

RST High School Prep Meet, Sanction #: L26-16

May 19 - Milford, CT

Results

Girls 50 Yard Freestyle

Name	Age	Team	Finals Time	
1 Micknak, Lila	15	FA-CT	28.38	20
2 Pinheiro, Kaitlyn L	16	RST-CT	28.43	17
3 Collins, Lindsay E	16	ARAC-CT	28.66	16
4 Niejelow, Larissa	17	FA-CT	28.76	15
5 Falanga, Emily R	17	ARAC-CT	29.29	14
6 Baumann, Auguste	16	FA-CT	29.42	13
7 Kowlakas, Aydan	13	FA-CT	30.26	12
8 Guest, Sydney W	16	RST-CT	30.62	11
9 Greist, Ollie J	15	RST-CT	30.64	9
10 Olmstead, Juliet	15	FA-CT	31.39	7
11 Kane, Chelsea L	15	FA-CT	31.40	6
12 McKenna, Hurley D	14	FA-CT	34.33	5
13 Cooper, Sarah R	16	RST-CT	34.46	4
14 Beri, Tanya	14	RST-CT	35.07	3
15 Avergun, Charlotte E	13	ARAC-CT	35.40	2
16 Dalal, Aashna	13	RST-CT	36.76	1

Girls 100 Yard Freestyle

Name	Age	Team	Finals Time	
1 Foito, Avery L	17	ARAC-CT	59.00	20
27.94	31.06			
2 Micknak, Lila	15	FA-CT	1:02.87	17
30.29	32.58			
3 Collins, Lindsay E	16	ARAC-CT	1:03.30	16
30.45	32.85			
4 Falanga, Emily R	17	ARAC-CT	1:04.90	15
30.92	33.98			
5 Kane, Chelsea L	15	FA-CT	1:07.31	14
6 Egan, Sophia A	14	RST-CT	1:10.29	13
7 Olmstead, Juliet	15	FA-CT	1:12.34	12
34.79	37.55			
8 Avergun, Charlotte E	13	ARAC-CT	1:21.81	11
39.50	42.31			

Girls 200 Yard Freestyle

Name	Age	Team	Finals Time	
1 Beach, Emmy L	18	ARAC-CT	2:03.75	20
28.42	31.08	32.18	32.07	
2 Staecker, Mary G	16	FA-CT	2:11.39	17
30.85	32.92	34.00	33.62	
3 Perdomo, Mekailah G	13	RST-CT	2:14.79	16
30.22	33.27	36.33	34.97	
4 McNeiece, Aibhlinn M	16	RST-CT	2:15.10	15
30.82	34.05	35.70	34.53	
5 Ingargiola, Grace	13	FA-CT	2:19.37	14
32.53	35.18	35.77	35.89	
6 Sargent, Summer	17	FA-CT	2:20.11	13
32.74	35.69	36.40	35.28	
7 Ogawa, Olivia E	16	FA-CT	2:20.52	12
31.57	35.17	36.46	37.32	
8 Alexandru, Briana C	16	RST-CT	2:24.43	11
33.08	37.16	37.72	36.47	
9 Glus, Betty S	16	RST-CT	2:31.26	9
35.03	38.11	39.35	38.77	

10 Egan, Sophia A	14	RST-CT	2:38.70	7
36.31	39.49	42.55	40.35	
11 Golino, Caroline G	13	RST-CT	2:46.26	6
37.69	42.39	43.01	43.17	

Girls 500 Yard Freestyle

Name	Age	Team	Finals Time	
1 Beach, Emmy L	18	ARAC-CT	5:38.32	20
30.57	33.32	33.88	34.75	
34.70	34.10	34.36	35.23	
34.21	33.20			
2 Ogawa, Olivia E	16	FA-CT	6:08.95	17
34.04	36.90	37.34	37.37	
37.23	37.72	37.56	37.31	
36.81	36.67			
3 Ingargiola, Grace	13	FA-CT	6:11.39	16
34.22	37.01	37.77	37.90	
37.79	37.93	37.87	37.73	
37.42	35.75			
4 Sargent, Summer	17	FA-CT	6:30.54	15
35.13	39.38	40.07	39.56	
40.00	40.59	39.25	39.84	
39.09	37.63			
5 Golino, Caroline G	13	RST-CT	7:22.96	14
38.22	43.32	44.38	44.17	
46.09	45.93	46.61	45.47	
45.89	42.88			
6 Beri, Tanya	14	RST-CT	7:41.37	13
39.99	45.92	48.08	47.60	
48.61	47.26	48.22		
42.29				

