

Northern TRIBS Swimming
Head Coach Josh Jock

Individual Top Times

Show Yards Only

	Time	P/F/S	Name	Age/Yr				
Female 8 & Under 25 Free								
1	15.56	Y	F	Julia Domena	8	NTS AD	1/15/2011	Chris Goody 10&Under Mini-Meet
Female 8 & Under 50 Free								
1	32.98	Y	BB	F	Julia Domena	8	NTS AD	2/6/2011 Delmar Dolphins February Freeze Invitational
Female 8 & Under 100 Free								
1	1:14.83	Y	BB	F	Gretchen Braun	8	NTS AD	3/6/2016 Adirondack Short Course Championships
Female 8 & Under 200 Free								
1	2:43.57	Y	BB	F	Gretchen Braun	8	NTS AD	3/6/2016 Adirondack Short Course Championships
Female 8 & Under 500 Free								
1	7:32.06	Y	BB	F	Gretchen Braun	8	NTS AD	12/20/2015 Piranhas December Distance Invite
Female 8 & Under 2500 Free								
1	50:25.00	Y	F	Julia Braun	8	NTS AD	2/9/2019	2019 Swim-a-Thon
Female 8 & Under 25 Back								
1	19.16	Y	F	Gretchen Braun	8	NTS AD	2/26/2016	Adirondack Short Course Qualifier at Shen
Female 8 & Under 50 Back								
1	39.25	Y	BB	F	Gretchen Braun	8	NTS AD	3/6/2016 Adirondack Short Course Championships
Female 8 & Under 100 Back								
1	1:26.24	Y	BB	F	Gretchen Braun	8	NTS AD	3/6/2016 Adirondack Short Course Championships
Female 8 & Under 25 Breast								
1	22.16	Y	F	Sydney Rochefort	8	NTS AD	2/26/2016	Adirondack Short Course Qualifier at Shen
Female 8 & Under 50 Breast								
1	46.64	Y	BB	F	Gretchen Braun	8	NTS AD	3/6/2016 Adirondack Short Course Championships
Female 8 & Under 100 Breast								
1	1:37.85	Y	BB	F	Gretchen Braun	8	NTS AD	3/6/2016 Adirondack Short Course Championships
Female 8 & Under 25 Fly								
1	17.72	Y	F	Julia Domena	8	NTS AD	1/15/2011	Chris Goody 10&Under Mini-Meet
Female 8 & Under 50 Fly								
1	41.62	Y	BB	F	Gretchen Braun	8	NTS AD	2/6/2016 2016 Piranhas Pentathlon
Female 8 & Under 100 Fly								
1	1:41.78	Y	B	F	Gretchen Braun	8	NTS AD	1/16/2016 2016 Chris Goody IMX Challenge
Female 8 & Under 100 IM								
1	1:25.69	Y	BB	F	Gretchen Braun	8	NTS AD	3/6/2016 Adirondack Short Course Championships
Female 8 & Under 200 IM								
1	3:06.75	Y	BB	F	Gretchen Braun	8	NTS AD	1/16/2016 2016 Chris Goody IMX Challenge
Female 9-10 25 Free								
1	16.78	Y	F	Mia Mousaw	10	NTS AD	7/10/2014	Summer Series 3
Female 9-10 50 Free								
1	28.49	Y	AAA	F	Gretchen Braun	10	NTS AD	3/11/2018 Adirondack Gold Short Course Championsh
Female 9-10 100 Free								
1	1:00.74	Y	AAAA	F	Gretchen Braun	10	NTS AD	3/29/2018 2018 Eastern Zone SC Swimming Champio
Female 9-10 200 Free								
1	2:13.29	Y	AAAA	F	Gretchen Braun	10	NTS AD	3/29/2018 2018 Eastern Zone SC Swimming Champio
Female 9-10 500 Free								
1	5:53.15	Y	AAAA	F	Gretchen Braun	10	NTS AD	3/29/2018 2018 Eastern Zone SC Swimming Champio

