

Meet Results

ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
Event # 1 Mixed 800 Free						
9:57.00S	F	Christopher Anand-Danek	ROCS	1	---	---
	32.08	1:07.42 1:44.14 2:21.36				
	(32.08)	(35.34) (36.72) (37.22)				
	2:58.58	3:36.27 4:14.08 4:51.92				
	(37.22)	(37.69) (37.81) (37.84)				
	5:30.05	6:08.33 6:46.98 7:25.73				
	(38.13)	(38.28) (38.65) (38.75)				
	8:04.11	8:43.05 9:21.45 9:57.00				
	(38.38)	(38.94) (38.40) (35.55)				
10:32.28S	F	Teagan Meredith	ROCS	2	---	---
	34.27	1:12.36 1:51.96 2:33.08				
	(34.27)	(38.09) (39.60) (41.12)				
	3:12.86	3:52.71 4:33.58 5:14.55				
	(39.78)	(39.85) (40.87) (40.97)				
	5:54.55	6:34.38 7:14.49 7:54.46				
	(40.00)	(39.83) (40.11) (39.97)				
	8:34.33	9:14.55 9:53.83 10:32.28				
	(39.87)	(40.22) (39.28) (38.45)				
12:07.40S	F	Avery Hollingworth	ROCS	3	---	---
	38.67	1:21.80 2:06.80 2:53.20				
	(38.67)	(43.13) (45.00) (46.40)				
	3:39.99	4:26.27 5:13.89 6:01.05				
	(46.79)	(46.28) (47.62) (47.16)				
	6:47.89	7:34.55 8:21.05 9:07.30				
	(46.84)	(46.66) (46.50) (46.25)				
	9:52.17	--- --- 12:07.40				
	(44.87)	--- --- (12:07.40)				
12:48.88S	F	Lilliane Blais	ROCS	4	---	---
	43.12	1:30.84 2:20.09 3:09.65				
	(43.12)	(47.72) (49.25) (49.56)				
	3:57.99	4:45.90 5:36.18 6:25.18				
	(48.34)	(47.91) (50.28) (49.00)				
	7:14.34	8:04.02 8:54.18 9:42.21				
	(49.16)	(49.68) (50.16) (48.03)				
	10:30.43	11:18.12 12:07.40 12:48.88				
	(48.22)	(47.69) (49.28) (41.48)				
13:40.24S	F	Eleanor Leong	ROCS	5	---	---
	43.80	1:35.55 2:27.77 3:21.05				
	(43.80)	(51.75) (52.22) (53.28)				
	4:14.43	5:06.99 6:00.08 6:52.55				
	(53.38)	(52.56) (53.09) (52.47)				
	7:46.83	8:40.39 9:34.08 10:27.77				
	(54.28)	(53.56) (53.69) (53.69)				
	11:19.24	12:10.18 12:57.61 13:40.24				
	(51.47)	(50.94) (47.43) (42.63)				
NS	F	Rowan Jennings	ROCS	---	---	---

