

## CPAC LCM Distance Invitational, Sanction #: L14-31

June 20, 2014 - Stamford, CT

## Results

## Girls 11-12 400 LC Meter IM

Name	Age Team	Finals Time
1 Margaret Didio	12 SMST-CT	6:31.25
		40.62 1:30.35 2:23.46 3:14.20
		4:11.73 5:09.43 5:50.41 6:31.25

## Girls 10-12 400 LC Meter Freestyle

Name	Age Team	Finals Time
1 Alexandra Walsh	12 CPAC-CT	4:45.79
		32.53 1:08.88 1:45.21 2:21.90
		2:57.88 3:34.28 4:10.89 4:45.79
2 Amber Rocheleau	12 WHAT-CT	5:01.19
		33.73 1:11.23 1:49.50 2:27.72
		3:06.00 3:44.84 4:23.10 5:01.19
3 Jenna Handali	11 CPAC-CT	5:15.17
		35.46 1:15.21 1:56.51 2:36.67
		3:17.10 3:58.00 4:37.68 5:15.17
4 Kate Bell	11 WHAT-CT	5:15.35
		34.92 1:14.84 1:56.43 2:37.39
		3:18.46 3:59.31 4:37.80 5:15.35
5 Danielle Taps	11 CFJV-MR	5:15.43
		34.93 1:14.64 1:55.30 2:36.38
		3:17.07 3:57.50 4:37.18 5:15.43
6 Esme Hunter	12 WRAT-CT	5:19.85
		34.66 1:15.03 1:56.61 2:38.35
		3:20.60 4:01.71 4:43.21 5:19.85
7 Ella Miller	12 WHAT-CT	5:21.85
		35.45 1:15.44 1:57.16 2:39.08
		3:20.98 4:03.12 4:44.01 5:21.85
8 Emma Halderman	11 CFJV-MR	5:22.82
		35.34 1:16.01 1:57.90 2:38.90
		3:21.40 4:03.70 4:45.38 5:22.82
9 Becky Young	12 SMST-CT	5:22.84
		37.93 1:20.30 2:02.42 2:44.51
		3:24.67 4:05.53 4:44.67 5:22.84
10 Lilly Cumello	12 WRAT-CT	5:22.86
		34.99 1:14.11 1:55.17 2:35.60
		3:16.51 3:58.47 4:41.44 5:22.86
11 Vera Belfonti	12 ARAC-CT	5:25.50
		36.84 1:18.25 1:59.74 2:41.34
		3:23.33 4:04.61 4:46.05 5:25.50
12 Frances Redpath	12 CFJV-MR	5:33.54
		34.41 1:14.72 1:57.74 2:41.63
		3:26.19 4:09.59 4:52.78 5:33.54
13 Olivia Utter	12 WRAT-CT	5:34.11
		36.73 1:17.39 1:59.82 2:42.72
		3:26.07 4:08.58 4:52.39 5:34.11
14 Mia Zajac	12 ARAC-CT	5:34.58
		39.12 1:21.67 2:04.70 2:47.60
		3:30.40 4:13.12 4:55.40 5:34.58
15 Margaret Didio	12 SMST-CT	5:37.80
		38.00 1:20.52 2:04.25 2:48.09
		3:31.29 4:14.16 4:57.07 5:37.80
16 Madison Hagberg	10 WHAT-CT	5:39.65
		36.20 1:18.39 2:01.68 2:45.54
		3:29.73 4:13.39 4:57.58 5:39.65

17 Emma Dantas	11 CPAC-CT	5:45.74
		37.52 1:21.43 2:06.34 2:51.68
		3:34.74 4:19.01 5:03.09 5:45.74
18 Emma Grabowski	11 ARAC-CT	5:48.46
		40.18 1:25.16 2:10.22 2:55.42
		3:40.24 4:23.60 5:07.22 5:48.46
19 Dariana Gonzales	12 CPAC-CT	5:49.51
		39.46 1:23.63 2:09.23 2:54.25
		3:39.07 4:23.59 5:07.57 5:49.51
20 Samantha Sanchez	12 CFJV-MR	5:55.16
		38.08 1:23.02 2:09.58 2:55.93
		3:42.38 4:27.50 5:11.77 5:55.16
21 Adrienne Galler	12 CFJV-MR	5:56.69
		37.52 1:21.69 2:08.05 2:54.75
		3:39.87 4:26.45 5:12.58 5:56.69

