Heart of Gold 2020	09-Feb-20 Ya	rds
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
Hayden Abfier	(13) M				
2:47.85Y	F #	24 Men 14 & Under 200 IM	24		-1.47
	35.94	1:18.40 2:10.36 2:47.85			
	(35.94)	(42.46) (51.96) (37.49)			
2:45.07Y	F #	30 Men 14 & Under 200 Back	19		-14.46
		2:45.07			
		(2:45.07)			
2:26.51Y	F #	32 Men 14 & Under 200 Free	23		0.79
	33.60	1:11.30 1:49.64 2:26.51			
	(33.60)	(37.70) (38.34) (36.87)			
Thea Baldevard	ona (10)	W			
32.12Y	F #	7 Women 10 & Under 50 Free	3		1.13
34.45Y	F #	19 Women 10 & Under 50 Fly	3		-0.41
1:16.91Y	F #	21 Women 10 & Under 100 IM	1		0.52
	36.01	1:16.91			
	(36.01)	(40.90)			
Maria Basinger	(13) W	1			
2:43.75Y	F #	23 Women 14 & Under 200 IM	18		1.61
	36.27	1:22.08 2:06.14 2:43.75			
	(36.27)	(45.81) (44.06) (37.61)			
2:59.56Y	F #	25 Women 14 & Under 200 Breast	12		4.66
	40.50	1:25.93 2:13.47 2:59.56			
	(40.50)	(45.43) (47.54) (46.09)			
DQ	F #	29 Women 14 & Under 200 Back			
Ethan Bogle (	10) M				
34.55Y	F #	8 Men 10 & Under 50 Free	8		-1.64
44.59Y	F #	12 Men 10 & Under 50 Back	20		-4.48
46.32Y	F #	20 Men 10 & Under 50 Fly	13		0.49
Liam Casey (1	1) M				
3:22.49Y	F#	24 Men 14 & Under 200 IM	35		
0.221171	1:39.02	2:37.38 3:22.61 3:22.49			
	(1:39.02)	(58.36) (45.23) (.12)			
3:10.06Y	F #	32 Men 14 & Under 200 Free	43		
	41.84	1:32.81 2:24.91 3:10.06			
	(41.84)	(50.97) (52.10) (45.15)			
Cole Desiderio	(10) M				
38.53Y	F #	12 Men 10 & Under 50 Back	4		-0.05
37.34Y	F #	20 Men 10 & Under 50 Fly	3		-1.61
1:20.73Y	F #	22 Men 10 & Under 100 IM	2		-1.33
	40.11	1:20.73	-		1.00
	(40.11)	(40.62)			

Heart of Gold 2020	09-Feb-20 Ya	ards
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
Kasey Deside	rio (12) V	W			
2:37.23Y	F #	23 Women 14 & Under 200 IM	10		3.40
	34.93	1:13.88 2:01.87 2:37.23			
	(34.93)	(38.95) (47.99) (35.36)			
2:46.36Y	F #	27 Women 14 & Under 200 Fly	12		
	36.58	1:19.51 2:02.81 2:46.36			
	(36.58)	(42.93) (43.30) (43.55)			
Mia Dungo	(12) W				
2:50.99Y	F #	25 Women 14 & Under 200 Breast	5		-2.53
	38.92	1:23.24 2:06.74 2:50.99			
	(38.92)	(44.32) (43.50) (44.25)			
2:37.50Y	F #	29 Women 14 & Under 200 Back	18		-0.62
	37.78	1:17.85 1:58.36 2:37.50			
	(37.78)	(40.07) (40.51) (39.14)			
2:24.32Y	F #	31 Women 14 & Under 200 Free	20		
	32.03	1:08.64 1:46.62 2:24.32			
	(32.03)	(36.61) (37.98) (37.70)			
<b>Riley Espailla</b>	t (9) W				
38.22Y	F #	7 Women 10 & Under 50 Free	21		1.18
44.06Y	F #	11 Women 10 & Under 50 Back	14		1.78
45.19Y	F #	19 Women 10 & Under 50 Fly	15		1.04
Hannah Ewing		5			
2:28.26Y	F #	23 Women 14 & Under 200 IM	3		-5.68
2.20.201	33.13	1:10.69 1:55.22 2:28.26	5		-5.00
	(33.13)	(37.56) (44.53) (33.04)			
2:26.08Y	(33.13) F #	29 Women 14 & Under 200 Back	8		-4.61
2.20.001	34.48	1:11.23 1:48.88 2:26.08	0		-4.01
	(34.48)	(36.75) (37.65) (37.20)			
2:10.39Y	F #	31 Women 14 & Under 200 Free	7		-1.98
2.10.371	30.07	1:03.66 1:37.60 2:10.39	7		1.90
	(30.07)	(33.59) (33.94) (32.79)			
	(12) M		0		
2:32.09Y	F #	24 Men 14 & Under 200 IM	9		-4.07
	33.10	1:12.99 1:58.82 2:32.09			
0.07.771	(33.10)	(39.89) (45.83) (33.27)	10		10 5 (
2:37.77Y	F #	28 Men 14 & Under 200 Fly	12		-12.56
	34.23	1:14.35 1:56.84 2:37.77			
2.12.70V	(34.23)	(40.12) (42.49) (40.93)	0		0.00
2:12.78Y	F #	32 Men 14 & Under 200 Free	9		0.99
	29.59	1:03.32 1:38.51 2:12.78 (22.72) (25.10) (24.27)			
	(29.59)	(33.73) (35.19) (34.27)			

Heart of Gold 2020	09-Feb-20 Y	ards
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
Adelaide Fuller	(11) W	7			
3:35.22Y	F #	23 Women 14 & Under 200 IM	49		-4.70
	53.92	1:47.11 2:46.04 3:35.22			
	(53.92)	(53.19) (58.93) (49.18)			
3:43.29Y	F #	25 Women 14 & Under 200 Breast	25		
	51.15	1:49.48 2:47.09 3:43.29			
	(51.15)	(58.33) (57.61) (56.20)			
3:15.65Y	F #	31 Women 14 & Under 200 Free	59		-2.31
	42.70	1:33.75 2:26.15 3:15.65			
	(42.70)	(51.05) (52.40) (49.50)			
Emily Furman	(9) W				
45.80Y	F #	11 Women 10 & Under 50 Back	17		-0.34
51.38Y	F #	15 Women 10 & Under 50 Breast	14		1.19
1:45.79Y	F #	21 Women 10 & Under 100 IM	13		1.30
	52.50	1:45.79			
	(52.50)	(53.29)			
Luke Gardner	(12) M				
