

2023 Rise and Shine  
01/07/2023 -- 01/08/2023

Time					Event		Place	Points	Improv	
<b>Alexis Ambrosino (12) W</b>										
0:35.90Y	REG	F	#17	Women	11--12	50 Breast	CWAC-IL	1	20	-0.3
<b>Matthew Ambrosino (11) M</b>										
0:42.45Y		F	#18	Men	11--12	50 Breast	CWAC-IL	8	11	-0.46
1:30.93Y		F	#6	Men	11--12	100 IM	CWAC-IL	17	0	3.15
1:34.64Y		F	#78	Men	11--12	100 Breast	CWAC-IL	6	13	-4.11
3:9.41Y		F	#62	Men	11--12	200 IM	CWAC-IL	11	6	3.84
<b>Kylie Carman (9) W</b>										
0:55.80Y		F	#67	Women	9--10	50 Fly	CWAC-IL	27	0	-11.71
0:52.63Y		F	#75	Women	9--10	50 Back	CWAC-IL	29	0	-2.09
1:33.07Y		F	#71	Women	9--10	100 Free	CWAC-IL	26	0	-13.39
<b>Ethan Chen (10) M</b>										
0:45.13Y	REG	F	#20	Men	9--10	50 Breast	CWAC-IL	5	14	1.19
1:15.81Y	REG	F	#72	Men	9--10	100 Free	CWAC-IL	8	11	-3.98
1:32.15Y		F	#8	Men	9--10	100 IM	CWAC-IL	15	2	-0.08
1:40.08Y	REG	F	#80	Men	9--10	100 Breast	CWAC-IL	5	14	1.18
<b>Ella Chenzhen (10) W</b>										
0:48.81Y		F	#19	Women	9--10	50 Breast	CWAC-IL	10	7	--
0:53.19Y		F	#67	Women	9--10	50 Fly	CWAC-IL	24	0	--
1:47.62Y		F	#7	Women	9--10	100 IM	CWAC-IL	28	0	--
1:33.07Y		F	#71	Women	9--10	100 Free	CWAC-IL	26	0	-7.49
0:41.34Y		F	#11	Women	9--10	50 Free	CWAC-IL	28	0	-1.33
0:49.44Y		F	#75	Women	9--10	50 Back	CWAC-IL	24	0	-0.68
<b>Kaitlyn Chenzhen (11) W</b>										
1:21.38Y		F	#69	Women	11--12	100 Free	CWAC-IL	33	0	-3.7
1:40.06Y		F	#21	Women	11--12	100 Fly	CWAC-IL	15	2	--
NS		F	#5	Women	11--12	100 IM	CWAC-IL	--	--	--
1:41.89Y		F	#77	Women	11--12	100 Breast	CWAC-IL	19	0	-0.12
0:40.82Y		F	#65	Women	11--12	50 Fly	CWAC-IL	22	0	0.91
0:35.74Y		F	#9	Women	11--12	50 Free	CWAC-IL	37	0	-0.44
<b>Silu Chou (9) W</b>										
1:28.29Y		F	#7	Women	9--10	100 IM	CWAC-IL	8	11	0.2
1:31.99Y	REG	F	#23	Women	9--10	100 Fly	CWAC-IL	4	15	-0.77
<b>James Day (9) M</b>										
0:34.73Y		F	#12	Men	9--10	50 Free	CWAC-IL	9	9	-3.64
0:40.43Y		F	#68	Men	9--10	50 Fly	CWAC-IL	10	7	-3.02
1:37.18Y		F	#16	Men	9--10	100 Back	CWAC-IL	17	0	--

0:44.66Y	F	#76	Men	9--10	50 Back	CWAC-IL	16	1	0.42
1:30.89Y	F	#8	Men	9--10	100 IM	CWAC-IL	13	4	-0.92

**Olivia Dube (12) W**

1:42.25Y	F	#77	Women	11--12	100 Breast	CWAC-IL	20	0	-8.14
0:31.17Y	F	#9	Women	11--12	50 Free	CWAC-IL	14	3	0.41
1:28.62Y	F	#5	Women	11--12	100 IM	CWAC-IL	24	0	2.19
0:47.38Y	F	#17	Women	11--12	50 Breast	CWAC-IL	30	0	-2.7
0:40.20Y	F	#65	Women	11--12	50 Fly	CWAC-IL	21	0	1.46

