

COUGAR AQUATIC TEAM

Individual Meet Results

2025 NJS & Scarlet Gold Championship 20-Mar-25 to 23-Mar-25 Yards

Location: Werblin Recreation Center

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

Time	F/P/S	Event	Place	Points	Improv
BILAL AFIFI (14) M					
48.75Y	P # 28A	Men 13-14 100 FREE	2	---	-0.94
48.84Y	F # 28A	Men 13-14 100 FREE	3	16	-0.85
55.42Y	P # 32A	Men 13-14 100 FLY	4	---	0.50
56.21Y	F # 32A	Men 13-14 100 FLY	6	13	1.29
5:05.27Y	P # 34A	Men 13-14 500 FREE	8	---	9.87
5:06.01Y	F # 34A	Men 13-14 500 FREE	7	12	10.61
2:03.89Y	F # 86A	Men 13-14 200 FLY	5	14	0.73
2:04.95Y	P # 86A	Men 13-14 200 FLY	5	---	1.79
1:46.38Y	F # 136A	Men 13-14 200 FREE	1	20	-0.20
1:47.11Y	P # 136A	Men 13-14 200 FREE	1	---	0.53
DQ	P # 140A	Men 13-14 400 IM	---	---	---
22.32Y	F # 142A	Men 13-14 50 FREE	2	17	-0.03
22.46Y	P # 142A	Men 13-14 50 FREE	2	---	0.11
MOUSA AFIFI (12) M					
33.45Y	F # 12	Men 11-12 50 FLY	53	---	1.51
1:25.07Y	F # 16	Men 11-12 100 BREAST	32	---	3.93
36.65Y	F # 106	Men 11-12 50 BREAST	31	---	0.39
NOUR AFIFI (9) W					
38.86Y	F # 59	Women 10 & Under 50 FLY	61	---	0.54
1:33.66Y	F # 115	Women 10 & Under 100 FLY	45	---	-0.88
VIVIANNE ALBERTINE (10) W					
1:20.26Y	F # 51	Women 10 & Under 100 BACK	23	---	0.36
38.61Y	F # 59	Women 10 & Under 50 FLY	58	---	-0.54
1:25.94Y	F # 101	Women 10 & Under 100 IM	24	---	4.53
36.51Y	F # 105	Women 10 & Under 50 BACK	15	2	-1.61
43.41Y	F # 109	Women 10 & Under 50 BREAST	50	---	-0.42
CAMILA BAZAN (15) W					
1:02.82Y	P # 31B	Women 15 & Over 100 FLY	40	---	0.06
2:41.61Y	P # 35B	Women 15 & Over 200 BREAST	41	---	0.80
2:21.02Y	P # 85B	Women 15 & Over 200 FLY	29	---	1.23
1:05.20Y	P # 137B	Women 15 & Over 100 BACK	51	---	1.44
SASHA BLACK (16) W					
18:35.49Y	F # 1B	Women 15 & Over 1650 FREE	5	14	-13.39
2:15.50Y	P # 29B	Women 15 & Over 200 IM	14	---	-2.67
2:15.78Y	F # 29B	Women 15 & Over 200 IM	15	2	-2.39
11:06.69Y	F # 39	Women 15 & Over 1000 FREE	9	9	-8.32
29.38Y	F # 79	200 Medley Relay Lead Off	---	---	-0.21
2:16.37Y	P # 81B	Women 15 & Over 200 BACK	26	---	1.37
1:02.90Y	P # 137B	Women 15 & Over 100 BACK	32	---	0.18
4:48.37Y	F # 139B	Women 15 & Over 400 IM	9	9	-5.75
4:51.24Y	P # 139B	Women 15 & Over 400 IM	15	---	-2.88
1:04.39Y	F # 145	400 Medley Relay Lead Off	---	---	1.67

