

**Potomac Marlins Swimming 2009-2010**  
**Reach Deeper**

**Individual Meet Results**

2010 Virginia State LC Champs 29-May-10 to 31-May-10 Yards

Location: Oak Marr Recreation Center

Potomac Marlins [PM-PV] Coach: Bill Marlin

Time	F/P/S	Event	Place	Points	Improv
<b>Evan Baker (13) M</b>					
2:43.93L	BB	F # 54 Male 13-14 200 Fly	10	7	-53.91
		37.21 41.40 42.78 42.54			
2:51.96L	BB	P # 54 Male 13-14 200 Fly	9	---	-45.88
		38.46 43.58 46.01 43.91			
31.87L	BB	P # 58 Male 13-14 50 Free	28	---	0.20
<b>Nicole Baker (12) F</b>					
1:13.03L	A	F # 25 Female 11-12 100 Free	20	---	-1.55
		35.15 37.88			
3:16.98L	A	F # 35 Female 11-12 200 Breast	6	13	-27.08
		47.03 50.51 50.68 48.76			
2:41.01L	BB	F # 65 Female 11-12 200 Free	16	1	-14.30
		38.06 43.49 41.00 38.46			
3:05.40L	BB	F # 73 Female 11-12 200 Fly	4	15	---
		42.83 47.10 49.24 46.23			
33.75L	BB	F # 81 Female 11-12 50 Free	28	---	-0.46
37.53L	BB	F # 95 Female 11-12 50 Fly	16	1	-6.37
2:58.59L	A	F # 111 Female 11-12 200 IM	8	11	-18.58
		40.39 52.29 48.02 37.89			
<b>Eli Bass (15) M</b>					
2:30.93L	A	P # 8 Male Open 200 IM	42	---	1.18
		32.92 39.16 44.52 34.33			
1:10.22L	BB	P # 12 Male Open 100 Fly	42	---	-4.49
		1:10.22			
1:22.36L	BB	P # 20 Male Open 100 Breast	34	---	5.71
		39.10 43.26			
2:12.14L	A	P # 44 Male Open 200 Free	32	---	1.06
		30.07 33.15 34.53 34.39			
26.89L	AA	P # 60 Male Open 50 Free	23	---	-1.36
NS		P # 64 Male Open 200 Breast	---	---	---
<b>Jillian Bracaglia (11) F</b>					
1:23.46L	B	F # 25 Female 11-12 100 Free	34	---	-12.93
		1:23.46			
3:20.11L	B	F # 29 Female 11-12 200 Back	13	4	---
		47.96 49.63 53.00 49.52			
3:44.91L	B	F # 35 Female 11-12 200 Breast	18	---	---
		1:48.78 3:44.91			
<b>Katherine Bracaglia (17) F</b>					
2:53.31L	BB	P # 15 Female Open 200 Back	39	---	1.97
		40.14 44.22 44.75 44.20			
<b>Rebecca Burke (14) F</b>					
2:50.44L	A	P # 5 Female 13-14 200 IM	31	---	-14.46
		35.62 42.49 53.56 38.77			
1:15.27L	A	P # 9 Female 13-14 100 Fly	17	---	-17.46
		35.71 39.56			
32.99L		F # 97 Female 13-14 50 Fly	4	15	-7.12

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**Potomac Marlins [PM-PV] Coach: Bill Marlin**

