

PWSSL

YELLOW DIVISIONALS

JULY 30th
2011

Freestyle

Individual Medley

Back Stroke

Breast Stroke

Butterfly



Hosted by the Wellington Dolphins

9700 Wellington Road, Manassas, VA 20110

www.wellingtondolphins.com



Hugh & Mary Beth Massey

Congratulations on a great swim season!

Mom and Dad

XOXO

Vote for Donnie Hollar!

Teach Your Child to Swim First!

*No other lesson or sport
can save your child's life!*

* **SwimBabies (6 mos - 3 yrs)**

Babies 5 months & under swim FREE!

* **SwimTots (3 - 5 yrs)**

* **SwimKids (ages 6 & up)**

* **SwimTeam (competitive)**

* **Special Needs**

* **Birthday Parties**



SWIMKIDS
SWIM FOR LIFE!

Eastern Prince William

703-396-7946 (SWIM)

Gainesville, VA

571-261-7946 (SWIM)

www.facebook.com/swimkids

www.SwimKids.us

Leesburg, VA

Fredericksburg, VA

703-962-7946 (SWIM) 540-446-5437 (KIDS)

Courtney and Matthew Hollar - Have Fun at Divisionals



XOXO Mom and Dad



“One Team—One Dream”

Follow Your Dreams



From *Opportunity* to *Success* with QDD

QDD Swim Team, which will celebrate 50 years in 2012, is a competitive, year-round swim team affiliated with USA Swimming and Virginia Swimming. QDD is based out of Prince William and Stafford counties and has a nationally recognized coaching staff including a USA Swimming National Coach in head coach Rick Benner. QDD swimmers have enjoyed state and national recognition and have gone on to receive college scholarships and even Olympic gold medals. QDD has cultivated an environment where swimmers of all ages and abilities can develop sportsmanship, self-discipline, and a lifelong love and appreciation for the sport of swimming. To learn more about QDD Swim Team and to register online, please visit qddswim.org

QDD Swim Team invites you to join us for an **Open House** at the Jeff Rouse Aquatic Center in Manassas on **August 19th** and **September 9th**. Please check qddswim.org at a later date for more details.



Congratulations to all 2011 QDD Yellow Divisional Swimmers:

- | | | |
|------------------|--------------------|------------------|
| Emily Collins | Kyle Goodwill | Adam Mustafa |
| John OBrien | Gabriel Penn | Erin Quinn |
| Spencer Rowe | Zachary Rowe | Katherine Samsky |
| Justin Schreiber | Nicholas Schreiber | Andrew Sorensen |
| Sean Sorensen | Delaney Voss | Alex Whiteree |
| Wes Whiteree | | |

qdd swim team, inc.
9446 Taney Road
Manassas, VA 20110

Phone: 703.369.0699
Fax: 703.621.3797
E-mail: qddswim@comcast.net



PWSL 2011 Yellow Divisional Meet - 7/30/2011

PWSL 2011 Yellow Divisional Meet

Psych Sheet - Session 1

#66 Boys 15-18 200 SC Meter Freestyle Relay

PWSL: 1:40.81 2010 Sudley 2010
R McGrory, M Smith, G Minick, C Wittenauer
WDST: 1:50.09 2009 J. Sucher, D. Hayes,
, D. Jansen
BRDL: 1:49.01 2009 Bridlewaves
C. Zumbaugh, C. Dailey, T. Rackowski, K. Heidel
MMST: 1:48.93 2011 T. Heckman, P. Heil,
, J. Feshari

Team	Relay	Seed Time
1 MMST-PW	A	1:49.93
Heckman, Trevor 17	Heil, Philip 18	
Weiser, Mike 15	Feshari, Joshua 16	
2 WDST-PW	A	1:54.56
Mustafa, Ameen 18	Hinton, Kyle 17	
Sorensen, Andrew 15	Mustafa, Adam 16	
3 BRDL-PW	A	1:54.90
Taylor, Chase 15	Orellana, Alex 16	
Zimmerman, Austin 15	Post, Alberto 15	
4 MMST-PW	B	1:57.63
Olsen, Kevin 15	Rouffa, Sean 15	
Vaccaro, Nicholas 15	Gambarani, Sean 17	
5 BRDL-PW	B	2:08.23
Post, Daniel 16	Thornburg, Zachary 16	
Ruckle, Taylor 16	Kurash, Andrew 16	
6 MMST-PW	C	2:12.24
Kerner, Chris 16	Landry, Jacob 15	
O'Neal, RJ 17	Curry, Tanner 15	
7 WDST-PW	B	2:20.31
Quinan, Peter 16	Underwood, Travis 16	
Boston, Kevin 18	Short, Joey 16	
8 BRDL-PW	C	2:23.03
Gwynn, David 15	Teele, Matthew 16	
Thornburg, Christopher	Zumbaugh, Danny 15	

#67 Girls 15-18 200 SC Meter Freestyle Relay

PWSL: 1:53.06 1988 Montclair 1988
Clrk, Cox, Cox, Stair
WDST: 2:00.73 2010 S. Lesniewski, D. Pop
. Clark, C. Souther
BRDL: 2:00.77 2009 Bridlewaves
B. Rodriguez, P. Lowell, S. Webber, J. Dunn
MMST: 2:03.79 2011 L. Sargent, L. Sterlin
umstark, C. Mizerak

Team	Relay	Seed Time
1 WDST-PW	A	2:01.82
Tabor, Natalie 15	Poplawski, Danielle 18	
Voss, Delaney 15	Souther, Christine 16	
2 MMST-PW	A	2:02.91
Sargent, Lauren 15	Rouffa, Alycia 17	
Baumstark, Rebecca 15	Mizerak, Courtney 17	
3 BRDL-PW	A	2:04.64
Lowell, Peri 18	Lescault, Gabie 16	
Deibler, Kelly 18	Rodriguez, Brooke 17	
4 WDST-PW	B	2:16.99
Wilson, Carley 18	Hayes, Jacqueline 16	
Ritner, Alyssa 18	Cotton, Katie 16	

5 BRDL-PW	B	2:21.66
Deibler, Julie 16	Sullivan, Erin 15	
Koransky, Megan 16	Thomas, Olivia 16	
6 MMST-PW	B	2:22.74
Ingram, Shelby 15	Kerner, Liz 15	
Martin, Bekah 15	Sterling, Lindsay 16	
7 WDST-PW	C	2:28.55
Sendaj, Emilee 17	Kerns, Shannon 15	
Sebesky, Emily 18	Sucher, Katharine 18	
8 BRDL-PW	C	2:51.33
Tuzo, Jessica 15	Stowers, Meghan 15	
Burnett, Katie 15	Madison, Emanuelle 16	

#1 Mixed 8 & Under 100 SC Meter Medley Relay

PWSL: 1:22.97 2002 Sudley 2002
D Hughes, N Martin, L Wojciechowski, S Tokash
WDST: 1:28.91 2009 WST
E. Quinn, N. Klipp, A. Holm, J. O'Brien
BRDL: 1:29.05 2011 Bridlewaves
H Gilg, E Ozark, A Dinoso, W Ossenfort
MMST: 1:30.02 2005 Weinberg, Pomajevic
yl, Parker

Team	Relay	Seed Time
1 BRDL-PW	A	1:29.05
Gilg, Henry M8	Ozark, Elizabeth W8	
Dinoso, Ashley W8	Ossenfort, Will M8	
2 BRDL-PW	B	1:39.73
Palmer, Madison W7	Marshall, Brock M7	
Thomas, Alyssa W8	Verosko, Stephen M8	
3 WDST-PW	A	1:42.29
Massey, Hugh M8	Milet, Brice M8	
Tebell, Maggie W8	Salazar, Zac M8	
4 MMST-PW	A	1:45.73
Ouellette, Chloe W8	Ogden, Jacob M8	
Turner, Aislinn W8	Healey, Andrew M8	
5 BRDL-PW	C	1:52.00
Upperman, Malorie W7	Verosko, John M7	
Fieffer, Jennifer W8	Gresham, Ian M8	
6 WDST-PW	B	1:53.67
Solenberger, Savannah W8	Lucks, Sierra W8	
Stanford, Sarah W8	Yelvington, Abigail W8	
7 WDST-PW	C	1:56.99
Morton, Brandon M7	Hollar, Matthew M7	
Cotton, Nick M8	Sutphin, Tyler M8	
8 MMST-PW	B	2:05.91
Heisen, Emily W8	Smith, Joshua M7	
Willever, Abby W7	Derderian, Nicholas M8	
9 MMST-PW	C	2:39.55
Beckett, Jasmine W6	Goff, Andrew M6	
Cassedy, Katelyn W6	Carr, Ethan M7	

#2 Boys 9-10 100 SC Meter Medley Relay

PWSL: 1:11.00 2002 Sudley 2002
B Fisher, C Wittenauer, J Wojciechowski, P Lytle
WDST: 1:16.74 2007 W. Shields, P. Wilson
teree, M. Turner
BRDL: 1:19.25 2010 Bridlewaves
D. Marshall, B. Lanthaler, S. Rowe, K. Goodwill
MMST: 1:20.51 2006 Parker, Olsen, Vaccar
vich

Team	Relay	Seed Time
1 MMST-PW	A	1:26.30
Smith, Jason 9	Guice, Carter 9	
Tolson, Tyler 9	Rouffa, Jared 9	
2 BRDL-PW	A	1:28.47
Sciandra, Zachary 10	Lanthaler, Brock 10	
Chiodo, Jac 10	Palmer, Jack 10	
3 WDST-PW	A	1:31.37
Gogolkiewicz, Ryker 10	O'Brien, John 10	
Morton, Patrick 10	Roush, Kevin 10	
4 BRDL-PW	B	1:41.40
Neal, Jacob 9	Creeden, Michael 9	
Simmons, Robert 10	Huweart, Shane 10	
5 WDST-PW	B	1:54.34
White, James 10	Arrigo, Shawn 10	
Scott, Dylan 9	Harlan, Ryan 10	
6 WDST-PW	C	2:15.03
Roach, Caleb 10	Schreiber, Justin 9	
Pettigrew, Colby 9	O'Malley, Aidan 9	

#3 Girls 9-10 100 SC Meter Medley Relay

PWSL: 1:11.97 2003 Sudley 2003
E Storey, A Shaughnessy, L Poli, N Martin
WDST: 1:16.42 2011 WDST
E. Quinn, K. May, L. Becker, A. Holm
BRDL: 1:16.65 2011 Bridlewaves
S Townsend, D Orellana, S King, A Sterling
MMST: 1:13.44 2002 Lianne Ralph, Elli
rielle Mizerak, Rachel Lund - Westridge @ MBW

Team	Relay	Seed Time
1 WDST-PW	A	1:16.42
Quinn, Erin 10	May, Keona 10	
Becker, Lucy 10	Holm, Alexis 10	
2 BRDL-PW	A	1:16.65
Townsend, Samantha 10	Orellana, Daisy 10	
King, Sydney 10	Sterling, Autumn 10	
3 MMST-PW	A	1:23.50
Whitaker, Peyton 10	Pion, Lauren 10	
Cudahy, Aidan-Claire 9	Turner, Brigit 10	
4 BRDL-PW	B	1:30.72
Chmielenski, Kaelyn 9	Chiodo, Gianna 9	
Singh, Japnit 10	Curington, Kelli 10	
5 WDST-PW	B	1:38.24
Irving, Reghan 10	Scott, Sydney 10	
Jones, Becca 10	Krebs, Hannah 9	
6 MMST-PW	B	1:38.56
Ouellette, Avery 10	Case, Bailey 9	
Beckett, Jade 9	Deng, Ashley 10	



Swim Team Programs at 3 Prince William County Locations



TEAM DOLPHIN

2011-12 SWIM TEAM

Register Online at: www.swimkids.us/swimteam
Gainesville 571-261-7946 Woodbridge 703-396-7946



Speed vs. Technique?

Coach Dave Tonnesen is co-owner and co-founder of SwimKids, an ASCA Level 4 Coach, a 13 year USA Swimming Head Coach, former 6-season undefeated High School Coach of the Year, and serves on the Board of Directors of the U.S. Swim School Association.

"Oooooohhhh! Look at that swimmer... they make it look so easy, and they are so fast! What team do they swim with?"

Just like the Olympics, we love to watch athletes that make fast swimming appear almost effortless. How do they do it? And more importantly, how can my swimmer drop 3 seconds so they can be on the relay?

Well, the good news is that fast swimming is not magical, and when done right, fast swimming can look so beautiful that it appears almost effortless. So, what's more important: speed or technique?

The answer is, technique first and then speed, because water is roughly 1,000 times denser than air. In fact, if you fire a bullet in the water, it will slow down to a speed that would not harm you at 6-8 feet depending on the weapon. In plain terms, that means for every unit of speed that your swimmer gains, they get a penalty of 4 units of drag to go along with their speed. In swimming, it is crucial to have great technique so that your swimmer can reduce the drag before they focus on speed and endurance. For more details and the full article on speed vs. technique, visit www.swimkids.us/swimteam and look for the article, "Speed Vs. Technique?".

Finding a Great Swim Team

"So, now that I know that technique instruction is much more important than just swimming laps, how do I know what year-round team is best for my swimmer?" The answer is: it depends! It depends on what you and your swimmer are looking for in a team. To find the best team for your family, you must consider your swimmer's goals, your family's lifestyle and time commitment, your swimmer's time commitment and other activities, team philosophy, the coaching system that your swimmer will be in, convenience, cost, travel, etc. For a quick worksheet to help you ask the right questions and know how to find the best fit for your swimmer and family, visit www.swimkids.us/swimteam and select "Choosing a Swim Team".

While we wish we had more space here to go into more depth on these and so many other great topics, we invite you to visit www.swimkids.us/swimteam for more.

SwimKids TEAM DOLPHIN Programs

FREE SWIM TEAM SUIT WITH REGISTRATION!

Bronze Program:

Requirements: Polished freestyle with side breathing and legal backstroke

Time Standards: 45 seconds or faster for 25 free & 25 back

Woodbridge Sport & Health: Mon 5:00-5:45 pm, Wed 5:00-5:45 pm

Westminster at Lake Ridge: Sun 6:00-6:45 pm

SwimKids Gainesville: Sun 6:00-6:45 pm, Sun 6:45-7:30 pm,
Tues 8:00-8:45 pm, Wed 8:00-8:45 pm

1 day/week \$399, 2 days/week \$725, or 3 days/week \$925

Bronze Flex: +\$75 Come to any Bronze practice each week!

Silver Program:

Requirements: Legal in 3 strokes: Polished freestyle, legal backstroke, and either breast or fly,

Time Standards: 30 seconds or faster for 25 free & 25 back

Woodbridge Sport & Health: Tues 5:00-5:45 pm, Thurs 5:00-5:45 pm

Westminster at Lake Ridge: Sun 6:45-7:30 pm

SwimKids Gainesville: Sun 6:00-6:45 pm, Sun 6:45-7:30 pm

Tues 8:00-8:45 pm, Wed 8:00-8:45 pm

1 day/week \$399, 2 days/week \$725, or 3 days/week \$925

Silver Flex: +\$75 Come to any Silver practice each week!

Gold Program:

Requirements: Legal 100 IM 2:30 or faster

Woodbridge Sport & Health: Mon 5:45-7:00 pm, Tues 5:45-7:00 pm,
Wed 5:45-7:00 pm, Thurs 5:45-7:00 pm

SwimKids Gainesville: Sun 7:30-8:45 pm, Thurs 7:30-8:45 pm

1 day/week \$725, 2 days/week \$899, 3 days/week \$1099, or
4 days/week \$1299

Gold Flex: +\$75 Come to any Gold practice each week!

High School Prep:

Requirements: 9th-12th grade; Legal 100 IM

Woodbridge Sport & Health: Mon-Thurs 4:15-5:00 pm

SwimKids Gainesville: Mon-Thurs 3:00-4:00 pm

4 days/week \$375 (Swim 9/12/11-11/3/11, break for HS
season, Swim 2/27/12-4/29/12)

Summer League Prep and Summer League Prep Gold:

May 2012 Program info out Spring 2012

Bronze, Silver, and Gold programs run Sept-April.

For directions, please see www.swimkids.us/locations.

All programs have a Registration Fee of \$75.

10% Discount for Siblings!

NO FUNDRAISING or MEET FEES!

