

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Kennedy Aragon-Scriven (12) F					
35.18L	P # 3A	Female 11-12 50 Free	14	---	0.76
3:29.89L	P # 11A	Female 11-12 200 IM	13	---	-3.63
3:21.75L	P # 19A	Female 11-12 200 Back	11	---	-6.50
1:48.50L	P # 21A	Female 11-12 100 Fly	11	---	9.33
3:04.83L	P # 35A	Female 11-12 200 Free	17	---	-3.55
1:20.27L	P # 43A	Female 11-12 100 Free	8	---	-13.64
1:22.49L	F # 43A	Female 11-12 100 Free	8	11	-11.42
1:29.68L	P # 47A	Female 11-12 100 Back	4	---	-2.34
1:32.55L	F # 47A	Female 11-12 100 Back	5	14	0.53
Finn Barker (10) M					
40.49L	F # 2	Male 10 & Under 50 Free	4	15	---
3:39.18L	F # 10	Male 10 & Under 200 IM	3	16	5.51
1:58.71L	F # 14	Male 10 & Under 100 Breast	4	15	---
1:43.43L DQ	F # 18	Male 10 & Under 100 Back	---	---	---
Ayaka Behro (11) F					
39.00L	P # 3A	Female 11-12 50 Free	33	---	-0.73
3:50.37L	P # 11A	Female 11-12 200 IM	24	---	2.38
1:59.08L	P # 15A	Female 11-12 100 Breast	20	---	---
3:48.25L	P # 19A	Female 11-12 200 Back	18	---	---
Emma Carter (10) F					
36.21L	F # 1	Female 10 & Under 50 Free	5	14	-3.21
3:16.63L DQ	F # 9	Female 10 & Under 200 IM	---	---	---
1:40.91L	F # 13	Female 10 & Under 100 Breast	2	17	0.09
1:31.24L	F # 17	Female 10 & Under 100 Back	2	17	-11.40
45.75L	F # 25	Female 10 & Under 50 Breast	2	17	-0.19
3:00.87L	F # 33	Female 10 & Under 200 Free	2	17	1.26
1:46.58L	F # 37	Female 10 & Under 100 Fly	2	17	-1.55
1:24.48L	F # 41	Female 10 & Under 100 Free	3	16	1.83
Chloe Chapman (13) F					
30.46L	P # 3B	Female 13-14 50 Free	2	---	---
31.55L	F # 3B	Female 13-14 50 Free	5	14	---
34.40L	P # 7B	Female 13-14 50 Fly	4	---	---
36.11L	F # 7B	Female 13-14 50 Fly	5	14	---
1:31.23L	P # 15B	Female 13-14 100 Breast	7	---	---
1:33.62L	F # 15B	Female 13-14 100 Breast	8	11	---
36.24L	P # 31B	Female 13-14 50 Back	2	---	---
38.44L	F # 31B	Female 13-14 50 Back	5	14	---
2:34.90L	P # 35B	Female 13-14 200 Free	8	---	---
2:37.90L	F # 35B	Female 13-14 200 Free	7	12	---
1:07.87L	P # 43B	Female 13-14 100 Free	5	---	---
1:10.75L	F # 43B	Female 13-14 100 Free	5	14	---
1:26.55L	P # 47B	Female 13-14 100 Back	13	---	---

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Achintya Chaudhari (12) M					
43.88L	P # 4A	Male 11-12 50 Free	23	---	0.07
57.43L	P # 8A	Male 11-12 50 Fly	12	---	-2.11
4:19.41L	DQ P # 12A	Male 11-12 200 IM	---	---	---
2:07.20L	P # 16A	Male 11-12 100 Breast	15	---	4.76
57.00L	P # 28A	Male 11-12 50 Breast	13	---	-0.04
4:12.72L	P # 36A	Male 11-12 200 Free	19	---	-1.87
1:51.40L	P # 44A	Male 11-12 100 Free	20	---	1.73
1:52.55L	P # 48A	Male 11-12 100 Back	16	---	-5.42
42.61L	F # 49	200 Medley Relay Lead Off	---	---	-7.45
Lauren Crisp (10) F					
37.69L	F # 1	Female 10 & Under 50 Free	7	12	-1.20
