

2025 MR MWDA & WSSC Sink or Swim Distance - 1/31/2025

Sanction #: 250117-D

Results

Girls 10 & Under 500 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Cardone, Caylee G	10 PBAC-MR	7:47.93	
	41.20	1:26.70	2:13.65	3:01.49
	3:49.65	4:38.05	5:26.53	6:15.90
	7:04.47	7:47.93		
2	Grau, Madison	10 VAC-MR	7:50.47	
	40.39	1:28.10	2:14.76	3:02.53
	3:51.24	4:39.13	5:27.37	6:16.29
	7:05.53	7:50.47		
3	Posadas, Emilia M	10 PBAC-MR	8:11.29	
	41.22	1:28.46	2:19.66	3:10.69
	4:01.26	4:53.82	5:44.84	6:36.41
	7:28.31	8:11.29		
4	Abdel-Kader, Sofia A	9 MWDA-MR	8:34.44	
	44.96	1:36.20	2:29.68	3:23.44
	4:17.99	5:12.80	6:07.78	7:02.73
	7:55.33	8:34.44		

Girls 10 & Under 200 Yard IM

	Name		AgeTeam	Finals Time
1	Wargo, Reagan J		10 YBAR-MR	2:45.08
	34.76	1:19.38	2:06.96	2:45.08
2	Olsen, Maeve D		9 YBAR-MR	2:49.94
	37.20	1:22.79	2:13.53	2:49.94
3	Bonnar, Emma E		10 MWDA-MR	3:16.87
	47.31	1:38.03	2:32.05	3:16.87
4	Abdel-Kader, Sofia A		9 MWDA-MR	3:33.57
	49.35	1:40.98	2:43.91	3:33.57
---	LaRosa, Alexandra S		10 YBAR-MR	DQ
	Arms underwater recovery - fly			
	45.27	1:30.44	2:22.78	DQ

Girls 11-12 500 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Wargo, Natalie R	12 YBAR-MR	5:53.72	
	29.93	1:04.07	1:39.66	2:16.30
	2:52.68	3:28.40	4:05.51	4:42.64
	5:18.72	5:53.72		
2	Kuzicki, Kendra J	12 YBAR-MR	6:04.68	
	31.66	1:07.13	1:43.87	2:20.42
	2:58.28	3:35.61	4:13.75	4:51.70
	5:29.07	6:04.68		
3	Dowdy, Emma	11 VAC-MR	6:33.99	
	34.07	1:12.07	1:52.60	2:32.96
	3:14.37	3:55.18	4:35.31	5:16.06
	5:55.96	6:33.99		
4	Heavens, Fiona G	12 MWDA-MR	7:32.78	
	37.65	1:20.39	2:06.94	2:51.54
	3:39.78	4:26.85	5:15.40	6:01.83
	6:49.22	7:32.78		

Girls 11-12 1000 Yard Freestyle 1000 split from 1650

Name		AgeTeam	Finals Time	
1	Kim, Joy	12 PAC-MR	11:25.75	
2	Zhang, Kaitlyn H	12 PAC-MR	11:39.43	

Girls 11-12 200 Yard IM

Name		AgeTeam	Finals Time	
1	Ammendola, Mia L	11 YBAR-MR	2:54.67	
	36.23	1:19.50	2:14.07	2:54.67
2	Ramos, Averi A	12 WSSC-MR	2:59.71	
	38.81	1:23.77	2:20.42	2:59.71
3	Heavens, Fiona G	12 MWDA-MR	3:10.97	
	45.32	1:31.76	2:26.87	3:10.97
4	Chicaiza, Jeidi C	11 CFJV-MR	3:13.59	
	39.20	1:27.37	2:27.23	3:13.59
5	Wolf, Marilyn R	12 WSSC-MR	3:14.57	
	47.58	1:34.86	2:33.67	3:14.57

Girls 11-12 400 Yard IM

Name		AgeTeam	Finals Time	
1	Corrado, Charlotte S	12 MWDA-MR	5:22.57	
	33.01	1:14.71	1:54.49	2:34.48
	3:18.57	4:03.09	4:41.91	5:22.57
2	Cummings, Amelia G	12 MWDA-MR	5:31.99	
	32.35	1:13.68	1:55.69	2:36.97
	3:25.02	4:15.93	4:55.19	5:31.99

