
Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

Duncan Swim Team [DST] Coach: Leanne Sirup

Time	F/P/S	Event	Place	Points	Improv
Adara Atsma (15) F					
32.10L	A	F # 3C Female 15 & Over 50 Free	5	14	-3.82
32.24L	A	P # 3C Female 15 & Over 50 Free	6	---	-3.68
3:04.29L	A	F # 11C Female 15 & Over 200 IM	4	15	-23.01
3:04.59L	A	P # 11C Female 15 & Over 200 IM	5	---	-22.71
1:41.99L		P # 15C Female 15 & Over 100 Breast	6	---	-4.85
1:43.62L		F # 15C Female 15 & Over 100 Breast	6	13	-3.22
38.12L		F # 31C Female 15 & Over 50 Back	4	15	-7.05
38.47L		P # 31C Female 15 & Over 50 Back	4	---	-6.70
1:11.46L	A	P # 43C Female 15 & Over 100 Free	6	---	-8.78
1:12.06L	A	F # 43C Female 15 & Over 100 Free	6	13	-8.18
1:22.99L	A	F # 47C Female 15 & Over 100 Back	4	15	-7.00
1:23.23L	A	P # 47C Female 15 & Over 100 Back	4	---	-6.76
39.30L		F # 49 200 Medley Relay Lead Off	---	---	-5.87
Dominique Austin (15) F					
31.09L	AA	F # 3C Female 15 & Over 50 Free	2	17	-0.70
31.21L	AA	P # 3C Female 15 & Over 50 Free	3	---	-0.58
1:29.59L	AA	F # 15C Female 15 & Over 100 Breast	2	17	-2.37
1:29.63L	AA	P # 15C Female 15 & Over 100 Breast	3	---	-2.33
1:20.73L	A	F # 21C Female 15 & Over 100 Fly	1	20	-4.79
1:23.31L	A	P # 21C Female 15 & Over 100 Fly	3	---	-2.21
2:30.54L	AA	P # 35C Female 15 & Over 200 Free	2	---	-6.85
2:31.28L	AA	F # 35C Female 15 & Over 200 Free	1	20	-6.11
1:08.53L	AA	P # 43C Female 15 & Over 100 Free	3	---	-2.14
1:08.67L	AA	F # 43C Female 15 & Over 100 Free	3	16	-2.00
3:17.11L	AA	P # 45C Female 15 & Over 200 Breast	2	---	---
3:20.78L	A	F # 45C Female 15 & Over 200 Breast	2	17	---
Olivia Campbell (9) F					
41.01L		F # 1 Female 10 & Under 50 Free	11	6	---
55.22L		F # 5 Female 10 & Under 50 Fly	14	3	---
2:06.41L		F # 13 Female 10 & Under 100 Breast	19	---	---
1:51.91L		F # 17 Female 10 & Under 100 Back	16	1	---
53.43L		F # 29 Female 10 & Under 50 Back	17	---	---
3:22.21L		F # 33 Female 10 & Under 200 Free	7	12	---
1:36.67L		F # 41 Female 10 & Under 100 Free	15	2	---
Cecilia Johnson (11) F					
35.14L	AA	P # 3A Female 11-12 50 Free	13	---	-6.68
3:19.09L	A	F # 11A Female 11-12 200 IM	7	12	-44.95
3:20.74L	A	P # 11A Female 11-12 200 IM	7	---	-43.30
1:43.17L	AA	F # 15A Female 11-12 100 Breast	6	13	-16.68
1:45.75L	A	P # 15A Female 11-12 100 Breast	8	---	-14.10
42.65L		F # 31A Female 11-12 50 Back	4	15	-8.01
43.60L		P # 31A Female 11-12 50 Back	5	---	-7.06
2:57.60L	A	P # 35A Female 11-12 200 Free	11	---	---
3:33.67L	AA	P # 45A Female 11-12 200 Breast	3	---	---
3:35.26L	AA	F # 45A Female 11-12 200 Breast	3	16	---

