

**EXCEL AQUATICS**  
**Age Group**

**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

Time	F/P/S	Event	Place	Points	Improv
<b>Evan Ammon (12) M (WC)</b>					
2:29.05L	P # 26 AG	Men 11-12 200 Free	27	---	---
38.29L	P # 34 AG	Men 11-12 50 Back	33	---	-1.66
28.63L	F # 66 AG	Men 11-12 50 Free	4	15	-1.79
29.42L	P # 66 AG	Men 11-12 50 Free	5	---	-1.00
1:20.08L	P # 102 AG	Men 11-12 100 Back	27	---	-5.83
1:04.71L	F # 106 AG	Men 11-12 100 Free	6	13	-3.20
1:05.50L	P # 106 AG	Men 11-12 100 Free	7	---	-2.41
33.12L	P # 114 AG	Men 11-12 50 Fly	10	---	-3.19
<b>Brent Baxter (17) M (WC)</b>					
9:17.37L	F # 4B OP	Men 15 & Over 800 Free	19	---	-15.25
2:14.87L	P # 6 OP	Men Senior 200 Free	90	---	5.79
2:26.77L	P # 42 OP	Men Senior 200 Fly	42	---	1.49
4:40.53L	P # 54 OP	Men Senior 400 Free	68	---	10.06
<b>Matthew Beach (13) M (WC)</b>					
2:04.30L	F # 8 AG	Men 13-14 200 Free	5	14	-1.81
2:04.99L	P # 8 AG	Men 13-14 200 Free	3	---	-1.12
2:26.57L	P # 44 AG	Men 13-14 200 Fly	14	---	-3.85
26.95L	P # 48 AG	Men 13-14 50 Free	12	---	-0.38
4:23.75L	F # 56 AG	Men 13-14 400 Free	6	13	-3.38
4:26.80L	P # 56 AG	Men 13-14 400 Free	7	---	-0.33
17:28.45L	F # 82A OP	Men 13-14 1500 Free	5	14	-14.96
59.35L	P # 88 AG	Men 13-14 100 Free	11	---	-0.94
1:05.99L	P # 96 AG	Men 13-14 100 Fly	17	---	1.27
<b>Caroline Bechtel (17) W (WC)</b>					
2:16.67L	P # 5 OP	Women Senior 200 Free	30	---	6.26
28.66L	P # 45 OP	Women Senior 50 Free	24	---	0.77
4:41.76L	P # 53 OP	Women Senior 400 Free	19	---	-0.33
9:43.31L	F # 81B OP	Women 15 & Over 800 Free	12	5	-2.35
1:00.81L	F # 89 OP	Women Senior 100 Free	10	7	-0.24
1:02.30L	P # 89 OP	Women Senior 100 Free	19	---	1.25
<b>Ethan BROWNE (13) M (WC)</b>					
1:16.70L	P # 12 AG	Men 13-14 100 Breast	9	---	-1.15
28.91L	P # 48 AG	Men 13-14 50 Free	40	---	-1.09
2:34.66L	P # 52 AG	Men 13-14 200 IM	33	---	-3.07
4:55.46L	P # 56 AG	Men 13-14 400 Free	30	---	-16.01
2:49.53L	P # 92 AG	Men 13-14 200 Breast	12	---	-2.04
<b>Hailey Browne (16) W (WC)</b>					
1:20.05L	P # 9 OP	Women Senior 100 Breast	18	---	0.97
28.85L	P # 45 OP	Women Senior 50 Free	31	---	-0.81
2:38.99L	P # 49 OP	Women Senior 200 IM	49	---	-0.57
1:04.15L	P # 89 OP	Women Senior 100 Free	45	---	1.32
2:59.46L	P # 93 OP	Women Senior 200 Breast	32	---	-2.94

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Time	F/P/S	Event	Place	Points	Improv
<b>Phoebe Browne (10) W (WC)</b>					
2:53.61L	P # 27	AG Women 10 & Under 200 Free	41	---	-13.21
47.01L	P # 31	AG Women 10 & Under 50 Breast	28	---	-4.56
38.90L	F # 39	AG 200 Free Relay Lead Off	---	---	3.18
37.95L	P # 67	AG Women 10 & Under 50 Free	58	---	2.23
1:21.20L	P # 103	AG Women 10 & Under 100 Free	49	---	-3.67
1:40.04L	P # 107	AG Women 10 & Under 100 Breast	19	---	-6.58
<b>Jamie Bruce (20) W</b>					
1:14.37L	F # 9	OP Women Senior 100 Breast	9	9	---
1:17.25L	P # 9	OP Women Senior 100 Breast	9	---	---
5:04.14L	F # 17	OP Women Senior 400 IM	3	16	---
5:09.96L	P # 17	OP Women Senior 400 IM	6	---	---
2:21.68L	F # 49	OP Women Senior 200 IM	1	20	---
2:24.21L	P # 49	OP Women Senior 200 IM	3	---	---
2:40.14L	F # 93	OP Women Senior 200 Breast	2	17	---
2:42.94L	P # 93	OP Women Senior 200 Breast	4	---	---
1:06.51L	P # 97	OP Women Senior 100 Fly	7	---	---
1:05.86L	DQ F # 97	OP Women Senior 100 Fly	---	---	---
<b>Lilly Ann Burke (10) W (WC)</b>					
2:36.11L	P # 27	AG Women 10 & Under 200 Free	6	---	-3.32
2:36.54L	F # 27	AG Women 10 & Under 200 Free	7	12	-2.89
41.00L	P # 35	AG Women 10 & Under 50 Back	16	---	1.45
32.21L	F # 67	AG Women 10 & Under 50 Free	5	14	-0.78
32.67L	P # 67	AG Women 10 & Under 50 Free	3	---	-0.32
3:02.49L	P # 71	AG Women 10 & Under 200 IM	15	---	0.34
1:26.32L	P # 99	AG Women 10 & Under 100 Back	13	---	0.64
1:13.35L	P # 103	AG Women 10 & Under 100 Free	9	---	-0.08
<b>Anthony Carbone (10) M (WC)</b>					
43.82L	F # 32	AG Men 10 & Under 50 Breast	4	15	-3.39
44.70L	P # 32	AG Men 10 & Under 50 Breast	3	---	-2.51
43.29L	P # 36	AG Men 10 & Under 50 Back	22	---	1.41
32.95L	F # 68	AG Men 10 & Under 50 Free	5	14	-1.73
33.52L	P # 68	AG Men 10 & Under 50 Free	6	---	-1.16
1:15.02L	F # 104	AG Men 10 & Under 100 Free	8	11	-3.95
1:15.07L	P # 104	AG Men 10 & Under 100 Free	8	---	-3.90
1:39.80L	P # 108	AG Men 10 & Under 100 Breast	6	---	-3.11
1:42.28L	F # 108	AG Men 10 & Under 100 Breast	8	11	-0.63
38.50L	P # 112	AG Men 10 & Under 50 Fly	10	---	-1.44
<b>Christian Carbone (16) M (WC)</b>					
1:08.65L	P # 10	OP Men Senior 100 Breast	11	---	0.52
1:08.86L	F # 10	OP Men Senior 100 Breast	10	7	0.73
4:36.19L	F # 18	OP Men Senior 400 IM	3	16	2.26
4:37.36L	P # 18	OP Men Senior 400 IM	1	---	3.43
2:08.27L	F # 42	OP Men Senior 200 Fly	4	15	1.10

