

2024 LAC - Long Course Pentathlon**Sunday April 14, 2024****Psych Sheet - 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			
Name	Age	Team	Seed Time
1 Tatic, Charla	17	LAC	1:04.34
2 Hart, Renee	14	LAC	1:05.91
3 Stokley, Grier	14	LAC	1:07.04
4 Burton, Isabelle	16	LAC	1:07.12
5 Webb, Ellie	15	LAC	1:08.76
6 Hart, Danielle	17	LAC	1:09.39
7 Chambers, Jacqueline	17	LAC	1:09.57
8 Rastogi, Maya	13	LAC	1:12.80
9 Barnfield, Jae	18	LAC	1:13.14
10 Coubrough, Gwen	14	BRANT	1:13.26
11 Xian, Karen	14	LAC	1:15.36
12 Valent, Rae	15	NHAC	1:17.29
13 Bale, Dylan	14	LAC	1:17.34
14 Koto, Lily	16	LAC	1:17.39
15 Caron, Rachael	15	LAC	1:17.64
16 Terner, Chloe	13	LAC	1:20.59
17 Lu, Lily	13	LAC	1:21.07
18 Maar, Nicole	13	LAC	1:22.06
19 Dyer, Charlotte	15	LAC	1:23.76
20 MacLellan, Talia	14	BRANT	1:24.00
21 Patterson, Belle	14	LAC	1:24.99
22 Punturiero, Emilia	14	BRANT	1:25.54
23 Courneyea, Ella	14	NHAC	1:26.96
24 Correggia, Sophie	14	BRANT	1:27.10
25 Howse, Emma	17	NHAC	1:27.71
26 Yong, Mengdi	15	LAC	1:28.37
27 Levy, Lucy	17	LAC	1:28.39
28 Park, Hailey	13	LAC	1:29.31
29 Vachon, Paisley	15	LAC	1:29.56
30 Ortega, Caitlin	16	LAC	1:29.62
31 Freeman, Ellie	14	NHAC	1:29.63
32 Simons, Finley	14	LAC	1:30.03
33 Dela Cruz, Carmella	14	LAC	1:31.65
34 Gruenwald, Josie	13	BRANT	1:32.72
35 Brimson, Lera	13	LAC	1:35.03
36 Gerster, Charlotte	13	BRANT	1:35.06
37 Zolli, Isabella	13	BRANT	1:35.37
38 Daley-Wheeler, Lyla	13	LAC	1:35.49
39 Paulino, Stella	14	BRANT	1:40.00
40 Ormseth, Lauren	14	LAC	1:40.05
41 Jansen, Olivia	13	LAC	1:43.98
42 Zhao, Anwen	13	LAC	1:44.09
43 Shirakawa, Hana	13	LAC	1:46.78
44 Kadar, Shira	13	LAC	1:48.57
45 Isings, Elise	13	LAC	1:48.86
46 Moerman, Emily	15	MS	1:50.10
47 Boody, Miriam	13	LAC	1:50.18
48 Phillips, Lauryn	15	BRANT	1:51.66
49 Manzer, Paige	14	MS	1:52.29

50 Flintoff, Madison	14	BRANT	1:55.01
51 Wieleba, Lucy	13	MS	1:55.30
52 Kinchen, Saydie	13	LAC	1:55.80
53 Connolly, Emma	13	BRANT	1:58.15
54 Jaramillo, Sophie	13	LAC	1:59.17
55 Akinyemi, Azeezah	13	BRANT	2:00.00
56 Akinyemi, Fareedah	13	BRANT	2:00.00
57 DaPonte, Caitlin	14	LAC	2:00.19
58 Tolton, Eva	13	LAC	2:03.00
59 Railton, Becca	16	LAC	2:11.49
60 Hodges, Charlotte	13	MS	2:20.00

