

## 2023 YMCA National SC Swimming Championship, Sanction #: NC 23034AP

Greensboro NC 4/02-4/07 2023

## Meet Program - 4th Day Finals

**Event 401 Women 500 Yard Freestyle**

Championship: 4:39.13 4/3/2014 Courtney Harnish

National: 4:39.13 4/3/2014 Courtney Harnish

5:07.69 QUAL 2023 National Qual

**Lane Name Age Team Prelims****Heat 1 B - Final**

1	Elodie Mitchell	17	YOTA	5:01.96	QUAL
2	Bridget Davis	17	FSPY	5:00.94	QUAL
3	Nina Shulik	16	DYP	4:59.71	QUAL
4	Olivia Herbert	18	RYWC	4:59.30	QUAL
5	Ava Knopsnyder	16	RY	4:59.60	QUAL
6	Katelyn Fitzgerald	18	WEST	5:00.31	QUAL
7	Kelley Hassett	16	BBD	5:01.61	QUAL
8	Kiersten Dietschweiler	14	OSHY	5:02.35	QUAL

**Heat 2 A - Final**

1	Virginia Hastings	17	WYW	4:58.53	QUAL
2	McKenna Potteiger	16	YY	4:57.35	QUAL
3	Madi McGlothen	17	YKVK	4:54.21	QUAL
4	Hayden Penny	16	YSSC	4:52.88	QUAL
5	Ava Sutphin	17	ABLY	4:53.68	QUAL
6	Zoe Schneider	17	YY	4:56.32	QUAL
7	Julia Barto	16	CDOG	4:57.67	QUAL
8	Taylor Goodwin	15	WNCY	4:58.83	QUAL

**Heat 3 C - Final**

1	Casey Sanders	17	FFYS	5:03.13	QUAL
2	Megan Gangaway	17	LEHY	5:03.00	QUAL
3	Mia Hatzis	16	RYWC	5:02.46	QUAL
4	Amelia Doetsch	15	BYB	5:02.35	QUAL
5	Colleen Bull	15	GSCY	5:02.40	QUAL
6	Kimberly Shannon	17	GSVY	5:02.72	QUAL
7	Audrey Laganelli	17	UMLY	5:03.09	QUAL
8	Katie Pestrighelli	17	GSCY	5:03.48	QUAL

**Alternates**

1	Holly Lenarz	17	STC	5:04.12	
2	Kaitlyn Bauer	18	LY	5:04.72	

**Heat 4 D - Final**

1	Sarah McGann	14	WCAY	5:12.79	
2	Serena Dickey	14	LHY	5:08.24	
3	Audrina Sutphin	14	ABLY	5:07.53	QUAL
4	Josie Marino	14	WFY	5:05.80	QUAL
5	Maegan Grisanti	13	WRAT	5:06.42	QUAL
6	Kathryn Cinson	15	YSST	5:08.22	
7	Ivy Slavinski	15	GMNY	5:08.40	
8	Skyler Jansen	15	BBD	5:13.48	

**Alternates**

1	Sara Wells	15	CA-Y	5:15.10	
2	Taia Schneider	14	YSSC	5:18.13	

**Event 402 Men 500 Yard Freestyle**

Championship: 4:18.01 4/5/2011 Nicholas Caldwell

National: 4:18.01 4/5/2011 Nicholas Caldwell

4:45.49 QUAL 2023 National Qual

**Lane Name Age Team Prelims****Heat 1 B - Final**

1	Riqui Iturbe Cosano	16	GSCY	4:35.13	QUAL
2	Nathan Spetz	17	PCY	4:34.28	QUAL
3	JC Gordon	17	LY	4:33.49	QUAL
4	Owen Markowitz	17	LHY	4:32.88	QUAL
5	Dan Godino	18	RYWC	4:33.16	QUAL
6	Logan Richards	18	UMLY	4:33.55	QUAL
7	Cody Lonsberry	15	IVY	4:34.90	QUAL
8	Nick Bracall	18	YSSC	4:35.41	QUAL

