

## Sunrise Swimming

### Individual Meet Results

**2010 Speedo Winter Championships 19-Nov-10 to 21-Nov-10 Yards**

**Location: Plantation Aquatic Complex**

**Plantation Swim Team [PST-FG] Coach: Jimmy Parmenter**

| Time                               | F/P/S   | Event                      | Place | Points | Improv |
|------------------------------------|---------|----------------------------|-------|--------|--------|
| <b>Diego Avellaneda (10) B</b>     |         |                            |       |        |        |
| 1:22.63Y                           | P # 6   | Boys 10 & Under 100 IM     | 30    | ---    | -2.13  |
| 1:36.67Y                           | P # 34  | Boys 10 & Under 100 Breast | 20    | ---    | 3.13   |
| 6:51.93Y                           | F # 54  | Boys 10 & Under 500 Free   | 13    | ---    | -1.87  |
| 2:29.59Y                           | P # 78  | Boys 10 & Under 200 Free   | 23    | ---    | -7.87  |
| 1:25.77Y                           | P # 106 | Boys 10 & Under 100 Back   | 38    | ---    | -0.70  |
| 2:54.28Y                           | P # 132 | Boys 10 & Under 200 IM     | 24    | ---    | -7.25  |
| 44.10Y                             | P # 152 | Boys 10 & Under 50 Breast  | 22    | ---    | 0.43   |
| 1:13.88Y                           | P # 170 | Boys 10 & Under 100 Free   | 48    | ---    | -0.56  |
| <b>Zachary Beller (10) B</b>       |         |                            |       |        |        |
| 1:22.64Y                           | P # 6   | Boys 10 & Under 100 IM     | 31    | ---    | -2.89  |
| 32.09Y                             | P # 24  | Boys 10 & Under 50 Free    | 26    | ---    | 0.09   |
| 1:29.10Y                           | P # 44  | Boys 10 & Under 100 Fly    | 24    | ---    | 4.36   |
| 2:37.74Y                           | P # 78  | Boys 10 & Under 200 Free   | 42    | ---    | 0.68   |
| 34.63Y                             | P # 88  | Boys 10 & Under 50 Fly     | 18    | ---    | -3.23  |
| 1:24.05Y                           | P # 106 | Boys 10 & Under 100 Back   | 30    | ---    | -1.97  |
| 30.14Y                             | F # 124 | 200 Free Relay Lead Off    | ---   | ---    | -1.86  |
| 2:56.57Y                           | P # 132 | Boys 10 & Under 200 IM     | 30    | ---    | -7.42  |
| 40.56Y                             | P # 142 | Boys 10 & Under 50 Back    | 35    | ---    | 1.04   |
| 1:12.01Y                           | P # 170 | Boys 10 & Under 100 Free   | 36    | ---    | 0.49   |
| <b>Hank Contich (13) B</b>         |         |                            |       |        |        |
| 1:04.38Y                           | P # 10  | Boys 13-14 100 IM          | 18    | ---    | -4.57  |
| 25.02Y                             | P # 28  | Boys 13-14 50 Free         | 22    | ---    | -0.07  |
| 1:11.88Y                           | P # 38  | Boys 13-14 100 Breast      | 19    | ---    | -0.38  |
| 2:07.36Y                           | P # 82  | Boys 13-14 200 Free        | 46    | ---    | 2.17   |
| 2:36.48Y                           | P # 100 | Boys 13-14 200 Breast      | 15    | ---    | -1.95  |
| 2:23.87Y                           | P # 136 | Boys 13-14 200 IM          | 31    | ---    | 2.32   |
| 32.09Y                             | P # 156 | Boys 13-14 50 Breast       | 18    | ---    | -0.75  |
| 54.59Y                             | P # 174 | Boys 13-14 100 Free        | 21    | ---    | -0.62  |
| <b>Jillian Contich (12) G</b>      |         |                            |       |        |        |
| 28.74Y                             | P # 25  | Girls 11-12 50 Free        | 29    | ---    | -0.92  |
| 32.91Y                             | P # 89  | Girls 11-12 50 Fly         | 36    | ---    | -4.52  |
| 38.36Y                             | P # 153 | Girls 11-12 50 Breast      | 32    | ---    | -1.37  |
| 1:08.00Y                           | P # 171 | Girls 11-12 100 Free       | 95    | ---    | -3.91  |
| <b>Rachel Contich (9) G</b>        |         |                            |       |        |        |
| 34.22Y                             | F # 123 | 200 Free Relay Lead Off    | ---   | ---    | -0.12  |
| <b>Adriana Cortes Urbina (9) G</b> |         |                            |       |        |        |
| 1:17.97Y                           | P # 5   | Girls 10 & Under 100 IM    | 12    | ---    | -1.35  |
| 32.00Y                             | P # 23  | Girls 10 & Under 50 Free   | 21    | ---    | 0.76   |
| 1:22.01Y                           | P # 43  | Girls 10 & Under 100 Fly   | 14    | ---    | 0.07   |
| 32.18Y                             | P # 87  | Girls 10 & Under 50 Fly    | 3     | ---    | -2.12  |
| 32.64Y                             | F # 87  | Girls 10 & Under 50 Fly    | 4     | 7      | -1.66  |
| 1:20.21Y                           | P # 105 | Girls 10 & Under 100 Back  | 15    | ---    | -1.74  |
| 2:46.39Y                           | F # 131 | Girls 10 & Under 200 IM    | 9     | 2      | -14.85 |

