

Individual Meet Results

Senior Distance Development Meet 28-Nov-09 SC Meters
Location: Manchester, NH
Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken

| Time | F/P/S | Event | Place | Points | Improv |
|-------------------------------|----------|---|-------|--------|--------|
| Nicole Beals (12) F | | | | | |
| 3:09.33S | F # 3A | Female 11-12 200 Back | 3 | --- | --- |
| | 42.96 | 49.87 50.63 45.87 | | | |
| 2:42.43S | F # 7A | Female 11-12 200 Free | 2 | --- | -3.72 |
| | 37.52 | 42.17 42.53 40.21 | | | |
| 3:44.97S | F # 9A | Female 11-12 200 Breast | 4 | --- | --- |
| | 53.04 | 58.16 56.36 57.41 | | | |
| Hayley Berg (16) F | | | | | |
| 6:39.84S DQ | F # 1E | Female 16-16 400 IM | --- | --- | --- |
| | 45.05 | 54.93 50.19 49.69 54.14 55.09 45.75 45.00 | | | |
| 3:15.79S | F # 3E | Female 16-16 200 Back | 4 | --- | 12.48 |
| | 46.49 | 49.97 49.81 49.52 | | | |
| 2:54.65S | F # 7E | Female 16-16 200 Free | 5 | --- | 18.24 |
| | 39.59 | 44.95 45.44 44.67 | | | |
| 3:31.36S | F # 9E | Female 16-16 200 Breast | 3 | --- | 13.40 |
| 12:04.33S | F # 18A | Female 15-18 800 Free | 2 | --- | --- |
| | 12:04.33 | | | | |
| Katherine Berg (13) F | | | | | |
| 3:30.02S | F # 3B | Female 13-13 200 Back | 2 | --- | --- |
| | | 2:38.47 51.55 | | | |
| 3:00.51S | F # 7B | Female 13-13 200 Free | 2 | --- | -5.82 |
| | 39.44 | 2:14.07 46.44 | | | |
| 3:55.91S | F # 9B | Female 13-13 200 Breast | 3 | --- | --- |
| | 52.47 | 1:00.55 1:01.43 1:01.46 | | | |
| Kathleen Bolton (14) F | | | | | |
| 5:56.04S | F # 1C | Female 14-14 400 IM | 1 | --- | --- |
| | 39.78 | 46.48 46.44 45.95 47.39 48.49 41.50 40.01 | | | |
| 2:59.58S | F # 3C | Female 14-14 200 Back | 2 | --- | --- |
| | 43.97 | 44.88 46.23 44.50 | | | |
| 2:26.21S | F # 7C | Female 14-14 200 Free | 1 | --- | -1.62 |
| | 34.77 | 37.91 37.38 36.15 | | | |
| 2:59.40S | F # 9C | Female 14-14 200 Breast | 1 | --- | --- |
| 20:55.69S | F # 11E | Female 14-14 1500 Free | 1 | --- | --- |
| | 38.23 | 40.58 41.16 40.56 41.43 41.60 40.00 41.00 | | | |
| | 41.68 | 41.65 42.22 42.53 43.07 43.89 43.84 42.79 | | | |
| | 43.15 | 43.22 43.35 42.96 42.31 41.83 41.82 41.43 | | | |
| | 41.97 | 41.82 41.52 41.50 41.31 41.27 | | | |
| Matthew Bolton (16) M | | | | | |
| NS | F # 2E | Male 16-16 400 IM | --- | --- | --- |
| 2:29.68S | F # 4E | Male 16-16 200 Back | 2 | --- | --- |
| | 35.24 | 38.38 38.86 37.20 | | | |
| 2:24.20S | F # 8E | Male 16-16 200 Free | 3 | --- | 4.45 |
| | 31.54 | 37.47 38.14 37.05 | | | |
| 2:52.62S | F # 10E | Male 16-16 200 Breast | 1 | --- | --- |
| | 39.27 | 44.34 45.05 43.96 | | | |

