

Region of Waterloo Swim Club

Individual Meet Entries Report

ROW Taking Up the Slack 2019 11-May-19 to 12-May-19 LC Meters

Location: Wilfred Laurier University Swimming Pool

Region Of Waterloo Swim Club [ROW] Coach: Matt Mains

92-205 King Street, South

Waterloo, ON, N2J 1P5

(519) 885-1310

pardygirl@rogers.com

FEMALE

Alina Armbruster (15)			# 51C	Female 13-14 200 Back	3:06.61L
# 21A	Female Senior 200 Free	2:22.27L	# 101	Mixed Senior 400 Free	5:48.11L
Isabella Aylsworth (11)			Camilla Caliston (8)		
# 2A	Female 11-11 200 Free	3:03.05L	# 67A	Female Senior 50 Back	NT
# 8A	Female 11-11 50 Free	36.15L	Isabella Chernish (12)		
# 10A	Female 11-11 200 Breast	3:38.16L	# 2B	Female 12-12 200 Free	2:46.88L
# 43A	Female 11-11 100 Breast	1:39.97L	# 4B	Female 12-12 100 Fly	1:56.27L
# 45A	Female 11-11 200 IM	3:25.50L	# 12B	Female 12-12 100 Back	1:20.82L
# 49A	Female 11-11 50 Fly	51.28L	# 43B	Female 12-12 100 Breast	1:49.37L
# 100	Mixed Senior 400 IM	7:05.89L	# 47B	Female 12-12 50 Back	37.47L
Megan Baskerville (10)			# 53B	Female 12-12 100 Free	1:17.06L
# 25A	Female Senior 50 Breast	1:10.00L	# 101	Mixed Senior 400 Free	6:28.64L
# 27A	Female Senior 50 Free	45.31L	Su Yeong Choi (17)		
# 31A	Female Senior 100 Back	1:55.21L	# 21A	Female Senior 200 Free	2:26.34L
# 67A	Female Senior 50 Back	55.57L	# 23A	Female Senior 100 Fly	1:18.16L
# 71A	Female Senior 200 Back	4:15.00L	# 29A	Female Senior 200 Breast	2:55.89L
# 73A	Female Senior 100 Free	1:41.48L	# 63A	Female Senior 100 Breast	1:20.85L
Ava Bast (9)			# 65A	Female Senior 200 IM	2:45.09L
# 21A	Female Senior 200 Free	4:15.00L	# 73A	Female Senior 100 Free	1:05.15L
# 27A	Female Senior 50 Free	52.21L	Hannah Cressman (17)		
# 31A	Female Senior 100 Back	1:59.16L	# 21A	Female Senior 200 Free	2:41.16L
Averyl Bender (17)			Lidija Dudas (14)		
# 21A	Female Senior 200 Free	2:16.66L	# 23A	Female Senior 100 Fly	NT
# 27A	Female Senior 50 Free	28.53L	# 25A	Female Senior 50 Breast	NT
# 31A	Female Senior 100 Back	1:20.38L	# 27A	Female Senior 50 Free	NT
# 67A	Female Senior 50 Back	37.96L	# 67A	Female Senior 50 Back	NT
# 69A	Female Senior 50 Fly	32.58L	# 69A	Female Senior 50 Fly	NT
# 73A	Female Senior 100 Free	1:01.30L	# 73A	Female Senior 100 Free	NT
Lily Bender-Jones (13)			Le Anne Du (9)		
# 8C	Female 13-14 50 Free	39.11L	# 21A	Female Senior 200 Free	3:42.99L
# 10C	Female 13-14 200 Breast	3:40.70L	# 25A	Female Senior 50 Breast	59.93L
# 12C	Female 13-14 100 Back	1:44.42L	# 27A	Female Senior 50 Free	41.15L
# 43C	Female 13-14 100 Breast	1:44.12L	# 63A	Female Senior 100 Breast	2:09.20L
# 45C	Female 13-14 200 IM	3:30.49L	# 69A	Female Senior 50 Fly	1:15.00L
# 53C	Female 13-14 100 Free	1:32.24L	# 73A	Female Senior 100 Free	1:45.23L
Samantha Berton (13)			Vanessa Gadsby (14)		
# 2C	Female 13-14 200 Free	2:33.58L	# 2C	Female 13-14 200 Free	2:34.22L
# 4C	Female 13-14 100 Fly	1:27.91L	# 6C	Female 13-14 50 Breast	44.58L
# 8C	Female 13-14 50 Free	33.41L	# 10C	Female 13-14 200 Breast	3:19.59L
# 43C	Female 13-14 100 Breast	1:26.75L	# 45C	Female 13-14 200 IM	2:53.28L
# 47C	Female 13-14 50 Back	39.15L	# 49C	Female 13-14 50 Fly	36.03L
# 53C	Female 13-14 100 Free	1:11.56L	# 53C	Female 13-14 100 Free	1:13.34L
# 101	Mixed Senior 400 Free	6:10.08L	# 101	Mixed Senior 400 Free	5:32.18L
Sara Bulz (13)			Hannah Gallagher (14)		
# 4C	Female 13-14 100 Fly	1:34.02L	# 2C	Female 13-14 200 Free	2:38.28L
# 8C	Female 13-14 50 Free	33.12L			
# 12C	Female 13-14 100 Back	1:24.67L			
# 43C	Female 13-14 100 Breast	1:39.73L			
# 49C	Female 13-14 50 Fly	38.89L			