## Meet Results

### ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
<b>Event # 2 Mixed 25 Free</b>						
26.19S	F	Hannah Wells	ROCS	1	---	---
26.22S	F	Skye Goudy	ROCS	2	---	---
29.09S	F	Lachlan Blair	ROCS	3	---	---
29.93S	F	Owen Solomon	ROCS	4	---	---
30.00S	F	Zoey Donovan	ROCS	5	---	---
30.76S	F	Arianna Theodossiou	ROCS	6	---	---
30.96S	F	William Helmer	ROCS	7	---	-26.81
31.11S	F	Georgia Smit	ROCS	8	---	---
32.10S	F	William Glinski	ROCS	9	---	-13.98
32.59S	F	Margot Davis	ROCS	10	---	-8.66
36.35S	F	Isla Geddes	ROCS	11	---	---
36.75S	F	Emilia Etheridge	ROCS	12	---	---
36.75S	F	Ruby Shaw	ROCS	12	---	---
37.68S	F	Gisele Sirois	ROCS	14	---	---
38.00S	F	Sebastian Rogers	ROCS	15	---	---
38.90S	F	Jacob Robert	ROCS	16	---	---
40.81S	F	Emma Penney	ROCS	17	---	---
42.62S	F	Lucy Boyes	ROCS	18	---	-13.94
45.82S	F	Gabriel Lafontaine	ROCS	19	---	---
53.80S	F	William Roddy	ROCS	20	---	-31.78
57.78S	F	Grace Anderson	ROCS	21	---	---
NS	F	Shiva Sharpe	ROCS	---	---	---
<b>Event # 3 Mixed 200 Free</b>						
2:25.00S	F	Mylie Hollingworth	ROCS	1	---	-26.82
2:27.75S	F	Naomi McCourt	ROCS	2	---	-23.46
2:47.03S	F	Norah Sheppard	ROCS	3	---	-23.00
3:00.60S	F	Lucia Cziffra	ROCS	4	---	---
3:38.79S	F	Harry Turk-Misener	ROCS	5	---	---
<b>Event # 5 Mixed 100 Back</b>						
1:04.50S	F	Raphael Pons	ROCS	1	---	---
1:07.34S	F	Joshua Seely	ROCS	2	---	-7.82
1:08.37S	F	Hadley Meredith	ROCS	3	---	-12.85
1:16.06S	F	Keira McCourt	ROCS	4	---	-20.97
1:20.67S	F	Grace Arbuthnot	ROCS	5	---	-43.50
1:21.50S	F	Coralie Hall	ROCS	6	---	---
1:22.06S	F	Alyssia Oma	ROCS	7	---	-18.83
1:37.19S	F	Finlay Boyes	ROCS	8	---	-22.27
1:39.00S	F	Anna-Maria Smart	ROCS	9	---	---
1:50.35S	F	Leah Davis	ROCS	10	---	-18.26
2:02.80S	F	Abigail McEvoy	ROCS	11	---	---
NS	F	Arthur Galiano	ROCS	---	---	---

## Meet Results

### ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
<b>Event # 6 Mixed 50 Back</b>						
31.07S	F	Ben Thomson	ROCS	1	---	---
35.19S	F	Teagan Meredith	ROCS	2	---	-17.82
37.68S	F	Jenna Anderson	ROCS	3	---	---
49.65S	F	Robert Canney	ROCS	4	---	---
51.25S	F	Harry Turk-Misener	ROCS	5	---	---
54.91S	F	Georgie Turner	ROCS	6	---	-10.14
55.50S	F	Hadley Chipchase	ROCS	7	---	---
59.15S	F	Nicholas Roddy	ROCS	8	---	-11.96
59.97S	F	Anderson Bose	ROCS	9	---	---
1:00.32S	F	Antonina Khalak	ROCS	10	---	---
1:01.03S	F	Lola Kelly	ROCS	11	---	---
1:03.61S	F	Isabella Alma_PSPI	CAR	12	---	---
1:06.70S	F	Clark Evangelidis	ROCS	13	---	---
1:06.71S	F	Roslyn Demarsh	ROCS	14	---	---
1:08.03S	F	Hannah Frood	ROCS	15	---	---
1:09.69S	F	Henri Lalonde	ROCS	16	---	---
1:11.78S	F	Avery Hundemer	ROCS	17	---	---
1:12.80S	F	Danylo Klyuchar	ROCS	18	---	---
1:14.56S	F	Elijah Ahmed	ROCS	19	---	-16.73
1:16.09S	F	Lila Graham	ROCS	20	---	---
1:19.60S	F	Anna Coleman	ROCS	21	---	---
1:21.25S	F	Arianna Theodossiou	ROCS	22	---	---
NS	F	Zoe Ahmed	ROCS	---	---	---
<b>Event # 7 Mixed 25 Back</b>						
27.45S	F	Oliver Mahajan Sinclair	ROCS	1	---	---
28.66S	F	Owen Solomon	ROCS	2	---	---
31.06S	F	William Glinski	ROCS	3	---	-29.33
33.13S	F	William Helmer	ROCS	4	---	-41.24
33.55S	F	Harison Mahajan Sinclair	ROCS	5	---	---
34.56S	F	Skye Goudy	ROCS	6	---	---
35.78S	F	Lachlan Blair	ROCS	7	---	---
37.56S	F	Gisele Sirois	ROCS	8	---	---
37.69S	F	Georgia Smit	ROCS	9	---	---
37.84S	F	Zoey Donovan	ROCS	10	---	---
42.22S	F	Ruby Shaw	ROCS	11	---	---
42.59S	F	Isla Geddes	ROCS	12	---	---
44.19S	F	Emilia Etheridge	ROCS	13	---	---
45.10S	F	Sebastian Rogers	ROCS	14	---	---
47.09S	F	Lucy Boyes	ROCS	15	---	-23.39
52.97S	F	Grace Anderson	ROCS	16	---	---
54.38S	F	Gabriel Lafontaine	ROCS	17	---	---
57.22S	F	Emma Penney	ROCS	18	---	---
1:04.06S	F	Jacob Robert	ROCS	19	---	---
1:06.72S	F	William Roddy	ROCS	20	---	-45.45
NS	F	Shiva Sharpe	ROCS	---	---	---