**Heat 2 A - Final**

1	Nolan Miller	18	HEAT	4:32.00	QUAL
2	Isaac Carr	15	HEAT	4:31.97	QUAL
3	Teddy Blake	17	YOTA	4:30.86	QUAL
4	David King	17	CA-Y	4:27.02	QUAL
5	Isaac Fleig	18	SSTY	4:29.80	QUAL
6	Bryce Menchhofer	17	BASH	4:30.98	QUAL
7	Angus MacDonald	17	BBD	4:31.98	QUAL
8	Riley Twiss	18	WRAT	4:32.16	QUAL

**Heat 3 C - Final**

1	Andrew Seeber	18	GCY	4:38.82	QUAL
2	Oliver Stull	16	YSSC	4:37.78	QUAL
3	Cash Walz	16	STC	4:37.63	QUAL
4	Owen Nye	16	GCY	4:36.88	QUAL
5	Brayden King	15	CA-Y	4:37.62	QUAL
6	Ian Duncan	17	BBD	4:37.67	QUAL
7	Maddex Ternes	15	YSSC	4:38.63	QUAL
8	Cam Craft	17	ABLY	4:38.92	QUAL

**Alternates**

1	Peter Schmelzer	17	ABLY	4:39.51	
2	Anthony Garono	18	CA-Y	4:39.94	

**Heat 4 D - Final**

1	Chase Grisi	15	ABLY	4:51.59	
2	Kenneth McGlothen	15	YKVK	4:47.10	
3	Jack McCrae	14	RAYS	4:43.14	QUAL
4	Will Charlton	14	CA-Y	4:40.41	QUAL
5	Lincoln Council	15	YSSC	4:41.78	QUAL
6	London Rising	15	LCG	4:46.44	
7	Chase Easton	14	CA-Y	4:47.89	

## 2023 YMCA National SC Swimming Championship, Sanction #: NC 23034AP

Greensboro NC 4/02-4/07 2023

## Meet Program - 4th Day Finals

**Event 403 Women 200 Yard IM**

Championship: 1:54.25 4/3/2015 Meghan Small

National: 1:54.25 4/3/2015 Meghan Small

2:09.79 QUAL 2023 National Qual

**Lane Name Age Team Prelims****Heat 1 B - Final**

1	Devyn Sargent	17	UMLY	2:06.43	QUAL
2	Layla Welsch	16	CA-Y	2:05.88	QUAL
3	Kenzie Padilla	17	UMLY	2:05.10	QUAL
4	Megan Unruh	18	BYNS	2:04.33	QUAL
5	Lilly Zippel	18	SSTY	2:04.85	QUAL
6	Charlotte Holliday	18	GSCY	2:05.43	QUAL
7	Lizzy Washburn	18	SAY	2:06.25	QUAL
8	Maya Schweikert	15	CY	2:06.44	QUAL

**Heat 2 A - Final**

1	Alana Berlin	16	SSTY	2:03.63	QUAL
2	Sarah Rodrigues	16	NJBL	2:02.77	QUAL
3	Emily Thompson	17	GSCY	2:00.52	QUAL
4	Angie Coe	18	HEAT	1:58.81	QUAL
5	Sydney Gring	18	BYNS	1:59.72	QUAL
6	Tori Brostowitz	17	SSTY	2:02.09	QUAL
7	Meghan Tiernan	17	CDOG	2:03.48	QUAL
8	Erica Maltsev	16	GSCY	2:04.32	QUAL

**Heat 3 C - Final**

1	Emily Gao	17	GSCY	2:07.40	QUAL
2	Billie Sherratt	17	FSPY	2:06.74	QUAL
3	Ella Romberg	18	OSHY	2:06.67	QUAL
4	Elliott McAlpine	16	RAYS	2:06.51	QUAL
5	Gabi Augustyn	17	YCV	2:06.63	QUAL
6	Emma Tenhundfeld	15	KEY	2:06.72	QUAL
7	Sophia Yousuf	17	LHY	2:07.39	QUAL
8	Scout McQueen	14	WYNS	2:07.40	QUAL