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Time	F/P/S	Event	Place	Points	Improv
MARY BRICENO (14) W					
1:04.31Y	P # 31A	Women 13-14 100 FLY	27	---	-2.20
5:35.49Y	P # 33A	Women 13-14 500 FREE	12	5	0.36
2:39.34Y	P # 35A	Women 13-14 200 BREAST	15	2	1.01
1:14.04Y	P # 83A	Women 13-14 100 BREAST	25	---	0.02
2:34.15Y	P # 85A	Women 13-14 200 FLY	32	---	6.57
11:24.00Y	F # 91	Women 13-14 1000 FREE	5	14	-2.60
5:00.41Y	P # 139A	Women 13-14 400 IM	15	2	-6.55
MASON CARTER (15) M					
2:08.68Y	P # 30B	Men 15 & Over 200 IM	35	---	2.62
26.99Y	F # 80	200 Medley Relay Lead Off	---	---	0.06
58.81Y	P # 138B	Men 15 & Over 100 BACK	44	---	1.82
58.87Y	F # 146	400 Medley Relay Lead Off	---	---	1.88
MAX CARTER (16) M					
1:58.61Y	P # 30B	Men 15 & Over 200 IM	10	---	1.78
1:58.61Y	F # 30B	Men 15 & Over 200 IM	12	5	1.78
DQ	P # 36B	Men 15 & Over 200 BREAST	---	---	---
1:49.38Y	F # 38	800 Free Relay Lead Off	---	---	0.01
1:56.95Y	P # 82B	Men 15 & Over 200 BACK	8	---	3.00
2:03.54Y	F # 82B	Men 15 & Over 200 BACK	8	11	9.59
DQ	P # 86B	Men 15 & Over 200 FLY	---	---	---
50.00Y	F # 90	400 Free Relay Lead Off	---	---	0.68
53.23Y	P # 138B	Men 15 & Over 100 BACK	8	---	-0.07
53.26Y	F # 138B	Men 15 & Over 100 BACK	7	12	-0.04
22.28Y	P # 142B	Men 15 & Over 50 FREE	17	---	0.12
22.32Y	F # 142B	Men 15 & Over 50 FREE	11	6	0.16
53.12Y	F # 146	400 Medley Relay Lead Off	---	---	-0.18
BERK CATAK (14) M					
28.96Y	F # 78	200 Medley Relay Lead Off	---	---	---
2:10.48Y	P # 82A	Men 13-14 200 BACK	22	---	-1.25
1:01.20Y	P # 138A	Men 13-14 100 BACK	27	---	-0.03
CHLOE CHONG (16) W					
1:04.27Y	P # 137B	Women 15 & Over 100 BACK	43	---	0.33
ZOPHIA COOK (14) W					
59.84Y	F # 87	400 Free Relay Lead Off	---	---	0.47
27.63Y	F # 131	200 Free Relay Lead Off	---	---	0.30
MATTHEW CZERWINSKI (17) M					
55.52Y	P # 32B	Men 15 & Over 100 FLY	35	---	0.08
58.15Y	P # 138B	Men 15 & Over 100 BACK	43	---	1.10
23.38Y	P # 142B	Men 15 & Over 50 FREE	56	---	-0.09

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Location: Werblin Recreation Center

