

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event		Place	Points	Improv
Aleena Albert (10) G						
48.68Y B	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	44	---	-4.02
45.93Y B	F # 107	Girls 10 & Under 50 Back	EXPR-IL	42	---	0.22
37.40Y B	F # 111	Girls 10 & Under 50 Free	EXPR-IL	40	---	-2.16
46.38Y BB	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	16	---	-0.56
1:28.89Y B	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	37	---	-2.42
Emily Albrecht (14) G						
2:08.66Y A	F # 5A	Girls 14 & Under 200 Free	EXPR-IL	7	---	2.37
Elizabeth Allen (12) G						
2:55.29Y	F # 3	Girls 11-12 200 Free	EXPR-IL	11	---	-14.93
1:17.75Y	F # 201	Girls 11-12 100 Free	EXPR-IL	17	---	-0.46
1:33.84Y	F # 207	Girls 11-12 100 Back	EXPR-IL	3	---	-2.59
1:44.93Y	F # 213	Girls 11-12 100 Fly	EXPR-IL	11	---	3.38
1:33.43Y	F # 401	Girls 11-12 100 IM	EXPR-IL	18	---	-3.75
2:02.14Y	F # 407	Girls 11-12 100 Breast	EXPR-IL	10	---	-1.38
35.40Y	F # 411	Girls 11-12 50 Free	EXPR-IL	6	---	0.64
Bree Arend (15) G						
2:25.74Y B	F # 5B	Girls 15 & Over 200 Free	EXPR-IL	10	---	1.58
2:44.48Y B	F # 101B	Girls 15 & Over 200 IM	EXPR-IL	13	---	-2.44
1:17.49Y B	F # 105B	Girls 15 & Over 100 Back	EXPR-IL	25	---	-0.77
1:07.84Y B	F # 109B	Girls 15 & Over 100 Free	EXPR-IL	16	---	-0.42
1:25.55Y B	F # 303	Girls Senior 100 Breast	EXPR-IL	17	---	-0.57
31.04Y B	F # 307	Girls Senior 50 Free	EXPR-IL	33	---	-1.01
1:27.48Y	F # 311	Girls Senior 100 Fly	EXPR-IL	7	---	5.47
Marisa Arvanites (11) G						
NS	F # 201	Girls 11-12 100 Free	EXPR-IL	---	---	---
NS	F # 205	Girls 11-12 50 Back	EXPR-IL	---	---	---
NS	F # 211	Girls 11-12 50 Fly	EXPR-IL	---	---	---
Olivia Bechstein (9) G						
2:51.26Y BB	F # 1	Girls 10 & Under 200 Free	EXPR-IL	4	---	-22.41
44.41Y B	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	24	---	3.07
41.79Y BB	F # 107	Girls 10 & Under 50 Back	EXPR-IL	17	---	-0.57
35.31Y BB	F # 111	Girls 10 & Under 50 Free	EXPR-IL	20	---	0.76
1:32.49Y BB	F # 301A	Girls 10 & Under 100 IM	EXPR-IL	16	---	-2.52
52.76Y B	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	38	---	-4.33
1:18.31Y BB	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	11	---	-1.76

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Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event	Place	Points	Improv
Anilyn Benghe (11) G					
2:28.90Y BB	F # 3	Girls 11-12 200 Free	6	---	-0.69
1:06.81Y BB	F # 201	Girls 11-12 100 Free	7	---	0.16
1:13.04Y A	F # 207	Girls 11-12 100 Back	2	---	-1.69
1:24.92Y B	F # 213	Girls 11-12 100 Fly	9	---	-3.97
1:13.62Y A	F # 401	Girls 11-12 100 IM	8	---	-7.68
1:25.17Y BB	F # 407	Girls 11-12 100 Breast	4	---	-4.11
30.10Y BB	F # 411	Girls 11-12 50 Free	4	---	0.79
Eleanor Benghe (12) G					
2:16.79Y A	F # 3	Girls 11-12 200 Free	4	---	-0.16
1:02.84Y A	F # 201	Girls 11-12 100 Free	5	---	1.03
1:15.11Y BB	F # 207	Girls 11-12 100 Back	2	---	-1.61
1:09.40Y AA	F # 213	Girls 11-12 100 Fly	2	---	-0.32
1:12.94Y A	F # 401	Girls 11-12 100 IM	6	---	-0.99
1:24.16Y BB	F # 407	Girls 11-12 100 Breast	1	---	0.41
29.20Y A	F # 411	Girls 11-12 50 Free	6	---	0.41
Elizabeth Benghe (9) G					
3:16.29Y B	F # 1	Girls 10 & Under 200 Free	20	---	-8.35
43.51Y B	F # 103	Girls 10 & Under 50 Fly	23	---	-1.28
51.83Y	F # 107	Girls 10 & Under 50 Back	15	---	-0.58
38.44Y B	F # 111	Girls 10 & Under 50 Free	47	---	1.83
1:35.99Y B	F # 301A	Girls 10 & Under 100 IM	23	---	1.73
46.23Y BB	F # 305A	Girls 10 & Under 50 Breast	15	---	0.52
1:32.91Y	F # 309A	Girls 10 & Under 100 Free	3	---	1.72
Matthew Benghe (13) B					
2:17.42Y B	F # 6A	Boys 14 & Under 200 Free	5	---	3.29
2:35.32Y B	F # 102A	Boys 14 & Under 200 IM	8	---	-3.67
1:14.67Y B	F # 106A	Boys 14 & Under 100 Back	14	---	2.33
1:02.89Y B	F # 110A	Boys 14 & Under 100 Free	10	---	1.48
1:24.89Y	F # 304	Boys Senior 100 Breast	17	---	-3.24
28.24Y BB	F # 308	Boys Senior 50 Free	6	---	0.04
1:17.11Y DQ	F # 312	Boys Senior 100 Fly	---	---	---
Karly Bernhard (9) G					
2:55.59Y BB	F # 1	Girls 10 & Under 200 Free	8	---	-16.63
44.53Y B	F # 103	Girls 10 & Under 50 Fly	26	---	-2.05
48.54Y B	F # 107	Girls 10 & Under 50 Back	62	---	1.30
34.53Y BB	F # 111	Girls 10 & Under 50 Free	12	---	-0.41
1:38.05Y B	F # 301A	Girls 10 & Under 100 IM	30	---	0.86
50.70Y B	F # 305A	Girls 10 & Under 50 Breast	28	---	-1.31
1:21.33Y BB	F # 309A	Girls 10 & Under 100 Free	19	---	2.42

