

MOR MONTHLY

Marlins of Raleigh Swim Team

JANUARY 2009 EDITION

Swim Meet Recap Publication

DUKE INVITATIONAL



186 MOR swimmers descended on the Triangle Sportsplex Jan. 9-11 for a 3-days of good racing. It was good to get back into a competitive situation and practice race strategies and routines. The best swims came from those who were most consistent over the past month. Swimmers had the opportunity to swim some of their off-events and to return to competition and see what specific skills need refining prior to our championship meets. MOR swimmers won 55 of the 72 individual events and 7 of the 16 relays. It was good to have all ages at a meet together and supporting each other. The spirit was loud and everyone cheered and had fun. MOR had several new time standards achieved at the Duke Invitational (see chart in next column):

NEW TIME STANDARDS	NUMBER
New "B" Standards	48
New "BB" Standards	75
New "A" Standards	40
New "AA" Standards	25
New "AAA" Standards	9
New "AAAA" Standards	1

MOR swimmers finishing in the top-10 places included:

10 & Under Girls

ADCOCK, Elena (10)

1st – 100 Fly – 1:16.29 AAA
 2nd – 50 Fly – 34.04 AA
 3rd – 100 IM – 1:19.71 A
 3rd – 100 Free – 1:08.81 A
 5th – 50 Free – 31.54 A
 5th – 200 Free – 2:29.54 A

BREWER, Genna (9)

6th – 100 Back – 1:25.24 BB
 8th – 100 Fly – 1:32.67 BB

DELFINO, Angela (10)

6th – 100 Breast – 1:32.91 A
 9th – 50 Breast – 44.65 BB

DYKSTRA, Emily (10)

2nd – 50 Breast – 41.57 A
 2nd – 50 Free – 31.21 A
 4th – 100 Breast – 1:31.91 A
 5th – 100 Free – 1:09.75 A
 5th – 100 IM – 1:20.51 A
 7th – 200 Free – 2:34.91 A
 10th – 100 Fly – 1:34.70 BB
 10th – 50 Fly – 37.60 BB

GIAMBER, Sarah (10)

1st – 200 Free – 2:22.12 AA
 1st – 50 Free – 30.59 AA
 1st – 100 IM – 1:15.47 AA
 2nd – 100 Breast – 1:28.80 AA

2nd – 100 Free – 1:06.51 AA
 3rd – 50 Breast – 41.77 A
 4th – 50 Fly – 35.46 A
 5th – 50 Back – 37.54 A

HEINEMAN, Ashley (10)

6th – 100 Fly – 1:27.46 BB
 7th – 200 Free – 2:34.91 A
 8th – 50 Back – 38.58 BB
 8th – 100 Back – 1:25.38 BB
 9th – 100 IM – 1:22.81 BB

MARTIN, Cara (10)

8th – 50 Breast – 44.29 B

MILLER, Ryley (10)

2nd – 50 Back – 36.44 A
 3rd – 100 Back – 1:18.86 A
 3rd – 50 Fly – 34.80 AA
 4th – 50 Free – 31.42 A
 4th – 100 IM – 1:20.41 A
 5th – 100 Fly – 1:24.23 A
 5th – 100 Breast – 1:32.22 A

Chad Ferguson
02/01/91

Savanna Portenier
02/01/95

Ashley Royal
02/01/93

Reagan Martin
02/02/01

Adriana Liggins
02/05/00

Alison Matthews
02/05/95

Sara Walker
02/05/97

Cassie Eiden
02/06/96

Matthew McVey
02/06/99

Augusta Moran
02/07/97

Robert Callus
02/10/93

Anna Holland Lawrence
02/11/91

Lily Morrell
02/14/00

Blair Altman
02/17/92

Austin Hopkins
02/18/94

Gabrielle Carter
02/20/96

Nicholas Lawton
02/20/00

Jacob Phillips
02/25/99

Bryce Scott
02/25/93

Jessie Sullivan
02/25/96

IM EXTREME CHALLENGE

As of mid-January 2009, the following swimmers had achieved IMX scores shown below in their age groups. Scores have been updated and new swimmers since the November issue of MOR MONTHLY are designated in red. Swimmers who have aged up during the season are shown with scores achieved in both age groups:

9&Under Boys
Silver, Chris—2083
 Lawton, Nick—761

9&Under Girls
 Rocque, Jacqi—3111
 Adcock, Elena—2691
Heineman, Ashley—2509
Whalen, Lily—2090
Hipp, Mary Jeanne—1499

10 Year Old Boys
 Silver, Tyler—3929
Cobb, Collier—3247
Donnelly, Ryan—2198
Oakley, Will—1653
 Troxler, Garrett—1523
 DeRonja, Frank—1020
 Fulford, Austin—689

10 Year Old Girls
 Giamber, Sarah—2573
 Adcock, Elena—2468
 Miller, Ryley—2382
Heineman, Ashley—1956
Dykstra, Emily—1884
Whalen, Lily—1360
Delfino, Angela—1320
Neptune, Chesley—1029

11 Year Old Boys
 Silver, Tyler—3930
 Ress, Justin—2995

Kawaguchi, Tosh—2410
 Richardson, Andrzej—2293
Morrell, Walker—2018
 Staab, Justin—1658

11 Year Old Girls
 Lawton, Kelsey—3601
 Brewer, Adaira—2961
Johnson, Meagan—2095
Gambier, Sarah—1787
 Moran, Augusta—1610

12 Year Old Boys
Craig, Steven—2733
Richardson, Andrzej—1632
 Hale, Conor—1467
Wedegaertner, Kurt—1463
Staab, Justin—1007

12 Year Old Girls
Lawton, Kelsey—3118
 Brown, Cameron—2992
Brown, Carlie—2640
Eiden, Cassie—2284
Lane, Christine—1950
 Jahja, Maria—1912
 Rocque, Marqi—1749
 McNatton, Sophia—1733
Kristan, Hannah—1212
Tomasko, Amanda—1187
Knickerbocker, Amanda—918
 Wall, Gabi—574

13 Year Old Boys
Johnson, Scott—3091
 Schade, Tim—2913
 Linker, Adam—2764
 Harmon, Clay—2703
 Oyler, Geoffrey—1671

13 Year Old Girls
 Whalen, Kelly—3371
 Arose, Helena—2358
 Harmon, Bailey—2163

Wrenn, Natalie—2138
 Clapsaddle, Anna—2016
 Page, Alison—1427
Brooks, Mary-Margaret—1271
Rezendes, Becky—1187

14 Year Old Boys
 Miller, Ben—3355
 Smith, Brendan—2865
Harmon, Clay—2316
McBennett, Brendan—1762
Haugh, Alex—1725

14 Year Old Girls
 Mitchell, Caroline—4407
 Lawton, Casey—3775
 Smith, Lillie—3527
 Textor, Brennan—3366
 Martin, Cameron—2466
Bryan, Brianna—2354
Liskiewicz, Becca—2261
 Dellavalle, Natalie—2194
 Parker, Mary Grayson—1976
 Clapsaddle, Anna—1943
Harmon, Bailey—1933
 Bateman, Lauren—1807
Ley, McKenzie—797

