

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

Individual Meet Results

2009 MN Foxj Minnesota Long Co 30-Jul-09 to 02-Aug-09 LC Meters

Location: University of Minnes

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

Time	F/P/S	Event	Place	Points	Improv
Cassandra Cedarholm (16) F					
1:02.96L	CH P # 27	Female 15-16 100 Free	17	---	-2.09
	29.94	33.02			
4:57.46L	A P # 41B	Female 15-16 400 Free	24	---	-3.48
	34.06	37.21 38.25 37.75		38.42 38.19 38.36 35.22	
2:20.43L	CH P # 63	Female 15-16 200 Free	33	---	-3.64
	33.20	35.88 36.20 35.15			
1:02.77L	CH F # 95	400 Free Relay Lead Off	---	---	-2.28
29.18L	CH P # 111	Female 15-16 50 Free	25	---	-0.47
Devin Cicha (12) F					
1:18.68L	CH F # 115	400 Medley Relay Lead Off	---	---	-1.99
30.64L	CH F # 119	Female 11-12 50 Free	21	---	-0.85
2:27.32L	CH F # 131	Female 11-12 200 Free	18	---	-4.20
	34.31	37.95 38.26 36.80			
36.61L	CH F # 135	200 Medley Relay Lead Off	---	---	-1.37
5:07.33L	CH F # 153	Female 11-12 400 Free	17	---	-11.38
	34.80	38.73 38.83 39.50		37.96 39.29 39.03 39.19	
1:07.75L	CH F # 155	400 Free Relay Lead Off	---	---	-1.04
30.67L	CH F # 157	200 Free Relay Lead Off	---	---	-0.82
1:06.15L	CH F # 177	Female 11-12 100 Free	14	3	-2.64
	31.78	34.37			
Heather Crandall (19) F					
1:04.53L	P # 29	Female 17 & Over 100 Free	36	---	2.97
	31.59	32.94			
1:13.07L	P # 47	Female 17 & Over 100 Fly	21	---	2.74
	34.26	38.81			
NS	P # 65	Female 17 & Over 200 Free	---	---	---
NS	P # 77	Female 17 & Over 200 Fly	---	---	---
NS	P # 101	Female 17 & Over 200 IM	---	---	---
NS	P # 113	Female 17 & Over 50 Free	---	---	---
Stephanie Crandall (18) F					
30.07L	CH P # 113	Female 17 & Over 50 Free	50	---	1.02
Alyssa Dorsch (12) F					
32.33L	CH F # 119	Female 11-12 50 Free	58	---	0.53
Gabrielle Gazzola (16) F					
1:04.87L	CH P # 27	Female 15-16 100 Free	46	---	-3.83
	30.84	34.03			
Elizabeth Gross (17) F					
9:50.18L	CH F # 5C	Female 17 & Over 800 Free	8	11	-51.62
	33.69	37.16 38.06 37.41		37.53 37.39 37.29 37.23	
	37.36	36.82 30.37 43.68		36.78 36.69 25.13 47.59	
1:02.58L	CH P # 29	Female 17 & Over 100 Free	18	---	-1.93
	30.34	32.24			
4:48.28L	CH P # 41C	Female 17 & Over 400 Free	16	1	-4.21
	32.90	36.33 36.49 37.26		36.30 36.98 36.18 35.84	

