

**Autumn Harvest Meet**  
**October 24-25, 2009**  
**Jersey Wahoos**  
**Mt. Laurel, NJ**

*After weeks of playing on the beach, visiting with friends, and relaxing in front of the TV, school had started and so did the winter swim season. Wahoo's Swimmers have been training hard for the annual Autumn Harvest meet. In the first swim meet of the winter season significant improvements were seen by many, signifying the start of a new beginning.*

**Becca Anderson, 17**, a new Wahoo swimmer raced to a BB time in her 100 free (1:02.73) Brandon Bader, 16, stroked his way to a near best time in the 100 free (55.59). **Ally Balcolm, 15**, touched the wall with a personal best in the 50 free (29.00) **Tara Beck, 16**, swam hard to the wall in all her races. **Bobby Bendzyn, 16**, powered his way to the wall in his races, swimming to a near best time in his 50 free (24.92). **Tyler Bishop, 16**, a new Wahoo swimmer, raced to a B time standard in her 50 free (32.33). **Karla Campos, 16**, another new Wahoo swimmer, raced to B time standards in her 100 free, 100 back and 50 free swims. **Jeffrey D'Angelo, 15**, stroked his way to a personal best in the 200 breaststroke (2:51.57). **Gianni DeFrancesco, 15**, picked up a new B time standard in his 200 breaststroke by way of a ten second time drop. He also raced to a BB time in his 50 free 27.08. **Nick DiPalo, 15**, raced hard to the wall in all his swims. **Debbie Eaton, 16**, swam a strong meet slicing her seedtime in three of her four swims. She cut over three seconds from her 100 back for a 1:22.69. **Pete Espinoza, 15**, stroked his way to personal bests in four of his five swims. He touched the wall with new BB time standards in his 100 and 200 free swims. **Gary Hessler, 16**, raced to a new best time in his 100 back (1:03.11), finishing 6<sup>th</sup>. **Michael Kell, 16**, stroked his way to a four second time drop in his 200 breaststroke (2:47.74) **Kelsey Koos, 15**, swam hard to the wall in all her races. **Madison Leonard, 15**, powered her way to the wall in all her swims. **Gabe Moffit, 15**, touched the wall with personal bests in four of his races. He brought home a new B time standard in his 50 free (28.88) **Liz Spanfelner, 15**, stroked her way to a four second time drop in her 500 free. (6:11.66). **Mike Tarnovsky, 15**, raced to a new BB time standard in his 200 IM (2:24.66). He also shaved time in his 100 fly (1:00.73) **Ryan Wintermute, 16**, stroked his way to a personal best in his 100 breaststroke (1:24.40).

**Gabby Albaz, 14**, powered her way to the wall in all her swims. **Justin Beck, 13**, brought home new BB time standards in his 50, 100 and 500 free events, along with his 100 fly. **Colby Brooks, 13**, powered her way to a new B time standard in her 100 breaststroke, by way of a six second time drop. **Julia Bryan, 14**, stroked her way to personal bests in both her breaststroke events. She raced to a new B time standard in her 100 fly by way of a nine second time drop. **Jessie Cashman, 14**, shaved her seedtime in two of her swims. She raced to a 1:01.13 in her 100 free and a 2:53.66 in her 200 breaststroke. **Breann Cavanaugh, 13**, stroked her way to a new A time standard in her 500 free, by way of an eight second time drop, she touched the wall with a new A time standard in her 50 free and a BB time in her 100 fly. **Gianna Ceraso, 14**, swam hard to the wall in both her races. **Micaela Ceraso, 14**, powered her way to the wall in both her races. **Cliff Christine, 13**, a new Wahoo swimmer, swam hard to the wall in all his races. **Abby Czerniecki, 13**, stroked her way to a two second time drop in her 100 fly. **Ashley Davis, 13**, a new Wahoo swimmer powered her way to the wall in all her swims. **Mary Kate Davis, 13**, stroked her way to new double A times in her 500 free, 5:31.03, her 200 IM 2:24.19, and A time standards in her 100 fly, and 100 free. **Alyssa DiSanti 13**, dropped time in every event she swam, posting eight new personal best times. Her biggest drop was 21.90 seconds in the 500 free. Alyssa also established new time standards in two events this meet. She dropped 5.89 seconds in the 100 breast establishing a new "B" time of 1:30.22, and a new "BB" time in the 100 fly dropping 4.00 seconds to a new best time of 1:10.10. She also dropped 8.59 seconds in the 200 back posting a time of 2:30.42.

**Kacie Dunham, 14**, had a great meeting starting with a 33.65 second drop in the 500 free, breaking the 6 minute mark at 5:59.26. Kacie also established 3 new "A" time standards. She dropped 4.41 seconds in the 200IM stopping the clock with an "A" time of 2:29.46. "A" times were also set in the 50 free and 100 free events. Kacie dropped 2.41 seconds in the 100 free, and 0.77 seconds in the 50 free posting new personal bests of 1:02.03, and 28.32 respectively. **Paige Dunham, 13**, had some great swims this meet. Paige established a new "A" time standard in the 100 free dropping 1.03 seconds to a new personal best of 1:01.88. She also dropped 2.06 second in the 100 breast stopping the clock at 1:19.03, and posted a best time in the 200 back dropping 0.52 seconds to a 2:24.52. **Sophia Esgro, 13**, had a great meet establishing two new "BB" time standards in the 50 free, and 100 free events. Sophia dropped 1.25 seconds in the 50 free, and 2.58 seconds in the 100 free stopping the clock at 30.74, and 1:07.08 respectively. She also saw a big drop in the 100 fly dropping 8.62 seconds to a new personal best of 1:24.74. **Dan Espinoza, 13**, dropped 15.37 second in the 200 IM swimming a new personal best time of 3:14.93. He also dropped 6.23 seconds in the 100 fly, and 5.69 seconds in the 100 back stopping the clock at 1:27.52, and 1:32.34 respectively. **Dylan Evangelista, 14**, established a new "BB" time standard in the 100 back dropping 2.06 second down to a 1:08.14. He also swam life time bests in both the 100 free dropping 1.19 seconds to a 1:00.66, and the 200 IM dropping 1.53 seconds to a 2:35.51. Dylan also dropped time in the 100 fly swimming a personal best time of 1:14.02. **Michelle Faykes, 14**, established a new "A" time in the 50 free dropping 0.49 seconds to a 28.55. Shelly also dropped 3.87 seconds in the 100 breast stopping the clock at 1:26.39. She also swam personal best times in both the 100 fly and he 100 back with times of 1:11.15, and 1:10.73 respectively.