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Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event	Place	Points	Improv
Kelsey Bernhard (9) G					
3:06.02Y B	F # 1	Girls 10 & Under 200 Free	14	---	-15.65
45.31Y B	F # 103	Girls 10 & Under 50 Fly	29	---	-1.00
44.91Y B	F # 107	Girls 10 & Under 50 Back	35	---	-0.74
36.06Y B	F # 111	Girls 10 & Under 50 Free	29	---	-0.57
1:38.68Y B	F # 301A	Girls 10 & Under 100 IM	32	---	-0.02
51.58Y B	F # 305A	Girls 10 & Under 50 Breast	34	---	-0.60
1:20.98Y BB	F # 309A	Girls 10 & Under 100 Free	17	---	-2.60
MacKenzie Bernhard (11) G					
2:46.05Y	F # 3	Girls 11-12 200 Free	6	---	3.84
1:13.88Y	F # 201	Girls 11-12 100 Free	5	---	1.24
1:31.82Y DQ	F # 207	Girls 11-12 100 Back	---	---	---
1:34.33Y	F # 213	Girls 11-12 100 Fly	4	---	-1.18
1:30.50Y	F # 401	Girls 11-12 100 IM	11	---	2.39
1:52.29Y	F # 407	Girls 11-12 100 Breast	8	---	-2.32
31.13Y BB	F # 411	Girls 11-12 50 Free	13	---	-0.79
Anna Bogdanski (10) G					
38.14Y BB	F # 103	Girls 10 & Under 50 Fly	5	---	-4.68
41.20Y BB	F # 107	Girls 10 & Under 50 Back	13	---	-0.73
34.60Y BB	F # 111	Girls 10 & Under 50 Free	14	---	0.67
1:28.18Y BB	F # 301A	Girls 10 & Under 100 IM	6	---	1.44
46.17Y BB	F # 305A	Girls 10 & Under 50 Breast	14	---	0.64
1:19.59Y BB	F # 309A	Girls 10 & Under 100 Free	14	---	-0.71
Alyse Bondarowicz (13) G					
2:19.83Y BB	F # 5A	Girls 14 & Under 200 Free	11	---	-4.65
2:45.86Y B	F # 101A	Girls 14 & Under 200 IM	32	---	-35.00
1:16.43Y B	F # 105A	Girls 14 & Under 100 Back	31	---	0.64
1:03.78Y BB	F # 109A	Girls 14 & Under 100 Free	14	---	0.95
1:30.97Y	F # 303	Girls Senior 100 Breast	43	---	-0.68
30.02Y BB	F # 307	Girls Senior 50 Free	16	---	0.63
1:15.30Y B	F # 311	Girls Senior 100 Fly	14	---	0.68
Shea Brennan (16) G					
2:22.61Y B	F # 5B	Girls 15 & Over 200 Free	9	---	7.22
2:48.98Y B	F # 101B	Girls 15 & Over 200 IM	16	---	---
1:22.85Y	F # 105B	Girls 15 & Over 100 Back	7	---	---
1:07.73Y B	F # 109B	Girls 15 & Over 100 Free	15	---	---
1:29.86Y	F # 303	Girls Senior 100 Breast	39	---	---
30.84Y B	F # 307	Girls Senior 50 Free	30	---	-21.17
1:19.50Y	F # 311	Girls Senior 100 Fly	32	---	---
Thomas Canada (14) B					
NS	F # 304	Boys Senior 100 Breast	---	---	---
NS	F # 308	Boys Senior 50 Free	---	---	---
NS	F # 312	Boys Senior 100 Fly	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
Anita Cikoch (13) G					
2:28.95Y B	F # 5A	Girls 14 & Under 200 Free	20	---	-5.15
2:55.45Y B	F # 101A	Girls 14 & Under 200 IM	39	---	-3.83
1:25.57Y	F # 105A	Girls 14 & Under 100 Back	16	---	-1.13
1:11.17Y B	F # 109A	Girls 14 & Under 100 Free	39	---	1.60
1:36.74Y	F # 303	Girls Senior 100 Breast	1	---	-2.14
33.07Y B	F # 307	Girls Senior 50 Free	48	---	0.23
1:22.93Y	F # 311	Girls Senior 100 Fly	40	---	1.96
Natalie Costello (14) G					
2:15.78Y BB	F # 5A	Girls 14 & Under 200 Free	5	---	-5.52
2:33.32Y BB	F # 101A	Girls 14 & Under 200 IM	7	---	-0.52
1:12.97Y BB	F # 105A	Girls 14 & Under 100 Back	15	---	-3.41
1:02.83Y BB	F # 109A	Girls 14 & Under 100 Free	6	---	-0.45
1:20.54Y BB	F # 303	Girls Senior 100 Breast	35	---	0.60
29.10Y BB	F # 307	Girls Senior 50 Free	1	---	0.09
1:08.93Y BB	F # 311	Girls Senior 100 Fly	22	---	-1.22
Brian Dawson (11) B					
1:11.71Y B	F # 202	Boys 11-12 100 Free	13	---	-0.84
1:25.46Y B	F # 208	Boys 11-12 100 Back	11	---	---
1:25.88Y	F # 214	Boys 11-12 100 Fly	1	---	-1.31
1:23.97Y	F # 402	Boys 11-12 100 IM	4	---	-4.35
1:51.84Y DQ	F # 408	Boys 11-12 100 Breast	---	---	---
31.44Y B	F # 412	Boys 11-12 50 Free	13	---	-1.13
Meghan Dietrich (10) G					
45.96Y B	F # 103	Girls 10 & Under 50 Fly	32	---	1.39
43.97Y B	F # 107	Girls 10 & Under 50 Back	29	---	-1.06
39.60Y B	F # 111	Girls 10 & Under 50 Free	52	---	0.49
1:38.88Y B	F # 301A	Girls 10 & Under 100 IM	33	---	-1.88
50.31Y B	F # 305A	Girls 10 & Under 50 Breast	26	---	-1.51
1:30.99Y B	F # 309A	Girls 10 & Under 100 Free	38	---	1.08
Claire Drobny (11) G					
1:24.38Y	F # 201	Girls 11-12 100 Free	27	---	-2.28
1:35.78Y	F # 207	Girls 11-12 100 Back	5	---	-0.64
1:53.37Y	F # 213	Girls 11-12 100 Fly	14	---	---
Savannah Duax (12) G					
1:20.29Y	F # 201	Girls 11-12 100 Free	21	---	0.25
1:48.46Y	F # 207	Girls 11-12 100 Back	9	---	---
1:35.05Y	F # 213	Girls 11-12 100 Fly	8	---	1.12
1:32.37Y	F # 401	Girls 11-12 100 IM	17	---	-9.79
47.91Y	F # 405	Girls 11-12 50 Breast	17	---	0.23
35.62Y	F # 411	Girls 11-12 50 Free	7	---	1.27