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Time	F/P/S	Event	Place	Points	Improv
2:09.64L	P # 42 OP	Men Senior 200 Fly	2	---	2.47
2:12.82L	F # 50 OP	Men Senior 200 IM	4	15	1.13
2:14.87L	P # 50 OP	Men Senior 200 IM	9	---	3.18
4:12.25L	F # 54 OP	Men Senior 400 Free	9	9	1.16
4:15.10L	P # 54 OP	Men Senior 400 Free	10	---	4.01
16:48.59L	F # 82B OP	Men 15 & Over 1500 Free	5	14	8.82
2:25.35L	F # 94 OP	Men Senior 200 Breast	5	14	-0.17
2:27.20L	P # 94 OP	Men Senior 200 Breast	3	---	1.68
<b>Joseph CARBONE (13) M (WC)</b>					
2:02.45L	F # 8 AG	Men 13-14 200 Free	2	17	0.96
2:05.76L	P # 8 AG	Men 13-14 200 Free	6	---	4.27
4:57.05L	F # 20 AG	Men 13-14 400 IM	3	16	-3.20
5:00.52L	P # 20 AG	Men 13-14 400 IM	4	---	0.27
2:11.98L	F # 44 AG	Men 13-14 200 Fly	1	20	-1.17
2:15.10L	P # 44 AG	Men 13-14 200 Fly	1	---	1.95
25.52L	F # 48 AG	Men 13-14 50 Free	4	15	-0.67
26.15L	P # 48 AG	Men 13-14 50 Free	5	---	-0.04
4:26.40L	P # 56 AG	Men 13-14 400 Free	6	---	5.92
4:28.12L	F # 56 AG	Men 13-14 400 Free	7	12	7.64
55.81L	F # 88 AG	Men 13-14 100 Free	2	17	-0.91
57.82L	P # 88 AG	Men 13-14 100 Free	4	---	1.10
1:01.10L	F # 96 AG	Men 13-14 100 Fly	1	20	-1.15
1:03.22L	P # 96 AG	Men 13-14 100 Fly	1	---	0.97
<b>Sara Carmichael (10) W (RC)</b>					
2:50.54L	P # 27 AG	Women 10 & Under 200 Free	30	---	-2.26
44.02L	P # 35 AG	Women 10 & Under 50 Back	51	---	-0.48
1:34.28L	P # 63 AG	Women 10 & Under 100 Fly	24	---	-9.02
5:50.66L	F # 75 AG	Women 10 & Under 400 Free	16	---	-5.99
1:20.27L	P # 103 AG	Women 10 & Under 100 Free	43	---	-1.70
40.24L	P # 111 AG	Women 10 & Under 50 Fly	30	---	-2.45
<b>Joey Clemmer (10) M (RC)</b>					
2:37.80L	F # 28 AG	Men 10 & Under 200 Free	7	12	-15.98
2:38.89L	P # 28 AG	Men 10 & Under 200 Free	8	---	-14.89
47.26L	P # 32 AG	Men 10 & Under 50 Breast	10	---	-3.31
33.33L	F # 68 AG	Men 10 & Under 50 Free	6	13	-2.35
33.65L	P # 68 AG	Men 10 & Under 50 Free	7	---	-2.03
2:58.13L	F # 72 AG	Men 10 & Under 200 IM	4	15	-10.45
2:58.41L	P # 72 AG	Men 10 & Under 200 IM	6	---	-10.17
1:14.21L	F # 104 AG	Men 10 & Under 100 Free	7	12	-3.96
1:14.70L	P # 104 AG	Men 10 & Under 100 Free	7	---	-3.47
1:40.61L	F # 108 AG	Men 10 & Under 100 Breast	6	13	-1.77
1:41.24L	P # 108 AG	Men 10 & Under 100 Breast	8	---	-1.14
38.21L	P # 112 AG	Men 10 & Under 50 Fly	9	---	-1.38

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Time	F/P/S	Event	Place	Points	Improv
<b>Kaori Clemmer (12) W (RC)</b>					
43.22L	P # 29	AG Women 11-12 50 Breast	42	---	-1.34
41.59L	P # 33	AG Women 11-12 50 Back	65	---	0.43
1:34.85L	P # 109	AG Women 11-12 100 Breast	36	---	-1.50
<b>Kathryn Cole (12) W (SC)</b>					
2:25.22L	P # 25	AG Women 11-12 200 Free	23	---	1.08
39.53L	P # 29	AG Women 11-12 50 Breast	17	---	0.09
1:18.33L	P # 61	AG Women 11-12 100 Fly	23	---	3.66
29.04L	F # 65	AG Women 11-12 50 Free	8	11	-0.81
29.88L	P # 65	AG Women 11-12 50 Free	6	---	0.03
1:03.49L	F # 105	AG Women 11-12 100 Free	5	14	-1.31
1:04.22L	P # 105	AG Women 11-12 100 Free	4	---	-0.58
1:26.76L	P # 109	AG Women 11-12 100 Breast	13	---	-1.44
33.30L	P # 113	AG Women 11-12 50 Fly	15	---	0.10
<b>Hannah Cressman (13) W (WC)</b>					
1:16.16L	P # 15	AG Women 13-14 100 Back	28	---	-0.22
2:42.21L	P # 43	AG Women 13-14 200 Fly	8	---	-1.12
2:42.33L	F # 43	AG Women 13-14 200 Fly	8	11	-1.00
30.21L	P # 47	AG Women 13-14 50 Free	40	---	0.10
2:44.99L	P # 83	AG Women 13-14 200 Back	34	---	-2.84
1:10.91L	P # 95	AG Women 13-14 100 Fly	12	---	-1.66
<b>Schuyler Daniel (12) W (SC)</b>					
37.01L	P # 33	AG Women 11-12 50 Back	29	---	-1.21
1:19.51L	P # 61	AG Women 11-12 100 Fly	29	---	-2.32
1:23.52L	P # 101	AG Women 11-12 100 Back	50	---	0.49
33.68L	P # 113	AG Women 11-12 50 Fly	23	---	-1.05
<b>Kimberly Davis (17) W (WC)</b>					
1:16.25L	P # 9	OP Women Senior 100 Breast	4	---	0.36
1:16.44L	F # 9	OP Women Senior 100 Breast	5	14	0.55
1:02.83L	F # 21	OP 400 Free Relay Lead Off	---	---	-1.79
2:24.11L	P # 49	OP Women Senior 200 IM	2	---	-0.68
2:26.75L	F # 49	OP Women Senior 200 IM	6	13	1.96
<b>Joshua Dunkley (12) M (RC)</b>					
41.77L	P # 30	AG Men 11-12 50 Breast	16	---	-2.64
40.42L	P # 34	AG Men 11-12 50 Back	56	---	-2.68
34.54L	P # 66	AG Men 11-12 50 Free	52	---	0.33
<b>Avery Enroth (10) W (RC)</b>					
2:45.34L	P # 27	AG Women 10 & Under 200 Free	18	---	-8.34
46.40L	P # 31	AG Women 10 & Under 50 Breast	23	---	-0.04
43.32L	P # 35	AG Women 10 & Under 50 Back	44	---	-0.29
34.81L	P # 67	AG Women 10 & Under 50 Free	27	---	-0.20
3:06.07L	P # 71	AG Women 10 & Under 200 IM	24	---	-0.08
1:41.06L	P # 107	AG Women 10 & Under 100 Breast	23	---	-0.06
37.91L	P # 111	AG Women 10 & Under 50 Fly	18	---	-1.55

