

SVHS InnerSquad - 8/23/2007

Meet Program

#1 Girls 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals			
2	SVHS	M	NT
	Swiderski, Samantha FF	Supergan, Tracy FR	
	Supergan, Christy SR	Sullivan, Katie SO	
3	SVHS	K	NT
	LaMantia, Sarah JR	Kim, Sue SO	
	Jones, Carolyn FR	Malapanes, Sarah JR	
4	SVHS	L	NT
	Scardina, Gina FR	Rosenbloom, Raia JR	
	Reidy, Ciara FR	Pacholok, Amanda FR	
5	SVHS	N	NT
	Vanstedum, Diana FR	Volpi, Danielle JR	
	Stefanowski, Margaret F	Tibbetts, Hannah SO	
Heat 2 of 3 Finals			
1	SVHS	J	NT
	Farvell, Ann SO	Gainer, Bridget FR	
	Heinz, Kelly JR	Hickey, Meagan JR	
2	SVHS	H	NT
	Marchica, Cassie JR	Malone, Meghan SO	
	Lyne, Kathryn SO	Lavelle, Lauren JR	
3	SVHS	F	NT
	Podwika, Andie SO	Schuld, Molly FR	
	Schuld, Bridie JR	Shover, Megan FR	
4	SVHS	G	NT
	Namovic, Lauren JR	Michalopoulos, Christin	
	Mckee, Michelle SO	Mendoza, Mandy SO	
5	SVHS	I	NT
	Covic, Nicole SO	Drolet, Lauren FR	
	D'Silva, Devan SO	Black, Alex FR	
Heat 3 of 3 Finals			
1	SVHS	E	NT
	Ward, Carolyn JR	Keenan, Kalie FR	
	Torii, Lisa JR	Schreuder, Kelly FR	
2	SVHS	C	NT
	Soler, Liz SO	Battaglia, Melanie FR	
	Crimmins, Katie JR	Dussman, Maura SO	
3	SVHS	A	1:58.04
	Holladay, Nikki SR	Raymond, Courtenay FR	
	Lardner, Tori JR	Banaszak, Lauren JR	
4	SVHS	B	NT
	Sterczek, Danielle SO	Nolan, Stephanie FR	
	Wasmond, Laura JR	Lardner, Alli FR	
5	SVHS	D	NT
	Belbin, Cally JR	Benas, Emily FR	
	Gallagher, Lauren SO	Harper, Mallory SO	

#2 Girls 100 Yard Butterfly

Lane	Name	Yr School	Seed Time
Heat 1 of 12 Finals			
2	Sterczek, Danielle	SO SVHS	NT
3	Vanstedum, Diana	FR SVHS	NT
4	Schuld, Bridie	JR SVHS	NT
Heat 2 of 12 Finals			
1	Black, Alex	FR SVHS	NT
2	Scardina, Gina	FR SVHS	NT
3	Heinz, Kelly	JR SVHS	NT
4	Rosenbloom, Raia	JR SVHS	NT
5	Nolan, Stephanie	FR SVHS	NT

Heat 3 of 12 Finals

1	Pacholok, Amanda	FR SVHS	NT
2	Schreuder, Kelly	FR SVHS	NT
3	Volpi, MaryPat	FR SVHS	NT
4	Stefanowski, Margaret	FR SVHS	NT
5	Malapanes, Sarah	JR SVHS	NT

Heat 4 of 12 Finals

1	Supergan, Tracy	FR SVHS	NT
2	Malone, Meghan	SO SVHS	NT
3	Hickey, Meagan	JR SVHS	NT
4	Shover, Megan	FR SVHS	NT
5	Sullivan, Katie	SO SVHS	NT

Heat 5 of 12 Finals

1	Swiderski, Samantha	FR SVHS	NT
2	Yee, Maggie	SR SVHS	NT
3	Michalopoulos, Christina	SO SVHS	NT
4	Battaglia, Melanie	FR SVHS	NT
5	Farvell, Ann	SO SVHS	NT

Heat 6 of 12 Finals

1	Lardner, Alli	FR SVHS	NT
2	Mendoza, Mandy	SO SVHS	NT
3	Gainer, Bridget	FR SVHS	NT
4	Lavelle, Lauren	JR SVHS	NT
5	LaMantia, Sarah	JR SVHS	NT

Heat 7 of 12 Finals

1	Torii, Lisa	JR SVHS	NT
2	Tibbetts, Hannah	SO SVHS	NT
3	Supergan, Christy	SR SVHS	NT
4	Volpi, Danielle	JR SVHS	NT
5	Reidy, Ciara	FR SVHS	NT

