

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Rachel Allen (11) F (00)					
38.29L	P # 3A	Female 11-12 50 Free	33	---	-2.12
3:42.82L	P # 7A	Female 11-12 200 IM	24	---	---
1:43.13L	F # 15A	Female 11-12 100 Breast	9	9	-3.89
1:49.79L	P # 15A	Female 11-12 100 Breast	17	---	2.77
3:35.18L	P # 19A	Female 11-12 200 Back	18	---	---
3:39.52L	F # 19A	Female 11-12 200 Back	15	---	---
3:18.68L	P # 31A	Female 11-12 200 Free	27	---	-18.78
1:30.24L	P # 43A	Female 11-12 100 Free	32	---	-10.28
3:43.72L	P # 45A	Female 11-12 200 Breast	11	---	-8.38
3:44.11L	F # 45A	Female 11-12 200 Breast	13	4	-7.99
1:40.40L	P # 47A	Female 11-12 100 Back	22	---	-0.86
Ewan Barker (9) M (00)					
1:00.70L	F # 26	Male 10 & Under 50 Breast	6	13	2.98
3:49.67L	F # 30	Male 10 & Under 200 Free	9	9	7.11
55.17L	F # 34	Male 10 & Under 50 Back	9	9	-0.41
1:50.26L	F # 42	Male 10 & Under 100 Free	11	6	7.98
56.89L	F # 50D	200 Medley Relay Lead Off	---	---	1.31
Finn Barker (11) M (00)					
2:55.96L	P # 32A	Male 11-12 200 Free	10	---	5.17
3:44.26L	F # 40A	Male 11-12 200 Fly	2	17	0.61
1:22.74L	F # 44A	Male 11-12 100 Free	9	9	0.62
1:22.88L	P # 44A	Male 11-12 100 Free	11	---	0.76
3:59.80L	P # 46A	Male 11-12 200 Breast	4	---	---
4:00.28L	F # 46A	Male 11-12 200 Breast	4	15	---
Ayaka Behro (12) F (00)					
35.39L	F # 3A	Female 11-12 50 Free	14	3	-1.06
35.88L	P # 3A	Female 11-12 50 Free	15	---	-0.57
3:20.06L	F # 7A	Female 11-12 200 IM	14	3	-27.93
3:23.68L	P # 7A	Female 11-12 200 IM	15	---	-24.31
1:52.07L	P # 15A	Female 11-12 100 Breast	22	---	-7.01
3:26.55L	F # 19A	Female 11-12 200 Back	12	6	-21.70
3:29.83L	P # 19A	Female 11-12 200 Back	14	---	-18.42
Nival Bissoon (14) M (00)					
27.68L	P # 4B	Male 13-14 50 Free	1	---	0.61
28.03L	F # 4B	Male 13-14 50 Free	1	20	0.96
2:38.21L	P # 8B	Male 13-14 200 IM	1	---	1.69
2:42.25L	F # 8B	Male 13-14 200 IM	1	20	5.73
30.09L	P # 12B	Male 13-14 50 Fly	1	---	-0.30
30.99L	F # 12B	Male 13-14 50 Fly	1	20	0.60
1:12.07L	P # 22B	Male 13-14 100 Fly	1	---	2.22

