

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYSA-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
<b>Peter Abrahamsen (15) M</b>					
20:57.85Y	SILV F # 22	Men 1650 Free	8	---	---
	31.50	1:07.35 1:45.51 2:23.56 3:01.82 3:40.76 4:18.03 4:56.27			
	(31.50)	(35.85) (38.16) (38.05) (38.26) (38.94) (37.27) (38.24)			
	5:35.00	6:13.02 6:51.17 7:29.40 8:08.01 8:46.59 9:24.86 10:04.43			
	(38.73)	(38.02) (38.15) (38.23) (38.61) (38.58) (38.27) (39.57)			
	10:43.24	11:21.40 12:00.22 12:39.72 13:17.77 13:56.58 14:35.56 15:14.64			
	(38.81)	(38.16) (38.82) (39.50) (38.05) (38.81) (38.98) (39.08)			
	15:54.21	16:33.72 17:12.08 17:51.48 18:30.94 19:08.87 19:45.41 20:22.29			
	(39.57)	(39.51) (38.36) (39.40) (39.46) (37.93) (36.54) (36.88)			
	20:57.85				
	(35.56)				
<b>Sean Alfonso (12) M</b>					
7:01.54Y	BRON F # 2	Men 11-12 500 Free	15	---	---
	36.56	1:18.82 2:02.36 2:45.81 3:29.85 4:13.77 4:57.26 5:40.49			
	(36.56)	(42.26) (43.54) (43.45) (44.04) (43.92) (43.49) (43.23)			
	6:22.78	7:01.54			
	(42.29)	(38.76)			
<b>Dana Armstrong (11) W</b>					
7:54.35Y	BRON F # 1	Women 11-12 500 Free	17	---	---
	40.73	1:28.26 2:16.73 3:05.06 3:54.19 4:42.24 5:31.43 6:20.63			
	(40.73)	(47.53) (48.47) (48.33) (49.13) (48.05) (49.19) (49.20)			
	7:08.90	7:54.35			
	(48.27)	(45.45)			
NS	F # 13	Women 11-12 200 Breast	---	---	---
	(0.00)	(0.00) (0.00) (0.00)			
<b>Shannon Armstrong (16) W</b>					
19:28.09Y	SILV F # 21A	Women 1650 Free	6	---	64.21
	29.82	1:02.03 1:35.17 2:08.81 2:43.04 3:17.14 3:51.79 4:25.80			
	(29.82)	(32.21) (33.14) (33.64) (34.23) (34.10) (34.65) (34.01)			
	5:00.86	5:35.75 6:10.54 6:45.82 7:21.46 7:56.56 8:31.87 9:07.80			
	(35.06)	(34.89) (34.79) (35.28) (35.64) (35.10) (35.31) (35.93)			
	9:43.01	10:18.85 10:54.87 11:30.58 12:06.48 12:42.75 13:19.28 13:55.90			
	(35.21)	(35.84) (36.02) (35.71) (35.90) (36.27) (36.53) (36.62)			
	14:33.23	15:09.89 15:46.69 16:23.75 17:01.00 17:38.51 18:15.58 18:51.82			
	(37.33)	(36.66) (36.80) (37.06) (37.25) (37.51) (37.07) (36.24)			
	19:28.09				
	(36.27)				
<b>Katie Arnott (16) W</b>					
18:22.45Y	METS F # 21A	Women 1650 Free	1	---	2.02
	28.58	1:00.26 1:33.08 2:05.80 2:39.07 3:12.64 3:46.48 4:20.48			
	(28.58)	(31.68) (32.82) (32.72) (33.27) (33.57) (33.84) (34.00)			
	4:54.36	5:28.58 6:01.88 6:35.46 7:09.61 7:43.86 8:17.31 8:50.56			
	(33.88)	(34.22) (33.30) (33.58) (34.15) (34.25) (33.45) (33.25)			
	9:24.14	9:57.47 10:31.39 11:04.90 11:38.61 12:12.87 12:46.76 13:20.66			
	(33.58)	(33.33) (33.92) (33.51) (33.71) (34.26) (33.89) (33.90)			
	13:53.79	14:27.02 15:01.48 15:34.55 16:08.59 16:42.57 17:16.70 17:50.00			
	(33.13)	(33.23) (34.46) (33.07) (34.04) (33.98) (34.13) (33.30)			
	18:22.45				
	(32.45)				