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Female 9-10 2500 Free								
1	46:15.00 Y	F	Kaitlyn Redfern	9	NTS AD	2/9/2019	2019 Swim-a-Thon	
Female 9-10 5000 Free								
1	1:19.00 Y	F	Sina Lufkin	10	NTS AD	1/20/2015	2015 Swim-a-Thon	
Female 9-10 25 Back								
1	19.59 Y	F	*1 Kaylin Gotham	9	NTS AD	7/10/2014	Summer Series 3	
Female 9-10 50 Back								
1	31.65 Y AAA	F	Gretchen Braun	10	NTS AD	3/11/2018	Adirondack Gold Short Course Championsh	
Female 9-10 100 Back								
1	1:06.08 Y AAAA	F	Gretchen Braun	10	NTS AD	3/29/2018	2018 Eastern Zone SC Swimming Champio	
Female 9-10 200 Back								
1	2:58.71 Y	F	Sina Lufkin	10	NTS AD	1/3/2015	Chris Goody IMX Challenge	
Female 9-10 25 Breast								
1	30.00 Y	F	*1 Kaylin Gotham	9	NTS AD	9/15/2014	Time Trials	
Female 9-10 50 Breast								
1*	39.13 Y AA	F	Gretchen Braun	10	NTS AD	2/3/2018	Delmar Dolphins February Freeze Invitational	
1*	39.13 Y AA	F	Julia Domena	10	NTS AD	2/10/2013	2013 Piranhas Pentathlon	
Female 9-10 100 Breast								
1	1:22.03 Y AAA	F	Gretchen Braun	10	NTS AD	3/11/2018	Adirondack Gold Short Course Championsh	
Female 9-10 25 Fly								
1	22.50 Y	F	*1 Kaylin Gotham	9	NTS AD	9/15/2014	Time Trials	
Female 9-10 50 Fly								
1	33.23 Y AA	F	Julia Domena	10	NTS AD	1/27/2013	Thoroughbred Splash 2013	
Female 9-10 100 Fly								
1	1:25.06 Y BB	F	Gretchen Braun	10	NTS AD	12/2/2017	North Country Invitational	
Female 9-10 100 IM								
1	1:11.00 Y AAA	F	Gretchen Braun	10	NTS AD	3/29/2018	2018 Eastern Zone SC Swimming Champio	
Female 9-10 200 IM								
1	2:34.46 Y AAA	F	Gretchen Braun	10	NTS AD	3/11/2018	Adirondack Gold Short Course Championsh	
Female 11-12 25 Free								
1	15.12 Y	F	*1 Rylee Gotham	12	NTS AD	7/10/2014	Summer Series 3	
Female 11-12 50 Free								
1	26.91 Y AA	F	Julia Domena	12	NTS AD	3/9/2014	AD Gold Short Course Championships	
Female 11-12 100 Free								
1	58.23 Y AA	P	Julia Domena	12	NTS AD	3/9/2014	AD Gold Short Course Championships	
Female 11-12 200 Free								
1	2:04.43 Y AAA	F	Gretchen Braun	11	NTS AD	3/10/2019	Adirondack Gold Short Course Championsh	
Female 11-12 500 Free								
1	5:28.19 Y AAA	F	Gretchen Braun	11	NTS AD	3/10/2019	Adirondack Gold Short Course Championsh	
Female 11-12 1650 Free								
1	21:46.81 Y BB	F	Sina Lufkin	12	NTS AD	12/3/2016	North Country Invitational	
Female 11-12 2500 Free								
1	47:11.00 Y	F	Maya Thomas	12	NTS AD	2/10/2018	2018 Swim-a-Thon	
Female 11-12 5000 Free								
1	1:03:05.00 Y	F	Gretchen Braun	11	NTS AD	2/9/2019	2019 Swim-a-Thon	

