



St. Alban's  
Boys' and Girls' Club  
A good place to be

## Invitational Swim Meet Fall 2010

On Thursday November 25<sup>th</sup> St. Alban's held its first ever open invitational swim meet at our Winona Pool. It was a friendly competition between our Palmerston and Winona Swim Teams. We had a great turn out with 22 competitors and a full viewing gallery! Congratulations to all those swimmers who participated, everyone was at their very best! The Superstars of the night were: Nolan Marcus, Deanna Salgado, Noam Silverman, and Alyssa Jerome. Thanks to all the hard work and dedication of Fabian Salgado, Elite Program Head, the night was a success! Special thanks to Kelsey Flynn, Jeff Ip, Youth Compass, Youth Council, and all our other volunteers. We look forward to hosting another meet next session and hope that we will be joined by other Boys and Girls Clubs!

### Results

Event 1		Girl's 100mts Individual Medley		
10&U				
Name	Age	Code	Time	
1 Alyssa	10	Winona	1:55:00	
2 Cecilia	10	Palmerston	2:09:52	
3 Taryn	9	Winona	2:16:03	
4 Deanna	8	Winona	2:19:47	
5 Paola	9	Palmerston	2:29:55	
6 Elizabeth	8	Palmerston	2:33:00	
7 Sasha	9	Winona	2:34:22	
Kaylie	8	Palmerston	DNS	
Olivia	9	Palmerston	DNS	
Olivia	10	Palmerston	DNS	
Francesca	9	Palmerston	DNS	
Desana	9	Palmerston	DNS	

Event 2  
10&U  
Boy's 100mts Individual Medley

	Name	Age	Code	Time
1	Nolan	9	Winona	1:57:00
2	Zachary	10	Palmerston	2:08:34
3	Jack	10	Palmerston	2:16:22
4	Justin	10	Palmerston	2:23:77
5	Adam	9	Winona	2:26:00
6	Noam	7	Winona	2:38.69
7	Dries	8	Winona	2:45.44
8	Ryan	8	Winona	2:56.39
9	Jackson	9	Palmerston	3:08.66
	Christos	9	Winona	DNS
	Michael	10	Palmerston	DNS
	Hasan	8	Winona	DNS

**Event 3&5  
11&12 13&14**

**Girl's 100mts Individual Medley**

	Name	Age	Code	Time
1	Natasha	11	Winona	2:01.27
	Izabella r	11	Winona	DNS
	Jamie	13	Palmerston	DNS
	Michala	13	Palmerston	DNS
	Jaylin	11	Palmerston	DNS

**Event 4&6  
11&12 13&14**

**Boy's 100mts Individual Medley**

	Name	Age	Code	Time
1	Natan	11	Winona	2:09.00
2	Marek	11	Palmerston	2:06.20
3	Dale	11	Winona	2:10.56

**Event 7  
8&U**

**25mts Freestyle**

	Name	Age	Code	Time
1	Deanna	8	Winona	22
2	Amilia	7	Palmerston	22.66
3	Elizabeth	8	Palmerston	31.88

Kaylie Ngan	8	Palmerston	DNS
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**8&U****25mts Freestyle**

	Name	Age	Code	Time
1	Noam	7	Winona	26.97
2	Ryan	8	Winona	29.38
3	Dries	8	Winona	30..93
	Hasan	8	Winona	DNS

**Event 9****25mts Freestyle****9&10**

	Name	Age	Code	Time
1	Alyssa	10	Winona	19.71
2	Paola	9	Palmerston	23.25
3	Cecilia	10	Palmerston	24
4	Taryn	9	Winona	25.09
5	Sasha	9	Winona	26.27
	Dylann	10	Palmerston	DNS
	Francesca	9	Palmerston	DNS
	Desana	9	Palmerston	DNS
	Olivia	9	Palmerston	DNS
	Olivia	10	Palmerston	DNS

