
Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
Aarons, Chloe (16) W						
2:35.38L	BB	F # 3	Women 15 & Over 200 Free	RSA-NC	32	---
36.16L		F # 43	Women 15 & Over 50 Back	RSA-NC	1	---
1:09.05L	BB	F # 51	Women 15 & Over 100 Free	RSA-NC	26	-1.26
2:46.53L	BB	F # 55	Women 15 & Over 200 Back	RSA-NC	15	1.00
31.77L	A	F # 99	Women 15 & Over 50 Free	RSA-NC	28	-0.20
1:15.91L	A	F # 111	Women 15 & Over 100 Back	RSA-NC	10	-3.33
NS		F # 119	Women 15 & Over 400 Free	RSA-NC	---	---
Anderson, Devin (14) M						
35.54L		F # 38	Men 13-14 50 Breast	RSA-NC	2	0.37
2:45.77L	BB	F # 46	Men 13-14 200 IM	RSA-NC	11	-16.95
3:00.05L	A	F # 62	Men 13-14 200 Breast	RSA-NC	8	-12.29
31.20L	BB	F # 98	Men 13-14 50 Free	RSA-NC	24	-0.13
1:20.25L	A	F # 102	Men 13-14 100 Breast	RSA-NC	8	-0.58
1:17.28L	BB	F # 110	Men 13-14 100 Back	RSA-NC	14	-8.40
Asbill, Matthew (10) M						
44.98L	BB	F # 14	Men 10 & Under 50 Fly	RSA-NC	15	---
42.04L	A	F # 18	Men 10 & Under 50 Back	RSA-NC	5	-3.04
1:21.48L	BB	F # 30	Men 10 & Under 100 Free	RSA-NC	9	0.36
41.31L	AA	F # 34	200 Medley Relay Lead Off	RSA-NC	---	-3.77
34.97L	A	F # 70	Men 10 & Under 50 Free	RSA-NC	4	-1.59
1:30.26L	A	F # 82	Men 10 & Under 100 Back	RSA-NC	2	-3.19
3:24.18L	BB	F # 86	Men 10 & Under 200 IM	RSA-NC	7	---
Barfield, Chris (16) M						
2:13.01L	A	F # 4	Men 15 & Over 200 Free	RSA-NC	16	-2.28
32.29L		F # 44	Men 15 & Over 50 Back	RSA-NC	1	---
58.78L	AA	F # 52	Men 15 & Over 100 Free	RSA-NC	11	---
1:04.64L	AA	F # 60	Men 15 & Over 100 Fly	RSA-NC	6	---
26.23L	AAA	F # 100	Men 15 & Over 50 Free	RSA-NC	9	---
1:10.68L	BB	F # 112	Men 15 & Over 100 Back	RSA-NC	12	---
4:54.32L	BB	F # 120	Men 15 & Over 400 Free	RSA-NC	20	---
Barham, Jordyn (13) W						
5:35.30L	AA	F # 9	Women 13-14 400 IM	RSA-NC	4	-22.36
2:41.62L	AA	F # 45	Women 13-14 200 IM	RSA-NC	9	-10.42
1:06.49L	AA	F # 49	Women 13-14 100 Free	RSA-NC	11	-2.09
2:42.40L	A	F # 53	Women 13-14 200 Back	RSA-NC	10	2.77
29.89L	AA	F # 97	Women 13-14 50 Free	RSA-NC	8	-1.09
1:30.53L	BB	F # 101	Women 13-14 100 Breast	RSA-NC	13	-4.75
1:16.49L	A	F # 109	Women 13-14 100 Back	RSA-NC	15	-3.18
30.66L	AA	F # 113	200 Free Relay Lead Off	RSA-NC	---	-0.32
Bartlett, Stephanie (10) W						
50.19L	B	F # 13	Women 10 & Under 50 Fly	RSA-NC	28	0.59
49.76L	BB	F # 17	Women 10 & Under 50 Back	RSA-NC	32	-0.05
1:58.60L	BB	F # 25	Women 10 & Under 100 Breast	RSA-NC	21	---
50.13L	B	F # 33	200 Medley Relay Lead Off	RSA-NC	---	0.32
40.97L	B	F # 69	Women 10 & Under 50 Free	RSA-NC	40	-1.81
55.06L	B	F # 73	Women 10 & Under 50 Breast	RSA-NC	26	---

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Time	F/P/S	Event	Place	Points	Improv	
1:43.62L	BB F # 81	Women 10 & Under 100 Back	RSA-NC	25	---	---
Bedolla, Andres (12) M						
6:11.10L	B F # 6	Men 11-12 400 Free	RSA-NC	12	---	---
44.42L	F # 16	Men 11-12 50 Fly	RSA-NC	15	---	-0.80
43.74L	B F # 20	Men 11-12 50 Back	RSA-NC	16	---	-0.65
1:20.41L	B F # 32	Men 11-12 100 Free	RSA-NC	19	---	0.62
35.89L	B F # 72	Men 11-12 50 Free	RSA-NC	26	---	---
52.20L	F # 76	Men 11-12 50 Breast	RSA-NC	13	---	1.41
1:35.34L	B F # 84	Men 11-12 100 Back	RSA-NC	21	---	---
Bell, Thomas (11) M						
33.96L	AA F # 16	Men 11-12 50 Fly	RSA-NC	3	---	-0.39
37.90L	A F # 20	Men 11-12 50 Back	RSA-NC	8	---	1.34
1:10.33L	A F # 32	Men 11-12 100 Free	RSA-NC	10	---	1.54
30.98L	AA F # 72	Men 11-12 50 Free	RSA-NC	10	---	-0.95
1:17.57L	A F # 80	Men 11-12 100 Fly	RSA-NC	3	---	0.79
1:20.76L	A F # 84	Men 11-12 100 Back	RSA-NC	7	---	0.10
Bell, Victoria (14) W						
2:18.34L	AAA F # 1	Women 13-14 200 Free	RSA-NC	4	---	-4.91
5:32.43L	AA F # 9	Women 13-14 400 IM	RSA-NC	2	---	-9.68
2:38.46L	AA F # 45	Women 13-14 200 IM	RSA-NC	5	---	-6.36
2:40.52L	A F # 53	Women 13-14 200 Back	RSA-NC	5	---	-12.41
1:12.99L	AA F # 57	Women 13-14 100 Fly	RSA-NC	4	---	-3.05
2:38.92L	AA F # 105	Women 13-14 200 Fly	RSA-NC	3	---	-7.84
1:18.44L	BB F # 109	Women 13-14 100 Back	RSA-NC	21	---	-2.28
4:48.10L	AAA F # 117	Women 13-14 400 Free	RSA-NC	4	---	-5.30
Berg, Astrid (14) W						
NS	F # 1	Women 13-14 200 Free	RSA-NC	---	---	---
3:03.69L	BB F # 45	Women 13-14 200 IM	RSA-NC	45	---	0.44
1:13.31L	BB F # 49	Women 13-14 100 Free	RSA-NC	44	---	0.15
3:25.03L	BB F # 61	Women 13-14 200 Breast	RSA-NC	13	---	5.73
1:34.40L	BB F # 101	Women 13-14 100 Breast	RSA-NC	21	---	0.25
1:29.58L	B F # 109	Women 13-14 100 Back	RSA-NC	60	---	0.08
Bobba, Revanth (8) M						
56.11L	F # 14	Men 10 & Under 50 Fly	RSA-NC	30	---	---
51.10L	DQ F # 18	Men 10 & Under 50 Back	RSA-NC	---	---	---
42.86L	B F # 70	Men 10 & Under 50 Free	RSA-NC	23	---	---
59.38L	B F # 74	Men 10 & Under 50 Breast	RSA-NC	20	---	---
1:47.28L	B F # 82	Men 10 & Under 100 Back	RSA-NC	16	---	---
Brewer, Olivia (9) W						
1:04.57L	F # 13	Women 10 & Under 50 Fly	RSA-NC	47	---	-5.31
58.47L	F # 17	Women 10 & Under 50 Back	RSA-NC	55	---	2.95
51.28L	F # 69	Women 10 & Under 50 Free	RSA-NC	67	---	-1.87
1:05.37L	F # 73	Women 10 & Under 50 Breast	RSA-NC	53	---	-0.28
2:02.63L	F # 81	Women 10 & Under 100 Back	RSA-NC	41	---	---
Carter, Olivia (8) W						
38.94L	AA F # 13	Women 10 & Under 50 Fly	RSA-NC	3	---	-11.33
42.10L	A F # 17	Women 10 & Under 50 Back	RSA-NC	8	---	-9.88

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1:24.06L	BB F # 29	Women 10 & Under 100 Free	RSA-NC 13	---	-16.98
37.30L	BB F # 69	Women 10 & Under 50 Free	RSA-NC 23	---	-6.76
55.41L	B F # 73	Women 10 & Under 50 Breast	RSA-NC 29	---	-6.77
1:38.79L	BB F # 77	Women 10 & Under 100 Fly	RSA-NC 5	---	-25.93
Castelloe, Emily (13) W					
2:29.80L	A F # 1	Women 13-14 200 Free	RSA-NC 23	---	---
2:55.12L	BB F # 45	Women 13-14 200 IM	RSA-NC 31	---	---
1:10.76L	BB F # 49	Women 13-14 100 Free	RSA-NC 32	---	---
1:22.93L	B F # 57	Women 13-14 100 Fly	RSA-NC 22	---	---
33.69L	BB F # 97	Women 13-14 50 Free	RSA-NC 55	---	---
1:23.68L	BB F # 109	Women 13-14 100 Back	RSA-NC 39	---	---
5:12.90L	A F # 117	Women 13-14 400 Free	RSA-NC 18	---	---
Chavez, Jose (15) M					
2:11.37L	AA F # 4	Men 15 & Over 200 Free	RSA-NC 13	---	---
5:11.45L	AA F # 12	Men 15 & Over 400 IM	RSA-NC 4	---	---
2:20.26L	AAA F # 48	Men 15 & Over 200 IM	RSA-NC 2	---	---
1:05.98L	A F # 60	Men 15 & Over 100 Fly	RSA-NC 9	---	0.26
2:48.10L	A F # 64	Men 15 & Over 200 Breast	RSA-NC 6	---	---
NS	F # 108	Men 15 & Over 200 Fly	RSA-NC ---	---	---
NS	F # 112	Men 15 & Over 100 Back	RSA-NC ---	---	---
Christopher, Michael (10) M					
NS	F # 70	Men 10 & Under 50 Free	RSA-NC ---	---	---
54.07L	DQ F # 74	Men 10 & Under 50 Breast	RSA-NC ---	---	---
Cohn, Brooke (14) W					
2:44.73L	B F # 1	Women 13-14 200 Free	RSA-NC 39	---	2.22
39.37L	F # 41	Women 13-14 50 Back	RSA-NC 11	---	1.81
1:12.29L	BB F # 49	Women 13-14 100 Free	RSA-NC 39	---	-1.90
35.36L	F # 93	Women 13-14 50 Fly	RSA-NC 10	---	-0.04
32.95L	BB F # 97	Women 13-14 50 Free	RSA-NC 48	---	0.05
1:27.51L	B F # 109	Women 13-14 100 Back	RSA-NC 54	---	-2.60
Comis, Mary (13) W					
2:41.06L	BB F # 1	Women 13-14 200 Free	RSA-NC 38	---	-6.04
43.34L	F # 37	Women 13-14 50 Breast	RSA-NC 5	---	-2.10
2:58.73L	BB F # 45	Women 13-14 200 IM	RSA-NC 36	---	-8.15
3:02.52L	B F # 53	Women 13-14 200 Back	RSA-NC 27	---	---
33.08L	BB F # 97	Women 13-14 50 Free	RSA-NC 50	---	-1.36
1:33.93L	BB F # 101	Women 13-14 100 Breast	RSA-NC 19	---	-7.00
1:27.28L	B F # 109	Women 13-14 100 Back	RSA-NC 53	---	-0.02
Connor, Seth (15) M					
2:16.99L	A F # 4	Men 15 & Over 200 Free	RSA-NC 24	---	-1.11
2:26.65L	AA F # 48	Men 15 & Over 200 IM	RSA-NC 6	---	-0.88
1:03.24L	BB F # 52	Men 15 & Over 100 Free	RSA-NC 25	---	2.37
2:41.64L	AA F # 64	Men 15 & Over 200 Breast	RSA-NC 1	---	1.61
27.05L	AA F # 100	Men 15 & Over 50 Free	RSA-NC 16	---	-2.65
1:14.32L	AA F # 104	Men 15 & Over 100 Breast	RSA-NC 2	---	1.09
4:48.71L	A F # 120	Men 15 & Over 400 Free	RSA-NC 14	---	---

