

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv	
Aleena Albert (10) G						
37.77Y B	F # 7	Girls 10 & Under 50 Free	EXPR-IL	74	---	0.37
45.39Y B	F # 11	Girls 10 & Under 50 Back	EXPR-IL	72	---	-0.32
1:40.31Y BB	F # 13	Girls 10 & Under 100 Breast	EXPR-IL	21	---	-13.81
1:27.48Y B	F # 29	Girls 10 & Under 100 Free	EXPR-IL	72	---	-1.41
48.21Y B	F # 31	Girls 10 & Under 50 Fly	EXPR-IL	73	---	-0.47
1:39.67Y B	F # 33	Girls 10 & Under 100 Back	EXPR-IL	64	---	---
Emily Albrecht (14) G						
2:24.41Y A	F # 107	Girls 13-14 200 Back	EXPR-IL	17	---	-19.55
2:28.99Y A	F # 109	Girls 13-14 200 IM	EXPR-IL	28	---	---
58.01Y AA	F # 111	Girls 13-14 100 Free	EXPR-IL	6	13	1.11
25.39Y AAA	F # 125	Girls 13-14 50 Free	EXPR-IL	1	20	1.25
1:06.21Y A	F # 127	Girls 13-14 100 Back	EXPR-IL	10	7	0.81
2:06.59Y AA	F # 129	Girls 13-14 200 Free	EXPR-IL	6	13	0.30
Elizabeth Allen (12) G						
1:16.39Y	F # 17	Girls 11-12 100 Free	EXPR-IL	84	---	-1.36
1:34.37Y	F # 21	Girls 11-12 100 Back	EXPR-IL	82	---	0.53
2:54.76Y	F # 37	Girls 11-12 200 Free	EXPR-IL	75	---	-0.53
44.46Y	F # 39	Girls 11-12 50 Back	EXPR-IL	80	---	-0.26
NS	F # 41	Girls 11-12 100 Fly	EXPR-IL	---	---	---
34.75Y	F # 43	Girls 11-12 50 Free	EXPR-IL	67	---	-0.01
Elizabeth Arand (15) G						
5:18.97Y BB	F # 101	Girls Senior 400 IM	EXPR-IL	42	---	---
6:07.00Y BB	F # 105	Girls Senior 500 Free	EXPR-IL	48	---	-1.04
2:29.48Y BB	F # 115	Girls Senior 200 Back	EXPR-IL	63	---	5.35
2:27.08Y BB	F # 116	Girls Senior 200 IM	EXPR-IL	63	---	1.36
1:17.01Y BB	F # 118	Girls Senior 100 Breast	EXPR-IL	29	---	6.09
Bree Arend (15) G						
5:43.09Y B	F # 101	Girls Senior 400 IM	EXPR-IL	57	---	-11.36
6:23.50Y B	F # 105	Girls Senior 500 Free	EXPR-IL	55	---	-6.18
2:41.38Y B	F # 115	Girls Senior 200 Back	EXPR-IL	80	---	-2.95
1:08.24Y B	F # 117	Girls Senior 100 Free	EXPR-IL	94	---	0.40
1:25.81Y B	F # 118	Girls Senior 100 Breast	EXPR-IL	64	---	0.26
2:53.30Y BB	F # 131	Girls Senior 200 Breast	EXPR-IL	42	---	-8.67
30.89Y B	F # 133	Girls Senior 50 Free	EXPR-IL	61	---	-0.15
1:18.51Y	F # 134	Girls Senior 100 Back	EXPR-IL	64	---	1.02
Sky Arend (13) B						
2:42.77Y DQ	F # 110	Boys Senior 200 IM	EXPR-IL	---	---	---
1:06.03Y B	F # 112	Boys Senior 100 Free	EXPR-IL	45	---	2.41
1:21.91Y B	F # 114	Boys Senior 100 Breast	EXPR-IL	32	---	-2.79
1:18.08Y	F # 124	Boys Senior 100 Fly	EXPR-IL	33	---	-3.13
28.90Y B	F # 126	Boys Senior 50 Free	EXPR-IL	34	---	1.20
1:16.70Y	F # 128	Boys Senior 100 Back	EXPR-IL	44	---	-2.21

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv
Olivia Bechstein (9) G					
3:18.71Y BB	F # 1A	Girls 10 & Under 200 IM	23	---	-32.50
2:50.36Y BB	F # 3	Girls 10 & Under 200 Free	16	1	-0.90
34.74Y BB	F # 7	Girls 10 & Under 50 Free	38	---	0.19
42.07Y BB	F # 11	Girls 10 & Under 50 Back	51	---	0.28
1:33.10Y BB	F # 15	Girls 10 & Under 100 IM	46	---	0.61
1:19.98Y BB	F # 29	Girls 10 & Under 100 Free	40	---	1.67
41.62Y BB	F # 31	Girls 10 & Under 50 Fly	36	---	0.28
1:30.51Y BB	F # 33	Girls 10 & Under 100 Back	42	---	-14.52
Anilyn Benge (12) G					
2:41.24Y BB	F # 1B	Girls 11-12 200 IM	15	2	-7.10
6:48.05Y B	F # 5B	Girls 11-12 500 Free	33	---	-7.19
1:05.59Y BB	F # 17	Girls 11-12 100 Free	23	---	-1.06
1:12.80Y A	F # 21	Girls 11-12 100 Back	17	---	-0.24
1:15.50Y BB	F # 25	Girls 11-12 100 IM	20	---	1.88
2:29.21Y BB	F # 37	Girls 11-12 200 Free	25	---	0.31
32.93Y A	F # 39	Girls 11-12 50 Back	9	9	-0.89
30.26Y BB	F # 43	Girls 11-12 50 Free	19	---	0.95
Eleanor Benge (12) G					
2:33.37Y A	F # 1B	Girls 11-12 200 IM	8	11	2.57
5:57.71Y A	F # 5B	Girls 11-12 500 Free	7	12	-6.38
1:02.84Y A	F # 17	Girls 11-12 100 Free	8	11	1.03
1:15.72Y BB	F # 21	Girls 11-12 100 Back	27	---	0.61
32.10Y A	F # 23	Girls 11-12 50 Fly	14	3	0.32
2:19.03Y A	F # 37	Girls 11-12 200 Free	13	4	2.24
1:11.66Y A	F # 41	Girls 11-12 100 Fly	12	5	2.26
29.68Y BB	F # 43	Girls 11-12 50 Free	12	5	0.89
Elizabeth Benge (9) G					
3:29.50Y B	F # 1A	Girls 10 & Under 200 IM	32	---	-15.19
3:22.61Y	F # 3	Girls 10 & Under 200 Free	32	---	6.32
38.01Y B	F # 7	Girls 10 & Under 50 Free	76	---	1.40
53.03Y	F # 11	Girls 10 & Under 50 Back	125	---	1.20
1:36.08Y B	F # 15	Girls 10 & Under 100 IM	65	---	1.82
1:30.03Y B	F # 29	Girls 10 & Under 100 Free	76	---	-1.16
43.23Y B	F # 31	Girls 10 & Under 50 Fly	48	---	-0.28
46.92Y BB	F # 35	Girls 10 & Under 50 Breast	37	---	1.21