## Women 13 &amp; Over 400 LC Meter Freestyle

Name	Age Team	Finals Time
1 Courtney Ferreira	16 CPAC-CT	4:39.85
		32.61 1:08.25 1:44.35 2:20.16
		2:55.13 3:30.56 4:05.86 4:39.85
2 Lauren Rutledge	15 CPAC-CT	4:41.81
		32.88 1:08.54 1:45.26 2:21.60
		2:57.39 3:32.69 4:08.28 4:41.81
3 Christina Guertin	16 WHAT-CT	4:57.40
		33.81 1:11.25 1:49.07 2:27.63
		3:05.13 3:43.14 4:20.84 4:57.40
4 Becca Maroney	16 CPAC-CT	4:57.83
		34.02 1:11.48 1:49.89 2:28.22
		3:06.44 3:44.33 4:21.64 4:57.83
5 Emily Warner	13 CPAC-CT	5:02.06
		34.08 1:12.17 1:50.89 2:29.62
		3:08.00 3:47.02 4:25.48 5:02.06
6 Belle Stobbie	16 CPAC-CT	5:05.27
		35.07 1:13.04 1:52.88 2:32.65
		3:10.09 3:48.31 4:27.43 5:05.27
7 Sarah Jane Bennett	14 CPAC-CT	5:11.08
		34.44 1:11.92 2:31.02 2:31.02
		3:10.83 3:51.15 4:31.59 5:11.08
8 Lilly Clisham	13 CPAC-CT	5:12.33
		35.57 1:15.21 1:55.05 2:34.77
		3:14.99 3:55.57 4:34.79 5:12.33
9 Allison Brea	13 CPAC-CT	5:14.32
		36.01 1:16.41 1:56.69 2:37.17
		3:17.67 3:57.58 4:36.83 5:14.32
10 Rebekah Lockery	14 CPAC-CT	5:15.26
		36.32 1:16.44 1:56.87 2:37.24
		3:18.02 3:57.90 4:37.51 5:15.26
11 Cassie Maroney	13 CPAC-CT	5:21.26
		35.29 1:15.53 1:57.33 2:38.94
		3:20.02 4:01.70 4:42.16 5:21.26
12 Skylar Adams	16 CFJV-MR	5:22.07
		33.82 1:12.44 1:53.65 2:35.57
		3:17.85 3:59.45 4:41.35 5:22.07
13 Ania Simoncek	13 ARAC-CT	5:22.87
		36.00 1:16.13 1:57.78 2:39.16
		3:20.35 4:01.76 4:42.63 5:22.87

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**(Women 13 & Over 400 LC Meter Freestyle)**

Name	Age Team	Finals Time
14 Alex DeStaebler	14 RYE-MR	5:33.31
37.21	1:19.63	2:02.47
3:28.93	4:11.38	4:53.40
15 Sarah Duggan	13 CFJV-MR	5:39.52
38.46	1:21.46	2:04.81
3:32.41	4:16.14	4:58.25
16 Claire Dillon	17 CFJV-MR	5:42.49
34.86	1:16.02	2:00.12
3:29.38	4:14.55	4:59.34
17 Haley Miller	13 NWSC-NE	5:57.39
37.05	1:21.10	2:07.78
3:40.02	4:26.89	5:13.38

**Girls 13 & Over 800 LC Meter Freestyle**

Name	Age Team	Finals Time
1 Megan Duffy	14 SMST-CT	9:41.98
1:07.73	1:07.73	1:43.98
2:58.25	3:35.17	4:11.82
5:26.01	6:03.38	6:40.65
7:56.08	8:32.94	9:08.02
2 Olivia Hallisey	15 CPAC-CT	9:47.77
34.77	1:12.00	1:47.18
3:05.28	3:42.51	4:19.68
5:34.34	6:11.15	6:47.76
8:00.25	8:36.53	9:12.64
3 Alexandra Truwit	14 CPAC-CT	9:55.50
34.09	1:11.04	1:49.18
3:04.75	3:42.37	4:19.94
5:35.37	6:13.10	6:51.17
8:05.59	8:42.84	9:19.80
4 Simona Visinski	14 SMST-CT	10:01.35
32.55	1:08.10	1:46.59
3:02.44	3:40.80	4:19.25
5:36.61	6:15.10	6:53.64
8:09.67	8:47.35	9:15.82
5 Maggie Orem	16 CPAC-CT	10:02.66
35.13	1:12.18	1:50.14
3:05.01	3:42.03	4:19.44
5:34.34	6:11.75	6:50.01
8:07.17	8:46.16	9:24.94
6 Meghan Veenstra	15 NWSC-NE	10:11.56
33.87	1:11.41	1:49.66
3:06.65	3:45.23	4:23.76
5:41.21	6:20.02	6:58.62
8:15.94	8:54.74	9:33.56
7 Elizabeth Williams	13 NWSC-NE	10:30.92
35.21	1:13.87	1:53.13
3:11.90	3:52.68	4:33.07
5:53.94	6:34.25	7:14.20
8:34.98	9:14.43	9:53.46
8 Monica Koubeck	14 SMST-CT	10:32.36
36.60	1:16.97	1:57.47
3:17.09	3:57.24	4:37.50
5:56.67	6:36.38	7:16.22
8:36.26	9:16.00	9:55.76

