

PWSL 2022 Green Divisonal Meet - 7/30/2022
Prince William Swim League 2022

MMST - Records

1	Mixed 8&U 100 Medley Relay	1:29.84	7/23/2022	Meadowbrook Makos Swim Team - MMST N Wall, I Rossi, W Schotter, L Grand
2	Boys 9-10 100 Medley Relay	1:19.56	7/16/2016	Meadowbrook Makos A Kinitz, N Waiss, M Jensen, S Lingafelt
3	Girls 9-10 100 Medley Relay	1:13.44	7/20/2002	Meadowbrook Ralph, Hagen, G Mizerak, R Lund
4	Boys 11-12 100 Medley Relay	1:05.66	7/20/2019	Meadowbrook Makos Swim Team S Lingafelt, C Colbert, C Lingafelt, M Jensen
5	Girls 11-12 100 Medley Relay	1:08.28	7/31/2004	Meadowbrook Ferrone, Hagen, Mizerak, Lund
6	Boys 13-14 200 Medley Relay	2:09.34	7/17/2021	Meadowbrook Makos Swim Team S Lingafelt, C Colbert, M Jensen, A Ghosh
7	Girls 13-14 200 Medley Relay	2:21.29	7/23/2005	Meadowbrook Mizerak, Hagen, Lund, Ferrone
8	Boys 15-18 200 Medley Relay	1:58.91	7/27/2019	Meadowbrook Makos C Guice, J Turner, J Smith, J Kamb
9	Girls 15-18 200 Medley Relay	2:15.45	7/30/2011	Meadowbrook R. Baumstark, C. Mizerak, L. Sargent, A. Rouffa
10	Boys 8&U 25 Free	16.00	7/27/2019	Victor Wall - MMST-PW
11	Girls 8&U 25 Free	17.32	7/13/2002	C. Mizerak - MBW-VA
12	Boys 9-10 50 Free	33.60	7/17/2021	Victor Wall - MMST -PW
13	Girls 9-10 50 Free	32.28	7/31/2004	C. Mizerak - MBW-VA
14	Boys 11-12 50 Free	27.44	7/27/2019	Matt Jensen - MMST-PW
15	Girls 11-12 50 Free	29.77	7/24/2021	Gabby Hawver - MMST -PW
16	Boys 13-14 50 Free	26.06	7/10/2021	Matt Jensen - MMST -PW
17	Girls 13-14 50 Free	28.57	7/29/2006	G.Mizerak - MBW-VA
18	Boys 15-18 50 Free	24.66	7/23/2016	Brock Cudahy - MMST-PW
19	Girls 15-18 50 Free	29.00	7/30/2011	C. Mizerak at Divisionals - MBW-VA
20	Boys 10&U 100 IM	1:26.17	7/30/2016	Aaron Kinitz - MMST
21	Girls 10&U 100 IM	1:23.21	7/31/2004	C. Mizerak - MBW-VA
22	Boys 11-12 100 IM	1:09.57	7/27/2019	Matt Jensen - MMST-PW
23	Girls 11-12 100 IM	1:14.42	6/12/2021	Gabby Hawver - MMST -PW
24	Boys 13-14 100 IM	1:06.84	6/26/2021	Matt Jensen - MMST -PW
25	Girls 13-14 100 IM	1:11.71	7/30/2022	Gabby Hawver - MMST -PW
26	Boys 15-18 100 IM	1:00.27	7/16/2016	Brock Cudahy - MMST-PW
27	Girls 15-18 100 IM	1:10.47	7/30/2011	C. Mizerak at Divisionals - MBW-VA
28	Boys 8&U 25 Back	20.22	7/27/2019	Victor Wall - MMST-PW
29	Girls 8&U 25 Back	20.13	6/24/2000	Leanne Ralph at FAST - MBW-VA
30	Boys 9-10 50 Back	38.70	7/24/2021	Victor Wall - MBW-VA
31	Girls 9-10 50 Back	38.74	7/10/2004	Courtney Mizerak vs Ashland - MBW-VA
32	Boys 11-12 50 Back	32.97	6/22/2019	Matt Jensen - MMST-PW
33	Girls 11-12 50 Back	34.45	6/12/2021	Gabby Hawver - MMST -PW
34	Boys 13-14 50 Back	30.40	7/17/2021	Sean Lingafelt - MMST -PW
35	Girls 13-14 50 Back	33.16	6/19/2021	Hanah Sistrunk - MMST -PW
36	Boys 15-18 50 Back	28.23	7/28/2018	Jason Smith - MMST-PW
37	Girls 15-18 50 Back	32.53	6/25/2011	C. Mizerak at Wellington - MBW-VA
38	Boys 8&U 25 Breast	24.27	7/2/2005	Peter Pomajevich - MBW-VA
39	Girls 8&U 25 Breast	21.72	7/13/2002	C. Mizerak - MBW-VA
40	Boys 9-10 50 Breast	44.46	7/16/2016	Aaron Kinitz - MMST-PW
41	Girls 9-10 50 Breast	44.91	6/15/2019	Gabby Hawver - MMST-PW
42	Boys 11-12 50 Breast	37.28	7/27/2019	Matt Jensen - MMST-PW
43	Girls 11-12 50 Breast	38.26	7/1/2006	C.Mizerak - MBW-VA
44	Boys 13-14 50 Breast	35.40	6/12/2021	Matt Jensen - MMST -PW
45	Girls 13-14 50 Breast	37.75	7/30/2022	Gabby Hawver - MMST -PW
46	Boys 15-18 50 Breast	31.56	8/1/2015	Matthew Healey - MMST -PW
47	Girls 15-18 50 Breast	34.99	7/30/2011	C. Mizerak at Divisionals - MBW-VA
48	Boys 8&U 25 Fly	16.92	6/16/2007	S.Pomajevich @ Ridgewood - MBW-VA

