

Meet Results

**Landstown v Green Run 19-Jan-18 SC Meters
Landstown High School [LTWN]**

Time	F/P/S	Relay	Place	Points	Improv
Event # 1 Men 200 Medley Relay					
1:59.85S	F	A Relay	Landstown High School	1	10
			Ryan Koprowski (JR)	Alexander Neff (SO)	Nicolas Noto (SO)
			Lorenzo Flores (SR)		
			30.11 1:05.82 1:32.30 1:59.85		
			(30.11) (35.71) (26.48) (27.55)		
2:11.83S	F	B Relay	Landstown High School	3	3
			Stephen Hauser (SR)	Dominick Philpot (SR)	Alex Shuflat (SR)
			Nic Patzig (JR)		
			32.47 1:09.12 1:41.81 2:11.83		
			(32.47) (36.65) (32.69) (30.02)		
2:32.25S	F	C Relay	Landstown High School	4	---
			Chad Edralin (SR)	Sheldon Wheeler (SR)	Anthony Lau (SO)
			Will Irvine (JR)		
			37.79 1:24.80 1:59.81 2:32.25		
			(37.79) (47.01) (35.01) (32.44)		
2:34.51S	F	D Relay	Landstown High School	6	---
			Aaron Garcia (SO)	Efstratios Zouros (JR)	Chris Carawan (SR)
			Nathan Rufh (SO)		
			42.66 1:24.72 2:02.78 2:34.51		
			(42.66) (42.06) (38.06) (31.73)		
Event # 1 Men 200 Medley Relay - Lead-Off Legs (50 Back)					
30.11S	F	Flores, Lorenzo	---	---	3.20
32.47S	F	Patzig, Nic	---	---	1.76
37.79S	F	Irvine, Will	---	---	0.03
42.66S	F	Rufh, Nathan	---	---	0.11
Event # 2 Women 200 Medley Relay					
2:16.92S	F	A Relay	Landstown High School	1	10
			Dannielle Salcedo (JR)	Celine Hizon (SR)	Courtney Edwards (JR)
			Ashley Kaminski (SR)		
			32.47 1:11.30 1:43.44 2:16.92		
			(32.47) (38.83) (32.14) (33.48)		
2:43.90S	F	B Relay	Landstown High School	3	3
			Abby Wilfong (JR)	Kayla Ellison (SR)	Randi Trenchard (SR)
			Sarah Matyas (JR)		
			41.35 1:26.87 2:10.58 2:43.90		
			(41.35) (45.52) (43.71) (33.32)		
3:00.00S	F	C Relay	Landstown High School	5	---
			Dalia Fields (FR)	Kamren Shaw (SO)	Macayla Weissman (JR)
			Cassie Yonkovich (SR)		
			50.71 1:41.59 2:23.70 3:00.00		
			(50.71) (50.88) (42.11) (36.30)		
3:20.05S	F	D Relay	Landstown High School	6	---
			Natalie Rusnak (SR)	Nicole Sales (SR)	Bridgette Mejjorada (SO)
			Alyssa Bryant (FR)		
			54.95 1:52.64 2:39.78 3:20.05		
			(54.95) (57.69) (47.14) (40.27)		
Event # 2 Women 200 Medley Relay - Lead-Off Legs (50 Back)					
32.47S	F	Kaminski, Ashley	---	---	1.00
41.35S	F	Matyas, Sarah	---	---	1.58
50.71S	F	Yonkovich, Cassie	---	---	8.70
54.95S	F	Bryant, Alyssa	---	---	---

