

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**John Chambers - 68**

**Agua Masters-6**

<< #3 Mixed 65-69 1650 Free >>

<b>Seed Time:</b>	19:55.00	<b>Finals Time:</b>	20:17.74	(2)	15
<b>Finals Splits:</b>	32.45	1:08.00 (35.55)	1:44.62 (36.62)	2:21.68 (37.06)	
	2:58.84 (37.16)	3:36.30 (37.46)	4:13.96 (37.66)	4:51.24 (37.28)	
	5:28.41 (37.17)	6:05.84 (37.43)	6:43.24 (37.40)	7:20.73 (37.49)	
	7:58.29 (37.56)	8:35.47 (37.18)	9:12.84 (37.37)	9:49.96 (37.12)	
	10:26.93 (36.97)	11:04.06 (37.13)	11:41.26 (37.20)	12:18.53 (37.27)	
	12:56.11 (37.58)	13:33.47 (37.36)	14:10.49 (37.02)	14:47.73 (37.24)	
	15:24.58 (36.85)	16:01.86 (37.28)	16:38.61 (36.75)	17:15.91 (37.30)	
	17:52.81 (36.90)	18:29.33 (36.52)	19:06.22 (36.89)	19:42.58 (36.36)	
	20:17.74 (35.16)				

<< #6 Men 65-69 500 Free >>

<b>Seed Time:</b>	5:45.00	<b>Finals Time:</b>	5:48.87	(2)	15
		ZONECHAMPS:	5:53.27Y		
<b>Finals Splits:</b>	31.56	1:05.98 (34.42)	1:41.47 (35.49)	2:16.98 (35.51)	
	2:53.24 (36.26)	3:28.72 (35.48)	4:03.98 (35.26)	4:39.40 (35.42)	
	5:14.39 (34.99)	5:48.87 (34.48)			

<< #12 Men 65-69 100 Fly >>

<b>Seed Time:</b>	1:07.00	<b>Finals Time:</b>	1:10.09	(2)	15
<b>Finals Splits:</b>	32.88	1:10.09 (37.21)			

<< #20 Men 65-69 200 IM >>

<b>Seed Time:</b>	2:32.00	<b>Finals Time:</b>	2:38.26	(2)	15
<b>Finals Splits:</b>	33.61	1:15.90 (42.29)	2:05.28 (49.38)	2:38.26 (32.98)	

<< #30 Men 65-69 400 IM >>

<b>Seed Time:</b>	5:25.00	<b>Finals Time:</b>	5:37.19	(2)	15
<b>Finals Splits:</b>	34.69	1:14.57 (39.88)	1:59.70 (45.13)	2:45.28 (45.58)	
	3:35.71 (50.43)	4:27.83 (52.12)	5:02.46 (34.63)	5:37.19 (34.73)	

<< #42 Men 65-69 200 Fly >>

<b>Seed Time:</b>	2:30.00	<b>Finals Time:</b>	2:37.14	(1)	17
		ZONECHAMPS:	2:45.15Y		
<b>Finals Splits:</b>	34.65	1:13.91 (39.26)	1:55.73 (41.82)	2:37.14 (41.41)	

<< #46 Men 65-69 200 Free >>

<b>Seed Time:</b>	2:07.00	<b>Finals Time:</b>	2:11.59	(1)	17
<b>Finals Splits:</b>	30.33	1:03.78 (33.45)	1:37.90 (34.12)	2:11.59 (33.69)	

<< #303 Mixed 65-69 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	12:18.53	(2)	
		ZONECHAMPS:	12:26.16Y		

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**Eve Maidenberg - 47**

**Agua Masters-6**

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<< #1 Women 45-49 1000 Free >>

<b>Seed Time:</b>	12:10.94	<b>Finals Time:</b>	12:04.54	(2) * 15
<b>Finals Splits:</b>	32.43	1:07.56 (35.13)	1:43.64 (36.08)	2:19.41 (35.77)
	2:55.56 (36.15)	3:31.60 (36.04)	4:07.93 (36.33)	4:44.48 (36.55)
	5:20.96 (36.48)	5:57.79 (36.83)	6:34.38 (36.59)	7:11.44 (37.06)
	7:48.48 (37.04)	8:25.22 (36.74)	9:02.67 (37.45)	9:39.47 (36.80)
	10:16.59 (37.12)	10:53.13 (36.54)	11:29.57 (36.44)	12:04.54 (34.97)

<< #5 Women 45-49 500 Free >>

<b>Seed Time:</b>	5:55.69	<b>Finals Time:</b>	5:51.22	(2) * 15
<b>Finals Splits:</b>	31.41	1:05.04 (33.63)	1:39.88 (34.84)	2:15.24 (35.36)
	2:51.02 (35.78)	3:26.99 (35.97)	4:03.17 (36.18)	4:39.42 (36.25)
	5:16.09 (36.67)	5:51.22 (35.13)		

<< #17 Women 45-49 100 Breast >>

<b>Seed Time:</b>	1:25.32	<b>Finals Time:</b>	1:22.17	(1) * 17
<b>Finals Splits:</b>	39.21	1:22.17 (42.96)		

<< #19 Women 45-49 200 IM >>

<b>Seed Time:</b>	2:50.08	<b>Finals Time:</b>	2:41.62	(1) * 17
<b>Finals Splits:</b>	36.58	1:20.53 (43.95)	2:06.58 (46.05)	2:41.62 (35.04)

<< #23 Women 45-49 100 Free >>

<b>Seed Time:</b>	1:03.46	<b>Finals Time:</b>	1:02.62	(1) * 17
<b>Finals Splits:</b>	30.34	1:02.62 (32.28)		

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**Michael Buckner - 43**

**Alexandria Masters Swimming-10**

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<b>Seed Time:</b>	5:50.00	<b>&lt;&lt; #6 Men 40-44 500 Free &gt;&gt;</b>	<b>Finals Time:</b>	Scratched		
<b>Seed Time:</b>	24.00	<b>&lt;&lt; #8 Men 40-44 50 Free &gt;&gt;</b>	<b>Finals Time:</b>	25.98	(1)	17
<b>Seed Time:</b>	1:15.00	<b>&lt;&lt; #18 Men 40-44 100 Breast &gt;&gt;</b>	<b>Finals Time:</b>	1:13.38	(2)	* 15
<b>Finals Splits:</b>		34.70	1:13.38 (38.68)			
<b>Seed Time:</b>	58.50	<b>&lt;&lt; #24 Men 40-44 100 Free &gt;&gt;</b>	<b>Finals Time:</b>	NS		
<b>Seed Time:</b>	1:06.50	<b>&lt;&lt; #34 Men 40-44 100 Back &gt;&gt;</b>	<b>Finals Time:</b>	1:06.21	(2)	* 15
<b>Finals Splits:</b>		32.66	1:06.21 (33.55)			
<b>Seed Time:</b>	2:10.00	<b>&lt;&lt; #46 Men 40-44 200 Free &gt;&gt;</b>	<b>Finals Time:</b>	Scratched		

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**Rex Holloway - 64**

**Alexandria Masters Swimming-10**

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<< #6 Men 60-64 500 Free >>

<b>Seed Time:</b>	7:30.00		<b>Finals Time:</b>	7:39.37	(6)	11
<b>Finals Splits:</b>		39.21	1:25.35 (46.14)	2:13.30 (47.95)	3:01.42 (48.12)	
		3:49.70 (48.28)	4:37.65 (47.95)	5:24.41 (46.76)	6:10.76 (46.35)	
		6:56.80 (46.04)	7:39.37 (42.57)			

<< #8 Men 60-64 50 Free >>

<b>Seed Time:</b>	34.00		<b>Finals Time:</b>	32.23	(10)	* 7
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<< #24 Men 60-64 100 Free >>

<b>Seed Time:</b>	1:13.00		<b>Finals Time:</b>	1:11.16	(6)	* 11
<b>Finals Splits:</b>		33.56	1:11.16 (37.60)			

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**Hannah Stubert - 34**

**Alexandria Masters Swimming-10**

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<< #1 Women 30-34 1000 Free >>

<b>Seed Time:</b>	16:00.00		<b>Finals Time:</b>	13:56.92	(2) * 15
<b>Finals Splits:</b>		36.64	1:17.97 (41.33)	1:59.93 (41.96)	2:42.22 (42.29)
		3:24.71 (42.49)	4:07.48 (42.77)	4:49.49 (42.01)	5:31.86 (42.37)
		6:14.34 (42.48)	6:57.02 (42.68)	7:39.47 (42.45)	8:22.63 (43.16)
		9:04.78 (42.15)	9:47.10 (42.32)	10:29.80 (42.70)	11:12.19 (42.39)
		11:55.01 (42.82)	12:37.97 (42.96)	13:18.41 (40.44)	13:56.92 (38.51)

<< #31 Women 30-34 50 Fly >>

<b>Seed Time:</b>	38.00		<b>Finals Time:</b>	35.10	(3) * 14
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<< #35 Women 30-34 200 Breast >>

<b>Seed Time:</b>	3:00.61		<b>Finals Time:</b>	3:06.20	(1) 17
<b>Finals Splits:</b>		41.72	1:29.09 (47.37)	2:17.75 (48.66)	3:06.20 (48.45)

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**Tim Taylor - 37**

**Alexandria Masters Swimming-10**

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		<b>&lt;&lt; #10 Men 35-39 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:26.36		<b>Finals Time:</b>	2:22.52 (1) * 17	
<b>Finals Splits:</b>		33.75	1:09.67 (35.92)	1:46.44 (36.77) 2:22.52 (36.08)	
		<b>&lt;&lt; #20 Men 35-39 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:31.30		<b>Finals Time:</b>	2:25.50 (3) * 14	
<b>Finals Splits:</b>		30.92	1:07.72 (36.80)	1:50.80 (43.08) 2:25.50 (34.70)	
		<b>&lt;&lt; #24 Men 35-39 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	59.01		<b>Finals Time:</b>	57.66 (4) * 13	
<b>Finals Splits:</b>		27.74	57.66 (29.92)		
		<b>&lt;&lt; #34 Men 35-39 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:08.11		<b>Finals Time:</b>	1:03.94 (1) * 17	
<b>Finals Splits:</b>		30.92	1:03.94 (33.02)		
		<b>&lt;&lt; #46 Men 35-39 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:13.12		<b>Finals Time:</b>	2:08.13 (1) * 17	
<b>Finals Splits:</b>		29.21	1:01.38 (32.17)	1:34.77 (33.39) 2:08.13 (33.36)	

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**Eric Cypser - 23**

**Anne Arundel Amphibians-9**

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<b>Seed Time:</b>	23.25	<< #8 Men 18-24 50 Free >>			
		<b>Finals Time:</b>	23.06	(5)	* 12
<b>Seed Time:</b>	27.50	<< #22 Men 18-24 50 Back >>			
		<b>Finals Time:</b>	28.39	(4)	13
<b>Seed Time:</b>	53.50	<< #24 Men 18-24 100 Free >>			
<b>Finals Splits:</b>		24.64	<b>Finals Time:</b>	52.51	(3) * 14
					52.51 (27.87)

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**Joshua Capozella - 28**

**Arlington Masters-10**

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		<b>&lt;&lt; #8 Men 25-29 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24.50	<b>Finals Time:</b>	24.68	(5)	12
		<b>&lt;&lt; #12 Men 25-29 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.00	<b>Finals Time:</b>	1:00.17	(4)	* 13
<b>Finals Splits:</b>	28.00	1:00.17 (32.17)			
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - ARMS-10 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:50.00	<b>Finals Time:</b>	1:43.17	(2)	* 30
<b>Finals Splits:</b>	27.00	53.22 (26.22)	1:18.00 (24.78)	1:43.17 (25.17)	



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**Theodore Langel - 34**

**Arlington Masters-10**

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		<b>&lt;&lt; #8 Men 30-34 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	25.14	<b>Finals Time:</b>	26.57	(8)	9
		<b>&lt;&lt; #18 Men 30-34 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:14.49	<b>Finals Time:</b>	1:15.48	(7)	10
<b>Finals Splits:</b>	35.48	1:15.48 (40.00)			
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - ARMS-10 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:50.00	<b>Finals Time:</b>	1:43.17	(2)	* 30
<b>Finals Splits:</b>	27.00	53.22 (26.22)	1:18.00 (24.78)	1:43.17 (25.17)	

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**Henry Perillo - 27**

**Arlington Masters-10**

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		<b>&lt;&lt; #18 Men 25-29 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	1:13.42		<b>Finals Time:</b>	1:14.27	(2)	15
<b>Finals Splits:</b>		34.83	1:14.27 (39.44)			
		<b>&lt;&lt; #20 Men 25-29 200 IM &gt;&gt;</b>				
<b>Seed Time:</b>	2:00.00		<b>Finals Time:</b>	2:36.51	(4)	13
<b>Finals Splits:</b>		32.30	1:14.24 (41.94)	1:58.60 (44.36)	2:36.51 (37.91)	
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - ARMS-10 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	1:50.00		<b>Finals Time:</b>	1:43.17	(2)	* 30
<b>Finals Splits:</b>		27.00	53.22 (26.22)	1:18.00 (24.78)	1:43.17 (25.17)	

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**Benjamin Schick - 35**

**Arlington Masters-10**

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		<b>&lt;&lt; #12 Men 35-39 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	58.24		<b>Finals Time:</b>	58.16	(2) * 15
<b>Finals Splits:</b>		27.23	58.16 (30.93)		
		<b>&lt;&lt; #32 Men 35-39 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	26.20		<b>Finals Time:</b>	27.05	(3) 14
		<b>&lt;&lt; #42 Men 35-39 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.99		<b>Finals Time:</b>	2:10.78	(1) * 17
<b>Finals Splits:</b>		29.08	1:02.14 (33.06)	1:36.34 (34.20)	2:10.78 (34.44)

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**Sam Schmitt - 38**

**Arlington Masters-10**

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<< #6 Men 35-39 500 Free >>

<b>Seed Time:</b>	5:27.00		<b>Finals Time:</b>	5:22.65	(3) * 14
<b>Finals Splits:</b>		29.79	1:02.04 (32.25)	1:34.26 (32.22)	2:06.83 (32.57)
		2:39.04 (32.21)	3:11.17 (32.13)	3:43.51 (32.34)	4:16.05 (32.54)
		4:49.18 (33.13)	5:22.65 (33.47)		

<< #12 Men 35-39 100 Fly >>

<b>Seed Time:</b>	1:00.00		<b>Finals Time:</b>	1:01.42	(3) 14
<b>Finals Splits:</b>		28.73	1:01.42 (32.69)		

<< #20 Men 35-39 200 IM >>

<b>Seed Time:</b>	2:12.00		<b>Finals Time:</b>	2:23.19	(2) 15
<b>Finals Splits:</b>		28.66	1:05.66 (37.00)	1:50.57 (44.91)	2:23.19 (32.62)

<< #24 Men 35-39 100 Free >>

<b>Seed Time:</b>	58.00		<b>Finals Time:</b>	56.91	(3) * 14
<b>Finals Splits:</b>		27.38	56.91 (29.53)		

<< #14 Men 25-34 200 Free Relay - ARMS-10 A - Leg 4 >>

<b>Seed Time:</b>	1:50.00		<b>Finals Time:</b>	1:43.17	(2) * 30
<b>Finals Splits:</b>		27.00	53.22 (26.22)	1:18.00 (24.78)	1:43.17 (25.17)

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**William Tran - 32**

**Arlington Masters-10**

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		<b>&lt;&lt; #8 Men 30-34 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	25.25	<b>Finals Time:</b>	25.31	(7)	10
		<b>&lt;&lt; #20 Men 30-34 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:15.76	<b>Finals Time:</b>	2:13.84	(4)	* 13
<b>Finals Splits:</b>		28.55	1:02.04 (33.49)	1:42.18 (40.14)	2:13.84 (31.66)
		<b>&lt;&lt; #24 Men 30-34 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	54.53	<b>Finals Time:</b>	54.64	(4)	13
<b>Finals Splits:</b>		26.76	54.64 (27.88)		

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**Marilyn Lipstreuer - 58**

Brian Lee Ohana Club-39

<< #3 Mixed 55-59 1650 Free >>

<b>Seed Time:</b>	23:30.83	<b>Finals Time:</b>	24:09.02	(1)	17
<b>Finals Splits:</b>	35.80	1:14.88 (39.08)	1:55.50 (40.62)	2:37.56 (42.06)	
	3:20.78 (43.22)	4:04.55 (43.77)	4:49.48 (44.93)	5:34.60 (45.12)	
	6:19.90 (45.30)	7:04.69 (44.79)	7:50.33 (45.64)	8:34.78 (44.45)	
	9:28.78 (54.00)	10:13.87 (45.09)	10:57.81 (43.94)	11:41.63 (43.82)	
	12:25.31 (43.68)	13:08.95 (43.64)	13:52.09 (43.14)	14:35.69 (43.60)	
	15:19.14 (43.45)	16:03.09 (43.95)	16:47.03 (43.94)	17:30.85 (43.82)	
	18:15.03 (44.18)	18:59.02 (43.99)	19:43.78 (44.76)	20:27.66 (43.88)	
	21:11.68 (44.02)	21:56.14 (44.46)	22:41.04 (44.90)	23:25.55 (44.51)	
	24:09.02 (43.47)				

<< #7 Women 55-59 50 Free >>

<b>Seed Time:</b>	31.81	<b>Finals Time:</b>	30.83	(1)	* 17
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<< #9 Women 55-59 200 Back >>

<b>Seed Time:</b>	3:05.04	<b>Finals Time:</b>	3:13.67	(3)	14
<b>Finals Splits:</b>	46.58	1:35.92 (49.34)	2:26.48 (50.56)	3:13.67 (47.19)	

<< #17 Women 55-59 100 Breast >>

<b>Seed Time:</b>	1:31.50	<b>Finals Time:</b>	1:36.80	(1)	17
<b>Finals Splits:</b>	45.24	1:36.80 (51.56)			

<< #19 Women 55-59 200 IM >>

<b>Seed Time:</b>	3:02.16	<b>Finals Time:</b>	3:11.50	(3)	14
<b>Finals Splits:</b>	45.10	1:35.44 (50.34)	2:29.90 (54.46)	3:11.50 (41.60)	

<< #21 Women 55-59 50 Back >>

<b>Seed Time:</b>	37.70	<b>Finals Time:</b>	38.35	(2)	15
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<< #23 Women 55-59 100 Free >>

<b>Seed Time:</b>	1:07.70	<b>Finals Time:</b>	1:08.05	(1)	17
<b>Finals Splits:</b>	32.59	1:08.05 (35.46)			

<< #35 Women 55-59 200 Breast >>

<b>Seed Time:</b>	3:30.51	<b>Finals Time:</b>	3:37.17	(1)	17
<b>Finals Splits:</b>	49.05	1:44.75 (55.70)	2:40.89 (56.14)	3:37.17 (56.28)	

<< #43 Women 55-59 50 Breast >>

<b>Seed Time:</b>	42.37	<b>Finals Time:</b>	41.00	(2)	* 15
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<< #45 Women 55-59 200 Free >>

<b>Seed Time:</b>	2:30.78	<b>Finals Time:</b>	2:37.11	(2)	15
<b>Finals Splits:</b>	37.32	1:17.64 (40.32)	1:58.55 (40.91)	2:37.11 (38.56)	

<< #47 Women 55-59 100 IM >>

<b>Seed Time:</b>	1:18.60	<b>Finals Time:</b>	1:21.00	(2)	15
<b>Finals Splits:</b>	37.56	1:21.00 (43.44)			

<< #303 Mixed 55-59 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	14:35.69	(1)	
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**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

**Jeff Rouse Swim & Sport Center, Sanction #: 124-S002**

**Individual Meet Summary**

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**Wendi Boggess - 51**

**Burkwood Aquatics Masters-12**

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<b>Seed Time:</b>	36.35	<< #31 Women 50-54 50 Fly >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	1:20.93	<< #33 Women 50-54 100 Back >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	41.65	<< #43 Women 50-54 50 Breast >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	1:21.56	<< #47 Women 50-54 100 IM >>	
		<b>Finals Time:</b>	NS

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

**Individual Meet Summary**

**Gregory Armand - 60**

**Cavalier Masters-12**

<< #3 Mixed 60-64 1650 Free >>

<b>Seed Time:</b>	28:20.00		<b>Finals Time:</b>	27:24.81	(4) * 13
<b>Finals Splits:</b>	41.14	1:26.51 (45.37)	2:14.03 (47.52)	3:02.91 (48.88)	
	3:51.91 (49.00)	4:41.62 (49.71)	5:31.62 (50.00)	6:21.95 (50.33)	
	7:11.65 (49.70)	8:01.88 (50.23)	8:52.62 (50.74)	9:43.15 (50.53)	
	10:33.53 (50.38)	11:23.24 (49.71)	12:13.68 (50.44)	13:03.58 (49.90)	
	13:53.54 (49.96)	14:44.58 (51.04)	15:36.19 (51.61)	16:27.15 (50.96)	
	17:17.71 (50.56)	18:08.83 (51.12)	18:59.50 (50.67)	19:50.94 (51.44)	
	20:41.64 (50.70)	21:33.28 (51.64)	22:24.71 (51.43)	23:15.57 (50.86)	
	24:05.64 (50.07)	24:56.34 (50.70)	25:46.17 (49.83)	26:36.92 (50.75)	
	27:24.81 (47.89)				

<< #6 Men 60-64 500 Free >>

<b>Seed Time:</b>	7:54.77		<b>Finals Time:</b>	7:46.22	(7) * 10
<b>Finals Splits:</b>	38.52	1:23.02 (44.50)	2:09.40 (46.38)	2:57.32 (47.92)	
	3:45.97 (48.65)	4:35.26 (49.29)	5:23.81 (48.55)	6:12.22 (48.41)	
	6:59.80 (47.58)	7:46.22 (46.42)			

<< #8 Men 60-64 50 Free >>

<b>Seed Time:</b>	35.09		<b>Finals Time:</b>	33.62	(13) * 4
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<< #24 Men 60-64 100 Free >>

<b>Seed Time:</b>	1:16.38		<b>Finals Time:</b>	1:15.21	(8) * 9
<b>Finals Splits:</b>	35.30	1:15.21 (39.91)			

<< #46 Men 60-64 200 Free >>

<b>Seed Time:</b>	2:52.40		<b>Finals Time:</b>	2:51.51	(5) * 12
<b>Finals Splits:</b>	38.78	1:22.81 (44.03)	2:07.51 (44.70)	2:51.51 (44.00)	

<< #48 Men 60-64 100 IM >>

<b>Seed Time:</b>	1:42.00		<b>Finals Time:</b>	1:40.48	(5) * 12
<b>Finals Splits:</b>	46.19	1:40.48 (54.29)			

<< #303 Mixed 60-64 1000 Free >>

<b>Seed Time:</b>	NT		<b>Finals Time:</b>	16:27.15	(4)
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<< #15 Mixed 55-64 200 Free Relay - CM-Y-12 A - Leg 4 >>

<b>Seed Time:</b>	2:50.00		<b>Finals Time:</b>	2:19.69	(1) * 34
<b>Finals Splits:</b>	39.60	1:14.66 (35.06)	1:46.87 (32.21)	2:19.69 (32.82)	

<< #26 Men 55-64 400 Medley Relay - CM-Y-12 A - Leg 1 >>

<b>Seed Time:</b>	6:15.00		<b>Finals Time:</b>	6:47.83	(2) 30
<b>Finals Splits:</b>	58.27	1:56.78 (58.51)	2:54.28 (57.50)	3:49.72 (55.44)	
	4:34.83 (45.11)		6:08.79 ( )	6:47.83 (39.04)	

<< #39 Mixed 55-64 400 Free Relay - CM-Y-12 A - Leg 4 >>

<b>Seed Time:</b>	5:40.00		<b>Finals Time:</b>	5:27.26	(1) * 34
<b>Finals Splits:</b>	38.86	1:23.95 (45.09)	2:06.60 (42.65)	2:55.07 (48.47)	
	3:33.47 (38.40)	4:11.93 (38.46)	4:47.44 (35.51)	5:27.26 (39.82)	

<< #51 Mixed 25-34 200 Medley Relay - CM-Y-12 A - Leg >>

<b>Seed Time:</b>	2:40.00		<b>Finals Time:</b>	2:22.35	(1) * 34
<b>Finals Splits:</b>	49.94	1:20.23 (30.29)	1:55.37 (35.14)	2:22.35 (26.98)	



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Martha Bachman - 75**

**Cavalier Masters-12**

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		<b>&lt;&lt; #7 Women 75-79 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	58.81	<b>Finals Time:</b>	59.24	(2)	15
		<b>&lt;&lt; #9 Women 75-79 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	5:22.40	<b>Finals Time:</b>	5:13.50	(1)	* 17
<b>Finals Splits:</b>	1:10.13	2:33.30 (1:23.17)	3:57.36 (1:24.06)	5:13.50 (1:16.14)	
		<b>&lt;&lt; #21 Women 75-79 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:04.92	<b>Finals Time:</b>	DQ		
		<b>&lt;&lt; #33 Women 75-79 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:33.24	<b>Finals Time:</b>	2:28.19	(2)	* 15
<b>Finals Splits:</b>	1:10.24	2:28.19 (1:17.95)			
		<b>&lt;&lt; #45 Women 75-79 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	4:59.51	<b>Finals Time:</b>	4:54.35	(1)	* 17
<b>Finals Splits:</b>	1:05.74	2:23.94 (1:18.20)	3:41.40 (1:17.46)	4:54.35 (1:12.95)	
		<b>&lt;&lt; #13 Women 65-74 200 Free Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	3:15.00	<b>Finals Time:</b>	2:55.61	(1)	* 34
<b>Finals Splits:</b>	1:05.75	1:44.07 (38.32)	2:19.98 (35.91)	2:55.61 (35.63)	
		<b>&lt;&lt; #49 Women 65-74 200 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	3:30.00	<b>Finals Time:</b>	3:25.86	(1)	* 34
<b>Finals Splits:</b>	45.52	1:47.97 (1:02.45)	2:26.44 (38.47)	3:25.86 (59.42)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Craig Bauer - 71**

**Cavalier Masters-12**

	<b>&lt;&lt; #8 Men 70-74 50 Free &gt;&gt;</b>				
<b>Seed Time:</b>	29.50		<b>Finals Time:</b>	28.21	(1) * 17
	<b>&lt;&lt; #18 Men 70-74 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	1:25.50		<b>Finals Time:</b>	1:22.51	(1) * 17
<b>Finals Splits:</b>	38.88	1:22.51 (43.63)			
	<b>&lt;&lt; #24 Men 70-74 100 Free &gt;&gt;</b>				
<b>Seed Time:</b>	1:05.50		<b>Finals Time:</b>	1:02.50	(1) * 17
<b>Finals Splits:</b>	30.86	1:02.50 (31.64)			
	<b>&lt;&lt; #36 Men 70-74 200 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	3:15.50		<b>Finals Time:</b>	3:02.70	(1) * 17
<b>Finals Splits:</b>	40.63	1:27.86 (47.23)	2:16.17 (48.31)	3:02.70 (46.53)	
	<b>&lt;&lt; #44 Men 70-74 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	38.20		<b>Finals Time:</b>	37.44	(1) * 17
	<b>&lt;&lt; #46 Men 70-74 200 Free &gt;&gt;</b>				
<b>Seed Time:</b>	2:35.50		<b>Finals Time:</b>	2:24.71	(1) * 17
<b>Finals Splits:</b>	33.20	1:10.63 (37.43)	1:49.33 (38.70)	2:24.71 (35.38)	
	<b>&lt;&lt; #14 Men 65-74 200 Free Relay - CM-Y-12 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	1:55.84		<b>Finals Time:</b>	2:09.16	(1) 34
	<b>&lt;&lt; #27 Mixed 65-74 400 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>				
<b>Seed Time:</b>	5:23.62		<b>Finals Time:</b>	5:22.25	(1) * 34
<b>Finals Splits:</b>		ZONECHAMPS: 5:23.62Y			
	37.08	1:14.02 (36.94)	1:30.35 (16.33)	1:53.37 (23.02)	
	2:37.75 (44.38)	3:17.60 (39.85)	4:06.13 (48.53)	5:22.25 (1:16.12)	
	<b>&lt;&lt; #39 Mixed 65-74 400 Free Relay - CM-Y-12 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	4:36.77		<b>Finals Time:</b>	4:39.19	(1) 34
<b>Finals Splits:</b>	32.02	1:08.38 (36.36)	1:43.55 (35.17)	2:23.59 (40.04)	
	2:57.32 (33.73)	3:33.76 (36.44)	4:05.05 (31.29)	4:39.19 (34.14)	
	<b>&lt;&lt; #50 Men 65-74 200 Medley Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	2:11.46		<b>Finals Time:</b>	2:23.36	(1) 34
<b>Finals Splits:</b>	34.70	1:12.90 (38.20)	1:45.64 (32.74)	2:23.36 (37.72)	
	<b>&lt;&lt; #55 Mixed 65-74 800 Free Relay - CM-Y-12 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	13:15.86		<b>Finals Time:</b>	11:07.77	(1) *
<b>Finals Splits:</b>		ZONECHAMPS: 12:33.35Y			
	44.30	1:32.26 (47.96)	2:21.19 (48.93)	3:07.87 (46.68)	
	3:45.77 (37.90)	4:29.27 (43.50)	5:13.94 (44.67)	5:58.14 (44.20)	
	6:34.60 (36.46)	7:14.05 (39.45)	7:38.56 (24.51)	8:33.80 (55.24)	
	9:07.85 (34.05)	9:47.17 (39.32)	10:27.72 (40.55)	11:07.77 (40.05)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Lisa Bond - 55**

**Cavalier Masters-12**

<< #1 Women 55-59 1000 Free >>

<b>Seed Time:</b>	13:40.15	<b>Finals Time:</b>	14:33.38	(2)	15
<b>Finals Splits:</b>	38.05	1:19.52 (41.47)	2:02.89 (43.37)	2:47.36 (44.47)	
	3:31.38 (44.02)	4:16.08 (44.70)	5:00.41 (44.33)	5:44.68 (44.27)	
	6:29.49 (44.81)	7:13.94 (44.45)	7:57.92 (43.98)	8:41.97 (44.05)	
	9:25.78 (43.81)	10:10.20 (44.42)	10:54.79 (44.59)	11:38.80 (44.01)	
	12:22.89 (44.09)	13:06.83 (43.94)	13:50.63 (43.80)	14:33.38 (42.75)	

<< #5 Women 55-59 500 Free >>

<b>Seed Time:</b>	6:45.12	<b>Finals Time:</b>	7:15.52	(2)	15
<b>Finals Splits:</b>	38.20	1:19.59 (41.39)	2:02.72 (43.13)	2:46.63 (43.91)	
	3:31.26 (44.63)	4:16.25 (44.99)	5:01.55 (45.30)	5:46.80 (45.25)	
	6:32.00 (45.20)	7:15.52 (43.52)			

<< #7 Women 55-59 50 Free >>

<b>Seed Time:</b>	33.68	<b>Finals Time:</b>	33.92	(4)	13
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<< #21 Women 55-59 50 Back >>

<b>Seed Time:</b>	46.15	<b>Finals Time:</b>	43.24	(4)	* 13
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<< #23 Women 55-59 100 Free >>

<b>Seed Time:</b>	1:12.55	<b>Finals Time:</b>	1:14.44	(2)	15
<b>Finals Splits:</b>	35.88	1:14.44 (38.56)			

<< #43 Women 55-59 50 Breast >>

<b>Seed Time:</b>	48.64	<b>Finals Time:</b>	44.76	(3)	* 14
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<< #45 Women 55-59 200 Free >>

<b>Seed Time:</b>	2:38.45	<b>Finals Time:</b>	2:40.21	(3)	14
<b>Finals Splits:</b>	37.33	1:17.81 (40.48)	1:59.13 (41.32)	2:40.21 (41.08)	

<< #13 Women 18-24 200 Free Relay - CM-Y-12 A - Leg 3 >>

<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:09.33	(3)	* 28
<b>Finals Splits:</b>	29.14	1:06.17 (37.03)	1:39.50 (33.33)	2:09.33 (29.83)	

<< #25 Women 18-24 400 Medley Relay - CM-Y-12 A - Leg >>

<b>Seed Time:</b>	2:25.00	<b>Finals Time:</b>	5:41.99	(3)	28
<b>Finals Splits:</b>	45.42	1:33.15 (47.73)	1:50.05 (16.90)	2:06.50 (16.45)	
	2:59.35 (52.85)	3:33.70 (34.35)	4:54.12 (1:20.42)	5:41.99 (47.87)	

<< #37 Women 45-54 400 Free Relay - CM-Y-12 A - Leg 3 >>

<b>Seed Time:</b>	5:50.00	<b>Finals Time:</b>	5:24.55	(1)	* 34
<b>Finals Splits:</b>	33.99	1:11.54 (37.55)	1:49.70 (38.16)	2:33.70 (44.00)	
	3:08.89 (35.19)	3:47.06 (38.17)	4:30.90 (43.84)	5:24.55 (53.65)	

<< #49 Women 45-54 200 Medley Relay - CM-Y-12 A - Leg >>

<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:45.54	(1)	34
<b>Finals Splits:</b>	41.95	1:37.82 (55.87)	2:11.44 (33.62)	2:45.54 (34.10)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Evelyn Bufton - 73**

**Cavalier Masters-12**

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		<b>&lt;&lt; #7 Women 70-74 50 Free &gt;&gt;</b>					
<b>Seed Time:</b>	44.10						
		<b>Finals Time:</b>		40.05	(6)	*	11
		<b>&lt;&lt; #43 Women 70-74 50 Breast &gt;&gt;</b>					
<b>Seed Time:</b>	52.20						
		<b>Finals Time:</b>		58.08	(5)		12
		<b>&lt;&lt; #13 Women 65-74 200 Free Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>					
<b>Seed Time:</b>	3:15.00						
		<b>Finals Time:</b>		2:55.61	(1)	*	34
<b>Finals Splits:</b>		1:05.75	1:44.07 (38.32)	2:19.98 (35.91)	2:55.61 (35.63)		
		<b>&lt;&lt; #37 Women 45-54 400 Free Relay - CM-Y-12 A - Leg 4 &gt;&gt;</b>					
<b>Seed Time:</b>	5:50.00						
		<b>Finals Time:</b>		5:24.55	(1)	*	34
<b>Finals Splits:</b>		33.99	1:11.54 (37.55)	1:49.70 (38.16)	2:33.70 (44.00)		
		3:08.89 (35.19)	3:47.06 (38.17)	4:30.90 (43.84)	5:24.55 (53.65)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Suzi Burns - 76**

**Cavalier Masters-12**

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		<b>&lt;&lt; #9 Women 75-79 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	4:55.87		<b>Finals Time:</b>		DQ
		<b>&lt;&lt; #17 Women 75-79 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:22.67		<b>Finals Time:</b>	2:13.59	(2) * 15
<b>Finals Splits:</b>		1:04.37	2:13.59 (1:09.22)		
		<b>&lt;&lt; #21 Women 75-79 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:04.48		<b>Finals Time:</b>	1:02.63	(1) * 17
		<b>&lt;&lt; #33 Women 75-79 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:09.74		<b>Finals Time:</b>	2:13.16	(1) 17
		<b>&lt;&lt; #35 Women 75-79 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	4:55.20		<b>Finals Time:</b>	4:35.67	(2) * 15
<b>Finals Splits:</b>		1:04.22	2:15.56 (1:11.34)	3:27.41 (1:11.85)	4:35.67 (1:08.26)
		<b>&lt;&lt; #43 Women 75-79 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:04.38		<b>Finals Time:</b>	1:02.63	(2) * 15
		<b>&lt;&lt; #49 Women 65-74 200 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	3:30.00		<b>Finals Time:</b>	3:25.86	(1) * 34
<b>Finals Splits:</b>		45.52	1:47.97 (1:02.45)	2:26.44 (38.47)	3:25.86 (59.42)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Angela Ciolfi - 46**

**Cavalier Masters-12**

		<b>&lt;&lt; #7 Women 45-49 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	28.86	<b>Finals Time:</b>	28.63	(2)	* 15
		<b>&lt;&lt; #11 Women 45-49 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:20.00	<b>Finals Time:</b>	1:17.48	(2)	* 15
<b>Finals Splits:</b>	35.51	1:17.48 (41.97)			
		<b>&lt;&lt; #31 Women 45-49 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	32.19	<b>Finals Time:</b>	32.63	(2)	15
		<b>&lt;&lt; #43 Women 45-49 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	39.36	<b>Finals Time:</b>	38.42	(1)	* 17
		<b>&lt;&lt; #47 Women 45-49 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:15.80	<b>Finals Time:</b>	1:15.52	(1)	* 17
<b>Finals Splits:</b>	34.62	1:15.52 (40.90)			
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:09.33	(3)	* 28
<b>Finals Splits:</b>	29.14	1:06.17 (37.03)	1:39.50 (33.33)	2:09.33 (29.83)	
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.00	<b>Finals Time:</b>	5:41.99	(3)	28
<b>Finals Splits:</b>	45.42	1:33.15 (47.73)	1:50.05 (16.90)	2:06.50 (16.45)	
	2:59.35 (52.85)	3:33.70 (34.35)	4:54.12 (1:20.42)	5:41.99 (47.87)	
		<b>&lt;&lt; #39 Mixed 25-34 400 Free Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00	<b>Finals Time:</b>	4:09.45	(1)	* 34
<b>Finals Splits:</b>	31.29		1:33.13 ( )	2:06.96 (33.83)	
	2:38.46 (31.50)	3:12.42 (33.96)	3:28.42 (16.00)	4:09.45 (41.03)	
		<b>&lt;&lt; #49 Women 45-54 200 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:45.54	(1)	34
<b>Finals Splits:</b>	41.95	1:37.82 (55.87)	2:11.44 (33.62)	2:45.54 (34.10)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Meg Clute - 68**

**Cavalier Masters-12**

		<b>&lt;&lt; #9 Women 65-69 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	3:10.59		<b>Finals Time:</b>	3:09.47	(2) * 15
<b>Finals Splits:</b>	44.56	1:32.21 (47.65)	2:21.54 (49.33)	3:09.47 (47.93)	
		<b>&lt;&lt; #19 Women 65-69 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:15.38		<b>Finals Time:</b>	3:16.67	(2) 15
<b>Finals Splits:</b>	39.87	1:29.52 (49.65)	2:31.39 (1:01.87)	3:16.67 (45.28)	
		<b>&lt;&lt; #21 Women 65-69 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	42.20		<b>Finals Time:</b>	42.60	(1) 17
		<b>&lt;&lt; #33 Women 65-69 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:30.61		<b>Finals Time:</b>	1:28.71	(2) * 15
<b>Finals Splits:</b>	43.21	1:28.71 (45.50)			
		<b>&lt;&lt; #47 Women 65-69 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:33.59		<b>Finals Time:</b>	1:31.34	(1) * 17
<b>Finals Splits:</b>	41.59	1:31.34 (49.75)			
		<b>&lt;&lt; #13 Women 65-74 200 Free Relay - CM-Y-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	3:15.00		<b>Finals Time:</b>	2:55.61	(1) * 34
<b>Finals Splits:</b>	1:05.75	1:44.07 (38.32)	2:19.98 (35.91)	2:55.61 (35.63)	
		<b>&lt;&lt; #27 Mixed 65-74 400 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	5:23.62		<b>Finals Time:</b>	5:22.25	(1) * 34
		ZONECHAMPS: 5:23.62Y			
<b>Finals Splits:</b>	37.08	1:14.02 (36.94)	1:30.35 (16.33)	1:53.37 (23.02)	
	2:37.75 (44.38)	3:17.60 (39.85)	4:06.13 (48.53)	5:22.25 (1:16.12)	
		<b>&lt;&lt; #39 Mixed 65-74 400 Free Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	4:36.77		<b>Finals Time:</b>	4:39.19	(1) 34
<b>Finals Splits:</b>	32.02	1:08.38 (36.36)	1:43.55 (35.17)	2:23.59 (40.04)	
	2:57.32 (33.73)	3:33.76 (36.44)	4:05.05 (31.29)	4:39.19 (34.14)	
		<b>&lt;&lt; #49 Women 45-54 200 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:45.00		<b>Finals Time:</b>	2:45.54	(1) 34
<b>Finals Splits:</b>	41.95	1:37.82 (55.87)	2:11.44 (33.62)	2:45.54 (34.10)	
		<b>&lt;&lt; #55 Mixed 65-74 800 Free Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	13:15.86		<b>Finals Time:</b>	11:07.77	(1) *
		ZONECHAMPS: 12:33.35Y			
<b>Finals Splits:</b>	44.30	1:32.26 (47.96)	2:21.19 (48.93)	3:07.87 (46.68)	
	3:45.77 (37.90)	4:29.27 (43.50)	5:13.94 (44.67)	5:58.14 (44.20)	
	6:34.60 (36.46)	7:14.05 (39.45)	7:38.56 (24.51)	8:33.80 (55.24)	
	9:07.85 (34.05)	9:47.17 (39.32)	10:27.72 (40.55)	11:07.77 (40.05)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**John Crane - 72**

**Cavalier Masters-12**

	<b>&lt;&lt; #22 Men 70-74 50 Back &gt;&gt;</b>				
<b>Seed Time:</b>	42.00	<b>Finals Time:</b>	41.73	(4)	* 13
	<b>&lt;&lt; #48 Men 70-74 100 IM &gt;&gt;</b>				
<b>Seed Time:</b>	1:45.00	<b>Finals Time:</b>	1:39.87	(5)	* 12
	<b>&lt;&lt; #14 Men 65-74 200 Free Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	1:55.84	<b>Finals Time:</b>	2:09.16	(1)	34
	<b>&lt;&lt; #26 Men 55-64 400 Medley Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	6:15.00	<b>Finals Time:</b>	6:47.83	(2)	30
<b>Finals Splits:</b>	58.27	1:56.78 (58.51)	2:54.28 (57.50)	3:49.72 (55.44)	
	4:34.83 (45.11)		6:08.79 ( )	6:47.83 (39.04)	
	<b>&lt;&lt; #50 Men 65-74 200 Medley Relay - CM-Y-12 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	2:11.46	<b>Finals Time:</b>	2:23.36	(1)	34
<b>Finals Splits:</b>	34.70	1:12.90 (38.20)	1:45.64 (32.74)	2:23.36 (37.72)	
	<b>&lt;&lt; #55 Mixed 65-74 800 Free Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	13:15.86	<b>Finals Time:</b>	11:07.77	(1)	*
	ZONECHAMPS: 12:33.35Y				
<b>Finals Splits:</b>	44.30	1:32.26 (47.96)	2:21.19 (48.93)	3:07.87 (46.68)	
	3:45.77 (37.90)	4:29.27 (43.50)	5:13.94 (44.67)	5:58.14 (44.20)	
	6:34.60 (36.46)	7:14.05 (39.45)	7:38.56 (24.51)	8:33.80 (55.24)	
	9:07.85 (34.05)	9:47.17 (39.32)	10:27.72 (40.55)	11:07.77 (40.05)	



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

Wendy Dalton - 53

Cavalier Masters-12

		<< #7 Women 50-54 50 Free >>			
Seed Time:	32.15	Finals Time:	31.19	(2)	* 15
		<< #11 Women 50-54 100 Fly >>			
Seed Time:	1:33.00	Finals Time:	1:27.65	(2)	* 15
Finals Splits:	42.70	1:27.65 (44.95)			
		<< #23 Women 50-54 100 Free >>			
Seed Time:	1:13.98	Finals Time:	1:17.60	(3)	14
Finals Splits:	37.22	1:17.60 (40.38)			
		<< #31 Women 50-54 50 Fly >>			
Seed Time:	33.81	Finals Time:	33.90	(2)	15
		<< #43 Women 50-54 50 Breast >>			
Seed Time:	41.58	Finals Time:	41.37	(1)	* 17
		<< #47 Women 50-54 100 IM >>			
Seed Time:	1:24.09	Finals Time:	1:24.35	(1)	17
Finals Splits:	39.98	1:24.35 (44.37)			
		<< #15 Mixed 25-34 200 Free Relay - CM-Y-12 A - Leg 2 >>			
Seed Time:	2:05.00	Finals Time:	1:49.43	(2)	* 30
Finals Splits:	28.78	59.45 (30.67)	1:24.79 (25.34)	1:49.43 (24.64)	
		<< #27 Mixed 25-34 400 Medley Relay - CM-Y-12 A - Leg >>			
Seed Time:	5:10.00	Finals Time:	4:50.72	(2)	* 30
Finals Splits:	38.30	1:18.44 (40.14)	1:34.66 (16.22)	2:22.66 (48.00)	
	3:03.11 (40.45)	3:49.80 (46.69)	4:17.59 (27.79)	4:50.72 (33.13)	
		<< #37 Women 45-54 400 Free Relay - CM-Y-12 A - Leg 1 >>			
Seed Time:	5:50.00	Finals Time:	5:24.55	(1)	* 34
Finals Splits:	33.99	1:11.54 (37.55)	1:49.70 (38.16)	2:33.70 (44.00)	
	3:08.89 (35.19)	3:47.06 (38.17)	4:30.90 (43.84)	5:24.55 (53.65)	
		<< #51 Mixed 25-34 200 Medley Relay - CM-Y-12 A - Leg >>			
Seed Time:	2:40.00	Finals Time:	2:22.35	(1)	* 34
Finals Splits:	49.94	1:20.23 (30.29)	1:55.37 (35.14)	2:22.35 (26.98)	

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

**Individual Meet Summary**

**Shirley Loftus-Charley - 72**

**Cavalier Masters-12**

<< #1 Women 70-74 1000 Free >>

<b>Seed Time:</b>	13:23.00	<b>Finals Time:</b>	12:56.88	(1) * 17	
		USMS NATL:	13:11.75Y	ZONECHAMPS:	15:29.63Y
<b>Finals Splits:</b>	34.93	1:13.32 (38.39)	1:52.02 (38.70)	2:31.41 (39.39)	
	3:10.85 (39.44)	3:50.08 (39.23)	4:29.21 (39.13)	5:08.62 (39.41)	
	5:47.80 (39.18)	6:27.21 (39.41)	7:06.21 (39.00)	7:45.30 (39.09)	
	8:24.35 (39.05)	9:03.58 (39.23)	9:42.74 (39.16)	10:21.68 (38.94)	
	11:00.68 (39.00)	11:39.82 (39.14)	12:18.87 (39.05)	12:56.88 (38.01)	

<< #5 Women 70-74 500 Free >>

<b>Seed Time:</b>	6:40.00	<b>Finals Time:</b>	6:27.42	(1) * 17
		ZONECHAMPS:	6:51.35Y	
<b>Finals Splits:</b>	35.04	1:12.87 (37.83)	1:51.51 (38.64)	2:30.69 (39.18)
	3:10.21 (39.52)	3:49.85 (39.64)	4:29.48 (39.63)	5:09.35 (39.87)
	5:49.03 (39.68)	6:27.42 (38.39)		

<< #7 Women 70-74 50 Free >>

<b>Seed Time:</b>	32.40	<b>Finals Time:</b>	32.01	(2) * 15
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<< #11 Women 70-74 100 Fly >>

<b>Seed Time:</b>	1:25.00	<b>Finals Time:</b>	1:23.28	(1) * 17
		ZONECHAMPS:	1:27.60Y	
<b>Finals Splits:</b>	38.22	1:23.28 (45.06)		

<< #19 Women 70-74 200 IM >>

<b>Seed Time:</b>	2:55.00	<b>Finals Time:</b>	2:52.19	(1) * 17
		ZONECHAMPS:	2:59.53Y	
<b>Finals Splits:</b>	37.75	1:22.66 (44.91)	2:13.95 (51.29)	2:52.19 (38.24)

<< #23 Women 70-74 100 Free >>

<b>Seed Time:</b>	1:09.00	<b>Finals Time:</b>	1:07.96	(1) * 17
		ZONECHAMPS:	1:09.32Y	
<b>Finals Splits:</b>	33.04	1:07.96 (34.92)		

<< #29 Women 70-74 400 IM >>

<b>Seed Time:</b>	6:10.00	<b>Finals Time:</b>	6:05.46	(1) * 17
		ZONECHAMPS:	6:34.52Y	
<b>Finals Splits:</b>	39.06	1:25.79 (46.73)	2:12.60 (46.81)	2:59.87 (47.27)
	3:53.14 (53.27)	4:47.55 (54.41)	5:27.24 (39.69)	6:05.46 (38.22)

<< #31 Women 70-74 50 Fly >>

<b>Seed Time:</b>	37.00	<b>Finals Time:</b>	37.09	(1) 17
		ZONECHAMPS:	41.77Y	

<< #33 Women 70-74 100 Back >>

<b>Seed Time:</b>	1:23.00	<b>Finals Time:</b>	1:23.58	(1) 17
		ZONECHAMPS:	1:23.67Y	
<b>Finals Splits:</b>	41.32	1:23.58 (42.26)		

<< #35 Women 70-74 200 Breast >>

<b>Seed Time:</b>	3:25.00	<b>Finals Time:</b>	3:24.00	(1) * 17
<b>Finals Splits:</b>	47.10	1:38.93 (51.83)	2:31.47 (52.54)	3:24.00 (52.53)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Shirley Loftus-Charley - 72**

**Cavalier Masters-12**

	<b>&lt;&lt; #45 Women 70-74 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:28.00	<b>Finals Time:</b>	2:27.64	(1) * 17
		ZONECHAMPS: 2:32.06Y		
<b>Finals Splits:</b>	34.54	1:12.27 (37.73)	1:50.28 (38.01)	2:27.64 (37.36)
	<b>&lt;&lt; #47 Women 70-74 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:23.00	<b>Finals Time:</b>	1:20.55	(1) * 17
		ZONECHAMPS: 1:23.21Y		
<b>Finals Splits:</b>	38.34	1:20.55 (42.21)		
	<b>&lt;&lt; #301 Women 70-74 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	NT	<b>Finals Time:</b>	6:27.21	(1)
		ZONECHAMPS: 6:51.35Y		
	<b>&lt;&lt; #15 Mixed 55-64 200 Free Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	2:50.00	<b>Finals Time:</b>	2:19.69	(1) * 34
<b>Finals Splits:</b>	39.60	1:14.66 (35.06)	1:46.87 (32.21)	2:19.69 (32.82)
	<b>&lt;&lt; #27 Mixed 65-74 400 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	5:23.62	<b>Finals Time:</b>	5:22.25	(1) * 34
		ZONECHAMPS: 5:23.62Y		
<b>Finals Splits:</b>	37.08	1:14.02 (36.94)	1:30.35 (16.33)	1:53.37 (23.02)
	2:37.75 (44.38)	3:17.60 (39.85)	4:06.13 (48.53)	5:22.25 (1:16.12)
	<b>&lt;&lt; #39 Mixed 65-74 400 Free Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	4:36.77	<b>Finals Time:</b>	4:39.19	(1) 34
<b>Finals Splits:</b>	32.02	1:08.38 (36.36)	1:43.55 (35.17)	2:23.59 (40.04)
	2:57.32 (33.73)	3:33.76 (36.44)	4:05.05 (31.29)	4:39.19 (34.14)
	<b>&lt;&lt; #49 Women 65-74 200 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	3:30.00	<b>Finals Time:</b>	3:25.86	(1) * 34
<b>Finals Splits:</b>	45.52	1:47.97 (1:02.45)	2:26.44 (38.47)	3:25.86 (59.42)
	<b>&lt;&lt; #55 Mixed 65-74 800 Free Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	13:15.86	<b>Finals Time:</b>	11:07.77	(1) *
		ZONECHAMPS: 12:33.35Y		
<b>Finals Splits:</b>	44.30	1:32.26 (47.96)	2:21.19 (48.93)	3:07.87 (46.68)
	3:45.77 (37.90)	4:29.27 (43.50)	5:13.94 (44.67)	5:58.14 (44.20)
	6:34.60 (36.46)	7:14.05 (39.45)	7:38.56 (24.51)	8:33.80 (55.24)
	9:07.85 (34.05)	9:47.17 (39.32)	10:27.72 (40.55)	11:07.77 (40.05)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Julia May - 60**

**Cavalier Masters-12**

		<b>&lt;&lt; #7 Women 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	36.26	<b>Finals Time:</b>	36.91	(7)	10
		<b>&lt;&lt; #17 Women 60-64 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:00.00	<b>Finals Time:</b>	2:00.17	(3)	14
<b>Finals Splits:</b>	55.83	2:00.17 (1:04.34)			
		<b>&lt;&lt; #21 Women 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	59.00	<b>Finals Time:</b>	50.97	(7)	* 10
		<b>&lt;&lt; #23 Women 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:19.60	<b>Finals Time:</b>	1:25.25	(5)	12
<b>Finals Splits:</b>	40.42	1:25.25 (44.83)			
		<b>&lt;&lt; #43 Women 60-64 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	54.24	<b>Finals Time:</b>	54.97	(5)	12
		<b>&lt;&lt; #45 Women 60-64 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	3:14.80	<b>Finals Time:</b>	3:08.83	(3)	* 14
<b>Finals Splits:</b>	41.94	1:31.64 (49.70)	2:21.85 (50.21)	3:08.83 (46.98)	
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:09.33	(3)	* 28
<b>Finals Splits:</b>	29.14	1:06.17 (37.03)	1:39.50 (33.33)	2:09.33 (29.83)	
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.00	<b>Finals Time:</b>	5:41.99	(3)	28
<b>Finals Splits:</b>	45.42	1:33.15 (47.73)	1:50.05 (16.90)	2:06.50 (16.45)	
	2:59.35 (52.85)	3:33.70 (34.35)	4:54.12 (1:20.42)	5:41.99 (47.87)	
		<b>&lt;&lt; #37 Women 45-54 400 Free Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	5:50.00	<b>Finals Time:</b>	5:24.55	(1)	* 34
<b>Finals Splits:</b>	33.99	1:11.54 (37.55)	1:49.70 (38.16)	2:33.70 (44.00)	
	3:08.89 (35.19)	3:47.06 (38.17)	4:30.90 (43.84)	5:24.55 (53.65)	
		<b>&lt;&lt; #49 Women 45-54 200 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:45.54	(1)	34
<b>Finals Splits:</b>	41.95	1:37.82 (55.87)	2:11.44 (33.62)	2:45.54 (34.10)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Jacob McQuiggan - 30**

**Cavalier Masters-12**

		<b>&lt;&lt; #8 Men 30-34 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	25.27		<b>Finals Time:</b>	24.21	(4) * 13
		<b>&lt;&lt; #10 Men 30-34 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.00		<b>Finals Time:</b>	2:14.26	(2) * 15
<b>Finals Splits:</b>	31.53	1:05.01 (33.48)	1:39.69 (34.68)	2:14.26 (34.57)	
		<b>&lt;&lt; #18 Men 30-34 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:08.00		<b>Finals Time:</b>	1:03.03	(3) * 14
<b>Finals Splits:</b>	30.17	1:03.03 (32.86)			
		<b>&lt;&lt; #20 Men 30-34 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.00		<b>Finals Time:</b>	2:13.07	(3) * 14
<b>Finals Splits:</b>	27.56	1:02.03 (34.47)	1:39.84 (37.81)	2:13.07 (33.23)	
		<b>&lt;&lt; #22 Men 30-34 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	30.39		<b>Finals Time:</b>	29.68	(1) * 17
		<b>&lt;&lt; #24 Men 30-34 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	56.46		<b>Finals Time:</b>	54.84	(5) * 12
<b>Finals Splits:</b>	26.02	54.84 (28.82)			
		<b>&lt;&lt; #32 Men 30-34 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	29.45		<b>Finals Time:</b>	26.22	(2) * 15
		<b>&lt;&lt; #36 Men 30-34 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.63		<b>Finals Time:</b>	2:19.38	(1) * 17
<b>Finals Splits:</b>	31.49	1:06.29 (34.80)	1:41.95 (35.66)	2:19.38 (37.43)	
		<b>&lt;&lt; #44 Men 30-34 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	29.34		<b>Finals Time:</b>	28.72	(2) * 15
		<b>&lt;&lt; #46 Men 30-34 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:12.00		<b>Finals Time:</b>	2:06.48	(1) * 17
<b>Finals Splits:</b>	29.14	1:01.15 (32.01)	1:33.52 (32.37)	2:06.48 (32.96)	
		<b>&lt;&lt; #48 Men 30-34 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.46		<b>Finals Time:</b>	58.03	(1) * 17
<b>Finals Splits:</b>	27.22	58.03 (30.81)			
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - CM-Y-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	2:05.00		<b>Finals Time:</b>	1:49.43	(2) * 30
<b>Finals Splits:</b>	28.78	59.45 (30.67)	1:24.79 (25.34)	1:49.43 (24.64)	
		<b>&lt;&lt; #27 Mixed 25-34 400 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	5:10.00		<b>Finals Time:</b>	4:50.72	(2) * 30
<b>Finals Splits:</b>	38.30	1:18.44 (40.14)	1:34.66 (16.22)	2:22.66 (48.00)	
	3:03.11 (40.45)	3:49.80 (46.69)	4:17.59 (27.79)	4:50.72 (33.13)	
		<b>&lt;&lt; #39 Mixed 25-34 400 Free Relay - CM-Y-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00		<b>Finals Time:</b>	4:09.45	(1) * 34
<b>Finals Splits:</b>	31.29		1:33.13 ( )	2:06.96 (33.83)	
	2:38.46 (31.50)	3:12.42 (33.96)	3:28.42 (16.00)	4:09.45 (41.03)	

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**Jacob McQuiggan - 30**

**Cavalier Masters-12**

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**<< #51 Mixed 25-34 200 Medley Relay - CM-Y-12 A - Leg >>**

<b>Seed Time:</b>	2:40.00	<b>Finals Time:</b>	2:22.35	(1) * 34
<b>Finals Splits:</b>	49.94	1:20.23 (30.29)	1:55.37 (35.14)	2:22.35 (26.98)

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**Pania Meggison - 63**

**Cavalier Masters-12**

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		<b>&lt;&lt; #7 Women 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	40.22		<b>Finals Time:</b>	39.60	(8) * 9
		<b>&lt;&lt; #21 Women 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	51.00		<b>Finals Time:</b>	47.65	(6) * 11
		<b>&lt;&lt; #23 Women 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:54.00		<b>Finals Time:</b>	1:30.20	(6) * 11
<b>Finals Splits:</b>	42.27	1:30.20 (47.93)			
		<b>&lt;&lt; #33 Women 60-64 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:58.00		<b>Finals Time:</b>	1:41.34	(3) * 14
<b>Finals Splits:</b>	48.38	1:41.34 (52.96)			
		<b>&lt;&lt; #15 Mixed 55-64 200 Free Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	2:50.00		<b>Finals Time:</b>	2:19.69	(1) * 34
<b>Finals Splits:</b>	39.60	1:14.66 (35.06)	1:46.87 (32.21)	2:19.69 (32.82)	
		<b>&lt;&lt; #39 Mixed 55-64 400 Free Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	5:40.00		<b>Finals Time:</b>	5:27.26	(1) * 34
<b>Finals Splits:</b>	38.86	1:23.95 (45.09)	2:06.60 (42.65)	2:55.07 (48.47)	
	3:33.47 (38.40)	4:11.93 (38.46)	4:47.44 (35.51)	5:27.26 (39.82)	