Time	F/P/S	Event	Place	Points	Improv
<b>Zoe Campbell (12) F</b>					
32.66L A	F # 81	Female 11-12 50 Free	16	1	-1.33
5:22.44L A	F # 83	Female 11-12 400 Free	4	15	-22.53
	36.23	40.32 41.09 41.81 41.01 41.73 41.86 38.39			
35.87L A	F # 95	Female 11-12 50 Fly	9	9	-0.45
<b>Madeline Carinci (17) F</b>					
1:09.95L BB	P # 3	Female Open 100 Free	49	---	2.88
	33.30	36.65			
2:50.27L BB	P # 15	Female Open 200 Back	34	---	-0.93
	39.96	43.31 44.40 42.60			
5:12.97L BB	P # 23	Female Open 400 Free	36	---	17.87
	35.23	38.31 39.84 39.84 39.77 40.33 40.22 39.43			
2:30.18L BB	P # 43	Female Open 200 Free	38	---	7.44
	34.44	37.63 39.05 39.06			
1:19.50L BB	P # 51	Female Open 100 Back	31	---	2.69
	38.82	40.68			
36.86L	F # 107B	Female 15 & Over 50 Back	3	16	-0.90
<b>Hyung Tae Chang (10) M</b>					
1:21.97L BB	F # 28	Male 9-10 100 Free	14	3	-0.91
	40.09	41.88			
1:43.70L BB	F # 32	Male 9-10 100 Fly	8	11	-3.71
	49.31	54.39			
3:00.77L BB	F # 68	Male 9-10 200 Free	16	1	-28.38
	40.68	47.41 48.30 44.38			
1:41.22L BB	F # 72	Male 9-10 100 Back	17	---	---
	49.47	51.75			
37.73L BB	F # 80	Male 9-10 50 Free	11	6	0.38
50.47L BB	F # 86	Male 9-10 50 Breast	12	5	-2.92
44.05L BB	F # 94	Male 9-10 50 Fly	9	8	-6.16
<b>Jonah Chang (14) M</b>					
59.72L AAA	F # 2	Male 13-14 100 Free	9	9	-2.93
	28.69	31.03			
1:01.20L AA	P # 2	Male 13-14 100 Free	9	---	-1.45
	29.35	31.85			
1:09.02L A	P # 10	Male 13-14 100 Fly	8	---	-3.08
		1:09.02			
1:07.29L DQ	F # 10	Male 13-14 100 Fly	---	---	---
	32.28	35.01			
<b>Maxine Clifford (13) F</b>					
1:04.27L AAA	P # 1	Female 13-14 100 Free	7	---	0.01
	31.34	32.93			
1:20.37L BB	P # 9	Female 13-14 100 Fly	26	---	-1.52
		1:20.37			
1:27.03L A	P # 17	Female 13-14 100 Breast	13	---	-1.24
	41.61	45.42			
NS	F # 17	Female 13-14 100 Breast	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
<b>Marissa Coughlin (17) F</b>					
1:03.05L AA	F # 3	Female Open 100 Free	7	12	-1.86
	30.21	32.84			
1:03.72L AA	P # 3	Female Open 100 Free	10	---	-1.19
	31.22	32.50			
1:23.88L A	F # 19	Female Open 100 Breast	15	2	-0.88
	39.99	43.89			
1:24.58L A	P # 19	Female Open 100 Breast	16	---	-0.18
	40.35	44.23			
4:52.11L AA	P # 23	Female Open 400 Free	18	---	-23.96
	33.27	36.89 37.28 37.74			
		36.64 38.05 36.38 35.86			
2:17.01L AA	P # 43	Female Open 200 Free	10	---	-1.60
	31.70	34.69 35.75 34.87			
2:18.73L AA	F # 43	Female Open 200 Free	15	2	0.12
	31.18	34.23 36.26 37.06			
29.53L AA	P # 59	Female Open 50 Free	9	---	-0.35
29.93L AA	F # 59	Female Open 50 Free	14	3	0.05
38.69L	F # 91B	Female 15 & Over 50 Breast	3	16	-1.65
<b>Katherine Dingman (14) F</b>					
1:11.36L BB	P # 1	Female 13-14 100 Free	43	---	1.59
	33.63	37.73			
2:51.73L BB	P # 5	Female 13-14 200 IM	35	---	---
	37.14	43.37 50.98 40.24			
2:46.17L A	P # 13	Female 13-14 200 Back	15	---	-0.26
	40.33	42.21 42.34 41.29			
2:48.73L BB	F # 13	Female 13-14 200 Back	16	1	2.30
	1:22.46	43.23 43.04			
1:20.38L BB	P # 49	Female 13-14 100 Back	30	---	0.32
	38.81	41.57			
31.76L A	P # 57	Female 13-14 50 Free	32	---	-1.19
35.08L	F # 97	Female 13-14 50 Fly	10	7	-0.49
36.73L	F # 105	Female 13-14 50 Back	5	14	-1.80
<b>Ozan Duran (16) M</b>					
1:01.65L A	P # 4	Male Open 100 Free	52	---	0.45
	30.36	31.29			
28.40L A	P # 60	Male Open 50 Free	49	---	-0.66
<b>Ariane Emerson (16) F</b>					
2:55.36L BB	P # 7	Female Open 200 IM	44	---	12.67
	38.13	43.13 51.40 42.70			
2:52.25L BB	P # 15	Female Open 200 Back	37	---	7.67
	39.25	41.71 45.36 45.93			
5:25.38L BB	P # 23	Female Open 400 Free	37	---	11.47
	36.40	39.73 42.12 43.02			
		42.12 42.99 39.78 39.22			
5:57.57L BB	P # 47	Female Open 400 IM	27	---	9.15
	37.70	43.44 43.29 44.88			
		52.96 54.89 40.78 39.63			

