

Poseidon Swimming Club
www.poseidonswim.club

Individual Meet Results - Standard: NCAA2022

NCAA Level 1 Age Group Swimming Championships 24-Sep-22 to 25-Sep-22 SC Meters

Location: Makini School

Poseidon Swimming Club [POSE-ZZ]

Time	F/P/S	Event	Place	Points	Improv
Ayiro, Fadhili (15) M					
1:21.84S	L 2	F # 104D Male 14-15 100 IM	1	5	-9.47
1:12.57S	L 3	F # 108D Male 14-15 100 Free	1	5	-15.99
2:54.20S	L1	F # 112C Male 14-15 200 Free	3	2	-1.76
3:09.30S	L1	F # 302D Male 14-15 200 IM	2	3	-15.00
37.40S	L 2	F # 305D Male 14-15 50 Fly	2	3	-4.06
3:34.48S	L1	F # 307C Male 14-15 200 Breast	2	3	1.01
1:31.39S	L1	F # 309D Male 14-15 100 Back	3	2	-13.39
Ayiro, Sifa (13) M					
2:00.20S	L1	F # 104C Male 12-13 100 IM	17	---	-4.41
58.88S	L1	F # 106C Male 12-13 50 Back	11	---	---
1:47.03S	L1	F # 108C Male 12-13 100 Free	10	---	---
52.69S	L1	F # 110C Male 12-13 50 Breast	5	---	0.36
1:59.16S	L1	F # 209C Male 12-13 100 Breast	5	---	---
		54.74 1:59.16			
		(54.74) (1:04.42)			
59.27S	L1	F # 305C Male 12-13 50 Fly	12	---	---
4:16.94S	L1	F # 307B Male 12-13 200 Breast	3	2	---
32.15S	L 3	F # 311C Male 12-13 50 Free	1	5	-22.59
Gikunda, Amani (12) F (Y0)					
1:33.08S	L 2	F # 103C Female 12-13 100 IM	6	---	---
44.49S	L 3	F # 105C Female 12-13 50 Back	4	1	---
1:37.69S	L 3	F # 208C Female 12-13 100 Breast	1	5	---
		46.24 1:37.69			
		(46.24) (51.45)			
Gikunda, Liya (10) F (Y06)					
1:48.47S	L1	F # 103B Female 10-11 100 IM	2	3	-4.43
1:40.90S	L1	F # 107B Female 10-11 100 Free	17	---	-19.77
53.19S	L 2	F # 109B Female 10-11 50 Breast	7	---	7.99
1:53.17S	L 3	F # 208B Female 10-11 100 Breast	5	---	-23.28
4:07.61S	L1	F # 301B Female 10-11 200 IM	18	---	-61.49
49.23S	L1	F # 310B Female 10-11 50 Free	18	---	6.03
Gikunda, Naila (9) F (Y05)					
2:01.99S	L 2	F # 103A Female 8-9 100 IM	3	2	3.05
1:47.93S	L 2	F # 107A Female 8-9 100 Free	2	3	---
57.02S	L 3	F # 109A Female 8-9 50 Breast	1	5	-3.88
2:02.78S	L 3	F # 208A Female 8-9 100 Breast	1	5	---
4:39.19S	L1	F # 301A Female 8-9 200 IM	9	---	---
47.33S	L 2	F # 310A Female 8-9 50 Free	7	---	-9.47

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Henderson, Aina (12) F (Y0)					
1:46.09S	L1	F # 103C Female 12-13 100 IM	20	---	---
49.30S	L1	F # 105C Female 12-13 50 Back	6	---	---
1:40.23S	L1	F # 107C Female 12-13 100 Free	14	---	---
55.08S	L1	F # 109C Female 12-13 50 Breast	16	---	---
1:55.90S	L2	F # 208C Female 12-13 100 Breast	8	---	---
		54.77 1:55.90 (54.77) (1:01.13)			
3:59.23S	L1	F # 301C Female 12-13 200 IM	13	---	---
55.36S	L1	F # 304C Female 12-13 50 Fly	19	---	---
1:56.98S	L1	F # 308C Female 12-13 100 Back	9	---	---
45.05S	L1	F # 310C Female 12-13 50 Free	12	---	---
Jovanovic, Dunja (12) F					
1:28.55S	L3	F # 103C Female 12-13 100 IM	3	2	---
39.40S	L3	F # 105C Female 12-13 50 Back	2	3	---
1:18.84S	L3	F # 107C Female 12-13 100 Free	3	2	---
48.92S	L2	F # 109C Female 12-13 50 Breast	4	1	---
2:59.29S	L3	F # 111B Female 12-13 200 Free	1	5	---
3:17.83S	L3	F # 201B Female 12-13 200 Back	4	1	---
		46.25 1:36.92 2:28.92 3:17.83 (46.25) (50.67) (52.00) (48.91)			
1:45.54S	L2	F # 205C Female 12-13 100 Fly	3	2	---
		49.01 1:45.54 (49.01) (56.53)			
Jovanovic, Mila (9) F					
2:03.91S	L2	F # 103A Female 8-9 100 IM	4	1	---
56.40S	L3	F # 105A Female 8-9 50 Back	2	3	---
2:03.07S	L1	F # 107A Female 8-9 100 Free	14	---	---
1:05.82S	L2	F # 109A Female 8-9 50 Breast	8	---	---
2:19.78S	L2	F # 208A Female 8-9 100 Breast	5	---	---
1:01.97S	L2	F # 304A Female 8-9 50 Fly	9	---	---
2:05.51S	L2	F # 308A Female 8-9 100 Back	4	1	---
56.45S	L2	F # 310A Female 8-9 50 Free	23	---	---
Kamau, Andre (13) M (Y08)					
1:34.55S	L1	F # 104C Male 12-13 100 IM	6	---	-1.35
1:20.15S	L2	F # 108C Male 12-13 100 Free	1	5	-12.88
39.81S	L3	F # 305C Male 12-13 50 Fly	1	5	-2.37
35.48S	L3	F # 311C Male 12-13 50 Free	2	3	0.38