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYSA-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
<b>Brittany Bailey (14) W</b>					
4:41.84Y	METS F # 15	Women 13-14 400 IM	1	---	1.61
	32.28	1:08.10 1:43.03 2:17.69		2:58.39 3:39.25 4:10.93	4:41.84
	(32.28)	(35.82) (34.93) (34.66)		(40.70) (40.86) (31.68)	(30.91)
10:55.14Y	METS F # 19	Women 13-14 1000 Free	1	---	---
	29.71	1:01.70 1:34.28 2:07.22		2:40.14 3:12.77 3:45.74	4:18.70
	(29.71)	(31.99) (32.58) (32.94)		(32.92) (32.63) (32.97)	(32.96)
	4:51.58	5:24.81 5:58.25 6:32.10		7:05.65 7:39.57 8:13.44	8:46.99
	(32.88)	(33.23) (33.44) (33.85)		(33.55) (33.92) (33.87)	(33.55)
	9:19.92	9:53.37 10:25.54 10:55.14			
	(32.93)	(33.45) (32.17) (29.60)			
<b>Elizabeth Barry (14) W</b>					
19:24.84Y	F # 21A	Women 1650 Free	5	---	19.01
	31.45	1:04.80 1:38.61 2:12.83		2:47.78 3:22.75 3:57.83	4:33.14
	(31.45)	(33.35) (33.81) (34.22)		(34.95) (34.97) (35.08)	(35.31)
	5:08.72	5:44.46 6:20.39 6:56.44		7:32.80 8:09.33 8:45.28	9:21.22
	(35.58)	(35.74) (35.93) (36.05)		(36.36) (36.53) (35.95)	(35.94)
	9:56.89	10:32.39 11:08.04 11:43.79		12:19.37 12:54.90 13:30.43	14:06.10
	(35.67)	(35.50) (35.65) (35.75)		(35.58) (35.53) (35.53)	(35.67)
	14:41.66	15:17.59 15:53.52 16:29.37		17:05.02 17:40.72 18:16.14	18:51.17
	(35.56)	(35.93) (35.93) (35.85)		(35.65) (35.70) (35.42)	(35.03)
	19:24.84				
	(33.67)				
<b>Kristina Barry (12) W</b>					
5:41.11Y	ZQUA F # 1	Women 11-12 500 Free	1	20	15.12
	2:10.82	2:45.93 3:21.28		3:56.30 4:31.87	
	(2:10.82)	(35.11) (165.93) (3:21.28)		(35.02) (236.30) (4:31.87)	(271.87)
	5:06.97	5:41.11			
	(5:06.97)	(34.14)			
NS	F # 5	Women 11-12 200 Fly	---	---	---
	(0.00)	(0.00) (0.00) (0.00)			
<b>Sarah Basmadjian (15) W</b>					
5:18.25Y	SILV F # 17	Women 400 IM	4	---	16.73
	35.36	1:17.01 1:56.05 2:35.75		3:20.09 4:04.86 4:41.59	5:18.25
	(35.36)	(41.65) (39.04) (39.70)		(44.34) (44.77) (36.73)	(36.66)
20:15.01Y	SILV F # 21A	Women 1650 Free	10	---	48.40
	33.17	1:09.09 1:45.61 2:22.31		2:58.92 3:35.73 4:12.59	4:49.79
	(33.17)	(35.92) (36.52) (36.70)		(36.61) (36.81) (36.86)	(37.20)
	5:27.19	6:04.57 6:42.12 7:19.24		7:56.43 8:32.57 9:08.28	9:44.29
	(37.40)	(37.38) (37.55) (37.12)		(37.19) (36.14) (35.71)	(36.01)
	10:20.71	10:57.56 11:34.52 12:11.85		12:49.35 13:26.38 14:04.07	14:41.87
	(36.42)	(36.85) (36.96) (37.33)		(37.50) (37.03) (37.69)	(37.80)
	15:19.62	15:57.06 16:34.27 17:11.44		17:48.36 18:25.32 19:02.06	19:38.94
	(37.75)	(37.44) (37.21) (37.17)		(36.92) (36.96) (36.74)	(36.88)
	20:15.01				
	(36.07)				

---

**Individual Meet Results**
**09 MLK Going The Distance Meet 18-Jan-10 Yards****Location: YWCA****New York Sharks Aquatics [NYSA-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
<b>Liam Burke (12) M</b>					
5:47.32Y	ZQUA F # 2	Men 11-12 500 Free	1	---	-9.34
	30.95	1:05.06 1:40.29 2:15.51			
	(30.95)	(34.11) (35.23) (35.22)			
	5:13.67	5:47.32			
	(34.77)	(33.65)			
2:31.10Y	ZQUA F # 10	Men 11-12 200 Back	1	---	-0.52
	34.99	1:12.99 1:52.28 2:31.10			
	(34.99)	(38.00) (39.29) (38.82)			
3:13.47Y	SILV F # 14	Men 11-12 200 Breast	7	---	---
	43.31	1:32.58 2:23.68 3:13.47			
	(43.31)	(49.27) (51.10) (49.79)			
<b>Meaghan Burke (16) W</b>					
18:28.02Y	METS F # 21A	Women 1650 Free	2	---	8.38
	29.81	1:01.60 1:34.47 2:07.27			
	(29.81)	(31.79) (32.87) (32.80)			
	4:53.65	5:26.90 6:00.31 6:33.98			
	(33.53)	(33.25) (33.41) (33.67)			
	9:21.63	9:55.28 10:29.15 11:03.44			
	(33.73)	(33.65) (33.87) (34.29)			
	13:54.74	14:29.46 15:04.36 15:38.89			
	(33.91)	(34.72) (34.90) (34.53)			
	18:28.02				
	(32.98)				
<b>Gregory Byrne (15) M</b>					
16:42.80Y	METS F # 22	Men 1650 Free	2	---	-9.22
	27.22	56.34 1:26.30 1:56.88			
	(27.22)	(29.12) (29.96) (30.58)			
	4:29.44	4:59.92 5:30.36 6:00.98			
	(30.20)	(30.48) (30.44) (30.62)			
	8:35.07	9:05.88 9:37.15 10:08.04			
	(31.20)	(30.81) (31.27) (30.89)			
	12:41.50	13:11.84 13:42.61 14:13.40			
	(30.48)	(30.34) (30.77) (30.79)			
	16:42.80				
	(28.39)				
<b>Julia Cicalo (12) W</b>					
5:54.55Y	ZQUA F # 1	Women 11-12 500 Free	4	15	6.35
	1:43.91	2:20.48 2:55.99 3:32.14			
	(1:43.91)	(36.57) (35.51) (36.15)			
	5:19.87	5:54.55			
	(5:19.87)	(34.68)			
2:28.10Y	ZQUA F # 9	Women 11-12 200 Back	1	---	6.23
	34.71	1:11.78 1:50.06 2:28.10			
	(34.71)	(37.07) (38.28) (38.04)			
3:18.03Y	SILV F # 13	Women 11-12 200 Breast	11	---	10.86
	45.98	1:36.66 2:27.84 3:18.03			
	(45.98)	(50.68) (51.18) (50.19)			

