

Frank Poulin Jr. Memorial Invitational - 11/23/2024 to 11/24/2024**Results****Event 1 Girls 9 & Over 200 Yard Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Claire Grzybowski	15	East Coast Aquatic Team	2:11.01	2:15.69
2	Lizzie Shelton	14	East Coast Aquatic Team	2:14.87	2:16.15
3	Liza Gillam	17	East Coast Aquatic Team	2:10.29	2:16.60
4	Ashley Morrell	16	East Coast Aquatic Team	2:20.15	2:30.23
5	Emma Patterson	12	East Coast Aquatic Team	2:29.47	2:34.22
6	Brooklyn Barnett	11	East Coast Aquatic Team	3:24.77	2:37.66
7	Journye Harris	13	Norfolk Silver Dolphins	2:56.18	2:57.21
8	Katie Lee Beaman	11	East Coast Aquatic Team	2:52.53	3:02.74
9	Abbie Steinert	10	East Coast Aquatic Team	3:00.53	3:03.82

Event 2 Boys 9 & Over 200 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Alexander Nelson	13	East Coast Aquatic Team	2:05.19	2:05.94
2	Kingston Knight	15	East Coast Aquatic Team	2:06.43	2:06.51
3	Peyton Ippolito	14	East Coast Aquatic Team	2:13.29	2:11.81
4	Henry Wood	12	East Coast Aquatic Team	2:23.13	2:17.60
5	Donal Parilla	11	East Coast Aquatic Team	2:30.94	2:34.45
6	Ethan Diette	11	East Coast Aquatic Team	2:38.82	2:37.95
7	Nathaniel Lewis	11	East Coast Aquatic Team	2:35.21	2:43.17
8	Noah Bosmans	12	East Coast Aquatic Team	2:52.27	2:46.96
9	Luke Kozak	11	Norfolk Silver Dolphins	3:35.88	3:14.60
10	David Shelton	9	East Coast Aquatic Team	3:54.82	3:51.25

Event 3 Girls 50 Yard Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Sarah Landon	12	East Coast Aquatic Team	31.24	31.83
2	Sophia Rodriguez	11	East Coast Aquatic Team	39.43	38.84
3	Avery Cremean	9	Norfolk Silver Dolphins	NT	42.60
4	Kaitlyn Brodegard	13	Norfolk Silver Dolphins	45.98	43.32
5	Grace Beaman	11	East Coast Aquatic Team	44.37	43.40
6	Scarlett Bauer	13	Norfolk Silver Dolphins	1:00.18	46.50
7	Abby Hougard	9	East Coast Aquatic Team	53.40	47.87
8	Abbie Steinert	10	East Coast Aquatic Team	48.57	50.89
9	Alexa Reese	10	East Coast Aquatic Team	57.44	55.71
10	Lilly Maruszewski	10	Norfolk Silver Dolphins	1:27.75	1:07.37
11	Zuri Stephenson	7	East Coast Aquatic Team	NT	1:14.31
---	Vega Bauer	11	Norfolk Silver Dolphins	1:16.75	DQ

Event 4 Boys 50 Yard Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Bryan Syvertsen	14	East Coast Aquatic Team	28.34	28.74
2	Max Morris	13	East Coast Aquatic Team	39.76	32.16
3	Miles Bosmans	14	East Coast Aquatic Team	NT	33.08
4	Draco Font	11	East Coast Aquatic Team	40.83	38.88
5	Jared Blount	8	East Coast Aquatic Team	1:03.74	48.42
6	Christian Bacote	10	East Coast Aquatic Team	56.24	56.19
---	Tai Plummer	12	East Coast Aquatic Team	NT	DQ
---	Lan Holland	11	East Coast Aquatic Team	1:16.84	DQ
---	Aubrey Coyne	13	East Coast Aquatic Team	45.42	DQ

Frank Poulin Jr. Memorial Invitational - 11/23/2024 to 11/24/2024**Results****Event 5 Girls 100 Yard Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Sarah Landon	12	East Coast Aquatic Team	1:14.60	1:19.23
2	Claire Grzybowski	15	East Coast Aquatic Team	1:18.31	1:19.81
3	Allie Steinert	12	East Coast Aquatic Team	1:28.09	1:24.47
4	Liza Gillam	17	East Coast Aquatic Team	1:20.44	1:25.79
5	Payton Wood	14	East Coast Aquatic Team	1:24.42	1:27.92
6	Lizzie Shelton	14	East Coast Aquatic Team	1:27.07	1:28.09
7	Chiara Parilla	14	East Coast Aquatic Team	1:27.24	1:30.11
8	Ashley Morrell	16	East Coast Aquatic Team	1:33.02	1:33.73
9	Emma Patterson	12	East Coast Aquatic Team	1:30.35	1:34.03
10	Eloise Breguet	13	Norfolk Silver Dolphins	1:36.88	1:37.05
11	Journye Harris	13	Norfolk Silver Dolphins	1:48.43	1:47.57
12	Katie Lee Beaman	11	East Coast Aquatic Team	1:48.49	1:53.32
13	Scarlett Bauer	13	Norfolk Silver Dolphins	2:11.96	2:04.36

