

## COUGAR AQUATIC TEAM

---

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Abdelrahman Adam (11) M</b>					
1:30.54L	F # 14	Men 11-12 100 Free	62	---	-3.00
51.35L	F # 16	Men 11-12 50 Fly	43	---	-5.37
54.51L	F # 18	Men 11-12 50 Back	60	---	-0.54
1:48.12L	F # 74	Men 11-12 100 Back	62	---	-2.62
40.61L	F # 78	Men 11-12 50 Free	72	---	0.22
1:10.47L	F # 80	Men 11-12 50 Breast	66	---	21.17
1:53.68L	F # 82	Men 11-12 100 Fly	24	---	-7.20
<b>Thea Baldevarona (14) W</b>					
5:46.92L	F # 1	Women 13-14 400 IM	2	---	-3.65
10:24.54L	F # 67	Women 13-14 800 Free	2	---	---
2:46.96L	F # 105	Women 13-14 200 Back	10	---	---
3:07.34L	F # 109	Women 13-14 200 Fly	9	---	---
<b>Tori Burgess (15) W</b>					
5:31.32L	F # 7	Women 15 & Over 400 Free	14	---	3.52
1:23.42L	F # 43	Women 15 & Over 100 Back	7	---	-2.40
1:22.48L	F # 47	Women 15 & Over 100 Fly	6	---	-1.26
34.25L	F # 49	Women 15 & Over 50 Free	20	---	0.32
38.96L	F # 87	200 Medley Relay Lead Off	---	---	-0.54
2:39.34L	F # 89	Women 15 & Over 200 Free	28	---	4.56
1:13.97L	F # 97	Women 15 & Over 100 Free	21	---	2.45
<b>Mason Carter (13) M</b>					
1:15.40L	F # 58	Men 13-14 100 Back	2	---	-1.62
1:11.57L	F # 62	Men 13-14 100 Fly	2	---	-4.38
1:05.52L	F # 112	Men 13-14 100 Free	14	---	-2.43
<b>Max Carter (15) M</b>					
2:15.04L	F # 90	Men 15 & Over 200 Free	16	---	---
<b>Olivia Chen (11) W</b>					
1:18.65L	F # 29	Women 11-12 100 Free	36	---	-7.56
40.98L	F # 31	Women 11-12 50 Fly	21	---	-0.97
44.52L	F # 33	Women 11-12 50 Back	34	---	3.00
1:32.82L	F # 119	Women 11-12 100 Back	32	---	-0.87
34.93L	F # 123	Women 11-12 50 Free	32	---	-1.59
53.63L	F # 125	Women 11-12 50 Breast	36	---	-31.40
<b>Logan Cobos (11) M</b>					
1:21.84L	F # 14	Men 11-12 100 Free	41	---	-3.91
47.26L	F # 16	Men 11-12 50 Fly	31	---	---
45.96L	F # 18	Men 11-12 50 Back	30	---	0.97
1:39.70L	F # 74	Men 11-12 100 Back	41	---	-2.52
38.08L	F # 78	Men 11-12 50 Free	49	---	0.05
58.96L DQ	F # 80	Men 11-12 50 Breast	---	---	---

