

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

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**Relay Results**

**2009 USA Swimming Speedo Champ 22-Jul-09 to 25-Jul-09 LC Meters**  
**South East Metro Sharks [SEMS-MN] Coach: Eric Severson**

**Event # 15 Female Senior 400 Free**

4:14.01L F		South East Metro Sharks		33	---
Britta M. Sortland (16)		Meredith M. Ubel (13)		Natalie R. Lugg (17)	
30.07 (30.07)	1:33.44 (1:33.44)	2:08.30 (34.86)	2:38.29 (1:04.85)		
3:10.99 (32.70)	3:40.78 (1:02.49)	4:14.01 (33.23)			

**Event # 16 Male Senior 400 Free**

3:55.23L F		South East Metro Sharks		42	---
Brandon Hadj Romdhane (18)		Victor Lugg (15)		Matt Koken (15)	
27.65 (27.65)	57.00 (57.00)	1:25.92 (28.92)	1:58.40 (1:01.40)		
2:27.12 (28.72)	2:59.39 (1:00.99)	3:26.15 (26.76)	3:55.23 (55.84)		

**Event # 25 Female Senior 800 Free**

9:25.44L F		South East Metro Sharks		36	---
Lizzy Gross (17)		Melanie T. Rabino (14)		Britta M. Sortland (16)	
32.45 (32.45)	1:07.77 (1:07.77)	1:44.27 (1:44.27)	2:20.05 (2:20.05)		
2:51.44 (31.39)	3:26.84 (1:06.79)	4:03.82 (1:43.77)	4:40.53 (2:20.48)		
5:12.31 (31.78)	5:49.34 (1:08.81)	6:26.98 (1:46.45)	7:04.94 (2:24.41)		
7:35.78 (30.84)	8:10.97 (1:06.03)	8:48.01 (1:43.07)	9:25.44 (2:20.50)		