

2023 Speedo Winter Junior Championships (West)
Westmont, Ill
Saturday, December 9, 2023
Finals Time Line

Competition Pool Closes		4:50 PM
National Anther		
Awards -	Event #23 Women's 200 Free Relay	
Awards -	Event #24 Men's 200 Free Relay	
Event #25	Women's 1650 Free	Heat 1 5:00 PM
Awards -	Event #25 Women's 1650 Free	
Event #26	Men's 1650 Free	Heat 1 5:19 PM
Awards -	Event #26 Men's 1650 Free	
Event #27	Women's 200 Back	Bonus 5:38 PM
		Consolation 5:41 PM
		Championship 5:44 PM
Awards -	Event #27 Women's 200 Back	
Event #28	Men's 200 Back	Bonus 5:51 PM
		Consolation 5:54 PM
		Championship 5:56 PM
Awards -	Event #28 Men's 200 Back	
Event #29	Women's 100 Free	Bonus 6:04 PM
		Consolation 6:05 PM
		Championship 6:07 PM
Awards -	Event #29 Women's 100 Free	
Event #30	Men's 100 Free	Bonus 6:13 PM
		Consolation 6:14 PM
		Championship 6:16 PM
Awards -	Event #30 Men's 100 Free	
Event #31	Women's 200 Breast	Bonus 6:22 PM
		Consolation 6:25 PM
		Championship 6:27 PM
Awards -	Event #31 Women's 200 Breast	
Event #32	Men's 200 Breast	Bonus 6:35 PM
		Consolation 6:38 PM
		Championship 6:40 PM
Awards -	Event #32 Men's 200 Breast	
Event #33	Women's 200 Fly	Bonus 6:48 PM
		Consolation 6:50 PM
		Championship 6:53 PM
Awards -	Event #33 Women's 200 Fly	
Event #34	Men's 200 Fly	Bonus 7:00 PM
		Consolation 7:03 PM
Event #34	Men's 200 Fly	Bonus 7:05 PM
Awards -	Event #34 Men's 200 Fly	
	15 Minute Relay Break	
Event #35	Women's 400 Free Relay	2nd Fastest 7:25 PM
		Fastest 7:29 PM
Event #36	Men's 400 Free Relay	2nd Fastest 7:33 PM
		Fastest 7:36 PM
Event #35	Women's 400 Free Relay	Heat 3 7:40 PM
Event #36	Men's 400 Free Relay	Heat 3 7:44 PM
Awards -	Event #35 Women's 400 Free Relay	
Awards -	Event #36 Men's 400 Free Relay	
	Individual Awards	
	Team Awards	
	End of Session	8:08 PM

** Tonight's Relay Cards due by 5:30 PM **



2023 Speedo Winter Junior Championships - West
Meet Program - Saturday - Finals

Event 25 Women 1650 Yard Freestyle

Jrs West:15:26.17 12/10/2022 Katie Grimes

SC Juniors:15:26.17 12/10/2022 Katie Grimes

FMC Pool:16:23.63 11/19/2021 Hannah Ballard

Lane Name	Age	Team	Seed Time
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Heat 4 of 4 Finals

1	Ogilby, Amelie	18	Team Sopris Swim-CO	16:49.91
2	Luedke, Avery	16	Aquajets Swim Te-MN	16:39.53
3	Cosgrove, Ella	16	Scottsdale Aquat-AZ	16:30.93
4	Downey, Paige	15	Gold Medal Swim-AZ	16:22.41
5	Clift, Elise	17	Lakeside Aquatic-NT	16:23.64
6	Cady, Morgan	18	Flatiron Athleti-CO	16:34.63
7	Hansen, Macey	17	Columbia Swim Cl-MV	16:46.40
8	Brown, Nora Lee	18	CSP Tideriders-OZ	16:51.30

Event 26 Men 1650 Yard Freestyle

Jrs West:14:37.71 12/9/2017 Michael Brinegar

SC Juniors:14:37.71 12/9/2017 Michael Brinegar

FMC Pool:15:21.42 11/18/2022 Diego Nosack

Lane Name	Age	Team	Seed Time
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Heat 9 of 9 Finals

