
Individual Meet Results
VIR SC Championships 15-Jan-10 to 17-Jan-10 SC Meters**Location: Duncan****Duncan Swim Team [DST] Coach: Leanne Sirup**

Time	F/P/S	Event	Place	Points	Improv
Dominique Austin (15) F					
30.85S	AA P # 1C	Female 15 & Over 50 Free	19	---	-0.75
1:27.66S	AA P # 3C	Female 15 & Over 100 Breast	13	---	-2.09
1:21.71S	A P # 25C	Female 15 & Over 100 Back	23	---	-1.92
2:26.43S	AA P # 41C	Female 15 & Over 200 Free	19	---	-2.00
5:22.77S	A F # 57C	Female 15 & Over 400 Free	25	---	4.92
1:06.59S	AA P # 73C	Female 15 & Over 100 Free	20	---	-1.49
Natalia Garriock (13) F					
29.60S	AAAS F # 1B	Female 13-14 50 Free	7	12	0.33
29.76S	AAAW P # 1B	Female 13-14 50 Free	5	---	0.49
1:26.21S	AA P # 3B	Female 13-14 100 Breast	11	---	-2.95
2:38.77S	AAAS F # 7B	Female 13-14 200 IM	7	12	-0.23
2:39.80S	AAAW P # 7B	Female 13-14 200 IM	8	---	0.80
5:36.54S	AAAS F # 19B	Female 13-14 400 IM	7	12	-22.20
1:10.83S	AAAS F # 35B	Female 13-14 100 Fly	5	14	-0.01
1:12.83S	AAAS P # 35B	Female 13-14 100 Fly	6	---	1.99
2:35.33S	AAAS P # 65B	Female 13-14 200 Back	7	---	-0.99
2:36.72S	AAAS F # 65B	Female 13-14 200 Back	8	11	0.40
2:41.99S	AAAS F # 69B	Female 13-14 200 Fly	4	15	-11.50
2:44.56S	AAAS P # 69B	Female 13-14 200 Fly	4	---	-8.93
Tamara Garriock (17) F					
1:08.39S	AAAS F # 25C	Female 15 & Over 100 Back	1	20	-0.68
1:10.98S	AA P # 25C	Female 15 & Over 100 Back	5	---	1.91
2:42.53S	AAAS F # 29C	Female 15 & Over 200 Breast	3	16	0.41
2:46.72S	AAAS P # 29C	Female 15 & Over 200 Breast	4	---	4.60
1:08.39S	AAAS F # 35C	Female 15 & Over 100 Fly	6	13	-1.16
1:11.29S	AA P # 35C	Female 15 & Over 100 Fly	6	---	1.74
32.59S	F # 51	200 Medley Relay Lead Off	---	---	-0.28
4:34.56S	AAAS F # 57C	Female 15 & Over 400 Free	3	16	2.89
2:27.56S	AAAS P # 65C	Female 15 & Over 200 Back	3	---	3.42
2:32.64S	AA F # 65C	Female 15 & Over 200 Back	7	12	8.50
1:00.95S	AAAS F # 73C	Female 15 & Over 100 Free	2	17	2.49
1:01.86S	AAAW P # 73C	Female 15 & Over 100 Free	2	---	3.40
Justin Garrow (13) M					
31.82S	A P # 2B	Male 13-14 50 Free	17	---	-0.02
1:19.46S	AA P # 26B	Male 13-14 100 Back	9	---	-0.18
1:21.23S	A P # 36B	Male 13-14 100 Fly	9	---	-2.05
DQ	P # 42B	Male 13-14 200 Free	---	---	---
37.49S	F # 50	200 Medley Relay Lead Off	---	---	-1.50
NS	F # 58B	Male 13-14 400 Free	---	---	---
NS	P # 74B	Male 13-14 100 Free	---	---	---
Lalaine Gower (10) F					
6:17.87S	F # 11C	Female 6-10 400 Free	11	6	-11.85
1:37.77S	A F # 21C	Female 6-10 100 Back	11	6	-2.14
3:27.94S	P # 37	Female 10 & Under 200 IM	10	---	---
1:13.00S	AA F # 43	400 Free Relay Lead Off	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
3:00.50S	A P # 59	Female 10 & Under 200 Free	11	---	---
43.36S	F # 61C	Female 6-10 50 Back	2	17	-1.53
35.71S	A F # 71C	Female 6-10 50 Free	4	15	-0.30
Eric Hartford (13) M					
1:29.41S	AA P # 4B	Male 13-14 100 Breast	8	---	-9.12
1:30.00S	AA F # 4B	Male 13-14 100 Breast	7	12	-8.53
3:04.30S	A P # 8B	Male 13-14 200 IM	12	---	-5.52
