

STINGRAYS SWIM TEAM

Individual Meet Results

2010 Northern Virginia Region Champs 26-Feb-10 to 28-Feb-10 Yards
Sanction: VS-10-53 Location: GMU Manassas Freedom Center
STINGRAYS SWIM TEAM [RAYS-VA] Coach: BOB HERLINGER

Time	F/P/S	Event	Place	Points	Improv
Colleen Beaver (13) F					
2:40.59Y	BB P # 43	Female 13-14 200 Fly	12	---	1.67
27.31Y	AA F # 47	Female 13-14 50 Free	14	3	---
2:44.27Y	DQ P # 51	Female 13-14 200 Breast	---	---	---
Kayla Brumbaum (15) F					
2:02.27Y	AA F # 7	Female 15 & Over 200 Free	6	13	-2.48
2:15.36Y	AA F # 15	Female 15 & Over 200 IM	1	20	-1.73
55.56Y	AAA F # 95	Female 15 & Over 100 Free	1	20	-1.74
4:50.08Y	AA F # 99	Female 15 & Over 400 IM	3	16	-5.59
Abby Caspersen (10) F					
1:43.13Y	BB F # 25	Female 10 & Under 100 Breast	47	---	1.85
Brandon Clyborne (9) M					
1:42.11Y	BB F # 26	Male 10 & Under 100 Breast	21	---	-0.74
44.74Y	BB F # 74	Male 10 & Under 50 Breast	13	4	-2.71
Alexa Collins (13) F					
57.81Y	AA F # 93	Female 13-14 100 Free	3	16	-1.13
5:09.40Y	A F # 97	Female 13-14 400 IM	13	4	0.29
26.89Y	AA F # 101	200 Free Relay Lead Off	---	---	-0.26
Justin Courtney (12) M					
2:33.77Y	BB F # 32	Male 11-12 200 Back	6	13	-7.00
1:14.64Y	BB F # 36	Male 11-12 100 IM	15	2	---
2:15.85Y	A F # 40	Male 11-12 200 Free	6	13	-3.41
1:12.76Y	BB F # 68	Male 11-12 100 Back	9	9	-0.60
2:38.28Y	BB F # 84	Male 11-12 200 IM	13	4	-3.84
27.51Y	A F # 112	Male 11-12 50 Free	1	20	-1.18
32.94Y	A F # 120	Male 11-12 50 Back	7	12	-1.27
5:53.24Y	A F # 128	Male 11-12 500 Free	3	16	-14.62
Gillian Downs (12) F					
35.23Y	B F # 27	Female 11-12 50 Fly	34	---	0.75
1:12.12Y	A F # 35	Female 11-12 100 IM	10	7	-0.98
1:12.43Y	A F # 67	Female 11-12 100 Back	22	---	-2.34
1:04.84Y	BB F # 79	Female 11-12 100 Free	25	---	-0.08
2:37.31Y	A F # 83	Female 11-12 200 IM	25	---	-0.76
29.67Y	BB F # 111	Female 11-12 50 Free	28	---	-0.08
32.84Y	A F # 119	Female 11-12 50 Back	3	16	-0.97
6:13.22Y	BB F # 127	Female 11-12 500 Free	16	1	1.79
Stephanie Duncan (17) F					
3:10.95Y	P # 53	Female 15 & Over 200 Breast	36	---	11.02
1:20.50Y	P # 57	Female 15 & Over 100 Back	64	---	3.61
6:49.91Y	P # 65	Female 15 & Over 500 Free	50	---	35.78
2:53.38Y	P # 91	Female 15 & Over 200 Back	40	---	7.15
1:11.70Y	P # 95	Female 15 & Over 100 Free	68	---	5.29
NS	P # 99	Female 15 & Over 400 IM	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
Dylan Eichberg (10) M					
1:20.88Y	A F # 70	Male 10 & Under 100 Back	7	12	-4.22
44.79Y	BB F # 74	Male 10 & Under 50 Breast	14	3	-0.02
1:11.75Y	BB F # 78	Male 10 & Under 100 Free	2	17	-2.58
31.73Y	BB F # 114	Male 10 & Under 50 Free	2	17	-0.54
38.40Y	BB F # 118	Male 10 & Under 50 Back	9	9	-0.24
Michael Faust (14) M					
1:00.60Y	A F # 10	Male 13-14 100 Fly	1	18.5	-2.06
2:12.66Y	AA F # 14	Male 13-14 200 IM	2	17	-9.82
2:16.24Y	A F # 44	Male 13-14 200 Fly	3	16	-39.72
25.01Y	AA F # 48	Male 13-14 50 Free	3	16	-0.42
Dani Fletcher (17) F					
2:01.59Y	AA P # 7	Female 15 & Over 200 Free	3	---	1.32
2:21.96Y	A P # 15	Female 15 & Over 200 IM	7	---	-0.92
Caitlin Flinn (14) F					
26.43Y	AA F # 47	Female 13-14 50 Free	3	16	-1.15
1:08.48Y	A P # 55	Female 13-14 100 Back	14	---	-1.65
6:01.44Y	BB P # 63	Female 13-14 500 Free	23	---	-47.04
Mary Flinn (16) F					
2:30.25Y	BB F # 45	Female 15 & Over 200 Fly	11	6	-13.07
2:44.50Y	BB P # 53	Female 15 & Over 200 Breast	15	---	-1.86
Deanna Friedel (14) F					
1:16.08Y	A P # 1	Female 13-14 100 Breast	5	---	-4.85
2:14.20Y	BB P # 5	Female 13-14 200 Free	27	---	-4.28
2:34.82Y	BB P # 13	Female 13-14 200 IM	40	---	-6.11
28.07Y	A P # 47	Female 13-14 50 Free	27	---	-0.77
2:43.61Y	A P # 51	Female 13-14 200 Breast	5	---	-1.71
1:12.89Y	BB P # 55	Female 13-14 100 Back	34	---	0.32
2:39.91Y	B P # 89	Female 13-14 200 Back	35	---	4.28
1:02.91Y	BB P # 93	Female 13-14 100 Free	41	---	0.28
Charlie Garbutt (12) M					
1:13.16Y	BB F # 68	Male 11-12 100 Back	11	6	-1.27
2:33.12Y	A F # 84	Male 11-12 200 IM	6	13	-1.20
2:54.70Y	BB F # 116	Male 11-12 200 Breast	3	16	1.15
33.85Y	BB F # 120	Male 11-12 50 Back	10	7	-0.01
6:12.31Y	BB F # 128	Male 11-12 500 Free	16	1	4.91
Ethan Glover (12) M					
2:31.92Y	A F # 32	Male 11-12 200 Back	4	15	-5.29
1:14.75Y	BB F # 36	Male 11-12 100 IM	16	1	-0.46
2:14.22Y	A F # 40	Male 11-12 200 Free	3	16	-2.49
1:11.84Y	A F # 68	Male 11-12 100 Back	7	12	-2.81
38.35Y	BB F # 72	Male 11-12 50 Breast	10	7	-1.92
1:01.68Y	A F # 80	Male 11-12 100 Free	4	15	-1.44
27.68Y	A F # 112	Male 11-12 50 Free	2	17	-1.52