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Time	F/P/S	Event	Place	Points	Improv
Emmet Elisha (13) B					
2:15.37Y	BB F # 6A	Boys 14 & Under 200 Free	4	---	-6.39
2:36.38Y	B F # 102A	Boys 14 & Under 200 IM	10	---	-7.32
1:14.11Y	B F # 106A	Boys 14 & Under 100 Back	13	---	-5.52
1:01.30Y	BB F # 110A	Boys 14 & Under 100 Free	5	---	-5.11
1:22.57Y	B F # 304	Boys Senior 100 Breast	13	---	0.20
27.88Y	BB F # 308	Boys Senior 50 Free	3	---	-0.61
1:17.82Y	F # 312	Boys Senior 100 Fly	17	---	-2.72
Benjamin Ellstrom (12) B					
2:32.17Y	B F # 4	Boys 11-12 200 Free	4	---	-1.10
1:07.40Y	BB F # 202	Boys 11-12 100 Free	7	---	-1.72
1:20.93Y	B F # 208	Boys 11-12 100 Back	8	---	-4.56
1:19.21Y	B F # 214	Boys 11-12 100 Fly	2	---	-1.14
1:16.94Y	BB F # 402	Boys 11-12 100 IM	10	---	-2.72
1:28.66Y	B F # 408	Boys 11-12 100 Breast	7	---	-1.61
29.98Y	BB F # 412	Boys 11-12 50 Free	8	---	-1.29
Evie Ellstrom (8) G					
NS	F # 203	Girls 8 & Under 25 Free	---	---	---
NS	F # 209	Girls 8 & Under 100 IM	---	---	---
NS	F # 215	Girls 8 & Under 25 Back	---	---	---
Martita Ferrari (12) G					
2:42.95Y	B F # 3	Girls 11-12 200 Free	21	---	-2.72
1:12.58Y	B F # 201	Girls 11-12 100 Free	31	---	-2.07
1:25.52Y	B F # 207	Girls 11-12 100 Back	16	---	-3.83
1:34.89Y	F # 213	Girls 11-12 100 Fly	7	---	1.60
1:28.74Y	F # 401	Girls 11-12 100 IM	6	---	-2.51
1:56.21Y	DQ F # 407	Girls 11-12 100 Breast	---	---	---
33.28Y	B F # 411	Girls 11-12 50 Free	37	---	-1.05
Cameran Frank (11) G					
2:45.74Y	F # 3	Girls 11-12 200 Free	4	---	3.72
1:11.24Y	B F # 201	Girls 11-12 100 Free	23	---	0.13
1:30.20Y	F # 207	Girls 11-12 100 Back	1	---	0.66
1:21.10Y	B F # 213	Girls 11-12 100 Fly	6	---	-5.27
1:29.13Y	F # 401	Girls 11-12 100 IM	7	---	4.38
1:36.32Y	B F # 407	Girls 11-12 100 Breast	8	---	4.41
34.46Y	F # 411	Girls 11-12 50 Free	1	---	1.59

EXPRESS SWIM TEAM
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Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event	Place	Points	Improv
Victoria Frank (14) G					
2:15.89Y	BB F # 5A	Girls 14 & Under 200 Free	6	---	2.01
2:39.94Y	BB F # 101A	Girls 14 & Under 200 IM	21	---	-2.37
1:12.42Y	BB F # 105A	Girls 14 & Under 100 Back	12	---	-4.19
1:02.22Y	BB F # 109A	Girls 14 & Under 100 Free	1	---	2.72
1:25.99Y	B F # 303	Girls Senior 100 Breast	20	---	-2.77
28.77Y	BB F # 307	Girls Senior 50 Free	45	---	1.25
1:17.08Y	B F # 311	Girls Senior 100 Fly	26	---	0.14
Michael Galvan (11) B					
1:27.29Y	F # 202	Boys 11-12 100 Free	23	---	4.35
43.92Y	F # 206	Boys 11-12 50 Back	14	---	---
DQ	F # 212	Boys 11-12 50 Fly	---	---	---
1:32.70Y	F # 402	Boys 11-12 100 IM	16	---	---
50.51Y	F # 406	Boys 11-12 50 Breast	17	---	---
37.25Y	F # 412	Boys 11-12 50 Free	13	---	1.83
Madeline Grubich (12) G					
2:24.60Y	BB F # 3	Girls 11-12 200 Free	3	---	-4.95
1:03.39Y	BB F # 201	Girls 11-12 100 Free	1	---	-0.18
1:16.49Y	BB F # 207	Girls 11-12 100 Back	3	---	1.10
1:20.32Y	B F # 213	Girls 11-12 100 Fly	4	---	0.95
1:13.15Y	A F # 401	Girls 11-12 100 IM	7	---	-0.61
1:20.68Y	A F # 407	Girls 11-12 100 Breast	4	---	2.12
28.64Y	A F # 411	Girls 11-12 50 Free	3	---	-0.74
Erica Hagen (15) G					
2:13.55Y	BB F # 5B	Girls 15 & Over 200 Free	4	---	9.00
NS	F # 101B	Girls 15 & Over 200 IM	---	---	---
NS	F # 105B	Girls 15 & Over 100 Back	---	---	---
NS	F # 109B	Girls 15 & Over 100 Free	---	---	---
1:16.04Y	BB F # 303	Girls Senior 100 Breast	13	---	-4.80
27.54Y	A F # 307	Girls Senior 50 Free	24	---	0.34
1:09.57Y	BB F # 311	Girls Senior 100 Fly	25	---	-1.50
Garth Hall (9) B					
1:21.87Y	DQ F # 104	Boys 10 & Under 50 Fly	---	---	---
1:19.81Y	F # 108	Boys 10 & Under 50 Back	27	---	-6.30
56.14Y	F # 112	Boys 10 & Under 50 Free	37	---	-5.88
Kierstyn Hill (12) G					
1:13.85Y	F # 201	Girls 11-12 100 Free	4	---	-4.18
1:23.97Y	B F # 207	Girls 11-12 100 Back	13	---	-1.31
1:42.81Y	F # 213	Girls 11-12 100 Fly	9	---	---
1:24.35Y	B F # 401	Girls 11-12 100 IM	27	---	-2.40
43.93Y	B F # 405	Girls 11-12 50 Breast	21	---	-2.87
32.66Y	B F # 411	Girls 11-12 50 Free	30	---	-0.50