Event 6 Boys 100 Yard Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Bryan Syvertsen	14	East Coast Aquatic Team	1:08.29	1:15.69
2	Peyton Ippolito	14	East Coast Aquatic Team	1:21.60	1:19.42
3	Kingston Knight	15	East Coast Aquatic Team	1:19.13	1:19.54
4	Alexander Nelson	13	East Coast Aquatic Team	1:21.89	1:22.22
5	Miles Bosmans	14	East Coast Aquatic Team	1:40.90	1:25.37
6	Brayden Reese	13	East Coast Aquatic Team	1:30.63	1:27.22
7	Henry Wood	12	East Coast Aquatic Team	1:29.10	1:31.22
8	Donal Parilla	11	East Coast Aquatic Team	1:35.74	1:37.85
9	Chance Boney	13	Norfolk Silver Dolphins	NT	1:40.08
10	Draco Font	11	East Coast Aquatic Team	1:43.89	1:40.72
11	Owen Diette	10	East Coast Aquatic Team	1:54.56	1:50.82
12	Nathaniel Lewis	11	East Coast Aquatic Team	NT	2:04.83
---	Tai Plummer	12	East Coast Aquatic Team	NT	DQ

Event 7 Girls 100 Yard IM

	Name	Age	Team	Seed Time	Finals Time
1	Allie Steinert	12	East Coast Aquatic Team	1:14.83	1:12.86
2	Jordan Stallings	16	East Coast Aquatic Team	NT	1:24.65
3	Brooklyn Barnett	11	East Coast Aquatic Team	1:49.15	1:27.55
4	Journye Harris	13	Norfolk Silver Dolphins	1:28.36	1:33.45
5	Grace Beaman	11	East Coast Aquatic Team	1:32.79	1:33.68
6	Alexa Reese	10	East Coast Aquatic Team	1:49.25	1:46.64
7	Kaitlyn Brodegard	13	Norfolk Silver Dolphins	1:43.75	1:46.69
8	Kalina Maduro	9	East Coast Aquatic Team	NT	1:48.25
9	Lorelei Breguet	10	Norfolk Silver Dolphins	2:17.10	1:55.50
10	Vega Bauer	11	Norfolk Silver Dolphins	2:27.87	1:56.45
---	Scarlett Bauer	13	Norfolk Silver Dolphins	1:56.53	DQ
---	Lyla Goldman	12	Norfolk Silver Dolphins	1:30.77	DQ

Event 8 Boys 100 Yard IM

	Name	Age	Team	Seed Time	Finals Time
1	Bryan Syvertsen	14	East Coast Aquatic Team	1:01.44	1:05.22
2	Miles Bosmans	14	East Coast Aquatic Team	1:28.14	1:15.08
3	Max Morris	13	East Coast Aquatic Team	NT	1:17.02
4	Brayden Reese	13	East Coast Aquatic Team	1:26.86	1:17.05
5	Spencer Stead	14	Norfolk Silver Dolphins	NT	1:23.03

Frank Poulin Jr. Memorial Inviitational - 11/23/2024 to 11/24/2024**Results****(Event 8 Boys 100 Yard IM)**

	Name	Age	Team	Seed Time	Finals Time
6	Noah Bosmans	12	East Coast Aquatic Team	1:29.73	1:27.34
7	Draco Font	11	East Coast Aquatic Team	NT	1:27.58
8	Ethan Diette	11	East Coast Aquatic Team	1:29.26	1:27.62
9	Chance Boney	13	Norfolk Silver Dolphins	NT	1:31.88
10	Christian Bacote	10	East Coast Aquatic Team	1:47.64	1:47.04
11	Lan Holland	11	East Coast Aquatic Team	NT	2:01.52
---	Owen Diette	10	East Coast Aquatic Team	2:14.27	DQ
---	Luke Kozak	11	Norfolk Silver Dolphins	2:05.41	DQ
---	David Shelton	9	East Coast Aquatic Team	2:27.08	DQ
---	Kristofers Slosbergs	15	Norfolk Silver Dolphins	1:47.33	DQ
---	Zachary Neuhaus	9	Norfolk Silver Dolphins	NT	DQ

Event 9 Girls 10 & Under 25 Yard Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Kalina Maduro	9	East Coast Aquatic Team	NT	19.62
2	Stella Scibelli	8	East Coast Aquatic Team	19.75	20.22
*3	Maggie Mansour	8	East Coast Aquatic Team	NT	21.09
*3	Abby Hougard	9	East Coast Aquatic Team	NT	21.09
5	Aubrielle Jones	9	Norfolk Silver Dolphins	28.00	21.46
6	Skyler Hines	9	East Coast Aquatic Team	NT	21.50
7	Caydence Duncan	9	East Coast Aquatic Team	NT	21.61
8	Zuri Stephenson	7	East Coast Aquatic Team	28.59	22.39
9	Rian LaFleur	9	East Coast Aquatic Team	24.28	23.68
10	Lilly Maruszewski	10	Norfolk Silver Dolphins	NT	23.92
11	Indi Gaff	8	Norfolk Silver Dolphins	29.16	25.47
12	Vivian Hill	8	East Coast Aquatic Team	26.11	26.44
13	Alyssa Rae Crocker	7	East Coast Aquatic Team	NT	32.26
14	Sage Allen	5	East Coast Aquatic Team	40.65	37.12
---	Maisie Ratliff	6	East Coast Aquatic Team	NT	DQ