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**Edward Mills - 55**

**Cavalier Masters-12**

<< #1 Men 55-59 1000 Free >>

<b>Seed Time:</b>	14:29.18	<b>Finals Time:</b>			14:04.73	(1) * 17
<b>Finals Splits:</b>	40.36	1:20.83 (40.47)	2:02.40 (41.57)	2:44.32 (41.92)		
	3:27.06 (42.74)	4:10.09 (43.03)	4:53.21 (43.12)	5:35.94 (42.73)		
	6:19.22 (43.28)	7:02.44 (43.22)	7:45.50 (43.06)	8:29.14 (43.64)		
	9:11.40 (42.26)	9:55.29 (43.89)	10:37.80 (42.51)	11:20.73 (42.93)		
	12:02.96 (42.23)	12:44.72 (41.76)	13:25.83 (41.11)	14:04.73 (38.90)		

<< #6 Men 55-59 500 Free >>

<b>Seed Time:</b>	6:58.01	<b>Finals Time:</b>			6:55.21	(2) * 15
<b>Finals Splits:</b>	39.82	1:20.12 (40.30)	2:01.64 (41.52)	2:44.00 (42.36)		
	3:27.94 (43.94)	4:10.96 (43.02)	4:52.84 (41.88)	5:35.41 (42.57)		
	6:16.27 (40.86)	6:55.21 (38.94)				

<< #18 Men 55-59 100 Breast >>

<b>Seed Time:</b>	1:45.00	<b>Finals Time:</b>			1:43.68	(3) * 14
<b>Finals Splits:</b>	50.17	1:43.68 (53.51)				

<< #24 Men 55-59 100 Free >>

<b>Seed Time:</b>	1:14.42	<b>Finals Time:</b>			1:17.83	(7) 10
<b>Finals Splits:</b>	37.32	1:17.83 (40.51)				

<< #44 Men 55-59 50 Breast >>

<b>Seed Time:</b>	50.00	<b>Finals Time:</b>			51.66	(4) 13
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<< #46 Men 55-59 200 Free >>

<b>Seed Time:</b>	2:38.83	<b>Finals Time:</b>			2:41.33	(5) 12
<b>Finals Splits:</b>	39.92	1:20.89 (40.97)	2:02.06 (41.17)	2:41.33 (39.27)		

<< #15 Mixed 55-64 200 Free Relay - CM-Y-12 A - Leg 2 >>

<b>Seed Time:</b>	2:50.00	<b>Finals Time:</b>			2:19.69	(1) * 34
<b>Finals Splits:</b>	39.60	1:14.66 (35.06)	1:46.87 (32.21)	2:19.69 (32.82)		

<< #26 Men 55-64 400 Medley Relay - CM-Y-12 A - Leg 4 >>

<b>Seed Time:</b>	6:15.00	<b>Finals Time:</b>			6:47.83	(2) 30
<b>Finals Splits:</b>	58.27	1:56.78 (58.51)	2:54.28 (57.50)	3:49.72 (55.44)		
	4:34.83 (45.11)		6:08.79 ( )	6:47.83 (39.04)		

<< #39 Mixed 55-64 400 Free Relay - CM-Y-12 A - Leg 3 >>

<b>Seed Time:</b>	5:40.00	<b>Finals Time:</b>			5:27.26	(1) * 34
<b>Finals Splits:</b>	38.86	1:23.95 (45.09)	2:06.60 (42.65)	2:55.07 (48.47)		
	3:33.47 (38.40)	4:11.93 (38.46)	4:47.44 (35.51)	5:27.26 (39.82)		



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**Michael Moriarty - 63**

**Cavalier Masters-12**

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<< #6 Men 60-64 500 Free >>

<b>Seed Time:</b>	6:30.00		<b>Finals Time:</b>	6:36.27	(3)	14
<b>Finals Splits:</b>		34.07	1:12.73 (38.66)	1:53.09 (40.36)	2:33.77 (40.68)	
		3:14.53 (40.76)	3:55.32 (40.79)	4:35.81 (40.49)	5:16.44 (40.63)	
		5:56.89 (40.45)	6:36.27 (39.38)			

<< #24 Men 60-64 100 Free >>

<b>Seed Time:</b>	1:04.00		<b>Finals Time:</b>	1:05.83	(4)	13
<b>Finals Splits:</b>		31.56	1:05.83 (34.27)			

<< #15 Mixed 25-34 200 Free Relay - CM-Y-12 A - Leg 1 >>

<b>Seed Time:</b>	2:05.00		<b>Finals Time:</b>	1:49.43	(2)	* 30
<b>Finals Splits:</b>		28.78	59.45 (30.67)	1:24.79 (25.34)	1:49.43 (24.64)	

<< #27 Mixed 25-34 400 Medley Relay - CM-Y-12 A - Leg >>

<b>Seed Time:</b>	5:10.00		<b>Finals Time:</b>	4:50.72	(2)	* 30
<b>Finals Splits:</b>		38.30	1:18.44 (40.14)	1:34.66 (16.22)	2:22.66 (48.00)	
		3:03.11 (40.45)	3:49.80 (46.69)	4:17.59 (27.79)	4:50.72 (33.13)	

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**Sarah Rinsma - 32**

**Cavalier Masters-12**

		<b>&lt;&lt; #7 Women 30-34 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	29.50	<b>Finals Time:</b>	25.84	(1)	* 17
		<b>&lt;&lt; #23 Women 30-34 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.60	<b>Finals Time:</b>	59.73	(1)	* 17
<b>Finals Splits:</b>	28.37	59.73 (31.36)			
		<b>&lt;&lt; #31 Women 30-34 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	35.50	<b>Finals Time:</b>	29.80	(2)	* 15
		<b>&lt;&lt; #45 Women 30-34 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:19.87	<b>Finals Time:</b>	2:15.07	(1)	* 17
<b>Finals Splits:</b>	30.24	1:04.27 (34.03)	1:39.51 (35.24)	2:15.07 (35.56)	
		<b>&lt;&lt; #47 Women 30-34 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:14.37	<b>Finals Time:</b>	1:12.69	(1)	* 17
<b>Finals Splits:</b>	32.96	1:12.69 (39.73)			
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	2:05.00	<b>Finals Time:</b>	1:49.43	(2)	* 30
<b>Finals Splits:</b>	28.78	59.45 (30.67)	1:24.79 (25.34)	1:49.43 (24.64)	
		<b>&lt;&lt; #27 Mixed 25-34 400 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	5:10.00	<b>Finals Time:</b>	4:50.72	(2)	* 30
<b>Finals Splits:</b>	38.30	1:18.44 (40.14)	1:34.66 (16.22)	2:22.66 (48.00)	
	3:03.11 (40.45)	3:49.80 (46.69)	4:17.59 (27.79)	4:50.72 (33.13)	
		<b>&lt;&lt; #39 Mixed 25-34 400 Free Relay - CM-Y-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00	<b>Finals Time:</b>	4:09.45	(1)	* 34
<b>Finals Splits:</b>	31.29		1:33.13 ( )	2:06.96 (33.83)	
	2:38.46 (31.50)	3:12.42 (33.96)	3:28.42 (16.00)	4:09.45 (41.03)	
		<b>&lt;&lt; #51 Mixed 25-34 200 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:40.00	<b>Finals Time:</b>	2:22.35	(1)	* 34
<b>Finals Splits:</b>	49.94	1:20.23 (30.29)	1:55.37 (35.14)	2:22.35 (26.98)	

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**Dennis Shannon - 70**

**Cavalier Masters-12**

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		<b>&lt;&lt; #12 Men 70-74 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:19.00	<b>Finals Time:</b>	1:19.07	(2)	15
		ZONECHAMPS: 1:23.28Y			
<b>Finals Splits:</b>	33.34	1:19.07 (45.73)			
		<b>&lt;&lt; #22 Men 70-74 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	37.80	<b>Finals Time:</b>	36.10	(2)	* 15
		<b>&lt;&lt; #32 Men 70-74 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	31.30	<b>Finals Time:</b>	31.81	(2)	15
		<b>&lt;&lt; #48 Men 70-74 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:20.50	<b>Finals Time:</b>	1:19.75	(4)	* 13
<b>Finals Splits:</b>	34.58	1:19.75 (45.17)			
		<b>&lt;&lt; #14 Men 65-74 200 Free Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:55.84	<b>Finals Time:</b>	2:09.16	(1)	34
		<b>&lt;&lt; #26 Men 55-64 400 Medley Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	6:15.00	<b>Finals Time:</b>	6:47.83	(2)	30
<b>Finals Splits:</b>	58.27	1:56.78 (58.51)	2:54.28 (57.50)	3:49.72 (55.44)	
	4:34.83 (45.11)		6:08.79 ( )	6:47.83 (39.04)	
		<b>&lt;&lt; #39 Mixed 65-74 400 Free Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:36.77	<b>Finals Time:</b>	4:39.19	(1)	34
<b>Finals Splits:</b>	32.02	1:08.38 (36.36)	1:43.55 (35.17)	2:23.59 (40.04)	
	2:57.32 (33.73)	3:33.76 (36.44)	4:05.05 (31.29)	4:39.19 (34.14)	
		<b>&lt;&lt; #50 Men 65-74 200 Medley Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	2:11.46	<b>Finals Time:</b>	2:23.36	(1)	34
<b>Finals Splits:</b>	34.70	1:12.90 (38.20)	1:45.64 (32.74)	2:23.36 (37.72)	

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**Lauren Soleo - 24**

**Cavalier Masters-12**

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<< #5 Women 18-24 500 Free >>

<b>Seed Time:</b>	6:15.00	<b>Finals Time:</b>	6:07.44	(2) * 15
<b>Finals Splits:</b>	33.85	1:09.25 (35.40)	1:45.60 (36.35)	2:21.71 (36.11)
	2:58.90 (37.19)	3:35.82 (36.92)	4:13.07 (37.25)	4:50.97 (37.90)
	5:29.38 (38.41)	6:07.44 (38.06)		

<< #11 Women 18-24 100 Fly >>

<b>Seed Time:</b>	1:20.00	<b>Finals Time:</b>	1:14.28	(4) * 13
<b>Finals Splits:</b>	34.84	1:14.28 (39.44)		

<< #23 Women 18-24 100 Free >>

<b>Seed Time:</b>	1:06.00	<b>Finals Time:</b>	1:05.03	(5) * 12
<b>Finals Splits:</b>	31.52	1:05.03 (33.51)		

<< #13 Women 18-24 200 Free Relay - CM-Y-12 A - Leg 4 >>

<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:09.33	(3) * 28
<b>Finals Splits:</b>	29.14	1:06.17 (37.03)	1:39.50 (33.33)	2:09.33 (29.83)

<< #25 Women 18-24 400 Medley Relay - CM-Y-12 A - Leg >>

<b>Seed Time:</b>	2:25.00	<b>Finals Time:</b>	5:41.99	(3) 28
<b>Finals Splits:</b>	45.42	1:33.15 (47.73)	1:50.05 (16.90)	2:06.50 (16.45)
	2:59.35 (52.85)	3:33.70 (34.35)	4:54.12 (1:20.42)	5:41.99 (47.87)

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**William Wardle - 72**

**Cavalier Masters-12**

		<b>&lt;&lt; #10 Men 70-74 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:35.71		<b>Finals Time:</b>	2:36.31	(1) 17
			ZONECHAMPS: 2:40.19Y		
<b>Finals Splits:</b>	36.68	1:15.65 (38.97)	1:56.50 (40.85)	2:36.31 (39.81)	
		<b>&lt;&lt; #22 Men 70-74 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	34.05		<b>Finals Time:</b>	34.24	(1) 17
		<b>&lt;&lt; #34 Men 70-74 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:11.72		<b>Finals Time:</b>	1:13.01	(1) 17
<b>Finals Splits:</b>	35.67	1:13.01 (37.34)			
		<b>&lt;&lt; #48 Men 70-74 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:14.73		<b>Finals Time:</b>	1:15.93	(2) 15
<b>Finals Splits:</b>	35.59	1:15.93 (40.34)			
		<b>&lt;&lt; #14 Men 65-74 200 Free Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:55.84		<b>Finals Time:</b>	2:09.16	(1) 34
		<b>&lt;&lt; #27 Mixed 65-74 400 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	5:23.62		<b>Finals Time:</b>	5:22.25	(1) * 34
		ZONECHAMPS: 5:23.62Y			
<b>Finals Splits:</b>	37.08	1:14.02 (36.94)	1:30.35 (16.33)	1:53.37 (23.02)	
	2:37.75 (44.38)	3:17.60 (39.85)	4:06.13 (48.53)	5:22.25 (1:16.12)	
		<b>&lt;&lt; #39 Mixed 25-34 400 Free Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00		<b>Finals Time:</b>	4:09.45	(1) * 34
<b>Finals Splits:</b>	31.29		1:33.13 ( )	2:06.96 (33.83)	
	2:38.46 (31.50)	3:12.42 (33.96)	3:28.42 (16.00)	4:09.45 (41.03)	
		<b>&lt;&lt; #50 Men 65-74 200 Medley Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	2:11.46		<b>Finals Time:</b>	2:23.36	(1) 34
<b>Finals Splits:</b>	34.70	1:12.90 (38.20)	1:45.64 (32.74)	2:23.36 (37.72)	

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**Diana Williams - 69**

**Cavalier Masters-12**

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		<b>&lt;&lt; #7 Women 65-69 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	37.84		<b>Finals Time:</b>	36.31 (2) * 15	
		<b>&lt;&lt; #23 Women 65-69 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:25.00		<b>Finals Time:</b>	1:22.79 (4) * 13	
<b>Finals Splits:</b>	39.87	1:22.79 (42.92)			
		<b>&lt;&lt; #47 Women 65-69 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:00.00		<b>Finals Time:</b>	1:52.25 (4) * 13	
<b>Finals Splits:</b>	53.78	1:52.25 (58.47)			
		<b>&lt;&lt; #13 Women 65-74 200 Free Relay - CM-Y-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:15.00		<b>Finals Time:</b>	2:55.61 (1) * 34	
<b>Finals Splits:</b>	1:05.75	1:44.07 (38.32)	2:19.98 (35.91)	2:55.61 (35.63)	
		<b>&lt;&lt; #39 Mixed 55-64 400 Free Relay - CM-Y-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	5:40.00		<b>Finals Time:</b>	5:27.26 (1) * 34	
<b>Finals Splits:</b>	38.86	1:23.95 (45.09)	2:06.60 (42.65)	2:55.07 (48.47)	
	3:33.47 (38.40)	4:11.93 (38.46)	4:47.44 (35.51)	5:27.26 (39.82)	
		<b>&lt;&lt; #49 Women 65-74 200 Medley Relay - CM-Y-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	3:30.00		<b>Finals Time:</b>	3:25.86 (1) * 34	
<b>Finals Splits:</b>	45.52	1:47.97 (1:02.45)	2:26.44 (38.47)	3:25.86 (59.42)	

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**Raymond Toy - 57**

**Central Marvland YMCA Masters-9**

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<b>Seed Time:</b>	30.65	<< #8 Men 55-59 50 Free >>	<b>Finals Time:</b>	30.44	(9) * 8
<b>Seed Time:</b>	40.33	<< #22 Men 55-59 50 Back >>	<b>Finals Time:</b>	40.95	(4) 13
<b>Seed Time:</b>	1:11.38	<< #24 Men 55-59 100 Free >>	<b>Finals Time:</b>	1:10.14	(6) * 11
<b>Finals Splits:</b>		35.00 1:10.14 (35.14)			
<b>Seed Time:</b>	38.05	<< #32 Men 55-59 50 Fly >>	<b>Finals Time:</b>	36.24	(9) * 8
<b>Seed Time:</b>	1:34.92	<< #34 Men 55-59 100 Back >>	<b>Finals Time:</b>	1:29.85	(3) * 14
<b>Finals Splits:</b>		43.08 1:29.85 (46.77)			
<b>Seed Time:</b>	1:29.63	<< #48 Men 55-59 100 IM >>	<b>Finals Time:</b>	1:24.99	(7) * 10
<b>Finals Splits:</b>		39.26 1:24.99 (45.73)			

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Dana Adkins - 47**

**Club Tribe-12**

		<b>&lt;&lt; #8 Men 45-49 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	26.59		<b>Finals Time:</b>	25.95	(3) * 14
		<b>&lt;&lt; #12 Men 45-49 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:09.43		<b>Finals Time:</b>	1:05.27	(4) * 13
<b>Finals Splits:</b>		30.79	1:05.27 (34.48)		
		<b>&lt;&lt; #24 Men 45-49 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	58.45		<b>Finals Time:</b>	57.14	(1) * 17
<b>Finals Splits:</b>		27.58	57.14 (29.56)		
		<b>&lt;&lt; #32 Men 45-49 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	29.96		<b>Finals Time:</b>	29.18	(3) * 14
		<b>&lt;&lt; #42 Men 45-49 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:29.67		<b>Finals Time:</b>	2:28.46	(1) * 17
<b>Finals Splits:</b>		33.49	1:11.50 (38.01)	1:50.51 (39.01)	2:28.46 (37.95)
		<b>&lt;&lt; #48 Men 45-49 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:07.69		<b>Finals Time:</b>	1:09.37	(3) 14
<b>Finals Splits:</b>		33.43	1:09.37 (35.94)		
		<b>&lt;&lt; #15 Mixed 45-54 200 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	2:04.00		<b>Finals Time:</b>	2:02.78	(1) * 34
<b>Finals Splits:</b>		25.90	53.80 (27.90)	1:30.45 (36.65)	2:02.78 (32.33)
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - 1693-12 B - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	4:18.00		<b>Finals Time:</b>	4:22.82	(2) 30
<b>Finals Splits:</b>		31.14	1:05.09 (33.95)	1:40.67 (35.58)	2:21.99 (41.32)
		2:52.18 (30.19)	3:25.67 (33.49)	3:52.45 (26.78)	4:22.82 (30.37)
		<b>&lt;&lt; #39 Mixed 45-54 400 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	4:08.00		<b>Finals Time:</b>	4:10.20	(1) 34
<b>Finals Splits:</b>		27.57	57.76 (30.19)	1:25.37 (27.61)	1:55.17 (29.80)
		2:29.04 (33.87)	3:07.06 (38.02)	3:36.37 (29.31)	4:10.20 (33.83)
		<b>&lt;&lt; #50 Men 35-44 200 Medley Relay - 1693-12 B - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:57.50		<b>Finals Time:</b>	1:58.90	(2) 30
<b>Finals Splits:</b>		31.79	1:02.80 (31.01)	1:32.55 (29.75)	1:58.90 (26.35)



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

David Bell - 48

Club Tribe-12

		<b>&lt;&lt; #10 Men 45-49 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:08.88		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #12 Men 45-49 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	56.38		<b>Finals Time:</b>	56.14	(1) * 17
<b>Finals Splits:</b>		25.68	56.14 (30.46)		
		<b>&lt;&lt; #22 Men 45-49 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	25.98		<b>Finals Time:</b>	26.37	(1) 17
		<b>&lt;&lt; #32 Men 45-49 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	25.38		<b>Finals Time:</b>	24.89	(1) * 17
		<b>&lt;&lt; #34 Men 45-49 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	57.98		<b>Finals Time:</b>	59.38	(1) 17
<b>Finals Splits:</b>		28.65	59.38 (30.73)		
		<b>&lt;&lt; #48 Men 45-49 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	58.48		<b>Finals Time:</b>	58.43	(1) * 17
<b>Finals Splits:</b>		26.16	58.43 (32.27)		
		<b>&lt;&lt; #14 Men 45-54 200 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:36.00		<b>Finals Time:</b>	1:37.02	(1) 34
<b>Finals Splits:</b>		23.81	47.89 (24.08)	1:04.46 (16.57)	1:37.02 (32.56)
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	3:59.00		<b>Finals Time:</b>	4:01.94	(1) 34
<b>Finals Splits:</b>		ZONECHAMPS: 4:05.58Y			
		28.48	59.78 (31.30)	1:31.32 (31.54)	2:08.07 (36.75)
		2:36.16 (28.09)	3:09.61 (33.45)	3:34.61 (25.00)	4:01.94 (27.33)
		<b>&lt;&lt; #38 Men 45-54 400 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	3:35.00		<b>Finals Time:</b>	3:39.44	(1) 34
<b>Finals Splits:</b>		25.76	53.47 (27.71)	1:20.58 (27.11)	1:49.56 (28.98)
		2:16.40 (26.84)	2:46.07 (29.67)	3:11.67 (25.60)	3:39.44 (27.77)
		<b>&lt;&lt; #50 Men 35-44 200 Medley Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.50		<b>Finals Time:</b>	1:41.87	(1) * 34
<b>Finals Splits:</b>		ZONECHAMPS: 1:41.88Y			
		27.07	55.20 (28.13)	1:18.62 (23.42)	1:41.87 (23.25)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Jacob Blindenbach - 24**

Club Tribe-12

		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	22.21		<b>Finals Time:</b>	21.67	(2) * 15
		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	54.20		<b>Finals Time:</b>	50.67	(1) * 17
<b>Finals Splits:</b>		23.00	50.67 (27.67)		
		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.76		<b>Finals Time:</b>	59.92	(1) * 17
<b>Finals Splits:</b>		28.35	59.92 (31.57)		
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	22.90		<b>Finals Time:</b>	22.95	(2) 15
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	55.17		<b>Finals Time:</b>	54.20	(3) * 14
<b>Finals Splits:</b>		24.69	54.20 (29.51)		
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:26.50		<b>Finals Time:</b>	1:28.34	(1) 34
<b>Finals Splits:</b>		22.50	44.13 (21.63)	1:07.03 (22.90)	1:28.34 (21.31)
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - 1693-12 B - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	3:47.00		<b>Finals Time:</b>	3:42.25	(2) * 30
<b>Finals Splits:</b>		27.77	56.67 (28.90)	1:25.24 (28.57)	1:58.73 (33.49)
		2:23.46 (24.73)	2:53.46 (30.00)	3:16.61 (23.15)	3:42.25 (25.64)
		<b>&lt;&lt; #38 Men 18-24 400 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:14.00		<b>Finals Time:</b>	DQ	
<b>Finals Splits:</b>		22.63	47.16 (24.53)	1:09.71 (22.55)	1:35.34 (25.63)
		1:57.86 (22.52)	2:23.44 (25.58)	2:46.78 (23.34)	DQ (25.77)
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.50		<b>Finals Time:</b>	1:34.61	(1) * 34
<b>Finals Splits:</b>		24.69	50.68 (25.99)	1:13.51 (22.83)	1:34.61 (21.10)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Ryan Bracewell - 22**

**Club Tribe-12**

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		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24.11		<b>Finals Time:</b>	24.46 (7) 10	
		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.54		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	54.13		<b>Finals Time:</b>	53.44 (6) * 11	
<b>Finals Splits:</b>		25.46	53.44 (27.98)		
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	26.52		<b>Finals Time:</b>	26.54 (8) 9	
		<b>&lt;&lt; #44 Men 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	27.33		<b>Finals Time:</b>	27.99 (2) 15	
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - 1693-12 B - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.00		<b>Finals Time:</b>	1:31.75 (2) * 30	
<b>Finals Splits:</b>		22.76	45.66 (22.90)	1:09.05 (23.39) 1:31.75 (22.70)	
		<b>&lt;&lt; #38 Men 18-24 400 Free Relay - 1693-12 B - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	3:38.00		<b>Finals Time:</b>	3:35.57 (1) * 34	
<b>Finals Splits:</b>		26.43	55.56 (29.13)	1:21.07 (25.51) 1:50.57 (29.50)	
		2:16.39 (25.82)	2:44.32 (27.93)	3:08.68 (24.36) 3:35.57 (26.89)	
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - 1693-12 B - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:43.00		<b>Finals Time:</b>	1:42.31 (2) * 30	
<b>Finals Splits:</b>		25.81	53.31 (27.50)	1:17.87 (24.56) 1:42.31 (24.44)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Peter Brukx - 24**

**Club Tribe-12**

		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	21.26				
		<b>Finals Time:</b>		21.42	(1) 17
		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	50.56				
<b>Finals Splits:</b>		23.69	51.03 (27.34)	51.03	(2) 15
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	47.06				
		<b>Finals Time:</b>		NS	
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	22.97				
		<b>Finals Time:</b>		22.82	(1) * 17
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	54.91				
<b>Finals Splits:</b>		24.33	54.21 (29.88)	54.21	(4) * 13
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:26.50				
<b>Finals Splits:</b>		22.50	44.13 (21.63)	1:07.03 (22.90)	1:28.34 (21.31)
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:25.00				
		<b>Finals Time:</b>		3:26.02	(1) 34
		ZONECHAMPS: 3:36.99Y			
<b>Finals Splits:</b>		25.40	52.59 (27.19)	1:17.97 (25.38)	1:48.40 (30.43)
		2:11.48 (23.08)	2:38.47 (26.99)	3:01.02 (22.55)	3:26.02 (25.00)
		<b>&lt;&lt; #38 Men 18-24 400 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	3:14.00				
<b>Finals Splits:</b>		22.63	47.16 (24.53)	1:09.71 (22.55)	1:35.34 (25.63)
		1:57.86 (22.52)	2:23.44 (25.58)	2:46.78 (23.34)	DQ (25.77)
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.50				
<b>Finals Splits:</b>		24.69	50.68 (25.99)	1:13.51 (22.83)	1:34.61 (21.10)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Sirin Bulakul - 36**

**Club Tribe-12**

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		<b>&lt;&lt; #8 Men 35-39 50 Free &gt;&gt;</b>				
<b>Seed Time:</b>	22.20		<b>Finals Time:</b>	22.00	(1)	* 17
		<b>&lt;&lt; #22 Men 35-39 50 Back &gt;&gt;</b>				
<b>Seed Time:</b>	26.15		<b>Finals Time:</b>	25.09	(1)	* 17
		<b>&lt;&lt; #24 Men 35-39 100 Free &gt;&gt;</b>				
<b>Seed Time:</b>	49.58		<b>Finals Time:</b>	48.27	(1)	* 17
<b>Finals Splits:</b>		23.46	48.27 (24.81)			
		<b>&lt;&lt; #14 Men 35-44 200 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	1:34.50		<b>Finals Time:</b>	1:34.46	(1)	* 34
<b>Finals Splits:</b>		23.99	47.19 (23.20)	1:12.33 (25.14)	1:34.46 (22.13)	
		<b>&lt;&lt; #26 Men 35-44 400 Medley Relay - 1693-12 A - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	3:48.00		<b>Finals Time:</b>	3:41.93	(1)	* 34
		ZONECHAMPS: 3:45.77Y				
<b>Finals Splits:</b>		26.92	55.12 (28.20)	1:23.60 (28.48)	1:56.67 (33.07)	
		2:21.77 (25.10)	2:50.53 (28.76)	3:07.46 (16.93)	3:41.93 (34.47)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Michele Choe - 46**

Club Tribe-12

		<b>&lt;&lt; #7 Women 45-49 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	27.50		<b>Finals Time:</b>	28.37	(1) 17
		<b>&lt;&lt; #21 Women 45-49 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	32.50		<b>Finals Time:</b>	33.40	(1) 17
		<b>&lt;&lt; #31 Women 45-49 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	29.80		<b>Finals Time:</b>	31.24	(1) 17
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:59.50		<b>Finals Time:</b>	1:56.05	(1) * 34
<b>Finals Splits:</b>		33.79	1:00.17 (26.38)	1:16.23 (16.06)	1:56.05 (39.82)
		<b>&lt;&lt; #15 Mixed 45-54 200 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	2:04.00		<b>Finals Time:</b>	2:02.78	(1) * 34
<b>Finals Splits:</b>		25.90	53.80 (27.90)	1:30.45 (36.65)	2:02.78 (32.33)
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - 1693-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00		<b>Finals Time:</b>	4:59.20	(1) 34
<b>Finals Splits:</b>		35.84	1:14.11 (38.27)	1:49.93 (35.82)	2:30.92 (40.99)
		3:05.23 (34.31)	3:47.53 (42.30)	4:21.52 (33.99)	4:59.20 (37.68)
		<b>&lt;&lt; #39 Mixed 45-54 400 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	4:08.00		<b>Finals Time:</b>	4:10.20	(1) 34
<b>Finals Splits:</b>		27.57	57.76 (30.19)	1:25.37 (27.61)	1:55.17 (29.80)
		2:29.04 (33.87)	3:07.06 (38.02)	3:36.37 (29.31)	4:10.20 (33.83)
		<b>&lt;&lt; #49 Women 18-24 200 Medley Relay - 1693-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:12.50		<b>Finals Time:</b>	2:11.57	(1) * 34
<b>Finals Splits:</b>		33.18	1:08.18 (35.00)	1:39.14 (30.96)	2:11.57 (32.43)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Daniel Earle - 52**

**Club Tribe-12**

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<< #30 Men 50-54 400 IM >>

<b>Seed Time:</b>	6:06.72		<b>Finals Time:</b>	5:29.02	(2) * 15
<b>Finals Splits:</b>		34.98	1:15.46 (40.48)	1:57.02 (41.56)	2:37.19 (40.17)
		3:24.97 (47.78)	4:13.65 (48.68)	4:52.22 (38.57)	5:29.02 (36.80)

<< #34 Men 50-54 100 Back >>

<b>Seed Time:</b>	1:09.52		<b>Finals Time:</b>	1:08.97	(4) * 13
<b>Finals Splits:</b>		34.19	1:08.97 (34.78)		

<< #38 Men 45-54 400 Free Relay - 1693-12 B - Leg 3 >>

<b>Seed Time:</b>	3:59.00		<b>Finals Time:</b>	4:15.51	(2) 30
<b>Finals Splits:</b>		27.64	58.62 (30.98)	1:27.62 (29.00)	2:00.87 (33.25)
		2:30.32 (29.45)	3:01.71 (31.39)	3:17.14 (15.43)	4:15.51 (58.37)

<< #50 Men 25-34 200 Medley Relay - 1693-12 A - Leg 1 >>

<b>Seed Time:</b>	2:12.50		<b>Finals Time:</b>	2:10.30	(1) * 34
<b>Finals Splits:</b>		32.06	1:05.49 (33.43)	1:34.95 (29.46)	2:10.30 (35.35)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Evan Elsaesser - 39**

**Club Tribe-12**

		<b>&lt;&lt; #8 Men 35-39 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	22.90				
		<b>Finals Time:</b>	22.86	(2)	* 15
		<b>&lt;&lt; #12 Men 35-39 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	52.94				
<b>Finals Splits:</b>		24.75	53.44 (28.69)	(1)	17
		<b>&lt;&lt; #22 Men 35-39 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	26.07				
		<b>Finals Time:</b>	25.85	(2)	* 15
		<b>&lt;&lt; #32 Men 35-39 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	23.36				
		<b>Finals Time:</b>	23.64	(1)	17
		<b>&lt;&lt; #14 Men 35-44 200 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:34.50				
<b>Finals Splits:</b>		23.99	47.19 (23.20)	1:12.33 (25.14)	1:34.46 (22.13)
		<b>&lt;&lt; #26 Men 35-44 400 Medley Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:48.00				
		<b>Finals Time:</b>	3:41.93	(1)	* 34
		ZONECHAMPS: 3:45.77Y			
<b>Finals Splits:</b>		26.92	55.12 (28.20)	1:23.60 (28.48)	1:56.67 (33.07)
		2:21.77 (25.10)	2:50.53 (28.76)	3:07.46 (16.93)	3:41.93 (34.47)
		<b>&lt;&lt; #38 Men 35-44 400 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	3:33.00				
<b>Finals Splits:</b>		24.58	51.08 (26.50)	1:16.80 (25.72)	1:44.65 (27.85)
		2:11.09 (26.44)	2:40.07 (28.98)	3:04.27 (24.20)	3:31.49 (27.22)
		<b>&lt;&lt; #50 Men 35-44 200 Medley Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.50				
		<b>Finals Time:</b>	1:41.87	(1)	* 34
		ZONECHAMPS: 1:41.88Y			
<b>Finals Splits:</b>		27.07	55.20 (28.13)	1:18.62 (23.42)	1:41.87 (23.25)



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Dan Gowetski - 46**

**Club Tribe-12**

	<b>&lt;&lt; #8 Men 45-49 50 Free &gt;&gt;</b>				
<b>Seed Time:</b>	25.69		<b>Finals Time:</b>	26.23	(4) 13
	<b>&lt;&lt; #18 Men 45-49 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	1:05.69		<b>Finals Time:</b>	1:08.78	(2) 15
<b>Finals Splits:</b>	31.60	1:08.78 (37.18)			
	<b>&lt;&lt; #36 Men 45-49 200 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	2:25.69		<b>Finals Time:</b>	2:37.35	(1) 17
<b>Finals Splits:</b>	33.42	1:11.20 (37.78)	1:52.10 (40.90)	2:37.35 (45.25)	
	<b>&lt;&lt; #44 Men 45-49 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	29.69		<b>Finals Time:</b>	30.72	(3) 14
	<b>&lt;&lt; #14 Men 45-54 200 Free Relay - 1693-12 B - Leg 3 &gt;&gt;</b>				
<b>Seed Time:</b>	1:45.00		<b>Finals Time:</b>	1:43.71	(2) * 30
<b>Finals Splits:</b>	25.29	51.27 (25.98)	1:17.17 (25.90)	1:43.71 (26.54)	
	<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - 1693-12 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	3:59.00		<b>Finals Time:</b>	4:01.94	(1) 34
	ZONECHAMPS: 4:05.58Y				
<b>Finals Splits:</b>	28.48	59.78 (31.30)	1:31.32 (31.54)	2:08.07 (36.75)	
	2:36.16 (28.09)	3:09.61 (33.45)	3:34.61 (25.00)	4:01.94 (27.33)	
	<b>&lt;&lt; #38 Men 45-54 400 Free Relay - 1693-12 B - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	3:59.00		<b>Finals Time:</b>	4:15.51	(2) 30
<b>Finals Splits:</b>	27.64	58.62 (30.98)	1:27.62 (29.00)	2:00.87 (33.25)	
	2:30.32 (29.45)	3:01.71 (31.39)	3:17.14 (15.43)	4:15.51 (58.37)	
	<b>&lt;&lt; #50 Men 35-44 200 Medley Relay - 1693-12 B - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	1:57.50		<b>Finals Time:</b>	1:58.90	(2) 30
<b>Finals Splits:</b>	31.79	1:02.80 (31.01)	1:32.55 (29.75)	1:58.90 (26.35)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Brendan Griffin - 40**

Club Tribe-12

<< #1 Men 40-44 1000 Free >>

<b>Seed Time:</b>	11:42.08	<b>Finals Time:</b>			11:30.27	(1) * 17
<b>Finals Splits:</b>		27.86	58.40 (30.54)	1:30.16 (31.76)	2:02.84 (32.68)	
		2:35.88 (33.04)	3:09.31 (33.43)	3:42.89 (33.58)	4:17.09 (34.20)	
		4:51.90 (34.81)	5:27.25 (35.35)	6:02.98 (35.73)	6:38.86 (35.88)	
		7:15.34 (36.48)	7:51.34 (36.00)	8:27.74 (36.40)	9:03.71 (35.97)	
		9:40.93 (37.22)	10:17.85 (36.92)	10:54.30 (36.45)	11:30.27 (35.97)	

<< #6 Men 40-44 500 Free >>

<b>Seed Time:</b>	5:36.87	<b>Finals Time:</b>			5:27.83	(4) * 13
<b>Finals Splits:</b>		28.86	59.83 (30.97)	1:31.80 (31.97)	2:04.23 (32.43)	
		2:37.03 (32.80)	3:10.14 (33.11)	3:43.67 (33.53)	4:18.19 (34.52)	
		4:52.85 (34.66)	5:27.83 (34.98)			

<< #10 Men 40-44 200 Back >>

<b>Seed Time:</b>	2:15.63	<b>Finals Time:</b>			2:10.97	(2) * 15
<b>Finals Splits:</b>		30.98	1:03.17 (32.19)	1:36.50 (33.33)	2:10.97 (34.47)	

<< #20 Men 40-44 200 IM >>

<b>Seed Time:</b>	2:24.59	<b>Finals Time:</b>			2:14.14	(2) * 15
<b>Finals Splits:</b>		29.63	1:02.98 (33.35)	1:41.83 (38.85)	2:14.14 (32.31)	

<< #30 Men 40-44 400 IM >>

<b>Seed Time:</b>	5:10.00	<b>Finals Time:</b>			4:50.37	(1) * 17
<b>Finals Splits:</b>		30.30	1:05.56 (35.26)	1:41.65 (36.09)	2:17.15 (35.50)	
		2:58.21 (41.06)	3:40.85 (42.64)	4:15.95 (35.10)	4:50.37 (34.42)	

<< #34 Men 40-44 100 Back >>

<b>Seed Time:</b>	1:04.56	<b>Finals Time:</b>			1:01.58	(1) * 17
<b>Finals Splits:</b>		30.12	1:01.58 (31.46)			

<< #46 Men 40-44 200 Free >>

<b>Seed Time:</b>	2:08.62	<b>Finals Time:</b>			2:00.57	(2) * 15
<b>Finals Splits:</b>		28.15	58.36 (30.21)	1:29.62 (31.26)	2:00.57 (30.95)	

<< #48 Men 40-44 100 IM >>

<b>Seed Time:</b>	1:07.87	<b>Finals Time:</b>			1:02.88	(1) * 17
<b>Finals Splits:</b>		29.22	1:02.88 (33.66)			

<< #301 Men 40-44 500 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>			5:27.25	(1)
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<< #14 Men 35-44 200 Free Relay - 1693-12 A - Leg 3 >>

<b>Seed Time:</b>	1:34.50	<b>Finals Time:</b>			1:34.46	(1) * 34
<b>Finals Splits:</b>		23.99	47.19 (23.20)	1:12.33 (25.14)	1:34.46 (22.13)	

<< #26 Men 25-34 400 Medley Relay - 1693-12 A - Leg 4 >>

<b>Seed Time:</b>	4:12.00	<b>Finals Time:</b>			4:13.00	(1) 34
<b>Finals Splits:</b>		32.61	1:06.82 (34.21)	1:38.00 (31.18)	2:14.76 (36.76)	
		2:43.12 (28.36)	3:17.16 (34.04)	3:43.79 (26.63)	4:13.00 (29.21)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Brendan Griffin - 40**

**Club Tribe-12**

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<< #38 Men 35-44 400 Free Relay - 1693-12 A - Leg 3 >>

<b>Seed Time:</b>	3:33.00		<b>Finals Time:</b>	3:31.49	(1) * 34
<b>Finals Splits:</b>		24.58	51.08 (26.50)	1:16.80 (25.72)	1:44.65 (27.85)
		2:11.09 (26.44)	2:40.07 (28.98)	3:04.27 (24.20)	3:31.49 (27.22)

<< #50 Men 35-44 200 Medley Relay - 1693-12 B - Leg 1 >>

<b>Seed Time:</b>	1:57.50		<b>Finals Time:</b>	1:58.90	(2) 30
<b>Finals Splits:</b>		31.79	1:02.80 (31.01)	1:32.55 (29.75)	1:58.90 (26.35)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

**Cliff Harbourt - 51**

**Club Tribe-12**

		<b>&lt;&lt; #12 Men 50-54 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.31		<b>Finals Time:</b>	1:02.34	(4) 13
<b>Finals Splits:</b>		28.86	1:02.34 (33.48)		
		<b>&lt;&lt; #24 Men 50-54 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	55.79		<b>Finals Time:</b>	56.75	(7) 10
<b>Finals Splits:</b>		26.92	56.75 (29.83)		
		<b>&lt;&lt; #32 Men 50-54 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	27.10		<b>Finals Time:</b>	27.28	(4) 13
		<b>&lt;&lt; #42 Men 50-54 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:32.91		<b>Finals Time:</b>	2:36.27	(1) 17
<b>Finals Splits:</b>		34.54	1:13.64 (39.10)	1:55.26 (41.62)	2:36.27 (41.01)
		<b>&lt;&lt; #14 Men 45-54 200 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:36.00		<b>Finals Time:</b>	1:37.02	(1) 34
<b>Finals Splits:</b>		23.81	47.89 (24.08)	1:04.46 (16.57)	1:37.02 (32.56)
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - 1693-12 B - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	4:18.00		<b>Finals Time:</b>	4:22.82	(2) 30
<b>Finals Splits:</b>		31.14	1:05.09 (33.95)	1:40.67 (35.58)	2:21.99 (41.32)
		2:52.18 (30.19)	3:25.67 (33.49)	3:52.45 (26.78)	4:22.82 (30.37)
		<b>&lt;&lt; #38 Men 45-54 400 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:35.00		<b>Finals Time:</b>	3:39.44	(1) 34
<b>Finals Splits:</b>		25.76	53.47 (27.71)	1:20.58 (27.11)	1:49.56 (28.98)
		2:16.40 (26.84)	2:46.07 (29.67)	3:11.67 (25.60)	3:39.44 (27.77)
		<b>&lt;&lt; #50 Men 45-54 200 Medley Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:49.90		<b>Finals Time:</b>	1:49.91	(1) 34
<b>Finals Splits:</b>		29.33	59.05 (29.72)	1:26.28 (27.23)	1:49.91 (23.63)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Bill Harper - 56**

**Club Tribe-12**

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<b>Seed Time:</b>	29:30.00	<b>&lt;&lt; #3 Mixed 55-59 1650 Free &gt;&gt;</b>			
		<b>Finals Time:</b>		DQ	
<b>Seed Time:</b>	35.00	<b>&lt;&lt; #8 Men 55-59 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>	37.05	(10)	7
<b>Seed Time:</b>	1:15.15	<b>&lt;&lt; #24 Men 55-59 100 Free &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>	1:25.44	(8)	9
		40.15	1:25.44 (45.29)		
<b>Seed Time:</b>	3:00.00	<b>&lt;&lt; #46 Men 55-59 200 Free &gt;&gt;</b>			
		<b>Finals Time:</b>		NS	
<b>Seed Time:</b>	NT	<b>&lt;&lt; #303 Mixed 55-59 1000 Free &gt;&gt;</b>			
		<b>Finals Time:</b>		NS	
<b>Seed Time:</b>	2:04.00	<b>&lt;&lt; #15 Mixed 45-54 200 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>	2:02.78	(1) * 34	
		25.90	53.80 (27.90)	1:30.45 (36.65)	2:02.78 (32.33)
<b>Seed Time:</b>	2:12.50	<b>&lt;&lt; #50 Men 25-34 200 Medley Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>	2:10.30	(1) * 34	
		32.06	1:05.49 (33.43)	1:34.95 (29.46)	2:10.30 (35.35)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**David Hildebrand - 43**

**Club Tribe-12**

<< #3 Mixed 40-44 1650 Free >>

<b>Seed Time:</b>	18:00.48	<b>Finals Time:</b>	18:24.38	(1)	17
<b>Finals Splits:</b>	28.68	1:00.25 (31.57)	1:32.45 (32.20)	2:05.27 (32.82)	
	2:38.34 (33.07)	3:11.44 (33.10)	3:44.63 (33.19)	4:17.95 (33.32)	
	4:51.23 (33.28)	5:24.24 (33.01)	5:57.49 (33.25)	6:30.62 (33.13)	
	7:03.66 (33.04)	7:36.82 (33.16)	8:10.26 (33.44)	8:43.70 (33.44)	
	9:17.37 (33.67)	9:50.77 (33.40)	10:24.60 (33.83)	10:58.61 (34.01)	
	11:32.65 (34.04)	12:06.81 (34.16)	12:40.86 (34.05)	13:15.26 (34.40)	
	13:49.73 (34.47)	14:24.09 (34.36)	14:58.40 (34.31)	15:32.62 (34.22)	
	16:07.33 (34.71)	16:41.85 (34.52)	17:16.15 (34.30)	17:50.71 (34.56)	
	18:24.38 (33.67)				

<< #6 Men 40-44 500 Free >>

<b>Seed Time:</b>	5:08.11	<b>Finals Time:</b>	5:13.27	(1)	17
<b>Finals Splits:</b>	27.45	57.49 (30.04)	1:28.64 (31.15)	2:00.05 (31.41)	
	2:31.46 (31.41)	3:03.34 (31.88)	3:35.53 (32.19)	4:08.18 (32.65)	
	4:41.04 (32.86)	5:13.27 (32.23)			

<< #24 Men 40-44 100 Free >>

<b>Seed Time:</b>	50.88	<b>Finals Time:</b>	51.11	(1)	17
<b>Finals Splits:</b>	24.56	51.11 (26.55)			

<< #46 Men 40-44 200 Free >>

<b>Seed Time:</b>	1:50.33	<b>Finals Time:</b>	1:52.63	(1)	17
<b>Finals Splits:</b>	26.27	54.89 (28.62)	1:23.85 (28.96)	1:52.63 (28.78)	

<< #303 Mixed 40-44 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	10:58.61	(1)	
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<< #14 Men 35-44 200 Free Relay - 1693-12 A - Leg 2 >>

<b>Seed Time:</b>	1:34.50	<b>Finals Time:</b>	1:34.46	(1)	* 34
<b>Finals Splits:</b>	23.99	47.19 (23.20)	1:12.33 (25.14)	1:34.46 (22.13)	

<< #26 Men 35-44 400 Medley Relay - 1693-12 A - Leg 4 >>

<b>Seed Time:</b>	3:48.00	<b>Finals Time:</b>	3:41.93	(1)	* 34
		ZONECHAMPS: 3:45.77Y			
<b>Finals Splits:</b>	26.92	55.12 (28.20)	1:23.60 (28.48)	1:56.67 (33.07)	
	2:21.77 (25.10)	2:50.53 (28.76)	3:07.46 (16.93)	3:41.93 (34.47)	

<< #38 Men 35-44 400 Free Relay - 1693-12 A - Leg 4 >>

<b>Seed Time:</b>	3:33.00	<b>Finals Time:</b>	3:31.49	(1)	* 34
<b>Finals Splits:</b>	24.58	51.08 (26.50)	1:16.80 (25.72)	1:44.65 (27.85)	
	2:11.09 (26.44)	2:40.07 (28.98)	3:04.27 (24.20)	3:31.49 (27.22)	

<< #50 Men 35-44 200 Medley Relay - 1693-12 A - Leg 4 >>

<b>Seed Time:</b>	1:42.50	<b>Finals Time:</b>	1:41.87	(1)	* 34
		ZONECHAMPS: 1:41.88Y			
<b>Finals Splits:</b>	27.07	55.20 (28.13)	1:18.62 (23.42)	1:41.87 (23.25)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

Elyse Jacobs - 25

Club Tribe-12

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<b>&lt;&lt; #3 Mixed 25-29 1650 Free &gt;&gt;</b>				
<b>Seed Time:</b>	20:30.00	<b>Finals Time:</b>	19:29.40	(2) * 15
<b>Finals Splits:</b>	32.74	1:07.87 (35.13)	1:43.38 (35.51)	2:18.66 (35.28)
	2:54.81 (36.15)	3:30.55 (35.74)	4:06.40 (35.85)	4:42.17 (35.77)
	5:17.80 (35.63)	5:53.51 (35.71)	6:29.38 (35.87)	7:05.21 (35.83)
	7:40.99 (35.78)	8:16.88 (35.89)	8:53.08 (36.20)	9:28.87 (35.79)
	10:04.77 (35.90)	10:40.66 (35.89)	11:16.33 (35.67)	11:51.90 (35.57)
	12:27.61 (35.71)	13:03.13 (35.52)	13:39.06 (35.93)	14:14.57 (35.51)
	14:50.54 (35.97)	15:25.95 (35.41)	16:01.29 (35.34)	16:36.33 (35.04)
	17:11.42 (35.09)	17:46.16 (34.74)	18:20.79 (34.63)	18:55.38 (34.59)
	19:29.40 (34.02)			
<b>&lt;&lt; #5 Women 25-29 500 Free &gt;&gt;</b>				
<b>Seed Time:</b>	5:48.25	<b>Finals Time:</b>	5:35.34	(2) * 15
<b>Finals Splits:</b>	30.41	1:03.05 (32.64)	1:36.62 (33.57)	2:10.41 (33.79)
	2:44.06 (33.65)	3:18.03 (33.97)	3:52.22 (34.19)	4:26.64 (34.42)
	5:01.18 (34.54)	5:35.34 (34.16)		
<b>&lt;&lt; #11 Women 25-29 100 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	1:08.51	<b>Finals Time:</b>	1:05.43	(2) * 15
<b>Finals Splits:</b>	30.34	1:05.43 (35.09)		
<b>&lt;&lt; #17 Women 25-29 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	1:20.89	<b>Finals Time:</b>	1:16.62	(1) * 17
<b>Finals Splits:</b>	37.21	1:16.62 (39.41)		
<b>&lt;&lt; #19 Women 25-29 200 IM &gt;&gt;</b>				
<b>Seed Time:</b>	2:39.63	<b>Finals Time:</b>	2:29.64	(2) * 15
<b>Finals Splits:</b>	31.67	1:12.24 (40.57)	1:55.83 (43.59)	2:29.64 (33.81)
<b>&lt;&lt; #31 Women 25-29 50 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	30.57	<b>Finals Time:</b>	29.16	(1) * 17
<b>&lt;&lt; #45 Women 25-29 200 Free &gt;&gt;</b>				
<b>Seed Time:</b>	2:17.32	<b>Finals Time:</b>	2:07.08	(2) * 15
<b>Finals Splits:</b>	30.29	1:02.57 (32.28)	1:34.99 (32.42)	2:07.08 (32.09)
<b>&lt;&lt; #47 Women 25-29 100 IM &gt;&gt;</b>				
<b>Seed Time:</b>	1:11.25	<b>Finals Time:</b>	1:08.27	(1) * 17
<b>Finals Splits:</b>	31.74	1:08.27 (36.53)		
<b>&lt;&lt; #303 Mixed 25-29 1000 Free &gt;&gt;</b>				
<b>Seed Time:</b>	NT	<b>Finals Time:</b>	11:51.90	(2)
<b>&lt;&lt; #13 Women 18-24 200 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	1:59.50	<b>Finals Time:</b>	1:56.05	(1) * 34
<b>Finals Splits:</b>	33.79	1:00.17 (26.38)	1:16.23 (16.06)	1:56.05 (39.82)
<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - 1693-12 A - Leg &gt;&gt;</b>				
<b>Seed Time:</b>	4:50.00	<b>Finals Time:</b>	4:59.20	(1) 34
<b>Finals Splits:</b>	35.84	1:14.11 (38.27)	1:49.93 (35.82)	2:30.92 (40.99)
	3:05.23 (34.31)	3:47.53 (42.30)	4:21.52 (33.99)	4:59.20 (37.68)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Elyse Jacobs - 25**

**Club Tribe-12**

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<< #39 Mixed 18-24 400 Free Relay - 1693-12 A - Leg 4 >>

<b>Seed Time:</b>	3:48.00		<b>Finals Time:</b>	3:38.88	(1) * 34
<b>Finals Splits:</b>		23.14	48.66 (25.52)	1:12.06 (23.40)	1:37.50 (25.44)
		2:07.82 (30.32)	2:41.15 (33.33)	3:08.76 (27.61)	3:38.88 (30.12)

<< #49 Women 18-24 200 Medley Relay - 1693-12 A - Leg >>

<b>Seed Time:</b>	2:12.50		<b>Finals Time:</b>	2:11.57	(1) * 34
<b>Finals Splits:</b>		33.18	1:08.18 (35.00)	1:39.14 (30.96)	2:11.57 (32.43)



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Jared Joo - 24**

**Club Tribe-12**

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		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.31		<b>Finals Time:</b>	1:01.48 (3) 14	
<b>Finals Splits:</b>	28.82	1:01.48 (32.66)			
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	51.00		<b>Finals Time:</b>	51.85 (2) 15	
<b>Finals Splits:</b>	24.60	51.85 (27.25)			
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - 1693-12 B - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.00		<b>Finals Time:</b>	1:31.75 (2) * 30	
<b>Finals Splits:</b>	22.76	45.66 (22.90)	1:09.05 (23.39)	1:31.75 (22.70)	
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - 1693-12 B - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	3:47.00		<b>Finals Time:</b>	3:42.25 (2) * 30	
<b>Finals Splits:</b>	27.77	56.67 (28.90)	1:25.24 (28.57)	1:58.73 (33.49)	
	2:23.46 (24.73)	2:53.46 (30.00)	3:16.61 (23.15)	3:42.25 (25.64)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Chuck Katis - 31**

**Club Tribe-12**

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		<b>&lt;&lt; #18 Men 30-34 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	55.00		<b>Finals Time:</b>	58.49	(1) 17	
<b>Finals Splits:</b>	26.96		58.49 (31.53)			
		<b>&lt;&lt; #44 Men 30-34 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	26.00		<b>Finals Time:</b>	Scratched		
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	1:40.00		<b>Finals Time:</b>	1:33.49	(1) * 34	
<b>Finals Splits:</b>	21.87		44.86 (22.99)	1:08.88 (24.02)	1:33.49 (24.61)	
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - 1693-12 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	3:25.00		<b>Finals Time:</b>	3:26.02	(1) 34	
			ZONECHAMPS: 3:36.99Y			
<b>Finals Splits:</b>	25.40		52.59 (27.19)	1:17.97 (25.38)	1:48.40 (30.43)	
	2:11.48 (23.08)		2:38.47 (26.99)	3:01.02 (22.55)	3:26.02 (25.00)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Sam Kettlewell-Sites - 26**

**Club Tribe-12**

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		<b>&lt;&lt; #6 Men 25-29 500 Free &gt;&gt;</b>					
<b>Seed Time:</b>	5:02.52			<b>Finals Time:</b>		NS	
		<b>&lt;&lt; #34 Men 25-29 100 Back &gt;&gt;</b>					
<b>Seed Time:</b>	49.48			<b>Finals Time:</b>	54.84	(1)	17
<b>Finals Splits:</b>		28.68	54.84 (26.16)				
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>					
<b>Seed Time:</b>	1:26.50			<b>Finals Time:</b>	1:28.34	(1)	34
<b>Finals Splits:</b>		22.50	44.13 (21.63)	1:07.03 (22.90)	1:28.34 (21.31)		
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - 1693-12 A - Leg 1 &gt;&gt;</b>					
<b>Seed Time:</b>	3:25.00			<b>Finals Time:</b>	3:26.02	(1)	34
		ZONECHAMPS: 3:36.99Y					
<b>Finals Splits:</b>		25.40	52.59 (27.19)	1:17.97 (25.38)	1:48.40 (30.43)		
		2:11.48 (23.08)	2:38.47 (26.99)	3:01.02 (22.55)	3:26.02 (25.00)		
		<b>&lt;&lt; #38 Men 18-24 400 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>					
<b>Seed Time:</b>	3:14.00			<b>Finals Time:</b>		DQ	
<b>Finals Splits:</b>		22.63	47.16 (24.53)	1:09.71 (22.55)	1:35.34 (25.63)		
		1:57.86 (22.52)	2:23.44 (25.58)	2:46.78 (23.34)	DQ (25.77)		
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - 1693-12 A - Leg 1 &gt;&gt;</b>					
<b>Seed Time:</b>	1:35.50			<b>Finals Time:</b>	1:34.61	(1)	* 34
<b>Finals Splits:</b>		24.69	50.68 (25.99)	1:13.51 (22.83)	1:34.61 (21.10)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Joe Kimball - 55**

**Club Tribe-12**

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		<b>&lt;&lt; #8 Men 55-59 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	28.02		<b>Finals Time:</b>	26.48 (7) * 10	
		<b>&lt;&lt; #20 Men 55-59 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:06.20		<b>Finals Time:</b>	2:38.54 (3) * 14	
<b>Finals Splits:</b>	33.09	1:15.49 (42.40)	2:03.51 (48.02)	2:38.54 (35.03)	
		<b>&lt;&lt; #36 Men 55-59 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:08.60		<b>Finals Time:</b>	3:09.71 (2) 15	
<b>Finals Splits:</b>	40.03	1:26.18 (46.15)	2:17.49 (51.31)	3:09.71 (52.22)	
		<b>&lt;&lt; #46 Men 55-59 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:21.12		<b>Finals Time:</b>	2:16.47 (4) * 13	
<b>Finals Splits:</b>	30.66	1:05.66 (35.00)	1:42.50 (36.84)	2:16.47 (33.97)	
		<b>&lt;&lt; #14 Men 45-54 200 Free Relay - 1693-12 B - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:45.00		<b>Finals Time:</b>	1:43.71 (2) * 30	
<b>Finals Splits:</b>	25.29	51.27 (25.98)	1:17.17 (25.90)	1:43.71 (26.54)	
		<b>&lt;&lt; #38 Men 45-54 400 Free Relay - 1693-12 B - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	3:59.00		<b>Finals Time:</b>	4:15.51 (2) 30	
<b>Finals Splits:</b>	27.64	58.62 (30.98)	1:27.62 (29.00)	2:00.87 (33.25)	
	2:30.32 (29.45)	3:01.71 (31.39)	3:17.14 (15.43)	4:15.51 (58.37)	
		<b>&lt;&lt; #50 Men 25-34 200 Medley Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	2:12.50		<b>Finals Time:</b>	2:10.30 (1) * 34	
<b>Finals Splits:</b>	32.06	1:05.49 (33.43)	1:34.95 (29.46)	2:10.30 (35.35)	

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

**Jeff Rouse Swim & Sport Center, Sanction #: 124-S002**

**Individual Meet Summary**

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**Jeremy Linaburg - 26**

**Club Tribe-12**

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<b>Seed Time:</b>	25.74	<< #32 Men 25-29 50 Fly >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	28.20	<< #44 Men 25-29 50 Breast >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	59.57	<< #48 Men 25-29 100 IM >>	
		<b>Finals Time:</b>	NS

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Individual Meet Summary

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**Madison Littlepage - 24**

**Club Tribe-12**

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		<b>&lt;&lt; #5 Women 18-24 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	6:26.39		<b>Finals Time:</b>	6:19.93 (4) * 13	
<b>Finals Splits:</b>		33.22	1:09.36 (36.14)	1:46.57 (37.21) 2:24.43 (37.86)	
		3:02.80 (38.37)	3:41.89 (39.09)	4:21.47 (39.58) 5:01.21 (39.74)	
		5:40.63 (39.42)	6:19.93 (39.30)		
		<b>&lt;&lt; #7 Women 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	30.15		<b>Finals Time:</b>	29.17 (3) * 14	
		<b>&lt;&lt; #21 Women 18-24 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	33.68		<b>Finals Time:</b>	32.81 (1) * 17	
		<b>&lt;&lt; #23 Women 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:07.03		<b>Finals Time:</b>	1:04.09 (4) * 13	
<b>Finals Splits:</b>		31.17	1:04.09 (32.92)		
		<b>&lt;&lt; #33 Women 18-24 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:15.27		<b>Finals Time:</b>	1:10.68 (3) * 14	
<b>Finals Splits:</b>		34.06	1:10.68 (36.62)		
		<b>&lt;&lt; #45 Women 18-24 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.00		<b>Finals Time:</b>	2:21.00 (3) 14	
<b>Finals Splits:</b>		31.87	1:07.12 (35.25)	1:43.91 (36.79) 2:21.00 (37.09)	
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:59.50		<b>Finals Time:</b>	1:56.05 (1) * 34	
<b>Finals Splits:</b>		33.79	1:00.17 (26.38)	1:16.23 (16.06) 1:56.05 (39.82)	
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - 1693-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00		<b>Finals Time:</b>	4:59.20 (1) 34	
<b>Finals Splits:</b>		35.84	1:14.11 (38.27)	1:49.93 (35.82) 2:30.92 (40.99)	
		3:05.23 (34.31)	3:47.53 (42.30)	4:21.52 (33.99) 4:59.20 (37.68)	
		<b>&lt;&lt; #39 Mixed 18-24 400 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:48.00		<b>Finals Time:</b>	3:38.88 (1) * 34	
<b>Finals Splits:</b>		23.14	48.66 (25.52)	1:12.06 (23.40) 1:37.50 (25.44)	
		2:07.82 (30.32)	2:41.15 (33.33)	3:08.76 (27.61) 3:38.88 (30.12)	
		<b>&lt;&lt; #49 Women 18-24 200 Medley Relay - 1693-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:12.50		<b>Finals Time:</b>	2:11.57 (1) * 34	
<b>Finals Splits:</b>		33.18	1:08.18 (35.00)	1:39.14 (30.96) 2:11.57 (32.43)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