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Emma Carter (11) F (00)					
33.50L	P # 3A	Female 11-12 50 Free	7	---	-2.71
35.13L	F # 3A	Female 11-12 50 Free	7	12	-1.08
3:07.52L	F # 7A	Female 11-12 200 IM	4	15	9.94
3:07.85L	P # 7A	Female 11-12 200 IM	5	---	10.27
1:32.48L	P # 15A	Female 11-12 100 Breast	1	---	3.31
1:33.50L	F # 15A	Female 11-12 100 Breast	2	17	4.33
3:13.93L	P # 19A	Female 11-12 200 Back	8	---	---
3:17.85L	F # 19A	Female 11-12 200 Back	8	11	---
2:45.39L	F # 31A	Female 11-12 200 Free	9	9	-2.60
2:50.72L	P # 31A	Female 11-12 200 Free	11	---	2.73
3:18.67L	P # 45A	Female 11-12 200 Breast	4	---	2.83
3:19.75L	F # 45A	Female 11-12 200 Breast	3	16	3.91
1:28.48L	F # 47A	Female 11-12 100 Back	11	6	-2.64
1:30.71L	P # 47A	Female 11-12 100 Back	13	---	-0.41
Achintya Chaudhari (13) M (00)					
37.35L	P # 4B	Male 13-14 50 Free	16	---	0.32
1:39.59L	F # 16B	Male 13-14 100 Breast	5	14	-5.04
1:41.16L	P # 16B	Male 13-14 100 Breast	8	---	-3.47
1:56.09L DQ	P # 22B	Male 13-14 100 Fly	---	---	---
44.99L	P # 28B	Male 13-14 50 Breast	6	---	-4.90
46.27L	F # 28B	Male 13-14 50 Breast	6	13	-3.62
3:24.17L	P # 32B	Male 13-14 200 Free	11	---	-14.65
1:28.50L	P # 44B	Male 13-14 100 Free	13	---	-12.81
3:40.70L	P # 46B	Male 13-14 200 Breast	6	---	-6.07
3:44.81L	F # 46B	Male 13-14 200 Breast	3	16	-1.96
1:42.73L	F # 48B	Male 13-14 100 Back	6	13	-9.82
1:45.22L	P # 48B	Male 13-14 100 Back	11	---	-7.33

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Raymond Chou (15) M (00)					
30.02L	P # 4C	Male 15 & Over 50 Free	5	---	0.56
30.15L	F # 4C	Male 15 & Over 50 Free	5	14	0.69
34.88L	F # 12C	Male 15 & Over 50 Fly	3	16	-2.40
37.07L	P # 12C	Male 15 & Over 50 Fly	3	---	-0.21
1:25.14L	F # 16C	Male 15 & Over 100 Breast	2	17	-0.13
1:26.62L	P # 16C	Male 15 & Over 100 Breast	3	---	1.35
2:58.17L	F # 20C	Male 15 & Over 200 Back	3	16	---
2:59.43L	P # 20C	Male 15 & Over 200 Back	4	---	---
29.79L	F # 24B	200 Free Relay Lead Off	---	---	0.33
37.83L	F # 28C	Male 15 & Over 50 Breast	1	20	-0.07
38.68L	P # 28C	Male 15 & Over 50 Breast	1	---	0.78
37.09L	F # 36C	Male 15 & Over 50 Back	3	16	---
38.53L	P # 36C	Male 15 & Over 50 Back	3	---	---
1:05.34L	P # 44C	Male 15 & Over 100 Free	4	---	-2.49
1:06.16L	F # 44C	Male 15 & Over 100 Free	3	16	-1.67
3:09.26L	F # 46C	Male 15 & Over 200 Breast	2	17	-4.12
3:10.20L	P # 46C	Male 15 & Over 200 Breast	2	---	-3.18
Tanya Christie (12) F (00)					
41.71L	P # 3A	Female 11-12 50 Free	40	---	---
3:53.31L	P # 7A	Female 11-12 200 IM	28	---	---
1:53.82L	P # 15A	Female 11-12 100 Breast	24	---	---
47.90L	F # 27A	Female 11-12 50 Breast	4	15	---
51.03L	P # 27A	Female 11-12 50 Breast	6	---	---
1:36.96L	P # 43A	Female 11-12 100 Free	39	---	---
3:43.64L	F # 45A	Female 11-12 200 Breast	11	6	---
3:50.44L	P # 45A	Female 11-12 200 Breast	14	---	---
1:52.35L	P # 47A	Female 11-12 100 Back	29	---	---
45.00L	F # 49A	200 Medley Relay Lead Off	---	---	---