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Connors, Kristin (14) W					
2:17.87L	AAA F # 1	Women 13-14 200 Free	RSA-NC 3	---	-1.23
1:04.43L	AAA F # 49	Women 13-14 100 Free	RSA-NC 4	---	-0.11
1:13.36L	A F # 57	Women 13-14 100 Fly	RSA-NC 5	---	-9.99
3:09.35L	A F # 61	Women 13-14 200 Breast	RSA-NC 7	---	-17.41
29.86L	AA F # 97	Women 13-14 50 Free	RSA-NC 6	---	-0.53
1:27.67L	A F # 101	Women 13-14 100 Breast	RSA-NC 9	---	-3.45
1:16.40L	A F # 109	Women 13-14 100 Back	RSA-NC 14	---	-0.16
Cross, Neville (16) M					
37.18L	F # 40	Men 15 & Over 50 Breast	RSA-NC 3	---	1.28
1:04.41L	AA F # 60	Men 15 & Over 100 Fly	RSA-NC 4	---	0.22
3:15.15L	B F # 64	Men 15 & Over 200 Breast	RSA-NC 15	---	---
28.35L	F # 96	Men 15 & Over 50 Fly	RSA-NC 4	---	-0.05
1:22.04L	BB F # 104	Men 15 & Over 100 Breast	RSA-NC 11	---	-1.67
1:10.40L	A F # 112	Men 15 & Over 100 Back	RSA-NC 11	---	-3.08
27.34L	AA F # 116	200 Free Relay Lead Off	RSA-NC ---	---	0.23
Crowe, Gretchen (7) W					
1:46.77L	DQ F # 13	Women 10 & Under 50 Fly	RSA-NC ---	---	---
1:05.46L	F # 17	Women 10 & Under 50 Back	RSA-NC 68	---	---
1:02.29L	F # 69	Women 10 & Under 50 Free	RSA-NC 75	---	---
1:22.84L	F # 73	Women 10 & Under 50 Breast	RSA-NC 65	---	---
Daniels, Christopher (12) M					
5:39.44L	BB F # 6	Men 11-12 400 Free	RSA-NC 9	---	-5.44
34.78L	A F # 16	Men 11-12 50 Fly	RSA-NC 6	---	-0.20
1:34.00L	BB F # 28	Men 11-12 100 Breast	RSA-NC 5	---	-1.87
1:09.39L	A F # 32	Men 11-12 100 Free	RSA-NC 7	---	-0.80
31.18L	AA F # 72	Men 11-12 50 Free	RSA-NC 11	---	-0.66
1:21.13L	A F # 80	Men 11-12 100 Fly	RSA-NC 8	---	0.25
1:24.04L	BB F # 84	Men 11-12 100 Back	RSA-NC 11	---	1.99
Daniels, Laney (8) W					
1:04.47L	DQ F # 13	Women 10 & Under 50 Fly	RSA-NC ---	---	---
1:05.80L	F # 17	Women 10 & Under 50 Back	RSA-NC 69	---	0.30
NS	F # 69	Women 10 & Under 50 Free	RSA-NC ---	---	---
NS	F # 73	Women 10 & Under 50 Breast	RSA-NC ---	---	---
Day, Hannah (10) W					
45.40L	BB F # 13	Women 10 & Under 50 Fly	RSA-NC 15	---	-1.53
44.67L	BB F # 17	Women 10 & Under 50 Back	RSA-NC 14	---	-0.38
1:44.13L	A F # 25	Women 10 & Under 100 Breast	RSA-NC 5	---	-7.29
38.57L	BB F # 69	Women 10 & Under 50 Free	RSA-NC 26	---	-0.71
46.22L	A F # 73	Women 10 & Under 50 Breast	RSA-NC 4	---	-1.22
3:31.30L	BB F # 85	Women 10 & Under 200 IM	RSA-NC 20	---	-15.52
38.70L	BB F # 89	200 Free Relay Lead Off	RSA-NC ---	---	-0.58
Day, Ryan (12) M					
45.86L	F # 16	Men 11-12 50 Fly	RSA-NC 17	---	-5.71
46.13L	F # 20	Men 11-12 50 Back	RSA-NC 20	---	-2.36
1:30.07L	F # 32	Men 11-12 100 Free	RSA-NC 24	---	-0.41
40.17L	F # 72	Men 11-12 50 Free	RSA-NC 34	---	0.41

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1:38.67L	B F # 84	Men 11-12 100 Back	RSA-NC	24	---	-2.67
3:42.65L	F # 88	Men 11-12 200 IM	RSA-NC	10	---	-9.05
DeForest, Leigh (13) W						
2:38.29L	BB F # 1	Women 13-14 200 Free	RSA-NC	36	---	---
2:56.73L	BB F # 45	Women 13-14 200 IM	RSA-NC	34	---	---
1:11.43L	BB F # 49	Women 13-14 100 Free	RSA-NC	35	---	-0.03
1:19.34L	BB F # 57	Women 13-14 100 Fly	RSA-NC	16	---	---
33.42L	F # 93	Women 13-14 50 Fly	RSA-NC	3	---	---
31.63L	A F # 97	Women 13-14 50 Free	RSA-NC	33	---	-0.04
1:19.73L	BB F # 109	Women 13-14 100 Back	RSA-NC	24	---	-0.98
DeForest, Mitch (15) M						
2:07.39L	AA F # 4	Men 15 & Over 200 Free	RSA-NC	7	---	-3.49
4:59.15L	AAA F # 12	Men 15 & Over 400 IM	RSA-NC	2	---	---
2:21.89L	AAA F # 48	Men 15 & Over 200 IM	RSA-NC	3	---	---
2:21.39L	AA F # 56	Men 15 & Over 200 Back	RSA-NC	1	---	---
1:05.17L	A F # 60	Men 15 & Over 100 Fly	RSA-NC	8	---	-0.04
26.85L	AA F # 100	Men 15 & Over 50 Free	RSA-NC	14	---	---
2:23.86L	AA F # 108	Men 15 & Over 200 Fly	RSA-NC	2	---	---
4:24.61L	AAA F # 120	Men 15 & Over 400 Free	RSA-NC	1	---	---
DeJarnette, David (14) M						
2:18.85L	A F # 2	Men 13-14 200 Free	RSA-NC	9	---	-8.63
5:42.31L	A F # 10	Men 13-14 400 IM	RSA-NC	9	---	-11.20
2:38.58L	A F # 46	Men 13-14 200 IM	RSA-NC	7	---	1.62
1:03.24L	AA F # 50	Men 13-14 100 Free	RSA-NC	7	---	0.46
3:00.93L	A F # 62	Men 13-14 200 Breast	RSA-NC	9	---	4.95
28.41L	AA F # 98	Men 13-14 50 Free	RSA-NC	10	---	-0.50
1:18.94L	A F # 102	Men 13-14 100 Breast	RSA-NC	4	---	-1.00
1:13.49L	A F # 110	Men 13-14 100 Back	RSA-NC	6	---	-3.68
Densmore, M.J. (15) W						
2:29.93L	BB F # 3	Women 15 & Over 200 Free	RSA-NC	26	---	11.20
2:45.15L	A F # 47	Women 15 & Over 200 IM	RSA-NC	19	---	5.21
1:08.64L	BB F # 51	Women 15 & Over 100 Free	RSA-NC	23	---	5.78
2:42.61L	A F # 55	Women 15 & Over 200 Back	RSA-NC	12	---	15.23
35.93L	F # 67	200 Medley Relay Lead Off	RSA-NC	---	---	3.01
29.88L	AA F # 99	Women 15 & Over 50 Free	RSA-NC	6	---	1.64
1:16.31L	BB F # 111	Women 15 & Over 100 Back	RSA-NC	12	---	7.65
Diacumakos, Alex (10) W						
45.85L	BB F # 13	Women 10 & Under 50 Fly	RSA-NC	16	---	1.42
41.60L	AA F # 17	Women 10 & Under 50 Back	RSA-NC	5	---	-1.18
1:48.74L	BB F # 25	Women 10 & Under 100 Breast	RSA-NC	11	---	-46.96
42.19L	A F # 33	200 Medley Relay Lead Off	RSA-NC	---	---	-0.59
36.60L	BB F # 69	Women 10 & Under 50 Free	RSA-NC	17	---	-1.47
50.15L	BB F # 73	Women 10 & Under 50 Breast	RSA-NC	13	---	-9.89
3:15.82L	A F # 85	Women 10 & Under 200 IM	RSA-NC	10	---	-24.19
Diacumakos, Noah (8) M						
44.28L	BB F # 18	Men 10 & Under 50 Back	RSA-NC	13	---	-6.10
1:55.73L	BB F # 26	Men 10 & Under 100 Breast	RSA-NC	4	---	---

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38.38L	BB F # 70	Men 10 & Under 50 Free	RSA-NC 16	---	-1.10
55.49L	B F # 74	Men 10 & Under 50 Breast	RSA-NC 11	---	2.42
1:42.46L	BB F # 82	Men 10 & Under 100 Back	RSA-NC 14	---	---
Dickey, Michael (15) M					
2:13.39L	A F # 4	Men 15 & Over 200 Free	RSA-NC 20	---	-3.89
5:28.29L	BB F # 12	Men 15 & Over 400 IM	RSA-NC 16	---	-12.47
1:01.51L	A F # 52	Men 15 & Over 100 Free	RSA-NC 17	---	-2.28
2:33.49L	BB F # 56	Men 15 & Over 200 Back	RSA-NC 9	---	-6.10
1:07.31L	A F # 60	Men 15 & Over 100 Fly	RSA-NC 15	---	-3.12
2:32.84L	BB F # 108	Men 15 & Over 200 Fly	RSA-NC 7	---	-7.97
1:12.43L	BB F # 112	Men 15 & Over 100 Back	RSA-NC 16	---	-8.82
	NS F # 120	Men 15 & Over 400 Free	RSA-NC ---	---	---
Ding, Stephanie (11) W					
38.63L	BB F # 15	Women 11-12 50 Fly	RSA-NC 20	---	---
1:30.55L	A F # 27	Women 11-12 100 Breast	RSA-NC 7	---	-1.90
1:11.01L	A F # 31	Women 11-12 100 Free	RSA-NC 15	---	0.64
30.49L	AAA F # 71A	Women 11-12 50 Free	RSA-NC 1	---	-1.16
41.11L	A F # 75	Women 11-12 50 Breast	RSA-NC 8	---	0.34
3:04.71L	BB F # 87	Women 11-12 200 IM	RSA-NC 21	---	---
Dixon, Sonoma (9) W					
41.95L	B F # 69	Women 10 & Under 50 Free	RSA-NC 42	---	-1.48
56.10L	B F # 73	Women 10 & Under 50 Breast	RSA-NC 31	---	0.22
1:44.05L	DQ F # 81	Women 10 & Under 100 Back	RSA-NC ---	---	---
Dodson, Emma (9) W					
46.11L	BB F # 13	Women 10 & Under 50 Fly	RSA-NC 17	---	---
42.01L	A F # 17	Women 10 & Under 50 Back	RSA-NC 7	---	0.43
1:20.49L	A F # 29	Women 10 & Under 100 Free	RSA-NC 9	---	---
36.48L	BB F # 69	Women 10 & Under 50 Free	RSA-NC 15	---	0.68
49.65L	BB F # 73	Women 10 & Under 50 Breast	RSA-NC 10	---	-0.26
3:19.27L	A F # 85	Women 10 & Under 200 IM	RSA-NC 14	---	---
37.27L	BB F # 89	200 Free Relay Lead Off	RSA-NC ---	---	1.47
Facchine, Emily (16) W					
2:21.90L	A F # 3	Women 15 & Over 200 Free	RSA-NC 15	---	0.23
5:24.94L	AA F # 11	Women 15 & Over 400 IM	RSA-NC 6	---	-2.29
2:34.99L	AA F # 47	Women 15 & Over 200 IM	RSA-NC 3	---	-2.37
1:09.60L	AA F # 59	Women 15 & Over 100 Fly	RSA-NC 4	---	-1.53
2:58.44L	A F # 63	Women 15 & Over 200 Breast	RSA-NC 4	---	-24.42
30.03L	AA F # 99	Women 15 & Over 50 Free	RSA-NC 8	---	-0.02
2:33.97L	AA F # 107	Women 15 & Over 200 Fly	RSA-NC 4	---	-1.46
4:59.35L	A F # 119	Women 15 & Over 400 Free	RSA-NC 10	---	4.94
Fahy, Marissa (11) W					
58.52L	F # 19	Women 11-12 50 Back	RSA-NC 51	---	0.02
1:41.83L	BB F # 27	Women 11-12 100 Breast	RSA-NC 21	---	-0.89
43.30L	F # 71A	Women 11-12 50 Free	RSA-NC 58	---	-0.59
48.34L	B F # 75	Women 11-12 50 Breast	RSA-NC 31	---	0.97

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Time	F/P/S	Event		Place	Points	Improv
Fahy, Sarah (13) W						
48.51L	F # 37	Women 13-14 50 Breast	RSA-NC	12	---	---
48.80L	F # 41	Women 13-14 50 Back	RSA-NC	15	---	0.42
48.29L	F # 93	Women 13-14 50 Fly	RSA-NC	19	---	---
39.78L	F # 97	Women 13-14 50 Free	RSA-NC	68	---	0.83
1:49.38L	F # 101	Women 13-14 100 Breast	RSA-NC	33	---	---
Fike, Quinn (10) W						
NS	F # 13	Women 10 & Under 50 Fly	RSA-NC	---	---	---
NS	F # 17	Women 10 & Under 50 Back	RSA-NC	---	---	---
NS	F # 29	Women 10 & Under 100 Free	RSA-NC	---	---	---
NS	F # 69	Women 10 & Under 50 Free	RSA-NC	---	---	---
NS	F # 81	Women 10 & Under 100 Back	RSA-NC	---	---	---
NS	F # 85	Women 10 & Under 200 IM	RSA-NC	---	---	---
Foernzler, John (10) M						
40.77L AA	F # 18	Men 10 & Under 50 Back	RSA-NC	2	---	-4.28
1:44.92L A	F # 26	Men 10 & Under 100 Breast	RSA-NC	1	---	-1.65
1:26.83L BB	F # 30	Men 10 & Under 100 Free	RSA-NC	12	---	3.17
37.96L BB	F # 70	Men 10 & Under 50 Free	RSA-NC	14	---	0.53
48.56L BB	F # 74	Men 10 & Under 50 Breast	RSA-NC	2	---	-7.15
3:13.24L A	F # 86	Men 10 & Under 200 IM	RSA-NC	3	---	-23.90
39.93L BB	F # 90	200 Free Relay Lead Off	RSA-NC	---	---	2.50
Friesen, Adrienne (18) W						
2:38.79L BB	F # 3	Women 15 & Over 200 Free	RSA-NC	35	---	---
1:13.50L BB	F # 51	Women 15 & Over 100 Free	RSA-NC	35	---	-1.55
3:00.48L B	F # 55	Women 15 & Over 200 Back	RSA-NC	27	---	---
3:14.49L BB	F # 63	Women 15 & Over 200 Breast	RSA-NC	14	---	---
1:28.01L BB	F # 103	Women 15 & Over 100 Breast	RSA-NC	11	---	---
NS	F # 111	Women 15 & Over 100 Back	RSA-NC	---	---	---
Giglio, Lindsey (15) W						
2:23.07L A	F # 3	Women 15 & Over 200 Free	RSA-NC	17	---	0.50
NS	F # 11	Women 15 & Over 400 IM	RSA-NC	---	---	---
Glukh, Benjamin (9) M						
55.09L DQ	F # 14	Men 10 & Under 50 Fly	RSA-NC	---	---	---
52.36L B	F # 18	Men 10 & Under 50 Back	RSA-NC	30	---	-10.18
2:06.51L B	F # 26	Men 10 & Under 100 Breast	RSA-NC	13	---	---
49.88L	F # 70	Men 10 & Under 50 Free	RSA-NC	35	---	-5.72
58.32L B	F # 74	Men 10 & Under 50 Breast	RSA-NC	15	---	-6.22
Glukh, Eugene (12) M						
44.69L	F # 16	Men 11-12 50 Fly	RSA-NC	16	---	-7.29
49.39L	F # 20	Men 11-12 50 Back	RSA-NC	24	---	-2.10
41.92L	F # 72	Men 11-12 50 Free	RSA-NC	35	---	-1.78
56.29L	F # 76	Men 11-12 50 Breast	RSA-NC	17	---	---
Godlewski, Jessie (15) W						
2:13.07L AAA	F # 3	Women 15 & Over 200 Free	RSA-NC	1	---	-0.34
5:12.55L AAA	F # 11	Women 15 & Over 400 IM	RSA-NC	1	---	-4.25
2:28.82L AAA	F # 47	Women 15 & Over 200 IM	RSA-NC	1	---	-1.94
2:31.07L AA	F # 55	Women 15 & Over 200 Back	RSA-NC	1	---	-0.79

