

Duke Aquatics

Relay Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S Relay	Place	Points
Event # 11 Female 13-14 400 Free			
4:34.02L F	A Relay Duke Aquatics	DUKE NC	4 30
	Michaela Nolte (14) Danielle Liu (13) Sara Siemens (14) Caroline Liu (13)		
	30.92 1:04.82 1:36.69 2:11.72		
	(30.92) (33.90) (31.87) (35.03)		
	2:43.71 3:21.38 3:56.21 4:34.02		
	(31.99) (37.67) (34.83) (37.81)		
Event # 12 Male 13-14 400 Free			
4:13.14L F	A Relay Duke Aquatics	DUKE NC	3 32
	Jacob Vosburgh (14) Trey Harris (13) Harry Jr Schrickx (14) Connor Williams (14)		
	29.11 1:00.34 1:30.56 2:05.03		
	(29.11) (31.23) (30.22) (34.47)		
	2:36.21 3:10.62 3:40.61 4:13.14		
	(31.18) (34.41) (29.99) (32.53)		
Event # 13 Female Senior 400 Free			
4:10.46L F	A Relay Duke Aquatics	DUKE NC	3 32
	Maija Roses (14) Supriya Davis (16) Chelsea Howard (17) Sarah Yu (19)		
	29.26 1:00.14 1:30.54 2:03.16		
	(29.26) (30.88) (30.40) (32.62)		
	2:34.03 3:07.53 3:37.99 4:10.46		
	(30.87) (33.50) (30.46) (32.47)		
NS F	B Relay Duke Aquatics	DUKE NC	--- ---
	00.00 00.00 00.00 00.00		
	(00.00) (00.00) (00.00) (00.00)		
	00.00 00.00 00.00 00.00		
	(00.00) (00.00) (00.00) (00.00)		
Event # 14 Male Senior 400 Free			
3:54.97L F	A Relay Duke Aquatics	DUKE NC	6 26
	Christopher Dong (16) Tyler Mills (21) Conor Hoffman (15)		
	00.00 59.50 1:26.85 1:56.44		
	(00.00) (59.50) (27.35) (29.59)		
	2:24.33 2:54.82 3:23.01 3:54.97		
	(27.89) (30.49) (28.19) (31.96)		
Event # 27 Female 13-14 400 Medley			
4:53.31L F	A Relay Duke Aquatics	DUKE NC	3 32
	Caroline Liu (13) Maija Roses (14) Danielle Liu (13) Michaela Nolte (14)		
	38.08 1:18.88 1:55.07 2:34.84		
	(38.08) (40.80) (36.19) (39.77)		
	3:08.69 3:47.82 4:18.44 4:53.31		
	(33.85) (39.13) (30.62) (34.87)		
Event # 28 Male 13-14 400 Medley			
4:44.08L F	A Relay Duke Aquatics	DUKE NC	3 32
	Connor Williams (14) Trey Harris (13) Tommy Bilden (13) Jacob Vosburgh (14)		
	35.41 1:12.04 1:50.62 2:37.00		
	(35.41) (36.63) (38.58) (46.38)		
	3:07.38 3:43.12 4:11.99 4:44.08		
	(30.38) (35.74) (28.87) (32.09)		

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2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Event # 29 Female Senior 400 Medley

NS	F	A Relay	Duke Aquatics	DUKE NC	---	---
			Maija Roses (14)	Chelsea Howard (17)		Mackenzie Robinson (17)
			00.00 00.00 00.00 00.00			
			(00.00) (00.00) (00.00) (00.00)			
			00.00 00.00 00.00 00.00			
			(00.00) (00.00) (00.00) (00.00)			

Event # 53 Female 11-12 200 Free

2:05.43L	F	A Relay	Duke Aquatics	DUKE NC	3	32
			Jennifer Q. Xu (12)	Sarah Helen Shepherd (11)		Becca Churchill (12)
			31.04 1:01.19 1:34.72 2:05.43			
			(31.04) (30.15) (33.53) (30.71)			

Event # 69 Female 11-12 200 Medley

2:19.38L	F	A Relay	Duke Aquatics	DUKE NC	2	34
			Becca Churchill (12)	Cece Marzinsky (12)		Jennifer Q. Xu (12)
			38.27 1:16.68 1:49.51 2:19.38			
			(38.27) (38.41) (32.83) (29.87)			

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Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Andrews, Caroline (16) F					
1:16.61L	P #	17B Female 15 & Over 100 Back	48	---	-1.01
30.57L	P #	19B Female 15 & Over 50 Free	52	---	0.22
5:09.91L	F #	25B Female 15 & Over 400 Free	62	---	-9.89
		1:13.02 1:20.60 1:19.99 1:16.30			
1:07.08L	P #	31B Female 15 & Over 100 Free	74	---	1.60
2:45.40L	P #	35B Female 15 & Over 200 Back	50	---	0.72
		1:21.94 1:23.46			
2:49.55L	P #	39B Female 15 & Over 200 IM	93	---	3.76
		1:20.81 1:28.74			

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Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Bilden, Teddy (11) F					
2:52.80L	F	# 42 Male 11-12 200 Free	13	4	3.87
		37.57 37.57 00.00 2:52.80			
1:33.49L	F	# 50 Male 11-12 100 Fly	11	6	-2.80
		41.28 52.21			
37.96L DQ	F	# 56 Male 11-12 50 Fly	---	---	---
34.49L	F	# 60 Male 11-12 50 Free	16	1	0.48
1:29.80L	F	# 64 Male 11-12 100 Back	19	---	2.96
		00.00 1:29.80			
5:55.15L	F	# 68B Male 11-12 400 Free	10	7	6.52
		38.22 45.64 45.85 45.98 45.58 45.79 45.61 42.48			