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Lauren Crisp (11) F (00)					
33.22L	P # 3A	Female 11-12 50 Free	4	---	-3.31
35.88L	F # 3A	Female 11-12 50 Free	8	11	-0.65
3:07.28L	P # 7A	Female 11-12 200 IM	4	---	-16.11
3:08.23L	F # 7A	Female 11-12 200 IM	5	14	-15.16
2:48.26L	P # 19A	Female 11-12 200 Back	2	---	6.21
2:49.83L	F # 19A	Female 11-12 200 Back	2	17	7.78
35.57L	P # 35A	Female 11-12 50 Back	1	---	-0.98
36.83L	F # 35A	Female 11-12 50 Back	1	20	0.28
1:15.66L	P # 43A	Female 11-12 100 Free	8	---	-4.51
1:15.84L	F # 43A	Female 11-12 100 Free	8	11	-4.33
3:37.30L	F # 45A	Female 11-12 200 Breast	8	11	---
3:38.81L	P # 45A	Female 11-12 200 Breast	8	---	---
1:18.49L	P # 47A	Female 11-12 100 Back	1	---	2.11
1:18.94L	F # 47A	Female 11-12 100 Back	2	17	2.56
Gabrielle Fitaire (13) F (00)					
41.07L	P # 3B	Female 13-14 50 Free	21	---	0.93
2:01.89L	P # 15B	Female 13-14 100 Breast	17	---	1.17
3:43.17L	P # 19B	Female 13-14 200 Back	13	---	---
1:57.50L	P # 21B	Female 13-14 100 Fly	12	---	---
40.25L	F # 23C	200 Free Relay Lead Off	---	---	0.11
3:21.51L	P # 31B	Female 13-14 200 Free	14	---	1.38
1:30.49L	P # 43B	Female 13-14 100 Free	16	---	1.25
1:45.56L	P # 47B	Female 13-14 100 Back	15	---	1.52
Armaan Gill (9) M (00)					
47.89L	F # 2	Male 10 & Under 50 Free	12	5	-6.40
NS	F # 14	Male 10 & Under 100 Breast	---	---	---
2:09.13L	F # 18	Male 10 & Under 100 Back	9	9	---
1:03.77L	F # 26	Male 10 & Under 50 Breast	9	9	0.25
1:01.33L	F # 34	Male 10 & Under 50 Back	12	5	1.52
1:58.13L	F # 42	Male 10 & Under 100 Free	13	4	3.04
Shaun Gill (11) M (00)					
40.22L	P # 4A	Male 11-12 50 Free	17	---	-0.19
3:47.23L DQ	P # 8A	Male 11-12 200 IM	---	---	---
1:58.47L	P # 16A	Male 11-12 100 Breast	13	---	7.66
3:57.76L	F # 20A	Male 11-12 200 Back	5	14	---
3:59.99L	P # 20A	Male 11-12 200 Back	7	---	---
3:14.69L	P # 32A	Male 11-12 200 Free	14	---	-4.34
1:33.88L	P # 44A	Male 11-12 100 Free	15	---	4.14
1:36.28L	F # 44A	Male 11-12 100 Free	13	4	6.54
4:05.00L	F # 46A	Male 11-12 200 Breast	7	12	---
4:06.79L	P # 46A	Male 11-12 200 Breast	8	---	---
1:57.04L	P # 48A	Male 11-12 100 Back	12	---	-2.69