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49	Girls 8&U 25 Fly	17.72	7/27/2002	Courtney Mizerak - Divisionals - MBW-VA
50	Boys 9-10 25 Fly	16.64	6/14/2008	S.Pomajevich - MBW-VA
51	Girls 9-10 25 Fly	15.94	7/31/2004	Courtney Mizerak at Yellow Div - MBW-VA
52	Boys 11-12 50 Fly	31.88	7/20/2019	Matt Jensen - MMST -PW
53	Girls 11-12 50 Fly	32.89	6/12/2021	Gabby Hawver - MMST -PW
54	Boys 13-14 50 Fly	28.59	7/10/2021	Matt Jensen - MMST -PW
55	Girls 13-14 50 Fly	30.67	7/29/2006	G.Mizerak - MBW-VA
56	Boys 15-18 50 Fly	26.65	7/27/2019	Jason Smith - MMST-PW
57	Girls 15-18 50 Fly	30.75	7/2/2010	C. Mizerak vs Virginia Oaks - MBW-VA
58	Boys 8&U 100 Free Relay	1:16.70	7/28/2007	Meadowbrook Fearson,Russo,Bellamy,Pomajevich
59	Girls 8&U 100 Free Relay	1:20.88	7/22/2000	Meadowbrook E. Hagen, G. Mizerak, L. Ralph, R. Lund
60	Boys 9-10 100 Free Relay	1:09.16	7/16/2016	Meadowbrook Makos N Waiss, S Lingafelt, M Jensen, A Kinitz
61	Girls 9-10 100 Free Relay	1:03.00	7/20/2002	Meadowbrook E. Hagen, G. Mizerak, R. Lund, L. Ralph
62	Boys 11-12 100 Free Relay	57.47	7/27/2019	Meadowbrook Makos C Colbert, S Lingafelt, C Lingafelt, M Jensen
63	Girls 11-12 100 Free Relay	59.31	7/10/2021	Meadowbrook Makos Swim Team K Lingafelt, O Stormer, A Warner, G Hawver
64	Boys 13-14 200 Free Relay	1:57.03	7/10/2021	Meadowbrook Makos Swim Team S Lingafelt, A Ghosh, C Colbert, M Jensen
65	Girls 13-14 200 Free Relay	2:02.88	6/17/2006	Meadowbrook Lund,Ferrone,Gully, Mizerak
66	Boys 15-18 200 Free Relay	1:44.40	7/27/2019	Meadowbrook Makos J Turner, J Smith, J Kamb, J Smith
67	Girls 15-18 200 Free Relay	2:01.22	7/30/2011	Meadowbrook L. Sargent, A. Rouffa, R. Baumstark, C. Mizerak