

**2024 LAC - Long Course Pentathlon**  
**Sunday April 14, 2024**  
**Meet Program - Sunday AM - 13 & Over**

**Event 101 Women 13 & Over 100 LC Meter Butterfly**

**13 Pentathlo: 1:06.19** 2013-04-07 Maggie MacNeil  
**14 Pentathlo: 1:05.16** 2014-04-06 Maggie MacNeil  
**15 Pentathlo: 1:07.86** 2023-04-16 Esther Lu  
**16 Pentathlo: 1:08.30** 2023-04-16 Charla Tatic  
**17&O Pentath: 1:05.34** 2023-04-16 Siporah Sang

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

1				---
2				---
3	Railton, Becca	16	LAC	2:11.49
4	DaPonte, Caitlin	14	LAC	2:00.19
5	Tolton, Eva	13	LAC	2:03.00
6	Hodges, Charlotte	13	MS	2:20.00
7				---
8				---

**Heat 2 of 8 Finals**

1	Akinyemi, Azeezah	13	BRANT	2:00.00
2	Connolly, Emma	13	BRANT	1:58.15
3	Wieleba, Lucy	13	MS	1:55.30
4	Manzer, Paige	14	MS	1:52.29
5	Flintoff, Madison	14	BRANT	1:55.01
6	Kinchen, Saydie	13	LAC	1:55.80
7	Jaramillo, Sophie	13	LAC	1:59.17
8	Akinyemi, Fareedah	13	BRANT	2:00.00

**Heat 3 of 8 Finals**

1	Boody, Miriam	13	LAC	1:50.18
2	Isings, Elise	13	LAC	1:48.86
3	Shirakawa, Hana	13	LAC	1:46.78
4	Jansen, Olivia	13	LAC	1:43.98
5	Zhao, Anwen	13	LAC	1:44.09
6	Kadar, Shira	13	LAC	1:48.57
7	Moerman, Emily	15	MS	1:50.10
8	Phillips, Lauryn	15	BRANT	1:51.66

**Heat 4 of 8 Finals**

1	Paulino, Stella	14	BRANT	1:40.00
2	Zolli, Isabella	13	BRANT	1:35.37
3	Brimson, Lera	13	LAC	1:35.03
4	Dela Cruz, Carmella	14	LAC	1:31.65
5	Gruenwald, Josie	13	BRANT	1:32.72
6	Gerster, Charlotte	13	BRANT	1:35.06
7	Daley-Wheeler, Lyla	13	LAC	1:35.49
8	Ormseth, Lauren	14	LAC	1:40.05

**Heat 5 of 8 Finals**

1	Freeman, Ellie	14	NHAC	1:29.63
2	Vachon, Paisley	15	LAC	1:29.56
3	Levy, Lucy	17	LAC	1:28.39
4	Howse, Emma	17	NHAC	1:27.71
5	Yong, Mengdi	15	LAC	1:28.37
6	Park, Hailey	13	LAC	1:29.31
7	Ortega, Caitlin	16	LAC	1:29.62
8	Simons, Finley	14	LAC	1:30.03

**Heat 6 of 8 Finals**

1	Courneyea, Ella	14	NHAC	1:26.96
2	Patterson, Belle	14	LAC	1:24.99
3	Dyer, Charlotte	15	LAC	1:23.76
4	Lu, Lily	13	LAC	1:21.07
5	Maar, Nicole	13	LAC	1:22.06
6	MacLellan, Talia	14	BRANT	1:24.00
7	Punturiero, Emilia	14	BRANT	1:25.54
8	Correggia, Sophie	14	BRANT	1:27.10

**Heat 7 of 8 Finals**

1	Caron, Rachael	15	LAC	1:17.64
2	Bale, Dylan	14	LAC	1:17.34
3	Xian, Karen	14	LAC	1:15.36
4	Barnfield, Jae	18	LAC	1:13.14
5	Coubrough, Gwen	14	BRANT	1:13.26
6	Valent, Rae	15	NHAC	1:17.29
7	Koto, Lily	16	LAC	1:17.39
8	Terner, Chloe	13	LAC	1:20.59

**Heat 8 of 8 Finals**

1	Chambers, Jacqueline	17	LAC	1:09.57
2	Webb, Ellie	15	LAC	1:08.76
3	Stokley, Grier	14	LAC	1:07.04
4	Tatic, Charla	17	LAC	1:04.34
5	Hart, Renee	14	LAC	1:05.91
6	Burton, Isabelle	16	LAC	1:07.12
7	Hart, Danielle	17	LAC	1:09.39
8	Rastogi, Maya	13	LAC	1:12.80

**Event 102 Men 13 & Over 100 LC Meter Butterfly**

**13 Pentathlo: 1:06.52** 2018-04-08 Junsoo Pak  
**14 Pentathlo: 1:04.33** 2012-04-06 Christian Ng  
**15 Pentathlo: 1:00.01** 2016-03-25 William Stewart  
**16 Pentathlo: 59.10** 2011-04-22 Matt Roman  
**17&O Pentath: 59.33** 2016-03-25 Nathan Lethbridge

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

1				---
2				---
3	Levy, Austin	13	LAC	1:58.07
4	Pokorski, Sebastian	13	BRANT	1:55.91
5	Kim, Seungsu	14	LAC	1:56.86
6	Awulia, Reyn	13	LAC	1:59.65
7				---
8				---

**Heat 2 of 7 Finals**

1	Gerber, Eli	13	LAC	1:50.00
2	Abdul Rasoul, Haroun	18	LAC	1:44.40
3	Yang, Derri	14	LAC	1:36.92
4	Gerster, Nolan	14	BRANT	1:33.91
5	Gudz, Michael	14	LAC	1:36.57
6	Ignat, Thomas	14	MS	1:37.84
7	Phillips, Luke	13	BRANT	1:45.45
8	Palma, Adam	13	MS	1:53.09