Event 10 Boys 10 & Under 25 Yard Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Jadiel Font	9	East Coast Aquatic Team	NT	20.51
2	Denham Boney	10	Norfolk Silver Dolphins	NT	21.25
3	Jared Blount	8	East Coast Aquatic Team	22.12	23.34
4	Noah Harder	9	Norfolk Silver Dolphins	NT	27.02
5	Taj Plummer	7	East Coast Aquatic Team	NT	27.59
6	Finnegan Gormley	6	Norfolk Silver Dolphins	33.54	28.23
7	Zachary Neuhaus	9	Norfolk Silver Dolphins	41.30	33.05
8	Ezekiel Bauer	7	Norfolk Silver Dolphins	48.61	41.48
---	William Brodegard	10	Norfolk Silver Dolphins	NT	DQ

Event 11 Girls 11 & Over 200 Yard Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Payton Wood	14	East Coast Aquatic Team	2:44.42	2:43.82
2	Claire Grzybowski	15	East Coast Aquatic Team	2:41.62	2:45.56
3	Jordan Stallings	16	East Coast Aquatic Team	NT	3:04.52

Event 12 Boys 11 & Over 200 Yard Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Alexander Nelson	13	East Coast Aquatic Team	2:40.83	2:38.83
2	Kingston Knight	15	East Coast Aquatic Team	3:12.49	2:42.87

Frank Poulin Jr. Memorial Invitational - 11/23/2024 to 11/24/2024**Results****Event 13 Girls 50 Yard Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Liza Gillam	17	East Coast Aquatic Team	26.24	27.79
2	Sarah Landon	12	East Coast Aquatic Team	28.43	29.13
3	Lizzie Shelton	14	East Coast Aquatic Team	29.39	30.28
4	Payton Wood	14	East Coast Aquatic Team	29.59	31.08
5	Jordan Stallings	16	East Coast Aquatic Team	32.87	31.09
6	Ashley Morrell	16	East Coast Aquatic Team	29.61	31.78
7	Chiara Parilla	14	East Coast Aquatic Team	31.55	33.03
8	Brooklyn Barnett	11	East Coast Aquatic Team	41.18	33.09
9	Emma Patterson	12	East Coast Aquatic Team	33.66	33.62
10	Riya Shah	13	East Coast Aquatic Team	NT	33.72
11	Sophia Rodriguez	11	East Coast Aquatic Team	35.27	34.20
12	Grace Beaman	11	East Coast Aquatic Team	35.19	35.54
13	Amelie Gerry	11	Norfolk Silver Dolphins	38.74	36.20
14	Katie Lee Beaman	11	East Coast Aquatic Team	35.80	37.04
15	Stella Scibelli	8	East Coast Aquatic Team	40.38	38.03
16	Abbie Steinert	10	East Coast Aquatic Team	38.67	39.34
17	Everleigh Russell	9	Norfolk Silver Dolphins	NT	40.50
18	Avery Cremean	9	Norfolk Silver Dolphins	40.84	40.68
19	Abby Hougard	9	East Coast Aquatic Team	37.84	40.84
20	Caydence Duncan	9	East Coast Aquatic Team	39.83	41.33
21	Alexa Reese	10	East Coast Aquatic Team	42.40	43.10
22	Kalina Maduro	9	East Coast Aquatic Team	47.41	43.65
23	Skyler Hines	9	East Coast Aquatic Team	52.99	43.96
24	Zuri Stephenson	7	East Coast Aquatic Team	1:00.27	44.53
25	Vega Bauer	11	Norfolk Silver Dolphins	46.43	46.61
26	Lorelei Breguet	10	Norfolk Silver Dolphins	45.72	46.71
27	Marilyn Knizekewich	9	Norfolk Silver Dolphins	1:15.77	47.11
28	Lilly Maruszewski	10	Norfolk Silver Dolphins	50.62	47.49
29	Rian LaFleur	9	East Coast Aquatic Team	52.14	48.52
30	Zoe Bauer	9	Norfolk Silver Dolphins	58.62	52.90
31	London Wilson	9	Norfolk Silver Dolphins	NT	58.31
32	Alyssa Rae Crocker	7	East Coast Aquatic Team	NT	1:11.40
33	Sage Allen	5	East Coast Aquatic Team	NT	1:59.35

Event 14 Boys 50 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Bryan Syvertsen	14	East Coast Aquatic Team	23.47	25.45
2	Miles Bosmans	14	East Coast Aquatic Team	28.37	27.58
3	Peyton Ippolito	14	East Coast Aquatic Team	28.20	28.34
4	Spencer Stead	14	Norfolk Silver Dolphins	30.66	30.10
5	Noah Bosmans	12	East Coast Aquatic Team	35.56	31.65
6	Draco Font	11	East Coast Aquatic Team	35.54	32.63
7	Chance Boney	13	Norfolk Silver Dolphins	NT	33.29
8	Ethan Diette	11	East Coast Aquatic Team	32.08	33.78
9	Aubrey Coyne	13	East Coast Aquatic Team	38.66	34.35
10	Nathaniel Lewis	11	East Coast Aquatic Team	34.27	34.58
11	Tai Plummer	12	East Coast Aquatic Team	NT	37.50
12	Christian Bacote	10	East Coast Aquatic Team	41.06	38.63
13	Luke Kozak	11	Norfolk Silver Dolphins	40.65	39.41
14	Denham Boney	10	Norfolk Silver Dolphins	NT	40.02
15	Jared Blount	8	East Coast Aquatic Team	50.44	41.91

