

Western Region Short Course Championships
February 23 to February 25, 2024
Psych Sheet - Sun Afternoon 12 & Under - Deep

Event 319 Mixed 11-12 4x50 SC Meter Medley Relay

Team	Relay	Seed Time
1 LAC	A	2:20.15
2 WAC	A	2:20.93
1) Dimasuay, Aviana B W12	2) Pan, Nicholai L M11	
3) Xu, Sophia A W12	4) Mansour, Hassanen M12	
3 CAJ	A	2:22.22
1) Rush, Andrew M12	2) Gray, Jack M12	
3) Nichols, Addyson W12	4) Murdoch, Ainsley W12	
4 BRANT	A	2:25.00
5 LAC	B	2:29.66
6 HAC	A	2:30.79
1) Outh, Janchaya W12	2) Malar Lapointe, Ayden M12	
3) Hansen, Macy W12	4) Johnston, Coen M12	
7 WAC	B	2:31.67
1) Laird, Nina E W11	2) Ufford, Henry T M12	
3) MacEachern, Brielle M W12	4) Brennan, Finnegan W M11	
8 BROCK	A	2:31.86
9 GMAC	A	2:34.70
1) O'Carroll, Ciara W12	2) Gilmore, Nadia W11	
3) Troock, Madden M11	4) Yin, Alexli M11	
10 HAC	B	2:37.15
1) Crosbie, Cameron R M12	2) Faddoul, Marc M12	
3) Mawdsley, Emily W12	4) Haslam, Katherine G W11	
11 SR	A	2:38.74
1) Houck, Colton M10	2) Fanelli, Matteo M12	
3) Gower, Evelyn W12	4) Rowcliffe, Autumn W12	
12 GMAC	B	2:39.44
1) McIntosh, Claire W11	2) Wang, Lily W12	
3) Robinson, Quinn M11	4) Eddolls, Matthew M11	
13 GHAC	A	2:47.17
14 GHAC	B	2:58.08
15 Aces	A	NT
1) Whitelaw, Tessa W11	2) Meuleman, Noah M11	
3) Currah, Drew M11	4) Schaub, Olivia W12	
16 RCAQ	A	NT

Event 320 Mixed 10 & Under 4x50 SC Meter Medley Relay

Team	Relay	Seed Time
1 HAC	A	2:52.58
1) Mawdsley, Olivia C W9	2) Kitney, Eloise K W10	
3) Malar Lapointe, Hudson M10	4) Howie, Jack E M10	
2 WAC	A	2:53.81
1) Visser, Brayden F M9	2) Shier, Lauren K W10	
3) Mansour, Mariam W10	4) Bujak, Magnus J M10	
3 LAC	A	3:00.70
4 HAC	B	3:00.85
1) Bell, Quinten H M10	2) Simm, Daphne F W10	
3) Crosbie, Ryder A M10	4) Hansen, Pia W10	
5 GMAC	A	3:08.87
1) Love, Caryss W9	2) Coulis, Taryn W10	
3) Zhu, Anthony M10	4) Gilmore, Alexander M9	
6 BROCK	A	3:11.14
7 LAC	B	3:16.22

Event 89 Girls 12 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time
1 Heuberger, Quinn H	12	GHAC	X2:46.38