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Kamphuis, Lisa (10) F (Y06)					
1:28.35S	L 3	F # 107B Female 10-11 100 Free	4	1	-20.67
3:22.97S	L 3	F # 111A Female 10-11 200 Free	2	3	-27.04
3:43.06S	L 2	F # 201A Female 10-11 200 Back	5	---	-33.54
		51.57 1:50.56 2:48.73 3:43.06 (51.57) (58.99) (58.17) (54.33)			
2:03.09S	L 2	F # 208B Female 10-11 100 Breast	15	---	-6.10
		59.90 2:03.09 (59.90) (1:03.19)			
4:13.59S	L 2	F # 306A Female 10-11 200 Breast	10	---	-47.66
1:40.09S	L 3	F # 308B Female 10-11 100 Back	1	5	-19.37
Karume, Stephen (15) M					
1:33.14S	L1	F # 104D Male 14-15 100 IM	4	1	---
1:21.35S	L1	F # 108D Male 14-15 100 Free	4	1	---
44.25S	L 2	F # 110D Male 14-15 50 Breast	1	5	---
1:43.68S	L 2	F # 209D Male 14-15 100 Breast	3	2	---
		49.52 1:43.68 (49.52) (54.16)			
3:38.61S	L1	F # 302D Male 14-15 200 IM	3	2	---
33.49S	L 2	F # 311D Male 14-15 50 Free	1	5	---
Kioi, Muthoni (9) F					
58.28S	L 3	F # 109A Female 8-9 50 Breast	2	3	-11.15
2:25.15S	L1	F # 205A Female 8-9 100 Fly	3	2	---
		1:00.51 --- 2:25.15 (1:00.51) --- (2:25.15)			
4:22.05S	L1	F # 301A Female 8-9 200 IM	4	1	-3.45
57.85S	L 3	F # 304A Female 8-9 50 Fly	3	2	-16.77
Muriithi, Aaron (15) M					
3:42.39S	L1	F # 112C Male 14-15 200 Free	5	---	---
DNF		F # 202C Male 14-15 200 Back	---	---	---
		7K Swimmer did not finish			
NS		F # 206D Male 14-15 100 Fly	---	-1	---
2:11.97S	L1	F # 209D Male 14-15 100 Breast	6	---	-1.15
		1:00.53 2:11.97 (1:00.53) (1:11.44)			
1:48.41S	L1	F # 309D Male 14-15 100 Back	4	1	-9.87
34.94S	L 2	F # 311D Male 14-15 50 Free	2	3	-4.04
Murlithi, Abidan (15) M					
1:57.87S	L1	F # 104D Male 14-15 100 IM	6	---	-2.52
52.23S	L1	F # 106D Male 14-15 50 Back	5	---	-10.07
1:36.10S	L1	F # 108D Male 14-15 100 Free	7	---	2.75
1:04.14S	L1	F # 110D Male 14-15 50 Breast	3	2	---
NS		F # 206D Male 14-15 100 Fly	---	-1	---
50.31S	L1	F # 305D Male 14-15 50 Fly	3	2	-1.42
1:59.42S	L1	F # 309D Male 14-15 100 Back	5	---	-26.68
42.44S	L1	F # 311D Male 14-15 50 Free	4	1	4.11

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Savani, Mikaela (10) F					
2:03.32S	L1 F # 103B	Female 10-11 100 IM	19	---	-1.42
59.38S	L1 F # 105B	Female 10-11 50 Back	26	---	-2.53
58.30S	L1 F # 109B	Female 10-11 50 Breast	17	---	-0.53
2:15.19S	L1 F # 208B	Female 10-11 100 Breast	23	---	2.27
	1:04.17	2:15.19			
	(1:04.17)	(1:11.02)			
1:01.35S	L1 F # 304B	Female 10-11 50 Fly	31	---	-2.90
49.53S	L1 F # 310B	Female 10-11 50 Free	21	---	-0.90