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

Time	F/P/S	Event	Place	Points	Improv
DAVIS DERUYTER (13) M					
NS	P # 36A	Men 13-14 200 BREAST	---	---	---
2:24.69Y	P # 82A	Men 13-14 200 BACK	46	---	-1.08
1:16.56Y	P # 84A	Men 13-14 100 BREAST	49	---	2.06
NICHOLAS DESOPO (14) M					
50.67Y	P # 28A	Men 13-14 100 FREE	5	---	0.13
50.97Y	F # 28A	Men 13-14 100 FREE	5	14	0.43
55.44Y	P # 32A	Men 13-14 100 FLY	5	---	0.84
56.15Y	F # 32A	Men 13-14 100 FLY	5	14	1.55
X 4:55.77Y	P # 34A	Men 13-14 500 FREE	4	9	-0.22
2:06.18Y	P # 86A	Men 13-14 200 FLY	9	9	5.90
50.90Y	F # 88	400 Free Relay Lead Off	---	---	0.36
24.15Y	F # 132	200 Free Relay Lead Off	---	---	-0.07
1:50.45Y	F # 136A	Men 13-14 200 FREE	5	14	0.84
1:51.31Y	P # 136A	Men 13-14 200 FREE	7	---	1.70
4:34.05Y	P # 140A	Men 13-14 400 IM	11	6	0.86
56.09Y	F # 144	400 Medley Relay Lead Off	---	---	-1.97
TROY DIBBLE (18) M					
51.34Y	P # 28B	Men 15 & Over 100 FREE	41	---	1.19
23.06Y	F # 134	200 Free Relay Lead Off	---	---	-0.08
23.05Y	P # 142B	Men 15 & Over 50 FREE	45	---	-0.09
AVERY DOLLARD (18) W					
56.16Y	P # 27B	Women 15 & Over 100 FREE	36	---	1.27
58.20Y	F # 31B	Women 15 & Over 100 FLY	5	14	-0.34
59.39Y	P # 31B	Women 15 & Over 100 FLY	7	---	0.85
2:06.17Y	F # 85B	Women 15 & Over 200 FLY	5	14	-0.61
2:08.18Y	P # 85B	Women 15 & Over 200 FLY	8	---	1.40
26.38Y	P # 141B	Women 15 & Over 50 FREE	52	---	0.65
BRYAN DOS SANTOS (15) M					
49.66Y	P # 28B	Men 15 & Over 100 FREE	24	---	1.85
2:02.76Y	P # 30B	Men 15 & Over 200 IM	19	---	5.19
52.24Y	P # 32B	Men 15 & Over 100 FLY	5	---	0.40
53.10Y	F # 32B	Men 15 & Over 100 FLY	7	12	1.26
1:02.26Y	P # 84B	Men 15 & Over 100 BREAST	29	---	0.80
22.18Y	F # 134	200 Free Relay Lead Off	---	---	0.19
54.48Y	F # 138B	Men 15 & Over 100 BACK	11	6	-0.03
54.52Y	P # 138B	Men 15 & Over 100 BACK	14	---	0.01
21.81Y	F # 142B	Men 15 & Over 50 FREE	8	11	-0.18
22.16Y	P # 142B	Men 15 & Over 50 FREE	11	---	0.17
NATASHA DURAN-GONZALEZ (15) W					
26.31Y	P # 141B	Women 15 & Over 50 FREE	49	---	-0.30
ARYA DURGANA (9) W					
38.94Y	F # 59	Women 10 & Under 50 FLY	63	---	-0.01