1	Cady, Kjell	16	South Snohomish-PN	15:24.59
2	Xue, Jiarui	16	Aquajets Swim Te-MN	15:21.74
3	Rousseau, Julien	16	Pacific Swim-SI	15:12.74
4	Hatcher, Max	17	Lakeside Aquatic-NT	15:04.80
5	Lambert, Jones	18	Lubbock Swim Clu-WT	15:10.99
6	Olsen, Thomas	17	Multnomah Athlet-OR	15:17.53
7	Caples, Devyn	17	Crow Canyon Shar-PC	15:23.50
8	Key, Bryce	17	Mansfield Aquati-NT	15:25.54

Event 27 Women 200 Yard Backstroke

Jrs West: 1:48.32 12/10/2022 Bella Sims

SC Juniors: 1:48.32 12/10/2022 Bella Sims

FMC Pool: 1:53.82 12/9/2023 Grace Rabb

Lane Name	Age	Team	Prelims
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Heat 1 Bonus Final

1	Simoneaux, Rylee	16	Crawfish Aquatic-LA	1:59.86
2	Perna, Amie	18	Dallas Mustangs-NT	1:59.70
3	Thornton, Maddie	15	Bend Swim Club-OR	1:59.36
4	Doane, Camden	17	King Aquatic Clu-PN	1:59.16
5	Paduano, Sophia	17	Kansas City Blaz-MV	1:59.17
6	DeYoung, Maeve	17	Lake Oswego Swim-OR	1:59.63
7	Conic, Vera	15	Palatine Park Di-IL	1:59.72
8	Paradis, Mazie	16	Verona Area Swim-WI	1:59.91

Heat 2 Consolation Final

1	MacNamara, Jilly	17	Academy Bullets-IL	1:58.95
2	Dickinson, Maggie	13	Schroeder YMCA S-WI	1:58.81
3	Linares Danzos, Daniela	13	Crow Canyon Shar-PC	1:58.66
4	Antoniewski, Ella	16	Waukesha Express-WI	1:58.44
5	Lee, Susie	17	Razorback Aqua-AR	1:58.47
6	Watson, Lizzie	17	The Woodlands Sw-GU	1:58.76
7	Farquhar, Natalie	17	Neptune Swimming-PC	1:58.89
8	Schrank, Ellie	17	Northwest Arkans-AR	1:58.96

Heat 3 Championship Final

1	Wilson, Charlotte	17	Univ of Denver H-CO	1:57.46
2	Lenahan, Tierney	16	NASA Wildcat Aqu-IL	1:56.46
3	O'Dell, Teagan	17	Mission Viejo Na-CA	1:55.30
4	Rabb, Grace	17	Aquajets Swim Te-MN	1:53.82
5	Wanezek, Maggie	18	Elmbrook Swim Cl-WI	1:55.20
6	Anderson, Finley	18	Univ of Denver H-CO	1:55.50
7	Salvino, Teia	18	Mission Viejo Na-CA	1:56.76
8	O'Connell, Madison	17	Crow Canyon Shar-PC	1:57.90

Alternates

1	Jaffe, Erica	16	Sierra Marlins S-SN	2:00.06
2	Degroot, Macey	16	Sharks Swim Club-GU	2:00.07

Event 28 Men 200 Yard Backstroke

Jrs West: 1:40.32 12/10/2022 Keaton Jones

SC Juniors: 1:39.62 12/10/2022 Daniel Diehl

FMC Pool: 1:43.64 11/18/2023 Szymon Mieczkowski

FMC Pool: 1:43.64 12/9/2023 Nate Thomas

Lane Name	Age	Team	Prelims
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Heat 1 Bonus Final

1	Zamudio, Emi	16	DART Swimming-SN	1:47.80
2	Astle, Abe	17	Olympus Aquatics-UT	1:47.54
3	De La Garza, Will	17	Olympus Aquatics-UT	1:46.93
4	Liu, Ray	16	Rose Bowl Aquati-CA	1:46.65
5	Baklanov, Andrew	16	Empire KC Swim C-MV	1:46.69
6	Heinlein, Jaden	18	Patriot Aquatic-IL	1:47.18
7	O'Grady, Pierce	17	The Spartans of-CA	1:47.78
8	Mindlin, Ethan	17	Scottsdale Aquat-AZ	1:47.86