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| Time                             | F/P/S   | Event                     | Place | Points | Improv |
|----------------------------------|---------|---------------------------|-------|--------|--------|
| 2:47.83Y                         | P # 131 | Girls 10 & Under 200 IM   | 10    | ---    | -13.41 |
| 36.91Y                           | P # 141 | Girls 10 & Under 50 Back  | 10    | ---    | -2.13  |
| 37.23Y                           | F # 141 | Girls 10 & Under 50 Back  | 10    | 1      | -1.81  |
| 1:11.06Y                         | P # 169 | Girls 10 & Under 100 Free | 28    | ---    | -1.15  |
| <b>Christopher Kohanyi (9) B</b> |         |                           |       |        |        |
| 30.50Y                           | F # 24  | Boys 10 & Under 50 Free   | 10    | 1      | -2.31  |
| 30.57Y                           | P # 24  | Boys 10 & Under 50 Free   | 11    | ---    | -2.24  |
| 1:21.28Y                         | P # 44  | Boys 10 & Under 100 Fly   | 14    | ---    | 0.36   |
| 6:22.36Y                         | F # 54  | Boys 10 & Under 500 Free  | 7     | 4      | -9.29  |
| 2:29.60Y                         | P # 78  | Boys 10 & Under 200 Free  | 24    | ---    | 0.66   |
| 36.40Y                           | P # 88  | Boys 10 & Under 50 Fly    | 29    | ---    | -0.03  |
| 2:47.01Y                         | P # 132 | Boys 10 & Under 200 IM    | 15    | ---    | -3.60  |
| 40.37Y                           | F # 152 | Boys 10 & Under 50 Breast | 7     | 4      | -1.09  |
| 41.50Y                           | P # 152 | Boys 10 & Under 50 Breast | 9     | ---    | 0.04   |
| 1:11.15Y                         | P # 170 | Boys 10 & Under 100 Free  | 29    | ---    | -3.97  |
| <b>Brandon Schleicher (10) B</b> |         |                           |       |        |        |
| 48.12Y                           | F # 124 | 200 Free Relay Lead Off   | ---   | ---    | 11.83  |
| <b>Tyler Tolomeo (12) B</b>      |         |                           |       |        |        |
| 30.12Y                           | P # 26  | Boys 11-12 50 Free        | 65    | ---    | -0.38  |
| 1:15.89Y                         | P # 46  | Boys 11-12 100 Fly        | 26    | ---    | 0.03   |
| 6:01.12Y                         | F # 56  | Boys 11-12 500 Free       | 23    | ---    | -2.79  |
| 2:17.04Y                         | P # 80  | Boys 11-12 200 Free       | 43    | ---    | -4.63  |
| 35.70Y                           | P # 90  | Boys 11-12 50 Fly         | 44    | ---    | 1.06   |
| 2:44.04Y                         | P # 134 | Boys 11-12 200 IM         | 42    | ---    | 3.81   |
| 2:47.27Y                         | F # 162 | Boys 11-12 200 Fly        | 7     | 4      | ---    |
| 2:48.30Y                         | P # 162 | Boys 11-12 200 Fly        | 9     | ---    | ---    |
| 1:07.62Y                         | P # 172 | Boys 11-12 100 Free       | 73    | ---    | 2.54   |