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Time	F/P/S	Event	Place	Points	Improv
BAZIL ESTIME (15) M					
53.02Y	F # 90	400 Free Relay Lead Off	---	---	0.07
23.85Y	F # 134	200 Free Relay Lead Off	---	---	0.59
JONAS FOUNG (15) M					
2:20.28Y	P # 36B	Men 15 & Over 200 BREAST	27	---	-1.28
LUCAS FOUNG (17) M					
2:02.78Y	P # 30B	Men 15 & Over 200 IM	20	---	0.54
25.94Y	F # 80	200 Medley Relay Lead Off	---	---	-0.04
2:01.96Y	P # 82B	Men 15 & Over 200 BACK	25	---	2.77
56.29Y	P # 138B	Men 15 & Over 100 BACK	28	---	2.03
DQ	P # 140B	Men 15 & Over 400 IM	---	---	---
56.67Y	F # 146	400 Medley Relay Lead Off	---	---	2.41
NATHAN FOUNG (12) M					
1:19.90Y	F # 16	Men 11-12 100 BREAST	22	---	1.72
36.78Y	F # 106	Men 11-12 50 BREAST	34	---	-0.40
2:47.65Y	F # 126	Men 11-12 200 BREAST	9	9	-5.01
KEIRA GILLIGAN (17) W					
55.10Y	P # 27B	Women 15 & Over 100 FREE	20	---	---
NS	P # 29B	Women 15 & Over 200 IM	---	---	---
1:58.95Y	F # 37	800 Free Relay Lead Off	---	---	-1.98
1:11.06Y	P # 83B	Women 15 & Over 100 BREAST	20	---	0.85
54.88Y	F # 89	400 Free Relay Lead Off	---	---	-0.22
25.82Y	F # 133	200 Free Relay Lead Off	---	---	0.13
25.76Y	P # 141B	Women 15 & Over 50 FREE	30	---	0.07
REAGAN GILLIGAN (17) W					
54.39Y	P # 27B	Women 15 & Over 100 FREE	8	---	1.68
54.58Y	F # 27B	Women 15 & Over 100 FREE	8	11	1.87
1:00.52Y	P # 31B	Women 15 & Over 100 FLY	18	---	2.36
28.30Y	F # 79	200 Medley Relay Lead Off	---	---	0.48
2:09.83Y	P # 81B	Women 15 & Over 200 BACK	8	---	-2.94
25.26Y	F # 133	200 Free Relay Lead Off	---	---	0.61
1:57.50Y	P # 135B	Women 15 & Over 200 FREE	9	---	2.67
59.05Y	F # 137B	Women 15 & Over 100 BACK	5	14	0.13
59.23Y	P # 137B	Women 15 & Over 100 BACK	6	---	0.31
NS	P # 141B	Women 15 & Over 50 FREE	---	---	---
59.81Y	F # 145	400 Medley Relay Lead Off	---	---	0.89
JORDAN HALL (15) W					
2:42.53Y	P # 35B	Women 15 & Over 200 BREAST	46	---	1.12
AIDAN HONG (16) M					
2:06.10Y	P # 30B	Men 15 & Over 200 IM	28	---	0.72
2:21.88Y	P # 36B	Men 15 & Over 200 BREAST	33	---	-1.13
4:38.92Y	P # 140B	Men 15 & Over 400 IM	39	---	8.84

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Time	F/P/S	Event	Place	Points	Improv
KINGSLEY HONG (14) M					
2:14.29Y	P # 30A	Men 13-14 200 IM	31	---	-1.34
5:24.87Y	P # 34A	Men 13-14 500 FREE	27	---	-0.30
2:29.65Y	P # 36A	Men 13-14 200 BREAST	26	---	-0.77
2:15.19Y	P # 82A	Men 13-14 200 BACK	38	---	-0.05
1:07.76Y	P # 84A	Men 13-14 100 BREAST	24	---	-1.00
1:02.02Y	P # 138A	Men 13-14 100 BACK	35	---	-0.48
4:48.46Y	P # 140A	Men 13-14 400 IM	20	---	3.51
MARIN IEVERS (18) W					
5:26.91Y	F # 33B	Women 15 & Over 500 FREE	13	4	3.73
5:28.22Y	P # 33B	Women 15 & Over 500 FREE	14	---	5.04
SONIA JAGEN (16) W					
55.43Y	P # 27B	Women 15 & Over 100 FREE	24	---	-0.39
DQ	P # 81B	Women 15 & Over 200 BACK	---	---	---
1:11.35Y	P # 83B	Women 15 & Over 100 BREAST	21	---	-1.74
25.34Y	F # 133	200 Free Relay Lead Off	---	---	0.26
1:00.52Y	F # 137B	Women 15 & Over 100 BACK	11	6	-2.47
1:01.12Y	P # 137B	Women 15 & Over 100 BACK	13	---	-1.87
25.19Y	P # 141B	Women 15 & Over 50 FREE	14	---	0.11
25.48Y	F # 141B	Women 15 & Over 50 FREE	14	3	0.40
SASHA KOLBE (15) W					
56.72Y	P # 27B	Women 15 & Over 100 FREE	39	---	0.44
26.04Y	P # 141B	Women 15 & Over 50 FREE	42	---	0.41
LUCA MA (12) M					
59.51Y	F # 6	400 Free Relay Lead Off	---	---	-0.66
1:07.01Y	F # 8	Men 11-12 100 IM	11	6	-0.54
29.50Y	F # 12	Men 11-12 50 FLY	18	---	-0.17
1:16.39Y	F # 16	Men 11-12 100 BREAST	9	9	0.83
27.38Y	F # 18	Men 11-12 50 FREE	27	---	0.12
34.53Y	F # 106	Men 11-12 50 BREAST	10	7	-0.06
1:04.55Y	F # 112	Men 11-12 100 FLY	10	7	-1.49
2:43.40Y	F # 126	Men 11-12 200 BREAST	7	12	-4.96
VIVIAN MCCORMICK (15) W					
2:42.82Y	P # 35B	Women 15 & Over 200 BREAST	48	---	1.38
1:14.12Y	P # 83B	Women 15 & Over 100 BREAST	47	---	0.16
1:04.63Y	P # 137B	Women 15 & Over 100 BACK	50	---	1.61
5:01.90Y	P # 139B	Women 15 & Over 400 IM	25	---	6.35