2:50.12Y	(12) M F #	24 Men 14 & Under 200 IM	26		-1.17
	40.16	1:23.66 2:13.22 2:50.12	-0		
	(40.16)	(43.50) (49.56) (36.90)			
3:18.55Y	F #	26 Men 14 & Under 200 Breast	27		
	44.69	1:36.55 2:30.01 3:18.55			
	(44.69)	(51.86) (53.46) (48.54)			
2:28.03Y	F #	32 Men 14 & Under 200 Free	26		2.32
	33.75	1:12.27 1:50.77 2:28.03			
	(33.75)	(38.52) (38.50) (37.26)			
Julia Gargiulo	(10) W				
44.93Y	F #	11 Women 10 & Under 50 Back	15		-0.74
54.28Y	F #	15 Women 10 & Under 50 Breast	17		1.74
1:44.93Y	F #	21 Women 10 & Under 100 IM	12		3.87
1111/01	50.86	1:44.93			0.07
	(50.86)	(54.07)			
Keira Gilligan					
2:34.37Y	(12) W F #	23 Women 14 & Under 200 IM	8		-8.03
2.34.371	г # 34.74	1:14.46 1:58.75 2:34.37	0		-0.05
	(34.74)	(39.72) (44.29) (35.62)			
2:28.33Y	(34.74) F #	29 Women 14 & Under 200 Back	10		-2.14
2.20.331	34.65	1:12.32 1:50.89 2:28.33	10		-2.14
	(34.65)	(37.67) (38.57) (37.44)			
2:21.78Y	F #	31 Women 14 & Under 200 Free	15		-1.79
2.21./01	31.80	1:08.01 1:45.84 2:21.78	15		1.7 /
	•	-			

Heart of Gold 2020	09-Feb-20 Ya	rds
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
Reagan Gilligar	i (12) V	V			
2:38.42Y	F #	27 Women 14 & Under 200 Fly	9		
	33.35	1:12.81 1:55.68 2:38.42			
	(33.35)	(39.46) (42.87) (42.74)			
2:11.42Y	F #	31 Women 14 & Under 200 Free	9		-5.60
	29.75	1:03.15 1:38.01 2:11.42			
	(29.75)	(33.40) (34.86) (33.41)			
Henry Goodwir	i (12) M	I			
2:45.80Y	F #	24 Men 14 & Under 200 IM	19		0.84
	35.72	1:21.85 2:12.02 2:45.80			
	(35.72)	(46.13) (50.17) (33.78)			
2:45.64Y	F #	30 Men 14 & Under 200 Back	20		
	38.87	1:21.75 2:05.53 2:45.64			
	(38.87)	(42.88) (43.78) (40.11)			
2:19.41Y	F #	32 Men 14 & Under 200 Free	15		0.21
	32.35	1:08.28 1:44.91 2:19.41			
	(32.35)	(35.93) (36.63) (34.50)			
Maya Gutierrez	(13) W	I			
2:36.55Y	F #	23 Women 14 & Under 200 IM	9		-0.31
2.00.001	34.69	1:13.14 2:00.91 2:36.55			0.01
	(34.69)	(38.45) (47.77) (35.64)			
2:31.06Y	F #	29 Women 14 & Under 200 Back	11		-2.52
21011001	36.13	1:14.33 1:53.25 2:31.06	11		2.02
	(36.13)	(38.20) (38.92) (37.81)			
2:20.79Y	F #	31 Women 14 & Under 200 Free	14		0.13
	32.01	1:08.69 1:46.47 2:20.79			0.10
	(32.01)	(36.68) (37.78) (34.32)			
Jordan Hall (	10) W				
36.26Y	F #	7 Women 10 & Under 50 Free	14		0.71
43.01Y	F #	11 Women 10 & Under 50 Back	9		-0.98
44.18Y	F #	19 Women 10 & Under 50 Fly	14		-0.72
Julia Hames (	11) W				
3:06.09Y	F #	23 Women 14 & Under 200 IM	39		-1.18
	40.02	1:25.34 2:24.98 3:06.09			
	(40.02)	(45.32) (59.64) (41.11)			
2:55.59Y	F #	29 Women 14 & Under 200 Back	30		
	41.70	1:26.62 2:11.76 2:55.59			
	(41.70)	(44.92) (45.14) (43.83)			
2:44.71Y	F #	31 Women 14 & Under 200 Free	49		-2.37
	35.10	1:16.23 1:57.57 2:44.71			
	(35.10)	(41.13) (41.34) (47.14)			

Heart of Gold 2020	09-Feb-20 Y	ards
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
Annette Hickey	7 <b>(11)</b> W	I			
3:06.34Y	F #	23 Women 14 & Under 200 IM	40		-8.04
	38.72	1:26.15 2:22.49 3:06.34			
	(38.72)	(47.43) (56.34) (43.85)			
3:08.35Y	F #	29 Women 14 & Under 200 Back	34		
	44.99	1:33.05 2:21.00 3:08.35			
	(44.99)	(48.06) (47.95) (47.35)			
NS	F #	31 Women 14 & Under 200 Free			
Katelyn Imbesi	(11) W	7			
3:07.45Y	F #	23 Women 14 & Under 200 IM	41		-2.76
	44.91	1:30.67 2:26.61 3:07.45			
	(44.91)	(45.76) (55.94) (40.84)			
3:34.39Y	F #	25 Women 14 & Under 200 Breast	23		
	50.47	1:45.85 2:42.05 3:34.39			
	(50.47)	(55.38) (56.20) (52.34)			
3:00.53Y	F #	31 Women 14 & Under 200 Free	55		-1.31
	40.60	1:28.72 2:18.24 3:00.53			
	(40.60)	(48.12) (49.52) (42.29)			
Sonia Jagen (	11) W				
2:59.00Y	F#	23 Women 14 & Under 200 IM	36		-1.97
	41.00	1:24.53 2:19.00 2:59.00			
	(41.00)	(43.53) (54.47) (40.00)			
3:17.99Y	F #	25 Women 14 & Under 200 Breast	21		
	42.98	1:34.57 2:27.49 3:17.99			
	(42.98)	(51.59) (52.92) (50.50)			
2:37.39Y	F #	31 Women 14 & Under 200 Free	39		-6.32
	33.21	1:12.33 1:55.53 2:37.39			
	(33.21)	(39.12) (43.20) (41.86)			
Svea Knagge	(9) W				
38.87Y	F #	7 Women 10 & Under 50 Free	22		1.89
41.63Y	F #	11 Women 10 & Under 50 Back	8		0.83
50.18Y	F #	15 Women 10 & Under 50 Breast	11		0.39
Lucas Kopp (	14) M				