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Time	F/P/S	Event	Place	Points	Improv	
3:16.75L	BB	P # 63 44.31	Female Open 200 Breast 50.01 52.40 50.03	23	---	5.95
<b>Liam Flaherty (10) M</b>						
2:15.96L		F # 72 1:07.69	Male 9-10 100 Back 1:08.27	20	---	---
52.94L		F # 80	Male 9-10 50 Free	16	1	---
<b>Quinn Giroux (18) M</b>						
2:25.68L	A	P # 8 32.45	Male Open 200 IM 37.66 41.78 33.79	25	---	6.87
2:26.39L	A	P # 16 35.80	Male Open 200 Back 37.52 37.57 35.50	29	---	3.54
1:19.36L	BB	P # 20 38.00	Male Open 100 Breast 41.36	29	---	2.84
5:06.96L	AA	P # 48 33.71	Male Open 400 IM 38.40 39.50 39.32 43.36 42.32 35.98 34.37	17	---	13.25
1:09.25L	BB	P # 52 34.42	Male Open 100 Back 34.83	37	---	-1.37
<b>Allison Goldblatt (11) F</b>						
1:13.32L	A	F # 25 34.61	Female 11-12 100 Free 38.71	22	---	-1.36
1:28.54L	BB	F # 33 39.10	Female 11-12 100 Fly 49.44	25	---	5.85
2:42.03L	BB	F # 65 38.33	Female 11-12 200 Free 41.47 42.49 39.74	18	---	---
1:40.13L	BB	F # 77 47.19	Female 11-12 100 Breast 52.94	17	---	---
33.61L	A	F # 81	Female 11-12 50 Free	23	---	1.54
40.47L	BB	F # 103	Female 11-12 50 Back	14	3	---
3:11.35L	BB	F # 111 39.22	Female 11-12 200 IM 49.76 58.47 43.90	22	---	---
<b>Zachary Goldblatt (14) M</b>						
1:17.38L	B	P # 10 35.69	Male 13-14 100 Fly 41.69	23	---	---
2:57.36L	B	F # 54 38.84	Male 13-14 200 Fly 44.13 48.54 45.85	12	5	---
2:59.08L	B	P # 54 37.91	Male 13-14 200 Fly 44.75 48.38 48.04	12	---	---
<b>Han Gu (12) M</b>						
2:59.64L	B	F # 66 40.72	Male 11-12 200 Free 47.11 2:59.64	12	5	---
1:31.51L	B	F # 70 44.34	Male 11-12 100 Back 47.17	20	---	---
1:44.10L	B	F # 78 49.94	Male 11-12 100 Breast 54.16	10	7	-14.64
41.74L	B	F # 96	Male 11-12 50 Fly	17	---	---