15-16 Year Old Boys
Hurley, Matt—3508
 Jahja, Jordan—3159
 Barnes, David—3124
 Eiden, Alex—3084
 Duggins, Matt—3049
 Scott, Bryce—2658
 Bryan, Brandon—2047
 Beale, Ryan—1815

15-16 Year Old Girls
 Shishkoff, Gabi—4894
 Mitchell, Victoria—4399
 Linker, Katelyn—4352
 Lawton, Casey—3934
Duff, Emily—3575
 Giamber, Nicole—3341

Billman, Ellen—3015
 Janes, Kellie—2800
 Ellison, Kristen—2719
 Tormenti, Victoria—2543
 Sweet, Sydney—1821
Royal, Ashley—1798

17-18 Boys
 Harris, Taylor—4579
 Adams, Tyler—2835
 Liskiewicz, Chris—2575

17-18 Girls
 Oliver, Elizabeth—4147
 Lee, Hannah—4060
 Esplin, Kirsten—3847
Figuers, Cameron—3831
Lawrence, Anna-H.—3353
 Goodling, Rachel—2779
Sweet, Sydney—1791

The IMX scores are re-calculated daily and scores rise based on improvements in time. To achieve the IMX score swimmers must complete the events shown below in their age group:

11-12	10&Unders
500 Free	200 Free
100 Back	100 Back
100 Breast	100 Breast
100 Fly	100 Fly
200 IM	200 IM

13 and Overs
 500 Free
 200 Back
 200 Breast
 200 Fly
 200 IM
 400 IM

Next Issue

Our special February MOR MONTHLY will feature:

MEET RESULTS
 SENIOR CHAMPIONSHIP
 AGE GROUP CHAMPIONSHIP
 SHORT COURSE QUALIFIER
 2009 MOR SECTIONAL TEAM SCHOLASTIC HONOR ROLL-2nd QUARTER
 NEW IMX SCORES
 MARCH BIRTHDAYS
 YOUR PHOTOS
 SEASON-ENDING PREVIEW



DUKE WINTER INVITATIONAL RESULTS

8th – 100 Free – 1:10.26 A

NIXON, McKenna (10)

3rd – 100 Breast – 1:29.59 A
4th – 100 Free – 1:09.73 A
4th – 50 Breast – 41.82 A
7th – 50 Free – 31.98 A
10th – 200 Free – 2:36.94 BB
10th – 50 Back – 39.10 BB
10th – 100 IM – 1:23.69 BB

OYLER, Sydney (10)

1st – 50 Back – 36.24 AA
6th – 200 Free – 2:33.72 A
6th – 50 Breast – 43.72 BB
6th – 100 IM – 1:21.13 A
9th – 50 Free – 32.20 BB
9th – 100 Free – 1:11.25 A
9th – 50 Fly – 37.41 BB
10th – 100 Brst – 1:34.62 BB

ROCQUE, Jacqi (9)

3rd – 100 Fly – 1:18.90 AA
4th – 200 Free – 2:29.50 A
5th – 50 Fly – 36.12 A
7th – 100 Free – 1:10.23 A
7th – 50 Back – 37.89 A

SCHOENING, Jacalyn (10)

1st – 50 Breast – 37.95 AAA
10th – 100 Back – 1:27.20 BB

WHALEN, Lilly (9)

9th – 200 Free – 2:35.02 A
9th – 100 Back – 1:26.18 BB

11-12 Girls

BREWER, Adaira (11)

3rd – 100 IM – 1:09.40 AA
4th – 200 Free – 2:08.34 AA
4th – 50 Breast – 36.14 AA
4th – 100 Back – 1:12.42 A
5th – 100 Breast – 1:18.96 A
5th – 200 IM – 2:30.27 AA
8th – 200 Back – 2:33.55 A
8th – 50 Fly – 32.55 BB

BROWN, Cameron (12)

1st – 200 Free – 2:05.92 AAA
1st – 100 Fly – 1:04.10 AAA
1st – 200 Fly – 2:24.51 AAA
2nd – 50 Fly – 29.95 AA
2nd – 100 IM – 1:09.34 AA
3rd – 200 IM – 2:25.26 AA
4th – 50 Free – 27.61 AA
5th – 50 Breast – 36.23 A
7th – 100 Breast – 1:21.06 A

BROWN, Carlie (12)

2nd – 200 IM – 2:24.70 AA
2nd – 200 Fr – 2:06.06 AAA
2nd – 100 Back – 1:09.64 AA
3rd – 200 Back – 2:28.54 AA
5th – 100 Fly – 1:09.38 AA
5th – 200 Breast – 2:52.84 A
8th – 100 Brst – 1:22.37 BB
10th – 50 Breast – 38.91 BB

CARTER, Michaela (12)

1st – 50 Fly – 29.53 AAA
2nd – 100 Free – 59.77 AA
3rd – 100 Back – 1:10.88 A
3rd – 50 Back – 31.54 AA
8th – 100 Fly – 1:12.76 A
9th – 200 IM – 2:32.42 A
10th – 200 Free – 2:16.98 A

EIDEN, Cassie (12)

5th – 100 Back – 1:13.69 A
7th – 200 IM – 2:31.73 A
8th – 50 Breast – 37.74 A
10th – 100 Free – 1:03.07 A
10th – 100 IM – 1:13.02 A

JAHJA, Maria (12)

5th – 50 Back – 34.25 BB
6th – 100 Back – 1:13.79 A

JOHNSON, Meagan (11)

10th – 200 Brst – 2:59.77 BB

KRISTAN, Hannah (12)

10th – 100 Back – 1:16.64 BB

LANE, Christine (12)

4th – 50 Fly – 31.26 A
10th – 50 Free – 29.09 A

LAWTON, Kelsey (12)

1st – 200 IM – 2:21.17 AAA
1st – 200 Back – 2:20.74 AAA
1st – 50 Back – 29.84 AAA
1st – 50 Free – 26.49 AAA
1st – 100 Free – 57.52 AAA
1st – 100 IM – 1:06.15 AAA
2nd – 100 Brst – 1:15.78 AA
2nd – 50 Breast – 34.56 AAA
2nd – 200 Fly – 2:31.29 AA

MARTIN, Emily (12)

1st – 100 Brst – 1:14.99 AAA
1st – 200 Brst – 2:39.81 AAA
1st – 50 Brst – 34.24 AAA
5th – 200 Free – 2:09.76 AA
7th – 200 Back – 2:33.18 A

McNATTON, Sophia (12)

7th – 200 Breast – 2:54.05 A
9th – 50 Breast – 38.31 BB

MORAN, Augusta (11)

10th – 50 Back – 36.11 BB

ROCQUE, Marqi (12)

8th – 100 Back – 1:14.38 BB
10th – 200 Free – 2:16.98 A

SIMPSON, Katherine (11)

7th – 100 Back – 1:14.29 BB

TOMASKO, Amanda (12)