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYS-A-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
<b>Matthew Coogan (7) M</b>					
7:54.65Y	BRON F # 4	Men 10 & Under 500 Free	8	---	---
	41.30	1:30.00 2:19.21 3:07.23			
	(41.30)	(48.70) (49.21) (48.02)			
	7:10.66	7:54.65			
	(47.90)	(43.99)			
3:01.86Y	BRON F # 12	Men 10 & Under 200 Free	7	---	-3.13
	43.17	1:32.22 2:17.87 3:01.86			
	(43.17)	(49.05) (45.65) (43.99)			
<b>Madison Cullinan (11) W</b>					
2:45.95Y	SILV F # 5	Women 11-12 200 Fly	5	---	---
	36.66	1:18.69 2:03.97 2:45.95			
	(36.66)	(42.03) (45.28) (41.98)			
2:35.49Y	JO'S F # 9	Women 11-12 200 Back	6	---	2.01
	35.96	1:16.43 1:57.22 2:35.49			
	(35.96)	(40.47) (40.79) (38.27)			
2:53.96Y	JO'S F # 13	Women 11-12 200 Breast	2	---	0.04
	38.47	1:23.80 2:09.04 2:53.96			
	(38.47)	(45.33) (45.24) (44.92)			
<b>Meghan Cullinan (14) W</b>					
5:42.81Y	BRON F # 15	Women 13-14 400 IM	11	---	---
	38.29	1:23.70 2:04.25 2:44.22			
	(38.29)	(45.41) (40.55) (39.97)			
	3:33.78	4:23.80 5:03.78 5:42.81			
	(49.56)	(50.02) (39.98) (39.03)			
<b>Patrick Daly (11) M</b>					
6:58.69Y	BRON F # 2	Men 11-12 500 Free	13	---	---
	35.45	1:16.16 1:58.89 2:41.64			
	(35.45)	(40.71) (42.73) (42.75)			
	6:18.09	6:58.69			
	(43.38)	(40.60)			
2:47.44Y	SILV F # 10	Men 11-12 200 Back	8	---	1.39
	38.05	1:20.99 2:47.63 2:47.44			
	(38.05)	(42.94) (1:26.64) (.19)			
3:07.49Y	SILV F # 14	Men 11-12 200 Breast	4	---	4.47
	42.54	1:31.48 2:20.45 3:07.49			
	(42.54)	(48.94) (48.97) (47.04)			
<b>Morgan Fairclough (14) W</b>					
4:54.70Y	ZQUA F # 15	Women 13-14 400 IM	2	---	---
	30.35	1:06.07 1:42.41 2:17.35			
	(30.35)	(35.72) (36.34) (34.94)			
	3:00.01	3:44.12 4:19.84 4:54.70			
	(42.66)	(44.11) (35.72) (34.86)			
11:40.86Y	SILV F # 19	Women 13-14 1000 Free	8	---	---
	30.35	1:03.56 1:37.61 2:12.56			
	(30.35)	(33.21) (34.05) (34.95)			
	5:08.85	5:44.18 6:19.53 6:54.94			
	(35.46)	(35.33) (35.35) (35.41)			
	7:30.78	7:30.78 8:06.31 8:42.19			
	(35.84)	(35.53) (35.88) (35.57)			
	9:53.56	10:29.39 11:05.29 11:40.86			
	(35.80)	(35.83) (35.90) (35.57)			

