

**Northern TRIBS Swimming**  
**Head Coach Joshua Jock**

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**Individual Meet Results**

**Adirondack Gold Short Course Championships 11-Mar-18 to 18-Mar-18 Yards**

**Location: Robison Pool, RPI, Troy, NY**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Braun, Gretchen (10) F</b>					
6:00.22Y	F # 1	Female 10 & Under 500 Free	NTS-AD	1	20
	31.57	1:07.88 1:44.50 2:21.97 2:59.36 3:36.14 4:13.29 4:50.36			-12
	(31.57)	(36.31) (36.62) (37.47) (37.39) (36.78) (37.15) (37.07)			
	5:26.71	6:00.22			
	(36.35)	(33.51)			
28.49Y	F # 31	Female 10 & Under 50 Free	NTS-AD	1	20
1:22.03Y	F # 35	Female 10 & Under 100 Breast	NTS-AD	1	20
	39.14	1:22.03			-4
	(39.14)	(42.89)			
2:14.16Y	F # 43	Female 10 & Under 200 Free	NTS-AD	1	20
	31.26	1:06.72 1:41.97 2:14.16			-6
	(31.26)	(35.46) (35.25) (32.19)			
31.65Y	F # 73	Female 10 & Under 50 Back	NTS-AD	1	20
1:01.30Y	F # 77	Female 10 & Under 100 Free	NTS-AD	1	20
	29.17	1:01.30			-3
	(29.17)	(32.13)			
2:34.46Y	F # 85	Female 10 & Under 200 IM	NTS-AD	1	20
	35.54	1:15.22 2:00.28 2:34.46			-7
	(35.54)	(39.68) (45.06) (34.18)			
32.48Y	F # 89	200 Medley Relay Lead Off	NTS-AD	---	---
1:11.43Y	F # 115	Female 10 & Under 100 IM	NTS-AD	1	20
	33.09	1:11.43			-2
	(33.09)	(38.34)			
1:10.13Y	F # 123	Female 10 & Under 100 Back	NTS-AD	1	20
	34.06	1:10.13			-3
	(34.06)	(36.07)			

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<b>Braun, Hannah (18) F</b>							
1:10.65Y	P # 15	Female 100 Breast		NTS-AD	12	---	1
	32.89	1:10.65					
	(32.89)	(37.76)					
1:11.34Y	F # 15	Female 100 Breast		NTS-AD	14	3	2
	33.32	1:11.34					
	(33.32)	(38.02)					
1:09.82Y	P # 19	Female 100 Fly		NTS-AD	46	---	5
	33.36	1:09.82					
	(33.36)	(36.46)					
1:08.92Y	P # 53	Female 100 Back		NTS-AD	57	---	5
	32.57	1:08.92					
	(32.57)	(36.35)					
NS	P # 57	Female 100 Free		NTS-AD	---	---	---
2:41.37Y	P # 61	Female 200 Breast		NTS-AD	28	---	8
	35.41	1:15.46 1:58.30 2:41.37					
	(35.41)	(40.05) (42.84) (43.07)					
26.53Y	P # 95	Female 50 Free		NTS-AD	46	---	0
2:24.87Y	P # 103	Female 200 IM		NTS-AD	45	---	2
	31.98	1:08.53 1:50.75 2:24.87					
	(31.98)	(36.55) (42.22) (34.12)					

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Time	F/P/S	Event	Place	Points	Improv
<b>Braun, Paul (16) M</b>					
1:52.11Y	P # 12	Male 200 Free	NTS-AD	32	---
	25.78	54.68 1:24.25			1:52.11
	(25.78)	(28.90) (29.57)			(27.86)
56.95Y	F # 54	Male 100 Back	NTS-AD	14	3
	28.15	56.95			
	(28.15)	(28.80)			
57.02Y	P # 54	Male 100 Back	NTS-AD	17	---
	28.38	57.02			
	(28.38)	(28.64)			
50.31Y	F # 58	Male 100 Free	NTS-AD	19	---
	24.14	50.31			
	(24.14)	(26.17)			
50.72Y	P # 58	Male 100 Free	NTS-AD	18	---
	24.62	50.72			
	(24.62)	(26.10)			
5:07.16Y	F # 66	Male 500 Free	NTS-AD	24	---
	26.84	57.04 1:28.60			2:00.52
	(26.84)	(30.20) (31.56)			(31.92)
	4:38.73	5:07.16			2:31.83 3:04.17
	(31.06)	(28.43)			(31.31) (32.34) 3:35.95 4:07.67
					(31.78) (31.72)
23.55Y	P # 96	Male 50 Free	NTS-AD	29	---
2:03.44Y	F # 100	Male 200 Back	NTS-AD	13	4
	29.01	1:00.36 1:33.00			2:03.44
	(29.01)	(31.35) (32.64)			(30.44)
2:05.50Y	P # 100	Male 200 Back	NTS-AD	16	---
	30.07	1:02.45 1:35.12			2:05.50
	(30.07)	(32.38) (32.67)			(30.38)