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Location: Manchester, NH
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| Time | F/P/S | Event | Place | Points | Improv |
|-------------------------------|---------|-------------------------|-------|-------------------|--------|
| 19:13.50S | F # 11J | Male 16-16 1500 Free | 2 | --- | --- |
| | 32.68 | 36.58 38.04 38.34 | | 39.05 39.19 38.35 | 38.74 |
| | 39.66 | 38.66 38.87 39.47 | | 39.23 39.33 38.86 | 39.69 |
| | 39.39 | 39.20 39.50 39.88 | | 39.02 39.36 39.92 | 39.82 |
| | 38.91 | 38.95 37.93 37.23 | | 35.78 33.87 | |
| Zachary Bonte (12) M | | | | | |
| 3:03.07S | F # 4A | Male 11-12 200 Back | 1 | --- | --- |
| | 42.07 | 46.76 47.73 46.51 | | | |
| 2:47.82S | F # 8A | Male 11-12 200 Free | 1 | --- | -13.89 |
| | | 2:47.82 | | | |
| 3:47.57S | F # 10A | Male 11-12 200 Breast | 1 | --- | --- |
| | 53.89 | 57.30 58.55 57.83 | | | |
| Haley Charest (15) F | | | | | |
| 6:51.60S | F # 1D | Female 15-15 400 IM | 4 | --- | --- |
| | 44.40 | 54.99 52.52 52.08 | | 55.34 57.25 48.00 | 47.02 |
| 3:15.33S DQ | F # 3D | Female 15-15 200 Back | --- | --- | --- |
| | 46.55 | 49.16 50.12 49.50 | | | |
| 2:43.60S | F # 7D | Female 15-15 200 Free | 2 | --- | -9.61 |
| | 37.81 | 42.12 43.18 40.49 | | | |
| 3:25.92S | F # 9D | Female 15-15 200 Breast | 3 | --- | --- |
| | 47.03 | 52.87 53.30 52.72 | | | |
| 22:40.67S | F # 11G | Female 15-15 1500 Free | 3 | --- | -67.40 |
| | 39.96 | 43.26 44.03 45.08 | | 45.40 45.53 45.18 | 44.43 |
| | 43.64 | 44.88 45.52 45.51 | | 45.62 46.20 45.37 | 45.53 |
| | 44.16 | 45.98 48.08 47.10 | | 46.49 47.78 47.25 | 47.16 |
| | 46.84 | 46.75 45.28 44.72 | | 45.27 42.67 | |
| Elisa Chen (10) F | | | | | |
| 1:59.60S | F # 14A | Female 5-13 100 Free | 3 | --- | --- |
| | 54.25 | 1:05.35 | | | |
| Michael Chen (9) M | | | | | |
| 2:08.74S | F # 14B | Male 5-13 100 Free | 2 | --- | --- |
| | 59.43 | 1:09.31 | | | |
| Hannah Cloutier (13) F | | | | | |
| NS | F # 13A | Female 5-13 50 Free | --- | --- | --- |
| | 44.29 | 50.19 59.54 | | | |
| Maria Colella (17) F | | | | | |
| 2:55.22S | F # 3F | Female 17-19 200 Back | 3 | --- | 4.24 |
| | 40.48 | 45.74 46.10 42.90 | | | |
| 2:26.76S | F # 7F | Female 17-19 200 Free | 2 | --- | 2.39 |
| | 34.63 | 37.33 37.72 37.08 | | | |
| Olivia DeFreest (15) F | | | | | |
| NS | F # 3D | Female 15-15 200 Back | --- | --- | --- |
| NS | F # 7D | Female 15-15 200 Free | --- | --- | --- |
| | 39.62 | 44.00 45.20 | | | |
| NS | F # 9D | Female 15-15 200 Breast | --- | --- | --- |
| David Delahunty (15) M | | | | | |
| 5:40.94S | F # 2D | Male 15-15 400 IM | 3 | --- | -25.39 |

