

2024 A/B MEET

January 12th - 14th

at the
ETOBICOKE OLYMPIUM

Hosted by



2024 AB Meet - 2024-01-12 to 2024-01-14

Meet Program - SUN 11-12 "B" - DEEP

Event 177 Girls 11-12 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 6 Finals Starts at 01:00 PM					
1	Larbi, Nana	12	HAC	4:19.06	___
2	El-Hajjami, Racha	12	HAC	4:11.92	___
3	Zenteno, Nicole	12	HAC	4:00.00	___
4	Blanchard, Grace	11	HAC	3:56.26	___
5	Hird, Thea	11	HAC	4:00.00	___
6	Barba, Patricia	11	LSC	4:00.19	___
7	Clark, Taylor	12	HAC	4:14.58	___
8	Awuah-Gyau, Obaa	12	HAC	4:55.83	___
Heat 2 of 6 Finals Starts at 01:06 PM					
1	Hickey, Juliet	11	HAC	3:50.34	___
2	Greenspoon, Sofie	12	HAC	3:42.79	___
3	Gaukroger, Abby	12	HAC	3:38.09	___
4	Li, Mofei	11	LSC	3:32.79	___
5	Bender, Ellie	11	HAC	3:34.56	___
6	Huo, Isabella	11	CW	3:40.00	___
7	Castano, Luna	12	CW	3:47.59	___
8	Londono, Caitlin	11	ESWIM	3:51.69	___
Heat 3 of 6 Finals Starts at 01:10 PM					
1	de Ruiter, Marie	11	COBRA	3:27.98	___
2	Pickles, Eve	12	HAC	3:26.86	___
3	Cameron, Clara	12	HAC	3:24.28	___
4	Le, Elizabeth	11	ESWIM	3:20.86	___
5	Pushkarna, Shanaya	12	HAC	3:24.13	___
6	Keesmaat, Aria	11	HAC	3:24.98	___
7	Ogundipe, 'dunsin	11	HAC	3:27.50	___
8	Tran, Madison	11	CW	3:30.00	___
Heat 4 of 6 Finals Starts at 01:14 PM					
1	Buchanan, Zuri	11	COBRA	3:20.13	___
2	Schwarz, Linda	12	CW	3:15.00	___
3	Peralta, Abigail	11	YORK	3:09.48	___
4	Barnes, Annabella	12	HAC	3:08.34	___
5	Wang, Sophia	11	ESWIM	3:08.86	___
6	Yates, Audrey	12	HAC	3:13.07	___
7	Brind, Kalena	12	HAC	3:15.96	___
8	Grant, Emma	11	ESWIM	3:20.35	___
Heat 5 of 6 Finals Starts at 01:17 PM					
1	Bindra, Anayaa	11	COBRA	3:07.97	___
2	Pasic, Anastasia	11	ESWIM	3:04.26	___
3	Ottavino, Elia	12	ESWIM	3:01.70	___
4	Janeiro, Ava	12	ESWIM	2:58.87	___
5	Podolsky, Alina	12	COBRA	2:58.98	___
6	Ameri Naeini, Nika	12	YORK	3:03.96	___
7	Donovan, Adelaide	12	LSC	3:07.89	___
8	Trani, Victoria	11	COBRA	3:08.24	___
Heat 6 of 6 Finals Starts at 01:21 PM					
1	Masnyk-Moore, Anastasia	12	ESWIM	2:51.35	___
2	Liu, Yiling	12	ESWIM	2:50.00	___
3	Li, Danielle	12	HAC	2:48.61	___
4	Fuller, Victoria	12	GRAC	2:46.32	___
5	Prinzen-Klages, Natalie	12	STARS	2:47.64	___
6	Grobb, Piper	12	HAC	2:49.93	___
7	Han, Ruobing	12	ESWIM	2:50.00	___
8	Chhabra, Janvi	12	ESWIM	2:52.13	___