3:01.07Y	ттј м F #	26 Men 14 & Under 200 Breast	16		0.39
5.01.071	39.48	1:26.92 2:16.32 3:01.07	10		0.57
	(39.48)	(47.44) (49.40) (44.75)			
2:49.45Y	F #	28 Men 14 & Under 200 Fly	16		-14.83
2.17.101	34.00	1:17.32 2:04.86 2:49.45	10		11.03
	(34.00)	(43.32) (47.54) (44.59)			
NS	F #	30 Men 14 & Under 200 Back			
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Heart of Gold 2020	09-Feb-20 Ya	rds
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F	/P/S	Event	Place	Points	Improv
Riley Kopp	(12)	W				
2:53.55Y		F #	23 Women 14 & Under 200 IM	30		1.78
		42.09	1:25.57 2:15.69 2:53.55			
		(42.09)	(43.48) (50.12) (37.86)			
3:12.74Y		F #	25 Women 14 & Under 200 Breast	20		
		43.98	1:35.04 2:24.43 3:12.74			
		(43.98)	(51.06) (49.39) (48.31)			
NS		F #	31 Women 14 & Under 200 Free			
Tessa Kunke	el (13	3) W				
2:50.81Y		F #	23 Women 14 & Under 200 IM	27		5.08
		37.33	1:21.21 2:13.52 2:50.81			
		(37.33)	(43.88) (52.31) (37.29)			
2:44.83Y		F #	29 Women 14 & Under 200 Back	22		-6.01
		39.29	1:22.11 2:04.74 2:44.83			
		(39.29)	(42.82) (42.63) (40.09)			
2:28.40Y		F #	31 Women 14 & Under 200 Free	26		5.24
		34.26	1:12.54 1:51.36 2:28.40			
		(34.26)	(38.28) (38.82) (37.04)			
Leticia Layn	ez (1	2) W				
2:36.49Y		F #	25 Women 14 & Under 200 Breast	2		5.04
		35.08	1:13.92 1:54.29 2:36.49			
		(35.08)	(38.84) (40.37) (42.20)			
2:23.95Y		F #	27 Women 14 & Under 200 Fly	4		1.90
		32.18	1:07.91 1:46.54 2:23.95			
		(32.18)	(35.73) (38.63) (37.41)			
2:19.29Y		F #	29 Women 14 & Under 200 Back	5		-2.84
		32.91	1:07.60 1:42.96 2:19.29			
		(32.91)	(34.69) (35.36) (36.33)			
George Leas	(9)	Μ				
36.35Y		F #	8 Men 10 & Under 50 Free	20		0.22
43.13Y		F #	12 Men 10 & Under 50 Back	18		-0.60
51.12Y		F #	16 Men 10 & Under 50 Breast	11		0.83
Jamie Leas	(13)	W				
2:43.24Y	(15)		23 Women 14 & Under 200 IM	16		7.13
21101211		32.94	1:14.05 2:05.08 2:43.24	10		,110
		(32.94)	(41.11) (51.03) (38.16)			
2:36.35Y		F #	29 Women 14 & Under 200 Back	16		0.23
		36.31	1:15.77 1:56.65 2:36.35	10		0.20
		(36.31)	(39.46) (40.88) (39.70)			
2:26.55Y		F #	31 Women 14 & Under 200 Free	24		6.90
		31.81	1:09.24 1:48.03 2:26.55			0.70
		(31.81)	(37.43) (38.79) (38.52)			

Heart of Gold 2020	09-Feb-20 Y	ards			
Location: Lyndhurst High School					
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse			

Time	F/P/S	Event		Place	Points	Improv
Ella Lepis (13	8) W					
2:28.84Y	F #	23 Women 14 & l	Jnder 200 IM	5		-0.66
	33.36	1:11.60 1:55.22	2 2:28.84			
	(33.36)	(38.24) (43.62)	) (33.62)			
2:52.08Y	F #	25 Women 14 & U	Jnder 200 Breast	6		6.12
	39.15	1:23.24 2:08.35	5 2:52.08			
	(39.15)	(44.09) (45.11)	) (43.73)			
2:10.30Y	F #	31 Women 14 & U	Jnder 200 Free	6		-1.75
	30.25	1:03.23 1:37.42	2 2:10.30			
	(30.25)	(32.98) (34.19)	) (32.88)			
Ashlyn Levy (	(10) W					
3:02.88Y	F #	3 Women 10 & U	Jnder 200 IM	5		-1.21
	44.49	1:29.78 2:24.03	3 3:02.88			
	(44.49)	(45.29) (54.25)	) (38.85)			
38.92Y	F #	11 Women 10 & U	Jnder 50 Back	4		-0.21
40.29Y	F #	19 Women 10 & U	Jnder 50 Fly	10		-0.60
Alex Makovsky	(12) M					
2:33.32Y	F #	30 Men 14 & Und	er 200 Back	9		
	37.41	1:15.82 1:55.08				
	(37.41)	(38.41) (39.26)	) (38.24)			
2:15.85Y	F #	32 Men 14 & Und	er 200 Free	13		0.09
	30.78	1:05.44 1:40.69	9 2:15.85			
	(30.78)	(34.66) (35.25)	) (35.16)			
Gracie Masella	(12) W					
2:30.48Y	F #	23 Women 14 & U	Jnder 200 IM	6		1.49
	32.49	1:12.16 1:54.51				
	(32.49)	(39.67) (42.35)	) (35.97)			
2:44.71Y	F #	27 Women 14 & U	Jnder 200 Fly	10		
	33.84	1:15.67 2:00.21	1 2:44.71			
	(33.84)	(41.83) (44.54)	) (44.50)			
2:15.86Y	F #	31 Women 14 & U	Jnder 200 Free	10		-3.24
	30.86	1:05.31 1:41.46	5 2:15.86			
	(30.86)	(34.45) (36.15)	) (34.40)			
Simon Maza (	(11) M					
3:52.96Y DQ	F #	24 Men 14 & Und	er 200 IM			
	52.07	1:52.36 3:07.64	4 3:52.96			
	(52.07)	(1:00.29) (1:15.28)	) (45.32)			
3:17.54Y	F #	32 Men 14 & Und	er 200 Free	44		-3.49
	45.64	1:38.33 2:29.76	5 3:17.54			
	(45.64)	(52.69) (51.43)	) (47.78)			

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#### **COUGAR AQUATIC TEAM**

Heart of Gold 2020	09-Feb-20 Ya	ards		
Location: Lyndhurst High School				
