

Individual Meet Results

2019 Water Rat Senior Spring Invitational 10-May-19 to 12-May-19 LC Meters

Location: Wesleyan University

Laurel East Hartford YMCA [LEHY-CT] Coach: Ed Steinnagel

Time	F/P/S	Event	Place	Points	Improv
Alanna DePinto (15) W					
2:25.95L	F # 3	Women 200 Free	43	---	12.04
	1:10.40	2:25.95			
	(1:10.40)	(1:15.55)			
1:14.06L	F # 5	Women 100 Fly	29	---	4.50
2:46.86L	F # 9	Women 200 IM	37	---	10.37
	1:22.27	2:46.86			
	(1:22.27)	(1:24.59)			
29.56L	F # 11	Women 50 Free	11	---	1.47
1:25.73L	F # 15	Women 100 Breast	8	---	3.99
1:05.16L	F # 19	Women 100 Free	22	---	4.04
1:18.71L	F # 23	Women 100 Back	38	---	2.30
NS	F # 25	Women 400 IM	---	---	---
Abigail Francis (17) W					
2:15.47L	F # 3	Women 200 Free	4	---	6.23
	1:05.74	2:15.47			
	(1:05.74)	(1:09.73)			
2:56.14L	F # 7	Women 200 Breast	2	---	13.86
	---	2:56.14			
	---	(2:56.14)			
2:34.65L	F # 9	Women 200 IM	4	---	9.64
	1:15.88	2:34.65			
	(1:15.88)	(1:18.77)			
28.75L	F # 11	Women 50 Free	4	---	1.55
1:21.95L	F # 15	Women 100 Breast	3	---	5.62
1:03.97L	F # 19	Women 100 Free	13	---	4.65
1:14.42L	F # 23	Women 100 Back	13	---	0.37
5:27.63L	F # 25	Women 400 IM	2	---	20.77
	1:16.35	2:41.09	4:12.38	5:27.63	
	(1:16.35)	(1:24.74)	(1:31.29)	(1:15.25)	
Megan Gangaway (13) W					
2:22.49L	F # 3	Women 200 Free	22	---	3.63
	1:09.91	2:22.49			
	(1:09.91)	(1:12.58)			
2:46.41L	F # 9	Women 200 IM	35	---	5.13
	1:20.58	2:46.41			
	(1:20.58)	(1:25.83)			
30.86L	F # 11	Women 50 Free	35	---	0.97
4:52.95L	F # 17	Women 400 Free	9	---	2.68
	1:09.73	2:24.91	3:40.19	4:52.95	
	(1:09.73)	(1:15.18)	(1:15.28)	(1:12.76)	
1:06.41L	F # 19	Women 100 Free	34	---	1.85
5:43.72L	F # 25	Women 400 IM	19	---	-1.70
	1:19.11	2:48.29	4:29.05	5:43.72	
	(1:19.11)	(1:29.18)	(1:40.76)	(1:14.67)	

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Nicholas Guenther (15) M					
27.25L	F # 12	Men 50 Free	19	---	-0.54
2:29.99L	F # 14	Men 200 Back	18	---	-9.39
	1:12.79	2:29.99			
	(1:12.79)	(1:17.20)			
4:46.79L	F # 18	Men 400 Free	25	---	-8.26
	1:07.60	2:21.77	3:36.39	4:46.79	
	(1:07.60)	(1:14.17)	(1:14.62)	(1:10.40)	
59.05L	F # 20	Men 100 Free	11	---	-0.59
2:30.74L	F # 22	Men 200 Fly	16	---	11.53
	1:09.50	2:30.74			
	(1:09.50)	(1:21.24)			
5:25.16L	F # 26	Men 400 IM	16	---	-5.57
	1:09.53	2:35.89	4:13.59	5:25.16	
	(1:09.53)	(1:26.36)	(1:37.70)	(1:11.57)	
Caroline Koziol (14) W					
2:39.19L	F # 3	Women 200 Free	83	---	0.18
	1:16.71	2:39.19			
	(1:16.71)	(1:22.48)			
1:19.16L	F # 5	Women 100 Fly	55	---	2.29
3:04.43L	F # 9	Women 200 IM	81	---	8.15
	1:25.93	3:04.43			
	(1:25.93)	(1:38.50)			
32.49L	F # 11	Women 50 Free	60	---	1.52
Haley Krawczyk (16) W					
2:41.05L	F # 3	Women 200 Free	85	---	9.18
	1:16.39	2:41.05			
	(1:16.39)	(1:24.66)			
1:24.89L	F # 5	Women 100 Fly	68	---	8.90
3:02.21L	F # 9	Women 200 IM	78	---	10.70
	1:24.77	3:02.21			
	(1:24.77)	(1:37.44)			
33.31L	F # 11	Women 50 Free	69	---	3.00

