

**AK Sharks**  
www.aquakidsswim.com

**Individual Meet Results**

**FHSAA - 3A Region 4 06-Nov-09 Yards**

**Location: Plantation Aquatic Complex**

| Time                          | F/P/S  | Event                   |      | Place | Points | Improv |
|-------------------------------|--------|-------------------------|------|-------|--------|--------|
| <b>Derek Chait (4) M</b>      |        |                         |      |       |        |        |
| 1:51.91Y                      | F # 4  | Male Open 200 Free      | MPAL | 12    | 5      | 0.04   |
| 1:52.41Y                      | P # 4  | Male Open 200 Free      | MPAL | 14    | ---    | 0.54   |
| <b>Derek Chait (1) M</b>      |        |                         |      |       |        |        |
| 4:55.48Y                      | P # 16 | Male Open 500 Free      | MPAL | 10    | ---    | 2.39   |
| 4:57.33Y                      | F # 16 | Male Open 500 Free      | MPAL | 10    | 7      | 4.24   |
| <b>Jack Danon (15) M</b>      |        |                         |      |       |        |        |
| 4:54.38Y                      | P # 16 | Male Open 500 Free      | MPAL | 9     | ---    | -4.66  |
| 4:58.81Y                      | F # 16 | Male Open 500 Free      | MPAL | 11    | 6      | -0.23  |
| <b>Sara Diaz (17) F</b>       |        |                         |      |       |        |        |
| 2:09.35Y                      | P # 3  | Female Open 200 Free    | MPAL | 19    | ---    | 7.97   |
| 5:42.54Y                      | P # 15 | Female Open 500 Free    | MPAL | 19    | ---    | 18.07  |
| <b>Alexa Fistel (15) F</b>    |        |                         |      |       |        |        |
| 1:00.20Y                      | P # 13 | Female Open 100 Free    | MPAL | 15    | ---    | 0.04   |
| 1:00.21Y                      | F # 13 | Female Open 100 Free    | MPAL | 15    | 2      | 0.05   |
| 1:11.98Y                      | P # 19 | Female Open 100 Back    | MPAL | 15    | ---    | 1.23   |
| 1:13.23Y                      | F # 19 | Female Open 100 Back    | MPAL | 14    | 3      | 2.48   |
| <b>Gaby Garcia (15) F</b>     |        |                         |      |       |        |        |
| 24.65Y                        | F # 7  | Female Open 50 Free     | MPAL | 2     | 17     | 0.05   |
| 25.20Y                        | P # 7  | Female Open 50 Free     | MPAL | 2     | ---    | 0.60   |
| 1:07.77Y                      | F # 21 | Female Open 100 Breast  | MPAL | 2     | 17     | 0.31   |
| 1:08.76Y                      | P # 21 | Female Open 100 Breast  | MPAL | 1     | ---    | 1.30   |
| <b>Morgan Gullage (16) F</b>  |        |                         |      |       |        |        |
| 2:02.80Y                      | F # 3  | Female Open 200 Free    | MPAL | 12    | 5      | 1.93   |
| 2:04.15Y                      | P # 3  | Female Open 200 Free    | MPAL | 16    | ---    | 3.28   |
| 5:41.38Y                      | P # 15 | Female Open 500 Free    | MPAL | 18    | ---    | 7.76   |
| <b>Caroline Henley (5) F</b>  |        |                         |      |       |        |        |
| 2:01.90Y                      | F # 3  | Female Open 200 Free    | CORF | 11    | 6      | -0.31  |
| 2:02.28Y                      | P # 3  | Female Open 200 Free    | CORF | 10    | ---    | 0.07   |
| <b>Caroline Henley (6) F</b>  |        |                         |      |       |        |        |
| 5:25.44Y                      | P # 15 | Female Open 500 Free    | CORF | 11    | ---    | -1.71  |
| 5:30.14Y                      | F # 15 | Female Open 500 Free    | CORF | 14    | 3      | 2.99   |
| <b>Caroline Henley (17) F</b> |        |                         |      |       |        |        |
| 27.06Y                        | P # 17 | 200 Free Relay Lead Off | CORF | ---   | ---    | 1.27   |
| 57.52Y                        | F # 23 | 400 Free Relay Lead Off | CORF | ---   | ---    | 0.54   |
| <b>Morgan Johnson (6) F</b>   |        |                         |      |       |        |        |
| 2:35.00Y                      | P # 5  | Female Open 200 IM      | CORF | 17    | ---    | 3.33   |
| <b>Morgan Johnson (4) F</b>   |        |                         |      |       |        |        |
| 1:18.30Y                      | F # 21 | Female Open 100 Breast  | CORF | 11    | 6      | -1.14  |
| 1:18.43Y                      | P # 21 | Female Open 100 Breast  | CORF | 11    | ---    | -1.01  |
| <b>Nat Jones (16) M</b>       |        |                         |      |       |        |        |
| 56.64Y                        | P # 12 | Male Open 100 Fly       | MPAL | 17    | ---    | -0.40  |
| 57.03Y                        | F # 12 | Male Open 100 Fly       | MPAL | 12    | 5      | -0.01  |

