

Ridgefield Aquatic Club
Team Phone: (203)438-3951

Individual Meet Results

2009 Speedo Champions Series 06-Aug-09 to 09-Aug-09 LC Meters

Location: ECC Aquatic Center, Buffalo, NY

Ridgefield Aquatic Club [RAC-CT] Coach: Bob Shearer

Time	F/P/S	Event	Place	Points	Improv
Courtney Monsees (16) W					
1:07.72L	AAA P # 11	Women Senior 100 Fly	87	---	0.62
2:31.49L	AA P # 17	Women Senior 200 Fly	75	---	1.76
Alex Rosen (14) M					
55.83L	AAAA P # 5	Men Senior 100 Free	77	---	-2.28
2:02.05L	AAAA P # 10	Men Senior 200 Free	83	---	-6.16
4:21.62L	AAAA P # 22	Men Senior 400 Free	71	---	-13.64
Grayson Smith (15) M					
8:38.87L	AAAA F # 8	Men Senior 800 Free	8	11	-18.22
4:48.60L	AAAA P # 14	Men Senior 400 IM	36	---	-6.27
4:10.95L	AAAA P # 22	Men Senior 400 Free	14	---	-8.47
4:12.49L	AAAA F # 22	Men Senior 400 Free	13	4	-6.93
16:23.98L	AAAA F # 32	Men Senior 1500 Free	3	16	-21.77
Sean Sutherland (16) M					
54.87L	AAAA P # 5	Men Senior 100 Free	44	---	-0.31
8:48.99L	AAAA F # 8	Men Senior 800 Free	28	---	6.64
1:57.15L	AAAA F # 10	Men Senior 200 Free	18	---	-1.16
1:57.62L	AAAA P # 10	Men Senior 200 Free	21	---	-0.69
4:11.58L	AAAA F # 22	Men Senior 400 Free	20	---	-4.00
4:12.94L	AAAA P # 22	Men Senior 400 Free	18	---	-2.64
25.56L	AAAA P # 29	Men Senior 50 Free	52	---	-0.01