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Time	F/P/S	Event	Place	Points	Improv
43.21L B	F # 104	Male 11-12 50 Back 43.21	12	5	-0.64
3:11.74L BB	F # 112	Male 11-12 200 IM 42.92 49.92 55.88 43.02	13	4	---
<b>Lee Jacoby (12) F</b>					
1:18.44L BB	F # 25	Female 11-12 100 Free 1:18.44	32	---	---
3:43.81L B	F # 35	Female 11-12 200 Breast 52.61 57.34 59.25 54.61	17	---	---
2:53.28L B	F # 65	Female 11-12 200 Free 39.11 44.70 46.25 43.22	20	---	---
1:40.80L BB	F # 77	Female 11-12 100 Breast 47.72 53.08	18	---	---
33.60L A	F # 81	Female 11-12 50 Free	22	---	---
47.26L B	F # 87	Female 11-12 50 Breast	10	7	---
38.63L BB	F # 95	Female 11-12 50 Fly	21	---	---
<b>Holly Jansen (10) F</b>					
1:13.65L AAA	F # 27	Female 9-10 100 Free 35.68 37.97	3	16	-3.26
1:29.72L AA	F # 31	Female 9-10 100 Fly 40.73 48.99	4	15	---
2:39.23L AAA	F # 67	Female 9-10 200 Free 36.07 40.68 41.53 40.95	2	17	-29.67
1:30.83L AAAA	F # 75	Female 9-10 100 Breast 44.66 46.17	1	20	-8.82
33.76L AA	F # 79	Female 9-10 50 Free	3	16	0.06
43.24L AAA	F # 85	Female 9-10 50 Breast	2	17	-0.77
36.36L AAA	F # 93	Female 9-10 50 Fly	3	16	-0.92
40.96L AA	F # 101	Female 9-10 50 Back	4	15	-1.61
<b>Martin Jose Javelosa (12) M</b>					
2:51.53L A	F # 30	Male 11-12 200 Back 39.18 44.19 44.68 43.48	7	12	---
6:08.77L A	F # 40	Male 11-12 400 IM 37.52 43.97 48.02 45.77 55.25 55.85 41.88 40.51	6	13	---
2:54.51L A	F # 74	Male 11-12 200 Fly 36.70 44.37 47.31 46.13	3	16	---
30.44L AA	F # 82	Male 11-12 50 Free	4	15	-2.27
34.04L AA	F # 96	Male 11-12 50 Fly	2	17	-3.21
36.42L AA	F # 104	Male 11-12 50 Back	3	16	-7.88
<b>Annika Jessen (17) F</b>					
NS	P # 11	Female Open 100 Fly	---	---	---
<b>Caroline Jin (9) F</b>					
1:34.07L B	F # 27	Female 9-10 100 Free 44.19 49.88	19	---	-2.67

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Time	F/P/S	Event	Place	Points	Improv	
6:58.32L	B	F # 37	Female 9-10 400 Free	13	4	---
		47.34	53.39 53.29 53.47 52.66 53.51 52.16 52.50			
1:42.61L	BB	F # 71	Female 9-10 100 Back	16	1	-9.20
		49.79	52.82			
41.39L	B	F # 79	Female 9-10 50 Free	22	---	-4.67
57.10L	B	F # 85	Female 9-10 50 Breast	17	---	-2.39
51.24L	B	F # 93	Female 9-10 50 Fly	16	1	-6.55
47.13L	BB	F # 101	Female 9-10 50 Back	17	---	-2.53
<b>Catherine Jin (12) F</b>						
1:13.50L	BB	F # 25	Female 11-12 100 Free	24	---	-0.64
		34.70	38.80			
1:30.07L	BB	F # 33	Female 11-12 100 Fly	28	---	-0.55
		42.40	47.67			
2:39.61L	BB	F # 65	Female 11-12 200 Free	15	2	-6.81
		37.75	42.93 40.56 38.37			
32.62L	A	F # 81	Female 11-12 50 Free	15	2	-1.28
5:38.33L	BB	F # 83	Female 11-12 400 Free	10	7	-26.84
		39.54	43.86 44.12 43.46 43.39 43.21 41.99 38.76			
36.65L	BB	F # 95	Female 11-12 50 Fly	12	4.5	-1.19
41.03L	BB	F # 103	Female 11-12 50 Back	16	1	-1.24
<b>Sarah Kaneshige (12) F</b>						
1:25.49L	BB	F # 69	Female 11-12 100 Back	22	---	-1.85
		41.64	43.85			
32.07L	AA	F # 81	Female 11-12 50 Free	10	7	-1.56
45.42L	BB	F # 87	Female 11-12 50 Breast	9	9	---
37.24L	BB	F # 95	Female 11-12 50 Fly	15	2	---
39.50L	BB	F # 103	Female 11-12 50 Back	13	4	-0.68
<b>Colin Kent (11) M</b>						
2:59.90L	B	F # 66	Male 11-12 200 Free	13	4	---
		40.09	45.69 48.39 45.73			
1:37.05L	B	F # 70	Male 11-12 100 Back	21	---	-5.77
		45.43	51.62			
33.50L	BB	F # 82	Male 11-12 50 Free	13	4	-0.83
<b>Karina Kolb (12) F</b>						
1:09.88L	AA	F # 25	Female 11-12 100 Free	11	6	-0.53
		34.05	35.83			
1:24.92L	BB	F # 33	Female 11-12 100 Fly	18	---	-8.01
		38.59	46.33			
29.78L	AAA	F # 81	Female 11-12 50 Free	1	20	-1.06
34.29L	AA	F # 95	Female 11-12 50 Fly	5	14	-0.74
<b>Max Kuranda (9) M</b>						
1:03.21L		F # 86	Male 9-10 50 Breast	16	1	---
58.53L		F # 94	Male 9-10 50 Fly	17	---	---
51.85L	B	F # 102	Male 9-10 50 Back	15	2	---

