

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
Rachel Allen (10) F					
1:40.52L	F # 205	Female 10 & Under 100 Free	23	---	-5.74
1:52.14L	F # 207	Female 10 & Under 100 Back	31	---	-5.09
55.21L	F # 209	Female 10 & Under 50 Breast	15	---	-7.06
3:41.07L	P # 217	Female 10 & Under 200 Free	22	---	-13.92
52.39L	F # 219	Female 10 & Under 50 Back	27	---	0.78
42.74L	F # 223	Female 10 & Under 50 Free	18	---	-0.04
Kennedy Aragon-Scriven (12) F					
34.79L	P # 1A	Female 11-12 50 Free	18	---	0.37
1:29.34L	P # 13A	Female 11-12 100 Back	16	---	-0.34
41.81L	F # 21	200 Medley Relay Lead Off	---	---	-0.68
1:16.42L	P # 33A	Female 11-12 100 Free	17	---	-3.85
34.84L	F # 35	200 Free Relay Lead Off	---	---	0.42
Shanae Atkinson (13) F					
35.38L	P # 1B	Female 13-14 50 Free	35	---	-5.42
1:35.45L	P # 3B	Female 13-14 100 Breast	20	---	-2.54
3:15.79L	P # 5B	Female 13-14 200 IM	37	---	-22.93
3:22.80L	P # 15B	Female 13-14 200 Breast	17	---	---
2:58.21L	P # 19B	Female 13-14 200 Free	39	---	-37.87
Allison Ballantyne (10) F					
6:59.46L	F # 201	Female 10 & Under 400 Free	15	---	---
1:28.92L	F # 205	Female 10 & Under 100 Free	11	---	-0.47
1:35.81L	F # 207	Female 10 & Under 100 Back	10	---	---
52.42L	F # 209	Female 10 & Under 50 Breast	10	---	-2.24
3:35.43L	P # 213	Female 10 & Under 200 IM	10	---	-2.78
Finn Barker (10) M					
6:20.15L	F # 202	Male 10 & Under 400 Free	4	15	---
1:33.86L	F # 204	200 Medley Relay Lead Off	---	---	47.41
1:25.34L	F # 206	Male 10 & Under 100 Free	5	14	-2.78
3:23.89L	P # 214	Male 10 & Under 200 IM	4	---	-9.78
3:28.92L	F # 214	Male 10 & Under 200 IM	5	14	-4.75
3:00.03L	F # 218	Male 10 & Under 200 Free	3	20	-13.35
3:03.44L	P # 218	Male 10 & Under 200 Free	3	---	-9.94
46.38L	F # 220	Male 10 & Under 50 Back	2	30	-0.07
38.10L	F # 224	Male 10 & Under 50 Free	3	20	-2.39
1:56.04L	F # 226	Male 10 & Under 100 Breast	4	15	-2.67
Cole Barratt (17) M					
1:17.69L	P # 4C	Male 15 & Over 100 Breast	7	---	-0.68
1:18.25L	F # 4C	Male 15 & Over 100 Breast	7	12	-0.12
5:28.14L	F # 12C	Male 15 & Over 400 IM	8	11	7.14
2:50.87L	F # 16C	Male 15 & Over 200 Breast	7	12	-0.21
2:53.67L	P # 16C	Male 15 & Over 200 Breast	7	---	2.59
2:15.12L	P # 20C	Male 15 & Over 200 Free	18	---	-2.09
2:16.89L	F # 20C	Male 15 & Over 200 Free	16	---	-0.32

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
4:48.42L	F # 28C	Male 15 & Over 400 Free	15	---	5.55
1:00.00L	P # 34C	Male 15 & Over 100 Free	8	---	0.15
1:00.17L	F # 34C	Male 15 & Over 100 Free	5	14	0.32
Leah Biberdorf (9) F					
47.11L	F # 219	Female 10 & Under 50 Back	12	---	-2.60
Nival Bissoon (14) M					
27.93L	P # 2B	Male 13-14 50 Free	1	---	0.30
28.42L	F # 2B	Male 13-14 50 Free	1	50	0.79
2:37.54L	F # 6B	Male 13-14 200 IM	4	15	-2.32
2:42.13L	P # 6B	Male 13-14 200 IM	5	---	2.27
1:15.91L	F # 14B	Male 13-14 100 Back	6	13	-0.22
1:17.06L	P # 14B	Male 13-14 100 Back	6	---	0.93
1:11.60L	F # 18B	Male 13-14 100 Fly	3	20	-1.66
1:13.52L	P # 18B	Male 13-14 100 Fly	7	---	0.26
5:20.06L	F # 28B	Male 13-14 400 Free	7	12	0.42
1:01.87L	F # 34B	Male 13-14 100 Free	3	20	-0.73
1:03.16L	P # 34B	Male 13-14 100 Free	3	---	0.56
27.89L	F # 38	200 Free Relay Lead Off	---	---	0.26
Salin Bol (14) F					
29.01L	F # 1B	Female 13-14 50 Free	3	20	-0.05
29.68L	P # 1B	Female 13-14 50 Free	5	---	0.62
2:37.55L	P # 5B	Female 13-14 200 IM	4	---	1.78
2:34.20L	DQ F # 5B	Female 13-14 200 IM	---	---	---
1:09.18L	F # 13B	Female 13-14 100 Back	1	50	-0.90
1:10.47L	P # 13B	Female 13-14 100 Back	1	---	0.39
1:10.14L	F # 17B	Female 13-14 100 Fly	5	14	-4.49
1:11.87L	P # 17B	Female 13-14 100 Fly	5	---	-2.76
2:21.91L	P # 19B	Female 13-14 200 Free	10	---	3.91
32.72L	F # 23	200 Medley Relay Lead Off	---	---	-0.60
2:29.52L	F # 29B	Female 13-14 200 Back	1	50	-0.91
2:30.86L	P # 29B	Female 13-14 200 Back	1	---	0.43
1:01.82L	F # 33B	Female 13-14 100 Free	3	20	-0.68
1:03.07L	P # 33B	Female 13-14 100 Free	3	---	0.57
Sophia Borchers (15) F					
1:19.68L	F # 3C	Female 15 & Over 100 Breast	4	15	-0.28
1:20.02L	P # 3C	Female 15 & Over 100 Breast	2	---	0.06
2:33.35L	P # 5C	Female 15 & Over 200 IM	2	---	-1.92
2:33.46L	F # 5C	Female 15 & Over 200 IM	3	20	-1.81
2:50.33L	F # 15C	Female 15 & Over 200 Breast	3	20	-1.10
2:51.85L	P # 15C	Female 15 & Over 200 Breast	2	---	0.42
1:18.20L	P # 17C	Female 15 & Over 100 Fly	22	---	-1.00
4:54.88L	F # 27C	Female 15 & Over 400 Free	7	12	-3.42
2:32.79L	P # 29C	Female 15 & Over 200 Back	3	---	-5.89
2:34.23L	F # 29C	Female 15 & Over 200 Back	7	12	-4.45

