

ST. JAMES SEALS SWIM CLUB

Individual Meet Entries Report

KSS Fall Invitational 13-Nov-10 to 14-Nov-10 SC Meters

Location: Kenora

ST JAMES SEALS SWIM CLUB [SJS] Coach: Ian Grunewald

Box 54008 RPO Courts

957 5745

Winnipeg, R3J 3Z3

stjamesseals@shaw.ca

FEMALE

Sophia Assuras (10)

# 1C	Female 9-10 200 Free	4:10.00S
# 3C	Female 9-10 50 Back	1:05.93S
# 5C	Female 9-10 100 Breast	2:10.72S
# 7C	Female 9-10 200 IM	4:30.00S
# 8C	Female 9-10 50 Free	49.78S
# 11C	Female 9-10 100 Free	2:02.19S
# 12C	Female 9-10 50 Breast	1:00.81S
# 15C	Female 9-10 50 Fly	1:10.00S

Phoenix Combe (13)

# 1G	Female 13-14 200 Free	2:55.52S
# 3G	Female 13-14 50 Back	44.41S
# 5G	Female 13-14 100 Breast	1:55.00S
# 7G	Female 13-14 200 IM	3:30.62S
# 8G	Female 13-14 50 Free	35.72S
# 10G	Female 13-14 400 Free	6:43.72S
# 12G	Female 13-14 50 Breast	49.19S
# 14G	Female 13-14 100 Back	1:40.86S

Sarah Cromb (10)

# 1C	Female 9-10 200 Free	3:56.27S
# 3C	Female 9-10 50 Back	55.48S
# 5C	Female 9-10 100 Breast	4:10.00S
# 7C	Female 9-10 200 IM	4:30.00S
# 8C	Female 9-10 50 Free	50.02S
# 11C	Female 9-10 100 Free	1:47.53S
# 12C	Female 9-10 50 Breast	55.00S
# 14C	Female 9-10 100 Back	2:00.92S

Jenny Ford (14)

# 1G	Female 13-14 200 Free	2:31.24S
# 3G	Female 13-14 50 Back	40.43S
# 5G	Female 13-14 100 Breast	1:33.68S
# 7G	Female 13-14 200 IM	2:49.03S
# 8G	Female 13-14 50 Free	32.01S
# 10G	Female 13-14 400 Free	5:19.42S
# 12G	Female 13-14 50 Breast	44.36S
# 15G	Female 13-14 50 Fly	36.09S

Cassidy Harder (14)

# 1G	Female 13-14 200 Free	2:43.17S
# 3G	Female 13-14 50 Back	45.00S
# 5G	Female 13-14 100 Breast	1:50.00S
# 8G	Female 13-14 50 Free	32.53S
# 10G	Female 13-14 400 Free	6:45.00S
# 11G	Female 13-14 100 Free	1:20.00S
# 12G	Female 13-14 50 Breast	44.49S
# 14G	Female 13-14 100 Back	1:40.00S

Hannah Irvine (10)

# 1C	Female 9-10 200 Free	3:07.89S
# 3C	Female 9-10 50 Back	45.00S
# 7C	Female 9-10 200 IM	3:27.65S

# 8C	Female 9-10 50 Free	36.96S
# 9C	Female 9-10 100 IM	1:52.91S
# 11C	Female 9-10 100 Free	1:27.78S
# 12C	Female 9-10 50 Breast	52.83S
# 15C	Female 9-10 50 Fly	40.13S

Sarah Klassen (12)

# 1E	Female 11-12 200 Free	3:55.00S
# 3E	Female 11-12 50 Back	55.44S
# 5E	Female 11-12 100 Breast	1:50.57S
# 7E	Female 11-12 200 IM	4:20.00S
# 8E	Female 11-12 50 Free	40.97S
# 11E	Female 11-12 100 Free	1:47.35S
# 12E	Female 11-12 50 Breast	49.68S
# 13E	Female 11-12 200 Breast	4:20.00S

Cosette Koltek (10)