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Time	F/P/S	Event	Place	Points	Improv
Tanner Howland (13) B					
2:24.39Y B	F # 6A	Boys 14 & Under 200 Free	9	---	0.58
2:47.68Y	F # 102A	Boys 14 & Under 200 IM	3	---	2.70
1:17.64Y	F # 106A	Boys 14 & Under 100 Back	4	---	0.54
1:04.76Y B	F # 110A	Boys 14 & Under 100 Free	14	---	-0.30
1:34.96Y	F # 304	Boys Senior 100 Breast	4	---	4.02
29.78Y B	F # 308	Boys Senior 50 Free	19	---	1.04
1:30.98Y	F # 312	Boys Senior 100 Fly	12	---	7.52
Alexa Johnson (11) G					
NS	F # 201	Girls 11-12 100 Free	---	---	---
NS	F # 207	Girls 11-12 100 Back	---	---	---
NS	F # 213	Girls 11-12 100 Fly	---	---	---
Kaitlyn Joyce (15) G					
2:20.41Y AA	F # 101B	Girls 15 & Over 200 IM	4	---	0.72
1:03.47Y AA	F # 105B	Girls 15 & Over 100 Back	2	---	3.35
58.61Y A	F # 109B	Girls 15 & Over 100 Free	12	---	0.26
Connor Kaplan (10) B					
2:25.05Y AA	F # 2	Boys 10 & Under 200 Free	2	---	-3.77
32.66Y AAA	F # 104	Boys 10 & Under 50 Fly	1	---	-1.63
36.44Y AA	F # 108	Boys 10 & Under 50 Back	1	---	-0.96
30.51Y A	F # 112	Boys 10 & Under 50 Free	1	---	0.63
1:20.63Y A	F # 302A	Boys 10 & Under 100 IM	2	---	-1.83
46.51Y BB	F # 306A	Boys 10 & Under 50 Breast	5	---	1.52
1:04.44Y AAA	F # 310A	Boys 10 & Under 100 Free	1	---	-3.77
Charles Kaufmann (13) B					
NS	F # 6A	Boys 14 & Under 200 Free	---	---	---
2:32.23Y B	F # 102A	Boys 14 & Under 200 IM	6	---	2.53
1:08.56Y BB	F # 106A	Boys 14 & Under 100 Back	3	---	-2.84
56.31Y A	F # 110A	Boys 14 & Under 100 Free	5	---	-0.96
1:26.63Y	F # 304	Boys Senior 100 Breast	21	---	-3.69
26.58Y BB	F # 308	Boys Senior 50 Free	8	---	-0.08
1:06.24Y BB	F # 312	Boys Senior 100 Fly	8	---	0.69
Hannah Kaufmann (16) G					
1:18.60Y BB	F # 303	Girls Senior 100 Breast	24	---	2.03
26.55Y AA	F # 307	Girls Senior 50 Free	9	---	0.96
1:09.96Y BB	F # 311	Girls Senior 100 Fly	27	---	-0.96
Allison Lake (13) G					
1:45.71Y	F # 303	Girls Senior 100 Breast	8	---	-5.43
32.55Y B	F # 307	Girls Senior 50 Free	44	---	-0.30
1:22.69Y	F # 311	Girls Senior 100 Fly	38	---	0.35

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Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event		Place	Points	Improv
Bryan Lake (10) B						
1:02.19Y	F # 104	Boys 10 & Under 50 Fly	EXPR-IL	11	---	3.18
55.08Y	F # 108	Boys 10 & Under 50 Back	EXPR-IL	12	---	3.53
42.48Y	F # 112	Boys 10 & Under 50 Free	EXPR-IL	16	---	0.43
1:54.09Y	F # 302A	Boys 10 & Under 100 IM	EXPR-IL	7	---	1.43
57.70Y	F # 306A	Boys 10 & Under 50 Breast	EXPR-IL	9	---	2.33
1:38.26Y	F # 310A	Boys 10 & Under 100 Free	EXPR-IL	12	---	6.52
Carolyn Lake (11) G						
NS	F # 3	Girls 11-12 200 Free	EXPR-IL	---	---	---
1:30.59Y	F # 401	Girls 11-12 100 IM	EXPR-IL	12	---	-0.78
48.54Y	F # 405	Girls 11-12 50 Breast	EXPR-IL	18	---	0.18
34.87Y	F # 411	Girls 11-12 50 Free	EXPR-IL	2	---	2.33
Chloe Lapen (14) G						
2:57.73Y	F # 101A	Girls 14 & Under 200 IM	EXPR-IL	4	---	-5.18
1:21.53Y	F # 105A	Girls 14 & Under 100 Back	EXPR-IL	7	---	-2.10
1:09.26Y B	F # 109A	Girls 14 & Under 100 Free	EXPR-IL	36	---	-1.69
1:34.68Y	F # 303	Girls Senior 100 Breast	EXPR-IL	59	---	-1.52
32.18Y B	F # 307	Girls Senior 50 Free	EXPR-IL	41	---	-0.13
1:22.76Y	F # 311	Girls Senior 100 Fly	EXPR-IL	39	---	0.54
Taylor Luebchow (11) G						
1:14.93Y	F # 201	Girls 11-12 100 Free	EXPR-IL	9	---	-0.96
1:26.01Y B	F # 207	Girls 11-12 100 Back	EXPR-IL	18	---	0.77
1:32.85Y	F # 213	Girls 11-12 100 Fly	EXPR-IL	2	---	-1.39
1:22.56Y B	F # 401	Girls 11-12 100 IM	EXPR-IL	19	---	-4.77
1:36.71Y	F # 407	Girls 11-12 100 Breast	EXPR-IL	2	---	-4.39
33.60Y B	F # 411	Girls 11-12 50 Free	EXPR-IL	42	---	-1.35
Sydney Lydon (14) G						
2:18.10Y BB	F # 5A	Girls 14 & Under 200 Free	EXPR-IL	9	---	-1.94
2:32.68Y BB	F # 101A	Girls 14 & Under 200 IM	EXPR-IL	3	---	1.04
1:14.49Y B	F # 105A	Girls 14 & Under 100 Back	EXPR-IL	23	---	-3.80
1:02.59Y BB	F # 109A	Girls 14 & Under 100 Free	EXPR-IL	3	---	1.63
1:19.14Y BB	F # 303	Girls Senior 100 Breast	EXPR-IL	25	---	0.99
28.78Y BB	F # 307	Girls Senior 50 Free	EXPR-IL	46	---	0.47
1:12.73Y BB	F # 311	Girls Senior 100 Fly	EXPR-IL	3	---	-0.51
Nicole Molnar (10) G						
2:57.15Y BB	F # 1	Girls 10 & Under 200 Free	EXPR-IL	9	---	---
44.19Y DQ	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	---	---	---
43.35Y BB	F # 107	Girls 10 & Under 50 Back	EXPR-IL	24	---	1.02
35.40Y BB	F # 111	Girls 10 & Under 50 Free	EXPR-IL	21	---	-0.16
1:35.11Y B	F # 301A	Girls 10 & Under 100 IM	EXPR-IL	21	---	1.38
45.63Y DQ	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	---	---	---
1:19.49Y BB	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	13	---	-0.12