10th – 50 Fly – 32.79 BB

WHALEN, Paige (12)

6th – 200 Free – 2:13.87 AA
8th – 50 Free – 28.71 A
8th – 200 Breast – 2:55.23 A

13-14 Girls

AROSE, Helena (13)

5th – 1000 Free – 11:46.33 A
5th – 200 Brst – 2:49.58 BB
6th – 500 Free – 5:49.21 A
7th – 100 Brst – 1:19.65 BB
8th – 200 IM – 2:32.62 BB

BATEMAN, Lauren (14)

8th – 1000 Fr – 12:32.18 BB

BRYAN, Brianna (14)

3rd – 200 Back – 2:26.79 A
4th – 100 Back – 1:08.94 BB
6th – 200 IM – 2:31.32 BB
7th – 100 Fly – 1:09.01 BB
9th – 200 Fly – 2:42.75 B

CLAPSADDLE, Anna (14)

7th – 200 IM – 2:32.43 BB
9th – 200 Breast – 2:55.37 BB

DELLAVALLE, Natalie (14)

4th – 200 Back – 2:29.53 BB
8th – 100 Free – 1:01.04 A
8th – 200 Breast – 2:52.81 BB
9th – 100 Back – 1:10.41 BB

HALL, Jordan (14)

9th – 100 Free – 1:02.66 BB
10th – 200 Back – 2:35.41 BB

HARMON, Bailey (14)

6th – 200 Breast – 2:49.83 BB
7th – 100 Back – 1:09.79 BB
7th – 200 Back – 2:30.38 BB
9th – 100 Breast – 1:20.82 BB

KIRK, Allison (13)

6th – 200 Fly – 2:36.01 BB
6th – 200 Back – 2:29.94 BB
10th – 100 Fly – 1:10.69

LEY, McKenzie (14)

9th – 1000 Free – 13:28.70 B

LISKIEWICZ, Rebecca (14)

3rd – 1000 Free – 11:23.34 AA
3rd – 200 Free – 2:06.80 AA
8th – 100 Back – 1:09.93 BB
8th – 200 Fly – 2:42.69 B
9th – 400 IM – 5:14.55 A
10th – 50 Free – 28.03 A

MARTIN, Cameron (14)

2nd – 200 Back – 2:25.35 A
7th – 1000 Free – 12:15.52 BB
9th – 100 Fly – 1:09.95 BB

McCAULEY, Erin (13)

9th – 500 Free – 5:53.59 BB

MITCHELL, Caroline (14)

1st – 400 IM – 4:38.47 AAA
1st – 200 Free – 2:00.85 AAA
1st – 100 Back – 1:02.81 AA
1st – 200 Brst – 2:32.84 AAA
1st – 100 Breast – 1:12.02 AA
1st – 200 Back – 2:11.30 AAA
1st – 100 Fly – 1:00.91 AAA
1st – 1000 Fr – 10:43.11 AAA
8th – 50 Free – 27.51 A

PARKER, Mary-Grayson (14)

3rd – 50 Free – 27.23 AA
7th – 200 Fly – 2:40.04 BB
10th – 500 Free – 5:53.93 BB

SMITH, Lillie (14)

1st – 500 Free – 5:33.53 AA
2nd – 400 IM – 4:49.98 AAA
2nd – 200 Fly – 2:26.26 A
3rd – 200 Breast – 2:41.77 A
3rd – 100 Breast – 1:15.65 A
4th – 1000 Free – 11:38.21 A
4th – 200 Free – 2:07.74 AA
5th – 100 Free – 1:00.15 A
6th – 50 Free – 27.38 AA
8th – 100 Fly – 1:09.84 BB

TEXTOR, Brennan (14)

7th – 400 IM – 5:04.49 AA

WHALEN, Kelly (13)

2nd – 200 Free – 2:05.85 AA
2nd – 200 IM – 2:24.80 A

2nd – 1000 Fr – 11:06.58 AAA

3rd – 200 Fly – 2:31.00 BB
4th – 400 IM – 5:00.85 AA
4th – 50 Free – 27.30 AA
4th – 100 Free – 1:00.13 A
4th – 100 Fly – 1:07.22 A

WRENN, Natalie (13)

6th – 100 Breast – 1:18.66 BB
7th – 200 Breast – 2:52.43 BB
9th – 200 Back – 2:34.69 BB
9th – 100 Free – 1:02.66 BB
10th – 200 IM – 2:33.61 BB

15-18 Girls

DUFF, Emily (15)

5th – 200 IM – 2:18.99 AA
6th – 100 Free – 56.75 AA
8th – 100 Breast – 1:15.44 A
10th – 200 Fly – 2:22.31 A

ESPLIN, Kirsten (18)

6th – 500 Free – 5:13.84 AAA
7th – 200 IM – 2:21.47 A
8th – 200 Free – 2:00.53 AA

FIGUERS, Cameron (17)

4th – 200 IM – 2:15.75 AA
5th – 400 IM – 4:38.63 AAA
7th – 500 Free – 5:14.42 AAA
7th – 200 Breast – 2:32.82 AA
9th – 100 Free – 57.19 AA
10th – 200 Back – 2:19.55 A

GIAMBER, Nicole (15)

6th – 1000 Free – 11:04.02 AA
10th – 200 Free – 2:01.87 AA

GOODLING, Rachel (17)

5th – 1000 Free – 11:03.77 AA

JANES, Kellie (15)

6th – 200 IM – 2:20.57 AA
10th – 100 Brst – 1:16.44 BB

LAWRENCE, Anna-Holland (17)

8th – 200 Fly – 2:19.18 A
8th – 1000 Free – 11:10.33 AA

LAWTON, Casey (15)

2nd – 1000 Fr – 10:40.38 AAA
3rd – 200 Back – 2:12.90 AA
3rd – 200 Free – 1:57.46 AAA
4th – 500 Free – 5:11.92 AAA
5th – 50 Free – 25.79 AA
6th – 100 Back – 1:02.93 AA
6th – 100 Breast – 1:12.69 A
8th – 400 IM – 4:39.11 AAA

LEE, Hannah (17)

3rd – 100 Fly – 1:00.51 AA
6th – 50 Free – 25.89 AA
7th – 200 Free – 2:00.23 AA
7th – 1000 Free – 11:04.38 AA
8th – 100 Back – 1:03.60 AA
9th – 400 IM – 4:40.75 AAA
9th – 100 Breast – 1:16.26 A
10th – 200 Brst – 2:37.38 AA
10th – 100 Free – 57.26 AA

LINKER, Katelyn (15)

3rd – 100 Breast – 1:11.16 AA
4th – 200 Breast – 2:29.44 AA
4th – 100 Fly – 1:01.60 AA
5th – 500 Free – 5:12.34 AAA
5th – 200 Free – 1:58.86 AAA
7th – 400 IM – 4:39.07 AAA
7th – 100 Free – 57.09 AA

7th – 200 Back – 2:15.20 AA

MITCHELL, Victoria (16)