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Rory Hills (15) M (00)					
2:37.99L	F # 8C	Male 15 & Over 200 IM	1	20	-1.65
2:40.35L	P # 8C	Male 15 & Over 200 IM	1	---	0.71
1:22.99L	F # 16C	Male 15 & Over 100 Breast	1	20	0.19
1:24.64L	P # 16C	Male 15 & Over 100 Breast	2	---	1.84
2:34.46L	F # 20C	Male 15 & Over 200 Back	1	20	0.01
2:34.69L	P # 20C	Male 15 & Over 200 Back	1	---	0.24
38.92L	F # 28C	Male 15 & Over 50 Breast	2	17	---
39.94L	P # 28C	Male 15 & Over 50 Breast	2	---	---
32.22L	F # 36C	Male 15 & Over 50 Back	2	17	-1.98
33.12L	P # 36C	Male 15 & Over 50 Back	1	---	-1.08
1:03.61L	F # 44C	Male 15 & Over 100 Free	2	17	-0.72
1:04.68L	P # 44C	Male 15 & Over 100 Free	3	---	0.35
2:59.96L	F # 46C	Male 15 & Over 200 Breast	1	20	1.85
3:00.82L	P # 46C	Male 15 & Over 200 Breast	1	---	2.71
1:09.97L	F # 48C	Male 15 & Over 100 Back	---	---	-2.20
1:10.60L	P # 48C	Male 15 & Over 100 Back	1	---	-1.57
Katherine Krause (15) F (00)					
2:53.22L	P # 7C	Female 15 & Over 200 IM	3	---	2.24
2:53.35L	F # 7C	Female 15 & Over 200 IM	1	20	2.37
1:32.44L	P # 15C	Female 15 & Over 100 Breast	5	---	-0.86
1:36.29L	F # 15C	Female 15 & Over 100 Breast	6	13	2.99
2:49.63L	F # 19C	Female 15 & Over 200 Back	1	20	5.40
2:51.98L	P # 19C	Female 15 & Over 200 Back	2	---	7.75
33.33L	F # 23C	200 Free Relay Lead Off	---	---	1.11
2:31.71L	F # 31C	Female 15 & Over 200 Free	3	16	1.37
2:32.23L	P # 31C	Female 15 & Over 200 Free	3	---	1.89
1:11.22L	P # 43C	Female 15 & Over 100 Free	4	---	2.77
1:12.57L	F # 43C	Female 15 & Over 100 Free	5	14	4.12
1:20.93L	P # 47C	Female 15 & Over 100 Back	1	---	2.31
1:35.72L	F # 47C	Female 15 & Over 100 Back	3	16	17.10
Lia Lancaster (10) F (00)					
37.38L	F # 1	Female 10 & Under 50 Free	3	16	-0.55
3:37.78L	F # 5	Female 10 & Under 200 IM	4	15	-9.34
1:53.55L	F # 13	Female 10 & Under 100 Breast	2	17	0.94
40.07L	F # 23B	200 Free Relay Lead Off	---	---	2.14
53.78L	F # 25	Female 10 & Under 50 Breast	5	14	1.28
3:03.40L	F # 29	Female 10 & Under 200 Free	2	17	-7.18
47.93L	F # 33	Female 10 & Under 50 Back	14	3	-6.26