## 2024 LAC - Long Course Pentathlon

Sunday April 14, 2024

## Meet Program - Sunday AM - 13 &amp; Over

**Heat 3 Finals (#102 Men 13 & Over 100 LC Meter Butterfly)**

1	Chen, Yisu	13	KWST	1:32.41	_____
2	Meshrif, Mosa	16	LAC	1:28.68	_____
3	Zhang, Caden	14	LAC	1:27.01	_____
4	Lee, Kaiden	13	KWST	1:25.11	_____
5	Perras, Cedric	13	BRANT	1:26.16	_____
6	Van't Spyker, Lucas	13	BRANT	1:27.41	_____
7	Dela Cruz, Adam	16	LAC	1:32.18	_____
8	Isings, Derek	15	LAC	1:33.57	_____

**Heat 4 of 7 Finals**

1	Ybarra, Luke	13	LAC	1:23.01	_____
2	Rajamaheshwaran, Thii	13	LAC	1:22.00	_____
3	Liang, Charles	14	LAC	1:19.11	_____
4	Marlow, Bradley	14	LAC	1:18.33	_____
5	Zhu, Aaron	13	LAC	1:18.63	_____
6	Cygalski, Adam	13	LAC	1:21.63	_____
7	Vanderveen, Benjamin	14	LAC	1:22.11	_____
8	Pallant, Matthew	13	LAC	1:23.01	_____

**Heat 5 of 7 Finals**

1	Frolow, Nathan	14	LAC	1:15.30	_____
2	Lee, Alex	14	LAC	1:14.78	_____
3	Ziemanis, Xander	14	LAC	1:13.69	_____
4	Weggaesser, Theodor	18	LAC	1:12.00	_____
5	Dunne, Desmond	16	KWST	1:12.33	_____
6	Maar, David	15	LAC	1:13.98	_____
7	Weggaesser, Rudolf	14	LAC	1:15.00	_____
8	Barnardo, Gabriel	14	LAC	1:17.65	_____

**Heat 6 of 7 Finals**

1	Degiorgio, Luke	13	LAC	1:10.32	_____
2	Klein, Cooper	17	LAC	1:09.58	_____
3	Cooke, Jackson	15	LAC	1:06.96	_____
4	Krause, Thomas	19	LAC	1:05.54	_____
5	Stuckless, Anthony	16	MS	1:05.62	_____
6	Anderson, Colin	17	NHAC	1:08.41	_____
7	Stack, Oliver	14	BRANT	1:10.18	_____
8	Stefanyshyn, Volodymyr	17	LAC	1:11.00	_____

**Heat 7 of 7 Finals**

1	Look-Hong, Xavier	15	LAC	1:03.65	_____
2	Biliski, Nolan	17	LAC	1:00.74	_____
3	Shearer, Ewan	16	LAC	59.16	_____
4	Barnardo, Connor	17	LAC	57.22	_____
5	El Tatawy, Abdullah	16	LAC	57.69	_____
6	Thomas, Evan	18	LAC	59.55	_____
7	Burston, Cameron	17	LAC	1:02.78	_____
8	Sun, Tianyi	14	KWST	1:04.13	_____

**Event 103 Women 13 & Over 100 LC Meter Backstroke****13 Pentathlo: 1:10.34 2013-04-07 Maggie MacNeil****14 Pentathlo: 1:06.98 2014-04-06 Maggie MacNeil****15 Pentathlo: 1:07.96 2023-04-16 Esther Lu****16 Pentathlo: 1:05.14 2016-03-25 Maggie MacNeil****17&O Pentath: 1:07.49 2017-04-09 Jessica Allen**

<u>Lane Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	
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**Heat 1 of 8 Finals**

1	Soares Bastos, Carolina	14	LAC	1:55.00	_____
2	Gill, Ella	13	LAC	1:52.14	_____
3	Railton, Becca	16	LAC	1:49.94	_____
4	Akinyemi, Fareedah	13	BRANT	1:46.35	_____
5	Aldin, Daniah	13	LAC	1:47.23	_____
6	Hodges, Charlotte	13	MS	1:50.72	_____
7	Favento, Teagan	14	LAC	1:54.14	_____
8					_____

**Heat 2 of 8 Finals**

1	Letona, Abigail	13	BRANT	1:44.71	_____
2	Moerman, Emily	15	MS	1:41.49	_____
3	Kinchen, Saydie	13	LAC	1:37.92	_____
4	Connolly, Emma	13	BRANT	1:36.87	_____
5	Manzer, Paige	14	MS	1:36.92	_____
6	Flintoff, Madison	14	BRANT	1:41.01	_____
7	Tolton, Eva	13	LAC	1:41.52	_____
8	Akinyemi, Azeezah	13	BRANT	1:45.24	_____

**Heat 3 of 8 Finals**

1	Shirakawa, Hana	13	LAC	1:36.33	_____
2	Wieleba, Lucy	13	MS	1:35.80	_____
3	Ormseth, Lauren	14	LAC	1:35.35	_____
4	Jaramillo, Sophie	13	LAC	1:33.81	_____
5	DaPonte, Caitlin	14	LAC	1:35.18	_____
6	Daley-Wheeler, Lyla	13	LAC	1:35.72	_____
7	Zhao, Anwen	13	LAC	1:35.85	_____
8	Jansen, Olivia	13	LAC	1:36.54	_____

**Heat 4 of 8 Finals**

1	Brimson, Lera	13	LAC	1:33.16	_____
2	Gerster, Charlotte	13	BRANT	1:29.77	_____
3	Punturiero, Emilia	14	BRANT	1:29.20	_____
4	Boody, Miriam	13	LAC	1:27.96	_____
5	Park, Hailey	13	LAC	1:28.14	_____
6	Kadar, Shira	13	LAC	1:29.65	_____
7	Fu, Erika	13	KWST	1:31.72	_____
8	Dela Cruz, Carmella	14	LAC	1:33.42	_____

