

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

**Individual Meet Results**

**2009 Long Course Age Group Championship 30-Jul-09 to 02-Aug-09 LC Meters**

**Sanction: L08-35 Location: Wesleyan & Cheshire**

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

Time	F/P/S	Event	Place	Points	Improv
<b>Elizabeth Bilotta (16) W</b>					
3:07.26L	A P # 27	Women 15-19 200 Breast	34	---	2.93
2:55.07L	BB P # 61	Women 15-19 200 Fly	28	---	2.70
5:49.41L	A P # 69	Women 15-19 400 IM	20	---	0.14
10:44.11L	BB F # 119	Women 15-19 800 Free	17	---	16.30
<b>Andrew Bornstein (9) M</b>					
1:53.22L	BB F # 46	Men 10 & Under 100 Fly	27	---	-2.27
57.50L	B F # 52	Men 10 & Under 50 Breast	36	---	5.51
1:58.89L	BB F # 88	Men 10 & Under 100 Breast	37	---	7.27
3:45.43L	B F # 126	Men 10 & Under 200 IM	34	---	3.44
<b>Alex Burns (10) M</b>					
1:38.39L	B F # 152	400 Free Relay Lead Off	---	---	1.33
44.46L	B F # 161	200 Free Relay Lead Off	---	---	1.37
<b>Michelle Cai (10) W</b>					
1:27.51L	AA F # 79	Women 10 & Under 100 Back	6	13	-3.08
35.60L	A F # 83	Women 10 & Under 50 Free	18	---	-0.73
1:47.23L	A F # 87	Women 10 & Under 100 Breast	28	---	-0.65
3:21.85L	BB F # 125	Women 10 & Under 200 IM	24	---	-2.65
41.93L	A F # 129	Women 10 & Under 50 Back	6	13	-0.50
1:21.51L	A F # 133	Women 10 & Under 100 Free	29	---	-1.58
1:21.63L	A F # 151	400 Free Relay Lead Off	---	---	-1.46
41.88L	A F # 157	200 Medley Relay Lead Off	---	---	-0.55
35.33L	A F # 160	200 Free Relay Lead Off	---	---	-1.00
1:26.84L	AA F # 167	400 Medley Relay Lead Off	---	---	-3.75
<b>Ryan Carey (15) M</b>					
3:01.21L	BB P # 28	Men 15-19 200 Breast	36	---	-7.28
1:21.28L	BB P # 108	Men 15-19 100 Breast	36	---	-3.55
<b>Ty Cruz (12) M</b>					
2:31.80L	A P # 44	Men 11-12 200 Free	20	---	-5.72
1:19.91L	A F # 48	Men 11-12 100 Fly	14	3	-2.52
1:21.06L	A P # 48	Men 11-12 100 Fly	15	---	-1.37
1:20.19L	A F # 82	Men 11-12 100 Back	14	3	---
1:21.42L	A P # 82	Men 11-12 100 Back	13	---	---
35.77L	AA F # 132	Men 11-12 50 Back	8	11	-1.76
36.51L	AA P # 132	Men 11-12 50 Back	7	---	-1.02
1:11.69L	BB P # 136	Men 11-12 100 Free	21	---	1.01
34.39L	AA F # 140	Men 11-12 50 Fly	14	3	-1.69
34.70L	AA P # 140	Men 11-12 50 Fly	13	---	-1.38
32.63L	A F # 162	200 Free Relay Lead Off	---	---	-0.04
<b>Madeleine Fowler (9) W</b>					
47.72L	BB F # 157	200 Medley Relay Lead Off	---	---	0.08
<b>Jeffrey Gilbert (11) M</b>					
34.16L	BB P # 86	Men 11-12 50 Free	41	---	0.98

