

**2019 Speedo Winter Junior Championships West**  
**Federal Way, WA**  
**Thursday, December 12, 2019**  
**Finals Time Line**

	<b>National Anthem</b>		<b>4:50 PM</b>
	<b>Women's 800 Yard Freestyle Relay Awards</b>		<b>4:54 PM</b>
	<b>Men's 800 Yard Freestyle Relay Awards</b>		<b>4:57 PM</b>
		Bonus Final	<b>5:00 PM</b>
5	<b>Women's 500 Yard Freestyle</b>	Consolation Final	5:05 PM
		<b>Championship</b>	<b>5:11 PM</b>
		<b>Awards</b>	5:18 PM
		Bonus Final	5:21 PM
6	<b>Men's 500 Yard Freestyle</b>	Consolation Final	5:26 PM
		Championship	<b>5:32 PM</b>
		<b>Awards</b>	5:39 PM
		Bonus Final	5:41 PM
7	<b>Women's 200 Yard Individual Medley</b>	Consolation Final	5:44 PM
		<b>Championship</b>	<b>5:47 PM</b>
		<b>Awards</b>	5:52 PM
		Bonus Final	5:54 PM
8	<b>Men's 200 Yard Individual Medley</b>	Consolation Final	5:57 PM
		<b>Championship</b>	<b>6:00 PM</b>
		<b>Awards</b>	6:04 PM
		Bonus Final	6:06 PM
9	<b>Women's 50 Yard Freestyle</b>	Consolation Final	6:08 PM
		<b>Championship</b>	<b>6:09 PM</b>
		<b>Awards</b>	6:12 PM
		Bonus Final	6:14 PM
10	<b>Men's 50 Yard Freestyle</b>	Consolation Final	6:15 PM
		<b>Championship</b>	<b>6:17 PM</b>
		<b>Awards</b>	6:20 PM
		<b>Relay Break</b>	6:22 PM
11	<b>Women's 400 Yard Medley Relay</b>	Second Fastest	6:32 PM
		Fastest	6:37 PM
12	<b>Men's 400 Yard Medley Relay</b>	Second Fastest	6:41 PM
		Fastest	6:45 PM
11	<b>Women's 400 Yard Medley Relay</b>	Third Fastest	6:50 PM
12	<b>Men's 400 Yard Medley Relay</b>	Third Fastest	6:54 PM
11	<b>Women's 400 Yard Medley Relay</b>	Fourth Fastest	6:58 PM
12	<b>Men's 400 Yard Medley Relay</b>	Fourth Fastest	7:03 PM
11	<b>Women's 400 Yard Medley Relay</b>	Fifth Fastest	7:07 PM
12	<b>Men's 400 Yard Medley Relay</b>	Fifth Fastest	7:12 PM
	<b>End of Session</b>		<b>7:16 PM</b>

Awards for Events 11 and 12 - Friday after National Anthem

**\*\*\* REMINDER -- Scratch box for Friday's events closes tonight at 5:30 PM \*\*\***

**2019 Speedo Winter Junior Championships - West  
Meet Program - Thursday - Finals**

**Event 5 Women 500 Yard Freestyle**

Jrs West: 4:37.10 12/6/2018 Regan Smith

SC Jrs Meet: 4:37.10 12/6/2018 Regan Smith

13-14 NAG: 4:35.14 2016 Katie Ledecy

15-16 NAG: 4:28.71 2014 Katie Ledecy

17-18 NAG: 4:26.58 2015 Katie Ledecy

Lane	Name	Age	Team	Prelims
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**Heat 1 Bonus Final**

1	Reinstein, Sloane	18	Palo Alto Stanfo-PC	4:54.25
2	Jurica, Mary Catherine	16	Houston Cougar A-GU	4:54.19
3	Carlson, Abby	16	Waukesha Express-WI	4:54.02
4	Gilbert, Libby	17	SOCAL Aquatics A-CA	4:53.31
5	Chang, Claudia	17	Aquajets Swim Te-MN	4:53.73
6	Valdman, Nathalie	18	Bellevue Club Sw-PN	4:54.18
7	Wood Prince, Piper	14	Chicago Wolfpack-IL	4:54.21
8	Vetkoetter, Clare	16	Texas Ford Aquat-NT	4:54.35