3:33.37L	F # 9	Female 10 & Under 200 IM	6	13	-1.02
1:52.93L	F # 13	Female 10 & Under 100 Breast	7	12	-23.17
1:26.61L	F # 17	Female 10 & Under 100 Back	1	20	-0.52
40.11L	F # 29	Female 10 & Under 50 Back	1	20	1.21
3:06.59L	F # 33	Female 10 & Under 200 Free	4	15	-23.09
1:53.77L	F # 37	Female 10 & Under 100 Fly	3	16	-3.34
1:26.12L	F # 41	Female 10 & Under 100 Free	5	14	-1.84
Michael De Clare (15) M					
29.65L	P # 4C	Male 15 & Over 50 Free	8	---	-0.75
NS	F # 4C	Male 15 & Over 50 Free	---	---	---
2:38.72L	P # 12C	Male 15 & Over 200 IM	4	---	0.71
2:42.16L	F # 12C	Male 15 & Over 200 IM	4	15	4.15
2:34.70L	P # 20C	Male 15 & Over 200 Back	3	---	-0.45
2:38.40L	F # 20C	Male 15 & Over 200 Back	3	16	3.25
1:20.27L	P # 22C	Male 15 & Over 100 Fly	5	---	-4.71
1:23.96L	F # 22C	Male 15 & Over 100 Fly	6	13	-1.02
33.20L	F # 32C	Male 15 & Over 50 Back	4	15	-1.67
33.23L	P # 32C	Male 15 & Over 50 Back	3	---	-1.64
2:17.25L	P # 36C	Male 15 & Over 200 Free	4	---	-4.46
2:19.89L	F # 36C	Male 15 & Over 200 Free	4	15	-1.82
1:02.48L	P # 44C	Male 15 & Over 100 Free	7	---	-0.79
1:03.75L	F # 44C	Male 15 & Over 100 Free	5	14	0.48
1:11.55L	P # 48C	Male 15 & Over 100 Back	5	---	0.49
1:13.67L	F # 48C	Male 15 & Over 100 Back	6	13	2.61
33.93L	F # 49	200 Medley Relay Lead Off	---	---	-0.94
Emily Ding (14) F					
NS	P # 3B	Female 13-14 50 Free	---	---	---
NS	P # 7B	Female 13-14 50 Fly	---	---	---
NS	P # 11B	Female 13-14 200 IM	---	---	---
NS	P # 21B	Female 13-14 100 Fly	---	---	---
Abby Fraser (10) F					
	F # 1	Female 10 & Under 50 Free	---	---	---

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
3:39.61L	F # 9	Female 10 & Under 200 IM	7	12	-1.72
1:50.56L	F # 13	Female 10 & Under 100 Breast	6	13	-1.19
1:40.64L	F # 17	Female 10 & Under 100 Back	5	14	-2.62
3:32.77L	F # 33	Female 10 & Under 200 Free	12	5	---
1:54.00L	F # 37	Female 10 & Under 100 Fly	4	15	-15.08
1:35.69L	F # 41	Female 10 & Under 100 Free	14	3	-0.59
Shaun Gill (10) M					
42.63L	F # 2	Male 10 & Under 50 Free	7	12	-2.53
1:00.60L DQ	F # 6	Male 10 & Under 50 Fly	---	---	---
4:20.67L DQ	F # 10	Male 10 & Under 200 IM	---	---	---
2:07.42L	F # 14	Male 10 & Under 100 Breast	9	9	5.20
57.80L	F # 26	Male 10 & Under 50 Breast	3	16	6.21
59.36L	F # 30	Male 10 & Under 50 Back	13	4	2.90
3:34.57L	F # 34	Male 10 & Under 200 Free	7	12	-19.08
1:38.07L	F # 42	Male 10 & Under 100 Free	5	14	-9.06
Dana Goerzen (11) M					
39.89L	P # 4A	Male 11-12 50 Free	17	---	-1.33
54.37L	P # 8A	Male 11-12 50 Fly	8	---	0.03
57.86L	F # 8A	Male 11-12 50 Fly	8	11	3.52
4:09.21L	P # 12A	Male 11-12 200 IM	9	---	---
2:29.12L	P # 16A	Male 11-12 100 Breast	17	---	-3.38
1:06.20L	P # 28A	Male 11-12 50 Breast	16	---	-4.51
3:24.35L	P # 36A	Male 11-12 200 Free	12	---	3.82