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ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
Event # 8 Mixed 200 Fly						
2:11.75S	F	Louis Lalonde	ROCS	1	---	-6.83
2:13.53S	F	Finn Tuck	CAR	2	---	---
2:29.28S	F	Logan Milne	ROCS	3	---	---
2:51.60S	F	Georgia Glinski	ROCS	4	---	---
3:11.87S	F	Floriane Pons	ROCS	5	---	---
3:11.94S	F	Mathias Cardinal	ROCS	6	---	---
Event # 9 Mixed 100 Fly						
1:00.75S	F	Logan Milne	ROCS	1	---	---
	27.83	1:00.75				
	(27.83)	(32.92)				
1:06.25S	F	Nolan Oma	ROCS	2	---	---
	30.75	1:06.25				
	(30.75)	(35.50)				
1:08.22S	F	Alexander Do	ROCS	3	---	---
	31.58	1:08.22				
	(31.58)	(36.64)				
1:13.71S	F	Daliane Cardinal	ROCS	4	---	---
	34.08	1:13.71				
	(34.08)	(39.63)				
1:20.98S	F	Mylie Hollingworth	ROCS	5	---	---
	36.96	1:20.98				
	(36.96)	(44.02)				
1:26.15S	F	Emma Taylor Lee	ROCS	6	---	---
	38.90	1:26.15				
	(38.90)	(47.25)				
1:40.27S	F	Hannah Zuro	ROCS	7	---	---
	47.40	1:40.27				
	(47.40)	(52.87)				
1:42.88S	F	Michael Damian	ROCS	8	---	---
	46.62	1:42.88				
	(46.62)	(56.26)				
1:48.27S	F	Jade Anderson	ROCS	9	---	---
	49.70	1:48.27				
	(49.70)	(58.57)				
1:49.17S	F	Jill Bezaire	ROCS	10	---	---
	47.79	1:49.17				
	(47.79)	(1:01.38)				
NS	F	Natalya Senese	ROCS	---	---	---
Event # 10 Mixed 50 Fly						
33.56S	F	Liya Ravard	ROCS	1	---	---
35.72S	F	Samantha Laliberte	ROCS	2	---	-1.65
37.41S	F	Alexandra Stochita	ROCS	3	---	---
46.81S	F	Lilliane Blais	ROCS	4	---	---
NS	F	Aidan Moore	ROCS	---	---	---

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ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S Relay					Place	Points	Improv
Event # 12 Mixed 400 IM								
5:59.12S		F	Olivia Wilson-East		ROCS	1	---	---
	38.27	1:23.62	2:09.34	2:53.87				
	(38.27)	(45.35)	(45.72)	(44.53)				
	3:46.49	4:38.46	5:19.84	5:59.12				
	(52.62)	(51.97)	(41.38)	(39.28)				
6:21.03S		F	Bennett Geddes		ROCS	2	---	---
	44.05	1:37.97	2:24.44	3:10.15				
	(44.05)	(53.92)	(46.47)	(45.71)				
	4:01.37	4:55.99	5:39.52	6:21.03				
	(51.22)	(54.62)	(43.53)	(41.51)				
6:37.82S		F	Norah Sheppard		ROCS	3	---	---
	43.24	1:35.09	2:24.12	3:09.96				
	(43.24)	(51.85)	(49.03)	(45.84)				
	4:09.81	5:08.37	5:54.87	6:37.82				
	(59.85)	(58.56)	(46.50)	(42.95)				