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Time	F/P/S	Event	Place	Points	Improv
<b>Braun, Seth (12) M</b>					
5:32.73Y	F # 4	Male 11-12 500 Free	NTS-AD	1	20
	29.93	1:03.39 1:37.30 2:11.89 2:46.37 3:19.77 3:53.93 4:27.94			-14
	(29.93)	(33.46) (33.91) (34.59) (34.48) (33.40) (34.16) (34.01)			
	5:00.88	5:32.73			
	(32.94)	(31.85)			
34.56Y	F # 34	Male 11-12 50 Breast	NTS-AD	3	16
35.48Y	P # 34	Male 11-12 50 Breast	NTS-AD	4	---
26.72Y	F # 42	Male 11-12 50 Free	NTS-AD	3	16
27.15Y	P # 42	Male 11-12 50 Free	NTS-AD	4	---
2:07.39Y	F # 46	Male 11-12 200 Free	NTS-AD	3	16
	28.69	1:01.66 1:35.51 2:07.39			
	(28.69)	(32.97) (33.85) (31.88)			
2:09.34Y	P # 46	Male 11-12 200 Free	NTS-AD	4	---
	27.85	1:00.45 1:35.78 2:09.34			
	(27.85)	(32.60) (35.33) (33.56)			
1:13.88Y	F # 76	Male 11-12 100 Breast	NTS-AD	2	17
	34.62	1:13.88			
	(34.62)	(39.26)			
1:14.49Y	P # 76	Male 11-12 100 Breast	NTS-AD	3	---
	34.94	1:14.49			
	(34.94)	(39.55)			
56.62Y	F # 80	Male 11-12 100 Free	NTS-AD	2	17
	27.38	56.62			
	(27.38)	(29.24)			
57.25Y	P # 80	Male 11-12 100 Free	NTS-AD	2	---
	27.49	57.25			
	(27.49)	(29.76)			
1:06.09Y	F # 88	Male 11-12 100 IM	NTS-AD	2	17
	30.33	1:06.09			
	(30.33)	(35.76)			
1:07.47Y	P # 88	Male 11-12 100 IM	NTS-AD	4	---
	30.91	1:07.47			
	(30.91)	(36.56)			
2:43.33Y	F # 114	Male 11-12 200 Breast	NTS-AD	2	17
	35.84	1:18.82 2:02.59 2:43.33			
	(35.84)	(42.98) (43.77) (40.74)			
2:22.48Y	F # 122	Male 11-12 200 IM	NTS-AD	3	16
	31.83	1:07.81 1:50.36 2:22.48			
	(31.83)	(35.98) (42.55) (32.12)			
2:23.01Y	P # 122	Male 11-12 200 IM	NTS-AD	3	---
	32.45	1:08.27 1:50.07 2:23.01			
	(32.45)	(35.82) (41.80) (32.94)			

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<b>Dumas, Emma (16) F</b>					
1:15.35Y	P # 15	Female 100 Breast	NTS-AD	37	---
	36.64	1:15.35			1
	(36.64)	(38.71)			
2:47.27Y	P # 61	Female 200 Breast	NTS-AD	38	---
	37.29	1:19.36 2:03.43 2:47.27			1
	(37.29)	(42.07) (44.07) (43.84)			
<b>Lantry, Emily (16) F</b>					
1:04.40Y	P # 53	Female 100 Back	NTS-AD	38	---
	31.38	1:04.40			-1
	(31.38)	(33.02)			
58.60Y	P # 57	Female 100 Free	NTS-AD	60	---
	28.14	58.60			0
	(28.14)	(30.46)			
30.04Y	F # 69	200 Medley Relay Lead Off	NTS-AD	---	---
2:17.35Y	P # 99	Female 200 Back	NTS-AD	28	---
	32.60	1:07.69 1:43.19 2:17.35			-3
	(32.60)	(35.09) (35.50) (34.16)			
<b>Lufkin, Leon (15) M</b>					
NS	P # 96	Male 50 Free	NTS-AD	---	---
<b>Lufkin, Sina (13) F</b>					
1:09.65Y	P # 51	Female 13-14 100 Back	NTS-AD	38	---
	34.03	1:09.65			0
	(34.03)	(35.62)			
28.63Y	P # 93	Female 13-14 50 Free	NTS-AD	52	---
2:28.02Y	P # 97	Female 13-14 200 Back	NTS-AD	26	---
	35.28	1:12.57 1:51.10 2:28.02			1
	(35.28)	(37.29) (38.53) (36.92)			0

