



## 2023 RISE and SHINE - 1/7/2023 to 1/8/2023

## Results

<b>#17 Girls 11-12 50 Yard Breast</b>				<b>#25 Girls 12&amp;U 200 Yard Medley Relay</b>				<b>#58 Boys 12&amp;U 100 Yard Medley Relay</b>					
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>		<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>			
1 Ambrosino, Alexis C	12	CWAC-IL	35.90	9 CWAC-IL	B	3:03.09		3 CWAC-IL	A	1:09.14			
13 Hernandey, Marley G	11	CWAC-IL	42.04	Jacobson, Liza G 10	Hernandey, Marley G 11		Wroble, Jax L 12	Ambrosino, Matthew J 11					
27 Hwang, Amelia M	11	CWAC-IL	46.25	Chenzhen, Ella 10	Chenzhen, Kaitlyn 11		Rauch, Will W 12	Grieb, Max J 11					
30 Dube, Olivia E	12	CWAC-IL	47.38	46.63	47.64	47.42	41.40	37.22	31.92				
33 Quant, Sophie M	11	CWAC-IL	49.82	--- CWAC-IL	A	DQ		7 CWAC-IL	B	1:26.19			
--- Machado, Julia L	11	CWAC-IL	DQ	Stroke Infraction swimmer #3: One hand touch - fly				Mehra, Vir V 11	Farnik, Delano B 11				
One hand touch				Hwang, Amelia M 11	Quant, Mia E 9		Wroble, Eli L 9	Rahman-Watkins, Kai O 11					
				Ambrosino, Alexis C 12	Dube, Olivia E 12								
				41.58	35.89	1:00.66	17.75						
<b>#18 Boys 11-12 50 Yard Breast</b>				<b>#26 Boys 12&amp;U 200 Yard Medley Relay</b>				<b>#59 Girls 10&amp;U 100 Yard Medley Relay</b>					
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>		<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>			
8 Ambrosino, Matthew	11	CWAC-IL	42.45	4 CWAC-IL	A	2:34.39		2 CWAC-IL	A	1:11.58			
26 Sotos, Costas P	12	CWAC-IL	51.33	Yang, Bruce 12	Ambrosino, Matthew J 11		Sonnleitner, Isha S 10	Nisar, Zayna A 10					
--- Sheehan, Liam J	12	CWAC-IL	DQ	Lin, Cyrus H 11	Wroble, Jax L 12		Ekdahl, Ellery R 9	Rauch, Harper R 10					
Downward butterfly kick				38.35	46.63	39.45	29.96	41.80	29.78				
				7 CWAC-IL	B	2:57.74		6 CWAC-IL	B	1:28.47			
				Grieb, Max J 11	Liang, Kalin H 10		Zhao, Amelia Z 9	Chenzhen, Ella 10					
				Sotos, Costas P 12	Mehra, Vir V 11		Papantoniou Pfeifle, Peppy	Carman, Kylie G 9					
				36.39	55.23	58.97	27.15	46.68	41.79				
<b>#19 Girls 9-10 50 Yard Breast</b>				<b>#27 Girls 10&amp;U 200 Yard Medley Relay</b>				<b>#60 Boys 10&amp;U 100 Yard Medley Relay</b>					
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>		<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>			
2 Sonnleitner, Isha S	10	CWAC-IL	39.66	2 CWAC-IL	A	2:31.84		2 CWAC-IL	A	1:12.45			
6 Nisar, Zayna A	10	CWAC-IL	47.79	Ekdahl, Ellery R 9	Chou, Silu 9		Chen, Ethan A 10	Rattler, Dylan C 10					
8 Rauch, Harper R	10	CWAC-IL	48.12	Sonnleitner, Isha S 10	Rauch, Harper R 10		Day, James F 9	Pomerantz, Sam N 10					
9 Granger, Nia N	10	CWAC-IL	48.57	40.81	1:24.50	26.39	0.14	39.50	32.95				
10 Chenzhen, Ella	10	CWAC-IL	48.81	--- CWAC-IL	B	DQ							
14 Ekdahl, Ellery R	9	CWAC-IL	49.72	Early take-off swimmer #3									
21 Quant, Mia E	9	CWAC-IL	52.44	Quant, Mia E 9	Papantoniou Pfeifle, Peppy								