1:33.70L	P # 44A	Male 11-12 100 Free	14	---	-0.04
Rory Hills (14) M					
31.76L	P # 4B	Male 13-14 50 Free	8	---	-0.19
32.11L	F # 4B	Male 13-14 50 Free	6	13	0.16
2:45.38L	F # 12B	Male 13-14 200 IM	4	15	-7.64
2:45.75L	P # 12B	Male 13-14 200 IM	4	---	-7.27
2:42.26L	P # 20B	Male 13-14 200 Back	2	---	-5.97
2:45.54L	F # 20B	Male 13-14 200 Back	2	17	-2.69
2:32.57L	F # 36B	Male 13-14 200 Free	7	12	---
2:33.29L	P # 36B	Male 13-14 200 Free	7	---	---
1:10.01L	P # 44B	Male 13-14 100 Free	7	---	-2.46
1:10.24L	F # 44B	Male 13-14 100 Free	7	12	-2.23
1:15.32L	F # 48B	Male 13-14 100 Back	3	16	0.07
1:16.34L	P # 48B	Male 13-14 100 Back	2	---	1.09
Justin Howe (12) M					
33.40L	P # 4A	Male 11-12 50 Free	3	---	-2.03
33.43L	F # 4A	Male 11-12 50 Free	3	16	-2.00
3:17.12L DQ	P # 12A	Male 11-12 200 IM	---	---	---
3:08.59L	P # 20A	Male 11-12 200 Back	3	---	-3.12
3:10.61L	F # 20A	Male 11-12 200 Back	4	15	-1.10
2:39.91L	P # 36A	Male 11-12 200 Free	2	---	-15.39

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
3:27.39L	DQ	P # 40A Male 11-12 200 Fly	---	---	---
1:16.33L		P # 44A Male 11-12 100 Free	2	---	-3.92
1:29.12L		P # 48A Male 11-12 100 Back	3	---	-1.20
Nathan Howe (10) M					
42.41L		F # 2 Male 10 & Under 50 Free	6	13	0.90
3:42.04L		F # 10 Male 10 & Under 200 IM	4	15	6.65
1:47.00L		F # 18 Male 10 & Under 100 Back	4	15	-1.90
3:17.98L		F # 34 Male 10 & Under 200 Free	4	15	-3.85
1:56.64L		F # 38 Male 10 & Under 100 Fly	3	16	-4.42
1:36.60L		F # 42 Male 10 & Under 100 Free	4	15	3.86
Katherine Krause (14) F					
32.22L		P # 3B Female 13-14 50 Free	10	---	-1.52
38.68L		P # 7B Female 13-14 50 Fly	11	---	-7.63
2:50.11L		P # 19B Female 13-14 200 Back	3	---	-0.67
2:57.93L		F # 19B Female 13-14 200 Back	6	13	7.15
37.26L		P # 31B Female 13-14 50 Back	5	---	0.35
39.58L		F # 31B Female 13-14 50 Back	7	12	2.67
2:30.34L		P # 35B Female 13-14 200 Free	5	---	-2.64
2:36.67L		F # 35B Female 13-14 200 Free	4	15	3.69
1:12.31L		P # 43B Female 13-14 100 Free	11	---	0.66
1:21.87L		P # 47B Female 13-14 100 Back	6	---	0.80
1:22.93L		F # 47B Female 13-14 100 Back	6	13	1.86
40.14L		F # 49 200 Medley Relay Lead Off	---	---	3.23
Jasmine Lee (9) F					
55.29L		F # 25 Female 10 & Under 50 Breast	10	7	---
50.63L		F # 29 Female 10 & Under 50 Back	11	6	---
3:45.90L		F # 33 Female 10 & Under 200 Free	18	---	---
1:44.86L		F # 41 Female 10 & Under 100 Free	19	---	---
Spencer Lee (11) M					
2:55.37L		P # 36A Male 11-12 200 Free	4	---	-19.71
3:05.72L		F # 36A Male 11-12 200 Free	5	14	-9.36
1:21.87L		P # 44A Male 11-12 100 Free	4	---	-6.26
1:26.61L		F # 44A Male 11-12 100 Free	5	14	-1.52
4:08.20L		P # 46A Male 11-12 200 Breast	6	---	-5.82
4:11.34L		F # 46A Male 11-12 200 Breast	5	14	-2.68