9 Sabrina Romansky	15 SMST-CT	10:42.35
36.02	1:15.61	1:55.26
3:16.11	3:56.77	4:37.49
5:59.85	6:40.57	7:21.32
8:43.33	9:23.98	10:04.04
10 Ally Noccioli	14 SMST-CT	10:45.22
34.65	1:13.32	1:52.04
3:16.40	3:57.31	4:38.36
6:01.20	6:41.88	7:22.88
8:44.86	9:25.81	9:48.84
11 Natalia Savkovic	14 SMST-CT	10:46.53
35.63	1:14.26	1:54.18
3:16.16	3:57.16	4:38.52
6:01.05	6:42.16	7:23.89
8:46.03	9:26.60	10:07.14
12 Julie Hinckley	14 ARAC-CT	10:59.04
38.45	1:20.46	2:03.35
3:26.48	4:07.91	4:48.86
6:11.64	6:52.75	7:34.07
8:56.47	9:37.22	10:18.66
13 Emily Habeck	14 RYE-MR	11:57.81
39.06	1:22.68	2:08.11
3:41.35	4:26.24	5:12.40
6:43.40	7:29.61	8:16.47
11:57.81	11:57.81	11:57.81

**Women 13 & Over 400 LC Meter IM**

Name	Age Team	Finals Time
1 Camryne Morris	19 UN-SE	5:07.17
32.47	1:07.69	1:46.71
3:10.85	3:57.50	4:33.36
2 Kelly Montesi	13 CPAC-CT	5:23.54
33.72	1:12.89	1:54.27
3:22.67	4:09.51	4:47.20
3 Meghan Veenstra	15 NWSC-NE	5:29.93
34.66	1:15.05	1:58.25
3:28.30	4:16.87	4:53.90
4 Kaki Christensen	14 CPAC-CT	5:30.52
35.39	1:16.68	1:59.10
3:27.14	4:13.31	4:52.24
5 Amelia Sicignano	13 CPAC-CT	5:36.47
33.27	1:13.95	1:57.21
3:30.84	4:20.74	4:59.68
6 Kaley Youngcourt	14 SMST-CT	5:37.78
35.50	1:16.96	2:01.73
3:33.41	4:22.09	5:00.24
7 Willow Woods	13 CPAC-CT	5:40.05
35.63	1:17.75	2:03.03
3:34.01	4:22.44	5:02.06
8 Kelly Cattano	15 CPAC-CT	5:43.85
36.03	1:17.23	2:03.10
3:38.34	4:28.95	5:07.77
9 Mackenzie Coughlin	17 CPAC-CT	5:43.93
35.36	1:16.15	2:03.74
3:40.36	4:29.61	5:07.87

