

Northern TRIBS Swimming
Head Coach Josh Jock

Relay Top Times

Show Yards Only

Time	P/F/S	Relay				
Female 10&U 100 Free Relay						
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)
Female 10&U 200 Free Relay						
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)
Female 10&U 200 Medley Relay						
1	2:28.42 Y	F	A Relay	NTS -AD	3/11/2018	Adirondack Gold Short Course Championships
			Gretchen L. Braun (10)	Sydney E. Rochefort (10)	Skyler G. Sanderson (10)	Lexi Stuntz (10)
Female 12&U 200 Medley Relay						
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)
Female 10&U 400 Free Relay						
1	4:57.56 Y	F	A Relay	NTS -AD	3/11/2018	Adirondack Gold Short Course Championships
			Sydney E. Rochefort (10)	Lexi Stuntz (10)	Skyler G. Sanderson (10)	Gretchen L. Braun (10)
Female 9-10 200 Free Relay						
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)
Female 9-10 200 Medley Relay						
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)
Female 11-12 200 Free Relay						
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)
Female 11-12 200 Medley Relay						
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)
Female 13-14 200 Medley Relay						
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)
Female 13-14 400 Free Relay						
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)
Female 13&O 200 Free Relay						
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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Female 13&O 200 Medley Relay					
1	2:05.47 Y	F	A Relay	NTS -AD	1/5/2018 2018 Starfish Trophy Invitational
	Emily E. Lantry (15)			Hannah E. Braun (17)	Sophia M. Silver (15) Rachel M. Boyea (16)
Female 13&O 400 Free Relay					
1	4:26.09 Y	F	A Relay	NTS -AD	2/27/2009 2009 AD Silver Short Course Championships
	Emily Smith (15)			Teiawentathe Burns (14)	Macy A. Sylvester (13) Emilie Norton (17)
Female 15&O 200 Medley Relay					
1	2:02.07 Y	F	A Relay	NTS -AD	3/3/2017 SHEN AD Silver Short Course Championships
	Emily E. Lantry (15)			Hannah E. Braun (17)	Sophia M. Silver (15) Emma J. Dumas (15)
Female 200 Free Relay					
1	1:46.01 Y	F	A Relay	NTS -AD	3/6/2016 Adirondack Short Course Championships
	Mary E. Chisholm (16)			Sophia M. Silver (14)	Julia R. Domena (14) Angelina M. Domena (17)
Female 200 Medley Relay					
1	1:56.03 Y	F	A Relay	NTS -AD	3/12/2017 Adirondack Gold Short Course Championships
	Isabella L. Jaskowski (14)			Hannah E. Braun (17)	Julia R. Domena (15) Sophia M. Silver (15)
Female 400 Free Relay					
1	3:50.87 Y	F	A Relay	NTS -AD	3/12/2017 Adirondack Gold Short Course Championships
	Julia R. Domena (15)			Isabella L. Jaskowski (14)	Sophia M. Silver (15) Hannah E. Braun (17)
Female 400 Medley Relay					
1	4:38.93 Y	F	A Relay	NTS -AD	3/8/2015 AD Gold Short Course Championships
	Isabella L. Jaskowski (12)			Hannah E. Braun (15)	Julia R. Domena (13) Caera S. Stone (12)
Male 12&U 200 Medley Relay					
1	2:28.73 Y	F	A Relay	NTS -AD	1/3/2015 Chris Goody IMX Challenge
	Paul V. Braun (12)			Seth T. Braun (9)	Leon J. Lufkin (12) Jacob A. Anderson (11)
Male 11-12 200 Free Relay					
1	2:23.53 Y	F	A Relay	NTS -AD	2/21/2015 Cabin Fever Invitational
	Jacob A. Anderson (11)			Caleb A. Howell (11)	Cooper K. Stuntz (12) Leon J. Lufkin (12)
Male 11-12 200 Medley Relay					
1	2:57.68 Y	F	A Relay	NTS -AD	12/2/2017 North Country Invitational
	Miles A. Attemann (11)			Jayden G. Dostie (12)	Seth T. Braun (12) Alexander J. Butler (12)
Male 13&O 200 Free Relay					
1	1:57.17 Y	F	A Relay	NTS -AD	1/5/2018 2018 Starfish Trophy Invitational
	Leon J. Lufkin (15)			Braden E. Whittaker (13)	Cooper K. Stuntz (15) Paul V. Braun (15)
Male 13&O 200 Medley Relay					
1	2:10.00 Y	F	A Relay	NTS -AD	1/5/2018 2018 Starfish Trophy Invitational
	Paul V. Braun (15)			Cooper K. Stuntz (15)	Leon J. Lufkin (15) Braden E. Whittaker (13)
Male 200 Free Relay					
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)

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Male 200 Medley Relay					
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)
Male 400 Free Relay					
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)
Mixed 8&U 100 Free Relay					
1	1:34.35 Y	F	A Relay	NTS -AD	5/21/2011 Turbine Invitational 2011
Mixed 8&U 100 Medley Relay					
1	1:44.88 Y	F	A Relay	NTS -AD	5/21/2011 Turbine Invitational 2011
Mixed 10&U 100 Free Relay					
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)
Mixed 10&U 100 Medley Relay					
1	1:50.15 Y	F	A Relay	NTS -AD	6/9/2012 Turbine Invitational 2012
Mixed 8&U 200 Free Relay					
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)
Mixed 10&U 200 Free Relay					
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)
Mixed 10&U 200 Medley Relay					
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)
Mixed 8&U 400 Free Relay					
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)
Mixed 5-12 200 Free Relay					
1	x 2:14.30 Y	F	A Relay	NTS -AD	6/9/2012 Turbine Invitational 2012
					Martin S. Stone (12)
Mixed 5-12 200 Medley Relay					
1	2:31.37 Y	F	A Relay	NTS -AD	6/9/2012 Turbine Invitational 2012
				Jacob A. Anderson (9)	Allaina M. Zellweger (12)
Mixed 9-10 200 Free Relay					
1	3:23.15 Y	F	A Relay	NTS -AD	6/12/2015 Summer Series 2
	Seth T. Braun (9)			Leah A. Morgan (8)	Haripriya Mahapatra (7) Sina C. Lufkin (10)

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

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