---

**Individual Meet Results**
**09 MLK Going The Distance Meet 18-Jan-10 Yards****Location: YWCA****New York Sharks Aquatics [NYSA-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
<b>Alanna Fullerton (10) W</b>					
7:11.74Y	SILV F # 3	Women 10 & Under 500 Free	7	---	-21.41
	38.94	1:22.32 2:06.53 2:51.18 3:34.57 4:18.02 5:02.28 5:46.67			
	(38.94)	(43.38) (44.21) (44.65) (43.39) (43.45) (44.26) (44.39)			
	6:32.63	7:11.74			
	(45.96)	(39.11)			
3:04.77Y	SILV F # 7	Women 10 & Under 200 IM	9	---	2.55
	43.07	1:29.84 2:23.42 3:04.77			
	(43.07)	(46.77) (53.58) (41.35)			
2:45.39Y	SILV F # 11	Women 10 & Under 200 Free	9	---	3.22
	37.48	1:20.47 2:04.76 2:45.39			
	(37.48)	(42.99) (44.29) (40.63)			
<b>Daniel Fusco (12) M</b>					
7:29.01Y	BRON F # 2	Men 11-12 500 Free	22	---	---
	39.24	1:23.71 2:09.49 2:55.86 3:42.78 4:29.95 5:17.79 6:03.11			
	(39.24)	(44.47) (45.78) (46.37) (46.92) (47.17) (47.84) (45.32)			
	6:46.95	7:29.01			
	(43.84)	(42.06)			
3:31.54Y	BRON F # 14	Men 11-12 200 Breast	12	---	2.00
	47.90	1:43.42 2:38.74 3:31.54			
	(47.90)	(55.52) (55.32) (52.80)			
<b>Isaac Gorenstein (12) M</b>					
6:40.13Y	SILV F # 2	Men 11-12 500 Free	7	---	-26.63
	33.31	1:12.65 1:53.20 2:34.24 3:15.79 3:57.59 4:37.99 5:19.24			
	(33.31)	(39.34) (40.55) (41.04) (41.55) (41.80) (40.40) (41.25)			
	6:00.07	6:40.13			
	(40.83)	(40.06)			
3:00.92Y	BRON F # 6	Men 11-12 200 Fly	2	---	-19.80
	38.45	1:25.87 2:14.86 3:00.92			
	(38.45)	(47.42) (48.99) (46.06)			
2:59.73Y	JO'S F # 14	Men 11-12 200 Breast	2	---	-4.73
	40.74	1:25.91 2:12.91 2:59.73			
	(40.74)	(45.17) (47.00) (46.82)			
<b>Ashley Goreshnik (14) W</b>					
5:32.58Y	SILV F # 15	Women 13-14 400 IM	10	---	21.54
	32.48	1:08.52 1:51.19 2:33.29 3:24.43 4:16.77 4:55.16 5:32.58			
	(32.48)	(36.04) (42.67) (42.10) (51.14) (52.34) (38.39) (37.42)			
12:41.53Y	SILV F # 19	Women 13-14 1000 Free	12	---	---
	34.16	1:12.67 1:52.59 2:31.89 3:09.67 3:48.17 4:26.31 5:03.98			
	(34.16)	(38.51) (39.92) (39.30) (37.78) (38.50) (38.14) (37.67)			
	5:42.99	6:21.43 6:59.24 7:36.94 8:14.92 8:54.11 9:31.93 10:10.76			
	(39.01)	(38.44) (37.81) (37.70) (37.98) (39.19) (37.82) (38.83)			
	10:50.87	11:28.45 12:06.12 12:41.53			
	(40.11)	(37.58) (37.67) (35.41)			
<b>Caitlin Grady (14) W</b>					
4:59.64Y	ZQUA F # 15	Women 13-14 400 IM	4	---	3.97
	30.96	1:07.90 1:46.97 2:24.84 3:06.46 3:48.09 4:24.71 4:59.64			
	(30.96)	(36.94) (39.07) (37.87) (41.62) (41.63) (36.62) (34.93)			

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYSА-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
12:10.31Y	SILV F # 19	Women 13-14 1000 Free	10	---	---
	32.82	1:09.08 1:45.59 2:22.43			
	(32.82)	(36.26) (36.51) (36.84)			
	5:27.92	6:05.26 6:41.72 7:19.12			
	(37.50)	(37.34) (36.46) (37.40)			
	10:23.71	10:59.54 11:35.60 12:10.31			
	(36.22)	(35.83) (36.06) (34.71)			
<b>Michael Heifetz (13) M</b>					
5:59.59Y	DQ F # 16	Men 13-14 400 IM	---	---	---
	35.24	1:17.28 2:05.74 2:53.63			
	(35.24)	(42.04) (48.46) (47.89)			
	NS	F # 18 Men 400 IM	---	---	---
	35.24	1:17.28 2:05.74 2:53.63			
	(35.24)	(42.04) (48.46) (47.89)			
13:33.84Y	SILV F # 20	Men 13-14 1000 Free	6	---	---
	34.48	1:13.78 1:56.29 2:39.07			
	(34.48)	(39.30) (42.51) (42.78)			
	6:19.31	7:04.69 7:49.41 8:34.65			
	(43.74)	(45.38) (424.69) (7:49.41)			
	12:15.80	12:57.94 13:33.84			
	(45.31)	(42.14) (777.94) (13:33.84)			
<b>Kyle Iorizzo (10) M</b>					
6:46.16Y	SILV F # 4	Men 10 & Under 500 Free	1	---	10.65
	35.07	1:15.10 1:57.10 2:38.57			
	(35.07)	(40.03) (42.00) (41.47)			
	6:08.56	6:46.16			
	(41.74)	(37.60)			
3:07.52Y	SILV F # 8	Men 10 & Under 200 IM	5	---	8.94
	39.02	1:23.17 2:28.43 3:07.52			
	(39.02)	(44.15) (1:05.26) (39.09)			
2:38.58Y	DQ F # 12	Men 10 & Under 200 Free	---	---	---
	35.64	1:16.73 1:57.58 2:38.58			
	(35.64)	(41.09) (40.85) (41.00)			
<b>Kaitlin Jacob (15) W</b>					
5:22.54Y	SILV F # 17	Women 400 IM	7	---	16.72
	33.75	1:13.31 1:50.56 2:28.49			
	(33.75)	(39.56) (37.25) (37.93)			
<b>Tyler Kenny (9) M</b>					
7:33.42Y	BRON F # 4	Men 10 & Under 500 Free	5	---	---
	40.57	1:32.44 2:20.31 3:05.90			
	(40.57)	(51.87) (47.87) (45.59)			
	6:52.49	7:33.42			
	(44.80)	(40.93)			
3:12.02Y	SILV F # 8	Men 10 & Under 200 IM	8	---	---
	47.45	1:33.95 2:30.59 3:12.02			
	(47.45)	(46.50) (56.64) (41.43)			
2:50.35Y	SILV F # 12	Men 10 & Under 200 Free	4	---	10.71
	40.11	1:24.91 2:09.01 2:50.35			
	(40.11)	(44.80) (44.10) (41.34)			