1st – 200 IM – 2:11.04 AAA
2nd – 400 IM – 4:35.26 AAA
2nd – 200 Bk – 2:08.84 AAA
3rd – 200 Brst – 2:28.45 AAA
3rd – 500 Free – 5:06.25 AAA
4th – 100 Back – 1:01.48 AA
5th – 100 Brst – 1:12.21 AA
6th – 200 Fly – 2:13.64 AA
7th – 100 Fly – 1:02.55 AA
8th – 50 Free – 26.06 AA

NORDSTROM, Emily (15)

8th – 200 IM – 2:22.39 A
9th – 200 Breast – 2:36.95 A

OLIVER, Elizabeth (17)

1st – 200 Brst – 2:23.50 AAAA
2nd – 200 Fr – 1:57.32 AAA
2nd – 200 IM – 2:11.06 AAA
3rd – 1000 Fr – 10:56.17 AA
3rd – 400 IM – 4:35.95 AAA
4th – 100 Free – 55.10 AAA
7th – 50 Free – 26.05 AA
8th – 200 Back – 2:16.46 AA
9th – 500 Free – 5:16.46 AAA
9th – 100 Back – 1:04.18 AA

SHISHKOFF, Gabi (16)

1st – 400 IM – 4:27.26 AAAA
1st – 100 Back – 1:00.29 AAA
1st – 200 Fly – 2:05.09 AAAA
1st – 100 Brst – 1:09.09 AAA
1st – 200 Back – 2:06.55 AAA
1st – 100 Fly – 57.87 AAAA
2nd – 500 Fr – 5:00.80 AAAA
2nd – 50 Free – 25.51 AAA
2nd – 200 Brst – 2:23.58 AAA
2nd – 100 Free – 54.62 AAA

10 & Under Boys

BLANDFORD, Connor (10)

8th – 50 Free – 33.20 BB
9th – 100 IM – 1:28.44 BB
9th – 100 Brst – 1:40.13 BB
10th – 200 Free – 2:45.08 BB

CERA, Tucker (9)

7th – 100 Brst – 1:39.54 BB
7th – 50 Breast – 44.67 BB
7th – 100 IM – 1:27.76 BB
9th – 100 Fly – 1:36.94 BB

COBB, Collier (10)

1st – 200 Fr – 2:11.89 AAAA
1st – 50 Back – 34.76 AA
1st – 100 Fly – 1:14.21 AAA
1st – 100 Breast – 1:28.68 A
1st – 100 Back – 1:12.65 AAA
1st – 50 Fly – 33.02 AAA
1st – 100 IM – 1:15.23 AA
2nd – 50 Breast – 40.36 A
6th – 200 IM – 2:34.06 AAA

DeRONJA, Frank (10)

10th – 100 Fly – 1:39.73 BB
10th – 100 Brst – 1:40.43 BB

DONNELLY, Ryan (10)

2nd – 200 Free – 2:27.43 A
2nd – 100 Fly – 1:20.12 AA
2nd – 100 Free – 1:06.91 AA
2nd – 50 Fly – 35.60 A
2nd – 100 IM – 1:19.66 A
3rd – 50 Back – 37.08 A

DRDA, Andrew (10)
7th – 100 Back – 1:23.39 BB
9th – 200 Free – 2:42.83 BB
9th – 50 Fly – 38.91 BB
10th – 50 Back – 39.36 BB

FALLER, Jack (10)
3rd – 50 Breast – 42.17 A
4th – 100 Breast – 1:35.98 BB

FISCHETTI, Chris (9)
7th – 200 Free – 2:39.63 BB

FULFORD, Austin (10)
10th – 100 Free – 1:16.06 BB

OAKLEY, Will (10)
2nd – 100 Breast – 1:29.76 A
6th – 50 Free – 32.51 BB
8th – 100 Fly – 1:35.92 BB

PHILLIPS, Jacob (9)
9th – 100 Free – 1:15.16 BB
10th – 50 Breast – 46.53 BB

SILVER, Christopher (9)
3rd – 50 Free – 32.16 BB
4th – 100 Fly – 1:22.98 A
5th – 50 Fly – 36.08 A
6th – 100 Free – 1:14.29 BB
7th – 50 Back – 38.23 A

11-12 Boys
CLOSE, William (12)
8th – 50 Fly – 35.01 BB
8th – 200 Free – 2:21.22 BB
10th – 50 Breast – 42.86 B

CRAIG, Steven (12)
2nd – 100 Free – 57.62 AA
3rd – 50 Back – 32.44 A
3rd – 100 Fly – 1:07.57 AA
3rd – 50 Free – 26.97 AA - LO
3rd – 200 Breast – 2:46.37 A
3rd – 100 Back – 1:10.00 A
4th – 200 Fly – 2:31.71 A

HOOKS, Blake (12)
10th – 50 Fly – 35.23 B

KAWAGUCHI, Tosh (11)
2nd – 50 Fly – 32.44 BB
7th – 200 Free – 2:20.79 BB
7th – 100 Fly – 1:12.46 BB
9th – 50 Breast – 41.91 BB
10th – 200 Back – 2:36.47 BB

McBENNETT, Chris (12)
7th – 50 Breast – 41.59 B

MORRELL, Walker (11)
4th – 50 Breast – 39.86 BB
8th – 50 Fly – 35.01 BB
10th – 100 Back – 1:16.46 BB

RESS, Justin (11)
1st – 100 Back – 1:09.04 A
2nd – 200 IM – 2:27.90 AA
3rd – 200 Free – 2:10.33 AA
3rd – 50 Fly – 32.68 BB
5th – 100 Free – 59.96 AA
6th – 200 Back – 2:26.98 A
7th – 100 Breast – 1:22.85 BB
8th – 100 Fly – 1:14.10 BB
8th – 200 Breast – 2:56.79 BB

RICHARDSON, Andrzej (12)
3rd – 50 Breast – 39.20 BB
6th – 50 Fly – 34.34 BB
7th – 200 IM – 2:36.05 BB
8th – 200 Back – 2:31.56 A
9th – 50 Back – 34.03 BB
9th – 100 Breast – 1:26.11 BB

10th – 100 Free – 1:04.32 BB

SILVER, Tyler (11)
1st – 200 IM – 2:18.88 AAA
1st – 200 Back – 2:17.00 AAA
1st – 100 Free – 54.88 AAA
2nd – 50 Back – 29.57 AAA
2nd – 50 Free – 25.47 AAA
2nd – 100 Breast – 1:16.92 A
2nd – 200 Breast – 2:41.12 AA
2nd – 200 Fly – 2:19.66 AAA
2nd – 100 IM – 1:03.85 AAA

STAAB, Justin (12)
10th – 200 Fly – 2:54.10 B
10th – 200 Free – 2:23.53 BB

VERONA, Brooks (11)
4th – 50 Fly – 33.43 BB

WEDEGAERTNER, Kurt (12)
5th – 100 Back – 1:11.67 A
5th – 50 Back – 33.69 BB
6th – 200 Free – 2:20.04 BB
10th – 200 IM – 2:38.25 BB
10th – 100 IM – 1:14.68 BB