**Heat 5 of 8 Finals**

1	Zolli, Isabella	13	BRANT	1:27.01	_____
2	Vachon, Paisley	15	LAC	1:26.45	_____
3	Lu, Lily	13	LAC	1:24.11	_____
4	Jiang, Mandy	13	KWST	1:23.66	_____
5	Simons, Finley	14	LAC	1:23.66	_____
6	Ortega, Caitlin	16	LAC	1:25.36	_____
7	Isings, Elise	13	LAC	1:26.99	_____
8	Terner, Chloe	13	LAC	1:27.23	_____

## 2024 LAC - Long Course Pentathlon

Sunday April 14, 2024

## Meet Program - Sunday AM - 13 &amp; Over

## Heat 6 Finals (#103 Women 13 &amp; Over 100 LC Meter Backstr

1	Paulino, Stella	14	BRANT	1:23.14	___
2	Koto, Lily	16	LAC	1:22.83	___
3	Maar, Nicole	13	LAC	1:20.97	___
4	Bale, Dylan	14	LAC	1:20.64	___
5	Levy, Lucy	17	LAC	1:20.72	___
6	Valent, Rae	15	NHAC	1:21.16	___
7	Phillips, Lauryn	15	BRANT	1:23.06	___
8	Gracey, Lauren	13	LAC	1:23.16	___

## Heat 7 of 8 Finals

1	Gruenwald, Josie	13	BRANT	1:19.66	___
2	MacLellan, Talia	14	BRANT	1:18.94	___
3	Caron, Rachael	15	LAC	1:18.66	___
4	Rastogi, Maya	13	LAC	1:17.98	___
5	Coubrough, Gwen	14	BRANT	1:18.10	___
6	Yong, Mengdi	15	LAC	1:18.92	___
7	Correggia, Sophie	14	BRANT	1:19.36	___
8	Dyer, Charlotte	15	LAC	1:20.36	___

## Heat 8 of 8 Finals

1	Courneyea, Ella	14	NHAC	1:14.16	___
2	Patterson, Belle	14	LAC	1:13.83	___
3	Howse, Emma	17	NHAC	1:13.25	___
4	Xian, Karen	14	LAC	1:08.99	___
5	Jin, Rachel	15	KWST	1:12.69	___
6	Stokley, Lauren	14	LAC	1:13.47	___
7	Stokley, Grier	14	LAC	1:14.10	___
8	Barnfield, Jae	18	LAC	1:17.25	___

## Event 104 Men 13 &amp; Over 100 LC Meter Backstroke

13 Pentathlo: 1:07.03 2017-04-09 Carter Buck

14 Pentathlo: 1:03.43 2018-04-08 Carter Buck

15 Pentathlo: 1:04.73 2023-04-16 Ewan Shearer

16 Pentathlo: 1:04.68 2014-04-06 Hayden Richardson

17&amp;O Pentath: 1:01.50 2011-04-22 Evan Van Moerkerke

Lane Name Age Team Seed Time

## Heat 1 of 7 Finals

1					___
2					___
3	Lin, Elwin	13	KWST	1:47.17	___
4	Kim, Seungsu	14	LAC	1:45.72	___
5	Palma, Adam	13	MS	1:46.72	___
6					___
7					___
8					___

## Heat 2 of 7 Finals

1					___
2	Berisha, Moazer	14	LAC	1:40.01	___
3	Abdul Rasoul, Haroun	18	LAC	1:33.67	___
4	Pokorski, Sebastian	13	BRANT	1:29.92	___
5	Awulia, Reyn	13	LAC	1:33.20	___
6	Xu, Lambert	13	KWST	1:39.12	___
7	Choi, Ian	13	KWST	1:41.67	___
8					___

## Heat 3 of 7 Finals

1	Dela Cruz, Adam	16	LAC	1:28.16	___
2	Gudz, Michael	14	LAC	1:27.27	___
3	Jia, Ryan	15	LAC	1:26.10	___
4	Zhu, Aaron	13	LAC	1:24.72	___
5	Cygalski, Adam	13	LAC	1:25.58	___
6	Ignat, Thomas	14	MS	1:26.67	___
7	Isings, Derek	15	LAC	1:28.16	___
8	Yang, Derri	14	LAC	1:29.24	___

## Heat 4 of 7 Finals

1	Liang, Charles	14	LAC	1:24.56	___
2	Phillips, Luke	13	BRANT	1:23.85	___
3	Rajamaheshwaran, Thii	13	LAC	1:22.00	___
4	Peng, David	14	KWST	1:19.99	___
5	Van't Spyker, Lucas	13	BRANT	1:21.65	___
6	Ybarra, Luke	13	LAC	1:22.82	___
7	Lee, Alex	14	LAC	1:24.14	___
8	Chen, Yisu	13	KWST	1:24.58	___

## Heat 5 of 7 Finals

1	Gerster, Nolan	14	BRANT	1:18.85	___
2	Meshrif, Mosa	16	LAC	1:18.05	___
3	Frolow, Nathan	14	LAC	1:17.29	___
4	Degiorgio, Luke	13	LAC	1:16.76	___
5	Weggaesser, Rudolf	14	LAC	1:17.00	___
6	Zheng, Ethan	14	KWST	1:18.01	___
7	Ziemanis, Xander	14	LAC	1:18.42	___
8	Barnardo, Gabriel	14	LAC	1:19.22	___

## Heat 6 of 7 Finals

1	Vanderveen, Benjamin	14	LAC	1:14.62	___
2	Zagidulin, Alexandr	16	LAC	1:13.56	___
3	Stefanyshyn, Volodymyr	17	LAC	1:09.09	___
4	Marlow, Bradley	14	LAC	1:08.57	___
5	Pallant, Matthew	13	LAC	1:08.95	___
6	Stuckless, Anthony	16	MS	1:12.99	___
7	Zhang, Caden	14	LAC	1:13.77	___
8	Levy, Austin	13	LAC	1:14.79	___