**Event 10****25mts Freestyle****9&10**

	Name	Age	Code	Time
1	Justin	10	Palmerston	18.13
2	Zachary	10	Palmerston	19.67
3	Nolan	9	Winona	21.54
4	Christos	9	Winona	22.14
5	Jack	10	Palmerston	22.74
6	Adam	9	Winona	23.41
7	Jackson	9	Palmerston	44.58
	Michael	10	Palmerston	DNS

**Event 11-13****25mts Freestyle****11&12 13&14**

	Name	Age	Code	Time
<b>1</b>	Natasha	<b>11</b>	Winona	<b>18.03</b>
	Michala	<b>13</b>	Palmerston	<b>DNS</b>
	Jamie	<b>13</b>	Palmerston	<b>DNS</b>
	Rebecca	<b>15</b>	Palmerston	<b>DNS</b>
	Izabella	<b>11</b>	Winona	<b>DNS</b>
	Jaylin	<b>12</b>	Palmerston	<b>DNS</b>

**Event 12-14****25mts Freestyle****11&12 13&14**

	Name	Age	Code	Time
<b>1</b>	Natan	<b>11</b>	Winona	<b>19.7</b>
<b>2</b>	Marek	<b>11</b>	Palmerston	<b>21.33</b>
<b>3</b>	Dale	<b>11</b>	Winona	<b>22.62</b>

**Event 15****25mts Backstroke****8&U**

	Name	Age	Code	Time
<b>1</b>	Deanna	<b>8</b>	Winona	<b>27.87</b>
<b>2</b>	Amilia	<b>7</b>	Palmerston	<b>30.05</b>
<b>3</b>	Elizabeth	<b>8</b>	Palmerston	<b>30.91</b>
	Kaylie	<b>8</b>	Palmerston	<b>DNS</b>

**8&U**

	Name	Age	Code	Time
<b>1</b>	Noam	<b>7</b>	Winona	<b>33.4</b>
<b>2</b>	Dries	<b>8</b>	Winona	<b>33.85</b>
<b>3</b>	Ryan	<b>8</b>	Winona	<b>34.27</b>
	Hasan	<b>8</b>	Winona	<b>DNS</b>

**Event 18****25mts Backstroke****9&10**

	Name	Age	Code	Time
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<b>1</b>	Alyssa	<b>10</b>	Winona	<b>22.81</b>
<b>2</b>	Taryn	<b>9</b>	Winona	<b>27.72</b>
<b>3</b>	Cecilia	<b>10</b>	Palmerston	<b>27.82</b>
<b>4</b>	Paola	<b>9</b>	Palmerston	<b>30.86</b>
<b>5</b>	Sasha	<b>9</b>	Winona	<b>35.01</b>
	Olivia	<b>9</b>	Palmerston	<b>DNS</b>
	Dylann	<b>10</b>	Palmerston	<b>DNS</b>
	Desana	<b>9</b>	Palmerston	<b>DNS</b>
	Francesca	<b>9</b>	Palmerston	<b>DNS</b>
	Olivia	<b>10</b>	Palmerston	<b>DNS</b>

**Event 18**

**25mts Backstroke**

**9&10**

	Name	Age	Code	Time
<b>1</b>	Nolan	<b>9</b>	Winona	<b>17.81</b>
<b>2</b>	Zachary	<b>10</b>	Palmerston	<b>22.65</b>
<b>3</b>	Justin	<b>10</b>	Palmerston	<b>24.88</b>
<b>4</b>	Adam	<b>9</b>	Winona	<b>26.24</b>
<b>5</b>	Christos	<b>9</b>	Winona	<b>26.91</b>
<b>6</b>	Jackson	<b>9</b>	Palmerston	<b>36.56</b>
<b>7</b>	Jack	<b>10</b>	Palmerston	<b>29.56</b>
	Michael	<b>10</b>	Palmerston	<b>DNS</b>

**Event 19-21**

**25mts Backstroke**

**11&12 13&14**

	Name	Age	Code	Time
<b>1</b>	Natasha	<b>11</b>	Winona	<b>21.47</b>
	Jamie	<b>13</b>	Palmerston	<b>DNS</b>
	Izabella	<b>11</b>	Winona	<b>DNS</b>
	Jaylin	<b>12</b>	Palmerston	<b>DNS</b>
	Michala	<b>13</b>	Palmerston	<b>DNS</b>
	Rebecca	<b>15</b>	Palmerston	<b>DNS</b>

