

**SMST DISTANCE INVITATIONAL - 1/8/2010**  
**MASUK HIGH SCHOOL, MONROE, CT, Sanction #: #S09-39**  
**Results - Friday, January 8, 2010**

**Girls 1000 Yard Freestyle**

Name	Age	Team	Finals Time			
1 Westcott, Erin M	15	SoNoCo-CT	11:18.13			
			31.41	1:04.95	1:38.67	2:12.74
			2:46.90	3:21.18	3:55.39	4:29.61
			5:03.86	5:37.69	6:11.99	6:46.00
			7:20.43	7:54.92	8:29.36	9:03.35
			9:37.40	10:11.46	10:45.08	11:18.13
2 Lenkeit, Christine M	14	SoNoCo-CT	11:36.53			
			31.31	1:05.33	1:40.10	2:14.97
			2:49.86	3:24.83	3:59.87	4:34.96
			5:09.90	5:44.92	6:19.88	6:54.48
			7:30.06	8:05.05	8:40.37	9:15.65
			9:50.98	10:26.51	11:01.90	11:36.53
3 Naumann, Erica J	14	SoNoCo-CT	11:41.09			
			31.21	1:05.54	1:40.52	2:15.17
			2:50.47	3:25.84	4:01.43	4:36.43
			5:12.20	5:47.85	6:23.53	6:59.60
			7:34.92	8:11.00	8:46.36	9:22.30
			9:57.89	10:33.70	11:08.01	11:41.09
4 Holden, Rachel M	15	SoNoCo-CT	11:41.49			
			32.26	1:07.61	1:43.04	2:18.71
			2:54.52	3:30.81	4:06.66	4:42.78
			5:18.52	5:54.54	6:30.13	7:05.59
			7:40.62	8:15.37	8:50.39	9:25.08
			10:00.04	10:34.75	11:08.49	11:41.49
5 Dibella, Maria A	12	SoNoCo-CT	11:46.44			
			32.02	1:06.43	1:41.20	2:16.19
			2:51.41	3:26.63	4:01.89	4:36.76
			5:12.14	5:47.76	6:23.49	6:59.03
			7:35.36	8:11.41	8:47.47	9:23.50
			9:59.33	10:35.51	11:11.23	11:46.44
6 Forster, Grace L	14	SMST-CT	11:53.23			
			31.75	1:07.27	1:43.15	2:19.45
			2:55.15	3:31.35	4:07.65	4:43.91
			5:20.00	5:56.39	6:32.36	7:08.43
			7:44.79	8:20.55	8:56.27	9:31.96
			10:07.85	10:44.38	11:19.19	11:53.23
7 Poole, Jessica T	13	SMST-CT	11:55.80			
			33.00	1:08.89	1:45.57	2:22.40
			3:00.65	3:37.75	4:14.86	4:51.42
			5:27.72	6:03.88	6:40.82	7:16.34
			7:50.78	8:25.87	9:00.88	9:36.05
			10:11.61	10:46.47	11:21.75	11:55.80
8 Freer, Kelli M	16	SMST-CT	11:56.96			
			31.72	1:06.86	1:42.69	2:18.33
			2:54.24	3:30.48	4:06.99	4:43.59
			5:20.28	5:57.21	6:32.79	7:08.65
			7:44.84	8:21.44	8:57.54	9:33.31
			10:09.10	10:44.58	11:20.75	11:56.96
9 Suda, Amelia M	17	SMST-CT	12:03.59			
			32.30	1:07.55	1:43.89	2:20.32
			2:56.87	3:33.62	4:10.43	4:47.45
			5:24.41	6:01.44	6:37.84	7:14.50
			7:51.05	8:27.52	9:04.01	9:40.40
			10:16.84	10:53.09	11:28.91	12:03.59

