

**Poseidon Swimming Club**  
**www.poseidonswim.club**

**Individual Meet Results - Standard: NCAA2022**

NCAA Level 3 Swimming Championships 24-Feb-23 to 26-Feb-23 SC Meters

Location: Makini School

Poseidon Swimming Club [POSE-ZZ]

Time	F/P/S	Event	Place	Points	Improv
<b>Kamphuis, Lisa (11) F</b>					
1:35.92S	L 3 F # 203B	Female 10-11 100 Back	2	3	-4.17
1:37.78S	L 3 F # 205B	Female 10-11 100 IM	8	---	2.97
3:03.57S	L 3 F # 214A	Female 10-11 200 Free	4	1	-19.40
1:22.66S	L 3 F # 304B	Female 10-11 100 Free	5	---	-5.69
41.78S	L 3 F # 308B	Female 10-11 50 Fly	4	1	-1.00
35.72S	L 3 F # 414B	Female 10-11 50 Free	5	---	-0.58
<b>Kamphuis, Yannick (13) M</b>					
1:15.83S	L 3 F # 206C	Male 12-13 100 IM	1	5	-4.32
2:22.46S	L 3 F # 215B	Male 12-13 200 Free	1	5	-2.93
1:05.03S	L 3 F # 305C	Male 12-13 100 Free	1	5	-0.34
31.40S	L 3 F # 309C	Male 12-13 50 Fly	2	3	-2.01
1:11.06S	L 3 F # 412C	Male 12-13 100 Fly	2	3	-11.73
29.28S	L 3 F # 415C	Male 12-13 50 Free	3	2	0.05
<b>Nakano, Chikashi (14) M</b>					
4:55.76S	L 3 F # 202C	Male 14-15 400 Free	1	5	-0.19
1:10.84S	L 3 F # 204D	Male 14-15 100 Back	1	5	-1.93
2:16.69S	L 3 F # 215C	Male 14-15 200 Free	3	2	-3.50
2:43.06S	L 3 F # 303D	Male 14-15 200 IM	4	1	-8.58
1:02.04S	L 3 F # 305D	Male 14-15 100 Free	3	2	-5.47
2:32.67S	L 3 F # 312C	Male 14-15 200 Back	1	5	-3.57