**Colin Fisher, 14**, dropped 1.34 seconds in the 100 fly establishing a new "A" time standard of 1:01.75. He also dropped 1.52 seconds in the 200 back swimming a "AA" time of 2:09.46. Colin also dropped in both the 500 free, and 100 back, swimming personal best times of 5:06.07, and 1:00.68 respectively. **Zack Gilbridge-Wonderlin, 13**, dropped 13.66 seconds in the 100 fly swimming a new lifetime best of 1:18.89. He also established new time standards in both the 50 free and 100 breast events. Zack dropped 4.96 seconds in the 100 breast establishing a new "B" time of 1:20.15, and a new "BB" time in the 50 free of 28.42, dropping 1.85 seconds. **Sarah Hampton, 14**, swam a very strong meet, posting a "B" time in the 100 free stopping the clock at 1:10.63. She also completed the 100fly and 200 fly with times of 1:21.67, and 2:55.54 respectively. **Julia Holgado, 13**, swam best times in both the 100 free and 100 back events. She dropped 2.72 seconds in the 100 free with stopping the clock at 1:09.28. She also dropped 0.30 seconds in the 100 back with a best time of 1:22.90. **Christopher Howe-Smith, 13**, had some strong swims during the first meet of the season. Christopher swam a 1:20.36 in the 100 free, and finished up the meet with a 1:45.65 in the 100 back. **Rosa Johnson, 13**, dropped 25.62 seconds in the 500 free establishing a new "BB" time of 6:11.70. She also established a new "A" time standard in the 50 free dropping 1.01 seconds to a new best time of 28.60. Rosa also dropped time in the 200 back dropping 6.54 seconds to a lifetime best of 2:39.86. Rosa also dropped time in the 200 breast swimming a "AA" time of 2:39.60. **Lauren Keleher, 14**, swam best times in all her swims. She established new time standards in both the 50 free and 100 free. She swam "B" times in both events, dropping 1.17 seconds in the 50 free and 8.91 seconds in the 100 free with new lifetime best times of 28.60 and 1:11.95 respectively. Lauren also saw a big drop in the 100 back dropping 6.27 seconds to a 1:28.47.

**Michael Kurtz, 13**, established a new "B" time standard in the 100 breast. He dropped 4.52 seconds to a new lifetime best of 1:20.98. He also dropped time in both the 100 back and the 200 back with new best times of 1:04.90, and 2:24.04 respectively. Michael also broke a minute in the 100 free, dropping 1.64 seconds to a 59.99. **Rob Lincoln, 13**, swam "BB" times in both the 100 back and 100 free with times of 1:04.31, and 1:01.04 respectively. He also swam a strong 200 IM finishing with a 2:33.86. **Vinnie Masciandaro, 14**, dropped 0.91 seconds in the 50 free finishing with a New "A" time standard of 25.98 seconds. He also dropped 2.94 seconds in the 100 breast to a new personal best of 1:14.71. Vinnie also swam life time bests in both the 100 free and 100 fly with times of 58.91, and 1:09.21 respectively. **David McConnell, 14**, established a new "A" time standard in the 50 free dropping 1.05 seconds to a 25.94. He also established 5 new "BB" time standards at this meet. Most notable was the 11.01 second drop in the 200 breast, posting a 2:42.40, and the 7.24 second drop in the 200 free finishing with a 2:10.69. David also

dropped 6.14 seconds in the 200 IM, completing that swim with a 2:26.96. David dropped over 3 seconds in both the 100 back and 100 breast, with times of 1:06.76 and 1:15.10 respectively. **Zach Mellenger, 14**, dropped in all of his swims. He dropped 5.78 seconds in the 100 free, breaking a minute and establishing a new "A" time standard. He also dropped 11.74 seconds in the 100 breast finishing with a 1:26.40, and 8.90 seconds in the 200 IM completing that swim with a 2:45.34. Zach also took 1.33 seconds off his 50 free swimming a lifetime best of 26.59.