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Time	F/P/S	Event	Place	Points	Improv
34.41Y	BB F # 120	Male 11-12 50 Back	15	2	-0.59
5:56.52Y	A F # 128	Male 11-12 500 Free	8	11	-18.00
Angelina Goidas (16) F					
2:49.13Y	BB P # 53	Female 15 & Over 200 Breast	22	---	-6.12
5:47.41Y	BB P # 65	Female 15 & Over 500 Free	26	---	-12.68
2:26.86Y	BB P # 91	Female 15 & Over 200 Back	16	---	-12.56
59.79Y	A P # 95	Female 15 & Over 100 Free	35	---	-0.13
5:20.19Y	BB P # 99	Female 15 & Over 400 IM	27	---	-2.87
27.73Y	A F # 103	200 Free Relay Lead Off	---	---	-0.02
Matthew Halliburton (14) M					
1:11.34Y	A F # 2	Male 13-14 100 Breast	4	15	-5.52
1:03.30Y	BB F # 10	Male 13-14 100 Fly	7	12	0.72
2:12.90Y	AA F # 14	Male 13-14 200 IM	3	16	-4.00
NS	P # 48	Male 13-14 50 Free	---	---	---
2:34.97Y	A F # 52	Male 13-14 200 Breast	3	16	-9.87
1:03.35Y	A F # 56	Male 13-14 100 Back	5	14	-2.35
NS	P # 90	Male 13-14 200 Back	---	---	---
NS	P # 98	Male 13-14 400 IM	---	---	---
Temple Hammen (15) F					
28.56Y	BB P # 49	Female 15 & Over 50 Free	45	---	0.23
3:06.78Y	B P # 53	Female 15 & Over 200 Breast	35	---	0.44
1:14.41Y	B P # 57	Female 15 & Over 100 Back	53	---	3.89
2:36.60Y	B P # 91	Female 15 & Over 200 Back	32	---	7.45
1:05.92Y	B P # 95	Female 15 & Over 100 Free	60	---	4.65
Sam Heflin (15) F					
2:11.55Y	BB P # 7	Female 15 & Over 200 Free	30	---	1.86
1:10.65Y	BB P # 11	Female 15 & Over 100 Fly	30	---	-1.49
2:29.68Y	BB P # 15	Female 15 & Over 200 IM	29	---	-4.62
27.76Y	A P # 49	Female 15 & Over 50 Free	33	---	0.08
1:07.72Y	BB P # 57	Female 15 & Over 100 Back	19	---	-1.90
5:54.93Y	BB P # 65	Female 15 & Over 500 Free	31	---	-7.23
2:29.08Y	BB P # 91	Female 15 & Over 200 Back	22	---	-3.49
59.75Y	A P # 95	Female 15 & Over 100 Free	33	---	0.10
Cole Hensen (9) M					
1:31.87Y	B F # 34	Male 10 & Under 100 IM	28	---	1.61
2:43.69Y	BB F # 38	Male 10 & Under 200 Free	9	9	-5.31
1:27.04Y	BB F # 70	Male 10 & Under 100 Back	22	---	-1.17
1:13.77Y	BB F # 78	Male 10 & Under 100 Free	8	11	-3.46
1:30.29Y	BB F # 110	Male 10 & Under 100 Fly	13	4	-4.62
34.30Y	BB F # 114	Male 10 & Under 50 Free	22	---	0.29
41.86Y	BB F # 118	Male 10 & Under 50 Back	35	---	1.44
Laurie Herbek (16) F					
2:00.63Y	AA P # 7	Female 15 & Over 200 Free	1	---	-0.62
1:04.08Y	A P # 11	Female 15 & Over 100 Fly	6	---	0.25