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			
Name	Age	Team	Seed Time
1 Barnardo, Connor	17	LAC	57.22
2 El Tatawy, Abdullah	16	LAC	57.69
3 Shearer, Ewan	16	LAC	59.16
4 Thomas, Evan	18	LAC	59.55
5 Biliski, Nolan	17	LAC	1:00.74
6 Burston, Cameron	17	LAC	1:02.78
7 Look-Hong, Xavier	15	LAC	1:03.65
8 Sun, Tianyi	14	KWST	1:04.13
9 Krause, Thomas	19	LAC	1:05.54
10 Stuckless, Anthony	16	MS	1:05.62
11 Cooke, Jackson	15	LAC	1:06.96
12 Anderson, Colin	17	NHAC	1:08.41
13 Klein, Cooper	17	LAC	1:09.58
14 Stack, Oliver	14	BRANT	1:10.18
15 Degiorgio, Luke	13	LAC	1:10.32
16 Stefanyshyn, Volodymyr	17	LAC	1:11.00
17 Weggaesser, Theodor	18	LAC	1:12.00
18 Dunne, Desmond	16	KWST	1:12.33
19 Ziemanis, Xander	14	LAC	1:13.69
20 Maar, David	15	LAC	1:13.98
21 Lee, Alex	14	LAC	1:14.78
22 Weggaesser, Rudolf	14	LAC	1:15.00
23 Frolow, Nathan	14	LAC	1:15.30
24 Barnardo, Gabriel	14	LAC	1:17.65
25 Marlow, Bradley	14	LAC	1:18.33
26 Zhu, Aaron	13	LAC	1:18.63
27 Liang, Charles	14	LAC	1:19.11
28 Cygalski, Adam	13	LAC	1:21.63
29 Rajamaheshwaran, Thii	13	LAC	1:22.00
30 Vanderveen, Benjamin	14	LAC	1:22.11
31 Pallant, Matthew	13	LAC	1:23.01
32 Ybarra, Luke	13	LAC	1:23.01
33 Lee, Kaiden	13	KWST	1:25.11
34 Perras, Cedric	13	BRANT	1:26.16
35 Zhang, Caden	14	LAC	1:27.01
36 Van't Spyker, Lucas	13	BRANT	1:27.41
37 Meshrif, Mosa	16	LAC	1:28.68
38 Dela Cruz, Adam	16	LAC	1:32.18

2024 LAC - Long Course Pentathlon**Sunday April 14, 2024****Psych Sheet - Sunday AM - 13 & Over****Event 102 ... (Men 13 & Over 100 LC Meter Butterfly)**

Name	Age	Team	Seed Time
39 Chen, Yisu	13	KWST	1:32.41
40 Isings, Derek	15	LAC	1:33.57
41 Gerster, Nolan	14	BRANT	1:33.91
42 Gudz, Michael	14	LAC	1:36.57
43 Yang, Derri	14	LAC	1:36.92
44 Ignat, Thomas	14	MS	1:37.84
45 Abdul Rasoul, Haroun	18	LAC	1:44.40
46 Phillips, Luke	13	BRANT	1:45.45
47 Gerber, Eli	13	LAC	1:50.00
48 Palma, Adam	13	MS	1:53.09
49 Pokorski, Sebastian	13	BRANT	1:55.91
50 Kim, Seungsu	14	LAC	1:56.86
51 Levy, Austin	13	LAC	1:58.07
52 Awulia, Reyn	13	LAC	1:59.65

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**

Name	Age	Team	Seed Time
1 Xian, Karen	14	LAC	1:08.99
2 Jin, Rachel	15	KWST	1:12.69
3 Howse, Emma	17	NHAC	1:13.25
4 Stokley, Lauren	14	LAC	1:13.47
5 Patterson, Belle	14	LAC	1:13.83
6 Stokley, Grier	14	LAC	1:14.10
7 Courneyea, Ella	14	NHAC	1:14.16
8 Barnfield, Jae	18	LAC	1:17.25
9 Rastogi, Maya	13	LAC	1:17.98
10 Coubrough, Gwen	14	BRANT	1:18.10
11 Caron, Rachael	15	LAC	1:18.66
12 Yong, Mengdi	15	LAC	1:18.92
13 MacLellan, Talia	14	BRANT	1:18.94
14 Correggia, Sophie	14	BRANT	1:19.36
15 Gruenwald, Josie	13	BRANT	1:19.66
16 Dyer, Charlotte	15	LAC	1:20.36
17 Bale, Dylan	14	LAC	1:20.64
18 Levy, Lucy	17	LAC	1:20.72
19 Maar, Nicole	13	LAC	1:20.97
20 Valent, Rae	15	NHAC	1:21.16
21 Koto, Lily	16	LAC	1:22.83
22 Phillips, Lauryn	15	BRANT	1:23.06
23 Paulino, Stella	14	BRANT	1:23.14
24 Gracey, Lauren	13	LAC	1:23.16
25 Jiang, Mandy	13	KWST	1:23.66
26 Simons, Finley	14	LAC	1:23.66
27 Lu, Lily	13	LAC	1:24.11
28 Ortega, Caitlin	16	LAC	1:25.36
29 Vachon, Paisley	15	LAC	1:26.45
30 Isings, Elise	13	LAC	1:26.99
31 Zolli, Isabella	13	BRANT	1:27.01
32 Terner, Chloe	13	LAC	1:27.23
33 Boody, Miriam	13	LAC	1:27.96