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv
Matthew Bengel (13) B					
5:52.13Y	BB F # 106	Boys Senior 500 Free	EXPR-IL 14	3	-5.27
2:37.70Y	B F # 108	Boys Senior 200 Back	EXPR-IL 47	---	---
2:35.34Y	B F # 110	Boys Senior 200 IM	EXPR-IL 41	---	0.02
1:02.37Y	B F # 112	Boys Senior 100 Free	EXPR-IL 33	---	0.96
1:10.87Y	B F # 124	Boys Senior 100 Fly	EXPR-IL 23	---	2.01
27.90Y	BB F # 126	Boys Senior 50 Free	EXPR-IL 25	---	-0.30
2:16.65Y	B F # 130	Boys Senior 200 Free	EXPR-IL 33	---	2.52
Karly Bernhard (9) G					
36.01Y	B F # 7	Girls 10 & Under 50 Free	EXPR-IL 57	---	1.48
48.20Y	B F # 11	Girls 10 & Under 50 Back	EXPR-IL 101	---	0.96
1:37.72Y	B F # 15	Girls 10 & Under 100 IM	EXPR-IL 68	---	0.53
1:22.12Y	B F # 29	Girls 10 & Under 100 Free	EXPR-IL 54	---	3.21
46.52Y	B F # 31	Girls 10 & Under 50 Fly	EXPR-IL 63	---	1.99
50.96Y	B F # 35	Girls 10 & Under 50 Breast	EXPR-IL 55	---	0.26
Kelsey Bernhard (9) G					
3:38.91Y	B F # 1A	Girls 10 & Under 200 IM	EXPR-IL 33	---	-7.86
3:01.54Y	B F # 3	Girls 10 & Under 200 Free	EXPR-IL 25	---	-4.48
36.12Y	B F # 7	Girls 10 & Under 50 Free	EXPR-IL 60	---	0.06
46.65Y	B F # 11	Girls 10 & Under 50 Back	EXPR-IL 89	---	1.74
1:39.70Y	B F # 15	Girls 10 & Under 100 IM	EXPR-IL 77	---	1.02
1:20.94Y	BB F # 29	Girls 10 & Under 100 Free	EXPR-IL 49	---	-0.04
46.98Y	B F # 31	Girls 10 & Under 50 Fly	EXPR-IL 64	---	1.67
51.81Y	B F # 35	Girls 10 & Under 50 Breast	EXPR-IL 60	---	0.23
MacKenzie Bernhard (12) G					
NS	F # 1B	Girls 11-12 200 IM	EXPR-IL ---	---	---
NS	F # 5B	Girls 11-12 500 Free	EXPR-IL ---	---	---
1:10.77Y	B F # 17	Girls 11-12 100 Free	EXPR-IL 53	---	-1.87
1:28.22Y	F # 21	Girls 11-12 100 Back	EXPR-IL 72	---	3.41
1:27.18Y	F # 25	Girls 11-12 100 IM	EXPR-IL 74	---	-0.93
2:36.43Y	B F # 37	Girls 11-12 200 Free	EXPR-IL 46	---	-5.78
38.98Y	B F # 39	Girls 11-12 50 Back	EXPR-IL 58	---	0.03
31.13Y	BB F # 43	Girls 11-12 50 Free	EXPR-IL 30	---	---
Anna Bogdanski (10) G					
34.89Y	BB F # 7	Girls 10 & Under 50 Free	EXPR-IL 42	---	0.96
40.73Y	DQ F # 11	Girls 10 & Under 50 Back	EXPR-IL ---	---	---
1:41.80Y	BB F # 13	Girls 10 & Under 100 Breast	EXPR-IL 29	---	---
1:19.53Y	BB F # 29	Girls 10 & Under 100 Free	EXPR-IL 36	---	-0.06
1:31.45Y	BB F # 33	Girls 10 & Under 100 Back	EXPR-IL 47	---	---
45.32Y	BB F # 35	Girls 10 & Under 50 Breast	EXPR-IL 23	---	-0.21

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv
Alyse Bondarowicz (13) G					
2:42.59Y BB	F # 109	Girls 13-14 200 IM	58	---	-3.27
1:04.35Y BB	F # 111	Girls 13-14 100 Free	52	---	1.52
1:33.06Y	F # 113	Girls 13-14 100 Breast	66	---	2.09
1:15.04Y B	F # 123	Girls 13-14 100 Fly	35	---	0.42
28.93Y BB	F # 125	Girls 13-14 50 Free	40	---	-0.46
2:20.65Y BB	F # 129	Girls 13-14 200 Free	35	---	0.82
Shea Brennan (16) G					
6:31.00Y B	F # 105	Girls Senior 500 Free	59	---	33.37
2:49.92Y B	F # 116	Girls Senior 200 IM	97	---	0.94
1:08.14Y B	F # 117	Girls Senior 100 Free	92	---	0.41
1:31.68Y	F # 118	Girls Senior 100 Breast	70	---	1.82
31.15Y B	F # 133	Girls Senior 50 Free	62	---	0.31
1:25.91Y	F # 134	Girls Senior 100 Back	66	---	3.06
2:27.50Y B	F # 135	Girls Senior 200 Free	74	---	12.11
Thomas Canada (14) B					
3:07.86Y	F # 108	Boys Senior 200 Back	60	---	---
3:06.37Y	F # 110	Boys Senior 200 IM	62	---	---
1:07.48Y	F # 112	Boys Senior 100 Free	48	---	-0.54
30.29Y B	F # 126	Boys Senior 50 Free	39	---	-1.75
1:28.47Y	F # 128	Boys Senior 100 Back	53	---	-0.41
2:25.96Y B	F # 130	Boys Senior 200 Free	44	---	-0.79
Anita Cikoch (13) G					
2:57.65Y	F # 109	Girls 13-14 200 IM	69	---	2.20
1:11.27Y B	F # 111	Girls 13-14 100 Free	74	---	1.70
1:40.18Y	F # 113	Girls 13-14 100 Breast	72	---	3.44
1:22.14Y	F # 123	Girls 13-14 100 Fly	43	---	1.17
32.59Y B	F # 125	Girls 13-14 50 Free	65	---	-0.25
1:26.31Y	F # 127	Girls 13-14 100 Back	66	---	0.74
Natalie Costello (14) G					
2:38.12Y BB	F # 107	Girls 13-14 200 Back	46	---	-12.89
1:02.45Y BB	F # 111	Girls 13-14 100 Free	45	---	-0.38
1:21.00Y BB	F # 113	Girls 13-14 100 Breast	32	---	1.06
2:52.86Y BB	F # 121	Girls 13-14 200 Breast	27	---	-13.94
29.28Y BB	F # 125	Girls 13-14 50 Free	44	---	0.27
2:15.91Y BB	F # 129	Girls 13-14 200 Free	29	---	0.13
Brian Dawson (11) B					
1:10.90Y B	F # 18	Boys 11-12 100 Free	32	---	-0.81
1:26.30Y	F # 22	Boys 11-12 100 Back	37	---	0.84
36.60Y B	F # 24	Boys 11-12 50 Fly	17	---	-1.16
2:52.55Y	F # 38	Boys 11-12 200 Free	36	---	10.80
39.78Y	F # 40	Boys 11-12 50 Back	27	---	0.95
31.21Y B	F # 44	Boys 11-12 50 Free	19	---	-0.23