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| Time | F/P/S | Event | Place | Points | Improv |
|--------------------------------|---------|---|-------|--------|--------|
| 2:39.82S | F # 4D | Male 15-15 200 Back | 2 | --- | --- |
| | 35.52 | 39.78 42.18 42.34 | | | |
| 2:20.75S | F # 8D | Male 15-15 200 Free | 3 | --- | -8.71 |
| | 31.50 | 34.89 36.46 37.90 | | | |
| 3:08.32S | F # 10D | Male 15-15 200 Breast | 2 | --- | --- |
| | 41.66 | 48.28 49.23 49.15 | | | |
| 19:53.86S | F # 11H | Male 15-15 1500 Free | 3 | --- | -46.12 |
| | 33.00 | 37.05 37.96 38.92 38.18 39.09 38.39 38.67 | | | |
| | 39.67 | 38.91 38.96 39.15 39.35 39.47 39.59 39.18 | | | |
| | 40.78 | 41.08 41.31 42.00 42.30 41.83 43.12 40.98 | | | |
| | 42.43 | 42.71 41.70 40.00 39.80 38.28 | | | |
| Linda Delahunty (15) F | | | | | |
| 6:33.12S | F # 1D | Female 15-15 400 IM | 3 | --- | -30.62 |
| | 44.69 | 51.37 47.07 46.68 56.82 57.44 45.17 43.88 | | | |
| 2:57.47S | F # 3D | Female 15-15 200 Back | 1 | --- | --- |
| | 42.37 | 44.93 45.47 44.70 | | | |
| 2:52.15S | F # 7D | Female 15-15 200 Free | 4 | --- | 3.90 |
| | 39.38 | 43.40 44.78 44.59 | | | |
| 3:38.19S | F # 9D | Female 15-15 200 Breast | 5 | --- | -8.63 |
| 23:23.75S | F # 11G | Female 15-15 1500 Free | 4 | --- | --- |
| | 39.85 | 44.20 2:52.84 45.41 45.61 45.32 46.84 | | | |
| | 45.73 | 46.67 45.64 46.79 46.20 46.37 47.14 46.55 | | | |
| | 47.24 | 47.28 46.97 47.49 47.27 47.86 48.36 48.17 | | | |
| | 49.59 | 49.70 50.57 50.21 49.16 46.77 | | | |
| Jillian Deland (11) F | | | | | |
| 3:06.90S | F # 7A | Female 11-12 200 Free | 6 | --- | --- |
| | 43.12 | 48.41 48.02 47.35 | | | |
| Kyle Deland (16) M | | | | | |
| 2:15.15S | F # 8E | Male 16-16 200 Free | 2 | --- | 6.39 |
| | 28.64 | 33.45 36.57 36.49 | | | |
| 3:04.94S | F # 10E | Male 16-16 200 Breast | 3 | --- | -4.47 |
| | 40.39 | 47.54 49.27 47.74 | | | |
| Christina Denbow (15) F | | | | | |
| 5:43.69S | F # 1D | Female 15-15 400 IM | 1 | --- | 8.34 |
| | 37.98 | 42.45 46.29 46.32 46.01 46.43 39.81 38.40 | | | |
| 2:57.65S | F # 3D | Female 15-15 200 Back | 2 | --- | --- |
| | 42.95 | 44.40 44.82 45.48 | | | |
| 2:26.04S | F # 7D | Female 15-15 200 Free | 1 | --- | 4.40 |
| | 35.49 | 37.61 36.84 36.10 | | | |
| 2:57.23S | F # 9D | Female 15-15 200 Breast | 1 | --- | 2.53 |
| 20:12.97S | F # 11G | Female 15-15 1500 Free | 1 | --- | 42.38 |
| | 36.82 | 39.81 40.59 41.06 41.26 41.20 41.10 40.99 | | | |
| | 40.86 | 40.93 40.56 40.73 41.09 40.87 40.97 40.72 | | | |
| | 40.84 | 40.48 40.73 40.72 40.47 40.33 40.48 40.54 | | | |
| | 40.48 | 40.43 40.13 39.94 39.39 38.45 | | | |
| Zachary Denbow (10) M | | | | | |
| 2:45.49S | F # 15A | Male 9-10 200 Free | 1 | --- | -7.19 |
| 3:34.90S | F # 17A | Male 9-10 200 Breast | 1 | --- | --- |