Heat 8 of 12 Finals

1	Mckee, Michelle	SO SVHS	2:23.48
2	Podwika, Andie	SO SVHS	2:16.01
3	D'Silva, Devan	SO SVHS	2:07.35
4	Schuld, Molly	FR SVHS	2:11.23
5	Covic, Nicole	SO SVHS	2:19.17

Heat 9 of 12 Finals

1	Kim, Sue	SO SVHS	1:54.84
2	Jones, Carolyn	FR SVHS	1:41.27
3	Dussman, Maura	SO SVHS	1:35.88
4	Benas, Emily	FR SVHS	1:40.80
5	Lyne, Kathryn	SO SVHS	1:51.36

Heat 10 of 12 Finals

1	Drolet, Lauren	FR SVHS	1:34.11
2	Crimmins, Katie	JR SVHS	1:25.22
3	Namovic, Lauren	JR SVHS	1:23.57
4	Wasmond, Laura	JR SVHS	1:24.01
5	Soler, Liz	SO SVHS	1:27.32

Heat 11 of 12 Finals

1	Gallagher, Lauren	SO SVHS	1:22.63
2	Ward, Carolyn	JR SVHS	1:21.38
3	Keenan, Kalie	FR SVHS	1:17.80
4	Marchica, Cassie	JR SVHS	1:19.37
5	Banaszak, Lauren	JR SVHS	1:21.51

Heat 12 of 12 Finals

1	Harper, Mallory	SO SVHS	1:14.50
2	Lardner, Tori	JR SVHS	1:10.40
3	Holladay, Nikki	SR SVHS	1:02.22
4	Raymond, Courtenay	FR SVHS	1:10.31
5	Belbin, Cally	JR SVHS	1:12.67

#3 Girls 100 Yard Backstroke

Lane	Name	Yr School	Seed Time
Heat 1 of 12 Finals			
2	Volpi, MaryPat	FR SVHS	NT
3	Volpi, Danielle	JR SVHS	NT
4	Reidy, Ciara	FR SVHS	NT
Heat 2 of 12 Finals			
1	Rosenbloom, Raia	JR SVHS	NT
2	Lavelle, Lauren	JR SVHS	NT
3	Wasmond, Laura	JR SVHS	NT
4	Sullivan, Katie	SO SVHS	NT
5	Lardner, Alli	FR SVHS	NT
Heat 3 of 12 Finals			
1	Pacholok, Amanda	FR SVHS	NT
2	Battaglia, Melanie	FR SVHS	NT
3	Shover, Megan	FR SVHS	NT
4	Supergan, Christy	SR SVHS	NT
5	Michalopoulos, Christina	SO SVHS	NT
Heat 4 of 12 Finals			
1	Supergan, Tracy	FR SVHS	NT
2	Nolan, Stephanie	FR SVHS	NT
3	Malone, Meghan	SO SVHS	NT
4	Scardina, Gina	FR SVHS	NT
5	Yee, Maggie	SR SVHS	NT
Heat 5 of 12 Finals			
1	Mendoza, Mandy	SO SVHS	NT
2	Tibbetts, Hannah	SO SVHS	NT
3	Gainer, Bridget	FR SVHS	NT
4	Black, Alex	FR SVHS	NT
5	Hickey, Meagan	JR SVHS	NT
Heat 6 of 12 Finals			
1	Torii, Lisa	JR SVHS	NT
2	Vanstedum, Diana	FR SVHS	NT
3	Heinz, Kelly	JR SVHS	NT
4	Stefanowski, Margaret	FR SVHS	NT
5	Swiderski, Samantha	FR SVHS	NT
Heat 7 of 12 Finals			
1	Farvell, Ann	SO SVHS	NT
2	Schreuder, Kelly	FR SVHS	NT
3	Covic, Nicole	SO SVHS	2:10.41
4	Namovic, Lauren	JR SVHS	NT
5	Malapanes, Sarah	JR SVHS	NT
Heat 8 of 12 Finals			
1	D'Silva, Devan	SO SVHS	2:04.00
2	Kim, Sue	SO SVHS	1:59.76
3	Drolet, Lauren	FR SVHS	1:52.65
4	Jones, Carolyn	FR SVHS	1:59.16
5	Podwika, Andie	SO SVHS	2:01.59
Heat 9 of 12 Finals			
1	Schuld, Bridie	JR SVHS	1:47.00
2	Schuld, Molly	FR SVHS	1:44.44
3	Lyne, Kathryn	SO SVHS	1:35.69
4	Dussman, Maura	SO SVHS	1:37.61
5	Marchica, Cassie	JR SVHS	1:45.88
Heat 10 of 12 Finals			
1	LaMantia, Sarah	JR SVHS	1:35.58
2	Ward, Carolyn	JR SVHS	1:29.74
3	Mckee, Michelle	SO SVHS	1:22.31
4	Keenan, Kalie	FR SVHS	1:28.42
5	Benas, Emily	FR SVHS	1:34.15