## COUGAR AQUATIC TEAM

---

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Harris Conk (16) M</b>					
28.72L	F # 50	Men 15 & Over 50 Free	16	---	-0.65
2:37.67L	F # 52	Men 15 & Over 200 IM	21	---	0.59
2:35.32L	F # 92	Men 15 & Over 200 Back	11	---	3.80
1:02.52L	F # 98	Men 15 & Over 100 Free	20	---	-1.33
<b>Zophia Cook (12) W</b>					
1:11.89L	F # 29	Women 11-12 100 Free	2	---	-0.25
33.23L	F # 115	200 Free Relay Lead Off	---	---	---
2:45.69L	F # 117	Women 11-12 200 Free	21	---	---
1:23.17L	F # 119	Women 11-12 100 Back	3	---	---
33.02L	F # 123	Women 11-12 50 Free	3	---	---
<b>Matthew Czerwinski (15) M</b>					
3:06.60L	F # 46	Men 15 & Over 200 Breast	29	---	---
2:33.11L	F # 52	Men 15 & Over 200 IM	14	---	-8.17
2:12.92L	F # 90	Men 15 & Over 200 Free	8	---	0.99
1:23.52L	F # 94	Men 15 & Over 100 Breast	5	---	-2.18
58.92L	F # 98	Men 15 & Over 100 Free	2	---	-1.02
<b>Frank D'Addone (11) M</b>					
1:23.66L	F # 14	Men 11-12 100 Free	48	---	-4.44
51.22L	F # 16	Men 11-12 50 Fly	41	---	---
46.96L	F # 18	Men 11-12 50 Back	33	---	-2.19
1:39.09L	F # 74	Men 11-12 100 Back	39	---	---
38.91L	F # 78	Men 11-12 50 Free	61	---	---
1:01.27L	F # 80	Men 11-12 50 Breast	60	---	-3.89
<b>Davis DeRuyter (11) M</b>					
1:34.90L	F # 74	Men 11-12 100 Back	23	---	-2.13
39.17L	F # 78	Men 11-12 50 Free	64	---	---
50.37L	F # 80	Men 11-12 50 Breast	25	---	-1.43
<b>Cole Desiderio (13) M</b>					
1:21.47L	F # 58	Men 13-14 100 Back	40	---	0.17
1:22.22L	F # 62	Men 13-14 100 Fly	32	---	---
31.53L	F # 64	Men 13-14 50 Free	49	---	0.41
2:56.24L	F # 106	Men 13-14 200 Back	32	---	---
1:32.14L	F # 108	Men 13-14 100 Breast	29	---	-1.33
<b>Troy Dibble (17) M</b>					
10:10.04L	F # 100	Men 15 & Over 800 Free	4	---	---
<b>Lindsay Driever (18) W</b>					
2:48.04L	F # 95	Women 15 & Over 200 Fly	7	---	-0.26
<b>Logan Driever (18) M</b>					
1:12.02L	F # 44	Men 15 & Over 100 Back	4	---	0.61
2:38.66L	F # 92	Men 15 & Over 200 Back	16	---	4.42
1:25.36L	F # 94	Men 15 & Over 100 Breast	9	---	-6.40

## COUGAR AQUATIC TEAM

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Natasha Duran-Gonzalez (13) W</b>					
6:29.48L	F # 1	Women 13-14 400 IM	10	---	13.42
31.13L	F # 55	200 Free Relay Lead Off	---	---	-0.53
31.73L	F # 63	Women 13-14 50 Free	4	---	0.07
NS	F # 65	Women 13-14 200 IM	---	---	---
2:35.47L	F # 103	Women 13-14 200 Free	35	---	-7.45
1:09.23L	F # 111	Women 13-14 100 Free	14	---	-0.65
<b>Ron Feldman (15) M</b>					
1:18.12L	F # 48	Men 15 & Over 100 Fly	23	---	3.59
32.30L	F # 50	Men 15 & Over 50 Free	51	---	2.08
<b>Peyton Field (11) W</b>					
1:38.56L	F # 29	Women 11-12 100 Free	96	---	---
57.65L	F # 31	Women 11-12 50 Fly	57	---	---
58.06L	F # 33	Women 11-12 50 Back	82	---	---
1:59.26L	F # 119	Women 11-12 100 Back	82	---	2.73
44.49L	F # 123	Women 11-12 50 Free	105	---	-1.82
1:09.06L	F # 125	Women 11-12 50 Breast	67	---	-7.17
<b>Caitlin Foug (17) W</b>					
11:02.04L	F # 99	Women 15 & Over 800 Free	7	---	---
<b>Jonas Foug (14) M</b>					
5:56.61L	F # 2	Men 13-14 400 IM	12	---	0.35
3:00.01L	F # 60	Men 13-14 200 Breast	12	---	-2.46
1:21.10L	F # 62	Men 13-14 100 Fly	27	---	-4.11
32.29L	F # 64	Men 13-14 50 Free	62	---	-4.28
1:23.67L	F # 108	Men 13-14 100 Breast	7	---	-2.51
1:10.83L	F # 112	Men 13-14 100 Free	58	---	-1.18
<b>Lucas Foug (16) M</b>					
2:12.56L	F # 90	Men 15 & Over 200 Free	7	---	-0.47
2:31.15L	F # 96	Men 15 & Over 200 Fly	5	---	---
<b>Nathan Foug (11) M</b>					
1:35.70L	F # 14	Men 11-12 100 Free	70	---	-2.36
52.93L	F # 16	Men 11-12 50 Fly	46	---	2.15
1:53.98L	F # 22	Men 11-12 100 Breast	26	---	-3.46
1:47.53L	F # 74	Men 11-12 100 Back	60	---	-11.48
43.01L	F # 78	Men 11-12 50 Free	86	---	0.50
50.15L	F # 80	Men 11-12 50 Breast	23	---	-0.93
<b>Bailey Gardner (11) W</b>					
1:41.01L	F # 29	Women 11-12 100 Free	100	---	0.54
53.11L	F # 33	Women 11-12 50 Back	72	---	1.91
2:02.59L	F # 37	Women 11-12 100 Breast	58	---	0.50
1:49.76L	F # 119	Women 11-12 100 Back	75	---	-0.77
42.70L	F # 123	Women 11-12 50 Free	98	---	-2.84
54.14L	F # 125	Women 11-12 50 Breast	39	---	-2.12

