

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Aldrich, Elizabeth (14) F</b>					
5:25.66S	F # 1C	Female 14-14 400 IM	1	---	-11.74
	34.22	1:14.37 1:57.62 2:39.76			
	(34.22)	(40.15) (43.25) (42.14)			
		3:25.77 4:13.44 4:50.61 5:25.66			
		(46.01) (47.67) (37.17) (35.05)			
2:38.62S	F # 5C	Female 14-14 200 Fly	1	---	-15.38
	34.60	1:15.28 1:57.32 2:38.62			
	(34.60)	(40.68) (42.04) (41.30)			
2:23.65S	F # 7C	Female 14-14 200 Free	1	---	-2.43
	32.77	1:09.30 1:46.61 2:23.65			
	(32.77)	(36.53) (37.31) (37.04)			
19:27.71S	F # 13C	Female 14-14 1500 Free	2	---	-43.07
	34.33	1:11.81 1:50.52 2:28.89			
	(34.33)	(37.48) (38.71) (38.37)			
		3:07.22 3:46.21 4:25.48 5:04.24			
		(38.33) (38.99) (39.27) (38.76)			
		5:43.05 6:22.33 7:01.45 7:40.45			
		(38.81) (39.28) (39.12) (39.00)			
		8:19.28 8:58.51 9:37.82 10:17.18			
		(38.83) (39.23) (39.31) (39.36)			
		10:57.06 11:36.35 12:15.63 12:55.09			
		(39.88) (39.29) (39.28) (39.46)			
		13:34.70 14:14.49 14:54.62 15:34.28			
		(39.61) (39.79) (40.13) (39.66)			
		16:14.07 16:53.63 17:32.82 18:11.44			
		(39.79) (39.56) (39.19) (38.62)			
		18:50.31 19:27.71			
		(38.87) (37.40)			
<b>Beals, Nicole (14) F</b>					
6:07.17S	F # 1C	Female 14-14 400 IM	3	---	---
	38.61	1:25.61 2:13.03 2:59.96			
	(38.61)	(47.00) (47.42) (46.93)			
		3:53.17 4:48.12 5:28.10 6:07.17			
		(53.21) (54.95) (39.98) (39.07)			
2:58.67S	F # 3C	Female 14-14 200 Back	1	---	-10.66
	42.29	1:28.00 2:13.74 2:58.67			
	(42.29)	(45.71) (45.74) (44.93)			
2:27.31S	F # 7C	Female 14-14 200 Free	2	---	-3.43
	34.00	1:11.78 1:49.78 2:27.31			
	(34.00)	(37.78) (38.00) (37.53)			
3:24.94S	F # 9C	Female 14-14 200 Breast	2	---	-20.03
	45.88	1:39.09 2:32.69 3:24.94			
	(45.88)	(53.21) (53.60) (52.25)			
10:29.76S	F # 11B	Female 13-14 800 Free	2	---	---
	34.95	1:14.60 1:54.23 2:33.76			
	(34.95)	(39.65) (39.63) (39.53)			
		3:13.29 3:52.84 4:32.85 5:12.71			
		(39.53) (39.55) (40.01) (39.86)			
		5:52.53 6:32.87 7:12.70 7:52.60			
		(39.82) (40.34) (39.83) (39.90)			
		8:32.71 9:12.24 9:51.97 10:29.76			
		(40.11) (39.53) (39.73) (37.79)			
<b>Beals, Sarah (11) F</b>					
3:34.39S	F # 3A	Female 11-12 200 Back	6	---	---
	51.06	1:45.80 2:41.45 3:34.39			
	(51.06)	(54.74) (55.65) (52.94)			
3:04.14S	F # 7A	Female 11-12 200 Free	8	---	-1.37
	42.46	1:29.85 2:18.34 3:04.14			
	(42.46)	(47.39) (48.49) (45.80)			
4:17.46S	F # 9A	Female 11-12 200 Breast	9	---	---
	59.55	2:05.79 3:12.76 4:17.46			
	(59.55)	(1:06.24) (1:06.97) (1:04.70)			

