bella	17	Brandywine-DE	1:55.66 Y
2	Chow, Olivia	13	SomersetValleyNJ	1:55.53 Y
3	Viney, Gardner Anne	14	Spartanburg-SC	1:55.50 Y
4	Yancey, Mia	16	RidleyArea-PA	1:55.20 Y
5	Jankovich, Alexis	16	Red Bank - NJ	1:55.28 Y
6	Tiller, Anne-Elaine	18	Lynchburg-VA	1:55.53 Y
7	Castro, Jade	14	State College-PA	1:55.55 Y
8	Lettenberger, Ahalya	18	B R Ryall-IL	2:39.22 L B
Heat 2 of 14 Prelims Starts at 10:53 AM				
1	D'Amico, Ellie	18	Gr Missoula-MT	1:54.53 Y
2	Guadalupi, Cecilia	17	Kennebec-ME	1:52.71 Y
3	Nussbaum, Reilly	14	South Shore, MA	2:13.87
4	White, Katelyn	15	B R Ryall-IL	2:13.84
5	Fanning, Jordy	17	ME Lyons-OH	2:13.85
6	Daly, Sarah	18	SomersetHills-NJ	2:13.97
7	Unruh, Megan	14	Boyertown-PA	1:53.03 Y
8	Cox, Grace	17	Parkersburg-WV	1:54.73 Y
Heat 3 of 14 Prelims Starts at 10:56 AM				
1	Davis, Bridget	14	FanwoodScotch-NJ	2:13.73
2	Istambouli, Leiya	16	Western-CT	2:13.55
3	Rocheleau, Amber	17	East Hartford-CT	2:13.45
4	Potter, Laurin	17	Northwest-NC	2:13.34
5	Skidmore, Lindsey	17	Spartanburg-SC	2:13.38
6	Jann, Sara-Michael	15	Spartanburg-SC	2:13.54
7	Ehrnfeldt, Megan	15	Boyertown-PA	2:13.66
8	Rushevics, Kinsey	17	SomersetValleyNJ	2:13.80
Heat 4 of 14 Prelims Starts at 10:58 AM				
1	Falder, Sarah	14	Western-CT	2:13.28
2	Welker, Sydney	16	York-PA	2:13.26
3	Lee, Grace	13	Wyckoff-NJ	2:13.23
4	Nelson, Molly	15	B R Ryall-IL	2:13.13
5	Hoffman, Bella	14	SomersetHills-NJ	2:13.14
6	Marody, Maggie	16	Wheeling-WV	2:13.23
7	Gomez, Atzi	15	Sage-IL	2:13.26
8	Ward, Skylar	17	SomersetValleyNJ	2:13.31
Heat 5 of 14 Prelims Starts at 11:00 AM				
1	Reilly, Maggie	17	SomersetValleyNJ	2:13.11
2	Thornton, Hannah	18	Western Br-DE	2:13.07
3	D'Ambrosio, Danielle	16	SomersetValleyNJ	2:12.82
4	Arps, Lillian	15	Oshkosh-WI	2:12.73
5	Lesser, Hannah	18	SomersetValleyNJ	2:12.77
6	Laganelli, Audrey	13	UpperMainLine-PA	2:12.95
7	Buchert, Anna	14	Spartanburg-SC	2:13.08
8	Sherratt, Billie	13	FanwoodScotch-NJ	2:13.12

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

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Meet Program - Day 3 Prelims

Heat 6 Prelims (#307 Women 200 LC Meter Freestyle)

1	Ben-David, Nicole	14	FanwoodScotch-NJ	2:12.59
2	Mayo, Alex	16	Soundview-CT	2:12.56
3	Wilson, Camrynn	14	Spartanburg-SC	2:12.45
4	McKinney, Abigail	17	Westfield-NJ	2:12.41
5	O'Shaughnessey, Anna	16	Columbia-SC	2:12.42
6	Staretz, Presley	14	York-PA	2:12.47
7	Price, Kaylee	15	Springfield-OH	2:12.58
8	Fresa, Noel	17	U Perkiomen-PA	2:12.67