## Meet Results

### ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
<b>Event # 13 Mixed 200 IM</b>						
2:42.12S	F	Christopher Anand-Danek	ROCS	1	---	---
	34.87	1:16.74 2:05.08 2:42.12				
	(34.87)	(41.87) (48.34) (37.04)				
3:16.53S	F	Lucia Cziffra	ROCS	2	---	-24.12
	42.61	1:32.24 2:30.83 3:16.53				
	(42.61)	(49.63) (58.59) (45.70)				
3:31.59S	F	Hannah Zuro	ROCS	3	---	---
	46.68	1:46.80 2:44.89 3:31.59				
	(46.68)	(1:00.12) (58.09) (46.70)				
3:33.60S	F	Ethan Sheppard	ROCS	4	---	---
	55.20	1:48.05 2:46.17 3:33.60				
	(55.20)	(52.85) (58.12) (47.43)				
3:36.47S	F	Jill Bezaire	ROCS	5	---	---
	47.33	1:43.36 2:47.39 3:36.47				
	(47.33)	(56.03) (1:04.03) (49.08)				
3:43.22S	F	Finlay Boyes	ROCS	6	---	---
	52.27	1:46.15 2:54.30 3:43.22				
	(52.27)	(53.88) (1:08.15) (48.92)				
3:44.79S	F	Maisie Evangelidis	ROCS	7	---	---
	56.24	1:58.24 2:55.81 3:44.79				
	(56.24)	(1:02.00) (57.57) (48.98)				
3:44.91S	F	Anna-Maria Smart	ROCS	8	---	---
	57.21	1:51.77 2:55.49 3:44.91				
	(57.21)	(54.56) (1:03.72) (49.42)				
3:51.03S	F	Emmeline Senese	ROCS	9	---	---
	55.12	1:55.71 3:00.30 3:51.03				
	(55.12)	(1:00.59) (1:04.59) (50.73)				
3:52.56S	F	Lloyd Lovett	ROCS	10	---	---
	54.56	1:55.40 3:00.52 3:52.56				
	(54.56)	(1:00.84) (1:05.12) (52.04)				
3:54.37S	F	Lulu Salter	ROCS	11	---	---
	51.11	1:52.86 3:04.43 3:54.37				
	(51.11)	(1:01.75) (1:11.57) (49.94)				
3:58.03S	F	Beatrice Smit	ROCS	12	---	---
	55.83	1:51.98 3:02.80 3:58.03				
	(55.83)	(56.15) (1:10.82) (55.23)				
4:01.35S	F	Evelyne Robillard-Cardinal	ROCS	13	---	---
	58.28	1:58.97 3:06.10 4:01.35				
	(58.28)	(1:00.69) (1:07.13) (55.25)				
NS	F	Natalya Senese	ROCS	---	---	---