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Time	F/P/S	Event	Place	Points	Improv
Avery Kudlac (13) W					
2:27.59L	F # 3	Women 200 Free	50	---	4.64
	1:11.52	2:27.59			
	(1:11.52)	(1:16.07)			
1:12.38L	F # 5	Women 100 Fly	19	---	4.07
2:51.24L	F # 9	Women 200 IM	52	---	-22.16
	1:18.90	2:51.24			
	(1:18.90)	(1:32.34)			
30.19L	F # 11	Women 50 Free	22	---	0.75
2:44.93L	F # 13	Women 200 Back	24	---	-7.39
	1:22.26	2:44.93			
	(1:22.26)	(1:22.67)			
1:08.49L	F # 19	Women 100 Free	60	---	3.75
DQ	F # 21	Women 200 Fly	---	---	---
1:16.56L	F # 23	Women 100 Back	32	---	2.18
Riley Kudlac (13) W					
2:22.71L	F # 3	Women 200 Free	23	---	-2.20
	1:09.88	2:22.71			
	(1:09.88)	(1:12.83)			
1:14.28L	F # 5	Women 100 Fly	30	---	3.45
2:43.45L	F # 9	Women 200 IM	25	---	-2.53
	1:18.24	2:43.45			
	(1:18.24)	(1:25.21)			
29.80L	F # 11	Women 50 Free	13	---	0.10
2:45.65L	F # 13	Women 200 Back	25	---	3.47
	1:21.25	2:45.65			
	(1:21.25)	(1:24.40)			
1:07.09L	F # 19	Women 100 Free	46	---	1.02
1:15.28L	F # 23	Women 100 Back	22	---	0.69
5:47.89L	F # 25	Women 400 IM	25	---	---
	1:17.91	2:48.81	4:30.52	5:47.89	
	(1:17.91)	(1:30.90)	(1:41.71)	(1:17.37)	
Riley Lord (14) W					
2:32.99L	F # 3	Women 200 Free	66	---	2.85
	1:14.06	2:32.99			
	(1:14.06)	(1:18.93)			
3:16.64L	F # 7	Women 200 Breast	20	---	10.67
	1:33.54	3:16.64			
	(1:33.54)	(1:43.10)			
2:56.20L	F # 9	Women 200 IM	69	---	8.16
	1:27.71	2:56.20			
	(1:27.71)	(1:28.49)			
32.41L	F # 11	Women 50 Free	56	---	0.64
1:30.10L	F # 15	Women 100 Breast	20	---	2.59
5:20.52L	F # 17	Women 400 Free	43	---	-5.01
	1:15.33	2:35.61	3:58.33	5:20.52	
	(1:15.33)	(1:20.28)	(1:22.72)	(1:22.19)	

