
Individual Meet Results
VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters**Location: Saanich Commonwealth Place****Duncan Swim Team [DST] Coach: Leanne Sirup**

| Time | F/P/S | Event | Place | Points | Improv |
|--------------------------------|--------------|-------------------------------------|--------------|---------------|---------------|
| Adara Atsma (15) F | | | | | |
| 32.19L | A | P # 1C Female 15 & Over 50 Free | 26 | --- | 0.09 |
| 1:23.39L | A | P # 13C Female 15 & Over 100 Back | 26 | --- | 0.40 |
| 2:39.85L | A | P # 19C Female 15 & Over 200 Free | 24 | --- | -21.65 |
| 1:11.32L | A | P # 33C Female 15 & Over 100 Free | 25 | --- | -0.14 |
| 31.44L | AA | F # 39 200 Free Relay Lead Off | --- | --- | -0.66 |
| Dominique Austin (15) F | | | | | |
| 3:14.60L | AA | P # 15C Female 15 & Over 200 Breast | 14 | --- | -2.51 |
| 2:30.79L | AA | P # 19C Female 15 & Over 200 Free | 19 | --- | 0.25 |
| 3:02.38L | A | P # 29C Female 15 & Over 200 Back | 17 | --- | 4.46 |
| 1:06.87L | AA | F # 33C Female 15 & Over 100 Free | 13 | --- | -1.66 |
| 1:07.42L | AA | P # 33C Female 15 & Over 100 Free | 16 | --- | -1.11 |
| Olivia Campbell (9) F | | | | | |
| 44.88L | | F # 215 200 Free Relay Lead Off | --- | --- | 3.87 |
| 3:27.63L | | P # 217 Female 10 & Under 200 Free | 16 | --- | 5.42 |
| 57.22L | | F # 221 Female 10 & Under 50 Fly | 12 | --- | 2.00 |
| 43.23L | | F # 223 Female 10 & Under 50 Free | 21 | --- | 2.22 |
| Natalia Garriock (14) F | | | | | |
| 30.03L | AA | P # 1B Female 13-14 50 Free | 9 | --- | -0.89 |
| 2:38.43L | AAAW | F # 5B Female 13-14 200 IM | 6 | 13 | -6.56 |
| 2:39.84L | AAAW | P # 5B Female 13-14 200 IM | 7 | --- | -5.15 |
| 5:38.33L | AAAS | F # 11B Female 13-14 400 IM | 5 | 14 | --- |
| 2:24.33L | AA | P # 19B Female 13-14 200 Free | 14 | --- | -9.23 |
| 5:06.59L | AA | F # 27B Female 13-14 400 Free | 15 | --- | -7.71 |
| 1:05.64L | AA | P # 33B Female 13-14 100 Free | 13 | --- | -2.19 |
| Tamara Garriock (17) F | | | | | |
| 28.96L | AAAS | P # 1C Female 15 & Over 50 Free | 1 | --- | 0.89 |
| 29.11L | AAAW | F # 1C Female 15 & Over 50 Free | 5 | 14 | 1.04 |
| 9:34.49L | AAAS | F # 7C Female 15 & Over 800 Free | 1 | 50 | -2.87 |
| 5:15.84L | AAAS | F # 11C Female 15 & Over 400 IM | 1 | 50 | 0.67 |
| 2:47.65L | AAAS | F # 15C Female 15 & Over 200 Breast | 1 | 50 | 2.07 |
| 2:52.75L | AAAS | P # 15C Female 15 & Over 200 Breast | 5 | --- | 7.17 |
| 2:46.93L | AA | P # 31C Female 15 & Over 200 Fly | 4 | --- | 8.84 |
| 1:01.29L | AAAS | F # 33C Female 15 & Over 100 Free | 3 | 20 | 0.66 |
| 1:02.06L | AAAS | P # 33C Female 15 & Over 100 Free | 3 | --- | 1.43 |
| Cecilia Johnson (11) F | | | | | |
| 35.49L | AA | P # 1A Female 11-12 50 Free | 22 | --- | 0.35 |
| 1:42.18L | AA | P # 3A Female 11-12 100 Breast | 11 | --- | -0.99 |
| 3:23.64L | A | P # 5A Female 11-12 200 IM | 19 | --- | 4.55 |
| 1:31.09L | DQ | P # 13A Female 11-12 100 Back | --- | --- | --- |
| 3:30.87L | AA | P # 15A Female 11-12 200 Breast | 7 | --- | -2.80 |