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYSA-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
<b>Susanna Kim (12) W</b>					
NS	F # 1	Women 11-12 500 Free	---	---	---
	(0.00)	(0.00) (0.00) (0.00) (0.00)	(0.00)	(0.00)	(0.00)
	(0.00)	(0.00)			
NS	F # 5	Women 11-12 200 Fly	---	---	---
NS	F # 13	Women 11-12 200 Breast	---	---	---
	(0.00)	(0.00) (0.00) (0.00)			
<b>Victoria Labita (10) W</b>					
7:07.03Y SILV	F # 3	Women 10 & Under 500 Free	6	---	-12.17
	38.21	1:21.16 2:04.92 2:49.07 3:33.34 4:17.14 5:00.99 5:44.70			
	(38.21)	(42.95) (43.76) (44.15) (44.27) (43.80) (43.85) (43.71)			
	6:27.94	7:07.03			
	(43.24)	(39.09)			
3:01.66Y SILV	F # 7	Women 10 & Under 200 IM	7	---	-1.20
	44.53	1:30.74 2:23.82 3:01.66			
	(44.53)	(46.21) (53.08) (37.84)			
2:40.87Y SILV	F # 11	Women 10 & Under 200 Free	6	---	0.74
	37.14	1:19.21 2:01.26 2:40.87			
	(37.14)	(42.07) (42.05) (39.61)			
<b>Kaitlyn Lange (11) W</b>					
6:08.46Y SILV	F # 1	Women 11-12 500 Free	8	11	-1.81
	32.18	1:08.49 1:45.72 2:23.34 3:00.95 3:38.84 4:16.86 4:54.86			
	(32.18)	(36.31) (37.23) (37.62) (37.61) (37.89) (38.02) (38.00)			
	5:33.10	6:08.46			
	(38.24)	(35.36)			
2:41.91Y SILV	F # 9	Women 11-12 200 Back	9	---	4.55
	37.61	1:19.26 2:02.55 2:41.91			
	(37.61)	(41.65) (43.29) (39.36)			
2:41.20Y ZQUA	F # 13	Women 11-12 200 Breast	1	---	0.03
	36.57	1:17.38 1:59.74 2:41.20			
	(36.57)	(40.81) (42.36) (41.46)			
<b>Olivia Lappas (14) W</b>					
5:20.24Y SILV	F # 15	Women 13-14 400 IM	9	---	-0.40
	33.50	1:13.06 1:55.60 2:36.19 3:25.05 4:13.33 4:47.53 5:20.24			
	(33.50)	(39.56) (42.54) (40.59) (48.86) (48.28) (34.20) (32.71)			
<b>Amanda Lauer (11) W</b>					
6:15.56Y SILV	F # 1	Women 11-12 500 Free	10	7	7.75
	1:49.64	2:27.94 3:07.10 3:45.23 4:23.78 5:01.96			
	(1:49.64)	(38.30) (39.16) (38.13) (38.55) (263.78) (0.00) (5:01.96)			
	5:39.53	6:15.56			
	(37.57)	(36.03)			
2:42.66Y SILV	F # 9	Women 11-12 200 Back	10	---	---
	39.48	1:20.47 2:01.76 2:42.66			
	(39.48)	(40.99) (41.29) (40.90)			
2:57.96Y SILV	F # 13	Women 11-12 200 Breast	5	---	1.29
	40.89	1:26.54 2:12.50 2:57.96			
	(40.89)	(45.65) (45.96) (45.46)			

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYS-A-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
<b>Valerie Lauer (14) W</b>					
5:08.15Y	SILV F # 15	Women 13-14 400 IM	5	---	7.52
	31.17	1:09.11 1:47.54 2:25.05 3:11.81 3:59.83 4:35.03 5:08.15			
	(31.17)	(37.94) (38.43) (37.51) (46.76) (48.02) (35.20) (33.12)			
11:36.23Y	SILV F # 19	Women 13-14 1000 Free	5	---	0.85
	31.53	1:05.95 1:41.41 2:17.10 2:52.26 3:27.52 4:02.00 4:36.51			
	(31.53)	(34.42) (35.46) (35.69) (35.16) (35.26) (34.48) (34.51)			
	5:11.58	5:47.33 6:22.48 6:58.44 7:33.89 8:09.13 8:43.16 9:17.79			
	(35.07)	(35.75) (35.15) (35.96) (35.45) (35.24) (34.03) (34.63)			
	9:52.53	10:28.12 11:02.83 11:36.23			
	(34.74)	(35.59) (34.71) (33.40)			
<b>Heather MacDougall (11) W</b>					
5:50.88Y	ZQUA F # 1	Women 11-12 500 Free	2	17	-14.34
	1:40.76	2:16.56 2:51.92 3:28.39 4:04.57 4:40.63			
	(1:40.76)	(35.80) (35.36) (36.47) (36.18) (244.57) (0.00) (4:40.63)			
	5:17.13	5:50.88			
	(36.50)	(33.75)			
2:30.86Y	JO'S F # 9	Women 11-12 200 Back	2	---	-1.85
	34.89	1:13.09 1:52.80 2:30.86			
	(34.89)	(38.20) (39.71) (38.06)			
2:39.10Y	DQ F # 13	Women 11-12 200 Breast	---	---	---
	36.95	1:17.43 1:59.01 2:39.10			
	(36.95)	(40.48) (41.58) (40.09)			
<b>Dylan Magee (13) M</b>					
5:09.48Y	SILV F # 16	Men 13-14 400 IM	3	---	2.51
	34.68	1:14.86 1:54.05 2:33.56 3:15.52 3:57.68 4:33.97 5:09.48			
	(34.68)	(40.18) (39.19) (39.51) (41.96) (42.16) (36.29) (35.51)			
12:13.76Y	SILV F # 20	Men 13-14 1000 Free	4	---	-10.05
	32.90	1:09.81 1:47.10 2:24.09 3:00.88 3:37.73 4:15.06 4:52.39			
	(32.90)	(36.91) (37.29) (36.99) (36.79) (36.85) (37.33) (37.33)			
	5:29.41	6:06.29 6:43.43 7:20.73 7:57.45 8:34.23 9:11.08 9:47.76			
	(37.02)	(36.88) (37.14) (37.30) (36.72) (36.78) (36.85) (36.68)			
	10:24.43	11:01.29 11:38.07 12:13.76			
	(36.67)	(36.86) (36.78) (35.69)			
<b>Ryan Magee (17) M</b>					
4:16.83Y	METS F # 18	Men 400 IM	1	---	-1.84
	27.07	57.62 1:29.22 2:00.43 2:39.29 3:18.71 3:47.82 4:16.83			
	(27.07)	(30.55) (31.60) (31.21) (38.86) (39.42) (29.11) (29.01)			
<b>Sean Mahoney (12) M</b>					
7:23.39Y	BRON F # 2	Men 11-12 500 Free	20	---	-2.78
	35.99	1:18.97 2:04.01 2:49.31 3:33.81 4:22.42 5:09.09 5:52.41			
	(35.99)	(42.98) (45.04) (45.30) (169.31) (4:22.42) (46.67) (309.09)			
	6:42.41	7:23.39			
	(6:42.41)	(40.98)			
2:59.89Y	SILV F # 10	Men 11-12 200 Back	16	---	---
	42.72	1:27.49 2:14.95 2:59.89			
	(42.72)	(44.77) (47.46) (44.94)			