**Alex Mogil, 14**, swam best times in all his swims. Alex established a "B" time standard in the 100 free with a time of 1:06.79. He also posted best times in the 200 breast, and 100 back with times of 3:24.40, and 1:19.44 respectively. **Justin Munteanu, 14**, established two new "B" times in both the 50 free and 100 free events. He dropped 4.47 seconds in the 50 free and 11.96 seconds in the 100 free finishing with times of 30.66 and 1:06.12 respectively. Justin also dropped 28.11 seconds in the 200 IM to a time of 2:49.83, and 24.55 seconds in the 200 breast with new best time of 3:07.91. He also took 11.75 seconds off his 100 breast time stopping the clock at 1:24.66. **David Nielsen, 13**, posted best times in all his swims. He established new "BB" time standards in the 100 free and 100 breast, and a new "B" time in the 100 fly. David dropped 3.53 seconds in the 100 free to a 59.21, and 5.14 seconds in the 100 breast finishing with a 1:16.52. He took an additional 6.41 seconds off his best 100 fly time finishing at 1:10.11. Davis also had a big drop in the 100 back taking 10.17 second off his best time dropping to a 1:15.37. **Annie Pegues 13**, established a new "B" time standard in the 200 back dropping 2.38 seconds to a 2:51.08. She also dropped 3.13 seconds in the 500 free and 1.41 seconds in the 100 fly with times of 6:30.59, and 1:23.51 respectively. Annie also posted a best time in the 50 free with a time of 30.48 seconds. **Abby Pottieger, 13**, established two new "BB" time standards, and two new "B" times. She dropped 22.29 seconds in the 500 free swimming a new "BB" time of 6:15.51. Dropping 0.94 seconds in the 50 free also brought her to a best "BB" time of 30.34. Abby dropped 5.65 second in the 100 fly and 4.28 seconds in the 100 breast posting new "B" times of 1:18.84, and 1:28.51 respectively. Abby also took 3.96 seconds off her best time in the 200 back, dropping to a best time of 2:44.09. **Gabby Reyes, 13**, established two new "B" time standards. She dropped 4.62 seconds in the 100 free and 2.53 seconds in the 50 free, posting two new "B" times of 1:10.15, and 31.24 respectively. She also dropped 2.98 seconds in the 100 breast finishing with a 1:26.98. Abby also swam best times in the 200 breast and 100 back, finishing with times of 3:14.14, and 1:25.64 respectively. **Natasha Rivera, 13**, swam a new "B" time standard in the 100 breast. Natasha dropped 4.23 seconds to a new "B" time of 1:28.01. She also dropped time in both of her back stroke swims. Natasha dropped 4.32 seconds in the 200 back and 2.26 seconds in the 100 back, finishing with times of 2:33.71, and 1:10.67 respectively. She also dropped 3.17 seconds in the 100 free finishing in 1:03.08, and 1.55 seconds in the 50 free dropping to a best time of 29.15. Natasha swam a best time in the 100 fly dropping 0.48 seconds to a 1:09.61.

**Mike Scheipe, 14**, established a new "BB" time in the 100 back. Mike dropped 4.59 seconds to a new "BB" time of 1:07.32. He also had a strong 400 IM dropping 2.00 seconds to a 5:00.60. He also dropped 1.67 seconds in the 100 free, and 1.50 seconds in the 200 breast finishing with times of 1:00.11, and 2:42.70 respectively. Mike also swam a personal best time in the 200 IM finishing with a 2:33.64. **Michael Simunek, 14**, had an awesome meet. He established four new "A" times. Michael dropped 9.29 seconds in the 200 breast, and 2.97 seconds in the 100 breast finishing with new "A" times of 2:35.60, and 1:11.69 respectively. He also dropped 0.53 seconds in the 50 free swimming an "A" time of 26.16, and dropped even more in the 100 back setting a new personal best "A" time of 1:03.92. In addition, Mike dropped 21.46 seconds in the 500 free establishing a new "BB" time standard of 5:53.19. **Natalie Simunek, 13**, dropped time in most of her swims. She dropped 7.20 seconds in the 500 free, breaking the 6 minute mark for the first time with a 5:59.40. Natalie took 5.02 seconds off her best time in the 200 IM finishing with a 2:31.11, and broke a minute in the 100 free dropping down to a 59.98. She also swam an "A" time of 2:22.10 in the 200 back, dropping 0.96 seconds. **Kristen Smith, 14**, established a new "BB" time standard in the 100 free. She dropped 2.61 seconds stopping the clock at 1:06.01. She also had strong swims in the 200 IM, and 200 breast finishing with times of 3:02.62, and 3:21.49 respectively. **Jill Stone, 14**, dropped 10.65 seconds in the 500 free establishing a new "BB" time

standard of 6:20.00. She also swam a personal best "A" time in the 50 free stopping the clock at 28.37 seconds. Jill swam a strong 200 back finishing with another personal best time of 2:35.42.