Individual Meet Results

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Location: Manchester, NH

Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken

| Time | F/P/S | Event | Place | Points | Improv |
|---------------------------------|---------|-------------------------|-------|--------|-------------|
| Katherine Donovan (16) F | | | | | |
| 6:08.47S | F # 1E | Female 16-16 400 IM | 1 | --- | 7.97 |
| | 39.14 | 46.75 47.56 46.65 | 53.95 | 52.79 | 40.94 40.69 |
| NS | F # 5E | Female 16-16 200 Fly | --- | --- | --- |
| 2:39.56S | F # 7E | Female 16-16 200 Free | 2 | --- | 12.67 |
| | 36.21 | 40.46 41.98 40.91 | | | |
| 3:33.09S | F # 9E | Female 16-16 200 Breast | 4 | --- | --- |
| | 49.60 | 54.38 54.47 54.64 | | | |
| Kathleen Golding (9) F | | | | | |
| 2:44.85S | F # 7 | Female 11-19 200 Free | 5 | --- | --- |
| 5:52.10S | F # 16A | Female 9-10 400 Free | 1 | --- | --- |
| Molly Hayden (12) F | | | | | |
| 49.97S | F # 13A | Female 5-13 50 Free | 1 | --- | --- |
| | | 49.97 | | | |
| Cole Hogg (15) M | | | | | |
| 5:05.61S | F # 2D | Male 15-15 400 IM | 1 | --- | --- |
| | 30.55 | 35.00 38.20 38.30 | 46.06 | 47.38 | 35.34 34.78 |
| 2:24.08S | F # 4D | Male 15-15 200 Back | 1 | --- | --- |
| | 35.10 | 36.73 37.20 35.05 | | | |
| 2:22.75S | F # 6D | Male 15-15 200 Fly | 1 | --- | --- |
| | | 1:06.75 37.54 38.46 | | | |
| 2:06.54S | F # 8D | Male 15-15 200 Free | 1 | --- | --- |
| | 29.67 | 31.15 33.18 32.54 | | | |
| 17:37.10S | F # 11H | Male 15-15 1500 Free | 1 | --- | --- |
| | 31.94 | 33.96 34.51 34.58 | 34.68 | 34.82 | 35.38 36.15 |
| | 35.50 | 35.73 36.23 36.04 | 36.15 | 35.99 | 35.91 35.50 |
| | 35.88 | 35.31 35.22 34.89 | 34.88 | 35.46 | 35.48 35.38 |
| | 35.34 | 35.70 35.32 35.57 | 35.27 | 34.33 | |
| Kathleen Jenkins (9) F | | | | | |
| 2:52.14S | F # 7 | Female 11-19 200 Free | 6 | --- | --- |
| 6:09.81S | F # 16A | Female 9-10 400 Free | 2 | --- | --- |
| Richard Jenkins (17) M | | | | | |
| 2:29.43S | F # 4F | Male 17-19 200 Back | 1 | --- | 5.31 |
| | 34.06 | 37.71 38.58 39.08 | | | |
| 2:18.80S | F # 8F | Male 17-19 200 Free | 1 | --- | 9.58 |
| | 31.03 | 34.76 37.09 35.92 | | | |
| 3:08.26S | F # 10F | Male 17-19 200 Breast | 1 | --- | -1.13 |
| | 42.16 | 48.35 49.64 48.11 | | | |
| 19:40.64S | F # 11L | Male 17-19 1500 Free | 1 | --- | 61.40 |
| | 32.89 | 36.83 38.64 38.36 | 38.58 | 37.96 | 38.88 38.89 |
| | 39.22 | 39.54 40.42 38.40 | 40.75 | 39.99 | 40.58 41.65 |
| | 41.82 | 40.59 41.11 40.60 | 40.63 | 41.39 | 40.55 41.26 |
| | 40.18 | 39.03 39.36 37.58 | 37.76 | 37.20 | |
| Robert Jenkins (15) M | | | | | |
| 6:18.67S | F # 2D | Male 15-15 400 IM | 4 | --- | --- |
| 2:56.22S | F # 6D | Male 15-15 200 Fly | 2 | --- | -13.02 |

Individual Meet Results
Senior Distance Development Meet 28-Nov-09 SC Meters**Location: Manchester, NH****Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken**