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event	Place	Points	Improv	
1:06.99L	AAA F # 59	Women 15 & Over 100 Fly	RSA-NC	2	---	0.09
2:25.67L	AAA F # 107	Women 15 & Over 200 Fly	RSA-NC	1	---	-5.02
1:13.30L	A F # 111	Women 15 & Over 100 Back	RSA-NC	5	---	2.87
4:37.40L	AAA F # 119	Women 15 & Over 400 Free	RSA-NC	1	---	-1.37
Godlewski, Katie (11) W						
40.48L	BB F # 19	Women 11-12 50 Back	RSA-NC	18	---	-0.93
1:37.91L	BB F # 27	Women 11-12 100 Breast	RSA-NC	15	---	1.06
1:18.98L	BB F # 31	Women 11-12 100 Free	RSA-NC	34	---	1.12
35.55L	BB F # 71A	Women 11-12 50 Free	RSA-NC	34	---	-0.02
45.91L	B F # 75	Women 11-12 50 Breast	RSA-NC	16	---	0.14
1:27.12L	BB F # 83	Women 11-12 100 Back	RSA-NC	21	---	-1.11
Goodwin, Casey (12) W						
41.24L	B F # 15	Women 11-12 50 Fly	RSA-NC	27	---	0.82
47.53L	F # 19	Women 11-12 50 Back	RSA-NC	41	---	-2.64
1:24.60L	B F # 31	Women 11-12 100 Free	RSA-NC	46	---	---
36.28L	BB F # 71A	Women 11-12 50 Free	RSA-NC	45	---	-1.05
48.65L	B F # 75	Women 11-12 50 Breast	RSA-NC	32	---	-4.44
3:26.69L	B F # 87	Women 11-12 200 IM	RSA-NC	34	---	---
Grimm, Emily (9) W						
1:02.21L	F # 13	Women 10 & Under 50 Fly	RSA-NC	45	---	-2.09
49.90L	B F # 17	Women 10 & Under 50 Back	RSA-NC	34	---	-2.31
48.13L	F # 69	Women 10 & Under 50 Free	RSA-NC	60	---	-0.76
1:07.17L	F # 73	Women 10 & Under 50 Breast	RSA-NC	55	---	2.37
1:56.97L	B F # 81	Women 10 & Under 100 Back	RSA-NC	36	---	---
Guard, Owen (11) M						
NS	F # 72	Men 11-12 50 Free	RSA-NC	---	---	---
NS	F # 76	Men 11-12 50 Breast	RSA-NC	---	---	---
Guo, Vivian (7) W						
58.21L	F # 13	Women 10 & Under 50 Fly	RSA-NC	43	---	---
56.42L	F # 17	Women 10 & Under 50 Back	RSA-NC	50	---	-8.87
53.35L	F # 69	Women 10 & Under 50 Free	RSA-NC	70	---	5.59
1:12.71L	F # 73	Women 10 & Under 50 Breast	RSA-NC	61	---	---
Gupton, Allison (12) W						
NS	F # 15	Women 11-12 50 Fly	RSA-NC	---	---	---
NS	F # 19	Women 11-12 50 Back	RSA-NC	---	---	---
NS	F # 31	Women 11-12 100 Free	RSA-NC	---	---	---
NS	F # 71A	Women 11-12 50 Free	RSA-NC	---	---	---
NS	F # 83	Women 11-12 100 Back	RSA-NC	---	---	---
NS	F # 87	Women 11-12 200 IM	RSA-NC	---	---	---
Gurel, Dennis (17) M						
2:05.12L	AA F # 4	Men 15 & Over 200 Free	RSA-NC	3	---	-1.53
2:27.94L	DQ F # 48	Men 15 & Over 200 IM	RSA-NC	---	---	---
55.13L	AAA F # 52	Men 15 & Over 100 Free	RSA-NC	2	---	1.33
1:06.39L	A F # 60	Men 15 & Over 100 Fly	RSA-NC	10	---	-1.43
28.25L	F # 96	Men 15 & Over 50 Fly	RSA-NC	3	---	-1.60
25.84L	AA F # 100	Men 15 & Over 50 Free	RSA-NC	5	---	0.04
26.14L	AA F # 116	200 Free Relay Lead Off	RSA-NC	---	---	0.34

Individual Meet Results

2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
4:42.99L	A F # 120	Men 15 & Over 400 Free	RSA-NC	10	---	---
Hair, Olivia (10) W						
43.96L	AA F # 73	Women 10 & Under 50 Breast	RSA-NC	1	---	-0.55
1:34.06L	A F # 77	Women 10 & Under 100 Fly	RSA-NC	4	---	4.15
3:00.78L	AAA F # 85	Women 10 & Under 200 IM	RSA-NC	1	---	-0.76
34.82L	AA F # 89	200 Free Relay Lead Off	RSA-NC	---	---	---
Hair, Trevor (11) M						
35.49L	B F # 72	Men 11-12 50 Free	RSA-NC	23	---	-0.60
45.18L	BB F # 76	Men 11-12 50 Breast	RSA-NC	6	---	-0.79
1:23.53L	A F # 84	Men 11-12 100 Back	RSA-NC	9	---	0.93
Hall, Gregory (10) M						
43.06L	BB F # 14	Men 10 & Under 50 Fly	RSA-NC	9	---	0.34
42.70L	A F # 18	Men 10 & Under 50 Back	RSA-NC	6	---	-17.18
	NS F # 30	Men 10 & Under 100 Free	RSA-NC	---	---	---
36.03L	A F # 70	Men 10 & Under 50 Free	RSA-NC	8	---	0.67
1:32.48L	A F # 82	Men 10 & Under 100 Back	RSA-NC	4	---	-2.31
3:26.98L	BB F # 86	Men 10 & Under 200 IM	RSA-NC	9	---	-10.68
Harrison, Logan (14) M						
2:07.55L	AAA F # 2	Men 13-14 200 Free	RSA-NC	2	---	-4.63
5:07.13L	AAA F # 10	Men 13-14 400 IM	RSA-NC	2	---	---
2:23.40L	AAA F # 46	Men 13-14 200 IM	RSA-NC	2	---	-4.87
58.36L	AAA F # 50	Men 13-14 100 Free	RSA-NC	2	---	-0.83
1:02.49L	AAA F # 58	Men 13-14 100 Fly	RSA-NC	1	---	---
26.86L	AAA F # 98	Men 13-14 50 Free	RSA-NC	2	---	---
2:22.44L	AAA F # 106	Men 13-14 200 Fly	RSA-NC	2	---	1.00
4:36.92L	AAA F # 118	Men 13-14 400 Free	RSA-NC	1	---	---
Harr, Michael (12) M						
5:52.58L	AA F # 8	Men 11-12 400 IM	RSA-NC	3	---	-27.65
31.62L	AAA F # 16	Men 11-12 50 Fly	RSA-NC	1	---	-3.07
34.88L	AAA F # 20	Men 11-12 50 Back	RSA-NC	1	---	-0.66
1:06.40L	AA F # 32	Men 11-12 100 Free	RSA-NC	1	---	0.33
30.23L	AA F # 72	Men 11-12 50 Free	RSA-NC	5	---	-1.43
1:11.48L	AAA F # 80	Men 11-12 100 Fly	RSA-NC	1	---	-0.89
2:44.95L	AA F # 88	Men 11-12 200 IM	RSA-NC	1	---	2.82
Harr, Morgan (9) W						
44.85L	BB F # 13	Women 10 & Under 50 Fly	RSA-NC	12	---	-3.39
1:50.26L	BB F # 25	Women 10 & Under 100 Breast	RSA-NC	13	---	-15.82
1:33.56L	B F # 29	Women 10 & Under 100 Free	RSA-NC	29	---	-22.82
39.88L	BB F # 69	Women 10 & Under 50 Free	RSA-NC	32	---	-0.33
52.79L	BB F # 73	Women 10 & Under 50 Breast	RSA-NC	20	---	-0.45
1:38.03L	BB F # 81	Women 10 & Under 100 Back	RSA-NC	19	---	-19.99
Hatt, Lindsay Ann (10) W						
38.94L	AAA F # 17	Women 10 & Under 50 Back	RSA-NC	1	---	-2.70
2:53.40L	A F # 21	Women 10 & Under 200 Free	RSA-NC	8	---	5.68
1:40.11L	AA F # 25	Women 10 & Under 100 Breast	RSA-NC	4	---	3.23
40.86L	AA F # 33	200 Medley Relay Lead Off	RSA-NC	---	---	-0.78
35.25L	A F # 69	Women 10 & Under 50 Free	RSA-NC	9	---	-1.50

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv	
46.19L	A	F # 73	Women 10 & Under 50 Breast	RSA-NC	3	---	-2.16
3:09.86L	AA	F # 85	Women 10 & Under 200 IM	RSA-NC	4	---	---
Hatt, Rachel (12) W							
5:47.89L	AAA	F # 7	Women 11-12 400 IM	RSA-NC	2	---	-4.21
34.92L	AAA	F # 19	Women 11-12 50 Back	RSA-NC	3	---	-4.01
1:27.93L	AA	F # 27	Women 11-12 100 Breast	RSA-NC	4	---	1.24
1:07.36L	AAA	F # 31	Women 11-12 100 Free	RSA-NC	4	---	-0.73
39.61L	AA	F # 75	Women 11-12 50 Breast	RSA-NC	5	---	-6.52
1:16.34L	AA	F # 83	Women 11-12 100 Back	RSA-NC	4	---	1.00
2:45.00L	AA	F # 87	Women 11-12 200 IM	RSA-NC	4	---	1.50
Hauser, Jamison (12) M							
5:30.51L	BB	F # 6	Men 11-12 400 Free	RSA-NC	7	---	-17.18
40.18L	BB	F # 20	Men 11-12 50 Back	RSA-NC	13	---	-1.54
1:31.41L	A	F # 28	Men 11-12 100 Breast	RSA-NC	3	---	-1.69
1:15.73L	BB	F # 32	Men 11-12 100 Free	RSA-NC	13	---	2.26
34.26L	BB	F # 72	Men 11-12 50 Free	RSA-NC	18	---	0.46
42.07L	A	F # 76	Men 11-12 50 Breast	RSA-NC	4	---	-0.27
1:25.10L	BB	F # 84	Men 11-12 100 Back	RSA-NC	13	---	-7.69
34.28L	BB	F # 92	200 Free Relay Lead Off	RSA-NC	---	---	0.48
Heeley, Lexie (12) W							
NS		F # 15	Women 11-12 50 Fly	RSA-NC	---	---	---
NS		F # 19	Women 11-12 50 Back	RSA-NC	---	---	---
NS		F # 27	Women 11-12 100 Breast	RSA-NC	---	---	---
Heeley, Sam (15) W							
2:59.62L		F # 3	Women 15 & Over 200 Free	RSA-NC	38	---	2.62
6:56.01L		F # 11	Women 15 & Over 400 IM	RSA-NC	32	---	---
3:18.83L		F # 47	Women 15 & Over 200 IM	RSA-NC	46	---	---
3:16.26L		F # 55	Women 15 & Over 200 Back	RSA-NC	29	---	1.50
3:44.35L		F # 63	Women 15 & Over 200 Breast	RSA-NC	18	---	---
Henry, Andrew (14) M							
2:05.84L	AAA	F # 2	Men 13-14 200 Free	RSA-NC	1	---	4.38
4:56.46L	AAAA	F # 10	Men 13-14 400 IM	RSA-NC	1	---	7.39
2:18.29L	AAAA	F # 46	Men 13-14 200 IM	RSA-NC	1	---	1.64
2:20.32L	AAAA	F # 54	Men 13-14 200 Back	RSA-NC	1	---	2.83
2:42.45L	AAA	F # 62	Men 13-14 200 Breast	RSA-NC	1	---	10.42
NS		F # 98	Men 13-14 50 Free	RSA-NC	---	---	---
NS		F # 106	Men 13-14 200 Fly	RSA-NC	---	---	---
NS		F # 118	Men 13-14 400 Free	RSA-NC	---	---	---
Henry, Sarah (14) W							
30.71L	AA	F # 97	Women 13-14 50 Free	RSA-NC	20	---	-0.71
2:38.13L	AA	F # 105	Women 13-14 200 Fly	RSA-NC	2	---	---
1:14.81L	A	F # 109	Women 13-14 100 Back	RSA-NC	9	---	1.25
Hester, Drew (13) M							
35.52L		F # 42	Men 13-14 50 Back	RSA-NC	1	---	---
2:47.58L	DQ	F # 46	Men 13-14 200 IM	RSA-NC	---	---	---
1:12.41L	BB	F # 58	Men 13-14 100 Fly	RSA-NC	5	---	---
29.04L	AA	F # 98	Men 13-14 50 Free	RSA-NC	12	---	-0.55