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
Kimberley Bryan (24) F					
1:12.09L	F # 13C	Female 15 & Over 100 Back	8	11	2.39
1:12.93L	P # 13C	Female 15 & Over 100 Back	9	---	3.23
1:11.29L	F # 17C	Female 15 & Over 100 Fly	7	12	0.31
1:12.46L	P # 17C	Female 15 & Over 100 Fly	7	---	1.48
2:19.85L	F # 19C	Female 15 & Over 200 Free	8	11	1.91
2:22.53L	P # 19C	Female 15 & Over 200 Free	14	---	4.59
2:38.31L	P # 29C	Female 15 & Over 200 Back	13	---	8.40
NS	P # 33C	Female 15 & Over 100 Free	---	---	---
Emma Carter (10) F					
6:10.23L	F # 201	Female 10 & Under 400 Free	6	13	-0.56
1:32.72L	F # 207	Female 10 & Under 100 Back	6	13	1.48
48.29L	F # 209	Female 10 & Under 50 Breast	4	15	2.54
3:11.21L	P # 213	Female 10 & Under 200 IM	5	---	-3.63
3:12.35L	F # 213	Female 10 & Under 200 IM	5	14	-2.49
X 1:13.26L	F # 300	400 Free Relay Lead Off	---	---	-9.39
Hanna Carter (14) F					
1:22.20L	F # 3B	Female 13-14 100 Breast	2	30	2.24
1:23.14L	P # 3B	Female 13-14 100 Breast	3	---	3.18
2:42.27L	P # 5B	Female 13-14 200 IM	10	---	2.78
5:35.33L	F # 11B	Female 13-14 400 IM	4	15	-8.60
2:48.47L	F # 15B	Female 13-14 200 Breast	2	30	-0.11
2:54.83L	P # 15B	Female 13-14 200 Breast	3	---	6.25
5:04.18L	F # 27B	Female 13-14 400 Free	11	---	-4.70
1:05.57L	P # 33B	Female 13-14 100 Free	12	---	-1.16
Chloe Chapman (13) F					
30.75L	P # 1B	Female 13-14 50 Free	13	---	0.29
1:31.17L	P # 3B	Female 13-14 100 Breast	12	---	-0.06
1:18.77L	P # 13B	Female 13-14 100 Back	16	---	-7.78
1:20.79L	P # 17B	Female 13-14 100 Fly	17	---	---
36.60L	F # 23	200 Medley Relay Lead Off	---	---	0.36
2:52.40L	P # 29B	Female 13-14 200 Back	21	---	---
1:06.37L	P # 33B	Female 13-14 100 Free	16	---	-1.50
Lauren Crisp (10) F					
41.81L	F # 21	200 Medley Relay Lead Off	---	---	2.91
6:18.72L	F # 201	Female 10 & Under 400 Free	8	11	-9.11
41.45L	F # 203	200 Medley Relay Lead Off	---	---	2.55
1:25.04L	F # 205	Female 10 & Under 100 Free	7	12	-1.08
1:26.97L	F # 207	Female 10 & Under 100 Back	1	50	0.36
3:33.97L	P # 213	Female 10 & Under 200 IM	9	---	0.60
37.63L	F # 215	200 Free Relay Lead Off	---	---	-0.06
2:57.45L	F # 217	Female 10 & Under 200 Free	4	15	-9.14
3:03.23L	P # 217	Female 10 & Under 200 Free	7	---	-3.36
40.01L	F # 219	Female 10 & Under 50 Back	1	50	1.11

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
38.27L	F # 223	Female 10 & Under 50 Free	7	12	0.58
1:52.51L	F # 225	Female 10 & Under 100 Breast	6	13	-0.42
Michael De Clare (15) M					
NS	P # 2C	Male 15 & Over 50 Free	---	---	---
18:43.16L	F # 10C	Male 15 & Over 1500 Free	5	14	-58.79
1:08.54L	P # 14C	Male 15 & Over 100 Back	7	---	-2.52
1:10.18L	F # 14C	Male 15 & Over 100 Back	8	11	-0.88
2:15.45L	P # 20C	Male 15 & Over 200 Free	19	---	-1.80
2:15.95L	F # 20C	Male 15 & Over 200 Free	15	---	-1.30
32.30L	F # 26	200 Medley Relay Lead Off	---	---	-0.90
4:43.55L	F # 28C	Male 15 & Over 400 Free	13	---	-5.45
2:30.33L	P # 30C	Male 15 & Over 200 Back	8	---	-4.37
2:34.35L	F # 30C	Male 15 & Over 200 Back	5	14	-0.35
1:02.48L	P # 34C	Male 15 & Over 100 Free	15	---	---
NS	F # 34C	Male 15 & Over 100 Free	---	---	---
Yasmine Dharampaul (10) F					
57.48L	F # 219	Female 10 & Under 50 Back	29	---	4.16
Emily Ding (14) F					
30.78L	P # 1B	Female 13-14 50 Free	15	---	0.22
2:47.20L	P # 5B	Female 13-14 200 IM	16	---	5.70
5:45.33L	F # 11B	Female 13-14 400 IM	8	11	2.67
1:13.27L	P # 17B	Female 13-14 100 Fly	8	---	3.86
1:13.48L	F # 17B	Female 13-14 100 Fly	8	11	4.07
5:04.87L	F # 27B	Female 13-14 400 Free	13	---	4.56
2:45.90L	F # 31B	Female 13-14 200 Fly	6	13	3.54
2:46.19L	P # 31B	Female 13-14 200 Fly	5	---	3.83
Derek Doerksen (21) M					
NS	P # 4C	Male 15 & Over 100 Breast	---	---	---
1:01.26L	F # 14C	Male 15 & Over 100 Back	1	50	2.06
1:01.62L	P # 14C	Male 15 & Over 100 Back	1	---	2.42
29.44L	F # 26	200 Medley Relay Lead Off	---	---	0.52
2:11.67L	F # 30C	Male 15 & Over 200 Back	1	50	7.49
2:13.15L	P # 30C	Male 15 & Over 200 Back	1	---	8.97
Caleigh Filmer (13) F					
1:23.30L	F # 3B	Female 13-14 100 Breast	4	15	0.27
1:24.79L	P # 3B	Female 13-14 100 Breast	5	---	1.76
2:32.59L	F # 5B	Female 13-14 200 IM	2	30	-4.14
2:34.07L	P # 5B	Female 13-14 200 IM	1	---	-2.66
5:16.90L	F # 11B	Female 13-14 400 IM	1	50	-18.69
2:56.00L	F # 15B	Female 13-14 200 Breast	5	14	2.41
2:57.67L	P # 15B	Female 13-14 200 Breast	4	---	4.08
2:16.01L	F # 19B	Female 13-14 200 Free	4	15	2.21
2:16.96L	P # 19B	Female 13-14 200 Free	3	---	3.16
4:40.28L	F # 27B	Female 13-14 400 Free	1	50	1.71