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Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Bilden, Tommy (13) F					
2:28.39L	F	# 16A Male 13-14 200 Fly 31.73 36.43 39.23 41.00	5	14	0.13
2:31.10L	P	# 16A Male 13-14 200 Fly 1:08.52 1:22.58	4	---	2.84
28.48L	P	# 20A Male 13-14 50 Free	12	---	-1.07
28.49L	F	# 20A Male 13-14 50 Free	13	4	-1.06
4:48.12L	F	# 26A Male 13-14 400 Free 1:08.06 1:13.10 1:14.46 1:12.50	11	6	3.31
1:02.34L	P	# 32A Male 13-14 100 Free	9	---	-1.04
2:37.65L	P	# 34A Male 13-14 200 Back 1:17.37 1:20.28	13	---	3.15
2:44.39L	P	# 40A Male 13-14 200 IM 1:12.96 1:31.43	23	---	3.62

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Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Churchill, Becca (12) F					
2:30.86L	F	# 41 Female 11-12 200 Free	17	---	-13.33
		33.58 38.18 39.53 39.57			
1:24.75L	F	# 45 Female 11-12 100 Breast	4	15	-0.82
		39.78 44.97			
1:21.60L	F	# 49 Female 11-12 100 Fly	16	1	2.39
		36.55 45.05			
33.73L	F	# 55 Female 11-12 50 Fly	6	13	-2.07
30.98L	F	# 59 Female 11-12 50 Free	11	6	-2.50
1:26.33L	F	# 63 Female 11-12 100 Back	42	---	0.86
		41.92 44.41			
5:16.61L	F	# 67B Female 11-12 400 Free	17	---	-9.32
		35.93 40.19 40.67 40.70 40.47 41.01 39.43 38.21			

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Time	F/P/S	Event	Place	Points	Improv
Craciunescu, Eu (10) F					
3:18.43L	F	# 44 Male 10 & Under 200 Free 44.76 52.24 52.22 49.21	16	1	10.21
1:53.81L DQ	F	# 52 Male 10 & Under 100 Fly 53.82 59.99	---	---	---
46.45L	F	# 58 Male 10 & Under 50 Fly	17	---	-2.30
1:37.99L	F	# 66 Male 10 & Under 100 Back 48.15 49.84	15	2	-4.91
1:25.51L	F	# 72 Male 10 & Under 100 Free 40.87 44.64	16	1	-6.55
46.00L	F	# 76 Male 10 & Under 50 Back	20	---	---
57.13L	F	# 80 Male 10 & Under 50 Breast	12	5	---
3:37.97L	F	# 84 Male 10 & Under 200 IM 52.49 52.63 1:05.72 47.13	14	3	1.50

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Time	F/P/S	Event	Place	Points	Improv
Davis, Supriya (16) F					
2:15.35L	P #	1B Female 15 & Over 200 Free	20	---	-0.20
		1:05.57 1:09.78			
1:07.62L	P #	7B Female 15 & Over 100 Fly	9	---	1.45
		1:07.62			
1:08.03L	F #	7B Female 15 & Over 100 Fly	13	4	1.86
		31.63 36.40			
5:30.39L	F #	9B Female 15 & Over 400 IM	19	---	-0.70
		1:10.21 1:28.84 1:39.08 1:12.26			
1:03.58L	P #	31B Female 15 & Over 100 Free	26	---	0.54
18:42.43L	F #	33B Female 15 & Over 1500 Free	15	2	-34.63
		34.36 36.89 37.61 37.19 37.53 37.52 37.62 37.74			
		37.60 37.84 37.32 37.26 37.49 37.13 37.50 36.97			
		37.49 37.24 37.28 37.29 37.56 38.03 37.95 38.02			
2:38.80L	P #	39B Female 15 & Over 200 IM	47	---	2.06
		1:13.21 1:25.59			

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Time	F/P/S	Event	Place	Points	Improv
Dong, Christopher (16) F					
2:12.13L	P #	2B Male 15 & Over 200 Free	52	---	-1.26
	1:04.80	1:07.33			
1:09.49L	F #	4B Male 15 & Over 100 Breast	3	16	2.31
	32.91	36.58			
1:09.95L	P #	4B Male 15 & Over 100 Breast	5	---	2.77
	1:09.95				
1:04.21L	P #	8B Male 15 & Over 100 Fly	30	---	1.86
59.50L	F #	14 Male Senior 400 Free	---	---	1.63
	00.00				
2:25.81L	P #	16B Male 15 & Over 200 Fly	30	---	8.72
	1:08.66	1:17.15			
28.63L	P #	22B Male 15 & Over 50 Fly	24	---	-7.16
2:33.40L	F #	24B Male 15 & Over 200 Breast	5	14	6.77
	35.31	38.98 39.75 39.36			
2:34.19L	P #	24B Male 15 & Over 200 Breast	5	---	7.56
	1:15.79	1:18.40			
59.99L	P #	32B Male 15 & Over 100 Free	58	---	2.12
32.48L	P #	36B Male 15 & Over 50 Breast	7	---	-1.02
2:22.89L	P #	40B Male 15 & Over 200 IM	30	---	2.38
	1:12.50	1:10.39			