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv
Meghan Dietrich (10) G					
39.01Y B	F # 7	Girls 10 & Under 50 Free	82	---	-0.10
43.74Y DQ	F # 11	Girls 10 & Under 50 Back	---	---	---
1:39.12Y B	F # 15	Girls 10 & Under 100 IM	76	---	0.24
1:27.92Y B	F # 29	Girls 10 & Under 100 Free	74	---	-1.99
50.95Y	F # 31	Girls 10 & Under 50 Fly	84	---	6.38
52.76Y B	F # 35	Girls 10 & Under 50 Breast	68	---	2.45
Emmet Elisha (13) B					
2:49.66Y	F # 104	Boys Senior 200 Fly	20	---	-16.09
6:28.10Y B	F # 106	Boys Senior 500 Free	23	---	-10.60
2:35.42Y B	F # 110	Boys Senior 200 IM	42	---	-0.96
1:02.17Y BB	F # 112	Boys Senior 100 Free	32	---	0.87
1:24.31Y	F # 114	Boys Senior 100 Breast	37	---	1.94
1:17.19Y	F # 124	Boys Senior 100 Fly	31	---	-0.63
28.33Y BB	F # 126	Boys Senior 50 Free	30	---	0.45
1:12.34Y B	F # 128	Boys Senior 100 Back	33	---	-1.77
Benjamin Ellstrom (12) B					
2:50.23Y B	F # 2B	Boys 11-12 200 IM	15	2	-20.81
1:06.88Y BB	F # 18	Boys 11-12 100 Free	27	---	-0.52
1:21.08Y B	F # 22	Boys 11-12 100 Back	28	---	0.15
1:17.81Y B	F # 26	Boys 11-12 100 IM	26	---	0.87
2:30.43Y B	F # 38	Boys 11-12 200 Free	22	---	-1.74
1:18.84Y B	F # 42	Boys 11-12 100 Fly	14	3	-0.37
1:35.52Y	F # 46	Boys 11-12 100 Breast	18	---	6.86
Martita Ferrari (12) G					
2:41.84Y B	F # 37	Girls 11-12 200 Free	61	---	-1.11
40.35Y	F # 39	Girls 11-12 50 Back	64	---	0.64
35.30Y	F # 43	Girls 11-12 50 Free	69	---	2.02
Cameran Frank (11) G					
3:03.18Y B	F # 1B	Girls 11-12 200 IM	42	---	2.97
7:13.33Y	F # 5B	Girls 11-12 500 Free	39	---	4.92
1:11.71Y B	F # 17	Girls 11-12 100 Free	62	---	0.60
41.87Y B	F # 19	Girls 11-12 50 Breast	33	---	-1.55
35.94Y B	F # 23	Girls 11-12 50 Fly	35	---	1.02
2:40.27Y B	F # 37	Girls 11-12 200 Free	59	---	-1.75
43.35Y	F # 39	Girls 11-12 50 Back	74	---	2.55
1:21.37Y B	F # 41	Girls 11-12 100 Fly	27	---	0.27

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv
Victoria Frank (14) G					
5:43.34Y	BB F # 101	Girls Senior 400 IM	58	---	-14.94
6:07.24Y	BB F # 105	Girls Senior 500 Free	49	---	21.04
2:33.65Y	BB F # 107	Girls 13-14 200 Back	41	---	-8.31
2:40.39Y	BB F # 109	Girls 13-14 200 IM	55	---	0.45
1:03.02Y	BB F # 111	Girls 13-14 100 Free	47	---	3.52
1:15.14Y	B F # 123	Girls 13-14 100 Fly	36	---	-1.80
1:11.99Y	BB F # 127	Girls 13-14 100 Back	32	---	-0.43
2:13.38Y	A F # 129	Girls 13-14 200 Free	24	---	5.06
Madeline Grubich (12) G					
NS	F # 1B	Girls 11-12 200 IM	---	---	---
NS	F # 5B	Girls 11-12 500 Free	---	---	---
1:04.68Y	BB F # 17	Girls 11-12 100 Free	18	---	1.29
37.62Y	A F # 19	Girls 11-12 50 Breast	10	7	1.59
1:17.01Y	BB F # 21	Girls 11-12 100 Back	37	---	1.62
NS	F # 25	Girls 11-12 100 IM	---	---	---
28.44Y	A F # 43	Girls 11-12 50 Free	2	17	-0.20
1:20.37Y	A F # 45	Girls 11-12 100 Breast	8	11	1.81
Erica Hagen (15) G					
2:43.66Y	B F # 103	Girls Senior 200 Fly	37	---	---
5:55.92Y	BB F # 105	Girls Senior 500 Free	39	---	11.30
2:31.72Y	BB F # 115	Girls Senior 200 Back	66	---	0.27
2:32.33Y	BB F # 116	Girls Senior 200 IM	74	---	3.74
1:00.81Y	BB F # 117	Girls Senior 100 Free	63	---	2.26
1:10.67Y	BB F # 132	Girls Senior 100 Fly	48	---	1.10
1:10.66Y	BB F # 134	Girls Senior 100 Back	50	---	-1.40
2:09.71Y	A F # 135	Girls Senior 200 Free	43	---	5.16
Molly Hagstrom (7) G					
57.24Y	F # 7	Girls 10 & Under 50 Free	156	---	2.35
NS	F # 11	Girls 10 & Under 50 Back	---	---	---
Jacob Hare (12) B					
1:12.30Y	B F # 18	Boys 11-12 100 Free	38	---	-1.94
1:36.01Y	DQ F # 22	Boys 11-12 100 Back	---	---	---
1:31.26Y	F # 26	Boys 11-12 100 IM	45	---	-3.07
39.96Y	F # 40	Boys 11-12 50 Back	29	---	-0.91
1:40.79Y	F # 42	Boys 11-12 100 Fly	22	---	---
32.82Y	B F # 44	Boys 11-12 50 Free	28	---	-1.54
Kierstyn Hill (12) G					
2:56.14Y	B F # 1B	Girls 11-12 200 IM	36	---	-23.51
1:11.92Y	B F # 17	Girls 11-12 100 Free	64	---	-1.93
43.39Y	B F # 19	Girls 11-12 50 Breast	45	---	-0.54
40.42Y	F # 23	Girls 11-12 50 Fly	59	---	-4.49

