

Northern TRIBS Swimming
Head Coach Josh Jock

Relay Top Times

Show Yards Only

Time	P/F/S	Relay						
Female 10&U 100 Free Relay								
1	1:02.80 Y	F	A Relay	NTS -AD	1/5/2018	2018 Starfish Trophy Invitational		
	Sydney E. Rochefort (10)			Skyler G. Sanderson (10)		Lexi Stuntz (10)	Gretchen L. Braun (10)	
	30.80 (30.80)		1:02.80	(32.00)				
Female 10&U 100 Medley Relay								
1	1:24.12 Y	F	A Relay	NTS -AD	1/4/2019	2019 Starfish Trophy Invitational		
	Ella S. Sekelj (7)			Julia L. Braun (8)		Kaitlyn A. Redfern (9)	Sonja E. Wultsch-Fuller (8)	
	48.00 (48.00)		1:24.12	(36.12)				
Female 10&U 200 Free Relay								
1	2:19.57 Y	F	A Relay	NTS -AD	3/8/2015	AD Gold Short Course Championships		
	Sina C. Lufkin (10)			Gretchen L. Braun (7)		Mia E. Mousaw (10)	Katie E. McGrath (10)	
	33.70 (33.70)		1:11.22	(37.52)	---	---	2:19.57 (2:19.57)	
Female 10&U 200 Medley Relay								
1	2:28.42 Y	F	A Relay	NTS -AD	3/11/2018	Adirondack Gold Short Course Championships		
	Gretchen L. Braun (10)			Sydney E. Rochefort (10)		Skyler G. Sanderson (10)	Lexi Stuntz (10)	
	32.48 (32.48)		1:13.95	(41.47)	1:52.48	(38.53)	2:28.42 (35.94)	
Female 12&U 200 Medley Relay								
1	2:18.69 Y	F	A Relay	NTS -AD	1/3/2015	Chris Goody IMX Challenge		
	Isabella L. Jaskowski (12)			Sophia M. Silver (12)		Julia R. Domena (12)	Emily E. Lantry (12)	
	33.96 (33.96)		1:17.45	(43.49)	1:49.18	(31.73)	2:18.69 (29.51)	
Female 10&U 400 Free Relay								
1	4:57.56 Y	F	A Relay	NTS -AD	3/11/2018	Adirondack Gold Short Course Championships		
	Sydney E. Rochefort (10)			Lexi Stuntz (10)		Skyler G. Sanderson (10)	Gretchen L. Braun (10)	
	33.80 (33.80)		1:13.94	(1:13.94)	1:54.41	(40.47)	2:39.73 (1:25.79)	
	3:15.51 (35.78)		3:55.55	(1:15.82)	4:24.77	(29.22)	4:57.56 (1:02.01)	
Female 9-10 200 Free Relay								
1	2:45.46 Y	F	A Relay	NTS -AD	3/7/2014	AD Silver Short Course Championships		
	Katie E. McGrath (9)			Lindsay C. Martin (9)		Mia E. Mousaw (9)	Sina C. Lufkin (9)	
	40.60 (40.60)		1:27.83	(47.23)	2:07.60	(39.77)	2:45.46 (37.86)	
Female 9-10 200 Medley Relay								
1	3:26.63 Y	F	A Relay	NTS -AD	3/7/2014	AD Silver Short Course Championships		
	Katie E. McGrath (9)			Mia E. Mousaw (9)		Sina C. Lufkin (9)	Lindsay C. Martin (9)	
	46.93 (46.93)		1:43.07	(56.14)	2:39.91	(56.84)	3:26.63 (46.72)	
Female 11-12 200 Free Relay								
1	2:00.85 Y	F	A Relay	NTS -AD	3/10/2019	Adirondack Gold Short Course Championships		
	Stephanie Andreescu (12)			Lexi Stuntz (11)		Sydney E. Rochefort (11)	Gretchen L. Braun (11)	

