

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	32.69	L AAA F	Gretchen Braun	10	NTS AD	7/20/2018	2018 Adirondack Long Course Championsh	
Female 9-10 100 Free								
1	1:09.37	L AAAA F	Gretchen Braun	10	NTS AD	7/20/2018	2018 Adirondack Long Course Championsh	
Female 9-10 200 Free								
1	2:27.36	L AAAA F	Gretchen Braun	10	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship	
Female 9-10 400 Free								
1	5:10.75	L AAAA F	Gretchen Braun	10	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship	
Female 9-10 50 Back								
1	38.12	L AAA F	Gretchen Braun	10	NTS AD	6/9/2018	Clinton Cudas Colgate Classic Invitational	
Female 9-10 100 Back								
1	1:15.83	L AAAA F	Gretchen Braun	10	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship	
Female 9-10 200 Back								
1	2:51.05	L F	Gretchen Braun	10	NTS AD	7/6/2018	2018 Sharks Summer Invite	
Female 9-10 50 Breast								
1	43.21	L AA F	Gretchen Braun	10	NTS AD	7/20/2018	2018 Adirondack Long Course Championsh	
Female 9-10 100 Breast								
1	1:30.45	L AAAA F	Gretchen Braun	10	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship	
Female 9-10 200 Breast								
1	3:24.38	L F	Gretchen Braun	10	NTS AD	7/6/2018	2018 Sharks Summer Invite	
Female 9-10 50 Fly								
1	44.78	L BB F	Skyler Sanderson	10	NTS AD	7/20/2018	2018 Adirondack Long Course Championsh	
Female 9-10 100 Fly								
1	1:35.68	L A F	Gretchen Braun	10	NTS AD	6/9/2018	Clinton Cudas Colgate Classic Invitational	

Northern TRIBS Swimming
Head Coach Josh Jock

Individual Top Times

Show Long Course Only

Time	P/F/S	Name	Age/Yr				
Female 9-10 200 Fly							
1 3:38.14 L	F	Gretchen Braun	10	NTS AD	7/6/2018	2018 Sharks Summer Invite	
Female 9-10 200 IM							
1 2:54.61 L AAA	F	Gretchen Braun	10	NTS AD	6/9/2018	Clinton Cudas Colgate Classic Invitational	
Female 11-12 50 Free							
1 30.88 L AA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
Female 11-12 100 Free							
1 1:05.65 L AAA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
Female 11-12 200 Free							
1 2:21.61 L AAA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
Female 11-12 400 Free							
1 4:59.81 L AAA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 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 34.71 L AAA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
Female 11-12 100 Back							
1 1:13.16 L AAA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
Female 11-12 200 Back							
1 2:38.32 L AAA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
Female 11-12 50 Breast							
1 42.72 L BB	F	Sydney Rochefort	12	NTS AD	6/8/2019	Clinton Cudas Colgate Classic Invitational	
Female 11-12 100 Breast							
1 1:27.20 L AA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
Female 11-12 200 Breast							
1 3:14.96 L A	F	Sydney Rochefort	12	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
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 1:21.63 L BB	F	Sydney Rochefort	12	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
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 2:42.45 L AA	F	Gretchen Braun	11	NTS AD	7/26/2019	2019 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 1:19.15 L BB	F	Sina Lufkin	14	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	

Northern TRIBS Swimming
Head Coach Josh Jock

Individual Top Times

Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Female 13-14 200 Back								
1	2:46.75	L BB	F Sina Lufkin	14	NTS AD	6/8/2019	Clinton Cudas Colgate Classic Invitational	
Female 13-14 100 Breast								
1	1:31.75	L BB	F *1 Laura Hartman	13	NTS AD	6/8/2013	Clinton Cudas Colgate Classic Invitational	
Female 13-14 200 Breast								
1	3:21.64	L BB	F Sina Lufkin	14	NTS AD	7/26/2019	2019 Adirondack Long Course Championsh	
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 *1 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	1:15.24	L A	F Emily Lantry	16	NTS AD	7/20/2018	2018 Adirondack Long Course Championsh	
Female 200 Back								
1	2:39.27	L A	F Emily Lantry	16	NTS AD	7/20/2018	2018 Adirondack Long Course Championsh	
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	