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event		Place	Points	Improv
Jenna Moser (7) G						
21.80Y	F # 203	Girls 8 & Under 25 Free	EXPR-IL	6	---	0.25
2:19.47Y	F # 209	Girls 8 & Under 100 IM	EXPR-IL	8	---	16.74
25.78Y	F # 215	Girls 8 & Under 25 Back	EXPR-IL	7	---	-1.43
26.29Y	F # 403	Girls 8 & Under 25 Fly	EXPR-IL	4	---	-3.73
32.38Y	F # 409	Girls 8 & Under 25 Breast	EXPR-IL	11	---	-4.11
49.74Y	F # 413	Girls 8 & Under 50 Free	EXPR-IL	13	---	0.95
Kylie Moser (9) G						
2:51.76Y BB	F # 1	Girls 10 & Under 200 Free	EXPR-IL	6	---	-12.10
43.17Y B	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	20	---	-6.22
40.43Y BB	F # 107	Girls 10 & Under 50 Back	EXPR-IL	6	---	0.53
34.57Y BB	F # 111	Girls 10 & Under 50 Free	EXPR-IL	13	---	0.04
1:34.59Y B	F # 301A	Girls 10 & Under 100 IM	EXPR-IL	19	---	3.31
49.15Y B	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	24	---	-1.04
1:15.59Y BB	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	5	---	-2.68
Vasiliki Panos (13) G						
1:39.66Y	F # 105A	Girls 14 & Under 100 Back	EXPR-IL	25	---	-12.57
1:30.99Y	F # 109A	Girls 14 & Under 100 Free	EXPR-IL	12	---	-2.30
Jack Paul (8) B						
23.03Y	F # 204	Boys 8 & Under 25 Free	EXPR-IL	10	---	1.35
1:00.70Y DQ	F # 210	Boys 8 & Under 100 IM	EXPR-IL	---	---	---
26.99Y	F # 216	Boys 8 & Under 25 Back	EXPR-IL	6	---	-1.33
Alden Pritchard (13) B						
3:07.30Y	F # 102A	Boys 14 & Under 200 IM	EXPR-IL	12	---	---
1:33.24Y	F # 106A	Boys 14 & Under 100 Back	EXPR-IL	17	---	-2.94
1:17.41Y	F # 110A	Boys 14 & Under 100 Free	EXPR-IL	18	---	1.30
1:37.99Y DQ	F # 304	Boys Senior 100 Breast	EXPR-IL	---	---	---
33.22Y	F # 308	Boys Senior 50 Free	EXPR-IL	5	---	0.32
1:29.93Y	F # 312	Boys Senior 100 Fly	EXPR-IL	10	---	1.56
Amanda Prochaska (11) G						
3:11.21Y	F # 3	Girls 11-12 200 Free	EXPR-IL	15	---	-13.70
1:29.72Y	F # 201	Girls 11-12 100 Free	EXPR-IL	35	---	0.30
1:41.49Y	F # 207	Girls 11-12 100 Back	EXPR-IL	8	---	-1.10
1:50.87Y	F # 213	Girls 11-12 100 Fly	EXPR-IL	12	---	2.83
1:38.69Y	F # 401	Girls 11-12 100 IM	EXPR-IL	27	---	-2.41
1:55.18Y DQ	F # 407	Girls 11-12 100 Breast	EXPR-IL	---	---	---
39.39Y	F # 411	Girls 11-12 50 Free	EXPR-IL	18	---	0.37
Annika Prochaska (7) G						
39.53Y	F # 403	Girls 8 & Under 25 Fly	EXPR-IL	16	---	3.27
39.52Y DQ	F # 409	Girls 8 & Under 25 Breast	EXPR-IL	---	---	---
1:09.88Y	F # 413	Girls 8 & Under 50 Free	EXPR-IL	30	---	5.83