**Heat 2 Consolation Final**

1	Codevilla, Mary	15	Elevation Athlet-CO	4:52.83
2	Lopez, Rylie	17	Austin Swim Club-ST	4:51.79
3	Stalkfleet, Heidi	16	Iowa Flyers Swim-IA	4:49.91
4	Rausch, Malia	16	Austin Swim Club-ST	4:49.73
5	Shanley, Kathryn	16	Foothills Swim T-CO	4:49.76
6	Francis, Riley	16	Lakeside Aquatic-NT	4:50.79
7	Randall, Katherine	16	Riptide-MN	4:52.63
8	Hutchins, Megan	14	Riptide-MN	4:52.91

**Heat 3 Championship Final**

1	Williams, Liberty	17	Riverside Aquati-CA	4:47.64
2	Ristic, Ella	17	Irvine Novaquati-CA	4:46.68
3	Miller, Hayden	15	Cypress Fairbank-GU	4:45.75
4	Cox, Jillian	14	Austin Trinity A-ST	4:44.75
5	Strouse, Ashley	17	Scottsdale Aquat-AZ	4:45.01
6	Herceg, Ana	16	Nitro Swimming-ST	4:46.38
7	Roghair, Aurora	16	Iowa Flyers Swim-IA	4:47.58
8	Grafmiller, Kylee	15	Blue Tide Aquati-GU	4:49.62

**Alternates**

1	Black, Laci	15	Rockwall Aquatic-NT	4:54.45
2	Turrini, Matti	14	Irvine Novaquati-CA	4:54.56

**Event 6 Men 500 Yard Freestyle**

Jrs West: 4:14.40 12/7/2017 Jack Levant

SC Jrs Meet: 4:14.40 12/7/2017 Jack Levant

13-14 NAG: 4:24.79 2017 Lleyton Plattel

15-16 NAG: 4:15.36 2016 Drew Kibler

17-18 NAG: 4:12.33 2004 Michael Phelps

Lane	Name	Age	Team	Prelims
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**Heat 1 Bonus Final**

1	Conrads, Luke	17	Fox Valley Swim-IL	4:28.46
2	Lucas, Cooper	14	Lakeside Aquatic-NT	4:27.89
3	Moffatt, Dylan	17	Linn-Mar Swim Te-IA	4:27.20
4	Kirton, Ryan	17	De Anza Cupertino-PC	4:26.94
5	Furrer, Corby	17	Nitro Swimming-ST	4:26.95
6	Chung, Matthew	16	Santa Clara Swim-PC	4:27.64
7	Dement, Jackson	17	Katy Aquatic Tea-GU	4:28.42
8	Jones, Keaton	15	Swim Neptune-AZ	4:29.62

**Heat 2 Consolation Final**

1	Driscoll, Matthew	17	De Anza Cupertino-PC	4:26.83
2	Briggs, Warren	17	Seattle Metropol-PN	4:26.24
3	Callan, Jack	18	Trident Aquatics-OK	4:25.78
4	Ahn, Seung Joon	18	Katy Aquatic Tea-GU	4:23.22
5	Nelson, Tanner	17	Utah Valley Aqua-UT	4:24.47
6	Thompson, Peter	17	Billings Aquatic-MT	4:25.96
7	Romantic, Mason	17	Boulder City Hen-CA	4:26.37
8	Williams, Jude	17	Riverside Aquati-CA	4:26.90

**Heat 3 Championship Final**

1	Matheson, Daniel	17	Scottsdale Aquat-AZ	4:23.16
2	Hobson, Luke	16	Lakeridge Swim T-PC	4:21.05
3	Johnston, David	18	Rockwall Aquatic-NT	4:19.81
4	Carrozza, Coby	18	Longhorn Aquatic-ST	4:17.04
5	Heasley, Ethan	18	Hillsboro Swim T-OR	4:18.67
6	Frandsen, Trent	17	Central Iowa Aqu-IA	4:20.95
7	Bonson, Michael	17	Hurricane Swim C-LA	4:23.05
8	Kopp, Tyler	17	Katy Aquatic Tea-GU	4:23.19