2 Haase, Maya	12	LAC	2:52.06
3 Podesta, Emma	12	LAC	2:53.81
4 Xu, Sophia A	12	WAC	2:54.97
5 Mawdsley, Emily	12	HAC	2:55.16
6 Porco, Angelena	12	HAC	2:55.20
7 Kamatovic, Sophie	12	BROCK	2:55.51
8 MacEachern, Brielle M	12	WAC	2:56.89
9 Cappadocia, Avah	12	WEST	X2:58.38
10 Anstett, Ava	12	RCAQ	2:59.11
11 Allison, Fiona	12	BROCK	3:03.59
12 Yong, Menglan	12	LAC	3:03.94
13 Kadar, Shira	12	LAC	3:04.69
14 Majeed, Meera S	12	CW	3:04.93
15 Gruenwald, Arielle	12	BRANT	3:05.82
16 Shirakawa, Hana	12	LAC	3:06.48
17 LaPlante, Emma	12	BROCK	3:08.03
18 Tries, Hannah	12	BROCK	3:08.80
19 Wang, Lily	12	GMAC	3:13.05
20 Stewart, Berkeley	12	BRANT	3:13.43
21 Borzov, Lisa	12	CW	3:14.40
22 Gower, Evelyn	12	SR	3:18.18
23 Li, Danielle	12	HAC	3:18.20
24 Levac, Leslie	12	Aces	3:19.15
25 St John, Julia	12	LAC	3:19.39
26 Jaramillo, Sophie	12	LAC	3:21.06
27 Slowikowski, Zuzanna	12	GHAC	3:50.09
28 Weese, Ava	12	LAC	3:01.83L
29 Hansen, Macy	12	HAC	3:02.97L
30 Thrasher, Abigail	12	WEST	3:15.67L

Event 91 Girls 11 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time
1 Tam Upshall, Ellie A	11	CW	3:01.92
2 Buskard, Avery	11	LAC	3:02.26
3 Cesarini, Brynn E	11	CW	3:03.56
4 Teefy, Cammy E	11	GHAC	3:05.27
5 Webb-Nicholls, Brynne	11	LAC	3:08.51
6 Wu, Rachel	11	BAD	3:08.66
7 Whitelaw, Tessa	11	Aces	3:11.28
8 Hodgson, Kate	11	BAD	3:13.06
9 Scott, Allison	11	LAC	3:15.33
10 Roberts, Nora	11	ROW	3:15.49
11 McIntosh, Claire	11	GMAC	3:17.04
12 Muirhead, Grace	11	LAC	3:17.07
13 Haslam, Katherine G	11	HAC	3:17.70
14 Laird, Nina E	11	WAC	3:18.11
15 Fischer, Abigail	11	ROW	3:18.57
16 Bell, Sadie	11	BAD	3:18.69
17 Crosby, Anna K	11	CW	3:21.06
18 McRae, Amélie K	11	CW	3:21.26
19 Enyinna, Nicole	11	GHAC	3:21.44
20 Valeriote, Lauren	11	GMAC	3:21.79
21 Plat, Julia	11	GMAC	3:22.01
22 Clark, Payton C	11	AAST	3:25.33
23 Thiessen, Nora G	11	CW	3:33.32
24 Cecile, Mia C	11	WAC	3:57.89
25 Yoxall, Elise	11	BROCK	3:23.02L

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Event 91 ... (Girls 11 Year Olds 200 SC Meter IM)

Name	Age	Team	Seed Time
26 Garrow, Melina	11	SR	3:36.79L

Event 94 Boys 10 & Under 200 SC Meter IM

Name	Age	Team	Seed Time
1 Jenkins, Dexter P	10	HAC	X3:03.32
2 Bell, Quinten H	10	HAC	3:32.55
3 Crosbie, Ryder A	10	HAC	3:36.30
4 Dysko, Alexander	10	LAC	3:41.14
5 Howard, Gavin	10	LAC	3:41.77
6 Rollings, Jack A	10	HAC	3:42.17
7 Qin, Boyu	10	ROW	3:47.63
8 Gilmore, Alexander	9	GMAC	3:51.12
9 Breid, Gilbert	10	HAC	3:55.74
10 Golem, Campbell	9	Aces	4:34.24
11 Uzer, Murat	9	BAD	3:47.24L
12 Jiang, Charlie	10	BROCK	3:47.45L