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event		Place	Points	Improv
Tanner Howland (13) B						
3:15.77Y	F # 104	Boys Senior 200 Fly	EXPR-IL	27	---	-2.08
6:21.32Y B	F # 106	Boys Senior 500 Free	EXPR-IL	21	---	-14.52
2:47.84Y	F # 110	Boys Senior 200 IM	EXPR-IL	53	---	2.86
1:05.54Y B	F # 112	Boys Senior 100 Free	EXPR-IL	44	---	0.78
1:31.40Y	F # 114	Boys Senior 100 Breast	EXPR-IL	43	---	0.46
1:27.73Y	F # 124	Boys Senior 100 Fly	EXPR-IL	40	---	4.27
1:18.54Y	F # 128	Boys Senior 100 Back	EXPR-IL	46	---	1.44
2:18.55Y B	F # 130	Boys Senior 200 Free	EXPR-IL	35	---	-5.26
Kaitlyn Joyce (15) G						
NS	F # 103	Girls Senior 200 Fly	EXPR-IL	---	---	---
NS	F # 105	Girls Senior 500 Free	EXPR-IL	---	---	---
2:15.79Y AA	F # 115	Girls Senior 200 Back	EXPR-IL	18	---	2.32
2:19.46Y AA	F # 116	Girls Senior 200 IM	EXPR-IL	26	---	-0.23
58.52Y A	F # 117	Girls Senior 100 Free	EXPR-IL	44	---	0.17
Zachary Kargol (11) B						
1:30.26Y	F # 18	Boys 11-12 100 Free	EXPR-IL	60	---	-5.95
59.19Y	F # 24	Boys 11-12 50 Fly	EXPR-IL	41	---	2.66
1:50.12Y	F # 26	Boys 11-12 100 IM	EXPR-IL	51	---	-0.96
Charles Kaufmann (13) B						
1:09.58Y B	F # 124	Boys Senior 100 Fly	EXPR-IL	21	---	4.03
27.38Y BB	F # 126	Boys Senior 50 Free	EXPR-IL	18	---	0.80
2:15.80Y B	F # 130	Boys Senior 200 Free	EXPR-IL	31	---	2.28
Hannah Kaufmann (16) G						
2:36.82Y B	F # 103	Girls Senior 200 Fly	EXPR-IL	30	---	-15.19
5:40.85Y A	F # 105	Girls Senior 500 Free	EXPR-IL	26	---	18.59
Allison Lake (13) G						
3:00.24Y	F # 103	Girls Senior 200 Fly	EXPR-IL	46	---	-24.04
7:05.79Y	F # 105	Girls Senior 500 Free	EXPR-IL	66	---	3.77
2:41.54Y B	F # 107	Girls 13-14 200 Back	EXPR-IL	54	---	2.24
3:00.16Y	F # 109	Girls 13-14 200 IM	EXPR-IL	71	---	-4.89
1:13.79Y	F # 111	Girls 13-14 100 Free	EXPR-IL	80	---	2.13
33.27Y B	F # 125	Girls 13-14 50 Free	EXPR-IL	66	---	0.72
1:17.42Y B	F # 127	Girls 13-14 100 Back	EXPR-IL	55	---	2.62
2:40.26Y	F # 129	Girls 13-14 200 Free	EXPR-IL	54	---	5.37

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event		Place	Points	Improv
Bryan Lake (10) B						
3:52.17Y	F # 2A	Boys 10 & Under 200 IM	EXPR-IL	23	---	---
NS	F # 4	Boys 10 & Under 200 Free	EXPR-IL	---	---	---
43.51Y	F # 8	Boys 10 & Under 50 Free	EXPR-IL	54	---	1.46
51.60Y	F # 12	Boys 10 & Under 50 Back	EXPR-IL	56	---	0.05
1:55.49Y DQ	F # 28	Boys 10 & Under 100 IM	EXPR-IL	---	---	---
1:42.51Y	F # 30	Boys 10 & Under 100 Free	EXPR-IL	53	---	10.77
56.63Y	F # 32	Boys 10 & Under 50 Fly	EXPR-IL	41	---	-2.38
55.11Y	F # 36	Boys 10 & Under 50 Breast	EXPR-IL	32	---	-0.26
Carolyn Lake (11) G						
3:14.06Y	F # 1B	Girls 11-12 200 IM	EXPR-IL	46	---	-6.73
1:15.72Y	F # 17	Girls 11-12 100 Free	EXPR-IL	81	---	3.04
1:30.71Y	F # 21	Girls 11-12 100 Back	EXPR-IL	79	---	-3.92
44.92Y	F # 23	Girls 11-12 50 Fly	EXPR-IL	73	---	1.06
2:40.23Y B	F # 37	Girls 11-12 200 Free	EXPR-IL	58	---	1.13
43.48Y	F # 39	Girls 11-12 50 Back	EXPR-IL	75	---	0.15
35.88Y	F # 43	Girls 11-12 50 Free	EXPR-IL	70	---	3.34
Chloe Lapen (14) G						
2:53.38Y B	F # 109	Girls 13-14 200 IM	EXPR-IL	67	---	-4.35
1:12.52Y	F # 111	Girls 13-14 100 Free	EXPR-IL	75	---	3.26
1:36.73Y	F # 113	Girls 13-14 100 Breast	EXPR-IL	68	---	2.05
Vanessa Lopez (8) G						
47.55Y	F # 7	Girls 10 & Under 50 Free	EXPR-IL	134	---	---
57.42Y	F # 11	Girls 10 & Under 50 Back	EXPR-IL	138	---	---
2:07.04Y DQ	F # 15	Girls 10 & Under 100 IM	EXPR-IL	---	---	---
1:51.22Y	F # 29	Girls 10 & Under 100 Free	EXPR-IL	116	---	---
1:02.73Y DQ	F # 31	Girls 10 & Under 50 Fly	EXPR-IL	---	---	---
1:17.44Y DQ	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	---	---	---
Taylor Luebchow (11) G						
1:12.23Y B	F # 17	Girls 11-12 100 Free	EXPR-IL	68	---	-2.70
44.17Y	F # 19	Girls 11-12 50 Breast	EXPR-IL	53	---	-5.06
1:24.36Y B	F # 21	Girls 11-12 100 Back	EXPR-IL	61	---	-0.88
2:43.47Y	F # 37	Girls 11-12 200 Free	EXPR-IL	64	---	---
38.34Y B	F # 39	Girls 11-12 50 Back	EXPR-IL	53	---	-0.25
34.08Y B	F # 43	Girls 11-12 50 Free	EXPR-IL	63	---	0.48
Sydney Lydon (14) G						
2:40.88Y B	F # 107	Girls 13-14 200 Back	EXPR-IL	52	---	-2.27
2:32.07Y BB	F # 109	Girls 13-14 200 IM	EXPR-IL	39	---	0.43
1:19.47Y BB	F # 113	Girls 13-14 100 Breast	EXPR-IL	27	---	1.32
2:52.38Y BB	F # 121	Girls 13-14 200 Breast	EXPR-IL	26	---	1.77
29.05Y BB	F # 125	Girls 13-14 50 Free	EXPR-IL	41	---	0.74
2:21.50Y BB	F # 129	Girls 13-14 200 Free	EXPR-IL	39	---	3.40