## CPAC LCM Distance Invitational, Sanction #: L14-31

June 20, 2014 - Stamford, CT

## Results

**(Women 13 & Over 400 LC Meter IM)**

Name	Age	Team	Finals Time	
10 Britt Banker	15	CPAC-CT	5:47.31	
			37.21	1:22.10
			2:06.91	2:51.77
			3:40.45	4:30.47
			5:10.28	5:47.31
11 Gillian Giangrande	14	CPAC-CT	5:47.56	
			35.51	1:16.07
			2:00.65	2:44.79
			3:36.79	4:28.89
			5:08.34	5:47.56
12 Brigid Lewis	13	CPAC-CT	5:49.67	
			36.03	1:17.27
			2:03.71	2:48.60
			3:38.55	4:28.27
			5:09.87	5:49.67
13 Olivia Fasset	14	CPAC-CT	6:00.34	
			36.43	1:19.70
			2:09.39	2:56.86
			3:44.06	4:33.47
			5:17.85	6:00.34
14 Sydney Perks	13	WHAT-CT	6:02.37	
			37.56	1:21.61
			2:08.76	2:53.93
			3:48.95	4:43.73
			5:24.23	6:02.37
15 Sarah Duggan	13	CFJV-MR	6:20.26	
			42.76	1:36.50
			2:24.34	3:11.58
			4:02.42	4:54.01
			5:37.76	6:20.26
16 Emily Habeck	14	RYE-MR	6:23.27	
			38.88	1:25.87
			2:15.90	3:04.88
			3:59.54	4:57.57
			5:41.13	6:23.27
17 Dahlia Notis	14	CFJV-MR	6:37.39	
			41.04	1:28.24
			2:20.30	3:11.31
			4:06.71	5:03.27
			5:51.90	6:37.39
18 Haley Miller	13	NWSC-NE	6:40.37	
			40.17	1:33.80
			2:26.54	3:18.94
			4:12.58	5:08.89
			5:55.39	6:40.37
19 Megan Morgante	15	CFJV-MR	6:50.18	
			41.66	1:33.91
			2:27.30	3:20.10
			4:18.33	5:17.07
			6:03.33	6:50.18

**Boys 11-12 400 LC Meter IM**

Name	Age	Team	Finals Time	
1 Aaron Zhu	11	NWSC-NE	5:34.72	
			35.35	1:17.50
			2:01.90	2:46.28
			3:31.64	4:18.66
			4:57.56	5:34.72
2 Matthew Cristiano	12	SMST-CT	6:06.49	
			38.53	1:22.75
			2:10.82	2:57.82
			3:51.39	4:45.69
			5:25.90	6:06.49
3 Jack Rogers	12	WRAT-CT	6:21.60	
			39.40	1:26.61
			2:13.58	2:59.43
			3:54.59	4:53.24
			5:37.33	6:21.60

**Boys 10-12 400 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Jackson Oehmler	12	CPAC-CT	4:57.54	
			33.37	1:10.83
			1:48.75	2:26.81
			3:05.11	3:43.34
			4:21.04	4:57.54
2 Aaron Zhu	11	NWSC-NE	5:03.24	
			33.90	1:11.06
			1:49.16	2:27.78
			3:06.42	3:45.19
			4:24.90	5:03.24
3 Spencer Erickson	12	CPAC-CT	5:11.76	
			33.68	1:11.85
			1:51.21	2:30.85
			3:11.32	3:52.02
			4:32.19	5:11.76

4 Nathan Wang	12	WRAT-CT	5:14.62	
			34.32	1:13.89
			1:54.79	2:35.35
			3:16.41	3:57.46
			4:37.07	5:14.62
5 Tyler Sicignano	10	CPAC-CT	5:15.19	
			35.57	1:15.08
			1:56.06	2:36.28
			3:17.00	3:57.79
			4:38.13	5:15.19
6 Will Gallant	12	WHAT-CT	5:16.71	
			34.40	1:13.42
			1:53.71	2:34.42
			3:15.21	3:56.47
			4:37.78	5:16.71
7 Matthew Cristiano	12	SMST-CT	5:19.16	
			35.11	1:14.52
			1:55.53	2:36.09
			3:17.59	3:58.53
			4:39.30	5:19.16
8 Patrick Fry	12	SMST-CT	5:23.74	
			35.70	1:15.86
			1:57.91	2:38.20
			3:20.40	4:03.41
			4:45.45	5:23.74
9 Sean Rogers	10	WRAT-CT	5:26.00	
			37.04	1:17.78
			1:58.66	2:40.19
			3:22.20	4:03.55
			4:45.33	5:26.00
10 Emmett Adams	11	WRAT-CT	5:26.68	
			35.32	1:15.52
			1:57.76	2:39.53
			3:22.03	4:04.59
			4:47.13	5:26.68
11 Charles Perks	10	WHAT-CT	5:41.33	
			38.23	1:21.22
			2:05.12	2:49.54
			3:33.28	4:17.09
			5:00.99	5:41.33
12 Jaden Little	11	WRAT-CT	5:44.50	
			37.49	1:20.15
			2:04.17	2:49.06
			3:33.52	4:17.84
			5:01.73	5:44.50
13 William Kim	10	PAC-MR	6:05.85	
			40.87	1:26.91
			2:13.85	3:00.27
			3:49.12	4:35.18
			5:21.45	6:05.85