Region of Waterloo Swim Club

Individual Meet Entries Report

ROW Taking Up the Slack 2019 11-May-19 to 12-May-19 LC Meters

Region Of Waterloo Swim Club [ROW] Coach: Matt Mains

FEMALE

Vista Ghafarkhani (11)

# 6A	Female 11-11 50 Breast	1:06.69L
# 8A	Female 11-11 50 Free	45.63L
# 12A	Female 11-11 100 Back	1:53.97L
# 43A	Female 11-11 100 Breast	NT
# 47A	Female 11-11 50 Back	NT
# 53A	Female 11-11 100 Free	NT

Anna Gomis Flores (8)

# 27A	Female Senior 50 Free	NT
# 67A	Female Senior 50 Back	NT

Avika Gupta (9)

# 25A	Female Senior 50 Breast	1:15.00L
# 27A	Female Senior 50 Free	52.00L
# 31A	Female Senior 100 Back	NT
# 63A	Female Senior 100 Breast	2:33.03L
# 67A	Female Senior 50 Back	1:04.74L
# 73A	Female Senior 100 Free	2:47.45L

Amy Hayward (17)

# 21A	Female Senior 200 Free	2:21.69L
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Genevieve Herd (11)

# 2A	Female 11-11 200 Free	3:35.00L
# 8A	Female 11-11 50 Free	42.61L
# 12A	Female 11-11 100 Back	1:46.98L
# 47A	Female 11-11 50 Back	48.82L
# 51A	Female 11-11 200 Back	3:59.57L
# 53A	Female 11-11 100 Free	1:41.84L

Maeve Horgan (7)

# 27A	Female Senior 50 Free	NT
# 67A	Female Senior 50 Back	NT

Kate Hutzal (9)

# 21A	Female Senior 200 Free	4:45.00L
# 25A	Female Senior 50 Breast	1:00.21L
# 27A	Female Senior 50 Free	46.13L
# 63A	Female Senior 100 Breast	2:09.73L
# 67A	Female Senior 50 Back	52.49L
# 73A	Female Senior 100 Free	1:50.99L

Olivia Jain (10)

# 21A	Female Senior 200 Free	3:30.96L
# 27A	Female Senior 50 Free	40.45L
# 31A	Female Senior 100 Back	2:00.05L
# 63A	Female Senior 100 Breast	2:06.72L
# 69A	Female Senior 50 Fly	1:30.00L
# 73A	Female Senior 100 Free	1:39.05L

Nika Khamesee (9)

# 25A	Female Senior 50 Breast	1:30.00L
# 27A	Female Senior 50 Free	59.24L
# 31A	Female Senior 100 Back	2:23.40L
# 63A	Female Senior 100 Breast	2:45.00L
# 67A	Female Senior 50 Back	1:01.84L
# 73A	Female Senior 100 Free	2:31.43L

Anisa Khan (11)

# 6A	Female 11-11 50 Breast	NT
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# 8A	Female 11-11 50 Free	NT
# 12A	Female 11-11 100 Back	NT
# 47A	Female 11-11 50 Back	NT
# 53A	Female 11-11 100 Free	NT

Kaitlyn Kuiper (14)

# 4C	Female 13-14 100 Fly	1:29.43L
# 6C	Female 13-14 50 Breast	1:03.28L
# 12C	Female 13-14 100 Back	1:21.81L
# 43C	Female 13-14 100 Breast	1:36.43L
# 49C	Female 13-14 50 Fly	35.21L
# 51C	Female 13-14 200 Back	2:53.90L
# 101	Mixed Senior 400 Free	6:09.98L

Nataliya Kulevskaya (9)

# 21A	Female Senior 200 Free	3:46.21L
# 27A	Female Senior 50 Free	44.84L
# 31A	Female Senior 100 Back	2:04.94L
# 63A	Female Senior 100 Breast	2:10.77L
# 69A	Female Senior 50 Fly	1:30.00L
# 73A	Female Senior 100 Free	1:42.18L

Angela Lee (11)

# 6A	Female 11-11 50 Breast	48.24L
# 10A	Female 11-11 200 Breast	3:39.42L
# 12A	Female 11-11 100 Back	1:29.42L
# 45A	Female 11-11 200 IM	3:07.59L
# 47A	Female 11-11 50 Back	46.26L
# 51A	Female 11-11 200 Back	3:39.68L
# 101	Mixed Senior 400 Free	6:29.47L

