



GREENSBORO, NC Quick Fact



Official Beginnings

Greensboro: 1808

Guilford County: 1771

HEAT SHEET PROGRAM

Monday Evening Competition

Officials, Coaches and Spectators Edition



2019 Short Course YMCA Nationals, Sanction #: NC19008AP**Greensboro NC 4/1/2019 - 4/5/2019****Meet Program - 1st Day Women Pool****Event 101 Women 200 Yard Medley Relay****National: 1:40.99 4/2/2015 Middle Tyger YMCA****A Galyer, S Faulconer, J Snover, K Konopka****Meet Qualifying: 1:50.99**

Lane	Team	Relay	Seed Time
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Heat 1 of 9 Prelims Starts at 05:15 PM

1			
2	Fort Meigs-OH		1:50.99
3	Talbot County-MD		1:50.87
4	Racine-WI		1:50.51
5	Westfield-NJ		1:50.71
6	West Chester-PA		1:50.98
7			
8			

Heat 2 of 9 Prelims Starts at 05:18 PM

1	Western-CT		1:50.36
2	Susquehanna-PA		1:50.21
3	North Canton-OH		1:50.16
4	Fox Cities-WI		1:50.13
5	Coffman - OH		1:50.14
6	Chambersburg-PA		1:50.16
7	Grove City-PA		1:50.30
8	Edwardsville-IL		1:50.47

Heat 3 of 9 Prelims Starts at 05:20 PM

1	Powel Crosley-OH		1:50.09
2	North Shore-MA		1:49.91
3	Randolph-NJ		1:49.78
4	SomersetHills-NJ		1:49.74
5	Boyertown-PA		1:49.77
6	East Hartford-CT		1:49.90
7	Sage-IL		1:50.00
8	Wilton-CT		1:50.12

Heat 4 of 9 Prelims Starts at 05:22 PM

1	ME Lyons-OH		1:49.64
2	Bethlehem-PA		1:49.49
3	FanwoodScotch-NJ		1:49.32
4	East Hampton-NY		1:49.20
5	South Family-OH		1:49.31
6	AuglaizeMercerOH		1:49.35
7	New Canaan-CT		1:49.63
8	Springfield-OH		1:49.72

Heat 5 of 9 Prelims Starts at 05:24 PM

1	Pocono-PA		1:49.19
2	SummitBranch-NJ		1:49.13
3	Champaign-IL		1:48.91
4	Cross Island-NY		1:48.85
5	Birmingham-MI		1:48.89
6	Wyckoff-NJ		1:48.96
7	Bradford-PA		1:49.19
8	Ocean County-NJ		1:49.20

Heat 6 of 9 Prelims Starts at 05:26 PM

1	Green Bay-WI		1:48.70
2	State College-PA		1:48.08
3	Burlington Co-NJ		1:47.67
4	LakelandHills-NJ		1:47.36
5	Triangle Area-NC		1:47.49
6	Wausau-WI		1:47.86
7	Sarasota-FL		1:48.21
8	Phoenixville-PA		1:48.76

Heat 7 of 9 Prelims Starts at 05:28 PM

1	Orlando-FL		1:46.53
2	Cheshire-CT		1:46.03
3	ReadingBerks-PA		1:44.96
4	Spartanburg-SC		1:43.96
5	Blue Ash-OH		1:44.28
6	B R Ryall-IL		1:45.54
7	Kennebec-ME		1:46.22
8	Kennett-PA		1:47.35

Heat 8 of 9 Prelims Starts at 05:30 PM

1	SomersetValleyNJ		1:46.42
2	Piedmont-VA		1:46.02
3	York-PA		1:44.92
4	Bath Area-ME		1:43.71
5	Schroeder-WI		1:44.23
6	Countryside-OH		1:45.45
7	Springfield-IL		1:46.11
8	UpperMainLine-PA		1:46.62

Heat 9 of 9 Prelims Starts at 05:32 PM

1	Boise-ID		1:46.36
2	Greensboro-NC		1:45.75
3	Northwest-NC		1:44.81
4	Des Moines-IA		1:42.60
5	Red Bank - NJ		1:44.09
6	Westport/Weston		1:45.36
7	Stevens Point-WI		1:46.04
8	Farmington-MI		1:46.59