10 Holden, Katherine A	15	SoNoCo-CT	12:05.16			
			33.14	1:08.69	1:44.81	2:21.17
			2:58.31	3:35.27	4:12.31	4:48.93
			5:25.73	6:02.73	6:39.28	7:15.77
			7:52.68	8:29.37	9:05.91	9:42.43
			10:19.03	10:55.04	11:30.63	12:05.16
11 Barragan, Jessica D	16	SoNoCo-CT	12:09.73			
			31.00	1:06.39	1:42.50	2:18.87
			2:55.42	3:32.06	4:08.65	4:45.48
			5:22.13	6:00.05	6:37.14	7:14.55
			7:51.54	8:29.23	9:06.38	9:43.55
			10:21.15	10:58.49	11:34.89	12:09.73
12 Arel, Kelly E	11	SoNoCo-CT	12:11.12			
			32.18	1:08.12	1:45.12	2:21.76
			2:58.90	3:36.48	4:13.60	4:50.99
			5:27.89	6:05.38	6:42.67	7:20.14
			7:57.63	8:34.28	9:11.42	9:47.80
			10:25.05	11:02.13	11:38.26	12:11.12
13 Forsyth, Alicia M	14	SMST-CT	12:11.36			
			32.93	1:08.75	1:45.60	2:21.34
			2:57.69	3:34.39	4:10.86	4:47.17
			5:23.68	6:00.86	6:37.87	7:15.45
			7:52.95	8:29.56	9:07.04	9:45.13
			10:21.72	10:59.14	11:36.00	12:11.36
14 Forsyth, Kymberly C	16	SMST-CT	12:18.19			
			31.80	1:06.41	1:41.14	2:17.09
			2:53.05	3:29.10	4:05.33	4:42.14
			5:19.48	5:56.82	6:34.44	7:13.09
			7:52.11	8:27.69	9:05.44	9:44.17
			10:21.80	11:00.77	11:39.95	12:18.19
15 Ahlberg, Sarah E	12	SoNoCo-CT	12:25.46			
			32.99	1:08.89	1:45.23	2:21.62
			2:58.44	3:34.71	4:11.95	4:48.84
			5:26.41	6:04.02	6:41.47	7:19.23
			7:57.20	8:34.85	9:12.76	9:50.72
			10:28.82	11:06.16	11:43.61	12:25.46
16 Griffiths, Alysha R	16	SMST-CT	12:42.46			
			33.93	1:11.03	1:48.64	2:26.71
			3:05.22	3:44.03	4:22.41	5:01.20
			5:40.43	6:18.32	6:56.85	7:35.63
			8:14.78	8:53.07	9:31.71	10:10.13
			10:48.63	11:27.00	12:05.29	12:42.46
17 Ambrosey, Natalie G	13	SMST-CT	13:25.54			
			33.90	1:12.20	1:52.05	2:32.48
			3:13.37	3:55.00	4:36.53	5:18.43
			6:00.45	6:41.69	7:22.33	8:03.16
			8:45.06	9:27.02	10:08.57	10:49.95
			11:30.52	12:10.32	12:49.86	13:25.54
18 Merriam, Alexa E	14	SMST-CT	13:40.39			
			35.52	1:16.06	1:57.47	2:38.65
			3:20.37	4:01.57	4:43.21	5:24.53
			6:05.99	6:47.49	7:28.94	8:10.82
			8:53.02	9:35.06	10:16.60	10:58.73
			11:39.59	12:20.81	13:01.32	13:40.39

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**Results - Friday, January 8, 2010**