Frank Poulin Jr. Memorial Invitational - 11/23/2024 to 11/24/2024**Results****(Event 14 Boys 50 Yard Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
16	Rihards Slosbergs	9	Norfolk Silver Dolphins	1:01.71	42.99
17	Noah Harder	9	Norfolk Silver Dolphins	47.14	45.43
18	Rett Cremean	7	Norfolk Silver Dolphins	NT	47.96
19	Reed Austin	12	East Coast Aquatic Team	50.63	49.35
20	Jadiel Font	9	East Coast Aquatic Team	46.25	49.63
21	Lan Holland	11	East Coast Aquatic Team	54.23	49.90
22	Owen Diette	10	East Coast Aquatic Team	44.68	50.77
23	David Shelton	9	East Coast Aquatic Team	47.14	54.39
24	Zachary Neuhaus	9	Norfolk Silver Dolphins	54.80	55.11
25	Taj Plummer	7	East Coast Aquatic Team	NT	58.57

Event 15 Girls 100 Yard Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Sarah Landon	12	East Coast Aquatic Team	1:11.80	1:11.70
2	Lizzie Shelton	14	East Coast Aquatic Team	1:12.16	1:12.31
3	Allie Steinert	12	East Coast Aquatic Team	1:14.14	1:14.86
4	Liza Gillam	17	East Coast Aquatic Team	1:08.00	1:15.79
5	Payton Wood	14	East Coast Aquatic Team	1:14.85	1:16.37
6	Ashley Morrell	16	East Coast Aquatic Team	1:13.25	1:17.27
7	Jordan Stallings	16	East Coast Aquatic Team	1:19.09	1:20.88
8	Lyla Goldman	12	Norfolk Silver Dolphins	1:24.80	1:24.02
9	Brooklyn Barnett	11	East Coast Aquatic Team	NT	1:24.57
10	Emma Patterson	12	East Coast Aquatic Team	1:22.16	1:27.77
11	Sophia Rodriguez	11	East Coast Aquatic Team	1:28.02	1:28.70
12	Eloise Breguet	13	Norfolk Silver Dolphins	1:22.74	1:30.06
13	Journye Harris	13	Norfolk Silver Dolphins	1:29.73	1:31.11
14	Riya Shah	13	East Coast Aquatic Team	NT	1:35.91
15	Abbie Steinert	10	East Coast Aquatic Team	1:39.92	1:39.48
16	Scarlett Bauer	13	Norfolk Silver Dolphins	1:41.55	1:43.07
17	Kalina Maduro	9	East Coast Aquatic Team	NT	1:43.51
18	Caydence Duncan	9	East Coast Aquatic Team	NT	1:51.83
---	Kaitlyn Brodegard	13	Norfolk Silver Dolphins	1:38.64	DQ

Event 16 Boys 100 Yard Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Kingston Knight	15	East Coast Aquatic Team	1:05.68	1:06.05
2	Alexander Nelson	13	East Coast Aquatic Team	1:08.87	1:07.48
3	Henry Wood	12	East Coast Aquatic Team	1:10.92	1:10.43
4	Max Morris	13	East Coast Aquatic Team	NT	1:18.34
5	Noah Bosmans	12	East Coast Aquatic Team	1:26.61	1:24.23
6	Aubrey Coyne	13	East Coast Aquatic Team	NT	1:28.95
7	Chance Boney	13	Norfolk Silver Dolphins	NT	1:32.59
8	Christian Bacote	10	East Coast Aquatic Team	1:42.33	1:42.61
9	Jadiel Font	9	East Coast Aquatic Team	NT	1:48.00
10	Lan Holland	11	East Coast Aquatic Team	1:58.81	1:50.84
11	David Shelton	9	East Coast Aquatic Team	2:05.06	2:11.12
---	Donal Parilla	11	East Coast Aquatic Team	1:30.35	DQ
---	Nathaniel Lewis	11	East Coast Aquatic Team	1:34.68	DQ
---	Luke Kozak	11	Norfolk Silver Dolphins	1:50.88	DQ
---	Tai Plummer	12	East Coast Aquatic Team	NT	DQ
---	Kristofers Slosbergs	15	Norfolk Silver Dolphins	2:04.88	DQ

Frank Poulin Jr. Memorial Invitational - 11/23/2024 to 11/24/2024**Results****Event 17 Girls 10 & Under 25 Yard Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Stella Scibelli	8	East Coast Aquatic Team	23.25	23.51
2	Abby Hougard	9	East Coast Aquatic Team	NT	24.34
3	Rian LaFleur	9	East Coast Aquatic Team	25.27	25.05
4	Avery Cremean	9	Norfolk Silver Dolphins	NT	26.09
5	Maggie Mansour	8	East Coast Aquatic Team	NT	29.95
6	Skyler Hines	9	East Coast Aquatic Team	NT	30.94
7	Zuri Stephenson	7	East Coast Aquatic Team	34.23	31.97
---	Sage Allen	5	East Coast Aquatic Team	NT	DQ
---	Vivian Hill	8	East Coast Aquatic Team	NT	DQ
---	Lilly Maruszewski	10	Norfolk Silver Dolphins	NT	DQ
---	Caydence Duncan	9	East Coast Aquatic Team	NT	DQ
---	Aubrielle Jones	9	Norfolk Silver Dolphins	35.47	DQ
---	Marilyn Knizekewich	9	Norfolk Silver Dolphins	47.14	DQ
---	Indi Gaff	8	Norfolk Silver Dolphins	NT	DQ
---	Everleigh Russell	9	Norfolk Silver Dolphins	NT	DQ
---	Zoe Bauer	9	Norfolk Silver Dolphins	NT	DQ
---	Alyssa Rae Crocker	7	East Coast Aquatic Team	NT	DQ