PWSL 2011 Yellow Divisional Meet - 7/30/2011
PWSL 2011 Yellow Divisional Meet
Psych Sheet - Session 1

#3 ... (Girls 9-10 100 SC Meter Medley Relay)

7 BRDL-PW	C	1:43.98
Loonam, Sydney 10	Riemenschneider, Jessica	
Fieffer, Jessica 10	Loonam, Delany 10	
8 WDST-PW	C	1:53.76
Elston, Emma 10	Adkins, Victoria 10	
Kauffman, Ashton 9	Bland, Ellie 9	
9 MMST-PW	C	1:55.00
Lee, Abigail 9	Marks, Katie 9	
Meltzer, Rachel 9	Brenner, Emily 9	

#4 Boys 11-12 100 SC Meter Medley Relay

PWSL: 1:00.87 2004 Sudley 2004
Fisher, Wojciechowski, Wittenauer, Lytle
WDST: 1:07.69 2009 W. Shields, P. Wilson
eree, C. Crum
BRDL: 1:10.19 2005 J. Bogle, C. Zumbaugh
el, J. Zatkoff at Old Bridge @ Bridlewood
MMST: 1:09.91 2010 M. Healey, H. Herbert
hy, D. Smith

Team	Relay	Seed Time
1 WDST-PW	A	1:08.30
Marron, Paul 12	Dean, Nick 12	
Whiteree, Wes 12	Penn, Gabriel 12	
2 BRDL-PW	A	1:13.31
Marshall, Drake 11	Rowe, Spencer 11	
Soller, Nicholas 12	Goodwill, Kyle 11	
3 MMST-PW	A	1:16.79
Derderian, Max 11	Case, Sam 11	
Bellamy, Clayton 11	Turner, Liam 12	
4 WDST-PW	B	1:18.21
Shoeb, Ryan 11	Sorensen, Sean 12	
McFadden, Anthony 11	Leseffka, Ivan 12	
5 BRDL-PW	B	1:30.13
Scheid, Paul 11	Hoch, Spencer 12	
Singh, Kulneet 12	Wong, Tyler 12	
6 MMST-PW	B	1:30.78
Brenner, CJ 11	Bennett, Cody 11	
McEvoy, Timothy 12	Peterson, Ronald 11	
7 WDST-PW	C	1:35.41
Weaver, Nick 12	Arrigo, Anthony 12	
Salazar, Alex 11	Ludwig, Dane 12	
8 MMST-PW	C	1:40.00
Solomon, Cal 11	Marks, Ryan 11	
Meltzer, Noah 11	Palisin, Robbie 12	
9 BRDL-PW	C	1:40.99
Gresham, Tre' 11	Goldstein, Joey 11	
Lansberry, Austin 11	Gilmore, Miles 11	

#5 Girls 11-12 100 SC Meter Medley Relay

PWSL: 1:04.25 2009 Ridgewood 2009
Y Dinh, A Aceituno, E Kelly, V Coughlin
WDST: 1:08.90 1998 E. Hammersley, T. C
Hollingsworth, N. Snyder
BRDL: 1:08.78 2009 Bridlewaves
K. Hilliker, R. Lescault, C. Brizzi, K. Worley
MMST: 1:08.28 2004 Ferrone, Hagen, Miz
at Yellow Divisionals

Team	Relay	Seed Time
1 MMST-PW	A	1:10.30
Tolson, Taylor 12	Curry, Riley 12	
Healey, Elizabeth 11	Sterling, Emily 11	
2 WDST-PW	A	1:12.37
Shoeb, Elaine 11	Jones, Jessie 12	
Massey, MaryBeth 12	Quinn, Casey 12	
3 BRDL-PW	A	1:13.84
Johnson, Della 11	Lanthaler, Isabel 12	
Zimmerman, Haley 12	Miller, Emily 12	
4 BRDL-PW	B	1:21.01
Dinosa, Kathleen 11	Upperman, Amanda 11	
Ossenfort, Megan 11	Radicic, Lauren 12	
5 WDST-PW	B	1:21.93
Kifer, Catherine 12	Hollar, Courtney 12	
Bittnr, Hannah 12	Farmer, MacKenzie 11	
6 WDST-PW	C	1:29.21
Weinzapfel, Kelly 11	Sutphin, Melanie 12	
Becker, Mary 12	Miller, Lauren 11	
7 BRDL-PW	C	1:30.87
Kropff, Kelley 11	Huweart, Jillian 12	
Somma, Ashley 11	Lescault, Millie 11	
8 MMST-PW	B	1:39.82
Weiser, Mary Kate 12	Landry, Rachel 11	
Garman, Megan 12	Marsh, Alexis 11	

#6 Boys 13-14 200 SC Meter Medley Relay

PWSL: 2:05.04 2001 Ridgewood 2001
R Seraiva, J Kappurch, M Drupa, B Blair
WDST: 2:09.56 2009 A. Mustafa, A. Shiel
oplawski, J. Doyle
BRDL: 2:14.01 2009 Bridlewaves
V. Dunn, C. Taylor, G. Alonge, A. Post
MMST: 2:18.92 2010 Olsen,Rouffa, Weisse

Team	Relay	Seed Time
1 MMST-PW	A	2:20.55
Healey, Matthew 13	Herbert, Hunter 13	
Cudahy, Brock 13	Smith, Daniel 13	
2 WDST-PW	A	2:21.46
Schreiber, Nicholas 13	Donaldson, Matt 13	
Whiteree, Alex 14	Tahrawi, Ryan 14	
3 BRDL-PW	A	2:34.83
Laferriere, Reese 14	Morris, Colin 13	
Radicic, Joshua 13	Scheid, Will 14	
4 MMST-PW	B	2:40.83
Bennett, David 13	Ogden, Joshua 13	
Turner, Colin 13	Pion, Alex 13	

5 WDST-PW	B	2:47.18
Wilson, Corey 14	Wilson, Patrick 14	
May, Lorenzo 13	Conner, Zac 14	
6 WDST-PW	C	3:03.97
Weinzapfel, Quinn 13	Donaldson, Mike 13	
Sucher, Andrew 13	Sebesky, Joseph 14	
7 MMST-PW	C	3:17.23
Goulla, Jacob 14	McKnight, Julian 14	
Landry, Walker 13	Lyman, Grayson 13	

#7 Girls 13-14 200 SC Meter Medley Relay

PWSL: 2:11.01 2005 Lake Ridge 2005
K Bushmire, C Tanner, L Marchand, I Fillingier
WDST: 2:18.27 1999 M. Burlovich, T. Com
nyder, E. Hammersley
BRDL: 2:24.88 2006 Bridlewaves
M. Vahdati, P. Lowell, K. Deibler, S. Apgar
MMST: 2:21.29 2005 Mizerak, Hagen, Lun

Team	Relay	Seed Time
1 BRDL-PW	A	2:28.21
Zumbaugh, Marissa 13	Lescault, Renee 14	
Soller, Haley 14	Worley, Kara 14	
2 MMST-PW	A	2:30.55
Naujoks, Aubrey 14	Kaucher, Devin 14	
Weiser, Kathleen 13	Loper, Claire 14	
3 WDST-PW	A	2:30.72
Samsky, Katherine 14	Shriver, Rachel 13	
Bleichner, Kelly 13	Boston, Allison 13	
4 BRDL-PW	B	2:42.77
Goldstein, Laura 13	Townsend, Sabrina 13	
Thomas, Cecily 14	Gilg, Abigail 13	
5 WDST-PW	B	2:48.02
Bailey, Elizabeth 14	Hayes, Jennifer 14	
Farmer, Bryanna 13	Collins, Emily 13	
6 BRDL-PW	C	2:51.91
Nourse, Ashley 13	Burnett, Lexy 14	
Rauch, Amy 14	Swinsky, Catie 13	
7 WDST-PW	C	2:55.19
Hammar, Alex 14	Carros, Olivia 14	
Pettigrew, Haley 13	Adkins, Elizabeth 13	
8 MMST-PW	B	3:03.97
McKnight, Morgan 13	Derderian, Camille 14	
McEvoy, Erin 14	O'Neal, Rhyanna 14	

#8 Boys 15-18 200 SC Meter Medley Relay

PWSL: 1:53.32 2010 Sudley 2010
M Hughes, C Wittenauer, G Minick, R McGrory
WDST: 2:00.90 1995 Vanderpool, Lauderdale
ben, Wilson
BRDL: 2:03.56 2009 Bridlewaves
K. Heidel, C. Zumbaugh, T. Rackowski, C. Dailey
MMST: 2:01.50 2008 Alonge C, Lang, T, S
Marsilio N

Team	Relay	Seed Time
1 MMST-PW	A	2:05.85
Heckman, Trevor 17	Rouffa, Sean 15	
Weiser, Mike 15	Feshari, Joshua 16	



GOOD LUCK WELLINGTON DOLPHINS!



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Wellington Dolphins**

www.sequoiamanagement.com



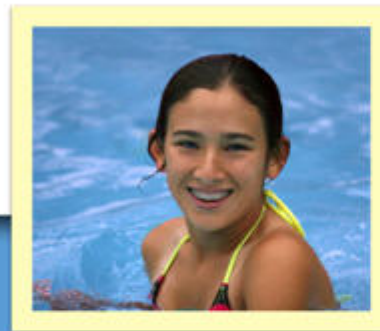
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Swimming Pool Service Inc.

Stephen M. Graham
President

25050 Riding Plaza #130-240
Chantilly, Virginia 20152

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clearbluepools.org



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PWSL 2011 Yellow Divisional Meet - 7/30/2011

PWSL 2011 Yellow Divisional Meet

Psych Sheet - Session 1

#8 ... (Boys 15-18 200 SC Meter Medley Relay)

Rank	Team	Relay	Seed Time
2	BRDL-PW	A	2:09.28
	Kurash, Andrew 16	Orellana, Alex 16	
	Taylor, Chase 15	Post, Alberto 15	
3	WDST-PW	A	2:09.60
	Mustafa, Ameen 18	Mustafa, Adam 16	
	Hinton, Kyle 17	Sorensen, Andrew 15	
4	MMST-PW	B	2:11.27
	Olsen, Kevin 15	O'Neal, RJ 17	
	Heil, Philip 18	Gambarani, Sean 17	
5	BRDL-PW	B	2:26.34
	Thornburg, Zachary 16	Teele, Matthew 16	
	Ruckle, Taylor 16	Zimmerman, Austin 15	
6	MMST-PW	C	2:29.19
	Kerner, Chris 16	Curry, Tanner 15	
	Vaccaro, Nicholas 15	Landry, Jacob 15	
7	WDST-PW	B	2:40.39
	Quinan, Peter 16	Boston, Kevin 18	
	Underwood, Travis 16	Short, Joey 16	
8	BRDL-PW	C	2:42.87
	Thornburg, Christopher	Zumbaugh, Danny 15	
	Post, Daniel 16	Gwynn, David 15	

#9 Girls 15-18 200 SC Meter Medley Relay

PWSL: 2:06.35 2009 Lake Ridge 2009
C Tanner, C Mizerak, G Mizerak, L Donahoe
WDST: 2:16.91 2010 L. Pettigrew, C. Soult
esniewski, A. Clark
BRDL: 2:15.94 2009 Bridlewaves
J. Dunn, B. Rodriguez, S. Webber, P. Lowell
MMST: 2:20.33 2011 R. Baumstark, C. Mizerak, L. Sterling

Rank	Team	Relay	Seed Time
1	WDST-PW	A	2:16.65
	Cotton, Katie 16	Souther, Christine 16	
	Voss, Delaney 15	Tabor, Natalie 15	
2	MMST-PW	A	2:17.12
	Baumstark, Rebecca 15	Mizerak, Courtney 17	
	Sargent, Lauren 15	Rouffa, Alycia 17	
3	BRDL-PW	A	2:18.35
	Lowell, Peri 18	Rodriguez, Brooke 17	
	Deibler, Kelly 18	Lescault, Gabie 16	
4	WDST-PW	B	2:31.82
	Poplawski, Danielle 18	Hayes, Jacqueline 16	
	Sucher, Katharine 18	Wilson, Carley 18	
5	BRDL-PW	B	2:42.20
	Koransky, Megan 16	Thomas, Olivia 16	
	Deibler, Julie 16	Sullivan, Erin 15	
6	MMST-PW	B	2:43.95
	Sterling, Lindsay 16	Martin, Bekah 15	
	Ingram, Shelby 15	Kerner, Liz 15	
7	WDST-PW	C	2:44.58
	Kerns, Shannon 15	Sebesky, Emily 18	
	Ritner, Alyssa 18	Sendaj, Emilee 17	
8	BRDL-PW	C	3:17.48
	Madison, Emanuelle 16	Burnett, Katie 15	
	Tuzo, Jessica 15	Stowers, Meghan 15	

#10 Boys 8 & Under 25 SC Meter Freestyle

Rank	Name	Age	Team	Seed Time
	PWSL: 16.21 2005 Brandon Doyle (WST)			
	WDST: 16.21 2005 Brandon Doyle			
	BRDL: 18.28 2008 Drake Marshall at Di			
	MMST: 16.86 2007 S.Pomajevich			
1	Massey, Hugh	8	WDST-PW	18.72
2	Ossenfort, Will	8	BRDL-PW	19.25
3	Ogden, Jacob	8	MMST-PW	20.08
4	Gilg, Henry	8	BRDL-PW	20.44
5	Verosko, Stephen	8	BRDL-PW	20.89
6	Marshall, Brock	7	BRDL-PW	22.13
7	Gresham, Ian	8	BRDL-PW	22.25
8	Gilbert, Stephen	8	BRDL-PW	23.27
9	Healey, Andrew	8	MMST-PW	23.53
10	Gilbert, Peter	6	BRDL-PW	24.06
11	Salazar, Zac	8	WDST-PW	24.10
12	Sutphin, Tyler	8	WDST-PW	24.79
13	Verosko, John	7	BRDL-PW	25.31
14	Derderian, Nicholas	8	MMST-PW	25.80
15	Lopez del Pino, Benjamin	8	WDST-PW	26.24
16	Lopez del Pino, Nicholas	8	WDST-PW	26.96
17	Morton, Brandon	7	WDST-PW	27.36
18	Weinzapfel, Zach	7	WDST-PW	27.53
19	McCormack, Jackson	8	BRDL-PW	27.54
20	Carr, Ethan	7	MMST-PW	28.00
21	Meltzer, Zachary	7	MMST-PW	28.72
22	King, Manny	6	BRDL-PW	29.18
23	Simpson, Mason	7	WDST-PW	29.19
24	Singh, Aehran	7	BRDL-PW	29.31
25	Kauffman, Noah	8	WDST-PW	29.92
26	Cardona, Jayden	8	WDST-PW	30.12
27	Mahek, Connor	7	WDST-PW	30.45
28	Woods, Logan	7	BRDL-PW	31.35
29	Claessen, Nathan	7	MMST-PW	31.49
30	Lanthaler, Mitch	6	BRDL-PW	31.90
31	Mahek, Dillon	6	WDST-PW	32.28
32	Taylor, Karsten	7	WDST-PW	32.34
33	Marks, Zach	6	MMST-PW	33.72
34	Flanders, Brock	8	MMST-PW	34.01
35	Poloski, Sean	6	BRDL-PW	36.97
36	Kauffman, Michael	6	WDST-PW	39.62
37	Goff, Andrew	6	MMST-PW	39.95
38	Sahlberg, Jacob	6	BRDL-PW	40.53
39	McFadden, James	6	WDST-PW	41.78
40	Roush, Matt	7	WDST-PW	52.61
41	Choi, Jack	5	WDST-PW	54.08
42	Marshall, Pierce	5	BRDL-PW	54.65

#11 Girls 8 & Under 25 SC Meter Freestyle

Rank	Name	Age	Team	Seed Time
	PWSL: 16.80 1988 Stacey Ambrose (VP)			
	WDST: 17.83 1993 Melissa Burlovich			
	BRDL: 18.44 2004 Danielle Zatkoff at D			
	MMST: 17.32 2002 C. Mizerak			
1	Thomas, Alyssa	8	BRDL-PW	19.73

2	Ozark, Elizabeth	8	BRDL-PW	19.90
3	Dinosa, Ashley	8	BRDL-PW	20.28
4	Tebell, Maggie	8	WDST-PW	21.21
5	Gilmore, Libby	8	BRDL-PW	21.29
6	Heisen, Emily	8	MMST-PW	21.54
7	Palmer, Madison	7	BRDL-PW	21.74
8	Upperman, Malorie	7	BRDL-PW	22.25
9	Fieffer, Jennifer	8	BRDL-PW	23.60
10	Hickman, Ava Rose	8	BRDL-PW	24.40
11	Yelvington, Abigail	8	WDST-PW	24.46
12	Solenberger, Savannah	8	WDST-PW	24.78
13	Stanford, Sarah	8	WDST-PW	24.79
14	Orellana, Marcela	7	BRDL-PW	24.87
15	Thorpe, Alexandra	7	BRDL-PW	25.11
16	Goodwill, Gabriella	8	BRDL-PW	25.91
17	Luetkenhaus, Katie	7	WDST-PW	26.37
18	Lucks, Sierra	8	WDST-PW	26.41
19	Sahlberg, Sadie	8	BRDL-PW	27.03
20	Willever, Abby	7	MMST-PW	27.20
21	Bewley, Bekah	6	WDST-PW	27.50
22	Morrissey, Carly	7	BRDL-PW	27.69
23	Wisniewski, Greta	7	WDST-PW	28.22
24	Schreiber, Caitlyn	8	WDST-PW	28.77
25	Bland, Maggie	6	WDST-PW	30.06
26	Farmer, Delaney	6	WDST-PW	30.40
27	Anand, Anya	8	BRDL-PW	30.50
28	Wolfe, Chloe	6	WDST-PW	31.06
29	Breyfogle, Eloise	7	BRDL-PW	31.24
30	Simmons, Rachel	7	BRDL-PW	32.49
31	Cassedy, Katelyn	6	MMST-PW	32.90
32	Horowitz, Ava	7	BRDL-PW	33.90
33	Banks, Addisyn	5	BRDL-PW	34.81
34	Holm, Kaitlyn	6	WDST-PW	34.81
35	Otero, Diana	8	WDST-PW	35.46
36	Ashurst, Addison	6	BRDL-PW	35.97
37	Dann, Olivia	7	BRDL-PW	36.38
38	Taylor, Hayley	5	WDST-PW	36.84
39	Beckett, Jasmine	6	MMST-PW	38.19
40	Wahala, Ikreet	8	BRDL-PW	38.34
41	Bittner, Bethany	7	WDST-PW	38.53
42	Fieffer, Jillian	5	BRDL-PW	38.68
43	Seaberg, Maria	8	WDST-PW	39.27
44	Ozark, Emma	6	BRDL-PW	40.34
45	Pahls, Emma	7	MMST-PW	42.05
46	Meltzer, Sarah	5	MMST-PW	45.72
47	Coleman, Reagean	8	WDST-PW	50.24
48	Solenberger, Ashlyn	6	WDST-PW	50.87
49	Coleman, Jordan	6	WDST-PW	52.59
50	Mills, Abbie	6	BRDL-PW	54.19