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse		

Shannon McGow       (11) $W$ $U = U = U = U = U = U = U = U = U = U =$	Time	F/P/S	Event	Place	Points	Improv
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	Shannon McGo	wan (11)	W			
	2:32.91Y		23 Women 14 & Under 200 IM	7		-8.40
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		33.84	1:11.66 1:58.85 2:32.91			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		(33.84)	(37.82) (47.19) (34.06)			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	2:33.21Y	F #	29 Women 14 & Under 200 Back	13		-4.12
$\begin{array}{cccccccccccccccccccccccccccccccccccc$						
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		(34.82)	(38.39) (40.21) (39.79)			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	2:16.36Y			11		-2.13
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$						
$\begin{array}{cccccccccccccccccccccccccccccccccccc$		(30.59)	(34.23) (36.30) (35.24)			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	<b>Daniel Murray</b>	(11) M				
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	3:33.05Y	F #	24 Men 14 & Under 200 IM	36		
3:13.30Y       F #       30       Men 1 4 & Under 200 Back       31            46.91       1:35.77       2:26.6       3:13.30            NS       F #       32       Men 1 4 & Under 200 Free             NS       F #       23       Women 1 4 & Under 200 IFree              NS       F #       23       Women 1 4 & Under 200 IFree		59.52	1:46.73 2:50.50 3:33.05			
46.91       1:35.77       2:26.60       3:13.30         V46.91       (3.89)       (46.4)       (3.99)       (46.4)         NS       F       32       Men 14       Under 200 Free             NS       F       #       23       Momen 14 & Under 200 Free              NS       F       #       23       Momen 14 & Under 200 Breast		(59.52)	(47.21) (1:03.77) (42.55)			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	3:13.30Y		30 Men 14 & Under 200 Back	31		
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		46.91				
Nicola Murungi       (13)       V         DQ       F       #       23       Women 14 & Under 200 Breast		(46.91)	(48.86) (50.89) (46.64)			
DQ       F #       23       Women 14 & Under 200 IM             NS       F #       25       Women 14 & Under 200 Breast             NS       F #       31       Women 14 & Under 200 Breast             Max Pearson       (12)       M              3:06.99Y       F #       26       Men 14 & Under 200 Breast       24            3:06.99Y       F #       26       Men 14 & Under 200 Breast       24            3:06.99Y       F #       32       Men 14 & Under 200 Free       34            2:33.79Y       F #       32       Men 14 & Under 200 Free       34        -9.27         3:6.8       1:13.65       1:53.74       2:33.79        -9.27	NS	F #	32 Men 14 & Under 200 Free			
NSF #25Women 14 & Under 200 BreastNSF #31Women 14 & Under 200 BreastMax Pearson(12)M3:06.99YF #26Men 14 & Under 200 Breast243:06.99YF #26Men 14 & Under 200 Breast2442.03 $(47.70)$ $(48.54)$ $(48.72)$ 342:33.79YF #32Men 14 & Under 200 Free343:66 $1:13.65$ $1:53.74$ $2:33.79$ 2:33.96YF #29Women 14 & Under 200 Back143:61 $0:39.70$ $(40.09)$ $(40.05)$ 2:33.96YF #29Women 14 & Under 200 Back143:63 $0:39.70$ $(40.49)$ $(39.01)$ 2:31.68YF #31Women 14 & Under 200 Free32322:31.68YF #31Women 14 & Under 200 Free3232	Nicola Murung	i (13) W	7			
NS       F #       31       Women 14 & Under 200 Free             Max Pearson       (12)       M              3:06.99Y       F #       26       Men 14 & Under 200 Breast       24           3:06.99Y       F #       26       Men 14 & Under 200 Breast       24           42:03       (47.70)       (48.54)       (48.72)             2:33.79Y       F #       32       Men 14 & Under 200 Free       34             3:4.68       1:13.65       1:53.74       2:33.79	DQ	F #	23 Women 14 & Under 200 IM			