**Alternates**

1	Delaney Franklin	18	YSSC	2:07.47	
2	Meghan Sharma	17	GSCY	2:07.51	

**Heat 4 D - Final**

1	AK Gill	13	GCY	2:10.53	
2	Ella Gussen	15	WRAT	2:08.71	QUAL
3	Sara Czirjak	15	CA-Y	2:08.33	QUAL
4	Grace Petrakis	14	CBR	2:08.19	QUAL
5	Reina Liu	13	GCY	2:08.31	QUAL
6	Reese Reilly	15	BASH	2:08.58	QUAL
7	Sophia Krutiy	14	BYB	2:08.86	QUAL
8	Kylie McKirryher	14	CDOG	2:10.84	

**Alternates**

1	Brynn Lewis	14	PAY	2:11.16	
2	Erin Richards	15	FVYT	2:11.63	

**Event 404 Men 200 Yard IM**

Championship: 1:44.87 4/4/2019 Brendan Burns

National: 1:44.87 4/4/2019 Brendan Burns

1:57.79 QUAL 2023 National Qual

**Lane Name Age Team Prelims****Heat 1 B - Final**

1	Alex Bauer	17	INDY	1:52.12	QUAL
2	Justin Dostal	18	ABLY	1:52.05	QUAL
3	Colin Kavanagh	18	FSPY	1:51.91	QUAL
4	Kalen Anbar	17	NCY	1:51.19	QUAL
5	Nathan Welker	17	YY	1:51.32	QUAL
6	Jack Mills	17	LY	1:51.92	QUAL
7	Evan Tack	16	BBD	1:52.09	QUAL
8	Woobie Kupsky	17	WBY	1:52.13	QUAL

**Heat 2 A - Final**

1	John Rusnock	16	FVYT	1:50.37	QUAL
2	Ethan Schwab	18	BBD	1:49.77	QUAL
3	Kenneth Barnicle	15	GSCY	1:49.56	QUAL
4	Daniel Diehl	17	CUY	1:47.24	QUAL
5	Camden Taylor	18	YRRV	1:48.72	QUAL
6	Alexander Karahalis	17	WEST	1:49.76	QUAL
7	Jarrett Payne	16	SPY	1:49.99	QUAL
8	Will Browne	16	CA-Y	1:50.59	QUAL

**Heat 3 C - Final**

1	Gregory Lin	17	GMNY	1:54.17	QUAL
2	Luke Vickers	17	DYP	1:53.82	QUAL
3	Connor Johnson	15	LHY	1:53.40	QUAL
4	Jack Smith	18	CA-Y	1:52.37	QUAL
5	Tyler Quarterman	17	BY	1:52.67	QUAL
6	Max Moore	17	CA-Y	1:53.58	QUAL
7	Sean Kely	17	YSST	1:53.96	QUAL
8	Reese Stoner	18	YOTA	1:54.22	QUAL

**Alternates**

1	Aiden Strath	17	SSTY	1:54.28	
2	Blaise Hofmann	16	CBR	1:54.43	

**Heat 4 D - Final**

1	John Brostowitz	15	SSTY	1:59.06	
2	Jacob Nowoswiat	15	UMLY	1:57.65	QUAL
3	Jack Hensley	15	LYST	1:55.71	QUAL
4	Ryan Sutherland	15	YOTA	1:55.04	QUAL
5	Brayden Franklin	15	YSSC	1:55.39	QUAL
6	Jack Paull	15	SSTY	1:57.05	QUAL
7	Bobby Regan	15	RYWC	1:58.11	
8	Sean Lu	15	BBD	2:00.42	

## 2023 YMCA National SC Swimming Championship, Sanction #: NC 23034AP

Greensboro NC 4/02-4/07 2023

## Meet Program - 4th Day Finals

**Event 405 Women 50 Yard Freestyle**

Championship: 21.97 3/31/2022 Anna Moesch  
 National: 21.97 3/31/2022 Anna Moesch  
 24.69 QUAL 2023 National Qual

Lane Name	Age Team	Prelims
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**Heat 1 B - Final**