#12 Boys 9-10 50 SC Meter Freestyle

Rank	Name	Age	Team	Seed Time
	PWSL: 31.20 2007 Henry Campbell (SU)			
	WDST: 32.42 2009 Wes Whiteree			
	BRDL: 35.89 2010 Drake Marshall at B			
	MMST: 34.38 2005 M.Pomajevich			
1	O'Brien, John	10	WDST-PW	36.36



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#12 ... (Boys 9-10 50 SC Meter Freestyle)

2	Rouffa, Jared	9	MMST-PW	41.62
3	Chiodo, Jac	10	BRDL-PW	41.81
4	Morton, Patrick	10	WDST-PW	43.18
5	Palmer, Jack	10	BRDL-PW	43.60
6	Tolson, Tyler	9	MMST-PW	44.29
7	Guice, Carter	9	MMST-PW	44.56
8	O'Neal, Riley	9	MMST-PW	44.90
9	Olsen, Nicholas	10	MMST-PW	44.90
10	Huweart, Shane	10	BRDL-PW	45.25
11	Gogolkiewicz, Ryker	10	WDST-PW	45.72
12	Neal, Jacob	9	BRDL-PW	46.06
13	Roush, Kevin	10	WDST-PW	48.24
14	Creeden, Michael	9	BRDL-PW	49.28
15	Burnett, Brian	9	BRDL-PW	50.64
16	White, James	10	WDST-PW	51.24
17	deGuzman, David	9	BRDL-PW	52.61
18	Harlan, Ryan	10	WDST-PW	52.64
19	Willever, Joseph	9	MMST-PW	54.28
20	Diaz-De Jesus, Josue'	9	BRDL-PW	54.69
21	O'Malley, Aidan	9	WDST-PW	57.29
22	Tabor, Sean	10	WDST-PW	1:00.78
23	Schreiber, Justin	9	WDST-PW	1:06.68
24	Roach, Caleb	10	WDST-PW	1:06.84

#13 Girls 9-10 50 SC Meter Freestyle

PWSL: 32.28 2004 Courtney Mizerak (N)				
WDST: 32.99 2009 Zoey Shields				
BRDL: 33.34 2004 Brooke Rodriguez at				
MMST: 32.28 2004 C. Mizerak				
Name	Age	Team	Seed	Time
1	Quinn, Erin	10	WDST-PW	33.88
2	Townsend, Samantha	10	BRDL-PW	35.00
3	May, Keona	10	WDST-PW	36.72
4	King, Sydney	10	BRDL-PW	36.88
5	Orellana, Daisy	10	BRDL-PW	38.81
6	Sterling, Autumn	10	BRDL-PW	39.12
7	Singh, Japnit	10	BRDL-PW	39.55
8	Becker, Lucy	10	WDST-PW	41.03
9	Pion, Lauren	10	MMST-PW	41.88
10	Cudahy, Aidan-Claire	9	MMST-PW	42.65
11	Chmielenski, Kaelyn	9	BRDL-PW	43.06
12	Curington, Kelli	10	BRDL-PW	44.03
13	Krebs, Hannah	9	WDST-PW	44.78
14	Deng, Ashley	10	MMST-PW	45.06
15	Loonam, Delany	10	BRDL-PW	45.89
16	Adkins, Victoria	10	WDST-PW	46.12
17	Elston, Emma	10	WDST-PW	46.97
18	Kauffman, Ashton	9	WDST-PW	47.04
19	McCormack, Katelyn	10	BRDL-PW	48.00
20	Velardi, Anna	9	BRDL-PW	48.03
21	Banks, Mackenzie	9	BRDL-PW	48.09
22	Bowles, Olivia	9	BRDL-PW	49.25
23	Loonam, Sydney	10	BRDL-PW	49.64
24	Bland, Ellie	9	WDST-PW	49.82
25	Brenner, Emily	9	MMST-PW	50.31

26	Sirois, Piper	9	BRDL-PW	50.39
27	Miller, Hannah	9	WDST-PW	50.60
28	Beckett, Jade	9	MMST-PW	51.05
29	Meltzer, Rachel	9	MMST-PW	51.60
30	Barratt, Emma	9	BRDL-PW	52.07
31	Gresham, Lauren	9	BRDL-PW	52.72
32	Case, Bailey	9	MMST-PW	52.81
33	Ludwig, Ainsley	10	WDST-PW	56.56
34	Cumings, Thayer	10	BRDL-PW	56.75
35	Lee, Abigail	9	MMST-PW	57.06
36	Badaoui, Ayatullah	9	BRDL-PW	57.60
37	Seaberg, Meredith	10	WDST-PW	58.25
38	Marks, Katie	9	MMST-PW	59.31
39	Brinkman, Delayne	9	WDST-PW	59.54
40	Carroll, Emma	9	WDST-PW	59.57
41	Ambhore, Ayushi	10	BRDL-PW	1:00.16
42	Stewart, Awara	10	BRDL-PW	1:00.28
43	Sinha, Prajwalla	9	BRDL-PW	1:01.87
44	Sullivan, Elizabeth	9	WDST-PW	1:02.12
45	Pleet, Hannah	9	WDST-PW	1:16.59
46	Troan, Sarah	9	BRDL-PW	1:22.32
47	Kaur, Sahez	9	BRDL-PW	1:26.17

#14 Boys 11-12 50 SC Meter Freestyle

PWSL: 27.50 2004 Patrick Lytle (SUD)				
WDST: 29.31 2009 William Shields				
BRDL: 31.40 2008 Alberto Post at Divisi				
MMST: 29.96 2007 M.Pomajevich				
Name	Age	Team	Seed	Time

1	Whiteree, Wes	12	WDST-PW	29.53
2	Bellamy, Clayton	11	MMST-PW	34.69
3	Penn, Gabriel	12	WDST-PW	34.87
4	Goodwill, Kyle	11	BRDL-PW	35.12
5	Marshall, Drake	11	BRDL-PW	35.44
6	Turner, Liam	12	MMST-PW	36.00
7	Sorensen, Sean	12	WDST-PW	36.49
8	McFadden, Anthony	11	WDST-PW	37.63
9	Shoeb, Ryan	11	WDST-PW	38.12
10	Wong, Tyler	12	BRDL-PW	39.06
11	Lesefka, Ivan	12	WDST-PW	39.65
12	McEvoy, Timothy	12	MMST-PW	40.44
13	Peterson, Ronald	11	MMST-PW	40.44
14	Brenner, CJ	11	MMST-PW	40.64
15	Lansberry, Austin	11	BRDL-PW	41.99
16	Gilmore, Miles	11	BRDL-PW	42.14
17	Ludwig, Dane	12	WDST-PW	42.39
18	Weaver, Nick	12	WDST-PW	42.41
19	Gresham, Tre'	11	BRDL-PW	42.91
20	Meltzer, Noah	11	MMST-PW	43.31
21	Salazar, Alex	11	WDST-PW	43.95
22	Lopez del Pino, Santiago	11	WDST-PW	44.16
23	Solomon, Cal	11	MMST-PW	46.27
24	Davis, Joseph	11	WDST-PW	46.94
25	Bennett, Cody	11	MMST-PW	49.57
26	Stanford, Seth	11	WDST-PW	50.04
27	Jones, Justin	11	BRDL-PW	50.72
28	Palisin, Robbie	12	MMST-PW	51.34

29	McCullough, Jason	11	WDST-PW	54.72
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#15 Girls 11-12 50 SC Meter Freestyle

PWSL: 29.03 2009 Sofia Revliak (PDT)				
WDST: 29.49 1986 Kris Sunday				
BRDL: 30.81 2006 Brooke Rodriguez at				
MMST: 30.82 2002 K. Gaskill				
Name	Age	Team	Seed	Time

1	Zimmerman, Haley	12	BRDL-PW	32.25
2	Sterling, Emily	11	MMST-PW	33.68
3	Shoeb, Elaine	11	WDST-PW	34.57
4	Massey, MaryBeth	12	WDST-PW	34.94
5	Garman, Megan	12	MMST-PW	35.28
6	Curry, Riley	12	MMST-PW	35.59
7	Dinoso, Kathleen	11	BRDL-PW	35.65
8	Miller, Emily	12	BRDL-PW	35.92
9	Radicic, Lauren	12	BRDL-PW	36.45
10	Weiser, Mary Kate	12	MMST-PW	36.47
11	Quinn, Casey	12	WDST-PW	37.23
12	Ossenfort, Megan	11	BRDL-PW	37.44
13	Lanthaler, Isabel	12	BRDL-PW	37.58
14	Lescault, Millie	11	BRDL-PW	38.50
15	Farmer, MacKenzie	11	WDST-PW	38.57
16	Sutphin, Melanie	12	WDST-PW	38.74
17	Becker, Mary	12	WDST-PW	40.70
18	Kropff, Kelley	11	BRDL-PW	41.59
19	Barratt, Grace	11	BRDL-PW	43.31
20	Singh, Jasneet	12	BRDL-PW	44.10
21	Kifer, Heather	11	WDST-PW	45.39
22	Bisenieks, Amber	12	BRDL-PW	45.44
23	Wosley, Angelica	12	WDST-PW	45.66
24	Weinzapfel, Kelly	11	WDST-PW	46.27
25	Moorman, Jasmine	11	BRDL-PW	46.81
26	Zumbaugh, Lauren	11	BRDL-PW	47.33
27	Hamlin, Emily	11	BRDL-PW	51.20
28	Marsh, Alexis	11	MMST-PW	51.59
29	Breyfogle, Madeline	11	BRDL-PW	52.29
30	Moye, Jordan	11	BRDL-PW	52.50
31	Hammar, Kim	11	WDST-PW	54.92
32	Parry, Alyson	12	WDST-PW	56.10
33	Guice, Emily	11	MMST-PW	56.93
34	Badaoui, Hibatulla	11	BRDL-PW	1:18.71

#16 Boys 13-14 50 SC Meter Freestyle

PWSL: 25.50 2006 Patrick Lytle (SUD)				
WDST: 27.07 2009 Adam Mustafa				
BRDL: 27.66 2005 Ken Heidel at Kings				
MMST: 27.74 2007 C.Hagen				
Name	Age	Team	Seed	Time

1	Whiteree, Alex	14	WDST-PW	27.79
2	Cudahy, Brock	13	MMST-PW	31.49
3	Schreiber, Nicholas	13	WDST-PW	31.68
4	Herbert, Hunter	13	MMST-PW	31.77
5	Morris, Colin	13	BRDL-PW	32.22
6	Radicic, Joshua	13	BRDL-PW	33.44
7	Bennett, David	13	MMST-PW	33.56
8	Wilson, Corey	14	WDST-PW	33.62





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#16 ... (Boys 13-14 50 SC Meter Freestyle)

9	Scheid, Will	14	BRDL-PW	34.06
10	Laferriere, Reese	14	BRDL-PW	34.19
11	Turner, Colin	13	MMST-PW	35.10
12	Ogden, Joshua	13	MMST-PW	35.66
13	Lowell, Nathan	13	BRDL-PW	35.98
14	Conner, Zac	14	WDST-PW	37.14
15	Goulla, Jacob	14	MMST-PW	37.57
16	May, Lorenzo	13	WDST-PW	38.59
17	McKnight, Julian	14	MMST-PW	38.59
18	Donaldson, Mike	13	WDST-PW	39.04
19	Weinzapfel, Quinn	13	WDST-PW	39.40
20	Landry, Walker	13	MMST-PW	39.81
21	Knight, Brooks	13	BRDL-PW	40.09
22	Lyman, Grayson	13	MMST-PW	42.56
23	Ouellette, Reid	13	MMST-PW	42.65
24	Cipriotti, Ross	14	MMST-PW	42.74
25	Ludwig, Addison	14	WDST-PW	45.23

#17 Girls 13-14 50 SC Meter Freestyle

PWSL:	28.12	2009	Shannon Harper (AS)
WDST:	28.99	2008	Heidi Turner
BRDL:	29.46	2008	Brooke Rodriguez at
MMST:	28.57	2006	G.Mizerak
Name	Age	Team	Seed Time
1	Samsky, Katherine	14	WDST-PW 30.91
2	Soller, Haley	14	BRDL-PW 31.78
3	Boston, Allison	13	WDST-PW 32.16
4	Weiser, Kathleen	13	MMST-PW 33.34
5	Lescault, Renee	14	BRDL-PW 33.75
6	Loper, Claire	14	MMST-PW 34.27
7	Thomas, Cecily	14	BRDL-PW 35.05
8	Gilg, Abigail	13	BRDL-PW 35.08
9	Bleichner, Kelly	13	WDST-PW 35.60
10	Derderian, Camille	14	MMST-PW 36.24
11	Zumbaugh, Marissa	13	BRDL-PW 36.32
12	Collins, Emily	13	WDST-PW 37.00
13	Goldstein, Laura	13	BRDL-PW 37.06
14	Carros, Olivia	14	WDST-PW 37.19
15	Swinsky, Catie	13	BRDL-PW 37.34
16	Pettigrew, Haley	13	WDST-PW 37.53
17	Bailey, Elizabeth	14	WDST-PW 37.83
18	McEvoy, Erin	14	MMST-PW 38.06
19	Thornburg, Mary Kate	14	BRDL-PW 38.27
20	Trone, Marley	14	BRDL-PW 38.50
21	O'Neal, Rhyanna	14	MMST-PW 39.00
22	Curington, Morgan	13	BRDL-PW 39.05
23	Lugent, Hannah	13	BRDL-PW 39.32
24	McKnight, Morgan	13	MMST-PW 39.91
25	Saunders, Delicia	13	WDST-PW 39.99
26	Lopez del Pino, Victoria	13	WDST-PW 40.67
27	Woosley, Mikayla	14	WDST-PW 40.81
28	Hammar, Alex	14	WDST-PW 41.04
29	Wade, Hannah	13	BRDL-PW 41.07
30	Swinsky, Sarah	14	BRDL-PW 44.48

#18 Boys 15-18 50 SC Meter Freestyle

PWSL:	24.27	2001	Christian Lindberg (I)
WDST:	24.91	2009	Devin Jansen
BRDL:	26.65	2009	Ken Heidel at Divisio
MMST:	26.02	2009	E.Sargent
Name	Age	Team	Seed Time
1	Feshari, Joshua	16	MMST-PW 26.72
2	Heckman, Trevor	17	MMST-PW 27.13
3	Post, Alberto	15	BRDL-PW 27.65
4	Weiser, Mike	15	MMST-PW 27.68
5	Heil, Philip	18	MMST-PW 28.40
6	Gambarani, Sean	17	MMST-PW 28.50
7	Mustafa, Ameen	18	WDST-PW 28.75
8	Olsen, Kevin	15	MMST-PW 28.94
9	Sorensen, Andrew	15	WDST-PW 29.04
10	Zimmerman, Austin	15	BRDL-PW 29.18
11	Orellana, Alex	16	BRDL-PW 29.73
12	Vaccaro, Nicholas	15	MMST-PW 29.93
13	Rouffla, Sean	15	MMST-PW 30.26
14	Short, Joey	16	WDST-PW 30.53
15	Curry, Tanner	15	MMST-PW 31.06
16	Post, Daniel	16	BRDL-PW 32.25
17	Quinan, Peter	16	WDST-PW 32.63
18	Ruckle, Taylor	16	BRDL-PW 32.91
19	Kerner, Chris	16	MMST-PW 32.93
20	Thornburg, Zachary	16	BRDL-PW 33.12
21	Gwynn, David	15	BRDL-PW 34.41
22	Underwood, Travis	16	WDST-PW 40.28
23	Avrard, Hippolyte	15	MMST-PW 40.53
24	Delaney, Devin	15	BRDL-PW 40.93

#19 Girls 15-18 50 SC Meter Freestyle

PWSL:	27.85	1991	Kris Sunday (SUD)
WDST:	28.24	2010	Christine Souther
BRDL:	29.34	2011	Brooke Rodriguez
MMST:	29.06	2011	C. Mizerak
Name	Age	Team	Seed Time
1	Mizerak, Courtney	17	MMST-PW 29.06
2	Rodriguez, Brooke	17	BRDL-PW 29.34
3	Sargent, Lauren	15	MMST-PW 29.48
4	Tabor, Natalie	15	WDST-PW 29.93
5	Lowell, Peri	18	BRDL-PW 30.11
6	Poplawski, Danielle	18	WDST-PW 32.37
7	Cotton, Katie	16	WDST-PW 32.62
8	Rouffla, Alycia	17	MMST-PW 32.74
9	Sterling, Lindsay	16	MMST-PW 33.97
10	Ritner, Alyssa	18	WDST-PW 34.77
11	Thomas, Olivia	16	BRDL-PW 34.80
12	Hayes, Jacqueline	16	WDST-PW 36.05
13	Sucher, Katharine	18	WDST-PW 36.15
14	Sullivan, Erin	15	BRDL-PW 36.44
15	Sendaj, Emilee	17	WDST-PW 36.45
16	Kerner, Liz	15	MMST-PW 37.70
17	Madison, Emanuelle	16	BRDL-PW 38.40
18	Tuzo, Jessica	15	BRDL-PW 42.32
19	Goulla, Reagan	15	MMST-PW 42.99