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ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S Relay		Place	Points	Improv
Event # 14 Mixed 100 IM					
59.53S	F Logan Milne	ROCS	1	---	-49.82
	28.27 59.53				
	(28.27) (31.26)				
1:06.93S	F Nolan Oma	ROCS	2	---	---
	30.46 1:06.93				
	(30.46) (36.47)				
1:08.97S	F Alexander Do	ROCS	3	---	-67.34
	31.80 1:08.97				
	(31.80) (37.17)				
1:14.61S	F Mia Tocchi	ROCS	4	---	-41.45
	34.27 1:14.61				
	(34.27) (40.34)				
1:15.09S	F Maia Nourozi	ROCS	5	---	-2.52
	33.96 1:15.09				
	(33.96) (41.13)				
1:15.16S	F Grace Arbuthnot	ROCS	6	---	-45.64
	35.70 1:15.16				
	(35.70) (39.46)				
1:16.02S	F Isabella Dean	ROCS	7	---	1.05
	34.68 1:16.02				
	(34.68) (41.34)				
1:17.53S	F Naomi McCourt	ROCS	8	---	-4.87
	35.36 1:17.53				
	(35.36) (42.17)				
1:26.82S	F Coralie Hall	ROCS	9	---	---
	38.74 1:26.82				
	(38.74) (48.08)				
1:50.79S	F Leah Davis	ROCS	10	---	---
	52.40 1:50.79				
	(52.40) (58.39)				
1:56.85S	F Elianne Vaccani	ROCS	11	---	---
	56.38 1:56.85				
	(56.38) (1:00.47)				
1:57.06S	F Emma Hachey	ROCS	12	---	---
	59.99 1:57.06				
	(59.99) (57.07)				
2:34.53S	F Celeste Kerry	ROCS	13	---	---
	1:12.27 2:34.53				
	(1:12.27) (1:22.26)				
NS	F Arthur Galiano	ROCS	---	---	---
DQ	F Abigail McEvoy	ROCS	---	---	---
NS	F Hadley Meredith	ROCS	---	---	---
DQ	F Maisie Verville-Rose	ROCS	---	---	---

Meet Results

ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S Relay					Place	Points	Improv
Event # 16 Mixed 1500 Free								
17:05.66S	F	Joshua Seely			ROCS	1	---	---
	31.30	1:05.07	1:39.33	2:13.35				
	(31.30)	(33.77)	(34.26)	(34.02)				
	2:47.61	3:21.72	3:56.13	4:30.15				
	(34.26)	(34.11)	(34.41)	(34.02)				
	5:04.25	5:38.52	6:12.62	6:46.85				
	(34.10)	(34.27)	(34.10)	(34.23)				
	7:21.09	7:55.38	8:29.57	9:03.83				
	(34.24)	(34.29)	(34.19)	(34.26)				
	9:38.00	10:12.45	10:46.33	11:20.65				
	(34.17)	(34.45)	(33.88)	(34.32)				
	11:54.98	12:29.60	13:04.33	13:38.75				
	(34.33)	(34.62)	(34.73)	(34.42)				
	14:13.35	14:48.02	15:22.89	15:57.66				
	(34.60)	(34.67)	(34.87)	(34.77)				
	16:32.53	17:05.66						
	(34.87)	(33.13)						
17:21.10S	F	Ben Thomson			ROCS	2	---	---
	32.02	1:06.15	1:40.60	2:14.70				
	(32.02)	(34.13)	(34.45)	(34.10)				
	2:49.25	3:23.50	3:57.98	4:32.30				
	(34.55)	(34.25)	(34.48)	(34.32)				
	5:07.02	5:41.69	6:16.80	6:51.65				
	(34.72)	(34.67)	(35.11)	(34.85)				
	7:26.60	8:01.83	8:36.65	9:11.60				
	(34.95)	(35.23)	(34.82)	(34.95)				
	9:46.10	10:20.80	10:56.15	11:31.52				
	(34.50)	(34.70)	(35.35)	(35.37)				
	12:05.98	12:41.30	13:16.52	13:52.10				
	(34.46)	(35.32)	(35.22)	(35.58)				
	14:26.80	15:02.32	15:38.10	16:12.90				
	(34.70)	(35.52)	(35.78)	(34.80)				
	16:47.12	17:21.10						
	(34.22)	(33.98)						
19:54.90S	F	Liya Ravard			ROCS	3	---	---
	34.64	1:12.99	1:51.96	2:31.30				
	(34.64)	(38.35)	(38.97)	(39.34)				
	3:10.83	3:50.52	4:30.27	5:10.05				
	(39.53)	(39.69)	(39.75)	(39.78)				
	5:49.46	6:29.08	7:09.11	7:48.68				
	(39.41)	(39.62)	(40.03)	(39.57)				
	8:29.05	9:09.39	9:50.02	10:30.49				
	(40.37)	(40.34)	(40.63)	(40.47)				
	11:10.74	11:51.52	12:31.71	13:12.14				
	(40.25)	(40.78)	(40.19)	(40.43)				
	13:52.74	14:33.36	15:14.14	15:54.74				
	(40.60)	(40.62)	(40.78)	(40.60)				
	16:35.27	17:16.02	17:56.43	18:36.74				
	(40.53)	(40.75)	(40.41)	(40.31)				
	19:17.27	19:54.90						
	(40.53)	(37.63)						