Mackenzie Leu (13)

# 2C	Female 13-14 200 Free	2:36.88L
# 4C	Female 13-14 100 Fly	1:26.99L
# 8C	Female 13-14 50 Free	32.48L
# 45C	Female 13-14 200 IM	2:44.47L
# 49C	Female 13-14 50 Fly	36.86L
# 53C	Female 13-14 100 Free	1:09.89L
# 101	Mixed Senior 400 Free	5:44.26L

Bronwyn Lindsay (13)

# 4C	Female 13-14 100 Fly	1:55.55L
# 6C	Female 13-14 50 Breast	46.87L
# 10C	Female 13-14 200 Breast	3:47.21L
# 45C	Female 13-14 200 IM	3:03.65L
# 49C	Female 13-14 50 Fly	40.36L
# 51C	Female 13-14 200 Back	2:47.61L
# 101	Mixed Senior 400 Free	5:59.23L

Faith Lin (10)

# 25A	Female Senior 50 Breast	1:09.67L
# 27A	Female Senior 50 Free	54.39L
# 31A	Female Senior 100 Back	2:00.28L
# 63A	Female Senior 100 Breast	2:10.00L
# 69A	Female Senior 50 Fly	NT
# 71A	Female Senior 200 Back	3:50.00L

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Individual Meet Entries Report

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FEMALE

Jenna Little (12)

# 4B	Female 12-12 100 Fly	1:46.52L
# 6B	Female 12-12 50 Breast	45.21L
# 12B	Female 12-12 100 Back	1:27.59L
# 45B	Female 12-12 200 IM	2:56.45L
# 51B	Female 12-12 200 Back	3:07.04L
# 53B	Female 12-12 100 Free	1:16.11L

Zhuyun Liu (9)

# 25A	Female Senior 50 Breast	1:12.42L
# 27A	Female Senior 50 Free	50.69L
# 31A	Female Senior 100 Back	2:05.90L
# 67A	Female Senior 50 Back	58.66L
# 69A	Female Senior 50 Fly	1:30.00L
# 73A	Female Senior 100 Free	1:56.69L

Ally Boyang Ma (14)

# 21A	Female Senior 200 Free	3:18.39L
# 25A	Female Senior 50 Breast	43.43L
# 29A	Female Senior 200 Breast	3:32.79L
# 63A	Female Senior 100 Breast	1:37.29L
# 67A	Female Senior 50 Back	51.93L
# 73A	Female Senior 100 Free	1:24.22L

Claudia May (13)

# 2C	Female 13-14 200 Free	3:16.59L
# 6C	Female 13-14 50 Breast	47.25L
# 8C	Female 13-14 50 Free	36.59L
# 43C	Female 13-14 100 Breast	1:42.95L
# 51C	Female 13-14 200 Back	3:43.89L
# 53C	Female 13-14 100 Free	1:37.50L

Naomi May (10)

# 21A	Female Senior 200 Free	4:45.00L
# 27A	Female Senior 50 Free	48.44L
# 31A	Female Senior 100 Back	1:55.32L
# 67A	Female Senior 50 Back	52.31L
# 69A	Female Senior 50 Fly	1:30.00L
# 73A	Female Senior 100 Free	1:58.24L

Jenna Mayne (15)

# 25A	Female Senior 50 Breast	41.69L
# 29A	Female Senior 200 Breast	3:07.43L
# 31A	Female Senior 100 Back	1:37.69L
# 63A	Female Senior 100 Breast	1:25.96L
# 65A	Female Senior 200 IM	3:07.65L
# 73A	Female Senior 100 Free	1:16.44L
# 100	Mixed Senior 400 IM	NT

Kyla Mayne (12)

# 4B	Female 12-12 100 Fly	1:41.20L
# 6B	Female 12-12 50 Breast	48.51L
# 10B	Female 12-12 200 Breast	3:30.81L
# 45B	Female 12-12 200 IM	3:13.25L
# 47B	Female 12-12 50 Back	45.35L
# 51B	Female 12-12 200 Back	3:14.80L
# 101	Mixed Senior 400 Free	5:49.04L

Amelia McAleese (12)

# 6B	Female 12-12 50 Breast	50.92L
# 8B	Female 12-12 50 Free	37.31L
# 10B	Female 12-12 200 Breast	3:53.84L
# 43B	Female 12-12 100 Breast	1:45.83L
# 45B	Female 12-12 200 IM	4:20.00L
# 53B	Female 12-12 100 Free	1:23.16L

Chelsea Mollitor (12)

# 6B	Female 12-12 50 Breast	1:00.03L
# 8B	Female 12-12 50 Free	40.43L
# 12B	Female 12-12 100 Back	1:43.56L
# 43B	Female 12-12 100 Breast	2:09.27L
# 47B	Female 12-12 50 Back	48.95L
# 53B	Female 12-12 100 Free	1:34.39L