## COUGAR AQUATIC TEAM

---

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Luke Gardner (15) M</b>					
27.78L	F # 42	200 Free Relay Lead Off	---	---	-0.39
3:04.91L	F # 46	Men 15 & Over 200 Breast	26	---	7.36
DQ	F # 50	Men 15 & Over 50 Free	---	---	---
2:38.23L	F # 52	Men 15 & Over 200 IM	23	---	-0.24
2:18.60L	F # 90	Men 15 & Over 200 Free	27	---	-0.52
1:01.60L	F # 98	Men 15 & Over 100 Free	16	---	-0.42
<b>Reagan Gilligan (16) W</b>					
2:49.97L	F # 95	Women 15 & Over 200 Fly	8	---	0.32
<b>Jacob Gompers (14) M</b>					
1:29.98L	F # 58	Men 13-14 100 Back	72	---	-2.30
33.61L	F # 64	Men 13-14 50 Free	77	---	-1.34
1:46.44L	F # 108	Men 13-14 100 Breast	66	---	-0.75
1:19.49L	F # 112	Men 13-14 100 Free	86	---	0.57
<b>Marco Gonzalez (12) M</b>					
34.49L	F # 70	200 Free Relay Lead Off	---	---	-0.04
2:41.11L DQ	F # 72	Men 11-12 200 Free	---	---	---
34.78L	F # 78	Men 11-12 50 Free	17	---	0.25
49.65L	F # 80	Men 11-12 50 Breast	22	---	1.71
<b>Rylan Gorman Zaldo (16) M</b>					
1:19.73L	F # 44	Men 15 & Over 100 Back	25	---	2.14
30.00L	F # 50	Men 15 & Over 50 Free	33	---	-0.16
<b>Jordan Hall (13) W</b>					
1:21.36L	F # 57	Women 13-14 100 Back	9	---	-1.75
3:13.89L	F # 59	Women 13-14 200 Breast	16	---	-0.43
33.22L	F # 63	Women 13-14 50 Free	33	---	-1.58
37.27L	F # 101	200 Medley Relay Lead Off	---	---	---
2:52.64L	F # 105	Women 13-14 200 Back	22	---	---
1:12.70L	F # 111	Women 13-14 100 Free	36	---	-7.00
<b>David Hanin (13) M</b>					
5:40.02L	F # 2	Men 13-14 400 IM	5	---	-8.56
3:00.99L	F # 60	Men 13-14 200 Breast	13	---	-5.69
1:12.77L	F # 62	Men 13-14 100 Fly	6	---	-4.36
2:41.77L	F # 66	Men 13-14 200 IM	15	---	-4.43
1:25.19L	F # 108	Men 13-14 100 Breast	10	---	-3.19
2:38.70L	F # 110	Men 13-14 200 Fly	7	---	-10.45
1:09.98L	F # 112	Men 13-14 100 Free	52	---	-6.66