1:40.52L		P # 48A Male 11-12 100 Back	10	---	-0.52
Anna Letkeman (11) F					
33.95L		P # 3A Female 11-12 50 Free	8	---	-0.22
34.16L		F # 3A Female 11-12 50 Free	6	13	-0.01
3:16.70L		F # 11A Female 11-12 200 IM	5	14	-14.34
3:21.18L		P # 11A Female 11-12 200 IM	8	---	-9.86
3:13.27L		P # 19A Female 11-12 200 Back	6	---	-20.23
3:16.48L		F # 19A Female 11-12 200 Back	5	14	-17.02
1:46.50L		P # 21A Female 11-12 100 Fly	9	---	-27.58

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
2:41.08L	P # 35A	Female 11-12 200 Free	2	---	-2.97
2:42.57L	F # 35A	Female 11-12 200 Free	2	17	-1.48
1:13.56L	P # 43A	Female 11-12 100 Free	1	---	-4.33
1:13.62L	F # 43A	Female 11-12 100 Free	3	16	-4.27
3:49.09L DQ	P # 45A	Female 11-12 200 Breast	---	---	---
Edward Liang (10) M					
46.63L	F # 2	Male 10 & Under 50 Free	13	4	-0.14
1:08.50L	F # 6	Male 10 & Under 50 Fly	4	15	6.63
4:17.71L	F # 10	Male 10 & Under 200 IM	7	12	2.26
2:04.26L	F # 14	Male 10 & Under 100 Breast	7	12	-0.48
57.89L	F # 26	Male 10 & Under 50 Breast	5	14	-1.06
3:40.11L	F # 34	Male 10 & Under 200 Free	8	11	-13.35
2:27.00L	F # 38	Male 10 & Under 100 Fly	5	14	---
1:52.47L	F # 42	Male 10 & Under 100 Free	14	3	3.56
Cindy Li (9) F					
1:00.12L	F # 25	Female 10 & Under 50 Breast	17	---	-2.61
52.94L	F # 29	Female 10 & Under 50 Back	16	1	-6.28
4:13.67L	F # 33	Female 10 & Under 200 Free	31	---	-16.60
1:54.66L	F # 41	Female 10 & Under 100 Free	36	---	-6.18
Ann MacIntosh (13) F					
31.62L	P # 3B	Female 13-14 50 Free	6	---	0.29
32.18L	F # 3B	Female 13-14 50 Free	6	12	0.85
36.04L	P # 7B	Female 13-14 50 Fly	7	---	0.37
36.17L	F # 7B	Female 13-14 50 Fly	7	12	0.50
2:49.44L	P # 19B	Female 13-14 200 Back	2	---	-0.74
2:52.26L	F # 19B	Female 13-14 200 Back	4	15	2.08
1:31.04L	P # 21B	Female 13-14 100 Fly	15	---	-9.02
36.97L	P # 31B	Female 13-14 50 Back	4	---	0.89
38.13L	F # 31B	Female 13-14 50 Back	4	15	2.05
1:10.17L	P # 43B	Female 13-14 100 Free	7	---	0.55
1:11.50L	F # 43B	Female 13-14 100 Free	6	13	1.88
1:18.38L	P # 47B	Female 13-14 100 Back	3	---	0.51
1:21.38L	F # 47B	Female 13-14 100 Back	4	15	3.51
39.08L	F # 49	200 Medley Relay Lead Off	---	---	3.00
Ana MacLeod (14) F					
31.86L	P # 3B	Female 13-14 50 Free	7	---	0.95
32.18L	F # 3B	Female 13-14 50 Free	6	12	1.27
3:02.93L	P # 11B	Female 13-14 200 IM	9	---	3.32
1:37.30L	P # 15B	Female 13-14 100 Breast	11	---	2.99
44.34L	P # 27B	Female 13-14 50 Breast	6	---	-8.16
44.84L	F # 27B	Female 13-14 50 Breast	6	13	-7.66
2:41.72L	P # 35B	Female 13-14 200 Free	12	---	6.72
1:12.37L	P # 43B	Female 13-14 100 Free	12	---	1.64
1:28.89L	P # 47B	Female 13-14 100 Back	19	---	-1.13

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Fionnuala McKenna (9) F					
41.11L	F # 1	Female 10 & Under 50 Free	13	4	0.09
