

## 2009 National YMCA Short Course, Sanction #: USA-040609-FGAP1

## Swimming and Diving Championship

## Meet Program - 3rd Day Finals

**Event 23 Women 400 Yard IM Swimming Competition**

National: 4:13.00 4/14/2008 Leah Gingrich

Lane	Name	Age	Team	Prelims
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**Heat 1 C - Final**

1	Laura Gorinski	18	Greensburg-PA	4:32.23
2	Stephanie Ferrell	16	Montclair-NJ	4:31.75
3	Lauren Baisden	17	Phoenixville-PA	4:31.44
4	Kim Jerome	16	Cheshire-CT	4:30.61
5	Jesse Bessire	17	Sarasota-FL	4:31.35
6	Corey Allison	18	Sarasota-FL	4:31.64
7	Kiera Molloy	14	Triangle Area-NC	4:32.08
8	Adrienne Phillips	18	West Shore-PA	4:32.65

**Heat 2 B - Final**

1	Laura Johnson	18	Montgomery-AL	4:29.52
2	Mary deMarrais	18	SomersetHills-NJ	4:29.10
3	Kelly Ann Baird	17	Winston-Salem-NC	4:28.80
4	Hali Flickinger	14	York-PA	4:27.88
5	Ashley Reid	15	Sarasota-FL	4:28.28
6	Courtney Beidler	17	Tri-Hampton-PA	4:28.97
7	Lauren Raczkowski	17	Middle Tyger-SC	4:29.24
8	Rocky Raybon	17	Sarasota-FL	4:29.63

**Heat 3 A - Final**

1	Maddy Morgan	16	West Seattle-WA	4:25.82
2	Annie Gillig	14	Middle Tyger-SC	4:23.50
3	Haley Lips	15	Middle Tyger-SC	4:22.80
4	Corinne Showalter	18	Sarasota-FL	4:18.52
5	Laura Simon	18	Middle Tyger-SC	4:20.33
6	Sada Stewart	15	York-PA	4:23.50
7	Julia Kucherich	17	York-PA	4:24.19
8	Morgan Pfaff	15	West Shore-PA	4:27.21

**Alternates**

1	Meriza Werenski	13	Gr Holyoke-MA	4:33.08
2	Kelly Heyde	18	Wilton-CT	4:33.40

**Event 24 Men 400 Yard IM Swimming Competition**

National: 3:48.79 4/16/2003 Michael Alexandrov

Lane	Name	Age	Team	Prelims
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**Heat 1 C - Final**

1	John Bushman	15	Green Bay -WI	4:07.05
2	Ubaldo Zavaleta	18	Phoenixville-PA	4:06.70
3	Danny Crigler	17	Reading-PA	4:05.63
4	Leo Lim	14	Wyckoff-NJ	4:04.87
5	Ty Perkins	18	South Family-OH	4:04.93
6	Ted Millett	17	North Shore-MA	4:06.24
7	Jared Kauffman	15	Middle Tyger-SC	4:06.83
8	Caleb Capozella	16	Green Bay -WI	4:07.43

**Heat 2 B - Final**

1	David Ingraham	16	Middle Tyger-SC	4:04.20
2	Marty Rauch	17	Sarasota-FL	4:04.05
3	Jason Brame	17	Lynchburg-VA	4:03.91
4	Nathan Hart	17	W.North Carolina	4:02.79
5	Brendan Fortin	18	Andover-MA	4:03.61
6	Kevin Mihic	18	B R Ryall-IL	4:03.98
7	Tom McKee	16	Brandywine-De	4:04.08
8	Caleb Tuten	16	York-PA	4:04.50

**Heat 3 A - Final**

1	Thomas Mershon	16	UpperMainLine-PA	4:02.66
2	Nicholas Caldwell	15	Sarasota-FL	4:00.61
3	Mason Shaw	17	Spokane-WA	3:58.80
4	Andrew Grinalds	17	Westport/Weston	3:56.77
5	Woody Joye	17	Montgomery-AL	3:58.76
6	Chris Kramer	18	York-PA	4:00.38
7	John Orban	18	Sarasota-FL	4:02.41
8	Matt Salig	17	Lionville-PA	4:02.71

**Alternates**

1	Alex Miller	17	ME Lyons-OH	4:07.46
2	Ryan Carey	18	Reading-PA	4:07.60

**Event 25 Women 100 Yard Freestyle Swimming Competition**

National: 49.23 1998 S. Williams

Lane	Name	Age	Team	Prelims
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**Heat 1 C - Final**

1	Mara Valenzuela	15	SomersetValleyNJ	52.75
2	Julia Comodeca	16	ME Lyons-OH	52.63
3	Katheryne Muth	17	Sarasota-FL	52.50
4	Suzanne Lemberg	17	Westfield-NJ	52.43
5	Diana Diel	17	Pabst Farms-WI	52.50
6	Jenna Immormino	15	SomersetHills-NJ	52.58
7	Alivia Berg	15	SouthEastern-CT	52.64
8	Julia Kudryashova	15	SomersetHills-NJ	52.75