20	Barnes, Heather	15	WDST-PW 43.97
21	Stowers, Meghan	15	BRDL-PW 47.03

#20 Boys 10 & Under 100 SC Meter IM

PWSL:	1:18.12	2000	Robert Norris (SPST)
WDST:	1:22.10	2009	Benjamin Klipp
BRDL:	1:29.34	2010	Spencer Rowe at Bri
MMST:	1:30.23	2007	K.Parker
Name	Age	Team	Seed Time
1	O'Brien, John	10	WDST-PW 1:38.24
2	Smith, Jason	9	MMST-PW 1:45.46
3	Rouffla, Jared	9	MMST-PW 1:47.72
4	Chiodo, Jac	10	BRDL-PW 1:48.96
5	Sciandra, Zachary	10	BRDL-PW 1:53.50
6	Guice, Carter	9	MMST-PW 1:57.06
7	Tolson, Tyler	9	MMST-PW 1:58.59
8	Lanthaler, Brock	10	BRDL-PW 1:58.72
9	Huewart, Shane	10	BRDL-PW 2:01.37
10	Gogolkiewicz, Ryker	10	WDST-PW 2:05.53
11	Morton, Patrick	10	WDST-PW 2:10.91
12	Arrigo, Shawn	10	WDST-PW 2:22.63
13	Simmons, Robert	10	BRDL-PW 2:31.18
14	Pettigrew, Colby	9	WDST-PW 2:42.34

#21 Girls 10 & Under 100 SC Meter IM

PWSL:	1:21.92	1998	Caitlin Brown (RWB)
WDST:	1:22.53	2009	Zoey Shields
BRDL:	1:24.39	2009	Haley Zimmerman at
MMST:	1:23.21	2004	C. Mizerak
Name	Age	Team	Seed Time
1	Quinn, Erin	10	WDST-PW 1:28.88
2	Townsend, Samantha	10	BRDL-PW 1:32.90
3	King, Sydney	10	BRDL-PW 1:33.81
4	Whitaker, Peyton	10	MMST-PW 1:35.81
5	Orellana, Daisy	10	BRDL-PW 1:40.59
6	May, Keona	10	WDST-PW 1:40.95
7	Holm, Alexis	10	WDST-PW 1:43.45
8	Singh, Japnit	10	BRDL-PW 1:46.72
9	Pion, Lauren	10	MMST-PW 1:52.52
10	Turner, Brigit	10	MMST-PW 1:53.93
11	Jones, Becca	10	WDST-PW 1:55.00
12	Deng, Ashley	10	MMST-PW 1:57.12
13	Curington, Kelli	10	BRDL-PW 1:58.47
14	Krebs, Hannah	9	WDST-PW 2:03.98
15	Sikora, Kelly	10	MMST-PW 2:04.82
16	Ouellette, Avery	10	MMST-PW 2:05.34
17	Scott, Sydney	10	WDST-PW 2:07.12
18	Beckett, Jade	9	MMST-PW 2:07.46
19	Brenner, Emily	9	MMST-PW 2:09.99
20	Loonam, Delany	10	BRDL-PW 2:10.37
21	Loonam, Sydney	10	BRDL-PW 2:14.96
22	Banks, Mackenzie	9	BRDL-PW 2:19.18
23	Riemenschneider, Jessica	9	BRDL-PW 2:24.94
24	Luetkenhaus, Kelly	9	WDST-PW 2:34.38
25	Becker, Sarah	7	WDST-PW 2:43.98



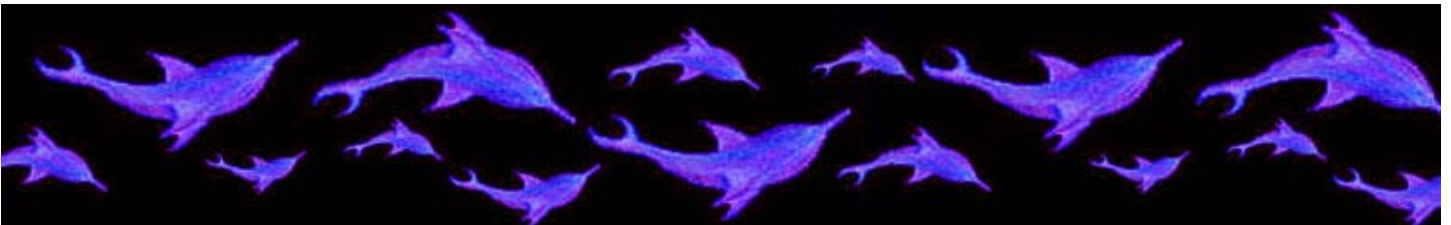
Grace United Methodist Church
thanks the Wellington swimmers
for your generous food and monetary
donations to our Caring & Sharing Program
and Food Pantry through your
Swim-a-Lap fundraiser.



We wish all the Dolphins, Bridlewaves,
and Makos a great meet today!
Enjoy sleeping in for the rest of your
summer!

**Wellington wishes GOOD LUCK to our 2011
18 Year-Olds**

Carly Wilson, Danielle Poplawski, Ameen
Mustafa, Kevin Boston, Alyssa Ritner, Emily
Sebesky and Katharine Sucher



PWSL 2011 Yellow Divisional Meet - 7/30/2011

PWSL 2011 Yellow Divisional Meet

Psych Sheet - Session 1

#22 Boys 11-12 100 SC Meter IM

PWSL: 1:09.50 2004 Patrick Lytle (SUD)			
WDST: 1:12.22 2009 William Shields			
BRDL: 1:23.10 2011 Spencer Rowe			
MMST: 1:19.64 2007 M.Pomajevich			
Name	Age	Team	Seed Time
1 Whiteree, Wes	12	WDST-PW	1:16.43
2 Marron, Paul	12	WDST-PW	1:20.01
3 Rowe, Spencer	11	BRDL-PW	1:23.10
4 Soller, Nicholas	12	BRDL-PW	1:23.60
5 Goodwill, Kyle	11	BRDL-PW	1:31.30
6 Dean, Nick	12	WDST-PW	1:33.42
7 Turner, Liam	12	MMST-PW	1:34.43
8 Derderian, Max	11	MMST-PW	1:36.75
9 Sorensen, Sean	12	WDST-PW	1:42.00
10 Brenner, CJ	11	MMST-PW	1:46.59
11 Scheid, Paul	11	BRDL-PW	1:47.06
12 Singh, Kulneet	12	BRDL-PW	1:48.19
13 Lesecka, Ivan	12	WDST-PW	1:52.13
14 Goldstein, Joey	11	BRDL-PW	1:52.40
15 Hoch, Spencer	12	BRDL-PW	1:52.62
16 Case, Sam	11	MMST-PW	1:55.04
17 Bell, Keagan	12	WDST-PW	1:55.16
18 Lansberry, Austin	11	BRDL-PW	1:57.87
19 Peterson, Ronald	11	MMST-PW	2:00.09
20 Salazar, Alex	11	WDST-PW	2:03.73
21 Arrigo, Anthony	12	WDST-PW	2:03.87

#23 Girls 11-12 100 SC Meter IM

PWSL: 1:11.85 2003 Lindsey Marchand (L)			
WDST: 1:14.62 1993 Erin Burlovich			
BRDL: 1:18.34 2006 Brooke Rodriguez at			
MMST: 1:17.91 2004 Gabrielle Mizerak at			
Name	Age	Team	Seed Time
1 Zimmerman, Haley	12	BRDL-PW	1:21.97
2 Sterling, Emily	11	MMST-PW	1:27.67
3 Healey, Elizabeth	11	MMST-PW	1:28.68
4 Jones, Jessie	12	WDST-PW	1:29.02
5 Johnson, Della	11	BRDL-PW	1:29.84
6 Tolson, Taylor	12	MMST-PW	1:31.27
7 Massey, MaryBeth	12	WDST-PW	1:32.49
8 Curry, Riley	12	MMST-PW	1:32.50
9 Dinoso, Kathleen	11	BRDL-PW	1:35.69
10 Shoeb, Elaine	11	WDST-PW	1:35.94
11 Miller, Emily	12	BRDL-PW	1:36.49
12 Ossenfort, Megan	11	BRDL-PW	1:38.41
13 Lanthaler, Isabel	12	BRDL-PW	1:39.87
14 Bittner, Hannah	12	WDST-PW	1:40.07
15 Sutphin, Melanie	12	WDST-PW	1:40.99
16 Upperman, Amanda	11	BRDL-PW	1:41.34
17 Quinn, Casey	12	WDST-PW	1:41.49
18 Hollar, Courtney	12	WDST-PW	1:42.81
19 Kropff, Kelley	11	BRDL-PW	1:46.91
20 Miller, Lauren	11	WDST-PW	1:51.72
21 Landry, Rachel	11	MMST-PW	1:51.98
22 Becker, Mary	12	WDST-PW	1:52.54

23 Simmons, Olivia	12	BRDL-PW	1:52.66
24 Huweart, Jillian	12	BRDL-PW	1:58.47

#24 Boys 13-14 100 SC Meter IM

PWSL: 1:03.62 2004 Robert Grimmatt-No			
WDST: 1:05.18 2009 Anthony Shields			
BRDL: 1:09.91 2010 Chase Taylor at Brid			
MMST: 1:11.51 2005 E. Sargent			
Name	Age	Team	Seed Time
1 Whiteree, Alex	14	WDST-PW	1:11.48
2 Healey, Matthew	13	MMST-PW	1:14.02
3 Herbert, Hunter	13	MMST-PW	1:20.31
4 Schreiber, Nicholas	13	WDST-PW	1:21.04
5 Morris, Colin	13	BRDL-PW	1:25.58
6 Wilson, Patrick	14	WDST-PW	1:26.49
7 Smith, Daniel	13	MMST-PW	1:26.75
8 Pion, Alex	13	MMST-PW	1:28.40
9 Tahrawi, Ryan	14	WDST-PW	1:29.66
10 Laferriere, Reese	14	BRDL-PW	1:30.06
11 Radicic, Joshua	13	BRDL-PW	1:32.85
12 Conner, Zac	14	WDST-PW	1:39.17
13 Sebesky, Joseph	14	WDST-PW	1:40.40
14 O'Brien, Peter	14	WDST-PW	1:44.31
15 McKnight, Julian	14	MMST-PW	1:46.12
16 Sucher, Andrew	13	WDST-PW	1:47.39
17 Goulla, Jacob	14	MMST-PW	1:49.35

#25 Girls 13-14 100 SC Meter IM

PWSL: 1:07.47 2005 Lindsey Marchand (L)			
WDST: 1:12.98 2009 Heidi Turner			
BRDL: 1:14.22 2008 Brooke Rodriguez at			
MMST: 1:12.07 2006 G.Mizerak			
Name	Age	Team	Seed Time
1 Samsky, Katherine	14	WDST-PW	1:17.64
2 Soller, Haley	14	BRDL-PW	1:20.19
3 Boston, Allison	13	WDST-PW	1:22.07
4 Worley, Kara	14	BRDL-PW	1:25.94
5 Lescault, Renee	14	BRDL-PW	1:26.24
6 Weiser, Kathleen	13	MMST-PW	1:27.65
7 Townsend, Sabrina	13	BRDL-PW	1:28.91
8 Naujoks, Aubrey	14	MMST-PW	1:29.00
9 Shriver, Rachel	13	WDST-PW	1:29.81
10 Kaucher, Devin	14	MMST-PW	1:29.81
11 Farmer, Bryanna	13	WDST-PW	1:32.12
12 Rauch, Amy	14	BRDL-PW	1:32.27
13 Loper, Claire	14	MMST-PW	1:33.56
14 Hayes, Jennifer	14	WDST-PW	1:39.02
15 Adkins, Elizabeth	13	WDST-PW	1:39.24
16 Nourse, Ashley	13	BRDL-PW	1:40.03
17 Carros, Olivia	14	WDST-PW	1:41.73
18 Burnett, Erin	13	BRDL-PW	1:43.19
19 Fortney, Jessie	14	BRDL-PW	1:44.73
20 Burnett, Lexy	14	BRDL-PW	1:45.01
21 Post, Medelly	13	BRDL-PW	1:45.49
22 Thornburg, Mary Kate	14	BRDL-PW	1:51.69
23 Ruckle, Sarah	13	BRDL-PW	1:58.40
24 Gwynn, Erin	13	BRDL-PW	2:00.56

#26 Boys 15-18 100 SC Meter IM

PWSL: 59.01 2006 Zachary Hayden (SU)			
WDST: 1:04.05 1995 Michael Vanderpool			
BRDL: 1:06.00 2008 Ken Heidel at Divisio			
MMST: 1:07.43 2011 Trevor Heckman			
Name	Age	Team	Seed Time
1 Mustafa, Adam	16	WDST-PW	1:04.32
2 Heckman, Trevor	17	MMST-PW	1:07.43
3 Taylor, Chase	15	BRDL-PW	1:09.91
4 Mustafa, Ameen	18	WDST-PW	1:11.80
5 Rouffa, Sean	15	MMST-PW	1:12.09
6 Weiser, Mike	15	MMST-PW	1:12.35
7 Feshari, Joshua	16	MMST-PW	1:13.12
8 Post, Alberto	15	BRDL-PW	1:14.58
9 Gambarani, Sean	17	MMST-PW	1:14.59
10 Kurash, Andrew	16	BRDL-PW	1:18.38
11 Zimmerman, Austin	15	BRDL-PW	1:18.90
12 Sorensen, Andrew	15	WDST-PW	1:22.48
13 Post, Daniel	16	BRDL-PW	1:23.80
14 Quinan, Peter	16	WDST-PW	1:23.81
15 Curry, Tanner	15	MMST-PW	1:25.11
16 Zumbaugh, Danny	15	BRDL-PW	1:25.13
17 Hinton, Kyle	17	WDST-PW	1:26.77
18 O'Neal, RJ	17	MMST-PW	1:26.80
19 Gwynn, David	15	BRDL-PW	1:34.88
20 Thornburg, Christopher	16	BRDL-PW	1:45.63

#27 Girls 15-18 100 SC Meter IM

PWSL: 1:07.33 2010 Casie Boyle (SUD)			
WDST: 1:09.01 2011 Christine Souther			
BRDL: 1:11.35 2011 Brooke Rodriguez			
MMST: 1:10.50 2011 C. Mizerak			
Name	Age	Team	Seed Time
1 Souther, Christine	16	WDST-PW	1:09.01
2 Mizerak, Courtney	17	MMST-PW	1:10.50
3 Rodriguez, Brooke	17	BRDL-PW	1:11.35
4 Sargent, Lauren	15	MMST-PW	1:14.19
5 Lowell, Peri	18	BRDL-PW	1:17.30
6 Voss, Delaney	15	WDST-PW	1:19.03
7 Cotton, Katie	16	WDST-PW	1:21.62
8 Rouffa, Alycia	17	MMST-PW	1:22.69
9 Deibler, Kelly	18	BRDL-PW	1:23.49
10 Poplawski, Danielle	18	WDST-PW	1:24.06
11 Ingram, Shelby	15	MMST-PW	1:26.56
12 Wilson, Carley	18	WDST-PW	1:28.58
13 Deibler, Julie	16	BRDL-PW	1:29.09
14 Koransky, Megan	16	BRDL-PW	1:29.37
15 Martini, Bekah	15	MMST-PW	1:30.65
16 Thomas, Olivia	16	BRDL-PW	1:30.88
17 Hayes, Jacqueline	16	WDST-PW	1:34.78
18 Ritner, Alyssa	18	WDST-PW	1:35.17
19 Kerns, Shannon	15	WDST-PW	1:35.81



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Psych Sheet - Session 1

#28 Boys 8 & Under 25 SC Meter Backstroke

PWSL:	18.63	2005	Brandon Doyle (WST)
WDST:	18.63	2005	Brandon Doyle
BRDL:	22.94	2008	Drake Marshall at Br
MMST:	20.84	2005	K.Parker
Name	Age	Team	Seed Time
1 Gilg, Henry	8	BRDL-PW	23.19
2 Smith, Joshua	7	MMST-PW	24.56
3 Morton, Brandon	7	WDST-PW	26.68
4 Ossenfort, Will	8	BRDL-PW	26.78
5 Salazar, Zac	8	WDST-PW	27.16
6 Hollar, Matthew	7	WDST-PW	28.44
7 Gilbert, Stephen	8	BRDL-PW	28.85
8 Marshall, Brock	7	BRDL-PW	29.82
9 Taylor, Karsten	7	WDST-PW	30.30
10 Cotton, Nick	8	WDST-PW	30.89
11 Gresham, Ian	8	BRDL-PW	31.22
12 Milet, Brice	8	WDST-PW	31.53
13 Verosko, John	7	BRDL-PW	31.85
14 Gilbert, Peter	6	BRDL-PW	33.22
15 Singh, Aehran	7	BRDL-PW	33.82
16 Woods, Logan	7	BRDL-PW	33.90
17 Claessen, Nathan	7	MMST-PW	36.19
18 Kauffman, Noah	8	WDST-PW	36.52
19 Meltzer, Zachary	7	MMST-PW	36.85
20 Mahek, Connor	7	WDST-PW	37.46
21 Carr, Ethan	7	MMST-PW	37.53
22 Cardona, Jayden	8	WDST-PW	39.23
23 Mahek, Dillon	6	WDST-PW	39.96
24 Lopez del Pino, Nicholas	8	WDST-PW	40.45
25 Lopez del Pino, Benjamin	8	WDST-PW	40.55
26 Flanders, Brock	8	MMST-PW	42.03
27 Kauffman, Michael	6	WDST-PW	43.01
28 Sahlberg, Jacob	6	BRDL-PW	43.53
29 Lanthaler, Mitch	6	BRDL-PW	43.81
30 Simpson, Mason	7	WDST-PW	52.76
31 Marks, Zach	6	MMST-PW	58.41
32 McFadden, James	6	WDST-PW	59.65
33 Poloski, Sean	6	BRDL-PW	1:08.75
34 Marshall, Pierce	5	BRDL-PW	1:09.38

