

Long Course Champs
May 28-30, 2010

Albrechtsons, Hannah (18) W					50.75	L	P	50	Breast
					1:48.94	L	P	100	Breast
31.88	L	P	50	Free	43.03	L	P	50	Fly
10:49.20	L	F	800	Free	Bittner, Danielle (16) W				
38.27	L	P	50	Back	32.16	L	F	50	Free
Avis, Jillian (17) W					32.23	L	P	50	Free
36.13	L	P	50	Free	1:09.05	L	F	100	Free
1:18.35	L	P	100	Free	1:10.22	L	P	100	Free
2:56.25	L	P	200	Free	2:33.58	L	F	200	Free
6:07.45	L	F	400	Free	2:35.90	L	P	200	Free
6:09.83	L	P	400	Free	38.00	L	P	50	Back
50.54	L	P	50	Breast	38.12	L	F	50	Back
1:54.83	L	P	100	Breast	1:18.63	L	P	100	Back
3:31.76	L	P	200	IM	1:20.30	L	F	100	Back
Aylward, Neria (14) W					2:49.99	L	F	200	Back
32.39	L	F	50	Free	2:51.16	L	P	200	Back
33.28	L	P	50	Free	1:34.11	L	F	100	Breast
1:09.89	L	F	100	Free	1:36.64	L	P	100	Breast
1:10.88	L	P	100	Free	Breen, Max (10) M				
2:38.50	L	F	200	Free	1:22.88	L	P	100	Free
2:40.89	L	P	200	Free	3:06.57	L	P	200	Free
11:35.11	L	F	800	Free	3:57.74	L	P	200	Breast
37.43	L	F	50	Back	45.38	L	F	50	Fly
39.23	L	P	50	Back	46.58	L	P	50	Fly
1:20.85	L	P	100	Back	Brodie, Karen (18) W				
1:21.34	L	F	100	Back	32.07	L	F	50	Free
37.27	L	F	50	Fly	32.64	L	P	50	Free
37.90	L	P	50	Fly	39.10	L	P	50	Back
Baird, Elizabeth (17) W					39.86	L	F	50	Back
34.05	L	P	50	Free	39.23	L	F	50	Breast
1:12.90	L	F	100	Free	39.35	L	P	50	Breast
1:13.80	L	P	100	Free	1:29.39	L	F	100	Breast
5:49.15	L	F	400	Free	1:30.06	L	P	100	Breast
5:56.52	L	P	400	Free	3:18.92	L	F	200	Breast
1:26.91	L	P	100	Back	3:19.50	L	P	200	Breast
1:28.03	L	F	100	Back	35.18	L	P	50	Fly
36.90	L	F	50	Fly	35.79	L	F	50	Fly
37.91	L	P	50	Fly	2:58.87	L	F	200	IM
1:31.86	L	F	100	Fly	3:00.57	L	P	200	IM
1:32.57	L	P	100	Fly	Brown, Davin (13) M				
3:08.16	L	F	200	IM	30.40	L	F	50	Free
3:09.32	L	P	200	IM	30.47	L	P	50	Free
Bieger, Elissa (13) W					1:08.50	L	P	100	Free
35.33	L	P	50	Free	1:08.66	L	F	100	Free
1:22.31	L	P	100	Free	2:27.19	L	F	200	Free
47.89	L	P	50	Back	2:30.21	L	P	200	Free

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5:13.84 L P 400 Free
5:16.18 L F 400 Free
38.14 L P 50 Back
38.25 L F 50 Back
33.60 L P 50 Fly
33.86 L F 50 Fly
2:52.94 L F 200 IM
2:55.54 L P 200 IM

Cowley, Iain (15) M

30.12 L F 50 Free
30.25 L P 50 Free
1:05.69 L F 100 Free
1:05.71 L P 100 Free
2:27.61 L F 200 Free
2:29.58 L P 200 Free
36.04 L F 50 Back
36.44 L P 50 Back
1:18.21 L P 100 Back
1:18.29 L F 100 Back
34.47 L P 50 Fly
34.95 L F 50 Fly
6:13.93 L F 400 IM
6:16.80 L P 400 IM

