

## Duke Aquatics

### Relay Results

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

**Event # 19 Female Senior 200 Free**

1:54.46L F	A Relay	Duke Aquatics	DUKE NC	1	40
Caroline Andrews (16)		Meghan Smith (18)	Mackenzie Robinson (17)		Supriya Davis (16)
	29.62	28.38	28.12		28.34
1:58.89L F	B Relay	Duke Aquatics	DUKE NC	2	34
Emily Sarratt (14)		Morgan Smith (13)	Cece Marzinsky (13)		Danielle Liu (13)
	29.73	29.57	59.59		

**Event # 20 Male Senior 200 Free**

1:44.66L F	A Relay	Duke Aquatics	DUKE NC	2	34
Conor Hoffman (15)		Jeremiah O'Donnell (16)	Nick Creidler (18)		Adam M. Flur (19)
	27.59	26.18	27.55		23.34
1:49.60L F	B Relay	Duke Aquatics	DUKE NC	4	30
Tommy Bilden (13)		Jacob Vosburgh (14)	Harry Jr Schrickx (14)		Connor Williams (14)
	27.54	26.22	28.12		27.72

**Event # 37 Female 11-12 200 Free**

2:14.41L F	A Relay	Duke Aquatics	DUKE NC	3	32
Corri Sept (12)		Angela W. Guo (11)	Jennifer Q. Xu (12)		Emma C. Helmich (11)
	32.86	36.68	29.09		35.78

**Event # 40 Male 10 & Under 200 Free**

2:40.56L F	A Relay	Duke Aquatics	DUKE NC	4	30
Paul E. Helmich (9)		Connor J. Sept (10)	Nicholas S. Falise (8)		Nicholas A. Chang (10)
	46.85	33.20	40.68		39.83

**Event # 51 Female Senior 200 Medley**

2:09.96L F	A Relay	Duke Aquatics	DUKE NC	1	40
Mackenzie Robinson (17)		Michaela Nolte (15)	Jamie Schaefer (16)		Supriya Davis (16)
	35.58	35.26	30.92		28.20
2:15.80L F	B Relay	Duke Aquatics	DUKE NC	2	34
Caroline Liu (13)		Morgan Smith (13)	Danielle Liu (13)		Emily Sarratt (14)
	35.66	49.78	21.84		28.52

**Event # 52 Male Senior 200 Medley**

1:58.02L F	A Relay	Duke Aquatics	DUKE NC	2	34
Jeremiah O'Donnell (16)		Conor Hoffman (15)	Nick Creidler (18)		Adam M. Flur (19)
	31.63	33.78	29.10		23.51
2:04.91L F	B Relay	Duke Aquatics	DUKE NC	4	30
Connor Williams (14)		Harry Jr Schrickx (14)	Tommy Bilden (13)		Jacob Vosburgh (14)
	32.46	35.94	29.88		26.63

**Event # 75 Female 11-12 200 Medley**

2:34.93L F	A Relay	Duke Aquatics	DUKE NC	4	30
Emma C. Helmich (11)		Corri Sept (12)	Jennifer Q. Xu (12)		Angela W. Guo (11)
	42.72	1:16.22	35.99		

**Event # 76 Male 11-12 200 Medley**

2:36.00L F	A Relay	Duke Aquatics	DUKE NC	2	34
Colin E. Bunner (12)		John A. Cairns (11)	Michael W. Li (11)		Teddy Bilden (11)
	38.28	49.65	35.41		32.66

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### Individual Meet Results

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**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

Time	F/P/S	Event	Place	Points	Improv
<b>Andrews, Caroline (16) F</b>					
1:03.94L	P #	11B Female 15 & Over 100 Free	10	---	-1.30
1:04.46L	F #	11B Female 15 & Over 100 Free	12	5	-0.78
		30.86 1:04.46 (30.86) (33.60)			
1:35.00L	P #	13B Female 15 & Over 100 Breast	34	---	-1.16
2:38.50L	P #	15B Female 15 & Over 200 Back	11	---	-4.16
		1:17.55 2:38.50 (1:17.55) (1:20.95)			
2:40.66L	F #	15B Female 15 & Over 200 Back	7	12	-2.00
		37.54 1:17.94 2:00.12 2:40.66 (37.54) (40.40) (42.18) (40.54)			
29.62L	F #	19 Female Senior 200 Free	---	---	0.07
29.29L	F #	43B Female 15 & Over 50 Free	6	13	-0.26
29.58L	P #	43B Female 15 & Over 50 Free	8	---	0.03
1:12.93L	F #	45B Female 15 & Over 100 Back	6	13	-1.25
		35.51 1:12.93 (35.51) (37.42)			
1:14.54L	P #	45B Female 15 & Over 100 Back	8	---	0.36
1:18.33L	P #	49B Female 15 & Over 100 Fly	22	---	-0.02

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**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Bilden, Teddy (11) F</b>					
5:34.16L	F	# 8 Male 13 & Over 400 Free	28	---	-14.47
		35.11 1:16.79 1:59.65 2:42.56 3:25.82 4:09.35 4:53.39 5:34.16 (35.11) (41.68) (42.86) (42.91) (43.26) (43.53) (44.04) (40.77)			
37.31L	F	# 22 Male 11-12 50 Fly	8	11	1.55
2:40.13L	F	# 26 Male 11-12 200 Free	10	7	-8.80
		36.60 1:18.18 2:00.01 2:40.13 (36.60) (41.58) (41.83) (40.12)			
37.24L	F	# 30 Male 11-12 50 Back	3	16	-2.73
32.72L	F	# 60 Male 11-12 50 Free	6	13	-1.29
1:20.89L	F	# 64 Male 11-12 100 Back	4	15	-5.95
		1:20.89 (1:20.89)			
1:13.45L	F	# 68 Male 11-12 100 Free	14	3	-0.76
		35.54 1:13.45 (35.54) (37.91)			

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**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

Time	F/P/S	Event	Place	Points	Improv
<b>Bilden, Tommy (13) F</b>					
4:36.42L	F #	8A Male 13-14 400 Free	3	16	-8.39
		31.10 1:06.40 1:41.87 2:18.17 2:53.31 3:29.19 4:03.30 4:36.42			
		(31.10) (35.30) (35.47) (36.30) (35.14) (35.88) (34.11) (33.12)			
59.72L	F #	12A Male 13-14 100 Free	5	14	-2.62
		28.85 59.72			
		(28.85) (30.87)			
1:00.99L	P #	12A Male 13-14 100 Free	6	---	-1.35
2:24.89L	F #	16A Male 13-14 200 Back	3	16	-3.42
		34.72 1:11.16 1:48.43 2:24.89			
		(34.72) (36.44) (37.27) (36.46)			
2:29.79L	P #	16A Male 13-14 200 Back	3	---	1.48
		1:15.48 2:29.79			
		(1:15.48) (1:14.31)			
2:32.85L	F #	18A Male 13-14 200 IM	5	14	-7.92
		30.87 1:08.57 2:01.11 2:32.85			
		(30.87) (37.70) (52.54) (31.74)			
2:36.21L	P #	18A Male 13-14 200 IM	8	---	-4.56
		1:10.02 2:36.21			
		(1:10.02) (1:26.19)			
27.54L	F #	20 Male Senior 200 Free	---	---	0.06
27.37L	F #	44A Male 13-14 50 Free	4	15	-0.11
27.96L	P #	44A Male 13-14 50 Free	4	---	0.48
1:07.37L	F #	46A Male 13-14 100 Back	3	16	-2.89
		33.54 1:07.37			
		(33.54) (33.83)			
1:10.12L	P #	46A Male 13-14 100 Back	5	---	-0.14
1:02.96L	F #	50A Male 13-14 100 Fly	1	20	0.17
		29.38 1:02.96			
		(29.38) (33.58)			
1:03.78L	P #	50A Male 13-14 100 Fly	1	---	0.99