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event		Place	Points	Improv
Silvia Martin (15) G						
2:53.02Y	F # 103	Girls Senior 200 Fly	EXPR-IL	42	---	10.66
6:48.98Y	F # 105	Girls Senior 500 Free	EXPR-IL	64	---	28.54
2:48.68Y	F # 115	Girls Senior 200 Back	EXPR-IL	86	---	6.67
2:47.36Y B	F # 116	Girls Senior 200 IM	EXPR-IL	96	---	11.82
1:07.77Y B	F # 117	Girls Senior 100 Free	EXPR-IL	91	---	4.15
Riley McDaniel (14) G						
2:39.17Y BB	F # 107	Girls 13-14 200 Back	EXPR-IL	49	---	-4.77
1:02.41Y BB	F # 111	Girls 13-14 100 Free	EXPR-IL	44	---	-1.22
1:20.43Y BB	F # 113	Girls 13-14 100 Breast	EXPR-IL	30	---	1.27
Nina Molina (13) G						
3:19.62Y	F # 109	Girls 13-14 200 IM	EXPR-IL	76	---	---
1:16.28Y	F # 111	Girls 13-14 100 Free	EXPR-IL	84	---	-3.26
1:48.27Y	F # 113	Girls 13-14 100 Breast	EXPR-IL	75	---	2.18
1:41.37Y	F # 123	Girls 13-14 100 Fly	EXPR-IL	53	---	4.25
35.55Y	F # 125	Girls 13-14 50 Free	EXPR-IL	68	---	0.64
1:29.88Y	F # 127	Girls 13-14 100 Back	EXPR-IL	67	---	-2.08
Nicole Molnar (10) G						
3:19.94Y B	F # 1A	Girls 10 & Under 200 IM	EXPR-IL	25	---	-13.19
2:55.86Y BB	F # 3	Girls 10 & Under 200 Free	EXPR-IL	22	---	-1.29
35.44Y BB	F # 7	Girls 10 & Under 50 Free	EXPR-IL	50	---	0.04
41.79Y BB	F # 11	Girls 10 & Under 50 Back	EXPR-IL	49	---	-0.54
1:33.64Y BB	F # 15	Girls 10 & Under 100 IM	EXPR-IL	50	---	-0.09
1:19.82Y BB	F # 29	Girls 10 & Under 100 Free	EXPR-IL	39	---	0.33
1:34.30Y B	F # 33	Girls 10 & Under 100 Back	EXPR-IL	56	---	-2.07
48.31Y B	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	39	---	2.27
Jenna Moser (7) G						
52.21Y	F # 7	Girls 10 & Under 50 Free	EXPR-IL	146	---	3.42
53.61Y	F # 11	Girls 10 & Under 50 Back	EXPR-IL	128	---	-23.40
1:08.56Y	F # 31	Girls 10 & Under 50 Fly	EXPR-IL	111	---	---
1:18.76Y	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	122	---	---
Kylie Moser (9) G						
3:08.74Y BB	F # 1A	Girls 10 & Under 200 IM	EXPR-IL	16	1	---
2:46.45Y BB	F # 3	Girls 10 & Under 200 Free	EXPR-IL	11	6	-5.31
34.44Y BB	F # 7	Girls 10 & Under 50 Free	EXPR-IL	35	---	-0.09
39.06Y BB	F # 11	Girls 10 & Under 50 Back	EXPR-IL	26	---	-0.84
1:46.47Y BB	F # 13	Girls 10 & Under 100 Breast	EXPR-IL	35	---	-1.09
1:15.27Y BB	F # 29	Girls 10 & Under 100 Free	EXPR-IL	27	---	-0.32
1:26.12Y BB	F # 33	Girls 10 & Under 100 Back	EXPR-IL	27	---	-1.21
49.21Y B	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	42	---	0.06