Curran, Dawn (13) W

1:13.02 L P 100 Free
5:48.18 L P 400 Free
1:22.72 L F 100 Back
1:23.81 L P 100 Back
42.13 L P 50 Breast
42.34 L F 50 Breast
1:32.73 L F 100 Breast
1:33.82 L P 100 Breast
3:19.42 L P 200 Breast
3:23.36 L F 200 Breast
2:58.30 L F 200 IM
2:59.44 L P 200 IM

Daly, Declan (13) M

35.40 L P 50 Free
1:18.85 L P 100 Free
2:52.41 L P 200 Free
43.60 L F 50 Breast
46.24 L P 50 Breast
1:41.69 L F 100 Breast
1:46.08 L P 100 Breast
3:38.53 L F 200 Breast
3:47.53 L P 200 Breast
3:13.93 L P 200 IM

Daly, Kathleen (13) W

35.86 L P 50 Free
3:00.50 L P 200 Free
45.22 L P 50 Breast
45.62 L F 50 Breast
1:42.42 L P 100 Breast
3:29.73 L F 200 Breast
3:31.84 L P 200 Breast
42.65 L P 50 Fly
3:12.43 L P 200 IM

Daly, Michael (11) M

6:37.17 L P 400 Free
46.11 L P 50 Back
43.52 L F 50 Fly
44.91 L P 50 Fly
3:34.51 L P 200 IM

Dobbin, Michael (12) M

36.53 L P 50 Free
1:20.09 L F 100 Free
1:20.73 L P 100 Free
2:56.81 L P 200 Free
6:08.89 L F 400 Free
6:12.57 L P 400 Free
3:27.00 L P 200 Back
3:31.05 L F 200 Breast
3:34.38 L P 200 Breast
3:14.36 L P 200 IM

Dornan, Emma (12) W

30.11 L F 50 Free
31.33 L P 50 Free
1:04.42 L F 100 Free
1:07.65 L P 100 Free
2:21.43 L F 200 Free
2:24.49 L P 200 Free
5:03.23 L F 400 Free
5:07.17 L P 400 Free
10:39.72 L F 800 Free
34.39 L F 50 Fly
35.23 L P 50 Fly
1:19.05 L F 100 Fly
1:20.97 L P 100 Fly

Dumaresque, Ursula (11) W

1:29.14 L P 100 Free
3:55.94 L P 200 Breast
39.25 L F 50 Fly

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42.40 L P 50 Fly
3:28.06 L P 200 IM

Dunn, Christopher (14) M

2:41.49 L P 200 Free
37.69 L F 50 Back
38.14 L P 50 Back
39.47 L F 50 Breast
40.29 L P 50 Breast
1:26.26 L F 100 Breast
1:28.20 L P 100 Breast
34.29 L F 50 Fly
34.87 L P 50 Fly
2:48.95 L F 200 IM
2:51.36 L P 200 IM

Ferguson-O'Brien, Walter (12) M

2:30.29 L F 200 Free
2:33.57 L P 200 Free
5:21.76 L F 400 Free
5:31.99 L P 400 Free
11:42.62 L F 800 Free
41.19 L P 50 Breast
43.04 L F 50 Breast
1:29.38 L F 100 Breast
1:30.97 L P 100 Breast
3:09.41 L F 200 Breast
3:15.83 L P 200 Breast
2:50.16 L F 200 IM
2:51.08 L P 200 IM

Flynn, Amanda (16) W

32.03 L F 50 Free
32.23 L P 50 Free
1:11.50 L F 100 Free
1:13.25 L P 100 Free
42.54 L F 50 Breast
42.98 L P 50 Breast
1:35.92 L P 100 Breast
1:36.47 L F 100 Breast
2:57.99 L F 200 IM
3:02.44 L P 200 IM

Flynn, Amy (15) W

32.92 L F 50 Free
33.62 L P 50 Free
1:15.06 L P 100 Free
2:44.41 L P 200 Free
1:28.55 L P 100 Back
3:46.57 L P 200 Breast

34.86 L F 50 Fly
36.51 L P 50 Fly
1:21.74 L F 100 Fly
1:24.57 L P 100 Fly

Froude, Allison (12) W

38.73 L P 50 Free
1:24.85 L P 100 Free
3:00.14 L P 200 Free
44.76 L P 50 Back
1:34.32 L P 100 Back
1:37.03 L F 100 Back
1:42.91 L F 100 Breast
1:44.63 L P 100 Breast