**(Girls 1000 Yard Freestyle)**

Name	Age	Team	Finals Time			
19 Olin, Emily H	12	WEST-CT	14:00.27			
			36.64	1:17.25	1:59.66	2:42.12
			3:24.77	4:07.41	4:49.80	5:32.61
			6:14.97	6:57.74	7:40.49	8:23.51
			9:06.46	9:50.10	10:33.25	11:16.23
			11:59.22	12:40.75	13:21.13	14:00.27
20 Wronski, Tiffany V	11	SMST-CT	14:06.20			
			35.33	1:16.17	1:57.91	2:41.01
			3:24.30	4:07.31	4:51.08	5:35.57
			6:21.37	7:03.95	7:48.16	8:32.11
			9:14.06	9:56.56	10:40.98	11:21.19
			12:03.18	12:47.39	13:28.15	14:06.20
21 Sargent, Elizabeth H	11	SMST-CT	14:40.15			
			37.89	1:21.80	2:05.99	2:50.90
			3:34.68	4:19.08	5:03.36	5:48.08
			6:33.21	7:17.86	8:02.19	8:46.80
			9:31.53	10:17.12	11:03.02	11:47.76
			12:33.43	13:17.86	14:01.03	14:40.15
22 Berger, Ilana B	12	WEST-CT	14:55.14			
			37.17	1:20.29	2:05.11	2:49.11
			3:34.51	4:18.85	5:04.79	5:49.77
			6:36.18	7:22.55	8:07.40	8:54.16
			9:39.64	10:25.24	11:11.33	11:58.26
			12:43.55	13:28.84	14:14.13	14:55.14
23 Watson, Olivia K	12	WEST-CT	16:37.34			
			40.19	1:27.22	2:16.79	3:06.49
			3:57.08	4:48.17	5:40.05	6:31.67
			7:23.11	8:15.83	9:06.05	9:57.19
			10:47.29	11:38.88	12:30.25	13:20.56
			14:11.51	15:00.80	15:50.61	16:37.34

**Girls 400 Yard IM**

Name	Age	Team	Finals Time			
1 Grindall, Dana L	14	SoNoCo-CT	4:34.54			
			28.17	1:00.13	1:35.99	2:10.89
			2:51.45	3:31.67	4:03.82	4:34.54
2 Daigneault, Gabrielle	13	SoNoCo-CT	4:40.19			
			29.76	1:03.16	1:38.62	2:14.32
			2:54.38	3:35.69	4:08.36	4:40.19
3 Mathieu, Alicia L	17	SoNoCo-CT	4:42.57			
			31.16	1:06.51	1:42.27	2:18.77
			3:00.50	3:42.20	4:13.11	4:42.57
4 Bond, Ariel B	16	SoNoCo-CT	4:45.22			
			30.01	1:04.47	1:41.01	2:16.28
			2:58.79	3:41.73	4:13.85	4:45.22
5 Daigneault, Val	12	SoNoCo-CT	4:55.94			
			30.97	1:07.76	1:45.46	2:23.03
			3:06.47	3:50.58	4:23.74	4:55.94
6 Forster, Grace L	14	SMST-CT	4:59.91			
			31.55	1:06.96	1:45.10	2:22.96
			3:05.98	3:48.73	4:24.80	4:59.91
7 Lavery, Christina E	15	SoNoCo-CT	5:01.84			
			31.62	1:08.17	1:49.18	2:29.01
			3:10.50	3:53.43	4:29.16	5:01.84

8 Stewart, Colleen M	16	SMST-CT	5:01.92			
			32.53	1:10.00	1:49.41	2:29.09
			3:10.85	3:53.05	4:27.85	5:01.92
9 Almonte, Lauren M	16	SoNoCo-CT	5:04.09			
			31.09	1:06.86	1:47.82	2:27.99
			3:12.56	3:57.20	4:31.57	5:04.09
10 Capone, Kate E	17	SoNoCo-CT	5:12.14			
			32.86	1:09.74	1:52.79	2:34.32
			3:16.36	3:59.83	4:36.32	5:12.14
11 Krajcik, Katherine G	14	SoNoCo-CT	5:15.88			
			32.47	1:11.32	1:51.61	2:32.31
			3:20.72	4:08.02	4:42.48	5:15.88
12 Freer, Kelli M	16	SMST-CT	5:17.74			
			33.00	1:10.02	1:48.55	2:27.89
			3:16.22	4:05.84	4:41.81	5:17.74
13 Katz, Autumn B	13	SoNoCo-CT	5:23.40			
			37.87	1:23.57	2:04.37	2:45.23
			3:29.08	4:12.28	4:48.73	5:23.40
14 Kenney, Alison E	13	SoNoCo-CT	5:26.15			
			36.73	1:18.11	1:58.56	2:39.97
			3:26.12	4:12.76	4:49.23	5:26.15
15 Baker, Emma A	12	SMST-CT	5:48.04			
			36.21	1:20.25	2:04.86	2:48.83
			3:39.98	4:29.64	5:09.67	5:48.04
16 Gustinis, Gracie E	9	SMST-CT	5:53.04			
			37.22	1:18.76	2:03.19	2:47.13
			3:38.46	4:29.74	5:12.21	5:53.04
17 Romansky, Sabrina M	10	SMST-CT	6:02.74			
			38.22	1:23.79	2:10.20	2:55.96
			3:45.91	4:35.87	5:20.07	6:02.74