4:10.54L	F # 9	Female 10 & Under 200 IM	16	1	-2.20
2:15.33L	F # 13	Female 10 & Under 100 Breast	27	---	7.87
1:45.43L	F # 17	Female 10 & Under 100 Back	11	6	-1.44
1:02.01L	F # 25	Female 10 & Under 50 Breast	19	---	1.18
47.40L	F # 29	Female 10 & Under 50 Back	6	13	-0.97
3:35.35L	F # 33	Female 10 & Under 200 Free	13	4	7.58
1:33.50L	F # 41	Female 10 & Under 100 Free	12	5	-8.66
Heather McMillan (11) F					
37.64L	P # 3A	Female 11-12 50 Free	25	---	-1.35
3:34.37L	P # 11A	Female 11-12 200 IM	17	---	0.89
1:47.68L	P # 15A	Female 11-12 100 Breast	10	---	-12.99
3:26.23L	F # 19A	Female 11-12 200 Back	8	11	3.74
3:35.57L	P # 19A	Female 11-12 200 Back	16	---	13.08
3:06.59L	P # 35A	Female 11-12 200 Free	19	---	-7.31
1:28.58L	P # 43A	Female 11-12 100 Free	20	---	2.91
1:32.32L	P # 47A	Female 11-12 100 Back	8	---	-4.48
1:33.22L	F # 47A	Female 11-12 100 Back	6	13	-3.58
Shannon McMillan (8) F					
45.17L	F # 1	Female 10 & Under 50 Free	23	---	2.50
53.09L	F # 5	Female 10 & Under 50 Fly	11	6	3.69
4:31.92L	F # 9	Female 10 & Under 200 IM	22	---	25.14
1:48.01L	F # 17	Female 10 & Under 100 Back	13	4	2.04
NS	F # 29	Female 10 & Under 50 Back	---	---	---
NS	F # 33	Female 10 & Under 200 Free	---	---	---
NS	F # 37	Female 10 & Under 100 Fly	---	---	---
Kristopher Neilson (9) M					
38.03L	F # 2	Male 10 & Under 50 Free	1	20	-6.51
3:24.19L	F # 10	Male 10 & Under 200 IM	2	17	2.20
1:43.88L	F # 14	Male 10 & Under 100 Breast	2	17	1.54
1:39.70L	F # 18	Male 10 & Under 100 Back	2	17	1.88
46.21L	F # 26	Male 10 & Under 50 Breast	1	20	0.04
3:08.56L	F # 34	Male 10 & Under 200 Free	2	17	---
1:42.22L	F # 38	Male 10 & Under 100 Fly	2	17	0.79
1:27.29L	F # 42	Male 10 & Under 100 Free	2	17	1.45
Stephen Olmos (13) M					
29.97L	F # 4B	Male 13-14 50 Free	4	15	0.16
30.29L	P # 4B	Male 13-14 50 Free	5	---	0.48
35.23L	P # 8B	Male 13-14 50 Fly	4	---	0.72
36.83L	F # 8B	Male 13-14 50 Fly	4	15	2.32
2:49.33L	P # 12B	Male 13-14 200 IM	6	---	-2.13
3:02.15L	F # 12B	Male 13-14 200 IM	7	12	10.69
2:50.48L	P # 20B	Male 13-14 200 Back	3	---	-0.53

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
2:56.29L	F # 20B	Male 13-14 200 Back	3	16	5.28
40.69L	F # 28B	Male 13-14 50 Breast	2	17	0.60
41.46L	P # 28B	Male 13-14 50 Breast	2	---	1.37
2:31.39L	F # 36B	Male 13-14 200 Free	6	13	-3.92
2:33.11L	P # 36B	Male 13-14 200 Free	6	---	-2.20
1:08.37L	P # 44B	Male 13-14 100 Free	6	---	1.97
1:09.62L	F # 44B	Male 13-14 100 Free	6	13	3.22
1:17.49L	P # 48B	Male 13-14 100 Back	4	---	1.93
1:20.38L	F # 48B	Male 13-14 100 Back	5	14	4.82
Emma Reinsch (10) F					
41.51L	F # 1	Female 10 & Under 50 Free	15	2	-0.12
55.75L	F # 5	Female 10 & Under 50 Fly	15	2	2.39
4:11.90L	F # 9	Female 10 & Under 200 IM	18	---	3.63
