

## 2010 YMCA National Long Course Championship, Sanction #: USAS PVA-10-305.

July 27 - July 30, 2010

## Results

**Women 100 LC Meter Freestyle**

National: 56.79 \* 7/30/2009 Emily Lloyd  
1:03.79 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
38 Casey Jepsen	17	DCST-IL	1:01.48		QUAL

**Women 200 LC Meter Freestyle**

National: 2:00.22 \* 8/29/2008 Leah Gingrich  
2:17.29 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
32 Casey Jepsen	17	DCST-IL	2:13.39		QUAL
			1:02.35	1:11.04	
56 Grace Waller	17	DCST-IL	2:15.56		QUAL
			1:05.51	1:10.05	

**Women 400 LC Meter Freestyle**

National: 4:19.91 \* 7/31/2007 Caroline Smith  
4:45.99 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
A - Final					
7 Emily Launer	16	DCST-IL	4:30.76		QUAL
			30.03	33.35	34.33
			35.13	35.28	35.19
					32.74

**Women 400 LC Meter Freestyle**

National: 4:19.91 \* 7/31/2007 Caroline Smith  
4:45.99 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
Preliminaries					
5 Emily Launer	16	DCST-IL	4:29.01		QUAL
			1:03.15	1:08.40	1:09.33
					1:08.13

**Women 800 LC Meter Freestyle**

National: 8:55.46 \* 7/31/2009 Laura Simon  
9:46.89 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
5 Emily Launer	16	DCST-IL	9:24.90		QUAL
			1:04.40	1:10.11	1:10.90
			1:12.36	1:12.58	1:12.42
					1:10.22

**Women 1500 LC Meter Freestyle**

National: 16:59.47 \* 7/27/2009 Laura Simon  
18:44.99 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
2 Emily Launer	16	DCST-IL	17:17.33		QUAL
			1:04.67	1:09.10	1:08.74
			1:08.46	1:08.80	1:09.62
			1:10.53	1:10.47	1:10.78
			1:09.66	1:09.42	1:08.03

**Women 50 LC Meter Backstroke**

National: 29.32 \* 7/30/2004 Lauren English

Name	Age	Team	Prelim Time	Finals Time	Qual
Preliminaries					
56 Tara Gidaszewski	16	DCST-IL	33.41		

**Women 100 LC Meter Backstroke**

National: 1:02.73 \* 7/27/2004 Tricia Weaner  
1:12.49 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
A - Final					
23 Casey Jepsen	17	DCST-IL	1:09.43		QUAL
			33.54	35.89	

**Women 100 LC Meter Backstroke**

National: 1:02.73 \* 7/27/2004 Tricia Weaner  
1:12.49 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
Preliminaries					
23 Casey Jepsen	17	DCST-IL	1:08.84		QUAL
41 Tara Gidaszewski	16	DCST-IL	1:09.55		QUAL

**Women 200 LC Meter Backstroke**

National: 2:15.38 \* 7/29/2004 Tricia Weaner  
2:35.59 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
A - Final					
6 Emily Launer	16	DCST-IL	2:24.03		QUAL
			32.86	35.95	37.80
					37.42
B - Final					
15 Tara Gidaszewski	16	DCST-IL	2:27.38		QUAL
			33.63	36.31	38.88
					38.56
C - Final					
22 Casey Jepsen	17	DCST-IL	2:29.10		QUAL
			33.83	37.38	39.01
					38.88

**Women 200 LC Meter Backstroke**

National: 2:15.38 \* 7/29/2004 Tricia Weaner  
2:35.59 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
Preliminaries					
5 Emily Launer	16	DCST-IL	2:25.15		QUAL
			1:09.14	1:16.01	
9 Tara Gidaszewski	16	DCST-IL	2:26.01		QUAL
			1:09.66	1:16.35	
22 Casey Jepsen	17	DCST-IL	2:29.18		QUAL
			1:12.64	1:16.54	

**Women 100 LC Meter Breaststroke**

National: 1:11.26 \* 7/31/2009 KC Moss  
1:22.29 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
Preliminaries					
31 Valerie Jones	17	DCST-IL	1:18.52		QUAL

**Women 200 LC Meter Breaststroke**

National: 2:30.74 \* 7/29/2009 KC Moss  
2:58.49 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
A - Final					
17 Valerie Jones	17	DCST-IL	2:44.81		QUAL
			37.12	41.10	43.03
					43.56

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**Women 200 LC Meter Breaststroke**