Event 178 Boys 11-12 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
Heat 1 of 5 Finals Starts at 01:24 PM					
1					___
2	Yue, Jackson	11	LSC	4:19.49	___
3	Lee, Luke	11	ROW	4:04.11	___
4	Liu, Samuel	11	ROW	3:46.30	___
5	Soliman, Ziad	11	LSC	3:57.38	___
6	Kot, Nikhil	11	LSC	4:14.09	___
7					___
8					___
Heat 2 of 5 Finals Starts at 01:29 PM					
1	Berger, Owen	11	HAC	3:43.88	___
2	Li, Calvin	11	ROW	3:37.82	___
3	Costanzo, Viggo	12	HAC	3:31.04	___
4	Chiasson, Colby	12	HAC	3:25.43	___
5	Moir, Joey	11	HAC	3:26.19	___
6	Ali, Malek	11	HAC	3:35.40	___
7	Tran, Jonathan	12	CW	3:38.10	___
8	Dillon, David	11	LSC	3:45.36	___
Heat 3 of 5 Finals Starts at 01:33 PM					
1	Vraets, Elliot	12	HAC	3:23.32	___
2	Guerreiro, Thomas	12	HAC	3:20.45	___
3	Pathirane, Sidath	12	STARS	3:15.00	___
4	Weinkauf, Nicholas	11	LSC	3:12.98	___
5	Ouellette, Mason	11	COBRA	3:13.68	___
6	Szpirglas, Leo	11	ROW	3:17.25	___
7	Morozov, Michael	11	COBRA	3:20.91	___
8	Sagar, Jackson	11	COBRA	3:23.56	___
Heat 4 of 5 Finals Starts at 01:37 PM					
1	Barrett, Ilya	11	HAC	3:08.92	___
2	Yiannacouras, Jason	11	ESWIM	3:08.09	___
3	Faddoul, Marc	12	HAC	3:05.28	___
4	Litt, Gurdit	11	COBRA	3:04.29	___
5	Pshyk, Adrian	12	ESWIM	3:04.76	___
6	Shevkopyas, Ivan	11	CW	3:07.24	___
7	Oliver, Caden	12	ESWIM	3:08.27	___
8	Xhangolli, Aleksander	12	ESWIM	3:10.68	___
Heat 5 of 5 Finals Starts at 01:40 PM					
1	Papke, Justin	11	CW	2:57.95	___
2	Abouwafia, Seleem	12	ESWIM	2:52.06	___
3	Hurtado Diaz, Alex	12	YORK	2:48.11	___
4	Johnston, Coen	12	HAC	2:43.09	___
5	Luis, Levi	12	STARS	2:46.53	___
6	Gao, Evan	12	CW	2:50.12	___
7	Bekteshi, Etienne	12	ESWIM	2:57.92	___
8	Ardeleanu, Andrew	12	COBRA	2:59.55	___

2024 AB Meet - 2024-01-12 to 2024-01-14

Meet Program - SUN 11-12 "B" - DEEP

Event 179 Girls 11-12 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals Starts at 01:44 PM				
1				___
2				___
3	Greenspoon, Sofie	12	HAC	1:10.52 ___
4	Dhanao, Rayna	12	STARS	1:00.52 ___
5	Szpirglas, Ruby	11	ROW	1:06.27 ___
6				___
7				___
8				___
Heat 2 of 5 Finals Starts at 01:45 PM				
1	Donovan, Adelaide	12	LSC	55.96 ___
2	Londono, Caitlin	11	ESWIM	55.68 ___
3	Kapetanovic, Leila	12	LSC	54.95 ___
4	Bridgemohan, Mikayla	12	STARS	52.96 ___
5	Hocevar, Klara	11	ESWIM	53.79 ___
6	Oliveira, Abigail	11	ESWIM	55.00 ___
7	Holland, Lexi	11	CW	55.72 ___
8	Barba, Patricia	11	LSC	56.11 ___
Heat 3 of 5 Finals Starts at 01:47 PM				
1	Reimer, Sophie	11	CW	51.84 ___
2	Wang, Sophia	11	ESWIM	50.42 ___
3	Askerova, Nika	12	YORK	48.31 ___
4	Smith, Emi	12	LSC	47.05 ___
5	Gomes, Dahlia	11	LSC	47.57 ___
6	Gao, Felicia	12	CW	48.96 ___
7	Borges, Audrey	11	LSC	50.55 ___
8	Keesmaat, Aria	11	HAC	52.08 ___
Heat 4 of 5 Finals Starts at 01:48 PM				
1	Crosby, Anna	11	CW	45.74 ___
2	Bindra, Anayaa	11	COBRA	45.51 ___
3	Li, Mofei	11	LSC	45.29 ___
4	Pasic, Anastasia	11	ESWIM	44.40 ___
5	Tran, Madison	11	CW	44.55 ___
6	Trani, Victoria	11	COBRA	45.44 ___
7	Wu, Alison	11	CW	45.73 ___
8	White, Emma	11	ESWIM	46.37 ___
Heat 5 of 5 Finals Starts at 01:50 PM				
1	Zawadzka, Marlee	12	ROW	43.19 ___
2	Liu, Yiling	12	ESWIM	42.15 ___
3	Prinzen-Klages, Nora	12	STARS	41.55 ___
4	Gabriel, Simone	12	LSC	41.08 ___
5	Service, Avery	11	ESWIM	41.47 ___
6	Allen, Megan	12	CW	41.92 ___
7	Peralta, Abigail	11	YORK	42.71 ___
8	Schwarz, Linda	12	CW	43.93 ___