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Time	P/F/S	Relay						
Female 11-12 200 Medley Relay								
1	2:23.33 Y	F	A Relay	NTS -AD		1/4/2019	2019 Starfish Trophy Invitational	
	Gretchen L. Braun (11)			Sydney E. Rochefort (11)		Skyler G. Sanderson (11)	Hannah M. Worthley (11)	
	33.57 (33.57)		1:12.42	(38.85)	1:49.52	(37.10)	2:23.33	(33.81)
Female 11-12 400 Free Relay								
1	4:35.91 Y	F	A Relay	NTS -AD		3/10/2019	Adirondack Gold Short Course Championships	
	Sydney E. Rochefort (11)			Hailey M. Thompson (12)		Stephanie Andreescu (12)	Gretchen L. Braun (11)	
Female 13-14 200 Medley Relay								
1	2:27.44 Y	F	A Relay	NTS -AD		2/27/2015	AD Silver Short Course Championships	
	Hannah J. Laneuville (14)			Emily E. Lantry (13)		Sophia M. Silver (13)	Breanna N. Anderson (14)	
	37.42 (37.42)		1:25.42	(48.00)	---	---	2:27.44	(2:27.44)
Female 13-14 400 Free Relay								
1	4:19.16 Y	F	A Relay	NTS -AD		2/26/2016	Adirondack Short Course Qualifier at Shen	
	Claire F. Knowlton (13)			Sophia M. Silver (14)		Emily E. Lantry (14)	Caera S. Stone (13)	
	30.88 (30.88)		1:03.98	(1:03.98)	1:34.55	(30.57)	2:08.73	(1:04.75)
	2:37.42 (28.69)		3:09.15	(1:00.42)	3:42.21	(33.06)	4:19.16	(1:10.01)
Female 13&O 200 Free Relay								
1	1:51.14 Y	F	A Relay	NTS -AD		1/5/2018	2018 Starfish Trophy Invitational	
	Sophia M. Silver (15)			Claire F. Knowlton (15)		Emily E. Lantry (15)	Hannah E. Braun (17)	
	28.13 (28.13)		57.09	(28.96)	1:24.16	(27.07)	1:51.14	(26.98)
Female 13&O 200 Medley Relay								
1	2:05.47 Y	F	A Relay	NTS -AD		1/5/2018	2017 Starfish Trophy Invitational	
	Emily E. Lantry (15)			Hannah E. Braun (17)		Sophia M. Silver (15)	Rachel M. Boyea (16)	
Female 13&O 400 Free Relay								
1	4:09.40 Y	F	A Relay	NTS -AD		12/8/2018	North Country Invitational	
	Emily E. Lantry (16)			Rowan P. Mayette (16)		Sina C. Lufkin (14)	Sophia M. Silver (16)	
	28.47 (28.47)		59.05	(59.05)	1:28.95	(29.90)	2:02.91	(1:03.86)
	2:32.77 (29.86)		3:06.34	(1:03.43)	3:36.18	(29.84)	4:09.40	(1:03.06)
Female 15&O 200 Medley Relay								
1	2:02.07 Y	F	A Relay	NTS -AD		3/3/2017	AD Silver Short Course Championships at SHEN	
	Emily E. Lantry (15)			Hannah E. Braun (17)		Sophia M. Silver (15)	Emma J. Dumas (15)	
Female 200 Free Relay								
1	1:46.01 Y	F	A Relay	NTS -AD		3/6/2016	Adirondack Short Course Championships	
	Mary E. Chisholm (16)			Sophia M. Silver (14)		Julia R. Domena (14)	Angelina M. Domena (17)	
	27.14 (27.14)		54.34	(27.20)	1:20.66	(26.32)	1:46.01	(25.35)
Female 200 Medley Relay								
1	1:56.03 Y	F	A Relay	NTS -AD		3/12/2017	Adirondack Gold Short Course Championships	
	Isabella L. Jaskowski (14)			Hannah E. Braun (17)		Julia R. Domena (15)	Sophia M. Silver (15)	
	29.37 (29.37)		1:01.69	(32.32)	1:29.33	(27.64)	1:56.03	(26.70)