## Heat 7 of 7 Finals

1	Sun, Tianyi	14	KWST	1:06.81	___
2	Perras, Cedric	13	BRANT	1:06.24	___
3	Nolan, Declan	16	LAC	1:02.50	___
4	Wick, Rowan	18	LAC	1:01.57	___
5	Klein, Cooper	17	LAC	1:01.58	___
6	Anderson, Colin	17	NHAC	1:03.20	___
7	Stack, Oliver	14	BRANT	1:06.27	___
8	Weggaesser, Theodor	18	LAC	1:08.29	___

**2024 LAC - Long Course Pentathlon**  
**Sunday April 14, 2024**  
**Meet Program - Sunday AM - 13 & Over**

**Event 105 Women 13 & Over 100 LC Meter Breaststroke**

<b>13 Pentathlo:</b>	<b>1:21.80</b>	<b>2016-03-25</b>	<b>Shona Branton</b>
<b>14 Pentathlo:</b>	<b>1:16.26</b>	<b>2014-04-06</b>	<b>Madison Murray</b>
<b>15 Pentathlo:</b>	<b>1:17.97</b>	<b>2013-04-07</b>	<b>Cassandra Drescher</b>
<b>16 Pentathlo:</b>	<b>1:19.77</b>	<b>2016-03-25</b>	<b>Menley Langham</b>
<b>17&amp;O Pentath:</b>	<b>1:15.85</b>	<b>2023-04-16</b>	<b>Amaris Peng</b>

Lane Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

1			—
2			—
3	Connolly, Emma	13 BRANT	2:23.66
4	Letona, Abigail	13 BRANT	2:15.00
5	Soares Bastos, Carolina	14 LAC	2:20.00
6			—
7			—
8			—

**Heat 2 of 8 Finals**

1	Railton, Becca	16 LAC	2:10.30
2	Boody, Miriam	13 LAC	2:08.64
3	Flintoff, Madison	14 BRANT	2:02.86
4	Moerman, Emily	15 MS	2:00.38
5	Gill, Ella	13 LAC	2:01.78
6	Hodges, Charlotte	13 MS	2:05.00
7	Tolton, Eva	13 LAC	2:09.96
8			—

**Heat 3 of 8 Finals**

1	Akinyemi, Azeezah	13 BRANT	1:54.35
2	Brimson, Lera	13 LAC	1:53.49
3	Isings, Elise	13 LAC	1:52.08
4	Wieleba, Lucy	13 MS	1:51.04
5	Ortega, Caitlin	16 LAC	1:51.06
6	Akinyemi, Fareedah	13 BRANT	1:53.33
7	Aldin, Daniah	13 LAC	1:53.61
8	Manzer, Paige	14 MS	1:58.69

**Heat 4 of 8 Finals**

1	Jaramillo, Sophie	13 LAC	1:48.83
2	Kadar, Shira	13 LAC	1:45.33
3	Shirakawa, Hana	13 LAC	1:43.95
4	Patterson, Belle	14 LAC	1:41.40
5	Kinchen, Saydie	13 LAC	1:43.08
6	DaPonte, Caitlin	14 LAC	1:45.00
7	Jansen, Olivia	13 LAC	1:46.12
8	Daley-Wheeler, Lyla	13 LAC	1:50.57

**Heat 5 of 8 Finals**

1	Freeman, Ellie	14 NHAC	1:40.93
2	Zhao, Anwen	13 LAC	1:40.76
3	Bale, Dylan	14 LAC	1:40.22
4	Ormseth, Lauren	14 LAC	1:38.46
5	Gerster, Charlotte	13 BRANT	1:40.05
6	Punturiero, Emilia	14 BRANT	1:40.65
7	Xian, Karen	14 LAC	1:40.78
8	Gracey, Lauren	13 LAC	1:40.98

**Heat 6 of 8 Finals**

1	Coubrough, Gwen	14 BRANT	1:37.23
2	Caron, Rachael	15 LAC	1:35.46
3	Barnfield, Jae	18 LAC	1:34.32
4	Vachon, Paisley	15 LAC	1:33.34
5	Gruenwald, Josie	13 BRANT	1:33.94
6	Dela Cruz, Carmella	14 LAC	1:35.27
7	Phillips, Lauryn	15 BRANT	1:35.78
8	Levy, Lucy	17 LAC	1:37.50

**Heat 7 of 8 Finals**

1	MacLellan, Talia	14 BRANT	1:32.77
2	Terner, Chloe	13 LAC	1:31.48
3	Park, Hailey	13 LAC	1:29.01
4	Howse, Emma	17 NHAC	1:28.25
5	Dyer, Charlotte	15 LAC	1:28.99
6	Lu, Lily	13 LAC	1:31.13
7	Zolli, Isabella	13 BRANT	1:32.06
8	Rastogi, Maya	13 LAC	1:32.83

**Heat 8 of 8 Finals**

1	Simons, Finley	14 LAC	1:26.75
2	Correggia, Sophie	14 BRANT	1:26.14
3	Burton, Isabelle	16 LAC	1:24.06
4	Valent, Rae	15 NHAC	1:22.03
5	Yong, Mengdi	15 LAC	1:23.01
6	Maar, Nicole	13 LAC	1:24.99
7	Courneyea, Ella	14 NHAC	1:26.73
8	Koto, Lily	16 LAC	1:27.78

**Event 106 Men 13 & Over 100 LC Meter Breaststroke**

<b>13 Pentathlo:</b>	<b>1:18.76</b>	<b>2023-04-16</b>	<b>Tianyi Sun</b>
<b>14 Pentathlo:</b>	<b>1:15.46</b>	<b>2018-04-08</b>	<b>Carter Buck</b>
<b>15 Pentathlo:</b>	<b>1:12.36</b>	<b>2017-04-09</b>	<b>Caleb Wiersma</b>
<b>16 Pentathlo:</b>	<b>1:11.40</b>	<b>2011-04-22</b>	<b>Matt Roman</b>
<b>17&amp;O Pentath:</b>	<b>1:09.85</b>	<b>2018-04-08</b>	<b>Benjamin Rosedale</b>

