

## Building a Culture of Achievement!

### Individual Meet Results

**Carbondale 500 20-Nov-09 to 22-Nov-09 Yards**

**Location: Carbondale, IL**

**Saluki [SALU-OZ] Coach: Jay Newton**

Time	F/P/S	Event	Place	Points	Improv
<b>Bethany Akinduro (9) W</b>					
1:53.53Y	F # 3	Women 10 & Under 100 Free	53	---	---
1:57.03Y	F # 9	Women 10 & Under 100 Breast	30	---	---
57.44Y	F # 13	Women 10 & Under 50 Fly	37	---	---
54.85Y	F # 21	Women 10 & Under 50 Back	43	---	3.77
47.51Y	F # 59	Women 10 & Under 50 Breast	17	---	-1.60
1:55.12Y	F # 63	Women 10 & Under 100 Back	38	---	---
44.01Y	F # 69	Women 10 & Under 50 Free	47	---	-0.86
<b>Stephen ALLEN (13) M</b>					
NS	F # 28	Men 13-14 100 Free	---	---	---
NS	F # 32	Men 13-14 200 IM	---	---	---
NS	F # 36	Men 13-14 100 Back	---	---	---
NS	F # 48	Men 13-14 50 Free	---	---	---
NS	F # 74	Men 13-14 200 Free	---	---	---
NS	F # 82	Men 13-14 200 Back	---	---	---
NS	F # 88	Men 13-14 100 Breast	---	---	---
<b>Cody Bailey (13) M</b>					
6:00.54Y	F # 2C	Men 13-14 500 Free	20	---	-75.48
1:02.36Y	F # 28	Men 13-14 100 Free	30	---	-1.63
2:38.40Y	F # 32	Men 13-14 200 IM	24	---	-28.61
1:14.15Y	F # 36	Men 13-14 100 Back	22	---	-2.65
2:53.54Y	F # 44	Men 13-14 200 Fly	10	7	---
2:15.05Y	F # 74	Men 13-14 200 Free	31	---	-20.81
1:14.76Y	F # 78	Men 13-14 100 Fly	26	---	2.06
2:38.79Y	F # 82	Men 13-14 200 Back	19	---	-30.05
5:38.00Y	F # 86A	Men 13-14 400 IM	17	---	-61.50
<b>Elizabeth Bell (17) W</b>					
1:57.63Y	F # 75	Women Senior 200 Free	3	14	0.45
56.44Y	F # 79	Women Senior 100 Fly	1	17	0.87
1:07.03Y	F # 89	Women Senior 100 Breast	1	17	0.36
<b>William Burgener (12) M</b>					
7:27.65Y	F # 2B	Men 11-12 500 Free	10	7	---
1:14.75Y	F # 6	Men 11-12 100 Free	21	---	-7.29
3:01.06Y	F # 8	Men 12 & Under 200 Back	8	9	-18.17
3:06.78Y	F # 20	Men 11-12 200 IM	17	---	-15.94
39.48Y	F # 24	Men 11-12 50 Back	13	4	-3.39
2:50.78Y	F # 54	Men 11-12 200 Free	20	---	-15.02
46.21Y	F # 62	Men 11-12 50 Breast	21	---	-3.58
1:27.34Y	F # 66	Men 11-12 100 Back	16	1	-5.88
34.89Y	F # 72	Men 11-12 50 Free	20	---	-1.82
<b>Michael Burgener (16) M</b>					
7:27.62Y	F # 2D	Men 15 & Over 500 Free	34	---	---
1:13.45Y	F # 30	Men Senior 100 Free	70	---	-3.11
2:59.81Y	F # 34	Men Senior 200 IM	48	---	---

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Time	F/P/S	Event	Place	Points	Improv
1:25.61Y	DQ F # 38	Men Senior 100 Back	---	---	---
32.24Y	F # 50	Men Senior 50 Free	61	---	-2.13
2:49.88Y	F # 76	Men Senior 200 Free	60	---	-11.12
2:54.78Y	F # 84	Men Senior 200 Back	36	---	-25.57
1:39.51Y	F # 90	Men Senior 100 Breast	43	---	1.54
<b>Amelia Coello (12) W</b>					
7:00.03Y	F # 1B	Women 11-12 500 Free	20	---	---
2:50.98Y	DQ F # 7	Women 12 & Under 200 Back	---	---	---
34.25Y	F # 15	Women 11-12 50 Fly	15	2	-0.66
2:52.26Y	F # 19	Women 11-12 200 IM	21	---	---
37.74Y	F # 23	Women 11-12 50 Back	22	---	1.01
2:38.60Y	F # 53	Women 11-12 200 Free	30	---	-22.40
1:25.93Y	F # 57	Women 11-12 100 Fly	20	---	---
1:19.11Y	F # 65	Women 11-12 100 Back	20	---	-10.52
31.44Y	F # 71	Women 11-12 50 Free	22	---	0.31
<b>Maria Louisa COELLO (10) W</b>					
1:49.59Y	F # 3	Women 10 & Under 100 Free	51	---	-42.71
2:18.01Y	F # 9	Women 10 & Under 100 Breast	39	---	---
1:06.52Y	F # 13	Women 10 & Under 50 Fly	45	---	7.02
58.23Y	F # 21	Women 10 & Under 50 Back	44	---	1.36
4:09.50Y	F # 51	Women 10 & Under 200 Free	39	---	---
1:02.11Y	F # 59	Women 10 & Under 50 Breast	44	---	-4.33
2:13.56Y	F # 63	Women 10 & Under 100 Back	43	---	---
47.20Y	F # 69	Women 10 & Under 50 Free	51	---	-3.03
<b>Sara Coello (13) W</b>					
7:07.35Y	F # 1C	Women 13-14 500 Free	31	---	---
2:44.04Y	F # 31	Women 13-14 200 IM	32	---	---
1:17.11Y	DQ F # 35	Women 13-14 100 Back	---	---	---
3:11.43Y	F # 39	Women 13-14 200 Breast	24	---	---
30.37Y	F # 47	Women 13-14 50 Free	32	---	-2.82
2:32.70Y	F # 73	Women 13-14 200 Free	44	---	-22.19
1:10.13Y	F # 77	Women 13-14 100 Fly	19	---	0.80
2:44.23Y	F # 81	Women 13-14 200 Back	31	---	---
1:28.51Y	F # 87	Women 13-14 100 Breast	25	---	-6.14
<b>Stephen Cohen (17) M</b>					
5:37.24Y	F # 2D	Men 15 & Over 500 Free	24	---	-93.59
52.23Y	F # 30	Men Senior 100 Free	20	---	-2.26
2:12.32Y	DQ F # 34	Men Senior 200 IM	---	---	---
2:27.14Y	DQ F # 42	Men Senior 200 Breast	---	---	---
23.55Y	F # 50	Men Senior 50 Free	18	---	-0.36
1:55.71Y	F # 76	Men Senior 200 Free	19	---	-6.12
58.51Y	F # 80	Men Senior 100 Fly	17	---	-3.80
1:06.10Y	F # 90	Men Senior 100 Breast	8	9	-3.00