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Time	F/P/S	Event	Place	Points	Improv
Falise, Emily C (9) F					
40.72L	F	# 57 Female 10 & Under 50 Fly	8	11	0.05
37.34L	F	# 61 Female 10 & Under 50 Free	12	5	-0.23
1:45.17L	F	# 65 Female 10 & Under 100 Back	20	---	-4.79
		50.92 54.25			
1:22.52L	F	# 71 Female 10 & Under 100 Free	13	4	-0.54
		38.81 43.71			
47.42L	F	# 75 Female 10 & Under 50 Back	12	5	-2.82
53.75L	F	# 79 Female 10 & Under 50 Breast	11	6	-5.47
3:22.91L	F	# 83 Female 10 & Under 200 IM	9	9	0.58
		44.89 54.92 1:00.89 42.21			

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Time	F/P/S	Event	Place	Points	Improv
Harris, Trey (13) F					
2:16.37L	F #	2A Male 13-14 200 Free 31.25 34.84 35.82 34.46	14	3	-12.56
2:17.58L	P #	2A Male 13-14 200 Free 1:06.34 1:11.24	16	---	-11.35
1:21.06L	F #	4A Male 13-14 100 Breast 38.15 42.91	2	17	-2.69
1:23.59L	P #	4A Male 13-14 100 Breast 1:23.59	3	---	-0.16
1:12.39L	P #	8A Male 13-14 100 Fly 1:12.39	17	---	-20.09
1:13.79L	F #	8A Male 13-14 100 Fly 33.66 40.13	15	2	-18.69
1:14.99L	P #	18A Male 13-14 100 Back	19	---	0.52
28.34L	F #	20A Male 13-14 50 Free	11	6	0.05
28.61L	P #	20A Male 13-14 50 Free	13	---	0.32
2:58.16L	F #	24A Male 13-14 200 Breast 39.59 45.33 47.06 46.18	5	14	3.59
3:04.48L	P #	24A Male 13-14 200 Breast 1:28.87 1:35.61	7	---	9.91
NS	P #	32A Male 13-14 100 Free	---	---	---
NS	P #	36A Male 13-14 50 Breast	---	---	---
NS	P #	40A Male 13-14 200 IM 00.00 00.00	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
Hein, Katherine E (16) F					
2:25.25L	P #	1B Female 15 & Over 200 Free 1:10.93 1:14.32	63	---	-6.71
1:30.61L	P #	3B Female 15 & Over 100 Breast	33	---	0.22
5:46.77L	F #	9B Female 15 & Over 400 IM 1:18.08 1:32.43 1:37.74 1:18.52	39	---	3.28
1:07.76L	P #	31B Female 15 & Over 100 Free	82	---	-0.76
2:56.18L	P #	35B Female 15 & Over 200 Back 1:27.49 1:28.69	68	---	---
2:47.49L	P #	39B Female 15 & Over 200 IM 1:22.06 1:25.43	88	---	2.14

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Time	F/P/S	Event	Place	Points	Improv
Hoffman, Conor (15) F					
2:16.10L	P #	2B Male 15 & Over 200 Free	65	---	6.30
		1:03.64 1:12.46			
1:16.99L	P #	4B Male 15 & Over 100 Breast	27	---	4.80
5:19.58L	F #	10B Male 15 & Over 400 IM	32	---	6.83
		1:13.05 1:20.97 1:32.67 1:12.89			
1:06.51L	P #	18B Male 15 & Over 100 Back	38	---	-0.16
2:44.42L	P #	24B Male 15 & Over 200 Breast	21	---	9.05
		1:18.94 1:25.48			
4:55.98L	F #	26B Male 15 & Over 400 Free	51	---	16.92
		1:06.43 1:15.49 1:17.50 1:16.56			
1:00.48L	P #	32B Male 15 & Over 100 Free	67	---	-0.31
2:22.62L	P #	34B Male 15 & Over 200 Back	27	---	-1.25
		1:09.76 1:12.86			
2:26.81L	P #	40B Male 15 & Over 200 IM	42	---	2.11
		1:08.82 1:17.99			

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Time	F/P/S	Event	Place	Points	Improv
Howard, Chelsea (17) F					
2:23.12L	P #	1B Female 15 & Over 200 Free	55	---	4.69
	1:08.89	1:14.23			
1:27.26L	P #	3B Female 15 & Over 100 Breast	29	---	7.36
1:08.47L	P #	7B Female 15 & Over 100 Fly	15	---	6.64
	1:08.47				
1:08.71L	F #	7B Female 15 & Over 100 Fly	16	1	6.88
	31.49	37.22			
1:14.35L	P #	17B Female 15 & Over 100 Back	34	---	6.61
29.36L	P #	19B Female 15 & Over 50 Free	28	---	1.72
30.26L	F #	21B Female 15 & Over 50 Fly	7	12	1.12
30.43L	P #	21B Female 15 & Over 50 Fly	7	---	1.29
1:04.82L	P #	31B Female 15 & Over 100 Free	45	---	4.57
2:42.59L	P #	35B Female 15 & Over 200 Back	39	---	12.76
	1:18.55	1:24.04			
2:41.65L	P #	39B Female 15 & Over 200 IM	63	---	12.79
	1:14.25	1:27.40			