**Event 20-22**

**25mts Backstroke**

**11&12 13&14**

	Name	Age	Code	Time
<b>1</b>	Marek	<b>11</b>	Palmerston	<b>24.68</b>
<b>2</b>	Natan	<b>11</b>	Winona	<b>27.22</b>

3	Dale	11	Winona	29.86
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**Event 23-25-27-29**  
**Event 24-26-28-30**  
**14&U Mix**

**100mts Medley Relay**

	Name	Age	Code	Time
1	Winona3	Mix	Mix	1.58.98
2	Winona2	Mix	Mix	2.04.18
3	Winona1	Mix	Mix	2.04.88
4	Palmerston2	Mix	Mix	2.08.47
5	Palmerston1	Mix	Mix	2.16.40

**Event 31**  
**8&U**

**25mts Breast Stroke**

	Name	Age	Code	Time
1	Elizabeth	8	Palmerston	30.99
2	Deanna	8	Winona	34.12
3	Amilia	7	Palmerston	47.93
	Kaylie	8	Palmerston	DNS

**Event 32**  
**8&U**

**25mts Breast Stroke**

	Name	Age	Code	Time
1	Noam	7	Winona	37.72
2	Ryan	8	Winona	38.81
3	Dries	8	Winona	40.27
	Hasan	8	Winona	DNS

**Event 33**  
**9&10**

**25mts Breast Stroke**

	Name	Age	Code	Time
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<b>1</b>	Cecilia	<b>10</b>	Palmerston	<b>24.62</b>
<b>2</b>	Alyssa	<b>10</b>	Winona	<b>24.93</b>
<b>3</b>	Paola	<b>9</b>	Palmerston	<b>30.76</b>
<b>4</b>	Taryn	<b>9</b>	Winona	<b>31.58</b>
<b>5</b>	Sasha	<b>9</b>	Winona	<b>34.42</b>
	Olivia	<b>9</b>	Palmerston	<b>DNS</b>
	Dylann	<b>10</b>	Palmerston	<b>DNS</b>
	Desana	<b>9</b>	Palmerston	<b>DNS</b>
	Francesca	<b>9</b>	Palmerston	<b>DNS</b>
	Olivia	<b>10</b>	Palmerston	<b>DNS</b>

**Event 34**

**25mts Breast Stroke**

**9&10**

	Name	Age	Code	Time
<b>1</b>	Nolan	<b>9</b>	Winona	<b>28.27</b>
<b>2</b>	Zachary	<b>10</b>	Palmerston	<b>31.09</b>
<b>3</b>	Jack	<b>10</b>	Palmerston	<b>31.17</b>
<b>4</b>	Christos	<b>9</b>	Winona	<b>34.4</b>
<b>5</b>	Adam	<b>9</b>	Winona	<b>36.81</b>
<b>6</b>	Jackson	<b>9</b>	Palmerston	<b>47.46</b>
<b>7</b>	Justin	<b>10</b>	Palmerston	<b>40.69</b>
	Michael	<b>10</b>	Palmerston	<b>DNS</b>

**Event 35-37**

**25mts Breast Stroke**

**11&12 13&14**

	Name	Age	Code	Time
	Natasha	<b>11</b>	Winona	<b>38.87</b>
<b>1</b>	Jamie	<b>13</b>	Palmerston	<b>DNS</b>
	Izabella	<b>11</b>	Winona	<b>DNS</b>
	Jaylin	<b>12</b>	Palmerston	<b>DNS</b>
	Michala	<b>13</b>	Palmerston	<b>DNS</b>

**Event 36-38**

**25mts Breast Stroke**

**11&12 13&14**

	Name	Age	Code	Time
<b>1</b>	Dale	<b>11</b>	Winona	<b>29.57</b>

<b>2</b>	Natan	<b>11</b>	Winona	<b>29.74</b>
<b>3</b>	Marek	<b>11</b>	Palmerston	<b>32.97</b>