**Gerry Suarez, 13**, swam some strong races. She finished the 200 breast with a time of 3:07.25, and swam a 33.25 in the 50 free. She also finished the 100 free with a strong kick in 1:15.51. Gerry swam a consistent 100 breast finishing with a 1:28.08. **Renee Timmins, 13**, established a new "B" time standard in the 100 free. Renee dropped 2.75 seconds in the race finishing with a lifetime best "B" time standard of 1:10.38. **Maria Timuscuk, 13**, swam the 500 free this meet. Maria swam a lifetime best, "B" time standard time of 6:31.51. She finished the race with a very strong kick in the final lap. **Cj Tweardy, 14**, recorded some big time drops in this meet. Cj dropped 22.95 seconds in the 100 free posting a lifetime best of 1:12.62. Cj also had a best swim ever in the 100 back dropping 7.13 seconds to a new best time of 1:26.40. **Erin Vaughn, 13**, saw some decent time drops during this early season meet. Erin dropped 3.19seconds in the 100 breast, establishing a new personal best time of 1:51.98. She also dropped 1.23 seconds in the 100 free, and 1.38 seconds in the 100 back with new best times of 1:19.69, and 1:25.10 respectively. Erin also dropped in the 50 free swimming a 36.17, taking 0.47 seconds off her best time. **Emily Werth, 13**, established a new "B" time standard in the 100breast. She dropped 3.34 seconds in the event posting a new "B" time of 1:30.42. Emily saw an even bigger drop in the 100 FLY, dropping 3.51 seconds to a 1:08.69. She also swam a personal best in the 100 free dropping 0.30 seconds, down to a 1:00.01. **Allie Wisnewski, 14**, swam a consistent meet. She finished the 100 free with a "B" time of 1:10.66. She also swam a strong 50 free finishing with a 32.15. In addition, Allie finished the 100 breast with another "B" time of 1:24.17. **Jenna Zagoren, 14**, swam "AA" times in both the 100 free and 50 free finishing with times of 58.10, and 26.50 respectively. She also swam a strong 200 IM finishing with a 2:24.39. Jenna also posted a "AA" time in the 100 back, finishing with a time of 1:04.61. **John Alloway, 12**, enjoyed a drop of 11.06 seconds in the 200 IM earning a BB time for a total of 6 BB times this meet, **Mel Arnold, 12**, swam the Harvest meet for the first time and earned 2 B times, **Josh Barrel, 11**, earned a B time in the 50 breaststroke, and dropped time in every event, **Shawn Barrel, 12**, dropped 8.92 seconds in the 50 breast earning a BB time, **Lauren Belecanech, 11**, set many personal bests and dropped 29.95 seconds in the 500 free and earned 3 BB times, **Nicholas Belecanech, 11**, dropped 32.29 seconds in the 500 free and earned 2 BB times, **Duncan Brookover, 11**, earned an A time in the 50 breast stroke and set some new personal best times. **Keely Brown, 11**, dropped 7.86 seconds in the 200 free and earned a B time in the 100 free. **Michael Campos, 12**, had a great meet he dropped in every event (57.97 total). **Kate Circus, 11**, dropped in every event (68.40 seconds total) and earned 3 BB times **Moira Conville, 11**, swam the Harvest meet and set a new personal best in the 50 back. **Saylor Cook, 11**, swam hard and earned 4 A times and 4 BB times. **Cassie Cotton, 12**, earned a B time in the 50 breast and set some new personal bests. **Junianna Daly, 11**, swam for the first time and set her personal best times. **Kimberly Tangelo, 11**, dropped 38.35 seconds in the 200 IM earning a B time AA in the 50 fly **Sal DeFrancesco, 11**, dropped in every event, dropping 2.86 seconds in the 50 free **Anthony DiCarlo, 11**, set some new personal bests and earned a B time in the 100 free. **Nick DiSanti, 11**, dropped 1.56 seconds in the 100 back and set many new personal best times. **Sean Finias, 11**, earned a BB in the 500 free by dropping 31.64 seconds. **Brian Finnan, 11**, had a good meet he picked up an A time in the 100 fly and 2 BB times. **Joe Fitzgerald, 12**, earned B times in all the events he swam at this meet. **Jacob Fleisher, 11**, dropped in every event and earned 3 A times in the 50 back, 50 free and 50 fly. **Justin Gecko, 12**, set 2 new personal bests in the 50 back and 50 free. Gabi Gonzalez, 12, dropped time in 7 of her events including a 7.64 drop in the 100 free.

**Jake Gray, 12**, swam a great meet and walked away with 3 BB times in freestyle. **Gracie Gatos, 12**, dropped in every event with a total of 27.3 seconds. **Jarod Helgado, 11**, dropped in every event earned a B time in the 100 back **Steffi Holland, 11**, dropped 3.08 seconds in the 200 IM and set many new personal best times. **Brianna Horn, 11**, dropped 39.34 seconds for the whole meet including a 8.42 seconds drop in the 100 breaststroke. **Laura Hornyak, 11**, dropped 6.75 seconds in the 100 free and set new personal bests in 3 other strokes. **Natalie Kelly, 11**, picked up 2 B times in the 100 back and 50 fly. **Gracie Kowal, 11**, dropped 5.88 seconds in the 100 breast. **Molly Kowal, 11**, swam a good meet dropping time in all her events. **Marlee Lakernick,**

**11**, dropped 3.19 seconds in the 100 free **Anya Lazarow, 12**, swam hard and dropped 8.10 seconds in the 50 fly. **Emily Lund, 11**, earned a BB in the 100 free and dropped 21.25 seconds in the 500 free. **Jared MacNeil, 11**, dropped in all events most notably his 9.16 seconds in the 100 free to earn a B time. **Alex Martin, 12**, dropped 8.56 seconds in the 200 IM earning an A time and a AA time in the 100 free. **Nick Masciandaro, 11**, set a personal best in the 100 free. **Meilin McElhill, 11**, swam hard to the wall and dropped 15.05 in the 100 back, as well as dropping time in every event she swam. **Matt McGough, 11**, picked up 2 A times in the 500 free and 100 fly. **Sarah McGough, 11**, set many new personal best times including a 3.63 drop in the 500 free. **Zoe Mellenger, 12**, set two new personal best times in the 100 free and 100 back. **Katie Merlin, 12**, swam the Autumn Harvest meet **Alec Moffit, 11**, dropped 4.19 seconds in the 50 breaststroke earning a B time.