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Time	F/P/S	Event	Place	Points	Improv
<b>Daniel Forsythe (21) M (WC)</b>					
1:06.38L	F # 10 OP	Men Senior 100 Breast	6	13	2.58
1:07.66L	P # 10 OP	Men Senior 100 Breast	7	---	3.86
2:24.18L	F # 94 OP	Men Senior 200 Breast	3	16	5.02
2:28.16L	P # 94 OP	Men Senior 200 Breast	7	---	9.00
<b>Robert Freeman (10) M (WC)</b>					
2:23.18L	F # 28 AG	Men 10 & Under 200 Free	1	20	-2.01
2:25.39L	P # 28 AG	Men 10 & Under 200 Free	1	---	0.20
36.17L	F # 36 AG	Men 10 & Under 50 Back	1	20	-1.95
36.48L	P # 36 AG	Men 10 & Under 50 Back	1	---	-1.64
30.35L	F # 68 AG	Men 10 & Under 50 Free	1	20	-1.38
31.74L	P # 68 AG	Men 10 & Under 50 Free	1	---	0.01
2:41.45L	F # 72 AG	Men 10 & Under 200 IM	1	20	-10.90
2:52.88L	P # 72 AG	Men 10 & Under 200 IM	2	---	0.53
5:09.04L	F # 76 AG	Men 10 & Under 400 Free	1	20	-1.26
1:15.87L	F # 100 AG	Men 10 & Under 100 Back	1	20	-3.83
1:16.70L	P # 100 AG	Men 10 & Under 100 Back	1	---	-3.00
1:06.96L	F # 104 AG	Men 10 & Under 100 Free	1	20	0.08
1:08.60L	P # 104 AG	Men 10 & Under 100 Free	1	---	1.72
<b>Rebekah Friday (12) W (DC)</b>					
10:23.36L	F # 1 AG	Women 11-12 800 Free	9	---	3.06
2:14.52L	F # 25 AG	Women 11-12 200 Free	2	17	-2.86
2:17.76L	P # 25 AG	Women 11-12 200 Free	3	---	0.38
28.77L	F # 65 AG	Women 11-12 50 Free	5	14	-0.84
29.48L	P # 65 AG	Women 11-12 50 Free	3	---	-0.13
2:35.94L	F # 69 AG	Women 11-12 200 IM	2	17	-2.83
2:38.07L	P # 69 AG	Women 11-12 200 IM	5	---	-0.70
4:55.93L	F # 73 AG	Women 11-12 400 Free	9	---	-2.55
1:02.15L	F # 105 AG	Women 11-12 100 Free	1	20	-1.63
1:03.57L	P # 105 AG	Women 11-12 100 Free	1	---	-0.21
32.18L	F # 113 AG	Women 11-12 50 Fly	8	11	0.04
32.48L	P # 113 AG	Women 11-12 50 Fly	8	---	0.34
<b>Elizabeth Gibbons (12) W (WC)</b>					
37.01L	F # 29 AG	Women 11-12 50 Breast	3	16	-0.41
38.19L	P # 29 AG	Women 11-12 50 Breast	5	---	0.77
33.28L	F # 33 AG	Women 11-12 50 Back	5	14	-0.71
34.38L	P # 33 AG	Women 11-12 50 Back	7	---	0.39
31.43L	P # 65 AG	Women 11-12 50 Free	28	---	0.21
2:46.03L	P # 69 AG	Women 11-12 200 IM	15	---	-0.04
1:15.72L	P # 101 AG	Women 11-12 100 Back	10	---	1.26
1:19.81L	F # 109 AG	Women 11-12 100 Breast	3	16	-2.72
1:21.81L	P # 109 AG	Women 11-12 100 Breast	3	---	-0.72
34.89L	P # 113 AG	Women 11-12 50 Fly	40	---	-0.34

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Time	F/P/S	Event	Place	Points	Improv
<b>Robert Graves (15) M (WC)</b>					
8:22.81L	F # 4B OP	Men 15 & Over 800 Free	2	17	-14.61
2:02.80L	P # 6 OP	Men Senior 200 Free	24	---	3.56
NS	P # 54 OP	Men Senior 400 Free	---	---	---
<b>Erica Harris (9) W (SC)</b>					
46.43L	P # 35 AG	Women 10 & Under 50 Back	71	---	1.14
<b>Grace Hines (10) W (RC)</b>					
41.09L	F # 31 AG	Women 10 & Under 50 Breast	2	17	-0.65
41.53L	P # 31 AG	Women 10 & Under 50 Breast	4	---	-0.21
42.27L	P # 35 AG	Women 10 & Under 50 Back	30	---	1.46
34.10L	F # 39 AG	200 Free Relay Lead Off	---	---	-0.12
34.11L	P # 67 AG	Women 10 & Under 50 Free	16	---	-0.11
2:55.35L	F # 71 AG	Women 10 & Under 200 IM	5	14	-31.20
2:57.85L	P # 71 AG	Women 10 & Under 200 IM	6	---	-28.70
1:29.83L	F # 107 AG	Women 10 & Under 100 Breast	2	17	-1.75
1:31.48L	P # 107 AG	Women 10 & Under 100 Breast	2	---	-0.10
37.67L	P # 111 AG	Women 10 & Under 50 Fly	12	---	-0.34
<b>Chandler Hinson (14) M</b>					
2:05.59L	P # 8 AG	Men 13-14 200 Free	5	---	-2.86
2:06.07L	F # 8 AG	Men 13-14 200 Free	7	12	-2.38
1:03.88L	P # 16 AG	Men 13-14 100 Back	1	---	-1.47
1:03.98L	F # 16 AG	Men 13-14 100 Back	3	16	-1.37
58.35L	F # 24 AG	400 Free Relay Lead Off	---	---	-0.22
2:23.31L	F # 44 AG	Men 13-14 200 Fly	7	12	-0.13
2:23.49L	P # 44 AG	Men 13-14 200 Fly	7	---	0.05
27.11L	P # 48 AG	Men 13-14 50 Free	14	---	-0.21
2:23.67L	F # 52 AG	Men 13-14 200 IM	8	11	0.27
2:24.50L	P # 52 AG	Men 13-14 200 IM	6	---	1.10
1:04.45L	F # 60 AG	400 Medley Relay Lead Off	---	---	-0.90
2:19.15L	P # 84 AG	Men 13-14 200 Back	1	---	2.28
2:21.73L	F # 84 AG	Men 13-14 200 Back	7	12	4.86
58.29L	F # 88 AG	Men 13-14 100 Free	8	11	-0.28
58.35L	P # 88 AG	Men 13-14 100 Free	6	---	-0.22
<b>Claudia Hollis (10) W (RC)</b>					
44.01L	P # 31 AG	Women 10 & Under 50 Breast	10	---	-0.61
38.68L	F # 35 AG	Women 10 & Under 50 Back	5	14	-2.47
39.05L	P # 35 AG	Women 10 & Under 50 Back	6	---	-2.10
35.09L	P # 67 AG	Women 10 & Under 50 Free	32	---	-1.01
40.34L	F # 79 AG	200 Medley Relay Lead Off	---	---	-0.81
1:17.33L	P # 103 AG	Women 10 & Under 100 Free	28	---	-17.59
1:37.39L	P # 107 AG	Women 10 & Under 100 Breast	12	---	-2.01
39.30L	P # 111 AG	Women 10 & Under 50 Fly	27	---	---
<b>Emily Hughes (11) W (WC)</b>					
10:41.36L	F # 1 AG	Women 11-12 800 Free	15	---	---

