

Individual Top Times

Time	P/F/S	Event				
Dominick Abbate (11) M						
47.73 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		CLRK-AD
Richard Abbate (9) M						
1:12.69 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		CLRK-AD
1:24.20 Y	F	50 Back	12/5/2009	CVSL Quad Meet		
Aleah Abdellatif (12) W						
37.73 Y	F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet		BSPA-AD
1:25.63 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet		
46.92 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet		
1:52.55 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
51.30 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet		
59.44 Y	F	50 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
1:42.12 Y	F	100 IM	11/21/2009	Harvest Invitational 2009		
Harrison Abrams (12) M						
34.89 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		GLOY-AD
1:20.19 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
3:03.19 Y	F	200 Free	1/24/2010	Foothills Invitational 2010		
46.72 Y	F	50 Back	11/21/2009	Harvest Invitational 2009		
53.06 Y	F	50 Breast	1/24/2010	Foothills Invitational 2010		
Joseph Adamo (10) M						
40.13 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		USAM-AD
1:39.79 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
55.13 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
56.54 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
2:04.39 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:58.93 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010		
Brooke Adams (16) W						
28.19 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		SCHE-AD
1:00.78 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships		
2:09.50 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
5:41.60 Y	F	500 Free	11/5/2009	Girls Sec II Division 2 Championships		
1:10.19 Y	F	100 Back	11/21/2009	Harvest Invitational 2009		
2:26.23 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge		
1:35.17 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010		
2:59.05 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge		
1:06.06 Y	F	100 Fly	11/5/2009	Girls Sec II Division 2 Championships		
2:32.11 Y	P	200 Fly	3/19/2010	AD Gold Short Course Championships		
2:26.34 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships		
5:15.88 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge		
Jade Adams (9) W						
48.44 Y	F	50 Free	3/6/2010	Under The Big Top		SSAC-AD
57.57 Y	F	50 Back	3/6/2010	Under The Big Top		
Katie Adams (13) W						
1:11.39 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		WAVE-AD
1:24.16 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
46.88 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
Reiley Adelson (12) W						
1:19.75 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		SARY-AD
47.62 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010		
49.14 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
46.11 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:44.64 Y	F	100 IM	11/21/2009	Harvest Invitational 2009		
Isaiah Adeson (10) M						
43.06 Y	F	50 Free	11/8/2009	Hometown SplashDown		GLFY-AD
1:46.75 Y	F	100 Free	12/5/2009	December2009supersplash		
51.54 Y	F	50 Back	12/5/2009	December2009supersplash		
1:54.13 Y	F	100 Back	12/5/2009	December2009supersplash		
1:03.78 Y	F	50 Breast	11/8/2009	Hometown SplashDown		
1:05.83 Y	F	50 Fly	12/19/2009	Saratoga 12&Under Mini-Meet		
1:56.97 Y	F	100 IM	11/8/2009	Hometown SplashDown		

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Time	P/F/S	Event			
Jonah Adeson (13) M					
					GLFY-AD
35.40	Y	F	50	Free	12/5/2009 December2009supersplash
37.40	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:15.03	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:19.05	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:22.52	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
2:48.21	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
3:01.13	L	F	200	Free	7/9/2010 Hawks Summer Invitational 2010
6:19.98	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
41.27	Y	F	50	Back	12/5/2009 December2009supersplash
1:26.15	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
1:29.48	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:31.08	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
3:03.74	Y	F	200	Back	12/5/2009 December2009supersplash
3:13.56	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
47.94	Y	F	50	Breast	12/19/2009 Saratoga 12&Under Mini-Meet
1:40.38	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:50.09	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
38.86	Y	F	50	Fly	12/19/2009 Saratoga 12&Under Mini-Meet
1:25.31	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:27.58	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:28.24	L	F	100	Fly	7/9/2010 Hawks Summer Invitational 2010
3:29.15	L	F	200	Fly	7/9/2010 Hawks Summer Invitational 2010
3:29.24	Y	F	200	Fly	12/5/2009 December2009supersplash
1:30.76	Y	F	100	IM	10/25/2009 Trick or Treat Meet
3:07.39	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
3:24.32	L	F	200	IM	7/9/2010 Hawks Summer Invitational 2010
Ross Adler (14) M					
					CLIN-AD
32.79	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:11.01	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:28.42	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:47.37	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Bridget Ahearn (12) W					
					BENN-AD
34.04	Y	F	50	Free	11/21/2009 Harvest Invitational 2009
42.63	Y	F	50	Back	11/21/2009 Harvest Invitational 2009
46.91	Y	F	50	Fly	11/21/2009 Harvest Invitational 2009
Colleen Ahearn (10) W					
					BENN-AD
38.22	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
44.04	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010
56.89	Y	F	50	Breast	2/20/2010 Cabin Fever Invitational 2010
Kate Ahearn (14) W					
					BENN-AD
29.08	Y	F	50	Free	11/21/2009 Harvest Invitational 2009
1:05.51	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
36.14	Y	F	50	Back	12/5/2009 December2009supersplash
1:18.72	Y	F	100	Back	11/21/2009 Harvest Invitational 2009
2:51.86	Y	F	200	IM	2/20/2010 Cabin Fever Invitational 2010
Julia Airey (10) W					
					GLOY-AD
45.05	Y	F	50	Free	1/24/2010 Foothills Invitational 2010
1:47.14	Y	F	100	Free	1/16/2010 Canajoharie Developmental Meet
53.38	Y	F	50	Back	1/16/2010 Canajoharie Developmental Meet
1:22.69	Y	F	50	Breast	1/24/2010 Foothills Invitational 2010
Gabrielle Albrecht (15) W					
					CANA-AD
34.62	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:22.85	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
3:07.26	Y	F	200	Free	1/30/2010 CVSLQuad Meet
1:41.93	Y	F	100	Breast	2/27/2010 CVSLLeague Championships
3:44.35	Y	F	200	Breast	1/30/2010 CVSLQuad Meet
Gretchen Albrecht (12) W					
					CANA-AD
41.05	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
1:27.69	Y	F	100	Free	1/23/2010 CVSLTri Meet

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Time	P/F/S	Event				
Gretchen Albrecht (12) W						
47.91 Y	F	50 Back	2/27/2010	CVSLLeague Championships		CANA-AD
1:52.17 Y	F	100 Back	1/23/2010	CVSLTri Meet		
52.70 Y	F	50 Breast	2/27/2010	CVSLLeague Championships		
1:54.77 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
4:04.02 Y	F	200 Breast	1/30/2010	CVSLQuad Meet		
Anya Alexander-Mann (10) W						
43.67 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		UN-AD
1:36.65 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
54.68 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:55.67 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
Kaitlyn Allen (14) W						
35.07 Y	F	50 Free	12/5/2009	December2009supersplash		GRGF-AD
1:18.69 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
41.37 Y	F	50 Back	12/5/2009	December2009supersplash		
1:22.34 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
49.23 Y	F	50 Breast	12/5/2009	December2009supersplash		
1:58.12 Y	F	100 Breast	11/8/2009	Hometown SplashDown		
41.07 Y	F	50 Fly	12/5/2009	December2009supersplash		
Victoria Allen (15) W (Yr: sp)						
26.94 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		SCHE-AD
1:00.82 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:13.55 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
6:05.02 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
1:08.31 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
2:26.35 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships		
1:24.90 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:12.02 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
2:34.24 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
Victoria Allen (12) W (Yr: SO)						
1:06.42 Y	P	100 Back	11/5/2009	Girls Sec II Division 2 Championships		UN-AD
Zachary Allen (13) M						
30.85 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		SCHE-AD
2:25.35 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
6:33.82 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
36.60 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships		
1:19.53 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
2:50.06 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
40.97 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:28.98 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge		
3:19.51 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
35.64 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:22.42 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
1:18.90 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
2:51.90 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge		
Gabriel Allibone (11) M						
40.85 Y	F	50 Free	1/23/2010	Kingston Snowball Invitational		HAWK-AD
1:38.80 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational		
46.46 Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010		
1:44.97 Y	F	100 Back	1/23/2010	Kingston Snowball Invitational		
Isabelle Allison (12) W						
30.36 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		BFIN-AD
1:06.75 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
35.27 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships		
1:16.76 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
2:41.92 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
42.81 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:34.79 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
39.15 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:17.90 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		

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Time	P/F/S	Event				
Isabelle Allison (12) W						
2:47.39 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		BFIN-AD
Lila Allison (9) W						
19.55 Y	F	25 Free	11/15/2009	Pilgrims Pride		BFIN-AD
41.50 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		
1:37.19 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
21.58 Y	F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet		
47.96 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:49.19 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
28.75 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships		
1:01.91 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
27.15 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships		
1:01.32 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
Olivia Almaviva (13) W						
31.87 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		SSCY-AD
1:11.81 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
2:32.09 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
34.48 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships		
1:16.69 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
42.33 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
38.68 Y	F	50 Fly	12/12/2009	Amsterdam Sea Rams Invitational		
1:19.17 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational		
2:51.29 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
Emma Alteri (11) W						
37.11 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		BSPA-AD
1:32.43 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet		
41.44 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet		
51.68 Y	F	50 Breast	11/8/2009	Hometown SplashDown		
1:50.67 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:40.43 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Isabella Amaro (8) W						
41.54 Y	F	50 Free	2/27/2010	Kingston Last Chance Invitational		KING-AD
49.11 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:31.53 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
53.03 Y	F	50 Back	2/27/2010	Kingston Last Chance Invitational		
1:01.50 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
55.78 Y	F	50 Breast	2/27/2010	Kingston Last Chance Invitational		
1:01.96 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
58.91 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
58.98 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational		
1:49.37 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		
2:09.96 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Katelyn Amsden (8) W						
21.44 Y	F	25 Free	2/27/2010	CVSLLeague Championships		CLRK-AD
46.61 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		
1:48.43 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
27.18 Y	F	25 Back	11/14/2009	CVSL First Splash		
57.87 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet		
27.92 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships		
59.80 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
27.41 Y	F	25 Fly	2/27/2010	CVSLLeague Championships		
2:06.65 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Kyle Amsden (11) M						
35.80 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		CLRK-AD
1:30.22 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet		
43.55 Y	F	50 Back	11/21/2009	CVSL Quad Meet		
1:33.01 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
48.46 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
1:48.66 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
44.83 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		

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Time	P/F/S	Event			
Alicia Anich (14) W					
					GLOY-AD
33.71 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:21.27 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
7:24.95 Y	F	500 Free	1/24/2010	Foothills Invitational 2010	
1:36.00 Y	F	100 Back	1/16/2010	Canajoharie Developmental Meet	
1:44.44 Y	F	100 Breast	1/16/2010	Canajoharie Developmental Meet	
1:29.19 Y	F	100 Fly	1/24/2010	Foothills Invitational 2010	
Kailyn Anselment (10) W					
					GRGF-AD
41.03 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:44.84 Y	F	100 Free	11/8/2009	Hometown SplashDown	
48.77 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
54.31 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	
Yannai Arazi (9) M (Yr: s/)					
					SCHE-AD
16.99 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
36.52 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
42.35 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
43.14 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
1:28.06 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:36.67 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:28.50 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
20.64 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
46.91 Y	F	50 Back	12/5/2009	December2009supersplash	
50.13 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
50.80 L	F	50 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:50.28 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
23.27 Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
59.23 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
59.30 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:10.15 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
19.71 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
43.65 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
50.37 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
54.07 L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
1:42.28 Y	F	100 IM	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:53.57 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:52.00 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Leanne Archer (16) W					
					CPP-AD
27.31 Y	F	50 Free	11/15/2009	Pilgrims Pride	
57.25 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:02.82 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
5:31.78 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	
2:37.50 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:15.93 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:40.78 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:04.37 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:30.75 Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010	
Leonard Argentine (11) M					
					CLIN-AD
39.70 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
43.39 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
50.81 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.27 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:37.44 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:23.59 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
51.89 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
53.56 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
56.01 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:52.92 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:55.46 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational	
45.60 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
56.32 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:42.45 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	

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Time	P/F/S	Event				
Leonard Argentine (11) M						
1:53.52	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:38.91	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
3:55.43	L	F	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:02.41	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:00.67	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Alexandra Armstrong (16) W						
30.69	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:09.26	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
1:18.22	Y	F	100	Back	1/31/2010	Thoroughbred Splash 2010
Gert Arnold (12) M						
46.44	Y	F	50	Free	12/5/2009	CVSL Quad Meet
1:30.80	Y	F	100	Free	1/30/2010	CVSLQuad Meet
50.32	Y	F	50	Back	12/19/2009	CVSL Quad Meet
2:00.31	Y	F	100	Back	1/23/2010	CVSLTri Meet
1:07.66	Y	F	50	Breast	12/19/2009	CVSL Quad Meet
John Arnold (8) M						
34.84	Y	F	25	Free	12/19/2009	CVSL Quad Meet
58.37	Y	F	50	Free	1/30/2010	CVSLQuad Meet
33.80	Y	F	25	Back	12/19/2009	CVSL Quad Meet
1:01.85	Y	F	50	Back	1/30/2010	CVSLQuad Meet
Mary Arnold (11) W						
33.12	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
1:16.61	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
2:45.86	Y	F	200	Free	3/19/2010	AD Gold Short Course Championships
41.18	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
47.94	Y	F	50	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:40.83	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
40.16	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
1:29.72	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
3:24.34	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Erica Askew (14) W (Yr: 8)						
28.82	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:03.09	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:16.50	Y	F	200	Free	2/20/2010	Cabin Fever Invitational 2010
6:17.42	Y	F	500	Free	1/30/2010	CVSLQuad Meet
1:14.47	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
2:42.26	Y	F	200	Back	1/16/2010	Chris Goody IMX Challenge
1:20.38	Y	F	100	Breast	2/20/2010	Cabin Fever Invitational 2010
2:47.91	Y	P	200	Breast	3/19/2010	AD Gold Short Course Championships
1:21.00	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:35.85	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Trevor Askew (11) M						
34.82	Y	F	50	Free	1/16/2010	Chris Goody 10&Under Mini-Meet
1:14.98	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:42.73	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
37.40	Y	F	50	Back	2/27/2010	CVSLLeague Championships
1:22.17	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:53.47	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
39.46	Y	F	50	Breast	2/27/2010	CVSLLeague Championships
1:26.88	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
3:01.63	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
37.73	Y	P	50	Fly	3/19/2010	AD Gold Short Course Championships
1:24.23	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
3:06.20	Y	F	200	Fly	3/5/2010	AD Silver Short Course Championships
1:21.34	Y	F	100	IM	2/27/2010	CVSLLeague Championships
2:49.53	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Tyler Askew (12) M						
31.55	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:06.34	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships

CLIN-AD

SARY-AD

DLHI-AD

DLHI-AD

BFIN-AD

AMST-AD

AMST-AD

AMST-AD

Individual Top Times

Time	P/F/S	Event			
Tyler Askew (12) M					
2:20.70	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
6:14.30	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
43.47	Y	F	50	Back	1/24/2010 Foothills Invitational 2010
1:31.85	Y	F	100	Back	12/19/2009 CVSL Quad Meet
3:06.34	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
45.35	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:40.86	Y	F	100	Breast	1/16/2010 Chris Goody IMX Challenge
3:46.44	Y	F	200	Breast	12/5/2009 December2009supersplash
38.37	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:23.92	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
3:09.01	Y	F	200	Fly	3/5/2010 AD Silver Short Course Championships
1:25.20	Y	F	100	IM	2/27/2010 CVSLLeague Championships
2:55.28	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Ximena Auger (18) W					
1:02.89	Y	F	100	Free	12/5/2009 December2009supersplash
2:10.03	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
5:44.71	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:11.50	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
2:30.13	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
1:20.31	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
3:03.12	Y	F	200	Breast	12/5/2009 December2009supersplash
1:11.80	Y	F	100	Fly	1/31/2010 Thoroughbred Splash 2010
2:44.79	Y	F	200	Fly	12/5/2009 December2009supersplash
2:27.62	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
5:08.49	Y	F	400	IM	3/5/2010 AD Silver Short Course Championships
Jane Auld (13) W					
29.07	Y	L	50	Free	12/19/2009 CVSL Quad Meet
1:11.31	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
36.97	Y	F	50	Back	2/27/2010 CVSLLeague Championships
1:19.22	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
45.69	Y	F	50	Breast	11/21/2009 CVSL Quad Meet
36.72	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:34.87	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:25.75	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
3:08.33	Y	F	200	IM	12/5/2009 CVSL Quad Meet
Mary Auld (16) W					
29.47	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:08.01	Y	F	100	Free	12/5/2009 CVSL Quad Meet
2:31.42	Y	F	200	Free	12/12/2009 Amsterdam Sea Rams Invitational
6:58.37	Y	F	500	Free	1/30/2010 CVSLQuad Meet
1:22.03	Y	F	100	Back	12/5/2009 CVSL Quad Meet
1:23.89	Y	F	100	Breast	12/5/2009 CVSL Quad Meet
3:01.22	Y	F	200	Breast	12/12/2009 Amsterdam Sea Rams Invitational
2:53.58	Y	F	200	IM	11/21/2009 CVSL Quad Meet
Kristina Auty (11) W					
44.49	Y	F	50	Free	1/24/2010 Foothills Invitational 2010
1:44.44	Y	F	100	Free	12/12/2009 Amsterdam Sea Rams Invitational
1:01.42	Y	F	50	Back	12/12/2009 Amsterdam Sea Rams Invitational
52.64	Y	F	50	Fly	12/12/2009 Amsterdam Sea Rams Invitational
Grace Ayer (14) W (Yr: FR)					
25.78	Y	F	50	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
56.13	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
2:02.74	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
5:46.93	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:01.16	Y	F	100	Back	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
1:09.69	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:10.98	Y	F	200	Back	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
1:08.30	Y	F	100	Breast	11/5/2009 Girls Sec II Division I Championships
1:19.37	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon

AMST-AD

DELM-AD

CLRK-AD

CLRK-AD

GLOY-AD

DELM-AD

Individual Top Times

Time	P/F/S	Event				
Grace Ayer (14) W (Yr: FR)						
2:28.19 Y	F	200 Breast	3/11/2010	NE 2010 March Speedo Champions Series		DELM-AD
1:05.54 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:13.27 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships		
Sophie Ayer (10) W						
45.28 Y	F	50 Free	12/5/2009	December2009supersplash		DELM-AD
45.60 Y	F	50 Back	12/5/2009	December2009supersplash		
52.30 Y	F	50 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
Joshua Bablin (15) M						
26.02 Y	F	50 Free	11/21/2009	Harvest Invitational 2009		BSPA-AD
1:00.36 Y	F	100 Free	11/21/2009	Harvest Invitational 2009		
1:09.51 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010		
1:04.50 Y	P	100 Fly	2/11/2010	Section II Championships Large Division		
Nicholas Bablin (18) M						
24.85 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010		BSPA-AD
55.29 Y	P	100 Free	2/11/2010	Section II Championships Large Division		
2:07.58 Y	P	200 Free	2/11/2010	Section II Championships Large Division		
1:16.19 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010		
1:09.06 Y	F	100 Fly	11/21/2009	Harvest Invitational 2009		
Abigail Bacon (9) W						
18.16 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
38.28 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		
43.86 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:25.70 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
1:38.50 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
21.82 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships		
47.53 Y	F	50 Back	12/5/2009	December2009supersplash		
57.26 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion		
1:55.73 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
22.82 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships		
48.72 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships		
59.77 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
2:06.43 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
20.55 Y	F	25 Fly	2/20/2010	Cabin Fever Invitational 2010		
48.91 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships		
58.91 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
1:36.66 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		
4:20.06 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion		
Miranda Bacon (11) W						
31.21 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010		SCHE-AD
35.60 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:06.83 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:22.30 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
2:31.38 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
6:57.71 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010		
35.44 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships		
43.53 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion		
1:17.87 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:31.90 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
38.98 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships		
43.53 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
1:23.59 Y	P	100 Breast	12/10/2009	2009 NE NSSC MIT Invitational		
1:37.00 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
3:02.54 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
36.22 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
47.60 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
1:30.69 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge		
1:49.83 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
1:16.12 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships		
2:42.49 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational		

Individual Top Times

Time	P/F/S	Event			
Miranda Bacon (11) W					
3:12.91 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	SCHE-AD
Raymond Bailey (17) M					
23.59 Y	F	50 Free	2/27/2010	CVSLLeague Championships	AMST-AD
27.33 L	F	50 Free	7/21/2010	2010 Empire State Games	
51.87 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
59.41 L L	F	100 Free	7/21/2010	2010 Empire State Games	
1:53.85 Y	P	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:15.88 L	P	200 Free	7/21/2010	2010 Empire State Games	
5:14.08 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:00.66 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:12.40 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
1:08.59 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:32.64 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:02.87 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:45.01 Y	F	200 Fly	1/30/2010	CVSLQuad Meet	
2:13.94 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
4:56.35 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Elizabeth Baker (13) W					
35.50 Y	F	50 Free	11/8/2009	Hometown SplashDown	GRGF-AD
43.96 Y	F	50 Back	11/8/2009	Hometown SplashDown	
49.37 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
Eric Baker (18) M					
53.51 Y	F	100 Free	2/11/2010	Section II Championships Large Division	UN-AD
29.05 Y L	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:01.54 Y	P	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:09.25 Y	P	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:11.05 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Mark Baker (15) M					
31.00 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	SARY-AD
1:07.56 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:40.35 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
Sarah Baker (13) W					
37.69 Y	F	50 Free	11/8/2009	Hometown SplashDown	GRGF-AD
1:22.00 Y	F	100 Free	11/8/2009	Hometown SplashDown	
49.43 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
1:35.63 Y	F	100 IM	11/8/2009	Hometown SplashDown	
Tanya Bakshi (14) W					
31.56 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
31.56 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:09.89 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:13.47 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010	
2:33.17 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:28.07 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:05.81 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:23.36 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:41.86 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Mallory Baldwin (11) W					
32.88 Y	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	GLOY-AD
1:21.31 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
53.36 Y	F	50 Breast	1/24/2010	Foothills Invitational 2010	
47.75 Y	F	50 Fly	1/24/2010	Foothills Invitational 2010	
Ethan Ballard (11) M					
37.84 Y L	F	50 Free	1/31/2010	Thoroughbred Splash 2010	GRGF-AD
1:25.85 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
3:43.12 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
45.72 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
52.72 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:56.94 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
45.93 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	

Individual Top Times

Time	P/F/S	Event				
Ethan Ballard (11) M						
1:40.36	Y F	100 IM	2/20/2010	Cabin Fever Invitational 2010		GRGF-AD
Elizabeth Banewicz (10) W						
43.66	Y F	50 Free	2/27/2010	CVSLLeague Championships		AMST-AD
1:42.66	Y F	100 Free	1/16/2010	Canajoharie Developmental Meet		
1:01.88	Y F	50 Back	12/5/2009	CVSL Quad Meet		
52.20	Y F	50 Breast	2/27/2010	CVSLLeague Championships		
1:57.49	Y F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational		
1:53.66	Y F	100 IM	2/27/2010	CVSLLeague Championships		
Andries Bang (18) M						
25.08	Y F	50 Free	11/15/2009	Pilgrims Pride		HAWK-AD
55.87	Y F	100 Free	11/20/2009	2009 MR AG Early Bird Invitational		
2:06.23	Y F	200 Free	11/20/2009	2009 MR AG Early Bird Invitational		
1:07.84	Y F	100 Back	10/25/2009	Trick or Treat Meet		
2:27.17	Y F	200 Back	11/15/2009	Pilgrims Pride		
1:07.97	Y F	100 Fly	10/25/2009	Trick or Treat Meet		
2:30.59	Y F	200 IM	11/20/2009	2009 MR AG Early Bird Invitational		
Amy Barba (12) W						
29.67	Y P	50 Free	3/19/2010	AD Gold Short Course Championships		DELM-AD
1:04.44	Y P	100 Free	3/19/2010	AD Gold Short Course Championships		
2:18.69	Y P	200 Free	3/19/2010	AD Gold Short Course Championships		
2:52.49	L F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
6:31.15	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge		
35.67	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:13.24	Y P	100 Back	3/19/2010	AD Gold Short Course Championships		
1:24.92	L F	100 Back	7/9/2010	Hawks Summer Invitational 2010		
2:35.91	Y F	200 Back	3/19/2010	AD Gold Short Course Championships		
39.38	Y F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
47.18	L F	50 Breast	7/9/2010	Hawks Summer Invitational 2010		
1:25.19	Y P	100 Breast	3/19/2010	AD Gold Short Course Championships		
3:14.03	Y F	200 Breast	11/15/2009	Pilgrims Pride		
36.70	Y F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:23.03	Y F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:36.12	L F	100 Fly	7/9/2010	Hawks Summer Invitational 2010		
1:15.00	Y P	100 IM	3/19/2010	AD Gold Short Course Championships		
2:44.93	Y F	200 IM	1/16/2010	Chris Goody IMX Challenge		
Liam Barber (12) M						
32.36	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		RAVE-AD
1:14.99	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
2:37.14	Y F	200 Free	3/5/2010	AD Silver Short Course Championships		
40.49	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:27.06	Y F	100 Back	1/16/2010	Chris Goody IMX Challenge		
3:09.97	Y F	200 Back	3/5/2010	AD Silver Short Course Championships		
44.70	Y F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:34.72	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships		
3:22.10	Y F	200 Breast	3/5/2010	AD Silver Short Course Championships		
41.19	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:37.97	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational		
1:24.07	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational		
3:03.67	Y F	200 IM	1/16/2010	Chris Goody IMX Challenge		
Kelsey Barbour (18) W (Yr: SR)						
25.66	Y P	50 Free	3/19/2010	AD Gold Short Course Championships		SCHE-AD
30.37	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
56.29	Y P	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:04.66	L F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
2:02.79	Y P	200 Free	3/19/2010	AD Gold Short Course Championships		
5:33.16	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge		
2:26.50	Y F	200 Back	1/16/2010	Chris Goody IMX Challenge		
32.58	Y F	50 Breast	12/5/2009	December2009supersplash		
1:05.43	Y P	100 Breast	12/10/2009	2009 Speedo Short Course Junior Nationals		

Individual Top Times

Time	P/F/S	Event				
Kelsey Barbour (18) W (Yr: SR)						
1:17.57	L F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	SCHE-AD	
2:23.59	Y F	200 Breast	3/19/2010	AD Gold Short Course Championships		
2:47.27	L F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
28.80	Y F	50 Fly	12/5/2009	December2009supersplash		
1:01.63	Y F	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:15.56	L F	100 Fly	5/29/2010	2010 NE MTSC May Specialty Meet		
2:26.84	Y F	200 Fly	1/16/2010	Chris Goody IMX Challenge		
2:11.25	Y F	200 IM	11/5/2009	Girls Sec II Division I Championships		
2:33.73	L F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational		
4:54.37	Y F	400 IM	1/16/2010	Chris Goody IMX Challenge		
Jack Barbro (8) M						
44.22	Y F	50 Free	11/15/2009	Pilgrims Pride	BFIN-AD	
27.19	Y F	25 Back	11/15/2009	Pilgrims Pride		
Kimberly Barbro (9) W						
22.99	Y F	25 Free	11/15/2009	Pilgrims Pride	BFIN-AD	
54.39	Y F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet		
29.59	Y F	25 Back	11/15/2009	Pilgrims Pride		
1:03.60	Y F	50 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet		
2:30.40	Y F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet		
Lauren Barbro (8) W						
22.78	Y F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet	BFIN-AD	
26.81	Y F	25 Back	11/15/2009	Pilgrims Pride		
35.17	Y F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet		
1:12.74	Y F	50 Breast	11/15/2009	Pilgrims Pride		
Amelia Barkevich (9) W						
19.30	Y F	25 Free	3/5/2010	AD Silver Short Course Championships	AMST-AD	
42.03	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:32.88	Y F	100 Free	3/19/2010	AD Gold Short Course Championships		
23.92	Y F	25 Back	3/5/2010	AD Silver Short Course Championships		
48.51	Y F	50 Back	3/19/2010	AD Gold Short Course Championships		
24.50	Y F	25 Breast	2/27/2010	CVSLLeague Championships		
55.22	Y F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
24.05	Y F	25 Fly	10/25/2009	Trick or Treat Meet		
52.28	Y F	50 Fly	12/19/2009	CVSL Quad Meet		
1:41.80	Y F	100 IM	3/19/2010	AD Gold Short Course Championships		
Jonas Barkevich (7) M						
22.30	Y F	25 Free	2/27/2010	CVSLLeague Championships		AMST-AD
48.85	Y F	50 Free	3/5/2010	AD Silver Short Course Championships		
24.70	Y F	25 Back	2/27/2010	CVSLLeague Championships		
54.09	Y F	50 Back	3/5/2010	AD Silver Short Course Championships		
42.31	Y F	25 Breast	2/20/2010	Cabin Fever Invitational 2010		
34.97	Y F	25 Fly	3/5/2010	AD Silver Short Course Championships		
Mary Barkla (14) W						
31.63	Y F	50 Free	1/31/2010	2010 NE GMA VT Invitational	WAVE-AD	
1:07.73	Y F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:37.12	Y F	200 Free	1/31/2010	2010 NE GMA VT Invitational		
1:14.51	Y F	100 Back	1/31/2010	2010 NE GMA VT Invitational		
2:39.12	Y F	200 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:28.66	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational		
2:55.96	Y F	200 IM	1/8/2010	2010 Starfish Trophy Invitational		
Katherine Barlok (16) W (Yr: SO)						
27.83	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	SARY-AD	
59.27	Y P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
2:07.60	Y F	200 Free	11/5/2009	Girls Sec II Division I Championships		
5:35.62	Y F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
1:06.41	Y F	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship		
2:26.83	Y F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
Emily Barlow (14) W						
29.07	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	BENN-AD	

Individual Top Times

Time	P/F/S	Event			
Emily Barlow (14) W			BENN-AD		
1:04.63	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:24.85	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
7:06.78	Y F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:24.69	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
Emily Barno (11) W (Yr: sp)			AD-AD		
29.96	Y F	50 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
34.03	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
36.04	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:08.14	Y F	100 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:20.03	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:44.14	Y F	200 Free	1/16/2010	Chris Goody IMX Challenge	
2:55.27	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:22.09	Y F	500 Free	3/19/2010	AD Gold Short Course Championships	
39.27	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
43.12	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.27	L L F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:24.09	Y F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:34.68	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
42.56	Y F	50 Breast	3/19/2010	AD Gold Short Course Championships	
45.56	L F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
47.70	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:34.08	Y F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:41.84	L P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
34.57	Y F	50 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
39.28	L F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
40.18	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.74	Y F	100 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:36.03	L P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.38	Y F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:34.16	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:58.80	Y F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:22.10	L P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
James Barno (9) M (Yr: sp)			SCHE-AD		
16.39	Y F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	
34.00	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
40.27	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.76	Y F	100 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:06.55	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
19.84	Y F	25 Back	1/31/2010	Thoroughbred Splash 2010	
42.49	Y F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.31	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.89	Y F	100 Back	3/19/2010	AD Gold Short Course Championships	
24.45	Y F	25 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet	
52.00	Y F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:00.57	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:55.20	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
19.56	Y F	25 Fly	1/31/2010	Thoroughbred Splash 2010	
47.07	Y F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
54.74	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.09	Y F	100 Fly	12/5/2009	December2009supersplash	
1:36.10	Y F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:54.23	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:41.41	Y F	200 IM	12/5/2009	December2009supersplash	
Katherine Barno (14) W (Yr: s/)			SCHE-AD		
27.06	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	
30.27	L P	50 Free	8/11/2010	2010 Eastern Zone LC Championships	
59.35	Y P	100 Free	12/10/2009	2009 NE NSSC MIT Invitational	
1:07.33	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:08.85	L P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:09.80	Y P	200 Free	12/10/2009	2009 NE NSSC MIT Invitational	

Individual Top Times

Time	P/F/S	Event			
Katherine Barno (14) W (Yr: s/)					
2:26.33	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:08.41	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:39.33	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
11:43.70	Y	F	1000	Free	12/10/2009 2009 NE NSSC MIT Invitational
19:31.89	Y	F	1650	Free	3/19/2010 AD Gold Short Course Championships
1:04.97	Y L	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:15.95	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:16.35	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:21.41	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
2:43.91	L	P	200	Back	8/11/2010 2010 Eastern Zone LC Championships
1:20.25	Y	F	100	Breast	11/21/2009 Harvest Invitational 2009
1:31.19	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:48.87	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
1:05.56	Y	F	100	Fly	10/25/2009 Trick or Treat Meet
1:12.28	L	F	100	Fly	8/11/2010 2010 Eastern Zone LC Championships
1:14.27	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:25.79	Y	F	200	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:43.21	L	P	200	Fly	8/11/2010 2010 Eastern Zone LC Championships
2:22.80	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
5:08.10	Y	P	400	IM	12/10/2009 2009 NE NSSC MIT Invitational
Michael Barno (18) M (Yr: s/)					
22.06	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
25.98	L	F	50	Free	5/29/2010 2010 NE MTSC May Specialty Meet
47.22	Y	F	100	Free	2/11/2010 Section II Championships Large Division
56.79	L	F	100	Free	5/29/2010 2010 NE MTSC May Specialty Meet
1:45.11	Y	F	200	Free	2/11/2010 Section II Championships Large Division
2:08.78	L	F	200	Free	5/29/2010 2010 NE MTSC May Specialty Meet
4:44.65	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
4:53.65	Y	F	500	Free	1/16/2010 Chris Goody IMX Challenge
57.25	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:16.89	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
2:36.47	L	F	200	Back	5/29/2010 2010 NE MTSC May Specialty Meet
2:41.26	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
52.84	Y	P	100	Fly	3/25/2010 2010 SE Speedo Champions Series
1:02.81	L	F	100	Fly	5/29/2010 2010 NE MTSC May Specialty Meet
2:00.30	Y	P	200	Fly	3/25/2010 2010 SE Speedo Champions Series
2:22.83	L	F	200	Fly	5/29/2010 2010 NE MTSC May Specialty Meet
2:19.53	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
4:29.17	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Pamela Barres (10) W					
42.36	Y	F	50	Free	1/16/2010 Canajoharie Developmental Meet
Andre Barschi (12) M					
47.18	Y	F	50	Free	10/25/2009 Trick or Treat Meet
50.41	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:51.86	Y	F	100	Free	10/10/2009 Ravena Autumn Breeze
2:05.58	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
55.13	Y	P	50	Back	1/29/2010 Hawks Trials And Finals 2010
1:01.27	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
2:17.19	L	F	100	Back	7/9/2010 Hawks Summer Invitational 2010
57.11	Y	F	50	Breast	1/23/2010 Kingston Snowball Invitational
1:05.92	L	F	50	Breast	7/9/2010 Hawks Summer Invitational 2010
2:13.13	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
2:27.49	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
57.64	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:14.90	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
x1:55.97	Y	F	100	IM	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
4:09.86	Y	F	200	IM	1/29/2010 Hawks Trials And Finals 2010
Lacey Bartlett (10) W					
40.67	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:32.94	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational

SCHE-AD

SCHE-AD

NHA-AD

HAWK-AD

EELS-AD

Individual Top Times

Time	P/F/S	Event			
Lacey Bartlett (10) W					
57.77 Y	F	50 Back	10/25/2009	Trick or Treat Meet	EELS-AD
52.55 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
Athena Bason (8) W					
32.08 Y	F	25 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	HAWK-AD
31.39 Y	F	25 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
Charles Bason (12) M					
31.56 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	HAWK-AD
37.38 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:12.71 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:25.91 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:52.64 Y	F	200 Free	1/23/2010	Kingston Snowball Invitational	
3:00.43 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
7:58.02 Y	F	500 Free	10/10/2009	Ravena Autumn Breeze	
38.18 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
44.89 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:22.15 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
42.93 Y	F	50 Breast	12/5/2009	December2009supersplash	
46.53 L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:33.57 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:47.11 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:39.22 Y	F	200 Breast	12/5/2009	December2009supersplash	
35.32 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
38.53 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:23.53 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
3:36.79 Y	F	200 Fly	12/5/2009	December2009supersplash	
1:21.04 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:08.66 Y	F	200 IM	12/5/2009	December2009supersplash	
3:15.89 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Teresa Bastiani (10) W					
47.88 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
1:53.34 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
4:00.36 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
53.28 Y	F	50 Back	12/5/2009	December2009supersplash	
2:16.28 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
Alyse Beauchemin (11) W					
32.03 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	ADDI-AD
1:17.64 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
45.40 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:28.03 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
45.06 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
39.94 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:39.92 Y	F	100 Fly	1/31/2010	2010 NE GMA VT Invitational	
1:23.67 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
3:02.49 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
Emma Beauchemin (8) W					
24.64 Y	F	25 Free	1/31/2010	2010 NE GMA VT Invitational	ADDI-AD
54.12 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
33.62 Y	F	25 Back	1/31/2010	2010 NE GMA VT Invitational	
38.20 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
36.33 Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
Brandon Beaudoin (14) M					
27.67 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
58.92 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:07.15 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:12.44 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
2:29.42 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:09.72 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:50.34 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
13:55.66 Y	F	1000 Free	12/5/2009	December2009supersplash	

Individual Top Times

Time	P/F/S	Event			
Brandon Beaudoin (14) M			SCHE-AD		
1:07.23	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:14.74	L F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.80	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:29.40	Y F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:40.77	L F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.53	Y P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:21.39	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.49	L F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:36.35	Y F	200 Breast	3/19/2010	AD Gold Short Course Championships	
2:59.04	L F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.78	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:16.21	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:42.24	Y F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:22.84	Y F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:40.68	L F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:04.49	Y F	400 IM	3/5/2010	AD Silver Short Course Championships	
Gabriana Beckford (14) W			ALBS-AD		
25.47	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
28.74	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
54.17	Y F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:01.54	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:02.37	L F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:55.73	Y F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:14.04	L F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
4:48.49	L F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:11.59	Y F	500 Free	3/19/2010	AD Gold Short Course Championships	
10:48.14	Y F	1000 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
19:30.58	L F	1500 Free	7/23/2010	2010 Adirondack Long Course District Champion	
18:10.10	Y F	1650 Free	3/19/2010	AD Gold Short Course Championships	
1:03.58	Y P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:12.64	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.50	L P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:13.99	Y F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:35.81	L F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:11.94	Y F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:21.59	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.13	L F	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:39.66	Y F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:01.52	Y F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:12.57	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:12.62	Y F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:33.16	L F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:57.10	Y P	400 IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
5:27.66	L F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Kiersten Beckford (17) W			ALBS-AD		
25.66	Y P	50 Free	12/10/2009	2009 STAR Short Course Invitational	
28.81	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
55.20	Y F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:03.48	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:03.81	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:03.46	Y P	200 Free	3/19/2010	AD Gold Short Course Championships	
1:03.57	Y F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:11.83	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.13	L F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:16.50	Y F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:41.26	L F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.73	Y P	100 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:22.19	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.04	L F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:40.10	Y P	200 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	

Individual Top Times

Time	P/F/S	Event			
Kiersten Beckford (17) W					
					ALBS-AD
1:07.89	Y	P	100	Fly	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
1:15.82	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:19.74	Y	P	200	IM	12/10/2009 2009 STAR Short Course Invitational
2:41.47	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
5:44.50	L	F	400	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
Keara Bedson (9) W					
					BSPA-AD
20.61	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
43.25	Y L	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:39.09	Y	F	100	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
23.66	Y	F	25	Back	1/31/2010 Thoroughbred Splash 2010
52.63	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
33.82	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
1:10.54	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
24.16	Y	F	25	Fly	1/31/2010 Thoroughbred Splash 2010
56.70	Y	F	50	Fly	2/27/2010 Kingston Last Chance Invitational
1:51.30	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
Catherine Beebe (10) W					
					SSAC-AD
49.56	Y	F	50	Free	12/19/2009 OLSC Winter Wonderland Meet
1:57.09	Y	F	100	Free	12/19/2009 OLSC Winter Wonderland Meet
1:01.63	Y	F	50	Back	12/19/2009 OLSC Winter Wonderland Meet
Hannah Beebe (13) W					
					SSAC-AD
39.08	Y	F	50	Free	10/25/2009 October 25, 2009
1:24.00	Y	F	100	Free	3/6/2010 Under The Big Top
44.38	Y	F	50	Back	3/6/2010 Under The Big Top
48.77	Y	F	50	Breast	3/6/2010 Under The Big Top
43.98	Y	F	50	Fly	12/19/2009 OLSC Winter Wonderland Meet
1:35.78	Y	F	100	IM	3/6/2010 Under The Big Top
John Behuniak (16) M					
					BFIN-AD
26.66	Y	F	50	Free	11/15/2009 Pilgrims Pride
2:02.28	Y	P	200	Free	2/11/2010 Section II Championships Large Division
5:25.44	Y	F	500	Free	2/11/2010 Section II Championships Large Division
1:11.70	Y	F	100	Back	10/25/2009 Trick or Treat Meet
1:18.70	Y	F	100	Breast	10/25/2009 Trick or Treat Meet
2:40.67	Y	F	200	IM	11/15/2009 Pilgrims Pride
Peter Beidl (13) M					
					CPP-AD
29.53	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:05.45	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
34.96	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:14.55	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
43.18	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:28.24	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:04.35	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
38.62	Y	F	50	Fly	12/19/2009 Saratoga 12&Under Mini-Meet
1:27.66	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
3:14.64	Y	F	200	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:17.79	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
2:48.71	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Grace Belisle (14) W (Yr: FR)					
					GRGF-AD
31.59	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
1:24.93	Y	P	100	Breast	11/5/2009 Girls Sec II Division 2 Championships
2:48.29	Y	P	200	IM	11/5/2009 Girls Sec II Division 2 Championships
Hannah Benenati (10) W					
					HAWK-AD
47.75	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
56.52	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
2:07.58	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:18.98	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
5:06.69	Y	F	200	Free	1/29/2010 Hawks Trials And Finals 2010
52.94	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:05.47	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010

Individual Top Times

Time	P/F/S	Event			
Hannah Benenati (10) W					
2:07.57 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	HAWK-AD
1:00.80 Y	F	50 Breast	2/21/2010	HAWK-MVA-BARR	
2:23.91 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:38.02 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:27.90 Y	F	100 IM	1/16/2010	Chris Goody 10&Under Mini-Meet	
Emily Benkert (11) W					
33.88 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	HAWK-AD
36.92 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:24.91 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:16.83 Y	F	200 Free	1/29/2010	Hawks Trials And Finals 2010	
42.69 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:48.83 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:52.68 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
53.82 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:52.28 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
43.67 Y	T	50 Fly	2/21/2010	HAWK-MVA-BARR	
2:01.64 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:28.44 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
3:46.33 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Sean Benkert (9) M					
20.48 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	HAWK-AD
44.95 Y	F	50 Free	11/20/2009	2009 MR AG Early Bird Invitational	
47.59 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:36.33 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
3:58.66 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
21.73 Y	F	25 Back	2/21/2010	HAWK-MVA-BARR	
48.95 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
2:20.44 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
24.54 Y	F	25 Breast	2/21/2010	HAWK-MVA-BARR	
1:01.24 Y	F	50 Breast	1/29/2010	Hawks Trials And Finals 2010	
1:12.07 L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:16.75 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010	
28.94 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
x1:06.61 Y	F	50 Fly	2/21/2010	HAWK-MVA-BARR	
1:41.17 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Anthony Bennice (14) M					
32.15 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	BSPA-AD
1:11.43 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	
2:37.67 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:16.72 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
2:41.94 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:39.99 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:07.70 Y	F	200 IM	10/25/2009	Trick or Treat Meet	
Clayton Bennice (11) M					
31.66 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	BSPA-AD
1:07.77 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:27.49 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
37.63 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:20.39 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
43.36 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:33.76 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
37.01 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:21.53 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:16.90 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:45.86 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
Lucas Bennice (8) M					
19.44 Y	F	25 Free	1/31/2010	Thoroughbred Splash 2010	BSPA-AD
43.26 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
1:34.82 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Lucas Bennice (8) M					
					BSPA-AD
23.30 Y	F	25 Back	11/8/2009	Hometown SplashDown	
46.10 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
25.48 Y	F	25 Breast	2/20/2010	Cabin Fever Invitational 2010	
54.09 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
22.52 Y	F	25 Fly	2/20/2010	Cabin Fever Invitational 2010	
49.93 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:43.47 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Madeline Benton (9) W					
					SARY-AD
17.23 Y	F	25 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:08.74 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
24.49 Y	F	25 Back	1/31/2010	Thoroughbred Splash 2010	
20.42 Y	F	25 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Caroline Benzing (11) W					
					USAM-AD
41.25 Y	F	50 Free	11/15/2009	Pilgrims Pride	
1:25.71 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
47.39 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
Jana Bergere (10) W					
					DELM-AD
37.72 Y	F	50 Free	12/5/2009	December2009supersplash	
44.68 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
54.11 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:51.38 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
39.34 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
Jordan Berger (16) W (Yr: SO)					
					HAWK-AD
28.40 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:01.64 Y	P	100 Free	11/5/2009	2009 Girls Section 9 Championships	
1:16.86 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:22.27 Y	F	200 Free	10/23/2009	Girls OCIAA Championships 2009	
2:49.41 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
1:12.98 Y	F	100 Back	1/29/2010	Hawks Trials And Finals 2010	
1:29.21 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:43.22 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:25.45 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010	
3:07.55 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:44.12 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
x34.79 Y	F	50 Fly	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
1:18.30 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:16.71 Y	F	100 IM	3/13/2010	ESSL Championship 2010	
2:45.15 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:18.59 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Quinn Berger (13) W (Yr: 7)					
					HAWK-AD
29.51 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:04.57 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:18.97 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:30.44 Y	F	200 Free	1/29/2010	Hawks Trials And Finals 2010	
2:59.84 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
6:41.74 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
33.45 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:16.09 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:31.94 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:46.04 Y	F	200 Back	12/5/2009	December2009supersplash	
36.54 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:22.40 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010	
3:05.64 Y	F	200 Breast	12/5/2009	December2009supersplash	
3:27.47 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
33.41 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:23.09 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:41.33 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:12.37 Y	F	100 IM	1/29/2010	Hawks Trials And Finals 2010	
2:47.92 Y	F	200 IM	1/29/2010	Hawks Trials And Finals 2010	

Individual Top Times

Time	P/F/S	Event				
Quinn Berger (13) W (Yr: 7)						
3:11.41 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010		HAWK-AD
Sara Berg-Love (15) W (Yr: FR)						
1:13.25 Y	P	100 Back	11/5/2009	Girls Sec II Division I Championships		UN-AD
Noah Berliner (16) M (Yr: sp)						
27.28 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
1:00.93 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:22.93 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010		
1:14.75 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
2:44.67 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge		
1:14.00 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
2:39.06 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
1:17.83 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
2:33.87 Y	P	200 IM	2/11/2010	Section II Championships Large Division		
Josephine Bertram (6) W						
32.23 Y	F	25 Free	11/14/2009	CVSL First Splash		CLRK-AD
31.83 Y	F	25 Back	12/5/2009	CVSL Quad Meet		
Paige Bertuch (10) W						
46.51 Y	F	50 Free	1/24/2010	Foothills Invitational 2010		AMST-AD
1:39.68 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
3:44.03 Y	F	200 Free	1/24/2010	Foothills Invitational 2010		
51.27 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:57.50 Y	F	100 Back	1/30/2010	CVSLQuad Meet		
53.49 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
2:04.58 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
54.31 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
2:14.17 Y	F	100 Fly	1/30/2010	CVSLQuad Meet		
1:54.91 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational		
Jackson Beveridge (14) M						
28.60 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		HAWK-AD
1:04.17 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:14.05 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
2:50.42 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
35.11 Y L	F	50 Back	2/21/2010	HAWK-MVA-BARR		
1:12.30 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:24.75 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010		
1:16.43 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships		
1:29.79 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
2:52.31 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
3:21.42 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010		
33.15 Y	F	50 Fly	2/21/2010	HAWK-MVA-BARR		
1:21.63 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
3:01.80 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010		
Julia Beveridge (16) W (Yr: SO)						
27.55 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		HAWK-AD
27.55 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		
1:02.02 Y	F	100 Free	2/21/2010	HAWK-MVA-BARR		
1:12.44 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
2:11.70 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
2:34.92 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
5:50.53 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
1:07.91 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
2:28.33 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships		
1:14.29 Y	P	100 Breast	11/5/2009	2009 Girls Section 9 Championships		
1:31.09 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
2:43.71 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
3:13.87 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010		
x31.76 Y	F	50 Fly	2/21/2010	HAWK-MVA-BARR		
1:07.21 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
1:19.89 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010		

Individual Top Times

Time	P/F/S	Event				
Julia Beveridge (16) W (Yr: SO)						
2:37.33	Y	F	200	Fly	3/5/2010	AD Silver Short Course Championships
2:23.57	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
2:55.19	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Gabrielle Bianco (10) W						
37.48	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:27.58	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
3:15.54	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
48.14	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:47.69	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
45.76	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:45.06	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Jenna Bickel (16) W						
24.28	Y	F	50	Free	11/5/2009	Girls Sec II Division I Championships
27.67	L	P	50	Free	8/5/2010	2010 Speedo Champions Series
54.07	L	F	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
55.40	Y	F	100	Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:00.94	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
56.54	Y	P	100	Back	3/11/2010	NE 2010 March Speedo Champions Series
1:03.41	L	F	100	Back	8/5/2010	2010 Speedo Champions Series
2:03.94	Y	P	200	Back	3/11/2010	NE 2010 March Speedo Champions Series
2:19.84	L	F	200	Back	8/5/2010	2010 Speedo Champions Series
1:11.75	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
2:36.44	Y	F	200	Breast	1/24/2010	Foothills Invitational 2010
2:57.99	L	F	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:03.73	Y	P	100	Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:10.76	Y	P	200	IM	3/11/2010	NE 2010 March Speedo Champions Series
2:32.54	L	F	200	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
4:49.46	Y	F	400	IM	1/24/2010	Foothills Invitational 2010
Gavin Bigge (13) M						
31.21	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:08.14	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
2:31.59	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
7:01.61	Y	F	500	Free	11/21/2009	Harvest Invitational 2009
33.19	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
1:16.97	Y	F	100	Back	11/21/2009	Harvest Invitational 2009
40.99	Y	P	50	Breast	3/19/2010	AD Gold Short Course Championships
1:33.33	Y	F	100	Breast	11/21/2009	Harvest Invitational 2009
3:17.67	Y	F	200	Breast	12/5/2009	December2009supersplash
33.42	Y	P	50	Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:22.98	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
1:17.44	Y	F	100	IM	1/8/2010	2010 Starfish Trophy Invitational
2:36.85	Y	F	200	IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Olivia Bigge (11) W						
29.59	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:08.27	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
2:34.14	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
7:14.12	Y	F	500	Free	10/25/2009	Trick or Treat Meet
37.75	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:23.10	Y	F	100	Back	11/21/2009	Harvest Invitational 2009
2:49.18	Y	F	200	Back	12/5/2009	December2009supersplash
1:46.07	Y	F	100	Breast	11/21/2009	Harvest Invitational 2009
35.06	Y	F	50	Fly	1/24/2010	Foothills Invitational 2010
1:31.77	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
1:20.28	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
3:04.44	Y	F	200	IM	12/5/2009	December2009supersplash
Megan Birdsall (9) W						
24.86	Y	F	25	Free	11/21/2009	Harvest Invitational 2009
54.84	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
2:08.20	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships

HAWK-AD

BFIN-AD

UN-AD

CDY-AD

CDY-AD

SARY-AD

Individual Top Times

Time	P/F/S	Event				
Megan Birdsall (9) W						
25.79 Y	F	25 Back	11/21/2009	Harvest Invitational 2009		SARY-AD
1:58.65 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
Alina Bischof (11) W						
44.40 Y	F	50 Free	2/27/2010	CVSLLeague Championships		CLRK-AD
1:36.39 Y	F	100 Free	1/30/2010	CVSLQuad Meet		
50.35 Y	F	50 Back	11/21/2009	CVSL Quad Meet		
1:57.54 Y	F	100 Back	1/30/2010	CVSLQuad Meet		
57.72 Y	F	50 Breast	11/21/2009	CVSL Quad Meet		
Bailey Bissonette (12) W						
34.11 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		ADDI-AD
1:17.84 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
2:54.34 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
41.76 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
1:32.41 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
48.37 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
42.98 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:30.75 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
3:19.23 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
Evangeline Bitzan (11) W						
41.14 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SARY-AD
1:39.55 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
50.96 Y	F	50 Back	11/21/2009	Harvest Invitational 2009		
52.81 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010		
1:54.99 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
Isabella Bitzan (15) W						
30.11 Y	F	50 Free	11/21/2009	Harvest Invitational 2009		SARY-AD
1:09.16 Y	F	100 Free	11/21/2009	Harvest Invitational 2009		
1:19.32 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010		
1:31.53 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009		
Alanna Blackburn (16) W (Yr: SO)						
1:07.54 Y	P	100 Back	11/5/2009	Girls Sec II Division 2 Championships		UN-AD
2:21.09 Y	P	200 IM	11/5/2009	Girls Sec II Division 2 Championships		
Victoria Blakeslee (17) W (Yr: JR)						
1:03.26 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
2:04.54 Y	P	200 Free	11/5/2009	Girls Sec II Division 2 Championships		
5:34.70 Y	F	500 Free	11/5/2009	Girls Sec II Division 2 Championships		
32.64 Y L	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship		
1:09.20 Y	P	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship		
1:16.60 Y	P	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship		
3:02.01 Y	F	200 Breast	1/24/2010	Foothills Invitational 2010		
2:23.00 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship		
Jonathan Blanchard (14) M						
31.40 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		AMST-AD
1:10.82 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:35.36 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010		
8:41.79 Y	F	500 Free	12/12/2009	Amsterdam Sea Rams Invitational		
1:20.30 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
3:01.87 Y	F	200 Back	1/30/2010	CVSLQuad Meet		
1:23.33 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
3:01.79 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
Danielle Blom (12) W						
27.94 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		CLIN-AD
1:01.76 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
1:08.67 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:11.45 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:13.23 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
2:28.94 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion		
5:15.91 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion		
5:51.23 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships		

Individual Top Times

Time	P/F/S	Event			
Danielle Blom (12) W			CLIN-AD		
33.89 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
37.06 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.24 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:19.68 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.96 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:31.84 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:47.03 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
40.70 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:24.74 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
1:33.20 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
32.66 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
35.29 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:09.31 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:17.63 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.59 L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:09.33 Y	S	100 IM	3/19/2010	AD Gold Short Course Championships	
2:30.16 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:46.45 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Eliza Blood (11) W			GRGF-AD		
40.69 Y	F	50 Free	11/8/2009	Hometown SplashDown	
43.17 Y	F	50 Back	11/8/2009	Hometown SplashDown	
57.82 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
Reilley Blue (13) W			CPP-AD		
30.87 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:13.30 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
1:18.77 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:33.39 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
6:52.31 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	
39.26 Y	F	50 Back	10/25/2009	Trick or Treat Meet	
1:25.54 Y	F	100 Back	11/15/2009	Pilgrims Pride	
1:28.63 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:01.05 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
40.69 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:29.43 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:43.19 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
36.05 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:21.37 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:30.84 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.49 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:51.62 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Anna Boardman (18) W (Yr: SR)			SARY-AD		
31.50 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
2:24.17 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:16.57 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010	
1:09.37 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	
Benjamin Boese (19) M			ALBS-AD		
26.29 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
59.24 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:13.95 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:11.78 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:39.97 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:35.15 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
David Boese (16) M			ALBS-AD		
23.68 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
26.98 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
52.30 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
59.04 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.09 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:00.32 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
David Boese (16) M			ALBS-AD		
2:18.51 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:13.50 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.39 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:08.50 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:19.37 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.93 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
58.18 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:08.25 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:26.42 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:17.42 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:44.49 L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Kelsey Bohl (15) W			UN-AD		
26.40 Y	F	50 Free	11/5/2009	Girls Sec II Division I Championships	
57.96 Y	F	100 Free	11/5/2009	Girls Sec II Division I Championships	
2:09.62 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
1:05.68 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
2:26.33 Y	F	200 Back	12/5/2009	December2009supersplash	
1:18.58 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:53.11 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:07.30 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:25.54 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Adam Bollinger (12) M			SCHE-AD		
36.63 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
40.46 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:25.94 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:30.70 L	F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
1:34.06 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:09.48 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:18.08 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
42.84 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
45.64 L	F	50 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:31.90 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:40.84 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.95 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
48.25 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
52.24 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:41.80 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:58.92 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
50.15 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
54.21 L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
2:04.29 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.15 Y	F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet	
3:45.73 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
3:54.58 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Hannah Bollinger (13) W			CLIN-AD		
28.24 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
32.16 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.53 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:11.55 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:13.14 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:39.42 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:47.45 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
1:09.86 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:21.11 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:31.66 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
3:00.83 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:34.06 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:11.09 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:28.71 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:35.45 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Hannah Bollinger (13) W					
3:03.63 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	CLIN-AD
Lydia Bolton (14) W					
31.18 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	NHA-AD
2:36.21 Y	F	200 Free	1/16/2010	Canajoharie Developmental Meet	
1:30.93 Y	F	100 Breast	1/16/2010	Canajoharie Developmental Meet	
3:20.86 Y	F	200 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
1:22.86 Y	F	100 Fly	1/16/2010	Canajoharie Developmental Meet	
David Bonderoff (17) M					
25.30 Y	F	50 Free	11/21/2009	CVSL Quad Meet	CLRK-AD
56.97 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:04.14 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
30.68 Y L	F	50 Back	12/19/2009	CVSL Quad Meet	
1:03.23 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:18.70 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:11.32 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:37.88 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:02.39 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:28.68 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:18.65 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
4:57.61 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Samuel Bonderoff (10) M					
49.68 Y	F	50 Free	2/27/2010	CVSLLeague Championships	CLRK-AD
1:09.10 Y	F	50 Back	2/27/2010	CVSLLeague Championships	
Somerset Bonds (10) W					
56.09 Y	F	50 Free	11/15/2009	Pilgrims Pride	BFIN-AD
James Bonga (12) M					
35.83 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	SARY-AD
1:15.49 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
2:40.10 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
7:04.67 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
39.82 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
3:02.95 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
46.27 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:41.20 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009	
37.87 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	
1:20.59 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:57.65 Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010	
Stella Boolukos-Brinker (12) W					
32.56 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	WAVE-AD
1:13.88 Y	F	100 Free	12/5/2009	December2009supersplash	
36.22 Y	F	50 Back	1/31/2010	2010 NE GMA VT Invitational	
1:17.60 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:55.32 Y	F	200 Back	12/5/2009	December2009supersplash	
1:49.25 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
41.66 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:26.77 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
3:11.76 Y	F	200 IM	1/31/2010	2010 NE GMA VT Invitational	
Amy Bopp (15) W (Yr: s)					
26.83 Y	F	50 Free	12/5/2009	December2009supersplash	SCHE-AD
56.94 Y L	F	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:03.61 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:57.70 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:14.68 L	F	200 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
4:40.76 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:08.29 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
10:38.35 Y	F	1000 Free	3/25/2010	2010 SE Speedo Champions Series	
17:35.71 Y	F	1650 Free	3/25/2010	2010 SE Speedo Champions Series	
1:15.83 L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
2:15.22 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Amy Bopp (15) W (Yr: s/)					
2:39.11	L	F	200	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
32.55	Y	F	50	Breast	12/5/2009 December2009supersplash
1:04.73	Y	F	100	Breast	3/25/2010 2010 SE Speedo Champions Series
1:12.37	L	F	100	Breast	8/5/2010 2010 Speedo Champions Series
2:20.04	Y	F	200	Breast	3/25/2010 2010 SE Speedo Champions Series
2:37.40	L	F	200	Breast	8/5/2010 2010 Speedo Champions Series
57.59	Y	P	100	Fly	12/10/2009 2009 Speedo Short Course Junior Nationals
1:04.13	L	F	100	Fly	8/5/2010 2010 Speedo Champions Series
2:07.33	Y	F	200	Fly	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
2:15.82	L	F	200	Fly	8/5/2010 2010 Speedo Champions Series
2:08.88	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
2:28.78	L	F	200	IM	5/29/2010 2010 NE MTSC May Specialty Meet
4:33.29	Y	P	400	IM	3/25/2010 2010 SE Speedo Champions Series
5:07.98	L	F	400	IM	8/5/2010 2010 Speedo Champions Series
Briana Borgolini (18) W (Yr: SR)					
26.83	Y	P	50	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
5:46.74	Y	F	500	Free	1/16/2010 Chris Goody IMX Challenge
2:30.60	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
1:06.08	Y	F	100	Breast	11/5/2009 Girls Sec II Division I Championships
2:23.47	Y	F	200	Breast	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
1:03.21	Y	F	100	Fly	11/5/2009 Girls Sec II Division I Championships
2:23.33	Y	F	200	Fly	1/16/2010 Chris Goody IMX Challenge
2:21.98	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
5:02.13	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Margaret Borgos (10) W					
42.30	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:36.25	Y	F	100	Free	12/19/2009 Saratoga 12&Under Mini-Meet
46.79	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:51.04	Y	F	100	Back	12/5/2009 December2009supersplash
56.92	Y	F	50	Breast	12/19/2009 Saratoga 12&Under Mini-Meet
2:02.64	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
52.20	Y	F	50	Fly	12/5/2009 December2009supersplash
1:41.17	Y	F	100	IM	11/15/2009 Pilgrims Pride
3:50.88	Y	F	200	IM	12/5/2009 December2009supersplash
Theodore Borgos (8) M					
19.49	Y	F	25	Free	11/15/2009 Pilgrims Pride
43.24	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:49.95	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
24.81	Y	F	25	Back	11/15/2009 Pilgrims Pride
50.33	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
30.50	Y	F	25	Breast	12/19/2009 Saratoga 12&Under Mini-Meet
1:04.64	Y	F	50	Breast	12/5/2009 December2009supersplash
24.60	Y	F	25	Fly	11/8/2009 Hometown SplashDown
53.83	Y	F	50	Fly	1/8/2010 2010 Starfish Trophy Invitational
Samantha Bowker (11) W					
39.58	Y	F	50	Free	1/16/2010 Canajoharie Developmental Meet
1:26.59	Y	F	100	Free	1/23/2010 CVSLTri Meet
45.09	Y	F	50	Back	2/27/2010 CVSLLeague Championships
1:40.12	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
59.23	Y	F	50	Breast	11/21/2009 CVSL Quad Meet
48.99	Y	F	50	Fly	2/27/2010 CVSLLeague Championships
2:12.09	Y	F	100	Fly	1/30/2010 CVSLQuad Meet
1:47.83	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
Autumn Boxley (10) W					
32.94	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:11.70	Y	F	100	Free	3/12/2010 2010 NewYork State YMCA Swimming Championship
2:32.08	Y	F	200	Free	3/12/2010 2010 NewYork State YMCA Swimming Championship
6:50.16	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
40.40	Y	F	50	Back	10/25/2009 Trick or Treat Meet

SCHE-AD

SCHE-AD

GLFY-AD

GLFY-AD

DLHI-AD

SARY-AD

Individual Top Times

Time	P/F/S	Event			
Autumn Boxley (10) W					
48.15 Y	F	50 Breast	11/21/2009	Harvest Invitational 2009	SARY-AD
1:21.38 Y	F	100 IM	3/12/2010	2010 New York State YMCA Swimming Championship	
Lauren Boyce (18) W					
24.70 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	CLIN-AD
54.31 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:07.20 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:58.16 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:25.04 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:00.46 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:32.91 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
29.53 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
59.69 Y	P	100 Back	3/11/2010	NE 2010 March Speedo Champions Series	
2:11.08 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:44.98 L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:10.47 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:25.49 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:06.38 Y	F	100 Fly	2/20/2010	Cabin Fever Invitational 2010	
1:16.71 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:26.15 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:10.93 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:40.75 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:47.83 Y	F	400 IM	3/19/2010	AD Gold Short Course Championships	
Lindsey Boye (7) W					
25.80 S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	KING-AD
53.45 Y	F	50 Free	2/27/2010	Kingston Last Chance Invitational	
1:00.28 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:58.18 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
28.77 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
28.83 S	F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:01.11 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
30.22 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
33.32 S	F	25 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:09.00 Y	F	50 Breast	2/27/2010	Kingston Last Chance Invitational	
39.60 S	F	25 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.54 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
2:19.09 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Colin Brady (12) M					
53.30 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
1:46.72 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
53.62 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:00.34 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
Dana Samantha Braga (10) W					
40.02 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	ALBS-AD
41.92 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
45.35 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.25 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:37.02 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
46.07 Y	F	50 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
51.26 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:40.22 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:44.73 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
48.22 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
53.50 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.72 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:54.95 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
51.27 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
59.25 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:17.12 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:45.20 Y	F	100 IM	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:52.69 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event				
Meghan Bramer (14) W						
30.85 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010		GRGF-AD
1:08.52 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
2:32.72 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010		
1:17.83 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010		
1:31.28 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010		
3:20.55 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
Sarah Bramer (13) W						
35.91 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		GRGF-AD
1:20.38 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
40.72 Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships		
44.68 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
45.29 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:30.79 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010		
Mary Branche (10) W						
37.79 Y	F	50 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		HAWK-AD
42.94 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
1:34.17 Y	F	100 Free	1/29/2010	Hawks Trials And Finals 2010		
1:57.53 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
3:39.21 Y	F	200 Free	1/29/2010	Hawks Trials And Finals 2010		
45.41 Y	F	50 Back	3/13/2010	ESSL Championship 2010		
57.91 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010		
1:43.11 Y	F	100 Back	1/29/2010	Hawks Trials And Finals 2010		
x52.22 Y	F	50 Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		
1:53.82 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010		
2:11.27 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
54.96 Y	F	50 Fly	1/29/2010	Hawks Trials And Finals 2010		
1:48.63 Y	F	100 IM	1/23/2010	Kingston Snowball Invitational		
3:50.22 Y	F	200 IM	1/29/2010	Hawks Trials And Finals 2010		
4:26.03 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010		
Amelia Breslin (12) W						
33.17 Y	F	50 Free	10/25/2009	Trick or Treat Meet		SARY-AD
1:08.48 Y	F	100 Free	11/8/2009	Hometown SplashDown		
7:19.86 Y	F	500 Free	10/25/2009	Trick or Treat Meet		
36.36 Y	F	50 Fly	11/21/2009	Harvest Invitational 2009		
1:29.97 Y	F	100 Fly	11/8/2009	Hometown SplashDown		
1:25.07 Y	F	100 IM	11/21/2009	Harvest Invitational 2009		
Victoria Breslin (11) W						
33.00 Y L	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		SARY-AD
1:09.43 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
2:39.95 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
6:55.33 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
1:27.57 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
40.31 Y	F	50 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship		
1:32.64 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
35.26 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship		
1:21.73 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:23.64 Y	F	100 IM	1/31/2010	Thoroughbred Splash 2010		
3:00.90 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
Anna Brewer (13) W						
1:18.02 Y	F	100 Free	11/15/2009	Pilgrims Pride		BFIN-AD
1:39.35 Y	F	100 Back	11/15/2009	Pilgrims Pride		
Jamey Briele (9) W						
27.56 Y	F	25 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
1:01.23 Y	F	50 Free	12/12/2009	Amsterdam Sea Rams Invitational		
29.86 Y	F	25 Back	1/16/2010	Canajoharie Developmental Meet		
42.17 Y	F	25 Breast	1/16/2010	Canajoharie Developmental Meet		
Patricia Briele (11) W						
50.83 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		GLOY-AD
1:55.33 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet		

Individual Top Times

Time	P/F/S	Event			
Patricia Briele (11) W					
1:00.26 Y	F	50 Back	1/24/2010	Foothills Invitational 2010	GLOY-AD
Emily Brockman (14) W					
30.52 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	SARY-AD
1:09.89 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:26.65 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
1:28.86 Y	F	100 Breast	10/25/2009	Trick or Treat Meet	
Alissa Broder (15) W					
29.83 Y	F	50 Free	2/27/2010	Kingston Last Chance Invitational	UN-AD
34.43 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:05.36 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:13.96 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.69 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:25.13 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:47.91 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:24.41 Y	F	100 Back	2/27/2010	Kingston Last Chance Invitational	
1:31.16 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
42.98 L	P	50 Breast	5/21/2010	Internationale CNPPO	
1:16.51 Y	F	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:26.92 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:30.26 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:47.71 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:15.33 L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:29.22 Y	F	100 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
2:54.01 Y	F	200 IM	11/8/2009	Hometown SplashDown	
Emily Broder (12) W					
29.19 Y	F	50 Free	2/27/2010	Kingston Last Chance Invitational	UN-AD
32.07 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:02.85 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:09.84 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.36 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:15.14 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:32.55 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
35.07 Y	F	50 Back	1/23/2010	Kingston Snowball Invitational	
43.70 L	P	50 Back	5/21/2010	Internationale CNPPO	
1:14.82 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:25.57 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.46 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
43.25 Y	F	50 Breast	1/23/2010	Kingston Snowball Invitational	
44.89 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:38.44 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:39.87 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
32.77 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	
38.36 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:18.77 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:29.80 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.99 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
2:45.83 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:00.60 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Jake Brody (12) M					
30.50 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	CANA-AD
1:10.60 Y	F	100 Free	1/30/2010	CVSLQuad Meet	
2:37.68 Y	F	200 Free	1/23/2010	CVSLTri Meet	
37.57 Y	F	50 Back	2/27/2010	CVSLLeague Championships	
43.41 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:38.11 Y	F	100 Breast	1/23/2010	CVSLTri Meet	
33.44 Y	F	50 Fly	11/21/2009	CVSL Quad Meet	
1:17.25 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:22.21 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
3:01.71 Y	F	200 IM	1/30/2010	CVSLQuad Meet	

Individual Top Times

Time	P/F/S	Event			
Sabrina Brook (12) W (Yr: sp)					
					SCHE-AD
28.12	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
31.99	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
32.31	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:02.75	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:10.93	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:16.69	Y	F	200 Free	3/19/2010	AD Gold Short Course Championships
5:32.57	L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion
6:21.68	Y	F	500 Free	3/5/2010	AD Silver Short Course Championships
34.16	Y	P	50 Back	3/19/2010	AD Gold Short Course Championships
38.99	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
39.12	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:15.46	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
1:26.58	L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
2:46.12	Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
43.03	Y	F	50 Breast	10/25/2009	Trick or Treat Meet
46.61	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:34.37	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
31.97	Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships
35.25	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
36.01	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:09.93	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:20.98	L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:40.62	Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships
3:01.86	L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:14.21	Y	P	100 IM	3/19/2010	AD Gold Short Course Championships
1:24.65	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:40.47	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
3:00.65	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
5:59.63	Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge
Adelaide Brooks (8) W					
					ADDI-AD
22.28	Y	F	25 Free	1/31/2010	2010 NE GMA VT Invitational
28.73	Y	F	25 Back	1/31/2010	2010 NE GMA VT Invitational
39.07	Y	F	25 Breast	1/8/2010	2010 NE GMA Winter Knights Invite
Nicholas Brosnihan (14) M					
					USAM-AD
22.99	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
27.37	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
51.97	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:01.81	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:00.11	Y	P	200 Free	3/19/2010	AD Gold Short Course Championships
5:47.91	Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
28.22	Y	F	50 Back	12/5/2009	December2009supersplash
59.55	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:14.74	L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
2:15.36	Y	P	200 Back	3/19/2010	AD Gold Short Course Championships
33.32	Y	F	50 Breast	12/5/2009	December2009supersplash
1:09.56	Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:22.05	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:33.20	Y	P	200 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships
3:05.80	L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:08.03	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
2:20.91	Y	P	200 IM	3/19/2010	AD Gold Short Course Championships
2:41.13	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Thomas Brosnihan (9) M					
					USAM-AD
17.90	Y	F	25 Free	3/5/2010	AD Silver Short Course Championships
39.38	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:36.19	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
22.71	Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
49.41	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
Rebecca Brown (16) W					
					WAVE-AD
30.64	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational

Individual Top Times

Time	P/F/S	Event			
Rebecca Brown (16) W					
1:07.52	Y F	100 Free	12/5/2009	December2009supersplash	WAVE-AD
2:23.39	Y F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
6:28.56	Y F	500 Free	10/25/2009	Trick or Treat Meet	
13:16.11	Y F	1000 Free	12/5/2009	December2009supersplash	
1:23.02	Y F	100 Back	1/31/2010	2010 NE GMA VT Invitational	
2:59.26	Y F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:16.84	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
3:12.34	Y F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
Christy Brown (15) W (Yr: FR)					
25.83	Y F	50 Free	11/5/2009	Girls Sec II Division 2 Championships	UN-AD
58.55	Y P	100 Free	11/5/2009	Girls Sec II Division 2 Championships	
2:10.21	Y P	200 Free	12/10/2009	2009 NE NSSC MIT Invitational	
5:57.25	Y F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
32.19	Y L F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:08.34	Y P	100 Back	12/10/2009	2009 NE NSSC MIT Invitational	
2:26.96	Y F	200 Back	1/16/2010	Chris Goody IMX Challenge	
1:26.81	Y P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:59.39	Y F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:05.67	Y P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:31.35	Y F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:23.90	Y P	200 IM	3/19/2010	AD Gold Short Course Championships	
5:20.20	Y F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Emma Brown (9) W					
42.53	Y L F	50 Free	11/21/2009	Harvest Invitational 2009	SARY-AD
1:32.91	Y F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
3:14.92	Y F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
21.39	Y F	25 Back	11/21/2009	Harvest Invitational 2009	
47.26	Y F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:42.61	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
26.59	Y F	25 Breast	11/21/2009	Harvest Invitational 2009	
1:57.39	Y F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:36.10	Y F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Lindsay Brown (10) W					
45.91	Y F	50 Free	1/16/2010	Canajoharie Developmental Meet	CLRK-AD
1:46.72	Y F	100 Free	12/19/2009	CVSL Quad Meet	
55.00	Y F	50 Back	12/19/2009	CVSL Quad Meet	
1:04.60	Y F	50 Breast	1/16/2010	Canajoharie Developmental Meet	
Rebecca Brown-Weinstock (11) W					
33.95	Y F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	GLOY-AD
1:23.30	Y F	100 Free	1/24/2010	Foothills Invitational 2010	
46.71	Y F	50 Back	1/16/2010	Canajoharie Developmental Meet	
Reyers Brusoe (13) M					
30.41	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	CDY-AD
1:09.88	Y F	100 Free	12/5/2009	December2009supersplash	
2:43.06	Y F	200 Free	1/24/2010	Foothills Invitational 2010	
6:53.49	Y F	500 Free	11/21/2009	Harvest Invitational 2009	
1:23.86	Y F	100 Back	11/21/2009	Harvest Invitational 2009	
2:56.66	Y F	200 Back	12/5/2009	December2009supersplash	
3:43.30	Y F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:30.29	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:23.41	Y F	100 IM	10/25/2009	Trick or Treat Meet	
2:54.98	Y F	200 IM	11/21/2009	Harvest Invitational 2009	
Maria Bucholtz (12) W					
43.88	Y F	50 Free	2/20/2010	Cabin Fever Invitational 2010	BSPA-AD
1:41.97	Y F	100 Free	1/31/2010	Thoroughbred Splash 2010	
48.44	Y F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
55.14	Y F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:56.05	Y F	100 IM	11/21/2009	Harvest Invitational 2009	
Michael Bucholtz (11) M					
					BSPA-AD

Individual Top Times

Time	P/F/S	Event			
Michael Bucholtz (11) M					
					BSPA-AD
39.82 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
1:30.29 Y	F	100 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
45.27 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
1:50.63 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
46.15 Y	F	50 Breast	11/21/2009	Harvest Invitational 2009	
1:40.56 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:35.94 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
Erik Buckingham (12) M					
					CLIN-AD
30.17 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
32.61 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:13.24 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:14.33 Y	F	100 Free	12/12/2009	Amsterdam Sea Rams Invitational	
2:30.47 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:47.99 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
34.93 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
38.34 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.68 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:21.33 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:42.25 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
41.25 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
44.96 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:27.53 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:36.13 L	F	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:03.87 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
34.93 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
36.51 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:19.08 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:26.98 L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:17.73 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:41.89 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Shayne Buckley (18) M (Yr: s/)					
					SCHE-AD
23.31 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	
52.66 Y	P	100 Free	12/10/2009	2009 NE NSSC MIT Invitational	
1:01.45 L	F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
1:45.27 Y	F	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
4:46.41 Y	F	500 Free	12/10/2009	2009 NE NSSC MIT Invitational	
56.93 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:10.24 L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:58.36 Y	F	200 Back	12/10/2009	2009 NE NSSC MIT Invitational	
2:30.50 L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:02.03 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:16.28 L	F	100 Breast	5/29/2010	2010 NE MTSC May Specialty Meet	
2:18.30 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
56.14 Y	F	100 Fly	10/25/2009	Trick or Treat Meet	
1:04.34 L	F	100 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
1:55.34 Y	F	200 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:25.05 L	F	200 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
1:56.48 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:22.02 L	F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet	
4:07.23 Y	F	400 IM	3/25/2010	2010 SE Speedo Champions Series	
5:00.06 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Nicholas Buff (12) M					
					BFIN-AD
32.12 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:10.09 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:36.87 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
36.35 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:21.10 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:55.07 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
47.09 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:42.17 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Nicholas Buff (12) M					
39.71 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	BFIN-AD
1:24.25 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Timothy Buff (14) M					
25.45 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	BFIN-AD
55.02 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:01.42 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
1:03.32 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
2:15.59 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:14.92 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:43.90 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
2:25.13 Y	P	200 IM	2/11/2010	Section II Championships Large Division	
Andrew Bullis (16) M (Yr: su)					
29.57 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	SCHE-AD
1:03.62 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:14.99 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.24 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:47.54 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
Grant Bullis (14) M (Yr: su)					
26.96 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	SCHE-AD
58.04 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:04.54 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:01.49 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
5:23.26 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:08.43 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:16.72 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:21.20 Y	F	200 Back	2/26/2010	USA IMX Championships	
2:43.59 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.17 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:18.08 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:24.42 Y	F	200 Breast	2/26/2010	USA IMX Championships	
2:50.73 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.38 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:11.94 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:14.41 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:37.45 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:13.69 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:35.91 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:42.60 Y	F	400 IM	2/26/2010	USA IMX Championships	
5:31.68 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Medha Bulumulla (8) W					
1:21.86 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	ALBS-AD
1:23.61 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Marissa Burack (11) W					
38.52 Y	F	50 Free	12/5/2009	December2009supersplash	UN-AD
1:29.26 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
49.40 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:53.68 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
52.11 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:51.19 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
54.60 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:44.81 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
Eric Burdge (13) M					
28.91 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	CPP-AD
1:11.20 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:17.45 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:17.85 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:55.98 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
6:52.08 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	
38.33 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	

Individual Top Times

Time	P/F/S	Event			
Eric Burdge (13) M					
					CPP-AD
1:19.04	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
1:30.27	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:30.35	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
3:19.00	L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
47.50	Y	F	50 Breast	11/21/2009	Harvest Invitational 2009
1:37.93	Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:43.72	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:46.19	L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
33.71	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
1:31.15	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:22.08	Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational
2:54.52	Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010
Jenna Bureau (15) W					
					GRGF-AD
28.57	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
1:04.60	Y	F	100 Free	11/8/2009	Hometown SplashDown
37.56	Y	F	50 Back	12/5/2009	December2009supersplash
38.95	Y	F	50 Breast	12/5/2009	December2009supersplash
1:25.21	Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010
3:11.68	Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational
32.74	Y	F	50 Fly	12/5/2009	December2009supersplash
1:18.33	Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational
Mara Bureau (12) W					
					GRGF-AD
31.37	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:13.58	Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010
2:39.04	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
35.18	Y	P	50 Back	3/19/2010	AD Gold Short Course Championships
1:17.52	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
2:52.34	Y	F	200 Back	3/5/2010	AD Silver Short Course Championships
47.09	Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational
1:48.47	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
39.15	Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:39.81	Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge
1:25.43	Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational
3:04.25	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
Angelina Burgy (10) W					
					TBS-AD
45.72	Y	F	50 Free	10/25/2009	October 25, 2009
Grace Burhans (7) W					
					BENN-AD
23.15	Y	F	25 Free	3/5/2010	AD Silver Short Course Championships
53.30	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
27.77	Y	F	25 Back	3/5/2010	AD Silver Short Course Championships
Heather Burhans (18) W					
					BENN-AD
30.33	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:04.68	Y	F	100 Free	11/8/2009	Hometown SplashDown
2:24.54	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
6:24.99	Y	F	500 Free	3/5/2010	AD Silver Short Course Championships
13:14.26	Y	F	1000 Free	12/5/2009	December2009supersplash
37.75	Y	F	50 Back	12/5/2009	December2009supersplash
1:18.05	Y	F	100 Back	11/8/2009	Hometown SplashDown
2:48.73	Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational
40.23	Y	F	50 Breast	12/5/2009	December2009supersplash
1:26.62	Y	F	100 Breast	11/21/2009	Harvest Invitational 2009
3:12.10	Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational
36.07	Y	F	50 Fly	12/5/2009	December2009supersplash
1:30.38	Y	F	100 Fly	11/8/2009	Hometown SplashDown
3:08.68	Y	F	200 Fly	12/5/2009	December2009supersplash
2:41.39	Y	F	200 IM	11/21/2009	Harvest Invitational 2009
Allison Burhoe (18) W (Yr: SR)					
					UN-AD
2:02.59	Y	F	200 Free	11/5/2009	Girls Sec II Division 2 Championships
5:34.89	Y	F	500 Free	11/5/2009	Girls Sec II Division 2 Championships

Individual Top Times

Time	P/F/S	Event			
Karl Burkert (9) M					
43.98 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	BSPA-AD
1:36.06 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
53.93 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:54.55 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:06.45 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
Heather Burton (9) W					
20.44 Y	F	25 Free	11/15/2009	Pilgrims Pride	CPP-AD
41.09 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:34.81 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
25.09 Y	F	25 Back	11/21/2009	Harvest Invitational 2009	
50.11 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:54.96 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
25.99 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
20.87 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
52.17 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
Hollie Burton (11) W					
39.83 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	CPP-AD
1:22.47 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
46.45 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:44.26 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
55.33 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
43.91 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:46.03 Y	F	100 IM	11/15/2009	Pilgrims Pride	
Emily Bushey (15) W					
26.96 Y L	F	50 Free	12/12/2009	Amsterdam Sea Rams Invitational	CLIN-AD
1:03.25 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:17.48 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:16.57 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:20.07 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:52.66 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:17.22 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:33.11 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
5:23.15 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Evelyn Bushway (8) W					
20.28 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
23.10 S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
46.58 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
50.22 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
51.50 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:37.69 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:52.96 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
24.64 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
26.46 S	F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
52.49 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:01.50 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
30.04 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
31.41 S	F	25 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
54.53 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
58.57 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
25.94 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
27.59 S	F	25 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:05.91 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
Isabel Bushway (9) W					
37.92 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
39.81 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
41.11 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.82 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
1:34.08 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:14.31 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Isabel Bushway (9) W					
					ALBS-AD
42.57	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
48.95	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
49.83	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:33.20	Y	F	100 Back	11/21/2009	Harvest Invitational 2009
1:42.55	L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
51.93	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
53.81	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
54.24	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:44.75	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
2:02.40	L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
43.04	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
51.56	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
55.32	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:35.51	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
1:43.80	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:28.00	Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
3:43.75	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Lillian Bushway (8) W					
					ALBS-AD
18.37	Y	F	25 Free	3/5/2010	AD Silver Short Course Championships
20.20	S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
40.82	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
43.34	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
43.54	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:32.10	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:37.37	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
21.50	Y	F	25 Back	3/5/2010	AD Silver Short Course Championships
23.55	S	F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
46.75	Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships
51.65	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
28.92	Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships
41.76	S	F	25 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:06.95	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:13.21	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
20.76	Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships
22.58	S	F	25 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
45.93	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
50.15	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:42.19	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
Tawnie Butkowski (12) W					
					GRGF-AD
31.74	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
34.51	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:14.07	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:23.82	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
38.42	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
42.40	L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:27.79	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
45.78	Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010
1:46.25	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
46.58	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:30.03	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
3:29.11	Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Michaela Butler (13) W					
					WAVE-AD
40.31	Y	F	50 Free	1/31/2010	2010 NE GMA VT Invitational
1:34.71	Y	F	100 Free	1/31/2010	2010 NE GMA VT Invitational
3:06.14	Y	F	200 Free	1/31/2010	2010 NE GMA VT Invitational
44.92	Y	F	50 Fly	1/31/2010	2010 NE GMA VT Invitational
Kelly Buyaskas (15) W (Yr: sp)					
					SCHE-AD
27.46	Y L	F	50 Free	3/5/2010	AD Silver Short Course Championships
31.86	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
59.56	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Kelly Buyaskas (15) W (Yr: sp)			SCHE-AD		
1:09.53 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:17.92 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:31.45 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:29.69 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:50.31 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
1:10.57 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:24.47 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:39.82 Y	F	200 Back	12/5/2009	December2009supersplash	
1:12.02 Y	P	100 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:24.82 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:38.58 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:03.77 L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.70 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:16.50 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:22.39 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:48.74 L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:11.48 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Sophie Bylina (11) W			BENN-AD		
43.39 Y	F	50 Free	12/5/2009	December2009supersplash	
Ariana Cacciola (13) W			SVP-AD		
30.75 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:11.46 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
40.14 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
42.63 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:32.51 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
43.20 Y	F	50 Fly	1/16/2010	Canajoharie Developmental Meet	
1:21.93 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
Kaitlin Caffrey (11) W			ALBS-AD		
33.61 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:16.59 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:12.43 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
41.00 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:30.14 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
55.23 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
2:00.58 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
38.12 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:28.72 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:34.71 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:20.67 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Emily Caffry (17) W (Yr: JR)			GRGF-AD		
29.96 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:06.33 Y	F	100 Free	12/5/2009	December2009supersplash	
2:26.11 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:40.21 Y	P	500 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:18.49 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
2:44.52 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:34.36 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
3:16.29 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
33.15 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:12.18 Y	P	100 Fly	11/5/2009	Girls Sec II Division 2 Championships	
2:54.64 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:45.97 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
5:49.03 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Erin Caher (18) W			CPP-AD		
29.93 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:08.10 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:15.66 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
6:32.50 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
1:18.00 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Erin Caher (18) W			CPP-AD		
1:26.31 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:46.43 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:25.67 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:39.44 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:04.17 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:30.81 Y	F	100 Fly	1/31/2010	Thoroughbred Splash 2010	
1:36.51 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:47.03 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
5:54.55 Y	F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Norah Caher (11) W			CPP-AD		
42.41 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
46.29 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
49.69 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:35.71 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:43.07 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
9:06.27 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	
46.25 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
52.28 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
52.62 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:42.71 Y	F	100 Back	11/15/2009	Pilgrims Pride	
1:48.89 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
48.40 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
50.90 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
53.51 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:46.36 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:50.61 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:57.07 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
49.99 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:00.66 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:56.27 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:39.50 Y	F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet	
1:55.61 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:36.58 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:57.18 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Carly Cahill (16) W (Yr: JR)			ALBS-AD		
26.47 Y	F	50 Free	1/29/2010	WYW AA Invitational	
57.15 Y	P	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:03.57 Y	P	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
32.25 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:06.26 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:18.69 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
1:15.69 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:06.75 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:19.73 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Kaitlin Cahill (14) W (Yr: 8)			AD-AD		
26.54 Y	P	50 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
29.33 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
55.86 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:03.52 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:04.74 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:02.99 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:17.99 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:59.52 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:47.06 Y	F	500 Free	11/5/2009	Girls Sec II Division 2 Championships	
11:28.80 Y	F	1000 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
19:45.22 L	F	1500 Free	7/23/2010	2010 Adirondack Long Course District Champion	
19:16.01 Y	F	1650 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:09.40 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:16.32 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.59 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Kaitlin Cahill (14) W (Yr: 8) ALBS-AD					
1:24.81	L F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:25.31	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:39.10	Y F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:05.59	L F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:05.59	L P	200 Breast	7/8/2010	Niagara Long Course Classic	
1:08.84	Y P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:17.05	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:19.82	Y F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:38.51	L P	200 IM	7/8/2010	Niagara Long Course Classic	
Samuel Calos (8) M BFIN-AD					
29.21	Y F	25 Free	11/15/2009	Pilgrims Pride	
28.37	Y F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
35.78	Y F	25 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet	
Katrina Camara (16) W ADDI-AD					
33.10	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:13.47	Y F	100 Free	1/8/2010	2010 NE GMA Winter Knights Invite	
1:34.10	Y F	100 Back	1/16/2010	Canajoharie Developmental Meet	
1:28.35	Y F	100 Breast	1/8/2010	2010 NE GMA Winter Knights Invite	
3:13.87	Y F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
Tessa Canales (13) W NHA-AD					
46.59	Y F	50 Free	1/24/2010	Foothills Invitational 2010	
1:44.52	Y F	100 Free	1/24/2010	Foothills Invitational 2010	
58.55	Y F	50 Back	1/24/2010	Foothills Invitational 2010	
Iris Canchela (10) W UN-AD					
32.48	Y F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:09.44	Y F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:41.19	Y F	200 Free	1/24/2010	Foothills Invitational 2010	
36.89	Y F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:24.36	Y F	100 Back	12/5/2009	December2009supersplash	
47.14	Y F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:43.35	Y F	100 Breast	11/21/2009	Harvest Invitational 2009	
1:25.10	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
Reynalyn Canchela (17) W (Yr: JR) CDY-AD					
27.55	Y F	50 Free	11/21/2009	Harvest Invitational 2009	
2:06.19	Y F	200 Free	1/24/2010	Foothills Invitational 2010	
5:36.34	Y F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:23.57	Y F	200 Back	1/24/2010	Foothills Invitational 2010	
1:17.65	Y F	100 Breast	11/21/2009	Harvest Invitational 2009	
2:45.73	Y F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:04.96	Y F	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:33.63	Y F	200 Fly	1/24/2010	Foothills Invitational 2010	
2:21.16	Y F	200 IM	11/5/2009	Girls Sec II Division I Championships	
Haley Canham (15) W BSPA-AD					
30.48	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:06.96	Y F	100 Free	10/25/2009	Trick or Treat Meet	
2:26.56	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
1:16.82	Y F	100 Back	11/8/2009	Hometown SplashDown	
2:45.24	Y F	200 Back	12/5/2009	December2009supersplash	
1:19.44	Y P	100 Breast	11/5/2009	Girls Sec II Division I Championships	
2:54.65	Y P	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:16.98	Y F	100 Fly	10/25/2009	Trick or Treat Meet	
2:38.04	Y P	200 IM	11/5/2009	Girls Sec II Division I Championships	
5:55.72	Y F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Peter Cannavo (13) M (Yr: s/) SCHE-AD					
33.29	Y F	50 Free	11/21/2009	Harvest Invitational 2009	
1:22.13	Y F	100 Free	11/21/2009	Harvest Invitational 2009	
44.31	Y F	50 Back	11/21/2009	Harvest Invitational 2009	
43.34	Y F	50 Fly	11/21/2009	Harvest Invitational 2009	
Lindsay Caplan (13) W SSCY-AD					

Individual Top Times

Time	P/F/S	Event			
Lindsay Caplan (13) W					
					SSCY-AD
29.03 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:04.45 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:10.47 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:21.15 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:38.63 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
6:19.13 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
33.56 Y	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:13.07 Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge	
1:19.02 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.75 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:35.58 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
40.66 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:29.32 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge	
1:33.39 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
32.26 Y	P	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:15.85 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:26.03 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.56 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:14.72 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:36.97 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Jordan Capobianco (14) W					
					GLOY-AD
30.44 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:07.98 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
6:31.76 Y	P	500 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:15.04 Y	F	100 Back	10/25/2009	Trick or Treat Meet	
2:46.63 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
1:36.70 Y	F	100 Breast	1/24/2010	Foothills Invitational 2010	
3:29.03 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:09.86 Y	F	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:52.71 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:52.18 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
6:10.95 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Marcus Capobianco (9) M					
					SVP-AD
53.59 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	
21.59 Y	F	25 Back	11/21/2009	Harvest Invitational 2009	
35.72 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009	
Tyler Capobianco (11) M					
					GLOY-AD
37.19 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
52.05 Y	F	50 Back	1/24/2010	Foothills Invitational 2010	
55.95 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet	
Deanna Caputo (14) W					
					CDY-AD
36.43 Y	F	50 Free	10/25/2009	Trick or Treat Meet	
1:23.56 Y	F	100 Free	10/25/2009	Trick or Treat Meet	
3:07.62 Y	F	200 Free	10/25/2009	Trick or Treat Meet	
1:36.17 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
Shea Keebler Carangelo (9) W					
					ALBS-AD
24.96 Y	F	25 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
47.71 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
25.92 Y	F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
55.10 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
Emily Carberry (12) W					
					GRGF-AD
42.07 Y	F	50 Free	11/8/2009	Hometown SplashDown	
54.27 Y	F	50 Back	11/8/2009	Hometown SplashDown	
54.55 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
Alexa Cardillo (12) W					
					CLIN-AD
34.06 Y L	F	50 Free	3/5/2010	AD Silver Short Course Championships	
38.97 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.50 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:33.92 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
Alexa Cardillo (12) W			CLIN-AD		
1:35.65 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:57.05 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
3:10.72 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
42.79 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
46.97 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:31.34 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:41.56 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:43.43 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
51.03 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:55.09 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:58.50 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
42.04 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
50.53 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:31.17 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Miranda Cardillo (14) W			CLIN-AD		
38.96 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:29.21 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:41.43 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
3:44.08 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
Dominic Carelli (12) M			ALBS-AD		
29.60 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
33.44 L	P	50 Free	5/21/2010	Internationale CNPPO	
33.55 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:04.53 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:20.11 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:42.87 L	P	200 Free	5/21/2010	Internationale CNPPO	
6:21.99 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
33.75 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships	
38.82 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
39.89 L	P	50 Back	5/21/2010	Internationale CNPPO	
1:14.79 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
2:47.62 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:04.59 L	P	200 Back	5/21/2010	Internationale CNPPO	
41.65 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
50.24 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.55 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:12.35 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
3:41.33 L	F	200 Breast	5/21/2010	Internationale CNPPO	
32.85 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
37.22 L	P	50 Fly	5/21/2010	Internationale CNPPO	
39.85 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.16 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:15.71 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
1:27.19 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:42.78 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
3:08.38 L	P	200 IM	5/21/2010	Internationale CNPPO	
Tyler Carelli (16) M (Yr: JR)			KING-AD		
27.97 Y	F	50 Free	2/27/2010	Kingston Last Chance Invitational	
1:00.50 Y	F	100 Free	2/27/2010	Kingston Last Chance Invitational	
1:05.41 Y	P	100 Fly	2/11/2010	Section 9 Championships	
Nathaniel Carlos (8) M			SSAC-AD		
42.67 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:36.89 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
52.71 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:52.79 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
Allison Caron (12) W (Yr: s/)			SCHE-AD		
28.86 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	
33.37 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
1:01.89 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Allison Caron (12) W (Yr: s/)					
					SCHE-AD
1:09.60	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:09.70	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:14.46	Y	P	200	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
2:29.70	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:14.76	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:51.37	Y	F	500	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
12:38.66	Y	F	1000	Free	12/5/2009 December2009supersplash
31.38	Y	P	50	Back	4/1/2010 2010 Eastern Zone SC Swimming Championships
35.30	L	F	50	Back	8/11/2010 2010 Eastern Zone LC Championships
1:07.35	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:15.40	L	P	100	Back	8/11/2010 2010 Eastern Zone LC Championships
1:16.61	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:19.96	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
2:41.23	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
36.35	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
41.41	L	F	50	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:18.34	Y	F	100	Breast	11/15/2009 Pilgrims Pride
1:29.04	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:29.26	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:44.89	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
3:10.21	L	P	200	Breast	8/11/2010 2010 Eastern Zone LC Championships
32.85	Y	F	50	Fly	10/25/2009 Trick or Treat Meet
38.86	L	F	50	Fly	5/29/2010 2010 NE MTSC May Specialty Meet
1:13.24	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:20.55	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:24.39	L	P	100	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:09.79	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
2:25.79	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
2:46.47	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
5:18.71	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Nolan Caron (17) M (Yr: s/)					
					SCHE-AD
24.68	Y L	F	50	Free	3/19/2010 AD Gold Short Course Championships
29.13	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
54.53	Y	P	100	Free	12/10/2009 2009 NE NSSC MIT Invitational
1:04.52	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:55.71	Y	P	200	Free	12/10/2009 2009 NE NSSC MIT Invitational
2:23.17	L	F	200	Free	5/29/2010 2010 NE MTSC May Specialty Meet
4:44.38	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:06.69	Y	F	500	Free	2/11/2010 Section II Championships Small Division
10:36.50	Y	F	1000	Free	12/10/2009 2009 NE NSSC MIT Invitational
17:55.98	Y	F	1650	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
59.24	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:07.03	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:03.11	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
2:20.76	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:09.56	Y	P	100	Breast	12/10/2009 2009 NE NSSC MIT Invitational
2:41.09	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
2:36.08	Y	F	200	Fly	1/16/2010 Chris Goody IMX Challenge
2:09.38	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
2:34.88	L	P	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
4:30.57	Y	F	400	IM	3/19/2010 AD Gold Short Course Championships
Alexa Carpenter (12) W					
					GLOY-AD
35.65	Y	F	50	Free	1/24/2010 Foothills Invitational 2010
1:20.97	Y	F	100	Free	12/12/2009 Amsterdam Sea Rams Invitational
42.48	Y	F	50	Back	1/16/2010 Canajoharie Developmental Meet
39.41	Y	P	50	Breast	3/12/2010 2010 NewYork State YMCA Swimming Championship
1:32.25	Y	F	100	Breast	12/12/2009 Amsterdam Sea Rams Invitational
Rachel Carpenter (11) W					
					CLRK-AD
49.48	Y	F	50	Free	2/27/2010 CVSLLeague Championships
57.18	Y	F	50	Back	2/27/2010 CVSLLeague Championships

Individual Top Times

Time	P/F/S	Event				
Rachel Carpenter (11) W						
1:17.45 Y	F	50 Breast	2/27/2010	CVSLLeague Championships		CLRK-AD
Sheila Carpenter (11) W						
41.09 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		GLOY-AD
1:26.93 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
50.97 Y	F	50 Back	1/24/2010	Foothills Invitational 2010		
51.57 Y	F	50 Fly	12/12/2009	Amsterdam Sea Rams Invitational		
Lindsay Carr (12) W (Yr: sp)						
32.90 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
1:15.32 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:47.12 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010		
39.97 Y	F	50 Back	12/5/2009	December2009supersplash		
1:31.51 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
43.75 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
1:36.27 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
40.10 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:38.77 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge		
1:27.23 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010		
3:05.91 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge		
Andersen Carroll (8) W						
43.95 Y L	F	25 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		HAWK-AD
42.62 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		
1:50.39 Y	F	100 Free	10/25/2009	Trick or Treat Meet		
22.74 Y	F	25 Back	3/13/2010	ESSL Championship 2010		
48.68 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships		
1:57.10 Y	F	100 Back	1/29/2010	Hawks Trials And Finals 2010		
x1:01.76 Y	F	50 Breast	2/21/2010	HAWK-MVA-BARR		
27.15 Y	F	25 Fly	2/21/2010	HAWK-MVA-BARR		
1:08.88 Y	F	50 Fly	11/20/2009	2009 MR AG Early Bird Invitational		
2:02.60 Y	F	100 IM	1/29/2010	Hawks Trials And Finals 2010		
Hudson Carroll (14) M						
24.81 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		HAWK-AD
54.53 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships		
1:04.32 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
1:59.93 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
2:26.83 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
5:21.25 L	F	400 Free	7/9/2010	Hawks Summer Invitational 2010		
5:31.34 Y	P	500 Free	2/11/2010	Section 9 Championships		
28.52 Y L	F	50 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		
54.25 Y	P	100 Back	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship		
1:12.03 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010		
2:11.95 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
1:16.54 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships		
2:48.34 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
x30.09 Y	F	50 Fly	2/21/2010	HAWK-MVA-BARR		
1:01.78 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:18.17 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010		
2:24.85 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships		
2:13.94 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships		
2:40.48 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010		
4:59.91 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships		
6:02.58 L	F	400 IM	7/9/2010	Hawks Summer Invitational 2010		
Madison Carroll (14) W						
30.14 Y	F	50 Free	11/15/2009	Pilgrims Pride		HAWK-AD
1:06.34 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:20.42 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
x2:22.76 Y	F	200 Free	2/21/2010	HAWK-MVA-BARR		
6:18.04 Y	F	500 Free	1/29/2010	Hawks Trials And Finals 2010		
34.33 Y L	F	50 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		
1:09.59 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		