| Time | F/P/S | Event | Place | Points | Improv |
|-----------------------------------|----------|---|-------|--------|--------|
| 2:33.55S | F # 8D | Male 15-15 200 Free | 4 | --- | 4.75 |
| | 35.00 | 40.09 42.24 36.22 | | | |
| 21:45.58S | F # 11H | Male 15-15 1500 Free | 4 | --- | 16.27 |
| | 33.10 | 40.72 44.04 42.70 43.67 43.15 43.37 44.81 | | | |
| | 44.12 | 42.64 44.00 43.60 42.47 44.73 44.09 42.29 | | | |
| | 44.97 | 43.30 43.11 45.62 45.14 45.55 44.96 45.10 | | | |
| | 45.13 | 46.12 45.23 44.12 43.46 40.27 | | | |
| Kathleen Lamontagne (16) F | | | | | |
| NS | F # 1E | Female 16-16 400 IM | --- | --- | --- |
| NS | F # 3E | Female 16-16 200 Back | --- | --- | --- |
| NS | F # 7E | Female 16-16 200 Free | --- | --- | --- |
| NS | F # 9E | Female 16-16 200 Breast | --- | --- | --- |
| Liam MacDermott (10) M | | | | | |
| 1:01.35S | F # 13B | Male 5-13 50 Free | 2 | --- | -2.52 |
| | 39.29 | 46.91 54.13 78.98 | | | |
| Makayla MacDermott (8) F | | | | | |
| 55.02S | F # 13A | Female 5-13 50 Free | 2 | --- | -21.02 |
| | 41.97 | 48.67 1:00.47 96.09 | | | |
| Stephen Masterson (17) M | | | | | |
| 6:20.96S | F # 2F | Male 17-19 400 IM | 2 | --- | -8.05 |
| 2:57.61S | F # 4F | Male 17-19 200 Back | 3 | --- | --- |
| | 41.87 | 45.20 47.27 43.27 | | | |
| 2:37.80S | F # 8F | Male 17-19 200 Free | 2 | --- | -7.54 |
| | 35.56 | 41.31 41.30 39.63 | | | |
| 3:14.89S DQ | F # 10F | Male 17-19 200 Breast | --- | --- | --- |
| | 43.10 | 49.54 51.89 50.36 | | | |
| NS | F # 11L | Male 17-19 1500 Free | --- | --- | --- |
| Matthew McKee (16) M | | | | | |
| 2:58.04S | F # 4E | Male 16-16 200 Back | 3 | --- | --- |
| | 40.58 | 44.33 47.43 45.70 | | | |
| 3:09.33S | F # 6E | Male 16-16 200 Fly | 2 | --- | --- |
| 2:40.47S | F # 8E | Male 16-16 200 Free | 4 | --- | 13.32 |
| | 35.83 | 40.96 42.90 40.78 | | | |
| 22:19.35S | F # 11J | Male 16-16 1500 Free | 4 | --- | --- |
| | 34.11 | 40.18 42.86 43.95 44.14 45.30 45.60 45.53 | | | |
| | 44.56 | 44.84 45.32 45.30 45.33 1:32.52 46.39 | | | |
| | 13:17.14 | 14:02.61 16:20.35 17:50.51 | | | |
| | 45.77 | 46.12 45.61 46.16 45.14 40.04 | | | |
| Abigail Mitchell (16) F | | | | | |
| 2:59.12S | F # 3E | Female 16-16 200 Back | 3 | --- | 3.76 |
| | 43.16 | 44.47 45.74 45.75 | | | |
| 2:42.36S | F # 7E | Female 16-16 200 Free | 3 | --- | 10.39 |
| | 37.82 | 41.53 42.01 41.00 | | | |
| 3:06.13S | F # 9E | Female 16-16 200 Breast | 1 | --- | 8.30 |
| Danielle Morin (14) F | | | | | |
| 3:04.10S | F # 3C | Female 14-14 200 Back | 3 | --- | -25.40 |
| | 42.78 | 46.50 48.43 46.39 | | | |

Individual Meet Results

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Location: Manchester, NH
Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken

