

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Yousef Abueideh (13) M						
30.88L	F # 10A	Men 13-13 50 Fly	NSSAK	6	13	-0.54
34.04L	F # 12A	Men 13-13 50 Back	NSSAK	8	11	0.49
29.18L	F # 16A	Men 13-13 50 Free	NSSAK	9	9	-0.19
1:13.11L	F # 26F	Men 13-13 100 Back	NSSAK	5	14	1.21
	35.69	1:13.11				
	(35.69)	(37.42)				
2:37.54L	F # 36A	Men 13-13 200 Back	NSSAK	2	17	-1.88
	36.64	1:17.02 1:57.41 2:37.54				
	(36.64)	(40.38) (40.39) (40.13)				
1:04.18L	F # 38F	Men 13-13 100 Free	NSSAK	5	14	-0.96
	31.01	1:04.18				
	(31.01)	(33.17)				
Arin Amargalinggam (12) M						
1:42.02L DQ	F # 32E	Men 12-12 100 Breast	NSSAK	---	---	---
	47.09	1:42.02				
	(47.09)	(54.93)				
1:16.78L	F # 38E	Men 12-12 100 Free	NSSAK	24	---	---
	35.41	1:16.78				
	(35.41)	(41.37)				
Sukgeerthan Amurthalingam (11) M						
50.09L	F # 2D	Men 11-11 50 Fly	NSSAK	20	---	---
45.93L	F # 4D	Men 11-11 50 Back	NSSAK	25	---	-2.45
51.77L	F # 6D	Men 11-11 50 Breast	NSSAK	17	---	-2.36
38.07L	F # 8D	Men 11-11 50 Free	NSSAK	25	---	-0.25
1:35.28L	F # 26D	Men 11-11 100 Back	NSSAK	18	---	---
	46.47	1:35.28				
	(46.47)	(48.81)				
1:49.46L	F # 32D	Men 11-11 100 Breast	NSSAK	11	6	-15.91
	52.47	1:49.46				
	(52.47)	(56.99)				
1:22.68L	F # 38D	Men 11-11 100 Free	NSSAK	20	---	-1.14
	39.58	1:22.68				
	(39.58)	(43.10)				
Tharshinie Amurthalingam (13) W						
37.57L	F # 9A	Women 13-13 50 Fly	NSSAK	22	---	---
40.39L	F # 11A	Women 13-13 50 Back	NSSAK	18	---	0.90
44.23L	F # 13A	Women 13-13 50 Breast	NSSAK	12	5	-1.13
33.13L	F # 15A	Women 13-13 50 Free	NSSAK	21	---	-0.52
2:45.20L	F # 23F	Women 13-13 200 Free	NSSAK	9	9	1.18
	36.75	1:18.50 2:03.45 2:45.20				
	(36.75)	(41.75) (44.95) (41.75)				
3:29.17L	F # 27A	Women 13-13 200 Breast	NSSAK	5	14	0.95
	47.37	1:41.23 2:35.23 3:29.17				
	(47.37)	(53.86) (54.00) (53.94)				

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Time	F/P/S	Event	Place	Points	Improv	
Leah Arvidson (13) W						
2:58.55L	F # 21F	Women 13-13 200 IM	NSSAK	10	7	1.18
	37.99	1:23.03 2:17.27 2:58.55				
	(37.99)	(45.04) (54.24) (41.28)				
1:33.71L	F # 31F	Women 13-13 100 Breast	NSSAK	5	14	-0.29
	43.41	1:33.71				
	(43.41)	(50.30)				
Elwin Bao (15) M						
27.34L	F # 10C	Men 15-15 50 Fly	NSSAK	5	14	-0.46
28.49L	F # 12C	Men 15-15 50 Back	NSSAK	2	17	-0.64
31.26L	F # 14C	Men 15-15 50 Breast	NSSAK	1	20	0.46
25.74L	F # 16C	Men 15-15 50 Free	NSSAK	6	12.5	0.60
2:16.53L	F # 22H	Men 15-15 200 IM	NSSAK	2	17	0.85
	28.32	1:03.52 1:43.38 2:16.53				
	(28.32)	(35.20) (39.86) (33.15)				
2:36.37L	F # 28C	Men 15-15 200 Breast	NSSAK	1	20	4.50
	34.94	1:14.60 1:55.58 2:36.37				
	(34.94)	(39.66) (40.98) (40.79)				
2:15.29L	F # 36C	Men 15-15 200 Back	NSSAK	1	20	1.90
	30.72	1:05.11 1:40.25 2:15.29				
	(30.72)	(34.39) (35.14) (35.04)				
Dominic Barton (12) M						
32.31L	F # 2E	Men 12-12 50 Fly	NSSAK	6	13	-5.75
36.17L	F # 4E	Men 12-12 50 Back	NSSAK	12	5	-4.73
40.48L	F # 6E	Men 12-12 50 Breast	NSSAK	15	2	-4.89
28.70L	F # 8E	Men 12-12 50 Free	NSSAK	3	16	-0.42
1:17.12L	F # 20E	Men 12-12 100 Fly	NSSAK	3	16	---
	36.30	1:17.12				
	(36.30)	(40.82)				
2:13.26L	F # 24E	Men 12-12 200 Free	NSSAK	2	17	-2.47
	31.03	1:04.89 1:39.74 2:13.26				
	(31.03)	(33.86) (34.85) (33.52)				
1:01.65L	F # 38E	Men 12-12 100 Free	NSSAK	3	16	-1.76
	30.26	1:01.65				
	(30.26)	(31.39)				
Jack Barton (16) M						
29.95L	F # 10D	Men 16-16 50 Fly	NSSAK	14	3	-1.11
32.86L	F # 12D	Men 16-16 50 Back	NSSAK	15	2	-0.66
37.24L	F # 14D	Men 16-16 50 Breast	NSSAK	9	9	-2.29
28.07L	F # 16D	Men 16-16 50 Free	NSSAK	18	---	0.06
4:22.20L	F # 18D	Men 16-16 400 Free	NSSAK	1	20	-0.48
	29.53	1:02.13 1:35.16 2:08.71	2:43.19	3:16.93	3:49.86	4:22.20
	(29.53)	(32.60) (33.03) (33.55)	(34.48)	(33.74)	(32.93)	(32.34)
2:03.66L	F # 24I	Men 16-16 200 Free	NSSAK	2	17	-0.13
	28.33	58.70 1:31.41 2:03.66				
	(28.33)	(30.37) (32.71) (32.25)				
5:05.53L	F # 30D	Men 16-16 400 IM	NSSAK	1	20	7.10
	31.71	1:09.43 1:50.93 2:29.64	3:14.77	4:00.28	4:34.23	5:05.53
	(31.71)	(37.72) (41.50) (38.71)	(45.13)	(45.51)	(33.95)	(31.30)
57.92L	F # 38I	Men 16-16 100 Free	NSSAK	4	15	-0.17
	28.31	57.92				
	(28.31)	(29.61)				

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Kathryn Bates (11) W						
38.62L	F # 1D	Women 11-11 50 Fly	NSSAK	10	7	0.66
33.85L	F # 7D	Women 11-11 50 Free	NSSAK	11	6	-0.13
2:58.57L	F # 21D	Women 11-11 200 IM	NSSAK	4	15	2.26
	40.97	1:27.58	2:18.78	2:58.57		
	(40.97)	(46.61)	(51.20)	(39.79)		
2:37.99L	F # 23D	Women 11-11 200 Free	NSSAK	3	16	4.97
	36.42	1:16.55	1:58.33	2:37.99		
	(36.42)	(40.13)	(41.78)	(39.66)		
NS	F # 25D	Women 11-11 100 Back	NSSAK	---	---	---
1:34.21L	F # 31D	Women 11-11 100 Breast	NSSAK	3	16	-3.57
	44.95	1:34.21				
	(44.95)	(49.26)				
1:15.25L	F # 37D	Women 11-11 100 Free	NSSAK	9	9	1.80
	35.54	1:15.25				
	(35.54)	(39.71)				
Olivia Bates (16) W						
4:38.81L	F # 17D	Women 16-16 400 Free	NSSAK	2	17	5.52
	32.75	1:08.12	1:43.71	2:19.59	2:55.09	3:30.68
	(32.75)	(35.37)	(35.59)	(35.88)	(35.50)	(35.59)
					(34.85)	(33.28)
2:31.04L	F # 21I	Women 16-16 200 IM	NSSAK	1	20	5.19
	32.92	1:13.09	1:56.32	2:31.04		
	(32.92)	(40.17)	(43.23)	(34.72)		
2:15.22L	F # 23I	Women 16-16 200 Free	NSSAK	3	16	2.05
	31.87	1:06.92	1:41.83	2:15.22		
	(31.87)	(35.05)	(34.91)	(33.39)		
2:49.23L	F # 27D	Women 16-16 200 Breast	NSSAK	3	16	4.05
	39.80	1:23.69	2:06.67	2:49.23		
	(39.80)	(43.89)	(42.98)	(42.56)		
5:11.94L	F # 29D	Women 16-16 400 IM	NSSAK	1	20	8.15
	34.25	1:12.89	1:54.69	2:34.72	3:18.85	4:03.20
	(34.25)	(38.64)	(41.80)	(40.03)	(44.13)	(44.35)
					(35.09)	(33.65)
1:21.30L	F # 31I	Women 16-16 100 Breast	NSSAK	3	16	---
	38.94	1:21.30				
	(38.94)	(42.36)				
2:32.19L	F # 35D	Women 16-16 200 Back	NSSAK	1	20	-0.23
	36.66	1:15.77	1:54.80	2:32.19		
	(36.66)	(39.11)	(39.03)	(37.39)		

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Time	F/P/S	Event	Place	Points	Improv	
Michael Brady (15) M						
29.44L	F # 10C	Men 15-15 50 Fly	NSSAK	12	5	-0.12
31.39L	F # 12C	Men 15-15 50 Back	NSSAK	7	12	0.10
33.44L	F # 14C	Men 15-15 50 Breast	NSSAK	6	13	-0.04
26.80L	F # 16C	Men 15-15 50 Free	NSSAK	8	11	0.44
2:23.39L	F # 22H	Men 15-15 200 IM	NSSAK	3	16	-16.63
	30.15	1:07.24	1:50.14	2:23.39		
	(30.15)	(37.09)	(42.90)	(33.25)		
2:10.53L	F # 24H	Men 15-15 200 Free	NSSAK	6	13	-6.90
	30.05	1:03.79	1:38.52	2:10.53		
	(30.05)	(33.74)	(34.73)	(32.01)		
2:44.82L	F # 28C	Men 15-15 200 Breast	NSSAK	4	15	1.79
	38.67	1:21.89	2:05.23	2:44.82		
	(38.67)	(43.22)	(43.34)	(39.59)		
5:09.40L	F # 30C	Men 15-15 400 IM	NSSAK	1	20	---
	32.10	1:08.20	1:49.77	2:29.68	3:14.57	3:59.22
	(32.10)	(36.10)	(41.57)	(39.91)	(44.89)	(44.65)
					4:36.55	5:09.40
					(37.33)	(32.85)
58.98L	F # 38H	Men 15-15 100 Free	NSSAK	9	9	-1.82
	28.91	58.98				
	(28.91)	(30.07)				
Amelia Bray (CCY) (17) W						
27.70L	F # 9E	Women 17-17 50 Fly	NSSAK	2	17	0.70
30.30L	F # 11E	Women 17-17 50 Back	NSSAK	1	20	0.15
35.42L	F # 13E	Women 17-17 50 Breast	NSSAK	1	20	-5.12
26.54L	F # 15E	Women 17-17 50 Free	NSSAK	2	17	0.62
1:02.58L	F # 19J	Women 17-17 100 Fly	NSSAK	1	20	1.51
	29.17	1:02.58				
	(29.17)	(33.41)				
59.01L	F # 37J	Women 17-17 100 Free	NSSAK	2	17	1.96
	28.56	59.01				
	(28.56)	(30.45)				
Devin Bu (11) M						
44.21L	F # 2D	Men 11-11 50 Fly	NSSAK	18	---	4.86
38.71L	F # 4D	Men 11-11 50 Back	NSSAK	8	11	0.29
43.14L	F # 6D	Men 11-11 50 Breast	NSSAK	6	13	0.72
35.19L	F # 8D	Men 11-11 50 Free	NSSAK	16	1	0.15
3:06.13L	F # 22D	Men 11-11 200 IM	NSSAK	6	13	6.71
	44.63	1:32.55	2:23.52	3:06.13		
	(44.63)	(47.92)	(50.97)	(42.61)		
1:21.55L	F # 26D	Men 11-11 100 Back	NSSAK	4	15	-2.33
	39.82	1:21.55				
	(39.82)	(41.73)				
Alexis Buissonne (16) W						
4:41.50L	F # 17D	Women 16-16 400 Free	NSSAK	3	16	0.82
	31.59	1:06.13	1:41.28	2:16.74	2:53.35	3:29.78
	(31.59)	(34.54)	(35.15)	(35.46)	(36.61)	(36.43)
					4:06.80	4:41.50
					(37.02)	(34.70)
2:16.09L	F # 23I	Women 16-16 200 Free	NSSAK	4	15	1.28
	30.97	1:05.29	1:41.00	2:16.09		
	(30.97)	(34.32)	(35.71)	(35.09)		
5:20.65L	F # 29D	Women 16-16 400 IM	NSSAK	3	16	3.24
	33.84	1:14.38	1:56.20	2:37.09	3:22.90	4:08.33
	(33.84)	(40.54)	(41.82)	(40.89)	(45.81)	(45.43)
					4:45.25	5:20.65
					(36.92)	(35.40)