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**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Bunner, Colin E (12) F</b>					
36.24L	F # 22	Male 11-12 50 Fly	7	12	-1.44
2:46.82L	F # 26	Male 11-12 200 Free	17	---	---
	37.57	1:20.00 2:04.26 2:46.82			
	(37.57)	(42.43) (44.26) (42.56)			
37.48L	F # 30	Male 11-12 50 Back	4	15	-1.77
1:20.87L	F # 64	Male 11-12 100 Back	3	16	-3.99
	39.26	1:20.87			
	(39.26)	(41.61)			
1:13.35L	F # 68	Male 11-12 100 Free	13	4	-1.37
	34.55	1:13.35			
	(34.55)	(38.80)			
1:25.50L	F # 72	Male 11-12 100 Fly	4	15	-1.09
	40.05	1:25.50			
	(40.05)	(45.45)			
38.28L	F # 76	Male 11-12 200 Medley	---	---	-0.97

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Time	F/P/S	Event	Place	Points	Improv
<b>Cairns, David A (13) F</b>					
39.66L	P	# 44A Male 13-14 50 Free	41	---	0.23
3:29.54L	P	# 48A Male 13-14 200 Free	23	---	11.41
		1:40.37 3:29.54 (1:40.37) (1:49.17)			
2:05.26L	P	# 50A Male 13-14 100 Fly	27	---	10.96

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Cairns, John A (11) F</b>					
34.85L	F	# 60 Male 11-12 50 Free	13	4	0.87
1:34.72L	F	# 64 Male 11-12 100 Back	18	---	2.34
		1:34.72			
		(1:34.72)			
1:18.67L	F	# 68 Male 11-12 100 Free	22	---	1.91
		38.19 1:18.67			
		(38.19) (40.48)			

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Time	F/P/S	Event	Place	Points	Improv
<b>Chang, Alexander M (13) F</b>					
1:13.90L	P #	12A Male 13-14 100 Free	35	---	-1.44
1:36.07L	P #	14A Male 13-14 100 Breast	19	---	-1.61
3:02.96L	P #	18A Male 13-14 200 IM	33	---	1.73
		1:29.27 3:02.96 (1:29.27) (1:33.69)			
3:20.60L	F #	42A Male 13-14 200 Breast	9	9	-25.44
		46.75 1:37.94 2:29.55 3:20.60 (46.75) (51.19) (51.61) (51.05)			
3:36.07L	P #	42A Male 13-14 200 Breast	11	---	-9.97
		1:42.89 3:36.07 (1:42.89) (1:53.18)			
34.60L	P #	44A Male 13-14 50 Free	37	---	---
1:36.12L	P #	46A Male 13-14 100 Back	36	---	-0.50

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Time	F/P/S	Event	Place	Points	Improv
<b>Chang, Nicholas A (10) F</b>					
54.97L	F	# 24 Male 10 & Under 50 Fly	29	---	-0.16
51.43L	F	# 32 Male 10 & Under 50 Back	28	---	2.14
1:55.32L	F	# 36 Male 10 & Under 100 Breast	7	12	2.75
		57.48 1:55.32 (57.48) (57.84)			
NS	F	# 58 Male 10 & Under 50 Breast	---	---	---
39.47L	F	# 62 Male 10 & Under 50 Free	16	1	-1.42
1:48.52L	F	# 66 Male 10 & Under 100 Back	27	---	2.51
		53.76 1:48.52 (53.76) (54.76)			
1:27.52L	F	# 70 Male 10 & Under 100 Free	11	6	-4.23
		42.54 1:27.52 (42.54) (44.98)			

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Creidler, Nick (18) F</b>					
5:01.94L	F	# 2B Male 15 & Over 400 IM	3	16	5.52
		30.35 1:04.83 1:45.79 2:26.01 3:10.45 3:54.31 4:28.98 5:01.94 (30.35) (34.48) (40.96) (40.22) (44.44) (43.86) (34.67) (32.96)			
1:17.40L	F	# 14B Male 15 & Over 100 Breast	10	7	5.74
		36.33 1:17.40 (36.33) (41.07)			
1:19.65L	P	# 14B Male 15 & Over 100 Breast	16	---	7.99
2:34.88L	P	# 16B Male 15 & Over 200 Back	13	---	8.02
		1:14.72 2:34.88 (1:14.72) (1:20.16)			
2:35.07L	F	# 16B Male 15 & Over 200 Back	15	2	8.21
		35.78 1:14.33 1:55.68 2:35.07 (35.78) (38.55) (41.35) (39.39)			
2:25.33L	P	# 18B Male 15 & Over 200 IM	9	---	3.88
		1:08.76 2:25.33 (1:08.76) (1:16.57)			
2:26.29L	F	# 18B Male 15 & Over 200 IM	11	6	4.84
		30.80 1:10.92 1:54.58 2:26.29 (30.80) (40.12) (43.66) (31.71)			
27.70L	P	# 44B Male 15 & Over 50 Free	22	---	-0.56
1:08.12L	F	# 46B Male 15 & Over 100 Back	7	12	-4.90
		33.15 1:08.12 (33.15) (34.97)			
1:09.08L	P	# 46B Male 15 & Over 100 Back	8	---	-3.94
1:04.85L	P	# 50B Male 15 & Over 100 Fly	7	---	2.73
1:05.90L	F	# 50B Male 15 & Over 100 Fly	7	12	3.78
		30.25 1:05.90 (30.25) (35.65)			

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Davis, Supriya (16) F</b>					
5:21.39L	F #	1B Female 15 & Over 400 IM	1	20	-9.00
		32.07 1:07.88 1:52.01 2:34.45 3:22.83 4:10.64 4:46.58 5:21.39 (32.07) (35.81) (44.13) (42.44) (48.38) (47.81) (35.94) (34.81)			
1:24.68L	P #	13B Female 15 & Over 100 Breast	10	---	-3.17
1:26.87L	F #	13B Female 15 & Over 100 Breast	8	11	-0.98
		41.45 1:26.87 (41.45) (45.42)			
2:38.99L	P #	15B Female 15 & Over 200 Back	13	---	-0.54
		1:17.41 2:38.99 (1:17.41) (1:21.58)			
2:41.62L	F #	15B Female 15 & Over 200 Back	8	11	2.09
		37.54 1:18.42 2:00.09 2:41.62 (37.54) (40.88) (41.67) (41.53)			
2:34.75L	P #	17B Female 15 & Over 200 IM	4	---	-1.99
		1:12.54 2:34.75 (1:12.54) (1:22.21)			
2:34.80L	F #	17B Female 15 & Over 200 IM	4	15	-1.94
		31.81 1:12.76 2:01.03 2:34.80 (31.81) (40.95) (48.27) (33.77)			
3:02.13L	F #	41B Female 15 & Over 200 Breast	9	9	-8.29
		41.92 1:28.10 2:15.36 3:02.13 (41.92) (46.18) (47.26) (46.77)			
3:06.37L	P #	41B Female 15 & Over 200 Breast	9	---	-4.05
		1:30.22 3:06.37 (1:30.22) (1:36.15)			
1:14.17L	P #	45B Female 15 & Over 100 Back	7	---	0.52
1:15.28L	F #	45B Female 15 & Over 100 Back	8	11	1.63
		35.92 1:15.28 (35.92) (39.36)			
1:06.45L	P #	49B Female 15 & Over 100 Fly	1	---	0.96
1:07.22L	F #	49B Female 15 & Over 100 Fly	3	16	1.73
		31.59 1:07.22 (31.59) (35.63)			

