

Practice Groups for First Day
'24-'25 Season
November 5, 2024

Coaches	Lanes	Group
Zadnik/Koehr/Beltran	Lane 1 - 4	Time Trial
Kay/Palazzo/K. Koehr	Lane 5 - 8	Group 1
Ross/Schroer	Lane 9 -11	Group 2
Hurley/Judge/Osilka	Lane 12-14	Group 3

Swimmer	Gender	Grade	Day 1 Group	Coaches	50 Free	100 Free	200 Free	500 Free	100 Back	100 Breast	100 Fly	200 IM
Lionel Martinez (SO)	M		1	Kay/Palazzo/K. Koehr	00:22.51	00:49.20	01:48.95	04:56.18	00:56.71	01:05.27	00:52.97	01:59.46
Michael Brox (SR)	M		1	Kay/Palazzo/K. Koehr	00:22.30	00:49.54	01:59.79	06:06.52	01:04.44	01:12.55	01:00.11	02:23.64
Andrew Nguyen (SR)	M		1	Kay/Palazzo/K. Koehr	00:24.71	00:53.43	02:03.62	06:30.20	01:09.59	01:07.80	01:13.35	02:25.94
Joe Borneman (SR)	M		1	Kay/Palazzo/K. Koehr	00:24.04	00:53.73	02:06.17	06:28.82	01:10.26	01:16.89	01:00.40	02:33.37
Ariana Aldeguer (SO)	F		1	Kay/Palazzo/K. Koehr	00:26.27	00:54.55	01:56.99	05:08.05	00:59.92	01:16.44	00:59.53	02:08.57
Daniel Sokban (SO)	M		1	Kay/Palazzo/K. Koehr	00:24.46	00:55.44	02:05.80	06:18.35	01:14.71	01:23.20	01:20.40	02:40.15
Connor Koehr (SR)	M		1	Kay/Palazzo/K. Koehr	00:24.39	00:55.81	02:04.20	06:05.23	00:59.78	01:20.90	01:10.80	02:32.60
Max Wilson (SR)	M		1	Kay/Palazzo/K. Koehr	00:24.43	00:56.00	02:05.81	06:04.46	01:02.11	01:15.04	01:06.33	02:20.32
Liam Halisky (SR)	M		1	Kay/Palazzo/K. Koehr	00:23.61	00:56.19	02:21.90	06:50.41	01:11.86	01:21.64	01:15.79	02:36.40
Thiago Martinez (FR)	M		1	Kay/Palazzo/K. Koehr	00:25.23	00:56.76	02:18.36	05:29.35	01:02.34	01:13.81	00:59.80	02:12.97
Elodie Brox (SR)	F		1	Kay/Palazzo/K. Koehr	00:25.22	00:56.80	02:19.21	06:36.60	01:14.13	01:17.49	01:20.10	03:08.61
Jack Herwick (FR)	M		1	Kay/Palazzo/K. Koehr	00:26.48	00:57.42	02:22.13	06:40.63	01:12.46	01:21.52	01:10.06	02:37.46
Greg Bauer (JR)	M		1	Kay/Palazzo/K. Koehr	00:25.52	00:57.85	02:20.45	06:31.28	01:15.00	01:12.67	01:17.95	02:30.04
Clara Condon (SR)	F		1	Kay/Palazzo/K. Koehr	00:27.64	00:58.27	02:11.44	05:57.69	01:05.40	01:07.53	01:00.06	02:19.48
William Sokban (SR)	M		1	Kay/Palazzo/K. Koehr	00:27.02	00:58.73	02:18.82	06:08.96	01:11.97	01:25.47	01:05.84	02:32.67