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Dieter Buisinne (20) M						
4:16.43L	F # 18F	Men 18 & Over 400 Free	NSSAK	2	17	1.88
	28.65	1:00.06 1:32.72 2:05.30	2:37.91 3:10.86	3:43.93 4:16.43		
	(28.65)	(31.41) (32.66) (32.58)	(32.61) (32.95)	(33.07) (32.50)		
1:59.47L	F # 24K	Men 18 & Over 200 Free	NSSAK	3	16	0.29
	27.57	58.43 1:29.83 1:59.47				
	(27.57)	(30.86) (31.40) (29.64)				
4:43.47L	F # 30F	Men 18 & Over 400 IM	NSSAK	2	17	-1.54
	28.71	1:02.73 1:41.55 2:18.40	2:58.95 3:39.50	4:12.05 4:43.47		
	(28.71)	(34.02) (38.82) (36.85)	(40.55) (40.55)	(32.55) (31.42)		
Kezia Buisinne (16) W						
4:37.59L	F # 17D	Women 16-16 400 Free	NSSAK	1	20	2.62
	31.62	1:05.79 1:40.73 2:15.88	2:51.42 3:27.06	4:02.84 4:37.59		
	(31.62)	(34.17) (34.94) (35.15)	(35.54) (35.64)	(35.78) (34.75)		
2:12.20L	F # 23I	Women 16-16 200 Free	NSSAK	1	20	2.20
	30.24	1:03.53 1:38.17 2:12.20				
	(30.24)	(33.29) (34.64) (34.03)				
5:18.47L	F # 29D	Women 16-16 400 IM	NSSAK	2	17	-0.75
	32.81	1:11.67 1:53.31 2:34.23	3:20.33 4:08.21	4:44.18 5:18.47		
	(32.81)	(38.86) (41.64) (40.92)	(46.10) (47.88)	(35.97) (34.29)		
1:01.27L	F # 37I	Women 16-16 100 Free	NSSAK	1	20	0.83
	29.39	1:01.27				
	(29.39)	(31.88)				
Sean Burke (15) M (WH)						
31.08L	F # 10C	Men 15-15 50 Fly	NSSAK	18	---	-1.01
34.51L	F # 12C	Men 15-15 50 Back	NSSAK	15	2	-1.27
38.12L	F # 14C	Men 15-15 50 Breast	NSSAK	15	2	-1.32
27.56L	F # 16C	Men 15-15 50 Free	NSSAK	13	4	0.01
4:32.64L	F # 18C	Men 15-15 400 Free	NSSAK	1	20	-3.59
	29.44	1:02.79 1:36.82 2:11.87	2:46.79 3:22.56	3:57.91 4:32.64		
	(29.44)	(33.35) (34.03) (35.05)	(34.92) (35.77)	(35.35) (34.73)		
2:32.76L	F # 22H	Men 15-15 200 IM	NSSAK	7	12	-0.07
	32.15	1:13.09 1:59.29 2:32.76				
	(32.15)	(40.94) (46.20) (33.47)				
2:07.01L	F # 24H	Men 15-15 200 Free	NSSAK	2	17	-0.70
	28.79	1:01.36 1:34.60 2:07.01				
	(28.79)	(32.57) (33.24) (32.41)				
5:23.53L	F # 30C	Men 15-15 400 IM	NSSAK	2	17	3.27
	32.72	1:11.35 1:54.40 2:36.95	3:23.78 4:11.85	4:48.43 5:23.53		
	(32.72)	(38.63) (43.05) (42.55)	(46.83) (48.07)	(36.58) (35.10)		
Marcus Cai (10) M						
48.33L	F # 6C	Men 10-10 50 Breast	NSSAK	5	14	-1.01
1:36.47L	F # 26C	Men 10-10 100 Back	NSSAK	8	11	1.48
	46.49	1:36.47				
	(46.49)	(49.98)				
1:52.12L	F # 32C	Men 10-10 100 Breast	NSSAK	6	13	5.61
	52.77	1:52.12				
	(52.77)	(59.35)				
Kei Chanakha (10) M						
48.77L	F # 4C	Men 10-10 50 Back	NSSAK	13	4	---
54.93L	F # 6C	Men 10-10 50 Breast	NSSAK	13	4	---
41.34L	F # 8C	Men 10-10 50 Free	NSSAK	16	1	---

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Maya Chanakha (12) W						
36.54L	F # 1E	Women 12-12 50 Fly	NSSAK	15	2	-0.44
38.32L	F # 3E	Women 12-12 50 Back	NSSAK	18	---	-2.02
48.09L	F # 5E	Women 12-12 50 Breast	NSSAK	23	---	-0.63
33.31L	F # 7E	Women 12-12 50 Free	NSSAK	17	---	-0.34
2:40.10L	F # 23E	Women 12-12 200 Free	NSSAK	10	7	---
	36.18	1:17.32	1:59.54	2:40.10		
	(36.18)	(41.14)	(42.22)	(40.56)		
1:22.57L	F # 25E	Women 12-12 100 Back	NSSAK	11	6	-1.75
	39.81	1:22.57				
	(39.81)	(42.76)				
1:11.31L	F # 37E	Women 12-12 100 Free	NSSAK	7	12	---
	34.96	1:11.31				
	(34.96)	(36.35)				
Eason Chang (Young) (11) M						
43.26L	F # 4D	Men 11-11 50 Back	NSSAK	22	---	---
50.39L DQ	F # 6D	Men 11-11 50 Breast	NSSAK	---	---	---
36.14L	F # 8D	Men 11-11 50 Free	NSSAK	19	---	---
3:19.45L	F # 22D	Men 11-11 200 IM	NSSAK	13	4	---
	49.13	1:41.55	2:37.20	3:19.45		
	(49.13)	(52.42)	(55.65)	(42.25)		
1:32.65L DQ	F # 26D	Men 11-11 100 Back	NSSAK	---	---	---
	45.97	1:32.65				
	(45.97)	(46.68)				
1:46.93L	F # 32D	Men 11-11 100 Breast	NSSAK	9	9	---
	51.19	1:46.93				
	(51.19)	(55.74)				
1:19.28L	F # 38D	Men 11-11 100 Free	NSSAK	14	3	---
	37.71	1:19.28				
	(37.71)	(41.57)				
Iris Chang (10) W						
36.19L	F # 1C	Women 10-10 50 Fly	NSSAK	2	17	-4.03
37.96L	F # 3C	Women 10-10 50 Back	NSSAK	1	20	-2.39
33.45L	F # 7C	Women 10-10 50 Free	NSSAK	2	17	0.43
3:13.16L	F # 21C	Women 10-10 200 IM	NSSAK	6	13	-10.89
	37.81	3.33	---	3:13.16		
	(37.81)	(34.48)	---	(3:13.16)		
2:45.57L	F # 23C	Women 10-10 200 Free	NSSAK	4	15	-2.02
	35.33	1:16.85	2:01.76	2:45.57		
	(35.33)	(41.52)	(44.91)	(43.81)		
1:23.42L	F # 25C	Women 10-10 100 Back	NSSAK	3	16	-8.48
	39.55	1:23.42				
	(39.55)	(43.87)				
1:12.83L	F # 37C	Women 10-10 100 Free	NSSAK	2	17	-1.51
	34.30	1:12.83				
	(34.30)	(38.53)				