Individual Top Times

Time	P/F/S	Event			
Madison Carroll (14) W					
					HAWK-AD
1:24.01	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
2:29.24	Y	F	200 Back	1/29/2010	Hawks Trials And Finals 2010
1:29.15	Y	F	100 Breast	11/15/2009	Pilgrims Pride
3:06.43	Y	F	200 Breast	1/29/2010	Hawks Trials And Finals 2010
36.84	Y	F	50 Fly	2/21/2010	HAWK-MVA-BARR
1:39.95	L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010
2:56.87	Y	P	200 Fly	1/29/2010	Hawks Trials And Finals 2010
3:40.60	L	F	200 Fly	7/9/2010	Hawks Summer Invitational 2010
2:37.16	Y	F	200 IM	10/25/2009	Trick or Treat Meet
3:15.05	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
5:40.02	Y	F	400 IM	1/29/2010	Hawks Trials And Finals 2010
Macayla Carron (12) W					
					DLHI-AD
41.13	Y	F	50 Free	12/19/2009	CVSL Quad Meet
1:28.55	Y	F	100 Free	1/23/2010	CVSLTri Meet
47.89	Y	F	50 Back	12/19/2009	CVSL Quad Meet
54.11	Y	F	50 Breast	12/19/2009	CVSL Quad Meet
1:50.99	Y	F	100 Breast	1/23/2010	CVSLTri Meet
Lukas Carrow (11) M					
					GLFY-AD
37.74	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
1:26.68	Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet
44.59	Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational
1:44.57	Y	F	100 Back	12/5/2009	December2009supersplash
51.79	Y	F	50 Breast	12/5/2009	December2009supersplash
1:55.35	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
44.64	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:36.69	Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational
Cecelia Carsky-Bush (16) W (Yr: SO)					
					SARY-AD
29.08	Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010
1:19.31	Y	P	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:05.48	Y	P	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:29.39	Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Allison Carswell (15) W					
					SARY-AD
28.66	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
2:12.58	Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
5:49.88	Y	F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:16.39	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:25.05	Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010
2:33.20	Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Catherine Carswell (17) W (Yr: JR)					
					SARY-AD
30.39	Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010
2:25.91	Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010
6:07.46	Y	F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
34.17	Y L	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:10.59	Y	P	100 Back	11/5/2009	Girls Sec II Division I Championships
1:07.21	Y	F	100 Fly	11/5/2009	Girls Sec II Division I Championships
William Carswell (9) M					
					SARY-AD
16.65	Y	F	25 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
41.84	Y	F	50 Free	11/21/2009	Harvest Invitational 2009
1:26.89	Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
20.27	Y	F	25 Back	11/8/2009	Hometown SplashDown
19.37	Y	F	25 Fly	1/31/2010	Thoroughbred Splash 2010
48.73	Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
Emily Carter (18) W (Yr: SR)					
					CPP-AD
28.19	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:05.30	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:22.11	Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010
6:03.85	Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010
36.54	Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational
1:15.69	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event				
Emily Carter (18) W (Yr: SR) CPP-AD						
2:31.87 Y	F	200 Back	11/15/2009	Pilgrims Pride		
1:08.57 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships		
2:34.41 Y	P	200 Fly	3/19/2010	AD Gold Short Course Championships		
2:26.68 Y	P	200 IM	11/5/2009	Girls Sec II Division I Championships		
Dayna Carubia (16) W (Yr: SO) UN-AD						
1:19.46 Y	F	100 Back	10/23/2009	Girls OCIAA Championships 2009		
x1:37.09 Y	F	100 Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		
1:23.76 Y	F	100 IM	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		
Izabel Cavotta (11) W SARY-AD						
41.90 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		
45.77 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010		
58.43 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010		
2:03.09 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
56.27 Y	F	50 Fly	11/21/2009	Harvest Invitational 2009		
1:45.27 Y	F	100 IM	1/31/2010	Thoroughbred Splash 2010		
Carolyn Caza (13) W SVP-AD						
38.60 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		
47.54 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet		
Grace Caza (15) W SVP-AD						
31.29 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010		
1:10.80 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
1:26.88 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010		
Lily Caza (10) W SVP-AD						
39.36 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		
1:39.50 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
49.89 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet		
59.25 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010		
1:53.26 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010		
Benjamin Cazer (12) M ALBS-AD						
33.70 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		
38.37 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:20.11 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:23.46 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:25.07 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:46.55 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational		
2:57.74 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion		
43.62 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:36.40 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:37.01 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:46.17 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
44.97 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
48.82 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
1:37.24 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:50.05 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:50.37 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
3:45.77 Y	F	200 Breast	12/5/2009	December2009supersplash		
39.37 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
51.60 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
1:53.34 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:01.86 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational		
2:02.09 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
1:27.97 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010		
3:04.04 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
3:31.42 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion		
Kelly Cazer (10) W ALBS-AD						
38.08 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
40.24 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
40.94 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:30.08 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		

Individual Top Times

Time	P/F/S	Event			
Kelly Cazer (10) W			ALBS-AD		
1:33.45	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:10.17	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
45.56	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
47.29	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
49.23	L F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:37.72	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:44.83	L F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
47.33	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
51.53	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
54.18	L F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:42.91	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:53.37	L F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
43.14	Y F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
46.08	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
49.23	L F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:35.59	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:17.38	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:37.82	L F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Barrett Celecki (14) M			UN-AD		
27.33	Y F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
1:00.38	Y F	100 Free	1/31/2010	Thoroughbred Splash 2010	
2:10.75	Y F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
5:22.18	Y F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
1:12.00	Y F	100 Back	1/31/2010	Thoroughbred Splash 2010	
1:14.35	Y F	100 Fly	1/31/2010	Thoroughbred Splash 2010	
Gabrielle Celia (13) W			SCHE-AD		
31.78	Y F	50 Free	1/31/2010	Thoroughbred Splash 2010	
1:13.93	Y F	100 Free	1/31/2010	Thoroughbred Splash 2010	
2:52.79	Y F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
39.17	Y F	50 Back	12/5/2009	December2009supersplash	
1:25.88	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
37.14	Y F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:24.58	Y P	100 Breast	3/19/2010	AD Gold Short Course Championships	
3:04.65	Y F	200 Breast	3/5/2010	AD Silver Short Course Championships	
36.25	Y F	50 Fly	12/5/2009	December2009supersplash	
1:24.62	Y F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
3:06.55	Y F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Brooke Cerny (16) W (Yr: SO)			GLFY-AD		
31.14	Y F	50 Free	12/5/2009	December2009supersplash	
1:04.60	Y F	100 Free	12/5/2009	December2009supersplash	
12:45.46	Y F	1000 Free	12/5/2009	December2009supersplash	
33.96	Y F	50 Back	12/5/2009	December2009supersplash	
1:06.62	Y F	100 Back	11/5/2009	Girls Sec II Division 2 Championships	
2:36.89	Y F	200 Back	12/5/2009	December2009supersplash	
39.87	Y F	50 Breast	12/5/2009	December2009supersplash	
3:00.36	Y F	200 Breast	12/5/2009	December2009supersplash	
2:32.11	Y F	200 IM	11/5/2009	Girls Sec II Division 2 Championships	
James Chalermkraivuth (14) M			ALBS-AD		
26.95	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
58.85	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:06.28	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:12.58	Y F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:07.75	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:15.48	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.19	L F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:21.19	Y F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:42.02	L F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:10.54	Y F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:17.93	L F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:21.82	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
James Chalermkraivuth (14) M					
					ALBS-AD
2:35.50	Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational
2:54.14	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:05.81	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:17.70	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:25.76	Y	P	200 IM	2/11/2010	Section II Championships Large Division
2:41.12	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Tadd Chalermkraivuth (9) M					
					ALBS-AD
18.30	Y	F	25 Free	11/21/2009	Harvest Invitational 2009
39.71	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
1:32.94	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
20.76	Y	F	25 Back	11/21/2009	Harvest Invitational 2009
42.10	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
25.31	Y	F	25 Breast	11/21/2009	Harvest Invitational 2009
46.05	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
22.06	Y	F	25 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet
47.29	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:36.56	Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational
Connor Chamulak (10) M (Yr: s/)					
					SCHE-AD
47.82	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
53.56	L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
55.18	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:43.89	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:08.12	L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
56.16	Y	F	50 Back	11/8/2009	Hometown SplashDown
1:00.03	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:05.87	L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:02.44	Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010
2:17.43	L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:00.15	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:05.03	L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
Jocelyn Chan (10) W					
					ALBS-AD
40.82	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
45.75	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:43.60	Y	F	100 Free	11/21/2009	Harvest Invitational 2009
1:53.62	L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
46.51	Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
49.59	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:36.47	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:47.20	L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
53.45	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
58.60	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:00.66	Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
56.55	Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:42.39	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
1:55.79	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Elizabeth Chase (14) W					
					RAVE-AD
34.20	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:17.38	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:23.88	L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
2:53.00	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
3:05.06	L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010
38.34	Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships
1:24.08	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
1:33.86	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
2:54.11	Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
3:27.94	L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:31.86	Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:43.76	L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010
3:24.55	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
3:37.47	L	P	200 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational

Individual Top Times

Time	P/F/S	Event			
Elizabeth Chase (14) W					
				RAVE-AD	
1:26.59	Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:40.12	L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
3:16.63	Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge
3:02.25	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
3:16.41	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
Leah Chatnik (15) W					
					CDY-AD
31.30	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
1:10.13	Y	F	100 Free	11/21/2009	Harvest Invitational 2009
6:44.17	Y	F	500 Free	11/21/2009	Harvest Invitational 2009
1:24.03	Y	F	100 Breast	11/21/2009	Harvest Invitational 2009
Phyllis Chee (8) W					
					ALBS-AD
23.77	Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet
48.00	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:48.36	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
22.60	Y	F	25 Back	3/5/2010	AD Silver Short Course Championships
50.02	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
1:55.87	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
28.25	Y	F	25 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet
59.16	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
26.51	Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships
1:06.18	Y	F	50 Fly	12/5/2009	December2009supersplash
1:57.08	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
Andrew Chen (12) M					
					GRGF-AD
45.76	Y	F	50 Free	11/8/2009	Hometown SplashDown
Eric Chen (13) M					
					UN-AD
26.07	Y	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
58.90	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
2:17.35	Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational
1:09.20	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
1:18.24	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
28.82	Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:11.47	Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational
2:20.41	Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
James Chen (10) M					
					ALBS-AD
39.45	Y L	F	50 Free	3/5/2010	AD Silver Short Course Championships
43.08	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:31.60	L L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:25.09	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
3:14.97	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
8:23.90	Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
42.48	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
51.35	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
53.36	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:32.42	Y	F	100 Back	3/19/2010	AD Gold Short Course Championships
1:50.54	L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
50.08	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
55.49	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
57.36	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:46.60	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
2:02.56	L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
44.66	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
49.00	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
53.56	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:43.49	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
2:00.97	L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:34.81	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
1:45.52	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:27.52	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
3:54.59	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
Jeffrey Chen (6) M					
37.43 S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	ALBS-AD
1:18.18 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
41.46 S	F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Yayi Chen (15) W					
28.91 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
33.70 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:04.97 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:13.14 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.45 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:24.54 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:55.73 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:53.04 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:15.39 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:23.48 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.65 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:46.82 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
43.66 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:31.50 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:43.38 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:50.70 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
35.11 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:16.93 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:24.45 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:31.13 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
3:10.22 Y	F	200 Fly	12/5/2009	December2009supersplash	
2:52.64 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Joyce Chen (15) W					
31.33 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CDY-AD
1:15.12 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:46.55 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:28.56 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:26.98 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:28.17 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:12.32 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Melanie Chen (12) W					
45.16 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	CPP-AD
1:44.53 L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
57.40 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:05.38 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
Anna Cherubin (13) W					
1:27.77 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	SARY-AD
1:50.14 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009	
John Cheu (11) M					
34.24 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
1:20.61 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:55.63 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
37.77 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:21.80 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
47.98 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:46.87 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
46.39 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:44.06 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:28.31 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
Shirley Cheung (11) W					
33.07 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	ALBS-AD
36.98 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
37.26 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.89 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:52.23 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Shirley Cheung (11) W					
38.19	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
41.40	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
41.87	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:23.53	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
44.54	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
50.20	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:38.20	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
1:53.39	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
42.33	Y	F	50	Fly	3/19/2010 AD Gold Short Course Championships
47.44	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:45.61	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
1:25.67	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
1:35.35	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:08.17	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
Ryan Cheu (16) M					
27.54	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:00.16	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
2:08.93	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
27.90	Y L	P	50	Back	2/11/2010 Section II Championships Large Division
1:01.34	Y	P	100	Back	2/11/2010 Section II Championships Large Division
2:13.89	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:09.11	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
1:08.10	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:36.33	Y	P	200	Fly	3/19/2010 AD Gold Short Course Championships
2:17.72	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
4:45.39	Y	F	400	IM	3/19/2010 AD Gold Short Course Championships
Katherine Chiarella (10) W					
48.37	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
53.20	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:03.89	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Madelyn Chiera (13) W (Yr: 7)					
29.57	Y	F	50	Free	1/23/2010 Kingston Snowball Invitational
1:06.87	Y	F	100	Free	1/23/2010 Kingston Snowball Invitational
34.56	Y	F	50	Back	1/23/2010 Kingston Snowball Invitational
1:09.83	Y	P	100	Back	11/5/2009 2009 Girls Section 9 Championships
40.84	Y	F	50	Breast	1/23/2010 Kingston Snowball Invitational
34.95	Y	F	50	Fly	1/23/2010 Kingston Snowball Invitational
2:39.03	Y	F	200	IM	10/23/2009 Girls OCIAA Championships 2009
Gregory Chocko (15) M					
24.84	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
53.66	Y	F	100	Free	3/12/2010 2010 NewYork State YMCA Swimming Championship
2:01.66	Y	P	200	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
11:07.28	Y	F	1000	Free	12/5/2009 December2009supersplash
18:58.17	Y	F	1650	Free	1/8/2010 2010 Starfish Trophy Invitational
2:19.86	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
1:06.29	Y	F	100	Breast	3/12/2010 2010 NewYork State YMCA Swimming Championship
2:25.91	Y	F	200	Breast	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
1:02.53	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
2:28.00	Y	F	200	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:12.14	Y	F	200	IM	3/12/2010 2010 NewYork State YMCA Swimming Championship
4:48.73	Y	P	400	IM	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
Hillary Chocko (17) W					
11:36.47	Y	F	1000	Free	12/5/2009 December2009supersplash
1:07.82	Y	P	100	Back	3/12/2010 2010 NewYork State YMCA Swimming Championship
1:04.18	Y	F	100	Fly	11/5/2009 Girls Sec II Division 2 Championships
2:18.30	Y	F	200	IM	11/5/2009 Girls Sec II Division 2 Championships
Isabella Choppa (8) W					
20.85	Y	F	25	Free	12/19/2009 Saratoga 12&Under Mini-Meet
45.44	Y	F	50	Free	12/19/2009 Saratoga 12&Under Mini-Meet

ALBS-AD

DELM-AD

DELM-AD

KING-AD

GLFY-AD

GLFY-AD

GLFY-AD

Individual Top Times

Time	P/F/S	Event				
Isabella Choppa (8) W						
23.05	Y	F	25	Back	11/15/2009	Pilgrims Pride
32.90	Y	F	25	Breast	11/8/2009	Hometown SplashDown
26.94	Y	F	25	Fly	11/15/2009	Pilgrims Pride
2:04.39	Y	F	100	IM	11/8/2009	Hometown SplashDown
Joshua Choppa (10) M						
42.13	Y	F	50	Free	11/15/2009	Pilgrims Pride
1:43.99	Y	F	100	Free	11/8/2009	Hometown SplashDown
45.20	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
1:47.46	Y	F	100	Back	11/15/2009	Pilgrims Pride
55.25	Y	F	50	Breast	12/5/2009	December2009supersplash
59.07	Y	F	50	Fly	12/19/2009	Saratoga 12&Under Mini-Meet
Madelyn Chu (9) W						
46.25	Y L	F	25	Free	12/12/2009	Amsterdam Sea Rams Invitational
48.00	Y	F	50	Free	12/12/2009	Amsterdam Sea Rams Invitational
50.25	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
52.89	L	F	50	Free	7/9/2010	Hawks Summer Invitational 2010
22.82	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
49.83	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
55.05	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
55.80	L	F	50	Back	7/9/2010	Hawks Summer Invitational 2010
28.19	Y	F	25	Breast	12/12/2009	Amsterdam Sea Rams Invitational
57.50	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
1:05.64	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
20.12	Y	F	25	Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship
59.24	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:56.06	Y	F	100	IM	1/8/2010	2010 Starfish Trophy Invitational
2:06.67	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Bryn Clark (11) M						
29.98	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:09.94	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:45.91	Y	F	200	Free	1/16/2010	Canajoharie Developmental Meet
41.31	Y	F	50	Back	2/27/2010	CVSLLeague Championships
3:19.02	Y	F	200	Back	12/5/2009	December2009supersplash
47.50	Y	F	50	Breast	2/27/2010	CVSLLeague Championships
1:51.53	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
36.48	Y	F	50	Fly	2/20/2010	Cabin Fever Invitational 2010
1:32.12	Y	F	100	Fly	1/30/2010	CVSLQuad Meet
1:28.71	Y	F	100	IM	2/27/2010	CVSLLeague Championships
3:13.41	Y	F	200	IM	1/30/2010	CVSLQuad Meet
Liam Clarke (9) M						
46.15	Y	F	50	Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:44.29	Y	F	100	Free	11/15/2009	Pilgrims Pride
59.04	Y	F	50	Back	10/10/2009	Ravena Autumn Breeze
1:57.71	Y	F	100	Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:04.34	Y	F	50	Breast	11/15/2009	Pilgrims Pride
Matthew Clarke (11) M						
39.85	Y	F	50	Free	11/15/2009	Pilgrims Pride
1:31.80	Y	F	100	Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
48.55	Y	F	50	Back	10/10/2009	Ravena Autumn Breeze
50.08	Y	F	50	Breast	10/10/2009	Ravena Autumn Breeze
1:46.82	Y	F	100	IM	11/15/2009	Pilgrims Pride
Michael Clarke (15) M						
26.93	Y	F	50	Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:00.21	Y	F	100	Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
2:20.65	Y	F	200	Free	10/10/2009	Ravena Autumn Breeze
5:32.75	Y	P	500	Free	2/11/2010	Section II Championships Large Division
1:12.51	Y	F	100	Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:27.39	Y	F	100	Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:30.41	Y	F	100	Fly	10/10/2009	Ravena Autumn Breeze

GLFY-AD

GLFY-AD

SSCY-AD

CANA-AD

DELM-AD

DELM-AD

DELM-AD

Individual Top Times

Time	P/F/S	Event				
Michael Clarke (15) M						
2:37.92	Y	F	200	IM	10/10/2009	Ravena Autumn Breeze
Sarah Clark (11) W						
38.36	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:25.87	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
47.81	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
54.94	Y	F	50	Breast	12/19/2009	Saratoga 12&Under Mini-Meet
1:57.47	Y	F	100	Breast	11/15/2009	Pilgrims Pride
46.73	Y	F	50	Fly	12/19/2009	Saratoga 12&Under Mini-Meet
Avery Clason (8) W						
50.15	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
2:01.58	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
2:00.30	L	F	100	Back	5/8/2010	Super Circuit 1 Syracuse
Mackenzie Clason (8) W						
48.58	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
1:55.94	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
2:01.25	L	F	100	Back	5/8/2010	Super Circuit 1 Syracuse
Taylor Clement (11) W						
32.26	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:14.20	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:51.52	Y	F	200	Free	1/24/2010	Foothills Invitational 2010
40.15	Y	F	50	Back	12/5/2009	December2009supersplash
1:33.09	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
42.69	Y	F	50	Breast	12/5/2009	December2009supersplash
1:33.54	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
3:18.82	Y	F	200	Breast	12/5/2009	December2009supersplash
Seana Cleveland (12) W						
35.20	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
1:17.47	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
43.88	Y	F	50	Breast	2/20/2010	Cabin Fever Invitational 2010
1:40.39	Y	F	100	Breast	1/16/2010	Canajoharie Developmental Meet
44.32	Y	F	50	Fly	2/20/2010	Cabin Fever Invitational 2010
1:31.45	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Calvin Cleworth (12) M (Yr: sp)						
29.42	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
32.87	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:07.04	Y	F	100	Free	12/5/2009	December2009supersplash
1:12.08	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:12.27	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:15.81	Y	F	200	Free	3/19/2010	AD Gold Short Course Championships
2:35.32	L	F	200	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
5:26.28	L	F	400	Free	7/23/2010	2010 Adirondack Long Course District Champion
6:09.72	Y	F	500	Free	1/16/2010	Chris Goody IMX Challenge
35.57	Y	F	50	Back	11/21/2009	Harvest Invitational 2009
1:16.69	Y	F	100	Back	1/16/2010	Chris Goody IMX Challenge
1:22.64	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:23.71	L	F	100	Back	5/29/2010	2010 NE MTSC May Specialty Meet
39.10	Y	P	50	Breast	3/19/2010	AD Gold Short Course Championships
43.26	L	F	50	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:24.01	Y	F	100	Breast	11/15/2009	Pilgrims Pride
1:34.84	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:35.48	L	F	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:53.88	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
3:23.35	L	F	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
33.23	Y	F	50	Fly	11/15/2009	Pilgrims Pride
35.25	L	F	50	Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:11.24	Y	P	100	Fly	3/19/2010	AD Gold Short Course Championships
1:19.20	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:22.69	L	P	100	Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:46.09	Y	F	200	Fly	3/19/2010	AD Gold Short Course Championships

DELM-AD

DELM-AD

SSAC-AD

SSAC-AD

USAM-AD

SVP-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event			
Calvin Cleworth (12) M (Yr: sp)					
3:04.07	L	F	200	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:13.16	Y	P	100	IM	3/19/2010 AD Gold Short Course Championships
2:34.52	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
2:50.21	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
5:33.03	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Madeleine Cleworth (16) W (Yr: SO)					
34.58	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:17.22	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:27.63	Y	P	200	Free	11/5/2009 Girls Sec II Division I Championships
2:47.75	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:54.44	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:12.49	Y	P	100	Back	11/5/2009 Girls Sec II Division I Championships
1:23.82	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
3:01.29	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
3:12.61	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Erin Clune (10) W					
41.52	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
51.77	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:40.57	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:45.87	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
3:35.49	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
46.74	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
53.93	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:39.94	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
52.31	Y	F	50	Breast	2/27/2010 Kingston Last Chance Invitational
59.27	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:53.81	Y	F	100	Breast	2/27/2010 Kingston Last Chance Invitational
2:07.04	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
1:06.84	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:09.12	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
1:41.55	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
2:05.27	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Collin Clute (16) M					
25.93	Y	F	50	Free	1/24/2010 Foothills Invitational 2010
58.44	Y	F	100	Free	1/24/2010 Foothills Invitational 2010
2:09.29	Y	F	200	Free	1/24/2010 Foothills Invitational 2010
5:36.77	Y	F	500	Free	2/11/2010 Section II Championships Small Division
1:11.93	Y	F	100	Back	1/24/2010 Foothills Invitational 2010
2:23.88	Y	F	200	IM	2/11/2010 Section II Championships Small Division
Elana Cohen (13) W					
31.94	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:17.22	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
3:11.69	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
42.09	Y	F	50	Back	10/25/2009 Trick or Treat Meet
1:40.88	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
42.13	Y	F	50	Breast	12/5/2009 December2009supersplash
1:35.69	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:34.85	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
45.59	Y	F	50	Fly	12/5/2009 December2009supersplash
Jessica Cohen (16) W					
31.63	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
1:10.38	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:30.39	Y	F	200	Free	2/20/2010 Cabin Fever Invitational 2010
1:39.20	Y	F	100	Breast	2/20/2010 Cabin Fever Invitational 2010
Brennan Colby (14) M (Yr: sp)					
27.81	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
30.42	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:01.71	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:10.37	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion

SCHE-AD

SCHE-AD

KING-AD

GLOY-AD

UN-AD

UN-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event			
Brennan Colby (14) M (Yr: sp)			SCHE-AD		
1:10.65	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:18.73	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
5:43.77	L F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
6:22.47	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:14.71	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:21.85	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.13	L P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:40.67	Y F	200 Back	1/16/2010	Chris Goody IMX Challenge	
3:01.78	L P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:18.71	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:27.70	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.18	L F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:50.67	Y F	200 Breast	3/5/2010	AD Silver Short Course Championships	
3:09.03	L F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.18	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:25.72	L F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:26.30	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:52.63	Y F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:32.32	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
2:54.89	L P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:30.86	Y F	400 IM	3/5/2010	AD Silver Short Course Championships	
Bryan Colby (12) M (Yr: sp)			SCHE-AD		
33.63	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
35.47	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
37.35	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.85	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:17.77	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:48.27	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:49.74	L P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
6:21.14	L F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
7:28.71	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
38.43	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
41.46	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
42.75	L P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:22.35	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:29.26	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:56.49	Y F	200 Back	3/5/2010	AD Silver Short Course Championships	
3:18.03	L F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
45.28	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
49.41	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
49.94	L P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:34.29	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
38.76	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
40.95	L F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
41.75	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:33.47	L P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:24.61	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:34.94	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:57.60	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:14.37	L F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Katrina Colby (10) W (Yr: sp)			SCHE-AD		
44.13	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:42.29	Y F	100 Free	1/31/2010	Thoroughbred Splash 2010	
49.78	Y F	50 Back	12/5/2009	December2009supersplash	
1:50.20	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
55.48	Y F	50 Breast	10/25/2009	Trick or Treat Meet	
2:08.34	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.63	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:44.81	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
Ashley Collier (20) W			UN-AD		

Individual Top Times

Time	P/F/S	Event				
Ashley Collier (20) W						
28.03 Y	F	50 Free	10/25/2009	October 25, 2009		UN-AD
36.18 Y	F	50 Breast	10/25/2009	October 25, 2009		
1:12.51 Y	P	100 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:12.51 Y	F	100 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:25.06 L	F	100 Breast	5/8/2010	Super Circuit 1 Syracuse		
2:32.27 Y	F	200 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
3:00.47 L	P	200 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational		
30.05 Y	F	50 Fly	10/25/2009	October 25, 2009		
1:02.61 Y	F	100 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:13.48 L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational		
2:18.91 Y	P	200 IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
2:41.83 L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational		
4:50.80 Y	P	400 IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
5:39.85 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational		
Hannah Collier (16) W						
2:36.58 L	F	200 Free	5/8/2010	Super Circuit 1 Syracuse		UN-AD
5:28.15 L	F	400 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier		
11:10.20 L	F	800 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier		
21:22.96 L	F	1500 Free	5/8/2010	Super Circuit 1 Syracuse		
1:25.46 L	F	100 Back	5/8/2010	Super Circuit 1 Syracuse		
3:02.96 L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational		
Danielle Collins (17) W (Yr: SR)						
28.66 Y	P	50 Free	11/5/2009	Girls Sec II Division I Championships		UN-AD
Thompson Collins (9) M						
39.61 Y	F	50 Free	11/8/2009	Hometown SplashDown		GLFY-AD
1:40.70 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet		
53.53 Y	F	50 Back	12/5/2009	December2009supersplash		
Caroline Conboy (15) W (Yr: FR)						
27.98 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		SARY-AD
58.87 Y	P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
1:11.34 Y	F	100 Breast	11/5/2009	Girls Sec II Division I Championships		
2:33.20 Y	T	200 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship		
2:19.52 Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship		
5:15.88 Y	F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
Michael Conley (13) M						
24.13 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		CPP-AD
53.97 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:59.03 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
5:38.83 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships		
1:04.52 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships		
2:23.93 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
1:37.54 Y	F	100 Breast	10/25/2009	Trick or Treat Meet		
3:17.45 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:02.87 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
Reilly Connelly (12) W						
34.51 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		GRGF-AD
1:14.92 Y	F	100 Free	11/8/2009	Hometown SplashDown		
42.86 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010		
50.40 Y	F	50 Breast	11/8/2009	Hometown SplashDown		
46.14 Y	F	50 Fly	2/20/2010	Cabin Fever Invitational 2010		
Sarah Connelly (18) W						
30.77 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		WAVE-AD
2:24.19 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:20.22 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational		
2:53.46 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:12.66 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational		
Carly Connor (12) W						
38.70 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		USAM-AD
1:30.38 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event			
Carly Connor (12) W					
47.25 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	USAM-AD
47.35 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:44.00 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
David Connor (16) M					
25.72 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	USAM-AD
55.53 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:02.84 L	P	100 Free	7/21/2010	2010 Empire State Games	
2:04.90 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
5:46.26 Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
1:05.29 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:20.34 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
33.02 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:10.18 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:21.49 L	P	100 Breast	7/21/2010	2010 Empire State Games	
2:33.97 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
29.72 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:07.65 Y	F	100 Fly	1/24/2010	Foothills Invitational 2010	
2:31.14 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:19.85 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Leah Constable (12) W					
34.51 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CPP-AD
38.09 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.08 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:25.30 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:58.92 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:17.46 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
45.02 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
47.14 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:35.20 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:41.77 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
56.42 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:03.76 L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:00.04 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:14.41 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
55.15 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
57.22 Y	F	50 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
59.28 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:56.90 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:16.62 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:38.11 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:55.55 Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010	
3:56.88 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Molly Constantine (15) W (Yr: SO)					
1:11.82 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	UN-AD
2:38.79 Y	P	200 IM	11/5/2009	Girls Sec II Division I Championships	
Joseph Conway (12) M (Yr: s/)					
31.19 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
36.01 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
1:11.12 Y	F	100 Free	12/5/2009	December2009supersplash	
1:18.82 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:21.46 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:42.76 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:41.59 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:25.18 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
37.05 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships	
42.37 L	F	50 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:23.05 Y	F	100 Back	11/15/2009	Pilgrims Pride	
1:33.66 L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
2:51.23 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
41.09 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Joseph Conway (12) M (Yr: s/)					
48.04 L	F	50 Breast	5/29/2010	2010 NE MTSC May Specialty Meet	SCHE-AD
1:26.85 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
1:37.26 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:49.44 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:21.99 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
34.00 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
37.07 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.29 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:21.60 L	F	100 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
2:35.19 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:52.46 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:17.67 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:34.49 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:56.10 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:57.16 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Mary Conway (8) W (Yr: sp)					
19.55 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
46.88 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
49.23 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
1:53.16 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
21.74 Y	F	25 Back	2/20/2010	Cabin Fever Invitational 2010	
46.62 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
49.28 L	F	50 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:51.33 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
58.05 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:05.37 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:31.06 L	F	100 Breast	5/29/2010	2010 NE MTSC May Specialty Meet	
25.80 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
56.18 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:03.76 L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
1:59.89 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Alexandra Cooke (9) W					
47.52 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	GRGF-AD
1:00.80 Y	F	50 Back	12/5/2009	December2009supersplash	
1:04.96 Y	F	50 Breast	12/5/2009	December2009supersplash	
John Cook (15) M					
32.54 L	P	50 Free	7/21/2010	2010 Empire State Games	UN-AD
1:29.67 L	P	100 Back	7/21/2010	2010 Empire State Games	
Jessica Cooper (17) W (Yr: JR)					
1:28.54 Y	P	100 Breast	11/5/2009	Girls Sec II Division 2 Championships	UN-AD
Sarah Cooper (7) W					
25.60 S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	CPP-AD
1:04.07 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
26.90 S	F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Trent Cooper (8) M					
29.18 Y	F	25 Free	1/16/2010	Canajoharie Developmental Meet	CLRK-AD
34.64 Y	F	25 Back	1/16/2010	Canajoharie Developmental Meet	
Miranda Cordiale (16) W (Yr: SO)					
2:21.64 Y	P	200 Free	11/5/2009	Girls Sec II Division 2 Championships	UN-AD
6:41.48 Y	P	500 Free	11/5/2009	Girls Sec II Division 2 Championships	
Jenna Cordone (12) W					
29.77 Y L	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	GLOY-AD
1:10.11 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
2:46.05 Y	F	200 Free	1/16/2010	Canajoharie Developmental Meet	
7:03.09 Y	F	500 Free	1/24/2010	Foothills Invitational 2010	
41.43 Y	F	50 Back	10/25/2009	Trick or Treat Meet	
41.96 Y	F	50 Fly	11/21/2009	Harvest Invitational 2009	
Meghan Cortright (12) W					
31.41 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CANA-AD

Individual Top Times

Time	P/F/S	Event			
Meghan Cortright (12) W					
				CANA-AD	
1:11.74	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:39.66	Y	F	200 Free	1/23/2010	CVSLTri Meet
7:09.14	Y	F	500 Free	1/24/2010	Foothills Invitational 2010
37.25	Y	F	50 Back	2/27/2010	CVSLLeague Championships
1:20.68	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
1:20.68	Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010
2:49.53	Y	F	200 Back	3/19/2010	AD Gold Short Course Championships
42.62	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
1:33.53	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
36.29	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:30.09	Y	F	100 Fly	1/30/2010	CVSLQuad Meet
1:20.63	Y	F	100 IM	2/27/2010	CVSLLeague Championships
2:58.41	Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010
Westley Costanzo (15) M					
					RAVE-AD
29.72	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:05.17	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:26.98	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
1:17.50	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
1:19.34	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
2:47.86	Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge
1:19.25	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
2:56.57	Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships
2:35.22	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
5:33.10	Y	F	400 IM	3/5/2010	AD Silver Short Course Championships
Megan Costello (13) W					
					BSPA-AD
28.13	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
1:02.09	Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet
2:16.90	Y	F	200 Free	3/19/2010	AD Gold Short Course Championships
6:30.53	Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010
31.35	Y	P	50 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships
1:07.69	Y	P	100 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships
2:28.95	Y	P	200 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships
41.70	Y	F	50 Breast	11/21/2009	Harvest Invitational 2009
1:30.88	Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010
32.47	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
1:16.76	Y	F	100 Fly	11/21/2009	Harvest Invitational 2009
1:12.04	Y	P	100 IM	3/19/2010	AD Gold Short Course Championships
2:37.14	Y	P	200 IM	3/19/2010	AD Gold Short Course Championships
Zachary Costello (13) M					
					ALBS-AD
30.66	Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010
32.66	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:05.98	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:12.64	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:13.08	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:22.70	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
2:32.95	L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
5:34.43	L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion
43.07	Y	F	50 Back	10/25/2009	Trick or Treat Meet
1:17.07	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
1:26.45	L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:56.84	Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
3:08.71	L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
48.21	Y	F	50 Breast	10/25/2009	Trick or Treat Meet
1:26.27	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
1:39.03	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:40.34	L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
3:09.89	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
3:38.18	L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:34.92	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Mia Cote (10) W					
					GLFY-AD

Individual Top Times

Time	P/F/S	Event			
Mia Cote (10) W			GLFY-AD		
30.22 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:02.54 Y	F	100 Free	11/8/2009	Hometown SplashDown	
2:29.50 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
36.50 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:17.57 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.13 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:32.31 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
32.29 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:19.36 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:16.05 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:45.23 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Sierra Cotrona (15) W			WAVE-AD		
27.12 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
58.43 Y	F	100 Free	12/5/2009	December2009supersplash	
2:07.06 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
5:36.95 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
1:10.31 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:33.46 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:14.15 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:43.90 Y	F	200 Breast	12/5/2009	December2009supersplash	
2:24.23 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
5:11.87 Y	F	400 IM	1/31/2010	2010 NE GMA VT Invitational	
Kylie Cotugno (11) W			GLOY-AD		
36.62 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
1:23.84 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
44.36 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	
46.63 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet	
1:35.95 Y	F	100 IM	1/24/2010	Foothills Invitational 2010	
Hannah Cowley (14) W (Yr: 8)			SCHE-AD		
28.19 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
32.35 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:00.82 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:11.87 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:13.46 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:33.91 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:28.19 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:04.36 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:10.05 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:25.01 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:27.47 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
2:59.77 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.63 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:28.90 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:46.39 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:12.20 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:13.04 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:50.57 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:26.78 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:55.19 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:20.99 Y	F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Chloe Cox (12) W			GRGF-AD		
36.86 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:00.28 Y	F	50 Back	11/8/2009	Hometown SplashDown	
49.68 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:48.51 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Claudia Cox (12) W			GRGF-AD		
40.36 Y	F	50 Free	11/8/2009	Hometown SplashDown	
42.24 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:35.97 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Claudia Cox (12) W					
1:44.79 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	GGRF-AD
Tyler Cox (15) M					
1:14.55 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
1:35.09 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:18.83 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:40.52 Y	F	100 Fly	11/8/2009	Hometown SplashDown	
Madison Crandall (10) W					
48.13 Y	F	50 Free	11/8/2009	Hometown SplashDown	GGRF-AD
57.09 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
Kristen Cregin (12) W					
29.60 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	SSCY-AD
1:16.78 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
1:18.50 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:29.37 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:57.76 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
33.72 Y	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:23.70 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:25.70 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.92 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:42.78 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
1:57.30 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
33.88 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:22.06 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:30.46 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:31.70 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:21.93 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:02.74 Y	F	200 IM	11/21/2009	Harvest Invitational 2009	
Paige Cring (11) W					
43.79 Y	F	50 Free	2/27/2010	CVSLLeague Championships	CLRK-AD
1:44.82 Y	F	100 Free	1/30/2010	CVSLQuad Meet	
50.30 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:56.43 Y	F	100 Back	1/30/2010	CVSLQuad Meet	
1:10.77 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet	
2:10.48 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
59.46 Y	F	50 Fly	12/19/2009	CVSL Quad Meet	
2:00.89 Y	F	100 IM	2/27/2010	CVSLLeague Championships	
Leah Croke (8) W					
21.25 Y	F	25 Free	1/8/2010	2010 NE GMA Winter Knights Invite	ADDI-AD
48.75 Y	F	50 Free	1/31/2010	2010 NE GMA VT Invitational	
30.91 Y	F	25 Back	1/31/2010	2010 NE GMA VT Invitational	
Cole Crotty (12) M					
35.39 Y	F	50 Free	11/8/2009	Hometown SplashDown	GGRF-AD
1:18.64 Y	F	100 Free	12/5/2009	December2009supersplash	
44.76 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
3:35.84 Y	F	200 Breast	12/5/2009	December2009supersplash	
45.75 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:30.51 Y	F	100 IM	11/8/2009	Hometown SplashDown	
Abby Crouse (10) W					
41.71 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	GLOY-AD
Anna Crouse (7) W					
28.26 Y	F	25 Free	1/24/2010	Foothills Invitational 2010	GLOY-AD
1:02.23 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
33.63 Y	F	25 Back	1/24/2010	Foothills Invitational 2010	
Emma Crouse (11) W					
41.34 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	GLOY-AD
1:37.22 Y	F	100 Free	1/24/2010	Foothills Invitational 2010	
57.73 Y	F	50 Breast	1/24/2010	Foothills Invitational 2010	
50.35 Y	F	50 Fly	1/24/2010	Foothills Invitational 2010	

Individual Top Times

Time	P/F/S	Event			
Erin Crowe (10) W					
					BENN-AD
32.58 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:20.00 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
41.51 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
49.51 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
38.93 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:33.82 Y	F	100 IM	1/31/2010	Thoroughbred Splash 2010	
James Crowley (14) M					
					CDY-AD
26.91 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
57.94 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:05.47 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
5:42.01 Y	P	500 Free	2/11/2010	Section II Championships Large Division	
1:07.65 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:26.67 Y	F	200 Back	12/5/2009	December2009supersplash	
1:24.78 Y	F	100 Breast	10/25/2009	Trick or Treat Meet	
1:05.57 Y	F	100 Fly	1/24/2010	Foothills Invitational 2010	
2:22.16 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
5:03.12 Y	F	400 IM	3/19/2010	AD Gold Short Course Championships	
Rosemary Crowley (16) W					
					CDY-AD
29.63 Y	F	50 Free	10/25/2009	Trick or Treat Meet	
1:05.95 Y	F	100 Free	10/25/2009	Trick or Treat Meet	
1:15.92 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:26.59 Y	F	200 Free	10/25/2009	Trick or Treat Meet	
1:19.85 Y	F	100 Back	1/24/2010	Foothills Invitational 2010	
1:23.37 Y	F	100 Breast	1/24/2010	Foothills Invitational 2010	
1:36.34 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:02.19 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:10.61 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	
1:25.46 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:56.60 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:37.45 Y	P	200 IM	11/5/2009	Girls Sec II Division I Championships	
Canon Crummey (14) W (Yr: 8)					
					BFIN-AD
30.26 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:18.46 Y	P	100 Breast	11/5/2009	Girls Sec II Division I Championships	
2:50.81 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
2:44.40 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Colin Cunningham (11) M					
					GRGF-AD
33.45 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:16.56 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
3:01.56 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
40.97 Y	F	50 Back	12/5/2009	December2009supersplash	
52.10 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
39.27 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:36.29 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:30.03 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
3:22.56 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Elliana Cunningham (13) W					
					GRGF-AD
30.33 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:04.77 Y	F	100 Free	11/8/2009	Hometown SplashDown	
36.46 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
1:15.68 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
45.11 Y	F	50 Breast	12/5/2009	December2009supersplash	
30.98 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:10.13 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:44.45 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
1:17.64 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:48.15 Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010	
Mara Cunningham (7) W					
					GRGF-AD
24.22 Y	F	25 Free	1/31/2010	Thoroughbred Splash 2010	
25.45 Y	F	25 Back	11/8/2009	Hometown SplashDown	

Individual Top Times

Time	P/F/S	Event				
Sara Curtis (12) W						
						GLOY-AD
33.72	Y	F	50	Free	11/21/2009	Harvest Invitational 2009
1:16.60	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
2:57.36	Y	F	200	Free	1/16/2010	Canajoharie Developmental Meet
42.18	Y	F	50	Back	1/16/2010	Canajoharie Developmental Meet
39.69	Y	F	50	Fly	1/24/2010	Foothills Invitational 2010
Moriah Cushing (11) W						
						ADDI-AD
33.32	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:20.63	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
44.60	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
46.69	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:43.61	Y	F	100	Breast	1/31/2010	2010 NE GMA VT Invitational
40.05	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:33.39	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:33.38	Y	F	100	IM	1/31/2010	2010 NE GMA VT Invitational
Katlyn Cwiakala (9) W						
						AMST-AD
21.86	Y	F	25	Free	12/12/2009	Amsterdam Sea Rams Invitational
46.42	Y	F	50	Free	1/16/2010	Canajoharie Developmental Meet
21.51	Y	F	25	Back	12/5/2009	CVSL Quad Meet
53.48	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
31.00	Y	F	25	Breast	12/5/2009	CVSL Quad Meet
57.61	Y	F	50	Breast	2/27/2010	CVSLLeague Championships
57.14	Y	F	50	Fly	2/27/2010	CVSLLeague Championships
Malena D'Amato (9) W						
						ALBS-AD
1:04.30	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:05.56	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:13.07	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:16.89	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:30.36	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:42.57	L	F	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
Julia D'Ambrosio (13) W						
						NHA-AD
35.87	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
42.77	L	P	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:21.21	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:30.35	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:18.68	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
46.68	Y	F	50	Back	12/12/2009	Amsterdam Sea Rams Invitational
1:40.18	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
44.00	Y	F	50	Breast	2/20/2010	Cabin Fever Invitational 2010
1:35.82	Y	F	100	Breast	12/12/2009	Amsterdam Sea Rams Invitational
1:53.69	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:56.10	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:30.29	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
4:04.28	L	P	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
46.75	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
2:03.38	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:27.41	L	P	100	Fly	7/23/2010	2010 Adirondack Long Course District Champion
4:04.56	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
Tanner Damico (11) M						
						BSPA-AD
36.57	Y L	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:14.91	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
39.10	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
1:34.91	Y	F	100	Back	11/21/2009	Harvest Invitational 2009
39.95	Y	P	50	Breast	3/19/2010	AD Gold Short Course Championships
1:31.99	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
1:23.17	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Tierra Damico (8) W						
						BSPA-AD
19.10	Y	F	25	Free	12/19/2009	Saratoga 12&Under Mini-Meet
38.98	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:30.88	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships

Individual Top Times

Time	P/F/S	Event				
Tierra Damico (8) W						
21.40 Y	F	25 Back	11/8/2009	Hometown SplashDown		BSPA-AD
46.49 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010		
27.43 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009		
18.94 Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet		
1:40.40 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010		
Alex Danielson (13) M						
28.58 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		SARY-AD
59.00 Y	P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
5:47.71 Y	F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
34.54 Y	F	50 Back	10/25/2009	Trick or Treat Meet		
1:15.66 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010		
1:25.50 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010		
32.39 Y	F	50 Fly	10/25/2009	Trick or Treat Meet		
1:10.92 Y	P	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship		
2:39.30 Y	F	200 IM	11/21/2009	Harvest Invitational 2009		
Emily Danielson (12) W						
32.69 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		SARY-AD
1:13.81 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
7:22.44 Y	F	500 Free	11/21/2009	Harvest Invitational 2009		
40.04 Y	F	50 Back	11/8/2009	Hometown SplashDown		
41.81 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010		
36.65 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010		
1:22.33 Y	F	100 IM	11/8/2009	Hometown SplashDown		
Sabrina Daoui (13) W						
29.99 Y	F	50 Free	11/15/2009	Pilgrims Pride		SCHE-AD
1:05.64 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:27.88 Y	P	200 Free	12/10/2009	2009 NE NSSC MIT Invitational		
6:54.19 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge		
39.19 Y	F	50 Back	12/5/2009	December2009supersplash		
1:23.11 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:57.97 Y	F	200 Back	12/5/2009	December2009supersplash		
37.69 Y	F	50 Breast	12/5/2009	December2009supersplash		
1:21.82 Y	P	100 Breast	12/10/2009	2009 NE NSSC MIT Invitational		
2:56.34 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships		
36.74 Y	F	50 Fly	12/5/2009	December2009supersplash		
1:27.15 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:17.51 Y	P	100 IM	12/10/2009	2009 NE NSSC MIT Invitational		
2:47.79 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
5:56.47 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships		
Sarah Daoui (11) W						
37.18 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
1:25.29 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
3:13.86 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
42.49 Y	P	50 Back	12/10/2009	2009 NE NSSC MIT Invitational		
1:33.56 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships		
41.53 Y	P	50 Breast	12/10/2009	2009 NE NSSC MIT Invitational		
1:35.20 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships		
45.55 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:59.08 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge		
1:32.64 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
3:24.65 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
Katharine Dartt (16) W (Yr: JR)						
31.41 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		SCHE-AD
1:08.34 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:27.67 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
6:37.16 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge		
1:20.22 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
2:50.12 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
1:21.28 Y	P	100 Breast	11/5/2009	Girls Sec II Division I Championships		

Individual Top Times

Time	P/F/S	Event			
Katharine Dartt (16) W (Yr: JR)					
2:59.67 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	SCHE-AD
1:17.66 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:53.67 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:43.57 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
5:42.43 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Nicole Das (15) W (Yr: FR)					
27.24 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	DELM-AD
58.23 Y	F	100 Free	11/5/2009	Girls Sec II Division I Championships	
2:11.54 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
5:55.45 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:11.71 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:26.96 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:38.76 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:16.29 Y	P	100 Breast	11/5/2009	Girls Sec II Division I Championships	
1:29.20 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:41.77 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:10.27 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:27.94 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:34.91 Y	F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:23.52 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Brandon Davenport (9) M					
33.88 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	KING-AD
1:15.97 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
43.51 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
51.22 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
38.45 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:39.51 Y	F	100 IM	2/27/2010	Kingston Last Chance Invitational	
Hunter Davenport (11) M					
29.89 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	KING-AD
1:08.33 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:30.41 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
36.34 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:20.92 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:54.16 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
44.01 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:32.08 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
37.13 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:18.55 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Margaret Davenport (13) W					
26.70 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	KING-AD
58.73 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:12.89 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
1:16.56 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:49.46 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:13.17 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:31.27 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Evan Davies (15) M					
32.67 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CPP-AD
1:20.99 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:32.18 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:58.37 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:36.33 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:51.97 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:53.62 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:08.40 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:29.51 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Clark Davis (12) M (Yr: s/)					
29.97 Y	F	50 Free	11/15/2009	Pilgrims Pride	SCHE-AD
33.20 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	

Individual Top Times

Time	P/F/S	Event			
Clark Davis (12) M (Yr: s/)					
					SCHE-AD
1:03.41	Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:11.60	L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:23.44	Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational
2:34.35	L	F	200 Free	5/29/2010	2010 NE MTSC May Specialty Meet
5:37.61	L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
6:10.49	Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge
33.11	Y	P	50 Back	3/19/2010	AD Gold Short Course Championships
39.13	L	F	50 Back	5/29/2010	2010 NE MTSC May Specialty Meet
39.13	L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
39.13	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:14.21	Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge
1:21.48	L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
2:33.39	Y	F	200 Back	3/19/2010	AD Gold Short Course Championships
2:52.49	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
37.13	Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships
40.47	L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:20.60	Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships
1:28.04	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:55.55	Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships
3:13.77	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
34.31	Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010
38.15	L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet
1:17.37	Y	F	100 Fly	2/20/2010	Cabin Fever Invitational 2010
1:25.28	L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:49.38	Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships
1:11.33	Y	P	100 IM	3/19/2010	AD Gold Short Course Championships
2:34.39	Y	P	200 IM	3/19/2010	AD Gold Short Course Championships
2:53.70	L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
5:31.48	Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge
Kaitlin Davis (11) W					
					CPP-AD
34.69	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
1:23.18	Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet
2:58.01	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
42.15	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
1:28.24	Y	F	100 Back	3/19/2010	AD Gold Short Course Championships
45.80	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
1:40.25	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
42.88	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
1:39.02	Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:27.07	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
3:23.14	Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Suzanne Davis (10) W (Yr: s/)					
					SCHE-AD
33.72	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
37.68	L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:14.46	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:28.21	L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:57.65	Y	F	200 Free	1/16/2010	Chris Goody IMX Challenge
3:08.62	L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
38.49	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
44.31	L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:24.46	Y	F	100 Back	3/19/2010	AD Gold Short Course Championships
1:35.00	L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
46.04	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
51.68	L	F	50 Breast	5/29/2010	2010 NE MTSC May Specialty Meet
1:46.51	Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010
2:01.16	L	F	100 Breast	5/29/2010	2010 NE MTSC May Specialty Meet
37.15	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
42.94	L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:27.20	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:38.39	L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational

Individual Top Times

Time	P/F/S	Event			
Suzanne Davis (10) W (Yr: s/)					
1:25.83	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
3:03.14	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
3:27.44	L	F	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
Kayleigh Dearstynne-Hulin (12) W					
29.69	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:06.11	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:25.27	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
38.40	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:21.83	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
39.39	Y	P	50	Breast	3/19/2010 AD Gold Short Course Championships
1:25.49	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
2:57.22	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
35.55	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:18.17	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
2:48.82	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Haley Decker (12) W					
30.58	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
32.80	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:07.08	Y L	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:11.71	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:13.45	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:23.65	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
2:33.39	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:43.39	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
37.78	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:30.94	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:31.64	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:36.60	Y	F	100	Back	11/15/2009 Pilgrims Pride
2:52.37	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
42.56	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
45.57	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:31.55	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:36.93	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:38.12	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
3:13.46	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
34.64	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
37.46	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:14.74	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
1:24.97	L	P	100	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:26.25	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:19.09	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
2:41.60	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
3:00.79	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Victoria Decker (9) W					
18.40	Y	F	25	Free	10/25/2009 Trick or Treat Meet
39.32	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
45.66	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:28.42	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:44.74	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
3:12.04	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
50.53	Y	F	50	Back	12/5/2009 December2009supersplash
56.12	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:54.15	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
24.22	Y	F	25	Breast	10/25/2009 Trick or Treat Meet
51.46	Y	F	50	Breast	12/5/2009 December2009supersplash
58.24	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:52.06	Y	F	100	Breast	1/23/2010 Kingston Snowball Invitational
2:14.36	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
25.46	Y	F	25	Fly	10/25/2009 Trick or Treat Meet
54.33	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships

SCHE-AD

ALBS-AD

CLIN-AD

KING-AD

Individual Top Times

Time	P/F/S	Event			
Victoria Decker (9) W					
57.78 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	KING-AD
5:01.30 L	F	200 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:43.49 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:57.79 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:44.60 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
4:15.88 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Patrick Dee (9) M					
43.04 Y	F	50 Free	11/8/2009	Hometown SplashDown	GGRF-AD
1:45.47 Y	F	100 Free	11/8/2009	Hometown SplashDown	
51.31 Y	F	50 Back	12/5/2009	December2009supersplash	
1:00.72 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
1:02.31 Y	F	50 Fly	12/5/2009	December2009supersplash	
Rachael Degnan (16) W					
29.18 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	CDY-AD
1:01.98 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:17.54 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:12.54 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
5:59.35 Y	F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:23.64 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:21.37 Y	F	100 Breast	1/24/2010	Foothills Invitational 2010	
1:39.08 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:08.30 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	
1:24.13 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:32.55 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
Julianne DeGuardi (14) W (Yr: FR)					
29.26 Y L	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	BSPA-AD
59.83 Y L	P	100 Free	11/5/2009	Girls Sec II Division I Championships	
2:13.03 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
5:59.81 Y	F	500 Free	11/21/2009	Harvest Invitational 2009	
1:11.34 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
2:38.28 Y	F	200 Back	12/5/2009	December2009supersplash	
1:28.65 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:04.59 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	
2:51.16 Y	F	200 Fly	12/5/2009	December2009supersplash	
2:28.05 Y	P	200 IM	11/5/2009	Girls Sec II Division I Championships	
Barbara Delaney (10) W					
35.46 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	UN-AD
40.04 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.61 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:30.06 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:50.49 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
3:18.41 L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
41.91 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
48.85 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:32.66 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
46.28 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
53.33 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:40.59 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
47.97 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:01.70 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:35.06 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:49.64 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:22.26 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:51.67 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Daniel Delaney (7) M					
25.86 S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	UN-AD
28.40 Y	F	25 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
50.53 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
59.30 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
Daniel Delaney (7) M					
1:58.19	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:05.36	L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
29.69	Y	F	25	Back	3/5/2010 AD Silver Short Course Championships
31.02	S	F	25	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:01.95	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
31.21	S	F	25	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
31.94	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
1:26.07	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
32.07	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
33.51	S	F	25	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:14.01	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Abie DeLisio (12) W (Yr: 7)					
31.31	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:07.90	Y	F	100	Free	2/27/2010 Kingston Last Chance Invitational
2:27.83	Y	F	200	Free	1/23/2010 Kingston Snowball Invitational
6:17.11	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
13:09.97	Y	F	1000	Free	12/5/2009 December2009supersplash
38.03	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:17.87	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:54.94	Y	F	200	Back	12/5/2009 December2009supersplash
42.21	Y	F	50	Breast	2/27/2010 Kingston Last Chance Invitational
1:30.27	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
3:22.22	Y	F	200	Breast	12/5/2009 December2009supersplash
1:30.04	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:21.19	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
2:47.24	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Mason DeLisio (7) M					
24.31	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
53.39	Y	F	50	Free	1/23/2010 Kingston Snowball Invitational
2:18.92	Y	F	100	Free	1/23/2010 Kingston Snowball Invitational
28.94	Y	F	25	Back	3/5/2010 AD Silver Short Course Championships
59.15	Y	F	50	Back	2/27/2010 Kingston Last Chance Invitational
44.77	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
1:36.71	Y	F	50	Breast	2/27/2010 Kingston Last Chance Invitational
Dylan Dellay (11) M					
33.82	Y	F	50	Free	3/13/2010 ESSL Championship 2010
1:16.50	Y	F	100	Free	11/20/2009 2009 MR AG Early Bird Invitational
1:26.28	Y	F	100	Back	11/20/2009 2009 MR AG Early Bird Invitational
41.96	Y	F	50	Breast	3/13/2010 ESSL Championship 2010
1:39.11	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
41.38	Y	F	50	Fly	11/20/2009 2009 MR AG Early Bird Invitational
1:38.64	Y	F	100	Fly	1/23/2010 Kingston Snowball Invitational
1:24.18	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Magen DeMare (8) W					
27.25	Y	F	25	Free	11/15/2009 Pilgrims Pride
59.77	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:08.68	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Frank DeMaria (18) M					
26.15	L	P	50	Free	7/8/2010 Niagara Long Course Classic
56.93	L	P	100	Free	7/8/2010 Niagara Long Course Classic
57.30	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:03.72	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
4:17.85	L	P	400	Free	7/8/2010 Niagara Long Course Classic
9:09.27	L	F	800	Free	7/8/2010 Niagara Long Course Classic
16:58.18	L	F	1500	Free	7/8/2010 Niagara Long Course Classic
1:04.88	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:15.89	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:03.12	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:04.20	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion

UN-AD

KING-AD

KING-AD

HAWK-AD

BFIN-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event				
Frank DeMaria (18) M						
2:28.33	L	P	200	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:21.94	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
4:54.46	L	F	400	IM	7/8/2010	Niagara Long Course Classic
Abby DeMartino (6) W						
43.07	Y	F	25	Free	11/15/2009	Pilgrims Pride
Emily DeMartino (7) W						
29.56	Y	F	25	Free	11/15/2009	Pilgrims Pride
30.43	Y	F	25	Back	11/15/2009	Pilgrims Pride
David Dembroski (16) M						
24.25	Y	P	50	Free	2/11/2010	Section II Championships Large Division
55.01	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:04.28	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
30.15	Y L	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
1:04.00	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:26.50	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
Natasha Demick (14) W						
30.74	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:07.77	Y	F	100	Free	11/8/2009	Hometown SplashDown
1:16.65	Y	F	100	Back	1/31/2010	Thoroughbred Splash 2010
1:29.85	Y	F	100	Breast	11/8/2009	Hometown SplashDown
Alexander Demis (7) M						
25.19	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
55.10	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:58.17	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
27.04	Y	F	25	Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
1:03.32	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
2:14.80	Y	F	100	Back	1/29/2010	Hawks Trials And Finals 2010
1:37.23	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
42.20	Y	F	25	Fly	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
Elizabeth Dempsey (13) W						
26.22	Y	P	50	Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
58.06	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:11.63	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
6:22.29	Y	F	500	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:12.09	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:25.63	Y	F	100	Breast	12/12/2009	Amsterdam Sea Rams Invitational
3:05.01	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
29.97	Y	F	50	Fly	12/12/2009	Amsterdam Sea Rams Invitational
1:09.73	Y	P	100	Fly	3/19/2010	AD Gold Short Course Championships
2:30.88	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
Emily Dennis (11) W						
42.37	Y	F	50	Free	12/19/2009	Saratoga 12&Under Mini-Meet
1:34.89	Y	F	100	Free	10/25/2009	Trick or Treat Meet
50.55	Y	F	50	Back	1/31/2010	Thoroughbred Splash 2010
51.21	Y	F	50	Breast	1/31/2010	Thoroughbred Splash 2010
44.97	Y	F	50	Fly	1/31/2010	Thoroughbred Splash 2010
1:47.29	Y	F	100	IM	11/8/2009	Hometown SplashDown
Emily Denno (11) W						
37.40	Y	F	50	Free	1/23/2010	Kingston Snowball Invitational
1:34.85	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
3:32.74	Y	F	200	Free	1/29/2010	Hawks Trials And Finals 2010
42.19	Y	F	50	Back	3/13/2010	ESSL Championship 2010
1:39.41	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
1:05.04	Y	F	50	Breast	11/20/2009	2009 MR AG Early Bird Invitational
42.51	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
1:44.19	Y	F	100	IM	1/23/2010	Kingston Snowball Invitational
3:38.44	Y	F	200	IM	1/29/2010	Hawks Trials And Finals 2010
Jacob Denofio (9) M						
1:10.03	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon

ALBS-AD

BFIN-AD

BFIN-AD

UN-AD

SARY-AD

HAWK-AD

AD-AD

SCHE-AD

HAWK-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event				
Jacob Denofio (9) M						
1:17.69	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Rachel Dentinger (8) W						
24.50	Y	F	25	Free	11/15/2009	Pilgrims Pride
29.59	Y	F	25	Back	11/15/2009	Pilgrims Pride
Alice Deragon (9) W						
24.51	Y	F	25	Free	11/21/2009	Harvest Invitational 2009
49.48	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:51.70	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
27.72	Y	F	25	Back	11/21/2009	Harvest Invitational 2009
57.32	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
2:12.50	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
Samantha DeRagon (9) W						
18.17	Y	F	25	Free	11/21/2009	Harvest Invitational 2009
40.43	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:29.49	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
24.11	Y	F	25	Back	10/25/2009	Trick or Treat Meet
47.64	Y	F	50	Back	2/20/2010	Cabin Fever Invitational 2010
1:41.19	Y	F	100	Back	2/20/2010	Cabin Fever Invitational 2010
28.11	Y	F	25	Breast	11/21/2009	Harvest Invitational 2009
57.94	Y	F	50	Breast	1/31/2010	Thoroughbred Splash 2010
24.64	Y	F	25	Fly	11/21/2009	Harvest Invitational 2009
52.06	Y	F	50	Fly	2/20/2010	Cabin Fever Invitational 2010
1:49.55	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Chloe Derosia (9) W						
18.51	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
39.70	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
43.56	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:29.14	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
20.59	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
46.92	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
50.33	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
26.36	Y	F	25	Breast	3/5/2010	AD Silver Short Course Championships
56.89	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
2:12.26	L	F	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
21.53	Y	F	25	Fly	3/5/2010	AD Silver Short Course Championships
50.15	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
1:41.92	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
Elana DeSantis (13) W						
32.52	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
1:11.04	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
2:47.73	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
40.62	Y	F	50	Back	10/25/2009	Trick or Treat Meet
39.22	Y	P	50	Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:29.94	Y	F	100	IM	10/25/2009	Trick or Treat Meet
2:56.94	Y	F	200	IM	1/8/2010	2010 Starfish Trophy Invitational
Samuel DeSantis (15) M						
30.71	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
1:09.94	Y	F	100	Free	11/21/2009	Harvest Invitational 2009
2:21.22	Y	P	200	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
6:13.38	Y	F	500	Free	1/24/2010	Foothills Invitational 2010
1:20.20	Y	P	100	Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:47.59	Y	F	200	IM	10/25/2009	Trick or Treat Meet
Owen Desmery (14) M						
35.49	Y	F	50	Free	2/21/2010	HAWK-MVA-BARR
39.04	L	F	50	Free	7/9/2010	Hawks Summer Invitational 2010
1:24.73	Y	F	100	Free	10/10/2009	Ravena Autumn Breeze
1:30.68	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
3:01.19	Y	F	200	Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
3:19.26	L	F	200	Free	7/9/2010	Hawks Summer Invitational 2010

Individual Top Times

Time	P/F/S	Event				
Owen Desmery (14) M						
8:16.78	Y	F	500	Free	1/29/2010	Hawks Trials And Finals 2010
1:46.12	L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
1:51.63	Y	F	100	Back	10/10/2009	Ravena Autumn Breeze
1:38.66	Y	F	100	Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
1:47.87	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
3:49.62	L	F	200	Breast	7/9/2010	Hawks Summer Invitational 2010
Amanda Devaney (10) W						
49.02	Y	F	50	Free	11/14/2009	CVSL First Splash
2:36.79	Y	F	100	Free	1/16/2010	Canajoharie Developmental Meet
53.86	Y	F	50	Back	11/14/2009	CVSL First Splash
1:08.52	Y	F	50	Breast	2/27/2010	CVSLLeague Championships
Anthony Devine (18) M						
2:16.60	L	F	200	Free	5/8/2010	Super Circuit 1 Syracuse
1:07.33	L	F	100	Fly	5/8/2010	Super Circuit 1 Syracuse
2:37.58	L	F	200	IM	5/8/2010	Super Circuit 1 Syracuse
Samantha Devlin (16) W (Yr: SO)						
28.43	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
2:24.72	Y	F	200	Free	1/31/2010	Thoroughbred Splash 2010
6:07.61	Y	P	500	Free	11/5/2009	Girls Sec II Division I Championships
1:14.37	Y	F	100	Back	1/31/2010	Thoroughbred Splash 2010
1:29.37	Y	F	100	Breast	1/31/2010	Thoroughbred Splash 2010
1:20.79	Y	F	100	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
Christopher Deyette (14) M						
27.35	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:00.97	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:17.43	Y	F	200	Free	2/20/2010	Cabin Fever Invitational 2010
6:29.73	Y	F	500	Free	1/23/2010	CVSLTri Meet
1:14.10	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:51.11	Y	F	200	Back	1/23/2010	CVSLTri Meet
1:16.59	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
2:51.20	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:14.90	Y	F	100	Fly	2/20/2010	Cabin Fever Invitational 2010
2:36.33	Y	P	200	IM	2/11/2010	Section II Championships Small Division
Grant Dias Carlson (15) M						
26.19	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
54.54	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:04.93	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:57.09	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
2:19.25	L L	F	200	Free	7/21/2010	2010 Empire State Games
5:14.72	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
10:15.55	L	F	800	Free	7/21/2010	2010 Empire State Games
11:21.25	Y	F	1000	Free	12/5/2009	December2009supersplash
18:12.15	Y	F	1650	Free	3/19/2010	AD Gold Short Course Championships
1:02.79	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
1:14.31	L	P	100	Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:16.09	Y	F	200	Back	1/16/2010	Chris Goody IMX Challenge
1:08.04	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
1:25.90	L	P	100	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:24.95	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
2:55.43	L	F	200	Breast	7/21/2010	2010 Empire State Games
1:06.47	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:32.43	Y	F	200	Fly	1/16/2010	Chris Goody IMX Challenge
2:12.02	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
2:36.45	L	P	200	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
4:41.09	Y	F	400	IM	3/19/2010	AD Gold Short Course Championships
5:35.19	L	P	400	IM	7/21/2010	2010 Empire State Games
Pierce Dias Carlson (13) M						
29.37	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
33.71	L	P	50	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational

HAWK-AD

CLRK-AD

SSAC-AD

SARY-AD

CANA-AD

RAVE-AD

RAVE-AD

Individual Top Times

Time	P/F/S	Event			
Pierce Dias Carlson (13) M					
1:06.22	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:17.23	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:21.13	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
6:16.81	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
24:03.07	L	F	1500	Free	7/21/2010 2010 Empire State Games
1:15.02	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:43.37	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
1:22.88	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:22.88	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:33.32	L	P	100	Breast	7/21/2010 2010 Empire State Games
2:53.81	Y	F	200	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
3:09.91	L	F	200	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:25.57	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:35.38	L	P	100	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
3:02.52	Y	F	200	Fly	3/5/2010 AD Silver Short Course Championships
2:39.04	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
3:09.06	L	P	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:34.98	Y	F	400	IM	3/5/2010 AD Silver Short Course Championships
Isabella Diaz (9) W					
21.86	Y	F	25	Free	10/25/2009 Trick or Treat Meet
49.36	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:52.51	Y	F	100	Free	2/20/2010 Cabin Fever Invitational 2010
28.21	Y	F	25	Back	10/18/2009 2009 Ocean Blue Invitational Swim Meet
53.46	Y	F	50	Back	1/31/2010 Thoroughbred Splash 2010
1:57.77	Y	F	100	Back	2/20/2010 Cabin Fever Invitational 2010
33.35	Y	F	25	Breast	10/25/2009 Trick or Treat Meet
58.60	Y	F	50	Breast	1/31/2010 Thoroughbred Splash 2010
57.39	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
2:05.82	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Emily Dick (8) W					
20.06	Y	F	25	Free	1/31/2010 Thoroughbred Splash 2010
50.48	Y	F	50	Free	1/31/2010 Thoroughbred Splash 2010
1:44.59	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
30.85	Y	F	25	Breast	1/31/2010 Thoroughbred Splash 2010
Alyssa DiFabio (19) W (Yr: s/)					
2:05.30	Y	P	200	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
5:21.62	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
11:00.18	Y	F	1000	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
18:24.11	Y	F	1650	Free	3/19/2010 AD Gold Short Course Championships
2:29.14	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
1:15.12	Y	P	100	Breast	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
2:33.89	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
2:33.02	Y	F	200	Fly	1/16/2010 Chris Goody IMX Challenge
2:28.53	Y	F	200	IM	10/25/2009 Trick or Treat Meet
4:59.39	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Gabriella Diller (12) W					
42.57	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
48.41	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:44.69	Y	P	100	Free	1/29/2010 Hawks Trials And Finals 2010
1:48.58	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
3:58.24	L	F	200	Free	7/9/2010 Hawks Summer Invitational 2010
52.80	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
58.48	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
2:05.96	L	F	100	Back	7/9/2010 Hawks Summer Invitational 2010
2:23.45	Y	F	100	Back	10/10/2009 Ravena Autumn Breeze
56.59	L	F	50	Breast	7/9/2010 Hawks Summer Invitational 2010
1:08.98	Y	F	50	Breast	10/10/2009 Ravena Autumn Breeze
2:01.22	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:54.30	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships

RAVE-AD

BSPA-AD

SARY-AD

SCHE-AD

HAWK-AD

Individual Top Times

Time	P/F/S	Event				
Emma Dillon (11) W						
43.70	Y	F	50	Free	11/21/2009	Harvest Invitational 2009
1:46.30	Y	F	100	Free	10/25/2009	Trick or Treat Meet
46.82	Y	F	50	Back	11/21/2009	Harvest Invitational 2009
Jeanne Dimaggio (10) W						
48.64	Y	F	50	Free	2/27/2010	CVSLLeague Championships
2:05.66	Y	F	100	Free	1/16/2010	Canajoharie Developmental Meet
1:01.03	Y	F	50	Back	12/19/2009	CVSL Quad Meet
Jada Diodato (11) W						
37.45	Y	F	50	Free	1/16/2010	Canajoharie Developmental Meet
44.00	Y	F	50	Back	1/16/2010	Canajoharie Developmental Meet
48.07	Y	F	50	Breast	1/16/2010	Canajoharie Developmental Meet
Emily Dion (12) W						
34.16	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:18.25	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
41.56	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
39.86	Y	P	50	Breast	3/19/2010	AD Gold Short Course Championships
1:28.30	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
3:07.12	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
43.17	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:25.27	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Gabrielle DiSalvi (10) W						
41.43	Y	F	50	Free	1/16/2010	Canajoharie Developmental Meet
1:30.07	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
43.06	Y	F	50	Back	2/27/2010	CVSLLeague Championships
1:43.54	Y	F	100	Back	12/12/2009	Amsterdam Sea Rams Invitational
58.54	Y	F	50	Breast	1/24/2010	Foothills Invitational 2010
52.89	Y	F	50	Fly	1/31/2010	Thoroughbred Splash 2010
1:46.78	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Allison Dix (14) W						
31.14	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:08.07	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
1:20.37	Y	F	100	Back	2/20/2010	Cabin Fever Invitational 2010
Alexandra Dixon (10) W						
28.40	Y	F	50	Free	12/10/2009	2009 STAR Short Course Invitational
31.41	L	F	50	Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier
32.73	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:02.52	L L	F	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:02.61	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
2:15.44	Y	F	200	Free	3/19/2010	AD Gold Short Course Championships
2:29.28	L	F	200	Free	8/11/2010	2010 Eastern Zone LC Championships
5:10.96	L	F	400	Free	8/11/2010	2010 Eastern Zone LC Championships
5:59.33	Y	F	500	Free	1/16/2010	Chris Goody IMX Challenge
11:26.69	L	F	800	Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier
12:52.04	Y	F	1000	Free	12/5/2009	December2009supersplash
35.58	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
39.65	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
42.99	L	F	50	Back	7/9/2010	Hawks Summer Invitational 2010
1:16.90	Y	F	100	Back	1/16/2010	Chris Goody IMX Challenge
1:26.57	L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
3:00.25	L	F	200	Back	7/9/2010	Hawks Summer Invitational 2010
39.18	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
44.71	L	F	50	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
45.92	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:25.38	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:36.22	L	F	100	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
32.33	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
35.97	L	F	50	Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
37.04	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:10.38	Y	F	100	Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships

BSPA-AD

CLRK-AD

GLOY-AD

ADDI-AD

AMST-AD

NTS-AD

EELS-AD

Individual Top Times

Time	P/F/S	Event			
Alexandra Dixon (10) W					
1:19.73	L	F	100	Fly	8/11/2010 2010 Eastern Zone LC Championships
1:14.30	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
1:24.42	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:38.43	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
2:56.37	L	F	200	IM	8/11/2010 2010 Eastern Zone LC Championships
Jasmine Dixon (11) W					
31.25	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:15.03	Y	F	100	Free	11/15/2009 Pilgrims Pride
42.00	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
37.55	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
Tristan Dixon (12) M					
31.85	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
35.44	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:19.00	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:30.22	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:30.24	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
8:25.21	Y	F	500	Free	1/16/2010 Chris Goody IMX Challenge
41.28	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
45.60	L	F	50	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:32.03	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:45.44	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:51.27	L	F	100	Back	5/23/2010 Niagara LSC Super Circuit 2 - Southern Tier
3:27.23	Y	F	200	Back	12/5/2009 December2009supersplash
46.21	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
51.50	L	F	50	Breast	7/9/2010 Hawks Summer Invitational 2010
1:45.33	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:58.68	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:06.98	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
4:07.77	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
39.18	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
47.80	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
1:53.16	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:01.46	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:27.40	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
3:33.71	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
Gabriel Doane (12) M					
37.29	Y	F	50	Free	1/16/2010 Canajoharie Developmental Meet
52.90	Y	F	50	Back	1/8/2010 2010 NE GMA Winter Knights Invite
46.94	Y	F	50	Breast	1/16/2010 Canajoharie Developmental Meet
1:50.21	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:44.31	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Mary Doane (15) W					
38.73	Y	F	50	Free	10/10/2009 Ravena Autumn Breeze
1:24.23	Y	F	100	Free	10/10/2009 Ravena Autumn Breeze
1:46.60	Y	F	100	Breast	10/10/2009 Ravena Autumn Breeze
3:25.21	Y	F	200	IM	10/10/2009 Ravena Autumn Breeze
Phoebe Doane (16) W					
1:10.58	Y	F	100	Free	11/8/2009 Hometown SplashDown
1:44.98	Y	F	100	Breast	11/8/2009 Hometown SplashDown
Carter Dobo (10) M					
42.51	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:32.24	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
52.69	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
50.22	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:56.08	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
53.39	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
Diogo Do (17) M					
24.58	Y	F	50	Free	1/31/2010 Thoroughbred Splash 2010
54.48	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships

ADLC-AD

USAM-AD

EELS-AD

ADDI-AD

RAVE-AD

ADDI-AD

CPP-AD

SVP-AD

Individual Top Times

Time	P/F/S	Event			
Diogo Do (17) M					
2:11.20	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
1:03.13	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:29.00	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
1:15.66	Y	F	100	Breast	1/16/2010 Canajoharie Developmental Meet
1:04.64	Y	F	100	Fly	12/12/2009 Amsterdam Sea Rams Invitational
2:27.34	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Max Doherty-Konczal (8) M					
24.44	Y	F	25	Free	1/8/2010 2010 NE GMA Winter Knights Invite
1:06.58	Y	F	50	Free	12/19/2009 Saratoga 12&Under Mini-Meet
30.32	Y	F	25	Breast	1/8/2010 2010 NE GMA Winter Knights Invite
Angelina Domena (12) W					
1:13.32	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:31.04	L	P	100	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
39.14	L	P	50	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
Julia Domena (8) W					
1:38.24	L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
58.18	L	F	50	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
51.44	L	F	50	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
Connor Domitrovits (8) M					
21.55	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
48.60	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
59.68	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:51.64	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:14.45	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
23.40	Y	F	25	Back	3/13/2010 ESSL Championship 2010
57.32	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:07.03	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
2:10.49	Y	F	100	Back	1/29/2010 Hawks Trials And Finals 2010
1:28.83	Y	F	50	Breast	11/20/2009 2009 MR AG Early Bird Invitational
Mcgroary Domitrovits (8) M					
x22.27	Y	F	25	Free	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
x49.82	Y	F	50	Free	2/21/2010 HAWK-MVA-BARR
1:01.05	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
2:04.75	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:07.42	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
26.18	Y	F	25	Back	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
53.68	Y	T	50	Back	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
1:05.32	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
32.94	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
2:59.30	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
3:05.43	Y	F	100	Breast	1/29/2010 Hawks Trials And Finals 2010
34.38	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
2:31.42	Y	F	100	IM	1/23/2010 Kingston Snowball Invitational
Ashley Donaldson (11) W					
30.28	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
36.46	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:10.01	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:19.06	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:28.82	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
2:50.81	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
6:07.56	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
34.50	Y	P	50	Back	3/19/2010 AD Gold Short Course Championships
39.76	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
40.31	L	P	50	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:15.19	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:30.06	L	P	100	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:40.59	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
41.11	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
46.00	L	F	50	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational

SVP-AD

ADDI-AD

NTS-AD

NTS-AD

HAWK-AD

HAWK-AD

CLIN-AD

Individual Top Times

Time	P/F/S	Event			
Ashley Donaldson (11) W			CLIN-AD		
46.37 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.87 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:38.80 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:10.18 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
35.47 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.95 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.35 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:18.34 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:30.09 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:46.58 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:08.80 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Kimberly Dong (10) W			ALBS-AD		
38.06 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
39.52 L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
41.82 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.45 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:30.00 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:21.10 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.54 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
45.68 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:31.07 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:37.35 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
44.18 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
48.67 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:35.72 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:42.89 L	F	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
46.29 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.54 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
49.79 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:55.95 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:06.89 L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:30.58 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:39.55 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:23.15 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Yunfan Dong (9) W			ALBS-AD		
20.29 Y	F	25 Free	11/21/2009	Harvest Invitational 2009	
35.51 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
36.36 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
38.62 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.70 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:26.12 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
23.68 Y	F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
44.16 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
44.31 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
48.29 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
29.57 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009	
48.53 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
51.70 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
52.20 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:49.60 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:52.67 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
27.65 Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
41.15 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
41.30 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
45.62 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:38.96 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:39.04 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Amanda Dantino (9) W			NHA-AD		
37.06 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
40.97 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Amanda Dontino (9) W			NHA-AD		
42.95 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.30 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
1:34.45 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
42.96 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
45.98 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
48.85 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:37.47 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:42.82 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
47.65 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
52.63 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
53.20 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:41.55 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:57.81 L	F	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
47.71 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
50.40 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
52.67 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:32.41 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
1:49.25 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:25.66 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Taylor Dontino (12) W			NHA-AD		
30.10 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
32.76 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
34.18 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:06.20 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:13.27 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:26.05 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
37.26 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
41.51 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
42.10 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
39.91 Y	F	50 Breast	1/24/2010	Foothills Invitational 2010	
45.57 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
46.56 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:25.69 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
1:40.04 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:03.41 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
3:34.50 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
35.06 Y	F	50 Fly	11/15/2009	Pilgrims Pride	
39.16 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
40.00 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.58 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:16.17 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
1:27.27 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:42.31 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
3:06.13 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Sean Doolan (10) M			BFIN-AD		
34.20 Y	F	50 Free	11/15/2009	Pilgrims Pride	
1:18.40 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
42.72 Y	F	50 Back	11/15/2009	Pilgrims Pride	
1:32.93 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
Kevin Dooley (14) M			NHA-AD		
1:56.34 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Patrick Dooley (16) M			NHA-AD		
1:47.92 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
MacKenzie Dopp (12) W			GLOY-AD		
30.22 Y	P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:08.44 Y	F	100 Free	1/24/2010	Foothills Invitational 2010	
41.29 Y	F	50 Back	1/24/2010	Foothills Invitational 2010	
38.48 Y	P	50 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
42.36 Y	F	50 Fly	1/24/2010	Foothills Invitational 2010	

Individual Top Times

Time	P/F/S	Event				
Tenzin Dorjee (11) W						
40.52 Y	F	50 Free	10/25/2009	Trick or Treat Meet		WAVE-AD
1:34.16 Y	F	100 Free	11/15/2009	Pilgrims Pride		
48.59 Y	F	50 Back	11/15/2009	Pilgrims Pride		
52.41 Y	F	50 Breast	11/15/2009	Pilgrims Pride		
Autumn Dorr (9) W						
57.49 Y	F	50 Free	12/19/2009	CVSL Quad Meet		DLHI-AD
49.45 Y	F	50 Back	11/14/2009	CVSL First Splash		
1:51.53 Y	F	100 Back	1/23/2010	CVSLTri Meet		
1:29.64 Y	F	50 Breast	12/19/2009	CVSL Quad Meet		
Sienna Dorr (6) W						
41.30 Y	F	25 Free	11/14/2009	CVSL First Splash		DLHI-AD
1:35.50 Y	F	50 Free	1/23/2010	CVSLTri Meet		
33.09 Y	F	25 Back	11/14/2009	CVSL First Splash		
1:18.09 Y	F	50 Back	1/23/2010	CVSLTri Meet		
Erin Doubrava (16) W						
29.81 Y	F	50 Free	3/13/2010	ESSL Championship 2010		HAWK-AD
1:06.96 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:39.88 Y	P	200 Free	1/29/2010	Hawks Trials And Finals 2010		
35.76 Y L	F	50 Back	3/13/2010	ESSL Championship 2010		
1:18.40 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:31.18 Y	F	100 Breast	11/20/2009	2009 MR AG Early Bird Invitational		
3:13.58 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
36.75 Y	F	50 Fly	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		
1:24.28 Y	F	100 Fly	11/20/2009	2009 MR AG Early Bird Invitational		
1:17.82 Y	F	100 IM	2/21/2010	HAWK-MVA-BARR		
Matthew Doubrava (14) M						
1:20.10 Y	F	100 Free	2/21/2010	HAWK-MVA-BARR		HAWK-AD
1:36.16 Y	F	100 Breast	2/21/2010	HAWK-MVA-BARR		
Erin Dougherty (14) W						
28.02 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		ALBS-AD
59.70 Y	P	100 Free	12/10/2009	2009 STAR Short Course Invitational		
1:06.85 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:07.58 L	P	100 Free	7/8/2010	Niagara Long Course Classic		
2:04.76 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
2:22.84 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion		
4:55.01 L	P	400 Free	7/8/2010	Niagara Long Course Classic		
5:29.38 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships		
10:23.73 L	F	800 Free	5/21/2010	Internationale CNPPO		
19:48.82 L	F	1500 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:14.62 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:19.04 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:57.87 L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational		
1:11.75 Y	P	100 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:22.29 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:23.87 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
2:35.32 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
3:02.12 L	P	200 Breast	7/8/2010	Niagara Long Course Classic		
1:03.97 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:12.31 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:12.36 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
2:20.50 Y	P	200 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships		
2:39.02 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
2:20.19 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships		
2:45.18 L	P	200 IM	5/21/2010	Internationale CNPPO		
5:00.70 Y	F	400 IM	3/19/2010	AD Gold Short Course Championships		
5:44.74 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion		
Hannah Dougherty (12) W						
28.01 Y	P	50 Free	1/29/2010	WYW AA Invitational		ALBS-AD
31.95 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		

Individual Top Times

Time	P/F/S	Event			
Hannah Dougherty (12) W					
					ALBS-AD
1:00.06	Y	F	100 Free	1/29/2010	WYW AA Invitational
1:06.21	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:06.96	Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
2:20.91	L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
4:51.68	L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion
5:35.55	Y	F	500 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
10:01.00	L	F	800 Free	7/8/2010	Niagara Long Course Classic
33.76	Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational
37.70	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:09.85	Y	P	100 Back	1/29/2010	WYW AA Invitational
2:29.78	Y	F	200 Back	3/19/2010	AD Gold Short Course Championships
2:48.23	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
36.71	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
41.27	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
41.70	L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:18.10	Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010
1:31.10	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:42.67	Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships
3:06.04	L	F	200 Breast	5/21/2010	Internationale CNPPO
31.83	Y	F	50 Fly	2/20/2010	Cabin Fever Invitational 2010
34.98	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:12.14	Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:17.05	L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:40.67	Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships
2:52.10	L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:08.40	Y	P	100 IM	3/19/2010	AD Gold Short Course Championships
1:17.49	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:27.21	Y	F	200 IM	3/19/2010	AD Gold Short Course Championships
2:41.24	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Sarah Dougherty (17) W					
					ALBS-AD
27.28	Y	F	50 Free	11/15/2009	Pilgrims Pride
58.81	Y	F	100 Free	10/25/2009	Trick or Treat Meet
2:01.15	Y	P	200 Free	12/10/2009	2009 STAR Short Course Invitational
2:19.97	L	F	200 Free	5/21/2010	Internationale CNPPO
4:46.98	L	F	400 Free	5/21/2010	Internationale CNPPO
5:14.55	Y	F	500 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
9:48.79	L	F	800 Free	7/8/2010	Niagara Long Course Classic
10:44.54	Y	F	1000 Free	12/10/2009	2009 STAR Short Course Invitational
18:51.29	L	F	1500 Free	7/8/2010	Niagara Long Course Classic
18:00.63	Y	F	1650 Free	12/10/2009	2009 STAR Short Course Invitational
31.34	Y L	F	50 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships
1:05.95	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
1:15.68	L	P	100 Back	7/8/2010	Niagara Long Course Classic
2:18.72	Y	P	200 Back	12/10/2009	2009 STAR Short Course Invitational
2:37.03	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:15.91	Y	F	100 Breast	10/25/2009	Trick or Treat Meet
2:39.29	Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships
3:06.72	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:04.94	Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships
1:12.94	L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:16.80	Y	F	200 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships
2:37.14	L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:16.23	Y	F	200 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships
2:35.56	L	P	200 IM	7/8/2010	Niagara Long Course Classic
4:43.84	Y	F	400 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships
5:28.37	L	P	400 IM	7/8/2010	Niagara Long Course Classic
Seth Dougherty (9) M					
					ALBS-AD
18.26	Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet
38.28	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
38.28	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Seth Dougherty (9) M			ALBS-AD		
41.70 L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
43.61 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.84 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:34.97 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:23.98 L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
22.61 Y	F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
47.55 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
52.94 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
55.01 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:46.39 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
24.79 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
53.01 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
55.15 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:00.59 L	F	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
25.76 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
59.12 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:00.75 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:03.66 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:43.11 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:53.87 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Thomas Downey (16) M			UN-AD		
1:05.85 L	P	100 Free	7/21/2010	2010 Empire State Games	
1:27.69 L	P	100 Breast	7/21/2010	2010 Empire State Games	
2:52.03 L	P	200 IM	7/21/2010	2010 Empire State Games	
James Doxtader (10) M			KING-AD		
39.37 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:40.59 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
4:17.13 Y	F	200 Free	1/23/2010	Kingston Snowball Invitational	
1:06.14 Y	F	50 Back	1/23/2010	Kingston Snowball Invitational	
Connor Doyle (10) M			DELM-AD		
33.01 Y	F	50 Free	12/5/2009	December2009supersplash	
34.66 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.95 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:15.77 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:26.97 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:42.26 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:31.91 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
34.77 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
39.36 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
41.30 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.71 Y	F	100 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:26.23 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
41.12 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
47.85 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
49.43 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.26 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:43.93 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
33.50 Y	F	50 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
37.91 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
39.30 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:14.28 Y	F	100 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:28.31 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.26 Y	F	100 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:26.85 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:44.17 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
3:02.88 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Natalie Doyle (13) W (Yr: 7)			UN-AD		
29.66 Y	P	50 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:05.34 Y	P	100 Free	11/5/2009	Girls Sec II Division 2 Championships	

Individual Top Times

Time	P/F/S	Event			
Joseph Drahos (10) M					
					GLFY-AD
34.31 Y	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
39.49 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.15 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
40.66 Y	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
45.72 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:37.53 Y	F	100 Back	12/5/2009	December2009supersplash	
52.80 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
55.67 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:49.15 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
45.00 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
50.25 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.39 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Robert Draper (13) M					
					CLIN-AD
31.30 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
34.41 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:08.63 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:13.40 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:34.52 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:40.97 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
38.23 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:37.00 L L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:24.53 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:29.38 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
41.63 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
47.98 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:32.47 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:43.32 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:16.20 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
3:41.65 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
35.80 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:19.16 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:55.41 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Marian Draper (10) W					
					CLIN-AD
37.63 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
39.85 L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:23.65 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:30.24 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
47.43 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
50.42 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:41.76 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:47.98 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
45.78 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
51.45 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:41.23 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:57.03 L	F	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
45.52 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:37.34 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:28.46 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Emma Dreilinger (14) W					
					CDY-AD
32.14 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:08.91 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:27.24 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:14.25 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:39.51 Y	F	200 Back	12/5/2009	December2009supersplash	
1:25.83 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:07.06 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:16.21 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:38.89 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Alexander Dreisbach (14) M					
					UN-AD
22.73 Y	P	50 Free	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship	

Individual Top Times

Time	P/F/S	Event			
Alexander Dreisbach (14) M					
					SCHE-AD
27.45 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
50.40 Y	P	100 Free	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship	
59.46 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:02.31 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:17.87 L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:13.16 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:14.87 L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
2:44.10 L	F	200 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:12.61 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:14.00 L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:37.50 L	F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet	
Emily Dreisbach (17) W					
					SCHE-AD
31.59 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
1:09.06 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.40 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:37.53 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:23.14 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.35 L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
3:08.90 L	F	200 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:17.51 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:18.78 L	F	100 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
Amelia Drury (10) W					
					DELM-AD
40.61 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
50.09 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.11 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.94 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:53.32 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
John DuBois IV (12) M					
					RAVE-AD
44.01 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:35.20 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
54.13 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
John DuBois,IV (12) M					
					RAVE-AD
59.30 Y	F	50 Free	10/10/2009	Ravena Autumn Breeze	
Elise DuBois (10) W					
					RAVE-AD
39.95 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:34.94 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
50.86 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:50.62 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
54.76 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:59.86 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
59.63 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:44.67 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Courtney Duchesne (18) W					
					SCHE-AD
27.51 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
31.87 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:01.27 Y	P	100 Free	12/10/2009	2009 NE NSSC MIT Invitational	
1:08.81 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:11.96 Y	P	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:10.13 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:10.53 Y	F	100 Breast	11/5/2009	Girls Sec II Division 2 Championships	
1:21.83 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:32.45 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
2:56.49 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:20.84 Y	P	200 IM	11/5/2009	Girls Sec II Division 2 Championships	
2:46.93 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:07.45 Y	F	400 IM	3/19/2010	AD Gold Short Course Championships	
Rachel Duff (12) W					
					SARY-AD
32.55 Y	F	50 Free	11/8/2009	Hometown SplashDown	
1:19.53 Y	F	100 Free	10/25/2009	Trick or Treat Meet	

Individual Top Times

Time	P/F/S	Event			
Rachel Duff (12) W					
41.08 Y	F	50 Back	10/25/2009	Trick or Treat Meet	SARY-AD
38.22 Y	P	50 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:23.58 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
39.13 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:02.37 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Samantha Duff (12) W					
33.40 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	SARY-AD
1:10.64 Y	F	100 Free	11/8/2009	Hometown SplashDown	
6:49.23 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.41 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
1:22.01 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.00 Y	F	100 Breast	11/8/2009	Hometown SplashDown	
1:26.77 Y	F	100 IM	10/25/2009	Trick or Treat Meet	
2:57.69 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Michael Dugan (18) M					
21.17 Y	F	50 Free	12/10/2009	2009 Speedo Short Course Junior Nationals	ALBS-AD
23.70 L	F	50 Free	8/9/2010	2010 Speedo Junior National Championships	
46.75 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
52.99 L	P	100 Free	8/9/2010	2010 Speedo Junior National Championships	
53.03 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:44.08 Y	F	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:01.48 L	P	200 Free	7/8/2010	Niagara Long Course Classic	
4:58.40 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:01.27 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:05.25 L	P	100 Back	7/8/2010	Niagara Long Course Classic	
1:13.27 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
49.63 Y	F	100 Fly	2/11/2010	Section II Championships Large Division	
55.28 L	F	100 Fly	8/9/2010	2010 Speedo Junior National Championships	
57.69 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:57.46 Y	F	200 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:18.35 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:03.46 Y	F	200 IM	11/15/2009	Pilgrims Pride	
2:24.44 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Tylor Duguay (14) M					
32.61 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	GLFY-AD
34.67 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:13.37 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:16.12 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:32.02 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:46.95 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:48.33 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
41.08 Y	F	50 Back	12/5/2009	December2009supersplash	
1:17.99 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:25.18 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:42.98 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:58.13 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:40.69 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:52.20 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:32.46 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.55 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:33.39 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:00.48 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:18.19 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Amy Dumary (17) W (Yr: JR)					
1:08.93 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	UN-AD
Heather Duncan (10) W					
50.94 Y	F	50 Free	11/15/2009	Pilgrims Pride	BFIN-AD
1:03.57 Y	F	50 Back	11/15/2009	Pilgrims Pride	
Erin Dunican (18) W					
					BENN-AD

Individual Top Times

Time	P/F/S	Event			
Erin Dunican (18) W					
59.65 Y	F	100 Free	10/25/2009	Trick or Treat Meet	BENN-AD
1:17.41 Y	F	100 Breast	10/25/2009	Trick or Treat Meet	
2:32.51 Y	F	200 IM	10/25/2009	Trick or Treat Meet	
Casey Dwyer (15) W					
30.32 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
1:07.98 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:14.85 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:28.12 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
6:44.02 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:18.64 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:26.65 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:45.75 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
Frank Dyer (18) M					
21.05 Y	F	50 Free	12/10/2009	2009 Speedo Short Course Junior Nationals	ALBS-AD
23.92 L	S	50 Free	7/8/2010	Niagara Long Course Classic	
45.87 Y	P	100 Free	12/10/2009	2009 Speedo Short Course Junior Nationals	
52.89 L	P	100 Free	7/8/2010	Niagara Long Course Classic	
53.04 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.38 Y	F	200 Free	12/10/2009	2009 Speedo Short Course Junior Nationals	
1:53.82 L	F	200 Free	7/8/2010	Niagara Long Course Classic	
4:02.38 L	F	400 Free	7/8/2010	Niagara Long Course Classic	
4:26.53 Y	F	500 Free	12/10/2009	2009 Speedo Short Course Junior Nationals	
8:47.62 L	F	800 Free	5/21/2010	Internationale CNPPO	
29.09 L	F	50 Back	5/21/2010	Internationale CNPPO	
51.56 Y L	F	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:00.18 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:02.49 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:13.58 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:14.51 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
26.13 L	F	50 Fly	5/21/2010	Internationale CNPPO	
52.28 Y	F	100 Fly	10/25/2009	Trick or Treat Meet	
58.56 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
59.49 L	P	100 Fly	7/8/2010	Niagara Long Course Classic	
1:57.70 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:14.10 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:50.52 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Brittany Dymes (12) W					
32.03 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SVP-AD
1:12.16 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
2:36.92 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
7:40.41 Y	F	500 Free	1/24/2010	Foothills Invitational 2010	
38.51 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
1:24.29 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
2:50.88 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
45.38 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet	
1:38.41 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
37.64 Y	F	50 Fly	1/24/2010	Foothills Invitational 2010	
1:24.53 Y	F	100 Fly	12/12/2009	Amsterdam Sea Rams Invitational	
1:23.31 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:57.43 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Sydney Dymes (8) W					
18.84 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	SVP-AD
40.95 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
1:33.01 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
22.70 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
50.76 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
32.23 Y	F	25 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
1:07.54 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
23.90 Y	F	25 Fly	2/20/2010	Cabin Fever Invitational 2010	
52.87 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event				
Sydney Dymes (8) W						
1:52.68	Y	F	100	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Mikhail Dyskin (10) M						
40.52	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
49.29	Y	F	50	Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
Kayla Dzikowicz (10) W						
33.98	Y	F	50	Free	2/27/2010	CVSLLeague Championships
1:25.10	Y	F	100	Free	11/15/2009	Pilgrims Pride
2:56.73	Y	F	200	Free	1/16/2010	Chris Goody IMX Challenge
8:43.10	Y	F	500	Free	12/12/2009	Amsterdam Sea Rams Invitational
42.63	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
1:33.53	Y	F	100	Back	3/19/2010	AD Gold Short Course Championships
3:28.30	Y	F	200	Back	1/30/2010	CVSLQuad Meet
41.14	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
1:30.83	Y	F	100	Breast	3/19/2010	AD Gold Short Course Championships
42.63	Y	F	50	Fly	2/27/2010	CVSLLeague Championships
1:38.19	Y	F	100	Fly	3/19/2010	AD Gold Short Course Championships
1:32.25	Y	F	100	IM	1/8/2010	2010 Starfish Trophy Invitational
3:06.60	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
Rumi Easter (14) M						
1:07.76	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:08.53	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
1:18.92	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:23.35	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:24.67	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
1:11.47	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:47.88	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Samantha Ebersold (15) W						
1:06.99	Y	F	100	Free	11/15/2009	Pilgrims Pride
1:14.90	Y	F	100	Back	11/15/2009	Pilgrims Pride
2:41.98	Y	F	200	Back	12/5/2009	December2009supersplash
1:31.02	Y	F	100	Breast	11/15/2009	Pilgrims Pride
3:19.22	Y	F	200	Breast	12/5/2009	December2009supersplash
1:23.13	Y	F	100	Fly	11/15/2009	Pilgrims Pride
2:51.91	Y	F	200	IM	12/5/2009	December2009supersplash
Stephanie Economos (17) W (Yr: SR)						
1:07.79	Y	P	100	Fly	11/5/2009	2009 Girls Section 9 Championships
2:33.69	Y	P	200	IM	11/5/2009	2009 Girls Section 9 Championships
Anna Edgington (11) W						
58.04	Y	F	50	Free	12/5/2009	CVSL Quad Meet
54.70	Y	F	50	Back	12/5/2009	CVSL Quad Meet
Lydia Edgington (16) W						
27.77	Y L	F	50	Free	12/19/2009	CVSL Quad Meet
1:10.12	Y	F	100	Free	1/30/2010	CVSLQuad Meet
2:39.57	Y	F	200	Free	1/30/2010	CVSLQuad Meet
6:52.33	Y	F	500	Free	1/30/2010	CVSLQuad Meet
1:16.95	Y	F	100	Back	11/21/2009	CVSL Quad Meet
1:27.46	Y	F	100	Breast	12/5/2009	CVSL Quad Meet
1:14.47	Y	F	100	Fly	12/5/2009	CVSL Quad Meet
2:48.21	Y	F	200	IM	11/21/2009	CVSL Quad Meet
Heidi Edmonds (10) W						
37.74	Y	F	50	Free	12/5/2009	CVSL Quad Meet
1:19.34	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
41.93	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
1:33.93	Y	F	100	Back	12/5/2009	CVSL Quad Meet
46.49	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
1:41.90	Y	F	100	Breast	3/19/2010	AD Gold Short Course Championships
40.32	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
1:35.56	Y	F	100	Fly	3/19/2010	AD Gold Short Course Championships
1:27.35	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships

SVP-AD

DELM-AD

AMST-AD

KING-AD

DELM-AD

UN-AD

CLRK-AD

CLRK-AD

CLRK-AD

Individual Top Times

Time	P/F/S	Event			
Heidi Edmonds (10) W CLRK-AD					
3:07.82	Y F	200 IM	3/19/2010	AD Gold Short Course Championships	
Brooke Edwards (9) W GLFY-AD					
38.29	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
44.06	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:32.32	Y F	100 Free	11/15/2009	Pilgrims Pride	
48.01	Y F	50 Back	12/5/2009	December2009supersplash	
1:40.92	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
58.25	Y F	50 Breast	11/8/2009	Hometown SplashDown	
1:01.70	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:08.26	Y F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
41.75	Y F	50 Fly	3/19/2010	AD Gold Short Course Championships	
50.57	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:40.66	Y F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:55.88	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Lynn Edwards (11) W GLFY-AD					
30.34	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	
34.65	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:09.75	Y F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
2:47.47	Y F	200 Free	10/25/2009	Trick or Treat Meet	
38.46	Y F	50 Back	12/5/2009	December2009supersplash	
41.82	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.39	Y F	100 Back	11/15/2009	Pilgrims Pride	
2:52.04	Y F	200 Back	12/5/2009	December2009supersplash	
42.39	Y F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
45.59	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:31.70	Y F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:20.73	Y F	200 Breast	12/5/2009	December2009supersplash	
37.40	Y F	50 Fly	11/8/2009	Hometown SplashDown	
40.42	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:34.40	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:21.92	Y F	100 IM	11/15/2009	Pilgrims Pride	
1:27.92	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:47.43	Y P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Julia Eisenberg (10) W HAWK-AD					
59.14	Y F	50 Free	2/21/2010	HAWK-MVA-BARR	
2:15.08	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:39.36	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
x1:08.12	Y F	50 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
1:02.73	Y F	50 Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
2:20.15	Y F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:29.78	L F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
Brittney Eisnor (12) W CPP-AD					
32.35	Y L F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:17.09	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:54.52	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
7:57.15	Y F	500 Free	1/31/2010	Thoroughbred Splash 2010	
39.01	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:30.13	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:07.29	Y F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.96	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:38.19	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
36.63	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:33.16	Y F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:24.37	Y F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:03.08	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
Elizabeth Eisnor (14) W CPP-AD					
28.71	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
32.18	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:02.79	Y P	100 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Elizabeth Eisnor (14) W			CPP-AD		
1:10.89	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.30	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:17.08	Y F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:33.15	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:03.81	Y F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
21:27.36	L F	1500 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.52	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:27.53	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.15	L F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:39.34	Y P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:27.16	Y F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
1:38.24	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.10	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:24.57	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.71	L F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:49.46	Y F	200 Fly	3/5/2010	AD Silver Short Course Championships	
3:23.20	L P	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:35.92	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:04.19	L F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
5:40.01	Y F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Jonathan Eisnor (7) M			CPP-AD		
43.02	S F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.71	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
39.64	S F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Norah Eisnor (6) W			CPP-AD		
47.65	Y F	25 Free	3/5/2010	AD Silver Short Course Championships	
1:52.70	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
46.50	Y F	25 Back	3/5/2010	AD Silver Short Course Championships	
1:41.10	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
Adam Elashker (10) M			KING-AD		
1:10.24	Y F	50 Free	2/27/2010	Kingston Last Chance Invitational	
1:22.81	Y F	50 Back	2/27/2010	Kingston Last Chance Invitational	
Janessa Eldaye (8) W			ALBS-AD		
30.57	Y F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
54.54	Y F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
34.93	Y F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
Elaina Elliott (11) W (Yr: sp)			SCHE-AD		
35.58	Y F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
38.97	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.20	Y F	100 Free	3/19/2010	AD Gold Short Course Championships	
37.58	Y L F	50 Back	3/19/2010	AD Gold Short Course Championships	
40.89	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.05	Y F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
45.29	Y F	50 Breast	3/19/2010	AD Gold Short Course Championships	
51.63	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.74	Y F	100 Breast	3/19/2010	AD Gold Short Course Championships	
39.30	Y F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
45.85	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.29	Y F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:39.55	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:57.40	Y F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Mohanad Elmassalemah (14) M			KING-AD		
43.01	Y F	50 Free	2/27/2010	Kingston Last Chance Invitational	
1:39.71	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.13	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
1:53.05	Y F	100 Free	2/27/2010	Kingston Last Chance Invitational	
2:46.51	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:23.93	Y F	100 Back	1/23/2010	Kingston Snowball Invitational	
2:14.54	Y F	100 Breast	2/27/2010	Kingston Last Chance Invitational	

Individual Top Times

Time	P/F/S	Event			
Mohanad Elmassalemah (14) M					
2:19.52	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
2:06.63	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
4:48.21	L	F	200	IM	7/9/2010 Hawks Summer Invitational 2010
Zachary Engel (10) M					
45.11	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:38.63	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
52.09	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010
1:47.30	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
George Enright (11) M					
29.35	Y	F	50	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
1:05.60	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
2:17.73	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
6:20.28	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
35.41	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
1:19.75	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
37.67	Y	F	50	Breast	4/1/2010 2010 Eastern Zone SC Swimming Championships
1:22.79	Y	F	100	Breast	4/1/2010 2010 Eastern Zone SC Swimming Championships
35.23	Y	F	50	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:11.97	Y	F	100	Fly	4/1/2010 2010 Eastern Zone SC Swimming Championships
1:15.57	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
2:33.43	Y	F	200	IM	4/1/2010 2010 Eastern Zone SC Swimming Championships
Julia Enright (16) W (Yr: SO)					
27.59	Y	P	50	Free	11/5/2009 Girls Sec II Division I Championships
32.59	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
59.92	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
2:10.85	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
2:34.35	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:46.19	Y	F	500	Free	1/8/2010 2010 Starfish Trophy Invitational
1:13.58	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
2:35.27	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
1:17.76	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
2:49.03	Y	F	200	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
3:19.96	L	P	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:31.19	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Mark Enright (12) M					
26.47	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
30.47	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
57.09	Y L	F	100	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
2:04.94	Y	P	200	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
2:23.83	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:29.94	Y	F	500	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
33.59	Y	P	50	Back	3/19/2010 AD Gold Short Course Championships
2:46.07	Y	F	200	Back	12/5/2009 December2009supersplash
38.85	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:23.98	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:40.85	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
3:04.69	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
34.27	Y	F	50	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:19.71	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:12.34	Y	P	100	IM	3/19/2010 AD Gold Short Course Championships
2:35.45	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
Stephanie Erickson (10) W					
35.43	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
40.04	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:17.57	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:51.30	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
7:39.78	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
44.48	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:36.83	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships

KING-AD

BSPA-AD

AD-AD

UN-AD

BFIN-AD

DELM-AD

Individual Top Times

Time	P/F/S	Event			
Stephanie Erickson (10) W					
45.57	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
51.68	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:40.24	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
39.09	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
48.49	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:28.91	Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:28.28	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
1:46.11	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:07.98	Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational
Rachel Eschner (12) W					
37.99	Y L	F	50 Free	1/31/2010	Thoroughbred Splash 2010
1:29.44	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
47.31	Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010
43.84	Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010
3:23.80	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
45.94	Y	F	50 Fly	11/21/2009	Harvest Invitational 2009
1:38.30	Y	F	100 IM	11/21/2009	Harvest Invitational 2009
Elizabeth Evans (10) W					
49.21	Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010
1:51.73	Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010
53.94	Y	F	50 Back	11/8/2009	Hometown SplashDown
1:05.13	Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010
Sarah Evans (12) W					
30.38	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
32.46	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:11.78	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:15.51	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:44.47	Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational
7:48.68	Y	F	500 Free	10/25/2009	Trick or Treat Meet
34.61	Y	P	50 Back	3/19/2010	AD Gold Short Course Championships
41.05	L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:17.19	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
1:30.34	L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
2:57.37	Y	F	200 Back	3/5/2010	AD Silver Short Course Championships
43.79	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
48.04	L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:36.56	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
1:45.52	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
34.77	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
40.88	L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:30.94	Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:35.71	L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:19.14	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
3:01.35	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
Alexandria Evolo (16) W					
28.21	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
33.22	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:01.04	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:14.10	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:20.67	Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
2:46.83	L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:19.35	Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational
2:55.13	Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational
3:25.79	L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:23.02	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
3:02.75	Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational
3:43.16	L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:27.15	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
2:44.59	Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational

DELM-AD

SARY-AD

SARY-AD

ALBS-AD

CLIN-AD

Individual Top Times

Time	P/F/S	Event			
Elizabeth Fairbanks (15) W					
					TBS-AD
1:15.32	Y	F	100	Free	10/25/2009 October 25, 2009
43.85	Y	F	50	Back	10/25/2009 October 25, 2009
52.76	Y	F	50	Breast	10/25/2009 October 25, 2009
Gabriella Falasco (12) W					
					GLFY-AD
30.52	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
34.36	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:11.27	Y	F	100	Free	12/5/2009 December2009supersplash
1:16.54	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:16.59	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:38.91	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
2:55.30	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
38.48	Y	F	50	Back	12/5/2009 December2009supersplash
41.88	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:25.53	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:31.41	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:33.64	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
3:21.78	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
43.65	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:38.00	Y	F	100	Breast	11/15/2009 Pilgrims Pride
1:46.90	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:38.86	Y	F	200	Breast	12/5/2009 December2009supersplash
34.44	Y	P	50	Fly	3/19/2010 AD Gold Short Course Championships
37.87	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:25.72	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:45.62	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:21.44	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
3:07.42	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
3:24.59	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Madeline Falco (15) W					
					USAM-AD
29.05	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:06.23	Y	F	100	Free	2/20/2010 Cabin Fever Invitational 2010
2:32.95	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
1:14.24	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:46.74	Y	F	200	Back	1/24/2010 Foothills Invitational 2010
1:35.07	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:24.18	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
Alexis Falvo (10) W					
					CLIN-AD
31.64	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
35.31	L	F	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:14.69	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:22.97	L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:47.68	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
39.38	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
42.48	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:21.75	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:37.56	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
48.55	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
54.38	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
34.45	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
37.03	L	F	50	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
37.03	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:25.36	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
1:33.66	L	F	100	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:22.10	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
John Fancher (10) M					
					CANA-AD
33.58	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:16.90	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
2:43.21	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
7:53.62	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
40.07	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships

Individual Top Times

Time	P/F/S	Event			
John Fancher (10) M					
1:26.04	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
45.59	Y	F	50	Breast	2/27/2010 CVSLLeague Championships
1:43.70	Y	F	100	Breast	1/30/2010 CVSLQuad Meet
36.42	Y	F	50	Fly	3/19/2010 AD Gold Short Course Championships
1:28.27	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
1:24.00	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
3:03.50	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
Taylor Fancher (12) W					
34.28	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:20.89	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:55.57	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
8:57.73	Y	F	500	Free	1/30/2010 CVSLQuad Meet
41.40	Y	F	50	Back	2/27/2010 CVSLLeague Championships
1:33.40	Y	F	100	Back	2/20/2010 Cabin Fever Invitational 2010
3:39.04	Y	F	200	Back	12/5/2009 December2009supersplash
46.81	Y	F	50	Breast	2/27/2010 CVSLLeague Championships
1:44.72	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:44.71	Y	F	200	Breast	1/30/2010 CVSLQuad Meet
40.21	Y	F	50	Fly	2/27/2010 CVSLLeague Championships
1:42.92	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:32.28	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
3:28.52	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
Samantha Fanion (11) W					
33.82	Y	F	50	Free	2/27/2010 CVSLLeague Championships
1:21.06	Y	F	100	Free	1/30/2010 CVSLQuad Meet
2:58.75	Y	F	200	Free	1/16/2010 Canajoharie Developmental Meet
40.73	Y	F	50	Back	12/19/2009 CVSL Quad Meet
1:31.16	Y	F	100	Back	1/30/2010 CVSLQuad Meet
1:56.65	Y	F	100	Breast	1/30/2010 CVSLQuad Meet
40.92	Y	F	50	Fly	12/19/2009 CVSL Quad Meet
Alexander Farley (12) M					
27.38	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:01.80	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
6:45.81	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
36.04	Y	P	50	Back	3/19/2010 AD Gold Short Course Championships
42.02	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
31.64	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:12.48	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
1:16.00	Y	P	100	IM	3/19/2010 AD Gold Short Course Championships
2:51.36	Y	F	200	IM	12/5/2009 December2009supersplash
Eliza Farley (14) W					
30.19	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:13.32	Y	F	100	Free	2/20/2010 Cabin Fever Invitational 2010
2:48.06	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:43.75	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:30.42	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
Kyle Farmer (10) M (Yr: sp)					
34.16	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:16.98	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
3:00.14	Y	F	200	Free	1/16/2010 Chris Goody IMX Challenge
42.61	Y	F	50	Back	12/5/2009 December2009supersplash
1:31.32	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
43.58	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
1:39.87	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
42.35	Y	F	50	Fly	1/16/2010 Chris Goody 10&Under Mini-Meet
1:25.97	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
3:08.27	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
Noah Farmer (12) M					
29.83	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships

CANA-AD

CANA-AD

CLRK-AD

BENN-AD

BENN-AD

SCHE-AD

CLIN-AD

Individual Top Times

Time	P/F/S	Event			
Noah Farmer (12) M			CLIN-AD		
33.54 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:06.61 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:11.24 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:28.42 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:39.21 L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:47.53 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
37.42 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:15.88 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:19.38 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:46.35 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
39.20 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
40.91 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:27.20 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:31.68 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:02.15 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:18.86 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
36.49 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:27.22 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:18.63 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:42.65 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:01.04 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Samantha Favret (15) W			SSAC-AD		
30.57 L	F	50 Free	5/8/2010	Super Circuit 1 Syracuse	
1:08.50 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse	
1:17.30 L	F	100 Back	5/8/2010	Super Circuit 1 Syracuse	
Allyson Beth Federman (12) W			DELM-AD		
32.16 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:13.62 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
40.19 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:24.03 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.81 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:40.15 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:25.30 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Maddison Feeley (13) W			SARY-AD		
28.19 Y	P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:01.72 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:24.92 Y	F	200 Free	10/25/2009	Trick or Treat Meet	
1:21.72 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
34.57 Y	P	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:20.59 Y	F	100 IM	10/25/2009	Trick or Treat Meet	
2:47.32 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Cayla Feeney (18) W (Yr: SR)			UN-AD		
27.85 Y	P	50 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:01.08 Y	P	100 Free	11/5/2009	Girls Sec II Division 2 Championships	
Andrea Ferguson (13) W			DELM-AD		
34.47 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:20.64 Y	F	100 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
2:45.41 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:27.34 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
3:11.58 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.85 Y	F	50 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:32.37 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
40.66 Y	F	50 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:31.67 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:04.77 Y	F	200 IM	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
Angela Ferlo (14) W (Yr: su)			SCHE-AD		
28.28 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
32.70 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:01.13 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Angela Ferlo (14) W (Yr: su)					
					SCHE-AD
1:10.27 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:14.71 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:32.61 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:32.34 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:05.88 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
32.83 Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:10.01 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:22.85 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:32.43 Y	F	200 Back	11/15/2009	Pilgrims Pride	
2:52.49 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:23.51 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:03.20 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:11.55 Y	F	100 Fly	2/20/2010	Cabin Fever Invitational 2010	
1:20.11 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:42.82 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
3:10.46 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:31.16 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:56.36 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:30.55 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Mariah Ferrigan (18) W (Yr: SR)					
					UN-AD
1:21.38 Y	F	100 Breast	10/23/2009	Girls OCIAA Championships 2009	
1:17.87 Y	F	100 Fly	10/23/2009	Girls OCIAA Championships 2009	
Gabrialla Ficano (11) W					
					NHA-AD
35.40 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
38.53 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
40.70 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.58 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
42.98 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
50.80 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:36.49 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
48.79 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet	
48.79 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
51.55 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.88 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
1:54.23 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
44.09 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
54.47 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:48.76 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Brynn Fielding (10) W					
					GRGF-AD
52.99 Y	F	50 Free	11/8/2009	Hometown SplashDown	
57.09 Y	F	50 Back	11/8/2009	Hometown SplashDown	
1:01.44 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
Carly Fielding (14) W					
					GRGF-AD
1:15.80 Y	F	100 Free	11/8/2009	Hometown SplashDown	
1:32.82 Y	F	100 Back	11/8/2009	Hometown SplashDown	
1:40.09 Y	F	100 Breast	11/8/2009	Hometown SplashDown	
Sarah Fielman (15) W					
					UN-AD
28.35 Y	P	50 Free	11/5/2009	Girls Sec II Division I Championships	
1:02.38 Y	F	100 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
2:23.71 Y	F	200 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
6:21.00 Y	F	500 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:15.98 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:11.01 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	
2:45.07 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Sabia Filiaci (17) W					
					ALBS-AD
1:11.72 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.15 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Madeline Finnegan (11) W					
					HAWK-AD
36.30 Y	P	50 Free	1/29/2010	Hawks Trials And Finals 2010	

Individual Top Times

Time	P/F/S	Event				
Madeline Finnegan (11) W						
1:21.45	Y	P	100	Free	1/29/2010	Hawks Trials And Finals 2010
x42.52	Y	F	50	Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
1:42.42	Y	P	100	Back	1/29/2010	Hawks Trials And Finals 2010
45.05	Y	F	50	Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
43.49	Y	F	50	Fly	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
1:33.90	Y	P	100	IM	1/29/2010	Hawks Trials And Finals 2010
Riley Finnegan (9) W						
53.80	Y	F	50	Free	1/29/2010	Hawks Trials And Finals 2010
1:03.73	Y	F	50	Back	1/29/2010	Hawks Trials And Finals 2010
Matthew Fisher (14) M (Yr: sp)						
29.45	L	F	50	Free	5/29/2010	2010 NE MTSC May Specialty Meet
1:05.92	L	F	100	Free	5/29/2010	2010 NE MTSC May Specialty Meet
2:28.63	L	F	200	Free	5/29/2010	2010 NE MTSC May Specialty Meet
1:18.73	L	F	100	Back	5/29/2010	2010 NE MTSC May Specialty Meet
2:51.87	L	F	200	Back	5/29/2010	2010 NE MTSC May Specialty Meet
1:35.85	L	F	100	Breast	5/29/2010	2010 NE MTSC May Specialty Meet
1:22.68	L	F	100	Fly	5/29/2010	2010 NE MTSC May Specialty Meet
2:49.11	L	F	200	IM	5/29/2010	2010 NE MTSC May Specialty Meet
Raymond Fisher (9) M						
25.00	Y	F	25	Free	12/19/2009	Saratoga 12&Under Mini-Meet
59.46	Y	F	50	Free	12/19/2009	Saratoga 12&Under Mini-Meet
2:22.61	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
32.76	Y	F	25	Back	12/19/2009	Saratoga 12&Under Mini-Meet
1:07.07	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
32.26	Y	F	25	Breast	12/19/2009	Saratoga 12&Under Mini-Meet
Caroline Fitzgerald (10) W						
1:00.13	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
2:07.34	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
1:04.21	Y	F	50	Back	1/31/2010	Thoroughbred Splash 2010
John Fitzgerald (11) M						
51.11	Y L	F	50	Free	10/25/2009	Trick or Treat Meet
1:13.51	Y	F	100	Free	10/25/2009	Trick or Treat Meet
39.17	Y	F	50	Back	10/25/2009	Trick or Treat Meet
1:25.24	Y	F	100	Back	11/15/2009	Pilgrims Pride
38.99	Y	F	50	Fly	11/15/2009	Pilgrims Pride
1:23.06	Y	F	100	IM	10/25/2009	Trick or Treat Meet
Brandon Fitzpatrick (11) M						
34.36	Y	F	50	Free	10/25/2009	Trick or Treat Meet
1:23.18	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
2:46.64	Y	F	200	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
41.46	Y	F	50	Back	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:35.20	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
51.87	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
41.62	Y	F	50	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:25.78	Y	F	100	IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Samantha Flagler (10) W						
41.21	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:33.30	Y	F	100	Free	12/19/2009	Saratoga 12&Under Mini-Meet
48.57	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:49.91	Y	F	100	Back	11/15/2009	Pilgrims Pride
1:11.39	Y	F	50	Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet
51.11	Y	F	50	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:59.59	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:56.89	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Delaney Flaherty (11) W						
33.31	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
38.13	L	F	50	Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier
38.16	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:14.38	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event				
Delaney Flaherty (11) W						
					EELS-AD	
2:45.37 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
40.01 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
44.28 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:24.90 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:40.80 L	F	100 Back	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier		
46.33 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
51.80 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:49.56 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge		
1:56.46 L	F	100 Breast	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier		
42.16 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
47.20 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:49.70 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:28.43 Y	F	100 IM	1/16/2010	Chris Goody 10&Under Mini-Meet		
Ashley Flanger (13) W						
					BFIN-AD	
30.74 Y	F	50 Free	11/15/2009	Pilgrims Pride		
1:09.70 Y	F	100 Free	11/15/2009	Pilgrims Pride		
1:23.86 Y	F	100 Breast	11/15/2009	Pilgrims Pride		
Ryan Fleischer (13) M						
					DELM-AD	
30.19 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:08.24 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:36.83 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
6:41.61 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
34.79 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:16.61 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
2:42.94 Y	F	200 Back	12/5/2009	December2009supersplash		
41.98 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:28.78 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
3:04.59 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
32.76 Y	F	50 Fly	11/21/2009	Harvest Invitational 2009		
1:10.73 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships		
2:45.22 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships		
1:15.00 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational		
2:45.60 Y	F	200 IM	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
Joshua Flint (14) M						
					SARY-AD	
33.23 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:11.40 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:37.96 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
1:24.09 Y	F	100 Fly	2/20/2010	Cabin Fever Invitational 2010		
2:54.22 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
Stephen Flint (17) M						
					SARY-AD	
26.54 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
59.66 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:09.61 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010		
5:37.35 Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010		
1:07.18 Y	F	100 Back	11/21/2009	Harvest Invitational 2009		
2:20.58 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:26.94 Y	F	200 IM	11/21/2009	Harvest Invitational 2009		
Kelley Florence (16) W (Yr: SO)						
					SARY-AD	
30.52 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		
2:24.74 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
6:09.86 Y	P	500 Free	11/5/2009	Girls Sec II Division I Championships		
1:22.68 Y	P	100 Breast	11/5/2009	Girls Sec II Division I Championships		
Kevin Flynn (15) M						
					UN-AD	
25.18 Y	P	50 Free	2/11/2010	Section II Championships Large Division		
56.27 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:07.41 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:19.14 Y	F	200 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
5:30.46 Y	P	500 Free	2/11/2010	Section II Championships Large Division		
1:07.50 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event			
Kevin Flynn (15) M					
1:21.20	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:15.25	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:31.41	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:09.08	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
1:21.08	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:21.23	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Aodan Fogarty (14) M					
24.95	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
55.64	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
2:08.29	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
1:06.24	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
2:26.65	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
1:04.89	Y	F	100	Breast	4/1/2010 2010 Eastern Zone SC Swimming Championships
2:37.84	Y	F	200	Breast	2/27/2010 Kingston Last Chance Invitational
1:01.22	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
2:28.79	Y	F	200	Fly	3/5/2010 AD Silver Short Course Championships
2:17.25	Y	F	200	IM	2/27/2010 Kingston Last Chance Invitational
Brendan Fogg (9) M					
23.14	Y	F	25	Free	11/21/2009 Harvest Invitational 2009
44.45	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:43.79	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
24.23	Y	F	25	Back	11/21/2009 Harvest Invitational 2009
47.17	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:44.50	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
Heather Foley (15) W					
27.56	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:00.71	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
2:15.39	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
6:12.70	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
1:09.11	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
2:32.29	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
37.04	Y	F	50	Breast	12/5/2009 December2009supersplash
1:18.71	Y	F	100	Breast	1/31/2010 Thoroughbred Splash 2010
2:48.37	Y	P	200	Breast	3/19/2010 AD Gold Short Course Championships
29.20	Y	F	50	Fly	12/5/2009 December2009supersplash
1:04.52	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
2:38.38	Y	F	200	Fly	1/16/2010 Chris Goody IMX Challenge
2:31.18	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
5:29.64	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Benjamin Ford (16) M					
25.55	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
55.02	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
1:02.92	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:59.17	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
5:19.89	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
11:30.73	Y	F	1000	Free	12/5/2009 December2009supersplash
1:03.57	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:11.25	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:12.86	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:18.70	Y	F	100	Breast	10/25/2009 Trick or Treat Meet
1:25.62	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:45.44	Y	F	200	Breast	12/5/2009 December2009supersplash
1:07.81	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:14.52	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:19.11	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Connor Ford (13) M					
31.67	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:08.62	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:16.19	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon

DELM-AD

HAWK-AD

BSPA-AD

BENN-AD

WAVE-AD

DELM-AD

Individual Top Times

Time	P/F/S	Event			
Connor Ford (13) M					
1:15.91	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:26.11	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
39.96	Y	F	50	Breast	12/5/2009 December2009supersplash
1:25.89	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:37.70	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:00.99	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
2:43.97	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Kora Fortun (8) W					
28.38	Y	F	25	Free	1/16/2010 Chris Goody 10&Under Mini-Meet
27.83	Y	F	25	Back	1/16/2010 Chris Goody 10&Under Mini-Meet
Mikayla Fountain (10) W					
44.43	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
48.85	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:40.88	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
54.48	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
58.98	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
55.17	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:00.53	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:05.05	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
56.87	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:52.88	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
2:04.82	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Evan Fournier (14) M					
35.72	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:18.33	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
2:43.76	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:27.42	Y	F	100	Back	1/31/2010 Thoroughbred Splash 2010
Daniel Francis (11) M					
35.77	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:19.98	Y	F	100	Free	1/30/2010 CVSLQuad Meet
44.77	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
52.66	Y	F	50	Breast	2/27/2010 CVSLLeague Championships
46.94	Y	F	50	Fly	2/27/2010 CVSLLeague Championships
1:50.93	Y	F	100	Fly	1/30/2010 CVSLQuad Meet
1:33.56	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Matilda Francis (9) W					
47.31	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:59.52	Y	F	100	Free	1/30/2010 CVSLQuad Meet
51.44	Y	F	50	Back	2/27/2010 CVSLLeague Championships
2:03.52	Y	F	100	Back	1/30/2010 CVSLQuad Meet
Haley Francois (9) W					
18.33	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
42.55	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:33.90	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
22.60	Y	F	25	Back	3/5/2010 AD Silver Short Course Championships
49.41	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
25.51	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
57.66	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
21.61	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
52.20	Y	F	50	Fly	12/5/2009 December2009supersplash
1:44.51	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
Terry Francois (12) M					
29.04	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:04.70	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
2:24.78	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
6:40.41	Y	F	500	Free	1/16/2010 Chris Goody IMX Challenge
34.36	Y	S	50	Back	3/19/2010 AD Gold Short Course Championships
1:16.91	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:49.74	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships

DELM-AD

BFIN-AD

WAVE-AD

SARY-AD

CLRK-AD

CLRK-AD

SCHE-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event			
Terry Francois (12) M			SCHE-AD		
42.12 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.76 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
32.69 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:13.29 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:16.26 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:48.10 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Garret Frandsen (14) M			GLFY-AD		
25.95 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
29.63 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
57.61 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:05.58 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:06.59 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:03.75 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:23.59 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:04.70 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
11:43.99 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
20:11.21 L	F	1500 Free	7/23/2010	2010 Adirondack Long Course District Champion	
19:15.91 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
30.60 Y L	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:01.54 Y	P	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:11.59 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.74 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:17.17 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:41.48 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.29 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:25.42 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.43 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:40.18 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:09.93 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:19.70 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:21.72 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:46.13 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:03.21 Y	F	400 IM	1/8/2010	2010 Starfish Trophy Invitational	
Miriam Frank (16) W (Yr: SO)			UN-AD		
28.50 Y	S	50 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:22.51 Y	F	100 Breast	11/5/2009	Girls Sec II Division 2 Championships	
Olivia Fraser (10) W			GGRF-AD		
53.49 Y	F	50 Free	12/5/2009	December2009supersplash	
57.53 Y	F	50 Back	12/5/2009	December2009supersplash	
Ryan Frederiks (16) M			DELM-AD		
25.97 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
55.15 Y	P	100 Free	2/11/2010	Section II Championships Large Division	
2:09.25 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:09.79 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:14.26 Y	P	100 Breast	2/11/2010	Section II Championships Large Division	
2:28.96 Y	F	200 IM	11/15/2009	Pilgrims Pride	
Abigail Freer (12) W			CLRK-AD		
49.77 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
57.95 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	
Samuel Freer (12) M			HAWK-AD		
x34.36 Y	F	50 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
1:21.16 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:36.15 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
3:04.30 Y	F	200 Free	1/29/2010	Hawks Trials And Finals 2010	
3:26.39 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
41.15 Y	P	50 Back	1/29/2010	Hawks Trials And Finals 2010	
1:32.71 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:42.79 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
43.16 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Michael Fryer (13) M					
3:06.41 L	P	200 Free	7/21/2010	2010 Empire State Games	UN-AD
25:58.50 L	F	1500 Free	7/21/2010	2010 Empire State Games	
Natasha Fung (11) W					
29.44 Y	F	50 Free	11/15/2009	Pilgrims Pride	ALBS-AD
33.87 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:07.03 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:15.81 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:21.71 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:38.83 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
6:23.62 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
33.63 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
37.37 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
37.84 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:11.20 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:23.70 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:36.12 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.00 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
47.18 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.84 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
1:46.81 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
34.26 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
38.40 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
39.17 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:19.38 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:31.61 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.27 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:23.22 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:44.69 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:10.21 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Alex Fuoco (13) M					
32.44 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	KING-AD
1:13.28 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational	
1:32.44 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
36.70 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:22.56 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:39.32 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
48.36 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:53.08 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:06.18 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
36.20 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:52.21 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.89 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Matthew Futia (15) M					
26.49 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
56.73 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:08.51 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:05.12 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:32.89 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:36.47 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
1:07.34 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:19.65 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:18.26 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:51.36 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:09.37 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:24.28 L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:33.94 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:22.73 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Alexandra Gabriels (17) W					
27.60 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	DELM-AD
59.80 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Alexandra Gabriels (17) W					
1:07.11	Y	F	100	Back	11/21/2009 Harvest Invitational 2009
2:24.28	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:19.22	Y	F	100	Breast	11/21/2009 Harvest Invitational 2009
2:32.24	Y	F	200	IM	11/15/2009 Pilgrims Pride
Alicia Galer (13) W					
29.61	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
33.63	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:03.29	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
1:14.89	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:16.81	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
2:44.16	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
6:27.34	Y	F	500	Free	12/12/2009 Amsterdam Sea Rams Invitational
36.32	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010
1:18.31	Y	F	100	Back	2/20/2010 Cabin Fever Invitational 2010
2:44.71	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
37.20	Y	P	50	Breast	3/19/2010 AD Gold Short Course Championships
42.99	L	P	50	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:18.80	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
1:33.13	L	P	100	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:49.28	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
35.28	Y	F	50	Fly	1/16/2010 Canajoharie Developmental Meet
1:24.46	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:12.94	Y	P	100	IM	3/19/2010 AD Gold Short Course Championships
2:34.24	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Rebecca Galer (14) W					
29.20	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
34.72	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:06.92	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:16.12	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:19.06	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
2:45.90	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
6:39.13	Y	F	500	Free	12/12/2009 Amsterdam Sea Rams Invitational
38.09	Y L	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:13.88	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
1:33.96	L	P	100	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:36.75	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
3:13.53	L	P	200	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:32.30	Y	F	100	Breast	1/16/2010 Canajoharie Developmental Meet
1:19.27	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:46.28	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
3:14.11	L	P	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
Michael Galvin (10) M					
35.96	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
40.63	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
42.97	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:35.72	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:44.32	L	F	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
3:20.33	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
3:32.74	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
7:28.41	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
44.22	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
48.79	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
51.19	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:35.02	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:56.03	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
54.12	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:02.16	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:06.51	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
43.50	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
54.21	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion

DELM-AD

CLIN-AD

CLIN-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Michael Galvin (10) M					
55.59 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	ALBS-AD
1:37.19 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:59.14 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Michael Gao (17) M					
25.02 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	CPP-AD
53.07 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:02.88 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:19.63 Y	F	200 Back	11/15/2009	Pilgrims Pride	
1:03.38 Y	P	100 Breast	2/11/2010	Section II Championships Large Division	
2:22.20 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
59.11 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:06.95 Y	F	200 IM	2/11/2010	Section II Championships Large Division	
Kelly Gao (13) W					
25.68 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	ALBS-AD
29.10 L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
56.82 Y	P	100 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:04.46 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:08.42 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
29.90 Y	F	50 Back	11/15/2009	Pilgrims Pride	
29.90 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
34.39 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:04.01 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:12.25 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:20.73 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
36.85 Y	P	50 Breast	1/29/2010	WYW AA Invitational	
1:28.14 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
29.79 Y	P	50 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:12.14 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:21.76 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:27.68 L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:44.52 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
1:06.67 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:29.98 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Eddy Gao (14) M					
30.35 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	CPP-AD
1:06.05 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
2:24.90 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:20.11 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010	
2:52.00 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:33.14 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:28.17 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.72 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:04.12 Y	F	200 IM	11/15/2009	Pilgrims Pride	
Alyssa Gardiner (12) W					
28.43 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	BSPA-AD
1:03.56 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:18.96 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
6:30.20 Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
35.16 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:12.58 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:35.01 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
40.08 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:22.39 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
32.89 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:13.97 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
3:11.18 Y	F	200 Fly	12/5/2009	December2009supersplash	
1:12.36 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:32.30 Y	F	200 IM	2/20/2010	Cabin Fever Invitational 2010	
Caitlyn Gardiner (12) W					
BSPA-AD					

Individual Top Times

Time	P/F/S	Event			
Caitlyn Gardiner (12) W					
29.30 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	BSPA-AD
1:05.19 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
2:20.92 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
6:40.02 Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
36.20 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
1:15.80 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
2:38.70 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
36.83 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:22.04 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
2:51.99 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
34.31 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	
1:17.60 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:12.53 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:36.68 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
David Gardiner (15) M					
24.71 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	BSPA-AD
53.69 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:58.74 Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010	
5:35.62 Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
59.85 Y	P	100 Back	2/11/2010	Section II Championships Large Division	
2:09.84 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
1:18.65 Y	F	100 Breast	10/25/2009	Trick or Treat Meet	
57.12 Y	P	100 Fly	2/11/2010	Section II Championships Large Division	
2:23.02 Y	F	200 Fly	12/5/2009	December2009supersplash	
2:10.08 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
5:05.80 Y	F	400 IM	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
Karisma Garg (12) W					
36.69 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	NHA-AD
1:23.45 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
43.81 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	
51.86 Y	F	50 Breast	11/15/2009	Pilgrims Pride	
50.78 Y	F	50 Fly	12/12/2009	Amsterdam Sea Rams Invitational	
Sophie Garner (11) W					
38.55 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CLIN-AD
43.66 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
44.11 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:27.25 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:37.15 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
49.92 Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships	
56.75 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:54.44 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:56.36 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
53.85 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
58.36 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
58.76 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:53.54 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:04.15 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
4:02.99 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Brandon Garnsey (15) M					
28.98 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	BFIN-AD
1:07.88 Y	F	100 Free	10/25/2009	Trick or Treat Meet	
5:58.43 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:17.42 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:16.51 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:43.68 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:11.90 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:30.51 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Ashlea Garrand (18) W (Yr: SR)					
27.27 Y	P	50 Free	11/5/2009	Girls Sec II Division 2 Championships	UN-AD

Individual Top Times

Time	P/F/S	Event				
Ashlea Garrand (18) W (Yr: SR)						
1:00.89 Y	F	100 Free	11/5/2009	Girls Sec II	Division 2 Championships	UN-AD
Nicolas Garza (15) M						
29.20 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		DELM-AD
1:06.15 Y	F	100 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
1:22.44 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:29.18 Y	P	200 IM	2/11/2010	Section II Championships Large Division		
Megan Gaulin (15) W						
35.82 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		GLFY-AD
1:18.68 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:36.36 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
3:32.30 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational		
Michael Gavin (10) M						
42.57 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet		GLFY-AD
1:37.94 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet		
48.73 Y	F	50 Back	11/15/2009	Pilgrims Pride		
1:15.35 Y	F	50 Breast	11/15/2009	Pilgrims Pride		
Zoe Gavin (10) W						
33.39 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		GLFY-AD
37.54 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:16.75 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
42.29 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships		
43.92 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
54.67 Y	F	50 Breast	11/8/2009	Hometown SplashDown		
45.13 Y	F	50 Fly	12/5/2009	December2009supersplash		
Elizabeth Gawrys (17) W (Yr: SR)						
54.34 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		SARY-AD
1:57.85 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
5:31.10 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010		
1:06.30 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:07.10 Y	F	100 Fly	1/31/2010	Thoroughbred Splash 2010		
2:28.68 Y	F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:13.74 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship		
Joseph Gaynor (12) M						
33.24 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		SCHE-AD
1:22.36 Y	F	100 Free	11/21/2009	Harvest Invitational 2009		
3:11.22 Y	F	200 Free	10/25/2009	Trick or Treat Meet		
39.54 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010		
1:24.43 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
48.27 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010		
1:48.16 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge		
39.36 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:32.37 Y	F	100 IM	11/21/2009	Harvest Invitational 2009		
3:13.43 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge		
Riley Gaynor (7) W						
22.96 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
2:04.25 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
25.72 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships		
Alexandra Gazdik (10) W						
1:02.32 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		GRGF-AD
Nicole Gazdik (11) W						
46.60 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		GRGF-AD
54.98 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010		
54.70 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010		
Joshua Gaze (16) M (Yr: sp)						
31.71 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
34.62 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet		
1:12.26 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:18.59 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		

Individual Top Times

Time	P/F/S	Event				
Joshua Gaze (16) M (Yr: sp)						
1:20.29	L F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet	SCHE-AD	
2:52.74	Y F	200 Free	2/20/2010	Cabin Fever Invitational 2010		
3:08.12	L F	200 Free	5/29/2010	2010 NE MTSC May Specialty Meet		
43.41	Y F	50 Back	12/5/2009	December2009supersplash		
1:24.76	Y F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:36.50	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:47.20	L F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet		
1:51.09	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:59.58	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:03.95	L F	100 Breast	5/29/2010	2010 NE MTSC May Specialty Meet		
39.75	Y F	50 Fly	12/5/2009	December2009supersplash		
1:32.61	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
3:21.41	Y F	200 IM	3/5/2010	AD Silver Short Course Championships		
3:36.42	L F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet		
Mackenzie Gaze (14) W (Yr: sp)						
26.04	Y S	50 Free	12/10/2009	2009 NE NSSC MIT Invitational	SCHE-AD	
30.12	L F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet		
57.90	Y P	100 Free	12/10/2009	2009 NE NSSC MIT Invitational		
1:05.43	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:07.89	L F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet		
2:08.23	Y P	200 Free	12/10/2009	2009 NE NSSC MIT Invitational		
2:34.73	L F	200 Free	5/29/2010	2010 NE MTSC May Specialty Meet		
6:03.64	Y F	500 Free	10/25/2009	Trick or Treat Meet		
1:12.08	Y F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:19.13	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:35.36	Y F	200 Back	12/5/2009	December2009supersplash		
1:17.07	Y P	100 Breast	3/19/2010	AD Gold Short Course Championships		
1:27.03	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:32.87	L F	100 Breast	5/29/2010	2010 NE MTSC May Specialty Meet		
2:41.23	Y P	200 Breast	12/10/2009	2009 NE NSSC MIT Invitational		
3:22.42	L F	200 Breast	5/29/2010	2010 NE MTSC May Specialty Meet		
1:06.73	Y F	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:14.39	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:19.49	L F	100 Fly	5/29/2010	2010 NE MTSC May Specialty Meet		
3:02.02	L F	200 Fly	5/29/2010	2010 NE MTSC May Specialty Meet		
2:25.95	Y P	200 IM	12/10/2009	2009 NE NSSC MIT Invitational		
2:54.96	L F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet		
Bridget Geary (15) W (Yr: FR)						
26.23	Y P	50 Free	11/5/2009	Girls Sec II Division I Championships	UN-AD	
57.48	Y F	100 Free	3/19/2010	AD Gold Short Course Championships		
2:14.50	Y F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
6:25.02	Y F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:39.46	Y F	200 Back	11/15/2009	Pilgrims Pride		
1:11.64	Y P	100 Breast	11/5/2009	Girls Sec II Division I Championships		
2:41.61	Y F	200 Breast	3/19/2010	AD Gold Short Course Championships		
2:29.04	Y F	200 IM	11/15/2009	Pilgrims Pride		
Bryan Geary (17) M						
23.81	Y L P	50 Free	2/11/2010	Section II Championships Large Division		UN-AD
52.50	Y P	100 Free	3/19/2010	AD Gold Short Course Championships		
1:50.55	Y P	200 Free	2/11/2010	Section II Championships Large Division		
5:21.48	Y F	500 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:11.96	Y P	100 Breast	3/19/2010	AD Gold Short Course Championships		
2:37.63	Y F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
56.47	Y P	100 Fly	2/11/2010	Section II Championships Large Division		
2:19.65	Y P	200 Fly	3/19/2010	AD Gold Short Course Championships		
2:12.38	Y P	200 IM	3/19/2010	AD Gold Short Course Championships		
Joshua Geci (8) M						
21.07	Y F	25 Free	1/16/2010	Canajoharie Developmental Meet	CLRK-AD	
43.76	Y F	50 Free	2/27/2010	CVSLeague Championships		
1:47.89	Y F	100 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		

Individual Top Times

Time	P/F/S	Event				
Joshua Geci (8) M						
22.43	Y	F	25	Back	12/5/2009	CVSL Quad Meet
52.37	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
2:16.25	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
25.12	Y	F	25	Fly	3/5/2010	AD Silver Short Course Championships
50.89	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
Luke Geczy (10) M						
33.36	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
38.82	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:15.11	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
40.75	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
46.18	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:40.30	Y	F	100	Back	12/5/2009	December2009supersplash
55.54	Y	F	50	Breast	12/5/2009	December2009supersplash
59.35	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
40.79	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
47.99	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:41.47	Y	F	100	IM	1/8/2010	2010 Starfish Trophy Invitational
1:42.51	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:37.82	Y	F	200	IM	12/5/2009	December2009supersplash
Meghan Geczy (8) W						
19.19	Y	F	25	Free	12/19/2009	Saratoga 12&Under Mini-Meet
39.99	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
45.69	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:30.65	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
22.30	Y	F	25	Back	12/19/2009	Saratoga 12&Under Mini-Meet
45.70	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
51.06	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
29.77	Y	F	25	Breast	12/19/2009	Saratoga 12&Under Mini-Meet
57.29	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
1:02.15	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
22.06	Y	F	25	Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship
58.16	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:43.80	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
2:01.25	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Amber Geddes (16) W						
29.13	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
1:05.52	Y	F	100	Free	1/31/2010	2010 NE GMA VT Invitational
2:26.56	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
1:21.97	Y	F	100	Back	1/8/2010	2010 Starfish Trophy Invitational
1:25.30	Y	F	100	Breast	1/8/2010	2010 Starfish Trophy Invitational
3:06.71	Y	F	200	Breast	1/8/2010	2010 Starfish Trophy Invitational
2:51.81	Y	F	200	IM	1/31/2010	2010 NE GMA VT Invitational
Kaitlyn Geisler (7) W						
26.51	Y	F	25	Free	10/25/2009	Trick or Treat Meet
50.80	Y	F	50	Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
2:09.16	Y	F	100	Free	1/29/2010	Hawks Trials And Finals 2010
x27.03	Y	F	25	Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
57.08	Y	T	50	Back	2/21/2010	HAWK-MVA-BARR
35.11	Y	F	25	Breast	2/21/2010	HAWK-MVA-BARR
1:25.24	Y	F	50	Breast	1/29/2010	Hawks Trials And Finals 2010
2:56.23	Y	F	100	Breast	1/29/2010	Hawks Trials And Finals 2010
1:07.02	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
Sean Geisler (9) M						
42.45	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
44.45	L	F	50	Free	7/9/2010	Hawks Summer Invitational 2010
1:33.01	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
3:42.83	L	F	200	Free	7/9/2010	Hawks Summer Invitational 2010
43.25	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
50.68	L	F	50	Back	7/9/2010	Hawks Summer Invitational 2010

CLRK-AD

GLFY-AD

GLFY-AD

WAVE-AD

HAWK-AD

HAWK-AD

Individual Top Times

Time	P/F/S	Event				
Sean Geisler (9) M						
1:35.27	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
1:50.12	L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
47.64	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
56.81	L	F	50	Breast	7/9/2010	Hawks Summer Invitational 2010
1:50.11	Y	T	100	Breast	2/21/2010	HAWK-MVA-BARR
43.01	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
1:53.77	L	F	100	Fly	7/9/2010	Hawks Summer Invitational 2010
1:58.50	Y	F	100	Fly	1/23/2010	Kingston Snowball Invitational
1:37.62	Y	F	100	IM	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
3:33.15	Y	F	200	IM	1/29/2010	Hawks Trials And Finals 2010
Gretchen Geraghty (13) W						
34.79	Y	F	50	Free	11/15/2009	Pilgrims Pride
38.72	Y	F	50	Back	12/5/2009	December2009supersplash
42.73	Y	F	50	Breast	12/5/2009	December2009supersplash
Lucille Geraghty (13) W						
33.12	Y	F	50	Free	11/15/2009	Pilgrims Pride
39.25	Y	F	50	Back	12/5/2009	December2009supersplash
43.69	Y	F	50	Breast	11/15/2009	Pilgrims Pride
Kaitlyn Gerstler (9) W						
19.93	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
43.69	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
49.20	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
52.95	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:49.45	L	F	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
24.33	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
52.50	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
56.29	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
57.52	L	F	50	Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
29.46	Y	F	25	Breast	3/5/2010	AD Silver Short Course Championships
1:10.51	L	F	50	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:14.32	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:25.23	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Marley Gertler (7) W						
26.70	Y	F	25	Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
x1:12.06	Y	F	50	Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
27.02	Y	F	25	Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
1:11.70	Y	F	50	Back	1/29/2010	Hawks Trials And Finals 2010
Ryan Gertler (10) M						
43.23	Y	F	50	Free	2/21/2010	HAWK-MVA-BARR
1:46.10	Y	F	100	Free	1/23/2010	Kingston Snowball Invitational
3:42.87	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
51.79	Y	F	50	Back	11/15/2009	Pilgrims Pride
2:02.39	Y	F	100	Back	1/29/2010	Hawks Trials And Finals 2010
x1:03.91	Y	F	50	Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
2:09.24	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Leah Giacchetta (15) W (Yr: FR)						
2:23.63	Y	P	200	Free	11/5/2009	Girls Sec II Division I Championships
Isabel Gibbons (17) W (Yr: SR)						
1:11.99	Y	P	100	Back	11/5/2009	Girls Sec II Division I Championships
2:38.11	Y	P	200	IM	11/5/2009	Girls Sec II Division I Championships
Elizabeth Gideon (14) W						
30.83	Y	F	50	Free	11/21/2009	Harvest Invitational 2009
1:10.49	Y	F	100	Free	11/8/2009	Hometown SplashDown
2:47.80	Y	F	200	Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:18.80	Y	F	100	Back	11/21/2009	Harvest Invitational 2009
1:31.31	Y	F	100	Breast	10/25/2009	Trick or Treat Meet
1:27.85	Y	F	100	Fly	11/8/2009	Hometown SplashDown
2:54.77	Y	F	200	IM	10/25/2009	Trick or Treat Meet
Tristan Gifford (9) M						

HAWK-AD

BFIN-AD

BFIN-AD

ALBS-AD

HAWK-AD

HAWK-AD

UN-AD

UN-AD

UN-AD

GRGF-AD

Individual Top Times

Time	P/F/S	Event				
Tristan Gifford (9) M						
25.17	Y	F	25	Free	1/31/2010	Thoroughbred Splash 2010
26.93	Y	F	25	Back	1/31/2010	Thoroughbred Splash 2010
Broc Gilbert (13) W						
51.70	Y	F	50	Free	1/16/2010	Canajoharie Developmental Meet
1:45.55	Y	F	100	Free	1/16/2010	Canajoharie Developmental Meet
1:02.78	Y	F	50	Back	11/14/2009	CVSL First Splash
Ashlynn Gilfillan (12) W						
38.46	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
1:55.95	L	F	100	Breast	5/8/2010	Super Circuit 1 Syracuse
1:45.95	L	F	100	Fly	5/8/2010	Super Circuit 1 Syracuse
Julia Gilfillan (10) W						
41.09	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
1:58.03	L	F	100	Breast	5/8/2010	Super Circuit 1 Syracuse
Carly Gill (11) W						
35.81	Y	F	50	Free	10/10/2009	Ravena Autumn Breeze
1:14.26	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
41.60	Y	F	50	Back	10/10/2009	Ravena Autumn Breeze
1:28.64	Y	F	100	Back	11/15/2009	Pilgrims Pride
49.23	Y	F	50	Breast	10/10/2009	Ravena Autumn Breeze
1:44.58	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
42.42	Y	F	50	Fly	11/15/2009	Pilgrims Pride
1:40.71	Y	F	100	Fly	12/5/2009	December2009supersplash
1:30.96	Y	F	100	IM	11/15/2009	Pilgrims Pride
3:11.70	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
Anisa Gilmour (8) W						
31.74	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
1:02.86	Y	F	50	Free	1/29/2010	Hawks Trials And Finals 2010
2:30.88	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
30.77	Y	F	25	Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
1:11.24	Y	F	50	Back	1/29/2010	Hawks Trials And Finals 2010
x31.60	Y	F	25	Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
Caitlyn Giniel (17) W (Yr: SR)						
6:06.88	Y	F	500	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:39.53	Y	P	200	IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Brittney Ginsburg (18) W (Yr: SR)						
27.70	Y L	F	50	Free	3/19/2010	AD Gold Short Course Championships
59.52	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:13.26	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
5:39.54	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
1:06.42	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
1:16.50	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
2:40.86	Y	P	200	Breast	3/19/2010	AD Gold Short Course Championships
1:05.65	Y	P	100	Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:22.14	Y	F	200	Fly	3/19/2010	AD Gold Short Course Championships
2:21.24	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
4:59.25	Y	P	400	IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
Emily Ginsburg (15) W						
32.15	Y	F	50	Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:10.91	Y	F	100	Free	11/15/2009	Pilgrims Pride
2:34.35	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
7:03.74	Y	F	500	Free	11/21/2009	Harvest Invitational 2009
1:17.54	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:27.85	Y	F	100	Breast	1/8/2010	2010 Starfish Trophy Invitational
3:09.06	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:29.67	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
Evan Ginsburg (15) M						
25.79	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
56.13	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:00.25	Y	F	200	Free	2/11/2010	Section II Championships Large Division

Individual Top Times

Time	P/F/S	Event			
Evan Ginsburg (15) M					
5:40.20	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:05.03	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:22.32	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
1:15.23	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
2:41.95	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
1:03.20	Y	P	100	Fly	2/11/2010 Section II Championships Large Division
2:18.70	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Gianna Gisotti (11) W					
40.39	Y	F	50	Free	10/25/2009 Trick or Treat Meet
1:35.87	Y	F	100	Free	11/15/2009 Pilgrims Pride
51.70	Y	F	50	Back	11/15/2009 Pilgrims Pride
1:49.24	Y	F	100	Back	11/15/2009 Pilgrims Pride
1:07.29	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
Christian Gizara (14) M					
28.05	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
1:00.31	Y	F	100	Free	2/27/2010 CVSLLeague Championships
2:12.03	Y	F	200	Free	1/23/2010 CVSLTri Meet
5:41.93	Y	F	500	Free	1/16/2010 Chris Goody IMX Challenge
1:07.52	Y	F	100	Back	2/27/2010 CVSLLeague Championships
2:31.80	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:18.85	Y	F	100	Breast	12/5/2009 CVSL Quad Meet
2:42.49	Y	P	200	Breast	3/19/2010 AD Gold Short Course Championships
1:10.98	Y	F	100	Fly	12/19/2009 CVSL Quad Meet
2:25.28	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
5:05.79	Y	F	400	IM	1/30/2010 CVSLQuad Meet
Hannah Gizara (10) W					
37.53	Y	F	50	Free	2/27/2010 CVSLLeague Championships
1:28.76	Y	F	100	Free	1/30/2010 CVSLQuad Meet
41.62	Y	F	50	Back	2/27/2010 CVSLLeague Championships
1:34.21	Y	F	100	Back	1/30/2010 CVSLQuad Meet
49.68	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:53.36	Y	F	100	Breast	1/30/2010 CVSLQuad Meet
43.62	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:54.36	Y	F	100	Fly	1/23/2010 CVSLTri Meet
1:33.34	Y	F	100	IM	2/27/2010 CVSLLeague Championships
3:25.63	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Rebecca Glaser (9) W					
19.25	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
44.57	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:47.42	Y	F	100	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
23.12	Y	F	25	Back	1/16/2010 Chris Goody 10&Under Mini-Meet
47.67	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
28.09	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
1:10.98	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
2:08.74	Y	F	100	IM	1/16/2010 Chris Goody 10&Under Mini-Meet
Kate Gnrrep (14) W					
29.49	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:07.48	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:32.84	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
1:18.99	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
2:50.92	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
1:38.71	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:35.41	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
1:33.10	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
2:56.13	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
Daniel Goldberg (11) M					
36.63	Y	F	50	Free	10/18/2009 2009 Ocean Blue Invitational Swim Meet
1:24.63	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
49.65	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational

DELM-AD

CPP-AD

AMST-AD

AMST-AD

ALBS-AD

UN-AD

DELM-AD

Individual Top Times

Time	P/F/S	Event			
Daniel Goldberg (11) M					
1:53.62 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	DELM-AD
49.29 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:50.09 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:42.59 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Alison Golden (10) W					
42.62 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	WAVE-AD
55.17 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
Jenna Goldfarb (15) W (Yr: FR)					
1:04.11 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
2:15.60 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
5:55.21 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:22.22 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:56.14 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
Griffin Goldleaf (8) M					
20.06 Y	F	25 Free	3/13/2010	ESSL Championship 2010	HAWK-AD
50.01 Y	F	50 Free	1/29/2010	Hawks Trials And Finals 2010	
52.08 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:50.57 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:06.97 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
27.77 Y	F	25 Back	2/21/2010	HAWK-MVA-BARR	
56.62 Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010	
1:02.05 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:55.51 Y	F	100 Back	1/29/2010	Hawks Trials And Finals 2010	
33.84 Y	F	25 Breast	2/21/2010	HAWK-MVA-BARR	
1:08.08 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
2:45.65 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:04.59 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Payton Goldleaf (6) W					
28.79 Y	F	25 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	HAWK-AD
x1:03.16 Y	F	50 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
2:25.96 Y	F	100 Free	1/29/2010	Hawks Trials And Finals 2010	
2:32.63 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
31.18 Y	F	25 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
1:03.61 Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010	
1:43.56 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
Shain Goldman (15) M (Yr: sp)					
28.93 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
1:07.36 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
37.47 Y	F	50 Back	12/5/2009	December2009supersplash	
1:17.68 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
43.70 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:32.39 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:22.89 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
35.03 Y	F	50 Fly	12/5/2009	December2009supersplash	
3:04.40 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Jose Gomez (11) M					
37.24 Y	F	50 Free	10/25/2009	Trick or Treat Meet	KING-AD
1:27.19 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational	
3:06.13 Y	F	200 Free	1/23/2010	Kingston Snowball Invitational	
46.45 Y	F	50 Back	12/5/2009	December2009supersplash	
1:45.57 Y	F	100 Back	1/23/2010	Kingston Snowball Invitational	
58.76 Y	F	50 Breast	12/5/2009	December2009supersplash	
2:10.55 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.35 Y	F	50 Fly	12/5/2009	December2009supersplash	
3:38.03 Y	F	200 IM	1/23/2010	Kingston Snowball Invitational	
Samantha Gomez (7) W					
24.24 Y	F	25 Free	10/25/2009	Trick or Treat Meet	KING-AD
50.24 Y	F	50 Free	1/23/2010	Kingston Snowball Invitational	
1:55.90 Y	F	100 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Samantha Gomez (7) W					
28.20 Y	F	25 Back	10/25/2009	Trick or Treat Meet	KING-AD
1:03.44 Y	F	50 Back	1/23/2010	Kingston Snowball Invitational	
2:13.93 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:06.58 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
Adam Goodcoff (16) M					
24.29 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	CPP-AD
51.41 Y	P	100 Free	2/11/2010	Section II Championships Large Division	
1:54.03 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
5:17.07 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:18.08 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:01.23 Y	P	100 Breast	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship	
2:22.16 Y	F	200 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
Kerr Gooden (12) W					
38.14 Y	F	50 Free	11/8/2009	Hometown SplashDown	GLFY-AD
1:22.81 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
46.30 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:37.84 Y	F	100 Back	11/15/2009	Pilgrims Pride	
48.93 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
48.76 Y	F	50 Fly	11/15/2009	Pilgrims Pride	
1:35.72 Y	F	100 IM	11/8/2009	Hometown SplashDown	
Samantha Goodman (13) W					
31.21 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	CLIN-AD
1:08.45 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:20.19 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:27.85 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
36.51 Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:19.19 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:29.01 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:43.80 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
46.25 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
35.52 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:25.62 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:32.49 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.14 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:50.45 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Courtney Goodrich (17) W (Yr: JR)					
27.62 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	DELM-AD
1:05.96 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:18.87 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:12.80 Y	P	100 Breast	11/5/2009	Girls Sec II Division I Championships	
1:28.10 L	F	100 Breast	7/21/2010	2010 Empire State Games	
2:40.24 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:09.27 L	F	200 Breast	7/21/2010	2010 Empire State Games	
1:07.52 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:30.33 Y	F	200 Fly	1/24/2010	Foothills Invitational 2010	
2:22.23 Y	P	200 IM	11/5/2009	Girls Sec II Division I Championships	
2:49.16 L	P	200 IM	7/21/2010	2010 Empire State Games	
5:07.66 Y	F	400 IM	3/19/2010	AD Gold Short Course Championships	
Haley Goodrich (14) W (Yr: 8)					
2:07.32 Y	F	200 Free	11/5/2009	Girls Sec II Division I Championships	UN-AD
5:37.38 Y	F	500 Free	11/5/2009	Girls Sec II Division I Championships	
11:41.31 Y	F	1000 Free	12/5/2009	December2009supersplash	
19:20.29 Y	F	1650 Free	3/19/2010	AD Gold Short Course Championships	
1:13.05 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
2:25.71 Y	F	200 Back	12/5/2009	December2009supersplash	
1:18.87 Y	P	100 Breast	12/10/2009	2009 NE NSSC MIT Invitational	
2:49.97 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:19.74 Y	F	100 Fly	2/20/2010	Cabin Fever Invitational 2010	
2:37.28 Y	F	200 Fly	12/5/2009	December2009supersplash	

Individual Top Times

Time	P/F/S	Event			
Haley Goodrich (14) W (Yr: 8)					
2:30.54	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
5:05.37	Y	F	400	IM	3/19/2010 AD Gold Short Course Championships
Cameron Goodspeed (8) M					
18.59	Y	F	25	Free	1/16/2010 Chris Goody 10&Under Mini-Meet
40.39	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
42.80	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
46.44	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:28.90	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:41.08	L	F	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
3:23.34	Y	F	200	Free	1/16/2010 Chris Goody IMX Challenge
3:29.48	L	F	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
22.98	Y	F	25	Back	11/21/2009 Harvest Invitational 2009
49.35	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
53.36	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
56.82	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:59.00	L	F	100	Back	5/23/2010 Niagara LSC Super Circuit 2 - Southern Tier
26.28	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
58.00	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:04.80	L	F	50	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:08.04	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:16.62	Y	F	100	Breast	1/16/2010 Chris Goody IMX Challenge
2:29.96	L	F	100	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
20.72	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
53.61	Y	F	50	Fly	1/8/2010 2010 Starfish Trophy Invitational
56.79	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:51.96	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Evan Goodspeed (13) M					
27.83	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
30.67	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
59.75	Y	F	100	Free	12/19/2009 Saratoga 12&Under Mini-Meet
1:05.03	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:07.14	L	F	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:05.56	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
2:24.75	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:10.22	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:42.40	Y	F	500	Free	2/26/2010 USA IMX Championships
11:18.37	L	F	800	Free	5/23/2010 Niagara LSC Super Circuit 2 - Southern Tier
12:15.98	Y	F	1000	Free	12/5/2009 December2009supersplash
31.91	Y	F	50	Back	1/24/2010 Foothills Invitational 2010
1:06.38	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:15.04	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:18.20	L	F	100	Back	7/9/2010 Hawks Summer Invitational 2010
2:21.94	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
2:46.90	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
34.39	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
1:15.23	Y	F	100	Breast	12/10/2009 2009 STAR Short Course Invitational
1:26.46	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:27.90	L	P	100	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:41.89	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
3:03.75	L	F	200	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
32.44	Y	F	50	Fly	11/21/2009 Harvest Invitational 2009
1:14.28	Y	F	100	Fly	2/26/2010 USA IMX Championships
1:20.62	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:23.75	L	F	100	Fly	7/9/2010 Hawks Summer Invitational 2010
1:07.28	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
2:25.37	Y	F	200	IM	12/10/2009 2009 STAR Short Course Invitational
5:09.63	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Jesilyn Gopurathingal (10) W					
1:00.97	Y	F	50	Free	12/5/2009 CVSL Quad Meet
2:08.27	Y	F	100	Free	1/30/2010 CVSLQuad Meet

DELM-AD

EELS-AD

EELS-AD

DLHI-AD

Individual Top Times

Time	P/F/S	Event			
Jesilyn Gopurathingal (10) W					
DLHI-AD					
1:03.22	Y	F	50 Back	12/19/2009	CVSL Quad Meet
2:13.70	Y	F	100 Back	1/30/2010	CVSLQuad Meet
1:13.95	Y	F	50 Breast	12/19/2009	CVSL Quad Meet
2:28.22	Y	F	100 Breast	1/30/2010	CVSLQuad Meet
Eileen Goralski (16) W (Yr: JR)					
GLFY-AD					
26.67	Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships
30.55	L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010
57.57	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:04.08	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:05.38	L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
2:03.74	Y	P	200 Free	3/19/2010	AD Gold Short Course Championships
2:24.44	L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010
5:07.90	L	F	400 Free	7/9/2010	Hawks Summer Invitational 2010
5:41.23	Y	P	500 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
11:31.63	Y	F	1000 Free	12/5/2009	December2009supersplash
19:50.91	Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational
1:18.63	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:27.97	Y	P	200 Back	3/19/2010	AD Gold Short Course Championships
2:58.77	L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010
1:07.77	Y	F	100 Breast	11/5/2009	Girls Sec II Division 2 Championships
1:16.03	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:18.63	L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010
2:26.03	Y	T	200 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:49.14	L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010
1:00.89	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:08.83	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:13.07	L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010
2:14.53	Y	T	200 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:16.22	Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:37.97	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
4:48.72	Y	T	400 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Jessica Gordon (8) W					
ALBS-AD					
17.37	Y	F	25 Free	3/5/2010	AD Silver Short Course Championships
38.71	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
43.61	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:28.97	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:35.63	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
21.22	Y	F	25 Back	11/21/2009	Harvest Invitational 2009
44.53	Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational
51.97	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:37.32	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
23.77	Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships
50.39	Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational
54.74	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
19.23	Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships
44.41	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
52.76	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:32.18	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
3:50.84	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Luther Gordon (12) M					
ALBS-AD					
29.80	Y	F	50 Free	10/25/2009	Trick or Treat Meet
1:07.54	L L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:04.43	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:10.21	L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:10.95	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:27.59	Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational
2:29.68	L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
6:20.66	Y	F	500 Free	3/5/2010	AD Silver Short Course Championships
33.89	Y	P	50 Back	3/19/2010	AD Gold Short Course Championships
36.36	L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
Luther Gordon (12) M			ALBS-AD		
1:13.38	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:20.16	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:22.79	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:38.29	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
2:52.25	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
36.36	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
39.91	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:22.97	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
1:29.98	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:30.25	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:53.34	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
3:10.16	L	P	200	Breast	8/11/2010 2010 Eastern Zone LC Championships
36.03	Y	F	50	Fly	2/20/2010 Cabin Fever Invitational 2010
37.06	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:17.58	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
1:26.27	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:12.73	Y	P	100	IM	3/19/2010 AD Gold Short Course Championships
2:40.39	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
2:58.41	L	F	200	IM	5/21/2010 Internationale CNPPO
Ryan Gordon (14) M			ALBS-AD		
23.39	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
26.11	L	F	50	Free	8/11/2010 2010 Eastern Zone LC Championships
51.25	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
58.68	L	P	100	Free	8/11/2010 2010 Eastern Zone LC Championships
1:47.87	Y	P	200	Free	3/4/2011 2011 NYSPHSAA Swimming & Diving Championship
2:09.28	L	P	200	Free	8/11/2010 2010 Eastern Zone LC Championships
4:44.44	L	P	400	Free	7/8/2010 Niagara Long Course Classic
4:49.46	Y	P	500	Free	3/4/2011 2011 NYSPHSAA Swimming & Diving Championship
19:17.54	L	F	1500	Free	7/23/2010 2010 Adirondack Long Course District Champion
26.68	Y L	F	50	Back	4/1/2010 2010 Eastern Zone SC Swimming Championships
1:03.21	L L	F	50	Back	8/11/2010 2010 Eastern Zone LC Championships
55.32	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:03.49	L	F	100	Back	8/11/2010 2010 Eastern Zone LC Championships
2:01.51	Y	F	200	Back	4/1/2010 2010 Eastern Zone SC Swimming Championships
2:21.60	L	P	200	Back	8/11/2010 2010 Eastern Zone LC Championships
1:09.77	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
1:16.68	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
57.09	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
1:07.67	L	P	100	Fly	7/8/2010 Niagara Long Course Classic
2:12.76	Y	F	200	Fly	3/19/2010 AD Gold Short Course Championships
2:13.80	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
2:27.14	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Eric Gorman (10) M			KING-AD		
35.60	Y	F	50	Free	10/25/2009 Trick or Treat Meet
43.72	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:21.96	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
42.63	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
48.89	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:32.39	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
54.48	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
57.51	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:49.70	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
41.38	Y	F	50	Fly	3/19/2010 AD Gold Short Course Championships
49.34	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:27.53	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
1:49.74	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Rachel Gorman (12) W			KING-AD		
33.70	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:19.83	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:34.23	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon

Individual Top Times

Time	P/F/S	Event			
Rachel Gorman (12) W					
					KING-AD
43.76 Y	F	50 Back	12/5/2009	December2009supersplash	
1:38.84 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:51.05 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.91 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:53.61 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
40.87 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.10 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:27.01 Y	F	200 IM	1/23/2010	Kingston Snowball Invitational	
Camille Gossin (11) W					
					CLIN-AD
32.96 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
38.21 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
41.80 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.12 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:27.79 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:36.31 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:58.56 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
6:40.21 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:00.42 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
41.39 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships	
47.67 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
48.08 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.81 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:45.95 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
51.39 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:01.78 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:56.89 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
45.89 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
53.45 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
56.29 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:40.96 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:30.26 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
1:49.10 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:18.45 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:44.96 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Emma Gottung (10) W					
					GLOY-AD
46.93 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:07.15 Y	F	50 Back	1/24/2010	Foothills Invitational 2010	
Benjamin Gould (10) M					
					SCHE-AD
46.69 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
1:43.74 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
56.03 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
2:06.72 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:07.40 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:11.21 Y	F	50 Fly	11/8/2009	Hometown SplashDown	
Broderick Gould (13) M					
					SCHE-AD
34.24 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
39.34 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
1:20.94 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
1:24.51 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.50 L	F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
2:55.90 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
3:12.79 L	F	200 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
41.21 Y	F	50 Back	12/5/2009	December2009supersplash	
43.96 L	F	50 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:26.79 Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge	
1:37.51 L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:40.87 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
41.65 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
47.94 L	F	50 Breast	5/29/2010	2010 NE MTSC May Specialty Meet	
1:37.14 Y	F	100 Breast	11/15/2009	Pilgrims Pride	

Individual Top Times

Time	P/F/S	Event			
Broderick Gould (13) M					
1:42.03	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:44.31	L	F	100	Breast	5/29/2010 2010 NE MTSC May Specialty Meet
43.89	Y	F	50	Fly	1/31/2010 Thoroughbred Splash 2010
47.90	L	F	50	Fly	5/29/2010 2010 NE MTSC May Specialty Meet
1:50.52	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:28.12	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
3:13.75	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
Emma Grabek (15) W (Yr: FR)					
29.59	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:05.93	Y	F	100	Free	12/5/2009 December2009supersplash
2:24.25	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
6:20.37	Y	F	500	Free	1/31/2010 Thoroughbred Splash 2010
1:10.83	Y	P	100	Back	11/5/2009 Girls Sec II Division I Championships
2:33.39	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:24.73	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
2:59.71	Y	F	200	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:18.22	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:37.55	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Meaghan Graham (16) W (Yr: sp)					
33.17	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:13.29	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:14.07	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:34.89	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:33.84	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:20.43	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:21.95	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:55.41	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:40.43	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:24.97	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
3:02.58	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Camila Grande (16) W					
27.92	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:01.48	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:17.83	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
1:20.08	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
1:33.00	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:11.17	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:47.38	Y	F	200	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:46.27	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
Cristina Grandjacquet (17) W (Yr: SR)					
25.80	Y	P	50	Free	11/5/2009 Girls Sec II Division I Championships
5:38.52	Y	F	500	Free	11/5/2009 Girls Sec II Division I Championships
Adam Gravett (12) M					
41.06	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:39.45	Y	F	100	Free	12/19/2009 Saratoga 12&Under Mini-Meet
55.17	Y	F	50	Back	12/19/2009 Saratoga 12&Under Mini-Meet
1:54.43	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:01.02	Y	F	50	Breast	11/15/2009 Pilgrims Pride
Alayna Gray (6) W					
25.87	Y	F	25	Free	1/24/2010 Foothills Invitational 2010
56.43	Y	F	50	Free	1/24/2010 Foothills Invitational 2010
29.62	Y	F	25	Back	1/24/2010 Foothills Invitational 2010
Jonathan Gray (10) M					
39.58	Y	F	50	Free	10/18/2009 2009 Ocean Blue Invitational Swim Meet
44.30	Y	F	50	Back	10/18/2009 2009 Ocean Blue Invitational Swim Meet
Anna Greene (12) W					
31.33	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:11.93	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:47.02	Y	F	200	Free	1/16/2010 Canajoharie Developmental Meet

Individual Top Times

Time	P/F/S	Event				
Anna Greene (12) W						
39.55 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet		CLRK-AD
1:23.52 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
2:56.55 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
39.93 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:29.10 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
3:16.00 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
37.72 Y	F	50 Fly	2/27/2010	CVSLLeague Championships		
1:18.39 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
2:51.94 Y	F	200 IM	1/30/2010	CVSLQuad Meet		
Megan Greene (9) W						
26.56 Y	F	25 Free	11/21/2009	CVSL Quad Meet		CLRK-AD
49.13 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		
26.34 Y	F	25 Back	1/16/2010	Canajoharie Developmental Meet		
57.60 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
30.24 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships		
1:01.93 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
32.43 Y	F	25 Fly	1/16/2010	Canajoharie Developmental Meet		
2:01.27 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Jordan Gregg (16) M						
23.75 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		AMST-AD
53.74 Y	P	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:57.81 Y	P	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
5:09.52 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships		
18:40.90 Y	F	1650 Free	3/19/2010	AD Gold Short Course Championships		
1:03.47 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
2:23.15 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:09.87 Y	F	100 Breast	2/27/2010	CVSLLeague Championships		
2:32.96 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
58.42 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
2:16.45 Y	F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:09.85 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships		
4:42.20 Y	P	400 IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
Margaret Gregory (12) W						
32.00 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
1:07.76 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:23.11 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
6:22.37 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
37.65 Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships		
1:18.93 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
2:49.38 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
43.68 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
1:36.61 Y	F	100 Breast	11/15/2009	Pilgrims Pride		
3:30.32 Y	F	200 Breast	12/5/2009	December2009supersplash		
36.37 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:24.63 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
1:20.31 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
2:46.75 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
6:04.24 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge		
Mark Gregory (8) M						
18.76 Y	F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet		SCHE-AD
40.23 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet		
1:24.45 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
22.09 Y	F	25 Back	1/31/2010	Thoroughbred Splash 2010		
46.30 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships		
1:37.49 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
28.89 Y	F	25 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet		
1:03.80 Y	F	50 Breast	12/5/2009	December2009supersplash		
21.98 Y	F	25 Fly	1/16/2010	Chris Goody 10&Under Mini-Meet		
50.42 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships		
1:39.38 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		

Individual Top Times

Time	P/F/S	Event			
Michael Gregory (14) M					
					SCHE-AD
30.90 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
1:06.69 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:21.00 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:25.26 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:19.79 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:47.67 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:37.21 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
3:23.68 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
35.35 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:20.00 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:52.67 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:47.22 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
5:51.50 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Marco Greico (9) M					
					NHA-AD
23.51 Y	F	25 Free	1/16/2010	Canajoharie Developmental Meet	
53.94 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
26.60 Y	F	25 Back	1/16/2010	Canajoharie Developmental Meet	
Abigail Griffin (12) W					
					NHA-AD
38.41 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
1:23.20 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
44.02 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	
Madalyn Griffin (16) W					
					NTS-AD
30.74 Y	F	50 Free	1/23/2010	Kingston Snowball Invitational	
1:08.57 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational	
1:23.44 Y	F	100 Back	1/23/2010	Kingston Snowball Invitational	
1:23.21 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
Emma Griffith (12) W					
					ALBS-AD
30.94 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
33.33 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:06.37 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:15.55 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:18.21 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:25.50 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:42.19 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:43.18 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:34.83 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
23:19.15 L	F	1500 Free	7/9/2010	Hawks Summer Invitational 2010	
37.57 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
43.63 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:18.33 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:27.98 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.65 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:47.81 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
3:14.59 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010	
42.35 Y	F	50 Breast	12/5/2009	December2009supersplash	
51.17 L	P	50 Breast	5/21/2010	Internationale CNPPO	
1:36.26 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
1:48.55 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:51.70 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:27.41 Y	F	200 Breast	12/5/2009	December2009supersplash	
37.37 Y	F	50 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
38.31 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:31.31 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:38.20 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:42.18 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:18.52 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:51.28 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:12.75 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Alayna Mackenzie Griffiths (11) W					
					ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Alayna Mackenzie Griffiths (11) W					
46.61 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	ALBS-AD
1:42.99 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:36.36 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
50.05 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:53.43 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
54.07 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
2:00.95 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
53.25 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:44.74 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Cassidy Griger (16) W					
27.09 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	CLRK-AD
59.07 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:10.41 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
5:45.55 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
32.56 Y L	F	50 Back	1/30/2010	CVSLQuad Meet	
1:09.43 Y	F	100 Back	11/14/2009	CVSL First Splash	
2:27.75 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:20.24 Y	F	100 Breast	11/21/2009	CVSL Quad Meet	
2:45.08 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:06.71 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:28.12 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:25.29 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
5:13.18 Y	F	400 IM	1/30/2010	CVSLQuad Meet	
Delilah Griger (9) W					
35.84 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CLRK-AD
1:17.59 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:50.96 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
46.53 Y L	F	50 Back	1/30/2010	CVSLQuad Meet	
1:39.11 Y	F	100 Back	12/19/2009	CVSL Quad Meet	
50.63 Y	F	50 Breast	12/5/2009	CVSL Quad Meet	
1:47.16 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
44.76 Y	F	50 Fly	2/27/2010	CVSLLeague Championships	
1:35.20 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Eden Griger (13) W					
28.23 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	CLRK-AD
1:01.76 Y	F	100 Free	2/27/2010	CVSLLeague Championships	
2:18.09 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
6:04.60 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
32.28 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:13.62 Y	F	100 Back	12/5/2009	CVSL Quad Meet	
2:41.52 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
41.23 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:29.36 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
31.70 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:13.67 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:11.86 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:33.86 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Tessa Griger (12) W					
32.96 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CLRK-AD
1:12.29 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
2:40.30 Y	F	200 Free	1/16/2010	Canajoharie Developmental Meet	
6:59.29 Y	F	500 Free	1/30/2010	CVSLQuad Meet	
36.19 Y L	F	50 Back	1/30/2010	CVSLQuad Meet	
1:17.41 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:45.91 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.10 Y	F	50 Breast	11/21/2009	CVSL Quad Meet	
34.67 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:14.92 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:21.43 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Kelly Griggs (12) W					
					CPP-AD
36.61 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:21.36 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
3:03.82 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
8:12.99 Y	F	500 Free	11/21/2009	Harvest Invitational 2009	
44.36 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
3:25.76 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.54 Y	F	50 Breast	11/21/2009	Harvest Invitational 2009	
1:39.47 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
46.81 Y	F	50 Fly	10/25/2009	Trick or Treat Meet	
1:32.05 Y	F	100 IM	11/15/2009	Pilgrims Pride	
Devin Gritman (15) M					
					KING-AD
32.99 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:10.18 Y	F	100 Free	11/15/2009	Pilgrims Pride	
2:31.99 Y	P	200 Free	12/11/2009	CT SNCO 9th Annual Hutchinson	
6:36.69 Y	F	500 Free	12/11/2009	CT SNCO 9th Annual Hutchinson	
1:22.17 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:50.80 Y	F	200 Back	12/5/2009	December2009supersplash	
1:36.46 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:23.57 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:39.90 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
3:29.88 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
3:01.72 Y	F	200 IM	12/5/2009	December2009supersplash	
Dustin Gritman (13) M					
					KING-AD
29.20 Y	F	50 Free	12/5/2009	December2009supersplash	
1:04.27 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:15.92 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
5:58.54 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
13:35.82 Y	F	1000 Free	1/23/2010	Kingston Snowball Invitational	
36.10 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:15.76 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:40.22 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
39.08 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:27.62 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
3:08.83 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
37.81 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:22.95 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
3:02.60 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
1:17.17 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:43.27 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Dylan Gritman (17) M					
					KING-AD
27.34 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
57.97 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:02.79 Y	P	200 Free	2/11/2010	Section 9 Championships	
5:17.62 Y	F	500 Free	2/11/2010	Section 9 Championships	
11:17.30 Y	F	1000 Free	1/23/2010	Kingston Snowball Invitational	
18:48.76 Y	F	1650 Free	12/11/2009	CT SNCO 9th Annual Hutchinson	
1:10.44 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:26.45 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:17.40 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:44.42 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:11.81 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:32.89 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:21.63 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
5:06.50 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Amanda Grossman (15) W					
					USAM-AD
27.08 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
31.72 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
59.83 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:07.40 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:11.69 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Amanda Grossman (15) W					
USAM-AD					
2:35.40	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:08.24	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:16.64	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:19.50	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:38.94	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:23.37	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Emma Grover (8) W					
CLRK-AD					
28.34	Y	F	25	Free	2/27/2010 CVSLLeague Championships
26.98	Y	F	25	Back	2/27/2010 CVSLLeague Championships
37.19	Y	F	25	Breast	2/27/2010 CVSLLeague Championships
Lucas Grover (11) M					
CLRK-AD					
39.47	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:29.54	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
51.13	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:00.80	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:12.19	Y	F	50	Fly	2/27/2010 CVSLLeague Championships
Malena Groves (11) W					
BSPA-AD					
44.79	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
1:44.43	Y	F	100	Free	2/20/2010 Cabin Fever Invitational 2010
58.91	Y	F	50	Back	11/21/2009 Harvest Invitational 2009
Robert Grygiel (10) M					
ALBS-AD					
41.01	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
47.88	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
51.47	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:43.40	Y	F	100	Free	11/21/2009 Harvest Invitational 2009
1:54.38	L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
3:34.68	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
46.66	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
56.24	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
56.52	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:02.34	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:00.95	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:05.59	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:06.73	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:16.12	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:17.60	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
56.80	Y	F	50	Fly	12/19/2009 Saratoga 12&Under Mini-Meet
58.53	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:05.34	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:54.43	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
2:10.15	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
4:21.21	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Catherine Grygiel (15) W (Yr: FR)					
ALBS-AD					
28.71	Y	P	50	Free	12/10/2009 2009 STAR Short Course Invitational
31.82	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:02.28	Y	P	100	Free	11/5/2009 Girls Sec II Division I Championships
1:07.76	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:08.30	L	P	100	Free	5/21/2010 Internationale CNPPO
2:11.77	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
2:25.69	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:12.40	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
6:00.13	Y	F	500	Free	1/8/2010 2010 Starfish Trophy Invitational
39.21	L	P	50	Back	5/21/2010 Internationale CNPPO
1:13.22	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
1:19.28	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:23.75	L	P	100	Back	5/21/2010 Internationale CNPPO
2:39.05	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
3:02.06	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:27.90	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Catherine Grygiel (15) W (Yr: FR)					
1:38.05	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:39.98	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
37.20	L	P	50 Fly	5/21/2010	Internationale CNPPO
1:21.33	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:40.75	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
2:56.22	L	P	200 IM	5/21/2010	Internationale CNPPO
Leah Grzybowski (11) W					
31.38	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
36.55	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:12.30	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
7:44.14	Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010
39.80	Y	F	50 Back	11/21/2009	Harvest Invitational 2009
44.03	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:32.03	Y	F	100 Back	11/15/2009	Pilgrims Pride
43.11	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
48.49	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:37.18	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
37.71	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
41.72	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:24.94	Y	F	100 IM	11/15/2009	Pilgrims Pride
1:33.12	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:05.63	Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010
Jaydan Guasp (9) W					
57.53	Y	F	50 Free	1/24/2010	Foothills Invitational 2010
58.26	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
58.28	Y	F	50 Breast	1/24/2010	Foothills Invitational 2010
Amanda Guido (12) W					
33.10	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:17.40	Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet
41.75	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
43.27	Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010
1:36.10	Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
41.28	Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010
1:28.77	Y	F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet
3:10.94	Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Emma Guilfoil (10) W					
43.50	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
49.22	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:47.80	Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational
53.43	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:02.36	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:00.25	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:02.75	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Lauren Guilfoil (11) W					
32.98	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
37.38	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:19.97	Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational
40.97	Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational
44.03	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:35.25	Y	F	100 Back	11/15/2009	Pilgrims Pride
48.74	Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational
54.61	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:53.52	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
42.89	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
46.14	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:32.15	Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational
1:41.54	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:40.94	Y	F	200 IM	12/5/2009	December2009supersplash
Andrew Guinther (18) M					

ALBS-AD

CPP-AD

SVP-AD

GRGF-AD

GLFY-AD

GLFY-AD

GLFY-AD

Individual Top Times

Time	P/F/S	Event			
Andrew Guinther (18) M			GLFY-AD		
22.87 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
49.44 Y	F	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
57.69 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
57.72 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
1:45.67 Y	F	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:08.27 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
56.30 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:07.07 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:06.32 Y	T	200 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
57.75 Y	F	100 Breast	2/11/2010	Section II Championships Small Division	
1:08.91 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:11.82 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:09.90 Y	F	200 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:37.75 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
54.16 Y	F	100 Fly	11/15/2009	Pilgrims Pride	
1:02.25 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:03.77 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:07.48 Y	P	200 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:56.65 Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:20.35 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
4:23.29 Y	T	400 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Emily Guinther (12) W			GLFY-AD		
28.97 Y	P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:10.51 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:21.48 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:13.41 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:18.60 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
40.47 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:23.76 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:34.16 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
30.04 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:10.66 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:17.12 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.31 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:36.92 Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Rachel Guinther (12) W			GLFY-AD		
30.43 Y L	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:04.59 Y	P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:13.36 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
33.63 Y	P	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:20.65 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:43.17 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.11 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:38.92 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Emily Gulitti (14) W			HAWK-AD		
28.65 Y	F	50 Free	2/21/2010	HAWK-MVA-BARR	
32.41 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:00.06 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:12.63 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:14.77 Y	F	200 Free	3/13/2010	ESSL Championship 2010	
2:41.47 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
6:01.50 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
12:51.01 Y	F	1000 Free	11/20/2009	2009 MR AG Early Bird Invitational	
22:19.18 L	F	1500 Free	7/9/2010	Hawks Summer Invitational 2010	
33.26 Y	F	50 Back	12/5/2009	December2009supersplash	
1:12.20 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:25.04 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:32.26 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
3:00.31 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
40.45 Y	F	50 Breast	12/5/2009	December2009supersplash	

Individual Top Times

Time	P/F/S	Event			
Emily Gulitti (14) W					
					HAWK-AD
x1:24.62	Y	F	100 Breast	2/21/2010	HAWK-MVA-BARR
1:39.02	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:57.22	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
31.45	Y	F	50 Fly	3/13/2010	ESSL Championship 2010
1:16.11	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
1:26.05	L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:42.27	Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships
3:31.52	L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:30.24	Y	P	200 IM	3/19/2010	AD Gold Short Course Championships
3:06.61	L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
5:22.57	Y	F	400 IM	3/5/2010	AD Silver Short Course Championships
6:43.66	L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion
Nicholas Gulitti (14) M					
					HAWK-AD
26.92	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
30.82	L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010
58.96	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:06.43	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:09.02	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
2:25.71	L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
5:52.85	Y	F	500 Free	2/26/2010	USA IMX Championships
12:41.71	Y	F	1000 Free	12/5/2009	December2009supersplash
20:37.06	Y	F	1650 Free	1/29/2010	Hawks Trials And Finals 2010
33.25	Y	F	50 Back	12/5/2009	December2009supersplash
1:06.21	Y	F	100 Back	3/19/2010	AD Gold Short Course Championships
1:17.56	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
2:20.92	Y	F	200 Back	3/19/2010	AD Gold Short Course Championships
2:41.43	L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
34.96	Y	F	50 Breast	12/5/2009	December2009supersplash
1:14.35	Y	F	100 Breast	3/13/2010	ESSL Championship 2010
1:23.10	L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:46.11	Y	F	200 Breast	2/26/2010	USA IMX Championships
3:06.11	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:06.32	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:19.16	L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:47.87	Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge
1:08.43	Y	F	100 IM	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
2:20.66	Y	F	200 IM	3/19/2010	AD Gold Short Course Championships
2:42.77	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
5:08.45	Y	F	400 IM	3/5/2010	AD Silver Short Course Championships
5:48.01	L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion
Derin Gumustop (9) M					
					DELM-AD
17.01	Y	F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet
35.06	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:19.88	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
22.16	Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
25.90	Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet
50.70	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
26.57	Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet
48.11	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
1:33.70	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
Selin Gumustop (12) W					
					DELM-AD
29.79	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
1:06.99	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
34.54	Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational
1:18.27	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
41.48	Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet
1:26.99	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
34.38	Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships
1:16.34	Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational
2:47.77	Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational

Individual Top Times

Time	P/F/S	Event			
Paige Gundermann (11) W					
36.74 Y	F	50 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	SSCY-AD
1:19.67 Y	F	100 Free	12/12/2009	Amsterdam Sea Rams Invitational	
42.04 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
45.36 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.97 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:23.47 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Nicole Gusse (11) W					
51.61 Y	F	50 Free	12/5/2009	CVSL Quad Meet	CANA-AD
1:59.10 Y	F	100 Free	12/5/2009	CVSL Quad Meet	
1:02.67 Y	F	50 Back	12/5/2009	CVSL Quad Meet	
Helen Gutelius (11) W					
47.21 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	CPP-AD
1:45.02 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
57.93 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
27:46:39.00 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
53.86 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:03.12 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
58.98 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:05.76 Y	F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet	
Justin Guyette (12) M					
41.96 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	DELM-AD
56.61 Y	F	50 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
2:02.49 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
Zoey Haar (13) W					
28.09 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	BENN-AD
1:02.32 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
34.09 Y	F	50 Back	12/5/2009	December2009supersplash	
1:11.76 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
31.74 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:10.26 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:45.66 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Justin Hafner (13) M					
29.69 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	GRGF-AD
1:07.24 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
37.17 Y	F	50 Back	12/5/2009	December2009supersplash	
49.42 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:32.83 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
36.36 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:16.98 Y	F	100 Fly	1/31/2010	Thoroughbred Splash 2010	
1:24.37 Y	F	100 IM	11/8/2009	Hometown SplashDown	
Georgia Hale (12) W					
35.60 Y	F	50 Free	3/6/2010	Under The Big Top	UN-AD
37.95 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:32.00 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
42.96 Y	F	50 Back	3/6/2010	Under The Big Top	
49.62 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:47.87 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
50.03 Y	F	50 Breast	3/6/2010	Under The Big Top	
55.88 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:12.09 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
4:52.41 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
47.75 Y	F	50 Fly	3/6/2010	Under The Big Top	
51.58 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
Joshua Hale (10) M					
32.99 Y	F	50 Free	3/6/2010	Under The Big Top	UN-AD
36.64 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.95 Y	F	100 Free	3/6/2010	Under The Big Top	
1:27.29 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse	
38.79 Y	F	50 Back	3/6/2010	Under The Big Top	

Individual Top Times

Time	P/F/S	Event			
Joshua Hale (10) M			SSAC-AD		
46.14 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:39.88 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
47.63 Y	F	50 Breast	3/6/2010	Under The Big Top	
50.77 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:50.12 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
48.54 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:54.89 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
3:35.86 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Shannon Haley (12) W			SARY-AD		
35.68 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:20.62 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
48.61 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
50.17 Y	F	50 Breast	10/25/2009	Trick or Treat Meet	
1:43.16 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:34.04 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Dana Hallam (17) W (Yr: JR)			ALBS-AD		
26.83 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
30.42 L	P	50 Free	7/8/2010	Niagara Long Course Classic	
57.35 Y	P	100 Free	11/5/2009	Girls Sec II Division I Championships	
1:06.78 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:06.92 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:05.76 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:26.09 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:01.36 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:36.27 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
10:40.48 L	F	800 Free	7/8/2010	Niagara Long Course Classic	
11:49.27 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
20:33.74 L	F	1500 Free	7/23/2010	2010 Adirondack Long Course District Champion	
19:18.46 Y	F	1650 Free	3/19/2010	AD Gold Short Course Championships	
1:08.63 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:19.40 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:21.01 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.66 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:28.40 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:31.02 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:48.82 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:09.75 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:21.50 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:23.86 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:47.94 L	P	200 IM	7/8/2010	Niagara Long Course Classic	
Paige Halliday (8) W			DELM-AD		
23.96 Y	F	25 Free	10/10/2009	Ravena Autumn Breeze	
45.27 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
24.89 Y	F	25 Back	10/10/2009	Ravena Autumn Breeze	
53.50 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:01.50 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
Leigha Hall (15) W			CDY-AD		
32.54 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:15.93 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
1:23.36 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:39.67 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:14.67 Y	F	200 IM	1/24/2010	Foothills Invitational 2010	
Phebe Hall (11) W			BENN-AD		
32.80 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:16.91 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
2:48.79 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
38.39 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:22.42 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:54.36 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Phebe Hall (11) W					
41.64 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	BENN-AD
1:33.51 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
39.38 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:23.83 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Spencer Hall (14) M					
30.38 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	WAVE-AD
1:06.86 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:22.51 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
39.90 Y	F	50 Back	12/5/2009	December2009supersplash	
1:20.59 Y	F	100 Back	1/31/2010	2010 NE GMA VT Invitational	
2:54.07 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
45.30 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:40.45 Y	F	100 Breast	10/25/2009	Trick or Treat Meet	
3:15.26 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
38.96 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:25.31 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:49.03 Y	F	200 IM	2/20/2010	Cabin Fever Invitational 2010	
Taylor Hall (16) W					
29.82 Y	F	50 Free	1/31/2010	2010 NE GMA VT Invitational	WAVE-AD
1:04.24 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:16.69 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
34.29 Y	F	50 Back	12/5/2009	December2009supersplash	
1:12.29 Y	F	100 Back	1/31/2010	2010 NE GMA VT Invitational	
2:35.68 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
41.10 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:24.09 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:59.02 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
32.18 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:12.62 Y	F	100 Fly	2/20/2010	Cabin Fever Invitational 2010	
2:34.37 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
5:29.87 Y	F	400 IM	1/31/2010	2010 NE GMA VT Invitational	
Jackson Hameline (8) M					
27.88 Y	F	25 Free	1/31/2010	2010 NE GMA VT Invitational	ADDI-AD
1:00.23 Y	F	50 Free	1/31/2010	2010 NE GMA VT Invitational	
32.29 Y	F	25 Back	1/8/2010	2010 NE GMA Winter Knights Invite	
Katherine Hamlin (10) W					
40.51 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CLIN-AD
44.14 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.82 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:26.98 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:35.44 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:08.53 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:27.35 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
47.31 Y	F	50 Back	12/12/2009	Amsterdam Sea Rams Invitational	
55.86 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:51.91 L L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:43.63 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:51.09 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
57.71 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:08.71 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:05.90 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
55.45 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:00.24 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:50.28 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:04.29 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Amea Hammonds (12) W					
x42.70 Y L	F	50 Free	11/21/2009	CVSL Quad Meet	AMST-AD
1:41.07 Y	F	100 Free	11/21/2009	CVSL Quad Meet	
48.16 Y	F	50 Back	11/21/2009	CVSL Quad Meet	

Individual Top Times

Time	P/F/S	Event				
Amea Hammonds (12) W						
49.04 Y	F	50 Breast	11/21/2009	CVSL Quad Meet		AMST-AD
Jordan Hammons (12) W						
34.73 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		CANA-AD
1:19.40 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
39.78 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
1:03.06 Y	F	50 Breast	2/27/2010	CVSL League Championships		
42.33 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:47.23 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
1:36.29 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Allyssa Hampson (15) W						
31.79 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		NTS-AD
1:10.81 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:35.39 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
7:13.12 Y	F	500 Free	1/23/2010	Kingston Snowball Invitational		
1:29.31 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
3:05.54 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
1:33.54 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:44.91 Y	F	100 Fly	12/12/2009	Amsterdam Sea Rams Invitational		
3:17.60 Y	F	200 IM	1/23/2010	Kingston Snowball Invitational		
Hadassah Hampton (9) W						
28.04 Y	F	25 Free	11/15/2009	Pilgrims Pride		SSAC-AD
44.16 Y	F	50 Free	3/6/2010	Under The Big Top		
50.42 L	F	50 Free	5/8/2010	Super Circuit 1 Syracuse		
1:52.26 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse		
1:53.76 Y	F	100 Free	3/6/2010	Under The Big Top		
24.97 Y	F	25 Back	12/19/2009	OLSC Winter Wonderland Meet		
52.99 Y	F	50 Back	3/6/2010	Under The Big Top		
1:00.18 Y	F	50 Breast	3/6/2010	Under The Big Top		
2:19.34 L	F	100 Breast	5/8/2010	Super Circuit 1 Syracuse		
34.14 Y	F	25 Fly	12/19/2009	OLSC Winter Wonderland Meet		
Stephanie Hand (11) W						
39.95 Y L	F	50 Free	11/8/2009	Hometown SplashDown		GRGF-AD
48.13 Y	F	50 Back	11/8/2009	Hometown SplashDown		
46.14 Y	F	50 Breast	11/8/2009	Hometown SplashDown		
Mark Hanfin (18) M						
23.27 Y	F	50 Free	11/21/2009	CVSL Quad Meet		CANA-AD
48.35 Y	F	100 Free	2/11/2010	Section II Championships Small Division		
1:45.86 Y	F	200 Free	2/11/2010	Section II Championships Small Division		
1:01.59 Y	F	100 Back	11/21/2009	CVSL Quad Meet		
2:14.36 Y	F	200 Back	1/24/2010	Foothills Invitational 2010		
1:01.64 Y	F	100 Fly	1/24/2010	Foothills Invitational 2010		
2:15.48 Y	F	200 IM	1/24/2010	Foothills Invitational 2010		
Lincoln Hanno (18) M						
25.40 Y	F	50 Free	10/25/2009	October 25, 2009		TBS-AD
56.79 Y	F	100 Free	10/25/2009	October 25, 2009		
31.68 Y	F	50 Breast	10/25/2009	October 25, 2009		
2:41.40 Y	F	200 IM	10/25/2009	October 25, 2009		
Robert Hannum (14) M						
30.12 Y	F	50 Free	12/19/2009	CVSL Quad Meet		DLHI-AD
1:12.64 Y	F	100 Free	12/5/2009	CVSL Quad Meet		
x37.30 Y L	F	50 Back	12/19/2009	CVSL Quad Meet		
1:25.01 Y	F	100 Back	12/5/2009	CVSL Quad Meet		
3:18.71 Y	F	200 Back	1/23/2010	CVSLTri Meet		
3:52.64 Y	F	200 Breast	1/23/2010	CVSLTri Meet		
John Hannum (17) M						
26.89 Y L	F	50 Free	12/19/2009	CVSL Quad Meet		DLHI-AD
1:01.01 Y	F	100 Free	12/19/2009	CVSL Quad Meet		
2:16.77 Y	F	200 Free	1/23/2010	CVSLTri Meet		
1:21.47 Y	F	100 Breast	12/19/2009	CVSL Quad Meet		

Individual Top Times

Time	P/F/S	Event			
Aarika Hansen (17) W (Yr: JR) UN-AD					
1:03.54 Y	P	100 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:17.62 Y	F	100 Breast	11/5/2009	Girls Sec II Division 2 Championships	
Alexandra Hansen (11) W BFIN-AD					
31.41 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:10.22 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
39.23 Y	F	50 Back	12/5/2009	December2009supersplash	
1:25.90 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
39.03 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:29.44 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
39.91 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:20.38 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Brady Haraden (8) M (Yr: sp) SCHE-AD					
20.42 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
45.56 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
49.04 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
53.68 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:43.90 Y	F	100 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:51.89 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
24.12 Y	F	25 Back	1/31/2010	Thoroughbred Splash 2010	
56.23 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
59.01 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:05.62 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:58.78 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:14.53 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.33 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
Dylan Haraden (10) M (Yr: sp) SCHE-AD					
34.96 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
39.37 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
40.69 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:21.24 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:30.37 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:17.10 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
40.62 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships	
45.59 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
46.72 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:32.80 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
1:38.20 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
55.36 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:03.76 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:05.90 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.36 Y	F	50 Fly	12/5/2009	December2009supersplash	
52.96 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
54.36 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:34.41 Y	F	100 IM	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:49.57 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:54.52 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Jesse Haraden (12) M (Yr: sp) SCHE-AD					
31.31 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
35.45 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:05.74 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:15.54 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.36 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:20.38 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:42.75 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:35.08 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:06.46 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
35.64 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
40.18 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:14.96 Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge	
1:26.56 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
Jesse Haraden (12) M (Yr: sp)			SCHE-AD		
1:29.13 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:36.43 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
50.16 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:46.04 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
34.76 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
40.22 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.45 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:29.52 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:35.40 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:48.27 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
1:19.83 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:50.74 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
3:15.71 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Karly Haraden (14) W (Yr: sp)			SCHE-AD		
28.88 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:02.27 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:07.21 L	P	100 Free	8/11/2010	2010 Eastern Zone LC Championships	
1:09.03 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:08.47 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
5:00.82 L	F	400 Free	8/11/2010	2010 Eastern Zone LC Championships	
5:31.71 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
11:56.20 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
19:27.04 L	F	1500 Free	8/11/2010	2010 Eastern Zone LC Championships	
19:08.62 Y	F	1650 Free	3/19/2010	AD Gold Short Course Championships	
1:06.79 Y L	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:13.44 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.23 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:19.97 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:36.73 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:21.59 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:33.66 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:50.42 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:11.66 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:10.84 Y	F	100 Fly	10/25/2009	Trick or Treat Meet	
1:22.67 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:33.96 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:22.60 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:42.13 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:59.35 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
5:31.86 L	F	400 IM	8/11/2010	2010 Eastern Zone LC Championships	
Brian Harding (10) M			SSCY-AD		
32.51 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
39.13 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:11.34 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:50.97 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
37.81 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
44.88 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.30 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational	
40.78 Y	F	50 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
48.27 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.78 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
37.38 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
43.97 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.15 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:20.38 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:40.07 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:55.10 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Dillon Harding (12) M			SSCY-AD		
32.46 Y	F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
38.93 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
Dillon Harding (12) M					
					SSCY-AD
1:11.80	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
2:29.56	Y	P	200	Free	3/12/2010 2010 NewYork State YMCA Swimming Championship
37.67	Y	P	50	Back	3/19/2010 AD Gold Short Course Championships
43.27	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:21.25	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
42.18	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
54.55	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:35.60	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
37.20	Y	F	50	Fly	1/8/2010 2010 Starfish Trophy Invitational
47.00	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:22.23	Y	F	100	IM	11/21/2009 Harvest Invitational 2009
1:38.34	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Lindsay Harloff (14) W					
					CLRK-AD
32.70	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:11.24	Y	F	100	Free	1/30/2010 CVSLQuad Meet
2:34.82	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
2:29.43	Y L	F	50	Back	2/27/2010 CVSLLeague Championships
1:31.08	Y	F	100	Back	11/14/2009 CVSL First Splash
1:38.38	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:35.49	Y	F	100	Fly	2/27/2010 CVSLLeague Championships
3:01.78	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Kathleen Finnegan Harris (9) W					
					DELM-AD
24.60	Y	F	25	Free	11/15/2009 Pilgrims Pride
44.68	Y	F	50	Free	10/18/2009 2009 Ocean Blue Invitational Swim Meet
1:46.79	Y	F	100	Free	12/19/2009 Saratoga 12&Under Mini-Meet
24.62	Y	F	25	Back	10/18/2009 2009 Ocean Blue Invitational Swim Meet
29.17	Y	F	25	Breast	10/18/2009 2009 Ocean Blue Invitational Swim Meet
1:10.59	Y	F	50	Breast	12/19/2009 Saratoga 12&Under Mini-Meet
Laura Hartman (10) W					
					UN-AD
1:14.39	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
2:44.41	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
40.78	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
1:29.13	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
1:31.98	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
1:26.69	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
Tabatha Hartshorn (16) W					
					TBS-AD
2:43.58	L	F	200	Free	5/8/2010 Super Circuit 1 Syracuse
24:30.16	L	F	1500	Free	5/8/2010 Super Circuit 1 Syracuse
1:33.54	L	F	100	Fly	5/8/2010 Super Circuit 1 Syracuse
Katherine Haseley (18) W					
					CLRK-AD
59.25	Y	F	100	Free	12/19/2009 CVSL Quad Meet
1:10.17	Y	F	100	Back	12/19/2009 CVSL Quad Meet
2:31.74	Y	F	200	IM	12/19/2009 CVSL Quad Meet
Kellen Hauck (15) W (Yr: SO)					
					KING-AD
32.24	Y	F	50	Free	2/27/2010 Kingston Last Chance Invitational
1:09.94	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:38.37	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:24.08	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:20.35	Y	F	100	Breast	10/23/2009 Girls OCIAA Championships 2009
3:06.92	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
Tessa Hauck (12) W					
					KING-AD
35.16	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:22.88	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
43.76	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
44.49	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:40.35	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
36.83	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:28.42	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Kenneth Hausrath (13) M					
					WAVE-AD

Individual Top Times

Time	P/F/S	Event			
Kenneth Hausrath (13) M					
29.63 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	WAVE-AD
1:08.12 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:40.58 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:17.29 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:53.80 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:25.43 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:05.82 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:22.93 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:47.42 Y	F	200 IM	2/20/2010	Cabin Fever Invitational 2010	
Olivia Hawkins (11) W					
1:30.08 Y	F	100 Free	1/31/2010	2010 NE GMA VT Invitational	ADDI-AD
47.99 Y	F	50 Breast	1/31/2010	2010 NE GMA VT Invitational	
1:46.86 Y	F	100 Breast	1/8/2010	2010 NE GMA Winter Knights Invite	
Kelsey Hayner (14) W					
30.28 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
1:06.76 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
2:22.07 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:34.51 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:15.24 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:39.54 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:22.52 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:01.53 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:22.38 Y	F	100 Fly	1/31/2010	Thoroughbred Splash 2010	
3:00.75 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:41.36 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
5:46.32 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
Sara Heaton (12) W					
32.39 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CLIN-AD
37.69 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:11.02 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:22.40 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:25.61 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:36.31 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:53.68 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
40.79 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
48.14 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:29.44 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:38.64 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
47.83 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:47.34 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:53.18 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
38.64 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
47.80 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:33.15 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:45.47 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.62 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Ciaran Hedderman (11) M					
41.90 Y	F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	DELM-AD
1:32.04 Y	F	100 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
49.56 Y	F	50 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
Nora Hedderman (8) W					
27.57 Y	F	25 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	DELM-AD
54.93 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
30.03 Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:03.71 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
30.11 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
Henry Heed (17) M					
25.36 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	CPP-AD
56.17 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Henry Heed (17) M					
2:04.85	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
1:04.42	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:20.87	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
59.31	Y	P	100	Fly	2/11/2010 Section II Championships Large Division
2:26.77	Y	F	200	Fly	3/5/2010 AD Silver Short Course Championships
2:18.38	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Michaela Helly (12) W					
37.85	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
1:27.41	Y	F	100	Free	2/20/2010 Cabin Fever Invitational 2010
41.97	Y	F	50	Back	11/21/2009 Harvest Invitational 2009
1:35.72	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
52.94	Y	F	50	Breast	2/20/2010 Cabin Fever Invitational 2010
1:44.55	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
48.73	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:33.89	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Sarah Helly (8) W					
21.38	Y	F	25	Free	1/16/2010 Canajoharie Developmental Meet
46.30	Y	F	50	Free	1/16/2010 Canajoharie Developmental Meet
1:42.73	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
22.76	Y	F	25	Back	3/5/2010 AD Silver Short Course Championships
51.07	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010
1:53.05	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
Sara Hemminger (10) W					
1:10.85	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:08.80	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
Grace Heneghan (13) W					
30.82	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:10.09	Y	F	100	Free	1/16/2010 Canajoharie Developmental Meet
34.59	Y	P	50	Back	3/19/2010 AD Gold Short Course Championships
1:15.99	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:44.58	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
47.14	Y	F	50	Breast	12/5/2009 CVSL Quad Meet
36.08	Y	F	50	Fly	12/12/2009 Amsterdam Sea Rams Invitational
1:24.56	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
1:23.79	Y	F	100	IM	12/5/2009 CVSL Quad Meet
Izabell Hennessy (9) W					
41.31	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:41.41	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
56.08	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
35.28	Y	F	25	Fly	10/25/2009 Trick or Treat Meet
Michael Henze (16) M					
23.10	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
49.91	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
58.10	Y	F	100	Back	10/25/2009 Trick or Treat Meet
2:07.12	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
1:07.92	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
2:25.82	Y	F	200	Breast	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
52.22	Y	P	100	Fly	3/4/2011 2011 NYSPHSAA Swimming & Diving Championship
2:08.25	Y	F	200	Fly	1/16/2010 Chris Goody IMX Challenge
1:57.86	Y	P	200	IM	3/4/2011 2011 NYSPHSAA Swimming & Diving Championship
Alyssa Herbold (9) W					
34.98	Y	F	50	Free	10/25/2009 Trick or Treat Meet
39.32	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:19.50	Y	F	100	Free	12/19/2009 Saratoga 12&Under Mini-Meet
2:55.53	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
41.71	Y	F	50	Back	12/5/2009 December2009supersplash
46.16	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:36.75	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
45.92	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships

CPP-AD

BSPA-AD

BSPA-AD

SSAC-AD

CLRK-AD

KING-AD

SCHE-AD

BFIN-AD

Individual Top Times

Time	P/F/S	Event			
Alyssa Herbold (9) W					
49.38 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	UN-AD
1:39.17 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
39.78 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
44.34 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:33.81 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:27.92 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:40.03 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:18.32 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Sarah Herbold (11) W					
31.46 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	BFIN-AD
34.45 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:14.57 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
2:30.14 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
6:36.08 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
40.02 Y	F	50 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
41.76 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.93 Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge	
37.64 Y	F	50 Fly	1/16/2010	Chris Goody 10&Under Mini-Meet	
39.80 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:32.97 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:22.45 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:35.40 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:59.75 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Emily Hermann (12) W (Yr: sp)					
33.36 Y L	F	50 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
1:20.09 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:53.90 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
41.01 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
1:29.13 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
48.05 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:46.86 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge	
41.46 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:31.32 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:16.56 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Brian Hess (12) M					
30.02 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	HAWK-AD
33.88 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.78 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational	
1:16.94 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:26.17 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:56.40 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:36.01 Y	F	500 Free	1/29/2010	Hawks Trials And Finals 2010	
35.00 Y	F	50 Back	10/25/2009	Trick or Treat Meet	
38.14 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.58 Y	F	100 Back	1/29/2010	Hawks Trials And Finals 2010	
1:27.30 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:57.51 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
3:12.63 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
42.76 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:34.29 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:29.30 Y	F	200 Breast	12/5/2009	December2009supersplash	
32.44 Y	F	50 Fly	3/13/2010	ESSL Championship 2010	
37.50 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:14.33 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:33.77 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:54.88 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
1:15.53 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:45.57 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:12.44 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Belle Hettie (16) W (Yr: SO)					
UN-AD					