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Time	F/P/S	Event	Place	Points	Improv
2:16.42L	CH P # 65	Female 17 & Over 200 Free	22	---	-1.64
	32.32	34.68 34.57 34.85			
28.50L	CH P # 113	Female 17 & Over 50 Free	15	2	-1.11
Brandon Hadj Romdhane (18) M					
55.69L	CH P # 30	Male 17 & Over 100 Free	16	1	-1.31
	26.70	28.99			
4:19.22L	CH P # 42C	Male 17 & Over 400 Free	6	---	-3.26
	30.30	31.69 32.41 32.41 33.00 33.38 33.73 32.30			
4:20.58L	CH F # 42C	Male 17 & Over 400 Free	6	13	-1.90
	29.23	31.91 32.32 33.58 33.31 33.74 33.92 32.57			
2:02.02L	CH P # 66	Male 17 & Over 200 Free	11	6	-0.61
	28.66	30.02 31.56 31.78			
2:18.97L	CH P # 78	Male 17 & Over 200 Fly	10	7	2.24
	30.15	33.57 35.55 39.70			
2:05.21L	CH F # 90C	800 Free Relay Lead Off	---	---	2.58
56.62L	CH F # 96	400 Free Relay Lead Off	---	---	-0.38
26.15L	CH P # 114	Male 17 & Over 50 Free	35	---	-0.43
MollyPatt Horan (14) F					
1:21.66L	B F # 59	400 Medley Relay Lead Off	---	---	-2.83
Stephanie Johnson (17) F					
35.33L	F # 11	200 Medley Relay Lead Off	---	---	0.99
1:06.74L	A P # 29	Female 17 & Over 100 Free	53	---	1.72
	31.88	34.86			
30.40L	A F # 35	200 Free Relay Lead Off	---	---	0.53
1:15.65L	B P # 47	Female 17 & Over 100 Fly	25	---	2.87
	35.12	40.53			
1:16.60L	A P # 71	Female 17 & Over 100 Back	23	---	0.50
	38.00	38.60			
2:45.62L	A P # 101	Female 17 & Over 200 IM	40	---	-2.78
	37.40	41.90 1:26.32			
30.58L	A P # 113	Female 17 & Over 50 Free	58	---	0.71
Taylor Johnson (13) F					
1:05.69L	CH P # 25	Female 13-14 100 Free	40	---	-1.43
	31.11	34.58			
4:58.44L	CH P # 41A	Female 13-14 400 Free	43	---	-5.45
	33.68	36.95 37.85 38.35 39.10 38.14 38.15 36.22			
2:24.43L	CH P # 61	Female 13-14 200 Free	52	---	0.64
	32.55	36.13 38.02 37.73			
2:57.58L	B P # 73	Female 13-14 200 Fly	26	---	-5.28
	36.96	43.37 47.87 49.38			
1:05.99L	CH F # 91	400 Free Relay Lead Off	---	---	-1.13
30.02L	CH P # 109	Female 13-14 50 Free	39	---	-0.20
Alec Kandt (13) M					
5:11.65L	CH F # 20	Male 13-14 400 IM	5	14	---
	32.06	37.94 43.17 41.63 43.38 42.78 36.49 34.20			

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Time	F/P/S	Event	Place	Points	Improv	
5:14.76L	CH	P # 20 31.12	Male 13-14 400 IM 38.10 42.01 40.64 43.73 44.77 38.15 36.24	7	---	---
1:00.45L	CH	P # 26 28.79	Male 13-14 100 Free 31.66	13	4	-1.20
27.34L	CH	F # 36	200 Free Relay Lead Off	---	---	-0.99
1:07.60L	CH	P # 44 31.17	Male 13-14 100 Fly 36.43	11	6	0.08
2:36.85L	CH	F # 50 35.32	Male 13-14 200 Breast 41.35 40.35 39.83	3	16	-15.61
2:43.36L	CH	P # 50 37.50	Male 13-14 200 Breast 42.59 42.33 40.94	4	---	-9.10
1:08.41L	CH	P # 68 33.24	Male 13-14 100 Back 35.17	11	6	-4.00
1:13.07L	CH	F # 80 34.26	Male 13-14 100 Breast 38.81	3	16	-3.45
1:14.25L	CH	P # 80 35.35	Male 13-14 100 Breast 38.90	2	---	-2.27
2:24.78L	CH	P # 98 30.49	Male 13-14 200 IM 37.68 42.55 34.06	4	---	-8.54
2:25.07L	CH	F # 98 30.33	Male 13-14 200 IM 38.67 41.91 34.16	7	12	-8.25
Matthew Koken (15) M						
30.63L		F # 12	200 Medley Relay Lead Off	---	---	-0.80
55.74L	CH	F # 28 27.24	Male 15-16 100 Free 28.50	5	14	-1.85
56.54L	CH	P # 28 27.20	Male 15-16 100 Free 29.34	5	---	-1.05
4:28.37L	CH	P # 42B 29.76	Male 15-16 400 Free 33.23 33.60 34.53 34.57 34.79 34.13 33.76	6	---	-1.59
59.73L	CH	F # 46 27.87	Male 15-16 100 Fly 31.86	3	16	-0.57
1:00.41L	CH	P # 46 28.75	Male 15-16 100 Fly 31.66	2	---	0.11
1:09.11L	A	F # 60	400 Medley Relay Lead Off	---	---	-1.32
2:05.75L	CH	P # 64 29.19	Male 15-16 200 Free 32.05 32.57 31.94	8	---	2.40
2:10.97L	CH	F # 64 28.88	Male 15-16 200 Free 32.23 34.52 35.34	8	11	7.62
2:14.18L	CH	F # 76 29.32	Male 15-16 200 Fly 33.83 35.73 35.30	1	20	0.12
2:17.31L	CH	P # 76 30.36	Male 15-16 200 Fly 34.48 36.28 36.19	2	---	3.25
26.19L	CH	P # 112	Male 15-16 50 Free	15	1.5	-0.54
Alyssa Kong (16) F						
33.65L		F # 9	200 Medley Relay Lead Off	---	---	-0.16

