

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	50 FR LCM	34.20	617	Eleanor	Forman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	10 & Under
2	50 FR LCM	34.62	593	Ella	Engstrom	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	10 & Under
3	50 FR LCM	35.32	553	Emma	Portell	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	10 & Under
4	50 FR LCM	37.40	441	Hildi	Deist	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	10 & Under
5	50 FR LCM	37.54	575	Josephine	Forman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
6	50 FR LCM	37.88	417	Veronica	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
7	50 FR LCM	38.25	538	Ava	Hong	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 BB	10 & Under
8	50 FR LCM	40.54	425	Taylor	Nanney	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
9	50 FR LCM	40.93	407	Brynn	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	10 & Under
10	50 FR LCM	43.19	305	Anna	Worman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
11	50 FR LCM	45.25	221	Meredith	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	10 & Under
12	50 FR LCM	45.65	90	Betty	Cadagin	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	10 & Under
13	50 FR LCM	46.72	166	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	10 & Under
14	50 FR LCM	55.28	1	Lennox	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	10 & Under
15	50 FR LCM	1:01.05	1	Lenore	Hollenkamp	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	10 & Under
16	50 FR LCM	1:23.07	1	Elizabeth	Murphy	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	10 & Under
1	50 FR LCM	30.87	639	Ashley	Hong	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AA	11-12
2	50 FR LCM	32.08	557	Aelxandria	Suhre	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	11-12
3	50 FR LCM	34.25	494	Teagan	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	11-12
4	50 FR LCM	34.82	386	Phoebe	Ankenbrandt	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	11-12
5	50 FR LCM	34.85	458	Emma	Portell	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	11-12
6	50 FR LCM	34.89	382	Aubrey	Rickman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	11-12
7	50 FR LCM	35.10	443	Eleanor	Forman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	11-12
8	50 FR LCM	36.34	371	Vivian	Cross	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	11-12
9	50 FR LCM	36.50	291	Alvina	Farley	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	11-12
10	50 FR LCM	37.17	255	Aster	Carson	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	11-12
11	50 FR LCM	37.85	289	Veronica	Giuffre	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
12	50 FR LCM	38.56	205	Magdalena	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial	Slower than B	11-12

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
13	50 FR LCM	41.68	61	Harper	Redman	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	11-12
1	50 FR LCM	30.53	563	Greta	Deist	F	METS	7/25/2024	2024 OZ Long Course Championships	2020-2024 A	13-14
2	50 FR LCM	32.40	466	Morgan	Mitton	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	13-14
3	50 FR LCM	32.52	457	Addison	Gunn	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	13-14
4	50 FR LCM	33.71	377	Lydia	Cloud	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	13-14
5	50 FR LCM	35.19	284	Aster	Carson	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	13-14
6	50 FR LCM	35.37	237	Victoria	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	13-14
7	50 FR LCM	40.83	7	Stephanie	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	13-14
1	50 FR LCM	29.20	631	Georgia	Samet	F	METS	3/14/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 AA	15-18
2	50 FR LCM	29.58	601	Vivian	Lu	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AA	15-18
3	50 FR LCM	32.09	404	Karis	Chen	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	15-18
4	50 FR LCM	32.37	393	Elise	Thompson	F	METS	5/3/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	15-18
5	50 FR LCM	32.87	351	Adeline	Embry	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	15-18
6	50 FR LCM	33.39	327	Karissa	Osborn	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	15-18
1	50 FR LCM	40.93	407	Brynn	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	8 & Under
2	50 FR LCM	45.25	221	Meredith	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	8 & Under
3	50 FR LCM	46.72	166	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	8 & Under
4	50 FR LCM	55.28	1	Lennox	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	8 & Under
5	50 FR LCM	1:23.07	1	Elizabeth	Murphy	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	8 & Under
1	50 FR LCM	29.20	631	Georgia	Samet	F	METS	3/14/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 AA	Open
2	50 FR LCM	29.58	601	Vivian	Lu	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
3	50 FR LCM	30.53	563	Greta	Deist	F	METS	7/25/2024	2024 OZ Long Course Championships	2020-2024 A	Open
4	50 FR LCM	30.87	639	Ashley	Hong	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
5	50 FR LCM	32.08	557	Aelxandria	Suhre	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	Open
6	50 FR LCM	32.09	404	Karis	Chen	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
7	50 FR LCM	32.37	393	Elise	Thompson	F	METS	5/3/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
8	50 FR LCM	32.40	466	Morgan	Mitton	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
9	50 FR LCM	32.52	457	Addison	Gunn	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
10	50 FR LCM	32.87	351	Adeline	Embry	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
11	50 FR LCM	33.39	327	Karissa	Osborn	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
12	50 FR LCM	33.71	377	Lydia	Cloud	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
13	50 FR LCM	34.20	617	Eleanor	Forman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	Open
14	50 FR LCM	34.25	494	Teagan	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
15	50 FR LCM	34.62	593	Ella	Engstrom	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	Open
16	50 FR LCM	34.82	386	Phoebe	Ankenbrandt	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
17	50 FR LCM	34.85	458	Emma	Portell	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
18	50 FR LCM	34.89	382	Aubrey	Rickman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
19	50 FR LCM	35.19	284	Aster	Carson	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
20	50 FR LCM	35.37	237	Victoria	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	Open
21	50 FR LCM	36.34	371	Vivian	Cross	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	Open
22	50 FR LCM	36.50	291	Alvina	Farley	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	Open
23	50 FR LCM	37.40	441	Hildi	Deist	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
24	50 FR LCM	37.54	575	Josephine	Forman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
25	50 FR LCM	37.85	289	Veronica	Giuffre	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
26	50 FR LCM	38.25	538	Ava	Hong	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 BB	Open
27	50 FR LCM	39.56	205	Magdalena	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
28	50 FR LCM	40.54	425	Taylor	Nanney	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
29	50 FR LCM	40.83	7	Stephanie	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
30	50 FR LCM	40.93	407	Brynn	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	Open
31	50 FR LCM	41.68	61	Harper	Redman	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
32	50 FR LCM	43.19	305	Anna	Worman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
33	50 FR LCM	45.25	221	Meredith	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
34	50 FR LCM	45.65	90	Betty	Cadagin	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
35	50 FR LCM	46.72	166	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
36	50 FR LCM	55.28	1	Lennox	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	Open
37	50 FR LCM	1:01.05	1	Lenore	Hollenkamp	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
38	50 FR LCM	1:23.07	1	Elizabeth	Murphy	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
1	100 FR LCM	1:15.31	590	Eleanor	Forman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 AA	10 & Under
2	100 FR LCM	1:18.26	508	Ella	Engstrom	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 A	10 & Under
3	100 FR LCM	1:22.62	397	Hildi	Deist	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
4	100 FR LCM	1:22.84	392	Emma	Portell	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
5	100 FR LCM	1:23.65	533	Josephine	Forman	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
6	100 FR LCM	1:26.98	451	Ava	Hong	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
7	100 FR LCM	1:37.30	234	Brynn	Giuffre	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	10 & Under
8	100 FR LCM	1:40.75	62	Betty	Cadagin	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
9	100 FR LCM	1:42.35	149	Taylor	Nanney	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	10 & Under
10	100 FR LCM	1:46.25	94	Anna	Worman	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	10 & Under
11	100 FR LCM	1:50.17	49	Margo	Deist	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	10 & Under
12	100 FR LCM	2:11.25	1	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	10 & Under
1	100 FR LCM	1:06.18	653	Ashley	Hong	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AA	11-12
2	100 FR LCM	1:10.07	521	Aelxandria	Suhre	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 A	11-12
3	100 FR LCM	1:16.37	333	Aubrey	Rickman	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	11-12
4	100 FR LCM	1:16.60	419	Teagan	Moszer	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	11-12
5	100 FR LCM	1:17.31	399	Eleanor	Forman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	11-12
6	100 FR LCM	1:19.71	247	Phoebe	Ankenbrandt	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	11-12
7	100 FR LCM	1:22.10	192	Alvina	Farley	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
8	100 FR LCM	1:22.57	263	Vivian	Cross	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	11-12
9	100 FR LCM	1:22.64	180	Aster	Carson	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 B	11-12
10	100 FR LCM	1:28.02	146	Veronica	Giuffre	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	11-12
11	100 FR LCM	1:31.54	33	Harper	Redman	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	11-12
1	100 FR LCM	1:07.00	509	Greta	Deist	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	13-14