Max Pearson(12)M3:06.99YF#26Men 14 & Under 200 Breast2442.031:29.732:18.273:06.992442.03(47.70)(48.54)(48.72)23.7923.7923.692:33.79YF#32Men 14 & Under 200 Free349.2734.681:13.651:53.742:33.792:33.79249.27(34.68)(38.97)(40.09)(40.05)Ashley Peng(12)W2:33.96YF#2.9Women 14 & Under 200 Back1434.911:14.111:54.952:33.962:31.68YF#31Women 14 & Under 200 Free328.173:751:12.801:53.662:31.68	NS	F #	25 Women 14 & Under 200 Breast			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	NS	F #	31 Women 14 & Under 200 Free			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	Max Pearson	(12) M				
1       1	3:06.99Y	. ,	26 Men 14 & Under 200 Breast	24		
2:33.79Y       F # 32 Men 14 & Under 200 Free 34.68       34        -9.27         34.68       1:13.65       1:53.74       2:33.79       34.68        -9.27         (34.68)       (38.97)       (40.09)       (40.05)            Ashley Peng       (12)       W             2:33.96Y       F # 29       Women 14 & Under 200 Back       14           34.91       1:14.11       1:54.95       2:33.96           (34.91)       (39.20)       (40.84)       (39.01)           2:31.68Y       F # 31       Women 14 & Under 200 Free 33.75       1:12.80       1:53.66       2:31.68       32        -8.17		42.03	1:29.73 2:18.27 3:06.99			
34.68       1:13.65       1:53.74       2:33.79         (34.68)       (38.97)       (40.09)       (40.05)         Ashley Peng       (12)       W          2:33.96Y       F #       29       Women 14 & Under 200 Back       14           34.91       1:14.11       1:54.95       2:33.96            2:31.68Y       F #       31       Women 14 & Under 200 Free       32        -8.17         3:75       1:12.80       1:53.66       2:31.68		(42.03)	(47.70) (48.54) (48.72)			
(34.68)       (38.97)       (40.09)       (40.05)         Ashley Peng       (12)       W	2:33.79Y	F #	32 Men 14 & Under 200 Free	34		-9.27
Ashley Peng       (12)       W         2:33.96Y       F #       29       Women 14 & Under 200 Back       14           34.91       1:14.11       1:54.95       2:33.96       14           (34.91)       (39.20)       (40.84)       (39.01)       32        -8.17         2:31.68Y       F #       31       Women 14 & Under 200 Free 33.75       1:12.80       1:53.66       2:31.68       32        -8.17		34.68	1:13.65 1:53.74 2:33.79			
2:33.96Y       F # 29 Women 14 & Under 200 Back       14           34.91       1:14.11       1:54.95       2:33.96           (34.91)       (39.20)       (40.84)       (39.01)            2:31.68Y       F # 31       Women 14 & Under 200 Free       32        -8.17         33.75       1:12.80       1:53.66       2:31.68		(34.68)	(38.97) (40.09) (40.05)			
2:33.96Y       F # 29 Women 14 & Under 200 Back       14           34.91       1:14.11       1:54.95       2:33.96           (34.91)       (39.20)       (40.84)       (39.01)            2:31.68Y       F # 31       Women 14 & Under 200 Free       32        -8.17         33.75       1:12.80       1:53.66       2:31.68	Ashlev Peng	(12) W				
34.91       1:14.11       1:54.95       2:33.96         (34.91)       (39.20)       (40.84)       (39.01)         2:31.68Y       F # 31       Women 14 & Under 200 Free       32        -8.17         33.75       1:12.80       1:53.66       2:31.68        -8.17			29 Women 14 & Under 200 Back	14		
2:31.68Y       F # 31 Women 14 & Under 200 Free       32        -8.17         33.75       1:12.80       1:53.66       2:31.68        -8.17						
33.75 1:12.80 1:53.66 2:31.68		(34.91)	(39.20) (40.84) (39.01)			
	2:31.68Y	F #	31 Women 14 & Under 200 Free	32		-8.17
(33.75) (39.05) (40.86) (38.02)		33.75	1:12.80 1:53.66 2:31.68			
		(33.75)	(39.05) (40.86) (38.02)			

Heart of Gold 2020	09-Feb-20 Y	ards
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F/P/S	Event		Place	Points	Improv
Kyle Phillips	(12) M					
2:55.31Y	F #	26 Men 14 & Un	der 200 Breast	13		-17.79
	36.93	1:20.92 2:09.	94 2:55.31			
	(36.93)	(43.99) (49.0	2) (45.37)			
2:35.80Y	F #	30 Men 14 & Un	der 200 Back	12		-9.01
	36.98	1:17.07 1:57.	28 2:35.80			
	(36.98)	(40.09) (40.2	(38.52)			
2:15.17Y	F #	32 Men 14 & Un	der 200 Free	12		-0.88
	29.67	1:03.32 1:38.	70 2:15.17			
	(29.67)	(33.65) (35.3	(36.47)			
Lily Phillips	(11) W					
3:13.27Y	F #	23 Women 14 8	under 200 IM	46		-11.44
	47.53	1:36.60 2:31.				