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Time	F/P/S	Event	Place	Points	Improv
<b>Grace Liu (12) F</b>					
1:10.08L AA	F # 25	Female 11-12 100 Free	14	3	-0.73
	34.19	35.89			
2:50.59L AA	F # 29	Female 11-12 200 Back	7	12	---
	40.43	43.11 43.98 43.07			
1:20.31L A	F # 69	Female 11-12 100 Back	13	4	-0.71
	39.08	41.23			
1:33.23L A	F # 77	Female 11-12 100 Breast	11	6	-2.92
	45.07	48.16			
31.60L AA	F # 81	Female 11-12 50 Free	9	9	-0.82
<b>John Macdonald (13) M</b>					
1:04.38L A	P # 2	Male 13-14 100 Free	21	---	-2.13
	30.62	33.76			
2:44.43L BB	P # 14	Male 13-14 200 Back	22	---	-0.37
	38.63	41.16 42.65 41.99			
4:57.12L A	F # 22	Male 13-14 400 Free	12	5	-7.95
	33.19	36.78 37.88 38.53 38.91 38.37 37.94 35.52			
5:04.66L BB	P # 22	Male 13-14 400 Free	14	---	-0.41
	33.42	37.58 38.17 39.22 39.52 39.72 39.34 37.69			
2:18.92L A	P # 42	Male 13-14 200 Free	16	---	21.98
	31.93	34.27 36.71 36.01			
2:19.86L A	F # 42	Male 13-14 200 Free	16	1	22.92
	32.36	34.88 36.74 35.88			
1:14.67L BB	P # 50	Male 13-14 100 Back	16	---	-3.23
		1:14.67			
1:15.02L BB	F # 50	Male 13-14 100 Back	16	1	-2.88
	36.23	38.79			
28.62L AA	P # 58	Male 13-14 50 Free	15	---	-1.41
29.24L A	F # 58	Male 13-14 50 Free	16	1	-0.79
34.94L	F # 106	Male 13-14 50 Back	5	14	-2.32
<b>Kyle Major (10) M</b>					
2:54.52L BB	F # 68	Male 9-10 200 Free	13	4	---
	37.65	45.82 45.90 45.15			
1:29.89L A	F # 72	Male 9-10 100 Back	8	11	-3.44
		1:29.89			
36.19L BB	F # 80	Male 9-10 50 Free	8	11	---
42.41L BB	F # 94	Male 9-10 50 Fly	7	12	-2.77
42.10L A	F # 102	Male 9-10 50 Back	9	9	---
3:26.35L BB	F # 110	Male 9-10 200 IM	12	5	---
	46.40	47.56 1:10.79 41.60			
<b>Gloriya Mavrova (14) F</b>					
1:03.68L AAA	F # 1	Female 13-14 100 Free	9	8	-1.89
	30.33	33.35			
1:04.68L AA	P # 1	Female 13-14 100 Free	11	---	-0.89
	30.70	33.98			