Meet Results

ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S Relay					Place	Points	Improv
20:37.17S		F	Jillian Coscarella		CAR	4	---	---
	35.55	1:14.89	1:55.24	2:35.80				
	(35.55)	(39.34)	(40.35)	(40.56)				
	3:16.49	3:57.02	4:38.14	5:19.21				
	(40.69)	(40.53)	(41.12)	(41.07)				
	6:00.77	6:42.67	7:24.24	8:06.08				
	(41.56)	(41.90)	(41.57)	(41.84)				
	8:47.64	9:28.86	10:10.67	10:52.33				
	(41.56)	(41.22)	(41.81)	(41.66)				
	11:33.49	12:14.80	12:57.30	13:39.21				
	(41.16)	(41.31)	(42.50)	(41.91)				
	14:21.74	15:04.17	15:46.71	16:29.55				
	(42.53)	(42.43)	(42.54)	(42.84)				
	17:11.27	17:52.74	18:34.46	19:16.58				
	(41.72)	(41.47)	(41.72)	(42.12)				
	19:57.64	20:37.17						
	(41.06)	(39.53)						
21:37.12S		F	Qiana Englert		CAR	5	---	---
	38.64	1:21.86	2:05.36	2:49.39				
	(38.64)	(43.22)	(43.50)	(44.03)				
	3:32.98	4:16.83	5:00.20	5:43.48				
	(43.59)	(43.85)	(43.37)	(43.28)				
	6:27.14	7:10.73	7:54.27	8:37.61				
	(43.66)	(43.59)	(43.54)	(43.34)				
	9:21.64	10:05.36	10:49.52	11:33.42				
	(44.03)	(43.72)	(44.16)	(43.90)				
	12:17.33	13:01.39	13:45.64	14:28.89				
	(43.91)	(44.06)	(44.25)	(43.25)				
	15:12.86	15:56.98	16:40.86	17:24.86				
	(43.97)	(44.12)	(43.88)	(44.00)				
	18:08.55	18:51.80	19:35.83	20:18.52				
	(43.69)	(43.25)	(44.03)	(42.69)				
	21:00.11	21:37.12						
	(41.59)	(37.01)						

## Meet Results

### ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
<b>Event # 17 Mixed 50 Free</b>						
25.85S	F	Hadley Meredith	ROCS	1	---	-3.18
26.00S	F	Himain Perera	CAR	2	---	-0.52
26.63S	F	Raphael Pons	ROCS	3	---	---
31.93S	F	Samantha Laliberte	ROCS	4	---	1.30
34.17S	F	Alexandra Stochita	ROCS	5	---	---
39.38S	F	Maisie Evangelidis	ROCS	6	---	---
39.66S	F	Ethan Sheppard	ROCS	7	---	---
41.03S	F	Beatrice Smit	ROCS	8	---	---
41.09S	F	Evelyne Robillard-Cardinal	ROCS	9	---	-13.47
41.50S	F	Emmeline Senese	ROCS	10	---	---
47.25S	F	Elianne Vaccani	ROCS	11	---	---
48.33S	F	Isabella Alma_PSPI	CAR	12	---	-1.89
49.81S	F	Robert Canney	ROCS	13	---	---
50.66S	F	Juliette Tetrault	ROCS	14	---	-9.36
53.62S	F	Hadley Chipchase	ROCS	15	---	---
53.66S	F	Anderson Bose	ROCS	16	---	---
54.56S	F	Nicholas Roddy	ROCS	17	---	-11.83
56.47S	F	Penelope Chakra	ROCS	18	---	---
58.60S	F	Oliver Mahajan Sinclair	ROCS	19	---	---
58.63S	F	Maisie Graham	ROCS	20	---	---
58.79S	F	Antonina Khalak	ROCS	21	---	---
59.41S	F	Julien Chakra	ROCS	22	---	---
1:02.75S	F	Hannah Frood	ROCS	23	---	---
1:06.22S	F	Elijah Ahmed	ROCS	24	---	-17.82
1:06.59S	F	Lola Kelly	ROCS	25	---	---
1:06.65S	F	Hannah Wells	ROCS	26	---	---
1:07.28S	F	Henri Lalonde	ROCS	27	---	---
1:08.30S	F	Danylo Klyuchar	ROCS	28	---	---
1:15.08S	F	Margot Davis	ROCS	29	---	---
1:17.40S	F	Roslyn Demarsh	ROCS	30	---	---
1:19.75S	F	Avery Hundemer	ROCS	31	---	---
1:23.68S	F	Anna Coleman	ROCS	32	---	---
1:28.35S	F	Harison Mahajan Sinclair	ROCS	33	---	---
NS	F	Zoe Ahmed	ROCS	---	---	---
NS	F	Rowan Jennings	ROCS	---	---	---
<b>Event # 18 Mixed 100 Free</b>						
1:08.05S	F	Olivia Wilson-East	ROCS	1	---	---
1:12.87S	F	Alyssia Oma	ROCS	2	---	-26.94
1:13.13S	F	Emma Taylor Lee	ROCS	3	---	---
1:14.43S	F	Bennett Geddes	ROCS	4	---	---
1:51.31S	F	Emma Hachey	ROCS	5	---	---