Heat 2 Consolation Final

1	Buften, Charlie	17	NASA Wildcat Aqu-IL	1:46.34
2	Castaneda, Diego	17	Terrapins Swim T-PC	1:46.19
3	Kosin, Ethan	17	South Metro Stor-MN	1:46.02
4	Quarterman, Tyler	18	Boise YMCA Swim-SR	1:45.84
5	Schimberg, Oliver	17	Aquawolves Swimm-CO	1:45.99
6	Fasani, Louie	18	Wolverine Aquati-SN	1:46.13
7	Jin, Eddie	17	Blue Tide Aquati-GU	1:46.32
8	Saito, Taisei	17	Alpha Aquatics-CA	1:46.56



2023 Speedo Winter Junior Championships - West
Meet Program - Saturday - Finals

Heat 3 Championship Final (#28)

1	Stratton, Shae	18	Sawtooth Aquatic-SR	1:45.73
2	Bricca, Ben	18	Seattle Metro-PN	1:45.52
3	Johnson, Brady	17	FMC Aquatic-IL	1:44.78
4	Thomas, Nate	16	River City Aquat-OZ	1:43.64
5	Keogh, Gavin	16	Flatiron Athleti-CO	1:44.62
6	Calkins, Brady	17	Sierra Marlins S-SN	1:45.27
7	Mieczkowski, Szymon	17	FMC Aquatic-IL	1:45.53
8	O'Shaughnessy, Jack	18	Alpha Aquatics-CA	1:45.79

Alternates

1	Bucaro, Luke	17	Barrington Swim-IL	1:47.88
2	Filipov, Velizar	15	FMC Aquatic-IL	1:47.94

Event 29 Women 100 Yard Freestyle

Jrs West: 46.29 12/13/2014 Abigail Weitzel

SC Juniors: 46.29 12/13/2014 Abigail Weitzel

FMC Pool: 48.16 3/18/2021 Carly Novelline

Lane Name	Age	Team	Prelims
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Heat 1 Bonus Final

1	Gaca Thiele, Ella	15	Fort Collins Are-CO	50.41
2	Luper, Sofia	17	The Woodlands Sw-GU	50.33
3	Canoles, Stella	14	Orinda Aquatics-PC	50.19
4	Fu, Kayla	18	First Colony Swi-GU	50.13
5	Antoniewski, Ella	16	Waukesha Express-WI	50.14
6	Cosgrove, Ella	16	Scottsdale Aquat-AZ	50.24
7	Biegler, Adalynn	14	Edina Swim Club-MN	50.38
8	Hoeper, Grace	17	Iowa Flyers Swim-IA	50.42

Heat 2 Consolation Final

1	Armijo, Caelle	18	Scottsdale Aquat-AZ	50.04
2	Clem, Marin	17	Dallas Mustangs-NT	49.86
3	Sunwoo, Sophia	16	Bellevue Club Sw-PN	49.78
4	Wanner, Livi	17	Waukesha Express-WI	49.61
5	Bodenstab, Amelia	17	Longhorn Aquatic-ST	49.62
6	Meskill, Kamryn	16	Bend Swim Club-OR	49.86
7	Brito, Bella	16	Beach Cities Swi-CA	50.04
8	Karl, Avery	17	Empire KC Swim C-MV	50.13

Heat 3 Championship Final

1	Hartman, Bailey	17	Crow Canyon Shar-PC	49.48
2	O'Dell, Teagan	17	Mission Viejo Na-CA	49.15
3	Parkhe, Annika	18	Patriot Aquatic-IL	48.99
4	Hayes, Leah	18	Fox Valley Pa-IL	48.44
5	Larsen, Caroline	17	Foxjets Swim Tea-MN	48.88
6	Clark, Liberty	16	Crow Canyon Shar-PC	49.04
7	De Anda, Ava	16	Riverside Aquati-CA	49.35
8	LeBlanc, KK	16	Sharks Swim Club-GU	49.59

Alternates

1	Aquino, Gracyn	16	Mission Viejo Na-CA	50.42
2	Clarke, Mary	17	Bellevue Club Sw-PN	50.44

Event 30 Men 100 Yard Freestyle

Jrs West: 41.23 12/12/2015 Ryan Hoffer

SC Juniors: 41.23 12/12/2015 Ryan Hoffer

FMC Pool: 43.59 3/18/2021 Connor Boyle

Lane Name	Age	Team	Prelims
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Heat 1 Bonus Final

