

Northern TRIBS Swimming
Head Coach Josh Jock

Individual Top Times

Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Female 8 & Under 50 Free								
1	35.53	L A F	Gretchen Braun	8	NTS AD	7/22/2016	2016 Adirondack Long Course Championsh	
Female 8 & Under 100 Free								
1	1:18.43	L A F	Gretchen Braun	8	NTS AD	7/22/2016	2016 Adirondack Long Course Championsh	
Female 8 & Under 200 Free								
1	2:54.59	L A F	Gretchen Braun	8	NTS AD	7/22/2016	2016 Adirondack Long Course Championsh	
Female 8 & Under 400 Free								
1	6:17.47	L BB F	Gretchen Braun	8	NTS AD	6/25/2016	Chargers Distance Meet #2	
Female 8 & Under 50 Back								
1	44.02	L BB F	Gretchen Braun	8	NTS AD	7/22/2016	2016 Adirondack Long Course Championsh	
Female 8 & Under 100 Back								
1	1:34.56	L BB F	Gretchen Braun	8	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational	
Female 8 & Under 50 Breast								
1	51.60	L BB F	Gretchen Braun	8	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational	
Female 8 & Under 100 Breast								
1	1:53.21	L BB F	Gretchen Braun	8	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational	
Female 8 & Under 50 Fly								
1	43.36	L BB F	Gretchen Braun	8	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational	
Female 8 & Under 100 Fly								
1	1:54.78	L B F	Gretchen Braun	8	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational	
Female 9-10 50 Free								
1	32.80	L AA F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 9-10 100 Free								
1	1:12.66	L AAA F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 9-10 200 Free								
1	2:37.92	L AAA F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 9-10 400 Free								
1	5:35.54	L AA F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 9-10 50 Back								
1	39.33	L AA F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 9-10 100 Back								
1	1:22.60	L AAA F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 9-10 200 Back								
1	2:59.50	L F	Gretchen Braun	9	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Female 9-10 50 Breast								
1	46.08	L A F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 9-10 100 Breast								
1	1:38.68	L AA F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 9-10 200 Breast								
1	3:32.63	L F	Gretchen Braun	9	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Female 9-10 50 Fly								
1	44.87	L BB F	Sina Lufkin	10	NTS AD	6/6/2015	Clinton Cudas Colgate Classic Invitational	
Female 9-10 100 Fly								
1	1:36.05	L BB F	Gretchen Braun	9	NTS AD	6/30/2017	2017 Sharks Summer Invitational	

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	Time	P/F/S	Name	Age/Yr				
Female 9-10 200 Fly								
1	4:30.68 L	F	Skyler Sanderson	9	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Female 9-10 200 IM								
1	3:02.85 L AA	F	Gretchen Braun	9	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 11-12 50 Free								
1	31.52 L AA	F	Katie McGrath	12	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 11-12 100 Free								
1	1:09.22 L AA	F	Katie McGrath	12	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 11-12 200 Free								
1	2:35.88 L A	F	Sina Lufkin	12	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Female 11-12 400 Free								
1	5:21.77 L A	F	Sina Lufkin	12	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 11-12 800 Free								
1	11:32.51 L BB	F	Sina Lufkin	12	NTS AD	5/13/2017	Mother's Day Splash	
Female 11-12 50 Back								
1	38.07 L BB	F	Sina Lufkin	12	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 11-12 100 Back								
1	1:20.78 L A	F	Sina Lufkin	12	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 11-12 200 Back								
1	2:52.71 L A	F	Sina Lufkin	12	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 11-12 50 Breast								
1	44.36 L BB	F	Katie McGrath	12	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Female 11-12 100 Breast								
1	1:33.50 L BB	F	*I Laura Hartman	12	NTS AD	6/9/2012	Clinton Cudas Colgate Classic Invitational	
Female 11-12 50 Fly								
1	35.87 L BB	F	Katie McGrath	12	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Female 11-12 100 Fly								
1	1:30.50 L B	F	Sina Lufkin	12	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Female 11-12 200 Fly								
1	3:27.11 L	F	Sina Lufkin	12	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Female 11-12 200 IM								
1	3:01.55 L BB	F	Sina Lufkin	12	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Female 13-14 50 Free								
1	30.19 L AA	P	*I Elizabeth Dempsey	13	NTS AD	6/25/2010	CGBD Summer Madness LC Invitational	
Female 13-14 100 Free								
1	1:07.08 L A	F	*I Elizabeth Dempsey	13	NTS AD	6/25/2010	CGBD Summer Madness LC Invitational	
Female 13-14 200 Free								
1	2:33.94 L BB	F	*I Elizabeth Dempsey	13	NTS AD	6/25/2010	CGBD Summer Madness LC Invitational	
Female 13-14 400 Free								
1	5:25.35 L BB	F	Emily Lantry	14	NTS AD	6/25/2016	Chargers Distance Meet #2	
Female 13-14 100 Back								
1	1:20.63 L BB	F	Emily Lantry	14	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational	
Female 13-14 200 Back								
1	2:50.56 L BB	F	Claire Knowlton	14	NTS AD	6/30/2017	2017 Sharks Summer Invitational	