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Anthony Meglin (17) M					
2:24.78L	F # 4	Men 200 Free	51	---	3.97
	1:06.85	2:24.78			
	(1:06.85)	(1:17.93)			
1:11.21L	F # 6	Men 100 Fly	40	---	10.28
3:13.08L	F # 8	Men 200 Breast	17	---	27.80
	1:32.64	3:13.08			
	(1:32.64)	(1:40.44)			
29.56L	F # 12	Men 50 Free	42	---	1.96
1:30.53L	F # 16	Men 100 Breast	22	---	14.40
1:07.15L	F # 20	Men 100 Free	50	---	6.89
3:11.26L	F # 22	Men 200 Fly	34	---	18.98
	1:19.44	3:11.26			
	(1:19.44)	(1:51.82)			
Sarah Mulcahy (16) W					
3:04.47L	F # 13	Women 200 Back	46	---	9.88
	1:28.26	3:04.47			
	(1:28.26)	(1:36.21)			
1:29.97L	F # 15	Women 100 Breast	19	---	4.77
Vivian Nguyen (14) W					
2:37.46L	F # 3	Women 200 Free	80	---	9.42
	1:15.37	2:37.46			
	(1:15.37)	(1:22.09)			
1:20.73L	F # 5	Women 100 Fly	61	---	6.78
2:56.54L	F # 9	Women 200 IM	70	---	9.72
	1:23.53	2:56.54			
	(1:23.53)	(1:33.01)			
1:11.62L	F # 19	Women 100 Free	77	---	2.76
1:21.13L	F # 23	Women 100 Back	50	---	3.14
6:12.89L	F # 25	Women 400 IM	42	---	21.62
	1:21.78	2:56.02	4:49.34	6:12.89	
	(1:21.78)	(1:34.24)	(1:53.32)	(1:23.55)	
Annika Paluska (13) W					
2:33.16L	F # 3	Women 200 Free	69	---	-0.90
	1:13.91	2:33.16			
	(1:13.91)	(1:19.25)			
3:10.83L	F # 7	Women 200 Breast	16	---	-10.70
	1:30.36	3:10.83			
	(1:30.36)	(1:40.47)			
2:56.79L	F # 9	Women 200 IM	71	---	-0.11
	1:29.06	2:56.79			
	(1:29.06)	(1:27.73)			
31.47L	F # 11	Women 50 Free	48	---	-0.26
1:26.81L	F # 15	Women 100 Breast	11	---	2.45

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Time	F/P/S	Event	Place	Points	Improv
Norell Paluska (15) W					
2:28.21L	F # 3	Women 200 Free	52	---	1.34
	1:12.73	2:28.21			
	(1:12.73)	(1:15.48)			
3:04.64L	F # 7	Women 200 Breast	8	---	5.37
	1:28.35	3:04.64			
	(1:28.35)	(1:36.29)			
2:50.47L	F # 9	Women 200 IM	46	---	3.35
	1:27.93	2:50.47			
	(1:27.93)	(1:22.54)			
30.87L	F # 11	Women 50 Free	36	---	-0.73
1:24.09L	F # 15	Women 100 Breast	6	---	-1.31
5:10.17L	F # 17	Women 400 Free	29	---	6.44
	1:13.90	2:33.52	3:53.48	5:10.17	
	(1:13.90)	(1:19.62)	(1:19.96)	(1:16.69)	
Julia Pitchell (16) W					
2:34.05L	F # 3	Women 200 Free	70	---	5.41
	1:12.99	2:34.05			
	(1:12.99)	(1:21.06)			
1:15.07L	F # 5	Women 100 Fly	33	---	7.90
2:53.04L	F # 9	Women 200 IM	62	---	13.06
	1:19.57	2:53.04			
	(1:19.57)	(1:33.47)			
Amber Rocheleau (17) W					
2:21.05L	F # 3	Women 200 Free	16	---	7.60
	1:07.36	2:21.05			
	(1:07.36)	(1:13.69)			
1:13.86L	F # 5	Women 100 Fly	28	---	3.12
2:38.17L	F # 9	Women 200 IM	9	---	3.51
	1:18.08	2:38.17			
	(1:18.08)	(1:20.09)			
1:04.27L	F # 19	Women 100 Free	15	---	-0.17
2:47.57L	F # 21	Women 200 Fly	22	---	---
	1:16.87	2:47.57			
	(1:16.87)	(1:30.70)			
5:34.18L	F # 25	Women 400 IM	5	---	4.35
	1:18.62	2:45.93	4:20.81	5:34.18	
	(1:18.62)	(1:27.31)	(1:34.88)	(1:13.37)	