Event 103 / 104 Women / Men 1000 Free**W National: 9:27.19 4/3/2013 Danielle Valley****M National: 8:55.55 4/6/2011 Nicholas Caldwell****Women Meet Qualifying: 10:27.99****Men Meet Qualifying: 9:46.99**

Lane	Name	Age	Team	Seed Time
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Heat 1 (Heat 1 Women 1000 Free) Starts at 05:49 PM

1	Molly Rosenthal	18	B R Ryall-IL	10:05.80
2	Grace Hastings	16	ME Lyons-OH	10:02.02
3	Abigail Doss	17	Susquehanna-PA	9:54.25
4	Michaela Mattes	14	Sarasota-FL	9:46.56
5	Emma Weyant	17	Sarasota-FL	9:47.85
6	Aziza Ganihanova	16	SomersetValleyNJ	10:01.42
7	Christina Cianciolo	17	Sarasota-FL	10:05.40
8	Brenna McLaughlin	17	Wilton-CT	10:07.84

2019 Short Course YMCA Nationals, Sanction #: NC19008AP**Greensboro NC 4/1/2019 - 4/5/2019****Meet Program - 1st Day Women Pool****Heat 2 (Heat 1 Men 1000 Free) (#103 / 104)**

1	Lance Norris	15	Rocky Mount-NC	9:21.33
2	Sammy Rennard	18	Red Bank - NJ	9:19.70
3	Nathan Borges	16	SomersetValleyNJ	9:13.74
4	Ross Dant	18	Hickory -nc	8:57.37
5	Matthew Lequang	17	Hamilton Area-NJ	9:12.46
6	Josh Cohen	18	FanwoodScotch-NJ	9:15.15
7	Theo Rennard	15	Red Bank - NJ	9:20.94
8	Alexander Webster	18	Sarasota-FL	9:22.98

Heat 3 (Heat 2 Women 1000 Free) Starts at 06:10 PM

1	Emma Babashak	16	Wilton-CT	10:16.13
2	Meghan French	18	York-PA	10:14.58
3	Kendra Preski	17	Springfield-IL	10:13.67
4	Julia Stevens	16	Cheshire-CT	10:11.77
5	Catherine Meisner	15	SomersetValleyNJ	10:13.24
6	Mercedes Traba	16	Sarasota-FL	10:14.08
7	Samantha Grenon	17	Cheshire-CT	10:15.84
8	Alyssa Graves	17	Schroeder-WI	10:16.50

Heat 4 (Heat 3 Women 1000 Free) Starts at 06:20 PM

1	Sarah Eldridge	14	Ocean County-NJ	10:18.73
2	Claire Kehley	15	Westport/Weston	10:18.70
3	Addie Sauickie	13	Sarasota-FL	10:17.11
4	Sumner Chmielewski	15	Sarasota-FL	10:16.69
5	Gail Workman	18	ME Lyons-OH	10:16.70
6	Maggie Erwin	17	Boise-ID	10:17.84
7	Megan Carson	16	Triangle Area-NC	10:18.70
8	Brooklynn Kaster	15	Des Moines-IA	10:18.78

Heat 5 (Heat 4 Women 1000 Free) Starts at 06:31 PM

1	Rachel Peden	18	Spartanburg-SC	10:26.60
2	Bridget Thomas	15	Westfield-NJ	10:20.85
3	Ellie Eckert	16	Lynchburg-VA	10:19.99
4	Lorelai Page	14	LakelandHills-NJ	10:18.79
5	Caroline McGann	17	Red Bank - NJ	10:19.79
6	Annie Andres	15	B R Ryall-IL	10:20.70
7	Ava Sutphin	13	ME Lyons-OH	10:26.28
8	Alicia Davie	17	Sarasota-FL	10:26.62

Heat 6 (Heat 5 Women 1000 Free) Starts at 06:41 PM

1	Mikaela Elliott	16	Powel Crosley-OH	10:30.19
2	Taylor Marjamaa	18	Red Bank - NJ	10:28.31
3	Nora Bergstrom	16	Cheshire-CT	10:27.67
4	Isabelle Gomez	14	Lakota-OH	10:26.63
5	Coco Fraser	16	LakelandHills-NJ	10:27.05
6	Hannah Perkins	15	North Shore-MA	10:27.88
7	Grace Lange	17	Wilton-CT	10:28.78
8	Jenna Bridges	16	Spartanburg-SC	10:32.06