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Time	F/P/S	Event	Place	Points	Improv
11:30.15Y	A F # 21B	Female 15 & Over 1000 Free	6	13	2.02
2:25.40Y	BB P # 45	Female 15 & Over 200 Fly	6	---	-4.60
1:06.47Y	A P # 57	Female 15 & Over 100 Back	11	---	0.86
5:38.71Y	A P # 65	Female 15 & Over 500 Free	11	---	6.89
2:26.12Y	BB P # 91	Female 15 & Over 200 Back	15	---	3.54
	NS P # 99	Female 15 & Over 400 IM	---	---	---
Lacy Howard (17) F					
27.87Y	BB P # 49	Female 15 & Over 50 Free	35	---	0.35
3:06.37Y	DQ P # 53	Female 15 & Over 200 Breast	---	---	---
1:11.30Y	BB P # 57	Female 15 & Over 100 Back	41	---	1.79
2:37.41Y	B P # 91	Female 15 & Over 200 Back	33	---	6.29
1:03.67Y	BB P # 95	Female 15 & Over 100 Free	56	---	3.14
	NS P # 99	Female 15 & Over 400 IM	---	---	---
Matt Howard (11) M					
35.10Y	BB F # 28	Male 11-12 50 Fly	15	2	-0.05
1:18.04Y	B F # 36	Male 11-12 100 IM	27	---	1.08
2:22.94Y	BB F # 40	Male 11-12 200 Free	20	---	-1.57
1:05.02Y	BB F # 80	Male 11-12 100 Free	21	---	-1.53
29.95Y	BB F # 112	Male 11-12 50 Free	22	---	-0.69
6:15.20Y	BB F # 128	Male 11-12 500 Free	20	---	-7.94
Billy Howell (14) M					
2:02.03Y	A F # 6	Male 13-14 200 Free	10	7	-6.44
2:20.66Y	BB F # 14	Male 13-14 200 IM	14	3	-10.86
11:20.59Y	A F # 22A	Male 13-14 1000 Free	4	15	-36.03
25.39Y	A F # 48	Male 13-14 50 Free	7	12	-0.84
1:03.38Y	A P # 56	Male 13-14 100 Back	4	---	-1.48
5:26.36Y	A F # 64	Male 13-14 500 Free	11	6	-7.52
2:14.42Y	A F # 90	Male 13-14 200 Back	9	9	-4.38
56.57Y	A F # 94	Male 13-14 100 Free	10	7	-1.38
Margaret Howell (12) F					
30.89Y	AA F # 27	Female 11-12 50 Fly	2	17	-3.11
2:12.25Y	AA F # 39	Female 11-12 200 Free	1	20	-2.64
1:13.87Y	BB F # 107	Female 11-12 100 Fly	15	2	1.26
2:48.67Y	AA F # 115	Female 11-12 200 Breast	1	20	---
5:51.26Y	AA F # 127	Female 11-12 500 Free	1	20	-12.53
Grady Hummer (14) M					
26.95Y	BB P # 48	Male 13-14 50 Free	23	---	-0.76
5:56.32Y	BB P # 64	Male 13-14 500 Free	33	---	0.86
	DQ P # 94	Male 13-14 100 Free	---	---	---
Tommy Hunt (17) M					
1:52.19Y	AA P # 8	Male 15 & Over 200 Free	6	---	2.22
2:06.53Y	A P # 16	Male 15 & Over 200 IM	4	---	2.52
52.12Y	A F # 20	400 Free Relay Lead Off	---	---	0.72
10:31.57Y	AA F # 22B	Male 15 & Over 1000 Free	3	16	-14.85