Lane Name	Age	Team	Seed Time
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**Heat 1 of 6 Finals**

1	Bjelica, Misha	13 LAC	2:09.24
2	Abdul Rasoul, Haroun	18 LAC	2:00.20
3	Awulia, Reyn	13 LAC	1:59.00
4	Levy, Austin	13 LAC	1:49.44
5	Gerber, Eli	13 LAC	1:55.00
6	Kim, Seungsu	14 LAC	1:59.32
7	Ziemanis, Xander	14 LAC	2:03.89
8			—

**Heat 2 of 6 Finals**

1	Berisha, Moazer	14 LAC	1:46.82
2	Palma, Adam	13 MS	1:43.75
3	Ignat, Thomas	14 MS	1:40.51
4	Ybarra, Luke	13 LAC	1:37.12
5	Pallant, Matthew	13 LAC	1:37.35
6	Pokorski, Sebastian	13 BRANT	1:42.28
7	Isings, Derek	15 LAC	1:45.35
8	Gudz, Michael	14 LAC	1:47.10

## 2024 LAC - Long Course Pentathlon

Sunday April 14, 2024

## Meet Program - Sunday AM - 13 &amp; Over

**Heat 3 Finals (#106 Men 13 & Over 100 LC Meter Breaststro)**

1	Yang, Derri	14	LAC	1:34.40	_____
2	Jia, Ryan	15	LAC	1:33.13	_____
3	Phillips, Luke	13	BRANT	1:31.94	_____
4	Rajamaheshwaran, Thii	13	LAC	1:31.00	_____
5	Meshrif, Mosa	16	LAC	1:31.42	_____
6	Weggaesser, Rudolf	14	LAC	1:33.03	_____
7	Gerster, Nolan	14	BRANT	1:33.64	_____
8	Vanderveen, Benjamin	14	LAC	1:34.58	_____

**Heat 4 of 6 Finals**

1	Barnardo, Gabriel	14	LAC	1:30.26	_____
2	Zheng, Ethan	14	KWST	1:28.00	_____
3	Van't Spyker, Lucas	13	BRANT	1:26.06	_____
4	Lee, Alex	14	LAC	1:24.60	_____
5	Degiorgio, Luke	13	LAC	1:25.40	_____
6	Marlow, Bradley	14	LAC	1:26.65	_____
7	Liang, Charles	14	LAC	1:29.18	_____
8	Frolow, Nathan	14	LAC	1:30.77	_____

**Heat 5 of 6 Finals**

1	Dela Cruz, Adam	16	LAC	1:22.80	_____
2	Stack, Oliver	14	BRANT	1:20.60	_____
3	Lee, Kaiden	13	KWST	1:20.03	_____
4	Weggaesser, Theodor	18	LAC	1:19.00	_____
5	Shearer, Ewan	16	LAC	1:19.11	_____
6	Anderson, Colin	17	NHAC	1:20.30	_____
7	Perras, Cedric	13	BRANT	1:22.57	_____
8	Zhu, Aaron	13	LAC	1:22.81	_____

**Heat 6 of 6 Finals**

1	Zagidulin, Alexandr	16	LAC	1:18.33	_____
2	Stefanyshyn, Volodymyr	17	LAC	1:16.90	_____
3	Shafikov, Idel	17	LAC	1:12.90	_____
4	Krause, Thomas	19	LAC	1:10.38	_____
5	Klein, Cooper	17	LAC	1:12.38	_____
6	Maar, David	15	LAC	1:13.17	_____
7	Stuckless, Anthony	16	MS	1:17.23	_____
8	Zhang, Caden	14	LAC	1:18.66	_____

**Event 107 Women 13 & Over 100 LC Meter Freestyle****13 Pentathlo: 1:03.98** 2013-04-07 **Maggie MacNeil****14 Pentathlo: 1:00.72** 2014-04-06 **Madison Murray****15 Pentathlo: 1:02.14** 2023-04-16 **Esther Lu****16 Pentathlo: 59.99** 2016-03-25 **Maggie MacNeil****17&O Pentath: 1:02.88** 2016-03-25 **Sabrina Wang****Lane Name**                      **Age**   **Team**                      **Seed Time****Heat 1 of 9 Finals**

1					_____
2					_____
3	Soares Bastos, Carolina	14	LAC	1:50.00	_____
4	Aldin, Daniah	13	LAC	1:36.77	_____
5	Gill, Ella	13	LAC	1:41.31	_____
6					_____
7					_____
8					_____

**Heat 2 of 9 Finals**

1	Railton, Becca	16	LAC	1:34.11	_____
2	Tolton, Eva	13	LAC	1:30.45	_____
3	Flintoff, Madison	14	BRANT	1:24.91	_____
4	Moerman, Emily	15	MS	1:23.51	_____
5	Akinyemi, Azeezah	13	BRANT	1:23.73	_____
6	Letona, Abigail	13	BRANT	1:27.94	_____
7	Favento, Teagan	14	LAC	1:32.42	_____
8	Hodges, Charlotte	13	MS	1:34.68	_____

**Heat 3 of 9 Finals**

1	DaPonte, Caitlin	14	LAC	1:23.43	_____
2	Connolly, Emma	13	BRANT	1:22.41	_____
3	Daley-Wheeler, Lyla	13	LAC	1:21.80	_____
4	Kinchen, Saydie	13	LAC	1:20.86	_____
5	Boody, Miriam	13	LAC	1:21.42	_____
6	Zhao, Anwen	13	LAC	1:21.89	_____
7	Kadar, Shira	13	LAC	1:22.54	_____
8	Manzer, Paige	14	MS	1:23.43	_____