28 Papantoniou Pfeifle,	10	CWAC-IL	56.44	Granger, Nia N 10	Nisar, Zayna A 10								
34 Jacobson, Liza G	10	CWAC-IL	1:25.93	1:45.51	47.38	27.94							
<b>#20 Boys 9-10 50 Yard Breast</b>				<b>#28 Boys 10&amp;U 200 Yard Medley Relay</b>				<b>#61 Girls 11-12 200 Yard IM</b>					
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>		<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>		
3 Rattler, Dylan C	10	CWAC-IL	42.78	3 CWAC-IL	A	2:39.24		--- Hwang, Amelia M	11	CWAC-IL	DQ		
5 Chen, Ethan A	10	CWAC-IL	45.13	Yang, Chris 9	Chen, Ethan A 10				Delay initiating arm pull at turn - back				
17 Liang, Kalin H	10	CWAC-IL	54.40	Day, James F 9	Rattler, Dylan C 10				44.95	47.29	56.98	40.85	
18 Jones, Kasper P	10	CWAC-IL	54.68	38.88	48.84	38.76	32.76						
24 Foote, Calvin W	9	CWAC-IL	1:09.90										
<b>#21 Girls 11-12 100 Yard Fly</b>				<b>#29 Girls 12&amp;U 100 Yard Medley Relay</b>				<b>#62 Boys 11-12 200 Yard IM</b>					
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>		<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>		
15 Chenzhen, Kaitlyn	11	CWAC-IL	1:40.06	7 CWAC-IL	B	1:15.68		6 Grieb, Max J	11	CWAC-IL	3:04.36		
43.49	56.57			Nudera, Nora J 11	Machado, Julia L 11				43.33	44.74	57.54	38.75	
				Sankar, Dia J 11	Hwang, Amelia M 11				47.50	45.25	54.76	41.90	
				40.62	35.06								
<b>#22 Boys 11-12 100 Yard Fly</b>				<b>#57 Girls 12&amp;U 100 Yard Medley Relay</b>				<b>#63 Girls 9-10 200 Yard IM</b>					
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Team</b>	<b>Relay</b>	<b>Finals Time</b>		<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>		
11 Lin, Cyrus H	11	CWAC-IL	1:37.25	8 CWAC-IL	A	1:17.08		--- Rauch, Harper R	10	CWAC-IL	DQ		
43.31	53.94			Rogala, Addie S 12	Dube, Olivia E 12				Delay initiating arm pull at turn - back				
14 Sotos, Costas P	12	CWAC-IL	1:52.38	Chenzhen, Kaitlyn 11	Krawczuk, Kamila D 11				40.32	45.33	53.58	37.37	
52.93	59.45			40.64	36.44								
<b>#23 Girls 9-10 100 Yard Fly</b>				<b>#64 Girls 11-12 50 Yard Fly</b>				<b>#65 Girls 11-12 50 Yard Fly</b>					
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>		
4 Chou, Silu	9	CWAC-IL	1:31.99	21 Dube, Olivia E	12	CWAC-IL	40.20	21 Dube, Olivia E	12	CWAC-IL	40.20		
42.28	49.71			22 Chenzhen, Kaitlyn	11	CWAC-IL	40.82	22 Chenzhen, Kaitlyn	11	CWAC-IL	40.82		
				28 Rogala, Addie S	12	CWAC-IL	42.59	28 Rogala, Addie S	12	CWAC-IL	42.59		
				29 Hwang, Amelia M	11	CWAC-IL	42.81	29 Hwang, Amelia M	11	CWAC-IL	42.81		
<b>#24 Boys 9-10 100 Yard Fly</b>				<b>#65 Girls 11-12 50 Yard Fly</b>				<b>#65 Girls 11-12 50 Yard Fly</b>					
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>		
4 Yang, Chris	9	CWAC-IL	1:34.06	30 Xu, Iris S	11	CWAC-IL	46.47	30 Xu, Iris S	11	CWAC-IL	46.47		
44.58	49.48			32 Sankar, Dia J	11	CWAC-IL	47.92	32 Sankar, Dia J	11	CWAC-IL	47.92		
				33 Krawczuk, Kamila D	11	CWAC-IL	47.94	33 Krawczuk, Kamila D	11	CWAC-IL	47.94		