National: 2:30.74 \* 7/29/2009 KC Moss  
2:58.49 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>					
17 Valerie Jones	17	DCST-IL	2:50.02		QUAL
			1:19.86	1:30.16	

**Women 50 LC Meter Butterfly**

National: 27.27 \* 7/30/2009 Becca Weiland

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>					
36 Sharron Isola	16	DCST-IL	30.69		
37 Katie Hallenbeck	17	DCST-IL	30.77		

**Women 100 LC Meter Butterfly**

National: 1:00.49 \* 7/30/2008 Leah Gingrich  
1:10.19 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>A - Final</b>					
21 Sharron Isola	16	DCST-IL	1:06.10		QUAL
			30.77	35.33	

**Women 100 LC Meter Butterfly**

National: 1:00.49 \* 7/30/2008 Leah Gingrich  
1:10.19 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>					
22 Sharron Isola	16	DCST-IL	1:06.68		QUAL
52 Katie Hallenbeck	17	DCST-IL	1:07.93		QUAL

**Women 200 LC Meter Butterfly**

National: 2:09.96 \* 8/1/2008 Leah Gingrich  
2:37.19 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>					
29 Katie Hallenbeck	17	DCST-IL	2:30.76		QUAL
			1:10.04	1:20.72	
38 Sharron Isola	16	DCST-IL	2:33.18		QUAL
			1:11.06	1:22.12	

**Women 200 LC Meter IM**

National: 2:16.33 \* 7/29/2008 Leah Gingrich  
2:36.19 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>					
34 Valerie Jones	17	DCST-IL	2:30.56		QUAL
			1:13.52	1:17.04	

**Women 400 LC Meter IM**

National: 4:53.41 \* 7/29/2004 Ashley Jones  
5:26.99 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>A - Final</b>					
18 Valerie Jones	17	DCST-IL	5:13.44		QUAL
			33.85	38.83	
			42.71	43.89	
				36.35	
				34.22	

**Women 400 LC Meter IM**

National: 4:53.41 \* 7/29/2004 Ashley Jones  
5:26.99 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>					
17 Valerie Jones	17	DCST-IL	5:19.78		QUAL
			1:14.08	1:24.19	
				1:27.77	
				1:13.74	
27 Katie Hallenbeck	17	DCST-IL	5:24.38		QUAL
			1:09.59	1:24.12	
				1:38.63	
				1:12.04	
34 Sharron Isola	16	DCST-IL	5:27.45		
			1:10.77	1:21.69	
				1:40.57	
				1:14.42	

**Women 200 LC Meter Freestyle Relay**

National: 1:48.29 \* 7/31/2009 Anne Arundel County YMCA

K Farnham, C Burns, S Lloyd, E Lloyd

1:59.89 QUAL

Team	Relay	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>				
24 DCST-IL			1:54.77	QUAL
	1) Sharron Isola 16	2) Valerie Jones 17		
	3) Casey Jepsen 17	4) Emily Launer 16		
	29.67	29.45	28.13	27.52

**Women 400 LC Meter Freestyle Relay**

National: 3:55.40 \* 7/29/2009 Middle Tyger YMCA

R Carne, H Lips, S Drake, L Simon

4:20.89 QUAL

Team	Relay	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>				
19 DCST-IL			4:09.19	QUAL
	1) Grace Waller 17	2) Katie Hallenbeck 17		
	3) Casey Jepsen 17	4) Emily Launer 16		
	1:03.86	1:03.60	1:01.34	1:00.39

**Women 800 LC Meter Freestyle Relay**

National: 8:28.90 \* 7/30/2009 Middle Tyger YMCA

R Carne, H Lips, M Brooks, L Simon

9:14.99 QUAL

Team	Relay	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>				
5 DCST-IL			8:53.25	QUAL
	1) Grace Waller 17	2) Valerie Jones 17		
	3) Casey Jepsen 17	4) Emily Launer 16		
	31.45	1:05.45	1:40.25	2:14.75
	30.85	1:05.37	1:40.49	2:14.72
	29.46	1:02.58	1:37.88	2:13.68
	29.21	1:02.51	1:37.01	2:10.10

**Women 200 LC Meter Medley Relay**

National: 1:59.45 \* 7/28/2009 Anne Arundel County YMCA

C Burns, K Rouse, S Lloyd, E Lloyd

2:14.59 QUAL

Team	Relay	Prelim Time	Finals Time	Qual
<b>A - Final</b>				
16 DCST-IL			2:05.44	QUAL
	1) Emily Launer 16	2) Valerie Jones 17		
	3) Katie Hallenbeck 17	4) Casey Jepsen 17		
	31.48	36.08	30.33	27.55