Froude, Leo (15) M

2:16.77 L F 200 Free
2:17.09 L P 200 Free
4:41.67 L P 400 Free
4:43.09 L F 400 Free
9:41.73 L F 800 Free
33.19 L F 50 Back
33.46 L P 50 Back
1:10.87 L P 100 Back
1:11.02 L F 100 Back
2:28.40 L P 200 Back
2:29.25 L F 200 Back
1:09.36 L P 100 Fly
1:10.48 L F 100 Fly

Gillespie, Jenny (11) W

1:29.55 L P 100 Free
3:11.90 L P 200 Free
47.72 L P 50 Back
47.98 L F 50 Breast
50.21 L P 50 Breast
1:49.51 L P 100 Breast
3:39.50 L F 200 Breast
3:48.78 L P 200 Breast
3:34.51 L P 200 IM

Gillespie, Katie (13) W

1:09.89 L F 100 Free
1:10.84 L P 100 Free
2:36.94 L F 200 Free
2:39.22 L P 200 Free
40.65 L F 50 Breast
41.42 L P 50 Breast
1:25.39 L F 100 Breast
1:27.13 L P 100 Breast

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3:06.84 L F 200 Breast
3:14.24 L P 200 Breast
2:54.66 L F 200 IM
2:54.92 L P 200 IM
6:10.34 L F 400 IM
6:18.93 L P 400 IM

Gillespie, Olivia (10) W

1:41.05 L P 100 Free
51.58 L F 50 Breast
52.62 L P 50 Breast
1:50.15 L P 100 Breast
3:52.35 L P 200 Breast

Greening, Jenna (13) W

37.26 L P 50 Free
1:23.69 L P 100 Free
3:05.09 L P 200 Free
44.34 L P 50 Back
1:36.21 L P 100 Back
3:26.16 L P 200 Back
45.21 L P 50 Fly

Gregory, Peter (16) M

28.79 L F 50 Free
29.12 L P 50 Free
4:52.36 L F 400 Free
4:54.62 L P 400 Free
33.14 L F 50 Back
34.26 L P 50 Back
1:12.87 L F 100 Back
1:13.01 L P 100 Back
2:34.81 L P 200 Back
43.11 L P 50 Breast
5:34.06 L F 400 IM
5:37.81 L P 400 IM

Hanna-Quinn, Sonja (14) W

37.78 L P 50 Free
1:25.96 L P 100 Free
3:05.10 L P 200 Free
44.79 L P 50 Back
1:33.96 L P 100 Back
3:25.01 L P 200 Back
3:25.54 L P 200 IM

Head, Nicole (12) W

38.05 L P 50 Free
1:23.29 L P 100 Free
3:02.00 L P 200 Free

6:44.30 L P 400 Free
45.26 L P 50 Back
1:39.42 L P 100 Back
3:26.76 L P 200 Back

Hickman, Cameron (10) M

49.57 L P 50 Back
48.96 L F 50 Breast
51.05 L P 50 Breast
1:48.79 L F 100 Breast
1:50.23 L P 100 Breast
3:44.33 L F 200 Breast
3:44.98 L P 200 Breast

Hickman, Caroline (12) W

31.34 L F 50 Free
32.77 L P 50 Free
5:21.25 L F 400 Free
5:40.16 L P 400 Free
1:23.42 L F 100 Back
1:26.45 L P 100 Back
40.15 L F 50 Breast
40.18 L P 50 Breast
1:27.74 L F 100 Breast
1:30.62 L P 100 Breast
3:12.63 L F 200 Breast
3:16.93 L P 200 Breast
2:52.99 L F 200 IM
3:04.02 L P 200 IM

Hiscock, Stefan (13) M

30.04 L P 50 Free
30.29 L F 50 Free
1:07.65 L P 100 Free
1:08.87 L F 100 Free
2:36.76 L P 200 Free
5:37.40 L P 400 Free
5:39.68 L F 400 Free
43.69 L F 50 Breast
43.73 L P 50 Breast
3:28.27 L F 200 Breast
3:29.78 L P 200 Breast
2:56.04 L P 200 IM
3:00.35 L F 200 IM

Innes, Emily (18) W

1:11.40 L F 100 Free
1:11.74 L P 100 Free
38.80 L P 50 Back
39.10 L F 50 Back

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43.37 L P 50 Breast
44.55 L F 50 Breast
32.72 L P 50 Fly
32.84 L F 50 Fly
1:11.80 L F 100 Fly
1:14.14 L P 100 Fly
2:43.55 L P 200 Fly
2:44.24 L F 200 Fly