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**Location: Carbondale, IL**

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Time	F/P/S	Event	Place	Points	Improv
<b>Simone Corpora (14) W</b>					
6:21.76Y	F # 1C	Women 13-14 500 Free	29	---	-0.58
1:05.25Y	F # 27	Women 13-14 100 Free	38	---	0.19
2:49.19Y	F # 31	Women 13-14 200 IM	38	---	-2.77
NS	F # 35	Women 13-14 100 Back	---	---	---
3:04.49Y	F # 39	Women 13-14 200 Breast	18	---	-2.08
30.14Y	F # 47	Women 13-14 50 Free	31	---	0.17
2:24.49Y	F # 73	Women 13-14 200 Free	37	---	0.20
2:55.59Y	F # 81	Women 13-14 200 Back	39	---	-0.85
1:23.72Y	F # 87	Women 13-14 100 Breast	16	1	-1.90
<b>Harley Crawshaw (11) W</b>					
1:25.84Y	F # 5	Women 11-12 100 Free	51	---	-10.87
1:51.67Y	F # 11	Women 11-12 100 Breast	41	---	-35.76
47.54Y	F # 15	Women 11-12 50 Fly	34	---	3.43
43.27Y	F # 23	Women 11-12 50 Back	34	---	-1.38
3:12.97Y	F # 53	Women 11-12 200 Free	44	---	---
51.24Y	F # 61	Women 11-12 50 Breast	42	---	-1.50
1:41.79Y	F # 65	Women 11-12 100 Back	44	---	-8.95
37.24Y	F # 71	Women 11-12 50 Free	46	---	0.12
<b>Camille Davis (15) W</b>					
NS	F # 29	Women Senior 100 Free	---	---	---
NS	F # 33	Women Senior 200 IM	---	---	---
NS	F # 37	Women Senior 100 Back	---	---	---
NS	F # 49	Women Senior 50 Free	---	---	---
NS	F # 75	Women Senior 200 Free	---	---	---
1:05.57Y	F # 79	Women Senior 100 Fly	8	9	-0.85
2:14.43Y	F # 83	Women Senior 200 Back	2	15	-1.80
1:19.15Y	F # 89	Women Senior 100 Breast	14	3	-0.19
<b>Ian Davis (12) M</b>					
NS	F # 6	Men 11-12 100 Free	---	---	---
NS	F # 12	Men 11-12 100 Breast	---	---	---
NS	F # 16	Men 11-12 50 Fly	---	---	---
NS	F # 24	Men 11-12 50 Back	---	---	---
NS	F # 58	Men 11-12 100 Fly	---	---	---
NS	F # 62	Men 11-12 50 Breast	---	---	---
NS	F # 66	Men 11-12 100 Back	---	---	---
NS	F # 72	Men 11-12 50 Free	---	---	---
<b>Braci Dutton (15) W</b>					
6:01.19Y	F # 1D	Women 15 & Over 500 Free	21	---	28.05
56.56Y	F # 29	Women Senior 100 Free	10	7	2.09
1:06.42Y	F # 37	Women Senior 100 Back	17	---	2.01
25.99Y	F # 49	Women Senior 50 Free	4	13	0.98
2:13.70Y	F # 75	Women Senior 200 Free	22	---	12.52
1:14.02Y	F # 79	Women Senior 100 Fly	21	---	11.78