Girls 13-14 500 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Kuzicki, Isabella R	13 YBAR-MR	5:49.56	
	30.04	1:03.29	1:38.15	2:14.05
	2:49.94	3:26.64	4:03.66	4:39.40
	5:15.15	5:49.56		
2	Laufman, Alyza J	13 CFJV-MR	6:07.12	
	31.40	1:06.98	1:44.06	2:21.71
	2:59.62	3:37.76	4:15.88	4:53.58
	5:31.54	6:07.12		
3	Abulencia, Annelise M	13 CFJV-MR	6:12.66	
	31.59	1:07.58	1:45.34	2:24.89
	3:03.66	3:42.25	4:21.47	5:00.25
	5:37.95	6:12.66		
4	Johnson, Mila	13 CFJV-MR	6:25.67	
	33.84	1:11.56	1:50.56	2:30.02
	3:09.86	3:50.24	4:30.15	5:10.53
	5:49.44	6:25.67		
5	Kelly, Harlow	13 VAC-MR	6:37.12	
	33.43	1:12.22	1:51.93	2:32.02
	3:12.85	3:54.05	4:35.29	5:17.17
	5:58.00	6:37.12		

Girls 13-14 1000 Yard Freestyle 1000 split from 1650

Name		AgeTeam	Finals Time	
1	Afanasewicz, Kate N	13 PAC-MR	11:07.25	
2	Cinek, Alexandra	14 PAC-MR	11:24.52	
3	Park, Zoe C	13 PAC-MR	12:01.17	
4	Germano, Norah L	14 PBAC-MR	12:29.32	

Girls 13-14 400 Yard IM

Name		AgeTeam	Finals Time	
1	Troccoli, Keira M	14 CFJV-MR	4:56.46	
	30.90	1:06.89	1:44.17	2:22.36
	3:04.69	3:48.92	4:23.63	4:56.46

2025 MR MWDA & WSSC Sink or Swim Distance - 1/31/2025

Sanction #: 250117-D

Results

Girls 14 & Under 1650 Yard Freestyle

Name		AgeTeam	Finals Time		
1	Afanasewicz, Kate N	13 PAC-MR	18:35.21		
	29.01	1:01.14	1:33.79	2:06.25	
	2:39.16	3:12.50	3:45.69	4:19.26	
	4:52.60	5:26.46	6:00.09	6:33.88	
	7:07.66	7:41.54	8:15.50	8:49.83	
	9:24.23	9:58.00	10:32.31	11:07.25	
	11:42.43	12:17.15	12:51.64	13:25.78	
	14:00.71	14:36.13	15:11.09	15:46.55	
	16:21.83	16:57.13	17:31.28	18:05.10	18:35.21
2	Cinek, Alexandra	14 PAC-MR	18:51.59		
	28.62	1:01.47	1:35.71	2:10.63	
	2:45.07	3:19.71	3:54.41	4:29.20	
	5:03.61	5:38.54	6:12.54	6:47.01	
	7:21.40	7:56.12	8:31.21	9:06.15	
	9:39.81	10:14.46	10:49.52	11:24.52	
	11:58.34	12:32.94	13:08.03	13:41.84	
	14:17.04	14:51.65	15:26.61	16:01.45	
	16:35.95	17:09.88	17:44.58	18:18.72	18:51.59
3	Kim, Joy	12 PAC-MR	19:00.78		
	29.99	1:02.90	1:36.57	2:10.46	
	2:44.71	3:18.89	3:53.48	4:28.07	
	5:02.56	5:37.08	6:11.85	6:46.65	
	7:21.34	7:55.97	8:30.92	9:05.67	
	9:40.51	10:15.44	10:50.66	11:25.75	
	12:01.24	12:36.65	13:11.40	13:46.12	
	14:21.22	14:56.33	15:31.49	16:07.12	
	16:42.39	17:17.81	17:52.91	18:27.48	19:00.78
4	Zhang, Kaitlyn H	12 PAC-MR	19:04.13		
	30.40	1:04.60	1:39.54	2:15.06	
	2:50.33	3:25.54	4:00.99	4:36.37	
	5:11.81	5:46.97	6:22.27	6:57.46	
	7:32.85	8:08.12	8:43.55	9:18.97	
	9:54.22	10:29.41	11:04.44	11:39.43	
	12:14.70	12:49.72	13:24.21	13:58.05	
	14:32.47	15:06.83	15:41.28	16:15.77	
	16:49.99	17:24.29	17:58.68	18:32.44	19:04.13
5	Park, Zoe C	13 PAC-MR	19:49.71		
	31.49	1:06.71	1:42.38	2:18.12	
	2:54.35	3:30.35	4:06.53	4:42.76	
	5:19.40	5:55.94	6:32.13	7:08.62	
	7:45.25	8:22.15	8:59.22	9:35.59	
	10:11.83	10:48.39	11:24.76	12:01.17	
	12:37.77	13:13.86	13:49.87	14:25.83	
	15:01.37	15:38.03	16:14.32	16:50.86	
	17:27.14	18:02.53	18:38.54	19:14.43	19:49.71
6	Germano, Norah L	14 PBAC-MR	20:51.91		
	32.24	1:08.09	1:44.59	2:21.01	
	2:58.25	3:34.71	4:12.23	4:49.81	
	5:27.28	6:05.36	6:42.95	7:20.95	
	7:59.00	8:37.56	9:15.93	9:54.51	
	10:33.87	11:12.27	11:50.43	12:29.32	
	13:08.54	13:47.24	14:26.06	15:05.37	
	15:44.49	16:23.71	17:02.47	17:42.41	
	18:20.78	18:58.86	19:37.05	20:14.57	20:51.91