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Anna Letkeman (12) F (00)					
32.17L	F # 3A	Female 11-12 50 Free	1	20	0.41
33.15L	P # 3A	Female 11-12 50 Free	3	---	1.39
3:03.29L	P # 7A	Female 11-12 200 IM	3	---	2.44
3:04.21L	F # 7A	Female 11-12 200 IM	3	16	3.36
2:44.36L	P # 19A	Female 11-12 200 Back	1	---	2.46
2:46.61L	F # 19A	Female 11-12 200 Back	1	20	4.71
2:32.05L	F # 31A	Female 11-12 200 Free	1	20	4.84
2:32.45L	P # 31A	Female 11-12 200 Free	2	---	5.24
37.22L	F # 35A	Female 11-12 50 Back	2	17	-10.55
37.89L	P # 35A	Female 11-12 50 Back	2	---	-9.88
1:10.34L	F # 43A	Female 11-12 100 Free	1	20	1.51
1:11.57L	P # 43A	Female 11-12 100 Free	1	---	2.74
1:17.98L	F # 47A	Female 11-12 100 Back	1	20	0.31
1:18.65L	P # 47A	Female 11-12 100 Back	2	---	0.98
Cindy Li (10) F (00)					
44.31L	F # 1	Female 10 & Under 50 Free	30	---	0.82
4:10.39L	F # 5	Female 10 & Under 200 IM	18	---	6.36
1:01.56L	F # 9	Female 10 & Under 50 Fly	17	---	-3.82
2:09.82L	F # 13	Female 10 & Under 100 Breast	16	1	2.09
58.16L	F # 25	Female 10 & Under 50 Breast	22	---	-0.92
3:54.17L	F # 29	Female 10 & Under 200 Free	33	---	-0.24
52.28L	F # 33	Female 10 & Under 50 Back	27	---	1.11
1:43.44L	F # 41	Female 10 & Under 100 Free	32	---	-3.28
44.24L	F # 49B	200 Medley Relay Lead Off	---	---	-6.93
Zi Yi Liu (10) M (00)					
47.07L	F # 2	Male 10 & Under 50 Free	10	7	-2.22
1:05.02L	F # 10	Male 10 & Under 50 Fly	5	14	---
2:33.41L	F # 14	Male 10 & Under 100 Breast	10	7	6.65
2:05.10L	F # 18	Male 10 & Under 100 Back	7	12	3.05
1:11.18L	F # 26	Male 10 & Under 50 Breast	12	5	4.29
3:52.23L	F # 30	Male 10 & Under 200 Free	10	7	-3.79
57.45L	F # 34	Male 10 & Under 50 Back	10	7	-0.96
1:51.03L	F # 42	Male 10 & Under 100 Free	12	5	1.34

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Ana MacLeod (15) F (00)					
31.93L	P # 3C	Female 15 & Over 50 Free	3	---	1.02
32.26L	F # 3C	Female 15 & Over 50 Free	5	14	1.35
35.85L	P # 11C	Female 15 & Over 50 Fly	5	---	1.37
37.36L	F # 11C	Female 15 & Over 50 Fly	3	16	2.88
3:07.59L	P # 19C	Female 15 & Over 200 Back	6	---	-5.45
3:12.05L	F # 19C	Female 15 & Over 200 Back	5	14	-0.99
1:28.37L	P # 21C	Female 15 & Over 100 Fly	7	---	2.45
1:34.43L	F # 21C	Female 15 & Over 100 Fly	6	13	8.51
32.80L	F # 23D	200 Free Relay Lead Off	---	---	1.89
2:36.47L	P # 31C	Female 15 & Over 200 Free	5	---	8.69
2:39.01L	F # 31C	Female 15 & Over 200 Free	6	13	11.23
40.43L	P # 35C	Female 15 & Over 50 Back	5	---	1.21
41.35L	F # 35C	Female 15 & Over 50 Back	4	15	2.13
1:11.19L	F # 43C	Female 15 & Over 100 Free	4	15	2.69
1:11.63L	P # 43C	Female 15 & Over 100 Free	5	---	3.13
1:28.05L	F # 47C	Female 15 & Over 100 Back	1	20	2.43
1:32.89L	P # 47C	Female 15 & Over 100 Back	5	---	7.27
Fionnuala McKenna (10) F (00)					
36.94L	F # 1	Female 10 & Under 50 Free	1	20	-0.28
3:41.65L	F # 5	Female 10 & Under 200 IM	7	12	0.29
2:06.06L	F # 13	Female 10 & Under 100 Breast	12	5	3.74
1:36.79L	F # 17	Female 10 & Under 100 Back	4	15	-1.95
3:03.55L	F # 29	Female 10 & Under 200 Free	3	16	-1.39
1:49.88L	F # 37	Female 10 & Under 100 Fly	2	17	-26.70
1:24.37L	F # 41	Female 10 & Under 100 Free	3	16	0.13
Heather McMillan (12) F (00)					
36.06L	P # 3A	Female 11-12 50 Free	16	---	1.43
3:18.80L	P # 7A	Female 11-12 200 IM	12	---	-13.30
3:20.07L	F # 7A	Female 11-12 200 IM	15	2	-12.03
1:39.70L	F # 15A	Female 11-12 100 Breast	5	14	6.12
1:40.35L	P # 15A	Female 11-12 100 Breast	5	---	6.77
3:22.48L	P # 19A	Female 11-12 200 Back	11	---	2.77
NS	F # 19A	Female 11-12 200 Back	---	---	---
2:53.19L	P # 31A	Female 11-12 200 Free	12	---	-9.25
2:56.76L	F # 31A	Female 11-12 200 Free	14	3	-5.68
1:20.03L	P # 43A	Female 11-12 100 Free	12	---	-5.64
1:20.91L	F # 43A	Female 11-12 100 Free	12	5	-4.76
3:33.94L	F # 45A	Female 11-12 200 Breast	7	12	6.87
3:37.94L	P # 45A	Female 11-12 200 Breast	7	---	10.87
1:35.91L	P # 47A	Female 11-12 100 Back	19	---	3.59
45.05L	F # 49B	200 Medley Relay Lead Off	---	---	-3.16

