

2026 MR MWDA and YBAR Sink or Swim Distance - 1/30/2026

Sanction #: 260119-DST

Results

Girls 10 & Under 500 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Bui, Vi T	10 MWDA-MR	6:51.44	
	35.46	1:17.56	2:00.19	2:42.12
	3:24.62	4:48.91	5:31.03	
	6:13.20	6:51.44		
2	Vasquez, Amelia L	10 VAC-MR	7:17.70	
	37.16	1:20.26	2:05.56	2:50.28
	3:35.26	4:20.49	5:06.49	5:51.56
	6:34.98	7:17.70		

Girls 11-12 500 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Auten, Addy M	12 PATS-MR	5:44.79	
	32.12	1:07.70	1:43.54	2:18.82
	2:54.14	3:29.00	4:03.19	4:37.71
	5:11.81	5:44.79		
2	Blank, Mckenzie P	12 NDAC-MR	6:11.62	
	32.56	1:08.12	1:45.95	2:23.95
	3:02.30	3:41.31	4:19.22	4:57.49
	5:35.51	6:11.62		
3	Mejia VanVoorhis, Daniella	11 NYS-MR	6:24.43	
	31.47	1:08.84	1:48.55	2:28.11
	3:08.65	3:48.94	4:29.23	5:09.07
	5:49.38	6:24.43		
4	DiBenedetto, Milania A	11 PATS-MR	6:24.78	
	34.69	1:13.20	1:52.51	2:32.12
	3:11.91	3:51.20	4:30.10	5:08.74
	5:48.30	6:24.78		
5	Turner, Caroline	11 YBAR-MR	6:32.37	
	33.55	1:14.04	1:54.10	2:33.20
	3:13.25	3:54.49	4:34.95	5:17.16
	5:57.06	6:32.37		
6	LaRosa, Alexandra S	11 YBAR-MR	6:38.39	
	35.43	1:15.87	1:57.00	2:38.52
	3:19.68	4:00.73	4:41.13	5:21.23
	6:00.47	6:38.39		
7	Ammendola, Mia L	12 YBAR-MR	6:47.10	
	33.14	1:54.53	2:36.25	5:27.50
	6:08.87	6:47.10		
8	Shea, Carlin C	12 MWDA-MR	7:12.25	
	36.38	1:19.37	2:03.83	2:48.80
	3:34.25	4:19.61	5:04.72	5:49.43
	6:34.32	7:12.25		
9	Posadas, Emilia M	11 PBAC-MR	7:13.32	
	35.60	1:18.05	2:03.59	2:48.23
	3:32.92	4:17.18	5:02.03	5:46.34
	6:31.73	7:13.32		
10	Grau, Madison J	11 VAC-MR	7:15.94	
	36.15	1:18.61	2:03.71	2:49.17
	3:33.76	4:18.83	5:05.85	5:50.05
	6:33.47	7:15.94		

11	Kukel, Sophia G	12 NDAC-MR	7:26.66	
	36.94	1:19.70	2:05.97	2:52.03
	3:38.75	4:25.03	5:11.67	5:58.05
	6:44.93	7:26.66		
12	McFadden-Welch, Riley M	11 NDAC-MR	7:27.01	
	37.71	1:22.30	2:08.55	2:53.61
	3:39.46	5:12.71	5:59.18	
	6:45.21	7:27.01		
13	Bick, Mya	12 VAC-MR	7:30.02	
	36.46	1:18.89	2:02.84	2:49.06
	3:36.72	4:23.21	5:11.33	6:02.18
	6:48.01	7:30.02		
14	Bonnar, Emma E	11 MWDA-MR	7:43.94	
	39.41	1:26.03	2:13.08	3:01.16
	3:46.34	4:34.36	5:21.65	6:11.11
	6:58.44	7:43.94		

Girls 11-12 200 Yard IM

Name		AgeTeam	Finals Time	
1	Wargo, Reagan J	11 YBAR-MR	2:35.83	
	33.34	1:12.86	1:58.41	2:35.83
2	Bonnar, Emma E	11 MWDA-MR	3:10.38	
	41.59	1:30.50	2:26.45	3:10.38