Michael Zahorchak (SO)	M		1	Kay/Palazzo/K. Koehr	00:28.01	00:59.09	02:12.96	06:42.25	01:18.91	01:18.52	01:18.41	02:54.08
Maggie Schroer (FR)	F		1	Kay/Palazzo/K. Koehr	00:27.74	01:00.07	02:14.62	06:57.18	01:14.31	01:35.44	01:23.75	02:51.22
Patrick Kay (FR)	M		1	Kay/Palazzo/K. Koehr	00:26.33	01:00.17	02:26.41	05:55.72	01:09.67	01:19.99	01:11.95	02:26.31
Luke Partridge (SO)	M		1	Kay/Palazzo/K. Koehr	00:26.56	01:00.43	02:23.34	06:57.61	01:07.53	01:16.52	01:20.89	02:41.88
Giselle Hill (JR)	F		1	Kay/Palazzo/K. Koehr	00:27.42	01:00.60	02:18.32	06:32.10	01:14.89	01:27.00	01:08.86	02:37.73
Anastasia Garvey (SR)	F		1	Kay/Palazzo/K. Koehr	00:28.99	01:01.15	02:19.82	06:12.55	01:07.60	01:21.51	01:10.55	02:30.08
Haley Fifield (SR)	F		1	Kay/Palazzo/K. Koehr	00:27.79	01:01.61	02:26.10	06:58.84	01:07.39	01:28.06	01:12.41	02:37.28
Philomena Kay (SO)	F		1	Kay/Palazzo/K. Koehr	00:28.01	01:01.75	02:21.60	06:16.83	01:16.28	01:20.48	01:14.13	02:33.79
Lucia Bingham (SR)	F		1	Kay/Palazzo/K. Koehr	00:27.77	01:02.76	02:33.57	07:01.82	01:14.20	01:24.75	01:13.73	02:39.23
Dominic Judge (SO)	M		2	Ross/Schroer	00:27.83	01:03.89	02:19.19	05:51.19	01:09.07	01:23.00	01:11.88	02:35.28
Sophia Halisky (FR)	F		2	Ross/Schroer	00:29.48	01:04.92	02:24.18	07:22.25	01:18.02	01:19.61	01:15.93	02:42.84
Avila Mantooth (FR)	F		2	Ross/Schroer	00:28.12	01:05.64	02:39.13	07:42.40	01:27.66	01:30.02	01:24.27	03:03.32
Lucy Cunningham (SR)	F		2	Ross/Schroer	00:30.80	01:07.45	02:19.35	06:35.95	01:16.44	01:38.93	01:18.65	02:55.19
Rose Waldron (SR)	F		2	Ross/Schroer	00:28.10	01:07.77	02:52.14	07:40.34	01:27.51	01:16.44	01:27.10	02:52.87
Gabriella Russo (SO)	F		2	Ross/Schroer	00:30.68	01:09.05	02:35.92	07:08.01	01:21.69	01:31.31	01:17.91	02:55.79
Kyleigh Fifield (SO)	F		2	Ross/Schroer	00:28.62	01:09.30	02:34.65	06:38.26	01:17.27	01:39.66	01:32.64	03:07.11
Mariana Bingham (SO)	F		2	Ross/Schroer	00:31.70	01:09.82	02:50.62	07:45.19	01:31.03	01:41.85	01:25.38	03:15.06
Paul Partridge (7)	M		2	Ross/Schroer	00:31.12	01:10.53	02:46.09		01:20.78	01:39.44	01:21.84	03:00.25