Heat 7 of 14 Prelims Starts at 11:05 AM

1	Roberti, Hailey	18	SomersetValleyNJ	2:12.39
2	Clippard, Lauren	15	Powel Crosley-OH	2:12.33
3	Pacelli, Sarah	18	SomersetValleyNJ	2:12.16
4	Foltz, Caroline	15	York-PA	2:12.05
5	Swabb, Emma	18	South Family-OH	2:12.09
6	Zhou, Grace	14	SomersetValleyNJ	2:12.24
7	Smith, M.E.	18	South Family-OH	2:12.37
8	Sullivan, Mac	15	UpperMainLine-PA	2:12.40

Heat 8 of 14 Prelims Starts at 11:08 AM

1	Bergstrom, Nora	16	Cheshire-CT	2:11.99
2	Durkin, Keeley	17	RidleyArea-PA	2:11.78
3	Gindorf, Jamie	17	Sage-IL	2:11.67
4	Bridges, Jenna	16	Spartanburg-SC	2:11.58
5	Robinson, Lily	14	UpperMainLine-PA	2:11.60
6	Eckert, Ellie	17	Lynchburg-VA	2:11.71
7	Hann, Lily	15	LakelandHills-NJ	2:11.88
8	Sutphin, Ava	14	ME Lyons-OH	2:12.03

Heat 9 of 14 Prelims Starts at 11:10 AM

1	Toepfer, Abby	14	South Shore, MA	2:11.42
2	Cowe, Arisa	18	Wilton-CT	2:11.32
3	Uhlin, Brina	17	York-PA	2:11.27
4	Zebrowski, Jessica	16	Red Bank - NJ	2:11.06
5	Paxson, Amanda	16	Blue Ash-OH	2:11.24
6	Sendak, Grace	14	The Oranges-NJ	2:11.27
7	Pinnix, Omega	17	Greensboro-NC	2:11.38
8	Wang, Marina	13	UpperMainLine-PA	2:11.44

Heat 10 of 14 Prelims Starts at 11:13 AM

1	Schwieters, Grace	17	B R Ryall-IL	2:11.00
2	Reedy, Kayla	18	York-PA	2:10.61
3	Heim, Natalie	17	Red Bank - NJ	2:10.46
4	Page, Lorelai	14	LakelandHills-NJ	2:10.25
5	Andres, Annie	15	B R Ryall-IL	2:10.34
6	French, Meghan	18	York-PA	2:10.47
7	Marcella, Maddy	13	Andover-MA	2:10.91
8	Anbar, Isabel	18	New Canaan-CT	2:11.02

Heat 11 of 14 Prelims Starts at 11:15 AM

1	McLaughlin, Brenna	18	Wilton-CT	2:10.21
2	Fortman, Emma	18	Blue Ash-OH	2:10.02
3	Thomas, Bridget	16	Westfield-NJ	2:09.94
4	Elliott, Mikaela	16	Powel Crosley-OH	2:09.54
5	Lange, Grace	17	Wilton-CT	2:09.55
6	Eldridge, Sarah	14	Ocean County-NJ	2:09.97
7	Fulton, Alexa	14	UpperMainLine-PA	2:10.03
8	Saunders, Hutton	15	Greenwich-CT	2:10.23

Heat 12 of 14 Prelims Starts at 11:18 AM

1	Michalik, Claire	16	Greenwich-CT	2:08.64
2	Mahoney, Mary	17	Red Bank - NJ	2:08.02
3	Hastings, Grace	17	ME Lyons-OH	2:06.28
4	Hetrick, Paige	17	Bradford-PA	2:03.02
5	McEnroe, Kirsti	15	Spartanburg-SC	2:05.60
6	Bishop, Stephanie	16	Wilton-CT	2:07.74
7	Klosterman, Carstyn	16	Northwest-NC	2:08.10
8	Holmquist, Ellen	17	Wilton-CT	2:09.54

Heat 13 of 14 Prelims Starts at 11:20 AM

1	Rosenthal, Molly	18	B R Ryall-IL	2:08.27
2	Kayal, Grace	17	Red Bank - NJ	2:07.86
3	Doss, Abigail	17	Susquehanna-PA	2:05.84
4	Morris, Kate	16	B R Ryall-IL	2:02.84
5	Meisner, Catherine	15	SomersetValleyNJ	2:05.48
6	Murphy, Sophie	16	Cheshire-CT	2:07.08
7	Manthorp, Sarah	17	UpperMainLine-PA	2:08.10
8	Stevens, Julia	16	Cheshire-CT	2:08.92