#29 Girls 8 & Under 25 SC Meter Backstroke

PWSL:	20.41	2009	Megan Roloff (BRB)
WDST:	20.66	1993	Melissa Burlovich
BRDL:	21.97	2002	Brooke Rodriguez vs
MMST:	20.13	2000	Leanne Ralph at FAS
Name	Age	Team	Seed Time
1 Thomas, Alyssa	8	BRDL-PW	23.41
2 Ozark, Elizabeth	8	BRDL-PW	24.02
3 Palmer, Madison	7	BRDL-PW	24.84
4 Upperman, Malorie	7	BRDL-PW	26.22
5 Solenberger, Savannah	8	WDST-PW	26.49
6 Ouellette, Chloe	8	MMST-PW	26.71
7 Luetkenhaus, Katie	7	WDST-PW	28.19
8 Gilmore, Libby	8	BRDL-PW	29.02
9 Turner, Aislinn	8	MMST-PW	29.32

10 Yelvington, Abigail	8	WDST-PW	29.48
11 Orellana, Marcela	7	BRDL-PW	29.66
12 Bewley, Bekah	6	WDST-PW	30.84
13 Hickman, Ava Rose	8	BRDL-PW	31.72
14 Sahlberg, Sadie	8	BRDL-PW	31.88
15 Morrissey, Carly	7	BRDL-PW	32.34
16 Wisniewski, Greta	7	WDST-PW	33.53
17 Bland, Maggie	6	WDST-PW	34.45
18 Willever, Abby	7	MMST-PW	35.11
19 Ozark, Emma	6	BRDL-PW	36.49
20 Horowitz, Ava	7	BRDL-PW	37.81
21 Wolfe, Chloe	6	WDST-PW	38.00
22 Banks, Addisyn	5	BRDL-PW	38.44
23 Anand, Anya	8	BRDL-PW	39.46
24 Bittner, Bethany	7	WDST-PW	39.67
25 Otero, Diana	8	WDST-PW	40.08
26 Breyfogle, Eloise	7	BRDL-PW	41.56
27 Seaberg, Maria	8	WDST-PW	41.87
28 Taylor, Hayley	5	WDST-PW	41.91
29 Wahala, Ikreet	8	BRDL-PW	42.37
30 Beckett, Jasmine	6	MMST-PW	43.20
31 Ashurst, Addison	6	BRDL-PW	44.38
32 Coleman, Reagean	8	WDST-PW	45.09
33 Coleman, Jordan	6	WDST-PW	46.78
34 Farmer, Delaney	6	WDST-PW	47.14
35 Simmons, Rachel	7	BRDL-PW	47.40
36 Schreiber, Caitlyn	8	WDST-PW	49.28
37 Solenberger, Ashlyn	6	WDST-PW	50.60
38 Fieffer, Jillian	5	BRDL-PW	51.18
39 Holm, Kaitlyn	6	WDST-PW	52.09
40 Cassedy, Katelyn	6	MMST-PW	52.98
41 Mills, Abbie	6	BRDL-PW	57.86
42 Meltzer, Sarah	5	MMST-PW	59.07
43 Dann, Olivia	7	BRDL-PW	1:08.31

#30 Boys 9-10 50 SC Meter Backstroke

PWSL:	36.09	2007	Brandon Doyle (BRB)
WDST:	35.26		J. Thorpe
BRDL:	41.63	2010	Drake Marshall
MMST:	39.56	2007	K.Parker @ Ridgewo
Name	Age	Team	Seed Time
1 O'Brien, John	10	WDST-PW	47.74
2 Smith, Jason	9	MMST-PW	49.72
3 Sciandra, Zachary	10	BRDL-PW	53.10
4 Olsen, Nicholas	10	MMST-PW	54.74
5 Creeden, Michael	9	BRDL-PW	56.07
6 Lanthaler, Brock	10	BRDL-PW	56.63
7 Neal, Jacob	9	BRDL-PW	56.81
8 Burnett, Brian	9	BRDL-PW	57.18
9 Gogolkiewicz, Ryker	10	WDST-PW	57.72
10 Palmer, Jack	10	BRDL-PW	58.34
11 Simmons, Robert	10	BRDL-PW	1:00.00
12 White, James	10	WDST-PW	1:03.84
13 O'Neal, Riley	9	MMST-PW	1:04.80
14 Scott, Dylan	9	WDST-PW	1:05.90
15 Roush, Kevin	10	WDST-PW	1:06.22
16 Willever, Joseph	9	MMST-PW	1:06.62

17 deGuzman, David	9	BRDL-PW	1:08.14
18 Roach, Caleb	10	WDST-PW	1:14.18
19 O'Malley, Aidan	9	WDST-PW	1:15.82
20 Tabor, Sean	10	WDST-PW	1:17.64

#31 Girls 9-10 50 SC Meter Backstroke

PWSL:	37.38	1998	Michelle Sawyer (FA)
WDST:	38.40	2011	Erin Quinn
BRDL:	38.73	2004	Brooke Rodriguez at
MMST:	38.74	2004	Courtney Mizerak vs
Name	Age	Team	Seed Time
1 Quinn, Erin	10	WDST-PW	38.40
2 Whitaker, Peyton	10	MMST-PW	41.61
3 Townsend, Samantha	10	BRDL-PW	42.59
4 Becker, Lucy	10	WDST-PW	49.74
5 Chmielenski, Kaelyn	9	BRDL-PW	50.76
6 Turner, Brigit	10	MMST-PW	54.33
7 Curington, Kelli	10	BRDL-PW	54.56
8 Jones, Becca	10	WDST-PW	54.63
9 Irving, Reghan	10	WDST-PW	55.02
10 Krebs, Hannah	9	WDST-PW	55.13
11 Elston, Emma	10	WDST-PW	55.75
12 Ouellette, Avery	10	MMST-PW	55.84
13 Kauffman, Ashton	9	WDST-PW	56.02
14 Bland, Ellie	9	WDST-PW	56.83
15 Luetkenhaus, Kelly	9	WDST-PW	57.88
16 Loonam, Sydney	10	BRDL-PW	57.94
17 Beckett, Jade	9	MMST-PW	58.18
18 Adkins, Victoria	10	WDST-PW	58.53
19 Halo, Hannah	10	BRDL-PW	58.56
20 Fieffer, Jessica	10	BRDL-PW	59.57
21 Marks, Katie	9	MMST-PW	1:00.97
22 Laferriere, Malorie	10	BRDL-PW	1:01.12
23 Sterling, Autumn	10	BRDL-PW	1:01.42
24 Gresham, Lauren	9	BRDL-PW	1:01.89
25 Chiodo, Gianna	9	BRDL-PW	1:02.09
26 Dalessandro, Grace	9	BRDL-PW	1:06.53
27 Cumings, Thayer	10	BRDL-PW	1:07.69
28 Bowles, Olivia	9	BRDL-PW	1:08.49
29 Ambhore, Ayushi	10	BRDL-PW	1:08.55
30 Ramcharan, Destiny	10	BRDL-PW	1:08.68
31 Schetselaar, Hannah	10	BRDL-PW	1:09.64
32 Badaoui, Ayatullah	9	BRDL-PW	1:09.91
33 Lee, Abigail	9	MMST-PW	1:10.01
34 Barratt, Emma	9	BRDL-PW	1:10.47
35 Ludwig, Ainsley	10	WDST-PW	1:14.31
36 Brinkman, Delaynie	9	WDST-PW	1:14.44
37 Seaberg, Meredith	10	WDST-PW	1:14.46
38 Meltzer, Rachel	9	MMST-PW	1:15.91
39 Miller, Hannah	9	WDST-PW	1:16.00
40 Stewart, Awara	10	BRDL-PW	1:17.88
41 Sullivan, Elizabeth	9	WDST-PW	1:19.33
42 Troan, Sarah	9	BRDL-PW	1:20.56
43 Carroll, Emma	9	WDST-PW	1:24.77
44 Sinha, Prajwalla	9	BRDL-PW	1:26.34
45 Pleet, Hannah	9	WDST-PW	1:37.37





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Swedish  Deep Tissue  Seated

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PWSL 2011 Yellow Divisional Meet

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#32 Boys 11-12 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Marron, Paul	12	WDST-PW	37.46
2 Soller, Nicholas	12	BRDL-PW	39.56
3 Dean, Nick	12	WDST-PW	40.84
4 Marshall, Drake	11	BRDL-PW	41.04
5 Derderian, Max	11	MMST-PW	42.28
6 Penn, Gabriel	12	WDST-PW	42.29
7 Turner, Liam	12	MMST-PW	43.11
8 Bellamy, Clayton	11	MMST-PW	45.53
9 Shoeb, Ryan	11	WDST-PW	46.19
10 Scheid, Paul	11	BRDL-PW	49.03
11 Weaver, Nick	12	WDST-PW	50.29
12 Arrigo, Anthony	12	WDST-PW	51.44
13 Wong, Tyler	12	BRDL-PW	52.75
14 Goldstein, Joey	11	BRDL-PW	53.10
15 Gresham, Tre'	11	BRDL-PW	54.87
16 Meltzer, Noah	11	MMST-PW	55.24
17 Lopez del Pino, Santiago	11	WDST-PW	55.65
18 Solomon, Cal	11	MMST-PW	55.75
19 Ludwig, Dane	12	WDST-PW	55.87
20 Bell, Keagan	12	WDST-PW	55.88
21 Marks, Ryan	11	MMST-PW	56.13
22 Jones, Justin	11	BRDL-PW	58.46
23 Gilmore, Miles	11	BRDL-PW	58.53
24 Stanford, Seth	11	WDST-PW	1:02.68
25 Davis, Joseph	11	WDST-PW	1:03.67
26 Palisin, Robbie	12	MMST-PW	1:04.66
27 Bennett, Cody	11	MMST-PW	1:08.02
28 McCullough, Jason	11	WDST-PW	1:15.29

#33 Girls 11-12 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Healey, Elizabeth	11	MMST-PW	38.14
2 Johnson, Della	11	BRDL-PW	40.72
3 Tolson, Taylor	12	MMST-PW	40.84
4 Jones, Jessie	12	WDST-PW	41.17
5 Dinoso, Kathleen	11	BRDL-PW	42.47
6 Shoeb, Elaine	11	WDST-PW	42.71
7 Weiser, Mary Kate	12	MMST-PW	44.47
8 Kropff, Kelley	11	BRDL-PW	45.46
9 Kifer, Catherine	12	WDST-PW	46.00
10 Garman, Megan	12	MMST-PW	46.44
11 Hollar, Courtney	12	WDST-PW	46.93
12 Farmer, MacKenzie	11	WDST-PW	47.07
13 Radicic, Lauren	12	BRDL-PW	47.18
14 Miller, Lauren	11	WDST-PW	48.99
15 Lescault, Millie	11	BRDL-PW	49.60

16 Upperman, Amanda	11	BRDL-PW	50.06
17 Somma, Ashley	11	BRDL-PW	50.34
18 Weinzapfel, Kelly	11	WDST-PW	50.73
19 Singh, Jasneet	12	BRDL-PW	54.10
20 Simmons, Olivia	12	BRDL-PW	54.10
21 Rauch, Natalie	11	BRDL-PW	55.21
22 Huweart, Jillian	12	BRDL-PW	55.62
23 Barratt, Grace	11	BRDL-PW	55.72
24 Woosley, Angelica	12	WDST-PW	55.75
25 Dann, Nicole	11	BRDL-PW	56.19
26 Zumbaugh, Lauren	11	BRDL-PW	1:00.96
27 Kifer, Heather	11	WDST-PW	1:01.70
28 Moorman, Jasmine	11	BRDL-PW	1:03.69
29 Hamlin, Emily	11	BRDL-PW	1:03.85
30 Hammar, Kim	11	WDST-PW	1:04.19
31 Breyfogle, Madeline	11	BRDL-PW	1:04.94
32 Moye, Jordan	11	BRDL-PW	1:07.66
33 Guice, Emily	11	MMST-PW	1:10.46
34 Parry, Alyson	12	WDST-PW	1:16.27

#34 Boys 13-14 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Healey, Matthew	13	MMST-PW	33.57
2 Schreiber, Nicholas	13	WDST-PW	38.96
3 Laferriere, Reese	14	BRDL-PW	39.34
4 Wilson, Patrick	14	WDST-PW	40.27
5 Smith, Daniel	13	MMST-PW	40.69
6 Donaldson, Matt	13	WDST-PW	40.87
7 Scheid, Will	14	BRDL-PW	41.65
8 Wilson, Corey	14	WDST-PW	41.84
9 Turner, Colin	13	MMST-PW	42.35
10 Lowell, Nathan	13	BRDL-PW	43.21
11 Teele, Grant	14	BRDL-PW	45.09
12 Ogden, Joshua	13	MMST-PW	45.53
13 Landry, Walker	13	MMST-PW	46.52
14 Donaldson, Mike	13	WDST-PW	48.82
15 Weinzapfel, Quinn	13	WDST-PW	48.92
16 May, Lorenzo	13	WDST-PW	49.46
17 Cipriotti, Ross	14	MMST-PW	52.62
18 Sebesky, Joseph	14	WDST-PW	53.37
19 Lyman, Grayson	13	MMST-PW	54.38
20 Ouellette, Reid	13	MMST-PW	54.43
21 Knight, Brooks	13	BRDL-PW	54.91
22 Ludwig, Addison	14	WDST-PW	56.81

#35 Girls 13-14 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Samsky, Katherine	14	WDST-PW	36.01
2 Naujoks, Aubrey	14	MMST-PW	38.37

3 Worley, Kara	14	BRDL-PW	38.84
4 Bleichner, Kelly	13	WDST-PW	40.50
5 Zumbaugh, Marissa	13	BRDL-PW	41.01
6 Townsend, Sabrina	13	BRDL-PW	41.03
7 Thomas, Cecily	14	BRDL-PW	42.25
8 Goldstein, Laura	13	BRDL-PW	42.68
9 Gilg, Abigail	13	BRDL-PW	42.75
10 Rauch, Amy	14	BRDL-PW	43.38
11 McEvoy, Erin	14	MMST-PW	43.88
12 Bailey, Elizabeth	14	WDST-PW	43.92
13 Nourse, Ashley	13	BRDL-PW	44.63
14 Pettigrew, Haley	13	WDST-PW	45.08
15 Derderian, Camille	14	MMST-PW	45.38
16 Collins, Emily	13	WDST-PW	45.51
17 Lugent, Hannah	13	BRDL-PW	45.65
18 Regan, Casey	14	BRDL-PW	46.23
19 Hammar, Alex	14	WDST-PW	46.23
20 Swinsky, Catie	13	BRDL-PW	46.47
21 Adkins, Elizabeth	13	WDST-PW	46.98
22 Fortney, Jessie	14	BRDL-PW	47.26
23 Post, Medelly	13	BRDL-PW	47.81
24 Woosley, Mikayla	14	WDST-PW	48.67
25 Curington, Morgan	13	BRDL-PW	49.13
26 Wade, Hannah	13	BRDL-PW	49.60
27 Lopez del Pino, Victoria	13	WDST-PW	49.67
28 Burnett, Lexy	14	BRDL-PW	49.75
29 Thornburg, Mary Kate	14	BRDL-PW	51.21
30 McKnight, Morgan	13	MMST-PW	51.22
31 Ruckle, Sarah	13	BRDL-PW	52.93
32 Swinsky, Sarah	14	BRDL-PW	53.61
33 Lightner, Caitlyn	13	WDST-PW	53.89

#36 Boys 15-18 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Mustafa, Adam	16	WDST-PW	31.39
2 Olsen, Kevin	15	MMST-PW	32.98
3 Weiser, Mike	15	MMST-PW	33.72
4 Kurash, Andrew	16	BRDL-PW	34.14
5 Heil, Philip	18	MMST-PW	36.40
6 Thornburg, Zachary	16	BRDL-PW	36.89
7 Vaccaro, Nicholas	15	MMST-PW	37.00
8 Ruckle, Taylor	16	BRDL-PW	37.83
9 Sorensen, Andrew	15	WDST-PW	38.41
10 Kerner, Chris	16	MMST-PW	40.25
11 Zumbaugh, Danny	15	BRDL-PW	41.05
12 Short, Joey	16	WDST-PW	41.35
13 Sorensen, Trenton	15	MMST-PW	44.31
14 Boston, Kevin	18	WDST-PW	45.60
15 Thornburg, Christopher	16	BRDL-PW	46.78
16 Gwynn, David	15	BRDL-PW	48.25
17 Landry, Jacob	15	MMST-PW	48.75
18 Teele, Matthew	16	BRDL-PW	49.69
19 Delaney, Devin	15	BRDL-PW	56.59