**Elena Eagles (10) W**

2:41.01Y	F	#79	Women	9--10	100 Breast	CWAC-IL	20	0	--
1:52.72Y	F	#71	Women	9--10	100 Free	CWAC-IL	37	0	4.09
0:58.62Y	F	#67	Women	9--10	50 Fly	CWAC-IL	30	0	1.46

**Ellery Ekdahl (9) W**

1:27.81Y	F	#7	Women	9--10	100 IM	CWAC-IL	6	13	-0.87
0:39.47Y	F	#67	Women	9--10	50 Fly	CWAC-IL	6	13	1.05
0:49.72Y	F	#19	Women	9--10	50 Breast	CWAC-IL	14	3	2.05
0:42.68Y	F	#75	Women	9--10	50 Back	CWAC-IL	11	6	2.59
0:34.51Y	F	#11	Women	9--10	50 Free	CWAC-IL	5	14	-1.11
1:16.12Y	REG	F	#71	Women	9--10	100 Free	6	13	-2.62

**Delano Farnik (11) M**

1:28.60Y	F	#70	Men	11--12	100 Free	CWAC-IL	35	0	-0.03
1:43.27Y	F	#78	Men	11--12	100 Breast	CWAC-IL	13	4	-0.11
0:50.33Y	F	#74	Men	11--12	50 Back	CWAC-IL	28	0	0.68

**Calvin Foote (9) M**

1:57.04Y	F	#16	Men	9--10	100 Back	CWAC-IL	27	0	--
1:9.90Y	F	#20	Men	9--10	50 Breast	CWAC-IL	24	0	-4.69
0:52.96Y	F	#12	Men	9--10	50 Free	CWAC-IL	32	0	0.87

**Marie Fredman (9) W**

0:49.33Y	F	#75	Women	9--10	50 Back	CWAC-IL	23	0	-0.23
1:30.34Y	F	#71	Women	9--10	100 Free	CWAC-IL	24	0	-0.48
0:55.20Y	F	#67	Women	9--10	50 Fly	CWAC-IL	26	0	--

**Nia Granger (10) W**

0:46.52Y	F	#67	Women	9--10	50 Fly	CWAC-IL	19	0	4.14
0:36.58Y	F	#11	Women	9--10	50 Free	CWAC-IL	13	4	-0.42
1:48.04Y	F	#79	Women	9--10	100 Breast	CWAC-IL	11	6	2.76
0:48.57Y	F	#19	Women	9--10	50 Breast	CWAC-IL	9	9	0.23
0:45.05Y	F	#75	Women	9--10	50 Back	CWAC-IL	17	0	1.89
1:35.18Y	F	#7	Women	9--10	100 IM	CWAC-IL	21	0	0.87

**Maxwell Grieb (11) M**

3:4.36Y	F	#62	Men	11--12	200 IM	CWAC-IL	6	13	-5.76
DQ	F	#14	Men	11--12	100 Back	CWAC-IL	--	--	--

0:36.50Y	F	#74	Men	11--12	50 Back	CWAC-IL	8	11	-0.76
1:11.54Y	F	#70	Men	11--12	100 Free	CWAC-IL	16	1	-0.47
0:32.12Y	F	#10	Men	11--12	50 Free	CWAC-IL	15	2	0.06
1:24.35Y	F	#6	Men	11--12	100 IM	CWAC-IL	10	7	-1.42

**Marley Hernandey (11) W**

0:39.28Y	F	#9	Women	11--12	50 Free	CWAC-IL	41	0	-0.68
0:42.04Y	F	#17	Women	11--12	50 Breast	CWAC-IL	13	4	-0.99
1:30.31Y	F	#5	Women	11--12	100 IM	CWAC-IL	28	0	-10.41

**Amelia Hwang (11) W**

0:32.53Y	F	#9	Women	11--12	50 Free	CWAC-IL	28	0	-0.92
0:40.07Y	F	#73	Women	11--12	50 Back	CWAC-IL	22	0	0.96
0:46.25Y	F	#17	Women	11--12	50 Breast	CWAC-IL	27	0	-1.07
1:28.75Y	F	#13	Women	11--12	100 Back	CWAC-IL	25	0	3.93
0:42.81Y	F	#65	Women	11--12	50 Fly	CWAC-IL	29	0	-3.53
DQ	F	#61	Women	11--12	200 IM	CWAC-IL	--	--	--
1:29.02Y	F	#5	Women	11--12	100 IM	CWAC-IL	25	0	--
1:17.75Y	F	#69	Women	11--12	100 Free	CWAC-IL	30	0	2.07