34 Park, Hailey	13	LAC	1:28.14
35 Punturiero, Emilia	14	BRANT	1:29.20
36 Kadar, Shira	13	LAC	1:29.65
37 Gerster, Charlotte	13	BRANT	1:29.77
38 Fu, Erika	13	KWST	1:31.72
39 Brimson, Lera	13	LAC	1:33.16
40 Dela Cruz, Carmella	14	LAC	1:33.42
41 Jaramillo, Sophie	13	LAC	1:33.81
42 DaPonte, Caitlin	14	LAC	1:35.18
43 Ormseth, Lauren	14	LAC	1:35.35
44 Daley-Wheeler, Lyla	13	LAC	1:35.72
45 Wieleba, Lucy	13	MS	1:35.80
46 Zhao, Anwen	13	LAC	1:35.85
47 Shirakawa, Hana	13	LAC	1:36.33
48 Jansen, Olivia	13	LAC	1:36.54
49 Connolly, Emma	13	BRANT	1:36.87
50 Manzer, Paige	14	MS	1:36.92
51 Kinchen, Saydie	13	LAC	1:37.92
52 Flintoff, Madison	14	BRANT	1:41.01
53 Moerman, Emily	15	MS	1:41.49
54 Tolton, Eva	13	LAC	1:41.52
55 Letona, Abigail	13	BRANT	1:44.71
56 Akinyemi, Azeezah	13	BRANT	1:45.24
57 Akinyemi, Fareedah	13	BRANT	1:46.35
58 Aldin, Daniah	13	LAC	1:47.23
59 Railton, Becca	16	LAC	1:49.94
60 Hodges, Charlotte	13	MS	1:50.72
61 Gill, Ella	13	LAC	1:52.14
62 Favento, Teagan	14	LAC	1:54.14
63 Soares Bastos, Carolina	14	LAC	1:55.00

Event 104 Men 13 & 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&O Pentath: 1:01.50 2011-04-22 Evan Van Moerkerke**

Name	Age	Team	Seed Time
1 Wick, Rowan	18	LAC	1:01.57
2 Klein, Cooper	17	LAC	1:01.58
3 Nolan, Declan	16	LAC	1:02.50
4 Anderson, Colin	17	NHAC	1:03.20
5 Perras, Cedric	13	BRANT	1:06.24
6 Stack, Oliver	14	BRANT	1:06.27
7 Sun, Tianyi	14	KWST	1:06.81
8 Weggaesser, Theodor	18	LAC	1:08.29
9 Marlow, Bradley	14	LAC	1:08.57
10 Pallant, Matthew	13	LAC	1:08.95
11 Stefanyshyn, Volodymyr	17	LAC	1:09.09
12 Stuckless, Anthony	16	MS	1:12.99
13 Zagidulin, Alexandr	16	LAC	1:13.56
14 Zhang, Caden	14	LAC	1:13.77
15 Vanderveen, Benjamin	14	LAC	1:14.62
16 Levy, Austin	13	LAC	1:14.79
17 Degiorgio, Luke	13	LAC	1:16.76
18 Weggaesser, Rudolf	14	LAC	1:17.00
19 Frolow, Nathan	14	LAC	1:17.29

2024 LAC - Long Course Pentathlon**Sunday April 14, 2024****Psych Sheet - Sunday AM - 13 & Over****Event 104 ... (Men 13 & Over 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time
20 Zheng, Ethan	14	KWST	1:18.01
21 Meshrif, Mosa	16	LAC	1:18.05
22 Ziemanis, Xander	14	LAC	1:18.42
23 Gerster, Nolan	14	BRANT	1:18.85
24 Barnardo, Gabriel	14	LAC	1:19.22
25 Peng, David	14	KWST	1:19.99
26 Van't Spyker, Lucas	13	BRANT	1:21.65
27 Rajamaheshwaran, Thii	13	LAC	1:22.00
28 Ybarra, Luke	13	LAC	1:22.82
29 Phillips, Luke	13	BRANT	1:23.85
30 Lee, Alex	14	LAC	1:24.14
31 Liang, Charles	14	LAC	1:24.56
32 Chen, Yisu	13	KWST	1:24.58
33 Zhu, Aaron	13	LAC	1:24.72
34 Cygalski, Adam	13	LAC	1:25.58
35 Jia, Ryan	15	LAC	1:26.10
36 Ignat, Thomas	14	MS	1:26.67
37 Gudz, Michael	14	LAC	1:27.27
38 Isings, Derek	15	LAC	1:28.16
39 Dela Cruz, Adam	16	LAC	1:28.16
40 Yang, Derri	14	LAC	1:29.24
41 Pokorski, Sebastian	13	BRANT	1:29.92
42 Awulia, Reyn	13	LAC	1:33.20
43 Abdul Rasoul, Haroun	18	LAC	1:33.67
44 Xu, Lambert	13	KWST	1:39.12
45 Berisha, Moazer	14	LAC	1:40.01
46 Choi, Ian	13	KWST	1:41.67
47 Kim, Seungsu	14	LAC	1:45.72
48 Palma, Adam	13	MS	1:46.72
49 Lin, Elwin	13	KWST	1:47.17

