

**Northern TRIBS Swimming**  
**Head Coach Josh Jock**

**Relay Top Times**

**Show Yards Only**

<b>Time</b>	<b>P/F/S</b>	<b>Relay</b>				
<b>Female 10&amp;U 100 Free Relay</b>						
1	1:02.80 Y	F	A Relay	NTS -AD	1/5/2018	2018 Starfish Trophy Invitational
	Sydney E. Rochefort (10)			Skyler G. Sanderson (10)	Lexi Stuntz (10)	Gretchen L. Braun (10)
<b>Female 10&amp;U 200 Free Relay</b>						
1	2:19.57 Y	F	A Relay	NTS -AD	3/8/2015	AD Gold Short Course Championships
	Sina C. Lufkin (10)			Gretchen L. Braun (7)	Mia E. Mousaw (10)	Katie E. McGrath (10)
<b>Female 10&amp;U 200 Medley Relay</b>						
1	2:38.29 Y	F	A Relay	NTS -AD	12/2/2017	North Country Invitational
	Gretchen L. Braun (10)			Sydney E. Rochefort (10)	Skyler G. Sanderson (10)	Gracen M. Parker (10)
<b>Female 12&amp;U 200 Medley Relay</b>						
1	2:18.69 Y	F	A Relay	NTS -AD	1/3/2015	Chris Goody IMX Challenge
	Isabella L. Jaskowski (12)			Sophia M. Silver (12)	Julia R. Domena (12)	Emily E. Lantry (12)
<b>Female 10&amp;U 400 Free Relay</b>						
1	5:07.07 Y	F	A Relay	NTS -AD	3/8/2015	AD Gold Short Course Championships
	Katie E. McGrath (10)			Gretchen L. Braun (7)	Mia E. Mousaw (10)	Sina C. Lufkin (10)
<b>Female 9-10 200 Free Relay</b>						
1	2:45.46 Y	F	A Relay	NTS -AD	3/7/2014	AD Silver Short Course Championships
	Katie E. McGrath (9)			Lindsay C. Martin (9)	Mia E. Mousaw (9)	Sina C. Lufkin (9)
<b>Female 9-10 200 Medley Relay</b>						
1	3:26.63 Y	F	A Relay	NTS -AD	3/7/2014	AD Silver Short Course Championships
	Katie E. McGrath (9)			Mia E. Mousaw (9)	Sina C. Lufkin (9)	Lindsay C. Martin (9)
<b>Female 11-12 200 Free Relay</b>						
1	2:10.71 Y	F	A Relay	NTS -AD	3/3/2017	SHEN AD Silver Short Course Championships
	Mia E. Mousaw (12)			Neely E. Henhawk (12)	Myah K. Myers (12)	Sina C. Lufkin (12)
<b>Female 11-12 200 Medley Relay</b>						
1	2:32.37 Y	F	A Relay	NTS -AD	3/3/2017	SHEN AD Silver Short Course Championships
	Neely E. Henhawk (12)			Mia E. Mousaw (12)	Sina C. Lufkin (12)	Myah K. Myers (12)
<b>Female 13-14 200 Medley Relay</b>						
1	2:27.44 Y	F	A Relay	NTS -AD	2/27/2015	AD Silver Short Course Championships
	Hannah J. Laneuville (14)			Emily E. Lantry (13)	Sophia M. Silver (13)	Breanna N. Anderson (14)
<b>Female 13-14 400 Free Relay</b>						
1	4:19.16 Y	F	A Relay	NTS -AD	2/26/2016	Adirondack Short Course Qualifier at Shen
	Claire F. Knowlton (13)			Sophia M. Silver (14)	Emily E. Lantry (14)	Caera S. Stone (13)
<b>Female 13&amp;O 200 Free Relay</b>						
1	1:51.14 Y	F	A Relay	NTS -AD	1/5/2018	2018 Starfish Trophy Invitational
	Sophia M. Silver (15)			Claire F. Knowlton (15)	Emily E. Lantry (15)	Hannah E. Braun (17)

