

WARM UPS

13 & Over 7:15 AM
 12 & Under 11:45 AM

Finals 4:15 PM

Top 16 for 11 & Over
 Top 8 for 10 & Under

Please be on time. We usually sit by the 1 meter diving boards.

George Mason Notes

GMU just put in a new deck which cost them \$500K
 The policy is NO FOOD ON DECK.
 GMU realizes that the kids have to eat, so they will open up the classroom on deck
 (by the back pool used for warm-up and cool-down)

Please pack snacks and plenty of fluids with your kids so they can stay hydrated and energized.
 Also send them with extra dry clothes & towels (2)

Leah Aduwu (10)

77 Women 10 & Under 50 Free 40.13Y
 # 81 Women 10 & Under 50 Fly 58.18Y
 # 87 Women 10 & Under 100 Back 1:52.39Y

Jacqueline Bielec (17)

101 Women 100 Free 58.45Y
 # 109 Women 100 Back 1:11.90Y
 # 113 Women 50 Fly NT

Sophia Cramer (12)

79 Women 11-12 50 Free 30.88Y
 # 85 Women 11-12 200 Breast 3:22.73Y
 # 89 Women 11-12 100 Back 1:20.84Y

Rebecca Elliott (9)

37 Women 10 & Under 100 Breast 2:00.22Y
 # 43 Women 10 & Under 50 Back 52.84Y
 # 77 Women 10 & Under 50 Free 42.76Y
 # 81 Women 10 & Under 50 Fly 45.66Y
 # 129 Women 10 & Under 100 Free 1:31.84Y
 # 133 Women 10 & Under 50 Breast 1:07.67Y

Regan Hyder (13)

15 Women 13-14 50 Breast 43.40Y
 # 19 Women 13-14 100 Fly 1:33.52Y
 # 23 Women 13-14 200 Back NT
 # 51 Women 13-14 50 Free 32.22Y
 # 59 Women 13-14 100 Breast 1:28.98Y
 # 63 Women 13-14 50 Back 41.61Y

Sofia Jones (9)

37 Women 10 & Under 100 Breast 2:07.91Y
 # 43 Women 10 & Under 50 Back 51.29Y
 # 77 Women 10 & Under 50 Free 44.54Y
 # 87 Women 10 & Under 100 Back 1:56.46Y
 # 129 Women 10 & Under 100 Free 1:49.33Y
 # 133 Women 10 & Under 50 Breast 58.48Y

Kira Moore (9)

James Chen (14)

12 Men 13-14 200 Free 1:54.54Y
 # 20 Men 13-14 100 Fly 58.88Y
 # 56 Men 13-14 200 Fly 2:10.66Y

64 Men 13-14 50 Back 30.12Y

100 Men 13-14 100 Free 53.64Y

108 Men 13-14 100 Back 1:00.52Y

112 Men 13-14 50 Fly 27.76Y

Jason Chen (11)

36 Men 11-12 100 Breast 1:31.73Y

46 Men 11-12 100 IM 1:16.77Y

80 Men 11-12 50 Free 31.39Y

84 Men 11-12 50 Fly 33.03Y

90 Men 11-12 100 Back 1:20.95Y

128 Men 11-12 100 Free 1:10.18Y

138 Men 11-12 100 Fly 1:17.23Y

Quincy Crawford (14)

12 Men 13-14 200 Free 2:08.77Y

20 Men 13-14 100 Fly 1:10.08Y

52 Men 13-14 50 Free 28.00Y

60 Men 13-14 100 Breast 1:17.16Y

100 Men 13-14 100 Free 59.33Y

108 Men 13-14 100 Back 1:09.37Y

112 Men 13-14 50 Fly NT

Zachary Crawford (17)

18 Men 50 Breast NT

22 Men 100 Fly 1:06.98Y

54 Men 50 Free 27.21Y

62 Men 100 Breast 1:17.12Y

102 Men 100 Free 1:00.67Y

106 Men 200 Breast 2:52.17Y

114 Men 50 Fly NT

Adam Dennin (12)