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Falise, Emily C (9) F</b>					
39.72L	F	# 23 Female 10 & Under 50 Fly	5	14	-0.80
2:59.32L	F	# 27 Female 10 & Under 200 Free	7	12	4.26
		39.28 1:25.98 2:13.06 2:59.32 (39.28) (46.70) (47.08) (46.26)			
47.62L	F	# 31 Female 10 & Under 50 Back	22	---	1.07
1:52.78L	F	# 35 Female 10 & Under 100 Breast	10	7	1.40
		53.51 1:52.78 (53.51) (59.27)			
53.03L	F	# 57 Female 10 & Under 50 Breast	18	---	0.60
36.88L	F	# 61 Female 10 & Under 50 Free	9	9	0.01
1:23.71L	F	# 69 Female 10 & Under 100 Free	9	9	1.19
		38.52 1:23.71 (38.52) (45.19)			
1:41.62L	F	# 73 Female 10 & Under 100 Fly	7	12	4.13
		44.10 1:41.62 (44.10) (57.52)			

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Falise, Nicholas S (8) F</b>					
54.51L	F	# 24 Male 10 & Under 50 Fly	28	---	-0.04
3:24.09L	F	# 28 Male 10 & Under 200 Free	18	---	---
		45.93 1:39.78 2:34.03 3:24.09 (45.93) (53.85) (54.25) (50.06)			
47.18L	F	# 32 Male 10 & Under 50 Back	20	---	0.58
1:07.54L	F	# 58 Male 10 & Under 50 Breast	33	---	-1.00
40.36L	F	# 62 Male 10 & Under 50 Free	21	---	0.10
1:40.68L	F	# 66 Male 10 & Under 100 Back	16	1	-2.51
		49.45 1:40.68 (49.45) (51.23)			
1:38.27L	F	# 70 Male 10 & Under 100 Free	28	---	7.78
		45.98 1:38.27 (45.98) (52.29)			

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<b>Flur, Adam M (19) F</b>					
54.70L	F	# 12B Male 15 & Over 100 Free	2	17	---
		26.31 54.70			
		(26.31) (28.39)			
55.64L	P	# 12B Male 15 & Over 100 Free	3	---	---
24.18L	F	# 44B Male 15 & Over 50 Free	1	20	---
24.54L	P	# 44B Male 15 & Over 50 Free	1	---	---

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Gallagher, Thomas (15) F</b>					
4:58.22L	F #	8B Male 15 & Over 400 Free	21	---	7.08
		32.11 1:08.64 1:46.68 2:24.76 3:03.47 3:42.75 4:21.06 4:58.22			
		(32.11) (36.53) (38.04) (38.08) (38.71) (39.28) (38.31) (37.16)			
1:02.07L	P #	12B Male 15 & Over 100 Free	38	---	-0.64
2:41.15L	P #	16B Male 15 & Over 200 Back	19	---	1.89
		1:17.89 2:41.15			
		(1:17.89) (1:23.26)			
2:44.23L	P #	18B Male 15 & Over 200 IM	30	---	-0.44
		1:18.67 2:44.23			
		(1:18.67) (1:25.56)			
27.77L	P #	44B Male 15 & Over 50 Free	23	---	0.26
1:15.59L	P #	46B Male 15 & Over 100 Back	20	---	2.42
2:19.45L	P #	48B Male 15 & Over 200 Free	20	---	1.02
		1:07.42 2:19.45			
		(1:07.42) (1:12.03)			

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Greeley, Matthew J (9) F</b>					
NS	F	# 24 Male 10 & Under 50 Fly	---	---	---
NS	F	# 28 Male 10 & Under 200 Free	---	---	---
NS	F	# 32 Male 10 & Under 50 Back	---	---	---
NS	F	# 36 Male 10 & Under 100 Breast	---	---	---
NS	F	# 58 Male 10 & Under 50 Breast	---	---	---
NS	F	# 62 Male 10 & Under 50 Free	---	---	---
NS	F	# 66 Male 10 & Under 100 Back	---	---	---
NS	F	# 70 Male 10 & Under 100 Free	---	---	---

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Greeley, Nathan T (13) F</b>					
5:48.20L	F #	2A Male 13-14 400 IM	13	4	-3.35
		35.98 1:22.79 2:05.85 2:47.44 3:38.58 4:28.84 5:08.90 5:48.20 (35.98) (46.81) (43.06) (41.59) (51.14) (50.26) (40.06) (39.30)			
5:12.13L	F #	8A Male 13-14 400 Free	21	---	-36.17
		34.21 1:12.75 1:52.32 2:31.63 3:11.20 3:52.74 4:32.64 5:12.13 (34.21) (38.54) (39.57) (39.31) (39.57) (41.54) (39.90) (39.49)			
1:08.31L	P #	12A Male 13-14 100 Free	27	---	-0.47
2:35.76L	F #	16A Male 13-14 200 Back	4	15	-4.93
		35.84 1:15.76 1:56.43 2:35.76 (35.84) (39.92) (40.67) (39.33)			
2:36.71L	P #	16A Male 13-14 200 Back	4	---	-3.98
		1:15.39 2:36.71 (1:15.39) (1:21.32)			
2:44.89L	P #	18A Male 13-14 200 IM	20	---	-1.55
		1:19.01 2:44.89 (1:19.01) (1:25.88)			
3:07.88L	F #	42A Male 13-14 200 Breast	6	13	-9.44
		42.67 1:30.92 2:19.27 3:07.88 (42.67) (48.25) (48.35) (48.61)			
3:10.71L	P #	42A Male 13-14 200 Breast	7	---	-6.61
		1:31.75 3:10.71 (1:31.75) (1:38.96)			
31.45L	P #	44A Male 13-14 50 Free	28	---	0.51
1:13.85L	F #	46A Male 13-14 100 Back	13	4	-0.95
		35.83 1:13.85 (35.83) (38.02)			
1:14.69L	P #	46A Male 13-14 100 Back	14	---	-0.11

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Guo, Angela W (11) F</b>					
42.92L	F	# 21 Female 11-12 50 Fly	39	---	0.11
3:04.66L	F	# 25 Female 11-12 200 Free	48	---	5.55
		39.63 1:25.63 2:15.61 3:04.66 (39.63) (46.00) (49.98) (49.05)			
1:58.12L	F	# 33 Female 11-12 100 Breast	46	---	---
		56.70 1:58.12 (56.70) (1:01.42)			
1:36.39L	F	# 63 Female 11-12 100 Back	27	---	3.91
		45.47 1:36.39 (45.47) (50.92)			
1:20.74L	F	# 67 Female 11-12 100 Free	34	---	1.79
		38.26 1:20.74 (38.26) (42.48)			
1:45.62L	F	# 71 Female 11-12 100 Fly	26	---	---
		47.00 1:45.62 (47.00) (58.62)			

## Duke Aquatics

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### Individual Meet Results

2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters

Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
<b>Helmich, Emma C (11) F</b>					
40.99L	F	# 21 Female 11-12 50 Fly	32	---	2.82
42.25L	F	# 29 Female 11-12 50 Back	24	---	1.59
1:49.03L	F	# 33 Female 11-12 100 Breast	29	---	---
		52.37 1:49.03 (52.37) (56.66)			
35.62L	F	# 59 Female 11-12 50 Free	33	---	0.41
1:29.30L	F	# 63 Female 11-12 100 Back	18	---	1.50
		43.47 1:29.30 (43.47) (45.83)			
1:35.13L	F	# 71 Female 11-12 100 Fly	20	---	5.41
		42.34 1:35.13 (42.34) (52.79)			
42.72L	F	# 75 Female 11-12 200 Medley	---	---	2.06

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Helmich, Paul E (9) F</b>					
49.46L	F	# 24 Male 10 & Under 50 Fly	20	---	2.87
NS	F	# 28 Male 10 & Under 200 Free	---	---	---
51.28L	F	# 32 Male 10 & Under 50 Back	27	---	5.29
2:18.42L	F	# 36 Male 10 & Under 100 Breast	22	---	7.96
		1:07.57 2:18.42 (1:07.57) (1:10.85)			
46.85L	F	# 40 Male 10 & Under 200 Free	---	---	---
NS	F	# 58 Male 10 & Under 50 Breast	---	---	---
NS	F	# 62 Male 10 & Under 50 Free	---	---	---
NS	F	# 66 Male 10 & Under 100 Back	---	---	---
NS	F	# 74 Male 10 & Under 100 Fly	---	---	---