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Shannon McMillan (9) F (00)					
40.20L	F # 1	Female 10 & Under 50 Free	11	6	-0.29
3:55.85L	F # 5	Female 10 & Under 200 IM	11	6	-10.93
45.94L	F # 9	Female 10 & Under 50 Fly	3	16	1.77
1:45.23L	F # 17	Female 10 & Under 100 Back	10	7	-0.74
3:33.10L	F # 29	Female 10 & Under 200 Free	23	---	-7.40
48.30L	F # 33	Female 10 & Under 50 Back	15	2	1.68
1:35.18L	F # 41	Female 10 & Under 100 Free	15	2	-2.43
Mackenzie Mueller (10) F					
1:06.44L	F # 25	Female 10 & Under 50 Breast	41	---	3.16
4:02.64L	F # 29	Female 10 & Under 200 Free	36	---	-7.14
53.97L	F # 33	Female 10 & Under 50 Back	33	---	2.23
2:01.04L	F # 41	Female 10 & Under 100 Free	47	---	4.92
Kristopher Neilson (10) M (00)					
35.44L	F # 2	Male 10 & Under 50 Free	1	20	-1.08
3:07.79L	F # 6	Male 10 & Under 200 IM	1	20	-6.39
1:36.08L	F # 14	Male 10 & Under 100 Breast	1	20	1.10
1:30.15L	F # 18	Male 10 & Under 100 Back	1	20	-4.57
2:50.82L	F # 30	Male 10 & Under 200 Free	1	20	-4.55
1:34.35L	F # 38	Male 10 & Under 100 Fly	1	20	-2.86
1:19.24L	F # 42	Male 10 & Under 100 Free	1	20	-0.48
Luna-Mae Northcott (9) F					
DQ	F # 1	Female 10 & Under 50 Free	---	---	---
58.39L	F # 9	Female 10 & Under 50 Fly	13	4	---
2:29.98L DQ	F # 13	Female 10 & Under 100 Breast	---	---	---
2:04.27L	F # 17	Female 10 & Under 100 Back	26	---	---
Stephen Olmos (14) M (00)					
29.03L	P # 4B	Male 13-14 50 Free	6	---	0.32
29.17L	F # 4B	Male 13-14 50 Free	5	14	0.46
32.07L	F # 12B	Male 13-14 50 Fly	3	16	0.10
33.81L	P # 12B	Male 13-14 50 Fly	3	---	1.84
1:23.39L	F # 16B	Male 13-14 100 Breast	1	20	-1.93
1:29.25L	P # 16B	Male 13-14 100 Breast	1	---	3.93
2:46.86L	F # 20B	Male 13-14 200 Back	1	20	1.21
2:48.88L	P # 20B	Male 13-14 200 Back	1	---	3.23
39.81L	F # 28B	Male 13-14 50 Breast	2	17	0.82
40.55L	P # 28B	Male 13-14 50 Breast	2	---	1.56
33.96L	F # 36B	Male 13-14 50 Back	2	17	-0.23
34.68L	P # 36B	Male 13-14 50 Back	2	---	0.49
3:12.15L	P # 46B	Male 13-14 200 Breast	1	---	0.88
3:17.94L	F # 46B	Male 13-14 200 Breast	1	20	6.67
1:17.34L	F # 48B	Male 13-14 100 Back	2	17	2.60
1:19.03L	P # 48B	Male 13-14 100 Back	2	---	4.29