Individual Top Times

Time	P/F/S	Event				
Belle Hettie (16) W (Yr: SO)						
1:18.12	Y	P	100	Breast	11/5/2009	Girls Sec II Division I Championships
Hannah Hewlett (12) W						
42.68	Y	F	50	Free	11/8/2009	Hometown SplashDown
52.35	Y	F	50	Back	2/20/2010	Cabin Fever Invitational 2010
53.10	Y	F	50	Breast	12/5/2009	December2009supersplash
Alaina Heyde (7) W						
20.70	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
22.39	S	F	25	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
50.23	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
50.96	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
52.63	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:52.90	L	F	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
25.29	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
25.98	S	F	25	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
59.10	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:00.60	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
29.92	Y	F	25	Breast	3/5/2010	AD Silver Short Course Championships
33.13	S	F	25	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:05.55	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:12.29	L	F	50	Breast	7/23/2010	2010 Adirondack Long Course District Champion
23.95	Y	F	25	Fly	3/5/2010	AD Silver Short Course Championships
24.61	S	F	25	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:06.39	L	F	50	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:03.75	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Julianne Heyde (14) W						
28.44	Y	F	50	Free	11/15/2009	Pilgrims Pride
31.31	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:00.38	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:07.69	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:08.49	L	F	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
2:10.63	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
2:34.78	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
5:26.03	L	F	400	Free	7/23/2010	2010 Adirondack Long Course District Champion
5:48.36	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
1:23.51	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:27.13	L	P	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:38.25	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
3:02.38	L	P	200	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:24.24	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:38.94	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:43.11	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:04.27	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
3:47.72	L	P	200	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:13.58	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:22.22	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:23.03	L	P	100	Fly	7/23/2010	2010 Adirondack Long Course District Champion
3:19.68	L	P	200	Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:34.35	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Alexander Hickok (8) M						
35.27	Y	F	25	Free	10/25/2009	Trick or Treat Meet
1:10.64	Y	F	50	Free	10/25/2009	Trick or Treat Meet
52.22	Y	F	25	Back	10/25/2009	Trick or Treat Meet
Kristin Higgins (16) W (Yr: SO)						
27.14	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
31.20	L	F	50	Free	7/9/2010	Hawks Summer Invitational 2010
57.44	Y	F	100	Free	11/5/2009	Girls Sec II Division 2 Championships
1:06.50	L	P	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:06.92	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:05.03	Y	F	200	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship

UN-AD

GRGF-AD

ALBS-AD

ALBS-AD

CPP-AD

GLFY-AD

Individual Top Times

Time	P/F/S	Event			
Kristin Higgins (16) W (Yr: SO)			GLFY-AD		
2:23.49 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:01.69 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:34.54 Y	P	500 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
12:21.29 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
20:30.54 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
31.37 Y L	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:05.80 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:15.21 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.41 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:21.66 Y	T	200 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:40.66 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:20.23 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:33.87 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:52.28 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:08.35 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:17.92 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:18.77 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:56.71 L	F	200 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:28.91 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:43.77 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:14.70 Y	F	400 IM	1/8/2010	2010 Starfish Trophy Invitational	
5:48.57 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Elizabeth Hill (12) W			NHA-AD		
38.20 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
39.41 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:26.60 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
3:10.94 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
53.63 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
53.41 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
55.19 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
3:53.37 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Edward Hill (12) M			KING-AD		
50.60 Y	F	50 Free	10/25/2009	Trick or Treat Meet	
1:01.53 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
John Hilscher IV (18) M			RAVE-AD		
28.11 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:03.62 Y	F	100 Free	11/15/2009	Pilgrims Pride	
2:23.11 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:13.81 Y	F	100 Back	10/25/2009	Trick or Treat Meet	
2:39.66 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:08.93 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:15.14 Y	F	100 Fly	11/15/2009	Pilgrims Pride	
2:40.04 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:40.32 Y	F	200 IM	11/15/2009	Pilgrims Pride	
Cole Hilscher (15) M			RAVE-AD		
26.66 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:00.78 Y	F	100 Free	10/25/2009	Trick or Treat Meet	
2:08.72 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:33.86 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
1:19.06 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:57.19 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:15.39 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:57.66 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:35.50 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Hans Hilson Schneider (10) M			DLHI-AD		
40.03 Y	F	50 Free	11/14/2009	CVSL First Splash	
1:30.98 Y	F	100 Free	1/30/2010	CVSLQuad Meet	
53.78 Y	F	50 Back	12/5/2009	CVSL Quad Meet	
1:52.89 Y	F	100 Back	1/30/2010	CVSLQuad Meet	

Individual Top Times

Time	P/F/S	Event			
Rachael Holser (11) W					
					GRGF-AD
36.64 Y	F	50 Free	12/5/2009	December2009supersplash	
1:30.25 Y	F	100 Free	11/8/2009	Hometown SplashDown	
52.61 Y	F	50 Back	12/5/2009	December2009supersplash	
49.10 Y	F	50 Breast	12/5/2009	December2009supersplash	
Jackson Homan (9) M					
					SSCY-AD
17.00 Y	F	25 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
39.34 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
43.62 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.68 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
20.01 Y	F	25 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
46.30 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
53.89 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:01.87 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
19.37 Y	F	25 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:46.33 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Joseph Homan (11) M					
					SSCY-AD
29.27 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
33.00 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:03.67 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:15.11 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:17.93 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
6:57.53 Y	F	500 Free	12/12/2009	Amsterdam Sea Rams Invitational	
33.84 Y	F	50 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
39.05 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.19 Y	F	100 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:26.06 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
43.24 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
47.81 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:36.62 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge	
30.71 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
35.65 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.56 Y	F	100 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:26.03 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:11.48 Y	F	100 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:22.48 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:33.68 Y	F	200 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
3:03.20 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Mollie Honsinger (9) W					
					CPP-AD
1:03.47 Y	F	50 Free	11/15/2009	Pilgrims Pride	
2:16.97 Y	F	100 Free	11/15/2009	Pilgrims Pride	
1:13.23 Y	F	50 Back	11/15/2009	Pilgrims Pride	
1:08.85 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:28.30 Y	F	50 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
2:32.83 Y	F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet	
Aimee Hooper (16) W					
					ALBS-AD
25.22 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	
53.22 Y	F	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:00.13 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:01.12 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:52.24 Y	P	200 Free	3/11/2010	NE 2010 March Speedo Champions Series	
2:08.41 L	P	200 Free	7/8/2010	Niagara Long Course Classic	
4:25.29 L	P	400 Free	8/9/2010	2010 Speedo Junior National Championships	
4:55.78 Y	F	500 Free	3/11/2010	NE 2010 March Speedo Champions Series	
9:02.49 L	F	800 Free	8/9/2010	2010 Speedo Junior National Championships	
10:04.86 Y	F	1000 Free	3/11/2010	NE 2010 March Speedo Champions Series	
17:46.78 L	F	1500 Free	7/8/2010	Niagara Long Course Classic	
17:18.00 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:00.62 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:09.15 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.23 L	P	100 Back	7/8/2010	Niagara Long Course Classic	

Individual Top Times

Time	P/F/S	Event			
Aimee Hooper (16) W					
ALBS-AD					
2:11.82	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
2:33.80	L	F	200	Back	5/21/2010 Internationale CNPPO
1:10.13	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:19.09	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:19.89	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:27.40	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
57.93	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
1:05.75	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:06.65	L	F	100	Fly	5/21/2010 Internationale CNPPO
2:03.78	Y	F	200	Fly	3/11/2010 NE 2010 March Speedo Champions Series
2:24.87	L	F	200	Fly	5/21/2010 Internationale CNPPO
2:06.70	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
2:26.38	L	F	200	IM	5/21/2010 Internationale CNPPO
4:21.92	Y	F	400	IM	3/11/2010 NE 2010 March Speedo Champions Series
5:05.95	L	P	400	IM	8/9/2010 2010 Speedo Junior National Championships
Nicholas Hooper (15) M					
ALBS-AD					
23.93	Y	F	50	Free	1/29/2010 WYW AA Invitational
54.10	L	L	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
52.10	Y	P	100	Free	1/29/2010 WYW AA Invitational
58.19	L	L	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
59.32	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:50.37	Y	F	200	Free	12/10/2009 2009 STAR Short Course Invitational
2:03.68	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
4:23.11	L	F	400	Free	7/8/2010 Niagara Long Course Classic
4:57.87	Y	F	500	Free	12/10/2009 2009 STAR Short Course Invitational
9:06.79	L	F	800	Free	7/8/2010 Niagara Long Course Classic
10:14.63	Y	F	1000	Free	12/10/2009 2009 STAR Short Course Invitational
17:37.89	L	F	1500	Free	7/23/2010 2010 Adirondack Long Course District Champion
17:15.39	Y	F	1650	Free	1/8/2010 2010 Starfish Trophy Invitational
28.02	Y	L	50	Back	1/8/2010 2010 Starfish Trophy Invitational
57.41	Y	P	100	Back	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
57.41	Y	F	100	Back	12/10/2009 2009 STAR Short Course Invitational
1:05.09	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:06.40	L	P	100	Back	7/8/2010 Niagara Long Course Classic
2:02.25	Y	F	200	Back	1/29/2010 WYW AA Invitational
2:22.28	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:18.08	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:31.31	Y	F	200	Breast	11/15/2009 Pilgrims Pride
59.16	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:05.15	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:05.44	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:04.12	Y	F	200	IM	1/29/2010 WYW AA Invitational
2:21.16	L	F	200	IM	7/8/2010 Niagara Long Course Classic
4:27.42	Y	F	400	IM	1/8/2010 2010 Starfish Trophy Invitational
5:01.73	L	F	400	IM	7/23/2010 2010 Adirondack Long Course District Champion
Neil Horne (10) M (Yr: sp)					
SCHE-AD					
39.05	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:24.01	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
46.00	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
1:59.36	Y	F	100	Back	11/21/2009 Harvest Invitational 2009
57.06	Y	F	50	Fly	11/21/2009 Harvest Invitational 2009
Emily Hoskinson (18) W (Yr: SR)					
SCHE-AD					
27.35	Y	P	50	Free	12/10/2009 2009 NE NSSC MIT Invitational
31.57	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
56.73	Y	P	100	Free	11/5/2009 Girls Sec II Division 2 Championships
1:10.93	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:04.50	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
5:32.16	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
11:27.79	Y	F	1000	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
28.76	Y	L	50	Back	11/5/2009 Girls Sec II Division 2 Championships

Individual Top Times

Time	P/F/S	Event			
Emily Hoskinson (18) W (Yr: SR)					
1:01.10	Y P	100 Back	11/5/2009	Girls Sec II Division 2 Championships	UN-AD
1:14.17	L F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:13.85	Y P	200 Back	3/19/2010	AD Gold Short Course Championships	
2:43.47	L P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
4:56.32	Y P	400 IM	12/10/2009	2009 NE NSSC MIT Invitational	
Savannah Hotaling (13) W					
29.46	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	DELM-AD
1:05.67	Y F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:13.30	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.66	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:26.79	Y F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
6:33.65	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:11.16	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:20.18	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.91	L F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:35.24	Y F	200 Back	1/16/2010	Chris Goody IMX Challenge	
1:17.35	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:28.30	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:35.30	L F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:48.73	Y F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:17.95	L F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:19.86	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:31.02	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:58.95	Y F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:34.87	Y F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:05.91	L F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
5:36.95	Y F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Kate Houghtaling (13) W					
35.83	Y F	50 Free	11/15/2009	Pilgrims Pride	RAVE-AD
44.57	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
45.62	Y F	50 Breast	11/15/2009	Pilgrims Pride	
1:39.55	Y F	100 Breast	11/15/2009	Pilgrims Pride	
44.97	Y F	50 Fly	11/15/2009	Pilgrims Pride	
1:45.29	Y F	100 Fly	10/10/2009	Ravena Autumn Breeze	
1:30.93	Y F	100 IM	11/8/2009	Hometown SplashDown	
3:22.40	Y F	200 IM	10/10/2009	Ravena Autumn Breeze	
Timothy Houghtaling (15) M					
28.39	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	RAVE-AD
1:01.44	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:17.06	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
33.27	Y L F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:10.47	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:33.63	Y F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:34.83	Y F	100 Breast	10/25/2009	Trick or Treat Meet	
1:19.06	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:37.18	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
Caitlin Houle (17) W					
1:03.04	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	WAVE-AD
2:45.20	Y F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:40.38	Y F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Wenyuan Hou (11) M					
48.43	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
52.99	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
53.86	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:47.02	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:00.94	Y F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
58.05	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:06.51	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.23	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event				
Wenyuan Hou (11) M						
1:12.71	Y	F	50	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
Natalie Howk (12) W						
43.14	Y	F	50	Free	11/8/2009	Hometown SplashDown
1:31.84	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
51.98	Y	F	50	Back	1/31/2010	Thoroughbred Splash 2010
1:52.49	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
48.69	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
Adara Hoyne (10) W						
32.05	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
36.34	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:20.23	Y	F	100	Free	12/5/2009	December2009supersplash
38.93	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
43.53	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:31.36	Y	F	100	Back	12/5/2009	December2009supersplash
1:00.94	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:01.98	Y	F	50	Breast	1/8/2010	2010 Starfish Trophy Invitational
44.72	Y	F	50	Fly	12/5/2009	December2009supersplash
45.12	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:36.48	Y	F	100	IM	11/15/2009	Pilgrims Pride
1:41.91	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Bridgit Hrubecky (13) W						
32.02	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:11.91	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
1:21.92	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
41.20	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
1:27.99	Y	F	100	Back	2/20/2010	Cabin Fever Invitational 2010
1:38.99	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
45.00	Y	F	50	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:36.00	Y	F	100	Breast	2/20/2010	Cabin Fever Invitational 2010
1:46.52	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Sarah Hubert (13) W						
34.20	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
39.42	L	F	50	Free	7/9/2010	Hawks Summer Invitational 2010
1:18.33	Y	P	100	Free	1/29/2010	Hawks Trials And Finals 2010
1:28.39	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
2:56.91	Y	F	200	Free	1/29/2010	Hawks Trials And Finals 2010
3:19.87	L	F	200	Free	7/9/2010	Hawks Summer Invitational 2010
7:12.20	L	F	400	Free	7/9/2010	Hawks Summer Invitational 2010
9:06.30	Y	F	500	Free	10/10/2009	Ravena Autumn Breeze
x9:06.30	Y	F	500	Free	10/10/2009	Ravena Autumn Breeze
39.67	Y	F	50	Back	3/13/2010	ESSL Championship 2010
1:32.12	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
1:53.45	L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
3:37.64	Y	F	200	Back	12/5/2009	December2009supersplash
4:03.59	L	F	200	Back	7/9/2010	Hawks Summer Invitational 2010
55.69	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
2:32.73	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
39.03	Y	F	50	Fly	3/13/2010	ESSL Championship 2010
1:39.40	Y	F	100	Fly	1/29/2010	Hawks Trials And Finals 2010
1:50.76	L	F	100	Fly	7/9/2010	Hawks Summer Invitational 2010
1:29.25	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
3:32.74	Y	F	200	IM	1/29/2010	Hawks Trials And Finals 2010
4:00.76	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Victoria Hudson (14) W						
37.50	L	F	50	Free	5/29/2010	2010 NE MTSC May Specialty Meet
1:24.30	L	F	100	Free	5/29/2010	2010 NE MTSC May Specialty Meet
1:25.88	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:04.37	L	F	200	Free	5/29/2010	2010 NE MTSC May Specialty Meet
1:39.94	L	F	100	Back	5/29/2010	2010 NE MTSC May Specialty Meet

ALBS-AD

GRGF-AD

GLFY-AD

USAM-AD

HAWK-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event				
Victoria Hudson (14) W						
3:32.09	L	F	200	Back	5/29/2010	2010 NE MTSC May Specialty Meet
1:54.34	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
4:14.25	L	F	200	Breast	5/29/2010	2010 NE MTSC May Specialty Meet
3:37.25	L	F	200	IM	5/29/2010	2010 NE MTSC May Specialty Meet
Conor Hughes (9) M						
23.40	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
50.39	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
26.31	Y	F	25	Back	11/15/2009	Pilgrims Pride
55.25	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
Brandon Humiston (13) M						
37.80	Y	F	50	Free	12/5/2009	December2009supersplash
1:22.50	Y	F	100	Free	12/5/2009	December2009supersplash
41.32	Y	F	50	Back	12/5/2009	December2009supersplash
3:11.29	Y	F	200	Back	12/5/2009	December2009supersplash
1:39.12	Y	F	100	IM	11/8/2009	Hometown SplashDown
Brooke Hunter (14) W						
34.18	Y	F	50	Free	2/27/2010	CVSLLeague Championships
1:18.52	Y	F	100	Free	1/30/2010	CVSLQuad Meet
2:49.14	Y	F	200	Free	1/30/2010	CVSLQuad Meet
7:44.85	Y	F	500	Free	1/30/2010	CVSLQuad Meet
1:44.54	Y	F	100	Breast	12/19/2009	CVSL Quad Meet
1:31.20	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
3:07.40	Y	F	200	IM	2/27/2010	CVSLLeague Championships
Joseph Hunter (17) M						
30.97	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
33.71	L	F	50	Free	7/9/2010	Hawks Summer Invitational 2010
1:15.05	Y	F	100	Free	10/10/2009	Ravena Autumn Breeze
1:16.97	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
3:02.87	L	F	200	Free	7/9/2010	Hawks Summer Invitational 2010
3:11.80	Y	F	200	Free	10/10/2009	Ravena Autumn Breeze
1:42.68	L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
1:45.58	Y	F	100	Back	10/10/2009	Ravena Autumn Breeze
3:36.65	L	F	200	Back	7/9/2010	Hawks Summer Invitational 2010
1:47.01	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:54.19	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
4:03.40	L	F	200	Breast	7/9/2010	Hawks Summer Invitational 2010
3:24.64	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Elliot Husted (12) M						
55.72	Y	F	50	Back	12/12/2009	Amsterdam Sea Rams Invitational
Lauren Hutchings (10) W						
39.92	Y	F	50	Free	2/27/2010	CVSLLeague Championships
1:33.75	Y	F	100	Free	1/30/2010	CVSLQuad Meet
51.03	Y	F	50	Back	11/21/2009	CVSL Quad Meet
53.16	Y	F	50	Breast	2/27/2010	CVSLLeague Championships
55.84	Y	F	50	Fly	12/19/2009	CVSL Quad Meet
Audrey Hvizdos (13) W						
30.48	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:08.39	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:39.70	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
39.82	Y	F	50	Back	12/5/2009	December2009supersplash
1:19.91	Y	F	100	Back	1/8/2010	2010 Starfish Trophy Invitational
39.68	Y	F	50	Breast	10/25/2009	Trick or Treat Meet
1:25.36	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
3:10.89	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
33.85	Y	F	50	Fly	10/25/2009	Trick or Treat Meet
1:23.20	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:55.06	Y	F	200	IM	1/8/2010	2010 Starfish Trophy Invitational
Gregory Hvizdos (8) M						
18.07	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships

SCHE-AD

USAM-AD

GLFY-AD

DLHI-AD

HAWK-AD

CLIN-AD

CLRK-AD

ALBS-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Gregory Hvizdos (8) M					
					ALBS-AD
38.33 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:22.67 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
22.75 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
48.94 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:46.14 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
29.65 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009	
54.74 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
23.02 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
45.30 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:41.16 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Janine Hvizdos (10) W					
					ALBS-AD
43.75 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:42.44 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
4:00.74 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
50.71 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
52.28 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:52.85 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
50.69 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:47.22 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Abigail Hyde (11) W					
					CLIN-AD
39.92 Y L	F	50 Free	12/12/2009	Amsterdam Sea Rams Invitational	
40.68 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:33.59 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:33.63 Y	F	100 Free	12/12/2009	Amsterdam Sea Rams Invitational	
51.25 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
53.03 Y	F	50 Back	12/12/2009	Amsterdam Sea Rams Invitational	
1:47.85 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
46.95 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
49.22 Y	F	50 Breast	11/15/2009	Pilgrims Pride	
1:48.63 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
46.84 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
4:07.99 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Emily Hyde (16) W					
					CLIN-AD
26.00 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
55.13 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:04.55 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:01.37 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:24.18 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:02.76 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:38.41 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:04.14 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:17.23 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:18.67 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
2:43.43 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.37 Y	F	100 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:23.20 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:33.65 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
2:54.19 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:05.31 Y	P	100 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:15.52 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:26.66 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:13.99 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:38.88 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:34.74 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Evelyn Hyer (9) W					
					RAVE-AD
19.06 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
43.71 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
1:35.59 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
21.70 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
47.92 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event				
Evelyn Hyer (9) W						
56.16 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships		RAVE-AD
28.60 Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet		
1:47.75 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		
Aaron Idelson (14) M						
28.60 Y	F	50 Free	2/27/2010	CVSLLeague Championships		CLRK-AD
1:05.50 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:33.11 Y	F	200 Free	1/30/2010	CVSLQuad Meet		
1:18.28 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:27.06 Y	F	100 Breast	12/19/2009	CVSL Quad Meet		
3:05.51 Y	F	200 Breast	1/30/2010	CVSLQuad Meet		
2:49.52 Y	F	200 IM	2/27/2010	CVSLLeague Championships		
Nicole Idelson (10) W						
1:01.32 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		CLRK-AD
2:05.33 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
49.19 Y	F	50 Back	11/14/2009	CVSL First Splash		
2:27.78 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:14.84 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
3:12.15 Y	F	100 Breast	1/30/2010	CVSLQuad Meet		
Preston Ihrig (8) M						
20.62 Y	F	25 Free	1/31/2010	2010 NE GMA VT Invitational		WAVE-AD
49.71 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		
1:50.11 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
22.72 Y	F	25 Back	1/31/2010	2010 NE GMA VT Invitational		
50.43 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships		
29.35 Y	F	25 Fly	1/31/2010	2010 NE GMA VT Invitational		
Samantha Illenberg (18) W						
32.91 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		CDY-AD
1:10.29 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:30.45 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010		
6:42.63 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
14:07.89 Y	F	1000 Free	12/5/2009	December2009supersplash		
1:16.95 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010		
2:40.97 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:03.00 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:20.55 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
2:59.98 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships		
3:08.17 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational		
Wade Inman (15) M						
28.08 Y	F	50 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
1:04.16 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
1:11.02 Y	P	100 Back	2/11/2010	Section II Championships Small Division		
1:22.77 Y	F	100 Breast	1/24/2010	Foothills Invitational 2010		
1:07.16 Y	P	100 Fly	2/11/2010	Section II Championships Small Division		
2:37.55 Y	F	200 IM	1/24/2010	Foothills Invitational 2010		
Zaheer Irani (9) M						
40.93 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		BFIN-AD
1:30.80 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
48.07 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
1:48.29 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
59.34 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
57.28 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
Zeeshan Irani (12) M						
29.81 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		BFIN-AD
1:04.16 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
33.51 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships		
1:18.09 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
2:44.07 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
41.54 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:29.50 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships		

Individual Top Times

Time	P/F/S	Event				
Zeeshan Irani (12) M						
3:19.46	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
34.07	Y	P	50	Fly	3/19/2010	AD Gold Short Course Championships
1:24.23	Y	F	100	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:15.78	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Sedef Ishaque (12) W						
29.18	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
33.81	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:06.64	Y L	F	100	Free	3/19/2010	AD Gold Short Course Championships
32.92	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
37.13	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:11.54	Y	F	100	Back	3/19/2010	AD Gold Short Course Championships
2:36.74	Y	F	200	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
38.71	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
43.57	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:26.21	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
31.64	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
35.92	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:13.34	Y	P	100	IM	3/19/2010	AD Gold Short Course Championships
1:21.50	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Desiree Ives (12) W						
30.19	Y	P	50	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:06.31	Y	P	100	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
34.97	Y	P	50	Back	3/12/2010	2010 NewYork State YMCA Swimming Championship
42.13	Y	F	50	Breast	1/24/2010	Foothills Invitational 2010
Lauren Jackson (18) W (Yr: SR)						
2:06.86	Y	P	200	Free	11/5/2009	Girls Sec II Division I Championships
5:36.00	Y	P	500	Free	11/5/2009	Girls Sec II Division I Championships
1:24.52	Y	F	100	Breast	1/31/2010	Thoroughbred Splash 2010
1:12.03	Y	F	100	Fly	1/31/2010	Thoroughbred Splash 2010
2:35.87	Y	F	200	IM	1/31/2010	Thoroughbred Splash 2010
Jared Jaeger (14) M						
32.99	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:11.49	Y	F	100	Free	1/23/2010	Kingston Snowball Invitational
7:01.46	Y	F	500	Free	3/5/2010	AD Silver Short Course Championships
1:21.81	Y	F	100	Back	1/8/2010	2010 Starfish Trophy Invitational
1:45.43	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
3:49.87	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:41.24	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
3:09.28	Y	F	200	IM	1/8/2010	2010 Starfish Trophy Invitational
Alyssa Jennings (14) W						
32.45	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
36.20	L	P	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:10.10	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:18.45	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:48.82	Y	F	200	Free	12/12/2009	Amsterdam Sea Rams Invitational
2:53.32	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
5:57.90	L	F	400	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:24.11	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
1:39.77	L	P	100	Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
3:04.79	Y	F	200	Back	1/8/2010	2010 Starfish Trophy Invitational
1:43.78	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:15.54	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
3:42.39	L	P	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:16.45	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
Evan Jennings (14) M						
32.38	Y	F	50	Free	10/25/2009	October 25, 2009
42.20	Y	F	50	Back	10/25/2009	October 25, 2009
Jordan Jensen (8) W						
20.31	Y	F	25	Free	1/31/2010	Thoroughbred Splash 2010

BFIN-AD

ALBS-AD

GLOY-AD

UN-AD

KING-AD

CLIN-AD

TBS-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event			
Jordan Jensen (8) W			SCHE-AD		
47.12 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
48.95 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
50.42 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.08 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:45.88 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
23.46 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
48.58 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
56.03 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
56.17 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:57.92 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.95 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.99 L	F	50 Breast	5/29/2010	2010 NE MTSC May Specialty Meet	
2:31.72 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
27.06 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
1:00.99 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:04.83 L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
1:05.85 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:09.27 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Kathryn Jerwann (13) W			CPP-AD		
31.87 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:09.51 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
6:56.05 Y	F	500 Free	11/21/2009	Harvest Invitational 2009	
35.58 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:16.40 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
44.24 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:34.88 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:21.18 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
38.18 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:24.56 Y	F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet	
3:00.36 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Katherine Jesaitis (17) W (Yr: JR)			CPP-AD		
27.53 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	
59.66 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:07.01 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:08.14 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:11.34 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:31.89 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:50.89 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	
1:08.30 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:16.27 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:21.07 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:25.63 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:15.63 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:25.92 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:48.42 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:05.63 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:13.84 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:28.40 Y	P	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:55.71 L	P	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:24.62 Y	F	200 IM	11/5/2009	Girls Sec II Division I Championships	
5:16.53 Y	F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Kelsey Jesaitis (13) W			CPP-AD		
30.45 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
35.01 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:09.73 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:18.59 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:18.81 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:35.60 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:55.67 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:56.05 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	

Individual Top Times

Time	P/F/S	Event			
Kelsey Jesaitis (13) W			CPP-AD		
36.57 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:19.57 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:30.79 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:32.59 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:52.88 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:15.20 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
42.73 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:31.37 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:43.47 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
35.81 Y	F	50 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
1:26.88 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:40.11 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.71 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:54.16 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Asher John (9) M			ALBS-AD		
22.37 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
49.06 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
49.72 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
50.36 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.93 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
24.42 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
53.16 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
57.63 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
59.79 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:08.05 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
27.63 Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
54.71 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:05.76 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:13.47 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
30.69 Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
1:02.47 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:10.60 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:56.60 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:13.72 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
William Johnson (14) M			HAWK-AD		
28.67 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
30.32 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:02.26 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:11.14 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
x2:14.91 Y	F	200 Free	2/21/2010	HAWK-MVA-BARR	
2:35.35 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
6:03.58 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
13:33.95 Y	F	1000 Free	12/5/2009	December2009supersplash	
32.90 Y L	F	50 Back	2/21/2010	HAWK-MVA-BARR	
1:11.57 Y	F	100 Back	2/5/2010	2010 BOYS OCIAA CHAMPIONSHIPS	
1:21.38 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:25.87 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:33.42 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:00.98 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
33.57 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:16.52 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:23.56 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:44.80 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:32.66 Y	F	200 IM	3/13/2010	ESSL Championship 2010	
2:50.72 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
5:26.93 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships	
6:21.74 L	F	400 IM	7/9/2010	Hawks Summer Invitational 2010	
Cassandra Johnson (10) W			NHA-AD		
43.95 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
1:38.73 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	

Individual Top Times

Time	P/F/S	Event			
Cassandra Johnson (10) W					
53.07 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	NHA-AD
1:09.66 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:58.12 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
Emma Johnson (9) W					
26.27 Y	F	25 Free	12/5/2009	CVSL Quad Meet	CLRK-AD
1:02.18 Y	F	50 Free	2/27/2010	CVSLLeague Championships	
26.19 Y	F	25 Back	12/5/2009	CVSL Quad Meet	
33.81 Y	F	25 Fly	2/27/2010	CVSLLeague Championships	
Jacob Johnson (19) M					
21.25 Y	P	50 Free	2/11/2010	Section II Championships Large Division	UN-AD
25.12 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
46.19 Y	F	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
56.06 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:45.09 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:08.44 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
5:09.43 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
26.55 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
52.80 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:03.39 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:55.06 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:23.12 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:05.99 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
52.15 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:02.62 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:04.90 Y	F	200 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:56.58 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
Natalie Johnson (10) W					
43.03 Y	F	50 Free	2/27/2010	CVSLLeague Championships	CLRK-AD
1:38.93 Y	F	100 Free	1/30/2010	CVSLQuad Meet	
54.90 Y	F	50 Back	2/27/2010	CVSLLeague Championships	
2:08.72 Y	F	100 Back	1/30/2010	CVSLQuad Meet	
59.26 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
2:16.92 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
58.54 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
Sarah Johnson (8) W					
21.24 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	CLRK-AD
44.34 Y	F	50 Free	1/30/2010	CVSLQuad Meet	
1:46.33 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
21.96 Y	F	25 Back	12/5/2009	CVSL Quad Meet	
51.66 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
28.76 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
1:01.09 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
26.74 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
1:01.19 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
Sylvia Johnson (12) W					
39.66 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	CLRK-AD
1:33.63 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
50.19 Y	F	50 Back	11/14/2009	CVSL First Splash	
1:54.23 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational	
54.57 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
2:03.12 Y	F	100 Breast	1/30/2010	CVSLQuad Meet	
47.76 Y	F	50 Fly	2/27/2010	CVSLLeague Championships	
1:50.64 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Rebecca Johnston (16) W					
30.34 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ADDI-AD
1:08.18 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:41.57 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:18.31 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:55.28 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event				
Rebecca Johnston (16) W						
1:29.61	Y	F	100	Breast	2/20/2010	Cabin Fever Invitational 2010
3:12.99	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:35.69	Y	F	100	Fly	1/8/2010	2010 NE GMA Winter Knights Invite
2:57.52	Y	F	200	IM	1/24/2010	Foothills Invitational 2010
Charles Johnston (17) M						
24.44	Y	F	50	Free	1/8/2010	2010 NE GMA Winter Knights Invite
53.48	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
2:01.96	Y	F	200	Free	2/20/2010	Cabin Fever Invitational 2010
1:05.88	Y	F	100	Back	1/8/2010	2010 NE GMA Winter Knights Invite
2:31.37	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
1:18.80	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
2:49.10	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:04.49	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:28.00	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
Sydney Jolly (10) W						
37.68	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
45.49	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:26.48	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:34.92	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
2:59.78	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
49.92	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
57.15	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
56.05	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:04.66	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:29.80	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
43.25	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
47.70	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:38.84	Y	F	100	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
4:14.56	L	F	200	Fly	7/9/2010	Hawks Summer Invitational 2010
1:39.45	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
1:57.90	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:35.72	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
4:08.18	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
8:38.41	L	F	400	IM	7/9/2010	Hawks Summer Invitational 2010
Beatrice Jones (7) W						
19.04	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
43.10	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:41.47	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
25.59	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
56.72	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
Casey Jones (14) W						
32.75	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:14.51	Y	F	100	Free	12/5/2009	December2009supersplash
42.32	Y	F	50	Back	12/5/2009	December2009supersplash
41.92	Y	F	50	Breast	12/5/2009	December2009supersplash
1:33.63	Y	F	100	Breast	1/8/2010	2010 NE GMA Winter Knights Invite
Callan Jordan (13) M						
32.33	Y L	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:15.91	Y	F	100	Free	2/27/2010	Kingston Last Chance Invitational
2:38.64	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
7:03.31	Y	F	500	Free	12/11/2009	CT SNCO 9th Annual Hutchinson
36.76	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
1:24.07	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
51.48	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:52.95	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
39.70	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:30.04	Y	F	100	IM	11/15/2009	Pilgrims Pride
3:02.16	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
James Jordan (9) M						

ADDI-AD

ADDI-AD

KING-AD

DELM-AD

ADDI-AD

KING-AD

SSCY-AD

Individual Top Times

Time	P/F/S	Event			
James Jordan (9) M					
					SSCY-AD
16.19 Y	F	25 Free	12/12/2009	Amsterdam Sea Rams Invitational	
33.99 Y	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:15.09 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
19.31 Y	F	25 Back	11/21/2009	Harvest Invitational 2009	
39.80 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
21.20 Y	F	25 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
45.57 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
16.77 Y	F	25 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
37.59 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:22.57 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Liam Jordan (15) M					
					KING-AD
26.13 Y	F	50 Free	1/23/2010	Kingston Snowball Invitational	
55.92 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:54.13 Y	F	200 Free	2/5/2010	2010 BOYS OCIAA CHAMPIONSHIPS	
5:06.02 Y	F	500 Free	2/11/2010	Section 9 Championships	
10:30.86 Y	F	1000 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
17:43.72 Y	F	1650 Free	3/19/2010	AD Gold Short Course Championships	
1:03.27 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:17.03 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:20.63 Y	F	100 Breast	2/27/2010	Kingston Last Chance Invitational	
1:04.75 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:15.12 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Margaret Jordan (15) W (Yr: s/)					
					SCHE-AD
24.73 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
28.47 L	P	50 Free	8/5/2010	2010 Speedo Champions Series	
54.16 Y L	F	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:01.75 L	P	100 Free	8/5/2010	2010 Speedo Champions Series	
2:04.61 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:18.67 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:46.50 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:19.32 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
27.35 Y L	P	50 Back	12/10/2009	2009 Speedo Short Course Junior Nationals	
58.32 Y L	F	100 Back	12/10/2009	2009 Speedo Short Course Junior Nationals	
1:11.29 L	P	100 Back	8/5/2010	2010 Speedo Champions Series	
2:19.57 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
2:36.05 L	F	200 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
2:49.28 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
26.20 Y	F	50 Fly	12/5/2009	December2009supersplash	
55.95 Y	P	100 Fly	12/10/2009	2009 Speedo Short Course Junior Nationals	
1:04.82 L	F	100 Fly	8/5/2010	2010 Speedo Champions Series	
2:09.38 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:41.35 L	F	200 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
2:19.79 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
4:53.91 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Gwyneth Joyce (17) W					
					HAWK-AD
31.42 Y	F	50 Free	10/10/2009	Ravena Autumn Breeze	
37.47 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
x1:12.87 Y	F	100 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
1:32.16 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:42.03 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
3:21.24 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
7:12.73 Y	F	500 Free	10/10/2009	Ravena Autumn Breeze	
1:19.13 Y	F	100 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
1:38.79 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:49.55 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
3:29.96 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010	
1:36.30 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:00.37 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:28.37 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
4:06.87 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	

Individual Top Times

Time	P/F/S	Event				
Adam Kalish (17) M						
52.99 Y	P	100 Free	12/10/2009	2009 NE NSSC MIT Invitational	SCHE-AD	
1:52.23 Y	P	200 Free	2/11/2010	Section II Championships Large Division		
5:23.61 Y	P	500 Free	12/10/2009	2009 NE NSSC MIT Invitational		
1:00.88 Y	P	100 Back	12/10/2009	2009 NE NSSC MIT Invitational		
2:12.39 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge		
2:39.52 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge		
54.90 Y	P	100 Fly	2/11/2010	Section II Championships Large Division		
2:02.63 Y	F	200 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
2:11.87 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge		
Alexander Kalish (21) M						
57.04 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	SCHE-AD	
57.04 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
2:25.27 L	P	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
Almir Kaltak (18) M						
23.99 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	CLIN-AD	
53.80 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
2:05.24 Y	F	200 Free	12/12/2009	Amsterdam Sea Rams Invitational		
5:45.59 Y	F	500 Free	12/12/2009	Amsterdam Sea Rams Invitational		
1:06.43 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:03.37 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational		
2:21.57 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational		
Kevin Kaltak (10) M						
34.10 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	CLIN-AD	
40.21 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
40.26 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:15.91 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:28.81 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
2:42.03 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
3:09.39 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion		
41.76 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
46.53 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
47.96 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion		
1:28.63 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships		
1:42.79 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
54.70 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
55.15 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet		
58.08 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
2:04.76 Y	F	100 Breast	11/15/2009	Pilgrims Pride		
42.35 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships		
47.10 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational		
51.31 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:36.88 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:01.95 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
1:29.55 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		
1:41.28 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
John Kamber (13) M						
39.90 Y	F	50 Free	11/8/2009	Hometown SplashDown	GLFY-AD	
41.02 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
1:29.22 Y	F	100 Free	12/5/2009	December2009supersplash		
1:32.47 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
3:22.66 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
46.12 Y	F	50 Back	11/15/2009	Pilgrims Pride		
1:46.42 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010		
3:27.68 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational		
3:40.05 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010		
55.67 Y	F	50 Breast	12/5/2009	December2009supersplash		
2:06.94 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
1:45.16 Y	F	100 IM	11/15/2009	Pilgrims Pride		
Dylan Karlok (14) M						
						UN-AD

Individual Top Times

Time	P/F/S	Event			
Dylan Karlok (14) M					
					UN-AD
24.62 Y	F	50 Free	2/11/2010	Section II Championships Large Division	
27.54 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
54.09 Y	P	100 Free	2/11/2010	Section II Championships Large Division	
1:00.04 L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.35 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:00.66 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:16.17 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:47.86 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:29.56 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
31.97 Y	F	50 Back	12/5/2009	December2009supersplash	
1:07.00 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:12.95 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.83 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:24.68 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:37.46 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
35.93 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:16.69 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:26.45 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.79 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:53.34 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
30.56 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:09.46 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:13.66 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.04 L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:25.72 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:39.65 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Kevin Karlok (9) M					
					ALBS-AD
23.86 Y	F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
45.72 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
27.99 Y	F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
58.05 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
Sadie Kass (11) W					
					ADDI-AD
59.21 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
50.03 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:51.14 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
Catherine Kaucic (15) W					
					ALBS-AD
30.84 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:09.64 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.60 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:43.22 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:15.45 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.39 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:50.00 L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:34.62 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Madelyn Kazmierski (12) W					
					DLHI-AD
2:08.09 Y	F	100 Free	1/23/2010	CVSLTri Meet	
53.88 Y	F	50 Back	12/19/2009	CVSL Quad Meet	
2:11.12 Y	F	100 Back	1/23/2010	CVSLTri Meet	
1:16.54 Y	F	50 Breast	12/19/2009	CVSL Quad Meet	
Sophia Kazmierski (8) W					
					DLHI-AD
35.20 Y	F	25 Free	12/19/2009	CVSL Quad Meet	
1:10.31 Y	F	50 Free	1/23/2010	CVSLTri Meet	
32.15 Y	F	25 Back	12/19/2009	CVSL Quad Meet	
1:37.48 Y	F	50 Back	1/23/2010	CVSLTri Meet	
Matthew Kearney (11) M					
					ALBS-AD
33.96 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
37.02 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
37.78 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.18 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Matthew Kearney (11) M			ALBS-AD		
2:56.89 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
39.02 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
43.66 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.83 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:22.26 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
50.14 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
52.82 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
38.05 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
43.96 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
44.01 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:31.15 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:24.09 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:39.33 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:29.58 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Thomas Kearney (16) M			ALBS-AD		
24.13 Y	F	50 Free	11/15/2009	Pilgrims Pride	
27.59 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.26 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:58.36 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:16.90 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
57.62 Y	F	100 Back	2/11/2010	Section II Championships Large Division	
1:08.47 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:08.71 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:09.73 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:06.88 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:15.84 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.19 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:29.23 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
1:00.31 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:09.20 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:09.94 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:07.02 Y	P	200 IM	2/11/2010	Section II Championships Large Division	
2:31.65 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Anna Keating (8) W			SSCY-AD		
20.34 S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
21.01 Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	
43.11 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
43.11 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:34.06 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
23.72 S	F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
24.25 Y	F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
47.90 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
24.11 S	F	25 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
24.68 Y	F	25 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
22.11 S	F	25 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.64 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Brandon Keating (17) M			UN-AD		
22.02 Y	P	50 Free	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship	
51.19 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:53.52 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
6:13.95 Y	F	500 Free	11/21/2009	Harvest Invitational 2009	
1:03.25 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:08.11 Y	P	100 Breast	2/11/2010	Section II Championships Large Division	
53.76 Y	P	100 Fly	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship	
2:11.94 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Katherine Keefe (15) W			BSPA-AD		
35.24 Y	F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:18.90 Y	F	100 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
3:02.94 Y	F	200 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:35.77 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	

Individual Top Times

Time	P/F/S	Event			
Kristina Keefe (12) W					
30.89 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	BSPA-AD
1:06.82 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:30.32 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:56.82 Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
34.10 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:12.93 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:41.01 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
39.85 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:27.79 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
33.89 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:28.32 Y	F	100 Fly	11/8/2009	Hometown SplashDown	
1:15.62 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:45.72 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Bridget Keenan (10) W					
41.79 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	BENN-AD
1:37.21 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
51.41 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
Hannah Keenan (13) W					
29.59 Y	F	50 Free	12/5/2009	December2009supersplash	GLFY-AD
33.38 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:04.99 Y	F	100 Free	12/5/2009	December2009supersplash	
1:12.93 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.88 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:13.88 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:49.21 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
36.71 Y	F	50 Back	12/5/2009	December2009supersplash	
1:15.99 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:25.56 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:42.19 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:08.59 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010	
38.93 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:24.26 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
1:33.33 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:39.02 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:56.44 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:25.51 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
31.02 Y	S	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:16.14 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:22.25 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.19 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:43.60 Y	F	200 Fly	12/5/2009	December2009supersplash	
1:15.86 Y	F	100 IM	11/15/2009	Pilgrims Pride	
2:33.28 Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
3:06.62 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Margaret Keenan (14) W					
3:05.33 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	RAVE-AD
6:55.50 L	F	400 Free	7/9/2010	Hawks Summer Invitational 2010	
1:38.10 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
4:10.49 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
Nicholas Keenan (18) M					
23.54 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	GLFY-AD
50.44 Y	F	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:45.75 Y	F	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
5:03.02 Y	F	500 Free	10/25/2009	Trick or Treat Meet	
10:24.63 Y	F	1000 Free	12/5/2009	December2009supersplash	
57.25 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:03.01 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:02.66 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:20.67 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
53.98 Y	F	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	

Individual Top Times

Time	P/F/S	Event			
Nicholas Keenan (18) M					
2:00.93	Y	T	200	Fly	3/12/2010 2010 NewYork State YMCA Swimming Championship
1:59.22	Y	F	200	IM	3/12/2010 2010 NewYork State YMCA Swimming Championship
4:17.15	Y	T	400	IM	3/12/2010 2010 NewYork State YMCA Swimming Championship
Eliyana Keisler (14) W					
35.71	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:25.19	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
2:57.94	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:35.30	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
3:24.19	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:35.45	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:23.44	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
1:40.81	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
3:15.68	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Karlie Keisler (15) W					
37.83	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:24.27	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:36.83	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:04.79	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:19.00	Y	F	100	Back	11/21/2009 Harvest Invitational 2009
2:04.25	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
4:07.86	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
1:56.78	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
2:14.95	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:49.80	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:08.05	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:41.47	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Alexis Kelley (13) W					
28.96	Y	F	50	Free	12/5/2009 December2009supersplash
1:02.35	Y	F	100	Free	11/15/2009 Pilgrims Pride
1:11.79	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:13.03	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
1:11.30	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:21.13	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
37.48	Y	F	50	Breast	12/5/2009 December2009supersplash
1:18.80	Y	F	100	Breast	1/31/2010 2010 NE GMA VT Invitational
1:29.87	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:47.33	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
31.22	Y	F	50	Fly	10/25/2009 Trick or Treat Meet
1:14.05	Y	F	100	Fly	2/20/2010 Cabin Fever Invitational 2010
1:23.26	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:13.29	Y	F	100	IM	11/15/2009 Pilgrims Pride
2:30.41	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Brooke Kelley (11) W					
32.20	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
35.88	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:09.39	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:31.38	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
39.62	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
42.59	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
39.83	Y	P	50	Breast	3/19/2010 AD Gold Short Course Championships
44.20	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:24.37	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
3:01.73	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
38.04	Y	F	50	Fly	2/20/2010 Cabin Fever Invitational 2010
41.59	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:31.26	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:21.33	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
1:28.76	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:50.32	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships

GLFY-AD

CPP-AD

CPP-AD

WAVE-AD

WAVE-AD

Individual Top Times

Time	P/F/S	Event			
Caroline Kelly (12) W					
31.96 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SARY-AD
1:13.57 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
38.72 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
45.43 Y	F	50 Breast	11/21/2009	Harvest Invitational 2009	
43.86 Y	F	50 Fly	11/21/2009	Harvest Invitational 2009	
1:25.61 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Gregory Kelly (15) M					
26.01 Y	S	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	SARY-AD
58.37 Y	P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:13.50 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:14.38 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010	
1:26.72 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
1:22.35 Y	F	100 Fly	10/25/2009	Trick or Treat Meet	
2:40.81 Y	F	200 IM	11/21/2009	Harvest Invitational 2009	
Sophie Kelly (11) W					
44.64 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SARY-AD
52.09 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:08.49 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:54.00 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Karyn Kenfield (8) W					
26.06 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	ADDI-AD
56.23 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
31.95 Y	F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
47.73 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
Robert Kenfield (8) M					
30.20 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	ADDI-AD
34.70 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
Levi Kennedy (11) M					
45.82 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	HAWK-AD
46.26 Y	F	50 Free	2/21/2010	HAWK-MVA-BARR	
1:45.88 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational	
1:46.87 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
3:58.05 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
51.66 Y	F	50 Back	2/21/2010	HAWK-MVA-BARR	
57.37 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:59.36 Y	P	100 Back	1/29/2010	Hawks Trials And Finals 2010	
2:07.63 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
1:02.54 Y	P	50 Breast	1/29/2010	Hawks Trials And Finals 2010	
1:13.22 L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:30.85 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:10.01 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:29.81 Y	F	100 IM	1/29/2010	Hawks Trials And Finals 2010	
Laura Kenyon (10) W					
39.45 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	GRGF-AD
52.37 Y	F	50 Back	12/5/2009	December2009supersplash	
48.21 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
1:42.95 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
Nicklas Kenyon (13) M					
32.12 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	GRGF-AD
1:13.57 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	
42.47 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:25.97 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
Megan Kern (9) W					
21.07 Y	F	25 Free	11/14/2009	CVSL First Splash	CLRK-AD
39.18 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:35.70 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
50.24 Y	F	50 Back	2/27/2010	CVSLLeague Championships	
1:48.70 Y	F	100 Back	1/30/2010	CVSLQuad Meet	
1:07.31 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet	

Individual Top Times

Time	P/F/S	Event				
Megan Kern (9) W						
2:27.96	Y	F	100	Breast	1/30/2010	CVSLQuad Meet
25.39	Y	F	25	Fly	11/14/2009	CVSL First Splash
44.27	Y	F	50	Fly	12/19/2009	CVSL Quad Meet
1:51.59	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:45.18	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Michael Kern (12) M						
31.96	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:09.34	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
34.56	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
1:16.14	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
2:38.91	Y	F	200	Back	3/19/2010	AD Gold Short Course Championships
45.45	Y	F	50	Breast	1/16/2010	Canajoharie Developmental Meet
36.16	Y	F	50	Fly	12/5/2009	CVSL Quad Meet
1:26.73	Y	F	100	Fly	12/19/2009	CVSL Quad Meet
1:22.26	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
3:05.03	Y	F	200	IM	11/14/2009	CVSL First Splash
Gabrielle Kiefl (14) W						
26.77	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
57.29	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
2:07.64	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
5:39.90	Y	F	500	Free	1/16/2010	Chris Goody IMX Challenge
1:05.27	Y	F	100	Back	1/8/2010	2010 Starfish Trophy Invitational
2:21.13	Y	F	200	Back	1/16/2010	Chris Goody IMX Challenge
1:13.39	Y	F	100	Breast	3/19/2010	AD Gold Short Course Championships
2:39.29	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
1:10.10	Y	F	100	Fly	2/27/2010	CVSLLeague Championships
2:26.65	Y	F	200	Fly	1/16/2010	Chris Goody IMX Challenge
2:19.50	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
5:02.31	Y	F	400	IM	1/16/2010	Chris Goody IMX Challenge
Elizabeth Kiley-Bergen (12) W						
30.37	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
1:07.08	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
2:25.03	Y	F	200	Free	1/24/2010	Foothills Invitational 2010
36.80	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:19.85	Y	F	100	Back	1/16/2010	Chris Goody IMX Challenge
39.77	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:28.59	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
3:03.66	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
34.02	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:17.57	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:16.03	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
2:40.89	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Berrigan Kilgo (11) M						
1:20.64	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
2:51.76	Y	F	200	Free	1/31/2010	Thoroughbred Splash 2010
7:22.53	Y	F	500	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:35.38	Y	F	100	Back	11/21/2009	Harvest Invitational 2009
55.18	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
46.70	Y	F	50	Fly	1/31/2010	Thoroughbred Splash 2010
1:33.76	Y	F	100	IM	1/31/2010	Thoroughbred Splash 2010
3:22.01	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Skyler Kilgore (13) M						
33.69	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:17.51	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
45.12	Y	F	50	Breast	3/6/2010	Under The Big Top
44.86	Y	F	50	Fly	3/6/2010	Under The Big Top
1:25.52	Y	F	100	IM	3/6/2010	Under The Big Top
Connor Killane (14) M						
27.48	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational

CLRK-AD

CLRK-AD

AMST-AD

USAM-AD

SARY-AD

SSAC-AD

CPP-AD

Individual Top Times

Time	P/F/S	Event			
Connor Killane (14) M			CPP-AD		
58.10 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:05.96 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:01.94 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:23.79 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
5:20.25 Y	P	500 Free	2/11/2010	Section II Championships Large Division	
18:51.61 Y	F	1650 Free	2/27/2010	Kingston Last Chance Invitational	
1:08.16 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:19.62 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.66 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:29.38 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:14.73 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:23.88 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:38.74 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:07.78 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:11.46 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:21.23 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:19.82 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
Shauna Killane (8) W			CPP-AD		
18.31 Y	F	25 Free	1/31/2010	Thoroughbred Splash 2010	
40.33 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
46.21 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:32.74 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
26.08 Y	F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
52.09 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
52.09 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
59.38 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:50.31 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
22.51 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
52.03 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
57.32 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
20.79 Y	F	25 Fly	1/31/2010	Thoroughbred Splash 2010	
47.50 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
54.97 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:42.11 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:56.82 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Tarah Killane (12) W			CPP-AD		
30.02 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
1:03.04 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
1:12.21 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:12.17 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:29.61 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:13.05 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:44.41 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
20:34.94 Y	F	1650 Free	2/27/2010	Kingston Last Chance Invitational	
35.02 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:14.13 Y	F	100 Back	11/15/2009	Pilgrims Pride	
1:21.98 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:31.30 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:51.80 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
39.51 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:25.16 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:36.95 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:52.81 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:25.39 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
32.81 Y	F	50 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
1:10.52 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:38.25 Y	F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:53.22 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:10.61 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:31.33 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Tarah Killane (12) W					
2:53.46	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
5:27.64	Y	F	400	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Emily King (14) W (Yr: sp)					
31.27	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
35.42	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:07.10	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:15.74	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:16.58	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:27.17	Y	F	200	Free	2/20/2010 Cabin Fever Invitational 2010
2:41.07	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:38.21	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
6:38.60	Y	F	500	Free	1/16/2010 Chris Goody IMX Challenge
1:22.05	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:30.23	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:30.52	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:53.20	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
3:10.23	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:43.29	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:54.34	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:34.39	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
1:21.79	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
1:31.98	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:33.98	L	P	100	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
3:02.68	Y	F	200	Fly	3/5/2010 AD Silver Short Course Championships
3:28.76	L	F	200	Fly	5/29/2010 2010 NE MTSC May Specialty Meet
2:55.54	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
3:17.63	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
6:05.80	Y	F	400	IM	3/5/2010 AD Silver Short Course Championships
Morgan King (15) W					
29.52	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:05.09	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:15.66	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:22.50	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
6:23.09	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
39.00	Y S	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:19.84	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:30.88	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:56.45	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
42.90	Y S	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:30.65	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:44.25	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
38.21	Y S	F	50	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:23.23	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:31.45	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:49.85	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
6:06.16	Y	F	400	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Logan Kinney (16) W (Yr: SO)					
2:23.76	Y	P	200	Free	11/5/2009 Girls Sec II Division 2 Championships
6:38.77	Y	P	500	Free	11/5/2009 Girls Sec II Division 2 Championships
Mackenzie Kinney (9) W					
45.25	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:38.19	Y	F	100	Free	12/5/2009 December2009supersplash
25.35	Y	F	25	Back	11/8/2009 Hometown SplashDown
52.11	Y	F	50	Back	12/5/2009 December2009supersplash
29.00	Y	F	25	Breast	11/15/2009 Pilgrims Pride
59.83	Y	F	50	Breast	12/5/2009 December2009supersplash
2:10.58	Y	F	100	Breast	12/5/2009 December2009supersplash
29.26	Y	F	25	Fly	11/8/2009 Hometown SplashDown
1:57.84	Y	F	100	IM	11/8/2009 Hometown SplashDown

CPP-AD

SCHE-AD

CPP-AD

UN-AD

GLFY-AD

Individual Top Times

Time	P/F/S	Event				
Nicholas Kirkpatrick (17) M						
26.31	Y L	F	50	Free	1/31/2010	Thoroughbred Splash 2010
52.97	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
1:07.57	Y	F	100	Back	1/31/2010	Thoroughbred Splash 2010
1:00.03	Y	F	100	Fly	1/31/2010	Thoroughbred Splash 2010
2:19.58	Y	F	200	IM	1/31/2010	Thoroughbred Splash 2010
Peter Kirkpatrick (10) M						
41.58	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
44.25	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:34.72	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
3:28.14	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
52.46	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
53.63	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
59.72	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:03.89	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:09.14	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
46.90	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:01.28	Y	F	50	Fly	12/19/2009	Saratoga 12&Under Mini-Meet
1:41.54	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
1:59.53	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Michael Kline (8) M						
18.74	Y	F	25	Free	11/21/2009	Harvest Invitational 2009
43.82	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:33.96	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
22.41	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
47.84	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
26.57	Y	F	25	Fly	1/16/2010	Canajoharie Developmental Meet
Grant Klinkner (9) M						
22.27	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
47.89	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
50.40	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:41.80	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
2:02.68	L	F	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
25.49	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
53.60	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
59.80	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:16.91	L	F	100	Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:18.46	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:23.51	L	F	50	Breast	7/23/2010	2010 Adirondack Long Course District Champion
Honorine Klinkner (14) W						
29.28	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:04.21	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:26.07	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
6:36.02	Y	F	500	Free	12/12/2009	Amsterdam Sea Rams Invitational
46.39	Y L	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:16.25	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:46.44	Y	F	200	Back	1/8/2010	2010 Starfish Trophy Invitational
1:30.40	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
3:13.01	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:24.54	Y	F	100	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
2:43.74	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Jordan Knapp (10) W						
40.18	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:45.03	Y	F	100	Free	11/8/2009	Hometown SplashDown
57.74	Y	F	50	Back	12/19/2009	Saratoga 12&Under Mini-Meet
53.57	Y	F	50	Breast	2/20/2010	Cabin Fever Invitational 2010
2:03.44	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
49.35	Y	F	50	Fly	1/31/2010	Thoroughbred Splash 2010
2:08.01	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:46.71	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010

SARY-AD

CPP-AD

BSPA-AD

CLIN-AD

CLIN-AD

GRGF-AD

Individual Top Times

Time	P/F/S	Event			
Margaret Knight (12) W					
					CLRK-AD
35.61 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:22.43 Y	F	100 Free	1/30/2010	CVSLQuad Meet	
44.25 Y	F	50 Back	11/14/2009	CVSL First Splash	
1:36.69 Y	F	100 Back	12/19/2009	CVSL Quad Meet	
41.38 Y	F	50 Breast	2/27/2010	CVSLLeague Championships	
1:27.46 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
3:04.34 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
42.37 Y	F	50 Fly	2/27/2010	CVSLLeague Championships	
1:34.35 Y	F	100 Fly	1/30/2010	CVSLQuad Meet	
1:27.32 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Thomas Knight (10) M					
					CLRK-AD
37.18 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:29.99 Y	F	100 Free	12/19/2009	CVSL Quad Meet	
3:10.36 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
50.45 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
58.68 Y	F	50 Fly	12/12/2009	Amsterdam Sea Rams Invitational	
1:59.25 Y	F	100 IM	2/27/2010	CVSLLeague Championships	
Madison Koelbl (10) W					
					CANA-AD
37.20 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
1:22.99 Y	F	100 Free	1/23/2010	CVSLTri Meet	
46.45 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
1:44.25 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational	
54.71 Y	F	50 Breast	2/27/2010	CVSLLeague Championships	
2:11.82 Y	F	100 Breast	1/30/2010	CVSLQuad Meet	
42.49 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:55.22 Y	F	100 Fly	1/23/2010	CVSLTri Meet	
1:39.76 Y	F	100 IM	2/27/2010	CVSLLeague Championships	
3:42.45 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Kamryn Koffer (8) W					
					CLRK-AD
27.23 Y	F	25 Free	11/14/2009	CVSL First Splash	
1:13.48 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
27.84 Y	F	25 Back	11/21/2009	CVSL Quad Meet	
Ryan Kohler (7) M					
					CPP-AD
31.02 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
32.03 S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:07.84 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:12.03 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
32.28 Y	F	25 Back	1/31/2010	Thoroughbred Splash 2010	
36.10 S	F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:09.28 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
Noelle Kolakowski (12) W (Yr: su)					
					SCHE-AD
27.92 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
30.79 L L	F	50 Free	8/11/2010	2010 Eastern Zone LC Championships	
1:00.47 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:08.38 L	P	100 Free	8/11/2010	2010 Eastern Zone LC Championships	
2:11.06 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:32.44 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:11.36 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
32.36 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
36.63 L	F	50 Back	8/11/2010	2010 Eastern Zone LC Championships	
1:09.99 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:22.02 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:29.61 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:58.91 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
38.55 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:24.17 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:04.71 Y	F	200 Breast	12/5/2009	December2009supersplash	
31.94 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
35.05 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Noelle Kolakowski (12) W (Yr: su) SCHE-AD					
1:16.21 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:20.79 L	P	100 Fly	8/11/2010	2010 Eastern Zone LC Championships	
1:08.92 Y	S	100 IM	3/19/2010	AD Gold Short Course Championships	
2:31.97 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:56.11 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:31.15 Y	F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Leah Komp (15) W (Yr: FR) GLOY-AD					
27.75 Y L	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:01.61 Y	P	100 Free	11/5/2009	Girls Sec II Division 2 Championships	
2:39.31 Y	F	200 IM	11/5/2009	Girls Sec II Division 2 Championships	
Kathleen Konz (13) W KING-AD					
32.36 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:09.37 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:32.16 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
6:44.80 Y	F	500 Free	1/23/2010	Kingston Snowball Invitational	
1:24.61 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:59.49 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:25.17 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:02.54 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:29.17 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:47.21 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Sean Konz (12) M KING-AD					
29.67 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:05.04 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:17.43 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
6:05.58 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
38.04 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:24.04 Y	F	100 Back	11/15/2009	Pilgrims Pride	
40.58 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:28.87 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
32.76 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:09.99 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:14.30 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:37.64 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Deborah Korzun (18) W (Yr: SR) UN-AD					
26.02 Y	F	50 Free	11/5/2009	Girls Sec II Division I Championships	
30.58 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
57.29 Y	P	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:08.32 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:04.27 Y L	F	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:28.14 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:13.36 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:24.58 Y	F	500 Free	11/5/2009	Girls Sec II Division I Championships	
11:20.82 Y	F	1000 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
18:51.08 Y	F	1650 Free	3/19/2010	AD Gold Short Course Championships	
1:07.63 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:21.57 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:24.79 Y	P	200 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:52.77 L	F	200 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
2:52.87 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
2:42.47 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:31.42 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
2:52.80 L	F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet	
5:06.26 Y	P	400 IM	12/10/2009	2009 NE NSSC MIT Invitational	
Leigha Kosakowski (11) W UN-AD					
34.10 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:19.35 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:19.42 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:48.22 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Leigha Kosakowski (11) W UN-AD					
6:17.53	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
44.09	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:34.09	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
47.52	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
49.04	L	P	50	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:44.98	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
46.88	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:04.53	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:36.85	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
3:31.35	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Adrian Kowal (10) M SVP-AD					
39.87	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:31.79	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
49.94	Y	F	50	Back	1/16/2010 Canajoharie Developmental Meet
48.64	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
1:46.84	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
1:49.13	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Justin Kowal (13) M SVP-AD					
32.17	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
1:17.41	Y	F	100	Free	1/24/2010 Foothills Invitational 2010
44.17	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
38.28	Y	P	50	Breast	3/19/2010 AD Gold Short Course Championships
1:27.13	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
3:12.06	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
41.09	Y	F	50	Fly	1/31/2010 Thoroughbred Splash 2010
1:28.16	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Anna Kramer (17) W CLRK-AD					
29.51	Y	F	50	Free	12/19/2009 CVSL Quad Meet
1:05.76	Y	F	100	Free	1/16/2010 Canajoharie Developmental Meet
2:22.94	Y	F	200	Free	1/16/2010 Canajoharie Developmental Meet
6:26.18	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
34.90	Y L	F	50	Back	12/19/2009 CVSL Quad Meet
1:12.36	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:43.48	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:29.64	Y	F	100	Breast	12/5/2009 CVSL Quad Meet
2:51.26	Y	F	200	IM	2/27/2010 CVSLLeague Championships
Madeline Kramer (12) W CLRK-AD					
29.10	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:04.37	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
38.02	Y	F	50	Back	2/27/2010 CVSLLeague Championships
1:23.81	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
41.10	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:29.54	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:08.78	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
38.98	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:19.42	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Kathryn Krauss (11) W ALBS-AD					
40.52	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:41.36	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
3:44.75	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
49.51	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:57.26	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:02.95	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:55.30	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Anna Kreienberg (14) W DELM-AD					
37.56	Y	F	50	Free	11/15/2009 Pilgrims Pride
1:27.67	Y	F	100	Free	11/15/2009 Pilgrims Pride
1:53.56	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
Elena Kreienberg (11) W DELM-AD					

Individual Top Times

Time	P/F/S	Event				
Elena Kreienberg (11) W						
33.31 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		DELM-AD
42.53 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
1:30.72 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
48.48 Y	F	50 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
1:39.65 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:27.45 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Alyssa Kremer (12) W						
47.88 L	F	50 Free	5/8/2010	Super Circuit 1 Syracuse		SSAC-AD
1:56.66 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse		
2:14.37 L	F	100 Breast	5/8/2010	Super Circuit 1 Syracuse		
Katherine Kubisch (12) W						
35.95 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		DELM-AD
48.32 Y	F	50 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
Merima Kulosman (11) W						
37.40 Y	F	50 Free	1/24/2010	Foothills Invitational 2010		NHA-AD
39.01 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:28.09 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
40.92 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships		
49.98 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:54.52 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational		
53.60 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
54.03 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
56.84 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010		
51.48 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
54.30 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:49.09 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
3:46.52 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion		
Zachary Kundel (18) M						
21.80 Y	P	50 Free	2/11/2010	Section II Championships Large Division		UN-AD
49.93 Y	P	100 Free	2/11/2010	Section II Championships Large Division		
1:00.35 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
2:28.50 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
2:11.29 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational		
Niharika Kura (12) W						
44.23 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		ALBS-AD
1:43.37 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
55.65 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:06.69 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:01.63 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational		
Eliza Kurth (11) W						
42.35 Y	F	50 Free	1/8/2010	2010 NE GMA Winter Knights Invite		ADDI-AD
50.02 Y	F	50 Back	1/8/2010	2010 NE GMA Winter Knights Invite		
59.26 Y	F	50 Breast	1/8/2010	2010 NE GMA Winter Knights Invite		
Emile Kuyl (13) M						
27.42 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		HAWK-AD
29.61 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:01.47 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
1:06.68 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
2:14.23 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
2:45.03 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
5:40.55 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion		
6:41.54 Y	F	500 Free	1/29/2010	Hawks Trials And Finals 2010		
30.58 Y	P	50 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships		
1:09.64 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
1:22.53 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
2:31.09 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
3:05.33 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion		
x41.59 Y	F	50 Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		
x1:28.70 Y	F	100 Breast	2/21/2010	HAWK-MVA-BARR		

Individual Top Times

Time	P/F/S	Event			
Emile Kuyl (13) M					
					HAWK-AD
1:37.36 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
34.22 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:20.25 Y	T	100 Fly	2/21/2010	HAWK-MVA-BARR	
1:31.61 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:11.26 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:36.21 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:53.98 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
6:34.84 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Leo Kuyl (9) M					
					HAWK-AD
37.23 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	
47.07 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:28.88 Y	F	100 Free	1/29/2010	Hawks Trials And Finals 2010	
1:40.78 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:33.15 Y	F	200 Free	1/29/2010	Hawks Trials And Finals 2010	
3:37.63 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
42.90 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
54.90 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:45.18 Y	F	100 Back	1/29/2010	Hawks Trials And Finals 2010	
1:53.53 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
56.45 Y	F	50 Breast	1/23/2010	Kingston Snowball Invitational	
58.39 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:56.55 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010	
2:10.91 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
57.57 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:03.34 Y	F	50 Fly	1/23/2010	Kingston Snowball Invitational	
1:38.43 Y	F	100 IM	2/21/2010	HAWK-MVA-BARR	
4:05.44 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Jelena Lacelle (15) W					
					CLIN-AD
29.29 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
33.70 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:02.58 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:12.23 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.12 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:14.73 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:41.05 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:49.20 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
35.59 Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:13.86 Y	F	100 Back	1/16/2010	Canajoharie Developmental Meet	
1:23.44 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:37.24 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:28.61 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:42.06 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:44.55 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:06.10 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:46.03 L	P	200 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:16.22 Y	F	100 Fly	11/15/2009	Pilgrims Pride	
1:23.74 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:43.36 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:32.43 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:06.78 L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Wade Lacey (12) W					
					DELM-AD
33.44 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:14.01 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:43.81 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
38.66 Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:20.08 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
3:04.37 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
47.08 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
37.86 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:27.16 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Darby LaFlamme (12) W			ALBS-AD		
34.18 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
37.21 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
39.45 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.20 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
1:28.84 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:01.98 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
3:15.84 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
42.01 Y	F	50 Back	12/5/2009	December2009supersplash	
43.65 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
46.11 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:37.51 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:42.33 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
55.03 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:01.81 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:03.81 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
41.92 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
45.75 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
47.08 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.25 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:37.64 Y	F	100 IM	11/21/2009	Harvest Invitational 2009	
1:48.71 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:49.15 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Kara LaFlamme (12) W			BENN-AD		
29.70 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:09.71 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:46.63 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
7:19.38 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.23 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:24.07 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
39.51 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:25.08 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
34.74 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:22.80 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
3:13.42 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
1:18.96 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
3:05.03 Y	F	200 IM	12/5/2009	December2009supersplash	
Owen LaFlamme (10) M			ALBS-AD		
39.38 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
47.13 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.72 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:39.86 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:26.60 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:35.84 L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
46.55 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
54.86 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
55.88 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:53.48 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	
1:56.10 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
52.28 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
59.70 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:02.22 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:01.86 Y	F	100 Breast	12/5/2009	December2009supersplash	
2:06.44 L	F	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
49.89 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
53.93 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
56.40 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.63 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:51.12 Y	F	200 IM	12/5/2009	December2009supersplash	
4:12.85 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Sylvie Lagodka (15) W			UN-AD		

Individual Top Times

Time	P/F/S	Event				
Sylvie Lagodka (15) W						
32.54 Y	F	50 Free	10/23/2009	Girls OCIAA Championships 2009		UN-AD
x7:40.01 Y	F	500 Free	10/10/2009	Ravena Autumn Breeze		
7:40.01 Y	F	500 Free	10/10/2009	Ravena Autumn Breeze		
x1:27.60 Y	F	100 Back	2/21/2010	HAWK-MVA-BARR		
1:32.19 Y	F	100 Breast	10/23/2009	Girls OCIAA Championships 2009		
Olivia Laime (9) W						
55.75 Y	F	50 Free	12/5/2009	December2009supersplash		BSPA-AD
2:06.59 Y	F	100 Free	10/25/2009	Trick or Treat Meet		
1:01.17 Y	F	50 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
1:19.17 Y	F	50 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
Cory Lais (14) W						
28.82 Y	F	50 Free	11/15/2009	Pilgrims Pride		AMST-AD
1:03.77 Y	F	100 Free	11/15/2009	Pilgrims Pride		
2:22.00 Y	F	200 Free	12/12/2009	Amsterdam Sea Rams Invitational		
1:13.55 Y	F	100 Back	11/15/2009	Pilgrims Pride		
1:28.13 Y	F	100 Breast	11/21/2009	CVSL Quad Meet		
1:22.48 Y	F	100 Fly	12/12/2009	Amsterdam Sea Rams Invitational		
2:48.57 Y	F	200 IM	11/14/2009	CVSL First Splash		
Patricia Lamark (15) W						
39.31 Y	F	50 Free	11/20/2009	2009 MR AG Early Bird Invitational		HAWK-AD
1:30.46 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational		
3:06.74 Y	P	200 Free	1/29/2010	Hawks Trials And Finals 2010		
1:36.34 Y	P	100 Back	1/29/2010	Hawks Trials And Finals 2010		
1:43.14 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010		
48.93 Y	F	50 Fly	2/21/2010	HAWK-MVA-BARR		
1:45.54 Y	F	100 Fly	11/20/2009	2009 MR AG Early Bird Invitational		
1:33.91 Y	F	100 IM	2/21/2010	HAWK-MVA-BARR		
Robert Lamark (10) M						
40.97 Y	F	50 Free	1/29/2010	Hawks Trials And Finals 2010		HAWK-AD
1:40.87 Y	F	100 Free	11/20/2009	2009 MR AG Early Bird Invitational		
50.68 Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010		
1:53.95 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
58.56 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
2:21.81 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010		
1:53.61 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Anna Lambert (7) W						
33.96 Y	F	25 Free	1/16/2010	Canajoharie Developmental Meet		CLRK-AD
37.91 Y	F	25 Back	11/14/2009	CVSL First Splash		
John Lamb (10) M						
35.04 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		NHA-AD
39.56 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:21.28 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
42.10 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010		
44.25 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:25.70 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
47.83 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships		
53.74 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:53.12 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational		
46.54 Y	F	50 Fly	1/24/2010	Foothills Invitational 2010		
48.98 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:26.78 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		
1:37.53 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Molly Lambo (10) W						
48.44 Y	F	50 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
1:45.68 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
55.11 Y	F	50 Back	1/24/2010	Foothills Invitational 2010		
Jack Lampman (12) M						
33.12 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		ALBS-AD
40.84 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		

Individual Top Times

Time	P/F/S	Event			
Jack Lampman (12) M			ALBS-AD		
1:19.22	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:38.07	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.52	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:57.26	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
42.16	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
53.95	L P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:35.10	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:41.46	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:53.78	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
47.42	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:42.78	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:05.84	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:09.70	L P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
38.78	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
2:08.90	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.24	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:20.70	Y F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Cara Lanci (14) W			DELM-AD		
28.83	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
32.39	L P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:00.76	Y P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:08.75	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
1:12.93	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:12.22	Y P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:33.78	L P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:12.37	L P	400 Free	7/21/2010	2010 Empire State Games	
5:54.25	Y F	500 Free	3/5/2010	AD Silver Short Course Championships	
10:52.08	L F	800 Free	7/21/2010	2010 Empire State Games	
12:56.96	Y F	1000 Free	12/5/2009	December2009supersplash	
1:11.24	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:22.84	L P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:23.21	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:31.88	Y P	200 Back	3/19/2010	AD Gold Short Course Championships	
2:59.36	L P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:26.64	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:35.21	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:39.83	L F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:10.01	Y F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:30.11	L F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:12.11	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:19.12	L P	100 Fly	7/21/2010	2010 Empire State Games	
1:21.12	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:47.55	Y F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:11.67	L F	200 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:32.69	Y P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:54.33	L F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Erin Lant (8) W			GRGF-AD		
22.77	Y F	25 Free	11/8/2009	Hometown SplashDown	
Tanner Lant (10) M			GRGF-AD		
42.36	Y F	50 Free	11/8/2009	Hometown SplashDown	
52.21	Y F	50 Back	11/8/2009	Hometown SplashDown	
Antonio Lanzi (16) M			UN-AD		
22.40	Y F	50 Free	2/11/2010	Section II Championships Small Division	
25.39	L F	50 Free	7/8/2010	Niagara Long Course Classic	
48.69	Y L F	100 Free	3/19/2010	AD Gold Short Course Championships	
55.74	L F	100 Free	7/8/2010	Niagara Long Course Classic	
55.88	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.07	Y F	200 Free	3/11/2010	NE 2010 March Speedo Champions Series	
2:00.14	L P	200 Free	7/8/2010	Niagara Long Course Classic	
4:10.87	L F	400 Free	7/8/2010	Niagara Long Course Classic	

Individual Top Times

Time	P/F/S	Event			
Antonio Lanzi (16) M			ALBS-AD		
4:42.00	Y	F	500	Free	3/11/2010 NE 2010 March Speedo Champions Series
8:41.72	L	F	800	Free	7/8/2010 Niagara Long Course Classic
9:45.96	Y	F	1000	Free	3/11/2010 NE 2010 March Speedo Champions Series
16:45.63	L	F	1500	Free	7/8/2010 Niagara Long Course Classic
16:21.69	Y	F	1650	Free	3/11/2010 NE 2010 March Speedo Champions Series
1:05.12	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:08.85	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:04.09	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
1:11.74	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:16.00	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
2:38.44	L	F	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
54.19	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
1:01.42	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:02.71	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
2:02.70	Y	F	200	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:17.11	L	F	200	Fly	5/21/2010 Internationale CNPPO
2:00.30	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
2:15.56	L	P	200	IM	7/8/2010 Niagara Long Course Classic
4:12.95	Y	P	400	IM	3/11/2010 NE 2010 March Speedo Champions Series
4:46.51	L	F	400	IM	7/8/2010 Niagara Long Course Classic
Taylor LaPan (14) M			GLFY-AD		
1:29.75	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:37.89	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Josie LaPolt (10) W			HAWK-AD		
x43.60	Y	F	50	Free	2/21/2010 HAWK-MVA-BARR
1:38.53	Y	F	100	Free	1/29/2010 Hawks Trials And Finals 2010
49.74	Y	F	50	Back	2/21/2010 HAWK-MVA-BARR
1:01.11	Y	F	50	Breast	1/29/2010 Hawks Trials And Finals 2010
1:46.98	Y	F	100	IM	2/21/2010 HAWK-MVA-BARR
Cara LaPorta (11) W			SCHE-AD		
34.40	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:18.24	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:58.92	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
40.23	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
1:28.31	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
48.93	Y	F	50	Breast	11/21/2009 Harvest Invitational 2009
1:48.23	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
40.14	Y	F	50	Fly	1/16/2010 Chris Goody 10&Under Mini-Meet
1:33.50	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
1:29.47	Y	F	100	IM	1/16/2010 Chris Goody 10&Under Mini-Meet
3:19.46	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
Katherine LaPorta (12) W			SCHE-AD		
32.48	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:16.13	Y	F	100	Free	12/19/2009 Saratoga 12&Under Mini-Meet
2:50.58	Y	F	200	Free	2/20/2010 Cabin Fever Invitational 2010
40.75	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:27.41	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
40.14	Y	P	50	Breast	3/19/2010 AD Gold Short Course Championships
1:30.38	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
39.13	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:33.96	Y	F	100	Fly	1/16/2010 Chris Goody IMX Challenge
1:23.58	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
3:07.75	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
Sydney LaQue (12) W (Yr: s/)			SCHE-AD		
28.49	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
31.44	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:02.30	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:09.46	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:14.28	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Sydney LaQue (12) W (Yr: s/)					
2:28.43 L	P	200 Free	8/11/2010	2010 Eastern Zone LC Championships	ADLC-AD
5:17.10 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:52.83 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
35.83 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
38.04 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:13.47 Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge	
1:22.56 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:34.43 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:54.47 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
36.73 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
40.19 L	P	50 Breast	8/11/2010	2010 Eastern Zone LC Championships	
1:20.07 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:28.00 L	F	100 Breast	8/11/2010	2010 Eastern Zone LC Championships	
2:50.56 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:09.59 L	P	200 Breast	8/11/2010	2010 Eastern Zone LC Championships	
36.42 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.54 L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
1:21.39 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:37.37 L	F	100 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
3:04.02 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
1:13.36 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:31.01 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:55.31 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:28.91 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Stephen Larche (15) M					
30.24 L	F	50 Free	5/8/2010	Super Circuit 1 Syracuse	TBS-AD
1:12.04 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse	
2:59.78 L	F	200 IM	5/8/2010	Super Circuit 1 Syracuse	
Emma Larkin (8) W					
20.16 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	BSPA-AD
47.43 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:39.01 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
23.70 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
51.08 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
26.20 Y	F	25 Breast	2/20/2010	Cabin Fever Invitational 2010	
58.71 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
21.26 Y	F	25 Fly	11/21/2009	Harvest Invitational 2009	
1:02.49 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:53.33 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
James Larkin (11) M					
36.13 Y L	F	50 Free	1/16/2010	Canajoharie Developmental Meet	BSPA-AD
1:22.58 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	
3:06.78 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
41.22 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:30.19 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.53 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:36.59 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
44.12 Y	F	50 Fly	2/20/2010	Cabin Fever Invitational 2010	
1:44.56 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:28.36 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Margaret Larkin (11) W					
35.88 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
38.87 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
40.31 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.81 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:28.54 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:56.31 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
40.42 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
47.01 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
47.87 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
Margaret Larkin (11) W			ALBS-AD		
1:26.86	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:38.58	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
45.80	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
52.23	L P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
56.19	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:40.38	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:51.86	L P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:23.79	Y F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.22	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
50.11	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
52.18	L P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:28.79	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:43.98	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:19.70	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:35.78	L P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Brittany Larlee (15) W (Yr: FR)			DELM-AD		
32.45	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:22.25	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:21.67	Y P	200 Free	11/5/2009	Girls Sec II Division I Championships	
6:13.27	Y P	500 Free	11/5/2009	Girls Sec II Division I Championships	
1:18.50	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.74	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:48.87	Y F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:54.29	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:42.75	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Caitlyn Larrabee (12) W			SCHE-AD		
34.05	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
37.52	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.35	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:14.85	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
42.52	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
46.31	L P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:34.13	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
48.65	L P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
49.45	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:46.13	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
44.06	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
50.62	L P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:46.03	Y F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:29.62	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:26.28	Y F	200 IM	1/16/2010	Chris Goody IMX Challenge	
3:45.42	L P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Christina Lau (10) W			ALBS-AD		
32.01	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
35.33	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
36.32	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.25	Y F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:20.64	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:41.86	Y F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:58.70	L F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
36.18	Y F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
41.84	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
41.90	L F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.19	Y F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.09	L F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
39.39	Y F	50 Breast	3/19/2010	AD Gold Short Course Championships	
44.56	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
45.21	L F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:28.20	Y F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:35.63	L F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Christina Lau (10) W					
37.04	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
42.54	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:28.72	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:46.39	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:17.80	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
1:30.14	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:55.28	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
3:17.21	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Caitlynn Lawrence (7) W					
25.46	Y	F	25	Free	2/27/2010 CVSLLeague Championships
55.79	Y	F	50	Free	1/24/2010 Foothills Invitational 2010
28.34	Y	F	25	Back	2/20/2010 Cabin Fever Invitational 2010
1:00.29	Y	F	50	Back	1/30/2010 CVSLQuad Meet
37.85	Y	F	25	Fly	1/24/2010 Foothills Invitational 2010
2:45.72	Y	F	100	IM	2/27/2010 CVSLLeague Championships
Madison Lawrence (11) W					
52.57	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
2:02.03	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:10.21	Y	F	50	Back	1/31/2010 Thoroughbred Splash 2010
1:03.85	Y	F	50	Breast	2/20/2010 Cabin Fever Invitational 2010
Lillian Lawrence-Paine (11) W					
35.40	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:19.86	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
37.89	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:23.52	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
3:04.18	Y	P	200	Back	1/29/2010 Hawks Trials And Finals 2010
46.87	Y	P	50	Breast	1/29/2010 Hawks Trials And Finals 2010
1:43.25	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
43.79	Y	F	50	Fly	10/10/2009 Ravena Autumn Breeze
1:27.43	Y	P	100	IM	1/29/2010 Hawks Trials And Finals 2010
3:13.05	Y	F	200	IM	1/23/2010 Kingston Snowball Invitational
William Lawrence-Paine (8) M					
21.89	Y	F	25	Free	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
47.88	Y	F	50	Free	2/21/2010 HAWK-MVA-BARR
1:54.72	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
24.50	Y	F	25	Back	2/21/2010 HAWK-MVA-BARR
54.17	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
2:02.85	Y	F	100	Back	1/29/2010 Hawks Trials And Finals 2010
29.57	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
Julian Leal (13) M					
30.37	Y	F	50	Free	1/31/2010 Thoroughbred Splash 2010
1:12.49	Y	F	100	Free	11/21/2009 Harvest Invitational 2009
41.68	Y	P	50	Breast	3/12/2010 2010 NewYork State YMCA Swimming Championship
33.59	Y	P	50	Fly	3/12/2010 2010 NewYork State YMCA Swimming Championship
2:49.48	Y	P	200	IM	3/12/2010 2010 NewYork State YMCA Swimming Championship
Kyra Elisabeth Lecakes (12) W					
44.48	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
47.34	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:44.16	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:48.50	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:52.87	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:03.06	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
47.75	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
55.32	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:54.60	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:57.15	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
56.76	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:00.22	L	P	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:02.77	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships

ALBS-AD

CANA-AD

SCHE-AD

HAWK-AD

HAWK-AD

SARY-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Kyra Elisabeth Lecakes (12) W					
2:09.92	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
Abigail LeCates (12) W					
32.45	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:10.33	Y	L	F	100	Free 3/19/2010 AD Gold Short Course Championships
2:39.18	Y	F	F	200	Free 3/5/2010 AD Silver Short Course Championships
7:08.99	Y	F	F	500	Free 1/30/2010 CVSLQuad Meet
38.29	Y	F	F	50	Back 3/5/2010 AD Silver Short Course Championships
1:23.43	Y	F	F	100	Back 3/5/2010 AD Silver Short Course Championships
47.38	Y	F	F	50	Breast 3/5/2010 AD Silver Short Course Championships
35.27	Y	F	F	50	Fly 2/6/2010 Delmar Dolphins February Freeze Invitational
1:17.37	Y	P	F	100	Fly 3/19/2010 AD Gold Short Course Championships
2:53.03	Y	F	F	200	Fly 2/6/2010 Delmar Dolphins February Freeze Invitational
1:23.24	Y	F	F	100	IM 3/5/2010 AD Silver Short Course Championships
2:55.77	Y	F	F	200	IM 3/5/2010 AD Silver Short Course Championships
Grace LeCates (10) W					
33.63	Y	F	F	50	Free 3/19/2010 AD Gold Short Course Championships
1:14.38	Y	F	F	100	Free 3/19/2010 AD Gold Short Course Championships
2:46.06	Y	F	F	200	Free 3/19/2010 AD Gold Short Course Championships
7:40.50	Y	F	F	500	Free 3/5/2010 AD Silver Short Course Championships
40.01	Y	F	F	50	Back 2/27/2010 CVSLLeague Championships
1:28.26	Y	F	F	100	Back 3/19/2010 AD Gold Short Course Championships
47.38	Y	F	F	50	Breast 11/21/2009 CVSL Quad Meet
1:43.36	Y	F	F	100	Breast 3/5/2010 AD Silver Short Course Championships
42.79	Y	F	F	50	Fly 11/21/2009 CVSL Quad Meet
1:35.45	Y	F	F	100	Fly 3/19/2010 AD Gold Short Course Championships
1:30.60	Y	F	F	100	IM 3/19/2010 AD Gold Short Course Championships
3:15.94	Y	F	F	200	IM 3/5/2010 AD Silver Short Course Championships
Henry LeCates (6) M					
24.12	Y	F	F	25	Free 2/27/2010 CVSLLeague Championships
58.40	Y	F	F	50	Free 3/5/2010 AD Silver Short Course Championships
23.48	Y	F	F	25	Back 12/5/2009 CVSL Quad Meet
1:03.52	Y	F	F	50	Back 3/5/2010 AD Silver Short Course Championships
40.43	Y	F	F	25	Breast 3/5/2010 AD Silver Short Course Championships
35.55	Y	F	F	25	Fly 2/27/2010 CVSLLeague Championships
Alexander Lednev (16) M					
26.68	L	P	F	50	Free 7/2/2010 Clinton Cudas Colgate Classic Invitational
49.80	Y	F	F	100	Free 2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
58.03	L	F	F	100	Free 7/23/2010 2010 Adirondack Long Course District Champion
1:47.01	Y	F	F	200	Free 2/6/2010 Delmar Dolphins February Freeze Invitational
2:08.68	L	F	F	200	Free 7/9/2010 Hawks Summer Invitational 2010
4:34.52	L	F	F	400	Free 7/2/2010 Clinton Cudas Colgate Classic Invitational
4:51.18	Y	F	F	500	Free 3/19/2010 AD Gold Short Course Championships
53.67	Y	P	F	100	Back 2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
1:04.43	L	F	F	100	Back 7/2/2010 Clinton Cudas Colgate Classic Invitational
1:57.19	Y	F	F	200	Back 2/6/2010 Delmar Dolphins February Freeze Invitational
2:19.26	L	P	F	200	Back 7/2/2010 Clinton Cudas Colgate Classic Invitational
1:00.49	Y	F	F	100	Breast 2/11/2010 Section II Championships Large Division
1:13.45	L	F	F	100	Breast 7/23/2010 2010 Adirondack Long Course District Champion
2:18.13	Y	P	F	200	Breast 12/10/2009 2009 NE NSSC MIT Invitational
2:39.01	L	P	F	200	Breast 7/23/2010 2010 Adirondack Long Course District Champion
54.93	Y	F	F	100	Fly 2/6/2010 Delmar Dolphins February Freeze Invitational
1:02.99	L	P	F	100	Fly 7/23/2010 2010 Adirondack Long Course District Champion
2:00.77	Y	F	F	200	Fly 3/19/2010 AD Gold Short Course Championships
2:24.71	L	P	F	200	Fly 7/2/2010 Clinton Cudas Colgate Classic Invitational
1:57.07	Y	P	F	200	IM 2/11/2010 Section II Championships Large Division
2:23.73	L	F	F	200	IM 7/23/2010 2010 Adirondack Long Course District Champion
4:09.79	Y	F	F	400	IM 3/11/2010 NE 2010 March Speedo Champions Series
4:56.76	L	F	F	400	IM 7/23/2010 2010 Adirondack Long Course District Champion
Alexander Lee (14) M					

ALBS-AD

CLRK-AD

CLRK-AD

CLRK-AD

DELM-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Alexander Lee (14) M					
					ALBS-AD
24.22	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
28.05	L	P	50 Free	7/8/2010	Niagara Long Course Classic
52.41	Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:00.85	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:54.51	Y	F	200 Free	3/19/2010	AD Gold Short Course Championships
2:13.06	L	P	200 Free	7/8/2010	Niagara Long Course Classic
4:46.87	L	P	400 Free	7/8/2010	Niagara Long Course Classic
5:16.07	Y	F	500 Free	3/19/2010	AD Gold Short Course Championships
1:20.63	L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:13.97	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
1:29.38	L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
58.53	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:05.57	L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:46.28	L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion
Jessica Lee (12) W					
					ALBS-AD
32.25	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:12.15	Y	F	100 Free	10/25/2009	Trick or Treat Meet
2:40.50	Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational
7:10.59	Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
39.44	Y	F	50 Back	11/15/2009	Pilgrims Pride
1:25.56	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
44.83	Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational
1:38.10	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
38.97	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:35.32	Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:25.49	Y	F	100 IM	11/15/2009	Pilgrims Pride
3:02.32	Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational
Melissa Lee (12) W					
					ALBS-AD
37.52	Y	F	50 Free	10/25/2009	Trick or Treat Meet
1:23.22	Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational
48.16	Y	F	50 Back	10/25/2009	Trick or Treat Meet
1:40.57	Y	F	100 Back	11/15/2009	Pilgrims Pride
47.92	Y	F	50 Breast	10/25/2009	Trick or Treat Meet
1:38.89	Y	F	100 Breast	11/15/2009	Pilgrims Pride
44.00	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:32.94	Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational
Amelie Legg (11) W					
					DLHI-AD
38.88	Y	F	50 Free	2/27/2010	CVSLLeague Championships
1:32.46	Y	F	100 Free	1/23/2010	CVSLTri Meet
42.27	Y	F	50 Back	12/19/2009	CVSL Quad Meet
1:42.20	Y	F	100 Back	1/23/2010	CVSLTri Meet
52.82	Y	F	50 Breast	12/5/2009	CVSL Quad Meet
1:41.01	Y	F	100 IM	2/27/2010	CVSLLeague Championships
Amy Leirey (8) W					
					KING-AD
18.13	Y	F	25 Free	11/15/2009	Pilgrims Pride
41.59	Y	F	50 Free	12/11/2009	CT SNCO 9th Annual Hutchinson
47.98	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:36.78	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
25.71	Y	F	25 Back	10/25/2009	Trick or Treat Meet
49.64	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
55.49	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
28.18	Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships
1:08.92	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
26.17	Y	F	25 Fly	11/15/2009	Pilgrims Pride
52.02	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:03.13	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:56.03	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
2:11.12	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Erin Leirey (12) W					
					KING-AD

Individual Top Times

Time	P/F/S	Event			
Erin Leirey (12) W					
28.37 Y L	F	50 Free	2/27/2010	Kingston Last Chance Invitational	KING-AD
1:00.86 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:09.32 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
5:47.43 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
32.52 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:09.91 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
35.94 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:17.63 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
31.54 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:07.33 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:36.77 Y	F	200 Fly	2/27/2010	Kingston Last Chance Invitational	
1:08.07 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:27.34 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Katherine Leirey (15) W (Yr: FR)					
29.38 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	KING-AD
1:04.02 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:13.80 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:16.80 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:08.78 Y	F	500 Free	10/23/2009	Girls OCIAA Championships 2009	
34.77 Y L	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:12.93 Y L	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:21.55 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:36.23 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:34.96 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Tyler Lemery (13) M					
2:16.48 Y	F	200 Free	12/12/2009	Amsterdam Sea Rams Invitational	CLIN-AD
6:09.78 Y	F	500 Free	12/12/2009	Amsterdam Sea Rams Invitational	
2:31.72 Y	F	200 Back	12/12/2009	Amsterdam Sea Rams Invitational	
Erin Lenney (14) W (Yr: 8)					
27.24 Y	F	50 Free	11/15/2009	Pilgrims Pride	ALBS-AD
58.46 Y	F	100 Free	11/15/2009	Pilgrims Pride	
2:05.41 Y	F	200 Free	11/5/2009	Girls Sec II Division I Championships	
5:38.21 Y	F	500 Free	11/5/2009	Girls Sec II Division I Championships	
11:46.23 Y	F	1000 Free	12/5/2009	December2009supersplash	
Morgan Lenney (14) W (Yr: 8)					
27.70 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	ALBS-AD
31.22 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
59.23 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:07.44 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:08.57 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:09.41 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:28.12 L	F	200 Free	5/21/2010	Internationale CNPPO	
5:43.34 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
32.82 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:07.28 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:17.54 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:18.57 L	F	100 Back	5/21/2010	Internationale CNPPO	
2:22.26 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:43.23 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:18.47 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:29.92 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:31.81 L	F	100 Breast	5/21/2010	Internationale CNPPO	
2:51.24 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:10.89 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:19.88 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:20.37 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:27.11 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:46.11 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Timothy Lenny (15) M					
					RAVE-AD

Individual Top Times

Time	P/F/S	Event			
Timothy Lenny (15) M					
					RAVE-AD
25.85 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
29.66 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
56.46 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:03.96 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:02.92 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
5:00.07 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:42.33 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:03.30 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:12.72 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:15.15 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
2:35.56 L	F	200 Back	7/21/2010	2010 Empire State Games	
1:19.19 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:50.10 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:03.84 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:11.69 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:18.56 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:40.84 L	F	200 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:17.13 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:37.37 L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
4:48.96 Y	F	400 IM	3/19/2010	AD Gold Short Course Championships	
5:31.35 L	F	400 IM	7/21/2010	2010 Empire State Games	
Rachel Leombruno (15) W					
					GLFY-AD
27.79 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
31.07 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
59.51 Y	P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:07.74 L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:05.55 Y	F	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:23.73 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:08.29 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:35.23 Y	F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
11:55.92 Y	F	1000 Free	12/5/2009	December2009supersplash	
1:10.26 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:20.15 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:30.03 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:09.33 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:15.98 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:37.41 Y	F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:29.91 Y	F	200 IM	10/25/2009	Trick or Treat Meet	
Robert Leombruno (15) M					
					GLFY-AD
27.07 Y	P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:01.71 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:19.92 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
33.14 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:11.03 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:35.75 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.91 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:23.09 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:00.76 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:35.26 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Anna Leone (14) W					
					GRGF-AD
29.97 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:13.58 Y	F	100 Free	11/8/2009	Hometown SplashDown	
1:34.15 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
3:09.88 Y	F	200 IM	11/8/2009	Hometown SplashDown	
Taryn Lesser (16) W					
					RAVE-AD
27.57 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:00.21 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:09.10 L	P	100 Free	7/21/2010	2010 Empire State Games	
2:09.13 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:30.66 L	P	200 Free	7/21/2010	2010 Empire State Games	

Individual Top Times

Time	P/F/S	Event			
Taryn Lesser (16) W					
					RAVE-AD
1:09.10	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
2:26.23	Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:22.07	Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships
1:08.16	Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:19.86	L	F	100 Fly	7/21/2010	2010 Empire State Games
2:31.23	Y	F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
2:26.14	Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Noel Leszczynski (15) W					
					ALBS-AD
1:16.38	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:34.14	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Adelaide Leung (7) W					
					ALBS-AD
21.08	Y	F	25 Free	3/5/2010	AD Silver Short Course Championships
22.97	S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
44.26	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
46.92	L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
50.97	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:42.00	Y	F	100 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:46.45	L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
23.16	Y	F	25 Back	3/5/2010	AD Silver Short Course Championships
26.75	S	F	25 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
51.47	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
53.71	L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
30.43	Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships
35.59	S	F	25 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:05.67	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:05.96	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
24.88	Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships
53.22	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
57.06	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:50.70	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
Erin Leva (13) W					
					SCHE-AD
29.20	Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010
1:03.65	Y	F	100 Free	12/5/2009	December2009supersplash
2:22.26	Y	P	200 Free	3/19/2010	AD Gold Short Course Championships
6:28.94	Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge
34.85	Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010
1:14.86	Y	P	100 Back	3/19/2010	AD Gold Short Course Championships
2:37.03	Y	F	200 Back	3/19/2010	AD Gold Short Course Championships
38.89	Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010
1:22.49	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
3:02.48	Y	F	200 Breast	12/5/2009	December2009supersplash
33.17	Y	F	50 Fly	2/20/2010	Cabin Fever Invitational 2010
1:16.61	Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships
1:12.65	Y	P	100 IM	3/19/2010	AD Gold Short Course Championships
2:36.58	Y	P	200 IM	3/19/2010	AD Gold Short Course Championships
5:43.37	Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge
Mark Lewis (11) M					
					CLIN-AD
35.35	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:14.51	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:52.78	Y	F	200 Free	1/16/2010	Canajoharie Developmental Meet
38.05	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
1:21.51	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
47.18	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
1:42.25	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
45.11	Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:26.57	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
Kevin Lin (8) M					
					DELM-AD
25.28	Y	F	25 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
58.48	Y	F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet

Individual Top Times

Time	P/F/S	Event			
Kevin Lin (8) M					
32.62 Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	DELM-AD
30.26 Y	F	25 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
Elaine Lipkin (10) W					
39.89 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	ALBS-AD
45.29 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:36.75 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
49.83 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
55.71 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:51.57 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:06.25 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
52.92 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
Grace Litz (12) W					
38.57 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	BSPA-AD
1:30.28 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
44.44 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
55.25 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
51.42 Y	F	50 Fly	2/20/2010	Cabin Fever Invitational 2010	
Bryan Liu (9) M					
52.34 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	ALBS-AD
59.75 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Hannah Liu (14) W					
27.48 Y	P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	UN-AD
1:00.25 Y	P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:09.42 Y	P	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:29.57 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:15.23 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:44.83 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Samantha Liu (10) W					
34.72 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	ALBS-AD
38.75 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
43.09 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:38.68 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
3:25.61 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
3:36.36 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
44.92 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.58 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:41.25 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
52.60 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
54.03 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:08.90 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
45.27 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
46.19 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:42.11 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:45.82 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Siyao Liu (15) W (Yr: SO)					
26.46 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	ALBS-AD
29.66 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
55.11 Y	F	100 Free	11/5/2009	Girls Sec II Division I Championships	
1:02.91 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:58.70 Y	P	200 Free	11/5/2009	Girls Sec II Division I Championships	
2:13.06 L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
4:44.08 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:21.04 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
11:14.76 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
18:44.40 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:27.47 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:38.97 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
Stanley Liu (10) M					
38.22 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Stanley Liu (10) M			ALBS-AD		
40.52 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:23.34 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:34.86 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:18.20 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
43.95 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
48.82 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:32.93 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:46.73 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
52.58 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:03.46 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
41.64 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
49.39 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:38.13 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:34.72 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Lauren Livingston (9) W			SCHE-AD		
17.72 Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	
37.35 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:25.89 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
22.74 Y	F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
47.52 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:41.18 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
23.12 Y	F	25 Breast	1/31/2010	Thoroughbred Splash 2010	
50.25 Y	F	50 Breast	11/8/2009	Hometown SplashDown	
1:43.18 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
22.71 Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
48.21 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:37.17 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Madison Livingston (12) W			SCHE-AD		
29.37 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
32.74 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:06.38 Y	F	100 Free	12/5/2009	December2009supersplash	
1:13.79 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:22.80 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:38.44 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
36.12 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
41.44 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.07 Y	F	100 Back	11/15/2009	Pilgrims Pride	
2:42.90 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
37.88 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
41.56 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:22.03 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:31.92 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:53.46 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:19.75 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
32.02 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
36.22 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:10.24 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:21.46 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:42.13 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
1:13.52 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:42.58 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
3:05.91 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
David Logan (9) M			SSCY-AD		
32.60 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
37.74 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.82 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:35.77 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
7:43.23 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
39.45 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
42.79 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
David Logan (9) M					
1:23.46	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
50.16	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
57.84	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
37.60	Y	F	50	Fly	3/12/2010 2010 NewYork State YMCA Swimming Championship
41.88	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:25.08	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
1:37.88	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Peter Lomanto (14) M					
36.66	Y	F	50	Free	1/24/2010 Foothills Invitational 2010
1:24.54	Y	F	100	Free	1/24/2010 Foothills Invitational 2010
3:05.76	Y	F	200	Free	1/30/2010 CVSLQuad Meet
1:33.21	Y	F	100	Back	2/27/2010 CVSLLeague Championships
1:31.45	Y	F	100	Fly	2/27/2010 CVSLLeague Championships
Melissa Longendyke (11) W					
39.79	Y	F	50	Free	12/5/2009 December2009supersplash
1:30.10	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
8:36.18	Y	F	500	Free	1/23/2010 Kingston Snowball Invitational
48.08	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:55.42	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
47.91	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:45.02	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
50.81	Y	F	50	Fly	12/5/2009 December2009supersplash
1:40.12	Y	F	100	IM	1/23/2010 Kingston Snowball Invitational
Nicole Longendyke (15) W (Yr: FR)					
27.22	Y L	F	50	Free	11/5/2009 2009 Girls Section 9 Championships
1:00.49	Y	P	100	Free	11/5/2009 2009 Girls Section 9 Championships
2:19.31	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
34.40	Y L	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:14.97	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
2:40.08	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
1:16.78	Y	F	100	Breast	10/23/2009 Girls OCIAA Championships 2009
2:52.71	Y	F	200	Breast	1/8/2010 2010 Starfish Trophy Invitational
2:33.98	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Austin Longstaff (14) M					
28.58	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:02.41	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:18.86	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
6:04.05	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
1:17.22	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
2:49.89	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
1:28.23	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:16.39	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
1:09.14	Y	P	100	Fly	2/11/2010 Section II Championships Large Division
2:59.47	Y	F	200	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:41.73	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Brooke Longstaff (17) W (Yr: JR)					
1:10.14	Y	P	100	Back	11/5/2009 Girls Sec II Division I Championships
1:03.47	Y	P	100	Fly	11/5/2009 Girls Sec II Division I Championships
Abigail Lorch (6) W					
27.03	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
28.99	S	F	25	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:01.52	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:06.22	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:09.92	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:16.07	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:25.83	L	F	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
28.95	Y	F	25	Back	1/31/2010 Thoroughbred Splash 2010
31.53	S	F	25	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:09.71	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational