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Time	F/P/S	Event	Place	Points	Improv
<b>Jordan Gilbert (9) M</b>					
6:06.89L	F # 6	Men 10 & Under 400 Free	14	3	-23.17
2:59.91L BB	F # 42	Men 10 & Under 200 Free	25	---	-7.13
37.75L BB	F # 84	Men 10 & Under 50 Free	28	---	0.40
NS	F # 126	Men 10 & Under 200 IM	---	---	---
NS	F # 130	Men 10 & Under 50 Back	---	---	---
NS	F # 134	Men 10 & Under 100 Free	---	---	---
1:21.99L BB	F # 152	400 Free Relay Lead Off	---	---	0.46
<b>Lindsey Gordon (9) W</b>					
3:01.45L BB	F # 41	Women 10 & Under 200 Free	31	---	1.14
44.13L AA	F # 51	Women 10 & Under 50 Breast	4	15	-0.01
36.07L A	F # 83	Women 10 & Under 50 Free	21	---	0.73
1:39.22L AA	F # 87	Women 10 & Under 100 Breast	8	11	0.34
3:20.80L BB	F # 125	Women 10 & Under 200 IM	22	---	-0.18
1:23.52L BB	F # 133	Women 10 & Under 100 Free	35	---	1.76
<b>Travis Gordon (11) M</b>					
1:35.26L B	F # 169	400 Medley Relay Lead Off	---	---	-2.04
<b>Jack Harold (14) M</b>					
1:15.32L A	P # 64	Men 13-14 100 Back	33	---	-0.23
2:43.10L BB	P # 102	Men 13-14 200 Back	39	---	2.02
35.89L	F # 144	200 Medley Relay Lead Off	---	---	---
30.07L A	F # 148	200 Free Relay Lead Off	---	---	-1.48
1:07.41L BB	F # 154	400 Free Relay Lead Off	---	---	0.28
1:15.57L A	F # 164	400 Medley Relay Lead Off	---	---	0.02
<b>Sophie Hayes (10) W</b>					
3:00.67L BB	F # 41	Women 10 & Under 200 Free	30	---	2.60
1:29.52L AA	F # 45	Women 10 & Under 100 Fly	7	12	-3.52
37.31L BB	F # 83	Women 10 & Under 50 Free	32	---	1.04
3:23.88L BB	F # 125	Women 10 & Under 200 IM	29	---	2.74
1:22.45L BB	F # 133	Women 10 & Under 100 Free	32	---	0.11
39.12L AA	F # 137	Women 10 & Under 50 Fly	9	9	-1.78
<b>Zoe Hayes (13) W</b>					
2:37.42L AA	F # 59	Women 13-14 200 Fly	7	12	-9.27
2:40.06L AA	P # 59	Women 13-14 200 Fly	6	---	-6.63
1:10.24L AAA	F # 97	Women 13-14 100 Fly	10	7	-2.03
1:13.22L AA	P # 97	Women 13-14 100 Fly	14	---	0.95
<b>Victoria Holzinger (15) W</b>					
1:13.61L AA	P # 65	Women 15-19 100 Back	18	---	0.48
2:35.15L AA	F # 103	Women 15-19 200 Back	13	4	-0.73
2:37.60L AA	P # 103	Women 15-19 200 Back	15	---	1.72
35.57L	F # 145	200 Medley Relay Lead Off	---	---	-0.06
30.08L AA	F # 149	200 Free Relay Lead Off	---	---	-0.44
1:06.25L AA	F # 155	400 Free Relay Lead Off	---	---	-1.79
1:13.92L AA	F # 165	400 Medley Relay Lead Off	---	---	0.79