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<b>Female 13&amp;O 200 Medley Relay</b>				
1	2:05.47 Y	F	A Relay	NTS -AD
	Emily E. Lantry (15)			Hannah E. Braun (17)
				1/5/2018 2018 Starfish Trophy Invitational
				Sophia M. Silver (15) Rachel M. Boyea (16)
<b>Female 13&amp;O 400 Free Relay</b>				
1	4:26.09 Y	F	A Relay	NTS -AD
	Emily Smith (15)			Teiawentathe Burns (14)
				2/27/2009 2009 AD Silver Short Course Championships
				Macy A. Sylvester (13) Emilie Norton (17)
<b>Female 15&amp;O 200 Medley Relay</b>				
1	2:02.07 Y	F	A Relay	NTS -AD
	Emily E. Lantry (15)			Hannah E. Braun (17)
				3/3/2017 SHEN AD Silver Short Course Championships
				Sophia M. Silver (15) Emma J. Dumas (15)
<b>Female 200 Free Relay</b>				
1	1:46.01 Y	F	A Relay	NTS -AD
	Mary E. Chisholm (16)			Sophia M. Silver (14)
				3/6/2016 Adirondack Short Course Championships
				Julia R. Domena (14) Angelina M. Domena (17)
<b>Female 200 Medley Relay</b>				
1	1:56.03 Y	F	A Relay	NTS -AD
	Isabella L. Jaskowski (14)			Hannah E. Braun (17)
				3/12/2017 Adirondack Gold Short Course Championships
				Julia R. Domena (15) Sophia M. Silver (15)
<b>Female 400 Free Relay</b>				
1	3:50.87 Y	F	A Relay	NTS -AD
	Julia R. Domena (15)			Isabella L. Jaskowski (14)
				3/12/2017 Adirondack Gold Short Course Championships
				Sophia M. Silver (15) Hannah E. Braun (17)
<b>Female 400 Medley Relay</b>				
1	4:38.93 Y	F	A Relay	NTS -AD
	Isabella L. Jaskowski (12)			Hannah E. Braun (15)
				3/8/2015 AD Gold Short Course Championships
				Julia R. Domena (13) Caera S. Stone (12)
<b>Male 12&amp;U 200 Medley Relay</b>				
1	2:28.73 Y	F	A Relay	NTS -AD
	Paul V. Braun (12)			Seth T. Braun (9)
				1/3/2015 Chris Goody IMX Challenge
				Leon J. Lufkin (12) Jacob A. Anderson (11)
<b>Male 11-12 200 Free Relay</b>				
1	2:23.53 Y	F	A Relay	NTS -AD
	Jacob A. Anderson (11)			Caleb A. Howell (11)
				2/21/2015 Cabin Fever Invitational
				Cooper K. Stuntz (12) Leon J. Lufkin (12)
<b>Male 11-12 200 Medley Relay</b>				
1	2:57.68 Y	F	A Relay	NTS -AD
	Miles A. Attemann (11)			Jayden G. Dostie (12)
				12/2/2017 North Country Invitational
				Seth T. Braun (12) Alexander J. Butler (12)
<b>Male 13&amp;O 200 Free Relay</b>				
1	1:57.17 Y	F	A Relay	NTS -AD
	Leon J. Lufkin (15)			Braden E. Whittaker (13)
				1/5/2018 2018 Starfish Trophy Invitational
				Cooper K. Stuntz (15) Paul V. Braun (15)
<b>Male 13&amp;O 200 Medley Relay</b>				
1	2:10.00 Y	F	A Relay	NTS -AD
	Paul V. Braun (15)			Cooper K. Stuntz (15)
				1/5/2018 2018 Starfish Trophy Invitational
				Leon J. Lufkin (15) Braden E. Whittaker (13)

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Time	P/F/S	Relay			
<b>Male 200 Free Relay</b>					
1	1:44.38 Y	F	A Relay	NTS -AD	3/6/2016 Adirondack Short Course Championships
	Paul V. Braun (14)			Jesse R. Braun (17)	Leon J. Lufkin (13) Seth T. Braun (10)
<b>Male 200 Medley Relay</b>					
1	1:52.00 Y	F	A Relay	NTS -AD	3/6/2016 Adirondack Short Course Championships
	Paul V. Braun (14)			Leon J. Lufkin (13)	Jesse R. Braun (17) Ben Sitts (17)
<b>Male 400 Free Relay</b>					
1	3:41.29 Y	F	A Relay	NTS -AD	3/12/2017 Adirondack Gold Short Course Championships
	Jesse R. Braun (18)			Paul V. Braun (15)	Leon J. Lufkin (14) Seth T. Braun (11)
<b>Mixed 8&amp;U 100 Free Relay</b>					
1	1:34.35 Y	F	A Relay	NTS -AD	5/21/2011 Turbine Invitational 2011
<b>Mixed 8&amp;U 100 Medley Relay</b>					
1	1:44.88 Y	F	A Relay	NTS -AD	5/21/2011 Turbine Invitational 2011
<b>Mixed 10&amp;U 100 Free Relay</b>					
1	1:16.51 Y	F	A Relay	NTS -AD	12/8/2012 North Country Holiday Meet 2012
	Caera S. Stone (10)				Cooper K. Stuntz (10)
<b>Mixed 10&amp;U 100 Medley Relay</b>					
1	1:50.15 Y	F	A Relay	NTS -AD	6/9/2012 Turbine Invitational 2012
<b>Mixed 8&amp;U 200 Free Relay</b>					
1	2:00.92 Y	F	A Relay	NTS -AD	12/11/2014 Pentathlon "Fun" Meet
	Amity L. Schoff (17)			Rachel M. Boyea (13)	Breanna N. Anderson (14) Jesse R. Braun (16)
<b>Mixed 10&amp;U 200 Free Relay</b>					
1	2:27.17 Y	F	A Relay	NTS -AD	5/21/2011 Turbine Invitational 2011
	Veronica Jung (0)			Jacob A. Anderson (8)	Lauren E. Martin (10) Julia R. Domena (9)
<b>Mixed 10&amp;U 200 Medley Relay</b>					
1	3:11.21 Y	F	A Relay	NTS -AD	5/21/2011 Turbine Invitational 2011
	Jacob A. Anderson (8)			Lauren E. Martin (10)	Julia R. Domena (9) Allaina M. Zellweger (11)
<b>Mixed 8&amp;U 400 Free Relay</b>					
1	7:59.11 Y	F	A Relay	NTS -AD	6/12/2015 Summer Series 2
	Riley M. Pratt (13)			Saadhika Dhaniyala (7)	Seth J. Hough (9) Sydney E. Rochefort (8)
<b>Mixed 5-12 200 Free Relay</b>					
1	x 2:14.30 Y	F	A Relay	NTS -AD	6/9/2012 Turbine Invitational 2012
					Martin S. Stone (12)