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35.84L	P # 33	AG Women 11-12 50 Back	19	---	-0.92
1:18.00L	P # 61	AG Women 11-12 100 Fly	19	---	-0.40
2:50.96L	P # 69	AG Women 11-12 200 IM	30	---	-2.13
5:17.87L	F # 73	AG Women 11-12 400 Free	26	---	-6.46
1:17.51L	P # 101	AG Women 11-12 100 Back	15	---	-1.46
33.25L	P # 113	AG Women 11-12 50 Fly	14	---	-0.33
<b>Rachel Kaegi (16) W (WC)</b>					
5:41.58L	P # 17	OP Women Senior 400 IM	32	---	-0.14
2:31.56L	F # 41	OP Women Senior 200 Fly	12	5	-0.31
2:31.99L	P # 41	OP Women Senior 200 Fly	14	---	0.12
1:09.67L	P # 97	OP Women Senior 100 Fly	28	---	0.93
<b>Brendan Kazay (10) M (WC)</b>					
2:36.84L	P # 28	AG Men 10 & Under 200 Free	6	---	-3.89
2:37.19L	F # 28	AG Men 10 & Under 200 Free	6	13	-3.54
38.30L	F # 36	AG Men 10 & Under 50 Back	4	15	-0.17
39.04L	P # 36	AG Men 10 & Under 50 Back	5	---	0.57
32.43L	F # 40	AG 200 Free Relay Lead Off	---	---	-0.40
32.20L	F # 68	AG Men 10 & Under 50 Free	4	15	-0.63
32.97L	P # 68	AG Men 10 & Under 50 Free	5	---	0.14
3:04.62L	P # 72	AG Men 10 & Under 200 IM	9	---	-2.18
38.89L	F # 80	AG 200 Medley Relay Lead Off	---	---	0.42
1:22.99L	F # 100	AG Men 10 & Under 100 Back	4	15	-1.50
1:23.63L	P # 100	AG Men 10 & Under 100 Back	4	---	-0.86
1:11.15L	F # 104	AG Men 10 & Under 100 Free	4	15	-1.41
1:14.09L	P # 104	AG Men 10 & Under 100 Free	6	---	1.53
36.74L	F # 112	AG Men 10 & Under 50 Fly	7	12	-0.45
37.88L	P # 112	AG Men 10 & Under 50 Fly	8	---	0.69
<b>Zachary Kent (16) M (DC)</b>					
2:14.44L	P # 6	OP Men Senior 200 Free	89	---	4.53
1:03.57L	P # 14	OP Men Senior 100 Back	26	---	-0.59
26.82L	P # 46	OP Men Senior 50 Free	82	---	-0.08
2:22.98L	P # 50	OP Men Senior 200 IM	44	---	-0.67
1:04.01L	F # 58	OP 400 Medley Relay Lead Off	---	---	-0.15
2:20.56L	P # 86	OP Men Senior 200 Back	29	---	3.44
59.66L	P # 90	OP Men Senior 100 Free	79	---	0.69
1:06.20L	P # 98	OP Men Senior 100 Fly	71	---	-1.76
<b>Danielle Kimmert (13) W (WC)</b>					
5:43.65L	P # 19	AG Women 13-14 400 IM	20	---	-6.81
2:45.87L	P # 43	AG Women 13-14 200 Fly	12	---	-4.23
4:55.94L	P # 55	AG Women 13-14 400 Free	14	---	-3.23
2:45.77L	P # 83	AG Women 13-14 200 Back	35	---	-1.06
1:13.89L	P # 95	AG Women 13-14 100 Fly	22	---	-1.81
<b>Kendall Kitahara (10) W (WC)</b>					
2:47.44L	P # 27	AG Women 10 & Under 200 Free	23	---	6.46