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Time	F/P/S	Event	Place	Points	Improv
1:03.55L	CH	P # 27 Female 15-16 100 Free	30	---	-0.14
		29.56 33.99			
4:58.36L	A	P # 41B Female 15-16 400 Free	27	---	8.99
		32.30 36.69 37.21 37.39 37.73 38.92 39.77 38.35			
1:12.80L	CH	F # 59 400 Medley Relay Lead Off	---	---	0.05
2:17.27L	CH	P # 63 Female 15-16 200 Free	13	4	-1.63
		31.77 33.71 35.50 36.29			
1:12.74L	CH	P # 69 Female 15-16 100 Back	14	2.5	-0.01
		35.41 37.33			
29.38L	CH	P # 111 Female 15-16 50 Free	34	---	0.54
Justin Kong (14) M					
27.51L	CH	F # 32 200 Free Relay Lead Off	---	---	-1.35
27.01L	CH	P # 110 Male 13-14 50 Free	10	7	-1.85
Natalie Lugg (17) F					
5:36.27L	CH	P # 23 Female 17 & Over 400 IM	16	1	8.20
		33.52 38.50 45.59 43.12 47.57 47.61 40.87 39.49			
1:04.30L	CH	P # 29 Female 17 & Over 100 Free	35	---	1.18
		30.31 33.99			
2:57.52L	CH	P # 53 Female 17 & Over 200 Breast	11	6	5.92
		39.17 45.28 46.70 46.37			
2:18.53L	CH	P # 65 Female 17 & Over 200 Free	25	---	-0.49
		32.20 36.10 36.08 34.15			
1:19.48L	CH	P # 83 Female 17 & Over 100 Breast	6	---	2.85
		36.93 42.55			
1:20.86L	CH	F # 83 Female 17 & Over 100 Breast	8	11	4.23
		36.97 43.89			
1:04.16L	CH	F # 95 400 Free Relay Lead Off	---	---	1.04
2:38.86L	CH	P # 101 Female 17 & Over 200 IM	27	---	3.13
		33.06 42.48 45.13 38.19			
28.88L	CH	P # 113 Female 17 & Over 50 Free	19	---	-0.03
Donald Lugg (15) M					
59.98L	CH	P # 28 Male 15-16 100 Free	41	---	-2.59
		28.82 31.16			
Mikayla Mayer (14) F					
35.55L		F # 7 200 Medley Relay Lead Off	---	---	0.49
1:03.95L	CH	P # 25 Female 13-14 100 Free	20	---	-2.20
		30.82 33.13			
1:16.66L	A	F # 55 400 Medley Relay Lead Off	---	---	0.42
28.29L	CH	P # 109 Female 13-14 50 Free	6	---	-1.12
28.43L	CH	F # 109 Female 13-14 50 Free	8	11	-0.98
Melissa Parker (8) F					
53.64L	A	F # 133 200 Medley Relay Lead Off	---	---	---
42.49L	CH	F # 137 Female 8 & Under 50 Free	14	3	-0.39
56.50L	B	F # 167 Female 8 & Under 50 Back	24	---	---