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Time	F/P/S	Event	Place	Points	Improv
2:31.21Y	F # 83	Women Senior 200 Back	15	2	10.95
<b>Rohini Gupta (14) W</b>					
NS	F # 27	Women 13-14 100 Free	---	---	---
NS	F # 31	Women 13-14 200 IM	---	---	---
NS	F # 35	Women 13-14 100 Back	---	---	---
NS	F # 47	Women 13-14 50 Free	---	---	---
NS	F # 73	Women 13-14 200 Free	---	---	---
NS	F # 81	Women 13-14 200 Back	---	---	---
<b>Darren Hale (14) M</b>					
5:39.51Y	F # 2C	Men 13-14 500 Free	13	4	-2.01
53.78Y	F # 28	Men 13-14 100 Free	7	10	-1.81
2:25.41Y	F # 32	Men 13-14 200 IM	17	---	-4.64
1:07.06Y	F # 36	Men 13-14 100 Back	14	3	-1.84
24.41Y	F # 48	Men 13-14 50 Free	4	13	-0.74
1:59.94Y	F # 74	Men 13-14 200 Free	9	8	-5.29
1:05.24Y	F # 78	Men 13-14 100 Fly	13	4	-2.29
2:29.18Y	F # 82	Men 13-14 200 Back	11	6	-5.50
1:20.55Y	F # 88	Men 13-14 100 Breast	24	---	-1.63
<b>Ryan Hall (15) M</b>					
5:39.93Y	F # 2D	Men 15 & Over 500 Free	25	---	-43.99
59.43Y	F # 30	Men Senior 100 Free	61	---	-2.13
2:24.20Y	F # 34	Men Senior 200 IM	34	---	-4.50
1:07.38Y	F # 38	Men Senior 100 Back	31	---	-2.05
2:31.43Y	F # 46	Men Senior 200 Fly	15	2	-2.58
2:08.53Y	F # 76	Men Senior 200 Free	43	---	-1.70
1:09.16Y	F # 80	Men Senior 100 Fly	40	---	-0.01
2:26.50Y	F # 84	Men Senior 200 Back	25	---	-3.40
5:04.24Y	F # 86B	Men 15 & Over 400 IM	18	---	-47.15
<b>Sarah Hall (17) W</b>					
6:23.49Y	F # 1D	Women 15 & Over 500 Free	23	---	-23.13
1:07.54Y	F # 29	Women Senior 100 Free	33	---	-1.16
2:42.14Y	F # 33	Women Senior 200 IM	24	---	-2.40
3:00.60Y	F # 41	Women Senior 200 Breast	16	1	-3.58
2:46.64Y	F # 45	Women Senior 200 Fly	5	12	-4.73
2:25.07Y	F # 75	Women Senior 200 Free	29	---	-3.31
1:16.82Y	F # 79	Women Senior 100 Fly	23	---	0.22
2:48.25Y	F # 83	Women Senior 200 Back	20	---	5.34
1:27.57Y	F # 89	Women Senior 100 Breast	24	---	1.17
<b>Charlotte Harrison (11) W</b>					
1:32.20Y	F # 5	Women 11-12 100 Free	57	---	0.15
1:59.39Y	F # 11	Women 11-12 100 Breast	45	---	-1.60
DQ	F # 15	Women 11-12 50 Fly	---	---	---
47.28Y	F # 23	Women 11-12 50 Back	45	---	-2.08
3:21.48Y	F # 53	Women 11-12 200 Free	47	---	-6.81

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Time	F/P/S	Event	Place	Points	Improv
52.36Y	F # 61	Women 11-12 50 Breast	44	---	-2.85
1:44.90Y	F # 65	Women 11-12 100 Back	47	---	-1.44
38.75Y	F # 71	Women 11-12 50 Free	51	---	-0.54
<b>Daniel Henley (11) M</b>					
1:25.04Y	F # 6	Men 11-12 100 Free	27	---	---
2:12.39Y	F # 12	Men 11-12 100 Breast	23	---	---
47.47Y	F # 16	Men 11-12 50 Fly	15	2	-1.11
45.19Y	F # 24	Men 11-12 50 Back	19	---	0.40
3:09.40Y	F # 54	Men 11-12 200 Free	24	---	---
58.57Y	F # 62	Men 11-12 50 Breast	25	---	-0.92
1:44.58Y	F # 66	Men 11-12 100 Back	23	---	---
40.11Y	F # 72	Men 11-12 50 Free	26	---	0.51
<b>Elizabeth Hensley (13) W</b>					
7:21.59Y	F # 1C	Women 13-14 500 Free	32	---	---
1:15.75Y	F # 27	Women 13-14 100 Free	55	---	-3.70
3:01.49Y	F # 31	Women 13-14 200 IM	45	---	---
1:24.02Y	F # 35	Women 13-14 100 Back	38	---	0.66
35.05Y	F # 47	Women 13-14 50 Free	41	---	-2.30
2:41.11Y	F # 73	Women 13-14 200 Free	47	---	---
2:54.57Y	F # 81	Women 13-14 200 Back	38	---	---
1:35.96Y	F # 87	Women 13-14 100 Breast	36	---	-5.90
<b>Isheng Hou (13) W</b>					
6:56.47Y	F # 1C	Women 13-14 500 Free	30	---	-42.55
1:09.98Y	F # 27	Women 13-14 100 Free	48	---	-8.65
2:47.46Y	F # 31	Women 13-14 200 IM	37	---	-14.57
1:15.32Y	F # 35	Women 13-14 100 Back	28	---	-7.02
3:06.82Y	F # 39	Women 13-14 200 Breast	20	---	---
2:32.15Y	F # 73	Women 13-14 200 Free	43	---	-20.45
1:19.77Y	F # 77	Women 13-14 100 Fly	35	---	---
2:41.71Y DQ	F # 81	Women 13-14 200 Back	---	---	---
1:28.60Y	F # 87	Women 13-14 100 Breast	27	---	-7.31
<b>Jysheng Hou (15) W</b>					
6:54.31Y	F # 1D	Women 15 & Over 500 Free	28	---	0.68
1:08.53Y	F # 29	Women Senior 100 Free	34	---	-0.25
2:41.43Y	F # 33	Women Senior 200 IM	23	---	1.01
1:15.62Y	F # 37	Women Senior 100 Back	28	---	1.49
3:02.70Y	F # 41	Women Senior 200 Breast	18	---	3.61
NS	F # 75	Women Senior 200 Free	---	---	---
NS	F # 83	Women Senior 200 Back	---	---	---
NS	F # 89	Women Senior 100 Breast	---	---	---
<b>Mary Huff (16) W</b>					
6:44.41Y	F # 1D	Women 15 & Over 500 Free	26	---	-27.90
1:06.99Y	F # 29	Women Senior 100 Free	32	---	-1.97
2:54.85Y	F # 33	Women Senior 200 IM	27	---	-1.36

