

WARM UPS

13 & Over 5:45 am

12 & Under 12:15pm

[Volunteer Timer Sign Up](#)[T Shirt pre order link](#)

Please remember to pack snacks and drinks.

*An athlete without energy**is like a Porsche without gas*"Both have potential for greatness, but both require fuel"

Lola Adegbemelike (14)

23A Women 13-14 50 Free 31.08Y

25A Women 13-14 100 Back 1:33.37Y

29A Women 13-14 100 Breast 1:30.78Y

Leah Aduwu (10)

35B Women 9-10 100 IM NT

37B Women 9-10 50 Free 37.46Y

43B Women 9-10 100 Back 1:52.39Y

Sophia Cramer (12)

39C Women 11-12 100 Breast 1:33.18Y

43C Women 11-12 100 Back 1:20.84Y

69C Women 11-12 50 Back 38.45Y

71C Women 11-12 100 Free 1:09.78Y

73C Women 11-12 50 Breast 40.32Y

Rebecca Elliott (9)

37B Women 9-10 50 Free 37.38Y

39B Women 9-10 100 Breast 2:00.22Y

43B Women 9-10 100 Back 1:53.18Y

65B Women 9-10 50 Fly 45.35Y

69B Women 9-10 50 Back 46.18Y

71B Women 9-10 100 Free 1:26.66Y

Iris Gaycken (10)

37B Women 9-10 50 Free 40.84Y

39B Women 9-10 100 Breast NT

43B Women 9-10 100 Back 1:37.45Y

Daniella Jones-Puthoff (7)

37A Women 8 & Under 50 Free 1:09.99Y

43A Women 8 & Under 100 Back NT

69A Women 8 & Under 50 Back 1:07.54Y

71A Women 8 & Under 100 Free 2:38.47Y

Kira Moore (10)

37B Women 9-10 50 Free 31.50Y

James Chen (14)

22A Men 13-14 200 IM 2:08.62Y

28A Men 13-14 200 Free 1:54.54Y

56A Men 13-14 100 Free 52.19Y

60A Men 13-14 100 Fly 56.91Y

Jason Chen (11)

36C Men 11-12 100 IM 1:16.77Y

38C Men 11-12 50 Free 30.58Y

42C Men 11-12 100 Fly 1:12.41Y

66C Men 11-12 50 Fly 32.41Y

68C Men 11-12 200 Free 2:32.11Y

72C Men 11-12 100 Free 1:07.63Y

Adam Dennin (12)

36C Men 11-12 100 IM 1:37.52Y

38C Men 11-12 50 Free 37.11Y

44C Men 11-12 100 Back 1:33.23Y

Ethan Dennin (10)

36B Men 9-10 100 IM 1:31.98Y

38B Men 9-10 50 Free 35.38Y

40B Men 9-10 100 Breast 1:51.12Y

Daniel Elliott (7)

38A Men 8 & Under 50 Free 49.39Y

44A Men 8 & Under 100 Back NT

70A Men 8 & Under 50 Back 58.47Y

72A Men 8 & Under 100 Free 1:50.54Y

Ari Goldberg (10)

36B Men 9-10 100 IM NT

38B Men 9-10 50 Free 47.20Y

Nathaniel Harper (9)