**Men 13 & Over 400 LC Meter Freestyle**

Name	Age	Team	Finals Time	
1 Zachary Pear	15	CPAC-CT	4:20.52	
			30.44	1:02.57
			1:35.27	2:08.24
			2:41.48	3:14.94
			3:48.24	4:20.52
2 John Montesi	16	CPAC-CT	4:25.18	
			29.76	1:02.58
			1:36.07	2:09.43
			2:41.39	3:15.69
			3:50.59	4:25.18
3 North Woods	17	CPAC-CT	4:25.89	
			30.27	1:02.65
			1:35.98	2:09.59
			2:43.21	3:17.77
			3:52.95	4:25.89
4 Raymond Warner	15	CPAC-CT	4:38.85	
			31.62	1:06.60
			1:41.89	2:17.74
			2:53.18	3:28.96
			4:04.62	4:38.85
5 Reid Chavez	13	SMST-CT	4:40.77	
			30.94	1:05.75
			1:41.90	2:18.12
			2:54.70	3:31.10
			4:07.12	4:40.77
6 Joshua King	16	CPAC-CT	4:49.45	
			31.21	1:06.84
			1:44.62	2:22.20
			2:59.41	3:37.77
			4:13.92	4:49.45
7 Michael Baldini	13	WHAT-CT	4:51.43	
			32.54	1:08.78
			1:46.09	2:23.74
			3:01.22	3:38.82
			4:15.80	4:51.43
8 Andrew DeStaebler	16	RYE-MR	4:55.08	
			33.35	1:09.90
			1:48.70	2:27.04
			3:04.39	3:41.91
			4:19.74	4:55.08

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## Results

**(Men 13 & Over 400 LC Meter Freestyle)**

Name	Age	Team	Finals Time
9 Alexander Clark	13	CPAC-CT	4:56.24
	32.69	1:09.65	1:47.99 2:26.12
	3:04.71	3:43.32	4:21.60 4:56.24
10 Sean Riordan	14	NWSC-NE	5:07.40
	34.07	1:13.72	1:54.35 2:34.70
	3:13.12	3:51.99	4:29.89 5:07.40
11 John Hagberg	13	WHAT-CT	5:08.97
	32.84	1:10.27	1:50.11 2:29.98
	3:10.44	3:50.14	4:31.42 5:08.97
12 Taylor Lemus	13	WHAT-CT	5:11.90
	33.76	1:50.46	1:50.46 2:30.41
	3:11.18	3:52.31	4:33.21 5:11.90
13 Charles Palsho	14	CPAC-CT	5:13.14
	33.43	1:11.20	1:50.10 2:29.79
	3:10.48	3:51.91	4:33.26 5:13.14
14 Pablo Parizot	13	CPAC-CT	5:28.31
	34.51	1:14.84	1:56.46 2:37.86
	3:20.34	4:03.73	4:46.58 5:28.31

**Boys 13 & Over 1500 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 Christopher Cerulli	15	SMST-CT	18:07.72
	31.39	1:06.60	1:42.75 2:19.54
	2:55.91	3:32.38	4:08.85 4:45.13
	5:21.61	5:58.45	6:35.24 7:11.66
	7:48.12	8:24.49	9:00.56 9:36.99
	10:13.50	10:50.16	11:26.67 12:02.90
	12:39.42	13:15.85	13:52.59 14:29.27
	15:05.84	15:42.05	16:18.67 16:55.52
	17:32.15	18:07.72	
2 Jack Gray	14	SMST-CT	18:21.40
	31.27	1:06.49	1:42.67 2:19.70
	2:56.55	3:32.71	4:10.08 4:46.24
	5:23.35	6:00.30	6:37.51 7:14.38
	7:51.83	8:28.22	9:05.50 9:42.55
	10:19.56	10:56.45	11:33.43 12:10.98
	12:48.73	13:25.72	14:03.07 14:40.47
	15:17.98	15:56.29	16:33.22 17:10.91
	17:47.18	18:21.40	
3 Daniel Fry	16	SMST-CT	18:49.60
	32.72	1:08.56	1:45.55 2:22.78
	3:00.14	3:37.09	4:14.92 4:52.60
	5:30.47	6:07.76	6:45.74 7:23.82
	8:02.00	8:40.08	9:18.25 9:56.36
	10:34.45	11:12.85	11:50.97 12:29.31
	13:07.77	13:45.87	14:24.39 15:02.48
	15:40.59	16:19.07	16:56.85 17:35.04
	18:13.10	18:49.60	

