

SWIM FLORIDA - CAPE CORAL 2009 SEASON

SWIM FLORIDA [SWIM-FL] Group: CC Coach: ED COLLINS

Time	P/F/S	Event								
Meghan Cotugno (16) F										
26.50Y	AA	P 0.34	50	Free						2/26/2009 2009 Spring SR Championships
57.06Y	AA	P 1.02	100	Free						2/26/2009 2009 Spring SR Championships
		27.70 57.06								
5:30.67Y	AA	P -0.87	500	Free						2/26/2009 2009 Spring SR Championships
		29.25 1:00.56 1:33.10 2:06.51 2:40.40								3:14.73 3:49.28 4:23.78
		4:58.64 5:30.67								
11:27.20Y	A	F -16.56	1000	Free						2/26/2009 2009 Spring SR Championships
		29.38 1:01.76 1:35.12 2:09.05 2:43.21								3:17.85 3:53.55 4:27.67
		5:02.86 5:38.48 6:14.23 6:49.63 7:25.89								8:01.30 8:36.57 9:11.19
		9:45.68 10:20.76 10:54.90 11:27.20								
18:58.61Y	AA	F -24.38	1650	Free						2/26/2009 2009 Spring SR Championships
		29.51 1:01.75 1:34.68 2:08.17 2:41.84								3:15.85 3:49.90 4:24.43
		4:58.94 5:33.42 6:08.38 6:43.11 7:17.92								7:53.11 8:28.35 9:03.68
		9:38.84 10:15.22 10:50.99 11:26.17 12:01.40								12:36.70 13:11.79 13:47.15
		14:21.90 14:57.03 15:32.08 16:06.91 16:42.02								17:16.81 17:51.35 18:26.25
		18:58.61								
5:00.34Y	A	P -7.48	400	IM						2/26/2009 2009 Spring SR Championships
		31.95 1:10.26 1:47.63 2:24.78 3:09.18								3:55.62 4:28.88 5:00.34
Nick Keating (16) M										
24.87Y	A	P 0.00	50	Free						2/26/2009 2009 Spring SR Championships
10:56.78Y	A	F -6.22	1000	Free						2/26/2009 2009 Spring SR Championships
		28.32 59.56 1:31.80 2:04.75 2:37.75								3:11.21 3:44.72 4:18.17
		4:51.80 5:25.12 5:58.60 6:32.22 7:05.93								7:39.57 8:13.04 8:45.98
		9:19.39 9:52.57 10:25.40 10:56.78								
18:25.15Y	A	F -4.38	1650	Free						2/26/2009 2009 Spring SR Championships
		27.87 58.37 1:30.67 2:04.06 2:38.09								3:12.15 3:45.95 4:19.44
		4:53.40 5:27.67 6:02.12 6:36.14 7:10.00								7:43.80 8:18.48 8:52.87
		9:26.93 10:00.78 10:34.33 11:08.34 11:42.38								12:16.44 12:50.31 13:24.25
		13:58.31 14:32.04 15:05.99 15:40.04 16:13.33								16:47.14 17:20.66 17:53.79
		18:25.15								
4:48.98Y	BB	P -7.29	400	IM						2/26/2009 2009 Spring SR Championships
		30.54 1:06.76 1:45.06 2:22.23 3:03.85								3:45.45 4:17.87 4:48.98
Graham Murza (15) M										
24.06Y	AA	P -0.46	50	Free						2/26/2009 2009 Spring SR Championships
53.55Y	A	P 0.29	100	Free						2/26/2009 2009 Spring SR Championships
		25.82 53.55								
1:56.11Y	A	P -0.41	200	Free						2/26/2009 2009 Spring SR Championships
		26.70 56.17 1:26.28 1:56.11								
58.47Y	AA	P -0.16	100	Back						2/26/2009 2009 Spring SR Championships
		28.78 58.47								
2:08.51Y	A	P -1.33	200	Back						2/26/2009 2009 Spring SR Championships
		30.79 1:04.35 1:38.01 2:08.51								
4:45.41Y	A	P -5.48	400	IM						2/26/2009 2009 Spring SR Championships
		29.82 1:04.97 1:41.65 2:17.27 3:01.01								3:42.57 4:15.38 4:45.41
Sydney Ortiz-Quintana (13) F										
27.09Y	AA	T 0.26	50	Free						2/28/2009 2009 Spring Sr. Champ Time Trials-Saturday
1:06.36Y	A	P -0.95	100	Back						2/26/2009 2009 Spring SR Championships
		31.97 1:06.36								
NS		P	200	Back						2/26/2009 2009 Spring SR Championships
2:26.16Y	A	P 5.29	200	IM						2/26/2009 2009 Spring SR Championships
		31.69 1:07.92 1:52.79 2:26.16								
Lauren Smith (17) F										

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Time	P/F/S	Event
Lauren Smith (17) F		
26.97Y	A P 0.29	50 Free 2/26/2009 2009 Spring SR Championships
Michaela Steakley (14) F		
2:29.04Y	BB P 7.70	200 Back 2/26/2009 2009 Spring SR Championships
	34.27 1:11.66 1:50.56 2:29.04	
2:24.98Y	A T 3.64	200 Back 2/27/2009 2009 Spring Sr. Champ Time Trials-Friday
	34.04 1:10.46 1:47.95 2:24.98	
Dylan Walters (17) M		
NS	P	100 Breast 2/26/2009 2009 Spring SR Championships
2:25.17Y	A T -8.60	200 Breast 2/28/2009 2009 Spring Sr. Champ Time Trials-Saturday
	31.87 1:08.53 1:46.80 2:25.17	