Meet Results

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Time	F/P/S	Relay	Place	Points	Improv
Event # 3 Men 200 Free					
2:01.87S		F Neff, Alexander	1	8	0.21
	28.39	59.23 1:31.00 2:01.87			
	(28.39)	(30.84) (31.77) (30.87)			
2:14.32S		F Flores, Lorenzo	2	6	3.97
	28.31	1:01.54 1:37.03 2:14.32			
	(28.31)	(33.23) (35.49) (37.29)			
2:37.32S		F Hauser, Stephen	3	5	---
	34.81	1:13.87 1:55.40 2:37.32			
	(34.81)	(39.06) (41.53) (41.92)			
2:38.20S		F Jackson, Alec	4	4	-3.55
Event # 4 Women 200 Free					
2:56.12S		F Trenchard, Randi	1	8	4.94
	37.24	1:20.77 2:08.43 2:56.12			
	(37.24)	(43.53) (47.66) (47.69)			
2:57.08S		F Edwards, Courtney	2	6	-3.64
	40.82	1:28.22 2:15.94 2:57.08			
	(40.82)	(47.40) (47.72) (41.14)			
3:02.52S		F Weissman, Macayla	3	5	13.48
	40.49	1:26.42 2:15.31 3:02.52			
	(40.49)	(45.93) (48.89) (47.21)			
3:13.62S		F Good, Emma	4	4	---
	43.91	1:34.17 2:25.90 3:13.62			
	(43.91)	(50.26) (51.73) (47.72)			
Event # 5 Men 200 IM					
2:28.55S		F Koprowski, Ryan	1	8	2.21
	31.62	1:11.40 1:54.61 2:28.55			
	(31.62)	(39.78) (43.21) (33.94)			
2:36.55S		F Rancour, Ben	2	6	0.65
	32.53	1:13.56 2:00.18 2:36.55			
	(32.53)	(41.03) (46.62) (36.37)			
2:47.32S		F Zimmerman, Brice	5	3	-2.03
	36.16	1:20.13 2:10.50 2:47.32			
	(36.16)	(43.97) (50.37) (36.82)			
3:19.85S		F Dharni, Aditya	6	2	-4.36
	42.12	1:31.42 2:34.83 3:19.85			
	(42.12)	(49.30) (1:03.41) (45.02)			

Meet Results

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Landstown High School [LTWN]**

Time	F/P/S	Relay	Place	Points	Improv
Event # 6 Women 200 IM					
2:52.19S		F Hizon, Celine	1	8	-0.75
	34.12	1:18.46 2:09.35 2:52.19			
	(34.12)	(44.34) (50.89) (42.84)			
3:21.51S		F Matyas, Sarah	2	6	2.54
	42.74	1:34.26 2:38.22 3:21.51			
	(42.74)	(51.52) (1:03.96) (43.29)			
3:22.67S		F Wilfong, Abby	3	5	-13.66
	43.25	1:39.03 2:39.53 3:22.67			
	(43.25)	(55.78) (1:00.50) (43.14)			
3:30.73S		F Ellison, Kayla	4	4	-0.82
	47.89	1:46.21 2:45.78 3:30.73			
	(47.89)	(58.32) (59.57) (44.95)			
Event # 7 Men 50 Free					
27.56S		F Noto, Nicolas	1	8	0.44
28.17S		F Patzig, Nic	3	5	0.04
32.02S		F Rufh, Nathan	5	3	---
NS		F Brush, Jacob	---	---	---
Event # 8 Women 50 Free					
34.72S		F Camposeco, Sharon	2	6	-1.05
35.32S		F Rockefeller, Alex	3	5	-0.06
37.46S		F Good, Emma	5	3	1.04
37.85S		F Haynes, Kameron	6	2	-6.47
Event # 11 Men 100 Fly					
1:20.69S		F Wheeler, Sheldon	1	8	0.64
	35.56	1:20.69			
	(35.56)	(45.13)			
1:23.22S		F Zimmerman, Brice	2	6	4.30
	36.31	1:23.22			
	(36.31)	(46.91)			
1:41.80S		F Edralin, Chad	3	5	---
	41.10	1:41.80			
	(41.10)	(1:00.70)			
1:46.31S		F Dharni, Aditya	4	4	4.63
	46.41	1:46.31			
	(46.41)	(59.90)			

Meet Results
Landstown v Green Run 19-Jan-18 SC Meters
Landstown High School [LTWN]

Time	F/P/S	Relay	Place	Points	Improv
Event # 12 Women 100 Fly					
1:10.43S		F Kaminski, Ashley	1	8	-0.44
	33.42	1:10.43			
	(33.42)	(37.01)			
1:26.77S		F Salcedo, Dannielle	2	6	-0.14
	39.74	1:26.77			
	(39.74)	(47.03)			
1:31.30S		F Edwards, Courtney	3	5	1.56
	41.35	1:31.30			
	(41.35)	(49.95)			
1:43.44S		F Fields, Dalia	4	4	---
	44.72	1:43.44			
	(44.72)	(58.72)			
Event # 13 Men 100 Free					
1:03.95S		F Noto, Nicolas	1	8	4.83
	30.85	1:03.95			
	(30.85)	(33.10)			
1:07.74S		F Philpot, Dominick	2	6	0.94
	31.33	1:07.74			
	(31.33)	(36.41)			
1:10.83S		F Shuflat, Alex	5	3	-3.79
	33.46	1:10.83			
	(33.46)	(37.37)			
1:14.64S		F Irvine, Will	6	2	-6.83
	35.76	1:14.64			
	(35.76)	(38.88)			
Event # 14 Women 100 Free					
1:11.58S		F Hizon, Celine	1	8	---
	33.77	1:11.58			
	(33.77)	(37.81)			
1:19.81S		F Wilfong, Abby	2	6	0.97
	38.69	1:19.81			
	(38.69)	(41.12)			
1:29.87S		F Shaw, Kamren	4	4	3.99
	44.52	1:29.87			
	(44.52)	(45.35)			
1:38.68S		F Leonard, Holly	6	2	-11.36
	46.43	1:38.68			
	(46.43)	(52.25)			