66B Men 9-10 50 Fly NT

70B Men 9-10 50 Back 49.18Y

72B Men 9-10 100 Free 1:46.55Y

# 41B Women 9-10 100 Fly	1:33.25Y	Ryan Meledick (9)	
# 43B Women 9-10 100 Back	1:23.29Y	# 66B Men 9-10 50 Fly	37.92Y
# 65B Women 9-10 50 Fly	37.64Y	# 68B Men 9-10 200 Free	3:00.92Y
# 69B Women 9-10 50 Back	38.41Y	# 72B Men 9-10 100 Free	1:17.88Y
# 71B Women 9-10 100 Free	1:15.42Y	Drew Quinones (9)	
Mia Moore (7)		# 70B Men 9-10 50 Back	50.20Y
# 37A Women 8 & Under 50 Free	45.30Y	# 72B Men 9-10 100 Free	1:32.26Y
# 39A Women 8 & Under 100 Breast	NT	# 74B Men 9-10 50 Breast	53.99Y
# 65A Women 8 & Under 50 Fly	NT	Jordan Smith (10)	
# 69A Women 8 & Under 50 Back	49.21Y	# 36B Men 9-10 100 IM	1:28.76Y
# 73A Women 8 & Under 50 Breast	NT	# 38B Men 9-10 50 Free	35.25Y
Leah Novick (11)		# 42B Men 9-10 100 Fly	1:38.65Y
# 35C Women 11-12 100 IM	1:48.96Y	# 66B Men 9-10 50 Fly	37.65Y
# 37C Women 11-12 50 Free	43.34Y	# 70B Men 9-10 50 Back	41.11Y
# 43C Women 11-12 100 Back	1:50.76Y	# 72B Men 9-10 100 Free	1:20.00Y
# 65C Women 11-12 50 Fly	NT	Kyle Smith (12)	
# 71C Women 11-12 100 Free	1:44.84Y	# 36C Men 11-12 100 IM	1:18.46Y
# 73C Women 11-12 50 Breast	47.50Y	# 40C Men 11-12 100 Breast	1:24.40Y
Khepra Osagyefo (10)		# 44C Men 11-12 100 Back	1:31.90Y
# 37B Women 9-10 50 Free	33.40Y	# 66C Men 11-12 50 Fly	34.55Y
# 41B Women 9-10 100 Fly	1:36.80Y	# 70C Men 11-12 50 Back	36.45Y
# 43B Women 9-10 100 Back	NT	# 74C Men 11-12 50 Breast	37.62Y
# 65B Women 9-10 50 Fly	40.03Y	Santiago Solares (8)	
# 69B Women 9-10 50 Back	41.49Y	# 70A Men 8 & Under 50 Back	NT
# 71B Women 9-10 100 Free	1:23.25Y	# 72A Men 8 & Under 100 Free	NT
Kateri Solares (10)		# 74A Men 8 & Under 50 Breast	NT
# 65B Women 9-10 50 Fly	55.67Y	Darius Theodore (13)	
# 71B Women 9-10 100 Free	1:34.91Y	# 22A Men 13-14 200 IM	2:34.79Y
# 73B Women 9-10 50 Breast	48.78Y	# 24A Men 13-14 50 Free	26.64Y
Taylor Washington (15)		# 28A Men 13-14 200 Free	2:16.90Y
# 23B Women 15-18 50 Free	29.06Y	# 30A Men 13-14 100 Breast	1:19.30Y
# 25B Women 15-18 100 Back	1:12.66Y	# 56A Men 13-14 100 Free	58.28Y
# 29B Women 15-18 100 Breast	1:21.66Y	# 60A Men 13-14 100 Fly	1:07.86Y
Sena Williams (10)		Allen Wang (14)	
# 39B Women 9-10 100 Breast	1:26.02Y	# 30A Men 13-14 100 Breast	1:40.00Y
# 41B Women 9-10 100 Fly	1:26.95Y	# 56A Men 13-14 100 Free	1:09.96Y
# 43B Women 9-10 100 Back	1:31.23Y	Peter Wang (13)	
# 67B Women 9-10 200 Free	2:38.01Y	# 30A Men 13-14 100 Breast	NT
# 69B Women 9-10 50 Back	39.90Y	# 56A Men 13-14 100 Free	1:05.61Y
# 73B Women 9-10 50 Breast	39.27Y	Niko Zhang (15)	
		# 24B Men 15-18 50 Free	24.24Y

# 26B Men 15-18 100 Back	1:00.76Y
# 30B Men 15-18 100 Breast	1:08.99Y
# 54B Men 15-18 200 Back	2:13.03Y
# 58B Men 15-18 200 Breast	2:30.76Y

RELAYS

Girls 200 Free

{Sat}

Kira Moore

Becca Elliott

Leah Aduwu

Sena Williams

{Sat}

Khepra Osagyefo

Mia Moore

Iris Gaycken

Daniella Jones-Puthoff

Boys 200 Free

{Sat}

Ari Goldberg

Ethan Dennin

Daniel Elliott

Jordan Smith

Boys 400 Medley

{Sunday}

Allen Wang

Darius Theodore

James Chen

Peter Wang

Boys 200 Free

{Sunday}

Peter Wang

James Chen

Darius Theodore

Niko Zhang

Girls 200 Medley

{Sunday}

Kira Moore

Sena Williams

Khepra Osagyefo

Becca Elliott

Boys 200 Medley

{Sunday}

Drew Quinones

Jordan Smith

Ryan Meledick

Nathaniel Harper