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Time	F/P/S	Event	Place	Points	Improv
Madeline Peters (13) F					
10:00.41L	CH	F # 5A Female 13-14 800 Free	11	6	---
		33.58 37.36 38.28 38.07 38.29 38.03 38.59 37.69			
		38.08 37.87 37.86 37.71 37.64 37.37 37.46 36.53			
1:05.27L	CH	P # 25 Female 13-14 100 Free	33	---	-2.12
		31.52 33.75			
30.80L	CH	F # 31 200 Free Relay Lead Off	---	---	-0.97
4:52.72L	CH	P # 41A Female 13-14 400 Free	26	---	-18.76
		33.27 37.10 37.20 38.04 37.12 37.30 36.72 35.97			
2:20.26L	CH	P # 61 Female 13-14 200 Free	27	---	-4.89
		32.26 35.44 36.13 36.43			
2:18.93L	CH	F # 89A 800 Free Relay Lead Off	---	---	-6.22
1:05.14L	CH	F # 91 400 Free Relay Lead Off	---	---	-2.25
2:44.24L	CH	P # 97 Female 13-14 200 IM	44	---	0.90
		34.72 42.99 50.40 36.13			
19:16.39L	CH	F # 107A Female 13-14 1500 Free	11	6	---
		34.94 38.99 39.64 39.77 39.94 40.08 39.29 40.11			
		38.86 39.13 39.21 39.03 38.49 38.80 38.67 38.87			
		38.75 38.72 38.45 38.62 38.29 38.51 38.25 38.21			
		38.00 38.05 37.80 37.57 37.08 36.27			
30.71L	CH	P # 109 Female 13-14 50 Free	71	---	-1.06
Kent Rabideaux (12) M					
29.41L	CH	F # 120 Male 11-12 50 Free	5	14	-0.88
31.80L	CH	F # 128 Male 11-12 50 Fly	4	15	-0.41
2:25.81L	CH	F # 132 Male 11-12 200 Free	13	4	-17.56
		33.67 37.67 38.12 36.35			
1:12.68L	CH	F # 142 Male 11-12 100 Fly	4	15	-5.74
		34.05 38.63			
40.07L	CH	F # 148 Male 11-12 50 Breast	9	9	0.03
1:26.48L	CH	F # 162 Male 11-12 100 Breast	6	13	-2.04
		40.95 45.53			
2:40.86L	CH	F # 166 Male 11-12 200 IM	7	12	-9.75
		34.07 43.08 48.18 35.53			
37.23L	CH	F # 172 Male 11-12 50 Back	16	1	0.77
1:05.12L	CH	F # 178 Male 11-12 100 Free	7	12	-1.25
		30.97 34.15			
Melanie Rabino (14) F					
9:52.65L	CH	F # 5A Female 13-14 800 Free	8	11	-15.29
		33.52 37.30 37.97 37.63 37.72 37.51 37.49 37.77			
		37.71 37.89 37.47 37.23 36.99 36.79 36.12 35.54			
1:04.33L	CH	P # 25 Female 13-14 100 Free	26	---	-0.86
		30.83 33.50			
4:51.68L	CH	P # 41A Female 13-14 400 Free	23	---	2.70
		32.36 36.19 36.71 37.18 36.85 37.78 37.53 37.08			
2:23.80L	CH	P # 61 Female 13-14 200 Free	46	---	1.29
		32.13 35.80 38.38 37.49			