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**Women 200 LC Meter Medley Relay**

National: 1:59.45 \* 7/28/2009 Anne Arundel County YMCA

C Burns, K Rouse, S Lloyd, E Lloyd

2:14.59 QUAL

Team	Relay	Prelim Time
15 DCST-IL		2:05.35 QUAL
1) Emily Launer 16	2) Valerie Jones 17	
3) Katie Hallenbeck 17	4) Casey Jepsen 17	
31.09	36.32	30.12 27.82

**Women 400 LC Meter Medley Relay**

National: 4:18.78 \* 7/31/2009 Middle Tyger YMCA

K Crawford, C Fore, H Lips, R Carne

4:52.99 QUAL

Team	Relay	Finals Time
A - Final		
12 DCST-IL		4:32.64 QUAL
1) Emily Launer 16	2) Valerie Jones 17	
3) Sharron Isola 16	4) Casey Jepsen 17	
32.24	1:06.88	36.83 1:17.74
30.61	1:06.58	28.71 1:01.44

**Women 400 LC Meter Medley Relay**

National: 4:18.78 \* 7/31/2009 Middle Tyger YMCA

K Crawford, C Fore, H Lips, R Carne

4:52.99 QUAL

Team	Relay	Prelim Time
10 DCST-IL		4:34.69 QUAL
1) Emily Launer 16	2) Valerie Jones 17	
3) Sharron Isola 16	4) Casey Jepsen 17	
1:06.81	3:27.88	

**Men 50 LC Meter Freestyle**

National: 23.52 \* 7/27/2004 Jeffrey Sudbury

26.69 QUAL

Name	AgeTeam	Prelim Time
105 Cory Page	17 DCST-IL	26.25 QUAL

**Men 100 LC Meter Freestyle**

National: 50.72 \* 7/30/2009 Tim Phillips

58.59 QUAL

Name	AgeTeam	Prelim Time
121 Cory Page	17 DCST-IL	57.58 QUAL

**Men 200 LC Meter Freestyle**

National: 1:50.75 \* 7/29/2009 Tim Phillips

2:06.99 QUAL

Name	AgeTeam	Prelim Time
63 Sam Seneczko	18 DCST-IL	2:04.65 QUAL
59.17	1:05.48	

**Men 800 LC Meter Freestyle**

National: 8:25.05 \* 7/29/2009 Ty Perkins

9:12.99 QUAL

Name	AgeTeam	Finals Time
--- Grant Alef	17 DCST-IL	SCR

**Men 1500 LC Meter Freestyle**

National: 15:57.55 \* 7/30/2004 Kyle Young

17:52.99 QUAL

Name	AgeTeam	Finals Time
8 Grant Alef	17 DCST-IL	16:39.89 QUAL
1:00.70	1:05.23	1:05.24 1:05.56
1:05.90	1:06.53	1:06.75 1:07.21
1:07.27	1:07.78	1:08.22 1:08.37
1:08.84	1:08.74	1:07.55

**Men 50 LC Meter Backstroke**

National: 26.29 \* 8/3/2001 Jayme O Cramer

Name	AgeTeam	Finals Time
A - Final		
11 Grant Alef	17 DCST-IL	28.07

**Men 50 LC Meter Backstroke**

National: 26.29 \* 8/3/2001 Jayme O Cramer

Name	AgeTeam	Prelim Time
11 Grant Alef	17 DCST-IL	28.39
28 Chad Thompson	18 DCST-IL	29.15
110 Marc Dubrick	15 DCST-IL	33.44

**Men 100 LC Meter Backstroke**

National: 56.63 \* 7/26/2005 Patrick Schirk

1:06.89 QUAL

Name	AgeTeam	Finals Time
A - Final		
4 Grant Alef	17 DCST-IL	58.63 QUAL
28.54	30.09	

**Men 100 LC Meter Backstroke**

National: 56.63 \* 7/26/2005 Patrick Schirk

1:06.89 QUAL

Name	AgeTeam	Prelim Time
8 Grant Alef	17 DCST-IL	59.94 QUAL
18 Chad Thompson	18 DCST-IL	1:00.89 QUAL