**Eliza Jacobson (10) W**

0:49.87Y	F	#11	Women	9--10	50 Free	CWAC-IL	40	0	6.62
1:25.93Y	F	#19	Women	9--10	50 Breast	CWAC-IL	34	0	3.77
2:12.87Y	F	#7	Women	9--10	100 IM	CWAC-IL	35	0	--

**Kasper Jones (10) M**

0:54.68Y	F	#20	Men	9--10	50 Breast	CWAC-IL	18	0	-1.3
0:41.80Y	F	#12	Men	9--10	50 Free	CWAC-IL	26	0	1.48
1:41.94Y	F	#16	Men	9--10	100 Back	CWAC-IL	23	0	-10.27

**Kamila Krawczuk (11) W**

0:47.94Y	F	#65	Women	11--12	50 Fly	CWAC-IL	33	0	-1.46
0:46.90Y	F	#73	Women	11--12	50 Back	CWAC-IL	31	0	1.23
1:54.08Y	F	#77	Women	11--12	100 Breast	CWAC-IL	24	0	--

**Kalin Liang (10) M**

1:37.23Y	F	#72	Men	9--10	100 Free	CWAC-IL	26	0	-1.22
0:54.40Y	F	#20	Men	9--10	50 Breast	CWAC-IL	17	0	-0.63
0:43.40Y	F	#12	Men	9--10	50 Free	CWAC-IL	29	0	-0.19
0:48.80Y	F	#76	Men	9--10	50 Back	CWAC-IL	22	0	-3.07

**Cyrus Lin (11) M**

1:37.25Y	F	#22	Men	11--12	100 Fly	CWAC-IL	11	6	6.33
0:32.16Y	F	#10	Men	11--12	50 Free	CWAC-IL	16	1	-0.69
1:26.02Y	F	#14	Men	11--12	100 Back	CWAC-IL	11	6	2.63

**Julia Machado (11) W**

DQ	F	#13	Women	11--12	100 Back	CWAC-IL	--	--	--
DQ	F	#77	Women	11--12	100 Breast	CWAC-IL	--	--	--

0:43.89Y	F	#73	Women	11--12	50 Back	CWAC-IL	29	0	3.04
1:15.39Y	F	#69	Women	11--12	100 Free	CWAC-IL	28	0	-4
1:30.23Y	F	#5	Women	11--12	100 IM	CWAC-IL	27	0	-2.1
DQ	F	#17	Women	11--12	50 Breast	CWAC-IL	--	--	--

#### Vir Mehra (11) M

0:54.04Y	F	#66	Men	11--12	50 Fly	CWAC-IL	28	0	2.57
1:29.05Y	F	#70	Men	11--12	100 Free	CWAC-IL	36	0	-2.07
0:37.08Y	F	#10	Men	11--12	50 Free	CWAC-IL	33	0	-0.48
NS	F	#74	Men	11--12	50 Back	CWAC-IL	--	--	--
1:40.27Y	F	#14	Men	11--12	100 Back	CWAC-IL	23	0	-2.1
1:47.54Y	F	#6	Men	11--12	100 IM	CWAC-IL	27	0	4.9

#### Zayna Nisar (10) W

1:41.80Y	F	#79	Women	9--10	100 Breast	CWAC-IL	5	14	-0.18
0:47.79Y	F	#19	Women	9--10	50 Breast	CWAC-IL	6	13	0.51
0:41.50Y	F	#67	Women	9--10	50 Fly	CWAC-IL	10	7	-1.87
1:14.97Y	REG F	#71	Women	9--10	100 Free	CWAC-IL	5	14	-0.46
0:34.53Y	F	#11	Women	9--10	50 Free	CWAC-IL	6	13	0.17
1:31.67Y	F	#7	Women	9--10	100 IM	CWAC-IL	14	3	-15.19

#### Nora Nudera (11) W

1:42.13Y	F	#69	Women	11--12	100 Free	CWAC-IL	43	0	2.64
2:8.59Y	F	#77	Women	11--12	100 Breast	CWAC-IL	26	0	-4.92
0:49.15Y	F	#73	Women	11--12	50 Back	CWAC-IL	34	0	1.82

#### Pfeifle Papantoniou (10) W

0:56.44Y	F	#19	Women	9--10	50 Breast	CWAC-IL	28	0	3.37
1:54.37Y	F	#7	Women	9--10	100 IM	CWAC-IL	31	0	--
1:37.07Y	F	#71	Women	9--10	100 Free	CWAC-IL	30	0	5
0:44.68Y	F	#11	Women	9--10	50 Free	CWAC-IL	34	0	0.87
0:50.97Y	F	#75	Women	9--10	50 Back	CWAC-IL	27	0	2.32