**Heat 2 B - Final**

1	Lauren Nichols	18	Birmingham-MI	52.37
2	Heather Savage	18	Canandaigua-NY	52.24
3	Molly Higgins	17	LakelandHills-NJ	52.16
4	Breann McDowell	17	Countryside-OH	52.09
5	Susanna White	15	Lynchburg-VA	52.11
6	Nikki Barczak	15	Birmingham-MI	52.17
7	Erin Burke	18	Triangle Area-NC	52.27
8	Katherine Carl	17	Birmingham-MI	52.39

**Heat 3 A - Final**

1	Anna Wujciak	14	Gr. Flint-MI	52.00
2	Shelby Fortin	16	Wilton-CT	51.74
3	Mary Moser	17	Reading-PA	51.47
4	Emily Lloyd	16	Anne Arundel-MD	50.04
5	Margo Geer	17	Springfield-OH	50.34
6	Rachel Moore	14	Andover-MA	51.62
7	Brittney Kuras	18	Canandaigua-NY	51.85
8	Emily Gniatczyk	17	B R Ryall-IL	52.02

**Alternates**

1	Stephanie Kinsey	17	West Shore-PA	52.78
2	Rachel Revolinski	16	Oshkosh-WI	52.79

## 2009 National YMCA Short Course, Sanction #: USA-040609-FGAP1

## Swimming and Diving Championship

## Meet Program - 3rd Day Finals

**Event 26 Men 100 Yard Freestyle Swimming Competition**

National: 44.51 4/14/2008 Evan Reed

Lane	Name	Age	Team	Prelims
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**Heat 1 C - Final**

1	Tom Rhoads	17	Ridley-PA	46.96
2	Michael McElduff	16	LakelandHills-NJ	46.88
3	Joe Bonk	15	Triangle Area-NC	46.82
4	Jack Pretto	17	Cheshire-CT	46.74
5	Won Ho Chang	17	Bath Area-ME	46.77
6	John Hauser	16	Pottstown-PA	46.83
7	Andrew Seiler	18	UpperMainLine-PA	46.95
8	Andrew Slater	17	Lancaster-OH	47.05

**Heat 2 B - Final**

1	Brian Sivak	18	B R Ryall-IL	46.67
2	Robert Parker	17	SomersetValleyNJ	46.43
3	James Wilson	16	Jennersville-PA	46.35
4	Mason Chenier	17	Goldsboro-NC	46.29
5	Dan Sweeney	18	New Canaan-CT	46.31
6	Matt Taylor	17	Triangle Area-NC	46.39
7	Alex Fitton	18	Red Bank - NJ	46.52
8	Garrett Snipes	17	Middle Tyger-SC	46.67

**Heat 3 A - Final**

1	Patrick Ceddia	17	Sarasota-FL	46.17
2	Jake Reynolds	18	Montgomery-AL	45.72
3	Mitchell Friedemann	16	Schroeder-WI	45.22
4	Nick Johnson	18	Tri-Hampton-PA	45.03
5	Tim Phillips	18	Marietta-OH	45.16
6	Andrew Grinalds	17	Westport/Weston	45.24
7	Matt Hogan	17	Birmingham-MI	45.94
8	Ethan Griffel	17	Idaho Falls-ID	46.21

**Alternates**

1	Alex Kosenski	19	Ocean County-NJ	47.09
2	Danny Crigler	17	Reading-PA	47.14

**Event 27 Women 200 Yard Backstroke Swimming Competition**

National: 1:58.13 4/7/2004 Tricia Weaner

Lane	Name	Age	Team	Prelims
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**Heat 1 C - Final**

1	Amanda Thach	15	West Seattle-WA	2:05.12
2	Kelly O'Connor	17	North Shore-MA	2:04.93
3	Lauren Raczkowski	17	Middle Tyger-SC	2:04.36
4	Sarah Reynolds	14	Montgomery-AL	2:03.94
5	Kendall Crawford	14	Middle Tyger-SC	2:04.18
6	Lee Ingram	18	West Monmouth-NJ	2:04.53
7	Lori Lynn	15	Edwardsville-IL	2:05.09
8	Shannon Draves	18	Pottstown-PA	2:05.19

**Heat 2 B - Final**

1	Celia Oberholzer	15	Powel Crosley-OH	2:03.77
2	Emily O'Neill	16	West Monmouth-NJ	2:03.45
3	Anna Susko	17	West Morris-NJ	2:03.08
4	Ashlee Linn	16	Sarasota-FL	2:02.87
5	Kelsey Williams	16	Sunbury-PA	2:03.01
6	Shelby Fortin	16	Wilton-CT	2:03.30
7	Siri Smits	15	Oshkosh-WI	2:03.53
8	Hali Flickinger	14	York-PA	2:03.80