| Time | F/P/S | Event | Place | Points | Improv |
|-----------------------------------|---------|---|-------|--------|--------|
| 2:43.86S | F # 7C | Female 14-14 200 Free | 3 | --- | -12.66 |
| | 38.52 | 40.84 43.00 41.50 | | | |
| 22:28.42S | F # 11E | Female 14-14 1500 Free | 2 | --- | --- |
| | 37.48 | 42.81 44.77 44.18 44.86 45.18 45.90 46.09 | | | |
| | 45.07 | 45.19 45.08 45.69 45.07 45.59 45.59 46.49 | | | |
| | 44.65 | 44.40 46.16 45.28 46.26 46.07 44.50 47.17 | | | |
| | 46.24 | 44.99 46.11 46.66 44.16 40.73 | | | |
| Elizabeth Morin (16) F | | | | | |
| 2:51.85S | F # 3E | Female 16-16 200 Back | 1 | --- | --- |
| | 41.74 | 43.74 43.63 42.74 | | | |
| 2:30.33S | F # 7E | Female 16-16 200 Free | 1 | --- | -0.84 |
| | 35.29 | 38.80 38.91 37.33 | | | |
| 3:11.93S | F # 9E | Female 16-16 200 Breast | 2 | --- | 1.75 |
| 21:08.48S | F # 11I | Female 16-16 1500 Free | 2 | --- | -7.32 |
| | 37.20 | 41.26 41.91 42.26 42.27 42.47 42.31 42.72 | | | |
| | 42.55 | 42.88 42.81 42.81 42.90 42.76 42.84 42.96 | | | |
| | 42.90 | 43.04 43.23 43.02 42.78 43.17 42.52 42.83 | | | |
| | 42.55 | 42.26 42.26 41.84 41.10 40.07 | | | |
| Courtney Mountfield (18) M | | | | | |
| 3:04.07S | F # 8F | Male 17-19 200 Free | 3 | --- | --- |
| | 38.85 | 46.26 1:39.04 .08 | | | |
| Stephen Muzzey (16) M | | | | | |
| 5:38.44S | F # 2E | Male 16-16 400 IM | 2 | --- | 5.30 |
| | 31.11 | 36.75 43.87 44.16 50.86 50.40 40.35 40.94 | | | |
| 2:31.07S | F # 6E | Male 16-16 200 Fly | 1 | --- | -13.45 |
| | 32.28 | 37.26 40.73 40.80 | | | |
| NS | F # 8E | Male 16-16 200 Free | --- | --- | --- |
| 3:04.55S | F # 10E | Male 16-16 200 Breast | 2 | --- | -3.38 |
| | 41.23 | 48.30 47.83 47.19 | | | |
| 19:46.64S | F # 11J | Male 16-16 1500 Free | 3 | --- | -27.72 |
| | 33.64 | 38.27 39.57 40.12 40.00 39.76 39.85 40.43 | | | |
| | 40.61 | 41.31 40.60 40.40 40.21 40.59 40.73 40.23 | | | |
| | 40.33 | 40.09 40.49 40.09 39.81 40.81 39.46 39.09 | | | |
| | 39.07 | 38.99 39.00 38.84 38.14 36.11 | | | |
| Marko Novcic (11) M | | | | | |
| 1:26.47S | F # 14B | Male 5-13 100 Free | 1 | --- | 1.05 |
| | 39.78 | 46.69 | | | |
| Kathryn O'Neil (14) F | | | | | |
| 3:09.90S DQ | F # 3C | Female 14-14 200 Back | --- | --- | --- |
| | 45.75 | 48.42 49.19 46.54 | | | |
| 2:53.15S | F # 7C | Female 14-14 200 Free | 5 | --- | --- |
| | 38.86 | 44.35 44.55 45.39 | | | |
| 3:36.95S | F # 9C | Female 14-14 200 Breast | 3 | --- | --- |
| | 51.18 | 55.04 56.47 54.26 | | | |
| Emily Peach (11) F | | | | | |
| 3:06.42S | F # 7A | Female 11-12 200 Free | 5 | --- | -4.27 |
| | 43.15 | 48.44 48.69 46.14 | | | |

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Location: Manchester, NH
Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken

| Time | F/P/S | Event | Place | Points | Improv |
|-------------------------------|----------|---|---------|--------|--------|
| Taylor Peach (13) M | | | | | |
| 53.16S | F # 13B | Male 5-13 50 Free | 1 | --- | -1.86 |
| | 35.76 | 44.60 50.00 77.20 | | | |
| McKenzie Phelps (8) F | | | | | |
| 1:02.53S | F # 13A | Female 5-13 50 Free | 3 | --- | --- |
| | 40.51 | 47.21 56.59 81.78 | | | |
| Kelsey Poremba (17) F | | | | | |
| 2:48.26S | F # 3F | Female 17-19 200 Back | 2 | --- | --- |
| | 40.91 | 42.66 42.52 42.17 | | | |
| 2:34.25S | F # 7F | Female 17-19 200 Free | 3 | --- | --- |
| | 34.96 | 39.22 40.49 39.58 | | | |
| NS | F # 9F | Female 17-19 200 Breast | --- | --- | --- |
| 11:43.13S | F # 18A | Female 15-18 800 Free | 1 | --- | --- |
| | 11:43.13 | | | | |
| Lindsey Poremba (14) F | | | | | |
| 3:12.80S DQ | F # 3C | Female 14-14 200 Back | --- | --- | --- |
| | 44.11 | 48.32 49.27 51.10 | | | |
| 2:48.51S | F # 7C | Female 14-14 200 Free | 4 | --- | --- |
| | 39.02 | 43.15 44.69 41.65 | | | |
| 3:35.93S | F # 9C | Female 14-14 200 Breast | 2 | --- | --- |
| | 50.16 | 55.20 56.65 53.92 | | | |
| Megan Poremba (11) F | | | | | |
| 3:18.51S | F # 3A | Female 11-12 200 Back | 4 | --- | --- |
| | 48.20 | 51.88 52.11 46.32 | | | |
| 2:52.14S | F # 7A | Female 11-12 200 Free | 4 | --- | -10.25 |
| | 37.40 | 43.33 47.26 44.15 | | | |
| Kayla Poulin (15) F | | | | | |
| 6:54.21S | F # 1D | Female 15-15 400 IM | 5 | --- | --- |
| | 45.57 | 55.45 1:49.23 55.93 57.60 | 6:10.86 | 43.35 | |
| 3:17.64S DQ | F # 3D | Female 15-15 200 Back | --- | --- | --- |
| | 48.54 | 1:41.14 3:17.64 | | | |
| 2:50.18S | F # 7D | Female 15-15 200 Free | 3 | --- | -5.02 |
| | 39.84 | 44.07 44.52 41.75 | | | |
| 3:34.56S | F # 9D | Female 15-15 200 Breast | 4 | --- | --- |
| | 49.58 | 54.76 56.21 54.01 | | | |
| Alaina Pribis (12) F | | | | | |
| 6:01.21S | F # 1A | Female 11-12 400 IM | 1 | --- | --- |
| | 40.58 | 47.33 47.61 46.01 49.64 51.29 39.70 39.05 | | | |
| 2:57.28S | F # 3A | Female 11-12 200 Back | 2 | --- | -6.02 |
| | 42.47 | 44.92 46.22 43.67 | | | |
| 3:08.94S | F # 9A | Female 11-12 200 Breast | 1 | --- | -5.44 |
| 19:57.49S | F # 11A | Female 11-12 1500 Free | 1 | --- | -35.81 |
| | 35.77 | 39.09 39.45 39.87 39.49 40.01 40.53 40.06 | | | |
| | 40.16 | 39.82 40.02 40.05 40.72 40.44 40.06 40.50 | | | |
| | 40.44 | 40.63 40.62 40.53 40.31 40.23 41.03 40.77 | | | |
| | 40.62 | 40.19 40.20 40.61 40.52 34.75 | | | |

Individual Meet Results
Senior Distance Development Meet 28-Nov-09 SC Meters**Location: Manchester, NH****Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken**