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
3:05.44Y	F # 41	Women Senior 200 Breast	22	---	-17.71
31.08Y	F # 49	Women Senior 50 Free	31	---	-0.74
2:26.76Y	F # 75	Women Senior 200 Free	32	---	-8.70
1:28.50Y	F # 79	Women Senior 100 Fly	28	---	3.53
6:19.91Y DQ	F # 85B	Women 15 & Over 400 IM	---	---	---
1:28.33Y	F # 89	Women Senior 100 Breast	25	---	0.77
<b>Brett Jackson (16) M</b>					
5:44.81Y	F # 2D	Men 15 & Over 500 Free	27	---	-26.41
58.67Y	F # 30	Men Senior 100 Free	57	---	-1.63
2:26.79Y	F # 34	Men Senior 200 IM	37	---	-7.86
2:48.55Y	F # 42	Men Senior 200 Breast	21	---	-4.89
26.62Y	F # 50	Men Senior 50 Free	49	---	-0.59
2:10.70Y	F # 76	Men Senior 200 Free	48	---	-6.80
2:42.21Y	F # 84	Men Senior 200 Back	33	---	-2.93
5:22.56Y	F # 86B	Men 15 & Over 400 IM	20	---	-16.71
1:17.77Y	F # 90	Men Senior 100 Breast	31	---	0.23
<b>Stephanie Jaros (15) W</b>					
6:47.30Y	F # 1D	Women 15 & Over 500 Free	27	---	-22.59
2:49.11Y	F # 33	Women Senior 200 IM	25	---	-8.04
1:25.37Y	F # 37	Women Senior 100 Back	36	---	2.07
3:03.88Y	F # 41	Women Senior 200 Breast	20	---	-6.49
31.06Y	F # 49	Women Senior 50 Free	30	---	-1.57
2:32.55Y	F # 75	Women Senior 200 Free	35	---	-8.44
6:00.20Y	F # 85B	Women 15 & Over 400 IM	13	4	-18.47
1:25.76Y DQ	F # 89	Women Senior 100 Breast	---	---	---
<b>Erica Jones (9) W</b>					
1:46.93Y	F # 3	Women 10 & Under 100 Free	50	---	-12.77
2:12.37Y	F # 9	Women 10 & Under 100 Breast	36	---	---
57.91Y	F # 13	Women 10 & Under 50 Fly	38	---	0.45
53.41Y	F # 21	Women 10 & Under 50 Back	41	---	-0.80
1:02.14Y	F # 59	Women 10 & Under 50 Breast	45	---	-3.17
2:03.97Y	F # 63	Women 10 & Under 100 Back	41	---	---
45.01Y	F # 69	Women 10 & Under 50 Free	50	---	2.61
<b>Kassandra JONES (12) W</b>					
7:31.58Y	F # 1B	Women 11-12 500 Free	23	---	-65.61
1:19.00Y	F # 5	Women 11-12 100 Free	44	---	-8.28
3:34.60Y	F # 7	Women 12 & Under 200 Back	18	---	---
DQ	F # 15	Women 11-12 50 Fly	---	---	---
3:24.15Y	F # 19	Women 11-12 200 IM	29	---	-13.55
2:54.60Y	F # 53	Women 11-12 200 Free	38	---	-9.90
49.52Y	F # 61	Women 11-12 50 Breast	39	---	0.12
1:46.63Y	F # 65	Women 11-12 100 Back	48	---	-5.55
38.54Y	F # 71	Women 11-12 50 Free	50	---	0.92