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
2:49.23L	P # 29B	Female 13-14 200 Back	15	---	6.90
Abby Fraser (10) F					
1:45.00L	F # 207	Female 10 & Under 100 Back	19	---	4.36
53.24L	F # 209	Female 10 & Under 50 Breast	11	---	1.83
3:42.97L	P # 213	Female 10 & Under 200 IM	14	---	3.36
44.00L	F # 215	200 Free Relay Lead Off	---	---	-2.29
3:25.54L	P # 217	Female 10 & Under 200 Free	15	---	-7.23
45.39L	F # 219	Female 10 & Under 50 Back	6	13	-4.00
1:50.14L	F # 225	Female 10 & Under 100 Breast	5	14	-0.42
Ryan Gibson (15) M					
28.75L	P # 2C	Male 15 & Over 50 Free	16	---	-1.17
1:28.22L	P # 4C	Male 15 & Over 100 Breast	14	---	-4.67
1:22.27L DQ	P # 14C	Male 15 & Over 100 Back	---	---	---
2:29.73L	P # 20C	Male 15 & Over 200 Free	30	---	-9.40
1:05.45L	F # 34C	Male 15 & Over 100 Free	10	---	-2.61
1:06.31L	P # 34C	Male 15 & Over 100 Free	20	---	-1.75
Samantha Gibson (12) F					
39.79L	P # 1A	Female 11-12 50 Free	27	---	1.28
Shaun Gill (10) M					
1:38.64L	F # 206	Male 10 & Under 100 Free	9	---	0.57
1:59.73L	F # 208	Male 10 & Under 100 Back	7	12	-1.70
52.94L	F # 210	Male 10 & Under 50 Breast	6	13	1.35
3:22.90L	P # 218	Male 10 & Under 200 Free	7	---	-11.67
3:24.77L	F # 218	Male 10 & Under 200 Free	7	12	-9.80
40.41L	F # 224	Male 10 & Under 50 Free	6	13	-2.22
2:07.59L	F # 226	Male 10 & Under 100 Breast	6	13	5.37
Orianna Hartley (13) F					
1:24.55L	P # 13B	Female 13-14 100 Back	24	---	-4.45
2:59.68L	P # 29B	Female 13-14 200 Back	28	---	-3.17
1:15.50L	P # 33B	Female 13-14 100 Free	40	---	-1.44
Katelyn Hayward (15) F					
29.52L	F # 1C	Female 15 & Over 50 Free	9	---	0.74
29.99L	P # 1C	Female 15 & Over 50 Free	11	---	1.21
2:36.03L	F # 5C	Female 15 & Over 200 IM	12	---	2.79
2:38.18L	P # 5C	Female 15 & Over 200 IM	11	---	4.94
1:11.61L	F # 13C	Female 15 & Over 100 Back	7	12	0.96
1:13.82L	P # 13C	Female 15 & Over 100 Back	11	---	3.17
2:16.51L	F # 19C	Female 15 & Over 200 Free	4	15	4.06
2:16.62L	P # 19C	Female 15 & Over 200 Free	4	---	4.17
2:36.40L	P # 29C	Female 15 & Over 200 Back	10	---	10.28
1:02.79L	F # 33C	Female 15 & Over 100 Free	7	12	-0.43
1:03.51L	P # 33C	Female 15 & Over 100 Free	6	---	0.29
Rory Hills (14) M					
31.76L	P # 2B	Male 13-14 50 Free	9	---	---

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
2:44.06L	F # 6B	Male 13-14 200 IM	8	11	-1.32
2:44.38L	P # 6B	Male 13-14 200 IM	8	---	-1.00
1:13.29L	F # 14B	Male 13-14 100 Back	5	14	-1.96
1:13.96L	P # 14B	Male 13-14 100 Back	5	---	-1.29
2:30.46L	P # 20B	Male 13-14 200 Free	10	---	-2.11
34.20L	F # 24	200 Medley Relay Lead Off	---	---	---
2:38.57L	P # 30B	Male 13-14 200 Back	4	---	-3.69
2:40.34L	F # 30B	Male 13-14 200 Back	5	14	-1.92
1:07.60L	P # 34B	Male 13-14 100 Free	14	---	-2.41
Patricia Grace Horwood (11) F					
35.12L	P # 1A	Female 11-12 50 Free	20	---	-0.29
1:33.15L	P # 13A	Female 11-12 100 Back	19	---	-3.23
2:59.08L	P # 19A	Female 11-12 200 Free	25	---	1.89
3:07.24L	P # 29A	Female 11-12 200 Back	13	---	-10.68
1:19.30L	P # 33A	Female 11-12 100 Free	21	---	-6.49
Justin Howe (12) M					
NS	F # 8A	Male 11-12 800 Free	---	---	---
1:27.02L	P # 14A	Male 11-12 100 Back	5	---	-2.10
1:28.05L	F # 14A	Male 11-12 100 Back	5	14	-1.07
2:40.26L	F # 20A	Male 11-12 200 Free	7	12	0.35
2:44.13L	P # 20A	Male 11-12 200 Free	8	---	4.22
5:46.55L	F # 28A	Male 11-12 400 Free	6	13	-7.73
3:08.84L	F # 30A	Male 11-12 200 Back	4	15	0.25
3:09.01L	P # 30A	Male 11-12 200 Back	6	---	0.42
1:14.12L	F # 34A	Male 11-12 100 Free	7	12	-2.21
1:14.71L	P # 34A	Male 11-12 100 Free	9	---	-1.62
35.95L	F # 36	200 Free Relay Lead Off	---	---	2.55
Nathan Howe (10) M					
6:39.51L	F # 202	Male 10 & Under 400 Free	6	13	-26.07
NS	F # 206	Male 10 & Under 100 Free	---	---	---
3:37.62L	P # 214	Male 10 & Under 200 IM	6	---	2.23
3:43.97L	F # 214	Male 10 & Under 200 IM	6	13	8.58
3:16.87L	F # 218	Male 10 & Under 200 Free	5	14	-1.11
3:19.35L	P # 218	Male 10 & Under 200 Free	5	---	1.37
42.65L	F # 224	Male 10 & Under 50 Free	9	---	1.14
2:00.51L	F # 226	Male 10 & Under 100 Breast	5	14	1.52
Ryan Howe (14) M					
NS	P # 2B	Male 13-14 50 Free	---	---	---
NS	P # 6B	Male 13-14 200 IM	---	---	---
5:09.54L	F # 12B	Male 13-14 400 IM	1	50	-1.20
1:06.00L	F # 14B	Male 13-14 100 Back	1	50	1.95
1:06.19L	P # 14B	Male 13-14 100 Back	1	---	2.14
1:04.51L	F # 18B	Male 13-14 100 Fly	1	50	0.71
1:04.86L	P # 18B	Male 13-14 100 Fly	1	---	1.06

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
2:21.54L	F # 30B	Male 13-14 200 Back	1	50	-0.57
2:22.33L	P # 30B	Male 13-14 200 Back	1	---	0.22
59.04L	F # 34B	Male 13-14 100 Free	1	50	-0.35
59.73L	P # 34B	Male 13-14 100 Free	1	---	0.34
Alexandra Kierstead (14) F					
1:22.49L	P # 3B	Female 13-14 100 Breast	2	---	2.74
1:22.61L	F # 3B	Female 13-14 100 Breast	3	20	2.86
2:45.50L	P # 5B	Female 13-14 200 IM	12	---	6.62
2:52.14L	P # 15B	Female 13-14 200 Breast	2	---	2.19
2:52.74L	F # 15B	Female 13-14 200 Breast	4	15	2.79
2:21.57L	P # 19B	Female 13-14 200 Free	8	---	-3.79
2:22.54L	F # 19B	Female 13-14 200 Free	8	11	-2.82
4:58.05L	F # 27B	Female 13-14 400 Free	6	13	-3.38
2:44.98L	P # 29B	Female 13-14 200 Back	11	---	-3.09
1:07.62L	P # 33B	Female 13-14 100 Free	20	---	-0.03
Katherine Krause (14) F					
11:02.36L	F # 7B	Female 13-14 800 Free	9	---	---
1:19.19L	P # 13B	Female 13-14 100 Back	17	---	-1.88
2:33.65L	P # 19B	Female 13-14 200 Free	27	---	3.31
38.25L	F # 23	200 Medley Relay Lead Off	---	---	1.34
5:17.62L	F # 27B	Female 13-14 400 Free	19	---	-2.94
2:48.18L	P # 29B	Female 13-14 200 Back	14	---	-1.93
1:11.93L	P # 33B	Female 13-14 100 Free	35	---	0.28
Nazariy Kravchenko (15) M					
1:22.39L	P # 14C	Male 15 & Over 100 Back	20	---	0.55
2:34.79L	P # 20C	Male 15 & Over 200 Free	31	---	2.51
1:08.50L	P # 34C	Male 15 & Over 100 Free	22	---	0.78
NS	F # 34C	Male 15 & Over 100 Free	---	---	---
Lia Lancaster (9) F					
1:40.79L	F # 205	Female 10 & Under 100 Free	24	---	4.10
1:51.49L	F # 207	Female 10 & Under 100 Back	30	---	---
56.61L	F # 209	Female 10 & Under 50 Breast	18	---	-0.65
4:01.15L	P # 213	Female 10 & Under 200 IM	21	---	7.44
Tanner Lawless (10) M					
45.03L	F # 224	Male 10 & Under 50 Free	12	---	-2.12
Jasmine Lee (9) F					
59.33L	F # 209	Female 10 & Under 50 Breast	22	---	4.04
Anna Letkeman (11) F					
34.10L	P # 1A	Female 11-12 50 Free	12	---	0.15
3:17.74L	P # 5A	Female 11-12 200 IM	16	---	1.04
1:26.52L	P # 13A	Female 11-12 100 Back	11	---	-10.84
2:39.52L	P # 19A	Female 11-12 200 Free	12	---	-1.56
5:44.14L	F # 27A	Female 11-12 400 Free	14	---	-96.53
1:14.09L	P # 33A	Female 11-12 100 Free	14	---	0.53