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
2	100 FR LCM	1:08.36	460	Morgan	Mitton	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 A	13-14
3	100 FR LCM	1:12.70	347	Addison	Gunn	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	13-14
4	100 FR LCM	1:15.88	253	Lydia	Cloud	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	13-14
5	100 FR LCM	1:17.59	207	Aster	Carson	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	13-14
6	100 FR LCM	1:21.22	102	Victoria	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	13-14
7	100 FR LCM	1:26.57	20	Stephanie	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	13-14
1	100 FR LCM	1:03.60	595	Georgia	Samet	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 AA	15-18
2	100 FR LCM	1:05.34	527	Vivian	Lu	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 A	15-18
3	100 FR LCM	1:11.61	301	Elise	Thompson	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	15-18
4	100 FR LCM	1:15.92	178	Adeline	Embry	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	15-18
1	100 FR LCM	1:37.30	234	Brynn	Giuffre	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	8 & Under
2	100 FR LCM	1:50.17	49	Margo	Deist	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	8 & Under
3	100 FR LCM	2:11.25	1	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	8 & Under
1	100 FR LCM	57.66	834	Eleni	Kotzamanis	F	METS	7/28/2024	2024 OZ Long Course Championships	Slower than B	Open
2	100 FR LCM	1:03.60	595	Georgia	Samet	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 AA	Open
3	100 FR LCM	1:05.34	527	Vivian	Lu	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 A	Open
4	100 FR LCM	1:06.18	653	Ashley	Hong	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
5	100 FR LCM	1:07.00	509	Greta	Deist	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	Open
6	100 FR LCM	1:08.36	460	Morgan	Mitton	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 A	Open
7	100 FR LCM	1:10.07	521	Aelxandria	Suhre	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 A	Open
8	100 FR LCM	1:11.61	301	Elise	Thompson	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
9	100 FR LCM	1:12.70	347	Addison	Gunn	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
10	100 FR LCM	1:15.31	590	Eleanor	Forman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 AA	Open
11	100 FR LCM	1:15.88	253	Lydia	Cloud	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
12	100 FR LCM	1:15.92	178	Adeline	Embry	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
13	100 FR LCM	1:16.37	333	Aubrey	Rickman	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
14	100 FR LCM	1:16.60	419	Teagan	Moszer	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
15	100 FR LCM	1:17.59	207	Aster	Carson	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	Open
16	100 FR LCM	1:18.26	508	Ella	Engstrom	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 A	Open
17	100 FR LCM	1:19.71	247	Phoebe	Ankenbrandt	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	Open
18	100 FR LCM	1:21.22	102	Victoria	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
19	100 FR LCM	1:22.10	192	Alvina	Farley	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
20	100 FR LCM	1:22.57	263	Vivian	Cross	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	Open
21	100 FR LCM	1:22.62	397	Hildi	Deist	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
22	100 FR LCM	1:22.84	392	Emma	Portell	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
23	100 FR LCM	1:23.65	533	Josephine	Forman	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
24	100 FR LCM	1:26.57	20	Stephanie	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
25	100 FR LCM	1:26.98	451	Ava	Hong	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
26	100 FR LCM	1:28.02	146	Veronica	Giuffre	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	Open
27	100 FR LCM	1:31.54	33	Harper	Redman	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
28	100 FR LCM	1:37.30	234	Brynn	Giuffre	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	Open
29	100 FR LCM	1:40.75	62	Betty	Cadagin	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
30	100 FR LCM	1:42.35	149	Taylor	Nanney	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	Open
31	100 FR LCM	1:46.25	94	Anna	Worman	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	Open
32	100 FR LCM	1:50.17	49	Margo	Deist	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	Open
33	100 FR LCM	2:11.25	1	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	Open
1	200 FR LCM	2:43.84	568	Ella	Engstrom	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 AA	10 & Under
2	200 FR LCM	2:51.77	461	Eleanor	Forman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	10 & Under
3	200 FR LCM	2:59.77	364	Hildi	Deist	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	10 & Under
4	200 FR LCM	3:00.80	352	Emma	Portell	F	METS	5/31/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
5	200 FR LCM	3:02.48	478	Ava	Hong	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
6	200 FR LCM	3:04.49	454	Josephine	Forman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	10 & Under
7	200 FR LCM	3:28.23	213	Taylor	Nanney	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
8	200 FR LCM	3:39.89	125	Anna	Worman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
1	200 FR LCM	2:23.47	628	Ashley	Hong	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 AA	11-12
2	200 FR LCM	2:32.77	473	Aelxandria	Suhre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 A	11-12