## Duke Aquatics

### Individual Meet Results

2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters  
 Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
<b>Hoffman, Conor (15) F</b>					
4:37.21L	F #	8B Male 15 & Over 400 Free	8	11	-1.85
1:12.90L	F #	14B Male 15 & Over 100 Breast	3	16	0.71
		34.08 1:12.90 (34.08) (38.82)			
1:13.66L	P #	14B Male 15 & Over 100 Breast	4	---	1.47
2:22.85L	P #	16B Male 15 & Over 200 Back	4	---	0.23
		1:09.09 2:22.85 (1:09.09) (1:13.76)			
2:23.00L	F #	16B Male 15 & Over 200 Back	4	15	0.38
		33.67 1:09.73 1:47.08 2:23.00 (33.67) (36.06) (37.35) (35.92)			
2:23.25L	P #	18B Male 15 & Over 200 IM	6	---	-1.45
		1:08.12 2:23.25 (1:08.12) (1:15.13)			
2:24.99L	F #	18B Male 15 & Over 200 IM	8	11	0.29
		31.52 1:08.26 1:50.86 2:24.99 (31.52) (36.74) (42.60) (34.13)			
27.59L	F #	20 Male Senior 200 Free	---	---	0.34
2:40.36L	F #	42B Male 15 & Over 200 Breast	2	17	4.99
		35.47 1:15.64 1:57.26 2:40.36 (35.47) (40.17) (41.62) (43.10)			
2:41.52L	P #	42B Male 15 & Over 200 Breast	2	---	6.15
		1:16.16 2:41.52 (1:16.16) (1:25.36)			
1:06.48L	P #	46B Male 15 & Over 100 Back	5	---	-0.03
1:06.60L	F #	46B Male 15 & Over 100 Back	6	13	0.09
		32.49 1:06.60 (32.49) (34.11)			
2:12.22L	P #	48B Male 15 & Over 200 Free	9	---	2.42
		1:03.64 2:12.22 (1:03.64) (1:08.58)			
2:12.78L	F #	48B Male 15 & Over 200 Free	8	11	2.98
		30.15 1:03.42 1:38.19 2:12.78 (30.15) (33.27) (34.77) (34.59)			

## Duke Aquatics

### Individual Meet Results

2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters  
 Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
<b>Krasnov, Allison (16) F</b>					
4:52.53L	F #	7B Female 15 & Over 400 Free	11	6	-0.73
		32.96 1:09.29 1:46.05 2:22.75 2:59.92 3:37.70 4:15.48 4:52.53 (32.96) (36.33) (36.76) (36.70) (37.17) (37.78) (37.78) (37.05)			
1:04.39L	P #	11B Female 15 & Over 100 Free	14	---	-1.16
1:04.85L	F #	11B Female 15 & Over 100 Free	14	3	-0.70
		31.39 1:04.85 (31.39) (33.46)			
1:23.83L	P #	13B Female 15 & Over 100 Breast	9	---	2.03
1:25.09L	F #	13B Female 15 & Over 100 Breast	7	12	3.29
		39.98 1:25.09 (39.98) (45.11)			
2:37.96L	P #	17B Female 15 & Over 200 IM	7	---	1.23
		1:16.74 2:37.96 (1:16.74) (1:21.22)			
2:40.80L	F #	17B Female 15 & Over 200 IM	7	12	4.07
		33.72 1:17.54 2:04.25 2:40.80 (33.72) (43.82) (46.71) (36.55)			
3:01.17L	F #	41B Female 15 & Over 200 Breast	8	11	1.33
		41.08 1:27.07 2:14.15 3:01.17 (41.08) (45.99) (47.08) (47.02)			
3:02.31L	P #	41B Female 15 & Over 200 Breast	6	---	2.47
		1:27.97 3:02.31 (1:27.97) (1:34.34)			
2:20.26L	F #	47B Female 15 & Over 200 Free	4	15	1.80
		32.87 1:09.20 1:45.19 2:20.26 (32.87) (36.33) (35.99) (35.07)			
2:21.99L	P #	47B Female 15 & Over 200 Free	10	---	3.53
		1:08.82 2:21.99 (1:08.82) (1:13.17)			
1:12.57L	P #	49B Female 15 & Over 100 Fly	9	---	0.69
1:14.53L	F #	49B Female 15 & Over 100 Fly	7	12	2.65
		33.88 1:14.53 (33.88) (40.65)			

## Duke Aquatics

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### Individual Meet Results

2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters

Duke Aquatics [DUKE-NC] Coach: Eric Steidinger

Time	F/P/S	Event	Place	Points	Improv
<b>Krasnov, Stephanie (19) F</b>					
1:09.01L	P #	11B Female 15 & Over 100 Free	39	---	2.92
1:37.55L	P #	13B Female 15 & Over 100 Breast	36	---	3.04
2:53.02L	P #	17B Female 15 & Over 200 IM	32	---	7.72
		1:20.41 2:53.02 (1:20.41) (1:32.61)			
31.52L	P #	43B Female 15 & Over 50 Free	23	---	1.04
2:35.96L	P #	47B Female 15 & Over 200 Free	28	---	9.00
		1:14.66 2:35.96 (1:14.66) (1:21.30)			
1:13.88L	F #	49B Female 15 & Over 100 Fly	9	9	2.52
		34.29 1:13.88 (34.29) (39.59)			
1:18.25L	P #	49B Female 15 & Over 100 Fly	21	---	6.89

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Li, Michael W (11) F</b>					
36.05L	F	# 22 Male 11-12 50 Fly	5	14	1.62
2:45.85L	F	# 26 Male 11-12 200 Free	16	1	-2.08
		37.55 1:20.97 2:05.10 2:45.85 (37.55) (43.42) (44.13) (40.75)			
1:47.47L	F	# 34 Male 11-12 100 Breast	15	2	6.12
		52.55 1:47.47 (52.55) (54.92)			
49.07L	F	# 56 Male 11-12 50 Breast	10	7	2.32
32.52L	F	# 60 Male 11-12 50 Free	5	14	-0.55
1:11.85L	F	# 68 Male 11-12 100 Free	9	9	-2.18
		34.53 1:11.85 (34.53) (37.32)			

## Duke Aquatics

### Individual Meet Results

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

Time	F/P/S	Event	Place	Points	Improv
<b>Liu, Caroline (13) F</b>					
5:47.66L	F #	1A Female 13-14 400 IM	7	12	5.27
		36.05 1:18.63 2:47.06 3:36.36 4:25.50 5:07.12 5:47.66 (36.05) (42.58) (1:28.43) (49.30) (49.14) (41.62) (40.54)			
5:12.32L	F #	7A Female 13-14 400 Free	14	3	-10.81
		35.09 1:13.21 1:52.45 2:32.21 3:12.28 3:52.94 5:12.32 (35.09) (38.12) (39.24) (39.76) (40.07) (40.66) (1:19.38)			
1:08.20L	P #	11A Female 13-14 100 Free	20	---	-1.68
1:24.49L	P #	13A Female 13-14 100 Breast	6	---	0.90
1:24.96L	F #	13A Female 13-14 100 Breast	8	11	1.37
		40.32 1:24.96 (40.32) (44.64)			
2:42.09L	P #	17A Female 13-14 200 IM	7	---	-0.24
		1:18.06 2:42.09 (1:18.06) (1:24.03)			
2:43.96L	F #	17A Female 13-14 200 IM	7	12	1.63
		35.35 1:17.80 2:05.53 2:43.96 (35.35) (42.45) (47.73) (38.43)			
31.19L	F #	43A Female 13-14 50 Free	14	3	-0.19
31.60L	P #	43A Female 13-14 50 Free	15	---	0.22
1:14.18L	F #	45A Female 13-14 100 Back	1	20	-1.94
		36.21 1:14.18 (36.21) (37.97)			
1:16.84L	P #	45A Female 13-14 100 Back	3	---	0.72
1:16.16L	F #	49A Female 13-14 100 Fly	11	6	0.08
		35.92 1:16.16 (35.92) (40.24)			
1:17.19L	P #	49A Female 13-14 100 Fly	11	---	1.11
35.66L	F #	51 Female Senior 200 Medley	---	---	0.30