Event 180 Boys 11-12 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 01:51 PM				
1	St.Amand, Marcus	11	LSC	57.26 ___
2	Pathirane, Sidath	12	STARS	53.70 ___
3	Kovacic, Hugo	11	LSC	52.55 ___
4	Sekhon, Sabir	11	ROW	51.89 ___
5	Vervena, Coen	11	LSC	52.32 ___
6	Liu, Samuel	11	ROW	52.91 ___
7	Kot, Nikhil	11	LSC	56.30 ___
8	Yue, Jackson	11	LSC	1:00.56 ___
Heat 2 of 3 Finals Starts at 01:53 PM				
1	Morozov, Michael	11	COBRA	51.63 ___
2	Merrilles, John	12	LSC	50.35 ___
3	Tolkach, Leo	12	ESWIM	50.00 ___
4	Szuster, Braden	12	LSC	47.77 ___
5	Kirchner-Terpstra, Zachary	11	ESWIM	48.74 ___
6	Li, Richard	11	ESWIM	50.05 ___
7	Ciafaloni, Freddy	11	ESWIM	50.93 ___
8	Lee, Luke	11	ROW	51.74 ___
Heat 3 of 3 Finals Starts at 01:54 PM				
1	Naram, Arjun	12	STARS	45.99 ___
2	Bright, Alexander	11	ROW	45.37 ___
3	Weinkauf, Nicholas	11	LSC	43.74 ___
4	Papke, Justin	11	CW	43.25 ___
5	Masoumi Rad, Damon	11	ESWIM	43.39 ___
6	Luis, Levi	12	STARS	43.75 ___
7	Madathil, Shivaun	12	CW	45.41 ___
8	Litt, Gurdit	11	COBRA	46.50 ___
Event 181 Girls 11-12 200 SC Meter Breaststroke				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 01:55 PM				
1	Wu, Alison	11	CW	4:15.00 ___
2	Yates, Audrey	12	HAC	4:00.41 ___
3	Cameron, Clara	12	HAC	4:00.00 ___
4	Grant, Emma	11	ESWIM	3:57.64 ___
5	Brind, Kalena	12	HAC	3:59.79 ___
6	Pushkarna, Shanaya	12	HAC	4:00.00 ___
7	Ellul, Andreana	11	ESWIM	4:04.01 ___
8	Zang, Angela	11	CW	4:15.00 ___
Heat 2 of 3 Finals Starts at 02:00 PM				
1	Dey, Zoe	11	ROW	3:54.83 ___
2	Askerova, Nika	12	YORK	3:53.03 ___
3	Wyatt, Isabella	11	CW	3:50.00 ___
4	Gabriel, Simone	12	LSC	3:47.08 ___
5	Miceli, Carmelina	12	LSC	3:49.34 ___
6	Thiessen, Nora	11	CW	3:51.83 ___
7	Barnes, Annabella	12	HAC	3:54.25 ___
8	de Ruiter, Marie	11	COBRA	3:55.88 ___

2024 AB Meet - 2024-01-12 to 2024-01-14

Meet Program - SUN 11-12 "B" - DEEP

Heat 3 Finals (#181 Girls 11-12 200 SC Meter Breaststroke)