Event 18 Boys 10 & Under 25 Yard Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Owen Diette	10	East Coast Aquatic Team	31.72	23.19
2	Denham Boney	10	Norfolk Silver Dolphins	NT	24.00
3	Jared Blount	8	East Coast Aquatic Team	26.06	27.10
4	Rett Cremean	7	Norfolk Silver Dolphins	NT	30.18
5	Jadiel Font	9	East Coast Aquatic Team	NT	30.60
6	Noah Harder	9	Norfolk Silver Dolphins	NT	31.13
7	Taj Plummer	7	East Coast Aquatic Team	NT	36.12
---	Zachary Neuhaus	9	Norfolk Silver Dolphins	51.98	DQ

Event 19 Girls 11 & Over 1000 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Allie Steinert	12	East Coast Aquatic Team	NT	11:41.60
2	Claire Grzybowski	15	East Coast Aquatic Team	11:41.39	11:56.76
3	Chiara Parilla	14	East Coast Aquatic Team	13:15.31	13:20.10

Event 20 Boys 11 & Over 1000 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Peyton Ippolito	14	East Coast Aquatic Team	11:59.99	12:02.13
2	Brayden Reese	13	East Coast Aquatic Team	NT	12:07.05

Event 21 Girls 9 & Over 200 Yard IM

	Name	Age	Team	Seed Time	Finals Time
1	Emma Landon	16	East Coast Aquatic Team	2:20.79	2:28.06
2	Claire Grzybowski	15	East Coast Aquatic Team	2:31.90	2:33.76
3	Allie Steinert	12	East Coast Aquatic Team	2:40.48	2:35.76
4	Liza Gillam	17	East Coast Aquatic Team	2:32.71	2:36.56
5	Lizzie Shelton	14	East Coast Aquatic Team	2:33.82	2:36.86
6	Payton Wood	14	East Coast Aquatic Team	2:33.05	2:40.16
7	Emma Patterson	12	East Coast Aquatic Team	2:57.32	2:51.01
8	Olivia Karunaratne	10	East Coast Aquatic Team	3:09.57	3:10.63
9	Abbie Steinert	10	East Coast Aquatic Team	3:56.36	3:35.28
---	Scarlett Bauer	13	Norfolk Silver Dolphins	NT	DQ

Frank Poulin Jr. Memorial Inviitational - 11/23/2024 to 11/24/2024**Results****Event 22 Boys 9 & Over 200 Yard IM**

	Name	Age	Team	Seed Time	Finals Time
1	Kingston Knight	15	East Coast Aquatic Team	2:23.84	2:22.86
2	Alexander Nelson	13	East Coast Aquatic Team	2:26.43	2:30.45
3	Joshua McGee	15	East Coast Aquatic Team	NT	2:30.81
4	Peyton Ippolito	14	East Coast Aquatic Team	2:29.52	2:35.16
5	Henry Wood	12	East Coast Aquatic Team	2:42.35	2:39.12
6	Brayden Reese	13	East Coast Aquatic Team	2:43.98	2:43.52
7	Nathan Robinson	11	East Coast Aquatic Team	3:10.32	2:48.63
---	Donal Parilla	11	East Coast Aquatic Team	3:04.82	DQ

Event 23 Girls 50 Yard Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Sarah Landon	12	East Coast Aquatic Team	34.00	33.47
2	Allie Steinert	12	East Coast Aquatic Team	34.84	34.96
3	Nina Knizekewich	12	Norfolk Silver Dolphins	43.31	36.57
4	Brooklyn Barnett	11	East Coast Aquatic Team	48.65	38.76
5	Sophia Rodriguez	11	East Coast Aquatic Team	41.32	41.42
6	Grace Beaman	11	East Coast Aquatic Team	43.75	41.56
7	Riya Shah	13	East Coast Aquatic Team	NT	42.61
*8	Kalina Maduro	9	East Coast Aquatic Team	44.75	42.63
*8	Stella Scibelli	8	East Coast Aquatic Team	44.41	42.63
10	Amelie Gerry	11	Norfolk Silver Dolphins	48.21	45.31
11	Alexa Reese	10	East Coast Aquatic Team	44.83	45.66
12	Audrey Grace Johnson	9	East Coast Aquatic Team	48.01	47.64
13	Caydence Duncan	9	East Coast Aquatic Team	45.08	47.82
14	Vega Bauer	11	Norfolk Silver Dolphins	52.08	50.43
15	Skyler Hines	9	East Coast Aquatic Team	NT	51.29
16	Rose Shanahan	11	Norfolk Silver Dolphins	48.63	51.56
17	Holly West	10	East Coast Aquatic Team	NT	55.36
18	Lorelei Breguet	10	Norfolk Silver Dolphins	51.69	55.83
19	Zoe Bauer	9	Norfolk Silver Dolphins	1:03.86	58.99
20	Sage Allen	5	East Coast Aquatic Team	1:24.50	1:18.56
---	Alyssa Rae Crocker	7	East Coast Aquatic Team	NT	DQ
---	Everleigh Russell	9	Norfolk Silver Dolphins	NT	DQ
---	Zuri Stephenson	7	East Coast Aquatic Team	52.89	DQ