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Time	F/P/S	Event	Place	Points	Improv
Krasnov, Allison (16) F					
2:22.26L	P #	1B Female 15 & Over 200 Free	48	---	3.80
		1:09.82 1:12.44			
1:26.24L	P #	3B Female 15 & Over 100 Breast	26	---	4.44
1:15.58L	P #	7B Female 15 & Over 100 Fly	52	---	3.68
2:45.07L	P #	15B Female 15 & Over 200 Fly	31	---	7.54
		1:18.36 1:26.71			
3:02.90L	P #	23B Female 15 & Over 200 Breast	25	---	3.06
		1:27.65 1:35.25			
4:58.38L	F #	25B Female 15 & Over 400 Free	49	---	5.12
		1:12.63 1:15.48 1:15.07 1:15.20			
1:08.22L	P #	31B Female 15 & Over 100 Free	89	---	2.67
19:47.60L	F #	33B Female 15 & Over 1500 Free	26	---	13.72
		34.93 38.27 38.19 38.30 38.85 39.32 39.32 39.77			
		39.72 40.01 39.91 40.03 39.58 39.98 40.19 40.36			
		40.00 40.29 40.02 39.75 40.27 40.40 40.75 40.29			
2:45.52L	P #	39B Female 15 & Over 200 IM	80	---	8.79
		1:21.04 1:24.48			

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Time	F/P/S	Event	Place	Points	Improv
Krasnov, Stephanie (19) F					
2:33.89L	P #	1B Female 15 & Over 200 Free	81	---	6.93
		1:14.85 1:19.04			
1:38.00L	P #	3B Female 15 & Over 100 Breast	43	---	3.49
1:17.02L	P #	7B Female 15 & Over 100 Fly	54	---	5.66
31.66L	P #	19B Female 15 & Over 50 Free	68	---	1.18
33.42L	P #	21B Female 15 & Over 50 Fly	35	---	0.90
1:12.17L	P #	31B Female 15 & Over 100 Free	102	---	6.08
46.26L	P #	37B Female 15 & Over 50 Breast	34	---	2.96
NS	P #	39B Female 15 & Over 200 IM	---	---	---
		00.00 00.00			

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Time	F/P/S	Event	Place	Points	Improv
Lai, Allison (11) F					
40.07L	F	# 55 Female 11-12 50 Fly	26	---	-1.35
34.48L	F	# 59 Female 11-12 50 Free	45	---	0.90
1:32.22L	F	# 63 Female 11-12 100 Back	45	---	-1.58
		44.60 47.62			
1:18.28L	F	# 73 Female 11-12 100 Free	41	---	1.20
		36.90 41.38			
42.70L	F	# 77 Female 11-12 50 Back	35	---	-2.15
50.98L	F	# 81 Female 11-12 50 Breast	23	---	-1.83
3:14.63L	F	# 85 Female 11-12 200 IM	39	---	-5.63
		44.36 50.02 58.81 41.44			

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Time	F/P/S	Event	Place	Points	Improv
Li, Michael W (11) F					
1:43.42L	F	# 46 Male 11-12 100 Breast 48.88 54.54	13	4	2.07
1:21.55L	F	# 50 Male 11-12 100 Fly 39.02 42.53	6	13	3.91
35.85L	F	# 56 Male 11-12 50 Fly	7	12	0.01
34.57L	F	# 60 Male 11-12 50 Free	17	---	0.95
1:23.93L	F	# 64 Male 11-12 100 Back 40.72 43.21	12	5	-0.79
1:14.03L	F	# 74 Male 11-12 100 Free 35.40 38.63	18	---	-1.92
38.45L	F	# 78 Male 11-12 50 Back	10	7	-2.50
48.59L	F	# 82 Male 11-12 50 Breast	12	5	1.84
3:03.32L	F	# 86 Male 11-12 200 IM 37.92 46.27 55.98 43.15	13	4	6.06

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Time	F/P/S	Event	Place	Points	Improv
Liu, Caroline (13) F					
1:26.45L	F #	3A Female 13-14 100 Breast 41.32 45.13	6	13	2.86
1:26.55L	P #	3A Female 13-14 100 Breast 1:26.55	6	---	2.96
1:22.78L	P #	7A Female 13-14 100 Fly	38	---	6.70
NS	F #	9A Female 13-14 400 IM 00.00 00.00 00.00 00.00	---	---	---
1:16.96L	P #	17A Female 13-14 100 Back	18	---	0.65
32.58L	P #	19A Female 13-14 50 Free	44	---	-0.10
3:07.46L	P #	23A Female 13-14 200 Breast 1:29.62 1:37.84	13	---	11.76
3:08.80L	F #	23A Female 13-14 200 Breast 41.85 47.09 49.55 50.31	14	3	13.10
1:18.88L	F #	27 Female 13-14 400 Medley 38.08	---	---	2.57
1:10.28L	P #	31A Female 13-14 100 Free	45	---	0.40
2:48.73L	P #	35A Female 13-14 200 Back 1:23.75 1:24.98	30	---	-2.95
2:50.69L	P #	39A Female 13-14 200 IM 1:20.48 1:30.21	41	---	8.36

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Liu, Danielle (13) F					
2:17.61L	P #	1A Female 13-14 200 Free	7	---	-2.03
	1:07.13 1:10.48				
2:19.16L	F #	1A Female 13-14 200 Free	8	11	-0.48
	31.73 34.90 36.18 36.35				
1:12.48L	P #	7A Female 13-14 100 Fly	7	---	-0.11
	1:12.48				
1:13.28L	F #	7A Female 13-14 100 Fly	8	11	0.69
	34.28 39.00				
5:25.89L	F #	9A Female 13-14 400 IM	3	16	-4.06
	34.37 40.51 42.85 41.32 46.96 47.83 37.31 34.74				
1:14.98L	P #	17A Female 13-14 100 Back	11	---	-2.90
	1:14.98				
1:16.34L	F #	17A Female 13-14 100 Back	15	2	-1.54
	37.82 38.52				
32.40L	F #	21A Female 13-14 50 Fly	2	17	-0.57
32.71L	P #	21A Female 13-14 50 Fly	2	---	-0.26
4:47.75L	F #	25A Female 13-14 400 Free	6	13	-4.78
	1:09.58 1:14.42 1:13.50 1:10.25				
18:55.49L	F #	33A Female 13-14 1500 Free	5	14	-50.02
	33.62 37.81 38.48 38.54 38.36 38.54 38.50 38.52				
	38.23 38.84 38.54 38.79 38.40 38.77 38.24 38.54				
	38.21 38.59 38.38 38.40 37.75 38.02 37.35 37.64				
2:39.27L	P #	35A Female 13-14 200 Back	10	---	-8.09
	1:18.39 1:20.88				
2:36.30L	P #	39A Female 13-14 200 IM	5	---	-1.18
	1:15.16 1:21.14				