**EXCEL AQUATICS**  
**Age Group**

**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

Time	F/P/S	Event	Place	Points	Improv
41.90L	P # 35	AG Women 10 & Under 50 Back	25	---	-1.98
1:37.33L	P # 63	AG Women 10 & Under 100 Fly	29	---	-0.27
34.13L	P # 67	AG Women 10 & Under 50 Free	17	---	-0.65
3:10.83L	P # 71	AG Women 10 & Under 200 IM	30	---	-4.34
41.03L	F # 79	AG 200 Medley Relay Lead Off	---	---	-2.85
1:16.87L	P # 103	AG Women 10 & Under 100 Free	24	---	-0.18
41.38L	P # 111	AG Women 10 & Under 50 Fly	39	---	0.23
<b>Logan Klinsky (14) W (WC)</b>					
2:14.81L	F # 7	AG Women 13-14 200 Free	6	13	0.31
2:17.53L	P # 7	AG Women 13-14 200 Free	8	---	3.03
1:03.17L	F # 23	AG 400 Free Relay Lead Off	---	---	0.59
2:42.85L	P # 43	AG Women 13-14 200 Fly	9	---	8.00
29.12L	P # 47	AG Women 13-14 50 Free	18	---	0.05
4:43.17L	F # 55	AG Women 13-14 400 Free	3	16	-9.95
4:46.00L	P # 55	AG Women 13-14 400 Free	3	---	-7.12
1:03.34L	P # 87	AG Women 13-14 100 Free	10	---	0.76
3:01.57L	P # 91	AG Women 13-14 200 Breast	12	---	5.22
1:10.74L	P # 95	AG Women 13-14 100 Fly	11	---	1.02
<b>Spencer Klinsky (11) M (WC)</b>					
2:32.45L	P # 26	AG Men 11-12 200 Free	34	---	-3.28
1:11.13L	F # 62	AG Men 11-12 100 Fly	6	13	-2.03
1:13.22L	P # 62	AG Men 11-12 100 Fly	6	---	0.06
2:54.69L	P # 70	AG Men 11-12 200 IM	24	---	-1.57
5:26.95L	F # 74	AG Men 11-12 400 Free	27	---	-0.62
1:12.65L	P # 106	AG Men 11-12 100 Free	46	---	0.79
1:39.25L	P # 110	AG Men 11-12 100 Breast	27	---	1.28
32.73L	P # 114	AG Men 11-12 50 Fly	9	---	0.15
<b>Madison Kolbe (14) W (SC)</b>					
1:20.12L	P # 11	AG Women 13-14 100 Breast	5	---	-1.42
1:20.98L	F # 11	AG Women 13-14 100 Breast	6	13	-0.56
1:16.46L	P # 15	AG Women 13-14 100 Back	30	---	0.62
29.17L	P # 47	AG Women 13-14 50 Free	19	---	-0.24
2:53.97L	F # 91	AG Women 13-14 200 Breast	4	15	-5.00
2:54.50L	P # 91	AG Women 13-14 200 Breast	5	---	-4.47
<b>Alan Liang (14) M (WC)</b>					
1:15.05L	F # 12	AG Men 13-14 100 Breast	6	13	-2.16
1:16.54L	P # 12	AG Men 13-14 100 Breast	7	---	-0.67
1:08.57L	P # 16	AG Men 13-14 100 Back	13	---	-0.41
1:00.99L	F # 24	AG 400 Free Relay Lead Off	---	---	-1.18
2:25.10L	P # 44	AG Men 13-14 200 Fly	13	---	-5.60
2:25.08L	P # 52	AG Men 13-14 200 IM	9	---	0.52
2:56.48L	P # 92	AG Men 13-14 200 Breast	22	---	12.08
1:04.18L	F # 96	AG Men 13-14 100 Fly	7	12	-0.27
1:04.84L	P # 96	AG Men 13-14 100 Fly	8	---	0.39

**EXCEL AQUATICS**  
**Age Group**

**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

Time	F/P/S	Event	Place	Points	Improv
<b>John Lynch (17) M (WC)</b>					
2:06.15L	P # 6 OP	Men Senior 200 Free	55	---	-8.83
5:01.15L	P # 18 OP	Men Senior 400 IM	17	---	-12.17
5:04.39L	F # 18 OP	Men Senior 400 IM	16	1	-8.93
2:20.20L	P # 50 OP	Men Senior 200 IM	29	---	-12.81
2:21.41L	P # 86 OP	Men Senior 200 Back	32	---	-11.01
2:42.23L	P # 94 OP	Men Senior 200 Breast	32	---	-9.94
<b>Benjamin Massaro (10) M (RC)</b>					
3:02.09L	P # 28 AG	Men 10 & Under 200 Free	34	---	-2.06
50.13L	P # 32 AG	Men 10 & Under 50 Breast	26	---	2.92
37.35L	P # 68 AG	Men 10 & Under 50 Free	33	---	-1.07
3:29.61L DQ	P # 72 AG	Men 10 & Under 200 IM	---	---	---
1:39.50L DQ	P # 100 AG	Men 10 & Under 100 Back	---	---	---
1:28.75L	P # 104 AG	Men 10 & Under 100 Free	46	---	3.90
1:42.36L	P # 108 AG	Men 10 & Under 100 Breast	10	---	-2.36
<b>Rachel Massaro (11) W (RC)</b>					
40.58L	P # 29 AG	Women 11-12 50 Breast	22	---	-0.99
35.02L	P # 33 AG	Women 11-12 50 Back	13	---	-1.81
1:21.95L DQ	P # 61 AG	Women 11-12 100 Fly	---	---	---
2:50.48L	P # 69 AG	Women 11-12 200 IM	29	---	-2.97
34.92L	F # 77 AG	200 Medley Relay Lead Off	---	---	-1.91
1:17.31L	P # 101 AG	Women 11-12 100 Back	14	---	-4.80
1:30.70L	P # 109 AG	Women 11-12 100 Breast	21	---	-1.63
35.26L	P # 113 AG	Women 11-12 50 Fly	47	---	0.59
<b>Sara Menke (16) W (RC)</b>					
17:40.04L	F # 3B OP	Women 15 & Over 1500 Free	1	20	-7.76
2:09.25L	F # 5 OP	Women Senior 200 Free	4	15	-2.05
2:10.11L	P # 5 OP	Women Senior 200 Free	5	---	-1.19
1:00.84L	F # 21 OP	400 Free Relay Lead Off	---	---	-1.97
28.80L	P # 45 OP	Women Senior 50 Free	28	---	0.29
4:25.75L	F # 53 OP	Women Senior 400 Free	1	20	0.03
4:31.93L	P # 53 OP	Women Senior 400 Free	2	---	6.21
9:12.39L	F # 81B OP	Women 15 & Over 800 Free	1	20	-3.34
1:01.34L	P # 89 OP	Women Senior 100 Free	13	---	-1.47
1:03.03L	F # 89 OP	Women Senior 100 Free	15	2	0.22
<b>Katherine Minatra (12) W (RC)</b>					
11:00.74L	F # 1 AG	Women 11-12 800 Free	19	---	---
2:32.41L	P # 25 AG	Women 11-12 200 Free	39	---	1.49
1:19.54L	P # 61 AG	Women 11-12 100 Fly	30	---	-2.00
2:54.57L	P # 69 AG	Women 11-12 200 IM	38	---	3.81
5:21.54L	F # 73 AG	Women 11-12 400 Free	30	---	-1.86
1:21.18L	P # 101 AG	Women 11-12 100 Back	35	---	0.02
1:11.49L	P # 105 AG	Women 11-12 100 Free	52	---	0.43