SSCY-AD

AMST-AD

KING-AD

UN-AD

DELM-AD

UN-AD

CPP-AD

Individual Top Times

Time	P/F/S	Event			
Abigail Lorch (6) W					
1:11.65	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:42.77	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
Brayden Love (11) M					
33.41	Y	F	50	Free	10/25/2009 October 25, 2009
1:17.07	Y	F	100	Free	1/24/2010 Foothills Invitational 2010
1:26.69	L	F	100	Free	5/8/2010 Super Circuit 1 Syracuse
42.64	Y	F	50	Back	12/19/2009 OLSC Winter Wonderland Meet
47.77	Y	F	50	Breast	3/6/2010 Under The Big Top
1:44.61	Y	F	100	Breast	1/24/2010 Foothills Invitational 2010
1:55.64	L	F	100	Breast	5/8/2010 Super Circuit 1 Syracuse
41.08	Y	F	50	Fly	10/25/2009 October 25, 2009
1:27.86	Y	F	100	IM	1/24/2010 Foothills Invitational 2010
3:30.10	L	F	200	IM	5/8/2010 Super Circuit 1 Syracuse
Jack Love (8) M					
23.98	Y	F	25	Free	1/24/2010 Foothills Invitational 2010
51.38	Y	F	50	Free	12/19/2009 OLSC Winter Wonderland Meet
53.38	L	F	50	Free	5/8/2010 Super Circuit 1 Syracuse
2:25.91	L	F	100	Free	5/8/2010 Super Circuit 1 Syracuse
26.17	Y	F	25	Back	12/19/2009 OLSC Winter Wonderland Meet
1:01.87	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010
2:10.80	L	F	100	Back	5/8/2010 Super Circuit 1 Syracuse
34.81	Y	F	25	Breast	3/6/2010 Under The Big Top
Nina Loy (15) W (Yr: FR)					
30.59	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:06.34	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:16.59	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:18.52	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
1:13.90	Y	P	100	Back	11/5/2009 Girls Sec II Division I Championships
1:25.14	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:34.34	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:19.37	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:32.22	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:46.91	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
1:15.72	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:26.81	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:49.29	Y	F	200	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:33.59	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Isabella Lucear (7) W					
24.01	Y	F	25	Free	1/16/2010 Canajoharie Developmental Meet
1:13.99	Y L	F	50	Free	1/16/2010 Canajoharie Developmental Meet
30.59	Y	F	25	Back	1/16/2010 Canajoharie Developmental Meet
Sophia Lucear (9) W					
23.07	Y	F	25	Free	1/16/2010 Canajoharie Developmental Meet
26.85	Y	F	25	Back	1/16/2010 Canajoharie Developmental Meet
Jennifer Lucius (13) W					
25.24	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
28.96	L	F	50	Free	5/21/2010 Internationale CNPPO
55.20	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:02.26	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:03.83	L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:59.64	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
2:18.19	L	F	200	Free	5/21/2010 Internationale CNPPO
4:52.58	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:23.50	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
29.98	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:03.04	Y	F	100	Back	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
1:11.21	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:13.59	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:16.26	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational

CPP-AD

SSAC-AD

SSAC-AD

ALBS-AD

SVP-AD

SVP-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Jennifer Lucius (13) W			ALBS-AD		
2:36.51 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
31.11 Y	F	50 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships	
37.29 L	F	50 Breast	5/21/2010	Internationale CNPPO	
1:10.42 Y	F	100 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:19.32 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.99 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:38.44 Y	F	200 Breast	2/27/2010	Kingston Last Chance Invitational	
3:07.18 L	F	200 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
28.23 Y	F	50 Fly	12/10/2009	2009 STAR Short Course Invitational	
1:02.10 Y	F	100 Fly	12/10/2009	2009 STAR Short Course Invitational	
1:10.28 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.71 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:49.46 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:01.91 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:13.58 Y	F	200 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:37.19 L	F	200 IM	5/21/2010	Internationale CNPPO	
5:28.50 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Christopher Ludeke (12) M (Yr: su)			SCHE-AD		
28.64 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
32.48 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:03.71 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:11.62 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:11.62 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:11.84 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:29.14 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:14.24 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:42.80 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
34.58 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
39.95 L	F	50 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
1:12.75 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:21.02 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.35 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:31.80 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
36.99 Y	F	50 Breast	12/10/2009	2009 NE NSSC MIT Invitational	
41.73 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
41.73 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:21.38 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:32.82 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:32.94 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:53.59 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
34.02 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	
38.48 L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
1:14.17 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:26.21 L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:10.89 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:33.35 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:33.35 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
2:52.89 L	F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet	
5:27.62 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Erin Ludeke (19) W (Yr: s)			SCHE-AD		
29.96 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:08.13 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:14.05 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:46.99 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
Kelly Ludeke (16) W (Yr: s)			UN-AD		
25.82 Y	F	50 Free	11/5/2009	Girls Sec II Division 2 Championships	
30.80 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
56.58 Y L	F	100 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:07.76 L	F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
2:06.73 Y	P	200 Free	12/10/2009	2009 NE NSSC MIT Invitational	

Individual Top Times

Time	P/F/S	Event			
Kelly Ludeke (16) W (Yr: s/)					
SCHE-AD					
2:26.79	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:11.94	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:34.78	Y	F	500	Free	1/16/2010 Chris Goody IMX Challenge
2:26.66	Y	P	200	Back	4/1/2010 2010 Eastern Zone SC Swimming Championships
2:53.36	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:12.15	Y	F	100	Breast	4/1/2010 2010 Eastern Zone SC Swimming Championships
1:27.15	L	P	100	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:40.09	Y	P	200	Breast	4/1/2010 2010 Eastern Zone SC Swimming Championships
3:06.91	L	P	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:10.91	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:42.46	Y	F	200	Fly	1/16/2010 Chris Goody IMX Challenge
2:25.03	Y	P	200	IM	12/10/2009 2009 NE NSSC MIT Invitational
2:49.00	L	F	200	IM	5/29/2010 2010 NE MTSC May Specialty Meet
5:05.08	Y	P	400	IM	12/10/2009 2009 NE NSSC MIT Invitational
Andrea Ludowieg (13) W					
NHA-AD					
35.19	Y	F	50	Free	1/24/2010 Foothills Invitational 2010
37.48	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:15.92	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:23.56	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:00.75	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
39.96	Y	F	50	Back	1/24/2010 Foothills Invitational 2010
43.81	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:26.58	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:33.07	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
45.42	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:42.72	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
38.31	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:37.29	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Colleen Luibrand (13) W (Yr: 8)					
UN-AD					
26.31	Y	F	50	Free	11/5/2009 Girls Sec II Division I Championships
57.32	Y	F	100	Free	11/5/2009 Girls Sec II Division I Championships
2:10.38	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
5:55.21	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:10.03	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:35.52	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:30.55	Y	F	100	Breast	11/15/2009 Pilgrims Pride
1:13.95	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:38.25	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
5:40.66	Y	F	400	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Erin Luke (18) W (Yr: SR)					
UN-AD					
25.80	Y	F	50	Free	11/5/2009 Girls Sec II Division I Championships
59.85	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
2:12.36	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:05.67	Y	P	100	Back	11/5/2009 Girls Sec II Division I Championships
2:27.75	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
1:17.96	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
Kristi Luongo (16) W (Yr: SO)					
KING-AD					
30.30	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:09.39	Y	F	100	Free	1/23/2010 Kingston Snowball Invitational
1:17.19	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:42.00	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:18.45	Y	P	100	Breast	11/5/2009 2009 Girls Section 9 Championships
2:52.31	Y	F	200	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
2:41.33	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Brendyn Lupe (13) M					
SCHE-AD					
36.63	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:23.13	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
42.88	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:31.00	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Quinn MACDONALD (13) M					
					UN-AD
28.65 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:01.59 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:15.86 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
35.53 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:14.96 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:41.13 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
42.33 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:31.53 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
33.56 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:14.23 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:14.54 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:40.82 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Seth MacDonald (15) M					
					CLIN-AD
23.83 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
50.88 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
59.82 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:51.73 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:07.03 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:34.40 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:56.92 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
57.91 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:07.03 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:03.09 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:23.17 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.10 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:05.89 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:14.25 Y	P	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:32.76 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:01.84 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:22.76 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:25.36 Y	F	400 IM	3/19/2010	AD Gold Short Course Championships	
5:13.61 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
John Maciag (11) M					
					CLIN-AD
49.77 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
1:52.84 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
54.92 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	
Sydney Madden (10) W					
					CLIN-AD
31.61 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
34.45 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
34.67 L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:08.02 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:16.34 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:27.04 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:43.45 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:32.68 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
40.58 Y	F	50 Back	11/15/2009	Pilgrims Pride	
44.73 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.85 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:27.48 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational	
1:35.81 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
48.37 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:42.52 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
38.05 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
40.78 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
42.56 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:23.79 Y	F	100 Fly	12/12/2009	Amsterdam Sea Rams Invitational	
1:37.20 L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:22.53 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:31.28 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:55.83 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Sydney Madden (10) W					
3:14.47 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	CLIN-AD
Conan Madigan (11) M					
44.25 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
50.60 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:45.44 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
55.04 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
58.24 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:56.22 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
54.10 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:02.01 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:04.97 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:09.01 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:11.63 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:59.19 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:18.19 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Mitchell Madigan (7) M					
43.04 Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	SCHE-AD
39.43 Y	F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
Julia Madore (15) W					
29.41 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	NHA-AD
33.63 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:03.73 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:17.69 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:33.77 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:21.39 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:58.17 Y	F	500 Free	1/24/2010	Foothills Invitational 2010	
1:09.85 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:23.19 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:29.86 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:09.89 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:27.26 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:34.15 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
3:00.72 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Laura Madore (12) W					
30.75 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	NHA-AD
34.50 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:09.45 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	
1:23.16 L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:26.96 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
6:43.59 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
37.39 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
43.42 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.92 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
44.65 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
49.25 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
50.58 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
34.71 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
38.99 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
40.29 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:18.37 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:29.71 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:16.31 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Alexandra Mahaffy (16) W					
26.07 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	CLIN-AD
56.93 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:05.82 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
5:52.78 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
31.99 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:05.91 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event				
Alexandra Mahaffy (16) W						
2:24.44	Y	P	200	Back	3/19/2010	AD Gold Short Course Championships
1:19.41	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
2:53.35	Y	P	200	Breast	3/19/2010	AD Gold Short Course Championships
2:31.61	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Lienne Manly (14) W (Yr: s/)						
30.11	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
1:07.42	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:31.97	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
6:36.93	Y	F	500	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:21.89	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:53.55	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
3:06.52	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:30.75	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
2:48.42	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
5:59.10	Y	F	400	IM	1/16/2010	Chris Goody IMX Challenge
Madison Mannka (10) W						
3:42.01	L	F	200	Free	7/9/2010	Hawks Summer Invitational 2010
1:00.66	L	F	50	Breast	7/9/2010	Hawks Summer Invitational 2010
Laura Manor (18) W (Yr: SR)						
26.49	Y L	F	50	Free	3/19/2010	AD Gold Short Course Championships
5:30.10	Y	F	500	Free	1/16/2010	Chris Goody IMX Challenge
1:02.22	Y	F	100	Back	3/19/2010	AD Gold Short Course Championships
1:15.11	L	F	100	Back	5/29/2010	2010 NE MTSC May Specialty Meet
2:12.09	Y	P	200	Back	3/19/2010	AD Gold Short Course Championships
2:41.07	L	F	200	Back	5/29/2010	2010 NE MTSC May Specialty Meet
1:13.20	Y	P	100	Breast	12/10/2009	2009 NE NSSC MIT Invitational
1:27.06	L	F	100	Breast	5/29/2010	2010 NE MTSC May Specialty Meet
2:29.44	Y	F	200	Breast	12/10/2009	2009 NE NSSC MIT Invitational
2:59.87	L	F	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
59.27	Y	F	100	Fly	11/5/2009	Girls Sec II Division I Championships
1:11.64	L	P	100	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:10.35	Y	F	200	Fly	3/19/2010	AD Gold Short Course Championships
2:32.85	L	F	200	Fly	5/29/2010	2010 NE MTSC May Specialty Meet
2:08.20	Y	F	200	IM	11/5/2009	Girls Sec II Division I Championships
2:31.86	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
4:35.36	Y	F	400	IM	12/10/2009	2009 NE NSSC MIT Invitational
5:25.06	L	F	400	IM	7/23/2010	2010 Adirondack Long Course District Champion
Antonino Manzella (11) M						
44.00	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
58.14	Y	F	50	Back	11/8/2009	Hometown SplashDown
1:15.68	Y	F	50	Fly	11/8/2009	Hometown SplashDown
Nicholas Marasco (12) M						
35.67	Y	F	50	Free	12/5/2009	December2009supersplash
46.51	Y	F	50	Back	12/5/2009	December2009supersplash
38.08	Y	F	50	Fly	12/5/2009	December2009supersplash
Gabriella Marchetti (14) W (Yr: FR)						
28.19	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:02.17	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:11.99	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
5:40.54	Y	P	500	Free	11/5/2009	Girls Sec II Division 2 Championships
1:10.56	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
2:23.97	Y	F	200	Back	3/19/2010	AD Gold Short Course Championships
1:19.80	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
2:53.19	Y	P	200	Breast	3/19/2010	AD Gold Short Course Championships
2:35.72	Y	F	200	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
2:26.38	Y	P	200	IM	11/5/2009	Girls Sec II Division 2 Championships
5:12.49	Y	F	400	IM	1/16/2010	Chris Goody IMX Challenge
Nicole March (12) W						
30.55	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational

CLIN-AD

SCHE-AD

DELM-AD

SCHE-AD

GRGF-AD

GRGF-AD

SCHE-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Nicole March (12) W			ALBS-AD		
34.62 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
35.08 L	P	50 Free	5/21/2010	Internationale CNPPO	
1:07.73 Y	F	100 Free	12/5/2009	December2009supersplash	
1:15.42 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:24.69 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:43.40 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:34.43 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
6:20.51 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
34.15 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
39.17 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
39.38 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.96 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:25.87 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:41.73 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
3:07.04 L	P	200 Back	5/21/2010	Internationale CNPPO	
40.25 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
42.56 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
42.84 L	P	50 Breast	5/21/2010	Internationale CNPPO	
1:23.87 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:34.38 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:56.73 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:20.10 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
31.70 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
35.18 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.74 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:23.87 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:57.63 Y	F	200 Fly	12/5/2009	December2009supersplash	
3:15.09 L	P	200 Fly	5/21/2010	Internationale CNPPO	
1:12.66 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
1:22.68 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:35.73 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:56.89 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Jocelyn Marden (8) W			DELM-AD		
53.89 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:05.24 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:06.37 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Alexandra Marilley (16) W			SSAC-AD		
31.91 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:12.57 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:47.97 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:58.15 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:29.32 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:35.32 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
Andrew Marilley (11) M			ADLC-AD		
30.06 L L	F	50 Free	8/11/2010	2010 Eastern Zone LC Championships	
1:08.47 L	P	100 Free	8/11/2010	2010 Eastern Zone LC Championships	
2:31.54 L	F	200 Free	5/8/2010	Super Circuit 1 - Syracuse	
5:21.93 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
36.58 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:21.71 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
38.71 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:28.26 L	F	100 Breast	8/11/2010	2010 Eastern Zone LC Championships	
35.33 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:21.05 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:48.47 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Julia Marilley (13) W			SSAC-AD		
32.83 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:17.59 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:56.52 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:36.35 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Julia Marilley (13) W					
1:41.59	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
3:46.96	L	P	200	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
Gabriella Marinucci (9) W					
49.25	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
56.68	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
Benjamin Marks (12) M					
39.63	Y	F	50	Free	1/16/2010 Canajoharie Developmental Meet
1:28.72	Y	F	100	Free	1/16/2010 Canajoharie Developmental Meet
48.67	Y	F	50	Back	1/16/2010 Canajoharie Developmental Meet
Stephen Marks (13) M					
29.05	Y	F	50	Free	2/27/2010 Kingston Last Chance Invitational
1:07.64	Y	F	100	Free	10/18/2009 2009 Ocean Blue Invitational Swim Meet
2:22.62	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
34.92	Y	F	50	Back	2/27/2010 Kingston Last Chance Invitational
1:13.86	Y	F	100	Back	1/16/2010 Chris Goody IMX Challenge
40.42	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
31.33	Y	F	50	Fly	2/27/2010 Kingston Last Chance Invitational
1:10.20	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:13.06	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
2:38.30	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
Michaela Marmorato (11) W					
34.88	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:19.44	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
8:02.94	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
43.52	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
1:46.98	Y	F	100	Back	12/5/2009 CVSL Quad Meet
46.81	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
1:41.99	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
42.43	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:43.37	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
1:28.72	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
3:22.92	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Rebecca Marmorato (8) W					
21.03	Y	F	25	Free	1/16/2010 Canajoharie Developmental Meet
47.70	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
23.42	Y	F	25	Back	11/21/2009 CVSL Quad Meet
53.46	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
29.58	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
1:24.90	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
Natalie Marshall (15) W (Yr: FR)					
28.60	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
32.39	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:02.78	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
1:10.64	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:18.81	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
2:44.29	L	F	200	Free	7/9/2010 Hawks Summer Invitational 2010
6:31.91	Y	F	500	Free	1/16/2010 Chris Goody IMX Challenge
1:13.86	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:24.72	L	F	100	Back	7/9/2010 Hawks Summer Invitational 2010
1:24.79	Y	F	100	Breast	11/8/2009 Hometown SplashDown
3:00.88	Y	F	200	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
3:34.35	L	F	200	Breast	7/9/2010 Hawks Summer Invitational 2010
2:38.63	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Nicholas Marshall (11) M					
34.22	Y	F	50	Free	10/25/2009 Trick or Treat Meet
41.32	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:17.84	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
3:00.74	Y	F	200	Free	1/29/2010 Hawks Trials And Finals 2010
3:26.04	L	F	200	Free	7/9/2010 Hawks Summer Invitational 2010

SSAC-AD

USAM-AD

NHA-AD

DELM-AD

CLRK-AD

CLRK-AD

GRGF-AD

HAWK-AD

Individual Top Times

Time	P/F/S	Event			
Nicholas Marshall (11) M					
41.54	Y	F	50 Back	10/25/2009	Trick or Treat Meet
46.98	L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010
1:27.85	Y	F	100 Back	1/29/2010	Hawks Trials And Finals 2010
1:41.87	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
45.80	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
56.57	L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010
1:47.28	Y	F	100 Breast	11/15/2009	Pilgrims Pride
37.89	Y	F	50 Fly	3/13/2010	ESSL Championship 2010
1:30.80	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:28.38	Y	F	100 IM	1/29/2010	Hawks Trials And Finals 2010
3:11.17	Y	F	200 IM	1/29/2010	Hawks Trials And Finals 2010
Samuel Marshall (8) M					
16.72	Y	F	25 Free	3/13/2010	ESSL Championship 2010
37.58	Y	F	50 Free	1/29/2010	Hawks Trials And Finals 2010
42.83	L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010
1:25.62	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:53.53	L L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
21.73	Y	F	25 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
45.13	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
50.32	L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010
1:39.66	Y	F	100 Back	1/23/2010	Kingston Snowball Invitational
22.32	Y	F	25 Breast	3/13/2010	ESSL Championship 2010
48.67	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
1:49.86	Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010
20.97	Y	F	25 Fly	10/25/2009	Trick or Treat Meet
45.15	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
1:33.79	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
3:21.10	Y	F	200 IM	1/29/2010	Hawks Trials And Finals 2010
Sara Marshall (12) W					
37.33	Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010
1:19.01	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
47.23	Y	F	50 Back	11/8/2009	Hometown SplashDown
49.60	Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010
50.48	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
Caelan Marsh (12) W					
32.75	Y	F	50 Free	3/13/2010	ESSL Championship 2010
35.67	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:17.28	Y	P	100 Free	1/29/2010	Hawks Trials And Finals 2010
1:21.78	L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
3:03.89	Y	F	200 Free	1/23/2010	Kingston Snowball Invitational
3:06.63	L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010
8:07.83	Y	F	500 Free	10/10/2009	Ravena Autumn Breeze
x8:07.83	Y	F	500 Free	10/10/2009	Ravena Autumn Breeze
42.00	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
45.91	L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:33.69	Y	P	100 Back	1/29/2010	Hawks Trials And Finals 2010
1:38.58	L L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
3:37.19	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
50.39	Y	P	50 Breast	1/29/2010	Hawks Trials And Finals 2010
56.25	L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010
1:49.66	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
2:01.73	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
47.66	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
54.14	L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010
1:34.07	Y	P	100 IM	1/29/2010	Hawks Trials And Finals 2010
3:40.74	L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Samantha Marsh (11) W					
33.39	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
37.74	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:19.10	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Samantha Marsh (11) W			HAWK-AD		
1:30.08	L	F 100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:51.44	Y	F 200 Free	3/19/2010	AD Gold Short Course Championships	
3:22.83	L	F 200 Free	7/9/2010	Hawks Summer Invitational 2010	
8:11.66	Y	F 500 Free	3/5/2010	AD Silver Short Course Championships	
41.26	Y	F 50 Back	3/19/2010	AD Gold Short Course Championships	
48.87	L	F 50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:29.55	Y	F 100 Back	1/29/2010	Hawks Trials And Finals 2010	
1:40.17	L	F 100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
3:29.70	L	P 200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
49.31	Y	F 50 Breast	1/29/2010	Hawks Trials And Finals 2010	
56.42	L	F 50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:46.20	Y	F 100 Breast	1/29/2010	Hawks Trials And Finals 2010	
2:02.95	L	F 100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
46.96	L	F 50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
48.09	Y	F 50 Fly	11/15/2009	Pilgrims Pride	
1:30.73	Y	F 100 IM	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
3:18.74	Y	F 200 IM	1/29/2010	Hawks Trials And Finals 2010	
3:46.94	L	F 200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Lydia Martell (10) W			DELM-AD		
38.82	Y	F 50 Free	11/15/2009	Pilgrims Pride	
44.08	S	F 50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.67	Y	F 100 Free	3/5/2010	AD Silver Short Course Championships	
3:33.72	L	F 200 Free	7/9/2010	Hawks Summer Invitational 2010	
44.38	Y	F 50 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
48.95	S	F 50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:34.34	Y	F 100 Back	3/19/2010	AD Gold Short Course Championships	
1:48.77	L	F 100 Back	7/9/2010	Hawks Summer Invitational 2010	
53.63	Y	F 50 Breast	3/5/2010	AD Silver Short Course Championships	
58.10	L	F 50 Breast	7/9/2010	Hawks Summer Invitational 2010	
58.37	S	F 50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
48.46	Y	F 50 Fly	3/5/2010	AD Silver Short Course Championships	
52.74	S	F 50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:40.74	Y	F 100 IM	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:49.41	S	F 100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Emily Martin (12) W			BENN-AD		
39.69	Y	F 50 Free	11/8/2009	Hometown SplashDown	
1:36.50	Y	F 100 Free	10/25/2009	Trick or Treat Meet	
45.96	Y	F 50 Back	10/25/2009	Trick or Treat Meet	
58.66	Y	F 50 Breast	11/8/2009	Hometown SplashDown	
46.23	Y	F 50 Fly	11/8/2009	Hometown SplashDown	
Lauren Martin (10) W			NTS-AD		
44.25	Y	F 50 Free	2/20/2010	Cabin Fever Invitational 2010	
1:36.60	Y	F 100 Free	2/20/2010	Cabin Fever Invitational 2010	
Sarah Martin (10) W			BENN-AD		
38.82	Y	F 50 Free	10/25/2009	Trick or Treat Meet	
51.08	Y	F 50 Back	10/25/2009	Trick or Treat Meet	
51.64	Y	F 50 Fly	10/25/2009	Trick or Treat Meet	
Aurielle Marvin (11) W			CPP-AD		
29.95	Y	P 50 Free	3/19/2010	AD Gold Short Course Championships	
1:07.03	Y	F 100 Free	3/5/2010	AD Silver Short Course Championships	
1:16.95	L	F 100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:30.42	Y	F 200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:45.59	L	P 200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:54.08	Y	F 500 Free	1/31/2010	Thoroughbred Splash 2010	
34.98	Y	P 50 Back	3/19/2010	AD Gold Short Course Championships	
39.87	L	F 50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:18.99	Y	F 100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:36.33	L	F 100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:50.79	Y	F 200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Aurielle Marvin (11) W			CPP-AD		
3:14.46 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
38.42 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
44.35 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:27.37 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:42.47 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:08.61 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
34.09 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
43.93 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:27.35 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:44.15 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:17.89 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:51.28 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:17.70 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Abigail Marx (11) W			RAVE-AD		
30.02 Y L	F	50 Free	3/5/2010	AD Silver Short Course Championships	
36.64 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:07.94 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:25.19 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:32.79 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:04.70 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
6:36.29 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
34.65 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
42.38 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:17.43 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:32.84 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:45.84 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
3:14.50 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010	
41.11 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
47.48 L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:27.85 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:41.02 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:02.05 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
33.74 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
41.05 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:26.33 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:41.67 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:14.42 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:40.71 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:12.64 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Astrid Marz (9) W			EELS-AD		
20.00 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
47.36 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
54.87 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:52.81 Y	F	100 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
4:00.78 Y	F	200 Free	1/16/2010	Chris Goody IMX Challenge	
24.31 Y	F	25 Back	11/21/2009	Harvest Invitational 2009	
52.75 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
28.52 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009	
1:00.91 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:07.84 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:50.98 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge	
28.68 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
1:11.80 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.27 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:59.59 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Cameron Masiello (10) M			ALBS-AD		
33.30 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:14.56 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:47.90 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
8:25.09 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Cameron Masiello (10) M					
					ALBS-AD
38.71 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:30.85 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.56 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
37.76 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:38.47 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:26.34 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
3:31.82 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Dorothy Masiello (13) W					
					ALBS-AD
29.60 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:05.48 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:29.14 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
34.21 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:13.79 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:38.55 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
38.31 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
34.26 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:20.59 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:14.01 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:56.47 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Angela Mastrianni (15) W (Yr: SO)					
					SARY-AD
29.22 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
1:04.68 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
2:21.05 Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010	
1:13.83 Y	F	100 Breast	11/5/2009	Girls Sec II Division I Championships	
John Mastrianni (11) M					
					DELM-AD
33.81 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
38.02 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.60 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:39.59 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
37.52 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
40.94 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.93 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:49.32 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
47.45 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
52.78 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:43.53 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
37.94 Y	F	50 Fly	2/20/2010	Cabin Fever Invitational 2010	
42.10 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.15 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:23.55 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:33.48 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:57.40 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Sam Mastrianni (11) M					
					SARY-AD
32.75 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:14.95 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
44.18 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
1:36.93 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
53.84 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:54.49 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:41.55 Y	F	100 IM	11/21/2009	Harvest Invitational 2009	
Laya Mathai (9) W					
					RAVE-AD
25.33 Y	F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
48.78 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
2:17.87 Y	F	100 Free	10/10/2009	Ravena Autumn Breeze	
30.87 Y	F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:00.64 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
42.29 Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:12.51 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
27.02 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Laya Mathai (9) W					
1:06.57 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	RAVE-AD
Jami Mathers (11) W					
35.72 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	BENN-AD
1:19.51 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:01.23 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
9:11.97 Y	F	500 Free	10/25/2009	Trick or Treat Meet	
47.14 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
45.65 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	
1:48.75 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
Angelica Matoske (9) W					
39.74 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
40.69 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
44.80 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.02 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:37.30 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:19.16 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:31.29 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
46.46 Y	F	50 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
49.17 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
56.12 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:51.49 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:52.53 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:09.88 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:14.05 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:24.63 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
46.96 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
48.10 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
48.79 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:47.72 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:03.10 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
4:10.50 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:13.92 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Angeline Mattia (13) W					
33.70 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	GRGF-AD
1:17.29 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	
46.65 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:41.82 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
38.75 Y	F	50 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
Gregory Mattice (16) M (Yr: s/)					
27.65 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD
30.91 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
59.07 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:05.48 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:07.78 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:10.29 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:24.91 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:02.49 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:09.34 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
1:17.62 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:48.83 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.11 Y	P	100 Breast	2/11/2010	Section II Championships Large Division	
1:24.36 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:24.96 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:45.79 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
3:04.62 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:08.77 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:13.39 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:14.86 L	F	100 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
3:00.83 L	P	200 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:20.90 Y	P	200 IM	2/11/2010	Section II Championships Large Division	

Individual Top Times

Time	P/F/S	Event			
Gregory Mattice (16) M (Yr: s/) SCHE-AD					
2:42.24 L	F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet	
Jenna Mattson (11) W CDY-AD					
35.34 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:20.84 Y	F	100 Free	1/24/2010	Foothills Invitational 2010	
2:52.76 Y	F	200 Free	3/12/2010	2010 New York State YMCA Swimming Championship	
44.99 Y	F	50 Back	1/24/2010	Foothills Invitational 2010	
1:34.49 Y	F	100 Back	12/5/2009	December2009supersplash	
52.80 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:50.30 Y	F	100 Breast	12/5/2009	December2009supersplash	
44.77 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:34.64 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:24.50 Y	F	200 IM	12/5/2009	December2009supersplash	
Grace Matuszyk (14) W (Yr: FR) ALBS-AD					
31.11 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.88 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.75 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.32 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.67 Y	F	100 Breast	11/5/2009	Girls Sec II Division I Championships	
1:27.02 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.60 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:08.61 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.63 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.39 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:22.25 Y	F	200 IM	11/5/2009	Girls Sec II Division I Championships	
2:53.26 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Trevor Matuszyk (12) M ALBS-AD					
32.59 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:13.33 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:21.43 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:44.05 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
7:53.58 Y	F	500 Free	10/25/2009	Trick or Treat Meet	
39.17 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:23.62 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.35 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:56.04 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
43.27 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:34.40 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:46.04 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:23.51 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
45.79 Y	F	50 Fly	10/25/2009	Trick or Treat Meet	
1:33.85 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:41.78 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:21.92 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:09.80 Y	F	200 IM	12/5/2009	December2009supersplash	
William Matz (12) M SSCY-AD					
26.70 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
30.74 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
57.99 Y	P	100 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:06.54 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
1:06.83 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:04.98 Y	P	200 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:23.48 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
5:43.43 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
29.94 Y L	F	50 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
34.34 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:06.84 Y	P	100 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:14.83 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.94 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:19.90 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:45.61 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
William Matz (12) M					
38.03 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	SSCY-AD
41.60 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.76 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:27.12 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.70 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
30.44 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:10.00 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:18.36 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.45 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:35.62 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
1:07.40 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:23.39 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:43.26 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
5:11.15 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Emma Mauro (9) W					
23.46 Y	F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet	GLFY-AD
47.98 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
32.30 Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
Abigail Max (17) W					
26.03 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	CLIN-AD
53.85 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:56.32 Y	P	200 Free	3/11/2010	NE 2010 March Speedo Champions Series	
5:21.38 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
59.01 Y	F	100 Back	3/11/2010	NE 2010 March Speedo Champions Series	
2:13.59 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
59.82 Y	P	100 Fly	3/11/2010	NE 2010 March Speedo Champions Series	
2:16.28 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:13.67 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
Mallory Max (13) W					
27.89 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	CLIN-AD
32.61 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.40 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:14.30 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:12.98 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:36.62 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:01.38 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
33.64 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:10.11 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:18.88 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:26.21 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
40.52 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:36.77 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
31.43 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:10.12 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:22.96 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:41.92 Y	F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:12.53 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:30.12 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:53.77 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Cassandra Mayer (15) W					
34.79 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	ADDI-AD
1:18.09 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
1:30.67 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:53.19 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:26.17 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Katrina Mayer (13) W					
30.25 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	ADDI-AD
1:11.26 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
38.85 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Katrina Mayer (13) W					
1:27.27 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	ADDI-AD
3:10.13 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
39.01 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:21.62 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Rachel Mayer (11) W					
49.78 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ADDI-AD
1:08.23 Y	F	50 Breast	1/8/2010	2010 NE GMA Winter Knights Invite	
Todd Mayton (18) M					
23.99 Y	F	50 Free	11/14/2009	CVSL First Splash	CLRK-AD
53.33 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:57.14 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:02.24 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:17.02 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:25.88 Y	F	200 IM	12/19/2009	CVSL Quad Meet	
Ethan McAuliffe (12) M					
34.60 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SARY-AD
1:17.70 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
41.49 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
40.31 Y	P	50 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:29.88 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:21.60 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:00.99 Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010	
Matthew McAuliffe (17) M					
1:07.75 Y	F	100 Breast	2/11/2010	Section II Championships Large Division	UN-AD
58.12 Y	F	100 Fly	2/11/2010	Section II Championships Large Division	
2:12.95 Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:12.95 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Daniel McAvoy (9) M					
21.40 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	KING-AD
46.59 Y	F	50 Free	2/27/2010	Kingston Last Chance Invitational	
1:39.21 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
24.14 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
53.85 Y	F	50 Back	2/27/2010	Kingston Last Chance Invitational	
26.66 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
58.57 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
2:13.90 Y	F	100 Breast	2/27/2010	Kingston Last Chance Invitational	
Molly McAvoy (13) W					
37.82 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	KING-AD
1:29.04 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
46.90 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
50.18 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:48.54 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
47.03 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:37.20 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
Morgan McAvoy (13) W (Yr: 8)					
26.62 Y	F	50 Free	1/29/2010	WYW AA Invitational	ALBS-AD
30.55 L	F	50 Free	5/21/2010	Internationale CNPPO	
57.36 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:03.95 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:05.76 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:02.21 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:20.30 L	F	200 Free	5/21/2010	Internationale CNPPO	
5:26.77 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
11:25.93 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
18:50.31 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
30.90 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:05.35 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:14.50 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:18.33 L	P	100 Back	5/21/2010	Internationale CNPPO	

Individual Top Times

Time	P/F/S	Event				
Morgan McAvoy (13) W (Yr: 8)						
2:18.68	Y	F	200	Back	1/29/2010	WYW AA Invitational
2:44.82	L	P	200	Back	5/21/2010	Internationale CNPPO
1:14.36	Y	F	100	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:24.59	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:40.20	Y	F	200	Breast	1/8/2010	2010 Starfish Trophy Invitational
3:05.39	L	F	200	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:11.66	Y	F	100	Fly	11/15/2009	Pilgrims Pride
1:13.62	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:16.76	L	P	100	Fly	5/21/2010	Internationale CNPPO
2:20.90	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
6:13.78	L	F	400	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
Noelle McCall (12) W						
32.41	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
36.46	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
1:22.27	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
45.91	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:42.77	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:50.89	L	F	100	Breast	5/8/2010	Super Circuit 1 Syracuse
38.30	Y	F	50	Fly	10/25/2009	October 25, 2009
1:27.64	Y	F	100	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Kelly McCann (17) W						
29.04	Y	F	50	Free	10/25/2009	Trick or Treat Meet
1:02.08	Y	F	100	Free	11/15/2009	Pilgrims Pride
1:14.55	Y	F	100	Breast	11/15/2009	Pilgrims Pride
1:08.78	Y	F	100	Fly	11/15/2009	Pilgrims Pride
2:32.03	Y	F	200	IM	10/25/2009	Trick or Treat Meet
Morgan McCann (15) W						
30.37	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:06.00	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:25.53	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
37.16	Y L	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:17.45	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:45.15	Y	F	200	Back	11/15/2009	Pilgrims Pride
1:36.37	Y	F	100	Breast	11/15/2009	Pilgrims Pride
3:27.95	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:16.14	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:47.71	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
5:57.96	Y	F	400	IM	3/5/2010	AD Silver Short Course Championships
Courtney McCardle (13) W (Yr: 7)						
29.91	Y	F	50	Free	2/27/2010	Kingston Last Chance Invitational
1:04.50	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
36.60	Y	F	50	Back	2/27/2010	Kingston Last Chance Invitational
37.91	Y	P	50	Breast	3/19/2010	AD Gold Short Course Championships
1:23.11	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
36.17	Y	F	50	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
Mary McCarroll (14) W						
28.86	Y	F	50	Free	11/15/2009	Pilgrims Pride
1:03.67	Y	F	100	Free	11/15/2009	Pilgrims Pride
1:15.76	Y	F	100	Back	11/15/2009	Pilgrims Pride
1:29.67	Y	F	100	Breast	11/15/2009	Pilgrims Pride
Karlaina McClelland (14) W						
33.54	Y	F	50	Free	10/25/2009	October 25, 2009
1:21.21	Y	F	100	Free	10/25/2009	October 25, 2009
43.13	Y	F	50	Back	10/25/2009	October 25, 2009
1:36.45	Y	F	100	IM	10/25/2009	October 25, 2009
Teryn McClelland (10) W						
42.11	Y	F	50	Free	10/25/2009	October 25, 2009
53.05	Y	F	50	Back	10/25/2009	October 25, 2009
Jace McClements (12) M						

ALBS-AD

TBS-AD

SCHE-AD

SCHE-AD

KING-AD

CPP-AD

TBS-AD

TBS-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event			
Jace McClements (12) M					
					SCHE-AD
37.03	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:27.88	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:38.72	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
46.52	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010
1:45.62	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:51.81	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:14.65	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
41.75	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:57.84	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Finn McColgan (9) M					
					HAWK-AD
23.03	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
55.00	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:05.69	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
44.92	Y	F	25	Back	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
1:21.09	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:44.37	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
James McColgan (12) M					
					HAWK-AD
28.36	Y	F	50	Free	11/15/2009 Pilgrims Pride
31.92	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:02.21	Y	F	100	Free	11/20/2009 2009 MR AG Early Bird Invitational
1:10.32	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:15.81	Y	F	200	Free	1/29/2010 Hawks Trials And Finals 2010
2:34.84	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:52.07	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
32.51	Y	F	50	Back	1/29/2010 Hawks Trials And Finals 2010
37.05	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:10.48	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:18.98	L	P	100	Back	8/11/2010 2010 Eastern Zone LC Championships
2:29.62	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
2:46.98	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
40.24	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:24.18	Y	F	100	Breast	1/23/2010 Kingston Snowball Invitational
2:59.90	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
30.67	Y	P	50	Fly	4/1/2010 2010 Eastern Zone SC Swimming Championships
33.59	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:07.33	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
1:14.47	L	P	100	Fly	8/11/2010 2010 Eastern Zone LC Championships
2:32.83	Y	P	200	Fly	4/1/2010 2010 Eastern Zone SC Swimming Championships
3:07.03	L	F	200	Fly	7/9/2010 Hawks Summer Invitational 2010
1:13.78	Y	F	100	IM	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
2:30.74	Y	F	200	IM	2/26/2010 USA IMX Championships
2:50.96	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Kevin McColgan (11) M					
					HAWK-AD
46.17	Y	F	50	Free	10/25/2009 Trick or Treat Meet
1:00.22	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:46.49	Y	F	100	Free	10/10/2009 Ravena Autumn Breeze
56.57	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:06.55	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
2:09.89	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
Kiernan McColgan (7) W					
					HAWK-AD
23.11	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
50.60	Y	F	50	Free	10/25/2009 Trick or Treat Meet
56.64	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:59.62	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:09.27	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
26.50	Y	F	25	Back	10/10/2009 Ravena Autumn Breeze
59.06	Y	T	50	Back	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
1:04.30	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
30.05	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
1:01.12	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Kiernan McColgan (7) W					
2:24.44	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
2:26.60	Y	F	100	Breast	1/16/2010 Chris Goody IMX Challenge
30.39	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
1:21.77	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
2:07.83	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Emily McCormick (11) W					
36.61	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:21.31	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
48.22	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:41.15	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
57.32	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:45.83	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Henry McCormick (15) M					
26.63	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
57.41	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
2:02.03	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
5:48.67	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
1:09.82	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
37.41	Y	F	50	Breast	12/5/2009 December2009supersplash
1:15.37	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
2:44.18	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
29.84	Y	F	50	Fly	12/5/2009 December2009supersplash
1:03.11	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
2:34.28	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
Molly McCulloch (14) W					
27.66	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
31.36	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:01.14	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
1:09.54	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:09.68	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:11.51	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
2:36.52	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:29.92	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
6:14.62	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:07.04	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:18.17	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:18.46	L	P	100	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:29.93	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
2:54.30	L	P	200	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:19.42	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:30.76	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:57.00	Y	F	200	Breast	11/15/2009 Pilgrims Pride
1:09.26	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
1:20.21	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:30.06	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
2:56.10	L	P	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:37.42	Y	F	400	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Morgan McDonald (12) W					
41.42	Y	F	50	Free	1/31/2010 Thoroughbred Splash 2010
1:33.28	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
47.34	Y	F	50	Back	1/31/2010 Thoroughbred Splash 2010
Emma McElrath (11) W					
28.67	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
31.43	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
32.07	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:01.99	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:08.58	L	F	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:21.85	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
2:32.77	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion

HAWK-AD

WAVE-AD

WAVE-AD

CLIN-AD

GRGF-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Emma McElrath (11) W			ALBS-AD		
5:23.43 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:18.19 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
32.31 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
36.45 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.04 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:50.83 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
38.47 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.93 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.15 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:36.61 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:00.04 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:25.33 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
33.04 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
36.52 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
37.24 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:10.60 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:25.45 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:11.68 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
1:20.36 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:38.92 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Ian McElrath (10) M			ALBS-AD		
33.66 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
37.47 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
38.99 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:25.99 Y	F	100 Free	12/5/2009	December2009supersplash	
1:29.64 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:54.12 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:05.13 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:48.14 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
39.80 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
44.41 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
45.48 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:29.82 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:41.97 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
47.45 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
52.65 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
56.08 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:44.32 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
39.54 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
45.76 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
48.91 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:32.41 Y	F	100 IM	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:39.24 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:15.08 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:31.12 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Madelaine McElrath (13) W			ALBS-AD		
27.30 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
31.83 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.30 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:06.91 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:12.09 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:29.62 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:18.82 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:51.58 Y	F	500 Free	11/21/2009	Harvest Invitational 2009	
32.41 Y	F	50 Back	12/5/2009	December2009supersplash	
1:10.73 Y	P	100 Back	1/29/2010	WYW AA Invitational	
1:21.64 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:24.37 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
3:02.08 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
37.56 Y	F	50 Breast	12/5/2009	December2009supersplash	

Individual Top Times

Time	P/F/S	Event			
Madeline McElrath (13) W					
ALBS-AD					
1:21.56	Y	F	100 Breast	11/15/2009	Pilgrims Pride
1:32.49	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:35.05	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:58.14	Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
29.37	Y	F	50 Fly	11/15/2009	Pilgrims Pride
1:05.86	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:15.69	L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:17.04	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:10.87	Y	F	100 IM	11/15/2009	Pilgrims Pride
2:34.81	Y	P	200 IM	3/19/2010	AD Gold Short Course Championships
Kelly McElroy (9) W					
HAWK-AD					
19.22	Y	F	25 Free	2/21/2010	HAWK-MVA-BARR
42.87	Y	F	50 Free	1/23/2010	Kingston Snowball Invitational
47.33	L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010
1:48.32	Y	F	100 Free	1/23/2010	Kingston Snowball Invitational
2:03.83	L L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
21.40	Y	F	25 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
49.93	Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010
1:00.01	L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010
2:17.79	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
26.93	Y	F	25 Breast	3/13/2010	ESSL Championship 2010
1:03.07	Y	F	50 Breast	1/23/2010	Kingston Snowball Invitational
2:23.44	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
1:53.73	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
Meaghan McElroy (12) W					
HAWK-AD					
34.86	Y	F	50 Free	2/21/2010	HAWK-MVA-BARR
40.35	L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010
1:16.42	Y	F	100 Free	1/29/2010	Hawks Trials And Finals 2010
2:58.22	Y	P	200 Free	1/29/2010	Hawks Trials And Finals 2010
41.47	Y	F	50 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
49.19	L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010
1:54.39	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
38.70	Y	F	50 Fly	2/21/2010	HAWK-MVA-BARR
2:00.74	L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010
1:30.08	Y	P	100 IM	1/29/2010	Hawks Trials And Finals 2010
Kelsey McElwain (15) W					
BSPA-AD					
28.18	Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010
1:03.18	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:25.13	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
1:13.01	Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010
2:51.04	Y	F	200 Back	3/5/2010	AD Silver Short Course Championships
1:27.17	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
3:12.44	Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:18.99	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
2:42.28	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
Brennan McEntee (11) M					
HAWK-AD					
34.73	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
1:20.64	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
2:53.65	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
37.80	Y	F	50 Back	3/13/2010	ESSL Championship 2010
1:29.10	Y	F	100 Back	12/5/2009	December2009supersplash
46.18	Y	F	50 Breast	3/13/2010	ESSL Championship 2010
1:45.84	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
47.13	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:48.91	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
1:32.70	Y	F	100 IM	11/15/2009	Pilgrims Pride
3:21.54	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
Sara McFadden (18) W					
SCHE-AD					
31.59	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
Sara McFadden (18) W					
1:07.88	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:22.02	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:12.04	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
Ruben McFarlane (14) M					
28.10	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:00.95	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:18.90	Y	F	200	Free	2/20/2010 Cabin Fever Invitational 2010
6:32.49	Y	F	500	Free	1/30/2010 CVSLQuad Meet
1:09.99	Y	F	100	Back	2/20/2010 Cabin Fever Invitational 2010
2:30.97	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:31.51	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:10.03	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
1:19.56	Y	F	100	Fly	2/27/2010 CVSLLeague Championships
2:39.67	Y	F	200	IM	1/24/2010 Foothills Invitational 2010
Emma McGee (11) W					
34.56	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
39.07	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:23.44	Y	F	100	Free	10/25/2009 Trick or Treat Meet
1:24.53	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:36.12	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
2:51.51	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
7:18.59	Y	F	500	Free	2/20/2010 Cabin Fever Invitational 2010
38.52	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
44.46	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:22.97	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:31.59	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
45.00	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
50.13	L	P	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:36.49	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
40.08	Y	F	50	Fly	1/16/2010 Chris Goody 10&Under Mini-Meet
44.93	L	P	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:29.02	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
1:38.83	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:21.28	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
2:54.32	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
3:13.18	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Isla McGlaufflin (13) W					
32.34	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:13.05	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
41.23	Y	F	50	Back	12/5/2009 December2009supersplash
45.79	Y	F	50	Breast	2/20/2010 Cabin Fever Invitational 2010
1:40.83	Y	F	100	Breast	1/16/2010 Chris Goody IMX Challenge
37.70	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:37.41	Y	F	100	Fly	1/16/2010 Chris Goody IMX Challenge
1:21.16	Y	F	100	IM	2/20/2010 Cabin Fever Invitational 2010
3:02.03	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
Daniel McGovern (16) M					
25.65	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
56.29	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:59.88	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
5:31.08	Y	F	500	Free	1/8/2010 2010 Starfish Trophy Invitational
1:01.58	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:10.45	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:00.13	Y	F	100	Fly	11/15/2009 Pilgrims Pride
2:15.13	Y	F	200	Fly	3/19/2010 AD Gold Short Course Championships
2:13.39	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
4:45.61	Y	F	400	IM	3/19/2010 AD Gold Short Course Championships
Caroline McGraw (9) W					
39.95	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational

SCHE-AD

CANA-AD

SCHE-AD

GRGF-AD

WAVE-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Caroline McGraw (9) W			ALBS-AD		
43.48 L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
46.61 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:36.78 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:40.63 Y	F	100 Free	12/5/2009	December2009supersplash	
3:15.00 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
3:29.31 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
43.05 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
47.96 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
48.30 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:33.05 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:41.45 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
49.57 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
54.39 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
56.96 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:50.79 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:00.85 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
21.41 Y	F	25 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
41.99 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
46.98 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
49.28 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:54.56 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:41.74 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:47.04 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:25.46 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:42.62 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Lachlan McIntosh (11) M			NHA-AD		
51.85 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
51.37 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
Maeve McKeeby (13) W			EELS-AD		
36.84 L	F	50 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
1:23.20 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:08.68 L	F	200 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
1:37.28 L	F	100 Back	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
1:59.05 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:47.52 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Brian McKeighan (12) M			GRGF-AD		
31.59 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:13.72 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
38.20 Y	F	50 Back	12/5/2009	December2009supersplash	
47.60 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:38.15 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
Shayne McKernan (9) W			SSAC-AD		
21.41 Y	F	25 Free	12/19/2009	OLSC Winter Wonderland Meet	
46.43 Y	F	50 Free	11/15/2009	Pilgrims Pride	
51.22 L	F	50 Free	5/8/2010	Super Circuit 1 Syracuse	
23.12 Y	F	25 Back	3/6/2010	Under The Big Top	
56.99 Y	F	50 Back	11/15/2009	Pilgrims Pride	
1:59.90 L	F	100 Back	5/8/2010	Super Circuit 1 Syracuse	
29.21 Y	F	25 Breast	12/19/2009	OLSC Winter Wonderland Meet	
24.64 Y	F	25 Fly	12/19/2009	OLSC Winter Wonderland Meet	
1:49.53 Y	F	100 IM	3/6/2010	Under The Big Top	
Sydney McKernan (7) W			SSAC-AD		
21.50 Y	F	25 Free	3/6/2010	Under The Big Top	
48.32 L	F	50 Free	5/8/2010	Super Circuit 1 Syracuse	
48.74 Y	F	50 Free	11/15/2009	Pilgrims Pride	
2:03.73 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse	
25.76 Y	F	25 Back	3/6/2010	Under The Big Top	
1:10.46 Y	F	50 Back	11/15/2009	Pilgrims Pride	
2:13.00 L	F	100 Back	5/8/2010	Super Circuit 1 Syracuse	

Individual Top Times

Time	P/F/S	Event				
Sydney McKernan (7) W						
32.64 Y	F	25 Breast	3/6/2010	Under The Big Top		SSAC-AD
29.15 Y	F	25 Fly	3/6/2010	Under The Big Top		
Munro McLaren (10) W						
39.73 Y	F	50 Free	1/8/2010	2010 NE GMA Winter Knights Invite		ADDI-AD
1:39.84 Y	F	100 Free	1/8/2010	2010 NE GMA Winter Knights Invite		
49.15 Y	F	50 Back	1/8/2010	2010 NE GMA Winter Knights Invite		
1:01.36 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
53.97 Y	F	50 Fly	1/8/2010	2010 NE GMA Winter Knights Invite		
Catherine McLaughlin (19) W						
33.13 Y	F	50 Free	11/21/2009	CVSL Quad Meet		CLRK-AD
1:12.63 Y	F	100 Free	12/5/2009	CVSL Quad Meet		
1:29.17 Y	F	100 Back	11/21/2009	CVSL Quad Meet		
1:27.69 Y	F	100 Fly	12/5/2009	CVSL Quad Meet		
Rachael McMahon (17) W (Yr: JR)						
26.92 Y	P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		GLFY-AD
55.37 Y	F	100 Free	11/5/2009	Girls Sec II Division 2 Championships		
11:53.52 Y	F	1000 Free	12/5/2009	December2009supersplash		
1:11.59 Y	F	100 Breast	11/5/2009	Girls Sec II Division 2 Championships		
2:42.05 Y	T	200 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship		
Heather McManigle (17) W						
28.64 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		BENN-AD
1:02.60 Y	F	100 Free	11/8/2009	Hometown SplashDown		
2:16.27 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
1:13.07 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010		
2:40.10 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
1:34.00 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010		
31.84 Y	F	50 Fly	12/5/2009	December2009supersplash		
1:12.79 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
2:43.64 Y	P	200 Fly	3/19/2010	AD Gold Short Course Championships		
2:38.95 Y	F	200 IM	11/8/2009	Hometown SplashDown		
5:49.26 Y	F	400 IM	1/24/2010	Foothills Invitational 2010		
Chelsey McMichael (13) W						
34.31 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		NHA-AD
1:17.10 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
2:58.00 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion		
44.46 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion		
1:34.82 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
1:40.37 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
Kayla McMillan (13) W						
32.37 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		GRGF-AD
1:14.76 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
2:49.54 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational		
39.80 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
49.59 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:46.24 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010		
57.12 Y	F	50 Fly	11/8/2009	Hometown SplashDown		
1:27.57 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010		
Evan McNair (18) M						
58.07 Y	F	100 Free	12/5/2009	December2009supersplash		CDY-AD
1:15.51 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:00.56 Y	P	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship		
2:47.66 Y	F	200 Fly	12/5/2009	December2009supersplash		
Mathew McNally (17) M						
27.03 Y	F	50 Free	11/21/2009	Harvest Invitational 2009		BSPA-AD
1:02.60 Y	F	100 Free	10/25/2009	Trick or Treat Meet		
2:23.61 Y	F	200 Free	10/25/2009	Trick or Treat Meet		
1:23.11 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009		
Anna McPherson (9) W						
24.46 Y	F	25 Free	10/25/2009	Trick or Treat Meet		HAWK-AD

Individual Top Times

Time	P/F/S	Event				
Anna McPherson (9) W						
55.76 Y	F	50 Free	1/29/2010	Hawks Trials And Finals 2010		HAWK-AD
2:13.14 Y	F	100 Free	1/29/2010	Hawks Trials And Finals 2010		
2:25.01 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
27.50 Y	F	25 Back	10/25/2009	Trick or Treat Meet		
56.29 Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010		
40.53 Y	F	25 Breast	10/25/2009	Trick or Treat Meet		
1:14.60 Y	F	50 Breast	1/29/2010	Hawks Trials And Finals 2010		
2:49.30 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
2:12.65 Y	F	100 IM	1/29/2010	Hawks Trials And Finals 2010		
Logan McPherson (11) M						
37.98 Y	F	50 Free	1/29/2010	Hawks Trials And Finals 2010		HAWK-AD
1:36.03 Y	F	100 Free	10/10/2009	Ravena Autumn Breeze		
48.41 Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010		
1:00.77 Y	F	50 Breast	10/10/2009	Ravena Autumn Breeze		
2:05.21 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010		
1:52.45 Y	F	100 IM	10/10/2009	Ravena Autumn Breeze		
Erik Mebust (14) M						
25.56 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		CLRK-AD
58.61 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
2:09.19 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
1:08.79 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
2:41.80 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
1:33.02 Y	F	100 Breast	11/21/2009	CVSL Quad Meet		
1:17.48 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
2:40.31 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
5:43.33 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships		
Sean Mebust (12) M						
27.55 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		CLRK-AD
1:03.72 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
2:16.84 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
6:00.23 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships		
35.48 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships		
1:20.14 Y	F	100 Back	12/5/2009	CVSL Quad Meet		
40.97 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:27.03 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
3:16.85 Y	F	200 Breast	12/12/2009	Amsterdam Sea Rams Invitational		
36.58 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational		
1:16.87 Y	F	100 IM	2/27/2010	CVSLLeague Championships		
2:39.23 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
Theodore Mebust (10) M						
29.09 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		CLRK-AD
1:04.32 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
2:25.05 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
6:42.34 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships		
35.29 Y L	F	50 Back	12/19/2009	CVSL Quad Meet		
1:14.76 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships		
43.63 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:44.93 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational		
34.06 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships		
1:18.11 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:22.40 Y	F	100 IM	11/21/2009	CVSL Quad Meet		
2:52.57 Y	F	200 IM	1/30/2010	CVSLQuad Meet		
Benjamin Medvedev (9) M						
19.48 Y	F	25 Free	1/31/2010	Thoroughbred Splash 2010		BENN-AD
40.52 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		
23.60 Y	F	25 Back	11/21/2009	Harvest Invitational 2009		
50.10 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
28.29 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009		
57.30 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event				
Celia Meher (7) W						
39.11 Y	F	25 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
37.60 Y	F	25 Back	1/24/2010	Foothills Invitational 2010		
Evan Melby (16) M (Yr: sp)						
25.51 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
53.82 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
1:57.46 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
5:37.01 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
2:30.48 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge		
1:06.42 Y	F	100 Breast	2/11/2010	Section II Championships Large Division		
2:31.87 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships		
1:02.30 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
2:27.78 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge		
2:10.89 Y	F	200 IM	2/11/2010	Section II Championships Large Division		
4:54.63 Y	F	400 IM	3/5/2010	AD Silver Short Course Championships		
Melanie Melewski (17) W						
29.04 Y	F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet		DELM-AD
1:00.96 Y	F	100 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
2:12.98 Y	F	200 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
5:45.75 Y	F	500 Free	11/5/2009	Girls Sec II Division 2 Championships		
1:10.12 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
1:16.29 Y	F	100 Breast	11/5/2009	Girls Sec II Division 2 Championships		
2:31.17 Y	F	200 IM	11/15/2009	Pilgrims Pride		
Connor Melleady (13) M						
30.73 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		CPP-AD
1:07.67 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:16.18 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
7:33.04 Y	F	500 Free	11/21/2009	Harvest Invitational 2009		
40.83 Y	F	50 Back	11/21/2009	Harvest Invitational 2009		
1:25.32 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:30.17 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
47.13 Y	F	50 Breast	11/21/2009	Harvest Invitational 2009		
1:29.78 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
3:19.78 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:47.35 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:27.56 Y	F	100 IM	11/15/2009	Pilgrims Pride		
3:02.42 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
Amy Melnik (16) W						
25.57 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		ALBS-AD
29.17 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
56.29 Y	P	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:03.68 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:04.69 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:05.15 Y	P	200 Free	12/10/2009	2009 STAR Short Course Invitational		
2:21.32 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion		
5:33.79 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:08.95 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:20.37 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:20.45 Y	F	100 Breast	10/25/2009	Trick or Treat Meet		
1:32.83 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:02.22 Y	P	100 Fly	12/10/2009	2009 STAR Short Course Invitational		
1:11.27 L	P	100 Fly	7/8/2010	Niagara Long Course Classic		
1:11.89 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:25.29 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships		
2:51.52 L	P	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
2:23.31 Y	P	200 IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
2:43.39 L	P	200 IM	7/8/2010	Niagara Long Course Classic		
Gloria Melofchik (14) W						
25.70 Y L	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		GLFY-AD
30.39 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		

Individual Top Times

Time	P/F/S	Event			
Gloria Melofchik (14) W					
					GLFY-AD
55.96 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:06.71 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
1:07.95 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:02.10 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:24.52 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:07.58 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
12:03.38 Y	F	1000 Free	12/5/2009	December2009supersplash	
20:25.48 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
29.05 Y L	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:00.09 Y	F	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:11.82 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:14.95 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:10.73 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:44.01 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010	
1:16.36 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:29.38 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.88 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:51.54 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:04.05 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:17.17 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.86 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:16.39 Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:43.02 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
5:00.56 Y	T	400 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
5:58.26 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Olivia Mercier (9) W					
					BSPA-AD
24.75 Y	F	25 Free	11/8/2009	Hometown SplashDown	
52.70 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
28.22 Y	F	25 Back	11/8/2009	Hometown SplashDown	
1:05.55 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:09.74 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
2:23.77 Y	F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet	
Hannah Merges (10) W					
					DELM-AD
55.06 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:00.07 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.73 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:22.14 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Helen Merkley (16) W (Yr: SO)					
					UN-AD
27.29 Y	P	50 Free	11/5/2009	Girls Sec II Division I Championships	
59.67 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:12.07 Y	F	200 Free	1/24/2010	Foothills Invitational 2010	
32.12 Y L	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:07.17 Y	P	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:20.66 Y	F	200 Back	12/5/2009	December2009supersplash	
Emily Mertz (16) W (Yr: SO)					
					UN-AD
1:19.31 Y	F	100 Breast	11/5/2009	Girls Sec II Division 2 Championships	
2:35.82 Y	F	200 IM	11/5/2009	Girls Sec II Division 2 Championships	
Abigail Messier (13) W (Yr: sp)					
					SCHE-AD
30.83 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:08.53 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:36.26 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
7:03.39 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
35.27 Y	F	50 Back	12/5/2009	December2009supersplash	
1:16.48 Y	F	100 Back	11/15/2009	Pilgrims Pride	
2:46.75 Y	F	200 Back	12/5/2009	December2009supersplash	
43.80 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:29.87 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:14.84 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
33.27 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Abigail Messier (13) W (Yr: sp)					
1:19.55	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships	SCHE-AD
1:15.27	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:44.95	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
Frank Miao (12) M					
31.94	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
1:12.53	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:19.07	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.03	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:37.62	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:46.06	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:01.28	Y F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
37.30	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
41.65	L P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:25.03	Y F	100 Back	11/15/2009	Pilgrims Pride	
1:28.57	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:29.20	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:58.73	Y F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
44.41	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:38.39	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:47.08	L P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:49.31	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:34.47	Y F	200 Breast	3/5/2010	AD Silver Short Course Championships	
44.92	Y F	50 Fly	10/25/2009	Trick or Treat Meet	
1:39.04	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:39.96	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:25.41	Y F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:10.36	Y F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Brien Miceli (15) M					
28.36	Y F	50 Free	1/24/2010	Foothills Invitational 2010	CDY-AD
1:02.76	Y F	100 Free	1/24/2010	Foothills Invitational 2010	
2:16.58	Y P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
6:00.32	Y P	500 Free	2/11/2010	Section II Championships Large Division	
6:00.32	Y F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
32.30	Y L F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:09.95	Y P	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:34.63	Y F	200 Back	1/24/2010	Foothills Invitational 2010	
1:27.35	Y F	100 Breast	10/25/2009	Trick or Treat Meet	
2:38.94	Y F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Erin Miceli (10) W					
38.14	Y F	50 Free	1/24/2010	Foothills Invitational 2010	CDY-AD
1:22.87	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
41.44	Y F	50 Back	3/19/2010	AD Gold Short Course Championships	
49.39	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
44.52	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:35.71	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
Elizabeth Miele (13) W					
38.43	Y F	50 Free	11/8/2009	Hometown SplashDown	GRGF-AD
45.98	Y F	50 Back	11/8/2009	Hometown SplashDown	
1:38.79	Y F	100 IM	11/8/2009	Hometown SplashDown	
Shawn Migliorato (11) M					
30.45	Y F	50 Free	10/25/2009	Trick or Treat Meet	HAWK-AD
33.49	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:06.04	Y F	100 Free	11/20/2009	2009 MR AG Early Bird Invitational	
1:15.65	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:26.03	Y F	200 Free	1/29/2010	Hawks Trials And Finals 2010	
2:42.43	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:37.07	L F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:25.22	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
13:22.69	Y F	1000 Free	12/5/2009	December2009supersplash	

Individual Top Times

Time	P/F/S	Event			
Shawn Migliorato (11) M					
HAWK-AD					
34.82	Y	F	50 Back	10/25/2009	Trick or Treat Meet
40.34	L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:14.13	Y	F	100 Back	11/15/2009	Pilgrims Pride
1:27.87	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
2:41.43	Y	F	200 Back	12/5/2009	December2009supersplash
3:11.44	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
45.18	Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational
52.81	L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:41.66	Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge
2:00.69	L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010
3:37.28	Y	F	200 Breast	12/5/2009	December2009supersplash
3:57.18	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
38.54	Y	F	50 Fly	11/15/2009	Pilgrims Pride
54.86	L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010
1:40.05	Y	F	100 Fly	11/20/2009	2009 MR AG Early Bird Invitational
1:19.95	Y	P	100 IM	1/29/2010	Hawks Trials And Finals 2010
2:53.60	Y	F	200 IM	12/5/2009	December2009supersplash
3:29.26	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
Alyssa Mikesh (12) W					
HAWK-AD					
33.10	Y	F	50 Free	11/15/2009	Pilgrims Pride
1:14.67	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:56.16	Y	F	200 Free	1/23/2010	Kingston Snowball Invitational
39.23	Y	F	50 Back	11/15/2009	Pilgrims Pride
1:28.57	Y	P	100 Back	1/29/2010	Hawks Trials And Finals 2010
47.32	Y	F	50 Breast	1/23/2010	Kingston Snowball Invitational
1:45.59	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
40.09	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:24.28	Y	F	100 IM	2/21/2010	HAWK-MVA-BARR
Emily Miles (10) W					
GLOY-AD					
38.63	Y	F	50 Free	1/24/2010	Foothills Invitational 2010
1:26.04	Y	F	100 Free	1/24/2010	Foothills Invitational 2010
46.97	Y	F	50 Back	1/24/2010	Foothills Invitational 2010
Barrett Miller (11) W					
WAVE-AD					
44.20	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
53.75	Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational
Erin Miller (8) W					
ALBS-AD					
17.80	Y	F	25 Free	3/5/2010	AD Silver Short Course Championships
39.87	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
45.07	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
45.25	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:37.60	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:43.07	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
22.07	Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
48.06	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
56.97	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
58.30	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
26.62	Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships
1:09.74	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
21.62	Y	F	25 Fly	11/21/2009	Harvest Invitational 2009
21.62	Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships
49.25	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
56.49	L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
59.33	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:03.80	Y	F	100 IM	12/19/2009	Saratoga 12&Under Mini-Meet
Ginger Miller (11) W					
CLRK-AD					
39.29	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:26.83	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
48.75	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
1:50.88	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Ginger Miller (11) W					
44.24	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
1:34.92	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
1:03.48	Y	F	50 Fly	12/5/2009	CVSL Quad Meet
1:41.19	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
CLRK-AD					
John Miller (16) M					
30.71	L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:08.67	L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:15.34	L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:43.26	L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:30.16	L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:51.50	L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
NHA-AD					
Megan Miller (11) W					
34.29	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
1:21.26	Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet
3:11.55	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
38.15	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
1:30.80	Y	F	100 Back	3/19/2010	AD Gold Short Course Championships
45.95	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
40.13	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
1:39.81	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
1:34.83	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
3:21.58	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
BSPA-AD					
Sophie Miller (13) W					
31.89	Y	F	50 Free	11/21/2009	CVSL Quad Meet
1:19.20	Y	F	100 Free	12/5/2009	CVSL Quad Meet
38.67	Y	F	50 Back	11/21/2009	CVSL Quad Meet
1:28.01	Y	F	100 Back	12/19/2009	CVSL Quad Meet
49.83	Y	F	50 Breast	11/14/2009	CVSL First Splash
1:49.79	Y	F	100 Breast	12/5/2009	CVSL Quad Meet
45.08	Y	F	50 Fly	11/21/2009	CVSL Quad Meet
1:31.49	Y	F	100 IM	12/19/2009	CVSL Quad Meet
CLRK-AD					
Dawn Mirando (14) W					
33.07	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
37.06	L	P	50 Free	7/21/2010	2010 Empire State Games
1:11.14	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:21.93	L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:34.68	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
3:00.04	L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
6:12.48	L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
6:50.53	Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge
1:25.85	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:42.93	L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
3:04.56	Y	F	200 Back	3/5/2010	AD Silver Short Course Championships
1:40.08	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
1:56.51	L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
3:29.48	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
2:58.90	Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
3:31.25	L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
6:22.20	Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge
7:10.94	L	F	400 IM	7/21/2010	2010 Empire State Games
RAVE-AD					
Jacqueline Misener (9) W (Yr: su)					
17.47	Y	F	25 Free	11/8/2009	Hometown SplashDown
35.00	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
38.85	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
38.98	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:15.20	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:24.06	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:42.57	Y	F	200 Free	3/19/2010	AD Gold Short Course Championships
3:02.53	L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
SCHE-AD					

Individual Top Times

Time	P/F/S	Event			
Jacqueline Misener (9) W (Yr: su) SCHE-AD					
20.72 Y	F	25 Back	11/8/2009	Hometown SplashDown	
41.27 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
44.21 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.54 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:36.09 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
23.96 Y	F	25 Breast	10/25/2009	Trick or Treat Meet	
47.18 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
51.82 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
52.87 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:40.02 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:54.02 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
19.34 Y	F	25 Fly	11/21/2009	Harvest Invitational 2009	
40.16 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
43.80 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
46.82 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:45.47 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:47.03 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:27.18 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:37.28 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:05.72 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
3:28.03 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Riley Misener (11) W (Yr: su) SCHE-AD					
32.41 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
36.10 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
36.16 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:14.19 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	
1:23.55 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:42.04 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
7:27.84 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	
37.29 Y	F	50 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
41.65 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
43.01 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.46 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:33.83 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
36.95 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
40.63 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
41.09 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:21.25 Y	F	100 Breast	12/10/2009	2009 NE NSSC MIT Invitational	
1:28.86 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:16.54 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
35.80 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
41.12 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
41.50 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:27.76 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:18.02 Y	F	100 IM	1/31/2010	Thoroughbred Splash 2010	
1:27.43 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:48.45 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
3:10.92 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Catrin Miskewicz (12) W DELM-AD					
34.02 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
38.05 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:14.13 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:21.36 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:23.92 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:39.61 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:51.30 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:00.87 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:08.69 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.72 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:26.72 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Catrin Miskewicz (12) W			DELM-AD		
1:34.29	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:35.81	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:57.41	Y F	200 Back	3/5/2010	AD Silver Short Course Championships	
3:13.15	L F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
47.90	Y F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
53.60	L P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:45.73	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:52.31	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:56.44	L P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
4:02.66	L F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
42.48	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
46.91	L P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:41.31	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:47.82	L F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:27.69	Y F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
3:14.74	Y F	200 IM	1/16/2010	Chris Goody IMX Challenge	
3:21.45	L P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Randy Mitosinka (18) M (Yr: s/)			UN-AD		
56.26	Y P	100 Free	2/11/2010	Section II Championships Large Division	
2:03.58	Y P	200 Free	2/11/2010	Section II Championships Large Division	
Mariah Mizbani (10) W			ALBS-AD		
41.36	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
41.91	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
48.43	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.81	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:44.74	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
53.78	L F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
54.39	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:53.94	L F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.95	L F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:29.08	Y F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:49.73	Y F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
55.28	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
56.41	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:03.12	L F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:14.53	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
4:19.45	L F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Mazeyar Moeini Feizabadi (11) M (Yr: sp)			SCHE-AD		
36.85	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:27.90	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
45.68	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:43.31	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
47.76	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
Nazanin Moeini Feizabadi (16) W (Yr: s/)			SCHE-AD		
30.72	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:06.55	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:29.08	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:59.69	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:18.79	Y F	100 Back	11/15/2009	Pilgrims Pride	
2:49.98	Y F	200 Back	11/15/2009	Pilgrims Pride	
1:35.10	Y F	100 Breast	10/25/2009	Trick or Treat Meet	
1:18.97	Y F	100 Fly	11/15/2009	Pilgrims Pride	
3:12.13	Y F	200 Fly	12/5/2009	December2009supersplash	
2:54.82	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
6:12.21	Y F	400 IM	3/5/2010	AD Silver Short Course Championships	
Yasamin Moeini (11) W (Yr: sp)			SCHE-AD		
38.93	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:33.51	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
43.90	Y F	50 Back	1/31/2010	Thoroughbred Splash 2010	

Individual Top Times

Time	P/F/S	Event				
Yasamin Moeini (11) W (Yr: sp)						
1:37.61	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
54.67	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
44.46	Y	F	50	Fly	1/31/2010	Thoroughbred Splash 2010
Nikos Moisidis (14) M						
25.03	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
54.07	Y	P	100	Free	2/11/2010	Section II Championships Large Division
1:59.32	Y	F	200	Free	2/11/2010	Section II Championships Large Division
5:36.81	Y	F	500	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:07.88	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
1:21.91	Y	F	100	Breast	10/25/2009	Trick or Treat Meet
1:08.70	Y	F	100	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
2:22.42	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
Brandon Mole (13) M						
34.48	Y	F	50	Free	12/19/2009	CVSL Quad Meet
1:24.41	Y	F	100	Free	1/30/2010	CVSLQuad Meet
3:01.97	Y	F	200	Free	1/23/2010	CVSLTri Meet
1:26.90	Y	F	100	Back	11/14/2009	CVSL First Splash
3:14.62	Y	F	200	Back	1/23/2010	CVSLTri Meet
1:46.27	Y	F	100	Breast	12/19/2009	CVSL Quad Meet
3:39.69	Y	F	200	Breast	1/23/2010	CVSLTri Meet
Benjamin Molloy (9) M						
25.17	Y	F	25	Free	11/8/2009	Hometown SplashDown
51.50	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
29.15	Y	F	25	Back	11/8/2009	Hometown SplashDown
59.29	Y	F	50	Back	2/20/2010	Cabin Fever Invitational 2010
John Molloy (12) M						
34.49	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:18.84	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
42.65	Y	F	50	Back	12/19/2009	Saratoga 12&Under Mini-Meet
48.89	Y	F	50	Breast	12/5/2009	December2009supersplash
39.95	Y	F	50	Fly	12/5/2009	December2009supersplash
1:32.31	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Emma Momrow (7) W						
35.29	Y	F	25	Free	2/20/2010	Cabin Fever Invitational 2010
1:20.59	Y	F	50	Free	11/21/2009	Harvest Invitational 2009
30.24	Y	F	25	Back	12/19/2009	Saratoga 12&Under Mini-Meet
1:02.80	Y	F	50	Back	1/16/2010	Canajoharie Developmental Meet
Timothy Monaghan (14) M (Yr: sp)						
30.52	L	F	50	Free	5/29/2010	2010 NE MTSC May Specialty Meet
1:07.71	L	F	100	Free	5/29/2010	2010 NE MTSC May Specialty Meet
2:31.68	L	F	200	Free	5/29/2010	2010 NE MTSC May Specialty Meet
1:19.48	L	F	100	Back	5/29/2010	2010 NE MTSC May Specialty Meet
1:24.08	L	F	100	Breast	5/29/2010	2010 NE MTSC May Specialty Meet
3:03.73	L	F	200	Breast	5/29/2010	2010 NE MTSC May Specialty Meet
1:08.56	L	F	100	Fly	5/29/2010	2010 NE MTSC May Specialty Meet
2:39.56	L	F	200	IM	5/29/2010	2010 NE MTSC May Specialty Meet
Alexis Mone (17) W (Yr: sp)						
28.78	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
32.42	L	P	50	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:03.11	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:10.94	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:12.64	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:33.60	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
5:55.01	Y	F	500	Free	3/5/2010	AD Silver Short Course Championships
1:11.11	Y	F	100	Back	2/20/2010	Cabin Fever Invitational 2010
1:19.29	L	P	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:19.90	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:26.43	Y	P	200	Back	3/19/2010	AD Gold Short Course Championships
2:49.00	L	P	200	Back	7/23/2010	2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event				
Alexis Mone (17) W (Yr: sp)						
1:25.74	Y	F	100	Breast	2/20/2010	Cabin Fever Invitational 2010
2:58.58	Y	F	200	Breast	1/16/2010	Chris Goody IMX Challenge
1:08.00	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:17.90	L	P	100	Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:19.38	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:28.72	Y	F	200	Fly	3/19/2010	AD Gold Short Course Championships
2:48.72	L	F	200	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:28.70	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
2:51.40	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
5:12.66	Y	F	400	IM	1/16/2010	Chris Goody IMX Challenge
5:58.93	L	F	400	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
Brogan Monroe (9) W						
1:03.10	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:00.68	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:15.73	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Jacqueline Monsell (16) W						
33.55	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:16.82	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:38.42	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
1:38.92	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
3:42.30	Y	F	200	Breast	1/16/2010	Chris Goody IMX Challenge
Anastacia Montalvo (9) W						
22.47	Y	F	25	Free	11/14/2009	CVSL First Splash
24.44	Y	F	25	Back	12/5/2009	CVSL Quad Meet
30.52	Y	F	25	Fly	12/5/2009	CVSL Quad Meet
Nicole Montero (16) W						
30.72	Y	F	50	Free	1/23/2010	Kingston Snowball Invitational
1:06.70	Y	F	100	Free	1/23/2010	Kingston Snowball Invitational
2:28.57	Y	F	200	Free	1/23/2010	Kingston Snowball Invitational
Spencer Moon (11) M						
42.82	L	P	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
43.03	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:37.49	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
56.93	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
2:01.11	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
2:12.27	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:03.78	Y	F	50	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
Nicholas Moore (16) M						
27.12	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:01.22	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:11.74	Y	P	100	Breast	2/11/2010	Section II Championships Large Division
2:39.37	Y	P	200	Breast	3/19/2010	AD Gold Short Course Championships
1:21.40	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:38.89	Y	F	200	IM	11/15/2009	Pilgrims Pride
Kristen Moras (14) W						
27.15	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
31.89	L	P	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
59.92	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
1:11.35	L	P	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
2:10.59	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
2:37.42	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
5:59.21	Y	F	500	Free	3/5/2010	AD Silver Short Course Championships
1:05.62	Y	F	100	Back	3/19/2010	AD Gold Short Course Championships
1:16.52	L	F	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:21.40	Y	F	200	Back	3/19/2010	AD Gold Short Course Championships
2:49.06	L	P	200	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:12.14	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:22.68	L	P	100	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:33.35	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational

SCHE-AD

UN-AD

RAVE-AD

AMST-AD

KING-AD

BFIN-AD

CPP-AD

BFIN-AD

Individual Top Times

Time	P/F/S	Event			
Hailey Morgan (9) W					
					RAVE-AD
19.46 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
41.91 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:30.09 Y	F	100 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	
3:39.19 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
22.22 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
48.02 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
2:01.70 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
28.85 Y	F	25 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:00.94 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:07.51 L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
22.11 Y	F	25 Fly	1/16/2010	Chris Goody 10&Under Mini-Meet	
51.96 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
2:15.46 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:47.24 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Elizabeth Morgan (10) W (Yr: s/)					
					SCHE-AD
32.35 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
37.67 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.33 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:24.58 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:36.75 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
3:02.06 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:22.25 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
37.27 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
42.98 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:21.86 Y	P	100 Back	12/10/2009	2009 NE NSSC MIT Invitational	
1:32.73 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
44.97 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
50.48 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:37.51 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
35.84 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
42.33 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:26.71 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:20.94 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:54.89 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
3:21.41 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
McKenna Christine Morgan (9) W					
					ALBS-AD
18.02 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
40.28 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:34.11 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
20.40 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
47.38 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
26.69 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
56.35 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
20.26 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
50.87 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
Stephanie Morgan (13) W (Yr: s/)					
					SCHE-AD
30.19 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
34.37 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:04.48 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:15.27 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:21.34 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:39.94 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:16.36 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
34.07 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:14.96 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:26.12 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:39.06 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
3:00.24 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
42.28 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:33.36 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge	

Individual Top Times

Time	P/F/S	Event			
Stephanie Morgan (13) W (Yr: s/)					
1:48.76	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:18.67	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
34.43	Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships
1:20.54	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
1:33.01	L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:16.36	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
2:45.45	Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge
3:08.92	L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
5:55.17	Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge
Leland Morris (11) M					
34.75	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:22.93	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
44.50	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
48.93	Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet
1:53.62	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
41.07	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:32.13	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
3:25.88	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
Olivia Morris (16) W					
31.38	Y	F	50 Free	11/14/2009	CVSL First Splash
1:07.99	Y	F	100 Free	11/21/2009	CVSL Quad Meet
2:30.55	Y	F	200 Free	1/16/2010	Canajoharie Developmental Meet
1:25.71	Y	F	100 Back	11/14/2009	CVSL First Splash
1:34.30	Y	F	100 Breast	11/21/2009	CVSL Quad Meet
1:30.80	Y	F	100 Fly	12/5/2009	CVSL Quad Meet
3:00.86	Y	F	200 IM	11/21/2009	CVSL Quad Meet
Annabelle Morrison (8) W					
19.62	Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet
1:35.29	Y	F	100 Free	1/16/2010	Chris Goody 10&Under Mini-Meet
26.73	Y	F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet
30.56	Y	F	25 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet
22.55	Y	F	25 Fly	1/16/2010	Chris Goody 10&Under Mini-Meet
Julia Morrissey (9) W					
24.35	Y	F	25 Free	11/15/2009	Pilgrims Pride
51.52	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
27.62	Y	F	25 Back	11/15/2009	Pilgrims Pride
1:02.19	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
28.78	Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet
1:02.48	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
Natalie Morse (11) W (Yr: sp)					
34.14	Y	F	50 Free	11/21/2009	Harvest Invitational 2009
35.94	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:14.52	Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:24.00	L	F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet
2:57.04	Y	F	200 Free	1/16/2010	Chris Goody IMX Challenge
7:09.94	Y	F	500 Free	3/19/2010	AD Gold Short Course Championships
39.61	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
44.11	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:28.35	Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010
1:41.92	L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet
43.47	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
47.38	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
49.24	L	F	50 Breast	5/29/2010	2010 NE MTSC May Specialty Meet
1:31.29	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
38.58	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
39.62	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
41.86	L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet
1:31.15	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:21.99	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships

SCHE-AD

CLRK-AD

CLRK-AD

SCHE-AD

BFIN-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event			
Natalie Morse (11) W (Yr: sp)					
SCHE-AD					
1:31.18	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:54.79	Y	F	200 IM	3/19/2010	AD Gold Short Course Championships
Anne Moruzzi (10) W					
SSCY-AD					
38.33	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
41.31	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
44.24	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:26.76	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:34.15	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
3:05.36	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
3:26.98	L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010
42.18	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
47.39	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
47.85	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:27.09	Y	F	100 Back	3/19/2010	AD Gold Short Course Championships
1:40.96	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
53.96	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
58.25	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
58.98	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:05.59	L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
4:22.34	L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010
46.26	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
47.19	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
53.35	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:57.25	L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:35.96	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
1:52.85	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:44.22	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Samantha Moruzzi (12) W					
SSCY-AD					
32.38	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
1:07.73	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:13.36	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:17.24	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:24.27	Y	P	200 Free	3/19/2010	AD Gold Short Course Championships
2:36.42	L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
5:32.21	L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion
38.63	Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational
1:23.59	Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational
1:26.67	L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:28.92	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:46.62	Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
3:03.09	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
42.94	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:35.49	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
1:42.63	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:43.82	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:42.01	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:40.61	L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010
1:40.95	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:37.36	L	F	200 Fly	7/9/2010	Hawks Summer Invitational 2010
1:19.17	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
2:51.12	Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
3:03.35	L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Nicholas Moscatello (18) M					
ALBS-AD					
24.43	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
27.92	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
53.74	Y	F	100 Free	11/15/2009	Pilgrims Pride
1:00.85	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:01.94	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:55.51	Y	P	200 Free	2/11/2010	Section II Championships Small Division
2:14.91	L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
Nicholas Moscatello (18) M					
					UN-AD
5:10.90	Y	P	500 Free	2/11/2010	Section II Championships Small Division
11:11.48	Y	F	1000 Free	12/5/2009	December2009supersplash
19:35.24	L	F	1500 Free	7/9/2010	Hawks Summer Invitational 2010
18:22.02	Y	F	1650 Free	3/19/2010	AD Gold Short Course Championships
1:02.51	Y	F	100 Back	11/15/2009	Pilgrims Pride
1:10.81	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:14.03	L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
2:15.19	Y	F	200 Back	11/15/2009	Pilgrims Pride
1:03.62	Y	F	100 Fly	11/15/2009	Pilgrims Pride
Christopher Mosconi (16) M					
					GLOY-AD
24.22	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
52.67	Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational
5:12.95	Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge
27.09	Y L	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship
57.30	Y	F	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:08.53	L	F	100 Back	7/21/2010	2010 Empire State Games
2:13.81	Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge
2:34.40	L	F	200 Back	7/21/2010	2010 Empire State Games
1:05.07	Y	P	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:28.37	Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge
1:00.30	Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational
2:19.63	Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational
2:04.27	Y	P	200 IM	2/11/2010	Section II Championships Small Division
2:30.63	L	F	200 IM	7/21/2010	2010 Empire State Games
4:46.24	Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge
Nicholas Mosconi (18) M					
					GLOY-AD
23.31	Y	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
50.99	Y	P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:51.37	Y	P	200 Free	2/11/2010	Section II Championships Small Division
5:09.43	Y	P	500 Free	2/11/2010	Section II Championships Small Division
1:10.14	Y	F	100 Back	1/24/2010	Foothills Invitational 2010
2:17.40	Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge
2:42.72	Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge
1:02.36	Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational
2:26.06	Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge
2:17.35	Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge
4:57.05	Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge
Elizabeth Mosher (16) W					
					USAM-AD
35.66	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:21.46	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
42.05	Y	F	50 Breast	12/5/2009	December2009supersplash
1:30.96	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
John Mosier (12) M					
					EELS-AD
30.30	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
33.54	L	F	50 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier
1:05.30	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:14.79	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:15.04	L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:26.36	Y	P	200 Free	3/19/2010	AD Gold Short Course Championships
2:40.14	L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
5:41.36	L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion
6:54.51	Y	F	500 Free	3/5/2010	AD Silver Short Course Championships
39.46	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
43.29	L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:23.26	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
1:29.59	L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:32.03	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:01.80	Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge
43.12	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
47.11	L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
John Mosier (12) M			EELS-AD		
1:32.03 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:42.71 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:09.47 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
35.18 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
37.48 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:16.56 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:25.35 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.01 L	P	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:18.15 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:47.80 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Bridgette Moss (17) W			ALBS-AD		
30.36 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:07.46 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:17.62 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:25.79 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:15.57 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:30.96 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:38.91 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
3:13.83 L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:23.32 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:03.25 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:32.50 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:43.31 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:17.53 L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Megan Mottola (15) W			BSPA-AD		
29.51 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	
1:02.86 Y	P	100 Free	11/5/2009	Girls Sec II Division I Championships	
2:27.57 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
6:50.03 Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
1:15.92 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
1:27.34 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
2:49.72 Y	F	200 IM	11/21/2009	Harvest Invitational 2009	
Allison Moulton (13) W			NHA-AD		
32.27 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
35.85 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.16 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
1:20.32 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:57.77 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
41.21 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
1:34.89 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
46.77 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:45.95 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:53.35 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:55.13 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
42.23 Y	F	50 Fly	1/16/2010	Canajoharie Developmental Meet	
1:38.07 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:41.08 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:26.78 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Cecelia Mowrey (11) W			GLOY-AD		
32.90 Y	F	50 Free	10/25/2009	Trick or Treat Meet	
1:13.95 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
2:49.53 Y	F	200 Free	12/12/2009	Amsterdam Sea Rams Invitational	
41.07 Y	F	50 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
34.62 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:15.93 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:56.23 Y	F	200 IM	1/24/2010	Foothills Invitational 2010	
Josephine Mowrey (10) W			GLOY-AD		
41.29 Y	F	50 Free	12/5/2009	December2009supersplash	
1:38.88 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	

Individual Top Times

Time	P/F/S	Event				
Josephine Mowrey (10) W						
52.83	Y	F	50	Back	1/24/2010	Foothills Invitational 2010
56.91	Y	F	50	Breast	1/24/2010	Foothills Invitational 2010
53.76	Y	F	50	Fly	1/16/2010	Canajoharie Developmental Meet
Elyse Muder (11) W						
36.20	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
37.84	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
42.36	Y	F	50	Back	2/20/2010	Cabin Fever Invitational 2010
44.82	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
44.85	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
47.83	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
45.17	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:25.06	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
1:35.73	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Liam Mulshine (14) M						
26.53	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
57.91	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:07.20	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
1:26.69	Y	F	100	Breast	11/8/2009	Hometown SplashDown
1:11.72	Y	F	100	Fly	2/20/2010	Cabin Fever Invitational 2010
2:41.76	Y	F	200	IM	11/8/2009	Hometown SplashDown
Rahul Munukala (17) M						
25.84	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
56.01	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:08.59	Y	F	100	Back	11/21/2009	Harvest Invitational 2009
2:16.49	Y	F	200	Back	1/8/2010	2010 Starfish Trophy Invitational
1:02.43	Y	P	100	Fly	3/19/2010	AD Gold Short Course Championships
2:17.99	Y	P	200	IM	2/11/2010	Section II Championships Large Division
Kaitlyn Munzenmaier (17) W						
25.72	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
29.88	L	F	50	Free	7/9/2010	Hawks Summer Invitational 2010
53.79	Y	F	100	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:04.62	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
1:56.37	Y	F	200	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:19.66	L	F	200	Free	7/9/2010	Hawks Summer Invitational 2010
11:26.55	Y	F	1000	Free	12/5/2009	December2009supersplash
1:04.27	Y	P	100	Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
1:12.64	L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
2:09.86	Y	T	200	Back	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:36.68	L	F	200	Back	7/9/2010	Hawks Summer Invitational 2010
1:12.40	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
1:24.78	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
2:43.13	Y	P	200	Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
3:01.65	L	F	200	Breast	7/9/2010	Hawks Summer Invitational 2010
1:05.49	Y	F	100	Fly	11/15/2009	Pilgrims Pride
2:19.36	Y	T	200	Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:10.94	Y	F	200	IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:35.58	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
4:47.30	Y	F	400	IM	1/8/2010	2010 Starfish Trophy Invitational
Elizabeth Murad (16) W						
26.45	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
58.65	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
2:13.22	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
6:07.04	Y	F	500	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:10.54	Y	F	100	Back	1/8/2010	2010 Starfish Trophy Invitational
2:38.25	Y	F	200	Back	1/8/2010	2010 Starfish Trophy Invitational
1:22.88	Y	F	100	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:09.29	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
2:33.76	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Lauren Murawski (11) W						

GLFY-AD

NHA-AD

GRGF-AD

SSCY-AD

GLFY-AD

CLIN-AD

BFIN-AD

Individual Top Times

Time	P/F/S	Event				
Taylor Murphy (11) W (Yr: sp)						
46.38 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		SCHE-AD
50.85 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:00.84 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Michael Murphy (11) M						
44.87 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		GLOY-AD
1:53.35 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
Tyler Murphy (14) M						
30.55 Y	F	50 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
1:20.23 Y	P	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship		
1:11.46 Y	P	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship		
Tess Myers (12) W (Yr: sp)						
41.99 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		SCHE-AD
52.74 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:59.38 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Emily Naccarato (9) W						
44.61 Y	F	50 Free	10/10/2009	Ravena Autumn Breeze		HAWK-AD
51.51 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
1:38.96 Y	F	100 Free	10/10/2009	Ravena Autumn Breeze		
2:01.98 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
49.14 Y	T	50 Back	2/21/2010	HAWK-MVA-BARR		
59.56 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010		
1:54.93 Y	F	100 Back	1/23/2010	Kingston Snowball Invitational		
51.03 Y	F	50 Breast	1/29/2010	Hawks Trials And Finals 2010		
1:54.27 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010		
2:12.36 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
1:02.42 Y	F	50 Fly	12/5/2009	December2009supersplash		
1:53.76 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
3:47.97 Y	F	200 IM	1/29/2010	Hawks Trials And Finals 2010		
4:15.54 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010		
Payton Nash (9) W						
55.97 Y	F	50 Free	11/15/2009	Pilgrims Pride		BFIN-AD
1:04.88 Y	F	50 Back	11/15/2009	Pilgrims Pride		
Seth Nathan (16) M						
39.47 Y	F	50 Free	10/25/2009	Trick or Treat Meet		NHA-AD
1:30.71 Y	F	100 Free	10/25/2009	Trick or Treat Meet		
Andrej Nawoj (11) M						
39.23 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		CLIN-AD
1:27.19 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships		
3:06.59 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
8:02.98 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
46.62 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships		
1:42.11 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:03.07 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet		
45.82 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:47.87 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
1:46.65 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
3:43.62 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational		
Jake Nee (14) M						
29.43 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		HAWK-AD
33.53 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
1:05.10 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:14.84 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
2:36.73 Y	P	200 Free	1/29/2010	Hawks Trials And Finals 2010		
2:51.44 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
1:16.01 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
3:19.92 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010		
1:27.84 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:40.70 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
3:05.62 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event				
Jake Nee (14) M						
3:39.37	L	F	200	Breast	7/9/2010	Hawks Summer Invitational 2010
35.91	Y	F	50	Fly	2/21/2010	HAWK-MVA-BARR
1:23.89	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
3:10.34	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Magnolia Neel (14) W						
30.27	Y	F	50	Free	3/13/2010	ESSL Championship 2010
1:14.70	Y	F	100	Free	1/23/2010	Kingston Snowball Invitational
2:50.13	Y	F	200	Free	1/23/2010	Kingston Snowball Invitational
1:23.84	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:27.71	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
Brian Negri (15) M						
1:02.65	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:01.27	Y	P	200	Free	2/11/2010	Section II Championships Large Division
1:00.17	Y	F	100	Back	2/11/2010	Section II Championships Large Division
1:09.61	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:27.46	Y	F	200	IM	11/15/2009	Pilgrims Pride
Kathleen Negri (14) W						
29.01	Y	F	50	Free	11/15/2009	Pilgrims Pride
1:06.35	Y	F	100	Free	11/15/2009	Pilgrims Pride
1:12.54	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:23.38	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:29.00	Y	F	100	Breast	11/15/2009	Pilgrims Pride
1:43.27	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Cody Nelson (16) M						
25.51	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
29.59	L	F	50	Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier
55.10	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:05.42	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:05.80	L	P	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
5:13.16	L	F	400	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
5:28.04	Y	F	500	Free	2/11/2010	Section II Championships Large Division
11:02.90	L	F	800	Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier
11:55.98	Y	F	1000	Free	12/5/2009	December2009supersplash
33.54	Y	F	50	Back	12/5/2009	December2009supersplash
1:13.82	Y	F	100	Back	11/8/2009	Hometown SplashDown
1:16.99	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:17.59	L	P	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:30.68	Y	F	200	Back	1/8/2010	2010 Starfish Trophy Invitational
37.21	Y	F	50	Breast	12/5/2009	December2009supersplash
1:15.74	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:25.75	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:28.57	L	P	100	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:45.03	Y	F	200	Breast	1/8/2010	2010 Starfish Trophy Invitational
3:10.70	L	P	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
30.85	Y	F	50	Fly	12/5/2009	December2009supersplash
1:02.28	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
1:13.37	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:17.88	L	P	100	Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:24.14	Y	F	200	Fly	1/8/2010	2010 Starfish Trophy Invitational
2:17.38	Y	P	200	IM	2/11/2010	Section II Championships Large Division
2:48.14	L	P	200	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
5:04.15	Y	F	400	IM	1/16/2010	Chris Goody IMX Challenge
Olivia Nelson (10) W						
37.62	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
40.50	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:29.84	L	F	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
3:18.30	L	F	200	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
45.84	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
48.20	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon

Individual Top Times

Time	P/F/S	Event			
Olivia Nelson (10) W			EELS-AD		
1:38.27 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
47.20 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
49.54 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:48.16 L	F	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
47.98 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
50.16 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:50.93 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:43.25 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Rebecca Nelson (12) W			EELS-AD		
29.50 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
32.37 L	F	50 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
1:04.24 Y	F	100 Free	1/24/2010	Foothills Invitational 2010	
1:10.98 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:26.27 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
6:14.15 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
13:49.46 Y	F	1000 Free	12/5/2009	December2009supersplash	
33.16 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
37.75 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:10.40 Y	P	100 Back	1/29/2010	Hawks Trials And Finals 2010	
1:20.87 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:32.37 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:51.01 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
36.50 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
41.58 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:19.82 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:30.96 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:01.58 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
35.87 Y	F	50 Fly	1/24/2010	Foothills Invitational 2010	
1:21.18 Y	P	100 Fly	1/29/2010	Hawks Trials And Finals 2010	
1:12.80 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:36.27 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:59.42 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Veronika Nelson (8) W			CLIN-AD		
21.30 Y	F	25 Free	1/16/2010	Canajoharie Developmental Meet	
45.01 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
48.50 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:48.55 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
25.41 Y	F	25 Back	1/16/2010	Canajoharie Developmental Meet	
56.58 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
29.06 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
1:02.11 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:02.16 Y	F	50 Breast	11/15/2009	Pilgrims Pride	
1:02.77 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
25.95 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
1:07.80 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:00.61 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Kristina Nevulis (12) W			ALBS-AD		
35.88 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:18.23 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
43.64 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
44.83 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
39.63 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
Justin Newman (17) M			NHA-AD		
27.48 Y	F	50 Free	10/25/2009	Trick or Treat Meet	
1:00.59 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:20.40 Y	F	200 Free	10/25/2009	Trick or Treat Meet	
1:17.16 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
3:13.29 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
2:44.01 Y	F	200 IM	10/25/2009	Trick or Treat Meet	

Individual Top Times

Time	P/F/S	Event			
Tyler Newman (14) M					
					NHA-AD
32.89 Y	F	50 Free	10/25/2009	Trick or Treat Meet	
1:05.26 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:19.84 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
3:26.52 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
Justin Nhan (10) M					
					ALBS-AD
41.28 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
45.35 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
53.04 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
55.73 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:00.66 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
54.91 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:55.40 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Taylor Nichols (16) M					
					SCHE-AD
23.56 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
27.48 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
51.25 Y L	F	100 Free	2/11/2010	Section II Championships Large Division	
1:00.48 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:53.06 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:14.88 L	F	200 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
4:38.54 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:07.52 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
54.13 Y	P	100 Back	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship	
1:05.22 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:01.69 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:18.53 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:58.77 Y	F	200 IM	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship	
2:27.16 L	F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet	
4:34.47 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Troy Nichols (18) M (Yr: s/)					
					SCHE-AD
22.31 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	
25.78 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
47.79 Y L	F	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
55.61 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:42.40 Y	F	200 Free	2/11/2010	Section II Championships Large Division	
1:59.10 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:20.86 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
4:43.59 Y	F	500 Free	12/10/2009	2009 NE NSSC MIT Invitational	
9:54.82 Y	F	1000 Free	3/25/2010	2010 SE Speedo Champions Series	
54.49 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:02.43 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:57.68 Y	P	200 Back	3/25/2010	2010 SE Speedo Champions Series	
2:13.46 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:03.42 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:23.29 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
2:06.70 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
1:58.17 Y	F	200 IM	12/10/2009	2009 NE NSSC MIT Invitational	
2:15.26 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:12.66 Y	P	400 IM	3/25/2010	2010 SE Speedo Champions Series	
Sarah Nickford (14) W					
					UN-AD
3:19.63 L	F	200 Back	7/21/2010	2010 Empire State Games	
1:43.62 L	P	100 Breast	7/21/2010	2010 Empire State Games	
Juleh Nikollaj (11) W					
					GLOY-AD
46.74 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:52.96 Y	F	100 Free	1/24/2010	Foothills Invitational 2010	
1:03.41 Y	F	50 Back	1/24/2010	Foothills Invitational 2010	
Brian Noeker (11) M (Yr: su)					
					SCHE-AD
35.81 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	
39.35 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.95 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Brian Noeker (11) M (Yr: su)					
SCHE-AD					
1:32.45	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
3:00.50	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
3:17.01	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
41.33	Y	F	50	Back	12/5/2009 December2009supersplash
47.70	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:28.12	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:41.52	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
47.39	Y	F	50	Breast	11/21/2009 Harvest Invitational 2009
55.86	L	P	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:46.65	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
43.00	Y	F	50	Fly	11/21/2009 Harvest Invitational 2009
51.50	L	P	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:31.15	Y	F	100	IM	10/25/2009 Trick or Treat Meet
3:11.28	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
3:47.64	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Nicholas Noga (17) M					
CLIN-AD					
22.51	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
26.74	L	F	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
48.14	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
58.36	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:45.71	Y	F	200	Free	3/11/2010 NE 2010 March Speedo Champions Series
2:09.84	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
4:45.82	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
26.66	Y L	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
55.18	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:09.61	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:59.22	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
2:28.78	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:10.02	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
56.27	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
2:08.61	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
2:35.57	L	P	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
Stephanie Noga (14) W					
CLIN-AD					
29.01	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:01.67	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
1:11.00	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:09.67	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
2:29.54	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:09.36	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:43.07	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
1:14.21	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:25.68	L	P	100	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:35.38	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
2:58.27	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:21.40	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
1:30.91	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:51.79	Y	P	200	Breast	3/19/2010 AD Gold Short Course Championships
3:16.05	L	F	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:20.11	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:30.38	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
2:56.45	L	P	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:28.59	Y	F	400	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Sarah Nolan (13) W					
SCHE-AD					
43.22	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
47.36	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:36.56	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
1:44.32	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:48.30	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
44.82	Y	F	50	Back	12/5/2009 December2009supersplash
1:35.46	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Sarah Nolan (13) W					
1:43.39 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	SCHE-AD
3:52.52 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
57.84 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:56.75 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
1:59.72 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:04.34 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Brian Nolte (15) M					
57.49 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	BFIN-AD
2:02.21 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:26.47 L	F	200 Free	7/21/2010	2010 Empire State Games	
5:00.61 L	F	400 Free	7/21/2010	2010 Empire State Games	
5:31.64 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
1:04.56 Y L	F	100 Back	3/19/2010	AD Gold Short Course Championships	
2:24.74 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:16.36 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:40.73 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
2:17.31 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:44.41 L	P	200 IM	7/21/2010	2010 Empire State Games	
Olivia Normandin (14) W (Yr: sp)					
27.76 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	SCHE-AD
1:00.86 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:12.91 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
6:13.82 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:07.95 Y	F	100 Back	11/15/2009	Pilgrims Pride	
2:26.69 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
3:01.42 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:05.59 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:37.73 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:29.03 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
5:15.60 Y	F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Zachary Nutter (16) M					
2:13.13 Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010	SARY-AD
1:18.81 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
Iida Nyman (11) W					
37.55 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SSCY-AD
44.04 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.56 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:26.55 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:39.56 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
52.88 Y	F	50 Back	12/12/2009	Amsterdam Sea Rams Invitational	
51.05 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
58.03 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:02.77 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:48.13 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009	
2:09.70 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
42.24 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
50.82 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
55.85 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:40.01 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:37.09 Y	F	100 IM	11/21/2009	Harvest Invitational 2009	
3:29.27 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
4:09.43 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Jesse Nyman (8) M					
20.32 Y	F	25 Free	12/12/2009	Amsterdam Sea Rams Invitational	SSCY-AD
41.82 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
45.37 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
47.24 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.57 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:41.65 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	