## 2023 RISE and SHINE - 1/7/2023 to 1/8/2023

## Results

## #66 Boys 11-12 50 Yard Fly

Name	Age	Team	Finals Time
10 Wroble, Jax L	12	CWAC-IL	36.53
17 Rauch, Will W	12	CWAC-IL	40.43
28 Mehra, Vir V	11	CWAC-IL	54.04

## #67 Girls 9-10 50 Yard Fly

Name	Age	Team	Finals Time
1 Sonnleitner, Isha S	10	CWAC-IL	31.74
6 Ekdahl, Ellery R	9	CWAC-IL	39.47
10 Nisar, Zayna A	10	CWAC-IL	41.50
19 Granger, Nia N	10	CWAC-IL	46.52
24 Chenzhen, Ella	10	CWAC-IL	53.19
26 Fredman, Mimi K	9	CWAC-IL	55.20
27 Carman, Kylie G	9	CWAC-IL	55.80
29 Zhao, Amelia Z	9	CWAC-IL	58.35
30 Eagles, Elena R	10	CWAC-IL	58.62

## #68 Boys 9-10 50 Yard Fly

Name	Age	Team	Finals Time
10 Day, James F	9	CWAC-IL	40.43
14 Pomerantz, Sam N	10	CWAC-IL	48.27
17 Pierotti, Koray O	8	CWAC-IL	52.22
21 Wroble, Eli L	9	CWAC-IL	55.26

## #69 Girls 11-12 100 Yard Free

Name	Age	Team	Finals Time
28 Machado, Julia L	11	CWAC-IL	1:15.39
	36.99	38.40	
30 Hwang, Amelia M	11	CWAC-IL	1:17.75
	38.39	39.36	
31 Poby, Amelie C	11	CWAC-IL	1:18.60
	38.00	40.60	
33 Chenzhen, Kaitlyn	11	CWAC-IL	1:21.38
	37.31	44.07	
36 Sankar, Dia J	11	CWAC-IL	1:26.59
	41.88	44.71	
38 Xu, Iris S	11	CWAC-IL	1:28.24
	41.52	46.72	
43 Nudera, Nora J	11	CWAC-IL	1:42.13
	48.37	53.76	
--- Rogala, Addie S	12	CWAC-IL	1:21.05
	Declared false start		
	39.98	41.07	

## #70 Boys 11-12 100 Yard Free

Name	Age	Team	Finals Time
9 Wroble, Jax L	12	CWAC-IL	1:06.87
	32.66	34.21	
16 Grieb, Max J	11	CWAC-IL	1:11.54
	34.91	36.63	
33 Rauch, Will W	12	CWAC-IL	1:27.63
	43.24	44.39	
35 Farnik, Delano B	11	CWAC-IL	1:28.60
	41.76	46.84	
36 Mehra, Vir V	11	CWAC-IL	1:29.05
	42.11	46.94	