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
3	200 FR LCM	2:43.18	323	Aubrey	Rickman	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	11-12
4	200 FR LCM	2:45.72	388	Teagan	Moszer	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	11-12
5	200 FR LCM	2:50.99	319	Eleanor	Forman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
6	200 FR LCM	2:58.87	148	Alvina	Farley	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
7	200 FR LCM	3:02.81	114	Phoebe	Ankenbrandt	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	11-12
8	200 FR LCM	3:26.61	1	Harper	Redman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	11-12
1	200 FR LCM	2:19.32	577	Morgan	Mitton	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 AA	13-14
2	200 FR LCM	2:28.42	411	Greta	Deist	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	13-14
3	200 FR LCM	2:45.80	184	Addison	Gunn	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	13-14
4	200 FR LCM	2:49.92	139	Lydia	Cloud	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	13-14
1	200 FR LCM	2:16.86	580	Georgia	Samet	F	METS	4/12/2024	2024 OZ Long Course Kick Off	2020-2024 AA	15-18
2	200 FR LCM	2:29.44	354	Vivian	Lu	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	15-18
3	200 FR LCM	2:31.37	324	Karissa	Osborn	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	15-18
4	200 FR LCM	2:38.91	205	Elise	Thompson	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	15-18
1	200 FR LCM	2:16.86	580	Georgia	Samet	F	METS	4/12/2024	2024 OZ Long Course Kick Off	2020-2024 AA	Open
2	200 FR LCM	2:19.32	577	Morgan	Mitton	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 AA	Open
3	200 FR LCM	2:23.47	628	Ashley	Hong	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
4	200 FR LCM	2:28.42	411	Greta	Deist	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	Open
5	200 FR LCM	2:29.44	354	Vivian	Lu	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
6	200 FR LCM	2:31.37	324	Karissa	Osborn	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
7	200 FR LCM	2:32.77	473	Aelxandria	Suhre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 A	Open
8	200 FR LCM	2:38.91	205	Elise	Thompson	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	Open
9	200 FR LCM	2:43.18	323	Aubrey	Rickman	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
10	200 FR LCM	2:43.84	568	Ella	Engstrom	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 AA	Open
11	200 FR LCM	2:45.72	388	Teagan	Moszer	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
12	200 FR LCM	2:45.80	184	Addison	Gunn	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	Open
13	200 FR LCM	2:49.92	139	Lydia	Cloud	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
14	200 FR LCM	2:50.99	319	Eleanor	Forman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
15	200 FR LCM	2:58.87	148	Alvina	Farley	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
16	200 FR LCM	2:59.77	364	Hildi	Deist	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
17	200 FR LCM	3:00.80	352	Emma	Portell	F	METS	5/31/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
18	200 FR LCM	3:02.48	478	Ava	Hong	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
19	200 FR LCM	3:02.81	114	Phoebe	Ankenbrandt	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
20	200 FR LCM	3:04.49	454	Josephine	Forman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
21	200 FR LCM	3:26.61	1	Harper	Redman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
22	200 FR LCM	3:28.23	213	Taylor	Nanney	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
23	200 FR LCM	3:39.89	125	Anna	Worman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
1	400 FR LCM	6:30.09	310	Eleanor	Forman	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
2	400 FR LCM	7:07.48	268	Josephine	Forman	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 B	10 & Under
1	400 FR LCM	5:11.34	541	Ashley	Hong	F	METS	12/14/2024	2024 OZ METS Winter Invite	AA	11-12
2	400 FR LCM	5:16.02	504	Aelxandria	Suhre	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	11-12
3	400 FR LCM	5:44.50	305	Aubrey	Rickman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	11-12
4	400 FR LCM	6:28.20	92	Phoebe	Ankenbrandt	F	METS	4/13/2024	2024 OZ Long Course Kick Off	Slower than B	11-12
1	400 FR LCM	4:46.36	622	Morgan	Mitton	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AAA	13-14
2	400 FR LCM	5:12.41	389	Greta	Deist	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	13-14
1	400 FR LCM	4:58.55	450	Georgia	Samet	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 A	15-18
1	400 FR LCM	4:46.36	622	Morgan	Mitton	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AAA	Open
2	400 FR LCM	4:58.55	450	Georgia	Samet	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 A	Open
3	400 FR LCM	5:11.34	541	Ashley	Hong	F	METS	12/14/2024	2024 OZ METS Winter Invite	AA	Open
4	400 FR LCM	5:12.41	389	Greta	Deist	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	Open
5	400 FR LCM	5:16.02	504	Aelxandria	Suhre	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	Open
6	400 FR LCM	5:44.50	305	Aubrey	Rickman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
7	400 FR LCM	6:28.20	92	Phoebe	Ankenbrandt	F	METS	4/13/2024	2024 OZ Long Course Kick Off	Slower than B	Open
8	400 FR LCM	6:30.09	310	Eleanor	Forman	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
9	400 FR LCM	7:07.48	268	Josephine	Forman	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 B	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	800 FR LCM	10:34.94	631	Aelxandria	Suhre	F	METS	8/2/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 AA	11-12
1	800 FR LCM	10:09.67	505	Georgia	Samet	F	METS	5/3/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	15-18
1	800 FR LCM	10:09.67	505	Georgia	Samet	F	METS	5/3/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	Open
2	800 FR LCM	10:34.94	631	Aelxandria	Suhre	F	METS	8/2/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 AA	Open
1	1500 FR LCM	20:25.94	645	Aelxandria	Suhre	F	METS	8/1/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 AA	11-12
1	1500 FR LCM	20:25.94	645	Aelxandria	Suhre	F	METS	8/1/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 AA	Open
1	50 BK LCM	41.23	548	Ella	Engstrom	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	10 & Under
2	50 BK LCM	41.54	533	Eleanor	Forman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	10 & Under
3	50 BK LCM	43.78	587	Josephine	Forman	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
4	50 BK LCM	44.62	386	Emma	Portell	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
5	50 BK LCM	44.73	381	Hildi	Deist	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
6	50 BK LCM	46.04	325	Veronica	Giuffre	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
7	50 BK LCM	46.90	444	Ava	Hong	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	10 & Under
8	50 BK LCM	47.63	413	Brynn	Giuffre	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
9	50 BK LCM	52.30	234	Anna	Worman	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	10 & Under
10	50 BK LCM	53.04	209	Taylor	Nanney	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	10 & Under
11	50 BK LCM	54.25	171	Margo	Deist	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	10 & Under
12	50 BK LCM	56.03	26	Betty	Cadagin	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	10 & Under
13	50 BK LCM	1:00.51	27	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	10 & Under
14	50 BK LCM	1:03.02	2	Lennox	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	10 & Under
1	50 BK LCM	37.45	514	Ashley	Hong	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 A	11-12
2	50 BK LCM	37.75	496	Aelxandria	Suhre	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	11-12
3	50 BK LCM	39.85	378	Alvina	Farley	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	11-12
4	50 BK LCM	40.36	351	Aster	Carson	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	11-12
5	50 BK LCM	41.45	296	Phoebe	Ankenbrandt	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	11-12
6	50 BK LCM	42.14	348	Eleanor	Forman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
7	50 BK LCM	42.94	309	Teagan	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	11-12