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYSA-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
<b>Hanna Mathers (16) W</b>					
5:53.41Y	BRON F # 17	Women 400 IM	8	---	35.00
	36.36	1:21.03 2:08.37 2:53.04 3:43.47 4:32.81 5:14.01 5:53.41			
	(36.36)	(44.67) (47.34) (44.67) (50.43) (49.34) (41.20) (39.40)			
<b>Tyler McCloskey (13) M</b>					
5:18.51Y	SILV F # 16	Men 13-14 400 IM	6	---	5.20
	33.15	1:12.76 1:53.54 2:32.79 3:18.53 4:04.41 4:41.97 5:18.51			
	(33.15)	(39.61) (40.78) (39.25) (45.74) (45.88) (37.56) (36.54)			
12:28.35Y	SILV F # 20	Men 13-14 1000 Free	5	---	---
	31.63	1:08.21 1:45.20 2:21.86 2:59.01 3:36.90 4:14.56 4:52.35			
	(31.63)	(36.58) (36.99) (36.66) (37.15) (37.89) (37.66) (37.79)			
	5:30.96	6:08.93 6:47.25 7:25.32 8:03.42 8:41.43 9:19.97 9:58.01			
	(38.61)	(37.97) (38.32) (38.07) (38.10) (38.01) (38.54) (38.04)			
	10:35.99	11:13.52 11:51.36 12:28.35			
	(37.98)	(37.53) (37.84) (36.99)			
<b>Theresa McKallen (14) W</b>					
4:55.49Y	ZQUA F # 15	Women 13-14 400 IM	3	---	0.20
	31.81	1:08.38 1:46.97 2:24.46 3:04.95 3:45.64 4:21.20 4:55.49			
	(31.81)	(36.57) (38.59) (37.49) (40.49) (40.69) (35.56) (34.29)			
11:25.02Y	SILV F # 19	Women 13-14 1000 Free	4	---	---
	30.97	1:04.88 1:39.18 2:13.44 2:48.03 3:22.65 3:57.38 4:32.34			
	(30.97)	(33.91) (34.30) (34.26) (34.59) (34.62) (34.73) (34.96)			
	5:06.63	5:41.32 6:16.24 6:50.91 7:26.29 8:01.31 8:36.35 9:10.84			
	(34.29)	(34.69) (34.92) (34.67) (35.38) (35.02) (35.04) (34.49)			
	9:45.47	10:18.80 10:52.54 11:25.02			
	(34.63)	(33.33) (33.74) (32.48)			
<b>Jesse Miara (16) M</b>					
4:39.76Y	ZQUA F # 18	Men 400 IM	2	---	-6.85
	27.18	59.40 1:35.40 2:11.64 2:52.88 3:36.45 4:09.27 4:39.76			
	(27.18)	(32.22) (36.00) (36.24) (41.24) (43.57) (32.82) (30.49)			
18:14.62Y	ZQUA F # 22	Men 1650 Free	4	---	75.68
	28.47	59.12 1:29.07 1:59.59 2:29.91 3:00.45 3:30.94 4:01.67			
	(28.47)	(30.65) (29.95) (30.52) (30.32) (30.54) (30.49) (30.73)			
	4:31.87	5:02.77 5:33.57 6:04.47 6:35.09 7:06.66 7:38.12 8:09.70			
	(30.20)	(30.90) (30.80) (30.90) (30.62) (31.57) (31.46) (31.58)			
	8:40.04	9:12.88 9:47.22 10:20.59 10:55.35 11:29.99 12:05.80 12:41.67			
	(30.34)	(32.84) (34.34) (33.37) (34.76) (34.64) (35.81) (35.87)			
	13:18.26	13:53.69 14:31.83 15:09.97 15:46.47 16:23.80 17:00.92 17:38.21			
	(36.59)	(35.43) (38.14) (38.14) (36.50) (37.33) (37.12) (37.29)			
	18:14.62				
	(36.41)				
<b>Marissa Miara (11) W</b>					
5:54.68Y	ZQUA F # 1	Women 11-12 500 Free	5	14	0.02
	1:41.92	2:17.78 2:54.11 3:30.86 4:07.14 4:43.89			
	(1:41.92)	(35.86) (36.33) (36.75) (36.28) (247.14) (4:43.89) (283.89)			
	5:20.04	5:54.68			
	(5:20.04)	(34.64)			