Ava Monk (9)

# 21A	Female Senior 200 Free	3:42.36L
# 25A	Female Senior 50 Breast	1:08.72L
# 31A	Female Senior 100 Back	1:58.82L
# 69A	Female Senior 50 Fly	NT
# 71A	Female Senior 200 Back	NT
# 73A	Female Senior 100 Free	1:51.42L

Katherine Morwood (9)

# 27A	Female Senior 50 Free	1:05.00L
# 67A	Female Senior 50 Back	1:15.00L

Emma Moskalyk (12)

# 2B	Female 12-12 200 Free	3:20.45L
# 6B	Female 12-12 50 Breast	59.34L
# 8B	Female 12-12 50 Free	43.20L
# 43B	Female 12-12 100 Breast	2:08.22L
# 51B	Female 12-12 200 Back	3:41.48L
# 53B	Female 12-12 100 Free	1:39.61L

Allison Newell (11)

# 4A	Female 11-11 100 Fly	1:36.41L
# 6A	Female 11-11 50 Breast	51.61L
# 10A	Female 11-11 200 Breast	4:05.89L
# 45A	Female 11-11 200 IM	3:34.28L
# 47A	Female 11-11 50 Back	49.58L
# 53A	Female 11-11 100 Free	1:18.99L
# 101	Mixed Senior 400 Free	6:30.27L

Mackenzie Newell (13)

# 2C	Female 13-14 200 Free	2:46.42L
# 6C	Female 13-14 50 Breast	45.43L
# 10C	Female 13-14 200 Breast	3:32.83L
# 43C	Female 13-14 100 Breast	1:36.13L
# 47C	Female 13-14 50 Back	41.16L
# 53C	Female 13-14 100 Free	1:18.30L
# 101	Mixed Senior 400 Free	6:19.91L

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Region Of Waterloo Swim Club [ROW] Coach: Matt Mains

FEMALE

Adelina Nguyen (12)		# 73A Female Senior 100 Free	1:32.27L
# 2B Female 12-12 200 Free	2:51.91L	Alexandra Stanila (8)	
# 6B Female 12-12 50 Breast	43.11L	# 27A Female Senior 50 Free	44.62L
# 12B Female 12-12 100 Back	1:30.73L	# 31A Female Senior 100 Back	1:55.93L
# 45B Female 12-12 200 IM	3:09.44L	# 67A Female Senior 50 Back	51.76L
# 47B Female 12-12 50 Back	42.29L	# 71A Female Senior 200 Back	4:25.00L
# 51B Female 12-12 200 Back	3:28.23L	# 73A Female Senior 100 Free	1:48.54L
# 101 Mixed Senior 400 Free	6:12.87L	Andrea Stanila (14)	
Gabriella ODonoghue (9)		# 2C Female 13-14 200 Free	3:03.33L
# 21A Female Senior 200 Free	3:42.41L	# 6C Female 13-14 50 Breast	47.58L
# 27A Female Senior 50 Free	41.38L	# 12C Female 13-14 100 Back	1:53.62L
# 31A Female Senior 100 Back	1:52.42L	# 43C Female 13-14 100 Breast	1:42.84L
# 67A Female Senior 50 Back	1:30.00L	# 47C Female 13-14 50 Back	57.67L
# 69A Female Senior 50 Fly	1:15.00L	# 51C Female 13-14 200 Back	3:26.78L
# 73A Female Senior 100 Free	1:40.87L	Elle Stocco (7)	
Olivia Ou (13)		# 27A Female Senior 50 Free	1:10.00L
# 2C Female 13-14 200 Free	2:40.79L	Audrey Thoms (12)	
# 6C Female 13-14 50 Breast	51.41L	# 2B Female 12-12 200 Free	2:54.23L
# 12C Female 13-14 100 Back	1:27.04L	# 8B Female 12-12 50 Free	38.91L
# 47C Female 13-14 50 Back	39.90L	# 12B Female 12-12 100 Back	1:35.78L
# 51C Female 13-14 200 Back	3:10.35L	# 49B Female 12-12 50 Fly	44.09L
# 53C Female 13-14 100 Free	1:11.35L	# 51B Female 12-12 200 Back	3:25.09L
# 101 Mixed Senior 400 Free	5:47.38L	# 53B Female 12-12 100 Free	1:24.50L
Natalie Peterson (17)		# 101 Mixed Senior 400 Free	6:07.36L
# 21A Female Senior 200 Free	2:19.27L	Ksenia Titoura (15)	
Jessica Reibel (18)		# 25A Female Senior 50 Breast	43.13L
# 21A Female Senior 200 Free	2:16.12L	# 27A Female Senior 50 Free	33.25L
Avery Routhier (12)		# 29A Female Senior 200 Breast	3:12.25L
# 2B Female 12-12 200 Free	2:30.04L	# 61A Female Senior 200 Fly	3:00.25L
# 4B Female 12-12 100 Fly	1:43.75L	# 65A Female Senior 200 IM	2:53.37L
# 10B Female 12-12 200 Breast	3:17.66L	# 69A Female Senior 50 Fly	36.76L
Sydney Routhier (15)		# 102 Mixed Senior 800 Free	12:20.61L
# 21A Female Senior 200 Free	2:31.40L	Ela Topkaya (10)	
Sophie Rus (8)		# 21A Female Senior 200 Free	4:45.00L
# 63A Female Senior 100 Breast	2:41.83L	# 27A Female Senior 50 Free	1:00.00L
# 69A Female Senior 50 Fly	49.46L	# 31A Female Senior 100 Back	2:30.00L
# 73A Female Senior 100 Free	1:40.25L	# 63A Female Senior 100 Breast	2:45.00L
# 101 Mixed Senior 400 Free	7:30.52L	# 67A Female Senior 50 Back	1:30.00L
Lulu Shannon (13)		# 73A Female Senior 100 Free	2:30.00L
# 2C Female 13-14 200 Free	2:57.88L	Talea van de Graaf (8)	
# 10C Female 13-14 200 Breast	3:38.43L	# 25A Female Senior 50 Breast	1:20.00L
# 12C Female 13-14 100 Back	1:36.79L	# 27A Female Senior 50 Free	1:00.00L
# 45C Female 13-14 200 IM	3:18.81L	Sunny Xu (10)	
# 49C Female 13-14 50 Fly	41.92L	# 25A Female Senior 50 Breast	1:06.86L
# 53C Female 13-14 100 Free	1:20.94L	# 27A Female Senior 50 Free	46.69L
# 101 Mixed Senior 400 Free	6:58.70L	# 31A Female Senior 100 Back	1:46.30L
Geneva Silva (10)		# 63A Female Senior 100 Breast	2:18.49L
# 21A Female Senior 200 Free	3:20.51L	# 65A Female Senior 200 IM	3:33.35L
# 25A Female Senior 50 Breast	56.44L	# 69A Female Senior 50 Fly	NT
# 27A Female Senior 50 Free	38.80L	# 73A Female Senior 100 Free	1:50.81L
# 65A Female Senior 200 IM	NT	# 101 Mixed Senior 400 Free	6:57.71L
# 69A Female Senior 50 Fly	48.79L		