Event 95 Girls 12 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Murdoch, Ainsley	12	CAJ	X1:04.32
2 Murphy, Lacey	12	BAD	1:08.39
3 Mawdsley, Emily	12	HAC	1:09.07
4 Fries, Clare	12	BRANT	1:09.23
5 Hansen, Macy	12	HAC	1:10.08
6 Cappadocia, Avah	12	WEST	1:10.26
7 Kamatovic, Sophie	12	BROCK	1:10.73
8 Zolli, Isabella	12	BRANT	1:10.86
9 Fries, Emma	12	BRANT	1:11.18
10 Xu, Sophia A	12	WAC	1:11.19
11 Pinto, Maria	12	LAC	1:11.34
12 Gruenwald, Arielle	12	BRANT	1:11.69
13 Mcgill, Natalia	12	ROW	1:12.09
14 Outh, Janchaya	12	HAC	1:13.15
15 Haase, Maya	12	LAC	1:13.73
16 Nichols, Addyson	12	CAJ	1:13.83
17 Rowcliffe, Autumn	12	SR	1:14.08
18 Stewart, Berkeley	12	BRANT	1:14.09
19 Wilhelm, Olivia	12	ROW	1:14.26
20 Tries, Hannah	12	BROCK	1:14.54
21 Li, Danielle	12	HAC	1:14.57
22 Jaramillo, Sophie	12	LAC	1:14.61
23 Atkinson, Aliya M	12	NHAC	1:14.67
24 Tomlinson, Ava	12	BROCK	1:14.75
25 Swierszcz, Mila	12	BAD	1:14.92
26 Purchase, Violet	12	ROW	1:15.00
27 O'Carroll, Ciara	12	GMAC	1:15.50
28 Kadar, Shira	12	LAC	1:15.71
29 Porco, Angelena	12	HAC	1:16.31
30 Schaub, Olivia	12	Aces	1:16.68
31 Akinyemi, Fareedah	12	BRANT	1:17.17
32 Yerich, Elizabeth	12	BROCK	1:17.19
33 Dimasuy, Aviana B	12	WAC	1:17.61
34 Hirsch, Ellen	12	BROCK	1:17.78
35 Gower, Evelyn	12	SR	1:19.18
36 Slowikowski, Zuzanna	12	GHAC	1:19.79

37 Levac, Leslie	12	Aces	1:20.59
38 Borzov, Lisa	12	CW	1:21.31
39 Liu, Nina	12	KWST	1:21.97
40 Thrasher, Abigail	12	WEST	1:22.41
41 Kelders, Abby L	12	SR	1:23.95
42 Yong, Menglan	12	LAC	1:16.49L

Event 97 Girls 11 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Cao, Grace	11	LAC	X1:09.15
2 Wu, Rachel	11	BAD	1:13.34
3 Teefy, Cammy E	11	GHAC	1:13.46
4 Tam Upshall, Ellie A	11	CW	1:13.70
5 Mangul, Anna	11	LAC	1:14.17
6 Laird, Nina E	11	WAC	1:14.30
7 Cesarini, Brynn E	11	CW	1:14.44
8 Dahiroc, Taylor	11	LAC	1:15.64
9 Bell, Sadie	11	BAD	1:16.11
10 Enyinna, Nicole	11	GHAC	1:17.58
11 Zhou, Isabella	11	CW	1:18.50
12 Haslam, Katherine G	11	HAC	1:19.13
13 Gilmore, Nadia	11	GMAC	1:19.27
14 McIntosh, Claire	11	GMAC	1:19.34
15 Muirhead, Grace	11	LAC	1:20.28
16 Crosby, Anna K	11	CW	1:20.81
17 Valeriotte, Lauren	11	GMAC	1:21.66
18 Bowen, Brielle K	11	GHAC	1:21.73
19 Yoxall, Elise	11	BROCK	1:21.75
20 Pfeifer, Elizabeth	11	Aces	1:22.05
21 Cecile, Mia C	11	WAC	1:22.06
22 Hynes, Kye	11	GMAC	1:22.37
23 Garrow, Melina	11	SR	1:23.75
24 Plat, Julia	11	GMAC	1:24.40
25 Perugino, Lucy	11	LAC	1:26.67
26 Harcourt, Mabel	11	Aces	1:28.09
27 McLeod, Mia	11	BAD	1:28.34
28 Wyatt, Isabella E	11	CW	1:29.02
29 Welk, Charlotte	11	LAC	1:29.83
30 Arens, Blake	11	BLEN	1:31.37
31 Belevitina, Glafira	11	BAD	1:32.18
32 Thiessen, Nora G	11	CW	1:36.36
33 Hodgson, Kate	11	BAD	1:20.04L