1	Anna Wiechertjes	16 RAYS	23.61	QUAL
2	Kate Murray	16 WRAT	23.56	QUAL
3	Lucy Art	18 SSTY	23.52	QUAL
4	Emily Way	16 YY	23.45	QUAL
5	Isabel Lee	16 WFY	23.48	QUAL
6	Amy Pan	18 FFYS	23.55	QUAL
7	Lily Robinson	18 UMLY	23.60	QUAL
8	Emma Lemler	17 SSTY	23.63	QUAL

**Heat 2 A - Final**

1	Mackenzie Headley	16 FVYT	23.07	QUAL
2	Katie Lawrence	16 WFY	22.96	QUAL
3	Anna Moesch	17 GSCY	22.76	QUAL
4	Angie Coe	18 HEAT	22.57	QUAL
5	Alexa Fulton	18 UMLY	22.60	QUAL
6	Cadence Vincent	18 RAYS	22.83	QUAL
7	Morgan Thomas	17 CA-Y	22.96	QUAL
8	Clare Logan	17 FSPY	23.34	QUAL

**Heat 3 C - Final**

1	Riley Kudlac	17 LEHY	23.80	QUAL
2	Ella Glass	16 YNWL	23.76	QUAL
3	Katrine O'Leary	17 CDOG	23.69	QUAL
4	Tiana Mescher	18 AMFY	23.68	QUAL
5	Mac Thomas	17 SEA	23.68	QUAL
6	Meghan Rourke	18 WFY	23.71	QUAL
7	Aziza Meyer	16 BYST	23.78	QUAL
8	Flynn Truskett	18 UMLY	23.81	QUAL

**Alternates**

1	Alyssa Napier	15 WEST	23.81
2	Katie Reott	18 BYAC	23.83

**Heat 4 D - Final**

1	Fran Hunt	15 BY	24.13	QUAL
2	Maddy Boland	14 WRAT	24.04	QUAL
3	Claire Roussakis	13 UMLY	23.88	QUAL
4	Alyssa Napier	15 WEST	23.81	QUAL
5	Cora Spetz	15 PCY	23.86	QUAL
6	Charlotte Sander	15 BWST	24.04	QUAL
7	Maggie Dickinson	13 SSTY	24.06	QUAL
8	Jane Kavanagh	13 WY	24.14	QUAL

**Alternates**

1	Ella Salenbien	14 LCG	24.17
2	Samara Zeinert	15 OSHY	24.18

**Event 406 Men 50 Yard Freestyle**

Championship: 19.52 4/1/2014 Ryan Held  
 National: 19.33 4/8/2021 David Curtiss  
 22.09 QUAL 2023 National Qual

Lane Name	Age Team	Prelims
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**Heat 1 B - Final**

1	Sam Lorenz	16 SSTY	20.69	QUAL
2	Owen Waibel	16 FSPY	20.63	QUAL
3	Ethan Vance	16 JCAY	20.60	QUAL
4	Rob Alexy	18 GSCY	20.54	QUAL
5	Carlos Hidalgo	18 YY	20.60	QUAL
6	Luke Condon	18 GMNY	20.61	QUAL
7	Zachary Redding	18 WEST	20.68	QUAL
8	David Mayer	17 WYNS	20.77	QUAL

**Heat 2 A - Final**

1	Luke Nebrich	17 RACY	20.48	QUAL
2	Jake Kennedy	16 RAYS	20.31	QUAL
3	Conner Hogan	17 STC	20.15	QUAL
4	Brendan Whitfield	18 LY	19.85	QUAL
5	Roman Jones	17 FSPY	19.99	QUAL
6	Shane Eckler	17 RAYS	20.22	QUAL
7	Garrett Gould	17 GSCY	20.39	QUAL
8	Preston Kessler	16 INDY	20.51	QUAL

**Heat 3 C - Final**

1	Benjamin Eischeid	18 YOTA	20.94	QUAL
2	Brady Robidas	17 BYNS	20.90	QUAL
3	Mason Green	17 BYNS	20.86	QUAL
4	Ben Sytsma	17 RAYS	20.77	QUAL
5	Evan Blazer	17 SPY	20.79	QUAL
6	Bradley Boyd	17 WILD	20.87	QUAL
7	Jacob Wade	18 YY	20.91	QUAL
8	Jonathan Hoole	16 RAYS	20.96	QUAL