Region of Waterloo Swim Club**Individual Meet Entries Report****ROW Taking Up the Slack 2019 11-May-19 to 12-May-19 LC Meters****Region Of Waterloo Swim Club [ROW] Coach: Matt Mains****FEMALE****Kasumi Yajima (13)**

# 6C	Female 13-14 50 Breast	45.14L
# 8C	Female 13-14 50 Free	34.21L
# 10C	Female 13-14 200 Breast	3:28.13L
# 43C	Female 13-14 100 Breast	1:38.71L
# 47C	Female 13-14 50 Back	44.34L
# 49C	Female 13-14 50 Fly	42.35L
# 101	Mixed Senior 400 Free	6:30.89L

Kadi Zheng (16)

# 21A	Female Senior 200 Free	2:40.07L
# 27A	Female Senior 50 Free	30.97L
# 31A	Female Senior 100 Back	1:31.59L
# 61A	Female Senior 200 Fly	NT
# 65A	Female Senior 200 IM	3:05.19L
# 69A	Female Senior 50 Fly	32.68L

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Region Of Waterloo Swim Club [ROW] Coach: Matt Mains

MALE

Adam Abdi (10)

# 24A	Male Senior 50 Breast	1:15.00L
# 26A	Male Senior 50 Free	51.00L
# 66A	Male Senior 50 Back	1:00.00L
# 72A	Male Senior 100 Free	1:55.00L

Ibrahim Akgol (13)

# 3C	Male 13-14 100 Fly	2:08.23L
# 7C	Male 13-14 50 Free	31.60L
# 11C	Male 13-14 100 Back	1:20.17L
# 42C	Male 13-14 100 Breast	1:49.15L
# 48C	Male 13-14 50 Fly	53.34L
# 52C	Male 13-14 100 Free	1:10.94L
# 101	Mixed Senior 400 Free	6:36.68L

Nickolas Arias (12)

# 3B	Male 12-12 100 Fly	2:00.89L
# 9B	Male 12-12 200 Breast	3:34.72L
# 11B	Male 12-12 100 Back	1:31.78L
# 46B	Male 12-12 50 Back	48.41L
# 48B	Male 12-12 50 Fly	43.28L
# 52B	Male 12-12 100 Free	1:13.95L
# 101	Mixed Senior 400 Free	6:45.89L

Matthew Berton (15)

