

## UVic - Pacific Coast Swimming Assoc.

### Individual Meet Results

2010 NRST Fall Invitational 23-Oct-10 to 24-Oct-10 SC Meters

Location: NAC

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

| Time                                 | F/P/S   | Event                      | Place | Points | Improv |
|--------------------------------------|---------|----------------------------|-------|--------|--------|
| <b>Kennedy Aragon-Scriven (12) F</b> |         |                            |       |        |        |
| 31.60S                               | F # 1B  | 200 Free Relay Lead Off    | ---   | ---    | -3.69  |
| 1:25.07S                             | F # 7A  | Female 11-12 100 Back      | 7     | 12     | -5.35  |
| 1:19.23S                             | F # 11A | Female 11-12 100 Free      | 13    | 4      | 0.58   |
| 1:38.69S                             | F # 17A | Female 11-12 100 Fly       | 12    | 5      | -6.82  |
| 6:19.88S                             | F # 23A | Female 11-12 400 Free      | 21    | ---    | -13.08 |
| 1:22.64S                             | F # 25B | 200 Medley Relay Lead Off  | ---   | ---    | 41.01  |
| 3:08.04S                             | F # 33A | Female 11-12 200 Back      | 14    | 3      | -15.67 |
| 2:56.30S                             | F # 41A | Female 11-12 200 Free      | 12    | 5      | -4.15  |
| 3:22.44S                             | F # 45A | Female 11-12 200 IM        | 27    | ---    | -10.98 |
| <b>Ewan Barker (8) M</b>             |         |                            |       |        |        |
| 58.96S                               | F # 28  | Male 10 & Under 50 Free    | 15    | 2      | 6.49   |
| 2:07.01S                             | F # 32  | Male 10 & Under 100 Back   | 12    | 5      | ---    |
| 1:02.79S                             | F # 36  | Male 10 & Under 50 Breast  | 4     | 15     | -0.21  |
| 2:04.01S                             | F # 44  | Male 10 & Under 100 IM     | 10    | 7      | ---    |
| <b>Finn Barker (11) M</b>            |         |                            |       |        |        |
| NS                                   | F # 24A | Male 11-12 400 Free        | ---   | ---    | ---    |
| 38.73S                               | F # 30A | Male 11-12 50 Free         | 5     | 14     | -2.29  |
| 3:31.47S                             | F # 34A | Male 11-12 200 Back        | 3     | 16     | 8.06   |
| 3:00.89S                             | F # 42A | Male 11-12 200 Free        | 2     | 17     | -21.77 |
| 3:36.79S                             | F # 46A | Male 11-12 200 IM          | 4     | 15     | -11.24 |
| <b>Ayaka Behro (12) F</b>            |         |                            |       |        |        |
| 1:39.64S                             | F # 7A  | Female 11-12 100 Back      | 20    | ---    | -3.53  |
| 1:27.96S                             | F # 11A | Female 11-12 100 Free      | 22    | ---    | -2.38  |
| NS                                   | F # 17A | Female 11-12 100 Fly       | ---   | ---    | ---    |
| 3:52.19S                             | F # 21A | Female 11-12 200 Breast    | 7     | 12     | ---    |
| <b>Nival Bissoon (14) M</b>          |         |                            |       |        |        |
| 27.24S                               | F # 2C  | 200 Free Relay Lead Off    | ---   | ---    | 0.45   |
| 1:13.00S                             | F # 8B  | Male 13-14 100 Back        | 4     | 15     | 1.49   |
| 1:01.06S                             | F # 12B | Male 13-14 100 Free        | 2     | 17     | 1.19   |
| 30.85S                               | F # 16B | Male 13-14 50 Fly          | 2     | 17     | 0.85   |
| 1:12.37S                             | F # 18B | Male 13-14 100 Fly         | 4     | 15     | 4.19   |
| <b>Ciaran Breen (9) M</b>            |         |                            |       |        |        |
| 52.64S                               | F # 4   | Male 10 & Under 50 Back    | 15    | 2      | -6.33  |
| 1:36.73S                             | F # 10  | Male 10 & Under 100 Free   | 6     | 13     | -4.44  |
| 57.98S                               | F # 14  | Male 10 & Under 50 Fly     | 11    | 6      | -4.17  |
| 2:03.46S                             | F # 20  | Male 10 & Under 100 Breast | 10    | 7      | 2.80   |