**Suni Mackall - 61**

**Club Tribe-12**

		<b>&lt;&lt; #7 Women 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	32.96		<b>Finals Time:</b>	32.81	(5) * 12
		<b>&lt;&lt; #21 Women 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	39.55		<b>Finals Time:</b>	40.17	(5) 12
		<b>&lt;&lt; #23 Women 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:11.87		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #47 Women 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:30.43		<b>Finals Time:</b>	1:33.12	(6) 11
<b>Finals Splits:</b>		43.62	1:33.12 (49.50)		
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:59.50		<b>Finals Time:</b>	1:56.05	(1) * 34
<b>Finals Splits:</b>		33.79	1:00.17 (26.38)	1:16.23 (16.06)	1:56.05 (39.82)
		<b>&lt;&lt; #15 Mixed 45-54 200 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	2:04.00		<b>Finals Time:</b>	2:02.78	(1) * 34
<b>Finals Splits:</b>		25.90	53.80 (27.90)	1:30.45 (36.65)	2:02.78 (32.33)
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - 1693-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00		<b>Finals Time:</b>	4:59.20	(1) 34
<b>Finals Splits:</b>		35.84	1:14.11 (38.27)	1:49.93 (35.82)	2:30.92 (40.99)
		3:05.23 (34.31)	3:47.53 (42.30)	4:21.52 (33.99)	4:59.20 (37.68)
		<b>&lt;&lt; #39 Mixed 45-54 400 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	4:08.00		<b>Finals Time:</b>	4:10.20	(1) 34
<b>Finals Splits:</b>		27.57	57.76 (30.19)	1:25.37 (27.61)	1:55.17 (29.80)
		2:29.04 (33.87)	3:07.06 (38.02)	3:36.37 (29.31)	4:10.20 (33.83)
		<b>&lt;&lt; #49 Women 18-24 200 Medley Relay - 1693-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:12.50		<b>Finals Time:</b>	2:11.57	(1) * 34
<b>Finals Splits:</b>		33.18	1:08.18 (35.00)	1:39.14 (30.96)	2:11.57 (32.43)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Kyle Major - 24**

**Club Tribe-12**

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		<b>&lt;&lt; #6 Men 18-24 500 Free &gt;&gt;</b>			
Seed Time:	5:20.00		Finals Time:	5:17.13 (1) * 17	
Finals Splits:	28.74	59.24 (30.50)	1:30.67 (31.43)	2:02.69 (32.02)	
	2:35.26 (32.57)	3:07.84 (32.58)	3:40.45 (32.61)	4:13.44 (32.99)	
	4:46.17 (32.73)	5:17.13 (30.96)			
		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
Seed Time:	56.69		Finals Time:	55.61 (5) * 12	
Finals Splits:	25.69	55.61 (29.92)			
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
Seed Time:	52.10		Finals Time:	51.23 (1) * 17	
Finals Splits:	24.90	51.23 (26.33)			
		<b>&lt;&lt; #42 Men 18-24 200 Fly &gt;&gt;</b>			
Seed Time:	2:15.00		Finals Time:	2:07.93 (2) * 15	
Finals Splits:	27.24	59.16 (31.92)	1:33.42 (34.26)	2:07.93 (34.51)	
		<b>&lt;&lt; #46 Men 18-24 200 Free &gt;&gt;</b>			
Seed Time:	1:55.99		Finals Time:	1:52.14 (1) * 17	
Finals Splits:	26.07	54.60 (28.53)	1:23.73 (29.13)	1:52.14 (28.41)	
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - 1693-12 B - Leg 4 &gt;&gt;</b>			
Seed Time:	1:35.00		Finals Time:	1:31.75 (2) * 30	
Finals Splits:	22.76	45.66 (22.90)	1:09.05 (23.39)	1:31.75 (22.70)	
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - 1693-12 B - Leg 3 &gt;&gt;</b>			
Seed Time:	3:47.00		Finals Time:	3:42.25 (2) * 30	
Finals Splits:	27.77	56.67 (28.90)	1:25.24 (28.57)	1:58.73 (33.49)	
	2:23.46 (24.73)	2:53.46 (30.00)	3:16.61 (23.15)	3:42.25 (25.64)	
		<b>&lt;&lt; #38 Men 18-24 400 Free Relay - 1693-12 B - Leg 4 &gt;&gt;</b>			
Seed Time:	3:38.00		Finals Time:	3:35.57 (1) * 34	
Finals Splits:	26.43	55.56 (29.13)	1:21.07 (25.51)	1:50.57 (29.50)	
	2:16.39 (25.82)	2:44.32 (27.93)	3:08.68 (24.36)	3:35.57 (26.89)	
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - 1693-12 B - Leg 3 &gt;&gt;</b>			
Seed Time:	1:43.00		Finals Time:	1:42.31 (2) * 30	
Finals Splits:	25.81	53.31 (27.50)	1:17.87 (24.56)	1:42.31 (24.44)	



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**Alex Morrow - 26**

**Club Tribe-12**

		<b>&lt;&lt; #8 Men 25-29 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	25.60		<b>Finals Time:</b>	25.06	(6) * 11
		<b>&lt;&lt; #20 Men 25-29 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:08.80		<b>Finals Time:</b>	2:28.12	(3) 14
<b>Finals Splits:</b>		31.89	1:09.64 (37.75)	1:54.78 (45.14)	2:28.12 (33.34)
		<b>&lt;&lt; #24 Men 25-29 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	57.50		<b>Finals Time:</b>	59.41	(4) 13
<b>Finals Splits:</b>		27.99	59.41 (31.42)		
		<b>&lt;&lt; #32 Men 25-29 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	28.50		<b>Finals Time:</b>	27.31	(4) * 13
		<b>&lt;&lt; #34 Men 25-29 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	59.80		<b>Finals Time:</b>	1:00.98	(3) 14
<b>Finals Splits:</b>		29.68	1:00.98 (31.30)		
		<b>&lt;&lt; #46 Men 25-29 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:00.00		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #48 Men 25-29 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:04.50		<b>Finals Time:</b>	1:02.77	(4) * 13
<b>Finals Splits:</b>		28.05	1:02.77 (34.72)		
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:40.00		<b>Finals Time:</b>	1:33.49	(1) * 34
<b>Finals Splits:</b>		21.87	44.86 (22.99)	1:08.88 (24.02)	1:33.49 (24.61)
		<b>&lt;&lt; #26 Men 25-34 400 Medley Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:12.00		<b>Finals Time:</b>	4:13.00	(1) 34
<b>Finals Splits:</b>		32.61	1:06.82 (34.21)	1:38.00 (31.18)	2:14.76 (36.76)
		2:43.12 (28.36)	3:17.16 (34.04)	3:43.79 (26.63)	4:13.00 (29.21)
		<b>&lt;&lt; #38 Men 18-24 400 Free Relay - 1693-12 B - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:38.00		<b>Finals Time:</b>	3:35.57	(1) * 34
<b>Finals Splits:</b>		26.43	55.56 (29.13)	1:21.07 (25.51)	1:50.57 (29.50)
		2:16.39 (25.82)	2:44.32 (27.93)	3:08.68 (24.36)	3:35.57 (26.89)
		<b>&lt;&lt; #50 Men 25-34 200 Medley Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	2:12.50		<b>Finals Time:</b>	2:10.30	(1) * 34
<b>Finals Splits:</b>		32.06	1:05.49 (33.43)	1:34.95 (29.46)	2:10.30 (35.35)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Travis Nitkiewicz - 22**

**Club Tribe-12**

		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:00.00		<b>Finals Time:</b>	1:00.69	(2) 15
<b>Finals Splits:</b>		27.98	1:00.69 (32.71)		
		<b>&lt;&lt; #20 Men 18-24 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:00.00		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #36 Men 18-24 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:15.00		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #44 Men 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	26.50		<b>Finals Time:</b>	26.91	(1) 17
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	55.00		<b>Finals Time:</b>	53.91	(1) * 17
<b>Finals Splits:</b>		25.30	53.91 (28.61)		
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - 1693-12 B - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.00		<b>Finals Time:</b>	1:31.75	(2) * 30
<b>Finals Splits:</b>		22.76	45.66 (22.90)	1:09.05 (23.39)	1:31.75 (22.70)
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - 1693-12 B - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	3:47.00		<b>Finals Time:</b>	3:42.25	(2) * 30
<b>Finals Splits:</b>		27.77	56.67 (28.90)	1:25.24 (28.57)	1:58.73 (33.49)
		2:23.46 (24.73)	2:53.46 (30.00)	3:16.61 (23.15)	3:42.25 (25.64)
		<b>&lt;&lt; #39 Mixed 18-24 400 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	3:48.00		<b>Finals Time:</b>	3:38.88	(1) * 34
<b>Finals Splits:</b>		23.14	48.66 (25.52)	1:12.06 (23.40)	1:37.50 (25.44)
		2:07.82 (30.32)	2:41.15 (33.33)	3:08.76 (27.61)	3:38.88 (30.12)
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.50		<b>Finals Time:</b>	1:34.61	(1) * 34
<b>Finals Splits:</b>		24.69	50.68 (25.99)	1:13.51 (22.83)	1:34.61 (21.10)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**John Rockwell - 49**

**Club Tribe-12**

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		<b>&lt;&lt; #12 Men 45-49 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.50		<b>Finals Time:</b>	1:02.45 (3) 14	
<b>Finals Splits:</b>	29.20	1:02.45 (33.25)			
		<b>&lt;&lt; #20 Men 45-49 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:17.00		<b>Finals Time:</b>	2:22.31 (1) 17	
<b>Finals Splits:</b>	30.82	1:06.71 (35.89)	1:48.59 (41.88)	2:22.31 (33.72)	
		<b>&lt;&lt; #34 Men 45-49 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.50		<b>Finals Time:</b>	1:03.82 (2) 15	
<b>Finals Splits:</b>	30.99	1:03.82 (32.83)			
		<b>&lt;&lt; #44 Men 45-49 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	33.50		<b>Finals Time:</b>	Scratched	
		<b>&lt;&lt; #48 Men 45-49 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.50		<b>Finals Time:</b>	1:03.13 (2) 15	
<b>Finals Splits:</b>	29.06	1:03.13 (34.07)			
		<b>&lt;&lt; #14 Men 45-54 200 Free Relay - 1693-12 B - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:45.00		<b>Finals Time:</b>	1:43.71 (2) * 30	
<b>Finals Splits:</b>	25.29	51.27 (25.98)	1:17.17 (25.90)	1:43.71 (26.54)	
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - 1693-12 B - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:18.00		<b>Finals Time:</b>	4:22.82 (2) 30	
<b>Finals Splits:</b>	31.14	1:05.09 (33.95)	1:40.67 (35.58)	2:21.99 (41.32)	
	2:52.18 (30.19)	3:25.67 (33.49)	3:52.45 (26.78)	4:22.82 (30.37)	
		<b>&lt;&lt; #39 Mixed 45-54 400 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:08.00		<b>Finals Time:</b>	4:10.20 (1) 34	
<b>Finals Splits:</b>	27.57	57.76 (30.19)	1:25.37 (27.61)	1:55.17 (29.80)	
	2:29.04 (33.87)	3:07.06 (38.02)	3:36.37 (29.31)	4:10.20 (33.83)	
		<b>&lt;&lt; #50 Men 35-44 200 Medley Relay - 1693-12 B - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:57.50		<b>Finals Time:</b>	1:58.90 (2) 30	
<b>Finals Splits:</b>	31.79	1:02.80 (31.01)	1:32.55 (29.75)	1:58.90 (26.35)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Vince Romano - 77**

**Club Tribe-12**

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<< #3 Mixed 75-79 1650 Free >>

<b>Seed Time:</b>	29:51.16		<b>Finals Time:</b>	30:30.52	(3)	14
<b>Finals Splits:</b>		47.34	1:38.77 (51.43)	2:32.63 (53.86)	3:27.63 (55.00)	
		4:22.30 (54.67)	5:17.60 (55.30)	6:12.34 (54.74)	7:07.61 (55.27)	
		8:04.58 (56.97)	9:01.01 (56.43)	9:57.20 (56.19)	10:52.25 (55.05)	
		11:47.60 (55.35)	12:42.80 (55.20)	13:38.28 (55.48)	14:34.21 (55.93)	
		15:31.27 (57.06)	16:27.65 (56.38)	17:23.89 (56.24)	18:21.16 (57.27)	
		19:18.38 (57.22)	20:14.14 (55.76)	21:10.49 (56.35)	22:07.78 (57.29)	
		23:05.07 (57.29)	24:00.73 (55.66)	24:57.62 (56.89)	25:55.41 (57.79)	
		26:52.80 (57.39)	27:49.25 (56.45)	28:48.50 (59.25)	29:44.49 (55.99)	
		30:30.52 (46.03)				

<< #6 Men 75-79 500 Free >>

<b>Seed Time:</b>	8:16.09		<b>Finals Time:</b>	8:49.53	(2)	15
<b>Finals Splits:</b>		46.85	1:37.42 (50.57)	2:31.11 (53.69)	3:26.33 (55.22)	
		4:22.08 (55.75)	5:17.31 (55.23)	6:12.77 (55.46)	7:08.80 (56.03)	
		8:02.74 (53.94)	8:49.53 (46.79)			

<< #8 Men 75-79 50 Free >>

<b>Seed Time:</b>	36.37		<b>Finals Time:</b>	39.42	(3)	14
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<< #24 Men 75-79 100 Free >>

<b>Seed Time:</b>	1:20.80		<b>Finals Time:</b>	1:26.40	(5)	12
<b>Finals Splits:</b>		41.53	1:26.40 (44.87)			

<< #46 Men 75-79 200 Free >>

<b>Seed Time:</b>	2:54.64		<b>Finals Time:</b>	3:13.74	(1)	17
<b>Finals Splits:</b>		43.82	1:34.04 (50.22)	2:25.68 (51.64)	3:13.74 (48.06)	

<< #303 Mixed 75-79 1000 Free >>

<b>Seed Time:</b>	NT		<b>Finals Time:</b>	18:21.16	(2)	
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Jonathan Ruckdeschel - 55**

Club Tribe-12

		<b>&lt;&lt; #8 Men 55-59 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	23.11	<b>Finals Time:</b>	23.81	(3)	14
		<b>&lt;&lt; #12 Men 55-59 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	58.70	<b>Finals Time:</b>	1:00.82	(3)	14
<b>Finals Splits:</b>	27.66	1:00.82 (33.16)			
		<b>&lt;&lt; #20 Men 55-59 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:23.27	<b>Finals Time:</b>	NS		
		<b>&lt;&lt; #32 Men 55-59 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	26.01	<b>Finals Time:</b>	26.22	(3)	14
		<b>&lt;&lt; #34 Men 55-59 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:05.00	<b>Finals Time:</b>	NS		
		<b>&lt;&lt; #44 Men 55-59 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	31.78	<b>Finals Time:</b>	31.64	(3)	* 14
		<b>&lt;&lt; #48 Men 55-59 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:00.48	<b>Finals Time:</b>	1:03.15	(3)	14
<b>Finals Splits:</b>	29.28	1:03.15 (33.87)			
		<b>&lt;&lt; #14 Men 45-54 200 Free Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:36.00	<b>Finals Time:</b>	1:37.02	(1)	34
<b>Finals Splits:</b>	23.81	47.89 (24.08)	1:04.46 (16.57)	1:37.02 (32.56)	
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - 1693-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:59.00	<b>Finals Time:</b>	4:01.94	(1)	34
		ZONECHAMPS: 4:05.58Y			
<b>Finals Splits:</b>	28.48	59.78 (31.30)	1:31.32 (31.54)	2:08.07 (36.75)	
	2:36.16 (28.09)	3:09.61 (33.45)	3:34.61 (25.00)	4:01.94 (27.33)	
		<b>&lt;&lt; #38 Men 45-54 400 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	3:35.00	<b>Finals Time:</b>	3:39.44	(1)	34
<b>Finals Splits:</b>	25.76	53.47 (27.71)	1:20.58 (27.11)	1:49.56 (28.98)	
	2:16.40 (26.84)	2:46.07 (29.67)	3:11.67 (25.60)	3:39.44 (27.77)	
		<b>&lt;&lt; #50 Men 45-54 200 Medley Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:49.90	<b>Finals Time:</b>	1:49.91	(1)	34
<b>Finals Splits:</b>	29.33	59.05 (29.72)	1:26.28 (27.23)	1:49.91 (23.63)	

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

**Individual Meet Summary**

**Douglas Slater - 66**

**Club Tribe-12**

	<b>&lt;&lt; #8 Men 65-69 50 Free &gt;&gt;</b>					
<b>Seed Time:</b>	27.55		<b>Finals Time:</b>	24.85	(1) * 17	
		<b>&lt;&lt; #10 Men 65-69 200 Back &gt;&gt;</b>				
<b>Seed Time:</b>	2:29.90		<b>Finals Time:</b>	2:25.74	(1) * 17	
		ZONECHAMPS: 2:28.82Y				
<b>Finals Splits:</b>	33.64	1:11.54 (37.90)	1:49.30 (37.76)	2:25.74 (36.44)		
		<b>&lt;&lt; #22 Men 65-69 50 Back &gt;&gt;</b>				
<b>Seed Time:</b>	29.95		<b>Finals Time:</b>	29.40	(1) * 17	
		ZONECHAMPS: 30.20Y				
		<b>&lt;&lt; #32 Men 65-69 50 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	29.00		<b>Finals Time:</b>	27.60	(1) * 17	
		<b>&lt;&lt; #34 Men 65-69 100 Back &gt;&gt;</b>				
<b>Seed Time:</b>	1:05.10		<b>Finals Time:</b>	1:03.76	(1) * 17	
		ZONECHAMPS: 1:07.00Y				
<b>Finals Splits:</b>	30.78	1:03.76 (32.98)				
		<b>&lt;&lt; #48 Men 65-69 100 IM &gt;&gt;</b>				
<b>Seed Time:</b>	1:08.90		<b>Finals Time:</b>	1:07.61	(1) * 17	
<b>Finals Splits:</b>	31.22	1:07.61 (36.39)				
		<b>&lt;&lt; #14 Men 45-54 200 Free Relay - 1693-12 B - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	1:45.00		<b>Finals Time:</b>	1:43.71	(2) * 30	
<b>Finals Splits:</b>	25.29	51.27 (25.98)	1:17.17 (25.90)	1:43.71 (26.54)		
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - 1693-12 B - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	4:18.00		<b>Finals Time:</b>	4:22.82	(2) 30	
<b>Finals Splits:</b>	31.14	1:05.09 (33.95)	1:40.67 (35.58)	2:21.99 (41.32)		
	2:52.18 (30.19)	3:25.67 (33.49)	3:52.45 (26.78)	4:22.82 (30.37)		
		<b>&lt;&lt; #38 Men 45-54 400 Free Relay - 1693-12 B - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	3:59.00		<b>Finals Time:</b>	4:15.51	(2) 30	
<b>Finals Splits:</b>	27.64	58.62 (30.98)	1:27.62 (29.00)	2:00.87 (33.25)		
	2:30.32 (29.45)	3:01.71 (31.39)	3:17.14 (15.43)	4:15.51 (58.37)		
		<b>&lt;&lt; #50 Men 45-54 200 Medley Relay - 1693-12 A - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	1:49.90		<b>Finals Time:</b>	1:49.91	(1) 34	
<b>Finals Splits:</b>	29.33	59.05 (29.72)	1:26.28 (27.23)	1:49.91 (23.63)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Jason Somensatto - 42**

**Club Tribe-12**

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		<b>&lt;&lt; #18 Men 40-44 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:10.50		<b>Finals Time:</b>	1:02.83 (1) * 17	
<b>Finals Splits:</b>	29.63	1:02.83 (33.20)			
		<b>&lt;&lt; #36 Men 40-44 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:30.05		<b>Finals Time:</b>	2:22.39 (1) * 17	
<b>Finals Splits:</b>	30.76	1:07.39 (36.63)	1:44.99 (37.60)	2:22.39 (37.40)	
		<b>&lt;&lt; #44 Men 40-44 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	30.34		<b>Finals Time:</b>	29.49 (1) * 17	
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:40.00		<b>Finals Time:</b>	1:33.49 (1) * 34	
<b>Finals Splits:</b>	21.87	44.86 (22.99)	1:08.88 (24.02)	1:33.49 (24.61)	
		<b>&lt;&lt; #26 Men 35-44 400 Medley Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	3:48.00		<b>Finals Time:</b>	3:41.93 (1) * 34	
		ZONECHAMPS: 3:45.77Y			
<b>Finals Splits:</b>	26.92	55.12 (28.20)	1:23.60 (28.48)	1:56.67 (33.07)	
	2:21.77 (25.10)	2:50.53 (28.76)	3:07.46 (16.93)	3:41.93 (34.47)	
		<b>&lt;&lt; #38 Men 35-44 400 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	3:33.00		<b>Finals Time:</b>	3:31.49 (1) * 34	
<b>Finals Splits:</b>	24.58	51.08 (26.50)	1:16.80 (25.72)	1:44.65 (27.85)	
	2:11.09 (26.44)	2:40.07 (28.98)	3:04.27 (24.20)	3:31.49 (27.22)	
		<b>&lt;&lt; #50 Men 35-44 200 Medley Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.50		<b>Finals Time:</b>	1:41.87 (1) * 34	
		ZONECHAMPS: 1:41.88Y			
<b>Finals Splits:</b>	27.07	55.20 (28.13)	1:18.62 (23.42)	1:41.87 (23.25)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Ross Taggart - 34**

**Club Tribe-12**

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		<b>&lt;&lt; #6 Men 30-34 500 Free &gt;&gt;</b>				
<b>Seed Time:</b>	5:40.00		<b>Finals Time:</b>	5:38.41	(1) * 17	
<b>Finals Splits:</b>		28.56	1:02.14 (33.58)	1:36.40 (34.26)	2:11.06 (34.66)	
		2:45.85 (34.79)	3:19.79 (33.94)	3:54.32 (34.53)	4:29.81 (35.49)	
		5:04.58 (34.77)	5:38.41 (33.83)			
		<b>&lt;&lt; #12 Men 30-34 100 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	1:05.00		<b>Finals Time:</b>	1:01.96	(2) * 15	
<b>Finals Splits:</b>		28.60	1:01.96 (33.36)			
		<b>&lt;&lt; #24 Men 30-34 100 Free &gt;&gt;</b>				
<b>Seed Time:</b>	57.00		<b>Finals Time:</b>	54.47	(3) * 14	
<b>Finals Splits:</b>		26.20	54.47 (28.27)			
		<b>&lt;&lt; #30 Men 30-34 400 IM &gt;&gt;</b>				
<b>Seed Time:</b>	5:20.00		<b>Finals Time:</b>	5:06.69	(1) * 17	
<b>Finals Splits:</b>		30.31	1:06.14 (35.83)	1:46.51 (40.37)	2:27.16 (40.65)	
		3:11.10 (43.94)	3:56.02 (44.92)	4:31.91 (35.89)	5:06.69 (34.78)	
		<b>&lt;&lt; #42 Men 30-34 200 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	2:30.00		<b>Finals Time:</b>	2:31.84	(1) 17	
<b>Finals Splits:</b>		32.22	1:10.32 (38.10)	1:51.34 (41.02)	2:31.84 (40.50)	
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - 1693-12 A - Leg 3 &gt;&gt;</b>				
<b>Seed Time:</b>	1:40.00		<b>Finals Time:</b>	1:33.49	(1) * 34	
<b>Finals Splits:</b>		21.87	44.86 (22.99)	1:08.88 (24.02)	1:33.49 (24.61)	
		<b>&lt;&lt; #26 Men 25-34 400 Medley Relay - 1693-12 A - Leg 3 &gt;&gt;</b>				
<b>Seed Time:</b>	4:12.00		<b>Finals Time:</b>	4:13.00	(1) 34	
<b>Finals Splits:</b>		32.61	1:06.82 (34.21)	1:38.00 (31.18)	2:14.76 (36.76)	
		2:43.12 (28.36)	3:17.16 (34.04)	3:43.79 (26.63)	4:13.00 (29.21)	
		<b>&lt;&lt; #38 Men 18-24 400 Free Relay - 1693-12 B - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	3:38.00		<b>Finals Time:</b>	3:35.57	(1) * 34	
<b>Finals Splits:</b>		26.43	55.56 (29.13)	1:21.07 (25.51)	1:50.57 (29.50)	
		2:16.39 (25.82)	2:44.32 (27.93)	3:08.68 (24.36)	3:35.57 (26.89)	
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - 1693-12 B - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	1:43.00		<b>Finals Time:</b>	1:42.31	(2) * 30	
<b>Finals Splits:</b>		25.81	53.31 (27.50)	1:17.87 (24.56)	1:42.31 (24.44)	



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Adam Walker - 33**

**Club Tribe-12**

<b>Seed Time:</b>	18:48.13	<b>&lt;&lt; #3 Mixed 30-34 1650 Free &gt;&gt;</b>			
		<b>Finals Time:</b>		NS	
<b>Seed Time:</b>	24.43	<b>&lt;&lt; #8 Men 30-34 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>		24.91	(6) 11
<b>Seed Time:</b>	2:16.42	<b>&lt;&lt; #10 Men 30-34 200 Back &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>		2:12.88	(1) * 17
		31.82	1:05.85 (34.03)	1:39.46 (33.61)	2:12.88 (33.42)
<b>Seed Time:</b>	58.59	<b>&lt;&lt; #12 Men 30-34 100 Fly &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>		1:00.15	(1) 17
		28.38	1:00.15 (31.77)		
<b>Seed Time:</b>	1:03.53	<b>&lt;&lt; #18 Men 30-34 100 Breast &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>		1:04.39	(5) 12
		30.57	1:04.39 (33.82)		
<b>Seed Time:</b>	2:08.48	<b>&lt;&lt; #20 Men 30-34 200 IM &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>		2:12.63	(2) 15
		28.47	1:04.89 (36.42)	1:41.19 (36.30)	2:12.63 (31.44)
<b>Seed Time:</b>	52.72	<b>&lt;&lt; #24 Men 30-34 100 Free &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>		56.37	(7) 10
		26.56	56.37 (29.81)		
<b>Seed Time:</b>	4:35.22	<b>&lt;&lt; #30 Men 30-34 400 IM &gt;&gt;</b>			
		<b>Finals Time:</b>		Scratched	
<b>Seed Time:</b>	NT	<b>&lt;&lt; #303 Mixed 30-34 1000 Free &gt;&gt;</b>			
		<b>Finals Time:</b>		DQ	
<b>Seed Time:</b>	4:12.00	<b>&lt;&lt; #26 Men 25-34 400 Medley Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Finals Splits:</b>		<b>Finals Time:</b>		4:13.00	(1) 34
		32.61	1:06.82 (34.21)	1:38.00 (31.18)	2:14.76 (36.76)
		2:43.12 (28.36)	3:17.16 (34.04)	3:43.79 (26.63)	4:13.00 (29.21)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Laurie Wei - 29**

**Club Tribe-12**

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<< #1 Women 25-29 1000 Free >>

<b>Seed Time:</b>	13:30.00		<b>Finals Time:</b>	12:52.70	(1) * 17
<b>Finals Splits:</b>		32.20	1:08.14 (35.94)	1:45.31 (37.17)	2:23.17 (37.86)
		3:01.50 (38.33)	3:40.15 (38.65)	4:19.41 (39.26)	4:59.06 (39.65)
		5:39.21 (40.15)	6:19.27 (40.06)	6:58.89 (39.62)	7:39.49 (40.60)
		8:18.79 (39.30)	8:58.44 (39.65)	9:38.63 (40.19)	10:18.44 (39.81)
		10:58.67 (40.23)	11:38.76 (40.09)	12:16.46 (37.70)	12:52.70 (36.24)

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

**Individual Meet Summary**

**Rich Williams - 48**

**Club Tribe-12**

	<b>&lt;&lt; #8 Men 45-49 50 Free &gt;&gt;</b>					
<b>Seed Time:</b>	23.64					
		<b>Finals Time:</b>	24.09	(1)	17	
		<b>&lt;&lt; #22 Men 45-49 50 Back &gt;&gt;</b>				
<b>Seed Time:</b>	27.49					
		<b>Finals Time:</b>	29.23	(2)	15	
		<b>&lt;&lt; #44 Men 45-49 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	28.88					
		<b>Finals Time:</b>	29.96	(2)	15	
		<b>&lt;&lt; #14 Men 45-54 200 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	1:36.00					
		<b>Finals Time:</b>	1:37.02	(1)	34	
<b>Finals Splits:</b>		23.81	47.89 (24.08)	1:04.46 (16.57)	1:37.02 (32.56)	
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - 1693-12 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	3:59.00					
		<b>Finals Time:</b>	4:01.94	(1)	34	
		ZONECHAMPS: 4:05.58Y				
<b>Finals Splits:</b>		28.48	59.78 (31.30)	1:31.32 (31.54)	2:08.07 (36.75)	
		2:36.16 (28.09)	3:09.61 (33.45)	3:34.61 (25.00)	4:01.94 (27.33)	
		<b>&lt;&lt; #38 Men 45-54 400 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	3:35.00					
		<b>Finals Time:</b>	3:39.44	(1)	34	
<b>Finals Splits:</b>		25.76	53.47 (27.71)	1:20.58 (27.11)	1:49.56 (28.98)	
		2:16.40 (26.84)	2:46.07 (29.67)	3:11.67 (25.60)	3:39.44 (27.77)	
		<b>&lt;&lt; #50 Men 45-54 200 Medley Relay - 1693-12 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	1:49.90					
		<b>Finals Time:</b>	1:49.91	(1)	34	
<b>Finals Splits:</b>		29.33	59.05 (29.72)	1:26.28 (27.23)	1:49.91 (23.63)	

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**Timothy Dorje Wu - 24**

**Club Tribe-12**

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<< #34 Men 18-24 100 Back >>

**Seed Time:** 1:02.00                      **Finals Time:** 55.39                      (1) \* 17  
**Finals Splits:** 26.93                      55.39 (28.46)

<< #42 Men 18-24 200 Fly >>

**Seed Time:** 2:10.00                      **Finals Time:** 2:04.04                      (1) \* 17  
**Finals Splits:** 25.19                      54.79 (29.60)                      1:26.65 (31.86)                      2:04.04 (37.39)

<< #39 Mixed 18-24 400 Free Relay - 1693-12 A - Leg 1 >>

**Seed Time:** 3:48.00                      **Finals Time:** 3:38.88                      (1) \* 34  
**Finals Splits:** 23.14                      48.66 (25.52)                      1:12.06 (23.40)                      1:37.50 (25.44)  
2:07.82 (30.32)                      2:41.15 (33.33)                      3:08.76 (27.61)                      3:38.88 (30.12)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

**Marko Zerunyan - 22**

**Club Tribe-12**

		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	22.05		<b>Finals Time:</b>	21.90	(3) * 14
		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	51.98		<b>Finals Time:</b>	51.94	(3) * 14
<b>Finals Splits:</b>		23.98	51.94 (27.96)		
		<b>&lt;&lt; #20 Men 18-24 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:59.40		<b>Finals Time:</b>	1:59.01	(1) * 17
<b>Finals Splits:</b>		24.36	54.31 (29.95)	1:29.54 (35.23)	1:59.01 (29.47)
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	23.50		<b>Finals Time:</b>	23.55	(3) 14
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	53.78		<b>Finals Time:</b>	54.00	(2) 15
<b>Finals Splits:</b>		24.37	54.00 (29.63)		
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - 1693-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:26.50		<b>Finals Time:</b>	1:28.34	(1) 34
<b>Finals Splits:</b>		22.50	44.13 (21.63)	1:07.03 (22.90)	1:28.34 (21.31)
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - 1693-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	3:25.00		<b>Finals Time:</b>	3:26.02	(1) 34
		ZONECHAMPS: 3:36.99Y			
<b>Finals Splits:</b>		25.40	52.59 (27.19)	1:17.97 (25.38)	1:48.40 (30.43)
		2:11.48 (23.08)	2:38.47 (26.99)	3:01.02 (22.55)	3:26.02 (25.00)
		<b>&lt;&lt; #38 Men 18-24 400 Free Relay - 1693-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	3:14.00		<b>Finals Time:</b>	DQ	
<b>Finals Splits:</b>		22.63	47.16 (24.53)	1:09.71 (22.55)	1:35.34 (25.63)
		1:57.86 (22.52)	2:23.44 (25.58)	2:46.78 (23.34)	DQ (25.77)
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - 1693-12 B - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:43.00		<b>Finals Time:</b>	1:42.31	(2) * 30
<b>Finals Splits:</b>		25.81	53.31 (27.50)	1:17.87 (24.56)	1:42.31 (24.44)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Barbara Burke - 62**

**Colonials 1776-8**

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<b>Seed Time:</b>	30.73	<b>&lt;&lt; #7 Women 60-64 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>	30.51	(2) * 15	
<b>Seed Time:</b>	1:19.10	<b>&lt;&lt; #11 Women 60-64 100 Fly &gt;&gt;</b>			
<b>Finals Splits:</b>	36.19	1:18.81 (42.62)	1:18.81	(2) * 15	
<b>Seed Time:</b>	2:54.10	<b>&lt;&lt; #19 Women 60-64 200 IM &gt;&gt;</b>			
<b>Finals Splits:</b>	36.37	1:20.72 (44.35)	2:08.77 (48.05)	2:47.29 (38.52)	
<b>Seed Time:</b>	5:58.26	<b>&lt;&lt; #29 Women 60-64 400 IM &gt;&gt;</b>			
<b>Finals Splits:</b>	36.22	1:19.90 (43.68)	2:07.74 (47.84)	2:54.89 (47.15)	
	3:46.39 (51.50)	4:37.30 (50.91)	5:17.97 (40.67)	5:57.42 (39.45)	
<b>Seed Time:</b>	34.18	<b>&lt;&lt; #31 Women 60-64 50 Fly &gt;&gt;</b>			
		<b>Finals Time:</b>	33.74	(2) * 15	
<b>Seed Time:</b>	3:07.18	<b>&lt;&lt; #35 Women 60-64 200 Breast &gt;&gt;</b>			
<b>Finals Splits:</b>	42.54	1:31.11 (48.57)	2:20.38 (49.27)	3:08.14 (47.76)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Stephen Dougherty - 72**

Colonials 1776-8

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<b>Seed Time:</b>	31.56	<b>&lt;&lt; #8 Men 70-74 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>	31.61	(3)	14
<b>Seed Time:</b>	2:55.00	<b>&lt;&lt; #20 Men 70-74 200 IM &gt;&gt;</b>			
		<b>Finals Time:</b>	2:50.77	(1)	* 17
		ZONECHAMPS: 2:51.33Y			
<b>Finals Splits:</b>		36.07	1:21.17 (45.10)	2:10.17 (49.00)	2:50.77 (40.60)
<b>Seed Time:</b>	37.52	<b>&lt;&lt; #22 Men 70-74 50 Back &gt;&gt;</b>			
		<b>Finals Time:</b>	38.81	(3)	14
<b>Seed Time:</b>	33.72	<b>&lt;&lt; #32 Men 70-74 50 Fly &gt;&gt;</b>			
		<b>Finals Time:</b>	34.67	(4)	13
<b>Seed Time:</b>	3:10.67	<b>&lt;&lt; #36 Men 70-74 200 Breast &gt;&gt;</b>			
		<b>Finals Time:</b>	3:06.11	(2)	* 15
<b>Finals Splits:</b>		42.72	1:29.12 (46.40)	2:17.16 (48.04)	3:06.11 (48.95)
<b>Seed Time:</b>	38.84	<b>&lt;&lt; #44 Men 70-74 50 Breast &gt;&gt;</b>			
		<b>Finals Time:</b>	38.34	(2)	* 15
<b>Seed Time:</b>	1:17.50	<b>&lt;&lt; #48 Men 70-74 100 IM &gt;&gt;</b>			
		<b>Finals Time:</b>	1:16.75	(3)	* 14
<b>Finals Splits:</b>		35.73	1:16.75 (41.02)		

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**Steve Hiltabiddle - 57**

Colonials 1776-8

		<b>&lt;&lt; #8 Men 55-59 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24.20				
		<b>Finals Time:</b>		23.02	(1) * 17
		<b>&lt;&lt; #12 Men 55-59 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	55.00				
		<b>Finals Time:</b>		55.49	(1) 17
		ZONECHAMPS: 58.85Y			
<b>Finals Splits:</b>	25.47	55.49	(30.02)		
		<b>&lt;&lt; #20 Men 55-59 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:20.00				
		<b>Finals Time:</b>		2:15.53	(1) * 17
<b>Finals Splits:</b>	26.30	1:02.97	(36.67)	1:43.85	(40.88)
				2:15.53	(31.68)
		<b>&lt;&lt; #24 Men 55-59 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	50.75				
		<b>Finals Time:</b>		50.71	(1) * 17
<b>Finals Splits:</b>	24.59	50.71 (26.12)			
		<b>&lt;&lt; #30 Men 55-59 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	6:00.00				
		<b>Finals Time:</b>		5:05.65	(1) * 17
<b>Finals Splits:</b>	30.47	1:06.49	(36.02)	1:47.23	(40.74)
	3:12.70	(44.61)	3:56.64	(43.94)	4:32.10
				5:05.65	(33.55)
		<b>&lt;&lt; #32 Men 55-59 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	24.50				
		<b>Finals Time:</b>		24.56	(1) 17
		ZONECHAMPS: 26.01Y			
		<b>&lt;&lt; #42 Men 55-59 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:50.00				
		<b>Finals Time:</b>		2:19.67	(1) * 17
		ZONECHAMPS: 2:21.96Y			
<b>Finals Splits:</b>	29.90	1:04.80	(34.90)	1:42.29	(37.49)
				2:19.67	(37.38)
		<b>&lt;&lt; #44 Men 55-59 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	35.35				
		<b>Finals Time:</b>		31.62	(2) * 15
		<b>&lt;&lt; #48 Men 55-59 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.00				
		<b>Finals Time:</b>		58.98	(2) * 15
<b>Finals Splits:</b>	26.73	58.98 (32.25)			



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Individual Meet Summary

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**Patricia Hood - 68**

**Colonials 1776-8**

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		<b>&lt;&lt; #5 Women 65-69 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	7:28.30		<b>Finals Time:</b>	7:22.60 (3) * 14	
<b>Finals Splits:</b>		39.51	1:22.37 (42.86)	2:06.49 (44.12) 2:51.01 (44.52)	
		3:36.00 (44.99)	4:21.11 (45.11)	5:06.77 (45.66) 5:52.62 (45.85)	
		6:38.30 (45.68)	7:22.60 (44.30)		
		<b>&lt;&lt; #7 Women 65-69 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	36.40		<b>Finals Time:</b>	35.77 (1) * 17	
		<b>&lt;&lt; #17 Women 65-69 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:48.22		<b>Finals Time:</b>	1:44.34 (1) * 17	
<b>Finals Splits:</b>		49.77	1:44.34 (54.57)		
		<b>&lt;&lt; #23 Women 65-69 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:19.50		<b>Finals Time:</b>	1:17.94 (3) * 14	
<b>Finals Splits:</b>		37.87	1:17.94 (40.07)		
		<b>&lt;&lt; #35 Women 65-69 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:49.60		<b>Finals Time:</b>	4:00.97 (2) 15	
<b>Finals Splits:</b>		51.43	1:49.56 (58.13)	2:54.04 (1:04.48) 4:00.97 (1:06.93)	
		<b>&lt;&lt; #43 Women 65-69 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	48.69		<b>Finals Time:</b>	47.52 (1) * 17	
		<b>&lt;&lt; #45 Women 65-69 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:49.35		<b>Finals Time:</b>	2:54.15 (3) 14	
<b>Finals Splits:</b>		42.07	1:25.58 (43.51)	2:10.95 (45.37) 2:54.15 (43.20)	
		<b>&lt;&lt; #47 Women 65-69 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:41.50		<b>Finals Time:</b>	1:42.14 (3) 14	
<b>Finals Splits:</b>		55.56	1:42.14 (46.58)		

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**Brian Keyser - 67**

Colonials 1776-8

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		<b>&lt;&lt; #8 Men 65-69 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	27.50	<b>Finals Time:</b>	27.64	(3)	14
		<b>&lt;&lt; #18 Men 65-69 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:11.12	<b>Finals Time:</b>	1:14.12	(1)	17
<b>Finals Splits:</b>	34.10	1:14.12 (40.02)			
		<b>&lt;&lt; #24 Men 65-69 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:05.27	<b>Finals Time:</b>	1:02.46	(3)	* 14
<b>Finals Splits:</b>	30.12	1:02.46 (32.34)			
		<b>&lt;&lt; #36 Men 65-69 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:40.00	<b>Finals Time:</b>	2:49.25	(1)	17
<b>Finals Splits:</b>	37.78	1:20.98 (43.20)	2:05.55 (44.57)	2:49.25 (43.70)	
		<b>&lt;&lt; #44 Men 65-69 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	31.47	<b>Finals Time:</b>	32.89	(1)	17
		<b>&lt;&lt; #48 Men 65-69 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:08.14	<b>Finals Time:</b>	1:10.71	(2)	15
<b>Finals Splits:</b>	34.15	1:10.71 (36.56)			

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Molly King - 31**

Colonials 1776-8

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		<b>&lt;&lt; #9 Women 30-34 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:51.61		<b>Finals Time:</b>	2:47.58	(1) * 17
<b>Finals Splits:</b>		39.25	1:21.38 (42.13)	2:04.71 (43.33)	2:47.58 (42.87)
		<b>&lt;&lt; #19 Women 30-34 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:00.78		<b>Finals Time:</b>	2:58.61	(2) * 15
<b>Finals Splits:</b>		38.46	1:19.09 (40.63)	2:14.52 (55.43)	2:58.61 (44.09)
		<b>&lt;&lt; #21 Women 30-34 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	34.99		<b>Finals Time:</b>	35.73	(2) 15
		<b>&lt;&lt; #31 Women 30-34 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	38.66		<b>Finals Time:</b>	35.48	(4) * 13
		<b>&lt;&lt; #33 Women 30-34 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:17.98		<b>Finals Time:</b>	1:19.13	(1) 17
<b>Finals Splits:</b>		38.00	1:19.13 (41.13)		

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Individual Meet Summary

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**Betty Lampe - 68**

Colonials 1776-8

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<< #5 Women 65-69 500 Free >>

<b>Seed Time:</b>	7:45.90	<b>Finals Time:</b>	7:53.86	(4)	13
<b>Finals Splits:</b>	42.63	1:29.35 (46.72)	2:16.97 (47.62)	3:05.04 (48.07)	
	3:53.64 (48.60)	4:41.65 (48.01)	5:30.47 (48.82)	6:19.23 (48.76)	
	7:07.55 (48.32)	7:53.86 (46.31)			

<< #11 Women 65-69 100 Fly >>

<b>Seed Time:</b>	1:49.24	<b>Finals Time:</b>	1:52.93	(2)	15
<b>Finals Splits:</b>	52.39	1:52.93 (1:00.54)			

<< #19 Women 65-69 200 IM >>

<b>Seed Time:</b>	3:36.65	<b>Finals Time:</b>	3:36.37	(3)	* 14
<b>Finals Splits:</b>	47.43	1:50.81 (1:03.38)	2:51.63 (1:00.82)	3:36.37 (44.74)	

<< #23 Women 65-69 100 Free >>

<b>Seed Time:</b>	1:28.63	<b>Finals Time:</b>	1:25.35	(5)	* 12
<b>Finals Splits:</b>	41.06	1:25.35 (44.29)			

<< #31 Women 65-69 50 Fly >>

<b>Seed Time:</b>	44.97	<b>Finals Time:</b>	44.09	(1)	* 17
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<< #41 Women 65-69 200 Fly >>

<b>Seed Time:</b>	4:05.37	<b>Finals Time:</b>	4:06.08	(2)	15
<b>Finals Splits:</b>	52.35	1:55.42 (1:03.07)	3:01.55 (1:06.13)	4:06.08 (1:04.53)	

<< #45 Women 65-69 200 Free >>

<b>Seed Time:</b>	3:02.72	<b>Finals Time:</b>	3:02.38	(4)	* 13
<b>Finals Splits:</b>	41.69	1:28.23 (46.54)	2:15.98 (47.75)	3:02.38 (46.40)	

<< #47 Women 65-69 100 IM >>

<b>Seed Time:</b>	1:40.90	<b>Finals Time:</b>	1:41.56	(2)	15
<b>Finals Splits:</b>	52.18	1:41.56 (49.38)			

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**Brian Ledwith - 64**

**Colonials 1776-8**

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<< #3 Mixed 60-64 1650 Free >>

<b>Seed Time:</b>	22:12.00		<b>Finals Time:</b>	21:42.62	(1) * 17
<b>Finals Splits:</b>	35.50	1:14.11 (38.61)	1:54.15 (40.04)	2:34.54 (40.39)	
	3:14.43 (39.89)	3:54.18 (39.75)	4:34.06 (39.88)	5:13.82 (39.76)	
	5:53.37 (39.55)	6:33.24 (39.87)	7:12.69 (39.45)	7:52.91 (40.22)	
	8:32.30 (39.39)	9:11.92 (39.62)	9:51.47 (39.55)	10:30.98 (39.51)	
	11:10.60 (39.62)	11:50.13 (39.53)	12:29.98 (39.85)	13:09.36 (39.38)	
	13:49.28 (39.92)	14:28.75 (39.47)	15:08.08 (39.33)	15:47.59 (39.51)	
	16:27.44 (39.85)	17:07.31 (39.87)	17:47.27 (39.96)	18:27.08 (39.81)	
	19:06.75 (39.67)	19:46.36 (39.61)	20:25.72 (39.36)	21:04.92 (39.20)	
	21:42.62 (37.70)				

<< #6 Men 60-64 500 Free >>

<b>Seed Time:</b>	6:19.20		<b>Finals Time:</b>	6:10.25	(1) * 17
<b>Finals Splits:</b>	33.32	1:09.22 (35.90)	1:45.75 (36.53)	2:22.87 (37.12)	
	3:01.05 (38.18)	3:39.08 (38.03)	4:16.80 (37.72)	4:54.65 (37.85)	
	5:32.90 (38.25)	6:10.25 (37.35)			

<< #20 Men 60-64 200 IM >>

<b>Seed Time:</b>	2:43.00		<b>Finals Time:</b>	2:46.02	(3) 14
<b>Finals Splits:</b>	36.25	1:19.67 (43.42)	2:07.55 (47.88)	2:46.02 (38.47)	

<< #36 Men 60-64 200 Breast >>

<b>Seed Time:</b>	3:05.07		<b>Finals Time:</b>	3:01.04	(2) * 15
<b>Finals Splits:</b>	41.13	1:27.27 (46.14)	2:14.43 (47.16)	3:01.04 (46.61)	

<< #44 Men 60-64 50 Breast >>

<b>Seed Time:</b>	36.99		<b>Finals Time:</b>	36.08	(2) * 15
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<< #46 Men 60-64 200 Free >>

<b>Seed Time:</b>	2:18.57		<b>Finals Time:</b>	2:17.54	(2) * 15
<b>Finals Splits:</b>	32.09	1:07.30 (35.21)	1:42.90 (35.60)	2:17.54 (34.64)	

<< #303 Mixed 60-64 1000 Free >>

<b>Seed Time:</b>	NT		<b>Finals Time:</b>	13:09.36	(1)
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**Victoria Marshall - 35**

Colonials 1776-8

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<< #5 Women 35-39 500 Free >>

<b>Seed Time:</b>	5:58.80	<b>Finals Time:</b>	5:50.64	(2) * 15
<b>Finals Splits:</b>	32.89	1:07.69 (34.80)	1:43.07 (35.38)	2:18.73 (35.66)
	2:54.59 (35.86)	3:30.48 (35.89)	4:06.15 (35.67)	4:41.79 (35.64)
	5:16.96 (35.17)	5:50.64 (33.68)		

<< #11 Women 35-39 100 Fly >>

<b>Seed Time:</b>	1:04.89	<b>Finals Time:</b>	1:05.33	(1) 17
<b>Finals Splits:</b>	30.38	1:05.33 (34.95)		

<< #19 Women 35-39 200 IM >>

<b>Seed Time:</b>	2:30.00	<b>Finals Time:</b>	2:29.19	(2) * 15
<b>Finals Splits:</b>	31.10	1:13.09 (41.99)	1:56.59 (43.50)	2:29.19 (32.60)

<< #29 Women 35-39 400 IM >>

<b>Seed Time:</b>	5:19.71	<b>Finals Time:</b>	5:14.30	(1) * 17
<b>Finals Splits:</b>	32.06	1:09.18 (37.12)	1:52.26 (43.08)	2:34.44 (42.18)
	3:19.22 (44.78)	4:04.17 (44.95)	4:39.73 (35.56)	5:14.30 (34.57)

<< #41 Women 35-39 200 Fly >>

<b>Seed Time:</b>	2:25.81	<b>Finals Time:</b>	2:25.70	(1) * 17
<b>Finals Splits:</b>	33.96	1:10.35 (36.39)	1:47.35 (37.00)	2:25.70 (38.35)

<< #45 Women 35-39 200 Free >>

<b>Seed Time:</b>	2:08.12	<b>Finals Time:</b>	2:08.90	(1) 17
<b>Finals Splits:</b>	29.94	1:02.63 (32.69)	1:36.19 (33.56)	2:08.90 (32.71)



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**Rob Duguay - 38**

**Connecticut Masters-5**

<< #3 Mixed 35-39 1650 Free >>

<b>Seed Time:</b>	21:46.96		<b>Finals Time:</b>	21:52.06	(1)	17
<b>Finals Splits:</b>		35.26	1:13.74 (38.48)	1:52.63 (38.89)	2:31.97 (39.34)	
		3:11.42 (39.45)	3:51.26 (39.84)	4:31.23 (39.97)	5:11.52 (40.29)	
		5:51.63 (40.11)	6:31.90 (40.27)	7:11.92 (40.02)	7:52.07 (40.15)	
		8:31.86 (39.79)	9:11.93 (40.07)	9:52.92 (40.99)	10:32.73 (39.81)	
		11:12.91 (40.18)	11:52.86 (39.95)	12:33.73 (40.87)	13:13.94 (40.21)	
		13:54.20 (40.26)	14:34.55 (40.35)	15:15.17 (40.62)	15:55.39 (40.22)	
		16:35.52 (40.13)	17:16.39 (40.87)	17:56.61 (40.22)	18:37.02 (40.41)	
		19:17.30 (40.28)	19:57.52 (40.22)	20:36.57 (39.05)	21:15.69 (39.12)	
		21:52.06 (36.37)				

<< #6 Men 35-39 500 Free >>

<b>Seed Time:</b>	6:20.92		<b>Finals Time:</b>	6:13.33	(4)	* 13
<b>Finals Splits:</b>		34.53	1:11.12 (36.59)	1:48.32 (37.20)	2:26.23 (37.91)	
		3:04.29 (38.06)	3:42.63 (38.34)	4:21.46 (38.83)	4:59.56 (38.10)	
		5:37.45 (37.89)	6:13.33 (35.88)			

<< #20 Men 35-39 200 IM >>

<b>Seed Time:</b>	2:48.54		<b>Finals Time:</b>	2:47.46	(4)	* 13
<b>Finals Splits:</b>		36.14	1:24.51 (48.37)	2:10.87 (46.36)	2:47.46 (36.59)	

<< #24 Men 35-39 100 Free >>

<b>Seed Time:</b>	1:04.69		<b>Finals Time:</b>	1:04.56	(5)	* 12
<b>Finals Splits:</b>		31.77	1:04.56 (32.79)			

<< #30 Men 35-39 400 IM >>

<b>Seed Time:</b>	6:05.86		<b>Finals Time:</b>	5:57.25	(3)	* 14
<b>Finals Splits:</b>		44.36	1:35.71 (51.35)	2:22.64 (46.93)	3:07.97 (45.33)	
		3:56.98 (49.01)	4:45.31 (48.33)	5:22.26 (36.95)	5:57.25 (34.99)	

<< #36 Men 35-39 200 Breast >>

<b>Seed Time:</b>	3:10.23		<b>Finals Time:</b>	3:02.11	(1)	* 17
<b>Finals Splits:</b>		42.75	1:28.76 (46.01)	2:15.43 (46.67)	3:02.11 (46.68)	

<< #42 Men 35-39 200 Fly >>

<b>Seed Time:</b>	3:17.46		<b>Finals Time:</b>	3:17.16	(2)	* 15
<b>Finals Splits:</b>		45.52	1:36.15 (50.63)	2:27.20 (51.05)	3:17.16 (49.96)	

<< #46 Men 35-39 200 Free >>

<b>Seed Time:</b>	2:20.12		<b>Finals Time:</b>	2:17.62	(2)	* 15
<b>Finals Splits:</b>		32.58	1:07.99 (35.41)	1:43.71 (35.72)	2:17.62 (33.91)	

<< #303 Mixed 35-39 1000 Free >>

<b>Seed Time:</b>	NT		<b>Finals Time:</b>	13:13.94	(1)	
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**Ben Wyckoff - 59**

**Connecticut Masters-5**

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<b>Seed Time:</b>	25.87	<b>&lt;&lt; #8 Men 55-59 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>	25.58	(6) * 11	
<b>Seed Time:</b>	1:04.89	<b>&lt;&lt; #12 Men 55-59 100 Fly &gt;&gt;</b>			
<b>Finals Splits:</b>	28.90	1:04.11 (35.21)	1:04.11	(4) * 13	
<b>Seed Time:</b>	1:12.40	<b>&lt;&lt; #18 Men 55-59 100 Breast &gt;&gt;</b>			
<b>Finals Splits:</b>	34.65	1:13.05 (38.40)	1:13.05	(2) 15	
<b>Seed Time:</b>	33.70	<b>&lt;&lt; #22 Men 55-59 50 Back &gt;&gt;</b>			
		<b>Finals Time:</b>	34.66	(2) 14.5	
<b>Seed Time:</b>	57.91	<b>&lt;&lt; #24 Men 55-59 100 Free &gt;&gt;</b>			
<b>Finals Splits:</b>	29.50	59.36 (29.86)	59.36	(4) 13	
<b>Seed Time:</b>	26.86	<b>&lt;&lt; #32 Men 55-59 50 Fly &gt;&gt;</b>			
		<b>Finals Time:</b>	27.17	(5) 12	
<b>Seed Time:</b>	2:38.53	<b>&lt;&lt; #42 Men 55-59 200 Fly &gt;&gt;</b>			
<b>Finals Splits:</b>	35.29	1:16.16 (40.87)	1:59.45 (43.29)	2:45.36 (45.91)	
<b>Seed Time:</b>	2:16.26	<b>&lt;&lt; #46 Men 55-59 200 Free &gt;&gt;</b>			
<b>Finals Splits:</b>	32.40	1:06.81 (34.41)	1:41.67 (34.86)	2:14.29 (32.62)	
<b>Seed Time:</b>	1:05.31	<b>&lt;&lt; #48 Men 55-59 100 IM &gt;&gt;</b>			
<b>Finals Splits:</b>	33.09	1:08.82 (35.73)	1:08.82	(4) 13	

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**Oliver Lee - 31**

**Crimzone-12**

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<b>Seed Time:</b>	21.00	<< #8 Men 30-34 50 Free >>	<b>Finals Time:</b>	21.54	(1)	17
<b>Seed Time:</b>	24.50	<< #22 Men 30-34 50 Back >>	<b>Finals Time:</b>	Scratched		
<b>Seed Time:</b>	47.00	<< #24 Men 30-34 100 Free >>	<b>Finals Time:</b>	48.29	(1)	17
<b>Finals Splits:</b>		22.88	48.29 (25.41)			
<b>Seed Time:</b>	23.00	<< #32 Men 30-34 50 Fly >>	<b>Finals Time:</b>	Scratched		
<b>Seed Time:</b>	57.00	<< #48 Men 30-34 100 IM >>	<b>Finals Time:</b>	Scratched		

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**Chad Mirt - 50**

**Crimzone-12**

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		<b>&lt;&lt; #22 Men 50-54 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	29.71	<b>Finals Time:</b>	28.62	(3)	* 14
		<b>&lt;&lt; #34 Men 50-54 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.00	<b>Finals Time:</b>	1:02.67	(3)	* 14
<b>Finals Splits:</b>		30.04	1:02.67 (32.63)		

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**Mitchell Berliner - 75**

**DC Masters-10**

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		<b>&lt;&lt; #6 Men 75-79 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	9:44.73		<b>Finals Time:</b>	9:22.54	(4) * 13
<b>Finals Splits:</b>		48.17	1:43.93 (55.76)	2:40.87 (56.94)	3:39.22 (58.35)
		4:37.39 (58.17)	5:34.18 (56.79)	6:31.41 (57.23)	7:30.00 (58.59)
		8:28.40 (58.40)	9:22.54 (54.14)		
		<b>&lt;&lt; #8 Men 75-79 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	35.79		<b>Finals Time:</b>	34.72	(1) * 17
		<b>&lt;&lt; #22 Men 75-79 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	53.48		<b>Finals Time:</b>	50.98	(3) * 14
		<b>&lt;&lt; #24 Men 75-79 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:32.31		<b>Finals Time:</b>	1:26.44	(6) * 11
<b>Finals Splits:</b>		42.15	1:26.44 (44.29)		

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**David Denrich - 44**

**District Of Columbia Aquatics-10**

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<< #6 Men 40-44 500 Free >>

<b>Seed Time:</b>	5:15.63		<b>Finals Time:</b>	5:24.64	(2)	15
<b>Finals Splits:</b>		28.76	59.87 (31.11)	1:31.77 (31.90)	2:04.42 (32.65)	
		2:37.39 (32.97)	3:10.62 (33.23)	3:43.94 (33.32)	4:17.18 (33.24)	
		4:50.84 (33.66)	5:24.64 (33.80)			

<< #10 Men 40-44 200 Back >>

<b>Seed Time:</b>	2:05.47		<b>Finals Time:</b>	2:10.71	(1)	17
<b>Finals Splits:</b>		31.21	1:04.55 (33.34)	1:37.96 (33.41)	2:10.71 (32.75)	