Heat 14 of 14 Prelims Starts at 11:23 AM

1	Hughes, Caitlyn	15	SomersetValleyNJ	2:08.11
2	Tyler, Alexandra	16	Cheshire-CT	2:07.78
3	Horner, Cameron	16	Henson-MD	2:05.83
4	Glass, Megan	18	Blue Ash-OH	2:02.55
5	Ganihanova, Aziza	17	SomersetValleyNJ	2:05.28
6	McGann, Caroline	17	Red Bank - NJ	2:06.67
7	Stevenson, Katie	18	Wilton-CT	2:08.04
8	Hart, Madeline	17	ME Lyons-OH	2:08.82

Event 308 Men 200 LC Meter Freestyle

National: 1:50.75 7/29/2009 Tim Phillips				
Lane	Name	Age	Team	Seed Time
Heat 1 of 11 Prelims Starts at 11:25 AM				
1				
2	Slupe, Collin	18	Kennett-PA	1:45.34Y
3	Pacholarz, Michael	17	Sussex County-NJ	1:45.26Y
4	Noone, Tommy	18	UpperMainLine-PA	1:44.76Y
5	Hardy, JJ	18	Columbia-SC	1:45.22Y
6	Wyatt, Trevor	17	Northwest-NC	1:45.32Y
7				
8				
Heat 2 of 11 Prelims Starts at 11:27 AM				
1	Johnson, Sam	15	Piedmont-VA	1:44.64Y
2	Von Summer, Holden	17	Wyckoff-NJ	1:44.26Y
3	Holmes, Camden	18	Down East-ME	1:43.88Y
4	McKenrick, Aidan	17	Phoenixville-PA	1:43.71Y
5	Ward, Steven	17	LakelandHills-NJ	1:43.79Y
6	Shir, Maor	17	Wyckoff-NJ	1:44.26Y
7	McBoyle, Reid	17	SomersetHills-NJ	1:44.41Y
8	Fatta, Alec	18	York-PA	1:44.76Y

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Meet Program - Day 3 Prelims

Heat 3 Prelims (#308 Men 200 LC Meter Freestyle)

1	Beauchene, Alex	16	FarmingtonVal-CT	1:42.69 Y
2	Jordan, Colin	15	Spartanburg-SC	2:02.90
3	Roten, Landon	16	Northwest-NC	2:02.84
4	Botting, Michael	18	FanwoodScotch-NJ	2:02.74
5	Held, Drew	15	Blue Ash-OH	2:02.75
6	Levens, Peter	18	Cheshire-CT	2:02.88
7	Rennard, Theo	16	Red Bank - NJ	1:42.43 Y
8	Vlahos, Luke	17	Northwest-NC	1:43.12 Y

Heat 4 of 11 Prelims Starts at 11:32 AM

1	Betances, Darien	15	FanwoodScotch-NJ	2:02.63
2	Womble, Ethan	16	Greensboro-NC	2:02.54
3	Schlueter, Alex	17	Sage-IL	2:02.54
4	Christian, Jack	16	UpperMainLine-PA	2:02.36
5	Bargo, Felipe	18	Hamilton Area-NJ	2:02.37
6	Dragon, Nate	16	Gr Holyoke-MA	2:02.54
7	Besgen, Nicholas	15	Wilton-CT	2:02.61
8	Sharifian, Hiran	15	FanwoodScotch-NJ	2:02.65

Heat 5 of 11 Prelims Starts at 11:34 AM

1	Taylor, Owen	16	Powel Crosley-OH	2:02.14
2	Hill, Sean	16	Down East-ME	2:02.07
3	Lee, Ian	15	Western-CT	2:01.93
4	Tucker, Jack	18	Cheshire-CT	2:01.86
5	Wesley, Ben	17	RidleyArea-PA	2:01.87
6	Matjucha, Andrew	17	Randolph-NJ	2:02.05
7	Craft, Alex	16	ME Lyons-OH	2:02.11
8	Lalani, Adam	15	LakelandHills-NJ	2:02.26

