

Warm Ups

13 & Over 6:45 am

12 & Under

Sat 11:00 am

Sun 11:45 am

Claude Moore Rec Center

46105 Loudoun Park Lane

Sterling, VA

Alexandra Bowman (19)

# 7	Women 15 & Over 100 Back	1:26.00L
# 15	Women 15 & Over 50 Free	35.50L
# 19	Women 15 & Over 200 IM	3:20.00L
# 53	Women 15 & Over 200 Back	3:01.00L
# 65	Women 15 & Over 100 Breast	1:51.00L

Abbey Holmes (18)

# 7	Women 15 & Over 100 Back	1:12.88L
# 15	Women 15 & Over 50 Free	28.02L
# 19	Women 15 & Over 200 IM	2:27.67L
# 57	Women 15 & Over 100 Free	1:02.43L
# 65	Women 15 & Over 100 Breast	1:16.79L
# 73	Women 15 & Over 400 IM	5:25.22L

James Chen (12)

# 32	Men 11-12 100 Back	1:16.50L
# 38	Men 11-12 50 Free	30.81L
# 48	Men 11-12 100 Fly	1:17.72L
# 82	Men 11-12 50 Fly	32.86L
# 88	Men 11-12 100 Free	1:08.23L
# 96	Men 12 & Under 200 Free	2:37.00L

Nicholas McLennon (15)

# 8	Men 15 & Over 100 Back	1:16.00L
# 16	Men 15 & Over 50 Free	28.90L
# 20	Men 15 & Over 200 IM	2:45.00L
# 58	Men 15 & Over 100 Free	1:04.50L
# 66	Men 15 & Over 100 Breast	1:24.00L

Darius Theodore (11)

# 38	Men 11-12 50 Free	36.62L
# 42	Men 11-12 50 Breast	1:09.59L
# 48	Men 11-12 100 Fly	1:59.29L
# 82	Men 11-12 50 Fly	46.15L
# 88	Men 11-12 100 Free	1:50.83L
# 94	Men 11-12 100 Breast	1:54.93L

Jing Tang Yang (12)

# 32	Men 11-12 100 Back	1:36.31L
# 38	Men 11-12 50 Free	30.55L
# 42	Men 11-12 50 Breast	40.82L
# 78	Men 11-12 50 Back	39.09L
# 88	Men 11-12 100 Free	1:12.75L
# 94	Men 11-12 100 Breast	1:29.83L