Event 100 Boys 10 & Under 100 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Houck, Colton	10	SR	X1:20.48
2 Howie, Jack E	10	HAC	X1:23.41
3 Ewart, Logan	10	SR	1:24.56
4 Malar Lapointe, Hudsor	10	HAC	1:25.18
5 Cox, Myles	10	LAC	1:25.58
6 Degen, Charlie	10	ROW	1:28.81
7 Jiang, Charlie	10	BROCK	1:29.04
8 Dysko, Alexander	10	LAC	1:29.15
9 Uzer, Murat	9	BAD	1:29.37
10 Gao, Junxi X	9	CW	1:29.60
11 Liu, Colin	9	KWST	1:30.64
12 Qin, Boyu	10	ROW	1:30.84

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Event 100 ... (Boys 10 & Under 100 SC Meter Freestyle)

Name	Age	Team	Seed Time
13 Slaymaker, Michael G	10	AAST	1:31.36
14 Zhu, Anthony	10	GMAC	1:31.39
15 Bujak, Magnus J	10	WAC	1:31.74
16 Bell, Quinten H	10	HAC	1:32.72
17 Dastan, Miran	10	ROW	1:32.95
18 Crosbie, Ryder A	10	HAC	1:33.64
19 Gilmore, Alexander	9	GMAC	1:34.05
20 Zhou, Robert	10	LAC	1:34.71
21 Haase, William	9	LAC	1:35.36
22 Rollings, Jack A	10	HAC	1:36.08
23 Stuckless, Gabriel	10	GMAC	1:36.23
24 Leidwanger, Max	10	BROCK	1:36.30
25 Ryan, Donnacha	10	RCAQ	1:37.16
26 Breid, Gilbert	10	HAC	1:41.50
27 Marull, Benjamin	9	BROCK	1:43.01
28 Press, Everett	10	GHAC	1:43.48
29 Visser, Brayden F	9	WAC	1:49.33
30 Yerich, Theodore	9	BROCK	1:55.82

Event 101 Girls 12 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Murphy, Lacey	12	BAD	X2:43.71
2 Sarkadi, Lorena	12	WEST	2:50.21
3 Podesta, Emma	12	LAC	2:50.77
4 Fries, Emma	12	BRANT	2:50.95
5 Anstett, Ava	12	RCAQ	2:52.19
6 Outh, Janchaya	12	HAC	2:56.69
7 Fries, Clare	12	BRANT	2:57.75
8 O'Carroll, Ciara	12	GMAC	2:59.73
9 Li, Danielle	12	HAC	3:00.41
10 Kadar, Shira	12	LAC	3:01.63
11 Yong, Menglan	12	LAC	3:01.76
12 Dimasuay, Aviana B	12	WAC	3:02.81
13 Pinto, Maria	12	LAC	3:02.95
14 Schaub, Olivia	12	Aces	3:03.76
15 Allison, Fiona	12	BROCK	3:04.25
16 Kamatovic, Sophie	12	BROCK	3:07.93
17 Wang, Lily	12	GMAC	3:13.07
18 Yerich, Elizabeth	12	BROCK	3:17.14
19 St John, Julia	12	LAC	3:25.13
20 Weese, Ava	12	LAC	2:58.10L
21 Cappadocia, Avah	12	WEST	3:03.07L
22 Swierszcz, Mila	12	BAD	3:07.40L
23 Nichols, Addyson	12	CAJ	3:12.62L

Event 103 Girls 11 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Laird, Nina E	11	WAC	2:58.65
2 Dahiroc, Taylor	11	LAC	X2:59.12
3 Gilmore, Nadia	11	GMAC	2:59.20
4 Howison, Nora	11	ROW	2:59.54
5 Cesarini, Brynn E	11	CW	3:00.80
6 Whitelaw, Tessa	11	Aces	3:00.99
7 Webb-Nicholls, Brynne	11	LAC	X3:01.38
8 Scott, Allison	11	LAC	3:02.01