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
8	50 BK LCM	44.68	156	Aubrey	Rickman	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	11-12
9	50 BK LCM	45.08	215	Veronica	Giuffre	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	11-12
10	50 BK LCM	47.66	59	Harper	Redman	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	11-12
1	50 BK LCM	33.72	1	Greta	Deist	F	METS	8/2/2024	2024 ND Central Zone Championship - West Fargo	Slower than B	13-14
2	50 BK LCM	38.52	1	Addison	Gunn	F	METS	7/25/2024	2024 OZ Long Course Championships	Slower than B	13-14
3	50 BK LCM	42.96	1	Victoria	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	13-14
4	50 BK LCM	47.80	1	Stephanie	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	13-14
1	50 BK LCM	47.63	413	Brynn	Giuffre	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	8 & Under
2	50 BK LCM	54.25	171	Margo	Deist	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	8 & Under
3	50 BK LCM	1:00.51	27	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	8 & Under
4	50 BK LCM	1:03.02	2	Lennox	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	8 & Under
1	50 BK LCM	31.08	1	Eleni	Kotzamanis	F	METS	7/25/2024	2024 OZ Long Course Championships	Slower than B	Open
2	50 BK LCM	33.72	1	Greta	Deist	F	METS	8/2/2024	2024 ND Central Zone Championship - West Fargo	Slower than B	Open
3	50 BK LCM	37.45	514	Ashley	Hong	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 A	Open
4	50 BK LCM	37.75	496	Aelxandria	Suhre	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
5	50 BK LCM	38.52	1	Addison	Gunn	F	METS	7/25/2024	2024 OZ Long Course Championships	Slower than B	Open
6	50 BK LCM	39.85	378	Alvina	Farley	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
7	50 BK LCM	40.36	351	Aster	Carson	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
8	50 BK LCM	41.23	548	Ella	Engstrom	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 A	Open
9	50 BK LCM	41.45	296	Phoebe	Ankenbrandt	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	Open
10	50 BK LCM	41.54	533	Eleanor	Forman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	Open
11	50 BK LCM	42.94	309	Teagan	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
12	50 BK LCM	42.96	1	Victoria	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
13	50 BK LCM	43.78	587	Josephine	Forman	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
14	50 BK LCM	44.62	386	Emma	Portell	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
15	50 BK LCM	44.68	156	Aubrey	Rickman	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	Open
16	50 BK LCM	44.73	381	Hildi	Deist	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
17	50 BK LCM	45.08	215	Veronica	Giuffre	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
18	50 BK LCM	46.90	444	Ava	Hong	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	Open
19	50 BK LCM	47.63	413	Brynn	Giuffre	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
20	50 BK LCM	47.66	59	Harper	Redman	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
21	50 BK LCM	47.80	1	Stephanie	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
22	50 BK LCM	52.30	234	Anna	Worman	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	Open
23	50 BK LCM	53.04	209	Taylor	Nanney	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	Open
24	50 BK LCM	54.25	171	Margo	Deist	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	Open
25	50 BK LCM	56.03	26	Betty	Cadagin	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	Open
26	50 BK LCM	1:00.51	27	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	Open
27	50 BK LCM	1:03.02	2	Lennox	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	Open
1	100 BK LCM	1:29.91	533	Ella	Engstrom	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 A	10 & Under
2	100 BK LCM	1:32.82	469	Eleanor	Forman	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
3	100 BK LCM	1:36.58	552	Josephine	Forman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
4	100 BK LCM	1:37.53	371	Emma	Portell	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	10 & Under
5	100 BK LCM	1:37.88	364	Hildi	Deist	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
6	100 BK LCM	1:41.34	455	Ava	Hong	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
7	100 BK LCM	1:45.69	371	Brynn	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
8	100 BK LCM	1:51.66	267	Taylor	Nanney	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	10 & Under
9	100 BK LCM	1:56.18	197	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	10 & Under
10	100 BK LCM	1:56.78	189	Anna	Worman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
1	100 BK LCM	1:17.62	591	Ashley	Hong	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AA	11-12
2	100 BK LCM	1:21.27	489	Aelxandria	Suhre	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	11-12
3	100 BK LCM	1:25.05	391	Alvina	Farley	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	11-12
4	100 BK LCM	1:29.07	296	Phoebe	Ankenbrandt	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	11-12
5	100 BK LCM	1:29.71	282	Aster	Carson	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	11-12
6	100 BK LCM	1:31.53	340	Teagan	Moszer	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
7	100 BK LCM	1:32.10	231	Aubrey	Rickman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
8	100 BK LCM	1:32.89	310	Eleanor	Forman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
9	100 BK LCM	1:42.14	134	Magdalena	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	11-12
10	100 BK LCM	1:42.25	60	Harper	Redman	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	11-12

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	100 BK LCM	1:10.56	695	Greta	Deist	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AAA	13-14
2	100 BK LCM	1:19.39	454	Morgan	Mitton	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	13-14
3	100 BK LCM	1:22.65	362	Addison	Gunn	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	13-14
4	100 BK LCM	1:22.84	356	Aster	Carson	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	13-14
5	100 BK LCM	1:32.20	138	Lydia	Cloud	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	13-14
1	100 BK LCM	1:17.89	413	Karissa	Osborn	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	15-18
2	100 BK LCM	1:20.37	342	Georgia	Samet	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	15-18
3	100 BK LCM	1:29.25	118	Adeline	Embry	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	15-18
1	100 BK LCM	1:45.69	371	Brynn	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	8 & Under
2	100 BK LCM	1:56.18	197	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	8 & Under
1	100 BK LCM	1:05.04	834	Eleni	Kotzamanis	F	METS	7/27/2024	2024 OZ Long Course Championships	Slower than B	Open
2	100 BK LCM	1:10.56	695	Greta	Deist	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AAA	Open
3	100 BK LCM	1:17.62	591	Ashley	Hong	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
4	100 BK LCM	1:17.89	413	Karissa	Osborn	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
5	100 BK LCM	1:19.39	454	Morgan	Mitton	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
6	100 BK LCM	1:20.37	342	Georgia	Samet	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
7	100 BK LCM	1:21.27	489	Aelxandria	Suhre	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 A	Open
8	100 BK LCM	1:22.65	362	Addison	Gunn	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
9	100 BK LCM	1:22.84	356	Aster	Carson	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	Open
10	100 BK LCM	1:25.05	391	Alvina	Farley	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	Open
11	100 BK LCM	1:29.07	296	Phoebe	Ankenbrandt	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
12	100 BK LCM	1:29.25	118	Adeline	Embry	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	Open
13	100 BK LCM	1:29.91	533	Ella	Engstrom	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 A	Open
14	100 BK LCM	1:31.53	340	Teagan	Moszer	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
15	100 BK LCM	1:32.10	231	Aubrey	Rickman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
16	100 BK LCM	1:32.20	138	Lydia	Cloud	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
17	100 BK LCM	1:32.82	469	Eleanor	Forman	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
18	100 BK LCM	1:36.58	552	Josephine	Forman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
19	100 BK LCM	1:37.53	371	Emma	Portell	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
20	100 BK LCM	1:37.88	364	Hildi	Deist	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
21	100 BK LCM	1:41.34	455	Ava	Hong	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
22	100 BK LCM	1:42.14	134	Magdalena	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
23	100 BK LCM	1:42.25	60	Harper	Redman	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
24	100 BK LCM	1:45.69	371	Brynn	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
25	100 BK LCM	1:51.66	267	Taylor	Nanney	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	Open
26	100 BK LCM	1:56.18	197	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	Open
27	100 BK LCM	1:56.78	189	Anna	Worman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
1	200 BK LCM	3:00.70	448	Alvina	Farley	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	11-12
1	200 BK LCM	2:30.91	703	Greta	Deist	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AAA	13-14
2	200 BK LCM	2:57.65	365	Morgan	Mitton	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	13-14
3	200 BK LCM	3:02.52	307	Aster	Carson	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	13-14
1	200 BK LCM	2:32.56	645	Greta	Deist	F	METS	12/14/2024	2024 OZ METS Winter Invite	AA	15-18
2	200 BK LCM	3:02.06	252	Vivian	Lu	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	15-18
3	200 BK LCM	3:30.77	3	Adeline	Embry	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	15-18
1	200 BK LCM	2:30.91	703	Greta	Deist	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AAA	Open
2	200 BK LCM	2:57.65	365	Morgan	Mitton	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
3	200 BK LCM	3:00.70	448	Alvina	Farley	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	Open
4	200 BK LCM	3:02.06	252	Vivian	Lu	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	Open
5	200 BK LCM	3:02.52	307	Aster	Carson	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	Open
6	200 BK LCM	3:30.77	3	Adeline	Embry	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	Open
1	50 BR LCM	46.34	725	Josephine	Forman	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 A	10 & Under
2	50 BR LCM	49.53	422	Betty	Cadagin	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	10 & Under
3	50 BR LCM	50.69	378	Eleanor	Forman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	10 & Under
4	50 BR LCM	50.85	547	Ava	Hong	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
5	50 BR LCM	50.93	369	Veronica	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
6	50 BR LCM	52.82	301	Ella	Engstrom	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	10 & Under
7	50 BR LCM	55.37	216	Hildi	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	10 & Under