13-14 Boys
CRAIG, David (13)
1st – 1000 Free – 10:45.90 AA
4th – 200 IM – 2:14.84 A
5th – 200 Free – 1:58.74 AA
6th – 400 IM – 4:48.99 A
7th – 200 Fly – 2:29.72 BB
7th – 100 Free – 55.03 AA
8th – 50 Free – 25.67 A
8th – 100 Fly – 1:08.64
9th – 100 Back – 1:06.13 BB

HALE, Conor (13)
10th – 200 Breast – 2:52.86 B

HARMON, Clay (13)
5th – 200 IM – 2:16.05 A
5th – 1000 Free – 11:08.93 A
7th – 400 IM – 4:49.36 A
8th – 500 Free – 5:26.18 A
9th – 200 Fly – 2:41.57 B
9th – 100 Free – 58.64 BB

HAUGH, Alex (14)
6th – 200 Breast – 2:42.43 BB
10th – 50 Free – 26.50 BB

JOHNSON, Scott (13)
3rd – 100 Back – 1:02.22 A
3rd – 50 Free – 24.67 AA
7th – 100 Breast – 1:19.14 B
7th – 100 Fly – 1:07.75 BB
7th – 200 IM – 2:20.77 BB
7th – 1000 Free – 11:10.33 A
8th – 400 IM – 4:52.16 A
8th – 200 Fly – 2:30.36 BB

LINKER, Adam (13)
4th – 1000 Free – 11:02.85 AA
6th – 200 Fly – 2:26.07 BB
6th – 100 Breast – 1:18.11 B
7th – 200 Breast – 2:42.90 BB
10th – 400 IM – 4:56.78 A
10th – 100 Free – 58.71 BB
10th – 200 IM – 2:23.67

PARKER, Austin (14)
4th – 100 Back – 1:02.98 A
5th – 50 Free – 25.08 AA
5th – 100 Free – 54.77 AA
5th – 200 Back – 2:19.02 BB
8th – 200 IM – 2:21.07 BB
9th – 200 Free – 2:00.57 A

SCHADE, Tim (13)
5th – 100 Breast – 1:17.11 BB
7th – 500 Free – 5:25.52 A
8th – 100 Back – 1:04.76 BB
8th – 200 Breast – 2:46.85 BB
8th – 1000 Free – 11:10.47 A

SIMPSON, Alex (14)
1st – 200 Back – 2:11.05 AA
6th – 100 Fly – 1:07.38 BB
8th – 100 Free – 55.36 A
9th – 200 IM – 2:21.08 BB

SMITH, Brendan (14)
4th – 100 Breast – 1:13.49 BB
4th – 200 Back – 2:16.58 A

15-18 Boys
ADAMS, Tyler (17)
9th – 200 Free – 1:53.47 A
9th – 100 Free – 52.56 A
9th – 200 IM – 2:12.36 A
10th – 200 Back – 2:11.95 BB

BARNES, David (16)
1st – 100 Breast – 1:06.33 A
3rd – 100 Free – 50.94 AA
3rd – 200 IM – 2:07.46 AA
4th – 200 Breast – 2:25.01 A
5th – 100 Fly – 57.63 A
6th – 200 Free – 1:51.93 AA

BRUNK, Joe (15)
6th – 100 Breast – 1:10.87 BB
8th – 200 Breast – 2:32.73 BB

DUGGINS, Matt (15)
3rd – 1000 Free – 10:25.25 AA
3rd – 200 Free – 1:50.31 AA
4th – 500 Free – 4:58.11 AA
8th – 100 Fly – 58.44 A
9th – 200 Fly – 2:10.85 A
9th – 50 Free – 24.09 AA
9th – 200 Back – 2:11.46 A

EIDEN, Alex (15)
6th – 200 Back – 2:06.94 A
7th – 200 IM – 2:09.84 A
8th – 500 Free – 5:02.58 AA
9th – 400 IM – 4:31.63 AA

HARRIS, Taylor (17)
1st – 400 IM – 4:10.36 AAA
1st – 500 Free – 4:50.19 AAA
1st – 100 Free – 50.66 AA
1st – 200 Back – 1:57.28 AAA
1st – 200 IM – 1:58.23 AAA
2nd – 200 Free – 1:49.62 AA
2nd – 50 Free – 23.36 AA
2nd – 200 Breast – 2:13.38 AAA
2nd – 100 Fly – 55.50 AA
3rd – 100 Back – 56.30 AA

HURLEY, Matt (15)
4th – 200 Fly – 2:06.85 AA
5th – 100 Breast – 1:10.68 BB
6th – 200 Breast – 2:30.35 BB
6th – 200 IM – 2:09.83 A
7th – 400 IM – 4:30.35 AA
8th – 100 Free – 52.51 AA
8th – 100 Back – 58.49 AA
10th – 100 Fly – 58.79 A

JAHJA, Jordan (15)
4th – 100 Breast – 1:10.66 BB
9th – 1000 Free – 11:06.13 A
9th – 200 Breast – 2:33.21 BB

LISKIEWICZ, Chris (17)
7th – 1000 Free – 10:45.65 A
9th – 500 Free – 5:03.15

MOR GOES THE DISTANCE

MOR swimmers recently had the opportunity to showcase their distance swimming talents at the **January Jubilee Meet** and at **MOR Distance Day**. Swimmers became more experienced in pacing these races as they prepared for the upcoming season-ending meets. The results were as follows:

DISTANCE DAY RESULTS

10 & Under Girls
ADCOCK, Elena (10)
2nd – 500 Free – 6:34.24 A

DELFINO, Angela (10)
4th – 500 Free – 6:58.42 BB

HEINEMAN, Ashley (10)
3rd – 500 Free – 6:56.79 BB

MARTIN, Cara (10)
6th – 500 Free – 7:15.11 BB

ROCQUE, Jacqi (9)
1st – 500 Free – 6:28.65 AA

WHALEN, Lily (9)
5th – 500 Free – 7:01.72 BB

11-12 Girls
BROWN, Cameron (12)
1st – 200 Fly – 2:30.82 AA
2nd – 400 IM – 5:16.27 AA

CARTER, Michaela (12)
1st – 200 Back – 2:29.30 AA
2nd – 1000 Free – 12:31.49 A

JAHJA, Maria (12)
2nd – 200 Back – 2:35.30 A
5th – 400 IM – 5:34.39 A

JOHNSON, Meagan (11)
4th – 400 IM – 5:26.89 A
4th – 200 Brst – 2:57.54 BB

LAWTON, Kelsey (12)
1st – 400 IM – 5:00.85 AAA
2nd – 200 Fly – 2:45.44 AA

McNATTON, Sophia (12)
3rd – 200 Brst – 2:54.92 A
4th – 1000 Free – 12:42.83 A

MORAN, Augusta (11)
4th – 200 Back – 2:45.36 BB
7th – 400 IM – 5:49.07 BB

NICKENS, Markie (12)
5th – 200 Brst – 3:25.39 B

ROCQUE, Marqi (12)
3rd – 1000 Free – 12:42.23 A
6th – 400 IM – 5:41.82 BB

TOMASKO, Amanda (12)
3rd – 200 Fly – 3:00.10 B

WHALEN, Paige (12)
3rd – 400 IM – 5:24.14 A
3rd – 200 Back – 2:43.54 BB

13-14 Girls
AROSE, Helena (13)
1st – 200 Breast – 2:45.17 A
2nd – 400 IM – 5:12.87 A