9 McRae, Amïlie K	11	CW	3:02.32
10 Roberts, Nora	11	ROW	3:03.21
11 Meng, Amy	11	HAC	3:04.58
12 Momotiuk, Alivia	11	WEST	3:04.90
13 Welk, Charlotte	11	LAC	3:10.16
14 Buskard, Avery	11	LAC	3:13.06
15 Perugino, Lucy	11	LAC	3:15.71
16 Bowen, Brielle K	11	GHAC	3:16.00
17 Fischer, Abigail	11	ROW	3:19.03
18 Hynes, Kye	11	GMAC	3:37.02
19 Harcourt, Mabel	11	Aces	3:37.44
20 Pfeifer, Elizabeth	11	Aces	3:42.80

Event 106 Boys 10 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Breid, Gilbert	10	HAC	3:35.69
2 Malar Lapointe, Hudsor	10	HAC	3:37.84
3 Rollings, Jack A	10	HAC	3:39.94
4 Zhou, Robert	10	LAC	3:40.36
5 Dastan, Miran	10	ROW	3:41.52
6 Stuckless, Gabriel	10	GMAC	3:44.41
7 Press, Everett	10	GHAC	3:44.48
8 Gilmore, Alexander	9	GMAC	3:44.58
9 Golem, Campbell	9	Aces	3:45.96
10 Ryan, Donnacha	10	RCAQ	3:56.06L

Event 107 Girls 12 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Xu, Sophia A	12	WAC	32.24
2 Heuberger, Quinn H	12	GHAC	32.86
3 Murdoch, Ainsley	12	CAJ	34.49
4 Nichols, Addyson	12	CAJ	34.83
5 Majeed, Meera S	12	CW	34.93
6 Pinto, Maria	12	LAC	35.18
7 MacEachern, Brielle M	12	WAC	35.26
8 Wilhelm, Olivia	12	ROW	35.37
9 Outh, Janchaya	12	HAC	35.41
10 Gruenwald, Arielle	12	BRANT	36.66
11 McGill, Natalia	12	ROW	37.44
12 Allison, Fiona	12	BROCK	37.61
13 Gower, Evelyn	12	SR	37.97
14 Cappadocia, Avah	12	WEST	38.07
15 LaPlante, Emma	12	BROCK	38.36
16 Tries, Hannah	12	BROCK	38.46
17 Atkinson, Aliya M	12	NHAC	38.88
18 Dimasuay, Aviana B	12	WAC	39.06
19 Tomlinson, Ava	12	BROCK	39.15
20 Mawdsley, Emily	12	HAC	39.37
21 Yerich, Elizabeth	12	BROCK	39.44
22 Shirakawa, Hana	12	LAC	39.83
23 Hansen, Macy	12	HAC	40.20
24 Zolli, Isabella	12	BRANT	40.59
25 Thrasher, Abigail	12	WEST	40.87
26 Hirsch, Ellen	12	BROCK	41.14
27 Borzov, Lisa	12	CW	41.96
28 Stewart, Berkeley	12	BRANT	42.75
29 Jaramillo, Sophie	12	LAC	42.80

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Event 107 ... (Girls 12 Year Olds 50 SC Meter Butterfly)

Name	Age	Team	Seed Time
30 Wang, Lily	12	GMAC	44.15
31 Liu, Nina	12	KWST	44.16
32 Weese, Ava	12	LAC	44.27
33 St John, Julia	12	LAC	44.37
34 Rowcliffe, Autumn	12	SR	44.84
35 Akinyemi, Fareedah	12	BRANT	44.97
36 Slowikowski, Zuzanna	12	GHAC	46.88
37 Swierszcz, Mila	12	BAD	48.97
38 Porco, Angelena	12	HAC	55.61