**Alternates**

1	Ceresa, Juan	17	Longhorn Aquatic-ST	4:29.80
2	Abdollahi, Ryan	17	Irvine Novaquati-CA	4:29.90



**2019 Speedo Winter Junior Championships - West  
Meet Program - Thursday - Finals**

**Event 7 Women 200 Yard IM**

Jrs West: 1:54.62 12/6/2018 Zoie Hartman  
 SC Jrs Meet: 1:53.69 12/6/2018 Alex Walsh  
 13-14 NAG: 1:56.20 2015 Alex Walsh  
 15-16 NAG: 1:54.02 2017 Alex Walsh  
 17-18 NAG: 1:51.65 2016 Ella Eastin

Lane	Name	Age	Team	Prelims
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**Heat 1 Bonus Final**

1	Jih-Schiff, Ana	16	Crow Canyon Coun-PC	2:02.67
2	Hartman, Bailey	13	Crow Canyon Coun-PC	2:02.55
3	Weber, Emma	15	Univ of Denver H-CO	2:02.30
4	Cormack, Corbyn	16	North Texas Nada-NT	2:02.15
5	Mechling, Madelyn	17	Mansfield Aquati-NT	2:02.22
6	Kutz, Sarah	18	Austin Swim Club-ST	2:02.31
7	Smith, Madeline	17	Orinda Aquatics-PC	2:02.59
8	Yoon, Hojung	14	Rose Bowl Aquati-CA	2:02.67

**Heat 2 Consolation Final**

1	Codevilla, Mary	15	Elevation Athlet-CO	2:01.93
2	Suppiger, Shelby	16	Crow Canyon Coun-PC	2:01.71
3	Murphy, Rosie	15	Sierra Marlins S-SN	2:01.44
4	Collinge, Ava	17	West Coast Aquat-PN	2:01.32
5	Li, Kaia	16	Palo Alto Stanfo-PC	2:01.42
6	O'Dell, Teagan	13	Chino Hills Aqua-CA	2:01.55
7	Lindsay, Tia	18	Lake Oswego Swim-OR	2:01.71
8	Hutchins, Megan	14	Riptide-MN	2:02.11

**Heat 3 Championship Final**

1	Yeager, Jess	18	Nitro Swimming-ST	2:00.81
2	Felner, Gracie	18	Bellevue Club Sw-PN	2:00.15
3	Baron, Sam	17	Bellevue Club Sw-PN	1:59.80
4	Rudolph, Janelle	17	Una KING-PN	1:57.70
5	Stadden, Isabelle	17	Aquajets Swim Te-MN	1:58.40
6	Bell, Lucy	15	Fort Collins Are-CO	1:59.97
7	Pearson, Samantha	18	SOCAL Aquatics A-CA	2:00.39
8	Dunn, Callahan	18	Hinsdale Swim Cl-IL	2:00.88

**Alternates**

1	Edwards, Sadie	17	Scottsdale Aquat-AZ	2:02.70
2	Chang, Mia	16	Bellevue Club Sw-PN	2:02.71

**Event 8 Men 200 Yard IM**

Jrs West: 1:42.77 12/10/2015 Michael Andrew  
 SC Jrs Meet: 1:42.54 12/6/2018 Carson Foster  
 13-14 NAG: 1:45.29 2014 Michael Andrew  
 15-16 NAG: 1:42.77 2015 Michael Andrew  
 17-18 NAG: 1:41.39 2011 David Nolan

Lane	Name	Age	Team	Prelims
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**Heat 1 Bonus Final**

1	Hand, Jake	18	Charger Aquatics-NM	1:49.55
2	Johnston, David	18	Rockwall Aquatic-NT	1:49.48
3	Filipovic, Alec	16	St Charles Swim-IL	1:49.22
4	Park, Tommy	16	Swim Pasadena-CA	1:48.85
5	Jones, Elliott	18	Premier Aquatics-GU	1:49.05
6	Sanchez, Alexander	17	Metroplex Aquati-NT	1:49.29
7	Gillespie, Jack	17	Sierra Marlins S-SN	1:49.55
8	Cho, Joshua	17	Irvine Novaquati-CA	1:49.57