**EXCEL AQUATICS**  
**Age Group**

**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

Time	F/P/S	Event	Place	Points	Improv
<b>Mary Minatra (12) W (RC)</b>					
42.38L	P # 29	AG Women 11-12 50 Breast	34	---	-0.41
39.02L	P # 33	AG Women 11-12 50 Back	53	---	-1.14
2:57.82L	P # 69	AG Women 11-12 200 IM	42	---	-4.18
1:21.92L	P # 101	AG Women 11-12 100 Back	41	---	-4.43
1:36.01L	P # 109	AG Women 11-12 100 Breast	39	---	0.88
<b>McKenna Morello (10) W (WC)</b>					
2:46.08L	P # 27	AG Women 10 & Under 200 Free	19	---	-4.66
40.38L	P # 35	AG Women 10 & Under 50 Back	12	---	-1.96
34.28L	P # 67	AG Women 10 & Under 50 Free	19	---	-0.14
3:04.79L	P # 71	AG Women 10 & Under 200 IM	19	---	-1.97
1:29.63L	P # 99	AG Women 10 & Under 100 Back	25	---	0.19
1:17.03L	P # 103	AG Women 10 & Under 100 Free	25	---	0.32
36.93L	P # 111	AG Women 10 & Under 50 Fly	7	---	-1.18
37.11L	F # 111	AG Women 10 & Under 50 Fly	7	12	-1.00
<b>Emma Morris (16) W (WC)</b>					
1:10.96L	P # 13	OP Women Senior 100 Back	26	---	0.21
29.19L	P # 45	OP Women Senior 50 Free	44	---	0.31
2:37.62L	P # 49	OP Women Senior 200 IM	42	---	2.48
1:11.34L	F # 57	OP 400 Medley Relay Lead Off	---	---	0.59
2:30.58L	F # 85	OP Women Senior 200 Back	13	4	-1.93
2:32.86L	P # 85	OP Women Senior 200 Back	20	---	0.35
1:03.82L	P # 89	OP Women Senior 100 Free	43	---	0.72
1:11.32L	P # 97	OP Women Senior 100 Fly	38	---	0.63
<b>Curtis Moseley (12) M (WC)</b>					
2:23.81L	P # 26	AG Men 11-12 200 Free	11	---	-1.49
45.28L	P # 30	AG Men 11-12 50 Breast	38	---	-0.42
37.41L	P # 34	AG Men 11-12 50 Back	25	---	0.46
31.75L	F # 38	AG 200 Free Relay Lead Off	---	---	0.10
2:43.05L	P # 70	AG Men 11-12 200 IM	8	---	-3.78
2:43.41L	F # 70	AG Men 11-12 200 IM	8	11	-3.42
4:55.99L	F # 74	AG Men 11-12 400 Free	5	14	-5.77
36.38L	F # 78	AG 200 Medley Relay Lead Off	---	---	-0.57
1:16.84L	P # 102	AG Men 11-12 100 Back	10	---	-1.93
34.01L	P # 114	AG Men 11-12 50 Fly	22	---	0.18
<b>James Moseley (16) M (WC)</b>					
2:06.67L	P # 6	OP Men Senior 200 Free	63	---	-2.89
1:08.51L	P # 14	OP Men Senior 100 Back	64	---	-1.36
4:58.85L	F # 18	OP Men Senior 400 IM	12	5	-7.14
4:59.82L	P # 18	OP Men Senior 400 IM	13	---	-6.17
2:24.87L	P # 50	OP Men Senior 200 IM	54	---	-1.73
4:25.50L	P # 54	OP Men Senior 400 Free	30	---	-0.12
17:30.55L	F # 82B	OP Men 15 & Over 1500 Free	13	4	5.22
2:24.34L	P # 86	OP Men Senior 200 Back	45	---	-3.68

**EXCEL AQUATICS**  
**Age Group**

**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

Time	F/P/S	Event	Place	Points	Improv
<b>Kathryn Mroz (21) W (DC)</b>					
1:16.78L	F # 9 OP	Women Senior 100 Breast	10	7	-3.14
1:19.61L	P # 9 OP	Women Senior 100 Breast	15	---	-0.31
2:35.65L	P # 49 OP	Women Senior 200 IM	35	---	---
2:42.85L	P # 93 OP	Women Senior 200 Breast	3	---	-3.18
2:44.04L	F # 93 OP	Women Senior 200 Breast	5	14	-1.99
<b>Nicholas Ng (14) M (DC)</b>					
1:21.54L	P # 12 AG	Men 13-14 100 Breast	24	---	-2.12
5:21.74L	P # 20 AG	Men 13-14 400 IM	20	---	1.77
2:22.14L	F # 44 AG	Men 13-14 200 Fly	5	14	-4.85
2:23.22L	P # 44 AG	Men 13-14 200 Fly	5	---	-3.77
2:33.06L	P # 52 AG	Men 13-14 200 IM	29	---	2.63
2:55.26L	P # 92 AG	Men 13-14 200 Breast	19	---	-2.34
1:05.65L	P # 96 AG	Men 13-14 100 Fly	16	---	-3.72
<b>Nicholas Osteen (12) M (WC)</b>					
11:23.13L	F # 2 AG	Men 11-12 800 Free	17	---	---
2:34.11L	P # 26 AG	Men 11-12 200 Free	41	---	-6.62
1:29.60L	P # 62 AG	Men 11-12 100 Fly	38	---	2.22
32.69L	P # 66 AG	Men 11-12 50 Free	39	---	0.40
5:26.55L	F # 74 AG	Men 11-12 400 Free	26	---	-1.41
1:12.38L	P # 106 AG	Men 11-12 100 Free	45	---	-0.41
NS	P # 114 AG	Men 11-12 50 Fly	---	---	---
<b>Bailey Page (14) W (WC)</b>					
2:15.31L	F # 7 AG	Women 13-14 200 Free	7	12	-1.20
2:16.25L	P # 7 AG	Women 13-14 200 Free	6	---	-0.26
5:22.97L	F # 19 AG	Women 13-14 400 IM	3	16	-2.05
5:24.03L	P # 19 AG	Women 13-14 400 IM	3	---	-0.99
28.74L	P # 47 AG	Women 13-14 50 Free	11	---	-0.16
2:31.89L	F # 51 AG	Women 13-14 200 IM	6	13	-2.32
2:33.94L	P # 51 AG	Women 13-14 200 IM	6	---	-0.27
4:47.99L	F # 55 AG	Women 13-14 400 Free	5	14	-6.03
4:51.33L	P # 55 AG	Women 13-14 400 Free	7	---	-2.69
1:12.12L	F # 59 AG	400 Medley Relay Lead Off	---	---	-1.44
2:36.35L	P # 83 AG	Women 13-14 200 Back	10	---	-3.41
1:02.49L	F # 87 AG	Women 13-14 100 Free	7	12	-0.94
1:02.96L	P # 87 AG	Women 13-14 100 Free	8	---	-0.47
<b>Margaret Pope (15) W (DC)</b>					
2:18.38L	P # 5 OP	Women Senior 200 Free	35	---	1.90
1:08.85L	P # 13 OP	Women Senior 100 Back	14	---	-1.66
1:08.96L	F # 13 OP	Women Senior 100 Back	15	2	-1.55
2:34.80L	P # 41 OP	Women Senior 200 Fly	18	---	-4.93
4:49.06L	P # 53 OP	Women Senior 400 Free	32	---	-7.82
1:09.06L	F # 57 OP	400 Medley Relay Lead Off	---	---	-1.45
2:28.92L	F # 85 OP	Women Senior 200 Back	11	6	-1.94

