

**Poseidon Swimming Club
Wroe Elite Swim Training**

Individual Meet Results

NCAA Junior Age Groups and Open Swim Meet 27-Nov-21 to 28-Nov-21 SC Meters

Location: Makini School Aquatic Centre

Poseidon Swimming Club [POSE-ZZ]

Time	F/P/S	Event	Place	Points	Improv
Ayiro, Fadhili (15) M					
3:18.23S	F # 108	Male Open 200 Back	8	---	---
	44.46	1:34.21 2:27.09 3:18.23			
	(44.46)	(49.75) (52.88) (51.14)			
3:33.47S	F # 313	Male Open 200 Breast	15	---	-20.75
	45.91	1:41.33 2:38.45 3:33.47			
	(45.91)	(55.42) (57.12) (55.02)			
2:55.96S	F # 317	Male Open 200 Free	17	---	-17.88
	37.35	1:21.67 2:08.93 2:55.96			
	(37.35)	(44.32) (47.26) (47.03)			
Bitok, Shawn (17) M					
21:05.54S	F # 102	Male Open 1500 Free	3	1	---
	34.50	1:13.32 1:54.42 2:35.44 3:16.42 3:58.56 4:41.07 5:22.57			
	(34.50)	(38.82) (41.10) (41.02) (40.98) (42.14) (42.51) (41.50)			
	6:04.70	6:47.32 7:29.39 8:12.77 8:56.47 9:39.80 10:24.54 11:08.46			
	(42.13)	(42.62) (42.07) (43.38) (43.70) (43.33) (44.74) (43.92)			
	11:52.92	12:36.82 13:20.65 14:04.13 14:48.52 15:32.24 16:14.29 16:58.83			
	(44.46)	(43.90) (43.83) (43.48) (44.39) (43.72) (42.05) (44.54)			
	17:42.96	18:25.96 19:08.88 19:50.51 20:30.48 21:05.54			
	(44.13)	(43.00) (42.92) (41.63) (39.97) (35.06)			
10:57.81S	F # 302	Male Open 800 Free	2	3	---
	35.07	1:15.11 1:56.75 2:38.75 3:21.07 4:02.86 4:44.68 5:27.30			
	(35.07)	(40.04) (41.64) (42.00) (42.32) (41.79) (41.82) (42.62)			
	6:09.66	6:51.54 7:33.67 8:15.91 8:57.96 9:40.97 10:21.11 10:57.81			
	(42.36)	(41.88) (42.13) (42.24) (42.05) (43.01) (40.14) (36.70)			
3:18.47S	F # 313	Male Open 200 Breast	8	---	---
	44.83	1:35.10 2:25.82 3:18.47			
	(44.83)	(50.27) (50.72) (52.65)			
Doyen, Ilan (14) M					
5:31.66S	F # 209	Male Open 400 Free	5	---	-11.84
	43.73	1:31.08 2:20.36 3:11.34 4:02.05 4:52.97 5:41.96 5:31.66			
	(43.73)	(47.35) (49.28) (50.98) (50.71) (50.92) (48.99) (10.30)			
11:27.75S	F # 302	Male Open 800 Free	5	---	---
	36.05	1:17.18 1:59.32 2:42.74 3:25.77 4:08.21 4:51.86 5:36.30			
	(36.05)	(41.13) (42.14) (43.42) (43.03) (42.44) (43.65) (44.44)			
	6:21.20	7:06.10 7:51.01 8:35.74 9:22.23 10:06.23 10:49.72 11:27.75			
	(44.90)	(44.90) (44.91) (44.73) (46.49) (44.00) (43.49) (38.03)			
3:20.67S	F # 313	Male Open 200 Breast	9	---	---
	47.22	1:38.07 2:30.62 3:20.67			
	(47.22)	(50.85) (52.55) (50.05)			
2:33.94S	F # 317	Male Open 200 Free	8	---	-22.00
	35.61	1:15.47 1:56.06 2:33.94			
	(35.61)	(39.86) (40.59) (37.88)			

