

ROCS Distance Night & Pentathlon - 2024-04-12 to 2024-04-13

Results - 13 & Over Pentathlon

Event 11 Girls 13-14 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Arbuthnot, Grace T	14	Roc Swimming	2:40.47	2:47.39
2 McCourt, Naomi K	13	Roc Swimming	2:53.81	2:52.67
3 Tocchi, Mia C	13	Roc Swimming	2:48.56	2:52.86
4 McCourt, Keira K	13	Roc Swimming	2:55.98	2:55.62
5 Anderson, Claire C	14	Roc Swimming	2:57.79	2:56.86
6 Meredith, Teagan M	13	Roc Swimming	2:52.95	2:58.67
7 Nourozi, Maia	13	Roc Swimming	3:08.59	2:59.38
8 McClung, Addyson	14	Petawawa Predators	3:01.59	3:04.29
9 Taylor Lee, Emma A	13	Roc Swimming	3:16.89	3:13.25
10 Crinjala Faca, Kaitlyn L	14	Roc Swimming	3:06.24	3:14.85
11 Wilson-East, Olivia M	13	Roc Swimming	3:13.83	3:18.71
12 Hall, Cody L	14	Roc Swimming	3:29.69	3:31.06
--- Oma, Alyssia G	13	Roc Swimming	3:07.38	DQ

Event 11 Women 15 & Over 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Dean, Isabella D	16	Roc Swimming	2:42.18	2:45.18
2 Ravard, Liya C	16	Roc Swimming	2:43.21	2:46.86
3 Hollingworth, Mylie J	16	Roc Swimming	2:42.18	2:46.92
4 Cardinal, Daliane M	15	Roc Swimming	2:45.97	2:55.07
5 Laliberte, Samantha M	16	Roc Swimming	2:58.18	2:58.25
6 Holan-Stutz, Marika D	18	Roc Swimming	5:00.99	4:33.03

Event 11 Boys 13-14 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Do, Alexander	13	Roc Swimming	2:43.48	2:34.69
2 Pilkington, Nate E	14	Roc Swimming	2:38.76	2:36.29
3 Anand-Danek, Chris M	13	Roc Swimming	2:54.90	2:56.54
4 Struthers, Kyle A	14	Roc Swimming	3:30.47	2:57.19
5 Milne, Lex W	13	Roc Swimming	3:12.87	2:57.78

Event 11 Men 15 & Over 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Tuck, Finn	22	Roc Swimming	2:10.99	2:15.09
2 Lalonde, Louis M	16	Roc Swimming	2:20.60	2:25.62
3 Peebles, Kristopher	18	Petawawa Predators	2:22.62	2:26.86
4 Seely, Joshua A	15	Roc Swimming	2:26.54	2:27.92
5 Oma, Nolan	16	Roc Swimming	2:27.99	2:31.23
6 Pons, Raphael J	15	Roc Swimming	2:33.82	2:33.88
7 Meredith, Hadley W	15	Roc Swimming	2:43.09	2:37.48
8 Seydaliev, Mikhall	15	Petawawa Predators	2:41.13	2:46.73
9 Knockleby, Everett	15	Petawawa Predators	2:50.39	2:53.83

Event 12 Girls 13-14 100 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Tocchi, Mia C	13	Roc Swimming	1:19.65	1:23.04
2 Arbuthnot, Grace T	14	Roc Swimming	1:21.07	1:23.52
3 McClung, Addyson	14	Petawawa Predators	1:30.71	1:26.50
4 McCourt, Naomi K	13	Roc Swimming	1:22.62	1:26.73
5 McCourt, Keira K	13	Roc Swimming	1:25.47	1:27.48
6 Nourozi, Maia	13	Roc Swimming	1:25.10	1:27.82
7 Taylor Lee, Emma A	13	Roc Swimming	1:29.93	1:28.45

ROCS Distance Night & Pentathlon - 2024-04-12 to 2024-04-13

Results - 13 & Over Pentathlon

(Event 12 Girls 13-14 100 LC Meter Butterfly)