**EXCEL AQUATICS**  
**Age Group**

**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

Time	F/P/S	Event	Place	Points	Improv
2:31.33L	P # 85 OP	Women Senior 200 Back	16	---	0.47
1:03.49L	P # 89 OP	Women Senior 100 Free	37	---	1.39
1:09.46L	P # 97 OP	Women Senior 100 Fly	27	---	0.76
<b>Allison Riley (12) W (SC)</b>					
39.10L	P # 29 AG	Women 11-12 50 Breast	13	---	-0.65
36.74L	P # 33 AG	Women 11-12 50 Back	26	---	0.06
31.61L	F # 37 AG	200 Free Relay Lead Off	---	---	-0.05
31.82L	P # 65 AG	Women 11-12 50 Free	33	---	0.16
5:15.89L	F # 73 AG	Women 11-12 400 Free	25	---	0.12
1:21.76L	P # 101 AG	Women 11-12 100 Back	38	---	1.55
1:26.05L	P # 109 AG	Women 11-12 100 Breast	10	---	-2.67
35.82L	P # 113 AG	Women 11-12 50 Fly	54	---	-0.64
<b>Paul Rowland (16) M (WC)</b>					
2:09.19L	P # 6 OP	Men Senior 200 Free	81	---	-3.19
1:06.26L	P # 14 OP	Men Senior 100 Back	50	---	-2.43
58.90L	F # 22 OP	400 Free Relay Lead Off	---	---	-2.18
2:30.24L	P # 42 OP	Men Senior 200 Fly	53	---	-8.14
26.58L	P # 46 OP	Men Senior 50 Free	72	---	-0.95
2:22.25L	P # 86 OP	Men Senior 200 Back	35	---	-6.05
2:54.15L	P # 94 OP	Men Senior 200 Breast	53	---	-4.58
<b>Mark Rusznak (14) M (DC)</b>					
1:19.61L	P # 12 AG	Men 13-14 100 Breast	22	---	-2.33
1:10.97L	P # 16 AG	Men 13-14 100 Back	18	---	-0.34
28.09L	P # 48 AG	Men 13-14 50 Free	29	---	-1.08
1:10.91L	F # 60 AG	400 Medley Relay Lead Off	---	---	-0.40
2:32.09L	P # 84 AG	Men 13-14 200 Back	19	---	-1.51
1:02.29L	P # 88 AG	Men 13-14 100 Free	24	---	-0.54
2:54.20L	P # 92 AG	Men 13-14 200 Breast	18	---	-2.34
<b>Katherine Sargent (17) W (WC)</b>					
2:21.77L	P # 5 OP	Women Senior 200 Free	48	---	5.51
5:38.25L	P # 17 OP	Women Senior 400 IM	29	---	8.68
2:38.23L	P # 49 OP	Women Senior 200 IM	45	---	0.72
4:48.91L	P # 53 OP	Women Senior 400 Free	31	---	6.68
1:03.14L	P # 89 OP	Women Senior 100 Free	32	---	-1.67
1:08.55L	P # 97 OP	Women Senior 100 Fly	20	---	---
<b>Paige Scheriger (14) W (SC)</b>					
1:16.40L	P # 11 AG	Women 13-14 100 Breast	2	---	-2.04
1:16.60L	F # 11 AG	Women 13-14 100 Breast	2	17	-1.84
5:26.09L	P # 19 AG	Women 13-14 400 IM	5	---	-5.46
5:27.48L	F # 19 AG	Women 13-14 400 IM	6	13	-4.07
28.84L	P # 47 AG	Women 13-14 50 Free	13	---	-0.34
2:34.05L	F # 51 AG	Women 13-14 200 IM	8	11	-0.59
2:34.26L	P # 51 AG	Women 13-14 200 IM	7	---	-0.38
2:42.59L	P # 83 AG	Women 13-14 200 Back	23	---	1.05

**EXCEL AQUATICS**  
**Age Group**

**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

Time	F/P/S	Event	Place	Points	Improv
1:04.45L	P # 87 AG	Women 13-14 100 Free	16	---	-0.73
2:47.28L	F # 91 AG	Women 13-14 200 Breast	3	16	-0.83
2:49.44L	P # 91 AG	Women 13-14 200 Breast	3	---	1.33
<b>Corbin Shuler (14) M (WC)</b>					
1:17.51L	P # 12 AG	Men 13-14 100 Breast	14	---	-0.83
5:14.09L	P # 20 AG	Men 13-14 400 IM	15	---	-8.48
26.60L	P # 48 AG	Men 13-14 50 Free	9	---	-0.56
2:26.84L	P # 52 AG	Men 13-14 200 IM	15	---	1.53
2:49.52L	DQ P # 92 AG	Men 13-14 200 Breast	---	---	---
1:05.61L	P # 96 AG	Men 13-14 100 Fly	13	---	0.16
<b>David Shuler (17) M (WC)</b>					
2:04.44L	P # 6 OP	Men Senior 200 Free	38	---	-3.56
1:17.17L	P # 10 OP	Men Senior 100 Breast	56	---	-0.86
5:06.16L	P # 18 OP	Men Senior 400 IM	25	---	-0.19
2:18.11L	P # 42 OP	Men Senior 200 Fly	24	---	-2.92
4:28.56L	P # 54 OP	Men Senior 400 Free	39	---	-5.94
2:44.20L	P # 94 OP	Men Senior 200 Breast	37	---	-1.44
1:02.45L	P # 98 OP	Men Senior 100 Fly	38	---	0.26
<b>Nancy Smith (15) W (WC)</b>					
1:17.82L	F # 9 OP	Women Senior 100 Breast	11	6	-0.85
1:18.07L	P # 9 OP	Women Senior 100 Breast	13	---	-0.60
5:24.56L	P # 17 OP	Women Senior 400 IM	18	---	3.53
2:30.14L	P # 49 OP	Women Senior 200 IM	16	---	-2.32
2:31.16L	F # 49 OP	Women Senior 200 IM	15	2	-1.30
4:47.77L	P # 53 OP	Women Senior 400 Free	28	---	2.32
1:02.78L	P # 89 OP	Women Senior 100 Free	25	---	-1.00
2:48.92L	P # 93 OP	Women Senior 200 Breast	13	---	3.90
2:50.52L	F # 93 OP	Women Senior 200 Breast	14	3	5.50
1:11.07L	P # 97 OP	Women Senior 100 Fly	34	---	0.13
<b>Grant Stafford (15) M (WC)</b>					
1:58.90L	P # 6 OP	Men Senior 200 Free	7	---	-4.07
2:00.69L	F # 6 OP	Men Senior 200 Free	8	11	-2.28
1:03.60L	P # 14 OP	Men Senior 100 Back	27	---	-0.14
56.64L	F # 22 OP	400 Free Relay Lead Off	---	---	-0.46
25.62L	P # 46 OP	Men Senior 50 Free	38	---	-0.14
4:10.05L	P # 54 OP	Men Senior 400 Free	3	---	-11.15
4:10.24L	F # 54 OP	Men Senior 400 Free	2	17	-10.96
2:17.82L	P # 86 OP	Men Senior 200 Back	21	---	0.65
56.33L	P # 90 OP	Men Senior 100 Free	26	---	-0.77
<b>Alexis Swift (12) W (SC)</b>					
32.57L	F # 33 AG	Women 11-12 50 Back	3	16	0.03
33.62L	P # 33 AG	Women 11-12 50 Back	4	---	1.08
29.90L	F # 37 AG	200 Free Relay Lead Off	---	---	-0.17
30.41L	P # 65 AG	Women 11-12 50 Free	16	---	0.34