Girls 15 & Over 500 Yard Freestyle

Name		AgeTeam	Finals Time		
1	Cornine, MaryCate A	16 YBAR-MR	5:51.52		
	30.59	1:04.55	1:39.90	2:16.12	
	2:52.27	3:27.57	4:03.55	4:39.61	
	5:15.65	5:51.52			
2	Messing, Samantha K	15 VAC-MR	5:57.06		
	31.08	1:05.52	1:41.32	2:17.65	
	2:54.41	3:31.20	4:08.48	4:45.40	
	5:21.62	5:57.06			
3	Dovgan, Anna T	17 MWDA-MR	6:00.69		
	29.13	1:02.99	1:38.79	2:15.56	
	2:53.14	3:31.49	4:08.95	4:47.13	
	5:25.49	6:00.69			
4	Treloar, Rory J	15 NDAC-MR	6:02.81		
	28.87	1:01.55	1:35.94	2:12.69	
	2:49.56	3:28.00	4:07.08	4:47.20	
	5:26.44	6:02.81			
5	Kick, Isabel S	15 MWDA-MR	6:06.56		
	32.02	1:07.76	1:45.31	2:22.71	
	3:00.35	3:38.14	4:16.23	4:53.24	
	5:30.13	6:06.56			
6	Santora, Sofia E	15 MWDA-MR	6:12.73		
	32.88	1:08.98	1:46.11	2:23.87	
	3:02.01	3:40.18	4:18.29	4:56.60	
	5:35.03	6:12.73			
7	Mastaitis, Cleo J	15 CFJV-MR	7:13.20		
	37.68	1:18.90	2:02.44	2:46.99	
	3:31.60	4:16.63	5:02.82	5:48.53	
	6:33.39	7:13.20			

Girls 15 & Over 1000 Yard Freestyle 1000 split from 1650

Name		AgeTeam	Finals Time		
1	Afanasewicz, Carly M	15 PAC-MR	10:14.97		

Girls 15 & Over 1650 Yard Freestyle

Name		AgeTeam	Finals Time		
1	Afanasewicz, Carly M	15 PAC-MR	16:54.01		
	27.04	57.67	1:28.67	1:59.89	
	2:31.26	3:02.40	3:33.07	4:03.92	
	4:35.07	5:06.12	5:37.18	6:08.11	
	6:38.91	7:09.61	7:40.40	8:11.22	
	8:42.16	9:12.97	9:44.02	10:14.97	
	10:45.78	11:16.47	11:47.27	12:18.18	
	12:48.99	13:19.77	13:50.68	14:21.65	
	14:52.53	15:23.33	15:54.18	16:24.96	16:54.01