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Liu, Danielle (13) F</b>					
4:36.06L	F #	7A Female 13-14 400 Free	1	20	-6.70
		31.97 1:06.59 1:41.91 2:17.69 2:53.11 3:28.30 4:03.05 4:36.06 (31.97) (34.62) (35.32) (35.78) (35.42) (35.19) (34.75) (33.01)			
1:02.64L	F #	11A Female 13-14 100 Free	3	16	-0.84
		30.12 1:02.64 (30.12) (32.52)			
1:03.12L	P #	11A Female 13-14 100 Free	4	---	-0.36
1:24.31L	P #	13A Female 13-14 100 Breast	5	---	-0.08
1:24.61L	F #	13A Female 13-14 100 Breast	7	12	0.22
		40.75 1:24.61 (40.75) (43.86)			
2:34.52L	F #	17A Female 13-14 200 IM	3	16	1.54
		33.47 1:13.92 2:00.81 2:34.52 (33.47) (40.45) (46.89) (33.71)			
2:35.91L	P #	17A Female 13-14 200 IM	3	---	2.93
		1:14.45 2:35.91 (1:14.45) (1:21.46)			
29.12L	F #	43A Female 13-14 50 Free	4	15	-1.02
29.72L	P #	43A Female 13-14 50 Free	6	---	-0.42
1:15.82L	F #	45A Female 13-14 100 Back	4	15	0.84
		37.54 1:15.82 (37.54) (38.28)			
1:17.12L	P #	45A Female 13-14 100 Back	4	---	2.14
1:09.88L	F #	49A Female 13-14 100 Fly	2	17	-2.60
		32.94 1:09.88 (32.94) (36.94)			
1:11.58L	P #	49A Female 13-14 100 Fly	2	---	-0.90

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Liu, Emily (8) F</b>					
3:29.29L	F # 5	Female 10 & Under 200 IM	4	15	-3.09
	49.07	1:44.29 2:42.68 3:29.29			
	(49.07)	(55.22) (58.39) (46.61)			
52.87L	F # 23	Female 10 & Under 50 Fly	39	---	1.05
52.44L	F # 31	Female 10 & Under 50 Back	43	---	0.69
1:51.99L	F # 35	Female 10 & Under 100 Breast	9	9	0.24
	55.37	1:51.99			
	(55.37)	(56.62)			
53.73L	F # 57	Female 10 & Under 50 Breast	24	---	-0.04
42.10L	F # 61	Female 10 & Under 50 Free	38	---	-0.41
1:32.91L	F # 69	Female 10 & Under 100 Free	26	---	-0.55
	44.15	1:32.91			
	(44.15)	(48.76)			

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Marzinsky, Cece (13) F</b>					
5:39.84L	F #	1A Female 13-14 400 IM	3	16	-16.74
		33.62 1:12.97 1:57.75 2:41.46 3:32.38 4:23.39 5:01.55 5:39.84 (33.62) (39.35) (44.78) (43.71) (50.92) (51.01) (38.16) (38.29)			
5:02.89L	F #	7A Female 13-14 400 Free	8	11	-1.90
		34.55 1:12.97 1:50.89 2:29.05 3:07.43 3:46.43 4:25.29 5:02.89 (34.55) (38.42) (37.92) (38.16) (38.38) (39.00) (38.86) (37.60)			
1:31.77L	P #	13A Female 13-14 100 Breast	16	---	-0.62
1:32.74L	F #	13A Female 13-14 100 Breast	15	2	0.35
		44.52 1:32.74 (44.52) (48.22)			
2:52.17L	F #	15A Female 13-14 200 Back	16	1	0.19
		40.64 1:23.95 2:08.55 2:52.17 (40.64) (43.31) (44.60) (43.62)			
2:55.05L	P #	15A Female 13-14 200 Back	17	---	3.07
		1:26.30 2:55.05 (1:26.30) (1:28.75)			
2:43.98L	F #	17A Female 13-14 200 IM	10	7	0.09
		33.63 1:17.08 2:07.62 2:43.98 (33.63) (43.45) (50.54) (36.36)			
2:44.52L	P #	17A Female 13-14 200 IM	11	---	0.63
		1:17.97 2:44.52 (1:17.97) (1:26.55)			

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>McArdle, Gabrielle D (13) F</b>					
5:56.70L	F #	1A Female 13-14 400 IM	9	9	-4.71
		36.08 1:19.00 2:06.10 2:52.15 3:44.55 4:35.44 5:17.09 5:56.70 (36.08) (42.92) (47.10) (46.05) (52.40) (50.89) (41.65) (39.61)			
5:18.26L	F #	7A Female 13-14 400 Free	19	---	8.39
		34.58 1:13.30 1:53.31 2:33.86 3:14.51 3:55.75 4:37.71 5:18.26 (34.58) (38.72) (40.01) (40.55) (40.65) (41.24) (41.96) (40.55)			
3:05.01L	F #	9A Female 13-14 200 Fly	6	13	5.29
		37.58 1:23.46 2:14.31 3:05.01 (37.58) (45.88) (50.85) (50.70)			
3:09.20L	P #	9A Female 13-14 200 Fly	8	---	9.48
		1:25.86 3:09.20 (1:25.86) (1:43.34)			
1:10.89L	P #	11A Female 13-14 100 Free	31	---	3.06
2:53.23L	P #	17A Female 13-14 200 IM	22	---	5.74
		1:22.30 2:53.23 (1:22.30) (1:30.93)			
1:22.94L	P #	45A Female 13-14 100 Back	19	---	1.36
2:33.64L	P #	47A Female 13-14 200 Free	23	---	1.78
		1:14.02 2:33.64 (1:14.02) (1:19.62)			
1:23.30L	P #	49A Female 13-14 100 Fly	19	---	4.89

## Duke Aquatics

### Individual Meet Results

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

Time	F/P/S	Event	Place	Points	Improv
<b>Nolte, Michaela (15) F</b>					
5:41.77L	F #	1B Female 15 & Over 400 IM	5	14	-7.42
		35.24 1:17.70 2:05.22 2:51.17 3:38.49 4:26.03 5:04.22 5:41.77 (35.24) (42.46) (47.52) (45.95) (47.32) (47.54) (38.19) (37.55)			
4:57.41L	F #	7B Female 15 & Over 400 Free	19	---	-2.30
		34.67 1:12.55 1:50.17 2:27.51 3:05.03 3:43.21 4:20.79 4:57.41 (34.67) (37.88) (37.62) (37.34) (37.52) (38.18) (37.58) (36.62)			
1:05.51L	P #	11B Female 15 & Over 100 Free	21	---	0.69
1:21.46L	P #	13B Female 15 & Over 100 Breast	4	---	1.35
1:21.55L	F #	13B Female 15 & Over 100 Breast	4	15	1.44
		38.74 1:21.55 (38.74) (42.81)			
2:41.42L	P #	17B Female 15 & Over 200 IM	15	---	-0.17
		1:20.10 2:41.42 (1:20.10) (1:21.32)			
2:42.57L	F #	17B Female 15 & Over 200 IM	14	3	0.98
		33.94 1:20.42 2:05.35 2:42.57 (33.94) (46.48) (44.93) (37.22)			
2:54.38L	F #	41B Female 15 & Over 200 Breast	3	16	-1.83
		40.15 1:24.24 2:09.46 2:54.38 (40.15) (44.09) (45.22) (44.92)			
2:58.55L	P #	41B Female 15 & Over 200 Breast	3	---	2.34
		1:26.42 2:58.55 (1:26.42) (1:32.13)			
29.65L	F #	43B Female 15 & Over 50 Free	8	11	-0.15
30.04L	P #	43B Female 15 & Over 50 Free	11	---	0.24
2:21.59L	F #	47B Female 15 & Over 200 Free	7	12	0.80
		32.99 1:08.92 1:45.64 2:21.59 (32.99) (35.93) (36.72) (35.95)			
2:21.60L	P #	47B Female 15 & Over 200 Free	9	---	0.81
		1:09.39 2:21.60 (1:09.39) (1:12.21)			