**Heat 2 Consolation Final**

1	Dang, Ethan	17	Bellevue Club Sw-PN	1:48.68
2	Rathle, Jacques	16	Crawfish Aquatic-LA	1:48.06
3	Fan, Zhier	15	Metroplex Aquati-NT	1:47.76
4	Ribeiro, Vincent	17	Nitro Swimming-ST	1:47.53
5	Hu, Ethan	18	Peak Swimming-PC	1:47.71
6	Kabbara, Munzy	17	Cypress Fairbank-GU	1:47.96
7	Tiffany, Jordan	17	Hilltop Aquatic-UT	1:48.24
8	Cheng, Vincent	16	Brea Aquatics-CA	1:48.76

**Heat 3 Championship Final**

1	Zheng, Hayden	16	Aquajets Swim Te-MN	1:47.38
2	Kopp, Tyler	17	Katy Aquatic Tea-GU	1:47.24
3	Frazier, Forrest	17	Eastern Iowa Swi-IA	1:46.82
4	Affeld, Jonathan	17	Alto Swim Club-PC	1:45.38
5	Dillard, Ben	18	Sierra Marlins S-SN	1:46.10
6	Barr, Luke	16	Sarpy County Swi-MW	1:47.17
7	Lierz, Harrison	17	Elevation Athlet-CO	1:47.36
8	Lu, Tyler	16	Seattle Metropol-PN	1:47.48

**Alternates**

1	Swift, Sean	17	Sierra Marlins S-SN	1:49.58
2	Driscoll, Matthew	17	De Anza Cupertino-PC	1:49.89

**2019 Speedo Winter Junior Championships - West**  
**Meet Program - Thursday - Finals**

**Event 9 Women 50 Yard Freestyle**

<b>Jrs West:</b>	<b>21.49</b>	<b>12/12/2014</b>	<b>Abigail Weitzel</b>
<b>SC Jrs Meet:</b>	<b>21.49</b>	<b>12/12/2014</b>	<b>Abigail Weitzel</b>
<b>13-14 NAG:</b>	<b>21.89</b>	<b>2019</b>	<b>Claire Curzan</b>
<b>15-16 NAG:</b>	<b>21.82</b>	<b>2018</b>	<b>Gretchen Walsh</b>
<b>17-18 NAG:</b>	<b>21.32</b>	<b>2015</b>	<b>Simone Manuel</b>

Lane	Name	Age	Team	Prelims
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**Heat 1 Bonus Final**

1	Brenner, Mandy	17	SOCAL Aquatics A-CA	23.28
2	Kennett, Bobbi	18	Sienna Plantatio-GU	23.27
3	Myers, Amber	16	Sierra Marlins S-SN	23.25
4	Felner, Gracie	18	Bellevue Club Sw-PN	23.19
5	Stadden, Isabelle	17	Aquajets Swim Te-MN	23.20
6	Rosendale, Charlotte	15	DART Swimming-SN	23.26
7	Garrison, Sophia	16	Austin Trinity A-ST	23.27
8	Duchsherer, Lexi	16	AquaStorm-ND	23.29

**Heat 2 Consolation Final**

1	Hanson, Grace	16	High Tides-MN	23.19
2	Ervin, Lindsay	15	Irvine Novaquati-CA	23.13
3	Cook, Elizabeth	17	Tualatin Hills S-OR	23.12
4	Kragh, Mia	16	Rancho San Diegu-SI	23.05
5	Pattison, Greer	16	Scottsdale Aquat-AZ	23.12
6	Pearson, Samantha	18	SOCAL Aquatics A-CA	23.13
7	Fiske, Sophie	16	Madison Aquatic-WI	23.18
8	Mazurek, Ella	16	Quicksilver Swim-PC	23.19

**Heat 3 Championship Final**

1	Delgado, Anicka	17	Gators Swim Club-CA	22.97
2	Shaw, Anna	16	Univ of Denver H-CO	22.94
3	Dobler, Kaitlyn	17	The Dolphins Por-OR	22.47
4	Tang, Amy	16	Unattached-PN	22.06
5	Zenick, Katherine	18	North Texas Nada-NT	22.46
6	Sticklen, Emma	17	Katy Aquatic Tea-GU	22.67
7	Beers, Eleanor	17	Bainbridge Islan-PN	22.97
8	Winter, Kailyn	16	Quicksilver Swim-PC	23.02