Jackman, Sarah V (12) W

35.92 L P 50 Free
1:23.31 L P 100 Free
43.87 L P 50 Back
1:54.93 L P 100 Breast
39.97 L F 50 Fly
43.42 L P 50 Fly

Lewis, Liam (11) M

3:15.60 L P 200 Free
3:42.70 L F 200 Breast
3:45.30 L P 200 Breast
3:33.40 L P 200 IM

MACKAY, Meg (12) W

34.16 L F 50 Free
34.63 L P 50 Free
1:12.34 L F 100 Free
1:15.32 L P 100 Free
5:24.25 L F 400 Free
5:32.87 L P 400 Free
20:54.04 L F 1500 Free
39.83 L F 50 Back
40.52 L P 50 Back
1:26.62 L P 100 Back
1:34.76 L F 100 Back
6:25.52 L F 400 IM
6:38.52 L P 400 IM

MACKAY, Victoria (15) W

31.00 L P 50 Free
31.21 L F 50 Free
1:07.78 L F 100 Free
1:08.21 L P 100 Free
2:26.50 L P 200 Free
2:27.97 L F 200 Free
5:03.57 L P 400 Free
5:03.64 L F 400 Free
20:12.97 L F 1500 Free
38.14 L P 50 Back
38.69 L F 50 Back

1:21.10 L P 100 Back
1:24.46 L F 100 Back

Marino, Felix (12) M

37.40 L P 50 Free
1:22.56 L P 100 Free
2:59.10 L P 200 Free
6:05.67 L P 400 Free
6:09.00 L F 400 Free
49.08 L P 50 Back
47.60 L P 50 Fly
49.02 L F 50 Fly

Marmouche, Chris (13) M

31.34 L F 50 Free
32.19 L P 50 Free
2:38.16 L P 200 Free
2:45.92 L F 200 Free
5:23.94 L F 400 Free
5:47.72 L P 400 Free
39.13 L F 50 Breast
40.63 L P 50 Breast
1:27.96 L F 100 Breast
1:32.57 L P 100 Breast
3:11.84 L F 200 Breast
3:26.11 L P 200 Breast
3:02.32 L F 200 IM
3:03.41 L P 200 IM

McAleese, Aileen (17) W

31.95 L P 50 Free
1:07.78 L F 100 Free
1:08.92 L P 100 Free
39.96 L P 50 Back
40.03 L F 50 Breast
40.83 L P 50 Breast
1:29.59 L F 100 Breast
1:29.60 L P 100 Breast
35.55 L F 50 Fly
36.65 L P 50 Fly
1:27.83 L P 100 Fly

Mercer-Daley, Billy (16) M

30.78 L P 50 Free
1:07.19 L P 100 Free
1:08.49 L F 100 Free
10:31.81 L F 800 Free
20:39.91 L F 1500 Free
36.30 L F 50 Back
36.52 L P 50 Back

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39.99 L P 50 Breast
41.99 L F 50 Breast
2:51.07 L P 200 IM

Monaghan, Darragh (13) M

31.60 L P 50 Free
1:09.87 L P 100 Free
2:42.86 L P 200 Free
5:38.61 L F 400 Free
5:47.06 L P 400 Free
40.12 L P 50 Back
37.20 L F 50 Fly
38.30 L P 50 Fly
3:08.79 L P 200 IM

Newhook, Benjamin (11) M

37.31 L P 50 Free
3:01.47 L P 200 Free
6:36.17 L P 400 Free
3:39.92 L P 200 IM

Newhook, Sam (14) M

28.70 L F 50 Free
29.06 L P 50 Free
1:04.89 L F 100 Free
1:05.37 L P 100 Free
2:25.66 L F 200 Free
2:28.21 L P 200 Free
3:18.77 L P 200 Breast
3:21.81 L F 200 Breast
32.21 L F 50 Fly
33.64 L P 50 Fly
1:16.46 L F 100 Fly
1:22.37 L P 100 Fly
2:45.44 L F 200 IM
2:45.72 L P 200 IM