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**Carr Phillips - 58**

**District Of Columbia Aquatics-10**

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		<b>&lt;&lt; #8 Men 55-59 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	23.68		<b>Finals Time:</b>	23.48 (2) * 15	
		<b>&lt;&lt; #10 Men 55-59 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:20.59		<b>Finals Time:</b>	2:14.12 (1) * 17	
<b>Finals Splits:</b>	31.54	1:05.12 (33.58)	1:39.48 (34.36)	2:14.12 (34.64)	
		<b>&lt;&lt; #22 Men 55-59 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	28.57		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #24 Men 55-59 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	52.55		<b>Finals Time:</b>	52.32 (2) * 15	
<b>Finals Splits:</b>	25.11	52.32 (27.21)			
		<b>&lt;&lt; #34 Men 55-59 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.08		<b>Finals Time:</b>	1:00.47 (1) * 17	
<b>Finals Splits:</b>	29.38	1:00.47 (31.09)			
		<b>&lt;&lt; #46 Men 55-59 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:01.97		<b>Finals Time:</b>	1:57.83 (1) * 17	
<b>Finals Splits:</b>	26.32	55.44 (29.12)	1:26.20 (30.76)	1:57.83 (31.63)	

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**Meredith Stakem - 42**

District Of Columbia Aquatics-10

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		<b>&lt;&lt; #7 Women 40-44 50 Free &gt;&gt;</b>		
<b>Seed Time:</b>	25.75	<b>Finals Time:</b>	24.79	(1) * 17
		<b>&lt;&lt; #17 Women 40-44 100 Breast &gt;&gt;</b>		
<b>Seed Time:</b>	1:17.39	<b>Finals Time:</b>	1:16.11	(1) * 17
<b>Finals Splits:</b>		35.63	1:16.11 (40.48)	
		<b>&lt;&lt; #21 Women 40-44 50 Back &gt;&gt;</b>		
<b>Seed Time:</b>	29.63	<b>Finals Time:</b>	29.21	(1) * 17

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**Neill Williams - 56**

**District Of Columbia Aquatics-10**

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<b>Seed Time:</b>	24.28	<b>&lt;&lt; #8 Men 55-59 50 Free &gt;&gt;</b>	<b>Finals Time:</b>	23.84	(4)	*	13
<b>Seed Time:</b>	1:03.88	<b>&lt;&lt; #18 Men 55-59 100 Breast &gt;&gt;</b>	<b>Finals Time:</b>	1:03.05	(1)	*	17
<b>Finals Splits:</b>		29.62	1:03.05 (33.43)				
<b>Seed Time:</b>	27.08	<b>&lt;&lt; #22 Men 55-59 50 Back &gt;&gt;</b>	<b>Finals Time:</b>	26.71	(1)	*	17
			ZONECHAMPS: 27.58Y				
<b>Seed Time:</b>	25.88	<b>&lt;&lt; #32 Men 55-59 50 Fly &gt;&gt;</b>	<b>Finals Time:</b>	25.21	(2)	*	15
			ZONECHAMPS: 26.01Y				
<b>Seed Time:</b>	2:31.88	<b>&lt;&lt; #36 Men 55-59 200 Breast &gt;&gt;</b>	<b>Finals Time:</b>	2:25.11	(1)	*	17
			ZONECHAMPS: 2:26.28Y				
<b>Finals Splits:</b>		31.43	1:07.65 (36.22)	1:45.83 (38.18)	2:25.11 (39.28)		
<b>Seed Time:</b>	28.88	<b>&lt;&lt; #44 Men 55-59 50 Breast &gt;&gt;</b>	<b>Finals Time:</b>	28.78	(1)	*	17
<b>Seed Time:</b>	58.98	<b>&lt;&lt; #48 Men 55-59 100 IM &gt;&gt;</b>	<b>Finals Time:</b>	58.31	(1)	*	17
			ZONECHAMPS: 58.80Y				
<b>Finals Splits:</b>		26.87	58.31 (31.44)				



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**Vinet Bryant - 51**

**Elite Ravens Swim Club-10**

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<b>Seed Time:</b>	1:07.00	<b>&lt;&lt; #7 Women 50-54 50 Free &gt;&gt;</b>	<b>Finals Time:</b>	57.66	(3)	*	14
<b>Seed Time:</b>	1:19.50	<b>&lt;&lt; #21 Women 50-54 50 Back &gt;&gt;</b>	<b>Finals Time:</b>	1:02.90	(2)	*	15

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**Roy Chen - 29**

**Excel Swimming-7**

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<b>Seed Time:</b>	23.17	<b>&lt;&lt; #8 Men 25-29 50 Free &gt;&gt;</b>	<b>Finals Time:</b>	22.73	(3)	*	14
<b>Finals Splits:</b>							
<b>Seed Time:</b>	55.80	<b>&lt;&lt; #12 Men 25-29 100 Fly &gt;&gt;</b>	<b>Finals Time:</b>	54.70	(2)	*	15
<b>Finals Splits:</b>	25.68		54.70 (29.02)				
<b>Seed Time:</b>	1:07.23	<b>&lt;&lt; #18 Men 25-29 100 Breast &gt;&gt;</b>	<b>Finals Time:</b>	1:06.14	(1)	*	17
<b>Finals Splits:</b>	31.71		1:06.14 (34.43)				
<b>Seed Time:</b>	49.73	<b>&lt;&lt; #24 Men 25-29 100 Free &gt;&gt;</b>	<b>Finals Time:</b>	49.08	(1)	*	17
<b>Finals Splits:</b>	24.00		49.08 (25.08)				
<b>Seed Time:</b>	24.82	<b>&lt;&lt; #32 Men 25-29 50 Fly &gt;&gt;</b>	<b>Finals Time:</b>	24.61	(3)	*	14
<b>Finals Splits:</b>							
<b>Seed Time:</b>	58.86	<b>&lt;&lt; #34 Men 25-29 100 Back &gt;&gt;</b>	<b>Finals Time:</b>	58.49	(2)	*	15
<b>Finals Splits:</b>	28.64		58.49 (29.85)				
<b>Seed Time:</b>	31.12	<b>&lt;&lt; #44 Men 25-29 50 Breast &gt;&gt;</b>	<b>Finals Time:</b>	30.35	(2)	*	15
<b>Finals Splits:</b>							
<b>Seed Time:</b>	57.67	<b>&lt;&lt; #48 Men 25-29 100 IM &gt;&gt;</b>	<b>Finals Time:</b>	55.90	(1)	*	17
<b>Finals Splits:</b>	25.97		55.90 (29.93)				

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**James Rawley - 70**

**Excel Swimming-7**

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<b>Seed Time:</b>	29.00	<< #8 Men 70-74 50 Free >>	<b>Finals Time:</b>	28.55	(2)	*	15
<b>Seed Time:</b>	1:16.00	<< #12 Men 70-74 100 Fly >>	<b>Finals Time:</b>	1:13.98	(1)	*	17
<b>Finals Splits:</b>		ZONECHAMPS: 1:23.28Y					
		32.82		1:13.98 (41.16)			
<b>Seed Time:</b>	1:06.00	<< #24 Men 70-74 100 Free >>	<b>Finals Time:</b>	DQ			
<b>Seed Time:</b>	30.50	<< #32 Men 70-74 50 Fly >>	<b>Finals Time:</b>	30.60	(1)		17
<b>Seed Time:</b>	1:16.21	<< #48 Men 70-74 100 IM >>	<b>Finals Time:</b>	1:15.82	(1)	*	17
<b>Finals Splits:</b>		35.86		1:15.82 (39.96)			

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Daniel Barron - 60**

**Fredericksburg American Familv-12**

		<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	31.00		<b>Finals Time:</b>	32.73	(11) 6
		<b>&lt;&lt; #12 Men 60-64 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:30.00		<b>Finals Time:</b>	1:50.07	(4) 13
<b>Finals Splits:</b>		44.16	1:50.07 (1:05.91)		
		<b>&lt;&lt; #22 Men 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	43.00		<b>Finals Time:</b>	41.94	(4) * 13
		<b>&lt;&lt; #24 Men 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:17.00		<b>Finals Time:</b>	1:16.95	(9) * 8
<b>Finals Splits:</b>		37.18	1:16.95 (39.77)		
		<b>&lt;&lt; #32 Men 60-64 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	40.00		<b>Finals Time:</b>	41.57	(5) 12
		<b>&lt;&lt; #34 Men 60-64 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:30.00		<b>Finals Time:</b>	1:37.81	(4) 13
<b>Finals Splits:</b>		45.91	1:37.81 (51.90)		
		<b>&lt;&lt; #48 Men 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:40.00		<b>Finals Time:</b>	1:38.59	(4) * 13
<b>Finals Splits:</b>		40.69	1:38.59 (57.90)		
		<b>&lt;&lt; #14 Men 55-64 200 Free Relay - FAFF-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	2:20.00		<b>Finals Time:</b>	2:04.83	(1) * 34
<b>Finals Splits:</b>		29.15	1:03.48 (34.33)	1:33.20 (29.72)	2:04.83 (31.63)
		<b>&lt;&lt; #26 Men 55-64 400 Medley Relay - FAFF-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	NT		<b>Finals Time:</b>	5:43.11	(1) 34
<b>Finals Splits:</b>		37.20	1:15.38 (38.18)	2:01.50 (46.12)	2:52.98 (51.48)
		3:31.74 (38.76)	4:22.19 (50.45)	5:00.85 (38.66)	5:43.11 (42.26)
		<b>&lt;&lt; #38 Men 55-64 400 Free Relay - FAFF-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00		<b>Finals Time:</b>	5:09.70	(1) 34
<b>Finals Splits:</b>		34.50	1:12.07 (37.57)	1:50.11 (38.04)	2:32.66 (42.55)
		3:07.00 (34.34)	3:46.09 (39.09)	4:25.88 (39.79)	5:09.70 (43.82)
		<b>&lt;&lt; #50 Men 45-54 200 Medley Relay - FAFF-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	2:30.00		<b>Finals Time:</b>	2:22.17	(2) * 30
<b>Finals Splits:</b>		35.76	1:11.94 (36.18)	1:49.07 (37.13)	2:22.17 (33.10)
		<b>&lt;&lt; #54 Men 25-34 800 Free Relay - FAFF-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	10:10.00		<b>Finals Time:</b>	10:48.04	(1)
<b>Finals Splits:</b>		35.36	1:15.02 (39.66)	1:55.56 (40.54)	2:34.78 (39.22)
		3:10.27 (35.49)	3:52.33 (42.06)	4:34.74 (42.41)	5:16.04 (41.30)
		5:47.32 (31.28)	6:22.26 (34.94)	6:58.16 (35.90)	7:34.01 (35.85)
		8:15.58 (41.57)	9:04.64 (49.06)	9:57.78 (53.14)	10:48.04 (50.26)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Lindsey Bates - 30**

Fredericksburg American Familv-12

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<< #1 Women 30-34 1000 Free >>

<b>Seed Time:</b>	19:00.00	<b>Finals Time:</b>	17:20.43	(3) * 14
<b>Finals Splits:</b>	47.94	1:36.12 (48.18)	2:26.30 (50.18)	3:17.30 (51.00)
	4:09.90 (52.60)	5:03.58 (53.68)	5:56.80 (53.22)	6:50.13 (53.33)
	7:43.47 (53.34)	8:35.83 (52.36)	9:28.17 (52.34)	10:20.86 (52.69)
	11:13.68 (52.82)	12:06.84 (53.16)	13:00.33 (53.49)	13:54.00 (53.67)
	14:46.19 (52.19)	15:39.31 (53.12)	16:31.48 (52.17)	17:20.43 (48.95)

<< #5 Women 30-34 500 Free >>

<b>Seed Time:</b>	9:16.79	<b>Finals Time:</b>	8:13.79	(4) * 13
<b>Finals Splits:</b>	43.67	1:31.83 (48.16)	2:21.96 (50.13)	3:12.54 (50.58)
	4:03.20 (50.66)	4:54.51 (51.31)	5:45.38 (50.87)	6:36.86 (51.48)
	7:27.04 (50.18)	8:13.79 (46.75)		

<< #11 Women 30-34 100 Fly >>

<b>Seed Time:</b>	1:54.50	<b>Finals Time:</b>	1:40.09	(3) * 14
<b>Finals Splits:</b>	45.88	1:40.09 (54.21)		

<< #17 Women 30-34 100 Breast >>

<b>Seed Time:</b>	1:54.98	<b>Finals Time:</b>	1:49.58	(1) * 17
<b>Finals Splits:</b>	52.60	1:49.58 (56.98)		

<< #19 Women 30-34 200 IM >>

<b>Seed Time:</b>	4:00.00	<b>Finals Time:</b>	3:29.14	(4) * 13
<b>Finals Splits:</b>	46.54	1:44.80 (58.26)	2:42.65 (57.85)	3:29.14 (46.49)

<< #23 Women 30-34 100 Free >>

<b>Seed Time:</b>	1:40.00	<b>Finals Time:</b>	1:24.34	(3) * 14
<b>Finals Splits:</b>	40.65	1:24.34 (43.69)		

<< #31 Women 30-34 50 Fly >>

<b>Seed Time:</b>	1:30.00	<b>Finals Time:</b>	43.79	(5) * 12
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<< #35 Women 30-34 200 Breast >>

<b>Seed Time:</b>	5:00.00	<b>Finals Time:</b>	3:46.58	(2) * 15
<b>Finals Splits:</b>	51.98	1:49.24 (57.26)	2:47.59 (58.35)	3:46.58 (58.99)

<< #43 Women 30-34 50 Breast >>

<b>Seed Time:</b>	1:30.00	<b>Finals Time:</b>	49.74	(1) * 17
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<< #45 Women 30-34 200 Free >>

<b>Seed Time:</b>	3:31.63	<b>Finals Time:</b>	3:06.59	(3) * 14
<b>Finals Splits:</b>	42.12	1:29.40 (47.28)	2:18.85 (49.45)	3:06.59 (47.74)

<< #47 Women 30-34 100 IM >>

<b>Seed Time:</b>	2:00.00	<b>Finals Time:</b>	1:41.78	(2) * 15
<b>Finals Splits:</b>	49.08	1:41.78 (52.70)		

<< #15 Mixed 25-34 200 Free Relay - FAFF-12 A - Leg 2 >>

<b>Seed Time:</b>	2:08.00	<b>Finals Time:</b>	2:03.21	(4) * 26
<b>Finals Splits:</b>	28.95	1:08.34 (39.39)	1:38.30 (29.96)	2:03.21 (24.91)



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Susan Dickens - 62**

**Fredericksburg American Familv-12**

<< #1 Women 60-64 1000 Free >>

<b>Seed Time:</b>	16:50.00	<b>Finals Time:</b>			14:53.71	(2)	* 15
<b>Finals Splits:</b>	38.19	1:20.99 (42.80)	2:05.85 (44.86)	2:51.19 (45.34)			
	3:36.08 (44.89)	4:21.95 (45.87)	5:06.55 (44.60)	5:51.33 (44.78)			
	6:36.64 (45.31)	7:21.84 (45.20)	8:07.41 (45.57)	8:53.24 (45.83)			
	9:38.75 (45.51)	10:24.26 (45.51)	11:09.51 (45.25)	11:54.50 (44.99)			
	12:40.34 (45.84)	13:25.53 (45.19)	14:10.43 (44.90)	14:53.71 (43.28)			

<< #5 Women 60-64 500 Free >>

<b>Seed Time:</b>	7:11.87	<b>Finals Time:</b>			7:17.95	(1)	17
<b>Finals Splits:</b>	37.91	1:20.08 (42.17)	2:04.49 (44.41)	2:49.22 (44.73)			
	3:34.38 (45.16)	4:19.19 (44.81)	5:03.97 (44.78)	5:49.24 (45.27)			
	6:34.00 (44.76)	7:17.95 (43.95)					

<< #7 Women 60-64 50 Free >>

<b>Seed Time:</b>	33.84	<b>Finals Time:</b>			34.41	(6)	11
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<< #17 Women 60-64 100 Breast >>

<b>Seed Time:</b>	1:40.00	<b>Finals Time:</b>			1:40.98	(2)	15
<b>Finals Splits:</b>	47.31	1:40.98 (53.67)					

<< #23 Women 60-64 100 Free >>

<b>Seed Time:</b>	1:16.50	<b>Finals Time:</b>			1:16.62	(4)	13
<b>Finals Splits:</b>	36.18	1:16.62 (40.44)					

<< #29 Women 60-64 400 IM >>

<b>Seed Time:</b>	7:15.00	<b>Finals Time:</b>			6:51.45	(3)	* 14
<b>Finals Splits:</b>	47.77	1:44.03 (56.26)	2:37.65 (53.62)	3:30.83 (53.18)			
	4:28.79 (57.96)	5:25.66 (56.87)	6:09.65 (43.99)	6:51.45 (41.80)			

<< #35 Women 60-64 200 Breast >>

<b>Seed Time:</b>	4:00.00	<b>Finals Time:</b>			3:36.40	(3)	* 14
<b>Finals Splits:</b>	50.21	1:45.79 (55.58)	2:43.21 (57.42)	3:36.40 (53.19)			

<< #43 Women 60-64 50 Breast >>

<b>Seed Time:</b>	45.20	<b>Finals Time:</b>			44.60	(3)	* 14
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<< #45 Women 60-64 200 Free >>

<b>Seed Time:</b>	2:43.85	<b>Finals Time:</b>			2:45.45	(2)	15
<b>Finals Splits:</b>	38.35	1:20.63 (42.28)	2:03.22 (42.59)	2:45.45 (42.23)			

<< #47 Women 60-64 100 IM >>

<b>Seed Time:</b>	1:28.94	<b>Finals Time:</b>			1:30.16	(5)	12
<b>Finals Splits:</b>	42.89	1:30.16 (47.27)					

<< #15 Mixed 25-34 200 Free Relay - FAFF-12 B - Leg 3 >>

<b>Seed Time:</b>	2:20.00	<b>Finals Time:</b>			2:11.93	(5)	* 24
<b>Finals Splits:</b>	31.38	58.41 (27.03)	1:32.99 (34.58)	2:11.93 (38.94)			

<< #27 Mixed 25-34 400 Medley Relay - FAFF-12 B - Leg >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>			5:24.69	(3)	28
<b>Finals Splits:</b>	34.52	1:10.32 (35.80)	1:56.82 (46.50)	2:51.48 (54.66)			
	3:22.65 (31.17)	4:01.99 (39.34)	4:41.87 (39.88)	5:24.69 (42.82)			





2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Rachel Ellsmore - 25**

**Fredericksburg American Familv-12**

		<b>&lt;&lt; #7 Women 25-29 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	28.26		<b>Finals Time:</b>	28.72	(2) 15
		<b>&lt;&lt; #11 Women 25-29 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:12.15		<b>Finals Time:</b>	1:12.84	(3) 14
<b>Finals Splits:</b>		32.43	1:12.84 (40.41)		
		<b>&lt;&lt; #23 Women 25-29 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:06.00		<b>Finals Time:</b>	1:04.22	(2) * 15
<b>Finals Splits:</b>		29.91	1:04.22 (34.31)		
		<b>&lt;&lt; #31 Women 25-29 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	30.84		<b>Finals Time:</b>	30.27	(3) * 14
		<b>&lt;&lt; #47 Women 25-29 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:15.00		<b>Finals Time:</b>	1:15.19	(4) 13
<b>Finals Splits:</b>		33.17	1:15.19 (42.02)		
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - FAFF-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	2:08.00		<b>Finals Time:</b>	2:03.21	(4) * 26
<b>Finals Splits:</b>		28.95	1:08.34 (39.39)	1:38.30 (29.96)	2:03.21 (24.91)
		<b>&lt;&lt; #27 Mixed 25-34 400 Medley Relay - FAFF-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	NT		<b>Finals Time:</b>	5:39.68	(4) 26
<b>Finals Splits:</b>		1:26.94	2:19.22 (52.28)	3:17.81 (58.59)	3:51.45 (33.64)
		4:33.96 (42.51)	5:03.77 (29.81)	5:39.68 (35.91)	
		<b>&lt;&lt; #39 Mixed 25-34 400 Free Relay - FAFF-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	4:45.00		<b>Finals Time:</b>	4:15.81	(2) * 30
<b>Finals Splits:</b>		28.14	59.44 (31.30)	1:26.18 (26.74)	1:55.41 (29.23)
		2:25.17 (29.76)	2:59.35 (34.18)	3:35.02 (35.67)	4:15.81 (40.79)
		<b>&lt;&lt; #51 Mixed 25-34 200 Medley Relay - FAFF-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:45.00		<b>Finals Time:</b>	2:25.45	(2) * 30
			1:25.87 ( )	1:56.25 (30.38)	2:25.45 (29.20)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**William Graf - 34**

Fredericksburg American Familv-12

<< #3 Mixed 30-34 1650 Free >>

<b>Seed Time:</b>	25:54.95	<b>Finals Time:</b>	25:16.14	(1) * 17
<b>Finals Splits:</b>	38.25	1:20.66 (42.41)	2:05.85 (45.19)	2:51.43 (45.58)
	3:37.08 (45.65)	4:22.25 (45.17)	5:06.55 (44.30)	5:51.63 (45.08)
	6:36.88 (45.25)	7:22.64 (45.76)	8:09.35 (46.71)	8:55.20 (45.85)
	9:40.44 (45.24)	10:25.84 (45.40)	11:12.56 (46.72)	11:59.45 (46.89)
	12:46.03 (46.58)	13:32.45 (46.42)	14:20.58 (48.13)	15:06.34 (45.76)
	15:52.24 (45.90)	16:37.91 (45.67)	17:23.93 (46.02)	18:10.17 (46.24)
	18:57.72 (47.55)	19:44.45 (46.73)	20:32.44 (47.99)	21:20.35 (47.91)
	22:07.89 (47.54)	22:55.93 (48.04)	23:43.05 (47.12)	24:30.62 (47.57)
	25:16.14 (45.52)			

<< #6 Men 30-34 500 Free >>

<b>Seed Time:</b>	7:11.14	<b>Finals Time:</b>	7:03.07	(2) * 15
<b>Finals Splits:</b>	35.22	1:15.35 (40.13)	1:57.41 (42.06)	2:40.67 (43.26)
	3:23.32 (42.65)	4:06.37 (43.05)	4:50.84 (44.47)	5:35.31 (44.47)
	6:20.24 (44.93)	7:03.07 (42.83)		

<< #8 Men 30-34 50 Free >>

<b>Seed Time:</b>	31.60	<b>Finals Time:</b>	30.58	(11) * 6
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<< #22 Men 30-34 50 Back >>

<b>Seed Time:</b>	44.38	<b>Finals Time:</b>	38.06	(3) * 14
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<< #24 Men 30-34 100 Free >>

<b>Seed Time:</b>	1:10.86	<b>Finals Time:</b>	1:10.06	(9) * 8
<b>Finals Splits:</b>	33.50	1:10.06 (36.56)		

<< #32 Men 30-34 50 Fly >>

<b>Seed Time:</b>	34.05	<b>Finals Time:</b>	33.93	(4) * 13
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<< #34 Men 30-34 100 Back >>

<b>Seed Time:</b>	1:22.65	<b>Finals Time:</b>	1:21.68	(1) * 17
<b>Finals Splits:</b>	39.61	1:21.68 (42.07)		

<< #46 Men 30-34 200 Free >>

<b>Seed Time:</b>	2:40.54	<b>Finals Time:</b>	2:32.82	(3) * 14
<b>Finals Splits:</b>	34.38	1:14.26 (39.88)	1:54.61 (40.35)	2:32.82 (38.21)

<< #303 Mixed 30-34 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	15:06.34	(1)
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<< #15 Mixed 25-34 200 Free Relay - FAFF-12 B - Leg 1 >>

<b>Seed Time:</b>	2:20.00	<b>Finals Time:</b>	2:11.93	(5) * 24
<b>Finals Splits:</b>	31.38	58.41 (27.03)	1:32.99 (34.58)	2:11.93 (38.94)

<< #27 Mixed 25-34 400 Medley Relay - FAFF-12 A - Leg >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	5:39.68	(4) 26
<b>Finals Splits:</b>	1:26.94	2:19.22 (52.28)	3:17.81 (58.59)	3:51.45 (33.64)
	4:33.96 (42.51)	5:03.77 (29.81)	5:39.68 (35.91)	

<< #51 Mixed 25-34 200 Medley Relay - FAFF-12 A - Leg >>

<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:25.45	(2) * 30
		1:25.87 ( )	1:56.25 (30.38)	2:25.45 (29.20)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**William Graf - 34**

**Fredericksburg American Familv-12**

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<< #55 Mixed 25-34 800 Free Relay - FAFF-12 A - Leg 4 >>

<b>Seed Time:</b>	11:45.00	<b>Finals Time:</b>	11:16.68	(1) *
		1:15.49 ( )		2:40.97 ( )
	3:23.25 (42.28)	4:12.11 (48.86)	5:02.49 (50.38)	5:51.69 (49.20)
	6:29.56 (37.87)	7:13.23 (43.67)	7:58.09 (44.86)	8:41.78 (43.69)
	9:15.38 (33.60)	9:54.96 (39.58)	10:35.69 (40.73)	11:16.68 (40.99)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Matthew Higgins - 25**

Fredericksburg American Familv-12

		<b>&lt;&lt; #8 Men 25-29 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	29.68		<b>Finals Time:</b>	28.87	(7) * 10
		<b>&lt;&lt; #12 Men 25-29 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:10.00		<b>Finals Time:</b>	1:19.49	(5) 12
<b>Finals Splits:</b>		33.74	1:19.49 (45.75)		
		<b>&lt;&lt; #24 Men 25-29 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:06.00		<b>Finals Time:</b>	1:05.09	(5) * 12
<b>Finals Splits:</b>		30.69	1:05.09 (34.40)		
		<b>&lt;&lt; #32 Men 25-29 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	33.70		<b>Finals Time:</b>	33.72	(5) 12
		<b>&lt;&lt; #44 Men 25-29 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	38.24		<b>Finals Time:</b>	38.27	(4) 13
		<b>&lt;&lt; #48 Men 25-29 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:18.30		<b>Finals Time:</b>	1:17.39	(5) * 12
<b>Finals Splits:</b>		35.37	1:17.39 (42.02)		
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - FAFF-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	2:08.00		<b>Finals Time:</b>	2:03.21	(4) * 26
<b>Finals Splits:</b>		28.95	1:08.34 (39.39)	1:38.30 (29.96)	2:03.21 (24.91)
		<b>&lt;&lt; #27 Mixed 25-34 400 Medley Relay - FAFF-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	NT		<b>Finals Time:</b>	5:39.68	(4) 26
<b>Finals Splits:</b>		1:26.94	2:19.22 (52.28)	3:17.81 (58.59)	3:51.45 (33.64)
		4:33.96 (42.51)	5:03.77 (29.81)	5:39.68 (35.91)	
		<b>&lt;&lt; #51 Mixed 25-34 200 Medley Relay - FAFF-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:45.00		<b>Finals Time:</b>	2:25.45	(2) * 30
			1:25.87 ( )	1:56.25 (30.38)	2:25.45 (29.20)
		<b>&lt;&lt; #55 Mixed 25-34 800 Free Relay - FAFF-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	11:45.00		<b>Finals Time:</b>	11:16.68	(1) *
			1:15.49 ( )		2:40.97 ( )
		3:23.25 (42.28)	4:12.11 (48.86)	5:02.49 (50.38)	5:51.69 (49.20)
		6:29.56 (37.87)	7:13.23 (43.67)	7:58.09 (44.86)	8:41.78 (43.69)
		9:15.38 (33.60)	9:54.96 (39.58)	10:35.69 (40.73)	11:16.68 (40.99)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Carl Ingebretsen - 62**

Fredericksburg American Familv-12

<< #1 Men 60-64 1000 Free >>

<b>Seed Time:</b>	13:46.79	<b>Finals Time:</b>			13:02.79	(1) * 17
<b>Finals Splits:</b>	34.72	1:12.50 (37.78)	1:50.79 (38.29)	2:29.42 (38.63)		
	3:08.06 (38.64)	3:46.87 (38.81)	4:25.90 (39.03)	5:04.68 (38.78)		
	5:43.86 (39.18)	6:22.71 (38.85)	7:02.41 (39.70)	7:42.33 (39.92)		
	8:22.12 (39.79)	9:02.20 (40.08)	9:42.25 (40.05)	10:22.53 (40.28)		
	11:02.90 (40.37)	11:43.28 (40.38)	12:24.01 (40.73)	13:02.79 (38.78)		

<< #6 Men 60-64 500 Free >>

<b>Seed Time:</b>	6:30.00	<b>Finals Time:</b>			6:19.60	(2) * 15
<b>Finals Splits:</b>	34.01	1:11.26 (37.25)	1:49.00 (37.74)	2:27.08 (38.08)		
	3:05.29 (38.21)	3:43.86 (38.57)	4:22.97 (39.11)	5:02.04 (39.07)		
	5:41.48 (39.44)	6:19.60 (38.12)				

<< #10 Men 60-64 200 Back >>

<b>Seed Time:</b>	2:45.52	<b>Finals Time:</b>			2:48.63	(1) 17
<b>Finals Splits:</b>	39.86	1:23.53 (43.67)	2:06.87 (43.34)	2:48.63 (41.76)		

<< #12 Men 60-64 100 Fly >>

<b>Seed Time:</b>	1:16.47	<b>Finals Time:</b>			1:14.92	(2) * 15
<b>Finals Splits:</b>	34.45	1:14.92 (40.47)				

<< #20 Men 60-64 200 IM >>

<b>Seed Time:</b>	2:44.77	<b>Finals Time:</b>			2:44.08	(2) * 15
<b>Finals Splits:</b>	34.78	1:16.43 (41.65)	2:07.88 (51.45)	2:44.08 (36.20)		

<< #22 Men 60-64 50 Back >>

<b>Seed Time:</b>	34.00	<b>Finals Time:</b>			34.32	(2) 15
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<< #30 Men 60-64 400 IM >>

<b>Seed Time:</b>	6:00.00	<b>Finals Time:</b>			6:03.13	(3) 14
<b>Finals Splits:</b>	35.95	1:21.30 (45.35)	2:08.93 (47.63)	2:55.14 (46.21)		
	3:50.99 (55.85)	4:46.75 (55.76)	5:26.12 (39.37)	6:03.13 (37.01)		

<< #34 Men 60-64 100 Back >>

<b>Seed Time:</b>	1:14.00	<b>Finals Time:</b>			1:14.12	(1) 17
<b>Finals Splits:</b>	36.28	1:14.12 (37.84)				

<< #42 Men 60-64 200 Fly >>

<b>Seed Time:</b>	2:52.94	<b>Finals Time:</b>			3:01.20	(1) 17
<b>Finals Splits:</b>	37.32	1:23.44 (46.12)	2:13.35 (49.91)	3:01.20 (47.85)		

<< #46 Men 60-64 200 Free >>

<b>Seed Time:</b>	2:26.06	<b>Finals Time:</b>			2:24.22	(3) * 14
<b>Finals Splits:</b>	32.67	1:10.03 (37.36)	1:48.33 (38.30)	2:24.22 (35.89)		

<< #48 Men 60-64 100 IM >>

<b>Seed Time:</b>	1:14.81	<b>Finals Time:</b>			1:14.34	(2) * 15
<b>Finals Splits:</b>	34.66	1:14.34 (39.68)				

<< #14 Men 55-64 200 Free Relay - FAFF-12 A - Leg 1 >>

<b>Seed Time:</b>	2:20.00	<b>Finals Time:</b>			2:04.83	(1) * 34
<b>Finals Splits:</b>	29.15	1:03.48 (34.33)	1:33.20 (29.72)	2:04.83 (31.63)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Carl Ingebretsen - 62**

Fredericksburg American Familv-12

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	<< #26 Men 55-64 400 Medley Relay - FAFF-12 A - Leg 1 >>				
Seed Time:	NT		Finals Time:	5:43.11	(1) 34
Finals Splits:	37.20	1:15.38 (38.18)	2:01.50 (46.12)	2:52.98 (51.48)	
	3:31.74 (38.76)	4:22.19 (50.45)	5:00.85 (38.66)	5:43.11 (42.26)	
	<< #38 Men 55-64 400 Free Relay - FAFF-12 A - Leg 1 >>				
Seed Time:	4:50.00		Finals Time:	5:09.70	(1) 34
Finals Splits:	34.50	1:12.07 (37.57)	1:50.11 (38.04)	2:32.66 (42.55)	
	3:07.00 (34.34)	3:46.09 (39.09)	4:25.88 (39.79)	5:09.70 (43.82)	
	<< #50 Men 45-54 200 Medley Relay - FAFF-12 A - Leg 1 >>				
Seed Time:	2:30.00		Finals Time:	2:22.17	(2) * 30
Finals Splits:	35.76	1:11.94 (36.18)	1:49.07 (37.13)	2:22.17 (33.10)	
	<< #54 Men 25-34 800 Free Relay - FAFF-12 A - Leg 1 >>				
Seed Time:	10:10.00		Finals Time:	10:48.04	(1)
Finals Splits:	35.36	1:15.02 (39.66)	1:55.56 (40.54)	2:34.78 (39.22)	
	3:10.27 (35.49)	3:52.33 (42.06)	4:34.74 (42.41)	5:16.04 (41.30)	
	5:47.32 (31.28)	6:22.26 (34.94)	6:58.16 (35.90)	7:34.01 (35.85)	
	8:15.58 (41.57)	9:04.64 (49.06)	9:57.78 (53.14)	10:48.04 (50.26)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Steven Karl - 61**

**Fredericksburg American Familv-12**

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		<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	36.51		<b>Finals Time:</b>	33.55 (12) * 5	
		<b>&lt;&lt; #18 Men 60-64 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:39.81		<b>Finals Time:</b>	1:34.55 (3) * 14	
<b>Finals Splits:</b>	44.67	1:34.55 (49.88)			
		<b>&lt;&lt; #24 Men 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:19.81		<b>Finals Time:</b>	1:15.14 (7) * 10	
<b>Finals Splits:</b>	36.36	1:15.14 (38.78)			
		<b>&lt;&lt; #34 Men 60-64 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.70		<b>Finals Time:</b>	1:31.01 (3) * 14	
<b>Finals Splits:</b>	43.63	1:31.01 (47.38)			
		<b>&lt;&lt; #48 Men 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:50.00		<b>Finals Time:</b>	1:30.65 (3) * 14	
<b>Finals Splits:</b>	44.13	1:30.65 (46.52)			
		<b>&lt;&lt; #14 Men 55-64 200 Free Relay - FAFF-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	2:20.00		<b>Finals Time:</b>	2:04.83 (1) * 34	
<b>Finals Splits:</b>	29.15	1:03.48 (34.33)	1:33.20 (29.72)	2:04.83 (31.63)	
		<b>&lt;&lt; #26 Men 55-64 400 Medley Relay - FAFF-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	NT		<b>Finals Time:</b>	5:43.11 (1) 34	
<b>Finals Splits:</b>	37.20	1:15.38 (38.18)	2:01.50 (46.12)	2:52.98 (51.48)	
	3:31.74 (38.76)	4:22.19 (50.45)	5:00.85 (38.66)	5:43.11 (42.26)	
		<b>&lt;&lt; #38 Men 55-64 400 Free Relay - FAFF-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	4:50.00		<b>Finals Time:</b>	5:09.70 (1) 34	
<b>Finals Splits:</b>	34.50	1:12.07 (37.57)	1:50.11 (38.04)	2:32.66 (42.55)	
	3:07.00 (34.34)	3:46.09 (39.09)	4:25.88 (39.79)	5:09.70 (43.82)	

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

**Individual Meet Summary**

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**Claudia Keller - 25**

**Fredericksburg American Familv-12**

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<b>Seed Time:</b>	11:40.00	<b>&lt;&lt; #1 Women 25-29 1000 Free &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	5:45.00	<b>&lt;&lt; #5 Women 25-29 500 Free &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	2:16.00	<b>&lt;&lt; #9 Women 25-29 200 Back &gt;&gt;</b>	<b>Finals Time:</b>	NS
<b>Seed Time:</b>	1:05.00	<b>&lt;&lt; #33 Women 25-29 100 Back &gt;&gt;</b>	<b>Finals Time:</b>	NS
<b>Seed Time:</b>	2:10.00	<b>&lt;&lt; #45 Women 25-29 200 Free &gt;&gt;</b>	<b>Finals Time:</b>	NS



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Daniel Levy - 54**

Fredericksburg American Familv-12

<< #1 Men 50-54 1000 Free >>

<b>Seed Time:</b>	14:00.00	<b>Finals Time:</b>		14:24.54	(2)	15
<b>Finals Splits:</b>	31.66	1:07.17 (35.51)	1:45.23 (38.06)	2:23.98 (38.75)		
	3:04.12 (40.14)	3:44.51 (40.39)	4:25.93 (41.42)	5:08.57 (42.64)		
	5:59.72 (51.15)	6:44.64 (44.92)	7:34.49 (49.85)	8:23.60 (49.11)		
	9:11.97 (48.37)	9:58.13 (46.16)	10:47.49 (49.36)	11:30.07 (42.58)		
	12:18.36 (48.29)	13:01.13 (42.77)	13:43.01 (41.88)	14:24.54 (41.53)		

<< #6 Men 50-54 500 Free >>

<b>Seed Time:</b>	6:00.00	<b>Finals Time:</b>		6:35.06	(3)	14
<b>Finals Splits:</b>	33.86	1:11.06 (37.20)	1:50.28 (39.22)	2:30.49 (40.21)		
	3:10.52 (40.03)	3:51.17 (40.65)	4:33.18 (42.01)	5:14.05 (40.87)		
	5:55.89 (41.84)	6:35.06 (39.17)				

<< #8 Men 50-54 50 Free >>

<b>Seed Time:</b>	25.03	<b>Finals Time:</b>		24.78	(5)	* 12
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<< #12 Men 50-54 100 Fly >>

<b>Seed Time:</b>	1:20.00	<b>Finals Time:</b>		1:10.40	(7)	* 10
<b>Finals Splits:</b>	32.46	1:10.40 (37.94)				

<< #18 Men 50-54 100 Breast >>

<b>Seed Time:</b>	1:25.00	<b>Finals Time:</b>		1:21.43	(5)	* 12
<b>Finals Splits:</b>	39.47	1:21.43 (41.96)				

<< #24 Men 50-54 100 Free >>

<b>Seed Time:</b>	56.87	<b>Finals Time:</b>		56.69	(6)	* 11
<b>Finals Splits:</b>	27.12	56.69 (29.57)				

<< #30 Men 50-54 400 IM >>

<b>Seed Time:</b>	5:45.00	<b>Finals Time:</b>		6:15.15	(4)	13
<b>Finals Splits:</b>	33.39	1:14.45 (41.06)	2:03.53 (49.08)	2:52.58 (49.05)		
	3:48.58 (56.00)	4:45.87 (57.29)	5:32.00 (46.13)	6:15.15 (43.15)		

<< #32 Men 50-54 50 Fly >>

<b>Seed Time:</b>	29.00	<b>Finals Time:</b>		28.10	(5)	* 12
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<< #44 Men 50-54 50 Breast >>

<b>Seed Time:</b>	37.88	<b>Finals Time:</b>		35.58	(4)	* 13
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<< #46 Men 50-54 200 Free >>

<b>Seed Time:</b>	2:22.49	<b>Finals Time:</b>		2:16.46	(3)	* 14
<b>Finals Splits:</b>	31.12	1:06.17 (35.05)	1:43.43 (37.26)	2:16.46 (33.03)		

<< #48 Men 50-54 100 IM >>

<b>Seed Time:</b>	1:14.39	<b>Finals Time:</b>		1:09.89	(3)	* 14
<b>Finals Splits:</b>	33.58	1:09.89 (36.31)				

<< #15 Mixed 25-34 200 Free Relay - FAFF-12 A - Leg 4 >>

<b>Seed Time:</b>	2:08.00	<b>Finals Time:</b>		2:03.21	(4)	* 26
<b>Finals Splits:</b>	28.95	1:08.34 (39.39)	1:38.30 (29.96)	2:03.21 (24.91)		



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Shawn Malony - 34**

**Fredericksburg American Familv-12**

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	<b>&lt;&lt; #44 Men 30-34 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	40.00		<b>Finals Time:</b>	34.70	(5) * 12
	<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - FAFF-12 B - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	2:20.00		<b>Finals Time:</b>	2:11.93	(5) * 24
<b>Finals Splits:</b>	31.38	58.41 (27.03)	1:32.99 (34.58)	2:11.93 (38.94)	
	<b>&lt;&lt; #27 Mixed 25-34 400 Medley Relay - FAFF-12 B - Leg &gt;&gt;</b>				
<b>Seed Time:</b>	NT		<b>Finals Time:</b>	5:24.69	(3) 28
<b>Finals Splits:</b>	34.52	1:10.32 (35.80)	1:56.82 (46.50)	2:51.48 (54.66)	
	3:22.65 (31.17)	4:01.99 (39.34)	4:41.87 (39.88)	5:24.69 (42.82)	
	<b>&lt;&lt; #39 Mixed 25-34 400 Free Relay - FAFF-12 A - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	4:45.00		<b>Finals Time:</b>	4:15.81	(2) * 30
<b>Finals Splits:</b>	28.14	59.44 (31.30)	1:26.18 (26.74)	1:55.41 (29.23)	
	2:25.17 (29.76)	2:59.35 (34.18)	3:35.02 (35.67)	4:15.81 (40.79)	
	<b>&lt;&lt; #54 Men 25-34 800 Free Relay - FAFF-12 A - Leg 3 &gt;&gt;</b>				
<b>Seed Time:</b>	10:10.00		<b>Finals Time:</b>	10:48.04	(1)
<b>Finals Splits:</b>	35.36	1:15.02 (39.66)	1:55.56 (40.54)	2:34.78 (39.22)	
	3:10.27 (35.49)	3:52.33 (42.06)	4:34.74 (42.41)	5:16.04 (41.30)	
	5:47.32 (31.28)	6:22.26 (34.94)	6:58.16 (35.90)	7:34.01 (35.85)	
	8:15.58 (41.57)	9:04.64 (49.06)	9:57.78 (53.14)	10:48.04 (50.26)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Megan McDonald - 35**

**Fredericksburg American Familv-12**

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<< #3 Mixed 35-39 1650 Free >>

<b>Seed Time:</b>	23:00.00		<b>Finals Time:</b>	22:48.63	(1) * 17
<b>Finals Splits:</b>		35.45	1:15.05 (39.60)	1:56.06 (41.01)	2:37.44 (41.38)
		3:18.49 (41.05)	3:59.45 (40.96)	4:40.97 (41.52)	5:22.83 (41.86)
		6:04.30 (41.47)	6:45.83 (41.53)	7:27.54 (41.71)	8:08.98 (41.44)
		8:50.43 (41.45)	9:32.10 (41.67)	10:13.65 (41.55)	10:55.25 (41.60)
		11:37.44 (42.19)	12:19.73 (42.29)	13:02.05 (42.32)	13:44.62 (42.57)
		14:26.93 (42.31)	15:08.97 (42.04)	15:50.92 (41.95)	16:33.23 (42.31)
		17:15.90 (42.67)	17:57.89 (41.99)	18:39.72 (41.83)	19:22.07 (42.35)
		20:03.88 (41.81)	20:45.23 (41.35)	21:26.62 (41.39)	22:08.31 (41.69)
		22:48.63 (40.32)			

<< #303 Mixed 35-39 1000 Free >>

<b>Seed Time:</b>	NT		<b>Finals Time:</b>	13:44.62	(1)
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Patrick McGroarty - 60**

Fredericksburg American Familv-12

<< #3 Mixed 60-64 1650 Free >>

Seed Time:	28:00.00	Finals Time:	24:44.85	(2) * 15
Finals Splits:	38.79	1:22.36 (43.57)	2:07.57 (45.21)	2:53.26 (45.69)
	3:38.84 (45.58)	4:24.40 (45.56)	5:09.29 (44.89)	5:55.18 (45.89)
	6:41.07 (45.89)	7:26.62 (45.55)	8:11.83 (45.21)	8:56.60 (44.77)
	9:41.38 (44.78)	10:25.23 (43.85)	11:09.75 (44.52)	11:53.81 (44.06)
	12:38.86 (45.05)	13:24.34 (45.48)	14:09.48 (45.14)	14:54.49 (45.01)
	15:40.34 (45.85)	16:25.52 (45.18)	17:10.67 (45.15)	17:57.13 (46.46)
	18:42.47 (45.34)	19:27.63 (45.16)	20:13.44 (45.81)	20:58.77 (45.33)
	21:43.97 (45.20)	22:29.49 (45.52)	23:15.19 (45.70)	24:00.95 (45.76)
	24:44.85 (43.90)			

<< #6 Men 60-64 500 Free >>

Seed Time:	6:56.33	Finals Time:	7:24.00	(5) 12
Finals Splits:	37.98	1:22.25 (44.27)	2:07.71 (45.46)	2:52.14 (44.43)
	3:37.21 (45.07)	4:23.01 (45.80)	5:09.03 (46.02)	5:54.29 (45.26)
	6:41.13 (46.84)	7:24.00 (42.87)		

<< #8 Men 60-64 50 Free >>

Seed Time:	33.00	Finals Time:	29.96	(6) * 11
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<< #12 Men 60-64 100 Fly >>

Seed Time:	1:27.59	Finals Time:	1:36.22	(3) 14
Finals Splits:	40.89	1:36.22 (55.33)		

<< #32 Men 60-64 50 Fly >>

Seed Time:	33.99	Finals Time:	36.95	(4) 13
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<< #42 Men 60-64 200 Fly >>

Seed Time:	3:34.00	Finals Time:	3:38.64	(2) 15
Finals Splits:	48.52	1:49.38 (1:00.86)	2:45.41 (56.03)	3:38.64 (53.23)

<< #303 Mixed 60-64 1000 Free >>

Seed Time:	NT	Finals Time:	14:54.49	(2)
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<< #14 Men 55-64 200 Free Relay - FAFF-12 A - Leg 3 >>

Seed Time:	2:20.00	Finals Time:	2:04.83	(1) * 34
Finals Splits:	29.15	1:03.48 (34.33)	1:33.20 (29.72)	2:04.83 (31.63)

<< #26 Men 55-64 400 Medley Relay - FAFF-12 A - Leg 3 >>

Seed Time:	NT	Finals Time:	5:43.11	(1) 34
Finals Splits:	37.20	1:15.38 (38.18)	2:01.50 (46.12)	2:52.98 (51.48)
	3:31.74 (38.76)	4:22.19 (50.45)	5:00.85 (38.66)	5:43.11 (42.26)

<< #38 Men 55-64 400 Free Relay - FAFF-12 A - Leg 3 >>

Seed Time:	4:50.00	Finals Time:	5:09.70	(1) 34
Finals Splits:	34.50	1:12.07 (37.57)	1:50.11 (38.04)	2:32.66 (42.55)
	3:07.00 (34.34)	3:46.09 (39.09)	4:25.88 (39.79)	5:09.70 (43.82)

<< #50 Men 45-54 200 Medley Relay - FAFF-12 A - Leg 3 >>

Seed Time:	2:30.00	Finals Time:	2:22.17	(2) * 30
Finals Splits:	35.76	1:11.94 (36.18)	1:49.07 (37.13)	2:22.17 (33.10)

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Individual Meet Summary

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**Patrick McGroarty - 60**

Fredericksburg American Familv-12

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<< #54 Men 25-34 800 Free Relay - FAFF-12 A - Leg 2 >>

<b>Seed Time:</b>	10:10.00	<b>Finals Time:</b>	10:48.04	(1)
<b>Finals Splits:</b>	35.36	1:15.02 (39.66)	1:55.56 (40.54)	2:34.78 (39.22)
	3:10.27 (35.49)	3:52.33 (42.06)	4:34.74 (42.41)	5:16.04 (41.30)
	5:47.32 (31.28)	6:22.26 (34.94)	6:58.16 (35.90)	7:34.01 (35.85)
	8:15.58 (41.57)	9:04.64 (49.06)	9:57.78 (53.14)	10:48.04 (50.26)

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Individual Meet Summary

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**Stephanie Shand - 25**

**Fredericksburg American Familv-12**

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<< #1 Women 25-29 1000 Free >>

<b>Seed Time:</b>	19:00.00	<b>Finals Time:</b>	15:30.14	(2) * 15
<b>Finals Splits:</b>	41.20	1:25.71 (44.51)	2:11.85 (46.14)	2:57.96 (46.11)
	3:43.58 (45.62)	4:29.71 (46.13)	5:17.46 (47.75)	6:04.78 (47.32)
	6:51.99 (47.21)	7:39.21 (47.22)	8:26.97 (47.76)	9:13.74 (46.77)
	10:01.59 (47.85)	10:48.42 (46.83)	11:35.76 (47.34)	12:23.54 (47.78)
	13:10.81 (47.27)	13:58.60 (47.79)	14:45.04 (46.44)	15:30.14 (45.10)

<< #5 Women 25-29 500 Free >>

<b>Seed Time:</b>	8:00.00	<b>Finals Time:</b>	7:49.81	(4) * 13
<b>Finals Splits:</b>	42.08	1:28.25 (46.17)	2:15.91 (47.66)	3:03.55 (47.64)
	3:51.31 (47.76)	4:39.15 (47.84)	5:27.50 (48.35)	6:15.40 (47.90)
	7:03.50 (48.10)	7:49.81 (46.31)		

<< #7 Women 25-29 50 Free >>

<b>Seed Time:</b>	45.00	<b>Finals Time:</b>	38.42	(4) * 13
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<< #23 Women 25-29 100 Free >>

<b>Seed Time:</b>	1:30.00	<b>Finals Time:</b>	1:21.86	(5) * 12
<b>Finals Splits:</b>	39.90	1:21.86 (41.96)		

<< #15 Mixed 25-34 200 Free Relay - FAFF-12 B - Leg 4 >>

<b>Seed Time:</b>	2:20.00	<b>Finals Time:</b>	2:11.93	(5) * 24
<b>Finals Splits:</b>	31.38	58.41 (27.03)	1:32.99 (34.58)	2:11.93 (38.94)

<< #27 Mixed 25-34 400 Medley Relay - FAFF-12 B - Leg >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	5:24.69	(3) 28
<b>Finals Splits:</b>	34.52	1:10.32 (35.80)	1:56.82 (46.50)	2:51.48 (54.66)
	3:22.65 (31.17)	4:01.99 (39.34)	4:41.87 (39.88)	5:24.69 (42.82)

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Individual Meet Summary

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**Michael Anderson - 62**

**Freedom Aquatic Club-12**

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		<b>&lt;&lt; #6 Men 60-64 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	8:12.40		<b>Finals Time:</b>	7:57.76	(8) * 9
<b>Finals Splits:</b>		42.78	1:28.38 (45.60)	2:16.88 (48.50)	3:05.98 (49.10)
		3:55.29 (49.31)	4:44.46 (49.17)	5:33.55 (49.09)	6:22.62 (49.07)
		7:11.75 (49.13)	7:57.76 (46.01)		
		<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	40.79		<b>Finals Time:</b>	34.64	(14) * 3
		<b>&lt;&lt; #18 Men 60-64 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:06.79		<b>Finals Time:</b>	1:44.15	(4) * 13
<b>Finals Splits:</b>		50.08	1:44.15 (54.07)		
		<b>&lt;&lt; #20 Men 60-64 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:48.69		<b>Finals Time:</b>	3:34.75	(4) * 13
<b>Finals Splits:</b>		49.15	1:46.34 (57.19)	2:47.66 (1:01.32)	3:34.75 (47.09)
		<b>&lt;&lt; #22 Men 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	46.63		<b>Finals Time:</b>	44.99	(5) * 12
		<b>&lt;&lt; #24 Men 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:30.40		<b>Finals Time:</b>	1:17.88	(10) * 7
<b>Finals Splits:</b>		38.30	1:17.88 (39.58)		



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Individual Meet Summary

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**Phyllis Rogers - 67**

**Freedom Aquatic Club-12**

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		<b>&lt;&lt; #5 Women 65-69 500 Free &gt;&gt;</b>					
<b>Seed Time:</b>	9:40.54		<b>Finals Time:</b>	9:40.78	(5)	12	
<b>Finals Splits:</b>		48.19	1:44.19 (56.00)	2:44.24 (1:00.05)	3:44.63 (1:00.39)		
		4:43.98 (59.35)	5:44.76 (1:00.78)	6:44.80 (1:00.04)	8:44.87 (2:00.07)		
		9:40.91 (56.04)	9:40.78 ( )				
		<b>&lt;&lt; #7 Women 65-69 50 Free &gt;&gt;</b>					
<b>Seed Time:</b>	42.44		<b>Finals Time:</b>	41.67	(3)	* 14	
		<b>&lt;&lt; #17 Women 65-69 100 Breast &gt;&gt;</b>					
<b>Seed Time:</b>	2:15.76		<b>Finals Time:</b>	2:20.13	(2)	15	
<b>Finals Splits:</b>		1:06.12	2:20.13 (1:14.01)				
		<b>&lt;&lt; #23 Women 65-69 100 Free &gt;&gt;</b>					
<b>Seed Time:</b>	1:37.97		<b>Finals Time:</b>	1:39.80	(6)	11	
<b>Finals Splits:</b>		45.16	1:39.80 (54.64)				
		<b>&lt;&lt; #43 Women 65-69 50 Breast &gt;&gt;</b>					
<b>Seed Time:</b>	1:00.06		<b>Finals Time:</b>	57.38	(2)	* 15	
		<b>&lt;&lt; #45 Women 65-69 200 Free &gt;&gt;</b>					
<b>Seed Time:</b>	3:38.25		<b>Finals Time:</b>	3:41.69	(5)	12	
<b>Finals Splits:</b>		48.44	1:45.67 (57.23)	2:42.98 (57.31)	3:41.69 (58.71)		

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Individual Meet Summary

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**Michelle Davidson - 53**

**Garden State Masters-7**

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		<b>&lt;&lt; #5 Women 50-54 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	6:59.00		<b>Finals Time:</b>	6:36.26 (1) * 17	
<b>Finals Splits:</b>		35.67	1:16.29 (40.62)	1:57.58 (41.29) 2:38.67 (41.09)	
		3:19.40 (40.73)	4:00.50 (41.10)	4:40.98 (40.48) 5:20.73 (39.75)	
		5:59.86 (39.13)	6:36.26 (36.40)		
		<b>&lt;&lt; #9 Women 50-54 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:35.00		<b>Finals Time:</b>	2:37.85 (1) 17	
<b>Finals Splits:</b>		36.69	1:16.37 (39.68)	1:57.04 (40.67) 2:37.85 (40.81)	
		<b>&lt;&lt; #11 Women 50-54 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:19.00		<b>Finals Time:</b>	1:20.99 (1) 17	
<b>Finals Splits:</b>		38.28	1:20.99 (42.71)		
		<b>&lt;&lt; #17 Women 50-54 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.00		<b>Finals Time:</b>	1:35.07 (1) 17	
<b>Finals Splits:</b>		45.71	1:35.07 (49.36)		
		<b>&lt;&lt; #19 Women 50-54 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:45.00		<b>Finals Time:</b>	2:48.99 (2) 15	
<b>Finals Splits:</b>		36.59	1:17.79 (41.20)	2:10.15 (52.36) 2:48.99 (38.84)	
		<b>&lt;&lt; #21 Women 50-54 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	33.00		<b>Finals Time:</b>	33.37 (1) 17	
		<b>&lt;&lt; #29 Women 50-54 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	5:53.00		<b>Finals Time:</b>	5:50.23 (1) * 17	
<b>Finals Splits:</b>		36.85	1:19.92 (43.07)	2:02.93 (43.01) 2:46.18 (43.25)	
		3:40.26 (54.08)	4:34.00 (53.74)	5:13.60 (39.60) 5:50.23 (36.63)	
		<b>&lt;&lt; #31 Women 50-54 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	33.00		<b>Finals Time:</b>	35.44 (3) 14	
		<b>&lt;&lt; #33 Women 50-54 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:08.49		<b>Finals Time:</b>	1:13.59 (1) 17	
<b>Finals Splits:</b>		35.45	1:13.59 (38.14)		
		<b>&lt;&lt; #35 Women 50-54 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:15.00		<b>Finals Time:</b>	3:16.90 (1) 17	
<b>Finals Splits:</b>		46.27	1:36.49 (50.22)	2:27.39 (50.90) 3:16.90 (49.51)	
		<b>&lt;&lt; #41 Women 50-54 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:52.00		<b>Finals Time:</b>	3:01.45 (1) 17	
<b>Finals Splits:</b>		37.89	1:24.54 (46.65)	2:12.05 (47.51) 3:01.45 (49.40)	
		<b>&lt;&lt; #43 Women 50-54 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	45.00		<b>Finals Time:</b>	42.82 (2) * 15	

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**Michele Sprietsma - 60**

**Garden State Masters-7**

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<b>Seed Time:</b>	33.60	<< #7 Women 60-64 50 Free >>	<b>Finals Time:</b>	31.85	(3)	*	14
<b>Seed Time:</b>	38.60	<< #21 Women 60-64 50 Back >>	<b>Finals Time:</b>	36.99	(3)	*	14
<b>Seed Time:</b>	45.00	<< #31 Women 60-64 50 Fly >>	<b>Finals Time:</b>	36.89	(3)	*	14
<b>Seed Time:</b>	46.20	<< #43 Women 60-64 50 Breast >>	<b>Finals Time:</b>	45.92	(4)	*	13
<b>Seed Time:</b>	1:45.00	<< #47 Women 60-64 100 IM >>	<b>Finals Time:</b>	1:27.49	(4)	*	13
<b>Finals Splits:</b>		38.69	1:27.49 (48.80)				