2:11.23L	F # 13	Female 10 & Under 100 Breast	23	---	-3.42
56.27L	F # 25	Female 10 & Under 50 Breast	11	6	-5.40
3:40.83L	F # 33	Female 10 & Under 200 Free	14	3	-1.71
2:11.95L	F # 37	Female 10 & Under 100 Fly	9	9	---
1:39.51L	F # 41	Female 10 & Under 100 Free	17	---	-4.79
Rachel Sawchuk (11) F					
36.10L	P # 3A	Female 11-12 50 Free	17	---	-0.18
3:35.87L	P # 11A	Female 11-12 200 IM	18	---	8.96
2:04.27L	P # 15A	Female 11-12 100 Breast	24	---	-22.16
3:17.93L	P # 19A	Female 11-12 200 Back	10	---	-9.82
2:55.13L	P # 35A	Female 11-12 200 Free	8	---	-1.83
3:01.75L	F # 35A	Female 11-12 200 Free	8	11	4.79
1:22.30L	P # 43A	Female 11-12 100 Free	10	---	-0.65
1:31.19L	P # 47A	Female 11-12 100 Back	6	---	-0.88
1:34.96L	F # 47A	Female 11-12 100 Back	7	12	2.89
Jade Simpas (16) M					
2:44.03L	P # 12C	Male 15 & Over 200 IM	5	---	9.23
2:54.52L	F # 12C	Male 15 & Over 200 IM	5	14	19.72
1:17.27L	P # 16C	Male 15 & Over 100 Breast	1	---	1.30
1:17.70L	F # 16C	Male 15 & Over 100 Breast	1	20	1.73
34.75L	F # 28C	Male 15 & Over 50 Breast	1	20	0.01
34.88L	P # 28C	Male 15 & Over 50 Breast	1	---	0.14
2:39.70L	P # 36C	Male 15 & Over 200 Free	10	---	7.32
1:05.25L	P # 44C	Male 15 & Over 100 Free	10	---	4.11
1:06.71L	F # 44C	Male 15 & Over 100 Free	8	11	5.57
1:15.54L	P # 48C	Male 15 & Over 100 Back	8	---	-0.50
1:17.95L	F # 48C	Male 15 & Over 100 Back	8	11	1.91
Jackson Sinclair (13) M					
32.50L	P # 4B	Male 13-14 50 Free	10	---	---
2:54.50L	F # 12B	Male 13-14 200 IM	6	13	0.04
2:55.09L	P # 12B	Male 13-14 200 IM	7	---	0.63

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
1:32.09L	F # 16B	Male 13-14 100 Breast	4	15	3.26
1:33.95L	P # 16B	Male 13-14 100 Breast	7	---	5.12
NS	P # 20B	Male 13-14 200 Back	---	---	---
2:30.50L	F # 36B	Male 13-14 200 Free	5	14	---
2:31.56L	P # 36B	Male 13-14 200 Free	5	---	---
1:10.40L	P # 44B	Male 13-14 100 Free	8	---	2.67
1:11.27L	F # 44B	Male 13-14 100 Free	8	11	3.54
3:09.37L	P # 46B	Male 13-14 200 Breast	2	---	1.20
3:09.96L	F # 46B	Male 13-14 200 Breast	2	17	1.79
Anna Stebeck (9) F					
45.68L	F # 1	Female 10 & Under 50 Free	25	---	-2.58
1:01.98L	F # 5	Female 10 & Under 50 Fly	20	---	-3.71
4:18.18L	F # 9	Female 10 & Under 200 IM	19	---	-4.85
2:04.70L	F # 17	Female 10 & Under 100 Back	22	---	-4.17
54.66L	F # 29	Female 10 & Under 50 Back	19	---	-1.64
3:44.25L	F # 33	Female 10 & Under 200 Free	17	---	3.86
1:46.05L	F # 41	Female 10 & Under 100 Free	23	---	-4.36
Riley Tesch (12) F					
36.15L	P # 3A	Female 11-12 50 Free	18	---	0.36
3:23.97L	P # 11A	Female 11-12 200 IM	11	---	2.88
1:40.87L	F # 15A	Female 11-12 100 Breast	4	15	0.15
1:41.94L	P # 15A	Female 11-12 100 Breast	5	---	1.22
1:42.24L	P # 21A	Female 11-12 100 Fly	8	---	-13.27
1:45.27L	F # 21A	Female 11-12 100 Fly	6	13	-10.24