**Josh Mogil, 11**, dropped 2.37 seconds in the 50 back and earned a B time. **Carlos Obregon, 11**, dropped 17.20 seconds in the 500 free earning an A time. **Isabel Obregon, 12**, after coming over a record breaking swim a thon. Her 50 fly and 100 fly earned an AAA time. **Elizabeth Olson, 11**, dropped 21.72 seconds in the 500 free and earned a BB time in the 50 back. **Jakob Phillips, 12**, dropped 11.22 seconds in the 200 IM; he also earned BB times in the 50 and 100 free. **Timmy Proctor, 11**, dropped 12.02 seconds in the 100 breast earning a BB time, his third for the meet and an A time in the 100 free. **Drew Robertson, 11**, earned a B time in the 50 breast. **Nicholas Rosa, 11**, swam his first 500 free, dropped in every event and earned a BB time in the 200 IM. **Morgan Sage, 12**, dropped 27.36 seconds in the 500 free and earned a AA time in the 50 fly. **Hannah Schuda, 11**, dropped 16.08 in the 200 IM giving her a total of 39.43 seconds dropped for the meet. **Kelly Schuehler, 11**, swam a good meet and earned a B time in the 50 back. **Mark Shekhter, 11**, dropped in all events for a total of 37.35 seconds dropped this meet. **Nicole Shek, 11**, dropped in all events and earned 3 A times and 2 BB times. **Steven Shek, 12**, after coming off a record breaking swim a thon, dropped 12.57 seconds in the 500 free earning AAA time, he also picked up AAA time in the 100 fly. **Rachel Showers, 12**, earned an A time in the 50 free. **Charles Smith, 12**, earned good times in her first meet in the 100 free and 50 breast. **Allison Stulb, 12**, earned 2 AA times and 4 A times in her first meet. **Carlee Timmins, 11**, dropped in all events setting new personal best times. **Gabriella Timuscuk, 12**, earned 3 first place finishes, and earned 3 BB times. **Gabby Vassalotti, 12**, earned 6 B times in her first meet. **Sara Villamil, 12**, dropped in all events dropped 17.05 seconds in the 100 breast. **Kevin Wang, 12**, swam a good meet and dropped 5.83 seconds in the 100 breast. **Shannon Wenter, 12**, dropped 20.56 seconds in 500 free and earned a BB time her second for the meet. **Nate Yezril, 12**, dropped in all events and earned 5 BB times. **Christina Zaldivar, 12**, dropped 7.05 seconds in the 100 breast.

**Tommy Alexander, 9**, had an exciting swim in the 50 free and also raced hard in the 100 IM and the 50 back stroke. **Sandie Altras, 10**, swam a fantastic 50 breaststroke, racing well in her 50 free and 50 back. **Kaitlyn Bansky, 9**, swam a fabulous 50 breaststroke dropping her time by 3.78 seconds, placing 3<sup>rd</sup> in the overall race. She swam the 200 free dropping a remarkable 26.04 seconds, achieving 1<sup>st</sup> place. Kaitlyn touched the wall 1<sup>st</sup> in her 50 fly by dropping 4.81 seconds. She sliced a whopping 14.55 seconds off of her 200 IM, dropped 6.49 seconds off of her 100 IM and dropped 1.53 off of her 50 back stroke. **Jaylyn Bark, 10**, swam to a 1<sup>st</sup> place win in her 50 free by incredibly dropping her time by 2.90 seconds while also grabbing 3<sup>rd</sup> place in the 100 breaststroke by slicing 12.09 seconds off her time. She also swam hard in the 100 IM and the 100 fly. **Nolan Barrel, 9**, swam his best at the 100 free racing hard in the 50 fly and 50 breaststroke. **Mike Bereneto, 9**, swam a strong 100 free and bravely swam his 50 fly dropping 3.70 seconds. He also had an amazing 50 breaststroke slicing 18.36 seconds off his time. **Elana Bitman, 9**, swam hard as she had a sweet 100 IM. **Brandon Burghardt, 9**, swam a beautiful 100 back stroke ripping 10.32 seconds off and posting a B time. He also swam a fantastic 100 freestyle improving his time by 4.85 seconds and swimming a nice 50 fly and powerful 50 breaststroke. **Abby Calisterio, 9**, swam hard at her 100 free, she captured a B time in a fantastic 50 fly and 50 back working intensely at her 50 breaststroke, 100 IM 50 free. **Roy Callomon, 9**, hung tough at the 100 IM and swam a hard 50 freestyle dropping 2.62 seconds off of his 50 back stroke.

**Carissa Campbell, 10**, dominated the 100 back stroke placing 1<sup>st</sup> in the meet and slicing 5.36 seconds off her already amazing time. She worked hard at the 100 free by dropping 1.77 seconds dropping .01 seconds from her 50 fly. Carissa also swam an outstanding 100 IM dropping .42 seconds, did well at 50 free dropping .19 seconds, 50 back dropping .41 seconds and had a remarkable 7.87 second improvement on her 200 freestyle. **Ryan Carroll, 10**, displayed outstanding efforts in his 100 free improving .66 seconds in his 50 breaststroke. He swam intensely at his 100 back and the 200 IM races. Ryan had an exciting 50 free and strong finishes in his 50 back and 100 breaststroke. **Lauren Cavanagh, 10**, swam the 100 free dropping 4.09 seconds and finishing at a phenomenal 2<sup>nd</sup> place overall. She also swam an A time taking first place in the 50 breaststroke slicing 1.59 seconds. Her 50 free took 2<sup>nd</sup> place taking 1.01 seconds off her time and she finished 1<sup>st</sup> with a fabulous 100 breaststroke by dropping 4.18 seconds. Lauren also had fantastic 100 IM, 200 IM and 50 back races.

**Anthony Christou, 9**, had an awesome 100 free slicing 22.18 seconds from his time and swam remarkably dropping time in his 100 IM by 9.09 seconds, 50 back by 1.18 and 50 free by 6.86 seconds. He also had exciting 50 fly and 50 breaststroke races. **Molly Davis, 9**, had an outstanding meet by dropping 8.20 in her 100 free, she earned a 3<sup>rd</sup> place ribbon in her 50 fly slicing her time by 6.41. She also had a powerful swim in her 50 breaststroke taking 4.34 seconds off her time in her 100 back, slicing a whopping 9.10 seconds off her 100 IM and did great in her 50 free improving by .63 seconds. She had an intense swim at 50 back and 100 breaststroke also. **Taylor Dirscherl, 10**, earned a fabulous 3<sup>rd</sup> place ribbon in her 50 fly race and her 100 back. She had a beautiful 100 IM by dropping 1.59 seconds from her time. Taylor also swam strong races in her 50 breaststroke, 200 IM 50 free 50 back and had a fantastic 100 breaststroke. **Brie Doyle, 9**, had an awesome meet shedding 9.31 seconds in her 100 IM and 5.22 seconds in her 50 breaststroke as well as taking 2.30 off in her 50 back and 1.95 off in her 50 free. She also swam exciting races in the 100 free and the 50 fly. **Hannah DuBois, 9**, had a powerful meet as she dropped 1.13 seconds in the 50 free. Hannah also had very exciting 50 fly and 100 free races. Her 50 back and 100 IM were great efforts and she swam tough on the 50 breast.