Event 109 Girls 11 Year Olds 50 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Cao, Grace	11	LAC	34.27
2 Frith, Lexi	11	BAD	36.05
3 Zhou, Isabella	11	CW	36.95
4 Mangul, Anna	11	LAC	38.18
5 Buskard, Avery	11	LAC	39.43
6 Fischer, Abigail	11	ROW	40.20
7 Tam Upshall, Ellie A	11	CW	40.22
8 Hodgson, Kate	11	BAD	40.69
9 McIntosh, Claire	11	GMAC	40.76
10 Roberts, Nora	11	ROW	40.78
11 Howison, Nora	11	ROW	41.64
12 McRae, Amélie K	11	CW	41.90
13 Teefy, Cammy E	11	GHAC	41.93
14 Arens, Blake	11	BLÉN	42.24
15 Cecile, Mia C	11	WAC	42.60
16 Wyatt, Isabella E	11	CW	42.75
17 Yoxall, Elise	11	BROCK	42.91
18 Gilmore, Nadia	11	GMAC	43.23
19 Enyinna, Nicole	11	GHAC	45.24
20 Wu, Rachel	11	BAD	45.28
21 Bowen, Brielle K	11	GHAC	45.97
22 Meng, Amy	11	HAC	46.00
23 Welk, Charlotte	11	LAC	46.11
24 Haslam, Katherine G	11	HAC	46.77
25 Perugino, Lucy	11	LAC	46.91
26 Muirhead, Grace	11	LAC	47.64
27 Hynes, Kye	11	GMAC	47.79
28 Crosby, Anna K	11	CW	49.24
29 Belevitina, Glafira	11	BAD	50.29
30 Momotiuk, Alivia	11	WEST	51.12
31 McLeod, Mia	11	BAD	51.98
32 Bell, Sadie	11	BAD	47.74L
33 Thiessen, Nora G	11	CW	47.99L
34 Garrow, Melina	11	SR	50.68L

Event 112 Boys 10 & Under 50 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Krmencik, Ryker	10	BAD	38.99
2 Jenkins, Dexter P	10	HAC	X41.18
3 Malar Lapointe, Hudsor	10	HAC	44.85
4 Degen, Charlie	10	ROW	47.58
5 Crosbie, Ryder A	10	HAC	47.99
6 Liu, Colin	9	KWST	48.23

7 Gao, Junxi X	9	CW	48.27
8 Jiang, Charlie	10	BROCK	48.43
9 Slaymaker, Michael G	10	AAST	48.68
10 Cox, Myles	10	LAC	48.84
11 Zhu, Anthony	10	GMAC	48.85
12 Leidwanger, Max	10	BROCK	48.87
13 Howie, Jack E	10	HAC	50.32
14 Haase, William	9	LAC	53.52
15 Howard, Gavin	10	LAC	55.02
16 Bujak, Magnus J	10	WAC	55.38
17 Ewart, Logan	10	SR	57.06
18 Qin, Boyu	10	ROW	1:00.54
19 Yerich, Theodore	9	BROCK	1:02.46
20 Press, Everett	10	GHAC	1:03.14
21 Marull, Benjamin	9	BROCK	1:19.44
22 Houck, Colton	10	SR	46.06L
23 Visser, Brayden F	9	WAC	1:01.85L

Event 113 Girls 12 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Murdoch, Ainsley	12	CAJ	X5:10.97
2 Haase, Maya	12	LAC	5:24.40
3 Sarkadi, Lorena	12	WEST	5:25.11
4 Wilhelm, Olivia	12	ROW	5:35.27
5 Podesta, Emma	12	LAC	5:40.34
6 Majeed, Meera S	12	CW	5:41.81
7 Purchase, Violet	12	ROW	5:49.01
8 Rowcliffe, Autumn	12	SR	5:48.12L

Event 115 Girls 11 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Zhou, Isabella	11	CW	5:43.99
2 Meng, Amy	11	HAC	5:52.77
3 Dahiroc, Taylor	11	LAC	5:55.19
4 Webb-Nicholls, Brynne	11	LAC	5:55.68
5 Scott, Allison	11	LAC	6:13.48

Event 118 Boys 10 & Under 400 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Dysko, Alexander	10	LAC	6:37.00
2 Uzer, Murat	9	BAD	6:42.77
3 Bell, Quinten H	10	HAC	6:43.25
4 Degen, Charlie	10	ROW	6:51.23
5 Zhou, Robert	10	LAC	6:58.93
6 Howard, Gavin	10	LAC	7:02.91