1	Podolsky, Alina	12	COBRA	3:45.78	___
2	Buchanan, Zuri	11	COBRA	3:40.88	___
3	Chhabra, Janvi	12	ESWIM	3:39.79	___
4	Masnyk-Moore, Anastasia	12	ESWIM	3:33.98	___
5	Kapetanovic, Leila	12	LSC	3:42.36L	___
6	Han, Ruobing	12	ESWIM	3:40.00	___
7	Ameri Naeini, Nika	12	YORK	3:43.41	___
8	Janeiro, Ava	12	ESWIM	3:46.07	___

Event 182 Boys 11-12 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 3 Finals Starts at 02:08 PM

1					___
2	Bekteshi, Etienne	12	ESWIM	NT	___
3	Xhangolli, Aleksander	12	ESWIM	4:32.71	___
4	Hurtado Diaz, Alex	12	YORK	4:27.53	___
5	Berger, Owen	11	HAC	4:30.00	___
6	Soliman, Ziad	11	LSC	4:52.85	___
7					___
8					___

Heat 2 of 3 Finals Starts at 02:14 PM

1	Vervena, Coen	11	LSC	4:12.12	___
2	Kozlowski, Frank	11	CW	4:10.00	___
3	Kovacic, Hugo	11	LSC	4:02.49	___
4	Ali, Malek	11	HAC	3:57.55	___
5	Yiannacouras, Jason	11	ESWIM	3:59.67	___
6	Weinkauf, Nicholas	11	LSC	4:03.48	___
7	Li, Calvin	11	ROW	4:11.05	___
8	St.Amand, Marcus	11	LSC	4:20.12	___

Heat 3 of 3 Finals Starts at 02:18 PM

1	Tran, Jonathan	12	CW	3:50.00	___
2	Szpirglas, Leo	11	ROW	3:48.05	___
3	Madathil, Aryan	12	CW	3:34.92	___
4	Gao, Evan	12	CW	3:29.41	___
5	Faddoul, Marc	12	HAC	3:32.23	___
6	Abouwafia, Seleem	12	ESWIM	3:40.00	___
7	Johnston, Coen	12	HAC	3:50.00	___
8	Oliver, Caden	12	ESWIM	3:54.46	___

Event 183 Girls 11-12 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 2 Finals Starts at 02:23 PM

1					___
2					___
3	Bender, Ellie	11	HAC	2:07.95	___
4	Smith, Emi	12	LSC	2:06.34	___
5	Gomes, Dahlia	11	LSC	2:07.15	___
6					___
7					___
8					___

Heat 2 of 2 Finals Starts at 02:25 PM

1	Ogundipe, 'dunsin	11	HAC	2:00.00	___
2	Pickles, Eve	12	HAC	1:56.07	___
3	Service, Avery	11	ESWIM	1:40.72	___
4	Salini-Cox, Evangelia	12	YORK	1:32.24	___
5	Gao, Felicia	12	CW	1:40.19	___
6	Wyatt, Isabella	11	CW	1:55.00	___
7	Grant, Emma	11	ESWIM	1:59.52	___
8	Miceli, Carmelina	12	LSC	2:04.21	___

Event 184 Boys 11-12 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 2 Finals Starts at 02:27 PM

1					___
2	Chak, Cole	11	ESWIM	NT	___
3	Chiasson, Colby	12	HAC	2:06.29	___
4	Guerreiro, Thomas	12	HAC	2:00.00	___
5	Ciafaloni, Freddy	11	ESWIM	2:00.64	___
6	Costanzo, Viggo	12	HAC	2:07.85	___
7					___
8					___

Heat 2 of 2 Finals Starts at 02:30 PM

1	Vraets, Elliot	12	HAC	1:55.00	___
2	Sagar, Jackson	11	COBRA	1:51.03	___
3	Masoumi Rad, Damon	11	ESWIM	1:43.59	___
4	Madathil, Shivaun	12	CW	1:29.00	___
5	Abouwafia, Seleem	12	ESWIM	1:35.00	___
6	Ardeleanu, Andrew	12	COBRA	1:45.88	___
7	Moir, Joey	11	HAC	1:51.15	___
8	Szpirglas, Leo	11	ROW	1:55.00	___

Event 185 Girls 11-12 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 9 Finals Starts at 02:32 PM

1					___
2					___
3	Szpirglas, Ruby	11	ROW	59.36	___
4	Blanchard, Grace	11	HAC	54.86	___
5	Hird, Thea	11	HAC	54.86	___
6					___
7					___
8					___