**Christian Esgro, 10**, did a fantastic job with his beautiful 50 breaststroke and had strong races in his 50 back and 50 fly. He had an exciting 100 free and 50 free and a great effort put out on the 100 IM. **Emmah Evangelista, 10**, captured 1<sup>st</sup> place in the 100 fly slicing 1.93 seconds off her time and finishing a strong 3<sup>rd</sup> place in 200 IM by slicing 4.36 seconds off her time. She also improved her 200 free by 3.66 seconds, her 100 back by 1.32 seconds and took a whopping 4.26 seconds off of her 100 free. She swam intense races at the 50 fly, 100 IM and 50 back, and had a very exciting race at 100 back while taking 1.32 seconds off her time. **Angelica Feliz, 9**, had an awesome 100 free slicing 9.38 seconds from her time, in her 50 fly she trimmed 8.12 seconds, 50 breaststroke improved by 10.35 seconds and dropped 6.08 seconds in her 100 back. She swam a remarkable 100 IM trimming 8.13 seconds, a marvelous 50 free dropping 5.53 seconds, and still improved her 50 back by 4.38 seconds. Angelica also had a great race in the 100 back. **Jack Fenton, 9**, dominated the 200 IM and swept the race by taking 1<sup>st</sup> place, he took 2<sup>nd</sup> place in the 100 back by trimming 7.66 seconds from his time and had a fantastic race taking 3<sup>rd</sup> place by shedding .93 seconds as well. Jack swam an intense 100 free and sliced 14.02 seconds from his time. He also lost 2.82 seconds in the 100 IM and 2.78 seconds in the 50 free. Jack hung tough on the 50 fly as well. **Danny Fernandez, 9**, had an amazing race in his 50 breaststroke by shedding 13.30 seconds and also took 5.31 seconds from his 50 free. Danny had an intense 100 free and 100 IM and a remarkable 50 back. He hung tough in 50 fly as well.

**Naomi Fox, 10**, raced spectacularly in her 50 fly and 100 IM making B times. She had exciting swims at the 100 free, 50 free and 50 back. Naomi worked hard at a great 50 breaststroke race. **Garrett Franckle, 9**, had an awesome swim by slicing 3.35 off his 50 fly, 2.04 off his 50 breast, and 5.62 off his 100 IM. He had a tremendous finish by improving his 50 free by 5.34, and his 50 back by 5.43. Garrett also hung tough at his 100 free. **Kayla Gagnon, 10**, dominated the meet as she swam an outstanding race in her 200 free by dropping 1.70, taking 2<sup>nd</sup> place in her 50 breaststroke and improving her time by 1.85. She placed 3<sup>rd</sup> in 200 IM again by dropping 2.80, placed 2<sup>nd</sup> in the 100 IM improving her time by 2.32. Kayla also placed 3<sup>rd</sup> in the 50 back improving her time by 1.15 seconds, placing 2<sup>nd</sup> in the 100 breaststroke slicing time by 2.19 seconds. Kayla

placed 2<sup>nd</sup> in the 50 free. She had a great run at the 50 fly as well. **Cory Gaulrapp, 9**, had a marvelous meet swimming the 100 free and the 50 fly. Cory remarkably lowered his 50 breastroke by 13.77 and did an outstanding job again in the 100 IM by dropping his time by 19.75 seconds and his improving his 50 free by 7.39 seconds. Cory also swam an exciting race at 50 back. **Allison Gozdan, 9**, had an incredible meet as she took 3<sup>rd</sup> in the 100 free and shaved 1.43 seconds from her time. She also dropped her 50 fly by .44 seconds; Allison also took 3<sup>rd</sup> place 100 back trimming .99 off her time. Courageously capturing 2<sup>nd</sup> place at the 200 IM race and improving her time by 11.28 seconds. She swam an exciting 100 IM improving her time by 1.95seconds. She placed 2<sup>nd</sup> on 100 fly while shaving 3.68 seconds from her time, and had a sweet swim on the 50 free and 50 back.

**Sam Gray, 9**, swam strong by reducing her 100 free by 4.58 seconds and had an exciting 50 fly. She improved her 50 breastroke seedtime by a whopping 9.24 seconds. She hung tough at the 100 back stroke. Sam also amazingly dropped her 100 IM by 13.29 seconds. She raced the 50 free, 50 back and 100 breastroke with graceful ease and might. **Victoria Hampton, 9**, swam a fabulous 50 free and took 3<sup>rd</sup> place while lowering her time by 1.69 seconds, bringing home a new BB time standard. She had a strong swim in the 200 free, stroking her way to a new *personal best in her 100 IM by dropping 1.18 seconds and also swam strong on the 50 back*. **Nicole Harms, 10**, had a great day swimming incredibly fast in her 100 IM and the fabulous 50 free. She also stayed slick and strong in her 100 free, 50 breastroke and 50 fly. Nicole hung tough at her 50 back which was an exciting race too. **Boo Jackson, 9**, had a stellar swim in the 200 free and took 2<sup>nd</sup> place. She also shaved her 100 IM by 1.83 seconds and had great swims at 50 free and 50 back. **Abby James, 9**, swam an awesome meet as she placed 3<sup>rd</sup> in the 100 IM shaving 12.53 seconds from her time. She had a strong swim in the 100 back. In the 100 free she improved her time by 4.63 seconds and had a fabulous 50 fly and 50 back. **Erik Jensen, 9**, powered his way through a remarkable meet in his 50 fly as he dropped 2.83 seconds off his time and also shaved .63 off of his 100 free and also dropped 3.43 off of his 50 breastroke and sliced 1.47 seconds off his 100 IM. Erik swam a powerful 200 and 50 free.