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>O'Donnell, Jeremiah (16) F</b>					
4:34.05L	F #	8B Male 15 & Over 400 Free	6	13	-8.10
57.84L	F #	12B Male 15 & Over 100 Free	12	5	-0.05
		28.15 57.84 (28.15) (29.69)			
58.59L	P #	12B Male 15 & Over 100 Free	10	---	0.70
1:15.61L	F #	14B Male 15 & Over 100 Breast	6	13	-0.36
		36.31 1:15.61 (36.31) (39.30)			
1:16.88L	P #	14B Male 15 & Over 100 Breast	7	---	0.91
2:24.87L	F #	16B Male 15 & Over 200 Back	9	9	-0.74
		34.24 1:11.19 1:48.52 2:24.87 (34.24) (36.95) (37.33) (36.35)			
2:28.27L	P #	16B Male 15 & Over 200 Back	10	---	2.66
		1:11.72 2:28.27 (1:11.72) (1:16.55)			
2:44.03L	F #	42B Male 15 & Over 200 Breast	3	16	-6.32
		37.87 1:19.05 2:01.99 2:44.03 (37.87) (41.18) (42.94) (42.04)			
2:47.80L	P #	42B Male 15 & Over 200 Breast	3	---	-2.55
		1:21.54 2:47.80 (1:21.54) (1:26.26)			
1:08.18L	F #	46B Male 15 & Over 100 Back	11	6	-0.37
		33.43 1:08.18 (33.43) (34.75)			
1:09.52L	P #	46B Male 15 & Over 100 Back	10	---	0.97
31.63L	F #	52 Male Senior 200 Medley	---	---	-8.65
9:30.79L	F #	54B Male 15 & Over 800 Free	3	16	-32.50
		1:04.90 2:16.75 3:28.58 4:41.49 5:54.04 7:06.90 8:19.29 9:30.79 (1:04.90) (1:11.85) (1:11.83) (1:12.91) (1:12.55) (1:12.86) (1:12.39) (1:11.50)			

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Robinson, Mackenzie (17) F</b>					
4:35.40L	F #	7B Female 15 & Over 400 Free	5	14	-4.71
		31.65 1:05.65 1:40.54 2:15.39 2:50.75 3:25.90 4:01.11 4:35.40			
		(31.65) (34.00) (34.89) (34.85) (35.36) (35.15) (35.21) (34.29)			
1:01.39L	P #	11B Female 15 & Over 100 Free	2	---	0.36
1:01.43L	F #	11B Female 15 & Over 100 Free	2	17	0.40
		29.79 1:01.43			
		(29.79) (31.64)			
1:22.18L	P #	13B Female 15 & Over 100 Breast	6	---	1.95
2:26.40L	F #	17B Female 15 & Over 200 IM	1	20	1.87
		31.30 1:07.98 1:53.04 2:26.40			
		(31.30) (36.68) (45.06) (33.36)			
2:29.32L	P #	17B Female 15 & Over 200 IM	1	---	4.79
		1:10.41 2:29.32			
		(1:10.41) (1:18.91)			
28.16L	F #	43B Female 15 & Over 50 Free	2	17	-1.25
28.37L	P #	43B Female 15 & Over 50 Free	2	---	-1.04
1:09.98L	F #	45B Female 15 & Over 100 Back	3	16	1.00
		34.67 1:09.98			
		(34.67) (35.31)			
1:10.46L	P #	45B Female 15 & Over 100 Back	2	---	1.48
1:06.65L	P #	49B Female 15 & Over 100 Fly	2	---	1.78
35.58L	F #	51 Female Senior 200 Medley	---	---	-2.47

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Sarratt, Emily (14) F</b>					
4:56.83L	F #	7A Female 13-14 400 Free	5	14	-5.39
		33.02 1:10.10 1:48.00 2:25.88 3:04.02 3:42.23 4:20.50 4:56.83 (33.02) (37.08) (37.90) (37.88) (38.14) (38.21) (38.27) (36.33)			
2:45.51L	F #	9A Female 13-14 200 Fly	4	15	-5.65
		35.83 1:18.13 2:01.96 2:45.51 (35.83) (42.30) (43.83) (43.55)			
2:48.77L	P #	9A Female 13-14 200 Fly	5	---	-2.39
		1:18.92 2:48.77 (1:18.92) (1:29.85)			
1:22.28L	F #	13A Female 13-14 100 Breast	2	17	1.06
		38.99 1:22.28 (38.99) (43.29)			
1:22.62L	P #	13A Female 13-14 100 Breast	2	---	1.40
2:44.84L	F #	15A Female 13-14 200 Back	6	13	-2.72
		38.00 1:20.21 2:02.54 2:44.84 (38.00) (42.21) (42.33) (42.30)			
2:48.26L	P #	15A Female 13-14 200 Back	8	---	0.70
		1:22.89 2:48.26 (1:22.89) (1:25.37)			
29.73L	F #	19 Female Senior 200 Free	---	---	1.31
1:17.51L	P #	45A Female 13-14 100 Back	6	---	1.90
2:25.75L	P #	47A Female 13-14 200 Free	10	---	3.26
		1:10.53 2:25.75 (1:10.53) (1:15.22)			
1:15.63L	P #	49A Female 13-14 100 Fly	6	---	-0.04

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Schaefer, Jamie (16) F</b>					
4:56.25L	F #	7B Female 15 & Over 400 Free	15	2	3.06
		33.38 1:09.95 1:47.26 2:25.00 3:02.47 3:40.66 4:18.99 4:56.25 (33.38) (36.57) (37.31) (37.74) (37.47) (38.19) (38.33) (37.26)			
1:04.72L	P #	11B Female 15 & Over 100 Free	17	---	0.35
1:04.93L	F #	11B Female 15 & Over 100 Free	15	2	0.56
		31.20 1:04.93 (31.20) (33.73)			
2:41.44L	F #	15B Female 15 & Over 200 Back	13	4	2.56
		37.66 1:18.34 2:00.68 2:41.44 (37.66) (40.68) (42.34) (40.76)			
2:44.49L	P #	15B Female 15 & Over 200 Back	21	---	5.61
		1:20.05 2:44.49 (1:20.05) (1:24.44)			
2:40.91L	P #	17B Female 15 & Over 200 IM	12	---	-0.22
		1:14.77 2:40.91 (1:14.77) (1:26.14)			
2:41.35L	F #	17B Female 15 & Over 200 IM	13	4	0.22
		33.58 1:15.40 2:06.36 2:41.35 (33.58) (41.82) (50.96) (34.99)			
3:12.53L	P #	41B Female 15 & Over 200 Breast	14	---	-13.67
		1:40.00 10:00.00 1:32.63 3:12.53 (1:40.00) (8:20.00) (507.37) (1:39.90)			
3:13.52L	F #	41B Female 15 & Over 200 Breast	15	2	-12.68
		44.26 1:33.22 2:23.44 3:13.52 (44.26) (48.96) (50.22) (50.08)			
30.17L	P #	43B Female 15 & Over 50 Free	15	---	0.47
30.44L	F #	43B Female 15 & Over 50 Free	13	4	0.74
2:22.46L	P #	47B Female 15 & Over 200 Free	11	---	0.81
		2:22.46 (2:22.46)			
2:25.92L	F #	47B Female 15 & Over 200 Free	8	11	4.27
		33.22 1:10.24 1:48.62 2:25.92 (33.22) (37.02) (38.38) (37.30)			