Girls 11-12 400 Yard IM

Name		AgeTeam	Finals Time	
1	Cassel, Juliette L	12 PBAC-MR	5:47.02	
	34.73	1:16.20	2:01.67	2:47.34
	3:37.32	4:27.78	5:08.64	5:47.02

Girls 13-14 500 Yard Freestyle

Name		AgeTeam	Finals Time	
1	Hurd, Addie H	13 NYS-MR	6:42.94	
	34.83	1:14.20	1:55.20	2:35.88
	3:17.29	3:59.26	4:40.54	5:22.26
	6:03.99	6:42.94		
2	Thorn, Emily	13 VAC-MR	6:56.63	
	35.00	1:16.38	1:57.85	2:40.25
	3:23.57	4:06.87	4:50.33	5:34.35
	6:16.81	6:56.63		
3	Heavens, Fiona G	13 MWDA-MR	7:18.90	
	37.58	1:20.50	2:04.19	2:48.67
	3:33.77	4:19.14	5:05.13	5:51.87
	6:36.78	7:18.90		
4	Carey, Katherine E	13 VAC-MR	7:38.54	
	37.13	1:20.87	2:08.19	2:56.00
	3:44.45	4:31.13	5:18.21	6:07.05
	7:38.54			

Girls 13-14 400 Yard IM

Name		AgeTeam	Finals Time	
1	Heavens, Fiona G	13 MWDA-MR	6:30.44	
	41.77	1:34.72	2:20.08	3:04.02
	4:04.55	5:05.08	5:48.82	6:30.44

2026 MR MWDA and YBAR Sink or Swim Distance - 1/30/2026

Sanction #: 260119-DST

Results

Girls 14 & Under 1650 Yard Freestyle

Name	Age	Team	Finals Time	
1 Wargo, Natalie R	13	YBAR-MR	18:46.97	
	28.90	1:01.19	1:34.89	2:08.80
	2:42.89	3:17.33	3:51.91	4:26.49
	5:01.05	5:35.16	6:09.66	6:44.31
	7:18.70	7:52.95	8:27.58	9:02.19
	9:36.75	10:11.22	10:45.19	11:18.06
	11:54.50	12:29.12	13:04.05	13:38.91
	14:13.37	14:47.79	15:22.44	15:57.17
	16:32.24	17:06.28	17:40.39	18:14.45
				18:46.97
2 Dowdy, Emma	12	VAC-MR	21:53.62	
	35.00	1:13.84	1:53.37	2:33.67
	3:14.25	3:54.80	4:35.00	5:15.46
	5:56.17	6:36.44	7:16.49	7:56.84
	8:36.67	9:17.17	9:57.24	10:36.94
	11:17.03	11:57.72	12:37.70	13:17.82
	13:57.76	14:37.88	15:18.12	15:58.27
	16:38.31	17:18.40	17:58.69	18:38.79
	19:18.33	19:57.44	20:37.30	21:16.51
				21:53.62

Girls 15 & Over 500 Yard Freestyle

Name	Age	Team	Finals Time	
1 Piscitella, Vivian I	17	NYS-MR	5:38.71	
	30.83	1:05.25	1:39.94	2:14.68
	2:49.41	3:24.47	3:58.63	4:32.93
	5:06.30	5:38.71		
2 Santora, Sofia E	16	MWDA-MR	6:10.07	
	33.10	1:09.62	1:47.38	2:24.86
	3:02.24	3:39.56	4:17.40	4:55.33
	5:33.17	6:10.07		
3 Piscitella, Lena E	15	NYS-MR	6:24.17	
	33.55	1:11.40	1:50.33	2:29.53
	3:08.83	3:47.89	4:27.51	5:07.21
	5:46.08	6:24.17		