Heat 2 of 9 Finals Starts at 02:33 PM

1	Holland, Lexi	11	CW	50.08	___
2	El-Hajjami, Racha	12	HAC	48.53	___
3	Brind, Kalena	12	HAC	46.31	___
4	Clark, Taylor	12	HAC	45.00	___
5	Gaukroger, Abby	12	HAC	45.00	___
6	Awuah-Gyau, Obaa	12	HAC	47.13	___
7	Dhanoa, Rayna	12	STARS	48.89	___
8	Reimer, Sophie	11	CW	52.66	___

2024 AB Meet - 2024-01-12 to 2024-01-14

Meet Program - SUN 11-12 "B" - DEEP

Heat 3 Finals (#185 Girls 11-12 50 SC Meter Freestyle)

1	Larbi, Nana	12	HAC	44.94	___
2	Hocevar, Klara	11	ESWIM	44.37	___
3	Greenspoon, Sofie	12	HAC	44.17	___
4	Ellul, Andreana	11	ESWIM	43.98	___
5	Wu, Alison	11	CW	43.99	___
6	Borges, Audrey	11	LSC	44.37	___
7	Hickey, Juliet	11	HAC	44.93	___
8	Zenteno, Nicole	12	HAC	45.00	___

Heat 4 of 9 Finals Starts at 02:36 PM

1	Castano, Luna	12	CW	42.99	___
2	Bender, Ellie	11	HAC	42.67	___
3	Huo, Isabella	11	CW	42.38	___
4	White, Emma	11	ESWIM	41.50	___
5	Ogundipe, 'dunsin	11	HAC	42.07	___
6	Zang, Angela	11	CW	42.48	___
7	Barba, Patricia	11	LSC	42.88	___
8	Londono, Caitlin	11	ESWIM	43.28	___

Heat 5 of 9 Finals Starts at 02:37 PM

1	Pickles, Eve	12	HAC	40.43	___
2	Oliveira, Abigail	11	ESWIM	40.00	___
3	Yates, Audrey	12	HAC	39.70	___
4	Grant, Emma	11	ESWIM	39.49	___
5	Askerova, Nika	12	YORK	39.69	___
6	Le, Elizabeth	11	ESWIM	39.88	___
7	de Ruiten, Marie	11	COBRA	40.04	___
8	Dey, Zoe	11	ROW	41.19	___

Heat 6 of 9 Finals Starts at 02:38 PM

1	Bridgemohan, Mikayla	12	STARS	39.27	___
2	Buchanan, Zuri	11	COBRA	38.97	___
3	Ottavino, Elia	12	ESWIM	38.05	___
4	Barnes, Annabella	12	HAC	37.93	___
5	Trani, Victoria	11	COBRA	37.94	___
6	Peralta, Abigail	11	YORK	38.62	___
7	Cameron, Clara	12	HAC	39.18	___
8	Pasic, Anastasia	11	ESWIM	39.45	___

Heat 7 of 9 Finals Starts at 02:39 PM

1	Smith, Emi	12	LSC	37.74	___
2	Schwarz, Linda	12	CW	37.56	___
3	Wang, Sophia	11	ESWIM	37.13	___
4	Zawadzka, Marlee	12	ROW	36.73	___
5	Allen, Megan	12	CW	36.82	___
6	Pushkarna, Shanaya	12	HAC	37.54	___
7	Ameri Naeini, Nika	12	YORK	37.72	___
8	Thiessen, Nora	11	CW	37.85	___

Heat 8 of 9 Finals Starts at 02:40 PM

1	Tran, Madison	11	CW	36.56	___
2	Chhabra, Janvi	12	ESWIM	36.29	___
3	Bindra, Anayaa	11	COBRA	36.02	___
4	Prinzen-Klages, Nora	12	STARS	35.27	___
5	Podolsky, Alina	12	COBRA	35.94	___
6	Masnyk-Moore, Anastasia	12	ESWIM	36.22	___
7	Service, Avery	11	ESWIM	36.46	___
8	Liu, Yiling	12	ESWIM	36.73	___

