

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

Individual Meet Results

2009 ND Central Zone Championship Grand Forks 07-Aug-09 to 10-Aug-09 LC Meters Alt: 780

Location: Grand Forks, ND Hyslop Pool

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

Time	F/P/S	Event	Place	Points	Improv
Cassandra Cedarholm (16) F					
28.92L	AAA	P # 65 Female 15-18 50 Free	21	---	-0.26
1:03.82L	AA	P # 117 Female 15-18 100 Free	23	---	1.05
		30.51 33.31			
Devin Cicha (12) F					
1:05.59L	AAA	F # 5 Female 11-12 100 Free	34	---	-0.56
		30.36 35.23			
29.52L	AAAA	F # 47 Female 11-12 50 Free	27	---	-1.12
Elizabeth Gross (17) F					
2:15.30L	AA	P # 23 Female 15-18 200 Free	17	---	-1.12
		31.02 34.87 34.65 34.76			
28.77L	AAA	P # 65 Female 15-18 50 Free	17	---	0.27
1:01.50L	AAA	F # 117 Female 15-18 100 Free	10	7	-1.08
		29.61 31.89			
1:02.51L	AAA	P # 117 Female 15-18 100 Free	12	---	-0.07
		30.52 31.99			
Brandon Hadj Romdhane (18) M					
2:01.31L	AAA	P # 118 Male 15-18 200 Free	---	---	-0.71
		28.45 30.19 31.58 31.09			
2:02.27L	AAA	F # 118 Male 15-18 200 Free	---	---	0.25
		28.68 30.29 31.72 31.58			
56.82L	AA	P # 119 Male 15-18 100 Free	---	---	1.13
		27.61 29.21			
57.34L	AA	F # 119 Male 15-18 100 Free	---	---	1.65
		27.65 29.69			
25.38L	AAA	P # 120 Male 15-18 50 Free	---	---	-0.77
25.86L	AA	F # 120 Male 15-18 50 Free	---	---	-0.29
4:19.00L	AAA	P # 121 Male 15-18 400 Free	---	---	-0.22
		29.77 32.21 32.02 32.63 32.49 33.00 33.50 33.38			
4:21.27L	AAA	F # 121 Male 15-18 400 Free	---	---	2.05
		29.56 32.47 32.32 33.57 33.18 33.79 33.36 33.02			
2:20.39L	AA	P # 122 Male 15-18 200 Fly	---	---	3.66
		30.48 34.96 36.06 38.89			
DQ	F # 122	Male 15-18 200 Fly	---	---	---
Alec Kandt (13) M					
1:12.79L	AAA	F # 22 Male 13-14 100 Breast	7	12	-0.28
		34.72 38.07			
1:12.80L	AAA	P # 22 Male 13-14 100 Breast	5	---	-0.27
		33.80 39.00			
5:07.23L	AAA	F # 34 Male 13-14 400 IM	12	5	-4.42
		31.95 38.03 41.34 40.15 43.76 42.35 36.45 33.20			
5:11.64L	AAA	P # 34 Male 13-14 400 IM	11	---	-0.01
		31.18 38.21 42.63 41.03 41.76 44.81 36.00 36.02			
2:26.39L	AAA	F # 60 Male 13-14 200 IM	15	2	1.61
		31.49 40.02 41.75 33.13			

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2:26.57L	AAA	P # 60 Male 13-14 200 IM 31.56 37.89 42.79 34.33	15	---	1.79
26.60L	AAA	F # 64 Male 13-14 50 Free	12	5	-0.74
26.98L	AAA	P # 64 Male 13-14 50 Free	15	---	-0.36
2:39.64L	AAA	F # 68 Male 13-14 200 Breast 35.18 41.44 41.48 41.54	6	13	2.79
2:41.52L	AAA	P # 68 Male 13-14 200 Breast 36.38 41.87 42.59 40.68	6	---	4.67
27.36L	AAA	F # 88 200 Free Relay Lead Off	---	---	0.02
Kent Rabideaux (12) M					
1:03.95L	AAA	F # 6 Male 11-12 100 Free 30.25 33.70	13	4	-1.17
31.40L	AAA	F # 10 Male 11-12 50 Fly	9	9	-0.40
2:37.95L	AAA	F # 40 Male 11-12 200 IM 33.60 41.41 2:37.95	13	4	-2.91
29.74L	AAA	F # 48 Male 11-12 50 Free	21	---	0.33
1:12.63L	AAA	F # 104 Male 11-12 100 Fly 1:12.63	14	3	-0.05
1:05.54L	AA	F # 108 400 Free Relay Lead Off	---	---	0.42
Melanie Rabino (14) F					
10:02.22L	AA	F # 17A Female 13-14 800 Free 17.13 1:30.78 37.81 38.22 38.11 38.04 37.83 38.12 37.83 7:30.63 8:47.43 38.43 36.36	17	---	9.57
2:18.37L	AAA	P # 25 Female 13-14 200 Free 1:06.46 35.94 35.97	19	---	-4.14
4:51.35L	AA	P # 75 Female 13-14 400 Free 32.71 35.85 36.33 37.14 37.47 37.13 37.48 37.24	20	---	2.37
19:17.82L	AA	F # 109A Female 13-14 1500 Free 34.98 39.15 38.49 38.95 38.74 38.98 38.35 38.87 29.57 47.64 38.88 38.94 27.79 49.68 10:16.87 22.58 55.45 12:53.00 14:10.82 15:28.41	11	6	20.90
1:05.64L	AA	P # 115 Female 13-14 100 Free 31.53 34.11	46	---	1.31
Marina Rizzo (14) F					
30.32L	AA	P # 63 Female 13-14 50 Free	54	---	1.24
Britta Sortland (16) F					
2:14.15L	AAA	P # 23 Female 15-18 200 Free 30.40 33.53 35.67 34.55	13	---	-3.13
2:14.61L	AAA	F # 23 Female 15-18 200 Free 30.37 33.51 36.56 34.17	14	3	-2.67
1:07.71L	AAA	F # 27 Female 15-18 100 Fly 32.01 35.70	9	9	-1.99
1:08.72L	AA	P # 27 Female 15-18 100 Fly 31.21 37.51	9	---	-0.98
27.67L	AAAA	F # 65 Female 15-18 50 Free	4	15	0.23
27.69L	AAAA	P # 65 Female 15-18 50 Free	3	---	0.25

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1:03.28L AA	P # 117 30.03	Female 15-18 100 Free 33.25	20	---	2.28
Meredith Ubel (13) F					
2:21.10L AA	P # 25 32.13	Female 13-14 200 Free 35.92 36.60 36.45	37	---	2.29
1:14.29L A	P # 29 33.50	Female 13-14 100 Fly 40.79	29	---	2.47
29.03L AAA	P # 63	Female 13-14 50 Free	24	---	0.24
1:02.59L AAA	F # 115 30.16	Female 13-14 100 Free 32.43	9	9	-0.75
1:03.21L AAA	P # 115 30.58	Female 13-14 100 Free 32.63	9	---	-0.13