# 20A	Male Senior 200 Free	2:09.59L
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Kyle Bociort (17)

# 20A	Male Senior 200 Free	2:19.81L
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Lucas Bociort (15)

# 20A	Male Senior 200 Free	2:22.93L
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Matthew Campbell (10)

# 24A	Male Senior 50 Breast	1:25.00L
# 26A	Male Senior 50 Free	55.00L
# 66A	Male Senior 50 Back	1:10.00L

Jack Cui (17)

# 20A	Male Senior 200 Free	2:14.59L
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Kingston Dashper (10)

# 24A	Male Senior 50 Breast	1:00.00L
# 28A	Male Senior 200 Breast	4:45.00L
# 30A	Male Senior 100 Back	2:45.00L
# 62A	Male Senior 100 Breast	2:15.00L
# 66A	Male Senior 50 Back	1:30.00L
# 72A	Male Senior 100 Free	2:30.00L

Kentaro Deir (10)

# 22A	Male Senior 100 Fly	2:20.00L
# 26A	Male Senior 50 Free	39.45L
# 30A	Male Senior 100 Back	1:47.26L
# 66A	Male Senior 50 Back	49.07L
# 70A	Male Senior 200 Back	4:01.03L
# 72A	Male Senior 100 Free	1:31.24L
# 101	Mixed Senior 400 Free	7:02.17L

Diego Ferro (8)

# 26A	Male Senior 50 Free	1:15.00L
# 66A	Male Senior 50 Back	1:25.00L

Isaac Fleites-Grimaldi (9)

# 24A	Male Senior 50 Breast	1:10.74L
# 26A	Male Senior 50 Free	43.08L
# 30A	Male Senior 100 Back	1:48.88L
# 66A	Male Senior 50 Back	52.37L
# 72A	Male Senior 100 Free	1:42.96L

Greg Hayward (13)

# 1C	Male 13-14 200 Free	2:32.36L
# 5C	Male 13-14 50 Breast	45.45L
# 11C	Male 13-14 100 Back	1:26.32L
# 44C	Male 13-14 200 IM	2:49.75L
# 48C	Male 13-14 50 Fly	36.70L
# 52C	Male 13-14 100 Free	1:07.77L
# 101	Mixed Senior 400 Free	5:52.24L

Galen Heal (9)

# 24A	Male Senior 50 Breast	1:01.65L
# 26A	Male Senior 50 Free	47.21L
# 30A	Male Senior 100 Back	2:11.93L
# 66A	Male Senior 50 Back	53.08L
# 70A	Male Senior 200 Back	3:55.00L
# 72A	Male Senior 100 Free	1:49.13L

Kendrick Heal (12)

# 5B	Male 12-12 50 Breast	55.00L
# 9B	Male 12-12 200 Breast	NT
# 11B	Male 12-12 100 Back	1:42.18L
# 42B	Male 12-12 100 Breast	1:58.25L
# 50B	Male 12-12 200 Back	NT
# 52B	Male 12-12 100 Free	1:29.83L
# 100	Mixed Senior 400 IM	7:15.89L

Leo Jiang (10)

# 20A	Male Senior 200 Free	4:45.00L
# 24A	Male Senior 50 Breast	1:07.22L
# 30A	Male Senior 100 Back	2:19.13L
# 62A	Male Senior 100 Breast	2:18.25L
# 68A	Male Senior 50 Fly	1:30.00L
# 72A	Male Senior 100 Free	1:53.90L

Gun Lee (13)

# 1C	Male 13-14 200 Free	2:45.91L
# 3C	Male 13-14 100 Fly	1:21.27L
# 11C	Male 13-14 100 Back	1:29.56L
# 42C	Male 13-14 100 Breast	2:09.37L
# 44C	Male 13-14 200 IM	3:11.27L
# 50C	Male 13-14 200 Back	3:21.53L

Joseph Lee (10)

# 20A	Male Senior 200 Free	2:58.36L
# 26A	Male Senior 50 Free	36.93L
# 30A	Male Senior 100 Back	1:40.26L
# 64A	Male Senior 200 IM	NT
# 66A	Male Senior 50 Back	46.58L
# 72A	Male Senior 100 Free	1:20.45L

Region of Waterloo Swim Club

Individual Meet Entries Report

ROW Taking Up the Slack 2019 11-May-19 to 12-May-19 LC Meters

Region Of Waterloo Swim Club [ROW] Coach: Matt Mains

MALE

Fangbo Liu (12)

# 1B	Male 12-12 200 Free	2:52.22L
# 7B	Male 12-12 50 Free	35.32L
# 11B	Male 12-12 100 Back	1:30.99L
# 42B	Male 12-12 100 Breast	1:43.23L
# 44B	Male 12-12 200 IM	3:40.89L
# 48B	Male 12-12 50 Fly	48.89L
# 101	Mixed Senior 400 Free	6:45.89L

Lucas Lloyd-Bee (10)