Girls 15 & Over 1650 Yard Freestyle

Name	Age	Team	Finals Time	
1 Kleveno, Kamryn	16	NYS-MR	23:14.73	
	36.12	1:17.62	1:59.93	2:43.39
	3:27.36	4:10.66	4:53.36	5:36.36
	6:19.53	7:02.85	7:46.08	8:29.17
	9:12.28	9:55.01	10:37.23	11:19.83
	12:02.08	12:44.39	13:26.93	14:08.95
	14:50.65	15:31.74	16:13.02	16:54.14
	17:35.48	18:17.32	18:59.30	19:41.76
	20:24.63	21:07.40	21:50.08	22:33.28
				23:14.73

Girls 15 & Over 400 Yard IM

Name	Age	Team	Finals Time	
1 Quested, Bluebell B	16	NDAC-MR	5:02.63	
	30.93	1:06.64	1:45.84	2:23.14
	3:07.08	3:50.88	4:26.89	5:02.63
2 Brutvan, Annabelle X	16	NYS-MR	5:24.66	
	33.92	1:13.24	1:52.40	2:32.53
	3:21.54	4:11.59	4:48.49	5:24.66

Boys 10 & Under 500 Yard Freestyle

Name	Age	Team	Finals Time	
1 Hineman, Jacob G	10	NDAC-MR	6:05.56	
	32.63	1:09.75	1:47.77	2:25.07
	3:03.17	3:41.14	4:18.20	4:54.95
	5:31.64	6:05.56		
2 Bui, Lam T	9	MWDA-MR	6:40.22	
	35.85	1:15.09	1:55.83	2:37.84
	3:18.87	4:00.09	4:41.45	5:22.18
	6:02.20	6:40.22		
3 Greenspan, Michael	8	NYS-MR	6:52.23	
	35.73	1:17.59	1:58.91	2:40.55
	3:21.94	4:02.96	4:46.08	5:28.93
	6:12.50	6:52.23		

Boys 10 & Under 200 Yard IM

Name	Age	Team	Finals Time	
1 Greenspan, Michael	8	NYS-MR	2:45.33	
	36.72	1:17.21	2:08.03	2:45.33

Boys 11-12 500 Yard Freestyle

Name	Age	Team	Finals Time	
1 Daniels, Keegan J	11	NDAC-MR	5:50.74	
	29.78	1:03.60	1:38.75	2:14.39
	2:50.57	3:27.71	4:04.47	4:41.09
	5:16.54	5:50.74		
2 De la Piedra, Maximo A	11	NDAC-MR	6:32.66	
	32.19	1:10.08	1:50.29	2:30.10
	3:11.92	3:53.29	4:33.32	5:14.07
	5:54.84	6:32.66		
3 Neill, Jaxson	11	VAC-MR	7:02.60	
	35.20	1:15.97	1:59.37	2:44.36
	3:27.88	4:12.21	4:56.66	5:39.72
	6:23.11	7:02.60		
4 Torres, Nate G	11	MWDA-MR	7:27.94	
	37.27	1:22.82	2:10.10	2:55.53
	3:42.43	4:29.16	5:16.84	6:03.29
	6:48.14	7:27.94		

Boys 11-12 200 Yard IM

Name		Age	Team	Finals Time
1	Sarno, Gabriel J	12	YBAR-MR	2:46.14
	36.96	1:19.91	2:06.46	2:46.14
2	Torres, Nate G	11	MWDA-MR	2:55.13
	36.75	1:20.65	2:15.28	2:55.13
---	Leeder, James M	12	MWDA-MR	DQ
Non-simultaneous arms - fly				

Boys 13-14 500 Yard Freestyle

Name	Age	Team	Finals Time	
1 Mejia VanVoorhis, Lucca	13	NYS-MR	5:41.20	
	29.20	1:02.99	1:37.65	2:13.48
	2:48.36	3:57.99	4:33.19	
	5:07.71	5:41.20		
2 Torres, Jason E	14	MWDA-MR	6:07.61	
	29.68	1:06.99	1:45.57	2:23.10
	3:00.84	3:39.52	4:17.97	4:56.95
	5:33.37	6:07.61		

2026 MR MWDA and YBAR Sink or Swim Distance - 1/30/2026

Sanction #: 260119-DST

Results

(Boys 13-14 500 Yard Freestyle)