**Lauren Kerner, 10**, grabbed seven 1<sup>st</sup> places at this meet. She dominated the 100 free placing 1<sup>st</sup> and sliced .38 seconds for a AAA time. In her 50 fly she placed 1<sup>st</sup> and shaved .29 seconds. She earned 1<sup>st</sup> in 100 back while trimming 1.34 seconds off of her best and she also placed 1<sup>st</sup> in the 100 IM dropping her time by 2.79 seconds. Again Lauren took 1<sup>st</sup> in 100 fly by shaving 3.10 seconds from her time. Lauren also swept up with a 1<sup>st</sup> place in 50 free dropping .21 seconds and her 50 back by .08 seconds. Lauren braved the Senior 500 free and respectably shaved 7.48 seconds from her time. **Sophia Kurtz, 10**, had a stellar swim at the 100 free and trimmed her time by 1.55 seconds. She placed 2<sup>nd</sup> on the 200 IM and dropped time by .21 seconds. She amazingly took 2<sup>nd</sup> on the 200 free and improved her time by 1.71. Sophia grabbed 3<sup>rd</sup> on the 100 IM and sliced her time by .84 seconds and also took 3<sup>rd</sup> on the 50 back while improving her time by .50 seconds. She has fantastic swims on the 50 fly by trimming her time by .60 at an A time and had an exciting 50 breastroke and free race.

**Ethan Lacy, 9**, had a great swim at his 100 free and 100IM. He also had three powerful 50 races: 50 breast, 50 free and 50 back that helped bring the win in for our the team. **Melissa Layman, 10**, swam fantastically at her 50 breast shaving 1.94 seconds from her time and improving her 100 free by 1.75seconds. She swam a sweet 100 back and looked strong in her 100 IM dropping 2.48 seconds. She also swam a strong 50 free and 50 back in BB time. **Elana Lotano, 9**, powered her way through the 100 IM hugely trimming her time by 31.23 seconds. She also had an awesome day improving her 50 free by 1.65 seconds and her 50 back by .22 seconds. **Taylor Marcinek, 10**, raced marvelously in her 100 IM and 50 back and also had a proud swim at the 50 free. **Gabby Mariano, 9**, had a huge drop of 6.37 seconds in her 100 free. She also trimmed her 50 free by 1.92 seconds. Her 100 back was quite a powerful race. She worked hard at her 50 fly, 50 breast and 50 back. She also swam a stellar smooth 100 breast. **Jacqueline McDonnell, 10**, had an awesome 100 breaststroke and strong swims in the 50 back and 50 free. Good work. **Michelle McDonnell, 10**, had a fabulous 100 breaststroke and powerful 50 back and 50 free. Nice going. **Kyle McIver, 10**, swam a fantastic 100 free in an exciting race to the finish.

**Grace Morrow, 9**, dominated the 50 back stroke taking 2<sup>nd</sup> place and also her 100 IM was Phenomenal. She also had other mighty fine races at the 100 free, 50 fly and 50 breast and 50 free. **Noah Nadelbach, 9**, had a terrific swim at his 100 free. He also had a super swim at the 50 fly and 50 breast. **Max Nowell, 9**, had a great 50 free by improving his 50 free by 1.97 seconds. His 100 IM and 50 back were awesome too. **Mackie O'Connor, 9**, had a wonderful day capturing 2<sup>nd</sup> place in the 50 fly shaving 2.49 seconds off her time, and also 2<sup>nd</sup> in the 100 IM dropping a whopping 6.65 seconds. She greatly grabbed 3<sup>rd</sup> place in the 100 back improving her time by 3.13 seconds; and had outstanding races in the 100 free by trimming her time by 2.00 and the 200 IM and 200 free. **Jack Olson, 9**, had a fantastic day slicing an awesome 21.42 seconds off of his 100 breast and 10.25 seconds from his 50 fly. He looked so wow in his 50 back trimming 2.12 seconds. He dropped his time in breast by 1.17 seconds and his 50 free by .75 seconds. He also swam a strong 100 back. **Brendan Osler, 10**, worked wonders by shaving 1.74 seconds from his 50 breast time, .08 seconds from his 50 free and .54 seconds from his 50 back. He had marvelous swims on the 100 free, 50 fly and 100 IM as well. **Justin Parikh, 9**, had a remarkable 100 free by improving his 100 free by 3.36 seconds. He looked great at his 50 fly and breast and hung tougher than nails at his 200 IM.