Meet Results

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Landstown High School [LTWN]**

Time	F/P/S	Relay	Place	Points	Improv
Event # 15 Men 400 Free					
4:28.63S		F Neff, Alexander	1	8	9.53
	30.20	1:04.01 1:38.24 2:13.03			
	(30.20)	(33.81) (34.23) (34.79)			
	2:47.76	3:21.70 3:55.35 4:28.63			
	(34.73)	(33.94) (33.65) (33.28)			
4:44.46S		F Koprowski, Ryan	2	6	12.06
	31.59	1:06.92 1:43.15 2:19.71			
	(31.59)	(35.33) (36.23) (36.56)			
	2:56.51	3:33.27 4:09.72 4:44.46			
	(36.80)	(36.76) (36.45) (34.74)			
5:39.77S		F Brush, Jacob	3	5	28.69
	37.42	1:18.96 2:03.66 2:48.41			
	(37.42)	(41.54) (44.70) (44.75)			
	3:33.05	4:18.78 5:03.42 5:39.77			
	(44.64)	(45.73) (44.64) (36.35)			
5:56.25S		F Jackson, Alec	4	4	---
	41.11	1:27.19 2:16.11 3:02.22			
	(41.11)	(46.08) (48.92) (46.11)			
	3:48.22	4:33.23 5:16.05 5:56.25			
	(46.00)	(45.01) (42.82) (40.20)			
Event # 16 Women 400 Free					
6:13.04S		F Trenchard, Randi	1	8	-81.29
	38.80	1:25.13 2:13.23 3:01.04			
	(38.80)	(46.33) (48.10) (47.81)			
	3:49.48	4:38.35 5:26.91 6:13.04			
	(48.44)	(48.87) (48.56) (46.13)			
6:13.94S		F Weissman, Macayla	2	6	20.12
	41.17	1:27.28 2:15.55 3:04.28			
	(41.17)	(46.11) (48.27) (48.73)			
	3:52.42	4:40.81 5:28.98 6:13.94			
	(48.14)	(48.39) (48.17) (44.96)			
6:37.02S		F Rockefeller, Alex	3	5	14.20
	42.16	1:31.38 2:23.42 3:15.14			
	(42.16)	(49.22) (52.04) (51.72)			
	4:07.00	4:58.56 5:49.60 6:37.02			
	(51.86)	(51.56) (51.04) (47.42)			
6:50.06S		F Sales, Nicole	4	4	-1.70
	46.74	1:39.29 2:33.23 3:26.87			
	(46.74)	(52.55) (53.94) (53.64)			
	4:19.64	5:12.93 6:03.88 6:50.06			
	(52.77)	(53.29) (50.95) (46.18)			

Meet Results

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Landstown High School [LTWN]**

Time	F/P/S	Relay	Place	Points	Improv
Event # 17 Men 200 Free Relay					
2:00.60S	F	B Relay	Landstown High School	1	10
			Sheldon Wheeler (SR)		Alec Jackson (SR)
			Ben Rancour (JR)		Jacob Brush (SR)
			30.30 59.19 1:30.79 2:00.60		
			(30.30) (28.89) (31.60) (29.81)		
2:05.02S	F	C Relay	Landstown High School	3	3
			Brice Zimmerman (SO)		Efstratios Zouros (JR)
			Aaron Garcia (SO)		Alex Shuflat (SR)
			30.02 1:00.68 1:33.94 2:05.02		
			(30.02) (30.66) (33.26) (31.08)		
2:12.43S	F	D Relay	Landstown High School	4	---
			Anthony Lau (SO)		Nathan Rufh (SO)
			Chris Carawan (SR)		Will Irvine (JR)
			33.79 1:05.97 1:40.03 2:12.43		
			(33.79) (32.18) (34.06) (32.40)		
1:46.42S	F DQ	A Relay	Landstown High School	---	---
			Nicolas Noto (SO)		Lorenzo Flores (SR)
			Ryan Koprowski (JR)		Alexander Neff (SO)
			28.15 55.54 1:21.46 1:46.42		
			(28.15) (27.39) (25.92) (24.96)		
67 Early take-off swimmer #3					