# 3C	Female 9-10 50 Back	44.40S
# 4C	Female 9-10 200 Back	4:00.00S
# 5C	Female 9-10 100 Breast	1:53.45S
# 7C	Female 9-10 200 IM	4:20.00S
# 8C	Female 9-10 50 Free	39.04S
# 11C	Female 9-10 100 Free	1:37.37S
# 12C	Female 9-10 50 Breast	58.36S
# 14C	Female 9-10 100 Back	1:50.00S

Alexandria Miko (10)

# 3C	Female 9-10 50 Back	40.31S
# 4C	Female 9-10 200 Back	3:10.17S
# 7C	Female 9-10 200 IM	3:28.85S
# 8C	Female 9-10 50 Free	32.95S
# 10C	Female 9-10 400 Free	6:26.57S
# 11C	Female 9-10 100 Free	1:26.89S
# 12C	Female 9-10 50 Breast	50.76S
# 14C	Female 9-10 100 Back	1:33.40S

Kristen Miko (9)

# 1C	Female 9-10 200 Free	3:44.94S
# 3C	Female 9-10 50 Back	51.53S
# 4C	Female 9-10 200 Back	4:10.00S
# 7C	Female 9-10 200 IM	4:20.00S
# 8C	Female 9-10 50 Free	43.51S
# 11C	Female 9-10 100 Free	1:45.00S
# 12C	Female 9-10 50 Breast	1:10.00S
# 14C	Female 9-10 100 Back	2:00.00S

Keira Nichol (11)

# 1E	Female 11-12 200 Free	3:17.16S
# 3E	Female 11-12 50 Back	47.47S
# 7E	Female 11-12 200 IM	4:03.17S
# 8E	Female 11-12 50 Free	38.88S
# 10E	Female 11-12 400 Free	7:10.00S
# 11E	Female 11-12 100 Free	1:31.27S
# 12E	Female 11-12 50 Breast	57.20S

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FEMALE

# 14E	Female 11-12 100 Back	1:55.67S	# 15I	Female 15 & Over 50 Fly	38.57S
Mckenzie Rogers (10)			Sarah Watson (10)		
# 3C	Female 9-10 50 Back	1:03.63S	# 1C	Female 9-10 200 Free	2:57.65S
# 5C	Female 9-10 100 Breast	2:30.00S	# 5C	Female 9-10 100 Breast	1:45.67S
# 8C	Female 9-10 50 Free	53.22S	# 7C	Female 9-10 200 IM	3:28.45S
# 9C	Female 9-10 100 IM	2:15.00S	# 8C	Female 9-10 50 Free	36.68S
# 11C	Female 9-10 100 Free	2:13.14S	# 10C	Female 9-10 400 Free	6:40.03S
# 12C	Female 9-10 50 Breast	1:09.88S	# 11C	Female 9-10 100 Free	1:25.82S
# 14C	Female 9-10 100 Back	2:20.00S	# 12C	Female 9-10 50 Breast	48.98S
# 15C	Female 9-10 50 Fly	1:15.00S	# 15C	Female 9-10 50 Fly	44.08S
Kayleigh Russell (11)					
# 1E	Female 11-12 200 Free	3:45.00S			
# 5E	Female 11-12 100 Breast	2:00.00S			
# 8E	Female 11-12 50 Free	50.00S			
# 9E	Female 11-12 100 IM	1:55.00S			
# 11E	Female 11-12 100 Free	1:40.00S			
# 12E	Female 11-12 50 Breast	1:00.00S			
Sydney Sweeney (14)					
# 1G	Female 13-14 200 Free	3:03.85S			
# 3G	Female 13-14 50 Back	46.57S			
# 7G	Female 13-14 200 IM	3:55.00S			
# 8G	Female 13-14 50 Free	36.77S			
# 10G	Female 13-14 400 Free	7:10.00S			
# 11G	Female 13-14 100 Free	1:22.86S			
# 14G	Female 13-14 100 Back	1:45.00S			
# 15G	Female 13-14 50 Fly	55.00S			
Zoey Traverse (12)					
# 1E	Female 11-12 200 Free	2:33.05S			
# 2E	Female 11-12 100 Fly	1:30.32S			
# 5E	Female 11-12 100 Breast	1:36.88S			
# 7E	Female 11-12 200 IM	2:50.73S			
# 10E	Female 11-12 400 Free	5:22.34S			
# 12E	Female 11-12 50 Breast	44.12S			
# 14E	Female 11-12 100 Back	1:17.12S			
# 15E	Female 11-12 50 Fly	35.79S			
Allison Varey (11)					
# 1E	Female 11-12 200 Free	3:18.78S			
# 5E	Female 11-12 100 Breast	2:07.08S			
# 7E	Female 11-12 200 IM	4:21.95S			
# 8E	Female 11-12 50 Free	38.66S			
# 10E	Female 11-12 400 Free	8:18.26S			
# 11E	Female 11-12 100 Free	1:25.46S			
# 12E	Female 11-12 50 Breast	54.36S			
# 15E	Female 11-12 50 Fly	56.36S			
Jasmine Vialette (15)					
# 2I	Female 15 & Over 100 Fly	1:30.00S			
# 3I	Female 15 & Over 50 Back	35.78S			
# 7I	Female 15 & Over 200 IM	2:55.50S			
# 8I	Female 15 & Over 50 Free	31.36S			
# 10I	Female 15 & Over 400 Free	5:18.99S			
# 12I	Female 15 & Over 50 Breast	46.85S			
# 14I	Female 15 & Over 100 Back	1:15.11S			