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

**Nancy Steadman Martin - 69**

**Garden State Masters-7**

	<b>&lt;&lt; #3 Mixed 65-69 1650 Free &gt;&gt;</b>			
<b>Seed Time:</b>	20:50.25	<b>Finals Time:</b>	20:59.91	(1) 17
	ZONECHAMPS: 21:03.52Y			
<b>Finals Splits:</b>	33.42	1:09.55 (36.13)	1:46.69 (37.14)	2:24.14 (37.45)
	3:01.81 (37.67)	3:39.36 (37.55)	4:16.96 (37.60)	4:54.89 (37.93)
	5:33.21 (38.32)	6:11.23 (38.02)	6:49.71 (38.48)	7:28.17 (38.46)
	8:06.81 (38.64)	8:45.46 (38.65)	9:24.12 (38.66)	10:03.18 (39.06)
	10:41.50 (38.32)	11:20.41 (38.91)	11:59.46 (39.05)	12:38.44 (38.98)
	13:17.40 (38.96)	13:56.48 (39.08)	14:34.87 (38.39)	15:13.54 (38.67)
	15:52.13 (38.59)	16:30.62 (38.49)	17:09.05 (38.43)	17:48.09 (39.04)
	18:26.94 (38.85)	19:05.46 (38.52)	19:44.30 (38.84)	20:23.09 (38.79)
	20:59.91 (36.82)			
	<b>&lt;&lt; #5 Women 65-69 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	6:08.50	<b>Finals Time:</b>	6:13.49	(1) 17
<b>Finals Splits:</b>	33.32	1:09.58 (36.26)	1:46.84 (37.26)	2:24.41 (37.57)
	3:02.25 (37.84)	3:40.50 (38.25)	4:19.08 (38.58)	4:57.48 (38.40)
	5:36.28 (38.80)	6:13.49 (37.21)		
	<b>&lt;&lt; #9 Women 65-69 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:44.25	<b>Finals Time:</b>	2:46.12	(1) 17
<b>Finals Splits:</b>	39.52	1:21.35 (41.83)	2:03.99 (42.64)	2:46.12 (42.13)
	<b>&lt;&lt; #11 Women 65-69 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:22.50	<b>Finals Time:</b>	1:20.62	(1) * 17
<b>Finals Splits:</b>	37.92	1:20.62 (42.70)		
	<b>&lt;&lt; #19 Women 65-69 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:47.50	<b>Finals Time:</b>	2:49.24	(1) 17
<b>Finals Splits:</b>	38.10	1:20.02 (41.92)	2:13.55 (53.53)	2:49.24 (35.69)
	<b>&lt;&lt; #23 Women 65-69 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:06.50	<b>Finals Time:</b>	1:07.07	(1) 17
<b>Finals Splits:</b>	32.53	1:07.07 (34.54)		
	<b>&lt;&lt; #29 Women 65-69 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	5:55.25	<b>Finals Time:</b>	5:48.70	(1) * 17
<b>Finals Splits:</b>	37.53	1:20.29 (42.76)	2:04.68 (44.39)	2:48.03 (43.35)
	3:40.67 (52.64)	4:33.36 (52.69)	5:11.44 (38.08)	5:48.70 (37.26)
	<b>&lt;&lt; #33 Women 65-69 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:18.50	<b>Finals Time:</b>	1:19.74	(1) 17
<b>Finals Splits:</b>	38.88	1:19.74 (40.86)		
	<b>&lt;&lt; #35 Women 65-69 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:20.50	<b>Finals Time:</b>	3:16.87	(1) * 17
<b>Finals Splits:</b>	46.10	1:35.11 (49.01)	2:26.36 (51.25)	3:16.87 (50.51)
	<b>&lt;&lt; #41 Women 65-69 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:52.50	<b>Finals Time:</b>	2:53.28	(1) 17
<b>Finals Splits:</b>	39.41	1:24.02 (44.61)	2:08.49 (44.47)	2:53.28 (44.79)

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**Nancy Steadman Martin - 69**

**Garden State Masters-7**

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		<b>&lt;&lt; #45 Women 65-69 200 Free &gt;&gt;</b>				
<b>Seed Time:</b>	2:22.50		<b>Finals Time:</b>	2:24.67	(1)	17
<b>Finals Splits:</b>		33.70	1:10.29 (36.59)	1:48.09 (37.80)	2:24.67 (36.58)	
		<b>&lt;&lt; #303 Mixed 65-69 1000 Free &gt;&gt;</b>				
<b>Seed Time:</b>	NT		<b>Finals Time:</b>	12:38.44	(1)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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**Richard Wallace - 76**

**Garden State Masters-7**

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<< #3 Mixed 75-79 1650 Free >>

<b>Seed Time:</b>	31:00.00		<b>Finals Time:</b>	30:28.90	(2) * 15
<b>Finals Splits:</b>		53.03	1:46.38 (53.35)	2:40.56 (54.18)	3:35.94 (55.38)
		4:30.80 (54.86)	5:26.39 (55.59)	6:21.62 (55.23)	7:17.38 (55.76)
		8:14.01 (56.63)	9:10.20 (56.19)	10:06.72 (56.52)	11:02.37 (55.65)
		11:58.43 (56.06)	12:54.87 (56.44)	13:51.13 (56.26)	14:46.44 (55.31)
		15:42.39 (55.95)	16:38.27 (55.88)	17:34.04 (55.77)	18:29.20 (55.16)
		19:25.77 (56.57)	20:21.33 (55.56)	21:17.04 (55.71)	22:11.94 (54.90)
		23:08.24 (56.30)	24:03.62 (55.38)	25:00.21 (56.59)	25:55.26 (55.05)
		26:51.38 (56.12)	27:47.73 (56.35)	28:43.12 (55.39)	29:38.48 (55.36)
		30:28.90 (50.42)			

<< #303 Mixed 75-79 1000 Free >>

<b>Seed Time:</b>	NT		<b>Finals Time:</b>	18:29.20	(3)
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Matthew Mills - 47**

**Georgia Masters-45**

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<< #6 Men 45-49 500 Free >>

<b>Seed Time:</b>	5:55.55		<b>Finals Time:</b>	6:00.85	(2)	15
<b>Finals Splits:</b>		31.15	1:06.94 (35.79)	1:43.07 (36.13)	2:19.78 (36.71)	
		2:56.53 (36.75)	3:33.40 (36.87)	4:10.68 (37.28)	4:47.90 (37.22)	
		5:24.65 (36.75)	6:00.85 (36.20)			

<< #10 Men 45-49 200 Back >>

<b>Seed Time:</b>	2:33.32		<b>Finals Time:</b>	2:34.74	(1)	17
<b>Finals Splits:</b>		34.90	1:13.97 (39.07)	1:54.51 (40.54)	2:34.74 (40.23)	

<< #12 Men 45-49 100 Fly >>

<b>Seed Time:</b>	59.95		<b>Finals Time:</b>	1:02.30	(2)	15
<b>Finals Splits:</b>		28.72	1:02.30 (33.58)			

<< #30 Men 45-49 400 IM >>

<b>Seed Time:</b>	5:55.55		<b>Finals Time:</b>	5:25.00	(2)	* 15
<b>Finals Splits:</b>		32.06	1:12.14 (40.08)	1:58.94 (46.80)	2:44.91 (45.97)	
		3:28.68 (43.77)	4:13.65 (44.97)	4:50.33 (36.68)	5:25.00 (34.67)	

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Individual Meet Summary

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**Thomas Potter - 61**

**Georgia Masters-45**

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		<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>		
<b>Seed Time:</b>	31.00	<b>Finals Time:</b>	28.79	(5) * 12
		<b>&lt;&lt; #18 Men 60-64 100 Breast &gt;&gt;</b>		
<b>Seed Time:</b>	1:24.50	<b>Finals Time:</b>	1:23.60	(2) * 15
<b>Finals Splits:</b>	38.78	1:23.60 (44.82)		
		<b>&lt;&lt; #24 Men 60-64 100 Free &gt;&gt;</b>		
<b>Seed Time:</b>	1:08.50	<b>Finals Time:</b>	1:03.95	(3) * 14
<b>Finals Splits:</b>	30.86	1:03.95 (33.09)		
		<b>&lt;&lt; #32 Men 60-64 50 Fly &gt;&gt;</b>		
<b>Seed Time:</b>	35.50	<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #44 Men 60-64 50 Breast &gt;&gt;</b>		
<b>Seed Time:</b>	38.00	<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #48 Men 60-64 100 IM &gt;&gt;</b>		
<b>Seed Time:</b>	1:17.50	<b>Finals Time:</b>	NS	



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Heather Congdon - 45**

**Germantown Marvland Masters-10**

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<< #1 Women 45-49 1000 Free >>

<b>Seed Time:</b>	11:50.00		<b>Finals Time:</b>	11:52.73	(1)	17
<b>Finals Splits:</b>		31.24	1:05.64 (34.40)	1:40.66 (35.02)	2:15.98 (35.32)	
		2:51.61 (35.63)	3:27.20 (35.59)	4:03.17 (35.97)	4:39.30 (36.13)	
		5:15.54 (36.24)	5:51.57 (36.03)	6:27.49 (35.92)	7:03.54 (36.05)	
		7:39.64 (36.10)	8:15.79 (36.15)	8:52.13 (36.34)	9:28.74 (36.61)	
		10:05.19 (36.45)	10:41.46 (36.27)	11:17.52 (36.06)	11:52.73 (35.21)	

<< #5 Women 45-49 500 Free >>

<b>Seed Time:</b>	5:41.24		<b>Finals Time:</b>	5:46.79	(1)	17
<b>Finals Splits:</b>		30.67	1:03.87 (33.20)	1:38.08 (34.21)	2:12.96 (34.88)	
		2:48.06 (35.10)	3:23.61 (35.55)	3:59.40 (35.79)	4:35.55 (36.15)	
		5:11.56 (36.01)	5:46.79 (35.23)			

<< #11 Women 45-49 100 Fly >>

<b>Seed Time:</b>	1:04.94		<b>Finals Time:</b>	1:07.20	(1)	17
<b>Finals Splits:</b>		31.55	1:07.20 (35.65)			

<< #41 Women 45-49 200 Fly >>

<b>Seed Time:</b>	2:26.52		<b>Finals Time:</b>	NS		
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**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

**Jeff Rouse Swim & Sport Center, Sanction #: 124-S002**

**Individual Meet Summary**

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**Chip Lagdon - 64**

**Germantown Maryland Masters-10**

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**<< #8 Men 60-64 50 Free >>**

**Seed Time:** 32.00

**Finals Time:**

31.11 (9) \* 8

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Individual Meet Summary

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**Alice Ricci - 24**

**Germantown Marvland Masters-10**

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		<b>&lt;&lt; #5 Women 18-24 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	6:11.45		<b>Finals Time:</b>	6:08.54 (3) * 14	
<b>Finals Splits:</b>		33.51	1:10.76 (37.25)	1:48.80 (38.04) 2:26.58 (37.78)	
		3:04.38 (37.80)	3:42.33 (37.95)	4:19.78 (37.45) 4:56.86 (37.08)	
		5:33.50 (36.64)	6:08.54 (35.04)		
		<b>&lt;&lt; #11 Women 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:11.75		<b>Finals Time:</b>	1:14.42 (5) 12	
<b>Finals Splits:</b>		35.14	1:14.42 (39.28)		
		<b>&lt;&lt; #21 Women 18-24 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	35.95		<b>Finals Time:</b>	37.24 (3) 14	
		<b>&lt;&lt; #31 Women 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	32.00		<b>Finals Time:</b>	32.11 (2) 15	
		<b>&lt;&lt; #33 Women 18-24 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:16.82		<b>Finals Time:</b>	1:17.79 (4) 13	
<b>Finals Splits:</b>		38.05	1:17.79 (39.74)		
		<b>&lt;&lt; #45 Women 18-24 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:18.53		<b>Finals Time:</b>	2:15.30 (2) * 15	
<b>Finals Splits:</b>		31.59	1:06.30 (34.71)	1:41.68 (35.38) 2:15.30 (33.62)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Darek Hahn - 57**

**Iersev Area Masters-7**

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<b>Seed Time:</b>	28.00	<< #8 Men 55-59 50 Free >>	<b>Finals Time:</b>	28.50	(8)	9
<b>Seed Time:</b>	32.00	<< #22 Men 55-59 50 Back >>	<b>Finals Time:</b>	34.66	(2)	14.5
<b>Seed Time:</b>	1:02.00	<< #24 Men 55-59 100 Free >>	<b>Finals Time:</b>	NS		
<b>Seed Time:</b>	30.00	<< #32 Men 55-59 50 Fly >>	<b>Finals Time:</b>	Scratched		
<b>Seed Time:</b>	1:15.00	<< #34 Men 55-59 100 Back >>	<b>Finals Time:</b>	Scratched		
<b>Seed Time:</b>	1:09.00	<< #48 Men 55-59 100 IM >>	<b>Finals Time:</b>	Scratched		

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

**Jeff Rouse Swim & Sport Center, Sanction #: 124-S002**

**Individual Meet Summary**

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**Leigh Segal - 59**

**Iersev Area Masters-7**

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		<b>&lt;&lt; #7 Women 55-59 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	36.50	<b>Finals Time:</b>	31.59	(3)	* 14
		<b>&lt;&lt; #21 Women 55-59 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	39.00	<b>Finals Time:</b>	39.43	(3)	14

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Individual Meet Summary

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**William Segal - 59**

**Iersev Area Masters-7**

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		<b>&lt;&lt; #8 Men 55-59 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24.00	<b>Finals Time:</b>	24.19	(5)	12
		<b>&lt;&lt; #12 Men 55-59 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	59.00	<b>Finals Time:</b>	1:00.12	(2)	15
<b>Finals Splits:</b>	27.57	1:00.12 (32.55)			
		<b>&lt;&lt; #24 Men 55-59 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	53.50	<b>Finals Time:</b>	53.79	(3)	14
<b>Finals Splits:</b>	25.91	53.79 (27.88)			
		<b>&lt;&lt; #32 Men 55-59 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	26.50	<b>Finals Time:</b>	26.28	(4) *	13

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**Patrick Baker - 51**

**Lane 4 Swimming-10**

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<< #6 Men 50-54 500 Free >>

<b>Seed Time:</b>	6:31.01		<b>Finals Time:</b>	6:39.57	(4)	13
<b>Finals Splits:</b>		32.90	1:11.58 (38.68)	1:51.71 (40.13)	2:32.94 (41.23)	
		3:14.47 (41.53)	3:56.01 (41.54)	4:37.46 (41.45)	5:19.30 (41.84)	
		6:00.36 (41.06)	6:39.57 (39.21)			

<< #20 Men 50-54 200 IM >>

<b>Seed Time:</b>	2:49.01		<b>Finals Time:</b>	2:43.61	(3)	* 14
<b>Finals Splits:</b>		34.11	1:17.64 (43.53)	2:06.00 (48.36)	2:43.61 (37.61)	

<< #32 Men 50-54 50 Fly >>

<b>Seed Time:</b>	31.70		<b>Finals Time:</b>	30.27	(6)	* 11
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<< #48 Men 50-54 100 IM >>

<b>Seed Time:</b>	1:19.01		<b>Finals Time:</b>	1:14.38	(4)	* 13
<b>Finals Splits:</b>		34.30	1:14.38 (40.08)			

<< #38 Men 35-44 400 Free Relay - L4S-10 A - Leg 1 >>

<b>Seed Time:</b>	4:09.04		<b>Finals Time:</b>	4:01.71	(2)	* 30
<b>Finals Splits:</b>		30.55	1:03.34 (32.79)	1:32.33 (28.99)	2:04.81 (32.48)	
		2:30.61 (25.80)	2:59.74 (29.13)	3:29.10 (29.36)	4:01.71 (32.61)	

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**Marlene Becker - 59**

**Lane 4 Swimming-10**

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<< #5 Women 55-59 500 Free >>

<b>Seed Time:</b>	7:15.00		<b>Finals Time:</b>	6:52.41	(1) * 17
<b>Finals Splits:</b>		37.73	1:19.05 (41.32)	2:01.02 (41.97)	2:42.79 (41.77)
		3:24.60 (41.81)	4:06.26 (41.66)	4:47.84 (41.58)	5:29.48 (41.64)
		6:11.28 (41.80)	6:52.41 (41.13)		

<< #39 Mixed 45-54 400 Free Relay - L4S-10 A - Leg 1 >>

<b>Seed Time:</b>	4:55.00		<b>Finals Time:</b>	4:32.59	(2) * 30
<b>Finals Splits:</b>		34.94	1:11.44 (36.50)	1:43.88 (32.44)	2:19.54 (35.66)
		2:52.60 (33.06)	3:28.75 (36.15)	3:59.38 (30.63)	4:32.59 (33.21)

<< #51 Mixed 45-54 200 Medley Relay - L4S-10 A - Leg >>

<b>Seed Time:</b>	2:40.00		<b>Finals Time:</b>	2:28.39	(1) * 34
<b>Finals Splits:</b>		38.23	1:21.47 (43.24)	1:55.98 (34.51)	2:28.39 (32.41)

<< #55 Mixed 45-54 800 Free Relay - L4S-10 A - Leg 2 >>

<b>Seed Time:</b>	12:00.00		<b>Finals Time:</b>	10:40.18	(1) *
<b>Finals Splits:</b>		40.50	1:26.57 (46.07)	2:14.35 (47.78)	2:57.86 (43.51)
		3:34.47 (36.61)	4:15.03 (40.56)	4:56.14 (41.11)	5:36.45 (40.31)
		6:11.67 (35.22)	6:50.26 (38.59)	7:30.18 (39.92)	8:08.94 (38.76)
		8:44.69 (35.75)	9:23.99 (39.30)	10:02.89 (38.90)	10:40.18 (37.29)



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**Branka Bowman - 58**

**Lane 4 Swimming-10**

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		<b>&lt;&lt; #43 Women 55-59 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	53.27	<b>Finals Time:</b>	53.68	(5)	12
		<b>&lt;&lt; #47 Women 55-59 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:43.78	<b>Finals Time:</b>	1:45.67	(3)	14
<b>Finals Splits:</b>		49.19	1:45.67 (56.48)		

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**Andrew Cantwell - 43**

**Lane 4 Swimming-10**

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	<b>&lt;&lt; #6 Men 40-44 500 Free &gt;&gt;</b>				
<b>Seed Time:</b>	6:20.00		<b>Finals Time:</b>	6:22.26	(6) 11
<b>Finals Splits:</b>		35.54	1:13.20 (37.66)	1:50.77 (37.57)	2:29.79 (39.02)
		3:08.30 (38.51)	3:47.05 (38.75)	4:25.91 (38.86)	5:04.78 (38.87)
		5:43.97 (39.19)	6:22.26 (38.29)		
	<b>&lt;&lt; #12 Men 40-44 100 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	1:15.00		<b>Finals Time:</b>	1:13.57	(2) * 15
<b>Finals Splits:</b>		34.14	1:13.57 (39.43)		
	<b>&lt;&lt; #20 Men 40-44 200 IM &gt;&gt;</b>				
<b>Seed Time:</b>	2:39.48		<b>Finals Time:</b>	2:42.80	(5) 12
<b>Finals Splits:</b>		35.05	1:17.40 (42.35)	2:06.07 (48.67)	2:42.80 (36.73)
	<b>&lt;&lt; #30 Men 40-44 400 IM &gt;&gt;</b>				
<b>Seed Time:</b>	5:46.99		<b>Finals Time:</b>	5:48.17	(3) 14
<b>Finals Splits:</b>		36.56	1:19.86 (43.30)	2:05.54 (45.68)	2:51.24 (45.70)
		3:42.71 (51.47)	4:33.72 (51.01)	5:12.09 (38.37)	5:48.17 (36.08)
	<b>&lt;&lt; #36 Men 40-44 200 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	3:04.98		<b>Finals Time:</b>	3:01.47	(3) * 14
<b>Finals Splits:</b>		41.36	1:27.05 (45.69)	2:14.18 (47.13)	3:01.47 (47.29)
	<b>&lt;&lt; #48 Men 40-44 100 IM &gt;&gt;</b>				
<b>Seed Time:</b>	1:11.90		<b>Finals Time:</b>	1:13.03	(3) 14
<b>Finals Splits:</b>		33.70	1:13.03 (39.33)		
	<b>&lt;&lt; #38 Men 35-44 400 Free Relay - L4S-10 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	4:09.04		<b>Finals Time:</b>	4:01.71	(2) * 30
<b>Finals Splits:</b>		30.55	1:03.34 (32.79)	1:32.33 (28.99)	2:04.81 (32.48)
		2:30.61 (25.80)	2:59.74 (29.13)	3:29.10 (29.36)	4:01.71 (32.61)

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**Kerry Dearfield - 71**

**Lane 4 Swimming-10**

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<< #32 Men 70-74 50 Fly >>

Seed Time: 34.50 Finals Time: 34.37 (3) \* 14

<< #39 Mixed 45-54 400 Free Relay - L4S-10 A - Leg 2 >>

Seed Time: 4:55.00 Finals Time: 4:32.59 (2) \* 30  
Finals Splits: 34.94 1:11.44 (36.50) 1:43.88 (32.44) 2:19.54 (35.66)  
2:52.60 (33.06) 3:28.75 (36.15) 3:59.38 (30.63) 4:32.59 (33.21)

<< #51 Mixed 45-54 200 Medley Relay - L4S-10 A - Leg >>

Seed Time: 2:40.00 Finals Time: 2:28.39 (1) \* 34  
Finals Splits: 38.23 1:21.47 (43.24) 1:55.98 (34.51) 2:28.39 (32.41)

<< #55 Mixed 45-54 800 Free Relay - L4S-10 A - Leg 1 >>

Seed Time: 12:00.00 Finals Time: 10:40.18 (1) \*  
Finals Splits: 40.50 1:26.57 (46.07) 2:14.35 (47.78) 2:57.86 (43.51)  
3:34.47 (36.61) 4:15.03 (40.56) 4:56.14 (41.11) 5:36.45 (40.31)  
6:11.67 (35.22) 6:50.26 (38.59) 7:30.18 (39.92) 8:08.94 (38.76)  
8:44.69 (35.75) 9:23.99 (39.30) 10:02.89 (38.90) 10:40.18 (37.29)

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**Michelle Duquette - 41**

Lane 4 Swimming-10

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<< #5 Women 40-44 500 Free >>

<b>Seed Time:</b>	10:08.00				
		<b>Finals Time:</b>	10:03.65	(2)	* 15
<b>Finals Splits:</b>	55.56	1:54.66 (59.10)	2:55.26 (1:00.60)	3:56.78 (1:01.52)	
	4:58.54 (1:01.76)	6:00.29 (1:01.75)	7:02.20 (1:01.91)	8:03.77 (1:01.57)	
	9:03.60 (59.83)	10:03.65 (1:00.05)			

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**Brian Ellis - 56**

**Lane 4 Swimming-10**

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		<b>&lt;&lt; #12 Men 55-59 100 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	1:04.13		<b>Finals Time:</b>	1:10.23	(5)	12	
<b>Finals Splits:</b>		31.88	1:10.23 (38.35)				
		<b>&lt;&lt; #20 Men 55-59 200 IM &gt;&gt;</b>					
<b>Seed Time:</b>	2:45.21		<b>Finals Time:</b>	2:40.97	(4) *	13	
<b>Finals Splits:</b>		32.78	1:17.07 (44.29)	2:03.64 (46.57)	2:40.97 (37.33)		
		<b>&lt;&lt; #32 Men 55-59 50 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	28.67		<b>Finals Time:</b>	29.70	(6)	11	
		<b>&lt;&lt; #48 Men 55-59 100 IM &gt;&gt;</b>					
<b>Seed Time:</b>	1:07.09		<b>Finals Time:</b>	1:10.98	(5)	12	
<b>Finals Splits:</b>		33.38	1:10.98 (37.60)				
		<b>&lt;&lt; #38 Men 35-44 400 Free Relay - L4S-10 A - Leg 2 &gt;&gt;</b>					
<b>Seed Time:</b>	4:09.04		<b>Finals Time:</b>	4:01.71	(2) *	30	
<b>Finals Splits:</b>		30.55	1:03.34 (32.79)	1:32.33 (28.99)	2:04.81 (32.48)		
		2:30.61 (25.80)	2:59.74 (29.13)	3:29.10 (29.36)	4:01.71 (32.61)		

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Individual Meet Summary

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**Ylva Ihrig - 54**

**Lane 4 Swimming-10**

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<< #5 Women 50-54 500 Free >>

<b>Seed Time:</b>	6:49.00	<b>Finals Time:</b>	6:37.26	(2) * 15
<b>Finals Splits:</b>	36.39	1:15.39 (39.00)	1:55.40 (40.01)	2:36.24 (40.84)
	3:17.45 (41.21)	3:58.72 (41.27)	4:39.63 (40.91)	5:20.07 (40.44)
	5:59.65 (39.58)	6:37.26 (37.61)		

<< #9 Women 50-54 200 Back >>

<b>Seed Time:</b>	2:58.00	<b>Finals Time:</b>	2:53.79	(2) * 15
<b>Finals Splits:</b>	41.86	1:25.88 (44.02)	2:11.00 (45.12)	2:53.79 (42.79)

<< #33 Women 50-54 100 Back >>

<b>Seed Time:</b>	1:19.00	<b>Finals Time:</b>	1:19.66	(2) 15
<b>Finals Splits:</b>	39.57	1:19.66 (40.09)		

<< #39 Mixed 45-54 400 Free Relay - L4S-10 A - Leg 3 >>

<b>Seed Time:</b>	4:55.00	<b>Finals Time:</b>	4:32.59	(2) * 30
<b>Finals Splits:</b>	34.94	1:11.44 (36.50)	1:43.88 (32.44)	2:19.54 (35.66)
	2:52.60 (33.06)	3:28.75 (36.15)	3:59.38 (30.63)	4:32.59 (33.21)

<< #51 Mixed 45-54 200 Medley Relay - L4S-10 A - Leg >>

<b>Seed Time:</b>	2:40.00	<b>Finals Time:</b>	2:28.39	(1) * 34
<b>Finals Splits:</b>	38.23	1:21.47 (43.24)	1:55.98 (34.51)	2:28.39 (32.41)

<< #55 Mixed 45-54 800 Free Relay - L4S-10 A - Leg 3 >>

<b>Seed Time:</b>	12:00.00	<b>Finals Time:</b>	10:40.18	(1) *
<b>Finals Splits:</b>	40.50	1:26.57 (46.07)	2:14.35 (47.78)	2:57.86 (43.51)
	3:34.47 (36.61)	4:15.03 (40.56)	4:56.14 (41.11)	5:36.45 (40.31)
	6:11.67 (35.22)	6:50.26 (38.59)	7:30.18 (39.92)	8:08.94 (38.76)
	8:44.69 (35.75)	9:23.99 (39.30)	10:02.89 (38.90)	10:40.18 (37.29)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Jennifer Johnston - 76**

**Lane 4 Swimming-10**

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<< #5 Women 75-79 500 Free >>

<b>Seed Time:</b>	18:30.00				
		<b>Finals Time:</b>	17:14.41	(2)	* 15
<b>Finals Splits:</b>	1:27.35	3:11.70 (1:44.35)	4:58.17 (1:46.47)	6:47.51 (1:49.34)	
	8:35.99 (1:48.48)	10:20.85 (1:44.86)	12:05.24 (1:44.39)	13:49.84 (1:44.60)	
	17:14.41 (3:24.57)				

<< #35 Women 75-79 200 Breast >>

<b>Seed Time:</b>	7:59.90				
		<b>Finals Time:</b>	9:37.83	(3)	14
<b>Finals Splits:</b>	2:14.22	4:44.88 (2:30.66)	7:12.50 (2:27.62)	9:37.83 (2:25.33)	





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Individual Meet Summary

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**Sean Linehan - 63**

**Lane 4 Swimming-10**

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		<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	32.00		<b>Finals Time:</b>	31.08 (8) * 9	
		<b>&lt;&lt; #22 Men 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	39.00		<b>Finals Time:</b>	39.90 (3) 14	
		<b>&lt;&lt; #34 Men 60-64 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.00		<b>Finals Time:</b>	1:28.68 (2) * 15	
<b>Finals Splits:</b>		42.16	1:28.68 (46.52)		
		<b>&lt;&lt; #51 Mixed 45-54 200 Medley Relay - L4S-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:40.00		<b>Finals Time:</b>	2:28.39 (1) * 34	
<b>Finals Splits:</b>		38.23	1:21.47 (43.24)	1:55.98 (34.51) 2:28.39 (32.41)	

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Individual Meet Summary

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**Christian Locke - 26**

**Lane 4 Swimming-10**

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<< #3 Mixed 25-29 1650 Free >>

<b>Seed Time:</b>	20:00.00		<b>Finals Time:</b>	20:46.75	(1)	17
<b>Finals Splits:</b>		31.68	1:06.97 (35.29)	1:43.79 (36.82)	2:21.24 (37.45)	
		2:58.89 (37.65)	3:36.48 (37.59)	4:14.24 (37.76)	4:52.30 (38.06)	
		5:30.36 (38.06)	6:08.60 (38.24)	6:46.34 (37.74)	7:24.10 (37.76)	
		8:01.64 (37.54)	8:39.25 (37.61)	9:16.94 (37.69)	9:54.46 (37.52)	
		10:32.37 (37.91)	11:10.33 (37.96)	11:48.25 (37.92)	12:26.09 (37.84)	
		13:04.47 (38.38)	13:42.40 (37.93)	14:20.83 (38.43)	14:58.91 (38.08)	
		15:37.10 (38.19)	16:16.86 (39.76)	16:54.84 (37.98)	17:33.25 (38.41)	
		18:11.74 (38.49)	18:50.54 (38.80)	19:29.26 (38.72)	20:08.24 (38.98)	
		20:46.75 (38.51)				

<< #303 Mixed 25-29 1000 Free >>

<b>Seed Time:</b>	NT		<b>Finals Time:</b>	12:26.09	(1)
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Nicholas Macedonia - 37**

**Lane 4 Swimming-10**

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		<b>&lt;&lt; #32 Men 35-39 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	24.49	<b>Finals Time:</b>	24.76	(2)	15
		<b>&lt;&lt; #44 Men 35-39 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	27.75	<b>Finals Time:</b>	28.90	(1)	17
		<b>&lt;&lt; #48 Men 35-39 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:00.34	<b>Finals Time:</b>	59.92	(1)	* 17
<b>Finals Splits:</b>	27.43	59.92 (32.49)			
		<b>&lt;&lt; #38 Men 35-44 400 Free Relay - L4S-10 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	4:09.04	<b>Finals Time:</b>	4:01.71	(2)	* 30
<b>Finals Splits:</b>	30.55	1:03.34 (32.79)	1:32.33 (28.99)	2:04.81 (32.48)	
	2:30.61 (25.80)	2:59.74 (29.13)	3:29.10 (29.36)	4:01.71 (32.61)	

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**Scott McLallen - 52**

**Lane 4 Swimming-10**

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**<< #6 Men 50-54 500 Free >>**  
**Seed Time:** 5:59.99      **Finals Time:** 5:53.54      (2) \* 15  
**Finals Splits:**      30.47      1:04.32 (33.85)      1:39.39 (35.07)      2:15.97 (36.58)  
                         2:52.39 (36.42)      3:28.78 (36.39)      4:05.60 (36.82)      4:42.53 (36.93)  
                         5:19.33 (36.80)      5:53.54 (34.21)

**<< #8 Men 50-54 50 Free >>**  
**Seed Time:** 25.99      **Finals Time:** 24.46      (4) \* 13

**<< #24 Men 50-54 100 Free >>**  
**Seed Time:** 59.99      **Finals Time:** 54.60      (5) \* 12  
**Finals Splits:** 26.38      54.60 (28.22)

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Individual Meet Summary

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**Alaina Van Horn - 43**

**Lane 4 Swimming-10**

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<b>Seed Time:</b>	30.56	<< #7 Women 40-44 50 Free >>	<b>Finals Time:</b>	29.41	(3) * 14
<b>Seed Time:</b>	1:12.55	<< #11 Women 40-44 100 Fly >>	<b>Finals Time:</b>	1:12.23	(1) * 17
<b>Finals Splits:</b>	33.29	1:12.23 (38.94)			
<b>Seed Time:</b>	1:03.55	<< #23 Women 40-44 100 Free >>	<b>Finals Time:</b>	1:06.37	(1) 17
<b>Finals Splits:</b>	31.84	1:06.37 (34.53)			
<b>Seed Time:</b>	32.55	<< #31 Women 40-44 50 Fly >>	<b>Finals Time:</b>	32.15	(3) * 14
<b>Seed Time:</b>	1:14.02	<< #33 Women 40-44 100 Back >>	<b>Finals Time:</b>	1:13.40	(1) * 17
<b>Finals Splits:</b>	36.46	1:13.40 (36.94)			
<b>Seed Time:</b>	1:15.40	<< #47 Women 40-44 100 IM >>	<b>Finals Time:</b>	1:14.39	(1) * 17
<b>Finals Splits:</b>	33.46	1:14.39 (40.93)			

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**Ernie Wells - 60**

**Lane 4 Swimming-10**

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		<b>&lt;&lt; #12 Men 60-64 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:09.00		<b>Finals Time:</b>	1:04.38	(1) * 17
<b>Finals Splits:</b>		30.46	1:04.38 (33.92)		
		<b>&lt;&lt; #20 Men 60-64 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:35.00		<b>Finals Time:</b>	2:30.08	(1) * 17
<b>Finals Splits:</b>		31.07	1:12.31 (41.24)	1:56.86 (44.55)	2:30.08 (33.22)
		<b>&lt;&lt; #30 Men 60-64 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	5:42.00		<b>Finals Time:</b>	5:18.34	(1) * 17
<b>Finals Splits:</b>		31.51	1:07.39 (35.88)	1:50.29 (42.90)	2:31.64 (41.35)
		3:19.33 (47.69)	4:07.47 (48.14)	4:44.00 (36.53)	5:18.34 (34.34)
		<b>&lt;&lt; #42 Men 60-64 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:54.00		<b>Finals Time:</b>		NS
		<b>&lt;&lt; #48 Men 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:13.00		<b>Finals Time:</b>		NS

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Individual Meet Summary

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**Acadia ElzHowe - 21**

**Lynchburg Aquatic Club-12**

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		<b>&lt;&lt; #5 Women 18-24 500 Free &gt;&gt;</b>					
<b>Seed Time:</b>	5:14.66		<b>Finals Time:</b>	5:48.48	(1)	17	
<b>Finals Splits:</b>		29.41	1:02.14 (32.73)	1:36.43 (34.29)	2:11.88 (35.45)		
		2:47.82 (35.94)	3:24.45 (36.63)	4:00.65 (36.20)	4:37.13 (36.48)		
		5:13.64 (36.51)	5:48.48 (34.84)				
		<b>&lt;&lt; #11 Women 18-24 100 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	1:01.05		<b>Finals Time:</b>	1:03.08	(2)	15	
<b>Finals Splits:</b>		29.36	1:03.08 (33.72)				
		<b>&lt;&lt; #19 Women 18-24 200 IM &gt;&gt;</b>					
<b>Seed Time:</b>	2:18.76		<b>Finals Time:</b>	2:26.92	(1)	17	
<b>Finals Splits:</b>		30.59	1:10.14 (39.55)	1:53.58 (43.44)	2:26.92 (33.34)		
		<b>&lt;&lt; #23 Women 18-24 100 Free &gt;&gt;</b>					
<b>Seed Time:</b>	57.67		<b>Finals Time:</b>	59.52	(2)	15	
<b>Finals Splits:</b>		28.51	59.52 (31.01)				
		<b>&lt;&lt; #29 Women 18-24 400 IM &gt;&gt;</b>					
<b>Seed Time:</b>	4:48.58		<b>Finals Time:</b>	5:12.14	(2)	15	
<b>Finals Splits:</b>		30.59	1:07.10 (36.51)	1:47.47 (40.37)	2:27.39 (39.92)		
		3:13.52 (46.13)	4:00.38 (46.86)	4:37.10 (36.72)	5:12.14 (35.04)		
		<b>&lt;&lt; #33 Women 18-24 100 Back &gt;&gt;</b>					
<b>Seed Time:</b>	1:04.53		<b>Finals Time:</b>	1:07.35	(2)	15	
<b>Finals Splits:</b>		32.70	1:07.35 (34.65)				
		<b>&lt;&lt; #41 Women 18-24 200 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	2:08.89		<b>Finals Time:</b>	2:21.09	(1)	17	
<b>Finals Splits:</b>		31.89	1:07.44 (35.55)	1:44.33 (36.89)	2:21.09 (36.76)		
		<b>&lt;&lt; #45 Women 18-24 200 Free &gt;&gt;</b>					
<b>Seed Time:</b>	2:01.01		<b>Finals Time:</b>	2:09.59	(1)	17	
<b>Finals Splits:</b>		29.15	1:02.09 (32.94)	1:36.36 (34.27)	2:09.59 (33.23)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Joan Pfinsgraff - 70**

**Marvland Masters-9**

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<b>Seed Time:</b> 14:00.00	<b>&lt;&lt; #1 Women 70-74 1000 Free &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b> 6:50.00	<b>&lt;&lt; #5 Women 70-74 500 Free &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b> 2:40.00	<b>&lt;&lt; #9 Women 70-74 200 Back &gt;&gt;</b>	<b>Finals Time:</b>	NS
<b>Seed Time:</b> 33.96	<b>&lt;&lt; #21 Women 70-74 50 Back &gt;&gt;</b>	<b>Finals Time:</b>	NS
<b>Seed Time:</b> 1:14.00	<b>&lt;&lt; #33 Women 70-74 100 Back &gt;&gt;</b>	<b>Finals Time:</b>	NS
<b>Seed Time:</b> 2:25.00	<b>&lt;&lt; #45 Women 70-74 200 Free &gt;&gt;</b>	<b>Finals Time:</b>	NS



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**Sean Thomas - 40**

**Marvland Masters-9**

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<< #3 Mixed 40-44 1650 Free >>

<b>Seed Time:</b>	18:31.38		<b>Finals Time:</b>	18:31.07	(2) * 15
<b>Finals Splits:</b>	30.79	1:04.13 (33.34)	1:37.55 (33.42)	2:11.27 (33.72)	
	2:45.08 (33.81)	3:18.80 (33.72)	3:52.66 (33.86)	4:26.26 (33.60)	
	4:59.87 (33.61)	5:33.61 (33.74)	6:07.61 (34.00)	6:41.42 (33.81)	
	7:15.24 (33.82)	7:49.09 (33.85)	8:23.03 (33.94)	8:57.17 (34.14)	
	9:31.53 (34.36)	10:05.44 (33.91)	10:39.34 (33.90)	11:13.28 (33.94)	
	11:47.27 (33.99)	12:21.28 (34.01)	12:55.30 (34.02)	13:29.36 (34.06)	
	14:03.34 (33.98)	14:37.35 (34.01)	15:11.33 (33.98)	15:45.06 (33.73)	
	16:18.80 (33.74)	16:52.16 (33.36)	17:25.51 (33.35)	17:58.68 (33.17)	
	18:31.07 (32.39)				

<< #303 Mixed 40-44 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	11:13.28	(2)
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**Richard Tompkins - 77**

**Marvland Masters-9**

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		<b>&lt;&lt; #1 Men 75-79 1000 Free &gt;&gt;</b>					
<b>Seed Time:</b>	15:57.93		<b>Finals Time:</b>	16:06.90	(1)	17	
<b>Finals Splits:</b>		43.22	1:30.29 (47.07)	2:18.48 (48.19)	3:07.05 (48.57)		
		3:55.46 (48.41)	4:43.96 (48.50)	5:31.44 (47.48)	6:20.05 (48.61)		
		7:09.16 (49.11)	7:58.43 (49.27)	8:47.25 (48.82)	9:36.05 (48.80)		
		10:26.07 (50.02)	11:15.16 (49.09)	12:05.07 (49.91)	12:54.11 (49.04)		
		13:43.47 (49.36)	14:32.16 (48.69)	15:20.40 (48.24)	16:06.90 (46.50)		
		<b>&lt;&lt; #6 Men 75-79 500 Free &gt;&gt;</b>					
<b>Seed Time:</b>	7:52.88		<b>Finals Time:</b>	NS			
		<b>&lt;&lt; #12 Men 75-79 100 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	1:34.98		<b>Finals Time:</b>	1:34.70	(1)	* 17	
<b>Finals Splits:</b>		43.78	1:34.70 (50.92)				
		<b>&lt;&lt; #20 Men 75-79 200 IM &gt;&gt;</b>					
<b>Seed Time:</b>	3:15.46		<b>Finals Time:</b>	3:22.11	(2)	15	
<b>Finals Splits:</b>		46.74	1:38.78 (52.04)	2:37.94 (59.16)	3:22.11 (44.17)		
		<b>&lt;&lt; #24 Men 75-79 100 Free &gt;&gt;</b>					
<b>Seed Time:</b>	1:17.82		<b>Finals Time:</b>	NS			
		<b>&lt;&lt; #30 Men 75-79 400 IM &gt;&gt;</b>					
<b>Seed Time:</b>	6:59.95		<b>Finals Time:</b>	Scratched			
		<b>&lt;&lt; #32 Men 75-79 50 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	37.75		<b>Finals Time:</b>	42.00	(1)	17	
		<b>&lt;&lt; #42 Men 75-79 200 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	3:45.36		<b>Finals Time:</b>	NS			
		<b>&lt;&lt; #46 Men 75-79 200 Free &gt;&gt;</b>					
<b>Seed Time:</b>	3:00.67		<b>Finals Time:</b>	NS			
		<b>&lt;&lt; #48 Men 75-79 100 IM &gt;&gt;</b>					
<b>Seed Time:</b>	1:28.07		<b>Finals Time:</b>	NS			

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**Susannah Walz - 72**

**Marvland Masters-9**

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		<b>&lt;&lt; #17 Women 70-74 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:40.58	<b>Finals Time:</b>	1:43.60	(3)	14
<b>Finals Splits:</b>	48.61	1:43.60 (54.99)			
		<b>&lt;&lt; #19 Women 70-74 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:40.00	<b>Finals Time:</b>	3:32.46	(2)	* 15
<b>Finals Splits:</b>	47.47	1:44.67 (57.20)	2:42.76 (58.09)	3:32.46 (49.70)	
		<b>&lt;&lt; #23 Women 70-74 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:26.12	<b>Finals Time:</b>	1:25.12	(6)	* 11
<b>Finals Splits:</b>	40.42	1:25.12 (44.70)			
		<b>&lt;&lt; #31 Women 70-74 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	42.85	<b>Finals Time:</b>	44.20	(2)	15
		<b>&lt;&lt; #35 Women 70-74 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:45.96	<b>Finals Time:</b>	Scratched		
		<b>&lt;&lt; #43 Women 70-74 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	45.84	<b>Finals Time:</b>	NS		
		<b>&lt;&lt; #47 Women 70-74 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.16	<b>Finals Time:</b>	NS		

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**Abigail Wheeler - 25**

**Marvland Masters-9**

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		<b>&lt;&lt; #7 Women 25-29 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	32.16	<b>Finals Time:</b>	32.95	(3)	14
		<b>&lt;&lt; #17 Women 25-29 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:30.37	<b>Finals Time:</b>	1:28.30	(3)	* 14
<b>Finals Splits:</b>		42.10	1:28.30 (46.20)		
		<b>&lt;&lt; #23 Women 25-29 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:12.36	<b>Finals Time:</b>	1:11.24	(4)	* 13
<b>Finals Splits:</b>		34.72	1:11.24 (36.52)		

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**Kevin Joubert - 51**

**Merritt Marlins-9**

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<< #3 Mixed 50-54 1650 Free >>

<b>Seed Time:</b>	22:10.00	<b>Finals Time:</b>	22:29.29	(2)	15
<b>Finals Splits:</b>	35.94	1:16.57 (40.63)	1:56.82 (40.25)	2:37.98 (41.16)	
	3:18.31 (40.33)	3:58.69 (40.38)	4:38.74 (40.05)	5:18.98 (40.24)	
	5:59.39 (40.41)	6:40.17 (40.78)	7:20.73 (40.56)	8:01.84 (41.11)	
	8:42.61 (40.77)	9:23.49 (40.88)	10:04.40 (40.91)	10:45.46 (41.06)	
	11:27.95 (42.49)	12:08.84 (40.89)	12:49.71 (40.87)	13:31.30 (41.59)	
	14:12.90 (41.60)	14:54.64 (41.74)	15:36.35 (41.71)	16:18.29 (41.94)	
	16:59.91 (41.62)	17:41.91 (42.00)	18:23.14 (41.23)	19:04.45 (41.31)	
	19:45.64 (41.19)	20:26.41 (40.77)	21:07.59 (41.18)	21:48.26 (40.67)	
	22:29.29 (41.03)				

<< #8 Men 50-54 50 Free >>

<b>Seed Time:</b>	29.00	<b>Finals Time:</b>	26.59	(8)	* 9
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<< #20 Men 50-54 200 IM >>

<b>Seed Time:</b>	2:40.00	<b>Finals Time:</b>	NS		
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<< #24 Men 50-54 100 Free >>

<b>Seed Time:</b>	1:00.00	<b>Finals Time:</b>	NS		
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<< #303 Mixed 50-54 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	13:31.30	(2)	
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Karen Snow - 64**

**Merritt Marlins-9**

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		<b>&lt;&lt; #9 Women 60-64 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	3:08.00		<b>Finals Time:</b>	3:06.85 (2) * 15	
<b>Finals Splits:</b>	43.56	1:31.16 (47.60)	2:20.26 (49.10)	3:06.85 (46.59)	
		<b>&lt;&lt; #19 Women 60-64 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:12.00		<b>Finals Time:</b>	3:08.86 (3) * 14	
<b>Finals Splits:</b>	41.91	1:31.07 (49.16)	2:24.69 (53.62)	3:08.86 (44.17)	
		<b>&lt;&lt; #23 Women 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:15.00		<b>Finals Time:</b>	1:14.45 (3) * 14	
<b>Finals Splits:</b>	36.20	1:14.45 (38.25)			
		<b>&lt;&lt; #29 Women 60-64 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	6:20.00		<b>Finals Time:</b>	6:46.83 (2) 15	
<b>Finals Splits:</b>		44.74	1:39.82 (55.08)	2:31.69 (51.87)	
		4:17.76 (54.47)	5:12.40 (54.64)	6:00.13 (47.73)	
				6:46.83 (46.70)	
		<b>&lt;&lt; #35 Women 60-64 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:20.00		<b>Finals Time:</b>	3:26.84 (2) 15	
<b>Finals Splits:</b>	45.96	1:38.53 (52.57)	2:33.15 (54.62)	3:26.84 (53.69)	
		<b>&lt;&lt; #47 Women 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:24.00		<b>Finals Time:</b>	Scratched	

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**Thomas Denes - 66**

**Montgomery Ancient Mariners-10**

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<< #10 Men 65-69 200 Back >>

<b>Seed Time:</b>	2:50.00		<b>Finals Time:</b>	2:56.66	(3)	14
<b>Finals Splits:</b>	41.37	1:26.67 (45.30)	2:11.92 (45.25)	2:56.66 (44.74)		

<< #20 Men 65-69 200 IM >>

<b>Seed Time:</b>	2:50.00		<b>Finals Time:</b>	3:00.43	(3)	14
<b>Finals Splits:</b>	36.67	1:22.84 (46.17)	2:18.82 (55.98)	3:00.43 (41.61)		

<< #24 Men 65-69 100 Free >>

<b>Seed Time:</b>	1:05.00		<b>Finals Time:</b>	NS		
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Individual Meet Summary

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**Gary DeShayes - 39**

**Montgomery Ancient Mariners-10**

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<< #6 Men 35-39 500 Free >>

<b>Seed Time:</b>	5:19.12		<b>Finals Time:</b>	5:07.86	(2) * 15
<b>Finals Splits:</b>		27.28	57.65 (30.37)	1:28.63 (30.98)	1:59.99 (31.36)
		2:31.45 (31.46)	3:02.68 (31.23)	3:33.78 (31.10)	4:05.38 (31.60)
		4:37.06 (31.68)	5:07.86 (30.80)		

<< #30 Men 35-39 400 IM >>

<b>Seed Time:</b>	4:40.44		<b>Finals Time:</b>	4:39.37	(2) * 15
<b>Finals Splits:</b>		28.24	1:02.15 (33.91)	1:37.13 (34.98)	2:12.54 (35.41)
		2:54.49 (41.95)	3:36.69 (42.20)	4:08.63 (31.94)	4:39.37 (30.74)



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**Neal Gillen - 86**

**Montgomery Ancient Mariners-10**

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**<< #6 Men 85-89 500 Free >>**  
**Seed Time:** 12:19.09      **Finals Time:** 12:28.93      (1)      17  
**Finals Splits:**      7:10.42      8:33.46 (1:23.04)      9:56.26 (1:22.80)      11:15.50 (1:19.24)  
                                 12:28.93 (1:13.43)

**<< #8 Men 85-89 50 Free >>**  
**Seed Time:** 42.05      **Finals Time:** 44.06      (1)      17

**<< #22 Men 85-89 50 Back >>**  
**Seed Time:** 56.12      **Finals Time:** 57.35      (1)      17

**<< #24 Men 85-89 100 Free >>**  
**Seed Time:** 1:43.33      **Finals Time:** 1:51.77      (1)      17  
**Finals Splits:**      1:51.70      1:51.77 (0.07)

**<< #34 Men 85-89 100 Back >>**  
**Seed Time:** 2:08.28      **Finals Time:** Scratched

**<< #46 Men 85-89 200 Free >>**  
**Seed Time:** 4:07.70      **Finals Time:** NS

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Individual Meet Summary

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**Roger Leonard - 76**

**Montgomery Ancient Mariners-10**

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		<b>&lt;&lt; #10 Men 75-79 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	3:01.45		<b>Finals Time:</b>	3:09.49 (1) 17	
<b>Finals Splits:</b>	45.00	1:32.79 (47.79)	2:22.01 (49.22)	3:09.49 (47.48)	
		<b>&lt;&lt; #20 Men 75-79 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:06.64		<b>Finals Time:</b>	3:13.86 (1) 17	
<b>Finals Splits:</b>	45.37	1:34.39 (49.02)	2:29.48 (55.09)	3:13.86 (44.38)	
		<b>&lt;&lt; #24 Men 75-79 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:17.73		<b>Finals Time:</b>	1:15.25 (2) * 15	
<b>Finals Splits:</b>	35.84	1:15.25 (39.41)			
		<b>&lt;&lt; #34 Men 75-79 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:28.13		<b>Finals Time:</b>	1:27.68 (1) * 17	
<b>Finals Splits:</b>	42.44	1:27.68 (45.24)			
		<b>&lt;&lt; #44 Men 75-79 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	45.00		<b>Finals Time:</b>	43.26 (1) * 17	
		<b>&lt;&lt; #48 Men 75-79 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:33.00		<b>Finals Time:</b>	1:27.57 (1) * 17	
<b>Finals Splits:</b>	40.95	1:27.57 (46.62)			

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Individual Meet Summary

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**Fiona Atkinson - 73**

**New England Masters Swim Club-2**

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		<b>&lt;&lt; #7 Women 70-74 50 Free &gt;&gt;</b>				
<b>Seed Time:</b>	35.00		<b>Finals Time:</b>	34.97	(4)	* 13
		<b>&lt;&lt; #17 Women 70-74 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	1:47.00		<b>Finals Time:</b>	1:47.66	(6)	11
<b>Finals Splits:</b>		49.99	1:47.66 (57.67)			
		<b>&lt;&lt; #23 Women 70-74 100 Free &gt;&gt;</b>				
<b>Seed Time:</b>	1:19.00		<b>Finals Time:</b>	1:18.77	(4)	* 13
<b>Finals Splits:</b>		37.75	1:18.77 (41.02)			
		<b>&lt;&lt; #31 Women 70-74 50 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	48.00		<b>Finals Time:</b>	49.50	(3)	14
		<b>&lt;&lt; #43 Women 70-74 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	47.00		<b>Finals Time:</b>	48.02	(4)	13
		<b>&lt;&lt; #47 Women 70-74 100 IM &gt;&gt;</b>				
<b>Seed Time:</b>	1:39.00		<b>Finals Time:</b>	1:39.28	(5)	12
<b>Finals Splits:</b>		50.13	1:39.28 (49.15)			

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Individual Meet Summary

**Kysa Crusco - 48**

New England Masters Swim Club-2

<< #3 Mixed 45-49 1650 Free >>

Seed Time:	20:10.30	Finals Time:	21:50.65	(1)	17
Finals Splits:	33.93	1:10.44 (36.51)	1:48.27 (37.83)	2:26.69 (38.42)	
	3:05.47 (38.78)	3:43.87 (38.40)	4:22.84 (38.97)	5:01.72 (38.88)	
	5:40.43 (38.71)	6:19.48 (39.05)	6:58.67 (39.19)	7:37.72 (39.05)	
	8:17.69 (39.97)	8:57.48 (39.79)	9:38.24 (40.76)	10:21.68 (43.44)	
	11:02.00 (40.32)	11:42.32 (40.32)	12:23.06 (40.74)	13:04.00 (40.94)	
	13:47.90 (43.90)	14:28.15 (40.25)	15:08.26 (40.11)	15:48.40 (40.14)	
	16:29.94 (41.54)	17:14.09 (44.15)	17:53.96 (39.87)	18:33.86 (39.90)	
	19:13.87 (40.01)	19:53.74 (39.87)	20:33.98 (40.24)	21:13.59 (39.61)	
	21:50.65 (37.06)				

<< #5 Women 45-49 500 Free >>

Seed Time:	6:01.00	Finals Time:	6:02.64	(3)	14
Finals Splits:	33.15	1:08.95 (35.80)	1:45.71 (36.76)	2:23.07 (37.36)	
	2:59.88 (36.81)	3:36.45 (36.57)	4:13.03 (36.58)	4:49.76 (36.73)	
	5:26.70 (36.94)	6:02.64 (35.94)			

<< #7 Women 45-49 50 Free >>

Seed Time:	27.94	Finals Time:	29.09	(3)	14
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<< #23 Women 45-49 100 Free >>

Seed Time:	1:01.52	Finals Time:	1:03.42	(2)	15
Finals Splits:	30.65	1:03.42 (32.77)			

<< #29 Women 45-49 400 IM >>

Seed Time:	5:50.19	Finals Time:	6:11.53	(1)	17
Finals Splits:	41.74	1:31.32 (49.58)	2:17.90 (46.58)	3:02.00 (44.10)	
	3:56.69 (54.69)	4:52.61 (55.92)	5:32.62 (40.01)	6:11.53 (38.91)	

<< #33 Women 45-49 100 Back >>

Seed Time:	1:15.12	Finals Time:	1:15.18	(1)	17
Finals Splits:	35.97	1:15.18 (39.21)			

<< #45 Women 45-49 200 Free >>

Seed Time:	2:12.84	Finals Time:	2:18.28	(1)	17
Finals Splits:	31.42	1:06.29 (34.87)	1:42.24 (35.95)	2:18.28 (36.04)	

<< #47 Women 45-49 100 IM >>

Seed Time:	1:15.76	Finals Time:	1:17.21	(2)	15
Finals Splits:	34.56	1:17.21 (42.65)			

<< #303 Mixed 45-49 1000 Free >>

Seed Time:	NT	Finals Time:	13:04.00	(1)	
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Tracy Grilli - 67**

**New England Masters Swim Club-2**

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<< #1 Women 65-69 1000 Free >>

<b>Seed Time:</b>	15:00.00		<b>Finals Time:</b>	13:51.48	(1) * 17
<b>Finals Splits:</b>		35.92	1:15.26 (39.34)	1:56.27 (41.01)	2:37.66 (41.39)
		3:19.14 (41.48)	4:00.74 (41.60)	4:42.76 (42.02)	5:24.89 (42.13)
		6:06.98 (42.09)	6:49.22 (42.24)	7:31.56 (42.34)	8:13.92 (42.36)
		8:56.46 (42.54)	9:39.03 (42.57)	10:21.17 (42.14)	11:03.50 (42.33)
		11:46.28 (42.78)	12:28.63 (42.35)	13:10.98 (42.35)	13:51.48 (40.50)

<< #5 Women 65-69 500 Free >>

<b>Seed Time:</b>	7:15.00		<b>Finals Time:</b>	6:48.96	(2) * 15
<b>Finals Splits:</b>		36.56	1:15.78 (39.22)	1:56.20 (40.42)	2:37.18 (40.98)
		3:18.62 (41.44)	4:00.41 (41.79)	4:42.64 (42.23)	5:25.33 (42.69)
		6:08.08 (42.75)	6:48.96 (40.88)		

<< #23 Women 65-69 100 Free >>

<b>Seed Time:</b>	1:15.00		<b>Finals Time:</b>	1:09.38	(2) * 15
<b>Finals Splits:</b>		33.15	1:09.38 (36.23)		

<< #45 Women 65-69 200 Free >>

<b>Seed Time:</b>	3:15.00		<b>Finals Time:</b>	2:34.52	(2) * 15
<b>Finals Splits:</b>		35.80	1:14.87 (39.07)	1:55.36 (40.49)	2:34.52 (39.16)

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**Frank Mcquiggan - 75**

**New England Masters Swim Club-2**

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<< #3 Mixed 75-79 1650 Free >>

<b>Seed Time:</b>	26:49.29	<b>Finals Time:</b>	27:07.44	(1)	17
<b>Finals Splits:</b>	45.95	1:33.61 (47.66)	2:23.66 (50.05)	3:13.78 (50.12)	
	4:03.46 (49.68)	4:52.79 (49.33)	5:41.60 (48.81)	6:31.41 (49.81)	
	7:21.01 (49.60)	8:10.26 (49.25)	8:59.59 (49.33)	9:48.73 (49.14)	
	10:39.40 (50.67)	11:29.73 (50.33)	12:19.88 (50.15)	13:10.74 (50.86)	
	14:02.17 (51.43)	14:52.18 (50.01)	15:41.91 (49.73)	16:31.60 (49.69)	
	17:23.34 (51.74)	18:11.29 (47.95)	19:01.62 (50.33)	19:51.85 (50.23)	
	20:41.49 (49.64)	21:30.85 (49.36)	22:20.10 (49.25)	23:09.20 (49.10)	
	23:59.42 (50.22)	24:49.39 (49.97)	25:38.71 (49.32)	26:23.98 (45.27)	
	27:07.44 (43.46)				

<< #6 Men 75-79 500 Free >>

<b>Seed Time:</b>	8:02.10	<b>Finals Time:</b>	7:58.61	(1)	* 17
<b>Finals Splits:</b>	45.34	1:33.20 (47.86)	2:24.15 (50.95)	3:14.33 (50.18)	
	4:04.48 (50.15)	4:52.90 (48.42)	5:43.72 (50.82)	6:31.20 (47.48)	
	7:17.44 (46.24)	7:58.61 (41.17)			

<< #8 Men 75-79 50 Free >>

<b>Seed Time:</b>	36.36	<b>Finals Time:</b>	35.04	(2)	* 15
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<< #24 Men 75-79 100 Free >>

<b>Seed Time:</b>	1:20.00	<b>Finals Time:</b>	1:15.19	(1)	* 17
<b>Finals Splits:</b>	37.05	1:15.19 (38.14)			

<< #46 Men 75-79 200 Free >>

<b>Seed Time:</b>	3:00.00	<b>Finals Time:</b>	NS		
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<< #48 Men 75-79 100 IM >>

<b>Seed Time:</b>	1:45.00	<b>Finals Time:</b>	NS		
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<< #303 Mixed 75-79 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	16:31.60	(1)	
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Jose de Jesus - 63**

**North Carolina Masters Swimmin-13**

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<b>Seed Time:</b>	28.02	<< #8 Men 60-64 50 Free >>				
		<b>Finals Time:</b>	27.37	(3)	*	14
<b>Seed Time:</b>	32.12	<< #22 Men 60-64 50 Back >>				
		<b>Finals Time:</b>	31.76	(1)	*	17
<b>Seed Time:</b>	29.92	<< #32 Men 60-64 50 Fly >>				
		<b>Finals Time:</b>	29.85	(2)	*	15
<b>Seed Time:</b>	2:20.00	<< #46 Men 60-64 200 Free >>				
		<b>Finals Time:</b>	2:15.97	(1)	*	17
<b>Finals Splits:</b>		32.70	1:08.65 (35.95)	1:44.15 (35.50)	2:15.97 (31.82)	