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
Evan Letkeman (15) M					
2:30.56L	F # 6C	Male 15 & Over 200 IM	8	11	-0.78
2:32.01L	P # 6C	Male 15 & Over 200 IM	9	---	0.67
17:57.26L	F # 10C	Male 15 & Over 1500 Free	2	30	-16.55
5:11.84L	F # 12C	Male 15 & Over 400 IM	5	14	-10.21
1:07.13L	F # 18C	Male 15 & Over 100 Fly	8	11	-1.89
1:07.38L	P # 18C	Male 15 & Over 100 Fly	10	---	-1.64
4:35.70L	F # 28C	Male 15 & Over 400 Free	7	12	-2.06
2:23.55L	P # 30C	Male 15 & Over 200 Back	4	---	-4.94
2:24.55L	F # 30C	Male 15 & Over 200 Back	3	20	-3.94
2:28.54L	F # 32C	Male 15 & Over 200 Fly	3	20	1.29
2:30.74L	P # 32C	Male 15 & Over 200 Fly	5	---	3.49
Edward Liang (10) M					
1:54.25L	F # 206	Male 10 & Under 100 Free	12	---	5.34
1:45.77L	F # 208	Male 10 & Under 100 Back	3	20	1.24
57.61L	F # 210	Male 10 & Under 50 Breast	8	11	-0.28
51.37L	F # 220	Male 10 & Under 50 Back	5	14	3.75
47.30L	F # 224	Male 10 & Under 50 Free	13	---	0.67
2:13.64L	F # 226	Male 10 & Under 100 Breast	8	11	9.38
50.47L	F # 227	200 Medley Relay Lead Off	---	---	2.85
Cindy Li (9) F					
59.28L	F # 209	Female 10 & Under 50 Breast	21	---	-0.84
53.92L	F # 219	Female 10 & Under 50 Back	28	---	0.98
Jessica Luo (8) F					
1:54.85L	F # 207	Female 10 & Under 100 Back	33	---	---
Ann MacIntosh (13) F					
30.36L	P # 1B	Female 13-14 50 Free	11	---	-0.97
2:50.35L	P # 5B	Female 13-14 200 IM	23	---	-3.31
1:17.36L	P # 13B	Female 13-14 100 Back	13	---	-0.51
2:30.26L	P # 19B	Female 13-14 200 Free	22	---	-4.56
2:44.94L	P # 29B	Female 13-14 200 Back	10	---	-4.50
1:07.22L	P # 33B	Female 13-14 100 Free	17	---	-2.40
30.14L	F # 37	200 Free Relay Lead Off	---	---	-1.19
Ana MacLeod (14) F					
31.56L	P # 1B	Female 13-14 50 Free	20	---	0.65
2:59.30L	P # 5B	Female 13-14 200 IM	28	---	-0.31
1:26.50L	P # 13B	Female 13-14 100 Back	29	---	-2.39
2:32.60L	P # 19B	Female 13-14 200 Free	24	---	-2.40
5:20.23L	F # 27B	Female 13-14 400 Free	23	---	-7.59
1:10.59L	P # 33B	Female 13-14 100 Free	31	---	-0.14
Mackenzie Masterton (15) F					
31.19L	P # 1C	Female 15 & Over 50 Free	20	---	0.14
2:58.18L	P # 5C	Female 15 & Over 200 IM	29	---	-2.72
1:21.77L	P # 13C	Female 15 & Over 100 Back	24	---	1.36

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
1:28.84L	P # 17C	Female 15 & Over 100 Fly	27	---	-21.97
2:32.98L	F # 19C	Female 15 & Over 200 Free	14	---	-9.13
2:37.03L	P # 19C	Female 15 & Over 200 Free	22	---	-5.08
39.09L	F # 25	200 Medley Relay Lead Off	---	---	0.94
1:08.00L	P # 33C	Female 15 & Over 100 Free	19	---	-1.59
NS	F # 33C	Female 15 & Over 100 Free	---	---	---
Ian Mattock (18) M					
1:04.38L	F # 14C	Male 15 & Over 100 Back	3	20	0.73
1:04.48L	P # 14C	Male 15 & Over 100 Back	3	---	0.83
2:01.91L	F # 20C	Male 15 & Over 200 Free	6	13	-5.04
2:04.44L	P # 20C	Male 15 & Over 200 Free	8	---	-2.51
Fionnuala McKenna (9) F					
1:34.72L	F # 205	Female 10 & Under 100 Free	16	---	1.22
1:45.67L	F # 207	Female 10 & Under 100 Back	21	---	0.24
3:22.99L	P # 217	Female 10 & Under 200 Free	13	---	-4.78
47.35L	F # 219	Female 10 & Under 50 Back	14	---	-0.05
40.08L	F # 223	Female 10 & Under 50 Free	12	---	-0.94
2:09.09L	F # 225	Female 10 & Under 100 Breast	16	---	1.63
Heather McMillan (11) F					
37.65L	P # 1A	Female 11-12 50 Free	25	---	0.01
1:44.73L	P # 3A	Female 11-12 100 Breast	15	---	-2.95
3:32.10L	P # 5A	Female 11-12 200 IM	21	---	-1.38
1:31.09L DQ	P # 13A	Female 11-12 100 Back	---	---	---
3:02.44L	P # 19A	Female 11-12 200 Free	26	---	-4.15
3:19.71L	P # 29A	Female 11-12 200 Back	16	---	-2.78
36.58L	F # 35	200 Free Relay Lead Off	---	---	-1.06
Lauren McMillan (13) F					
1:18.38L	F # 3B	Female 13-14 100 Breast	1	50	-0.27
1:19.27L	P # 3B	Female 13-14 100 Breast	1	---	0.62
2:39.97L	P # 5B	Female 13-14 200 IM	8	---	4.43
2:40.13L	F # 5B	Female 13-14 200 IM	7	12	4.59
5:40.52L	F # 11B	Female 13-14 400 IM	6	13	-1.58
2:46.40L	F # 15B	Female 13-14 200 Breast	1	50	-3.33
2:50.92L	P # 15B	Female 13-14 200 Breast	1	---	1.19
1:09.92L	F # 17B	Female 13-14 100 Fly	4	15	0.37
1:11.68L	P # 17B	Female 13-14 100 Fly	4	---	2.13
5:18.38L	F # 27B	Female 13-14 400 Free	20	---	5.39
2:38.74L	F # 31B	Female 13-14 200 Fly	4	15	-0.78
2:42.55L	P # 31B	Female 13-14 200 Fly	4	---	3.03
31.10L	F # 37	200 Free Relay Lead Off	---	---	-0.15
Shannon McMillan (8) F					
1:50.80L	F # 205	Female 10 & Under 100 Free	30	---	13.19
1:50.76L	F # 207	Female 10 & Under 100 Back	29	---	4.79
2:00.93L	F # 211	Female 10 & Under 100 Fly	10	---	1.37