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Time	P/F/S	Relay
Female 400 Free Relay		
1 3:50.87 Y	F	A Relay NTS -AD 3/12/2017 Adirondack Gold Short Course Championships
	Julia R. Domena (15)	Isabella L. Jaskowski (14) Sophia M. Silver (15) Hannah E. Braun (17)
	26.08 (26.08)	54.35 (54.35) 1:22.43 (28.08) 1:55.00 (1:00.65)
	2:22.29 (27.29)	2:53.53 (58.53) 3:20.09 (26.56) 3:50.87 (57.34)
Female 400 Medley Relay		
1 4:38.93 Y	F	A Relay NTS -AD 3/8/2015 AD Gold Short Course Championships
	Isabella L. Jaskowski (12)	Hannah E. Braun (15) Julia R. Domena (13) Caera S. Stone (12)
	34.24 (34.24)	1:09.09 (1:09.09) 1:42.67 (33.58) 2:21.42 (1:12.33)
	2:52.68 (31.26)	3:30.92 (1:09.50) 4:02.83 (31.91) 4:38.93 (1:08.01)
Male 10&U 200 Free Relay		
1 3:29.83 Y	F	A Relay NTS -AD 12/8/2018 North Country Invitational
	Bennett Dowling (9)	Porter R. Fite (8) Jackson A. Zebedee (8) Tyler A. Zebedee (10)
	48.97 (48.97)	1:32.99 (44.02) 2:35.42 (1:02.43) 3:29.83 (54.41)
Male 12&U 200 Medley Relay		
1 2:28.73 Y	F	A Relay NTS -AD 1/3/2015 Chris Goody IMX Challenge
	Paul V. Braun (12)	Seth T. Braun (9) Leon J. Lufkin (12) Jacob A. Anderson (11)
	33.25 (33.25)	1:19.81 (46.56) 1:53.47 (33.66) 2:28.73 (35.26)
Male 11-12 200 Free Relay		
1 2:23.53 Y	F	A Relay NTS -AD 2/21/2015 Cabin Fever Invitational
	Jacob A. Anderson (11)	Caleb A. Howell (11) Cooper K. Stuntz (12) Leon J. Lufkin (12)
	34.73 (34.73)	1:23.07 (48.34) 1:54.42 (31.35) 2:23.53 (29.11)
Male 11-12 200 Medley Relay		
1 2:57.68 Y	F	A Relay NTS -AD 12/2/2017 North Country Invitational
	Miles A. Attemann (11)	Jayden G. Dostie (12) Seth T. Braun (12) Alexander J. Butler (12)
	46.87 (46.87)	1:42.45 (55.58) 2:15.04 (32.59) 2:57.68 (42.64)
Male 13&O 200 Free Relay		
1 1:41.19 Y	F	A Relay NTS -AD 1/4/2019 2019 Starfish Trophy Invitational
	Paul V. Braun (16)	Leon J. Lufkin (16) Seth T. Braun (13) Cooper K. Stuntz (16)
	23.16 (23.16)	47.92 (24.76) 1:14.37 (26.45) 1:41.19 (26.82)
Male 13&O 200 Medley Relay		
1 1:59.69 Y	F	A Relay NTS -AD 12/8/2018 North Country Invitational
	Paul V. Braun (16)	Cooper K. Stuntz (16) Leon J. Lufkin (16) Seth T. Braun (13)
	27.58 (27.58)	1:02.58 (35.00) 1:32.43 (29.85) 1:59.69 (27.26)
Male 13&O 400 Free Relay		
1 3:48.62 Y	F	A Relay NTS -AD 12/8/2018 North Country Invitational
	Leon J. Lufkin (16)	Cooper K. Stuntz (16) Seth T. Braun (13) Paul V. Braun (16)
	27.44 (27.44)	58.46 (58.46) 1:26.49 (28.03) 1:57.89 (59.43)
	2:25.81 (27.92)	2:56.57 (58.68) 3:21.57 (25.00) 3:48.62 (52.05)