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Time	F/P/S	Event	Place	Points	Improv
Jeremy Kissack (11) M					
37.16L	A P # 4A	Male 11-12 50 Free	9	---	-1.81
3:26.44L	A F # 12A	Male 11-12 200 IM	4	15	---
3:26.74L	A P # 12A	Male 11-12 200 IM	4	---	---
1:49.48L	A F # 16A	Male 11-12 100 Breast	4	15	-17.02
1:51.50L	A P # 16A	Male 11-12 100 Breast	4	---	-15.00
42.06L	P # 32A	Male 11-12 50 Back	2	---	-6.26
43.19L	F # 32A	Male 11-12 50 Back	2	17	-5.13
3:01.19L	A P # 36A	Male 11-12 200 Free	6	---	-23.46
3:02.72L	A F # 36A	Male 11-12 200 Free	3	16	-21.93
1:23.23L	A P # 44A	Male 11-12 100 Free	6	---	-9.75
1:23.79L	A F # 44A	Male 11-12 100 Free	4	15	-9.19
1:32.80L	AA P # 48A	Male 11-12 100 Back	5	---	-11.99
1:32.97L	AA F # 48A	Male 11-12 100 Back	4	15	-11.82
43.81L	F # 49	200 Medley Relay Lead Off	---	---	-4.51
Haakon Koyote (12) M					
33.48L	AA F # 4A	Male 11-12 50 Free	4	15	-51.82
33.67L	AA P # 4A	Male 11-12 50 Free	4	---	-51.63
3:15.03L	A F # 12A	Male 11-12 200 IM	2	17	---
3:16.52L	A P # 12A	Male 11-12 200 IM	2	---	---
3:09.60L	A P # 20A	Male 11-12 200 Back	4	---	---
3:10.06L	A F # 20A	Male 11-12 200 Back	3	16	---
2:45.16L	AA F # 36A	Male 11-12 200 Free	2	17	---
2:46.68L	A P # 36A	Male 11-12 200 Free	3	---	---
1:28.27L	AA F # 48A	Male 11-12 100 Back	3	16	-14.29
1:29.41L	A P # 48A	Male 11-12 100 Back	4	---	-13.15
Chelsea Langelo (19) F					
34.00L	F # 7C	Female 15 & Over 50 Fly	2	17	---
34.48L	P # 7C	Female 15 & Over 50 Fly	3	---	---
1:34.87L	A P # 15C	Female 15 & Over 100 Breast	5	---	---
1:35.53L	A F # 15C	Female 15 & Over 100 Breast	5	14	---
1:08.61L	A P # 43C	Female 15 & Over 100 Free	4	---	-2.25
1:10.68L	A F # 43C	Female 15 & Over 100 Free	5	14	-0.18
1:18.93L	A P # 47C	Female 15 & Over 100 Back	2	---	-3.88
1:22.46L	A F # 47C	Female 15 & Over 100 Back	2	17	-0.35
Breca Penner (10) F					
56.93L	F # 5	Female 10 & Under 50 Fly	17	---	---
4:10.13L	F # 9	Female 10 & Under 200 IM	15	2	---
1:57.84L	F # 13	Female 10 & Under 100 Breast	13	4	---
52.75L	F # 25	Female 10 & Under 50 Breast	5	14	---
1:45.47L	F # 41	Female 10 & Under 100 Free	22	---	---
4:05.22L	P # 45	Female 11 & Over 200 Breast	6	---	---
NS	F # 45	Female 11 & Over 200 Breast	---	---	---
Malia Prystupa (8) F					
49.92L	F # 1	Female 10 & Under 50 Free	36	---	---
2:18.12L	F # 13	Female 10 & Under 100 Breast	32	---	---