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|----------------------------------|--------------|---------------------------|------|--------------|---------------|---------------|
| <b>Austin Manganiello (16) M</b> |              |                           |      |              |               |               |
| 25.69Y                           | F # 2        | 200 Medley Relay Lead Off | MPAL | ---          | ---           | 0.42          |
| 26.22Y                           | P # 2        | 200 Medley Relay Lead Off | MPAL | ---          | ---           | 0.95          |
| 1:59.66Y                         | F # 6        | Male Open 200 IM          | MPAL | 4            | 15            | 1.06          |
| 2:02.78Y                         | P # 6        | Male Open 200 IM          | MPAL | 5            | ---           | 4.18          |
| 54.85Y                           | F # 20       | Male Open 100 Back        | MPAL | 2            | 17            | 0.56          |
| 55.38Y                           | P # 20       | Male Open 100 Back        | MPAL | 2            | ---           | 1.09          |
| <b>Blake Manganiello (7) M</b>   |              |                           |      |              |               |               |
| 5:24.78Y                         | P # 16       | Male Open 500 Free        | MPAL | 17           | ---           | 2.86          |
| <b>Kyle Newcomb (18) M</b>       |              |                           |      |              |               |               |
| 22.29Y                           | P # 8        | Male Open 50 Free         | MPAL | 4            | ---           | 0.74          |
| 22.30Y                           | F # 8        | Male Open 50 Free         | MPAL | 4            | 15            | 0.75          |
| 55.85Y                           | F # 20       | Male Open 100 Back        | MPAL | 4            | 15            | 1.64          |
| 56.56Y                           | P # 20       | Male Open 100 Back        | MPAL | 5            | ---           | 2.35          |
| <b>Sam Shaffer (16) F</b>        |              |                           |      |              |               |               |
| 26.93Y                           | F # 7        | Female Open 50 Free       | MPAL | 16           | 1             | -0.43         |
| 26.94Y                           | P # 7        | Female Open 50 Free       | MPAL | 15           | ---           | -0.42         |
| 1:05.94Y                         | F # 19       | Female Open 100 Back      | MPAL | 6            | 13            | 1.21          |
| 1:07.33Y                         | P # 19       | Female Open 100 Back      | MPAL | 6            | ---           | 2.60          |
| <b>Khamai Simpson (2) F</b>      |              |                           |      |              |               |               |
| 1:00.44Y                         | F # 11       | Female Open 100 Fly       | CORF | 5            | 14            | 0.68          |
| 1:01.08Y                         | P # 11       | Female Open 100 Fly       | CORF | 3            | ---           | 1.32          |
| <b>Khamai Simpson (3) F</b>      |              |                           |      |              |               |               |
| 55.29Y                           | F # 13       | Female Open 100 Free      | CORF | 4            | 15            | 0.02          |
| 55.92Y                           | P # 13       | Female Open 100 Free      | CORF | 4            | ---           | 0.65          |
| <b>Khamai Simpson (14) F</b>     |              |                           |      |              |               |               |
| 25.88Y                           | F # 17       | 200 Free Relay Lead Off   | CORF | ---          | ---           | 0.51          |
| <b>Carrie Wiegert (17) F</b>     |              |                           |      |              |               |               |
| 2:55.93Y                         | P # 5        | Female Open 200 IM        | MPAL | 23           | ---           | 2.51          |
| 1:21.80Y                         | P # 11       | Female Open 100 Fly       | MPAL | 22           | ---           | 1.65          |