Event # 17 Men 200 Free Relay - Lead-Off Legs (50 Free)

28.15S	F	Noto, Nicolas	---	---	1.03
30.02S	F	Zimmerman, Brice	---	---	0.51
30.30S	F	Wheeler, Sheldon	---	---	0.31
33.79S	F	Lau, Anthony	---	---	0.42

Event # 18 Women 200 Free Relay

2:05.90S	F	A Relay	Landstown High School	1	10
			Ashley Kaminski (SR)		Danielle Salcedo (JR)
			Courtney Edwards (JR)		Celine Hizon (SR)
			29.22 1:02.42 1:34.63 2:05.90		
			(29.22) (33.20) (32.21) (31.27)		
2:19.78S	F	B Relay	Landstown High School	2	5
			Sharon Camposeco (SO)		Abby Wilfong (JR)
			Kayla Ellison (SR)		Alex Rockefeller (JR)
			35.39 1:09.55 1:44.65 2:19.78		
			(35.39) (34.16) (35.10) (35.13)		
2:37.50S	F	C Relay	Landstown High School	4	---
			Dalia Fields (FR)		Kameron Haynes (JR)
			Holly Leonard (SR)		Kamren Shaw (SO)
			36.14 1:20.44 1:57.54 2:37.50		
			(36.14) (44.30) (37.10) (39.96)		
2:55.14S	F	D Relay	Landstown High School	6	---
			Cassie Yonkovich (SR)		Natalie Rusnak (SR)
			Alyssa Bryant (FR)		Bridgette Mejjorada (SO)
			40.35 1:23.05 --- 2:55.14		
			(40.35) (42.70) --- (2:55.14)		

Event # 18 Women 200 Free Relay - Lead-Off Legs (50 Free)

29.22S	F	Kaminski, Ashley	---	---	1.48
35.39S	F	Camposeco, Sharon	---	---	-0.38
36.14S	F	Fields, Dalia	---	---	---
40.35S	F	Yonkovich, Cassie	---	---	---

Meet Results

**Landstown v Green Run 19-Jan-18 SC Meters
Landstown High School [LTWN]**

Time	F/P/S	Relay	Place	Points	Improv
Event # 19 Men 100 Back					
1:06.54S		F Flores, Lorenzo	1	8	2.35
	31.52	1:06.54			
	(31.52)	(35.02)			
1:14.35S		F Patzig, Nic	3	5	4.17
	36.12	1:14.35			
	(36.12)	(38.23)			
1:32.56S		F Zouros, Efstratios	5	3	---
	45.34	1:32.56			
	(45.34)	(47.22)			
1:41.74S		F Lau, Anthony	6	2	4.00
	48.29	1:41.74			
	(48.29)	(53.45)			
Event # 20 Women 100 Back					
1:28.87S		F Matyas, Sarah	1	8	2.20
	43.65	1:28.87			
	(43.65)	(45.22)			
1:55.36S		F Camposeco, Sharon	4	4	---
	56.35	1:55.36			
	(56.35)	(59.01)			
2:09.21S		F Yonkovich, Cassie	5	3	---
	58.89	2:09.21			
	(58.89)	(1:10.32)			
DQ		F Haynes, Kameron	---	---	---
2Q Did not finish on back					
Event # 21 Men 100 Breast					
1:20.12S		F Hauser, Stephen	1	8	2.34
	37.64	1:20.12			
	(37.64)	(42.48)			
1:23.99S		F Rancour, Ben	2	6	-0.01
	39.92	1:23.99			
	(39.92)	(44.07)			
1:24.92S		F Wheeler, Sheldon	3	5	-0.19
	39.36	1:24.92			
	(39.36)	(45.56)			
1:25.77S		F Philpot, Dominick	4	4	4.59
	39.44	1:25.77			
	(39.44)	(46.33)			