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Coaches	Lanes	Group
Zadnik/Koehr/Beltran	Lane 1 - 4	Time Trial
Kay/Palazzo/K. Koehr	Lane 5 - 8	Group 1
Ross/Schroer	Lane 9 -11	Group 2
Hurley/Judge/Osilka	Lane 12-14	Group 3

Swimmer	Gender	Grade	Day 1 Group	Coaches	50 Free	100 Free	200 Free	500 Free	100 Back	100 Breast	100 Fly	200 IM
Katie Bauer (FR)	F		2	Ross/Schroer	00:31.33	01:10.60	02:42.73	07:19.06	01:27.11	01:33.76	01:44.33	03:07.61
Elizabeth Hurley (FR)	F		2	Ross/Schroer	00:30.46	01:10.63	02:38.63	07:33.39	01:17.47	01:28.29	01:21.35	02:59.36
Orla Haggerty (SR)	F		2	Ross/Schroer	00:31.35	01:11.28	03:07.36	07:41.68	01:34.32	01:39.22	01:32.75	03:17.60
Bennett Ellis (SO)	M		2	Ross/Schroer	00:30.35	01:11.48	03:43.81	08:24.72	01:33.34	01:24.69	01:29.35	03:25.39
Joey Lynch (FR)	M		2	Ross/Schroer	00:30.45	01:11.59	02:47.39	07:33.35	01:18.06	01:37.23	01:27.73	02:59.26
Jj Garvey (8)	M		2	Ross/Schroer	00:32.62	01:11.89	02:41.56	07:46.18	01:23.99	01:36.37	01:33.63	03:01.43
Betsy Arnold (FR)	F		2	Ross/Schroer	00:29.53	01:12.21	02:47.89	07:30.50	01:23.99	01:36.26	01:32.30	03:03.39
Jj Cooley (JR)	M		2	Ross/Schroer	00:30.29	01:12.70	03:04.56	08:25.91	01:33.75	01:42.66	02:02.27	03:24.35
Mary Claire Osilka (JR)	F		2	Ross/Schroer	00:31.73	01:13.03	02:57.28	08:17.59	01:27.28	01:39.25	01:35.08	03:15.17
Aoife Haggerty (SO)	F		2	Ross/Schroer	00:32.77	01:13.35	02:50.13	08:17.91	01:32.66	01:34.61	01:36.43	03:13.27
Walter Saffian (SR)	M		2	Ross/Schroer	00:29.80	01:13.82	03:23.26	10:02.62	02:11.45	01:31.55	02:08.62	03:46.49
Jonas Wilson (FR)	M		2	Ross/Schroer	00:32.38	01:14.56	02:47.59	07:38.06	01:28.09	01:35.14	01:31.72	03:03.71
Annie Dusek (FR)	F		2	Ross/Schroer	00:31.86	01:14.62	02:46.43	07:48.66	01:31.99	01:34.12	01:32.30	
Caroline Schroer (7)	F		2	Ross/Schroer	00:32.79	01:16.06	02:56.93	08:27.46	01:45.33	01:33.67		03:29.96
Mary Catherine Munsell (SR)	F		2	Ross/Schroer	00:32.65	01:16.27	02:51.84	08:17.39	01:27.45	01:29.31		
Meg Blanchette (SR)	F		3	Hurley/Judge/Osilka	00:33.63	01:17.41	03:11.81	08:15.30	01:36.78	01:36.16	01:41.47	03:18.34
Lily Waldron (FR)	F		3	Hurley/Judge/Osilka	00:31.46	01:19.24	03:14.60	08:59.30	01:32.61	01:47.84	01:30.80	
Molly Bauer (SR)	F		3	Hurley/Judge/Osilka	00:33.61	01:19.28	03:36.56	08:54.76	01:37.76	01:34.15	01:49.69	03:17.49
Jane Judge (FR)	F		3	Hurley/Judge/Osilka	00:33.18	01:19.70	03:27.31	08:03.10	01:26.67	01:37.30	01:33.79	03:11.72
Kit Blanchette (FR)	F		3	Hurley/Judge/Osilka	00:35.36	01:20.84	03:10.77	09:05.28	01:44.11	01:58.18		
Monica Irving (FR)	F		3	Hurley/Judge/Osilka	00:35.90	01:21.10	03:04.52	08:42.45	01:31.96	01:41.54	01:44.01	
Claire Kay (7)	F		3	Hurley/Judge/Osilka	00:33.81	01:21.13	02:50.47	07:57.94	01:33.76	01:37.54	01:36.44	
Bella Nguyen (FR)	F		3	Hurley/Judge/Osilka	00:36.16	01:21.32	03:29.30	08:37.37	01:42.57	01:54.23	01:55.12	
Evan Rodriguez (SR)	M		3	Hurley/Judge/Osilka	00:31.61	01:21.80	03:33.22	10:34.12	01:46.30	01:40.81		
Annabelle Mikkelson (8)	F		3	Hurley/Judge/Osilka	00:34.31	01:21.87	02:57.18	08:35.07	01:40.70	01:40.13		
Allison Quispe (JR)	F		3	Hurley/Judge/Osilka	00:36.23	01:22.72	03:20.56	09:22.12	01:39.41	01:48.61		
James Nguyen (7)	M		3	Hurley/Judge/Osilka	00:34.41	01:23.19	03:25.95	08:27.25	01:35.55	01:36.93		
Luke Fifield (8)	M		3	Hurley/Judge/Osilka	00:33.61	01:23.24	03:05.23	08:32.49	01:43.15	01:41.03	High School Prep	
Katie Cooley (7)	F		3	Hurley/Judge/Osilka	00:33.30	01:24.15	03:11.66	09:08.90	01:42.66	01:54.48	02:06.14	
Charlie Dusek (JR)	M		3	Hurley/Judge/Osilka	00:35.00	01:24.38	03:48.00	09:58.25	01:45.72	01:45.94		03:38.87
Veronica Bingham (8)	F		3	Hurley/Judge/Osilka	00:37.39	01:25.53	03:40.87	09:04.99	01:54.18	02:12.09	01:57.35	
Lucy Herwick (8)	F		3	Hurley/Judge/Osilka	00:37.38	01:25.81	03:34.70	09:45.51	01:44.79	01:49.82		
Sofia Kohlhaas (FR)	F		3	Hurley/Judge/Osilka	00:34.89	01:26.61	03:11.85	09:09.66	01:44.03	01:48.51		