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Time	F/P/S	Event	Place	Points	Improv
ANGELINA MORENO (12) W					
1:12.22Y	F # 7	Women 11-12 100 IM	33	---	1.13
31.37Y	F # 11	Women 11-12 50 FLY	34	---	0.81
1:25.12Y	F # 15	Women 11-12 100 BREAST	40	---	4.77
2:52.67Y	F # 19	Women 11-12 200 FLY	16	1	11.39
32.25Y	F # 21	200 Medley Relay Lead Off	---	---	0.51
37.29Y	F # 53	Women 11-12 50 BREAST	39	---	-0.10
1:09.80Y	F # 57	Women 11-12 100 FLY	21	---	1.33
31.77Y	F # 69	Women 11-12 50 BACK	11	6	0.03
3:04.12Y	F # 71	Women 11-12 200 BREAST	25	---	10.57
COCO OKAWA-O'CONNELL (17) W					
2:37.98Y	P # 35B	Women 15 & Over 200 BREAST	32	---	-0.13
1:13.23Y	P # 83B	Women 15 & Over 100 BREAST	41	---	1.01
5:09.93Y	P # 139B	Women 15 & Over 400 IM	26	---	13.65
KYLE PHILLIPS (17) M					
54.55Y	P # 32B	Men 15 & Over 100 FLY	25	---	-0.18
4:54.56Y	P # 34B	Men 15 & Over 500 FREE	17	---	4.06
DQ	F # 40	Men 15 & Over 1000 FREE	---	---	---
2:00.10Y	P # 86B	Men 15 & Over 200 FLY	13	---	-3.06
2:02.40Y DQ	F # 86B	Men 15 & Over 200 FLY	---	---	---
1:52.76Y	P # 136B	Men 15 & Over 200 FREE	35	---	4.12
22.85Y	P # 142B	Men 15 & Over 50 FREE	36	---	0.16
SIA RAMANATHAN (13) W					
31.39Y	F # 77	200 Medley Relay Lead Off	---	---	---
1:07.98Y	F # 143	400 Medley Relay Lead Off	---	---	1.50
SAMANTHA SANDOMENICO (12) W					
19:52.96Y	F # 3	Women 11-12 1650 FREE	1	20	-21.25
1:02.64Y	F # 5	400 Free Relay Lead Off	---	---	1.22
2:11.03Y	F # 9	Women 11-12 200 FREE	6	13	-1.71
11:58.38Y	F # 25	Women 11-12 1000 FREE	6	13	-22.91
5:48.86Y	F # 45	Women 11-12 500 FREE	8	11	-1.64
KOJI SAWA (16) M					
1:54.92Y	P # 30B	Men 15 & Over 200 IM	4	---	-0.17
50.93Y	F # 32B	Men 15 & Over 100 FLY	4	15	-0.80
51.48Y	P # 32B	Men 15 & Over 100 FLY	4	---	-0.25
23.69Y	F # 80	200 Medley Relay Lead Off	---	---	-5.15
1:55.06Y	P # 82B	Men 15 & Over 200 BACK	7	---	-0.57
1:00.25Y DQ	P # 84B	Men 15 & Over 100 BREAST	---	---	---
51.57Y	F # 138B	Men 15 & Over 100 BACK	3	16	-0.44
52.45Y	P # 138B	Men 15 & Over 100 BACK	3	---	0.44