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Individual Meet Summary

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**Michael Dellanoce - 39**

**North Carolina Masters Swimmin-13**

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		<b>&lt;&lt; #6 Men 35-39 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	4:51.13		<b>Finals Time:</b>	4:52.47 (1) 17	
<b>Finals Splits:</b>		26.11	53.95 (27.84)	1:22.51 (28.56) 1:51.87 (29.36)	
		2:21.54 (29.67)	2:51.46 (29.92)	3:21.72 (30.26) 3:52.17 (30.45)	
		4:22.69 (30.52)	4:52.47 (29.78)		
		<b>&lt;&lt; #20 Men 35-39 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:58.06		<b>Finals Time:</b>	1:59.35 (1) 17	
<b>Finals Splits:</b>		26.02	56.68 (30.66)	1:31.58 (34.90) 1:59.35 (27.77)	
		<b>&lt;&lt; #24 Men 35-39 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	49.04		<b>Finals Time:</b>	49.64 (2) 15	
<b>Finals Splits:</b>		24.40	49.64 (25.24)		
		<b>&lt;&lt; #30 Men 35-39 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	4:13.16		<b>Finals Time:</b>	4:15.57 (1) 17	
		ZONECHAMPS: 4:25.68Y			
<b>Finals Splits:</b>		27.10	57.38 (30.28)	1:30.94 (33.56) 2:03.90 (32.96)	
		2:40.69 (36.79)	3:17.75 (37.06)	3:47.49 (29.74) 4:15.57 (28.08)	
		<b>&lt;&lt; #42 Men 35-39 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:01.94		<b>Finals Time:</b>	Scratched	
		<b>&lt;&lt; #46 Men 35-39 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:47.39		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #48 Men 35-39 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	54.80		<b>Finals Time:</b>	NS	



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Individual Meet Summary

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**Irish Holland - 43**

**North Carolina Masters Swimmin-13**

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<< #5 Women 40-44 500 Free >>

<b>Seed Time:</b>	5:27.89		<b>Finals Time:</b>	5:29.10	(1)	17
<b>Finals Splits:</b>		30.35	1:03.19 (32.84)	1:36.39 (33.20)	2:09.82 (33.43)	
		2:43.21 (33.39)	3:16.51 (33.30)	3:50.00 (33.49)	4:23.38 (33.38)	
		4:56.72 (33.34)	5:29.10 (32.38)			

<< #19 Women 40-44 200 IM >>

<b>Seed Time:</b>	2:16.79		<b>Finals Time:</b>	NS		
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<< #29 Women 40-44 400 IM >>

<b>Seed Time:</b>	4:49.03		<b>Finals Time:</b>	4:52.86	(1)	17
<b>Finals Splits:</b>		31.04	1:05.73 (34.69)	1:45.11 (39.38)	2:22.60 (37.49)	
		3:04.84 (42.24)	3:46.71 (41.87)	4:20.64 (33.93)	4:52.86 (32.22)	

<< #31 Women 40-44 50 Fly >>

<b>Seed Time:</b>	28.03		<b>Finals Time:</b>	28.89	(2)	15
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Anita Lang - 56**

**North Carolina Masters Swimmin-13**

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<< #1 Women 55-59 1000 Free >>

<b>Seed Time:</b>	13:25.00	<b>Finals Time:</b>	13:04.41	(1) * 17
<b>Finals Splits:</b>	33.57	1:10.87 (37.30)	1:48.99 (38.12)	2:28.10 (39.11)
	3:07.35 (39.25)	3:47.06 (39.71)	4:27.17 (40.11)	5:07.11 (39.94)
	5:47.04 (39.93)	6:26.61 (39.57)	7:06.57 (39.96)	7:46.67 (40.10)
	8:27.02 (40.35)	9:07.48 (40.46)	9:47.96 (40.48)	10:28.37 (40.41)
	11:08.53 (40.16)	11:48.61 (40.08)	12:27.39 (38.78)	13:04.41 (37.02)

<< #7 Women 55-59 50 Free >>

<b>Seed Time:</b>	31.66	<b>Finals Time:</b>	31.04	(2) * 15
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<< #21 Women 55-59 50 Back >>

<b>Seed Time:</b>	40.00	<b>Finals Time:</b>	NS
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<< #23 Women 55-59 100 Free >>

<b>Seed Time:</b>	1:06.46	<b>Finals Time:</b>	NS
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Mark Rubacky - 54**

**North Carolina Masters Swimmin-13**

<< #3 Mixed 50-54 1650 Free >>

<b>Seed Time:</b>	19:23.63	<b>Finals Time:</b>	18:50.60	(1) * 17
<b>Finals Splits:</b>	31.26	1:04.99 (33.73)	1:39.49 (34.50)	2:13.75 (34.26)
	2:47.64 (33.89)	3:22.17 (34.53)	3:56.76 (34.59)	4:31.07 (34.31)
	5:05.49 (34.42)	5:40.32 (34.83)	6:14.95 (34.63)	6:49.32 (34.37)
	7:23.77 (34.45)	7:58.36 (34.59)	8:32.63 (34.27)	9:06.85 (34.22)
	9:41.10 (34.25)	10:15.37 (34.27)	10:49.59 (34.22)	11:24.09 (34.50)
	11:58.64 (34.55)	12:33.23 (34.59)	13:07.91 (34.68)	13:42.71 (34.80)
	14:17.44 (34.73)	14:51.88 (34.44)	15:26.40 (34.52)	16:00.85 (34.45)
	16:35.61 (34.76)	17:10.01 (34.40)	17:44.14 (34.13)	18:18.35 (34.21)
	18:50.60 (32.25)			

<< #6 Men 50-54 500 Free >>

<b>Seed Time:</b>	5:35.20	<b>Finals Time:</b>	5:32.72	(1) * 17
<b>Finals Splits:</b>	30.76	1:04.26 (33.50)	1:38.01 (33.75)	2:12.11 (34.10)
	2:46.19 (34.08)	3:19.82 (33.63)	3:53.52 (33.70)	4:27.27 (33.75)
	5:00.72 (33.45)	5:32.72 (32.00)		

<< #10 Men 50-54 200 Back >>

<b>Seed Time:</b>	2:47.93	<b>Finals Time:</b>	2:42.81	(1) * 17
<b>Finals Splits:</b>	38.57	1:19.89 (41.32)	2:02.41 (42.52)	2:42.81 (40.40)

<< #12 Men 50-54 100 Fly >>

<b>Seed Time:</b>	1:12.12	<b>Finals Time:</b>	1:09.39	(5) * 12
<b>Finals Splits:</b>	33.42	1:09.39 (35.97)		

<< #18 Men 50-54 100 Breast >>

<b>Seed Time:</b>	1:19.57	<b>Finals Time:</b>	1:18.51	(4) * 13
<b>Finals Splits:</b>	37.87	1:18.51 (40.64)		

<< #20 Men 50-54 200 IM >>

<b>Seed Time:</b>	2:31.19	<b>Finals Time:</b>	2:32.12	(2) 15
<b>Finals Splits:</b>	34.35	1:15.23 (40.88)	1:58.23 (43.00)	2:32.12 (33.89)

<< #24 Men 50-54 100 Free >>

<b>Seed Time:</b>	1:00.85	<b>Finals Time:</b>	59.45	(9) * 8
<b>Finals Splits:</b>	28.66	59.45 (30.79)		

<< #30 Men 50-54 400 IM >>

<b>Seed Time:</b>	5:25.57	<b>Finals Time:</b>	5:12.64	(1) * 17
<b>Finals Splits:</b>	35.27	1:16.49 (41.22)	1:59.69 (43.20)	2:41.73 (42.04)
	3:23.54 (41.81)	4:05.91 (42.37)	4:40.87 (34.96)	5:12.64 (31.77)

<< #34 Men 50-54 100 Back >>

<b>Seed Time:</b>	1:15.62	<b>Finals Time:</b>	1:13.54	(6) * 11
<b>Finals Splits:</b>	36.47	1:13.54 (37.07)		

<< #36 Men 50-54 200 Breast >>

<b>Seed Time:</b>	2:45.86	<b>Finals Time:</b>	2:46.63	(2) 15
<b>Finals Splits:</b>	38.32	1:20.82 (42.50)	2:04.34 (43.52)	2:46.63 (42.29)

<< #42 Men 50-54 200 Fly >>

<b>Seed Time:</b>	2:47.57	<b>Finals Time:</b>	2:39.79	(2) * 15
<b>Finals Splits:</b>	36.31	1:18.70 (42.39)	2:01.58 (42.88)	2:39.79 (38.21)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Mark Rubacky - 54**

**North Carolina Masters Swimmin-13**

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		<b>&lt;&lt; #46 Men 50-54 200 Free &gt;&gt;</b>				
<b>Seed Time:</b>	2:07.95		<b>Finals Time:</b>	2:08.20	(2)	15
<b>Finals Splits:</b>		30.25	1:02.96 (32.71)	1:36.53 (33.57)	2:08.20 (31.67)	
		<b>&lt;&lt; #48 Men 50-54 100 IM &gt;&gt;</b>				
<b>Seed Time:</b>	1:08.25		<b>Finals Time:</b>	1:08.69	(1)	17
<b>Finals Splits:</b>		33.17	1:08.69 (35.52)			
		<b>&lt;&lt; #303 Mixed 50-54 1000 Free &gt;&gt;</b>				
<b>Seed Time:</b>	NT		<b>Finals Time:</b>	11:24.09	(1)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Maria Vazquez - 58**

**North Carolina Masters Swimmin-13**

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		<b>&lt;&lt; #9 Women 55-59 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:29.10		<b>Finals Time:</b>	2:27.25	(1) * 17
<b>Finals Splits:</b>		35.87	1:12.26 (36.39)	1:49.79 (37.53)	2:27.25 (37.46)
		<b>&lt;&lt; #19 Women 55-59 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:32.92		<b>Finals Time:</b>	2:32.09	(1) * 17
<b>Finals Splits:</b>		34.60	1:12.72 (38.12)	1:56.76 (44.04)	2:32.09 (35.33)
		<b>&lt;&lt; #29 Women 55-59 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	5:23.91		<b>Finals Time:</b>	5:27.04	(1) 17
<b>Finals Splits:</b>		35.51	1:16.89 (41.38)	1:58.01 (41.12)	2:38.96 (40.95)
		3:25.49 (46.53)	4:13.51 (48.02)	4:50.84 (37.33)	5:27.04 (36.20)
		<b>&lt;&lt; #41 Women 55-59 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	3:05.00		<b>Finals Time:</b>	2:47.48	(1) * 17
<b>Finals Splits:</b>		35.81	1:16.88 (41.07)	2:02.30 (45.42)	2:47.48 (45.18)
		<b>&lt;&lt; #45 Women 55-59 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:17.50		<b>Finals Time:</b>	2:16.96	(1) * 17
<b>Finals Splits:</b>		31.57	1:05.75 (34.18)	1:41.31 (35.56)	2:16.96 (35.65)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Lee Griffith - 75**

**Palm Beach Masters-50**

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<< #6 Men 75-79 500 Free >>

<b>Seed Time:</b>	10:00.00		<b>Finals Time:</b>	9:06.81	(3) * 14
<b>Finals Splits:</b>		43.16	1:32.26 (49.10)	2:24.98 (52.72)	3:20.19 (55.21)
		4:17.51 (57.32)	5:14.15 (56.64)	6:12.14 (57.99)	7:10.08 (57.94)
		8:08.59 (58.51)	9:06.81 (58.22)		

<< #22 Men 75-79 50 Back >>

<b>Seed Time:</b>	59.00		<b>Finals Time:</b>	46.16	(2) * 15
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<< #24 Men 75-79 100 Free >>

<b>Seed Time:</b>	1:25.00		<b>Finals Time:</b>	1:23.10	(3) * 14
<b>Finals Splits:</b>		38.91	1:23.10 (44.19)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Alan Rickard - 67**

**Palm Beach Masters-50**

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<b>Seed Time:</b>	6:44.99	<< #6 Men 65-69 500 Free >>	<b>Finals Time:</b>	Scratched
		<< #8 Men 65-69 50 Free >>		
<b>Seed Time:</b>	28.99	<b>Finals Time:</b>		NS
		<< #18 Men 65-69 100 Breast >>		
<b>Seed Time:</b>	1:38.99	<b>Finals Time:</b>		NS
		<< #24 Men 65-69 100 Free >>		
<b>Seed Time:</b>	1:03.99	<b>Finals Time:</b>		NS
		<< #32 Men 65-69 50 Fly >>		
<b>Seed Time:</b>	35.99	<b>Finals Time:</b>		NS
		<< #46 Men 65-69 200 Free >>		
<b>Seed Time:</b>	2:34.99	<b>Finals Time:</b>		NS
		<< #48 Men 65-69 100 IM >>		
<b>Seed Time:</b>	1:22.99	<b>Finals Time:</b>		NS

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

**Jeff Rouse Swim & Sport Center, Sanction #: 124-S002**

**Individual Meet Summary**

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**Roger Beardmore - 72**

**Palmetto Masters-55**

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**<< #3 Mixed 70-74 1650 Free >>**

**Seed Time:** 23:40.76

**Finals Time:**

Scratched



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Arthur Conover - 29**

**Patriot Masters Swim Team-10**

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<< #6 Men 25-29 500 Free >>

<b>Seed Time:</b>	4:45.00		<b>Finals Time:</b>	4:47.38	(1)	17
<b>Finals Splits:</b>		26.32	54.47 (28.15)	1:23.08 (28.61)	1:52.02 (28.94)	
		2:21.11 (29.09)	2:50.29 (29.18)	3:19.87 (29.58)	3:49.42 (29.55)	
		4:18.76 (29.34)	4:47.38 (28.62)			

<< #10 Men 25-29 200 Back >>

<b>Seed Time:</b>	2:00.00		<b>Finals Time:</b>	1:59.83	(1)	* 17
<b>Finals Splits:</b>		28.33	58.84 (30.51)	1:29.81 (30.97)	1:59.83 (30.02)	

<< #20 Men 25-29 200 IM >>

<b>Seed Time:</b>	2:00.00		<b>Finals Time:</b>	2:00.38	(1)	17
<b>Finals Splits:</b>		26.32	57.22 (30.90)	1:33.85 (36.63)	2:00.38 (26.53)	

<< #30 Men 25-29 400 IM >>

<b>Seed Time:</b>	4:15.00		<b>Finals Time:</b>	Scratched		
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<< #42 Men 25-29 200 Fly >>

<b>Seed Time:</b>	2:00.00		<b>Finals Time:</b>	1:58.39	(1)	* 17
<b>Finals Splits:</b>		27.19	57.57 (30.38)	1:27.83 (30.26)	1:58.39 (30.56)	

<< #46 Men 25-29 200 Free >>

<b>Seed Time:</b>	1:48.00		<b>Finals Time:</b>	1:45.75	(1)	* 17
<b>Finals Splits:</b>		25.24	52.23 (26.99)	1:19.37 (27.14)	1:45.75 (26.38)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Matthew Feinberg - 48**

**Patriot Masters Swim Team-10**

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<< #1 Men 45-49 1000 Free >>

<b>Seed Time:</b>	12:02.65		<b>Finals Time:</b>	11:09.83	(1) * 17
<b>Finals Splits:</b>		30.61	1:03.62 (33.01)	1:36.76 (33.14)	2:10.55 (33.79)
		2:44.86 (34.31)	3:19.49 (34.63)	3:53.57 (34.08)	4:27.98 (34.41)
		5:02.50 (34.52)	5:36.41 (33.91)	6:10.52 (34.11)	6:44.61 (34.09)
		7:18.92 (34.31)	7:53.39 (34.47)	8:27.70 (34.31)	9:01.20 (33.50)
		9:34.48 (33.28)	10:07.70 (33.22)	10:39.78 (32.08)	11:09.83 (30.05)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Ryan Wolfe - 31**

**Patriot Masters Swim Team-10**

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		<b>&lt;&lt; #8 Men 30-34 50 Free &gt;&gt;</b>				
<b>Seed Time:</b>	24.61		<b>Finals Time:</b>	23.76	(3)	* 14
		<b>&lt;&lt; #18 Men 30-34 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	1:01.89		<b>Finals Time:</b>	1:03.53	(4)	13
<b>Finals Splits:</b>		29.76	1:03.53 (33.77)			
		<b>&lt;&lt; #24 Men 30-34 100 Free &gt;&gt;</b>				
<b>Seed Time:</b>	54.00		<b>Finals Time:</b>	52.16	(2)	* 15
<b>Finals Splits:</b>		25.08	52.16 (27.08)			
		<b>&lt;&lt; #44 Men 30-34 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	28.26		<b>Finals Time:</b>	29.23	(3)	14
		<b>&lt;&lt; #46 Men 30-34 200 Free &gt;&gt;</b>				
<b>Seed Time:</b>	1:58.00		<b>Finals Time:</b>	Scratched		
		<b>&lt;&lt; #48 Men 30-34 100 IM &gt;&gt;</b>				
<b>Seed Time:</b>	1:01.97		<b>Finals Time:</b>	58.90	(2)	* 15
<b>Finals Splits:</b>		28.00	58.90 (30.90)			

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

**Individual Meet Summary**

**Robert Kannegieser - 66**

**Philadelphia Fins Aquatics Clu-8**

<< #3 Mixed 65-69 1650 Free >>

<b>Seed Time:</b>	20:18.65	<b>Finals Time:</b>	19:58.13	(1) * 17
		ZONECHAMPS: 20:00.99Y		
<b>Finals Splits:</b>	32.59	1:08.33 (35.74)	1:44.68 (36.35)	2:21.04 (36.36)
	2:57.55 (36.51)	3:33.92 (36.37)	4:10.26 (36.34)	4:46.64 (36.38)
	5:23.09 (36.45)	5:59.75 (36.66)	6:36.29 (36.54)	7:12.83 (36.54)
	7:49.33 (36.50)	8:26.15 (36.82)	9:02.99 (36.84)	9:39.77 (36.78)
	10:17.12 (37.35)	10:53.74 (36.62)	11:30.39 (36.65)	12:07.04 (36.65)
	12:43.63 (36.59)	13:20.51 (36.88)	13:57.22 (36.71)	14:33.77 (36.55)
	15:10.24 (36.47)	15:46.84 (36.60)	16:23.48 (36.64)	16:59.90 (36.42)
	17:36.29 (36.39)	18:12.47 (36.18)	18:48.10 (35.63)	19:23.83 (35.73)
	19:58.13 (34.30)			

<< #6 Men 65-69 500 Free >>

<b>Seed Time:</b>	5:50.00	<b>Finals Time:</b>	5:45.02	(1) * 17
		ZONECHAMPS: 5:53.27Y		
<b>Finals Splits:</b>	31.21	1:05.05 (33.84)	1:39.82 (34.77)	2:15.25 (35.43)
	2:50.42 (35.17)	3:25.52 (35.10)	4:01.17 (35.65)	4:36.42 (35.25)
	5:11.51 (35.09)	5:45.02 (33.51)		

<< #10 Men 65-69 200 Back >>

<b>Seed Time:</b>	2:35.53	<b>Finals Time:</b>	2:29.77	(2) * 15
<b>Finals Splits:</b>	35.85	1:13.88 (38.03)	1:52.51 (38.63)	2:29.77 (37.26)

<< #12 Men 65-69 100 Fly >>

<b>Seed Time:</b>	1:09.00	<b>Finals Time:</b>	1:05.80	(1) * 17
		ZONECHAMPS: 1:08.76Y		
<b>Finals Splits:</b>	30.80	1:05.80 (35.00)		

<< #20 Men 65-69 200 IM >>

<b>Seed Time:</b>	2:29.70	<b>Finals Time:</b>	2:27.16	(1) * 17
		ZONECHAMPS: 2:33.77Y		
<b>Finals Splits:</b>	30.50	1:07.68 (37.18)	1:52.21 (44.53)	2:27.16 (34.95)

<< #24 Men 65-69 100 Free >>

<b>Seed Time:</b>	1:01.50	<b>Finals Time:</b>	59.23	(1) * 17
		ZONECHAMPS: 59.39Y		
<b>Finals Splits:</b>	28.94	59.23 (30.29)		

<< #30 Men 65-69 400 IM >>

<b>Seed Time:</b>	5:40.39	<b>Finals Time:</b>	5:16.58	(1) * 17
		ZONECHAMPS: 5:33.71Y		
<b>Finals Splits:</b>	33.03	1:09.93 (36.90)	1:51.20 (41.27)	2:33.06 (41.86)
	3:18.20 (45.14)	4:06.42 (48.22)	4:42.58 (36.16)	5:16.58 (34.00)

<< #32 Men 65-69 50 Fly >>

<b>Seed Time:</b>	30.50	<b>Finals Time:</b>	29.85	(2) * 15
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<< #36 Men 65-69 200 Breast >>

<b>Seed Time:</b>	2:45.00	<b>Finals Time:</b>	2:53.61	(2) 15
<b>Finals Splits:</b>	39.13	1:22.97 (43.84)	2:08.81 (45.84)	2:53.61 (44.80)

<< #46 Men 65-69 200 Free >>

<b>Seed Time:</b>	2:11.00	<b>Finals Time:</b>	Scratched	
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**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

**Jeff Rouse Swim & Sport Center, Sanction #: 124-S002**

**Individual Meet Summary**

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**Robert Kannegieser - 66**

**Philadelphia Fins Aquatics Clu-8**

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**Seed Time:** NT << #303 Mixed 65-69 1000 Free >>  
**Finals Time:** 12:07.04 (1)  
ZONECHAMPS: 12:26.16Y

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**John Damico - 49**

**Poseidon Masters-12**

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		<b>&lt;&lt; #8 Men 45-49 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	26.97	<b>Finals Time:</b>	27.03	(6)	11
		<b>&lt;&lt; #12 Men 45-49 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.46	<b>Finals Time:</b>	1:07.83	(5)	12
<b>Finals Splits:</b>		30.57	1:07.83 (37.26)		
		<b>&lt;&lt; #18 Men 45-49 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:21.23	<b>Finals Time:</b>	NS		
		<b>&lt;&lt; #24 Men 45-49 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	59.56	<b>Finals Time:</b>	Scratched		
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - PSDN-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:59.99	<b>Finals Time:</b>	1:53.65	(3)	* 28
<b>Finals Splits:</b>		23.17	54.65 (31.48)	1:26.18 (31.53)	1:53.65 (27.47)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Jessica Dodson - 31**

**Poseidon Masters-12**

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		<b>&lt;&lt; #5 Women 30-34 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	7:30.00	<b>Finals Time:</b>	7:01.62	(3) * 14	
<b>Finals Splits:</b>		39.12	1:21.92 (42.80)	2:05.75 (43.83)	2:49.26 (43.51)
		3:32.37 (43.11)	4:15.26 (42.89)	4:58.16 (42.90)	5:40.96 (42.80)
		6:22.51 (41.55)	7:01.62 (39.11)		
		<b>&lt;&lt; #7 Women 30-34 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	32.00	<b>Finals Time:</b>	31.60	(4) * 13	
		<b>&lt;&lt; #19 Women 30-34 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:00.38	<b>Finals Time:</b>	3:01.90	(3) 14	
<b>Finals Splits:</b>		40.09	1:25.92 (45.83)	2:19.08 (53.16)	3:01.90 (42.82)
		<b>&lt;&lt; #21 Women 30-34 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	39.26	<b>Finals Time:</b>	38.36	(3) * 14	
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - PSDN-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:59.99	<b>Finals Time:</b>	1:53.65	(3) * 28	
<b>Finals Splits:</b>		23.17	54.65 (31.48)	1:26.18 (31.53)	1:53.65 (27.47)

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Individual Meet Summary

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**Amanda Jimeno - 31**

**Poseidon Masters-12**

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		<b>&lt;&lt; #5 Women 30-34 500 Free &gt;&gt;</b>				
<b>Seed Time:</b>	6:51.96		<b>Finals Time:</b>	6:40.34	(2) * 15	
<b>Finals Splits:</b>		36.01	1:15.09 (39.08)	1:55.91 (40.82)	2:37.02 (41.11)	
		3:18.52 (41.50)	3:59.33 (40.81)	4:40.22 (40.89)	5:21.71 (41.49)	
		6:03.02 (41.31)	6:40.34 (37.32)			
		<b>&lt;&lt; #7 Women 30-34 50 Free &gt;&gt;</b>				
<b>Seed Time:</b>	30.94		<b>Finals Time:</b>	30.70	(3) * 14	
		<b>&lt;&lt; #11 Women 30-34 100 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	1:20.00		<b>Finals Time:</b>	1:15.79	(2) * 15	
<b>Finals Splits:</b>		35.16	1:15.79 (40.63)			
		<b>&lt;&lt; #19 Women 30-34 200 IM &gt;&gt;</b>				
<b>Seed Time:</b>	3:00.00		<b>Finals Time:</b>	2:49.29	(1) * 17	
<b>Finals Splits:</b>		35.31	1:17.52 (42.21)	2:11.26 (53.74)	2:49.29 (38.03)	
		<b>&lt;&lt; #41 Women 30-34 200 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	3:00.00		<b>Finals Time:</b>	Scratched		
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - PSDN-12 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	1:59.99		<b>Finals Time:</b>	1:53.65	(3) * 28	
<b>Finals Splits:</b>		23.17	54.65 (31.48)	1:26.18 (31.53)	1:53.65 (27.47)	



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**Justin Rich - 26**

**Poseidon Masters-12**

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		<b>&lt;&lt; #8 Men 25-29 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	23.12		<b>Finals Time:</b>	22.32 (2) * 15	
		<b>&lt;&lt; #24 Men 25-29 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	50.78		<b>Finals Time:</b>	50.81 (2) 15	
<b>Finals Splits:</b>		24.45	50.81 (26.36)		
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - PSDN-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:59.99		<b>Finals Time:</b>	1:53.65 (3) * 28	
<b>Finals Splits:</b>		23.17	54.65 (31.48)	1:26.18 (31.53) 1:53.65 (27.47)	

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**Melissa Wirt - 42**

**Poseidon Masters-12**

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		<b>&lt;&lt; #7 Women 40-44 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	37.00	<b>Finals Time:</b>	32.85	(4)	* 13
		<b>&lt;&lt; #19 Women 40-44 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:20.00	<b>Finals Time:</b>	3:10.37	(3)	* 14
<b>Finals Splits:</b>	37.67	1:25.74 (48.07)	2:24.96 (59.22)	3:10.37 (45.41)	
		<b>&lt;&lt; #21 Women 40-44 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	40.22	<b>Finals Time:</b>	38.30	(4)	* 13

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Individual Meet Summary

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**Katie Sanfield - 22**

**Potomac Marlin Masters-10**

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		<b>&lt;&lt; #7 Women 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	30.00		<b>Finals Time:</b>	25.88 (1) * 17	
		<b>&lt;&lt; #9 Women 18-24 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:40.00		<b>Finals Time:</b>	2:17.10 (1) * 17	
<b>Finals Splits:</b>	32.61	1:07.40 (34.79)	1:43.05 (35.65)	2:17.10 (34.05)	
		<b>&lt;&lt; #11 Women 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:16.00		<b>Finals Time:</b>	1:05.29 (3) * 14	
<b>Finals Splits:</b>	30.35	1:05.29 (34.94)			
		<b>&lt;&lt; #29 Women 18-24 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	5:45.00		<b>Finals Time:</b>	5:04.52 (1) * 17	
<b>Finals Splits:</b>		30.61	1:06.58 (35.97)	1:45.57 (38.99) 2:23.73 (38.16)	
		3:07.40 (43.67)	3:51.36 (43.96)	4:28.29 (36.93) 5:04.52 (36.23)	
		<b>&lt;&lt; #31 Women 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	32.00		<b>Finals Time:</b>	28.68 (1) * 17	
		<b>&lt;&lt; #33 Women 18-24 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:20.00		<b>Finals Time:</b>	1:05.93 (1) * 17	
<b>Finals Splits:</b>	31.85	1:05.93 (34.08)			

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**Individual Meet Summary**

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**Richard Kirchgessner - 34**

**Rannahannock YMCA Master's Swi-12**

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<b>Seed Time:</b>	33.67	<b>&lt;&lt; #44 Men 30-34 50 Breast &gt;&gt;</b>	
		<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	1:12.50	<b>&lt;&lt; #48 Men 30-34 100 IM &gt;&gt;</b>	
		<b>Finals Time:</b>	Scratched

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Individual Meet Summary

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**Adam Schapiro - 37**

**Rannahannock YMCA Master's Swi-12**

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		<b>&lt;&lt; #32 Men 35-39 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	29.99	<b>Finals Time:</b>	28.61	(4) * 13	
		<b>&lt;&lt; #44 Men 35-39 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	34.50	<b>Finals Time:</b>	35.36	(2) 15	
		<b>&lt;&lt; #48 Men 35-39 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:10.75	<b>Finals Time:</b>	1:08.95	(2) * 15	
<b>Finals Splits:</b>		31.70	1:08.95 (37.25)		

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Individual Meet Summary

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**Mercedes Barton - 48**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #7 Women 45-49 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	35.00	<b>Finals Time:</b>	36.37	(4)	13
		<b>&lt;&lt; #23 Women 45-49 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:24.00	<b>Finals Time:</b>	1:27.02	(3)	14
<b>Finals Splits:</b>	42.80	1:27.02 (44.22)			
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - RMST-10 B - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	2:22.22	<b>Finals Time:</b>	2:18.71	(6)	* 22
<b>Finals Splits:</b>	36.94	52.57 (15.63)	1:20.17 (27.60)	2:18.71 (58.54)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Amy Bass - 53**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #7 Women 50-54 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	27.00		<b>Finals Time:</b>	28.41 (1) 17	
		<b>&lt;&lt; #23 Women 50-54 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:02.50		<b>Finals Time:</b>	1:05.23 (2) 15	
<b>Finals Splits:</b>		31.41	1:05.23 (33.82)		
		<b>&lt;&lt; #31 Women 50-54 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	30.00		<b>Finals Time:</b>	32.48 (1) 17	
		<b>&lt;&lt; #45 Women 50-54 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:20.00		<b>Finals Time:</b>	2:26.73 (1) 17	
<b>Finals Splits:</b>		33.21	1:10.11 (36.90)	1:48.72 (38.61) 2:26.73 (38.01)	
		<b>&lt;&lt; #25 Women 45-54 400 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:58.58		<b>Finals Time:</b>	5:19.98 (1) 34	
<b>Finals Splits:</b>		38.79	1:17.71 (38.92)	2:02.83 (45.12) 2:54.60 (51.77)	
		3:13.71 (19.11)	4:11.03 (57.32)	4:43.87 (32.84) 5:19.98 (36.11)	
		<b>&lt;&lt; #49 Women 35-44 200 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.25		<b>Finals Time:</b>	2:19.28 (1) * 34	
<b>Finals Splits:</b>		33.98	1:18.42 (44.44)	1:51.15 (32.73) 2:19.28 (28.13)	

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**Kim Brightwell - 64**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #9 Women 60-64 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:50.96		<b>Finals Time:</b>	2:43.34 (1) * 17	
<b>Finals Splits:</b>	38.53	1:20.52 (41.99)	2:02.43 (41.91)	2:43.34 (40.91)	
		<b>&lt;&lt; #21 Women 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	34.99		<b>Finals Time:</b>	33.54 (2) * 15	
		<b>&lt;&lt; #33 Women 60-64 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:16.48		<b>Finals Time:</b>	1:14.33 (2) * 15	
<b>Finals Splits:</b>	36.61	1:14.33 (37.72)			
		<b>&lt;&lt; #43 Women 60-64 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	40.90		<b>Finals Time:</b>	40.02 (2) * 15	
		<b>&lt;&lt; #47 Women 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:18.01		<b>Finals Time:</b>	1:17.83 (2) * 15	
<b>Finals Splits:</b>	35.50	1:17.83 (42.33)			
		<b>&lt;&lt; #25 Women 45-54 400 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:58.58		<b>Finals Time:</b>	5:19.98 (1) 34	
<b>Finals Splits:</b>	38.79	1:17.71 (38.92)	2:02.83 (45.12)	2:54.60 (51.77)	
	3:13.71 (19.11)	4:11.03 (57.32)	4:43.87 (32.84)	5:19.98 (36.11)	
		<b>&lt;&lt; #49 Women 35-44 200 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.25		<b>Finals Time:</b>	2:19.28 (1) * 34	
<b>Finals Splits:</b>	33.98	1:18.42 (44.44)	1:51.15 (32.73)	2:19.28 (28.13)	



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**Thomas Dion - 45**

**Reston Masters Swim Team-10**

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<< #3 Mixed 45-49 1650 Free >>

Seed Time: 18:04.26 Finals Time: 18:07.77 (1) 17

ZONECHAMPS: 18:08.53Y

Finals Splits: 29.09 1:00.83 (31.74) 1:32.96 (32.13) 2:05.74 (32.78)  
2:38.54 (32.80) 3:11.44 (32.90) 3:44.53 (33.09) 4:17.58 (33.05)  
4:50.81 (33.23) 5:23.87 (33.06) 5:56.79 (32.92) 6:30.00 (33.21)  
7:02.99 (32.99) 7:35.87 (32.88) 8:08.87 (33.00) 8:42.15 (33.28)  
9:15.14 (32.99) 9:47.90 (32.76) 10:20.87 (32.97) 10:53.94 (33.07)  
11:26.71 (32.77) 11:59.62 (32.91) 12:33.07 (33.45) 13:06.14 (33.07)  
13:39.51 (33.37) 14:12.99 (33.48) 14:46.72 (33.73) 15:20.32 (33.60)  
15:54.18 (33.86) 16:28.06 (33.88) 17:01.64 (33.58) 17:35.40 (33.76)  
18:07.77 (32.37)

<< #6 Men 45-49 500 Free >>

Seed Time: 5:15.75 Finals Time: 5:24.24 (1) 17

Finals Splits: 28.23 59.48 (31.25) 1:31.50 (32.02) 2:04.69 (33.19)  
2:37.93 (33.24) 3:11.44 (33.51) 3:44.90 (33.46) 4:18.23 (33.33)  
4:51.47 (33.24) 5:24.24 (32.77)

<< #30 Men 45-49 400 IM >>

Seed Time: 4:56.66 Finals Time: 5:01.74 (1) 17

Finals Splits: 31.12 1:07.05 (35.93) 1:46.60 (39.55) 2:25.05 (38.45)  
3:09.26 (44.21) 3:55.21 (45.95) 4:29.22 (34.01) 5:01.74 (32.52)

<< #303 Mixed 45-49 1000 Free >>

Seed Time: NT Finals Time: 10:53.94 (1)

<< #27 Mixed 25-34 400 Medley Relay - RMST-10 A - Leg >>

Seed Time: 4:38.38 Finals Time: 4:23.00 (1) \* 34

Finals Splits: 30.54 1:03.11 (32.57) 1:41.74 (38.63) 2:25.05 (43.31)  
2:41.42 (16.37) 3:28.57 (47.15) 3:54.97 (26.40) 4:23.00 (28.03)

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**Stephen Elliott - 22**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	27.00	<b>Finals Time:</b>	25.72	(11)	* 6
		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:20.00	<b>Finals Time:</b>	1:26.32	(9)	8
<b>Finals Splits:</b>		39.83	1:26.32 (46.49)		
		<b>&lt;&lt; #22 Men 18-24 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	34.00	<b>Finals Time:</b>	31.54	(6)	* 11
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:00.00	<b>Finals Time:</b>	58.54	(12)	* 5
<b>Finals Splits:</b>		28.25	58.54 (30.29)		

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**Brian Evans - 59**

**Reston Masters Swim Team-10**

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<< #6 Men 55-59 500 Free >>

<b>Seed Time:</b>	6:45.00	<b>Finals Time:</b>	6:56.93	(3)	14
<b>Finals Splits:</b>	36.52	1:17.32 (40.80)	1:59.32 (42.00)	2:41.57 (42.25)	
	3:24.13 (42.56)	4:07.18 (43.05)	4:50.46 (43.28)	5:33.47 (43.01)	
	6:16.98 (43.51)	6:56.93 (39.95)			

<< #12 Men 55-59 100 Fly >>

<b>Seed Time:</b>	1:20.00	<b>Finals Time:</b>	1:21.03	(6)	11
<b>Finals Splits:</b>	37.96	1:21.03 (43.07)			

<< #24 Men 55-59 100 Free >>

<b>Seed Time:</b>	1:06.91	<b>Finals Time:</b>	1:04.98	(5)	* 12
<b>Finals Splits:</b>	30.98	1:04.98 (34.00)			

<< #32 Men 55-59 50 Fly >>

<b>Seed Time:</b>	35.53	<b>Finals Time:</b>	33.26	(7)	* 10
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<< #34 Men 55-59 100 Back >>

<b>Seed Time:</b>	1:18.16	<b>Finals Time:</b>	1:18.71	(2)	15
<b>Finals Splits:</b>	38.39	1:18.71 (40.32)			

<< #39 Mixed 25-34 400 Free Relay - RMST-10 A - Leg 4 >>

<b>Seed Time:</b>	4:23.23	<b>Finals Time:</b>	4:31.20	(3)	28
<b>Finals Splits:</b>	30.20	1:05.50 (35.30)	1:35.00 (29.50)	2:07.52 (32.52)	
	2:27.46 (19.94)	2:45.32 (17.86)	3:26.28 (40.96)	4:31.20 (1:04.92)	

<< #50 Men 25-34 200 Medley Relay - RMST-10 A - Leg 1 >>

<b>Seed Time:</b>	2:15.15	<b>Finals Time:</b>	Scratched		
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Individual Meet Summary

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**Gordon Gerson - 87**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #10 Men 85-89 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	6:58.96		<b>Finals Time:</b>	6:33.82 (1) * 17	
<b>Finals Splits:</b>	1:28.24	3:06.41 (1:38.17)	4:55.83 (1:49.42)	6:33.82 (1:37.99)	
		<b>&lt;&lt; #18 Men 85-89 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:58.11		<b>Finals Time:</b>	3:48.52 (1) * 17	
<b>Finals Splits:</b>	1:47.83	3:48.52 (2:00.69)			
		<b>&lt;&lt; #22 Men 85-89 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:58.45		<b>Finals Time:</b>	1:17.70 (3) * 14	
		<b>&lt;&lt; #34 Men 85-89 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:48.07		<b>Finals Time:</b>	2:51.45 (2) 15	
<b>Finals Splits:</b>	1:21.33	2:51.45 (1:30.12)			
		<b>&lt;&lt; #36 Men 85-89 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	8:58.97		<b>Finals Time:</b>	8:08.78 (1) * 17	
<b>Finals Splits:</b>	1:47.02		6:03.44 ( )	8:08.78 (2:05.34)	
		<b>&lt;&lt; #44 Men 85-89 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:58.64		<b>Finals Time:</b>	1:31.46 (1) * 17	
		<b>&lt;&lt; #14 Men 75-84 200 Free Relay - RMST-10 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	4:11.11		<b>Finals Time:</b>	3:27.41 (1) * 34	
<b>Finals Splits:</b>	50.14	2:05.65 (1:15.51)	2:47.86 (42.21)	3:27.41 (39.55)	
		<b>&lt;&lt; #26 Men 75-84 400 Medley Relay - RMST-10 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	9:54.54		<b>Finals Time:</b>	9:53.93 (1) * 34	
<b>Finals Splits:</b>	1:21.70	3:00.56 (1:38.86)	4:19.71 (1:19.15)	5:55.27 (1:35.56)	
	6:11.64 (16.37)		8:43.59 ( )	9:53.93 (1:10.34)	
		<b>&lt;&lt; #50 Men 75-84 200 Medley Relay - RMST-10 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:11.11		<b>Finals Time:</b>	4:21.55 (1) 34	
<b>Finals Splits:</b>	1:21.88		3:24.05 ( )	4:21.55 (57.50)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Glenn Gwilliam - 45**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #6 Men 45-49 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	6:30.00		<b>Finals Time:</b>	6:34.46 (3) 14	
<b>Finals Splits:</b>		34.15	1:12.58 (38.43)	1:51.74 (39.16) 2:31.81 (40.07)	
		3:12.28 (40.47)	3:52.30 (40.02)	4:33.07 (40.77) 5:13.61 (40.54)	
		5:54.11 (40.50)	6:34.46 (40.35)		
		<b>&lt;&lt; #8 Men 45-49 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	26.50		<b>Finals Time:</b>	26.52 (5) 12	
		<b>&lt;&lt; #20 Men 45-49 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:30.00		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #24 Men 45-49 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:00.00		<b>Finals Time:</b>	1:00.65 (2) 15	
<b>Finals Splits:</b>		29.58	1:00.65 (31.07)		
		<b>&lt;&lt; #32 Men 45-49 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	32.00		<b>Finals Time:</b>	30.45 (4) * 13	
		<b>&lt;&lt; #44 Men 45-49 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	35.00		<b>Finals Time:</b>	34.75 (4) * 13	
		<b>&lt;&lt; #48 Men 45-49 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:10.00		<b>Finals Time:</b>	1:09.52 (4) * 13	
<b>Finals Splits:</b>		32.42	1:09.52 (37.10)		
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - RMST-10 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:56.56		<b>Finals Time:</b>	1:45.43 (1) * 34	
<b>Finals Splits:</b>		23.66	52.46 (28.80)	1:19.53 (27.07) 1:45.43 (25.90)	
		<b>&lt;&lt; #50 Men 25-34 200 Medley Relay - RMST-10 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	2:15.15		<b>Finals Time:</b>	Scratched	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Mindy Johnson - 60**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #7 Women 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	30.00		<b>Finals Time:</b>	29.95	(1) * 17
		<b>&lt;&lt; #23 Women 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:07.50		<b>Finals Time:</b>	1:07.67	(1) 17
<b>Finals Splits:</b>		32.62	1:07.67 (35.05)		
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - RMST-10 B - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	2:22.22		<b>Finals Time:</b>	2:18.71	(6) * 22
<b>Finals Splits:</b>		36.94	52.57 (15.63)	1:20.17 (27.60)	2:18.71 (58.54)
		<b>&lt;&lt; #25 Women 45-54 400 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:58.58		<b>Finals Time:</b>	5:19.98	(1) 34
<b>Finals Splits:</b>		38.79	1:17.71 (38.92)	2:02.83 (45.12)	2:54.60 (51.77)
		3:13.71 (19.11)	4:11.03 (57.32)	4:43.87 (32.84)	5:19.98 (36.11)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Kathryn Killebrew - 44**

**Reston Masters Swim Team-10**

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<< #3 Mixed 40-44 1650 Free >>

<b>Seed Time:</b>	28:23.00		<b>Finals Time:</b>	28:14.84	(2) * 15
<b>Finals Splits:</b>	46.55	1:36.44 (49.89)	2:27.49 (51.05)	3:17.96 (50.47)	
	4:08.63 (50.67)	4:59.22 (50.59)	5:50.43 (51.21)	6:41.01 (50.58)	
	7:31.03 (50.02)	8:22.18 (51.15)	9:13.34 (51.16)	10:05.53 (52.19)	
	10:56.90 (51.37)	11:48.29 (51.39)	12:41.00 (52.71)	13:32.84 (51.84)	
	14:25.49 (52.65)	15:19.78 (54.29)	16:09.82 (50.04)	17:01.47 (51.65)	
	17:52.17 (50.70)	18:43.65 (51.48)	19:34.67 (51.02)	20:26.76 (52.09)	
	21:18.54 (51.78)	22:12.31 (53.77)	23:05.95 (53.64)	23:40.33 (34.38)	
		25:41.78 ( )	26:34.24 (52.46)	27:26.10 (51.86)	
	28:14.84 (48.74)				

<< #303 Mixed 40-44 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	17:01.47	(2)
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Denise Kirwan - 72**

**Reston Masters Swim Team-10**

		<b>&lt;&lt; #7 Women 70-74 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	33.04	<b>Finals Time:</b>	32.39	(3)	* 14
		<b>&lt;&lt; #9 Women 70-74 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	3:01.00	<b>Finals Time:</b>	3:03.30	(1)	17
		ZONECHAMPS: 3:08.28Y			
<b>Finals Splits:</b>	42.53	1:28.93 (46.40)	2:16.84 (47.91)	3:03.30 (46.46)	
		<b>&lt;&lt; #17 Women 70-74 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:33.77	<b>Finals Time:</b>	1:34.68	(2)	15
<b>Finals Splits:</b>	44.41	1:34.68 (50.27)			
		<b>&lt;&lt; #23 Women 70-74 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:12.10	<b>Finals Time:</b>	1:12.14	(3)	14
<b>Finals Splits:</b>	34.46	1:12.14 (37.68)			
		<b>&lt;&lt; #33 Women 70-74 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:24.00	<b>Finals Time:</b>	1:23.93	(2)	* 15
<b>Finals Splits:</b>	41.11	1:23.93 (42.82)			
		<b>&lt;&lt; #43 Women 70-74 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	43.00	<b>Finals Time:</b>	42.84	(2)	* 15
		<b>&lt;&lt; #47 Women 70-74 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:24.00	<b>Finals Time:</b>	1:24.03	(3)	14
<b>Finals Splits:</b>	40.42	1:24.03 (43.61)			
		<b>&lt;&lt; #25 Women 45-54 400 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:58.58	<b>Finals Time:</b>	5:19.98	(1)	34
<b>Finals Splits:</b>	38.79	1:17.71 (38.92)	2:02.83 (45.12)	2:54.60 (51.77)	
	3:13.71 (19.11)	4:11.03 (57.32)	4:43.87 (32.84)	5:19.98 (36.11)	
		<b>&lt;&lt; #49 Women 35-44 200 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.25	<b>Finals Time:</b>	2:19.28	(1)	* 34
<b>Finals Splits:</b>	33.98	1:18.42 (44.44)	1:51.15 (32.73)	2:19.28 (28.13)	



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Frank Manheim - 93**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #8 Men 90-94 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	53.50	<b>Finals Time:</b>	51.72	(1) * 17	
		<b>&lt;&lt; #10 Men 90-94 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	5:20.00	<b>Finals Time:</b>	4:49.67	(1) * 17	
		ZONECHAMPS: 8:12.48Y			
<b>Finals Splits:</b>	1:04.91	2:19.85 (1:14.94)	3:37.89 (1:18.04)	4:49.67 (1:11.78)	
		<b>&lt;&lt; #22 Men 90-94 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	55.00	<b>Finals Time:</b>	56.02	(1) 17	
		<b>&lt;&lt; #24 Men 90-94 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:27.00	<b>Finals Time:</b>	NS		
		<b>&lt;&lt; #14 Men 75-84 200 Free Relay - RMST-10 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:11.11	<b>Finals Time:</b>	3:27.41	(1) * 34	
<b>Finals Splits:</b>	50.14	2:05.65 (1:15.51)	2:47.86 (42.21)	3:27.41 (39.55)	
		<b>&lt;&lt; #26 Men 75-84 400 Medley Relay - RMST-10 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	9:54.54	<b>Finals Time:</b>	9:53.93	(1) * 34	
<b>Finals Splits:</b>	1:21.70	3:00.56 (1:38.86)	4:19.71 (1:19.15)	5:55.27 (1:35.56)	
	6:11.64 (16.37)		8:43.59 ( )	9:53.93 (1:10.34)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Robert McNeil - 48**

**Reston Masters Swim Team-10**

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<b>Seed Time:</b>	25.51	<< #8 Men 45-49 50 Free >>		
		<b>Finals Time:</b>		NS
<b>Seed Time:</b>	31.59	<< #22 Men 45-49 50 Back >>		
		<b>Finals Time:</b>		NS
<b>Seed Time:</b>	26.70	<< #32 Men 45-49 50 Fly >>		
		<b>Finals Time:</b>		NS
<b>Seed Time:</b>	35.24	<< #44 Men 45-49 50 Breast >>		
		<b>Finals Time:</b>		NS
<b>Seed Time:</b>	2:15.15	<< #50 Men 25-34 200 Medley Relay - RMST-10 A - Leg 2 >>		
		<b>Finals Time:</b>		Scratched

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Nick Nobbe - 85**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #6 Men 85-89 500 Free &gt;&gt;</b>					
<b>Seed Time:</b>	11:00.00		<b>Finals Time:</b>	12:44.18	(2)	15	
<b>Finals Splits:</b>		1:08.51	2:26.58 (1:18.07)	3:45.39 (1:18.81)	5:05.30 (1:19.91)		
		6:24.31 (1:19.01)	7:43.08 (1:18.77)	9:00.46 (1:17.38)	10:16.63 (1:16.17)		
		11:32.75 (1:16.12)	12:44.18 (1:11.43)				
		<b>&lt;&lt; #8 Men 85-89 50 Free &gt;&gt;</b>					
<b>Seed Time:</b>	58.00		<b>Finals Time:</b>	58.06	(2)	15	
		<b>&lt;&lt; #22 Men 85-89 50 Back &gt;&gt;</b>					
<b>Seed Time:</b>	1:20.00		<b>Finals Time:</b>	1:10.47	(2)	* 15	
		<b>&lt;&lt; #24 Men 85-89 100 Free &gt;&gt;</b>					
<b>Seed Time:</b>	2:10.00		<b>Finals Time:</b>	2:10.95	(2)	15	
<b>Finals Splits:</b>		1:04.17	2:10.95 (1:06.78)				
		<b>&lt;&lt; #34 Men 85-89 100 Back &gt;&gt;</b>					
<b>Seed Time:</b>	3:00.00		<b>Finals Time:</b>	2:22.71	(1)	* 17	
<b>Finals Splits:</b>		1:10.86	2:22.71 (1:11.85)				
		<b>&lt;&lt; #46 Men 85-89 200 Free &gt;&gt;</b>					
<b>Seed Time:</b>	4:30.00		<b>Finals Time:</b>	4:46.99	(1)	17	
<b>Finals Splits:</b>		1:05.93	2:21.18 (1:15.25)	3:36.47 (1:15.29)	4:46.99 (1:10.52)		
		<b>&lt;&lt; #50 Men 75-84 200 Medley Relay - RMST-10 A - Leg 4 &gt;&gt;</b>					
<b>Seed Time:</b>	4:11.11		<b>Finals Time:</b>	4:21.55	(1)	34	
<b>Finals Splits:</b>		1:21.88		3:24.05 ( )	4:21.55 (57.50)		

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

**Individual Meet Summary**

**Laurence Paulson - 75**

**Reston Masters Swim Team-10**

	<b>&lt;&lt; #1 Men 75-79 1000 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24:00.00		<b>Finals Time:</b>	21:51.79 (2) * 15
<b>Finals Splits:</b>	51.29	1:54.73 (1:03.44)	2:59.87 (1:05.14)	4:06.00 (1:06.13)
	5:12.76 (1:06.76)	6:23.56 (1:10.80)	7:33.04 (1:09.48)	8:39.61 (1:06.57)
	9:45.06 (1:05.45)	10:49.47 (1:04.41)	12:11.61 (1:22.14)	13:30.36 (1:18.75)
	14:46.37 (1:16.01)	16:04.09 (1:17.72)	17:20.95 (1:16.86)	18:16.12 (55.17)
	19:12.03 (55.91)	20:07.72 (55.69)	21:01.88 (54.16)	21:51.79 (49.91)
	<b>&lt;&lt; #10 Men 75-79 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	4:00.00		<b>Finals Time:</b>	3:43.44 (2) * 15
<b>Finals Splits:</b>	51.97	1:49.45 (57.48)	2:47.60 (58.15)	3:43.44 (55.84)
	<b>&lt;&lt; #12 Men 75-79 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:00.00		<b>Finals Time:</b>	1:48.66 (2) * 15
<b>Finals Splits:</b>	49.94	1:48.66 (58.72)		
	<b>&lt;&lt; #18 Men 75-79 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:23.00		<b>Finals Time:</b>	2:11.00 (1) * 17
<b>Finals Splits:</b>	1:02.87	2:11.00 (1:08.13)		
	<b>&lt;&lt; #20 Men 75-79 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:48.21		<b>Finals Time:</b>	3:52.32 (3) 14
<b>Finals Splits:</b>	50.51	1:47.96 (57.45)	3:03.13 (1:15.17)	3:52.32 (49.19)
	<b>&lt;&lt; #22 Men 75-79 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	50.00		<b>Finals Time:</b>	45.46 (1) * 17
	<b>&lt;&lt; #24 Men 75-79 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:26.00		<b>Finals Time:</b>	1:24.18 (4) * 13
<b>Finals Splits:</b>	39.08	1:24.18 (45.10)		
	<b>&lt;&lt; #30 Men 75-79 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	8:30.00		<b>Finals Time:</b>	8:15.54 (1) * 17
<b>Finals Splits:</b>	53.27	1:58.95 (1:05.68)	3:02.14 (1:03.19)	4:00.88 (58.74)
	5:16.81 (1:15.93)	6:31.40 (1:14.59)	7:24.98 (53.58)	8:15.54 (50.56)
	<b>&lt;&lt; #32 Men 75-79 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	47.35		<b>Finals Time:</b>	47.10 (2) * 15
	<b>&lt;&lt; #34 Men 75-79 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:38.16		<b>Finals Time:</b>	1:39.48 (2) 15
<b>Finals Splits:</b>	49.29	1:39.48 (50.19)		
	<b>&lt;&lt; #36 Men 75-79 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:00.00		<b>Finals Time:</b>	4:36.85 (1) 17
<b>Finals Splits:</b>	1:02.37	2:15.02 (1:12.65)	4:36.85 (2:21.83)	
	<b>&lt;&lt; #42 Men 75-79 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	4:15.59		<b>Finals Time:</b>	4:13.09 (1) * 17
<b>Finals Splits:</b>	54.96	2:02.76 (1:07.80)	3:12.16 (1:09.40)	4:13.09 (1:00.93)
	<b>&lt;&lt; #48 Men 75-79 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:50.00		<b>Finals Time:</b>	1:46.45 (2) * 15
<b>Finals Splits:</b>	46.21	1:46.45 (1:00.24)		



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Kate Philpott - 47**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #31 Women 45-49 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	41.94	<b>Finals Time:</b>	38.81	(3)	* 14
		<b>&lt;&lt; #43 Women 45-49 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	44.35	<b>Finals Time:</b>	44.87	(3)	14
		<b>&lt;&lt; #39 Mixed 25-34 400 Free Relay - RMST-10 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	4:23.23	<b>Finals Time:</b>	4:31.20	(3)	28
<b>Finals Splits:</b>	30.20	1:05.50 (35.30)	1:35.00 (29.50)	2:07.52 (32.52)	
	2:27.46 (19.94)	2:45.32 (17.86)	3:26.28 (40.96)	4:31.20 (1:04.92)	

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

**Individual Meet Summary**

**Sterling Pilette - 82**

**Reston Masters Swim Team-10**

<b>Seed Time:</b>	44.00	<b>&lt;&lt; #8 Men 80-84 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>		40.71	(1) * 17
<b>Seed Time:</b>	1:00.00	<b>&lt;&lt; #22 Men 80-84 50 Back &gt;&gt;</b>			
		<b>Finals Time:</b>		NS	
<b>Seed Time:</b>	1:45.00	<b>&lt;&lt; #24 Men 80-84 100 Free &gt;&gt;</b>			
<b>Finals Splits:</b>	50.78	<b>Finals Time:</b>		1:50.65	(1) 17
				1:50.65 (59.87)	
<b>Seed Time:</b>	1:00.00	<b>&lt;&lt; #32 Men 80-84 50 Fly &gt;&gt;</b>			
		<b>Finals Time:</b>		1:00.68	(1) 17
<b>Seed Time:</b>	1:12.00	<b>&lt;&lt; #44 Men 80-84 50 Breast &gt;&gt;</b>			
		<b>Finals Time:</b>		1:14.42	(1) 17
<b>Seed Time:</b>	4:15.00	<b>&lt;&lt; #46 Men 80-84 200 Free &gt;&gt;</b>			
<b>Finals Splits:</b>	1:03.07	<b>Finals Time:</b>		4:35.48	(1) 17
				4:35.48 (1:08.80)	
		2:18.13 (1:15.06)	3:26.68 (1:08.55)		
<b>Seed Time:</b>	2:25.00	<b>&lt;&lt; #48 Men 80-84 100 IM &gt;&gt;</b>			
<b>Finals Splits:</b>	1:02.36	<b>Finals Time:</b>		2:19.12	(1) * 17
				2:19.12 (1:16.76)	
<b>Seed Time:</b>	4:11.11	<b>&lt;&lt; #14 Men 75-84 200 Free Relay - RMST-10 A - Leg 3 &gt;&gt;</b>			
<b>Finals Splits:</b>	50.14	<b>Finals Time:</b>		3:27.41	(1) * 34
				3:27.41 (39.55)	
		2:05.65 (1:15.51)	2:47.86 (42.21)		
<b>Seed Time:</b>	9:54.54	<b>&lt;&lt; #26 Men 75-84 400 Medley Relay - RMST-10 A - Leg 2 &gt;&gt;</b>			
<b>Finals Splits:</b>	1:21.70	<b>Finals Time:</b>		9:53.93	(1) * 34
				9:53.93 (1:10.34)	
		3:00.56 (1:38.86)	4:19.71 (1:19.15)	5:55.27 (1:35.56)	
		6:11.64 (16.37)	8:43.59 ( )		
<b>Seed Time:</b>	4:11.11	<b>&lt;&lt; #50 Men 75-84 200 Medley Relay - RMST-10 A - Leg 2 &gt;&gt;</b>			
<b>Finals Splits:</b>	1:21.88	<b>Finals Time:</b>		4:21.55	(1) 34
				4:21.55 (57.50)	
				3:24.05 ( )	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Vanessa Segovia - 37**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #17 Women 35-39 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:23.00		<b>Finals Time:</b>	1:20.35 (1) * 17	
<b>Finals Splits:</b>	36.97	1:20.35 (43.38)			
		<b>&lt;&lt; #31 Women 35-39 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	32.00		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #47 Women 35-39 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:12.00		<b>Finals Time:</b>	1:12.20 (2) 15	
<b>Finals Splits:</b>	35.23	1:12.20 (36.97)			
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - RMST-10 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:56.56		<b>Finals Time:</b>	1:45.43 (1) * 34	
<b>Finals Splits:</b>	23.66	52.46 (28.80)	1:19.53 (27.07)	1:45.43 (25.90)	
		<b>&lt;&lt; #27 Mixed 25-34 400 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:38.38		<b>Finals Time:</b>	4:23.00 (1) * 34	
<b>Finals Splits:</b>	30.54	1:03.11 (32.57)	1:41.74 (38.63)	2:25.05 (43.31)	
	2:41.42 (16.37)	3:28.57 (47.15)	3:54.97 (26.40)	4:23.00 (28.03)	
		<b>&lt;&lt; #39 Mixed 25-34 400 Free Relay - RMST-10 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	4:23.23		<b>Finals Time:</b>	4:31.20 (3) 28	
<b>Finals Splits:</b>	30.20	1:05.50 (35.30)	1:35.00 (29.50)	2:07.52 (32.52)	
	2:27.46 (19.94)	2:45.32 (17.86)	3:26.28 (40.96)	4:31.20 (1:04.92)	
		<b>&lt;&lt; #49 Women 35-44 200 Medley Relay - RMST-10 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.25		<b>Finals Time:</b>	2:19.28 (1) * 34	
<b>Finals Splits:</b>	33.98	1:18.42 (44.44)	1:51.15 (32.73)	2:19.28 (28.13)	





2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Gregory Skelley-Stoffa - 30**

**Reston Masters Swim Team-10**

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<< #20 Men 30-34 200 IM >>

<b>Seed Time:</b>	2:10.00		<b>Finals Time:</b>	2:07.59	(1) * 17
<b>Finals Splits:</b>	27.95	1:01.82 (33.87)	1:38.50 (36.68)	2:07.59 (29.09)	

<< #15 Mixed 25-34 200 Free Relay - RMST-10 A - Leg 1 >>

<b>Seed Time:</b>	1:56.56		<b>Finals Time:</b>	1:45.43	(1) * 34
<b>Finals Splits:</b>	23.66	52.46 (28.80)	1:19.53 (27.07)	1:45.43 (25.90)	

