

Poseidon Swimming Club
www.poseidonswim.club

Individual Meet Results - Standard: NCAA2022

NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) 12-Nov-22 to 13-Nov-22 LC Meters

Location: MISC AQUATIC CENTRE , KASARANI

Poseidon Swimming Club [POSE-ZZ]

| Time | F/P/S | Event | Place | Points | Improv |
|-----------------------------------|----------|-------------------------------|-------|--------|--------|
| Gikunda, Amani (13) F (Y0) | | | | | |
| 1:41.53L L 3 | F # 108C | Female 12-13 100 Breast | 4 | --- | --- |
| | --- | 1:41.53 | | | |
| | --- | (1:41.53) | | | |
| 3:05.58L L 3 | F # 111B | Female 12-13 200 Free | 8 | --- | 5.63 |
| | --- | 1:26.69 --- 3:05.58 | | | |
| | --- | (1:26.69) --- (3:05.58) | | | |
| 3:25.60L L 3 | F # 202C | Female 12-13 200 IM | 4 | --- | 0.96 |
| | --- | 1:37.93 --- 3:25.60 | | | |
| | --- | (1:37.93) --- (3:25.60) | | | |
| 3:41.66L L 3 | F # 206B | Female 12-13 200 Breast | 4 | --- | 5.57 |
| | --- | 1:47.28 --- 3:41.66 | | | |
| | --- | (1:47.28) --- (3:41.66) | | | |
| Iton, Karl (9) M | | | | | |
| 1:34.79L DQ | F # 205A | Male 8-9 100 Free | --- | --- | --- |
| | --- | 1:34.79 | | | |
| | --- | (1:34.79) | | | |
| | | 4A No touch at turn or finish | | | |
| 56.72L L 3 | F # 308A | Male 8-9 50 Breast | 7 | --- | -5.25 |
| 39.87L L 3 | F # 406A | Male 8-9 50 Free | 4 | --- | -5.98 |
| Iton, Kristian (9) M | | | | | |
| 1:26.26L L 3 | F # 205A | Male 8-9 100 Free | 2 | 3 | -4.62 |
| | --- | 1:26.26 | | | |
| | --- | (1:26.26) | | | |
| 49.86L L 3 | F # 308A | Male 8-9 50 Breast | 1 | 5 | 0.41 |
| 35.93L L 3 | F # 406A | Male 8-9 50 Free | 2 | 3 | -1.02 |
| Jovanovic, Dunja (12) F | | | | | |
| 1:27.93L L 3 | F # 104C | Female 12-13 100 Back | 2 | 3 | --- |
| | --- | 1:27.93 | | | |
| | --- | (1:27.93) | | | |
| 2:43.50L L 3 | F # 111B | Female 12-13 200 Free | 3 | 1 | --- |
| | --- | 1:18.68 --- 2:43.50 | | | |
| | --- | (1:18.68) --- (2:43.50) | | | |
| 3:14.08L L 3 | F # 202C | Female 12-13 200 IM | 3 | 1 | --- |
| | --- | 1:29.34 --- 3:14.08 | | | |
| | --- | (1:29.34) --- (3:14.08) | | | |
| 1:20.28L L 3 | F # 204C | Female 12-13 100 Free | 4 | --- | --- |
| | --- | 1:20.28 | | | |
| | --- | (1:20.28) | | | |
| 3:05.31L L 3 | F # 303B | Female 12-13 200 Back | 1 | 5 | --- |
| | --- | 1:30.14 --- 3:05.31 | | | |
| | --- | (1:30.14) --- (3:05.31) | | | |
| 48.70L L 2 | F # 307C | Female 12-13 50 Breast | 14 | --- | --- |
| 39.52L L 3 | F # 401C | Female 12-13 50 Back | 2 | 3 | --- |
| Jovanovic, Mila (9) F | | | | | |
| 56.14L L 3 | F # 401A | Female 8-9 50 Back | 6 | --- | --- |