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Lecann Jones (15) W</b>					
6:22.90Y	F # 1D	Women 15 & Over 500 Free	22	---	-28.02
1:09.10Y	F # 29	Women Senior 100 Free	36	---	-1.15
2:56.96Y	F # 33	Women Senior 200 IM	28	---	0.60
1:19.52Y	F # 37	Women Senior 100 Back	35	---	8.95
31.51Y	F # 49	Women Senior 50 Free	33	---	-0.74
2:26.31Y	F # 75	Women Senior 200 Free	31	---	-7.35
1:20.97Y	F # 79	Women Senior 100 Fly	26	---	0.13
2:55.42Y	F # 83	Women Senior 200 Back	22	---	-3.75
1:39.52Y	F # 89	Women Senior 100 Breast	26	---	-1.67
<b>Faith King (11) W</b>					
1:30.70Y	F # 5	Women 11-12 100 Free	55	---	0.02
1:55.16Y	F # 11	Women 11-12 100 Breast	43	---	-4.19
3:47.89Y	F # 19	Women 11-12 200 IM	34	---	---
51.60Y	F # 23	Women 11-12 50 Back	49	---	-1.32
3:19.98Y	F # 53	Women 11-12 200 Free	46	---	-2.47
52.66Y	F # 61	Women 11-12 50 Breast	45	---	-0.77
1:47.36Y	F # 65	Women 11-12 100 Back	49	---	-10.07
38.22Y	F # 71	Women 11-12 50 Free	49	---	0.79
<b>Jared King (16) M</b>					
6:09.60Y	F # 2D	Men 15 & Over 500 Free	30	---	---
57.17Y	F # 30	Men Senior 100 Free	51	---	-2.87
2:26.47Y	F # 34	Men Senior 200 IM	36	---	-3.11
2:40.42Y	F # 42	Men Senior 200 Breast	15	2	-7.01
25.53Y	F # 50	Men Senior 50 Free	37	---	-1.09
2:10.63Y	F # 76	Men Senior 200 Free	47	---	-5.92
1:03.93Y	F # 80	Men Senior 100 Fly	32	---	-3.65
5:25.23Y	F # 86B	Men 15 & Over 400 IM	21	---	---
1:13.98Y	F # 90	Men Senior 100 Breast	26	---	-1.79
<b>Calvin Kolar (17) M</b>					
49.38Y	F # 30	Men Senior 100 Free	4	13	-0.27
2:03.24Y	F # 34	Men Senior 200 IM	5	12	-2.45
2:15.64Y	F # 42	Men Senior 200 Breast	2	15	-2.22
22.91Y	F # 50	Men Senior 50 Free	10	7	-0.64
1:49.44Y	F # 76	Men Senior 200 Free	6	11	-1.43
57.41Y	F # 80	Men Senior 100 Fly	13	4	0.21
1:03.83Y	F # 90	Men Senior 100 Breast	5	12	0.38
<b>Elizabeth Kuan (13) W</b>					
5:55.27Y	F # 1C	Women 13-14 500 Free	19	---	-12.60
1:04.82Y	F # 27	Women 13-14 100 Free	35	---	1.74
2:33.72Y	F # 31	Women 13-14 200 IM	20	---	1.66
1:08.41Y	F # 35	Women 13-14 100 Back	13	4	-0.11
2:55.50Y	F # 39	Women 13-14 200 Breast	13	4	3.80
1:11.95Y	F # 77	Women 13-14 100 Fly	23	---	0.28

**Building a Culture of Achievement!****Individual Meet Results****Carbondale 500 20-Nov-09 to 22-Nov-09 Yards****Location: Carbondale, IL****Saluki [SALU-OZ] Coach: Jay Newton**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
2:29.25Y	F # 81	Women 13-14 200 Back	18	---	2.50
5:26.04Y	F # 85A	Women 13-14 400 IM	18	---	---
1:27.19Y	F # 87	Women 13-14 100 Breast	24	---	6.41
<b>Cameron KUAN (10) M</b>					
1:15.21Y	F # 4	Men 10 & Under 100 Free	12	5	-0.73
1:50.80Y	F # 10	Men 10 & Under 100 Breast	12	5	1.10
49.74Y	F # 14	Men 10 & Under 50 Fly	22	---	5.64
3:18.96Y	F # 18	Men 10 & Under 200 IM	6	11	-5.05
2:41.57Y	F # 52	Men 10 & Under 200 Free	10	7	-2.64
48.74Y	F # 60	Men 10 & Under 50 Breast	9	8	-0.70
1:30.72Y	F # 64	Men 10 & Under 100 Back	12	5	0.69
34.14Y	F # 70	Men 10 & Under 50 Free	11	6	0.40
<b>Luke Lauzon (10) M</b>					
1:17.36Y	F # 4	Men 10 & Under 100 Free	14	3	-19.77
1:52.81Y	F # 10	Men 10 & Under 100 Breast	15	2	---
47.37Y	F # 14	Men 10 & Under 50 Fly	16	1	-0.28
45.53Y	F # 22	Men 10 & Under 50 Back	22	---	-0.82
2:55.94Y	F # 52	Men 10 & Under 200 Free	16	1	---
50.62Y	F # 60	Men 10 & Under 50 Breast	13	4	---
1:36.35Y	F # 64	Men 10 & Under 100 Back	19	---	---
34.41Y	F # 70	Men 10 & Under 50 Free	12	5	-0.82
<b>Marcos Lightfoot (9) M</b>					
NS	F # 4	Men 10 & Under 100 Free	---	---	---
1:13.16Y	F # 22	Men 10 & Under 50 Back	34	---	---
DQ	F # 64	Men 10 & Under 100 Back	---	---	---
1:01.98Y	F # 70	Men 10 & Under 50 Free	32	---	---
<b>Halli Lincoln (11) W</b>					
NS	F # 5	Women 11-12 100 Free	---	---	---
NS	F # 15	Women 11-12 50 Fly	---	---	---
NS	F # 19	Women 11-12 200 IM	---	---	---
NS	F # 23	Women 11-12 50 Back	---	---	---
NS	F # 53	Women 11-12 200 Free	---	---	---
NS	F # 57	Women 11-12 100 Fly	---	---	---
NS	F # 65	Women 11-12 100 Back	---	---	---
NS	F # 71	Women 11-12 50 Free	---	---	---
<b>Caseton Luthy (15) M</b>					
55.45Y	F # 30	Men Senior 100 Free	41	---	-1.29
2:29.42Y	F # 34	Men Senior 200 IM	39	---	---
2:43.06Y	F # 42	Men Senior 200 Breast	16	1	---
25.23Y	F # 50	Men Senior 50 Free	35	---	-1.53
2:09.68Y	F # 76	Men Senior 200 Free	46	---	-14.95
1:09.57Y	F # 80	Men Senior 100 Fly	42	---	-1.21
2:34.47Y	F # 84	Men Senior 200 Back	30	---	---
1:13.11Y	F # 90	Men Senior 100 Breast	23	---	-1.52