1	Hanson, Andrew	18	Mako Aquatics-MN	45.09
2	Hopper, Mason	17	The Dolphins Por-OR	45.05
3	Boysen, Jack	17	First Colony Swi-GU	45.03
4	Arteaga, Hugo	17	Southeastern Aqu-WI	44.98
5	Vetsch, August	17	Swim Neptune-AZ	45.02
6	Blackson-Dunbar, Miles	16	Alpha Aquatics-CA	45.03
7	Chandler, Brody	15	Sierra Marlins S-SN	45.08
8	Crother-Collado, Lucas	17	Alpha Aquatics-CA	45.13

Heat 2 Consolation Final

1	McMillan, Scott	17	Walnut Creek Aqu-PC	44.96
2	Solitario, Enzo	17	Nu Wave Swim Clu-LA	44.73
3	Sullivan, Jack	18	Schroeder YMCA S-WI	44.68
4	Hogan, Conner	18	Aquajets Swim Te-MN	44.61
5	Johnson, Brady	17	FMC Aquatic-IL	44.62
6	Jost, William	17	Parkway Swim Clu-OZ	44.72
7	Cehelnik, Hunter	18	Mission Viejo Na-CA	44.85
8	Wendler, Mason	17	Terrapins Swim T-PC	44.97

Heat 3 Championship Final

1	Foy, PJ	17	Glacier Swim Clu-AK	44.56
2	Lucas, Cooper	18	Lakeside Aquatic-NT	44.20
3	Gattnar, Marre	17	North Bay Aquati-PC	43.84
4	Williamson, Maximus	17	Lakeside Aquatic-NT	43.67
5	Croley, Evan	17	Streamline Aquat-ST	43.80
6	Seider, Quin	17	Ojai Heat Waves-CA	44.05
7	Dillingham, Diggory	18	Bend Swim Club-OR	44.44
8	Empey, Sammy	18	Lake Oswego Swim-OR	44.59

Alternates

1	Jiang, Ramon	17	Evolution Racing-CA	45.13
2	Huang, Edward	18	California Dolph-PC	45.17



TOYOTA

2023 Speedo Winter Junior Championships - West
Meet Program - Saturday - Finals

Event 31 Women 200 Yard Breaststroke

Jrs West: 2:06.81 12/10/2022 Lydia Jacoby

SC Juniors: 2:06.02 12/8/2018 Alex Walsh

FMC Pool: 2:11.92 12/9/2023 Raya Mellott

Lane	Name	Age	Team	Prelims
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Heat 1 Bonus Final

1	Gregory, Hayley	17	Crow Canyon Shar-PC	2:16.20
2	Marinovich, Hannah	17	Clovis Swim Club-CC	2:15.95
3	Beu, Izzy	16	St Charles Swim-IL	2:15.86
4	Augustyn, Gabi	17	YMCA of Chippewa-WI	2:15.70
5	Black, Roni	16	Wasatch Front Fi-UT	2:15.74
6	Kehoe, Gracy	16	Bellevue Club Sw-PN	2:15.89
7	Choy, Clemence	16	La Mirada Armada-CA	2:16.18
8	Felner, Joy	17	Scottsdale Aquat-AZ	2:16.42

Heat 2 Consolation Final

1	Garrison, Ellen	17	Lakeside Aquatic-NT	2:15.62
2	Primiano, Gabbie	17	Life Time Arizo-AZ	2:15.55
3	Rabb, Grace	17	Aquajets Swim Te-MN	2:13.90
4	McGann, Bridget	17	Academy Bullets-IL	2:13.69
5	Nguyen, Kaitlyn	16	Irvine Novaquati-CA	2:13.74
6	Sczech, Lillie	17	First Colony Swi-GU	2:14.77
7	Smoker, Ella	18	The Woodlands Sw-GU	2:15.55
8	Ippoliti, Ava	18	Longhorn Aquatic-ST	2:15.65