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	Time	P/F/S	Name	Age/Yr			
Female 11-12 25 Back							
1	31.31 Y	F	Emily Healy	11	NTS AD	9/15/2014	Time Trials
Female 11-12 50 Back							
1	30.54 Y AA	P	Isabella Jaskowski	12	NTS AD	3/8/2015	AD Gold Short Course Championships
Female 11-12 100 Back							
1	1:03.30 Y AAA	F	Gretchen Braun	11	NTS AD	1/25/2019	2019 PV USA Swimming IM Xtreme Games
Female 11-12 200 Back							
1	2:18.86 Y AA	P	Gretchen Braun	11	NTS AD	4/3/2019	2019 Eastern Zone SC Swimming Champio
Female 11-12 25 Breast							
1	32.60 Y	F	*I Meredith Jones	11	NTS AD	11/6/2014	FUN MEET 11.6
Female 11-12 50 Breast							
1	35.15 Y AA	P	*I Laura Hartman	12	NTS AD	3/11/2012	AD Gold Short Course Championships
Female 11-12 100 Breast							
1	1:16.13 Y AA	F	Gretchen Braun	11	NTS AD	3/10/2019	Adirondack Gold Short Course Championsh
Female 11-12 200 Breast							
1	2:52.70 Y A	F	Gretchen Braun	11	NTS AD	12/8/2018	North Country Invitational
Female 11-12 25 Fly							
1	30.94 Y	F	*I Meredith Jones	11	NTS AD	11/6/2014	FUN MEET 11.6
Female 11-12 50 Fly							
1	29.97 Y AA	F	*I Elizabeth Dempsey	12	NTS AD	12/12/2009	Amsterdam Sea Rams Invitational
Female 11-12 100 Fly							
1	1:10.59 Y A	P	*I Elizabeth Dempsey	12	NTS AD	3/20/2009	AD Gold Short Course Championships
Female 11-12 200 Fly							
1	2:52.06 Y B	F	Sydney Rochefort	11	NTS AD	12/8/2018	North Country Invitational
Female 11-12 100 IM							
1	1:10.17 Y A	P	Sydney Rochefort	11	NTS AD	3/10/2019	Adirondack Gold Short Course Championsh
Female 11-12 200 IM							
1	2:23.02 Y AA	F	Gretchen Braun	11	NTS AD	3/10/2019	Adirondack Gold Short Course Championsh
Female 13-14 50 Free							
1	24.80 Y AAA	F	Julia Domena	14	NTS AD	2/5/2017	Delmar Dolphins February Freeze Invitational
Female 13-14 100 Free							
1	54.49 Y AAA	F	Julia Domena	14	NTS AD	2/5/2017	Delmar Dolphins February Freeze Invitational
Female 13-14 200 Free							
1	2:06.65 Y A	F	Julia Domena	14	NTS AD	12/3/2016	North Country Invitational
Female 13-14 500 Free							
1	5:44.65 Y A	F	Julia Domena	14	NTS AD	1/14/2017	2017 Chris Goody IMX Challenge
Female 13-14 1650 Free							
1	20:19.86 Y BB	F	Sina Lufkin	14	NTS AD	12/8/2018	North Country Invitational
Female 13-14 2500 Free							
1	53:38.00 Y	F	*I Grace McDonough	13	NTS AD	2/10/2018	2018 Swim-a-Thon
Female 13-14 5000 Free							
1	1:05:47.00 Y	F	Sina Lufkin	14	NTS AD	2/9/2019	2019 Swim-a-Thon
Female 13-14 50 Back							
1*	29.37 Y L	F	Isabella Jaskowski	14	NTS AD	3/12/2017	Adirondack Gold Short Course Championsh
1*	29.37 Y L	F	Isabella Jaskowski	14	NTS AD	3/12/2017	Adirondack Gold Short Course Championsh