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MALE

Nicholas Assuras (13)

# 1H	Male 13-14 200 Free	2:45.09S
# 4H	Male 13-14 200 Back	3:50.00S
# 7H	Male 13-14 200 IM	3:16.05S
# 8H	Male 13-14 50 Free	32.69S
# 10H	Male 13-14 400 Free	6:12.46S
# 12H	Male 13-14 50 Breast	38.33S
# 13H	Male 13-14 200 Breast	3:23.07S
# 15H	Male 13-14 50 Fly	47.44S

Nicholas Bell (13)

# 1H	Male 13-14 200 Free	3:09.98S
# 4H	Male 13-14 200 Back	3:24.72S
# 5H	Male 13-14 100 Breast	2:51.44S
# 7H	Male 13-14 200 IM	4:01.87S
# 8H	Male 13-14 50 Free	42.45S
# 10H	Male 13-14 400 Free	6:49.08S
# 12H	Male 13-14 50 Breast	1:00.88S
# 14H	Male 13-14 100 Back	1:40.27S

Winson Choi (18)

# 3J	Male 15 & Over 50 Back	33.38S
# 5J	Male 15 & Over 100 Breast	1:17.24S
# 8J	Male 15 & Over 50 Free	27.01S
# 10J	Male 15 & Over 400 Free	5:03.87S
# 11J	Male 15 & Over 100 Free	1:00.78S
# 12J	Male 15 & Over 50 Breast	34.52S
# 13J	Male 15 & Over 200 Breast	2:52.78S
# 15J	Male 15 & Over 50 Fly	32.01S

Gabe Dela Cruz (10)

# 1D	Male 9-10 200 Free	3:18.55S
# 2D	Male 9-10 100 Fly	2:05.00S
# 5D	Male 9-10 100 Breast	1:40.49S
# 7D	Male 9-10 200 IM	3:20.38S
# 10D	Male 9-10 400 Free	6:40.39S
# 11D	Male 9-10 100 Free	1:32.57S
# 12D	Male 9-10 50 Breast	47.32S
# 14D	Male 9-10 100 Back	1:40.27S

Jaerrod Dela Cruz (9)

# 1D	Male 9-10 200 Free	4:09.45S
# 3D	Male 9-10 50 Back	52.48S
# 5D	Male 9-10 100 Breast	1:55.69S
# 7D	Male 9-10 200 IM	3:53.11S
# 8D	Male 9-10 50 Free	43.02S
# 11D	Male 9-10 100 Free	1:31.80S
# 12D	Male 9-10 50 Breast	52.01S
# 14D	Male 9-10 100 Back	1:57.30S

Connor Hughes (13)

# 1H	Male 13-14 200 Free	2:44.84S
# 3H	Male 13-14 50 Back	42.85S
# 5H	Male 13-14 100 Breast	2:10.28S
# 7H	Male 13-14 200 IM	3:23.96S
# 8H	Male 13-14 50 Free	34.09S
# 11H	Male 13-14 100 Free	1:14.56S