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
1:31.38L	B F # 102	Men 13-14 100 Breast	RSA-NC	19	---	---
1:18.11L	BB F # 110	Men 13-14 100 Back	RSA-NC	17	---	-1.92
Hester, Tori (11) W						
43.45L	F # 15	Women 11-12 50 Fly	RSA-NC	34	---	---
44.69L	B F # 19	Women 11-12 50 Back	RSA-NC	35	---	-2.69
1:24.02L	B F # 31	Women 11-12 100 Free	RSA-NC	45	---	-5.71
36.18L	BB F # 71A	Women 11-12 50 Free	RSA-NC	44	---	-2.40
51.67L	F # 75	Women 11-12 50 Breast	RSA-NC	39	---	-3.61
NS	F # 87	Women 11-12 200 IM	RSA-NC	---	---	---
Higgins, Kyle (12) M						
NS	F # 16	Men 11-12 50 Fly	RSA-NC	---	---	---
NS	F # 20	Men 11-12 50 Back	RSA-NC	---	---	---
NS	F # 28	Men 11-12 100 Breast	RSA-NC	---	---	---
NS	F # 72	Men 11-12 50 Free	RSA-NC	---	---	---
NS	F # 76	Men 11-12 50 Breast	RSA-NC	---	---	---
NS	F # 88	Men 11-12 200 IM	RSA-NC	---	---	---
Hoff, Erica (11) W						
5:25.70L	A F # 5	Women 11-12 400 Free	RSA-NC	10	---	-78.90
35.72L	AAA F # 19	Women 11-12 50 Back	RSA-NC	4	---	-1.08
1:30.96L	A F # 27	Women 11-12 100 Breast	RSA-NC	8	---	-2.37
1:10.60L	A F # 31	Women 11-12 100 Free	RSA-NC	12	---	0.72
36.00L	AA F # 35	200 Medley Relay Lead Off	RSA-NC	---	---	-0.80
31.50L	AA F # 71A	Women 11-12 50 Free	RSA-NC	7	---	-0.54
41.45L	A F # 75	Women 11-12 50 Breast	RSA-NC	9	---	-0.76
1:18.81L	AA F # 83	Women 11-12 100 Back	RSA-NC	8	---	-0.05
Holdaway, Elyse (9) W						
52.35L	B F # 13	Women 10 & Under 50 Fly	RSA-NC	33	---	0.24
58.92L	F # 17	Women 10 & Under 50 Back	RSA-NC	57	---	2.82
1:47.91L	F # 29	Women 10 & Under 100 Free	RSA-NC	41	---	---
47.88L	F # 69	Women 10 & Under 50 Free	RSA-NC	57	---	1.14
1:06.84L	DQ F # 73	Women 10 & Under 50 Breast	RSA-NC	---	---	---
2:03.55L	F # 81	Women 10 & Under 100 Back	RSA-NC	43	---	---
Holsinger, Maggie (15) W						
2:53.00L	BB F # 47	Women 15 & Over 200 IM	RSA-NC	36	---	7.09
NS	F # 55	Women 15 & Over 200 Back	RSA-NC	---	---	---
NS	F # 59	Women 15 & Over 100 Fly	RSA-NC	---	---	---
NS	F # 99	Women 15 & Over 50 Free	RSA-NC	---	---	---
NS	F # 111	Women 15 & Over 100 Back	RSA-NC	---	---	---
Holtshouser, Lauren (10) W						
1:05.23L	DQ F # 13	Women 10 & Under 50 Fly	RSA-NC	---	---	---
1:00.84L	F # 17	Women 10 & Under 50 Back	RSA-NC	60	---	-0.94
46.04L	F # 69	Women 10 & Under 50 Free	RSA-NC	55	---	-5.05
1:03.66L	F # 73	Women 10 & Under 50 Breast	RSA-NC	51	---	0.64
2:04.83L	F # 81	Women 10 & Under 100 Back	RSA-NC	44	---	---
Hopkins, Claire (9) W						
NS	F # 13	Women 10 & Under 50 Fly	RSA-NC	---	---	---
NS	F # 17	Women 10 & Under 50 Back	RSA-NC	---	---	---

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
44.32L	B F # 69	Women 10 & Under 50 Free	RSA-NC	48	---	---
1:08.21L	F # 73	Women 10 & Under 50 Breast	RSA-NC	58	---	---
Hopkins, Kylie (10) W						
56.11L	F # 13	Women 10 & Under 50 Fly	RSA-NC	37	---	---
52.74L	DQ F # 17	Women 10 & Under 50 Back	RSA-NC	---	---	---
48.11L	F # 69	Women 10 & Under 50 Free	RSA-NC	59	---	---
1:05.54L	F # 73	Women 10 & Under 50 Breast	RSA-NC	54	---	---
1:52.57L	B F # 81	Women 10 & Under 100 Back	RSA-NC	33	---	---
Hunn, Timothy (15) M						
2:15.90L	A F # 4	Men 15 & Over 200 Free	RSA-NC	23	---	-4.87
5:27.64L	BB F # 12	Men 15 & Over 400 IM	RSA-NC	15	---	-17.04
2:32.77L	A F # 48	Men 15 & Over 200 IM	RSA-NC	17	---	-13.14
1:01.57L	A F # 52	Men 15 & Over 100 Free	RSA-NC	19	---	-1.61
2:38.67L	BB F # 56	Men 15 & Over 200 Back	RSA-NC	12	---	-3.62
34.01L	F # 68	200 Medley Relay Lead Off	RSA-NC	---	---	-4.00
27.50L	AA F # 100	Men 15 & Over 50 Free	RSA-NC	18	---	-1.76
1:24.16L	BB F # 104	Men 15 & Over 100 Breast	RSA-NC	14	---	-2.18
4:53.52L	BB F # 120	Men 15 & Over 400 Free	RSA-NC	18	---	-8.32
Ivanov, Michael (14) M						
2:31.83L	BB F # 2	Men 13-14 200 Free	RSA-NC	21	---	0.71
41.70L	F # 38	Men 13-14 50 Breast	RSA-NC	8	---	---
36.50L	F # 42	Men 13-14 50 Back	RSA-NC	2	---	0.01
1:08.61L	BB F # 50	Men 13-14 100 Free	RSA-NC	19	---	0.79
31.31L	BB F # 98	Men 13-14 50 Free	RSA-NC	27	---	0.49
1:31.09L	B F # 102	Men 13-14 100 Breast	RSA-NC	18	---	-0.52
1:18.82L	BB F # 110	Men 13-14 100 Back	RSA-NC	18	---	---
31.53L	BB F # 114	200 Free Relay Lead Off	RSA-NC	---	---	0.71
Johnson, Abby (15) W						
5:45.69L	A F # 11	Women 15 & Over 400 IM	RSA-NC	17	---	---
2:42.62L	A F # 47	Women 15 & Over 200 IM	RSA-NC	14	---	---
1:06.67L	A F # 51	Women 15 & Over 100 Free	RSA-NC	13	---	-0.22
1:16.01L	BB F # 59	Women 15 & Over 100 Fly	RSA-NC	17	---	---
35.53L	F # 67	200 Medley Relay Lead Off	RSA-NC	---	---	---
30.94L	A F # 99	Women 15 & Over 50 Free	RSA-NC	23	---	-0.26
31.05L	A F # 115	200 Free Relay Lead Off	RSA-NC	---	---	-0.15
5:07.58L	A F # 119	Women 15 & Over 400 Free	RSA-NC	15	---	---
Joyner, Andrew (10) M						
43.14L	BB F # 14	Men 10 & Under 50 Fly	RSA-NC	10	---	0.98
44.33L	BB F # 18	Men 10 & Under 50 Back	RSA-NC	14	---	-0.01
1:27.62L	BB F # 30	Men 10 & Under 100 Free	RSA-NC	13	---	-9.04
38.14L	BB F # 70	Men 10 & Under 50 Free	RSA-NC	15	---	-0.58
1:50.74L	BB F # 78	Men 10 & Under 100 Fly	RSA-NC	6	---	---
1:35.10L	BB F # 82	Men 10 & Under 100 Back	RSA-NC	7	---	1.05
Kab, Dylan (17) M						
2:06.16L	AA F # 4	Men 15 & Over 200 Free	RSA-NC	4	---	1.30
57.47L	AA F # 52	Men 15 & Over 100 Free	RSA-NC	6	---	2.09
1:04.55L	A F # 60	Men 15 & Over 100 Fly	RSA-NC	5	---	1.31

Individual Meet Results

2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
NS	F # 100	Men 15 & Over 50 Free	RSA-NC	---	---	---
4:28.27L	AA F # 120	Men 15 & Over 400 Free	RSA-NC	3	---	-10.61
Kellogg, Christina (16) W						
3:04.34L	B F # 47	Women 15 & Over 200 IM	RSA-NC	43	---	---
2:55.20L	BB F # 55	Women 15 & Over 200 Back	RSA-NC	24	---	---
1:28.50L	F # 59	Women 15 & Over 100 Fly	RSA-NC	32	---	---
37.02L	F # 95	Women 15 & Over 50 Fly	RSA-NC	14	---	---
33.45L	BB F # 99	Women 15 & Over 50 Free	RSA-NC	38	---	---
1:23.02L	B F # 111	Women 15 & Over 100 Back	RSA-NC	27	---	---
Kruska, Veda (10) W						
53.47L	B F # 13	Women 10 & Under 50 Fly	RSA-NC	35	---	---
2:03.52L	B F # 25	Women 10 & Under 100 Breast	RSA-NC	23	---	---
1:53.11L	B F # 81	Women 10 & Under 100 Back	RSA-NC	35	---	---
Laino, Savannah (9) W						
49.97L	B F # 13	Women 10 & Under 50 Fly	RSA-NC	27	---	-9.31
41.30L	AA F # 17	Women 10 & Under 50 Back	RSA-NC	4	---	-2.06
1:30.16L	BB F # 29	Women 10 & Under 100 Free	RSA-NC	22	---	-1.93
42.22L	A F # 33	200 Medley Relay Lead Off	RSA-NC	---	---	-1.14
37.16L	BB F # 69	Women 10 & Under 50 Free	RSA-NC	22	---	-2.01
51.18L	BB F # 73	Women 10 & Under 50 Breast	RSA-NC	16	---	-11.24
1:31.41L	A F # 81	Women 10 & Under 100 Back	RSA-NC	10	---	-2.49
Lamberti, Sophia (10) W						
NS	F # 13	Women 10 & Under 50 Fly	RSA-NC	---	---	---
NS	F # 17	Women 10 & Under 50 Back	RSA-NC	---	---	---
NS	F # 25	Women 10 & Under 100 Breast	RSA-NC	---	---	---
NS	F # 69	Women 10 & Under 50 Free	RSA-NC	---	---	---
NS	F # 73	Women 10 & Under 50 Breast	RSA-NC	---	---	---
NS	F # 81	Women 10 & Under 100 Back	RSA-NC	---	---	---
Lamb, Kiko (13) W						
5:34.65L	AA F # 9	Women 13-14 400 IM	RSA-NC	3	---	-12.60
34.46L	F # 41	Women 13-14 50 Back	RSA-NC	4	---	-1.48
2:40.21L	AA F # 45	Women 13-14 200 IM	RSA-NC	7	---	-5.24
2:34.75L	AA F # 53	Women 13-14 200 Back	RSA-NC	3	---	2.00
34.35L	F # 65	200 Medley Relay Lead Off	RSA-NC	---	---	-1.59
30.13L	AA F # 97	Women 13-14 50 Free	RSA-NC	10	---	-1.67
1:31.13L	BB F # 101	Women 13-14 100 Breast	RSA-NC	14	---	0.45
1:12.78L	AA F # 109	Women 13-14 100 Back	RSA-NC	5	---	0.68
30.75L	AA F # 113	200 Free Relay Lead Off	RSA-NC	---	---	-1.05
Levering, Nicholas (9) M						
1:00.64L	F # 14	Men 10 & Under 50 Fly	RSA-NC	33	---	-4.61
52.23L	B F # 18	Men 10 & Under 50 Back	RSA-NC	29	---	-1.26
2:19.57L	F # 26	Men 10 & Under 100 Breast	RSA-NC	17	---	---
53.14L	B F # 34	200 Medley Relay Lead Off	RSA-NC	---	---	-0.35
NS	F # 70	Men 10 & Under 50 Free	RSA-NC	---	---	---
1:00.59L	B F # 74	Men 10 & Under 50 Breast	RSA-NC	23	---	-0.98
1:57.97L	B F # 82	Men 10 & Under 100 Back	RSA-NC	21	---	---