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Eshun, Akosua (10) F (Y05)					
2:13.21S	F # 105E	Female 10-10 100 IM	10	---	-26.29
	1:00.70 2:13.21				
	(1:00.70) (1:12.51)				
1:03.24S	F # 111C	Female 10-10 50 Back	13	---	-8.66
4:48.18S	F # 115C	Female 10-10 200 IM	2	3	-80.17
	1:08.15 2:18.20 3:37.90 4:48.18				
	(1:08.15) (1:10.05) (1:19.70) (1:10.28)				
1:07.47S	F # 206C	Female 10-10 50 Breast	14	---	-7.43
1:04.99S	F # 304C	Female 10-10 50 Fly	10	---	-18.34
52.76S	F # 310C	Female 10-10 50 Free	19	---	-12.34
Gikunda, Liya (10) F (Y05)					
1:56.19S	F # 105E	Female 10-10 100 IM	4	---	-16.91
	57.05 1:56.19				
	(57.05) (59.14)				
59.52S	F # 111C	Female 10-10 50 Back	11	---	0.52
56.43S	F # 206C	Female 10-10 50 Breast	5	---	0.53
47.94S	F # 310C	Female 10-10 50 Free	13	---	-0.56
4:11.92S	F # 312	Female Open 200 Breast	18	---	-24.58
	56.86 2:03.29 3:08.38 4:11.92				
	(56.86) (1:06.43) (1:05.09) (1:03.54)				
Henderson, Aina (11) F (Y0)					
1:48.48S	F # 105F	Female 11-11 100 IM	12	---	---
	50.66 1:48.48				
	(50.66) (57.82)				
55.51S	F # 111D	Female 11-11 50 Back	21	---	---
3:59.71S	F # 115D	Female 11-11 200 IM	10	---	---
	57.32 2:02.16 3:05.51 3:59.71				
	(57.32) (1:04.84) (1:03.35) (54.20)				
53.98S	F # 206D	Female 11-11 50 Breast	8	---	---
51.69S	F # 304D	Female 11-11 50 Fly	15	---	---
44.25S	F # 310D	Female 11-11 50 Free	16	---	---
Kamphuis, Lisa (9) F (Y05)					
1:41.02S	F # 105D	Female 9-9 100 IM	1	5	-9.38
	46.98 1:41.02				
	(46.98) (54.04)				
46.60S	F # 111B	Female 9-9 50 Back	1	5	-2.73
3:46.44S	F # 115B	Female 9-9 200 IM	1	5	-9.50
	52.98 1:49.18 2:58.43 3:46.44				
	(52.98) (56.20) (1:09.25) (48.01)				
54.44S	F # 206B	Female 9-9 50 Breast	2	3	-4.66
44.37S	F # 304B	Female 9-9 50 Fly	1	5	-10.77
39.06S	F # 310B	Female 9-9 50 Free	1	5	0.56

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Kamphuis, Yannick (12) M (Y08)					
21:00.31S	F # 102	Male Open 1500 Free	2	3	---
	38.43	1:19.69 2:01.66 2:43.53 3:25.76 4:08.81 4:52.36 5:35.41			
	(38.43)	(41.26) (41.97) (41.87) (42.23) (43.05) (43.55) (43.05)			
	6:18.90	7:02.18 7:44.97 8:27.12 9:08.47 9:50.41 10:32.63 11:15.34			
	(43.49)	(43.28) (42.79) (42.15) (41.35) (41.94) (42.22) (42.71)			
	11:57.86	12:40.62 13:22.96 14:05.44 14:47.55 15:29.89 16:11.67 16:52.92			
	(42.52)	(42.76) (42.34) (42.48) (42.11) (42.34) (41.78) (41.25)			
	17:34.62	18:16.83 18:58.88 19:40.51 20:21.27 21:00.31			
	(41.70)	(42.21) (42.05) (41.63) (40.76) (39.04)			
3:00.29S	F # 108	Male Open 200 Back	4	---	-4.12
	41.83	1:27.66 2:14.81 3:00.29			
	(41.83)	(45.83) (47.15) (45.48)			
Murugu, Dante (9) M					
1:40.73S	F # 106D	Male 9-9 100 IM	2	3	-16.02
	43.85	1:40.73			
	(43.85)	(56.88)			
47.93S	F # 112B	Male 9-9 50 Back	3	1	---
56.56S	F # 207B	Male 9-9 50 Breast	7	---	---
45.64S	F # 305B	Male 9-9 50 Fly	2	3	---
36.90S	F # 311B	Male 9-9 50 Free	2	3	---
Nakano, Chikashi (13) M					
20:53.42S	F # 102	Male Open 1500 Free	1	5	---
	36.02	1:15.77 1:56.95 2:38.04 3:19.98 4:01.61 4:43.83 5:25.87			
	(36.02)	(39.75) (41.18) (41.09) (41.94) (41.63) (42.22) (42.04)			
	6:08.27	6:50.73 7:33.29 8:15.53 8:58.27 9:40.51 10:22.89 11:05.08			
	(42.40)	(42.46) (42.56) (42.24) (42.74) (42.24) (42.38) (42.19)			
	11:47.30	12:29.89 13:11.83 13:54.12 14:36.75 15:19.22 16:01.11 16:43.57			
	(42.22)	(42.59) (41.94) (42.29) (42.63) (42.47) (41.89) (42.46)			
	17:25.74	18:07.94 18:49.88 19:31.86 20:13.51 20:53.42			
	(42.17)	(42.20) (41.94) (41.98) (41.65) (39.91)			
6:00.78S	F # 114	Male Open 400 IM	2	3	-11.31
	38.55	1:22.47 2:05.65 2:49.92 3:45.37 4:40.62 5:21.14 6:00.78			
	(38.55)	(43.92) (43.18) (44.27) (55.45) (55.25) (40.52) (39.64)			
5:12.47S	F # 209	Male Open 400 Free	1	5	-7.33
	46.76	1:44.29 2:44.78 3:45.60 4:48.07 5:49.14 6:49.01 5:12.47			
	(46.76)	(57.53) (1:00.49) (1:00.82) (1:02.47) (1:01.07) (59.87) (96.54)			

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Time	F/P/S	Event	Place	Points	Improv
Savani, Mikaela (9) F					
2:13.04S	F # 105D	Female 9-9 100 IM	14	---	-34.07
	1:01.99 2:13.04				
	(1:01.99) (1:11.05)				
1:03.48S	F # 111B	Female 9-9 50 Back	14	---	---
58.83S	F # 206B	Female 9-9 50 Breast	4	---	---
1:08.47S	F # 304B	Female 9-9 50 Fly	9	---	---
53.60S	F # 310B	Female 9-9 50 Free	16	---	---