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Location: NAC

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| Time                         | F/P/S   | Event                        | Place | Points | Improv |
|------------------------------|---------|------------------------------|-------|--------|--------|
| <b>Emma Carter (10) F</b>    |         |                              |       |        |        |
| 40.11S                       | F # 3   | Female 10 & Under 50 Back    | 2     | 17     | -7.39  |
| 1:19.06S                     | F # 9   | Female 10 & Under 100 Free   | 2     | 17     | -0.97  |
| 41.71S                       | F # 13  | Female 10 & Under 50 Fly     | 1     | 20     | 1.27   |
| 1:38.31S                     | F # 19  | Female 10 & Under 100 Breast | 1     | 20     | -3.54  |
| 34.68S                       | F # 27  | Female 10 & Under 50 Free    | 2     | 17     | -2.88  |
| 1:29.47S                     | F # 31  | Female 10 & Under 100 Back   | 2     | 17     | -4.77  |
| 43.58S                       | F # 35  | Female 10 & Under 50 Breast  | 1     | 20     | -1.92  |
| <b>Tanya Christie (11) F</b> |         |                              |       |        |        |
| 1:55.73S                     | F # 7A  | Female 11-12 100 Back        | 23    | ---    | ---    |
| 1:47.92S                     | F # 11A | Female 11-12 100 Free        | 35    | ---    | ---    |
| 4:12.36S DQ                  | F # 21A | Female 11-12 200 Breast      | ---   | ---    | ---    |
| 46.13S                       | F # 29A | Female 11-12 50 Free         | 32    | ---    | ---    |
| DQ                           | F # 39A | Female 11-12 100 Breast      | ---   | ---    | ---    |
| 3:53.05S                     | F # 41A | Female 11-12 200 Free        | 17    | ---    | ---    |
| <b>Lauren Crisp (10) F</b>   |         |                              |       |        |        |
| 38.27S                       | F # 3   | Female 10 & Under 50 Back    | 1     | 20     | -1.00  |
| 1:19.74S                     | F # 9   | Female 10 & Under 100 Free   | 3     | 16     | -1.12  |
| 46.38S                       | F # 13  | Female 10 & Under 50 Fly     | 6     | 13     | -3.40  |
| 1:48.65S                     | F # 19  | Female 10 & Under 100 Breast | 4     | 15     | 4.09   |
| 1:21.91S                     | F # 25A | 200 Medley Relay Lead Off    | ---   | ---    | 42.64  |
| 34.73S                       | F # 27  | Female 10 & Under 50 Free    | 3     | 16     | -1.60  |
| 1:23.25S                     | F # 31  | Female 10 & Under 100 Back   | 1     | 20     | 0.55   |
| 49.57S                       | F # 35  | Female 10 & Under 50 Breast  | 6     | 13     | 0.33   |
| <b>Emily Ding (14) F</b>     |         |                              |       |        |        |
| 1:17.55S                     | F # 7B  | Female 13-14 100 Back        | 11    | 6      | 4.09   |
| 1:04.22S                     | F # 11B | Female 13-14 100 Free        | 3     | 16     | 1.36   |
| 1:11.39S                     | F # 17B | Female 13-14 100 Fly         | 1     | 20     | 2.39   |
| 5:01.92S                     | F # 23B | Female 13-14 400 Free        | 3     | 16     | 10.44  |
| 29.74S                       | F # 29B | Female 13-14 50 Free         | 2     | 17     | 0.56   |
| 1:25.65S                     | F # 39B | Female 13-14 100 Breast      | 1     | 20     | 1.14   |
| 2:19.40S                     | F # 41B | Female 13-14 200 Free        | 3     | 16     | -4.05  |
| 2:34.43S                     | F # 45B | Female 13-14 200 IM          | 1     | 20     | 0.35   |
| <b>Rory Hills (14) M</b>     |         |                              |       |        |        |
| 1:10.45S                     | F # 8B  | Male 13-14 100 Back          | 3     | 16     | ---    |
| 1:04.04S                     | F # 12B | Male 13-14 100 Free          | 5     | 14     | ---    |
| 34.99S                       | F # 16B | Male 13-14 50 Fly            | 3     | 16     | ---    |
| 5:00.03S                     | F # 24B | Male 13-14 400 Free          | 6     | 13     | ---    |
| 2:31.10S                     | F # 34B | Male 13-14 200 Back          | 5     | 14     | ---    |
| 1:23.53S                     | F # 40B | Male 13-14 100 Breast        | 6     | 13     | ---    |
| 2:21.44S                     | F # 42B | Male 13-14 200 Free          | 4     | 15     | ---    |
| 2:38.49S                     | F # 46B | Male 13-14 200 IM            | 6     | 13     | ---    |