3:15.16S	AA F # 30B	Male 13-14 200 Breast	4	15	-4.54
3:15.88S	AA P # 30B	Male 13-14 200 Breast	5	---	-3.82
2:45.21S	A P # 42B	Male 13-14 200 Free	10	---	-12.69
2:45.86S	F # 42B	Male 13-14 200 Free	8	11	-12.04
2:58.79S	A P # 66B	Male 13-14 200 Back	12	---	-9.38
1:14.08S	A P # 74B	Male 13-14 100 Free	18	---	-5.82
Samantha Jory (14) F					
27.70S	AAAS F # 1B	Female 13-14 50 Free	1	20	-0.19
28.60S	AAAS P # 1B	Female 13-14 50 Free	1	---	0.71
1:26.71S	AA P # 3B	Female 13-14 100 Breast	14	---	2.45
9:41.08S	AAAS F # 13C	Female 13-14 800 Free	2	17	-26.49
5:27.00S	AAAS F # 19B	Female 13-14 400 IM	4	15	-13.20
3:05.31S	AA P # 29B	Female 13-14 200 Breast	11	---	-5.36
31.47S	F # 49	200 Medley Relay Lead Off	---	---	-0.04
2:26.34S	AAAS F # 65B	Female 13-14 200 Back	2	17	-3.77
2:32.29S	AAAS P # 65B	Female 13-14 200 Back	3	---	2.18
59.08S	AAAS F # 73B	Female 13-14 100 Free	1	20	-0.68
1:01.24S	AAAS P # 73B	Female 13-14 100 Free	1	---	1.48
27.68S	AAAS F # 79	200 Free Relay Lead Off	---	---	-0.21
Jeremy Kissack (10) M					
6:34.20S	F # 11D	Male 6-10 400 Free	7	12	-8.43
1:22.98S	A F # 17D	Male 6-10 100 Free	7	12	-7.13
3:38.37S	P # 38	Male 10 & Under 200 IM	7	---	---
DQ	F # 38	Male 10 & Under 200 IM	---	---	---
45.63S	F # 45	200 Medley Relay Lead Off	---	---	-1.30
36.96S	A F # 53	200 Free Relay Lead Off	---	---	-0.37
3:05.10S	A F # 60	Male 10 & Under 200 Free	5	14	-7.54
3:07.48S	A P # 60	Male 10 & Under 200 Free	6	---	-5.16
46.16S	F # 61D	Male 6-10 50 Back	5	14	-0.77
38.43S	F # 71D	Male 6-10 50 Free	8	11	1.10
Laura Kissack (12) F					
35.11S	A P # 1A	Female 11-12 50 Free	21	---	0.36
3:08.54S	A P # 7A	Female 11-12 200 IM	15	---	3.95
1:24.78S	AA P # 25A	Female 11-12 100 Back	11	---	-2.78
2:45.11S	A P # 41A	Female 11-12 200 Free	18	---	1.00
3:03.17S	A P # 65A	Female 11-12 200 Back	15	---	-0.69
1:16.07S	A P # 73A	Female 11-12 100 Free	19	---	-3.01
Haakon Koyote (12) M					
1:35.35S	AA F # 4A	Male 11-12 100 Breast	4	15	-5.79

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Time	F/P/S	Event	Place	Points	Improv
1:35.90S	AA P # 4A	Male 11-12 100 Breast	3	---	-5.24
3:14.06S	A F # 8A	Male 11-12 200 IM	6	13	---
3:16.21S	A P # 8A	Male 11-12 200 IM	6	---	---
3:18.55S	AA F # 30A	Male 11-12 200 Breast	2	17	-10.58
3:23.54S	AA P # 30A	Male 11-12 200 Breast	1	---	-5.59
2:46.86S	A F # 42A	Male 11-12 200 Free	7	12	---
2:50.15S	A P # 42A	Male 11-12 200 Free	7	---	---
3:06.25S	A P # 66A	Male 11-12 200 Back	4	---	---
3:06.71S	A F # 66A	Male 11-12 200 Back	5	14	---
1:13.46S	AA P # 74A	Male 11-12 100 Free	6	---	-4.80
1:13.77S	AA F # 74A	Male 11-12 100 Free	8	11	-4.49
Chelsea Langelo (19) F					
30.05S	AA F # 1C	Female 15 & Over 50 Free	15	2	0.15
30.35S	AA P # 1C	Female 15 & Over 50 Free	16	---	0.45
2:53.01S	A P # 7C	Female 15 & Over 200 IM	20	---	-0.58
1:17.03S	A F # 25C	Female 15 & Over 100 Back	16	1	-2.00
1:18.65S	A P # 25C	Female 15 & Over 100 Back	17	---	-0.38
2:30.93S	A P # 41C	Female 15 & Over 200 Free	25	---	-1.00