**Heat 4 of 9 Finals**

1	Simons, Finley	14	LAC	1:20.32	_____
2	Fu, Erika	13	KWST	1:18.61	_____
3	Ormseth, Lauren	14	LAC	1:17.38	_____
4	Akinyemi, Fareedah	13	BRANT	1:16.60	_____
5	Jansen, Olivia	13	LAC	1:16.67	_____
6	Shirakawa, Hana	13	LAC	1:17.65	_____
7	Park, Hailey	13	LAC	1:19.73	_____
8	Wieleba, Lucy	13	MS	1:20.68	_____

**Heat 5 of 9 Finals**

1	Dela Cruz, Carmella	14	LAC	1:16.08	_____
2	Isings, Elise	13	LAC	1:15.30	_____
3	Jaramillo, Sophie	13	LAC	1:14.72	_____
4	Lu, Lily	13	LAC	1:13.98	_____
5	Gerster, Charlotte	13	BRANT	1:14.09	_____
6	Vachon, Paisley	15	LAC	1:15.03	_____
7	Punturiero, Emilia	14	BRANT	1:15.99	_____
8	Brimson, Lera	13	LAC	1:16.20	_____

**Heat 6 of 9 Finals**

1	Paulino, Stella	14	BRANT	1:13.14	_____
2	Ortega, Caitlin	16	LAC	1:12.31	_____
3	Gracey, Lauren	13	LAC	1:11.87	_____
4	Terner, Chloe	13	LAC	1:10.84	_____
5	Maar, Nicole	13	LAC	1:10.96	_____
6	Gruenwald, Josie	13	BRANT	1:12.16	_____
7	Levy, Lucy	17	LAC	1:12.37	_____
8	Jiang, Mandy	13	KWST	1:13.45	_____

**Heat 7 of 9 Finals**

1	Yong, Mengdi	15	LAC	1:10.68	_____
2	Patterson, Belle	14	LAC	1:09.88	_____
3	Bale, Dylan	14	LAC	1:09.58	_____
4	Xian, Karen	14	LAC	1:08.62	_____
5	Dyer, Charlotte	15	LAC	1:08.87	_____
6	Howse, Emma	17	NHAC	1:09.70	_____
7	Zolli, Isabella	13	BRANT	1:10.22	_____
8	Phillips, Lauryn	15	BRANT	1:10.74	_____

## 2024 LAC - Long Course Pentathlon

Sunday April 14, 2024

## Meet Program - Sunday AM - 13 &amp; Over

**Heat 8 Finals (#107 Women 13 & Over 100 LC Meter Freesty**

1	Koto, Lily	16	LAC	1:08.34	___
2	Barnfield, Jae	18	LAC	1:06.95	___
3	Courneyea, Ella	14	NHAC	1:05.72	___
4	Jin, Rachel	15	KWST	1:05.29	___
5	Valent, Rae	15	NHAC	1:05.46	___
6	Caron, Rachael	15	LAC	1:06.53	___
7	Rastogi, Maya	13	LAC	1:07.49	___
8	MacLellan, Talia	14	BRANT	1:08.42	___

**Heat 9 of 9 Finals**

1	Coubrough, Gwen	14	BRANT	1:05.07	___
2	Hart, Renee	14	LAC	1:04.20	___
3	Webb, Ellie	15	LAC	1:02.99	___
4	Tatic, Charla	17	LAC	1:01.09	___
5	Chambers, Jacqueline	17	LAC	1:01.28	___
6	Stokley, Lauren	14	LAC	1:03.75	___
7	Hart, Danielle	17	LAC	1:04.59	___
8	Correggia, Sophie	14	BRANT	1:05.10	___

**Event 108 Men 13 & Over 100 LC Meter Freestyle**

<b>13 Pentathlo:</b>	<b>58.87</b>	<b>2011-04-22</b>	<b>Thomas Leung</b>
<b>14 Pentathlo:</b>	<b>58.31</b>	<b>2011-04-22</b>	<b>Andrew Siu/ Tyson MacDonald</b>
<b>15 Pentathlo:</b>	<b>55.12</b>	<b>2016-03-25</b>	<b>William Stewart</b>
<b>16 Pentathlo:</b>	<b>55.06</b>	<b>2023-04-16</b>	<b>Connor Barnardo</b>
<b>17&amp;O Pentath:</b>	<b>54.53</b>	<b>2011-04-22</b>	<b>Evan Van Moerkerke</b>

**Lane Name Age Team Seed Time****Heat 1 of 8 Finals**

1					___
2					___
3	Bjelica, Misha	13	LAC	1:45.00	___
4	Lin, Elwin	13	KWST	1:30.10	___
5	Gerber, Eli	13	LAC	1:35.00	___
6					___
7					___
8					___

**Heat 2 of 8 Finals**

1					___
2	Palma, Adam	13	MS	1:26.62	___
3	Yang, Derri	14	LAC	1:20.49	___
4	Kim, Seungsu	14	LAC	1:20.26	___
5	Berisha, Moazer	14	LAC	1:20.40	___
6	Choi, Ian	13	KWST	1:26.23	___
7	Awulia, Reyn	13	LAC	1:29.37	___
8					___

**Heat 3 of 8 Finals**

1	Xu, Lambert	13	KWST	1:18.95	___
2	Abdul Rasoul, Haroun	18	LAC	1:16.90	___
3	Pokorski, Sebastian	13	BRANT	1:15.06	___
4	Ignat, Thomas	14	MS	1:12.98	___
5	Isings, Derek	15	LAC	1:13.46	___
6	Zhang, Caden	14	LAC	1:16.13	___
7	Lee, Kaiden	13	KWST	1:17.34	___
8	Cygalski, Adam	13	LAC	1:19.24	___

**Heat 4 of 8 Finals**

1	Ybarra, Luke	13	LAC	1:12.22	___
2	Rajamaheshwaran, Thii	13	LAC	1:12.00	___
3	Zhu, Aaron	13	LAC	1:10.49	___
4	Pallant, Matthew	13	LAC	1:10.09	___
5	Liang, Charles	14	LAC	1:10.43	___
6	Gudz, Michael	14	LAC	1:11.84	___
7	Gerster, Nolan	14	BRANT	1:12.12	___
8	Dela Cruz, Adam	16	LAC	1:12.68	___