Girls 100 Yard Backstroke

Name	Age	Team	Finals Time	
1 Foito, Avery L	17	ARAC-CT	1:06.27	20
32.22	34.05			
2 Perdomo, Mekailah G	13	RST-CT	1:06.44	17
32.68	33.76			
3 McNeiece, Aibhlinn M	16	RST-CT	1:08.73	16
32.95	35.78			
4 DeLauri, Sophia M	15	ARAC-CT	1:12.68	15
35.13	37.55			
5 Garra, Victoria	14	FA-CT	1:13.52	14
35.66	37.86			
6 Egan, Sophia A	14	RST-CT	1:16.33	13
37.10	39.23			
7 Guest, Sydney W	16	RST-CT	1:19.05	12
38.61	40.44			
8 McKenna, Hurley D	14	FA-CT	1:23.57	11
39.57	44.00			
9 Dalal, Aashna	13	RST-CT	1:32.87	9
44.21	48.66			

Girls 100 Yard Breaststroke

Name	Age	Team	Finals Time	
1 Pinheiro, Kaitlyn L	16	RST-CT	1:15.47	20
35.37	40.10			

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(Girls 100 Yard Breaststroke)

Name	Age	Team	Finals Time	
2 Sopko, Addison P	13	RST-CT	1:17.57	17
36.50	41.07			
3 Niejelow, Larissa	17	FA-CT	1:20.70	16
37.71	42.99			
4 Stillway, Laney E	15	RST-CT	1:22.42	15
39.09	43.33			
5 Baumann, Auguste	16	FA-CT	1:22.58	14
39.21	43.37			
6 Horne, Victoria	13	FA-CT	1:24.75	13
40.82	43.93			
7 Greist, Ollie J	15	RST-CT	1:24.95	12
39.30	45.65			

Girls 100 Yard Butterfly

Name	Age	Team	Finals Time	
1 Sopko, Addison P	13	RST-CT	1:06.48	20
31.18	35.30			
2 Staecker, Mary G	16	FA-CT	1:09.85	17
32.43	37.42			
3 Alexandru, Briana C	16	RST-CT	1:15.81	16
34.99	41.78			
4 Kowlakas, Aydan	13	FA-CT	1:16.77	15
38.07	43.57			
6 Cooper, Sarah R	16	RST-CT	1:40.82	13
45.45	55.37			

Girls 200 Yard IM

Name	Age	Team	Finals Time	
1 Sopko, Addison P	13	RST-CT	2:22.52	20
29.56	37.10	41.92	33.94	
2 DeLauri, Sophia M	15	ARAC-CT	2:30.01	17
32.98	37.91	43.16	35.96	
3 Garra, Victoria	14	FA-CT	2:42.46	16
37.31	39.53	50.45	35.17	
4 Stillway, Laney E	15	RST-CT	2:42.75	15
35.55	42.73	47.22	37.25	
5 Horne, Victoria	13	FA-CT	2:52.94	14
39.10	45.67	45.94	42.23	

Girls 200 Yard Freestyle Relay

Team	Relay	Finals Time	
1 RST-CT	A	1:51.40	40
1) Sopko, Addison P 13	2) Pinheiro, Kaitlyn L 16		
3) Perdomo, Mekailah G 13	4) McNeiece, Aibhlinn M 16	27.72	27.61
27.99	28.08		
2 ARAC-CT	A	1:52.55	34
1) Beach, Emmy L 18	2) Foito, Avery L 17		
3) Collins, Lindsay E 16	4) Falanga, Emily R 17	28.79	28.26
27.56	27.94		
3 FA-CT	A	1:57.50	32
1) Micknak, Lila 15	2) Staecker, Mary G 16		
3) Niejelow, Larissa 17	4) Ogawa, Olivia E 16	29.75	30.05
28.99	28.71		

4 RST-CT	B	2:02.01	30
1) Stillway, Laney E 15	2) Guest, Sydney W 16		
3) Glus, Betty S 16	4) Alexandru, Briana C 16	30.59	31.51
		31.54	28.37
5 FA-CT	B	2:11.40	28
1) Horne, Victoria 13	2) McKenna, Hurley D 14		
3) Olmstead, Juliet 15	4) Ingargiola, Grace 13	34.99	33.77
		31.91	30.73
6 RST-CT	C	2:21.13	26
1) Dalal, Aashna 13	2) Teran Lobo, Camila A 15		
3) Beri, Tanya 14	4) Cooper, Sarah R 16	38.70	30.80
		35.61	36.02