SVHS InnerSquad - 8/23/2007

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Heat 11 (#3 Girls 100 Yard Backstroke)

1	Banaszak, Lauren	JR SVHS	1:22.18
2	Gallagher, Lauren	SO SVHS	1:18.79
3	Lardner, Tori	JR SVHS	1:15.75
4	Crimmins, Katie	JR SVHS	1:16.80
5	Harper, Mallory	SO SVHS	1:21.03

Heat 12 of 12 Finals

1	Soler, Liz	SO SVHS	1:15.31
2	Belbin, Cally	JR SVHS	1:13.53
3	Holladay, Nikki	SR SVHS	58.39
4	Sterczek, Danielle	SO SVHS	1:08.23
5	Raymond, Courtenay	FR SVHS	1:14.49

#4 Girls 100 Yard Breaststroke

Lane	Name	Yr	School	Seed Time
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Heat 1 of 12 Finals

2	Malone, Meghan	SO SVHS	NT
3	Pacholok, Amanda	FR SVHS	NT
4	Schreuder, Kelly	FR SVHS	NT

Heat 2 of 12 Finals

1	Kim, Sue	SO SVHS	NT
2	Supergan, Tracy	FR SVHS	NT
3	Gainer, Bridget	FR SVHS	NT
4	Hickey, Meagan	JR SVHS	NT
5	Ward, Carolyn	JR SVHS	NT

Heat 3 of 12 Finals

1	Michalopoulos, Christina	SO SVHS	NT
2	Mendoza, Mandy	SO SVHS	NT
3	Yee, Maggie	SR SVHS	NT
4	Volpi, MaryPat	FR SVHS	NT
5	Benas, Emily	FR SVHS	NT

Heat 4 of 12 Finals

1	Reidy, Ciara	FR SVHS	NT
2	Jones, Carolyn	FR SVHS	NT
3	Black, Alex	FR SVHS	NT
4	Vanstedum, Diana	FR SVHS	NT
5	Lardner, Alli	FR SVHS	NT

Heat 5 of 12 Finals

1	Tibbetts, Hannah	SO SVHS	NT
2	Swiderski, Samantha	FR SVHS	NT
3	Namovic, Lauren	JR SVHS	NT
4	Shover, Megan	FR SVHS	NT
5	Holladay, Nikki	SR SVHS	NT

Heat 6 of 12 Finals

1	Wasmond, Laura	JR SVHS	NT
2	Crimmins, Katie	JR SVHS	NT
3	Heinz, Kelly	JR SVHS	NT
4	Malapanes, Sarah	JR SVHS	NT
5	D'Silva, Devan	SO SVHS	NT

Heat 7 of 12 Finals

1	Sullivan, Katie	SO SVHS	NT
2	Nolan, Stephanie	FR SVHS	NT
3	LaMantia, Sarah	JR SVHS	NT
4	Covic, Nicole	SO SVHS	NT
5	McKee, Michelle	SO SVHS	NT

Heat 8 of 12 Finals

1	Marchica, Cassie	JR SVHS	NT
2	Farvell, Ann	SO SVHS	NT
3	Soler, Liz	SO SVHS	NT
4	Sterczek, Danielle	SO SVHS	NT
5	Stefanowski, Margaret	FR SVHS	NT

Heat 9 of 12 Finals

1	Volpi, Danielle	JR SVHS	NT
2	Scardina, Gina	FR SVHS	NT
3	Lavelle, Lauren	JR SVHS	NT
4	Battaglia, Melanie	FR SVHS	NT
5	Rosenbloom, Raia	JR SVHS	NT

Heat 10 of 12 Finals

1	Lyne, Kathryn	SO SVHS	1:46.81
2	Lardner, Tori	JR SVHS	1:43.44
3	Belbin, Cally	JR SVHS	1:38.28
4	Drolet, Lauren	FR SVHS	1:39.52
5	Podwika, Andie	SO SVHS	1:45.68