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Marzinsky, Cece (12) F					
2:26.74L	F	# 41 Female 11-12 200 Free	10	7	2.14
		34.31 37.49 38.15 36.79			
1:32.39L	F	# 45 Female 11-12 100 Breast	13	4	-1.28
		43.46 48.93			
1:13.95L	F	# 49 Female 11-12 100 Fly	3	16	1.42
		34.21 39.74			
31.04L	F	# 53 Female 11-12 200 Free	---	---	-0.52
33.30L	F	# 55 Female 11-12 50 Fly	5	14	-0.68
30.67L	F	# 59 Female 11-12 50 Free	8	11	-0.89
1:21.23L	F	# 63 Female 11-12 100 Back	21	---	-0.85
		39.64 41.59			
5:04.79L	F	# 67B Female 11-12 400 Free	11	6	-1.15
		33.84 37.01 38.80 39.40 39.17 39.06 39.52 37.99			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
McArdle, Gabrielle D (13) F					
NS	P #	3A Female 13-14 100 Breast	---	---	---
1:19.20L	P #	7A Female 13-14 100 Fly	29	---	0.79
6:04.20L	F #	9A Female 13-14 400 IM	30	---	2.79
		1:23.29 1:34.47 1:46.11 1:20.33			
1:22.90L	P #	17A Female 13-14 100 Back	43	---	1.32
3:12.09L	P #	23A Female 13-14 200 Breast	18	---	-3.80
		1:32.98 1:39.11			
5:09.87L	F #	25A Female 13-14 400 Free	27	---	-8.76
		1:12.94 1:19.97 1:19.90 1:17.06			
1:07.83L	P #	31A Female 13-14 100 Free	25	---	-0.67
2:58.04L	P #	35A Female 13-14 200 Back	47	---	3.89
		1:27.12 1:30.92			
2:47.49L	P #	39A Female 13-14 200 IM	28	---	-3.70
		1:20.66 1:26.83			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Mills, Tyler (21) F					
1:01.28L	P #	8B Male 15 & Over 100 Fly	16	---	2.50
	1:01.28				
1:01.53L	F #	8B Male 15 & Over 100 Fly	16	1	2.75
	28.91 32.62				

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Morris, Grace E (9) F					
3:11.14L	F	# 43 Female 10 & Under 200 Free 41.78 50.00 51.44 47.92	18	---	3.35
1:52.77L	F	# 47 Female 10 & Under 100 Breast 53.67 59.10	14	3	1.42
1:58.10L	F	# 51 Female 10 & Under 100 Fly 52.78 1:05.32	15	2	3.84
48.80L	F	# 57 Female 10 & Under 50 Fly	21	---	0.87
39.52L	F	# 61 Female 10 & Under 50 Free	21	---	0.20
1:43.67L	F	# 65 Female 10 & Under 100 Back 49.57 54.10	18	---	-0.02
6:39.43L	F	# 67A Female 10 & Under 400 Free 43.38 53.36 50.05 51.52 51.32 50.64 51.16 48.00	7	12	8.62

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Nolte, Michaela (14) F					
2:20.79L	F #	1A Female 13-14 200 Free 32.75 35.93 36.50 35.61	13	4	-6.40
2:23.42L	P #	1A Female 13-14 200 Free 1:11.06 1:12.36	14	---	-3.77
1:21.25L	F #	3A Female 13-14 100 Breast 38.82 42.43	2	17	-3.12
1:22.36L	P #	3A Female 13-14 100 Breast 1:22.36	1	---	-2.01
1:16.34L	P #	7A Female 13-14 100 Fly	25	---	0.96
1:04.82L	F #	11 Female 13-14 400 Free 30.92	---	---	-1.34
29.87L	F #	19A Female 13-14 50 Free	7	12	-1.23
29.99L	P #	19A Female 13-14 50 Free	8	---	-1.11
33.09L	F #	21A Female 13-14 50 Fly	4	15	-14.49
33.61L	P #	21A Female 13-14 50 Fly	5	---	-13.97
2:56.21L	F #	23A Female 13-14 200 Breast 41.19 44.99 45.29 44.74	4	15	-3.70
2:58.17L	P #	23A Female 13-14 200 Breast 1:27.26 1:30.91	4	---	-1.74
1:11.81L	P #	31A Female 13-14 100 Free	55	---	5.65
NS	P #	37A Female 13-14 50 Breast	---	---	---
NS	P #	39A Female 13-14 200 IM 00.00 00.00	---	---	---