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#37 Girls 15-18 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Souther, Christine	16	WDST-PW	32.99
2 Tabor, Natalie	15	WDST-PW	35.29
3 Lowell, Peri	18	BRDL-PW	35.60
4 Baumstark, Rebecca	15	MMST-PW	37.10
5 Poplawski, Danielle	18	WDST-PW	38.34
6 Lescault, Gabie	16	BRDL-PW	38.56
7 Deibler, Kelly	18	BRDL-PW	38.76
8 Rouffa, Alycia	17	MMST-PW	38.77
9 Koransky, Megan	16	BRDL-PW	40.72
10 Deibler, Julie	16	BRDL-PW	40.98
11 Sterling, Lindsay	16	MMST-PW	41.45
12 Wilson, Carley	18	WDST-PW	41.64
13 Ingram, Shelby	15	MMST-PW	42.14
14 Madison, Emanuelle	16	BRDL-PW	42.26
15 Kerns, Shannon	15	WDST-PW	43.25
16 Sullivan, Erin	15	BRDL-PW	44.10
17 Sucher, Katharine	18	WDST-PW	44.59
18 Sendaj, Emilee	17	WDST-PW	46.92
19 Sebesky, Emily	18	WDST-PW	47.77
20 Kerner, Liz	15	MMST-PW	51.75
21 Burnett, Katie	15	BRDL-PW	52.87
22 Goulla, Reagan	15	MMST-PW	53.05
23 Tuzo, Jessica	15	BRDL-PW	53.56
24 Stowers, Meghan	15	BRDL-PW	58.02

#38 Boys 8 & Under 25 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Ossenfort, Will	8	BRDL-PW	25.60
2 Massey, Hugh	8	WDST-PW	27.32
3 Ogden, Jacob	8	MMST-PW	27.37
4 Marshall, Brock	7	BRDL-PW	29.50
5 Milet, Brice	8	WDST-PW	30.19
6 Verosko, Stephen	8	BRDL-PW	30.49
7 Hollar, Matthew	7	WDST-PW	32.73
8 Weinzapfel, Zach	7	WDST-PW	33.37
9 Cotton, Nick	8	WDST-PW	33.71
10 Verosko, John	7	BRDL-PW	33.84
11 McCormack, Jackson	8	BRDL-PW	34.96
12 Smith, Joshua	7	MMST-PW	36.08
13 Healey, Andrew	8	MMST-PW	36.65
14 Sutphin, Tyler	8	WDST-PW	37.54
15 Derderian, Nicholas	8	MMST-PW	40.97
16 Goff, Andrew	6	MMST-PW	41.62
17 Taylor, Karsten	7	WDST-PW	59.63

#39 Girls 8 & Under 25 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Ozark, Elizabeth	8	BRDL-PW	23.50
2 Dinoso, Ashley	8	BRDL-PW	27.97
3 Goodwill, Gabriella	8	BRDL-PW	30.40
4 Fieffer, Jennifer	8	BRDL-PW	30.62
5 Turner, Aislinn	8	MMST-PW	30.77
6 Lucks, Sierra	8	WDST-PW	30.78
7 Gilmore, Libby	8	BRDL-PW	32.85
8 Luetkenhaus, Katie	7	WDST-PW	33.34
9 Stanford, Sarah	8	WDST-PW	34.51
10 Tebell, Maggie	8	WDST-PW	35.31
11 Ouellette, Chloe	8	MMST-PW	35.85
12 Upperman, Malorie	7	BRDL-PW	36.62
13 Breyfogle, Eloise	7	BRDL-PW	38.09
14 Schreiber, Caitlyn	8	WDST-PW	38.61
15 Becker, Sarah	7	WDST-PW	38.88
16 Wisniewski, Greta	7	WDST-PW	38.89
17 Heisen, Emily	8	MMST-PW	39.35
18 Willever, Abby	7	MMST-PW	40.17
19 Taylor, Hayley	5	WDST-PW	45.96
20 Thorpe, Alexandra	7	BRDL-PW	50.65

#40 Boys 9-10 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Lanthaler, Brock	10	BRDL-PW	50.12
2 Chiodo, Jac	10	BRDL-PW	51.62
3 Guice, Carter	9	MMST-PW	53.12
4 Rouffa, Jared	9	MMST-PW	59.23
5 Sciandra, Zachary	10	BRDL-PW	1:00.91
6 Palmer, Jack	10	BRDL-PW	1:03.60
7 Arrigo, Shawn	10	WDST-PW	1:04.90
8 Schreiber, Justin	9	WDST-PW	1:05.05
9 Diaz-De Jesus, Josue	9	BRDL-PW	1:08.02
10 Olsen, Nicholas	10	MMST-PW	1:08.70
11 Neal, Jacob	9	BRDL-PW	1:13.09
12 Harlan, Ryan	10	WDST-PW	1:13.99
13 O'Neal, Riley	9	MMST-PW	1:20.89
14 Scott, Dylan	9	WDST-PW	1:22.27
15 Pettigrew, Colby	9	WDST-PW	1:30.71
16 deGuzman, David	9	BRDL-PW	1:47.53
17 Roach, Caleb	10	WDST-PW	1:53.48

#41 Girls 9-10 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Orellana, Daisy	10	BRDL-PW	47.65
2 May, Keona	10	WDST-PW	47.90
3 Holm, Alexis	10	WDST-PW	51.29
4 Pion, Lauren	10	MMST-PW	51.81
5 Cudahy, Aidan-Claire	9	MMST-PW	53.28
6 Whitaker, Peyton	10	MMST-PW	54.36
7 Chiodo, Gianna	9	BRDL-PW	54.79
8 Riemenschneider, Jessica	9	BRDL-PW	57.68
9 Velardi, Anna	9	BRDL-PW	1:00.68
10 Scott, Sydney	10	WDST-PW	1:01.64
11 Fieffer, Jessica	10	BRDL-PW	1:02.13
12 Seaberg, Meredith	10	WDST-PW	1:04.35
13 Sirois, Piper	9	BRDL-PW	1:04.58
14 Case, Bailey	9	MMST-PW	1:05.94
15 Halo, Hannah	10	BRDL-PW	1:06.78
16 Loonam, Delany	10	BRDL-PW	1:06.87
17 Brenner, Emily	9	MMST-PW	1:07.44
18 Banks, Mackenzie	9	BRDL-PW	1:07.94
19 Sikora, Kelly	10	MMST-PW	1:08.47
20 Laferriere, Malorie	10	BRDL-PW	1:10.04
21 Irving, Reghan	10	WDST-PW	1:11.06
22 Marks, Katie	9	MMST-PW	1:12.38
23 Dalessandro, Grace	9	BRDL-PW	1:12.64
24 Sterling, Autumn	10	BRDL-PW	1:13.06
25 Ramcharan, Destiny	10	BRDL-PW	1:13.16
26 Bland, Ellie	9	WDST-PW	1:13.94
27 Schetselaar, Hannah	10	BRDL-PW	1:18.66
28 McCormack, Katelyn	10	BRDL-PW	1:20.58
29 Ludwig, Ainsley	10	WDST-PW	1:27.90
30 Carroll, Emma	9	WDST-PW	1:28.94
31 Pleet, Hannah	9	WDST-PW	1:35.73
32 Badaoui, Ayatullah	9	BRDL-PW	1:48.75

#42 Boys 11-12 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Rowe, Spencer	11	BRDL-PW	43.72
2 Dean, Nick	12	WDST-PW	43.77
3 Goodwill, Kyle	11	BRDL-PW	47.35
4 Singh, Kulneet	12	BRDL-PW	49.30
5 Sorensen, Sean	12	WDST-PW	49.66
6 Case, Sam	11	MMST-PW	49.89
7 Marshall, Drake	11	BRDL-PW	50.01
8 Hoch, Spencer	12	BRDL-PW	51.38
9 Penn, Gabriel	12	WDST-PW	51.64
10 Brenner, CJ	11	MMST-PW	52.41
11 McFadden, Anthony	11	WDST-PW	53.29



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12	Arrigo, Anthony	12	WDST-PW	54.74
13	Bennett, Cody	11	MMST-PW	56.42
14	Lesecka, Ivan	12	WDST-PW	56.93
15	McEvoy, Timothy	12	MMST-PW	57.62
16	Weaver, Nick	12	WDST-PW	1:00.57
17	Marks, Ryan	11	MMST-PW	1:03.86
18	Jones, Justin	11	BRDL-PW	1:08.08
19	Lopez del Pino, Santiago	11	WDST-PW	1:12.05
20	Stanford, Seth	11	WDST-PW	1:15.70
21	Ludwig, Dane	12	WDST-PW	1:21.07

#43 Girls 11-12 50 SC Meter Breaststroke

PWSL:	36.72	2004	Lauren Poli (SUD)
WDST:	40.18	2007	Heidi Turner
BRDL:	39.78	2006	Brooke Rodriguez at
MMST:	38.26	2006	C.Mizerak

Name	Age	Team	Seed Time
1	Curry, Riley	12	MMST-PW 42.72
2	Tolson, Taylor	12	MMST-PW 43.72
3	Lanthaler, Isabel	12	BRDL-PW 45.12
4	Jones, Jessie	12	WDST-PW 45.57
5	Upperman, Amanda	11	BRDL-PW 47.06
6	Hollar, Courtney	12	WDST-PW 51.57
7	Kifer, Catherine	12	WDST-PW 51.72
8	Bittner, Hannah	12	WDST-PW 52.53
9	Sutphin, Melanie	12	WDST-PW 52.89
10	Landry, Rachel	11	MMST-PW 53.89
11	Huewart, Jillian	12	BRDL-PW 54.13
12	Somma, Ashley	11	BRDL-PW 55.43
13	Simmons, Olivia	12	BRDL-PW 56.56
14	Miller, Lauren	11	WDST-PW 56.60
15	Weinzapfel, Kelly	11	WDST-PW 58.46
16	Bisenieks, Amber	12	BRDL-PW 59.68
17	Zumbaugh, Lauren	11	BRDL-PW 1:01.91
18	Breyfogle, Madeline	11	BRDL-PW 1:02.49
19	Guice, Emily	11	MMST-PW 1:03.44
20	Dann, Nicole	11	BRDL-PW 1:04.65
21	Hamlin, Emily	11	BRDL-PW 1:04.75
22	Rauch, Natalie	11	BRDL-PW 1:05.18
23	Marsh, Alexis	11	MMST-PW 1:05.77
24	Moye, Jordan	11	BRDL-PW 1:12.31

#44 Boys 13-14 50 SC Meter Breaststroke

PWSL:	31.60	1993	Scott Werner (SUD)
WDST:	34.93	2009	Anthony Shields
BRDL:	35.29	2010	Chase Taylor at Pied
MMST:	36.65	2010	Sean Rouffa at Veter

Name	Age	Team	Seed Time
1	Herbert, Hunter	13	MMST-PW 39.63
2	Donaldson, Matt	13	WDST-PW 40.95
3	Morris, Colin	13	BRDL-PW 40.97
4	Wilson, Patrick	14	WDST-PW 41.06
5	Cudahy, Brock	13	MMST-PW 43.02
6	Pion, Alex	13	MMST-PW 43.06
7	Wilson, Corey	14	WDST-PW 43.08

8	Ogden, Joshua	13	MMST-PW 43.53
9	Scheid, Will	14	BRDL-PW 45.63
10	Bennett, David	13	MMST-PW 45.66
11	Knight, Brooks	13	BRDL-PW 46.29
12	Tahravi, Ryan	14	WDST-PW 46.62
13	Conner, Zac	14	WDST-PW 47.33
14	Teele, Grant	14	BRDL-PW 48.45
15	McKnight, Julian	14	MMST-PW 49.25
16	O'Brien, Peter	14	WDST-PW 50.79
17	Weinzapfel, Quinn	13	WDST-PW 51.42
18	Goulla, Jacob	14	MMST-PW 51.79
19	Sucher, Andrew	13	WDST-PW 52.89
20	Ouellette, Reid	13	MMST-PW 53.62
21	Cipriotti, Ross	14	MMST-PW 1:06.80
22	Lyman, Grayson	13	MMST-PW 1:10.97

#45 Girls 13-14 50 SC Meter Breaststroke

PWSL:	35.18	2010	Allyson Bodmer (AS)
WDST:	37.89	2009	Heidi Turner
BRDL:	37.81	2008	Brooke Rodriguez at
MMST:	39.90	2010	Lauren Sargent

Name	Age	Team	Seed Time
1	Kaucher, Devin	14	MMST-PW 40.72
2	Lescault, Renee	14	BRDL-PW 41.11
3	Loper, Claire	14	MMST-PW 44.47
4	Shriver, Rachel	13	WDST-PW 44.58
5	Hayes, Jennifer	14	WDST-PW 45.01
6	Zumbaugh, Marissa	13	BRDL-PW 46.96
7	Derderian, Camille	14	MMST-PW 47.31
8	Nourse, Ashley	13	BRDL-PW 47.35
9	Carros, Olivia	14	WDST-PW 48.07
10	Burnett, Lexy	14	BRDL-PW 48.20
11	Farmer, Bryanna	13	WDST-PW 48.87
12	Gilg, Abigail	13	BRDL-PW 49.68
13	Burnett, Erin	13	BRDL-PW 50.41
14	Adkins, Elizabeth	13	WDST-PW 51.01
15	Collins, Emily	13	WDST-PW 51.95
16	Trone, Marley	14	BRDL-PW 52.15
17	Regan, Casey	14	BRDL-PW 52.33
18	Lugent, Hannah	13	BRDL-PW 53.03
19	Saunders, Delicia	13	WDST-PW 53.40
20	O'Neal, Rhyanna	14	MMST-PW 54.53
21	Ruckle, Sarah	13	BRDL-PW 55.00
22	McKnight, Morgan	13	MMST-PW 55.63
23	Gwynn, Erin	13	BRDL-PW 57.29
24	Wade, Hannah	13	BRDL-PW 59.16
25	Lightner, Caitlyn	13	WDST-PW 59.87
26	Swinsky, Sarah	14	BRDL-PW 1:04.54
27	Hammar, Alex	14	WDST-PW 1:06.49

#46 Boys 15-18 50 SC Meter Breaststroke

PWSL:	29.53	1997	Scott Werner (SUD)
WDST:	33.04	1995	Ray Hrabe
BRDL:	33.97	2009	Chuckie Zumbaugh a
MMST:	34.02	2009	E.Sargent

Name	Age	Team	Seed Time
1	Taylor, Chase	15	BRDL-PW 35.01

2	Rouffa, Sean	15	MMST-PW 36.21
3	Orellana, Alex	16	BRDL-PW 36.74
4	Mustafa, Ameen	18	WDST-PW 37.16
5	Gambarani, Sean	17	MMST-PW 38.03
6	Post, Alberto	15	BRDL-PW 39.03
7	O'Neal, RJ	17	MMST-PW 39.12
8	Zimmerman, Austin	15	BRDL-PW 39.99
9	Curry, Tanner	15	MMST-PW 40.73
10	Hinton, Kyle	17	WDST-PW 41.15
11	Quinan, Peter	16	WDST-PW 41.44
12	Teele, Matthew	16	BRDL-PW 42.61
13	Zumbaugh, Danny	15	BRDL-PW 43.43
14	Boston, Kevin	18	WDST-PW 44.03
15	Underwood, Travis	16	WDST-PW 46.49
16	Kerner, Chris	16	MMST-PW 47.06
17	Sorensen, Trenton	15	MMST-PW 47.72
18	Landry, Jacob	15	MMST-PW 47.93
19	Delaney, Devin	15	BRDL-PW 56.41

#47 Girls 15-18 50 SC Meter Breaststroke

PWSL:	34.50	2009	Carly Tanner (LR)
WDST:	35.91	2010	Christine Souther
BRDL:	35.80	2010	Brooke Rodriguez
MMST:	35.20	2011	C. Mizerak at Wellin

Name	Age	Team	Seed Time
1	Mizerak, Courtney	17	MMST-PW 35.20
2	Rodriguez, Brooke	17	BRDL-PW 36.07
3	Souther, Christine	16	WDST-PW 36.33
4	Voss, Delaney	15	WDST-PW 41.12
5	Baumstark, Rebecca	15	MMST-PW 42.41
6	Hayes, Jacqueline	16	WDST-PW 43.00
7	Lescault, Gabie	16	BRDL-PW 43.39
8	Sucher, Katharine	18	WDST-PW 44.02
9	Thomas, Olivia	16	BRDL-PW 46.35
10	Sebesky, Emily	18	WDST-PW 46.80
11	Sullivan, Erin	15	BRDL-PW 48.03
12	Martin, Bekah	15	MMST-PW 48.78
13	Kerner, Liz	15	MMST-PW 51.73
14	Sendaj, Emilee	17	WDST-PW 52.22
15	Burnett, Katie	15	BRDL-PW 52.90
16	Barnes, Heather	15	WDST-PW 52.90
17	Tuzo, Jessica	15	BRDL-PW 53.12
18	Stowers, Meghan	15	BRDL-PW 57.60

#48 Boys 8 & Under 25 SC Meter Butterfly

PWSL:	16.92	2007	Sam Pomajevich (MB
WDST:	17.47	2005	Brandon Doyle
BRDL:	19.65	2010	Angelo Brizzi
MMST:	16.92	2007	S.Pomajevich @ Ridg

Name	Age	Team	Seed Time
1	Massey, Hugh	8	WDST-PW 22.52
2	Gilg, Henry	8	BRDL-PW 24.09
3	Ogden, Jacob	8	MMST-PW 28.12
4	Gresham, Ian	8	BRDL-PW 28.42
5	Gilbert, Stephen	8	BRDL-PW 28.61
6	Verosko, Stephen	8	BRDL-PW 30.26
7	Cotton, Nick	8	WDST-PW 32.79



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PWSL 2011 Yellow Divisional Meet - 7/30/2011