| 3:33.17L | AA | F # 15A Female 11-12 200 Breast | 7 | 12 | -0.50 |
| 2:55.99L | A | P # 19A Female 11-12 200 Free | 23 | --- | -1.61 |
| Samantha Jory (15) F | | | | | |
| 1:31.42L | AA | P # 3C Female 15 & Over 100 Breast | 18 | --- | -6.58 |
| 10:04.02L | AAAS | F # 7C Female 15 & Over 800 Free | 4 | 15 | -25.91 |

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| Time | F/P/S | Event | Place | Points | Improv |
|-------------------------------|--------------|------------------------------|--------------|---------------|---------------|
| 2:34.29L | AAAS P # 29C | Female 15 & Over 200 Back | 6 | --- | -4.13 |
| 2:35.05L | AAAS F # 29C | Female 15 & Over 200 Back | 8 | 11 | -3.37 |
| 1:02.67L | AAAS F # 33C | Female 15 & Over 100 Free | 5 | 14 | 0.17 |
| 1:03.83L | AAAW P # 33C | Female 15 & Over 100 Free | 8 | --- | 1.33 |
| Laura Kissack (12) F | | | | | |
| 21:20.25L | F # 9A | Female 11-12 1500 Free | 1 | 50 | -11.79 |
| 1:22.04L | AA P # 13A | Female 11-12 100 Back | 5 | --- | -0.25 |
| 1:22.25L | AA F # 13A | Female 11-12 100 Back | 6 | 13 | -0.04 |
| 2:35.02L | AA P # 19A | Female 11-12 200 Free | 8 | --- | -11.84 |
| 2:37.61L | AA F # 19A | Female 11-12 200 Free | 8 | 11 | -9.25 |
| 38.47L | F # 23 | 200 Medley Relay Lead Off | --- | --- | -5.97 |
| 5:31.78L | AA F # 27A | Female 11-12 400 Free | 11 | --- | 3.59 |
| 2:53.75L | AA F # 29A | Female 11-12 200 Back | 5 | 14 | -19.91 |
| 2:56.74L | AA P # 29A | Female 11-12 200 Back | 5 | --- | -16.92 |
| 1:12.80L | AA P # 33A | Female 11-12 100 Free | 12 | --- | -4.54 |
| Haakon Koyote (12) M | | | | | |
| 3:06.71L | AA P # 30A | Male 11-12 200 Back | 5 | --- | -2.89 |
| 3:08.99L | A F # 30A | Male 11-12 200 Back | 5 | 14 | -0.61 |
| 1:12.81L | AA P # 34A | Male 11-12 100 Free | 7 | --- | -1.40 |
| 1:14.60L | AA F # 34A | Male 11-12 100 Free | 8 | 11 | 0.39 |
| Chelsea Langelo (19) F | | | | | |
| 31.41L | AA P # 1C | Female 15 & Over 50 Free | 22 | --- | 0.14 |
| 2:55.30L | A P # 5C | Female 15 & Over 200 IM | 27 | --- | -2.88 |
| 1:20.29L | A P # 13C | Female 15 & Over 100 Back | 21 | --- | 1.36 |
| 2:33.71L | A P # 19C | Female 15 & Over 200 Free | 20 | --- | -7.88 |
| 2:52.91L | A P # 29C | Female 15 & Over 200 Back | 16 | --- | -4.61 |
| 1:08.25L | A P # 33C | Female 15 & Over 100 Free | 20 | --- | -0.36 |
| 1:08.32L | A F # 33C | Female 15 & Over 100 Free | 15 | --- | -0.29 |
| Drake McKay (16) M | | | | | |
| 26.69L | AA F # 2C | Male 15 & Over 50 Free | 3 | 20 | 0.83 |
| 27.17L | AA P # 2C | Male 15 & Over 50 Free | 6 | --- | 1.31 |
| 9:57.97L | F # 8C | Male 15 & Over 800 Free | 3 | 20 | -7.00 |
| 5:26.96L | AA F # 12C | Male 15 & Over 400 IM | 7 | 12 | -6.34 |
| 1:09.23L | AA P # 18C | Male 15 & Over 100 Fly | 13 | --- | 1.17 |
| Savanah Munzar (14) F | | | | | |
| 1:20.89L | AA P # 13B | Female 13-14 100 Back | 20 | --- | -2.43 |
| 2:34.37L | A P # 19B | Female 13-14 200 Free | 28 | --- | -6.72 |
| 2:54.43L | AA P # 29B | Female 13-14 200 Back | 23 | --- | -5.56 |