Meet Results

**Landstown v Green Run 19-Jan-18 SC Meters
Landstown High School [LTWN]**

Time	F/P/S	Relay	Place	Points	Improv
Event # 22 Women 100 Breast					
1:27.74S		F Salcedo, Dannielle	1	8	1.13
	41.54	1:27.74			
	(41.54)	(46.20)			
1:28.55S		F Kaminski, Ashley	2	6	4.44
	42.30	1:28.55			
	(42.30)	(46.25)			
1:50.41S		F Ellison, Kayla	4	4	-0.34
	53.94	1:50.41			
	(53.94)	(56.47)			
2:26.35S		F Mejorada, Bridgette	7	1	2.51
	1:10.10	2:26.35			
	(1:10.10)	(1:16.25)			
Event # 23 Men 400 Free Relay					
4:31.93S	F	A Relay	Landstown High School	1	10
	Jacob Brush (SR)		Stephen Hauser (SR)	Nic Patzig (JR)	Ben Rancour (JR)
	34.49	1:12.94	1:44.66	2:20.79	
	(34.49)	(1:12.94)	(31.72)	(1:07.85)	
	2:51.72	3:27.02	3:57.78	4:31.93	
	(30.93)	(1:06.23)	(30.76)	(1:04.91)	
4:37.79S	F	B Relay	Landstown High School	2	5
	Brice Zimmerman (SO)		Alex Shuflat (SR)	Alec Jackson (SR)	Dominick Philpot (SR)
	32.46	1:07.54	1:40.66	2:19.26	
	(32.46)	(1:07.54)	(33.12)	(1:11.72)	
	2:51.39	3:25.43	3:58.49	4:37.79	
	(32.13)	(1:06.17)	(33.06)	(1:12.36)	
5:01.78S	F	C Relay	Landstown High School	4	---
	Chris Carawan (SR)		Aditya Dharni (JR)	Chad Edralin (SR)	Aaron Garcia (SO)
	35.07	1:17.56	1:52.56	2:35.55	
	(35.07)	(1:17.56)	(35.00)	(1:17.99)	
	3:09.15	3:47.02	4:20.85	5:01.78	
	(33.60)	(1:11.47)	(33.83)	(1:14.76)	
5:14.93S	F	D Relay	Landstown High School	5	---
	Will Irvine (JR)		Anthony Lau (SO)	Nathan Rufh (SO)	Efstratios Zouros (JR)
	36.23	1:15.88	1:54.37	2:37.83	
	(36.23)	(1:15.88)	(38.49)	(1:21.95)	
	3:15.01	3:59.17	4:35.43	5:14.93	
	(37.18)	(1:21.34)	(36.26)	(1:15.76)	

Meet Results

Landstown v Green Run 19-Jan-18 SC Meters
Landstown High School [LTWN]

Event # 23 Men 400 Free Relay - Lead-Off Legs (100 Free)

1:07.54S	F	Zimmerman, Brice	---	---	0.93
		32.46			
		(32.46)			
1:12.94S	F	Brush, Jacob	---	---	6.06
		34.49			
		(34.49)			
1:15.88S	F	Irvine, Will	---	---	-5.59
		36.23			
		(36.23)			
1:17.56S	F	Carawan, Chris	---	---	-1.10
		35.07			
		(35.07)			

Event # 24 Women 400 Free Relay

5:30.20S	F	A Relay	Landstown High School		1	10
		Randi Trenchard (SR)	Dalia Fields (FR)	Alex Rockefeller (JR)		Sarah Matyas (JR)
		37.15	1:23.60	2:01.23		2:45.71
		(37.15)	(1:23.60)	(37.63)		(1:22.11)
		3:25.29	4:08.98	4:47.46		5:30.20
		(39.58)	(1:23.27)	(38.48)		(1:21.22)
5:44.11S	F	B Relay	Landstown High School		2	5
		Nicole Sales (SR)	Sharon Camposeco (SO)	Kamren Shaw (SO)		Macayla Weissman (JR)
		42.11	1:26.59	1:42.14		---
		(42.11)	(1:26.59)	(15.55)		---
		3:36.70	4:21.49	4:38.25		5:44.11
		(3:36.70)	(4:21.49)	(16.76)		(1:22.62)
6:36.07S	F	C Relay	Landstown High School		4	---
		Emma Good (FR)	Holly Leonard (SR)	Natalie Rusnak (SR)		Alyssa Bryant (FR)
		40.66	1:29.00	2:16.53		3:10.74
		(40.66)	(1:29.00)	(47.53)		(1:41.74)
		3:59.77	4:54.60	5:43.12		6:36.07
		(49.03)	(1:43.86)	(48.52)		(1:41.47)

Event # 24 Women 400 Free Relay - Lead-Off Legs (100 Free)

1:23.60S	F	Trenchard, Randi	---	---	6.93
		37.15			
		(37.15)			
1:26.59S	F	Sales, Nicole	---	---	-6.25
		42.11			
		(42.11)			
1:29.00S	F	Good, Emma	---	---	0.53
		40.66			
		(40.66)			