**Heat 5 of 8 Finals**

1	Zheng, Ethan	14	KWST	1:09.04	___
2	Levy, Austin	13	LAC	1:08.71	___
3	Lee, Alex	14	LAC	1:08.41	___
4	Degiorgio, Luke	13	LAC	1:07.96	___
5	Dunne, Desmond	16	KWST	1:08.37	___
6	Peng, David	14	KWST	1:08.52	___
7	Phillips, Luke	13	BRANT	1:08.85	___
8	Meshrif, Mosa	16	LAC	1:09.78	___

**Heat 6 of 8 Finals**

1	Van't Spyker, Lucas	13	BRANT	1:07.42	___
2	Ziemanis, Xander	14	LAC	1:05.45	___
3	Weggaesser, Theodor	18	LAC	1:03.00	___
4	Cooke, Jackson	15	LAC	1:02.63	___
5	Frolow, Nathan	14	LAC	1:02.91	___
6	Barnardo, Gabriel	14	LAC	1:03.11	___
7	Weggaesser, Rudolf	14	LAC	1:06.00	___
8	Vanderveen, Benjamin	14	LAC	1:07.96	___

**Heat 7 of 8 Finals**

1	Stuckless, Anthony	16	MS	1:01.58	___
2	Perras, Cedric	13	BRANT	1:01.42	___
3	Look-Hong, Xavier	15	LAC	59.58	___
4	Stack, Oliver	14	BRANT	59.08	___
5	Stefanyshyn, Volodymyr	17	LAC	59.35	___
6	Burston, Cameron	17	LAC	1:01.40	___
7	Marlow, Bradley	14	LAC	1:01.54	___
8	Maar, David	15	LAC	1:02.19	___

**Heat 8 of 8 Finals**

1	Klein, Cooper	17	LAC	58.42	___
2	Wick, Rowan	18	LAC	56.57	___
3	Thomas, Evan	18	LAC	56.14	___
4	Barnardo, Connor	17	LAC	52.68	___
5	El Tatawy, Abdullah	16	LAC	55.51	___
6	Biliski, Nolan	17	LAC	56.26	___
7	Anderson, Colin	17	NHAC	57.77	___
8	Nolan, Declan	16	LAC	58.98	___

**2024 LAC - Long Course Pentathlon**  
**Sunday April 14, 2024**  
**Meet Program - Sunday AM - 13 & Over**

**Event 109 Women 13 & Over 200 LC Meter IM**

**13 Pentathlo: 2:32.06** 2013-04-07 **Maggie MacNeil**  
**14 Pentathlo: 2:25.83** 2014-04-06 **Maggie MacNeil**  
**15 Pentathlo: 2:31.97** 2013-04-07 **Cassandra Drescher**  
**16 Pentathlo: 2:31.61** 2015-04-03 **Elisha Walker**  
**17&O Pentath: 2:32.89** 2023-04-16 **Amaris Peng**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

1			---
2			---
3	Railton, Becca	16 LAC	4:21.25
4	Aldin, Daniah	13 LAC	4:06.19
5	Letona, Abigail	13 BRANT	4:07.44
6	Gill, Ella	13 LAC	4:25.63
7			---
8			---

**Heat 2 of 9 Finals**

1	Akinyemi, Azeezah	13 BRANT	4:00.00
2	Tolton, Eva	13 LAC	3:53.17
3	Moerman, Emily	15 MS	3:47.72
4	Manzer, Paige	14 MS	3:44.98
5	Connolly, Emma	13 BRANT	3:45.61
6	Hodges, Charlotte	13 MS	3:50.00
7	Favento, Teagan	14 LAC	3:57.89
8	Soares Bastos, Carolina	14 LAC	4:00.00

**Heat 3 of 9 Finals**

1	Boody, Miriam	13 LAC	3:42.39
2	Akinyemi, Fareedah	13 BRANT	3:41.39
3	Isings, Elise	13 LAC	3:39.04
4	Kadar, Shira	13 LAC	3:28.98
5	Wieleba, Lucy	13 MS	3:30.86
6	Kinchen, Saydie	13 LAC	3:39.61
7	Jaramillo, Sophie	13 LAC	3:41.49
8	Flintoff, Madison	14 BRANT	3:44.78

**Heat 4 of 9 Finals**

1	Ormseth, Lauren	14 LAC	3:24.50
2	Daley-Wheeler, Lyla	13 LAC	3:21.12
3	Brimson, Lera	13 LAC	3:16.85
4	Gracey, Lauren	13 LAC	3:13.63
5	Freeman, Ellie	14 NHAC	3:14.17
6	Paulino, Stella	14 BRANT	3:20.00
7	Fu, Erika	13 KWST	3:21.61
8	Zhao, Anwen	13 LAC	3:24.51

**Heat 5 of 9 Finals**

1	Ortega, Caitlin	16 LAC	3:11.62
2	Dela Cruz, Carmella	14 LAC	3:09.98
3	Simons, Finley	14 LAC	3:08.64
4	Gerster, Charlotte	13 BRANT	3:08.09
5	Park, Hailey	13 LAC	3:08.44
6	DaPonte, Caitlin	14 LAC	3:09.14
7	Jansen, Olivia	13 LAC	3:10.81
8	Shirakawa, Hana	13 LAC	3:11.82

**Heat 6 of 9 Finals**

1	Gruenwald, Josie	13 BRANT	3:07.70
2	Zolli, Isabella	13 BRANT	3:05.77
3	Vachon, Paisley	15 LAC	3:01.29
4	Correggia, Sophie	14 BRANT	2:57.51
5	Lu, Lily	13 LAC	2:59.18
6	Barnfield, Jae	18 LAC	3:05.28
7	Phillips, Lauryn	15 BRANT	3:07.00
8	Punturiero, Emilia	14 BRANT	3:07.95