Heat 9 of 9 Finals Starts at 02:41 PM

1	Prinzen-Klages, Natalie	12	STARS	34.89	___
2	Salini-Cox, Evangelia	12	YORK	34.71	___
3	Crosby, Anna	11	CW	34.23	___
4	Li, Danielle	12	HAC	33.59	___
5	Han, Ruobing	12	ESWIM	34.00	___
6	Janeiro, Ava	12	ESWIM	34.25	___
7	Grobb, Piper	12	HAC	34.82	___
8	Fuller, Victoria	12	GRAC	35.05	___

Event 186 Boys 11-12 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals Starts at 02:42 PM

1					___
2					___
3	Yue, Jackson	11	LSC	54.37	___
4	Soliman, Ziad	11	LSC	46.48	___
5	Li, Richard	11	ESWIM	47.05	___
6					___
7					___
8					___

Heat 2 of 6 Finals Starts at 02:43 PM

1	Kirchner-Terpstra, Zachary	11	ESWIM	45.24	___
2	Tolkach, Leo	12	ESWIM	45.00	___
3	Kozlowski, Frank	11	CW	44.09	___
4	Dillon, David	11	LSC	42.51	___
5	Vervena, Coen	11	LSC	42.53	___
6	Berger, Owen	11	HAC	44.93	___
7	Chak, Cole	11	ESWIM	45.14	___
8	Sekhon, Sabir	11	ROW	45.76	___

Heat 3 of 6 Finals Starts at 02:44 PM

1	Boskovski, Mark	11	ROW	42.20	___
2	Sagar, Jackson	11	COBRA	41.57	___
3	Costanzo, Viggo	12	HAC	40.91	___
4	Vraets, Elliot	12	HAC	40.33	___
5	Merriles, John	12	LSC	40.39	___
6	Ouellette, Mason	11	COBRA	40.98	___
7	Li, Calvin	11	ROW	42.05	___
8	Bright, Alexander	11	ROW	42.46	___

Heat 4 of 6 Finals Starts at 02:45 PM

1	Guerreiro, Thomas	12	HAC	39.90	___
2	Yiannacouras, Jason	11	ESWIM	39.60	___
3	Oliver, Caden	12	ESWIM	38.88	___
4	Chiasson, Colby	12	HAC	38.38	___
5	Morozov, Michael	11	COBRA	38.69	___
6	Ali, Malek	11	HAC	39.27	___
7	Szuster, Braden	12	LSC	39.76	___
8	Ciafaloni, Freddy	11	ESWIM	40.10	___

Heat 5 of 6 Finals Starts at 02:46 PM

1	Masoumi Rad, Damon	11	ESWIM	38.22	___
2	Barrett, Ilya	11	HAC	37.74	___
3	Faddoul, Marc	12	HAC	37.15	___
4	Pathirane, Sidath	12	STARS	36.96	___
5	Naram, Arjun	12	STARS	37.03	___
6	Shevkopyas, Ivan	11	CW	37.62	___
7	Xhangolli, Aleksander	12	ESWIM	37.85	___
8	Litt, Gurdit	11	COBRA	38.29	___

CAFÉ MENU

main

BREAKFAST SANDWICH

bacon, egg and cheese on a bagel

BAGEL W/ BUTTER

plain, sesame or everything

BAGEL W/ CREAM CHEESE

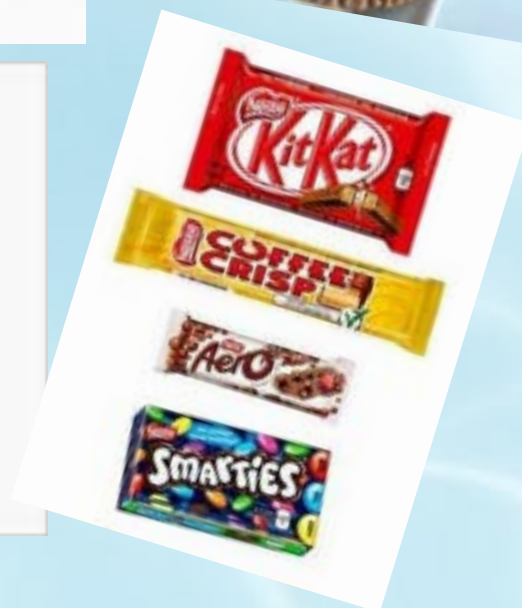
plain, sesame or everything

BURGER

PULLED PORK SANDWICH W/ COLESLAW

TUNA SALAD SANDWICH

EGG SALAD SANDWICH



snacks

VEGETABLE OR FRUIT CUP

YOGURT CUP WITH BLUEBERRIES

MUFFIN (CHOCOLATE, BLUEBERRY)

SOUR KEY CANDY (BERRIES, PEACH)

CHOCOLATE BAR

GRANOLA BAR

PROTEIN BAR

CHIPS

drinks

COFFEE OR TEA

earl grey, green, orange pekoe, peppermint

GATORADE

APPLE OR ORANGE JUICE

CHOCOLATE MILK

BOTTLED WATER

POP



THANK YOU FOR SUPPORTING OUR SWIMMERS!