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Time	F/P/S	Event	Place	Points	Improv
24.23Y A	F # 50	Male 15 & Over 50 Free	14	3	0.14
58.74Y A	P # 58	Male 15 & Over 100 Back	4	---	1.16
5:10.94Y A	P # 66	Male 15 & Over 500 Free	18	---	-2.04
2:09.31Y BB	P # 92	Male 15 & Over 200 Back	8	---	2.47
Claire Hybl (15) F					
2:06.54Y A	S # 7S	Female 15 & Over 200 Free	1	---	0.54
1:08.07Y BB	P # 11	Female 15 & Over 100 Fly	22	---	0.38
11:50.82Y A	F # 21B	Female 15 & Over 1000 Free	9	9	18.22
27.55Y A	P # 49	Female 15 & Over 50 Free	26	---	0.35
5:43.81Y A	P # 65	Female 15 & Over 500 Free	22	---	8.08
2:25.76Y BB	P # 91	Female 15 & Over 200 Back	13	---	2.19
59.24Y A	P # 95	Female 15 & Over 100 Free	28	---	1.33
19:33.25Y A	F # 105C	Female 15 & Over 1650 Free	3	16	21.17
Andrew Jones (12) M					
34.13Y BB	F # 28	Male 11-12 50 Fly	14	3	-0.45
31.16Y B	F # 112	Male 11-12 50 Free	34	---	0.33
Peter Jones (9) M					
1:38.15Y BB	F # 26	Male 10 & Under 100 Breast	16	1	-4.78
1:25.04Y BB	F # 34	Male 10 & Under 100 IM	14	3	-0.42
2:47.96Y BB	F # 38	Male 10 & Under 200 Free	12	5	-0.72
1:26.54Y BB	F # 70	Male 10 & Under 100 Back	20	---	-4.89
43.45Y BB	F # 74	Male 10 & Under 50 Breast	6	13	-1.88
1:12.29Y BB	F # 78	Male 10 & Under 100 Free	5	14	-0.02
32.38Y BB	F # 114	Male 10 & Under 50 Free	9	9	-1.13
39.20Y BB	F # 118	Male 10 & Under 50 Back	17	---	-2.39
7:32.72Y BB	F # 126	Male 10 & Under 500 Free	13	4	-2.18
Emily Lewis (11) F					
2:28.22Y BB	F # 39	Female 11-12 200 Free	32	---	-1.83
31.55Y BB	F # 111	Female 11-12 50 Free	61	---	0.55
Hannah Lewis (16) F					
27.71Y A	P # 49	Female 15 & Over 50 Free	32	---	-0.08
1:10.46Y BB	P # 57	Female 15 & Over 100 Back	39	---	-0.72
2:35.50Y BB	P # 91	Female 15 & Over 200 Back	30	---	0.04
1:01.58Y BB	P # 95	Female 15 & Over 100 Free	48	---	2.08
Lauren Lipkin (12) F					
32.71Y BB	F # 27	Female 11-12 50 Fly	19	---	-1.35
1:15.31Y BB	F # 35	Female 11-12 100 IM	31	---	-0.22
2:23.16Y BB	F # 39	Female 11-12 200 Free	20	---	1.34
1:13.40Y DQ	F # 67	Female 11-12 100 Back	---	---	---
1:01.86Y A	F # 79	Female 11-12 100 Free	8	10	-1.60
2:45.00Y BB	F # 83	Female 11-12 200 IM	43	---	-3.87
34.55Y BB	F # 119	Female 11-12 50 Back	23	---	-1.14
6:23.98Y BB	F # 127	Female 11-12 500 Free	25	---	-2.95