## COUGAR AQUATIC TEAM

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Marit Hedberg (11) W</b>					
1:34.71L	F # 29	Women 11-12 100 Free	85	---	---
48.46L	F # 33	Women 11-12 50 Back	58	---	---
1:50.38L	F # 37	Women 11-12 100 Breast	31	---	---
1:47.62L	F # 119	Women 11-12 100 Back	73	---	---
41.29L	F # 123	Women 11-12 50 Free	92	---	---
49.26L	F # 125	Women 11-12 50 Breast	15	---	---
<b>Aidan Hong (14) M</b>					
5:46.82L	F # 2	Men 13-14 400 IM	8	---	---
3:03.10L	F # 60	Men 13-14 200 Breast	14	---	2.37
28.60L	F # 64	Men 13-14 50 Free	2	---	-1.13
2:42.43L	F # 66	Men 13-14 200 IM	16	---	-0.93
<b>Sonia Jagen (14) W</b>					
6:23.28L	F # 1	Women 13-14 400 IM	9	---	---
3:11.17L	F # 59	Women 13-14 200 Breast	12	---	-2.45
2:50.49L	F # 65	Women 13-14 200 IM	15	---	-7.71
2:27.82L	F # 103	Women 13-14 200 Free	9	---	-3.78
2:55.05L	F # 105	Women 13-14 200 Back	27	---	---
<b>Cassie Jourdan (15) W</b>					
1:19.36L	F # 97	Women 15 & Over 100 Free	35	---	2.52
<b>Riley Kopp (16) W</b>					
2:37.50L	F # 91	Women 15 & Over 200 Back	1	---	-4.76
2:55.95L	F # 95	Women 15 & Over 200 Fly	13	---	---
<b>Nick Krukovsky (12) M</b>					
40.41L	F # 10	200 Medley Relay Lead Off	---	---	-6.21
1:16.70L	F # 14	Men 11-12 100 Free	16	---	-8.27
39.23L	F # 16	Men 11-12 50 Fly	6	---	-6.96
1:46.13L	F # 22	Men 11-12 100 Breast	14	---	-19.59
1:25.32L	F # 74	Men 11-12 100 Back	3	---	-3.07
3:41.12L	F # 76	Men 11-12 200 Breast	14	---	---
3:07.49L	F # 84	Men 11-12 200 Back	3	---	-15.86
<b>Daniel Laynez (11) M</b>					
1:18.26L	F # 14	Men 11-12 100 Free	25	---	-5.68
49.57L	F # 16	Men 11-12 50 Fly	36	---	-15.90
47.28L	F # 18	Men 11-12 50 Back	36	---	-2.17
1:44.91L	F # 22	Men 11-12 100 Breast	11	---	3.00
35.23L	F # 70	200 Free Relay Lead Off	---	---	-1.27
2:55.94L	F # 72	Men 11-12 200 Free	31	---	-0.10
1:34.99L	F # 74	Men 11-12 100 Back	24	---	-0.45
36.82L	F # 78	Men 11-12 50 Free	36	---	0.32
47.25L	F # 80	Men 11-12 50 Breast	13	---	0.10
<b>Ella Lepis (17) W</b>					
2:38.30L	F # 95	Women 15 & Over 200 Fly	1	---	0.76