| Time | F/P/S | Event | Place | Points | Improv |
|---------------------------------|---------|-------------------------|-------------------|--------|--------|
| Carter Pribis (16) M | | | | | |
| 5:17.41S | F # 2E | Male 16-16 400 IM | 1 | --- | 0.69 |
| | 32.10 | 37.84 39.59 39.89 | 48.15 49.17 35.99 | 34.68 | |
| 2:23.54S | F # 4E | Male 16-16 200 Back | 1 | --- | 2.68 |
| | 34.08 | 36.57 37.51 35.38 | | | |
| 2:08.54S | F # 8E | Male 16-16 200 Free | 1 | --- | 0.11 |
| | 29.54 | 32.49 34.58 31.93 | | | |
| NS | F # 10E | Male 16-16 200 Breast | --- | --- | --- |
| 17:46.31S | F # 11J | Male 16-16 1500 Free | 1 | --- | -20.21 |
| | 30.67 | 33.06 34.13 34.71 | 34.62 35.25 35.57 | 35.58 | |
| | 35.63 | 35.83 35.67 36.04 | 35.98 36.13 35.91 | 36.15 | |
| | 36.09 | 36.19 35.78 35.71 | 35.89 36.21 36.51 | 35.80 | |
| | 36.64 | 36.65 37.13 36.36 | 35.76 34.66 | | |
| Karam Sandhu (12) M | | | | | |
| DQ | F # 4A | Male 11-12 200 Back | --- | --- | --- |
| | | 3:10.32 | | | |
| 2:52.81S | F # 8A | Male 11-12 200 Free | 2 | --- | --- |
| | 38.17 | 43.95 1:30.74 .05 | | | |
| Milan Sandhu (15) M | | | | | |
| 5:18.22S | F # 2D | Male 15-15 400 IM | 2 | --- | -2.57 |
| | 32.07 | 37.64 41.85 41.61 | 46.66 47.87 35.92 | 34.60 | |
| NS | F # 6D | Male 15-15 200 Fly | --- | --- | --- |
| 2:12.70S | F # 8D | Male 15-15 200 Free | 2 | --- | 2.18 |
| | 30.29 | 33.77 34.75 33.89 | | | |
| 2:56.26S | F # 10D | Male 15-15 200 Breast | 1 | --- | -6.72 |
| | 39.96 | 44.70 45.92 45.68 | | | |
| 18:40.72S | F # 11H | Male 15-15 1500 Free | 2 | --- | 1.91 |
| | 32.44 | 36.79 36.56 37.65 | 37.57 37.59 37.99 | 37.80 | |
| | 37.94 | 37.69 37.88 38.02 | 37.93 37.63 37.53 | 37.68 | |
| | 37.15 | 38.02 38.43 38.08 | 38.18 37.78 37.96 | 37.92 | |
| | 37.94 | 37.43 37.95 37.56 | 36.37 33.26 | | |
| Neelam Sandhu (10) F | | | | | |
| 1:33.88S | F # 14A | Female 5-13 100 Free | 2 | --- | --- |
| | 42.56 | 51.32 | | | |
| Noelle Theodoulou (10) F | | | | | |
| 2:40.80S | F # 7 | Female 11-19 200 Free | 4 | --- | -23.75 |
| | 36.02 | 40.76 42.26 41.76 | | | |
| 1:12.41S | F # 14A | Female 5-13 100 Free | 1 | --- | -2.35 |
| | 34.17 | 38.24 | | | |
| Alana Westwater (15) F | | | | | |
| NS | F # 3D | Female 15-15 200 Back | --- | --- | --- |
| NS | F # 7D | Female 15-15 200 Free | --- | --- | --- |
| | 36.75 | 42.02 44.39 | | | |
| NS | F # 9D | Female 15-15 200 Breast | --- | --- | --- |
| Kaelin Willette (12) F | | | | | |
| 2:54.93S | F # 3A | Female 11-12 200 Back | 1 | --- | -26.22 |
| | 41.28 | 44.84 44.84 43.97 | | | |

Individual Meet Results

Senior Distance Development Meet 28-Nov-09 SC Meters

Location: Manchester, NH

Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken

| Time | F/P/S | Event | Place | Points | Improv |
|---------------------------|--------------|-------------------------------------|--------------|---------------|---------------|
| 2:37.08S | F # 7A | Female 11-12 200 Free | 1 | --- | -13.70 |
| | 35.22 | 39.46 41.57 40.83 | | | |
| 3:28.16S | F # 9A | Female 11-12 200 Breast | 2 | --- | --- |
| | 47.63 | 52.67 54.43 53.43 | | | |
| NS | F # 11A | Female 11-12 1500 Free | --- | --- | --- |
| Olivia Wons (14) F | | | | | |
| NS | F # 1C | Female 14-14 400 IM | --- | --- | --- |
| | 46.08 | 45.14 47.99 43.72 56.68 51.76 46.76 | | | |
| 2:49.15S | F # 3C | Female 14-14 200 Back | 1 | --- | 4.60 |
| | 40.07 | 42.43 43.36 43.29 | | | |
| 2:28.30S | F # 7C | Female 14-14 200 Free | 2 | --- | 2.90 |
| | 34.26 | 37.21 38.84 37.99 | | | |
| 3:37.91S | F # 9C | Female 14-14 200 Breast | 4 | --- | 11.73 |