**Alternates**

1	Owens, Kaitlyn	17	Magnolia Aquatic-GU	23.29
2	Salvino, Teia	14	Paseo Aquatics S-CA	23.35

**Event 10 Men 50 Yard Freestyle**

<b>Jrs West:</b>	<b>18.71</b>	<b>12/8/2016</b>	<b>Ryan Hoffer</b>
<b>SC Jrs Meet:</b>	<b>18.71</b>	<b>12/10/2016</b>	<b>Ryan Hoffer</b>
<b>13-14 NAG:</b>	<b>19.76</b>	<b>2014</b>	<b>Michael Andrew</b>
<b>15-16 NAG:</b>	<b>19.24</b>	<b>2015</b>	<b>Michael Andrew</b>
<b>17-18 NAG:</b>	<b>18.67</b>	<b>2015</b>	<b>Caeleb Dressel</b>

Lane	Name	Age	Team	Prelims
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**Heat 1 Bonus Final**

1	Hobson, Luke	16	Lakeridge Swim T-PC	20.64
2	McIntyre, Zachary	17	Marin Pirates-PC	20.60
3	Parker, Mateo	16	Rancho San Diegu-SI	20.58
4	Dowdall, Finn	17	Phoenix Swim Clu-AZ	20.54
5	Bork, Samuel	15	Mid Wisconsin Wa-WI	20.57
6	Sichak, Kevin	17	Quicksilver Swim-PC	20.59
7	Hayon, Will	15	Mid Wisconsin Wa-WI	20.61
8	Filipovic, Alec	16	St Charles Swim-IL	20.68

**Heat 2 Consolation Final**

1	Green, Cameron	17	Utah Valley Aqua-UT	20.52
2	Lou, Brian	17	Irvine Novaquati-CA	20.52
3	Oderinde, David	17	Premier Aquatics-GU	20.39
4	Ortanes, Bryce	17	Aquawolves Swimm-CO	20.38
5	McCarty, Quintin	16	Pikes Peak Athle-CO	20.39
6	Barr, Luke	16	Sarpy County Swi-MW	20.45
7	Nolan, Parker	16	Chicago Wolfpack-IL	20.52
8	Gu, Rafael	15	Rose Bowl Aquati-CA	20.52

**Heat 3 Championship Final**

1	Syrkin, Danny	17	Rose Bowl Aquati-CA	20.32
2	Lowe, Dalton	17	Spring Swim Team-GU	20.29
3	Miller, Lukas	17	Elevation Athlet-CO	20.08
4	King, Matt	17	Bellevue Club Sw-PN	19.89
5	Hayes, Aiden	16	Sooner Swim Club-OK	19.97
6	Szabados, Bence	18	Chicago Wolfpack-IL	20.10
7	Lukashev, Stephan	18	Rancho San Diegu-SI	20.31
8	Dang, Ethan	17	Bellevue Club Sw-PN	20.35

**Alternates**

1	Reno, Seth	16	South Shore Sail-GU	20.71
2	Belair, Michael	17	Una MTRO-NT	20.72

**2019 Speedo Winter Junior Championships - West  
Meet Program - Thursday - Finals**

**Event 11 / 12 Women / Men 4x100 Medley Relay**

**W Jrs West: 3:33.93 12/7/2017 Fort Collins Area Swim Team**

**B Stewart, Z Bartel, C Gillilan, K Alons**

**W SC Jrs Meet: 3:33.93 12/7/2017 Fort Collins Area Swim Team**

**B Stewart, Z Bartel, C Gillilan, K Alons**

**W 13-14 NAG: 3:40.43 2019 SwimMAC**

**W 15-16 NAG: 3:36.53 2017 Virginia Gators**

**W 17-18 NAG: 3:37.83 2014 SwimMAC**

**W 15-18 NAG: 3:33.93 2017 Ft. Collins Area Swim Team**

**M Jrs West: 3:13.37 12/10/2015 Palo Alto Stanford Aquatics**

**B Ho, J Babinet, J Molinari, A Gwo**

**M SC Jrs Meet: 3:11.11 12/6/2018 Mason Manta Rays**

**C Foster, J Foster, J McDonald, A Chaney**

**M 13-14 NAG: 3:28.14 2016 King Aquatic Club**

**M 15-16 NAG: 3:16.18 2014 Bolles School Sharks**

Lane	Team	Relay	Seed Time
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**Heat 1 (Heat 1 Women 4x100 Medley Relay)**