## Duke Aquatics

### Individual Meet Results

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

Time	F/P/S	Event	Place	Points	Improv
<b>Schaefer, Robby (14) F</b>					
5:38.55L	F #	2A Male 13-14 400 IM	8	11	-1.64
		33.29 1:12.97 1:56.62 2:38.90 3:29.67 4:21.25 5:00.22 5:38.55 (33.29) (39.68) (43.65) (42.28) (50.77) (51.58) (38.97) (38.33)			
4:54.38L	F #	8A Male 13-14 400 Free	11	6	-4.81
		33.17 1:10.73 1:49.48 2:27.01 3:04.60 3:42.30 4:19.68 4:54.38 (33.17) (37.56) (38.75) (37.53) (37.59) (37.70) (37.38) (34.70)			
2:34.17L	F #	10A Male 13-14 200 Fly	2	17	-1.81
		32.50 1:10.41 1:52.20 2:34.17 (32.50) (37.91) (41.79) (41.97)			
2:39.20L	P #	10A Male 13-14 200 Fly	1	---	3.22
		1:14.12 2:39.20 (1:14.12) (1:25.08)			
1:06.23L	P #	12A Male 13-14 100 Free	19	---	1.83
2:40.06L	F #	16A Male 13-14 200 Back	10	7	-1.24
		36.42 1:17.28 1:59.88 2:40.06 (36.42) (40.86) (42.60) (40.18)			
2:43.60L	P #	16A Male 13-14 200 Back	10	---	2.30
		1:18.93 2:43.60 (1:18.93) (1:24.67)			
28.83L	F #	44A Male 13-14 50 Free	11	6	-0.38
29.43L	P #	44A Male 13-14 50 Free	11	---	0.22
1:12.06L	F #	46A Male 13-14 100 Back	9	9	-5.12
		34.80 1:12.06 (34.80) (37.26)			
1:14.18L	P #	46A Male 13-14 100 Back	12	---	-3.00
1:09.99L	F #	50A Male 13-14 100 Fly	6	13	-0.40
		32.51 1:09.99 (32.51) (37.48)			
1:10.85L	P #	50A Male 13-14 100 Fly	7	---	0.46

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Schrickx, Harry Jr (14) F</b>					
5:24.66L	F #	2A Male 13-14 400 IM	1	20	-9.95
	34.31	1:15.65 1:55.95 2:36.67	3:21.94 4:09.29 4:47.30	5:24.66	
	(34.31)	(41.34) (40.30) (40.72)	(45.27) (47.35) (38.01)	(37.36)	
1:01.58L	F #	12A Male 13-14 100 Free	6	13	-0.63
	29.19	1:01.58			
	(29.19)	(32.39)			
1:02.21L	P #	12A Male 13-14 100 Free	8	---	---
1:17.45L	F #	14A Male 13-14 100 Breast	2	17	-0.78
	36.93	1:17.45			
	(36.93)	(40.52)			
1:19.68L	P #	14A Male 13-14 100 Breast	3	---	1.45
2:30.05L	F #	18A Male 13-14 200 IM	4	15	-0.64
	34.11	1:12.59 1:55.50 2:30.05			
	(34.11)	(38.48) (42.91) (34.55)			
2:33.57L	P #	18A Male 13-14 200 IM	5	---	2.88
	1:13.00	2:33.57			
	(1:13.00)	(1:20.57)			
28.43L	F #	44A Male 13-14 50 Free	6	13	-1.09
28.65L	P #	44A Male 13-14 50 Free	7	---	-0.87
1:10.06L	P #	46A Male 13-14 100 Back	4	---	-2.32
1:10.39L	F #	46A Male 13-14 100 Back	6	13	-1.99
	34.76	1:10.39			
	(34.76)	(35.63)			
DQ	P #	50A Male 13-14 100 Fly	---	---	---

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Sept, Connor J (10) F</b>					
35.41L	F	# 24 Male 10 & Under 50 Fly	1	20	-8.14
2:44.97L	F	# 28 Male 10 & Under 200 Free	1	20	3.93
		38.41 1:21.89 2:04.87 2:44.97 (38.41) (43.48) (42.98) (40.10)			
38.48L	F	# 32 Male 10 & Under 50 Back	1	20	0.19
1:36.90L	F	# 36 Male 10 & Under 100 Breast	1	20	-1.61
		46.19 1:36.90 (46.19) (50.71)			
44.32L	F	# 58 Male 10 & Under 50 Breast	1	20	-0.57
1:24.72L	F	# 66 Male 10 & Under 100 Back	2	17	-1.83
		41.18 1:24.72 (41.18) (43.54)			
1:13.05L	F	# 70 Male 10 & Under 100 Free	1	20	-0.29
		34.91 1:13.05 (34.91) (38.14)			
1:26.23L	F	# 74 Male 10 & Under 100 Fly	1	20	-1.85
		40.09 1:26.23 (40.09) (46.14)			

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Sept, Corri (12) F</b>					
36.65L	F	# 21 Female 11-12 50 Fly	11	6	-0.70
40.60L	F	# 29 Female 11-12 50 Back	15	2	-0.87
1:29.89L	F	# 33 Female 11-12 100 Breast	3	16	-0.76
		43.52 1:29.89 (43.52) (46.37)			
32.86L	F	# 37 Female 11-12 200 Free	---	---	-0.11
42.25L	F	# 55 Female 11-12 50 Breast	5	14	0.21
1:11.58L	F	# 67 Female 11-12 100 Free	8	11	-14.08
		34.02 1:11.58 (34.02) (37.56)			
1:24.01L	F	# 71 Female 11-12 100 Fly	8	11	-0.86
		37.78 1:24.01 (37.78) (46.23)			

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Siemens, Sara (14) F</b>					
1:07.46L	P	# 11A Female 13-14 100 Free	18	---	-1.62
1:33.38L	P	# 13A Female 13-14 100 Breast	21	---	-3.84
2:44.48L	F	# 17A Female 13-14 200 IM	11	6	-5.24
		33.62 1:17.17 2:07.16 2:44.48 (33.62) (43.55) (49.99) (37.32)			
2:46.75L	P	# 17A Female 13-14 200 IM	12	---	-2.97
		1:19.16 2:46.75 (1:19.16) (1:27.59)			
30.99L	P	# 43A Female 13-14 50 Free	13	---	0.10
1:18.83L	P	# 45A Female 13-14 100 Back	9	---	0.61
NS	P	# 49A Female 13-14 100 Fly	---	---	---

## Duke Aquatics

### Individual Meet Results

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

Time	F/P/S	Event	Place	Points	Improv
<b>Smith, Meghan (18) F</b>					
4:34.07L	F #	7B Female 15 & Over 400 Free	4	15	-1.48
		32.40 1:07.08 1:41.76 2:16.32 2:50.81 3:25.42 3:59.89 4:34.07 (32.40) (34.68) (34.68) (34.56) (34.49) (34.61) (34.47) (34.18)			
2:21.58L	F #	9B Female 15 & Over 200 Fly	2	17	2.32
		31.34 1:06.64 1:43.45 2:21.58 (31.34) (35.30) (36.81) (38.13)			
2:22.12L	P #	9B Female 15 & Over 200 Fly	1	---	2.86
		1:07.61 2:22.12 (1:07.61) (1:14.51)			
1:01.64L	P #	11B Female 15 & Over 100 Free	3	---	0.16
1:02.14L	F #	11B Female 15 & Over 100 Free	3	16	0.66
		30.14 1:02.14 (30.14) (32.00)			
2:31.52L	F #	15B Female 15 & Over 200 Back	2	17	0.04
		36.44 1:14.77 1:53.71 2:31.52 (36.44) (38.33) (38.94) (37.81)			
2:31.81L	P #	15B Female 15 & Over 200 Back	3	---	0.33
		1:14.14 2:31.81 (1:14.14) (1:17.67)			
2:50.81L	F #	41B Female 15 & Over 200 Breast	2	17	1.94
		38.72 1:22.22 2:06.68 2:50.81 (38.72) (43.50) (44.46) (44.13)			
2:55.61L	P #	41B Female 15 & Over 200 Breast	1	---	6.74
		1:25.49 2:55.61 (1:25.49) (1:30.12)			
1:06.73L	F #	49B Female 15 & Over 100 Fly	2	17	1.68
		31.65 1:06.73 (31.65) (35.08)			
1:07.88L	P #	49B Female 15 & Over 100 Fly	3	---	2.83
9:33.51L	F #	53B Female 15 & Over 800 Free	1	20	9.45
		1:08.75 2:21.68 3:35.09 4:48.63 6:01.57 7:13.81 8:24.20 9:33.51 (1:08.75) (1:12.93) (1:13.41) (1:13.54) (1:12.94) (1:12.24) (1:10.39) (1:09.31)			