Event 105 Women 13 & Over 100 LC Meter Breaststroke

13 Pentathlo:	1:21.80	2016-03-25	Shona Branton
14 Pentathlo:	1:16.26	2014-04-06	Madison Murray
15 Pentathlo:	1:17.97	2013-04-07	Cassandra Drescher
16 Pentathlo:	1:19.77	2016-03-25	Menley Langham
17&0 Pentath:	1:15.85	2023-04-16	Amaris Peng
Name	Age	Team	Seed Time
1 Valent, Rae	15	NHAC	1:22.03
2 Yong, Mengdi	15	LAC	1:23.01
3 Burton, Isabelle	16	LAC	1:24.06
4 Maar, Nicole	13	LAC	1:24.99
5 Correggia, Sophie	14	BRANT	1:26.14
6 Courneyea, Ella	14	NHAC	1:26.73
7 Simons, Finley	14	LAC	1:26.75
8 Koto, Lily	16	LAC	1:27.78
9 Howse, Emma	17	NHAC	1:28.25
10 Dyer, Charlotte	15	LAC	1:28.99
11 Park, Hailey	13	LAC	1:29.01
12 Lu, Lily	13	LAC	1:31.13
13 Turner, Chloe	13	LAC	1:31.48
14 Zolli, Isabella	13	BRANT	1:32.06
15 MacLellan, Talia	14	BRANT	1:32.77
16 Rastogi, Maya	13	LAC	1:32.83
17 Vachon, Paisley	15	LAC	1:33.34

18 Gruenwald, Josie	13	BRANT	1:33.94
19 Barnfield, Jae	18	LAC	1:34.32
20 Dela Cruz, Carmella	14	LAC	1:35.27
21 Caron, Rachael	15	LAC	1:35.46
22 Phillips, Lauryn	15	BRANT	1:35.78
23 Coubrough, Gwen	14	BRANT	1:37.23
24 Levy, Lucy	17	LAC	1:37.50
25 Ormseth, Lauren	14	LAC	1:38.46
26 Gerster, Charlotte	13	BRANT	1:40.05
27 Bale, Dylan	14	LAC	1:40.22
28 Punturiero, Emilia	14	BRANT	1:40.65
29 Zhao, Anwen	13	LAC	1:40.76
30 Xian, Karen	14	LAC	1:40.78
31 Freeman, Ellie	14	NHAC	1:40.93
32 Gracey, Lauren	13	LAC	1:40.98
33 Patterson, Belle	14	LAC	1:41.40
34 Kinchen, Saydie	13	LAC	1:43.08
35 Shirakawa, Hana	13	LAC	1:43.95
36 DaPonte, Caitlin	14	LAC	1:45.00
37 Kadar, Shira	13	LAC	1:45.33
38 Jansen, Olivia	13	LAC	1:46.12
39 Jaramillo, Sophie	13	LAC	1:48.83
40 Daley-Wheeler, Lyla	13	LAC	1:50.57
41 Wieleba, Lucy	13	MS	1:51.04
42 Ortega, Caitlin	16	LAC	1:51.06
43 Isings, Elise	13	LAC	1:52.08
44 Akinyemi, Fareedah	13	BRANT	1:53.33
45 Brimson, Lera	13	LAC	1:53.49
46 Aldin, Daniah	13	LAC	1:53.61
47 Akinyemi, Azeezah	13	BRANT	1:54.35
48 Manzer, Paige	14	MS	1:58.69
49 Moerman, Emily	15	MS	2:00.38
50 Gill, Ella	13	LAC	2:01.78
51 Flintoff, Madison	14	BRANT	2:02.86
52 Hodges, Charlotte	13	MS	2:05.00
53 Boody, Miriam	13	LAC	2:08.64
54 Tolton, Eva	13	LAC	2:09.96
55 Railton, Becca	16	LAC	2:10.30
56 Letona, Abigail	13	BRANT	2:15.00
57 Soares Bastos, Carolina	14	LAC	2:20.00
58 Connolly, Emma	13	BRANT	2:23.66