Event 24 Boys 50 Yard Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Bryan Syvertsen	14	East Coast Aquatic Team	28.75	30.07
2	Max Morris	13	East Coast Aquatic Team	39.05	34.60
3	Nathan Robinson	11	East Coast Aquatic Team	38.16	38.72
4	Q Rapley	10	East Coast Aquatic Team	41.16	41.15
5	Aubrey Coyne	13	East Coast Aquatic Team	NT	41.26
6	Brody Johnson	9	East Coast Aquatic Team	43.28	42.63
7	Draco Font	11	East Coast Aquatic Team	43.33	43.65
8	Christian Bacote	10	East Coast Aquatic Team	44.12	45.61
9	Lan Holland	11	East Coast Aquatic Team	55.95	49.30
10	Jadiel Font	9	East Coast Aquatic Team	48.22	49.61
11	Jared Blount	8	East Coast Aquatic Team	48.03	50.99
12	Rihards Slosbergs	9	Norfolk Silver Dolphins	NT	53.53
13	Owen Diette	10	East Coast Aquatic Team	56.71	54.68
14	Dustin Rauch	12	Norfolk Silver Dolphins	59.09	54.82

Frank Poulin Jr. Memorial Invitational - 11/23/2024 to 11/24/2024**Results****(Event 24 Boys 50 Yard Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
15	David Shelton	9	East Coast Aquatic Team	58.35	59.09
16	Dillon Rauch	9	Norfolk Silver Dolphins	53.15	59.28
17	William West	7	East Coast Aquatic Team	NT	1:06.51
---	Nathaniel Lewis	11	East Coast Aquatic Team	43.30	DQ
---	Reed Austin	12	East Coast Aquatic Team	NT	DQ

Event 25 Girls 100 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Emma Landon	16	East Coast Aquatic Team	56.93	1:00.23
2	Sarah Landon	12	East Coast Aquatic Team	1:01.10	1:01.58
3	Liza Gillam	17	East Coast Aquatic Team	58.12	1:02.14
4	Allie Steinert	12	East Coast Aquatic Team	1:03.56	1:04.35
5	Claire Grzybowski	15	East Coast Aquatic Team	1:02.21	1:04.66
6	Chiara Parilla	14	East Coast Aquatic Team	1:09.50	1:08.49
7	Jordan Stallings	16	East Coast Aquatic Team	1:10.49	1:08.86
8	Lyla Goldman	12	Norfolk Silver Dolphins	1:13.41	1:10.68
9	Brooklyn Barnett	11	East Coast Aquatic Team	NT	1:12.27
10	Nina Knizekewich	12	Norfolk Silver Dolphins	1:13.24	1:12.90
11	Emma Patterson	12	East Coast Aquatic Team	1:10.28	1:13.41
12	Riya Shah	13	East Coast Aquatic Team	NT	1:14.27
13	Scarlett Bauer	13	Norfolk Silver Dolphins	1:23.10	1:15.44
14	Journye Harris	13	Norfolk Silver Dolphins	1:15.90	1:16.80
15	Sophia Rodriguez	11	East Coast Aquatic Team	1:15.76	1:17.34
16	Olivia Karunaratne	10	East Coast Aquatic Team	1:22.81	1:19.95
17	Amelie Gerry	11	Norfolk Silver Dolphins	1:26.63	1:24.40
18	Alexa Reese	10	East Coast Aquatic Team	1:28.15	1:28.31
19	Kalina Maduro	9	East Coast Aquatic Team	1:29.70	1:29.50
20	Caydence Duncan	9	East Coast Aquatic Team	NT	1:32.67
21	Abbie Steinert	10	East Coast Aquatic Team	1:24.91	1:33.49
22	Everleigh Russell	9	Norfolk Silver Dolphins	NT	1:33.50
23	Audrey Grace Johnson	9	East Coast Aquatic Team	1:30.16	1:35.05
---	Skyler Hines	9	East Coast Aquatic Team	NT	DQ

Event 26 Boys 100 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Bryan Syvertsen	14	East Coast Aquatic Team	52.84	54.68
2	Kingston Knight	15	East Coast Aquatic Team	59.03	58.38
3	Joshua McGee	15	East Coast Aquatic Team	59.67	58.94
4	Peyton Ippolito	14	East Coast Aquatic Team	1:01.03	1:01.66
5	Max Morris	13	East Coast Aquatic Team	1:15.31	1:07.39
6	Nathan Robinson	11	East Coast Aquatic Team	1:07.95	1:09.94
7	Nathaniel Lewis	11	East Coast Aquatic Team	1:12.63	1:14.53
8	Kristofers Slosbergs	15	Norfolk Silver Dolphins	1:19.36	1:14.81
9	Draco Font	11	East Coast Aquatic Team	1:12.46	1:15.80
10	Aubrey Coyne	13	East Coast Aquatic Team	1:15.18	1:16.11
11	Christian Bacote	10	East Coast Aquatic Team	1:35.05	1:26.03
12	Brody Johnson	9	East Coast Aquatic Team	1:27.43	1:31.12
13	Dustin Rauch	12	Norfolk Silver Dolphins	1:32.17	1:42.28
14	Jadiel Font	9	East Coast Aquatic Team	1:40.05	1:43.33
15	David Shelton	9	East Coast Aquatic Team	1:46.44	1:48.98
16	Lan Holland	11	East Coast Aquatic Team	1:54.55	1:52.34
17	Reed Austin	12	East Coast Aquatic Team	NT	1:52.68