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
 Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
O'Donnell, Jeremiah (16) F					
2:10.71L	P #	2B Male 15 & Over 200 Free	45	---	2.42
	1:01.62	1:09.09			
1:15.97L	P #	4B Male 15 & Over 100 Breast	21	---	-3.94
1:03.69L	P #	8B Male 15 & Over 100 Fly	28	---	-1.03
58.86L	P #	32B Male 15 & Over 100 Free	42	---	-0.04
2:25.61L	P #	34B Male 15 & Over 200 Back	34	---	-0.87
	1:11.55	1:14.06			
2:22.76L	P #	40B Male 15 & Over 200 IM	28	---	-1.41
	1:07.87	1:14.89			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Robinson, Mackenzie (17) F					
2:32.61L	F #	15B Female 15 & Over 200 Fly	16	1	11.10
		33.41 37.80 39.90 41.50			
2:32.77L	P #	15B Female 15 & Over 200 Fly	16	---	11.26
		1:12.29 1:20.48			
1:13.54L	P #	17B Female 15 & Over 100 Back	27	---	3.37
3:00.36L	P #	23B Female 15 & Over 200 Breast	22	---	10.12
		1:27.68 1:32.68			
1:03.83L	P #	31B Female 15 & Over 100 Free	30	---	2.56
2:31.75L	P #	35B Female 15 & Over 200 Back	15	---	8.20
		1:14.75 1:17.00			
2:33.33L	P #	39B Female 15 & Over 200 IM	19	---	6.83
		1:12.32 1:21.01			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Roses, Maija (14) F					
2:11.49L	P #	1A Female 13-14 200 Free	6	---	0.42
	1:03.43 1:08.06				
1:14.08L	F #	3A Female 13-14 100 Breast	1	20	0.43
	35.20 38.88				
1:14.63L	P #	3A Female 13-14 100 Breast	1	---	0.98
	1:14.63				
5:13.98L	F #	9A Female 13-14 400 IM	10	7	4.99
	1:11.09 1:25.14 1:26.60 1:11.15				
1:00.14L	F #	13 Female Senior 400 Free	---	---	0.53
	29.26				
2:30.88L	P #	15A Female 13-14 200 Fly	13	---	1.16
	1:10.86 1:20.02				
2:41.54L	P #	23A Female 13-14 200 Breast	2	---	5.80
	1:17.65 1:23.89				
2:41.80L	F #	23A Female 13-14 200 Breast	2	17	6.06
	37.47 40.58 41.63 42.12				
4:40.23L	F #	25A Female 13-14 400 Free	16	1	-0.82
	1:07.06 1:11.29 1:11.51 1:10.37				
1:00.50L	P #	31A Female 13-14 100 Free	5	---	0.89
2:32.47L	P #	35A Female 13-14 200 Back	16	---	-1.59
	1:15.02 1:17.45				
2:26.06L	P #	39A Female 13-14 200 IM	2	---	3.82
	1:12.77 1:13.29				

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Schaefer, Jamie (15) F					
2:22.54L	P #	1B Female 15 & Over 200 Free	52	---	0.89
		1:09.31 1:13.23			
1:09.75L	P #	7B Female 15 & Over 100 Fly	24	---	-0.04
5:39.28L	F #	9B Female 15 & Over 400 IM	30	---	-6.27
		1:14.02 1:27.68 1:43.34 1:14.24			
2:37.25L	P #	15B Female 15 & Over 200 Fly	22	---	0.07
		1:14.49 1:22.76			
30.09L	P #	19B Female 15 & Over 50 Free	46	---	0.39
4:53.19L	F #	25B Female 15 & Over 400 Free	38	---	-15.19
		1:09.75 1:14.58 1:15.47 1:13.39			
1:06.08L	P #	31B Female 15 & Over 100 Free	63	---	1.71
2:46.26L	P #	35B Female 15 & Over 200 Back	54	---	7.38
		1:21.53 1:24.73			
2:43.45L	P #	39B Female 15 & Over 200 IM	68	---	2.32
		1:17.06 1:26.39			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Schaefer, Robby (13) F					
2:25.26L	P #	2A Male 13-14 200 Free	31	---	-1.89
		1:09.30 1:15.96			
1:13.33L	P #	8A Male 13-14 100 Fly	20	---	0.66
5:50.89L	F #	10A Male 13-14 400 IM	18	---	10.70
		1:15.51 1:29.75 1:44.70 1:20.93			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Schrickx, Harry Jr (14) F					
2:21.15L	P #	2A Male 13-14 200 Free	76	---	1.28
	1:08.17 1:12.98				
1:24.05L	F #	4A Male 13-14 100 Breast	6	13	-4.65
	40.49 43.56				
1:24.33L	P #	4A Male 13-14 100 Breast	5	---	-4.37
	1:24.33				
5:40.19L	F #	10A Male 13-14 400 IM	13	4	5.58
	1:20.59 1:26.28 1:35.68 1:17.64				
1:14.46L	P #	18A Male 13-14 100 Back	18	---	0.41
29.97L	P #	20A Male 13-14 50 Free	24	---	-1.06
5:03.40L	F #	26A Male 13-14 400 Free	19	---	8.46
	1:09.57 1:18.12 1:18.43 1:17.28				
1:04.82L	P #	32A Male 13-14 100 Free	22	---	-0.43
2:41.31L	P #	34A Male 13-14 200 Back	21	---	1.89
	1:18.88 1:22.43				
19:43.80L	F #	38A Male 13-14 1500 Free	4	15	-61.17
	34.67 38.32 38.61 38.79 39.43 39.73 39.55 39.83				
	39.79 40.31 40.27 40.11 40.39 40.02 40.28 40.52				
	38.53 39.53 39.54 39.14 39.57 39.79 39.80 39.82				