# 14H	Male 13-14 100 Back	1:41.64S
# 15H	Male 13-14 50 Fly	46.79S

Kyle Irvine (13)

# 1H	Male 13-14 200 Free	2:43.06S
# 3H	Male 13-14 50 Back	43.49S
# 5H	Male 13-14 100 Breast	1:42.86S
# 7H	Male 13-14 200 IM	3:16.11S
# 8H	Male 13-14 50 Free	33.01S
# 10H	Male 13-14 400 Free	6:01.59S
# 13H	Male 13-14 200 Breast	5:02.33S
# 15H	Male 13-14 50 Fly	46.01S

Josh Koldon (13)

# 3H	Male 13-14 50 Back	42.15S
# 5H	Male 13-14 100 Breast	1:57.32S
# 7H	Male 13-14 200 IM	3:06.99S
# 8H	Male 13-14 50 Free	32.69S
# 10H	Male 13-14 400 Free	5:43.48S
# 11H	Male 13-14 100 Free	1:15.08S
# 13H	Male 13-14 200 Breast	4:20.00S
# 15H	Male 13-14 50 Fly	41.58S

Jonah Lambert (16)

# 1J	Male 15 & Over 200 Free	2:43.80S
# 3J	Male 15 & Over 50 Back	44.92S
# 5J	Male 15 & Over 100 Breast	1:34.24S
# 7J	Male 15 & Over 200 IM	3:11.31S
# 8J	Male 15 & Over 50 Free	31.99S
# 10J	Male 15 & Over 400 Free	5:49.28S
# 13J	Male 15 & Over 200 Breast	3:29.10S
# 14J	Male 15 & Over 100 Back	1:38.32S

Henrique Nascimento Fiorese (16)

# 1J	Male 15 & Over 200 Free	2:19.36S
# 3J	Male 15 & Over 50 Back	43.00S
# 5J	Male 15 & Over 100 Breast	1:30.00S
# 8J	Male 15 & Over 50 Free	27.20S
# 10J	Male 15 & Over 400 Free	6:00.00S
# 11J	Male 15 & Over 100 Free	1:01.46S
# 12J	Male 15 & Over 50 Breast	46.00S
# 15J	Male 15 & Over 50 Fly	30.00S

Cameron Russell (13)

# 2H	Male 13-14 100 Fly	1:17.21S
# 5H	Male 13-14 100 Breast	1:20.63S
# 6H	Male 13-14 400 IM	5:35.17S
# 8H	Male 13-14 50 Free	28.62S
# 10H	Male 13-14 400 Free	4:52.14S
# 13H	Male 13-14 200 Breast	2:50.28S
# 14H	Male 13-14 100 Back	1:17.08S
# 16H	Male 13-14 200 Fly	2:47.90S

Devon Thiessen (14)

# 1H	Male 13-14 200 Free	2:48.78S
# 3H	Male 13-14 50 Back	42.12S
# 7H	Male 13-14 200 IM	3:10.00S
# 8H	Male 13-14 50 Free	31.17S

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# 10H	Male 13-14 400 Free	6:30.00S
# 11H	Male 13-14 100 Free	1:15.52S
# 12H	Male 13-14 50 Breast	55.00S
# 15H	Male 13-14 50 Fly	50.00S
Riley Thiessen (12)		
# 1F	Male 11-12 200 Free	3:20.00S
# 3F	Male 11-12 50 Back	48.25S
# 7F	Male 11-12 200 IM	4:00.00S
# 8F	Male 11-12 50 Free	36.80S
# 10F	Male 11-12 400 Free	6:50.00S
# 11F	Male 11-12 100 Free	1:24.06S
# 12F	Male 11-12 50 Breast	1:00.00S
# 15F	Male 11-12 50 Fly	55.00S

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Individual Meet Entries Report**KSS Fall Invitational 13-Nov-10 to 14-Nov-10 SC Meters****ST JAMES SEALS SWIM CLUB [SJS] Coach: Ian Grunewald****Female IE's: 142****Male IE's: 104**

Total IE's: 246**Total Athletes: 31**