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Berger, Cassie (14) F</b>					
5:48.68S	F # 1C	Female 14-14 400 IM	2	---	---
	38.25	1:23.19 2:08.94 2:52.87		3:39.98 4:27.55 5:08.53	5:48.68
	(38.25)	(44.94) (45.75) (43.93)		(47.11) (47.57) (40.98)	(40.15)
2:30.88S	F # 7C	Female 14-14 200 Free	3	---	-1.99
	34.82	1:13.22 1:52.58 2:30.88			
	(34.82)	(38.40) (39.36) (38.30)			
2:58.39S	F # 9C	Female 14-14 200 Breast	1	---	---
	40.34	1:26.85 2:13.23 2:58.39			
	(40.34)	(46.51) (46.38) (45.16)			
21:38.22S	F # 13C	Female 14-14 1500 Free	3	---	---
	35.63	1:15.42 1:56.78 2:39.39		3:22.04 4:04.25 4:47.53	5:30.68
	(35.63)	(39.79) (41.36) (42.61)		(42.65) (42.21) (43.28)	(43.15)
	6:13.84	6:57.71 7:41.45 8:24.88		9:08.91 9:53.01 10:37.48	11:21.71
	(43.16)	(43.87) (43.74) (43.43)		(44.03) (44.10) (44.47)	(44.23)
	12:06.29	12:50.74 13:34.81 14:18.71		15:03.30 15:47.85 16:32.29	17:16.32
	(44.58)	(44.45) (44.07) (43.90)		(44.59) (44.55) (44.44)	(44.03)
	18:00.91	18:45.28 19:29.41 20:13.48		20:56.96 21:38.22	
	(44.59)	(44.37) (44.13) (44.07)		(43.48) (41.26)	
<b>Berger, Garrick (12) M</b>					
3:17.61S	F # 4A	Male 11-12 200 Back	1	---	---
	46.22	1:37.96 2:29.12 3:17.61			
	(46.22)	(51.74) (51.16) (48.49)			
2:42.66S	F # 8A	Male 11-12 200 Free	2	---	---
	37.29	1:19.37 2:02.84 2:42.66			
	(37.29)	(42.08) (43.47) (39.82)			
3:49.87S	F # 10A	Male 11-12 200 Breast	3	---	---
12:27.40S	F # 12A	Male 11-12 800 Free	1	---	---
	40.43	1:28.13 2:15.23 3:02.45		3:49.47 4:36.25 5:22.85	6:09.90
	(40.43)	(47.70) (47.10) (47.22)		(47.02) (46.78) (46.60)	(47.05)
	6:56.08	7:41.99 8:27.56 9:56.93		10:41.81 11:26.28 12:06.04	12:27.40
	(46.18)	(45.91) (45.57) (1:29.37)		(44.88) (44.47) (39.76)	(21.36)
<b>Berg, Katherine (15) F</b>					
6:46.97S	F # 1D	Female 15-15 400 IM	3	---	---
	42.43	1:37.46 2:29.02 3:20.80		4:20.34 5:21.68 6:05.64	6:46.97
	(42.43)	(55.03) (51.56) (51.78)		(59.54) (1:01.34) (43.96)	(41.33)
3:24.68S	F # 3D	Female 15-15 200 Back	7	---	7.68
	48.29	1:42.94 2:34.76 3:24.68			
	(48.29)	(54.65) (51.82) (49.92)			
2:44.41S	F # 7D	Female 15-15 200 Free	6	---	-0.77
	38.53	1:21.82 2:04.09 2:44.41			
	(38.53)	(43.29) (42.27) (40.32)			
12:00.20S	F # 11C	Female 15-16 800 Free	8	---	---
	38.10	1:20.98 2:04.56 2:51.08		4:22.79 5:08.52 5:54.13	6:40.19
	(38.10)	(42.88) (43.58) (46.52)		(1:31.71) (45.73) (45.61)	(46.06)
	7:26.65	8:13.68 8:59.03 ---		9:45.49 10:32.38 11:18.44	12:00.20
	(46.46)	(47.03) (45.35) ---		(9:45.49) (46.89) (46.06)	(41.76)

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Bolton, Kathleen (16) F</b>					
2:47.38S	F # 3E	Female 16-16 200 Back	2	---	-10.21
	39.99	1:22.49 2:05.53 2:47.38			
	(39.99)	(42.50) (43.04) (41.85)			
2:27.04S	F # 7E	Female 16-16 200 Free	2	---	2.11
	34.30	1:12.21 1:50.07 2:27.04			
	(34.30)	(37.91) (37.86) (36.97)			
10:13.31S	F # 11C	Female 15-16 800 Free	1	---	---
	35.65	1:14.42 1:52.49 2:30.76 3:09.29 3:47.54 4:25.95 5:04.60			
	(35.65)	(38.77) (38.07) (38.27) (38.53) (38.25) (38.41) (38.65)			
	5:43.53	6:22.54 7:01.45 7:40.31 8:19.09 8:57.10 9:34.99 10:13.31			
	(38.93)	(39.01) (38.91) (38.86) (38.78) (38.01) (37.89) (38.32)			
<b>Bonte, Zachary (14) M</b>					
5:48.09S	F # 2C	Male 14-14 400 IM	1	---	---
	39.67	1:26.70 2:08.84 2:51.06 3:42.01 4:32.10 5:11.15 5:48.09			
	(39.67)	(47.03) (42.14) (42.22) (50.95) (50.09) (39.05) (36.94)			
2:39.99S	F # 4C	Male 14-14 200 Back	1	---	-12.59
	38.70	1:19.94 2:01.04 2:39.99			
	(38.70)	(41.24) (41.10) (38.95)			
2:30.41S	F # 8C	Male 14-14 200 Free	2	---	-3.22
	34.34	1:12.57 1:52.01 2:30.41			
	(34.34)	(38.23) (39.44) (38.40)			
10:42.13S	F # 12C	Male 14-14 800 Free	2	---	-19.73
	35.39	1:15.00 1:55.54 2:36.45 3:17.32 3:58.42 4:39.43 5:20.33			
	(35.39)	(39.61) (40.54) (40.91) (40.87) (41.10) (41.01) (40.90)			
	6:01.13	6:41.55 7:22.58 8:02.84 8:43.41 9:23.71 10:03.85 10:42.13			
	(40.80)	(40.42) (41.03) (40.26) (40.57) (40.30) (40.14) (38.28)			
<b>Broketa, Matteo (13) M</b>					
3:29.32S	F # 4B	Male 13-13 200 Back	4	---	---
	48.01	1:42.84 2:39.02 3:29.32			
	(48.01)	(54.83) (56.18) (50.30)			
2:59.22S	F # 8B	Male 13-13 200 Free	4	---	-7.58
	40.12	1:27.07 2:15.52 2:59.22			
	(40.12)	(46.95) (48.45) (43.70)			
3:56.95S	F # 10B	Male 13-13 200 Breast	3	---	---
<b>Charest, Haley (17) F</b>					
3:11.85S	F # 3F	Female 17-19 200 Back	6	---	1.66
	45.64	1:33.72 2:23.29 3:11.85			
	(45.64)	(48.08) (49.57) (48.56)			
2:47.92S	F # 7F	Female 17-19 200 Free	7	---	9.33
	38.98	1:20.81 2:04.33 2:47.92			
	(38.98)	(41.83) (43.52) (43.59)			
3:24.95S	F # 9F	Female 17-19 200 Breast	6	---	0.34
	45.08	1:36.47 2:30.41 3:24.95			
	(45.08)	(51.39) (53.94) (54.54)			