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv
Gabrielle Muzykansky (11) G					
3:02.18Y B	F # 1B	Girls 11-12 200 IM	41	---	0.62
1:11.12Y B	F # 17	Girls 11-12 100 Free	55	---	-2.53
42.76Y B	F # 19	Girls 11-12 50 Breast	40	---	-1.35
1:25.40Y B	F # 21	Girls 11-12 100 Back	64	---	-11.02
2:42.76Y B	F # 37	Girls 11-12 200 Free	63	---	0.73
38.34Y B	F # 39	Girls 11-12 50 Back	53	---	-0.30
32.26Y B	F # 43	Girls 11-12 50 Free	39	---	0.18
Jack Paul (8) B					
50.12Y	F # 8	Boys 10 & Under 50 Free	66	---	-0.73
56.05Y	F # 12	Boys 10 & Under 50 Back	65	---	---
Alden Pritchard (13) B					
1:30.89Y	F # 124	Boys Senior 100 Fly	42	---	2.52
39.12Y	F # 126	Boys Senior 50 Free	48	---	6.22
1:31.97Y	F # 128	Boys Senior 100 Back	54	---	-1.27
Amanda Prochaska (11) G					
3:38.50Y DQ	F # 1B	Girls 11-12 200 IM	---	---	---
1:33.24Y	F # 17	Girls 11-12 100 Free	110	---	3.82
54.57Y	F # 19	Girls 11-12 50 Breast	73	---	-3.40
45.21Y	F # 23	Girls 11-12 50 Fly	74	---	0.82
Annika Prochaska (7) G					
1:26.40Y DQ	F # 31	Girls 10 & Under 50 Fly	---	---	---
1:42.48Y DQ	F # 35	Girls 10 & Under 50 Breast	---	---	---
Sara Prochaska (13) G					
1:25.96Y	F # 123	Girls 13-14 100 Fly	48	---	3.53
1:23.30Y	F # 127	Girls 13-14 100 Back	65	---	-0.08
2:45.44Y	F # 129	Girls 13-14 200 Free	56	---	12.12
Alyssa Reinholz (13) G					
5:08.50Y A	F # 101	Girls Senior 400 IM	34	---	---
2:32.49Y BB	F # 103	Girls Senior 200 Fly	28	---	---
1:07.27Y A	F # 123	Girls 13-14 100 Fly	13	4	-0.90
1:08.83Y BB	F # 127	Girls 13-14 100 Back	22	---	3.82
2:09.11Y A	F # 129	Girls 13-14 200 Free	10	7	5.52
Elaina Ricci (15) G					
NS	F # 101	Girls Senior 400 IM	---	---	---
NS	F # 105	Girls Senior 500 Free	---	---	---
2:25.11Y A	F # 116	Girls Senior 200 IM	54	---	3.14
1:00.77Y A	F # 117	Girls Senior 100 Free	62	---	4.62
1:17.66Y BB	F # 118	Girls Senior 100 Breast	33	---	5.07
2:59.59Y B	F # 131	Girls Senior 200 Breast	45	---	20.40
27.61Y A	F # 133	Girls Senior 50 Free	42	---	2.27
2:15.43Y BB	F # 135	Girls Senior 200 Free	61	---	14.67

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event		Place	Points	Improv
Emma Sayre (10) G						
41.04Y	F # 7	Girls 10 & Under 50 Free	EXPR-IL	102	---	-1.00
48.55Y B	F # 11	Girls 10 & Under 50 Back	EXPR-IL	103	---	0.57
1:48.71Y	F # 15	Girls 10 & Under 100 IM	EXPR-IL	100	---	-5.53
Claire Schoenberger (16) G						
NS	F # 103	Girls Senior 200 Fly	EXPR-IL	---	---	---
NS	F # 105	Girls Senior 500 Free	EXPR-IL	---	---	---
Jillian Scott (9) G						
39.71Y B	F # 7	Girls 10 & Under 50 Free	EXPR-IL	88	---	0.59
49.03Y	F # 11	Girls 10 & Under 50 Back	EXPR-IL	106	---	0.66
1:42.44Y DQ	F # 15	Girls 10 & Under 100 IM	EXPR-IL	---	---	---
1:25.67Y B	F # 29	Girls 10 & Under 100 Free	EXPR-IL	68	---	-8.54
45.74Y B	F # 31	Girls 10 & Under 50 Fly	EXPR-IL	57	---	-0.48
57.87Y	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	92	---	---
Stefanie Selvage (18) G						
5:42.71Y B	F # 101	Girls Senior 400 IM	EXPR-IL	56	---	---
2:51.33Y	F # 103	Girls Senior 200 Fly	EXPR-IL	41	---	9.75
2:34.03Y BB	F # 115	Girls Senior 200 Back	EXPR-IL	73	---	-1.42
2:36.65Y BB	F # 116	Girls Senior 200 IM	EXPR-IL	84	---	3.95
1:02.07Y BB	F # 117	Girls Senior 100 Free	EXPR-IL	71	---	5.19
1:11.15Y B	F # 132	Girls Senior 100 Fly	EXPR-IL	51	---	0.65
1:12.63Y B	F # 134	Girls Senior 100 Back	EXPR-IL	55	---	7.58
2:17.33Y BB	F # 135	Girls Senior 200 Free	EXPR-IL	64	---	5.02
Gabriele Serniute (15) G						
2:23.00Y A	F # 103	Girls Senior 200 Fly	EXPR-IL	14	3	7.01
5:25.17Y AA	F # 105	Girls Senior 500 Free	EXPR-IL	8	11	1.03
2:16.75Y AA	F # 115	Girls Senior 200 Back	EXPR-IL	21	---	1.26
56.66Y AA	F # 117	Girls Senior 100 Free	EXPR-IL	16	1	3.02
1:16.07Y BB	F # 118	Girls Senior 100 Breast	EXPR-IL	24	---	2.65
1:03.01Y AA	F # 132	Girls Senior 100 Fly	EXPR-IL	15	2	2.06
25.79Y AA	F # 133	Girls Senior 50 Free	EXPR-IL	6	13	1.18
2:04.09Y AA	F # 135	Girls Senior 200 Free	EXPR-IL	18	---	4.52
Jaye Sevcik (10) G						
3:09.93Y BB	F # 1A	Girls 10 & Under 200 IM	EXPR-IL	17	---	---
2:53.03Y BB	F # 3	Girls 10 & Under 200 Free	EXPR-IL	17	---	6.24
33.18Y BB	F # 7	Girls 10 & Under 50 Free	EXPR-IL	23	---	-0.02
39.70Y BB	F # 11	Girls 10 & Under 50 Back	EXPR-IL	34	---	1.00
1:23.82Y BB	F # 15	Girls 10 & Under 100 IM	EXPR-IL	18	---	-1.66
1:14.17Y BB	F # 29	Girls 10 & Under 100 Free	EXPR-IL	21	---	-0.07
37.99Y BB	F # 31	Girls 10 & Under 50 Fly	EXPR-IL	23	---	-0.12
45.55Y BB	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	24	---	1.34