Individual Meet Results

2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event	Place	Points	Improv
Lindem, Sophie (11) W					
35.38L	BB F # 71A	Women 11-12 50 Free	RSA-NC	32	---
47.44L	B F # 75	Women 11-12 50 Breast	RSA-NC	26	---
3:07.30L	DQ F # 87	Women 11-12 200 IM	RSA-NC	---	---
Li, Simon (10) M					
43.45L	BB F # 14	Men 10 & Under 50 Fly	RSA-NC	12	---
1:56.44L	BB F # 26	Men 10 & Under 100 Breast	RSA-NC	6	---
1:21.74L	BB F # 30	Men 10 & Under 100 Free	RSA-NC	10	---
34.79L	A F # 70	Men 10 & Under 50 Free	RSA-NC	3	---
1:46.14L	BB F # 78	Men 10 & Under 100 Fly	RSA-NC	4	---
3:25.72L	BB F # 86	Men 10 & Under 200 IM	RSA-NC	8	---
Little, Ashley (10) W					
49.86L	BB F # 17	Women 10 & Under 50 Back	RSA-NC	33	---
1:59.24L	BB F # 25	Women 10 & Under 100 Breast	RSA-NC	22	---
1:33.62L	B F # 29	Women 10 & Under 100 Free	RSA-NC	30	---
39.96L	BB F # 69	Women 10 & Under 50 Free	RSA-NC	33	---
54.17L	BB F # 73	Women 10 & Under 50 Breast	RSA-NC	23	---
1:51.31L	B F # 81	Women 10 & Under 100 Back	RSA-NC	32	---
Maloney, Bailey (14) M					
2:16.95L	AA F # 2	Men 13-14 200 Free	RSA-NC	8	---
35.31L	F # 38	Men 13-14 50 Breast	RSA-NC	1	---
1:00.61L	AA F # 50	Men 13-14 100 Free	RSA-NC	4	---
2:50.39L	AA F # 62	Men 13-14 200 Breast	RSA-NC	4	---
26.95L	AAA F # 98	Men 13-14 50 Free	RSA-NC	3	---
1:18.30L	A F # 102	Men 13-14 100 Breast	RSA-NC	3	---
1:14.20L	A F # 110	Men 13-14 100 Back	RSA-NC	10	---
27.23L	AAA F # 114	200 Free Relay Lead Off	RSA-NC	---	---
Marshallsea, Maddie (14) W					
2:27.69L	A F # 1	Women 13-14 200 Free	RSA-NC	20	---
37.64L	F # 41	Women 13-14 50 Back	RSA-NC	6	---
2:58.77L	BB F # 45	Women 13-14 200 IM	RSA-NC	37	---
1:07.94L	A F # 49	Women 13-14 100 Free	RSA-NC	22	---
NS	F # 97	Women 13-14 50 Free	RSA-NC	---	---
NS	F # 109	Women 13-14 100 Back	RSA-NC	---	---
Marston, Rachel (10) W					
56.98L	F # 13	Women 10 & Under 50 Fly	RSA-NC	39	---
2:05.37L	B F # 25	Women 10 & Under 100 Breast	RSA-NC	24	---
1:41.50L	B F # 29	Women 10 & Under 100 Free	RSA-NC	38	---
43.91L	B F # 69	Women 10 & Under 50 Free	RSA-NC	46	---
57.17L	B F # 73	Women 10 & Under 50 Breast	RSA-NC	34	---
1:56.47L	B F # 77	Women 10 & Under 100 Fly	RSA-NC	8	---
Martinez, Marisa (14) W					
2:22.69L	AA F # 1	Women 13-14 200 Free	RSA-NC	8	---
5:45.33L	AA F # 9	Women 13-14 400 IM	RSA-NC	10	---
34.00L	F # 41	Women 13-14 50 Back	RSA-NC	2	---
1:04.82L	AA F # 49	Women 13-14 100 Free	RSA-NC	5	---
2:41.05L	A F # 53	Women 13-14 200 Back	RSA-NC	6	---

Individual Meet Results

2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters
Location: Cary, NC

Time	F/P/S	Event	Place	Points	Improv
29.79L	AAA F # 97	Women 13-14 50 Free	5	---	-0.86
1:13.69L	AA F # 109	Women 13-14 100 Back	7	---	-1.39
5:04.77L	A F # 117	Women 13-14 400 Free	13	---	---
Masic, Tyler (8) M					
48.62L	BB F # 18	Men 10 & Under 50 Back	19	---	---
2:03.49L	B F # 26	Men 10 & Under 100 Breast	11	---	---
1:29.05L	BB F # 30	Men 10 & Under 100 Free	16	---	---
39.76L	BB F # 70	Men 10 & Under 50 Free	17	---	1.43
58.72L	B F # 74	Men 10 & Under 50 Breast	18	---	2.27
3:41.29L	BB F # 86	Men 10 & Under 200 IM	13	---	---
40.49L	B F # 90	200 Free Relay Lead Off	---	---	2.16
Maslowski, Seth (12) M					
5:23.00L	A F # 6	Men 11-12 400 Free	6	---	6.26
35.20L	AA F # 20	Men 11-12 50 Back	3	---	-3.36
	NS F # 28	Men 11-12 100 Breast	---	---	---
	NS F # 32	Men 11-12 100 Free	---	---	---
29.37L	AAA F # 72	Men 11-12 50 Free	1	---	-2.67
38.47L	AAA F # 76	Men 11-12 50 Breast	1	---	-4.11
1:15.79L	AA F # 84	Men 11-12 100 Back	1	---	-3.07
29.23L	AAA F # 92	200 Free Relay Lead Off	---	---	-2.81
Mathews, Alex (15) M					
2:22.12L	BB F # 4	Men 15 & Over 200 Free	30	---	---
2:39.10L	BB F # 48	Men 15 & Over 200 IM	23	---	-10.64
1:03.12L	BB F # 52	Men 15 & Over 100 Free	24	---	0.76
1:14.39L	B F # 60	Men 15 & Over 100 Fly	24	---	---
31.35L	F # 96	Men 15 & Over 50 Fly	9	---	-0.29
27.88L	A F # 100	Men 15 & Over 50 Free	23	---	-0.89
1:16.57L	B F # 112	Men 15 & Over 100 Back	21	---	---
Mathews, Olivia (9) W					
52.19L	B F # 13	Women 10 & Under 50 Fly	32	---	-5.64
49.99L	B F # 17	Women 10 & Under 50 Back	35	---	-4.07
40.28L	BB F # 69	Women 10 & Under 50 Free	36	---	-6.54
55.54L	B F # 73	Women 10 & Under 50 Breast	30	---	-3.74
Mathis, Katie (17) W					
	NS F # 103	Women 15 & Over 100 Breast	---	---	---
Mayes, Ben (14) M					
2:16.78L	AA F # 2	Men 13-14 200 Free	7	---	1.69
5:26.29L	AA F # 10	Men 13-14 400 IM	6	---	5.18
2:30.34L	AA F # 46	Men 13-14 200 IM	3	---	-0.27
2:31.85L	AA F # 54	Men 13-14 200 Back	3	---	-0.85
2:49.08L	AA F # 62	Men 13-14 200 Breast	3	---	0.13
34.76L	F # 66	200 Medley Relay Lead Off	---	---	---
28.39L	AA F # 98	Men 13-14 50 Free	9	---	---
1:19.07L	A F # 102	Men 13-14 100 Breast	5	---	-2.76
1:12.68L	A F # 110	Men 13-14 100 Back	4	---	0.14
Mayes, Silas (10) M					
1:01.94L	DQ F # 14	Men 10 & Under 50 Fly	---	---	---

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters
Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
1:02.90L	F # 18	Men 10 & Under 50 Back	RSA-NC	38	---	3.10
McClernan, Keary (17) W						
5:43.30L A	F # 11	Women 15 & Over 400 IM	RSA-NC	15	---	20.82
36.71L	F # 39A	Women 15 & Over 50 Breast	RSA-NC	2	---	1.05
2:47.77L AAA	F # 63	Women 15 & Over 200 Breast	RSA-NC	1	---	8.36
33.84L	F # 95	Women 15 & Over 50 Fly	RSA-NC	8	---	2.03
1:20.04L AA	F # 103	Women 15 & Over 100 Breast	RSA-NC	1	---	5.78
McCulloch, Gavin (12) M						
5:08.98L AA	F # 6	Men 11-12 400 Free	RSA-NC	2	---	-9.85
35.20L A	F # 16	Men 11-12 50 Fly	RSA-NC	7	---	-0.05
38.03L A	F # 20	Men 11-12 50 Back	RSA-NC	11	---	-1.33
1:08.49L AA	F # 32	Men 11-12 100 Free	RSA-NC	4	---	-0.49
31.41L A	F # 72	Men 11-12 50 Free	RSA-NC	13	---	-1.90
1:21.61L BB	F # 80	Men 11-12 100 Fly	RSA-NC	9	---	2.03
1:24.08L BB	F # 84	Men 11-12 100 Back	RSA-NC	12	---	0.85
32.89L BB	F # 92	200 Free Relay Lead Off	RSA-NC	---	---	-0.42
Monty, Caitlin (13) W						
2:34.24L BB	F # 1	Women 13-14 200 Free	RSA-NC	32	---	0.70
2:48.76L A	F # 45	Women 13-14 200 IM	RSA-NC	20	---	-5.70
1:09.12L A	F # 49	Women 13-14 100 Free	RSA-NC	26	---	-0.60
1:23.52L B	F # 57	Women 13-14 100 Fly	RSA-NC	25	---	0.98
NS	F # 97	Women 13-14 50 Free	RSA-NC	---	---	---
NS	F # 109	Women 13-14 100 Back	RSA-NC	---	---	---
Moore, Hannah (12) W						
5:29.29L AAAA	F # 7	Women 11-12 400 IM	RSA-NC	1	---	---
32.40L AAA	F # 15	Women 11-12 50 Fly	RSA-NC	2	---	---
33.66L AAAA	F # 19	Women 11-12 50 Back	RSA-NC	2	---	---
1:04.54L AAA	F # 31	Women 11-12 100 Free	RSA-NC	1	---	-0.33
33.47L AAAA	F # 35	200 Medley Relay Lead Off	RSA-NC	---	---	---
1:10.44L AAAA	F # 79	Women 11-12 100 Fly	RSA-NC	2	---	---
1:10.73L AAAA	F # 83	Women 11-12 100 Back	RSA-NC	2	---	-0.75
2:33.74L AAAA	F # 87	Women 11-12 200 IM	RSA-NC	1	---	-2.19
29.80L AAA	F # 91	200 Free Relay Lead Off	RSA-NC	---	---	---
Moore, Kate (7) W						
1:11.18L	F # 69	Women 10 & Under 50 Free	RSA-NC	77	---	3.22
1:16.27L	F # 73	Women 10 & Under 50 Breast	RSA-NC	62	---	-6.36
Moore, Kate R (10) W						
40.67L AA	F # 17	Women 10 & Under 50 Back	RSA-NC	3	---	-1.39
2:51.03L A	F # 21	Women 10 & Under 200 Free	RSA-NC	6	---	5.01
1:39.16L AA	F # 25	Women 10 & Under 100 Breast	RSA-NC	2	---	1.36
35.37L A	F # 69	Women 10 & Under 50 Free	RSA-NC	10	---	---
1:26.87L AA	F # 81	Women 10 & Under 100 Back	RSA-NC	3	---	-0.58
3:07.86L AA	F # 85	Women 10 & Under 200 IM	RSA-NC	3	---	-0.75
Moore, Michael (7) M						
53.03L	F # 14	Men 10 & Under 50 Fly	RSA-NC	24	---	-1.43
50.67L B	F # 18	Men 10 & Under 50 Back	RSA-NC	25	---	-4.01
1:44.96L	F # 30	Men 10 & Under 100 Free	RSA-NC	26	---	---

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
43.18L	B F # 70	Men 10 & Under 50 Free	RSA-NC	24	---	-2.23
1:00.40L	B F # 74	Men 10 & Under 50 Breast	RSA-NC	22	---	1.59
Moore, Ryan (9) M						
59.43L	F # 14	Men 10 & Under 50 Fly	RSA-NC	32	---	---
53.67L	DQ F # 18	Men 10 & Under 50 Back	RSA-NC	---	---	---
2:04.20L	B F # 26	Men 10 & Under 100 Breast	RSA-NC	12	---	---
47.61L	F # 70	Men 10 & Under 50 Free	RSA-NC	34	---	-1.21
58.39L	B F # 74	Men 10 & Under 50 Breast	RSA-NC	16	---	1.85
2:00.38L	F # 82	Men 10 & Under 100 Back	RSA-NC	23	---	---
Murphy, Ashling (9) W						
48.01L	BB F # 17	Women 10 & Under 50 Back	RSA-NC	25	---	-9.51
1:50.20L	BB F # 25	Women 10 & Under 100 Breast	RSA-NC	12	---	-15.99
1:37.98L	B F # 29	Women 10 & Under 100 Free	RSA-NC	34	---	---
Newland, Matthew (16) M						
2:12.13L	A F # 4	Men 15 & Over 200 Free	RSA-NC	14	---	2.29
5:24.65L	A F # 12	Men 15 & Over 400 IM	RSA-NC	11	---	1.24
2:34.09L	A F # 48	Men 15 & Over 200 IM	RSA-NC	19	---	-0.86
1:00.62L	A F # 52	Men 15 & Over 100 Free	RSA-NC	15	---	-0.14
1:08.42L	BB F # 60	Men 15 & Over 100 Fly	RSA-NC	19	---	0.12
28.02L	A F # 100	Men 15 & Over 50 Free	RSA-NC	25	---	-0.13
2:32.35L	BB F # 108	Men 15 & Over 200 Fly	RSA-NC	6	---	---
4:27.96L	AA F # 120	Men 15 & Over 400 Free	RSA-NC	2	---	-5.17
Nice, Naomi (8) W						
1:08.98L	DQ F # 13	Women 10 & Under 50 Fly	RSA-NC	---	---	---
1:03.84L	F # 17	Women 10 & Under 50 Back	RSA-NC	66	---	-5.65
52.49L	F # 69	Women 10 & Under 50 Free	RSA-NC	68	---	-4.87
Nobles, Claire (14) W						
2:34.08L	AAA F # 45	Women 13-14 200 IM	RSA-NC	2	---	-3.39
2:38.89L	AA F # 53	Women 13-14 200 Back	RSA-NC	4	---	-2.20
1:12.72L	AA F # 57	Women 13-14 100 Fly	RSA-NC	3	---	-0.85
28.83L	AAA F # 97	Women 13-14 50 Free	RSA-NC	1	---	0.20
2:43.79L	A F # 105	Women 13-14 200 Fly	RSA-NC	7	---	-14.20
28.58L	AAA F # 113	200 Free Relay Lead Off	RSA-NC	---	---	-0.05
4:49.21L	AAA F # 117	Women 13-14 400 Free	RSA-NC	5	---	-3.25
Ortega, Karina (15) W						
2:43.21L	A F # 47	Women 15 & Over 200 IM	RSA-NC	15	---	---
1:15.43L	BB F # 59	Women 15 & Over 100 Fly	RSA-NC	16	---	---
NS	F # 63	Women 15 & Over 200 Breast	RSA-NC	---	---	---
31.33L	A F # 99	Women 15 & Over 50 Free	RSA-NC	24	---	---
1:29.46L	BB F # 103	Women 15 & Over 100 Breast	RSA-NC	15	---	---
5:15.10L	BB F # 119	Women 15 & Over 400 Free	RSA-NC	23	---	---
Ortega, Melissa (11) W						
5:00.91L	AAA F # 5	Women 11-12 400 Free	RSA-NC	4	---	---
36.20L	A F # 15	Women 11-12 50 Fly	RSA-NC	11	---	---
2:24.16L	AAA F # 23	Women 11-12 200 Free	RSA-NC	2	---	---
1:06.07L	AAA F # 31	Women 11-12 100 Free	RSA-NC	2	---	---
31.25L	AA F # 71A	Women 11-12 50 Free	RSA-NC	5	---	---