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
8	50 BR LCM	56.00	363	Anna	Worman	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	10 & Under
9	50 BR LCM	58.27	289	Brynn	Giuffre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
10	50 BR LCM	1:00.00	236	Taylor	Nanney	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	10 & Under
11	50 BR LCM	1:02.87	156	Meredith	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	10 & Under
12	50 BR LCM	1:04.30	120	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	10 & Under
13	50 BR LCM	1:11.88	1	Lenore	Hollenkamp	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	10 & Under
1	50 BR LCM	36.34	808	Aelxandria	Suhre	F	METS	12/14/2024	2024 OZ METS Winter Invite	AAAA	11-12
2	50 BR LCM	38.58	684	Ashley	Hong	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AA	11-12
3	50 BR LCM	44.85	464	Vivian	Cross	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	11-12
4	50 BR LCM	45.50	345	Alvina	Farley	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
5	50 BR LCM	47.54	346	Teagan	Moszer	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
6	50 BR LCM	51.35	119	Aster	Carson	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	11-12
7	50 BR LCM	52.38	161	Magdalena	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	11-12
8	50 BR LCM	54.77	26	Aubrey	Rickman	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	11-12
9	50 BR LCM	59.63	1	Phoebe	Ankenbrandt	F	METS	6/21/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	11-12
10	50 BR LCM	1:07.96	1	Harper	Redman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	11-12
1	50 BR LCM	39.34	1	Georgia	Samet	F	METS	3/17/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	Slower than B	15-18
1	50 BR LCM	58.27	289	Brynn	Giuffre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	8 & Under
2	50 BR LCM	1:02.87	156	Meredith	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	8 & Under
3	50 BR LCM	1:04.30	120	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	8 & Under
1	50 BR LCM	36.34	808	Aelxandria	Suhre	F	METS	12/14/2024	2024 OZ METS Winter Invite	AAAA	Open
2	50 BR LCM	38.58	684	Ashley	Hong	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
3	50 BR LCM	39.34	1	Georgia	Samet	F	METS	3/17/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	Slower than B	Open
4	50 BR LCM	44.85	464	Vivian	Cross	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	Open
5	50 BR LCM	45.50	345	Alvina	Farley	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
6	50 BR LCM	46.34	725	Josephine	Forman	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 A	Open
7	50 BR LCM	47.54	346	Teagan	Moszer	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
8	50 BR LCM	49.53	422	Betty	Cadagin	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
9	50 BR LCM	50.69	378	Eleanor	Forman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
10	50 BR LCM	50.85	547	Ava	Hong	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
11	50 BR LCM	50.93	369	Veronica	Giuffre	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
12	50 BR LCM	51.35	119	Aster	Carson	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	Open
13	50 BR LCM	52.38	161	Magdalena	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
14	50 BR LCM	52.82	301	Ella	Engstrom	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
15	50 BR LCM	54.77	26	Aubrey	Rickman	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	Open
16	50 BR LCM	55.37	216	Hildi	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	Open
17	50 BR LCM	56.00	363	Anna	Worman	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	Open
18	50 BR LCM	58.27	289	Brynn	Giuffre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
19	50 BR LCM	59.63	1	Phoebe	Ankenbrandt	F	METS	6/21/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
20	50 BR LCM	1:00.00	236	Taylor	Nanney	F	METS	6/2/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 B	Open
21	50 BR LCM	1:02.87	156	Meredith	Luitjohan	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
22	50 BR LCM	1:04.30	120	Margo	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	Open
23	50 BR LCM	1:07.96	1	Harper	Redman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
24	50 BR LCM	1:11.88	1	Lenore	Hollenkamp	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
1	100 BR LCM	1:41.76	716	Josephine	Forman	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 A	10 & Under
2	100 BR LCM	1:45.23	653	Ava	Hong	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
3	100 BR LCM	1:46.83	455	Betty	Cadagin	F	METS	12/14/2024	2024 OZ METS Winter Invite	A	10 & Under
4	100 BR LCM	1:50.71	388	Eleanor	Forman	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
5	100 BR LCM	1:54.96	317	Ella	Engstrom	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	10 & Under
6	100 BR LCM	2:00.44	233	Hildi	Deist	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
7	100 BR LCM	2:08.90	271	Brynn	Giuffre	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 B	10 & Under
8	100 BR LCM	2:10.50	248	Anna	Worman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
9	100 BR LCM	2:15.10	188	Taylor	Nanney	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	10 & Under
1	100 BR LCM	1:20.24	768	Aelxandria	Suhre	F	METS	12/14/2024	2024 OZ METS Winter Invite	AAAA	11-12
2	100 BR LCM	1:24.73	656	Ashley	Hong	F	METS	12/14/2024	2024 OZ METS Winter Invite	AAA	11-12
3	100 BR LCM	1:37.24	485	Vivian	Cross	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	11-12
4	100 BR LCM	1:41.70	286	Alvina	Farley	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	11-12
5	100 BR LCM	1:45.31	324	Teagan	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	11-12