Heat 6 of 11 Prelims Starts at 11:36 AM

1	Dapo, Denis	15	Suncoast-FL	2:01.69
2	Brice, Sebastian	18	New Canaan-CT	2:01.49
3	Hodgson, Lucas	15	Greenwich-CT	2:01.27
4	Merritt, Tyler	17	Cheshire-CT	2:01.17
5	Shirman, Mitchell	16	Wyckoff-NJ	2:01.23
6	Anderson, Gavin	17	Kishwaukee-IL	2:01.34
7	Nonnenmacher, Max	17	Wilton-CT	2:01.66
8	McDermott, Will	16	York-PA	2:01.71

Heat 7 of 11 Prelims Starts at 11:39 AM

1	Curran, Fran	18	Phoenixville-PA	2:01.12
2	Clark, Charlie	17	Greenwich-CT	2:00.85
3	Valentine, Isaiah	18	Powel Crosley-OH	2:00.71
4	Alexy, Rob	14	SomersetHills-NJ	2:00.58
5	Resweber, Will	18	RidleyArea-PA	2:00.60
6	Hanke, Sam	16	Cheshire-CT	2:00.73
7	Smith, Luke	18	Spartanburg-SC	2:00.96
8	Knurek, Tyler	15	MetuchenED-NJ	2:01.17

Heat 8 of 11 Prelims Starts at 11:41 AM

1	Neale, Bode	16	Spartanburg-SC	2:00.32
2	Groth, Andrew	18	Oshkosh-WI	2:00.16
3	Pascale, James	16	Greenwich-CT	1:59.81
4	Schober, Michael	17	Red Bank - NJ	1:59.16
5	Fantano, Derek	15	Cheshire-CT	1:59.38
6	Hodgson, Marcus	17	Greenwich-CT	1:59.84
7	Paul, Jack	16	Wyckoff-NJ	2:00.25
8	Lane, Nicky	17	LakelandHills-NJ	2:00.39

Heat 9 of 11 Prelims Starts at 11:43 AM

1	Foreback, Ryan	17	Red Bank - NJ	1:58.94
2	Toepfer, Nicholas	16	South Shore, MA	1:57.62
3	Menchhofer, Erik	16	Blue Ash-OH	1:56.74
4	Losee, KJ	17	Rapid Area-MI	1:55.52
5	Andres, Nick	17	B R Ryall-IL	1:56.43
6	Speed, Cameron	17	York-PA	1:57.00
7	Paxton, Luke	16	Powel Crosley-OH	1:58.85
8	Conley, Brendan	18	ME Lyons-OH	1:59.02

Heat 10 of 11 Prelims Starts at 11:45 AM

1	Harris, Dax	15	Greensboro-NC	1:58.93
2	Gifford, Alex	17	Wyckoff-NJ	1:57.36
3	McFadden, Logan	17	York-PA	1:56.59
4	Lequang, Matthew	17	Hamilton Area-NJ	1:55.18
5	Fazio, Michael	18	Jennersville-PA	1:56.14
6	Lamping, Adam	16	Powel Crosley-OH	1:56.96
7	Welsh, Christopher	18	SomersetValleyNJ	1:58.23
8	Todorovic, Stephan	18	Greenwich-CT	1:59.01

Heat 11 of 11 Prelims Starts at 11:48 AM

1	Wesley, Sam	17	RidleyArea-PA	1:58.86
2	Cynor, Quinton	16	Sage-IL	1:57.19
3	D'Amore, Logan	17	FanwoodScotch-NJ	1:56.48
4	Cohen, Josh	18	FanwoodScotch-NJ	1:52.60
5	Shoyat, Eli	15	Powel Crosley-OH	1:56.04
6	Retterer, Paul	17	Red Bank - NJ	1:56.88
7	McGowan, John	17	LakelandHills-NJ	1:57.78
8	Green, Connor	16	Lancaster-OH	1:58.97

Event 309 Women 200 LC Meter Medley Relay

National: 1:57.19 8/1/2018 Red Bank Branch YMCA

M Schobel, E Shaughnessy, G Hansen, M Judge

Lane	Team	Relay	Seed Time
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Heat 1 of 5 Prelims Starts at 11:50 AM

1			
2			
3	Fort Meigs-OH		1:50.99 Y
4	Westfield-NJ		1:49.54 Y
5	East Hartford-CT		1:49.90 Y
6			
7			
8			