PWSL 2011 Yellow Divisional Meet

Psych Sheet - Session 1

#48 ... (Boys 8 & Under 25 SC Meter Butterfly)

8 Gilbert, Peter	6 BRDL-PW	33.32
9 Hollar, Matthew	7 WDST-PW	33.69
10 Smith, Joshua	7 MMST-PW	33.99
11 Salazar, Zac	8 WDST-PW	34.09
12 Sutphin, Tyler	8 WDST-PW	34.19
13 Derderian, Nicholas	8 MMST-PW	34.79
14 McCormack, Jackson	8 BRDL-PW	36.24
15 Healey, Andrew	8 MMST-PW	36.65
16 Meltzer, Zachary	7 MMST-PW	36.84
17 Milet, Brice	8 WDST-PW	38.04
18 Claessen, Nathan	7 MMST-PW	39.60
19 Lanthaler, Mitch	6 BRDL-PW	43.51
20 Weinzapfel, Zach	7 WDST-PW	45.17

#49 Girls 8 & Under 25 SC Meter Butterfly

PWSL:	17.72	2002	Courtney Mizerak (M)
WDST:	19.97		A. Cerul
BRDL:	20.87	2004	Danielle Zatkoff at D
MMST:	17.72	2002	Courtney Mizerak - I
Name	Age	Team	Seed Time
1 Dinoso, Ashley	8	BRDL-PW	23.46
2 Thomas, Alyssa	8	BRDL-PW	24.50
3 Tebell, Maggie	8	WDST-PW	25.59
4 Palmer, Madison	7	BRDL-PW	26.50
5 Solenberger, Savannah	8	WDST-PW	27.02
6 Ouellette, Chloe	8	MMST-PW	27.07
7 Turner, Aislinn	8	MMST-PW	28.12
8 Fieffer, Jennifer	8	BRDL-PW	29.69
9 Goodwill, Gabriella	8	BRDL-PW	30.14
10 Stanford, Sarah	8	WDST-PW	31.94
11 Bewley, Bekah	6	WDST-PW	33.49
12 Heisen, Emily	8	MMST-PW	33.80
13 Lucks, Sierra	8	WDST-PW	34.77
14 Yelvington, Abigail	8	WDST-PW	35.46
15 Hickman, Ava Rose	8	BRDL-PW	35.72
16 Becker, Sarah	7	WDST-PW	37.37
17 Sahlberg, Sadie	8	BRDL-PW	40.11
18 Beckett, Jasmine	6	MMST-PW	43.12
19 Cassidy, Katelyn	6	MMST-PW	46.73
20 Thorpe, Alexandra	7	BRDL-PW	50.62

#50 Boys 9-10 25 SC Meter Butterfly

PWSL:	15.46	2009	Sam Pomajevich (SU)
WDST:	16.08	2009	Wes Whiteree
BRDL:	17.60	2010	Spencer Rowe at Bric
MMST:	16.64	2008	S.Pomajevich
Name	Age	Team	Seed Time
1 Smith, Jason	9	MMST-PW	20.06
2 Tolson, Tyler	9	MMST-PW	23.93
3 Morton, Patrick	10	WDST-PW	24.22
4 Simmons, Robert	10	BRDL-PW	24.40
5 Harlan, Ryan	10	WDST-PW	25.38
6 Huweart, Shane	10	BRDL-PW	26.00
7 Scott, Dylan	9	WDST-PW	26.45
8 Burnett, Brian	9	BRDL-PW	27.53

9 White, James	10 WDST-PW	28.22
10 Creeden, Michael	9 BRDL-PW	28.74
11 Diaz-De Jesus, Josue'	9 BRDL-PW	29.68
12 Willever, Joseph	9 MMST-PW	30.74
13 Arrigo, Shawn	10 WDST-PW	33.15
14 Pettigrew, Colby	9 WDST-PW	33.99
15 Schreiber, Justin	9 WDST-PW	47.79

#51 Girls 9-10 25 SC Meter Butterfly

PWSL:	15.56	2003	Lauren Poli (SUD)
WDST:	16.24	2009	Zoey Shields
BRDL:	16.49	2004	Brooke Rodriguez at
MMST:	15.94	2004	Courtney Mizerak at
Name	Age	Team	Seed Time
1 King, Sydney	10	BRDL-PW	18.01
2 Becker, Lucy	10	WDST-PW	18.40
3 Holm, Alexis	10	WDST-PW	18.83
4 Singh, Japnit	10	BRDL-PW	19.75
5 Cudahy, Aidan-Claire	9	MMST-PW	20.28
6 Turner, Brigit	10	MMST-PW	21.37
7 Sikora, Kelly	10	MMST-PW	21.99
8 Deng, Ashley	10	MMST-PW	22.09
9 Jones, Becca	10	WDST-PW	22.44
10 Chmielenski, Kaelyn	9	BRDL-PW	22.47
11 Ouellette, Avery	10	MMST-PW	24.33
12 Scott, Sydney	10	WDST-PW	25.16
13 Chiodo, Gianna	9	BRDL-PW	25.62
14 Fieffer, Jessica	10	BRDL-PW	25.79
15 Sirois, Piper	9	BRDL-PW	26.04
16 Irving, Reghan	10	WDST-PW	26.14
17 Riemenschneider, Jessica	9	BRDL-PW	26.15
18 McCormack, Katelyn	10	BRDL-PW	26.18
19 Bowles, Olivia	9	BRDL-PW	26.46
20 Kauffman, Ashton	9	WDST-PW	26.55
21 Velardi, Anna	9	BRDL-PW	27.87
22 Dalessandro, Grace	9	BRDL-PW	28.03
23 Halo, Hannah	10	BRDL-PW	28.07
24 Laferriere, Malorie	10	BRDL-PW	28.55
25 Adkins, Victoria	10	WDST-PW	29.45
26 Meltzer, Rachel	9	MMST-PW	31.33
27 Gresham, Lauren	9	BRDL-PW	31.73
28 Lee, Abigail	9	MMST-PW	32.20
29 Sullivan, Elizabeth	9	WDST-PW	32.40
30 Cumings, Thayer	10	BRDL-PW	33.09
31 Luetkenhaus, Kelly	9	WDST-PW	33.21
32 Ramcharan, Destiny	10	BRDL-PW	34.19
33 Case, Bailey	9	MMST-PW	35.84
34 Schetselaar, Hannah	10	BRDL-PW	39.00

#52 Boys 11-12 50 SC Meter Butterfly

PWSL:	30.32	2011	Sam Pomajevich
WDST:	31.05	2009	William Shields
BRDL:	37.31	2011	Nicholas Soller
MMST:	34.66	2010	Matthew Healey
Name	Age	Team	Seed Time
1 Whiteree, Wes	12	WDST-PW	33.69
2 Marron, Paul	12	WDST-PW	35.72

3 Soller, Nicholas	12 BRDL-PW	36.87
4 Rowe, Spencer	11 BRDL-PW	39.75
5 Shoeb, Ryan	11 WDST-PW	43.41
6 Bellamy, Clayton	11 MMST-PW	43.63
7 McFadden, Anthony	11 WDST-PW	45.40
8 Derderian, Max	11 MMST-PW	46.19
9 Singh, Kulneet	12 BRDL-PW	50.18
10 Scheid, Paul	11 BRDL-PW	50.69
11 Case, Sam	11 MMST-PW	53.92
12 Lansberry, Austin	11 BRDL-PW	54.41
13 Salazar, Alex	11 WDST-PW	54.52
14 Hoch, Spencer	12 BRDL-PW	55.38
15 McEvoy, Timothy	12 MMST-PW	55.97
16 Goldstein, Joey	11 BRDL-PW	56.35
17 Marks, Ryan	11 MMST-PW	57.47
18 Gresham, Tre'	11 BRDL-PW	58.65
19 Bell, Keagan	12 WDST-PW	58.92
20 Meltzer, Noah	11 MMST-PW	1:06.34
21 Peterson, Ronald	11 MMST-PW	1:09.59

#53 Girls 11-12 50 SC Meter Butterfly

PWSL:	31.37	1993	Tiffany Seal (BLST)
WDST:	33.20	2007	Heidi Turner
BRDL:	34.55	2009	Haley Soller at Bridl
MMST:	33.78	2006	C.Mizerak
Name	Age	Team	Seed Time
1 Zimmerman, Haley	12	BRDL-PW	36.24
2 Healey, Elizabeth	11	MMST-PW	37.52
3 Sterling, Emily	11	MMST-PW	39.02
4 Massey, MaryBeth	12	WDST-PW	40.24
5 Johnson, Della	11	BRDL-PW	40.50
6 Miller, Emily	12	BRDL-PW	43.22
7 Ossenfort, Megan	11	BRDL-PW	43.53
8 Quinn, Casey	12	WDST-PW	44.81
9 Bittner, Hannah	12	WDST-PW	45.39
10 Garman, Megan	12	MMST-PW	45.50
11 Weiser, Mary Kate	12	MMST-PW	45.74
12 Radicic, Lauren	12	BRDL-PW	46.29
13 Somma, Ashley	11	BRDL-PW	46.78
14 Kifer, Catherine	12	WDST-PW	49.73
15 Lescault, Millie	11	BRDL-PW	49.90
16 Farmer, MacKenzie	11	WDST-PW	50.22
17 Becker, Mary	12	WDST-PW	51.19
18 Landry, Rachel	11	MMST-PW	55.06
19 Singh, Jasneet	12	BRDL-PW	56.03
20 Bisenieks, Amber	12	BRDL-PW	57.06
21 Woosley, Angelica	12	WDST-PW	57.40
22 Rauch, Natalie	11	BRDL-PW	57.49
23 Dann, Nicole	11	BRDL-PW	1:05.34
24 Kifer, Heather	11	WDST-PW	1:11.83



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#54 Boys 13-14 50 SC Meter Butterfly

PWSL: 27.98 2004 Robert Grimmatt-Ne
WDST: 28.88 1995 David Horak
BRDL: 29.59 2008 Tim Rackowski at La
MMST: 31.71 2011 Matthew Healey

Name	Age	Team	Seed Time
1 Whiteree, Alex	14	WDST-PW	29.55
2 Healey, Matthew	13	MMST-PW	31.71
3 Cudahy, Brock	13	MMST-PW	35.35
4 Tahrawi, Ryan	14	WDST-PW	36.89
5 Donaldson, Matt	13	WDST-PW	38.40
6 Smith, Daniel	13	MMST-PW	38.56
7 Radicic, Joshua	13	BRDL-PW	40.46
8 Turner, Colin	13	MMST-PW	40.87
9 Pion, Alex	13	MMST-PW	41.86
10 Teele, Grant	14	BRDL-PW	43.03
11 Bennett, David	13	MMST-PW	43.96
12 May, Lorenzo	13	WDST-PW	47.14
13 Lowell, Nathan	13	BRDL-PW	47.32
14 Sucher, Andrew	13	WDST-PW	48.01
15 Sebesky, Joseph	14	WDST-PW	49.00
16 Donaldson, Mike	13	WDST-PW	50.85
17 O'Brien, Peter	14	WDST-PW	54.47
18 Landry, Walker	13	MMST-PW	1:00.17

#55 Girls 13-14 50 SC Meter Butterfly

PWSL: 29.09 2005 Lindsey Marchand (L
WDST: 31.86 1988 Kris Sunday
BRDL: 33.47 2010 Camilla Brizzi
MMST: 30.67 2006 G.Mizerak

Name	Age	Team	Seed Time
1 Soller, Haley	14	BRDL-PW	33.87
2 Worley, Kara	14	BRDL-PW	36.76
3 Weiser, Kathleen	13	MMST-PW	37.19
4 Boston, Allison	13	WDST-PW	37.73
5 Bleichner, Kelly	13	WDST-PW	37.97
6 Naujoks, Aubrey	14	MMST-PW	38.60
7 Townsend, Sabrina	13	BRDL-PW	40.34
8 Shriver, Rachel	13	WDST-PW	40.72
9 Thomas, Cecily	14	BRDL-PW	40.94
10 Kaucher, Devin	14	MMST-PW	41.47
11 Bailey, Elizabeth	14	WDST-PW	41.65
12 Rauch, Amy	14	BRDL-PW	41.74
13 Farmer, Bryanna	13	WDST-PW	42.09
14 Pettigrew, Haley	13	WDST-PW	43.69
15 Goldstein, Laura	13	BRDL-PW	44.09
16 Swinsky, Catie	13	BRDL-PW	44.85
17 Hayes, Jennifer	14	WDST-PW	45.16
18 Fortney, Jessie	14	BRDL-PW	45.93
19 McEvoy, Erin	14	MMST-PW	46.44
20 Burnett, Erin	13	BRDL-PW	47.49
21 Regan, Casey	14	BRDL-PW	48.84
22 Woosley, Mikayla	14	WDST-PW	49.05
23 Lopez del Pino, Victoria	13	WDST-PW	50.51
24 Post, Medelly	13	BRDL-PW	51.24
25 Saunders, Delicia	13	WDST-PW	51.87

26 Trone, Marley	14	BRDL-PW	52.22
27 Lightner, Caitlyn	13	WDST-PW	52.31
28 O'Neal, Rhyanna	14	MMST-PW	52.97
29 Gwynn, Erin	13	BRDL-PW	55.31
30 Curington, Morgan	13	BRDL-PW	56.00

#56 Boys 15-18 50 SC Meter Butterfly

PWSL: 25.71 2010 Nicholas Tremols (PS
WDST: 26.87 2009 Devin Jansen
BRDL: 27.76 2009 Tim Rackowski at Vn
MMST: 29.28 2011 Eric Sargent

Name	Age	Team	Seed Time
1 Mustafa, Adam	16	WDST-PW	28.81
2 Heckman, Trevor	17	MMST-PW	29.97
3 Heil, Philip	18	MMST-PW	30.67
4 Taylor, Chase	15	BRDL-PW	30.75
5 Feshari, Joshua	16	MMST-PW	30.88
6 Olsen, Kevin	15	MMST-PW	32.20
7 Hinton, Kyle	17	WDST-PW	32.27
8 Kurash, Andrew	16	BRDL-PW	32.56
9 Vaccaro, Nicholas	15	MMST-PW	33.62
10 Thornburg, Zachary	16	BRDL-PW	37.25
11 O'Neal, RJ	17	MMST-PW	37.54
12 Short, Joey	16	WDST-PW	37.55
13 Ruckle, Taylor	16	BRDL-PW	37.66
14 Post, Daniel	16	BRDL-PW	38.25
15 Sorensen, Trenton	15	MMST-PW	39.59
16 Teele, Matthew	16	BRDL-PW	43.41
17 Underwood, Travis	16	WDST-PW	43.43
18 Landry, Jacob	15	MMST-PW	45.76
19 Boston, Kevin	18	WDST-PW	48.81
20 Thornburg, Christopher	16	BRDL-PW	52.78

#57 Girls 15-18 50 SC Meter Butterfly

PWSL: 29.68 2009 Gabrielle Mizerak (L
WDST: 30.72 2011 Christine Souther
BRDL: 32.31 2007 Staci Webber at 2007
MMST: 30.75 2011 C. Mizerak vs Virgini

Name	Age	Team	Seed Time
1 Sargent, Lauren	15	MMST-PW	32.08
2 Tabor, Natalie	15	WDST-PW	33.02
3 Voss, Delaney	15	WDST-PW	33.17
4 Deibler, Kelly	18	BRDL-PW	34.02
5 Lescault, Gabie	16	BRDL-PW	35.14
6 Baumstark, Rebecca	15	MMST-PW	35.41
7 Ingram, Shelby	15	MMST-PW	36.02
8 Sterling, Lindsay	16	MMST-PW	37.95
9 Ritner, Alyssa	18	WDST-PW	38.08
10 Deibler, Julie	16	BRDL-PW	38.69
11 Koransky, Megan	16	BRDL-PW	38.97
12 Wilson, Carley	18	WDST-PW	39.03
13 Cotton, Katie	16	WDST-PW	39.03
14 Martin, Bekah	15	MMST-PW	41.28
15 Sebesky, Emily	18	WDST-PW	42.29
16 Kerns, Shannon	15	WDST-PW	43.00
17 Madison, Emanuelle	16	BRDL-PW	47.90
18 Goulla, Reagan	15	MMST-PW	49.81

19 Barnes, Heather	15	WDST-PW	56.18
20 Burnett, Katie	15	BRDL-PW	59.93

#58 Boys 8 & Under 100 SC Meter Freestyle Relay

PWSL: 1:12.79 2000 Sudley 2000
C Wittenhauer, Campbell, P Lytle, BJ Fisher
WDST: 1:17.97 2005 P. Wilson, M. Turner
ds, B. Doyle
BRDL: 1:24.88 2008 S. Rowe, D Fletcher,
, D. Marshall at Lake Ridge @ Bridlewood
MMST: 1:16.70 2007 Fearson,Russo,Bellan

Team	Relay	Seed Time
1 BRDL-PW	A	1:22.71
Gilg, Henry 8	Marshall, Brock 7	
Verosko, Stephen 8	Ossenfort, Will 8	
2 WDST-PW	A	1:32.78
Salazar, Zac 8	Hollar, Matthew 7	
Sutphin, Tyler 8	Massey, Hugh 8	
3 MMST-PW	A	1:34.34
Healey, Andrew 8	Derderian, Nicholas 8	
Smith, Joshua 7	Ogden, Jacob 8	
4 BRDL-PW	B	1:34.89
Gilbert, Stephen 8	Verosko, John 7	
Gilbert, Peter 6	Gresham, Ian 8	
5 WDST-PW	B	1:48.09
Lopez del Pino, Nichola	Weinzapfel, Zach 7	
Morton, Brandon 7	Lopez del Pino, Benjam	
6 WDST-PW	C	1:55.96
Milet, Brice 8	Kauffman, Noah 8	
Simpson, Mason 7	Cotton, Nick 8	
7 BRDL-PW	C	1:57.38
King, Manny 6	Woods, Logan 7	
Singh, Aehran 7	McCormack, Jackson 8	
8 MMST-PW	B	2:01.93
Meltzer, Zachary 7	Marks, Zach 6	
Claessen, Nathan 7	Carr, Ethan 7	