#### Koray Pierotti (8) M

0:52.22Y	F	#68	Men	9--10	50 Fly	CWAC-IL	17	0	--
1:39.14Y	F	#72	Men	9--10	100 Free	CWAC-IL	27	0	--

#### Amelie Poby (11) W

0:39.65Y	F	#73	Women	11--12	50 Back	CWAC-IL	17	0	0.59
1:46.77Y	F	#77	Women	11--12	100 Breast	CWAC-IL	22	0	-9.4
1:18.60Y	F	#69	Women	11--12	100 Free	CWAC-IL	31	0	-5.14

#### Sam Pomerantz (10) M

1:45.29Y	F	#80	Men	9--10	100 Breast	CWAC-IL	8	11	-4.25
0:48.27Y	F	#68	Men	9--10	50 Fly	CWAC-IL	14	3	-3.54
1:21.29Y	F	#72	Men	9--10	100 Free	CWAC-IL	13	4	-0.08

#### Mia Quant (9) W

0:52.44Y	F	#19	Women	9--10	50 Breast	CWAC-IL	21	0	0.71
----------	---	-----	-------	-------	-----------	---------	----	---	------

0:39.15Y	F	#11	Women	9--10	50 Free	CWAC-IL	22	0	--
1:39.30Y	F	#15	Women	9--10	100 Back	CWAC-IL	14	3	--

**Sophie Quant (11) W**

0:49.82Y	F	#17	Women	11--12	50 Breast	CWAC-IL	33	0	-0.56
1:47.56Y	F	#5	Women	11--12	100 IM	CWAC-IL	34	0	--
NS	F	#9	Women	11--12	50 Free	CWAC-IL	--	--	--

**Kai Rahman-Watkins (11) M**

1:39.55Y	F	#6	Men	11--12	100 IM	CWAC-IL	21	0	-4.24
1:41.66Y	F	#14	Men	11--12	100 Back	CWAC-IL	24	0	--
NS	F	#74	Men	11--12	50 Back	CWAC-IL	--	--	--
0:40.73Y	F	#10	Men	11--12	50 Free	CWAC-IL	44	0	1.35
1:29.16Y	F	#70	Men	11--12	100 Free	CWAC-IL	37	0	-2.59

**Dylan Rattler (10) M**

0:42.78Y	REG	F	#20	Men	9--10	50 Breast	CWAC-IL	3	16	-0.14
0:40.56Y	REG	F	#76	Men	9--10	50 Back	CWAC-IL	9	9	0.67
0:31.67Y	REG	F	#12	Men	9--10	50 Free	CWAC-IL	3	16	-0.03
1:11.24Y	REG	F	#72	Men	9--10	100 Free	CWAC-IL	5	14	0.84

**Harper Rauch (10) W**

1:23.58Y	REG	F	#15	Women	9--10	100 Back	CWAC-IL	2	17	-4.64
1:40.89Y	REG	F	#79	Women	9--10	100 Breast	CWAC-IL	4	15	-3.16
0:48.12Y		F	#19	Women	9--10	50 Breast	CWAC-IL	8	11	-0.5
DQ		F	#63	Women	9--10	200 IM	CWAC-IL	--	--	--
0:33.12Y	REG	F	#11	Women	9--10	50 Free	CWAC-IL	4	15	-0.44

**James Rauch (12) M**

1:27.63Y		F	#70	Men	11--12	100 Free	CWAC-IL	33	0	15.15
0:33.47Y		F	#10	Men	11--12	50 Free	CWAC-IL	25	0	0.86
0:40.43Y		F	#66	Men	11--12	50 Fly	CWAC-IL	17	0	-1.73

**Adelyn Rogala (12) W**

0:48.18Y		F	#73	Women	11--12	50 Back	CWAC-IL	33	0	3.5
0:42.59Y		F	#65	Women	11--12	50 Fly	CWAC-IL	28	0	1.08
1:21.05Y		F	#69	Women	11--12	100 Free	CWAC-IL	--	0	1.86

**Dia Sankar (11) W**

0:47.92Y		F	#65	Women	11--12	50 Fly	CWAC-IL	32	0	-0.66
1:55.70Y		F	#77	Women	11--12	100 Breast	CWAC-IL	25	0	-14.63
1:26.59Y		F	#69	Women	11--12	100 Free	CWAC-IL	36	0	-1.34