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Time	F/P/S	Event	Place	Points	Improv
MARGARET SAWA (18) W					
54.10Y	F # 27B	Women 15 & Over 100 FREE	11	6	-0.31
54.56Y	P # 27B	Women 15 & Over 100 FREE	13	---	0.15
59.33Y	F # 31B	Women 15 & Over 100 FLY	9	9	-0.59
59.68Y	P # 31B	Women 15 & Over 100 FLY	10	---	-0.24
2:17.33Y	P # 85B	Women 15 & Over 200 FLY	17	---	4.70
1:57.88Y	F # 135B	Women 15 & Over 200 FREE	9	9	0.61
1:58.61Y	P # 135B	Women 15 & Over 200 FREE	11	---	1.34
25.35Y	P # 141B	Women 15 & Over 50 FREE	18	---	0.16
KIKI SCURA (11) W					
38.25Y	F # 11	Women 11-12 50 FLY	47	---	-1.57
31.65Y	F # 17	Women 11-12 50 FREE	28	---	-0.04
LOLA SOMERSTEIN (15) W					
55.04Y	P # 27B	Women 15 & Over 100 FREE	18	---	-0.21
58.11Y	F # 31B	Women 15 & Over 100 FLY	4	15	0.93
59.54Y	P # 31B	Women 15 & Over 100 FLY	8	---	2.36
54.84Y	F # 89	400 Free Relay Lead Off	---	---	-0.41
1:02.01Y	P # 137B	Women 15 & Over 100 BACK	23	---	1.93
25.93Y	P # 141B	Women 15 & Over 50 FREE	37	---	0.91
SASHA STEELE (16) W					
2:25.16Y	P # 29B	Women 15 & Over 200 IM	32	---	5.63
MARK SUAREZ (16) M					
49.39Y	P # 28B	Men 15 & Over 100 FREE	22	---	0.18
55.43Y	P # 32B	Men 15 & Over 100 FLY	32	---	1.09
1:48.52Y	P # 136B	Men 15 & Over 200 FREE	24	---	0.11
1:51.78Y	F # 136B	Men 15 & Over 200 FREE	16	1	3.37
DQ	P # 138B	Men 15 & Over 100 BACK	---	---	---
22.86Y	P # 142B	Men 15 & Over 50 FREE	40	---	0.29
ISAAC SUH (9) M					
38.43Y	F # 52	Men 10 & Under 50 BACK	38	---	0.52
43.34Y	F # 56	Men 10 & Under 50 BREAST	33	---	0.29
1:32.54Y	F # 60	Men 10 & Under 100 FLY	38	---	0.13
1:33.20Y	F # 108	Men 10 & Under 100 BREAST	29	---	-0.10
40.06Y	F # 114	Men 10 & Under 50 FLY	68	---	0.17
EVALYN THEODOROU (10) W					
39.95Y	F # 43	200 Medley Relay Lead Off	---	---	0.81
35.06Y	F # 95	200 Free Relay Lead Off	---	---	1.19
43.15Y	F # 109	Women 10 & Under 50 BREAST	43	---	0.13