Girls 200 Yard Medley Relay

Team	Relay	Finals Time	
1 RST-CT	A	2:00.45	40
1) Perdomo, Mekailah G 13	2) Pinheiro, Kaitlyn L 16		
3) Sopko, Addison P 13	4) McNeiece, Aibhlinn M 16	30.77	34.46
		27.89	27.33
2 ARAC-CT	A	2:04.81	34
1) Foito, Avery L 17	2) Beach, Emmy L 18		
3) DeLauri, Sophia M 15	4) Collins, Lindsay E 16		
		1:33.71	
3 FA-CT	A	2:12.70	32
1) Micknak, Lila 15	2) Niejelow, Larissa 17		
3) Baumann, Auguste 16	4) Kane, Chelsea L 15	35.31	34.31
		31.50	31.58
4 RST-CT	B	2:13.07	30
1) Glus, Betty S 16	2) Greist, Ollie J 15		
3) Stillway, Laney E 15	4) Alexandru, Briana C 16	35.70	37.45
		32.33	27.59
5 FA-CT	B	2:18.34	28
1) Garra, Victoria 14	2) Horne, Victoria 13		
3) Kowlakas, Aydan 13	4) McKenna, Hurley D 14	33.26	39.63
		32.46	32.99
6 RST-CT	C	2:27.03	26
1) Guest, Sydney W 16	2) Golino, Caroline G 13		
3) Beri, Tanya 14	4) Egan, Sophia A 14	37.09	41.66
		37.39	30.89

Boys 50 Yard Freestyle

Name	Age	Team	Finals Time	
1 McHugh, Jack A	18	RST-CT	24.23	20
2 Bodie, William R	15	ARAC-CT	24.36	17
3 Listorti, Ray J	17	ARAC-CT	24.86	16
4 Tolmie, Connor J	15	ARAC-CT	25.00	15
5 Collins, Beckett B	15	RST-CT	25.14	14
6 Taube, Oscar M	14	RST-CT	25.45	13
7 Domingue, Yohann	15	FA-CT	26.99	12
8 Wdowik, Adam A	16	RST-CT	27.25	11
9 Ouimette, Ryan Ouimette	14	FA-CT	27.55	9
10 Tolmie, Kaleb M	13	ARAC-CT	28.03	7
11 Geddes, Nolan C	13	ARAC-CT	30.40	6
12 Freeman, Jack L	15	RST-CT	30.48	5
13 Chuang, Thomas	14	FA-CT	31.26	4
14 Gomes, Rafael V	13	RST-CT	32.15	3
15 Clauss, Ryan A	15	RST-CT	34.19	2

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Boys 100 Yard Freestyle

Name	Age	Team	Finals Time	
1 Carr, Austin W	16	ARAC-CT	51.96	20
25.19	26.77			
2 Gallant, Brendan J	15	RST-CT	52.54	17
24.41	28.13			
*3 Collins, Beckett B	15	RST-CT	55.24	15.5
26.47	28.77			
*3 Shurygin, Daniel	16	ARAC-CT	55.24	15.5
27.04	28.20			
5 Taube, Oscar M	14	RST-CT	56.41	14
27.26	29.15			
6 Kosko, Dominic	14	ARAC-CT	1:00.61	13
29.08	31.53			
7 Ouimette, Ryan Ouimette	14	FA-CT	1:04.08	12
30.49	33.59			
8 Wdowik, Adam A	16	RST-CT	1:05.12	11
28.70	36.42			
9 Chuang, Thomas	14	FA-CT	1:05.15	9
31.41	33.74			
10 Gomes, Rafael V	13	RST-CT	1:11.34	7
34.10	37.24			
11 Geddes, Nolan C	13	ARAC-CT	1:13.16	6
12 Clauss, Ryan A	15	RST-CT	1:14.75	5
35.36	39.39			