**Event 39**

**25mts Butterfly**

**8&U**

	Name	Age	Code	Time
<b>1</b>	Deanna	<b>8</b>	Winona	<b>33.34</b>
<b>2</b>	Elizabeth	<b>8</b>	Palmerston	<b>41.53</b>
<b>3</b>	Amilia	<b>7</b>	Palmerston	<b>43.38</b>
	Kaylie	<b>8</b>	Palmerston	<b>DNS</b>

**Event 40**

**25mts Butterfly**

**8&U**

	Name	Age	Code	Time
<b>1</b>	Dries	<b>8</b>	Winona	<b>41.09</b>
<b>2</b>	Noam	<b>7</b>	Winona	<b>43.15</b>
<b>3</b>	Ryan	<b>8</b>	Winona	<b>50.92</b>
	Hasan	<b>8</b>	Winona	<b>DNS</b>

**Event 41**

**25mts Butterfly**

**9&10**

	Name	Age	Code	Time
<b>1</b>	Alyssa	<b>10</b>	Winona	<b>26.9</b>
<b>2</b>	Cecilia	<b>10</b>	Palmerston	<b>29.59</b>
<b>3</b>	Taryn	<b>9</b>	Winona	<b>36.52</b>
<b>4</b>	Paola	<b>9</b>	Palmerston	<b>39.4</b>
<b>5</b>	Sasha	<b>9</b>	Winona	<b>46.14</b>
	Desana	<b>9</b>	Palmerston	<b>DNS</b>
	Francesca	<b>9</b>	Palmerston	<b>DNS</b>
	Dylann	<b>10</b>	Palmerston	<b>DNS</b>
	Olivia	<b>10</b>	Palmerston	<b>DNS</b>
	Olivia	<b>9</b>	Palmerston	<b>DNS</b>

**25mts Butterfly**



**Event 42****9&10**

Time

<b>1</b>	Justin	<b>10</b>	Palmerston	<b>26.19</b>
<b>2</b>	Nolan	<b>9</b>	Winona	<b>28.02</b>
<b>3</b>	Zachary	<b>10</b>	Palmerston	<b>28.44</b>
<b>4</b>	Jack	<b>10</b>	Palmerston	<b>36.39</b>
<b>5</b>	Adam	<b>9</b>	Winona	<b>43.26</b>
<b>6</b>	Jackson	<b>9</b>	Palmerston	<b>51.18</b>
	Michael	<b>10</b>	Palmerston	<b>DNS</b>
	Christos	<b>9</b>	Winona	<b>DNS</b>

**Event 43-45****25mts Butterfly****11&12 13&14**

Name	Age	Code	Time
Izabella	<b>11</b>	Winona	<b>DNS</b>
Jamie	<b>13</b>	Palmerston	<b>DNS</b>
Jaylin	<b>12</b>	Palmerston	<b>DNS</b>
Natasha	<b>11</b>	Winona	<b>DNS</b>
Michala	<b>13</b>	Palmerston	<b>DNS</b>

**Event 44-46****25mts Butterfly****11&12 13&14**

Name	Age	Code	Time
<b>1</b> Natan	<b>11</b>	Winona	<b>31.22</b>
<b>2</b> Marek	<b>11</b>	Palmerston	<b>32.34</b>
<b>3</b> Dale	<b>11</b>	Winona	<b>34.32</b>

**Event 47-49-51-53****100mts Freestyle Relay****Event 48-50-52-54****14&U Mix**

Name	Age	Code	Time
<b>1</b> Palmerston1	<b>Mix</b>	<b>Mix</b>	<b>1.39.00</b>

<b>2</b>	Winona3	<b>Mix</b>	<b>Mix</b>	<b>1.42.22</b>
<b>3</b>	Winona2	<b>Mix</b>	<b>Mix</b>	<b>1.46.13</b>
<b>4</b>	Palmerston2	<b>Mix</b>	<b>Mix</b>	<b>2.01.66</b>
<b>5</b>	Winona1	<b>Mix</b>	<b>Mix</b>	<b>2.04.14</b>

**DNS: Did not Start**