

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

Time	Event							Place	Points	Improv
<b>Ethan Chen (10) M</b>										
1:15.81Y	REG	F	#72	Men	9--10	100 Free	CWAC-IL	8	11	-3.98
<b>Ellery Ekdahl (9) W</b>										
1:16.12Y	REG	F	#71	Women	9--10	100 Free	CWAC-IL	6	13	-2.62
<b>Harper Rauch (10) W</b>										
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
<b>Chris Yang (9) M</b>										
1:26.47Y	REG	F	#8	Men	9--10	100 IM	CWAC-IL	10	7	-1.6