| 1:10.23L | AA P # 33B | Female 13-14 100 Free | 29 | --- | -5.45 |
| 31.07L | AA F # 37 | 200 Free Relay Lead Off | --- | --- | -1.57 |
| Breca Penner (10) F | | | | | |
| 52.21L | F # 219 | Female 10 & Under 50 Back | 25 | --- | --- |
| 58.28L | F # 221 | Female 10 & Under 50 Fly | 13 | --- | 1.35 |
| 45.86L | F # 223 | Female 10 & Under 50 Free | 31 | --- | --- |
| 2:00.21L | F # 225 | Female 10 & Under 100 Breast | 15 | --- | 2.37 |

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| Time | F/P/S | Event | Place | Points | Improv |
|-------------------------------------|--------------|------------------------------|--------------|---------------|---------------|
| Montana Prystupa (10) F | | | | | |
| 3:02.07L | A P # 217 | Female 10 & Under 200 Free | 4 | --- | -11.10 |
| 3:05.65L | A F # 217 | Female 10 & Under 200 Free | 7 | 12 | -7.52 |
| 46.57L | F # 219 | Female 10 & Under 50 Back | 9 | --- | --- |
| 54.64L | F # 221 | Female 10 & Under 50 Fly | 11 | --- | 0.78 |
| 39.37L | F # 223 | Female 10 & Under 50 Free | 11 | --- | --- |
| 1:54.61L | F # 225 | Female 10 & Under 100 Breast | 8 | 11 | -0.61 |
| Rachelle Reed (13) F | | | | | |
| 33.28L | A P # 1B | Female 13-14 50 Free | 32 | --- | -0.24 |
| 2:59.94L | A P # 5B | Female 13-14 200 IM | 29 | --- | -0.25 |
| 1:20.90L | AA P # 17B | Female 13-14 100 Fly | 19 | --- | 0.13 |
| 2:39.84L | A P # 19B | Female 13-14 200 Free | 31 | --- | -9.76 |
| 3:07.67L | A P # 29B | Female 13-14 200 Back | 31 | --- | 2.75 |
| 1:12.34L | A P # 33B | Female 13-14 100 Free | 36 | --- | -0.94 |
| Veronica Reid (17) F | | | | | |
| 2:38.33L | AA P # 5C | Female 15 & Over 200 IM | 12 | --- | 5.36 |
| 10:13.60L | AA F # 7C | Female 15 & Over 800 Free | 5 | 14 | -3.41 |
| 1:18.46L | A P # 13C | Female 15 & Over 100 Back | 19 | --- | 4.20 |
| 2:20.00L | AA P # 19C | Female 15 & Over 200 Free | 8 | --- | 0.47 |
| Desirae Ridenour (10) F | | | | | |
| 1:32.66L | A F # 207 | Female 10 & Under 100 Back | 5 | 14 | -0.87 |
| 48.35L | F # 209 | Female 10 & Under 50 Breast | 5 | 14 | -3.55 |
| 3:19.78L | F # 213 | Female 10 & Under 200 IM | 8 | 11 | -4.75 |
| 3:23.34L | P # 213 | Female 10 & Under 200 IM | 8 | --- | -1.19 |
| Savanah Van Nieuwkerk (10) F | | | | | |
| 1:36.69L | F # 205 | Female 10 & Under 100 Free | 20 | --- | --- |
| 1:46.06L | F # 207 | Female 10 & Under 100 Back | 23 | --- | --- |
| 55.70L | F # 209 | Female 10 & Under 50 Breast | 16 | --- | --- |
| 49.28L | F # 219 | Female 10 & Under 50 Back | 19 | --- | --- |
| 43.75L | F # 223 | Female 10 & Under 50 Free | 24 | --- | --- |
| 1:57.47L | DQ F # 225 | Female 10 & Under 100 Breast | --- | --- | --- |
| Robyn Zinkan (10) F | | | | | |
| 1:31.00L | F # 205 | Female 10 & Under 100 Free | 13 | --- | -1.20 |
| 1:42.77L | F # 207 | Female 10 & Under 100 Back | 15 | --- | --- |
| 52.00L | F # 209 | Female 10 & Under 50 Breast | 8 | 11 | 2.48 |
| Teddy Zinkan (11) M | | | | | |
| 7:14.86L | A F # 12A | Male 11-12 400 IM | 3 | 20 | --- |
| 3:48.02L | AA P # 16A | Male 11-12 200 Breast | 4 | --- | 1.15 |