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	Time	P/F/S	Name	Age/Yr						
Female 13-14 100 Breast										
1	1:31.75	L BB	F *I Laura Hartman	13	NTS AD	6/8/2013	Clinton Cudas Colgate Classic Invitational			
Female 13-14 200 Breast										
1	3:23.27	L BB	F *I Laura Hartman	13	NTS AD	6/8/2013	Clinton Cudas Colgate Classic Invitational			
Female 13-14 100 Fly										
1	1:24.05	L B	F Emily Lantry	14	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational			
Female 13-14 200 Fly										
1	2:37.02	L AA	F Claire Knowlton	14	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational			
Female 13-14 200 IM										
1	2:58.30	L BB	F Emily Lantry	14	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational			
Female 50 Free										
1	28.62	L AA	F *I Julie Haynes	17	NTS AD	7/26/2008	Empire State Games			
Female 100 Free										
1	1:04.23	L AA	F Angelina Domena	16	NTS AD	7/18/2014	2014 Adirondack Long Course District Chan			
Female 200 Free										
1	2:19.63	L AA	F Angelina Domena	16	NTS AD	7/18/2014	2014 Adirondack Long Course District Chan			
Female 400 Free										
1	5:09.56	L BB	F Emily Lantry	15	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh			
Female 100 Back										
1	1:17.92	L BB	F Emily Lantry	15	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh			
Female 200 Back										
1	2:44.40	L BB	F Angelina Domena	16	NTS AD	7/18/2014	2014 Adirondack Long Course District Chan			
Female 100 Breast										
1	1:29.68	L BB	F Hannah Braun	15	NTS AD	6/6/2015	Clinton Cudas Colgate Classic Invitational			
Female 200 Breast										
1	3:14.23	L BB	F Hannah Braun	15	NTS AD	6/6/2015	Clinton Cudas Colgate Classic Invitational			
Female 100 Fly										
1	1:11.05	L A	F Angelina Domena	16	NTS AD	7/18/2014	2014 Adirondack Long Course District Chan			
Female 200 Fly										
1	3:01.68	L B	F Emily Lantry	15	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh			
Female 200 IM										
1	2:50.88	L BB	F Emily Lantry	15	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh			
Female 400 IM										
1	5:46.95	L A	F Angelina Domena	16	NTS AD	7/18/2014	2014 Adirondack Long Course District Chan			
Male 8 & Under 50 Free										
1	44.94	L	F Seth Braun	8	NTS AD	6/28/2014	NI Super Circuit - Syracuse 062814			
Male 8 & Under 100 Free										
1	1:35.58	L B	F Seth Braun	8	NTS AD	6/28/2014	NI Super Circuit - Syracuse 062814			
Male 8 & Under 50 Back										
1	54.54	L B	F Seth Braun	8	NTS AD	6/28/2014	NI Super Circuit - Syracuse 062814			
Male 9-10 50 Free										
1	32.88	L AA	F Seth Braun	10	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational			
Male 9-10 100 Free										
1	1:11.25	L AAA	F Seth Braun	10	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational			

