

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2010 Summer National Championships 28-Jul-10 to 01-Aug-10 LC Meters

Location: Saanich Commowalth Place, Victoria, BC

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Event	Place	Points	Improv
Salin Bol (14) F					
1:08.85L	P # 5	Female 100 Back	87	---	1.01
1:00.46L	P # 11	Female 100 Free	103	---	0.31
Reaction Time: +0.84					
2:27.24L	P # 25	Female 200 Back	66	---	2.33
Reaction Time: +0.66					
1:00.19L	F # 29	400 Free Relay Lead Off	---	---	0.04
29.04L	P # 33	Female 50 Free	101	---	0.26
Reaction Time: +0.00					
Derek Doerksen (21) M					
1:00.27L	P # 6	Male 100 Back	38	---	1.07
1:06.46L	P # 14	Male 100 Breast	28	---	---
Reaction Time: +0.79					
2:05.93L	P # 26	Male 200 Back	16	---	1.75
Reaction Time: +0.69					
2:06.57L	F # 26	Male 200 Back	14	3	2.39
Reaction Time: +0.69					
MacKenzie Downing (23) F					
2:10.10L	F # 7	Female 200 Fly	2	30	1.27
Reaction Time: +0.86					
2:11.37L	P # 7	Female 200 Fly	1	---	2.54
57.88L	P # 11	Female 100 Free	33	---	-0.75
Reaction Time: +0.83					
2:03.81L	F # 19	800 Free Relay Lead Off	---	---	15.41
4:19.27L	P # 21	Female 400 Free	12	---	3.81
Reaction Time: +0.84					
1:00.65L	F # 23	Female 100 Fly	7	12	1.77
Reaction Time: +0.81					
1:01.15L	P # 23	Female 100 Fly	8	---	2.27
Reaction Time: +0.83					
Ian Mattock (19) M					
1:10.94L	P # 14	Male 100 Breast	56	---	1.39
Reaction Time: +0.79					
4:44.18L	P # 16	Male 400 IM	35	---	-2.83
Reaction Time: +0.81					
2:13.26L	P # 32	Male 200 IM	41	---	0.72
Reaction Time: +0.74					
2:36.74L	P # 36	Male 200 Breast	52	---	3.13
Reaction Time: +0.74					
Rachael Newman (16) F					
2:23.64L	P # 7	Female 200 Fly	30	---	1.23
1:01.29L	P # 11	Female 100 Free	116	---	-0.09
Reaction Time: +0.80					
1:05.69L	P # 23	Female 100 Fly	68	---	0.28
Reaction Time: +0.81					

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28.57L	P # 33	Female 50 Free	95	---	0.28
Reaction Time: +0.00					
Zac Parkes (16) M					
1:58.48L	P # 4	Male 200 Free	55	---	-1.31
16:23.70L	F # 10	Male 1500 Free	19	---	-17.82
4:07.64L	P # 22	Male 400 Free	30	---	-3.17
Reaction Time: +0.81					
54.61L	F # 30	400 Free Relay Lead Off	---	---	-1.76
2:00.19L	O # 42	Male 10000 Free	4	---	---
Stefanie Schmidt (15) F					
1:07.15L	P # 5	Female 100 Back	57	---	-0.02
9:31.48L	F # 9	Female 800 Free	47	---	12.19
2:18.22L	P # 25	Female 200 Back	17	---	0.23
Reaction Time: +0.67					
2:19.03L	F # 25	Female 200 Back	16	1	1.04
Reaction Time: +0.72					
17:59.87L	F # 37	Female 1500 Free	29	---	2.20
Reaction Time: +0.94					
Nicholas Sinclair (18) M					
58.16L	P # 6	Male 100 Back	14	---	1.25
58.17L	F # 6	Male 100 Back	14	3	1.26
Reaction Time: +0.65					
2:01.28L	F # 26	Male 200 Back	4	15	0.72
Reaction Time: +0.62					
2:02.59L	P # 26	Male 200 Back	5	---	2.03
Reaction Time: +0.63					
Richard Weinberger (20) M					
16:27.17L	F # 10	Male 1500 Free	21	---	39.38
Reaction Time: +0.94					
NS	O # 42	Male 10000 Free	---	---	---
Allison Wood (19) F					
1:06.52L	P # 5	Female 100 Back	50	---	-0.08
1:00.29L	P # 11	Female 100 Free	100	---	-2.35
Reaction Time: +0.85					
31.79L	P # 17	Female 50 Back	54	---	-0.19
Reaction Time: +0.60					
28.21L	P # 33	Female 50 Free	84	---	-0.14
Reaction Time: +0.79					
1:07.68L	F # 39	400 Medley Relay Lead Off	---	---	1.08

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Relay Results

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Event # 19 Female 800 Free

8:38.49L F	Uvic-Pacific Coast Swimming		19 ---
MacKenzie Downing (23) r:+0.85	Salin Bol (14) r:+0.30	Rachael Newman (16) r:+0.33	Rosie Moulton (14) r:+0.11

Event # 29 Female 400 Free

3:56.53L F	Uvic-Pacific Coast Swimming		20 ---
Salin Bol (14) r:+0.74	MacKenzie Downing (23) r:+0.42	Allison Wood (19) r:+0.46	Rosie Moulton (14) r:+0.12

Event # 30 Male 400 Free

3:36.03L F	Uvic-Pacific Coast Swimming		22 ---
Zac Parkes (16) r:+0.79	Nicholas Sinclair (18) r:+0.33	Ian Mattock (19) r:+0.24	Derek Doerksen (21) r:+0.33

Event # 39 Female 400 Medley

4:24.16L F	Uvic-Pacific Coast Swimming		18 ---
Allison Wood (19) r:+0.62	Lauren McMillan (14) r:-0.65	MacKenzie Downing (23) r:+0.38	Salin Bol (14) r:+0.42