Boys 200 Yard Freestyle

Name	Age	Team	Finals Time	
1 Virgil, Julian D	17	ARAC-CT	1:54.04	20
26.65	29.16	29.94	28.29	
2 Natlo, Brendan	16	FA-CT	1:54.24	17
26.73	29.05	29.94	28.52	
3 Rubio, Giancarlo R	17	RST-CT	1:58.93	16
27.69	30.76	30.84	29.64	
4 Rubio, Luca A	16	RST-CT	1:59.95	15
27.78	30.58	31.03	30.56	
5 Shurygin, Daniel	16	ARAC-CT	2:02.37	14
27.68	31.07	31.70	31.92	
6 Carr, Blake A	13	ARAC-CT	2:02.72	13
28.23	30.91	32.06	31.52	
7 Ghavami, Shayan	16	RST-CT	2:03.53	12
28.85	31.37	32.10	31.21	
8 Millott, Michael C	14	RST-CT	2:09.77	11
29.30	32.96	33.66	33.85	
9 Kosko, Dominic	14	ARAC-CT	2:11.64	9
29.70	33.74	35.22	32.98	

Boys 500 Yard Freestyle

Name	Age	Team	Finals Time	
1 Virgil, Julian D	17	ARAC-CT	5:05.70	20
27.44	30.80	31.46	31.38	
31.34	31.09	31.57	30.88	
31.25	28.49			
2 Natlo, Brendan	16	FA-CT	5:05.88	17
28.15	30.66	31.65	31.86	
31.60	31.33	31.07	31.15	
30.05	28.36			

3 Mathews-Ramos, Robbie J	13	ARAC-CT	5:10.99	16
27.64	29.94	31.11	31.82	
31.77	31.60	31.77	32.10	
31.16	32.08			
4 Nichols, Adam K	13	ARAC-CT	5:24.97	15
28.15	31.69	33.25	33.27	
32.75	33.60	33.36	34.28	
33.50	31.12			
5 Ghavami, Shayan	16	RST-CT	5:33.83	14
29.93	32.57	33.96	34.33	
34.68	34.01	33.76	33.83	
33.78	32.98			
6 Millott, Michael C	14	RST-CT	6:06.68	13
30.86	35.12	37.73	38.78	
37.73	38.27	37.92	38.56	
36.66	35.05			
7 Freeman, Jack L	15	RST-CT	7:14.95	12
34.72	41.08	44.65	45.14	
47.11	46.57	46.38	46.08	
42.66	40.56			

Boys 100 Yard Backstroke

Name	Age	Team	Finals Time	
1 Gallant, Brendan J	15	RST-CT	57.78	20
27.97	29.81			
2 Fitzpatrick, Sean J	15	ARAC-CT	59.36	17
28.87	30.49			
3 McHugh, Jack A	18	RST-CT	59.99	16
28.73	31.26			
4 Bodie, William R	15	ARAC-CT	1:01.16	15
29.89	31.27			
5 Clark, Connor T	17	RST-CT	1:01.35	14
29.56	31.79			
6 Tolmie, Kaleb M	13	ARAC-CT	1:12.95	13
36.23	36.72			
7 Galan, Micah	15	FA-CT	1:17.15	12
37.49	39.66			
8 Gomes, Rafael V	13	RST-CT	1:25.29	11

Boys 100 Yard Breaststroke

Name	Age	Team	Finals Time	
1 Tolmie, Connor J	15	ARAC-CT	1:05.49	20
30.02	35.47			
2 Lewandowski, Harlan	16	FA-CT	1:05.69	17
31.75	33.94			
3 Van Straten, Leo V	16	RST-CT	1:07.77	16
32.38	35.39			
4 Rubio, Luca A	16	RST-CT	1:08.58	15
32.16	36.42			
5 Carr, Austin W	16	ARAC-CT	1:08.75	14
32.38	36.37			
6 Listorti, Ray J	17	ARAC-CT	1:13.22	13
34.19	39.03			
7 Millott, Dennis J	14	RST-CT	1:19.17	12
37.28	41.89			
8 Wdowik, Adam A	16	RST-CT	1:19.92	11
37.61	42.31			

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Boys 100 Yard Butterfly

Name	Age	Team	Finals Time	
1 Van Straten, Leo V	16	RST-CT	56.73	20
26.95	29.78			
2 Rubio, Giancarlo R	17	RST-CT	57.85	17
3 Laughlin, Liam C	16	FA-CT	1:00.15	16
28.90	31.25			
4 Fitzpatrick, Sean J	15	ARAC-CT	1:00.23	15
28.57	31.66			
5 Carr, Blake A	13	ARAC-CT	1:06.41	14
31.05	35.36			
6 Millott, Dennis J	14	RST-CT	1:10.40	13
7 Domingue, Yohann	15	FA-CT	1:12.83	12
33.79	39.04			