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Time	F/P/S	Event	Place	Points	Improv	
2:44.42L	A	P # 5 34.85	Female 13-14 200 IM 42.17 50.44 36.96	14	---	-2.84
2:45.51L	A	F # 5 34.59	Female 13-14 200 IM 41.69 52.20 37.03	16	1	-1.75
5:13.39L	A	P # 21 33.30	Female 13-14 400 Free 38.35 38.44 40.31	18	---	-17.21
1:13.77L	AA	F # 49 35.76	Female 13-14 100 Back 38.01	7	12	-5.00
1:14.75L	A	P # 49 36.68	Female 13-14 100 Back 38.07	7	---	-4.02
28.77L	AAA	F # 57	Female 13-14 50 Free	2	17	-1.23
29.08L	AAA	P # 57	Female 13-14 50 Free	2	---	-0.92
<b>Sean McCrone (15) M</b>						
2:33.76L	BB	P # 16 35.57	Male Open 200 Back 38.55 39.54 40.10	47	---	-5.46
<b>Caleb Meindertsma (16) M</b>						
2:32.25L	A	P # 8 32.05	Male Open 200 IM 39.12 47.02 34.06	48	---	-0.05
1:09.51L	BB	P # 12 32.98	Male Open 100 Fly 36.53	41	---	-2.14
2:36.82L	BB	P # 16 37.87	Male Open 200 Back 40.04 2:36.82	51	---	---
5:16.55L	A	P # 48 32.94	Male Open 400 IM 36.99 41.51 40.45	28	---	-23.08
2:34.55L	BB	P # 56 34.89	Male Open 200 Fly 41.11 40.28 38.27	31	---	-5.23
<b>Alexander Myers (14) M</b>						
1:24.39L	BB	P # 18 38.59	Male 13-14 100 Breast 45.80	8	---	---
40.61L	DQ	F # 18	Male 13-14 100 Breast 40.61	---	---	---
29.48L	A	P # 58	Male 13-14 50 Free	21	---	---
<b>Grace Obando (11) F</b>						
1:15.03L	BB	F # 25 37.60	Female 11-12 100 Free 37.43	29	---	-1.42
1:34.24L	B	F # 33 43.92	Female 11-12 100 Fly 50.32	30	---	-1.27
2:41.38L	BB	F # 65 38.97	Female 11-12 200 Free 42.00 42.37 38.04	17	---	---
1:24.84L	BB	F # 69 42.23	Female 11-12 100 Back 42.61	20	---	---
33.89L	BB	F # 81	Female 11-12 50 Free	30	---	---
39.16L	BB	F # 95	Female 11-12 50 Fly	22	---	---
2:59.33L	A	F # 111 40.92	Female 11-12 200 IM 43.97 54.40 40.04	9	9	---

**Potomac Marlins Swimming 2009-2010**  
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**Individual Meet Results**

2010 Virginia State LC Champs 29-May-10 to 31-May-10 Yards

Location: Oak Marr Recreation Center

Potomac Marlins [PM-PV] Coach: Bill Marlin

Time	F/P/S	Event	Place	Points	Improv
<b>Natalie Obando (13) F</b>					
2:53.59L	BB	P # 5 Female 13-14 200 IM	38	---	---
		40.21 41.17 52.55 39.66			
2:41.96L	A	P # 13 Female 13-14 200 Back	9	---	---
		38.79 41.10 41.93 40.14			
2:43.32L	A	F # 13 Female 13-14 200 Back	8	11	---
		37.91 41.12 42.13 42.16			
1:17.55L	A	P # 49 Female 13-14 100 Back	17	---	0.07
		37.91 39.64			
35.02L		F # 105 Female 13-14 50 Back	2	17	---
<b>Lauren Peters (10) F</b>					
1:31.06L	BB	F # 27 Female 9-10 100 Free	18	---	---
		40.55 50.51			
1:42.34L	BB	F # 71 Female 9-10 100 Back	15	2	-15.92
		51.36 50.98			
38.98L	BB	F # 79 Female 9-10 50 Free	18	---	---
54.54L	BB	F # 85 Female 9-10 50 Breast	15	2	---
51.71L	B	F # 93 Female 9-10 50 Fly	17	---	-1.89
46.84L	BB	F # 101 Female 9-10 50 Back	15	2	---
<b>Jonathan Pollock (10) M</b>					
3:00.42L	BB	F # 68 Male 9-10 200 Free	15	2	---
		42.15 3:00.42			
1:45.82L	A	F # 76 Male 9-10 100 Breast	7	12	-0.69
		51.21 54.61			
35.50L	A	F # 80 Male 9-10 50 Free	7	12	0.06
46.16L	AA	F # 86 Male 9-10 50 Breast	5	14	-1.35
44.59L	BB	F # 94 Male 9-10 50 Fly	11	6	---
3:17.08L	A	F # 110 Male 9-10 200 IM	10	7	---
		45.23 53.92 54.47 43.46			
<b>Kristin Prautzsch (20) F</b>					
1:12.58L		P # 11 Female Open 100 Fly	26	---	---
		33.80 38.78			
1:25.08L		P # 19 Female Open 100 Breast	19	---	---
		40.44 44.64			
<b>Nicholas Ransom (16) M</b>					
1:01.97L	A	P # 4 Male Open 100 Free	59	---	0.88
		29.57 32.40			
2:34.14L	BB	P # 16 Male Open 200 Back	48	---	0.04
		36.45 38.86 40.20 38.63			
1:11.00L	BB	P # 52 Male Open 100 Back	46	---	-1.87
		34.47 36.53			
28.22L	A	P # 60 Male Open 50 Free	47	---	-0.27
32.54L		F # 108B Male 15 & Over 50 Back	3	16	-3.27