BOULO, Delaney (13)
4th – 400 IM – 5:44.31 B

BROOKS, Mary Margaret (13)
3rd – 200 Brst – 3:00.86 B
5th – 400 IM – 5:45.57 B

WRENN, Natalie (13)
2nd – 200 Brst – 2:47.36 BB
3rd – 400 IM – 5:23.69 BB

10 & Under Boys
CERA, Tucker (9)
4th – 500 Free – 7:09.50 BB

COBB, Collier (10)
1st – 500 Free – 5:43.24 AA

DONNELLY, Ryan (10)
2nd – 500 Free – 6:20.88 AA

FISCHETTI, Chris (10)
3rd – 500 Free – 7:02.00 BB

11-12 Boys
COUNTIE, Will (13)
2nd – 200 Back – 2:21.11 AA

CRAIG, Steven (12)
1st – 400 IM – 4:57.15 AAA
1st – 200 Brst – 2:44.93 AA

KAWAGUCHI, Tosh (11)
2nd – 200 Fly – 2:37.94 BB
4th – 400 IM – 5:29.94 BB

RESS, Justin (11)
1st – 1000 Fr – 11:55.27 AA
2nd – 400 IM – 5:09.88 A

RICHARDSON, Andrzej (12)
3rd – 400 IM – 5:28.68 A
4th – 200 Back – 2:30.44 A

STAAB, Justin (12)
5th – 1000 Fr – 13:09.58 BB

WEDEGAERTNER, Kurt (12)
5th – 200 Back – 2:31.17 A

13-14 Boys
CRAIG, David (13)
1st – 200 Back – 2:16.74 A

HALE, Conor (13)
1st – 400 IM – 5:12.17 BB
3rd – 200 Brst – 2:47.52 BB

HAUGH, Alex (14)
1st – 200 Brst – 2:34.87 A

SCHADE, Tim (13)
S – 100 Back – 1:01.72
2nd – 200 Breast – 2:35.29 A

JANUARY JUBILEE RESULTS

11-12 Girls
BROWN, Cameron (12)
4th – 1650 Fr – 20:04.15 AA

LAWTON, Kelsey (12)
3rd – 1650 Fr – 19:32.73 3A

McNATTON, Sophia (12)
5th – 1650 Free – 21:11.49 A

13-14 Girls
MARTIN, Cameron (14)
7th – 1000 Fr – 11:24.25 AA

SMITH, Lillie (14)
8th – 1650 Fr – 19:02.93 AA

TEXTOR, Brennan (14)
7th – 1650 Fr – 18:59.64 AA

WHALEN, Kelly (13)
6th – 1650 Fr – 18:33.68 AA

15-18 Girls
FIGUERS, Cameron (17)
13th – 1650 Fr – 18:20.74 AA

GIAMBER, Nicole (15)
15th – 1650 Fr – 18:39.60 AA

GOODLING, Rachel (17)
7th – 1650 Fr – 17:46.47 3A

LEE, Hannah (17)
11th – 1650 Fr – 18:10.80 AA

11-12 Boys
CRAIG, Steven (12)
2nd – 1650 Fr – 18:18.76 4A

KAWAGUCHI, Tosh (11)
7th – 1650 Fr – 21:24.27 BB

RESS, Justin (11)
5th – 1650 Fr – 19:39.93 AA

RICHARDSON, Andrzej (12)
6th – 1650 Free – 21:14.65 A

SILVER, Tyler (11)
4th – 1650 Fr – 19:17.23 3A

13-14 Boys
CRAIG, David (13)
3rd – 1650 Fr – 17:52.52 AA

HARMON, Clay (13)
4th – 1650 Fr – 18:14.70 AA

LINKER, Adam (13)
5th – 1650 Fr – 18:19.47 AA

SCHADE, Tim (13)
2nd – 1000 Fr – 10:46.98 AA

SMITH, Brendan (14)
6th – 1650 Free – 18:41.03 A

15-18 Boys
BARNES, David (16)
14th – 1650 Fr – 17:45.56 AA

HURLEY, David (17)
17th – 1650 Fr – 18:14.02 A

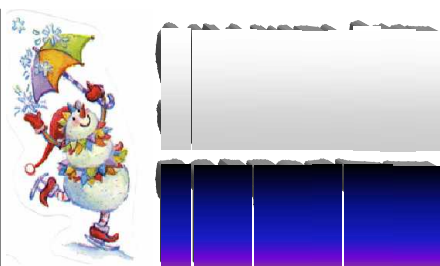
JAHJA, Jordan (15)
16th – 1650 Fr – 18:12.20 A

Scott, Bryce (15)
10th – 1000 Fr – 10:31.41 AA

What does it take?

Coaches are often asked by swimmers, "What does it take to win an event at a North Carolina Championship Meet?" On the next two pages are tables showing the times that have been

swum by athletes during the past three years at the North Carolina 14 & Under Championships. On the table are the winning times in each event contested along with the times that took 4th place and 8th place at the meet. Over the three years depicted (2006 - 2008) there does not appear to be a lot of change, however, the trend is that the 8th place time is getting a little faster in most events. We hope many swimmers can use the table as motivation and for setting goals if not for this year, at some point in the future. Armed with a dash of "what it takes" and a tablespoon of focus and a pinch of training MOR swimmers will have all the ingredients for another fantastic performance at the 14&Under Championships.



Thirty-four Marlins of Raleigh 8&Unders participated in the recent **Snowflake Invitational** hosted by MOR January 24-25 at Ravenscroft School. The meet was divided into girls sessions in the morning and boys in the afternoon and presented itself to be quick and efficient for these swimmers. MOR 8&Unders swam to 64% best times at this meet. We had 54 swims place in the Top 8 (see below). A special thanks to **Pam Rocque** and **Bob Figuers** for the running of this meet.