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event		Place	Points	Improv
Olivia Shirk (9) G						
44.94Y	F # 7	Girls 10 & Under 50 Free	EXPR-IL	126	---	0.37
NS	F # 11	Girls 10 & Under 50 Back	EXPR-IL	---	---	---
2:01.20Y	F # 15	Girls 10 & Under 100 IM	EXPR-IL	120	---	-0.59
1:44.49Y	F # 29	Girls 10 & Under 100 Free	EXPR-IL	110	---	-3.35
54.75Y	F # 31	Girls 10 & Under 50 Fly	EXPR-IL	96	---	-1.68
1:11.33Y	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	114	---	-0.37
Madeline Sims (16) G						
4:40.53Y	AAA F # 101	Girls Senior 400 IM	EXPR-IL	2	17	4.81
2:16.19Y	AA F # 103	Girls Senior 200 Fly	EXPR-IL	6	13	4.04
2:16.30Y	AA F # 115	Girls Senior 200 Back	EXPR-IL	20	---	-5.54
2:12.99Y	AAA F # 116	Girls Senior 200 IM	EXPR-IL	2	17	4.41
55.71Y	AA F # 117	Girls Senior 100 Free	EXPR-IL	10	7	2.02
Megan Sluzas (11) G						
48.94Y	F # 39	Girls 11-12 50 Back	EXPR-IL	86	---	0.18
36.85Y	F # 43	Girls 11-12 50 Free	EXPR-IL	75	---	-0.68
1:53.07Y	F # 45	Girls 11-12 100 Breast	EXPR-IL	69	---	-1.05
Justin Smusz (13) B						
3:13.76Y	F # 104	Boys Senior 200 Fly	EXPR-IL	26	---	---
6:42.34Y	F # 106	Boys Senior 500 Free	EXPR-IL	25	---	-0.26
2:46.43Y	F # 110	Boys Senior 200 IM	EXPR-IL	50	---	-5.70
1:07.81Y	F # 112	Boys Senior 100 Free	EXPR-IL	50	---	2.04
1:35.96Y	F # 114	Boys Senior 100 Breast	EXPR-IL	51	---	-0.03
1:27.43Y	F # 124	Boys Senior 100 Fly	EXPR-IL	39	---	0.80
30.39Y	B F # 126	Boys Senior 50 Free	EXPR-IL	40	---	-0.79
1:15.46Y	F # 128	Boys Senior 100 Back	EXPR-IL	41	---	-3.74
Jessica Spahn (8) G						
2:55.76Y	BB F # 3	Girls 10 & Under 200 Free	EXPR-IL	21	---	-17.64
35.12Y	BB F # 7	Girls 10 & Under 50 Free	EXPR-IL	45	---	-2.00
45.75Y	B F # 11	Girls 10 & Under 50 Back	EXPR-IL	78	---	-11.19
1:34.34Y	DQ F # 15	Girls 10 & Under 100 IM	EXPR-IL	---	---	---
1:23.54Y	B F # 29	Girls 10 & Under 100 Free	EXPR-IL	62	---	-2.00
1:38.80Y	B F # 33	Girls 10 & Under 100 Back	EXPR-IL	63	---	-1.07
54.03Y	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	71	---	-9.34
Emily Sparacino (11) G						
1:20.85Y	F # 17	Girls 11-12 100 Free	EXPR-IL	96	---	2.45
44.46Y	F # 19	Girls 11-12 50 Breast	EXPR-IL	55	---	-1.29
1:29.51Y	F # 25	Girls 11-12 100 IM	EXPR-IL	81	---	1.10
2:53.80Y	F # 37	Girls 11-12 200 Free	EXPR-IL	74	---	---
43.85Y	F # 39	Girls 11-12 50 Back	EXPR-IL	78	---	-1.63
36.45Y	F # 43	Girls 11-12 50 Free	EXPR-IL	72	---	0.31

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv
Margaret Sparacino (9) G					
1:21.68Y B	F # 29	Girls 10 & Under 100 Free	51	---	-2.29
1:38.34Y B	F # 33	Girls 10 & Under 100 Back	62	---	---
54.12Y	F # 35	Girls 10 & Under 50 Breast	72	---	1.29
Maria Sparacino (7) G					
39.62Y B	F # 7	Girls 10 & Under 50 Free	86	---	-0.68
47.15Y B	F # 11	Girls 10 & Under 50 Back	93	---	-9.94
1:45.45Y	F # 15	Girls 10 & Under 100 IM	95	---	-2.16
1:33.77Y	F # 29	Girls 10 & Under 100 Free	88	---	-26.13
47.75Y B	F # 31	Girls 10 & Under 50 Fly	69	---	---
59.03Y	F # 35	Girls 10 & Under 50 Breast	96	---	-21.88
Kate Stanley (9) G					
41.55Y	F # 7	Girls 10 & Under 50 Free	106	---	-0.02
55.26Y	F # 11	Girls 10 & Under 50 Back	133	---	-2.18
1:48.60Y	F # 15	Girls 10 & Under 100 IM	99	---	-0.05
Erin Stevens (16) G					
2:24.11Y BB	F # 115	Girls Senior 200 Back	47	---	0.59
2:27.07Y BB	F # 116	Girls Senior 200 IM	62	---	4.22
1:00.62Y A	F # 117	Girls Senior 100 Free	59	---	3.02
1:07.44Y BB	F # 132	Girls Senior 100 Fly	37	---	2.97
1:06.53Y A	F # 134	Girls Senior 100 Back	24	---	1.88
2:12.04Y BB	F # 135	Girls Senior 200 Free	49	---	4.05
Nicholas Synak (12) B					
3:10.88Y	F # 2B	Boys 11-12 200 IM	22	---	3.34
1:15.46Y	F # 18	Boys 11-12 100 Free	45	---	0.29
43.71Y B	F # 20	Boys 11-12 50 Breast	18	---	0.83
1:26.31Y	F # 22	Boys 11-12 100 Back	38	---	-2.68
2:39.06Y	F # 38	Boys 11-12 200 Free	27	---	-0.24
33.60Y	F # 44	Boys 11-12 50 Free	30	---	0.01
1:37.17Y	F # 46	Boys 11-12 100 Breast	21	---	1.50
Michael Tegeler (13) B					
4:52.06Y A	F # 102	Boys Senior 400 IM	4	15	-0.89
2:21.90Y BB	F # 104	Boys Senior 200 Fly	8	11	-0.49
2:15.24Y A	F # 108	Boys Senior 200 Back	11	6	-3.83
2:16.23Y A	F # 110	Boys Senior 200 IM	9	9	0.65
53.59Y AA	F # 112	Boys Senior 100 Free	6	13	-0.12
1:01.49Y A	F # 124	Boys Senior 100 Fly	6	13	-0.22
1:02.53Y A	F # 128	Boys Senior 100 Back	9	9	1.67
1:58.03Y AA	F # 130	Boys Senior 200 Free	5	14	0.13