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event	Place	Points	Improv	
Sara Prochaska (13) G						
2:33.32Y B	F # 5A	Girls 14 & Under 200 Free	EXPR-IL	23	---	-4.37
3:01.25Y	F # 101A	Girls 14 & Under 200 IM	EXPR-IL	8	---	7.60
1:23.38Y	F # 105A	Girls 14 & Under 100 Back	EXPR-IL	13	---	-0.12
1:11.50Y B	F # 109A	Girls 14 & Under 100 Free	EXPR-IL	43	---	1.17
Alyssa Reinholz (13) G						
2:06.16Y AA	F # 5A	Girls 14 & Under 200 Free	EXPR-IL	3	---	2.57
2:27.68Y A	F # 101A	Girls 14 & Under 200 IM	EXPR-IL	8	---	5.42
1:07.99Y A	F # 105A	Girls 14 & Under 100 Back	EXPR-IL	8	---	2.98
57.83Y AA	F # 109A	Girls 14 & Under 100 Free	EXPR-IL	4	---	-0.17
1:20.56Y BB	F # 303	Girls Senior 100 Breast	EXPR-IL	36	---	1.31
26.59Y AA	F # 307	Girls Senior 50 Free	EXPR-IL	11	---	-0.14
1:08.17Y BB	F # 311	Girls Senior 100 Fly	EXPR-IL	18	---	-0.19
Elaina Ricci (15) G						
2:06.26Y A	F # 5B	Girls 15 & Over 200 Free	EXPR-IL	8	---	5.50
2:27.65Y DQ	F # 101B	Girls 15 & Over 200 IM	EXPR-IL	---	---	---
1:10.76Y BB	F # 105B	Girls 15 & Over 100 Back	EXPR-IL	11	---	1.77
1:00.23Y A	F # 109B	Girls 15 & Over 100 Free	EXPR-IL	16	---	4.08
1:15.72Y BB	F # 303	Girls Senior 100 Breast	EXPR-IL	10	---	3.13
26.57Y AA	F # 307	Girls Senior 50 Free	EXPR-IL	10	---	1.23
1:08.68Y BB	F # 311	Girls Senior 100 Fly	EXPR-IL	20	---	-0.44
Emma Sayre (10) G						
51.07Y	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	8	---	-7.02
47.98Y B	F # 107	Girls 10 & Under 50 Back	EXPR-IL	56	---	-11.66
42.13Y	F # 111	Girls 10 & Under 50 Free	EXPR-IL	16	---	0.09
1:54.34Y	F # 301A	Girls 10 & Under 100 IM	EXPR-IL	14	---	0.10
54.14Y	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	3	---	-6.45
1:36.89Y	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	11	---	1.90
Jillian Scott (9) G						
44.00Y DQ	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	---	---	---
46.69Y DQ	F # 107	Girls 10 & Under 50 Back	EXPR-IL	---	---	---
39.12Y B	F # 111	Girls 10 & Under 50 Free	EXPR-IL	51	---	-0.65
Stefanie Selvage (17) G						
2:13.13Y BB	F # 5B	Girls 15 & Over 200 Free	EXPR-IL	3	---	0.82
1:21.12Y BB	F # 303	Girls Senior 100 Breast	EXPR-IL	39	---	-0.10
27.56Y A	F # 307	Girls Senior 50 Free	EXPR-IL	25	---	1.15
1:10.91Y BB	F # 311	Girls Senior 100 Fly	EXPR-IL	34	---	0.41
Gabriele Serniute (15) G						
2:24.23Y A	F # 101B	Girls 15 & Over 200 IM	EXPR-IL	13	---	10.19
1:07.18Y BB	F # 105B	Girls 15 & Over 100 Back	EXPR-IL	2	---	6.57
58.32Y A	F # 109B	Girls 15 & Over 100 Free	EXPR-IL	11	---	4.68

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event		Place	Points	Improv
Jaye Sevcik (10) G						
2:46.79Y BB	F # 1	Girls 10 & Under 200 Free	EXPR-IL	3	---	---
38.11Y BB	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	4	---	-0.65
38.70Y BB	F # 107	Girls 10 & Under 50 Back	EXPR-IL	3	---	-1.16
33.20Y BB	F # 111	Girls 10 & Under 50 Free	EXPR-IL	4	---	-0.43
1:25.73Y BB	F # 301A	Girls 10 & Under 100 IM	EXPR-IL	3	---	0.25
44.53Y BB	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	8	---	0.32
1:14.24Y BB	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	4	---	-0.78
Sarah Shelton (8) G						
18.60Y	F # 203	Girls 8 & Under 25 Free	EXPR-IL	9	---	-0.14
1:54.07Y DQ	F # 209	Girls 8 & Under 100 IM	EXPR-IL	---	---	---
26.23Y	F # 215	Girls 8 & Under 25 Back	EXPR-IL	10	---	1.00
22.18Y	F # 403	Girls 8 & Under 25 Fly	EXPR-IL	6	---	-1.15
32.20Y	F # 409	Girls 8 & Under 25 Breast	EXPR-IL	9	---	---
42.74Y	F # 413	Girls 8 & Under 50 Free	EXPR-IL	12	---	-0.97
Zachary Shelton (11) B						
NS	F # 402	Boys 11-12 100 IM	EXPR-IL	---	---	---
NS	F # 406	Boys 11-12 50 Breast	EXPR-IL	---	---	---
NS	F # 412	Boys 11-12 50 Free	EXPR-IL	---	---	---
Olivia Shirk (9) G						
2:05.23Y	F # 301A	Girls 10 & Under 100 IM	EXPR-IL	18	---	3.44
1:11.70Y	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	26	---	-1.74
1:50.49Y	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	26	---	2.65
Madeline Sims (15) G						
1:58.77Y AAA	F # 5B	Girls 15 & Over 200 Free	EXPR-IL	1	---	7.07
2:12.86Y AAA	F # 101B	Girls 15 & Over 200 IM	EXPR-IL	1	---	4.28
1:02.47Y AA	F # 105B	Girls 15 & Over 100 Back	EXPR-IL	1	---	-2.78
55.07Y AAA	F # 109B	Girls 15 & Over 100 Free	EXPR-IL	1	---	1.38
1:13.50Y A	F # 303	Girls Senior 100 Breast	EXPR-IL	5	---	0.81
25.98Y AA	F # 307	Girls Senior 50 Free	EXPR-IL	4	---	-0.41
1:00.25Y AAA	F # 311	Girls Senior 100 Fly	EXPR-IL	1	---	3.39
Megan Sluzas (11) G						
1:24.56Y	F # 201	Girls 11-12 100 Free	EXPR-IL	28	---	-2.55
48.76Y	F # 205	Girls 11-12 50 Back	EXPR-IL	29	---	---
53.01Y	F # 211	Girls 11-12 50 Fly	EXPR-IL	25	---	-3.44