Heat 2 of 5 Prelims Starts at 11:52 AM

1	West Chester-PA		1:49.45 Y
2	New Canaan-CT		1:48.83 Y
3	Kennett-PA		1:47.96 Y
4	Kennebec-ME		1:46.22 Y
5	Wyckoff-NJ		1:47.72 Y
6	SomersetHills-NJ		1:48.61 Y
7	Ridgewood-OH		1:49.05 Y
8	Chambersburg-PA		1:49.50 Y

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

July 30 - August 3, 2019

Meet Program - Day 3 Prelims

Heat 3 Prelims (#309 Women 200 LC Meter Medley Relay)

1	Powel Crosley-OH	2:06.85
2	Wilton-CT	2:06.11
3	FanwoodScotch-NJ	2:02.65
4	Northwest-NC	2:00.77
5	SomersetValleyNJ	2:01.17
6	Spartanburg-SC	2:03.75
7	South Family-OH	2:06.31
8	B R Ryall-IL	1:45.64Y

Heat 4 of 5 Prelims Starts at 11:57 AM

1	Oshkosh-WI	2:06.68
2	Sage-IL	2:05.91
3	Cheshire-CT	2:02.08
4	Red Bank - NJ	1:59.60
5	ME Lyons-OH	2:00.97
6	UpperMainLine-PA	2:03.45
7	Phoenixville-PA	2:06.15
8	Bath Area-ME	1:41.88Y

Heat 5 of 5 Prelims Starts at 11:59 AM

1	Western-CT	2:06.55
2	LakelandHills-NJ	2:05.15
3	Greensboro-NC	2:01.93
4	Blue Ash-OH	1:59.41
5	York-PA	2:00.94
6	Piedmont-VA	2:02.83
7	Ocean County-NJ	2:06.14
8	Suncoast-FL	2:06.85

Event 310 Men 200 LC Meter Medley Relay**National: 1:44.00 7/30/2013 Somerset Valley****D Sali, Z Warner, D Chung, B Zdroik**

Lane	Team	Relay	Seed Time
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Heat 1 of 6 Prelims Starts at 12:02 PM

1		
2	Dancely-MD	1:39.98Y
3	RidleyArea-PA	1:39.59Y
4	Jennersville-PA	1:39.35Y
5	Flushing-NY	1:39.49Y
6	Kennett-PA	1:39.63Y
7		
8		

Heat 2 of 6 Prelims Starts at 12:04 PM

1	Coffman - OH	1:38.66Y
2	Springfield-OH	1:37.68Y
3	B R Ryall-IL	1:36.69Y
4	Chambersburg-PA	1:35.87Y
5	Phoenixville-PA	1:35.96Y
6	Brandywine-DE	1:36.82Y
7	Northwest-NC	1:38.55Y
8	Kishwaukee-IL	1:39.13Y

Heat 3 of 6 Prelims Starts at 12:06 PM

1	Bath Area-ME	1:34.03Y
2	State College-PA	1:33.50Y
3	Spartanburg-SC	1:54.96
4	Blue Ash-OH	1:54.89
5	ME Lyons-OH	1:54.94
6	South Shore, MA	1:54.99
7	Wyckoff-NJ	1:33.75Y
8	Piedmont-VA	1:34.26Y

Heat 4 of 6 Prelims Starts at 12:08 PM

1	Suncoast-FL	1:54.15
2	Greenwich-CT	1:52.91
3	New Canaan-CT	1:51.63
4	York-PA	1:49.31
5	FanwoodScotch-NJ	1:50.36
6	Cheshire-CT	1:52.37
7	Lancaster-OH	1:53.38
8	Down East-ME	1:54.57

Heat 5 of 6 Prelims Starts at 12:10 PM

1	Greensboro-NC	1:53.96
2	FarmingtonVal-CT	1:52.53
3	Rapid Area-MI	1:51.53
4	Powel Crosley-OH	1:48.04
5	Red Bank - NJ	1:50.13
6	SomersetValleyNJ	1:52.10
7	Western-CT	1:53.16
8	Hamilton Area-NJ	1:54.20

Heat 6 of 6 Prelims Starts at 12:12 PM

1	LakelandHills-NJ	1:53.66
2	Sage-IL	1:52.38
3	UpperMainLine-PA	1:50.45
4	SomersetHills-NJ	1:45.79
5	AuglaizeMercerOH	1:49.53
6	Ridgewood-OH	1:51.93
7	Columbia-SC	1:52.94
8	South Florida-FL	1:54.18