2:50.45S	A P # 65C	Female 15 & Over 200 Back	15	---	-6.69
1:06.76S	AA P # 73C	Female 15 & Over 100 Free	21	---	-1.43
Rosie Lee (12) F					
34.28S	A P # 1A	Female 11-12 50 Free	19	---	-1.99
1:42.45S	A P # 3A	Female 11-12 100 Breast	11	---	-15.23
1:24.65S	AA P # 25A	Female 11-12 100 Back	10	---	0.43
2:49.16S	A P # 41A	Female 11-12 200 Free	21	---	-1.80
1:15.02S	A P # 73A	Female 11-12 100 Free	18	---	-10.09
Drake McKay (16) M					
5:24.79S	AA F # 20C	Male 15 & Over 400 IM	8	11	-21.16
2:46.53S	AA P # 30C	Male 15 & Over 200 Breast	4	---	-4.27
2:47.38S	AA F # 30C	Male 15 & Over 200 Breast	5	14	-3.42
1:09.14S	AA P # 36C	Male 15 & Over 100 Fly	11	---	7.22
2:29.29S	AA P # 66C	Male 15 & Over 200 Back	10	---	-17.95
56.54S	AA F # 74C	Male 15 & Over 100 Free	5	14	1.37
56.84S	AA P # 74C	Male 15 & Over 100 Free	4	---	1.67
Maya Munzar (14) F					
1:25.87S	AA P # 3B	Female 13-14 100 Breast	9	---	-3.11
2:43.34S	AA P # 7B	Female 13-14 200 IM	15	---	-5.54
5:48.38S	AA F # 19B	Female 13-14 400 IM	11	6	-9.17
2:24.88S	AA P # 41B	Female 13-14 200 Free	14	---	-8.32
5:10.99S	AA F # 57B	Female 13-14 400 Free	14	3	-1.04
DQ	P # 69B	Female 13-14 200 Fly	---	---	---
Savanah Munzar (13) F					
31.36S	AA P # 1B	Female 13-14 50 Free	14	---	-0.07
11:20.17S	A F # 13C	Female 13-14 800 Free	17	---	8.99
3:24.15S	A P # 29B	Female 13-14 200 Breast	18	---	3.56
1:27.66S	A P # 35B	Female 13-14 100 Fly	23	---	-9.17

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5:23.83S	AA F # 57B	Female 13-14 400 Free	17	---	-14.29
1:09.34S	AA P # 73B	Female 13-14 100 Free	26	---	0.14
Maria Murray (10) F					
1:41.52S	F # 17C	Female 6-10 100 Free	28	---	---
1:43.87S	F # 21C	Female 6-10 100 Back	13	3.5	-8.65
56.15S	F # 27C	Female 6-10 50 Breast	16	1	2.50
49.52S	F # 61C	Female 6-10 50 Back	17	---	-0.62
46.21S	F # 71C	Female 6-10 50 Free	29	---	1.92
DQ	F # 75C	Female 6-10 100 Breast	---	---	---
Eli Ogihara-Kertz (14) M					
30.40S	A P # 2B	Male 13-14 50 Free	9	---	-1.00
1:22.74S	AA F # 4B	Male 13-14 100 Breast	3	16	-1.98
1:23.05S	AA P # 4B	Male 13-14 100 Breast	3	---	-1.67
2:45.25S	A P # 8B	Male 13-14 200 IM	6	---	-3.92
2:47.26S	A F # 8B	Male 13-14 200 IM	7	12	-1.91
2:57.92S	AA P # 30B	Male 13-14 200 Breast	2	---	-7.92
1:16.63S	AA P # 36B	Male 13-14 100 Fly	4	---	-3.22
DQ	F # 36B	Male 13-14 100 Fly	---	---	---
1:09.87S	A P # 74B	Male 13-14 100 Free	16	---	-0.53
29.90S	AA F # 80	200 Free Relay Lead Off	---	---	-1.50
29.56S	AA S # 201	Male 13-14 50 Free	---	---	-1.84
James Ogihara-Kertz (10) M					
6:37.67S	F # 11D	Male 6-10 400 Free	8	11	-5.10
1:24.05S	A F # 17D	Male 6-10 100 Free	8	11	-4.34
1:49.77S	F # 31D	Male 6-10 100 Fly	6	13	---
3:36.74S	P # 38	Male 10 & Under 200 IM	6	---	-9.55
Kai Peters (14) M					
30.43S	A P # 2B	Male 13-14 50 Free	11	---	---
1:27.77S	AA F # 4B	Male 13-14 100 Breast	5	14	---
1:28.44S	AA P # 4B	Male 13-14 100 Breast	6	---	---
3:03.68S	P # 8B	Male 13-14 200 IM	11	---	---