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
48.18L	F # 219	Female 10 & Under 50 Back	17	---	0.59
50.42L	F # 221	Female 10 & Under 50 Fly	10	---	1.02
44.21L	F # 223	Female 10 & Under 50 Free	27	---	1.54
Remy Mock (17) M					
1:12.78L	F # 4C	Male 15 & Over 100 Breast	2	30	0.41
1:14.77L	P # 4C	Male 15 & Over 100 Breast	3	---	2.40
2:15.03L	F # 6C	Male 15 & Over 200 IM	1	50	-2.05
2:26.22L	P # 6C	Male 15 & Over 200 IM	5	---	9.14
17:01.57L	F # 10C	Male 15 & Over 1500 Free	1	50	-22.44
1:08.20L	P # 14C	Male 15 & Over 100 Back	6	---	-10.71
59.55L	F # 18C	Male 15 & Over 100 Fly	2	30	-2.27
1:02.71L	P # 18C	Male 15 & Over 100 Fly	3	---	0.89
1:58.47L	F # 20C	Male 15 & Over 200 Free	3	20	-15.22
2:00.78L	P # 20C	Male 15 & Over 200 Free	4	---	-12.91
2:28.75L	P # 30C	Male 15 & Over 200 Back	7	---	-9.56
2:09.78L	F # 32C	Male 15 & Over 200 Fly	1	50	-1.09
2:16.17L	P # 32C	Male 15 & Over 200 Fly	1	---	5.30
Victoria Mock (13) F					
2:47.83L	P # 5B	Female 13-14 200 IM	19	---	1.96
10:14.29L	F # 7B	Female 13-14 800 Free	5	14	-4.73
5:46.12L	F # 11B	Female 13-14 400 IM	10	---	-1.87
3:12.34L	P # 15B	Female 13-14 200 Breast	13	---	-3.30
5:00.31L	F # 27B	Female 13-14 400 Free	8	11	-9.87
2:49.28L	P # 29B	Female 13-14 200 Back	16	---	2.71
2:41.77L	F # 31B	Female 13-14 200 Fly	5	14	-1.66
2:47.18L	P # 31B	Female 13-14 200 Fly	6	---	3.75
Savannah Moneo (16) F					
1:22.70L	P # 3C	Female 15 & Over 100 Breast	7	---	6.41
1:22.93L	F # 3C	Female 15 & Over 100 Breast	8	11	6.64
2:41.00L	P # 5C	Female 15 & Over 200 IM	16	---	4.82
2:43.12L	F # 5C	Female 15 & Over 200 IM	16	---	6.94
NS	P # 17C	Female 15 & Over 100 Fly	---	---	---
NS	P # 19C	Female 15 & Over 200 Free	---	---	---
5:18.61L	F # 27C	Female 15 & Over 400 Free	13	---	16.47
Rosie Moulton (14) F					
28.85L	F # 1B	Female 13-14 50 Free	2	30	-0.15
29.72L	P # 1B	Female 13-14 50 Free	6	---	0.72
2:28.17L	F # 5B	Female 13-14 200 IM	1	50	-2.69
2:34.57L	P # 5B	Female 13-14 200 IM	2	---	3.71
5:19.86L	F # 11B	Female 13-14 400 IM	2	30	-9.39
2:52.72L	F # 15B	Female 13-14 200 Breast	3	20	-3.46
2:58.81L	P # 15B	Female 13-14 200 Breast	5	---	2.63
1:09.07L	F # 17B	Female 13-14 100 Fly	3	20	-0.11
1:11.65L	P # 17B	Female 13-14 100 Fly	3	---	2.47

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
2:35.60L	F # 29B	Female 13-14 200 Back	4	15	-49.31
2:37.67L	P # 29B	Female 13-14 200 Back	5	---	-47.24
1:01.71L	F # 33B	Female 13-14 100 Free	1	50	-0.54
1:02.38L	P # 33B	Female 13-14 100 Free	2	---	0.13
28.87L	F # 37	200 Free Relay Lead Off	---	---	-0.13
Kristopher Neilson (10) M					
6:26.20L	F # 202	Male 10 & Under 400 Free	5	14	-1.72
1:24.61L	F # 206	Male 10 & Under 100 Free	4	15	-1.23
1:37.19L	F # 208	Male 10 & Under 100 Back	2	30	-0.63
46.45L	F # 210	Male 10 & Under 50 Breast	1	50	0.28
1:45.19L	F # 212	Male 10 & Under 100 Fly	3	20	3.76
3:14.18L	F # 214	Male 10 & Under 200 IM	4	15	-7.81
3:18.02L	P # 214	Male 10 & Under 200 IM	3	---	-3.97
38.43L	F # 224	Male 10 & Under 50 Free	5	14	0.40
1:42.59L	F # 226	Male 10 & Under 100 Breast	1	50	0.25
Rachael Newman (16) F					
29.31L	F # 1C	Female 15 & Over 50 Free	6	13	0.80
29.38L	P # 1C	Female 15 & Over 50 Free	4	---	0.87
2:36.01L	F # 5C	Female 15 & Over 200 IM	11	---	1.87
2:37.40L	P # 5C	Female 15 & Over 200 IM	10	---	3.26
9:56.41L	F # 7C	Female 15 & Over 800 Free	3	20	---
2:24.87L	F # 31C	Female 15 & Over 200 Fly	1	50	0.50
2:28.52L	P # 31C	Female 15 & Over 200 Fly	1	---	4.15
1:01.45L	F # 33C	Female 15 & Over 100 Free	4	15	0.07
1:02.83L	P # 33C	Female 15 & Over 100 Free	5	---	1.45
28.74L	F # 39	200 Free Relay Lead Off	---	---	0.23
Nicholas Nolt (9) M					
6:41.93L	F # 202	Male 10 & Under 400 Free	7	12	-10.51
NS	F # 206	Male 10 & Under 100 Free	---	---	---
3:45.44L	P # 214	Male 10 & Under 200 IM	7	---	-4.91
3:46.62L	F # 214	Male 10 & Under 200 IM	7	12	-3.73
1:18.66L	F # 216	200 Free Relay Lead Off	---	---	39.52
3:02.64L	F # 218	Male 10 & Under 200 Free	4	15	-15.47
3:08.73L	P # 218	Male 10 & Under 200 Free	4	---	-9.38
49.67L	F # 220	Male 10 & Under 50 Back	4	15	1.93
38.11L	F # 224	Male 10 & Under 50 Free	4	15	-1.03
Stephen Olmos (13) M					
29.55L	F # 2B	Male 13-14 50 Free	6	13	-0.26
30.17L	P # 2B	Male 13-14 50 Free	8	---	0.36
1:29.29L DQ	P # 4B	Male 13-14 100 Breast	---	---	---
2:49.22L	P # 6B	Male 13-14 200 IM	9	---	-0.11
3:11.45L	P # 16B	Male 13-14 200 Breast	3	---	0.18
3:14.88L	F # 16B	Male 13-14 200 Breast	6	13	3.61
2:26.72L	P # 20B	Male 13-14 200 Free	8	---	-4.67