# 20A	Male Senior 200 Free	NT
# 24A	Male Senior 50 Breast	56.32L
# 26A	Male Senior 50 Free	39.96L
# 64A	Male Senior 200 IM	4:01.20L
# 68A	Male Senior 50 Fly	1:02.42L
# 70A	Male Senior 200 Back	3:55.00L
# 101	Mixed Senior 400 Free	7:15.29L

Erik Lungulescu (16)

# 24A	Male Senior 50 Breast	42.73L
# 26A	Male Senior 50 Free	30.38L
# 28A	Male Senior 200 Breast	3:17.84L
# 62A	Male Senior 100 Breast	1:30.80L
# 64A	Male Senior 200 IM	2:50.09L
# 70A	Male Senior 200 Back	3:04.44L

Hugh MacFarlane (18)

# 20A	Male Senior 200 Free	2:23.21L
# 26A	Male Senior 50 Free	26.65L
# 30A	Male Senior 100 Back	1:23.73L
# 66A	Male Senior 50 Back	36.34L
# 70A	Male Senior 200 Back	3:00.88L
# 72A	Male Senior 100 Free	1:00.37L

Ronan Mantle (11)

# 5A	Male 11-11 50 Breast	1:01.11L
# 7A	Male 11-11 50 Free	40.86L
# 11A	Male 11-11 100 Back	1:52.08L
# 42A	Male 11-11 100 Breast	2:06.90L
# 46A	Male 11-11 50 Back	55.77L
# 52A	Male 11-11 100 Free	1:33.34L

Edward Nache (11)

# 5A	Male 11-11 50 Breast	49.17L
# 7A	Male 11-11 50 Free	35.87L
# 11A	Male 11-11 100 Back	1:41.41L
# 46A	Male 11-11 50 Back	46.61L
# 48A	Male 11-11 50 Fly	55.89L
# 52A	Male 11-11 100 Free	1:20.42L
# 101	Mixed Senior 400 Free	6:22.68L

Maximus Niu (17)

# 20A	Male Senior 200 Free	2:28.40L
# 26A	Male Senior 50 Free	28.59L
# 30A	Male Senior 100 Back	1:19.62L
# 62A	Male Senior 100 Breast	1:20.11L
# 66A	Male Senior 50 Back	36.99L
# 70A	Male Senior 200 Back	2:55.06L

Diego Panariella (9)

# 62A	Male Senior 100 Breast	2:43.42L
# 66A	Male Senior 50 Back	1:17.10L
# 72A	Male Senior 100 Free	2:12.61L

Jayden Park (11)

# 1A	Male 11-11 200 Free	3:09.28L
# 42A	Male 11-11 100 Breast	1:54.66L
# 44A	Male 11-11 200 IM	3:30.89L
# 48A	Male 11-11 50 Fly	40.26L

Robert Pop (11)

# 1A	Male 11-11 200 Free	2:51.96L
# 3A	Male 11-11 100 Fly	1:44.11L
# 9A	Male 11-11 200 Breast	3:52.26L
# 101	Mixed Senior 400 Free	6:33.61L

Alexander Prasad (12)

# 1B	Male 12-12 200 Free	3:19.71L
# 5B	Male 12-12 50 Breast	45.31L
# 9B	Male 12-12 200 Breast	3:41.54L

Bohong Qin (9)

# 24A	Male Senior 50 Breast	1:08.02L
# 26A	Male Senior 50 Free	1:05.86L
# 30A	Male Senior 100 Back	2:40.34L
# 62A	Male Senior 100 Breast	2:45.00L
# 66A	Male Senior 50 Back	1:13.75L
# 72A	Male Senior 100 Free	2:20.65L

Benjamin Rito (12)

# 3B	Male 12-12 100 Fly	1:51.45L
# 7B	Male 12-12 50 Free	34.21L
# 11B	Male 12-12 100 Back	1:22.85L
# 42B	Male 12-12 100 Breast	1:33.34L
# 46B	Male 12-12 50 Back	44.33L
# 52B	Male 12-12 100 Free	1:11.81L
# 101	Mixed Senior 400 Free	6:06.07L

Alexander Rus (14)

# 1C	Male 13-14 200 Free	2:12.05L
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Chris Rus (7)

# 26A	Male Senior 50 Free	1:05.00L
# 66A	Male Senior 50 Back	1:15.00L

Rashed Sadjad (10)

# 24A	Male Senior 50 Breast	1:17.53L
# 26A	Male Senior 50 Free	51.02L
# 30A	Male Senior 100 Back	2:06.18L
# 62A	Male Senior 100 Breast	2:54.00L
# 66A	Male Senior 50 Back	55.15L
# 72A	Male Senior 100 Free	2:06.48L

Cam Shi (10)

# 20A	Male Senior 200 Free	3:40.83L
# 24A	Male Senior 50 Breast	1:00.64L
# 26A	Male Senior 50 Free	43.55L
# 66A	Male Senior 50 Back	56.38L
# 68A	Male Senior 50 Fly	1:30.00L
# 72A	Male Senior 100 Free	1:40.01L