Event 106 Men 13 & Over 100 LC Meter Breaststroke

13 Pentathlo:	1:18.76	2023-04-16	Tianyi Sun
14 Pentathlo:	1:15.46	2018-04-08	Carter Buck
15 Pentathlo:	1:12.36	2017-04-09	Caleb Wiersma
16 Pentathlo:	1:11.40	2011-04-22	Matt Roman
17&0 Pentath:	1:09.85	2018-04-08	Benjamin Rosedale
Name	Age	Team	Seed Time
1 Krause, Thomas	19	LAC	1:10.38
2 Klein, Cooper	17	LAC	1:12.38
3 Shafikov, Idel	17	LAC	1:12.90
4 Maar, David	15	LAC	1:13.17
5 Stefanyshyn, Volodymyr	17	LAC	1:16.90
6 Stuckless, Anthony	16	MS	1:17.23
7 Zagidulin, Alexandr	16	LAC	1:18.33
8 Zhang, Caden	14	LAC	1:18.66

2024 LAC - Long Course Pentathlon

Sunday April 14, 2024

Psych Sheet - Sunday AM - 13 & Over

Event 106 ... (Men 13 & Over 100 LC Meter Breaststroke)

Name	Age	Team	Seed Time
9 Weggaesser, Theodor	18	LAC	1:19.00
10 Shearer, Ewan	16	LAC	1:19.11
11 Lee, Kaiden	13	KWST	1:20.03
12 Anderson, Colin	17	NHAC	1:20.30
13 Stack, Oliver	14	BRANT	1:20.60
14 Perras, Cedric	13	BRANT	1:22.57
15 Dela Cruz, Adam	16	LAC	1:22.80
16 Zhu, Aaron	13	LAC	1:22.81
17 Lee, Alex	14	LAC	1:24.60
18 Degiorgio, Luke	13	LAC	1:25.40
19 Van't Spyker, Lucas	13	BRANT	1:26.06
20 Marlow, Bradley	14	LAC	1:26.65
21 Zheng, Ethan	14	KWST	1:28.00
22 Liang, Charles	14	LAC	1:29.18
23 Barnardo, Gabriel	14	LAC	1:30.26
24 Frolow, Nathan	14	LAC	1:30.77
25 Rajamaheshwaran, Thii	13	LAC	1:31.00
26 Meshrif, Mosa	16	LAC	1:31.42
27 Phillips, Luke	13	BRANT	1:31.94
28 Weggaesser, Rudolf	14	LAC	1:33.03
29 Jia, Ryan	15	LAC	1:33.13
30 Gerster, Nolan	14	BRANT	1:33.64
31 Yang, Derri	14	LAC	1:34.40
32 Vanderveen, Benjamin	14	LAC	1:34.58
33 Ybarra, Luke	13	LAC	1:37.12
34 Pallant, Matthew	13	LAC	1:37.35
35 Ignat, Thomas	14	MS	1:40.51
36 Pokorski, Sebastian	13	BRANT	1:42.28
37 Palma, Adam	13	MS	1:43.75
38 Isings, Derek	15	LAC	1:45.35
39 Berisha, Moazer	14	LAC	1:46.82
40 Gudz, Michael	14	LAC	1:47.10
41 Levy, Austin	13	LAC	1:49.44
42 Gerber, Eli	13	LAC	1:55.00
43 Awulia, Reyn	13	LAC	1:59.00
44 Kim, Seungsu	14	LAC	1:59.32
45 Abdul Rasoul, Haroun	18	LAC	2:00.20
46 Ziemanis, Xander	14	LAC	2:03.89
47 Bjelica, Misha	13	LAC	2:09.24