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event		Place	Points	Improv
Karolis Vaitkevicius (10) B						
NS	F # 8	Boys 10 & Under 50 Free	EXPR-IL	---	---	---
NS	F # 12	Boys 10 & Under 50 Back	EXPR-IL	---	---	---
1:39.18Y DQ	F # 28	Boys 10 & Under 100 IM	EXPR-IL	---	---	---
1:24.75Y B	F # 30	Boys 10 & Under 100 Free	EXPR-IL	28	---	3.42
48.91Y DQ	F # 32	Boys 10 & Under 50 Fly	EXPR-IL	---	---	---
48.33Y B	F # 36	Boys 10 & Under 50 Breast	EXPR-IL	19	---	0.79
Claire Venard (9) G						
3:45.42Y	F # 1A	Girls 10 & Under 200 IM	EXPR-IL	34	---	---
3:23.09Y	F # 3	Girls 10 & Under 200 Free	EXPR-IL	33	---	---
39.57Y B	F # 7	Girls 10 & Under 50 Free	EXPR-IL	85	---	-1.60
50.44Y	F # 11	Girls 10 & Under 50 Back	EXPR-IL	115	---	-3.80
1:44.86Y B	F # 15	Girls 10 & Under 100 IM	EXPR-IL	92	---	-5.65
1:31.97Y	F # 29	Girls 10 & Under 100 Free	EXPR-IL	83	---	-6.11
48.40Y B	F # 31	Girls 10 & Under 50 Fly	EXPR-IL	74	---	1.12
54.13Y	F # 35	Girls 10 & Under 50 Breast	EXPR-IL	73	---	-0.88
Alexandra Verbeke (12) G						
1:29.39Y	F # 17	Girls 11-12 100 Free	EXPR-IL	107	---	-0.57
51.36Y	F # 19	Girls 11-12 50 Breast	EXPR-IL	71	---	1.60
1:39.02Y	F # 21	Girls 11-12 100 Back	EXPR-IL	87	---	-1.80
3:08.34Y	F # 37	Girls 11-12 200 Free	EXPR-IL	80	---	-6.74
44.27Y	F # 39	Girls 11-12 50 Back	EXPR-IL	79	---	-3.04
40.03Y	F # 43	Girls 11-12 50 Free	EXPR-IL	82	---	0.75
Elizabeth Vetter (12) G						
2:37.28Y A	F # 1B	Girls 11-12 200 IM	EXPR-IL	11	6	-4.51
6:04.14Y A	F # 5B	Girls 11-12 500 Free	EXPR-IL	11	6	-1.75
1:04.20Y BB	F # 17	Girls 11-12 100 Free	EXPR-IL	17	---	-0.17
1:17.50Y BB	F # 21	Girls 11-12 100 Back	EXPR-IL	40	---	-1.77
1:15.83Y BB	F # 25	Girls 11-12 100 IM	EXPR-IL	26	---	1.45
2:17.06Y A	F # 37	Girls 11-12 200 Free	EXPR-IL	10	7	-1.05
37.62Y B	F # 39	Girls 11-12 50 Back	EXPR-IL	46	---	-0.29
1:25.49Y BB	F # 45	Girls 11-12 100 Breast	EXPR-IL	17	---	0.67
Owen Wahlgren (11) B						
NS	F # 18	Boys 11-12 100 Free	EXPR-IL	---	---	---
50.69Y	F # 20	Boys 11-12 50 Breast	EXPR-IL	35	---	-0.78
47.58Y	F # 24	Boys 11-12 50 Fly	EXPR-IL	37	---	-2.10

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

2012 Speedo Invitational 06-Jan-12 to 08-Jan-12 Yards
Location: Marmion Academy & Vaughan Athletic Center

Time	F/P/S	Event	Place	Points	Improv
Daria Wick (14) G					
2:28.12Y A	F # 103	Girls Senior 200 Fly	22	---	9.48
5:45.95Y A	F # 105	Girls Senior 500 Free	30	---	23.12
2:26.22Y A	F # 107	Girls 13-14 200 Back	21	---	5.34
2:28.81Y A	F # 109	Girls 13-14 200 IM	26	---	5.92
58.56Y AA	F # 111	Girls 13-14 100 Free	11	6	3.13
1:03.73Y AA	F # 123	Girls 13-14 100 Fly	5	14	3.02
1:07.35Y A	F # 127	Girls 13-14 100 Back	14	3	3.21
2:10.25Y A	F # 129	Girls 13-14 200 Free	15	2	7.57
Elizabeth Woywod (12) G					
1:25.79Y	F # 17	Girls 11-12 100 Free	105	---	2.36
1:37.66Y	F # 21	Girls 11-12 100 Back	86	---	-1.54
1:36.68Y	F # 25	Girls 11-12 100 IM	96	---	3.52
42.62Y	F # 39	Girls 11-12 50 Back	73	---	-2.20
1:43.25Y	F # 41	Girls 11-12 100 Fly	47	---	6.22
37.97Y	F # 43	Girls 11-12 50 Free	79	---	1.69
John Woywod (14) B					
2:59.96Y	F # 110	Boys Senior 200 IM	58	---	-7.19
1:16.47Y	F # 112	Boys Senior 100 Free	59	---	0.97
1:37.63Y	F # 114	Boys Senior 100 Breast	52	---	0.72
30.90Y	F # 126	Boys Senior 50 Free	43	---	-0.93
1:17.65Y	F # 128	Boys Senior 100 Back	45	---	-1.52
2:38.30Y	F # 130	Boys Senior 200 Free	52	---	-10.41
Jane Woywod (15) G					
2:55.93Y	F # 115	Girls Senior 200 Back	90	---	-9.82
2:45.90Y B	F # 116	Girls Senior 200 IM	93	---	0.34
1:08.65Y B	F # 117	Girls Senior 100 Free	95	---	-0.52
30.72Y B	F # 133	Girls Senior 50 Free	60	---	-1.14
1:23.53Y	F # 134	Girls Senior 100 Back	65	---	1.13
2:32.33Y	F # 135	Girls Senior 200 Free	75	---	0.88
Lindsay Wydra (10) G					
33.08Y BB	F # 7	Girls 10 & Under 50 Free	21	---	-0.17
40.16Y BB	F # 11	Girls 10 & Under 50 Back	36	---	-0.85
1:29.85Y BB	F # 15	Girls 10 & Under 100 IM	38	---	-3.49
Inga Zlioba (9) G					
42.03Y	F # 7	Girls 10 & Under 50 Free	109	---	0.34
47.96Y B	F # 11	Girls 10 & Under 50 Back	100	---	-2.61
1:52.86Y DQ	F # 15	Girls 10 & Under 100 IM	---	---	---
1:44.00Y	F # 29	Girls 10 & Under 100 Free	109	---	1.28
50.99Y	F # 31	Girls 10 & Under 50 Fly	86	---	0.30
1:03.69Y	F # 35	Girls 10 & Under 50 Breast	104	---	-2.11