	(47.53)	(49.07) (55.3	(41.29)			
3:39.64Y	F #		under 200 Breast	24		
	49.65	1:47.21 2:43.				
	(49.65)	(57.56) (56.7	7) (55.66)			
2:51.14Y	F #	31 Women 14 8	Under 200 Free	53		-4.70
	38.84	1:23.34 2:09.				
	(38.84)	(44.50) (46.0	4) (41.76)			
Ahalya Ragha	van (12)	W				
2:54.95Y	F #		Under 200 IM	31		-5.57
2.5 1.751	41.18	1:25.83 2:15.		51		5.57
	(41.18)	(44.65) (49.7				
3:11.49Y	F #		Under 200 Breast	19		
5.11.171	43.70	1:32.50 2:22.		17		
	(43.70)	(48.80) (50.0				
2:37.49Y	F #	31 Women 14 8		40		-7.94
21071171	35.13	1:15.84 1:57.		10		7.51
	(35.13)	(40.71) (42.0				
Natalia Ramo	s (13) W					
2:49.87Y	5 (13) W F #		Under 200 IM	25		-0.68
2.47.071	37.96	1:21.88 2:12.		25		-0.00
	(37.96)	(43.92) (50.2				
3:09.71Y	(37.50) F #	25 Women 14 8		17		-7.42
5.09.711	43.39	1:32.88 2:22.		17		-7.42
	(43.39)	(49.49) (49.2				
2:55.37Y	(45.57) F #	29 Women 14 8		29		-11.80
2.55.571	42.07	1:27.14 2:12.		2)		-11.00
	(42.07)	(45.07) (45.7				
2:38.98Y	(42.07) F #	31 Women 14 8		10		0.46
2:20.901	F # 35.65	31 women 14 8 1:17.00 1:59.		43		-0.46
	(35.65)	(41.35) (42.1	9) (39.79)			

Heart of Gold 2020	09-Feb-20 Y	ards
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
Vivianna Ramo	os (11) V	W			
2:45.21Y	F #	23 Women 14 & Under 200 IM	19		-6.59
	38.53	1:21.06 2:06.70 2:45.21			
	(38.53)	(42.53) (45.64) (38.51)			
3:05.54Y	F #	25 Women 14 & Under 200 Breast	14		
	41.87	1:30.17 2:16.44 3:05.54			
	(41.87)	(48.30) (46.27) (49.10)			
2:36.47Y	F #	31 Women 14 & Under 200 Free	36		
	36.30	1:17.57 1:59.09 2:36.47			
	(36.30)	(41.27) (41.52) (37.38)			
Maximo Rivera	a (9) M				
34.68Y	F #	8 Men 10 & Under 50 Free	10		0.53
40.97Y	F #	12 Men 10 & Under 50 Back	10		0.20
39.61Y	F #	20 Men 10 & Under 50 Fly	6		0.10
John Sagui (1	L2) M				
2:55.71Y	F #	26 Men 14 & Under 200 Breast	14		
	39.24	1:24.36 2:10.24 2:55.71			
	(39.24)	(45.12) (45.88) (45.47)			
2:31.24Y	F #	32 Men 14 & Under 200 Free	33		-9.51
	34.74	1:13.96 1:53.24 2:31.24			
	(34.74)	(39.22) (39.28) (38.00)			
Koji Sawa (1	1) M				
2:45.38Y	F#	26 Men 14 & Under 200 Breast	9		
21101001	37.55	1:21.04 2:03.40 2:45.38	,		
	(37.55)	(43.49) (42.36) (41.98)			
2:26.30Y	F #	30 Men 14 & Under 200 Back	5		
	35.16	1:12.94 1:50.22 2:26.30	0		
	(35.16)	(37.78) (37.28) (36.08)			
2:14.37Y DQ	F #	32 Men 14 & Under 200 Free			
c	30.67	1:05.25 1:40.43 2:14.37			
	(30.67)	(34.58) (35.18) (33.94)			
Mark Suarez	(11) M				
2:48.04Y	(11) M F #	24 Men 14 & Under 200 IM	25		1.42
2.10.011	36.36	1:18.97 2:11.83 2:48.04	25		1.12
	(36.36)	(42.61) (52.86) (36.21)			
2:50.99Y	F #	30 Men 14 & Under 200 Back	24		
	39.81	1:22.10 2:04.31 2:50.99			
	(39.81)	(42.29) (42.21) (46.68)			
2:26.57Y	F #	32 Men 14 & Under 200 Free	24		-0.97
	32.88	1:11.10 1:49.88 2:26.57			
	(32.88)	(38.22) (38.78) (36.69)			
Elaura Thorng	ren (10)	W			
36.15Y	F #	7 Women 10 & Under 50 Free	12		1.09
45.91Y	F #	11 Women 10 & Under 50 Back	12		0.87
43.511 48.52Y	F #	19 Women 10 & Under 50 Fly	16		6.06
40.321	г #	19 women to a onder 50 Fly	10		0.00

Heart of Gold 2020	09-Feb-20 Ya	rds
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Lauren Wall       (13)       W       U <thu< th=""> <thu< th="">       &lt;</thu<></thu<>	Time	F/P/S	Event	Place	Points	Improv
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	Lauren Wall	(13) W				
	2:28.72Y	F #	23 Women 14 & Under 200 IM	4		0.50
$\begin{array}{cccccccccccccccccccccccccccccccccccc$		32.40	1:10.00 1:56.79 2:28.72			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		(32.40)	(37.60) (46.79) (31.93)			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	2:27.51Y	F #	29 Women 14 & Under 200 Back	9		-3.43
$\begin{array}{cccccccccccccccccccccccccccccccccccc$		34.24	1:10.94 1:49.43 2:27.51			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		(34.24)	(36.70) (38.49) (38.08)			
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $	2:11.15Y	F #	31 Women 14 & Under 200 Free	8		-1.15
Ava Wheeler(11)W		29.85	1:02.62 1:37.57 2:11.15			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$		(29.85)	(32.77) (34.95) (33.58)			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	Ava Wheeler	(11) W				
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	2:43.56Y	F #	23 Women 14 & Under 200 IM	17		-6.28
$\begin{array}{cccccccccccccccccccccccccccccccccccc$		37.38	1:18.94 2:07.53 2:43.56			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		(37.38)	(41.56) (48.59) (36.03)			
(33.56)       (38.64)       (38.67)       (37.40)         Maren Wheeler       (11)       W       State       State	2:28.27Y	F #	31 Women 14 & Under 200 Free	25		-6.03