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Craig Chen (Young) (9) M						
47.96L	F # 2B	Men 9-9 50 Fly	NSSAK	14	3	0.21
51.56L	F # 6B	Men 9-9 50 Breast	NSSAK	9	9	-4.95
39.62L	F # 8B	Men 9-9 50 Free	NSSAK	12	5	0.47
3:27.21L	F # 22B	Men 9-9 200 IM	NSSAK	4	15	---
	48.65	1:43.26	2:41.46	3:27.21		
	(48.65)	(54.61)	(58.20)	(45.75)		
Allegra Child (9) W						
50.66L	F # 3B	Women 9-9 50 Back	NSSAK	7	12	-5.44
56.02L	F # 5B	Women 9-9 50 Breast	NSSAK	7	12	-7.76
44.92L	F # 7B	Women 9-9 50 Free	NSSAK	9	9	-7.57
Imogen Child (12) W						
39.89L	F # 1E	Women 12-12 50 Fly	NSSAK	22	---	-0.93
40.17L	F # 3E	Women 12-12 50 Back	NSSAK	26	---	1.09
45.48L	F # 5E	Women 12-12 50 Breast	NSSAK	13	4	1.18
38.25L	F # 7E	Women 12-12 50 Free	NSSAK	33	---	3.68
1:27.15L	F # 25E	Women 12-12 100 Back	NSSAK	17	---	3.06
	41.50	1:27.15				
	(41.50)	(45.65)				
1:39.93L	F # 31E	Women 12-12 100 Breast	NSSAK	5	14	---
	46.84	1:39.93				
	(46.84)	(53.09)				
Clement Choo (14) M						
1:08.62L	F # 20G	Men 14-14 100 Fly	NSSAK	3	16	-19.10
	31.12	1:08.62				
	(31.12)	(37.50)				
5:17.15L	F # 30B	Men 14-14 400 IM	NSSAK	1	20	-9.15
	32.94	1:12.55	1:53.55	2:31.97	3:17.69	4:03.51
	(32.94)	(39.61)	(41.00)	(38.42)	(45.72)	(45.82)
					(37.58)	(36.06)
Gerayn Chow (12) W						
32.17L	F # 1E	Women 12-12 50 Fly	NSSAK	2	17	-1.01
38.13L	F # 3E	Women 12-12 50 Back	NSSAK	16	1	-0.82
40.48L	F # 5E	Women 12-12 50 Breast	NSSAK	3	16	-0.46
31.59L	F # 7E	Women 12-12 50 Free	NSSAK	9	9	-1.91
William Christoffersen (12) M						
36.17L	F # 2E	Men 12-12 50 Fly	NSSAK	21	---	-1.51
36.67L	F # 4E	Men 12-12 50 Back	NSSAK	14	3	0.35
47.27L	F # 6E	Men 12-12 50 Breast	NSSAK	27	---	0.01
31.32L	F # 8E	Men 12-12 50 Free	NSSAK	17	---	-0.96
1:17.45L	F # 26E	Men 12-12 100 Back	NSSAK	6	13	-2.35
	37.94	1:17.45				
	(37.94)	(39.51)				
1:07.35L	F # 38E	Men 12-12 100 Free	NSSAK	11	6	-2.89
	32.88	1:07.35				
	(32.88)	(34.47)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Isaac Chu (9) M						
40.31L	F # 2B	Men 9-9 50 Fly	NSSAK	3	16	---
44.74L	F # 4B	Men 9-9 50 Back	NSSAK	7	12	0.40
48.50L	F # 6B	Men 9-9 50 Breast	NSSAK	4	15	-0.66
38.08L	F # 8B	Men 9-9 50 Free	NSSAK	4	15	0.20
1:30.44L	F # 26B	Men 9-9 100 Back	NSSAK	4	15	---
	44.10	1:30.44				
	(44.10)	(46.34)				
1:47.71L	F # 32B	Men 9-9 100 Breast	NSSAK	6	13	---
	50.43	1:47.71				
	(50.43)	(57.28)				
1:26.75L	F # 38B	Men 9-9 100 Free	NSSAK	9	9	---
	40.53	1:26.75				
	(40.53)	(46.22)				
MacAllister Clark (21) M						
53.24L	F # 38K	Men 18 & Over 100 Free	NSSAK	2	17	0.58
	25.54	53.24				
	(25.54)	(27.70)				
Grayson Coulter (12) M						
28.23L	F # 2E	Men 12-12 50 Fly	NSSAK	1	20	-0.51
30.44L	F # 4E	Men 12-12 50 Back	NSSAK	1	20	-1.16
36.55L	F # 6E	Men 12-12 50 Breast	NSSAK	3	16	-0.62
25.77L	F # 8E	Men 12-12 50 Free	NSSAK	1	20	-0.13
1:59.68L	F # 24E	Men 12-12 200 Free	NSSAK	1	20	-1.47
	27.78	58.16	1:28.94	1:59.68		
	(27.78)	(30.38)	(30.78)	(30.74)		
55.32L	F # 38E	Men 12-12 100 Free	NSSAK	1	20	-0.59
	26.53	55.32				
	(26.53)	(28.79)				
Melissa Cowen (19) W						
29.26L	F # 9F	Women 18 & Over 50 Fly	NSSAK	7	12	0.11
31.73L	F # 11F	Women 18 & Over 50 Back	NSSAK	10	7	0.09
33.68L	F # 13F	Women 18 & Over 50 Breast	NSSAK	3	16	1.32
28.00L	F # 15F	Women 18 & Over 50 Free	NSSAK	6	13	0.93
2:34.37L	F # 27F	Women 18 & Over 200 Breast	NSSAK	1	20	3.21
	35.98	1:15.95	1:55.30	2:34.37		
	(35.98)	(39.97)	(39.35)	(39.07)		
1:12.43L	F # 31K	Women 18 & Over 100 Breast	NSSAK	3	16	3.37
	34.04	1:12.43				
	(34.04)	(38.39)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event	Place	Points	Improv	
Nicholas Cowen (17) M						
29.20L	F # 10E	Men 17-17 50 Fly	NSSAK	6	13	-0.47
31.80L	F # 12E	Men 17-17 50 Back	NSSAK	6	13	-1.05
31.73L	F # 14E	Men 17-17 50 Breast	NSSAK	4	15	0.29
27.68L	F # 16E	Men 17-17 50 Free	NSSAK	8	11	0.02
2:19.36L	F # 22J	Men 17-17 200 IM	NSSAK	1	20	2.00
	30.53	1:07.98	1:46.82	2:19.36		
	(30.53)	(37.45)	(38.84)	(32.54)		
2:26.07L	F # 28E	Men 17-17 200 Breast	NSSAK	2	17	0.10
	33.20	1:10.75	1:48.75	2:26.07		
	(33.20)	(37.55)	(38.00)	(37.32)		
4:59.98L	F # 30E	Men 17-17 400 IM	NSSAK	1	20	13.03
	31.41	1:07.16	1:46.79	2:25.87	3:07.17	3:49.99
	(31.41)	(35.75)	(39.63)	(39.08)	(41.30)	(42.82)
					(35.54)	(34.45)
1:09.47L	F # 32J	Men 17-17 100 Breast	NSSAK	3	16	2.54
	32.78	1:09.47				
	(32.78)	(36.69)				
57.81L	F # 38J	Men 17-17 100 Free	NSSAK	5	14	-3.88
	27.94	57.81				
	(27.94)	(29.87)				
Mine Cruywagen (11) W						
49.66L	F # 5D	Women 11-11 50 Breast	NSSAK	20	---	---
33.56L	F # 7D	Women 11-11 50 Free	NSSAK	9	9	---
Cyrus Daryoush (11) M						
41.91L	F # 2D	Men 11-11 50 Fly	NSSAK	15	2	---
NS	F # 8D	Men 11-11 50 Free	NSSAK	---	---	---
1:23.87L	F # 38D	Men 11-11 100 Free	NSSAK	21	---	---
	38.29	1:23.87				
	(38.29)	(45.58)				
Iris Davis (12) W						
35.37L	F # 1E	Women 12-12 50 Fly	NSSAK	10	7	-0.34
49.60L	F # 5E	Women 12-12 50 Breast	NSSAK	26	---	-15.63
33.66L	F # 7E	Women 12-12 50 Free	NSSAK	21	---	-2.15
2:38.83L	F # 23E	Women 12-12 200 Free	NSSAK	9	9	---
	35.64	1:15.82	1:58.52	2:38.83		
	(35.64)	(40.18)	(42.70)	(40.31)		
1:12.16L	F # 37E	Women 12-12 100 Free	NSSAK	8	11	-5.76
	34.37	1:12.16				
	(34.37)	(37.79)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Madison Dettling (CCY) (12) W						
35.30L	F # 1E	Women 12-12 50 Fly	NSSAK	9	9	-3.07
36.18L	F # 3E	Women 12-12 50 Back	NSSAK	7	12	-1.19
47.78L	F # 5E	Women 12-12 50 Breast	NSSAK	20	---	---
32.80L	F # 7E	Women 12-12 50 Free	NSSAK	16	1	-0.34
2:33.56L	F # 23E	Women 12-12 200 Free	NSSAK	6	13	-0.94
		35.43 1:15.42 1:56.56 2:33.56				
		(35.43) (39.99) (41.14) (37.00)				
1:16.48L	F # 25E	Women 12-12 100 Back	NSSAK	2	17	-3.38
		37.30 1:16.48				
		(37.30) (39.18)				
1:09.44L	F # 37E	Women 12-12 100 Free	NSSAK	6	13	-1.22
		33.31 1:09.44				
		(33.31) (36.13)				
Gabrielle D'Lima (12) W						
37.49L	F # 1E	Women 12-12 50 Fly	NSSAK	16	1	-2.22
39.41L	F # 3E	Women 12-12 50 Back	NSSAK	22	---	---
50.36L	F # 5E	Women 12-12 50 Breast	NSSAK	28	---	---
Oscar Dunn (12) M						
33.55L	F # 2E	Men 12-12 50 Fly	NSSAK	12	5	-2.32
35.36L	F # 4E	Men 12-12 50 Back	NSSAK	9	9	-1.05
36.61L	F # 6E	Men 12-12 50 Breast	NSSAK	4	15	-1.57
30.40L	F # 8E	Men 12-12 50 Free	NSSAK	13	4	-0.20
2:37.02L	F # 22E	Men 12-12 200 IM	NSSAK	2	17	-8.64
		35.75 1:17.92 2:01.87 2:37.02				
		(35.75) (42.17) (43.95) (35.15)				
1:20.50L	F # 32E	Men 12-12 100 Breast	NSSAK	2	17	-2.82
		39.12 1:20.50				
		(39.12) (41.38)				
1:05.40L	F # 38E	Men 12-12 100 Free	NSSAK	6	13	-2.22
		31.86 1:05.40				
		(31.86) (33.54)				
Chelsey Edwards (22) W						
28.15L	F # 9F	Women 18 & Over 50 Fly	NSSAK	2	17	0.46
30.60L	F # 11F	Women 18 & Over 50 Back	NSSAK	7	12	-0.54
35.29L	F # 13F	Women 18 & Over 50 Breast	NSSAK	4	15	-2.02
25.46L	F # 15F	Women 18 & Over 50 Free	NSSAK	1	20	0.20
2:03.32L	F # 23K	Women 18 & Over 200 Free	NSSAK	1	20	3.26
		28.64 59.41 1:31.50 2:03.32				
		(28.64) (30.77) (32.09) (31.82)				
56.22L	F # 37K	Women 18 & Over 100 Free	NSSAK	2	17	0.87
		27.19 56.22				
		(27.19) (29.03)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Emma Fan (Young) (12) W						
1:33.44L	F # 19E	Women 12-12 100 Fly	NSSAK	7	12	-1.42
	42.14	1:33.44				
	(42.14)	(51.30)				
3:26.44L	F # 21E	Women 12-12 200 IM	NSSAK	12	5	-5.04
	44.35	1:40.23 2:39.63 3:26.44				
	(44.35)	(55.88) (59.40) (46.81)				
1:53.47L	F # 31E	Women 12-12 100 Breast	NSSAK	14	3	-4.20
	52.88	1:53.47				
	(52.88)	(1:00.59)				
1:26.34L	F # 37E	Women 12-12 100 Free	NSSAK	23	---	-1.10
	41.03	1:26.34				
	(41.03)	(45.31)				
Isabella Fan (Young) (11) W						
3:23.14L	F # 21D	Women 11-11 200 IM	NSSAK	12	5	-6.03
	48.72	1:39.58 2:37.47 3:23.14				
	(48.72)	(50.86) (57.89) (45.67)				
1:49.12L	F # 31D	Women 11-11 100 Breast	NSSAK	9	9	-8.04
	51.81	1:49.12				
	(51.81)	(57.31)				
1:24.95L	F # 37D	Women 11-11 100 Free	NSSAK	20	---	-4.47
	39.70	1:24.95				
	(39.70)	(45.25)				
Oscar Fan (12) M						
39.94L	F # 4E	Men 12-12 50 Back	NSSAK	23	---	-2.79
34.48L	F # 8E	Men 12-12 50 Free	NSSAK	33	---	-2.26
Amber Fawkner (11) W						
37.29L	F # 1D	Women 11-11 50 Fly	NSSAK	6	13	-3.65
39.98L	F # 3D	Women 11-11 50 Back	NSSAK	14	2.5	1.62
47.42L	F # 5D	Women 11-11 50 Breast	NSSAK	13	4	1.70
35.46L	F # 7D	Women 11-11 50 Free	NSSAK	19	---	1.25
2:42.90L	F # 23D	Women 11-11 200 Free	NSSAK	6	13	4.81
	35.75	1:16.72 2:00.12 2:42.90				
	(35.75)	(40.97) (43.40) (42.78)				
1:14.01L	F # 37D	Women 11-11 100 Free	NSSAK	7	12	2.28
	35.15	1:14.01				
	(35.15)	(38.86)				
Andrew Feng (14) M						
28.76L	F # 10B	Men 14-14 50 Fly	NSSAK	4	15	0.65
30.79L	F # 12B	Men 14-14 50 Back	NSSAK	3	16	0.44
33.44L	F # 14B	Men 14-14 50 Breast	NSSAK	3	16	-0.80
27.38L	F # 16B	Men 14-14 50 Free	NSSAK	6	13	-1.12
2:08.74L	F # 24G	Men 14-14 200 Free	NSSAK	2	17	-6.89
	29.44	1:02.20 1:35.38 2:08.74				
	(29.44)	(32.76) (33.18) (33.36)				
2:15.93L	F # 34B	Men 14-14 200 Fly	NSSAK	1	20	2.82
	30.16	1:03.68 1:39.29 2:15.93				
	(30.16)	(33.52) (35.61) (36.64)				
59.33L	F # 38G	Men 14-14 100 Free	NSSAK	2	17	-0.11
	28.89	59.33				
	(28.89)	(30.44)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Roxelle Feng (12) W (BL)						
35.96L	F # 1E	Women 12-12 50 Fly	NSSAK	13	4	-1.28
36.64L	F # 3E	Women 12-12 50 Back	NSSAK	9	9	-1.05
43.60L	F # 5E	Women 12-12 50 Breast	NSSAK	9	9	0.24
32.12L	F # 7E	Women 12-12 50 Free	NSSAK	12	5	-0.46
1:20.39L	F # 25E	Women 12-12 100 Back	NSSAK	10	7	-2.03
	39.07	1:20.39				
	(39.07)	(41.32)				
Jacob Forbes (13) M						
31.18L	F # 10A	Men 13-13 50 Fly	NSSAK	7	12	0.40
33.86L	F # 12A	Men 13-13 50 Back	NSSAK	7	12	0.15
37.86L	F # 14A	Men 13-13 50 Breast	NSSAK	5	14	-1.86
28.97L	F # 16A	Men 13-13 50 Free	NSSAK	8	11	-0.63
2:17.23L	F # 24F	Men 13-13 200 Free	NSSAK	4	15	---
	31.95	1:08.32 1:43.86 2:17.23				
	(31.95)	(36.37) (35.54) (33.37)				
1:11.45L	F # 26F	Men 13-13 100 Back	NSSAK	3	16	-3.49
	34.86	1:11.45				
	(34.86)	(36.59)				
1:22.16L	F # 32F	Men 13-13 100 Breast	NSSAK	3	16	-2.96
	39.12	1:22.16				
	(39.12)	(43.04)				
1:03.62L	F # 38F	Men 13-13 100 Free	NSSAK	3	16	-2.23
	30.51	1:03.62				
	(30.51)	(33.11)				
Zachary Frame (12) M						
45.19L	F # 4E	Men 12-12 50 Back	NSSAK	30	---	1.68
48.79L	F # 6E	Men 12-12 50 Breast	NSSAK	29	---	-2.03
38.28L	F # 8E	Men 12-12 50 Free	NSSAK	42	---	-2.77
1:33.08L	F # 26E	Men 12-12 100 Back	NSSAK	21	---	-1.31
	48.05	1:33.08				
	(48.05)	(45.03)				
Ella Gao (10) W						
49.58L	F # 1C	Women 10-10 50 Fly	NSSAK	11	6	---
56.79L	F # 5C	Women 10-10 50 Breast	NSSAK	15	2	---
41.22L	F # 7C	Women 10-10 50 Free	NSSAK	17	---	---
2:01.47L	F # 31C	Women 10-10 100 Breast	NSSAK	14	3	---
	57.08	2:01.47				
	(57.08)	(1:04.39)				
Gary Gao (11) M						
42.28L	F # 2D	Men 11-11 50 Fly	NSSAK	16	1	---
39.40L	F # 4D	Men 11-11 50 Back	NSSAK	11	6	---
43.50L	F # 6D	Men 11-11 50 Breast	NSSAK	8	11	---
33.19L	F # 8D	Men 11-11 50 Free	NSSAK	9	9	---
1:34.44L	F # 32D	Men 11-11 100 Breast	NSSAK	3	16	---
	45.43	1:34.44				
	(45.43)	(49.01)				
1:12.60L	F # 38D	Men 11-11 100 Free	NSSAK	7	12	---
	34.45	1:12.60				
	(34.45)	(38.15)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Grace Gao (10) W						
49.49L	F # 1C	Women 10-10 50 Fly	NSSAK	10	7	---
42.47L	F # 7C	Women 10-10 50 Free	NSSAK	18	---	---
1:58.29L	F # 31C	Women 10-10 100 Breast	NSSAK	13	4	---
	57.10	1:58.29				
	(57.10)	(1:01.19)				
Mila Gladwell (9) W						
45.02L	F # 3B	Women 9-9 50 Back	NSSAK	5	14	-4.10
54.61L	F # 5B	Women 9-9 50 Breast	NSSAK	5	14	-6.45
39.68L	F # 7B	Women 9-9 50 Free	NSSAK	7	12	-4.22
Lola Guo (12) W						
40.43L	F # 1E	Women 12-12 50 Fly	NSSAK	26	---	-4.79
42.41L	F # 3E	Women 12-12 50 Back	NSSAK	33	---	---
42.24L	F # 5E	Women 12-12 50 Breast	NSSAK	6	13	-0.55
35.19L	F # 7E	Women 12-12 50 Free	NSSAK	26	---	0.94
1:40.06L	F # 31E	Women 12-12 100 Breast	NSSAK	6	13	0.27
	45.84	1:40.06				
	(45.84)	(54.22)				
1:16.27L	F # 37E	Women 12-12 100 Free	NSSAK	13	4	-0.61
	36.65	1:16.27				
	(36.65)	(39.62)				
Nina Harris (11) W						
43.21L	F # 3D	Women 11-11 50 Back	NSSAK	28	---	-2.09
37.36L	F # 7D	Women 11-11 50 Free	NSSAK	27	---	-1.27
1:22.81L	F # 37D	Women 11-11 100 Free	NSSAK	15	2	---
	39.73	1:22.81				
	(39.73)	(43.08)				
Blair Helms (22) M						
26.49L	F # 10F	Men 18 & Over 50 Fly	NSSAK	8	11	0.38
28.18L	F # 12F	Men 18 & Over 50 Back	NSSAK	3	16	-0.24
30.01L	F # 14F	Men 18 & Over 50 Breast	NSSAK	3	16	-0.42
25.02L	F # 16F	Men 18 & Over 50 Free	NSSAK	4	15	-0.40
2:07.93L	F # 22K	Men 18 & Over 200 IM	NSSAK	1	20	3.44
	27.35	1:00.73	1:37.72	2:07.93		
	(27.35)	(33.38)	(36.99)	(30.21)		
2:23.49L	F # 28F	Men 18 & Over 200 Breast	NSSAK	2	17	5.15
	31.90	1:09.02	1:46.65	2:23.49		
	(31.90)	(37.12)	(37.63)	(36.84)		
4:34.93L	F # 30F	Men 18 & Over 400 IM	NSSAK	1	20	10.16
	28.18	1:01.01	1:37.62	2:13.16	2:51.82	3:31.17
	(28.18)	(32.83)	(36.61)	(35.54)	(38.66)	(39.35)
					4:03.67	4:34.93
					(32.50)	(31.26)
Jason Hua (17) M						
26.44L	F # 16E	Men 17-17 50 Free	NSSAK	5	14	0.57
1:00.48L	F # 38J	Men 17-17 100 Free	NSSAK	7	12	1.57
	28.18	1:00.48				
	(28.18)	(32.30)				
Zihan Huang (Young) (9) W						
47.68L	F # 1B	Women 9-9 50 Fly	NSSAK	5	14	-2.60
46.75L	F # 3B	Women 9-9 50 Back	NSSAK	6	13	-0.36