Individual Meet Results
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Time	F/P/S	Event	Place	Points	Improv
1:17.64L	AA F # 83	Women 11-12 100 Back	6	---	---
2:46.04L	AA F # 87	Women 11-12 200 IM	5	---	---
30.89L	AAA F # 91	200 Free Relay Lead Off	---	---	---
Ortega, Nicole (17) W					
2:49.19L	BB F # 47	Women 15 & Over 200 IM	29	---	---
1:06.89L	A F # 51	Women 15 & Over 100 Free	14	---	---
NS	F # 63	Women 15 & Over 200 Breast	---	---	---
30.73L	A F # 99	Women 15 & Over 50 Free	21	---	---
1:31.27L	BB F # 103	Women 15 & Over 100 Breast	17	---	---
5:09.39L	A F # 119	Women 15 & Over 400 Free	18	---	---
Owens, Megan (13) W					
2:27.16L	A F # 1	Women 13-14 200 Free	18	---	-2.54
2:45.55L	A F # 45	Women 13-14 200 IM	12	---	-10.21
1:07.38L	AA F # 49	Women 13-14 100 Free	16	---	-0.61
1:11.05L	AA F # 57	Women 13-14 100 Fly	2	---	-2.83
32.51L	F # 93	Women 13-14 50 Fly	1	---	-1.73
2:39.73L	AA F # 105	Women 13-14 200 Fly	4	---	-16.98
1:20.33L	BB F # 109	Women 13-14 100 Back	28	---	-1.13
X 31.36L	A F # 113	200 Free Relay Lead Off	---	---	-0.20
Parker, Miranda (12) W					
36.67L	BB F # 15	Women 11-12 50 Fly	13	---	0.66
37.75L	A F # 19	Women 11-12 50 Back	8	---	0.20
1:32.85L	A F # 27	Women 11-12 100 Breast	12	---	1.03
33.39L	A F # 71A	Women 11-12 50 Free	21	---	-1.26
41.81L	A F # 75	Women 11-12 50 Breast	10	---	0.03
1:22.46L	A F # 83	Women 11-12 100 Back	12	---	-1.34
Parker, Sarah (12) W					
38.97L	BB F # 15	Women 11-12 50 Fly	21	---	-1.43
41.09L	BB F # 19	Women 11-12 50 Back	21	---	-0.43
1:38.70L	BB F # 27	Women 11-12 100 Breast	17	---	-5.29
35.39L	BB F # 71A	Women 11-12 50 Free	33	---	-3.45
46.53L	B F # 75	Women 11-12 50 Breast	18	---	0.54
1:30.89L	B F # 79	Women 11-12 100 Fly	15	---	1.75
35.15L	BB F # 91	200 Free Relay Lead Off	---	---	-3.69
Pelt, Libby (12) W					
38.12L	BB F # 15	Women 11-12 50 Fly	19	---	---
40.13L	BB F # 19	Women 11-12 50 Back	15	---	---
2:33.20L	A F # 23	Women 11-12 200 Free	10	---	---
34.03L	BB F # 71A	Women 11-12 50 Free	25	---	---
47.44L	B F # 75	Women 11-12 50 Breast	26	---	---
1:25.99L	BB F # 79	Women 11-12 100 Fly	12	---	---
Pena, Kendall (14) W					
NS	F # 1	Women 13-14 200 Free	---	---	---
NS	F # 45	Women 13-14 200 IM	---	---	---
NS	F # 49	Women 13-14 100 Free	---	---	---
NS	F # 53	Women 13-14 200 Back	---	---	---
NS	F # 97	Women 13-14 50 Free	---	---	---

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters
Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
NS	F # 109	Women 13-14 100 Back	RSA-NC	---	---	---
Pena, Tessa (16) W						
2:17.56L	AA F # 3	Women 15 & Over 200 Free	RSA-NC	5	---	-2.75
5:32.45L	AA F # 11	Women 15 & Over 400 IM	RSA-NC	8	---	-4.19
2:35.55L	AA F # 47	Women 15 & Over 200 IM	RSA-NC	4	---	-0.51
2:38.12L	A F # 55	Women 15 & Over 200 Back	RSA-NC	5	---	-11.84
2:57.21L	AA F # 63	Women 15 & Over 200 Breast	RSA-NC	3	---	4.81
30.27L	AA F # 99	Women 15 & Over 50 Free	RSA-NC	12	---	0.23
NS	F # 107	Women 15 & Over 200 Fly	RSA-NC	---	---	---
4:52.58L	AA F # 119	Women 15 & Over 400 Free	RSA-NC	7	---	-2.55
Pena, Torie Belle (14) W						
2:29.80L	A F # 1	Women 13-14 200 Free	RSA-NC	23	---	-1.81
2:54.78L	BB F # 45	Women 13-14 200 IM	RSA-NC	30	---	-3.50
1:10.53L	BB F # 49	Women 13-14 100 Free	RSA-NC	31	---	0.08
1:25.70L	B F # 57	Women 13-14 100 Fly	RSA-NC	28	---	-1.74
32.44L	A F # 97	Women 13-14 50 Free	RSA-NC	40	---	0.84
1:23.74L	BB F # 109	Women 13-14 100 Back	RSA-NC	40	---	-1.00
33.30L	BB F # 113	200 Free Relay Lead Off	RSA-NC	---	---	1.70
5:19.68L	BB F # 117	Women 13-14 400 Free	RSA-NC	21	---	-12.31
Phillips, Kamron (10) W						
46.98L	BB F # 17	Women 10 & Under 50 Back	RSA-NC	22	---	---
2:09.91L	B F # 25	Women 10 & Under 100 Breast	RSA-NC	28	---	---
1:38.93L	B F # 29	Women 10 & Under 100 Free	RSA-NC	35	---	---
NS	F # 69	Women 10 & Under 50 Free	RSA-NC	---	---	---
NS	F # 73	Women 10 & Under 50 Breast	RSA-NC	---	---	---
NS	F # 81	Women 10 & Under 100 Back	RSA-NC	---	---	---
Potepalov, Sophia (15) W						
2:57.88L	BB F # 47	Women 15 & Over 200 IM	RSA-NC	42	---	-5.71
1:12.10L	BB F # 51	Women 15 & Over 100 Free	RSA-NC	34	---	-0.05
3:01.87L	B F # 55	Women 15 & Over 200 Back	RSA-NC	28	---	-11.02
32.75L	BB F # 99	Women 15 & Over 50 Free	RSA-NC	37	---	0.11
1:34.88L	B F # 103	Women 15 & Over 100 Breast	RSA-NC	22	---	-1.76
1:26.57L	B F # 111	Women 15 & Over 100 Back	RSA-NC	31	---	0.16
Quint, Austin (14) M						
2:24.90L	BB F # 2	Men 13-14 200 Free	RSA-NC	14	---	-22.26
5:41.78L	A F # 10	Men 13-14 400 IM	RSA-NC	8	---	---
2:37.76L	A F # 46	Men 13-14 200 IM	RSA-NC	6	---	---
1:06.68L	BB F # 50	Men 13-14 100 Free	RSA-NC	15	---	-0.80
3:06.41L	BB F # 62	Men 13-14 200 Breast	RSA-NC	11	---	---
30.08L	A F # 98	Men 13-14 50 Free	RSA-NC	20	---	-3.81
1:25.84L	BB F # 102	Men 13-14 100 Breast	RSA-NC	14	---	-1.41
1:15.66L	BB F # 110	Men 13-14 100 Back	RSA-NC	13	---	-4.86
30.13L	A F # 114	200 Free Relay Lead Off	RSA-NC	---	---	-3.76
Quint, Kristen (11) W						
40.36L	B F # 15	Women 11-12 50 Fly	RSA-NC	25	---	-0.12
38.38L	A F # 19	Women 11-12 50 Back	RSA-NC	10	---	-1.56
1:19.87L	B F # 31	Women 11-12 100 Free	RSA-NC	37	---	-4.26

Individual Meet Results

2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters
Location: Cary, NC

Time	F/P/S	Event	Place	Points	Improv
39.89L	BB F # 35	200 Medley Relay Lead Off	---	---	-0.05
35.67L	BB F # 71A	Women 11-12 50 Free	39	---	-0.76
46.13L	B F # 75	Women 11-12 50 Breast	17	---	-10.17
3:02.00L	BB F # 87	Women 11-12 200 IM	19	---	-5.53
Rawls, Meredith (14) W					
2:22.87L	AA F # 1	Women 13-14 200 Free	9	---	6.66
1:05.31L	AA F # 49	Women 13-14 100 Free	7	---	1.23
1:09.38L	AAA F # 57	Women 13-14 100 Fly	1	---	-0.01
30.03L	AA F # 97	Women 13-14 50 Free	9	---	-0.08
	NS F # 105	Women 13-14 200 Fly	---	---	---
5:00.71L	AA F # 117	Women 13-14 400 Free	9	---	11.11
Repke, Danielle (15) W					
2:39.05L	BB F # 3	Women 15 & Over 200 Free	36	---	1.65
	NS F # 47	Women 15 & Over 200 IM	---	---	---
	NS F # 51	Women 15 & Over 100 Free	---	---	---
	NS F # 59	Women 15 & Over 100 Fly	---	---	---
32.35L	BB F # 99	Women 15 & Over 50 Free	35	---	-0.40
1:35.09L	B F # 103	Women 15 & Over 100 Breast	23	---	-1.26
Repke, Kristyn (18) W					
2:25.77L	A F # 3	Women 15 & Over 200 Free	24	---	11.78
1:03.37L	AA F # 51	Women 15 & Over 100 Free	4	---	0.63
1:11.67L	A F # 59	Women 15 & Over 100 Fly	5	---	0.80
29.28L	AA F # 99	Women 15 & Over 50 Free	2	---	0.61
1:13.26L	AA F # 111	Women 15 & Over 100 Back	4	---	0.70
29.55L	AA F # 115	200 Free Relay Lead Off	---	---	0.88
Rettammel, Braeden (6) M					
1:09.96L	DQ F # 14	Men 10 & Under 50 Fly	---	---	---
1:05.94L	F # 18	Men 10 & Under 50 Back	40	---	---
1:05.63L	F # 70	Men 10 & Under 50 Free	42	---	1.42
1:04.23L	DQ F # 74	Men 10 & Under 50 Breast	---	---	---
Richards, Jackson (12) M					
5:15.00L	A F # 6	Men 11-12 400 Free	5	---	-13.04
33.69L	AA F # 16	Men 11-12 50 Fly	2	---	-0.45
36.41L	AA F # 20	Men 11-12 50 Back	4	---	-0.10
1:09.96L	A F # 32	Men 11-12 100 Free	8	---	-0.46
35.64L	AA F # 36	200 Medley Relay Lead Off	---	---	-0.87
31.69L	A F # 72	Men 11-12 50 Free	14	---	-0.79
1:18.22L	A F # 80	Men 11-12 100 Fly	4	---	2.42
1:16.81L	AA F # 84	Men 11-12 100 Back	2	---	-0.33
Richards, Meredith (15) W					
	NS F # 3	Women 15 & Over 200 Free	---	---	---
2:46.90L	A F # 47	Women 15 & Over 200 IM	20	---	1.84
1:07.46L	A F # 51	Women 15 & Over 100 Free	19	---	0.62
2:41.51L	A F # 55	Women 15 & Over 200 Back	9	---	2.63
34.54L	F # 95	Women 15 & Over 50 Fly	11	---	-6.77
1:15.39L	A F # 111	Women 15 & Over 100 Back	9	---	2.31
5:07.83L	A F # 119	Women 15 & Over 400 Free	17	---	-3.02