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Sept, Connor J (10) F					
2:47.43L	F	# 44 Male 10 & Under 200 Free 37.24 43.19 44.66 42.34	8	11	-2.90
1:38.51L	F	# 48 Male 10 & Under 100 Breast 47.45 51.06	3	16	-0.83
1:28.08L	F	# 52 Male 10 & Under 100 Fly 40.62 47.46	6	13	-6.38
33.07L	F	# 62 Male 10 & Under 50 Free	3	16	-1.28
1:29.16L	F	# 66 Male 10 & Under 100 Back 43.03 46.13	10	7	0.27
6:04.35L	F	# 68A Male 10 & Under 400 Free 38.94 44.91 45.90 47.55 47.78 47.24 47.15	6	13	11.98
44.88					
1:17.44L	F	# 72 Male 10 & Under 100 Free 36.84 40.60	9	9	-0.34
39.87L	F	# 76 Male 10 & Under 50 Back	7	12	-0.43
3:03.83L	F	# 84 Male 10 & Under 200 IM 41.14 47.90 53.91 40.88	6	13	1.84

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Sept, Corri (12) F					
2:43.03L	F # 41	Female 11-12 200 Free	36	---	-24.81
	35.75	40.68 43.77 42.83			
1:30.65L	F # 45	Female 11-12 100 Breast	9	9	-2.31
	42.97	47.68			
1:24.87L	F # 49	Female 11-12 100 Fly	24	---	-4.99
	39.02	45.85			
37.35L	F # 55	Female 11-12 50 Fly	23	---	-4.73
33.88L	F # 59	Female 11-12 50 Free	43	---	-4.17
5:46.49L	F # 67B	Female 11-12 400 Free	35	---	-10.13
	38.09	43.71 44.61 45.56 44.07 44.88 43.75 41.82			
41.47L	F # 77	Female 11-12 50 Back	33	---	-4.10
42.15L	F # 81	Female 11-12 50 Breast	10	7	-3.08
2:59.29L	F # 85	Female 11-12 200 IM	30	---	-6.07
	38.87	49.07 50.17 41.18			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Shepherd, Gabe (14) F					
NS	P	# 18A Male 13-14 100 Back	---	---	---
29.41L	P	# 20A Male 13-14 50 Free	19	---	-2.51
3:03.93L	F	# 24A Male 13-14 200 Breast	7	12	-3.36
		42.55 47.54 47.50 46.34			
3:04.25L	P	# 24A Male 13-14 200 Breast	6	---	-3.04
		1:28.75 1:35.50			
1:06.02L	P	# 32A Male 13-14 100 Free	28	---	-4.47
2:39.46L	P	# 34A Male 13-14 200 Back	18	---	-3.85
		1:18.96 1:20.50			
2:38.78L	P	# 40A Male 13-14 200 IM	17	---	-2.79
		1:15.57 1:23.21			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Shepherd, Sarah Helen (11) F					
2:35.41L	F # 41	Female 11-12 200 Free	28	---	-2.93
	35.13	39.60 40.76 39.92			
1:36.27L	F # 45	Female 11-12 100 Breast	24	---	2.35
	46.54	49.73			
1:24.79L	F # 49	Female 11-12 100 Fly	23	---	1.61
	39.00	45.79			
32.66L	F # 59	Female 11-12 50 Free	30	---	0.40
1:21.55L	F # 63	Female 11-12 100 Back	22	---	-6.58
	40.13	41.42			
5:28.54L	F # 67B	Female 11-12 400 Free	28	---	0.11
	36.56	40.70 41.81 41.90	41.92	42.00	42.27
			41.38		
38.27L	F # 69	Female 11-12 200 Medley	---	---	0.26
1:10.44L	F # 73	Female 11-12 100 Free	21	---	1.13
	33.66	36.78			
38.18L	F # 77	Female 11-12 50 Back	23	---	0.17
2:53.84L	F # 85	Female 11-12 200 IM	22	---	-0.42
	37.39	43.80 52.46 40.19			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Siemens, Sara (14) F					
2:31.07L	P #	1A Female 13-14 200 Free 1:13.24 1:17.83	36	---	0.70
34.84L	P #	5A Female 13-14 50 Back	4	---	-2.02
35.29L	F #	5A Female 13-14 50 Back	5	14	-1.57
1:13.09L	P #	7A Female 13-14 100 Fly 1:13.09	10	---	-0.32
1:14.79L	F #	7A Female 13-14 100 Fly 33.89 40.90	16	1	1.38
NS	P #	15A Female 13-14 200 Fly 00.00 00.00	---	---	---
1:18.22L	P #	17A Female 13-14 100 Back	29	---	-2.93
31.60L	P #	19A Female 13-14 50 Free	30	---	0.71
1:09.08L	P #	31A Female 13-14 100 Free	37	---	-0.83
2:49.87L DQ	P #	35A Female 13-14 200 Back 1:22.37 1:27.50	---	---	---
2:49.83L	P #	39A Female 13-14 200 IM 1:18.19 1:31.64	36	---	0.11

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Slocum, Ashley N (10) F					
42.81L	F	# 57 Female 10 & Under 50 Fly	12	5	-0.59
40.82L	F	# 61 Female 10 & Under 50 Free	22	---	0.59
1:35.35L DQ	F	# 65 Female 10 & Under 100 Back	---	---	---
		47.40 47.95			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Smith, Morgan (13) F					
2:28.32L	P #	1A Female 13-14 200 Free	29	---	2.44
		1:12.18 1:16.14			
1:13.63L	P #	7A Female 13-14 100 Fly	11	---	-1.17
5:46.24L	F #	9A Female 13-14 400 IM	15	2	6.23
		1:17.97 1:33.85 1:38.76 1:15.66			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Stuart, Lucy A (13) F					
2:35.31L	P #	1A Female 13-14 200 Free 1:15.31 1:20.00	46	---	-4.55
NS	P #	3A Female 13-14 100 Breast	---	---	---
1:13.89L	P #	7A Female 13-14 100 Fly	15	---	-0.91
NS	P #	15A Female 13-14 200 Fly 00.00 00.00	---	---	---
NS	P #	17A Female 13-14 100 Back	---	---	---
NS	P #	21A Female 13-14 50 Fly	---	---	---
1:09.93L	P #	31A Female 13-14 100 Free	44	---	-1.04
2:59.77L	P #	35A Female 13-14 200 Back 1:28.02 1:31.75	49	---	2.71
2:53.99L	P #	39A Female 13-14 200 IM 1:18.33 1:35.66	48	---	4.90