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Time	F/P/S	Event	Place	Points	Improv
Molly Mansfield (11) F					
37.46Y B	F # 27	Female 11-12 50 Fly	40	---	2.79
1:23.71Y B	F # 67	Female 11-12 100 Back	63	---	4.39
Hannah Melkun (16) F					
26.57Y AA	F # 49	Female 15 & Over 50 Free	15	2	0.11
1:02.50Y AA	F # 61	400 Medley Relay Lead Off	---	---	-0.55
5:31.00Y AA	P # 65	Female 15 & Over 500 Free	4	---	-4.75
Coulton Messick (11) M					
2:20.26Y BB	F # 40	Male 11-12 200 Free	14	3	-0.11
1:03.07Y BB	F # 80	Male 11-12 100 Free	12	5	-2.87
2:45.06Y BB	F # 84	Male 11-12 200 IM	27	---	-4.18
29.34Y DQ	F # 112	Male 11-12 50 Free	---	---	---
34.97Y BB	F # 120	Male 11-12 50 Back	19	---	0.14
6:13.78Y BB	F # 128	Male 11-12 500 Free	18	---	-15.90
Shannon Minnich (15) F					
2:01.47Y AA	P # 7	Female 15 & Over 200 Free	2	---	-0.60
2:20.87Y AA	P # 15	Female 15 & Over 200 IM	6	---	-1.47
57.39Y AA	F # 19	400 Free Relay Lead Off	---	---	0.99
11:21.57Y AA	F # 21B	Female 15 & Over 1000 Free	2	17	-4.27
2:19.41Y DQ	P # 45	Female 15 & Over 200 Fly	---	---	---
1:04.54Y A	F # 57	Female 15 & Over 100 Back	6	13	-0.82
5:31.76Y AA	F # 65	Female 15 & Over 500 Free	4	15	1.74
5:02.23Y A	P # 99	Female 15 & Over 400 IM	11	---	-3.77
Emily Mitchell (15) F					
1:24.64Y B	P # 3	Female 15 & Over 100 Breast	28	---	-3.95
2:23.75Y B	P # 7	Female 15 & Over 200 Free	49	---	4.28
2:36.08Y BB	P # 15	Female 15 & Over 200 IM	42	---	1.55
2:58.76Y B	P # 53	Female 15 & Over 200 Breast	31	---	2.10
1:10.98Y BB	P # 57	Female 15 & Over 100 Back	40	---	0.04
6:13.85Y BB	P # 65	Female 15 & Over 500 Free	41	---	-3.42
2:34.11Y BB	P # 91	Female 15 & Over 200 Back	27	---	3.85
1:07.67Y B	P # 95	Female 15 & Over 100 Free	64	---	1.52
Cullen Monahan (13) M					
25.57Y A	P # 48	Male 13-14 50 Free	7	---	-1.19
2:24.15Y BB	P # 90	Male 13-14 200 Back	19	---	-1.92
56.85Y A	P # 94	Male 13-14 100 Free	11	---	-2.37
Nolan Monahan (11) M					
32.75Y BB	F # 28	Male 11-12 50 Fly	11	6	-0.02
1:10.10Y A	F # 36	Male 11-12 100 IM	2	17	-1.65
1:02.00Y A	F # 80	Male 11-12 100 Free	5	14	-0.56
2:29.20Y A	F # 84	Male 11-12 200 IM	1	20	-7.23
1:12.87Y BB	F # 108	Male 11-12 100 Fly	12	5	0.46
32.88Y A	F # 120	Male 11-12 50 Back	5	14	-2.61
5:54.24Y A	F # 128	Male 11-12 500 Free	6	13	-12.71

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Time	F/P/S	Event	Place	Points	Improv
Bianca Morales (15) F					
2:26.39Y	BB P # 45	Female 15 & Over 200 Fly	7	---	2.09
27.08Y	A P # 49	Female 15 & Over 50 Free	19	---	0.29
2:37.20Y	A F # 53	Female 15 & Over 200 Breast	4	15	-2.78
2:25.55Y	BB F # 91	Female 15 & Over 200 Back	13	4	-0.14
59.52Y	A P # 95	Female 15 & Over 100 Free	31	---	0.46
5:01.11Y	A F # 99	Female 15 & Over 400 IM	13	4	-2.70
Erin Morrison (10) F					
41.45Y	A F # 73	Female 10 & Under 50 Breast	3	16	-0.96
1:16.48Y	BB F # 77	Female 10 & Under 100 Free	22	---	-3.45
3:04.74Y	BB F # 81	Female 10 & Under 200 IM	14	3	-14.03
Hanna Motsenbocker (13) F					
2:18.91Y	BB P # 5	Female 13-14 200 Free	37	---	4.75
2:33.35Y	BB P # 13	Female 13-14 200 IM	36	---	-1.92
27.65Y	A P # 47	Female 13-14 50 Free	20	---	0.15
2:38.43Y	AA F # 51	Female 13-14 200 Breast	2	17	-9.46
1:00.07Y	A F # 93	Female 13-14 100 Free	16	1	-0.50
Grace O'Hara (10) F					
38.08Y	BB F # 29	Female 10 & Under 50 Fly	15	2	-2.73
2:55.24Y	BB F # 37	Female 10 & Under 200 Free	21	---	-1.48
1:35.86Y	BB F # 109	Female 10 & Under 100 Fly	20	---	1.32
41.70Y	BB F # 117	Female 10 & Under 50 Back	52	---	-1.03
John O'Hara (8) M					
1:34.85Y	BB F # 26	Male 10 & Under 100 Breast	12	5	0.26
37.43Y	BB F # 30	Male 10 & Under 50 Fly	8	11	-0.81
1:22.63Y	BB F # 34	Male 10 & Under 100 IM	8	11	-1.92
1:32.31Y	BB F # 110	Male 10 & Under 100 Fly	15	2	-3.76
34.47Y	BB F # 114	Male 10 & Under 50 Free	24	---	0.94
40.08Y	BB F # 118	Male 10 & Under 50 Back	22	---	-0.51
Mike O'Hara (12) M					
35.08Y	BB F # 120	Male 11-12 50 Back	20	---	-1.36
Alyssa Pfannenstein (16) F					
1:15.61Y	A F # 3	Female 15 & Over 100 Breast	10	7	0.44
2:13.47Y	BB P # 7	Female 15 & Over 200 Free	32	---	0.44
2:29.32Y	BB P # 15	Female 15 & Over 200 IM	26	---	-3.03
26.74Y	AA F # 49	Female 15 & Over 50 Free	16	1	-0.29
2:47.38Y	BB P # 53	Female 15 & Over 200 Breast	19	---	2.49
1:12.55Y	B P # 57	Female 15 & Over 100 Back	49	---	-0.86
2:38.87Y	B P # 91	Female 15 & Over 200 Back	36	---	1.31
1:00.05Y	A P # 95	Female 15 & Over 100 Free	38	---	0.43
Ashley Pfannenstein (17) F					
2:14.41Y	BB P # 7	Female 15 & Over 200 Free	37	---	0.20
1:08.85Y	BB P # 11	Female 15 & Over 100 Fly	27	---	3.89
2:26.90Y	BB P # 15	Female 15 & Over 200 IM	19	---	-0.11