**Heat 7 of 9 Finals**

1	Levy, Lucy	17 LAC	2:56.55
2	MacLellan, Talia	14 BRANT	2:55.67
3	Jin, Rachel	15 KWST	2:52.11
4	Terner, Chloe	13 LAC	2:51.50
5	Bale, Dylan	14 LAC	2:51.73
6	Courneyea, Ella	14 NHAC	2:52.75
7	Howse, Emma	17 NHAC	2:55.80
8	Jiang, Mandy	13 KWST	2:57.03

**Heat 8 of 9 Finals**

1	Xian, Karen	14 LAC	2:50.92
2	Patterson, Belle	14 LAC	2:50.74
3	Webb, Ellie	15 LAC	2:47.83
4	Rastogi, Maya	13 LAC	2:47.16
5	Caron, Rachael	15 LAC	2:47.50
6	Coubrough, Gwen	14 BRANT	2:50.10
7	Koto, Lily	16 LAC	2:50.75
8	Dyer, Charlotte	15 LAC	2:51.27

**Heat 9 of 9 Finals**

1	Maar, Nicole	13 LAC	2:37.70
2	Chambers, Jacqueline	17 LAC	2:36.13
3	Burton, Isabelle	16 LAC	2:30.15
4	Stokley, Lauren	14 LAC	2:25.53
5	Stokley, Grier	14 LAC	2:29.40
6	Valent, Rae	15 NHAC	2:35.77
7	Hart, Renee	14 LAC	2:37.49
8	Yong, Mengdi	15 LAC	2:44.50

**Event 110 Men 13 & Over 200 LC Meter IM****13 Pentathlo: 2:26.35** 2011-04-22 **Thomas Leung****14 Pentathlo: 2:19.80** 2018-04-08 **Carter Buck****15 Pentathlo: 2:20.78** 2023-04-16 **Ewan Shearer****16 Pentathlo: 2:18.45** 2011-04-22 **Matt Roman****17&O Pentath: 2:17.40** 2011-04-22 **Evan Van Moerkerke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 7 Finals**

1			---
2	Kim, Seungsu	14 LAC	3:58.54
3	Abdul Rasoul, Haroun	18 LAC	3:35.84
4	Jia, Ryan	15 LAC	3:17.21
5	Yang, Derri	14 LAC	3:21.33
6	Gerber, Eli	13 LAC	3:55.00
7			---
8			---

**2024 LAC - Long Course Pentathlon****Sunday April 14, 2024****Meet Program - Sunday AM - 13 & Over****Heat 2 Finals (#110 Men 13 & Over 200 LC Meter IM)**

1	Palma, Adam	13	MS	3:14.93	___
2	Lee, Alex	14	LAC	3:14.50	___
3	Awulia, Reyn	13	LAC	3:10.00	___
4	Chen, Yisu	13	KWST	3:09.03	___
5	Liang, Charles	14	LAC	3:09.11	___
6	Meshrif, Mosa	16	LAC	3:13.06	___
7	Gudz, Michael	14	LAC	3:14.52	___
8	Cygalski, Adam	13	LAC	3:15.00	___

**Heat 3 of 7 Finals**

1	Levy, Austin	13	LAC	3:08.34	___
2	Phillips, Luke	13	BRANT	3:04.88	___
3	Isings, Derek	15	LAC	3:00.28	___
4	Ybarra, Luke	13	LAC	2:58.68	___
5	Barnardo, Gabriel	14	LAC	2:58.73	___
6	Peng, David	14	KWST	3:01.07	___
7	Ignat, Thomas	14	MS	3:08.10	___
8	Pokorski, Sebastian	13	BRANT	3:08.98	___

**Heat 4 of 7 Finals**

1	Gerster, Nolan	14	BRANT	2:53.92	___
2	Dunne, Desmond	16	KWST	2:51.05	___
3	Van't Spyker, Lucas	13	BRANT	2:47.65	___
4	Vanderveen, Benjamin	14	LAC	2:46.61	___
5	Weggaesser, Rudolf	14	LAC	2:46.97	___
6	Rajamaheshwaran, Thii	13	LAC	2:50.00	___
7	Frolow, Nathan	14	LAC	2:51.92	___
8	Dela Cruz, Adam	16	LAC	2:55.89	___

**Heat 5 of 7 Finals**

1	Zhu, Aaron	13	LAC	2:42.34	___
2	Zhang, Caden	14	LAC	2:40.99	___
3	Marlow, Bradley	14	LAC	2:38.91	___
4	Thomas, Evan	18	LAC	2:37.06	___
5	Shafikov, Idel	17	LAC	2:38.33	___
6	Degiorgio, Luke	13	LAC	2:40.21	___
7	Pallant, Matthew	13	LAC	2:42.15	___
8	Ziemanis, Xander	14	LAC	2:46.47	___

**Heat 6 of 7 Finals**

1	Stefanyshyn, Volodymyr	17	LAC	2:31.68	___
2	Weggaesser, Theodor	18	LAC	2:29.90	___
3	Stuckless, Anthony	16	MS	2:29.62	___
4	Barnardo, Connor	17	LAC	2:26.35	___
5	Zagidulin, Alexandr	16	LAC	2:27.89	___
6	Stack, Oliver	14	BRANT	2:29.63	___
7	Look-Hong, Xavier	15	LAC	2:30.64	___
8	Perras, Cedric	13	BRANT	2:32.00	___

**Heat 7 of 7 Finals**

1	Klein, Cooper	17	LAC	2:24.04	___
2	Sun, Tianyi	14	KWST	2:23.02	___
3	Cooke, Jackson	15	LAC	2:21.00	___
4	Shearer, Ewan	16	LAC	2:14.35	___
5	Nolan, Declan	16	LAC	2:16.54	___
6	Anderson, Colin	17	NHAC	2:22.37	___
7	El Tatawy, Abdullah	16	LAC	2:23.92	___
8	Krause, Thomas	19	LAC	2:25.27	___