**Men 200 LC Meter Backstroke**

National: 2:01.69 \* 7/28/2005 Patrick Schirk

2:26.89 QUAL

Name	AgeTeam	Finals Time
A - Final		
2 Grant Alef	17 DCST-IL	2:08.85 QUAL
29.91	32.88	33.42 32.64
B - Final		
11 Chad Thompson	18 DCST-IL	2:12.09 QUAL
30.21	32.69	34.19 35.00

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**Men 200 LC Meter Backstroke**

National: 2:01.69 \* 7/28/2005 Patrick Schirk  
2:26.89 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>					
4 Grant Alef	17	DCST-IL	2:11.07		QUAL
			1:02.60	1:08.47	
10 Chad Thompson	18	DCST-IL	2:13.07		QUAL
			1:02.61	1:10.46	
113 Marc Dubrick	15	DCST-IL	2:32.04		
			1:12.28	1:19.76	

**Men 50 LC Meter Breaststroke**

National: 29.56 \* 1996 R. Henikman  
36.29 QUAL

Name	Age	Team	Prelim Time	Finals Time	Qual
<b>Preliminaries</b>					
96 Ryan Schultz	14	DCST-IL	35.20		QUAL

**Men 100 LC Meter Breaststroke**

National: 1:03.98 \* 1992 M. Hubbell  
1:15.59 QUAL

Name	Age	Team	Finals Time	Qual
<b>A - Final</b>				
18 Michael Gordon	17	DCST-IL	1:09.35	QUAL
			32.72	36.63

**Men 100 LC Meter Breaststroke**

National: 1:03.98 \* 1992 M. Hubbell  
1:15.59 QUAL

Name	Age	Team	Prelim Time	Qual
<b>Preliminaries</b>				
20 Michael Gordon	17	DCST-IL	1:09.45	QUAL

**Men 200 LC Meter Breaststroke**

National: 2:19.22 \* 1992 M. Hubbell  
2:47.99 QUAL

Name	Age	Team	Prelim Time	Qual
<b>Preliminaries</b>				
25 Michael Gordon	17	DCST-IL	2:33.69	QUAL
			1:11.33	1:22.36
115 Ryan Schultz	14	DCST-IL	2:49.08	
			1:17.87	1:31.21

**Men 50 LC Meter Butterfly**

National: 24.18 \* 7/30/2009 Tim Phillips

Name	Age	Team	Finals Time	Qual
<b>A - Final</b>				
18 Kei Ishimaru	15	DCST-IL	27.00	

**Men 50 LC Meter Butterfly**

National: 24.18 \* 7/30/2009 Tim Phillips

Name	Age	Team	Prelim Time	Qual
<b>Preliminaries</b>				
23 Kei Ishimaru	15	DCST-IL	27.29	

**Men 100 LC Meter Butterfly**

National: 52.88 \* 7/29/2009 Tim Phillips  
1:03.69 QUAL

Name	Age	Team	Prelim Time	Qual
<b>Preliminaries</b>				
47 Kei Ishimaru	15	DCST-IL	1:00.83	QUAL

**Men 200 LC Meter Butterfly**

National: 2:03.13 \* 7/31/2009 Josh Friedel  
2:26.99 QUAL

Name	Age	Team	Prelim Time	Qual
<b>Preliminaries</b>				
35 Kei Ishimaru	15	DCST-IL	2:19.63	QUAL
			1:03.21	1:16.42

**Men 200 LC Meter IM**

National: 2:05.19 \* 7/29/2008 Scott Marino  
2:23.99 QUAL

Name	Age	Team	Finals Time	Qual
<b>A - Final</b>				
9 Chad Thompson	18	DCST-IL	2:11.77	QUAL
			27.88	32.49
15 Michael Gordon	17	DCST-IL	2:14.89	QUAL
			27.54	34.58
			40.35	32.42

**Men 200 LC Meter IM**

National: 2:05.19 \* 7/29/2008 Scott Marino  
2:23.99 QUAL

Name	Age	Team	Prelim Time	Qual
<b>Preliminaries</b>				
11 Chad Thompson	18	DCST-IL	2:12.58	QUAL
			1:00.71	1:11.87
16 Michael Gordon	17	DCST-IL	2:13.77	QUAL
			1:02.75	1:11.02
46 Kei Ishimaru	15	DCST-IL	2:18.44	QUAL
			1:04.03	1:14.41