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Time	F/P/S	Event	Place	Points	Improv
18:56.92L	CH	F # 107A Female 13-14 1500 Free	5	14	---
		34.47 37.43 38.34 37.60 31.15 44.73 38.01 37.79			
		38.73 37.77 38.44 37.83 37.98 37.89 38.03 37.89			
		38.56 38.05 38.27 38.88 38.24 38.32 37.90 38.04			
		38.32 38.35 37.97 37.96 37.67 36.31			
30.49L	CH	P # 109 Female 13-14 50 Free	57	---	0.42
Linnea Rizzo (12) F					
31.63L	CH	F # 119 Female 11-12 50 Free	44	---	-0.36
41.03L	A	F # 147 Female 11-12 50 Breast	17	---	0.69
1:30.33L	A	F # 161 Female 11-12 100 Breast	17	---	0.71
		42.63 47.70			
1:08.57L	CH	F # 177 Female 11-12 100 Free	36	---	-1.23
		33.02 35.55			
Lucia Rizzo (9) F					
38.06L	A	F # 159 200 Free Relay Lead Off	---	---	0.52
Marina Rizzo (14) F					
1:06.04L	CH	P # 25 Female 13-14 100 Free	43	---	-0.94
		32.36 33.68			
5:01.32L	CH	P # 41A Female 13-14 400 Free	49	---	-6.23
		34.27 38.03 39.42 39.28 39.08 38.23 37.19 35.82			
2:26.73L	A	P # 61 Female 13-14 200 Free	65	---	3.20
		33.55 36.83 38.14 38.21			
30.28L	CH	P # 109 Female 13-14 50 Free	50	---	-0.54
X 29.08L	CH	F # 211 Mixed Senior 50 Free	---	---	-1.74
Jordan Skaar (18) F					
37.58L		F # 11 200 Medley Relay Lead Off	---	---	-1.80
1:19.08L	B	F # 59 400 Medley Relay Lead Off	---	---	0.30
Britta Sortland (16) F					
1:01.85L	CH	P # 27 Female 15-16 100 Free	9	---	0.85
		29.57 32.28			
1:02.08L	CH	F # 27 Female 15-16 100 Free	8	11	1.08
		29.50 32.58			
28.04L	CH	F # 35 200 Free Relay Lead Off	---	---	0.60
1:09.70L	CH	P # 45 Female 15-16 100 Fly	18	---	-0.25
		31.71 37.99			
2:18.16L	CH	P # 63 Female 15-16 200 Free	20	---	0.88
		31.94 34.78 36.12 35.32			
2:46.06L	B	P # 75 Female 15-16 200 Fly	20	---	-1.30
		34.81 41.91 44.36 44.98			
2:19.12L	CH	F # 89C 800 Free Relay Lead Off	---	---	1.84
2:39.36L	CH	P # 99 Female 15-16 200 IM	23	---	-5.50
		33.20 40.70 50.69 34.77			
28.48L	CH	P # 111 Female 15-16 50 Free	10	7	1.04
Sydney Swanson (13) F					
36.38L		F # 7 200 Medley Relay Lead Off	---	---	-1.19

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Time	F/P/S	Event	Place	Points	Improv
1:06.94L	CH P # 25	Female 13-14 100 Free	58	---	-3.31
	32.31	34.63			
1:14.62L	A F # 55	400 Medley Relay Lead Off	---	---	-2.80
30.77L	CH P # 109	Female 13-14 50 Free	74	---	-1.74
Rachel Treadway (14) F					
5:36.28L	CH P # 19	Female 13-14 400 IM	15	2	---
	34.39	40.54 43.69 42.59		48.64 48.92 39.04 38.47	
3:04.82L	A P # 49	Female 13-14 200 Breast	25	---	-3.24
	42.43	46.81 47.97 47.61			
2:43.39L	CH P # 73	Female 13-14 200 Fly	19	---	-1.11
	34.16	40.76 43.30 45.17			
2:39.87L	CH P # 97	Female 13-14 200 IM	27	---	-4.02
	34.20	41.89 46.23 37.55			
Meredith Ubel (13) F					
1:03.34L	CH P # 25	Female 13-14 100 Free	17	---	-2.62
	30.53	32.81			
28.94L	CH F # 31	200 Free Relay Lead Off	---	---	-0.32
5:00.23L	CH P # 41A	Female 13-14 400 Free	47	---	-6.99
	33.16	36.64 37.88 38.21		38.54 38.00 39.71 38.09	
1:12.07L	CH P # 43	Female 13-14 100 Fly	18	---	0.25
	33.27	38.80			
2:18.81L	CH P # 61	Female 13-14 200 Free	18	---	-1.84
	32.06	35.36 35.69 35.70			
28.79L	CH P # 109	Female 13-14 50 Free	14	3	-0.47
Hana Verhoeven (18) F					
1:08.62L	A P # 29	Female 17 & Over 100 Free	56	---	1.58
	32.81	35.81			
31.49L	A F # 35	200 Free Relay Lead Off	---	---	0.55
30.89L	A P # 113	Female 17 & Over 50 Free	61	---	-0.05
Eric Westfall (13) M					
38.90L	F # 8	200 Medley Relay Lead Off	---	---	-0.33
1:22.83L	B F # 56	400 Medley Relay Lead Off	---	---	-3.06