1	Lakeside Aquatic-NT	A	3:45.61
2	Iowa Flyers Swim-IA	A	3:45.31
3	Bellevue Club Sw-PN	B	3:44.48
4	Tualatin Hills S-OR	A	3:43.58
5	Palo Alto Stanfo-PC	A	3:43.70
6	Seattle Metropol-PN	A	3:45.08
7	Irvine Novaquati-CA	B	3:45.32
8	Katy Aquatic Tea-GU	A	3:45.82

**Heat 2 (Heat 2 Women 4x100 Medley Relay)**

1	Crow Canyon Coun-PC	A	3:42.78
2	Bellevue Club Sw-PN	A	3:41.59
3	Fort Collins Are-CO	A	3:40.83
4	Univ of Denver H-CO	A	3:40.07
5	Irvine Novaquati-CA	A	3:40.36
6	Scottsdale Aquat-AZ	A	3:41.53
7	Brea Aquatics-CA	A	3:41.97
8	Quicksilver Swim-PC	A	3:42.78

**Heat 3 (Heat 1 Men 4x100 Medley Relay)**

1	Phoenix Swim Clu-AZ	A	3:22.11
2	Bainbridge Islan-PN	A	3:21.14
3	Peak Swimming-PC	A	3:20.80
4	Orinda Aquatics-PC	A	3:20.17
5	Elevation Athlet-CO	A	3:20.43
6	Golden West Swim-CA	A	3:21.14
7	Aquawolves Swimm-CO	A	3:21.82
8	Alto Swim Club-PC	A	3:22.47

**Heat 4 (Heat 2 Men 4x100 Medley Relay)**

1	Irvine Novaquati-CA	A	3:19.94
2	Scottsdale Aquat-AZ	A	3:19.55
3	Univ of Denver H-CO	A	3:17.84
4	Rose Bowl Aquati-CA	A	3:16.08
5	Sierra Marlins S-SN	A	3:16.65
6	Bellevue Club Sw-PN	A	3:18.82
7	Nitro Swimming-ST	A	3:19.73
8	Premier Aquatics-GU	A	3:19.94

**Heat 5 (Heat 3 Women 4x100 Medley Relay)**

1	Nitro Swimming-ST	A	3:46.75
2	Scottsdale Aquat-AZ	B	3:46.65
3	Elevation Athlet-CO	A	3:46.01
4	Univ of Denver H-CO	B	3:45.82
5	Canyons Aquatic-CA	A	3:45.89
6	Riptide-MN	A	3:46.51
7	Orinda Aquatics-PC	A	3:46.65
8	Premier Aquatics-GU	A	3:46.85

**Heat 6 (Heat 3 Men 4x100 Medley Relay)**

1	Crawfish Aquatic-LA	A	3:23.72
2	Bellevue Club Sw-PN	B	3:23.23
3	Irvine Novaquati-CA	B	3:22.64
4	Austin Swim Club-ST	A	3:22.51
5	Rancho San Diegu-SI	A	3:22.52
6	Lakeside Aquatic-NT	A	3:23.00
7	Santa Clara Swim-PC	A	3:23.25
8	Palo Alto Stanfo-PC	A	3:23.73

**Heat 7 (Heat 4 Women 4x100 Medley Relay)**

1	DART Swimming-SN	A	3:48.32
2	Waukesha Express-WI	A	3:47.89
3	Blackline Aquati-MN	A	3:47.63
4	Bainbridge Islan-PN	A	3:47.20
5	Sierra Marlins S-SN	A	3:47.30
6	Hinsdale Swim Cl-IL	A	3:47.71
7	Santa Clara Swim-PC	A	3:48.29
8	Rockwall Aquatic-NT	A	3:48.35