Frank Poulin Jr. Memorial Invitational - 11/23/2024 to 11/24/2024**Results****Event 27 Girls 10 & Under 25 Yard Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Stella Scibelli	8	East Coast Aquatic Team	21.37	20.63
2	Kalina Maduro	9	East Coast Aquatic Team	NT	23.19
3	Caydence Duncan	9	East Coast Aquatic Team	23.37	25.00
4	Maggie Mansour	8	East Coast Aquatic Team	NT	25.45
5	Marilyn Knizekewich	9	Norfolk Silver Dolphins	NT	25.56
6	Everleigh Russell	9	Norfolk Silver Dolphins	NT	27.00
7	Rian LaFleur	9	East Coast Aquatic Team	45.37	29.90
---	Skyler Hines	9	East Coast Aquatic Team	24.26	DQ
---	Indi Gaff	8	Norfolk Silver Dolphins	NT	DQ
---	Lilly Maruszewski	10	Norfolk Silver Dolphins	NT	DQ
---	Vivian Hill	8	East Coast Aquatic Team	NT	DQ
---	Sage Allen	5	East Coast Aquatic Team	NT	DQ
---	Alyssa Rae Crocker	7	East Coast Aquatic Team	NT	DQ
---	Zuri Stephenson	7	East Coast Aquatic Team	33.41	DQ

Event 28 Boys 10 & Under 25 Yard Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Jared Blount	8	East Coast Aquatic Team	19.18	20.34
2	Noah Harder	9	Norfolk Silver Dolphins	NT	27.83
---	Dillon Rauch	9	Norfolk Silver Dolphins	NT	DQ
---	Owen Diette	10	East Coast Aquatic Team	39.26	DQ
---	Jadiel Font	9	East Coast Aquatic Team	NT	DQ

Event 29 Girls 11 & Over 200 Yard Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Lizzie Shelton	14	East Coast Aquatic Team	2:29.92	2:27.90
2	Payton Wood	14	East Coast Aquatic Team	2:31.57	2:31.64
3	Claire Grzybowski	15	East Coast Aquatic Team	2:28.86	2:32.47
4	Liza Gillam	17	East Coast Aquatic Team	2:31.58	2:48.79
5	Jordan Stallings	16	East Coast Aquatic Team	NT	2:55.52

Event 30 Boys 11 & Over 200 Yard Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Kingston Knight	15	East Coast Aquatic Team	2:18.87	2:17.92
2	Henry Wood	12	East Coast Aquatic Team	2:36.91	2:26.03
3	Joshua McGee	15	East Coast Aquatic Team	NT	2:27.53
4	Brayden Reese	13	East Coast Aquatic Team	2:38.87	2:40.59
---	Alexander Nelson	13	East Coast Aquatic Team	2:24.01	DQ

Event 31 Girls 50 Yard Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Sarah Landon	12	East Coast Aquatic Team	34.63	37.06
2	Allie Steinert	12	East Coast Aquatic Team	41.85	40.65
3	Brooklyn Barnett	11	East Coast Aquatic Team	NT	45.83
4	Riya Shah	13	East Coast Aquatic Team	NT	47.95
5	Katie Lee Beaman	11	East Coast Aquatic Team	49.82	48.62
6	Olivia Karunaratne	10	East Coast Aquatic Team	57.43	51.93
7	Rian LaFleur	9	East Coast Aquatic Team	58.90	56.17
8	Kalina Maduro	9	East Coast Aquatic Team	55.14	57.21
9	Lorelei Breguet	10	Norfolk Silver Dolphins	59.31	57.85
10	Abbie Steinert	10	East Coast Aquatic Team	54.58	58.97
11	Alexa Reese	10	East Coast Aquatic Team	58.95	59.25

Frank Poulin Jr. Memorial Inviitational - 11/23/2024 to 11/24/2024**Results****(Event 31 Girls 50 Yard Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
12	Rose Shanahan	11	Norfolk Silver Dolphins	1:04.54	59.74
13	Audrey Grace Johnson	9	East Coast Aquatic Team	1:00.42	1:07.09
14	Zuri Stephenson	7	East Coast Aquatic Team	NT	1:17.65
---	Holly West	10	East Coast Aquatic Team	NT	DQ
---	Vega Bauer	11	Norfolk Silver Dolphins	1:22.15	DQ

Event 32 Boys 50 Yard Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Bryan Syvertsen	14	East Coast Aquatic Team	32.04	34.29
2	Nathan Robinson	11	East Coast Aquatic Team	44.07	43.37
3	Donal Parilla	11	East Coast Aquatic Team	46.84	43.91
4	Kristofers Slosbergs	15	Norfolk Silver Dolphins	NT	44.33
5	Q Rapley	10	East Coast Aquatic Team	51.25	47.80
6	Aubrey Coyne	13	East Coast Aquatic Team	NT	48.44
7	Nathaniel Lewis	11	East Coast Aquatic Team	54.46	53.55
8	Owen Diette	10	East Coast Aquatic Team	53.00	54.62
9	Christian Bacote	10	East Coast Aquatic Team	1:03.86	59.69
10	Jared Blount	8	East Coast Aquatic Team	1:09.49	1:01.05
11	Noah Harder	9	Norfolk Silver Dolphins	1:15.68	1:08.15
---	Dustin Rauch	12	Norfolk Silver Dolphins	1:16.45	DQ
---	Lan Holland	11	East Coast Aquatic Team	NT	DQ
---	Draco Font	11	East Coast Aquatic Team	45.97	DQ
---	Dillon Rauch	9	Norfolk Silver Dolphins	NT	DQ
---	David Shelton	9	East Coast Aquatic Team	NT	DQ