STINGRAYS SWIM TEAM

Individual Meet Results

2010 Northern Virginia Region Champs 26-Feb-10 to 28-Feb-10 Yards

Sanction: VS-10-53 Location: GMU Manassas Freedom Center

STINGRAYS SWIM TEAM [RAYS-VA] Coach: BOB HERLINGER

Time	F/P/S	Event	Place	Points	Improv
2:35.90Y	A F # 53	Female 15 & Over 200 Breast	3	16	-0.31
1:11.89Y	B P # 57	Female 15 & Over 100 Back	44	---	0.20
59.04Y	A P # 95	Female 15 & Over 100 Free	22	---	-0.46
5:14.33Y	BB P # 99	Female 15 & Over 400 IM	21	---	0.01
27.23Y	A F # 103	200 Free Relay Lead Off	---	---	0.20
Jeffrey Pfannenstein (13) M					
2:33.88Y	B P # 14	Male 13-14 200 IM	35	---	2.24
28.24Y	BB P # 48	Male 13-14 50 Free	34	---	0.08
1:00.92Y	BB P # 94	Male 13-14 100 Free	30	---	0.30
Hayley Philippart (12) F					
1:24.12Y	BB F # 23	Female 11-12 100 Breast	21	---	-4.95
1:17.11Y	BB F # 35	Female 11-12 100 IM	43	---	-2.78
2:26.99Y	BB F # 39	Female 11-12 200 Free	27	---	4.08
38.48Y	BB F # 71	Female 11-12 50 Breast	17	---	-2.29
1:06.70Y	BB F # 79	Female 11-12 100 Free	36	---	-0.45
30.62Y	BB F # 111	Female 11-12 50 Free	45	---	-0.13
3:03.81Y	BB F # 115	Female 11-12 200 Breast	22	---	2.73
Jonathon Pins (13) M					
1:01.61Y	A P # 56	Male 13-14 100 Back	2	---	-3.69
5:32.36Y	A P # 64	Male 13-14 500 Free	12	---	-13.04
Kyle Pins (10) M					
6:27.26Y	AA F # 126	Male 10 & Under 500 Free	1	20	---
Aaron Plonka (9) M					
40.68Y	BB F # 118	Male 10 & Under 50 Back	27	---	-2.72
Michelle Putze (14) F					
NS	P # 93	Female 13-14 100 Free	---	---	---
Jared Redding (15) M					
23.16Y	AAA F # 50	Male 15 & Over 50 Free	2	17	-0.29
5:24.53Y	BB P # 66	Male 15 & Over 500 Free	30	---	5.31
50.31Y	AAA P # 96	Male 15 & Over 100 Free	1	---	-0.85
4:40.72Y	A P # 100	Male 15 & Over 400 IM	10	---	-2.18
Nikki Reeves (11) F					
1:21.04Y	A F # 23	Female 11-12 100 Breast	9	9	-0.63
1:16.20Y	BB F # 35	Female 11-12 100 IM	37	---	-0.39
2:28.70Y	BB F # 39	Female 11-12 200 Free	33	---	-1.96
30.02Y	BB F # 111	Female 11-12 50 Free	33	---	-1.25
2:58.72Y	BB F # 115	Female 11-12 200 Breast	11	6	-11.82
36.16Y	BB F # 119	Female 11-12 50 Back	40	---	0.75
Julianne Rogers (13) F					
2:15.20Y	BB P # 5	Female 13-14 200 Free	32	---	-4.07
2:30.44Y	A P # 13	Female 13-14 200 IM	29	---	-9.38
2:29.12Y	BB P # 89	Female 13-14 200 Back	16	---	-4.35
59.58Y	AA F # 93	Female 13-14 100 Free	15	2	-2.62
Karaline Schmitz (14) F					
2:03.23Y	AA F # 5	Female 13-14 200 Free	2	17	-5.08

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Sanction: VS-10-53 Location: GMU Manassas Freedom Center