Girls 15 & Over 400 Yard IM

Name		AgeTeam	Finals Time		
1	Santora, Loretta G	17 MWDA-MR	4:50.75		
	29.47	1:03.42	1:39.19	2:14.79	
	3:00.28	3:44.21	4:17.76	4:50.75	
2	Qu, Ellie C	17 MWDA-MR	5:17.05		
	31.47	1:08.69	1:49.97	2:32.24	
	3:18.14	4:04.45	4:40.83	5:17.05	

2025 MR MWDA & WSSC Sink or Swim Distance - 1/31/2025

Sanction #: 250117-D

Results

(Girls 15 & Over 400 Yard IM)

Name		AgeTeam	Finals Time	
3	Gagnon, Maryann T	16 WSSC-MR	5:37.08	
	36.31	1:17.11	2:00.13	2:43.57
	3:32.80	4:21.85	5:00.53	5:37.08

Boys 10 & Under 400 Yard IM

Name		AgeTeam	Finals Time	
1	Trosman, Nicholas L	10 MPNY-MR	5:07.23	
	32.23	1:08.41	1:48.04	2:27.38
	3:12.33	3:58.34	4:33.98	5:07.23

Boys 11-12 200 Yard IM

Name		AgeTeam	Finals Time	
1	Algieri, Domenico V	12 CFJV-MR	3:42.76	
	46.32	1:38.34	2:54.31	3:42.76
2	Leeder, James M	11 MWDA-MR	3:48.74	
	55.39	1:54.03	2:59.73	3:48.74

Boys 11-12 400 Yard IM

Name		AgeTeam	Finals Time	
1	Gardner, Jackson B	11 MWDA-MR	4:57.58	
	30.39	1:05.54	1:42.40	2:17.87
	3:04.12	3:49.39	4:23.93	4:57.58

Boys 13-14 500 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Puzak, Nicholas R	14 MWDA-MR	6:54.53	
	33.46	1:13.58	1:54.80	2:37.70
	3:20.43	4:03.94	4:47.89	5:31.05
	6:13.99	6:54.53		

Boys 13-14 1000 Yard Freestyle 1000 split from 1650

Name		AgeTeam	Finals Time	
1	Cinek, Zak	14 PAC-MR	10:54.47	
4	Rettig, Eitan	13 PAC-MR	11:38.78	
5	Bazaz, Deegan R	14 PAC-MR	11:39.74	
6	Rettig, Adam	13 PAC-MR	11:42.79	
7	Joo, Siha J	13 PAC-MR	12:26.12	

Boys 14 & Under 1650 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Cinek, Zak	14 PAC-MR	17:56.46	
	27.71	58.94	1:31.09	2:03.91
	2:36.36	3:08.97	3:41.26	4:13.99
	4:46.76	5:19.44	5:52.63	6:25.68
	6:59.29	7:32.95	8:06.37	8:40.22
	9:13.92	9:47.38	10:21.06	10:54.47
	11:28.09	12:01.42	12:34.61	13:07.91
	13:40.98	14:13.82	14:46.64	15:19.22
	15:51.53	16:24.33	16:56.30	17:26.75
				17:56.46