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Emma Reinsch (11) F (00)					
35.71L	F # 3A	Female 11-12 50 Free	15	2	0.08
35.80L	P # 3A	Female 11-12 50 Free	14	---	0.17
3:32.63L	P # 7A	Female 11-12 200 IM	20	---	4.30
3:21.94L	F # 19A	Female 11-12 200 Back	10	---	---
3:25.40L	P # 19A	Female 11-12 200 Back	12	---	---
1:46.75L	F # 21A	Female 11-12 100 Fly	7	12	-9.74
1:49.94L	P # 21A	Female 11-12 100 Fly	7	---	-6.55
53.22L	P # 27A	Female 11-12 50 Breast	14	---	-3.05
53.40L	F # 27A	Female 11-12 50 Breast	11	6	-2.87
3:02.37L	P # 31A	Female 11-12 200 Free	19	---	-0.62
1:21.65L	F # 43A	Female 11-12 100 Free	13	4	-0.41
1:22.44L	P # 43A	Female 11-12 100 Free	17	---	0.38
1:35.62L	P # 47A	Female 11-12 100 Back	18	---	2.32
Rachel Sawchuk (12) F (00)					
33.39L	P # 3A	Female 11-12 50 Free	6	---	0.32
33.49L	F # 3A	Female 11-12 50 Free	4	15	0.42
3:16.46L	F # 7A	Female 11-12 200 IM	11	6	-10.45
3:18.05L	P # 7A	Female 11-12 200 IM	11	---	-8.86
3:05.49L	P # 19A	Female 11-12 200 Back	5	---	0.32
3:05.50L	F # 19A	Female 11-12 200 Back	6	13	0.33
35.77L	F # 23B	200 Free Relay Lead Off	---	---	2.70
2:40.95L	F # 31A	Female 11-12 200 Free	4	15	-4.29
2:44.75L	P # 31A	Female 11-12 200 Free	7	---	-0.49
1:14.77L	F # 43A	Female 11-12 100 Free	6	13	0.84
1:15.46L	P # 43A	Female 11-12 100 Free	7	---	1.53
1:27.85L	P # 47A	Female 11-12 100 Back	8	---	3.67
1:29.12L	F # 47A	Female 11-12 100 Back	12	5	4.94
Riley Tesch (13) F (00)					
34.58L	P # 3B	Female 13-14 50 Free	11	---	0.19
3:06.15L	P # 7B	Female 13-14 200 IM	5	---	4.34
3:08.36L	F # 7B	Female 13-14 200 IM	4	15	6.55
1:34.89L	F # 15B	Female 13-14 100 Breast	4	15	1.70
1:35.17L	P # 15B	Female 13-14 100 Breast	4	---	1.98
1:28.57L	F # 21B	Female 13-14 100 Fly	3	16	-5.23
1:31.17L	P # 21B	Female 13-14 100 Fly	6	---	-2.63
2:48.70L	F # 31B	Female 13-14 200 Free	5	14	-1.35
2:50.96L	P # 31B	Female 13-14 200 Free	6	---	0.91
3:18.98L	F # 39B	Female 13-14 200 Fly	2	17	-6.49
1:16.63L	P # 43B	Female 13-14 100 Free	6	---	-6.19
1:18.63L	F # 43B	Female 13-14 100 Free	6	13	-4.19
3:23.34L	F # 45B	Female 13-14 200 Breast	3	16	2.14
3:24.28L	P # 45B	Female 13-14 200 Breast	4	---	3.08