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
Ritchie, Will (11) M						
5:43.00L	BB F # 6	Men 11-12 400 Free	RSA-NC	10	---	---
42.10L	B F # 16	Men 11-12 50 Fly	RSA-NC	12	---	-2.28
37.96L	A F # 20	Men 11-12 50 Back	RSA-NC	9	---	-0.19
1:18.65L	B F # 32	Men 11-12 100 Free	RSA-NC	18	---	3.17
37.62L	A F # 36	200 Medley Relay Lead Off	RSA-NC	---	---	-0.53
34.36L	BB F # 72	Men 11-12 50 Free	RSA-NC	19	---	-0.31
1:20.58L	A F # 84	Men 11-12 100 Back	RSA-NC	6	---	0.26
3:02.64L	BB F # 88	Men 11-12 200 IM	RSA-NC	4	---	-21.57
Rivera, Alexander (13) M						
46.19L	F # 38	Men 13-14 50 Breast	RSA-NC	12	---	---
41.87L	F # 42	Men 13-14 50 Back	RSA-NC	8	---	0.38
1:14.88L	B F # 50	Men 13-14 100 Free	RSA-NC	29	---	-3.42
34.49L	B F # 98	Men 13-14 50 Free	RSA-NC	40	---	-1.69
1:42.29L	F # 102	Men 13-14 100 Breast	RSA-NC	25	---	---
Roach, Henry (15) M						
2:13.31L	A F # 4	Men 15 & Over 200 Free	RSA-NC	19	---	0.25
5:19.92L	A F # 12	Men 15 & Over 400 IM	RSA-NC	9	---	---
2:30.93L	A F # 48	Men 15 & Over 200 IM	RSA-NC	14	---	---
1:14.40L	B F # 60	Men 15 & Over 100 Fly	RSA-NC	25	---	1.92
1:12.95L	BB F # 112	Men 15 & Over 100 Back	RSA-NC	18	---	1.16
27.38L	AA F # 116	200 Free Relay Lead Off	RSA-NC	---	---	-0.22
4:40.20L	A F # 120	Men 15 & Over 400 Free	RSA-NC	8	---	---
Roach, Jon (12) M						
5:40.65L	AAA F # 8	Men 11-12 400 IM	RSA-NC	2	---	---
37.64L	A F # 20	Men 11-12 50 Back	RSA-NC	7	---	---
2:32.05L	A F # 24	Men 11-12 200 Free	RSA-NC	3	---	1.56
1:30.19L	A F # 28	Men 11-12 100 Breast	RSA-NC	2	---	1.31
31.94L	A F # 72	Men 11-12 50 Free	RSA-NC	15	---	---
41.56L	A F # 76	Men 11-12 50 Breast	RSA-NC	3	---	---
1:19.03L	A F # 80	Men 11-12 100 Fly	RSA-NC	5	---	-0.23
Roberts, Alexandra (8) W						
48.77L	F # 69	Women 10 & Under 50 Free	RSA-NC	64	---	-5.20
1:00.38L	B F # 73	Women 10 & Under 50 Breast	RSA-NC	44	---	-10.50
Rooney, Raquel (11) W						
NS	F # 15	Women 11-12 50 Fly	RSA-NC	---	---	---
NS	F # 19	Women 11-12 50 Back	RSA-NC	---	---	---
NS	F # 27	Women 11-12 100 Breast	RSA-NC	---	---	---
40.64L	F # 71A	Women 11-12 50 Free	RSA-NC	55	---	---
51.41L	F # 75	Women 11-12 50 Breast	RSA-NC	38	---	---
Schneider, Sami (13) W						
39.17L	F # 41	Women 13-14 50 Back	RSA-NC	9	---	-1.08
1:14.02L	BB F # 49	Women 13-14 100 Free	RSA-NC	45	---	-1.29
1:23.04L	B F # 57	Women 13-14 100 Fly	RSA-NC	23	---	-0.53
39.18L	F # 65	200 Medley Relay Lead Off	RSA-NC	---	---	-1.07
35.62L	F # 93	Women 13-14 50 Fly	RSA-NC	11	---	-2.03
33.83L	BB F # 97	Women 13-14 50 Free	RSA-NC	57	---	-0.31

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters
Location: Cary, NC

Time	F/P/S	Event	Place	Points	Improv	
1:23.30L	BB F # 109	Women 13-14 100 Back	RSA-NC	38	---	-2.95
Shaw, Rachel (13) W						
2:46.70L	A F # 45	Women 13-14 200 IM	RSA-NC	15	---	-8.71
2:41.56L	A F # 53	Women 13-14 200 Back	RSA-NC	8	---	-9.62
1:17.62L	BB F # 57	Women 13-14 100 Fly	RSA-NC	11	---	0.23
35.61L	F # 65	200 Medley Relay Lead Off	RSA-NC	---	---	-1.81
30.23L	AA F # 97	Women 13-14 50 Free	RSA-NC	12	---	-0.36
1:15.28L	A F # 109	Women 13-14 100 Back	RSA-NC	10	---	1.51
5:14.96L	A F # 117	Women 13-14 400 Free	RSA-NC	19	---	-24.80
Siemek, Elaine (13) W						
2:30.09L	A F # 1	Women 13-14 200 Free	RSA-NC	25	---	-19.97
2:53.74L	BB F # 45	Women 13-14 200 IM	RSA-NC	28	---	-16.42
2:47.87L	BB F # 53	Women 13-14 200 Back	RSA-NC	14	---	---
1:23.68L	B F # 57	Women 13-14 100 Fly	RSA-NC	26	---	---
37.14L	F # 65	200 Medley Relay Lead Off	RSA-NC	---	---	1.13
30.69L	AA F # 97	Women 13-14 50 Free	RSA-NC	19	---	-0.61
1:34.80L	BB F # 101	Women 13-14 100 Breast	RSA-NC	23	---	---
1:17.96L	BB F # 109	Women 13-14 100 Back	RSA-NC	18	---	0.43
Sipple, Jacob (13) M						
5:57.88L	BB F # 10	Men 13-14 400 IM	RSA-NC	13	---	---
34.61L	F # 94	Men 13-14 50 Fly	RSA-NC	5	---	-1.13
31.82L	BB F # 98	Men 13-14 50 Free	RSA-NC	31	---	-0.74
1:20.62L	B F # 110	Men 13-14 100 Back	RSA-NC	23	---	0.37
Smith, Douglas (10) M						
50.62L	B F # 14	Men 10 & Under 50 Fly	RSA-NC	19	---	-0.43
47.30L	BB F # 18	Men 10 & Under 50 Back	RSA-NC	15	---	-3.36
1:56.34L	BB F # 26	Men 10 & Under 100 Breast	RSA-NC	5	---	-0.35
44.47L	F # 70	Men 10 & Under 50 Free	RSA-NC	29	---	0.11
53.05L	BB F # 74	Men 10 & Under 50 Breast	RSA-NC	8	---	1.25
1:41.44L	BB F # 82	Men 10 & Under 100 Back	RSA-NC	12	---	-1.98
Spence, Claire (10) W						
35.19L	A F # 69	Women 10 & Under 50 Free	RSA-NC	8	---	-17.26
47.96L	A F # 73	Women 10 & Under 50 Breast	RSA-NC	5	---	-22.93
1:33.46L	DQ F # 81	Women 10 & Under 100 Back	RSA-NC	---	---	---
Spence, Lily (10) W						
35.64L	A F # 69	Women 10 & Under 50 Free	RSA-NC	11	---	-12.17
1:29.43L	AA F # 81	Women 10 & Under 100 Back	RSA-NC	6	---	---
3:23.05L	BB F # 85	Women 10 & Under 200 IM	RSA-NC	15	---	---
Spence, Tad (13) M						
2:22.32L	A F # 2	Men 13-14 200 Free	RSA-NC	12	---	-4.86
2:41.26L	A F # 46	Men 13-14 200 IM	RSA-NC	9	---	-14.99
1:04.26L	A F # 50	Men 13-14 100 Free	RSA-NC	11	---	-3.30
2:37.85L	A F # 54	Men 13-14 200 Back	RSA-NC	5	---	-6.76
31.62L	F # 94	Men 13-14 50 Fly	RSA-NC	2	---	-1.98
29.02L	AA F # 98	Men 13-14 50 Free	RSA-NC	11	---	-1.13
1:11.88L	A F # 110	Men 13-14 100 Back	RSA-NC	3	---	-1.99

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv	
Sperlazza, Alyssa (14) W							
2:24.91L	AA	F # 1	Women 13-14 200 Free	RSA-NC	10	---	-1.55
2:48.21L	A	F # 45	Women 13-14 200 IM	RSA-NC	19	---	0.83
1:05.84L	AA	F # 49	Women 13-14 100 Free	RSA-NC	8	---	-1.00
2:55.32L	BB	F # 53	Women 13-14 200 Back	RSA-NC	21	---	3.30
Ssengonzi, Jesse (6) M							
1:03.23L		F # 14	Men 10 & Under 50 Fly	RSA-NC	34	---	---
1:03.67L		F # 18	Men 10 & Under 50 Back	RSA-NC	39	---	1.72
57.99L		F # 70	Men 10 & Under 50 Free	RSA-NC	38	---	0.56
1:01.53L	B	F # 74	Men 10 & Under 50 Breast	RSA-NC	24	---	-4.33
Ssengonzi, Jethro (10) M							
35.30L	AAA	F # 14	Men 10 & Under 50 Fly	RSA-NC	1	---	-1.42
2:43.02L	AA	F # 22	Men 10 & Under 200 Free	RSA-NC	3	---	-3.06
1:13.50L	AAA	F # 30	Men 10 & Under 100 Free	RSA-NC	2	---	-0.56
42.85L	AAA	F # 74	Men 10 & Under 50 Breast	RSA-NC	1	---	-0.77
1:26.17L	AA	F # 78	Men 10 & Under 100 Fly	RSA-NC	2	---	1.56
3:00.23L	AAA	F # 86	Men 10 & Under 200 IM	RSA-NC	2	---	1.26
32.99L	AAA	F # 90	200 Free Relay Lead Off	RSA-NC	---	---	-0.71
Ssengonzi, Rebecca (8) W							
39.77L	AA	F # 13	Women 10 & Under 50 Fly	RSA-NC	5	---	-1.11
46.04L	BB	F # 17	Women 10 & Under 50 Back	RSA-NC	19	---	0.21
1:45.14L	A	F # 25	Women 10 & Under 100 Breast	RSA-NC	7	---	-1.18
37.41L	BB	F # 69	Women 10 & Under 50 Free	RSA-NC	24	---	-1.92
1:31.14L	AA	F # 77	Women 10 & Under 100 Fly	RSA-NC	3	---	1.76
3:23.18L	BB	F # 85	Women 10 & Under 200 IM	RSA-NC	16	---	0.46
Strickland, Julianne (13) W							
2:29.56L	A	F # 1	Women 13-14 200 Free	RSA-NC	22	---	-7.87
2:50.25L	A	F # 45	Women 13-14 200 IM	RSA-NC	24	---	-9.36
1:08.87L	A	F # 49	Women 13-14 100 Free	RSA-NC	25	---	-0.55
1:15.36L	A	F # 57	Women 13-14 100 Fly	RSA-NC	8	---	-5.01
31.54L	A	F # 97	Women 13-14 50 Free	RSA-NC	31	---	-0.47
1:17.43L	A	F # 109	Women 13-14 100 Back	RSA-NC	16	---	-2.46
5:12.51L	A	F # 117	Women 13-14 400 Free	RSA-NC	17	---	-29.75
Tang, Yujian (12) M							
37.96L	A	F # 20	Men 11-12 50 Back	RSA-NC	9	---	-1.54
2:49.54L	B	F # 24	Men 11-12 200 Free	RSA-NC	8	---	---
1:17.07L	BB	F # 32	Men 11-12 100 Free	RSA-NC	15	---	0.12
39.50L	BB	F # 36	200 Medley Relay Lead Off	RSA-NC	---	---	---
33.29L	BB	F # 72	Men 11-12 50 Free	RSA-NC	16	---	-1.65
1:20.49L	DQ	F # 84	Men 11-12 100 Back	RSA-NC	---	---	---
3:08.29L	BB	F # 88	Men 11-12 200 IM	RSA-NC	5	---	---
Teal, Logan (15) M							
2:26.06L	BB	F # 4	Men 15 & Over 200 Free	RSA-NC	32	---	-15.52
2:48.76L	BB	F # 48	Men 15 & Over 200 IM	RSA-NC	26	---	-16.02
1:05.32L	BB	F # 52	Men 15 & Over 100 Free	RSA-NC	30	---	-0.78
2:50.74L	B	F # 56	Men 15 & Over 200 Back	RSA-NC	17	---	-19.64
29.26L	BB	F # 100	Men 15 & Over 50 Free	RSA-NC	29	---	-0.03