2024 AB Meet - 2024-01-12 to 2024-01-14

Meet Program - SUN 11-12 "B" - DEEP

Heat 6 Finals (#186 Boys 11-12 50 SC Meter Freestyle)

1	Ardeleanu, Andrew	12	COBRA	36.45	___
2	Hurtado Diaz, Alex	12	YORK	34.90	___
3	Gao, Evan	12	CW	34.16	___
4	Johnston, Coen	12	HAC	33.71	___
5	Luis, Levi	12	STARS	33.75	___
6	Tran, Jonathan	12	CW	34.32	___
7	Pshyk, Adrian	12	ESWIM	35.11	___
8	Bekteshi, Etienne	12	ESWIM	36.56	___

Event 187 Girls 11-12 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed	Time
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Heat 1 of 2 Finals Starts at 02:48 PM

1	Castano, Luna	12	CW	4:18.63	___
2	Le, Elizabeth	11	ESWIM	3:43.68	___
3	Li, Mofei	11	LSC	3:36.42	___
4	Bindra, Anayaa	11	COBRA	3:30.88	___
5	Service, Avery	11	ESWIM	3:33.93	___
6	Zawadzka, Marlee	12	ROW	3:37.93	___
7	Keesmaat, Aria	11	HAC	3:47.20	___
8					___

Heat 2 of 2 Finals Starts at 02:53 PM

1	Podolsky, Alina	12	COBRA	3:15.88	___
2	Pasic, Anastasia	11	ESWIM	3:13.50	___
3	Allen, Megan	12	CW	3:10.08	___
4	Ottavino, Elia	12	ESWIM	3:05.24	___
5	Salini-Cox, Evangelia	12	YORK	3:07.24	___
6	Li, Danielle	12	HAC	3:10.44	___
7	Peralta, Abigail	11	YORK	3:13.65	___
8	Trani, Victoria	11	COBRA	3:25.88	___

Event 188 Boys 11-12 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed	Time
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Heat 1 of 3 Finals Starts at 02:57 PM

1					___
2					___
3	Chak, Cole	11	ESWIM	NT	___
4	St.Amand, Marcus	11	LSC	4:10.16	___
5	Boskovski, Mark	11	ROW	4:20.00	___
6					___
7					___
8					___

Heat 2 of 3 Finals Starts at 03:02 PM

1					___
2	Lee, Luke	11	ROW	3:54.24	___
3	Bright, Alexander	11	ROW	3:42.54	___
4	Litt, Gurdit	11	COBRA	3:35.88	___
5	Moir, Joey	11	HAC	3:41.01	___
6	Liu, Samuel	11	ROW	3:47.71	___
7	Dillon, David	11	LSC	4:01.58	___
8					___

Heat 3 of 3 Finals Starts at 03:06 PM

1	Shevkopylas, Ivan	11	CW	3:30.00	___
2	Ardeleanu, Andrew	12	COBRA	3:25.88	___
3	Pshyk, Adrian	12	ESWIM	3:23.75	___
4	Sagar, Jackson	11	COBRA	3:16.27	___
5	Madathil, Aryan	12	CW	3:18.32	___
6	Barrett, Ilya	11	HAC	3:25.74	___
7	Xhangolli, Aleksander	12	ESWIM	3:28.87	___
8	Ouellette, Mason	11	COBRA	3:30.88	___

Event 189 Girls 11-12 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed	Time
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Heat 1 of 6 Finals Starts at 03:11 PM

1					___
2					___
3	Borges, Audrey	11	LSC	1:19.04	___
4	Hickey, Juliet	11	HAC	1:09.77	___
5	Blanchard, Grace	11	HAC	1:13.46	___
6					___
7					___
8					___