2	Bazaz, Deegan R	14 PAC-MR	19:09.25	
	30.46	1:04.19	1:38.95	2:13.79
	2:48.44	3:23.44	3:58.79	4:33.51
	5:08.86	5:44.43	6:19.82	6:55.25
	7:30.62	8:05.99	8:41.76	9:17.42
	9:52.83	10:28.64	11:03.84	11:39.74
	12:15.12	12:50.42	13:25.61	14:00.96
	14:35.41	15:09.85	15:44.33	16:18.78
	16:53.12	17:27.67	18:01.79	18:36.84
				19:09.25
3	Rettig, Eitan	13 PAC-MR	19:15.54	
	31.14	1:04.87	1:39.50	2:14.12
	2:49.00	3:24.27	3:59.55	4:34.90
	5:09.91	5:45.42	6:20.70	6:55.72
	7:31.32	8:06.51	8:41.92	9:17.25
	9:52.77	10:27.95	11:03.45	11:38.78
	12:13.55	12:48.74	13:23.94	13:59.19
	14:34.51	15:10.03	15:45.59	16:21.38
	16:56.72	17:32.12	18:07.35	18:42.43
				19:15.54
4	Rettig, Adam	13 PAC-MR	19:23.59	
	30.70	1:04.21	1:38.54	2:13.19
	2:47.93	3:23.26	3:58.64	4:34.45
	5:09.82	5:45.42	6:21.30	6:57.43
	7:33.37	8:08.79	8:44.52	9:20.26
	9:55.74	10:31.04	11:07.02	11:42.79
	12:18.42	12:53.92	13:29.47	14:04.83
	14:40.22	15:16.06	15:52.15	16:27.53
	17:03.13	17:38.75	18:14.38	18:49.92
				19:23.59
5	Joo, Siha J	13 PAC-MR	20:35.18	
	32.38	1:06.93	1:42.80	2:19.38
	2:56.67	3:34.09	4:11.28	4:48.60
	5:26.41	6:04.27	6:42.43	7:20.73
	7:57.98	8:36.30	9:15.03	9:53.62
	10:31.44	11:09.55	11:47.45	12:26.12
	13:04.07	13:42.56	14:21.11	14:58.98
	15:36.74	16:15.03	16:53.31	17:31.62
	18:09.55	18:47.47	19:24.90	19:59.88
				20:35.18

Boys 15 & Over 500 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Cerrato, Jacob A	18 MWDA-MR	5:07.39	
	26.17	55.13	1:25.61	1:56.92
	2:28.63	3:00.32	3:32.12	4:03.64
	4:35.73	5:07.39		
2	Perillo, Austin J	16 MWDA-MR	5:09.56	
	26.22	55.38	1:26.01	1:57.39
	2:29.54	3:01.11	3:33.58	4:05.22
	4:37.97	5:09.56		

Boys 15 & Over 1000 Yard Freestyle 1000 split from 1650

Name		AgeTeam	Finals Time	
2	Felker, Chris D	15 MWDA-MR	11:19.20	
3	Croutch, Tyler D	15 MWDA-MR	11:26.12	

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Results

Boys 15 & Over 1650 Yard Freestyle

Name		Age	Team	Finals Time	
1	Felker, Chris D	15	MWDA-MR	18:36.97	
	29.37	1:02.39	1:36.43	2:10.33	
	2:44.50	3:19.18	3:53.54	4:27.94	
	5:02.60	5:36.22	6:10.30	6:44.75	
	7:19.37	7:53.82	8:28.48	9:02.39	
	9:36.65	10:11.15	10:45.22	11:19.20	
	11:53.60	12:27.53	13:01.77	13:35.75	
	14:10.16	14:44.38	15:18.65	15:51.96	
	16:25.10	16:58.82	17:32.62	18:06.18	18:36.97
2	Croutch, Tyler D	15	MWDA-MR	19:06.28	
	29.66	1:02.40	1:36.30	2:10.65	
	2:44.55	3:18.54	3:52.78	4:27.77	
	5:02.75	5:37.17	6:11.82	6:47.02	
	7:21.84	7:56.76	8:31.53	9:06.91	
	9:41.41	10:16.42	10:51.44	11:26.12	
	12:01.11	12:36.31	13:11.06	13:46.19	
	14:21.30	14:57.34	15:33.55	16:09.86	
	16:46.03	17:21.18	17:56.50	18:31.24	19:06.28

Boys 15 & Over 400 Yard IM

Name		Age	Team	Finals Time	
1	Felker, Chris D	15	MWDA-MR	4:43.53	
	29.19	1:02.53	1:38.29	2:14.34	
	2:56.51	3:38.92	4:12.14	4:43.53	