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	Time	P/F/S	Name	Age/Yr					
Male 9-10 200 Free									
1	2:43.04 L AA	F	Seth Braun	10	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational		
Male 9-10 400 Free									
1	5:42.20 L AA	F	Seth Braun	10	NTS AD	6/25/2016	Chargers Distance Meet #2		
Male 9-10 50 Back									
1	45.37 L BB	F	Seth Braun	10	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational		
Male 9-10 100 Back									
1	1:41.64 L BB	F	Seth Braun	9	NTS AD	7/24/2015	2015 Adirondack Long Course District Chan		
Male 9-10 50 Breast									
1	46.18 L A	F	Seth Braun	10	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational		
Male 9-10 100 Breast									
1	1:41.33 L A	F	Seth Braun	10	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational		
Male 9-10 50 Fly									
1	45.12 L BB	F	Seth Braun	10	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational		
Male 9-10 200 IM									
1	3:07.67 L A	F	Seth Braun	10	NTS AD	6/11/2016	Clinton Cudas Colgate Classic Invitational		
Male 11-12 50 Free									
1	31.67 L A	F	Seth Braun	11	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh		
Male 11-12 100 Free									
1	1:09.18 L A	F	Seth Braun	11	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh		
Male 11-12 200 Free									
1	2:29.65 L A	F	Seth Braun	11	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh		
Male 11-12 400 Free									
1	5:12.19 L A	F	Seth Braun	11	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh		
Male 11-12 50 Back									
1	39.82 L BB	F	Seth Braun	11	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh		
Male 11-12 100 Back									
1	1:23.70 L BB	F	Seth Braun	11	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh		
Male 11-12 200 Back									
1	2:59.98 L BB	F	Seth Braun	11	NTS AD	6/30/2017	2017 Sharks Summer Invitational		
Male 11-12 50 Breast									
1	38.91 L AA	F	Leon Lufkin	12	NTS AD	6/27/2015	Niagara LSC Super Circuit - Syracuse		
Male 11-12 100 Breast									
1	1:25.13 L AA	F	Leon Lufkin	12	NTS AD	6/6/2015	Clinton Cudas Colgate Classic Invitational		
Male 11-12 200 Breast									
1	3:21.65 L BB	F	Seth Braun	11	NTS AD	6/30/2017	2017 Sharks Summer Invitational		
Male 11-12 50 Fly									
1	37.21 L BB	F	Leon Lufkin	12	NTS AD	7/18/2014	2014 Adirondack Long Course District Chan		
Male 11-12 100 Fly									
1	1:25.53 L BB	F	Seth Braun	11	NTS AD	6/30/2017	2017 Sharks Summer Invitational		
Male 11-12 200 IM									
1	2:54.09 L BB	F	Seth Braun	11	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh		
Male 13-14 50 Free									
1	28.10 L AA	F	Leon Lufkin	14	NTS AD	6/30/2017	2017 Sharks Summer Invitational		

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Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Male 13-14 100 Free								
1	1:03.32 L A	F	Leon Lufkin	14	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Male 13-14 200 Free								
1	2:21.51 L BB	F	Paul Braun	14	NTS AD	6/25/2016	Niagara LSC Super Circuit - Syracuse	
Male 13-14 400 Free								
1	5:29.29 L B	F	Paul Braun	13	NTS AD	6/27/2015	Chargers Distnace Meet	
Male 13-14 100 Back								
1	1:13.13 L BB	F	Leon Lufkin	14	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Male 13-14 200 Back								
1	2:42.23 L BB	F	Leon Lufkin	14	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Male 13-14 100 Breast								
1	1:16.35 L AA	F	Leon Lufkin	14	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Male 13-14 200 Breast								
1	2:52.06 L A	F	Leon Lufkin	14	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Male 13-14 100 Fly								
1	1:15.06 L BB	F	Leon Lufkin	14	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Male 13-14 200 IM								
1	2:37.89 L A	F	Leon Lufkin	14	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Male 13-14 400 IM								
1	5:51.73 L BB	F	Paul Braun	14	NTS AD	6/25/2016	Chargers Distance Meet #2	
Male 50 Free								
1	27.99 L BB	F	Paul Braun	15	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Male 100 Free								
1	1:00.14 L A	F	Paul Braun	15	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Male 200 Free								
1	2:15.39 L BB	F	Paul Braun	15	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Male 400 Free								
1	4:59.22 L BB	F	Paul Braun	15	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Male 100 Back								
1	1:08.00 L A	F	Paul Braun	15	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Male 200 Back								
1	2:30.31 L BB	F	Paul Braun	15	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	
Male 100 Breast								
1	1:23.63 L B	F	Paul Braun	15	NTS AD	6/30/2017	2017 Sharks Summer Invitational	
Male 200 Breast								
1	3:09.55 L B	F	Paul Braun	15	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Male 200 IM								
1	2:35.00 L BB	F	Paul Braun	15	NTS AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
Male 400 IM								
1	5:52.61 L B	F	Paul Braun	15	NTS AD	7/28/2017	2017 Adirondack Long Course Championsh	