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYSA-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
2:35.15Y	JO'S F # 9	Women 11-12 200 Back	5	---	1.50
	36.77	1:15.98 1:55.96 2:35.15			
	(36.77)	(39.21) (39.98) (39.19)			
2:59.62Y	SILV F # 13	Women 11-12 200 Breast	7	---	5.29
	40.91	1:26.60 2:13.04 2:59.62			
	(40.91)	(45.69) (46.44) (46.58)			
<b>Claudia Miesner (11) W</b>					
7:24.63Y	BRON F # 1	Women 11-12 500 Free	14	---	---
	38.58	1:22.46 2:07.84 2:53.21 3:38.18 4:23.51 5:10.05 5:56.13			
	(38.58)	(43.88) (45.38) (45.37) (44.97) (45.33) (46.54) (46.08)			
	6:41.01	7:24.63			
	(44.88)	(43.62)			
2:56.02Y	SILV F # 13	Women 11-12 200 Breast	4	---	---
	40.26	1:25.03 2:11.42 2:56.02			
	(40.26)	(44.77) (46.39) (44.60)			
<b>Kiera Miesner (14) W</b>					
5:19.20Y	SILV F # 15	Women 13-14 400 IM	8	---	4.33
	34.58	1:17.02 2:00.66 2:42.57 3:25.10 4:07.45 4:44.18 5:19.20			
	(34.58)	(42.44) (43.64) (41.91) (42.53) (42.35) (36.73) (35.02)			
<b>Jenna Mrozinski (16) W</b>					
20:40.75Y	SILV F # 21A	Women 1650 Free	12	---	---
	37.68	1:14.45 1:52.06 2:30.04 3:07.04 3:43.85 4:20.66 4:57.40			
	(37.68)	(36.77) (37.61) (37.98) (37.00) (36.81) (36.81) (36.74)			
	5:34.26	6:10.86 6:48.43 7:25.81 8:02.87 8:40.63 9:18.63 9:56.43			
	(36.86)	(36.60) (37.57) (37.38) (37.06) (37.76) (38.00) (37.80)			
	10:33.57	11:10.89 11:48.55 12:26.32 13:04.38 13:42.62 14:20.62 14:58.76			
	(37.14)	(37.32) (37.66) (37.77) (38.06) (38.24) (38.00) (38.14)			
	15:37.14	16:15.12 16:54.14 17:32.81 18:11.10 18:49.16 19:27.34 20:05.34			
	(38.38)	(37.98) (39.02) (38.67) (38.29) (38.06) (38.18) (38.00)			
	20:40.75				
	(35.41)				
<b>Daniel Munoz (16) M</b>					
NS	F # 18	Men 400 IM	---	---	---
	(0.00)	(0.00) (0.00) (0.00) (0.00) (0.00) (0.00) (0.00) (0.00)			
<b>Matthew Nicholas (12) M</b>					
6:04.88Y	SILV F # 2	Men 11-12 500 Free	2	---	15.10
	30.37	1:04.55 1:40.11 2:16.50 2:52.90 3:29.53 4:06.70 4:43.58			
	(30.37)	(34.18) (35.56) (36.39) (36.40) (36.63) (37.17) (36.88)			
	5:20.78	6:04.88			
	(37.20)	(44.10)			
NS	F # 6	Men 11-12 200 Fly	---	---	---
	(0.00)	(0.00) (0.00) (0.00)			
2:33.22Y	JO'S F # 10	Men 11-12 200 Back	2	---	-2.14
	34.70	1:12.73 1:52.76 2:33.22			
	(34.70)	(38.03) (40.03) (40.46)			
<b>Tiana Poindexter (14) W</b>					
NS	F # 15	Women 13-14 400 IM	---	---	---
	30.30	1:09.42 1:51.14 2:31.76 3:15.82 4:01.06 4:39.75			
	(30.30)	(39.12) (41.72) (40.62) (44.06) (45.24) (38.69) (279.75)			

### Individual Meet Results

**09 MLK Going The Distance Meet 18-Jan-10 Yards**
**Location: YWCA**
**New York Sharks Aquatics [NYSA-MR] Coach: Todd Langenmayr**