Noseworthy, Jessica (16) W

33.27 L P 50 Free
33.41 L F 50 Free
1:09.45 L F 100 Free
1:11.31 L P 100 Free
2:38.16 L F 200 Free
2:40.64 L P 200 Free
44.59 L P 50 Breast
44.72 L F 50 Breast
1:31.25 L F 100 Breast
1:32.95 L P 100 Breast
3:16.39 L F 200 Breast
3:21.80 L P 200 Breast

36.71 L F 50 Fly
37.56 L P 50 Fly

O'Keefe-Daw, Eve (11) W

1:46.72 L P 100 Breast
1:47.99 L F 100 Breast
3:58.08 L P 200 Breast

O'Leary, Liam (12) M

32.54 L F 50 Free
33.17 L P 50 Free
1:11.93 L F 100 Free
1:12.71 L P 100 Free
2:42.30 L P 200 Free
2:44.84 L F 200 Free
41.17 L F 50 Back
42.46 L P 50 Back
1:30.26 L F 100 Breast
1:34.36 L P 100 Breast
3:15.13 L F 200 Breast
3:25.03 L P 200 Breast
2:59.48 L F 200 IM
3:03.65 L P 200 IM

O'Leary, Rebecca (16) W

35.83 L P 50 Free
1:16.07 L P 100 Free
43.30 L P 50 Back
3:12.10 L P 200 Back

Shortall, Gabriel (12) M

1:11.19 L F 100 Free
1:11.70 L P 100 Free
2:39.77 L F 200 Free
2:49.23 L P 200 Free
22:04.69 L F 1500 Free
37.60 L P 50 Back
38.37 L F 50 Back
2:57.07 L F 200 Back
3:03.73 L P 200 Back
45.06 L F 50 Breast
46.41 L P 50 Breast
2:56.15 L F 200 IM
3:04.05 L P 200 IM

Silotch, Catherine (11) W

29.86 L F 50 Free
30.20 L P 50 Free
1:04.00 L F 100 Free
1:07.75 L P 100 Free

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2:31.56 L F 200 Free
2:33.11 L P 200 Free
5:21.01 L F 400 Free
5:30.80 L P 400 Free
34.21 L F 50 Back
34.70 L P 50 Back
1:15.71 L F 100 Back
1:15.85 L P 100 Back
2:42.46 L F 200 Back
2:48.24 L P 200 Back

Slade, Logan (12) M

29.62 L P 50 Free
29.89 L F 50 Free
2:25.01 L F 200 Free
2:27.20 L P 200 Free
5:06.32 L F 400 Free
5:16.18 L P 400 Free
21:26.55 L F 1500 Free
34.42 L F 50 Back
35.06 L P 50 Back
1:14.85 L P 100 Back
1:15.39 L F 100 Back
2:32.84 L F 200 Back
2:34.75 L P 200 Back

Smith, Colin (12) M

35.42 L F 50 Free
35.82 L P 50 Free
1:19.93 L F 100 Free
1:22.24 L P 100 Free
2:56.30 L P 200 Free
42.41 L F 50 Back
45.02 L P 50 Back
3:22.68 L F 200 Back
3:26.40 L P 200 Back
45.50 L F 50 Breast
46.92 L P 50 Breast
3:21.21 L F 200 IM
3:23.82 L P 200 IM

Smith, Kaitlyn (14) W

36.32 L P 50 Free
2:50.45 L P 200 Free
6:06.30 L P 400 Free
42.34 L P 50 Back
3:04.85 L F 200 Back
3:08.89 L P 200 Back
44.09 L P 50 Fly
3:18.25 L P 200 IM

Snow, Laura (12) W

2:38.37 L F 200 Free
2:40.61 L P 200 Free
41.36 L P 50 Breast
41.87 L F 50 Breast
1:29.94 L F 100 Breast
1:32.02 L P 100 Breast
3:16.51 L F 200 Breast
3:19.72 L P 200 Breast

Taylor, Laura (16) W

33.85 L P 50 Free
37.05 L F 50 Back
38.00 L P 50 Back
1:24.90 L P 100 Fly
1:25.60 L F 100 Fly

Tomblin, Leah (19) W

31.86 L P 50 Free
32.05 L F 50 Free
35.91 L F 50 Back
36.18 L P 50 Back
2:44.68 L F 200 Back
2:45.85 L P 200 Back
33.40 L P 50 Fly
33.75 L F 50 Fly

