

**SOUTH EAST METRO SHARKS
SWIM CLUB, INC.**

Individual Meet Results

2009 USA Swimming Speedo Champ 22-Jul-09 to 25-Jul-09 LC Meters

Location: University of Minnes

South East Metro Sharks [SEMS-MN] Coach: Eric Seversen

Time	F/P/S	Event	Place	Points	Improv
Elizabeth Gross (17) F					
2:20.05L	F # 25	800 Free Relay Lead Off	---	---	1.99
Brandon Hadj Romdhane (18) M					
2:16.73L	P # 6	Male Senior 200 Fly	46	---	-7.56
	30.09	34.02 35.11 37.51			
2:02.63L	P # 10	Male Senior 200 Free	97	---	-0.71
	29.40	30.69 31.29 31.25			
57.00L	F # 16	400 Free Relay Lead Off	---	---	-0.15
4:22.48L	P # 20	Male Senior 400 Free	67	---	-1.20
	29.73	32.31 32.73 33.24 33.77 33.61 34.24 32.85			
Elizabeth Holman (19) F					
1:10.49L	P # 13	Female Senior 100 Back	94	---	-3.92
	34.24	36.25			
2:30.61L	P # 17	Female Senior 200 Back	63	---	-0.90
	35.39	37.75 38.61 38.86			
Matthew Koken (15) M					
2:14.06L	P # 6	Male Senior 200 Fly	29	---	-6.97
	29.70	33.19 35.72 35.45			
2:03.35L	P # 10	Male Senior 200 Free	112	---	-4.39
	28.37	30.56 32.46 31.96			
1:00.30L	P # 24	Male Senior 100 Fly	69	---	-1.93
	28.53	31.77			
Natalie Lugg (17) F					
2:59.09L	P # 3	Female Senior 200 Breast	80	---	7.49
	40.41	45.09 46.66 46.93			
1:20.80L	P # 21	Female Senior 100 Breast	75	---	4.17
	36.87	43.93			
2:40.79L	P # 27	Female Senior 200 IM	181	---	5.06
	33.44	42.20 46.37 38.78			
29.19L	P # 30	Female Senior 50 Free	168	---	0.28
Britta Sortland (16) F					
1:02.38L	P # 1	Female Senior 100 Free	145	---	1.38
	29.54	32.84			
1:09.95L	P # 23	Female Senior 100 Fly	138	---	-1.63
	32.24	37.71			
28.45L	P # 30	Female Senior 50 Free	108	---	1.01