4 Michael Riina	15	SMST-CT	18:58.11
	32.44	1:08.47	1:45.68 2:23.16
	3:00.81	3:38.88	4:16.61 4:54.80
	5:32.85	6:11.23	6:49.38 7:27.73
	8:06.09	8:44.59	9:22.90 10:01.59
	10:34.93	11:18.47	11:56.88 12:35.29
	13:13.57	13:52.29	14:30.75 15:09.36
	15:46.01	16:26.32	17:04.64 17:43.19
	18:21.16	18:58.11	

5 Kanu Caplash	14	SMST-CT	19:46.29
	31.87	1:08.94	1:47.32 2:25.82
	3:04.61	3:44.18	4:23.55 5:03.36
	5:43.07	6:23.82	7:03.47 7:43.77
	8:24.35	9:03.40	9:44.26 10:24.69
	11:05.09	11:45.13	12:25.90 13:06.41
	13:46.76	14:26.91	15:05.20 15:45.43
	16:14.57	17:06.76	17:47.61 18:28.25
	19:08.44	19:46.29	

6 Luke Bittenwieser	13	CPAC-CT	20:44.64
	36.23	1:16.14	1:56.75 2:37.69
	3:18.90	4:01.33	4:42.13 5:23.94
	6:05.93	6:47.78	7:29.90 8:11.70
	8:53.37	9:35.73	10:17.85 10:59.53
	11:41.61	12:24.03	13:06.47 13:47.99
	14:29.92	15:12.96	15:54.70 16:37.01
	17:18.93	18:01.24	18:43.53 19:24.47
	20:05.31	20:44.64	

7 Kevin Zyskowski	13	CPAC-CT	20:58.87
	39.58	1:21.63	2:03.56 2:46.85
	3:29.77	4:12.19	4:54.08 5:37.02
	6:19.53	7:02.73	7:44.65 8:26.91
	9:09.70	9:52.40	10:35.16 11:17.37
	12:00.02	12:42.48	13:23.99 14:05.78
	14:47.79	15:30.37	16:12.82 16:54.42
	17:35.64	18:17.21	18:58.31 19:39.05
	20:19.86	20:58.87	

**Men 13 & Over 400 LC Meter IM**

Name	Age	Team	Finals Time
1 Brennan Morris	23	CPAC-CT	4:37.37
	28.29	1:01.21	1:37.25 2:11.22
	2:51.54	3:32.42	4:05.57 4:37.37
2 Nick Handali	15	CPAC-CT	5:14.30
	32.74	1:10.74	1:51.82 2:32.56
	3:18.86	4:05.65	4:39.83 5:14.30
3 Trey Oehmler	16	CPAC-CT	5:15.83
	33.88	1:14.37	1:53.20 2:31.78
	3:17.46	4:04.37	4:40.98 5:15.83
4 Aedan Lewis	15	CPAC-CT	5:19.85
	32.69	1:11.64	1:53.80 2:34.70
	3:21.17	4:08.71	4:44.61 5:19.85
5 Patrick Clisham	14	CPAC-CT	5:24.98
	33.49	1:11.71	1:53.62 2:34.59
	3:23.52	4:12.06	4:49.30 5:24.98
6 Peter Fagerholm	13	SMST-CT	5:32.64
	33.71	1:14.15	1:56.46 2:39.80
	3:27.48	4:18.21	4:56.29 5:32.64

**CPAC LCM Distance Invitational, Sanction #: L14-31****June 20, 2014 - Stamford, CT****Results****(Men 13 & Over 400 LC Meter IM)**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	
7 John Rinald	16	WHAT-CT	5:33.44	
36.10	1:19.84	2:03.72	2:46.91	
3:29.97	4:15.73	4:55.73	5:33.44	
8 Patrick King	14	CPAC-CT	5:40.47	
37.55	1:21.93	2:05.45	2:49.45	
3:35.36	4:22.74	5:02.79	5:40.47	
9 Sean Riordan	14	NWSC-NE	5:50.34	
30.88	1:09.99	1:57.54	2:40.91	
3:36.14	4:31.42	5:10.27	5:50.34	