10&U BOYS EVENTS									
EVENT	2006			2007			2008		
	1st	4th	8th	1st	4th	8th	1st	4th	8th
50 Fr	26.79	28.68	29.15	27.70	29.09	30.25	27.19	28.14	29.07
100 Fr	59.10	1:02.91	1:04.41	58.11	1:03.40	1:05.81	58.30	1:02.14	1:03.77
200 Fr	2:09.72	2:15.72	2:20.66	2:07.16	2:18.15	2:25.46	2:06.29	2:15.70	2:19.50
50 Bk	31.47	34.18	34.52	30.85	33.05	34.54	31.50	33.00	33.52
100 Bk	1:07.24	1:12.74	1:14.05	1:05.89	1:13.28	1:14.00	1:08.04	1:12.05	1:13.16
50 Br	36.95	39.18	40.41	37.75	39.12	39.95	35.34	39.03	41.21
100 Br	1:22.02	1:25.91	1:28.11	1:19.85	1:24.77	1:26.91	1:18.06	1:24.55	1:28.04
50 Fly	28.67	32.21	33.57	29.44	32.02	32.99	29.30	32.20	32.44
100 Fly	1:08.70	1:10.96	1:16.65	1:08.23	1:14.53	1:15.32	1:06.54	1:12.78	1:13.58
100 IM	1:08.81	1:14.53	1:16.12	1:08.23	1:14.65	1:17.33	1:08.86	1:12.47	1:13.63
200 IM	2:32.19	2:38.64	2:42.32	2:24.87	2:40.42	2:43.05	2:27.11	2:35.50	2:40.21
11-12 BOYS EVENTS									
EVENT	2006			2007			2008		
	1st	4th	8th	1st	4th	8th	1st	4th	8th
50 Fr	24.70	25.56	26.54	24.17	25.61	26.38	24.47	25.03	25.82
100 Fr	53.40	55.08	57.35	52.24	55.36	56.91	53.83	54.90	55.62
200 Fr	1:54.88	2:00.18	2:04.34	1:54.13	1:59.53	2:03.02	1:57.15	1:58.07	2:00.54
500 Fr	5:01.99	5:17.93	5:23.06	5:06.91	5:22.63	5:33.36	5:08.68	5:19.06	5:25.53
50 Bk	28.34	29.36	30.84	27.96	29.09	31.10	27.52	29.22	29.56
100 Bk	1:00.24	1:02.69	1:04.45	58.80	1:02.01	1:06.50	1:00.19	1:02.71	1:03.59
50 Br	30.81	32.72	33.63	30.71	33.45	34.92	30.21	31.86	33.52
100 Br	1:07.63	1:11.18	1:13.43	1:06.74	1:13.31	1:14.20	1:07.31	1:10.82	1:18.94
50 Fly	27.03	27.98	29.56	26.50	27.29	28.94	26.83	27.30	28.79
100 Fly	59.33	1:03.08	1:05.48	59.14	1:02.00	1:02.83	58.77	1:00.69	1:04.33
100 IM	1:01.77	1:04.33	1:06.56	1:00.71	1:02.99	1:06.12	1:00.96	1:02.39	1:04.14
200 IM	2:09.29	2:17.42	2:22.50	2:09.16	2:15.73	2:23.67	2:12.59	2:17.14	2:19.71
13-14 BOYS EVENTS									
EVENT	2006			2007			2008		
	1st	4th	8th	1st	4th	8th	1st	4th	8th
50 Fr	22.17	23.29	23.69	22.62	23.06	23.49	21.74	23.13	23.54
100 Fr	48.73	50.76	52.29	48.97	49.99	51.22	47.50	50.74	52.26
200 Fr	1:45.72	1:48.78	1:55.24	1:46.07	1:47.36	1:52.15	1:42.15	1:49.06	1:54.72
500 Fr	4:46.22	4:53.32	5:06.40	4:48.87	4:53.28	5:08.77	4:41.01	4:56.99	5:07.67
1000 Fr	9:41.97	10:11.03	10:23.43	9:50.97	10:05.24	10:20.82	9:39.64	10:00.53	10:23.13
1650 Fr	16:15.82	17:02.52	17:34.81	16:29.98	17:09.91	17:42.73	16:35.91	17:07.64	17:26.50
100 Bk	54.30	56.13	59.11	54.87	56.85	59.88	53.77	56.32	58.51
200 Bk	1:56.73	2:00.35	2:07.07	2:00.44	2:02.98	2:06.93	1:57.24	2:02.96	2:08.78
100 Br	1:03.81	1:04.39	1:10.55	1:01.66	1:03.19	1:07.84	57.77	1:02.50	1:06.27
200 Br	2:19.81	2:21.81	2:28.42	2:12.86	2:20.83	2:28.41	2:11.30	2:18.34	2:25.98
100 Fly	53.49	55.92	57.46	52.38	54.38	57.43	50.46	55.65	56.00
200 Fly	2:00.07	2:02.92	2:07.87	1:56.05	1:59.99	2:09.55	1:51.39	2:02.59	2:05.83
200 IM	2:00.74	2:06.13	2:07.30	1:59.91	2:05.35	2:14.69	1:55.50	2:05.77	2:08.67
400 IM	4:12.81	4:21.55	4:31.75	4:14.50	4:21.55	4:36.58	4:10.00	4:23.01	4:31.08

2009 SNOWFLAKE INVITATIONAL MEET RESULTS

6 & Under Girls

Arens, Abigail (6)
 1st - 25 Free - 19.79
 1st - 25 Back - 23.85
 1st - 25 Breast - 30.76
 1st - 50 Free - 43.85
 1st - 50 Back - 54.13
 3rd - 25 Fly - 29.45

7-8 Girls

Baldwin, Sydney (8)
 2nd - 25 Fly - 19.05
 4th - 25 Free - 16.42
 4th - 25 Breast - 22.43
 5th - 50 Free - 36.69 B
 7th - 50 Brst - 52.05 B

Blandford, Callie (7)
 4th - 25 Fly - 19.35
 8th - 100 IM - 1:38.40 B

DeRonja, Josie (7)
 6th - 50 Brst - 51.87 B
 7th - 25 Brst - 23.62

McCauley, Ashley (8)
 4th - 50 Brst - 51.51 B
 6th - 25 Brst - 23.50

Morrell, Lily (8)
 1st - 25 Free - 15.83
 2nd - 50 Fr - 34.68 BB
 5th - 100 Bk - 1:38.46 B
 6th - 50 Fly - 43.50 B

Strickland, Rachel (7)
 4th - 100 Fly - 1:48.45 B
 8th - 50 Fly - 44.83 B

6 & Under Boys

Johnson, Brennan (6)
 4th - 50 Brst - 1:22.52
 7th - 25 Free - 22.60
 8th - 50 Back - 1:03.13

7-8 Boys

Brown, Zachary (8)
 1st - 100 Fly - 1:42.60 B
 1st - 200 IM - 3:28.30 B
 2nd - 100 Bk - 1:33.24 B
 3rd - 200 Fr - 3:04.81 B
 3rd - 100 IM - 1:32.12 B
 3rd - 50 Brst - 51.04 B
 4th - 100 Fr - 1:24.28 B
 6th - 50 Free - 36.70 B

Lawton, Nick (8)
 2nd - 200 Fr - 3:01.30 B
 2nd - 25 Fly - 19.49
 3rd - 50 Back - 42.96 BB
 3rd - 100 Fr - 1:23.95 B
 3rd - 100 Bk - 1:34.62 B
 5th - 100 IM - 1:38.09 B
 5th - 50 Free - 36.35 B
 6th - 50 Fly - 45.82 B

Nixon, Campbell (8)
 3rd - 25 Fly - 19.81
 8th - 50 Free - 37.18 B
 8th - 50 Fly - 48.57

Schoening, David (8)
 2nd - 50 Brst - 50.85 B
 3rd - 50 Fly - 44.38 B
 4th - 100 Brst - 1:50.29 B
 5th - 25 Breast - 23.99
 5th - 25 Fly - 21.31
 6th - 100 IM - 1:39.61 B

Championship Highway
How Far Will You Travel?