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Chen, Elisa (12) F</b>					
3:26.80S	F # 3A	Female 11-12 200 Back	5	---	-15.02
	45.93	2:34.11 3:26.80 3:26.80			
	(45.93)	(1:48.18) (52.69) (0.00)			
DQ	F # 7A	Female 11-12 200 Free	---	---	---
4:12.24S	F # 9A	Female 11-12 200 Breast	8	---	---
	56.58	2:02.55 3:08.29 4:12.24			
	(56.58)	(1:05.97) (1:05.74) (1:03.95)			
<b>Chen, Michael (11) M</b>					
3:00.12S	F # 8A	Male 11-12 200 Free	4	---	---
	40.95	1:28.09 2:16.76 3:00.12			
	(40.95)	(47.14) (48.67) (43.36)			
4:06.63S	F # 10A	Male 11-12 200 Breast	4	---	---
13:15.80S	F # 12A	Male 11-12 800 Free	2	---	---
	43.31	1:32.52 2:22.32 3:13.05 4:03.95 4:54.69 5:45.78 6:36.19			
	(43.31)	(49.21) (49.80) (50.73) (50.90) (50.74) (51.09) (50.41)			
	7:27.37	8:18.31 9:08.15 9:58.26 10:48.67 11:39.08 12:29.14 13:15.80			
	(51.18)	(50.94) (49.84) (50.11) (50.41) (50.41) (50.06) (46.66)			
<b>Cooney, Nolan (13) M</b>					
3:39.15S	F # 4B	Male 13-13 200 Back	5	---	---
	50.10	1:47.40 2:43.70 3:39.15			
	(50.10)	(57.30) (56.30) (55.45)			
2:58.75S	F # 8B	Male 13-13 200 Free	3	---	---
	40.30	1:27.36 2:15.29 2:58.75			
	(40.30)	(47.06) (47.93) (43.46)			
3:35.87S	F # 10B	Male 13-13 200 Breast	2	---	---
<b>Crowder, Donald (12) M</b>					
1:01.64S	F # 17C	Male 11-12 50 Free	1	---	---
<b>Crowder, Molly (7) F</b>					
38.71S	F # 16A	Female 8 & Under 25 Free	1	---	---
<b>Deland, Jillian (13) F</b>					
3:16.51S	F # 3B	Female 13-13 200 Back	4	---	-8.04
	45.59	1:36.23 2:27.26 3:16.51			
	(45.59)	(50.64) (51.03) (49.25)			
2:58.44S	F # 7B	Female 13-13 200 Free	4	---	-2.92
	38.52	1:24.61 2:11.94 2:58.44			
	(38.52)	(46.09) (47.33) (46.50)			
3:34.46S	F # 9B	Female 13-13 200 Breast	4	---	-12.13
	49.08	1:43.16 2:40.47 3:34.46			
	(49.08)	(54.08) (57.31) (53.99)			

**Individual Meet Results**

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**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Denbow, Christina (17) F</b>					
5:48.01S	F # 1F	Female 17-19 400 IM	2	---	13.19
	36.02	1:17.01 2:03.85 2:49.98			
	(36.02)	(40.99) (46.84) (46.13)			
		3:38.06 4:26.34 5:07.52			
		(48.08) (48.28) (41.18)			
		5:48.01			
		(40.49)			
NS	F # 3F	Female 17-19 200 Back	---	---	---
2:29.63S	F # 7F	Female 17-19 200 Free	4	---	7.99
	34.54	1:12.34 1:50.82 2:29.63			
	(34.54)	(37.80) (38.48) (38.81)			
3:01.22S	F # 9F	Female 17-19 200 Breast	2	---	7.84
	41.18	1:27.31 2:14.08 3:01.22			
	(41.18)	(46.13) (46.77) (47.14)			
10:27.74S	F # 11D	Female 17-19 800 Free	3	---	---
	36.13	1:15.30 1:54.75 2:33.84			
	(36.13)	(39.17) (39.45) (39.09)			
		3:13.26 3:53.03 4:32.95			
		(39.42) (39.77) (39.92)			
		5:12.83			
		(39.88)			
		5:52.56 6:32.45 7:12.28			
		7:52.20 8:31.90 9:10.94			
		9:49.71 10:27.74			
		(39.73) (39.89) (39.83)			
		(39.92) (39.70) (39.04)			
		(38.77) (38.03)			
<b>Denbow, Zachary (12) M</b>					
5:57.18S	F # 2A	Male 11-12 400 IM	1	---	---
	41.17	1:30.89 2:16.65 3:00.60			
	(41.17)	(49.72) (45.76) (43.95)			
		3:49.61 4:39.06 5:18.41			
		(49.01) (49.45) (39.35)			
		5:57.18			
		(38.77)			
3:11.03S	F # 10A	Male 11-12 200 Breast	1	---	-5.46
	43.21	1:32.74 2:21.66 3:11.03			
	(43.21)	(49.53) (48.92) (49.37)			
20:23.86S	F # 14A	Male 11-12 1500 Free	1	---	---
	35.60	1:15.40 1:56.13 2:36.87			
	(35.60)	(39.80) (40.73) (40.74)			
		3:17.54 3:58.59 4:39.84			
		(40.67) (41.05) (41.25)			
		5:20.92			
		(41.08)			
		6:02.05 6:42.97 7:24.21			
		8:05.01 8:46.00 9:27.18			
		10:08.90 10:50.14			
		(41.13) (40.92) (41.24)			
		(40.80) (40.99) (41.18)			
		(41.72) (41.24)			
		11:31.52 12:13.45 12:55.06			
		13:36.74 14:17.87 14:59.27			
		15:39.90 16:21.56			
		(41.38) (41.93) (41.61)			
		(41.68) (41.13) (41.40)			
		(40.63) (41.66)			
		17:02.72 17:43.95 18:25.02			
		19:05.68 19:45.17 20:23.86			
		(41.16) (41.23) (41.07)			
		(40.66) (39.49) (38.69)			