**Heat 3 A - Final**

1	Shelby Leonard	16	Sarasota-FL	2:02.29
2	Courtney Sepich	17	Burlington Co-NJ	2:02.25
3	Sadie Nennig	16	Schroeder-WI	2:01.38
4	Annie Gillig	14	Middle Tyger-SC	1:58.91
5	Lauren Solernou	16	Cheshire-CT	1:59.41
6	Sabrina Benson	15	Triangle Area-NC	2:01.59
7	Sarah Galvin	18	B R Ryall-IL	2:02.26
8	Becky Yokosh	17	Pabst Farms-WI	2:02.84

**Alternates**

1	Dana Iverson	15	Racine-WI	2:05.95
2	Katie Orem	16	New Canaan-CT	2:05.98

**Event 28 Men 200 Yard Backstroke Swimming Competition**

National: 1:44.25 4/6/2005 Patrick Schirk

Lane	Name	Age	Team	Prelims
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**Heat 1 C - Final**

1	Andrew Blyskal	16	Jennersville-PA	1:54.93
2	Zach Peart	17	FanwoodScotch-NJ	1:54.87
3	Peter KO	17	Ridgewood-NJ	1:54.18
4	Jared Lang	17	Hunterdon-NJ	1:53.80
5	Robby Harder	15	Wilton-CT	1:54.04
6	Christopher Meyers	15	Schroeder-WI	1:54.76
7	Pat McHugh	18	Springfield-OH	1:54.90
8	Grant Alef	16	Kishwaukee-IL	1:54.95

**Heat 2 B - Final**

1	Michael McElduff	16	LakelandHills-NJ	1:53.52
2	Carl Newenhouse	15	Schroeder-WI	1:53.17
3	Andrew Golankiewicz	17	Wilton-CT	1:52.64
4	Matt Luehrmann	17	ME Lyons-OH	1:52.05
5	Marty Rauch	17	Sarasota-FL	1:52.61
6	Kevin Rogers	16	Triangle Area-NC	1:52.92
7	Adam Lebovitz	17	Wilton-CT	1:53.34
8	Austin Taylor	16	Wyckoff-NJ	1:53.79

**Heat 3 A - Final**

1	Gregory Mahon	18	Riverfront-NJ	1:51.61
2	Elliot Casey	18	Eden-NC	1:50.98
3	Steven Zimmerman	16	Countryside-OH	1:50.08
4	Luke Bushman	18	Green Bay -WI	1:48.77
5	James Wells	17	Bath Area-ME	1:49.93
6	Connor Maher	16	Youth Center-CT	1:50.77
7	Matt Meserole	17	Westfield-NJ	1:50.99
8	Dustin Folio	18	Sunbury-PA	1:51.77

**Alternates**

1	Paul Hunter	17	Andover-MA	1:55.26
2	Jordan Guttrich	16	Gr. Flint-MI	1:55.60

**2009 National YMCA Short Course, Sanction #: USA-040609-FGAP1**  
**Swimming and Diving Championship**  
**Meet Program - 3rd Day Finals**

**Event 29 Women 800 Yard Freestyle Relay Swimming Compet**

National: 7:23.46 4/6/2007 Sarasota

Miller, Ball, Keefe, Tomes

Lane	Team	Relay	Prelims
<b>Heat 1 B - Final</b>			
1	Kishwaukee-IL		7:44.77
2	B R Ryall-IL		7:42.64
3	Oshkosh-WI		7:42.10
4	Anne Arundel-MD		7:40.91
5	LakelandHills-NJ		7:41.30
6	Cheshire-CT		7:42.21
7	Countryside-OH		7:43.11
8	Birmingham-MI		7:44.81
<b>Heat 2 A - Final</b>			
1	West Shore-PA		7:35.83
2	Winston-Salem-NC		7:35.38
3	Sarasota-FL		7:31.86
4	Middle Tyger-SC		7:29.49
5	ME Lyons-OH		7:30.39
6	Triangle Area-NC		7:34.23
7	York-PA		7:35.56
8	Tri-Hampton-PA		7:37.92
<b>Alternates</b>			
1	North Shore (Sterling)		7:44.93
2	Spokane YMCA		7:46.46

**Event 30 Men 800 Yard Freestyle Relay Swimming Competitio**

National: 6:43.02 4/7/2004 ME Lyons YMCA

S Davis, K Greene, K Nead, H Browning

Lane	Team	Relay	Prelims
<b>Heat 1 B - Final</b>			
1	ME Lyons-OH		6:57.76
2	SomersetValleyNJ		6:57.50
3	New Canaan-CT		6:56.76
4	Spokane-WA		6:55.20
5	Brandywine-De		6:55.76
6	FanwoodScotch-NJ		6:57.37
7	Montgomery-AL		6:57.51
8	Wilton-CT		6:58.53
<b>Heat 2 A - Final</b>			
1	Red Bank - NJ		6:53.43
2	B R Ryall-IL		6:52.60
3	Triangle Area-NC		6:52.40
4	Schroeder-WI		6:49.15
5	Sarasota-FL		6:49.70
6	Westport/Weston		6:52.47
7	Middle Tyger-SC		6:53.41
8	UpperMainLine-PA		6:54.89
<b>Alternates</b>			
1	Greater Flint YMCA		6:58.67
2	Riverfront Branch		6:59.01