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

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

9 Jin, Rachel	15	KWST	1:05.29
10 Valent, Rae	15	NHAC	1:05.46
11 Courneyea, Ella	14	NHAC	1:05.72
12 Caron, Rachael	15	LAC	1:06.53
13 Barnfield, Jae	18	LAC	1:06.95
14 Rastogi, Maya	13	LAC	1:07.49
15 Koto, Lily	16	LAC	1:08.34
16 MacLellan, Talia	14	BRANT	1:08.42
17 Xian, Karen	14	LAC	1:08.62
18 Dyer, Charlotte	15	LAC	1:08.87
19 Bale, Dylan	14	LAC	1:09.58
20 Howse, Emma	17	NHAC	1:09.70
21 Patterson, Belle	14	LAC	1:09.88
22 Zolli, Isabella	13	BRANT	1:10.22
23 Yong, Mengdi	15	LAC	1:10.68
24 Phillips, Lauryn	15	BRANT	1:10.74
25 Terner, Chloe	13	LAC	1:10.84
26 Maar, Nicole	13	LAC	1:10.96
27 Gracey, Lauren	13	LAC	1:11.87
28 Gruenwald, Josie	13	BRANT	1:12.16
29 Ortega, Caitlin	16	LAC	1:12.31
30 Levy, Lucy	17	LAC	1:12.37
31 Paulino, Stella	14	BRANT	1:13.14
32 Jiang, Mandy	13	KWST	1:13.45
33 Lu, Lily	13	LAC	1:13.98
34 Gerster, Charlotte	13	BRANT	1:14.09
35 Jaramillo, Sophie	13	LAC	1:14.72
36 Vachon, Paisley	15	LAC	1:15.03
37 Isings, Elise	13	LAC	1:15.30
38 Punturiero, Emilia	14	BRANT	1:15.99
39 Dela Cruz, Carmella	14	LAC	1:16.08
40 Brimson, Lera	13	LAC	1:16.20
41 Akinyemi, Fareedah	13	BRANT	1:16.60
42 Jansen, Olivia	13	LAC	1:16.67
43 Ormseth, Lauren	14	LAC	1:17.38
44 Shirakawa, Hana	13	LAC	1:17.65
45 Fu, Erika	13	KWST	1:18.61
46 Park, Hailey	13	LAC	1:19.73
47 Simons, Finley	14	LAC	1:20.32
48 Wieleba, Lucy	13	MS	1:20.68
49 Kinchen, Saydie	13	LAC	1:20.86
50 Boody, Miriam	13	LAC	1:21.42
51 Daley-Wheeler, Lyla	13	LAC	1:21.80
52 Zhao, Anwen	13	LAC	1:21.89
53 Connolly, Emma	13	BRANT	1:22.41
54 Kadar, Shira	13	LAC	1:22.54
55 Manzer, Paige	14	MS	1:23.43
56 DaPonte, Caitlin	14	LAC	1:23.43
57 Moerman, Emily	15	MS	1:23.51
58 Akinyemi, Azeezah	13	BRANT	1:23.73
59 Flintoff, Madison	14	BRANT	1:24.91
60 Letona, Abigail	13	BRANT	1:27.94
61 Tolton, Eva	13	LAC	1:30.45
62 Favento, Teagan	14	LAC	1:32.42
63 Railton, Becca	16	LAC	1:34.11
64 Hodges, Charlotte	13	MS	1:34.68
65 Aldin, Daniah	13	LAC	1:36.77

2024 LAC - Long Course Pentathlon

Sunday April 14, 2024

Psych Sheet - Sunday AM - 13 & Over

Event 107 ... (Women 13 & Over 100 LC Meter Freestyle)

Name	Age	Team	Seed Time
66 Gill, Ella	13	LAC	1:41.31
67 Soares Bastos, Carolina	14	LAC	1:50.00

Event 108 Men 13 & Over 100 LC Meter Freestyle

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

Name	Age	Team	Seed Time
1 Barnardo, Connor	17	LAC	52.68
2 El Tatawy, Abdullah	16	LAC	55.51
3 Thomas, Evan	18	LAC	56.14
4 Biliski, Nolan	17	LAC	56.26
5 Wick, Rowan	18	LAC	56.57
6 Anderson, Colin	17	NHAC	57.77
7 Klein, Cooper	17	LAC	58.42
8 Nolan, Declan	16	LAC	58.98
9 Stack, Oliver	14	BRANT	59.08
10 Stefanyshyn, Volodymyr	17	LAC	59.35
11 Look-Hong, Xavier	15	LAC	59.58
12 Burston, Cameron	17	LAC	1:01.40
13 Perras, Cedric	13	BRANT	1:01.42
14 Marlow, Bradley	14	LAC	1:01.54
15 Stuckless, Anthony	16	MS	1:01.58
16 Maar, David	15	LAC	1:02.19
17 Cooke, Jackson	15	LAC	1:02.63
18 Frolow, Nathan	14	LAC	1:02.91
19 Weggaesser, Theodor	18	LAC	1:03.00
20 Barnardo, Gabriel	14	LAC	1:03.11
21 Ziemanis, Xander	14	LAC	1:05.45
22 Weggaesser, Rudolf	14	LAC	1:06.00
23 Van't Spyker, Lucas	13	BRANT	1:07.42
24 Degiorgio, Luke	13	LAC	1:07.96
25 Vanderveen, Benjamin	14	LAC	1:07.96
26 Dunne, Desmond	16	KWST	1:08.37
27 Lee, Alex	14	LAC	1:08.41
28 Peng, David	14	KWST	1:08.52
29 Levy, Austin	13	LAC	1:08.71
30 Phillips, Luke	13	BRANT	1:08.85
31 Zheng, Ethan	14	KWST	1:09.04
32 Meshrif, Mosa	16	LAC	1:09.78
33 Pallant, Matthew	13	LAC	1:10.09
34 Liang, Charles	14	LAC	1:10.43
35 Zhu, Aaron	13	LAC	1:10.49
36 Gudz, Michael	14	LAC	1:11.84
37 Rajamaheshwaran, Thii	13	LAC	1:12.00
38 Gerster, Nolan	14	BRANT	1:12.12
39 Ybarra, Luke	13	LAC	1:12.22
40 Dela Cruz, Adam	16	LAC	1:12.68
41 Ignat, Thomas	14	MS	1:12.98
42 Isings, Derek	15	LAC	1:13.46
43 Pokorski, Sebastian	13	BRANT	1:15.06
44 Zhang, Caden	14	LAC	1:16.13
45 Abdul Rasoul, Haroun	18	LAC	1:16.90