**Alternates**

1	Peter Horan	17 RYWC	20.98
2	Aidan Williams	17 HEAT	21.03

**Heat 4 D - Final**

1	J. T. Trowbridge	15 TYDE	21.70	QUAL
2	Yaron Li	14 RY	21.61	QUAL
3	Kai Batchelor	15 LHY	21.42	QUAL
4	Edward Stoltz	15 UMLY	21.05	QUAL
5	Jack Higgins	15 BBD	21.05	QUAL
6	Owen Guthrie	15 PKB	21.52	QUAL
7	Ethan Frondoza	15 TYDE	21.68	QUAL
8	Luke Lamb	15 RESY	21.71	QUAL

**Alternates**

1	Johnathon Cheng	15 WFY	21.73
2	Jake Mercer	15 WYW	21.75

**2023 YMCA National SC Swimming Championship, Sanction #: NC 23034AP****Greensboro NC 4/02-4/07 2023****Meet Program - 4th Day Finals****Event 407 Women 800 Yard Freestyle Relay**

**Championship:** 7:10.06 4/2/2015 York And York County YMCA  
M Small, E Ilgenfritz, L Braswell, C Harnish

**National:** 7:10.06 4/2/2015 York And York County YMCA  
M Small, E Ilgenfritz, L Braswell, C Harnish

**7:46.99 QUAL 2023 National Qual**

Lane	Team	Relay	Seed Time
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**Heat 1 of 4 Finals**

1	Wyckoff-NJ		7:37.45 QUAL
2	Birmingham-MI		7:35.67 QUAL
3	Triangle Area-NC		7:34.82 QUAL
4	FanwoodScotch-NJ		7:31.37 QUAL
5	ME Lyons-OH		7:32.72 QUAL
6	Gtr Monmouth-NJ		7:35.08 QUAL
7	LakelandHills-NJ		7:36.98 QUAL
8	WestportWestonCT		7:37.88 QUAL

**Heat 2 of 4 Finals**

1	Cheshire-CT		7:31.06 QUAL
2	Boyertown-PA		7:27.52 QUAL
3	Schroeder-WI		7:25.51 QUAL
4	GtrSomersetCtyNJ		7:15.43 QUAL
5	UpperMainLine-PA		7:23.11 QUAL
6	York-PA		7:27.31 QUAL
7	Spartanburg-SC		7:27.67 QUAL
8	East Hartford-CT		7:31.30 QUAL

**Event 408 Men 800 Yard Freestyle Relay**

**Championship:** 6:34.89 4/6/2017 Sarasota Family YMCA  
A Katz, M Nutter, B Firlie, A Katz

**National:** 6:34.89 4/6/2017 Sarasota Family YMCA  
A Katz, M Nutter, B Firlie, A Katz

**7:04.09 QUAL 2023 National Qual**

Lane	Team	Relay	Seed Time
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**Heat 1 of 4 Finals**

1	WestportWestonCT		6:51.80 QUAL
2	Gtr Monmouth-NJ		6:50.95 QUAL
3	Cheshire-CT		6:49.16 QUAL
4	York-PA		6:47.94 QUAL
5	Powel Crosley-OH		6:48.52 QUAL
6	LakelandHills-NJ		6:49.95 QUAL
7	Spartanburg-SC		6:51.72 QUAL
8	RidleyArea-PA		6:52.28 QUAL

**Heat 2 of 4 Finals**

1	FanwoodScotch-NJ		6:46.88 QUAL
2	Triangle Area-NC		6:45.20 QUAL
3	GtrSomersetCtyNJ		6:43.68 QUAL
4	Lynchburg-VA		6:41.22 QUAL
5	Piedmont-VA		6:42.83 QUAL
6	Schroeder-WI		6:44.33 QUAL
7	Birmingham-MI		6:46.21 QUAL
8	ME Lyons-OH		6:47.57 QUAL