	Name	Age	Team	Seed Time	Finals Time
8	Meredith, Teagan M	13	Roc Swimming	NT	1:31.29
9	Anderson, Claire C	14	Roc Swimming	1:32.06	1:32.67
10	Oma, Alyssia G	13	Roc Swimming	1:30.22	1:34.66
11	Hall, Cody L	14	Roc Swimming	1:32.47	1:37.32
12	Wilson-East, Olivia M	13	Roc Swimming	1:40.70	1:38.49
13	Crinjala Faca, Kaitlyn L	14	Roc Swimming	1:38.48	1:42.04

Event 12 Women 15 & Over 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Cardinal, Daliane M	15	Roc Swimming	1:17.50	1:14.66
2	Dean, Isabella D	16	Roc Swimming	1:17.29	1:18.85
3	Laliberte, Samantha M	16	Roc Swimming	1:19.35	1:21.62
4	Hollingworth, Mylie J	16	Roc Swimming	1:18.53	1:22.00
5	Ravard, Liya C	16	Roc Swimming	1:19.88	1:24.27

Event 12 Boys 13-14 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Do, Alexander	13	Roc Swimming	1:29.09	1:10.02
2	Pilkington, Nate E	14	Roc Swimming	1:17.81	1:13.75
3	Merrick, Joshua Kieran	14	Petawawa Predators	1:19.64	1:14.64
4	Anand-Danek, Chris M	13	Roc Swimming	1:29.70	1:30.28
5	Struthers, Kyle A	14	Roc Swimming	1:30.99	1:33.37
6	Milne, Lex W	13	Roc Swimming	1:34.47	1:36.16
7	Skinner, Weston	13	Petawawa Predators	NT	1:42.49

Event 12 Men 15 & Over 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Tuck, Finn	22	Roc Swimming	57.75	1:01.21
2	Lalonde, Louis M	16	Roc Swimming	1:03.22	1:04.02
3	Peebles, Kristopher	18	Petawawa Predators	1:01.84	1:06.44
4	Seely, Joshua A	15	Roc Swimming	1:07.08	1:07.11
5	Pons, Raphael J	15	Roc Swimming	1:10.03	1:10.90
6	Oma, Nolan	16	Roc Swimming	1:10.06	1:14.71
7	Meredith, Hadley W	15	Roc Swimming	1:18.75	1:16.44
8	Seydaliev, Mikhall	15	Petawawa Predators	1:12.56	1:18.02
9	Knockleby, Everett	15	Petawawa Predators	1:15.95	1:18.23

Event 13 Girls 13-14 100 LC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Meredith, Teagan M	13	Roc Swimming	1:19.83	1:22.05
2	Tocchi, Mia C	13	Roc Swimming	1:19.01	1:23.26
3	McCourt, Naomi K	13	Roc Swimming	1:20.87	1:24.20
4	McCourt, Keira K	13	Roc Swimming	1:26.51	1:26.48
5	Arbuthnot, Grace T	14	Roc Swimming	1:19.24	1:27.51
6	McClung, Addyson	14	Petawawa Predators	1:23.61	1:28.18
7	Anderson, Claire C	14	Roc Swimming	1:27.73	1:28.60
8	Nourozi, Maia	13	Roc Swimming	1:34.45	1:29.86
9	Crinjala Faca, Kaitlyn L	14	Roc Swimming	1:24.59	1:30.64
10	Oma, Alyssia G	13	Roc Swimming	1:28.36	1:31.63
11	Wilson-East, Olivia M	13	Roc Swimming	1:27.34	1:33.28
12	Hall, Cody L	14	Roc Swimming	1:30.44	1:35.15
13	Taylor Lee, Emma A	13	Roc Swimming	1:29.98	1:37.33

ROCS Distance Night & Pentathlon - 2024-04-12 to 2024-04-13

Results - 13 & Over Pentathlon

Event 13 Women 15 & Over 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Hollingworth, Mylie J	16	Roc Swimming	1:13.07	1:11.41
2 Ravard, Liya C	16	Roc Swimming	1:18.21	1:20.54
3 Dean, Isabella D	16	Roc Swimming	1:14.15	1:23.45
4 Cardinal, Daliane M	15	Roc Swimming	1:15.20	1:24.26
5 Laliberte, Samantha M	16	Roc Swimming	1:23.74	1:27.36
--- Holan-Stutz, Marika D	18	Roc Swimming	2:13.55	DQ