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
2:27.52L	F # 20B	Male 13-14 200 Free	8	11	-3.87
2:45.65L	P # 30B	Male 13-14 200 Back	7	---	-4.83
2:50.16L	F # 30B	Male 13-14 200 Back	8	11	-0.32
1:05.93L	P # 34B	Male 13-14 100 Free	9	---	-0.47
Zac Parkes (16) M					
1:04.31L	F # 14C	Male 15 & Over 100 Back	2	30	0.27
1:05.57L	P # 14C	Male 15 & Over 100 Back	4	---	1.53
1:59.79L	F # 20C	Male 15 & Over 200 Free	4	15	-1.43
2:01.18L	P # 20C	Male 15 & Over 200 Free	5	---	-0.04
Chelsea Reader (18) F					
1:30.01L	P # 3C	Female 15 & Over 100 Breast	16	---	---
2:49.13L	P # 5C	Female 15 & Over 200 IM	24	---	-4.74
1:22.96L	P # 13C	Female 15 & Over 100 Back	25	---	---
1:16.85L	P # 17C	Female 15 & Over 100 Fly	20	---	---
NS	P # 19C	Female 15 & Over 200 Free	---	---	---
Emma Reinsch (10) F					
X 47.40L	F # 203	200 Medley Relay Lead Off	---	---	-1.27
1:42.30L	F # 205	Female 10 & Under 100 Free	26	---	2.79
1:49.23L	F # 207	Female 10 & Under 100 Back	27	---	4.02
59.75L	F # 209	Female 10 & Under 50 Breast	23	---	3.48
3:35.74L	P # 217	Female 10 & Under 200 Free	20	---	-5.09
47.11L	F # 219	Female 10 & Under 50 Back	12	---	-1.56
40.86L	F # 223	Female 10 & Under 50 Free	14	---	-0.65
Rachel Sawchuk (11) F					
35.51L	P # 1A	Female 11-12 50 Free	23	---	-0.59
3:31.88L	P # 5A	Female 11-12 200 IM	20	---	4.97
1:35.17L	P # 13A	Female 11-12 100 Back	22	---	3.98
2:56.11L	P # 19A	Female 11-12 200 Free	24	---	0.98
3:13.42L	P # 29A	Female 11-12 200 Back	14	---	-4.51
1:17.69L	P # 33A	Female 11-12 100 Free	18	---	-4.61
Michael Schmidt (7) M					
NS	F # 206	Male 10 & Under 100 Free	---	---	---
50.85L	F # 210	Male 10 & Under 50 Breast	3	20	-2.84
NS	F # 220	Male 10 & Under 50 Back	---	---	---
54.04L	F # 222	Male 10 & Under 50 Fly	3	20	0.38
44.66L	F # 224	Male 10 & Under 50 Free	11	---	---
1:50.78L	F # 226	Male 10 & Under 100 Breast	2	30	-8.10
Stefanie Schmidt (15) F					
30.76L	P # 1C	Female 15 & Over 50 Free	15	---	0.59
1:32.34L	P # 3C	Female 15 & Over 100 Breast	19	---	-2.57
17:57.67L	F # 9C	Female 15 & Over 1500 Free	1	50	-1.25
1:08.93L	F # 13C	Female 15 & Over 100 Back	4	15	1.01
1:09.02L	P # 13C	Female 15 & Over 100 Back	2	---	1.10
1:18.30L	P # 17C	Female 15 & Over 100 Fly	23	---	-4.71

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
33.30L	F # 25	200 Medley Relay Lead Off	---	---	-0.70
4:37.12L	F # 27C	Female 15 & Over 400 Free	2	30	0.29
2:25.01L	F # 29C	Female 15 & Over 200 Back	1	50	7.02
2:25.05L	P # 29C	Female 15 & Over 200 Back	1	---	7.06
Jade Simpas (16) M					
28.34L	P # 2C	Male 15 & Over 50 Free	13	---	0.15
1:18.29L	P # 4C	Male 15 & Over 100 Breast	8	---	2.32
1:18.76L	F # 4C	Male 15 & Over 100 Breast	8	11	2.79
NS	P # 16C	Male 15 & Over 200 Breast	---	---	---
1:16.76L	P # 18C	Male 15 & Over 100 Fly	17	---	-0.41
1:03.08L	P # 34C	Male 15 & Over 100 Free	16	---	1.94
NS	F # 34C	Male 15 & Over 100 Free	---	---	---
28.13L	F # 40	200 Free Relay Lead Off	---	---	-0.06
Jackson Sinclair (13) M					
1:27.06L	F # 4B	Male 13-14 100 Breast	4	15	-1.77
1:27.57L	P # 4B	Male 13-14 100 Breast	4	---	-1.26
2:54.27L	P # 6B	Male 13-14 200 IM	11	---	-0.19
3:08.07L	F # 16B	Male 13-14 200 Breast	4	15	-0.10
3:08.70L	P # 16B	Male 13-14 200 Breast	2	---	0.53
2:26.82L	P # 20B	Male 13-14 200 Free	9	---	-3.68
4:56.14L	F # 28B	Male 13-14 400 Free	4	15	-10.52
1:10.47L	P # 34B	Male 13-14 100 Free	15	---	2.74
Tyler Smith (18) M					
1:06.21L	P # 18C	Male 15 & Over 100 Fly	8	---	3.67
2:02.13L	P # 20C	Male 15 & Over 200 Free	6	---	-0.29
2:05.12L	F # 20C	Male 15 & Over 200 Free	8	11	2.70
Anna Stebeck (9) F					
X 47.09L	F # 215	200 Free Relay Lead Off	---	---	1.41
3:36.81L	P # 217	Female 10 & Under 200 Free	21	---	-3.58
43.97L	F # 223	Female 10 & Under 50 Free	26	---	-1.71
Eric Stein (20) M					
27.61L	P # 2C	Male 15 & Over 50 Free	8	---	-0.36
1:17.41L	P # 4C	Male 15 & Over 100 Breast	6	---	3.87
2:19.68L	F # 6C	Male 15 & Over 200 IM	4	15	5.47
2:20.67L	P # 6C	Male 15 & Over 200 IM	2	---	6.46
Ariyan Suleman (16) M					
29.19L	P # 2C	Male 15 & Over 50 Free	19	---	-1.91
1:30.26L DQ	P # 4C	Male 15 & Over 100 Breast	---	---	---
Sophie Tarrant (9) F					
1:31.60L	F # 205	Female 10 & Under 100 Free	14	---	-3.37
52.33L	F # 209	Female 10 & Under 50 Breast	9	---	1.59
3:48.57L	P # 213	Female 10 & Under 200 IM	15	---	-5.18
49.48L	F # 219	Female 10 & Under 50 Back	20	---	0.12
38.68L	F # 223	Female 10 & Under 50 Free	9	---	---