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters
Location: Cary, NC

Time	F/P/S	Event	Place	Points	Improv	
1:16.75L	B F # 112	Men 15 & Over 100 Back	RSA-NC	22	---	-1.31
Thompson, Aaron (9) M						
49.87L	BB F # 18	Men 10 & Under 50 Back	RSA-NC	24	---	-1.08
1:51.52L	BB F # 26	Men 10 & Under 100 Breast	RSA-NC	2	---	-12.88
1:29.31L	BB F # 30	Men 10 & Under 100 Free	RSA-NC	17	---	-11.42
40.47L	B F # 70	Men 10 & Under 50 Free	RSA-NC	19	---	-2.24
52.11L	BB F # 74	Men 10 & Under 50 Breast	RSA-NC	6	---	0.71
1:46.74L	B F # 82	Men 10 & Under 100 Back	RSA-NC	15	---	---
Thompson, Brian (6) M						
51.36L	B F # 18	Men 10 & Under 50 Back	RSA-NC	28	---	-3.33
1:59.42L	BB F # 26	Men 10 & Under 100 Breast	RSA-NC	7	---	---
43.99L	B F # 70	Men 10 & Under 50 Free	RSA-NC	26	---	-7.35
55.12L	B F # 74	Men 10 & Under 50 Breast	RSA-NC	10	---	-2.58
Todd, Michael (12) M						
35.33L	A F # 16	Men 11-12 50 Fly	RSA-NC	9	---	-0.43
40.21L	BB F # 20	Men 11-12 50 Back	RSA-NC	14	---	-0.57
1:17.66L	B F # 32	Men 11-12 100 Free	RSA-NC	17	---	0.37
34.80L	BB F # 72	Men 11-12 50 Free	RSA-NC	21	---	-2.39
1:20.64L	A F # 80	Men 11-12 100 Fly	RSA-NC	7	---	-0.02
1:27.65L	BB F # 84	Men 11-12 100 Back	RSA-NC	16	---	-12.33
Tschoke, Victoria (13) W						
5:28.20L	DQ F # 9	Women 13-14 400 IM	RSA-NC	---	---	---
32.70L	F # 41	Women 13-14 50 Back	RSA-NC	1	---	---
2:35.40L	AAA F # 45	Women 13-14 200 IM	RSA-NC	4	---	---
2:31.10L	AAA F # 53	Women 13-14 200 Back	RSA-NC	1	---	-0.61
32.84L	F # 65	200 Medley Relay Lead Off	RSA-NC	---	---	---
30.54L	AA F # 97	Women 13-14 50 Free	RSA-NC	16	---	---
1:24.68L	AA F # 101	Women 13-14 100 Breast	RSA-NC	4	---	---
1:09.09L	AAA F # 109	Women 13-14 100 Back	RSA-NC	1	---	---
Tyndall, Ryan (14) M						
59.42L	F # 38	Men 13-14 50 Breast	RSA-NC	16	---	2.69
54.46L	F # 42	Men 13-14 50 Back	RSA-NC	13	---	-0.17
Van De Zande, Georgia (16) W						
2:24.28L	A F # 3	Women 15 & Over 200 Free	RSA-NC	21	---	4.52
2:50.38L	BB F # 47	Women 15 & Over 200 IM	RSA-NC	34	---	1.81
2:52.11L	BB F # 55	Women 15 & Over 200 Back	RSA-NC	21	---	-1.87
1:21.72L	B F # 59	Women 15 & Over 100 Fly	RSA-NC	27	---	0.75
NS	F # 99	Women 15 & Over 50 Free	RSA-NC	---	---	---
NS	F # 107	Women 15 & Over 200 Fly	RSA-NC	---	---	---
NS	F # 119	Women 15 & Over 400 Free	RSA-NC	---	---	---
Walko, Danielle (13) W						
2:33.76L	BB F # 1	Women 13-14 200 Free	RSA-NC	30	---	-0.69
2:59.79L	BB F # 45	Women 13-14 200 IM	RSA-NC	42	---	2.70
1:11.28L	BB F # 49	Women 13-14 100 Free	RSA-NC	34	---	-0.42
2:59.98L	BB F # 53	Women 13-14 200 Back	RSA-NC	24	---	2.46
32.93L	BB F # 97	Women 13-14 50 Free	RSA-NC	46	---	-0.65
1:33.94L	BB F # 101	Women 13-14 100 Breast	RSA-NC	20	---	-1.62

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters
Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
1:25.30L	B F # 109	Women 13-14 100 Back	RSA-NC	45	---	-2.75
Walko, Nicole (9) W						
44.41L	BB F # 13	Women 10 & Under 50 Fly	RSA-NC	10	---	2.48
3:03.30L	BB F # 21	Women 10 & Under 200 Free	RSA-NC	11	---	7.82
1:47.63L	BB F # 25	Women 10 & Under 100 Breast	RSA-NC	9	---	2.44
48.86L	BB F # 73	Women 10 & Under 50 Breast	RSA-NC	7	---	-6.43
1:34.95L	A F # 81	Women 10 & Under 100 Back	RSA-NC	13	---	4.17
3:24.34L	BB F # 85	Women 10 & Under 200 IM	RSA-NC	18	---	7.00
Wallace, Matt (15) M						
2:18.98L	BB F # 4	Men 15 & Over 200 Free	RSA-NC	26	---	---
5:37.37L	BB F # 12	Men 15 & Over 400 IM	RSA-NC	20	---	---
2:35.29L	A F # 48	Men 15 & Over 200 IM	RSA-NC	20	---	---
2:32.58L	BB F # 56	Men 15 & Over 200 Back	RSA-NC	6	---	---
3:11.93L	B F # 64	Men 15 & Over 200 Breast	RSA-NC	14	---	---
31.62L	F # 68	200 Medley Relay Lead Off	RSA-NC	---	---	0.23
27.70L	A F # 100	Men 15 & Over 50 Free	RSA-NC	22	---	---
1:07.69L	AA F # 112	Men 15 & Over 100 Back	RSA-NC	4	---	---
4:51.11L	BB F # 120	Men 15 & Over 400 Free	RSA-NC	16	---	---
Washburn, Grace (8) W						
1:09.79L	DQ F # 13	Women 10 & Under 50 Fly	RSA-NC	---	---	---
53.08L	B F # 17	Women 10 & Under 50 Back	RSA-NC	41	---	---
46.00L	F # 69	Women 10 & Under 50 Free	RSA-NC	54	---	---
58.90L	B F # 73	Women 10 & Under 50 Breast	RSA-NC	38	---	-2.35
Watkins, Sage (17) W						
NS	F # 103	Women 15 & Over 100 Breast	RSA-NC	---	---	---
Watts, Ben (14) M						
NS	F # 2	Men 13-14 200 Free	RSA-NC	---	---	---
NS	F # 38	Men 13-14 50 Breast	RSA-NC	---	---	---
NS	F # 42	Men 13-14 50 Back	RSA-NC	---	---	---
NS	F # 50	Men 13-14 100 Free	RSA-NC	---	---	---
NS	F # 94	Men 13-14 50 Fly	RSA-NC	---	---	---
NS	F # 98	Men 13-14 50 Free	RSA-NC	---	---	---
Watts, Charlotte (9) W						
47.31L	BB F # 13	Women 10 & Under 50 Fly	RSA-NC	20	---	-2.34
1:58.35L	BB F # 25	Women 10 & Under 100 Breast	RSA-NC	20	---	---
1:35.94L	B F # 29	Women 10 & Under 100 Free	RSA-NC	31	---	-12.88
40.68L	BB F # 69	Women 10 & Under 50 Free	RSA-NC	38	---	-2.33
54.43L	BB F # 73	Women 10 & Under 50 Breast	RSA-NC	25	---	-2.53
1:42.64L	BB F # 81	Women 10 & Under 100 Back	RSA-NC	24	---	---
Wei, Vivian (8) W						
49.58L	B F # 13	Women 10 & Under 50 Fly	RSA-NC	25	---	-11.18
51.83L	B F # 17	Women 10 & Under 50 Back	RSA-NC	38	---	-3.52
2:09.59L	B F # 25	Women 10 & Under 100 Breast	RSA-NC	27	---	---
45.50L	F # 69	Women 10 & Under 50 Free	RSA-NC	52	---	-5.27
1:00.24L	B F # 73	Women 10 & Under 50 Breast	RSA-NC	43	---	-7.92
1:58.00L	DQ F # 81	Women 10 & Under 100 Back	RSA-NC	---	---	---

Individual Meet Results
2009 RSA NC Good Stuff Long Course Meet 15-May-09 to 17-May-09 LC Meters

Location: Cary, NC

Time	F/P/S	Event		Place	Points	Improv
Wen, Emily (8) W						
1:02.77L	F # 13	Women 10 & Under 50 Fly	RSA-NC	46	---	---
55.79L B	F # 17	Women 10 & Under 50 Back	RSA-NC	46	---	-1.09
49.95L	F # 69	Women 10 & Under 50 Free	RSA-NC	65	---	-0.69
1:07.30L	F # 73	Women 10 & Under 50 Breast	RSA-NC	56	---	2.28
Wen, Melody (6) W						
1:18.94L DQ	F # 13	Women 10 & Under 50 Fly	RSA-NC	---	---	---
59.61L	F # 17	Women 10 & Under 50 Back	RSA-NC	58	---	2.94
54.36L	F # 69	Women 10 & Under 50 Free	RSA-NC	72	---	-3.72
1:24.22L DQ	F # 73	Women 10 & Under 50 Breast	RSA-NC	---	---	---
Wilcox, Jacob (10) M						
59.10L	F # 14	Men 10 & Under 50 Fly	RSA-NC	31	---	---
56.66L	F # 18	Men 10 & Under 50 Back	RSA-NC	34	---	---
2:00.47L B	F # 26	Men 10 & Under 100 Breast	RSA-NC	9	---	---
NS	F # 70	Men 10 & Under 50 Free	RSA-NC	---	---	---
NS	F # 74	Men 10 & Under 50 Breast	RSA-NC	---	---	---
NS	F # 82	Men 10 & Under 100 Back	RSA-NC	---	---	---
Williams, Emma (12) W						
5:13.80L AA	F # 5	Women 11-12 400 Free	RSA-NC	6	---	3.37
34.58L AA	F # 15	Women 11-12 50 Fly	RSA-NC	7	---	-2.25
36.43L AA	F # 19	Women 11-12 50 Back	RSA-NC	5	---	-0.23
2:26.93L AA	F # 23	Women 11-12 200 Free	RSA-NC	5	---	-0.61
43.32L BB	F # 75	Women 11-12 50 Breast	RSA-NC	12	---	-3.31
1:20.24L A	F # 79	Women 11-12 100 Fly	RSA-NC	8	---	2.00
2:47.11L AA	F # 87	Women 11-12 200 IM	RSA-NC	7	---	-3.82
Williams, Michael (17) M						
2:07.19L AA	F # 4	Men 15 & Over 200 Free	RSA-NC	6	---	0.16
56.10L AAA	F # 52	Men 15 & Over 100 Free	RSA-NC	4	---	1.38
2:32.71L BB	F # 56	Men 15 & Over 200 Back	RSA-NC	7	---	-0.50
1:10.44L BB	F # 60	Men 15 & Over 100 Fly	RSA-NC	20	---	2.16
30.52L	F # 68	200 Medley Relay Lead Off	RSA-NC	---	---	0.05
25.35L AAA	F # 100	Men 15 & Over 50 Free	RSA-NC	2	---	0.10
1:10.78L BB	F # 112	Men 15 & Over 100 Back	RSA-NC	13	---	5.62
NS	F # 120	Men 15 & Over 400 Free	RSA-NC	---	---	---
Witzke, Maddie (13) W						
2:31.41L A	F # 1	Women 13-14 200 Free	RSA-NC	26	---	-0.72
37.61L	F # 37	Women 13-14 50 Breast	RSA-NC	1	---	-1.18
2:48.91L A	F # 45	Women 13-14 200 IM	RSA-NC	21	---	1.05
3:03.05L AA	F # 61	Women 13-14 200 Breast	RSA-NC	3	---	-7.03
31.30L A	F # 97	Women 13-14 50 Free	RSA-NC	29	---	0.20
1:25.90L A	F # 101	Women 13-14 100 Breast	RSA-NC	6	---	0.76
1:22.61L BB	F # 109	Women 13-14 100 Back	RSA-NC	37	---	1.57
Wombacher, Kai (13) M						
NS	F # 2	Men 13-14 200 Free	RSA-NC	---	---	---
32.21L BB	F # 98	Men 13-14 50 Free	RSA-NC	33	---	-1.59
1:19.49L BB	F # 110	Men 13-14 100 Back	RSA-NC	20	---	-1.24
5:26.18L BB	F # 118	Men 13-14 400 Free	RSA-NC	14	---	-14.33

Individual Meet Results
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Time	F/P/S	Event		Place	Points	Improv
Wombacher, Raynee (10) W						
49.63L	BB F # 17	Women 10 & Under 50 Back	RSA-NC	31	---	-2.65
3:35.38L	B F # 21	Women 10 & Under 200 Free	RSA-NC	16	---	-32.31
1:41.46L	B F # 29	Women 10 & Under 100 Free	RSA-NC	37	---	-8.50
44.35L	B F # 69	Women 10 & Under 50 Free	RSA-NC	49	---	-6.56
1:02.03L	F # 73	Women 10 & Under 50 Breast	RSA-NC	47	---	-5.54
1:50.38L	B F # 81	Women 10 & Under 100 Back	RSA-NC	31	---	-17.90
Wombacher, Sierra (11) W						
46.87L	F # 15	Women 11-12 50 Fly	RSA-NC	40	---	-9.05
41.15L	BB F # 19	Women 11-12 50 Back	RSA-NC	22	---	-2.90
1:22.30L	B F # 31	Women 11-12 100 Free	RSA-NC	43	---	-8.70
38.06L	B F # 71A	Women 11-12 50 Free	RSA-NC	51	---	-2.68
51.74L	F # 75	Women 11-12 50 Breast	RSA-NC	40	---	-7.51
1:28.09L	BB F # 83	Women 11-12 100 Back	RSA-NC	23	---	-3.70
Yang, Bruce (13) M						
41.52L	F # 38	Men 13-14 50 Breast	RSA-NC	7	---	-8.44
37.58L	F # 42	Men 13-14 50 Back	RSA-NC	4	---	-2.44
1:07.28L	BB F # 50	Men 13-14 100 Free	RSA-NC	17	---	0.14
31.31L	BB F # 98	Men 13-14 50 Free	RSA-NC	27	---	-0.24
1:29.35L	B F # 102	Men 13-14 100 Breast	RSA-NC	16	---	-1.27
1:25.32L	B F # 110	Men 13-14 100 Back	RSA-NC	29	---	-0.76
Zhu, Sam (9) M						
50.64L	B F # 14	Men 10 & Under 50 Fly	RSA-NC	20	---	---
49.72L	BB F # 18	Men 10 & Under 50 Back	RSA-NC	22	---	---
1:37.34L	B F # 30	Men 10 & Under 100 Free	RSA-NC	24	---	---
Zordich, David (10) M						
53.60L	B F # 18	Men 10 & Under 50 Back	RSA-NC	32	---	-0.20
2:03.10L	B F # 26	Men 10 & Under 100 Breast	RSA-NC	10	---	---
1:38.57L	B F # 30	Men 10 & Under 100 Free	RSA-NC	25	---	---
44.35L	F # 70	Men 10 & Under 50 Free	RSA-NC	28	---	2.42
57.26L	B F # 74	Men 10 & Under 50 Breast	RSA-NC	13	---	2.10