#59 Girls 8 & Under 100 SC Meter Freestyle Relay

PWSL: 1:13.87 2007 Victory Lakes 2007
L Wiecki, O Nitowski, N Smith, M Finley
WDST: 1:19.21 **WST Team**
BRDL: 1:23.44 2011 Bridlewaves
A Dinoso, J Fieffer, A Thomas, E Ozark
MMST: 1:20.88 2000 E. Hagen, G. Mizerak
, R. Lund at MBW VS MSST

Team	Relay	Seed Time
1 BRDL-PW	A	1:21.20
Ozark, Elizabeth 8	Gilmore, Libby 8	
Dinoso, Ashley 8	Thomas, Alyssa 8	
2 BRDL-PW	B	1:31.99
Upperman, Malorie 7	Hickman, Ava Rose 8	
Fieffer, Jennifer 8	Palmer, Madison 7	
3 MMST-PW	A	1:33.53
Heisen, Emily 8	Willever, Abby 7	
Turner, Aislinn 8	Ouellette, Chloe 8	
4 WDST-PW	A	1:35.24
Yelvington, Abigail 8	Stanford, Sarah 8	
Solenberger, Savannah 8	Tebell, Maggie 8	





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#59 ... (Girls 8 & Under 100 SC Meter Freestyle Relay)

5 BRDL-PW	C	1:42.92
Thorpe, Alexandra 7	Sahlberg, Sadie 8	
Goodwill, Gabriella 8	Orellana, Marcela 7	
6 WDST-PW	B	1:48.50
Lucks, Sierra 8	Wisniewski, Greta 7	
Bewley, Bekah 6	Luetkenhaus, Katie 7	
7 WDST-PW	C	1:58.13
Becker, Sarah 7	Farmer, Delaney 6	
Bland, Maggie 6	Schreiber, Caitlyn 8	
8 MMST-PW	B	2:38.86
Beckett, Jasmine 6	Meltzer, Sarah 5	
Pahls, Emma 7	Cassedy, Katelyn 6	

#60 Boys 9-10 100 SC Meter Freestyle Relay

PWSL: 1:02.96 2002 Sudley 2002

J Wojciechowski, C Wittenauer, BJ Fisher, P Lytle

WDST: 1:04.71 2009 B. Klipp, P. O'Brien

n, W. Whiteree

BRDL: 1:09.96 2010 Bridlewaves

D. Marshall, K. Goodwill, J. Chiodo, S. Rowe

MMST: 1:09.94 2010 Bellamy, Peterson, Ba

erderian

Team	Relay	Seed Time
1 MMST-PW	A	1:15.82
Rouffa, Jared 9	Guice, Carter 9	
Tolson, Tyler 9	Smith, Jason 9	
2 WDST-PW	A	1:15.88
Morton, Patrick 10	Roush, Kevin 10	
Gogolkiewicz, Ryker 10	O'Brien, John 10	
3 BRDL-PW	A	1:24.65
Palmer, Jack 10	Huwart, Shane 10	
Neal, Jacob 9	Chiodo, Jac 10	
4 BRDL-PW	B	1:33.19
Lanthaler, Brock 10	Simmons, Robert 10	
Creeden, Michael 9	Sciandra, Zachary 10	
5 WDST-PW	B	1:40.21
White, James 10	Pettigrew, Colby 9	
Harlan, Ryan 10	Arrigo, Shawn 10	
6 WDST-PW	C	1:46.69
Scott, Dylan 9	Schreiber, Justin 9	
Tabor, Sean 10	O'Malley, Aidan 9	

#61 Girls 9-10 100 SC Meter Freestyle Relay

PWSL: 1:02.75 2009 Victory Lakes 2009

M Finley, O Nitowski, M McCarty, L Wiecki

WDST: 1:05.89 2011 WDST

K. May, L. Becker, A. Holm, E. Quinn

BRDL: 1:09.13 2009 Bridlewaves

C. Brizzi, E. Miller, L. Radicic, H. Zimmerman

MMST: 1:03.00 2002 Elli Hagen, Gabrielle

Rachel Lund, Leanne Ralph - Westridge@MBW

Team	Relay	Seed Time
1 WDST-PW	A	1:05.89
May, Keona 10	Becker, Lucy 10	
Holm, Alexis 10	Quinn, Erin 10	

2 BRDL-PW	A	1:10.68
King, Sydney 10	Orellana, Daisy 10	
Sterling, Autumn 10	Townsend, Samantha 10	
3 MMST-PW	A	1:15.00
Cudahy, Aidan-Claire 9	Turner, Brigit 10	
Pion, Lauren 10	Whitaker, Peyton 10	
4 BRDL-PW	B	1:21.36
Chmielenski, Kaelyn 9	Curington, Kelli 10	
Loonan, Delany 10	Singh, Japnit 10	
5 WDST-PW	B	1:22.38
Krebs, Hannah 9	Elston, Emma 10	
Adkins, Victoria 10	Jones, Becca 10	
6 MMST-PW	B	1:28.54
Deng, Ashley 10	Brenner, Emily 9	
Beckett, Jade 9	Ouellette, Avery 10	
7 BRDL-PW	C	1:31.27
Velardi, Anna 9	Banks, Mackenzie 9	
Fieffer, Jessica 10	McCormack, Katelyn 10	
8 WDST-PW	C	1:31.84
Scott, Sydney 10	Bland, Ellie 9	
Irving, Reghan 10	Kauffman, Ashton 9	
9 MMST-PW	C	1:39.58
Case, Bailey 9	Marks, Katie 9	
Lee, Abigail 9	Meltzer, Rachel 9	

#62 Boys 11-12 100 SC Meter Freestyle Relay

PWSL: 54.28 2004 Sudley 2004

Fisher, Wojciechowski, Wittenauer, Lytle

WDST: 58.38 2011 WDST

P. Marron, N. Dean, G. Penn, W. Whiteree

BRDL: 1:00.18 2005 C. Zumbaugh, J. He

le, J. Zatkoff at Old Bridge @ Bridlewood

MMST: 1:01.32 2010 H. Herbert, D. Smith,

y, M. Healey

Team	Relay	Seed Time
1 WDST-PW	A	58.38
Marron, Paul 12	Penn, Gabriel 12	
Dean, Nick 12	Whiteree, Wes 12	
2 BRDL-PW	A	1:06.65
Soller, Nicholas 12	Goodwill, Kyle 11	
Marshall, Drake 11	Rowe, Spencer 11	
3 MMST-PW	A	1:07.00
Turner, Liam 12	Peterson, Ronald 11	
Derderian, Max 11	Bellamy, Clayton 11	
4 WDST-PW	B	1:07.65
McFadden, Anthony 11	Lesefka, Ivan 12	
Shoeb, Ryan 11	Sorensen, Sean 12	
5 WDST-PW	C	1:15.09
Ludwig, Dane 12	Salazar, Alex 11	
Weaver, Nick 12	Arrigo, Anthony 12	
6 BRDL-PW	B	1:18.27
Scheid, Paul 11	Singh, Kulneet 12	
Lansberry, Austin 11	Wong, Tyler 12	
7 MMST-PW	B	1:18.42
Brenner, CJ 11	Meltzer, Noah 11	
Case, Sam 11	McEvoy, Timothy 12	
8 MMST-PW	C	1:22.00
Solomon, Cal 11	Palisin, Robbie 12	
Bennett, Cody 11	Marks, Ryan 11	

9 BRDL-PW	C	1:24.99
Goldstein, Joey 11	Gresham, Tre' 11	
Hoch, Spencer 12	Gilmore, Miles 11	

#63 Girls 11-12 100 SC Meter Freestyle Relay

PWSL: 57.28 2009 Ridgewood 2009

Y Dinh, A Aceituno, E Kelly, V Coughlin

WDST: 1:02.17 1998 T. Compston, Coulter

r, E. Hammersley

BRDL: 1:01.77 2009 Bridlewaves

H. Soller, R. Lescault, C. Brizzi, K. Worley

MMST: 1:00.22 2001 C. Ralph, S. Baumga

yons, C. Redmond at Virginia Oaks @Meadowbrook

Team	Relay	Seed Time
1 WDST-PW	A	1:03.36
Massey, MaryBeth 12	Quinn, Casey 12	
Jones, Jessie 12	Shoeb, Elaine 11	
2 MMST-PW	A	1:03.74
Healey, Elizabeth 11	Curry, Riley 12	
Garman, Megan 12	Sterling, Emily 11	
3 BRDL-PW	A	1:06.08
Johnson, Della 11	Dinoso, Kathleen 11	
Miller, Emily 12	Zimmerman, Haley 12	
4 WDST-PW	B	1:09.96
Farmer, MacKenzie 11	Hollar, Courtney 12	
Sutphin, Melanie 12	Bittner, Hannah 12	
5 BRDL-PW	B	1:13.06
Ossenfort, Megan 11	Lanthaler, Isabel 12	
Lescault, Millie 11	Radicic, Lauren 12	
6 WDST-PW	C	1:13.58
Kifer, Catherine 12	Kifer, Heather 11	
Miller, Lauren 11	Becker, Mary 12	
7 BRDL-PW	C	1:17.34
Upperman, Amanda 11	Kropff, Kelley 11	
Barratt, Grace 11	Somma, Ashley 11	
8 MMST-PW	B	1:28.22
Weiser, Mary Kate 12	Marsh, Alexis 11	
Landry, Rachel 11	Tolson, Taylor 12	

#64 Boys 13-14 200 SC Meter Freestyle Relay

PWSL: 1:50.06 2006 Sudley 2006

C Wittenauer, R Crissy, M Hughes, P Lytle

WDST: 1:55.37 2009 A. Shields, S. Poplaw

Doyle, A. Mustafa

BRDL: 1:57.34 2007 Bridlewaves

J. Zatkoff, J. Heidel, J. Bogle, C. Zumbaugh

MMST: 2:00.19 2010 Weisser, Curry, Rouff

Team	Relay	Seed Time
1 MMST-PW	A	2:03.88
Cudahy, Brock 13	Smith, Daniel 13	
Herbert, Hunter 13	Healey, Matthew 13	
2 WDST-PW	A	2:04.10
Schreiber, Nicholas 13	Wilson, Patrick 14	
Tahrawi, Ryan 14	Whiteree, Alex 14	
3 BRDL-PW	A	2:13.91
Radicic, Joshua 13	Laferriere, Reese 14	
Scheid, Will 14	Morris, Colin 13	



PWSL 2011 Yellow Divisional Meet - 7/30/2011

PWSL 2011 Yellow Divisional Meet

Psych Sheet - Session 1

#64 ... (Boys 13-14 200 SC Meter Freestyle Relay)

4	MMST-PW	B	2:18.06
	Pion, Alex 13	Ogden, Joshua 13	
	Turner, Colin 13	Bennett, David 13	
5	WDST-PW	B	2:22.66
	Donaldson, Matt 13	Sebesky, Joseph 14	
	Conner, Zac 14	Wilson, Corey 14	
6	WDST-PW	C	2:37.59
	Donaldson, Mike 13	O'Brien, Peter 14	
	Weinzapfel, Quinn 13	May, Lorenzo 13	
7	MMST-PW	C	2:38.53
	McKnight, Julian 14	Lyman, Grayson 13	
	Landry, Walker 13	Goulla, Jacob 14	

#65 Girls 13-14 200 SC Meter Freestyle Relay

PWSL: 1:58.85 2005 Lake Ridge 2005

I Fillinger, K Bushmire, C Tanner, L Marchand

WDST: 2:04.42 2009 N. Tabor, S. Rennie,

, H. Turner

BRDL: 2:07.96 2006 Bridlewaves

S. Apgar, M. Vahdati, K. Konczal, P. Lowell

MMST: 2:02.88 2006 Lund, Ferrone, Gully,

	Team	Relay	Seed Time
1	BRDL-PW	A	2:12.28
	Worley, Kara 14	Townsend, Sabrina 13	
	Lescault, Renee 14	Soller, Haley 14	
2	WDST-PW	A	2:12.30
	Boston, Allison 13	Bleichner, Kelly 13	
	Shriver, Rachel 13	Samsky, Katherine 14	
3	MMST-PW	A	2:18.21
	Loper, Claire 14	Kaucher, Devin 14	
	Naujoks, Aubrey 14	Weiser, Kathleen 13	
4	BRDL-PW	B	2:22.02
	Gilg, Abigail 13	Zumbaugh, Marissa 13	
	Rauch, Amy 14	Thomas, Cecily 14	
5	WDST-PW	B	2:28.06
	Collins, Emily 13	Adkins, Elizabeth 13	
	Carros, Olivia 14	Farmer, Bryanna 13	
6	BRDL-PW	C	2:30.46
	Swinsky, Catie 13	Fortney, Jessie 14	
	Nourse, Ashley 13	Goldstein, Laura 13	
7	MMST-PW	B	2:33.21
	McEvoy, Erin 14	McKnight, Morgan 13	
	O'Neal, Rhyanna 14	Derderian, Camille 14	
8	WDST-PW	C	2:34.43
	Bailey, Elizabeth 14	Saunders, Delicia 13	
	Hayes, Jennifer 14	Pettigrew, Haley 13	



Occoquan Swimming 2011-12 Programs



Good Luck to all the swimmers at the Yellow Division
Bridlewood ~ Meadowbrook ~ Wellington

WHERE DO YOU WANT TO GO IN SWIMMING? IF YOU ARE LIKE MORE THAN 300 SWIMMERS THAT AFFILIATE THEMSELVES WITH OCCOQUAN SWIMMING (OCCS) YOU WANT TO TAKE IT AS FAR AS YOU CAN. WITH A PROFESSIONAL COACHING STAFF, CUSTOMER SERVICE BASED ADMINISTRATION, AND COUNTLESS OPPORTUNITIES TO LEARN, GROW AND PERFORM, OCCS IS YOUR MEANS TO HELPING TO INSPIRE EXCELLENCE IN SWIMMING AND IN LIFE.

JOIN OUR FAMILY FRIENDLY ENVIRONMENT FOR A SWIMMING EXPERIENCE THAT WILL BRING OUT THE BEST IN YOUR SWIMMER'S ABILITIES TO IMPROVE SKILLS, INCREASE FITNESS AND LEARN STRATEGIES FOR EXCELLENCE. REGISTRATION OPEN IS NOW OPEN, BUT SPOTS ARE FILLING FAST (VISIT WWW.SWIMOCCS.ORG FOR DETAILS). AFTER A SPECTACULAR 2010-11 SWIMMING YEAR WHERE MOST OF OUR PROGRAMS WERE FILLED, WE ANTICIPATE THE SAME BEING THE CASE FOR 2011-12, SO REGISTER EARLY TO ENSURE YOUR PLACE AMONG THE AREA'S BEST SWIMMERS IN THEIR QUEST FOR LIVING OLYMPIC DREAMS.

2011-12 Swimming Sites

Freedom Aquatic & Fitness Center
10900 University Blvd.
Manassas, VA

Chinn Recreation Center
13025 Chinn Park Drive
Woodbridge, VA

Sharron Baucom Dale City Recreation Center
14300 Minnieville Rd
Dale City, VA

Warrenton Aquatic & Recreation Facility (WARF)
800 Waterloo Road
Warrenton, VA

Contact us for more information or register online
www.SwimOCCS.org
info@swimoccs.org
703-309-3857

2011-2012 SWIMMING PROGRAMS

Pre-IMR

Freedom, Chinn, Dale City, Warrenton

Pre Individual Medley Ready program for beginning swimmers looking to improve stroke technique and develop lifelong love of swimming. Goal is to swim legal 100 IM, master flip turns, improve push off & streamline with dolphin kick. Programs available 2, 3, or up to 4x per week.

IMR

Freedom, Chinn, Dale City, Warrenton

Individual Medley Ready is 2nd developmental stage for swimmers capable of all 4 strokes but looking to improve skills, speed, endurance, & strength. Goal is to achieve "A" time standards and to be able to race all strokes and distances. Programs available 2, 3, or up to 5x per week.

IMX

Freedom, Dale City, Warrenton

Individual Medley Extreme is for advanced age-group swimmers looking for more challenging training intensity, practice length and expectations. Available programs practice 3 or 5x per week.

IMX Advanced

Freedom, Dale City, Warrenton

Individual Medley Extreme Advanced is for older middle school and all high school aged athletes looking to continue swimming without the demands of national programs. Good preparation for high school season and for multi-sport athletes looking to cross train.

Pre-National

Freedom, Dale City

Pre National is for advanced athletes aged 11 or older committed to swimming as his/her primary extracurricular activity with goal of reaching AA time standards, making finals in championship meets and achieving Zone qualifying times.

National

Freedom

National is for advanced teenage athletes willing to commit to the higher levels of training required to maximize his/her swimming potential. Jr National, AAA+, and Zone qualifying times are target objectives.

Elite

Freedom

Elite is the pinnacle of swim training. This program challenges motivated swimmers with the physiological, biomechanical, & psychological training to reach the highest competitive levels of USA swimming.