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Smith, Morgan (13) F</b>					
4:57.69L	F #	7A Female 13-14 400 Free	6	13	-7.66
		33.82 1:11.20 1:49.36 2:27.07 3:05.51 3:43.50 4:21.31 4:57.69 (33.82) (37.38) (38.16) (37.71) (38.44) (37.99) (37.81) (36.38)			
1:03.87L	F #	11A Female 13-14 100 Free	7	12	-3.13
		30.76 1:03.87 (30.76) (33.11)			
1:05.09L	P #	11A Female 13-14 100 Free	7	---	-1.91
2:46.94L	P #	15A Female 13-14 200 Back	7	---	-4.36
		1:22.35 2:46.94 (1:22.35) (1:24.59)			
2:46.98L	F #	15A Female 13-14 200 Back	7	12	-4.32
		39.38 1:21.82 2:05.01 2:46.98 (39.38) (42.44) (43.19) (41.97)			
2:38.81L	F #	17A Female 13-14 200 IM	5	14	-1.00
		33.83 1:16.02 2:03.89 2:38.81 (33.83) (42.19) (47.87) (34.92)			
2:39.54L	P #	17A Female 13-14 200 IM	5	---	-0.27
		1:18.24 2:39.54 (1:18.24) (1:21.30)			
1:18.83L	F #	45A Female 13-14 100 Back	8	11	-1.65
		38.17 1:18.83 (38.17) (40.66)			
1:19.33L	P #	45A Female 13-14 100 Back	11	---	-1.15
2:21.19L	F #	47A Female 13-14 200 Free	6	13	-4.69
		32.26 1:07.92 1:45.09 2:21.19 (32.26) (35.66) (37.17) (36.10)			
2:24.27L	P #	47A Female 13-14 200 Free	7	---	-1.61
		1:10.68 2:24.27 (1:10.68) (1:13.59)			
10:19.22L	F #	53A Female 13-14 800 Free	2	17	-26.99
		1:14.23 2:32.78 3:50.91 5:09.13 6:27.65 7:46.17 9:03.54 10:19.22 (1:14.23) (1:18.55) (1:18.13) (1:18.22) (1:18.52) (1:18.52) (1:17.37) (1:15.68)			

**Duke Aquatics**

**Individual Meet Results**

**2010 NC Tar Heel States 30-Jul-10 to 01-Aug-10 LC Meters**  
**Duke Aquatics [DUKE-NC] Coach: Eric Steidinger**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Vosburgh, Jacob (14) F</b>					
56.65L	F # 12A Male	13-14 100 Free	1	20	-1.79
	27.42 56.65				
	(27.42) (29.23)				
58.09L	P # 12A Male	13-14 100 Free	2	---	-0.35
1:18.92L	F # 14A Male	13-14 100 Breast	4	15	-4.41
	37.91 1:18.92				
	(37.91) (41.01)				
1:21.26L	P # 14A Male	13-14 100 Breast	4	---	-2.07
2:23.84L	F # 18A Male	13-14 200 IM	2	17	-4.44
	29.44 1:06.64 1:51.79 2:23.84				
	(29.44) (37.20) (45.15) (32.05)				
2:26.83L	P # 18A Male	13-14 200 IM	2	---	-1.45
	1:08.03 2:26.83				
	(1:08.03) (1:18.80)				
2:47.30L	F # 42A Male	13-14 200 Breast	1	20	-14.43
	38.86 1:21.86 2:05.86 2:47.30				
	(38.86) (43.00) (44.00) (41.44)				
2:59.26L	P # 42A Male	13-14 200 Breast	3	---	-2.47
	1:26.97 2:59.26				
	(1:26.97) (1:32.29)				
1:07.30L	F # 46A Male	13-14 100 Back	2	17	-4.60
	33.01 1:07.30				
	(33.01) (34.29)				
1:09.47L	P # 46A Male	13-14 100 Back	3	---	-2.43
2:05.86L	F # 48A Male	13-14 200 Free	1	20	-1.38
	29.12 1:01.03 1:33.99 2:05.86				
	(29.12) (31.91) (32.96) (31.87)				
2:09.59L	P # 48A Male	13-14 200 Free	1	---	2.35
	1:03.23 2:09.59				
	(1:03.23) (1:06.36)				

## Duke Aquatics

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Time	F/P/S	Event	Place	Points	Improv
<b>Williams, Connor (14) F</b>					
NS	P	# 12A Male 13-14 100 Free	---	---	---
1:26.68L	F	# 14A Male 13-14 100 Breast 42.02 1:26.68 (42.02) (44.66)	11	6	-11.57
1:28.56L	P	# 14A Male 13-14 100 Breast	11	---	-9.69
2:20.25L	F	# 16A Male 13-14 200 Back 33.43 1:08.18 1:44.29 2:20.25 (33.43) (34.75) (36.11) (35.96)	2	17	1.58
2:20.30L	P	# 16A Male 13-14 200 Back 1:09.29 2:20.30 (1:09.29) (1:11.01)	2	---	1.63
26.90L	F	# 44A Male 13-14 50 Free	1	20	-0.44
27.76L	P	# 44A Male 13-14 50 Free	3	---	0.42
1:05.72L	F	# 46A Male 13-14 100 Back 32.64 1:05.72 (32.64) (33.08)	1	20	-1.57
1:07.93L	P	# 46A Male 13-14 100 Back	1	---	0.64
1:07.13L	F	# 50A Male 13-14 100 Fly 31.39 1:07.13 (31.39) (35.74)	3	16	-2.61
1:08.59L	P	# 50A Male 13-14 100 Fly	3	---	-1.15
32.46L	F	# 52 Male Senior 200 Medley	---	---	-0.83

## Duke Aquatics

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Time	F/P/S	Event	Place	Points	Improv
<b>Xu, Jennifer Q (12) F</b>					
2:41.44L	F # 3	Female 11-12 200 IM	2	17	-3.76
	33.96	1:17.25 2:05.07 2:41.44			
	(33.96)	(43.29) (47.82) (36.37)			
33.00L	F # 21	Female 11-12 50 Fly	2	17	-2.01
2:23.07L	F # 25	Female 11-12 200 Free	1	20	-0.31
	33.75	1:09.42 1:46.52 2:23.07			
	(33.75)	(35.67) (37.10) (36.55)			
1:26.95L	F # 33	Female 11-12 100 Breast	1	20	-1.83
	41.79	1:26.95			
	(41.79)	(45.16)			
1:20.66L	F # 63	Female 11-12 100 Back	2	17	1.80
	39.23	1:20.66			
	(39.23)	(41.43)			
1:04.99L	F # 67	Female 11-12 100 Free	1	20	-0.72
	31.81	1:04.99			
	(31.81)	(33.18)			
1:15.31L	F # 71	Female 11-12 100 Fly	2	17	-5.01
	35.40	1:15.31			
	(35.40)	(39.91)			