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	Time	P/F/S	Name	Age/Yr				
Female 13-14 100 Back								
1	1:01.37 Y AA	P	Isabella Jaskowski	14	NTS AD	2/17/2017	2017 Region 1 Short Course Invitational	
Female 13-14 200 Back								
1	2:18.57 Y A	P	Isabella Jaskowski	14	NTS AD	2/17/2017	2017 Region 1 Short Course Invitational	
Female 13-14 50 Breast								
1	38.25 Y	F	Hannah Braun	14	NTS AD	9/15/2014	Time Trials	
Female 13-14 100 Breast								
1	1:14.38 Y A	P	Julia Domena	14	NTS AD	3/6/2016	Adirondack Short Course Championships	
Female 13-14 200 Breast								
1	2:44.22 Y A	F	Julia Domena	14	NTS AD	1/14/2017	2017 Chris Goody IMX Challenge	
Female 13-14 50 Fly								
1	32.12 Y	F	Hannah Braun	14	NTS AD	9/15/2014	Time Trials	
Female 13-14 100 Fly								
1	1:02.59 Y AA	F	Julia Domena	14	NTS AD	1/6/2017	2017 Starfish Trophy Invitational	
Female 13-14 200 Fly								
1	2:36.49 Y BB	F	Emily Lantry	14	NTS AD	1/14/2017	2017 Chris Goody IMX Challenge	
Female 13-14 100 IM								
1	1:12.84 Y	F	Julia Domena	13	NTS AD	6/12/2015	Summer Series 2	
Female 13-14 200 IM								
1	2:17.65 Y AA	F	Julia Domena	14	NTS AD	1/6/2017	2017 Starfish Trophy Invitational	
Female 13-14 400 IM								
1	5:08.40 Y A	F	Julia Domena	14	NTS AD	1/14/2017	2017 Chris Goody IMX Challenge	
Female 50 Free								
1	24.54 Y AAA	F	Julia Domena	15	NTS AD	3/12/2017	Adirondack Gold Short Course Championsh	
Female 100 Free								
1	54.07 Y AAA	P	Julia Domena	15	NTS AD	2/17/2017	2017 Region 1 Short Course Invitational	
Female 200 Free								
1	2:00.79 Y AA	P	Angelina Domena	15	NTS AD	3/9/2014	AD Gold Short Course Championships	
Female 500 Free								
1	5:28.58 Y AA	F	Angelina Domena	16	NTS AD	10/22/2014	Time Trials 2	
Female 1000 Free								
1	13:03.28 Y	G *I	Kelsey Rimmer		NTS AD		GOAL	
Female 1650 Free								
1	19:36.65 Y A	F	Emily Lantry	16	NTS AD	12/8/2018	North Country Invitational	
Female 5000 Free								
1	1:01:19.00 Y	F	Emily Lantry	17	NTS AD	2/9/2019	2019 Swim-a-Thon	
Female 50 Back								
1*	30.04 Y L	F	Emily Lantry	16	NTS AD	3/11/2018	Adirondack Gold Short Course Championsh	
1*	30.04 Y L	F	Emily Lantry	16	NTS AD	3/11/2018	Adirondack Gold Short Course Championsh	
Female 100 Back								
1	1:00.90 Y AA	P	Julia Domena	15	NTS AD	3/12/2017	Adirondack Gold Short Course Championsh	
Female 200 Back								
1	2:14.83 Y A	P	Emily Lantry	17	NTS AD	3/10/2019	Adirondack Gold Short Course Championsh	
Female 50 Breast								
1	36.23 Y	F	Hannah Braun	15	NTS AD	6/12/2015	Summer Series 2	

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	Time	P/F/S	Name	Age/Yr				
Female 100 Breast								
1	1:09.50 Y AA	P	Hannah Braun	18	NTS AD	2/16/2018	2018 Region 1 Short Course Invitational	
Female 200 Breast								
1	2:32.89 Y A	F	Hannah Braun	17	NTS AD	3/12/2017	Adirondack Gold Short Course Championsh	
Female 50 Fly								
1	30.41 Y	F	Angelina Domena	15	NTS AD	5/24/2014	Summer Series	
Female 100 Fly								
1	1:01.11 Y AA	F	Julia Domena	15	NTS AD	3/12/2017	Adirondack Gold Short Course Championsh	
Female 200 Fly								
1	2:31.20 Y BB	F	Emily Lantry	16	NTS AD	1/4/2019	2019 Starfish Trophy Invitational	
Female 100 IM								
1	1:08.28 Y	F	Angelina Domena	15	NTS AD	5/24/2014	Summer Series	
Female 200 IM								
1	x2:12.45 Y AA	F	Angelina Domena	17	NTS AD	12/12/2015	December Pentathlon	
Female 400 IM								
1*	5:09.25 Y BB	F	Emily Lantry	15	NTS AD	3/3/2017	AD Silver Short Course Championships at S	
1	5:09.25 Y BB	F	Emily Lantry	15	NTS AD	3/3/2017	SHEN AD Silver Short Course Championshi	