Event 13 Boys 13-14 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Do, Alexander	13	Roc Swimming	1:16.11	1:13.20
2 Pilkington, Nate E	14	Roc Swimming	1:16.58	1:15.94
3 Anand-Danek, Chris M	13	Roc Swimming	1:19.58	1:22.12
4 Merrick, Joshua Kieran	14	Petawawa Predators	1:20.09	1:22.61
5 Struthers, Kyle A	14	Roc Swimming	1:21.00	1:22.92
6 Milne, Lex W	13	Roc Swimming	1:22.65	1:30.11
7 Skinner, Weston	13	Petawawa Predators	1:32.04	1:39.56

Event 13 Men 15 & Over 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Tuck, Finn	22	Roc Swimming	57.82	1:03.26
2 Peebles, Kristopher	18	Petawawa Predators	1:02.39	1:09.70
3 Pons, Raphael J	15	Roc Swimming	1:07.95	1:11.29
4 Seely, Joshua A	15	Roc Swimming	1:12.84	1:11.75
5 Lalonde, Louis M	16	Roc Swimming	1:08.46	1:12.81
6 Oma, Nolan	16	Roc Swimming	1:10.10	1:15.48
7 Meredith, Hadley W	15	Roc Swimming	1:11.86	1:19.82
8 Knockleby, Everett	15	Petawawa Predators	1:18.95	1:24.16
9 Seydaliev, Mikhall	15	Petawawa Predators	1:18.14	1:26.87

Event 14 Girls 13-14 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Nourozi, Maia	13	Roc Swimming	1:27.80	1:30.94
2 Arbuthnot, Grace T	14	Roc Swimming	1:25.92	1:31.76
3 Anderson, Claire C	14	Roc Swimming	1:35.41	1:37.17
4 Tocchi, Mia C	13	Roc Swimming	1:31.86	1:37.23
5 Oma, Alyssia G	13	Roc Swimming	1:35.31	1:37.87
6 McCourt, Naomi K	13	Roc Swimming	1:34.55	1:39.87
7 Meredith, Teagan M	13	Roc Swimming	1:40.22	1:42.10
8 McCourt, Keira K	13	Roc Swimming	1:37.16	1:42.45
9 McClung, Addyson	14	Petawawa Predators	1:54.07	1:42.81
10 Crinjala Faca, Kaitlyn L	14	Roc Swimming	1:40.15	1:47.44
11 Wilson-East, Olivia M	13	Roc Swimming	1:44.09	1:49.03
12 Taylor Lee, Emma A	13	Roc Swimming	1:49.27	1:49.71
13 Hall, Cody L	14	Roc Swimming	2:10.35	2:14.73

Event 14 Women 15 & Over 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Dean, Isabella D	16	Roc Swimming	1:23.19	1:30.86
2 Hollingworth, Mylie J	16	Roc Swimming	1:27.72	1:35.91
3 Laliberte, Samantha M	16	Roc Swimming	1:40.16	1:41.57
4 Cardinal, Daliane M	15	Roc Swimming	1:33.46	1:42.62
5 Holan-Stutz, Marika D	18	Roc Swimming	1:57.39	2:05.88

ROCS Distance Night & Pentathlon - 2024-04-12 to 2024-04-13

Results - 13 & Over Pentathlon

Event 14 Boys 13-14 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Pilkington, Nate E	14	Roc Swimming	1:24.52	1:23.98
2 Do, Alexander	13	Roc Swimming	1:36.02	1:28.51
3 Merrick, Joshua Kieran	14	Petawawa Predators	1:28.95	1:31.04
4 Skinner, Weston	13	Petawawa Predators	1:30.72	1:34.53
5 Struthers, Kyle A	14	Roc Swimming	1:37.64	1:35.85
6 Milne, Lex W	13	Roc Swimming	1:31.65	1:38.64
7 Anand-Danek, Chris M	13	Roc Swimming	1:36.28	1:42.10