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event	Place	Points	Improv	
Titus Huang (13) M						
2:35.09L	F # 24F	Men 13-13 200 Free	NSSAK	12	5	---
	34.63	1:15.14 1:57.41 2:35.09				
	(34.63)	(40.51) (42.27) (37.68)				
1:21.10L	F # 26F	Men 13-13 100 Back	NSSAK	11	6	3.27
	39.48	1:21.10				
	(39.48)	(41.62)				
2:53.03L	F # 36A	Men 13-13 200 Back	NSSAK	6	13	-0.67
	40.58	1:25.15 2:11.08 2:53.03				
	(40.58)	(44.57) (45.93) (41.95)				
1:06.43L	F # 38F	Men 13-13 100 Free	NSSAK	9	9	-2.23
	31.38	1:06.43				
	(31.38)	(35.05)				
Brooke Humphries (14) W						
31.47L	F # 9B	Women 14-14 50 Fly	NSSAK	5	14	0.14
35.23L	F # 11B	Women 14-14 50 Back	NSSAK	6	13	1.07
41.74L	F # 13B	Women 14-14 50 Breast	NSSAK	11	6	2.10
30.86L	F # 15B	Women 14-14 50 Free	NSSAK	6	13	0.61
5:03.97L	F # 17B	Women 14-14 400 Free	NSSAK	1	20	8.66
	33.52	1:11.08 1:50.13 2:28.84 3:07.72 3:46.68 4:25.95 5:03.97				
	(33.52)	(37.56) (39.05) (38.71) (38.88) (38.96) (39.27) (38.02)				
2:24.65L	F # 23G	Women 14-14 200 Free	NSSAK	1	20	3.66
	32.96	1:09.86 1:47.49 2:24.65				
	(32.96)	(36.90) (37.63) (37.16)				
1:06.31L	F # 37G	Women 14-14 100 Free	NSSAK	2	17	-0.85
	31.65	1:06.31				
	(31.65)	(34.66)				
Jacob Humphries (15) M						
26.57L	F # 10C	Men 15-15 50 Fly	NSSAK	2	17	0.77
29.35L	F # 12C	Men 15-15 50 Back	NSSAK	3	16	-0.31
33.42L	F # 14C	Men 15-15 50 Breast	NSSAK	4	15	-0.44
25.74L	F # 16C	Men 15-15 50 Free	NSSAK	6	12.5	0.41
58.47L	F # 20H	Men 15-15 100 Fly	NSSAK	1	20	1.35
	27.30	58.47				
	(27.30)	(31.17)				
2:18.74L	F # 34C	Men 15-15 200 Fly	NSSAK	1	20	6.59
	29.53	1:04.22 1:40.97 2:18.74				
	(29.53)	(34.69) (36.75) (37.77)				
Luke Jackson (16) M						
28.70L	F # 10D	Men 16-16 50 Fly	NSSAK	7	12	-1.16
31.25L	F # 12D	Men 16-16 50 Back	NSSAK	8	11	0.69
35.34L	F # 14D	Men 16-16 50 Breast	NSSAK	7	12	-1.55
26.58L	F # 16D	Men 16-16 50 Free	NSSAK	8	11	-0.01
4:28.36L	F # 18D	Men 16-16 400 Free	NSSAK	2	17	-1.84
	29.21	1:01.60 1:35.18 2:09.14 2:43.97 3:18.53 3:53.61 4:28.36				
	(29.21)	(32.39) (33.58) (33.96) (34.83) (34.56) (35.08) (34.75)				
2:02.54L	F # 24I	Men 16-16 200 Free	NSSAK	1	20	-0.83
	28.53	59.24 1:31.55 2:02.54				
	(28.53)	(30.71) (32.31) (30.99)				
56.88L	F # 38I	Men 16-16 100 Free	NSSAK	3	16	-0.68
	27.76	56.88				
	(27.76)	(29.12)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Mila Jackson (13) W						
34.32L	F # 9A	Women 13-13 50 Fly	NSSAK	11	6	---
32.76L	F # 15A	Women 13-13 50 Free	NSSAK	20	---	-0.21
2:36.16L	F # 23F	Women 13-13 200 Free	NSSAK	8	11	---
	35.30	1:14.38	1:55.19	2:36.16		
	(35.30)	(39.08)	(40.81)	(40.97)		
Grace Jeromson (CCY) (16) W						
31.01L	F # 9D	Women 16-16 50 Fly	NSSAK	5	14	-0.06
32.25L	F # 11D	Women 16-16 50 Back	NSSAK	2	17	-0.27
34.89L	F # 13D	Women 16-16 50 Breast	NSSAK	2	17	1.05
2:35.79L	F # 21I	Women 16-16 200 IM	NSSAK	3	16	4.08
	32.89	1:12.30	1:57.23	2:35.79		
	(32.89)	(39.41)	(44.93)	(38.56)		
2:48.09L	F # 27D	Women 16-16 200 Breast	NSSAK	1	20	3.52
	37.69	1:20.63	2:03.05	2:48.09		
	(37.69)	(42.94)	(42.42)	(45.04)		
1:17.73L	F # 31I	Women 16-16 100 Breast	NSSAK	2	17	3.64
	36.22	1:17.73				
	(36.22)	(41.51)				
Ethan Jiao (Young) (11) M						
41.65L	F # 2D	Men 11-11 50 Fly	NSSAK	14	3	-30.35
43.95L	F # 4D	Men 11-11 50 Back	NSSAK	23	---	-13.05
34.84L	F # 8D	Men 11-11 50 Free	NSSAK	14	3	-1.11
3:07.83L	F # 22D	Men 11-11 200 IM	NSSAK	9	9	-8.68
	43.49	1:33.75	2:26.67	3:07.83		
	(43.49)	(50.26)	(52.92)	(41.16)		
2:55.96L	F # 24D	Men 11-11 200 Free	NSSAK	7	12	1.44
	38.49	1:24.06	2:11.53	2:55.96		
	(38.49)	(45.57)	(47.47)	(44.43)		
1:38.26L	F # 26D	Men 11-11 100 Back	NSSAK	19	---	-6.43
	48.32	1:38.26				
	(48.32)	(49.94)				
1:15.46L	F # 38D	Men 11-11 100 Free	NSSAK	12	5	-2.83
	35.25	1:15.46				
	(35.25)	(40.21)				
Chloe Kavanagh (14) W						
37.53L	F # 11B	Women 14-14 50 Back	NSSAK	12	5	-0.40
1:39.15L	F # 31G	Women 14-14 100 Breast	NSSAK	6	13	2.45
	46.50	1:39.15				
	(46.50)	(52.65)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Doyoung Kim (Young) (9) M						
44.91L	F # 2B	Men 9-9 50 Fly	NSSAK	10	7	-1.75
46.03L	F # 4B	Men 9-9 50 Back	NSSAK	9	9	---
38.61L	F # 8B	Men 9-9 50 Free	NSSAK	8	11	-1.44
1:43.66L	F # 20B	Men 9-9 100 Fly	NSSAK	1	20	1.21
	47.56	1:43.66				
	(47.56)	(56.10)				
3:27.56L DQ	F # 22B	Men 9-9 200 IM	NSSAK	---	---	---
	48.10	1:40.87 2:44.52 3:27.56				
	(48.10)	(52.77) (1:03.65) (43.04)				
1:25.78L	F # 38B	Men 9-9 100 Free	NSSAK	6	13	-1.31
	40.50	1:25.78				
	(40.50)	(45.28)				
Julia Kim (17) W						
32.06L	F # 9E	Women 17-17 50 Fly	NSSAK	7	12	-0.44
34.06L	F # 11E	Women 17-17 50 Back	NSSAK	7	12	1.62
39.67L	F # 13E	Women 17-17 50 Breast	NSSAK	6	13	0.75
28.31L	F # 15E	Women 17-17 50 Free	NSSAK	4	15	0.41
2:22.05L	F # 23J	Women 17-17 200 Free	NSSAK	2	17	2.51
	31.90	1:07.81 1:44.74 2:22.05				
	(31.90)	(35.91) (36.93) (37.31)				
1:12.82L	F # 25J	Women 17-17 100 Back	NSSAK	2	17	1.30
	35.16	1:12.82				
	(35.16)	(37.66)				
1:03.68L	F # 37J	Women 17-17 100 Free	NSSAK	4	15	1.46
	29.85	1:03.68				
	(29.85)	(33.83)				
Lani Kim (13) W						
31.10L	F # 9A	Women 13-13 50 Fly	NSSAK	3	16	0.46
36.66L	F # 13A	Women 13-13 50 Breast	NSSAK	2	17	-1.01
29.08L	F # 15A	Women 13-13 50 Free	NSSAK	2	17	0.38
4:53.16L	F # 17A	Women 13-13 400 Free	NSSAK	2	17	-1.23
	32.52	1:09.11 1:46.84 2:25.16 3:02.67 3:39.91 4:17.49 4:53.16				
	(32.52)	(36.59) (37.73) (38.32) (37.51) (37.24) (37.58) (35.67)				
2:33.89L	F # 21F	Women 13-13 200 IM	NSSAK	2	17	3.09
	32.12	1:13.24 1:58.49 2:33.89				
	(32.12)	(41.12) (45.25) (35.40)				
2:16.20L	F # 23F	Women 13-13 200 Free	NSSAK	1	20	-0.35
	31.40	1:06.50 1:41.54 2:16.20				
	(31.40)	(35.10) (35.04) (34.66)				
5:30.95L	F # 29A	Women 13-13 400 IM	NSSAK	2	17	---
	33.37	1:14.67 1:58.62 2:41.14 3:28.59 4:17.40 4:54.02 5:30.95				
	(33.37)	(41.30) (43.95) (42.52) (47.45) (48.81) (36.62) (36.93)				
1:20.95L	F # 31F	Women 13-13 100 Breast	NSSAK	2	17	-2.99
	37.91	1:20.95				
	(37.91)	(43.04)				
1:02.14L	F # 37F	Women 13-13 100 Free	NSSAK	1	20	-0.07
	30.45	1:02.14				
	(30.45)	(31.69)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Dmitry Kuzmenkov (15) M						
28.76L	F # 10C	Men 15-15 50 Fly	NSSAK	10	7	0.10
34.28L	F # 12C	Men 15-15 50 Back	NSSAK	14	3	---
32.24L	F # 14C	Men 15-15 50 Breast	NSSAK	2	17	0.72
27.58L	F # 16C	Men 15-15 50 Free	NSSAK	14	3	0.11
1:05.94L	F # 20H	Men 15-15 100 Fly	NSSAK	5	14	-16.94
	31.29	1:05.94				
	(31.29)	(34.65)				
2:44.73L	F # 28C	Men 15-15 200 Breast	NSSAK	3	16	0.86
	38.04	1:21.02	2:03.58	2:44.73		
	(38.04)	(42.98)	(42.56)	(41.15)		
1:11.42L	F # 32H	Men 15-15 100 Breast	NSSAK	1	20	-0.36
	32.95	1:11.42				
	(32.95)	(38.47)				
Abigail Kwok (11) W						
38.45L	F # 1D	Women 11-11 50 Fly	NSSAK	8	11	-2.67
40.12L	F # 3D	Women 11-11 50 Back	NSSAK	16	1	-2.16
45.32L	F # 5D	Women 11-11 50 Breast	NSSAK	8	11	-1.30
1:28.47L	F # 19D	Women 11-11 100 Fly	NSSAK	3	16	-1.47
	40.01	1:28.47				
	(40.01)	(48.46)				
3:07.43L	F # 21D	Women 11-11 200 IM	NSSAK	9	9	-6.54
	40.12	1:28.54	2:23.94	3:07.43		
	(40.12)	(48.42)	(55.40)	(43.49)		
Hyunseo Lee (12) W						
35.56L	F # 1E	Women 12-12 50 Fly	NSSAK	12	5	0.01
38.92L	F # 3E	Women 12-12 50 Back	NSSAK	19	---	-0.11
37.26L	F # 5E	Women 12-12 50 Breast	NSSAK	1	20	-0.26
31.79L	F # 7E	Women 12-12 50 Free	NSSAK	10	7	0.18
1:17.55L	F # 19E	Women 12-12 100 Fly	NSSAK	2	17	-1.99
	35.88	1:17.55				
	(35.88)	(41.67)				
2:51.33L	F # 21E	Women 12-12 200 IM	NSSAK	3	16	6.80
	36.53	1:24.22	2:11.22	2:51.33		
	(36.53)	(47.69)	(47.00)	(40.11)		
1:23.62L	F # 31E	Women 12-12 100 Breast	NSSAK	1	20	0.94
	38.77	1:23.62				
	(38.77)	(44.85)				
Alexander Leigh (11) M						
44.92L	F # 4D	Men 11-11 50 Back	NSSAK	24	---	---
54.07L	F # 6D	Men 11-11 50 Breast	NSSAK	19	---	---
39.12L	F # 8D	Men 11-11 50 Free	NSSAK	27	---	---
1:21.26L	F # 38D	Men 11-11 100 Free	NSSAK	16	1	---
	38.60	1:21.26				
	(38.60)	(42.66)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event	Place	Points	Improv
Sebastian Leigh (13) M					
2:50.55L DQ	F # 22F	Men 13-13 200 IM	NSSAK	---	---
	39.13	1:21.57 2:12.94 2:50.55			
	(39.13)	(42.44) (51.37) (37.61)			
2:29.13L	F # 24F	Men 13-13 200 Free	NSSAK	10	7
	34.53	1:13.28 1:51.99 2:29.13			
	(34.53)	(38.75) (38.71) (37.14)			
1:22.07L DQ	F # 26F	Men 13-13 100 Back	NSSAK	---	---
	41.46	1:22.07			
	(41.46)	(40.61)			
1:08.86L	F # 38F	Men 13-13 100 Free	NSSAK	15	2
	33.35	1:08.86			
	(33.35)	(35.51)			
Alexandra Lesslie (11) W					
42.74L	F # 3D	Women 11-11 50 Back	NSSAK	25	---
49.52L	F # 5D	Women 11-11 50 Breast	NSSAK	19	---
37.92L	F # 7D	Women 11-11 50 Free	NSSAK	28	---
Eddie Li (Young) (11) M					
35.23L	F # 2D	Men 11-11 50 Fly	NSSAK	4	15
39.16L	F # 6D	Men 11-11 50 Breast	NSSAK	1	20
32.77L	F # 8D	Men 11-11 50 Free	NSSAK	6	13
1:27.81L	F # 20D	Men 11-11 100 Fly	NSSAK	2	17
	38.07	1:27.81			
	(38.07)	(49.74)			
2:57.16L	F # 22D	Men 11-11 200 IM	NSSAK	4	15
	37.78	1:27.37 2:16.40 2:57.16			
	(37.78)	(49.59) (49.03) (40.76)			
1:27.72L	F # 32D	Men 11-11 100 Breast	NSSAK	1	20
	41.29	1:27.72			
	(41.29)	(46.43)			
1:11.31L	F # 38D	Men 11-11 100 Free	NSSAK	5	14
	33.95	1:11.31			
	(33.95)	(37.36)			

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event	Place	Points	Improv	
Amber Lin (13) W						
30.92L	F # 9A	Women 13-13 50 Fly	NSSAK	2	17	0.61
33.44L	F # 11A	Women 13-13 50 Back	NSSAK	3	16	1.04
37.53L	F # 13A	Women 13-13 50 Breast	NSSAK	4	15	0.47
29.47L	F # 15A	Women 13-13 50 Free	NSSAK	4	15	-0.21
1:08.69L	F # 19F	Women 13-13 100 Fly	NSSAK	1	20	1.24
	32.50	1:08.69				
	(32.50)	(36.19)				
2:34.15L	F # 21F	Women 13-13 200 IM	NSSAK	3	16	1.61
	32.74	1:11.46	1:57.31	2:34.15		
	(32.74)	(38.72)	(45.85)	(36.84)		
2:57.53L	F # 27A	Women 13-13 200 Breast	NSSAK	3	16	-4.91
	39.48	1:24.87	2:11.47	2:57.53		
	(39.48)	(45.39)	(46.60)	(46.06)		
5:33.29L	F # 29A	Women 13-13 400 IM	NSSAK	3	16	11.84
	35.46	1:17.69	2:01.17	2:43.92	3:30.76	4:19.23
	(35.46)	(42.23)	(43.48)	(42.75)	(46.84)	(48.47)
					(38.22)	(35.84)
2:48.32L	F # 33A	Women 13-13 200 Fly	NSSAK	1	20	13.60
	35.43	1:17.66	2:03.27	2:48.32		
	(35.43)	(42.23)	(45.61)	(45.05)		
Angelika Liu (10) W						
37.53L	F # 7C	Women 10-10 50 Free	NSSAK	12	5	---
1:21.95L	F # 37C	Women 10-10 100 Free	NSSAK	8	11	---
	38.97	1:21.95				
	(38.97)	(42.98)				
Sonny Liu (14) M						
31.20L	F # 10B	Men 14-14 50 Fly	NSSAK	12	5	-0.29
36.13L	F # 14B	Men 14-14 50 Breast	NSSAK	8	11	-0.72
28.88L	F # 16B	Men 14-14 50 Free	NSSAK	13	4	-2.10
4:53.35L	F # 18B	Men 14-14 400 Free	NSSAK	2	17	---
	33.40	1:09.83	1:46.59	2:24.11	3:01.15	3:38.90
	(33.40)	(36.43)	(36.76)	(37.52)	(37.04)	(37.75)
					(37.88)	(36.57)
2:18.85L	F # 24G	Men 14-14 200 Free	NSSAK	10	7	1.23
	32.10	1:07.83	1:43.61	2:18.85		
	(32.10)	(35.73)	(35.78)	(35.24)		
2:47.83L	F # 28B	Men 14-14 200 Breast	NSSAK	2	17	1.97
	38.91	1:20.91	2:03.79	2:47.83		
	(38.91)	(42.00)	(42.88)	(44.04)		
2:38.51L	F # 34B	Men 14-14 200 Fly	NSSAK	2	17	5.00
	34.65	1:14.89	1:56.08	2:38.51		
	(34.65)	(40.24)	(41.19)	(42.43)		
1:02.35L	F # 38G	Men 14-14 100 Free	NSSAK	8	11	-6.94
	29.70	1:02.35				
	(29.70)	(32.65)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event	Place	Points	Improv
Kris Lu (11) M					
37.30L	F # 2D	Men 11-11 50 Fly	NSSAK 7	12	---
39.71L	F # 4D	Men 11-11 50 Back	NSSAK 12	5	0.69
47.34L	F # 6D	Men 11-11 50 Breast	NSSAK 14	3	-1.77
34.50L	F # 8D	Men 11-11 50 Free	NSSAK 11	6	---
3:07.59L	F # 22D	Men 11-11 200 IM	NSSAK 8	11	-11.38
		39.45 1:29.44 2:25.97 3:07.59			
		(39.45) (49.99) (56.53) (41.62)			
1:28.18L	F # 26D	Men 11-11 100 Back	NSSAK 12	5	1.62
		41.82 1:28.18			
		(41.82) (46.36)			
1:15.23L	F # 38D	Men 11-11 100 Free	NSSAK 10	7	---
		35.43 1:15.23			
		(35.43) (39.80)			
Max Managh (14) M					
28.29L	F # 16B	Men 14-14 50 Free	NSSAK 11	6	0.04
4:49.08L	F # 18B	Men 14-14 400 Free	NSSAK 1	20	-1.09
		31.80 4.75 1:44.86 1:08.02 2:57.86 3:34.91 4:12.03 4:49.08			
		(31.80) (27.05) (1:40.11) (36.84) (1:49.84) (37.05) (37.12) (37.05)			
2:11.75L	F # 24G	Men 14-14 200 Free	NSSAK 3	16	-4.48
		30.31 1:04.00 1:38.40 2:11.75			
		(30.31) (33.69) (34.40) (33.35)			
59.40L	F # 38G	Men 14-14 100 Free	NSSAK 3	16	-2.56
		28.26 59.40			
		(28.26) (31.14)			
Ania Maritz (16) W					
29.04L	F # 9D	Women 16-16 50 Fly	NSSAK 1	20	0.09
32.54L	F # 11D	Women 16-16 50 Back	NSSAK 3	16	-0.76
34.95L	F # 13D	Women 16-16 50 Breast	NSSAK 3	16	-0.99
27.60L	F # 15D	Women 16-16 50 Free	NSSAK 1	20	-0.42
1:06.37L	F # 19I	Women 16-16 100 Fly	NSSAK 1	20	0.92
		30.39 1:06.37			
		(30.39) (35.98)			
2:33.54L	F # 21I	Women 16-16 200 IM	NSSAK 2	17	3.72
		31.57 1:12.04 1:59.76 2:33.54			
		(31.57) (40.47) (47.72) (33.78)			
2:14.33L	F # 23I	Women 16-16 200 Free	NSSAK 2	17	-0.25
		30.59 1:04.67 1:40.31 2:14.33			
		(30.59) (34.08) (35.64) (34.02)			
5:31.59L	F # 29D	Women 16-16 400 IM	NSSAK 4	15	---
		32.53 1:10.88 1:55.48 2:40.92 3:29.78 4:19.24 4:57.82 5:31.59			
		(32.53) (38.35) (44.60) (45.44) (48.86) (49.46) (38.58) (33.77)			