Heat 3 Championship Final

1	Tan, Mikayla	13	DART Swimming-SN	2:13.46
2	Collins, Avery	17	Lakeside Aquatic-NT	2:13.08
3	Hayes, Leah	18	Fox Valley Pa-IL	2:12.51
4	Mellott, Raya	16	Crow Canyon Shar-PC	2:11.92
5	Enge, Piper	17	Bellevue Club Sw-PN	2:12.41
6	Sayers, Emma	17	Scottsdale Aquat-AZ	2:12.52
7	Hernandez, Ashlyn	17	Pacific Swim-SI	2:13.10
8	Brito, Bella	16	Beach Cities Swi-CA	2:13.63

Alternates

1	Cole, Reese	17	South Shore Sail-GU	2:16.53
2	Barnard, Marley	17	Katy Aquatic Tea-GU	2:16.63

Event 32 Men 200 Yard Breaststroke

Jrs West: 1:52.92 12/11/2021 Zhier Fan

SC Juniors: 1:52.12 12/14/2019 Josh Matheny

FMC Pool: 1:56.76 12/9/2023 Maximus Williamson

Lane	Name	Age	Team	Prelims
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Heat 1 Bonus Final

1	Beladi, Branden	17	Lakeside Aquatic-NT	2:01.82
2	Russell, Brock	17	Sioux Falls Swim-SD	2:01.75
3	Aguero, Thomas	18	Quicksilver Swim-PC	2:01.43
4	Mann, Remo	16	DART Swimming-SN	2:01.30
5	Wang, Sirui	16	Patriot Aquatic-IL	2:01.33
6	Keuser, Nik	17	Millard Aquatic-MW	2:01.67
7	Warain, Isidore	16	Aquajets Swim Te-MN	2:01.78
8	Flynn, Gannon	17	Nitro Swimming-ST	2:01.84

Heat 2 Consolation Final

1	Ma, Steven	17	Nitro Swimming-ST	2:01.22
2	Griffith, Aiden	17	Rancho San Diego-SI	2:01.09
3	Wu, Nathan	17	Evolution Racing-CA	2:00.75
4	Eubanks, Andrew	15	The Dolphins Por-OR	2:00.19
5	Vatev, Matt	16	Hornet Age Group-IL	2:00.47
6	Neilson, Teddy	17	Phoenix Swim Clu-AZ	2:01.07
7	Wang, Raphael	17	Waterloo Swimmin-ST	2:01.14
8	Yi, Daniel	18	Denver Swim Acad-CO	2:01.29

Heat 3 Championship Final

1	Polyak, Joe	17	Iowa Flyers Swim-IA	1:59.48
2	Li, Daniel	17	Rose Bowl Aquati-CA	1:57.79
3	Eccleston, Jake	17	Fort Collins Are-CO	1:57.41
4	Williamson, Maximus	17	Lakeside Aquatic-NT	1:56.76
5	Schuricht, Hudson	17	Scottsdale Aquat-AZ	1:56.97
6	Zhang, Colin	17	RISE Aquatic Clu-IL	1:57.75
7	Mueller, Abram	18	Badger Aquatics-WI	1:59.05
8	Lonergan, Ewan	18	Quicksilver Swim-PC	1:59.62

Alternates

1	Uhl, Tobin	16	Foothills Swim T-CO	2:01.93
2	Cho, Brandon	16	Highlands Ranch-CO	2:01.96



TOYOTA

2023 Speedo Winter Junior Championships - West
Meet Program - Saturday - Finals

Event 33 Women 200 Yard Butterfly

Jrs West: 1:51.06 12/10/2022 Bella Sims

SC Juniors: 1:51.06 12/10/2022 Bella Sims

FMC Pool: 1:55.36 11/20/2021 Hannah Ballard

Lane	Name	Age	Team	Prelims
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Heat 1 Bonus Final

1	Mojdeh, Jasmine	17	Bellevue Club Sw-PN	2:03.02
2	Allison, Cassidy	16	Rancho San Diegu-SI	2:02.77
3	Wong, Alexa	17	Tule Nation Trit-CC	2:02.32
4	Childers, Zoe	16	Quicksilver Swim-PC	2:02.25
5	Lee, Eunice	17	Santa Clara Swim-PC	2:02.29
6	Hetland, Maya	15	Alto Swim Club-PC	2:02.35
7	Neilson, MJ	17	Phoenix Swim Clu-AZ	2:03.00
8	Lee, Kaitlin	17	Pleasanton Seaha-PC	2:03.05

