
Individual Meet Results
Middle Atlantic Senior LC Championship 21-Jul-10 to 24-Jul-10 LC Meters**Location: Bucknell University****Friends' Central Aquatics [FCA-MA] Coach: Iain Anderson**

| Time | F/P/S | Event | Place | Points | Improv |
|---------------------------------|--------------|---------------------------|--------------|---------------|---------------|
| Allegra Armstrong (15) F | | | | | |
| 9:55.38L | F # 7 | Female 800 Free | 31 | --- | -21.87 |
| 4:51.66L | P # 13 | Female 400 Free | 74 | --- | -4.13 |
| 19:32.66L | F # 33 | Female 1500 Free | 22 | --- | 11.99 |
| John Armstrong (19) M | | | | | |
| 27.72L | P # 6 | Male 50 Free | 123 | --- | 2.26 |
| 9:20.10L | F # 8 | Male 800 Free | 28 | --- | 30.28 |
| 57.38L | P # 12 | Male 100 Free | 79 | --- | 1.95 |
| 4:30.13L | P # 14 | Male 400 Free | 45 | --- | 17.08 |
| 2:08.21L | P # 18 | Male 200 Free | 76 | --- | 7.76 |
| 5:04.81L | P # 22 | Male 400 IM | 31 | --- | 4.87 |
| 1:07.90L | P # 28 | Male 100 Back | 48 | --- | 4.04 |
| 2:26.66L | P # 30 | Male 200 IM | 72 | --- | 3.42 |
| Ryan Cassidy (15) M | | | | | |
| 2:30.23L | P # 4 | Male 200 Back | 56 | --- | -1.45 |
| 9:24.69L | F # 8 | Male 800 Free | 31 | --- | -22.21 |
| 5:12.14L | P # 22 | Male 400 IM | 44 | --- | -7.36 |
| 2:12.65L | F # 24 | 800 Free Relay Lead Off | --- | --- | -5.16 |
| 17:49.58L | F # 34 | Male 1500 Free | 12 | 5 | -26.72 |
| Alexander Flick (16) M | | | | | |
| 9:10.90L | F # 8 | Male 800 Free | 22 | --- | -14.65 |
| 58.51L | P # 12 | Male 100 Free | 104 | --- | -0.41 |
| 4:28.34L | P # 14 | Male 400 Free | 43 | --- | -7.75 |
| 2:07.80L | P # 18 | Male 200 Free | 74 | --- | -2.22 |
| 5:13.50L | P # 22 | Male 400 IM | 47 | --- | -6.78 |
| 2:30.70L DQ | P # 30 | Male 200 IM | --- | --- | --- |
| 17:33.35L | F # 34 | Male 1500 Free | 8 | 11 | -27.37 |
| Olivia Gillison (17) F | | | | | |
| 2:44.53L | P # 3 | Female 200 Back | 103 | --- | -4.69 |
| 29.63L | P # 5 | Female 50 Free | 101 | --- | 0.69 |
| Victoria Gillison (15) F | | | | | |
| 2:45.87L | P # 3 | Female 200 Back | 106 | --- | -1.38 |
| 30.06L | P # 5 | Female 50 Free | 125 | --- | -0.85 |
| Andrew Gogola (19) M | | | | | |
| 27.91L | P # 6 | Male 50 Free | 125 | --- | 1.09 |
| 1:00.76L | P # 12 | Male 100 Free | 127 | --- | 2.90 |
| Jacob Katznelson (17) M | | | | | |
| 1:12.27L | P # 28 | Male 100 Back | 64 | --- | -0.16 |
| 1:11.59L | F # 32 | 400 Medley Relay Lead Off | --- | --- | -0.84 |
| Ryan McConnell (17) M | | | | | |
| 9:39.43L | F # 8 | Male 800 Free | 34 | --- | -26.85 |
| 18:43.79L | F # 34 | Male 1500 Free | 19 | --- | 27.84 |
| Benjamin Shapiro (13) M | | | | | |
| 2:25.50L | P # 4 | Male 200 Back | 41 | --- | -1.51 |
| 9:51.95L | F # 8 | Male 800 Free | 35 | --- | -4.96 |
| 5:14.45L | P # 22 | Male 400 IM | 48 | --- | -5.76 |

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| 1:08.98L | P # 28 | Male 100 Back | 58 | --- | -1.54 |
| Sarah Shaw (18) F | | | | | |
| 2:44.21L | P # 3 | Female 200 Back | 102 | --- | 2.39 |
| 10:09.90L | F # 7 | Female 800 Free | 42 | --- | -17.77 |
| 5:01.07L | P # 13 | Female 400 Free | 103 | --- | -4.36 |
| 5:48.69L | P # 21 | Female 400 IM | 86 | --- | 11.67 |
| 1:17.76L | P # 25 | Female 100 Fly | 105 | --- | 0.84 |
| 2:42.68L | P # 29 | Female 200 IM | 96 | --- | -1.00 |
| 19:36.86L | F # 33 | Female 1500 Free | 23 | --- | 0.47 |
| Matthew Weinberg (16) M | | | | | |
| 17:53.18L | F # 34 | Male 1500 Free | 13 | 4 | -37.66 |