Time	F/P/S	Event	Place	Points	Improv
5:15.00Y	SILV F # 17	Women 400 IM	3	---	-5.35
	30.30	1:09.42 1:51.14 2:31.76 3:15.82 4:01.06 4:39.75 5:15.00			
	(30.30)	(39.12) (41.72) (40.62) (44.06) (45.24) (38.69) (35.25)			
11:40.34Y	SILV F # 19	Women 13-14 1000 Free	7	---	---
	30.57	1:04.88 1:39.96 2:15.34 2:50.24 3:25.58 4:01.24 4:35.22			
	(30.57)	(34.31) (35.08) (35.38) (34.90) (35.34) (35.66) (33.98)			
	5:10.25	5:46.94 6:22.68 6:58.41 7:34.01 8:09.36 8:43.98 9:20.07			
	(35.03)	(36.69) (35.74) (35.73) (35.60) (35.35) (34.62) (36.09)			
	9:55.73	10:31.90 11:07.19 11:40.34			
	(35.66)	(36.17) (35.29) (33.15)			
<b>Michaela Raphael (12) W</b>					
2:47.05Y	SILV F # 5	Women 11-12 200 Fly	6	---	-5.97
	35.68	1:18.71 2:03.89 2:47.05			
	(35.68)	(43.03) (45.18) (43.16)			
2:44.10Y	DQ F # 9	Women 11-12 200 Back	---	---	---
	38.47	1:19.67 2:44.10			
	(38.47)	(41.20) (79.67) (2:44.10)			
3:08.64Y	SILV F # 13	Women 11-12 200 Breast	8	---	9.06
	42.40	1:30.68 2:20.15 3:08.64			
	(42.40)	(48.28) (49.47) (48.49)			
<b>Caroline Russo (15) W</b>					
5:19.63Y	SILV F # 17	Women 400 IM	5	---	-3.00
	33.73	1:14.27 1:54.65 2:35.29 3:21.33 4:09.52 4:44.62 5:19.63			
	(33.73)	(40.54) (40.38) (40.64) (46.04) (48.19) (35.10) (35.01)			
20:22.64Y	SILV F # 21A	Women 1650 Free	11	---	-45.08
	33.46	1:10.00 1:47.10 2:24.18 3:00.69 3:37.62 4:14.62 4:51.92			
	(33.46)	(36.54) (37.10) (37.08) (36.51) (36.93) (37.00) (37.30)			
	5:29.31	6:06.18 6:42.97 7:19.74 7:56.81 8:34.26 9:11.06 9:48.30			
	(37.39)	(36.87) (36.79) (36.77) (37.07) (37.45) (36.80) (37.24)			
	10:25.70	11:02.89 11:40.38 12:18.10 12:55.29 13:32.80 14:10.49 14:48.05			
	(37.40)	(37.19) (37.49) (37.72) (37.19) (37.51) (37.69) (37.56)			
	15:25.67	16:03.11 16:41.23 17:19.06 17:56.40 18:34.36 19:10.75 19:48.02			
	(37.62)	(37.44) (38.12) (37.83) (37.34) (37.96) (36.39) (37.27)			
	20:22.64				
	(34.62)				
<b>Danielle Shaw (9) W</b>					
3:45.98Y	BRON F # 7	Women 10 & Under 200 IM	17	---	---
	49.69	1:45.56 2:55.72 3:45.98			
	(49.69)	(55.87) (1:10.16) (50.26)			
3:15.21Y	BRON F # 11	Women 10 & Under 200 Free	18	---	---
	43.94	1:35.39 2:26.36 3:15.21			
	(43.94)	(51.45) (50.97) (48.85)			
<b>Nathan Singer (15) M</b>					
4:40.91Y	ZQUA F # 18	Men 400 IM	3	---	2.61
	28.18	1:01.55 1:39.11 2:15.50 2:54.46 3:34.34 4:08.69 4:40.91			
	(28.18)	(33.37) (37.56) (36.39) (38.96) (39.88) (34.35) (32.22)			

**Individual Meet Results**

**09 MLK Going The Distance Meet 18-Jan-10 Yards**

**Location: YWCA**

**New York Sharks Aquatics [NYS-A-MR] Coach: Todd Langenmayr**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Dylan Thurston (12) M</b>					
7:17.35Y	BRON F # 2	Men 11-12 500 Free	17	---	32.82
	36.45	1:17.75 2:02.09 2:47.06 3:31.68 4:17.04 5:02.33 5:47.86			
	(36.45)	(41.30) (44.34) (44.97) (44.62) (45.36) (45.29) (45.53)			
	6:33.00	7:17.35			
	(45.14)	(44.35)			
3:12.67Y	BRON F # 6	Men 11-12 200 Fly	5	---	-4.21
	40.50	1:31.63 2:24.76 3:12.67			
	(40.50)	(51.13) (53.13) (47.91)			
3:15.16Y	BRON F # 10	Men 11-12 200 Back	19	---	14.19
	44.63	1:35.32 2:25.04 3:15.16			
	(44.63)	(50.69) (49.72) (50.12)			
<b>Zachary Walsh (13) M</b>					
4:55.82Y	SILV F # 16	Men 13-14 400 IM	2	---	1.32
	32.53	1:10.30 1:49.14 2:26.26 3:08.84 3:51.00 4:23.77 4:55.82			
	(32.53)	(37.77) (38.84) (37.12) (42.58) (42.16) (32.77) (32.05)			
11:46.42Y	SILV F # 20	Men 13-14 1000 Free	3	---	-12.78
	31.58	1:07.33 1:42.87 2:18.46 2:54.32 3:30.33 4:06.20 4:42.56			
	(31.58)	(35.75) (35.54) (35.59) (35.86) (36.01) (35.87) (36.36)			
	5:18.60	5:54.74 6:30.50 7:06.35 7:41.51 8:17.14 8:53.01 9:28.38			
	(36.04)	(36.14) (35.76) (35.85) (35.16) (35.63) (35.87) (35.37)			
	10:04.04	10:38.72 11:13.30 11:46.42			
	(35.66)	(34.68) (34.58) (33.12)			