Event 14 Men 15 & Over 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Tuck, Finn	22	Roc Swimming	1:11.50	1:11.66
2 Lalonde, Louis M	16	Roc Swimming	1:13.47	1:17.15
3 Meredith, Hadley W	15	Roc Swimming	1:16.88	1:20.87
4 Seely, Joshua A	15	Roc Swimming	1:22.15	1:23.20
5 Peebles, Kristopher	18	Petawawa Predators	1:17.44	1:25.56
6 Oma, Nolan	16	Roc Swimming	1:21.22	1:28.63
7 Pons, Raphael J	15	Roc Swimming	1:20.42	1:31.81
8 Seydaliev, Mikhall	15	Petawawa Predators	1:31.92	1:33.42
9 Knockleby, Everett	15	Petawawa Predators	1:35.97	1:48.18

Event 15 Girls 13-14 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Arbuthnot, Grace T	14	Roc Swimming	1:07.49	1:08.57
2 Tocchi, Mia C	13	Roc Swimming	1:08.86	1:09.45
3 McCourt, Keira K	13	Roc Swimming	1:12.05	1:10.66
4 Anderson, Claire C	14	Roc Swimming	1:11.30	1:10.76
5 McCourt, Naomi K	13	Roc Swimming	1:11.90	1:11.87
6 Meredith, Teagan M	13	Roc Swimming	1:10.75	1:12.36
7 Crinjala Faca, Kaitlyn L	14	Roc Swimming	1:15.81	1:14.77
8 Nourozi, Maia	13	Roc Swimming	1:12.78	1:15.03
9 Oma, Alyssia G	13	Roc Swimming	1:18.21	1:15.38
10 McClung, Addyson	14	Petawawa Predators	1:16.09	1:15.51
11 Taylor Lee, Emma A	13	Roc Swimming	1:17.42	1:17.68
12 Wilson-East, Olivia M	13	Roc Swimming	1:18.19	1:19.79
13 Hall, Cody L	14	Roc Swimming	1:14.78	1:20.06

Event 15 Women 15 & Over 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Dean, Isabella D	16	Roc Swimming	1:03.16	1:05.90
2 Hollingworth, Mylie J	16	Roc Swimming	1:07.46	1:08.70
3 Laliberte, Samantha M	16	Roc Swimming	1:10.34	1:10.90
4 Cardinal, Daliane M	15	Roc Swimming	1:02.84	1:11.06
5 Holan-Stutz, Marika D	18	Roc Swimming	1:51.54	2:03.87

Event 15 Boys 13-14 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Do, Alexander	13	Roc Swimming	1:03.14	1:01.04
2 Pilkington, Nate E	14	Roc Swimming	1:05.70	1:05.15
3 Merrick, Joshua Kieran	14	Petawawa Predators	1:11.09	1:07.98
4 Struthers, Kyle A	14	Roc Swimming	1:12.28	1:10.75
5 Anand-Danek, Chris M	13	Roc Swimming	1:09.47	1:11.97
6 Milne, Lex W	13	Roc Swimming	1:13.63	1:14.49

ROCS Distance Night & Pentathlon - 2024-04-12 to 2024-04-13**Results - 13 & Over Pentathlon****(Event 15 Boys 13-14 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
7 Skinner, Weston	13	Petawawa Predators	1:17.21	1:17.09

Event 15 Men 15 & Over 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Tuck, Finn	22	Roc Swimming	52.09	55.13
2 Lalonde, Louis M	16	Roc Swimming	59.36	1:00.27
3 Oma, Nolan	16	Roc Swimming	59.03	1:00.80
4 Peebles, Kristopher	18	Petawawa Predators	57.08	1:01.24
5 Seely, Joshua A	15	Roc Swimming	1:02.29	1:01.53
6 Pons, Raphael J	15	Roc Swimming	1:00.67	1:03.47
7 Knockleby, Everett	15	Petawawa Predators	1:03.81	1:04.91
8 Meredith, Hadley W	15	Roc Swimming	1:01.71	1:05.07
9 Seydaliev, Mikhall	15	Petawawa Predators	1:03.33	1:05.48

Event 16 Women 15 & Over 400 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Davis, Olivia	19	Carleton University	5:07.35	5:14.75
2 Cardinal, Daliane M	15	Roc Swimming	5:09.02	5:15.66
3 Laliberte, Samantha M	16	Roc Swimming	5:28.02	5:35.70

Event 16 Boys 13-14 400 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Merrick, Joshua Kieran	14	Petawawa Predators	5:16.61	5:20.54
2 Skinner, Weston	13	Petawawa Predators	6:31.10	6:23.30