## Building a Culture of Achievement!

### Individual Meet Results

**Carbondale 500 20-Nov-09 to 22-Nov-09 Yards**

**Location: Carbondale, IL**

**Saluki [SALU-OZ] Coach: Jay Newton**

Time	F/P/S	Event	Place	Points	Improv
<b>Courtney McCoskey (10) W</b>					
1:14.56Y	F # 3	Women 10 & Under 100 Free	10	7	-8.01
1:35.90Y	F # 9	Women 10 & Under 100 Breast	6	11	-17.41
37.93Y	F # 13	Women 10 & Under 50 Fly	5	12	0.08
36.51Y	F # 21	Women 10 & Under 50 Back	4	13	0.04
2:49.91Y	F # 51	Women 10 & Under 200 Free	15	2	-18.52
43.85Y	F # 59	Women 10 & Under 50 Breast	6	11	-0.32
1:22.34Y	F # 63	Women 10 & Under 100 Back	5	12	-6.44
31.74Y	F # 69	Women 10 & Under 50 Free	8	9	-1.05
<b>James Medwedeff (14) M</b>					
1:24.97Y DQ	F # 28	Men 13-14 100 Free	---	---	---
3:21.14Y	F # 32	Men 13-14 200 IM	34	---	-9.87
1:42.75Y	F # 36	Men 13-14 100 Back	32	---	3.17
35.59Y	F # 48	Men 13-14 50 Free	36	---	-0.32
2:57.54Y	F # 74	Men 13-14 200 Free	39	---	-3.46
1:48.65Y DQ	F # 78	Men 13-14 100 Fly	---	---	---
3:25.35Y	F # 82	Men 13-14 200 Back	24	---	-12.34
1:47.04Y	F # 88	Men 13-14 100 Breast	33	---	-9.36
<b>Miranda Payne (14) W</b>					
6:19.44Y	F # 1C	Women 13-14 500 Free	28	---	-28.92
1:05.89Y	F # 27	Women 13-14 100 Free	41	---	-1.18
2:45.57Y	F # 31	Women 13-14 200 IM	34	---	-1.07
2:54.48Y	F # 39	Women 13-14 200 Breast	11	6	-4.25
NS	F # 47	Women 13-14 50 Free	---	---	---
2:23.65Y	F # 73	Women 13-14 200 Free	36	---	-3.30
2:50.92Y	F # 81	Women 13-14 200 Back	37	---	1.96
6:10.35Y	F # 85A	Women 13-14 400 IM	23	---	---
1:24.26Y	F # 87	Women 13-14 100 Breast	18	---	1.15
<b>Nicholas Raubach (15) M</b>					
59.95Y	F # 30	Men Senior 100 Free	62	---	-2.68
2:23.16Y	F # 34	Men Senior 200 IM	33	---	---
1:06.11Y	F # 38	Men Senior 100 Back	26	---	-10.92
NS	F # 42	Men Senior 200 Breast	---	---	---
2:15.23Y DQ	F # 76	Men Senior 200 Free	---	---	---
2:37.95Y DQ	F # 84	Men Senior 200 Back	---	---	---
1:17.40Y	F # 90	Men Senior 100 Breast	29	---	-5.43
<b>Grace Rigney (11) W</b>					
1:20.98Y	F # 5	Women 11-12 100 Free	46	---	-17.76
1:56.78Y	F # 11	Women 11-12 100 Breast	44	---	---
55.52Y	F # 15	Women 11-12 50 Fly	38	---	12.04
47.51Y	F # 23	Women 11-12 50 Back	46	---	-3.94
2:58.65Y	F # 53	Women 11-12 200 Free	40	---	-35.19
DQ	F # 61	Women 11-12 50 Breast	---	---	---
1:38.95Y	F # 65	Women 11-12 100 Back	43	---	-29.41