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| Time                                 | F/P/S   | Event                      | Place | Points | Improv |
|--------------------------------------|---------|----------------------------|-------|--------|--------|
| <b>Patricia Grace Horwood (11) F</b> |         |                            |       |        |        |
| 1:28.41S                             | F # 7A  | Female 11-12 100 Back      | 10    | 7      | 1.20   |
| 1:19.73S                             | F # 11A | Female 11-12 100 Free      | 15    | 2      | 0.66   |
| 1:34.27S                             | F # 17A | Female 11-12 100 Fly       | 9     | 9      | -16.39 |
| 6:12.92S                             | F # 23A | Female 11-12 400 Free      | 20    | ---    | 10.76  |
| 3:05.61S                             | F # 33A | Female 11-12 200 Back      | 12    | 5      | ---    |
| 2:53.52S                             | F # 41A | Female 11-12 200 Free      | 11    | 6      | -0.66  |
| 3:07.81S                             | F # 45A | Female 11-12 200 IM        | 17    | ---    | -3.97  |
| <b>Justin Howe (12) M</b>            |         |                            |       |        |        |
| 1:23.37S                             | F # 8A  | Male 11-12 100 Back        | 2     | 17     | -13.15 |
| 1:11.96S                             | F # 12A | Male 11-12 100 Free        | 3     | 16     | -7.23  |
| 1:30.93S                             | F # 18A | Male 11-12 100 Fly         | 3     | 16     | -44.64 |
| 3:29.99S                             | F # 22A | Male 11-12 200 Breast      | 4     | 15     | -24.86 |
| <b>Nathan Howe (10) M</b>            |         |                            |       |        |        |
| 1:13.23S                             | F # 2A  | 200 Free Relay Lead Off    | ---   | ---    | 32.94  |
| 47.24S                               | F # 4   | Male 10 & Under 50 Back    | 7     | 12     | -5.57  |
| 1:25.44S                             | F # 10  | Male 10 & Under 100 Free   | 2     | 16.5   | -8.58  |
| 48.68S                               | F # 14  | Male 10 & Under 50 Fly     | 6     | 13     | -4.46  |
| 1:52.96S                             | F # 20  | Male 10 & Under 100 Breast | 6     | 13     | -10.49 |
| <b>Erica Kelm (13) F</b>             |         |                            |       |        |        |
| 1:41.23S                             | F # 7B  | Female 13-14 100 Back      | 17    | ---    | -10.38 |
| 1:21.62S                             | F # 11B | Female 13-14 100 Free      | 19    | ---    | -4.24  |
| 1:43.84S                             | F # 17B | Female 13-14 100 Fly       | 15    | 2      | ---    |
| 35.53S                               | F # 29B | Female 13-14 50 Free       | 19    | ---    | -0.78  |
| 1:55.85S                             | F # 39B | Female 13-14 100 Breast    | 14    | 3      | -5.81  |
| 3:08.61S                             | F # 41B | Female 13-14 200 Free      | 18    | ---    | -30.34 |
| 3:28.74S                             | F # 45B | Female 13-14 200 IM        | 20    | ---    | ---    |
| <b>Katherine Krause (14) F</b>       |         |                            |       |        |        |
| 1:16.60S                             | F # 7B  | Female 13-14 100 Back      | 8     | 11     | -0.22  |
| 1:07.88S                             | F # 11B | Female 13-14 100 Free      | 8     | 11     | -1.46  |
| 1:23.21S                             | F # 17B | Female 13-14 100 Fly       | 9     | 9      | -10.11 |
| 5:11.39S                             | F # 23B | Female 13-14 400 Free      | 8     | 11     | -0.39  |
| 31.74S                               | F # 29B | Female 13-14 50 Free       | 11    | 6      | 0.10   |
| 2:39.78S                             | F # 33B | Female 13-14 200 Back      | 6     | 13     | -1.51  |
| 2:27.11S                             | F # 41B | Female 13-14 200 Free      | 7     | 12     | -4.93  |
| 2:50.55S                             | F # 45B | Female 13-14 200 IM        | 9     | 9      | 4.36   |
| <b>Kali Lancaster (7) F</b>          |         |                            |       |        |        |
| 1:13.21S                             | F # 3   | Female 10 & Under 50 Back  | 32    | ---    | ---    |
| 1:02.81S                             | F # 27  | Female 10 & Under 50 Free  | 27    | ---    | ---    |