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<b>Rochefort, Sydney (10) F</b>					
6:51.97Y	F # 1	Female 10 & Under 500 Free	NTS-AD	5	14
	34.74	1:15.34 1:58.31 2:41.18 3:23.37 4:05.57 4:47.76 5:30.77			-17
	(34.74)	(40.60) (42.97) (42.87) (42.19) (42.20) (42.19) (43.01)			
	6:12.84	6:51.97			
	(42.07)	(39.13)			
31.10Y	F # 31	Female 10 & Under 50 Free	NTS-AD	7	12
1:23.98Y	F # 35	Female 10 & Under 100 Breast	NTS-AD	2	17
	40.23	1:23.98			-5
	(40.23)	(43.75)			
2:38.36Y	F # 43	Female 10 & Under 200 Free	NTS-AD	9	9
	34.56	1:15.31 1:57.48 2:38.36			3
	(34.56)	(40.75) (42.17) (40.88)			
1:13.94Y	F # 47	400 Free Relay Lead Off	NTS-AD	---	---
	33.80				3
	(33.80)				
1:10.31Y	F # 77	Female 10 & Under 100 Free	NTS-AD	8	11
	33.13	1:10.31			-1
	(33.13)	(37.18)			
39.30Y	F # 81	Female 10 & Under 50 Breast	NTS-AD	1	20
2:47.19Y	F # 85	Female 10 & Under 200 IM	NTS-AD	2	17
	39.91	1:23.05 2:09.16 2:47.19			-6
	(39.91)	(43.14) (46.11) (38.03)			
1:15.38Y	F # 115	Female 10 & Under 100 IM	NTS-AD	2	17
	36.64	1:15.38			-4
	(36.64)	(38.74)			
1:19.41Y	F # 123	Female 10 & Under 100 Back	NTS-AD	5	14
	38.96	1:19.41			-2
	(38.96)	(40.45)			

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Time	F/P/S	Event	Place	Points	Improv	
<b>Sanderson, Skyler (10) F</b>						
6:51.85Y	F # 1	Female 10 & Under 500 Free	NTS-AD	4	15	-23
	35.20	1:15.89 1:56.16 2:38.15 3:20.91 4:04.09 4:45.98 5:28.91				
	(35.20)	(40.69) (40.27) (41.99) (42.76) (43.18) (41.89) (42.93)				
	6:12.03	6:51.85				
	(43.12)	(39.82)				
32.94Y	F # 31	Female 10 & Under 50 Free	NTS-AD	18	---	-2
1:35.53Y	F # 35	Female 10 & Under 100 Breast	NTS-AD	9	9	-6
	46.84	1:35.53				
	(46.84)	(48.69)				
2:36.15Y	F # 43	Female 10 & Under 200 Free	NTS-AD	7	12	-9
	35.88	1:15.89 1:57.19 2:36.15				
	(35.88)	(40.01) (41.30) (38.96)				
1:12.00Y	F # 77	Female 10 & Under 100 Free	NTS-AD	13	4	-3
	34.81	1:12.00				
	(34.81)	(37.19)				
44.35Y DQ	F # 81	Female 10 & Under 50 Breast	NTS-AD	---	---	---
2:56.77Y	F # 85	Female 10 & Under 200 IM	NTS-AD	5	14	-7
	42.12	1:28.36 2:18.61 2:56.77				
	(42.12)	(46.24) (50.25) (38.16)				
1:21.81Y	F # 115	Female 10 & Under 100 IM	NTS-AD	10	7	-6
	38.47	1:21.81				
	(38.47)	(43.34)				
1:22.33Y	F # 123	Female 10 & Under 100 Back	NTS-AD	10	7	-5
	40.54	1:22.33				
	(40.54)	(41.79)				
<b>Silver, Sophia (16) F</b>						
57.51Y	P # 57	Female 100 Free	NTS-AD	45	---	-1
	27.69	57.51				
	(27.69)	(29.82)				
25.97Y	P # 95	Female 50 Free	NTS-AD	26	---	-1
26.40Y	F # 111	200 Free Relay Lead Off	NTS-AD	---	---	-1
<b>Stuntz, Alexis (10) F</b>						
1:32.60Y	F # 35	Female 10 & Under 100 Breast	NTS-AD	7	12	-7
	44.06	1:32.60				
	(44.06)	(48.54)				
37.70Y	F # 73	Female 10 & Under 50 Back	NTS-AD	11	6	-4
44.38Y	F # 81	Female 10 & Under 50 Breast	NTS-AD	13	4	-1