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event		Place	Points	Improv
Justin Smusz (13) B						
2:24.18Y B	F # 6A	Boys 14 & Under 200 Free	EXPR-IL	8	---	-6.42
2:52.13Y	F # 102A	Boys 14 & Under 200 IM	EXPR-IL	5	---	-8.12
1:19.20Y	F # 106A	Boys 14 & Under 100 Back	EXPR-IL	6	---	-0.01
1:10.46Y	F # 110A	Boys 14 & Under 100 Free	EXPR-IL	6	---	4.69
1:35.99Y	F # 304	Boys Senior 100 Breast	EXPR-IL	5	---	-1.94
31.32Y	F # 308	Boys Senior 50 Free	EXPR-IL	24	---	0.14
1:27.97Y	F # 312	Boys Senior 100 Fly	EXPR-IL	9	---	1.34
Jessica Spahn (8) G						
3:13.40Y B	F # 1	Girls 10 & Under 200 Free	EXPR-IL	19	---	---
20.59Y	F # 403	Girls 8 & Under 25 Fly	EXPR-IL	3	---	1.50
24.67Y	F # 409	Girls 8 & Under 25 Breast	EXPR-IL	5	---	-0.85
38.98Y B	F # 413	Girls 8 & Under 50 Free	EXPR-IL	4	---	1.86
Emily Sparacino (11) G						
1:18.40Y	F # 201	Girls 11-12 100 Free	EXPR-IL	18	---	-2.56
1:32.73Y DQ	F # 207	Girls 11-12 100 Back	EXPR-IL	---	---	---
1:39.44Y DQ	F # 213	Girls 11-12 100 Fly	EXPR-IL	---	---	---
1:28.41Y	F # 401	Girls 11-12 100 IM	EXPR-IL	5	---	-2.67
1:37.54Y	F # 407	Girls 11-12 100 Breast	EXPR-IL	4	---	0.90
36.24Y	F # 411	Girls 11-12 50 Free	EXPR-IL	10	---	0.10
Margaret Sparacino (9) G						
NS	F # 1	Girls 10 & Under 200 Free	EXPR-IL	---	---	---
41.73Y BB	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	16	---	-0.37
43.96Y B	F # 107	Girls 10 & Under 50 Back	EXPR-IL	28	---	0.45
35.99Y BB	F # 111	Girls 10 & Under 50 Free	EXPR-IL	27	---	-0.22
1:35.28Y B	F # 301A	Girls 10 & Under 100 IM	EXPR-IL	22	---	2.34
53.43Y B	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	41	---	0.60
1:23.97Y B	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	28	---	-1.85
Maria Sparacino (7) G						
18.34Y	F # 203	Girls 8 & Under 25 Free	EXPR-IL	6	---	1.11
1:47.61Y	F # 209	Girls 8 & Under 100 IM	EXPR-IL	8	---	-8.49
23.67Y	F # 215	Girls 8 & Under 25 Back	EXPR-IL	14	---	0.08
20.79Y	F # 403	Girls 8 & Under 25 Fly	EXPR-IL	4	---	-0.04
27.79Y	F # 409	Girls 8 & Under 25 Breast	EXPR-IL	13	---	1.77
42.10Y	F # 413	Girls 8 & Under 50 Free	EXPR-IL	10	---	1.80
Kate Stanley (9) G						
56.83Y	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	21	---	2.66
57.44Y	F # 107	Girls 10 & Under 50 Back	EXPR-IL	27	---	---
43.00Y	F # 111	Girls 10 & Under 50 Free	EXPR-IL	24	---	1.43

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event	Place	Points	Improv	
Margaret Stanley (6) G						
25.82Y	F # 203	Girls 8 & Under 25 Free	EXPR-IL	23	---	-5.49
NS	F # 209	Girls 8 & Under 100 IM	EXPR-IL	---	---	---
28.13Y	F # 215	Girls 8 & Under 25 Back	EXPR-IL	19	---	-2.05
Erin Stevens (16) G						
2:22.85Y	A F # 101B	Girls 15 & Over 200 IM	EXPR-IL	8	---	-6.03
1:04.65Y	A F # 105B	Girls 15 & Over 100 Back	EXPR-IL	5	---	-0.84
58.02Y	AA F # 109B	Girls 15 & Over 100 Free	EXPR-IL	9	---	0.42
Nicholas Synak (12) B						
2:39.30Y	F # 4	Boys 11-12 200 Free	EXPR-IL	3	---	---
1:15.37Y	F # 202	Boys 11-12 100 Free	EXPR-IL	3	---	0.20
1:26.30Y	DQ F # 208	Boys 11-12 100 Back	EXPR-IL	---	---	---
1:50.74Y	F # 214	Boys 11-12 100 Fly	EXPR-IL	2	---	-2.08
1:25.90Y	F # 402	Boys 11-12 100 IM	EXPR-IL	10	---	-0.47
45.95Y	F # 406	Boys 11-12 50 Breast	EXPR-IL	9	---	3.07
1:38.76Y	F # 408	Boys 11-12 100 Breast	EXPR-IL	1	---	3.09
34.06Y	F # 412	Boys 11-12 50 Free	EXPR-IL	3	---	0.47
Ashleigh Szydlowski (8) G						
22.28Y	F # 203	Girls 8 & Under 25 Free	EXPR-IL	9	---	0.27
2:18.49Y	DQ F # 209	Girls 8 & Under 100 IM	EXPR-IL	---	---	---
27.40Y	F # 215	Girls 8 & Under 25 Back	EXPR-IL	18	---	-0.59
Michael Tegeler (13) B						
1:57.90Y	AA F # 6A	Boys 14 & Under 200 Free	EXPR-IL	3	---	-0.94
2:16.65Y	A F # 102A	Boys 14 & Under 200 IM	EXPR-IL	3	---	1.07
1:00.86Y	AA F # 106A	Boys 14 & Under 100 Back	EXPR-IL	2	---	-2.16
53.71Y	AA F # 110A	Boys 14 & Under 100 Free	EXPR-IL	2	---	-0.33
1:14.17Y	BB F # 304	Boys Senior 100 Breast	EXPR-IL	3	---	-3.60
25.11Y	AA F # 308	Boys Senior 50 Free	EXPR-IL	4	---	-0.34
1:02.00Y	A F # 312	Boys Senior 100 Fly	EXPR-IL	3	---	0.29
Maura Towey (17) G						
2:30.96Y	BB F # 101B	Girls 15 & Over 200 IM	EXPR-IL	4	---	9.50
1:13.17Y	B F # 105B	Girls 15 & Over 100 Back	EXPR-IL	18	---	2.67
1:01.23Y	BB F # 109B	Girls 15 & Over 100 Free	EXPR-IL	1	---	4.27
1:23.74Y	B F # 303	Girls Senior 100 Breast	EXPR-IL	13	---	1.01
28.55Y	BB F # 307	Girls Senior 50 Free	EXPR-IL	38	---	1.84
1:13.68Y	B F # 311	Girls Senior 100 Fly	EXPR-IL	9	---	-0.66
Benjamin Tunney (8) B						
32.14Y	F # 204	Boys 8 & Under 25 Free	EXPR-IL	21	---	4.44
2:39.80Y	F # 210	Boys 8 & Under 100 IM	EXPR-IL	4	---	---
36.91Y	F # 216	Boys 8 & Under 25 Back	EXPR-IL	21	---	1.85