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
6	100 BR LCM	1:54.79	71	Aster	Carson	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	11-12
1	100 BR LCM	1:24.12	588	Greta	Deist	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 A	13-14
2	100 BR LCM	1:33.74	349	Morgan	Mitton	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	13-14
1	100 BR LCM	1:18.09	668	Karis	Chen	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 AA	15-18
2	100 BR LCM	1:23.57	542	Georgia	Samet	F	METS	3/16/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 A	15-18
3	100 BR LCM	1:26.54	449	Elise	Thompson	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	15-18
4	100 BR LCM	1:26.84	456	Vivian	Lu	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	15-18
1	100 BR LCM	2:08.90	271	Brynn	Giuffre	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 B	8 & Under
1	100 BR LCM	1:18.09	668	Karis	Chen	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
2	100 BR LCM	1:20.24	768	Aelxandria	Suhre	F	METS	12/14/2024	2024 OZ METS Winter Invite	AAAA	Open
3	100 BR LCM	1:23.57	542	Georgia	Samet	F	METS	3/16/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 A	Open
4	100 BR LCM	1:24.12	588	Greta	Deist	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 A	Open
5	100 BR LCM	1:24.73	656	Ashley	Hong	F	METS	12/14/2024	2024 OZ METS Winter Invite	AAA	Open
6	100 BR LCM	1:26.54	449	Elise	Thompson	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
7	100 BR LCM	1:26.84	456	Vivian	Lu	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
8	100 BR LCM	1:33.74	349	Morgan	Mitton	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
9	100 BR LCM	1:37.24	485	Vivian	Cross	F	METS	12/14/2024	2024 OZ METS Winter Invite	BB	Open
10	100 BR LCM	1:41.70	286	Alvina	Farley	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	Open
11	100 BR LCM	1:41.76	716	Josephine	Forman	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 A	Open
12	100 BR LCM	1:45.23	653	Ava	Hong	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
13	100 BR LCM	1:45.31	324	Teagan	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
14	100 BR LCM	1:46.83	455	Betty	Cadagin	F	METS	12/14/2024	2024 OZ METS Winter Invite	A	Open
15	100 BR LCM	1:50.71	388	Eleanor	Forman	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
16	100 BR LCM	1:54.79	71	Aster	Carson	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
17	100 BR LCM	1:54.96	317	Ella	Engstrom	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
18	100 BR LCM	2:00.44	233	Hildi	Deist	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
19	100 BR LCM	2:08.90	271	Brvnn	Giuffre	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 B	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
20	100 BR LCM	2:10.50	248	Anna	Worman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
21	100 BR LCM	2:15.10	188	Taylor	Nanney	F	METS	6/23/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
1	200 BR LCM	3:01.86	684	Aelxandria	Suhre	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 AAA	11-12
2	200 BR LCM	3:02.70	675	Ashley	Hong	F	METS	8/3/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 AAA	11-12
3	200 BR LCM	3:51.05	327	Veronica	Giuffre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
1	200 BR LCM	3:05.63	523	Greta	Deist	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 A	13-14
2	200 BR LCM	3:17.69	386	Morgan	Mitton	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 BB	13-14
1	200 BR LCM	2:53.54	620	Karis	Chen	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AA	15-18
2	200 BR LCM	2:56.76	595	Georgia	Samet	F	METS	3/14/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 AA	15-18
3	200 BR LCM	3:14.50	387	Vivian	Lu	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	15-18
1	200 BR LCM	2:53.54	620	Karis	Chen	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
2	200 BR LCM	2:56.76	595	Georgia	Samet	F	METS	3/14/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 AA	Open
3	200 BR LCM	3:01.86	684	Aelxandria	Suhre	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 AAA	Open
4	200 BR LCM	3:02.70	675	Ashley	Hong	F	METS	8/3/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 AAA	Open
5	200 BR LCM	3:05.63	523	Greta	Deist	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 A	Open
6	200 BR LCM	3:14.50	387	Vivian	Lu	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
7	200 BR LCM	3:17.69	386	Morgan	Mitton	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 BB	Open
8	200 BR LCM	3:51.05	327	Veronica	Giuffre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
1	50 FL LCM	38.17	583	Ella	Engstrom	F	METS	8/2/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 AA	10 & Under
2	50 FL LCM	38.62	560	Eleanor	Forman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 AA	10 & Under
3	50 FL LCM	42.60	371	Hildi	Deist	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
4	50 FL LCM	43.09	349	Emma	Portell	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
5	50 FL LCM	44.60	285	Veronica	Giuffre	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
6	50 FL LCM	47.61	307	Josephine	Forman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	10 & Under
7	50 FL LCM	51.00	184	Ava	Hong	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	10 & Under

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
8	50 FL LCM	54.38	83	Brynn	Giuffre	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	10 & Under
9	50 FL LCM	1:01.98	1	Margo	Deist	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	10 & Under
10	50 FL LCM	1:05.44	1	Taylor	Nanney	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	10 & Under
11	50 FL LCM	1:06.98	1	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	10 & Under
1	50 FL LCM	33.97	590	Aelxandria	Suhre	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 A	11-12
2	50 FL LCM	36.20	457	Ashley	Hong	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	11-12
3	50 FL LCM	38.10	440	Eleanor	Forman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	11-12
4	50 FL LCM	42.46	224	Veronica	Giuffre	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	11-12
5	50 FL LCM	42.50	222	Teagan	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	11-12
6	50 FL LCM	42.75	135	Phoebe	Ankenbrandt	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	11-12
7	50 FL LCM	47.40	2	Alvina	Farley	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	11-12
8	50 FL LCM	50.34	1	Aubrey	Rickman	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	11-12
9	50 FL LCM	53.41	1	Harper	Redman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	11-12
1	50 FL LCM	40.81	1	Victoria	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	13-14
2	50 FL LCM	45.60	1	Stephanie	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	13-14
1	50 FL LCM	54.38	83	Brynn	Giuffre	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	8 & Under
2	50 FL LCM	1:01.98	1	Margo	Deist	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	8 & Under
3	50 FL LCM	1:06.98	1	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	8 & Under
1	50 FL LCM	33.97	590	Aelxandria	Suhre	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 A	Open
2	50 FL LCM	36.20	457	Ashley	Hong	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
3	50 FL LCM	38.10	440	Eleanor	Forman	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
4	50 FL LCM	38.17	583	Ella	Engstrom	F	METS	8/2/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 AA	Open
5	50 FL LCM	40.81	1	Victoria	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
6	50 FL LCM	42.46	224	Veronica	Giuffre	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	Open
7	50 FL LCM	42.50	222	Teagan	Moszer	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	Open
8	50 FL LCM	42.60	371	Hildi	Deist	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
9	50 FL LCM	42.75	135	Phoebe	Ankenbrandt	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
10	50 FL LCM	43.09	349	Emma	Portell	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
11	50 FL LCM	45.60	1	Stephanie	Hires	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
12	50 FL LCM	47.40	2	Alvina	Farley	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	Open
13	50 FL LCM	47.61	307	Josephine	Forman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	2020-2024 B	Open
14	50 FL LCM	50.34	1	Aubrey	Rickman	F	METS	7/13/2024	2024 OZ Independence Celebration	Slower than B	Open
15	50 FL LCM	51.00	184	Ava	Hong	F	METS	12/14/2024	2024 OZ METS Winter Invite	B	Open
16	50 FL LCM	53.41	1	Harper	Redman	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
17	50 FL LCM	54.38	83	Brynn	Giuffre	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
18	50 FL LCM	1:01.98	1	Margo	Deist	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
19	50 FL LCM	1:05.44	1	Taylor	Nanney	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	Open
20	50 FL LCM	1:06.98	1	Mary	Rose	F	METS	6/1/2024	2024 OZ Meet Me in St. Louis Invite	Slower than B	Open
1	100 FL LCM	1:30.04	528	Eleanor	Forman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 AA	10 & Under
2	100 FL LCM	1:35.57	422	Emma	Portell	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 A	10 & Under
3	100 FL LCM	1:37.44	388	Ella	Engstrom	F	METS	8/3/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 BB	10 & Under
4	100 FL LCM	1:41.15	323	Hildi	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
5	100 FL LCM	2:04.66	141	Josephine	Forman	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	10 & Under
6	100 FL LCM	2:18.22	24	Taylor	Nanney	F	METS	6/21/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	10 & Under
1	100 FL LCM	1:19.70	501	Aelxandria	Suhre	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 A	11-12
2	100 FL LCM	1:35.94	250	Eleanor	Forman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
3	100 FL LCM	1:36.30	243	Teagan	Moszer	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	11-12
4	100 FL LCM	1:38.76	114	Phoebe	Ankenbrandt	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	11-12
5	100 FL LCM	1:41.55	73	Alvina	Farley	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	11-12
6	100 FL LCM	1:49.65	1	Aubrey	Rickman	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	11-12
1	100 FL LCM	1:15.52	463	Greta	Deist	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	13-14
2	100 FL LCM	1:20.40	326	Morgan	Mitton	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 B	13-14
3	100 FL LCM	1:26.09	217	Addison	Gunn	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	13-14
4	100 FL LCM	1:32.02	92	Lydia	Cloud	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	13-14
1	100 FL LCM	1:10.90	578	Vivian	Lu	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 A	15-18
2	100 FL LCM	1:15.50	437	Georgia	Samet	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	15-18