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	Time	P/F/S	Relay							
Male 200 Free Relay										
1	1:44.38	Y	F	A Relay	NTS -AD	3/6/2016	Adirondack Short Course Championships			
							Paul V. Braun (14)	Jesse R. Braun (17)	Leon J. Lufkin (13)	Seth T. Braun (10)
							25.92 (25.92)	49.42 (23.50)	1:15.87 (26.45)	1:44.38 (28.51)
Male 200 Medley Relay										
1	1:52.00	Y	F	A Relay	NTS -AD	3/6/2016	Adirondack Short Course Championships			
							Paul V. Braun (14)	Leon J. Lufkin (13)	Jesse R. Braun (17)	Ben Sitts (17)
							29.70 (29.70)	1:01.93 (32.23)	1:28.38 (26.45)	1:52.00 (23.62)
Male 400 Free Relay										
1	3:41.29	Y	F	A Relay	NTS -AD	3/12/2017	Adirondack Gold Short Course Championships			
							Jesse R. Braun (18)	Paul V. Braun (15)	Leon J. Lufkin (14)	Seth T. Braun (11)
							25.07 (25.07)	52.32 (52.32)	1:17.31 (24.99)	1:44.76 (52.44)
							2:10.63 (25.87)	2:39.48 (54.72)	3:08.83 (29.35)	3:41.29 (1:01.81)
Mixed 8&U 100 Free Relay										
1	1:34.35	Y	F	A Relay	NTS -AD	5/21/2011	Turbine Invitational 2011			
Mixed 8&U 100 Medley Relay										
1	1:44.88	Y	F	A Relay	NTS -AD	5/21/2011	Turbine Invitational 2011			
Mixed 10&U 100 Free Relay										
1	1:16.51	Y	F	A Relay	NTS -AD	12/8/2012	North Country Holiday Meet 2012			
							Caera S. Stone (10)		Cooper K. Stuntz (10)	
							36.13 (36.13)	1:16.51 (40.38)		
Mixed 10&U 100 Medley Relay										
1	1:50.15	Y	F	A Relay	NTS -AD	6/9/2012	Turbine Invitational 2012			
Mixed 8&U 200 Free Relay										
1	2:00.92	Y	F	A Relay	NTS -AD	12/11/2014	Pentathlon "Fun" Meet			
							Amity L. Schoff (17)	Rachel M. Boyea (13)	Breanna N. Anderson (14)	Jesse R. Braun (16)
Mixed 10&U 200 Free Relay										
1	2:27.17	Y	F	A Relay	NTS -AD	5/21/2011	Turbine Invitational 2011			
							Veronica Jung (0)	Jacob A. Anderson (8)	Lauren E. Martin (10)	Julia R. Domena (9)
Mixed 10&U 200 Medley Relay										
1	3:11.21	Y	F	A Relay	NTS -AD	5/21/2011	Turbine Invitational 2011			
							Jacob A. Anderson (8)	Lauren E. Martin (10)	Julia R. Domena (9)	Allaina M. Zellweger (11)
Mixed 8&U 400 Free Relay										
1	7:59.11	Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2			
							Riley M. Pratt (13)	Saadhika Dhaniyala (7)	Seth J. Hough (9)	Sydney E. Rochefort (8)
							1:17.92 (1:17.92)	4:08.48 (2:50.56)	6:17.00 (2:08.52)	7:59.11 (1:42.11)