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| Time                         | F/P/S     | Event                        | Place | Points | Improv |
|------------------------------|-----------|------------------------------|-------|--------|--------|
| <b>Lia Lancaster (10) F</b>  |           |                              |       |        |        |
| 47.94S                       | F # 3     | Female 10 & Under 50 Back    | 11    | 6      | -3.51  |
| 1:34.79S                     | F # 9     | Female 10 & Under 100 Free   | 11    | 6      | -2.22  |
| 53.46S                       | F # 13    | Female 10 & Under 50 Fly     | 12    | 5      | 2.58   |
| 2:02.74S                     | DQ F # 19 | Female 10 & Under 100 Breast | ---   | ---    | ---    |
| 39.61S                       | F # 27    | Female 10 & Under 50 Free    | 8     | 11     | -0.81  |
| 1:42.04S                     | F # 31    | Female 10 & Under 100 Back   | 8     | 11     | -7.74  |
| 56.91S                       | F # 35    | Female 10 & Under 50 Breast  | 9     | 9      | 2.12   |
| 1:47.15S                     | F # 43    | Female 10 & Under 100 IM     | 8     | 11     | ---    |
| <b>Tanner Lawless (10) M</b> |           |                              |       |        |        |
| 51.94S                       | F # 4     | Male 10 & Under 50 Back      | 13    | 4      | -6.45  |
| 1:41.99S                     | F # 10    | Male 10 & Under 100 Free     | 8     | 11     | -20.46 |
| 45.48S                       | F # 28    | Male 10 & Under 50 Free      | 12    | 5      | -2.06  |
| 1:52.96S                     | F # 32    | Male 10 & Under 100 Back     | 10    | 7      | -8.25  |
| 1:11.77S                     | F # 36    | Male 10 & Under 50 Breast    | 5     | 14     | -9.98  |
| 2:02.29S                     | F # 44    | Male 10 & Under 100 IM       | 9     | 9      | ---    |
| <b>Anna Letkeman (12) F</b>  |           |                              |       |        |        |
| 1:28.74S                     | F # 7A    | Female 11-12 100 Back        | 12    | 5      | 0.17   |
| 1:12.26S                     | F # 11A   | Female 11-12 100 Free        | 8     | 11     | -0.79  |
| 1:39.64S                     | F # 17A   | Female 11-12 100 Fly         | 14    | 3      | -8.90  |
| 5:31.64S                     | F # 23A   | Female 11-12 400 Free        | 8     | 11     | -36.55 |
| 3:08.66S                     | F # 33A   | Female 11-12 200 Back        | 15    | 2      | -22.12 |
| 1:50.47S                     | F # 39A   | Female 11-12 100 Breast      | 17    | ---    | -10.52 |
| 3:17.17S                     | F # 45A   | Female 11-12 200 IM          | 20    | ---    | -1.34  |
| <b>Ann MacIntosh (13) F</b>  |           |                              |       |        |        |
| 34.40S                       | F # 5B    | Female 13-14 50 Back         | 1     | 20     | -1.40  |
| 1:13.56S                     | F # 7B    | Female 13-14 100 Back        | 4     | 15     | -2.27  |
| 1:05.37S                     | F # 11B   | Female 13-14 100 Free        | 5     | 14     | -0.60  |
| 5:06.74S                     | F # 23B   | Female 13-14 400 Free        | 7     | 12     | -11.18 |
| 1:14.24S                     | F # 25C   | 200 Medley Relay Lead Off    | ---   | ---    | 38.44  |
| 29.91S                       | F # 29B   | Female 13-14 50 Free         | 4     | 14.5   | -0.03  |
| 2:38.35S                     | F # 33B   | Female 13-14 200 Back        | 4     | 15     | -1.86  |
| 2:22.28S                     | F # 41B   | Female 13-14 200 Free        | 5     | 14     | -3.45  |
| 2:43.86S                     | F # 45B   | Female 13-14 200 IM          | 4     | 15     | -8.10  |
| <b>Ana MacLeod (14) F</b>    |           |                              |       |        |        |
| 1:22.67S                     | F # 7B    | Female 13-14 100 Back        | 14    | 3      | -1.89  |
| 1:10.27S                     | F # 11B   | Female 13-14 100 Free        | 13    | 4      | 1.80   |
| 36.01S                       | F # 15B   | Female 13-14 50 Fly          | 3     | 16     | -1.64  |
| 5:16.90S                     | F # 23B   | Female 13-14 400 Free        | 10    | 7      | 4.24   |
| 31.18S                       | F # 29B   | Female 13-14 50 Free         | 8     | 11     | 0.87   |
| NS                           | F # 39B   | Female 13-14 100 Breast      | ---   | ---    | ---    |
| 2:34.46S                     | F # 41B   | Female 13-14 200 Free        | 11    | 6      | 2.26   |
| NS                           | F # 45B   | Female 13-14 200 IM          | ---   | ---    | ---    |