Heat 7 (Heat 6 Women 1000 Free) Starts at 06:52 PM

1				
2				
3	Isabel Anbar	18	New Canaan-CT	10:38.07
4	Grace Pettit	16	Cheshire-CT	10:33.38
5	Arisa Cowe	17	Wilton-CT	10:36.59
6	Maya Knutson	17	Boise-ID	9:04.43 L
7				
8				

2019 Short Course YMCA Nationals, Sanction #: NC19008AP

Greensboro NC 4/1/2019 - 4/5/2019

Meet Program - 1st Day Men Pool

Event 102 Men 200 Yard Medley Relay**National: 1:29.86 4/3/2013 Somerset Valley YMCA****D Sali, Z Warner, D Chung, B Zdroik****Meet Qualifying: 1:39.99**

Lane	Team	Relay	Seed Time
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Heat 1 of 10 Prelims Starts at 05:15 PM

1	Greenwich-CT	1:49.49 L
2	Freeland-PA	1:39.94
3	Glens Falls-NY	1:39.89
4	Bloomsburg-PA	1:39.78
5	Down East-ME	1:39.86
6	South Florida-FL	1:39.92
7	Dancely-MD	1:39.98
8		

Heat 2 of 10 Prelims Starts at 05:18 PM

1	West Chester-PA	1:39.73
2	Kennett-PA	1:39.67
3	Kishwaukee-IL	1:39.59
4	Skagit Valley-WA	1:39.54
5	RidleyArea-PA	1:39.59
6	Kennebec-ME	1:39.65
7	Springfield-OH	1:39.71
8	East Hampton-NY	1:39.78

Heat 3 of 10 Prelims Starts at 05:20 PM

1	Northwest-NC	1:39.47
2	Western-CT	1:39.41
3	Pocono-PA	1:39.35
4	Boyertown-PA	1:39.14
5	Hickory -nc	1:39.16
6	Jennersville-PA	1:39.35
7	Coffman - OH	1:39.43
8	North Canton-OH	1:39.51

Heat 4 of 10 Prelims Starts at 05:22 PM

1	Malden-MA	1:39.02
2	Champaign-IL	1:38.89
3	Rapid Area-MI	1:38.64
4	SouthCounty-FL	1:38.55
5	Brandywine-DE	1:38.56
6	Bremerton-WA	1:38.72
7	Westfield-NJ	1:38.94
8	New Canaan-CT	1:39.06

Heat 5 of 10 Prelims Starts at 05:24 PM

1	Burlington Co-NJ	1:38.49
2	Cheshire-CT	1:38.37
3	Franklin-PA	1:38.33
4	Eau Claire-WI	1:38.20
5	Spartanburg-SC	1:38.31
6	Reston-VA	1:38.34
7	Liberty Twp-OH	1:38.49
8	Wilmington-NC	1:38.51

Heat 6 of 10 Prelims Starts at 05:26 PM

1	SummitBranch-NJ	1:38.01
2	Piedmont-VA	1:37.87
3	Lynchburg-VA	1:37.54
4	Orlando-FL	1:37.50
5	Westport/Weston	1:37.52
6	Tri-Hampton-PA	1:37.56
7	ReadingBerks-PA	1:37.94
8	Bayside-RI	1:38.17

Heat 7 of 10 Prelims Starts at 05:29 PM

1	Flushing-NY	1:37.49
2	Des Moines-IA	1:37.39
3	Boise-ID	1:36.98
4	Hamilton Area-NJ	1:36.89
5	Wyckoff-NJ	1:36.91
6	Phoenixville-PA	1:36.98
7	Greensboro-NC	1:37.44
8	Clearfield-PA	1:37.50

Heat 8 of 10 Prelims Starts at 05:31 PM

1	Springfield-IL	1:36.60
2	Green Bay-WI	1:35.64
3	SomersetValleyNJ	1:35.02
4	Triangle Area-NC	1:32.92
5	Schroeder-WI	1:34.63
6	Powel Crosley-OH	1:35.55
7	Edwardsville-IL	1:36.29
8	Youngstown-OH	1:36.88

