# Northern TRIBS Swimming
## Head Coach Joshua Jock

## Individual Meet Results - Standard: ADSCGOLD

**Adirondack Gold Short Course Championships 08-Mar-20 to 15-Mar-20 Yards**
**Sanction: AD20-022 Location: Robison Pool, RPI, Troy, NY**

| Time | F/P/S | Event | Place | Points | Improv |
|---|---|---|---|---|---|
| **Braun, Gretchen (12) F** | | | | | |
| 5:19.44Y GOLD | F # 3 | Female 11-12 500 Free NTS-AD | 1 | --- | 1 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 28.96 | 1:01.12 | 1:33.91 | 2:06.57 | --- | 3:11.27 | 3:43.38 | --- |
| (28.96) | (32.16) | (32.79) | (32.66) | --- | (3:11.27) | (32.11) | --- |
| 4:48.21 | 5:19.44 | | | | | | |
| (4:48.21) | (31.23) | | | | | | |

**Braun, Seth (14) M**

17:42.99Y GOLD F # 6 Male 13-14 1650 Free NTS-AD 1 --- -15

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 27.48 | 57.94 | 1:29.67 | 2:01.46 | 2:33.96 | 3:05.85 | 3:37.92 | 4:08.50 |
| (27.48) | (30.46) | (31.73) | (31.79) | (32.50) | (31.89) | (32.07) | (30.58) |
| 4:40.24 | 5:12.68 | 5:45.66 | 6:18.76 | 6:51.58 | 7:23.62 | 7:56.94 | 8:29.72 |
| (31.74) | (32.44) | (32.98) | (33.10) | (32.82) | (32.04) | (33.32) | (32.78) |
| 9:01.71 | 9:34.82 | 10:08.56 | 10:39.96 | 11:12.73 | 11:46.07 | 12:19.76 | 12:52.47 |
| (31.99) | (33.11) | (33.74) | (31.40) | (32.77) | (33.34) | (33.69) | (32.71) |
| 13:26.75 | 13:59.44 | 14:32.59 | 15:06.45 | 15:38.16 | 16:10.72 | 16:42.36 | 17:14.02 |
| (34.28) | (32.69) | (33.15) | (33.86) | (31.71) | (32.56) | (31.64) | (31.66) |
| 17:42.99 | | | | | | | |
| (28.97) | | | | | | | |

**Sanderson, Skyler (12) F**

6:02.98Y GOLD F # 3 Female 11-12 500 Free NTS-AD 8 --- -9

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 33.25 | 1:08.90 | 1:44.73 | 2:21.42 | 2:58.26 | 3:35.21 | 4:12.51 | 4:50.20 |
| (33.25) | (35.65) | (35.83) | (36.69) | (36.84) | (36.95) | (37.30) | (37.69) |
| 5:28.29 | 6:02.98 | | | | | | |
| (38.09) | (34.69) | | | | | | |

**Worthley, Hannah (12) F**

6:23.87Y GOLD F # 3 Female 11-12 500 Free NTS-AD 15 --- -1

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 34.16 | 1:11.07 | 1:49.50 | 2:29.28 | 3:07.97 | 3:47.60 | 4:27.75 | 5:06.86 |
| (34.16) | (36.91) | (38.43) | (39.78) | (38.69) | (39.63) | (40.15) | (39.11) |
| 5:45.62 | 6:23.87 | | | | | | |
| (38.76) | (38.25) | | | | | | |