Tremblett, Beth (11) W

39.02 L P 50 Free
2:59.63 L P 200 Free
6:26.34 L P 400 Free
43.37 L P 50 Back
46.48 L P 50 Breast
46.97 L F 50 Breast
1:37.34 L F 100 Breast
1:42.27 L P 100 Breast
3:29.31 L F 200 Breast
3:35.62 L P 200 Breast

Tremblett, Sarah (16) W

30.06 L F 50 Free
31.76 L P 50 Free
1:04.77 L F 100 Free
1:07.46 L P 100 Free
2:28.13 L F 200 Free
2:30.75 L P 200 Free
5:05.74 L F 400 Free
5:09.69 L P 400 Free
20:48.32 L F 1500 Free

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34.29 L F 50 Fly
35.44 L P 50 Fly
6:04.82 L F 400 IM
6:08.10 L P 400 IM

Tremblett, Victoria (16) W

30.15 L F 50 Free
30.69 L P 50 Free
1:04.23 L F 100 Free
1:05.51 L P 100 Free
2:23.49 L F 200 Free
2:28.82 L P 200 Free
5:13.51 L F 400 Free
5:14.32 L P 400 Free
10:35.89 L F 800 Free
40.94 L P 50 Back
41.93 L F 50 Back

Tucker, Samantha (16) W

32.54 L P 50 Free
32.86 L F 50 Free
2:33.63 L F 200 Free
2:35.21 L P 200 Free
2:55.32 L F 200 Back
2:57.34 L P 200 Back
45.95 L P 50 Breast
35.59 L P 50 Fly
36.50 L F 50 Fly
1:23.90 L F 100 Fly
1:25.88 L P 100 Fly
2:56.89 L F 200 IM
2:59.72 L P 200 IM

Twells, Amelia (11) W

50.56 L F 50 Breast
51.53 L P 50 Breast
1:52.48 L P 100 Breast
3:46.14 L F 200 Breast
3:51.11 L P 200 Breast
3:37.17 L P 200 IM

Twells, Jack (13) M

34.13 L P 50 Free
1:15.48 L P 100 Free
2:49.67 L P 200 Free
5:38.67 L F 400 Free
5:45.37 L P 400 Free
21:54.97 L F 1500 Free
3:11.66 L P 200 IM
6:39.48 L P 400 IM

Twells, Louise (14) W

36.08 L P 50 Free
1:18.22 L P 100 Free
3:13.91 L P 200 Back
46.29 L P 50 Breast
1:39.77 L P 100 Breast
3:23.82 L F 200 Breast
3:25.56 L P 200 Breast
3:15.42 L P 200 IM

Wheeler-Scott, Erin (12) W

1:14.56 L F 100 Free
1:20.34 L P 100 Free
2:53.80 L P 200 Free
6:01.12 L F 400 Free
6:10.97 L P 400 Free
1:25.08 L F 100 Back
1:26.26 L P 100 Back
3:00.58 L F 200 Back
3:05.32 L P 200 Back
44.66 L P 50 Fly
3:08.45 L F 200 IM
3:16.55 L P 200 IM

Whelan, Maggie (13) W

32.26 L F 50 Free
32.35 L P 50 Free
2:37.49 L F 200 Free
2:39.53 L P 200 Free
21:48.71 L F 1500 Free
3:19.54 L P 200 Breast
3:21.27 L F 200 Breast
2:51.29 L F 200 IM
2:54.75 L P 200 IM
6:14.09 L F 400 IM
6:20.57 L P 400 IM

Whelan, Martin (15) M

27.91 L P 50 Free
28.01 L F 50 Free
59.94 L P 100 Free
1:00.76 L F 100 Free
2:13.43 L P 200 Free
2:14.89 L F 200 Free
1:20.37 L F 100 Breast
1:23.47 L P 100 Breast
2:50.90 L F 200 Breast
2:54.67 L P 200 Breast
31.68 L F 50 Fly

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32.63 L P 50 Fly
2:29.68 L F 200 IM
2:30.57 L P 200 IM

Wilson, Molly (12) W

1:19.26 L F 100 Free
1:19.67 L P 100 Free
2:53.29 L P 200 Free

1:40.23 L P 100 Back
41.28 L F 50 Fly
41.98 L P 50 Fly
3:15.24 L F 200 IM
3:23.28 L P 200 IM
6:56.04 L F 400 IM
7:01.50 L P 400 IM