Maren Wheeler(11)W2:53.75YF #25Women 14 & Under 200 Breast839.041:22.832:07.742:53.758(39.04)(43.79)(44.91)(46.01)2:31.12YF #31Women 14 & Under 200 Free30(33.34)1:12.181:51.982:31.12(33.34)(38.80)(39.01)Lexi or Alexa WhitwortC11W2:47.24YF #23Women 14 & Under 200 IM2138.401:19.312:09.752:47.242:36.72YF #29Women 14 & Under 200 Back1737.731:18.041:58.302:36.7233.891:18.041:58.302:26.522.3133.891:18.041:49.932:26.5233.891:18.041:49.932:26.5233.891:18.041:49.932:26.5233.891:18.041:49.932:26.5235.50YF #8Men 10 & Under 50 Free151.0541.40YF #12Men 10 & Under 50 Free151.05		33.56	1:12.20 1:50.87 2:28.27			
2:53.75Y       F #       25       Women 14 & Under 200 Breast       8           39.04       1:22.83       2:07.74       2:53.75           39.04       (43.79)       (44.91)       (46.01)           2:31.12Y       F #       31       Women 14 & Under 200 Free       30           33.34       1:12.18       1:51.98       2:31.12            (33.34)       (38.84)       (39.80)       (39.14)            Lexi or Alexa Whitworth       (11)       W             2:47.24Y       F #       23       Women 14 & Under 200 IM       21           2:47.24Y       F #       23       women 14 & Under 200 IM       21           2:36.72Y       F #       23       women 14 & Under 200 Back       17           2:36.72Y       F #       31       Women 14 & Under 200 Free       23        -2.31         3:3.89       1:11.80       1:49.93       2:26.52       (33.89)       (37.91)       (38.13)		(33.56)	(38.64) (38.67) (37.40)			
39.04       1:22.83       2:07.74       2:53.75         (39.04)       (43.79)       (44.91)       (46.01)         2:31.12Y       F #       31       Women 14 & Under 200 Free       30        5.576         33.34       1:12.18       1:51.98       2:31.12       30        5.576         33.34       1:12.18       1:51.98       2:31.12       30        5.576         33.34       1:12.18       1:51.98       2:31.12       30        5.576         2:47.24Y       F #       23       Women 14 & Under 200 IM       21        6.689         38.40       1:19.31       2:09.75       2:47.24       7        6.689         38.40       1:49.31       2:09.75       2:47.24       7           2:36.72Y       F #       29       Women 14 & Under 200 Back       17           37.73       (40.31)       (40.26)       (38.42)        -2.31          2:26.52Y       F #       31       Women 14 & Under 200 Free       23        -2.31         3:3.89       1:1.80       1:49.93       2:26.52	Maren Wheel	er (11) V	V			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	2:53.75Y	F #	25 Women 14 & Under 200 Breast	8		
2:31.12Y       F #       31       Women 14 & Under 200 Free       30        -5.76         33.34       1:12.18       1:51.98       2:31.12        -5.76         (33.34)       (38.49)       (39.00)       (39.14)           Lexi or Alexa Whitwork       (11)       W            2:47.24Y       F #       23       Women 14 & Under 200 IM       21        -6.89         3640       1:19.31       2:09.75       2:47.24            (38.40)       (40.91)       (50.44)       (37.49)            2:36.72Y       F #       29       Women 14 & Under 200 Back       17           37.73       1:18.04       1:58.30       2:36.72            2:26.52Y       F #       31       Women 14 & Under 200 Free       23        -2.31         3:89       1:11.80       1:49.93       2:26.52        -2.31        -2.31         3:89       1:11.80       1:49.93       2:26.52         -2.31		39.04	1:22.83 2:07.74 2:53.75			
33.34       1:12.18       1:51.98       2:31.12         (33.34)       (38.84)       (39.80)       (39.14)         Lexi or Alexa Witwerthic 11       (11)       W         2:47.24Y       F #       23       Women 14 & Under 200 IM       21        -6.89         38.40       1:19.31       2:09.75       2:47.24       21        -6.89         38.40       1:19.31       2:09.75       2:47.24       17        -6.89         2:36.72Y       F #       29       Women 14 & Under 200 Back       17           37.73       1:18.04       1:58.30       2:36.72       2.31          2:26.52Y       F #       31       Women 14 & Under 200 Free       23        -2.31         3:89       1:11.80       1:49.93       2:26.52         -2.31         3:89       1:11.80       1:49.93       2:26.52        -2.31          3:89       1:11.80       1:49.93       2:26.52         -2.31         35.50Y       F #       8       Men 10 & Under 50 Free       15        1.05		(39.04)	(43.79) (44.91) (46.01)			
(33.34)       (38.84)       (39.80)       (39.14)         Lexi or Alexa Witw       (11)       W	2:31.12Y	F #	31 Women 14 & Under 200 Free	30		-5.76
Lexi or Alexa Whitworth       (11)       W       2:47.24Y       F #       23       Women 14 & Under 200 IM       21        -6.89          38.40       1:19.31       2:09.75       2:47.24		33.34	1:12.18 1:51.98 2:31.12			