Individual Top Times

Time	P/F/S	Event				
Jesse Nyman (8) M						
						SSCY-AD
20.06	Y	F	25 Back	11/21/2009	Harvest Invitational 2009	
45.01	Y	F	50 Back	11/21/2009	Harvest Invitational 2009	
55.99	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
56.02	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:37.04	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
22.50	Y	F	25 Breast	3/12/2010	2010 New York State YMCA Swimming Championship	
51.23	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
57.77	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
58.05	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:01.80	L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
19.28	Y	F	25 Fly	11/21/2009	Harvest Invitational 2009	
41.79	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
48.91	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
49.19	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:36.60	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:54.91	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:55.88	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Austin Oare (9) M						
						GLOY-AD
30.52	Y	F	25 Free	1/24/2010	Foothills Invitational 2010	
39.83	Y	F	25 Back	1/24/2010	Foothills Invitational 2010	
Katie Oathout (11) W						
						GLOY-AD
41.28	Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:34.43	Y	F	100 Free	1/24/2010	Foothills Invitational 2010	
57.27	Y	F	50 Back	1/24/2010	Foothills Invitational 2010	
1:08.67	Y	F	50 Fly	1/24/2010	Foothills Invitational 2010	
Addison Oberting (9) M						
						BFIN-AD
18.38	Y	F	25 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
36.51	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
45.04	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:30.29	Y	F	100 Free	11/15/2009	Pilgrims Pride	
3:30.70	Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
23.35	Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
46.19	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
52.18	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:48.94	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
23.73	Y	F	25 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
50.94	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
2:11.93	L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
23.49	Y	F	25 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
51.36	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:48.48	Y	F	100 IM	10/25/2009	Trick or Treat Meet	
Sarah Cooper Oberting (8) W						
						ALBS-AD
23.24	Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
52.79	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
26.03	Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
58.06	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
Caroline O'Brien (11) W						
						BFIN-AD
32.39	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
41.49	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:28.86	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.45	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:36.34	Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:25.94	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:27.25	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Jane O'Bryan (18) W						
						CLRK-AD
30.19	Y	F	50 Free	2/27/2010	CVSLeague Championships	
1:06.52	Y	F	100 Free	2/27/2010	CVSLeague Championships	
2:24.55	Y	F	200 Free	12/12/2009	Amsterdam Sea Rams Invitational	
1:24.14	Y	F	100 Breast	2/27/2010	CVSLeague Championships	

Individual Top Times

Time	P/F/S	Event				
Spencer O'Bryan (15) M						
28.69	Y	F	50	Free	11/21/2009	CVSL Quad Meet
1:02.95	Y	F	100	Free	2/27/2010	CVSLLeague Championships
1:19.44	Y	F	100	Back	12/5/2009	CVSL Quad Meet
1:13.57	Y	F	100	Breast	2/27/2010	CVSLLeague Championships
2:47.03	Y	F	200	Breast	12/12/2009	Amsterdam Sea Rams Invitational
2:42.46	Y	F	200	IM	11/21/2009	CVSL Quad Meet
Annabel O'Connor (13) W						
1:09.08	Y	F	100	Free	11/15/2009	Pilgrims Pride
1:17.67	Y	F	100	Back	11/15/2009	Pilgrims Pride
Ryan O'Connor (15) M						
1:00.81	Y	F	100	Free	11/15/2009	Pilgrims Pride
1:12.74	Y	F	100	Back	11/15/2009	Pilgrims Pride
Abigael O'Donnell (7) W						
27.54	Y	F	25	Free	3/6/2010	Under The Big Top
26.98	Y	F	25	Back	3/6/2010	Under The Big Top
Katherine O'Donnell (20) W						
29.40	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:06.51	L	P	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
2:21.49	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:08.76	L	F	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:27.23	L	F	200	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:24.50	L	F	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:03.39	L	F	200	Breast	7/9/2010	Hawks Summer Invitational 2010
1:08.94	L	F	100	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:30.25	L	F	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
Tara O'Donnell (16) W						
25.57	Y	P	50	Free	3/11/2010	NE 2010 March Speedo Champions Series
30.86	L	P	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
55.65	Y	P	100	Free	3/11/2010	NE 2010 March Speedo Champions Series
1:07.44	L	P	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
2:04.12	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
2:23.81	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
28.25	Y L	F	50	Back	11/5/2009	Girls Sec II Division I Championships
59.25	Y	P	100	Back	3/11/2010	NE 2010 March Speedo Champions Series
1:11.41	L	F	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:08.34	Y	P	200	Back	3/11/2010	NE 2010 March Speedo Champions Series
2:36.39	L	F	200	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:01.74	Y	F	100	Fly	11/5/2009	Girls Sec II Division I Championships
1:18.05	L	P	100	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:18.75	Y	P	200	IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:44.83	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
4:53.65	Y	P	400	IM	12/10/2009	2009 NE NSSC MIT Invitational
Sage Oehler-Marx (8) W						
28.32	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
1:03.82	Y	F	50	Free	1/29/2010	Hawks Trials And Finals 2010
2:29.10	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:32.38	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
x36.53	Y	F	25	Back	2/21/2010	HAWK-MVA-BARR
1:11.27	Y	F	50	Back	1/29/2010	Hawks Trials And Finals 2010
35.00	Y	F	25	Breast	2/21/2010	HAWK-MVA-BARR
1:19.12	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
Ian Oeschger (9) M						
59.69	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
1:04.67	Y	F	50	Free	3/6/2010	Under The Big Top
2:35.30	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
2:56.52	L	F	100	Back	5/8/2010	Super Circuit 1 Syracuse
Marcus Oestman (15) M						
29.77	Y	F	50	Free	2/27/2010	CVSLLeague Championships
1:07.19	Y	F	100	Free	2/27/2010	CVSLLeague Championships

CLRK-AD

BFIN-AD

BFIN-AD

SSAC-AD

DELM-AD

DELM-AD

HAWK-AD

SSAC-AD

CLRK-AD

Individual Top Times

Time	P/F/S	Event			
Marcus Oestman (15) M					
CLRK-AD					
2:25.22	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
6:39.21	Y	F	500	Free	1/30/2010 CVSLQuad Meet
40.56	Y L	F	50	Back	1/30/2010 CVSLQuad Meet
1:22.57	Y	F	100	Back	2/27/2010 CVSLLeague Championships
2:58.82	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:31.38	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
2:50.27	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Hayley Oliver (11) W					
NHA-AD					
36.03	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
1:24.72	Y	F	100	Free	1/16/2010 Canajoharie Developmental Meet
3:05.15	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
52.21	Y	F	50	Back	1/16/2010 Canajoharie Developmental Meet
52.67	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:42.10	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
46.89	Y	F	50	Fly	2/20/2010 Cabin Fever Invitational 2010
Benjamin Olson (13) M					
SCHE-AD					
27.92	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:00.48	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
1:10.65	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:13.40	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
2:38.25	L	F	200	Free	5/29/2010 2010 NE MTSC May Specialty Meet
5:54.19	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
13:01.40	Y	F	1000	Free	12/5/2009 December2009supersplash
33.23	Y	P	50	Back	12/10/2009 2009 NE NSSC MIT Invitational
1:09.63	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:20.85	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:31.25	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
1:22.93	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:38.01	L	F	100	Breast	5/29/2010 2010 NE MTSC May Specialty Meet
2:58.01	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
36.53	Y	F	50	Fly	10/25/2009 Trick or Treat Meet
1:08.70	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
1:19.22	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:22.18	L	F	100	Fly	5/29/2010 2010 NE MTSC May Specialty Meet
2:40.50	Y	F	200	Fly	3/5/2010 AD Silver Short Course Championships
1:13.61	Y	F	100	IM	11/15/2009 Pilgrims Pride
2:28.41	Y	F	200	IM	2/20/2010 Cabin Fever Invitational 2010
2:56.77	L	F	200	IM	5/29/2010 2010 NE MTSC May Specialty Meet
5:15.91	Y	F	400	IM	3/5/2010 AD Silver Short Course Championships
Mitchell O'Neill (17) M					
SARY-AD					
27.05	Y L	F	50	Free	1/31/2010 Thoroughbred Splash 2010
2:04.59	Y	P	200	Free	2/11/2010 Section II Championships Large Division
5:25.08	Y	F	500	Free	2/11/2010 Section II Championships Large Division
1:09.95	Y	F	100	Fly	1/31/2010 Thoroughbred Splash 2010
Joseph Ongkingco (12) M					
SSAC-AD					
28.16	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:03.48	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:18.31	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:03.11	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:15.61	L	F	100	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
35.81	L	F	50	Breast	8/11/2010 2010 Eastern Zone LC Championships
1:17.36	L	F	100	Breast	8/11/2010 2010 Eastern Zone LC Championships
2:55.55	L	P	200	Breast	8/11/2010 2010 Eastern Zone LC Championships
30.96	L	F	50	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:12.14	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
2:36.01	L	P	200	IM	8/11/2010 2010 Eastern Zone LC Championships
Justin Ongkingco (16) M					
SSAC-AD					
26.81	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:00.07	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
Justin Ongkingco (16) M					
ADLC-AD					
2:15.64	L	P	200	Free	8/11/2010 2010 Eastern Zone LC Championships
2:49.26	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:16.39	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:53.86	L	F	200	Breast	8/11/2010 2010 Eastern Zone LC Championships
1:14.36	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
2:36.09	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Grace O'Reilly (8) W					
BSPA-AD					
19.07	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
42.02	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:45.48	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
21.82	Y	F	25	Back	3/5/2010 AD Silver Short Course Championships
46.57	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
31.47	Y	F	25	Breast	10/18/2009 2009 Ocean Blue Invitational Swim Meet
24.22	Y	F	25	Fly	2/20/2010 Cabin Fever Invitational 2010
2:02.79	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Jessica O'Reilly (11) W					
ALBS-AD					
40.00	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:40.40	Y	F	100	Free	11/21/2009 Harvest Invitational 2009
49.50	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
David Ormiston (13) M					
GLOY-AD					
34.72	Y	F	50	Free	11/15/2009 Pilgrims Pride
1:16.86	Y	F	100	Free	1/24/2010 Foothills Invitational 2010
44.83	Y	F	50	Back	1/24/2010 Foothills Invitational 2010
50.75	Y	F	50	Fly	12/5/2009 December2009supersplash
Katherine Orr (15) W					
ALBS-AD					
25.46	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
29.24	L	P	50	Free	7/8/2010 Niagara Long Course Classic
54.46	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:01.35	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:01.82	L	F	100	Free	7/8/2010 Niagara Long Course Classic
1:55.94	Y L	F	200	Free	3/11/2010 NE 2010 March Speedo Champions Series
2:10.72	L	F	200	Free	7/8/2010 Niagara Long Course Classic
4:35.39	L	F	400	Free	7/8/2010 Niagara Long Course Classic
5:09.41	Y	F	500	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
9:35.91	L	F	800	Free	7/8/2010 Niagara Long Course Classic
10:35.71	Y	F	1000	Free	3/11/2010 NE 2010 March Speedo Champions Series
18:26.13	L	F	1500	Free	7/8/2010 Niagara Long Course Classic
18:21.82	Y	F	1650	Free	3/19/2010 AD Gold Short Course Championships
28.56	Y L	F	50	Back	3/11/2010 NE 2010 March Speedo Champions Series
34.48	L	P	50	Back	5/21/2010 Internationale CNPPO
1:01.46	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
1:09.48	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:10.42	L	F	100	Back	7/8/2010 Niagara Long Course Classic
2:13.49	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
2:33.85	L	P	200	Back	7/8/2010 Niagara Long Course Classic
1:24.14	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:05.80	Y	P	100	Fly	1/29/2010 WYW AA Invitational
1:11.32	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:23.15	Y	F	200	Fly	3/19/2010 AD Gold Short Course Championships
2:19.37	Y	P	200	IM	1/29/2010 WYW AA Invitational
2:31.76	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
4:43.34	Y	F	400	IM	3/19/2010 AD Gold Short Course Championships
5:27.16	L	F	400	IM	7/23/2010 2010 Adirondack Long Course District Champion
Antonio Ortiz (11) M					
AMST-AD					
35.35	Y	F	50	Free	2/27/2010 CVSLLeague Championships
1:20.14	Y	F	100	Free	1/24/2010 Foothills Invitational 2010
3:09.76	Y	F	200	Free	1/16/2010 Canajoharie Developmental Meet
43.65	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:31.18	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Antonio Ortiz (11) M					
48.31 Y	F	50 Breast	2/27/2010	CVSLLeague Championships	AMST-AD
1:47.56 Y	F	100 Breast	11/21/2009	CVSL Quad Meet	
48.97 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:35.42 Y	F	100 IM	2/27/2010	CVSLLeague Championships	
3:25.33 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Michael Ortiz (14) M					
31.68 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	AMST-AD
1:13.20 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
2:37.12 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:26.15 Y	F	100 Back	12/5/2009	CVSL Quad Meet	
3:04.46 Y	F	200 Back	1/30/2010	CVSLQuad Meet	
1:30.58 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:10.85 Y	F	200 Breast	1/30/2010	CVSLQuad Meet	
1:38.20 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:57.53 Y	F	200 IM	1/24/2010	Foothills Invitational 2010	
Thomas Osika (12) M					
29.46 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	GRGF-AD
33.47 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:06.55 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:32.11 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:44.74 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
40.02 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
40.40 Y	F	50 Back	11/8/2009	Hometown SplashDown	
1:22.04 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:28.03 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
42.11 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
46.92 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
34.76 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
39.68 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:20.91 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
2:52.72 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:07.00 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Kevin Ostrander (11) M					
29.00 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	SSCY-AD
33.41 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:01.79 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:13.23 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
5:56.76 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
36.07 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
42.82 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.46 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
39.25 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
45.47 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
33.07 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
39.14 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:27.27 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:19.84 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
1:27.11 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:49.76 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Lauren Ostrander (9) W					
17.35 Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	SSCY-AD
34.51 Y	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
39.63 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:21.03 Y	F	100 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
21.55 Y	F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
46.31 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
50.41 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
24.46 Y	F	25 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet	
52.53 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
17.96 Y	F	25 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	

Individual Top Times

Time	P/F/S	Event			
Lauren Ostrander (9) W					
42.52	Y	F	50	Fly	3/19/2010 AD Gold Short Course Championships
49.07	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:32.29	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
Andy Ouyang (12) M					
32.73	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:20.94	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:24.37	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:29.54	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:54.48	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
3:08.12	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
7:44.07	Y	F	500	Free	1/31/2010 Thoroughbred Splash 2010
39.24	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
46.19	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:30.13	Y	F	100	Back	11/15/2009 Pilgrims Pride
1:39.13	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:39.82	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
3:13.86	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
3:37.22	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
45.74	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
49.88	L	P	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:40.70	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:53.14	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:58.80	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
4:15.31	L	F	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
38.25	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:35.84	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:46.76	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:27.15	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
3:11.10	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
3:35.84	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Annie Ouyang (16) W (Yr: SO)					
27.83	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
33.09	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:02.22	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:12.71	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:13.28	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:16.15	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
6:20.30	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:11.08	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:22.50	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:32.70	Y	P	200	Back	3/19/2010 AD Gold Short Course Championships
3:03.03	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:17.68	Y	P	100	Breast	11/5/2009 Girls Sec II Division I Championships
1:32.76	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:33.68	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:50.85	Y	P	200	Breast	3/19/2010 AD Gold Short Course Championships
3:22.80	L	P	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:07.30	Y	P	100	Fly	11/5/2009 Girls Sec II Division I Championships
1:22.84	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:23.98	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:43.26	Y	F	200	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:29.21	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
5:29.04	Y	F	400	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Coralinn Owens (13) W					
30.08	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:05.19	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
2:22.39	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
6:08.61	Y	F	500	Free	1/8/2010 2010 Starfish Trophy Invitational
1:15.37	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
2:40.25	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational

SSCY-AD

CPP-AD

CPP-AD

CLIN-AD

Individual Top Times

Time	P/F/S	Event				
Coralinn Owens (13) W						
1:29.05	Y	F	100	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:21.50	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
2:44.77	Y	F	200	IM	1/8/2010	2010 Starfish Trophy Invitational
Nicole Pace (13) W						
32.56	Y	F	50	Free	1/16/2010	Canajoharie Developmental Meet
1:08.88	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:37.78	Y	F	200	Free	1/16/2010	Canajoharie Developmental Meet
40.73	Y	F	50	Back	12/12/2009	Amsterdam Sea Rams Invitational
1:25.04	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
1:27.40	Y	F	100	Breast	12/12/2009	Amsterdam Sea Rams Invitational
Kamryn Paige (10) W						
38.72	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
38.86	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
41.88	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:34.25	L	F	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:47.45	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
3:26.44	L	F	200	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
46.54	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
49.66	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
49.91	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:43.03	L	F	100	Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:02.58	Y	F	100	Back	1/16/2010	Chris Goody IMX Challenge
1:03.35	L	F	50	Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:08.49	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
2:13.24	L	F	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
47.01	L	F	50	Fly	7/23/2010	2010 Adirondack Long Course District Champion
47.96	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:01.05	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:04.51	L	F	100	Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:57.17	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:00.51	Y	F	100	IM	1/16/2010	Chris Goody 10&Under Mini-Meet
Cecelia Paladino (12) W						
34.88	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
1:17.00	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:34.82	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
Samantha Paley (10) W						
41.18	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:35.59	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
48.05	Y	F	50	Back	11/8/2009	Hometown SplashDown
1:43.11	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
54.23	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:59.43	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
48.56	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:42.95	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Carissa Palmatier (8) W						
20.14	Y	F	25	Free	2/20/2010	Cabin Fever Invitational 2010
49.51	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
23.68	Y	F	25	Back	1/16/2010	Canajoharie Developmental Meet
32.96	Y	F	25	Fly	1/24/2010	Foothills Invitational 2010
Desiree Palmatier (12) W						
44.34	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
1:37.25	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010
49.77	Y	F	50	Back	1/31/2010	Thoroughbred Splash 2010
48.11	Y	F	50	Breast	1/24/2010	Foothills Invitational 2010
1:52.14	Y	F	100	Breast	12/12/2009	Amsterdam Sea Rams Invitational
1:47.80	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Jake Palmer (7) M						
36.29	Y	F	25	Free	10/25/2009	October 25, 2009
39.97	Y	F	25	Back	10/25/2009	October 25, 2009

CLIN-AD

NHA-AD

EELS-AD

BFIN-AD

BSPA-AD

SVP-AD

SVP-AD

TBS-AD

Individual Top Times

Time	P/F/S	Event			
Hannah Palsgraf (15) W					
27.15 Y	S	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	GLOY-AD
1:00.30 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
1:09.41 Y	P	100 Back	11/5/2009	Girls Sec II Division 2 Championships	
2:31.29 Y	F	200 Back	1/24/2010	Foothills Invitational 2010	
1:05.41 Y	F	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:41.09 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:27.39 Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Joshua Palsgraf (17) M					
27.00 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	GLOY-AD
58.25 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
1:05.86 Y	P	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:27.95 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:21.98 Y	F	100 Breast	1/24/2010	Foothills Invitational 2010	
1:02.52 Y	P	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:33.43 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:27.28 Y	F	200 IM	1/24/2010	Foothills Invitational 2010	
Anthony Pandolfo (12) M					
45.41 Y	F	50 Free	11/15/2009	Pilgrims Pride	NHA-AD
1:42.16 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
1:05.11 Y	F	50 Back	11/15/2009	Pilgrims Pride	
Cindy Pang (9) W					
20.41 Y	F	25 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	ALBS-AD
40.69 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships	
43.56 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:33.48 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
3:56.59 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
23.88 Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
52.82 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
53.05 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
53.10 Y	F	50 Back	11/21/2009	Harvest Invitational 2009	
1:52.73 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
27.24 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009	
51.82 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
56.39 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
23.51 Y	F	25 Fly	11/21/2009	Harvest Invitational 2009	
58.45 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
58.79 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:47.24 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:56.64 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Ruby Pan (12) W					
31.33 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
1:10.30 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
38.38 Y	F	50 Back	10/25/2009	Trick or Treat Meet	
1:21.21 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
42.57 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
37.60 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:20.58 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:53.98 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Grace Papa (8) W					
26.02 Y	F	25 Free	11/15/2009	Pilgrims Pride	BFIN-AD
54.67 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
23.75 Y	F	25 Back	11/15/2009	Pilgrims Pride	
36.76 Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
Kayleigh Papa (10) W					
52.12 Y	F	50 Free	11/15/2009	Pilgrims Pride	BFIN-AD
53.25 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
1:15.50 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
Cassandra Papaleo (15) W					
25.93 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	CLIN-AD

Individual Top Times

Time	P/F/S	Event			
Cassandra Papaleo (15) W					
CLIN-AD					
30.43 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
55.88 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:10.82 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:04.27 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:29.05 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:20.03 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:46.52 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
1:08.67 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:22.52 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:31.08 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:25.30 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:05.24 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:24.02 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:25.69 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:52.02 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:13.21 Y	F	400 IM	3/19/2010	AD Gold Short Course Championships	
Keelin Paquette (11) W					
CLIN-AD					
38.61 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
1:27.25 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
44.28 Y	F	50 Back	11/15/2009	Pilgrims Pride	
1:39.23 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
53.06 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
48.45 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
Christopher Parfitt (18) M					
ADDI-AD					
25.64 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
55.72 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:01.22 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
1:02.30 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:13.16 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:13.14 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:37.09 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
2:15.45 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Nicholas Pascucci (12) M					
BSPA-AD					
29.04 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
1:04.41 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
2:16.53 Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010	
33.72 Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010	
1:08.19 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
2:26.90 Y	P	200 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
35.07 Y	P	50 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:14.82 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:40.20 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
31.80 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	
1:11.17 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:07.87 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
2:26.12 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Savannah Passaretti (12) W (Yr: s/)					
SCHE-AD					
32.59 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	
1:15.31 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
39.16 Y	F	50 Back	12/5/2009	December2009supersplash	
38.87 Y	F	50 Breast	11/15/2009	Pilgrims Pride	
1:30.92 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
37.06 Y	F	50 Fly	11/8/2009	Hometown SplashDown	
1:19.88 Y	F	100 IM	11/15/2009	Pilgrims Pride	
Emily Patchell (13) W					
SSCY-AD					
28.75 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:03.81 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
32.47 Y	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
40.17 Y	F	50 Breast	10/25/2009	Trick or Treat Meet	

Individual Top Times

Time	P/F/S	Event			
Emily Patchell (13) W					
1:14.99	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	SSCY-AD
Emma Pausley (9) W (Yr: sp)					
19.74	Y F	25 Free	10/25/2009	Trick or Treat Meet	SCHE-AD
42.16	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:36.38	Y F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
24.15	Y F	25 Back	10/25/2009	Trick or Treat Meet	
46.78	Y F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
1:58.48	Y F	100 Back	11/21/2009	Harvest Invitational 2009	
24.49	Y F	25 Fly	10/25/2009	Trick or Treat Meet	
50.94	Y F	50 Fly	2/20/2010	Cabin Fever Invitational 2010	
1:51.51	Y F	100 IM	11/8/2009	Hometown SplashDown	
Christina Pavlovsky (12) W					
34.06	Y F	50 Free	1/24/2010	Foothills Invitational 2010	GLOY-AD
1:15.72	Y F	100 Free	1/24/2010	Foothills Invitational 2010	
40.78	Y P	50 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:37.50	Y F	100 Breast	11/15/2009	Pilgrims Pride	
Jared Pece (10) M					
49.28	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	HAWK-AD
50.07	L F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:53.97	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:04.97	Y F	100 Free	1/23/2010	Kingston Snowball Invitational	
54.29	Y F	50 Back	2/21/2010	HAWK-MVA-BARR	
1:11.48	L F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
x1:32.04	Y F	50 Breast	2/21/2010	HAWK-MVA-BARR	
2:52.52	L F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
Logan Pece (7) M					
24.97	Y F	25 Free	3/5/2010	AD Silver Short Course Championships	HAWK-AD
51.69	Y F	50 Free	1/29/2010	Hawks Trials And Finals 2010	
57.77	L F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:52.43	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:02.51	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
24.10	Y F	25 Back	3/13/2010	ESSL Championship 2010	
58.81	Y T	50 Back	2/21/2010	HAWK-MVA-BARR	
1:04.86	L F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
x32.90	Y F	25 Breast	2/21/2010	HAWK-MVA-BARR	
1:09.03	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:03.26	Y F	25 Fly	1/16/2010	Chris Goody 10&Under Mini-Meet	
Sydney Pece (12) W					
34.42	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	HAWK-AD
39.58	L F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:21.59	Y P	100 Free	1/29/2010	Hawks Trials And Finals 2010	
2:58.82	Y P	200 Free	1/29/2010	Hawks Trials And Finals 2010	
40.84	Y P	50 Back	1/29/2010	Hawks Trials And Finals 2010	
48.90	L F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:32.31	Y P	100 Back	1/29/2010	Hawks Trials And Finals 2010	
49.42	Y F	50 Breast	12/5/2009	December2009supersplash	
x42.88	Y F	50 Fly	2/21/2010	HAWK-MVA-BARR	
Carolyn Peck (12) W					
36.36	Y F	50 Free	1/24/2010	Foothills Invitational 2010	GLOY-AD
1:28.02	Y F	100 Free	12/12/2009	Amsterdam Sea Rams Invitational	
2:59.63	Y F	200 Free	1/16/2010	Canajoharie Developmental Meet	
53.65	Y F	50 Breast	12/5/2009	December2009supersplash	
42.20	Y F	50 Fly	12/5/2009	December2009supersplash	
Isabel Pelaez (10) W					
39.51	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
43.84	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
45.96	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:31.94	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:44.22	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Isabel Pelaez (10) W					
3:34.18	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
52.63	Y	F	50	Back	10/10/2009 Ravena Autumn Breeze
58.33	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
59.22	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:03.43	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
58.33	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Luke Peleggi (17) M					
24.49	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
55.51	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:53.33	Y	F	200	Free	2/11/2010 Section II Championships Large Division
5:18.65	Y	P	500	Free	2/11/2010 Section II Championships Large Division
29.55	Y L	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:02.35	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
2:13.45	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
1:03.12	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:17.13	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
Angelina Pelkey (9) W					
42.68	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
51.71	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
Amanda Pendergrass (11) W					
37.95	Y	F	50	Free	10/25/2009 Trick or Treat Meet
41.31	Y	F	50	Back	1/31/2010 Thoroughbred Splash 2010
43.89	Y	F	50	Fly	1/31/2010 Thoroughbred Splash 2010
1:33.45	Y	F	100	IM	10/25/2009 Trick or Treat Meet
Camille Penman (10) W					
49.56	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
53.90	Y	F	50	Back	1/31/2010 Thoroughbred Splash 2010
1:08.22	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
John Penman (13) M					
28.64	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:03.11	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:16.82	Y	F	200	Free	1/31/2010 Thoroughbred Splash 2010
1:12.53	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:42.21	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:27.26	Y	F	100	Breast	11/21/2009 Harvest Invitational 2009
3:10.64	Y	F	200	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:17.58	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:36.56	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Erin Pepe (13) W					
30.55	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:25.89	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:28.95	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
Makayla Pepe (10) W					
35.42	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
38.53	L	F	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
40.25	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:24.82	L	F	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:26.59	Y	F	100	Free	1/24/2010 Foothills Invitational 2010
2:52.60	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
3:00.46	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
42.68	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
46.64	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:30.89	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:39.45	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
49.25	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
53.12	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
53.65	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:41.77	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
1:52.68	L	F	100	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational

ALBS-AD

RAVE-AD

SVP-AD

SARY-AD

CPP-AD

CPP-AD

BFIN-AD

NHA-AD

Individual Top Times

Time	P/F/S	Event			
Makayla Pepe (10) W					
					NHA-AD
44.91 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
49.23 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
52.85 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:46.90 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:55.76 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:34.01 Y	F	100 IM	1/24/2010	Foothills Invitational 2010	
1:41.76 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:20.38 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:34.37 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Annalise Pepper (9) W					
					BSPA-AD
18.33 Y	F	25 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
38.32 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:26.63 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
20.31 Y	F	25 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
41.96 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:29.25 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
22.54 Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
49.54 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:47.88 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
20.43 Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
44.77 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:31.65 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Corinne Pepper (8) W					
					BSPA-AD
19.19 Y	F	25 Free	11/21/2009	Harvest Invitational 2009	
43.80 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:35.05 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
23.25 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
49.81 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
25.69 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
53.74 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
21.85 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
54.19 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:42.01 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Alexis Perkins (10) W					
					RAVE-AD
42.02 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:35.12 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
51.95 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:57.97 Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge	
56.58 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:06.87 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:53.42 Y	F	100 IM	10/10/2009	Ravena Autumn Breeze	
3:58.83 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Danielle Perrino (11) W					
					CLRK-AD
38.84 Y	F	50 Free	12/5/2009	CVSL Quad Meet	
1:36.40 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
46.10 Y	F	50 Back	2/27/2010	CVSLLeague Championships	
1:06.78 Y	F	50 Breast	12/19/2009	CVSL Quad Meet	
54.73 Y	F	50 Fly	2/27/2010	CVSLLeague Championships	
Meaghan Perrino (9) W					
					CLRK-AD
45.37 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
1:40.91 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
1:05.23 Y	F	50 Back	12/5/2009	CVSL Quad Meet	
Rachel Pesano (7) W					
					ALBS-AD
26.18 Y	F	25 Free	11/21/2009	Harvest Invitational 2009	
30.00 Y	F	25 Back	11/21/2009	Harvest Invitational 2009	
Madeline Petell (12) W					
					NHA-AD
40.71 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
1:29.30 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
48.66 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	

Individual Top Times

Time	P/F/S	Event			
Nicole Petersen (8) W					
					BFIN-AD
20.82 Y	F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
44.04 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:37.76 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
24.42 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
54.61 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
26.90 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
56.14 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
Meghan Pettit (14) W (Yr: sp)					
					SCHE-AD
27.04 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
30.77 L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
57.92 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:06.80 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:07.80 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:08.23 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
2:26.56 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:01.27 L	F	400 Free	8/11/2010	2010 Eastern Zone LC Championships	
5:43.78 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
12:13.98 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
19:49.01 L	F	1500 Free	7/23/2010	2010 Adirondack Long Course District Champion	
20:15.63 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:09.18 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:19.30 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:21.14 L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
2:27.62 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
2:52.05 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.64 Y	F	100 Breast	10/25/2009	Trick or Treat Meet	
1:23.95 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:26.47 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:41.24 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:00.14 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.87 Y	F	100 Fly	11/21/2009	Harvest Invitational 2009	
1:19.62 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.13 L	F	100 Fly	5/29/2010	2010 NE MTSC May Specialty Meet	
2:40.67 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:22.90 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
2:44.02 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:11.99 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Andi Pfau (12) W					
					GRGF-AD
40.68 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
47.44 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
54.82 Y	F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
Margaret Pfeiffer (11) W (Yr: sp)					
					SCHE-AD
34.25 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:28.30 Y	F	100 Free	10/25/2009	Trick or Treat Meet	
3:11.69 Y	F	200 Free	1/16/2010	Chris Goody IMX Challenge	
40.45 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:32.69 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
45.05 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:42.93 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
41.60 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:52.80 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:28.18 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
3:23.73 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Bailey Phelps (17) W					
					NTS-AD
29.50 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:05.06 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:24.39 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
6:38.05 Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
1:09.50 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:33.36 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event				
Bailey Phelps (17) W						
1:19.97	Y	F	100	Fly	1/23/2010	Kingston Snowball Invitational
2:37.80	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Rachel Philipson (15) W						
34.13	Y	F	50	Free	1/16/2010	Canajoharie Developmental Meet
1:17.34	Y	F	100	Free	1/16/2010	Canajoharie Developmental Meet
2:52.89	Y	F	200	Free	1/16/2010	Canajoharie Developmental Meet
1:35.61	Y	F	100	Back	1/16/2010	Canajoharie Developmental Meet
1:29.45	Y	F	100	Fly	1/16/2010	Canajoharie Developmental Meet
Bryan Phipps (17) M						
24.67	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
54.42	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:59.65	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
5:22.46	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
1:05.95	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
1:05.12	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
Rebecca Piascik (12) W						
31.19	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
34.92	L	P	50	Free	5/21/2010	Internationale CNPPO
1:07.20	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:15.91	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:28.22	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
2:45.74	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
6:30.86	Y	F	500	Free	3/5/2010	AD Silver Short Course Championships
35.23	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
40.29	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:17.64	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
1:25.46	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:42.22	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
3:12.71	L	P	200	Back	5/21/2010	Internationale CNPPO
40.54	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
47.49	L	P	50	Breast	5/21/2010	Internationale CNPPO
1:27.83	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:38.66	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:41.71	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:41.14	L	P	200	Breast	5/21/2010	Internationale CNPPO
35.39	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
41.38	L	P	50	Fly	5/21/2010	Internationale CNPPO
1:20.28	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:36.07	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:14.66	Y	P	100	IM	3/19/2010	AD Gold Short Course Championships
2:40.35	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Jessica Piccoli (17) W (Yr: JR)						
26.02	Y	P	50	Free	11/5/2009	2009 Girls Section 9 Championships
1:00.68	Y	P	100	Fly	11/5/2009	2009 Girls Section 9 Championships
Hannah Pickering (16) W						
32.72	Y	F	50	Free	12/5/2009	December2009supersplash
3:09.09	Y	F	200	Free	12/12/2009	Amsterdam Sea Rams Invitational
Diana Pinchuk (10) W						
42.84	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:34.96	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
54.57	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
54.25	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
47.61	Y	F	50	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
Elizabeth Pinchuk (8) W						
28.83	Y	F	25	Free	12/19/2009	Saratoga 12&Under Mini-Meet
58.26	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
28.19	Y	F	25	Back	11/21/2009	Harvest Invitational 2009
1:07.41	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
Raven Pink (13) W						

NTS-AD

CLIN-AD

NHA-AD

ALBS-AD

UN-AD

GLOY-AD

ALBS-AD

ALBS-AD

SARY-AD

Individual Top Times

Time	P/F/S	Event			
Raven Pink (13) W					
27.53 Y	P	50 Free	3/12/2010	2010 New York State YMCA Swimming Championship	SARY-AD
1:03.85 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
34.91 Y	F	50 Back	11/21/2009	Harvest Invitational 2009	
39.31 Y	F	50 Breast	10/25/2009	Trick or Treat Meet	
30.54 Y	F	50 Fly	3/12/2010	2010 New York State YMCA Swimming Championship	
1:11.31 Y	F	100 IM	11/21/2009	Harvest Invitational 2009	
2:34.45 Y	F	200 IM	3/12/2010	2010 New York State YMCA Swimming Championship	
Dana Pitman (9) W					
57.41 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	GLOY-AD
2:12.59 Y	F	100 Free	1/24/2010	Foothills Invitational 2010	
Dale Plant (9) M					
37.59 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	CANA-AD
1:23.35 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
45.50 Y	F	50 Back	12/12/2009	Amsterdam Sea Rams Invitational	
52.82 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet	
1:47.18 Y	F	100 Breast	1/30/2010	CVSLQuad Meet	
45.39 Y	F	50 Fly	1/16/2010	Canajoharie Developmental Meet	
1:48.80 Y	F	100 Fly	1/30/2010	CVSLQuad Meet	
1:38.97 Y	F	100 IM	12/5/2009	CVSL Quad Meet	
Zoe Plant (12) W					
38.49 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	CANA-AD
1:22.27 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
44.70 Y	F	50 Back	11/14/2009	CVSL First Splash	
1:35.44 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational	
54.52 Y	F	50 Breast	11/21/2009	CVSL Quad Meet	
4:02.90 Y	F	200 Breast	1/30/2010	CVSLQuad Meet	
44.10 Y	F	50 Fly	12/12/2009	Amsterdam Sea Rams Invitational	
1:39.79 Y	F	100 IM	12/5/2009	CVSL Quad Meet	
3:18.43 Y	F	200 IM	1/30/2010	CVSLQuad Meet	
Jenna Planz (13) W					
29.34 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	BFIN-AD
1:04.80 Y	F	100 Free	11/15/2009	Pilgrims Pride	
2:24.66 Y	F	200 Free	10/25/2009	Trick or Treat Meet	
6:22.40 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
34.75 Y	F	50 Back	10/25/2009	Trick or Treat Meet	
1:14.65 Y	F	100 Back	11/15/2009	Pilgrims Pride	
1:15.32 Y	F	100 IM	11/15/2009	Pilgrims Pride	
2:43.66 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Bethany Ann Pochobradsky (11) W					
38.51 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
1:30.60 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
45.47 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
58.82 Y	F	50 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet	
49.36 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
Kylie Podeswa (12) W					
1:15.21 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	SARY-AD
1:28.91 Y	F	100 Back	11/8/2009	Hometown SplashDown	
40.51 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:28.60 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009	
38.14 Y	F	50 Fly	11/21/2009	Harvest Invitational 2009	
1:23.49 Y	F	100 IM	11/8/2009	Hometown SplashDown	
3:11.10 Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010	
Jacob Pogoda (15) M					
31.21 Y	F	50 Free	11/15/2009	Pilgrims Pride	DELM-AD
1:07.88 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
39.59 Y	F	50 Back	12/5/2009	December2009supersplash	
41.78 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:26.23 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
Elizabeth Pogue (13) W					
					SSAC-AD

Individual Top Times

Time	P/F/S	Event				
Elizabeth Pogue (13) W						
32.69	Y	F	50	Free	12/19/2009	OLSC Winter Wonderland Meet
35.97	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
1:13.69	Y	F	100	Free	10/25/2009	October 25, 2009
2:47.44	Y	F	200	Free	12/19/2009	OLSC Winter Wonderland Meet
3:00.97	L	F	200	Free	5/8/2010	Super Circuit 1 Syracuse
7:02.43	Y	F	500	Free	12/19/2009	OLSC Winter Wonderland Meet
1:29.76	Y	F	100	Back	3/6/2010	Under The Big Top
1:46.25	Y	F	100	Breast	12/19/2009	OLSC Winter Wonderland Meet
37.75	Y	F	50	Fly	10/25/2009	October 25, 2009
1:30.73	Y	F	100	Fly	2/20/2010	Cabin Fever Invitational 2010
1:25.84	Y	F	100	IM	10/25/2009	October 25, 2009
3:04.57	Y	F	200	IM	1/24/2010	Foothills Invitational 2010
3:34.62	L	F	200	IM	5/8/2010	Super Circuit 1 Syracuse
Billingsley Pogue (15) M						
24.59	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
51.72	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
1:56.00	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
5:17.85	Y	F	500	Free	12/19/2009	OLSC Winter Wonderland Meet
2:18.83	Y	P	200	Back	3/19/2010	AD Gold Short Course Championships
1:11.31	Y	F	100	Breast	1/24/2010	Foothills Invitational 2010
2:39.98	Y	F	200	Breast	1/24/2010	Foothills Invitational 2010
1:01.62	Y	P	100	Fly	3/19/2010	AD Gold Short Course Championships
2:13.07	Y	F	200	IM	1/24/2010	Foothills Invitational 2010
Jackson Pogue (7) M						
23.67	Y	F	25	Free	1/24/2010	Foothills Invitational 2010
54.89	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
56.22	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
2:01.97	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
25.98	Y	F	25	Back	2/20/2010	Cabin Fever Invitational 2010
57.72	Y	F	50	Back	2/20/2010	Cabin Fever Invitational 2010
Lillia Pogue (11) W						
32.11	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
36.04	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
1:10.60	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
1:19.38	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
39.30	Y	F	50	Back	3/6/2010	Under The Big Top
1:21.35	Y	F	100	Back	3/19/2010	AD Gold Short Course Championships
41.68	Y	F	50	Breast	3/6/2010	Under The Big Top
1:30.10	Y	F	100	Breast	11/15/2009	Pilgrims Pride
33.76	Y	F	50	Fly	11/15/2009	Pilgrims Pride
1:21.16	Y	F	100	Fly	3/19/2010	AD Gold Short Course Championships
1:22.74	L	F	100	Fly	5/8/2010	Super Circuit 1 Syracuse
1:17.98	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
2:45.03	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
Margaret Pogue (17) W						
27.20	Y	F	50	Free	12/19/2009	OLSC Winter Wonderland Meet
58.38	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:07.65	Y	F	200	Free	12/19/2009	OLSC Winter Wonderland Meet
5:42.24	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
19:48.14	Y	F	1650	Free	12/19/2009	OLSC Winter Wonderland Meet
1:08.30	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
2:28.78	Y	P	200	Back	3/19/2010	AD Gold Short Course Championships
1:05.29	Y	P	100	Fly	3/19/2010	AD Gold Short Course Championships
2:39.53	Y	P	200	Fly	3/19/2010	AD Gold Short Course Championships
2:30.82	Y	F	200	IM	2/20/2010	Cabin Fever Invitational 2010
Zoe Porter (12) W						
33.49	Y	F	50	Free	10/25/2009	Trick or Treat Meet
1:17.33	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
38.78	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational

SSAC-AD

SSAC-AD

SSAC-AD

SSAC-AD

SSAC-AD

WAVE-AD

Individual Top Times

Time	P/F/S	Event				
Zoe Porter (12) W						
1:35.70	Y	F	100	Back	11/15/2009	Pilgrims Pride
45.95	Y	F	50	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:44.18	Y	F	100	Breast	1/8/2010	2010 Starfish Trophy Invitational
39.76	Y	F	50	Fly	1/8/2010	2010 Starfish Trophy Invitational
1:25.78	Y	F	100	IM	1/8/2010	2010 Starfish Trophy Invitational
Chiara Potter (9) W						
22.88	Y	F	25	Free	11/8/2009	Hometown SplashDown
45.35	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
27.01	Y	F	25	Back	11/8/2009	Hometown SplashDown
53.60	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
Devyn Potter (16) W						
35.35	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:21.58	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:36.65	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
3:28.27	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
Mary-Kate Poulin (15) W (Yr: FR)						
27.33	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
59.76	Y	F	100	Free	11/21/2009	Harvest Invitational 2009
2:13.26	Y	F	200	Free	1/24/2010	Foothills Invitational 2010
2:34.48	L	F	200	Free	7/21/2010	2010 Empire State Games
5:36.60	L	P	400	Free	7/21/2010	2010 Empire State Games
5:54.98	Y	F	500	Free	1/16/2010	Chris Goody IMX Challenge
32.57	Y	L	50	Back	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:06.11	Y	P	100	Back	3/12/2010	2010 NewYork State YMCA Swimming Championship
1:18.72	L	F	100	Back	7/21/2010	2010 Empire State Games
2:26.78	Y	F	200	Back	1/16/2010	Chris Goody IMX Challenge
2:47.58	L	F	200	Back	7/21/2010	2010 Empire State Games
3:08.14	Y	F	200	Breast	1/16/2010	Chris Goody IMX Challenge
1:07.73	Y	F	100	Fly	11/5/2009	Girls Sec II Division 2 Championships
2:35.01	Y	F	200	Fly	1/16/2010	Chris Goody IMX Challenge
2:27.89	Y	F	200	IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Lily Powell (18) W						
25.59	Y	P	50	Free	3/11/2010	NE 2010 March Speedo Champions Series
30.47	L	P	50	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
55.72	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:05.73	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:58.98	Y	F	200	Free	12/10/2009	2009 NE NSSC MIT Invitational
2:23.49	L	P	200	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
5:15.06	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
1:07.20	Y	F	100	Back	1/24/2010	Foothills Invitational 2010
1:17.80	L	P	100	Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:14.03	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:28.94	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:39.78	Y	F	200	Breast	1/8/2010	2010 Starfish Trophy Invitational
58.92	Y	F	100	Fly	3/11/2010	NE 2010 March Speedo Champions Series
1:10.39	L	F	100	Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:07.83	Y	F	200	Fly	3/11/2010	NE 2010 March Speedo Champions Series
2:34.20	L	P	200	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:12.08	Y	F	200	IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:40.57	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
4:45.46	Y	F	400	IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
Haley Powers (17) W						
27.57	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:00.30	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:09.62	Y	F	200	Free	11/5/2009	Girls Sec II Division I Championships
1:09.63	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
2:25.81	Y	F	200	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:10.09	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:27.73	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships

WAVE-AD

GLFY-AD

ADDI-AD

GLOY-AD

DELM-AD

DELM-AD

Individual Top Times

Time	P/F/S	Event			
Sophie Powers (11) W					
30.98 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	DELM-AD
1:08.73 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
35.32 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:18.31 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
41.58 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:31.67 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
34.18 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:16.96 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
Bethany Powhida (16) W					
26.95 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	DELM-AD
57.52 Y	P	100 Free	12/10/2009	2009 NE NSSC MIT Invitational	
1:04.90 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:58.16 Y	T	200 Free	3/11/2010	NE 2010 March Speedo Champions Series	
2:15.88 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:41.88 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:10.73 Y	F	500 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
10:49.50 Y	F	1000 Free	12/10/2009	2009 NE NSSC MIT Invitational	
18:20.08 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:00.18 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:11.04 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:06.64 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:29.79 L	F	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:18.78 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:01.13 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:10.38 L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:43.25 L	P	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:14.71 Y	F	200 IM	12/10/2009	2009 NE NSSC MIT Invitational	
2:33.30 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:38.20 Y	P	400 IM	3/11/2010	NE 2010 March Speedo Champions Series	
5:22.41 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Emerson Pratt (10) M					
49.49 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010	NHA-AD
58.38 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
Nicholas Prattico (15) M					
29.97 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	SARY-AD
1:05.09 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:28.72 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009	
Hanna Prendeville (16) W					
26.72 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	GLFY-AD
31.45 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
59.00 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:08.81 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
1:09.60 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:04.53 Y	F	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:27.32 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
5:07.79 L	F	400 Free	7/9/2010	Hawks Summer Invitational 2010	
5:35.40 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
12:00.85 Y	F	1000 Free	12/5/2009	December2009supersplash	
19:48.61 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:06.81 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:17.24 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.54 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:15.03 Y	T	200 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:43.36 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010	
1:12.21 Y	F	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:23.39 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.72 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:37.91 Y	T	200 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:59.79 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.78 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	

Individual Top Times

Time	P/F/S	Event			
Hanna Prendeville (16) W			GLFY-AD		
1:21.15	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:16.69	Y P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:44.45	L F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
5:00.20	Y F	400 IM	1/8/2010	2010 Starfish Trophy Invitational	
5:41.65	L F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Olivia Prestia (9) W			HAWK-AD		
46.62	Y F	50 Free	2/27/2010	Kingston Last Chance Invitational	
51.02	L F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:47.38	Y F	100 Free	1/29/2010	Hawks Trials And Finals 2010	
2:06.28	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
4:26.18	L F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
53.77	Y F	50 Back	1/29/2010	Hawks Trials And Finals 2010	
1:04.24	L F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:54.89	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:09.09	L F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
55.19	Y F	50 Breast	1/29/2010	Hawks Trials And Finals 2010	
1:05.93	L F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:01.59	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:23.67	L F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:09.11	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:24.07	L F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:55.92	Y F	100 IM	1/29/2010	Hawks Trials And Finals 2010	
4:21.28	Y F	200 IM	1/29/2010	Hawks Trials And Finals 2010	
Nicolette Prestia (14) W			HAWK-AD		
30.04	Y F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
33.72	L F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:06.63	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:19.74	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:27.73	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:55.11	L F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
6:26.20	L F	400 Free	7/9/2010	Hawks Summer Invitational 2010	
6:43.16	Y F	500 Free	10/10/2009	Ravena Autumn Breeze	
1:14.25	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:30.26	L F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:38.06	Y P	200 Back	3/19/2010	AD Gold Short Course Championships	
3:09.78	L P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:21.86	Y F	100 Breast	11/20/2009	2009 MR AG Early Bird Invitational	
1:37.27	L P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:55.82	Y P	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:26.00	L F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:22.06	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:35.67	L P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
3:02.45	Y F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:36.04	Y F	200 IM	3/13/2010	ESSL Championship 2010	
3:05.14	L F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
5:50.22	Y F	400 IM	1/29/2010	Hawks Trials And Finals 2010	
7:00.02	L F	400 IM	7/9/2010	Hawks Summer Invitational 2010	
Giuliana Pritchard (10) W			AMST-AD		
41.95	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:55.92	Y F	100 Free	12/12/2009	Amsterdam Sea Rams Invitational	
46.30	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:59.68	Y F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational	
57.45	Y F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:49.84	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
Jane Pritchard (10) W			ALBS-AD		
34.35	Y F	50 Free	3/19/2010	AD Gold Short Course Championships	
36.93	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
38.71	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.83	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:20.93	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Jane Pritchard (10) W					
					ALBS-AD
2:45.19 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
40.00 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
43.82 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
45.82 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:27.58 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
47.85 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
51.82 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
53.76 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.29 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:47.83 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
39.66 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
42.54 L	F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
42.96 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.72 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:37.71 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:27.52 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
1:37.53 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:56.73 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
3:19.48 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Robert Pritchard (12) M					
					ALBS-AD
33.68 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
39.45 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
41.49 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.34 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:29.53 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:51.66 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
3:19.00 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
7:12.86 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
8:11.85 Y	F	500 Free	10/25/2009	Trick or Treat Meet	
39.78 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
46.91 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
47.94 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.35 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:38.01 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:58.13 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
49.15 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
55.63 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
55.82 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:48.78 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:59.54 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
40.48 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
48.13 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
50.72 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:25.80 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
1:39.27 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Christina Procida (18) W					
					CLIN-AD
2:14.60 Y	F	200 Free	12/12/2009	Amsterdam Sea Rams Invitational	
2:42.77 Y	F	200 Back	12/12/2009	Amsterdam Sea Rams Invitational	
1:18.34 Y	F	100 Fly	12/12/2009	Amsterdam Sea Rams Invitational	
Jordan Prusinowski (16) M					
					TBS-AD
28.97 L	F	50 Free	5/8/2010	Super Circuit 1 Syracuse	
1:05.44 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse	
1:27.58 L	F	100 Breast	5/8/2010	Super Circuit 1 Syracuse	
Julia Pucciarelli (15) W (Yr: FR)					
					ALBS-AD
27.48 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
58.27 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:07.24 L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.34 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:06.36 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:24.72 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Julia Pucciarelli (15) W (Yr: FR)			ALBS-AD		
4:56.51	L F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:28.68	Y P	500 Free	1/29/2010	WYW AA Invitational	
11:31.93	Y F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
19:00.07	Y F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:04.92	Y S	100 Back	3/19/2010	AD Gold Short Course Championships	
1:16.83	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.09	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:22.88	Y P	200 Back	1/29/2010	WYW AA Invitational	
2:47.65	L P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:28.50	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:06.68	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:16.41	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.08	L F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:24.63	Y F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:51.63	L F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:22.46	Y F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:46.09	L P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:03.04	Y F	400 IM	1/8/2010	2010 Starfish Trophy Invitational	
5:49.51	L F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Colleen Quaglia (10) W			UN-AD		
28.93	Y F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:02.59	Y F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:14.51	Y F	200 Free	3/19/2010	AD Gold Short Course Championships	
6:06.35	Y F	500 Free	3/19/2010	AD Gold Short Course Championships	
37.32	Y F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:16.41	Y F	100 Back	3/19/2010	AD Gold Short Course Championships	
43.81	Y F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:41.72	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
34.11	Y F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
34.11	Y F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:16.78	Y F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:15.77	Y F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:57.55	Y F	200 IM	12/5/2009	December2009supersplash	
Haani Qudsi (13) M			WAVE-AD		
31.98	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:15.14	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
38.90	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
41.41	Y P	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:39.54	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:27.43	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
Hamzah Qudsi (15) M			WAVE-AD		
26.26	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:00.18	Y P	100 Free	3/19/2010	AD Gold Short Course Championships	
31.11	Y L F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:05.51	Y F	100 Back	3/19/2010	AD Gold Short Course Championships	
2:27.21	Y F	200 Back	3/5/2010	AD Silver Short Course Championships	
1:19.72	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:09.07	Y P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:33.51	Y F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Tara Quillinan (11) W			GRGF-AD		
36.79	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:25.89	Y F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
8:46.03	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
46.03	Y F	50 Back	11/8/2009	Hometown SplashDown	
1:41.98	Y F	100 Back	1/16/2010	Chris Goody IMX Challenge	
53.58	Y F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:59.02	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:53.79	Y F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:40.91	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:35.90	Y F	200 IM	1/31/2010	Thoroughbred Splash 2010	

Individual Top Times

Time	P/F/S	Event				
Dylan Quinn (17) M						
25.82 Y L	F	50 Free	12/12/2009	Amsterdam Sea Rams Invitational		AMST-AD
2:03.99 Y	F	200 Free	12/12/2009	Amsterdam Sea Rams Invitational		
1:17.88 Y	F	100 Breast	11/21/2009	CVSL Quad Meet		
2:52.98 Y	F	200 Breast	12/12/2009	Amsterdam Sea Rams Invitational		
1:01.09 Y	F	100 Fly	12/12/2009	Amsterdam Sea Rams Invitational		
2:28.18 Y	F	200 IM	11/21/2009	CVSL Quad Meet		
Kaelean Quinn (13) M						
27.28 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		KING-AD
1:00.38 Y	F	100 Free	2/27/2010	Kingston Last Chance Invitational		
38.35 Y	F	50 Back	2/27/2010	Kingston Last Chance Invitational		
33.68 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:20.23 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships		
2:47.96 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
32.38 Y	F	50 Fly	12/5/2009	December2009supersplash		
1:13.19 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
2:40.82 Y	F	200 IM	1/23/2010	Kingston Snowball Invitational		
Olivia Quinn (13) W						
42.67 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		CPP-AD
1:45.25 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:52.90 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
4:00.86 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
58.31 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
2:13.64 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:14.34 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
Mackenzie Quinn (9) W						
40.87 Y	F	50 Free	2/27/2010	Kingston Last Chance Invitational		KING-AD
45.75 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships		
Sydney Quinn (12) W						
31.81 Y	F	50 Free	10/25/2009	Trick or Treat Meet		CPP-AD
1:12.12 Y	F	100 Free	10/25/2009	Trick or Treat Meet		
39.16 Y	F	50 Back	10/25/2009	Trick or Treat Meet		
40.78 Y	F	50 Breast	10/25/2009	Trick or Treat Meet		
William Radcliff (6) M						
39.34 Y	F	25 Free	11/21/2009	Harvest Invitational 2009		CPP-AD
1:45.47 Y	F	50 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
Arka Rao (14) M						
26.87 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		DELM-AD
59.87 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
1:08.98 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:09.40 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
2:13.42 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
2:33.27 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
6:09.10 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
1:09.64 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
1:19.60 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:20.87 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010		
2:26.55 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships		
1:13.81 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships		
1:22.48 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:25.55 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
2:41.34 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
3:05.26 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010		
1:12.18 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
1:21.67 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:26.75 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships		
2:45.36 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010		
Vama Rao (10) W						
46.86 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		DELM-AD
54.73 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		

Individual Top Times

Time	P/F/S	Event			
Vama Rao (10) W					
49.32 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	DELM-AD
1:56.37 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:57.35 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Timothy Rappold (18) M (Yr: s)					
1:02.00 L	F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet	SCHE-AD
1:56.16 Y	P	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
5:06.20 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
10:23.98 Y	F	1000 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
29.66 Y	F	50 Back	12/5/2009	December2009supersplash	
1:00.76 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:11.03 L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
2:04.41 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:26.64 L	F	200 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
31.02 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:00.43 Y	P	100 Breast	12/10/2009	2009 Speedo Short Course Junior Nationals	
1:11.15 L	P	100 Breast	8/5/2010	2010 Speedo Champions Series	
2:10.18 Y	P	200 Breast	12/10/2009	2009 Speedo Short Course Junior Nationals	
2:31.35 L	F	200 Breast	8/5/2010	2010 Speedo Champions Series	
2:22.68 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:00.84 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:16.23 L	P	200 IM	8/5/2010	2010 Speedo Champions Series	
4:13.89 Y	P	400 IM	3/25/2010	2010 SE Speedo Champions Series	
4:57.03 L	P	400 IM	8/5/2010	2010 Speedo Champions Series	
Madalyn Rascoe (10) W					
34.82 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	SARY-AD
1:24.83 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:08.65 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
44.50 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
53.91 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:55.20 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:34.29 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Daniel Rawl (12) M					
30.66 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	KING-AD
30.66 Y	F	50 Free	2/27/2010	Kingston Last Chance Invitational	
36.69 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.40 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:28.28 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:38.11 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
7:39.83 Y	F	500 Free	1/23/2010	Kingston Snowball Invitational	
41.78 Y	F	50 Back	2/27/2010	Kingston Last Chance Invitational	
49.71 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:33.68 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
3:21.94 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships	
45.96 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
47.67 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:05.33 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:50.30 Y	F	200 Breast	12/5/2009	December2009supersplash	
40.76 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
49.03 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:41.06 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:23.52 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:42.13 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:11.48 Y	P	200 IM	12/11/2009	CT SNCO 9th Annual Hutchinson	
3:32.96 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
8:51.89 L	F	400 IM	7/9/2010	Hawks Summer Invitational 2010	
Jarek Rawl (10) M					
32.05 Y	F	50 Free	10/25/2009	Trick or Treat Meet	KING-AD
36.10 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:10.71 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:23.62 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	

Individual Top Times

Time	P/F/S	Event			
Jarek Rawl (10) M					
					KING-AD
2:33.13	Y	F	200 Free	3/19/2010	AD Gold Short Course Championships
7:04.74	Y	F	500 Free	1/23/2010	Kingston Snowball Invitational
39.51	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
46.21	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:25.37	Y	F	100 Back	3/19/2010	AD Gold Short Course Championships
44.04	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
48.77	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:37.32	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
1:52.01	L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010
35.07	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
41.31	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:26.60	Y	F	100 Fly	2/27/2010	Kingston Last Chance Invitational
3:57.97	L	F	200 Fly	7/9/2010	Hawks Summer Invitational 2010
1:19.99	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
1:35.99	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:58.73	Y	F	200 IM	3/19/2010	AD Gold Short Course Championships
3:25.44	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
Larissa Rayher (16) W (Yr: SO)					
					UN-AD
1:04.26	Y	P	100 Fly	11/5/2009	Girls Sec II Division 2 Championships
2:19.14	Y	F	200 IM	11/5/2009	Girls Sec II Division 2 Championships
Larissa Rayher (16) W					
					SCHE-AD
28.45	Y	P	50 Free	12/10/2009	2009 NE NSSC MIT Invitational
1:00.28	Y	F	100 Free	10/25/2009	Trick or Treat Meet
2:07.46	Y	P	200 Free	12/10/2009	2009 NE NSSC MIT Invitational
5:36.31	Y	F	500 Free	10/25/2009	Trick or Treat Meet
19:22.60	Y	F	1650 Free	12/10/2009	2009 NE NSSC MIT Invitational
2:35.43	Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge
2:52.08	Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge
1:05.89	Y	F	100 Fly	10/25/2009	Trick or Treat Meet
2:22.74	Y	P	200 Fly	12/10/2009	2009 NE NSSC MIT Invitational
2:24.66	Y	F	200 IM	10/25/2009	Trick or Treat Meet
5:04.41	Y	P	400 IM	12/10/2009	2009 NE NSSC MIT Invitational
Craig Raymond (14) M					
					CDY-AD
26.61	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
58.32	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
2:19.13	Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational
1:14.67	Y	F	100 Back	1/24/2010	Foothills Invitational 2010
2:32.06	Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Zackary Raymond (11) M					
					WAVE-AD
38.05	Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010
1:25.57	Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010
44.74	Y	F	50 Back	1/31/2010	2010 NE GMA VT Invitational
1:42.43	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
59.91	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
53.02	Y	F	50 Fly	12/5/2009	December2009supersplash
1:41.23	Y	F	100 IM	1/31/2010	2010 NE GMA VT Invitational
Taylor Recco (10) W					
					CLIN-AD
41.47	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
44.72	Y	F	50 Free	11/15/2009	Pilgrims Pride
1:47.90	Y	F	100 Free	11/15/2009	Pilgrims Pride
51.34	Y	F	50 Back	11/15/2009	Pilgrims Pride
56.07	L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:01.27	Y	F	50 Breast	11/15/2009	Pilgrims Pride
1:05.40	L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
Matthew Reeves (14) M					
					GRGF-AD
25.61	Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational
25.61	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
56.29	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
31.09	Y	F	50 Back	12/5/2009	December2009supersplash

Individual Top Times

Time	P/F/S	Event			
Matthew Reeves (14) M					
GRGF-AD					
1:04.31	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:23.03	Y F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
28.71	Y F	50 Fly	12/5/2009	December2009supersplash	
1:04.83	Y F	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:35.49	Y F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:26.99	Y F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Sarah Reeves (16) W (Yr: SO)					
GLFY-AD					
28.05	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	
59.65	Y P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:11.90	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:10.96	Y F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
5:47.79	Y F	500 Free	11/5/2009	Girls Sec II Division 2 Championships	
12:14.40	Y F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
20:22.25	Y F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:08.12	Y F	100 Back	11/5/2009	Girls Sec II Division 2 Championships	
1:21.03	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:23.31	Y T	200 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:21.07	Y P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:39.87	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:51.12	Y F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:06.96	Y P	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:21.23	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:23.59	Y P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
5:10.43	Y F	400 IM	1/8/2010	2010 Starfish Trophy Invitational	
Anne Reh fuss (15) W (Yr: SO)					
UN-AD					
27.60	Y P	50 Free	11/5/2009	Girls Sec II Division I Championships	
1:09.23	Y P	100 Fly	11/5/2009	Girls Sec II Division I Championships	
Alexa Reickert (11) W					
DELM-AD					
35.00	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
40.79	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
47.18	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
42.74	Y F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.33	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:35.03	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
44.29	Y F	50 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
49.11	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:41.74	Y F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:26.02	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
1:44.62	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:09.47	Y F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Hayden Reidy (12) M					
WAVE-AD					
34.18	Y F	50 Free	11/15/2009	Pilgrims Pride	
1:14.44	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
41.22	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
42.13	Y F	50 Breast	1/31/2010	2010 NE GMA VT Invitational	
1:37.12	Y F	100 Breast	11/15/2009	Pilgrims Pride	
44.09	Y F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:27.86	Y F	100 IM	1/31/2010	2010 NE GMA VT Invitational	
Connor Reilly (12) M					
DELM-AD					
30.06	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	
34.12	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:18.41	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:37.50	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:43.59	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:20.91	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:28.75	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:32.51	L F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
46.77	L F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:40.66	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Connor Reilly (12) M					
1:41.70	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:46.39	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:41.26	L	F	100	Fly	7/9/2010 Hawks Summer Invitational 2010
1:41.69	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Isabella Reinemann (8) W					
28.84	Y	F	25	Free	11/21/2009 Harvest Invitational 2009
1:08.40	Y	F	50	Free	12/19/2009 Saratoga 12&Under Mini-Meet
27.45	Y	F	25	Back	11/21/2009 Harvest Invitational 2009
1:06.59	Y	F	50	Back	11/21/2009 Harvest Invitational 2009
36.72	Y	F	25	Breast	11/21/2009 Harvest Invitational 2009
Hunter Reinhardt (10) M					
36.77	Y	F	50	Free	11/15/2009 Pilgrims Pride
1:20.38	Y	F	100	Free	1/23/2010 Kingston Snowball Invitational
2:50.44	Y	F	200	Free	1/23/2010 Kingston Snowball Invitational
7:55.34	Y	F	500	Free	2/27/2010 Kingston Last Chance Invitational
43.46	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:35.35	Y	F	100	Back	1/23/2010 Kingston Snowball Invitational
46.95	Y	F	50	Breast	1/23/2010 Kingston Snowball Invitational
1:48.05	Y	F	100	Breast	12/5/2009 December2009supersplash
43.99	Y	F	50	Fly	12/5/2009 December2009supersplash
1:37.16	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:29.83	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
3:10.35	Y	F	200	IM	1/23/2010 Kingston Snowball Invitational
Olivia Reinhardt (15) W (Yr: FR)					
28.60	Y L	F	50	Free	2/27/2010 Kingston Last Chance Invitational
59.27	Y	P	100	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
2:05.21	Y	P	200	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
5:27.43	Y	P	500	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
31.31	Y L	F	50	Back	4/1/2010 2010 Eastern Zone SC Swimming Championships
1:04.84	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:20.42	Y	P	200	Back	4/1/2010 2010 Eastern Zone SC Swimming Championships
1:15.38	Y	P	100	Breast	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
2:40.71	Y	F	200	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:02.58	Y	F	100	Fly	3/19/2010 AD Gold Short Course Championships
2:23.97	Y	F	200	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:19.71	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
4:53.59	Y	F	400	IM	1/8/2010 2010 Starfish Trophy Invitational
Sophia Reinhardt (10) W					
42.34	Y	F	50	Free	2/27/2010 Kingston Last Chance Invitational
1:32.86	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
3:13.83	Y	F	200	Free	2/27/2010 Kingston Last Chance Invitational
51.52	Y	F	50	Back	1/23/2010 Kingston Snowball Invitational
1:46.42	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
51.46	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:51.17	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
54.35	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:58.24	Y	F	100	Fly	1/23/2010 Kingston Snowball Invitational
1:46.75	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
3:42.98	Y	F	200	IM	1/23/2010 Kingston Snowball Invitational
Danielle Renchkovsky (17) W (Yr: JR)					
1:14.75	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:13.06	Y	P	100	Breast	11/5/2009 Girls Sec II Division I Championships
2:42.33	Y	F	200	Breast	11/15/2009 Pilgrims Pride
1:14.24	Y	F	100	Fly	11/15/2009 Pilgrims Pride
2:23.94	Y	P	200	IM	11/5/2009 Girls Sec II Division I Championships
Erik Ren (10) M					
40.40	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
41.26	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
44.62	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon

DELM-AD

CPP-AD

KING-AD

KING-AD

KING-AD

BFIN-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Erik Ren (10) M			ALBS-AD		
1:39.42 L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:39.90 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:38.64 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:43.47 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
7:28.76 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
50.41 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
52.45 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
53.24 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:57.09 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
50.21 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
51.85 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
54.34 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:46.57 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:56.68 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
54.78 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
56.75 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:52.42 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:53.84 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Nathaniel Resila (18) M			UN-AD		
22.24 Y	P	50 Free	2/11/2010	Section II Championships Large Division	
25.89 L	F	50 Free	5/21/2010	Internationale CNPPO	
50.22 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
59.92 L	P	100 Free	5/21/2010	Internationale CNPPO	
1:53.38 Y	P	200 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
5:29.23 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
33.08 L	P	50 Back	5/21/2010	Internationale CNPPO	
1:00.11 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:15.26 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
33.86 L	P	50 Breast	5/21/2010	Internationale CNPPO	
1:00.96 Y	F	100 Breast	2/11/2010	Section II Championships Large Division	
1:16.61 L	P	100 Breast	7/8/2010	Niagara Long Course Classic	
2:23.38 Y	P	200 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:54.50 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
29.56 L	P	50 Fly	5/21/2010	Internationale CNPPO	
58.51 Y	F	100 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:08.73 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:12.43 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:35.50 L	P	200 IM	5/21/2010	Internationale CNPPO	
Stephanie Resila (14) W (Yr: FR)			ALBS-AD		
34.29 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.49 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:04.28 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
47.22 L	P	50 Back	5/21/2010	Internationale CNPPO	
43.87 L	P	50 Breast	5/21/2010	Internationale CNPPO	
1:19.72 Y	P	100 Breast	11/5/2009	Girls Sec II Division I Championships	
1:35.44 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:31.33 L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
41.71 L	P	50 Fly	5/21/2010	Internationale CNPPO	
Monica Reyes (8) W			KING-AD		
34.88 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.46 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
38.60 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:19.03 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:30.33 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
8:06.66 Y	F	500 Free	1/23/2010	Kingston Snowball Invitational	
23.84 Y	F	25 Back	10/25/2009	Trick or Treat Meet	
44.69 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
51.80 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
53.95 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:45.19 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Monica Reyes (8) W					
				KING-AD	
28.25	Y	F	25 Breast	10/25/2009	Trick or Treat Meet
52.30	Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships
54.75	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
58.83	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:17.70	L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010
23.88	Y	F	25 Fly	11/15/2009	Pilgrims Pride
44.06	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
47.32	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
56.13	L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:52.52	Y	F	100 Fly	12/11/2009	CT SNCO 9th Annual Hutchinson
1:40.90	Y	F	100 IM	1/23/2010	Kingston Snowball Invitational
1:58.90	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:52.96	L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Cloe Reynicke (11) W					
					AMST-AD
1:29.23	Y	F	100 Free	11/21/2009	CVSL Quad Meet
51.37	Y	F	50 Breast	11/21/2009	CVSL Quad Meet
1:39.03	Y	F	100 Fly	11/21/2009	CVSL Quad Meet
Nora Reynolds (16) W (Yr: SO)					
					UN-AD
1:14.67	Y	P	100 Back	11/5/2009	Girls Sec II Division 2 Championships
2:45.26	Y	P	200 IM	11/5/2009	Girls Sec II Division 2 Championships
Nora Reynolds (12) W					
					USAM-AD
31.29	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
1:09.81	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:18.21	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:39.09	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
38.84	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
44.57	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
1:38.32	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
1:46.34	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
38.18	Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:23.23	Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010
3:00.02	Y	F	200 IM	1/24/2010	Foothills Invitational 2010
Mary Rice (17) W (Yr: JR)					
					UN-AD
6:04.22	Y	P	500 Free	11/5/2009	Girls Sec II Division I Championships
1:09.50	Y	P	100 Back	11/5/2009	Girls Sec II Division I Championships
Brenn Richards (13) W					
					HAWK-AD
33.45	Y	F	50 Free	10/25/2009	Trick or Treat Meet
1:17.81	Y	F	100 Free	10/25/2009	Trick or Treat Meet
1:24.62	L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
42.83	Y	F	50 Back	10/10/2009	Ravena Autumn Breeze
42.45	Y	F	50 Breast	10/25/2009	Trick or Treat Meet
1:44.80	Y	F	100 Breast	11/20/2009	2009 MR AG Early Bird Invitational
1:50.81	L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010
1:28.31	Y	F	100 IM	10/25/2009	Trick or Treat Meet
3:31.28	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
Joseph Richards (7) M					
					HAWK-AD
31.86	Y	F	25 Free	10/25/2009	Trick or Treat Meet
1:08.80	Y	F	50 Free	10/25/2009	Trick or Treat Meet
2:08.11	L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
4:54.78	L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010
33.68	Y	F	25 Back	10/25/2009	Trick or Treat Meet
2:15.30	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
1:06.53	L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010
Luke Richardson (11) M					
					BSPA-AD
34.45	Y	F	50 Free	11/21/2009	Harvest Invitational 2009
1:23.56	Y	F	100 Free	11/21/2009	Harvest Invitational 2009
43.47	Y	F	50 Back	10/25/2009	Trick or Treat Meet
1:40.78	Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
41.32	Y	F	50 Fly	10/25/2009	Trick or Treat Meet

Individual Top Times

Time	P/F/S	Event			
Sarah Richardson (9) W					
16.76	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
38.11	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:29.53	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
20.61	Y	F	25	Back	11/21/2009 Harvest Invitational 2009
43.57	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
27.05	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
20.19	Y	F	25	Fly	1/31/2010 Thoroughbred Splash 2010
45.67	Y	F	50	Fly	3/19/2010 AD Gold Short Course Championships
1:35.70	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
Otto Richards (11) M					
39.35	Y	F	50	Free	10/25/2009 Trick or Treat Meet
1:23.55	Y	F	100	Free	11/20/2009 2009 MR AG Early Bird Invitational
1:29.13	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
3:29.43	L	F	200	Free	7/9/2010 Hawks Summer Invitational 2010
50.34	Y L	F	50	Back	11/20/2009 2009 MR AG Early Bird Invitational
1:49.96	Y	F	100	Back	11/20/2009 2009 MR AG Early Bird Invitational
1:52.88	L	F	100	Back	7/9/2010 Hawks Summer Invitational 2010
48.27	Y	F	50	Breast	11/20/2009 2009 MR AG Early Bird Invitational
52.69	L	F	50	Breast	7/9/2010 Hawks Summer Invitational 2010
2:04.14	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
49.38	Y	F	50	Fly	11/20/2009 2009 MR AG Early Bird Invitational
53.42	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
4:00.86	L	F	200	IM	7/9/2010 Hawks Summer Invitational 2010
Sari Richards (9) W					
18.81	Y	F	25	Free	10/25/2009 Trick or Treat Meet
39.13	Y	F	50	Free	11/20/2009 2009 MR AG Early Bird Invitational
1:34.12	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
3:37.28	L	F	200	Free	7/9/2010 Hawks Summer Invitational 2010
27.35	Y	F	25	Back	10/10/2009 Ravena Autumn Breeze
2:03.68	L	F	100	Back	7/9/2010 Hawks Summer Invitational 2010
33.27	Y	F	25	Breast	10/10/2009 Ravena Autumn Breeze
52.24	Y	F	50	Breast	11/20/2009 2009 MR AG Early Bird Invitational
57.06	L	F	50	Breast	7/9/2010 Hawks Summer Invitational 2010
2:08.08	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
1:03.32	Y	F	50	Fly	11/20/2009 2009 MR AG Early Bird Invitational
1:03.84	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
2:35.29	L	F	100	Fly	7/9/2010 Hawks Summer Invitational 2010
1:58.76	Y	F	100	IM	10/10/2009 Ravena Autumn Breeze
4:21.25	L	F	200	IM	7/9/2010 Hawks Summer Invitational 2010
Corinne Richer (14) W					
30.09	Y L	F	50	Free	12/12/2009 Amsterdam Sea Rams Invitational
34.56	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:05.50	Y	F	100	Free	11/15/2009 Pilgrims Pride
1:14.64	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:15.19	L L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:17.33	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
2:41.00	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:35.76	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:59.14	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:15.98	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
1:25.88	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:29.22	L	P	100	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:39.84	Y	F	200	Back	11/15/2009 Pilgrims Pride
3:07.19	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:29.91	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:44.96	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:10.69	Y	F	200	Breast	12/12/2009 Amsterdam Sea Rams Invitational
1:22.42	Y	F	100	Fly	1/16/2010 Canajoharie Developmental Meet
1:33.06	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:38.79	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion

BSPA-AD

HAWK-AD

HAWK-AD

CLIN-AD

Individual Top Times

Time	P/F/S	Event				
Corinne Richer (14) W						
2:41.05	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
3:13.56	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
Sascha Richter (10) W						
50.16	Y	F	50	Free	1/31/2010	2010 NE GMA VT Invitational
1:02.97	Y	F	50	Back	1/8/2010	2010 NE GMA Winter Knights Invite
55.42	Y	F	50	Breast	1/8/2010	2010 NE GMA Winter Knights Invite
2:11.55	Y	F	100	Breast	1/31/2010	2010 NE GMA VT Invitational
Gaelen Rickard (14) M (Yr: 8)						
30.53	Y	F	50	Free	2/27/2010	Kingston Last Chance Invitational
1:12.40	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
2:16.35	Y	F	200	Free	2/5/2010	2010 BOYS OCIAA CHAMPIONSHIPS
5:57.87	Y	F	500	Free	2/5/2010	2010 BOYS OCIAA CHAMPIONSHIPS
1:24.60	Y	F	100	Back	2/27/2010	Kingston Last Chance Invitational
1:33.71	L L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
1:35.64	Y	F	100	Breast	2/27/2010	Kingston Last Chance Invitational
1:39.48	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
2:57.83	Y	F	200	IM	2/27/2010	Kingston Last Chance Invitational
3:11.98	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Liam Rickard (10) M						
38.16	Y	F	50	Free	1/23/2010	Kingston Snowball Invitational
1:33.63	Y	F	100	Free	2/27/2010	Kingston Last Chance Invitational
1:36.72	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
50.30	Y	F	50	Back	2/27/2010	Kingston Last Chance Invitational
53.15	Y	F	50	Breast	2/27/2010	Kingston Last Chance Invitational
1:57.70	Y	F	100	Breast	1/23/2010	Kingston Snowball Invitational
2:10.09	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
1:41.52	Y	F	100	IM	1/23/2010	Kingston Snowball Invitational
4:07.77	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Hannah Rienzo (11) W						
43.16	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:43.06	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
56.86	Y	F	50	Back	11/15/2009	Pilgrims Pride
56.91	Y	F	50	Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet
Mitchell Rifkind (14) M (Yr: 8)						
28.93	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
28.93	Y L	F	50	Free	3/13/2010	ESSL Championship 2010
33.27	L	F	50	Free	7/9/2010	Hawks Summer Invitational 2010
1:02.63	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:10.76	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
2:18.87	Y	F	200	Free	3/13/2010	ESSL Championship 2010
2:33.38	L	F	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:13.34	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
1:24.19	L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
2:53.69	L	F	200	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:20.40	Y	F	100	Breast	3/13/2010	ESSL Championship 2010
1:29.72	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
2:52.04	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
3:09.33	L	F	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:23.56	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:28.42	L	F	100	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:55.26	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
Nicholas Righi (13) M						
29.59	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:05.80	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:35.22	Y	F	200	Free	1/24/2010	Foothills Invitational 2010
40.65	Y	F	50	Back	1/31/2010	Thoroughbred Splash 2010
1:20.62	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:53.52	Y	F	200	Back	3/19/2010	AD Gold Short Course Championships
40.68	Y	F	50	Breast	11/21/2009	Harvest Invitational 2009

CLIN-AD

ADDI-AD

KING-AD

KING-AD

USAM-AD

HAWK-AD

SVP-AD

Individual Top Times

Time	P/F/S	Event				
Nicholas Righi (13) M						
1:27.48	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
3:12.57	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
34.27	Y	P	50	Fly	3/19/2010	AD Gold Short Course Championships
1:21.40	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:16.97	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
2:53.82	Y	F	200	IM	1/24/2010	Foothills Invitational 2010
Madeleine Ringwald (16) W						
27.70	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:05.55	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
2:20.18	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
6:44.34	Y	F	500	Free	1/16/2010	Chris Goody IMX Challenge
1:08.78	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
2:28.95	Y	F	200	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:19.80	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:35.91	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Sophie Rippner-Donovan (11) W						
35.70	Y	F	50	Free	1/31/2010	2010 NE GMA VT Invitational
1:21.62	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
51.09	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
53.48	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
2:07.77	Y	F	100	Breast	1/8/2010	2010 NE GMA Winter Knights Invite
43.63	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:45.53	Y	F	100	IM	1/31/2010	2010 NE GMA VT Invitational
Domenica Risucci (13) W						
31.72	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
35.36	L	P	50	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:09.47	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:21.68	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:34.03	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
2:59.89	L	P	200	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:25.49	Y	F	100	Back	1/8/2010	2010 Starfish Trophy Invitational
1:35.04	L	P	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
3:17.98	L	P	200	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:33.94	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:44.31	L	P	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:19.35	Y	F	200	Breast	1/8/2010	2010 Starfish Trophy Invitational
3:37.63	L	P	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:38.94	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
3:00.62	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
3:27.55	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
Aidan Ritter (7) M						
34.83	Y	F	25	Free	12/19/2009	Saratoga 12&Under Mini-Meet
1:12.02	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
38.22	Y	F	25	Back	11/21/2009	Harvest Invitational 2009
1:21.71	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
Mary Ritter (10) W						
45.94	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:59.66	Y	F	100	Free	12/19/2009	Saratoga 12&Under Mini-Meet
55.82	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
Caroline Roberts (15) W						
1:18.37	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:27.80	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:37.56	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Ellory Roberts (15) W						
51.49	Y	F	50	Back	10/25/2009	October 25, 2009
52.67	Y	F	50	Breast	10/25/2009	October 25, 2009
KerriAnne Robillard (13) W						
49.20	Y	F	50	Free	11/21/2009	Harvest Invitational 2009
55.97	Y	F	50	Back	11/21/2009	Harvest Invitational 2009

SVP-AD

DELM-AD

ADDI-AD

CLIN-AD

CPP-AD

CPP-AD

ALBS-AD

TBS-AD

BSPA-AD

Individual Top Times

Time	P/F/S	Event			
Ariel Robinson (12) W					
31.83 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	DELM-AD
1:10.20 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:34.83 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.34 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:18.94 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:54.59 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
44.57 Y	F	50 Breast	11/15/2009	Pilgrims Pride	
1:36.11 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
40.94 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:21.05 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Camrron Robinson (15) M (Yr: FR)					
30.64 Y	F	50 Free	2/5/2010	2010 BOYS OCIAA CHAMPIONSHIPS	UN-AD
1:19.70 Y	F	100 Back	2/5/2010	2010 BOYS OCIAA CHAMPIONSHIPS	
Ian Robinson (13) M					
26.26 Y	P	50 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	AD-AD
59.84 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:06.24 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:12.52 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
33.67 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:19.10 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.55 Y	F	100 Back	12/5/2009	CVSL Quad Meet	
34.81 Y	P	50 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:20.53 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:28.64 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:47.85 Y	P	200 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships	
31.52 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:18.61 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.14 Y	F	100 Fly	12/19/2009	CVSL Quad Meet	
1:08.82 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:51.73 Y	F	200 IM	12/5/2009	CVSL Quad Meet	
Kelsey Roche (14) W					
34.04 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	CDY-AD
1:13.12 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:42.68 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:24.78 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:29.56 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:54.95 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Noah Rohde (12) M					
31.11 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
1:10.22 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:19.35 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:40.05 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
7:27.27 Y	F	500 Free	10/25/2009	Trick or Treat Meet	
40.36 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:26.87 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:35.25 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.30 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:50.18 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:39.58 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.84 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:01.91 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Alexander Rohr (20) M					
58.52 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	SCHE-AD
1:11.35 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:36.87 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:19.41 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:02.15 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Samantha Rokos (16) W (Yr: FR)					
26.89 Y	P	50 Free	12/10/2009	2009 STAR Short Course Invitational	EELS-AD

Individual Top Times

Time	P/F/S	Event			
Samantha Rokos (16) W (Yr: FR)			EELS-AD		
29.81 L	F	50 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
59.05 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:08.64 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
1:10.75 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:15.90 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:36.73 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
5:44.98 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
6:03.37 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
12:43.54 Y	F	1000 Free	12/5/2009	December2009supersplash	
1:09.92 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:22.60 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:25.15 L	F	100 Back	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
2:29.44 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
2:52.61 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010	
38.47 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:20.65 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:35.29 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:37.98 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:55.50 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
3:32.97 L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
33.20 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:17.64 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:27.56 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:03.94 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:29.84 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
2:56.46 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
5:46.47 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Timothy Rokos (12) M			EELS-AD		
31.60 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
34.70 L	F	50 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
1:09.91 Y	F	100 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
1:25.54 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:32.16 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:40.14 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
6:41.82 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
6:48.32 Y	F	500 Free	1/24/2010	Foothills Invitational 2010	
38.22 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
44.35 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:24.54 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:39.43 L	F	100 Back	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
1:43.26 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:11.60 Y	F	200 Back	12/5/2009	December2009supersplash	
45.02 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
55.95 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:37.48 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:52.59 L	F	100 Breast	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
2:01.94 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:38.61 Y	F	200 Breast	12/5/2009	December2009supersplash	
39.49 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
49.46 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:32.99 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:50.34 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.79 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:58.32 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
3:35.20 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Matthew Rolleston (15) M			GLFY-AD		
24.38 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
27.70 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
53.11 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:00.31 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Matthew Rolleston (15) M					
					GLFY-AD
1:02.75	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:58.55	Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
2:13.98	L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
4:52.12	L	F	400 Free	7/9/2010	Hawks Summer Invitational 2010
11:28.09	Y	F	1000 Free	12/5/2009	December2009supersplash
19:14.47	Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational
28.52	Y	F	50 Back	12/5/2009	December2009supersplash
1:00.33	Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
1:09.19	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:09.45	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
2:11.18	Y	P	200 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:29.94	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:09.82	Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships
1:20.07	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:20.97	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:35.11	Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational
26.72	Y	F	50 Fly	12/5/2009	December2009supersplash
58.68	Y	P	100 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
1:08.13	L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:09.40	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:19.03	Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships
2:45.01	L	F	200 Fly	7/9/2010	Hawks Summer Invitational 2010
2:13.18	Y	P	200 IM	3/19/2010	AD Gold Short Course Championships
2:31.84	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
4:44.26	Y	F	400 IM	1/8/2010	2010 Starfish Trophy Invitational
5:31.54	L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion
Sarah Roll (16) W					
					NTS-AD
28.74	Y L	F	50 Free	2/20/2010	Cabin Fever Invitational 2010
1:01.00	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
2:13.10	Y	P	200 Free	3/19/2010	AD Gold Short Course Championships
6:14.19	Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
2:34.89	Y	F	200 Back	3/5/2010	AD Silver Short Course Championships
1:08.59	Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships
2:40.20	Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships
2:35.54	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
Grace Romania (11) W					
					BFIN-AD
53.67	Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet
1:48.14	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
51.93	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
56.43	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
Gregory Romanov (17) M (Yr: s)					
					SCHE-AD
23.78	Y	P	50 Free	12/10/2009	2009 NE NSSC MIT Invitational
27.99	L	F	50 Free	5/29/2010	2010 NE MTSC May Specialty Meet
50.53	Y L	F	100 Free	12/10/2009	2009 NE NSSC MIT Invitational
57.81	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:46.72	Y	P	200 Free	3/25/2010	2010 SE Speedo Champions Series
2:00.37	L	P	200 Free	8/5/2010	2010 Speedo Champions Series
4:11.61	L	F	400 Free	8/5/2010	2010 Speedo Champions Series
4:47.62	Y	P	500 Free	3/25/2010	2010 SE Speedo Champions Series
8:36.27	L	F	800 Free	8/5/2010	2010 Speedo Champions Series
9:40.39	Y	F	1000 Free	3/25/2010	2010 SE Speedo Champions Series
16:35.04	L	F	1500 Free	8/5/2010	2010 Speedo Champions Series
16:14.13	Y	F	1650 Free	3/25/2010	2010 SE Speedo Champions Series
59.82	Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
1:07.22	L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet
2:03.31	Y	P	200 Back	12/10/2009	2009 NE NSSC MIT Invitational
2:26.10	L	F	200 Back	5/29/2010	2010 NE MTSC May Specialty Meet
1:07.47	Y	F	100 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:27.13	Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships
57.74	Y	P	100 Fly	12/10/2009	2009 NE NSSC MIT Invitational

Individual Top Times

Time	P/F/S	Event			
Gregory Romanov (17) M (Yr: s/)					
1:07.53	L	F	100	Fly	5/29/2010 2010 NE MTSC May Specialty Meet
2:05.77	Y	F	200	Fly	3/19/2010 AD Gold Short Course Championships
2:21.75	L	F	200	Fly	7/23/2010 2010 Adirondack Long Course District Champion
2:04.17	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
2:22.40	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
4:18.99	Y	P	400	IM	12/10/2009 2009 NE NSSC MIT Invitational
4:51.79	L	P	400	IM	8/5/2010 2010 Speedo Champions Series
Katherine Romanov (15) W (Yr: s/)					
27.61	Y	P	50	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
31.45	L	F	50	Free	5/29/2010 2010 NE MTSC May Specialty Meet
59.00	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
1:07.57	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:07.72	Y	P	200	Free	12/10/2009 2009 NE NSSC MIT Invitational
2:23.52	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
4:56.75	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:32.68	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
11:23.89	Y	F	1000	Free	12/10/2009 2009 NE NSSC MIT Invitational
19:05.38	Y	F	1650	Free	12/10/2009 2009 NE NSSC MIT Invitational
1:08.57	Y L	F	100	Back	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
1:19.12	L	F	100	Back	5/29/2010 2010 NE MTSC May Specialty Meet
2:28.36	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
2:49.75	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:50.03	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
1:10.57	Y	F	100	Fly	10/25/2009 Trick or Treat Meet
2:37.30	Y	F	200	Fly	1/16/2010 Chris Goody IMX Challenge
2:25.65	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
2:47.55	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
5:07.14	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Jorge Romero (17) M					
24.04	Y L	F	50	Free	3/19/2010 AD Gold Short Course Championships
27.71	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
50.62	Y	P	100	Free	2/11/2010 Section II Championships Large Division
1:47.86	Y	P	200	Free	3/4/2011 2011 NYSPHSAA Swimming & Diving Championship
2:13.36	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:26.71	Y	F	500	Free	1/8/2010 2010 Starfish Trophy Invitational
1:04.85	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:26.47	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
1:13.31	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
2:35.36	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
59.41	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
2:13.08	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Elizabeth Roos (9) W					
21.34	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
57.93	Y	F	50	Free	12/19/2009 Saratoga 12&Under Mini-Meet
2:17.29	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
2:23.62	Y	F	100	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
26.71	Y	F	25	Back	11/21/2009 Harvest Invitational 2009
1:04.20	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:32.16	L	F	100	Back	7/9/2010 Hawks Summer Invitational 2010
44.01	Y	F	25	Breast	12/19/2009 Saratoga 12&Under Mini-Meet
52.97	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
2:19.76	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
Jeremy Rose (18) M					
25.63	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
55.64	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
2:00.99	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
1:07.14	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
1:06.22	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
2:22.42	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
1:08.28	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships

SCHE-AD

SCHE-AD

CPP-AD

CPP-AD

CLIN-AD

Individual Top Times

Time	P/F/S	Event			
Jeremy Rose (18) M					
2:13.68	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Meghan Rose (15) W					
29.75	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
35.41	L	P	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:02.45	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:17.98	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
2:43.95	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
6:00.98	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
1:13.70	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:31.59	L	P	100	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:39.23	Y	F	200	Back	3/5/2010 AD Silver Short Course Championships
3:12.74	L	P	200	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:27.73	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:42.77	L	P	100	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
3:11.49	Y	F	200	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
2:38.28	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
3:14.18	L	P	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
Jacob Rosenblum (11) M					
42.90	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
54.74	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
58.77	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:52.48	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Josie Rosenthal (10) W					
46.35	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
54.50	Y	F	50	Breast	1/16/2010 Chris Goody 10&Under Mini-Meet
1:50.80	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
Kathryn Rowe (16) W (Yr: s/)					
26.07	Y	P	50	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
29.33	L	F	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
53.97	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:03.76	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:55.91	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
2:11.66	L	T	200	Free	8/5/2010 2010 Speedo Champions Series
4:40.87	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:05.48	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
10:34.24	Y	F	1000	Free	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
17:58.31	L	F	1500	Free	8/5/2010 2010 Speedo Champions Series
17:34.95	Y	F	1650	Free	3/25/2010 2010 SE Speedo Champions Series
59.02	Y	P	100	Back	12/10/2009 2009 Speedo Short Course Junior Nationals
1:07.41	L	F	100	Back	8/5/2010 2010 Speedo Champions Series
2:06.25	Y	F	200	Back	3/25/2010 2010 SE Speedo Champions Series
2:22.47	L	F	200	Back	8/5/2010 2010 Speedo Champions Series
2:41.20	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
58.44	Y	P	100	Fly	12/10/2009 2009 Speedo Short Course Junior Nationals
1:05.08	L	F	100	Fly	8/5/2010 2010 Speedo Champions Series
2:07.86	Y	F	200	Fly	3/19/2010 AD Gold Short Course Championships
2:22.86	L	F	200	Fly	8/5/2010 2010 Speedo Champions Series
2:10.16	Y	F	200	IM	3/19/2010 AD Gold Short Course Championships
4:42.61	Y	F	400	IM	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
5:27.25	L	F	400	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
Michael Rowe (19) M (Yr: su)					
59.28	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:10.40	L	P	200	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:20.39	L	P	200	Back	8/5/2010 2010 Speedo Champions Series
Robert Rowledge (14) M (Yr: s/)					
26.50	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:11.21	L S	F	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
54.45	Y L	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:01.94	L	F	100	Free	7/23/2010 2010 Adirondack Long Course District Champion

CLIN-AD

CLIN-AD

DELM-AD

DELM-AD

SCHE-AD

SCHE-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event			
Robert Rowledge (14) M (Yr: s/)			SCHE-AD		
1:56.80	Y F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:13.14	L F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:35.60	L F	400 Free	8/11/2010	2010 Eastern Zone LC Championships	
5:05.62	Y P	500 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
9:24.48	L F	800 Free	8/11/2010	2010 Eastern Zone LC Championships	
10:43.06	Y F	1000 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
17:52.19	L F	1500 Free	8/11/2010	2010 Eastern Zone LC Championships	
17:50.42	Y F	1650 Free	3/19/2010	AD Gold Short Course Championships	
1:01.76	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:14.33	L F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet	
2:13.45	Y F	200 Back	2/26/2010	USA IMX Championships	
2:32.33	L P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:12.17	Y P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:29.83	Y F	200 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:53.44	L F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
57.46	Y P	100 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:04.65	L F	100 Fly	8/11/2010	2010 Eastern Zone LC Championships	
2:06.04	Y P	200 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:20.00	L F	200 Fly	8/11/2010	2010 Eastern Zone LC Championships	
2:08.45	Y P	200 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:28.48	L F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:29.34	Y F	400 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
5:05.23	L F	400 IM	8/11/2010	2010 Eastern Zone LC Championships	
Meghan Rowledge (16) W (Yr: SO)			UN-AD		
2:17.54	Y F	200 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:13.06	Y P	100 Fly	11/5/2009	Girls Sec II Division 2 Championships	
Aidan Rowley (8) M			GRGF-AD		
19.87	Y F	25 Free	2/20/2010	Cabin Fever Invitational 2010	
41.33	Y F	50 Free	3/19/2010	AD Gold Short Course Championships	
43.66	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:47.08	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:49.82	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
23.95	Y F	25 Back	2/20/2010	Cabin Fever Invitational 2010	
44.51	Y F	50 Back	3/19/2010	AD Gold Short Course Championships	
51.49	L F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:17.81	L F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
21.83	Y F	25 Fly	3/5/2010	AD Silver Short Course Championships	
50.34	Y F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:05.38	L F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
Benjamin Rowley (13) M			GRGF-AD		
27.96	Y F	50 Free	2/20/2010	Cabin Fever Invitational 2010	
31.31	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:02.20	Y F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:12.42	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:43.62	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:32.33	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
30.15	Y F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
1:05.99	Y F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:17.88	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:24.78	Y F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:53.21	L P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
42.89	Y F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:34.17	Y F	100 Breast	1/16/2010	Chris Goody IMX Challenge	
30.55	Y F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:08.63	Y P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:11.06	Y P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:35.82	Y P	200 IM	3/19/2010	AD Gold Short Course Championships	
Daniel Rudloff (11) M			CLRK-AD		
41.62	Y F	50 Free	1/16/2010	Canajoharie Developmental Meet	
54.64	Y F	50 Back	12/19/2009	CVSL Quad Meet	

Individual Top Times

Time	P/F/S	Event				
Michael Rudloff (8) M						
22.63 Y	F	25 Free	12/19/2009	CVSL Quad Meet		CLRK-AD
47.91 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		
27.94 Y	F	25 Back	12/5/2009	CVSL Quad Meet		
Stephanie Rudloff (6) W						
25.37 Y	F	25 Free	2/27/2010	CVSL League Championships		CLRK-AD
1:10.75 Y L	F	50 Free	1/16/2010	Canajoharie Developmental Meet		
30.17 Y	F	25 Back	12/5/2009	CVSL Quad Meet		
Drake Rudolph (14) M						
26.89 Y	P	50 Free	3/12/2010	2010 New York State YMCA Swimming Championship		UN-AD
1:01.69 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:11.39 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
1:25.66 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:17.87 Y	F	100 Fly	1/24/2010	Foothills Invitational 2010		
2:35.47 Y	P	200 IM	3/12/2010	2010 New York State YMCA Swimming Championship		
William Rudolph (18) M						
24.87 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		CDY-AD
53.93 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
1:02.72 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
59.93 Y	P	100 Fly	3/12/2010	2010 New York State YMCA Swimming Championship		
Cassidy Ruhmel (13) W						
39.94 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		NHA-AD
1:27.09 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet		
49.85 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet		
49.97 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet		
Natalie Rumpelt (12) W						
29.15 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		BFIN-AD
1:03.01 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
35.95 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:21.67 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational		
3:04.24 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
37.16 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational		
1:15.04 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships		
Emma Rupert (13) W						
26.93 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		SSCY-AD
29.94 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
59.26 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
1:05.63 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
1:07.70 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:07.07 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
5:02.89 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion		
5:51.86 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge		
32.93 Y	F	50 Back	12/12/2009	Amsterdam Sea Rams Invitational		
1:05.33 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships		
1:15.30 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:19.52 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010		
2:22.71 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
2:46.54 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion		
32.85 Y	F	50 Breast	3/12/2010	2010 New York State YMCA Swimming Championship		
1:12.32 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:23.43 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
1:24.63 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:37.61 Y	P	200 Breast	3/19/2010	AD Gold Short Course Championships		
3:00.82 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
33.04 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational		
1:13.06 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge		
1:24.26 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:08.19 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:21.35 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships		
2:42.96 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion		

Individual Top Times

Time	P/F/S	Event			
Emma Rupert (13) W					
5:52.58 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	SSCY-AD
Shannon Ruso (14) W					
33.70 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	RAVE-AD
1:13.55 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:33.02 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:25.02 Y	F	200 Back	12/5/2009	December2009supersplash	
1:40.37 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:41.23 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
1:33.62 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
3:28.67 Y	F	200 IM	12/5/2009	December2009supersplash	
Alexandra Russo (11) W					
28.98 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	CLRK-AD
1:03.64 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:21.20 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
34.70 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:19.39 Y	F	100 Back	1/30/2010	CVSLQuad Meet	
39.14 Y	F	50 Breast	2/27/2010	CVSLLeague Championships	
1:27.63 Y	F	100 Breast	12/5/2009	CVSL Quad Meet	
3:04.99 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
34.69 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:15.70 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:45.88 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Elizabeth Russo (13) W					
28.56 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	CLRK-AD
1:05.63 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:29.05 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
37.70 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:27.13 Y	F	100 Back	1/16/2010	Canajoharie Developmental Meet	
39.46 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:27.63 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
3:11.05 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
33.81 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:22.52 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:16.55 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
2:50.62 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Juliana Russo (13) W					
36.59 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	HAWK-AD
41.56 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:25.53 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
47.38 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:43.24 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:55.35 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
47.39 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:38.74 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:55.89 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
43.92 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:34.93 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Victoria Sacchi (10) W					
53.82 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	CLRK-AD
58.04 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	
Alyssa Sacco (17) W					
31.68 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	NHA-AD
2:40.88 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:33.31 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
Sophia Sacco (7) W					
29.95 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
1:07.11 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
29.69 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
1:07.29 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	

Individual Top Times

Time	P/F/S	Event			
Daniela Sackett (10) W					
39.44	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
43.15	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:31.76	Y	F	100	Free	1/29/2010 Hawks Trials And Finals 2010
1:38.70	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
48.98	Y	F	50	Back	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
58.81	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
1:48.71	Y	F	100	Back	1/29/2010 Hawks Trials And Finals 2010
57.16	Y	F	50	Breast	11/15/2009 Pilgrims Pride
2:03.23	Y	F	100	Breast	1/29/2010 Hawks Trials And Finals 2010
2:23.75	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
50.73	Y	F	50	Fly	1/29/2010 Hawks Trials And Finals 2010
53.28	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
1:44.53	Y	F	100	IM	11/15/2009 Pilgrims Pride
3:40.09	Y	F	200	IM	1/29/2010 Hawks Trials And Finals 2010
Nora Sackett (12) W					
42.73	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:41.85	Y	F	100	Free	1/23/2010 Kingston Snowball Invitational
1:57.57	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
3:46.99	Y	F	200	Free	1/23/2010 Kingston Snowball Invitational
11:09.97	Y	F	500	Free	10/10/2009 Ravena Autumn Breeze
x11:09.97	Y	F	500	Free	10/10/2009 Ravena Autumn Breeze
54.74	Y	F	50	Back	1/23/2010 Kingston Snowball Invitational
56.92	Y	F	50	Breast	11/15/2009 Pilgrims Pride
52.50	Y	F	50	Fly	1/23/2010 Kingston Snowball Invitational
59.88	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
1:57.74	Y	P	100	Fly	1/29/2010 Hawks Trials And Finals 2010
1:45.64	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
4:29.74	L	F	200	IM	7/9/2010 Hawks Summer Invitational 2010
Gursimran Sahota (11) W					
44.33	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:45.31	Y	F	100	Free	10/18/2009 2009 Ocean Blue Invitational Swim Meet
59.04	Y	F	50	Back	10/18/2009 2009 Ocean Blue Invitational Swim Meet
1:03.15	Y	F	50	Breast	11/15/2009 Pilgrims Pride
2:08.38	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:02.41	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
Karlee Salaway (7) W					
26.60	Y	F	25	Free	1/31/2010 Thoroughbred Splash 2010
25.49	Y	F	25	Back	2/20/2010 Cabin Fever Invitational 2010
Taylor Salaway (13) W					
34.86	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
44.55	Y	F	50	Back	1/31/2010 Thoroughbred Splash 2010
46.50	Y	F	50	Breast	1/31/2010 Thoroughbred Splash 2010
1:47.53	Y	F	100	Breast	1/16/2010 Chris Goody IMX Challenge
47.08	Y	F	50	Fly	2/20/2010 Cabin Fever Invitational 2010
1:56.71	Y	F	100	Fly	1/16/2010 Chris Goody IMX Challenge
1:32.56	Y	F	100	IM	2/20/2010 Cabin Fever Invitational 2010
3:36.39	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
Maria Salazar (12) W					
38.89	Y	F	50	Free	10/25/2009 Trick or Treat Meet
52.01	Y	F	50	Breast	10/25/2009 Trick or Treat Meet
45.25	Y	F	50	Fly	10/25/2009 Trick or Treat Meet
Caitlin Salerno (18) W (Yr: SR)					
57.95	Y	P	100	Free	11/5/2009 Girls Sec II Division I Championships
2:19.45	Y	P	200	IM	11/5/2009 Girls Sec II Division I Championships
Thomas Salis (11) M					
30.95	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
34.61	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
35.38	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:06.75	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships

HAWK-AD

HAWK-AD

USAM-AD

GRGF-AD

GRGF-AD

BENN-AD

UN-AD

GLFY-AD

Individual Top Times

Time	P/F/S	Event			
Thomas Salis (11) M			GLFY-AD		
1:18.58 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:25.50 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:53.22 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
34.92 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
40.43 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
41.02 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:15.37 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:26.82 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:38.89 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
3:04.34 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010	
42.07 Y	F	50 Breast	12/5/2009	December2009supersplash	
46.42 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
47.61 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:30.26 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
1:42.24 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
3:14.52 Y	F	200 Breast	12/5/2009	December2009supersplash	
39.83 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
44.61 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:33.32 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:47.65 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:20.11 Y	F	100 IM	11/15/2009	Pilgrims Pride	
1:27.42 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:47.94 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
3:20.28 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Nicholas Salzone (9) M			SSCY-AD		
33.06 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
39.70 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.89 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:47.80 Y	F	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
7:13.00 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
43.38 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
48.92 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:41.34 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational	
57.88 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
39.54 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
44.88 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.51 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:39.63 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Julia Samson (12) W			ALBS-AD		
26.71 Y	P	50 Free	1/29/2010	WYW AA Invitational	
1:00.69 L L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
58.17 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:05.18 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:05.84 L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:08.20 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:18.51 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:50.50 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:36.05 Y	F	500 Free	1/29/2010	WYW AA Invitational	
29.40 Y L	F	50 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
29.40 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
34.30 L	F	50 Back	5/21/2010	Internationale CNPPO	
1:02.85 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:10.31 L L	F	100 Back	8/11/2010	2010 Eastern Zone LC Championships	
1:11.39 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:15.45 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:38.89 L	P	200 Back	7/8/2010	Niagara Long Course Classic	
32.64 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
37.38 L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:11.67 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:18.61 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
Julia Samson (12) W					
					ALBS-AD
1:20.50	L	F	100 Breast	7/8/2010	Niagara Long Course Classic
2:35.60	Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships
2:57.85	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
30.80	L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:05.83	Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational
1:09.92	L	P	100 Fly	8/11/2010	2010 Eastern Zone LC Championships
1:12.88	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:02.30	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
2:16.91	Y	P	200 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships
2:34.41	L	P	200 IM	7/8/2010	Niagara Long Course Classic
5:31.67	L	F	400 IM	5/21/2010	Internationale CNPPO
Olivia Samson (16) W (Yr: SO)					
					ALBS-AD
24.97	Y	P	50 Free	3/11/2010	NE 2010 March Speedo Champions Series
28.60	L	F	50 Free	7/8/2010	Niagara Long Course Classic
53.42	Y	P	100 Free	3/11/2010	NE 2010 March Speedo Champions Series
1:00.39	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:00.55	L	F	100 Free	7/8/2010	Niagara Long Course Classic
1:53.12	Y	F	200 Free	3/11/2010	NE 2010 March Speedo Champions Series
2:08.14	L	F	200 Free	7/8/2010	Niagara Long Course Classic
4:28.62	L	P	400 Free	7/8/2010	Niagara Long Course Classic
5:00.71	Y	F	500 Free	3/11/2010	NE 2010 March Speedo Champions Series
9:17.29	L	F	800 Free	7/8/2010	Niagara Long Course Classic
10:10.85	Y	F	1000 Free	3/11/2010	NE 2010 March Speedo Champions Series
18:01.04	L	F	1500 Free	7/8/2010	Niagara Long Course Classic
17:03.81	Y	F	1650 Free	3/11/2010	NE 2010 March Speedo Champions Series
1:10.23	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:13.54	Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational
2:36.47	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:21.76	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
31.85	L	P	50 Fly	5/21/2010	Internationale CNPPO
1:02.01	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:08.99	L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:10.29	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:16.84	Y	F	200 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:37.21	L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:12.14	Y	P	200 IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
2:30.93	L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
4:33.73	Y	P	400 IM	3/11/2010	NE 2010 March Speedo Champions Series
5:16.33	L	P	400 IM	7/8/2010	Niagara Long Course Classic
Kathryn Sancilio (11) W					
					DELM-AD
36.21	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:25.96	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
3:04.35	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
41.74	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
1:33.36	Y	F	100 Back	3/19/2010	AD Gold Short Course Championships
1:01.08	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
48.29	Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:36.22	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
Samantha Sandwick (12) W					
					DELM-AD
28.89	Y	F	50 Free	12/5/2009	December2009supersplash
32.53	L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:02.98	Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010
1:10.28	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:10.37	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:20.67	Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational
2:29.74	L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
5:22.13	L	F	400 Free	5/21/2010	Internationale CNPPO
5:56.93	Y	F	500 Free	2/26/2010	USA IMX Championships
11:02.37	L	F	800 Free	5/21/2010	Internationale CNPPO
13:09.73	Y	F	1000 Free	12/5/2009	December2009supersplash

Individual Top Times

Time	P/F/S	Event			
Samantha Sandwick (12) W			ALBS-AD		
21:26.05	L	F	1500	Free	7/9/2010 Hawks Summer Invitational 2010
33.02	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
36.85	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:09.89	Y	F	100	Back	1/16/2010 Chris Goody IMX Challenge
1:17.90	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:18.73	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:27.54	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:49.63	L	F	200	Back	5/21/2010 Internationale CNPPO
39.78	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:25.45	Y	F	100	Breast	2/26/2010 USA IMX Championships
1:38.29	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:07.74	Y	F	200	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
33.31	Y	F	50	Fly	1/23/2010 Kingston Snowball Invitational
34.09	L	F	50	Fly	5/21/2010 Internationale CNPPO
1:14.71	Y	F	100	Fly	2/26/2010 USA IMX Championships
1:21.11	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:22.08	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:56.46	Y	F	200	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
3:07.32	L	F	200	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:15.14	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
2:35.91	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
2:55.26	L	F	200	IM	7/2/2010 Clinton Cudas Colgate Classic Invitational
Sean Sansevere (16) M			CLRK-AD		
28.49	Y	F	50	Free	2/27/2010 CVSLLeague Championships
1:06.68	Y	F	100	Free	2/27/2010 CVSLLeague Championships
2:29.66	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
6:28.23	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
1:37.06	Y	F	100	Back	12/19/2009 CVSL Quad Meet
1:30.35	Y	F	100	Breast	2/27/2010 CVSLLeague Championships
Lucas Santiago (16) M			AMST-AD		
23.47	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
48.82	Y	P	100	Free	3/4/2011 2011 NYSPHSAA Swimming & Diving Championship
1:51.46	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
5:07.56	Y	F	500	Free	1/24/2010 Foothills Invitational 2010
56.26	Y	F	100	Back	2/11/2010 Section II Championships Small Division
2:05.43	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
1:12.90	Y	F	100	Breast	11/15/2009 Pilgrims Pride
2:36.75	Y	F	200	Breast	12/12/2009 Amsterdam Sea Rams Invitational
57.25	Y	F	100	Fly	2/27/2010 CVSLLeague Championships
2:08.22	Y	P	200	Fly	2/12/2010 AD 2010 REGION 1 CHAMPIONSHIPS
2:04.39	Y	F	200	IM	2/11/2010 Section II Championships Small Division
4:27.97	Y	F	400	IM	1/8/2010 2010 Starfish Trophy Invitational
Abigail Santos (9) W			HAWK-AD		
31.42	Y	F	50	Free	3/13/2010 ESSL Championship 2010
34.69	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:11.00	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:27.98	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
2:54.46	Y	F	200	Free	1/23/2010 Kingston Snowball Invitational
3:11.08	L	F	200	Free	7/9/2010 Hawks Summer Invitational 2010
41.75	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
44.47	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
1:32.06	Y	F	100	Back	1/29/2010 Hawks Trials And Finals 2010
1:37.00	L	F	100	Back	7/9/2010 Hawks Summer Invitational 2010
x20.99	Y	F	25	Breast	2/21/2010 HAWK-MVA-BARR
45.27	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
49.05	L	F	50	Breast	7/9/2010 Hawks Summer Invitational 2010
1:42.79	Y	F	100	Breast	1/29/2010 Hawks Trials And Finals 2010
1:59.51	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
15.50	Y	F	25	Fly	3/13/2010 ESSL Championship 2010
36.24	Y	F	50	Fly	1/29/2010 Hawks Trials And Finals 2010

Individual Top Times

Time	P/F/S	Event				
Abigail Santos (9) W						
45.06 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010		HAWK-AD
1:30.46 Y	F	100 Fly	1/29/2010	Hawks Trials And Finals 2010		
1:38.84 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010		
1:23.01 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		
3:36.71 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010		
Isabella Santos (9) W						
21.07 Y	F	25 Free	2/21/2010	HAWK-MVA-BARR		HAWK-AD
x46.08 Y	F	50 Free	2/21/2010	HAWK-MVA-BARR		
54.67 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
1:52.10 Y	F	100 Free	1/29/2010	Hawks Trials And Finals 2010		
23.61 Y	F	25 Back	3/13/2010	ESSL Championship 2010		
23.61 Y	F	25 Back	2/21/2010	HAWK-MVA-BARR		
54.02 Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010		
1:08.16 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010		
2:10.41 Y	F	100 Back	1/29/2010	Hawks Trials And Finals 2010		
1:14.09 Y	F	50 Breast	1/29/2010	Hawks Trials And Finals 2010		
2:37.07 Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010		
2:10.00 Y	F	100 IM	1/29/2010	Hawks Trials And Finals 2010		
Kaela Santos (11) W						
32.46 Y	F	50 Free	3/13/2010	ESSL Championship 2010		HAWK-AD
37.05 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
1:17.76 Y	F	100 Free	11/15/2009	Pilgrims Pride		
1:29.47 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010		
2:40.07 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
3:13.45 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010		
39.24 Y L	F	50 Back	2/21/2010	HAWK-MVA-BARR		
46.78 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010		
1:26.48 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships		
1:37.48 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010		
3:32.83 L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010		
45.92 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
50.54 L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010		
1:37.75 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships		
1:58.57 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010		
38.72 Y	F	50 Fly	11/15/2009	Pilgrims Pride		
47.58 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010		
1:33.18 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:43.67 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010		
1:24.01 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational		
3:14.76 Y	F	200 IM	1/29/2010	Hawks Trials And Finals 2010		
3:28.20 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010		
Lesley Santos (12) W						
33.25 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		ALBS-AD
1:14.45 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:59.90 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational		
37.56 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
3:01.14 Y	F	200 Back	3/5/2010	AD Silver Short Course Championships		
41.59 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:33.69 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:26.55 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational		
Russell Santos (13) M						
26.92 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		ALBS-AD
59.64 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
2:12.85 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
6:23.98 Y	F	500 Free	11/21/2009	Harvest Invitational 2009		
1:11.59 Y	F	100 Back	11/15/2009	Pilgrims Pride		
1:21.03 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational		
3:02.78 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:20.60 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational		
2:31.87 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event			
Siena Sara (15) W			GLFY-AD		
27.45 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
32.34 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
59.79 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:07.87 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:06.20 Y	F	200 Free	3/12/2010	2010 New York State YMCA Swimming Championship	
2:24.74 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
5:03.31 L	F	400 Free	7/9/2010	Hawks Summer Invitational 2010	
5:36.84 Y	F	500 Free	3/12/2010	2010 New York State YMCA Swimming Championship	
1:07.28 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:18.51 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
2:22.35 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
1:09.66 Y	F	100 Breast	3/12/2010	2010 New York State YMCA Swimming Championship	
1:22.24 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:33.99 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
2:51.35 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:22.26 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:41.95 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:05.20 Y	T	400 IM	3/12/2010	2010 New York State YMCA Swimming Championship	
5:44.59 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Kyle Saunders (13) M			GLFY-AD		
31.48 Y	F	50 Free	12/5/2009	December2009supersplash	
1:14.73 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:24.87 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:44.58 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.90 Y	F	50 Back	12/5/2009	December2009supersplash	
1:25.05 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:36.43 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:02.05 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
47.02 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:43.10 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:52.26 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:40.91 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
36.68 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:31.20 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:39.18 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:02.66 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Ryan Saunders (13) M			GLFY-AD		
30.68 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:09.41 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:20.38 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:31.97 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.77 Y	F	50 Back	12/5/2009	December2009supersplash	
1:22.60 Y	F	100 Back	11/15/2009	Pilgrims Pride	
1:32.61 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:55.01 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
45.08 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:33.85 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:48.22 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:18.96 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
36.66 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:28.99 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:38.66 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:53.79 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Daniel Sausto (11) M			DELM-AD		
33.53 Y	F	50 Free	10/25/2009	Trick or Treat Meet	
2:22.71 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
2:42.99 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:31.19 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:13.42 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
1:22.04 Y	F	100 Back	11/21/2009	Harvest Invitational 2009	

Individual Top Times

Time	P/F/S	Event			
Daniel Sausto (11) M					
					ALBS-AD
1:25.53	L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:37.45	Y	F	200 Back	3/19/2010	AD Gold Short Course Championships
2:57.76	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
39.71	Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships
45.01	L	P	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:27.05	Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships
1:36.06	L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:57.23	Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships
3:23.11	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
34.18	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
39.56	L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:15.77	Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships
1:23.74	L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
3:03.69	L	F	200 Fly	5/21/2010	Internationale CNPPO
1:14.27	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
2:36.38	Y	F	200 IM	3/19/2010	AD Gold Short Course Championships
2:55.99	L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
6:10.41	L	F	400 IM	7/9/2010	Hawks Summer Invitational 2010
Nicole Sauter (17) W (Yr: JR)					
					SCHE-AD
29.04	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
34.46	L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:01.45	Y	P	100 Free	11/5/2009	Girls Sec II Division I Championships
1:14.63	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:14.60	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
2:45.22	L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
5:51.83	L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion
5:52.38	Y	F	500 Free	3/5/2010	AD Silver Short Course Championships
1:14.17	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
1:31.56	L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
2:37.43	Y	P	200 Back	3/19/2010	AD Gold Short Course Championships
3:09.79	L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
3:25.35	Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge
1:24.53	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
3:07.53	Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge
2:44.23	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
3:15.88	L	P	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
5:41.16	Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge
Calla Savelson (7) W					
					HAWK-AD
30.97	Y	F	25 Free	2/21/2010	HAWK-MVA-BARR
1:10.49	Y	F	50 Free	1/29/2010	Hawks Trials And Finals 2010
2:38.42	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
29.73	Y	F	25 Back	3/5/2010	AD Silver Short Course Championships
56.52	Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010
x50.34	Y	F	25 Breast	2/21/2010	HAWK-MVA-BARR
Isaac Savelson (10) M					
					HAWK-AD
44.47	Y	F	50 Free	2/21/2010	HAWK-MVA-BARR
51.84	Y	F	50 Back	2/21/2010	HAWK-MVA-BARR
x1:06.06	Y	F	50 Breast	2/21/2010	HAWK-MVA-BARR
Gabrielle Schaffer (12) W					
					UN-AD
32.67	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:15.62	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:54.46	Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
40.02	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
1:29.91	Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
47.16	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:43.71	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
39.22	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:27.70	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
Ashley Schingo (12) W					
					ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Ashley Schingo (12) W			ALBS-AD		
29.39 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:05.16 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:32.53 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
40.20 Y	F	50 Back	10/25/2009	Trick or Treat Meet	
45.22 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
34.20 Y	F	50 Fly	12/5/2009	December2009supersplash	
1:22.30 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
1:19.96 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:06.24 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Victor Schingo (9) M			ALBS-AD		
16.76 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
36.67 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:27.25 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
20.12 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
46.20 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:49.86 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
28.09 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009	
56.72 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
20.84 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
46.34 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:49.90 Y	F	100 IM	11/21/2009	Harvest Invitational 2009	
Zoe Schlesinger (12) W			ALBS-AD		
40.01 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
42.23 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:33.91 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:45.45 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:23.20 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.87 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
49.47 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:39.66 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:45.46 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
53.28 Y	F	50 Breast	10/10/2009	Ravena Autumn Breeze	
57.93 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:06.11 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:09.75 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
45.81 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
52.30 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:12.36 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:41.11 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:45.62 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Allison Schmidt (10) W			EELS-AD		
37.55 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
38.96 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.10 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
46.59 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
49.37 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:43.47 L	F	100 Back	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
53.93 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:56.77 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
43.93 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
48.81 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:42.89 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:40.02 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Elizabeth Schmidt (12) W			EELS-AD		
33.53 L	F	50 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
1:16.96 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:18.39 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:47.43 L	F	200 Free	5/23/2010	Niagara LSC Super Circuit 2 - Southern Tier	
1:32.97 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:39.74 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	

Individual Top Times

Time	P/F/S	Event			
Elizabeth Schmidt (12) W					
EELS-AD					
1:40.62	L	F	100	Breast	5/23/2010 Niagara LSC Super Circuit 2 - Southern Tier
41.81	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
1:39.04	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:13.61	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Kristin Schmidt (15) W					
BFIN-AD					
29.75	Y	F	50	Free	10/25/2009 Trick or Treat Meet
1:04.60	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:21.92	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
1:12.81	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
2:39.83	Y	F	200	Back	11/15/2009 Pilgrims Pride
1:26.40	Y	F	100	Breast	10/25/2009 Trick or Treat Meet
3:03.10	Y	F	200	Breast	11/15/2009 Pilgrims Pride
2:41.75	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Stefani Schmitz (14) W					
BSPA-AD					
28.05	Y L	F	50	Free	1/31/2010 Thoroughbred Splash 2010
32.69	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:00.35	Y	F	100	Free	10/25/2009 Trick or Treat Meet
1:10.64	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:11.07	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:12.94	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
2:30.02	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
6:05.98	Y	F	500	Free	11/21/2009 Harvest Invitational 2009
1:07.49	Y	F	100	Back	11/5/2009 Girls Sec II Division I Championships
1:18.55	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:18.99	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:27.15	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:44.90	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:21.88	Y	F	100	Breast	11/8/2009 Hometown SplashDown
1:37.59	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:38.50	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
32.68	Y	F	50	Fly	12/5/2009 December2009supersplash
1:12.47	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
1:29.06	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
2:29.42	Y	F	200	IM	11/8/2009 Hometown SplashDown
2:57.28	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
5:22.53	Y	F	400	IM	3/5/2010 AD Silver Short Course Championships
Lindsay Schneider (11) W					
USAM-AD					
43.48	Y	F	50	Free	11/15/2009 Pilgrims Pride
57.32	Y	F	50	Back	11/15/2009 Pilgrims Pride
Evan Schnell (9) M					
ALBS-AD					
1:04.68	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
Margaret Schuermann (10) W					
CLRK-AD					
39.24	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:38.77	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
50.60	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
57.96	Y	F	50	Breast	2/27/2010 CVSLLeague Championships
54.46	Y	F	50	Fly	2/27/2010 CVSLLeague Championships
1:53.56	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Celia Schurman (9) W (Yr: sp)					
SCHE-AD					
42.33	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:39.74	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
50.93	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010
1:53.27	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:00.16	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
2:15.23	Y	F	100	Breast	2/20/2010 Cabin Fever Invitational 2010
58.91	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
2:04.95	Y	F	100	IM	1/16/2010 Chris Goody 10&Under Mini-Meet
Susan Schwarz (13) W					
ALBS-AD					
26.18	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships

Individual Top Times

Time	P/F/S	Event			
Susan Schwarz (13) W			ALBS-AD		
30.26 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:00.51 Y	P	100 Free	1/29/2010	WYW AA Invitational	
1:06.32 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:08.45 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:14.63 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
5:55.30 Y	F	500 Free	11/21/2009	Harvest Invitational 2009	
31.22 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:15.46 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:20.69 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
33.69 Y	P	50 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships	
44.62 L	P	50 Breast	5/21/2010	Internationale CNPPO	
1:15.77 Y	P	100 Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:27.46 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:27.53 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:42.73 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:09.23 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
28.01 Y	F	50 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
32.18 L	F	50 Fly	5/21/2010	Internationale CNPPO	
1:02.96 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:11.96 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.11 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:32.30 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:59.86 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:04.94 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:23.10 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:45.19 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
6:08.32 L	F	400 IM	5/21/2010	Internationale CNPPO	
Savannah Scoons (8) W			ALBS-AD		
20.54 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
49.67 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
55.41 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
58.91 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:00.42 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:00.47 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
28.65 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships	
1:05.85 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:07.66 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:11.94 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
33.68 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009	
1:20.02 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.64 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:30.63 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:52.67 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Drew Scott (13) M			ALBS-AD		
30.92 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:10.77 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	
2:30.40 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:17.30 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
2:45.50 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:33.01 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:20.65 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:59.14 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Eric Scott (8) M			ALBS-AD		
19.52 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
46.18 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
23.65 Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
Mia Scott (7) W			ALBS-AD		
20.27 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships	
21.74 S	F	25 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
45.67 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	

Individual Top Times

Time	P/F/S	Event				
Mia Scott (7) W						
51.41	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
25.27	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
26.25	S	F	25	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Rebecca Scriver (11) W						
39.97	Y	F	50	Free	12/5/2009	December2009supersplash
1:28.92	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
44.14	Y	F	50	Back	11/8/2009	Hometown SplashDown
39.43	Y	F	50	Fly	12/5/2009	December2009supersplash
1:32.72	Y	F	100	IM	11/8/2009	Hometown SplashDown
3:25.24	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Juliet Sear (12) W						
36.64	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
1:31.97	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
46.59	Y	F	50	Breast	1/24/2010	Foothills Invitational 2010
3:44.89	Y	F	200	Breast	1/24/2010	Foothills Invitational 2010
Molly Sear (11) W						
44.02	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
1:40.27	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
50.24	Y	F	50	Breast	1/24/2010	Foothills Invitational 2010
1:53.21	Y	F	100	Breast	1/24/2010	Foothills Invitational 2010
4:06.01	Y	F	200	Breast	1/24/2010	Foothills Invitational 2010
Robin Sear (8) W						
35.36	Y	F	25	Free	1/24/2010	Foothills Invitational 2010
41.16	Y	F	25	Back	1/24/2010	Foothills Invitational 2010
Tucker Sears (12) M						
40.22	Y	F	50	Free	1/16/2010	Canajoharie Developmental Meet
1:30.15	Y	F	100	Free	1/16/2010	Canajoharie Developmental Meet
Anya Seemann (9) W						
40.12	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
46.66	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
51.05	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
51.26	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
Daviana Seguire (13) W						
35.31	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:22.70	Y	F	100	Free	12/19/2009	Saratoga 12&Under Mini-Meet
1:34.47	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
40.15	Y	F	50	Back	11/21/2009	Harvest Invitational 2009
1:42.10	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
46.01	Y	F	50	Breast	12/19/2009	Saratoga 12&Under Mini-Meet
1:38.13	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:52.73	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
44.25	Y	F	50	Fly	12/5/2009	December2009supersplash
1:44.72	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:30.39	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Hannah Seiz (7) W						
22.24	Y	F	25	Free	1/16/2010	Chris Goody 10&Under Mini-Meet
2:06.76	Y	F	100	Free	1/16/2010	Chris Goody 10&Under Mini-Meet
26.35	Y	F	25	Back	1/16/2010	Chris Goody 10&Under Mini-Meet
35.24	Y	F	25	Fly	1/16/2010	Chris Goody 10&Under Mini-Meet
Mackenzie Semanick (13) W						
38.58	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:29.45	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
43.09	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:36.92	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
Andrew Semmes (13) M						
29.93	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:04.21	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:30.31	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational

Individual Top Times

Time	P/F/S	Event			
Andrew Semmes (13) M					
1:22.85 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	BFIN-AD
39.63 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:36.63 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
36.65 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:33.55 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:23.80 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Carter Semmes (10) M					
52.09 Y	F	50 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	BFIN-AD
1:27.64 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:48.94 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:07.06 Y	F	50 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet	
48.76 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
Lindsay Semmes (9) W					
27.99 Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	BFIN-AD
47.43 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:56.97 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
27.13 Y	F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
53.65 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
28.15 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
23.86 Y	F	25 Fly	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:01.12 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
Michaela Semmes (7) W					
22.60 Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	BFIN-AD
44.47 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:48.59 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
24.20 Y	F	25 Back	1/16/2010	Chris Goody 10&Under Mini-Meet	
54.55 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
25.92 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
26.14 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
1:06.10 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
Lauren Serotta (11) W					
31.29 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	ALBS-AD
34.05 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
34.66 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:11.28 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:18.78 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:31.02 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:43.46 L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:53.03 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:51.01 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
34.87 Y	F	50 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
40.07 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
40.33 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:16.46 Y	F	100 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:24.38 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
41.29 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
46.85 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
47.75 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:29.69 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
33.08 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
36.38 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
38.53 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:19.07 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:26.56 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:17.05 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:26.14 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:47.78 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:02.62 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
David Servello (11) M					
GLOY-AD					

Individual Top Times

Time	P/F/S	Event				
David Servello (11) M						
42.93 Y	F	50 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
1:03.60 Y	F	50 Back	1/24/2010	Foothills Invitational 2010		
Allison Seyfried (15) W						
27.22 Y	F	50 Free	11/15/2009	Pilgrims Pride		AMST-AD
1:00.89 Y	F	100 Free	10/25/2009	Trick or Treat Meet		
2:21.44 Y	F	200 Free	10/25/2009	Trick or Treat Meet		
1:10.52 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:17.95 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:31.99 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
Bailey Shaffer (11) W						
37.13 Y	F	50 Free	10/25/2009	Trick or Treat Meet		KING-AD
1:26.92 Y	F	100 Free	12/5/2009	December2009supersplash		
3:16.46 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
47.66 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships		
1:54.14 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
46.08 Y	F	50 Breast	1/23/2010	Kingston Snowball Invitational		
1:40.70 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
3:55.19 Y	F	200 Breast	1/23/2010	Kingston Snowball Invitational		
49.41 Y	F	50 Fly	12/5/2009	December2009supersplash		
1:39.78 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Madison Shaffer (12) W (Yr: 7)						
29.12 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		KING-AD
1:03.33 Y	F	100 Free	10/23/2009	Girls OCIAA Championships 2009		
2:15.66 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational		
5:59.12 Y	P	500 Free	11/5/2009	2009 Girls Section 9 Championships		
12:44.52 Y	F	1000 Free	12/5/2009	December2009supersplash		
34.77 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships		
1:13.76 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:37.24 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
37.84 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:22.84 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:53.26 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
34.15 Y	F	50 Fly	12/5/2009	December2009supersplash		
1:20.39 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational		
1:12.86 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:32.66 Y	P	200 IM	11/5/2009	2009 Girls Section 9 Championships		
Kavi Shankar (12) M						
35.99 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		BFIN-AD
48.56 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
51.55 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
1:49.07 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
48.25 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
Devin Shannon-Aguirre (12) M						
34.15 Y	F	50 Free	11/21/2009	Harvest Invitational 2009		SARY-AD
1:20.12 Y	F	100 Free	11/21/2009	Harvest Invitational 2009		
Daniel Shapiro (8) M						
1:25.65 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		ALBS-AD
1:20.45 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Dylan Sharkey (16) M (Yr: s/)						
23.97 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		SCHE-AD
26.98 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
51.32 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
59.49 L	F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet		
1:51.08 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
5:04.14 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge		
58.39 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:06.63 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
2:04.12 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge		
2:22.58 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion		

Individual Top Times

Time	P/F/S	Event			
Dylan Sharkey (16) M (Yr: s/)			SCHE-AD		
1:05.26 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:14.86 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:24.72 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
2:47.39 L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:09.23 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:04.18 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:22.93 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:28.34 Y	P	400 IM	12/10/2009	2009 NE NSSC MIT Invitational	
5:11.81 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Liam Sharkey (18) M (Yr: s/)			SCHE-AD		
24.27 Y	P	50 Free	12/10/2009	2009 NE NSSC MIT Invitational	
27.63 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
54.01 Y	P	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:02.52 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:58.49 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:20.21 L	F	200 Free	5/29/2010	2010 NE MTSC May Specialty Meet	
4:56.72 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:23.46 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
27.70 Y L	P	50 Back	2/11/2010	Section II Championships Small Division	
1:00.15 Y	F	100 Back	2/11/2010	Section II Championships Small Division	
1:10.21 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:08.92 Y	P	200 Back	12/10/2009	2009 NE NSSC MIT Invitational	
2:29.57 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:55.34 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
58.93 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:07.84 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:12.73 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:15.12 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
4:49.61 Y	P	400 IM	12/10/2009	2009 NE NSSC MIT Invitational	
Ryan Sharkey (14) M (Yr: s/)			SCHE-AD		
24.46 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
57.44 L L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
52.90 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:00.14 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:50.20 Y	P	200 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:50.20 Y	F	200 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:07.60 L L	F	200 Free	8/5/2010	2010 Speedo Champions Series	
4:22.28 L	T	400 Free	8/5/2010	2010 Speedo Champions Series	
4:53.74 Y	F	500 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
9:10.26 L	F	800 Free	8/5/2010	2010 Speedo Champions Series	
17:23.52 L	F	1500 Free	8/5/2010	2010 Speedo Champions Series	
16:42.74 Y	F	1650 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
58.30 Y L	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:06.46 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:01.86 Y	F	200 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:23.03 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:11.25 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:19.54 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:27.98 Y	F	200 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:56.74 L	F	200 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
59.32 Y	P	100 Fly	12/10/2009	2009 NE NSSC MIT Invitational	
2:08.77 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:24.13 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:03.86 Y	F	200 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:22.56 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:19.52 Y	F	400 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
5:00.53 L	T	400 IM	8/5/2010	2010 Speedo Champions Series	
Amelia Sharp (11) W			CANA-AD		
50.14 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet	
1:58.42 Y	F	100 Free	12/12/2009	Amsterdam Sea Rams Invitational	

Individual Top Times

Time	P/F/S	Event				
Amelia Sharp (11) W						
59.32 Y	F	50 Back	2/27/2010	CVSLLeague Championships		CANA-AD
2:12.76 Y	F	100 Back	12/12/2009	Amsterdam Sea Rams Invitational		
1:08.24 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
Michael Sharpe (15) M						
28.81 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010		SARY-AD
1:01.29 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:16.98 Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010		
1:21.21 Y	F	100 Back	10/25/2009	Trick or Treat Meet		
Calvin Shaw (17) M						
24.45 Y	F	50 Free	11/21/2009	Harvest Invitational 2009		BENN-AD
53.91 Y	F	100 Free	11/21/2009	Harvest Invitational 2009		
1:01.22 Y	F	100 Fly	11/21/2009	Harvest Invitational 2009		
Jessica Shelton (17) W						
32.11 Y	F	50 Free	11/21/2009	CVSL Quad Meet		CLRK-AD
1:15.81 Y	F	100 Free	11/14/2009	CVSL First Splash		
1:28.44 Y	F	100 Back	11/21/2009	CVSL Quad Meet		
1:37.61 Y	F	100 Breast	2/27/2010	CVSLLeague Championships		
Chandler Shepard (17) W						
2:20.42 Y	F	200 Free	1/23/2010	CVSLTri Meet		DLHI-AD
2:38.19 Y	F	200 Back	1/23/2010	CVSLTri Meet		
Braylin Sheppard (11) W						
32.95 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010		NHA-AD
35.69 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
36.20 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:14.18 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:21.84 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
2:44.93 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
2:59.53 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion		
40.70 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010		
43.47 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
45.05 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion		
1:27.83 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:35.24 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
51.01 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
53.34 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
54.00 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:54.38 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
45.85 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
46.12 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
46.31 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:36.15 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
1:37.69 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
3:17.88 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
3:25.13 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion		
Ryan Sherry (14) M						
29.67 Y	F	50 Free	11/21/2009	Harvest Invitational 2009		CPP-AD
1:06.06 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:23.25 Y	F	100 Back	11/21/2009	Harvest Invitational 2009		
1:24.55 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009		
3:08.98 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
Mary Beth Shults (17) W						
31.40 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		CANA-AD
1:09.07 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet		
2:21.30 Y	F	200 Free	1/23/2010	CVSLTri Meet		
6:15.40 Y	F	500 Free	1/30/2010	CVSLQuad Meet		
1:18.97 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
2:51.68 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:25.71 Y	F	100 Breast	11/21/2009	CVSL Quad Meet		
3:05.37 Y	F	200 Breast	12/12/2009	Amsterdam Sea Rams Invitational		

Individual Top Times

Time	P/F/S	Event				
Mary Beth Shults (17) W						
2:48.37	Y	F	200	IM	11/21/2009	CVSL Quad Meet
6:01.25	Y	F	400	IM	1/23/2010	CVSLTri Meet
Eleanor Shutts (10) W						
39.82	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
50.42	Y	F	50	Back	1/24/2010	Foothills Invitational 2010
Isabella Silaika (8) W						
24.11	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
57.58	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:01.91	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
27.07	Y	F	25	Back	11/21/2009	Harvest Invitational 2009
1:02.88	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
39.06	Y	F	25	Breast	11/21/2009	Harvest Invitational 2009
Karen Silaika (12) W						
35.79	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:22.95	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:33.47	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
41.14	Y	F	50	Back	12/19/2009	Saratoga 12&Under Mini-Meet
1:45.39	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
48.82	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:48.09	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:54.26	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
48.80	Y	F	50	Fly	1/31/2010	Thoroughbred Splash 2010
1:52.22	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:36.46	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Victoria Silaika (10) W						
41.93	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
42.31	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:36.44	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
42.84	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
45.90	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:46.27	Y	F	100	Back	11/15/2009	Pilgrims Pride
58.78	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:02.35	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:08.34	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
51.73	Y	F	50	Fly	1/31/2010	Thoroughbred Splash 2010
52.62	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:44.04	Y	F	100	IM	1/8/2010	2010 Starfish Trophy Invitational
1:53.38	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Xavier Silaika (7) M						
31.35	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
37.90	S	F	25	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:12.49	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:32.84	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
33.35	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
35.38	S	F	25	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:33.11	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
Brooke Silva (11) W						
38.16	Y	F	50	Free	12/19/2009	CVSL Quad Meet
1:22.25	Y	F	100	Free	1/23/2010	CVSLTri Meet
56.68	Y	F	50	Back	11/14/2009	CVSL First Splash
57.77	Y	F	50	Breast	12/19/2009	CVSL Quad Meet
2:01.42	Y	F	100	Breast	1/23/2010	CVSLTri Meet
39.93	Y	F	50	Fly	12/19/2009	CVSL Quad Meet
1:46.45	Y	F	100	Fly	1/23/2010	CVSLTri Meet
Rebecca Silva (10) W						
42.79	Y	F	50	Free	12/19/2009	CVSL Quad Meet
1:39.95	Y	F	100	Free	1/23/2010	CVSLTri Meet
53.81	Y	F	50	Breast	12/19/2009	CVSL Quad Meet
2:02.00	Y	F	100	Breast	1/23/2010	CVSLTri Meet

CANA-AD

GLOY-AD

CPP-AD

CPP-AD

CPP-AD

CPP-AD

DLHI-AD

DLHI-AD

Individual Top Times

Time	P/F/S	Event				
Rebecca Silva (10) W						
49.85 Y	F	50 Fly	12/19/2009	CVSL Quad Meet		DLHI-AD
2:03.01 Y	F	100 Fly	1/23/2010	CVSLTri Meet		
Stephanie Silva (15) W						
1:09.13 Y	F	100 Free	12/19/2009	CVSL Quad Meet		DLHI-AD
1:26.68 Y	F	100 Breast	12/19/2009	CVSL Quad Meet		
2:59.48 Y	F	200 IM	12/19/2009	CVSL Quad Meet		
Ada Silverberg (9) W						
22.89 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships		ALBS-AD
50.19 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
51.97 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
58.71 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		
2:01.63 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
26.18 Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
58.05 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational		
1:04.57 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:04.70 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:24.06 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:28.65 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational		
Ellen Silverman (14) W						
32.59 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		WAVE-AD
1:11.49 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:22.66 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:38.78 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships		
1:23.79 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:35.93 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
3:16.81 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:35.46 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:44.93 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:19.65 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
1:29.30 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:51.75 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships		
Chelsey Simon (16) W						
26.83 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		CLIN-AD
31.33 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
58.83 L L	F	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
59.78 Y	F	100 Free	11/15/2009	Pilgrims Pride		
2:06.96 Y	F	200 Free	12/12/2009	Amsterdam Sea Rams Invitational		
2:31.51 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
5:14.98 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
5:42.26 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:10.86 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
1:20.53 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational		
2:29.51 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:07.26 Y	F	100 Fly	12/12/2009	Amsterdam Sea Rams Invitational		
1:19.02 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
2:34.25 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational		
2:28.81 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational		
2:55.59 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion		
Matthew Sinnenberg (9) M						
22.97 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
54.19 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet		
1:56.03 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
28.12 Y	F	25 Back	1/31/2010	Thoroughbred Splash 2010		
1:02.66 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
37.16 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships		
32.56 Y	F	25 Fly	2/20/2010	Cabin Fever Invitational 2010		
Nicholas Sinnenberg (12) M (Yr: s/)						
35.40 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
1:19.35 Y	F	100 Free	11/21/2009	Harvest Invitational 2009		

Individual Top Times

Time	P/F/S	Event				
Nicholas Sinnenberg (12) M (Yr: s/)						
2:42.05	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	SCHE-AD	
7:15.44	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge		
40.97	Y F	50 Back	3/5/2010	AD Silver Short Course Championships		
1:22.45	Y F	100 Back	3/5/2010	AD Silver Short Course Championships		
2:56.64	Y F	200 Back	3/5/2010	AD Silver Short Course Championships		
49.10	Y F	50 Breast	2/20/2010	Cabin Fever Invitational 2010		
1:47.46	Y F	100 Breast	1/16/2010	Chris Goody IMX Challenge		
38.30	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:27.56	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships		
3:08.48	Y F	200 Fly	3/5/2010	AD Silver Short Course Championships		
1:26.03	Y F	100 IM	3/5/2010	AD Silver Short Course Championships		
3:00.26	Y F	200 IM	3/5/2010	AD Silver Short Course Championships		
6:24.87	Y F	400 IM	1/16/2010	Chris Goody IMX Challenge		
Katelyn Skipp (13) W						
29.35	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	KING-AD	
1:05.81	Y F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:12.45	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:27.81	Y F	200 Free	3/5/2010	AD Silver Short Course Championships		
1:16.90	Y F	100 Back	2/27/2010	Kingston Last Chance Invitational		
1:27.33	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:25.20	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships		
1:32.19	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
3:12.50	Y F	200 Breast	2/27/2010	Kingston Last Chance Invitational		
1:12.44	Y F	100 Fly	3/5/2010	AD Silver Short Course Championships		
1:21.56	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:44.84	Y F	200 IM	3/5/2010	AD Silver Short Course Championships		
Serena Skipp (12) W						
35.41	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	KING-AD	
1:18.62	Y F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:54.02	Y F	200 Free	3/5/2010	AD Silver Short Course Championships		
44.23	Y F	50 Back	2/27/2010	Kingston Last Chance Invitational		
1:34.07	Y F	100 Back	3/5/2010	AD Silver Short Course Championships		
51.42	Y F	50 Breast	2/27/2010	Kingston Last Chance Invitational		
1:57.34	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships		
45.69	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:38.44	Y F	100 IM	3/5/2010	AD Silver Short Course Championships		
3:25.63	Y F	200 IM	3/5/2010	AD Silver Short Course Championships		
Eliza Sloane (14) W						
37.30	Y F	50 Free	2/21/2010	HAWK-MVA-BARR		HAWK-AD
1:27.58	Y F	100 Free	1/23/2010	Kingston Snowball Invitational		
1:34.86	Y F	100 Back	2/21/2010	HAWK-MVA-BARR		
Eric Slocum (10) M						
35.16	Y L F	50 Free	3/19/2010	AD Gold Short Course Championships	BSPA-AD	
1:22.05	Y F	100 Free	3/19/2010	AD Gold Short Course Championships		
41.80	Y F	50 Back	2/20/2010	Cabin Fever Invitational 2010		
48.19	Y F	50 Breast	2/20/2010	Cabin Fever Invitational 2010		
48.18	Y F	50 Fly	1/16/2010	Canajoharie Developmental Meet		
1:35.31	Y F	100 IM	11/21/2009	Harvest Invitational 2009		
Karalyn Slocum (17) W (Yr: JR)						
27.95	Y F	50 Free	11/21/2009	Harvest Invitational 2009	BSPA-AD	
58.43	Y P	100 Free	11/5/2009	Girls Sec II Division I Championships		
2:06.87	Y P	200 Free	11/5/2009	Girls Sec II Division I Championships		
1:14.93	Y F	100 Back	2/20/2010	Cabin Fever Invitational 2010		
1:23.86	Y F	100 Fly	11/21/2009	Harvest Invitational 2009		
2:54.37	Y F	200 IM	11/8/2009	Hometown SplashDown		
Samuel Slocum (14) M						
30.24	Y L F	50 Free	1/16/2010	Canajoharie Developmental Meet	BSPA-AD	
30.24	Y F	50 Free	2/20/2010	Cabin Fever Invitational 2010		
1:08.97	Y F	100 Free	1/16/2010	Canajoharie Developmental Meet		

Individual Top Times

Time	P/F/S	Event				
Samuel Slocum (14) M						
2:33.81	Y	F	200	Free	1/16/2010	Canajoharie Developmental Meet
1:16.91	Y	F	100	Back	2/20/2010	Cabin Fever Invitational 2010
1:30.97	Y	F	100	Breast	2/20/2010	Cabin Fever Invitational 2010
Tyler Slocum (18) M (Yr: sp)						
55.52	Y	F	100	Free	10/25/2009	Trick or Treat Meet
5:21.57	Y	P	500	Free	2/11/2010	Section II Championships Small Division
1:06.11	Y	F	100	Back	10/25/2009	Trick or Treat Meet
1:08.34	Y	F	100	Fly	10/25/2009	Trick or Treat Meet
2:15.68	Y	F	200	IM	2/11/2010	Section II Championships Small Division
Taylor Slone (18) W (Yr: SR)						
55.55	Y	P	100	Free	11/5/2009	Girls Sec II Division I Championships
1:59.24	Y	F	200	Free	11/5/2009	Girls Sec II Division I Championships
Hugh Smachlo (17) M						
23.50	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
27.24	L	P	50	Free	7/8/2010	Niagara Long Course Classic
50.45	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
58.00	L	P	100	Free	8/11/2010	2010 Eastern Zone LC Championships
58.95	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:50.77	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
2:03.53	L	F	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
4:27.36	L	P	400	Free	7/8/2010	Niagara Long Course Classic
4:56.58	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
1:06.28	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:07.66	L	F	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:12.21	Y	F	200	Back	12/12/2009	Amsterdam Sea Rams Invitational
1:07.81	Y	F	100	Breast	3/19/2010	AD Gold Short Course Championships
1:20.98	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
53.85	Y	F	100	Fly	3/19/2010	AD Gold Short Course Championships
1:01.86	L	F	100	Fly	7/8/2010	Niagara Long Course Classic
1:03.25	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:00.83	Y	F	200	Fly	3/19/2010	AD Gold Short Course Championships
2:18.03	L	F	200	Fly	7/8/2010	Niagara Long Course Classic
2:04.46	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
2:21.70	L	P	200	IM	8/11/2010	2010 Eastern Zone LC Championships
5:10.00	L	F	400	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
Julia Smachlo (15) W						
27.34	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:04.66	L	P	100	Free	7/8/2010	Niagara Long Course Classic
1:06.13	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:03.60	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
2:13.56	L	P	200	Free	7/8/2010	Niagara Long Course Classic
4:38.03	L	F	400	Free	7/8/2010	Niagara Long Course Classic
5:14.85	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
9:30.08	L	F	800	Free	7/8/2010	Niagara Long Course Classic
18:14.72	L	F	1500	Free	7/8/2010	Niagara Long Course Classic
18:48.49	Y	F	1650	Free	3/19/2010	AD Gold Short Course Championships
1:23.08	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:37.16	Y	F	200	Back	12/12/2009	Amsterdam Sea Rams Invitational
1:15.76	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
1:24.46	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:38.57	Y	P	200	Breast	3/19/2010	AD Gold Short Course Championships
3:01.46	L	P	200	Breast	7/8/2010	Niagara Long Course Classic
1:05.03	Y	F	100	Fly	3/19/2010	AD Gold Short Course Championships
1:15.86	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:18.37	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
2:37.77	L	F	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
4:52.55	Y	F	400	IM	3/19/2010	AD Gold Short Course Championships
5:27.44	L	F	400	IM	7/23/2010	2010 Adirondack Long Course District Champion
Miles Smachlo (12) M						

BSPA-AD

SCHE-AD

UN-AD

ALBS-AD

ALBS-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Miles Smachlo (12) M			ALBS-AD		
28.82 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
30.77 L	F	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:01.10 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:07.41 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:09.21 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:05.59 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:20.22 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:50.38 L	F	400 Free	8/11/2010	2010 Eastern Zone LC Championships	
5:31.64 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
32.84 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
38.27 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:08.40 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
1:18.53 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:19.28 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:28.75 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
35.44 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
40.33 L	F	50 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:18.19 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:29.20 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:30.69 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:39.45 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
3:10.15 L	F	200 Breast	7/9/2010	Hawks Summer Invitational 2010	
28.15 Y	P	50 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
31.49 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:03.28 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:08.47 L	F	100 Fly	8/11/2010	2010 Eastern Zone LC Championships	
1:10.22 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:15.27 Y	P	200 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:29.54 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:05.84 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:22.14 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:40.65 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:08.56 Y	F	400 IM	2/27/2010	Kingston Last Chance Invitational	
5:36.56 L	F	400 IM	7/9/2010	Hawks Summer Invitational 2010	
Grace Smart (10) W			ADDI-AD		
42.90 Y	F	50 Free	12/5/2009	December2009supersplash	
48.90 Y	F	50 Back	12/5/2009	December2009supersplash	
Alex Smiljic (10) M			CLIN-AD		
37.08 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.76 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:28.89 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:29.32 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:59.07 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
3:23.13 L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
47.49 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
53.65 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:41.46 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:53.28 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
46.66 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:42.42 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:48.40 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:33.24 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Evonna Smiljic (13) W			CLIN-AD		
30.43 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
34.96 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:08.71 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:16.37 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:45.19 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
39.55 Y	F	50 Back	12/12/2009	Amsterdam Sea Rams Invitational	
1:20.85 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Evonna Smiljic (13) W			CLIN-AD		
1:34.33	L L	F 100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:49.62	Y	F 200 Back	3/19/2010	AD Gold Short Course Championships	
3:14.30	L	P 200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
42.63	Y	F 50 Breast	11/15/2009	Pilgrims Pride	
1:29.09	Y	P 100 Breast	3/19/2010	AD Gold Short Course Championships	
1:40.26	L	P 100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
3:08.81	Y	F 200 Breast	3/19/2010	AD Gold Short Course Championships	
3:28.18	L	P 200 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
41.38	Y	F 50 Fly	3/5/2010	AD Silver Short Course Championships	
1:38.52	Y	F 100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:20.67	Y	F 100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:57.02	Y	F 200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
3:19.15	L	P 200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Bailey Smith (10) W			CANA-AD		
35.00	Y	F 50 Free	1/8/2010	2010 Starfish Trophy Invitational	
39.06	L	F 50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:16.76	Y	F 100 Free	3/19/2010	AD Gold Short Course Championships	
1:29.01	L	F 100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:45.33	Y	F 200 Free	3/19/2010	AD Gold Short Course Championships	
3:15.90	L	F 200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:44.34	Y	F 500 Free	3/5/2010	AD Silver Short Course Championships	
38.52	Y	F 50 Back	3/19/2010	AD Gold Short Course Championships	
43.95	L	F 50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:25.58	Y	F 100 Back	3/19/2010	AD Gold Short Course Championships	
1:33.73	L	F 100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
48.40	Y	F 50 Breast	3/5/2010	AD Silver Short Course Championships	
55.78	L	F 50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:47.55	Y	F 100 Breast	2/20/2010	Cabin Fever Invitational 2010	
40.06	Y	F 50 Fly	3/19/2010	AD Gold Short Course Championships	
45.53	L	F 50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:29.35	Y	F 100 Fly	3/19/2010	AD Gold Short Course Championships	
1:46.46	L	F 100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:27.21	Y	F 100 IM	3/19/2010	AD Gold Short Course Championships	
3:04.60	Y	F 200 IM	3/19/2010	AD Gold Short Course Championships	
3:34.50	L	F 200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Caitlyn Smith (18) W (Yr: SR)			UN-AD		
6:40.97	Y	P 500 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:25.84	Y	P 100 Back	11/5/2009	Girls Sec II Division 2 Championships	
Erik Smith (10) M			CLIN-AD		
38.33	Y	F 50 Free	3/5/2010	AD Silver Short Course Championships	
48.20	S	F 50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.36	Y	F 100 Free	3/5/2010	AD Silver Short Course Championships	
3:15.01	Y	F 200 Free	3/5/2010	AD Silver Short Course Championships	
48.97	Y	F 50 Back	3/5/2010	AD Silver Short Course Championships	
53.25	S	F 50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:46.60	Y	F 100 Back	3/5/2010	AD Silver Short Course Championships	
1:00.78	Y	F 50 Breast	3/5/2010	AD Silver Short Course Championships	
1:04.85	S	F 50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:50.37	Y	F 100 IM	3/5/2010	AD Silver Short Course Championships	
Hannah Smith (14) W			RAVE-AD		
31.04	Y	F 50 Free	3/5/2010	AD Silver Short Course Championships	
1:10.61	Y	F 100 Free	3/5/2010	AD Silver Short Course Championships	
7:21.88	Y	F 500 Free	1/16/2010	Chris Goody IMX Challenge	
1:25.94	Y	F 100 Back	3/5/2010	AD Silver Short Course Championships	
3:04.51	Y	F 200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:30.99	Y	F 100 Breast	3/5/2010	AD Silver Short Course Championships	
3:14.31	Y	F 200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:27.40	Y	F 100 Fly	3/5/2010	AD Silver Short Course Championships	
3:21.83	Y	F 200 Fly	12/5/2009	December2009supersplash	
3:01.73	Y	F 200 IM	10/10/2009	Ravena Autumn Breeze	

Individual Top Times

Time	P/F/S	Event				
Hannah Smith (14) W						
6:26.52	Y	F	400	IM	1/16/2010	Chris Goody IMX Challenge
Holly Smith (17) W						
38.78	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:26.81	Y	F	100	Free	11/15/2009	Pilgrims Pride
3:05.72	Y	F	200	Free	10/10/2009	Ravena Autumn Breeze
1:33.79	Y	F	100	Back	10/10/2009	Ravena Autumn Breeze
3:18.79	Y	F	200	Back	1/16/2010	Chris Goody IMX Challenge
1:52.69	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
3:56.86	Y	F	200	Breast	1/16/2010	Chris Goody IMX Challenge
1:55.72	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
3:48.25	Y	F	200	Fly	1/16/2010	Chris Goody IMX Challenge
3:23.74	Y	F	200	IM	11/15/2009	Pilgrims Pride
Isaac Smith (13) M						
40.20	Y	F	50	Free	10/25/2009	Trick or Treat Meet
1:27.67	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
44.83	Y	F	50	Back	2/20/2010	Cabin Fever Invitational 2010
1:39.29	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
55.26	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
Izaias Smith (11) M						
30.73	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
1:09.52	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
37.74	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
1:30.42	Y	F	100	Back	11/21/2009	Harvest Invitational 2009
44.16	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
1:39.58	Y	F	100	Breast	2/20/2010	Cabin Fever Invitational 2010
34.13	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
1:19.93	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
Jacquelynn Smith (12) W						
38.03	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:42.64	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
48.65	Y	F	50	Breast	1/16/2010	Canajoharie Developmental Meet
1:39.36	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
Katrina Smith (18) W (Yr: SR)						
1:01.65	Y	F	100	Free	11/8/2009	Hometown SplashDown
1:15.00	Y	P	100	Back	11/5/2009	Girls Sec II Division I Championships
1:34.26	Y	F	100	Breast	11/21/2009	Harvest Invitational 2009
1:19.59	Y	F	100	Fly	11/8/2009	Hometown SplashDown
2:46.29	Y	F	200	IM	11/8/2009	Hometown SplashDown
Madasyn Smith (17) W						
29.95	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
33.30	L	P	50	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:05.38	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
1:14.49	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:24.27	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
2:39.67	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
2:34.35	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
2:56.93	L	P	200	Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:28.06	Y	F	100	Breast	1/31/2010	Thoroughbred Splash 2010
1:10.32	Y	F	100	Fly	1/31/2010	Thoroughbred Splash 2010
2:39.39	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
3:02.39	L	P	200	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
Maya Smith (11) W						
35.49	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:19.55	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
47.37	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:43.22	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
48.50	Y	F	50	Breast	1/16/2010	Canajoharie Developmental Meet
1:57.96	Y	F	100	Breast	12/12/2009	Amsterdam Sea Rams Invitational
Quinn Smith (14) M						

RAVE-AD

RAVE-AD

BSPA-AD

SCHE-AD

SVP-AD

BSPA-AD

UN-AD

NHA-AD

AMST-AD

Individual Top Times

Time	P/F/S	Event			
Quinn Smith (14) M					
					AMST-AD
23.61 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
26.45 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
52.87 Y	P	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
58.78 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:55.88 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
5:22.00 Y	F	500 Free	2/26/2010	USA IMX Championships	
11:38.06 Y	F	1000 Free	12/5/2009	December2009supersplash	
55.93 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:06.83 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:05.04 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:23.61 L	P	200 Back	8/11/2010	2010 Eastern Zone LC Championships	
1:04.23 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:10.85 L	F	100 Breast	8/11/2010	2010 Eastern Zone LC Championships	
2:18.63 Y	F	200 Breast	2/26/2010	USA IMX Championships	
2:37.17 L	F	200 Breast	8/11/2010	2010 Eastern Zone LC Championships	
56.88 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:04.63 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:10.28 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:30.08 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:02.87 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
2:17.09 L	F	200 IM	8/11/2010	2010 Eastern Zone LC Championships	
4:32.90 Y	F	400 IM	2/26/2010	USA IMX Championships	
5:17.35 L	F	400 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Richard Smith (14) M					
					BSPA-AD
30.59 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
1:07.92 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:19.59 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:24.93 Y	F	100 Fly	11/21/2009	Harvest Invitational 2009	
Sarah Smith (12) W					
					RAVE-AD
32.32 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:14.50 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
42.10 Y	F	50 Back	10/10/2009	Ravena Autumn Breeze	
1:32.46 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
47.54 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:51.09 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
40.15 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:43.71 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:28.30 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:21.05 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Sydney Smith (15) W (Yr: FR)					
					UN-AD
28.03 Y	P	50 Free	11/5/2009	Girls Sec II Division I Championships	
1:02.68 Y	P	100 Free	11/5/2009	Girls Sec II Division I Championships	
1:13.53 Y	F	100 Back	11/8/2009	Hometown SplashDown	
1:23.89 Y	F	100 Breast	11/8/2009	Hometown SplashDown	
Allison Smoak (18) W (Yr: SR)					
					SARY-AD
28.81 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
2:08.81 Y	F	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:05.65 Y	F	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:28.33 Y	P	200 IM	11/5/2009	Girls Sec II Division I Championships	
Lauren Smouse (15) W (Yr: FR)					
					UN-AD
1:21.18 Y	P	100 Back	11/5/2009	Girls Sec II Division 2 Championships	
Andrea Smrtic (15) W					
					GLOY-AD
34.91 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:16.27 Y	F	100 Free	12/5/2009	December2009supersplash	
1:40.73 Y	F	100 Breast	1/24/2010	Foothills Invitational 2010	
3:29.44 Y	F	200 Breast	12/5/2009	December2009supersplash	
Matthew Smrtic (12) M					
					GLOY-AD
40.80 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:27.53 Y	F	100 Free	1/24/2010	Foothills Invitational 2010	

Individual Top Times

Time	P/F/S	Event				
Matthew Smrtic (12) M						
51.22 Y	F	50 Breast	1/24/2010	Foothills Invitational 2010		GLOY-AD
Carly Sno (18) W						
30.34 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		SARY-AD
1:15.06 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010		
1:20.73 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:17.42 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:41.63 Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010		
Allison Snyder (12) W						
44.64 Y	F	50 Free	11/8/2009	Hometown SplashDown		BENN-AD
52.51 Y	F	50 Back	11/8/2009	Hometown SplashDown		
Jenna Snyder (10) W						
43.90 Y	F	50 Free	12/5/2009	December2009supersplash		GRGF-AD
49.91 Y	F	50 Back	11/8/2009	Hometown SplashDown		
1:01.18 Y	F	50 Fly	12/5/2009	December2009supersplash		
Catherine Snyder (16) W						
1:27.42 Y	F	100 Free	11/8/2009	Hometown SplashDown		BENN-AD
1:54.02 Y	F	100 Back	11/8/2009	Hometown SplashDown		
Owen Snyder (10) M						
37.66 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		GRGF-AD
1:33.89 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
45.97 Y	F	50 Back	11/8/2009	Hometown SplashDown		
1:39.02 Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010		
50.85 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010		
1:39.96 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Julianna Sorel (16) W						
28.70 Y	F	50 Free	10/25/2009	Trick or Treat Meet		SARY-AD
1:07.71 Y	F	100 Free	11/21/2009	Harvest Invitational 2009		
1:15.67 Y	F	100 Back	1/31/2010	Thoroughbred Splash 2010		
2:54.53 Y	F	200 IM	1/31/2010	Thoroughbred Splash 2010		
Stephanie Souls (13) W						
34.08 Y	F	50 Free	12/5/2009	December2009supersplash		BENN-AD
42.72 Y	F	50 Back	11/8/2009	Hometown SplashDown		
40.04 Y	F	50 Fly	12/5/2009	December2009supersplash		
Andrew Spencer (12) M						
33.38 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		BENN-AD
1:17.97 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
8:06.55 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
41.62 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:31.75 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
46.07 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:44.31 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational		
40.85 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:29.88 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational		
Elizabeth Spencer (9) W						
18.32 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships		BENN-AD
39.11 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:28.94 Y	F	100 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
23.55 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships		
49.69 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships		
25.45 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships		
52.56 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:54.62 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010		
22.29 Y	F	25 Fly	11/21/2009	Harvest Invitational 2009		
52.51 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships		
1:43.90 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		
Maddison Spencer (10) W						
44.08 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		SCHE-AD
1:44.36 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event				
Maddison Spencer (10) W						
50.19	Y L	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:46.13	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
57.74	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
Ryan Spencer (14) M						
27.47	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
1:00.07	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:13.78	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
6:00.34	Y	F	500	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:08.85	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
2:28.44	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
1:22.90	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
2:54.60	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
1:09.19	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
2:28.21	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
5:19.33	Y	F	400	IM	3/5/2010	AD Silver Short Course Championships
Talia Spina (12) W						
40.39	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:31.02	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
52.51	Y	F	50	Back	2/20/2010	Cabin Fever Invitational 2010
44.94	Y	F	50	Breast	1/31/2010	Thoroughbred Splash 2010
1:39.54	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
Chloe Spooneybarger (8) W						
1:03.44	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
2:13.34	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
1:17.71	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:23.97	L	F	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:31.03	L	F	50	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
Morgan Spooneybarger (8) W						
53.26	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
2:04.65	L	F	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:03.39	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:11.44	L	F	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
Amy Sporer (7) W						
24.06	Y	F	25	Free	3/6/2010	Under The Big Top
1:02.36	Y	F	50	Free	12/19/2009	OLSC Winter Wonderland Meet
1:16.63	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
2:30.80	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
29.99	Y	F	25	Back	3/6/2010	Under The Big Top
31.84	Y	F	25	Breast	3/6/2010	Under The Big Top
Joan Sporer (9) W						
22.91	Y	F	25	Free	12/19/2009	OLSC Winter Wonderland Meet
43.55	Y	F	50	Free	3/6/2010	Under The Big Top
47.43	L	F	50	Free	5/8/2010	Super Circuit 1 Syracuse
1:45.86	L	F	100	Free	5/8/2010	Super Circuit 1 Syracuse
24.47	Y	F	25	Back	12/19/2009	OLSC Winter Wonderland Meet
53.26	Y	F	50	Back	3/6/2010	Under The Big Top
1:08.32	Y	F	50	Breast	3/6/2010	Under The Big Top
Lauren Sposili (9) W						
19.63	Y	F	25	Free	12/12/2009	Amsterdam Sea Rams Invitational
41.52	Y	F	50	Free	12/12/2009	Amsterdam Sea Rams Invitational
1:28.18	Y	F	100	Free	3/12/2010	2010 NewYork State YMCA Swimming Championship
25.24	Y	F	25	Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
22.16	Y	F	25	Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship
46.88	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
1:36.24	Y	F	100	IM	3/12/2010	2010 NewYork State YMCA Swimming Championship
Matthew Spoth (13) M						
28.41	Y	F	50	Free	1/23/2010	Kingston Snowball Invitational
1:00.25	Y L	F	100	Free	3/19/2010	AD Gold Short Course Championships
1:07.14	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon

SCHE-AD

BENN-AD

SVP-AD

SSAC-AD

SSAC-AD

SSAC-AD

SSAC-AD

SSCY-AD

KING-AD

Individual Top Times

Time	P/F/S	Event			
Matthew Spoth (13) M					
					KING-AD
2:22.82	Y	F	200 Free	2/27/2010	Kingston Last Chance Invitational
5:41.13	Y	F	500 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
32.12	Y	F	50 Back	3/19/2010	AD Gold Short Course Championships
1:08.31	Y	P	100 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships
1:14.87	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:21.64	Y	P	200 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships
36.25	Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships
1:20.07	Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships
1:31.45	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:56.79	Y	F	200 Breast	2/27/2010	Kingston Last Chance Invitational
1:12.69	Y	F	100 Fly	2/27/2010	Kingston Last Chance Invitational
1:17.39	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:06.18	Y	P	100 IM	3/19/2010	AD Gold Short Course Championships
2:25.58	Y	P	200 IM	2/11/2010	Section 9 Championships
Meghan Spoth (16) W (Yr: SO)					
					KING-AD
30.91	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
1:06.14	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:26.95	Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
6:19.05	Y	F	500 Free	10/23/2009	Girls OCIAA Championships 2009
1:16.32	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
2:40.49	Y	F	200 Back	2/27/2010	Kingston Last Chance Invitational
1:27.19	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
3:03.96	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
2:38.25	Y	F	200 IM	10/23/2009	Girls OCIAA Championships 2009
Emma Sprotbery (12) W					
					DELM-AD
29.04	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
1:04.28	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
2:24.89	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
7:13.50	Y	F	500 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:27.74	Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet
42.46	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:32.65	Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational
33.92	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:16.56	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
George Stack (13) M					
					BSPA-AD
29.17	Y	F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:03.25	Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010
2:22.67	Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010
34.84	Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010
1:17.19	Y	F	100 Back	11/21/2009	Harvest Invitational 2009
38.65	Y	F	50 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet
33.82	Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010
1:17.65	Y	F	100 Fly	2/20/2010	Cabin Fever Invitational 2010
1:15.35	Y	F	100 IM	11/21/2009	Harvest Invitational 2009
2:43.20	Y	F	200 IM	10/18/2009	2009 Ocean Blue Invitational Swim Meet
John Stack (10) M					
					BSPA-AD
41.01	Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010
1:34.45	Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010
48.31	Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010
55.33	Y	F	50 Breast	11/21/2009	Harvest Invitational 2009
1:40.11	Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010
Danielle Stackrow (14) W					
					USAM-AD
33.26	Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010
1:17.89	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:53.51	Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010
39.35	Y	F	50 Back	12/5/2009	December2009supersplash
1:24.20	Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational
3:01.83	Y	F	200 Back	3/5/2010	AD Silver Short Course Championships
40.95	Y	F	50 Breast	12/5/2009	December2009supersplash

Individual Top Times

Time	P/F/S	Event			
Danielle Stackrow (14) W					
1:26.41	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
3:09.86	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
2:59.60	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
Abigail Stafford (11) W (Yr: sp)					
32.81	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
38.46	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:14.78	Y	F	100 Free	3/19/2010	AD Gold Short Course Championships
1:26.14	L	F	100 Free	5/29/2010	2010 NE MTSC May Specialty Meet
2:43.26	Y	F	200 Free	3/19/2010	AD Gold Short Course Championships
7:35.00	Y	F	500 Free	2/20/2010	Cabin Fever Invitational 2010
38.37	Y	F	50 Back	1/31/2010	Thoroughbred Splash 2010
44.27	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:22.51	Y	F	100 Back	2/20/2010	Cabin Fever Invitational 2010
1:33.84	L	F	100 Back	5/29/2010	2010 NE MTSC May Specialty Meet
46.39	Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010
49.03	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
51.01	L	F	50 Breast	5/29/2010	2010 NE MTSC May Specialty Meet
1:36.98	Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
40.76	Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships
45.22	L	F	50 Fly	5/29/2010	2010 NE MTSC May Specialty Meet
49.25	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:42.19	Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge
1:24.17	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
1:36.50	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:01.76	Y	F	200 IM	3/19/2010	AD Gold Short Course Championships
3:20.76	L	F	200 IM	5/29/2010	2010 NE MTSC May Specialty Meet
Bennett Stahl (15) M					
25.17	Y	F	50 Free	10/25/2009	Trick or Treat Meet
55.45	Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010
1:56.42	Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010
5:17.48	Y	F	500 Free	2/11/2010	Section II Championships Large Division
1:24.52	Y	F	100 Breast	11/8/2009	Hometown SplashDown
1:05.46	Y	F	100 Fly	11/8/2009	Hometown SplashDown
2:25.58	Y	F	200 IM	10/25/2009	Trick or Treat Meet
Ayla Stansberry (12) W					
29.26	Y	F	50 Free	3/13/2010	ESSL Championship 2010
33.88	L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010
1:06.21	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:18.12	L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
2:31.60	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
6:53.83	Y	F	500 Free	1/29/2010	Hawks Trials And Finals 2010
35.96	Y	F	50 Back	1/29/2010	Hawks Trials And Finals 2010
43.86	L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010
1:20.25	Y	P	100 Back	1/29/2010	Hawks Trials And Finals 2010
3:03.14	Y	F	200 Back	3/5/2010	AD Silver Short Course Championships
3:43.95	L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010
42.97	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
1:34.81	Y	F	100 Breast	1/29/2010	Hawks Trials And Finals 2010
3:26.03	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
34.98	Y	P	50 Fly	1/29/2010	Hawks Trials And Finals 2010
39.09	L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010
1:23.83	Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships
1:20.34	Y	F	100 IM	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
2:51.19	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
3:18.83	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
Clare Stansbury (10) W					
34.60	Y	F	50 Free	3/19/2010	AD Gold Short Course Championships
39.06	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:22.09	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:26.79	L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion

USAM-AD

SCHE-AD

SARY-AD

HAWK-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event			
Clare Stansbury (10) W			ALBS-AD		
2:58.17	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
3:09.80	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
8:06.27	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
44.23	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
45.14	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
48.89	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:38.24	L	F	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:40.02	Y	F	100	Back	12/5/2009 December2009supersplash
45.95	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
49.92	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
51.22	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:42.10	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
1:49.97	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
44.38	Y	F	50	Fly	1/16/2010 Chris Goody 10&Under Mini-Meet
46.26	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
46.64	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:50.13	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:50.88	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:27.30	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
1:38.83	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:20.22	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
3:32.38	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Stefana Stan (8) W			ALBS-AD		
21.74	Y	F	25	Free	11/21/2009 Harvest Invitational 2009
45.45	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
48.20	L	F	50	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
51.17	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:57.94	Y	F	100	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:58.94	L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
24.03	Y	F	25	Back	11/21/2009 Harvest Invitational 2009
54.43	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
54.46	Y	F	50	Back	11/21/2009 Harvest Invitational 2009
56.96	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:58.19	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
27.95	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
1:06.12	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
22.64	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
54.47	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:01.18	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:14.45	L	F	50	Fly	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:06.10	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
Jessica Stark (11) W			BFIN-AD		
34.15	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:26.12	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
44.10	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:34.60	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:08.42	Y	F	50	Breast	11/15/2009 Pilgrims Pride
50.01	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
Olivia Stebbins-Hopkins (11) W			AD-AD		
29.31	Y	F	50	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
34.15	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
34.59	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:04.28	Y L	F	100	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
1:15.89	L	P	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
2:24.64	Y	F	200	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
5:52.80	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
6:29.65	Y	F	500	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
35.39	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
40.99	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
41.15	L	P	50	Back	7/23/2010 2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
Olivia Stebbins-Hopkins (11) W					
					UN-AD
1:21.23	Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:29.43	L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion
41.62	Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational
47.19	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:30.59	Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships
38.71	Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
42.52	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
42.71	L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:31.91	Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:16.03	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
1:29.66	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:50.38	Y	F	200 IM	3/19/2010	AD Gold Short Course Championships
3:14.26	L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
August Stegman (13) M					
					CLRK-AD
39.34	Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet
1:36.21	Y	F	100 Free	1/30/2010	CVSLQuad Meet
48.46	Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet
1:54.96	Y	F	100 Back	1/30/2010	CVSLQuad Meet
46.45	Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet
2:16.67	Y	F	100 Breast	1/30/2010	CVSLQuad Meet
Talia Sternbach (15) W (Yr: FR)					
					ALBS-AD
26.16	Y	P	50 Free	12/10/2009	2009 STAR Short Course Invitational
29.43	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
57.33	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:04.83	S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:05.23	L	P	100 Free	7/8/2010	Niagara Long Course Classic
2:01.75	Y	F	200 Free	3/19/2010	AD Gold Short Course Championships
2:19.48	L	F	200 Free	5/21/2010	Internationale CNPPO
5:23.33	Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational
1:04.66	Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational
1:16.26	S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:16.84	Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational
2:42.03	L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion
38.49	L	P	50 Breast	5/21/2010	Internationale CNPPO
1:09.25	Y	F	100 Breast	11/5/2009	Girls Sec II Division I Championships
1:17.86	L	F	100 Breast	7/8/2010	Niagara Long Course Classic
1:20.09	S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:27.43	Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships
2:48.83	L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:05.11	Y	P	100 Fly	12/10/2009	2009 STAR Short Course Invitational
1:12.56	S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:14.20	L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:11.32	Y	F	200 IM	3/19/2010	AD Gold Short Course Championships
2:30.18	L	F	200 IM	7/8/2010	Niagara Long Course Classic
4:42.85	Y	F	400 IM	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
5:19.06	L	P	400 IM	7/8/2010	Niagara Long Course Classic
Alexandra Stevens (11) W					
					HAWK-AD
38.95	Y	F	50 Free	1/23/2010	Kingston Snowball Invitational
42.66	L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:32.30	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:43.78	L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
3:49.95	L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010
7:30.21	L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion
43.90	Y	F	50 Back	3/13/2010	ESSL Championship 2010
50.59	L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion
1:36.85	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
1:49.95	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
4:03.95	L	F	200 Back	7/9/2010	Hawks Summer Invitational 2010
52.16	Y	P	50 Breast	1/29/2010	Hawks Trials And Finals 2010
59.21	L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
Alexandra Stevens (11) W					
					HAWK-AD
1:52.46	Y	F	100 Breast	1/23/2010	Kingston Snowball Invitational
2:01.50	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
44.91	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
54.47	L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion
1:37.35	Y	F	100 IM	2/21/2010	HAWK-MVA-BARR
3:56.60	Y	F	200 IM	12/5/2009	December2009supersplash
3:58.75	L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Emily Stevens (10) W					
					SVP-AD
45.59	Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010
48.59	Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010
Jenna Stiansen (12) W					
					SARY-AD
36.12	Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:18.95	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
42.67	Y	F	50 Back	10/25/2009	Trick or Treat Meet
1:34.65	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
44.99	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
1:39.60	Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
36.87	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
1:26.80	Y	F	100 IM	11/21/2009	Harvest Invitational 2009
Ryan Stier (12) M					
					HAWK-AD
39.58	Y	F	50 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR
44.96	L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010
1:36.88	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
3:36.32	Y	F	200 Free	1/23/2010	Kingston Snowball Invitational
50.98	Y	F	50 Back	2/21/2010	HAWK-MVA-BARR
58.04	L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010
1:49.47	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
59.84	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
Julia Stiffey (12) W					
					KING-AD
31.26	Y	P	50 Free	3/19/2010	AD Gold Short Course Championships
36.51	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:10.10	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
1:24.68	L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010
2:37.73	Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational
7:42.54	Y	F	500 Free	10/25/2009	Trick or Treat Meet
40.76	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
45.30	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:27.81	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
3:13.71	Y	F	200 Back	12/5/2009	December2009supersplash
46.23	Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
52.34	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:46.19	Y	F	100 Breast	11/15/2009	Pilgrims Pride
2:01.01	L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010
38.17	Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships
41.91	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
48.79	L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010
1:32.90	Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
3:23.97	Y	F	200 Fly	12/5/2009	December2009supersplash
1:23.48	Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational
1:34.69	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:08.90	Y	F	200 IM	1/23/2010	Kingston Snowball Invitational
3:30.72	L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010
Carolyn Stirewalt (11) W					
					HAWK-AD
41.58	Y	P	50 Free	1/29/2010	Hawks Trials And Finals 2010
1:33.88	Y	P	100 Free	1/29/2010	Hawks Trials And Finals 2010
3:23.55	Y	P	200 Free	1/29/2010	Hawks Trials And Finals 2010
46.00	Y	F	50 Back	11/15/2009	Pilgrims Pride
1:42.00	Y	P	100 Back	1/29/2010	Hawks Trials And Finals 2010
1:59.73	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships

Individual Top Times

Time	P/F/S	Event				
Carolyn Stirewalt (11) W						
x1:46.97 Y	F	100 IM	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		HAWK-AD
Caroline Stockert (17) W						
30.15 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		BFIN-AD
2:22.97 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
6:16.05 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
Jennifer Stodgell (17) W (Yr: JR)						
27.16 Y	P	50 Free	11/5/2009	Girls Sec II Division I Championships		UN-AD
1:10.68 Y	P	100 Breast	11/5/2009	Girls Sec II Division I Championships		
Anthony Stoico (16) M (Yr: SO)						
1:12.32 Y	F	100 Fly	2/5/2010	2010 BOYS OCIAA CHAMPIONSHIPS		UN-AD
Katherine Stoutenburgh (15) W						
1:53.88 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		KING-AD
2:09.59 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Kerry Stoutenburgh (13) W						
1:44.11 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		KING-AD
2:10.86 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:57.03 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Hillary Strano (14) W						
33.54 Y	F	50 Free	2/20/2010	Cabin Fever Invitational 2010		USAM-AD
1:17.84 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010		
Aidan Strayer (13) M						
30.32 Y	F	50 Free	11/15/2009	Pilgrims Pride		ALBS-AD
1:05.64 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:10.75 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:12.63 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
2:16.52 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
2:29.91 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion		
5:12.37 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
5:55.50 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships		
36.25 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational		
39.65 L	P	50 Back	5/21/2010	Internationale CNPPO		
1:12.71 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
1:19.96 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:23.12 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
2:34.86 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
2:53.96 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion		
39.28 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
43.82 L	F	50 Breast	5/21/2010	Internationale CNPPO		
1:23.25 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships		
1:30.51 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:36.66 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational		
2:52.29 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
3:16.62 L	P	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
36.09 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational		
37.68 L	P	50 Fly	5/21/2010	Internationale CNPPO		
1:13.78 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:21.25 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:22.43 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
2:38.84 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships		
3:05.54 L	P	200 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational		
1:16.09 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
2:32.71 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships		
2:50.54 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion		
Ethan Strayer (16) M						
25.94 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		ALBS-AD
29.41 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
57.52 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships		
1:03.70 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:05.36 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		

Individual Top Times

Time	P/F/S	Event			
Ethan Strayer (16) M			ALBS-AD		
2:07.46	Y	F 200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:26.23	L	P 200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
31.82	Y L	F 50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:07.10	Y	P 100 Back	3/19/2010	AD Gold Short Course Championships	
1:10.86	S	F 100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:12.94	L	P 100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:19.34	Y	P 200 Back	3/19/2010	AD Gold Short Course Championships	
2:38.92	L	P 200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:17.10	Y	F 100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:26.15	S	F 100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:29.83	L	F 100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:45.32	Y	F 200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:08.77	Y	F 100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:17.13	S	F 100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.46	L	P 100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:24.96	Y	F 200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:47.71	L	P 200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Jack Stringer (11) M			SARY-AD		
34.99	Y	F 50 Free	11/21/2009	Harvest Invitational 2009	
1:18.06	Y	F 100 Free	1/31/2010	Thoroughbred Splash 2010	
2:42.74	Y	F 200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
42.91	Y	F 50 Back	1/31/2010	Thoroughbred Splash 2010	
3:12.92	Y	F 200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.76	Y	F 50 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:36.97	Y	F 100 Breast	11/21/2009	Harvest Invitational 2009	
1:25.55	Y	F 100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Katy Stringer (15) W (Yr: FR)			SARY-AD		
28.73	Y	F 50 Free	11/21/2009	Harvest Invitational 2009	
1:01.65	Y	F 100 Free	11/21/2009	Harvest Invitational 2009	
2:08.04	Y	P 200 Free	11/5/2009	Girls Sec II Division I Championships	
5:43.03	Y	F 500 Free	11/5/2009	Girls Sec II Division I Championships	
1:08.75	Y	P 100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:34.37	Y	F 200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:09.62	Y	F 100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Shea Sullivan (12) W (Yr: s/)			SCHE-AD		
29.37	Y	P 50 Free	3/19/2010	AD Gold Short Course Championships	
34.09	L	P 50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:10.27	Y	F 100 Free	3/5/2010	AD Silver Short Course Championships	
1:20.03	L	P 100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:22.70	S	F 100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:39.42	Y	F 200 Free	3/5/2010	AD Silver Short Course Championships	
3:06.34	L	P 200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
6:44.62	L	F 400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
7:18.51	Y	F 500 Free	1/31/2010	Thoroughbred Splash 2010	
34.78	Y	P 50 Back	3/19/2010	AD Gold Short Course Championships	
40.71	L	F 50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.13	Y	P 100 Back	3/19/2010	AD Gold Short Course Championships	
1:29.17	S	F 100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:31.30	L	P 100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
3:03.50	Y	F 200 Back	1/16/2010	Chris Goody IMX Challenge	
41.65	Y	F 50 Breast	3/5/2010	AD Silver Short Course Championships	
49.14	L	P 50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:31.13	Y	F 100 Breast	3/5/2010	AD Silver Short Course Championships	
1:47.19	S	F 100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
35.30	Y	F 50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.06	L	P 50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:24.05	Y	F 100 Fly	3/5/2010	AD Silver Short Course Championships	
1:36.27	S	F 100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:39.09	L	P 100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:19.53	Y	F 100 IM	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event				
Shea Sullivan (12) W (Yr: s/)						
2:53.99	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
3:23.07	L	F	200	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
Kaitlin Surber (12) W						
32.13	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:11.15	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:38.94	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
41.34	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
43.42	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:33.86	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
35.65	Y	F	50	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
1:21.91	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
3:06.87	Y	F	200	Fly	3/5/2010	AD Silver Short Course Championships
1:21.48	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Jeffrey Sutera (17) M						
24.17	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
52.63	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:03.71	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:03.04	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
1:01.86	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
2:21.29	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
2:52.54	L	P	200	Back	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:18.91	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
Hawthorne Swan-Scott (12) M						
42.74	Y	F	50	Free	12/5/2009	December2009supersplash
1:33.05	Y	F	100	Free	12/5/2009	December2009supersplash
1:33.62	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
46.73	Y	F	50	Back	12/5/2009	December2009supersplash
1:47.26	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
59.77	Y	F	50	Breast	12/5/2009	December2009supersplash
1:59.92	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
57.65	Y	F	50	Fly	12/19/2009	Saratoga 12&Under Mini-Meet
2:05.03	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Matthew Swart (14) M						
27.64	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:03.58	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:28.21	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
6:52.87	Y	F	500	Free	1/30/2010	CVSLQuad Meet
1:21.33	Y	F	100	Back	1/16/2010	Canajoharie Developmental Meet
2:59.45	Y	F	200	Back	12/12/2009	Amsterdam Sea Rams Invitational
1:28.48	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
3:17.16	Y	F	200	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:25.56	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
2:53.77	Y	F	200	IM	11/21/2009	CVSL Quad Meet
Andrew Sweeney (13) M						
33.56	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:18.74	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
3:03.23	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
42.40	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
45.13	Y	F	50	Breast	1/16/2010	Canajoharie Developmental Meet
1:41.50	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
47.65	Y	F	50	Fly	2/20/2010	Cabin Fever Invitational 2010
1:33.33	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Erin Sweeney (8) W						
25.02	Y	F	25	Free	12/19/2009	Saratoga 12&Under Mini-Meet
46.92	Y	F	50	Free	12/19/2009	Saratoga 12&Under Mini-Meet
53.86	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
26.94	Y	F	25	Back	12/19/2009	Saratoga 12&Under Mini-Meet
58.30	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:02.46	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon

SCHE-AD

SARY-AD

CLIN-AD

GLFY-AD

AMST-AD

SVP-AD

DELM-AD

Individual Top Times

Time	P/F/S	Event			
Erin Sweeney (8) W					
					DELM-AD
1:06.47	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
1:15.74	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:16.64	S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:02.85	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
2:27.84	S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Joseph Sweeney (11) M					
					SVP-AD
40.35	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
50.96	Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010
53.33	Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010
Patrick Sweeney (8) M					
					SVP-AD
36.47	Y	F	25 Free	1/16/2010	Canajoharie Developmental Meet
Richard Sweeney (11) M					
					DELM-AD
33.04	Y	F	50 Free	3/5/2010	AD Silver Short Course Championships
38.78	S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:14.16	Y	F	100 Free	3/5/2010	AD Silver Short Course Championships
2:53.17	Y	F	200 Free	3/5/2010	AD Silver Short Course Championships
42.71	Y	F	50 Back	3/5/2010	AD Silver Short Course Championships
46.87	S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:34.37	Y	F	100 Back	3/5/2010	AD Silver Short Course Championships
3:18.90	Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational
46.86	Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships
52.85	S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:44.38	Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships
3:39.78	Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships
2:04.44	Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge
1:34.07	Y	F	100 IM	3/5/2010	AD Silver Short Course Championships
3:20.23	Y	F	200 IM	3/5/2010	AD Silver Short Course Championships
Sean Sweeney (12) M					
					HAWK-AD
28.23	Y	F	50 Free	3/13/2010	ESSL Championship 2010
30.52	L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion
1:03.47	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:13.32	L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion
2:19.95	Y	P	200 Free	3/19/2010	AD Gold Short Course Championships
2:40.50	L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion
5:50.57	L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion
6:27.88	Y	F	500 Free	3/5/2010	AD Silver Short Course Championships
37.07	Y	F	50 Back	11/15/2009	Pilgrims Pride
42.62	L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010
1:19.48	Y	F	100 Back	11/20/2009	2009 MR AG Early Bird Invitational
1:30.14	L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010
2:45.17	Y	F	200 Back	3/19/2010	AD Gold Short Course Championships
38.26	Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships
43.52	L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion
1:23.98	Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships
1:34.85	L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:00.59	Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships
x38.04	Y	F	50 Fly	2/21/2010	HAWK-MVA-BARR
42.45	L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010
1:29.48	Y	F	100 Fly	1/29/2010	Hawks Trials And Finals 2010
1:13.51	Y	F	100 IM	3/19/2010	AD Gold Short Course Championships
2:40.43	Y	P	200 IM	3/19/2010	AD Gold Short Course Championships
3:04.64	L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion
Sara Swett (15) W (Yr: s/)					
					SCHE-AD
27.33	Y	P	50 Free	12/10/2009	2009 NE NSSC MIT Invitational
31.44	L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
56.87	Y	P	100 Free	3/19/2010	AD Gold Short Course Championships
1:06.12	L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:58.46	Y	F	200 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
2:18.34	L	F	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational

Individual Top Times

Time	P/F/S	Event			
Sara Swett (15) W (Yr: s/)					
4:46.23	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
5:12.76	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
10:38.07	Y	F	1000	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
18:57.79	L	F	1500	Free	7/23/2010 2010 Adirondack Long Course District Champion
18:04.05	Y	F	1650	Free	4/1/2010 2010 Eastern Zone SC Swimming Championships
18:04.05	Y	F	1650	Free	3/19/2010 AD Gold Short Course Championships
1:14.74	Y	F	100	Back	10/25/2009 Trick or Treat Meet
2:28.14	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
2:55.06	L	F	200	Back	5/29/2010 2010 NE MTSC May Specialty Meet
2:44.39	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
1:02.20	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
1:11.53	L	F	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
2:20.36	Y	F	200	Fly	4/1/2010 2010 Eastern Zone SC Swimming Championships
2:44.05	L	F	200	Fly	7/23/2010 2010 Adirondack Long Course District Champion
2:22.23	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
2:40.71	L	F	200	IM	5/29/2010 2010 NE MTSC May Specialty Meet
4:49.83	Y	F	400	IM	3/19/2010 AD Gold Short Course Championships
5:34.05	L	F	400	IM	7/23/2010 2010 Adirondack Long Course District Champion
Gabrielle Swider (9) W					
18.87	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
42.46	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
1:37.77	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
20.70	Y	F	25	Back	3/5/2010 AD Silver Short Course Championships
47.43	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
28.38	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
24.09	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
Macy Sylvester (15) W					
29.21	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:04.37	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:22.94	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
1:23.23	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
2:53.49	Y	P	200	Breast	3/19/2010 AD Gold Short Course Championships
1:13.76	Y	F	100	Fly	3/5/2010 AD Silver Short Course Championships
2:33.60	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
Claire Szajkowski (16) W					
32.28	Y	P	50	Free	1/29/2010 Hawks Trials And Finals 2010
1:11.05	Y	F	100	Free	11/15/2009 Pilgrims Pride
Isabelle Szemcsak (11) W					
41.25	Y	F	50	Free	11/21/2009 CVSL Quad Meet
1:25.95	Y	F	100	Free	2/20/2010 Cabin Fever Invitational 2010
53.51	Y	F	50	Back	11/21/2009 CVSL Quad Meet
1:46.23	Y	F	100	Back	1/30/2010 CVSLQuad Meet
1:07.67	Y	F	50	Breast	11/21/2009 CVSL Quad Meet
2:20.55	Y	F	100	Breast	1/30/2010 CVSLQuad Meet
51.62	Y	F	50	Fly	2/20/2010 Cabin Fever Invitational 2010
1:46.16	Y	F	100	IM	2/20/2010 Cabin Fever Invitational 2010
Alexander Taber (11) M					
29.03	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:04.71	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
2:24.41	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
6:24.98	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
12:07.04	L	F	800	Free	7/21/2010 2010 Empire State Games
33.27	Y	P	50	Back	3/19/2010 AD Gold Short Course Championships
1:12.71	Y	F	100	Back	3/19/2010 AD Gold Short Course Championships
2:37.58	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
2:52.20	L	F	200	Back	7/21/2010 2010 Empire State Games
44.26	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:36.04	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
35.29	Y	P	50	Fly	3/19/2010 AD Gold Short Course Championships

SCHE-AD

USAM-AD

NTS-AD

HAWK-AD

CANA-AD

RAVE-AD

Individual Top Times

Time	P/F/S	Event				
Alexander Taber (11) M						
1:22.38	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:37.38	L	P	100	Fly	7/21/2010	2010 Empire State Games
1:15.11	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
2:43.02	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Melissa Taggert (9) W						
21.13	Y	F	25	Free	11/21/2009	Harvest Invitational 2009
45.45	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
27.97	Y	F	25	Back	11/21/2009	Harvest Invitational 2009
25.75	Y	F	25	Fly	11/21/2009	Harvest Invitational 2009
Stephanie Talaia-Murray (16) W						
32.33	Y	F	50	Free	12/5/2009	CVSL Quad Meet
1:12.50	Y	F	100	Free	12/19/2009	CVSL Quad Meet
2:48.69	Y	F	200	Free	1/16/2010	Canajoharie Developmental Meet
1:31.77	Y	F	100	Back	11/14/2009	CVSL First Splash
1:31.50	Y	F	100	Breast	12/19/2009	CVSL Quad Meet
1:24.71	Y	F	100	Fly	12/19/2009	CVSL Quad Meet
Margaret Talarico (15) W						
32.68	L	P	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
2:40.23	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:25.03	L	P	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
Benjamin Tandlmayer (7) M						
25.43	S	F	25	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
29.53	Y	F	25	Free	12/19/2009	Saratoga 12&Under Mini-Meet
1:11.00	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:29.10	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
27.83	S	F	25	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
31.02	Y	F	25	Back	12/19/2009	Saratoga 12&Under Mini-Meet
Paarth Taneja (17) M						
27.56	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:01.07	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
1:11.37	Y	F	100	Back	1/31/2010	Thoroughbred Splash 2010
1:11.51	Y	F	100	Breast	2/11/2010	Section II Championships Large Division
2:26.48	Y	P	200	IM	2/11/2010	Section II Championships Large Division
Vaasu Taneja (14) M						
27.16	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
59.21	Y	P	100	Free	3/12/2010	2010 New York State YMCA Swimming Championship
1:31.71	Y	F	100	Back	1/31/2010	Thoroughbred Splash 2010
1:08.57	Y	P	100	Fly	2/11/2010	Section II Championships Large Division
2:32.12	Y	P	200	IM	2/11/2010	Section II Championships Large Division
Ella Tang (10) W						
40.69	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
41.68	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
43.83	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:36.85	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
44.29	Y L	F	50	Back	3/5/2010	AD Silver Short Course Championships
50.09	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
51.83	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
54.84	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
54.85	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:54.31	L	F	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion
52.10	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:41.63	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
1:50.67	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Emily Tang (11) W						
50.51	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:03.01	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
Samantha Tannatta (13) W						
37.20	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:17.86	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships

RAVE-AD

CPP-AD

CLRK-AD

NHA-AD

CPP-AD

SARY-AD

SARY-AD

ALBS-AD

ALBS-AD

SARY-AD

Individual Top Times

Time	P/F/S	Event				
Samantha Tannatta (13) W						
42.93	Y L	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:27.36	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
49.16	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
38.14	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
3:19.37	Y	F	200	IM	1/31/2010	Thoroughbred Splash 2010
Sophia Tannatta (11) W						
33.66	Y	F	50	Free	11/21/2009	Harvest Invitational 2009
1:12.17	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
40.08	Y	F	50	Back	11/8/2009	Hometown SplashDown
42.30	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:32.27	Y	F	100	Breast	11/21/2009	Harvest Invitational 2009
3:14.60	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
35.74	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:26.53	Y	F	100	IM	11/8/2009	Hometown SplashDown
3:06.34	Y	F	200	IM	1/31/2010	Thoroughbred Splash 2010
Liangyu Tao (15) M						
2:45.77	L	P	200	Free	7/23/2010	2010 Adirondack Long Course District Champion
3:28.55	L	P	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
Olivia Tassone (7) W						
24.78	Y	F	25	Free	1/16/2010	Chris Goody 10&Under Mini-Meet
2:09.92	Y	F	100	Free	1/16/2010	Chris Goody 10&Under Mini-Meet
29.17	Y	F	25	Back	1/16/2010	Chris Goody 10&Under Mini-Meet
James Tatlock (14) M						
28.97	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:06.56	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:28.55	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
6:43.53	Y	F	500	Free	3/5/2010	AD Silver Short Course Championships
1:23.35	Y	F	100	Back	2/20/2010	Cabin Fever Invitational 2010
2:58.97	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
1:25.69	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
3:15.31	Y	F	200	Fly	3/5/2010	AD Silver Short Course Championships
Mark Tatlock (13) M						
39.23	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:30.47	Y	F	100	Free	1/16/2010	Canajoharie Developmental Meet
3:42.32	Y	F	200	Free	1/16/2010	Canajoharie Developmental Meet
51.35	Y	F	50	Back	11/8/2009	Hometown SplashDown
1:47.69	Y	F	100	Back	1/31/2010	Thoroughbred Splash 2010
49.64	Y	F	50	Breast	11/8/2009	Hometown SplashDown
1:46.53	Y	F	100	Breast	1/16/2010	Canajoharie Developmental Meet
4:02.26	Y	F	200	Breast	12/5/2009	December2009supersplash
3:57.59	Y	F	200	IM	12/5/2009	December2009supersplash
Sedric Tello (11) M						
38.16	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
43.48	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:30.68	Y	F	100	Free	12/19/2009	Saratoga 12&Under Mini-Meet
3:10.99	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
48.37	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
51.25	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
58.81	Y	F	50	Breast	1/16/2010	Chris Goody 10&Under Mini-Meet
1:00.35	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
52.97	Y	F	50	Fly	1/16/2010	Chris Goody 10&Under Mini-Meet
1:11.33	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:00.03	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
1:43.25	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
1:54.84	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:42.62	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Dakota Temple (11) W						
47.08	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:48.34	Y	F	100	Free	2/20/2010	Cabin Fever Invitational 2010

Individual Top Times

Time	P/F/S	Event				
Daniel Thompson (15) M						
1:07.23	Y	F	100	Free	11/8/2009	Hometown SplashDown
1:19.65	Y	F	100	Back	11/8/2009	Hometown SplashDown
1:27.53	Y	F	100	Breast	11/8/2009	Hometown SplashDown
Abigail Thurnau (13) W (Yr: 7)						
2:20.15	Y	F	200	Free	11/5/2009	Girls Sec II Division 2 Championships
Sonia Tiemann (18) W (Yr: SR)						
28.18	Y	F	50	Free	11/21/2009	CVSL Quad Meet
1:00.92	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
2:14.96	Y	F	200	Free	1/8/2010	2010 Starfish Trophy Invitational
6:01.56	Y	F	500	Free	11/5/2009	Girls Sec II Division 2 Championships
1:17.78	Y	F	100	Breast	11/21/2009	CVSL Quad Meet
2:48.01	Y	P	200	Breast	3/19/2010	AD Gold Short Course Championships
2:31.01	Y	F	200	IM	11/5/2009	Girls Sec II Division 2 Championships
Toni Tiemann (17) W (Yr: JR)						
6:15.70	Y	P	500	Free	11/5/2009	Girls Sec II Division 2 Championships
1:13.04	Y	F	100	Back	11/5/2009	Girls Sec II Division 2 Championships
Katherine Tiffany (13) W						
30.03	Y	F	50	Free	12/5/2009	December2009supersplash
1:09.45	Y	F	100	Free	12/12/2009	Amsterdam Sea Rams Invitational
2:33.74	Y	F	200	Free	2/20/2010	Cabin Fever Invitational 2010
6:49.35	Y	F	500	Free	1/16/2010	Chris Goody IMX Challenge
24:29.88	Y	F	1650	Free	1/2/2010	NAS Distance & Sprint 2010
40.60	Y	F	50	Back	12/5/2009	December2009supersplash
1:24.57	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:58.55	Y	F	200	Back	12/12/2009	Amsterdam Sea Rams Invitational
41.11	Y	F	50	Breast	11/21/2009	Harvest Invitational 2009
1:30.77	Y	F	100	Breast	1/16/2010	Chris Goody IMX Challenge
3:09.19	Y	F	200	Breast	1/16/2010	Chris Goody IMX Challenge
40.53	Y	F	50	Fly	12/5/2009	December2009supersplash
1:34.09	Y	F	100	Fly	1/16/2010	Chris Goody IMX Challenge
1:22.62	Y	F	100	IM	11/15/2009	Pilgrims Pride
2:53.49	Y	F	200	IM	1/31/2010	Thoroughbred Splash 2010
Joseph Tingley (14) M						
30.51	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:10.99	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:19.81	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
42.64	Y	F	50	Back	12/5/2009	December2009supersplash
1:26.68	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
43.94	Y	F	50	Breast	12/5/2009	December2009supersplash
1:27.82	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:39.04	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
3:09.80	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
3:13.89	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Alec Tocco (13) M						
25.87	Y L	F	50	Free	3/19/2010	AD Gold Short Course Championships
55.35	Y L	F	100	Free	3/19/2010	AD Gold Short Course Championships
1:59.31	Y	F	200	Free	12/11/2009	CT SNCO 9th Annual Hutchinson
5:11.36	Y	F	500	Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
10:28.18	Y	F	1000	Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
17:30.37	Y	F	1650	Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
30.36	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
1:03.36	Y	F	100	Back	3/19/2010	AD Gold Short Course Championships
2:13.95	Y	F	200	Back	3/19/2010	AD Gold Short Course Championships
35.56	Y	F	50	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:16.57	Y	F	100	Breast	2/27/2010	Kingston Last Chance Invitational
2:42.53	Y	F	200	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
28.95	Y	F	50	Fly	1/8/2010	2010 Starfish Trophy Invitational
1:01.63	Y	F	100	Fly	3/19/2010	AD Gold Short Course Championships
2:15.04	Y	P	200	Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships

GRGF-AD

UN-AD

AMST-AD

UN-AD

BENN-AD

GRGF-AD

KING-AD

Individual Top Times

Time	P/F/S	Event				
Alec Tocco (13) M						
1:05.51	Y	F	100	IM	1/8/2010	2010 Starfish Trophy Invitational
2:16.29	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
4:46.38	Y	F	400	IM	3/19/2010	AD Gold Short Course Championships
Jenna Tocco (16) W						
25.87	Y L	F	50	Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
55.83	Y	F	100	Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
2:01.50	Y	F	200	Free	3/19/2010	AD Gold Short Course Championships
5:23.21	Y	F	500	Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
11:13.90	Y	F	1000	Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
18:43.65	Y	F	1650	Free	12/11/2009	CT SNCO 9th Annual Hutchinson
32.03	Y	F	50	Back	12/5/2009	December2009supersplash
1:07.86	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
34.65	Y	F	50	Breast	12/5/2009	December2009supersplash
1:11.36	Y	F	100	Breast	4/1/2010	2010 Eastern Zone SC Swimming Championships
2:34.98	Y	F	200	Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS
30.59	Y	F	50	Fly	12/5/2009	December2009supersplash
1:06.35	Y	F	100	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
2:20.95	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
Kayla Tomasek (11) W						
48.23	Y	F	50	Free	11/21/2009	Harvest Invitational 2009
1:59.63	Y	F	100	Free	11/21/2009	Harvest Invitational 2009
50.76	Y	F	50	Back	11/21/2009	Harvest Invitational 2009
Shane Tomasek (9) M						
17.42	Y	F	25	Free	11/21/2009	Harvest Invitational 2009
38.88	Y	F	50	Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:28.23	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
21.86	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
48.34	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
26.18	Y	F	25	Breast	2/20/2010	Cabin Fever Invitational 2010
56.46	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
20.20	Y	F	25	Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet
1:41.44	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
Emily Towne (13) W						
35.37	Y	F	50	Free	1/24/2010	Foothills Invitational 2010
1:17.72	Y	F	100	Free	1/24/2010	Foothills Invitational 2010
2:56.17	Y	F	200	Free	1/24/2010	Foothills Invitational 2010
41.82	Y	F	50	Back	1/24/2010	Foothills Invitational 2010
42.64	Y	F	50	Fly	1/24/2010	Foothills Invitational 2010
Lauren Towne (12) W (Yr: s/)						
33.57	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:22.30	Y	F	100	Free	12/19/2009	Saratoga 12&Under Mini-Meet
1:31.47	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:52.74	Y	F	200	Free	2/20/2010	Cabin Fever Invitational 2010
42.40	Y	F	50	Back	1/31/2010	Thoroughbred Splash 2010
1:31.77	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
1:41.83	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
44.20	Y	F	50	Breast	1/31/2010	Thoroughbred Splash 2010
1:34.03	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:44.61	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
38.98	Y	F	50	Fly	12/5/2009	December2009supersplash
1:42.06	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:27.48	Y	F	100	IM	11/21/2009	Harvest Invitational 2009
3:08.96	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Nicholas Towne (10) M (Yr: s/)						
43.54	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
47.50	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:35.53	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
51.79	Y	F	50	Back	1/31/2010	Thoroughbred Splash 2010
57.09	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon

KING-AD

AD-AD

BSPA-AD

BSPA-AD

GLOY-AD

SCHE-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event				
Nicholas Towne (10) M (Yr: s/)						
1:50.00	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
55.42	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:04.74	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
52.05	Y	F	50	Fly	2/6/2010	Delmar Dolphins February Freeze Invitational
Chelsea Townsend (17) W (Yr: JR)						
1:11.10	Y	P	100	Back	11/5/2009	2009 Girls Section 9 Championships
Jordan Towns (8) M						
31.72	Y	F	25	Free	10/10/2009	Ravena Autumn Breeze
1:11.52	Y	F	50	Free	10/10/2009	Ravena Autumn Breeze
Katherine Towse (12) W						
32.61	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:16.39	Y	F	100	Free	1/16/2010	Canajoharie Developmental Meet
2:46.96	Y	F	200	Free	1/23/2010	CVSLTri Meet
7:48.80	Y	F	500	Free	1/30/2010	CVSLQuad Meet
41.59	Y	F	50	Back	2/27/2010	CVSLLeague Championships
41.41	Y	F	50	Breast	2/20/2010	Cabin Fever Invitational 2010
1:27.99	Y	F	100	Breast	2/20/2010	Cabin Fever Invitational 2010
3:05.97	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
37.41	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:30.05	Y	F	100	Fly	1/30/2010	CVSLQuad Meet
1:21.91	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
2:56.35	Y	F	200	IM	1/24/2010	Foothills Invitational 2010
Tyler Towse (16) M						
25.68	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
56.97	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
2:04.35	Y	F	200	Free	2/11/2010	Section II Championships Small Division
5:51.91	Y	P	500	Free	2/11/2010	Section II Championships Small Division
1:08.17	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
2:30.53	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
1:16.41	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
2:55.47	Y	F	200	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:08.71	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
2:31.30	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Ian Tozier (11) M						
33.50	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
38.99	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:13.10	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:23.80	L	P	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
40.78	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:30.20	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:40.12	L	P	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
48.62	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
52.51	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:42.85	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
4:10.71	L	F	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
44.55	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
48.87	Y	F	50	Fly	12/19/2009	Saratoga 12&Under Mini-Meet
1:42.72	S	F	100	IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:43.99	Y	F	100	IM	12/19/2009	Saratoga 12&Under Mini-Meet
Kenneth Travis (11) M						
34.04	Y L	F	50	Free	12/19/2009	CVSL Quad Meet
1:40.25	Y	F	100	Free	1/16/2010	Canajoharie Developmental Meet
3:50.71	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
50.43	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
1:51.67	Y	F	100	Back	1/23/2010	CVSLTri Meet
51.13	Y	F	50	Breast	2/20/2010	Cabin Fever Invitational 2010
1:59.85	Y	F	100	Breast	1/23/2010	CVSLTri Meet
4:05.24	Y	F	200	Breast	1/30/2010	CVSLQuad Meet
57.20	Y	F	50	Fly	1/24/2010	Foothills Invitational 2010