37 Rahman-Watkins, Ka	11	CWAC-IL	1:29.16
	43.14	46.02	

## #71 Girls 9-10 100 Yard Free

Name	Age	Team	Finals Time
1 Sonnleitner, Isha S	10	CWAC-IL	1:05.24
	31.20	34.04	
5 Nisar, Zayna A	10	CWAC-IL	1:14.97
	35.31	39.66	
6 Ekdahl, Ellery R	9	CWAC-IL	1:16.12
	35.48	40.64	
24 Fredman, Mimi K	9	CWAC-IL	1:30.34
	43.91	46.43	
*26 Carman, Kylie G	9	CWAC-IL	1:33.07
	42.22	50.85	
*26 Chenzhen, Ella	10	CWAC-IL	1:33.07
	41.96	51.11	
28 Zhao, Amelia Z	9	CWAC-IL	1:34.57
	44.44	50.13	
30 Papantoniou Pfeifle, I	10	CWAC-IL	1:37.07
	46.56	50.51	
37 Eagles, Elena R	10	CWAC-IL	1:52.72

## #72 Boys 9-10 100 Yard Free

Name	Age	Team	Finals Time
5 Rattler, Dylan C	10	CWAC-IL	1:11.24
	34.83	36.41	
8 Chen, Ethan A	10	CWAC-IL	1:15.81
	36.69	39.12	
13 Pomerantz, Sam N	10	CWAC-IL	1:21.29
	39.09	42.20	
24 Wroble, Eli L	9	CWAC-IL	1:34.10
	45.11	48.99	
26 Liang, Kalin H	10	CWAC-IL	1:37.23
	45.24	51.99	
27 Pierotti, Koray O	8	CWAC-IL	1:39.14
	46.71	52.43	

## #73 Girls 11-12 50 Yard Back

Name	Age	Team	Finals Time
17 Poby, Amelie C	11	CWAC-IL	39.65
22 Hwang, Amelia M	11	CWAC-IL	40.07
27 Xu, Iris S	11	CWAC-IL	42.12
29 Machado, Julia L	11	CWAC-IL	43.89
31 Krawczuk, Kamila D	11	CWAC-IL	46.90
33 Rogala, Addie S	12	CWAC-IL	48.18
34 Nudera, Nora J	11	CWAC-IL	49.15

## #74 Boys 11-12 50 Yard Back

Name	Age	Team	Finals Time
6 Wroble, Jax L	12	CWAC-IL	35.60
8 Grieb, Max J	11	CWAC-IL	36.50
28 Farnik, Delano B	11	CWAC-IL	50.33
--- Rahman-Watkins, Ka	11	CWAC-IL	DQ
	Delay initiating turn after past vertical		

## #75 Girls 9-10 50 Yard Back

Name	Age	Team	Finals Time
1 Sonnleitner, Isha S	10	CWAC-IL	35.31

11 Ekdahl, Ellery R	9	CWAC-IL	42.68
17 Granger, Nia N	10	CWAC-IL	45.05
21 Zhao, Amelia Z	9	CWAC-IL	48.42
23 Fredman, Mimi K	9	CWAC-IL	49.33
24 Chenzhen, Ella	10	CWAC-IL	49.44
27 Papantoniou Pfeifle, I	10	CWAC-IL	50.97
29 Carman, Kylie G	9	CWAC-IL	52.63

## #76 Boys 9-10 50 Yard Back

Name	Age	Team	Finals Time
9 Rattler, Dylan C	10	CWAC-IL	40.56
16 Day, James F	9	CWAC-IL	44.66
22 Liang, Kalin H	10	CWAC-IL	48.80
23 Wroble, Eli L	9	CWAC-IL	49.60

## #77 Girls 11-12 100 Yard Breast

Name	Age	Team	Finals Time
19 Chenzhen, Kaitlyn	11	CWAC-IL	1:41.89
20 Dube, Olivia E	12	CWAC-IL	1:42.25
	47.09	55.16	
22 Poby, Amelie C	11	CWAC-IL	1:46.77
	51.68	55.09	
24 Krawczuk, Kamila D	11	CWAC-IL	1:54.08
	54.24	59.84	
25 Sankar, Dia J	11	CWAC-IL	1:55.70
	54.79	1:00.91	
26 Nudera, Nora J	11	CWAC-IL	2:08.59
	1:02.01	1:06.58	
--- Machado, Julia L	11	CWAC-IL	DQ
	One hand touch		
	43.39	48.94	