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Ewing, Kelsey (18) F</b>					
5:24.12S	F # 1F	Female 17-19 400 IM	1	---	1.58
	34.78	1:15.68 1:57.86 2:39.18			
	(34.78)	(40.90) (42.18) (41.32)			
		3:24.91 4:10.90 4:48.53			
		(45.73) (45.99) (37.63)			
		5:24.12			
		(35.59)			
2:33.42S	F # 3F	Female 17-19 200 Back	3	---	-3.29
	36.89	1:15.43 1:54.31 2:33.42			
	(36.89)	(38.54) (38.88) (39.11)			
2:19.48S	F # 7F	Female 17-19 200 Free	2	---	4.41
	32.29	1:07.86 1:43.09 2:19.48			
	(32.29)	(35.57) (35.23) (36.39)			
3:07.03S	F # 9F	Female 17-19 200 Breast	3	---	---
	41.12	1:28.05 2:17.07 3:07.03			
	(41.12)	(46.93) (49.02) (49.96)			
10:09.76S	F # 11D	Female 17-19 800 Free	2	---	-62.95
	33.55	1:10.64 1:48.48 2:26.94			
	(33.55)	(37.09) (37.84) (38.46)			
		3:05.09 3:43.64 4:21.90			
		(38.15) (38.55) (38.26)			
		5:00.52			
		(38.62)			
		5:39.13 6:17.92 6:56.99			
		7:35.72 8:14.78 8:53.57			
		9:32.27 10:09.76			
		(38.61) (38.79) (39.07)			
		(38.73) (39.06) (38.79)			
		(38.70) (37.49)			
<b>Ewing, Riley (15) M</b>					
5:21.20S	F # 2D	Male 15-15 400 IM	1	---	-44.35
	33.46	1:12.05 1:53.69 2:34.08			
	(33.46)	(38.59) (41.64) (40.39)			
		3:19.97 4:07.80 4:45.13			
		(45.89) (47.83) (37.33)			
		5:21.20			
		(36.07)			
2:32.50S DQ	F # 4D	Male 15-15 200 Back	---	---	---
	35.93	1:14.29 1:53.96 2:32.50			
	(35.93)	(38.36) (39.67) (38.54)			
2:43.80S	F # 6D	Male 15-15 200 Fly	1	---	---
	34.70	1:16.44 1:59.73 2:43.80			
	(34.70)	(41.74) (43.29) (44.07)			
3:00.46S	F # 10D	Male 15-15 200 Breast	1	---	---
	39.60	1:25.74 2:13.98 3:00.46			
	(39.60)	(46.14) (48.24) (46.48)			
9:48.53S	F # 12D	Male 15-15 800 Free	1	---	---
	32.40	1:08.74 1:46.00 2:23.17			
	(32.40)	(36.34) (37.26) (37.17)			
		3:00.95 3:38.58 4:16.30			
		(37.78) (37.63) (37.72)			
		(37.68)			
		4:53.98			
		(37.68)			
		5:32.07 6:09.51 6:46.71			
		7:24.39 8:01.59 8:38.92			
		9:14.58 9:48.53			
		(38.09) (37.44) (37.20)			
		(37.68) (37.20) (37.33)			
		(35.66) (33.95)			
<b>Fortin, Thomas (15) M</b>					
2:52.92S	F # 4D	Male 15-15 200 Back	1	---	---
	41.24	1:25.00 2:52.92 2:52.92			
	(41.24)	(43.76) (1:27.92) (0.00)			
2:43.32S	F # 8D	Male 15-15 200 Free	1	---	1.71
	---	1:18.48 --- 2:43.32			
	---	(1:18.48) --- (2:43.32)			