## COUGAR AQUATIC TEAM

---

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Alex Makovsky (15) M</b>					
1:13.25L	F # 44	Men 15 & Over 100 Back	9	---	0.58
2:45.81L	F # 52	Men 15 & Over 200 IM	37	---	2.69
1:24.18L	F # 94	Men 15 & Over 100 Breast	7	---	-1.44
1:05.19L	F # 98	Men 15 & Over 100 Free	33	---	4.00
<b>Daniel Maniotis (15) M</b>					
1:21.00L	F # 44	Men 15 & Over 100 Back	30	---	---
1:18.24L	F # 48	Men 15 & Over 100 Fly	24	---	2.35
29.94L	F # 50	Men 15 & Over 50 Free	32	---	0.52
37.07L	F # 88	200 Medley Relay Lead Off	---	---	-1.13
1:30.95L	F # 94	Men 15 & Over 100 Breast	18	---	---
1:05.24L	F # 98	Men 15 & Over 100 Free	34	---	0.15
<b>Simon Maza (14) M</b>					
1:18.63L	F # 58	Men 13-14 100 Back	24	---	-18.94
1:20.41L	F # 62	Men 13-14 100 Fly	24	---	---
31.52L	F # 64	Men 13-14 50 Free	48	---	-1.40
1:46.23L	F # 108	Men 13-14 100 Breast	65	---	-4.12
1:12.03L	F # 112	Men 13-14 100 Free	63	---	-0.43
<b>Leonardo McCormick (14) M</b>					
29.05L	F # 56	200 Free Relay Lead Off	---	---	-0.80
3:07.63L	F # 60	Men 13-14 200 Breast	16	---	-4.13
29.55L	F # 64	Men 13-14 50 Free	11	---	-0.30
2:46.28L	F # 66	Men 13-14 200 IM	29	---	4.99
2:20.07L	F # 104	Men 13-14 200 Free	8	---	-6.79
1:02.86L	F # 112	Men 13-14 100 Free	3	---	-2.39
<b>Shannon McGowan (15) W</b>					
1:21.43L	F # 47	Women 15 & Over 100 Fly	3	---	-9.23
2:50.22L	F # 51	Women 15 & Over 200 IM	8	---	-7.66
2:23.51L	F # 89	Women 15 & Over 200 Free	4	---	-4.32
2:48.28L	F # 91	Women 15 & Over 200 Back	12	---	---
<b>Samuel Miller (11) M</b>					
1:34.24L	F # 14	Men 11-12 100 Free	68	---	1.97
54.07L	F # 16	Men 11-12 50 Fly	49	---	---
2:05.14L	F # 22	Men 11-12 100 Breast	45	---	6.48
1:46.94L	F # 74	Men 11-12 100 Back	57	---	---
41.19L	F # 78	Men 11-12 50 Free	76	---	---
55.05L	F # 80	Men 11-12 50 Breast	48	---	---
<b>Grace Moran (14) W</b>					
1:39.17L	F # 57	Women 13-14 100 Back	72	---	-2.39
1:28.07L	F # 61	Women 13-14 100 Fly	15	---	1.55
35.93L	F # 63	Women 13-14 50 Free	76	---	1.53
1:41.02L	F # 107	Women 13-14 100 Breast	28	---	3.92
3:12.56L	F # 109	Women 13-14 200 Fly	13	---	---

## COUGAR AQUATIC TEAM

---

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Caroline Murray (17) W</b>					
1:32.24L	F # 93	Women 15 & Over 100 Breast	1	---	-7.19
<b>Daniel Murray (14) M</b>					
5:15.33L	F # 6	Men 13-14 400 Free	11	---	-10.67
1:18.24L	F # 58	Men 13-14 100 Back	16	---	-11.72
32.15L	F # 64	Men 13-14 50 Free	56	---	-0.50
10:54.60L	F # 68	Men 13-14 800 Free	7	---	-3.23
2:30.21L	F # 104	Men 13-14 200 Free	24	---	-1.85
2:49.02L	F # 106	Men 13-14 200 Back	19	---	-6.11
1:09.76L	F # 112	Men 13-14 100 Free	50	---	0.59
DQ	F # 114	Men 13-14 1500 Free	---	---	---
<b>Ryan Ng (17) M</b>					
2:15.87L	F # 90	Men 15 & Over 200 Free	20	---	-2.45
<b>Coco Okawa-O'Connell (15) W</b>					
3:05.47L	F # 45	Women 15 & Over 200 Breast	2	---	---
1:19.41L	F # 47	Women 15 & Over 100 Fly	2	---	0.28
2:43.21L	F # 51	Women 15 & Over 200 IM	3	---	-1.72
2:26.99L	F # 89	Women 15 & Over 200 Free	8	---	---
2:43.33L	F # 91	Women 15 & Over 200 Back	3	---	---
<b>Kyle Phillips (16) M</b>					
2:31.21L	F # 92	Men 15 & Over 200 Back	3	---	-0.79
2:25.04L	F # 96	Men 15 & Over 200 Fly	2	---	1.19
<b>Mario Pontidis (16) M</b>					
1:02.89L	F # 98	Men 15 & Over 100 Free	23	---	2.35
<b>Vivianna Ramos (14) W</b>					
6:01.77L	F # 1	Women 13-14 400 IM	5	---	---
3:13.17L	F # 59	Women 13-14 200 Breast	14	---	-6.92
31.46L	F # 63	Women 13-14 50 Free	2	---	-2.32
2:54.10L	F # 65	Women 13-14 200 IM	25	---	-2.08
3:11.85L	F # 109	Women 13-14 200 Fly	12	---	---
1:09.39L	F # 111	Women 13-14 100 Free	15	---	-4.00
<b>Sean Rider (12) M</b>					
1:15.23L	F # 14	Men 11-12 100 Free	11	---	---
43.28L	F # 16	Men 11-12 50 Fly	19	---	-7.16
41.99L	F # 18	Men 11-12 50 Back	15	---	-5.31
1:29.95L	F # 74	Men 11-12 100 Back	15	---	---
34.27L	F # 78	Men 11-12 50 Free	13	---	-4.01
1:45.17L	F # 82	Men 11-12 100 Fly	20	---	---
<b>Kailey Ross (17) W</b>					
1:08.75L	F # 97	Women 15 & Over 100 Free	4	---	-0.89