**Grace Pasco, 9**, marvelously improved her 50 free by huge 16.31 seconds. She had sweet swims at her 100 free and 100 IM, swimming three exciting races at the 50 fly, 50 breast, and 50 back. **Lucy Paules, 9**, had a banner day in improving every race she swam. She improved her 100 free by 2.89 seconds, her 50 fly by 4.69 seconds, her 50 breast by 1.67 seconds, her 100 IM by 5.91 seconds, her 50 free by 1.73 seconds and her 3.78 seconds. **CJ Pegues, 9**, started strong with dropping 1.79 seconds in the 50 breaststroke and had exciting swims in the 100 free, 50 fly and looked fantastic in his 100 back stroke. **Evan Raiken, 9**, dominated in his swims and earned 2<sup>nd</sup> in the 50 fly while shaving 2.26 seconds from his time also placed second in the 100 IM taking 3.27 seconds from his time. He also grabbed 2<sup>nd</sup> place in the 100 breast improving his time by 1.61. He took 3<sup>rd</sup> place in 50 free shaving 1.90 seconds and had a wow! of a 50 breast. **Jenni Ramirez, 10**, had a fantastic day as she improved her 100 free by 1.82 seconds and her 50 breast by 2.54 seconds. She swam tough on the 100 back stroke as well. **Jack Richards, 10**, what a strong day as he earned 3<sup>rd</sup> place in the 50 fly trimming his times by 11.77 seconds and took 3<sup>rd</sup> place in the 100 IM while dropping his time 7.75 seconds. He had an amazing 100 free shaving 21.58 seconds from his time and swam exciting 50 back 50 breast and 50 free. **Maggie Rowan, 9**, had a stellar swim in the 100 breast and improved by 3.96 seconds and in the 50 free shaved 7.82 seconds from her time, the 100 free improving by 8.15 sec and the 50 breast improving by 5.41 seconds also swam a sweet 100 IM. **Becky Sansone, 10**, had a great day in the 100 free. She swam an exciting race at the 50 fly, 50 breast, 50 free and 50 back. She fought hard and looked fantastic in the 100IM. **Noah Shepard, 10**, had a banner day earning 2<sup>nd</sup> place in the 50 free improving by 2.13 seconds. He earned 3<sup>rd</sup> place in the 50 fly and improved time by 1.57 seconds. He also improved his 100 back by 5.13, his 100 IM by 2.27 seconds and had an awesome 200 IM shaving his time by 10.53 seconds. Showed us a fantastic 50 free dropping 5.67 seconds from his time and a real nice 200 free and 50 back stroke. **Liz Showers, 9**, had an outstanding meet as she dropped a whopping 10.82 seconds off her 100 free, 5.97 seconds from her 50 free and also improved her 50 fly by 3.92 seconds and her 50 back by 2.52 seconds. She also had a super sweet 50 breast and an exciting 100IM. **Meg Sigmund, 10**, had two strong finishes at her 50 free while dropping 1.13 seconds and her 100 breast while improving 2.30 seconds. Meg swam a beautifully brave 50 back and stayed strong in her 100 IM. **Edward Smith, 10**, was a powerhouse racing a remarkable 50 breast, 50 back and 50 fly. He had a strong 100 free and 100IM to cap off a great meet. Very Nice. **Julia Spanfelner, 9**, swam a beautiful 50 back at this meet. She also fought hard at her 100 free and raced an exciting 50 breast and had a fabulous 50 free.

**Katie Stein, 9**, had a glorious day with an exciting 50 free dropping 4.16 seconds and improved her 100 free by a whopping 17.50 seconds. She didn't stop there; she also improved her 50 fly by 7.20 seconds, her 50 breast by 5.28 seconds, her 50 free by 4.16 seconds and her 50 back by 4.66 seconds. Way to go. **Jozie Thomas, 10**, had a marvelous day as she gracefully improved her 100 free by 11.54 seconds. She had a stellar 100 back and raced and also improved her 50 fly by 7.41 seconds and her 50 breast by 5.51 seconds. **Ryo Tsuda, 10**, wowed the crowd with many first

places. He placed 1<sup>st</sup> in 50 fly, 100 back and 50 back. He also placed 1<sup>st</sup> on the 100 IM shaving 1.59 seconds and trimming his 50 free by 2.54 seconds as he captured 1<sup>st</sup> place again. He earned 3<sup>rd</sup> place on his 50 breast dropping his time by 2.80 seconds and took 2nd place in the 100 free improving his time by 6.03 seconds. **Alex Voorhees, 10**, had a terrific day as he improved his 100 free by a phenomenal 21.30 seconds and his 50 breast improved by 7.97 seconds. Alex also had a nail biting exciting 100 back race and gave it his best on the 50 fly. **Nicolette Warrington, 9**, had an awesome race as she captured 2<sup>nd</sup> place on the 50 breast and stayed unbelievably strong in her 100 breast race. She worked tirelessly and looked great at her 50 and 100 back stroke races. She swam as a powerhouse in the 100 IM and freestyle races as well. **Hailey Weinberger, 9**, raced like a true champ at her 100 free and improved her time by 3.02 seconds. She had an exciting 100 IM and did a superb job on her 50 races, breast, back free and fantastic fly. **Lindsey Williams, 9**, sweetly captured 1<sup>st</sup> place as she swam a strong 50 back. Her 50 breast looked awesome as well as her 100 IM. Her 100 free and 50 free were quite powerful and her 50 fly was amazing too. **Christian Wisniewski, 10**, flew across the pool on the 100 IM and had a fantastic 100 free race. His 50 fly was great and had a mighty 50 free. **Diana Wood, 9**, dominated earning 1<sup>st</sup> place on the 100 fly while improving her time by 4.97 seconds. She captured 3<sup>rd</sup> place at the 50 fly and improved her time by .34 seconds. Her 100 IM was seamless and her 50 back, 200 back and 50 breast was boss. **Nora Woods, 9**, had a fantastic day as she earned 2<sup>nd</sup> place in the 50 back and trimmed her time by 1.99 seconds. Her 50 free was sweet and she also improved her 100 free by 2.44 seconds. She shaved her 50 fly by a steep 6.46 seconds and her 50 breast by 5.53 seconds. Her 100 IM was impressive as she improved by 3.08 seconds.