

Northern TRIBS Swimming
Head Coach Josh Jock

Relay Top Times

Show Long Course Only

Time	P/F/S	Relay					
Female 12&U 200 Free Relay							
1	2:20.38 L	F	A Relay	NTS -AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
	Sina C. Lufkin (12)			Sydney E. Rochefort (10)	Gretchen L. Braun (9)	Katie E. McGrath (12)	
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Female 12&U 200 Medley Relay							
1	2:38.92 L	F	A Relay	NTS -AD	6/10/2017	Clinton Cudas Colgate Classic Invitational	
	Gretchen L. Braun (9)			Sydney E. Rochefort (10)	Katie E. McGrath (12)	Sina C. Lufkin (12)	
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Female 11-12 200 Free Relay							
1	2:22.16 L	F	A Relay	NTS -AD	7/26/2019	2019 Adirondack Long Course Championships	
	Sydney E. Rochefort (12)			Hailey M. Thompson (12)	Skyler G. Sanderson (11)	Gretchen L. Braun (11)	
Female 11-12 200 Medley Relay							
1	2:39.06 L	F	A Relay	NTS -AD	7/26/2019	2019 Adirondack Long Course Championships	
	Gretchen L. Braun (11)			Hailey M. Thompson (12)	Sydney E. Rochefort (12)	Skyler G. Sanderson (11)	
Female 11-12 400 Free Relay							
1	5:19.33 L	F	A Relay	NTS -AD	7/26/2019	2019 Adirondack Long Course Championships	
	Sydney E. Rochefort (12)			Hailey M. Thompson (12)	Skyler G. Sanderson (11)	Gretchen L. Braun (11)	
Female 200 Medley Relay							
1	2:31.29 L	F	A Relay	NTS -AD	6/9/2018	Clinton Cudas Colgate Classic Invitational	
	Sina C. Lufkin (13)			Emma J. Dumas (16)	Sophia M. Silver (16)	Gretchen L. Braun (10)	
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Male 12&U 200 Free Relay							
1	2:56.88 L	F	A Relay	NTS -AD	6/9/2018	Clinton Cudas Colgate Classic Invitational	
	Seth T. Braun (12)			Oliver M. Martin (11)	Daniel F. Armendariz-Huang (11)	Mathew J. Wimmer (11)	
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