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Luan Maritz (13) M						
36.22L	F # 10A	Men 13-13 50 Fly	NSSAK	13	4	-17.16
35.31L	F # 12A	Men 13-13 50 Back	NSSAK	10	7	-3.30
45.70L	F # 14A	Men 13-13 50 Breast	NSSAK	17	---	-3.33
30.78L	F # 16A	Men 13-13 50 Free	NSSAK	14	3	-1.28
2:58.25L	F # 22F	Men 13-13 200 IM	NSSAK	8	11	-9.28
		40.17 1:23.55 2:21.01 2:58.25				
		(40.17) (43.38) (57.46) (37.24)				
1:20.24L	F # 26F	Men 13-13 100 Back	NSSAK	10	7	0.28
		39.21 1:20.24				
		(39.21) (41.03)				
1:07.15L	F # 38F	Men 13-13 100 Free	NSSAK	12	5	-5.06
		32.51 1:07.15				
		(32.51) (34.64)				
Isla Marsh (CCY) (20) W						
1:09.22L	F # 19K	Women 18 & Over 100 Fly	NSSAK	3	16	---
		32.11 1:09.22				
		(32.11) (37.11)				
2:35.86L	F # 33F	Women 18 & Over 200 Fly	NSSAK	2	17	6.43
		33.09 1:12.63 1:54.12 2:35.86				
		(33.09) (39.54) (41.49) (41.74)				
Anna McGowan (CCY) (18) W						
29.84L	F # 9F	Women 18 & Over 50 Fly	NSSAK	8	11	-1.23
30.66L	F # 11F	Women 18 & Over 50 Back	NSSAK	8	11	1.03
38.21L	F # 13F	Women 18 & Over 50 Breast	NSSAK	7	12	0.21
28.60L	F # 15F	Women 18 & Over 50 Free	NSSAK	10	7	0.89
1:04.64L	F # 25K	Women 18 & Over 100 Back	NSSAK	4	15	1.26
		31.85 1:04.64				
		(31.85) (32.79)				
2:24.19L	F # 35F	Women 18 & Over 200 Back	NSSAK	2	17	4.72
		33.46 1:09.51 1:46.59 2:24.19				
		(33.46) (36.05) (37.08) (37.60)				
Rebecca Meder (V) (21) W						
27.48L	F # 9F	Women 18 & Over 50 Fly	NSSAK	1	20	0.64
29.64L	F # 11F	Women 18 & Over 50 Back	NSSAK	1	20	0.98
31.57L	F # 13F	Women 18 & Over 50 Breast	NSSAK	1	20	-0.36
26.33L	F # 15F	Women 18 & Over 50 Free	NSSAK	2	17	0.23
2:14.33L	F # 21K	Women 18 & Over 200 IM	NSSAK	1	20	3.38
		28.63 1:03.13 1:41.85 2:14.33				
		(28.63) (34.50) (38.72) (32.48)				
1:04.14L	F # 25K	Women 18 & Over 100 Back	NSSAK	3	16	2.75
		31.41 1:04.14				
		(31.41) (32.73)				
1:07.99L	F # 31K	Women 18 & Over 100 Breast	NSSAK	1	20	-2.07
		31.98 1:07.99				
		(31.98) (36.01)				
56.08L	F # 37K	Women 18 & Over 100 Free	NSSAK	1	20	1.20
		27.23 56.08				
		(27.23) (28.85)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Mila Mitchell (9) W						
48.08L	F # 1B	Women 9-9 50 Fly	NSSAK	6	13	---
37.50L	F # 7B	Women 9-9 50 Free	NSSAK	3	16	---
1:25.86L	F # 37B	Women 9-9 100 Free	NSSAK	5	14	---
	40.83	1:25.86				
	(40.83)	(45.03)				
Zara Nastevska (11) W						
44.13L	F # 1D	Women 11-11 50 Fly	NSSAK	22	---	---
41.82L	F # 3D	Women 11-11 50 Back	NSSAK	23	---	---
48.67L	F # 5D	Women 11-11 50 Breast	NSSAK	16	1	---
39.26L	F # 7D	Women 11-11 50 Free	NSSAK	34	---	---
1:29.64L	F # 25D	Women 11-11 100 Back	NSSAK	10	7	---
	42.65	1:29.64				
	(42.65)	(46.99)				
1:24.58L	F # 37D	Women 11-11 100 Free	NSSAK	18	---	---
	39.76	1:24.58				
	(39.76)	(44.82)				
Emma Oh (Young) (11) W						
43.41L	F # 1D	Women 11-11 50 Fly	NSSAK	21	---	---
43.70L	F # 3D	Women 11-11 50 Back	NSSAK	31	---	---
48.41L	F # 5D	Women 11-11 50 Breast	NSSAK	15	2	---
36.61L	F # 7D	Women 11-11 50 Free	NSSAK	24	---	---
3:24.48L	F # 21D	Women 11-11 200 IM	NSSAK	13	4	---
	44.84	8.48	---	3:24.48		
	(44.84)	(36.36)	---	(3:24.48)		
1:50.52L	F # 31D	Women 11-11 100 Breast	NSSAK	12	5	-8.68
	50.87	1:50.52				
	(50.87)	(59.65)				
1:22.01L	F # 37D	Women 11-11 100 Free	NSSAK	14	3	-6.18
	38.04	1:22.01				
	(38.04)	(43.97)				
Liam Oh (Young) (11) M						
49.70L	F # 6D	Men 11-11 50 Breast	NSSAK	16	1	---
37.90L	F # 8D	Men 11-11 50 Free	NSSAK	24	---	---
3:28.85L DQ	F # 22D	Men 11-11 200 IM	NSSAK	---	---	---
	48.11	1:42.96	2:42.51	3:28.85		
	(48.11)	(54.85)	(59.55)	(46.34)		
1:48.31L	F # 32D	Men 11-11 100 Breast	NSSAK	10	7	-10.23
	51.59	1:48.31				
	(51.59)	(56.72)				
1:24.40L	F # 38D	Men 11-11 100 Free	NSSAK	22	---	-9.93
	40.07	1:24.40				
	(40.07)	(44.33)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Erika Orbell (CCY) (15) W						
34.84L	F # 11C	Women 15-15 50 Back	NSSAK	5	14	0.54
30.03L	F # 15C	Women 15-15 50 Free	NSSAK	7	12	0.35
2:22.00L	F # 23H	Women 15-15 200 Free	NSSAK	7	12	-0.16
	32.33	1:09.11	1:46.22	2:22.00		
	(32.33)	(36.78)	(37.11)	(35.78)		
1:15.73L	F # 25H	Women 15-15 100 Back	NSSAK	6	13	1.89
	36.10	1:15.73				
	(36.10)	(39.63)				
1:04.83L	F # 37H	Women 15-15 100 Free	NSSAK	5	14	1.11
	31.07	1:04.83				
	(31.07)	(33.76)				
Junghee Park (Young) (11) M						
35.68L	F # 2D	Men 11-11 50 Fly	NSSAK	5	14	-1.85
32.62L	F # 8D	Men 11-11 50 Free	NSSAK	4	15	-0.80
1:19.38L	F # 20D	Men 11-11 100 Fly	NSSAK	1	20	-4.92
	37.09	1:19.38				
	(37.09)	(42.29)				
2:58.90L	F # 22D	Men 11-11 200 IM	NSSAK	5	14	-4.98
	38.84	1:27.61	2:21.67	2:58.90		
	(38.84)	(48.77)	(54.06)	(37.23)		
2:29.30L	F # 24D	Men 11-11 200 Free	NSSAK	3	16	-7.23
	33.31	1:11.43	1:50.20	2:29.30		
	(33.31)	(38.12)	(38.77)	(39.10)		
1:30.31L	F # 26D	Men 11-11 100 Back	NSSAK	14	3	---
	44.00	1:30.31				
	(44.00)	(46.31)				
1:09.34L	F # 38D	Men 11-11 100 Free	NSSAK	3	16	-2.62
	32.82	1:09.34				
	(32.82)	(36.52)				
Ruben Park (12) M						
34.78L	F # 2E	Men 12-12 50 Fly	NSSAK	17	---	-0.53
41.06L	F # 4E	Men 12-12 50 Back	NSSAK	26	---	1.76
33.82L	F # 8E	Men 12-12 50 Free	NSSAK	28	---	-0.41
1:23.18L	F # 20E	Men 12-12 100 Fly	NSSAK	5	14	-2.14
	38.10	1:23.18				
	(38.10)	(45.08)				
1:23.05L	F # 26E	Men 12-12 100 Back	NSSAK	14	3	-1.58
	41.16	1:23.05				
	(41.16)	(41.89)				
1:13.05L	F # 38E	Men 12-12 100 Free	NSSAK	20	---	-7.14
	34.76	1:13.05				
	(34.76)	(38.29)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Liv Peebles (18) W						
28.53L	F # 9F	Women 18 & Over 50 Fly	NSSAK	3	16	0.41
30.27L	F # 11F	Women 18 & Over 50 Back	NSSAK	6	13	1.07
36.00L	F # 13F	Women 18 & Over 50 Breast	NSSAK	5	14	0.47
27.60L	F # 15F	Women 18 & Over 50 Free	NSSAK	5	14	0.91
1:06.19L	F # 19K	Women 18 & Over 100 Fly	NSSAK	1	20	2.34
	30.74	1:06.19				
	(30.74)	(35.45)				
1:04.86L	F # 25K	Women 18 & Over 100 Back	NSSAK	5	14	2.16
	32.38	1:04.86				
	(32.38)	(32.48)				
Samuel Poching (21) M						
26.22L	F # 10F	Men 18 & Over 50 Fly	NSSAK	3	16	-0.35
27.85L	F # 12F	Men 18 & Over 50 Back	NSSAK	2	17	0.33
31.47L	F # 14F	Men 18 & Over 50 Breast	NSSAK	5	14	-0.11
25.27L	F # 16F	Men 18 & Over 50 Free	NSSAK	8	11	0.56
58.36L	F # 26K	Men 18 & Over 100 Back	NSSAK	1	20	1.36
	28.55	58.36				
	(28.55)	(29.81)				
2:07.50L	F # 36F	Men 18 & Over 200 Back	NSSAK	1	20	3.10
	30.03	1:03.31 1:37.29 2:07.50				
	(30.03)	(33.28) (33.98) (30.21)				
55.29L	F # 38K	Men 18 & Over 100 Free	NSSAK	5	14	1.97
	27.08	55.29				
	(27.08)	(28.21)				
John Quirk (21) M						
28.82L	F # 10F	Men 18 & Over 50 Fly	NSSAK	14	3	-0.07
28.59L	F # 12F	Men 18 & Over 50 Back	NSSAK	5	14	1.10
38.32L	F # 14F	Men 18 & Over 50 Breast	NSSAK	13	4	-3.67
26.80L	F # 16F	Men 18 & Over 50 Free	NSSAK	13	4	0.19
1:06.63L	F # 20K	Men 18 & Over 100 Fly	NSSAK	4	15	-1.04
	29.84	1:06.63				
	(29.84)	(36.79)				
59.94L	F # 26K	Men 18 & Over 100 Back	NSSAK	2	17	0.49
	28.81	59.94				
	(28.81)	(31.13)				
2:14.49L	F # 36F	Men 18 & Over 200 Back	NSSAK	3	16	1.23
	30.38	1:04.42 1:39.43 2:14.49				
	(30.38)	(34.04) (35.01) (35.06)				
Giselle Rawhiti (11) W						
39.96L	F # 3D	Women 11-11 50 Back	NSSAK	13	4	-8.00
34.69L	F # 7D	Women 11-11 50 Free	NSSAK	17	---	-5.17
1:27.57L	F # 25D	Women 11-11 100 Back	NSSAK	8	11	-5.12
	42.80	1:27.57				
	(42.80)	(44.77)				
1:16.98L	F # 37D	Women 11-11 100 Free	NSSAK	11	6	-23.72
	36.36	1:16.98				
	(36.36)	(40.62)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Jasmin Reader (14) W						
34.79L	F # 9B	Women 14-14 50 Fly	NSSAK	10	7	-3.30
36.65L	F # 11B	Women 14-14 50 Back	NSSAK	9	9	-1.27
40.14L	F # 13B	Women 14-14 50 Breast	NSSAK	7	12	-0.49
31.27L	F # 15B	Women 14-14 50 Free	NSSAK	9	9	-0.87
3:06.01L	F # 27B	Women 14-14 200 Breast	NSSAK	3	16	3.32
	42.75	1:30.41	2:19.01	3:06.01		
	(42.75)	(47.66)	(48.60)	(47.00)		
1:28.30L	F # 31G	Women 14-14 100 Breast	NSSAK	3	16	2.32
	40.53	1:28.30				
	(40.53)	(47.77)				
1:05.91L	F # 37G	Women 14-14 100 Free	NSSAK	1	20	-2.18
	31.39	1:05.91				
	(31.39)	(34.52)				
Mikah Roberts (11) W						
37.69L	F # 3D	Women 11-11 50 Back	NSSAK	6	13	0.40
1:32.44L	F # 19D	Women 11-11 100 Fly	NSSAK	4	15	2.14
	39.81	1:32.44				
	(39.81)	(52.63)				
Sid Roy (10) M						
51.20L	F # 6C	Men 10-10 50 Breast	NSSAK	7	12	---
41.86L	F # 8C	Men 10-10 50 Free	NSSAK	17	---	---
NS	F # 32C	Men 10-10 100 Breast	NSSAK	---	---	---
Jakub Schwager (16) M						
28.50L	F # 10D	Men 16-16 50 Fly	NSSAK	6	13	-0.57
30.49L	F # 12D	Men 16-16 50 Back	NSSAK	6	13	0.41
32.80L	F # 14D	Men 16-16 50 Breast	NSSAK	2	17	0.30
26.03L	F # 16D	Men 16-16 50 Free	NSSAK	5	14	-0.04
1:07.16L	F # 20I	Men 16-16 100 Fly	NSSAK	9	9	---
	30.32	1:07.16				
	(30.32)	(36.84)				
1:06.72L	F # 26I	Men 16-16 100 Back	NSSAK	6	13	1.12
	31.94	1:06.72				
	(31.94)	(34.78)				
1:15.50L	F # 32I	Men 16-16 100 Breast	NSSAK	4	15	1.17
	35.31	1:15.50				
	(35.31)	(40.19)				
58.25L	F # 38I	Men 16-16 100 Free	NSSAK	5	14	0.57
	27.76	58.25				
	(27.76)	(30.49)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Amelia-Rose Searle (13) W						
33.05L	F # 9A	Women 13-13 50 Fly	NSSAK	10	7	-0.54
36.94L	F # 11A	Women 13-13 50 Back	NSSAK	14	3	-1.63
43.55L	F # 13A	Women 13-13 50 Breast	NSSAK	9	9	-4.07
31.99L	F # 15A	Women 13-13 50 Free	NSSAK	15	2	-0.91
1:15.10L	F # 19F	Women 13-13 100 Fly	NSSAK	3	16	-0.30
	34.46	1:15.10				
	(34.46)	(40.64)				
2:30.32L	F # 23F	Women 13-13 200 Free	NSSAK	7	12	-2.91
	35.51	1:14.13 1:53.65 2:30.32				
	(35.51)	(38.62) (39.52) (36.67)				
1:19.94L	F # 25F	Women 13-13 100 Back	NSSAK	11	6	-0.98
	39.14	1:19.94				
	(39.14)	(40.80)				
1:34.63L	F # 31F	Women 13-13 100 Breast	NSSAK	6	13	-0.21
	45.05	1:34.63				
	(45.05)	(49.58)				
1:08.63L	F # 37F	Women 13-13 100 Free	NSSAK	10	7	-1.52
	33.40	1:08.63				
	(33.40)	(35.23)				
Lily Seber (Young) (11) W						
42.05L	F # 1D	Women 11-11 50 Fly	NSSAK	19	---	---
39.51L	F # 3D	Women 11-11 50 Back	NSSAK	9	9	---
47.64L	F # 5D	Women 11-11 50 Breast	NSSAK	14	3	---
33.75L	F # 7D	Women 11-11 50 Free	NSSAK	10	7	---
1:10.94L	F # 37D	Women 11-11 100 Free	NSSAK	4	15	---
	35.12	1:10.94				
	(35.12)	(35.82)				
Jayden Siu (Young) (10) M						
35.92L	F # 2C	Men 10-10 50 Fly	NSSAK	2	17	-0.28
38.25L	F # 4C	Men 10-10 50 Back	NSSAK	1	20	0.04
2:50.75L	F # 22C	Men 10-10 200 IM	NSSAK	1	20	-3.51
	36.25	1:20.45 2:12.66 2:50.75				
	(36.25)	(44.20) (52.21) (38.09)				
2:31.99L	F # 24C	Men 10-10 200 Free	NSSAK	2	17	-1.41
	33.63	1:11.35 1:51.78 2:31.99				
	(33.63)	(37.72) (40.43) (40.21)				
1:20.81L	F # 26C	Men 10-10 100 Back	NSSAK	1	20	-1.00
	39.04	1:20.81				
	(39.04)	(41.77)				
1:35.57L	F # 32C	Men 10-10 100 Breast	NSSAK	2	17	-6.61
	45.69	1:35.57				
	(45.69)	(49.88)				
1:10.21L	F # 38C	Men 10-10 100 Free	NSSAK	1	20	-0.97
	33.54	1:10.21				
	(33.54)	(36.67)				
Jacob Skoe (11) M						
38.94L	F # 4D	Men 11-11 50 Back	NSSAK	10	7	---
36.53L	F # 8D	Men 11-11 50 Free	NSSAK	20	---	---
1:23.57L	F # 26D	Men 11-11 100 Back	NSSAK	7	12	-3.96
	41.13	1:23.57				
	(41.13)	(42.44)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Alyssa Somerville (13) W						
37.39L	F # 9A	Women 13-13 50 Fly	NSSAK	21	---	-8.97
32.00L	F # 15A	Women 13-13 50 Free	NSSAK	16	1	1.01
1:19.58L	F # 25F	Women 13-13 100 Back	NSSAK	10	7	-0.93
	38.60	1:19.58				
	(38.60)	(40.98)				
1:08.23L	F # 37F	Women 13-13 100 Free	NSSAK	9	9	---
	32.57	1:08.23				
	(32.57)	(35.66)				
Adina Song (11) W						
37.38L	F # 1D	Women 11-11 50 Fly	NSSAK	7	12	-2.16
39.82L	F # 3D	Women 11-11 50 Back	NSSAK	11	5.5	-2.06
34.39L	F # 7D	Women 11-11 50 Free	NSSAK	14	3	-0.49
1:36.05L	F # 19D	Women 11-11 100 Fly	NSSAK	5	14	---
	40.08	1:36.05				
	(40.08)	(55.97)				
2:47.17L	F # 23D	Women 11-11 200 Free	NSSAK	7	12	-2.21
	35.79	1:18.17	2:03.59	2:47.17		
	(35.79)	(42.38)	(45.42)	(43.58)		
1:16.38L	F # 37D	Women 11-11 100 Free	NSSAK	10	7	0.43
	35.85	1:16.38				
	(35.85)	(40.53)				
Nikita Strombeck (12) W						
42.17L	F # 3E	Women 12-12 50 Back	NSSAK	31	---	-1.23
53.45L	F # 5E	Women 12-12 50 Breast	NSSAK	32	---	0.37
3:15.13L	F # 21E	Women 12-12 200 IM	NSSAK	9	9	-4.03
	45.24	1:32.78	2:33.27	3:15.13		
	(45.24)	(47.54)	(1:00.49)	(41.86)		
1:28.55L	F # 25E	Women 12-12 100 Back	NSSAK	18	---	-4.76
	44.09	1:28.55				
	(44.09)	(44.46)				
1:17.47L	F # 37E	Women 12-12 100 Free	NSSAK	16	1	-2.80
	36.90	1:17.47				
	(36.90)	(40.57)				
Tannah Strombeck (14) W						
35.82L	F # 9B	Women 14-14 50 Fly	NSSAK	12	5	0.89
37.10L	F # 11B	Women 14-14 50 Back	NSSAK	10	7	-0.22
40.80L	F # 13B	Women 14-14 50 Breast	NSSAK	8	11	1.67
32.04L	F # 15B	Women 14-14 50 Free	NSSAK	12	4.5	0.25
2:48.04L	F # 21G	Women 14-14 200 IM	NSSAK	5	14	0.04
	37.25	1:19.68	2:08.01	2:48.04		
	(37.25)	(42.43)	(48.33)	(40.03)		
3:06.49L	F # 27B	Women 14-14 200 Breast	NSSAK	4	15	3.39
	42.91	1:30.07	2:18.45	3:06.49		
	(42.91)	(47.16)	(48.38)	(48.04)		
5:51.54L	F # 29B	Women 14-14 400 IM	NSSAK	2	17	8.21
	37.92	1:23.72	2:08.08	2:51.21	3:40.18	4:29.64
	(37.92)	(45.80)	(44.36)	(43.13)	(48.97)	(49.46)
					5:11.78	5:51.54
					(42.14)	(39.76)

