

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

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**Relay Results**

**Adirondack Gold Short Course Championships 10-Mar-22 to 13-Mar-22 Yards**

**Event # 25 Female 13-14 400 Free**

4:00.66Y F	Northern TRIBS Swimming				NTFS AD	4	30
Braun, Gretchen (14)	Redfern, Kaitlyn (13)				Rochefort, Sydney (14)	Stuntz, Alexis (14)	
25.68 (25.68)	53.64 (53.64)	1:23.03 (29.39)	1:55.40 (1:01.76)	4:00.66 (1:00.79)			
2:25.63 (30.23)	2:59.87 (1:04.47)	3:28.65 (28.78)					

**Event # 67 Female 13-14 200 Medley**

2:02.19Y F	Northern TRIBS Swimming				NTFS AD	3	32
Braun, Gretchen (14)	Rochefort, Sydney (14)				Redfern, Kaitlyn (13)	Stuntz, Alexis (14)	
27.82 (27.82)	1:03.58 (35.76)	1:33.78 (30.20)	2:02.19 (28.41)				

**Event #109 Female 13-14 200 Free**

1:49.54Y F	Northern TRIBS Swimming				NTFS AD	3	32
Braun, Gretchen (14)	Stuntz, Alexis (14)				Redfern, Kaitlyn (13)	Rochefort, Sydney (14)	
24.89 (24.89)	53.23 (28.34)	1:21.13 (27.90)	1:49.54 (28.41)				