SCHE-AD

UN-AD

RAVE-AD

CANA-AD

CANA-AD

CPP-AD

CANA-AD

Individual Top Times

Time	P/F/S	Event				
Kenneth Travis (11) M						
1:46.27	Y	F	100	IM	1/8/2010	2010 Starfish Trophy Invitational
4:00.85	Y	F	200	IM	1/23/2010	CVSLTri Meet
Matthew Travis (7) M						
24.78	Y	F	25	Free	1/31/2010	Thoroughbred Splash 2010
53.69	Y	F	50	Free	1/30/2010	CVSLQuad Meet
28.22	Y	F	25	Back	12/5/2009	CVSL Quad Meet
1:01.88	Y	F	50	Back	1/30/2010	CVSLQuad Meet
26.53	Y	F	25	Fly	2/20/2010	Cabin Fever Invitational 2010
2:27.53	Y	F	100	IM	2/27/2010	CVSLLeague Championships
Jenna Trembley (7) W						
30.59	Y	F	25	Free	2/20/2010	Cabin Fever Invitational 2010
1:07.89	Y	F	50	Free	2/27/2010	CVSLLeague Championships
33.74	Y	F	25	Back	1/24/2010	Foothills Invitational 2010
1:01.11	Y	F	50	Back	2/27/2010	CVSLLeague Championships
2:49.42	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Joseph Trembley (10) M						
32.21	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
1:13.11	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
2:53.88	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
7:43.16	Y	F	500	Free	1/23/2010	CVSLTri Meet
39.07	Y	F	50	Back	2/27/2010	CVSLLeague Championships
1:24.87	Y	F	100	Back	2/20/2010	Cabin Fever Invitational 2010
40.79	Y	F	50	Breast	3/19/2010	AD Gold Short Course Championships
1:30.86	Y	F	100	Breast	3/19/2010	AD Gold Short Course Championships
35.08	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
1:29.10	Y	F	100	Fly	3/19/2010	AD Gold Short Course Championships
1:22.05	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
2:59.75	Y	F	200	IM	3/19/2010	AD Gold Short Course Championships
Margaret Triller (12) W						
35.45	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:22.51	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:59.99	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
39.24	Y L	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:24.42	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
3:03.64	Y	F	200	Back	3/5/2010	AD Silver Short Course Championships
49.08	Y	F	50	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
1:47.59	Y	F	100	Breast	1/16/2010	Chris Goody IMX Challenge
40.51	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:29.56	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
3:13.00	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Seamus Trzewik-Quinn (11) M						
28.64	Y	F	50	Free	12/10/2009	2009 STAR Short Course Invitational
1:01.29	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
1:11.47	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
2:11.92	Y	F	200	Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
2:28.95	L	P	200	Free	8/11/2010	2010 Eastern Zone LC Championships
5:10.16	L	F	400	Free	8/11/2010	2010 Eastern Zone LC Championships
5:41.79	Y	F	500	Free	4/1/2010	2010 Eastern Zone SC Swimming Championships
12:03.13	Y	F	1000	Free	12/5/2009	December2009supersplash
30.52	Y L	F	50	Back	4/1/2010	2010 Eastern Zone SC Swimming Championships
34.44	L	F	50	Back	8/11/2010	2010 Eastern Zone LC Championships
1:03.64	Y	F	100	Back	4/1/2010	2010 Eastern Zone SC Swimming Championships
1:14.16	L	F	100	Back	7/23/2010	2010 Adirondack Long Course District Champion
2:22.81	Y	F	200	Back	11/20/2009	2009 MR AG Early Bird Invitational
2:37.51	L	P	200	Back	8/11/2010	2010 Eastern Zone LC Championships
37.62	Y	F	50	Breast	11/20/2009	2009 MR AG Early Bird Invitational
41.53	L	F	50	Breast	7/9/2010	Hawks Summer Invitational 2010
1:21.50	Y	F	100	Breast	2/20/2010	Cabin Fever Invitational 2010
1:30.62	L	F	100	Breast	7/23/2010	2010 Adirondack Long Course District Champion

CANA-AD

CANA-AD

CANA-AD

CANA-AD

RAVE-AD

HAWK-AD

Individual Top Times

Time	P/F/S	Event			
Seamus Trzewik-Quinn (11) M					
HAWK-AD					
3:15.08	L F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
30.96	Y F	50 Fly	3/19/2010	AD Gold Short Course Championships	
36.22	L F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:08.25	Y F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:18.79	L F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:33.75	Y F	200 Fly	1/23/2010	Kingston Snowball Invitational	
1:08.22	Y F	100 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:23.66	Y F	200 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	
2:46.06	L F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Tadeusz Trzewik-Quinn (9) M					
HAWK-AD					
35.98	Y F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
39.71	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:18.79	Y F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:29.75	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:55.74	Y F	200 Free	1/16/2010	Chris Goody IMX Challenge	
3:10.69	L F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
6:30.65	L F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:28.54	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
x20.30	Y F	25 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
42.09	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
47.99	L F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:30.33	Y F	100 Back	2/20/2010	Cabin Fever Invitational 2010	
1:45.62	L F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
3:16.16	Y F	200 Back	1/29/2010	Hawks Trials And Finals 2010	
22.74	Y F	25 Breast	2/21/2010	HAWK-MVA-BARR	
47.70	Y F	50 Breast	3/19/2010	AD Gold Short Course Championships	
51.70	L F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:46.50	Y F	100 Breast	12/5/2009	December2009supersplash	
2:00.32	L F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:49.55	Y P	200 Breast	1/29/2010	Hawks Trials And Finals 2010	
18.20	Y F	25 Fly	3/13/2010	ESSL Championship 2010	
42.15	Y F	50 Fly	3/19/2010	AD Gold Short Course Championships	
46.56	L F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:48.84	Y F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:54.73	L F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:29.52	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:11.02	Y F	200 IM	2/20/2010	Cabin Fever Invitational 2010	
3:38.68	L F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Zofia Trzewik-Quinn (7) W					
HAWK-AD					
25.37	Y F	25 Free	2/21/2010	HAWK-MVA-BARR	
53.98	Y F	50 Free	11/20/2009	2009 MR AG Early Bird Invitational	
2:11.50	Y F	100 Free	1/29/2010	Hawks Trials And Finals 2010	
x28.79	Y F	25 Back	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
1:01.85	Y F	50 Back	1/29/2010	Hawks Trials And Finals 2010	
34.70	Y F	25 Breast	2/14/2010	HAWK-AD-CUDA-MR-DA-MR	
1:17.54	Y F	50 Breast	12/5/2009	December2009supersplash	
Andrew Tsui (16) M					
SSCY-AD					
25.24	Y F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
53.91	Y P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:01.40	Y P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:00.23	Y F	100 Back	2/11/2010	Section II Championships Large Division	
2:10.35	Y F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:09.13	Y F	100 Fly	10/25/2009	Trick or Treat Meet	
2:21.20	Y F	200 IM	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
Eric Tsui (15) M					
SSCY-AD					
24.72	Y F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
53.56	Y P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:04.25	Y F	200 Free	10/25/2009	Trick or Treat Meet	
57.93	Y F	100 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:40.52	Y F	200 Breast	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event			
Eric Tsui (15) M					
55.34 Y	P	100 Fly	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship	UN-AD
2:10.62 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:06.94 Y	F	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
Maureen Tucci (16) W					
29.73 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	SARY-AD
1:05.37 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:27.97 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
Sara Tudor (16) W (Yr: SO)					
27.70 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	CPP-AD
1:01.21 Y	F	100 Free	11/15/2009	Pilgrims Pride	
2:14.67 Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010	
6:00.86 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	
1:08.58 Y	P	100 Back	11/5/2009	Girls Sec II Division I Championships	
2:30.55 Y	F	200 Back	11/15/2009	Pilgrims Pride	
1:27.16 Y	F	100 Breast	1/31/2010	Thoroughbred Splash 2010	
1:06.13 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	
2:32.21 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships	
2:32.72 Y	F	200 IM	11/15/2009	Pilgrims Pride	
Alivia Turck (12) W					
28.54 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	GRGF-AD
1:05.23 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:28.29 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
34.08 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
39.40 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:31.18 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
33.61 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:25.75 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:17.82 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Allison Turck (17) W (Yr: JR)					
29.74 Y	P	50 Free	11/5/2009	Girls Sec II Division 2 Championships	UN-AD
6:34.76 Y	P	500 Free	11/5/2009	Girls Sec II Division 2 Championships	
Filip Turecky (11) M					
29.83 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	RAVE-AD
33.05 L	P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:03.52 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
1:14.05 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:19.90 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
5:34.96 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
7:04.03 Y	F	500 Free	10/10/2009	Ravena Autumn Breeze	
33.01 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
37.85 L	P	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:10.42 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:21.30 L	F	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
43.26 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:33.34 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:43.12 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational	
33.46 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
38.08 L	P	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:19.47 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:38.65 L	P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.00 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:40.97 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
3:00.29 L	F	200 IM	7/2/2010	Clinton Cudas Colgate Classic Invitational	
Melissa Tyler (14) W (Yr: sp)					
1:52.02 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	SCHE-AD
2:16.71 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Devon Urbano (13) M					
30.99 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	USAM-AD
1:16.45 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	

Individual Top Times

Time	P/F/S	Event				
Devon Urbano (13) M						
41.96 Y	F	50 Back	11/21/2009	Harvest Invitational 2009		USAM-AD
40.00 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:29.67 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational		
44.61 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:25.25 Y	F	100 IM	11/21/2009	Harvest Invitational 2009		
Zoe Vadney (13) W						
28.67 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		USAM-AD
32.67 L	F	50 Free	7/21/2010	2010 Empire State Games		
1:02.20 Y	F	100 Free	11/15/2009	Pilgrims Pride		
1:13.65 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:13.99 L	P	100 Free	7/21/2010	2010 Empire State Games		
2:16.73 Y	F	200 Free	11/5/2009	Girls Sec II Division 2 Championships		
2:41.19 L	P	200 Free	7/21/2010	2010 Empire State Games		
6:35.04 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships		
35.59 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
1:18.70 Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge		
40.57 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010		
1:25.65 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships		
1:38.86 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
3:02.77 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		
30.49 Y	F	50 Fly	11/15/2009	Pilgrims Pride		
1:07.26 Y	P	100 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships		
1:18.76 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:13.52 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships		
2:42.40 Y	F	200 IM	12/5/2009	December2009supersplash		
Gregory Vagnini (10) M						
38.16 Y L	F	50 Free	3/19/2010	AD Gold Short Course Championships		SSCY-AD
1:23.75 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
46.49 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
59.06 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships		
Carly Valdez (11) W						
35.49 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		KING-AD
1:24.75 Y	F	100 Free	2/27/2010	Kingston Last Chance Invitational		
41.41 Y	F	50 Back	2/27/2010	Kingston Last Chance Invitational		
1:38.64 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
51.92 Y	F	50 Breast	2/27/2010	Kingston Last Chance Invitational		
42.99 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		
1:36.58 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational		
Hailey Valdez (15) W (Yr: FR)						
28.86 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		KING-AD
1:05.28 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational		
1:21.41 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:32.61 Y	F	100 Breast	1/23/2010	Kingston Snowball Invitational		
3:11.32 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:13.65 Y	P	100 Fly	11/5/2009	2009 Girls Section 9 Championships		
Anthony Valente (16) M (Yr: SO)						
1:06.66 Y	P	100 Fly	2/11/2010	Section II Championships Small Division		UN-AD
Michael Valente (13) M						
35.24 Y	F	50 Free	11/8/2009	Hometown SplashDown		GRGF-AD
Andrew Valentino (11) M						
33.08 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		HAWK-AD
37.58 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
1:16.51 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
2:57.85 Y	T	200 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		
41.99 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships		
48.49 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010		
43.52 Y	F	50 Breast	3/13/2010	ESSL Championship 2010		
1:36.58 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships		
3:36.37 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event				
Andrew Valentino (11) M						
40.88 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships		HAWK-AD
1:25.85 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
Matthew Valentino (11) M						
34.78 Y	F	50 Free	2/14/2010	HAWK-AD-CUDA-MR-DA-MR		HAWK-AD
36.82 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010		
1:25.09 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational		
x40.50 Y	F	50 Back	2/21/2010	HAWK-MVA-BARR		
45.00 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010		
42.26 Y	F	50 Breast	3/13/2010	ESSL Championship 2010		
1:40.28 Y	F	100 Breast	1/23/2010	Kingston Snowball Invitational		
38.67 Y	F	50 Fly	1/29/2010	Hawks Trials And Finals 2010		
1:25.66 Y	F	100 IM	1/29/2010	Hawks Trials And Finals 2010		
Simon Valetutto (16) M						
29.42 Y	F	50 Free	11/14/2009	CVSL First Splash		CLRK-AD
1:10.63 Y	F	100 Free	12/5/2009	CVSL Quad Meet		
2:37.09 Y	F	200 Free	1/30/2010	CVSLQuad Meet		
1:25.34 Y	F	100 Back	11/14/2009	CVSL First Splash		
3:08.95 Y	F	200 Back	1/30/2010	CVSLQuad Meet		
1:35.92 Y	F	100 Breast	11/14/2009	CVSL First Splash		
3:33.09 Y	F	200 Breast	1/30/2010	CVSLQuad Meet		
Taylor Van Cott (18) M						
22.73 Y	P	50 Free	3/11/2010	NE 2010 March Speedo Champions Series		DELM-AD
50.41 Y	F	100 Free	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS		
1:50.15 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
55.71 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships		
2:02.81 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
1:05.71 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships		
52.31 Y	P	100 Fly	3/11/2010	NE 2010 March Speedo Champions Series		
2:00.31 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships		
Toni Van Leuvan (10) W						
47.57 Y	F	50 Free	1/16/2010	Canajoharie Developmental Meet		CANA-AD
2:00.42 Y	F	100 Free	12/12/2009	Amsterdam Sea Rams Invitational		
57.87 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet		
1:25.51 Y	F	50 Fly	12/5/2009	CVSL Quad Meet		
Alexia Van Nort (10) W						
1:02.72 Y	F	50 Free	11/15/2009	Pilgrims Pride		BFIN-AD
Emily Van Tassel (12) W						
48.97 Y	F	50 Free	11/8/2009	Hometown SplashDown		GGRF-AD
58.14 Y	F	50 Back	11/8/2009	Hometown SplashDown		
Andrew VanAmerongen (13) M						
33.33 Y	F	50 Free	11/21/2009	Harvest Invitational 2009		SARY-AD
1:15.28 Y	F	100 Free	11/21/2009	Harvest Invitational 2009		
37.66 Y	F	50 Back	11/21/2009	Harvest Invitational 2009		
Matthew VanAmerongen (16) M						
26.13 Y	F	50 Free	11/21/2009	Harvest Invitational 2009		SARY-AD
57.18 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		
2:10.07 Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010		
Taylor Vancott (18) M (Yr: JR)						
55.64 Y	F	100 Back	2/11/2010	Section II Championships Large Division		UN-AD
52.45 Y	F	100 Fly	2/11/2010	Section II Championships Large Division		
Elaine VanDerVeecken (18) W						
1:03.47 Y	F	100 Free	10/25/2009	October 25, 2009		TBS-AD
37.76 Y	F	50 Breast	10/25/2009	October 25, 2009		
33.00 Y	F	50 Fly	10/25/2009	October 25, 2009		
Jennifer Vandervort (13) W						
30.05 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		ALBS-AD
35.01 L	P	50 Free	5/21/2010	Internationale CNPPO		
1:06.95 Y	F	100 Free	12/5/2009	December2009supersplash		

Individual Top Times

Time	P/F/S	Event			
Jennifer Vandervort (13) W					
ALBS-AD					
1:15.06	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:22.91	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
2:39.09	L	P	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:49.03	L	F	400	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
6:26.63	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
35.89	Y	P	50	Back	3/19/2010 AD Gold Short Course Championships
41.79	L	P	50	Back	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:18.08	Y	F	100	Back	2/20/2010 Cabin Fever Invitational 2010
1:29.55	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
3:10.14	L	P	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
36.80	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
40.56	L	F	50	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:20.60	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
1:29.07	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:55.16	Y	F	200	Breast	3/19/2010 AD Gold Short Course Championships
3:05.91	L	F	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
41.71	L	P	50	Fly	5/21/2010 Internationale CNPPO
1:17.00	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
3:01.63	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Chase Vanucchi (16) M					
TBS-AD					
30.50	L	F	50	Free	5/8/2010 Super Circuit 1 Syracuse
1:01.58	Y	F	100	Free	10/25/2009 October 25, 2009
1:05.37	L	F	100	Free	5/8/2010 Super Circuit 1 Syracuse
29.54	Y	F	50	Back	10/25/2009 October 25, 2009
36.46	Y	F	50	Breast	10/25/2009 October 25, 2009
1:31.46	L	F	100	Breast	5/8/2010 Super Circuit 1 Syracuse
1:07.43	Y	F	100	IM	10/25/2009 October 25, 2009
Natalie Varland (9) W					
SSAC-AD					
24.68	Y	F	25	Free	12/19/2009 OLSC Winter Wonderland Meet
50.82	Y	F	50	Free	12/19/2009 OLSC Winter Wonderland Meet
24.24	Y	F	25	Back	12/19/2009 OLSC Winter Wonderland Meet
29.33	Y	F	25	Breast	12/19/2009 OLSC Winter Wonderland Meet
Marsella Ventura (10) W					
TBS-AD					
46.84	Y	F	50	Free	10/25/2009 October 25, 2009
59.32	Y	F	50	Back	10/25/2009 October 25, 2009
Anna Vescio (13) W					
SARY-AD					
34.50	Y L	F	50	Free	1/31/2010 Thoroughbred Splash 2010
1:15.95	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
2:41.62	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
40.58	Y	F	50	Back	11/8/2009 Hometown SplashDown
43.92	Y	F	50	Breast	11/21/2009 Harvest Invitational 2009
1:36.99	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
39.12	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:21.41	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
3:02.51	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Paul Vescio (9) M					
SARY-AD					
43.57	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:42.65	Y	F	100	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
22.67	Y	F	25	Back	3/12/2010 2010 NewYork State YMCA Swimming Championship
50.91	Y	F	50	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:49.68	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:03.84	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
30.17	Y	F	25	Fly	11/21/2009 Harvest Invitational 2009
1:05.69	Y	F	50	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
1:54.84	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Andrew Vesic (12) M					
BSPA-AD					
36.36	Y	F	50	Free	1/31/2010 Thoroughbred Splash 2010
1:23.89	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
42.12	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010

Individual Top Times

Time	P/F/S	Event				
Andrew Vesic (12) M						
48.47 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010		BSPA-AD
46.60 Y	F	50 Fly	11/21/2009	Harvest Invitational 2009		
1:40.56 Y	F	100 IM	10/25/2009	Trick or Treat Meet		
Christopher Vesic (14) M						
24.12 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships		BSPA-AD
54.25 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
2:09.85 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
1:06.38 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships		
1:18.77 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010		
Harlie Vincent (13) W						
28.12 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		ADDI-AD
1:03.48 Y	F	100 Free	1/31/2010	2010 NE GMA VT Invitational		
36.46 Y	F	50 Back	12/5/2009	December2009supersplash		
1:17.32 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
38.33 Y	F	50 Breast	12/5/2009	December2009supersplash		
1:21.30 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships		
32.53 Y	F	50 Fly	12/5/2009	December2009supersplash		
1:17.81 Y	F	100 Fly	1/8/2010	2010 NE GMA Winter Knights Invite		
2:43.46 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational		
Sheldon Vosburgh (15) M						
26.56 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		CANA-AD
56.79 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
2:09.20 Y	F	200 Free	1/30/2010	CVSLQuad Meet		
5:58.37 Y	F	500 Free	1/30/2010	CVSLQuad Meet		
1:09.00 Y	F	100 Back	1/16/2010	Canajoharie Developmental Meet		
2:31.46 Y	F	200 Back	1/30/2010	CVSLQuad Meet		
1:22.39 Y	F	100 Breast	2/27/2010	CVSLLeague Championships		
1:06.15 Y	F	100 Fly	1/16/2010	Canajoharie Developmental Meet		
2:37.29 Y	F	200 Fly	1/23/2010	CVSLTri Meet		
2:26.10 Y	F	200 IM	1/24/2010	Foothills Invitational 2010		
5:22.11 Y	F	400 IM	1/23/2010	CVSLTri Meet		
Zephran Vosburgh (14) M						
32.30 Y	F	50 Free	2/27/2010	CVSLLeague Championships		CANA-AD
1:17.71 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet		
2:54.39 Y	F	200 Free	1/30/2010	CVSLQuad Meet		
1:33.43 Y	F	100 Back	2/27/2010	CVSLLeague Championships		
Madison Waddell (11) W						
52.27 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		CPP-AD
1:04.54 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:56.08 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
57.58 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion		
57.73 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:58.74 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion		
1:06.17 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion		
1:12.26 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion		
Taylor Wadsworth (11) W						
31.31 Y	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		GLOY-AD
1:09.41 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship		
2:54.80 Y	F	200 Free	1/24/2010	Foothills Invitational 2010		
39.56 Y	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship		
1:47.31 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational		
Taylor Wadsworth (9) W						
16.69 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships		ALBS-AD
38.49 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
40.40 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion		
44.94 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:24.71 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
1:37.07 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion		
20.37 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event			
Taylor Wadsworth (9) W					
					ALBS-AD
44.36 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
51.98 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
52.09 L	F	50 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:42.34 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:51.83 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
25.19 Y	F	25 Breast	3/5/2010	AD Silver Short Course Championships	
54.30 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:01.12 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:03.63 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
21.62 Y	F	25 Fly	3/5/2010	AD Silver Short Course Championships	
51.43 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
51.87 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:08.33 L	F	100 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:37.25 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:02.62 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Erica Wagner (12) W					
					AMST-AD
30.82 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:07.32 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:29.93 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:46.29 Y	F	500 Free	3/5/2010	AD Silver Short Course Championships	
36.66 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:17.54 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:42.35 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
42.59 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:33.02 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
34.64 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:17.40 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:54.97 Y	F	200 Fly	3/19/2010	AD Gold Short Course Championships	
1:18.16 Y	F	100 IM	2/27/2010	CVSLLeague Championships	
2:44.75 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Jessica Wagner (16) W					
					CLIN-AD
28.31 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:03.99 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
2:21.90 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
6:07.85 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:12.94 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
2:38.49 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:26.43 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:04.88 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:17.89 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:37.38 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Paris Walkowiak (12) W					
					SCHE-AD
29.46 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:05.42 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:05.42 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:25.68 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
6:23.10 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
33.31 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
1:13.64 Y	P	100 Back	12/10/2009	2009 NE NSSC MIT Invitational	
2:38.06 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
42.98 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:31.58 Y	F	100 Breast	1/16/2010	Chris Goody IMX Challenge	
30.69 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:10.65 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
2:48.39 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
1:15.48 Y	P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:41.54 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Allison Walsh (17) W (Yr: SR)					
					UN-AD
2:19.48 Y	P	200 Free	11/5/2009	Girls Sec II Division 2 Championships	
1:11.80 Y	F	100 Back	11/5/2009	Girls Sec II Division 2 Championships	

Individual Top Times

Time	P/F/S	Event			
Sydney Walsh (16) W (Yr: FR)					
1:11.03	L P	100 Free	7/21/2010	2010 Empire State Games	UN-AD
3:08.42	L P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:25.30	Y P	100 Breast	11/5/2009	Girls Sec II Division 2 Championships	
1:32.57	L P	100 Breast	7/21/2010	2010 Empire State Games	
2:37.19	Y P	200 IM	11/5/2009	Girls Sec II Division 2 Championships	
6:24.54	L F	400 IM	7/21/2010	2010 Empire State Games	
Julia Walters (10) W					
34.95	Y F	50 Free	3/19/2010	AD Gold Short Course Championships	ALBS-AD
38.29	L F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
41.10	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.74	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:29.01	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:01.00	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
42.21	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
44.91	L F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
49.94	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:38.31	L F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:38.77	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:06.27	Y F	50 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
2:09.50	Y F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
42.60	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
49.70	L F	50 Fly	7/2/2010	Clinton Cudas Colgate Classic Invitational	
50.03	S F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:55.22	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Tess Walters (15) W (Yr: FR)					
27.92	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	ALBS-AD
31.24	L P	50 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:00.59	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:07.94	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.99	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:09.74	Y F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:26.95	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:51.69	Y F	500 Free	3/5/2010	AD Silver Short Course Championships	
1:08.21	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:16.46	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.99	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:32.50	Y F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
Matthew Walton (12) M					
25.54	Y P	50 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	AD-AD
28.64	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
56.83	Y P	100 Free	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:05.40	L F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:09.15	Y F	200 Free	3/19/2010	AD Gold Short Course Championships	
2:23.75	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:59.09	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
31.03	Y P	50 Back	4/1/2010	2010 Eastern Zone SC Swimming Championships	
35.34	L F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:08.75	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:20.61	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:34.34	Y F	200 Back	12/5/2009	December2009supersplash	
37.81	Y F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
41.63	L F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:25.04	Y F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:36.14	L F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:04.64	Y F	200 Breast	12/5/2009	December2009supersplash	
29.65	Y P	50 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
32.56	L F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.03	Y P	100 Fly	4/1/2010	2010 Eastern Zone SC Swimming Championships	
1:20.06	L P	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.25	Y P	100 IM	4/1/2010	2010 Eastern Zone SC Swimming Championships	

Individual Top Times

Time	P/F/S	Event			
Matthew Walton (12) M					
2:33.90	Y	F	200	IM	1/16/2010 Chris Goody IMX Challenge
2:50.61	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Emily Wang (8) W					
19.21	Y	F	25	Free	10/18/2009 2009 Ocean Blue Invitational Swim Meet
39.05	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
45.24	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
47.15	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:28.04	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:37.96	L	F	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
44.93	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
48.75	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
52.32	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:41.30	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
25.74	Y	F	25	Breast	10/18/2009 2009 Ocean Blue Invitational Swim Meet
52.49	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
58.46	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
59.13	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
20.96	Y	F	25	Fly	10/18/2009 2009 Ocean Blue Invitational Swim Meet
42.18	Y	F	50	Fly	3/19/2010 AD Gold Short Course Championships
48.70	L	F	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
49.02	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:37.57	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
1:45.58	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Jessica Wang (13) W					
28.71	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:02.47	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:09.44	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:11.57	Y	P	200	Free	3/19/2010 AD Gold Short Course Championships
5:22.24	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
5:44.51	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
32.14	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:11.47	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:17.25	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:21.17	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:28.06	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
2:50.73	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
38.10	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:21.88	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:31.49	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:52.05	Y	F	200	Breast	11/15/2009 Pilgrims Pride
3:18.75	L	F	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
31.22	Y	F	50	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:06.72	Y	P	100	Fly	3/19/2010 AD Gold Short Course Championships
1:15.83	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:16.18	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:24.91	Y	F	200	Fly	3/19/2010 AD Gold Short Course Championships
2:41.35	L	F	200	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:10.16	Y	F	100	IM	1/8/2010 2010 Starfish Trophy Invitational
2:29.47	Y	F	200	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
2:46.25	L	F	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
5:58.44	L	F	400	IM	7/23/2010 2010 Adirondack Long Course District Champion
Katie Ward (13) W (Yr: 8)					
29.98	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:05.82	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
2:26.05	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
33.42	Y	F	50	Back	12/5/2009 December2009supersplash
1:11.10	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:30.76	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
1:30.87	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
3:17.58	Y	F	200	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational

GRGF-AD

ALBS-AD

ALBS-AD

ALBS-AD

Individual Top Times

Time	P/F/S	Event				
Katie Ward (13) W (Yr: 8)						
1:26.86	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
2:50.37	Y	F	200	IM	1/8/2010	2010 Starfish Trophy Invitational
Scott Ward (8) M						
16.88	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
36.90	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
40.37	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
41.79	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:25.04	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
1:36.93	L	F	100	Free	7/23/2010	2010 Adirondack Long Course District Champion
18.62	Y	F	25	Back	11/21/2009	Harvest Invitational 2009
39.09	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
44.02	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
44.30	L	F	50	Back	7/23/2010	2010 Adirondack Long Course District Champion
1:25.92	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
31.68	Y	F	25	Breast	11/21/2009	Harvest Invitational 2009
1:17.45	Y	F	50	Breast	12/5/2009	December2009supersplash
1:36.54	L	F	50	Breast	7/23/2010	2010 Adirondack Long Course District Champion
18.25	Y	F	25	Fly	3/5/2010	AD Silver Short Course Championships
42.74	Y	F	50	Fly	3/19/2010	AD Gold Short Course Championships
49.70	S	F	50	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:41.45	Y	F	100	IM	3/19/2010	AD Gold Short Course Championships
Hannah Warren (12) W						
44.83	Y	F	50	Free	11/14/2009	CVSL First Splash
2:02.32	Y	F	100	Free	1/23/2010	CVSLTri Meet
46.42	Y	F	50	Back	12/19/2009	CVSL Quad Meet
1:54.48	Y	F	100	Back	1/23/2010	CVSLTri Meet
Philip Wasson (11) M						
31.73	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:11.11	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
36.64	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
1:22.88	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
47.02	Y	F	50	Breast	2/27/2010	CVSLLeague Championships
1:42.37	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
44.20	Y	F	50	Fly	11/21/2009	CVSL Quad Meet
1:25.68	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Kaitlyn Watrobski (8) W						
20.28	Y	F	25	Free	3/5/2010	AD Silver Short Course Championships
44.10	Y	F	50	Free	12/19/2009	Saratoga 12&Under Mini-Meet
52.29	S	F	50	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:50.27	Y	F	100	Free	1/31/2010	Thoroughbred Splash 2010
26.21	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
54.64	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
55.93	S	F	50	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:13.99	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
25.91	Y	F	25	Breast	3/5/2010	AD Silver Short Course Championships
55.11	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
1:00.30	S	F	50	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
Margaret Wayne (18) W (Yr: SR)						
1:15.13	Y	P	100	Fly	11/5/2009	Girls Sec II Division I Championships
Amanda Weaver (13) W						
32.51	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
1:15.10	Y	F	100	Free	12/5/2009	December2009supersplash
38.65	Y	F	50	Back	3/5/2010	AD Silver Short Course Championships
1:24.11	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
Mary Weaver (14) W						
31.83	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
36.00	L	P	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:10.10	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:19.77	L	P	100	Free	7/23/2010	2010 Adirondack Long Course District Champion

ALBS-AD

ALBS-AD

DLHI-AD

CLRK-AD

CPP-AD

UN-AD

USAM-AD

USAM-AD

Individual Top Times

Time	P/F/S	Event			
Mary Weaver (14) W			USAM-AD		
1:22.67	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:37.51	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
7:14.41	Y F	500 Free	2/20/2010	Cabin Fever Invitational 2010	
40.87	Y F	50 Back	12/5/2009	December2009supersplash	
1:25.35	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:38.76	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.33	Y F	50 Breast	12/5/2009	December2009supersplash	
1:32.59	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:47.00	L P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:47.83	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:39.01	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:57.95	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:21.50	L P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Maverick Weaver (10) M			CANA-AD		
1:16.70	Y F	50 Free	1/16/2010	Canajoharie Developmental Meet	
3:00.64	Y F	100 Free	1/30/2010	CVSLQuad Meet	
1:14.79	Y F	50 Back	1/16/2010	Canajoharie Developmental Meet	
3:17.30	Y F	100 Back	1/30/2010	CVSLQuad Meet	
Shawna Weaver (12) W			SCHE-AD		
28.50	Y F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:02.66	Y P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:18.68	Y F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
6:25.65	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
33.58	Y F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
1:12.78	Y F	100 Back	3/19/2010	AD Gold Short Course Championships	
2:40.67	Y F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
39.69	Y F	50 Breast	12/5/2009	December2009supersplash	
1:24.20	Y F	100 Breast	11/15/2009	Pilgrims Pride	
3:05.41	Y F	200 Breast	12/5/2009	December2009supersplash	
31.91	Y F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:10.07	Y F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:13.34	Y P	100 IM	3/19/2010	AD Gold Short Course Championships	
2:34.02	Y P	200 IM	3/19/2010	AD Gold Short Course Championships	
5:40.99	Y F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Jasmine Weber Pierson (13) W			NHA-AD		
29.77	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	
35.21	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:09.90	Y F	100 Free	1/16/2010	Canajoharie Developmental Meet	
2:29.01	Y F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
2:54.28	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:17.15	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:27.84	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
41.91	Y F	50 Fly	2/20/2010	Cabin Fever Invitational 2010	
Brianna Weber (12) W			CANA-AD		
29.90	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:11.03	Y F	100 Free	1/16/2010	Canajoharie Developmental Meet	
2:39.40	Y F	200 Free	1/23/2010	CVSLTri Meet	
7:26.08	Y F	500 Free	12/12/2009	Amsterdam Sea Rams Invitational	
37.60	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:22.21	Y F	100 Back	1/30/2010	CVSLQuad Meet	
42.59	Y F	50 Breast	12/19/2009	CVSL Quad Meet	
1:36.17	Y F	100 Breast	1/23/2010	CVSLTri Meet	
38.24	Y F	50 Fly	11/21/2009	CVSL Quad Meet	
1:28.94	Y F	100 Fly	1/30/2010	CVSLQuad Meet	
1:22.31	Y F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
Matthew Weber (17) M			DELM-AD		
26.21	Y F	50 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
57.06	Y P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:03.44	Y F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Matthew Weber (17) M					
DELM-AD					
5:31.41	Y	F	500	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:06.42	Y	F	100	Back	10/25/2009 Trick or Treat Meet
2:16.04	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:14.33	Y	P	100	Breast	3/19/2010 AD Gold Short Course Championships
58.82	Y	P	100	Fly	2/11/2010 Section II Championships Large Division
2:09.59	Y	P	200	IM	2/11/2010 Section II Championships Large Division
Sebastien Weekes (13) M					
SSCY-AD					
31.71	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
39.30	Y	F	50	Back	11/21/2009 Harvest Invitational 2009
44.58	Y	F	50	Breast	10/18/2009 2009 Ocean Blue Invitational Swim Meet
33.78	Y	P	50	Fly	3/12/2010 2010 NewYork State YMCA Swimming Championship
Carissa Wei (13) W					
ALBS-AD					
31.38	Y	F	50	Free	2/20/2010 Cabin Fever Invitational 2010
35.02	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:09.53	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:19.50	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:20.66	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:35.87	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
41.52	Y	F	50	Back	10/25/2009 Trick or Treat Meet
44.15	L	P	50	Back	5/21/2010 Internationale CNPPO
1:22.53	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
1:29.83	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:35.01	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:56.32	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
3:13.67	L	P	200	Back	5/21/2010 Internationale CNPPO
45.05	Y	F	50	Breast	10/25/2009 Trick or Treat Meet
48.97	L	P	50	Breast	5/21/2010 Internationale CNPPO
1:32.85	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
1:41.16	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:45.13	L	P	100	Breast	5/21/2010 Internationale CNPPO
3:17.17	Y	F	200	Breast	3/5/2010 AD Silver Short Course Championships
3:44.48	L	P	200	Breast	7/23/2010 2010 Adirondack Long Course District Champion
46.69	Y	F	50	Fly	11/15/2009 Pilgrims Pride
49.04	L	P	50	Fly	5/21/2010 Internationale CNPPO
1:26.69	Y	F	100	IM	10/25/2009 Trick or Treat Meet
2:58.68	Y	F	200	IM	2/20/2010 Cabin Fever Invitational 2010
Joseph Weiler (17) M					
ALBS-AD					
25.39	Y L	F	50	Free	3/19/2010 AD Gold Short Course Championships
29.47	L	P	50	Free	5/21/2010 Internationale CNPPO
55.22	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
1:02.64	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:03.84	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
2:00.76	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
2:19.05	L	P	200	Free	5/21/2010 Internationale CNPPO
5:27.62	Y	F	500	Free	1/8/2010 2010 Starfish Trophy Invitational
31.52	Y L	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
36.18	L	P	50	Back	5/21/2010 Internationale CNPPO
1:05.13	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
1:12.62	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:16.21	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:18.11	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
2:38.94	L	F	200	Back	5/21/2010 Internationale CNPPO
41.85	L	P	50	Breast	5/21/2010 Internationale CNPPO
1:18.20	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:27.40	S	F	100	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:13.79	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:20.84	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
5:01.68	Y	F	400	IM	3/5/2010 AD Silver Short Course Championships
Nathan Wei (15) M					
ALBS-AD					
31.17	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion

Individual Top Times

Time	P/F/S	Event			
Nathan Wei (15) M			ALBS-AD		
1:10.05 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:10.95 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:38.12 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
40.46 L	P	50 Back	5/21/2010	Internationale CNPPO	
1:22.80 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:26.16 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
3:05.13 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
46.60 L	P	50 Breast	5/21/2010	Internationale CNPPO	
1:40.47 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Michael Wein (11) M			CANA-AD		
39.24 Y	F	50 Free	1/24/2010	Foothills Invitational 2010	
1:29.11 Y	F	100 Free	1/30/2010	CVSLQuad Meet	
45.92 Y	F	50 Back	2/27/2010	CVSLLeague Championships	
1:45.63 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:07.20 Y	F	50 Fly	1/24/2010	Foothills Invitational 2010	
Maximilian Weires (11) M			HAWK-AD		
37.59 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
42.67 L	F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:30.06 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:45.89 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
3:23.97 Y	F	200 Free	1/29/2010	Hawks Trials And Finals 2010	
3:50.10 L	F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
44.46 Y	F	50 Back	3/13/2010	ESSL Championship 2010	
49.72 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
1:44.60 Y	F	100 Back	1/23/2010	Kingston Snowball Invitational	
1:52.37 L	F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
51.11 Y	F	50 Breast	1/29/2010	Hawks Trials And Finals 2010	
54.96 L	F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:48.88 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:03.14 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:52.56 Y	F	200 Breast	3/5/2010	AD Silver Short Course Championships	
45.35 Y	F	50 Fly	3/13/2010	ESSL Championship 2010	
53.88 L	F	50 Fly	7/9/2010	Hawks Summer Invitational 2010	
1:35.76 Y	F	100 IM	1/29/2010	Hawks Trials And Finals 2010	
3:34.02 Y	F	200 IM	1/29/2010	Hawks Trials And Finals 2010	
3:55.76 L	F	200 IM	7/9/2010	Hawks Summer Invitational 2010	
Matthew Weisheit (13) M			RAVE-AD		
40.06 Y	F	50 Free	10/10/2009	Ravena Autumn Breeze	
50.89 Y	F	50 Back	10/10/2009	Ravena Autumn Breeze	
50.31 Y	F	50 Breast	10/10/2009	Ravena Autumn Breeze	
Harrison Weiss (10) M			SVP-AD		
44.92 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:48.67 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
51.34 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:56.67 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:14.34 Y	F	50 Fly	12/12/2009	Amsterdam Sea Rams Invitational	
Madelyn Weiss (7) W			SVP-AD		
28.79 Y	F	25 Free	1/16/2010	Canajoharie Developmental Meet	
35.74 Y	F	25 Back	1/16/2010	Canajoharie Developmental Meet	
Paige Weiss (14) W			KING-AD		
32.64 Y	F	50 Free	1/23/2010	Kingston Snowball Invitational	
1:16.24 Y	F	100 Free	1/23/2010	Kingston Snowball Invitational	
2:40.63 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.53 Y	F	100 Back	1/23/2010	Kingston Snowball Invitational	
Molly Welch (13) W			USAM-AD		
30.62 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:09.27 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:16.58 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:35.10 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event				
Molly Welch (13) W						
36.51 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships		USAM-AD
1:26.40 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:48.24 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:23.00 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships		
William Weldon (7) M						
29.15 Y	F	25 Free	2/27/2010	CVSLLeague Championships		CLRK-AD
32.92 Y	F	25 Back	1/16/2010	Canajoharie Developmental Meet		
Abigail Wells (13) W						
36.01 Y	F	50 Free	3/6/2010	Under The Big Top		SSAC-AD
1:22.64 Y	F	100 Free	3/6/2010	Under The Big Top		
1:31.92 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse		
3:14.60 L	F	200 Free	5/8/2010	Super Circuit 1 Syracuse		
1:30.52 Y	F	100 Back	3/6/2010	Under The Big Top		
1:43.64 L	F	100 Back	5/8/2010	Super Circuit 1 Syracuse		
1:56.75 Y	F	100 Breast	3/6/2010	Under The Big Top		
Emerson Wells (14) M						
26.63 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships		ALBS-AD
56.36 Y L	F	100 Free	3/19/2010	AD Gold Short Course Championships		
1:02.32 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:01.73 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
4:55.30 Y	P	500 Free	3/4/2011	2011 NYSPHSAA Swimming & Diving Championship		
1:15.32 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:13.13 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:21.68 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:34.29 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships		
1:05.52 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:10.78 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:27.32 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational		
2:18.27 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships		
Katherine Wendell (10) W						
1:42.14 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010		SARY-AD
53.08 Y	F	50 Back	11/8/2009	Hometown SplashDown		
54.07 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010		
1:00.50 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010		
Rosalie Wendling (17) W						
29.79 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships		ALBS-AD
1:05.67 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships		
1:22.60 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships		
1:15.70 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships		
Deirdre Werner (14) W (Yr: 8)						
27.16 Y	P	50 Free	11/5/2009	Girls Sec II Division 2 Championships		UN-AD
1:00.05 Y	F	100 Free	11/5/2009	Girls Sec II Division 2 Championships		
32.78 Y	F	50 Back	12/5/2009	December2009supersplash		
37.96 Y	F	50 Breast	12/5/2009	December2009supersplash		
32.45 Y	F	50 Fly	12/5/2009	December2009supersplash		
2:44.47 Y	F	200 IM	12/5/2009	December2009supersplash		
Olivia Werner (17) W (Yr: JR)						
26.60 Y	F	50 Free	11/5/2009	Girls Sec II Division 2 Championships		UN-AD
31.69 Y	F	50 Back	12/5/2009	December2009supersplash		
30.06 Y	F	50 Fly	12/5/2009	December2009supersplash		
1:05.62 Y	F	100 Fly	11/5/2009	Girls Sec II Division 2 Championships		
Noah Western (14) M						
43.00 Y	F	50 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
1:44.91 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
Whitney Western (11) W						
36.73 Y	F	50 Free	1/24/2010	Foothills Invitational 2010		GLOY-AD
1:23.43 Y	F	100 Free	1/24/2010	Foothills Invitational 2010		
47.83 Y	F	50 Fly	1/24/2010	Foothills Invitational 2010		

Individual Top Times

Time	P/F/S	Event			
Jacob West (11) M					
39.09 Y	F	50 Free	12/5/2009	December2009supersplash	GLFY-AD
1:34.28 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
41.68 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
48.86 Y	F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:43.25 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
53.94 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:41.38 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
Katie West (10) W					
1:03.79 Y	F	50 Free	12/19/2009	Saratoga 12&Under Mini-Meet	CPP-AD
1:02.21 Y	F	50 Back	12/19/2009	Saratoga 12&Under Mini-Meet	
Sarah Wettergreen (10) W					
33.18 Y L	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	SSCY-AD
1:13.35 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:40.22 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
41.41 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:40.88 Y	F	100 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
50.51 Y	F	50 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet	
1:52.88 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
49.35 Y	F	50 Fly	12/12/2009	Amsterdam Sea Rams Invitational	
1:29.68 Y	F	100 IM	1/16/2010	Chris Goody 10&Under Mini-Meet	
Andrew Wheeler (15) M					
26.49 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	DELM-AD
1:01.51 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:14.22 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:19.17 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:52.06 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:35.86 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Jacob Wheeler (12) M					
28.97 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	DELM-AD
1:04.99 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:31.99 Y	F	200 Free	2/20/2010	Cabin Fever Invitational 2010	
7:25.77 Y	F	500 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
34.09 Y	S	50 Back	3/19/2010	AD Gold Short Course Championships	
1:18.18 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
41.29 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:31.60 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
37.44 Y	P	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:16.60 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
Jonathan Wheeler (18) M					
22.02 Y	P	50 Free	2/11/2010	Section II Championships Large Division	UN-AD
49.29 Y	F	100 Free	2/11/2010	Section II Championships Large Division	
1:01.80 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:09.73 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:37.67 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
Emily Whitaker (17) W (Yr: JR)					
25.64 Y L	F	50 Free	11/5/2009	Girls Sec II Division I Championships	UN-AD
30.29 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
55.08 Y	F	100 Free	11/5/2009	Girls Sec II Division I Championships	
1:03.18 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:03.69 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:56.63 Y	F	200 Free	11/5/2009	Girls Sec II Division I Championships	
2:17.35 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
4:53.96 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:26.10 Y	P	500 Free	1/29/2010	WYW AA Invitational	
1:06.50 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
1:14.52 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:18.57 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:47.46 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:14.83 Y	F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	

Individual Top Times

Time	P/F/S	Event				
Emily Whitaker (17) W (Yr: JR)						
1:26.94	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:38.61	Y	F	200	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:05.46	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
1:14.68	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
1:17.62	L	P	100	Fly	7/23/2010	2010 Adirondack Long Course District Champion
2:16.67	Y	P	200	IM	3/19/2010	AD Gold Short Course Championships
2:41.14	L	P	200	IM	7/23/2010	2010 Adirondack Long Course District Champion
4:54.10	Y	F	400	IM	1/8/2010	2010 Starfish Trophy Invitational
Colleen White (14) W (Yr: FR)						
1:11.61	Y	F	100	Free	1/30/2010	CVSLQuad Meet
2:37.18	Y	F	200	Free	1/30/2010	CVSLQuad Meet
1:22.73	Y	F	100	Back	12/19/2009	CVSL Quad Meet
3:02.34	Y	F	200	Back	1/30/2010	CVSLQuad Meet
1:23.55	Y	F	100	Fly	11/14/2009	CVSL First Splash
Dylan White (13) M						
32.24	Y	F	50	Free	12/5/2009	December2009supersplash
1:12.10	Y	F	100	Free	11/8/2009	Hometown SplashDown
37.12	Y	F	50	Back	12/5/2009	December2009supersplash
41.68	Y	F	50	Fly	1/8/2010	2010 Starfish Trophy Invitational
Lauren White (10) W						
43.66	Y	F	50	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
1:46.81	Y	F	100	Free	12/19/2009	Saratoga 12&Under Mini-Meet
52.72	Y	F	50	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
58.50	Y	F	50	Breast	1/31/2010	Thoroughbred Splash 2010
Lindsey White (12) W						
30.44	Y	F	50	Free	1/31/2010	Thoroughbred Splash 2010
1:12.42	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
38.08	Y	F	50	Back	1/8/2010	2010 Starfish Trophy Invitational
1:24.88	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
47.63	Y	F	50	Breast	1/8/2010	2010 Starfish Trophy Invitational
1:44.54	Y	F	100	Breast	2/6/2010	Delmar Dolphins February Freeze Invitational
38.42	Y	F	50	Fly	3/5/2010	AD Silver Short Course Championships
1:24.09	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
3:14.59	Y	F	200	IM	1/31/2010	Thoroughbred Splash 2010
Morgan Whitney (12) W						
30.07	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
1:04.83	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
32.35	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
1:11.25	Y	F	100	Back	3/19/2010	AD Gold Short Course Championships
1:18.26	Y	F	100	IM	2/20/2010	Cabin Fever Invitational 2010
Orion Whitney (15) M						
25.09	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships
55.20	Y	P	100	Free	3/19/2010	AD Gold Short Course Championships
1:05.42	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:00.21	Y	P	200	Free	3/19/2010	AD Gold Short Course Championships
5:20.02	Y	F	500	Free	3/19/2010	AD Gold Short Course Championships
11:40.03	Y	F	1000	Free	12/5/2009	December2009supersplash
1:03.66	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
1:13.61	S	F	100	Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:18.49	Y	P	200	Back	3/19/2010	AD Gold Short Course Championships
1:12.95	Y	F	100	Breast	3/19/2010	AD Gold Short Course Championships
1:24.75	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:41.38	Y	F	200	Breast	12/5/2009	December2009supersplash
1:05.88	Y	F	100	Fly	1/8/2010	2010 Starfish Trophy Invitational
1:13.75	S	F	100	Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:19.85	Y	F	200	IM	2/20/2010	Cabin Fever Invitational 2010
4:53.93	Y	F	400	IM	3/19/2010	AD Gold Short Course Championships
Paige Whitney (18) W						
27.19	Y	P	50	Free	3/19/2010	AD Gold Short Course Championships

ALBS-AD

CANA-AD

GRGF-AD

GRGF-AD

GRGF-AD

NHA-AD

ALBS-AD

NHA-AD

Individual Top Times

Time	P/F/S	Event			
Paige Whitney (18) W					
NHA-AD					
59.23 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
2:08.34 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
1:09.57 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:26.89 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:18.78 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
2:28.43 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
Sierra Whitney (10) W					
ALBS-AD					
38.13 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
43.99 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
46.84 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.97 Y	F	100 Free	12/5/2009	December2009supersplash	
1:40.35 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:10.09 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.99 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
49.61 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
55.98 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:40.66 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:53.92 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
55.15 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:00.10 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:59.75 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
2:11.82 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
49.73 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
57.21 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:12.73 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:45.03 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
1:59.81 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:39.89 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Brendan Wick (11) M					
GRGF-AD					
40.32 Y	F	50 Free	11/8/2009	Hometown SplashDown	
1:35.01 Y	F	100 Free	11/8/2009	Hometown SplashDown	
49.99 Y	F	50 Back	11/8/2009	Hometown SplashDown	
Carole Wilay (7) W					
SSAC-AD					
26.67 Y	F	25 Free	10/25/2009	October 25, 2009	
1:04.09 Y	F	50 Free	10/25/2009	October 25, 2009	
35.23 Y	F	25 Back	10/25/2009	October 25, 2009	
Aniela Wilcenski (11) W					
SSCY-AD					
31.53 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
1:09.52 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:32.18 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
35.69 Y	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:17.90 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
45.73 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:42.71 Y	F	100 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
33.83 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:18.15 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:19.60 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
2:51.32 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	
Colin Wilcox (12) M					
CLRK-AD					
32.09 Y L	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:13.12 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
7:49.89 Y	F	500 Free	12/12/2009	Amsterdam Sea Rams Invitational	
38.13 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:26.10 Y	F	100 Back	1/30/2010	CVSLQuad Meet	
54.68 Y	F	50 Breast	12/19/2009	CVSL Quad Meet	
43.15 Y	F	50 Fly	12/5/2009	CVSL Quad Meet	
1:56.94 Y	F	100 Fly	12/19/2009	CVSL Quad Meet	
1:33.29 Y	F	100 IM	1/8/2010	2010 Starfish Trophy Invitational	
3:32.27 Y	F	200 IM	1/30/2010	CVSLQuad Meet	

Individual Top Times

Time	P/F/S	Event			
Mackenzie Wilcox (17) W (Yr: JR)					
					UN-AD
27.07 Y	F	50 Free	11/15/2009	Pilgrims Pride	
30.87 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
58.26 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:08.25 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
2:09.36 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:30.47 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:11.98 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:41.76 Y	F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
32.75 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:08.92 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:22.82 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:27.00 Y	F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:52.13 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:17.18 Y	F	100 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:32.60 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
2:48.52 Y	F	200 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:06.80 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:19.38 L	F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:34.23 Y	F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:25.21 Y	F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
2:51.98 L	P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
5:06.14 Y	F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Lauren Wildermuth (12) W					
					DELM-AD
27.39 Y	F	50 Free	3/19/2010	AD Gold Short Course Championships	
31.71 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:02.25 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:23.33 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
6:35.31 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
30.83 Y	P	50 Back	3/19/2010	AD Gold Short Course Championships	
34.91 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:08.51 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
2:35.01 Y	F	200 Back	12/5/2009	December2009supersplash	
37.10 Y	P	50 Breast	3/19/2010	AD Gold Short Course Championships	
43.27 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:21.32 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
30.00 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
33.94 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:08.35 Y	P	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:09.81 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:22.05 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:42.16 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Sarah Wilder (10) W					
					TBS-AD
55.29 L	F	50 Free	5/8/2010	Super Circuit 1 Syracuse	
2:18.99 L	F	100 Free	5/8/2010	Super Circuit 1 Syracuse	
2:22.34 L	F	100 Back	5/8/2010	Super Circuit 1 Syracuse	
Noah Wilkerson (12) M					
					ALBS-AD
36.61 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:21.40 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:34.06 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:34.17 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:59.09 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
3:19.21 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
9:28.89 Y	F	500 Free	10/25/2009	Trick or Treat Meet	
43.04 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
51.50 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:32.37 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:37.72 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:50.01 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
46.85 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:46.18 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	

Individual Top Times

Time	P/F/S	Event			
Noah Wilkerson (12) M			ALBS-AD		
1:55.63	L P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:59.68	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:54.71	Y F	200 Breast	12/5/2009	December2009supersplash	
43.05	Y F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:30.79	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:29.94	Y F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	
Molly Wilkins (17) W			WAVE-AD		
27.89	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:01.84	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:13.68	Y F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
5:56.42	Y F	500 Free	1/8/2010	2010 Starfish Trophy Invitational	
33.05	Y L F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:10.64	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
2:30.91	Y F	200 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:07.36	Y F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:31.77	Y P	200 Fly	3/19/2010	AD Gold Short Course Championships	
2:35.19	Y F	200 IM	1/31/2010	2010 NE GMA VT Invitational	
Matthew Wilkinson (11) M			GLFY-AD		
32.80	Y F	50 Free	12/5/2009	December2009supersplash	
34.97	S F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
36.42	L F	50 Free	7/9/2010	Hawks Summer Invitational 2010	
1:12.14	Y F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:26.93	L F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
3:08.28	L F	200 Free	7/9/2010	Hawks Summer Invitational 2010	
42.86	Y F	50 Back	12/5/2009	December2009supersplash	
44.42	S F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
48.26	L P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:35.43	Y F	100 Back	12/5/2009	December2009supersplash	
1:39.01	L F	100 Back	7/9/2010	Hawks Summer Invitational 2010	
3:31.02	L F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
50.55	Y F	50 Breast	12/5/2009	December2009supersplash	
51.93	S F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
56.53	L F	50 Breast	7/9/2010	Hawks Summer Invitational 2010	
1:52.88	Y F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
40.93	Y F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
47.10	L P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:29.71	Y F	100 IM	11/8/2009	Hometown SplashDown	
1:38.75	S F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:31.13	Y F	200 IM	12/5/2009	December2009supersplash	
3:31.66	L P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Melissa Wilkinson (15) W			GLFY-AD		
27.25	Y P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
31.88	L P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:01.09	Y P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:11.29	L P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:12.70	Y F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:35.97	L P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:50.38	L F	400 Free	7/9/2010	Hawks Summer Invitational 2010	
1:12.62	Y F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:23.21	L P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:29.75	Y P	200 Back	3/19/2010	AD Gold Short Course Championships	
2:57.59	L P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:26.54	Y F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:45.30	L F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
3:11.25	Y F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:06.00	Y F	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:16.31	L F	100 Fly	7/9/2010	Hawks Summer Invitational 2010	
2:38.47	Y F	200 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:32.93	Y F	200 IM	11/15/2009	Pilgrims Pride	
2:57.78	L P	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Ryan Wilkinson (9) M					
					GLFY-AD
18.09 Y	F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet	
36.06 Y	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
40.68 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
40.77 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:24.83 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:29.59 L	F	100 Free	7/9/2010	Hawks Summer Invitational 2010	
3:14.67 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
22.30 Y	F	25 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
50.36 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
51.79 L	F	50 Back	7/9/2010	Hawks Summer Invitational 2010	
53.08 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:59.44 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
30.91 Y	F	25 Breast	12/19/2009	Saratoga 12&Under Mini-Meet	
1:01.51 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:05.60 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:07.27 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:11.39 L	F	100 Breast	7/9/2010	Hawks Summer Invitational 2010	
23.11 Y	F	25 Fly	12/19/2009	Saratoga 12&Under Mini-Meet	
53.43 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
56.65 Y	F	50 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:56.47 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Elijah Willett (12) M					
					AMST-AD
42.81 Y	F	50 Free	10/25/2009	Trick or Treat Meet	
1:32.25 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	
3:26.04 Y	F	200 Free	1/23/2010	CVSLTri Meet	
47.46 Y	F	50 Back	12/5/2009	CVSL Quad Meet	
59.85 Y	F	50 Breast	11/14/2009	CVSL First Splash	
2:01.70 Y	F	100 Breast	1/23/2010	CVSLTri Meet	
1:58.12 Y	F	100 IM	12/5/2009	CVSL Quad Meet	
Kimberly Willey (17) W (Yr: JR)					
					CPP-AD
32.24 Y L	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:09.47 Y	F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
2:25.39 Y	F	200 Free	1/31/2010	Thoroughbred Splash 2010	
6:11.71 Y	F	500 Free	1/31/2010	Thoroughbred Splash 2010	
1:15.91 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:37.73 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:16.25 Y	P	100 Breast	11/5/2009	Girls Sec II Division I Championships	
2:45.95 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:16.36 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:36.57 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
5:38.05 Y	F	400 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Andrew Williams (11) M					
					GRGF-AD
43.66 Y	F	50 Free	1/31/2010	Thoroughbred Splash 2010	
50.02 Y	F	50 Back	2/20/2010	Cabin Fever Invitational 2010	
58.58 Y	F	50 Breast	1/31/2010	Thoroughbred Splash 2010	
1:06.86 L	P	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
50.79 Y	F	50 Fly	1/31/2010	Thoroughbred Splash 2010	
1:02.72 L	P	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
Annie Williams (11) W					
					GLFY-AD
30.78 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
32.42 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:06.00 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:15.50 L	P	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:33.19 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:41.22 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:44.96 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
33.65 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
39.78 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.50 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:29.85 L	P	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	

Individual Top Times

Time	P/F/S	Event			
Annie Williams (11) W					
2:47.96	Y	F	200	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
3:08.17	L	F	200	Back	7/23/2010 2010 Adirondack Long Course District Champion
45.72	Y	F	50	Breast	1/8/2010 2010 Starfish Trophy Invitational
52.41	L	F	50	Breast	7/9/2010 Hawks Summer Invitational 2010
1:39.93	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
3:40.67	Y	F	200	Breast	12/5/2009 December2009supersplash
36.62	L	P	50	Fly	7/23/2010 2010 Adirondack Long Course District Champion
37.17	Y	F	50	Fly	12/5/2009 December2009supersplash
1:34.51	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:43.40	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
1:21.58	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
2:54.26	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
3:15.00	L	F	200	IM	7/9/2010 Hawks Summer Invitational 2010
Brad Williams (14) M					
1:03.50	Y	F	100	Free	11/15/2009 Pilgrims Pride
2:22.74	Y	F	200	Free	10/25/2009 Trick or Treat Meet
5:57.05	Y	F	500	Free	10/25/2009 Trick or Treat Meet
12:09.06	Y	F	1000	Free	12/5/2009 December2009supersplash
1:12.42	Y	F	100	Back	11/15/2009 Pilgrims Pride
2:29.38	Y	F	200	Back	11/15/2009 Pilgrims Pride
1:31.55	Y	F	100	Breast	11/15/2009 Pilgrims Pride
2:37.48	Y	F	200	IM	10/25/2009 Trick or Treat Meet
5:18.48	Y	F	400	IM	1/8/2010 2010 Starfish Trophy Invitational
Emily Williams (16) W (Yr: JR)					
29.83	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:04.39	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
2:22.93	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
13:10.07	Y	F	1000	Free	12/5/2009 December2009supersplash
1:08.84	Y	P	100	Back	11/5/2009 Girls Sec II Division 2 Championships
2:30.68	Y	F	200	Back	11/15/2009 Pilgrims Pride
1:25.40	Y	F	100	Breast	11/15/2009 Pilgrims Pride
3:12.11	Y	F	200	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:12.90	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:37.37	Y	F	200	Fly	1/8/2010 2010 Starfish Trophy Invitational
2:39.96	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
Johanna Williams (15) W					
1:17.43	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
7:05.33	L	F	400	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:20.15	Y	F	100	Fly	1/31/2010 Thoroughbred Splash 2010
1:46.69	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
3:07.15	Y	F	200	IM	1/31/2010 Thoroughbred Splash 2010
3:44.97	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
Mattie Williams (8) W					
40.39	Y L	F	25	Free	11/8/2009 Hometown SplashDown
43.73	Y	F	50	Free	12/19/2009 Saratoga 12&Under Mini-Meet
21.80	Y	F	25	Back	11/8/2009 Hometown SplashDown
48.05	Y	F	50	Back	12/5/2009 December2009supersplash
28.29	Y	F	25	Breast	11/8/2009 Hometown SplashDown
1:04.64	Y	F	50	Breast	12/5/2009 December2009supersplash
22.16	Y	F	25	Fly	3/12/2010 2010 New York State YMCA Swimming Championship
1:53.97	Y	F	100	IM	11/8/2009 Hometown SplashDown
Megan Williams (10) W					
39.38	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:26.09	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
45.28	Y	F	50	Back	2/20/2010 Cabin Fever Invitational 2010
53.52	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
48.31	Y	F	50	Fly	2/20/2010 Cabin Fever Invitational 2010
Olivia Williams (14) W					
31.23	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational

GLFY-AD

GLFY-AD

GLFY-AD

GRGF-AD

GLFY-AD

BSPA-AD

CDY-AD

Individual Top Times

Time	P/F/S	Event			
Olivia Williams (14) W					
					CDY-AD
1:11.46	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:21.46	S	F	100	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:42.36	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
1:20.21	Y	F	100	Back	11/21/2009 Harvest Invitational 2009
1:32.31	S	F	100	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:59.19	Y	F	200	Back	1/8/2010 2010 Starfish Trophy Invitational
1:42.49	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
1:16.19	Y	F	100	Fly	1/24/2010 Foothills Invitational 2010
1:27.89	S	F	100	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:59.43	Y	F	200	IM	12/5/2009 December2009supersplash
Rachel Williams (14) W					
					RAVE-AD
31.26	Y L	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:08.22	Y	P	100	Free	11/5/2009 Girls Sec II Division 2 Championships
1:17.27	Y	P	100	Back	11/5/2009 Girls Sec II Division 2 Championships
3:02.75	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
Luke Wilson (10) M					
					GLFY-AD
x42.84	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:39.47	Y	F	100	Free	12/5/2009 December2009supersplash
1:49.01	Y	F	100	Back	12/5/2009 December2009supersplash
Tyler Woelfersheim (12) M					
					AMST-AD
28.36	Y	P	50	Free	3/19/2010 AD Gold Short Course Championships
1:04.33	Y	P	100	Free	3/19/2010 AD Gold Short Course Championships
2:16.06	Y	F	200	Free	3/19/2010 AD Gold Short Course Championships
6:05.08	Y	F	500	Free	3/19/2010 AD Gold Short Course Championships
33.42	Y	P	50	Back	3/19/2010 AD Gold Short Course Championships
1:11.06	Y	P	100	Back	3/19/2010 AD Gold Short Course Championships
2:35.67	Y	F	200	Back	3/19/2010 AD Gold Short Course Championships
43.34	Y	F	50	Breast	1/31/2010 Thoroughbred Splash 2010
1:37.86	Y	F	100	Breast	1/16/2010 Chris Goody IMX Challenge
36.35	Y	P	50	Fly	3/19/2010 AD Gold Short Course Championships
1:28.08	Y	F	100	Fly	1/16/2010 Chris Goody IMX Challenge
1:18.69	Y	F	100	IM	2/27/2010 CVSLLeague Championships
2:43.59	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
6:01.30	Y	F	400	IM	1/16/2010 Chris Goody IMX Challenge
Elias Wohl (10) M					
					SARY-AD
43.47	Y	F	50	Free	1/31/2010 Thoroughbred Splash 2010
1:37.56	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
53.36	Y	F	50	Back	11/8/2009 Hometown SplashDown
Jordan Wohl (8) M					
					SARY-AD
22.19	Y	F	25	Free	1/31/2010 Thoroughbred Splash 2010
25.22	Y	F	25	Back	1/31/2010 Thoroughbred Splash 2010
Elizabeth Woldring (12) W					
					SARY-AD
40.10	Y	F	50	Free	11/21/2009 Harvest Invitational 2009
1:24.75	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
45.30	Y L	F	50	Back	3/5/2010 AD Silver Short Course Championships
51.44	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
45.48	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
Derek Wolfe (9) M					
					ALBS-AD
44.85	Y	F	50	Free	12/19/2009 Saratoga 12&Under Mini-Meet
49.02	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:39.57	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
3:44.23	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
52.45	Y	F	50	Back	12/19/2009 Saratoga 12&Under Mini-Meet
1:13.37	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:04.93	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:12.04	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
2:21.32	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Stephen Woodcock (11) M (Yr: SO)					
					UN-AD
2:12.31	Y	P	200	Free	2/11/2010 Section II Championships Small Division

Individual Top Times

Time	P/F/S	Event			
Stephen Woodcock (11) M (Yr: SO)					
6:14.91 Y	P	500 Free	2/11/2010	Section II Championships Small Division	UN-AD
Jade Woodend (17) W					
25.47 Y L	F	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	GLOY-AD
58.35 Y	F	100 Free	1/24/2010	Foothills Invitational 2010	
5:54.49 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
1:10.35 Y	F	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:47.31 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:02.13 Y	P	100 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:25.15 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:18.82 Y	P	200 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
5:11.63 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Justine Woodend (17) W					
25.00 Y	P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	GLOY-AD
54.66 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:02.34 Y	P	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
5:58.96 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
2:40.13 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
3:03.28 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:07.69 Y	F	100 Fly	1/24/2010	Foothills Invitational 2010	
2:42.03 Y	F	200 Fly	1/16/2010	Chris Goody IMX Challenge	
2:31.05 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
5:42.29 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Brianna Woods (8) W					
50.41 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	CPP-AD
56.65 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:57.58 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
55.90 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
56.93 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:04.37 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:07.84 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
58.25 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
58.90 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:08.32 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Samantha Woods (10) W					
42.62 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	CPP-AD
44.02 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:37.50 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
53.24 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
56.51 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:51.31 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
53.88 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
55.56 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:01.66 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
50.22 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
51.55 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:53.30 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Lindsey Wright (14) W					
27.04 Y	P	50 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	GLFY-AD
1:00.65 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:00.65 Y	P	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:14.55 Y	F	200 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
12:45.33 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
21:15.00 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
34.62 Y	F	50 Back	12/5/2009	December2009supersplash	
1:13.01 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
2:38.21 Y	F	200 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
36.40 Y	F	50 Breast	12/5/2009	December2009supersplash	
1:15.89 Y	P	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:48.09 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	

Individual Top Times

Time	P/F/S	Event			
Lindsey Wright (14) W					
1:17.37	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
2:30.20	Y	P	200	IM	3/19/2010 AD Gold Short Course Championships
5:29.13	Y	F	400	IM	1/8/2010 2010 Starfish Trophy Invitational
Allegra Wu (12) W					
31.00	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:15.74	Y	F	100	Free	11/21/2009 Harvest Invitational 2009
36.14	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
41.93	Y	F	50	Breast	11/21/2009 Harvest Invitational 2009
38.94	Y	F	50	Fly	11/21/2009 Harvest Invitational 2009
Emma Wuerdeman (14) W					
27.97	Y	F	50	Free	1/8/2010 2010 Starfish Trophy Invitational
1:02.25	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
2:19.42	Y	F	200	Free	2/20/2010 Cabin Fever Invitational 2010
1:08.19	Y	F	100	Back	1/8/2010 2010 Starfish Trophy Invitational
2:26.87	Y	F	200	Back	1/16/2010 Chris Goody IMX Challenge
1:21.64	Y	F	100	Breast	2/20/2010 Cabin Fever Invitational 2010
1:38.13	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
2:55.45	Y	F	200	Breast	1/16/2010 Chris Goody IMX Challenge
1:09.24	Y	F	100	Fly	1/8/2010 2010 Starfish Trophy Invitational
1:22.81	L	P	100	Fly	7/23/2010 2010 Adirondack Long Course District Champion
2:49.81	Y	F	200	Fly	3/5/2010 AD Silver Short Course Championships
2:32.61	Y	F	200	IM	1/8/2010 2010 Starfish Trophy Invitational
3:02.79	L	P	200	IM	7/23/2010 2010 Adirondack Long Course District Champion
5:35.14	Y	F	400	IM	3/5/2010 AD Silver Short Course Championships
Devin Wunderlich (12) M					
33.02	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:12.23	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:33.04	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
6:29.68	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
44.24	Y	F	50	Back	1/23/2010 Kingston Snowball Invitational
49.57	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
1:46.60	Y	F	100	Breast	1/8/2010 2010 Starfish Trophy Invitational
3:53.20	Y	F	200	Breast	12/5/2009 December2009supersplash
41.88	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:30.06	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
3:04.74	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Helen Wunderlich (9) W					
40.92	Y L	F	25	Free	10/25/2009 Trick or Treat Meet
37.63	Y L	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:29.08	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
3:18.05	Y	F	200	Free	2/27/2010 Kingston Last Chance Invitational
23.82	Y	F	25	Back	10/25/2009 Trick or Treat Meet
47.12	Y	F	50	Back	12/5/2009 December2009supersplash
25.65	Y	F	25	Breast	10/25/2009 Trick or Treat Meet
51.98	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
20.08	Y	F	25	Fly	10/25/2009 Trick or Treat Meet
45.08	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
Corey Wurl (9) M					
17.67	Y	F	25	Free	3/5/2010 AD Silver Short Course Championships
44.44	Y L	F	50	Free	1/16/2010 Chris Goody 10&Under Mini-Meet
1:41.38	Y	F	100	Free	1/16/2010 Chris Goody 10&Under Mini-Meet
23.54	Y	F	25	Back	3/5/2010 AD Silver Short Course Championships
51.00	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
26.80	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
56.30	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
21.52	Y	F	25	Fly	3/5/2010 AD Silver Short Course Championships
49.53	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:47.34	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Luke Wurl (12) M					

GLFY-AD

CDY-AD

GRGF-AD

KING-AD

KING-AD

SCHE-AD

SCHE-AD

Individual Top Times

Time	P/F/S	Event			
Luke Wurl (12) M			SCHE-AD		
35.27 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
1:25.51 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
3:12.74 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
41.73 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:35.16 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
46.81 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:49.63 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
39.98 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:50.53 Y	F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:33.04 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:32.36 Y	F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Kristen Wurth (10) W			ALBS-AD		
35.03 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	
40.62 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
41.38 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:23.52 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:30.14 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:21.06 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
42.76 Y	F	50 Back	11/21/2009	Harvest Invitational 2009	
48.12 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
50.05 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:33.94 Y	F	100 Back	12/5/2009	December2009supersplash	
1:48.99 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
49.66 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
58.27 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
59.15 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:52.36 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
42.20 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
44.15 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
48.42 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:32.86 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
1:42.11 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:25.93 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
3:54.65 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Rachel Wurth (14) W (Yr: 8)			ALBS-AD		
32.56 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:11.79 L L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
2:10.50 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships	
2:26.84 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:12.15 L	F	400 Free	7/23/2010	2010 Adirondack Long Course District Champion	
5:40.77 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
1:05.90 Y	P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:14.99 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
2:20.30 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:44.51 L	F	200 Back	5/21/2010	Internationale CNPPO	
1:08.71 Y	P	100 Fly	11/5/2009	Girls Sec II Division I Championships	
1:17.58 L	P	100 Fly	5/21/2010	Internationale CNPPO	
2:52.93 L	P	200 Fly	5/21/2010	Internationale CNPPO	
2:25.33 Y	P	200 IM	11/5/2009	Girls Sec II Division I Championships	
2:46.17 L	F	200 IM	5/21/2010	Internationale CNPPO	
Margaret Wyngowski (10) W			ALBS-AD		
31.87 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:08.52 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships	
2:29.60 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships	
36.43 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
1:21.97 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships	
1:50.59 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009	
35.64 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
1:19.29 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:21.42 Y	F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Margaret Wyngowski (10) W					
3:08.35	Y F	200 IM	1/8/2010	2010 Starfish Trophy Invitational	ALBS-AD
Amy Xedis (12) W					
32.04	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	RAVE-AD
1:15.98	Y F	100 Free	12/5/2009	December2009supersplash	
7:15.51	Y F	500 Free	1/16/2010	Chris Goody IMX Challenge	
40.74	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:23.22	Y F	100 Back	1/16/2010	Chris Goody IMX Challenge	
3:04.81	Y F	200 Back	12/5/2009	December2009supersplash	
42.73	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:31.62	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:20.85	Y F	200 Breast	3/5/2010	AD Silver Short Course Championships	
40.70	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:37.57	Y F	100 Fly	1/16/2010	Chris Goody IMX Challenge	
1:23.58	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:01.34	Y F	200 IM	1/16/2010	Chris Goody IMX Challenge	
Sarah Xedis (15) W					
35.19	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	RAVE-AD
1:10.27	Y F	100 Free	11/8/2009	Hometown SplashDown	
1:33.27	Y F	100 Back	3/5/2010	AD Silver Short Course Championships	
3:16.79	Y F	200 Back	12/5/2009	December2009supersplash	
1:39.62	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
3:37.76	Y F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational	
3:16.73	Y F	200 IM	10/10/2009	Ravena Autumn Breeze	
Ellen Xu (12) W					
31.27	Y P	50 Free	3/19/2010	AD Gold Short Course Championships	ALBS-AD
1:11.14	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:16.34	S F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:32.32	Y F	200 Free	3/5/2010	AD Silver Short Course Championships	
36.25	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:17.96	Y P	100 Back	3/19/2010	AD Gold Short Course Championships	
1:25.66	S F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:45.97	Y F	200 Back	3/19/2010	AD Gold Short Course Championships	
40.43	Y P	50 Breast	3/19/2010	AD Gold Short Course Championships	
1:30.03	Y F	100 Breast	1/8/2010	2010 Starfish Trophy Invitational	
1:36.88	S F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:04.24	Y F	200 Breast	3/19/2010	AD Gold Short Course Championships	
36.47	Y F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:29.96	Y F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:33.85	S F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.45	Y F	100 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
2:47.05	Y F	200 IM	3/5/2010	AD Silver Short Course Championships	
Lucie XU (10) W					
37.75	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	BFIN-AD
44.87	Y F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
52.61	Y F	50 Breast	1/8/2010	2010 Starfish Trophy Invitational	
2:02.74	Y F	100 Breast	3/5/2010	AD Silver Short Course Championships	
45.41	Y F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:41.25	Y F	100 IM	3/5/2010	AD Silver Short Course Championships	
Benjamin Yao (8) M					
29.40	Y F	25 Free	12/19/2009	Saratoga 12&Under Mini-Meet	ALBS-AD
56.81	Y F	50 Free	3/5/2010	AD Silver Short Course Championships	
2:33.30	Y F	100 Free	1/8/2010	2010 Starfish Trophy Invitational	
33.79	Y F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
1:20.67	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
Caroline Yao (10) W					
45.78	Y F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	ALBS-AD
1:51.54	Y F	100 Free	3/5/2010	AD Silver Short Course Championships	
50.02	Y F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:12.60	Y F	50 Breast	3/5/2010	AD Silver Short Course Championships	

Individual Top Times

Time	P/F/S	Event				
Caroline Yao (10) W						
1:00.82	Y	F	50	Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet
2:07.33	Y	F	100	IM	3/5/2010	AD Silver Short Course Championships
Dylan Yates (13) M						
31.28	Y	F	50	Free	3/5/2010	AD Silver Short Course Championships
33.35	L	F	50	Free	7/23/2010	2010 Adirondack Long Course District Champion
1:07.32	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
1:14.52	L	F	100	Free	7/9/2010	Hawks Summer Invitational 2010
1:16.36	S	F	100	Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon
2:32.54	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
2:43.63	L	F	200	Free	7/9/2010	Hawks Summer Invitational 2010
1:34.66	Y	F	100	Back	2/6/2010	Delmar Dolphins February Freeze Invitational
1:37.15	L	F	100	Back	7/9/2010	Hawks Summer Invitational 2010
1:24.94	Y	F	100	Breast	3/5/2010	AD Silver Short Course Championships
1:32.50	L	F	100	Breast	7/9/2010	Hawks Summer Invitational 2010
1:33.05	S	F	100	Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon
3:02.98	Y	F	200	Breast	3/5/2010	AD Silver Short Course Championships
3:17.39	L	F	200	Breast	7/23/2010	2010 Adirondack Long Course District Champion
3:04.21	L	F	200	IM	7/9/2010	Hawks Summer Invitational 2010
Philip Yoss (18) M						
34.26	L	P	50	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:14.72	L	P	100	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
2:49.96	L	P	200	Free	7/2/2010	Clinton Cudas Colgate Classic Invitational
1:36.85	L	P	100	Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational
3:17.03	L	P	200	IM	7/2/2010	Clinton Cudas Colgate Classic Invitational
Joshua Young (11) M						
35.27	Y	F	50	Free	3/19/2010	AD Gold Short Course Championships
1:18.82	Y	F	100	Free	3/19/2010	AD Gold Short Course Championships
2:55.25	Y	F	200	Free	2/6/2010	Delmar Dolphins February Freeze Invitational
43.75	Y	F	50	Back	3/19/2010	AD Gold Short Course Championships
1:36.26	Y	F	100	Back	3/5/2010	AD Silver Short Course Championships
57.82	Y	F	50	Breast	3/5/2010	AD Silver Short Course Championships
45.49	Y	F	50	Fly	1/8/2010	2010 Starfish Trophy Invitational
1:31.75	Y	F	100	Fly	3/19/2010	AD Gold Short Course Championships
1:39.05	Y	F	100	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
3:27.08	Y	F	200	IM	2/6/2010	Delmar Dolphins February Freeze Invitational
Nathan Young (9) M						
19.97	Y	F	25	Free	1/16/2010	Canajoharie Developmental Meet
47.07	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational
1:41.28	Y	F	100	Free	1/8/2010	2010 Starfish Trophy Invitational
28.83	Y	F	25	Back	3/5/2010	AD Silver Short Course Championships
1:04.90	Y	F	50	Back	11/15/2009	Pilgrims Pride
26.24	Y	F	25	Fly	3/5/2010	AD Silver Short Course Championships
Justine Youngs (13) W						
31.70	Y	F	50	Free	2/20/2010	Cabin Fever Invitational 2010
1:08.65	Y	F	100	Free	3/5/2010	AD Silver Short Course Championships
2:37.90	Y	F	200	Free	3/5/2010	AD Silver Short Course Championships
33.87	Y	P	50	Back	3/19/2010	AD Gold Short Course Championships
1:15.44	Y	P	100	Back	3/19/2010	AD Gold Short Course Championships
2:45.10	Y	F	200	Back	1/16/2010	Chris Goody IMX Challenge
39.72	Y	P	50	Breast	3/19/2010	AD Gold Short Course Championships
1:25.82	Y	P	100	Breast	3/19/2010	AD Gold Short Course Championships
3:02.57	Y	F	200	Breast	3/19/2010	AD Gold Short Course Championships
35.30	Y	F	50	Fly	2/20/2010	Cabin Fever Invitational 2010
1:21.76	Y	F	100	Fly	3/5/2010	AD Silver Short Course Championships
3:05.26	Y	F	200	Fly	3/5/2010	AD Silver Short Course Championships
1:15.18	Y	P	100	IM	3/19/2010	AD Gold Short Course Championships
2:44.65	Y	F	200	IM	3/5/2010	AD Silver Short Course Championships
Helen Yuan (12) W						
40.21	Y	F	50	Free	1/8/2010	2010 Starfish Trophy Invitational

ALBS-AD

CPP-AD

CLIN-AD

CLIN-AD

CLIN-AD

AMST-AD

BFIN-AD

Individual Top Times

Time	P/F/S	Event			
Helen Yuan (12) W					
1:35.84	Y	F	100	Free	1/8/2010 2010 Starfish Trophy Invitational
1:01.09	Y	F	50	Breast	11/15/2009 Pilgrims Pride
56.54	Y	F	50	Fly	1/8/2010 2010 Starfish Trophy Invitational
Emily Yu (7) W					
22.20	Y	F	25	Free	11/21/2009 Harvest Invitational 2009
23.54	S	F	25	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
48.80	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
49.42	L	F	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
50.99	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:52.78	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
1:54.19	L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
22.93	S	F	25	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
26.59	Y	F	25	Back	12/19/2009 Saratoga 12&Under Mini-Meet
56.71	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
1:04.68	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
28.50	Y	F	25	Breast	2/20/2010 Cabin Fever Invitational 2010
32.56	S	F	25	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:05.58	L	F	50	Breast	7/23/2010 2010 Adirondack Long Course District Champion
1:07.92	Y	F	50	Breast	3/5/2010 AD Silver Short Course Championships
2:05.37	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
Steven Yu (10) M					
33.76	Y	F	50	Free	3/19/2010 AD Gold Short Course Championships
37.38	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:13.26	Y	F	100	Free	3/19/2010 AD Gold Short Course Championships
1:24.55	L	F	100	Free	7/2/2010 Clinton Cudas Colgate Classic Invitational
3:07.33	L	F	200	Free	7/23/2010 2010 Adirondack Long Course District Champion
3:16.05	Y	F	200	Free	1/8/2010 2010 Starfish Trophy Invitational
7:51.06	Y	F	500	Free	3/5/2010 AD Silver Short Course Championships
43.36	Y	F	50	Back	1/16/2010 Chris Goody 10&Under Mini-Meet
44.94	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
47.82	L	F	50	Back	7/23/2010 2010 Adirondack Long Course District Champion
1:31.81	Y	F	100	Back	2/20/2010 Cabin Fever Invitational 2010
47.78	Y	F	50	Breast	3/19/2010 AD Gold Short Course Championships
49.10	S	F	50	Breast	6/6/2010 2010 Starfish Meter Madness - Pentathlon
50.49	L	F	50	Breast	7/2/2010 Clinton Cudas Colgate Classic Invitational
1:38.54	Y	F	100	Breast	3/19/2010 AD Gold Short Course Championships
1:49.92	L	F	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
42.63	Y	F	50	Fly	3/19/2010 AD Gold Short Course Championships
1:25.83	Y	F	100	IM	3/19/2010 AD Gold Short Course Championships
1:36.72	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
3:16.32	Y	F	200	IM	3/5/2010 AD Silver Short Course Championships
Juliana Zacher (9) W					
23.77	Y	F	25	Free	11/15/2009 Pilgrims Pride
47.27	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
1:45.15	Y	F	100	Free	1/31/2010 Thoroughbred Splash 2010
3:53.54	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
25.57	Y	F	25	Back	11/21/2009 Harvest Invitational 2009
54.09	Y	F	50	Back	1/8/2010 2010 Starfish Trophy Invitational
1:13.19	Y	F	50	Breast	1/31/2010 Thoroughbred Splash 2010
2:11.38	Y	F	100	IM	2/6/2010 Delmar Dolphins February Freeze Invitational
Edward Zajac (10) M					
41.02	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
52.58	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:32.15	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:06.01	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
3:56.60	Y	F	200	Free	3/5/2010 AD Silver Short Course Championships
45.15	Y	F	50	Back	3/19/2010 AD Gold Short Course Championships
1:00.35	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
1:50.94	Y	F	100	Back	1/29/2010 Hawks Trials And Finals 2010
56.01	Y	F	50	Breast	1/29/2010 Hawks Trials And Finals 2010

BFIN-AD

ALBS-AD

ALBS-AD

CPP-AD

HAWK-AD

Individual Top Times

Time	P/F/S	Event			
Edward Zajac (10) M					
2:01.70	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
2:09.99	L	F	100	Breast	7/9/2010 Hawks Summer Invitational 2010
50.56	Y	F	50	Fly	3/5/2010 AD Silver Short Course Championships
1:44.59	Y	F	100	IM	1/23/2010 Kingston Snowball Invitational
4:18.10	Y	F	200	IM	1/29/2010 Hawks Trials And Finals 2010
Fiona Zajac (8) W					
x26.43	Y	F	25	Free	2/14/2010 HAWK-AD-CUDA-MR-DA-MR
1:05.71	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:12.66	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
2:26.67	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
2:31.74	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
31.53	Y	F	25	Back	2/21/2010 HAWK-MVA-BARR
1:11.25	Y	F	50	Back	1/29/2010 Hawks Trials And Finals 2010
1:16.95	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
35.89	Y	F	25	Breast	3/5/2010 AD Silver Short Course Championships
1:15.21	Y	F	50	Breast	1/29/2010 Hawks Trials And Finals 2010
Serena Zajac (13) W					
39.15	Y	F	50	Free	2/21/2010 HAWK-MVA-BARR
44.07	L	F	50	Free	7/9/2010 Hawks Summer Invitational 2010
1:36.19	Y	F	100	Free	11/15/2009 Pilgrims Pride
1:48.73	L	F	100	Free	7/9/2010 Hawks Summer Invitational 2010
3:30.44	Y	F	200	Free	1/23/2010 Kingston Snowball Invitational
43.62	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
54.26	L	F	50	Back	7/9/2010 Hawks Summer Invitational 2010
1:45.41	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
4:29.87	L	F	200	Back	7/9/2010 Hawks Summer Invitational 2010
57.61	Y	F	50	Breast	11/15/2009 Pilgrims Pride
1:54.31	Y	F	100	Breast	3/5/2010 AD Silver Short Course Championships
44.02	Y	F	50	Fly	1/23/2010 Kingston Snowball Invitational
52.22	L	F	50	Fly	7/9/2010 Hawks Summer Invitational 2010
1:36.97	Y	F	100	IM	3/5/2010 AD Silver Short Course Championships
4:21.24	L	F	200	IM	7/9/2010 Hawks Summer Invitational 2010
Caitlin Zegger (11) W					
40.78	L	P	50	Free	7/23/2010 2010 Adirondack Long Course District Champion
41.23	Y	F	50	Free	3/5/2010 AD Silver Short Course Championships
44.56	S	F	50	Free	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:40.07	L	P	100	Free	7/23/2010 2010 Adirondack Long Course District Champion
1:47.90	Y	F	100	Free	3/5/2010 AD Silver Short Course Championships
50.55	Y	F	50	Back	3/5/2010 AD Silver Short Course Championships
50.98	L	F	50	Back	5/29/2010 2010 NE MTSC May Specialty Meet
50.99	S	F	50	Back	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:53.64	L	P	100	Back	7/23/2010 2010 Adirondack Long Course District Champion
2:04.89	Y	F	100	Back	3/5/2010 AD Silver Short Course Championships
2:09.72	L	P	100	Breast	7/23/2010 2010 Adirondack Long Course District Champion
53.06	S	F	50	Fly	6/6/2010 2010 Starfish Meter Madness - Pentathlon
1:59.08	S	F	100	IM	6/6/2010 2010 Starfish Meter Madness - Pentathlon
Gabriella Zehr (14) W					
36.70	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
1:21.97	Y	F	100	Free	10/25/2009 October 25, 2009
3:03.11	Y	F	200	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
41.60	Y	F	50	Back	10/25/2009 October 25, 2009
51.59	Y	F	50	Breast	10/25/2009 October 25, 2009
1:54.24	Y	F	100	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational
1:47.44	Y	F	100	Fly	2/6/2010 Delmar Dolphins February Freeze Invitational
Isabelle Zehr (10) W					
42.32	Y	F	50	Free	2/6/2010 Delmar Dolphins February Freeze Invitational
56.10	Y	F	50	Back	10/25/2009 October 25, 2009
1:52.55	Y	F	100	Back	2/6/2010 Delmar Dolphins February Freeze Invitational
1:17.52	Y	F	50	Breast	2/6/2010 Delmar Dolphins February Freeze Invitational

HAWK-AD

HAWK-AD

HAWK-AD

SCHE-AD

TBS-AD

TBS-AD

Individual Top Times

Time	P/F/S	Event				
Jarin Zehr (12) M						
49.36 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		TBS-AD
1:03.38 Y	F	50 Back	10/25/2009	October 25, 2009		
Gunnar Zemerling (13) M						
25.07 Y	P	50 Free	2/11/2010	Section II Championships Large Division		UN-AD
54.89 Y	P	100 Free	2/11/2010	Section II Championships Large Division		
1:03.98 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:08.90 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
2:31.92 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
5:40.96 Y	F	500 Free	10/25/2009	Trick or Treat Meet		
1:05.19 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational		
1:13.72 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:51.08 L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational		
1:22.07 Y	F	100 Breast	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
1:32.55 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Lauren Zemerling (15) W						
24.99 Y	P	50 Free	11/5/2009	Girls Sec II Division I Championships		UN-AD
54.53 Y	P	100 Free	11/5/2009	Girls Sec II Division I Championships		
1:03.79 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:06.99 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational		
2:03.24 Y	P	200 Free	3/19/2010	AD Gold Short Course Championships		
5:44.24 Y	F	500 Free	10/18/2009	2009 Ocean Blue Invitational Swim Meet		
11:51.41 Y	F	1000 Free	12/5/2009	December2009supersplash		
1:03.69 Y	F	100 Back	3/19/2010	AD Gold Short Course Championships		
1:16.30 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:16.59 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
2:51.91 L	P	200 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational		
1:15.64 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships		
1:30.18 L	P	100 Breast	7/2/2010	Clinton Cudas Colgate Classic Invitational		
2:46.79 Y	F	200 Breast	1/8/2010	2010 Starfish Trophy Invitational		
1:04.20 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships		
1:16.37 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:18.43 Y	F	200 IM	12/10/2009	2009 NE NSSC MIT Invitational		
Amanda Zeng (8) W						
18.08 Y	F	25 Free	3/5/2010	AD Silver Short Course Championships		DELM-AD
38.41 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
42.84 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:25.32 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
22.64 Y	F	25 Back	3/5/2010	AD Silver Short Course Championships		
46.99 Y L	F	50 Back	3/19/2010	AD Gold Short Course Championships		
50.22 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
54.59 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships		
1:00.73 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
53.77 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational		
55.75 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
1:39.90 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships		
1:53.40 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
Lucas Zenir (15) M						
25.83 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational		CLRK-AD
56.27 Y	F	100 Free	3/19/2010	AD Gold Short Course Championships		
1:04.70 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:02.75 Y	F	200 Free	3/19/2010	AD Gold Short Course Championships		
5:36.07 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:06.71 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational		
1:15.48 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:20.69 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships		
1:13.97 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships		
2:43.16 Y	F	200 Breast	1/30/2010	CVSLQuad Meet		
1:05.08 Y	F	100 Fly	2/27/2010	CVSLLeague Championships		
1:11.86 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon		
2:39.93 Y	F	200 Fly	3/5/2010	AD Silver Short Course Championships		

Individual Top Times

Time	P/F/S	Event			
Lucas Zenir (15) M					
2:17.91 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	CLRK-AD
Lauren Zentko (15) W (Yr: SO)					
1:00.32 Y L	F	100 Free	12/10/2009	2009 NE NSSC MIT Invitational	SCHE-AD
2:06.26 Y	P	200 Free	12/10/2009	2009 NE NSSC MIT Invitational	
5:22.21 Y	F	500 Free	1/16/2010	Chris Goody IMX Challenge	
11:07.08 Y	F	1000 Free	12/10/2009	2009 NE NSSC MIT Invitational	
18:43.49 Y	F	1650 Free	12/10/2009	2009 NE NSSC MIT Invitational	
1:05.11 Y	P	100 Back	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:18.36 Y	F	200 Back	1/16/2010	Chris Goody IMX Challenge	
2:46.20 Y	F	200 Breast	1/16/2010	Chris Goody IMX Challenge	
1:01.08 Y	F	100 Fly	11/5/2009	Girls Sec II Division 2 Championships	
2:17.10 Y	F	200 Fly	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
2:20.58 Y	P	200 IM	3/19/2010	AD Gold Short Course Championships	
4:50.64 Y	F	400 IM	1/16/2010	Chris Goody IMX Challenge	
Shelly Zhang (13) W					
32.17 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	SSCY-AD
1:10.15 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:21.91 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:38.49 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
1:28.52 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
38.27 Y	P	50 Breast	3/12/2010	2010 New York State YMCA Swimming Championship	
1:23.56 Y	P	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:39.09 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:20.82 Y	F	200 Breast	12/12/2009	Amsterdam Sea Rams Invitational	
1:43.46 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:50.82 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Joyce Zheng (12) W					
47.61 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
51.78 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:10.85 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:04.54 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
Allen Guang Zhou (9) M					
36.76 Y L	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
42.59 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:28.04 L L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:24.42 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:34.80 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
3:01.34 Y	F	200 Free	3/5/2010	AD Silver Short Course Championships	
3:30.72 L	F	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
21.42 Y	F	25 Back	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
42.69 Y	F	50 Back	3/19/2010	AD Gold Short Course Championships	
53.12 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
53.21 L	F	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:36.51 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:47.98 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
23.63 Y	F	25 Breast	11/21/2009	Harvest Invitational 2009	
47.02 Y	F	50 Breast	3/19/2010	AD Gold Short Course Championships	
52.68 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
53.32 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:45.57 Y	F	100 Breast	3/19/2010	AD Gold Short Course Championships	
1:59.00 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
18.79 Y	F	25 Fly	10/18/2009	2009 Ocean Blue Invitational Swim Meet	
41.90 Y	F	50 Fly	3/19/2010	AD Gold Short Course Championships	
47.90 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
53.81 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:38.69 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:49.46 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
1:30.69 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
1:51.06 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
3:23.56 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	

Individual Top Times

Time	P/F/S	Event			
Allen Guang Zhou (9) M					
3:57.93 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	ALBS-AD
Iris Zhou (12) W					
33.79 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	ALBS-AD
1:18.37 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:26.63 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:51.29 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
3:03.38 L	P	200 Free	7/23/2010	2010 Adirondack Long Course District Champion	
7:10.99 Y	F	500 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
38.76 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
44.94 L	P	50 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:22.56 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:32.51 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
44.64 Y	F	50 Breast	3/5/2010	AD Silver Short Course Championships	
1:37.39 Y	F	100 Breast	3/5/2010	AD Silver Short Course Championships	
1:48.33 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:48.71 L	P	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
39.84 Y	F	50 Fly	3/5/2010	AD Silver Short Course Championships	
1:36.04 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:23.64 Y	F	100 IM	3/5/2010	AD Silver Short Course Championships	
3:03.11 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Kina Zhou (15) W (Yr: FR)					
24.23 Y	F	50 Free	3/11/2010	NE 2010 March Speedo Champions Series	ALBS-AD
27.44 L	S	50 Free	7/8/2010	Niagara Long Course Classic	
52.72 Y	F	100 Free	3/11/2010	NE 2010 March Speedo Champions Series	
1:01.01 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
1:52.32 Y	F	200 Free	3/11/2010	NE 2010 March Speedo Champions Series	
2:08.06 L	F	200 Free	7/8/2010	Niagara Long Course Classic	
4:38.54 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:06.25 Y	F	500 Free	3/19/2010	AD Gold Short Course Championships	
10:49.16 Y	F	1000 Free	1/8/2010	2010 Starfish Trophy Invitational	
17:55.28 Y	F	1650 Free	1/8/2010	2010 Starfish Trophy Invitational	
29.29 Y L	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:00.77 Y	P	100 Back	3/11/2010	NE 2010 March Speedo Champions Series	
1:10.12 L L	F	100 Back	7/8/2010	Niagara Long Course Classic	
2:09.66 Y	F	200 Back	3/19/2010	AD Gold Short Course Championships	
2:32.68 L	F	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:10.55 Y	F	100 Breast	1/29/2010	WYW AA Invitational	
2:34.06 Y	F	200 Breast	2/12/2010	AD 2010 REGION 1 CHAMPIONSHIPS	
58.64 Y	F	100 Fly	3/19/2010	AD Gold Short Course Championships	
1:06.09 L	F	100 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:15.20 Y	F	200 Fly	1/8/2010	2010 Starfish Trophy Invitational	
2:30.72 L	F	200 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
2:09.28 Y	F	200 IM	1/29/2010	WYW AA Invitational	
2:26.63 L	F	200 IM	7/23/2010	2010 Adirondack Long Course District Champion	
4:30.33 Y	F	400 IM	3/11/2010	NE 2010 March Speedo Champions Series	
5:17.44 L	F	400 IM	7/23/2010	2010 Adirondack Long Course District Champion	
Brianna Ziobro (9) W					
45.00 Y	F	50 Free	3/5/2010	AD Silver Short Course Championships	AMST-AD
1:41.91 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
48.62 Y	F	50 Back	3/5/2010	AD Silver Short Course Championships	
1:51.01 Y	F	100 Back	3/5/2010	AD Silver Short Course Championships	
1:02.09 Y	F	50 Breast	2/27/2010	CVSLLeague Championships	
2:12.75 Y	F	100 Breast	2/20/2010	Cabin Fever Invitational 2010	
2:04.33 Y	F	100 IM	2/20/2010	Cabin Fever Invitational 2010	
Isabella Zirilli (12) W					
1:29.30 Y	F	100 Free	1/16/2010	Canajoharie Developmental Meet	SVP-AD
43.70 Y	F	50 Back	1/16/2010	Canajoharie Developmental Meet	
52.40 Y	F	50 Breast	1/16/2010	Canajoharie Developmental Meet	
46.04 Y	F	50 Fly	12/12/2009	Amsterdam Sea Rams Invitational	

Individual Top Times

Time	P/F/S	Event			
Megan Zmijewski (13) W					
					WAVE-AD
38.51 Y	F	50 Free	1/31/2010	2010 NE GMA VT Invitational	
1:26.09 Y	F	100 Free	2/20/2010	Cabin Fever Invitational 2010	
3:07.53 Y	F	200 Free	1/8/2010	2010 Starfish Trophy Invitational	
49.20 Y	F	50 Back	1/31/2010	2010 NE GMA VT Invitational	
46.57 Y	F	50 Breast	2/20/2010	Cabin Fever Invitational 2010	
1:55.26 Y	F	100 Breast	11/15/2009	Pilgrims Pride	
1:42.07 Y	F	100 IM	1/31/2010	2010 NE GMA VT Invitational	
Madison Zophy (11) W					
					SSCY-AD
31.74 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:07.84 Y	F	100 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:34.44 Y	F	200 Free	1/16/2010	Chris Goody IMX Challenge	
37.25 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:21.14 Y	F	100 Back	1/16/2010	Chris Goody IMX Challenge	
45.23 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
33.26 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:27.97 Y	F	100 Fly	1/8/2010	2010 Starfish Trophy Invitational	
1:18.19 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:54.16 Y	F	200 IM	2/6/2010	Delmar Dolphins February Freeze Invitational	
Payton Zophy (8) W					
					SSCY-AD
20.04 Y	F	25 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	
39.78 Y	F	50 Free	1/8/2010	2010 Starfish Trophy Invitational	
1:33.18 Y	F	100 Free	1/16/2010	Chris Goody 10&Under Mini-Meet	
21.51 Y	F	25 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	
48.98 Y	F	50 Back	1/8/2010	2010 Starfish Trophy Invitational	
28.52 Y	F	25 Breast	1/16/2010	Chris Goody 10&Under Mini-Meet	
23.22 Y	F	25 Fly	1/16/2010	Chris Goody 10&Under Mini-Meet	
53.92 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:44.10 Y	F	100 IM	3/19/2010	AD Gold Short Course Championships	
Amy Zuccaro (14) W (Yr: 8)					
					GRGF-AD
28.67 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
1:02.29 Y	F	100 Free	3/5/2010	AD Silver Short Course Championships	
1:09.76 Y	P	100 Back	11/5/2009	Girls Sec II Division 2 Championships	
2:35.46 Y	P	200 Back	3/19/2010	AD Gold Short Course Championships	
1:15.17 Y	F	100 Fly	3/5/2010	AD Silver Short Course Championships	
2:43.20 Y	F	200 IM	3/5/2010	AD Silver Short Course Championships	
Alexei Zwijacz (9) W					
					SARY-AD
40.46 Y	F	50 Free	2/6/2010	Delmar Dolphins February Freeze Invitational	
43.85 L	F	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
46.48 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:30.60 Y	F	100 Free	1/31/2010	Thoroughbred Splash 2010	
1:39.32 L	F	100 Free	7/23/2010	2010 Adirondack Long Course District Champion	
22.96 Y	F	25 Back	11/21/2009	Harvest Invitational 2009	
54.78 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:47.61 L	F	100 Back	7/23/2010	2010 Adirondack Long Course District Champion	
22.06 Y	F	25 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
50.88 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
52.02 L	F	50 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
56.07 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
21.06 Y	F	25 Fly	1/31/2010	Thoroughbred Splash 2010	
47.16 Y	F	50 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.45 L	F	50 Fly	7/23/2010	2010 Adirondack Long Course District Champion	
51.34 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:34.58 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:53.42 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
Zachary Zwijacz (10) M					
					SARY-AD
30.64 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	
33.66 S	F	50 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:35.87 L	F	200 Free	8/11/2010	2010 Eastern Zone LC Championships	
35.82 Y	F	50 Back	3/12/2010	2010 NewYork State YMCA Swimming Championship	

Individual Top Times

Time	P/F/S	Event			
Zachary Zwijacz (10) M			ADLC-AD		
37.74 L	F	50 Back	8/11/2010	2010 Eastern Zone LC Championships	
39.65 S	F	50 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:17.45 Y	F	100 Back	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:19.63 L	F	100 Back	8/11/2010	2010 Eastern Zone LC Championships	
42.50 Y	F	50 Breast	2/6/2010	Delmar Dolphins February Freeze Invitational	
48.05 S	F	50 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
31.50 Y	F	50 Fly	3/12/2010	2010 NewYork State YMCA Swimming Championship	
34.42 L	F	50 Fly	8/11/2010	2010 Eastern Zone LC Championships	
35.35 S	F	50 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:13.37 Y	F	100 Fly	2/6/2010	Delmar Dolphins February Freeze Invitational	
1:16.74 L	F	100 Fly	8/11/2010	2010 Eastern Zone LC Championships	
1:13.87 Y	F	100 IM	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:22.23 S	F	100 IM	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:49.62 L	F	200 IM	8/11/2010	2010 Eastern Zone LC Championships	
Kasha Zygadlo (14) W			SARY-AD		
32.15 Y	F	50 Free	11/21/2009	Harvest Invitational 2009	
1:14.22 Y	F	100 Free	11/21/2009	Harvest Invitational 2009	
1:25.19 Y	F	100 Back	10/25/2009	Trick or Treat Meet	
1:37.60 Y	F	100 Breast	11/21/2009	Harvest Invitational 2009	
3:00.93 Y	F	200 IM	11/8/2009	Hometown SplashDown	
Reid Zyniecki (15) M			CDY-AD		
25.70 Y	P	50 Free	3/19/2010	AD Gold Short Course Championships	
29.34 L	P	50 Free	7/23/2010	2010 Adirondack Long Course District Champion	
56.07 Y	P	100 Free	3/19/2010	AD Gold Short Course Championships	
1:02.92 L	P	100 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
1:03.16 S	F	100 Free	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:00.53 Y	F	200 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
2:17.34 L	P	200 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
4:46.21 L	F	400 Free	7/2/2010	Clinton Cudas Colgate Classic Invitational	
5:20.70 Y	F	500 Free	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:07.53 Y	F	100 Back	1/8/2010	2010 Starfish Trophy Invitational	
1:12.31 S	F	100 Back	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:15.65 L	P	100 Back	7/2/2010	Clinton Cudas Colgate Classic Invitational	
2:28.45 Y	F	200 Back	12/5/2009	December2009supersplash	
2:38.96 L	P	200 Back	7/23/2010	2010 Adirondack Long Course District Champion	
1:11.39 Y	P	100 Breast	3/12/2010	2010 NewYork State YMCA Swimming Championship	
1:20.06 S	F	100 Breast	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
1:22.05 L	F	100 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
2:34.85 Y	F	200 Breast	3/19/2010	AD Gold Short Course Championships	
2:54.52 L	F	200 Breast	7/23/2010	2010 Adirondack Long Course District Champion	
1:16.00 S	F	100 Fly	6/6/2010	2010 Starfish Meter Madness - Pentathlon	
2:17.86 Y	F	200 IM	3/19/2010	AD Gold Short Course Championships	