**Potomac Marlins Swimming 2009-2010**  
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**Potomac Marlins [PM-PV] Coach: Bill Marlin**

Time	F/P/S	Event	Place	Points	Improv
<b>Carolyn Rice (16) F</b>					
1:03.76L	AA	F # 3 30.92	Female Open 100 Free 32.84	12	5 -0.72
1:05.17L	AA	P # 3 31.88	Female Open 100 Free 33.29	18	---
2:40.35L	A	P # 7	Female Open 200 IM 22.08 54.50 1:23.77	28	---
4:56.90L	A	P # 23 33.39	Female Open 400 Free 36.67 37.69 37.77	22	---
2:22.38L	A	P # 43 32.86	Female Open 200 Free 35.88 36.77 36.87	26	---
5:46.70L	A	P # 47 37.17	Female Open 400 IM 46.45 42.87 43.13	22	---
30.97L	A	P # 59	Female Open 50 Free 51.45 49.75 38.75 37.13	30	---
<b>Juliana Sampaio (12) F</b>					
2:52.93L	B	F # 65 38.94	Female 11-12 200 Free 43.28 45.24 45.47	19	---
1:38.06L	B	F # 69 48.12	Female 11-12 100 Back 49.94	29	---
53.01L		F # 87	Female 11-12 50 Breast	12	5
41.70L	B	F # 95	Female 11-12 50 Fly	25	---
3:24.20L	B	F # 111 43.49	Female 11-12 200 IM 52.35 1:01.67 46.69	24	---
<b>Julia Schwartz (13) F</b>					
1:11.81L	BB	P # 1 34.21	Female 13-14 100 Free 37.60	44	---
1:21.86L	BB	P # 9 37.96	Female 13-14 100 Fly 43.90	27	---
2:53.57L	DQ	P # 13 42.12	Female 13-14 200 Back 44.06 44.80 42.59	---	---
2:35.89L	BB	P # 41 35.81	Female 13-14 200 Free 40.49 40.82 38.77	32	---
1:19.29L	BB	P # 49 38.70	Female 13-14 100 Back 40.59	25	---
32.03L	A	P # 57	Female 13-14 50 Free	37	---
<b>Laura Schwartz (15) F</b>					
2:29.14L	AAA	F # 7 32.54	Female Open 200 IM 37.54 44.81 34.25	4	15
2:31.37L	AAA	P # 7 33.06	Female Open 200 IM 37.21 45.45 35.65	6	---
1:20.82L	AA	F # 19 38.44	Female Open 100 Breast 42.38	10	7
1:21.85L	AA	P # 19 38.88	Female Open 100 Breast 42.97	9	---
4:40.51L	AAA	F # 23 32.27	Female Open 400 Free 35.10 35.90 35.37	7	12
			35.84 35.58 35.83 34.62		