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Vosburgh, Jacob (14) F					
2:11.08L	F #	2A Male 13-14 200 Free	6	13	1.98
		29.84 33.12 34.52 33.60			
2:12.20L	P #	2A Male 13-14 200 Free	7	---	3.10
		1:03.79 1:08.41			
1:03.02L	F #	8A Male 13-14 100 Fly	1	20	-2.62
		30.16 32.86			
1:04.55L	P #	8A Male 13-14 100 Fly	2	---	-1.09
		1:04.55			
5:11.98L	F #	10A Male 13-14 400 IM	5	14	-2.56
		32.06 35.80 41.60 39.88 46.93 46.61 35.03 34.07			
1:00.34L	F #	12 Male 13-14 400 Free	---	---	0.53
		29.11			
2:20.14L	F #	16A Male 13-14 200 Fly	1	20	-2.29
		31.05 35.53 36.99 36.57			
2:22.48L	P #	16A Male 13-14 200 Fly	1	---	0.05
		1:07.91 1:14.57			
27.23L	F #	20A Male 13-14 50 Free	4	15	-1.57
27.76L	P #	20A Male 13-14 50 Free	6	---	-1.04
4:38.19L	F #	26A Male 13-14 400 Free	5	14	-1.88
		31.61 34.99 34.53 36.14 35.65 36.27 34.70 34.30			
1:01.41L	P #	32A Male 13-14 100 Free	5	---	1.60
2:34.53L	P #	34A Male 13-14 200 Back	10	---	-1.40
		1:18.08 1:16.45			
2:32.45L	P #	40A Male 13-14 200 IM	7	---	2.96
		1:11.50 1:20.95			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Williams, Connor (14) F					
2:10.99L	F #	2A Male 13-14 200 Free	9	9	0.72
		29.76 33.16 34.14 33.93			
2:14.47L	P #	2A Male 13-14 200 Free	9	---	4.20
		1:05.03 1:09.44			
33.29L	P #	6A Male 13-14 50 Back	8	---	-1.88
33.29L	F #	6A Male 13-14 50 Back	8	11	-1.88
1:10.60L	F #	8A Male 13-14 100 Fly	13	4	0.86
		32.79 37.81			
1:12.30L	P #	8A Male 13-14 100 Fly	16	---	2.56
		1:12.30			
1:09.12L	F #	18A Male 13-14 100 Back	6	13	0.67
		34.16 34.96			
1:09.29L	P #	18A Male 13-14 100 Back	5	---	0.84
		1:09.29			
28.14L	P #	20A Male 13-14 50 Free	10	---	0.33
28.41L	F #	20A Male 13-14 50 Free	12	5	0.60
4:47.05L	F #	26A Male 13-14 400 Free	9	9	11.40
		31.13 34.92 35.24 36.56 36.56 37.96 38.08 36.60			
1:12.04L	F #	28 Male 13-14 400 Medley	---	---	3.59
		35.41			
1:01.52L	P #	32A Male 13-14 100 Free	6	---	-2.72
2:27.69L	P #	34A Male 13-14 200 Back	5	---	3.90
		1:13.16 1:14.53			
NS	F #	38A Male 13-14 1500 Free	---	---	---
		00.00 00.00 00.00 00.00 00.00 00.00 00.00 00.00			
		00.00 00.00 00.00 00.00 00.00 00.00 00.00 00.00			
		00.00 00.00 00.00 00.00 00.00 00.00 00.00 00.00			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Xu, Jennifer Q (12) F					
2:28.29L	F	# 41 Female 11-12 200 Free	13	4	3.07
		34.27 37.52 38.75 37.75			
1:33.26L	F	# 45 Female 11-12 100 Breast	16	1	4.26
		45.38 47.88			
1:20.32L	F	# 49 Female 11-12 100 Fly	14	3	-1.00
		38.00 42.32			
35.01L	F	# 55 Female 11-12 50 Fly	11	6	-0.90
30.50L	F	# 59 Female 11-12 50 Free	7	12	-0.63
1:19.52L	F	# 63 Female 11-12 100 Back	17	---	0.66
		38.77 40.75			
5:12.94L	F	# 67B Female 11-12 400 Free	14	3	-1.54
		35.66 38.33 39.54 40.11 40.07 40.05 40.21 38.97			

Duke Aquatics

Individual Meet Results

2010 NC WAVE Capital City Invitational 11-Jun-10 to 13-Jun-10 LC Meters
Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
Yu, Sarah (19) F					
1:13.11L	P	# 17B Female 15 & Over 100 Back	26	---	3.92
30.03L	P	# 19B Female 15 & Over 50 Free	44	---	0.41
31.91L	P	# 21B Female 15 & Over 50 Fly	20	---	-2.04
1:04.79L	P	# 31B Female 15 & Over 100 Free	43	---	1.97
2:40.54L	P	# 39B Female 15 & Over 200 IM	56	---	1.09
		1:13.49 1:27.05			