**Boys 1000 Yard Freestyle**

Name	Age	Team	Finals Time			
1 Dziopa, Gregory	13	SoNoCo-CT	10:47.54			
			30.14	1:02.92	1:35.70	2:07.96
			2:40.58	3:12.67	3:45.05	4:17.74
			4:50.42	5:22.59	5:55.10	6:27.78
			7:00.29	7:33.36	8:05.99	8:38.83
			9:11.25	9:44.15	10:16.16	10:47.54
2 Pite, Charlie D	14	SoNoCo-CT	10:51.26			
			29.34	1:01.70	1:34.63	2:07.39
			2:40.19	3:12.91	3:45.57	4:18.21
			4:51.04	5:23.98	5:56.60	6:29.34
			7:02.18	7:35.50	8:08.51	8:41.44
			9:14.03	9:47.20	10:19.67	10:51.26
3 Fry, Daniel S	11	SMST-CT	14:02.26			
			34.75	1:15.27	1:57.09	2:39.28
			3:20.97	4:04.00	4:47.02	5:29.94
			6:13.30	6:56.46	7:40.19	8:23.22
			9:07.43	9:50.93	10:34.32	11:17.58
			11:58.84	12:41.62	13:24.13	14:02.26

**Boys 400 Yard IM**

Name	Age	Team	Finals Time			
1 Ahlberg, Joey W	14	SoNoCo-CT	4:31.80			
			28.55	1:00.99	1:35.69	2:09.83
			2:49.40	3:29.75	4:01.58	4:31.80

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<b>(Boys 400 Yard IM)</b>				
<b>Name</b>	<b>Age Team</b>		<b>Finals Time</b>	
2 Pite, AJ J	14	SoNoCo-CT	4:37.76	
29.35	1:01.85	1:39.59	2:17.36	
2:54.78	3:33.68	4:06.43	4:37.76	
3 Luther, Matthew C	13	SoNoCo-CT	4:47.55	
28.55	1:02.27	1:40.21	2:16.97	
2:58.75	3:41.51	4:15.41	4:47.55	
4 Ward, Alexander S	13	SoNoCo-CT	5:06.37	
33.60	1:14.93	1:54.00	2:32.40	
3:14.97	3:58.58	4:33.78	5:06.37	
5 Tunaru, Alexandru N	13	SMST-CT	5:06.60	
32.61	1:08.75	1:48.11	2:25.94	
3:09.69	3:53.25	4:30.68	5:06.60	
6 Ward, Kyle R	12	SoNoCo-CT	5:15.48	
34.73	1:15.88	1:55.36	2:34.87	
3:21.53	4:08.68	4:42.66	5:15.48	
7 Carter, Eli M	13	WEST-CT	5:24.66	
34.61	1:17.78	2:00.69	2:42.12	
3:24.79	4:08.53	4:46.71	5:24.66	
8 Bouzyk, Christian	12	SoNoCo-CT	5:35.59	
34.06	1:14.51	1:58.98	2:42.55	
3:31.27	4:20.63	4:58.42	5:35.59	
9 Riina, Michael J	11	SMST-CT	5:45.88	
39.02	1:27.22	2:09.37	2:51.67	
3:40.35	4:30.49	5:07.94	5:45.88	