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Golding, Kathleen (11) F</b>					
5:45.14S	F # 1A	Female 11-12 400 IM	1	---	---
	37.95	1:22.22 2:07.60 2:50.59		3:39.38 4:29.30 5:09.28	5:45.14
	(37.95)	(44.27) (45.38) (42.99)		(48.79) (49.92) (39.98)	(35.86)
2:49.67S	F # 3A	Female 11-12 200 Back	1	---	-4.85
	39.95	1:23.68 2:07.64 2:49.67			
	(39.95)	(43.73) (43.96) (42.03)			
2:23.16S	F # 7A	Female 11-12 200 Free	1	---	-6.61
	33.59	1:10.96 1:48.11 2:23.16			
	(33.59)	(37.37) (37.15) (35.05)			
3:15.11S	F # 9A	Female 11-12 200 Breast	2	---	-6.25
	43.60	1:33.49 2:24.31 3:15.11			
	(43.60)	(49.89) (50.82) (50.80)			
10:11.03S	F # 11A	Female 11-12 800 Free	1	---	-37.81
	34.33	1:13.39 1:52.33 2:31.18		3:09.88 3:48.78 4:28.18	5:06.94
	(34.33)	(39.06) (38.94) (38.85)		(38.70) (38.90) (39.40)	(38.76)
	5:46.19	6:24.69 7:02.41 7:40.43		8:19.10 8:57.07 9:34.25	10:11.03
	(39.25)	(38.50) (37.72) (38.02)		(38.67) (37.97) (37.18)	(36.78)
<b>Golding, Molly (8) F</b>					
2:47.95S	F # 7	Female 11-19 200 Free	8	---	---
	39.02	1:23.15 2:06.79 2:47.95			
	(39.02)	(44.13) (43.64) (41.16)			
3:29.02S	F # 9	Female 11-19 200 Breast	8	---	---
	49.20	1:42.39 2:37.31 3:29.02			
	(49.20)	(53.19) (54.92) (51.71)			
5:57.89S	F # 18A	Female 10 & Under 400 Free	1	---	---
<b>Grimmett, Zachary (16) M</b>					
5:38.29S	F # 2E	Male 16-16 400 IM	2	---	0.05
	31.56	1:10.04 1:57.19 2:43.07		3:31.91 4:22.16 5:00.17	5:38.29
	(31.56)	(38.48) (47.15) (45.88)		(48.84) (50.25) (38.01)	(38.12)
2:38.37S	F # 6E	Male 16-16 200 Fly	1	---	---
	32.11	1:10.35 1:54.13 2:38.37			
	(32.11)	(38.24) (43.78) (44.24)			
2:19.14S	F # 8E	Male 16-16 200 Free	2	---	5.50
	30.63	1:05.81 1:42.55 2:19.14			
	(30.63)	(35.18) (36.74) (36.59)			
9:50.15S	F # 12E	Male 16-16 800 Free	2	---	---
	31.46	1:07.96 1:45.64 2:23.39		3:00.90 3:38.70 4:16.83	4:54.24
	(31.46)	(36.50) (37.68) (37.75)		(37.51) (37.80) (38.13)	(37.41)
	5:31.88	6:09.72 6:46.89 7:24.13		8:01.51 8:38.86 9:15.42	9:50.15
	(37.64)	(37.84) (37.17) (37.24)		(37.38) (37.35) (36.56)	(34.73)

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Hubbard, Antony (16) M</b>					
5:17.21S	F # 2E	Male 16-16 400 IM	1	---	-1.47
	31.26	1:08.03 1:47.44 2:28.22			
	(31.26)	(36.77) (39.41) (40.78)			
		3:14.14 4:04.70 4:42.01 5:17.21			
		(45.92) (50.56) (37.31) (35.20)			
2:22.34S	F # 4E	Male 16-16 200 Back	1	---	-4.88
	32.22	1:07.69 1:45.15 2:22.34			
	(32.22)	(35.47) (37.46) (37.19)			
2:06.65S	F # 8E	Male 16-16 200 Free	1	---	-1.71
	28.65	1:00.59 1:34.56 2:06.65			
	(28.65)	(31.94) (33.97) (32.09)			
9:35.08S	F # 12E	Male 16-16 800 Free	1	---	-5.38
	30.49	1:05.85 1:42.92 2:19.32			
	(30.49)	(35.36) (37.07) (36.40)			
		2:55.72 3:33.04 4:10.60 4:47.93			
		(36.40) (37.32) (37.56) (37.33)			
		5:24.82 6:02.12 6:38.83 7:14.84			
		7:51.74 8:28.08 9:01.49 9:35.08			
		(36.89) (37.30) (36.71) (36.01)			
		(36.90) (36.34) (33.41) (33.59)			
<b>Jenkins, Kathleen (11) F</b>					
3:00.67S	F # 3A	Female 11-12 200 Back	3	---	5.91
	40.30	1:27.05 2:14.60 3:00.67			
	(40.30)	(46.75) (47.55) (46.07)			
DQ	F # 5A	Female 11-12 200 Fly	---	---	---
2:43.99S	F # 7A	Female 11-12 200 Free	5	---	3.58
	38.00	1:20.40 2:03.69 2:43.99			
	(38.00)	(42.40) (43.29) (40.30)			
11:38.12S	F # 11A	Female 11-12 800 Free	5	---	-26.85
	37.68	1:21.49 2:05.46 2:49.94			
	(37.68)	(43.81) (43.97) (44.48)			
		3:34.33 4:18.80 5:02.85 5:47.88			
		(44.39) (44.47) (44.05) (45.03)			
		6:31.97 7:16.74 8:01.11 8:45.41			
		9:31.05 10:15.23 10:58.12 11:38.12			
		(44.09) (44.77) (44.37) (44.30)			
		(45.64) (44.18) (42.89) (40.00)			
<b>Jenkins, Robert (17) M</b>					
2:52.97S	F # 4F	Male 17-19 200 Back	1	---	6.55
	38.79	1:22.43 2:07.75 2:52.97			
	(38.79)	(43.64) (45.32) (45.22)			
2:27.46S	F # 8F	Male 17-19 200 Free	2	---	-1.34
	33.12	1:10.18 1:49.73 2:27.46			
	(33.12)	(37.06) (39.55) (37.73)			
<b>Kramer, Jack (12) M</b>					
3:03.26S	F # 8A	Male 11-12 200 Free	5	---	---
	40.60	1:27.06 2:18.22 3:03.26			
	(40.60)	(46.46) (51.16) (45.04)			

### Individual Meet Results

**Senior Distance Meet 19-Nov-11 SC Meters**
**Location: Southern New Hampshire University**
**Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken**