Heat 11 of 12 Finals

1	Schuld, Molly	FR SVHS	1:38.09
2	Schuld, Bridie	JR SVHS	1:33.88
3	Supergan, Christy	SR SVHS	1:30.04
4	Banaszak, Lauren	JR SVHS	1:33.47
5	Dussman, Maura	SO SVHS	1:37.37

Heat 12 of 12 Finals

1	Harper, Mallory	SO SVHS	1:29.57
2	Keenan, Kalie	FR SVHS	1:20.99
3	Torii, Lisa	JR SVHS	1:19.45
4	Raymond, Courtenay	FR SVHS	1:20.91
5	Gallagher, Lauren	SO SVHS	1:24.01

#5 Girls 100 Yard Freestyle

Lane	Name	Yr	School	Seed Time
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Heat 1 of 12 Finals

2	Heinz, Kelly	JR SVHS	NT
3	Black, Alex	FR SVHS	NT
4	Sullivan, Katie	SO SVHS	NT

Heat 2 of 12 Finals

1	Kim, Sue	SO SVHS	NT
2	Malone, Meghan	SO SVHS	NT
3	Rosenbloom, Raia	JR SVHS	NT
4	Michalopoulos, Christina	SO SVHS	NT
5	Gainer, Bridget	FR SVHS	NT

Heat 3 of 12 Finals

1	Vanstedum, Diana	FR SVHS	NT
2	Mendoza, Mandy	SO SVHS	NT
3	Stefanowski, Margaret	FR SVHS	NT
4	Schuld, Molly	FR SVHS	NT
5	Reidy, Ciara	FR SVHS	NT

Heat 4 of 12 Finals

1	Scardina, Gina	FR SVHS	NT
2	Volpi, MaryPat	FR SVHS	NT
3	Nolan, Stephanie	FR SVHS	NT
4	Battaglia, Melanie	FR SVHS	NT
5	Supergan, Tracy	FR SVHS	NT

Heat 5 of 12 Finals

1	Pacholok, Amanda	FR SVHS	NT
2	Yee, Maggie	SR SVHS	NT
3	Hickey, Meagan	JR SVHS	NT
4	Farvell, Ann	SO SVHS	NT
5	Marchica, Cassie	JR SVHS	NT

Heat 6 of 12 Finals

1	Lardner, Alli	FR SVHS	NT
2	Schreuder, Kelly	FR SVHS	NT
3	Namovic, Lauren	JR SVHS	NT
4	Lavelle, Lauren	JR SVHS	NT
5	Swiderski, Samantha	FR SVHS	NT

Heat 7 of 12 Finals

1	LaMantia, Sarah	JR SVHS	NT
2	Tibbetts, Hannah	SO SVHS	NT
3	Malapanes, Sarah	JR SVHS	NT
4	Drolet, Lauren	FR SVHS	NT
5	Shover, Megan	FR SVHS	NT

Heat 8 of 12 Finals

1	Podwika, Andie	SO SVHS	1:35.17
2	Schuld, Bridie	JR SVHS	1:24.67
3	Covic, Nicole	SO SVHS	1:18.91
4	Dussman, Maura	SO SVHS	1:19.81
5	D'Silva, Devan	SO SVHS	1:30.20

Heat 9 of 12 Finals

1	Jones, Carolyn	FR SVHS	1:18.86
2	Soler, Liz	SO SVHS	1:12.54
3	McKee, Michelle	SO SVHS	1:11.38
4	Benas, Emily	FR SVHS	1:12.10
5	Lyne, Kathryn	SO SVHS	1:17.76

Heat 10 of 12 Finals

1	Keenan, Kalie	FR SVHS	1:10.68
2	Supergan, Christy	SR SVHS	1:08.68
3	Harper, Mallory	SO SVHS	1:06.70
4	Wasmond, Laura	JR SVHS	1:08.53
5	Volpi, Danielle	JR SVHS	1:10.59

Heat 11 of 12 Finals

1	Crimmins, Katie	JR SVHS	1:06.05
2	Sterczek, Danielle	SO SVHS	1:05.05
3	Torii, Lisa	JR SVHS	1:03.79
4	Belbin, Cally	JR SVHS	1:03.80
5	Ward, Carolyn	JR SVHS	1:05.94

Heat 12 of 12 Finals

1	Raymond, Courtenay	FR SVHS	1:03.60
2	Lardner, Tori	JR SVHS	1:01.62
3	Gallagher, Lauren	SO SVHS	59.68
4	Holladay, Nikki	SR SVHS	1:00.31
5	Banaszak, Lauren	JR SVHS	1:02.46