46 Lee, Kaiden	13	KWST	1:17.34
47 Xu, Lambert	13	KWST	1:18.95
48 Cygalski, Adam	13	LAC	1:19.24
49 Kim, Seungsu	14	LAC	1:20.26
50 Berisha, Moazer	14	LAC	1:20.40
51 Yang, Derri	14	LAC	1:20.49
52 Choi, Ian	13	KWST	1:26.23
53 Palma, Adam	13	MS	1:26.62
54 Awulia, Reyn	13	LAC	1:29.37
55 Lin, Elwin	13	KWST	1:30.10
56 Gerber, Eli	13	LAC	1:35.00
57 Bjelica, Misha	13	LAC	1:45.00

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

Name	Age	Team	Seed Time
1 Stokley, Lauren	14	LAC	2:25.53
2 Stokley, Grier	14	LAC	2:29.40
3 Burton, Isabelle	16	LAC	2:30.15
4 Valent, Rae	15	NHAC	2:35.77
5 Chambers, Jacqueline	17	LAC	2:36.13
6 Hart, Renee	14	LAC	2:37.49
7 Maar, Nicole	13	LAC	2:37.70
8 Yong, Mengdi	15	LAC	2:44.50
9 Rastogi, Maya	13	LAC	2:47.16
10 Caron, Rachael	15	LAC	2:47.50
11 Webb, Ellie	15	LAC	2:47.83
12 Coubrough, Gwen	14	BRANT	2:50.10
13 Patterson, Belle	14	LAC	2:50.74
14 Koto, Lily	16	LAC	2:50.75
15 Xian, Karen	14	LAC	2:50.92
16 Dyer, Charlotte	15	LAC	2:51.27
17 Terner, Chloe	13	LAC	2:51.50
18 Bale, Dylan	14	LAC	2:51.73
19 Jin, Rachel	15	KWST	2:52.11
20 Courneyea, Ella	14	NHAC	2:52.75
21 MacLellan, Talia	14	BRANT	2:55.67
22 Howse, Emma	17	NHAC	2:55.80
23 Levy, Lucy	17	LAC	2:56.55
24 Jiang, Mandy	13	KWST	2:57.03
25 Correggia, Sophie	14	BRANT	2:57.51
26 Lu, Lily	13	LAC	2:59.18
27 Vachon, Paisley	15	LAC	3:01.29
28 Barnfield, Jae	18	LAC	3:05.28
29 Zolli, Isabella	13	BRANT	3:05.77
30 Phillips, Lauryn	15	BRANT	3:07.00
31 Gruenwald, Josie	13	BRANT	3:07.70
32 Punturiero, Emilia	14	BRANT	3:07.95
33 Gerster, Charlotte	13	BRANT	3:08.09
34 Park, Hailey	13	LAC	3:08.44
35 Simons, Finley	14	LAC	3:08.64
36 DaPonte, Caitlin	14	LAC	3:09.14
37 Dela Cruz, Carmella	14	LAC	3:09.98

2024 LAC - Long Course Pentathlon**Sunday April 14, 2024****Psych Sheet - Sunday AM - 13 & Over****Event 109 ... (Women 13 & Over 200 LC Meter IM)**