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Kay/Palazzo/K. Koehr	Lane 5 - 8	Group 1
Ross/Schroer	Lane 9 -11	Group 2
Hurley/Judge/Osilka	Lane 12-14	Group 3

Swimmer	Gender	Grade	Day 1 Group	Coaches	50 Free	100 Free	200 Free	500 Free	100 Back	100 Breast	100 Fly	200 IM
Briana Shillingburg (SR)	F	12	Time Trial	Zadnik/Koehr/Beltran	00:39.74	01:34.48	04:16.24	10:27.59	01:56.54	02:25.94		04:22.89
Daniel Hurley (JR)	M	11	Time Trial	Zadnik/Koehr/Beltran	00:34.60	01:25.29	03:59.99	09:33.21	01:41.22	01:35.86		
Aidan McCardell (JR)	M	11	Time Trial	Zadnik/Koehr/Beltran	00:38.91	01:30.49	03:25.55	09:25.16	02:01.22	01:38.00		
Colette Kramer (JR)	F	11	Time Trial	Zadnik/Koehr/Beltran	00:41.43	01:39.22	03:36.68	10:25.97	02:09.08	01:56.33		04:21.97
Rose Ellis (JR)	F	11	Time Trial	Zadnik/Koehr/Beltran	00:43.98	01:40.20			01:52.24	01:53.93		
Luke Pillion	M	11	Time Trial	Zadnik/Koehr/Beltran								
Penny Kramer (SO)	F	10	Time Trial	Zadnik/Koehr/Beltran	00:38.94	01:26.63	03:13.44	10:36.21	01:45.63	02:32.85		
Gigi Gibaldi (SO)	F	10	Time Trial	Zadnik/Koehr/Beltran	00:36.93	01:30.95	03:20.19	09:30.95	02:02.50	02:10.92		
Cora Kramer (SO)	F	10	Time Trial	Zadnik/Koehr/Beltran	00:41.97	01:35.13	03:36.58	11:09.98	01:57.09	01:46.76		03:42.35
Sage Armstrong (SO)	F	10	Time Trial	Zadnik/Koehr/Beltran	00:41.43	01:42.82	03:53.31	10:55.68	01:59.32	02:12.84		
Madelyn Fioramonti	F	10	Time Trial	Zadnik/Koehr/Beltran								
Isabella McCook	F	10	Time Trial	Zadnik/Koehr/Beltran								
Cecilia Reyes	F	10	Time Trial	Zadnik/Koehr/Beltran								
Justin Saffian	M	10	Time Trial	Zadnik/Koehr/Beltran								
John Cooley (FR)	M	9	Time Trial	Zadnik/Koehr/Beltran	00:36.24	01:27.12	03:49.50	09:48.44	01:42.38	01:56.31		03:41.67
Veronica Gonzalez (FR)	F	9	Time Trial	Zadnik/Koehr/Beltran	00:40.83	01:44.93	03:45.74	10:48.37	02:07.46	01:52.26		04:20.81
Angela Andreu (FR)	F	9	Time Trial	Zadnik/Koehr/Beltran	00:46.45	01:47.43	05:44.50		01:55.46	02:40.55		
Julia Maranian (FR)	F	9	Time Trial	Zadnik/Koehr/Beltran	00:44.00	01:48.18	04:20.61	12:27.72	02:13.22	03:02.13		
Dominic Henry (FR)	M	9	Time Trial	Zadnik/Koehr/Beltran	00:46.77	02:01.32	03:59.82	11:37.81	02:19.25			
Brian Orellana (FR)	M	9	Time Trial	Zadnik/Koehr/Beltran	00:51.01	02:10.69	04:50.01		02:33.75	04:39.18		
Rafael De Micoli	F	9	Time Trial	Zadnik/Koehr/Beltran								
John Goodman	M	9	Time Trial	Zadnik/Koehr/Beltran								
Sam Hanna	M	9	Time Trial	Zadnik/Koehr/Beltran								
Joe Witter	M	9	Time Trial	Zadnik/Koehr/Beltran	Group 6							
James Reynolds (8)	M	8	Time Trial	Zadnik/Koehr/Beltran	00:38.78	01:27.52	03:37.97	11:08.28	02:01.32	01:54.39		
Evan Wible (8)	M	8	Time Trial	Zadnik/Koehr/Beltran	00:34.97	01:27.62	03:22.39	10:09.39	01:59.90	01:44.01		
Camila Quispe (8)	F	8	Time Trial	Zadnik/Koehr/Beltran	00:39.54	01:32.69	03:49.43	10:33.00	01:48.06	02:08.77		04:00.31
Eamon Haggerty (8)	M	8	Time Trial	Zadnik/Koehr/Beltran	00:37.23	01:37.84	04:07.59		02:12.68	02:20.62		
Daniel Kohlhaas (8)	M	8	Time Trial	Zadnik/Koehr/Beltran	00:38.29	01:42.78	03:41.35	09:17.06	02:11.19	02:23.66		
Evie Mayer (8)	F	8	Time Trial	Zadnik/Koehr/Beltran	00:51.78	02:11.93	06:21.00		02:26.46	02:44.29		
Charlotte Meadows	F	8	Time Trial	Zadnik/Koehr/Beltran								
Gianna Pillion	F	8	Time Trial	Zadnik/Koehr/Beltran								
Philip Saffian	M	8	Time Trial	Zadnik/Koehr/Beltran								