Time	F/P/S	Event	Place	Points	Improv
<b>Morin, Danielle (16) F</b>					
6:52.19S	DQ	F # 1E Female 16-16 400 IM	---	---	---
		---	---	---	---
		---	---	---	---
		5:23.22 6:09.52 6:52.19			
		(1:00.28) (46.30) (42.67)			
3:17.75S		F # 3E Female 16-16 200 Back	6	---	13.65
		46.94 1:36.29 2:26.99 3:17.75			
		(46.94) (49.35) (50.70) (50.76)			
2:53.86S		F # 7E Female 16-16 200 Free	5	---	17.60
		38.95 1:22.86 2:09.76 2:53.86			
		(38.95) (43.91) (46.90) (44.10)			
<b>Neville, Olivia (10) F</b>					
3:19.69S	DQ	F # 3 Female 11-19 200 Back	---	---	---
		---	---	---	---
		---	---	---	---
		2:28.12 3:19.69			
		(2:28.12) (51.57)			
2:43.77S		F # 7 Female 11-19 200 Free	6	---	---
		37.72 1:19.76 2:04.08 2:43.77			
		(37.72) (42.04) (44.32) (39.69)			
12:11.85S		F # 11 Female 11-19 800 Free	8	---	---
		35.86 1:19.78 2:08.45 2:53.16 3:39.87 4:27.65 5:14.53 6:02.21			
		(35.86) (43.92) (48.67) (44.71) (46.71) (47.78) (46.88) (47.68)			
		6:50.40 7:36.81 8:23.78 9:11.47 9:57.63 10:42.99 11:29.15 12:11.85			
		(48.19) (46.41) (46.97) (47.69) (46.16) (45.36) (46.16) (42.70)			
<b>Novcic, Marko (13) M</b>					
6:02.33S		F # 2B Male 13-13 400 IM	1	---	---
		39.00 1:25.67 2:15.01 3:01.54 3:50.49 4:42.09 5:23.92 6:02.33			
		(39.00) (46.67) (49.34) (46.53) (48.95) (51.60) (41.83) (38.41)			
2:58.14S		F # 4B Male 13-13 200 Back	1	---	-9.48
		41.74 1:27.20 2:13.03 2:58.14			
		(41.74) (45.46) (45.83) (45.11)			
2:26.51S		F # 8B Male 13-13 200 Free	1	---	-6.61
		32.97 1:10.85 1:49.78 2:26.51			
		(32.97) (37.88) (38.93) (36.73)			
3:15.81S		F # 10B Male 13-13 200 Breast	1	---	-11.77
		43.84 1:34.71 2:26.04 3:15.81			
		(43.84) (50.87) (51.33) (49.77)			
10:54.17S		F # 12B Male 13-13 800 Free	1	---	-45.06
		35.13 1:14.73 1:55.63 2:37.24 3:19.40 4:01.48 4:42.80 5:25.15			
		(35.13) (39.60) (40.90) (41.61) (42.16) (42.08) (41.32) (42.35)			
		6:07.00 6:49.19 7:30.66 8:11.67 8:53.42 9:35.98 10:17.23 10:54.17			
		(41.85) (42.19) (41.47) (41.01) (41.75) (42.56) (41.25) (36.94)			
<b>O'Mara, Medhanit (6) F</b>					
35.12S		F # 15A Female 10 & Under 25 Free	1	---	---

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>O'Neil, Kathryn (16) F</b>					
6:07.56S	F # 1E	Female 16-16 400 IM	1	---	---
	41.91	1:30.17 2:17.35 3:03.47			
	(41.91)	(48.26) (47.18) (46.12)			
		3:56.27 4:49.72 5:29.72 6:07.56			
		(52.80) (53.45) (40.00) (37.84)			
2:52.11S	F # 3E	Female 16-16 200 Back	4	---	---
	42.37	1:25.92 2:10.07 2:52.11			
	(42.37)	(43.55) (44.15) (42.04)			
2:33.97S	F # 7E	Female 16-16 200 Free	3	---	-2.00
	35.48	1:14.91 1:55.10 2:33.97			
	(35.48)	(39.43) (40.19) (38.87)			
3:27.30S	F # 9E	Female 16-16 200 Breast	3	---	-9.65
	46.72	1:39.52 2:33.69 3:27.30			
	(46.72)	(52.80) (54.17) (53.61)			
<b>Poirier, Julia (11) F</b>					
2:48.39S	F # 7A	Female 11-12 200 Free	7	---	-15.90
	36.59	1:19.89 2:04.95 2:48.39			
	(36.59)	(43.30) (45.06) (43.44)			
4:01.88S	F # 9A	Female 11-12 200 Breast	7	---	---
	54.02	1:57.01 2:59.21 4:01.88			
	(54.02)	(1:02.99) (1:02.20) (1:02.67)			
12:49.65S	F # 11A	Female 11-12 800 Free	7	---	---
	39.02	1:25.84 2:15.01 3:04.96			
	(39.02)	(46.82) (49.17) (49.95)			
		3:54.21 4:42.64 5:30.82 6:19.49			
		(49.25) (48.43) (48.18) (48.67)			
		7:08.76 7:58.54 8:47.60 9:36.26			
		10:25.38 11:13.70 12:02.04 12:49.65			
		(49.27) (49.78) (49.06) (48.66)			
		(49.12) (48.32) (48.34) (47.61)			
<b>Poremba, Lindsey (16) F</b>					
6:09.83S	F # 1E	Female 16-16 400 IM	2	---	---
2:57.58S	F # 3E	Female 16-16 200 Back	5	---	3.31
	42.21	1:27.71 2:13.48 2:57.58			
	(42.21)	(45.50) (45.77) (44.10)			
2:37.17S	F # 7E	Female 16-16 200 Free	4	---	-0.50
	36.18	1:16.65 1:57.50 2:37.17			
	(36.18)	(40.47) (40.85) (39.67)			
3:23.15S	F # 9E	Female 16-16 200 Breast	2	---	-3.26
	46.49	1:38.54 2:31.43 3:23.15			
	(46.49)	(52.05) (52.89) (51.72)			
11:25.98S	F # 11C	Female 15-16 800 Free	6	---	-7.83
	37.13	1:18.81 2:01.50 2:44.50			
	(37.13)	(41.68) (42.69) (43.00)			
		3:27.93 4:11.03 4:55.04 5:38.72			
		(43.43) (43.10) (44.01) (43.68)			
		6:22.46 7:06.27 7:50.06 8:34.07			
		9:18.19 10:01.99 10:44.76 11:25.98			
		(43.74) (43.81) (43.79) (44.01)			
		(44.12) (43.80) (42.77) (41.22)			