## COUGAR AQUATIC TEAM

---

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Gianna Russo (11) W</b>					
1:57.36L	F # 119	Women 11-12 100 Back	81	---	---
45.66L	F # 123	Women 11-12 50 Free	108	---	---
1:02.77L	F # 125	Women 11-12 50 Breast	59	---	---
<b>Connor Sabia (13) M</b>					
1:18.69L	F # 58	Men 13-14 100 Back	27	---	-2.37
32.34L	F # 64	Men 13-14 50 Free	63	---	-0.10
35.77L	F # 102	200 Medley Relay Lead Off	---	---	-7.22
2:49.54L	F # 106	Men 13-14 200 Back	21	---	-1.60
1:09.53L	F # 112	Men 13-14 100 Free	46	---	1.35
21:28.46L	F # 114	Men 13-14 1500 Free	6	---	6.58
<b>John Sagui (15) M</b>					
5:02.40L	F # 8	Men 15 & Over 400 Free	10	---	-3.99
1:22.55L	F # 44	Men 15 & Over 100 Back	33	---	2.80
3:05.77L	F # 46	Men 15 & Over 200 Breast	28	---	3.40
27.88L	F # 50	Men 15 & Over 50 Free	2	---	-0.33
2:22.77L DQ	F # 90	Men 15 & Over 200 Free	---	---	---
2:51.28L	F # 92	Men 15 & Over 200 Back	24	---	---
1:02.77L	F # 98	Men 15 & Over 100 Free	22	---	-0.09
<b>Samantha Sandomenico (10) W</b>					
3:44.55L	F # 13	Women 10 & Under 200 IM	11	---	---
2:56.02L	F # 73	Women 10 & Under 200 Free	7	---	-41.86
57.36L	F # 79	Women 10 & Under 50 Breast	11	---	-4.86
<b>Koji Sawa (14) M</b>					
2:28.87L	F # 110	Men 13-14 200 Fly	1	---	---
<b>Margaret Sawa (16) W</b>					
2:37.94L	F # 91	Women 15 & Over 200 Back	2	---	-0.72
2:45.85L	F # 95	Women 15 & Over 200 Fly	5	---	---
<b>Jasper Schnieders-Smith (17) M</b>					
2:08.63L	F # 90	Men 15 & Over 200 Free	1	---	-2.33
<b>Micah Schnieders-Smith (11) M</b>					
1:26.66L	F # 14	Men 11-12 100 Free	52	---	-10.93
43.93L	F # 16	Men 11-12 50 Fly	22	---	-6.45
52.47L	F # 18	Men 11-12 50 Back	57	---	5.08
1:45.64L	F # 74	Men 11-12 100 Back	54	---	-0.18
38.57L	F # 78	Men 11-12 50 Free	55	---	0.18
58.52L	F # 80	Men 11-12 50 Breast	57	---	-6.03
<b>Lola Somerstein (14) W</b>					
5:49.83L	F # 1	Women 13-14 400 IM	3	---	-12.13
2:39.42L	F # 65	Women 13-14 200 IM	1	---	-2.38
2:43.57L	F # 105	Women 13-14 200 Back	2	---	---