Northern TRIBS Swimming
Head Coach Josh Jock

Individual Top Times

Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
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		
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	30.14 L AA	F	Seth Braun	12	NTS AD	6/9/2018	Clinton Cudas Colgate Classic Invitational		
Male 11-12 100 Free									
1	1:04.27 L AA	P	Seth Braun	12	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship		
Male 11-12 200 Free									
1	2:18.98 L AAA	P	Seth Braun	12	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship		
Male 11-12 400 Free									
1	4:49.16 L AAA	F	Seth Braun	12	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship		
Male 11-12 50 Back									
1	35.15 L AA	F	Seth Braun	12	NTS AD	7/6/2018	2018 Sharks Summer Invite		
Male 11-12 100 Back									
1	1:16.32 L AA	F	Seth Braun	12	NTS AD	6/9/2018	Clinton Cudas Colgate Classic Invitational		
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	37.59 L AAA	P	Seth Braun	12	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship		
Male 11-12 100 Breast									
1	1:24.46 L AA	P	Seth Braun	12	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship		
Male 11-12 200 Breast									
1	3:05.93 L A	P	Seth Braun	12	NTS AD	8/8/2018	2018 VA Eastern Zone LC Championship		
Male 11-12 50 Fly									
1	35.12 L A	F	Seth Braun	12	NTS AD	5/19/2018	2018 Niagara LC Super Circuit #3 @WEBS		
Male 11-12 100 Fly									
1	1:20.80 L BB	F	Seth Braun	12	NTS AD	6/9/2018	Clinton Cudas Colgate Classic Invitational		
Male 11-12 200 IM									
1	2:43.22 L AA	F	Seth Braun	12	NTS AD	6/9/2018	Clinton Cudas Colgate Classic Invitational		

Northern TRIBS Swimming
Head Coach Josh Jock

Individual Top Times

Show Long Course Only

Time	P/F/S	Name	Age/Yr		
Male 13-14 50 Free					
1 27.33 L AA	F	Seth Braun	13	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 13-14 100 Free					
1 58.75 L AAA	F	Seth Braun	13	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 13-14 200 Free					
1 2:11.36 L AA	F	Seth Braun	13	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 13-14 400 Free					
1 4:37.38 L AA	F	Seth Braun	13	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 13-14 1500 Free					
1 18:52.15 L AA	F	Seth Braun	13	NTS AD	7/5/2019 2019 Sharks Summer Invite
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 2:35.58 L A	F	Seth Braun	13	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
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 1:11.45 L BB	F	Seth Braun	13	NTS AD	6/8/2019 Clinton Cudas Colgate Classic Invitational
Male 13-14 200 Fly					
1 2:51.04 L B	F	Seth Braun	13	NTS AD	6/8/2019 Clinton Cudas Colgate Classic Invitational
Male 13-14 200 IM					
1 2:32.34 L A	F	Seth Braun	13	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 13-14 400 IM					
1 5:18.03 L AA	F	Seth Braun	13	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 50 Free					
1 26.31 L AA	F	Paul Braun	17	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 100 Free					
1 57.21 L AA	P	Paul Braun	16	NTS AD	8/8/2018 2018 VA Eastern Zone LC Championship
Male 200 Free					
1 2:07.81 L AA	P	Paul Braun	16	NTS AD	8/8/2018 2018 VA Eastern Zone LC Championship
Male 400 Free					
1 4:32.52 L AA	P	Paul Braun	16	NTS AD	8/8/2018 2018 VA Eastern Zone LC Championship
Male 1500 Free					
1 18:45.75 L A	F	Paul Braun	17	NTS AD	7/5/2019 2019 Sharks Summer Invite
Male 100 Back					
1 1:04.52 L AA	P	Paul Braun	16	NTS AD	8/8/2018 2018 VA Eastern Zone LC Championship
Male 200 Back					
1 2:19.47 L AA	F	Paul Braun	17	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 100 Breast					
1 1:14.09 L A	F	Leon Lufkin	17	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 200 Breast					
1 2:49.06 L BB	F	Leon Lufkin	17	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh

Northern TRIBS Swimming
Head Coach Josh Jock

Individual Top Times

Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
Male 100 Fly						
1	1:10.91 L B	F	Leon Lufkin	17	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 200 Fly						
1	3:04.23 L	F	Leon Lufkin	15	NTS AD	6/9/2018 Clinton Cudas Colgate Classic Invitational
Male 200 IM						
1	2:24.81 L A	F	Paul Braun	17	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh
Male 400 IM						
1	5:20.92 L BB	F	Paul Braun	17	NTS AD	7/26/2019 2019 Adirondack Long Course Championsh