Meet Results

ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
Event # 19 Mixed 200 Breast						
3:07.19S	F	Keira McCourt	ROCS	1	---	---
3:07.50S	F	Mia Tocchi	ROCS	2	---	---
3:08.71S	F	Mathias Cardinal	ROCS	3	---	---
3:55.95S	F	Jade Anderson	ROCS	4	---	---
4:01.71S	F	Michael Damian	ROCS	5	---	---
4:21.46S	F	Lloyd Lovett	ROCS	6	---	---
4:45.09S	F	Lulu Salter	ROCS	7	---	---
NS	F	Finn Tuck	CAR	---	---	---
Event # 20 Mixed 100 Breast						
1:09.65S	F	Louis Lalonde	ROCS	1	---	---
1:25.41S	F	Georgia Glinski	ROCS	2	---	---
1:32.37S	F	Floriane Pons	ROCS	3	---	---
1:42.46S	F	Eleanor Leong	ROCS	4	---	---
2:00.78S	F	Georgie Turner	ROCS	5	---	---
Event # 21 Mixed 50 Breast						
39.50S	F	Isabella Dean	ROCS	1	---	0.32
41.27S	F	Avery Hollingworth	ROCS	2	---	---
42.55S	F	Daliane Cardinal	ROCS	3	---	---
42.78S	F	Jenna Anderson	ROCS	4	---	---
55.31S	F	Maisie Graham	ROCS	5	---	---
1:02.69S	F	Isabella Alma_PSPI	CAR	6	---	2.50
1:03.03S	F	Julien Chakra	ROCS	7	---	---
1:08.03S	F	Maisie Verville-Rose	ROCS	8	---	---
1:11.63S	F	Penelope Chakra	ROCS	9	---	---
1:12.84S	F	Lila Graham	ROCS	10	---	---
1:15.72S	F	Celeste Kerry	ROCS	11	---	-1.48
1:18.59S	F	Clark Evangelidis	ROCS	12	---	---
NS	F	Maia Nourozi	ROCS	---	---	---
1:03.43S	DQ	F Juliette Tetrault	ROCS	---	---	---