## #78 Boys 11-12 100 Yard Breast

Name	Age	Team	Finals Time
6 Ambrosino, Matthew	11	CWAC-IL	1:34.64
	44.17	50.47	
13 Farnik, Delano B	11	CWAC-IL	1:43.27
	49.35	53.92	

## #79 Girls 9-10 100 Yard Breast

Name	Age	Team	Finals Time
4 Rauch, Harper R	10	CWAC-IL	1:40.89
	47.73	53.16	
5 Nisar, Zayna A	10	CWAC-IL	1:41.80
	48.13	53.67	
11 Granger, Nia N	10	CWAC-IL	1:48.04
	51.64	56.40	
20 Eagles, Elena R	10	CWAC-IL	2:41.01
	1:15.61	1:25.40	

## #80 Boys 9-10 100 Yard Breast

Name	Age	Team	Finals Time
5 Chen, Ethan A	10	CWAC-IL	1:40.08
	48.50	51.58	
8 Pomerantz, Sam N	10	CWAC-IL	1:45.29
	48.75	56.54	

## 2023 RISE and SHINE - 1/7/2023 to 1/8/2023

## Results

## #81 Girls 12&amp;U 200 Yard Free Relay

Team	Relay	Finals Time	
7 CWAC-IL	A	2:16.06	
Hwang, Amelia M 11	Rogala, Addie S 12		
Krawczuk, Kamila D 11	Dube, Olivia E 12		
33.56	17.10	16.11	1:09.29
9 CWAC-IL	B	2:25.67	
Poby, Amelie C 11	Chenzhen, Kaitlyn 11		
Sankar, Dia J 11	Machado, Julia L 11		
35.16	36.22	47.29	27.00
11 CWAC-IL	C	2:55.02	
Nudera, Nora J 11	Chenzhen, Ella 10		
Papantoniou Pfeifle, Peppy	Xu, Iris S 11		
49.50	42.70	37.94	44.88

## #82 Boys 12&amp;U 200 Yard Free Relay

Team	Relay	Finals Time	
5 CWAC-IL	A	2:11.66	
Grieb, Max J 11	Rauch, Will W 12		
Ambrosino, Matthew J 11	Wroble, Jax L 12		
31.96	33.95	35.67	30.08
8 CWAC-IL	B	2:51.50	
Farnik, Delano B 11	Rahman-Watkins, Kai O 11		
Wroble, Eli L 9	Foote, Calvin W 9		
45.59	38.83	40.25	46.83

## #83 Girls 10&amp;U 200 Yard Free Relay

Team	Relay	Finals Time	
1 CWAC-IL	A	2:11.15	
Rauch, Harper R 10	Nisar, Zayna A 10		
Ekdahl, Ellery R 9	Sonnleitner, Isha S 10		
33.69	34.63	36.43	26.40
6 CWAC-IL	B	2:51.67	
Fredman, Mimi K 9	Eagles, Elena R 10		
Zhao, Amelia Z 9	Granger, Nia N 10		
41.88	46.82	46.29	36.68

## #84 Boys 10&amp;U 200 Yard Free Relay

Team	Relay	Finals Time	
3 CWAC-IL	A	2:19.61	
Pomerantz, Sam N 10	Chen, Ethan A 10		
Day, James F 9	Rattler, Dylan C 10		
34.53	36.47	36.46	32.15

## Scores - Women

Women - Team Rankings - Through Event 112	
1. Rise Aquatic Club	6741
2. Wheaton Swim Club	1018
3. Chicago Wolfpack Aquatic Club	788
4. Sharks Swim Club Inc.	404

## Scores - Men

Men - Team Rankings - Through Event 112	
1. Rise Aquatic Club	4905
2. Wheaton Swim Club	1428
3. Chicago Wolfpack Aquatic Club	670
4. Sharks Swim Club Inc.	496