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event	Place	Points	Improv
Karolis Vaitkevicius (10) B					
1:35.48Y	DQ F # 302A	Boys 10 & Under 100 IM	---	---	---
47.98Y	B F # 306A	Boys 10 & Under 50 Breast	8	---	0.44
1:21.33Y	B F # 310A	Boys 10 & Under 100 Free	15	---	-0.18
Claire Venard (9) G					
48.13Y	B F # 103	Girls 10 & Under 50 Fly	42	---	0.85
54.24Y	F # 107	Girls 10 & Under 50 Back	21	---	-3.39
41.17Y	F # 111	Girls 10 & Under 50 Free	9	---	-1.95
1:51.68Y	F # 301A	Girls 10 & Under 100 IM	8	---	1.17
55.01Y	F # 305A	Girls 10 & Under 50 Breast	7	---	-0.60
1:38.08Y	F # 309A	Girls 10 & Under 100 Free	15	---	-0.65
Alexandra Verbeke (12) G					
1:30.00Y	F # 201	Girls 11-12 100 Free	37	---	0.04
1:40.82Y	F # 207	Girls 11-12 100 Back	7	---	-0.32
1:52.94Y	F # 213	Girls 11-12 100 Fly	13	---	2.97
1:37.82Y	F # 401	Girls 11-12 100 IM	23	---	-2.27
1:49.09Y	F # 407	Girls 11-12 100 Breast	7	---	-1.49
40.22Y	F # 411	Girls 11-12 50 Free	23	---	0.94
Elizabeth Vetter (12) G					
2:18.11Y	A F # 3	Girls 11-12 200 Free	5	---	-1.90
1:05.54Y	BB F # 201	Girls 11-12 100 Free	4	---	1.17
1:19.69Y	BB F # 207	Girls 11-12 100 Back	8	---	0.42
1:19.32Y	BB F # 213	Girls 11-12 100 Fly	3	---	0.87
1:14.38Y	BB F # 401	Girls 11-12 100 IM	1	---	-4.81
1:24.82Y	BB F # 407	Girls 11-12 100 Breast	3	---	-2.27
30.14Y	BB F # 411	Girls 11-12 50 Free	5	---	0.26
Owen Wahlgren (11) B					
1:18.74Y	F # 202	Boys 11-12 100 Free	8	---	-5.34
1:42.55Y	DQ F # 208	Boys 11-12 100 Back	---	---	---
1:57.03Y	F # 214	Boys 11-12 100 Fly	3	---	---
1:36.94Y	F # 402	Boys 11-12 100 IM	21	---	-4.34
1:58.34Y	F # 408	Boys 11-12 100 Breast	4	---	1.36
37.52Y	F # 412	Boys 11-12 50 Free	14	---	1.73
Daria Wick (14) G					
2:08.22Y	A F # 5A	Girls 14 & Under 200 Free	6	---	5.54
2:31.01Y	BB F # 101A	Girls 14 & Under 200 IM	2	---	8.12
1:09.67Y	BB F # 105A	Girls 14 & Under 100 Back	1	---	5.53
1:00.36Y	A F # 109A	Girls 14 & Under 100 Free	13	---	4.93

EXPRESS SWIM TEAM
2010-11 SHORT COURSE SEASON

Individual Meet Results - Standard: TUSS

Elmhurst December ISI Meet- ILS11-1215 09-Dec-11 to 11-Dec-11 Yards

Sanction: ILS10-1210 Location: York Community High School

Time	F/P/S	Event		Place	Points	Improv
Elizabeth Woywod (12) G						
1:24.63Y	F # 201	Girls 11-12 100 Free	EXPR-IL	29	---	1.20
1:39.89Y	F # 207	Girls 11-12 100 Back	EXPR-IL	6	---	0.69
1:43.23Y	F # 213	Girls 11-12 100 Fly	EXPR-IL	10	---	6.20
1:39.82Y	F # 401	Girls 11-12 100 IM	EXPR-IL	28	---	6.66
1:55.94Y	F # 407	Girls 11-12 100 Breast	EXPR-IL	9	---	-4.08
38.26Y	F # 411	Girls 11-12 50 Free	EXPR-IL	16	---	1.98
John Woywod (14) B						
3:07.15Y	F # 102A	Boys 14 & Under 200 IM	EXPR-IL	10	---	-4.24
1:19.17Y	F # 106A	Boys 14 & Under 100 Back	EXPR-IL	5	---	-2.64
1:15.50Y	F # 110A	Boys 14 & Under 100 Free	EXPR-IL	14	---	-0.63
1:36.91Y	F # 304	Boys Senior 100 Breast	EXPR-IL	6	---	-2.62
31.83Y	F # 308	Boys Senior 50 Free	EXPR-IL	26	---	-0.44
1:37.38Y	F # 312	Boys Senior 100 Fly	EXPR-IL	13	---	3.38
Jane Woywod (15) G						
2:53.34Y	F # 101B	Girls 15 & Over 200 IM	EXPR-IL	2	---	7.78
1:22.40Y	F # 105B	Girls 15 & Over 100 Back	EXPR-IL	6	---	-1.09
1:10.69Y B	F # 109B	Girls 15 & Over 100 Free	EXPR-IL	24	---	1.52
Lindsay Wydra (10) G						
39.64Y BB	F # 103	Girls 10 & Under 50 Fly	EXPR-IL	8	---	-2.33
41.01Y BB	F # 107	Girls 10 & Under 50 Back	EXPR-IL	11	---	-0.96
33.25Y BB	F # 111	Girls 10 & Under 50 Free	EXPR-IL	5	---	-0.05
Inga Zlioba (9) G						
3:47.37Y	F # 1	Girls 10 & Under 200 Free	EXPR-IL	2	---	---
1:50.37Y DQ	F # 301A	Girls 10 & Under 100 IM	EXPR-IL	---	---	---
1:03.77Y DQ	F # 305A	Girls 10 & Under 50 Breast	EXPR-IL	---	---	---
1:46.79Y	F # 309A	Girls 10 & Under 100 Free	EXPR-IL	25	---	4.07