STINGRAYS SWIM TEAM [RAYS-VA] Coach: BOB HERLINGER

Time	F/P/S	Event	Place	Points	Improv
2:19.02Y	AA P # 13	Female 13-14 200 IM	2	---	-9.03
11:24.94Y	AA F # 21A	Female 13-14 1000 Free	1	20	---
2:21.07Y	AA F # 43	Female 13-14 200 Fly	2	17	-10.34
26.23Y	AAA F # 47	Female 13-14 50 Free	2	17	-1.50
5:32.61Y	AA F # 63	Female 13-14 500 Free	9	9	-30.86
57.11Y	AA F # 93	Female 13-14 100 Free	1	20	-4.21
4:53.18Y	AA F # 97	Female 13-14 400 IM	1	20	-19.03
Ryan Schmitz (12) M					
36.79Y	A F # 72	Male 11-12 50 Breast	3	16	-1.33
Katie Sell (12) F					
36.72Y	A F # 71	Female 11-12 50 Breast	4	15	-1.60
2:29.05Y	AA F # 83	Female 11-12 200 IM	3	16	-6.00
6:06.51Y	A F # 127	Female 11-12 500 Free	14	3	-13.17
Michael Sell (15) M					
23.41Y	AA F # 50	Male 15 & Over 50 Free	6	13	0.03
5:02.25Y	AA F # 66	Male 15 & Over 500 Free	3	16	-5.45
51.12Y	AA F # 96	Male 15 & Over 100 Free	5	14	0.01
Jake Shafer (16) M					
1:51.22Y	AA F # 8	Male 15 & Over 200 Free	1	20	0.84
56.71Y	AA F # 12	Male 15 & Over 100 Fly	3	16	0.38
2:05.03Y	AA F # 16	Male 15 & Over 200 IM	9	9	-0.44
2:04.25Y	AA F # 46	Male 15 & Over 200 Fly	1	20	-4.22
4:56.73Y	AAA F # 66	Male 15 & Over 500 Free	1	20	-7.44
Karah Sizemore (12) F					
X 29.31Y	AAA F # 27	Female 11-12 50 Fly	---	---	-0.07
X 2:24.65Y	AA F # 31	Female 11-12 200 Back	---	---	-0.28
X 2:06.58Y	AAA F # 39	Female 11-12 200 Free	---	---	1.15
X 1:06.09Y	AAA F # 67	Female 11-12 100 Back	---	---	-2.64
X 59.55Y	AA F # 79	Female 11-12 100 Free	---	---	0.79
X 2:26.35Y	AA F # 83	Female 11-12 200 IM	---	---	2.16
X 1:05.83Y	AAA F # 107	Female 11-12 100 Fly	---	---	-0.28
X 27.99Y	AA F # 111	Female 11-12 50 Free	---	---	0.26
X 5:35.41Y	AAA F # 127	Female 11-12 500 Free	---	---	-0.50
Michaela Sizemore (8) F					
44.92Y	B F # 29	Female 10 & Under 50 Fly	40	---	3.01
1:35.81Y	B F # 33	Female 10 & Under 100 IM	67	---	2.59
1:20.96Y	BB F # 77	Female 10 & Under 100 Free	51	---	0.64
1:38.17Y	BB F # 109	Female 10 & Under 100 Fly	26	---	0.14
36.64Y	B F # 113	Female 10 & Under 50 Free	51	---	1.48
7:47.09Y	B F # 125	Female 10 & Under 500 Free	15	2	11.06
Michael Slattery (16) M					
1:06.57Y	A P # 4	Male 15 & Over 100 Breast	5	---	-2.88
1:51.76Y	AA F # 8	Male 15 & Over 200 Free	3	16	-10.34
57.09Y	AA P # 12	Male 15 & Over 100 Fly	4	---	-0.93