#6 Girls 200 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 3 Finals

2	SVHS	M	NT
	Scardina, Gina FR	Sullivan, Katie SO	
	Reidy, Ciara FR	Supergan, Tracy FR	
3	SVHS	K	NT
	Black, Alex FR	Covic, Nicole SO	
	D'Silva, Devan SO	Drolet, Lauren FR	
4	SVHS	L	NT
	Farvell, Ann SO	Gainer, Bridget FR	
	Hickey, Meagan JR	Rosenbloom, Raia JR	
5	SVHS	N	NT
	Yee, Maggie SR	Volpi, MaryPat FR	
	Vanstedum, Diana FR	Tibbetts, Hannah SO	

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Heat 2 (#6 Girls 200 Yard Freestyle Relay)

1	SVHS	J	NT
	Malone, Meghan SO	Malapanes, Sarah JR	
	Lavelle, Lauren JR	Pacholok, Amanda FR	
2	SVHS	H	NT
	Schuld, Bridie JR	Shover, Megan FR	
	Stefanowski, Margaret F	Keenan, Kalie FR	
3	SVHS	F	NT
	Battaglia, Melanie FR	Heinz, Kelly JR	
	Soler, Liz SO	Lardner, Alli FR	
4	SVHS	G	NT
	Volpi, Danielle JR	Schreuder, Kelly FR	
	Supergan, Christy SR	Nolan, Stephanie FR	
5	SVHS	I	NT
	Michalopoulos, Christin	Mendoza, Mandy SO	
	Mckee, Michelle SO	Marchica, Cassie JR	

Heat 3 of 3 Finals

1	SVHS	E	2:18.15
	Lyne, Kathryn SO	Benas, Emily FR	
	Schuld, Molly FR	Jones, Carolyn FR	
2	SVHS	C	2:01.13
	Belbin, Cally JR	Crimmins, Katie JR	
	Wasmond, Laura JR	Holladay, Nikki SR	
3	SVHS	A	1:53.04
	Lardner, Tori JR	Banaszak, Lauren JR	
	Sterczek, Danielle SO	Raymond, Courtenay FR	
4	SVHS	B	1:57.63
	Torii, Lisa JR	Ward, Carolyn JR	
	Harper, Mallory SO	Gallagher, Lauren SO	
5	SVHS	D	2:10.69
	Dussman, Maura SO	Podwika, Andie SO	
	LaMantia, Sarah JR	Namovic, Lauren JR	

#7 Girls 200 Yard IM**Lane Name Yr School Seed Time****Heat 1 of 7 Finals**

2	Torii, Lisa	JR SVHS	NT
3	Supergan, Tracy	FR SVHS	NT
4	Lardner, Alli	FR SVHS	NT

Heat 2 of 7 Finals

2	Shover, Megan	FR SVHS	NT
3	LaMantia, Sarah	JR SVHS	NT
4	Schreuder, Kelly	FR SVHS	NT

Heat 3 of 7 Finals

1	Nolan, Stephanie	FR SVHS	NT
2	Stefanowski, Margaret	FR SVHS	NT
3	Wasmond, Laura	JR SVHS	NT
4	Namovic, Lauren	JR SVHS	NT
5	Banaszak, Lauren	JR SVHS	NT

Heat 4 of 7 Finals

1	Battaglia, Melanie	FR SVHS	NT
2	D'Silva, Devan	SO SVHS	4:10.79
3	Supergan, Christy	SR SVHS	3:38.47
4	Lyne, Kathryn	SO SVHS	3:41.37
5	Podwika, Andie	SO SVHS	4:43.60

Heat 5 of 7 Finals

1	Mckee, Michelle	SO SVHS	3:30.79
2	Drolet, Lauren	FR SVHS	3:16.75
3	Keenan, Kalie	FR SVHS	3:06.77
4	Benas, Emily	FR SVHS	3:15.97
5	Dussman, Maura	SO SVHS	3:16.85

Heat 6 of 7 Finals

1	Ward, Carolyn	JR SVHS	2:59.61
2	Belbin, Cally	JR SVHS	2:55.88
3	Harper, Mallory	SO SVHS	2:50.38
4	Soler, Liz	SO SVHS	2:51.37
5	Sterczek, Danielle	SO SVHS	2:57.54

Heat 7 of 7 Finals

1	Lardner, Tori	JR SVHS	2:45.60
2	Gallagher, Lauren	SO SVHS	2:39.83
3	Holladay, Nikki	SR SVHS	2:14.95
4	Raymond, Courtenay	FR SVHS	2:31.30
5	Crimmins, Katie	JR SVHS	2:45.48