Name	Age	Team	Seed Time
38 Jansen, Olivia	13	LAC	3:10.81
39 Ortega, Caitlin	16	LAC	3:11.62
40 Shirakawa, Hana	13	LAC	3:11.82
41 Gracey, Lauren	13	LAC	3:13.63
42 Freeman, Ellie	14	NHAC	3:14.17
43 Brimson, Lera	13	LAC	3:16.85
44 Paulino, Stella	14	BRANT	3:20.00
45 Daley-Wheeler, Lyla	13	LAC	3:21.12
46 Fu, Erika	13	KWST	3:21.61
47 Ormseth, Lauren	14	LAC	3:24.50
48 Zhao, Anwen	13	LAC	3:24.51
49 Kadar, Shira	13	LAC	3:28.98
50 Wieleba, Lucy	13	MS	3:30.86
51 Isings, Elise	13	LAC	3:39.04
52 Kinchen, Saydie	13	LAC	3:39.61
53 Akinyemi, Fareedah	13	BRANT	3:41.39
54 Jaramillo, Sophie	13	LAC	3:41.49
55 Boody, Miriam	13	LAC	3:42.39
56 Flintoff, Madison	14	BRANT	3:44.78
57 Manzer, Paige	14	MS	3:44.98
58 Connolly, Emma	13	BRANT	3:45.61
59 Moerman, Emily	15	MS	3:47.72
60 Hodges, Charlotte	13	MS	3:50.00
61 Tolton, Eva	13	LAC	3:53.17
62 Favento, Teagan	14	LAC	3:57.89
63 Akinyemi, Azeezah	13	BRANT	4:00.00
64 Soares Bastos, Carolina	14	LAC	4:00.00
65 Aldin, Daniah	13	LAC	4:06.19
66 Letona, Abigail	13	BRANT	4:07.44
67 Railton, Becca	16	LAC	4:21.25
68 Gill, Ella	13	LAC	4:25.63

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**

Name	Age	Team	Seed Time
1 Shearer, Ewan	16	LAC	2:14.35
2 Nolan, Declan	16	LAC	2:16.54
3 Cooke, Jackson	15	LAC	2:21.00
4 Anderson, Colin	17	NHAC	2:22.37
5 Sun, Tianyi	14	KWST	2:23.02
6 El Tatawy, Abduallah	16	LAC	2:23.92
7 Klein, Cooper	17	LAC	2:24.04
8 Krause, Thomas	19	LAC	2:25.27
9 Barnardo, Connor	17	LAC	2:26.35
10 Zagidulin, Alexandr	16	LAC	2:27.89
11 Stuckless, Anthony	16	MS	2:29.62
12 Stack, Oliver	14	BRANT	2:29.63
13 Weggaesser, Theodor	18	LAC	2:29.90
14 Look-Hong, Xavier	15	LAC	2:30.64
15 Stefanyshyn, Volodymyr	17	LAC	2:31.68
16 Perras, Cedric	13	BRANT	2:32.00

17 Thomas, Evan	18	LAC	2:37.06
18 Shafikov, Idel	17	LAC	2:38.33
19 Marlow, Bradley	14	LAC	2:38.91
20 Degiorgio, Luke	13	LAC	2:40.21
21 Zhang, Caden	14	LAC	2:40.99
22 Pallant, Matthew	13	LAC	2:42.15
23 Zhu, Aaron	13	LAC	2:42.34
24 Ziemanis, Xander	14	LAC	2:46.47
25 Vanderveen, Benjamin	14	LAC	2:46.61
26 Weggaesser, Rudolf	14	LAC	2:46.97
27 Van't Spyker, Lucas	13	BRANT	2:47.65
28 Rajamaheshwaran, Thii	13	LAC	2:50.00
29 Dunne, Desmond	16	KWST	2:51.05
30 Frolow, Nathan	14	LAC	2:51.92
31 Gerster, Nolan	14	BRANT	2:53.92
32 Dela Cruz, Adam	16	LAC	2:55.89
33 Ybarra, Luke	13	LAC	2:58.68
34 Barnardo, Gabriel	14	LAC	2:58.73
35 Isings, Derek	15	LAC	3:00.28
36 Peng, David	14	KWST	3:01.07
37 Phillips, Luke	13	BRANT	3:04.88
38 Ignat, Thomas	14	MS	3:08.10
39 Levy, Austin	13	LAC	3:08.34
40 Pokorski, Sebastian	13	BRANT	3:08.98
41 Chen, Yisu	13	KWST	3:09.03
42 Liang, Charles	14	LAC	3:09.11
43 Awulia, Reyn	13	LAC	3:10.00
44 Meshrif, Mosa	16	LAC	3:13.06
45 Lee, Alex	14	LAC	3:14.50
46 Gudz, Michael	14	LAC	3:14.52
47 Palma, Adam	13	MS	3:14.93
48 Cygalski, Adam	13	LAC	3:15.00
49 Jia, Ryan	15	LAC	3:17.21
50 Yang, Derri	14	LAC	3:21.33
51 Abdul Rasoul, Haroun	18	LAC	3:35.84
52 Gerber, Eli	13	LAC	3:55.00
53 Kim, Seungsu	14	LAC	3:58.54