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Ross/Schroer	Lane 9 -11	Group 2
Hurley/Judge/Osilka	Lane 12-14	Group 3

Swimmer	Gender	Grade	Day 1 Group	Coaches	50 Free	100 Free	200 Free	500 Free	100 Back	100 Breast	100 Fly	200 IM
Bella Vaughan	F	8	Time Trial	Zadnik/Koehr/Beltran								
Jane Vaughan	F	8	Time Trial	Zadnik/Koehr/Beltran								
Maggie Mikkelson (7)	F	7	Time Trial	Zadnik/Koehr/Beltran	00:38.68	01:34.79	03:16.64		01:59.66	01:46.55		
Grace Catabui (7)	F	7	Time Trial	Zadnik/Koehr/Beltran	00:43.73	01:39.06	03:45.26	10:24.85	02:04.42	01:59.61		
Matthew Maranian (7)	M	7	Time Trial	Zadnik/Koehr/Beltran	00:42.90	01:46.27	04:42.92		02:14.29	02:40.27		
Emma Beltran	F	7	Time Trial	Zadnik/Koehr/Beltran								
Chiara Gonzalez	F	7	Time Trial	Zadnik/Koehr/Beltran								
Thomas Goodman	M	7	Time Trial	Zadnik/Koehr/Beltran								
Bella Gorman	F	7	Time Trial	Zadnik/Koehr/Beltran								
Addi Hadro	F	7	Time Trial	Zadnik/Koehr/Beltran								
Patrick Heiny	M	7	Time Trial	Zadnik/Koehr/Beltran								
Gianna Henry	F	7	Time Trial	Zadnik/Koehr/Beltran								
Brianna Jolly	F	7	Time Trial	Zadnik/Koehr/Beltran								
Rebecca Kramer	F	7	Time Trial	Zadnik/Koehr/Beltran								
Siobhán Maher	F	7	Time Trial	Zadnik/Koehr/Beltran								
Lara Martinez	F	7	Time Trial	Zadnik/Koehr/Beltran								
Philip Nguyen	M	7	Time Trial	Zadnik/Koehr/Beltran								
William Orellana	M	7	Time Trial	Zadnik/Koehr/Beltran								
Charlotte Poullath	F	7	Time Trial	Zadnik/Koehr/Beltran								
Adeline Youngblut	F	7	Time Trial	Zadnik/Koehr/Beltran								
Bethany Allen	F	6	Time Trial	Zadnik/Koehr/Beltran								
James Beltran	M	6	Time Trial	Zadnik/Koehr/Beltran								
Will Judge	M	6	Time Trial	Zadnik/Koehr/Beltran								
Mia Nguyen	F	6	Time Trial	Zadnik/Koehr/Beltran								
Charbel Pennefather	M	6	Time Trial	Zadnik/Koehr/Beltran								
Dominic Sciscilo	M	6	Time Trial	Zadnik/Koehr/Beltran								
Avery Youngblut	F	6	Time Trial	Zadnik/Koehr/Beltran								