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Samantha Ruschmeier (14) W					
2:34.61L	F # 3	Women 200 Free	72	---	1.74
	1:15.13	2:34.61			
	(1:15.13)	(1:19.48)			
1:17.24L	F # 5	Women 100 Fly	44	---	2.13
2:51.46L	F # 9	Women 200 IM	54	---	6.05
	1:21.16	2:51.46			
	(1:21.16)	(1:30.30)			
32.56L	F # 11	Women 50 Free	61	---	1.29
2:53.41L	F # 13	Women 200 Back	38	---	7.42
	1:24.26	2:53.41			
	(1:24.26)	(1:29.15)			
1:10.53L	F # 19	Women 100 Free	73	---	2.74
1:19.76L	F # 23	Women 100 Back	44	---	2.33
6:05.91L	F # 25	Women 400 IM	37	---	4.54
	1:18.44	2:53.66	4:41.90	6:05.91	
	(1:18.44)	(1:35.22)	(1:48.24)	(1:24.01)	
Daniel Savidge (17) M					
2:07.81L	F # 4	Men 200 Free	16	---	-1.35
	1:02.21	2:07.81			
	(1:02.21)	(1:05.60)			
2:47.00L	F # 8	Men 200 Breast	5	---	-0.12
	1:20.49	2:47.00			
	(1:20.49)	(1:26.51)			
2:23.19L	F # 10	Men 200 IM	12	---	-1.74
	1:08.21	2:23.19			
	(1:08.21)	(1:14.98)			
2:19.49L	F # 14	Men 200 Back	3	---	-2.34
	1:08.16	2:19.49			
	(1:08.16)	(1:11.33)			
1:18.06L	F # 16	Men 100 Breast	12	---	0.81
4:29.49L	F # 18	Men 400 Free	9	---	-1.40
	1:04.61	2:14.45	3:24.02	4:29.49	
	(1:04.61)	(1:09.84)	(1:09.57)	(1:05.47)	
Brooke Sowka (13) W					
1:09.03L	F # 19	Women 100 Free	65	---	3.00
1:16.96L	F # 23	Women 100 Back	33	---	6.26
6:07.98L	F # 25	Women 400 IM	39	---	17.21
	1:24.85	2:55.60	4:46.40	6:07.98	
	(1:24.85)	(1:30.75)	(1:50.80)	(1:21.58)	

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Christie Wang (17) W					
2:37.25L	F # 3	Women 200 Free	78	---	10.24
	1:16.38	2:37.25			
	(1:16.38)	(1:20.87)			
3:20.94L	F # 7	Women 200 Breast	24	---	14.01
	1:35.68	3:20.94			
	(1:35.68)	(1:45.26)			
2:54.54L	F # 9	Women 200 IM	66	---	7.87
	1:23.27	2:54.54			
	(1:23.27)	(1:31.27)			
Emma Wojnarowski (15) W					
2:30.63L	F # 3	Women 200 Free	57	---	---
	1:13.54	2:30.63			
	(1:13.54)	(1:17.09)			
3:11.42L	F # 7	Women 200 Breast	17	---	14.28
	1:31.10	3:11.42			
	(1:31.10)	(1:40.32)			
31.99L	F # 11	Women 50 Free	54	---	---
1:29.56L	F # 15	Women 100 Breast	15	---	4.28
5:03.76L	F # 17	Women 400 Free	18	---	-4.08
	1:13.50	2:29.79	3:46.78	5:03.76	
	(1:13.50)	(1:16.29)	(1:16.99)	(1:16.98)	
1:10.82L	F # 19	Women 100 Free	74	---	---
Emily Wolf (16) W					
33.62L	F # 11	Women 50 Free	72	---	2.67