STINGRAYS SWIM TEAM

Individual Meet Results

2010 Northern Virginia Region Champs 26-Feb-10 to 28-Feb-10 Yards

Sanction: VS-10-53 Location: GMU Manassas Freedom Center

STINGRAYS SWIM TEAM [RAYS-VA] Coach: BOB HERLINGER

Time	F/P/S	Event	Place	Points	Improv	
23.40Y	AA	F # 50	Male 15 & Over 50 Free	4	14.5	-0.78
2:28.22Y	A	P # 54	Male 15 & Over 200 Breast	5	---	-16.72
1:00.83Y	A	P # 58	Male 15 & Over 100 Back	15	---	0.51
2:12.70Y	BB	F # 92	Male 15 & Over 200 Back	13	4	0.12
50.71Y	AA	P # 96	Male 15 & Over 100 Free	3	---	-1.35
Brandon Spence (13) M						
27.45Y	BB	P # 48	Male 13-14 50 Free	29	---	-0.53
59.48Y	BB	P # 94	Male 13-14 100 Free	24	---	-2.54
Haley Spence (9) F						
1:46.29Y	B	F # 109	Female 10 & Under 100 Fly	34	---	5.66
50.66Y		F # 121	200 Medley Relay Lead Off	---	---	6.74
Daniel Stockner (15) M						
1:55.11Y	A	P # 8	Male 15 & Over 200 Free	11	---	-2.86
2:11.18Y	A	P # 16	Male 15 & Over 200 IM	12	---	-2.11
10:41.76Y	AA	F # 22B	Male 15 & Over 1000 Free	6	13	-60.95
24.41Y	A	P # 50	Male 15 & Over 50 Free	18	---	-0.24
5:05.00Y	AA	F # 66	Male 15 & Over 500 Free	9	9	-7.97
52.80Y	AA	P # 96	Male 15 & Over 100 Free	11	---	-0.88
4:35.78Y	AA	P # 100	Male 15 & Over 400 IM	6	---	-8.88
17:49.04Y	AA	F # 106D	Male 15 & Over 1650 Free	3	16	-23.39
Maggie Suhling (15) F						
25.84Y	AA	F # 49	Female 15 & Over 50 Free	1	20	-0.13
5:33.47Y	A	F # 65	Female 15 & Over 500 Free	10	7	-2.27
57.01Y	AA	P # 95	Female 15 & Over 100 Free	5	---	1.06
Zerri Trospen (11) F						
33.75Y	BB	F # 27	Female 11-12 50 Fly	27	---	-0.52
1:17.59Y	BB	F # 35	Female 11-12 100 IM	46	---	-0.22
1:17.98Y	BB	F # 67	Female 11-12 100 Back	52	---	-2.63
29.10Y	A	F # 111	Female 11-12 50 Free	21	---	-1.09
35.04Y	BB	F # 119	Female 11-12 50 Back	27	---	-1.13
Ryan Ulrich (12) F						
1:18.83Y	BB	F # 35	Female 11-12 100 IM	54	---	-0.95
31.27Y	BB	F # 111	Female 11-12 50 Free	57	---	1.26
Juliet Whitman (10) F						
1:35.62Y	BB	F # 25	Female 10 & Under 100 Breast	17	---	-10.55
1:28.79Y	BB	F # 33	Female 10 & Under 100 IM	30	---	1.91
2:54.74Y	BB	F # 37	Female 10 & Under 200 Free	20	---	-1.82
42.27Y	BB	F # 73	Female 10 & Under 50 Breast	6	13	-3.48
1:18.61Y	BB	F # 77	Female 10 & Under 100 Free	35	---	-1.43
3:11.20Y	BB	F # 81	Female 10 & Under 200 IM	24	---	-4.13
Claire Winkler (16) F						
2:18.55Y	A	F # 45	Female 15 & Over 200 Fly	2	17	-5.28
27.57Y	A	P # 49	Female 15 & Over 50 Free	28	---	-0.20
1:08.59Y	BB	P # 57	Female 15 & Over 100 Back	21	---	1.12

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Individual Meet Results

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Sanction: VS-10-53 Location: GMU Manassas Freedom Center

STINGRAYS SWIM TEAM [RAYS-VA] Coach: BOB HERLINGER

Time	F/P/S	Event	Place	Points	Improv
2:19.15Y	A F # 91	Female 15 & Over 200 Back	9	9	0.56
1:00.35Y	A P # 95	Female 15 & Over 100 Free	42	---	0.52
4:59.76Y	A P # 99	Female 15 & Over 400 IM	9	---	2.24
Laura Wood (12) F					
37.26Y	A F # 71	Female 11-12 50 Breast	8	11	-0.74
2:31.41Y	AA F # 75	Female 11-12 200 Fly	1	20	-8.42
2:31.09Y	A F # 83	Female 11-12 200 IM	9	9	-0.97
Zoe Wuckovich (17) F					
2:02.53Y	AA P # 7	Female 15 & Over 200 Free	5	---	2.03
1:04.25Y	A P # 11	Female 15 & Over 100 Fly	9	---	1.81
11:15.41Y	AA F # 21B	Female 15 & Over 1000 Free	1	20	-20.64
Marie Yacone (16) F					
28.05Y	BB P # 49	Female 15 & Over 50 Free	40	---	0.48
1:11.99Y	BB F # 61	400 Medley Relay Lead Off	---	---	2.44
6:20.07Y	B P # 65	Female 15 & Over 500 Free	44	---	4.46
1:01.65Y	BB P # 95	Female 15 & Over 100 Free	49	---	1.16
Sophia Zavadil (10) F					
47.18Y	BB F # 73	Female 10 & Under 50 Breast	46	---	-0.31
1:42.05Y	BB F # 109	Female 10 & Under 100 Fly	29	---	8.46
Lina Zimmerman (16) F					
NS	P # 7	Female 15 & Over 200 Free	---	---	---
NS	P # 11	Female 15 & Over 100 Fly	---	---	---
NS	P # 15	Female 15 & Over 200 IM	---	---	---
2:21.10Y	A F # 45	Female 15 & Over 200 Fly	3	16	-3.45
26.23Y	AA F # 49	Female 15 & Over 50 Free	10	7	0.39
5:43.32Y	A F # 65	Female 15 & Over 500 Free	15	2	-5.45
57.87Y	AA P # 95	Female 15 & Over 100 Free	14	---	1.37
5:00.71Y	A F # 99	Female 15 & Over 400 IM	12	5	-6.32