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| Kamphuis, Lisa (10) F (Y06) | | | | | |
| 1:38.46L | L 3 | F # 104B Female 10-11 100 Back | 5 | --- | --- |
| | | --- 1:38.46 | | | |
| | | --- (1:38.46) | | | |
| 3:09.15L | L 3 | F # 111A Female 10-11 200 Free | 7 | --- | --- |
| | | --- 1:31.18 --- 3:09.15 | | | |
| | | --- (1:31.18) --- (3:09.15) | | | |
| 1:25.84L | L 3 | F # 204B Female 10-11 100 Free | 9 | --- | --- |
| | | --- 1:25.84 | | | |
| | | --- (1:25.84) | | | |
| 4:11.54L | L 2 | F # 206A Female 10-11 200 Breast | 6 | --- | --- |
| | | --- 2:05.16 --- 4:11.54 | | | |
| | | --- (2:05.16) --- (4:11.54) | | | |
| 42.27L | L 3 | F # 208B Female 10-11 50 Fly | 2 | 3 | --- |
| 51.94L | DQ | F # 307B Female 10-11 50 Breast | --- | --- | --- |
| 3D Leg Movements not simultaneous or in the same horizontal plane | | | | | |
| 45.28L | L 3 | F # 401B Female 10-11 50 Back | 6 | --- | --- |
| 36.81L | L 3 | F # 405B Female 10-11 50 Free | 7 | --- | 1.02 |
| Kamphuis, Yannick (13) M | | | | | |
| 1:25.01L | L 3 | F # 105C Male 12-13 100 Back | 1 | 5 | -1.60 |
| | | --- 1:25.01 | | | |
| | | --- (1:25.01) | | | |
| 1:39.07L | L 3 | F # 109C Male 12-13 100 Breast | 3 | 1 | -7.26 |
| | | --- 1:39.07 | | | |
| | | --- (1:39.07) | | | |
| 2:57.91L | L 3 | F # 203C Male 12-13 200 IM | 1 | 5 | -2.81 |
| | | --- 1:21.75 --- 2:57.91 | | | |
| | | --- (1:21.75) --- (2:57.91) | | | |
| 33.46L | L 3 | F # 209C Male 12-13 50 Fly | 1 | 5 | 0.35 |
| 3:02.05L | L 3 | F # 304B Male 12-13 200 Back | 1 | 5 | --- |
| | | --- 1:27.92 --- 3:02.05 | | | |
| | | --- (1:27.92) --- (3:02.05) | | | |
| 43.65L | L 3 | F # 308C Male 12-13 50 Breast | 5 | --- | -1.59 |
| 29.82L | L 3 | F # 406C Male 12-13 50 Free | 1 | 5 | --- |
| 30.40L | L 3 | F # 410 Male 50 Free | 8 | --- | 0.58 |
| Musyoka, Tizita (13) F (Y08) | | | | | |
| 2:56.02L | L 3 | F # 111B Female 12-13 200 Free | 5 | --- | --- |
| | | --- 1:24.00 --- 2:56.02 | | | |
| | | --- (1:24.00) --- (2:56.02) | | | |
| 1:18.97L | L 3 | F # 204C Female 12-13 100 Free | 2 | 3 | --- |
| | | --- 1:18.97 | | | |
| | | --- (1:18.97) | | | |
| 42.39L | L 3 | F # 208C Female 12-13 50 Fly | 10 | --- | --- |
| 43.97L | L 3 | F # 401C Female 12-13 50 Back | 10 | --- | --- |
| 35.36L | L 3 | F # 405C Female 12-13 50 Free | 10 | --- | --- |

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| Nakano, Chikashi (14) M | | | | | |
| 20:14.97L L 3 | F # 102C | Male 14-15 1500 Free | 1 | 5 | -19.74 |
| | --- | 1:09.83 --- 2:28.73 --- 3:50.85 --- 5:13.15 | | | |
| | | --- | --- | --- | --- |
| | | --- | --- | --- | --- |
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| | | --- | --- | --- | --- |
| | | --- | --- | --- | --- |
| | | --- | --- | --- | --- |
| | | --- | --- | --- | --- |
| 1:15.17L L 3 | F # 105D | Male 14-15 100 Back | 1 | 5 | 0.85 |
| | --- | 1:15.17 | | | |
| | | --- | | | |
| | | --- | | | |
| 2:44.36L L 3 | F # 203D | Male 14-15 200 IM | 2 | 3 | -7.69 |
| | --- | 1:15.43 --- 2:44.36 | | | |
| | | --- | | | |
| | | --- | | | |
| 5:00.82L L 3 | F # 212C | Male 14-15 400 Free | 2 | 3 | -9.78 |
| | --- | 1:07.77 --- 2:24.48 --- 3:43.51 --- 5:00.82 | | | |
| | | --- | --- | --- | --- |
| | | --- | --- | --- | --- |
| | | --- | --- | --- | --- |
| 2:39.68L L 3 | F # 304C | Male 14-15 200 Back | 1 | 5 | -0.09 |
| | --- | 1:16.91 --- 2:39.68 | | | |
| | | --- | | | |
| | | --- | | | |
| 5:56.48L L 3 | F # 404C | Male 14-15 400 IM | 1 | 5 | 0.47 |
| | --- | 1:19.44 --- 2:45.48 --- 4:40.17 --- 5:56.48 | | | |
| | | --- | --- | --- | --- |
| | | --- | --- | --- | --- |
| | | --- | --- | --- | --- |