46.92L	F # 27A	Female 11-12 50 Breast	4	15	1.32
46.92L	P # 27A	Female 11-12 50 Breast	4	---	1.32
3:01.73L	P # 35A	Female 11-12 200 Free	15	---	-4.44
1:23.61L	P # 43A	Female 11-12 100 Free	13	---	0.79
3:36.33L	F # 45A	Female 11-12 200 Breast	4	15	6.27
3:38.50L	P # 45A	Female 11-12 200 Breast	4	---	8.44
Rebecca Thomson (16) F					
2:33.28L	P # 35C	Female 15 & Over 200 Free	3	---	-5.30
2:33.67L	F # 35C	Female 15 & Over 200 Free	2	17	-4.91
1:12.31L	P # 43C	Female 15 & Over 100 Free	7	---	0.44
1:14.03L	F # 43C	Female 15 & Over 100 Free	8	11	2.16
3:21.20L	P # 45C	Female 15 & Over 200 Breast	3	---	43.89
3:21.60L	F # 45C	Female 15 & Over 200 Breast	3	16	44.29
Brandon Turner (11) M					
X 44.70L	P # 4A	Male 11-12 50 Free	---	---	-1.29
X 1:03.67L	P # 8A	Male 11-12 50 Fly	---	---	---
X 4:31.68L	P # 12A	Male 11-12 200 IM	---	---	-8.12
1:06.78L DQ	P # 28A	Male 11-12 50 Breast	---	---	---
3:45.48L	P # 36A	Male 11-12 200 Free	17	---	-16.03
1:45.48L	P # 44A	Male 11-12 100 Free	19	---	-7.54

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Heidi Ullrich (12) F					
33.09L	F # 3A	Female 11-12 50 Free	4	15	-0.39
33.33L	P # 3A	Female 11-12 50 Free	4	---	-0.15
1:46.45L	P # 15A	Female 11-12 100 Breast	9	---	-19.07
3:13.02L	F # 19A	Female 11-12 200 Back	4	15	---
3:13.62L	P # 19A	Female 11-12 200 Back	7	---	---
1:30.13L	F # 21A	Female 11-12 100 Fly	4	15	2.52
1:38.04L	P # 21A	Female 11-12 100 Fly	5	---	10.43
3:14.61L	F # 39A	Female 11-12 200 Fly	1	20	4.46
3:14.61L	P # 39A	Female 11-12 200 Fly	1	---	4.46
1:12.09L	F # 43A	Female 11-12 100 Free	1	20	-2.87
1:14.57L	P # 43A	Female 11-12 100 Free	2	---	-0.39
3:48.60L	P # 45A	Female 11-12 200 Breast	10	---	-58.02
1:31.36L	P # 47A	Female 11-12 100 Back	7	---	-13.91
NS	F # 47A	Female 11-12 100 Back	---	---	---
Victoria von Sacken Nash (10) F					
40.52L	F # 1	Female 10 & Under 50 Free	10	7	-3.91
47.33L	F # 5	Female 10 & Under 50 Fly	4	15	-7.62
3:32.36L	F # 9	Female 10 & Under 200 IM	5	14	-15.37
1:46.67L	F # 13	Female 10 & Under 100 Breast	4	15	2.81
1:49.27L	F # 17	Female 10 & Under 100 Back	14	3	-4.70
Brenden Ward (15) M					
29.68L	P # 4C	Male 15 & Over 50 Free	9	---	-1.66
30.90L	F # 4C	Male 15 & Over 50 Free	8	11	-0.44
2:57.96L	P # 12C	Male 15 & Over 200 IM	6	---	9.29
2:58.11L	F # 12C	Male 15 & Over 200 IM	6	13	9.44
1:27.71L	P # 16C	Male 15 & Over 100 Breast	5	---	4.85
1:28.22L	F # 16C	Male 15 & Over 100 Breast	4	15	5.36
39.61L	P # 28C	Male 15 & Over 50 Breast	2	---	0.12
39.82L	F # 28C	Male 15 & Over 50 Breast	2	17	0.33
2:24.28L	P # 36C	Male 15 & Over 200 Free	8	---	0.05
2:27.05L	F # 36C	Male 15 & Over 200 Free	7	12	2.82
1:07.52L	P # 44C	Male 15 & Over 100 Free	11	---	1.63
Emma Whitten (11) F					