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**Individual Meet Results**

**2010 Virginia State LC Champs 29-May-10 to 31-May-10 Yards**

**Location: Oak Marr Recreation Center**

**Potomac Marlins [PM-PV] Coach: Bill Marlin**

Time	F/P/S	Event	Place	Points	Improv
4:40.85L	AAA P # 23	Female Open 400 Free	5	---	-1.47
	32.50	35.50 35.58 35.97 35.75 35.77 35.27 34.51			
5:15.89L	AAA F # 47	Female Open 400 IM	5	14	0.65
	34.22	39.60 40.50 40.74 46.12 45.74 35.56 33.41			
5:24.08L	AA P # 47	Female Open 400 IM	4	---	8.84
	34.58	39.77 41.63 41.02 47.08 46.26 37.06 36.68			
28.76L	AAA F # 59	Female Open 50 Free	5	14	0.72
29.36L	AA P # 59	Female Open 50 Free	6	---	1.32
2:58.27L	A P # 63	Female Open 200 Breast	4	---	5.91
	41.50	45.62 46.03 45.12			
9:35.32L	AAA F # 113B	Female 15 & Over 800 Free	2	17	8.66
	33.47	36.42 36.62 36.46 36.33 36.26 36.38 36.35			
	36.22	36.32 36.10 36.40 36.49 35.58 35.56 34.36			
<b>Georgia Stamper (10) F</b>					
1:51.59L	B F # 71	Female 9-10 100 Back	17	---	---
	54.91	56.68			
1:54.72L	BB F # 75	Female 9-10 100 Breast	7	12	---
	54.15	1:00.57			
41.12L	B F # 79	Female 9-10 50 Free	21	---	---
51.16L	BB F # 85	Female 9-10 50 Breast	9	9	---
59.14L	F # 93	Female 9-10 50 Fly	18	---	---
47.67L	BB F # 101	Female 9-10 50 Back	18	---	---
<b>Joshua Wallace (11) M</b>					
1:20.25L	B F # 26	Male 11-12 100 Free	19	---	-6.11
	37.18	43.07			
3:23.89L	B F # 30	Male 11-12 200 Back	20	---	---
	47.15	51.71 55.09 49.94			
2:55.44L	B F # 66	Male 11-12 200 Free	11	6	-2.46
	38.80	44.27 47.12 45.25			
37.13L	B F # 82	Male 11-12 50 Free	19	---	-1.24
6:12.87L	B F # 84	Male 11-12 400 Free	15	2	-23.62
	1:01.08	46.49 50.13 3:35.17			
50.27L	F # 96	Male 11-12 50 Fly	18	---	-5.61
43.59L	B F # 104	Male 11-12 50 Back	13	4	-4.84
	42.83	0.76			
<b>Amanda Wilcox (12) F</b>					
3:09.13L	F # 65	Female 11-12 200 Free	22	---	---
	42.29	47.49 50.61 48.74			
1:58.30L	F # 77	Female 11-12 100 Breast	19	---	-14.39
	55.09	1:03.21			
38.78L	B F # 81	Female 11-12 50 Free	39	---	-11.20
<b>Laura Wilcox (12) F</b>					
3:09.03L	F # 65	Female 11-12 200 Free	21	---	-28.51
	41.48	46.87 51.48 49.20			
1:42.05L	F # 69	Female 11-12 100 Back	30	---	-3.22
	48.73	53.32			

**Potomac Marlins Swimming 2009-2010**  
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**Individual Meet Results**

**2010 Virginia State LC Champs 29-May-10 to 31-May-10 Yards**

**Location: Oak Marr Recreation Center**

**Potomac Marlins [PM-PV] Coach: Bill Marlin**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
2:05.48L	F # 77 1:01.36	Female 11-12 100 Breast 1:04.12	20	---	---
<b>Caleb Yoo (13) M</b>					
1:07.29L BB	P # 2 32.14	Male 13-14 100 Free 35.15	30	---	1.19
29.48L A	P # 58	Male 13-14 50 Free	21	---	-1.29
33.49L	F # 98	Male 13-14 50 Fly	5	14	---
<b>Cynthia Zhuang (11) F</b>					
1:21.79L B	F # 25 38.97	Female 11-12 100 Free 42.82	33	---	-27.84
1:35.84L B	F # 33 42.80	Female 11-12 100 Fly 53.04	31	---	2.27
36.00L BB	F # 81	Female 11-12 50 Free	38	---	-9.73
47.45L B	F # 87	Female 11-12 50 Breast	11	6	-3.31
37.71L BB	F # 95	Female 11-12 50 Fly	17	---	-0.58
40.64L BB	F # 103	Female 11-12 50 Back	15	2	-0.63