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Rebecca Thomson (17) F (00)					
38.92L	P # 11C	Female 15 & Over 50 Fly	7	---	-0.51
39.28L	F # 11C	Female 15 & Over 50 Fly	5	14	-0.15
1:31.05L	P # 15C	Female 15 & Over 100 Breast	4	---	0.20
1:31.71L	F # 15C	Female 15 & Over 100 Breast	4	15	0.86
3:00.35L	P # 19C	Female 15 & Over 200 Back	5	---	5.97
3:03.64L	F # 19C	Female 15 & Over 200 Back	4	15	9.26
43.63L	F # 27C	Female 15 & Over 50 Breast	4	15	1.42
44.05L	P # 27C	Female 15 & Over 50 Breast	4	---	1.84
2:40.90L	P # 31C	Female 15 & Over 200 Free	6	---	7.62
2:41.32L	F # 31C	Female 15 & Over 200 Free	7	12	8.04
1:24.07L	P # 47C	Female 15 & Over 100 Back	4	---	0.24
1:31.25L	F # 47C	Female 15 & Over 100 Back	2	17	7.42
Christian Turpin (8) M (00)					
44.86L	F # 2	Male 10 & Under 50 Free	9	9	-1.13
1:04.20L	F # 10	Male 10 & Under 50 Fly	4	15	1.59
2:20.35L	F # 14	Male 10 & Under 100 Breast	7	12	3.07
2:00.66L	F # 18	Male 10 & Under 100 Back	6	13	7.50
1:02.00L	F # 26	Male 10 & Under 50 Breast	8	11	-4.51
50.67L	F # 34	Male 10 & Under 50 Back	5	14	-0.26
2:04.06L	F # 42	Male 10 & Under 100 Free	16	1	1.74
Victoria von Sacken Nash (11) F (00)					
37.41L	P # 3A	Female 11-12 50 Free	28	---	-2.80
3:35.53L	P # 7A	Female 11-12 200 IM	21	---	3.17
1:47.35L	P # 15A	Female 11-12 100 Breast	14	---	3.49
1:50.21L	F # 15A	Female 11-12 100 Breast	16	1	6.35
3:44.07L	P # 19A	Female 11-12 200 Back	21	---	-3.15
3:12.62L	P # 31A	Female 11-12 200 Free	25	---	-6.53
1:27.72L	P # 43A	Female 11-12 100 Free	26	---	-7.21
3:55.29L	P # 45A	Female 11-12 200 Breast	17	---	10.18
1:45.15L	P # 47A	Female 11-12 100 Back	24	---	-4.12

UVic - Pacific Coast Swimming Assoc.

Individual Meet Results

2011 NRST Spring Sprint 28-May-11 to 29-May-11 LC Meters

Location: NAC

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

Time	F/P/S	Event	Place	Points	Improv
Tabitha Zammit (12) F (00)					
2:53.50L	F # 7A	Female 11-12 200 IM	1	20	-4.40
2:54.68L	P # 7A	Female 11-12 200 IM	1	---	-3.22
1:33.11L	F # 15A	Female 11-12 100 Breast	1	20	3.08
1:35.34L	P # 15A	Female 11-12 100 Breast	2	---	5.31
2:55.87L	F # 19A	Female 11-12 200 Back	4	15	2.34
3:00.07L	P # 19A	Female 11-12 200 Back	4	---	6.54
42.68L	F # 27A	Female 11-12 50 Breast	1	20	-2.25
45.36L	P # 27A	Female 11-12 50 Breast	1	---	0.43
39.68L	P # 35A	Female 11-12 50 Back	5	---	-3.52
40.04L	F # 35A	Female 11-12 50 Back	4	15	-3.16
3:08.05L	F # 45A	Female 11-12 200 Breast	1	20	-6.23
3:10.90L	P # 45A	Female 11-12 200 Breast	2	---	-3.38
1:23.58L	F # 47A	Female 11-12 100 Back	4	15	0.68
1:24.96L	P # 47A	Female 11-12 100 Back	4	---	2.06