42.32L	P # 3A	Female 11-12 50 Free	34	---	-0.55
54.80L	P # 7A	Female 11-12 50 Fly	16	---	-0.42
4:05.33L	P # 11A	Female 11-12 200 IM	26	---	-19.08
2:17.39L	P # 15A	Female 11-12 100 Breast	30	---	-4.04
1:01.62L	P # 27A	Female 11-12 50 Breast	19	---	-3.82
52.61L	P # 31A	Female 11-12 50 Back	10	---	-2.66
1:40.75L	P # 43A	Female 11-12 100 Free	29	---	-1.84
1:53.09L	P # 47A	Female 11-12 100 Back	24	---	-5.44
Katelyn Woo (10) F					
46.02L	F # 1	Female 10 & Under 50 Free	29	---	1.61

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

NRST 2010 Spring Sprint 29-May-10 to 30-May-10 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
51.67L	F # 5	Female 10 & Under 50 Fly	7	12	3.41
4:02.44L	F # 9	Female 10 & Under 200 IM	12	5	3.51
2:14.65L	F # 13	Female 10 & Under 100 Breast	25	---	4.20
59.84L	F # 25	Female 10 & Under 50 Breast	16	1	-0.97
3:52.97L	F # 33	Female 10 & Under 200 Free	22	---	-2.45
2:03.24L	F # 37	Female 10 & Under 100 Fly	8	11	-3.61
1:52.90L	F # 41	Female 10 & Under 100 Free	34	---	2.15
Leanna Woo (14) F					
3:00.89L	P # 11B	Female 13-14 200 IM	7	---	8.80
3:00.96L	F # 11B	Female 13-14 200 IM	7	12	8.87
2:53.50L	F # 19B	Female 13-14 200 Back	5	14	2.22
2:55.64L	P # 19B	Female 13-14 200 Back	6	---	4.36
1:27.85L	P # 21B	Female 13-14 100 Fly	10	---	10.43
36.63L	F # 31B	Female 13-14 50 Back	3	16	0.49
37.50L	P # 31B	Female 13-14 50 Back	7	---	1.36
1:16.96L	P # 43B	Female 13-14 100 Free	21	---	6.19
1:19.37L	P # 47B	Female 13-14 100 Back	5	---	1.12
1:20.85L	F # 47B	Female 13-14 100 Back	3	16	2.60
37.95L	F # 49	200 Medley Relay Lead Off	---	---	1.81
Tabitha Zammit (11) F					
37.04L	P # 3A	Female 11-12 50 Free	20	---	-0.41
3:14.93L	P # 11A	Female 11-12 200 IM	5	---	1.63
3:17.44L	F # 11A	Female 11-12 200 IM	6	13	4.14
1:37.96L	P # 15A	Female 11-12 100 Breast	3	---	1.07
1:42.69L	F # 15A	Female 11-12 100 Breast	5	14	5.80
3:11.81L	P # 19A	Female 11-12 200 Back	4	---	-1.04
3:17.77L	F # 19A	Female 11-12 200 Back	6	13	4.92
3:01.00L	P # 35A	Female 11-12 200 Free	13	---	-1.87
1:23.33L	P # 43A	Female 11-12 100 Free	12	---	-1.19
3:26.00L	F # 45A	Female 11-12 200 Breast	2	17	8.37
3:29.45L	P # 45A	Female 11-12 200 Breast	2	---	11.82
1:28.44L	P # 47A	Female 11-12 100 Back	2	---	-0.69
1:30.80L	F # 47A	Female 11-12 100 Back	4	15	1.67
Trillian Zammit (10) F					
45.77L	F # 1	Female 10 & Under 50 Free	26	---	2.18
1:01.37L	F # 5	Female 10 & Under 50 Fly	19	---	3.12
4:26.89L	F # 9	Female 10 & Under 200 IM	21	---	18.14
2:16.85L	F # 13	Female 10 & Under 100 Breast	29	---	-3.16
55.43L	F # 29	Female 10 & Under 50 Back	24	---	2.27
3:49.59L	F # 33	Female 10 & Under 200 Free	20	---	8.55
2:21.32L DQ	F # 37	Female 10 & Under 100 Fly	---	---	---
1:49.59L	F # 41	Female 10 & Under 100 Free	27	---	5.66