Heat 2 Consolation Final

1	Belk, Emma	15	Springfield Aqua-AR	2:01.38
2	Miller, Sage	16	Kamehameha Swim-HI	2:01.09
3	Kitayama, Emily	17	Alamo Area Aquat-ST	1:59.87
4	Therrien, Emmy	16	Scottsdale Aquat-AZ	1:59.68
5	Mom, Angelica	15	La Mirada Armada-CA	1:59.81
6	Butler, Ellie	16	Crow Canyon Shar-PC	1:59.89
7	Chavez-Varela, Isabella	16	Coronado Swim -T-SI	2:01.20
8	Wu, Isabel	14	Santa Clara Swim-PC	2:02.23

Heat 3 Championship Final

1	Watson, Clare	16	Bellevue Club Sw-PN	1:59.51
2	Cronk, Carli	17	Alamo Area Aquat-ST	1:59.09
3	Hartman, Bailey	17	Crow Canyon Shar-PC	1:57.26
4	Zhang, Kelsey	16	Palo Alto Stanfo-PC	1:56.61
5	Doane, Camden	17	King Aquatic Clu-PN	1:56.79
6	Vlaic, Annemarie	16	Lake Oswego Swim-OR	1:58.09
7	Spielmann, Montse	16	Alamo Area Aquat-ST	1:59.37
8	Sim, Sophia	17	SOCAL Aquatics A-CA	1:59.58

Alternates

1	Yamamura, Tori	15	Canyons Aquatic-CA	2:03.10
2	Cummins, Sammy	17	Mission Viejo Na-CA	2:03.19

Event 34 Men 200 Yard Butterfly

Jrs West: 1:40.91 12/8/2018 Gianluca Urlando

SC Juniors: 1:40.86 12/10/2022 Thomas Heilman

FMC Pool: 1:44.41 3/18/2021 Raunak Khosla

Lane	Name	Age	Team	Prelims
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Heat 1 Bonus Final

1	Cairns, Jacob	17	North Coast Aqua-SI	1:48.29
2	Judkins, Matthew	18	Parkway Swim Clu-OZ	1:48.17
3	Nace, Joel	17	Katy Aquatic Tea-GU	1:48.05
4	Power, Zach	17	Lakeridge Swim T-PC	1:48.02
5	Quickstad, Collin	18	Lakeside Aquatic-NT	1:48.03
6	Guo, Henry	16	Hinsdale Swim Cl-IL	1:48.06
7	Heit, Henry	16	Palo Alto Stanfo-PC	1:48.18
8	Elaydi, Shareef	14	Santa Clara Swim-PC	1:48.30

Heat 2 Consolation Final

1	Hedrick, Kayden	17	Nu Wave Swim Clu-LA	1:47.82
2	Stibrich, Luke	18	Blue Tide Aquati-GU	1:47.67
3	Hou, Jeffrey	17	FMC Aquatic-IL	1:47.41
4	Kershaw, James	18	Flatiron Athleti-CO	1:47.36
5	Makouar, Ryan	17	Rose Bowl Aquati-CA	1:47.39
6	Johnson, Zane	17	South Bay Aquati-SI	1:47.52
7	Vetsch, August	17	Swim Neptune-AZ	1:47.70
8	Stanislaus, Maxwell	16	Lakeside Aquatic-NT	1:47.90

Heat 3 Championship Final

1	Davis, Micah	16	Aquajets Swim Te-MN	1:46.93
2	Ha, Brandon	15	DART Swimming-SN	1:46.75
3	Palmisani, Matteo	17	Lakeside Aquatic-NT	1:45.93
4	Lucas, Cooper	18	Lakeside Aquatic-NT	1:45.24
5	Musick, Aiden	17	NASA Wildcat Aqu-IL	1:45.61
6	Noguchi, Logan	18	Rose Bowl Aquati-CA	1:46.22
7	McKean, Campbell	17	Bend Swim Club-OR	1:46.80
8	Cerda, Leo	16	Irvine Novaquati-CA	1:47.12