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
1:52.62L	F # 225	Female 10 & Under 100 Breast	7	12	---
Riley Tesch (12) F					
35.24L	P # 1A	Female 11-12 50 Free	21	---	-0.55
1:40.19L	P # 3A	Female 11-12 100 Breast	10	---	-0.53
3:31.22L	P # 15A	Female 11-12 200 Breast	8	---	1.16
3:33.73L	F # 15A	Female 11-12 200 Breast	8	11	3.67
NS	P # 33A	Female 11-12 100 Free	---	---	---
Aidan Thirkell (15) M					
28.28L	P # 2C	Male 15 & Over 50 Free	12	---	0.45
1:14.80L	P # 4C	Male 15 & Over 100 Breast	4	---	0.54
1:15.07L	F # 4C	Male 15 & Over 100 Breast	5	14	0.81
NS	F # 12C	Male 15 & Over 400 IM	---	---	---
NS	P # 16C	Male 15 & Over 200 Breast	---	---	---
NS	P # 20C	Male 15 & Over 200 Free	---	---	---
4:29.10L	F # 28C	Male 15 & Over 400 Free	4	15	-6.16
NS	P # 34C	Male 15 & Over 100 Free	---	---	---
Rebecca Thomson (16) F					
1:33.76L	P # 3C	Female 15 & Over 100 Breast	21	---	1.09
3:18.76L	P # 15C	Female 15 & Over 200 Breast	15	---	2.59
2:33.82L	F # 19C	Female 15 & Over 200 Free	15	---	0.54
2:34.29L	P # 19C	Female 15 & Over 200 Free	21	---	1.01
5:21.77L	F # 27C	Female 15 & Over 400 Free	14	---	1.42
1:11.51L	P # 33C	Female 15 & Over 100 Free	26	---	-0.36
Heidi Ullrich (12) F					
32.00L	F # 1A	Female 11-12 50 Free	6	13	-1.09
33.16L	P # 1A	Female 11-12 50 Free	7	---	0.07
1:20.89L	F # 17A	Female 11-12 100 Fly	7	12	-6.72
1:23.07L	P # 17A	Female 11-12 100 Fly	6	---	-4.54
2:36.15L	P # 19A	Female 11-12 200 Free	10	---	-9.54
5:31.55L	F # 27A	Female 11-12 400 Free	10	---	-4.63
3:08.99L	P # 31A	Female 11-12 200 Fly	3	---	-1.16
3:14.61L	F # 31A	Female 11-12 200 Fly	3	20	4.46
1:12.71L	P # 33A	Female 11-12 100 Free	11	---	0.62
Victoria von Sacken Nash (10) F					
1:37.97L	F # 205	Female 10 & Under 100 Free	21	---	3.04
48.81L	F # 209	Female 10 & Under 50 Breast	6	13	1.26
3:40.35L	P # 213	Female 10 & Under 200 IM	13	---	7.99
3:24.69L	P # 217	Female 10 & Under 200 Free	14	---	-1.13
46.72L	F # 221	Female 10 & Under 50 Fly	5	14	-0.61
41.61L	F # 223	Female 10 & Under 50 Free	17	---	1.09
1:49.02L	F # 225	Female 10 & Under 100 Breast	4	15	5.16
Alice Wang (17) F					
NS	P # 1C	Female 15 & Over 50 Free	---	---	---
1:20.83L	P # 3C	Female 15 & Over 100 Breast	5	---	0.05

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
1:21.50L	F # 3C	Female 15 & Over 100 Breast	5	14	0.72
2:34.67L	F # 5C	Female 15 & Over 200 IM	10	---	-0.74
2:37.33L	P # 5C	Female 15 & Over 200 IM	9	---	1.92
2:51.81L	F # 15C	Female 15 & Over 200 Breast	5	14	0.13
2:52.58L	P # 15C	Female 15 & Over 200 Breast	4	---	0.90
1:08.39L	F # 17C	Female 15 & Over 100 Fly	2	30	---
1:09.86L	P # 17C	Female 15 & Over 100 Fly	4	---	---
2:30.41L	F # 31C	Female 15 & Over 200 Fly	2	30	-0.20
2:35.87L	P # 31C	Female 15 & Over 200 Fly	2	---	5.26
1:03.87L	F # 33C	Female 15 & Over 100 Free	9	---	-1.73
1:05.82L	P # 33C	Female 15 & Over 100 Free	12	---	0.22
Brenden Ward (15) M					
1:24.72L	P # 4C	Male 15 & Over 100 Breast	11	---	1.86
3:06.59L	P # 16C	Male 15 & Over 200 Breast	10	---	8.40
2:26.48L	P # 20C	Male 15 & Over 200 Free	28	---	2.25
5:06.29L	F # 28C	Male 15 & Over 400 Free	20	---	0.06
1:04.77L	P # 34C	Male 15 & Over 100 Free	19	---	-1.12
NS	F # 34C	Male 15 & Over 100 Free	---	---	---
Allison Wood (19) F					
28.53L	F # 1C	Female 15 & Over 50 Free	1	50	0.18
29.40L	P # 1C	Female 15 & Over 50 Free	6	---	1.05
NS	P # 5C	Female 15 & Over 200 IM	---	---	---
1:08.18L	F # 13C	Female 15 & Over 100 Back	2	30	-0.46
1:09.70L	P # 13C	Female 15 & Over 100 Back	4	---	1.06
2:17.96L	F # 19C	Female 15 & Over 200 Free	7	12	0.02
2:20.93L	P # 19C	Female 15 & Over 200 Free	10	---	2.99
29.27L	F # 39	200 Free Relay Lead Off	---	---	0.92
Katelyn Woo (10) F					
2:34.50L	F # 203	200 Medley Relay Lead Off	---	---	109.51
1:45.88L	F # 207	Female 10 & Under 100 Back	22	---	-0.28
1:55.18L	F # 211	Female 10 & Under 100 Fly	9	---	-8.06
4:02.27L	P # 213	Female 10 & Under 200 IM	22	---	3.34
46.26L	F # 219	Female 10 & Under 50 Back	8	11	1.27
46.96L	F # 221	Female 10 & Under 50 Fly	6	13	-1.30
43.23L	F # 223	Female 10 & Under 50 Free	21	---	-1.18
Leanna Woo (14) F					
11:25.24L	F # 7B	Female 13-14 800 Free	10	---	-62.31
1:17.90L	P # 13B	Female 13-14 100 Back	15	---	-0.35
1:21.87L	P # 17B	Female 13-14 100 Fly	23	---	4.45
2:51.06L	P # 29B	Female 13-14 200 Back	18	---	-0.22
Melanie Yu (17) F					
1:25.94L	P # 3C	Female 15 & Over 100 Breast	11	---	0.53
3:02.12L	P # 5C	Female 15 & Over 200 IM	30	---	3.89
3:02.86L	P # 15C	Female 15 & Over 200 Breast	9	---	0.65

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

Location: Saanich Commonwealth Place

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

Time	F/P/S	Event	Place	Points	Improv
1:25.70L	P # 17C	Female 15 & Over 100 Fly	26	---	-2.96
Tabitha Zammit (11) F					
1:36.10L	F # 3A	Female 11-12 100 Breast	7	12	-0.79
1:36.18L	P # 3A	Female 11-12 100 Breast	7	---	-0.71
3:12.35L	P # 5A	Female 11-12 200 IM	13	---	-0.95
7:00.12L	F # 11A	Female 11-12 400 IM	4	15	-2.97
1:31.03L	P # 13A	Female 11-12 100 Back	17	---	2.59
3:21.74L	F # 15A	Female 11-12 200 Breast	6	13	4.11
3:26.45L	P # 15A	Female 11-12 200 Breast	6	---	8.82
3:05.12L	P # 29A	Female 11-12 200 Back	11	---	-6.69

UVic - Pacific Coast Swimming Assoc.