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Time	P/F/S	Relay							
Mixed 5-12 200 Free Relay									
1	x 2:14.30 Y	F	A Relay	NTS -AD	6/9/2012	Turbine Invitational 2012		Martin S. Stone (12)	
Mixed 5-12 200 Medley Relay									
1	2:31.37 Y	F	A Relay	NTS -AD	6/9/2012	Turbine Invitational 2012		Allaina M. Zellweger (12)	
						Jacob A. Anderson (9)			
Mixed 9-10 200 Free Relay									
1	3:23.15 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2		Sina C. Lufkin (10)	
	Seth T. Braun (9)		Leah A. Morgan (8)			Haripriya Mahapatra (7)			
	36.29 (36.29)		1:37.73 (1:01.44)		2:49.54 (1:11.81)	3:23.15 (33.61)			
Mixed 9-10 400 Free Relay									
1	5:49.15 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2		Sina C. Lufkin (10)	
	Seth T. Braun (9)		Gretchen L. Braun (7)			Miles A. Attemann (8)			
	---		1:28.11 (1:28.11)		---	2:55.42 (1:27.31)			
	---		4:34.76 (1:39.34)		---	5:49.15 (1:14.39)			
Mixed 11-12 200 Free Relay									
1	2:11.14 Y	F	A Relay	NTS -AD	12/19/2013	Intraclub Meet		Julia R. Domena (11)	
	Isabella L. Jaskowski (11)		Caera S. Stone (11)			Emily E. Lantry (11)			
	32.84 (32.84)		1:10.45 (37.61)		1:42.98 (32.53)	2:11.14 (28.16)			
Mixed 11-12 200 Medley Relay									
1	2:35.20 Y	F	A Relay	NTS -AD	5/21/2011	Turbine Invitational 2011		Martin S. Stone (11)	
	Angelina M. Domena (12)		Laura E. Hartman (11)			Emma Kroll (12)			
Mixed 11-12 400 Free Relay									
1	6:29.77 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2		Jill Crites (11)	
	Saanvi Dhaniyala (11)		Molly C. Witkop (12)			Emily E. Healy (12)			
	---		1:49.04 (1:49.04)		---	3:32.15 (1:43.11)			
	---		5:03.28 (1:31.13)		---	6:29.77 (1:26.49)			
Mixed 13-14 200 Free Relay									
1	2:06.44 Y	F	B Relay	NTS -AD	6/12/2015	Summer Series 2		Hannah J. Laneville (14)	
	Sophia M. Silver (13)		Julia R. Domena (13)			Emily E. Lantry (13)			
	33.77 (33.77)		1:02.58 (28.81)		1:33.36 (30.78)	2:06.44 (33.08)			
Mixed 13-14 400 Free Relay									
1	4:47.70 Y	F	B Relay	NTS -AD	6/12/2015	Summer Series 2		Hannah J. Laneville (14)	
	Sophia M. Silver (13)		Julia R. Domena (13)			Emily E. Lantry (13)			
	---		1:16.89 (1:16.89)		---	2:29.95 (1:13.06)			
	---		3:35.04 (1:05.09)		---	4:47.70 (1:12.66)			
Mixed 13&O 200 Free Relay									
1	1:49.05 Y	F	B Relay	NTS -AD	12/12/2015	December Pentathlon		Julia R. Domena (13)	
	Angelina M. Domena (17)		Hannah E. Braun (15)			Jesse R. Braun (17)			
	28.58 (28.58)		56.19 (27.61)		1:21.57 (25.38)	1:49.05 (27.48)			

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Time	P/F/S	Relay						
Mixed 13&O 200 Medley Relay								
1	1:59.49 Y	F	A Relay	NTS -AD	12/2/2017	North Country Invitational		
	Paul V. Braun (15)			Hannah E. Braun (17)		Leon J. Lufkin (15)	Emily E. Lantry (15)	
	28.15 (28.15)		1:03.77	(35.62)	1:31.81	(28.04)	1:59.49	(27.68)
Mixed 13&O 400 Free Relay								
1	3:55.07 Y	F	A Relay	NTS -AD	12/2/2017	North Country Invitational		
	Emily E. Lantry (15)			Hannah E. Braun (17)		Leon J. Lufkin (15)	Paul V. Braun (15)	
	29.41 (29.41)		1:01.32	(1:01.32)	1:32.50	(31.18)	2:06.36	(1:05.04)
	2:32.81 (26.45)		3:02.10	(55.74)	3:26.95	(24.85)	3:55.07	(52.97)
Mixed 15&O 200 Free Relay								
1	1:50.90 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2		
	Leon J. Lufkin (12)			Paul V. Braun (13)		Mark P. Dunkelberg (17)	Jesse R. Braun (17)	
	30.12 (30.12)		58.48	(28.36)	1:24.89	(26.41)	1:50.90	(26.01)
Mixed 15&O 400 Free Relay								
1	4:09.67 Y	F	A Relay	NTS -AD	6/12/2015	Summer Series 2		
	Leon J. Lufkin (12)			Paul V. Braun (13)		Mark P. Dunkelberg (17)	Jesse R. Braun (17)	
	---	---	1:08.39	(1:08.39)	---	---	2:10.73	(1:02.34)
	---	---	3:12.22	(1:01.49)	---	---	4:09.67	(57.45)
Mixed 200 Free Relay								
1	1:57.25 Y	F	F Relay	NTS -AD	3/1/2014	Intraclub Meet		
	Elle Oliver (15)			Shyenne M. Hays (14)		Abigail J. Duffy (15)	Martin S. Stone (14)	
	31.69 (31.69)		1:02.15	(30.46)	1:30.65	(28.50)	1:57.25	(26.60)
Mixed 200 Medley Relay								
1	2:16.65 Y	F	A Relay	NTS -AD	1/16/2015	January Fun Meet		
	Emily E. Lantry (12)			Angelina M. Domena (16)		Abigail F. Bashaw (14)	Leon J. Lufkin (12)	