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	100 FL LCM	1:10.90	578	Vivian	Lu	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 A	Open
2	100 FL LCM	1:15.50	437	Georgia	Samet	F	METS	4/13/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
3	100 FL LCM	1:15.52	463	Greta	Deist	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
4	100 FL LCM	1:19.70	501	Aelxandria	Suhre	F	METS	7/28/2024	2024 OZ Long Course Championships	2020-2024 A	Open
5	100 FL LCM	1:20.40	326	Morgan	Mitton	F	METS	7/26/2024	2024 OZ Long Course Championships	2020-2024 B	Open
6	100 FL LCM	1:26.09	217	Addison	Gunn	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
7	100 FL LCM	1:30.04	528	Eleanor	Forman	F	METS	5/4/2024	2024 OZ John Traube Memorial Meet	2020-2024 AA	Open
8	100 FL LCM	1:32.02	92	Lydia	Cloud	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	Open
9	100 FL LCM	1:35.57	422	Emma	Portell	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 A	Open
10	100 FL LCM	1:36.30	243	Teagan	Moszer	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	Open
11	100 FL LCM	1:37.44	388	Ella	Engstrom	F	METS	8/3/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 BB	Open
12	100 FL LCM	1:38.76	114	Phoebe	Ankenbrandt	F	METS	4/14/2024	2024 OZ Long Course Kick Off	Slower than B	Open
13	100 FL LCM	1:41.15	323	Hildi	Deist	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
14	100 FL LCM	1:41.55	73	Alvina	Farley	F	METS	12/14/2024	2024 OZ METS Winter Invite	Slower than B	Open
15	100 FL LCM	1:49.65	1	Aubrey	Rickman	F	METS	7/14/2024	2024 OZ Independence Celebration	Slower than B	Open
16	100 FL LCM	2:04.66	141	Josephine	Forman	F	METS	4/14/2024	2024 OZ Long Course Kick Off	2020-2024 B	Open
17	100 FL LCM	2:18.22	24	Taylor	Nanney	F	METS	6/21/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
1	200 FL LCM	3:01.03	272	Vivian	Lu	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	15-18
1	200 FL LCM	3:01.03	272	Vivian	Lu	F	METS	7/13/2024	2024 OZ Independence Celebration	2020-2024 B	Open
1	200 IM LCM	3:17.24	478	Ella	Engstrom	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	10 & Under
2	200 IM LCM	3:18.71	463	Eleanor	Forman	F	METS	4/12/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
3	200 IM LCM	3:29.05	362	Hildi	Deist	F	METS	4/12/2024	2024 OZ Long Course Kick Off	2020-2024 BB	10 & Under
4	200 IM LCM	3:29.48	358	Emma	Portell	F	METS	5/31/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	10 & Under
5	200 IM LCM	3:29.77	500	Josephine	Forman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
6	200 IM LCM	3:32.29	475	Ava	Hong	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	10 & Under
7	200 IM LCM	4:03.96	210	Anna	Worman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	10 & Under
8	200 IM LCM	4:26.45	75	Taylor	Nanney	F	METS	4/12/2024	2024 OZ Long Course Kick Off	Slower than B	10 & Under
1	200 IM LCM	2:43.82	639	Aelxandria	Suhre	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AA	11-12

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
2	200 IM LCM	2:48.55	574	Ashley	Hong	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 AA	11-12
3	200 IM LCM	3:05.72	459	Eleanor	Forman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	11-12
4	200 IM LCM	3:06.31	452	Teagan	Moszer	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	11-12
5	200 IM LCM	3:17.77	237	Alvina	Farley	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
6	200 IM LCM	3:25.90	164	Aubrey	Rickman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	11-12
7	200 IM LCM	3:34.81	95	Phoebe	Ankenbrandt	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	11-12
8	200 IM LCM	3:57.07	1	Harper	Redman	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	11-12
1	200 IM LCM	2:38.74	578	Greta	Deist	F	METS	5/31/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 AA	13-14
2	200 IM LCM	2:51.63	439	Morgan	Mitton	F	METS	5/3/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	13-14
1	200 IM LCM	2:36.17	595	Georgia	Samet	F	METS	3/17/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 AA	15-18
2	200 IM LCM	2:44.52	469	Vivian	Lu	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	15-18
3	200 IM LCM	2:57.43	291	Elise	Thompson	F	METS	5/3/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	15-18
1	200 IM LCM	2:36.17	595	Georgia	Samet	F	METS	3/17/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 AA	Open
2	200 IM LCM	2:38.74	578	Greta	Deist	F	METS	5/31/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 AA	Open
3	200 IM LCM	2:43.82	639	Aelxandria	Suhre	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 AA	Open
4	200 IM LCM	2:44.52	469	Vivian	Lu	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
5	200 IM LCM	2:48.55	574	Ashley	Hong	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	2020-2024 AA	Open
6	200 IM LCM	2:51.63	439	Morgan	Mitton	F	METS	5/3/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
7	200 IM LCM	2:57.43	291	Elise	Thompson	F	METS	5/3/2024	2024 OZ John Traube Memorial Meet	2020-2024 BB	Open
8	200 IM LCM	3:05.72	459	Eleanor	Forman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
9	200 IM LCM	3:06.31	452	Teagan	Moszer	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
10	200 IM LCM	3:17.24	478	Ella	Engstrom	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 BB	Open
11	200 IM LCM	3:17.77	237	Alvina	Farley	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
12	200 IM LCM	3:25.90	164	Aubrey	Rickman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
13	200 IM LCM	3:29.05	362	Hildi	Deist	F	METS	4/12/2024	2024 OZ Long Course Kick Off	2020-2024 BB	Open
14	200 IM LCM	3:29.48	358	Emma	Portell	F	METS	5/31/2024	2024 OZ Meet Me in St. Louis Invite	2020-2024 BB	Open
15	200 IM LCM	3:29.77	500	Josephine	Forman	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
16	200 IM LCM	3:32.29	475	Ava	Hong	F	METS	7/27/2024	2024 OZ Long Course Championships	2020-2024 BB	Open
17	200 IM LCM	3:34.81	95	Phoebe	Ankenbrandt	F	METS	5/5/2024	2024 OZ John Traube Memorial Meet	Slower than B	Open
18	200 IM LCM	3:57.07	1	Harper	Redman	F	METS	6/22/2024	2024 OZ 86th CSP Summer Invitational	Slower than B	Open
19	200 IM LCM	4:03.96	210	Anna	Worman	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 B	Open
20	200 IM LCM	4:26.45	75	Taylor	Nanney	F	METS	4/12/2024	2024 OZ Long Course Kick Off	Slower than B	Open
1	400 IM LCM	5:59.03	587	Aelxandria	Suhre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 AA	11-12
1	400 IM LCM	5:42.40	538	Morgan	Mitton	F	METS	8/1/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 A	13-14
1	400 IM LCM	5:32.10	574	Georgia	Samet	F	METS	3/15/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 AA	15-18
1	400 IM LCM	5:32.10	574	Georgia	Samet	F	METS	3/15/2024	2024 MV CSC SPEEDO SPRING SECTIONALS AT COLUMBIA	2020-2024 AA	Open
2	400 IM LCM	5:42.40	538	Morgan	Mitton	F	METS	8/1/2024	2024 ND Central Zone Championship - West Fargo	2020-2024 A	Open
3	400 IM LCM	5:59.03	587	Aelxandria	Suhre	F	METS	7/14/2024	2024 OZ Independence Celebration	2020-2024 AA	Open
1	200 FR-R LCM	2:40.66		Josie Forman, Brynn Giuffre, Ava Hong, Hildi Deist		F	METS	7/28/2024	2024 OZ Long Course Championships		10 & Under
2	200 FR-R LCM	3:09.71		Taylor Nanney, Betty Cadagin, Margo Deist, Brynn Giuffre		F	METS	7/14/2024	2024 OZ Independence Celebration		10 & Under
3	200 FR-R LCM	3:12.22		Margo Deist, Betty Cadagin, Lennox Moszer, Taylor Nanney		F	METS	4/13/2024	2024 OZ Long Course Kick Off		10 & Under
1	200 FR-R LCM	2:14.70		Alex Suhre, Ellie Forman, Teagan Moszer, Ashley Hong		F	METS	7/26/2024	2024 OZ Long Course Championships		11-12