## Building a Culture of Achievement!

### Individual Meet Results

**Carbondale 500 20-Nov-09 to 22-Nov-09 Yards**

**Location: Carbondale, IL**

**Saluki [SALU-OZ] Coach: Jay Newton**

Time	F/P/S	Event	Place	Points	Improv
37.12Y	F # 71	Women 11-12 50 Free	45	---	-5.04
<b>Ethan Russell (9) M</b>					
NS	F # 4	Men 10 & Under 100 Free	---	---	---
NS	F # 10	Men 10 & Under 100 Breast	---	---	---
NS	F # 14	Men 10 & Under 50 Fly	---	---	---
NS	F # 22	Men 10 & Under 50 Back	---	---	---
NS	F # 60	Men 10 & Under 50 Breast	---	---	---
NS	F # 64	Men 10 & Under 100 Back	---	---	---
NS	F # 70	Men 10 & Under 50 Free	---	---	---
<b>Natalie San (16) W</b>					
1:04.18Y	F # 29	Women Senior 100 Free	29	---	-0.35
2:33.65Y	F # 33	Women Senior 200 IM	19	---	-12.97
1:11.49Y DQ	F # 37	Women Senior 100 Back	---	---	---
2:52.32Y	F # 41	Women Senior 200 Breast	13	4	1.72
NS	F # 75	Women Senior 200 Free	---	---	---
NS	F # 83	Women Senior 200 Back	---	---	---
NS	F # 89	Women Senior 100 Breast	---	---	---
<b>Darlene Sao (16) W</b>					
5:37.92Y	F # 1D	Women 15 & Over 500 Free	12	5	-1.76
59.50Y	F # 29	Women Senior 100 Free	18	---	0.66
2:29.17Y	F # 33	Women Senior 200 IM	12	5	3.53
1:08.64Y	F # 37	Women Senior 100 Back	20	---	2.11
26.30Y	F # 49	Women Senior 50 Free	9	8	0.45
2:07.08Y	F # 75	Women Senior 200 Free	13	4	-0.72
1:13.96Y	F # 79	Women Senior 100 Fly	20	---	8.54
5:09.31Y	F # 85B	Women 15 & Over 400 IM	5	12	-10.85
1:21.05Y	F # 89	Women Senior 100 Breast	17	---	2.37
<b>Joan Shang (15) W</b>					
NS	F # 29	Women Senior 100 Free	---	---	---
NS	F # 33	Women Senior 200 IM	---	---	---
NS	F # 41	Women Senior 200 Breast	---	---	---
NS	F # 49	Women Senior 50 Free	---	---	---
NS	F # 75	Women Senior 200 Free	---	---	---
NS	F # 79	Women Senior 100 Fly	---	---	---
NS	F # 89	Women Senior 100 Breast	---	---	---
<b>Austyn Sigler (16) W</b>					
6:29.50Y	F # 1D	Women 15 & Over 500 Free	24	---	-12.58
2:40.79Y	F # 33	Women Senior 200 IM	22	---	-4.44
1:18.92Y	F # 37	Women Senior 100 Back	33	---	-0.12
2:47.05Y	F # 41	Women Senior 200 Breast	11	6	-0.20
31.03Y	F # 49	Women Senior 50 Free	29	---	0.39
2:35.59Y	F # 75	Women Senior 200 Free	36	---	6.53
2:50.61Y	F # 83	Women Senior 200 Back	21	---	3.47
1:15.52Y	F # 89	Women Senior 100 Breast	8	9	-1.80

**Building a Culture of Achievement!****Individual Meet Results****Carbondale 500 20-Nov-09 to 22-Nov-09 Yards****Location: Carbondale, IL****Saluki [SALU-OZ] Coach: Jay Newton**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Derrick Snider (15) M</b>					
1:02.60Y	F # 30	Men Senior 100 Free	65	---	-1.37
NS	F # 34	Men Senior 200 IM	---	---	---
2:46.05Y	F # 42	Men Senior 200 Breast	20	---	---
NS	F # 50	Men Senior 50 Free	---	---	---
2:20.22Y	F # 76	Men Senior 200 Free	54	---	---
1:17.58Y	F # 90	Men Senior 100 Breast	30	---	1.97
<b>Isabella Snyder (8) W</b>					
1:23.56Y	F # 3	Women 10 & Under 100 Free	28	---	---
1:50.16Y	F # 9	Women 10 & Under 100 Breast	26	---	---
50.34Y	F # 13	Women 10 & Under 50 Fly	32	---	---
47.51Y	F # 21	Women 10 & Under 50 Back	31	---	---
3:05.13Y	F # 51	Women 10 & Under 200 Free	26	---	---
50.21Y	F # 59	Women 10 & Under 50 Breast	30	---	---
1:38.83Y	F # 63	Women 10 & Under 100 Back	29	---	---
37.36Y	F # 69	Women 10 & Under 50 Free	32	---	---
<b>Taylor Stanhouse (16) W</b>					
NS	F # 29	Women Senior 100 Free	---	---	---
1:13.09Y	F # 37	Women Senior 100 Back	27	---	1.16
NS	F # 41	Women Senior 200 Breast	---	---	---
NS	F # 49	Women Senior 50 Free	---	---	---
NS	F # 75	Women Senior 200 Free	---	---	---
NS	F # 83	Women Senior 200 Back	---	---	---
NS	F # 89	Women Senior 100 Breast	---	---	---
<b>Austin Stogsdill (16) M</b>					
6:06.47Y	F # 2D	Men 15 & Over 500 Free	29	---	7.92
55.89Y	F # 30	Men Senior 100 Free	44	---	-2.42
2:22.95Y	F # 34	Men Senior 200 IM	31	---	-2.48
2:37.44Y	F # 42	Men Senior 200 Breast	14	3	2.43
25.01Y	F # 50	Men Senior 50 Free	34	---	-1.14
2:08.80Y	F # 76	Men Senior 200 Free	44	---	-2.11
1:09.40Y	F # 80	Men Senior 100 Fly	41	---	2.15
1:10.63Y	F # 90	Men Senior 100 Breast	17	---	-0.86
<b>Dylan Stogsdill (13) M</b>					
NS	F # 28	Men 13-14 100 Free	---	---	---
NS	F # 32	Men 13-14 200 IM	---	---	---
NS	F # 36	Men 13-14 100 Back	---	---	---
NS	F # 48	Men 13-14 50 Free	---	---	---
NS	F # 74	Men 13-14 200 Free	---	---	---
NS	F # 82	Men 13-14 200 Back	---	---	---
NS	F # 88	Men 13-14 100 Breast	---	---	---
<b>Jacob Stone (12) M</b>					
5:38.10Y	F # 2B	Men 11-12 500 Free	3	14	-20.94
58.06Y	F # 6	Men 11-12 100 Free	2	15	-1.97