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Time	F/P/S	Event	Place	Points	Improv
<b>Austin Kenyon (10) M</b>					
5:41.79L	F # 6	Men 10 & Under 400 Free	9	9	-40.24
2:52.56L	BB F # 42	Men 10 & Under 200 Free	19	---	-2.61
1:36.99L	BB F # 80	Men 10 & Under 100 Back	19	---	5.96
47.10L	BB F # 130	Men 10 & Under 50 Back	25	---	3.53
1:24.08L	BB F # 134	Men 10 & Under 100 Free	23	---	0.34
57.17L	F # 138	Men 10 & Under 50 Fly	33	---	9.82
48.26L	BB F # 158	200 Medley Relay Lead Off	---	---	4.69
1:35.78L	BB F # 168	400 Medley Relay Lead Off	---	---	4.75
<b>Courtney Kenyon (13) W</b>					
19:50.19L	A F # 1	Women 13-14 1500 Free	5	14	-22.85
3:08.23L	A P # 25	Women 13-14 200 Breast	26	---	0.80
2:25.32L	AA F # 33	800 Free Relay Lead Off	---	---	-6.31
5:53.11L	A P # 67	Women 13-14 400 IM	18	---	-3.51
1:27.71L	A P # 105	Women 13-14 100 Breast	28	---	-0.32
10:28.50L	A F # 117	Women 13-14 800 Free	9	9	3.52
<b>Justin Kenyon (17) M</b>					
18:15.80L	A F # 4	Men 15-19 1500 Free	8	11	4.07
4:40.74L	A P # 32	Men 15-19 400 Free	26	---	-4.38
2:30.23L	A P # 104	Men 15-19 200 Back	20	---	-5.98
9:34.49L	A F # 120	Men 15-19 800 Free	10	7	8.35
<b>Jaime Knippenberg (13) W</b>					
5:02.12L	AA P # 29	Women 13-14 400 Free	17	---	-4.37
1:07.33L	AA P # 55	Women 13-14 100 Free	32	---	0.94
2:42.88L	A F # 59	Women 13-14 200 Fly	13	4	-6.59
2:45.19L	A P # 59	Women 13-14 200 Fly	13	---	-4.28
1:16.83L	A P # 97	Women 13-14 100 Fly	31	---	1.29
2:22.45L	AA P # 109	Women 13-14 200 Free	19	---	-1.31
2:23.23L	AA F # 109	Women 13-14 200 Free	15	2	-0.53
10:37.83L	A F # 117	Women 13-14 800 Free	14	3	-3.99
31.51L	A F # 147	200 Free Relay Lead Off	---	---	-1.35
<b>Kerri Knippenberg (16) W</b>					
18:58.76L	AA F # 3	Women 15-19 1500 Free	5	14	3.79
4:51.84L	AA P # 31	Women 15-19 400 Free	9	9	-2.85
2:40.07L	AA P # 103	Women 15-19 200 Back	21	---	-0.70
9:56.52L	AA F # 119	Women 15-19 800 Free	5	14	3.12
<b>Ashlyn Marr (9) W</b>					
42.91L	B F # 160	200 Free Relay Lead Off	---	---	0.36
<b>Ian Meyers (12) M</b>					
33.91L	BB P # 86	Men 11-12 50 Free	39	---	1.24
43.44L	B P # 132	Men 11-12 50 Back	40	---	3.40
39.33L	BB P # 140	Men 11-12 50 Fly	29	---	1.12
<b>Emily Motill (13) W</b>					
DQ	P # 59	Women 13-14 200 Fly	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
1:18.59L	BB P # 97	Women 13-14 100 Fly	35	---	1.11
<b>Chris Myers (14) M</b>					
18:25.92L	AAA F # 2	Men 13-14 1500 Free	3	16	---
2:55.56L	A P # 26	Men 13-14 200 Breast	16	---	-11.21
2:57.01L	A F # 26	Men 13-14 200 Breast	15	2	-9.76
4:46.50L	AA P # 30	Men 13-14 400 Free	14	3	-11.56
5:29.43L	AA P # 68	Men 13-14 400 IM	15	2	-15.26
2:17.14L	AA P # 110	Men 13-14 200 Free	19	---	-3.70
9:52.56L	AA F # 118	Men 13-14 800 Free	8	11	-27.21
<b>Katie Nejati (9) W</b>					
47.41L	A F # 51	Women 10 & Under 50 Breast	18	---	-0.21
37.87L	BB F # 83	Women 10 & Under 50 Free	38	---	1.74
1:46.14L	A F # 87	Women 10 & Under 100 Breast	23	---	3.00
3:29.80L	BB F # 125	Women 10 & Under 200 IM	39	---	2.56
1:25.02L	BB F # 133	Women 10 & Under 100 Free	38	---	3.21
<b>Ben Nussbaum (12) M</b>					
1:26.68L	BB P # 82	Men 11-12 100 Back	29	---	1.24
34.60L	BB P # 86	Men 11-12 50 Free	44	---	0.79
40.75L	BB P # 132	Men 11-12 50 Back	34	---	1.53
46.99L	F # 159	200 Medley Relay Lead Off	---	---	7.77
1:28.30L	BB F # 169	400 Medley Relay Lead Off	---	---	2.86
<b>Jared Nussbaum (10) M</b>					
3:07.15L	BB F # 42	Men 10 & Under 200 Free	33	---	5.09
1:38.44L	BB F # 80	Men 10 & Under 100 Back	22	---	-0.44
<b>Thomas Parks (15) M</b>					
1:08.42L	AA P # 66	Men 15-19 100 Back	20	---	-2.81
2:28.92L	A P # 104	Men 15-19 200 Back	18	---	-2.72
2:29.07L	A F # 104	Men 15-19 200 Back	14	3	-2.57
33.29L	F # 146	200 Medley Relay Lead Off	---	---	-12.40
1:11.05L	A F # 166	400 Medley Relay Lead Off	---	---	-0.18
<b>Blake Ruddock (14) M</b>					
2:49.89L	AA F # 26	Men 13-14 200 Breast	13	4	-10.55
2:50.19L	AA P # 26	Men 13-14 200 Breast	10	---	-10.25
2:20.74L	A F # 34	800 Free Relay Lead Off	---	---	-4.94
1:13.96L	A P # 64	Men 13-14 100 Back	31	---	-1.41
2:39.27L	A P # 102	Men 13-14 200 Back	28	---	-5.44
1:19.82L	AA P # 106	Men 13-14 100 Breast	18	---	-4.01
<b>Kevin Santoro (10) M</b>					
5:52.87L	F # 6	Men 10 & Under 400 Free	11	6	-23.62
2:53.89L	BB F # 42	Men 10 & Under 200 Free	20	---	-5.69
1:43.30L	BB F # 46	Men 10 & Under 100 Fly	17	---	1.28
1:34.52L	BB F # 80	Men 10 & Under 100 Back	15	2	1.17
3:27.65L	BB F # 126	Men 10 & Under 200 IM	22	---	-1.72
43.97L	BB F # 138	Men 10 & Under 50 Fly	20	---	2.80