Heat 9 of 10 Prelims Starts at 05:33 PM

1	Chambersburg-PA	1:36.52
2	Sage-IL	1:35.62
3	Red Bank - NJ	1:34.80
4	UpperMainLine-PA	1:32.62
5	LakelandHills-NJ	1:34.38
6	Lancaster-OH	1:35.35
7	FarmingtonVal-CT	1:36.10
8	Grand Island-NE	1:36.83

Heat 10 of 10 Prelims Starts at 05:35 PM

1	B R Ryall-IL	1:36.46
2	AuglaizeMercerOH	1:35.56
3	York-PA	1:34.64
4	SomersetHills-NJ	1:32.29
5	State College-PA	1:33.97
6	West Shore-PA	1:35.32
7	Bath Area-ME	1:36.06
8	FanwoodScotch-NJ	1:36.76

2019 Short Course YMCA Nationals, Sanction #: NC19008AP**Greensboro NC 4/1/2019 - 4/5/2019****Meet Program - 1st Day Men Pool****Event 104 Men 1000 Yard Freestyle****National: 8:55.55 4/6/2011 Nicholas Caldwell****Meet Qualifying: 9:46.99**

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals - Swimming with Finals

1	Lance Norris	15	Rocky Mount-NC	9:21.33
2	Sammy Rennard	18	Red Bank - NJ	9:19.70
3	Nathan Borges	16	SomersetValleyNJ	9:13.74
4	Ross Dant	18	Hickory -nc	8:57.37
5	Matthew Lequang	17	Hamilton Area-NJ	9:12.46
6	Josh Cohen	18	FanwoodScotch-NJ	9:15.15
7	Theo Rennard	15	Red Bank - NJ	9:20.94
8	Alexander Webster	18	Sarasota-FL	9:22.98

Heat 2 of 6 Finals Starts at 06:12 PM

1	Alexander Gusev	18	Sarasota-FL	9:27.93
2	Logan McFadden	17	York-PA	9:27.61
3	Liam Custer	14	Sarasota-FL	9:26.05
4	Nick Andres	17	B R Ryall-IL	9:25.10
5	Timmy Joyce	18	Western-CT	9:25.99
6	Brian Bull	15	SomersetValleyNJ	9:27.56
7	Logan D'Amore	17	FanwoodScotch-NJ	9:27.67
8	Jared Carter	16	Triangle Area-NC	9:28.24

Heat 3 of 6 Finals Starts at 06:22 PM

1	Andrew Gamper	16	Wyckoff-NJ	9:35.98
2	Cameron Speed	17	York-PA	9:35.76
3	Jacob Greenwood	18	Chambersburg-PA	9:31.08
4	Jake Ritz	18	Westport/Weston	9:28.99
5	Sarsen Whatmore	17	Sarasota-FL	9:30.78
6	Zach Szmania	18	Sarasota-FL	9:32.02
7	Brendan Conley	17	ME Lyons-OH	9:35.91
8	Matthew Knox	18	Springfield-IL	9:36.81

Heat 4 of 6 Finals Starts at 06:32 PM

1	Kevin Truscio	15	Red Bank - NJ	9:41.44
2	Maxwell Miller	18	South Florida-FL	9:40.92
3	Liam Lynk	15	LakelandHills-NJ	9:40.17
4	Ryan Foreback	16	Red Bank - NJ	9:38.11
5	Jack Parker	16	Spartanburg-SC	9:39.63
6	Alex Craft	16	ME Lyons-OH	9:40.76
7	Parker Lenoe	13	Westport/Weston	9:41.12
8	Michael Kindel	15	Springfield-IL	9:42.60

Heat 5 of 6 Finals Starts at 06:42 PM

1				
2	Brennan Carroll	18	Cheshire-CT	9:45.18
3	John McGowan	16	LakelandHills-NJ	9:44.23
4	Gavin Anderson	16	Kishwaukee-IL	9:43.09
5	Jonathan Novinski	16	Grand Island-NE	9:43.40
6	Trevor Wyatt	16	Northwest-NC	9:44.92
7	Alex Vester	16	Ridgewood-NJ	9:45.66
8				

Heat 6 of 6 Finals Starts at 06:52 PM

1				
2				
3	Connor Shoemaker	18	Sarasota-FL	8:41.37L
4	Max Nonnenmacher	16	Wilton-CT	9:47.50
5	Christopher Patrick	17	Boise-ID	9:55.56
6				
7				
8				