## COUGAR AQUATIC TEAM

---

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Katelyn Spoerl (11) W</b>					
1:35.25L	F # 29	Women 11-12 100 Free	86	---	-0.11
56.80L DQ	F # 31	Women 11-12 50 Fly	---	---	---
48.47L	F # 33	Women 11-12 50 Back	59	---	-3.31
<b>Sasha Steele (15) W</b>					
1:18.38L	F # 43	Women 15 & Over 100 Back	3	---	-2.61
3:13.89L	F # 45	Women 15 & Over 200 Breast	7	---	---
2:42.15L	F # 51	Women 15 & Over 200 IM	2	---	-0.25
<b>Elaura Thorngren (13) W</b>					
1:39.13L	F # 57	Women 13-14 100 Back	71	---	2.57
1:40.36L	F # 61	Women 13-14 100 Fly	34	---	---
35.88L	F # 63	Women 13-14 50 Free	75	---	0.20
1:46.00L	F # 107	Women 13-14 100 Breast	41	---	-1.20
1:17.84L	F # 111	Women 13-14 100 Free	69	---	-0.20
<b>Mia Trumble (11) W</b>					
52.72L	F # 25	200 Medley Relay Lead Off	---	---	3.53
1:33.93L	F # 29	Women 11-12 100 Free	82	---	0.91
59.01L	F # 31	Women 11-12 50 Fly	59	---	-0.19
50.18L	F # 33	Women 11-12 50 Back	63	---	0.99
1:46.62L	F # 119	Women 11-12 100 Back	70	---	0.31
42.85L	F # 123	Women 11-12 50 Free	99	---	2.21
55.41L	F # 125	Women 11-12 50 Breast	42	---	-1.39
<b>Lexi Whitworth (14) W</b>					
2:43.55L	F # 105	Women 13-14 200 Back	1	---	-4.77
<b>Whitney Wilkins (11) W</b>					
1:37.63L	F # 119	Women 11-12 100 Back	55	---	---
34.37L	F # 123	Women 11-12 50 Free	24	---	---
55.46L	F # 125	Women 11-12 50 Breast	43	---	---
<b>Fabio Yopez (17) M</b>					
DQ	F # 92	Men 15 & Over 200 Back	---	---	---
2:59.66L	F # 96	Men 15 & Over 200 Fly	14	---	9.50
<b>Jorge Yopez (12) M</b>					
1:20.60L	F # 14	Men 11-12 100 Free	36	---	-1.08
41.46L	F # 16	Men 11-12 50 Fly	16	---	-0.51
44.26L	F # 18	Men 11-12 50 Back	22	---	-0.35
1:32.12L	F # 74	Men 11-12 100 Back	19	---	-4.06
35.48L	F # 78	Men 11-12 50 Free	21	---	-1.37
1:39.95L	F # 82	Men 11-12 100 Fly	17	---	---

## COUGAR AQUATIC TEAM

---

### Individual Meet Results

2023 BB LC Silver/Bronze Champs Region A 14-Jul-23 to 16-Jul-23 LC Meters

Location: Sonny Werblin Recreation Center

Cougar Aquatic Team [CAT-NJ] Coach: Eric Harse

Time	F/P/S	Event	Place	Points	Improv
<b>Jj Zarah (13) M</b>					
1:24.18L	F # 58	Men 13-14 100 Back	53	---	-2.96
1:25.92L	F # 62	Men 13-14 100 Fly	41	---	---
34.18L	F # 64	Men 13-14 50 Free	83	---	0.43
2:51.31L	F # 106	Men 13-14 200 Back	25	---	-6.13
1:12.97L	F # 112	Men 13-14 100 Free	67	---	-1.76
<b>Shane Zarah (11) M</b>					
1:29.49L	F # 14	Men 11-12 100 Free	59	---	-3.60
45.16L	F # 16	Men 11-12 50 Fly	26	---	-3.45
51.79L	F # 18	Men 11-12 50 Back	52	---	1.29
1:47.42L	F # 74	Men 11-12 100 Back	59	---	-4.34
40.87L	F # 78	Men 11-12 50 Free	74	---	-2.04
1:43.63L	F # 82	Men 11-12 100 Fly	18	---	-16.30
<b>Sophie Zuluaga (15) W</b>					
5:29.52L	F # 3	Women 15 & Over 400 IM	1	---	-8.13
DQ	F # 51	Women 15 & Over 200 IM	---	---	---
19:17.26L	F # 53	Women 15 & Over 1500 Free	1	---	---
2:18.03L	F # 89	Women 15 & Over 200 Free	1	---	-3.10