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Time	F/P/S	Event	Place	Points	Improv
<b>Aidan Sleigh (10) M</b>					
1:48.18L	B F # 80	Men 10 & Under 100 Back	32	---	10.71
47.27L	BB F # 130	Men 10 & Under 50 Back	26	---	2.14
50.63L	B F # 158	200 Medley Relay Lead Off	---	---	5.50
1:39.44L	BB F # 168	400 Medley Relay Lead Off	---	---	1.97
<b>Kieran Smith (9) M</b>					
5:36.28L	F # 6	Men 10 & Under 400 Free	5	14	-19.68
2:45.76L	A F # 42	Men 10 & Under 200 Free	16	1	3.87
34.32L	AA F # 84	Men 10 & Under 50 Free	7	12	-0.18
1:48.54L	BB F # 88	Men 10 & Under 100 Breast	20	---	2.25
3:10.29L	AA F # 126	Men 10 & Under 200 IM	9	9	-3.52
1:15.96L	AA F # 134	Men 10 & Under 100 Free	11	6	-0.37
34.98L	A F # 161	200 Free Relay Lead Off	---	---	0.48
<b>Joanna Tchobanova (18) W</b>					
2:54.50L	BB P # 61	Women 15-19 200 Fly	27	---	5.48
<b>Nikolai Tchobanov (15) M</b>					
2:27.78L	AA P # 20	Men 15-19 200 IM	25	---	-3.31
2:53.19L	A P # 28	Men 15-19 200 Breast	25	---	4.67
2:11.50L	AA F # 36	800 Free Relay Lead Off	---	---	-1.68
2:23.65L	AA F # 62	Men 15-19 200 Fly	11	6	0.27
2:26.14L	A P # 62	Men 15-19 200 Fly	11	---	2.76
5:21.11L	A P # 70	Men 15-19 400 IM	20	---	8.45
1:07.30L	A P # 100	Men 15-19 100 Fly	31	---	-0.49
1:19.28L	A P # 108	Men 15-19 100 Breast	29	---	-0.10
27.97L	AA F # 150	200 Free Relay Lead Off	---	---	-2.62
1:01.29L	AA F # 156	400 Free Relay Lead Off	---	---	-3.33
<b>Noah Turner (12) M</b>					
46.17L	BB P # 54	Men 11-12 50 Breast	28	---	1.22
37.50L	B F # 162	200 Free Relay Lead Off	---	---	-4.20
<b>Alexis Valedon (15) W</b>					
2:31.44L	AAA F # 19	Women 15-19 200 IM	9	9	0.27
2:36.58L	AA P # 19	Women 15-19 200 IM	14	---	5.41
2:54.33L	AA F # 27	Women 15-19 200 Breast	11	6	3.77
2:57.62L	AA P # 27	Women 15-19 200 Breast	16	---	7.06
2:20.71L	AA F # 35	800 Free Relay Lead Off	---	---	-0.01
1:10.57L	AAA F # 65	Women 15-19 100 Back	10	7	-0.18
1:13.33L	AA P # 65	Women 15-19 100 Back	15	---	2.58
5:18.06L	AAA F # 69	Women 15-19 400 IM	4	15	-0.05
5:30.08L	AA P # 69	Women 15-19 400 IM	6	---	11.97
2:30.77L	AAA P # 103	Women 15-19 200 Back	5	---	0.52
2:31.81L	AAA F # 103	Women 15-19 200 Back	7	12	1.56
1:20.34L	AAA F # 107	Women 15-19 100 Breast	8	11	-0.04
1:21.21L	AA P # 107	Women 15-19 100 Breast	11	---	0.83

