

WARM UPS

Please note Sunday has
different warm up times

Remember to bring in drink
donations by Friday.
20 oz Gatorade
12 oz cans name brand soda

Saturday

11 - 12 6:15 AM

9 - 10 10:30 AM

13 & Over 1:45 PM

Sunday

11 - 12 6:15 am

9 - 10 11:15 am

13 & Over 2:45 pm

Ellienaz Abrishamchian (13)

27A Women 13-14 200 Free NT

31A Women 13-14 200 Breast 3:18.31Y

35A Women 13-14 100 Free 1:14.17Y

Elliesa Abrishamchian (10)

17 Women 9-10 200 Free NT

21 Women 9-10 100 Back 2:21.87Y

23 Women 9-10 50 Free 53.91Y

Leah Aduwu (9)

15 Women 9-10 50 Fly 58.18Y

17 Women 9-10 200 Free NT

23 Women 9-10 50 Free 41.26Y

Soledad Cabigas (9)

15 Women 9-10 50 Fly NT

19 Women 9-10 100 Breast NT

23 Women 9-10 50 Free 41.47Y

Denise Coleman (9)

17 Women 9-10 200 Free NT

21 Women 9-10 100 Back 2:07.52Y

23 Women 9-10 50 Free 45.94Y

Sophia Cramer (11)

5 Women 11-12 100 Breast 1:44.51Y

9 Women 11-12 50 Free 32.43Y

11 Women 11-12 100 IM 1:32.09Y

Ike Gbolagun (10)

21 Women 9-10 100 Back NT

23 Women 9-10 50 Free 59.45Y

55 Women 9-10 50 Back 1:22.11Y

63 Women 9-10 100 Free 2:07.21Y

Ini Gbolagun (12)

7 Women 11-12 100 Back NT

9 Women 11-12 50 Free 46.13Y

Ethan Cartagena (9)

24 Men 9-10 50 Free 1:08.10Y

56 Men 9-10 50 Back 1:01.60Y

James Chen (13)

28A Men 13-14 100 Fly 1:03.21Y

36A Men 13-14 100 Free 57.49Y

38A Men 13-14 400 IM 5:12.12Y

68A Men 13-14 100 Back 1:03.37Y

74A Men 13-14 100 Breast 1:22.56Y

78A Men 13-14 500 Free 6:09.73Y

Jason Chen (10)

18 Men 9-10 200 Free 2:50.70Y

24 Men 9-10 50 Free 32.78Y

26 Men 9-10 100 IM 1:22.99Y

58 Men 9-10 200 IM 3:21.44Y

62 Men 9-10 50 Breast 45.93Y

64 Men 9-10 100 Free 1:13.02Y

Ethan Dennin (9)

16 Men 9-10 50 Fly 41.50Y

22 Men 9-10 100 Back 1:36.67Y

24 Men 9-10 50 Free 35.64Y

Ari Goldberg (9)

16 Men 9-10 50 Fly 1:11.09Y

22 Men 9-10 100 Back NT

24 Men 9-10 50 Free 51.50Y

John Nguyen (10)

20 Men 9-10 100 Breast NT

24 Men 9-10 50 Free 33.50Y

26 Men 9-10 100 IM 1:35.64Y

58 Men 9-10 200 IM NT

62 Men 9-10 50 Breast NT

64 Men 9-10 100 Free 1:17.96Y

# 41	Women 11-12 50 Back	NT
# 49	Women 11-12 100 Free	NT
Regan Hyder (12)		
# 1	Women 11-12 50 Fly	43.18Y
# 5	Women 11-12 100 Breast	1:37.19Y
# 11	Women 11-12 100 IM	1:28.49Y
# 41	Women 11-12 50 Back	43.90Y
# 47	Women 11-12 50 Breast	43.76Y
# 49	Women 11-12 100 Free	1:21.41Y
Alexis Klund (13)		
# 27A	Women 13-14 200 Free	NT
# 31A	Women 13-14 200 Breast	3:40.74Y
# 35A	Women 13-14 100 Free	1:19.40Y
# 67A	Women 13-14 100 Back	1:35.44Y
# 73A	Women 13-14 100 Breast	1:39.14Y
# 75A	Women 13-14 50 Free	34.73Y
Julia Knisley (13)		
# 27A	Women 13-14 200 Free	2:43.23Y
# 31A	Women 13-14 200 Breast	NT
# 35A	Women 13-14 100 Free	1:13.76Y
Taylor Murray (11)		
# 1	Women 11-12 50 Fly	35.91Y
# 7	Women 11-12 100 Back	1:17.84Y
# 9	Women 11-12 50 Free	31.50Y
# 41	Women 11-12 50 Back	36.30Y
# 49	Women 11-12 100 Free	1:10.68Y
# 51	Women 11-12 200 Back	3:11.67Y
Claudia van der Have (9)		
# 19	Women 9-10 100 Breast	2:14.95Y
# 23	Women 9-10 50 Free	NT
# 25	Women 9-10 100 IM	NT
Taylor Washington (14)		
# 67A	Women 13-14 100 Back	1:12.66Y
# 73A	Women 13-14 100 Breast	1:22.55Y
# 75A	Women 13-14 50 Free	29.06Y
Alexis Yaculak (17)		
# 67B	Women 15 & Over 100 Ba	1:18.42Y
# 69B	Women 15 & Over 200 IM	2:52.06Y
# 77B	Women 15 & Over 500 Fr	6:20.76Y
Grace Zack (12)		
# 1	Women 11-12 50 Fly	36.27Y

Jordan Smith (9)		
# 16	Men 9-10 50 Fly	NT
# 20	Men 9-10 100 Breast	1:53.93Y
# 24	Men 9-10 50 Free	39.26Y
# 56	Men 9-10 50 Back	46.82Y
# 62	Men 9-10 50 Breast	51.06Y
# 64	Men 9-10 100 Free	1:29.14Y
Darius Theodore (12)		
# 44	Men 11-12 200 IM	3:30.01Y
# 50	Men 11-12 100 Free	1:05.11Y
# 54	Men 11-12 500 Free	NT
Niko Zhang (14)		
# 28A	Men 13-14 200 Free	2:07.92Y
# 30A	Men 13-14 100 Fly	1:08.70Y
# 36A	Men 13-14 100 Free	55.79Y
# 68A	Men 13-14 100 Back	1:02.23Y
# 72A	Men 13-14 200 Fly	2:49.92Y
# 76A	Men 13-14 50 Free	25.12Y

# 9	Women 11-12 50 Free	31.06Y
# 11	Women 11-12 100 IM	1:19.90Y
# 41	Women 11-12 50 Back	38.69Y
# 45	Women 11-12 100 Fly	1:24.42Y
# 51	Women 11-12 200 Back	3:28.23Y