Caution! You have just pulled onto Championship Highway! The next eight weeks are chock-full of swim meets and navigating them will need the best GPS (great parenting skills) you can muster. Here are all the destinations toward which you may be travelling:

JANUARY 29-FEBRUARY 1

Meet: NC Senior Championship
 Location: TAC
 Must have qualifying times in each event entered.

FEBRUARY 13-15

Meet: MOR Short Course Qualifier
 Location: TAC
 8-14yrs—Cannot have achieved the qualifying time for 14U State Meet
 15&Over—Cannot have attained SR Championship qualifying times

FEBRUARY 19-22

Meet: NC Age Group Championship
 Location: Huntersville
 Must have qualifying times in each event entered

MARCH 5-8

Meet: Sr Sectional Championship
 Location: TAC
 Must have qualifying times in each event entered

MARCH 6-8

Meet: B/C States
 Location: Pullen
 8&U and 9-12 B/C swimmers; 13&O can swim with fewer than 2 "A" times

MARCH 12-15

Meet: 14U Age Group Sectionals
 Location: Charlotte
 Must have qualifying times in each event entered

MARCH 20-22

Meet: Tarheel States
 Location: TAC
 12&Unders—BB swimmers
 13-14—BB to Age Group Sectional qualified swimmers
 15&Overs—All are eligible

10&U GIRLS EVENTS									
	2006			2007			2008		
EVENT	1 st	4 th	8 th	1 st	4 th	8 th	1 st	4 th	8 th
50 Fr	28.23	28.76	29.78	27.09	29.15	29.47	27.13	28.34	29.58
100 Fr	59.61	1:03.58	1:05.87	58.29	1:02.54	1:05.41	59.39	1:01.51	1:04.13
200 Fr	2:08.52	2:20.42	2:23.61	2:07.32	2:13.40	2:21.12	2:08.57	2:19.14	2:20.74
50 Bk	31.16	34.10	35.16	33.15	33.49	34.55	31.44	33.24	34.12
100 Bk	1:07.12	1:15.02	1:17.14	1:09.11	1:12.73	1:15.20	1:06.56	1:12.10	1:14.04
50 Br	36.59	38.79	39.34	34.62	35.94	38.22	34.15	35.80	37.87
100 Br	1:16.74	1:23.55	1:25.73	1:14.51	1:21.72	1:24.41	1:18.44	1:21.07	1:27.13
50 Fly	29.44	32.71	34.10	28.86	31.30	32.24	29.89	31.06	32.63
100 Fly	1:05.54	1:17.02	1:17.52	1:05.06	1:12.58	1:15.68	1:07.41	1:10.32	1:14.54
100 IM	1:06.48	1:14.91	1:16.81	1:07.31	1:12.14	1:14.91	1:07.35	1:11.97	1:14.08
200 IM	2:24.15	2:43.56	2:46.25	2:23.46	2:32.97	2:42.38	2:28.47	2:36.39	2:38.90
11-12 GIRLS EVENTS									
	2006			2007			2008		
EVENT	1 st	4 th	8 th	1 st	4 th	8 th	1 st	4 th	8 th
50 Fr	26.18	26.37	26.73	25.46	26.21	26.69	25.20	25.87	26.50
100 Fr	56.34	57.76	58.79	55.38	56.83	59.48	54.86	56.31	57.82
200 Fr	2:02.69	2:04.35	2:05.37	1:59.89	2:03.58	2:05.55	1:57.36	2:01.92	2:03.31
500 Fr	5:21.75	5:31.33	5:37.48	5:14.73	5:21.83	5:33.15	5:13.25	5:21.09	5:29.34
50 Bk	28.64	30.09	31.77	29.12	29.74	31.03	28.68	30.57	31.30
100 Bk	1:01.61	1:05.31	1:05.97	1:02.79	1:04.91	1:06.08	1:01.55	1:04.91	1:06.77
50 Br	32.84	33.95	34.80	33.42	34.08	35.10	32.08	33.49	34.07
100 Br	1:11.60	1:13.09	1:15.72	1:12.96	1:13.78	1:15.06	1:08.72	1:12.28	1:18.17
50 Fly	27.37	28.85	29.68	28.16	28.66	29.62	27.56	28.46	29.44
100 Fly	1:00.60	1:03.06	1:06.93	1:01.75	1:04.11	1:05.90	1:00.09	1:02.58	1:05.78
100 IM	1:04.31	1:05.72	1:07.80	1:04.60	1:05.99	1:07.36	1:01.56	1:04.39	1:05.66
200 IM	2:16.43	2:23.01	2:25.88	2:15.35	2:20.20	2:21.39	2:12.71	2:18.08	2:23.38
13-14 GIRLS EVENTS									
	2006			2007			2008		
EVENT	1 st	4 th	8 th	1 st	4 th	8 th	1 st	4 th	8 th
50 Fr	24.61	25.06	25.49	24.57	24.82	25.79	24.64	25.01	25.69
100 Fr	53.40	55.19	55.86	53.68	54.41	57.30	53.27	54.53	56.05
200 Fr	1:54.04	1:56.43	1:58.98	1:56.02	1:58.25	2:00.87	1:54.13	1:56.40	2:00.54
500 Fr	5:05.24	5:15.60	5:19.98	5:07.47	5:15.04	5:24.64	5:03.98	5:13.19	5:21.11
1000 Fr	10:21.97	10:48.06	10:58.02	10:36.89	10:46.20	10:58.20	10:24.29	10:41.95	10:56.58
1650 Fr	17:07.91	17:57.39	18:09.30	17:39.20	17:53.73	18:20.96	17:23.09	17:51.50	18:14.13
100 Bk	59.33	1:01.49	1:02.18	59.52	1:00.75	1:01.31	57.47	59.56	1:02.03
200 Bk	2:08.92	2:12.03	2:15.00	2:06.73	2:09.84	2:12.55	2:02.85	2:09.70	2:17.29
100 Br	1:05.94	1:09.16	1:11.03	1:07.65	1:08.94	1:11.28	1:08.33	1:08.86	1:11.84
200 Br	2:23.25	2:30.00	2:33.40	2:28.36	2:31.85	2:34.94	2:29.35	2:30.86	2:33.34
100 Fly	57.65	1:00.45	1:01.34	58.60	1:00.49	1:01.95	58.49	59.44	1:01.07
200 Fly	2:07.62	2:13.29	2:16.76	2:08.47	2:09.62	2:15.56	2:06.01	2:13.95	2:19.98
200 IM	2:11.59	2:15.42	2:16.83	2:10.58	2:13.24	2:15.92	2:08.81	2:14.63	2:22.38
400 IM	4:30.95	4:41.39	4:49.27	4:32.00	4:42.55	4:50.07	4:33.89	4:38.30	4:48.54