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Time	F/P/S	Event	Place	Points	Improv
1:00.58L	F # 25	Female 10 & Under 50 Breast	18	---	---
54.88L	F # 29	Female 10 & Under 50 Back	20	---	---
Montana Prystupa (10) F					
53.86L	F # 5	Female 10 & Under 50 Fly	12	5	---
1:55.22L	F # 13	Female 10 & Under 100 Breast	10	7	---
1:42.52L	F # 17	Female 10 & Under 100 Back	7	12	---
3:13.17L	F # 33	Female 10 & Under 200 Free	5	14	---
1:26.95L	F # 41	Female 10 & Under 100 Free	7	12	---
Rachelle Reed (13) F					
33.54L A	P # 3B	Female 13-14 50 Free	18	---	0.02
3:00.19L A	P # 11B	Female 13-14 200 IM	6	---	-11.15
3:00.90L A	F # 11B	Female 13-14 200 IM	6	13	-10.44
1:20.77L AA	F # 21B	Female 13-14 100 Fly	4	15	-8.84
1:21.11L AA	P # 21B	Female 13-14 100 Fly	5	---	-8.50
45.93L	F # 27B	Female 13-14 50 Breast	7	12	-4.58
46.32L	P # 27B	Female 13-14 50 Breast	7	---	-4.19
1:13.28L A	P # 43B	Female 13-14 100 Free	14	---	-4.10
1:27.83L A	P # 47B	Female 13-14 100 Back	17	---	2.20
Sydney Rhoades (13) F					
33.22L A	P # 3B	Female 13-14 50 Free	16	---	0.33
1:39.69L A	P # 15B	Female 13-14 100 Breast	14	---	-3.35
1:30.89L A	P # 21B	Female 13-14 100 Fly	14	---	-5.19
46.34L	P # 27B	Female 13-14 50 Breast	8	---	---
47.25L	F # 27B	Female 13-14 50 Breast	8	11	---
1:11.67L AA	P # 43B	Female 13-14 100 Free	9	---	-3.46
1:11.83L AA	F # 43B	Female 13-14 100 Free	7	12	-3.30
3:33.73L A	P # 45B	Female 13-14 200 Breast	7	---	-9.25
3:35.66L A	F # 45B	Female 13-14 200 Breast	6	13	-7.32
Desirae Ridenour (10) F					
35.21L AA	F # 1	Female 10 & Under 50 Free	2	17	-2.03
3:24.53L	F # 9	Female 10 & Under 200 IM	3	16	-14.87
1:33.53L A	F # 17	Female 10 & Under 100 Back	4	15	---
41.91L	F # 29	Female 10 & Under 50 Back	2	17	-4.08
1:21.45L A	F # 41	Female 10 & Under 100 Free	2	17	-7.56
Esmee Zinkan (13) F					
48.80L	P # 27B	Female 13-14 50 Breast	13	---	-6.44
2:54.97L	P # 35B	Female 13-14 200 Free	18	---	-24.18
3:34.41L A	P # 45B	Female 13-14 200 Breast	8	---	---
3:35.00L A	F # 45B	Female 13-14 200 Breast	5	14	---
Robyn Zinkan (9) F					
49.52L	F # 25	Female 10 & Under 50 Breast	4	15	-6.15
47.19L	F # 29	Female 10 & Under 50 Back	5	14	-5.27
3:20.10L	F # 33	Female 10 & Under 200 Free	6	13	---
1:32.20L	F # 41	Female 10 & Under 100 Free	10	7	-13.10
Teddy Zinkan (11) M					
50.63L	P # 28A	Male 11-12 50 Breast	6	---	-2.20

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52.39L	F # 28A	Male 11-12 50 Breast	7	12	-0.44
3:54.03L A	F # 40A	Male 11-12 200 Fly	2	17	---
3:54.71L A	P # 40A	Male 11-12 200 Fly	2	---	---
3:46.87L AA	P # 46A	Male 11-12 200 Breast	2	---	---
3:50.03L AA	F # 46A	Male 11-12 200 Breast	2	17	---