

WARM UPS

13 & over 7:15 AM
 12 & under 12:00 PM
 Finals 5:00 PM

Top 8 10 & unders qualify for Finals
 Top 16 11-12, 13-14 qualify for Finals

All relays will swim during Prelims

Timer requirements

FAST needs to provide 2 timers for
 Friday afternoon boys course and
 2 timers Sunday afternoon girls course

Nutrition and Rest

For peak performance please make sure
 your swimmers are well rested and don't
 skip any meals.

Please pack a snack bag for each meet session
 and include plenty to drink for hydration.

Sophia Cramer (11)

79 Women 11-12 50 Free 32.81Y
 # 85 Women 11-12 200 Breast NT
 # 89 Women 11-12 100 Back NT
 # 127 Women 11-12 100 Free 1:14.40Y
 # 131 Women 11-12 50 Breast 46.16Y

Alexis Klund (12)

79 Women 11-12 50 Free 35.45Y
 # 83 Women 11-12 50 Fly 44.13Y
 # 89 Women 11-12 100 Back NT
 # 127 Women 11-12 100 Free 1:27.46Y
 # 131 Women 11-12 50 Breast 44.04Y

Julia Knisley (12)

35 Women 11-12 100 Breast NT
 # 45 Women 11-12 100 IM 1:28.17Y
 # 79 Women 11-12 50 Free 31.97Y
 # 83 Women 11-12 50 Fly 40.58Y
 # 89 Women 11-12 100 Back NT
 # 127 Women 11-12 100 Free 1:15.42Y
 # 131 Women 11-12 50 Breast 46.53Y

Taylor Murray (11)

79 Women 11-12 50 Free 31.50Y
 # 83 Women 11-12 50 Fly 35.91Y
 # 89 Women 11-12 100 Back 1:17.84Y

Alyson Penn (12)

35 Women 11-12 100 Breast 1:25.28Y
 # 41 Women 11-12 50 Back 42.87Y
 # 45 Women 11-12 100 IM 1:21.17Y
 # 79 Women 11-12 50 Free 34.33Y
 # 85 Women 11-12 200 Breast 3:08.37Y

James Chen (13) 1:03.21Y
 # 20 Men 13-14 100 Fly 2:26.74Y
 # 24 Men 13-14 200 Back 25.76Y
 # 52 Men 13-14 50 Free 2:25.02Y
 # 56 Men 13-14 200 Fly 2:21.31Y
 # 96 Men 13-14 200 IM 1:04.66Y
 # 108 Men 13-14 100 Back 28.56Y

112 Men 13-14 50 Fly
 Jason Chen (10) 1:48.52Y
 # 38 Men 10 & Under 100 Breast 39.71Y
 # 44 Men 10 & Under 50 Back 1:22.99Y
 # 48 Men 10 & Under 100 IM 32.78Y
 # 78 Men 10 & Under 50 Free 35.99Y
 # 82 Men 10 & Under 50 Fly 1:13.46Y
 # 130 Men 10 & Under 100 Free 1:44.72Y
 # 140 Men 10 & Under 100 Fly

Adam Dennin (11) 40.72Y
 # 80 Men 11-12 50 Free 49.91Y
 # 84 Men 11-12 50 Fly 1:51.39Y
 # 90 Men 11-12 100 Back 1:26.84Y
 # 128 Men 11-12 100 Free 1:02.11Y
 # 132 Men 11-12 50 Breast

Ethan Dennin (9) 36.91Y
 # 78 Men 10 & Under 50 Free 50.39Y
 # 82 Men 10 & Under 50 Fly 1:38.68Y
 # 88 Men 10 & Under 100 Back 1:26.82Y
 # 130 Men 10 & Under 100 Free 54.57Y
 # 134 Men 10 & Under 50 Breast

Ryan Meledick (8) 38.89Y

# 123	Women 11-12 200 IM	3:04.01Y
# 131	Women 11-12 50 Breast	39.39Y
Molly Penn (10)		
# 37	Women 10 & Under 100 Breast	1:58.18Y
# 43	Women 10 & Under 50 Back	52.62Y
# 47	Women 10 & Under 100 IM	1:49.43Y
# 77	Women 10 & Under 50 Free	41.02Y
# 87	Women 10 & Under 100 Back	1:50.95Y
# 129	Women 10 & Under 100 Free	1:35.94Y
# 133	Women 10 & Under 50 Breast	53.04Y
Sena Williams (8)		
# 37	Women 10 & Under 100 Breast	1:37.73Y
# 43	Women 10 & Under 50 Back	51.44Y
# 47	Women 10 & Under 100 IM	1:40.71Y
# 129	Women 10 & Under 100 Free	1:30.53Y
# 133	Women 10 & Under 50 Breast	43.59Y
Grace Zack (12)		
# 79	Women 11-12 50 Free	31.06Y
# 83	Women 11-12 50 Fly	36.27Y
# 89	Women 11-12 100 Back	1:30.37Y

RELAY ENTRIES

Saturday

# 92	Men 10 & Under 200 Medley Relay
# 93	Women 11-12 200 Medley Relay

Sunday

# 119	Women 11-12 200 Free Relay
# 122	Men 10 & under 200 Free Relay

# 78	Men 10 & Under 50 Free	42.00Y	
# 82	Men 10 & Under 50 Fly	NT	
# 88	Men 10 & Under 100 Back	1:31.90Y	
# 130	Men 10 & Under 100 Free	58.56Y	
# 134	Men 10 & Under 50 Breast		
John Nguyen (10)			33.50Y
# 78	Men 10 & Under 50 Free	49.64Y	
# 82	Men 10 & Under 50 Fly	NT	
# 88	Men 10 & Under 100 Back	1:17.96Y	
# 130	Men 10 & Under 100 Free	NT	
# 134	Men 10 & Under 50 Breast	1:58.01Y	
# 140	Men 10 & Under 100 Fly		
Jordan Smith (9)			39.26Y
# 78	Men 10 & Under 50 Free	1:48.43Y	
# 88	Men 10 & Under 100 Back	1:37.06Y	
# 130	Men 10 & Under 100 Free	51.83Y	
# 134	Men 10 & Under 50 Breast		
Kyle Smith (11)			37.00Y
# 80	Men 11-12 50 Free	41.38Y	
# 84	Men 11-12 50 Fly	1:31.90Y	
# 90	Men 11-12 100 Back	3:35.33Y	
# 124	Men 11-12 200 IM	1:25.55Y	
# 128	Men 11-12 100 Free	43.52Y	
# 132	Men 11-12 50 Breast		
Darius Theodore (12)			1:29.84Y
# 36	Men 11-12 100 Breast	40.67Y	
# 42	Men 11-12 50 Back	29.39Y	
# 80	Men 11-12 50 Free	3:21.95Y	
# 86	Men 11-12 200 Breast	1:06.38Y	
# 128	Men 11-12 100 Free	41.80Y	
# 132	Men 11-12 50 Breast	1:41.07Y	
# 138	Men 11-12 100 Fly		
Niko Zhang (13)			35.73Y
# 16	Men 13-14 50 Breast	2:17.77Y	
# 24	Men 13-14 200 Back	5:07.37Y	
# 28	Men 13-14 400 IM	25.18Y	
# 52	Men 13-14 50 Free	1:10.24Y	
# 60	Men 13-14 100 Breast	28.83Y	
# 64	Men 13-14 50 Back	56.66Y	
# 100	Men 13-14 100 Free	1:02.23Y	
# 108	Men 13-14 100 Back		