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Alex Su (12) M						
40.53L	F # 2E	Men 12-12 50 Fly	NSSAK	26	---	-2.34
40.82L	F # 4E	Men 12-12 50 Back	NSSAK	24	---	-1.00
46.47L	F # 6E	Men 12-12 50 Breast	NSSAK	25	---	---
34.94L	F # 8E	Men 12-12 50 Free	NSSAK	35	---	-2.11
2:52.08L	F # 24E	Men 12-12 200 Free	NSSAK	9	9	-1.61
		37.37 1:20.70 2:06.50 2:52.08				
		(37.37) (43.33) (45.80) (45.58)				
1:30.68L	F # 26E	Men 12-12 100 Back	NSSAK	20	---	-0.58
		43.87 1:30.68				
		(43.87) (46.81)				
1:18.09L	F # 38E	Men 12-12 100 Free	NSSAK	25	---	-1.66
		37.38 1:18.09				
		(37.38) (40.71)				
Cynthia Su (10) W						
37.37L	F # 1C	Women 10-10 50 Fly	NSSAK	5	14	0.16
39.64L	F # 3C	Women 10-10 50 Back	NSSAK	3	16	-0.26
47.39L	F # 5C	Women 10-10 50 Breast	NSSAK	5	14	-1.01
36.38L	F # 7C	Women 10-10 50 Free	NSSAK	9	9	-1.86
1:27.25L	F # 19C	Women 10-10 100 Fly	NSSAK	1	20	1.44
		41.13 1:27.25				
		(41.13) (46.12)				
3:09.27L	F # 21C	Women 10-10 200 IM	NSSAK	5	14	0.56
		40.35 1:28.46 2:25.73 3:09.27				
		(40.35) (48.11) (57.27) (43.54)				
1:26.08L	F # 25C	Women 10-10 100 Back	NSSAK	4	15	-1.08
		42.18 1:26.08				
		(42.18) (43.90)				
Austin Sun (11) M						
34.14L	F # 2D	Men 11-11 50 Fly	NSSAK	3	16	-0.87
35.64L	F # 4D	Men 11-11 50 Back	NSSAK	3	16	-0.05
40.68L	F # 6D	Men 11-11 50 Breast	NSSAK	4	15	0.03
29.92L	F # 8D	Men 11-11 50 Free	NSSAK	2	17	-0.74
2:22.81L	F # 24D	Men 11-11 200 Free	NSSAK	2	17	-2.68
		32.34 1:08.77 1:46.02 2:22.81				
		(32.34) (36.43) (37.25) (36.79)				
1:14.75L	F # 26D	Men 11-11 100 Back	NSSAK	2	17	-0.42
		36.21 1:14.75				
		(36.21) (38.54)				
1:05.33L	F # 38D	Men 11-11 100 Free	NSSAK	2	17	-0.71
		30.84 1:05.33				
		(30.84) (34.49)				
Jacob Sutherland (11) M						
41.60L	F # 4D	Men 11-11 50 Back	NSSAK	17	---	---
37.39L	F # 8D	Men 11-11 50 Free	NSSAK	23	---	---

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Winnie Tang (13) W						
35.02L	F # 9A	Women 13-13 50 Fly	NSSAK	12	5	0.88
36.56L	F # 11A	Women 13-13 50 Back	NSSAK	12	5	1.33
45.69L	F # 13A	Women 13-13 50 Breast	NSSAK	16	1	0.10
32.53L	F # 15A	Women 13-13 50 Free	NSSAK	17	---	1.20
2:52.38L	F # 21F	Women 13-13 200 IM	NSSAK	7	12	-5.46
	36.49	1:19.80	2:13.52	2:52.38		
	(36.49)	(43.31)	(53.72)	(38.86)		
1:19.00L	F # 25F	Women 13-13 100 Back	NSSAK	8	11	3.38
	37.85	1:19.00				
	(37.85)	(41.15)				
Olivia Taylor (16) W						
32.31L	F # 9D	Women 16-16 50 Fly	NSSAK	6	13	0.40
33.69L	F # 11D	Women 16-16 50 Back	NSSAK	5	13.5	-0.07
39.12L	F # 13D	Women 16-16 50 Breast	NSSAK	4	15	2.58
30.68L	F # 15D	Women 16-16 50 Free	NSSAK	5	14	0.58
2:40.65L	F # 21I	Women 16-16 200 IM	NSSAK	4	15	6.37
	33.11	1:14.72	2:01.92	2:40.65		
	(33.11)	(41.61)	(47.20)	(38.73)		
Connor Turver (13) M						
28.45L	F # 16A	Men 13-13 50 Free	NSSAK	5	14	0.03
1:03.88L	F # 38F	Men 13-13 100 Free	NSSAK	4	15	-2.67
	30.39	1:03.88				
	(30.39)	(33.49)				
Amogh Tyagi (15) W						
38.69L	F # 9C	Women 15-15 50 Fly	NSSAK	14	3	---
33.25L	F # 15C	Women 15-15 50 Free	NSSAK	16	1	-0.45
1:11.35L	F # 37H	Women 15-15 100 Free	NSSAK	9	9	-2.27
	34.03	1:11.35				
	(34.03)	(37.32)				
Gyan Tyagi (15) M						
31.73L	F # 10C	Men 15-15 50 Fly	NSSAK	22	---	-0.19
1:11.63L	F # 20H	Men 15-15 100 Fly	NSSAK	9	9	---
	32.80	1:11.63				
	(32.80)	(38.83)				
2:40.18L	F # 22H	Men 15-15 200 IM	NSSAK	9	9	-22.89
	33.48	1:14.32	2:04.14	2:40.18		
	(33.48)	(40.84)	(49.82)	(36.04)		
2:45.43L	F # 34C	Men 15-15 200 Fly	NSSAK	4	15	---
	34.31	1:17.25	2:01.92	2:45.43		
	(34.31)	(42.94)	(44.67)	(43.51)		
Edward Utemov (12) M						
42.17L	DQ	F # 2E	Men 12-12 50 Fly	NSSAK	---	---
41.30L	F # 4E	Men 12-12 50 Back	NSSAK	27	---	---
46.00L	F # 6E	Men 12-12 50 Breast	NSSAK	24	---	-6.86
34.86L	F # 8E	Men 12-12 50 Free	NSSAK	34	---	---