**Men 400 LC Meter IM**

National: 4:32.23 \* 1997 J. Faltraco  
5:08.39 QUAL

Name	Age	Team	Prelim Time	Qual
<b>Preliminaries</b>				
26 Michael Gordon	17	DCST-IL	4:59.47	QUAL
			1:04.21	1:16.67
			1:28.29	1:10.30
--- Chad Thompson	18	DCST-IL	SCR	

**Men 200 LC Meter Freestyle Relay**

National: 1:36.24 \* 7/30/2004 Darien Community YMCA  
J Geissinger, P Baity, M Baity, M Donch  
1:49.19 QUAL

Team	Relay	Prelim Time	Qual
<b>Preliminaries</b>			
19 DCST-IL		1:41.04	QUAL
	1) Chad Thompson 18	2) Cory Page 17	
	3) Grant Alef 17	4) Michael Gordon 17	
	25.32	25.59	25.37
		24.76	

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**Men 400 LC Meter Freestyle Relay**

National: 3:31.18 \* 7/29/2009 Upper Main Line YMCA

T Mershon, M Salig, A Seiler, N Reed

3:58.29 QUAL

Team	Relay	Finals Time
<b>A - Final</b>		
11 DCST-IL		3:40.00 QUAL
1) Grant Alef 17	2) Kei Ishimaru 15	
3) Michael Gordon 17	4) Chad Thompson 18	
26.69	55.35	26.58 55.77
26.06	54.66	25.42 54.22

**Men 400 LC Meter Freestyle Relay**

National: 3:31.18 \* 7/29/2009 Upper Main Line YMCA

T Mershon, M Salig, A Seiler, N Reed

3:58.29 QUAL

Team	Relay	Prelim Time
<b>Preliminaries</b>		
9 DCST-IL		3:41.05 QUAL
1) Grant Alef 17	2) Kei Ishimaru 15	
3) Michael Gordon 17	4) Chad Thompson 18	
56.10	55.82	54.51 54.62

**Men 800 LC Meter Freestyle Relay**

National: 7:49.21 \* 7/30/2009 Upper Main Line YMCA

M Luminais, N Reed, T Mershon, M Salig

8:45.99 QUAL

Team	Relay	Finals Time
6 DCST-IL		8:04.57 QUAL
1) Michael Gordon 17	2) Sam Seneczko 18	
3) Chad Thompson 18	4) Grant Alef 17	
27.50	58.33	1:29.60 2:00.93
28.38	1:00.33	1:31.57 2:02.75
26.16	55.89	1:27.51 2:00.36
27.24	58.15	1:29.92 2:00.53

**Men 200 LC Meter Medley Relay**

National: 1:46.68 \* 7/31/2001 M.E. Lyons-OH

J Cramer, R Kauscher, P Carothers, M Bertke

2:03.99 QUAL

Team	Relay	Finals Time
<b>A - Final</b>		
5 DCST-IL		1:49.76 QUAL
1) Grant Alef 17	2) Michael Gordon 17	
3) Kei Ishimaru 15	4) Chad Thompson 18	
27.91	30.80	26.70 24.35

**Men 200 LC Meter Medley Relay**

National: 1:46.68 \* 7/31/2001 M.E. Lyons-OH

J Cramer, R Kauscher, P Carothers, M Bertke

2:03.99 QUAL

Team	Relay	Prelim Time
<b>Preliminaries</b>		
8 DCST-IL		1:50.76 QUAL
1) Grant Alef 17	2) Michael Gordon 17	
3) Kei Ishimaru 15	4) Chad Thompson 18	
28.16	31.19	26.66 24.75

**Men 400 LC Meter Medley Relay**

National: 3:56.31 \* 7/31/2009 Upper Main Line YMCA

T Mershon, A Seiler, M Salig, N Reed

4:27.99 QUAL

Team	Relay	Finals Time
<b>A - Final</b>		
3 DCST-IL		4:02.41 QUAL
1) Grant Alef 17	2) Michael Gordon 17	
3) Kei Ishimaru 15	4) Chad Thompson 18	
28.96	59.33	32.29 1:08.94
27.35	59.13	25.77 55.01

**Men 400 LC Meter Medley Relay**

National: 3:56.31 \* 7/31/2009 Upper Main Line YMCA

T Mershon, A Seiler, M Salig, N Reed

4:27.99 QUAL

Team	Relay	Prelim Time
<b>Preliminaries</b>		
7 DCST-IL		4:03.75 QUAL
1) Grant Alef 17	2) Michael Gordon 17	
3) Kei Ishimaru 15	4) Chad Thompson 18	
1:00.48	1:08.64	59.72 54.91