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| Time                             | F/P/S   | Event                      | Place | Points | Improv |
|----------------------------------|---------|----------------------------|-------|--------|--------|
| <b>Jon McKay (14) M</b>          |         |                            |       |        |        |
| 1:07.34S                         | F # 8B  | Male 13-14 100 Back        | 2     | 17     | ---    |
| 1:01.08S                         | F # 12B | Male 13-14 100 Free        | 3     | 16     | ---    |
| 1:09.45S                         | F # 18B | Male 13-14 100 Fly         | 2     | 16.5   | ---    |
| 4:38.30S                         | F # 24B | Male 13-14 400 Free        | 2     | 17     | ---    |
| 2:30.26S                         | F # 34B | Male 13-14 200 Back        | 4     | 15     | ---    |
| 1:21.42S                         | F # 40B | Male 13-14 100 Breast      | 5     | 14     | ---    |
| 2:11.86S                         | F # 42B | Male 13-14 200 Free        | 2     | 17     | ---    |
| 2:29.89S                         | F # 46B | Male 13-14 200 IM          | 4     | 15     | ---    |
| <b>Fionnuala McKenna (9) F</b>   |         |                            |       |        |        |
| 46.75S                           | F # 3   | Female 10 & Under 50 Back  | 10    | 7      | -2.33  |
| 1:31.84S                         | F # 9   | Female 10 & Under 100 Free | 10    | 7      | -4.60  |
| 48.55S                           | F # 13  | Female 10 & Under 50 Fly   | 9     | 9      | -5.87  |
| <b>Heather McMillan (11) F</b>   |         |                            |       |        |        |
| 1:31.05S                         | F # 7A  | Female 11-12 100 Back      | 14    | 3      | 0.31   |
| 1:23.26S                         | F # 11A | Female 11-12 100 Free      | 18    | ---    | -2.23  |
| 6:26.16S                         | F # 23A | Female 11-12 400 Free      | 25    | ---    | 9.78   |
| 1:28.65S                         | F # 25B | 200 Medley Relay Lead Off  | ---   | ---    | 42.05  |
| 3:14.71S                         | F # 33A | Female 11-12 200 Back      | 18    | ---    | ---    |
| 1:38.96S                         | F # 39A | Female 11-12 100 Breast    | 8     | 11     | -19.86 |
| 3:01.96S                         | F # 41A | Female 11-12 200 Free      | 13    | 4      | -3.77  |
| 3:26.53S                         | F # 45A | Female 11-12 200 IM        | 29    | ---    | 0.13   |
| <b>Shannon McMillan (9) F</b>    |         |                            |       |        |        |
| 49.54S                           | F # 3   | Female 10 & Under 50 Back  | 13    | 4      | 1.36   |
| 1:43.37S                         | F # 9   | Female 10 & Under 100 Free | 14    | 3      | -1.51  |
| 50.02S                           | F # 13  | Female 10 & Under 50 Fly   | 10    | 7      | -4.16  |
| 44.01S                           | F # 27  | Female 10 & Under 50 Free  | 12    | 5      | -0.75  |
| 1:53.33S                         | F # 43  | Female 10 & Under 100 IM   | 10    | 7      | -10.43 |
| <b>Victoria Mock (13) F</b>      |         |                            |       |        |        |
| 1:17.51S                         | F # 7B  | Female 13-14 100 Back      | 10    | 7      | -0.07  |
| 1:07.94S                         | F # 11B | Female 13-14 100 Free      | 9     | 9      | 1.93   |
| 34.33S                           | F # 15B | Female 13-14 50 Fly        | 2     | 17     | -0.39  |
| 5:04.64S                         | F # 23B | Female 13-14 400 Free      | 6     | 13     | 10.69  |
| 2:39.45S                         | F # 33B | Female 13-14 200 Back      | 5     | 14     | 0.15   |
| 1:28.21S                         | F # 39B | Female 13-14 100 Breast    | 3     | 16     | 3.90   |
| 2:27.10S                         | F # 41B | Female 13-14 200 Free      | 6     | 13     | 2.62   |
| 2:43.97S                         | F # 45B | Female 13-14 200 IM        | 5     | 14     | -2.74  |
| <b>Kristopher Neilson (10) M</b> |         |                            |       |        |        |
| 41.66S                           | F # 4   | Male 10 & Under 50 Back    | 2     | 17     | -6.12  |
| 1:22.95S                         | F # 10  | Male 10 & Under 100 Free   | 1     | 20     | -5.69  |
| 42.09S                           | F # 14  | Male 10 & Under 50 Fly     | 2     | 17     | -6.16  |
| 1:39.88S                         | F # 20  | Male 10 & Under 100 Breast | 1     | 20     | -2.36  |