**Heat 8 (Heat 4 Men 4x100 Medley Relay)**

1	Highlands Ranch-CO	A	3:25.62
2	Alamo Area Aquat-ST	A	3:24.84
3	Katy Aquatic Tea-GU	A	3:24.70
4	Waukesha Express-WI	A	3:24.37
5	Hinsdale Swim Cl-IL	A	3:24.67
6	West Coast Aquat-PN	A	3:24.84
7	Seattle Metropol-PN	A	3:25.19
8	Canyons Aquatic-CA	A	3:25.68



**2019 Speedo Winter Junior Championships - West  
Meet Program - Thursday - Finals****Heat 9 (Heat 5 Women 4x100 Medley Relay) (#11 / 12)**

1	Chicago Wolfpack-IL	A	3:48.87
2	Orinda Aquatics-PC	B	3:48.73
3	Alamo Area Aquat-ST	A	3:48.51
4	Lake Oswego Swim-OR	A	3:48.50
5	Rose Bowl Aquati-CA	A	3:48.50
6	Riptide-MN	B	3:48.69
7	Mako Aquatics-MN	A	3:48.75
8			

**Heat 10 (Heat 5 Men 4x100 Medley Relay)**

1			
2			
3	Lakeside Aquatic-NT	B	3:26.37
4	Rancho San Diegu-SI	B	3:25.69
5	Fort Collins Are-CO	A	3:25.74
6	Longhorn Aquatic-ST	A	3:26.41
7			
8			



**Unofficial Time Line for Preliminary Sessions**  
**2019 Speedo Winter Junior Championships West**  
**Federal Way, WA**  
**December 2019**

**Wednesday, December 11, 2019**

		heats	Time
1	W 200 Medley Relay	6	6:00 PM
2	M 200 Medley Relay	5	
	Relay Awards Events 1 & 2		6:24 PM
3	W 800 Free Relay	4	6:39 PM
4	M 800 Free Relay	4	
	Estimated Session End		7:42 PM

**Scratch Deadline for the 200/400 Medley relays  
at 4:00PM at the start of the Technical Meeting**

Relay Cards for Events #1 & 2 due at 5:00 PM  
at Clerk of Course

Relay Cards for Events #3 & 4 due at 5:30 PM  
at Clerk of Course

Awards for Events 3 and 4 after National Anthem  
Thursday evening

**Thursday, December 12, 2019**

		heats	Time
Women's Pool			
5	W 500 Free	10	9:00 AM
7	W 200 IM	14	9:59 AM
9	W 50 Free	14	10:39 AM
	Estimated Session End		10:56 AM

		heats	Time
Men's Pool			
6	M 500 Free	9	9:01 AM
8	M 200 IM	14	9:51 AM
10	M 50 Free	14	10:26 AM
	Estimated Session End		10:42 AM

**\*\*Note:** The Official Time Line will be printed  
in each day's preliminary heat sheet.

Competition Pool Clears 15 minutes prior  
to the beginning of each session.

**Friday, December 13, 2019**

		heats	Time
Women's Pool			
13	W 400 IM	8	9:00 AM
15	W 100 Fly	14	9:44 AM
17	W 200 Free	11	10:09 AM
19	W 100 Breast	12	10:36 AM
21	W 100 Back	14	11:00 AM
	Estimated Session End		11:35 AM

		heats	Time
Men's Pool			
14	M 400 IM	11	9:01 AM
16	M 100 Fly	15	9:55 AM
18	M 200 Free	12	10:20 AM
20	M 100 Breast	13	10:50 AM
22	M 100 Back	14	11:14 AM
	Estimated Session End		11:48 AM

**Saturday, December 14, 2019**

		heats	Time
Women's Pool			
27	W 200 Back	12	9:00 AM
29	W 100 Free	15	9:44 AM
31	W 200 Breast	12	10:09 AM
33	W 200 Fly	8	10:47 AM
	Estimated Session End		11:13 AM

25 W 1650 Free 3 3:03 PM  
Last heat ends @ 4:00 PM

		heats	Time
Men's Pool			
28	M 200 Back	11	9:00 AM
30	M 100 Free	14	9:39 AM
32	M 200 Breast	14	10:01 AM
34	M 200 Fly	12	10:42 AM
	Estimated Session End		11:15 AM

26 M 1650 Free 8 1:45 PM  
Last heat ends @ 4:00 PM

Top heats of Events 25 & 26 will be swum in  
Saturday night Finals session in Event Order.