Heat 2 of 6 Finals Starts at 03:12 PM

1					___
2	White, Emma	11	ESWIM	1:03.65	___
3	Dhanoa, Rayna	12	STARS	1:02.62	___
4	Crosby, Anna	11	CW	59.17	___
5	Larbi, Nana	12	HAC	59.33	___
6	Bridgemohan, Mikayla	12	STARS	1:03.57	___
7	Szpirglas, Ruby	11	ROW	1:04.72	___
8					___

Heat 3 of 6 Finals Starts at 03:14 PM

1	El-Hajjami, Racha	12	HAC	57.76	___
2	Gaukroger, Abby	12	HAC	56.51	___
3	Awuah-Gyau, Obaa	12	HAC	55.74	___
4	Zawadzka, Marlee	12	ROW	55.22	___
5	Hocevar, Klara	11	ESWIM	55.38	___
6	Hird, Thea	11	HAC	56.42	___
7	Reimer, Sophie	11	CW	57.13	___
8	Gomes, Dahlia	11	LSC	58.47	___

Heat 4 of 6 Finals Starts at 03:15 PM

1	Huo, Isabella	11	CW	54.55	___
2	Holland, Lexi	11	CW	54.04	___
3	Donovan, Adelaide	12	LSC	53.56	___
4	Zang, Angela	11	CW	52.94	___
5	Ellul, Andreana	11	ESWIM	53.53	___
6	Prinzen-Klages, Natalie	12	STARS	53.63	___
7	Grobb, Piper	12	HAC	54.09	___
8	Oliveira, Abigail	11	ESWIM	55.00	___

Heat 5 of 6 Finals Starts at 03:16 PM

1	Gao, Felicia	12	CW	52.64	___
2	Askerova, Nika	12	YORK	52.17	___
3	Prinzen-Klages, Nora	12	STARS	51.34	___
4	de Ruiter, Marie	11	COBRA	50.37	___
5	Gabriel, Simone	12	LSC	50.89	___
6	Wang, Sophia	11	ESWIM	52.09	___
7	Zenteno, Nicole	12	HAC	52.50	___
8	Clark, Taylor	12	HAC	52.74	___

2024 AB Meet - 2024-01-12 to 2024-01-14

Meet Program - SUN 11-12 "B" - DEEP

Heat 6 Finals (#189 Girls 11-12 50 SC Meter Breaststroke)

1	Miceli, Carmelina	12	LSC	49.85	___
2	Ameri Naeini, Nika	12	YORK	48.34	___
3	Buchanan, Zuri	11	COBRA	47.17	___
4	Kapetanovic, Leila	12	LSC	45.15	___
5	Liu, Yiling	12	ESWIM	46.70	___
6	Wyatt, Isabella	11	CW	47.84	___
7	Thiessen, Nora	11	CW	49.57	___
8	Dey, Zoe	11	ROW	50.11	___

Event 190 Boys 11-12 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
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Heat 1 of 3 Finals Starts at 03:19 PM

1					___
2					___
3	Kot, Nikhil	11	LSC	1:10.12	___
4	Naram, Arjun	12	STARS	1:02.01	___
5	Sekhon, Sabir	11	ROW	1:08.52	___
6					___
7					___
8					___

Heat 2 of 3 Finals Starts at 03:20 PM

1	Merrlles, John	12	LSC	1:00.55	___
2	Kovacic, Hugo	11	LSC	58.59	___
3	Tolkach, Leo	12	ESWIM	55.00	___
4	Szuster, Braden	12	LSC	54.21	___
5	Kozlowski, Frank	11	CW	54.81	___
6	Papke, Justin	11	CW	56.55	___
7	Kirchner-Terpstra, Zachary	11	ESWIM	59.94	___
8					___

Heat 3 of 3 Finals Starts at 03:22 PM

1	Boskovski, Mark	11	ROW	52.36	___
2	Oliver, Caden	12	ESWIM	50.22	___
3	Yiannacouras, Jason	11	ESWIM	49.72	___
4	Madathil, Shivaun	12	CW	45.76	___
5	Madathil, Aryan	12	CW	48.77	___
6	Ouellette, Mason	11	COBRA	50.16	___
7	Hurtado Diaz, Alex	12	YORK	51.30	___
8	Li, Richard	11	ESWIM	53.69	___