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| Time                         | F/P/S   | Event                      | Place | Points | Improv |
|------------------------------|---------|----------------------------|-------|--------|--------|
| <b>Nicholas Nolt (9) M</b>   |         |                            |       |        |        |
| 47.46S                       | F # 4   | Male 10 & Under 50 Back    | 8     | 11     | -3.19  |
| 1:25.44S                     | F # 10  | Male 10 & Under 100 Free   | 2     | 16.5   | -0.89  |
| 49.68S                       | F # 14  | Male 10 & Under 50 Fly     | 9     | 9      | 1.75   |
| <b>Stephen Olmos (14) M</b>  |         |                            |       |        |        |
| 1:15.92S                     | F # 8B  | Male 13-14 100 Back        | 6     | 13     | -1.28  |
| 1:08.37S                     | F # 12B | Male 13-14 100 Free        | 8     | 11     | 4.23   |
| 35.23S                       | F # 16B | Male 13-14 50 Fly          | 4     | 15     | 1.38   |
| 5:29.59S                     | F # 24B | Male 13-14 400 Free        | 13    | 4      | 21.85  |
| 29.12S                       | F # 30B | Male 13-14 50 Free         | 4     | 15     | -0.09  |
| 1:25.70S                     | F # 40B | Male 13-14 100 Breast      | 8     | 11     | 0.32   |
| 2:32.60S                     | F # 42B | Male 13-14 200 Free        | 7     | 12     | 4.08   |
| 2:46.82S                     | F # 46B | Male 13-14 200 IM          | 9     | 9      | -0.68  |
| <b>Emma Reinsch (11) F</b>   |         |                            |       |        |        |
| 1:43.27S                     | F # 7A  | Female 11-12 100 Back      | 21    | ---    | -0.53  |
| 1:35.43S                     | F # 11A | Female 11-12 100 Free      | 29    | ---    | 4.07   |
| NS                           | F # 17A | Female 11-12 100 Fly       | ---   | ---    | ---    |
| 7:07.58S                     | F # 23A | Female 11-12 400 Free      | 26    | ---    | 4.82   |
| 39.35S                       | F # 29A | Female 11-12 50 Free       | 25    | ---    | -0.89  |
| 3:41.46S                     | F # 33A | Female 11-12 200 Back      | 21    | ---    | ---    |
| 2:01.15S                     | F # 39A | Female 11-12 100 Breast    | 22    | ---    | -22.40 |
| 3:49.53S                     | F # 45A | Female 11-12 200 IM        | 32    | ---    | -3.73  |
| <b>Rachel Sawchuk (12) F</b> |         |                            |       |        |        |
| 1:21.70S                     | F # 7A  | Female 11-12 100 Back      | 3     | 16     | -11.49 |
| 1:20.32S                     | F # 11A | Female 11-12 100 Free      | 16    | 1      | -3.41  |
| 1:39.04S                     | F # 17A | Female 11-12 100 Fly       | 13    | 4      | -9.19  |
| 6:26.05S                     | F # 23A | Female 11-12 400 Free      | 24    | ---    | -13.03 |
| 3:12.01S                     | F # 33A | Female 11-12 200 Back      | 17    | ---    | -23.07 |
| 1:57.92S                     | F # 39A | Female 11-12 100 Breast    | 21    | ---    | -3.25  |
| 3:21.15S                     | F # 45A | Female 11-12 200 IM        | 25    | ---    | -7.75  |
| <b>Michael Schmidt (8) M</b> |         |                            |       |        |        |
| 48.14S                       | F # 4   | Male 10 & Under 50 Back    | 11    | 6      | -13.94 |
| 49.14S                       | F # 14  | Male 10 & Under 50 Fly     | 8     | 11     | 0.92   |
| 1:44.19S                     | F # 20  | Male 10 & Under 100 Breast | 2     | 17     | -4.03  |