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Poremba, Megan (13) F</b>					
3:07.15S	F # 3B	Female 13-13 200 Back	3	---	-3.08
	44.12	1:32.85 2:21.48 3:07.15			
	(44.12)	(48.73) (48.63) (45.67)			
2:37.58S	F # 7B	Female 13-13 200 Free	2	---	0.55
	36.60	1:17.94 1:57.81 2:37.58			
	(36.60)	(41.34) (39.87) (39.77)			
3:49.20S	F # 9B	Female 13-13 200 Breast	5	---	-10.08
	50.93	1:49.03 2:50.80 3:49.20			
	(50.93)	(58.10) (1:01.77) (58.40)			
22:17.73S	F # 13B	Female 13-13 1500 Free	2	---	---
	36.35	1:17.78 2:00.46 2:44.32 3:29.98 4:15.65 4:59.91 5:44.28			
	(36.35)	(41.43) (42.68) (43.86) (45.66) (45.67) (44.26) (44.37)			
	6:29.92	7:15.40 8:00.37 8:44.09 9:29.18 10:15.01 11:00.15 11:47.04			
	(45.64)	(45.48) (44.97) (43.72) (45.09) (45.83) (45.14) (46.89)			
	12:34.01	13:19.57 14:06.38 14:52.92 15:38.87 16:25.91 17:13.04 17:59.34			
	(46.97)	(45.56) (46.81) (46.54) (45.95) (47.04) (47.13) (46.30)			
	18:45.88	19:29.39 20:13.40 20:56.00 21:38.29 22:17.73			
	(46.54)	(43.51) (44.01) (42.60) (42.29) (39.44)			
<b>Poulin, Kayla (17) F</b>					
3:14.38S	F # 3F	Female 17-19 200 Back	7	---	---
	45.12	3:14.38 --- 3:14.38			
	(45.12)	(2:29.26) --- (3:14.38)			
2:48.87S	F # 7F	Female 17-19 200 Free	9	---	3.10
	38.93	1:21.53 2:05.66 2:48.87			
	(38.93)	(42.60) (44.13) (43.21)			
3:27.27S	F # 9F	Female 17-19 200 Breast	7	---	-7.29
	47.10	1:39.80 2:33.31 3:27.27			
	(47.10)	(52.70) (53.51) (53.96)			
12:09.90S	F # 11D	Female 17-19 800 Free	7	---	---
	39.34	1:23.12 2:08.74 2:54.92 3:41.12 4:27.60 5:13.99 6:00.14			
	(39.34)	(43.78) (45.62) (46.18) (46.20) (46.48) (46.39) (46.15)			
	6:46.92	7:33.40 8:20.09 9:07.09 9:53.92 10:39.65 11:25.41 12:09.90			
	(46.78)	(46.48) (46.69) (47.00) (46.83) (45.73) (45.76) (44.49)			
<b>Pribis, Alaina (14) F</b>					
18:23.95S	F # 13C	Female 14-14 1500 Free	1	---	-66.58
	33.16	1:09.05 1:46.02 2:22.69 2:59.41 3:36.28 4:13.37 4:50.09			
	(33.16)	(35.89) (36.97) (36.67) (36.72) (36.87) (37.09) (36.72)			
	5:27.15	6:04.59 6:41.79 7:18.78 7:56.07 8:33.36 9:10.81 9:48.07			
	(37.06)	(37.44) (37.20) (36.99) (37.29) (37.29) (37.45) (37.26)			
	10:25.27	11:03.00 11:41.23 12:19.26 12:56.94 13:34.39 14:11.70 14:48.78			
	(37.20)	(37.73) (38.23) (38.03) (37.68) (37.45) (37.31) (37.08)			
	15:25.57	16:02.17 16:38.61 17:15.20 17:50.97 18:23.95			
	(36.79)	(36.60) (36.44) (36.59) (35.77) (32.98)			