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<b>Mixed 5-12 200 Medley Relay</b>								
1	2:31.37 Y	F	A Relay	NTS -AD	6/9/2012	Turbine Invitational 2012	Jacob A. Anderson (9)	Allaina M. Zellweger (12)
<b>Mixed 9-10 200 Free Relay</b>								
1	3:23.15 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2	Leah A. Morgan (8)	Sina C. Lufkin (10)
							Seth T. Braun (9)	
<b>Mixed 9-10 400 Free Relay</b>								
1	5:49.15 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2	Gretchen L. Braun (7)	Sina C. Lufkin (10)
							Seth T. Braun (9)	Miles A. Attemann (8)
<b>Mixed 11-12 200 Free Relay</b>								
1	2:11.14 Y	F	A Relay	NTS -AD	12/19/2013	Intraclub Meet	Caera S. Stone (11)	Julia R. Domena (11)
							Isabella L. Jaskowski (11)	Emily E. Lantry (11)
<b>Mixed 11-12 200 Medley Relay</b>								
1	2:35.20 Y	F	A Relay	NTS -AD	5/21/2011	Turbine Invitational 2011	Laura E. Hartman (11)	Martin S. Stone (11)
							Angelina M. Domena (12)	Emma Kroll (12)
<b>Mixed 11-12 400 Free Relay</b>								
1	6:29.77 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2	Molly C. Witkop (12)	Jill Crites (11)
							Saanvi Dhaniyala (11)	Emily E. Healy (12)
<b>Mixed 13-14 200 Free Relay</b>								
1	2:06.44 Y	F	B Relay	NTS -AD	6/12/2015	Summer Series 2	Julia R. Domena (13)	Hannah J. Laneuville (14)
							Sophia M. Silver (13)	Emily E. Lantry (13)
<b>Mixed 13-14 400 Free Relay</b>								
1	4:47.70 Y	F	B Relay	NTS -AD	6/12/2015	Summer Series 2	Julia R. Domena (13)	Hannah J. Laneuville (14)
							Sophia M. Silver (13)	Emily E. Lantry (13)
<b>Mixed 13&amp;O 200 Free Relay</b>								
1	1:49.05 Y	F	B Relay	NTS -AD	12/12/2015	December Pentathlon	Hannah E. Braun (15)	Julia R. Domena (13)
							Angelina M. Domena (17)	Jesse R. Braun (17)
<b>Mixed 13&amp;O 200 Medley Relay</b>								
1	1:59.49 Y	F	A Relay	NTS -AD	12/2/2017	North Country Invitational	Hannah E. Braun (17)	Emily E. Lantry (15)
							Paul V. Braun (15)	Leon J. Lufkin (15)
<b>Mixed 13&amp;O 400 Free Relay</b>								
1	3:55.07 Y	F	A Relay	NTS -AD	12/2/2017	North Country Invitational	Hannah E. Braun (17)	Paul V. Braun (15)
							Emily E. Lantry (15)	Leon J. Lufkin (15)
<b>Mixed 15&amp;O 200 Free Relay</b>								
1	1:50.90 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2	Paul V. Braun (13)	Jesse R. Braun (17)
							Leon J. Lufkin (12)	Mark P. Dunkelberg (17)

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Time	P/F/S	Relay				
<b>Mixed 15&amp;O 400 Free Relay</b>						
1	4:09.67 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2
	Leon J. Lufkin (12)			Paul V. Braun (13)		Mark P. Dunkelberg (17)
						Jesse R. Braun (17)
<b>Mixed 200 Free Relay</b>						
1	1:57.25 Y	F	F Relay	NTS -AD	3/1/2014	Intraclub Meet
	Elle Oliver (15)			Sheyenne M. Hays (14)		Abigail J. Duffy (15)
						Martin S. Stone (14)
<b>Mixed 200 Medley Relay</b>						
1	2:16.65 Y	F	A Relay	NTS -AD	1/16/2015	January Fun Meet
	Emily E. Lantry (12)			Angelina M. Domena (16)		Abigail F. Bashaw (14)
						Leon J. Lufkin (12)