**Building a Culture of Achievement!****Individual Meet Results****Carbondale 500 20-Nov-09 to 22-Nov-09 Yards****Location: Carbondale, IL****Saluki [SALU-OZ] Coach: Jay Newton**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
1:15.24Y	F # 12	Men 11-12 100 Breast	4	13	1.52
29.85Y	F # 16	Men 11-12 50 Fly	3	14	-1.05
2:26.45Y	F # 20	Men 11-12 200 IM	4	13	-12.88
2:06.54Y	F # 54	Men 11-12 200 Free	3	14	-1.21
34.44Y	F # 62	Men 11-12 50 Breast	3	14	-0.14
1:10.23Y	F # 66	Men 11-12 100 Back	2	15	-1.15
26.78Y	F # 72	Men 11-12 50 Free	2	15	0.17
<b>Emily Stroud (13) W</b>					
5:58.02Y	F # 1C	Women 13-14 500 Free	20	---	-21.01
1:00.30Y DQ	F # 27	Women 13-14 100 Free	---	---	---
2:33.92Y	F # 31	Women 13-14 200 IM	21	---	-1.66
1:07.54Y	F # 35	Women 13-14 100 Back	10	7	-0.98
28.21Y	F # 47	Women 13-14 50 Free	16	1	0.82
2:12.53Y	F # 73	Women 13-14 200 Free	22	---	-3.52
1:13.97Y	F # 77	Women 13-14 100 Fly	29	---	0.14
2:30.78Y	F # 81	Women 13-14 200 Back	21	---	-16.97
1:24.08Y	F # 87	Women 13-14 100 Breast	17	---	-4.12
<b>Elizabeth Tang (9) W</b>					
1:38.36Y	F # 3	Women 10 & Under 100 Free	46	---	---
DQ	F # 9	Women 10 & Under 100 Breast	---	---	---
55.25Y	F # 13	Women 10 & Under 50 Fly	36	---	1.82
47.05Y	F # 21	Women 10 & Under 50 Back	28	---	-1.53
3:26.23Y	F # 51	Women 10 & Under 200 Free	33	---	---
59.04Y	F # 59	Women 10 & Under 50 Breast	39	---	-0.95
1:43.38Y	F # 63	Women 10 & Under 100 Back	34	---	---
43.47Y	F # 69	Women 10 & Under 50 Free	44	---	0.54
<b>Tyler Underwood (12) M</b>					
7:05.16Y	F # 2B	Men 11-12 500 Free	9	8	-3.68
1:13.81Y	F # 6	Men 11-12 100 Free	18	---	0.37
2:59.01Y	F # 8	Men 12 & Under 200 Back	7	10	-12.21
43.29Y	F # 16	Men 11-12 50 Fly	13	4	1.94
NS	F # 20	Men 11-12 200 IM	---	---	---
2:37.51Y	F # 54	Men 11-12 200 Free	18	---	-1.71
44.82Y	F # 62	Men 11-12 50 Breast	20	---	0.25
1:25.13Y	F # 66	Men 11-12 100 Back	15	2	-0.31
33.19Y	F # 72	Men 11-12 50 Free	17	---	-0.17
<b>Kelsie Walker (13) W</b>					
5:13.37Y	F # 1C	Women 13-14 500 Free	1	17	-13.42
55.40Y	F # 27	Women 13-14 100 Free	4	13	-2.37
2:18.50Y DQ	F # 31	Women 13-14 200 IM	---	---	---
2:12.39Y	F # 43	Women 13-14 200 Fly	1	17	-4.58
26.65Y	F # 47	Women 13-14 50 Free	6	11	-0.37
2:01.55Y	F # 73	Women 13-14 200 Free	4	13	-2.94
1:04.28Y	F # 77	Women 13-14 100 Fly	5	12	1.15

## Building a Culture of Achievement!

### Individual Meet Results

**Carbondale 500 20-Nov-09 to 22-Nov-09 Yards**

**Location: Carbondale, IL**

**Saluki [SALU-OZ] Coach: Jay Newton**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
4:53.45Y	F # 85A	Women 13-14 400 IM	5	12	---
1:21.58Y	F # 87	Women 13-14 100 Breast	13	4	0.84
<b>Richard Walker (16) M</b>					
5:16.50Y	F # 2D	Men 15 & Over 500 Free	13	4	0.45
53.81Y	F # 30	Men Senior 100 Free	31	---	-0.27
1:03.87Y	F # 38	Men Senior 100 Back	21	---	-0.97
2:52.02Y	F # 42	Men Senior 200 Breast	22	---	0.77
25.75Y	F # 50	Men Senior 50 Free	39	---	0.27
2:01.37Y	F # 76	Men Senior 200 Free	29	---	0.10
1:10.62Y	F # 80	Men Senior 100 Fly	45	---	1.51
2:21.67Y	F # 84	Men Senior 200 Back	18	---	2.01
1:19.37Y	F # 90	Men Senior 100 Breast	36	---	1.28
<b>Taylor Yucus (11) M</b>					
7:45.65Y	F # 2B	Men 11-12 500 Free	12	5	---
1:16.30Y	F # 6	Men 11-12 100 Free	22	---	-0.13
1:42.12Y	F # 12	Men 11-12 100 Breast	18	---	1.34
3:19.43Y	F # 20	Men 11-12 200 IM	19	---	-18.74
39.96Y	F # 24	Men 11-12 50 Back	14	3	-1.21
2:51.50Y	F # 54	Men 11-12 200 Free	21	---	-1.86
46.29Y	F # 62	Men 11-12 50 Breast	22	---	-0.27
1:29.71Y	F # 66	Men 11-12 100 Back	19	---	1.97
33.37Y	F # 72	Men 11-12 50 Free	18	---	-1.25