**Liam Sheehan (12) M**

0:48.14Y		F	#10	Men	11--12	50 Free	CWAC-IL	50	0	-1.67
DQ		F	#18	Men	11--12	50 Breast	CWAC-IL	--	--	--

**Isha Sonnleitner (10) W**

0:35.31Y	CHMP	F	#75	Women	9--10	50 Back	CWAC-IL	1	20	0.6
----------	------	---	-----	-------	-------	---------	---------	---	----	-----

0:39.66Y	CHMP	F	#19	Women	9--10	50 Breast	CWAC-IL	2	17	-0.25
0:30.08Y	CHMP	F	#11	Women	9--10	50 Free	CWAC-IL	1	20	0.63
0:31.74Y	CHMP	F	#67	Women	9--10	50 Fly	CWAC-IL	1	20	-1.07
1:12.89Y	CHMP	F	#7	Women	9--10	100 IM	CWAC-IL	2	17	-2.89
1:5.24Y	CHMP	F	#71	Women	9--10	100 Free	CWAC-IL	1	20	0.01

**Constantine Sotos (12) M**

1:52.38Y		F	#22	Men	11--12	100 Fly	CWAC-IL	14	3	--
0:36.14Y		F	#10	Men	11--12	50 Free	CWAC-IL	30	0	1.83
DQ		F	#6	Men	11--12	100 IM	CWAC-IL	--	--	--
0:51.33Y		F	#18	Men	11--12	50 Breast	CWAC-IL	26	0	-1.03

**Eli Wroble (9) M**

2:3.32Y		F	#8	Men	9--10	100 IM	CWAC-IL	22	0	-1.11
0:39.08Y		F	#12	Men	9--10	50 Free	CWAC-IL	18	0	-0.64
0:49.60Y		F	#76	Men	9--10	50 Back	CWAC-IL	23	0	1.19
1:55.46Y		F	#16	Men	9--10	100 Back	CWAC-IL	26	0	6.31
0:55.26Y		F	#68	Men	9--10	50 Fly	CWAC-IL	21	0	-1.65
1:34.10Y		F	#72	Men	9--10	100 Free	CWAC-IL	24	0	-1.78

**Jax Wroble (12) M**

1:17.35Y		F	#14	Men	11--12	100 Back	CWAC-IL	5	14	-2.02
0:29.67Y	REG	F	#10	Men	11--12	50 Free	CWAC-IL	6	13	-0.12
1:6.87Y		F	#70	Men	11--12	100 Free	CWAC-IL	9	9	-0.86
1:19.08Y		F	#6	Men	11--12	100 IM	CWAC-IL	7	12	-5.09
0:35.60Y		F	#74	Men	11--12	50 Back	CWAC-IL	6	13	-0.47
0:36.53Y		F	#66	Men	11--12	50 Fly	CWAC-IL	10	7	-2.62

**Iris Xu (11) W**

0:42.12Y		F	#73	Women	11--12	50 Back	CWAC-IL	27	0	-2.42
0:46.47Y		F	#65	Women	11--12	50 Fly	CWAC-IL	30	0	--
1:28.24Y		F	#69	Women	11--12	100 Free	CWAC-IL	38	0	--

**Bruce Yang (12) M**

0:32.43Y		F	#10	Men	11--12	50 Free	CWAC-IL	18	0	-0.19
1:23.64Y		F	#14	Men	11--12	100 Back	CWAC-IL	8	11	2.77

**Chris Yang (9) M**

1:26.47Y	REG	F	#8	Men	9--10	100 IM	CWAC-IL	10	7	-1.6
1:34.06Y		F	#24	Men	9--10	100 Fly	CWAC-IL	4	15	-0.46
1:27.75Y		F	#16	Men	9--10	100 Back	CWAC-IL	11	6	-2.55

**Amelia Zhao (9) W**

1:34.57Y		F	#71	Women	9--10	100 Free	CWAC-IL	28	0	-0.69
0:48.42Y		F	#75	Women	9--10	50 Back	CWAC-IL	21	0	-1
1:46.07Y		F	#15	Women	9--10	100 Back	CWAC-IL	18	0	-4.93
0:42.02Y		F	#11	Women	9--10	50 Free	CWAC-IL	30	0	-0.42
0:58.35Y		F	#67	Women	9--10	50 Fly	CWAC-IL	29	0	-2.48
1:51.81Y		F	#7	Women	9--10	100 IM	CWAC-IL	29	0	-7.69