<< #27 Mixed 25-34 400 Medley Relay - RMST-10 A - Leg >>

<b>Seed Time:</b>	4:38.38		<b>Finals Time:</b>	4:23.00	(1) * 34
<b>Finals Splits:</b>	30.54	1:03.11 (32.57)	1:41.74 (38.63)	2:25.05 (43.31)	
	2:41.42 (16.37)	3:28.57 (47.15)	3:54.97 (26.40)	4:23.00 (28.03)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Rob Stites - 69**

**Reston Masters Swim Team-10**

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		<b>&lt;&lt; #8 Men 65-69 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	46.30	<b>Finals Time:</b>	42.90	(4)	* 13
		<b>&lt;&lt; #18 Men 65-69 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:20.34	<b>Finals Time:</b>	2:11.67	(2)	* 15
<b>Finals Splits:</b>	58.40	2:11.67 (1:13.27)			
		<b>&lt;&lt; #22 Men 65-69 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	55.44	<b>Finals Time:</b>	55.23	(2)	* 15
		<b>&lt;&lt; #15 Mixed 25-34 200 Free Relay - RMST-10 B - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	2:22.22	<b>Finals Time:</b>	2:18.71	(6)	* 22
<b>Finals Splits:</b>	36.94	52.57 (15.63)	1:20.17 (27.60)	2:18.71 (58.54)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Gaurav Tendolkar - 32**

**Reston Masters Swim Team-10**

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<< #1 Men 30-34 1000 Free >>

<b>Seed Time:</b>	17:00.00		<b>Finals Time:</b>	15:17.32	(1) * 17
<b>Finals Splits:</b>		36.75	1:18.08 (41.33)	2:01.72 (43.64)	2:46.17 (44.45)
		3:30.77 (44.60)	4:16.93 (46.16)	5:03.80 (46.87)	5:51.15 (47.35)
		6:37.68 (46.53)	7:25.42 (47.74)	8:12.96 (47.54)	9:00.50 (47.54)
		9:47.31 (46.81)	10:34.62 (47.31)	11:21.63 (47.01)	12:08.84 (47.21)
		12:55.73 (46.89)	13:42.69 (46.96)	14:30.70 (48.01)	15:17.32 (46.62)

<< #8 Men 30-34 50 Free >>

<b>Seed Time:</b>	29.00		<b>Finals Time:</b>	28.01	(10) * 7
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<< #44 Men 30-34 50 Breast >>

<b>Seed Time:</b>	38.00		<b>Finals Time:</b>	38.34	(6) 11
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<< #15 Mixed 25-34 200 Free Relay - RMST-10 B - Leg 3 >>

<b>Seed Time:</b>	2:22.22		<b>Finals Time:</b>	2:18.71	(6) * 22
<b>Finals Splits:</b>		36.94	52.57 (15.63)	1:20.17 (27.60)	2:18.71 (58.54)

<< #39 Mixed 25-34 400 Free Relay - RMST-10 A - Leg 1 >>

<b>Seed Time:</b>	4:23.23		<b>Finals Time:</b>	4:31.20	(3) 28
<b>Finals Splits:</b>		30.20	1:05.50 (35.30)	1:35.00 (29.50)	2:07.52 (32.52)
		2:27.46 (19.94)	2:45.32 (17.86)	3:26.28 (40.96)	4:31.20 (1:04.92)

<< #50 Men 25-34 200 Medley Relay - RMST-10 A - Leg 4 >>

<b>Seed Time:</b>	2:15.15		<b>Finals Time:</b>	Scratched	
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Morgan Franklin - 26**

**Rutherford Masters Team-7**

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<< #5 Women 25-29 500 Free >>

<b>Seed Time:</b>	6:15.00	<b>Finals Time:</b>	6:05.32	(3) * 14
<b>Finals Splits:</b>	32.89	1:08.67 (35.78)	1:45.53 (36.86)	2:22.30 (36.77)
	2:58.84 (36.54)	3:35.74 (36.90)	4:13.16 (37.42)	4:50.97 (37.81)
	5:28.81 (37.84)	6:05.32 (36.51)		

<< #17 Women 25-29 100 Breast >>

<b>Seed Time:</b>	1:24.00	<b>Finals Time:</b>	1:18.06	(2) * 15
<b>Finals Splits:</b>	36.20	1:18.06 (41.86)		

<< #43 Women 25-29 50 Breast >>

<b>Seed Time:</b>	39.00	<b>Finals Time:</b>	35.41	(1) * 17
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<< #47 Women 25-29 100 IM >>

<b>Seed Time:</b>	1:09.00	<b>Finals Time:</b>	1:09.45	(2) 15
<b>Finals Splits:</b>	32.47	1:09.45 (36.98)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Daniel Galarza - 26**

Rutherford Masters Team-7

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<< #6 Men 25-29 500 Free >>

<b>Seed Time:</b>	5:10.00		<b>Finals Time:</b>	5:00.02	(2) * 15
<b>Finals Splits:</b>		26.19	54.74 (28.55)	1:24.96 (30.22)	1:55.57 (30.61)
		2:26.35 (30.78)	2:57.28 (30.93)	3:28.20 (30.92)	3:59.00 (30.80)
		4:29.68 (30.68)	5:00.02 (30.34)		

<< #20 Men 25-29 200 IM >>

<b>Seed Time:</b>	2:25.00		<b>Finals Time:</b>	2:05.94	(2) * 15
<b>Finals Splits:</b>		26.63	59.82 (33.19)	1:36.61 (36.79)	2:05.94 (29.33)

<< #30 Men 25-29 400 IM >>

<b>Seed Time:</b>	4:35.00		<b>Finals Time:</b>	4:23.88	(1) * 17
<b>Finals Splits:</b>		27.34	58.01 (30.67)	1:33.41 (35.40)	2:08.06 (34.65)
		2:45.98 (37.92)	3:23.98 (38.00)	3:54.48 (30.50)	4:23.88 (29.40)

<< #46 Men 25-29 200 Free >>

<b>Seed Time:</b>	1:56.00		<b>Finals Time:</b>	1:48.86	(2) * 15
<b>Finals Splits:</b>		25.02	52.29 (27.27)	1:20.24 (27.95)	1:48.86 (28.62)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Ralph Hellmann - 62**

**Sarasota Sharks Masters-14**

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		<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	25.19	<b>Finals Time:</b>	25.83	(2)	15
		<b>&lt;&lt; #18 Men 60-64 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:09.50	<b>Finals Time:</b>	1:11.85	(1)	17
<b>Finals Splits:</b>		33.84	1:11.85 (38.01)		
		<b>&lt;&lt; #32 Men 60-64 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	27.22	<b>Finals Time:</b>	28.52	(1)	17
		<b>&lt;&lt; #44 Men 60-64 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	30.63	<b>Finals Time:</b>	32.04	(1)	17

**2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024**

**Jeff Rouse Swim & Sport Center, Sanction #: 124-S002**

**Individual Meet Summary**

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**Chris Laiti - 63**

**Sarasota Sharks Masters-14**

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<b>Seed Time:</b>	27.10	<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>	27.47	(4)	13
<b>Seed Time:</b>	34.00	<b>&lt;&lt; #44 Men 60-64 50 Breast &gt;&gt;</b>			
		<b>Finals Time:</b>	NS		



2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**James Mello - 52**

**Sea Devil Swimming Masters-10**

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		<b>&lt;&lt; #1 Men 50-54 1000 Free &gt;&gt;</b>			
<b>Seed Time:</b>	12:24.06		<b>Finals Time:</b>	12:21.06	(1) * 17
<b>Finals Splits:</b>		32.88	1:08.69 (35.81)	1:46.12 (37.43)	2:23.44 (37.32)
		3:01.02 (37.58)	3:38.65 (37.63)	4:16.70 (38.05)	4:54.27 (37.57)
		5:32.80 (38.53)	6:10.07 (37.27)	6:48.05 (37.98)	7:25.28 (37.23)
		8:03.01 (37.73)	8:40.72 (37.71)	9:17.89 (37.17)	9:55.15 (37.26)
		10:33.08 (37.93)	11:09.66 (36.58)	11:46.32 (36.66)	12:21.06 (34.74)
		<b>&lt;&lt; #8 Men 50-54 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	25.13		<b>Finals Time:</b>	25.22	(7) 10
		<b>&lt;&lt; #12 Men 50-54 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:12.67		<b>Finals Time:</b>	1:10.28	(6) * 11
<b>Finals Splits:</b>		32.72	1:10.28 (37.56)		
		<b>&lt;&lt; #18 Men 50-54 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:20.27		<b>Finals Time:</b>	1:18.48	(3) * 14
<b>Finals Splits:</b>		36.74	1:18.48 (41.74)		
		<b>&lt;&lt; #24 Men 50-54 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	56.69		<b>Finals Time:</b>	57.22	(8) 9
<b>Finals Splits:</b>		26.76	57.22 (30.46)		
		<b>&lt;&lt; #30 Men 50-54 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	5:39.53		<b>Finals Time:</b>	5:47.34	(3) 14
<b>Finals Splits:</b>		34.97	1:16.80 (41.83)	2:03.37 (46.57)	2:49.04 (45.67)
		3:41.24 (52.20)	4:35.62 (54.38)	5:12.85 (37.23)	5:47.34 (34.49)
		<b>&lt;&lt; #34 Men 50-54 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:14.30		<b>Finals Time:</b>	1:10.47	(5) * 12
<b>Finals Splits:</b>		34.00	1:10.47 (36.47)		
		<b>&lt;&lt; #44 Men 50-54 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	35.92		<b>Finals Time:</b>	34.93	(3) * 14
		<b>&lt;&lt; #48 Men 50-54 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:07.87		<b>Finals Time:</b>	1:09.86	(2) 15
<b>Finals Splits:</b>		31.84	1:09.86 (38.02)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Mark Jarosz - 66**

Shepherd University Wellness C-12

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		<b>&lt;&lt; #8 Men 65-69 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	27.80	<b>Finals Time:</b>	27.33	(2)	* 15
		<b>&lt;&lt; #24 Men 65-69 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.20	<b>Finals Time:</b>	1:00.72	(2)	* 15
<b>Finals Splits:</b>	29.30	1:00.72 (31.42)			
		<b>&lt;&lt; #32 Men 65-69 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	32.20	<b>Finals Time:</b>	32.06	(3)	* 14
		<b>&lt;&lt; #46 Men 65-69 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:18.70	<b>Finals Time:</b>	2:14.10	(2)	* 15
<b>Finals Splits:</b>	30.87	1:04.63 (33.76)	1:39.63 (35.00)	2:14.10 (34.47)	
		<b>&lt;&lt; #48 Men 65-69 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:18.40	<b>Finals Time:</b>	1:14.65	(3)	* 14
<b>Finals Splits:</b>	34.26	1:14.65 (40.39)			

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Joseph Boris - 44**

**Spring Valley YMCA Masters-8**

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<< #1 Men 40-44 1000 Free >>

<b>Seed Time:</b>	12:10.00	<b>Finals Time:</b>			12:41.76	(2)	15
<b>Finals Splits:</b>		32.99	1:10.61 (37.62)	1:48.43 (37.82)	2:26.53 (38.10)		
		3:04.84 (38.31)	3:43.31 (38.47)	4:21.53 (38.22)	5:00.11 (38.58)		
		5:38.91 (38.80)	6:17.87 (38.96)	6:56.35 (38.48)	7:35.66 (39.31)		
		8:14.21 (38.55)	8:53.20 (38.99)	9:32.11 (38.91)	10:10.79 (38.68)		
		10:49.58 (38.79)	11:28.09 (38.51)	12:05.77 (37.68)	12:41.76 (35.99)		

<< #6 Men 40-44 500 Free >>

<b>Seed Time:</b>	5:55.09	<b>Finals Time:</b>			6:04.21	(5)	12
<b>Finals Splits:</b>		31.27	1:06.65 (35.38)	1:44.32 (37.67)	2:22.02 (37.70)		
		2:59.69 (37.67)	3:37.33 (37.64)	4:15.25 (37.92)	4:52.42 (37.17)		
		5:28.95 (36.53)	6:04.21 (35.26)				

<< #10 Men 40-44 200 Back >>

<b>Seed Time:</b>	2:34.69	<b>Finals Time:</b>			2:36.78	(3)	14
<b>Finals Splits:</b>		37.42	1:16.92 (39.50)	1:57.23 (40.31)	2:36.78 (39.55)		

<< #20 Men 40-44 200 IM >>

<b>Seed Time:</b>	2:27.34	<b>Finals Time:</b>			2:34.79	(3)	14
<b>Finals Splits:</b>		36.65	1:15.76 (39.11)	2:00.59 (44.83)	2:34.79 (34.20)		

<< #24 Men 40-44 100 Free >>

<b>Seed Time:</b>	57.50	<b>Finals Time:</b>			1:01.46	(3)	14
<b>Finals Splits:</b>		29.64	1:01.46 (31.82)				

<< #30 Men 40-44 400 IM >>

<b>Seed Time:</b>	5:19.15	<b>Finals Time:</b>			5:24.26	(2)	15
<b>Finals Splits:</b>		36.92	1:19.57 (42.65)	2:01.37 (41.80)	2:43.05 (41.68)		
		3:26.88 (43.83)	4:11.27 (44.39)	4:48.55 (37.28)	5:24.26 (35.71)		

<< #36 Men 40-44 200 Breast >>

<b>Seed Time:</b>	2:46.71	<b>Finals Time:</b>			2:51.39	(2)	15
<b>Finals Splits:</b>		39.81	1:23.29 (43.48)	2:08.15 (44.86)	2:51.39 (43.24)		

<< #46 Men 40-44 200 Free >>

<b>Seed Time:</b>	2:12.00	<b>Finals Time:</b>			2:19.25	(4)	13
<b>Finals Splits:</b>		31.34	1:07.29 (35.95)	1:44.05 (36.76)	2:19.25 (35.20)		

<< #48 Men 40-44 100 IM >>

<b>Seed Time:</b>	1:09.90	<b>Finals Time:</b>			1:12.19	(2)	15
<b>Finals Splits:</b>		34.49	1:12.19 (37.70)				

<< #51 Mixed 18-24 200 Medley Relay - SVY-8 A - Leg 2 >>

<b>Seed Time:</b>	2:05.00	<b>Finals Time:</b>			Scratched		
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Rebecca Cubbler - 26**

**Spring Valley YMCA Masters-8**

<b>&lt;&lt; #3 Mixed 25-29 1650 Free &gt;&gt;</b>				
<b>Seed Time:</b>	20:00.00	<b>Finals Time:</b>	18:27.27	(1) * 17
<b>Finals Splits:</b>	29.67	1:02.49 (32.82)	1:36.07 (33.58)	2:10.28 (34.21)
	2:44.63 (34.35)	3:18.62 (33.99)	3:52.69 (34.07)	4:26.86 (34.17)
	5:01.06 (34.20)	5:35.34 (34.28)	6:09.57 (34.23)	6:43.77 (34.20)
	7:17.69 (33.92)	7:51.58 (33.89)	8:25.48 (33.90)	8:59.10 (33.62)
	9:32.73 (33.63)	10:06.18 (33.45)	10:39.80 (33.62)	11:13.15 (33.35)
	11:46.60 (33.45)	12:19.94 (33.34)	12:53.21 (33.27)	13:26.54 (33.33)
	14:00.18 (33.64)	14:33.46 (33.28)	15:07.03 (33.57)	15:40.53 (33.50)
	16:14.14 (33.61)	16:47.75 (33.61)	17:21.59 (33.84)	17:54.88 (33.29)
	18:27.27 (32.39)			
<b>&lt;&lt; #5 Women 25-29 500 Free &gt;&gt;</b>				
<b>Seed Time:</b>	5:15.00	<b>Finals Time:</b>	5:20.58	(1) 17
<b>Finals Splits:</b>	28.37	59.82 (31.45)	1:32.28 (32.46)	2:05.23 (32.95)
	2:38.44 (33.21)	3:11.47 (33.03)	3:44.16 (32.69)	4:16.91 (32.75)
	4:49.48 (32.57)	5:20.58 (31.10)		
<b>&lt;&lt; #19 Women 25-29 200 IM &gt;&gt;</b>				
<b>Seed Time:</b>	2:18.00	<b>Finals Time:</b>	2:14.16	(1) * 17
<b>Finals Splits:</b>	28.30	1:02.43 (34.13)	1:42.38 (39.95)	2:14.16 (31.78)
<b>&lt;&lt; #23 Women 25-29 100 Free &gt;&gt;</b>				
<b>Seed Time:</b>	55.00	<b>Finals Time:</b>	54.10	(1) * 17
<b>Finals Splits:</b>	26.30	54.10 (27.80)		
<b>&lt;&lt; #29 Women 25-29 400 IM &gt;&gt;</b>				
<b>Seed Time:</b>	4:50.00	<b>Finals Time:</b>	4:49.40	(1) * 17
<b>Finals Splits:</b>	30.06	1:03.93 (33.87)	1:41.74 (37.81)	2:18.69 (36.95)
	3:00.77 (42.08)	3:43.56 (42.79)	4:17.54 (33.98)	4:49.40 (31.86)
<b>&lt;&lt; #45 Women 25-29 200 Free &gt;&gt;</b>				
<b>Seed Time:</b>	1:57.00	<b>Finals Time:</b>	1:59.68	(1) 17
<b>Finals Splits:</b>	26.99	56.88 (29.89)	1:28.28 (31.40)	1:59.68 (31.40)
<b>&lt;&lt; #303 Mixed 25-29 1000 Free &gt;&gt;</b>				
<b>Seed Time:</b>	NT	<b>Finals Time:</b>	11:13.15	(1)
<b>&lt;&lt; #51 Mixed 18-24 200 Medley Relay - SVY-8 A - Leg 3 &gt;&gt;</b>				
<b>Seed Time:</b>	2:05.00	<b>Finals Time:</b>	Scratched	

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**Jeremy Gross - 52**

**Spring Vallev YMCA Masters-8**

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		<b>&lt;&lt; #8 Men 50-54 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	22.13		<b>Finals Time:</b>	22.33 (1) 17	
		<b>&lt;&lt; #12 Men 50-54 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	55.89		<b>Finals Time:</b>	55.57 (1) * 17	
<b>Finals Splits:</b>	25.48	55.57 (30.09)			
		<b>&lt;&lt; #18 Men 50-54 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:09.42		<b>Finals Time:</b>	1:08.29 (2) * 15	
<b>Finals Splits:</b>	32.24	1:08.29 (36.05)			
		<b>&lt;&lt; #24 Men 50-54 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	49.70		<b>Finals Time:</b>	49.91 (1) 17	
<b>Finals Splits:</b>	23.91	49.91 (26.00)			
		<b>&lt;&lt; #32 Men 50-54 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	24.18		<b>Finals Time:</b>	24.33 (1) 17	
		<b>&lt;&lt; #44 Men 50-54 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	29.73		<b>Finals Time:</b>	29.74 (1) 17	
		<b>&lt;&lt; #46 Men 50-54 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:57.50		<b>Finals Time:</b>	1:55.81 (1) * 17	
<b>Finals Splits:</b>	26.02	55.22 (29.20)	1:25.56 (30.34)	1:55.81 (30.25)	
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - SVY-8 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	3:58.00		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #50 Men 45-54 200 Medley Relay - SVY-8 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:47.32		<b>Finals Time:</b>	NS	

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Individual Meet Summary

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**Bradford Houchins - 46**

**Spring Valley YMCA Masters-8**

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	<b>&lt;&lt; #1 Men 45-49 1000 Free &gt;&gt;</b>				
<b>Seed Time:</b>	14:00.00		<b>Finals Time:</b>	12:55.76	(2) * 15
<b>Finals Splits:</b>	33.95	1:10.94 (36.99)	1:50.07 (39.13)	2:29.70 (39.63)	
	3:09.62 (39.92)	3:49.16 (39.54)	4:28.46 (39.30)	5:08.76 (40.30)	
	5:49.16 (40.40)	6:29.11 (39.95)	7:09.06 (39.95)	7:49.09 (40.03)	
	8:27.95 (38.86)	9:06.83 (38.88)	9:45.88 (39.05)	10:24.90 (39.02)	
	11:04.04 (39.14)	11:42.08 (38.04)	12:19.76 (37.68)	12:55.76 (36.00)	
	<b>&lt;&lt; #8 Men 45-49 50 Free &gt;&gt;</b>				
<b>Seed Time:</b>	25.80		<b>Finals Time:</b>	25.37	(2) * 15
	<b>&lt;&lt; #18 Men 45-49 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	1:03.50		<b>Finals Time:</b>	1:02.19	(1) * 17
<b>Finals Splits:</b>	29.27	1:02.19 (32.92)			
	<b>&lt;&lt; #32 Men 45-49 50 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	30.00		<b>Finals Time:</b>	28.60	(2) * 15
	<b>&lt;&lt; #44 Men 45-49 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	28.99		<b>Finals Time:</b>	28.35	(1) * 17
	<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - SVY-8 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	3:58.00		<b>Finals Time:</b>	NS	
	<b>&lt;&lt; #50 Men 45-54 200 Medley Relay - SVY-8 A - Leg 2 &gt;&gt;</b>				
<b>Seed Time:</b>	1:47.32		<b>Finals Time:</b>	NS	

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Individual Meet Summary

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**Matthew Marsh - 24**

**Spring Valley YMCA Masters-8**

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<b>Seed Time:</b>	22.50	<< #8 Men 18-24 50 Free >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	25.00	<< #22 Men 18-24 50 Back >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	49.00	<< #24 Men 18-24 100 Free >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	56.00	<< #34 Men 18-24 100 Back >>	
		<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	2:05.00	<< #51 Mixed 18-24 200 Medley Relay - SVY-8 A - Leg 1 >>	
		<b>Finals Time:</b>	Scratched

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**Greg Rees - 54**

**Spring Valley YMCA Masters-8**

		<b>&lt;&lt; #8 Men 50-54 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	23.09	<b>Finals Time:</b>	23.45	(2)	15
		<b>&lt;&lt; #12 Men 50-54 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	55.58	<b>Finals Time:</b>	56.13	(2)	15
<b>Finals Splits:</b>	26.28	56.13 (29.85)			
		<b>&lt;&lt; #22 Men 50-54 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	25.61	<b>Finals Time:</b>	25.96	(1)	17
		<b>&lt;&lt; #24 Men 50-54 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	50.96	<b>Finals Time:</b>	52.10	(2)	15
<b>Finals Splits:</b>	24.95	52.10 (27.15)			
		<b>&lt;&lt; #32 Men 50-54 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	24.36	<b>Finals Time:</b>	24.71	(2)	15
		<b>&lt;&lt; #34 Men 50-54 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	57.59	<b>Finals Time:</b>	58.51	(1)	17
<b>Finals Splits:</b>	28.47	58.51 (30.04)			
		<b>&lt;&lt; #46 Men 50-54 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:15.00	<b>Finals Time:</b>	2:21.58	(4)	13
<b>Finals Splits:</b>	24.65	51.90 (27.25)	1:41.41 (49.51)	2:21.58 (40.17)	
		<b>&lt;&lt; #346 Men 50-54 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	NT	<b>Finals Time:</b>	51.90	(1)	
		<b>&lt;&lt; #26 Men 45-54 400 Medley Relay - SVY-8 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:58.00	<b>Finals Time:</b>	NS		
		<b>&lt;&lt; #50 Men 45-54 200 Medley Relay - SVY-8 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:47.32	<b>Finals Time:</b>	NS		



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**John Robertson - 52**

**Spring Valley YMCA Masters-8**

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<b>Seed Time:</b>	24.45	<< #8 Men 50-54 50 Free >>	<b>Finals Time:</b>	24.90	(6)	11
<b>Seed Time:</b>	26.95	<< #22 Men 50-54 50 Back >>	<b>Finals Time:</b>	26.94	(2)	* 15
<b>Seed Time:</b>	54.30	<< #24 Men 50-54 100 Free >>	<b>Finals Time:</b>	54.59	(4)	13
<b>Finals Splits:</b>		26.76	54.59 (27.83)			
<b>Seed Time:</b>	58.25	<< #34 Men 50-54 100 Back >>	<b>Finals Time:</b>	59.14	(2)	15
<b>Finals Splits:</b>		28.93	59.14 (30.21)			
<b>Seed Time:</b>	1:01.25	<< #48 Men 50-54 100 IM >>	<b>Finals Time:</b>	NS		
<b>Seed Time:</b>	3:58.00	<< #26 Men 45-54 400 Medley Relay - SVY-8 A - Leg 1 >>	<b>Finals Time:</b>	NS		
<b>Seed Time:</b>	1:47.32	<< #50 Men 45-54 200 Medley Relay - SVY-8 A - Leg 1 >>	<b>Finals Time:</b>	NS		

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Individual Meet Summary

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**Stephanie Robertson - 30**

**Spring Vallev YMCA Masters-8**

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<< #1 Women 30-34 1000 Free >>

<b>Seed Time:</b>	12:52.94	<b>Finals Time:</b>	13:15.43	(1)	17
<b>Finals Splits:</b>	31.73	1:07.18 (35.45)	1:44.31 (37.13)	2:21.87 (37.56)	
	3:00.76 (38.89)	3:41.45 (40.69)	4:22.58 (41.13)	5:03.99 (41.41)	
	5:45.44 (41.45)	6:27.36 (41.92)	7:09.29 (41.93)	7:51.33 (42.04)	
	8:33.14 (41.81)	9:15.13 (41.99)	9:56.32 (41.19)	10:37.06 (40.74)	
	11:16.99 (39.93)	11:57.38 (40.39)	12:36.77 (39.39)	13:15.43 (38.66)	

<< #5 Women 30-34 500 Free >>

<b>Seed Time:</b>	6:11.25	<b>Finals Time:</b>	6:19.96	(1)	17
<b>Finals Splits:</b>	31.00	1:07.35 (36.35)	1:45.63 (38.28)	2:24.69 (39.06)	
	3:04.56 (39.87)	3:44.69 (40.13)	4:24.57 (39.88)	5:04.05 (39.48)	
	5:43.23 (39.18)	6:19.96 (36.73)			

<< #7 Women 30-34 50 Free >>

<b>Seed Time:</b>	27.23	<b>Finals Time:</b>	26.64	(2)	* 15
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<< #11 Women 30-34 100 Fly >>

<b>Seed Time:</b>	1:15.63	<b>Finals Time:</b>	1:15.55	(1)	* 17
<b>Finals Splits:</b>	32.91	1:15.55 (42.64)			

<< #23 Women 30-34 100 Free >>

<b>Seed Time:</b>	1:00.51	<b>Finals Time:</b>	1:00.42	(2)	* 15
<b>Finals Splits:</b>	28.92	1:00.42 (31.50)			

<< #31 Women 30-34 50 Fly >>

<b>Seed Time:</b>	30.42	<b>Finals Time:</b>	29.30	(1)	* 17
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<< #45 Women 30-34 200 Free >>

<b>Seed Time:</b>	2:15.21	<b>Finals Time:</b>	2:16.60	(2)	15
<b>Finals Splits:</b>	30.29	1:04.95 (34.66)	1:41.34 (36.39)	2:16.60 (35.26)	

<< #51 Mixed 18-24 200 Medley Relay - SVY-8 A - Leg 4 >>

<b>Seed Time:</b>	2:05.00	<b>Finals Time:</b>	Scratched		
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Emily Rash - 51**

**Steel City Aquatics Masters-11**

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<b>Seed Time:</b>	2:29.56	<< #9 Women 50-54 200 Back >>	
		<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	32.61	<< #21 Women 50-54 50 Back >>	
		<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	32.59	<< #31 Women 50-54 50 Fly >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	1:08.61	<< #33 Women 50-54 100 Back >>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	1:15.56	<< #47 Women 50-54 100 IM >>	
		<b>Finals Time:</b>	NS

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**Kathleen Stutz - 41**

**Swim Fort Lauderdale-50**

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		<b>&lt;&lt; #3 Mixed 40-44 1650 Free &gt;&gt;</b>			
<b>Seed Time:</b>	25:11.90		<b>Finals Time:</b>	24:33.34	(1) * 17
<b>Finals Splits:</b>		39.26	1:23.16 (43.90)	2:07.18 (44.02)	2:50.92 (43.74)
		3:34.82 (43.90)	4:19.07 (44.25)	5:03.40 (44.33)	5:47.78 (44.38)
		6:32.83 (45.05)	7:17.86 (45.03)	8:03.07 (45.21)	8:47.96 (44.89)
		9:33.67 (45.71)	10:18.47 (44.80)	11:03.62 (45.15)	11:48.48 (44.86)
		12:33.47 (44.99)	13:18.64 (45.17)	14:03.75 (45.11)	14:48.75 (45.00)
		15:33.67 (44.92)	16:18.67 (45.00)	17:03.38 (44.71)	17:48.20 (44.82)
		18:33.60 (45.40)	19:18.61 (45.01)	20:03.25 (44.64)	20:48.12 (44.87)
		21:33.03 (44.91)	22:18.14 (45.11)	23:05.82 (47.68)	23:49.82 (44.00)
		24:33.34 (43.52)			
		<b>&lt;&lt; #11 Women 40-44 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:25.00		<b>Finals Time:</b>	1:24.59	(2) * 15
<b>Finals Splits:</b>		38.84	1:24.59 (45.75)		
		<b>&lt;&lt; #17 Women 40-44 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:28.00		<b>Finals Time:</b>	1:28.57	(2) 15
<b>Finals Splits:</b>		42.13	1:28.57 (46.44)		
		<b>&lt;&lt; #19 Women 40-44 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:10.00		<b>Finals Time:</b>	3:04.95	(2) * 15
<b>Finals Splits:</b>		41.17	1:33.44 (52.27)	2:22.43 (48.99)	3:04.95 (42.52)
		<b>&lt;&lt; #29 Women 40-44 400 IM &gt;&gt;</b>			
<b>Seed Time:</b>	6:30.00		<b>Finals Time:</b>	6:33.27	(2) 15
<b>Finals Splits:</b>		46.03	1:34.58 (48.55)	2:28.47 (53.89)	3:23.53 (55.06)
		4:16.26 (52.73)	5:10.04 (53.78)	5:51.93 (41.89)	6:33.27 (41.34)
		<b>&lt;&lt; #31 Women 40-44 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	36.00		<b>Finals Time:</b>	37.23	(4) 13
		<b>&lt;&lt; #41 Women 40-44 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	3:15.00		<b>Finals Time:</b>	3:15.38	(1) 17
<b>Finals Splits:</b>		45.98	1:35.70 (49.72)	2:25.83 (50.13)	3:15.38 (49.55)
		<b>&lt;&lt; #303 Mixed 40-44 1000 Free &gt;&gt;</b>			
<b>Seed Time:</b>	NT		<b>Finals Time:</b>	14:48.75	(1)

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Individual Meet Summary

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**Linda Webb - 78**

**Swim Fort Lauderdale-50**

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	<b>&lt;&lt; #1 Women 75-79 1000 Free &gt;&gt;</b>			
<b>Seed Time:</b>	17:46.69	<b>Finals Time:</b>	17:18.70	(1) * 17
	ZONECHAMPS: 19:54.95Y			
<b>Finals Splits:</b>	46.37	1:39.25 (52.88)	2:33.50 (54.25)	3:26.85 (53.35)
	4:19.95 (53.10)	5:12.72 (52.77)	6:05.64 (52.92)	6:58.08 (52.44)
	7:51.23 (53.15)	8:44.29 (53.06)	9:36.65 (52.36)	10:29.73 (53.08)
	11:22.01 (52.28)	12:14.36 (52.35)	13:06.67 (52.31)	13:58.95 (52.28)
	14:49.91 (50.96)	15:40.97 (51.06)	16:31.08 (50.11)	17:18.70 (47.62)
	<b>&lt;&lt; #5 Women 75-79 500 Free &gt;&gt;</b>			
<b>Seed Time:</b>	8:16.44	<b>Finals Time:</b>	8:23.78	(1) 17
	ZONECHAMPS: 9:39.50Y			
<b>Finals Splits:</b>	44.93	1:35.80 (50.87)	2:27.08 (51.28)	3:17.30 (50.22)
	4:08.88 (51.58)	5:00.68 (51.80)	5:52.35 (51.67)	6:43.65 (51.30)
	7:35.07 (51.42)	8:23.78 (48.71)		
	<b>&lt;&lt; #7 Women 75-79 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	37.61	<b>Finals Time:</b>	36.81	(1) * 17
	<b>&lt;&lt; #17 Women 75-79 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:50.05	<b>Finals Time:</b>	1:49.60	(1) * 17
<b>Finals Splits:</b>	52.02	1:49.60 (57.58)		
	<b>&lt;&lt; #23 Women 75-79 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:25.26	<b>Finals Time:</b>	1:23.94	(1) * 17
<b>Finals Splits:</b>	39.82	1:23.94 (44.12)		
	<b>&lt;&lt; #31 Women 75-79 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	46.54	<b>Finals Time:</b>	47.58	(1) 17
	ZONECHAMPS: 53.53Y			
	<b>&lt;&lt; #35 Women 75-79 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	4:08.41	<b>Finals Time:</b>	4:10.17	(1) 17
<b>Finals Splits:</b>	58.46	2:03.86 (1:05.40)	3:08.37 (1:04.51)	4:10.17 (1:01.80)
	<b>&lt;&lt; #43 Women 75-79 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	50.26	<b>Finals Time:</b>	47.71	(1) * 17
	<b>&lt;&lt; #47 Women 75-79 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:41.22	<b>Finals Time:</b>	1:39.85	(1) * 17
<b>Finals Splits:</b>	48.27	1:39.85 (51.58)		

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**Individual Meet Summary**

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**Andrea Basaraba - 30**

**Team Redbird-33**

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**Seed Time:** 35.00      **<< #21 Women 30-34 50 Back >>**  
**Finals Time:** 30.55      (1) \* 17

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**Individual Meet Summary**

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**Sean Kilgallon - 34**

**Team Redbird-33**

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**Seed Time:** 35.00      **<< #8 Men 30-34 50 Free >>**  
**Finals Time:** 27.46      (9) \* 8

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**Jose De Jesus - 30**

**Terranin Masters-10**

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<b>Seed Time:</b>	22.37	<b>Finals Time:</b>	22.65	(2)	15
<b>&lt;&lt; #18 Men 30-34 100 Breast &gt;&gt;</b>					
<b>Seed Time:</b>	1:00.34	<b>Finals Time:</b>	1:00.92	(2)	15
<b>Finals Splits:</b>	27.94	1:00.92 (32.98)			
<b>&lt;&lt; #32 Men 30-34 50 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	24.56	<b>Finals Time:</b>	24.71	(1)	17
<b>&lt;&lt; #44 Men 30-34 50 Breast &gt;&gt;</b>					
<b>Seed Time:</b>	26.93	<b>Finals Time:</b>	27.00	(1)	17



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**Michael Goodison - 52**

**Terranin Masters-10**

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		<b>&lt;&lt; #18 Men 50-54 100 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	1:06.12		<b>Finals Time:</b>	1:07.16	(1)	17
<b>Finals Splits:</b>		31.72	1:07.16 (35.44)			
		<b>&lt;&lt; #20 Men 50-54 200 IM &gt;&gt;</b>				
<b>Seed Time:</b>	2:19.12		<b>Finals Time:</b>	2:24.21	(1)	17
<b>Finals Splits:</b>		29.42	1:10.67 (41.25)	1:49.64 (38.97)	2:24.21 (34.57)	
		<b>&lt;&lt; #32 Men 50-54 50 Fly &gt;&gt;</b>				
<b>Seed Time:</b>	26.95		<b>Finals Time:</b>	26.97	(3)	14
		<b>&lt;&lt; #36 Men 50-54 200 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	2:29.70		<b>Finals Time:</b>	2:34.83	(1)	17
<b>Finals Splits:</b>		34.25	1:13.09 (38.84)	1:53.90 (40.81)	2:34.83 (40.93)	
		<b>&lt;&lt; #44 Men 50-54 50 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	30.12		<b>Finals Time:</b>	30.84	(2)	15

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**Mollie Grover - 43**

**Terranin Masters-10**

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**<< #31 Women 40-44 50 Fly >>**

**Seed Time:** 28.63

**Finals Time:**

28.06 (1) \* 17

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**Laura Rose - 37**

**Terranin Masters-10**

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<< #5 Women 35-39 500 Free >>

<b>Seed Time:</b>	5:42.97	<b>Finals Time:</b>	5:44.08	(1)	17
<b>Finals Splits:</b>	30.82	1:04.11 (33.29)	1:38.89 (34.78)	2:13.95 (35.06)	
	2:48.84 (34.89)	3:24.21 (35.37)	3:59.17 (34.96)	4:34.45 (35.28)	
	5:10.14 (35.69)	5:44.08 (33.94)			

<< #19 Women 35-39 200 IM >>

<b>Seed Time:</b>	2:32.64	<b>Finals Time:</b>	2:28.90	(1)	* 17
<b>Finals Splits:</b>	30.87	1:11.17 (40.30)	1:53.99 (42.82)	2:28.90 (34.91)	

<< #29 Women 35-39 400 IM >>

<b>Seed Time:</b>	5:25.00	<b>Finals Time:</b>	5:24.88	(2)	* 15
<b>Finals Splits:</b>	32.75	1:12.03 (39.28)	1:55.51 (43.48)	2:39.15 (43.64)	
	3:24.80 (45.65)	4:11.21 (46.41)	4:48.85 (37.64)	5:24.88 (36.03)	

<< #43 Women 35-39 50 Breast >>

<b>Seed Time:</b>	37.65	<b>Finals Time:</b>	NS
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<< #47 Women 35-39 100 IM >>

<b>Seed Time:</b>	1:11.65	<b>Finals Time:</b>	NS
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**Jeffrey Strahota - 43**

**Terranin Masters-10**

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		<b>&lt;&lt; #32 Men 40-44 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	27.72	<b>Finals Time:</b>	27.79	(1)	17
		<b>&lt;&lt; #34 Men 40-44 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.01	<b>Finals Time:</b>	1:08.44	(3)	14
<b>Finals Splits:</b>	33.00	1:08.44 (35.44)			
		<b>&lt;&lt; #46 Men 40-44 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:01.02	<b>Finals Time:</b>	2:03.59	(3)	14
<b>Finals Splits:</b>	27.73	58.13 (30.40)	1:29.77 (31.64)	2:03.59 (33.82)	
		<b>&lt;&lt; #48 Men 40-44 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.01	<b>Finals Time:</b>	NS		

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**Chris Kammermann - 61**

**Tide Swimming-12**

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<< #3 Mixed 60-64 1650 Free >>

<b>Seed Time:</b>	25:19.56	<b>Finals Time:</b>	24:55.25	(3) * 14
<b>Finals Splits:</b>	40.01	1:23.13 (43.12)	2:08.66 (45.53)	2:54.35 (45.69)
	3:39.64 (45.29)	4:25.58 (45.94)	5:11.50 (45.92)	5:57.45 (45.95)
	6:43.21 (45.76)	7:28.79 (45.58)	8:14.89 (46.10)	9:00.53 (45.64)
	9:46.48 (45.95)	10:32.34 (45.86)	11:18.35 (46.01)	12:04.28 (45.93)
	12:50.26 (45.98)	13:36.87 (46.61)	14:22.84 (45.97)	15:08.86 (46.02)
	15:54.39 (45.53)	16:40.50 (46.11)	17:26.50 (46.00)	18:12.17 (45.67)
	18:58.30 (46.13)	19:43.69 (45.39)	20:28.97 (45.28)	21:14.63 (45.66)
	21:59.60 (44.97)	22:44.77 (45.17)	23:30.35 (45.58)	24:14.21 (43.86)
	24:55.25 (41.04)			

<< #6 Men 60-64 500 Free >>

<b>Seed Time:</b>	6:53.07	<b>Finals Time:</b>	7:04.71	(4) 13
<b>Finals Splits:</b>	37.25	1:17.66 (40.41)	2:00.87 (43.21)	2:45.40 (44.53)
	3:29.29 (43.89)	4:13.68 (44.39)	4:57.73 (44.05)	5:41.07 (43.34)
	6:23.42 (42.35)	7:04.71 (41.29)		

<< #8 Men 60-64 50 Free >>

<b>Seed Time:</b>	30.80	<b>Finals Time:</b>	30.26	(7) * 10
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<< #24 Men 60-64 100 Free >>

<b>Seed Time:</b>	1:07.32	<b>Finals Time:</b>	1:08.86	(5) 12
<b>Finals Splits:</b>	33.42	1:08.86 (35.44)		

<< #46 Men 60-64 200 Free >>

<b>Seed Time:</b>	2:37.20	<b>Finals Time:</b>	2:34.57	(4) * 13
<b>Finals Splits:</b>	35.56	1:14.18 (38.62)	1:54.89 (40.71)	2:34.57 (39.68)

<< #303 Mixed 60-64 1000 Free >>

<b>Seed Time:</b>	NT	<b>Finals Time:</b>	15:08.86	(3)
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Individual Meet Summary

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**Anthony Garrity - 33**

Uc02

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<b>Seed Time:</b>	26.76	<b>&lt;&lt; #8 Men 30-34 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>		Scratched	
<b>Seed Time:</b>	2:26.01	<b>&lt;&lt; #20 Men 30-34 200 IM &gt;&gt;</b>			
<b>Finals Splits:</b>		30.57	1:08.97 (38.40)	1:54.28 (45.31)	2:29.13 (34.85)
				2:29.13 (5)	12
<b>Seed Time:</b>	32.64	<b>&lt;&lt; #22 Men 30-34 50 Back &gt;&gt;</b>			
		<b>Finals Time:</b>		32.61 (2) * 15	
<b>Seed Time:</b>	59.37	<b>&lt;&lt; #24 Men 30-34 100 Free &gt;&gt;</b>			
<b>Finals Splits:</b>		28.50	58.93 (30.43)	58.93 (8) * 9	
<b>Seed Time:</b>	1:09.78	<b>&lt;&lt; #34 Men 30-34 100 Back &gt;&gt;</b>			
		<b>Finals Time:</b>		NS	
<b>Seed Time:</b>	2:11.00	<b>&lt;&lt; #46 Men 30-34 200 Free &gt;&gt;</b>			
<b>Finals Splits:</b>		30.82	1:03.51 (32.69)	1:36.34 (32.83)	2:09.94 (33.60)
				2:09.94 (2) * 15	
<b>Seed Time:</b>	1:08.42	<b>&lt;&lt; #48 Men 30-34 100 IM &gt;&gt;</b>			
<b>Finals Splits:</b>		31.46	1:08.19 (36.73)	1:08.19 (3) * 14	

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**Elizabeth Merena - 71**

Uc06

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		<b>&lt;&lt; #7 Women 70-74 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	34.00	<b>Finals Time:</b>	35.17	(5)	12
		<b>&lt;&lt; #17 Women 70-74 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.75	<b>Finals Time:</b>	1:45.79	(4)	13
<b>Finals Splits:</b>	50.43	1:45.79 (55.36)			
		<b>&lt;&lt; #23 Women 70-74 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:19.75	<b>Finals Time:</b>	1:23.86	(5)	12
<b>Finals Splits:</b>	40.09	1:23.86 (43.77)			
		<b>&lt;&lt; #35 Women 70-74 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:54.52	<b>Finals Time:</b>	NS		
		<b>&lt;&lt; #43 Women 70-74 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	43.75	<b>Finals Time:</b>	45.32	(3)	14

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**Hernan Vespa - 53**

Uc07

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		<b>&lt;&lt; #8 Men 50-54 50 Free &gt;&gt;</b>					
<b>Seed Time:</b>	24.24		<b>Finals Time:</b>	24.05	(3)	*	14
		<b>&lt;&lt; #12 Men 50-54 100 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	59.85		<b>Finals Time:</b>	59.77	(3)	*	14
<b>Finals Splits:</b>		28.83		59.77 (30.94)			
		<b>&lt;&lt; #24 Men 50-54 100 Free &gt;&gt;</b>					
<b>Seed Time:</b>	53.36		<b>Finals Time:</b>	53.50	(3)		14
<b>Finals Splits:</b>		25.55		53.50 (27.95)			



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**Sarah Glisan - 27**

Uc08

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<b>Seed Time:</b>	27.70	<b>&lt;&lt; #7 Women 25-29 50 Free &gt;&gt;</b>		
		<b>Finals Time:</b>	27.69	(1) * 17
<b>Seed Time:</b>	2:35.95	<b>&lt;&lt; #9 Women 25-29 200 Back &gt;&gt;</b>		
<b>Finals Splits:</b>	36.16	1:18.71 (42.55)	2:05.60 (46.89)	2:51.22 (45.62)
		<b>Finals Time:</b>	2:51.22	(1) 17
<b>Seed Time:</b>	30.90	<b>&lt;&lt; #21 Women 25-29 50 Back &gt;&gt;</b>		
		<b>Finals Time:</b>	31.45	(1) 17
<b>Seed Time:</b>	59.76	<b>&lt;&lt; #23 Women 25-29 100 Free &gt;&gt;</b>		
<b>Finals Splits:</b>	29.31	1:04.57 (35.26)		1:04.57 (3) 14
		<b>Finals Time:</b>	1:04.57	(3) 14
<b>Seed Time:</b>	29.90	<b>&lt;&lt; #31 Women 25-29 50 Fly &gt;&gt;</b>		
		<b>Finals Time:</b>	30.08	(2) 15
<b>Seed Time:</b>	1:10.00	<b>&lt;&lt; #33 Women 25-29 100 Back &gt;&gt;</b>		
<b>Finals Splits:</b>	33.83	1:13.04 (39.21)		1:13.04 (1) 17
		<b>Finals Time:</b>	1:13.04	(1) 17
<b>Seed Time:</b>	45.00	<b>&lt;&lt; #43 Women 25-29 50 Breast &gt;&gt;</b>		
		<b>Finals Time:</b>	39.56	(2) * 15
<b>Seed Time:</b>	1:12.00	<b>&lt;&lt; #47 Women 25-29 100 IM &gt;&gt;</b>		
<b>Finals Splits:</b>	32.46	1:12.26 (39.80)		1:12.26 (3) 14
		<b>Finals Time:</b>	1:12.26	(3) 14

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**Robert Fisher - 51**

Uc09

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		<< #8 Men 50-54 50 Free >>		
<b>Seed Time:</b>	28.49	<b>Finals Time:</b>	28.14	(9) * 8
		<< #24 Men 50-54 100 Free >>		
<b>Seed Time:</b>	1:01.70	<b>Finals Time:</b>	1:01.96	(10) 7
<b>Finals Splits:</b>		28.93	1:01.96 (33.03)	

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**Malonnie Kinnison - 73**

**Uc09**

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**<< #3 Mixed 70-74 1650 Free >>**

**Seed Time:** 31:06.00

**Finals Time:**

Scratched

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**Traci Pellegrini - 54**

Uc09

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<b>Seed Time:</b>	2:33.88	<b>&lt;&lt; #9 Women 50-54 200 Back &gt;&gt;</b>			
		<b>Finals Time:</b>			DQ
<b>Seed Time:</b>	2:34.00	<b>&lt;&lt; #19 Women 50-54 200 IM &gt;&gt;</b>			
<b>Finals Splits:</b>	33.20	1:14.05 (40.85)	1:57.34 (43.29)	2:32.76 (35.42)	(1) * 17
<b>Seed Time:</b>	1:01.40	<b>&lt;&lt; #23 Women 50-54 100 Free &gt;&gt;</b>			
<b>Finals Splits:</b>	30.46	1:03.01 (32.55)			(1) 17

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**Shenglin Wang - 45**

Uc09

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<b>Seed Time:</b>	39.50	<< #7 Women 45-49 50 Free >>			
		<b>Finals Time:</b>	DQ		
<b>Seed Time:</b>	45.00	<< #21 Women 45-49 50 Back >>			
		<b>Finals Time:</b>	47.68	(2)	15

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**Patricia Berg - 80**

Uc10

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<b>Seed Time:</b>	1:04.00	<< #7 Women 80-84 50 Free >>	<b>Finals Time:</b>	1:44.26	(1)	17
<b>Seed Time:</b>	3:30.00	<< #23 Women 80-84 100 Free >>	<b>Finals Time:</b>	4:02.99	(1)	17
<b>Seed Time:</b>	2:00.00	<< #43 Women 80-84 50 Breast >>	<b>Finals Time:</b>	2:27.10	(1)	17
<b>Seed Time:</b>	7:00.00	<< #45 Women 80-84 200 Free >>	<b>Finals Time:</b>	Scratched		

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**Timothy Burch - 45**

**Uc10**

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<b>Seed Time:</b>	24.34	<b>&lt;&lt; #8 Men 45-49 50 Free &gt;&gt;</b>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	27.02	<b>&lt;&lt; #32 Men 45-49 50 Fly &gt;&gt;</b>	
		<b>Finals Time:</b>	NS

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**David DiMeglio - 23**

Uc10

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<b>Seed Time:</b>	22.99	<< #8 Men 18-24 50 Free >>			
		<b>Finals Time:</b>	21.96	(4)	* 13
<b>Seed Time:</b>	26.68	<< #22 Men 18-24 50 Back >>			
		<b>Finals Time:</b>	26.74	(2)	15
<b>Seed Time:</b>	25.95	<< #32 Men 18-24 50 Fly >>			
		<b>Finals Time:</b>	24.76	(5)	* 12
<b>Seed Time:</b>	28.99	<< #44 Men 18-24 50 Breast >>			
		<b>Finals Time:</b>	28.89	(3)	* 14



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**Brad Gandee - 69**

**Uc10**

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<b>Seed Time:</b>	26.00	<b>&lt;&lt; #8 Men 65-69 50 Free &gt;&gt;</b>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	1:03.00	<b>&lt;&lt; #24 Men 65-69 100 Free &gt;&gt;</b>	
		<b>Finals Time:</b>	NS

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**Michael Hanneschlager - 49**

Uc10

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		<b>&lt;&lt; #24 Men 45-49 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:02.50		<b>Finals Time:</b>	1:02.10	(3) * 14
<b>Finals Splits:</b>		28.90	1:02.10 (33.20)		
		<b>&lt;&lt; #46 Men 45-49 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:24.95		<b>Finals Time:</b>	2:22.98	(1) * 17
<b>Finals Splits:</b>		30.13	1:05.73 (35.60)	1:44.27 (38.54)	2:22.98 (38.71)

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**Kevin Izadpanah - 31**

Uc10

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		<b>&lt;&lt; #36 Men 30-34 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:00.00	<b>Finals Time:</b>		DQ	
		<b>&lt;&lt; #46 Men 30-34 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:40.00	<b>Finals Time:</b>	2:48.21	(4)	13
<b>Finals Splits:</b>	36.53		2:04.46 ( )		2:48.21 (43.75)

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**Mason Izadpanah - 24**

Uc10

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		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:06.48		<b>Finals Time:</b>	1:06.30	(4) * 13
<b>Finals Splits:</b>		30.26	1:06.30 (36.04)		
		<b>&lt;&lt; #36 Men 18-24 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.00		<b>Finals Time:</b>	2:31.98	(2) 15
<b>Finals Splits:</b>		32.46	1:09.88 (37.42)	1:50.10 (40.22)	2:31.98 (41.88)
		<b>&lt;&lt; #44 Men 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	30.00		<b>Finals Time:</b>	29.93	(4) * 13

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**Katie Palavecino - 45**

Uc10

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<< #3 Mixed 45-49 1650 Free >>

<b>Seed Time:</b>	22:00.00		<b>Finals Time:</b>	22:12.52	(2)	15
<b>Finals Splits:</b>		36.25	1:15.28 (39.03)	1:55.02 (39.74)	2:35.45 (40.43)	
		3:15.57 (40.12)	3:55.93 (40.36)	4:35.94 (40.01)	5:16.32 (40.38)	
		5:56.77 (40.45)	6:37.10 (40.33)	7:17.69 (40.59)	7:58.38 (40.69)	
		8:39.32 (40.94)	9:20.21 (40.89)	10:01.16 (40.95)	10:42.01 (40.85)	
		11:22.48 (40.47)	12:03.30 (40.82)	12:43.68 (40.38)	13:24.45 (40.77)	
		14:05.29 (40.84)	14:45.96 (40.67)	15:26.85 (40.89)	16:07.50 (40.65)	
		16:48.15 (40.65)	17:28.93 (40.78)	18:09.69 (40.76)	18:49.96 (40.27)	
		19:30.56 (40.60)	20:11.44 (40.88)	20:52.11 (40.67)	21:32.44 (40.33)	
		22:12.52 (40.08)				

<< #303 Mixed 45-49 1000 Free >>

<b>Seed Time:</b>	NT		<b>Finals Time:</b>	13:24.45	(2)	
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2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**William Sulik - 65**

Uc10

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		<b>&lt;&lt; #12 Men 65-69 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	2:24.00	<b>Finals Time:</b>	2:22.78	(3)	* 14
<b>Finals Splits:</b>	1:04.30	2:22.78 (1:18.48)			
		<b>&lt;&lt; #32 Men 65-69 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:08.00	<b>Finals Time:</b>	1:01.13	(4)	* 13
		<b>&lt;&lt; #42 Men 65-69 200 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	5:14.00	<b>Finals Time:</b>	5:14.06	(2)	15
<b>Finals Splits:</b>	1:07.72	2:36.83 (1:29.11)	3:57.21 (1:20.38)	5:14.06 (1:16.85)	

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**Robert Weiner - 77**

**Uc10**

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<b>Seed Time:</b>	1:02.00	<b>&lt;&lt; #8 Men 75-79 50 Free &gt;&gt;</b>	
		<b>Finals Time:</b>	NS
<b>Seed Time:</b>	1:35.00	<b>&lt;&lt; #44 Men 75-79 50 Breast &gt;&gt;</b>	
		<b>Finals Time:</b>	Scratched

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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**Cal Beattie - 89**

Uc12

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		<b>&lt;&lt; #8 Men 85-89 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	55.35	<b>Finals Time:</b>	1:06.34	(3)	14
		<b>&lt;&lt; #24 Men 85-89 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:00.58	<b>Finals Time:</b>	2:33.23	(3)	14
<b>Finals Splits:</b>		1:12.53	2:33.23 (1:20.70)		
		<b>&lt;&lt; #46 Men 85-89 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	4:31.13	<b>Finals Time:</b>	5:10.93	(2)	15
<b>Finals Splits:</b>		1:11.42	2:28.69 (1:17.27)	3:52.38 (1:23.69)	5:10.93 (1:18.55)



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**Janet Blair-fleetwood - 65**

**Uc12**

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<b>Seed Time:</b>	3:41.45	<b>&lt;&lt; #35 Women 65-69 200 Breast &gt;&gt;</b>	
		<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	48.19	<b>&lt;&lt; #43 Women 65-69 50 Breast &gt;&gt;</b>	
		<b>Finals Time:</b>	Scratched

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**Thomas McGowan - 63**

Uc12

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<b>Seed Time:</b>	33.00	<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	1:45.00	<b>&lt;&lt; #18 Men 60-64 100 Breast &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	41.00	<b>&lt;&lt; #22 Men 60-64 50 Back &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	1:32.00	<b>&lt;&lt; #34 Men 60-64 100 Back &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	46.00	<b>&lt;&lt; #44 Men 60-64 50 Breast &gt;&gt;</b>	<b>Finals Time:</b>	Scratched
<b>Seed Time:</b>	1:33.00	<b>&lt;&lt; #48 Men 60-64 100 IM &gt;&gt;</b>	<b>Finals Time:</b>	Scratched

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**Jeff Rouse Swim & Sport Center, Sanction #: 124-S002**

**Individual Meet Summary**

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**Kayla Owen - 42**

**Uc12**

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<b>Seed Time:</b>	32.00	<b>&lt;&lt; #7 Women 40-44 50 Free &gt;&gt;</b>			
		<b>Finals Time:</b>	28.97	(2)	* 15
		<b>&lt;&lt; #21 Women 40-44 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	32.00	<b>Finals Time:</b>	32.00	(3)	14

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**Matthew Elliott - 29**

Uc27

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		<b>&lt;&lt; #12 Men 25-29 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	54.00		<b>Finals Time:</b>	52.59	(1) * 17
<b>Finals Splits:</b>		23.89	52.59 (28.70)		
		<b>&lt;&lt; #22 Men 25-29 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	25.50		<b>Finals Time:</b>	24.82	(2) * 15
		<b>&lt;&lt; #32 Men 25-29 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	24.50		<b>Finals Time:</b>	23.43	(2) * 15
		<b>&lt;&lt; #48 Men 25-29 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	58.00		<b>Finals Time:</b>	56.13	(2) * 15
<b>Finals Splits:</b>		24.60	56.13 (31.53)		

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Individual Meet Summary

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**Zachary Capen - 20**

Universitv of Rhode Island Clu-58

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		<b>&lt;&lt; #10 Men 18-24 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:15.00		<b>Finals Time:</b>	2:11.93	(1) * 17
<b>Finals Splits:</b>	30.20	1:04.17 (33.97)	1:39.07 (34.90)	2:11.93 (32.86)	
		<b>&lt;&lt; #22 Men 18-24 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	26.49		<b>Finals Time:</b>	26.48	(1) * 17
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	55.00		<b>Finals Time:</b>	53.32	(5) * 12
<b>Finals Splits:</b>	25.36	53.32 (27.96)			
		<b>&lt;&lt; #34 Men 18-24 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	57.52		<b>Finals Time:</b>	57.96	(2) 15
<b>Finals Splits:</b>	27.85	57.96 (30.11)			
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:04.00		<b>Finals Time:</b>	1:00.89	(5) * 12
<b>Finals Splits:</b>	27.02	1:00.89 (33.87)			
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - URI-58 B - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.10		<b>Finals Time:</b>	1:46.59	(4) 26
<b>Finals Splits:</b>	23.90	53.16 (29.26)	1:21.86 (28.70)	1:46.59 (24.73)	
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - URI-58 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	3:50.00		<b>Finals Time:</b>	4:03.65	(3) 28
<b>Finals Splits:</b>	30.34	1:02.54 (32.20)	1:34.34 (31.80)	2:11.68 (37.34)	
	2:38.02 (26.34)	3:07.59 (29.57)	3:24.15 (16.56)	4:03.65 (39.50)	

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**Jocelyn Carvalho - 19**

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		<b>&lt;&lt; #7 Women 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	35.25	<b>Finals Time:</b>	33.30	(5)	* 12
		<b>&lt;&lt; #23 Women 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:15.39	<b>Finals Time:</b>	1:15.67	(6)	11
<b>Finals Splits:</b>	35.04	1:15.67 (40.63)			
		<b>&lt;&lt; #33 Women 18-24 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:25.20	<b>Finals Time:</b>	1:21.78	(5)	* 12
<b>Finals Splits:</b>	40.07	1:21.78 (41.71)			
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - URI-58 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	2:06.64	<b>Finals Time:</b>	2:07.50	(2)	30
<b>Finals Splits:</b>	32.02	1:05.51 (33.49)	1:40.04 (34.53)	2:07.50 (27.46)	
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - URI-58 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	6:09.00	<b>Finals Time:</b>	5:37.44	(2)	* 30
<b>Finals Splits:</b>	39.03	1:22.07 (43.04)	2:08.28 (46.21)	3:02.55 (54.27)	
	3:38.65 (36.10)	4:22.08 (43.43)	5:37.44 (1:15.36)		