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Individual Meet Entries Report

ROW Taking Up the Slack 2019 11-May-19 to 12-May-19 LC Meters

Region Of Waterloo Swim Club [ROW] Coach: Matt Mains

MALE

Benjamin Sos (11)

# 1A	Male 11-11 200 Free	2:58.58L
# 7A	Male 11-11 50 Free	36.44L
# 9A	Male 11-11 200 Breast	3:58.71L
# 42A	Male 11-11 100 Breast	1:54.93L
# 44A	Male 11-11 200 IM	NT
# 50A	Male 11-11 200 Back	3:20.33L
# 101	Mixed Senior 400 Free	6:33.50L

Alan Stas (14)

# 1C	Male 13-14 200 Free	2:38.25L
# 5C	Male 13-14 50 Breast	37.84L
# 11C	Male 13-14 100 Back	1:25.51L
# 40C	Male 13-14 200 Fly	3:32.98L
# 44C	Male 13-14 200 IM	2:56.13L
# 48C	Male 13-14 50 Fly	38.89L
# 101	Mixed Senior 400 Free	6:10.89L

Shan Stas (11)

# 1A	Male 11-11 200 Free	3:29.30L
# 5A	Male 11-11 50 Breast	50.81L
# 9A	Male 11-11 200 Breast	4:00.89L
# 42A	Male 11-11 100 Breast	1:52.52L
# 46A	Male 11-11 50 Back	53.20L
# 52A	Male 11-11 100 Free	1:35.99L
# 101	Mixed Senior 400 Free	7:30.83L

Sumeet Thukral (19)

# 20A	Male Senior 200 Free	2:28.91L
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Pavel Titoura (13)

# 1C	Male 13-14 200 Free	2:47.96L
# 3C	Male 13-14 100 Fly	1:43.57L
# 11C	Male 13-14 100 Back	1:19.85L
# 42C	Male 13-14 100 Breast	1:35.27L
# 46C	Male 13-14 50 Back	41.48L
# 52C	Male 13-14 100 Free	1:14.16L
# 101	Mixed Senior 400 Free	6:19.13L

Nikkolai Turner (6)

# 24A	Male Senior 50 Breast	1:30.00L
# 26A	Male Senior 50 Free	1:10.00L
# 66A	Male Senior 50 Back	1:20.00L

Michael Volpe (10)

# 20A	Male Senior 200 Free	4:45.00L
# 24A	Male Senior 50 Breast	1:08.34L
# 26A	Male Senior 50 Free	53.52L
# 62A	Male Senior 100 Breast	2:45.00L
# 66A	Male Senior 50 Back	1:30.00L
# 72A	Male Senior 100 Free	2:30.00L

Nathan Wei (10)

# 20A	Male Senior 200 Free	3:41.45L
# 26A	Male Senior 50 Free	43.44L
# 30A	Male Senior 100 Back	1:47.83L
# 66A	Male Senior 50 Back	49.61L
# 68A	Male Senior 50 Fly	NT
# 70A	Male Senior 200 Back	NT

Nicholas Wei (8)

# 24A	Male Senior 50 Breast	57.88L
# 26A	Male Senior 50 Free	44.62L
# 30A	Male Senior 100 Back	1:57.21L
# 66A	Male Senior 50 Back	53.76L
# 68A	Male Senior 50 Fly	NT
# 72A	Male Senior 100 Free	1:42.46L

Tysen Wong (15)

# 20A	Male Senior 200 Free	2:58.35L
# 24A	Male Senior 50 Breast	51.83L
# 28A	Male Senior 200 Breast	3:30.03L
# 62A	Male Senior 100 Breast	1:33.80L
# 64A	Male Senior 200 IM	3:39.49L
# 72A	Male Senior 100 Free	1:44.15L

Takumi Yajima (12)

# 1B	Male 12-12 200 Free	3:05.08L
# 7B	Male 12-12 50 Free	41.22L
# 11B	Male 12-12 100 Back	1:27.71L
# 48B	Male 12-12 50 Fly	52.89L
# 50B	Male 12-12 200 Back	3:11.47L
# 52B	Male 12-12 100 Free	1:24.51L
# 101	Mixed Senior 400 Free	6:50.89L

Aleksa Zivkovic (10)

# 20A	Male Senior 200 Free	3:17.35L
# 26A	Male Senior 50 Free	39.87L
# 30A	Male Senior 100 Back	NT
# 66A	Male Senior 50 Back	45.12L
# 72A	Male Senior 100 Free	1:29.43L

Region of Waterloo Swim Club

Individual Meet Entries Report

ROW Taking Up the Slack 2019 11-May-19 to 12-May-19 LC Meters
Region Of Waterloo Swim Club [ROW] Coach: Matt Mains

Female IE's:	346
Male IE's:	238
Total IE's:	584
Total Athletes:	113