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Sandhu, Karam (14) M</b>					
5:51.99S	F # 2C	Male 14-14 400 IM	2	---	---
	35.37	1:20.24 2:05.32 2:49.46		5:12.92	5:51.99
	(35.37)	(44.87) (45.08) (44.14)		(39.36)	(39.07)
2:40.30S	F # 4C	Male 14-14 200 Back	2	---	---
	38.02	2:00.56 --- 2:40.30			
	(38.02)	(1:22.54) --- (2:40.30)			
2:23.28S	F # 8C	Male 14-14 200 Free	1	---	-1.28
	32.27	1:08.65 1:46.18 2:23.28			
	(32.27)	(36.38) (37.53) (37.10)			
10:32.93S	F # 12C	Male 14-14 800 Free	1	---	---
	33.82	1:12.95 1:52.59 2:32.00		4:33.30	5:13.36
	(33.82)	(39.13) (39.64) (39.41)		(40.60)	(40.06)
	5:53.38	6:33.52 7:13.99 7:54.14		9:55.63	10:32.93
	(40.02)	(40.14) (40.47) (40.15)		(40.18)	(37.30)
<b>Sandhu, Milan (17) M</b>					
5:14.79S	F # 2F	Male 17-19 400 IM	1	---	2.15
	30.42	1:05.74 1:47.82 2:28.85		4:40.52	5:14.79
	(30.42)	(35.32) (42.08) (41.03)		(35.49)	(34.27)
2:25.69S	F # 6F	Male 17-19 200 Fly	1	---	0.38
	30.78	1:06.42 1:45.13 2:25.69			
	(30.78)	(35.64) (38.71) (40.56)			
2:11.44S	F # 8F	Male 17-19 200 Free	1	---	3.54
	28.91	1:01.85 1:36.62 2:11.44			
	(28.91)	(32.94) (34.77) (34.82)			
<b>Sandhu, Neelam (12) F</b>					
3:37.40S	F # 3A	Female 11-12 200 Back	7	---	---
	47.63	1:44.74 2:42.26 3:37.40			
	(47.63)	(57.11) (57.52) (55.14)			
3:12.57S	F # 7A	Female 11-12 200 Free	9	---	4.36
	41.04	1:30.58 2:22.53 3:12.57			
	(41.04)	(49.54) (51.95) (50.04)			
3:51.55S	F # 9A	Female 11-12 200 Breast	6	---	---
	51.65	1:52.18 2:53.43 3:51.55			
	(51.65)	(1:00.53) (1:01.25) (58.12)			
13:52.61S	F # 11A	Female 11-12 800 Free	8	---	---
	41.50	1:30.74 2:22.23 3:14.78		5:53.08	6:46.24
	(41.50)	(49.24) (51.49) (52.55)		(53.00)	(53.16)
	7:39.95	8:33.72 9:27.67 10:21.88		13:04.13	13:52.61
	(53.71)	(53.77) (53.95) (54.21)		(54.15)	(48.48)

**Individual Meet Results**

**Senior Distance Meet 19-Nov-11 SC Meters**

**Location: Southern New Hampshire University**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Theodoulou, Noelle (12) F</b>					
6:04.64S	F # 1A	Female 11-12 400 IM	4	---	-7.99
	37.97	1:22.62 2:09.12 2:55.01 3:48.52 4:43.45 5:25.58 6:04.64			
	(37.97)	(44.65) (46.50) (45.89) (53.51) (54.93) (42.13) (39.06)			
3:07.57S	F # 5A	Female 11-12 200 Fly	1	---	---
	36.61	1:23.64 2:15.14 3:07.57			
	(36.61)	(47.03) (51.50) (52.43)			
2:24.47S	F # 7A	Female 11-12 200 Free	2	---	-0.37
	34.32	1:11.11 1:48.12 2:24.47			
	(34.32)	(36.79) (37.01) (36.35)			
10:27.86S	F # 11A	Female 11-12 800 Free	2	---	---
	34.73	1:13.43 1:52.37 2:31.37 3:10.57 3:50.36 4:29.58 5:09.46			
	(34.73)	(38.70) (38.94) (39.00) (39.20) (39.79) (39.22) (39.88)			
	5:49.58	6:28.99 7:09.42 7:50.18 8:30.55 9:10.51 9:50.06 10:27.86			
	(40.12)	(39.41) (40.43) (40.76) (40.37) (39.96) (39.55) (37.80)			
<b>Westwater, Alana (17) F</b>					
2:43.89S	F # 3F	Female 17-19 200 Back	4	---	-1.16
	36.86	1:18.60 2:02.18 2:43.89			
	(36.86)	(41.74) (43.58) (41.71)			
2:29.63S	F # 7F	Female 17-19 200 Free	4	---	4.93
	33.31	1:10.94 1:50.48 2:29.63			
	(33.31)	(37.63) (39.54) (39.15)			
NS	F # 9F	Female 17-19 200 Breast	---	---	---
11:01.17S	F # 11D	Female 17-19 800 Free	5	---	---
	34.96	1:15.48 1:56.85 2:38.77 3:20.72 4:02.28 4:43.70 5:25.89			
	(34.96)	(40.52) (41.37) (41.92) (41.95) (41.56) (41.42) (42.19)			
	6:08.10	6:50.61 7:32.62 8:14.76 8:57.38 9:40.01 10:21.42 11:01.17			
	(42.21)	(42.51) (42.01) (42.14) (42.62) (42.63) (41.41) (39.75)			
<b>Wons, Olivia (16) F</b>					
2:38.74S	F # 3E	Female 16-16 200 Back	1	---	-4.08
	36.37	1:16.25 1:57.69 2:38.74			
	(36.37)	(39.88) (41.44) (41.05)			
2:22.98S	F # 7E	Female 16-16 200 Free	1	---	-0.83
	32.63	1:08.65 1:45.94 2:22.98			
	(32.63)	(36.02) (37.29) (37.04)			
3:17.99S	F # 9E	Female 16-16 200 Breast	1	---	2.05
	44.08	1:34.64 2:26.28 3:17.99			
	(44.08)	(50.56) (51.64) (51.71)			
10:41.50S	F # 11C	Female 15-16 800 Free	4	---	---
	34.90	1:13.70 1:53.55 2:33.49 3:13.82 3:54.27 4:35.21 5:16.36			
	(34.90)	(38.80) (39.85) (39.94) (40.33) (40.45) (40.94) (41.15)			
	5:57.14	6:38.44 7:19.28 7:59.92 8:40.72 9:21.46 10:02.01 10:41.50			
	(40.78)	(41.30) (40.84) (40.64) (40.80) (40.74) (40.55) (39.49)			