Event 33 Girls 100 Yard Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Emma Landon	16	East Coast Aquatic Team	1:03.19	1:06.35
2	Liza Gillam	17	East Coast Aquatic Team	1:10.90	1:15.62
3	Jordan Stallings	16	East Coast Aquatic Team	NT	1:21.40
4	Emma Patterson	12	East Coast Aquatic Team	1:19.52	1:25.94
5	Journye Harris	13	Norfolk Silver Dolphins	1:39.46	1:40.87

Event 34 Boys 100 Yard Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Bryan Syvertsen	14	East Coast Aquatic Team	1:01.45	1:05.40
2	Kingston Knight	15	East Coast Aquatic Team	1:09.60	1:09.99
3	Joshua McGee	15	East Coast Aquatic Team	1:09.55	1:13.57
4	Henry Wood	12	East Coast Aquatic Team	1:22.23	1:28.18
5	Nathaniel Lewis	11	East Coast Aquatic Team	NT	1:32.49
---	Draco Font	11	East Coast Aquatic Team	NT	DQ

Event 35 Girls 10 & Under 25 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Stella Scibelli	8	East Coast Aquatic Team	16.62	17.29
2	Caydence Duncan	9	East Coast Aquatic Team	NT	17.55
3	Skyler Hines	9	East Coast Aquatic Team	18.32	17.73
4	Maggie Mansour	8	East Coast Aquatic Team	NT	17.90
5	Abbie Steinert	10	East Coast Aquatic Team	26.64	18.09
6	Zuri Stephenson	7	East Coast Aquatic Team	21.22	19.78
7	Marilyn Knizekewich	9	Norfolk Silver Dolphins	29.96	20.09
8	Holly West	10	East Coast Aquatic Team	NT	20.87
9	Vivian Hill	8	East Coast Aquatic Team	NT	21.52

Frank Poulin Jr. Memorial Inviitational - 11/23/2024 to 11/24/2024**Results****(Event 35 Girls 10 & Under 25 Yard Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
10	Rian LaFleur	9	East Coast Aquatic Team	22.79	21.84
11	Lilly Maruszewski	10	Norfolk Silver Dolphins	NT	22.24
12	Indi Gaff	8	Norfolk Silver Dolphins	27.32	22.40
13	Maisie Ratliff	6	East Coast Aquatic Team	NT	33.95
---	Alyssa Rae Crocker	7	East Coast Aquatic Team	NT	DQ
---	Sage Allen	5	East Coast Aquatic Team	37.56	DQ

Event 36 Boys 10 & Under 25 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Q Rapley	10	East Coast Aquatic Team	NT	14.94
2	Christian Bacote	10	East Coast Aquatic Team	NT	16.68
3	Brody Johnson	9	East Coast Aquatic Team	16.95	17.20
4	Jared Blount	8	East Coast Aquatic Team	16.97	18.16
5	Jadiel Font	9	East Coast Aquatic Team	NT	18.28
6	Noah Harder	9	Norfolk Silver Dolphins	NT	20.48
7	David Shelton	9	East Coast Aquatic Team	22.10	21.89
8	William West	7	East Coast Aquatic Team	NT	22.44
9	Finnegan Gormley	6	Norfolk Silver Dolphins	28.75	25.64
10	Ezekiel Bauer	7	Norfolk Silver Dolphins	33.31	27.75

Event 37 Girls 11 & Over 200 Yard Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Sarah Landon	12	East Coast Aquatic Team	2:41.23	2:43.60
2	Lizzie Shelton	14	East Coast Aquatic Team	2:59.44	3:04.73
3	Payton Wood	14	East Coast Aquatic Team	2:56.53	3:06.65

Event 38 Boys 11 & Over 200 Yard Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Alexander Nelson	13	East Coast Aquatic Team	2:55.55	2:52.17
2	Peyton Ippolito	14	East Coast Aquatic Team	2:50.23	2:52.94
3	Brayden Reese	13	East Coast Aquatic Team	3:05.89	3:05.03

Event 39 Girls 9 & Over 500 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Lizzie Shelton	14	East Coast Aquatic Team	5:48.84	5:52.64
2	Chiara Parilla	14	East Coast Aquatic Team	6:24.50	6:27.32
3	Emma Patterson	12	East Coast Aquatic Team	6:25.80	6:44.51
4	Jordan Stallings	16	East Coast Aquatic Team	7:05.51	6:56.82
5	Brooklyn Barnett	11	East Coast Aquatic Team	NT	7:09.67
6	Sophia Rodriguez	11	East Coast Aquatic Team	7:29.14	7:24.57
7	Grace Beaman	11	East Coast Aquatic Team	NT	7:30.48
8	Katie Lee Beaman	11	East Coast Aquatic Team	7:56.06	7:44.33
9	Rose Shanahan	11	Norfolk Silver Dolphins	NT	9:22.44

Event 40 Boys 9 & Over 500 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Alexander Nelson	13	East Coast Aquatic Team	5:41.14	5:38.73
2	Peyton Ippolito	14	East Coast Aquatic Team	5:51.39	5:55.64
3	Donal Parilla	11	East Coast Aquatic Team	6:47.82	6:47.71