Boys 200 Yard IM

Name	Age	Team	Finals Time	
1 Mathews-Ramos, Robbie J	13	ARAC-CT	2:07.18	20
27.75	31.13	38.40	29.90	
2 Lewandowski, Harlan	16	FA-CT	2:08.09	17
29.31	34.38	35.14	29.26	
3 Laughlin, Liam C	16	FA-CT	2:11.21	16
28.65	33.00	38.85	30.71	
4 Clark, Connor T	17	RST-CT	2:20.03	15
31.14	34.31	42.18	32.40	
5 Nichols, Adam K	13	ARAC-CT	2:20.11	14
28.76	36.24	42.92	32.19	
6 Galan, Micah	15	FA-CT	2:40.97	13
34.34	39.44	50.20	36.99	

Boys 200 Yard Freestyle Relay

Team	Relay	Finals Time	
1 ARAC-CT	A	1:36.86	40
1) Virgil, Julian D 17	2) Bodie, William R 15		
3) Mathews-Ramos, Robbie J 13	4) Carr, Austin W 16	24.46	24.06
2 RST-CT	A	1:37.54	34
1) Rubio, Giancarlo R 17	2) McHugh, Jack A 18		
3) Gallant, Brendan J 15	4) Rubio, Luca A 16	24.17	25.08
3 FA-CT	A	1:40.27	32
1) Lewandowski, Harlan 16	2) Laughlin, Liam C 16		
3) Domingue, Yohann 15	4) Natlo, Brendan 16	25.38	24.26
4 RST-CT	B	1:40.68	30
1) Van Straten, Leo V 16	2) Collins, Beckett B 15		
3) Taube, Oscar M 14	4) Clark, Connor T 17	25.32	24.18
5 ARAC-CT	B	1:43.32	28
1) Fitzpatrick, Sean J 15	2) Nichols, Adam K 13		
3) Tolmie, Connor J 15	4) Shurygin, Daniel 16	25.79	25.86
6 RST-CT	C	1:52.91	26
1) Freeman, Jack L 15	2) Millott, Michael C 14		
3) Wdowik, Adam A 16	4) Ghavami, Shayan 16	25.98	30.37

7 ARAC-CT	C	1:53.76	24
1) Kosko, Dominic 14	2) Carr, Blake A 13		
3) Tolmie, Kaleb M 13	4) Geddes, Nolan C 13	28.03	26.22
		28.32	31.19

Boys 200 Yard Medley Relay

Team	Relay	Finals Time	
1 ARAC-CT	A	1:45.19	40
1) Fitzpatrick, Sean J 15	2) Tolmie, Connor J 15		
3) Mathews-Ramos, Robbie J 13	4) Carr, Austin W 16	27.19	28.72
		25.88	23.40
2 RST-CT	A	1:46.79	34
1) McHugh, Jack A 18	2) Rubio, Luca A 16		
3) Rubio, Giancarlo R 17	4) Gallant, Brendan J 15	27.07	30.68
		25.46	23.58
3 RST-CT	B	1:51.17	32
1) Clark, Connor T 17	2) Collins, Beckett B 15		
3) Van Straten, Leo V 16	4) Taube, Oscar M 14	27.92	34.31
		23.93	25.01
4 FA-CT	A	1:51.25	30
1) Laughlin, Liam C 16	2) Lewandowski, Harlan 16		
3) Domingue, Yohann 15	4) Natlo, Brendan 16	28.03	29.33
		30.12	23.77
5 ARAC-CT	B	1:56.42	28
1) Bodie, William R 15	2) Listorti, Ray J 17		
3) Nichols, Adam K 13	4) Tolmie, Kaleb M 13	29.43	31.44
		27.87	27.68
6 RST-CT	C	1:59.54	26
1) Millott, Michael C 14	2) Wdowik, Adam A 16		
3) Millott, Dennis J 14	4) Ghavami, Shayan 16	29.65	33.79
		28.86	27.24

Combined Team Scores

Combined Team Scores - Through Event 20	
1. Rapids Swim Team	1162.5
2. Amity Regional Aquatic Club	791.5
3. Fairfield Aquatics	720

Scores - Women

Women - Team Rankings - Through Event 20	
1. Rapids Swim Team	570
2. Fairfield Aquatics	475
3. Amity Regional Aquatic Club	254

Scores - Men

Men - Team Rankings - Through Event 20	
1. Rapids Swim Team	592.5
2. Amity Regional Aquatic Club	537.5
3. Fairfield Aquatics	245