Alternates

1	Foster, Wesley	16	The Woodlands Sw-GU	1:48.33
2	Osio, Riccardo	16	Lakeside Aquatic-NT	1:48.49



TOYOTA

2023 Speedo Winter Junior Championships - West
Meet Program - Saturday - Finals

Event 35 / 36 Women / Men 4x100 Free Relay

W Jrs West: 3:13.15 12/10/2022 Sandpipers of Nevada

A Sims, K Grimes, M Hodges, C Weinstein

W SC Juniors: 3:13.15 12/10/2022 Sandpipers of Nevada

A Sims, K Grimes, M Hodges, C Weinstein

W FMC Pool: 3:23.48 3/5/2023 Chicago Wolfpack

J.Tracy, M.Arroyo, J.Morgan, I.Chow

M Jrs West: 2:54.75 12/10/2022 Lakeside Aquatic Club

M Williamson, R Paulk, M Hatcher, C Lucas

M SC Juniors: 2:54.75 12/10/2022 Lakeside Aquatic Club

M Williamson, R Paulk, M Hatcher, C Lucas

M FMC Pool: 2:56.20 3/19/2021 FMC Aquatic

C.McCarthy, W.Gallagher, T.Frandson, C.Boyle

Lane	Team	Relay	Seed Time
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Heat 1 (Heat 1 Women 4x100 Free Relay)

1	Seattle Metro-PN	A	3:26.55
2	Gold Medal Swim-AZ	A	3:25.82
3	Riverside Aquati-CA	A	3:25.51
4	Elmbrook Swim Cl-WI	A	3:25.19
5	Nitro Swimming-ST	A	3:25.42
6	Aquajets Swim Te-MN	A	3:25.66
7	Alamo Area Aquat-ST	A	3:25.94
8	Mission Viejo Na-CA	B	3:26.84

Heat 2 (Heat 2 Women 4x100 Free Relay)

1	Orinda Aquatics-PC	A	3:24.60
2	NASA Wildcat Aqu-IL	A	3:23.95
3	Crow Canyon Shar-PC	A	3:22.99
4	Bellevue Club Sw-PN	A	3:18.82
5	Mission Viejo Na-CA	A	3:21.91
6	Lakeside Aquatic-NT	A	3:23.24
7	Palo Alto Stanfo-PC	A	3:24.29
8	Irvine Novaquati-CA	A	3:24.80

Heat 3 (Heat 1 Men 4x100 Free Relay)

1	Alto Swim Club-PC	A	3:04.86
2	Irvine Novaquati-CA	B	3:04.31
3	Swim Neptune-AZ	A	3:03.72
4	Evolution Racing-CA	A	3:03.66
5	Rose Bowl Aquati-CA	B	3:03.68
6	Lake Oswego Swim-OR	A	3:03.92
7	Bend Swim Club-OR	A	3:04.77
8	Olympus Aquatics-UT	A	3:04.89

Heat 4 (Heat 2 Men 4x100 Free Relay)

1	Seattle Metro-PN	A	3:03.16
2	Aquajets Swim Te-MN	A	3:02.73
3	Nitro Swimming-ST	A	3:00.83
4	Lakeside Aquatic-NT	A	2:54.75
5	Rose Bowl Aquati-CA	A	3:00.49
6	Irvine Novaquati-CA	A	3:01.12
7	FMC Aquatic-IL	A	3:02.84
8	Scottsdale Aquat-AZ	A	3:03.46

Heat 5 (Heat 3 Women 4x100 Free Relay)

1			
2	Crow Canyon Shar-PC	B	3:27.42
3	Rose Bowl Aquati-CA	A	3:27.42
4	Seattle Metro-PN	B	3:26.88
5	Lakeside Aquatic-NT	B	3:27.20
6	Bellevue Club Sw-PN	B	3:27.42
7			
8			

Heat 6 (Heat 3 Men 4x100 Free Relay)

1			
2	Alamo Area Aquat-ST	A	3:05.61
3	Alpha Aquatics-CA	A	3:05.56
4	Lakeside Aquatic-NT	B	3:05.00
5	Iowa Flyers Swim-IA	A	3:05.40
6	Sierra Marlins S-SN	A	3:05.58
7	FMC Aquatic-IL	B	3:05.68
8			



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