Name	Age	Team	Finals Time
3 Stipak, Thomas	13	VAC-MR	6:57.13
34.55	1:14.33	1:56.17	2:38.76
3:22.49	4:05.06	4:48.75	5:33.06
6:18.58	6:57.13		

Boys 13-14 400 Yard IM

Name	Age	Team	Finals Time
1 Hineman, Luke C	14	NDAC-MR	4:44.16
28.58	1:02.64	1:38.95	2:15.65
2:56.43	3:39.40	4:12.42	4:44.16

Boys 14 & Under 1650 Yard Freestyle

Name	Age	Team	Finals Time
1 Gardner, Jackson B	12	MWDA-MR	18:18.01
26.99	57.39	1:28.64	2:00.56
2:33.07	3:05.89	3:39.21	4:12.39
4:45.63	5:18.94	5:52.45	6:26.38
7:00.51	7:34.88	8:09.89	8:43.25
9:18.06	9:52.27	10:26.18	11:00.34
11:34.59	12:08.34	12:42.42	13:16.64
13:51.56	14:24.94	14:58.94	15:32.11
16:06.53	16:40.02	17:13.76	17:46.67
			18:18.01
2 Forrey, Jackson	11	VAC-MR	26:27.98
42.04	1:27.45	2:13.24	2:59.68
3:45.85	4:33.75	5:20.94	6:08.35
6:55.17		8:28.83	9:16.58
10:04.78	10:51.64	11:40.24	12:27.91
13:16.08	14:03.77	14:52.07	15:41.76
16:31.85		18:10.33	19:01.12
19:51.81	20:44.23		
23:23.23	24:17.15	25:07.99	25:49.96
			26:27.98

Boys 15 & Over 500 Yard Freestyle

Name	Age	Team	Finals Time
1 Johnson, Josh A	18	MWDA-MR	5:11.20
26.93	57.26	1:28.68	2:00.46
2:32.65	3:04.70	3:36.63	4:08.53
5:11.20			
2 Cano, Nico	16	NYS-MR	5:15.92
26.84	57.27	1:28.62	2:00.63
2:32.71	3:04.98	3:37.76	4:11.07
4:43.88	5:15.92		
3 Puzak, Nicholas R	15	MWDA-MR	5:59.97
30.63	1:03.98	1:39.66	2:15.82
2:52.74	3:30.61	4:08.75	4:45.92
5:23.70	5:59.97		

Boys 15 & Over 1650 Yard Freestyle

Name	Age	Team	Finals Time
1 Insdorf, Joshua C	17	MWDA-MR	17:22.60
26.88	56.73	1:27.34	1:58.47
2:30.04	3:01.95	3:33.86	4:05.90
4:37.89	5:09.90	5:41.93	6:13.91
6:45.95	7:18.15	7:50.42	8:22.23
8:54.22	9:26.27	9:58.17	10:30.04
11:02.25	11:34.07	12:05.91	12:37.60
13:09.72	13:41.52	14:13.21	14:45.43
15:17.34	15:49.02	16:20.50	16:52.06
			17:22.60
2 Oppmann, Danny	15	NYS-MR	17:59.11
27.42	57.55	1:28.50	1:59.90
2:32.05	3:04.40	3:36.81	4:09.80
4:43.00	5:15.56	5:48.51	6:21.93
6:55.30	7:28.41	8:01.66	8:34.64
9:08.03	9:41.16	10:14.46	10:47.41
11:20.67	11:54.00	12:27.30	13:00.68
13:33.85	14:07.15	14:40.46	15:14.52
15:48.05	16:21.59	16:54.66	17:27.87
			17:59.11

Boys 15 & Over 400 Yard IM

Name	Age	Team	Finals Time
1 Insdorf, Joshua C	17	MWDA-MR	4:25.65
27.68	58.96	1:33.37	2:07.41
2:45.50	3:24.63	3:55.45	4:25.65
2 Puzak, Nicholas R	15	MWDA-MR	5:14.38
31.82	1:09.78	1:53.00	2:35.69
3:18.92	4:03.47	4:39.75	5:14.38