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Teja van der Westhuizen (12) W						
33.78L	F # 1E	Women 12-12 50 Fly	NSSAK	5	14	-0.26
36.93L	F # 3E	Women 12-12 50 Back	NSSAK	11	6	-0.19
32.18L	F # 7E	Women 12-12 50 Free	NSSAK	13	4	-0.85
1:16.78L DQ	F # 19E	Women 12-12 100 Fly	NSSAK	---	---	---
	35.74	1:16.78				
	(35.74)	(41.04)				
2:32.32L	F # 23E	Women 12-12 200 Free	NSSAK	5	14	-5.11
	35.38	1:15.76 1:55.70 2:32.32				
	(35.38)	(40.38) (39.94) (36.62)				
1:18.47L	F # 25E	Women 12-12 100 Back	NSSAK	6	13	0.32
	37.79	1:18.47				
	(37.79)	(40.68)				
1:08.57L	F # 37E	Women 12-12 100 Free	NSSAK	4	15	-4.17
	33.47	1:08.57				
	(33.47)	(35.10)				
India Vaughan (13) W (BL)						
32.30L	F # 9A	Women 13-13 50 Fly	NSSAK	8	11	-2.68
36.06L	F # 11A	Women 13-13 50 Back	NSSAK	9	9	-1.09
36.13L	F # 13A	Women 13-13 50 Breast	NSSAK	1	20	-9.98
30.36L	F # 15A	Women 13-13 50 Free	NSSAK	7	12	-5.04
2:57.51L	F # 27A	Women 13-13 200 Breast	NSSAK	2	17	-6.73
	39.62	1:25.51 2:11.62 2:57.51				
	(39.62)	(45.89) (46.11) (45.89)				
1:20.60L	F # 31F	Women 13-13 100 Breast	NSSAK	1	20	-4.01
	38.23	1:20.60				
	(38.23)	(42.37)				
Liam Vogel (16) M						
26.03L	F # 10D	Men 16-16 50 Fly	NSSAK	1	20	0.01
27.75L	F # 12D	Men 16-16 50 Back	NSSAK	2	17	0.33
33.12L	F # 14D	Men 16-16 50 Breast	NSSAK	3	16	-1.44
24.83L	F # 16D	Men 16-16 50 Free	NSSAK	1	20	0.27
57.61L	F # 20I	Men 16-16 100 Fly	NSSAK	1	20	0.74
	27.02	57.61				
	(27.02)	(30.59)				
1:02.82L	F # 26I	Men 16-16 100 Back	NSSAK	2	17	3.33
	29.69	1:02.82				
	(29.69)	(33.13)				
2:12.44L	F # 36D	Men 16-16 200 Back	NSSAK	1	20	3.24
	30.81	1:04.34 1:38.91 2:12.44				
	(30.81)	(33.53) (34.57) (33.53)				
54.65L	F # 38I	Men 16-16 100 Free	NSSAK	1	20	0.93
	26.15	54.65				
	(26.15)	(28.50)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Johan-Albert Vorster (12) M						
37.41L	F # 4E	Men 12-12 50 Back	NSSAK	17	---	-1.76
37.49L	F # 6E	Men 12-12 50 Breast	NSSAK	7	12	0.25
30.82L	F # 8E	Men 12-12 50 Free	NSSAK	15	2	-1.04
1:23.51L	F # 32E	Men 12-12 100 Breast	NSSAK	5	14	-0.18
	39.96	1:23.51				
	(39.96)	(43.55)				
1:08.19L	F # 38E	Men 12-12 100 Free	NSSAK	12	5	-2.35
	32.28	1:08.19				
	(32.28)	(35.91)				
Ethan Wang (Young) (9) M						
44.47L	F # 4B	Men 9-9 50 Back	NSSAK	6	13	---
48.41L	F # 6B	Men 9-9 50 Breast	NSSAK	3	16	-2.81
39.84L	F # 8B	Men 9-9 50 Free	NSSAK	13	4	0.34
3:16.20L	F # 22B	Men 9-9 200 IM	NSSAK	1	20	-7.10
	48.01	1:38.37	2:32.58	3:16.20		
	(48.01)	(50.36)	(54.21)	(43.62)		
1:35.41L	F # 26B	Men 9-9 100 Back	NSSAK	7	12	-4.66
	47.17	1:35.41				
	(47.17)	(48.24)				
1:43.15L	F # 32B	Men 9-9 100 Breast	NSSAK	2	17	-5.67
	49.21	1:43.15				
	(49.21)	(53.94)				
1:24.61L	F # 38B	Men 9-9 100 Free	NSSAK	5	14	-1.74
	40.17	1:24.61				
	(40.17)	(44.44)				
Isabella Wang (Young) (11) W						
41.77L	F # 3D	Women 11-11 50 Back	NSSAK	21	---	-2.44
42.44L	F # 5D	Women 11-11 50 Breast	NSSAK	5	14	-1.33
33.00L	F # 7D	Women 11-11 50 Free	NSSAK	6	13	-3.39
3:04.26L	F # 21D	Women 11-11 200 IM	NSSAK	7	12	-1.82
	42.62	1:31.00	2:23.72	3:04.26		
	(42.62)	(48.38)	(52.72)	(40.54)		
2:40.84L	F # 23D	Women 11-11 200 Free	NSSAK	4	15	---
	36.09	1:17.68	2:00.25	2:40.84		
	(36.09)	(41.59)	(42.57)	(40.59)		
1:34.48L	F # 31D	Women 11-11 100 Breast	NSSAK	4	15	-2.68
	44.81	1:34.48				
	(44.81)	(49.67)				
1:13.20L	F # 37D	Women 11-11 100 Free	NSSAK	5	14	-6.58
	35.04	1:13.20				
	(35.04)	(38.16)				
Sophia Wang (Young) (11) W						
39.98L	F # 3D	Women 11-11 50 Back	NSSAK	14	2.5	---
50.68L	F # 5D	Women 11-11 50 Breast	NSSAK	23	---	-1.01
36.44L	F # 7D	Women 11-11 50 Free	NSSAK	22	---	-2.01
3:19.90L	F # 21D	Women 11-11 200 IM	NSSAK	11	6	---
	44.48	1:32.99	2:33.56	3:19.90		
	(44.48)	(48.51)	(1:00.57)	(46.34)		
1:49.92L	F # 31D	Women 11-11 100 Breast	NSSAK	10	7	-5.15
	52.31	1:49.92				
	(52.31)	(57.61)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event	Place	Points	Improv	
Elvin Wang (13) M (WH)						
32.20L	F # 10A	Men 13-13 50 Fly	NSSAK	8	11	0.09
33.31L	F # 12A	Men 13-13 50 Back	NSSAK	6	13	-0.45
36.06L	F # 14A	Men 13-13 50 Breast	NSSAK	3	16	0.48
28.70L	F # 16A	Men 13-13 50 Free	NSSAK	6	13	0.80
2:35.40L	F # 22F	Men 13-13 200 IM	NSSAK	2	17	1.42
	34.03	1:17.07	2:00.61	2:35.40		
	(34.03)	(43.04)	(43.54)	(34.79)		
2:19.45L	F # 24F	Men 13-13 200 Free	NSSAK	5	14	-2.65
	31.75	1:08.17	1:44.41	2:19.45		
	(31.75)	(36.42)	(36.24)	(35.04)		
1:14.12L	F # 26F	Men 13-13 100 Back	NSSAK	6	13	0.62
	36.82	1:14.12				
	(36.82)	(37.30)				
5:28.18L	F # 30A	Men 13-13 400 IM	NSSAK	1	20	0.14
	35.49	1:17.89	2:01.49	2:43.63	3:27.99	4:13.67
	(35.49)	(42.40)	(43.60)	(42.14)	(44.36)	(45.68)
					(38.29)	(36.22)
1:02.38L	F # 38F	Men 13-13 100 Free	NSSAK	2	17	-0.32
	29.38	1:02.38				
	(29.38)	(33.00)				
Henry Wang (11) M						
41.66L	F # 4D	Men 11-11 50 Back	NSSAK	18	---	---
34.98L	F # 8D	Men 11-11 50 Free	NSSAK	15	2	---
Henry Wang (13) M						
29.91L	F # 10A	Men 13-13 50 Fly	NSSAK	4	15	0.58
32.03L	F # 12A	Men 13-13 50 Back	NSSAK	4	15	0.47
35.64L	F # 14A	Men 13-13 50 Breast	NSSAK	2	17	0.33
28.40L	F # 16A	Men 13-13 50 Free	NSSAK	4	15	-0.28
1:07.72L	F # 20F	Men 13-13 100 Fly	NSSAK	3	16	-0.47
	31.34	1:07.72				
	(31.34)	(36.38)				
1:10.81L	F # 26F	Men 13-13 100 Back	NSSAK	2	17	1.59
	34.36	1:10.81				
	(34.36)	(36.45)				
2:50.57L	F # 28A	Men 13-13 200 Breast	NSSAK	2	17	-3.36
	37.02	1:19.96	2:05.08	2:50.57		
	(37.02)	(42.94)	(45.12)	(45.49)		
2:32.77L	F # 34A	Men 13-13 200 Fly	NSSAK	3	16	-12.00
	33.29	1:12.66	1:52.93	2:32.77		
	(33.29)	(39.37)	(40.27)	(39.84)		
2:31.91L	F # 36A	Men 13-13 200 Back	NSSAK	1	20	-1.05
	36.30	1:14.69	1:53.92	2:31.91		
	(36.30)	(38.39)	(39.23)	(37.99)		
Timmy Wang (9) M						
53.82L	F # 6B	Men 9-9 50 Breast	NSSAK	10	7	---

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Summer-Rose Watson (12) W						
41.79L	F # 1E	Women 12-12 50 Fly	NSSAK	31	---	---
36.55L	F # 3E	Women 12-12 50 Back	NSSAK	8	11	---
45.20L	F # 5E	Women 12-12 50 Breast	NSSAK	12	5	---
31.84L	F # 7E	Women 12-12 50 Free	NSSAK	11	6	---
2:29.77L	F # 23E	Women 12-12 200 Free	NSSAK	4	15	---
	34.11	1:12.49	1:51.66	2:29.77		
	(34.11)	(38.38)	(39.17)	(38.11)		
1:19.04L	F # 25E	Women 12-12 100 Back	NSSAK	7	12	---
	38.58	1:19.04				
	(38.58)	(40.46)				
Charlotte Welsh (13) W						
35.05L	F # 9A	Women 13-13 50 Fly	NSSAK	13	4	-0.42
36.16L	F # 11A	Women 13-13 50 Back	NSSAK	11	6	-0.59
42.94L DQ	F # 13A	Women 13-13 50 Breast	NSSAK	---	---	---
31.14L	F # 15A	Women 13-13 50 Free	NSSAK	11	6	0.02
1:18.60L	F # 25F	Women 13-13 100 Back	NSSAK	6	13	0.11
	37.64	1:18.60				
	(37.64)	(40.96)				
1:08.06L	F # 37F	Women 13-13 100 Free	NSSAK	8	11	-1.49
	32.29	1:08.06				
	(32.29)	(35.77)				
Dominic Wharepouri (17) M						
30.11L	F # 12E	Men 17-17 50 Back	NSSAK	4	15	0.30
26.47L	F # 16E	Men 17-17 50 Free	NSSAK	6	13	-0.56
1:05.41L	F # 26J	Men 17-17 100 Back	NSSAK	4	15	0.42
	31.39	1:05.41				
	(31.39)	(34.02)				
2:23.80L	F # 36E	Men 17-17 200 Back	NSSAK	2	17	3.02
	32.60	1:09.53	1:46.69	2:23.80		
	(32.60)	(36.93)	(37.16)	(37.11)		
57.39L	F # 38J	Men 17-17 100 Free	NSSAK	4	15	-1.17
	27.59	57.39				
	(27.59)	(29.80)				
Monique Wieruszowski (16) W						
30.06L	F # 9D	Women 16-16 50 Fly	NSSAK	4	15	---
33.69L	F # 11D	Women 16-16 50 Back	NSSAK	5	13.5	---
32.19L	F # 13D	Women 16-16 50 Breast	NSSAK	1	20	1.81
28.68L	F # 15D	Women 16-16 50 Free	NSSAK	3	16	0.61
2:48.36L	F # 27D	Women 16-16 200 Breast	NSSAK	2	17	12.77
	37.52	1:21.55	2:06.12	2:48.36		
	(37.52)	(44.03)	(44.57)	(42.24)		
1:10.99L	F # 31I	Women 16-16 100 Breast	NSSAK	1	20	3.32
	32.54	1:10.99				
	(32.54)	(38.45)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Eliza Williams (15) W						
32.72L	F # 9C	Women 15-15 50 Fly	NSSAK	8	11	1.02
37.41L	F # 11C	Women 15-15 50 Back	NSSAK	10	7	1.47
42.25L	F # 13C	Women 15-15 50 Breast	NSSAK	7	12	-0.84
31.31L	F # 15C	Women 15-15 50 Free	NSSAK	11	6	0.55
2:41.11L	F # 21H	Women 15-15 200 IM	NSSAK	4	15	-0.67
	33.68	1:16.44	2:04.48	2:41.11		
	(33.68)	(42.76)	(48.04)	(36.63)		
2:20.64L	F # 23H	Women 15-15 200 Free	NSSAK	6	13	-2.22
	33.61	1:09.98	1:45.91	2:20.64		
	(33.61)	(36.37)	(35.93)	(34.73)		
2:36.97L	F # 33C	Women 15-15 200 Fly	NSSAK	1	20	0.41
	35.33	1:16.41	1:57.07	2:36.97		
	(35.33)	(41.08)	(40.66)	(39.90)		
Henry Williams (21) M						
26.46L	F # 10F	Men 18 & Over 50 Fly	NSSAK	7	12	0.55
30.36L	F # 12F	Men 18 & Over 50 Back	NSSAK	10	7	0.08
32.73L	F # 14F	Men 18 & Over 50 Breast	NSSAK	7	12	-0.19
25.26L	F # 16F	Men 18 & Over 50 Free	NSSAK	7	12	1.01
58.25L	F # 20K	Men 18 & Over 100 Fly	NSSAK	1	20	0.71
	27.57	58.25				
	(27.57)	(30.68)				
1:59.26L	F # 24K	Men 18 & Over 200 Free	NSSAK	2	17	-0.96
	27.54	58.13	1:28.63	1:59.26		
	(27.54)	(30.59)	(30.50)	(30.63)		
2:11.03L	F # 34F	Men 18 & Over 200 Fly	NSSAK	2	17	-18.02
	28.31	1:02.16	1:36.71	2:11.03		
	(28.31)	(33.85)	(34.55)	(34.32)		
55.97L	F # 38K	Men 18 & Over 100 Free	NSSAK	6	13	2.21
	27.09	55.97				
	(27.09)	(28.88)				
Judd Winder (13) M (GO)						
40.61L	F # 10A	Men 13-13 50 Fly	NSSAK	16	1	-2.10
42.46L	F # 12A	Men 13-13 50 Back	NSSAK	18	---	-3.59
48.30L	F # 14A	Men 13-13 50 Breast	NSSAK	18	---	-3.76
37.22L	F # 16A	Men 13-13 50 Free	NSSAK	23	---	2.02
1:32.99L	F # 20F	Men 13-13 100 Fly	NSSAK	10	7	---
	41.12	1:32.99				
	(41.12)	(51.87)				
3:07.99L	F # 22F	Men 13-13 200 IM	NSSAK	12	5	-9.78
	41.37	1:32.42	2:28.03	3:07.99		
	(41.37)	(51.05)	(55.61)	(39.96)		