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**Parker Hambly - 18**

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		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24.09		<b>Finals Time:</b>	23.55 (6) * 11	
		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:00.00		<b>Finals Time:</b>	57.98 (6) * 11	
<b>Finals Splits:</b>		26.16	57.98 (31.82)		
		<b>&lt;&lt; #22 Men 18-24 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	28.32		<b>Finals Time:</b>	27.09 (3) * 14	
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	54.00		<b>Finals Time:</b>	52.85 (4) * 13	
<b>Finals Splits:</b>		25.21	52.85 (27.64)		
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	25.09		<b>Finals Time:</b>	25.22 (7) 10	
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:05.00		<b>Finals Time:</b>	1:01.81 (6) * 11	
<b>Finals Splits:</b>		26.35	1:01.81 (35.46)		
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - URI-58 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	1:34.70		<b>Finals Time:</b>	1:37.34 (3) 28	
<b>Finals Splits:</b>		23.89	48.32 (24.43)	1:13.81 (25.49) 1:37.34 (23.53)	

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**Luke Kelly - 18**

University of Rhode Island Clu-58

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		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.38		<b>Finals Time:</b>	1:03.14 (8) * 9	
<b>Finals Splits:</b>		28.66	1:03.14 (34.48)		
		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:09.11		<b>Finals Time:</b>	1:12.25 (7) 10	
<b>Finals Splits:</b>		33.50	1:12.25 (38.75)		
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	56.21		<b>Finals Time:</b>	54.99 (9) * 8	
<b>Finals Splits:</b>		26.05	54.99 (28.94)		
		<b>&lt;&lt; #44 Men 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	31.55		<b>Finals Time:</b>	32.70 (8) 9	
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:07.67		<b>Finals Time:</b>	1:05.81 (10) * 7	
<b>Finals Splits:</b>		30.81	1:05.81 (35.00)		



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**Andrew Langille - 20**

University of Rhode Island Clu-58

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		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	27.00	<b>Finals Time:</b>	27.75	(14)	3
		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:10.00	<b>Finals Time:</b>	1:17.09	(10)	7
<b>Finals Splits:</b>	31.49	1:17.09 (45.60)			
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	29.79	<b>Finals Time:</b>	30.23	(13)	4
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - URI-58 B - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.10	<b>Finals Time:</b>	1:46.59	(4)	26
<b>Finals Splits:</b>	23.90	53.16 (29.26)	1:21.86 (28.70)	1:46.59 (24.73)	

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**Casey McQuesten - 20**

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<< #1 Men 18-24 1000 Free >>

<b>Seed Time:</b>	10:59.15		<b>Finals Time:</b>	11:49.07	(1)	17
<b>Finals Splits:</b>		29.55	1:02.49 (32.94)	1:36.36 (33.87)	2:10.98 (34.62)	
		2:45.61 (34.63)	3:21.33 (35.72)	3:58.29 (36.96)	4:35.42 (37.13)	
		5:12.16 (36.74)	5:49.00 (36.84)	6:25.60 (36.60)	7:03.24 (37.64)	
		7:38.31 (35.07)	8:14.01 (35.70)	8:50.41 (36.40)	9:26.93 (36.52)	
		10:02.52 (35.59)	10:38.67 (36.15)	11:14.05 (35.38)	11:49.07 (35.02)	

<< #10 Men 18-24 200 Back >>

<b>Seed Time:</b>	2:30.12		<b>Finals Time:</b>	2:20.82	(2)	* 15
<b>Finals Splits:</b>		34.06	1:10.74 (36.68)	1:47.12 (36.38)	2:20.82 (33.70)	

<< #18 Men 18-24 100 Breast >>

<b>Seed Time:</b>	1:06.23		<b>Finals Time:</b>	1:07.55	(5)	12
<b>Finals Splits:</b>		31.11	1:07.55 (36.44)			

<< #22 Men 18-24 50 Back >>

<b>Seed Time:</b>	29.42		<b>Finals Time:</b>	30.04	(5)	12
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<< #36 Men 18-24 200 Breast >>

<b>Seed Time:</b>	2:30.94		<b>Finals Time:</b>	NS		
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<< #44 Men 18-24 50 Breast >>

<b>Seed Time:</b>	29.32		<b>Finals Time:</b>	30.43	(6)	11
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<< #48 Men 18-24 100 IM >>

<b>Seed Time:</b>	1:00.92		<b>Finals Time:</b>	1:05.42	(9)	8
<b>Finals Splits:</b>		28.88	1:05.42 (36.54)			

<< #14 Men 18-24 200 Free Relay - URI-58 A - Leg 2 >>

<b>Seed Time:</b>	1:34.70		<b>Finals Time:</b>	1:37.34	(3)	28
<b>Finals Splits:</b>		23.89	48.32 (24.43)	1:13.81 (25.49)	1:37.34 (23.53)	

<< #26 Men 18-24 400 Medley Relay - URI-58 A - Leg 2 >>

<b>Seed Time:</b>	3:50.00		<b>Finals Time:</b>	4:03.65	(3)	28
<b>Finals Splits:</b>		30.34	1:02.54 (32.20)	1:34.34 (31.80)	2:11.68 (37.34)	
		2:38.02 (26.34)	3:07.59 (29.57)	3:24.15 (16.56)	4:03.65 (39.50)	

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**Emma Michaud - 18**

University of Rhode Island Clu-58

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<b>Seed Time:</b>	33.00	<< #7 Women 18-24 50 Free >>	
		Finals Time:	NS
<b>Seed Time:</b>	1:09.00	<< #23 Women 18-24 100 Free >>	
		Finals Time:	NS
<b>Seed Time:</b>	40.00	<< #31 Women 18-24 50 Fly >>	
		Finals Time:	Scratched
<b>Seed Time:</b>	1:13.00	<< #47 Women 18-24 100 IM >>	
		Finals Time:	Scratched

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**Asher Miller - 18**

University of Rhode Island Clu-58

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		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24.20	<b>Finals Time:</b>	24.58	(8)	9
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	55.50	<b>Finals Time:</b>	54.32	(7)	* 10
<b>Finals Splits:</b>		25.20	54.32 (29.12)		

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**Roy Monroy - 22**

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		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	54.40		<b>Finals Time:</b>	54.33 (4) * 13	
<b>Finals Splits:</b>	24.95		54.33 (29.38)		
		<b>&lt;&lt; #20 Men 18-24 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:09.14		<b>Finals Time:</b>	2:11.37 (2) 15	
<b>Finals Splits:</b>	26.07	1:00.36 (34.29)	1:39.21 (38.85)	2:11.37 (32.16)	
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	24.44		<b>Finals Time:</b>	25.12 (6) 11	
		<b>&lt;&lt; #44 Men 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	28.80		<b>Finals Time:</b>	29.97 (5) 12	
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - URI-58 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:34.70		<b>Finals Time:</b>	1:37.34 (3) 28	
<b>Finals Splits:</b>	23.89	48.32 (24.43)	1:13.81 (25.49)	1:37.34 (23.53)	
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - URI-58 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	3:50.00		<b>Finals Time:</b>	4:03.65 (3) 28	
<b>Finals Splits:</b>	30.34	1:02.54 (32.20)	1:34.34 (31.80)	2:11.68 (37.34)	
	2:38.02 (26.34)	3:07.59 (29.57)	3:24.15 (16.56)	4:03.65 (39.50)	

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**Bhavya Negi - 20**

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		<b>&lt;&lt; #7 Women 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	34.13		<b>Finals Time:</b>	35.87 (6) 11	
		<b>&lt;&lt; #21 Women 18-24 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	39.11		<b>Finals Time:</b>	37.94 (4) * 13	
		<b>&lt;&lt; #43 Women 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	44.30		<b>Finals Time:</b>	46.74 (2) 15	
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - URI-58 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	2:06.64		<b>Finals Time:</b>	2:07.50 (2) 30	
<b>Finals Splits:</b>		32.02	1:05.51 (33.49)	1:40.04 (34.53) 2:07.50 (27.46)	
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - URI-58 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	6:09.00		<b>Finals Time:</b>	5:37.44 (2) * 30	
<b>Finals Splits:</b>		39.03	1:22.07 (43.04)	2:08.28 (46.21) 3:02.55 (54.27)	
		3:38.65 (36.10)	4:22.08 (43.43)	5:37.44 (1:15.36)	

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**Jack Nystrom - 19**

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		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.00		<b>Finals Time:</b>	1:02.65 (7) 10	
<b>Finals Splits:</b>		28.33	1:02.65 (34.32)		
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	56.75		<b>Finals Time:</b>	57.63 (11) 6	
<b>Finals Splits:</b>		27.15	57.63 (30.48)		
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	26.90		<b>Finals Time:</b>	26.78 (9) * 8	
		<b>&lt;&lt; #44 Men 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	32.00		<b>Finals Time:</b>	33.07 (9) 8	
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:04.00		<b>Finals Time:</b>	1:04.90 (8) 9	
<b>Finals Splits:</b>		29.10	1:04.90 (35.80)		
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - URI-58 B - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.10		<b>Finals Time:</b>	1:46.59 (4) 26	
<b>Finals Splits:</b>		23.90	53.16 (29.26)	1:21.86 (28.70) 1:46.59 (24.73)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Aidan Ocampo - 22**

Universitv of Rhode Island Clu-58

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		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24.50	<b>Finals Time:</b>	25.13	(10)	7
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	57.50	<b>Finals Time:</b>	54.97	(8)	* 9
<b>Finals Splits:</b>	26.39	54.97 (28.58)			
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	30.00	<b>Finals Time:</b>	29.69	(12)	* 5
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - URI-58 B - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.10	<b>Finals Time:</b>	1:46.59	(4)	26
<b>Finals Splits:</b>	23.90	53.16 (29.26)	1:21.86 (28.70)	1:46.59 (24.73)	



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**Finley Stevens - 18**

University of Rhode Island Clu-58

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		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	26.54	<b>Finals Time:</b>	27.39	(13)	4
		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:11.34	<b>Finals Time:</b>	1:14.84	(8)	9
<b>Finals Splits:</b>		34.93	1:14.84 (39.91)		
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:00.27	<b>Finals Time:</b>	NS		
		<b>&lt;&lt; #44 Men 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	32.58	<b>Finals Time:</b>	34.35	(10)	7

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**Conor Sweeney - 20**

University of Rhode Island Clu-58

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		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	25.25	<b>Finals Time:</b>	24.60	(9) * 8	
		<b>&lt;&lt; #18 Men 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:10.00	<b>Finals Time:</b>	1:07.56	(6) * 11	
<b>Finals Splits:</b>		30.66	1:07.56 (36.90)		
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	56.80	<b>Finals Time:</b>	55.22	(10) * 7	
<b>Finals Splits:</b>		26.26	55.22 (28.96)		
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	28.00	<b>Finals Time:</b>	27.52	(10) * 7	
		<b>&lt;&lt; #44 Men 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	30.00	<b>Finals Time:</b>	30.70	(7) 10	
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.00	<b>Finals Time:</b>	1:02.50	(7) * 10	
<b>Finals Splits:</b>		28.65	1:02.50 (33.85)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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**Julia Trevorow - 22**

Universitv of Rhode Island Clu-58

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<b>Seed Time:</b>	5:40.00	<< #5 Women 18-24 500 Free >>	<b>Finals Time:</b>	Scratched
		<< #9 Women 18-24 200 Back >>		
<b>Seed Time:</b>	2:25.00		<b>Finals Time:</b>	NS
		<< #17 Women 18-24 100 Breast >>		
<b>Seed Time:</b>	1:17.64		<b>Finals Time:</b>	NS
		<< #23 Women 18-24 100 Free >>		
<b>Seed Time:</b>	1:03.00		<b>Finals Time:</b>	NS
		<< #33 Women 18-24 100 Back >>		
<b>Seed Time:</b>	1:06.00		<b>Finals Time:</b>	Scratched
		<< #43 Women 18-24 50 Breast >>		
<b>Seed Time:</b>	33.00		<b>Finals Time:</b>	Scratched
		<< #47 Women 18-24 100 IM >>		
<b>Seed Time:</b>	1:09.00		<b>Finals Time:</b>	Scratched

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Megan Wallitsch - 19**

Universitv of Rhode Island Clu-58

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		<b>&lt;&lt; #7 Women 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	30.62				
		<b>Finals Time:</b>	31.44	(4)	13
		<b>&lt;&lt; #21 Women 18-24 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	38.53				
		<b>Finals Time:</b>	37.23	(2)	* 15
		<b>&lt;&lt; #43 Women 18-24 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	44.34				
		<b>Finals Time:</b>	41.94	(1)	* 17
		<b>&lt;&lt; #45 Women 18-24 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:30.00				
		<b>Finals Time:</b>	2:35.74	(4)	13
<b>Finals Splits:</b>		34.73	1:14.41 (39.68)	1:55.03 (40.62)	2:35.74 (40.71)
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - URI-58 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	2:06.64				
		<b>Finals Time:</b>	2:07.50	(2)	30
<b>Finals Splits:</b>		32.02	1:05.51 (33.49)	1:40.04 (34.53)	2:07.50 (27.46)
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - URI-58 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	6:09.00				
		<b>Finals Time:</b>	5:37.44	(2)	* 30
<b>Finals Splits:</b>		39.03	1:22.07 (43.04)	2:08.28 (46.21)	3:02.55 (54.27)
		3:38.65 (36.10)	4:22.08 (43.43)	5:37.44 (1:15.36)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Adriana Williams - 22**

University of Rhode Island Clu-58

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		<b>&lt;&lt; #5 Women 18-24 500 Free &gt;&gt;</b>					
<b>Seed Time:</b>	6:25.55		<b>Finals Time:</b>	6:25.25	(5)	* 12	
<b>Finals Splits:</b>		31.67	1:07.53 (35.86)	1:45.37 (37.84)	2:23.98 (38.61)		
		3:03.94 (39.96)	3:44.20 (40.26)	4:25.35 (41.15)	5:05.15 (39.80)		
		5:45.49 (40.34)	6:25.25 (39.76)				
		<b>&lt;&lt; #7 Women 18-24 50 Free &gt;&gt;</b>					
<b>Seed Time:</b>	28.16		<b>Finals Time:</b>	28.85	(2)	15	
		<b>&lt;&lt; #23 Women 18-24 100 Free &gt;&gt;</b>					
<b>Seed Time:</b>	1:03.55		<b>Finals Time:</b>	1:02.89	(3)	* 14	
<b>Finals Splits:</b>		29.70	1:02.89 (33.19)				
		<b>&lt;&lt; #31 Women 18-24 50 Fly &gt;&gt;</b>					
<b>Seed Time:</b>	33.55		<b>Finals Time:</b>	32.20	(3)	* 14	
		<b>&lt;&lt; #47 Women 18-24 100 IM &gt;&gt;</b>					
<b>Seed Time:</b>	1:15.55		<b>Finals Time:</b>	1:13.81	(1)	* 17	
<b>Finals Splits:</b>		33.78	1:13.81 (40.03)				
		<b>&lt;&lt; #13 Women 18-24 200 Free Relay - URI-58 A - Leg 4 &gt;&gt;</b>					
<b>Seed Time:</b>	2:06.64		<b>Finals Time:</b>	2:07.50	(2)	30	
<b>Finals Splits:</b>		32.02	1:05.51 (33.49)	1:40.04 (34.53)	2:07.50 (27.46)		
		<b>&lt;&lt; #25 Women 18-24 400 Medley Relay - URI-58 A - Leg &gt;&gt;</b>					
<b>Seed Time:</b>	6:09.00		<b>Finals Time:</b>	5:37.44	(2)	* 30	
<b>Finals Splits:</b>		39.03	1:22.07 (43.04)	2:08.28 (46.21)	3:02.55 (54.27)		
		3:38.65 (36.10)	4:22.08 (43.43)	5:37.44 (1:15.36)			

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

**Michael Zalewski - 19**

University of Rhode Island Clu-58

		<b>&lt;&lt; #8 Men 18-24 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	24.10		<b>Finals Time:</b>	26.01	(12) 5
		<b>&lt;&lt; #12 Men 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:00.10		<b>Finals Time:</b>	1:07.17	(9) 8
<b>Finals Splits:</b>		30.97	1:07.17 (36.20)		
		<b>&lt;&lt; #24 Men 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	55.10		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	27.10		<b>Finals Time:</b>	28.33	(11) 6
		<b>&lt;&lt; #34 Men 18-24 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:02.10		<b>Finals Time:</b>	1:05.50	(3) 14
<b>Finals Splits:</b>		31.21	1:05.50 (34.29)		
		<b>&lt;&lt; #48 Men 18-24 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:05.10		<b>Finals Time:</b>	1:08.68	(11) 6
<b>Finals Splits:</b>		30.17	1:08.68 (38.51)		
		<b>&lt;&lt; #14 Men 18-24 200 Free Relay - URI-58 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:34.70		<b>Finals Time:</b>	1:37.34	(3) 28
<b>Finals Splits:</b>		23.89	48.32 (24.43)	1:13.81 (25.49)	1:37.34 (23.53)
		<b>&lt;&lt; #26 Men 18-24 400 Medley Relay - URI-58 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	3:50.00		<b>Finals Time:</b>	4:03.65	(3) 28
<b>Finals Splits:</b>		30.34	1:02.54 (32.20)	1:34.34 (31.80)	2:11.68 (37.34)
		2:38.02 (26.34)	3:07.59 (29.57)	3:24.15 (16.56)	4:03.65 (39.50)

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Barbara Boslego - 72**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #17 Women 70-74 100 Breast &gt;&gt;</b>			
Seed Time:	1:42.13		Finals Time:	1:46.75 (5) 12	
Finals Splits:	51.57	1:46.75 (55.18)			
		<b>&lt;&lt; #35 Women 70-74 200 Breast &gt;&gt;</b>			
Seed Time:	3:47.29		Finals Time:	3:47.22 (2) * 15	
Finals Splits:	51.64	1:50.26 (58.62)	2:50.00 (59.74)	3:47.22 (57.22)	
		<b>&lt;&lt; #47 Women 70-74 100 IM &gt;&gt;</b>			
Seed Time:	1:34.02		Finals Time:	1:36.23 (4) 13	
Finals Splits:	45.83	1:36.23 (50.40)			
		<b>&lt;&lt; #15 Mixed 55-64 200 Free Relay - VMST-12 A - Leg 1 &gt;&gt;</b>			
Seed Time:	3:00.00		Finals Time:	2:50.72 (2) * 30	
Finals Splits:	36.18	52.12 (15.94)	1:11.02 (18.90)	2:50.72 (1:39.70)	
		<b>&lt;&lt; #25 Women 55-64 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
Seed Time:	5:43.00		Finals Time:	5:39.71 (1) * 34	
Finals Splits:	41.18	1:25.03 (43.85)	2:16.97 (51.94)	3:47.15 (1:30.18)	
	4:26.85 (39.70)	5:01.25 (34.40)	5:39.71 (38.46)	5:39.71 ( )	
		<b>&lt;&lt; #37 Women 55-64 400 Free Relay - VMST-12 A - Leg 2 &gt;&gt;</b>			
Seed Time:	4:48.00		Finals Time:	4:48.82 (1) 34	
Finals Splits:	32.85	1:09.80 (36.95)		2:30.10 ( )	
	3:04.62 (34.52)	3:43.51 (38.89)	4:14.85 (31.34)	4:48.82 (33.97)	
		<b>&lt;&lt; #53 Women 55-64 800 Free Relay - VMST-12 A - Leg 2 &gt;&gt;</b>			
Seed Time:	10:55.00		Finals Time:	10:40.27 (1) *	
Finals Splits:	32.87	1:09.00 (36.13)	1:46.00 (37.00)	2:21.59 (35.59)	
	3:01.99 (40.40)	3:48.51 (46.52)	4:37.80 (49.29)	5:24.60 (46.80)	
	6:01.37 (36.77)	6:42.70 (41.33)	7:24.83 (42.13)	8:06.22 (41.39)	
	8:42.37 (36.15)	9:21.70 (39.33)	10:01.82 (40.12)	10:40.27 (38.45)	

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**Caycee Buscaglia - 59**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #21 Women 55-59 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	33.99		<b>Finals Time:</b>	34.90 (1) 17	
		<b>&lt;&lt; #33 Women 55-59 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:17.10		<b>Finals Time:</b>	1:14.99 (1) * 17	
<b>Finals Splits:</b>	36.19	1:14.99 (38.80)			
		<b>&lt;&lt; #13 Women 55-64 200 Free Relay - VMST-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.00		<b>Finals Time:</b>	2:08.32 (1) * 34	
<b>Finals Splits:</b>	32.64	1:03.67 (31.03)	1:37.15 (33.48)	2:08.32 (31.17)	
		<b>&lt;&lt; #27 Mixed 18-24 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:29.00		<b>Finals Time:</b>	4:33.62 (1) 34	
<b>Finals Splits:</b>	38.28	1:18.89 (40.61)	1:52.13 (33.24)	2:31.70 (39.57)	
	2:47.48 (15.78)	3:28.84 (41.36)	3:59.23 (30.39)	4:33.62 (34.39)	
		<b>&lt;&lt; #37 Women 55-64 400 Free Relay - VMST-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:48.00		<b>Finals Time:</b>	4:48.82 (1) 34	
<b>Finals Splits:</b>	32.85	1:09.80 (36.95)		2:30.10 ( )	
	3:04.62 (34.52)	3:43.51 (38.89)	4:14.85 (31.34)	4:48.82 (33.97)	
		<b>&lt;&lt; #49 Women 55-64 200 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.00		<b>Finals Time:</b>	2:13.57 (1) * 34	
<b>Finals Splits:</b>	35.02	1:13.39 (38.37)	1:44.06 (30.67)	2:13.57 (29.51)	



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**Susan Carter - 77**

Virginia Masters Swim Team-12

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<< #17 Women 75-79 100 Breast >>

Seed Time: 1:59.97

Finals Time:

NS

<< #15 Mixed 55-64 200 Free Relay - VMST-12 A - Leg 3 >>

Seed Time: 3:00.00

Finals Time:

2:50.72 (2) \* 30

Finals Splits:

36.18

52.12 (15.94)

1:11.02 (18.90)

2:50.72 (1:39.70)

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**James Daly - 53**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #8 Men 50-54 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	30.23		<b>Finals Time:</b>	28.60 (10) * 7	
		<b>&lt;&lt; #18 Men 50-54 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:29.38		<b>Finals Time:</b>	1:27.48 (6) * 11	
<b>Finals Splits:</b>		42.25	1:27.48 (45.23)		
		<b>&lt;&lt; #22 Men 50-54 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	37.00		<b>Finals Time:</b>	35.84 (4) * 13	
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - VMST-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:50.00		<b>Finals Time:</b>	1:47.61 (3) * 28	
<b>Finals Splits:</b>		25.27	53.43 (28.16)	1:22.44 (29.01) 1:47.61 (25.17)	
		<b>&lt;&lt; #27 Mixed 18-24 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:29.00		<b>Finals Time:</b>	4:33.62 (1) 34	
<b>Finals Splits:</b>		38.28	1:18.89 (40.61)	1:52.13 (33.24) 2:31.70 (39.57)	
		2:47.48 (15.78)	3:28.84 (41.36)	3:59.23 (30.39) 4:33.62 (34.39)	

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**Barbie Gregory - 55**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #9 Women 55-59 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:41.61		<b>Finals Time:</b>	2:41.64 (2) 15	
<b>Finals Splits:</b>	38.72	1:19.06 (40.34)	2:00.57 (41.51)	2:41.64 (41.07)	
		<b>&lt;&lt; #11 Women 55-59 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:17.12		<b>Finals Time:</b>	1:13.60 (1) * 17	
<b>Finals Splits:</b>	34.93	1:13.60 (38.67)			
		<b>&lt;&lt; #19 Women 55-59 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:43.48		<b>Finals Time:</b>	2:42.83 (2) * 15	
<b>Finals Splits:</b>	35.12	1:15.69 (40.57)	2:05.59 (49.90)	2:42.83 (37.24)	
		<b>&lt;&lt; #25 Women 55-64 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	5:43.00		<b>Finals Time:</b>	5:39.71 (1) * 34	
<b>Finals Splits:</b>		41.18	1:25.03 (43.85)	2:16.97 (51.94) 3:47.15 (1:30.18)	
		4:26.85 (39.70)	5:01.25 (34.40)	5:39.71 (38.46) 5:39.71 ( )	

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**Daisie Grenfell - 55**

Virginia Masters Swim Team-12

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<< #1 Women 55-59 1000 Free >>

<b>Seed Time:</b>	20:00.00	<b>Finals Time:</b>	18:18.65	(3)	* 14
<b>Finals Splits:</b>	42.66	1:32.75 (50.09)	2:28.03 (55.28)	3:24.73 (56.70)	
	4:22.79 (58.06)	5:21.40 (58.61)	6:19.16 (57.76)	7:16.59 (57.43)	
	8:14.24 (57.65)	9:09.58 (55.34)	10:05.10 (55.52)	10:58.73 (53.63)	
	11:57.27 (58.54)	12:50.67 (53.40)	13:48.07 (57.40)	14:44.12 (56.05)	
	15:36.90 (52.78)	16:31.55 (54.65)	17:26.09 (54.54)	18:18.65 (52.56)	

<< #5 Women 55-59 500 Free >>

<b>Seed Time:</b>	8:54.52	<b>Finals Time:</b>	9:08.55	(3)	14
<b>Finals Splits:</b>	43.96	1:35.93 (51.97)	2:33.35 (57.42)	3:29.91 (56.56)	
	4:28.38 (58.47)	5:25.13 (56.75)	6:22.60 (57.47)	7:18.29 (55.69)	
	9:08.55 (1:50.26)				

<< #7 Women 55-59 50 Free >>

<b>Seed Time:</b>	42.37	<b>Finals Time:</b>	40.82	(5)	* 12
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<< #17 Women 55-59 100 Breast >>

<b>Seed Time:</b>	1:54.98	<b>Finals Time:</b>	1:58.85	(2)	15
<b>Finals Splits:</b>	54.23	1:58.85 (1:04.62)			

<< #23 Women 55-59 100 Free >>

<b>Seed Time:</b>	1:34.81	<b>Finals Time:</b>	1:34.41	(3)	* 14
<b>Finals Splits:</b>	42.97	1:34.41 (51.44)			

<< #31 Women 55-59 50 Fly >>

<b>Seed Time:</b>	52.21	<b>Finals Time:</b>	51.47	(2)	* 15
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<< #43 Women 55-59 50 Breast >>

<b>Seed Time:</b>	54.31	<b>Finals Time:</b>	52.65	(4)	* 13
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<< #47 Women 55-59 100 IM >>

<b>Seed Time:</b>	1:46.04	<b>Finals Time:</b>	1:47.77	(4)	13
<b>Finals Splits:</b>	49.43	1:47.77 (58.34)			

<< #39 Mixed 18-24 400 Free Relay - VMST-12 A - Leg 3 >>

<b>Seed Time:</b>	4:49.00	<b>Finals Time:</b>	4:57.63	(2)	30
<b>Finals Splits:</b>	24.66	51.78 (27.12)	1:31.23 (39.45)	2:16.92 (45.69)	
	2:59.08 (42.16)	3:49.53 (50.45)	4:22.39 (32.86)	4:57.63 (35.24)	

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**Steven Gromling - 34**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #8 Men 30-34 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	23.50	<b>Finals Time:</b>	24.32	(5)	12
		<b>&lt;&lt; #18 Men 30-34 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:10.20	<b>Finals Time:</b>	1:08.27	(6)	* 11
<b>Finals Splits:</b>	30.62	1:08.27 (37.65)			
		<b>&lt;&lt; #24 Men 30-34 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	53.75	<b>Finals Time:</b>	56.24	(6)	11
<b>Finals Splits:</b>	26.39	56.24 (29.85)			
		<b>&lt;&lt; #32 Men 30-34 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	28.45	<b>Finals Time:</b>	27.41	(3)	* 14
		<b>&lt;&lt; #44 Men 30-34 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	29.88	<b>Finals Time:</b>	29.79	(4)	* 13
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - VMST-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:48.00	<b>Finals Time:</b>	1:48.76	(3)	28
<b>Finals Splits:</b>	28.50	58.36 (29.86)	1:24.02 (25.66)	1:48.76 (24.74)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Che'Rel Haywood - 24**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #11 Women 18-24 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:05.78		<b>Finals Time:</b>	1:02.94	(1) * 17
<b>Finals Splits:</b>		28.59	1:02.94 (34.35)		
		<b>&lt;&lt; #17 Women 18-24 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:13.55		<b>Finals Time:</b>	1:11.45	(1) * 17
<b>Finals Splits:</b>		33.28	1:11.45 (38.17)		
		<b>&lt;&lt; #23 Women 18-24 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:01.34		<b>Finals Time:</b>	57.93	(1) * 17
<b>Finals Splits:</b>		27.82	57.93 (30.11)		
		<b>&lt;&lt; #27 Mixed 18-24 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:29.00		<b>Finals Time:</b>	4:33.62	(1) 34
<b>Finals Splits:</b>		38.28	1:18.89 (40.61)	1:52.13 (33.24)	2:31.70 (39.57)
		2:47.48 (15.78)	3:28.84 (41.36)	3:59.23 (30.39)	4:33.62 (34.39)

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**Charlotte Hollings - 59**

Virginia Masters Swim Team-12

		<b>&lt;&lt; #31 Women 55-59 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	38.00	<b>Finals Time:</b>	33.69	(1)	* 17
		<b>&lt;&lt; #33 Women 55-59 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:35.00	<b>Finals Time:</b>	1:21.97	(2)	* 15
<b>Finals Splits:</b>	41.01	1:21.97 (40.96)			
		<b>&lt;&lt; #43 Women 55-59 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	48.00	<b>Finals Time:</b>	40.82	(1)	* 17
		<b>&lt;&lt; #47 Women 55-59 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:15.00	<b>Finals Time:</b>	1:17.88	(1)	17
<b>Finals Splits:</b>	36.73	1:17.88 (41.15)			
		<b>&lt;&lt; #37 Women 55-64 400 Free Relay - VMST-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	4:48.00	<b>Finals Time:</b>	4:48.82	(1)	34
<b>Finals Splits:</b>	32.85	1:09.80 (36.95)			2:30.10 ( )
	3:04.62 (34.52)	3:43.51 (38.89)	4:14.85 (31.34)		4:48.82 (33.97)
		<b>&lt;&lt; #49 Women 55-64 200 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.00	<b>Finals Time:</b>	2:13.57	(1)	* 34
<b>Finals Splits:</b>	35.02	1:13.39 (38.37)	1:44.06 (30.67)		2:13.57 (29.51)
		<b>&lt;&lt; #53 Women 55-64 800 Free Relay - VMST-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	10:55.00	<b>Finals Time:</b>	10:40.27	(1)	*
<b>Finals Splits:</b>	32.87	1:09.00 (36.13)	1:46.00 (37.00)		2:21.59 (35.59)
	3:01.99 (40.40)	3:48.51 (46.52)	4:37.80 (49.29)		5:24.60 (46.80)
	6:01.37 (36.77)	6:42.70 (41.33)	7:24.83 (42.13)		8:06.22 (41.39)
	8:42.37 (36.15)	9:21.70 (39.33)	10:01.82 (40.12)		10:40.27 (38.45)

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**Debbie Jaeger - 61**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #7 Women 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	33.45	<b>Finals Time:</b>	31.95	(4)	* 13
		<b>&lt;&lt; #21 Women 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	39.87	<b>Finals Time:</b>	39.33	(4)	* 13
		<b>&lt;&lt; #13 Women 55-64 200 Free Relay - VMST-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.00	<b>Finals Time:</b>	2:08.32	(1)	* 34
<b>Finals Splits:</b>	32.64	1:03.67 (31.03)	1:37.15 (33.48)	2:08.32 (31.17)	
		<b>&lt;&lt; #25 Women 55-64 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	5:43.00	<b>Finals Time:</b>	5:39.71	(1)	* 34
<b>Finals Splits:</b>	41.18	1:25.03 (43.85)	2:16.97 (51.94)	3:47.15 (1:30.18)	
	4:26.85 (39.70)	5:01.25 (34.40)	5:39.71 (38.46)	5:39.71 ( )	



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**Algernon Keith - 63**

Virginia Masters Swim Team-12

	<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>				
<b>Seed Time:</b>	25.35		<b>Finals Time:</b>	24.77	(1) * 17
	<b>&lt;&lt; #24 Men 60-64 100 Free &gt;&gt;</b>				
<b>Seed Time:</b>	57.00		<b>Finals Time:</b>	55.44	(1) * 17
<b>Finals Splits:</b>	26.75	55.44 (28.69)			
	<b>&lt;&lt; #30 Men 60-64 400 IM &gt;&gt;</b>				
<b>Seed Time:</b>	5:57.36		<b>Finals Time:</b>	5:46.01	(2) * 15
<b>Finals Splits:</b>	35.43	1:18.36 (42.93)	2:04.37 (46.01)	2:49.08 (44.71)	
	3:39.42 (50.34)	4:29.76 (50.34)	5:09.42 (39.66)	5:46.01 (36.59)	
	<b>&lt;&lt; #36 Men 60-64 200 Breast &gt;&gt;</b>				
<b>Seed Time:</b>	2:54.00		<b>Finals Time:</b>	2:56.31	(1) 17
<b>Finals Splits:</b>	39.11	1:23.10 (43.99)	2:09.72 (46.62)	2:56.31 (46.59)	
	<b>&lt;&lt; #14 Men 25-34 200 Free Relay - VMST-12 A - Leg 1 &gt;&gt;</b>				
<b>Seed Time:</b>	1:50.00		<b>Finals Time:</b>	1:47.61	(3) * 28
<b>Finals Splits:</b>	25.27	53.43 (28.16)	1:22.44 (29.01)	1:47.61 (25.17)	
	<b>&lt;&lt; #27 Mixed 55-64 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>				
<b>Seed Time:</b>	4:49.00		<b>Finals Time:</b>	4:22.40	(1) * 34
<b>Finals Splits:</b>		ZONECHAMPS: 4:39.92Y			
	34.28	1:11.38 (37.10)	1:28.23 (16.85)	1:52.78 (24.55)	
	2:37.40 (44.62)	3:13.87 (36.47)	3:55.35 (41.48)	4:22.40 (27.05)	
	<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - VMST-12 A - Leg 4 &gt;&gt;</b>				
<b>Seed Time:</b>	1:48.00		<b>Finals Time:</b>	1:48.76	(3) 28
<b>Finals Splits:</b>	28.50	58.36 (29.86)	1:24.02 (25.66)	1:48.76 (24.74)	

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**Chad Knapik - 25**

Virginia Masters Swim Team-12

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<b>Seed Time:</b>	24.00	<b>&lt;&lt; #8 Men 25-29 50 Free &gt;&gt;</b>				
		<b>Finals Time:</b>	24.65	(4)	13	
<b>Seed Time:</b>	59.00	<b>&lt;&lt; #12 Men 25-29 100 Fly &gt;&gt;</b>				
<b>Finals Splits:</b>	27.60	<b>Finals Time:</b>	59.79	(3)	14	
			59.79 (32.19)			
<b>Seed Time:</b>	2:10.00	<b>&lt;&lt; #20 Men 25-29 200 IM &gt;&gt;</b>				
		<b>Finals Time:</b>	NS			
<b>Seed Time:</b>	52.00	<b>&lt;&lt; #24 Men 25-29 100 Free &gt;&gt;</b>				
<b>Finals Splits:</b>	25.75	<b>Finals Time:</b>	53.74	(3)	14	
			53.74 (27.99)			
<b>Seed Time:</b>	1:02.00	<b>&lt;&lt; #34 Men 25-29 100 Back &gt;&gt;</b>				
<b>Finals Splits:</b>	29.31	<b>Finals Time:</b>	1:01.17	(4)	* 13	
			1:01.17 (31.86)			
<b>Seed Time:</b>	33.00	<b>&lt;&lt; #44 Men 25-29 50 Breast &gt;&gt;</b>				
		<b>Finals Time:</b>	31.73	(3)	* 14	
<b>Seed Time:</b>	1:01.00	<b>&lt;&lt; #48 Men 25-29 100 IM &gt;&gt;</b>				
<b>Finals Splits:</b>	27.98	<b>Finals Time:</b>	59.95	(3)	* 14	
			59.95 (31.97)			
<b>Seed Time:</b>	1:50.00	<b>&lt;&lt; #14 Men 25-34 200 Free Relay - VMST-12 A - Leg 4 &gt;&gt;</b>				
<b>Finals Splits:</b>	25.27	<b>Finals Time:</b>	1:47.61	(3)	* 28	
			1:22.44 (29.01)			1:47.61 (25.17)
			53.43 (28.16)			
<b>Seed Time:</b>	1:48.00	<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - VMST-12 A - Leg 1 &gt;&gt;</b>				
<b>Finals Splits:</b>	28.50	<b>Finals Time:</b>	1:48.76	(3)	28	
			1:24.02 (25.66)			1:48.76 (24.74)
			58.36 (29.86)			

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Individual Meet Summary

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**Derek Lang - 22**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #32 Men 18-24 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	25.50		<b>Finals Time:</b>	24.59 (4) * 13	
		<b>&lt;&lt; #36 Men 18-24 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	2:25.00		<b>Finals Time:</b>	2:29.88 (1) 17	
<b>Finals Splits:</b>	31.87	1:09.67 (37.80)	1:49.10 (39.43)	2:29.88 (40.78)	
		<b>&lt;&lt; #46 Men 18-24 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:51.00		<b>Finals Time:</b>	1:54.76 (2) 15	
<b>Finals Splits:</b>	25.25	53.41 (28.16)	1:23.97 (30.56)	1:54.76 (30.79)	
		<b>&lt;&lt; #39 Mixed 18-24 400 Free Relay - VMST-12 A - Leg 1 &gt;&gt;</b>			
<b>Seed Time:</b>	4:49.00		<b>Finals Time:</b>	4:57.63 (2) 30	
<b>Finals Splits:</b>	24.66	51.78 (27.12)	1:31.23 (39.45)	2:16.92 (45.69)	
	2:59.08 (42.16)	3:49.53 (50.45)	4:22.39 (32.86)	4:57.63 (35.24)	
		<b>&lt;&lt; #50 Men 18-24 200 Medley Relay - VMST-12 A - Leg 3 &gt;&gt;</b>			
<b>Seed Time:</b>	1:48.00		<b>Finals Time:</b>	1:48.76 (3) 28	
<b>Finals Splits:</b>	28.50	58.36 (29.86)	1:24.02 (25.66)	1:48.76 (24.74)	

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**Noah Laurence - 42**

Virginia Masters Swim Team-12

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<< #6 Men 40-44 500 Free >>

<b>Seed Time:</b>	5:22.00	<b>Finals Time:</b>	5:25.83	(3)	14
<b>Finals Splits:</b>	29.15	1:00.80 (31.65)	1:32.10 (31.30)	2:04.50 (32.40)	
	2:37.39 (32.89)	3:10.91 (33.52)	3:44.51 (33.60)	4:18.17 (33.66)	
	4:51.94 (33.77)	5:25.83 (33.89)			

<< #12 Men 40-44 100 Fly >>

<b>Seed Time:</b>	1:01.00	<b>Finals Time:</b>	58.23	(1)	* 17
<b>Finals Splits:</b>	27.24	58.23 (30.99)			

<< #20 Men 40-44 200 IM >>

<b>Seed Time:</b>	2:12.00	<b>Finals Time:</b>	2:13.48	(1)	17
<b>Finals Splits:</b>	28.37	1:03.51 (35.14)	1:43.02 (39.51)	2:13.48 (30.46)	

<< #27 Mixed 18-24 400 Medley Relay - VMST-12 A - Leg >>

<b>Seed Time:</b>	4:29.00	<b>Finals Time:</b>	4:33.62	(1)	34
<b>Finals Splits:</b>	38.28	1:18.89 (40.61)	1:52.13 (33.24)	2:31.70 (39.57)	
	2:47.48 (15.78)	3:28.84 (41.36)	3:59.23 (30.39)	4:33.62 (34.39)	

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**Kevin Mastracci - 28**

Virginia Masters Swim Team-12

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<b>Seed Time:</b>	20.64	<< #8 Men 25-29 50 Free >>			
		<b>Finals Time:</b>	20.97	(1)	17
<b>Seed Time:</b>	23.17	<< #22 Men 25-29 50 Back >>			
		<b>Finals Time:</b>	23.57	(1)	17
<b>Seed Time:</b>	22.23	<< #32 Men 25-29 50 Fly >>			
		<b>Finals Time:</b>	21.97	(1)	* 17
		ZONECHAMPS: 22.18Y			
<b>Seed Time:</b>	28.00	<< #44 Men 25-29 50 Breast >>			
		<b>Finals Time:</b>	27.01	(1)	* 17
<b>Seed Time:</b>	51.39	<< #48 Men 25-29 100 IM >>			
		<b>Finals Time:</b>	NS		

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**Elizabeth Miller - 42**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #9 Women 40-44 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	2:16.94		<b>Finals Time:</b>	2:18.62	(1) 17
<b>Finals Splits:</b>		32.25	1:06.71 (34.46)	1:42.33 (35.62)	2:18.62 (36.29)
		<b>&lt;&lt; #19 Women 40-44 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:19.84		<b>Finals Time:</b>	2:19.63	(1) * 17
<b>Finals Splits:</b>		29.43	1:03.78 (34.35)	1:46.18 (42.40)	2:19.63 (33.45)
		<b>&lt;&lt; #21 Women 40-44 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	30.56		<b>Finals Time:</b>	30.24	(2) * 15

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Individual Meet Summary

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**James Miller - 73**

**Virginia Masters Swim Team-12**

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		<b>&lt;&lt; #10 Men 70-74 200 Back &gt;&gt;</b>			
<b>Seed Time:</b>	3:40.00		<b>Finals Time:</b>	3:38.39	(2) * 15
<b>Finals Splits:</b>	52.30	1:46.41 (54.11)	2:42.59 (56.18)	3:38.39 (55.80)	
		<b>&lt;&lt; #22 Men 70-74 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	48.20		<b>Finals Time:</b>	49.08	(5) 12
		<b>&lt;&lt; #34 Men 70-74 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:48.00		<b>Finals Time:</b>	1:42.14	(2) * 15
<b>Finals Splits:</b>	49.27	1:42.14 (52.87)			
		<b>&lt;&lt; #48 Men 70-74 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:42.00		<b>Finals Time:</b>	1:52.47	(6) 11
<b>Finals Splits:</b>	52.74	1:52.47 (59.73)			
		<b>&lt;&lt; #15 Mixed 55-64 200 Free Relay - VMST-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	3:00.00		<b>Finals Time:</b>	2:50.72	(2) * 30
<b>Finals Splits:</b>	36.18	52.12 (15.94)	1:11.02 (18.90)	2:50.72 (1:39.70)	
		<b>&lt;&lt; #39 Mixed 18-24 400 Free Relay - VMST-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	4:49.00		<b>Finals Time:</b>	4:57.63	(2) 30
<b>Finals Splits:</b>	24.66	51.78 (27.12)	1:31.23 (39.45)	2:16.92 (45.69)	
	2:59.08 (42.16)	3:49.53 (50.45)	4:22.39 (32.86)	4:57.63 (35.24)	
		<b>&lt;&lt; #51 Mixed 35-44 200 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:24.00		<b>Finals Time:</b>	2:28.75	(1) 34
<b>Finals Splits:</b>	46.65	1:25.97 (39.32)	1:58.88 (32.91)	2:28.75 (29.87)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

**Patricia Miller - 63**

Virginia Masters Swim Team-12

		<b>&lt;&lt; #17 Women 60-64 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:24.03		<b>Finals Time:</b>	1:25.11	(1) 17
<b>Finals Splits:</b>		41.23	1:25.11 (43.88)		
		<b>&lt;&lt; #19 Women 60-64 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	3:00.00		<b>Finals Time:</b>	2:56.30	(2) * 15
<b>Finals Splits:</b>		41.85	1:28.39 (46.54)	2:16.30 (47.91)	2:56.30 (40.00)
		<b>&lt;&lt; #35 Women 60-64 200 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	3:15.00		<b>Finals Time:</b>	NS	
		<b>&lt;&lt; #43 Women 60-64 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	38.52		<b>Finals Time:</b>	38.69	(1) 17
		<b>&lt;&lt; #47 Women 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:25.00		<b>Finals Time:</b>	1:20.37	(3) * 14
<b>Finals Splits:</b>		40.33	1:20.37 (40.04)		
		<b>&lt;&lt; #13 Women 55-64 200 Free Relay - VMST-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.00		<b>Finals Time:</b>	2:08.32	(1) * 34
<b>Finals Splits:</b>		32.64	1:03.67 (31.03)	1:37.15 (33.48)	2:08.32 (31.17)
		<b>&lt;&lt; #27 Mixed 55-64 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:49.00		<b>Finals Time:</b>	4:22.40	(1) * 34
		ZONECHAMPS: 4:39.92Y			
<b>Finals Splits:</b>		34.28	1:11.38 (37.10)	1:28.23 (16.85)	1:52.78 (24.55)
		2:37.40 (44.62)	3:13.87 (36.47)	3:55.35 (41.48)	4:22.40 (27.05)
		<b>&lt;&lt; #49 Women 55-64 200 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.00		<b>Finals Time:</b>	2:13.57	(1) * 34
<b>Finals Splits:</b>		35.02	1:13.39 (38.37)	1:44.06 (30.67)	2:13.57 (29.51)
		<b>&lt;&lt; #53 Women 55-64 800 Free Relay - VMST-12 A - Leg 4 &gt;&gt;</b>			
<b>Seed Time:</b>	10:55.00		<b>Finals Time:</b>	10:40.27	(1) *
<b>Finals Splits:</b>		32.87	1:09.00 (36.13)	1:46.00 (37.00)	2:21.59 (35.59)
		3:01.99 (40.40)	3:48.51 (46.52)	4:37.80 (49.29)	5:24.60 (46.80)
		6:01.37 (36.77)	6:42.70 (41.33)	7:24.83 (42.13)	8:06.22 (41.39)
		8:42.37 (36.15)	9:21.70 (39.33)	10:01.82 (40.12)	10:40.27 (38.45)



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**Richard Murphy - 64**  
**Virginia Masters Swim Team-12**

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		<b>&lt;&lt; #24 Men 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	1:03.39	<b>Finals Time:</b>	1:03.84	(2)	15
<b>Finals Splits:</b>	30.21	1:03.84 (33.63)			
		<b>&lt;&lt; #32 Men 60-64 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	31.16	<b>Finals Time:</b>	31.98	(3)	14
		<b>&lt;&lt; #48 Men 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:13.88	<b>Finals Time:</b>	1:14.09	(1)	17
<b>Finals Splits:</b>	33.38	1:14.09 (40.71)			
		<b>&lt;&lt; #14 Men 25-34 200 Free Relay - VMST-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	1:50.00	<b>Finals Time:</b>	1:47.61	(3) *	28
<b>Finals Splits:</b>	25.27	53.43 (28.16)	1:22.44 (29.01)	1:47.61 (25.17)	

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Individual Meet Summary

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**David Speer - 64**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #8 Men 60-64 50 Free &gt;&gt;</b>			
<b>Seed Time:</b>	55.01	<b>Finals Time:</b>	51.43	(15) * 2	
		<b>&lt;&lt; #24 Men 60-64 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:05.01	<b>Finals Time:</b>	2:01.76	(11) * 6	
<b>Finals Splits:</b>	2:01.84	2:01.76 ( )			
		<b>&lt;&lt; #46 Men 60-64 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	4:30.01	<b>Finals Time:</b>	4:27.02	(6) * 11	
		3:19.67 ( )	4:27.02 (1:07.35)		
		<b>&lt;&lt; #15 Mixed 55-64 200 Free Relay - VMST-12 A - Leg 2 &gt;&gt;</b>			
<b>Seed Time:</b>	3:00.00	<b>Finals Time:</b>	2:50.72	(2) * 30	
<b>Finals Splits:</b>	36.18	52.12 (15.94)	1:11.02 (18.90)	2:50.72 (1:39.70)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Nancy Speer - 61**

Virginia Masters Swim Team-12

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<< #1 Women 60-64 1000 Free >>

<b>Seed Time:</b>	15:12.28	<b>Finals Time:</b>	14:29.09	(1) * 17
<b>Finals Splits:</b>	36.68	1:17.22 (40.54)	1:59.21 (41.99)	2:41.70 (42.49)
	3:24.13 (42.43)	4:07.35 (43.22)	4:50.97 (43.62)	5:35.58 (44.61)
	6:20.07 (44.49)	7:05.65 (45.58)	7:49.77 (44.12)	8:34.54 (44.77)
	9:19.37 (44.83)	10:03.96 (44.59)	10:49.23 (45.27)	11:33.92 (44.69)
	12:18.16 (44.24)	13:02.29 (44.13)	13:46.36 (44.07)	14:29.09 (42.73)

<< #23 Women 60-64 100 Free >>

<b>Seed Time:</b>	1:15.99	<b>Finals Time:</b>	1:14.08	(2) * 15
<b>Finals Splits:</b>	35.35	1:14.08 (38.73)		

<< #45 Women 60-64 200 Free >>

<b>Seed Time:</b>	2:38.98	<b>Finals Time:</b>	2:38.46	(1) * 17
<b>Finals Splits:</b>	36.93	1:17.43 (40.50)	1:58.47 (41.04)	2:38.46 (39.99)

<< #13 Women 55-64 200 Free Relay - VMST-12 A - Leg 3 >>

<b>Seed Time:</b>	2:14.00	<b>Finals Time:</b>	2:08.32	(1) * 34
<b>Finals Splits:</b>	32.64	1:03.67 (31.03)	1:37.15 (33.48)	2:08.32 (31.17)

<< #25 Women 55-64 400 Medley Relay - VMST-12 A - Leg >>

<b>Seed Time:</b>	5:43.00	<b>Finals Time:</b>	5:39.71	(1) * 34
<b>Finals Splits:</b>	41.18	1:25.03 (43.85)	2:16.97 (51.94)	3:47.15 (1:30.18)
	4:26.85 (39.70)	5:01.25 (34.40)	5:39.71 (38.46)	5:39.71 ( )

<< #37 Women 55-64 400 Free Relay - VMST-12 A - Leg 3 >>

<b>Seed Time:</b>	4:48.00	<b>Finals Time:</b>	4:48.82	(1) 34
<b>Finals Splits:</b>	32.85	1:09.80 (36.95)		2:30.10 ( )
	3:04.62 (34.52)	3:43.51 (38.89)	4:14.85 (31.34)	4:48.82 (33.97)

<< #53 Women 55-64 800 Free Relay - VMST-12 A - Leg 3 >>

<b>Seed Time:</b>	10:55.00	<b>Finals Time:</b>	10:40.27	(1) *
<b>Finals Splits:</b>	32.87	1:09.00 (36.13)	1:46.00 (37.00)	2:21.59 (35.59)
	3:01.99 (40.40)	3:48.51 (46.52)	4:37.80 (49.29)	5:24.60 (46.80)
	6:01.37 (36.77)	6:42.70 (41.33)	7:24.83 (42.13)	8:06.22 (41.39)
	8:42.37 (36.15)	9:21.70 (39.33)	10:01.82 (40.12)	10:40.27 (38.45)

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**George Sushkoff - 58**

Virginia Masters Swim Team-12

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<< #6 Men 55-59 500 Free >>

<b>Seed Time:</b>	5:31.08	<b>Finals Time:</b>	5:52.91	(1)	17
<b>Finals Splits:</b>	33.39	1:08.46 (35.07)	1:44.19 (35.73)	2:19.96 (35.77)	
	2:55.74 (35.78)	3:31.24 (35.50)	4:06.78 (35.54)	4:42.45 (35.67)	
	5:18.03 (35.58)	5:52.91 (34.88)			

<< #20 Men 55-59 200 IM >>

<b>Seed Time:</b>	2:37.83	<b>Finals Time:</b>	2:37.97	(2)	15
<b>Finals Splits:</b>	35.31	1:16.40 (41.09)	2:02.76 (46.36)	2:37.97 (35.21)	

<< #32 Men 55-59 50 Fly >>

<b>Seed Time:</b>	35.40	<b>Finals Time:</b>	33.79	(8)	* 9
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<< #46 Men 55-59 200 Free >>

<b>Seed Time:</b>	2:20.00	<b>Finals Time:</b>	2:14.78	(3)	* 14
<b>Finals Splits:</b>	32.00	1:05.67 (33.67)	1:40.32 (34.65)	2:14.78 (34.46)	

<< #27 Mixed 55-64 400 Medley Relay - VMST-12 A - Leg >>

<b>Seed Time:</b>	4:49.00	<b>Finals Time:</b>	4:22.40	(1)	* 34
		ZONECHAMPS: 4:39.92Y			
<b>Finals Splits:</b>	34.28	1:11.38 (37.10)	1:28.23 (16.85)	1:52.78 (24.55)	
	2:37.40 (44.62)	3:13.87 (36.47)	3:55.35 (41.48)	4:22.40 (27.05)	

<< #51 Mixed 35-44 200 Medley Relay - VMST-12 A - Leg >>

<b>Seed Time:</b>	2:24.00	<b>Finals Time:</b>	2:28.75	(1)	34
<b>Finals Splits:</b>	46.65	1:25.97 (39.32)	1:58.88 (32.91)	2:28.75 (29.87)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Jayne Swain - 49**

**Virginia Masters Swim Team-12**

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		<b>&lt;&lt; #43 Women 45-49 50 Breast &gt;&gt;</b>					
<b>Seed Time:</b>	37.88						
		<b>Finals Time:</b>		38.66	(2)	15	
		<b>&lt;&lt; #47 Women 45-49 100 IM &gt;&gt;</b>					
<b>Seed Time:</b>	1:13.75						
		<b>Finals Time:</b>		Scratched			
		<b>&lt;&lt; #39 Mixed 18-24 400 Free Relay - VMST-12 A - Leg 4 &gt;&gt;</b>					
<b>Seed Time:</b>	4:49.00			<b>Finals Time:</b>	4:57.63	(2)	30
<b>Finals Splits:</b>		24.66	51.78 (27.12)	1:31.23 (39.45)	2:16.92 (45.69)		
		2:59.08 (42.16)	3:49.53 (50.45)	4:22.39 (32.86)	4:57.63 (35.24)		
		<b>&lt;&lt; #51 Mixed 35-44 200 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>					
<b>Seed Time:</b>	2:24.00			<b>Finals Time:</b>	2:28.75	(1)	34
<b>Finals Splits:</b>		46.65	1:25.97 (39.32)	1:58.88 (32.91)	2:28.75 (29.87)		

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

Jeff Rouse Swim & Sport Center, Sanction #: 124-S002

Individual Meet Summary

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**Val Van Horn Pate - 61**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #11 Women 60-64 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:09.56		<b>Finals Time:</b>	1:08.56	(1) * 17
			ZONECHAMPS: 1:16.83Y		
<b>Finals Splits:</b>	32.04	1:08.56 (36.52)			
		<b>&lt;&lt; #21 Women 60-64 50 Back &gt;&gt;</b>			
<b>Seed Time:</b>	32.49		<b>Finals Time:</b>	32.38	(1) * 17
			ZONECHAMPS: 32.43Y		
		<b>&lt;&lt; #31 Women 60-64 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	30.63		<b>Finals Time:</b>	30.68	(1) 17
			ZONECHAMPS: 32.07Y		
		<b>&lt;&lt; #33 Women 60-64 100 Back &gt;&gt;</b>			
<b>Seed Time:</b>	1:12.01		<b>Finals Time:</b>	1:10.91	(1) * 17
<b>Finals Splits:</b>	34.63	1:10.91 (36.28)			
		<b>&lt;&lt; #47 Women 60-64 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:12.77		<b>Finals Time:</b>	1:11.76	(1) * 17
			ZONECHAMPS: 1:14.02Y		
<b>Finals Splits:</b>	32.66	1:11.76 (39.10)			
		<b>&lt;&lt; #27 Mixed 55-64 400 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	4:49.00		<b>Finals Time:</b>	4:22.40	(1) * 34
			ZONECHAMPS: 4:39.92Y		
<b>Finals Splits:</b>	34.28	1:11.38 (37.10)	1:28.23 (16.85)	1:52.78 (24.55)	
	2:37.40 (44.62)	3:13.87 (36.47)	3:55.35 (41.48)	4:22.40 (27.05)	
		<b>&lt;&lt; #49 Women 55-64 200 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:14.00		<b>Finals Time:</b>	2:13.57	(1) * 34
<b>Finals Splits:</b>	35.02	1:13.39 (38.37)	1:44.06 (30.67)	2:13.57 (29.51)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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**Mason Vaughan - 39**

Virginia Masters Swim Team-12

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		<b>&lt;&lt; #31 Women 35-39 50 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	32.43		<b>Finals Time:</b>	32.16 (1) * 17	
		<b>&lt;&lt; #43 Women 35-39 50 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	36.82		<b>Finals Time:</b>	36.91 (1) 17	
		<b>&lt;&lt; #45 Women 35-39 200 Free &gt;&gt;</b>			
<b>Seed Time:</b>	2:19.73		<b>Finals Time:</b>	2:18.31 (2) * 15	
<b>Finals Splits:</b>	32.02	1:06.74 (34.72)	1:42.60 (35.86)	2:18.31 (35.71)	
		<b>&lt;&lt; #47 Women 35-39 100 IM &gt;&gt;</b>			
<b>Seed Time:</b>	1:11.35		<b>Finals Time:</b>	1:11.80 (1) 17	
<b>Finals Splits:</b>	33.98	1:11.80 (37.82)			
		<b>&lt;&lt; #51 Mixed 35-44 200 Medley Relay - VMST-12 A - Leg &gt;&gt;</b>			
<b>Seed Time:</b>	2:24.00		<b>Finals Time:</b>	2:28.75 (1) 34	
<b>Finals Splits:</b>	46.65	1:25.97 (39.32)	1:58.88 (32.91)	2:28.75 (29.87)	

2024 USMS COLONIES ZONE SCY CHAMPIONSHIP - 4/19/2024 to 4/21/2024

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Individual Meet Summary

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**Jeremy Gustafson - 42**

**YMCA 7 Hills Surge-12**

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		<b>&lt;&lt; #12 Men 40-44 100 Fly &gt;&gt;</b>			
<b>Seed Time:</b>	1:18.81		<b>Finals Time:</b>	1:15.07	(3) * 14
<b>Finals Splits:</b>		33.43	1:15.07 (41.64)		
		<b>&lt;&lt; #18 Men 40-44 100 Breast &gt;&gt;</b>			
<b>Seed Time:</b>	1:23.59		<b>Finals Time:</b>	1:21.26	(3) * 14
<b>Finals Splits:</b>		38.79	1:21.26 (42.47)		
		<b>&lt;&lt; #20 Men 40-44 200 IM &gt;&gt;</b>			
<b>Seed Time:</b>	2:40.00		<b>Finals Time:</b>	2:38.78	(4) * 13
<b>Finals Splits:</b>		32.99	1:18.48 (45.49)	2:02.92 (44.44)	2:38.78 (35.86)
		<b>&lt;&lt; #24 Men 40-44 100 Free &gt;&gt;</b>			
<b>Seed Time:</b>	59.84		<b>Finals Time:</b>	1:00.98	(2) 15
<b>Finals Splits:</b>		29.04	1:00.98 (31.94)		