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FINN TOBIN (16) M					
48.27Y	P # 28B	Men 15 & Over 100 FREE	8	---	-0.74
48.68Y	F # 28B	Men 15 & Over 100 FREE	7	12	-0.33
53.08Y	P # 32B	Men 15 & Over 100 FLY	10	---	-0.03
53.51Y	F # 32B	Men 15 & Over 100 FLY	12	5	0.40
1:58.42Y	F # 82B	Men 15 & Over 200 BACK	10	7	-5.52
1:59.65Y	P # 82B	Men 15 & Over 200 BACK	15	---	-4.29
52.51Y	P # 138B	Men 15 & Over 100 BACK	4	---	-1.58
52.53Y	F # 138B	Men 15 & Over 100 BACK	4	15	-1.56
21.98Y	F # 142B	Men 15 & Over 50 FREE	9	9	-0.20
22.17Y	P # 142B	Men 15 & Over 50 FREE	12	---	-0.01
TERENCE TUAZON (9) M					
38.80Y	F # 52	Men 10 & Under 50 BACK	40	---	1.75
44.64Y	F # 56	Men 10 & Under 50 BREAST	39	---	0.04
1:31.10Y	F # 60	Men 10 & Under 100 FLY	36	---	4.80
1:24.83Y	F # 104	Men 10 & Under 100 BACK	30	---	3.93
41.28Y	F # 114	Men 10 & Under 50 FLY	73	---	3.89
LEAH WANG (11) W					
1:24.35Y	F # 15	Women 11-12 100 BREAST	39	---	3.87
39.18Y	F # 53	Women 11-12 50 BREAST	46	---	1.71
3:00.49Y	F # 71	Women 11-12 200 BREAST	24	---	8.74
LEXI WHITWORTH (16) W					
26.41Y	P # 141B	Women 15 & Over 50 FREE	55	---	0.20
CADEN WILSON (9) M					
49.24Y	F # 44	200 Medley Relay Lead Off	---	---	9.48
34.67Y	F # 96	200 Free Relay Lead Off	---	---	-1.60
SHANE ZARAH (12) M					
31.61Y	F # 12	Men 11-12 50 FLY	42	---	0.09
2:30.20Y DQ	F # 20	Men 11-12 200 FLY	---	---	---
34.84Y	F # 22	200 Medley Relay Lead Off	---	---	-7.12
29.29Y	F # 94	200 Free Relay Lead Off	---	---	0.31
5:54.42Y	F # 98	Men 11-12 500 FREE	20	---	-0.45
1:09.98Y	F # 112	Men 11-12 100 FLY	29	---	1.49
1:13.39Y	F # 130	400 Medley Relay Lead Off	---	---	0.96
DAVID ZOLTEK (18) M					
48.18Y	P # 28B	Men 15 & Over 100 FREE	6	---	0.22
48.71Y	F # 28B	Men 15 & Over 100 FREE	8	11	0.75
1:01.72Y	P # 84B	Men 15 & Over 100 BREAST	22	---	-0.55
48.20Y	F # 90	400 Free Relay Lead Off	---	---	0.24
1:45.86Y	F # 136B	Men 15 & Over 200 FREE	9	9	0.36
1:46.88Y	P # 136B	Men 15 & Over 200 FREE	12	---	1.38
22.85Y	P # 142B	Men 15 & Over 50 FREE	36	---	0.56

COUGAR AQUATIC TEAM

Individual Meet Results

2025 NJS & Scarlet Gold Championship 20-Mar-25 to 23-Mar-25 Yards

Location: Werblin Recreation Center

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

Time	F/P/S	Event	Place	Points	Improv
SOPHIE ZULUAGA (17) W					
2:12.47Y	P # 29B	Women 15 & Over 200 IM	4	---	-1.61
2:14.61Y	F # 29B	Women 15 & Over 200 IM	7	12	0.53
X 5:07.22Y	P # 33B	Women 15 & Over 500 FREE	---	---	-1.00
10:50.71Y	F # 39	Women 15 & Over 1000 FREE	5	14	7.41
29.26Y	F # 79	200 Medley Relay Lead Off	---	---	0.19
55.79Y	F # 89	400 Free Relay Lead Off	---	---	-0.30
1:56.77Y	F # 135B	Women 15 & Over 200 FREE	8	11	-1.28
1:56.89Y	P # 135B	Women 15 & Over 200 FREE	8	---	-1.16
1:00.76Y	P # 137B	Women 15 & Over 100 BACK	11	---	-0.32
1:01.83Y	F # 137B	Women 15 & Over 100 BACK	16	1	0.75
NS	P # 139B	Women 15 & Over 400 IM	---	---	---
1:02.45Y	F # 145	400 Medley Relay Lead Off	---	---	1.37