80 Men 11-12 50 Free 38.02Y

# 37	Women 10 & Under 100 Breast	1:38.51Y
# 43	Women 10 & Under 50 Back	39.27Y
# 47	Women 10 & Under 100 IM	1:24.71Y
Brooke Steele (11)		
# 79	Women 11-12 50 Free	39.61Y
# 83	Women 11-12 50 Fly	NT
# 89	Women 11-12 100 Back	NT
Haley Steele (15)		
# 53	Women 50 Free	29.89Y
# 61	Women 100 Breast	1:28.30Y
# 65	Women 50 Back	NT
Morgan Steele (13)		
# 51	Women 13-14 50 Free	30.96Y
# 59	Women 13-14 100 Breast	1:27.23Y
# 63	Women 13-14 50 Back	35.47Y
Taylor Washington (15)		
# 53	Women 50 Free	29.06Y
# 61	Women 100 Breast	1:22.55Y
# 65	Women 50 Back	33.53Y
Sena Williams (9)		
# 37	Women 10 & Under 100 Breast	1:26.09Y
# 43	Women 10 & Under 50 Back	43.10Y
# 47	Women 10 & Under 100 IM	1:24.39Y
# 129	Women 10 & Under 100 Free	1:09.22Y
# 133	Women 10 & Under 50 Breast	40.71Y
# 139	Women 10 & Under 100 Fly	1:31.80Y
Grace Zack (13)		
# 15	Women 13-14 50 Breast	39.42Y
# 19	Women 13-14 100 Fly	1:22.07Y
# 23	Women 13-14 200 Back	2:57.05Y
# 51	Women 13-14 50 Free	30.10Y
# 59	Women 13-14 100 Breast	1:26.21Y
# 63	Women 13-14 50 Back	37.03Y

Relays

Open Girls 400 Medley Saturday prelims
 13 - 14 Boys 400 Medley Saturday prelims
 13 - 14 Boys 400 Free Sunday Finals

GOOD LUCK!!

Go FAST

# 84	Men 11-12 50 Fly	46.88Y
# 90	Men 11-12 100 Back	1:33.80Y
# 128	Men 11-12 100 Free	1:22.51Y
# 132	Men 11-12 50 Breast	53.93Y
Ethan Dennin (10)		
# 78	Men 10 & Under 50 Free	35.38Y
# 82	Men 10 & Under 50 Fly	41.09Y
# 88	Men 10 & Under 100 Back	1:30.06Y
# 130	Men 10 & Under 100 Free	1:17.58Y
# 134	Men 10 & Under 50 Breast	51.52Y
# 140	Men 10 & Under 100 Fly	NT
Ryan Meledick (9)		
# 38	Men 10 & Under 100 Breast	1:10.41Y
# 44	Men 10 & Under 50 Back	50.17Y
# 48	Men 10 & Under 100 IM	1:32.50Y
# 78	Men 10 & Under 50 Free	36.68Y
# 82	Men 10 & Under 50 Fly	39.53Y
# 130	Men 10 & Under 100 Free	1:21.76Y
# 140	Men 10 & Under 100 Fly	1:34.58Y
Jordan Smith (10)		
# 38	Men 10 & Under 100 Breast	1:51.94Y
# 44	Men 10 & Under 50 Back	44.67Y
# 78	Men 10 & Under 50 Free	36.31Y
# 82	Men 10 & Under 50 Fly	46.18Y
# 130	Men 10 & Under 100 Free	1:29.14Y
# 134	Men 10 & Under 50 Breast	50.30Y
# 140	Men 10 & Under 100 Fly	NT
Kyle Smith (12)		
# 36	Men 11-12 100 Breast	1:25.41Y
# 42	Men 11-12 50 Back	36.45Y
# 80	Men 11-12 50 Free	29.77Y
# 86	Men 11-12 200 Breast	3:19.19Y
# 128	Men 11-12 100 Free	1:09.23Y
# 132	Men 11-12 50 Breast	37.62Y
# 138	Men 11-12 100 Fly	1:27.73Y
Darius Theodore (13)		
# 16	Men 13-14 50 Breast	37.64Y
# 20	Men 13-14 100 Fly	1:07.86Y
# 52	Men 13-14 50 Free	27.54Y
# 60	Men 13-14 100 Breast	1:19.30Y
# 100	Men 13-14 100 Free	58.82Y
# 104	Men 13-14 200 Breast	2:53.73Y
# 112	Men 13-14 50 Fly	29.44Y
Allen Wang (14)		
# 100	Men 13-14 100 Free	NT

# 108	Men 13-14 100 Back	1:21.20Y
# 112	Men 13-14 50 Fly	NT
Peter Wang (13)		
# 100	Men 13-14 100 Free	NT
# 104	Men 13-14 200 Breast	NT
# 108	Men 13-14 100 Back	1:19.37Y
Niko Zhang (14)		
# 12	Men 13-14 200 Free	1:56.14Y
# 16	Men 13-14 50 Breast	32.76Y
# 52	Men 13-14 50 Free	24.28Y
# 60	Men 13-14 100 Breast	1:08.99Y
# 64	Men 13-14 50 Back	28.83Y
# 100	Men 13-14 100 Free	52.78Y
# 108	Men 13-14 100 Back	1:01.18Y