**EXCEL AQUATICS**  
**Age Group**

**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

Time	F/P/S	Event	Place	Points	Improv
2:47.29L	P # 69 AG	Women 11-12 200 IM	19	---	2.60
5:10.82L	F # 73 AG	Women 11-12 400 Free	18	---	4.08
32.94L	F # 77 AG	200 Medley Relay Lead Off	---	---	0.40
1:11.67L	F # 101 AG	Women 11-12 100 Back	3	16	-0.30
1:13.17L	P # 101 AG	Women 11-12 100 Back	2	---	1.20
1:06.54L	P # 105 AG	Women 11-12 100 Free	17	---	0.44
34.54L	P # 113 AG	Women 11-12 50 Fly	34	---	0.04
<b>Grace Van Ryckeghem (16) W (WC)</b>					
18:33.94L	F # 3B OP	Women 15 & Over 1500 Free	6	13	-14.50
1:25.15L	P # 9 OP	Women Senior 100 Breast	40	---	-1.03
5:32.61L	P # 17 OP	Women Senior 400 IM	24	---	-6.71
2:35.74L	P # 41 OP	Women Senior 200 Fly	20	---	-6.33
4:44.87L	P # 53 OP	Women Senior 400 Free	25	---	-2.90
9:43.83L	F # 81B OP	Women 15 & Over 800 Free	13	4	5.37
2:42.09L	P # 85 OP	Women Senior 200 Back	39	---	0.01
<b>Arthur Vidineyev (14) M (WC)</b>					
8:50.37L	F # 4A OP	Men 13-14 800 Free	2	17	-23.39
2:04.27L	F # 8 AG	Men 13-14 200 Free	4	15	-4.38
2:05.07L	P # 8 AG	Men 13-14 200 Free	4	---	-3.58
4:50.05L	F # 20 AG	Men 13-14 400 IM	1	20	-3.58
4:51.52L	P # 20 AG	Men 13-14 400 IM	1	---	-2.11
2:17.40L	F # 44 AG	Men 13-14 200 Fly	2	17	-0.85
2:18.14L	P # 44 AG	Men 13-14 200 Fly	2	---	-0.11
4:18.58L	F # 56 AG	Men 13-14 400 Free	3	16	-7.38
4:23.98L	P # 56 AG	Men 13-14 400 Free	3	---	-1.98
17:00.51L	F # 82A OP	Men 13-14 1500 Free	2	17	-29.31
2:24.37L	P # 84 AG	Men 13-14 200 Back	12	---	-3.03
<b>Connor Wallace (12) M (WC)</b>					
2:39.06L	P # 26 AG	Men 11-12 200 Free	56	---	-0.23
40.40L	P # 34 AG	Men 11-12 50 Back	55	---	-0.66
1:21.60L	P # 62 AG	Men 11-12 100 Fly	26	---	-6.06
5:33.46L	F # 74 AG	Men 11-12 400 Free	32	---	-2.64
1:27.19L	P # 102 AG	Men 11-12 100 Back	49	---	0.46
36.94L	P # 114 AG	Men 11-12 50 Fly	45	---	-1.05
<b>Arthur Watson (16) M (WC)</b>					
1:04.98L	P # 14 OP	Men Senior 100 Back	34	---	-0.48
26.10L	P # 46 OP	Men Senior 50 Free	55	---	-0.98
1:06.04L	F # 58 OP	400 Medley Relay Lead Off	---	---	0.58
2:23.21L	P # 86 OP	Men Senior 200 Back	39	---	-11.58
1:00.74L	P # 90 OP	Men Senior 100 Free	93	---	-0.55
<b>Alia Welsh (17) W (WC)</b>					
2:07.71L	F # 5 OP	Women Senior 200 Free	2	17	-4.20
2:09.46L	P # 5 OP	Women Senior 200 Free	3	---	-2.45
NS	P # 13 OP	Women Senior 100 Back	---	---	---

**EXCEL AQUATICS**  
**Age Group**

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**Individual Meet Results**

**2010 Long Course Southeastern Championship 22-Jul-10 to 25-Jul-10 LC Meters**

**Location: Knoxville, TN**

**EXCEL AQUATICS [XCEL-SE] Coach: Mark Walker**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
5:06.36L	P # 17 OP	Women Senior 400 IM	3	---	-6.57
5:10.86L	F # 17 OP	Women Senior 400 IM	6	13	-2.07
2:26.60L	F # 49 OP	Women Senior 200 IM	9	9	-1.89
2:27.62L	P # 49 OP	Women Senior 200 IM	11	---	-0.87
4:31.89L	F # 53 OP	Women Senior 400 Free	3	16	-3.11
4:33.64L	P # 53 OP	Women Senior 400 Free	5	---	-1.36
9:25.23L	F # 81B OP	Women 15 & Over 800 Free	5	14	1.72
59.71L	P # 89 OP	Women Senior 100 Free	4	---	-1.45
59.73L	F # 89 OP	Women Senior 100 Free	6	13	-1.43
<b>Jessica Wingo (12) W (WC)</b>					
2:25.06L	P # 25 AG	Women 11-12 200 Free	22	---	-2.60
36.00L	P # 33 AG	Women 11-12 50 Back	21	---	-1.00
30.79L	P # 65 AG	Women 11-12 50 Free	21	---	-0.55
2:48.11L	P # 69 AG	Women 11-12 200 IM	20	---	-2.12
1:17.92L	P # 101 AG	Women 11-12 100 Back	18	---	0.34
1:06.23L	P # 105 AG	Women 11-12 100 Free	16	---	-2.17
36.02L	P # 113 AG	Women 11-12 50 Fly	56	---	-0.55
<b>Alexis Young (12) W (WC)</b>					
1:17.80L	P # 61 AG	Women 11-12 100 Fly	18	---	-1.99
33.88L	P # 65 AG	Women 11-12 50 Free	69	---	0.82
5:25.11L	F # 73 AG	Women 11-12 400 Free	37	---	10.84
1:23.20L	P # 101 AG	Women 11-12 100 Back	46	---	-1.92
1:10.83L	P # 105 AG	Women 11-12 100 Free	41	---	-1.16
34.75L	P # 113 AG	Women 11-12 50 Fly	38	---	0.20