## UVic - Pacific Coast Swimming Assoc.

### Individual Meet Results

2010 NRST Fall Invitational 23-Oct-10 to 24-Oct-10 SC Meters

Location: NAC

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

| Time                           | F/P/S   | Event                      | Place | Points | Improv |
|--------------------------------|---------|----------------------------|-------|--------|--------|
| <b>Jade Simpas (17) M</b>      |         |                            |       |        |        |
| 58.50S                         | F # 2D  | 200 Free Relay Lead Off    | ---   | ---    | 31.06  |
| 1:13.61S                       | F # 8C  | Male 15 & Over 100 Back    | 12    | 5      | 3.45   |
| 1:03.33S                       | F # 12C | Male 15 & Over 100 Free    | 8     | 11     | 1.45   |
| 2:46.71S                       | F # 22C | Male 15 & Over 200 Breast  | 2     | 17     | 2.10   |
| 5:34.41S                       | F # 24C | Male 15 & Over 400 Free    | 12    | 5      | -0.86  |
| 33.56S                         | F # 38C | Male 15 & Over 50 Breast   | 2     | 17     | 0.42   |
| 1:15.15S                       | F # 40C | Male 15 & Over 100 Breast  | 2     | 17     | 1.67   |
| 2:30.12S                       | F # 42C | Male 15 & Over 200 Free    | 12    | 5      | 6.81   |
| 2:36.60S                       | F # 46C | Male 15 & Over 200 IM      | 8     | 11     | 4.32   |
| <b>Jackson Sinclair (14) M</b> |         |                            |       |        |        |
| 1:13.19S                       | F # 8B  | Male 13-14 100 Back        | 5     | 14     | -5.15  |
| 1:04.38S                       | F # 12B | Male 13-14 100 Free        | 6     | 13     | -1.70  |
| 2:55.50S                       | F # 22B | Male 13-14 200 Breast      | 4     | 15     | -3.01  |
| 4:49.30S                       | F # 24B | Male 13-14 400 Free        | 5     | 14     | -3.26  |
| 29.78S                         | F # 30B | Male 13-14 50 Free         | 7     | 11.5   | -1.89  |
| 2:33.76S                       | F # 34B | Male 13-14 200 Back        | 6     | 13     | -16.79 |
| 2:21.17S                       | F # 42B | Male 13-14 200 Free        | 3     | 16     | -3.24  |
| 2:39.62S                       | F # 46B | Male 13-14 200 IM          | 7     | 12     | ---    |
| <b>Anna Stebeck (9) F</b>      |         |                            |       |        |        |
| 53.67S                         | F # 3   | Female 10 & Under 50 Back  | 16    | 1      | -1.20  |
| 1:37.16S                       | F # 9   | Female 10 & Under 100 Free | 13    | 4      | -4.71  |
| 57.45S                         | F # 13  | Female 10 & Under 50 Fly   | 15    | 2      | -3.48  |
| 43.55S                         | F # 27  | Female 10 & Under 50 Free  | 11    | 6      | -3.15  |
| 1:54.94S                       | F # 31  | Female 10 & Under 100 Back | 10    | 7      | -6.59  |
| 1:56.75S                       | F # 43  | Female 10 & Under 100 IM   | 11    | 6      | -11.93 |
| <b>Ariyan Suleman (16) M</b>   |         |                            |       |        |        |
| 1:24.30S                       | F # 8C  | Male 15 & Over 100 Back    | 15    | 2      | -0.15  |
| 1:05.27S                       | F # 12C | Male 15 & Over 100 Free    | 12    | 5      | -0.86  |
| 3:06.89S                       | F # 22C | Male 15 & Over 200 Breast  | 7     | 12     | 10.84  |
| 5:31.27S                       | F # 24C | Male 15 & Over 400 Free    | 11    | 6      | -5.40  |
| 29.82S                         | F # 30C | Male 15 & Over 50 Free     | 13    | 4      | 0.77   |
| 1:22.03S                       | F # 40C | Male 15 & Over 100 Breast  | 7     | 12     | 0.90   |
| 2:30.91S                       | F # 42C | Male 15 & Over 200 Free    | 13    | 4      | -3.27  |
| 2:56.44S                       | F # 46C | Male 15 & Over 200 IM      | 12    | 5      | -7.98  |
| <b>Riley Tesch (12) F</b>      |         |                            |       |        |        |
| 1:31.61S                       | F # 7A  | Female 11-12 100 Back      | 15    | 2      | -4.57  |
| 1:35.58S                       | F # 17A | Female 11-12 100 Fly       | 10    | 7      | -8.24  |
| 3:32.58S                       | F # 21A | Female 11-12 200 Breast    | 4     | 15     | -0.73  |
| 6:20.61S                       | F # 23A | Female 11-12 400 Free      | 22    | ---    | 4.31   |
| 3:19.12S                       | F # 33A | Female 11-12 200 Back      | 19    | ---    | ---    |
| 1:38.52S                       | F # 39A | Female 11-12 100 Breast    | 7     | 12     | -0.19  |
| 3:14.86S                       | F # 45A | Female 11-12 200 IM        | 18    | ---    | -11.09 |