Meet Results

ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
Event # 23 Mixed 200 Free Relay						
1:49.53S	F	B Relay	Roc Swimming	ROCS	1	---
			Maia Nourozi (14)	Mia Tocchi (14)	Hadley Meredith (16)	
		26.13	55.00	1:23.90	1:49.53	
		(26.13)	(28.87)	(28.90)	(25.63)	
1:51.93S	F	A Relay	Carleton University	CAR	2	---
			Qiana Englert (22)	Timothy Hildebrand (18)	Jillian Coscarella (18)	
		27.17	56.83	1:23.08	1:51.93	
		(27.17)	(29.66)	(26.25)	(28.85)	
1:53.17S	F	D Relay	Roc Swimming	ROCS	3	---
			Olivia Wilson-East (14)	Mylie Hollingworth (17)	Joshua Seely (16)	
		27.02	57.12	1:27.24	1:53.17	
		(27.02)	(30.10)	(30.12)	(25.93)	
1:53.38S	F	C Relay	Roc Swimming	ROCS	4	---
			Raphael Pons (16)	Liya Ravard (17)	Grace Arbuthnot (15)	
		26.61	52.61	1:22.77	1:53.38	
		(26.61)	(26.00)	(30.16)	(30.61)	
1:57.16S	F	F Relay	Roc Swimming	ROCS	5	---
			Christopher Anand-Danek (14)	Samantha Laliberte (17)	Jenna Anderson (15)	
		25.46	55.27	1:27.06	1:57.16	
		(25.46)	(29.81)	(31.79)	(30.10)	
2:08.43S	F	H Relay	Roc Swimming	ROCS	6	---
			Alyssia Oma (14)	Avery Hollingworth (13)	Bennett Geddes (12)	
		31.43	1:03.35	1:35.80	2:08.43	
		(31.43)	(31.92)	(32.45)	(32.63)	
2:11.93S	F	G Relay	Roc Swimming	ROCS	7	---
			Rowan Jennings (13)	Michael Damian (13)	Naomi McCourt (14)	
		32.55	1:03.27	1:40.46	2:11.93	
		(32.55)	(30.72)	(37.19)	(31.47)	
2:33.37S	F	I Relay	Roc Swimming	ROCS	8	---
			Robert Canney (12)	Floriane Pons (13)	Emma Taylor Lee (14)	
		44.42	1:26.14	1:55.86	2:33.37	
		(44.42)	(41.72)	(29.72)	(37.51)	
2:33.43S	F	L Relay	Roc Swimming	ROCS	9	---
			Maisie Evangelidis (10)	Jade Anderson (11)	Hannah Zuro (13)	
		37.50	1:17.71	1:56.00	2:33.43	
		(37.50)	(40.21)	(38.29)	(37.43)	
2:37.02S	F	K Relay	Roc Swimming	ROCS	10	---
			Eleanor Leong (12)	Jill Bezaire (13)	Lulu Salter (9)	
		37.14	1:13.36	1:53.27	2:37.02	
		(37.14)	(36.22)	(39.91)	(43.75)	
2:43.97S	F	J Relay	Roc Swimming	ROCS	11	---
			Finlay Boyes (11)	Beatrice Smit (10)	Lucia Cziffra (12)	
		42.71	1:24.17	2:08.05	2:43.97	
		(42.71)	(41.46)	(43.88)	(35.92)	
DQ	F	A Relay	Roc Swimming	ROCS	---	---
			Isabella Dean (17)	Daliane Cardinal (16)	Logan Milne (19)	
2:06.30S	F	DQ	Roc Swimming	ROCS	---	---
			Mathias Cardinal (13)	Georgia Glinski (13)	Keira McCourt (14)	
		31.40	1:03.08	1:34.68	2:06.30	
		(31.40)	(31.68)	(31.60)	(31.62)	

Meet Results

ROCS March Time Trial 2025 22-Mar-25 SC Meters

Time	F/P/S	Relay		Place	Points	Improv
Event # 23 Mixed 200 Free Relay - Lead-Off Legs ( 50 Free )						
25.46S	F	Louis Lalonde	ROCS	---	---	---
26.13S	F	Nolan Oma	ROCS	---	---	---
26.61S	F	Ben Thomson	ROCS	---	---	-15.59
27.02S	F	Alexander Do	ROCS	---	---	---
27.17S	F	Myron Liew	CAR	---	---	0.34
31.43S	F	Teagan Meredith	ROCS	---	---	-3.92
32.55S	F	Coralie Hall	ROCS	---	---	-0.95
37.14S	F	Lilliane Blais	ROCS	---	---	---
37.50S	F	Norah Sheppard	ROCS	---	---	---
42.71S	F	Ethan Sheppard	ROCS	---	---	---
44.42S	F	Lloyd Lovett	ROCS	---	---	---