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Time	F/P/S	Event	Place	Points	Improv
<b>Brian Valedon (11) M</b>					
5:11.67L	AA F # 8	Men 11-12 400 Free	12	5	-1.05
2:32.56L	A P # 44	Men 11-12 200 Free	23	---	0.60
2:56.23L	P # 50	Men 11-12 200 Back	19	---	5.18
33.91L	BB P # 86	Men 11-12 50 Free	39	---	1.75
2:55.20L	A F # 128	Men 11-12 200 IM	16	1	-0.88
2:56.11L	A P # 128	Men 11-12 200 IM	17	---	0.03
1:13.24L	BB P # 136	Men 11-12 100 Free	27	---	1.86
39.49L	BB F # 159	200 Medley Relay Lead Off	---	---	0.96
<b>KelliAnn Valedon (13) W</b>					
5:06.74L	A P # 29	Women 13-14 400 Free	22	---	0.65
2:42.26L	AA F # 59	Women 13-14 200 Fly	8	11	-8.48
2:42.43L	AA P # 59	Women 13-14 200 Fly	8	---	-8.31
5:44.53L	AA P # 67	Women 13-14 400 IM	9	9	-8.07
1:17.13L	A P # 97	Women 13-14 100 Fly	33	---	0.37
10:30.21L	A F # 117	Women 13-14 800 Free	11	6	-4.19
36.93L	F # 143	200 Medley Relay Lead Off	---	---	-1.07
1:10.43L	A F # 153	400 Free Relay Lead Off	---	---	-2.30
1:18.92L	A F # 163	400 Medley Relay Lead Off	---	---	-2.48
<b>Jordan Voves (13) M</b>					
3:08.42L	BB P # 26	Men 13-14 200 Breast	36	---	-2.18
<b>Lindsay Voves (10) W</b>					
41.52L	A F # 137	Women 10 & Under 50 Fly	20	---	1.70