## UVic - Pacific Coast Swimming Assoc.

### Individual Meet Results

2010 NRST Fall Invitational 23-Oct-10 to 24-Oct-10 SC Meters

Location: NAC

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

| Time                                   | F/P/S   | Event                        | Place | Points | Improv |
|--|---------|------------------------------|-------|--------|--------|
| <b>Rebecca Thomson (16) F</b>          |         |                              |       |        |        |
| 37.64S                                 | F # 5C  | Female 15 & Over 50 Back     | 3     | 16     | -0.93  |
| 1:20.71S                               | F # 7C  | Female 15 & Over 100 Back    | 10    | 7      | -0.36  |
| 1:10.19S                               | F # 11C | Female 15 & Over 100 Free    | 14    | 3      | 0.10   |
| 5:18.50S                               | F # 23C | Female 15 & Over 400 Free    | 11    | 6      | 4.61   |
| 33.14S                                 | F # 29C | Female 15 & Over 50 Free     | 15    | 2      | 0.30   |
| 1:29.02S                               | F # 39C | Female 15 & Over 100 Breast  | 6     | 13     | 0.82   |
| 2:29.32S                               | F # 41C | Female 15 & Over 200 Free    | 7     | 12     | 1.17   |
| 2:54.81S                               | F # 45C | Female 15 & Over 200 IM      | 9     | 9      | 0.63   |
| <b>Heidi Ullrich (12) F</b>            |         |                              |       |        |        |
| 1:10.51S                               | F # 11A | Female 11-12 100 Free        | 3     | 16     | -1.00  |
| 36.36S                                 | F # 15A | Female 11-12 50 Fly          | 2     | 17     | 0.70   |
| 1:21.74S                               | F # 17A | Female 11-12 100 Fly         | 2     | 17     | 2.02   |
| 5:29.34S                               | F # 23A | Female 11-12 400 Free        | 7     | 12     | -13.67 |
| 32.06S                                 | F # 29A | Female 11-12 50 Free         | 2     | 17     | -0.61  |
| 2:56.92S                               | F # 33A | Female 11-12 200 Back        | 6     | 13     | -29.40 |
| 2:35.14S                               | F # 41A | Female 11-12 200 Free        | 5     | 14     | -10.38 |
| 2:55.61S                               | F # 45A | Female 11-12 200 IM          | 3     | 16     | -14.66 |
| <b>Victoria von Sacken Nash (10) F</b> |         |                              |       |        |        |
| 49.70S                                 | F # 3   | Female 10 & Under 50 Back    | 14    | 3      | -2.23  |
| 1:36.54S                               | F # 9   | Female 10 & Under 100 Free   | 12    | 5      | 5.71   |
| 50.23S                                 | F # 13  | Female 10 & Under 50 Fly     | 11    | 6      | 2.51   |
| 1:47.03S                               | F # 19  | Female 10 & Under 100 Breast | 3     | 16     | 1.56   |
| <b>Katelyn Woo (10) F</b>              |         |                              |       |        |        |
| 44.66S                                 | F # 3   | Female 10 & Under 50 Back    | 6     | 13     | -3.18  |
| 1:44.79S                               | F # 9   | Female 10 & Under 100 Free   | 15    | 2      | 1.19   |
| 2:05.99S                               | F # 19  | Female 10 & Under 100 Breast | 14    | 3      | -4.54  |
| 45.55S                                 | F # 27  | Female 10 & Under 50 Free    | 13    | 4      | 0.45   |
| 55.39S                                 | F # 35  | Female 10 & Under 50 Breast  | 8     | 11     | -2.78  |
| 1:48.57S                               | F # 43  | Female 10 & Under 100 IM     | 9     | 9      | -5.74  |
| <b>Leanna Woo (14) F</b>               |         |                              |       |        |        |
| 1:16.21S                               | F # 7B  | Female 13-14 100 Back        | 6     | 13     | 0.31   |
| 1:10.15S                               | F # 11B | Female 13-14 100 Free        | 12    | 5      | 2.30   |
| 1:20.97S                               | F # 17B | Female 13-14 100 Fly         | 8     | 11     | 7.13   |
| 5:24.38S                               | F # 23B | Female 13-14 400 Free        | 11    | 6      | 13.87  |
| 31.81S                                 | F # 29B | Female 13-14 50 Free         | 12    | 5      | 0.19   |
| 2:44.19S                               | F # 33B | Female 13-14 200 Back        | 7     | 12     | -0.19  |
| 2:37.27S                               | F # 41B | Female 13-14 200 Free        | 12    | 5      | 6.37   |
| 3:01.97S                               | F # 45B | Female 13-14 200 IM          | 14    | 3      | 14.15  |

**UVic - Pacific Coast Swimming Assoc.****Individual Meet Results****2010 NRST Fall Invitational 23-Oct-10 to 24-Oct-10 SC Meters****Location: NAC****UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

| <b>Time</b>                  | <b>F/P/S</b> | <b>Event</b>            | <b>Place</b> | <b>Points</b> | <b>Improv</b> |
|------------------------------|--------------|-------------------------|--------------|---------------|---------------|
| <b>Tabitha Zammit (12) F</b> |              |                         |              |               |               |
| 1:24.58S                     | F # 7A       | Female 11-12 100 Back   | 6            | 13            | -3.30         |
| 1:16.35S                     | F # 11A      | Female 11-12 100 Free   | 11           | 6             | -2.12         |
| 3:13.16S                     | F # 21A      | Female 11-12 200 Breast | 1            | 20            | -4.40         |
| 5:53.75S                     | F # 23A      | Female 11-12 400 Free   | 13           | 4             | -13.44        |
| 3:03.49S                     | F # 33A      | Female 11-12 200 Back   | 9            | 9             | 3.80          |
| 1:31.01S                     | F # 39A      | Female 11-12 100 Breast | 2            | 17            | -2.31         |
| 2:50.81S                     | F # 41A      | Female 11-12 200 Free   | 9            | 9             | -7.31         |
| 3:05.49S                     | F # 45A      | Female 11-12 200 IM     | 13           | 4             | -1.49         |