2:47.24Y       F #       23       Women 14 & Under 200 IM       21        -6.89         38.40       1:19.31       2:09.75       2:47.24        -6.89         (38.40)       (40.91)       (50.44)       (37.49)           2:36.72Y       F #       29       Women 14 & Under 200 Back       17           37.73       1:18.04       1:58.30       2:36.72            (37.73)       (40.31)       (40.26)       (38.42)            2:26.52Y       F #       31       Women 14 & Under 200 Free       23       2.31         33.89       1:11.80       1:49.93       2:26.52        -2.31          33.89       1:11.80       1:49.93       2:26.52            33.89       1:11.80       1:49.93       2:26.52            35.50Y       F #       8       Men 10 & Under 50 Free       15        1.05         41.40Y       F #       12       Men 10 & Under 50 Back       11        0.63		(33.34)	(38.84) (39.80) (39.14)			
38.40       1:19.31       2:09.75       2:47.24         (38.40)       (40.91)       (50.44)       (37.49)         2:36.72Y       F #       29       Women 14 & Unter 200 Back       17           37.73       1:18.04       1:58.30       2:36.72       17           (37.73)       (40.31)       (40.26)       (38.42)        23        -2.31         2:26.52Y       F #       31       Women 14 & Unter 200 Free       23        -2.31         33.89       1:11.80       1:49.93       2:26.52         -2.31         Jake Zarah       (10)       M             35.50Y       F #       8       Men 10 & Under 50 Free       15        1.05         41.40Y       F #       12       Men 10 & Under 50 Free       11        0.63	Lexi or Alexa	Whitworth	(11) W			
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	2:47.24Y	F #	23 Women 14 & Under 200 IM	21		-6.89
2:36.72Y       F # 29       Women 14 & Under 200 Back       17           37.73       1:18.04       1:58.30       2:36.72           (37.73)       (40.31)       (40.26)       (38.42)           2:26.52Y       F # 31       Women 14 & Under 200 Free       23        -2.31         33.89       1:11.80       1:49.93       2:26.52        -2.31         (33.89)       (37.91)       (38.13)       (36.59)           Jake Zarah       (10)       M         1.05         35.50Y       F # 8       Men 10 & Under 50 Free       15        1.05         41.40Y       F # 12       Men 10 & Under 50 Back       11        0.63		38.40	1:19.31 2:09.75 2:47.24			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$		(38.40)	(40.91) (50.44) (37.49)			
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	2:36.72Y	F #	29 Women 14 & Under 200 Back	17		
2:26.52Y       F # 31 Women 14 & Under 200 Free 33.89       2:26.52 1:11.80       23        -2.31         33.89       1:11.80       1:49.93       2:26.52 (33.89)       (37.91)       (38.13)       (36.59)         Jake Zarah (10)       M         105         35.50Y       F # 8       Men 10 & Under 50 Free       15        1.05         41.40Y       F # 12       Men 10 & Under 50 Back       11        0.63		37.73	1:18.04 1:58.30 2:36.72			
33.89       1:11.80       1:49.93       2:26.52         (33.89)       (37.91)       (38.13)       (36.59)         Jake Zarah       (10)       M        1.05         35.50Y       F #       8       Men 10 & Under 50 Free       15        1.05         41.40Y       F #       12       Men 10 & Under 50 Back       11        0.63		(37.73)	(40.31) (40.26) (38.42)			
(33.89)       (37.91)       (38.13)       (36.59)         Jake Zarah       (10)       M        1.05         35.50Y       F #       8       Men 10 & Under 50 Free       15        1.05         41.40Y       F #       12       Men 10 & Under 50 Back       11        0.63	2:26.52Y	F #	31 Women 14 & Under 200 Free	23		-2.31
Jake Zarah         (10)         M           35.50Y         F # 8         Men 10 & Under 50 Free         15          1.05           41.40Y         F # 12         Men 10 & Under 50 Back         11          0.63		33.89	1:11.80 1:49.93 2:26.52			
35.50Y       F # 8       Men 10 & Under 50 Free       15        1.05         41.40Y       F # 12       Men 10 & Under 50 Back       11        0.63		(33.89)	(37.91) (38.13) (36.59)			
35.50Y       F # 8       Men 10 & Under 50 Free       15        1.05         41.40Y       F # 12       Men 10 & Under 50 Back       11        0.63	Jake Zarah	(10) M				
41.40Y F # 12 Men 10 & Under 50 Back 11 0.63	•		8 Men 10 & Under 50 Free	15		1.05

Heart of Gold 2020	09-Feb-20 Ya	rds
Location: Lyndhurst	High School	
<b>Cougar Aquatic Tean</b>	n [CAT-NJ]	Coach: Eric Harse

Time	F/P/S	Ev	ent		Place	Points	Improv
Sophie Zuluaga	(12) W	T					
2:55.93Y	F #	27 Wom	en 14 & Uno	ler 200 Fly	13		
	38.58	1:22.60	2:09.97	2:55.93			
	(38.58)	(44.02)	(47.37)	(45.96)			
2:40.78Y	F #	29 Wom	en 14 & Uno	ler 200 Back	21		
	38.05	1:18.90	2:00.48	2:40.78			
	(38.05)	(40.85)	(41.58)	(40.30)			
2:31.29Y	F #	31 Wom	en 14 & Uno	ler 200 Free	31		-2.28
	34.53	1:13.17	1:53.35	2:31.29			
	(34.53)	(38.64)	(40.18)	(37.94)			