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event	Place	Points	Improv	
Marlow Winder (15) M						
31.47L	F # 10C	Men 15-15 50 Fly	NSSAK	21	---	-0.40
33.90L	F # 12C	Men 15-15 50 Back	NSSAK	13	4	0.32
43.37L	F # 14C	Men 15-15 50 Breast	NSSAK	21	---	0.71
29.46L	F # 16C	Men 15-15 50 Free	NSSAK	22	---	0.47
4:52.05L	F # 18C	Men 15-15 400 Free	NSSAK	4	15	0.54
		31.56 1:08.24 1:46.70 2:25.21 3:02.64 3:39.19 4:16.36 4:52.05				
		(31.56) (36.68) (38.46) (38.51) (37.43) (36.55) (37.17) (35.69)				
2:41.94L	F # 22H	Men 15-15 200 IM	NSSAK	10	7	1.96
		32.45 1:14.44 2:06.73 2:41.94				
		(32.45) (41.99) (52.29) (35.21)				
2:19.10L	F # 24H	Men 15-15 200 Free	NSSAK	8	11	2.30
		31.01 1:05.82 1:42.87 2:19.10				
		(31.01) (34.81) (37.05) (36.23)				
1:17.55L	F # 26H	Men 15-15 100 Back	NSSAK	8	11	4.66
		36.27 1:17.55				
		(36.27) (41.28)				
Terence Wu (13) M (GO)						
1:26.85L	F # 32F	Men 13-13 100 Breast	NSSAK	4	15	-1.65
		41.50 1:26.85				
		(41.50) (45.35)				
1:05.41L	F # 38F	Men 13-13 100 Free	NSSAK	7	12	-1.35
		31.15 1:05.41				
		(31.15) (34.26)				
Wilson Wu (9) M						
46.84L	F # 2B	Men 9-9 50 Fly	NSSAK	12	5	-0.33
Rachel Xi (10) W						
36.26L	F # 1C	Women 10-10 50 Fly	NSSAK	3	16	-0.52
42.48L	F # 5C	Women 10-10 50 Breast	NSSAK	1	20	-0.69
34.00L	F # 7C	Women 10-10 50 Free	NSSAK	3	16	-1.04
1:29.12L	F # 19C	Women 10-10 100 Fly	NSSAK	2	17	1.74
		39.95 1:29.12				
		(39.95) (49.17)				
3:03.09L	F # 21C	Women 10-10 200 IM	NSSAK	3	16	-2.79
		41.46 1:29.76 2:20.76 3:03.09				
		(41.46) (48.30) (51.00) (42.33)				
1:34.04L	F # 31C	Women 10-10 100 Breast	NSSAK	2	17	-0.74
		43.85 1:34.04				
		(43.85) (50.19)				
1:13.81L	F # 37C	Women 10-10 100 Free	NSSAK	4	15	-5.16
		35.82 1:13.81				
		(35.82) (37.99)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Jonathan Yang (12) M						
35.63L	F # 2E	Men 12-12 50 Fly	NSSAK	19	---	-0.79
35.87L	F # 4E	Men 12-12 50 Back	NSSAK	11	6	-1.10
39.49L	F # 6E	Men 12-12 50 Breast	NSSAK	12	5	-3.16
31.44L	F # 8E	Men 12-12 50 Free	NSSAK	20	---	-1.79
2:45.22L	F # 22E	Men 12-12 200 IM	NSSAK	8	11	-5.04
		35.90 1:19.26 2:06.36 2:45.22				
		(35.90) (43.36) (47.10) (38.86)				
1:19.85L	F # 26E	Men 12-12 100 Back	NSSAK	8	11	0.42
		38.90 1:19.85				
		(38.90) (40.95)				
1:06.14L	F # 38E	Men 12-12 100 Free	NSSAK	8	11	-4.22
		31.84 1:06.14				
		(31.84) (34.30)				
Jessica Yan (10) W						
46.31L	F # 3C	Women 10-10 50 Back	NSSAK	13	4	---
51.19L	F # 5C	Women 10-10 50 Breast	NSSAK	10	7	---
40.65L	F # 7C	Women 10-10 50 Free	NSSAK	16	1	---
1:47.65L	F # 31C	Women 10-10 100 Breast	NSSAK	8	11	---
		50.75 1:47.65				
		(50.75) (56.90)				
1:31.00L	F # 37C	Women 10-10 100 Free	NSSAK	13	4	---
		41.57 1:31.00				
		(41.57) (49.43)				
Oscar Yan (12) M						
41.46L	F # 4E	Men 12-12 50 Back	NSSAK	28	---	-4.21
42.90L	F # 6E	Men 12-12 50 Breast	NSSAK	19	---	-6.32
34.19L	F # 8E	Men 12-12 50 Free	NSSAK	30	---	-5.67
1:34.34L	F # 32E	Men 12-12 100 Breast	NSSAK	13	4	---
		43.57 1:34.34				
		(43.57) (50.77)				
1:16.22L	F # 38E	Men 12-12 100 Free	NSSAK	22	---	---
		35.55 1:16.22				
		(35.55) (40.67)				
Helena Yule (13) W						
32.36L	F # 9A	Women 13-13 50 Fly	NSSAK	9	9	0.40
33.84L	F # 11A	Women 13-13 50 Back	NSSAK	5	14	0.35
44.62L	F # 13A	Women 13-13 50 Breast	NSSAK	13	4	---
31.12L	F # 15A	Women 13-13 50 Free	NSSAK	10	7	0.53
1:15.63L	F # 19F	Women 13-13 100 Fly	NSSAK	4	15	1.69
		33.65 1:15.63				
		(33.65) (41.98)				
2:44.16L	F # 21F	Women 13-13 200 IM	NSSAK	5	14	6.37
		34.31 1:14.70 2:05.95 2:44.16				
		(34.31) (40.39) (51.25) (38.21)				
1:10.84L	F # 25F	Women 13-13 100 Back	NSSAK	3	16	0.43
		34.71 1:10.84				
		(34.71) (36.13)				
2:34.01L	F # 35A	Women 13-13 200 Back	NSSAK	2	17	3.02
		35.52 1:13.62 1:53.65 2:34.01				
		(35.52) (38.10) (40.03) (40.36)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Junia Yule (11) W						
35.86L	F # 1D	Women 11-11 50 Fly	NSSAK	5	14	-1.93
38.82L	F # 3D	Women 11-11 50 Back	NSSAK	8	11	-1.22
44.82L	F # 5D	Women 11-11 50 Breast	NSSAK	6	13	0.97
33.38L	F # 7D	Women 11-11 50 Free	NSSAK	8	11	-0.52
1:24.87L	F # 19D	Women 11-11 100 Fly	NSSAK	2	17	---
	38.79	1:24.87				
	(38.79)	(46.08)				
1:24.47L	F # 25D	Women 11-11 100 Back	NSSAK	6	13	-3.83
	40.57	1:24.47				
	(40.57)	(43.90)				
1:39.59L	F # 31D	Women 11-11 100 Breast	NSSAK	7	12	1.07
	45.73	1:39.59				
	(45.73)	(53.86)				
Jack Zeng (16) M						
28.85L	F # 10D	Men 16-16 50 Fly	NSSAK	10	7	1.07
31.97L	F # 12D	Men 16-16 50 Back	NSSAK	11	6	2.45
39.28L	F # 14D	Men 16-16 50 Breast	NSSAK	13	4	1.15
27.43L	F # 16D	Men 16-16 50 Free	NSSAK	16	1	0.20
1:06.43L	F # 20I	Men 16-16 100 Fly	NSSAK	6	13	---
	29.47	1:06.43				
	(29.47)	(36.96)				
1:06.11L	F # 26I	Men 16-16 100 Back	NSSAK	4	15	1.04
	31.85	1:06.11				
	(31.85)	(34.26)				
58.68L	F # 38I	Men 16-16 100 Free	NSSAK	6	13	-0.75
	28.44	58.68				
	(28.44)	(30.24)				
Qifan Zhang (13) M						
43.13L	F # 14A	Men 13-13 50 Breast	NSSAK	13	4	-1.34
32.97L	F # 16A	Men 13-13 50 Free	NSSAK	20	---	-0.06
1:34.32L	F # 32F	Men 13-13 100 Breast	NSSAK	9	9	-4.78
	43.80	1:34.32				
	(43.80)	(50.52)				
1:14.90L	F # 38F	Men 13-13 100 Free	NSSAK	21	---	---
	35.32	1:14.90				
	(35.32)	(39.58)				
Tony Zhang (8) M						
54.33L	F # 6A	Men 8 & Under 50 Breast	NSSAK	5	14	-3.81
1:59.36L	F # 32A	Men 8 & Under 100 Breast	NSSAK	2	17	---
	56.50	1:59.36				
	(56.50)	(1:02.86)				
William Zhang (12) M						
38.10L	F # 6E	Men 12-12 50 Breast	NSSAK	10	7	-1.29
32.33L	F # 8E	Men 12-12 50 Free	NSSAK	24	---	-0.56
2:52.56L	F # 22E	Men 12-12 200 IM	NSSAK	10	7	-1.05
	37.85	1:23.09	2:12.60	2:52.56		
	(37.85)	(45.24)	(49.51)	(39.96)		
1:24.75L	F # 32E	Men 12-12 100 Breast	NSSAK	6	13	-2.88
	39.61	1:24.75				
	(39.61)	(45.14)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Andrew Zhao (Young) (9) M						
44.59L	F # 2B	Men 9-9 50 Fly	NSSAK	9	9	-1.97
46.18L	F # 4B	Men 9-9 50 Back	NSSAK	10	7	---
40.33L	F # 8B	Men 9-9 50 Free	NSSAK	14	3	1.87
Leo Zhong (11) M						
46.02L	F # 6D	Men 11-11 50 Breast	NSSAK	11	6	---
1:46.40L	F # 32D	Men 11-11 100 Breast	NSSAK	8	11	---
	50.00	1:46.40				
	(50.00)	(56.40)				
Elaine Zhou (12) W						
39.74L	F # 1E	Women 12-12 50 Fly	NSSAK	20	---	-8.55
39.77L	F # 3E	Women 12-12 50 Back	NSSAK	24	---	---
46.91L	F # 5E	Women 12-12 50 Breast	NSSAK	16	1	---
33.57L	F # 7E	Women 12-12 50 Free	NSSAK	20	---	-2.53
1:25.07L	F # 25E	Women 12-12 100 Back	NSSAK	15	2	-7.33
	---	1:25.07				
	---	(1:25.07)				
1:40.11L	F # 31E	Women 12-12 100 Breast	NSSAK	7	12	---
	46.89	1:40.11				
	(46.89)	(53.22)				
1:13.74L	F # 37E	Women 12-12 100 Free	NSSAK	10	7	-7.84
	34.37	1:13.74				
	(34.37)	(39.37)				
Rainey Zhou (9) W						
42.63L	F # 1B	Women 9-9 50 Fly	NSSAK	3	16	---
49.64L	F # 5B	Women 9-9 50 Breast	NSSAK	3	16	---
1:21.83L	F # 37B	Women 9-9 100 Free	NSSAK	3	16	---
	40.19	1:21.83				
	(40.19)	(41.64)				
Veronica Zhou (9) W						
51.69L	F # 1B	Women 9-9 50 Fly	NSSAK	8	11	---
43.58L	F # 7B	Women 9-9 50 Free	NSSAK	8	11	---
Eason Zhu (Young) (9) M						
51.57L	F # 2B	Men 9-9 50 Fly	NSSAK	16	1	1.50
47.39L	F # 4B	Men 9-9 50 Back	NSSAK	12	5	-7.71
55.17L	F # 6B	Men 9-9 50 Breast	NSSAK	13	4	-9.18
38.67L	F # 8B	Men 9-9 50 Free	NSSAK	9	9	-0.44
1:36.92L	F # 26B	Men 9-9 100 Back	NSSAK	9	9	-4.06
	47.66	1:36.92				
	(47.66)	(49.26)				
1:54.11L	F # 32B	Men 9-9 100 Breast	NSSAK	8	11	-3.79
	53.46	1:54.11				
	(53.46)	(1:00.65)				
1:23.52L	F # 38B	Men 9-9 100 Free	NSSAK	4	15	-3.79
	---	1:23.52				
	---	(1:23.52)				

Individual Meet Results

2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters

Location: Sir Owen G Glenn National Aquatic Centre

Time	F/P/S	Event		Place	Points	Improv
Coco Zhu (11) W						
39.82L	F # 3D	Women 11-11 50 Back	NSSAK	11	5.5	-2.30
45.43L	F # 5D	Women 11-11 50 Breast	NSSAK	9	9	-4.41
34.22L	F # 7D	Women 11-11 50 Free	NSSAK	13	4	-0.92
3:06.23L	F # 21D	Women 11-11 200 IM	NSSAK	8	11	-8.13
	41.19	1:28.60	2:23.59	3:06.23		
	(41.19)	(47.41)	(54.99)	(42.64)		
2:42.86L	F # 23D	Women 11-11 200 Free	NSSAK	5	14	-8.88
	36.49	1:17.19	2:01.59	2:42.86		
	(36.49)	(40.70)	(44.40)	(41.27)		
1:38.55L	F # 31D	Women 11-11 100 Breast	NSSAK	6	13	-3.33
	47.22	1:38.55				
	(47.22)	(51.33)				
1:15.13L	F # 37D	Women 11-11 100 Free	NSSAK	8	11	-3.47
	36.53	1:15.13				
	(36.53)	(38.60)				
Luke Zhu (14) M						
33.61L	F # 10B	Men 14-14 50 Fly	NSSAK	21	---	0.33
40.71L	F # 14B	Men 14-14 50 Breast	NSSAK	17	---	-2.31
2:46.71L	F # 22G	Men 14-14 200 IM	NSSAK	10	7	-0.54
	34.04	1:16.94	2:06.93	2:46.71		
	(34.04)	(42.90)	(49.99)	(39.78)		
1:19.27L	F # 26G	Men 14-14 100 Back	NSSAK	9	9	-5.03
	38.90	1:19.27				
	(38.90)	(40.37)				
3:07.99L	F # 28B	Men 14-14 200 Breast	NSSAK	8	11	-14.47
	42.10	1:29.67	2:18.30	3:07.99		
	(42.10)	(47.57)	(48.63)	(49.69)		
1:29.16L	F # 32G	Men 14-14 100 Breast	NSSAK	5	14	4.64
	41.52	1:29.16				
	(41.52)	(47.64)				
1:07.10L	F # 38G	Men 14-14 100 Free	NSSAK	16	1	-0.73
	31.92	1:07.10				
	(31.92)	(35.18)				
Ryder Zhu (13) M						
35.25L	F # 12A	Men 13-13 50 Back	NSSAK	9	9	-0.28
41.59L	F # 14A	Men 13-13 50 Breast	NSSAK	8	11	---
31.34L	F # 16A	Men 13-13 50 Free	NSSAK	16	1	-0.92
2:57.85L	F # 22F	Men 13-13 200 IM	NSSAK	6	13	-7.67
	42.21	1:24.50	2:18.88	2:57.85		
	(42.21)	(42.29)	(54.38)	(38.97)		
1:18.05L	F # 26F	Men 13-13 100 Back	NSSAK	9	9	-0.15
	38.00	1:18.05				
	(38.00)	(40.05)				
NS	F # 32F	Men 13-13 100 Breast	NSSAK	---	---	---
2:44.22L	F # 36A	Men 13-13 200 Back	NSSAK	4	15	-0.40
	37.98	1:19.66	2:02.09	2:44.22		
	(37.98)	(41.68)	(42.43)	(42.13)		
1:10.63L	F # 38F	Men 13-13 100 Free	NSSAK	16	1	-1.32
	33.98	1:10.63				
	(33.98)	(36.65)				

Individual Meet Results**2024 Golden Homes Swimfest 24-May-24 to 26-May-24 LC Meters****Location: Sir Owen G Glenn National Aquatic Centre**

Time	F/P/S	Event		Place	Points	Improv
Elissa Zou (11) W						
52.49L	F # 5D	Women 11-11 50 Breast	NSSAK	25	---	---
40.14L	F # 7D	Women 11-11 50 Free	NSSAK	38	---	---