Relay Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters

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

Time	F/P/S Relay	Place	Points
Event # 21 Female 11-12 200 Medley			
2:39.71L F	Uvic-Pacific Coast Swimming	4	15
Kennedy Aragon-Scriven (12)	Tabitha Zammit (11)	Heidi Ullrich (12)	Anna Letkeman (11)
2:44.61L F	Uvic-Pacific Coast Swimming	6	13
Lauren Crisp (10)	Riley Tesch (12)	Patricia Grace Horwood (11)	Rachel Sawchuk (11)
Event # 23 Female 13-14 200 Medley			
2:09.99L F	Uvic-Pacific Coast Swimming	1	50
Salin Bol (14)	Hanna Carter (14)	Lauren McMillan (13)	Rosie Moulton (14)
2:16.29L F	Uvic-Pacific Coast Swimming	3	20
Chloe Chapman (13)	Alexandra Kierstead (14)	Emily Ding (14)	Annie MacIntosh (13)
2:23.64L F	Uvic-Pacific Coast Swimming	6	13
Katherine Krause (14)	Victoria Mock (13)	Leanna Woo (14)	Ana MacLeod (14)
Event # 24 Male 13-14 200 Medley			
2:10.60L F DQ	Uvic-Pacific Coast Swimming	---	---
Rory Hills (14)	Stephen Olmos (13)	Ryan Howe (14)	Nival Bissoon (14)
Event # 25 Female 15 & Over 200 Medley			
2:08.55L F	Uvic-Pacific Coast Swimming	1	50
Stefanie Schmidt (15)	Sophia Borchers (15)	Rachael Newman (16)	Katelyn Hayward (15)
2:22.50L F	Uvic-Pacific Coast Swimming	6	13
Mackenzie Masterton (15)	Melanie Yu (17)	Allison Wood (19)	Rebecca Thomson (16)
Event # 26 Male 15 & Over 200 Medley			
1:56.59L F	Uvic-Pacific Coast Swimming	2	30
Derek Doerksen (21)	Ian Mattock (18)	Remy Mock (17)	Zac Parkes (16)
2:05.12L F	Uvic-Pacific Coast Swimming	5	14
Michael De Clare (15)	Jade Simpas (16)	Evan Letkeman (15)	Cole Barratt (17)
Event # 35 Female 11-12 200 Free			
2:18.18L F	Uvic-Pacific Coast Swimming	4	15
Kennedy Aragon-Scriven (12)	Patricia Grace Horwood (11)	Anna Letkeman (11)	Heidi Ullrich (12)
2:26.59L F	Uvic-Pacific Coast Swimming	5	14
Heather McMillan (11)	Rachel Sawchuk (11)	Tabitha Zammit (11)	Lauren Crisp (10)
Event # 36 Male 11-12 200 Free			
2:34.21L F	Uvic-Pacific Coast Swimming	3	20
Justin Howe (12)	Finn Barker (10)	Nathan Howe (10)	Nicholas Nolt (9)
Event # 37 Female 13-14 200 Free			
1:55.64L F	Uvic-Pacific Coast Swimming	1	50
Rosie Moulton (14)	Salin Bol (14)	Caileigh Filmer (13)	Hanna Carter (14)
2:01.65L F	Uvic-Pacific Coast Swimming	3	20
Annie MacIntosh (13)	Alexandra Kierstead (14)	Chloe Chapman (13)	Emily Ding (14)
2:04.49L F	Uvic-Pacific Coast Swimming	7	12
Lauren McMillan (13)	Victoria Mock (13)	Ana MacLeod (14)	Katherine Krause (14)
Event # 38 Male 13-14 200 Free			
1:54.91L F	Uvic-Pacific Coast Swimming	1	50
Nival Bissoon (14)	Rory Hills (14)	Ryan Howe (14)	Stephen Olmos (13)
Event # 39 Female 15 & Over 200 Free			
1:54.18L F	Uvic-Pacific Coast Swimming	1	50
Rachael Newman (16)	Xin Wang (17)	Stefanie Schmidt (15)	Katelyn Hayward (15)
2:00.18L F DQ	Uvic-Pacific Coast Swimming	---	---
Allison Wood (19)	Sophia Borchers (15)	Julia Schmidt (17)	Mackenzie Masterton (15)
Event # 40 Male 15 & Over 200 Free			
1:49.18L F	Uvic-Pacific Coast Swimming	1	50
Jade Simpas (16)	Derek Doerksen (21)	Cole Barratt (17)	Michael De Clare (15)
Event #203 Female 10 & Under 200 Medley			
2:49.06L F	Uvic-Pacific Coast Swimming	1	50
Lauren Crisp (10)	Victoria von Sacken Nash (10)	Allison Ballantyne (10)	Emma Carter (10)

UVic - Pacific Coast Swimming Assoc.

Relay Results

VANCOUVER ISLAND REGION LC CHAMPIONSHIP 11-Jun-10 to 13-Jun-10 LC Meters UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

3:15.75L F	Uvic-Pacific Coast Swimming		4	15
Katelyn Woo (10)	Sophie Tarrant (9)	Abby Fraser (10)	Fionnuala McKenna (9)	
X 3:16.67L F DQ	Uvic-Pacific Coast Swimming		---	---
Emma Reinsch (10)	Jasmine Lee (9)	Shannon McMillan (8)	Lia Lancaster (9)	
Event #204 Male 10 & Under 200 Medley				
3:03.71L F	Uvic-Pacific Coast Swimming		1	50
Finn Barker (10)	Kristopher Neilson (10)	Nicholas Nolt (9)	Nathan Howe (10)	
Event #215 Female 10 & Under 200 Free				
2:40.35L F	Uvic-Pacific Coast Swimming		1	50
Lauren Crisp (10)	Victoria von Sacken Nash (10)	Rachel Allen (10)	Fionnuala McKenna (9)	
2:47.89L F	Uvic-Pacific Coast Swimming		3	20
Abby Fraser (10)	Shannon McMillan (8)	Emma Reinsch (10)	Sophie Tarrant (9)	
X 3:15.51L F	Uvic-Pacific Coast Swimming		---	---
Anna Stebeck (9)	Yasmine Dharampaul (10)	Cindy Li (9)	Jessica Luo (8)	
Event #216 Male 10 & Under 200 Free				
2:34.70L F	Uvic-Pacific Coast Swimming		1	50
Nicholas Nolt (9)	Nathan Howe (10)	Finn Barker (10)	Kristopher Neilson (10)	
Event #227 Mixed 10 & Under 200 Medley				
3:22.64L F	Uvic-Pacific Coast Swimming		5	---
Edward Liang (10)	Shaun Gill (10)	Jessica Luo (8)	Cindy Li (9)	
Event #228 Mixed 10 & Under 200 Free				
3:02.81L F	Uvic-Pacific Coast Swimming		3	20
Lauren Crisp (10)	Victoria von Sacken Nash (10)	Rachel Allen (10)	Fionnuala McKenna (9)	
Event #300 Mixed 400 Free				
X 4:09.76L F	Uvic-Pacific Coast Swimming		---	---
Emma Carter (10)	Kristopher Neilson (10)	Heidi Ullrich (12)	Justin Howe (12)	