1:22.55S	A P # 26B	Male 13-14 100 Back	13	---	---
Montana Prystupa (10) F					
1:24.66S	F # 17C	Female 6-10 100 Free	11	6	-3.43
1:42.55S	F # 21C	Female 6-10 100 Back	12	5	---
DQ	F # 27C	Female 6-10 50 Breast	---	---	---
44.47S	F # 61C	Female 6-10 50 Back	7	12	-3.73
38.07S	F # 71C	Female 6-10 50 Free	12	5	-4.82
1:55.62S	F # 75C	Female 6-10 100 Breast	12	5	---
Veronica Reid (17) F					
10:00.46S	AA F # 13E	Female 15 & Over 800 Free	8	11	-6.16
5:34.58S	AA F # 19C	Female 15 & Over 400 IM	10	7	1.46
1:15.35S	AA F # 25C	Female 15 & Over 100 Back	15	2	1.78
1:15.40S	AA P # 25C	Female 15 & Over 100 Back	16	---	1.83
1:12.90S	AA F # 35C	Female 15 & Over 100 Fly	11	6	3.67
1:14.59S	AA P # 35C	Female 15 & Over 100 Fly	15	---	5.36

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Time	F/P/S	Event	Place	Points	Improv
2:19.66S	AA P # 41C	Female 15 & Over 200 Free	12	---	4.18
2:19.69S	AA F # 41C	Female 15 & Over 200 Free	12	5	4.21
4:55.81S	AA F # 57C	Female 15 & Over 400 Free	17	---	3.84
Sydney Rhoades (13) F					
33.00S	A P # 1B	Female 13-14 50 Free	24	---	-0.61
1:37.05S	A P # 3B	Female 13-14 100 Breast	26	---	-3.82
3:25.10S	A P # 29B	Female 13-14 200 Breast	19	---	-5.37
1:32.85S	P # 35B	Female 13-14 100 Fly	24	---	0.51
DQ	P # 65B	Female 13-14 200 Back	---	---	---
1:11.82S	A P # 73B	Female 13-14 100 Free	32	---	-1.53
Christine Ridenour (17) F					
29.33S	AA F # 1C	Female 15 & Over 50 Free	8	10	1.67
29.36S	AA P # 1C	Female 15 & Over 50 Free	8	---	1.70
9:54.32S	AA F # 13E	Female 15 & Over 800 Free	6	13	12.83
4:48.85S	AA F # 57C	Female 15 & Over 400 Free	13	4	8.71
1:03.52S	AA P # 73C	Female 15 & Over 100 Free	10	---	2.39
1:04.76S	AA F # 73C	Female 15 & Over 100 Free	14	3	3.63
29.97S	AA F # 81	200 Free Relay Lead Off	---	---	2.31
Desirae Ridenour (10) F					
6:33.16S	F # 11C	Female 6-10 400 Free	14	3	-7.09
1:21.33S	A F # 17C	Female 6-10 100 Free	6	13	-1.95
1:33.35S	A F # 21C	Female 6-10 100 Back	5	14	-4.06
3:36.59S	P # 37	Female 10 & Under 200 IM	15	---	-3.88
3:07.56S	P # 59	Female 10 & Under 200 Free	14	---	-7.96
43.55S	F # 61C	Female 6-10 50 Back	3	16	1.10
35.87S	A F # 71C	Female 6-10 50 Free	5	14	-0.21
Esmee Zinkan (12) F					
3:05.05S	A P # 65A	Female 11-12 200 Back	17	---	-6.93
1:19.54S	P # 73A	Female 11-12 100 Free	25	---	-14.52
35.84S	A F # 77	200 Free Relay Lead Off	---	---	-0.01
Robyn Zinkan (9) F					
1:33.97S	F # 17C	Female 6-10 100 Free	24	---	-4.06
1:45.68S	F # 21C	Female 6-10 100 Back	19	---	-4.16
53.60S	F # 27C	Female 6-10 50 Breast	13	4	0.55
3:45.40S	P # 37	Female 10 & Under 200 IM	19	---	-20.02
49.70S	F # 67C	Female 6-10 50 Fly	9	9	-1.34
1:52.91S	F # 75C	Female 6-10 100 Breast	11	6	-0.88
Teddy Zinkan (10) M					
6:05.02S	F # 11D	Male 6-10 400 Free	5	14	-19.96
1:18.49S	A F # 17D	Male 6-10 100 Free	5	14	-2.37
1:42.94S	F # 31D	Male 6-10 100 Fly	4	15	0.14
45.09S	F # 67D	Male 6-10 50 Fly	6	13	-3.41
36.21S	A F # 71D	Male 6-10 50 Free	5	14	-0.59
1:52.46S	A F # 75D	Male 6-10 100 Breast	4	15	-7.31