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
2	200 FR-R LCM	2:15.92		Alex Suhre, Phoebe Ankenbrandt, Teagan Moszer, Ashley Hong		F	METS	4/13/2024	2024 OZ Long Course Kick Off		11-12
3	200 FR-R LCM	2:24.02		Aubrey Rickman, Rickman, Emma Portell, Alvina Farley, Phoebe Ankenbrandt		F	METS	7/26/2024	2024 OZ Long Course Championships		11-12
1	200 FR-R LCM	2:07.54		Greta Deist, Addison Gunn, Lydia Cloud, Morgan Mitton		F	METS	7/25/2024	2024 OZ Long Course Championships		13-14
1	200 FR-R LCM	1:56.23		Vivian Lu, Karis Chen, Eleni Kotzamanis, Georgia Samet		F	METS	7/25/2024	2024 OZ Long Course Championships		Open
2	200 FR-R LCM	2:03.62		Greta Deist, Alex Suhre, Morgan Mitton, Vivian Lu		F	METS	7/14/2024	2024 OZ Independence Celebration		Open
3	200 FR-R LCM	2:08.67		Georgia Samet, Morgan Mitton, Greta Deist, Vivian Lu		F	METS	4/13/2024	2024 OZ Long Course Kick Off		Open
4	200 FR-R LCM	2:23.15		Addie Embry, Lydia Cloud, Veronica Giuffre, Addison Gunn		F	METS	7/14/2024	2024 OZ Independence Celebration		Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
5	200 FR-R LCM	2:28.31		Phoebe Ankenbrandt, Ella Engstrom, Alvina Farley, Ellie Forman		F	METS	7/14/2024	2024 OZ Independence Celebration		Open
6	200 FR-R LCM	2:31.44		Emma Portell, Hildi Deist, Josie Forman, Teagan Moszer		F	METS	7/14/2024	2024 OZ Independence Celebration		Open
7	200 FR-R LCM	2:35.70		Emma Portell, Aster Carson, Ava Hong, Hildi Deist		F	METS	4/13/2024	2024 OZ Long Course Kick Off		Open
1	400 FR-R LCM	4:56.98		Alex Suhre, Ellie Forman, Teagan Moszer, Ashley Hong		F	METS	7/28/2024	2024 OZ Long Course Championships		11-12
2	400 FR-R LCM	5:24.35		Phoebe Ankenbrandt, Alvina Farley, Emma Portell, Aubrey Rickman, Rickman		F	METS	7/28/2024	2024 OZ Long Course Championships		11-12
1	400 FR-R LCM	4:15.33		Georgia Samet, Vivian Lu, Karis Chen, Eleni Kotzamanis		F	METS	7/28/2024	2024 OZ Long Course Championships		Open
1	200 MED-R LCM	3:01.30		Josie Forman, Ava Hong, Hildi Deist, Brynn Giuffre		F	METS	7/26/2024	2024 OZ Long Course Championships		10 & Under
2	200 MED-R	3:26.82		Brvnn		F	METS	7/13/2024	2024 OZ Independence Celebration		10 & Under

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	200 MED-R LCM	2:31.84		Alvina Farley, Alex Suhre, Ellie Forman, Ashley Hong		F	METS	7/27/2024	2024 OZ Long Course Championships		11-12
2	200 MED-R LCM	2:47.75		Phoebe Ankenbrandt, Aubrey Rickman, Rickman, Teagan Moszer, Emma Portell		F	METS	7/27/2024	2024 OZ Long Course Championships		11-12
1	200 MED-R LCM	2:25.08		Addison Gunn, Greta Deist, Morgan Mitton, Lydia Cloud		F	METS	7/25/2024	2024 OZ Long Course Championships		13-14
1	200 MED-R LCM	2:07.67		Eleni Kotzamanis, Karis Chen, Vivian Lu, Georgia Samet		F	METS	7/25/2024	2024 OZ Long Course Championships		Open
2	200 MED-R LCM	2:12.73		Greta Deist, Karis Chen, Vivian Lu, Georgia Samet		F	METS	4/14/2024	2024 OZ Long Course Kick Off		Open
3	200 MED-R LCM	2:19.47		Greta Deist, Alex Suhre, Morgan Mitton, Vivian Lu		F	METS	7/13/2024	2024 OZ Independence Celebration		Open
4	200 MED-R LCM	2:42.20		Lydia Cloud, Aster Carson, Addison Gunn, Addie Embry		F	METS	7/13/2024	2024 OZ Independence Celebration		Open

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
5	200 MED-R LCM	2:44.93		Phoebe Ankenbrandt, Alvina Farley, Ellie Forman, Ella Engstrom		F	METS	7/13/2024	2024 OZ Independence Celebration		Open
6	200 MED-R LCM	2:46.87		Phoebe Ankenbrandt, Alex Suhre, Hildi Deist, Teagan Moszer		F	METS	4/14/2024	2024 OZ Long Course Kick Off		Open
7	200 MED-R LCM	2:50.81		Teagan Moszer, Josie Forman, Veronica Giuffre, Emma Portell		F	METS	7/13/2024	2024 OZ Independence Celebration		Open
8	200 MED-R LCM	3:25.19		Aster Carson, Taylor Nanney, Emma Portell, Margo Deist		F	METS	4/14/2024	2024 OZ Long Course Kick Off		Open
1	400 MED-R LCM	5:33.26		Ashley Hong, Alex Suhre, Ellie Forman, Teagan Moszer		F	METS	7/26/2024	2024 OZ Long Course Championships		11-12
2	400 MED-R LCM	6:01.64		Phoebe Ankenbrandt, Alvina Farley, Emma Portell, Aubrey Rickman, Rickman		F	METS	7/26/2024	2024 OZ Long Course Championships		11-12

Metro East Titans Swimming LCM Times Report For 1/1/2024 - 12/31/2024



8/20/2025 6:08:25 PM

Rank	Event	Time	Power Points	First Name	Last Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	400 MED-R LCM	4:40.24		Eleni Kotzamanis, Karis Chen, Vivian Lu, Georgia Samet		F	METS	7/27/2024	2024 OZ Long Course Championships		Open