

**Poseidon Swimming Club  
Wroe Elite Swim Training**

**Individual Meet Results**

**NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) 13-Nov-21 to 14-Nov-21 [Ageup: 12/11/2021] LC Meters - FINA**

**Location: MISC AQUATIC CENTRE, KASARANI**

**Poseidon Swimming Club [POSE-ZZ]**

Time	F/P/S	Event	Place	Points	Improv
<b>Bitok, Shawn (17) M</b>					
1:17.43L 300	F # 105E	Male 16 & Over 100 Back	3	16	-8.65
	35.20	1:17.43			
	(35.20)	(42.23)			
1:07.32L 338	F # 205E	Male 16 & Over 100 Free	---	---	-5.73
	31.30	1:07.32			
	(31.30)	(36.02)			
31.30L 360	F # 209E	Male 16 & Over 50 Fly	6	13	-5.28
35.19L 317	F # 402E	Male 16 & Over 50 Back	4	5	-3.94
<b>Blunsum, Carlo (15) M</b>					
1:11.17L 386	F # 105D	Male 14-15 100 Back	1	20	-2.42
	33.50	1:11.17			
	(33.50)	(37.67)			
2:43.19L 340	F # 203D	Male 14-15 200 IM	2	17	-2.63
	31.20	1:12.20	2:02.70	2:43.19	
	(31.20)	(41.00)	(50.50)	(40.49)	
1:02.11L 430	F # 205D	Male 14-15 100 Free	1	20	-2.97
	29.70	1:02.11			
	(29.70)	(32.41)			
30.31L 396	F # 209D	Male 14-15 50 Fly	2	17	-10.47
<b>Doyen, Ilan (14) M</b>					
1:05.25L 371	F # 205D	Male 14-15 100 Free	3	16	---
	30.20	1:05.25			
	(30.20)	(35.05)			
42.89L 221	F # 308D	Male 14-15 50 Breast	9	---	---
29.18L 367	F # 406D	Male 14-15 50 Free	4	5	-1.51
<b>Frantz, Nyah (12) F</b>					
1:34.66L 224	F # 104C	Female 12-13 100 Back	9	9	-6.25
	45.30	1:34.66			
	(45.30)	(49.36)			
1:42.49L 244	F # 108C	Female 12-13 100 Breast	7	12	---
	45.20	1:42.49			
	(45.20)	(57.29)			
3:07.91L 217	F # 111B	Female 12-13 200 Free	8	11	---
	41.90	1:30.40	2:20.40	3:07.91	
	(41.90)	(48.50)	(50.00)	(47.51)	
3:24.87L 233	F # 202C	Female 12-13 200 IM	7	12	---
	46.30	1:42.28	2:38.48	3:24.87	
	(46.30)	(55.98)	(56.20)	(46.39)	
3:43.60L 240	F # 206B	Female 12-13 200 Breast	6	13	---
	50.20	1:50.82	2:50.62	3:43.60	
	(50.20)	(1:00.62)	(59.80)	(52.98)	
6:33.05L 217	F # 211B	Female 12-13 400 Free	3	16	---
	41.90	1:28.91	2:18.71	3:09.21	4:01.01
	(41.90)	(47.01)	(49.80)	(50.50)	(51.80)
					4:51.71
					(50.70)
					5:42.61
					(50.90)
					6:33.05
					(50.44)

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Time	F/P/S	Event	Place	Points	Improv
<b>Frantz, Shad (15) M</b>					
19:48.75L 393	F # 102C	Male 14-15 1500 Free	1	20	-86.43
	33.00	1:11.55 1:50.45 2:30.59 3:09.79 3:52.44 4:33.64 5:14.78			
	(33.00)	(38.55) (38.90) (40.14) (39.20) (42.65) (41.20) (41.14)			
	5:55.98	6:36.58 7:17.78 7:58.19 8:38.49 9:21.54 10:02.54 10:43.26			
	(41.20)	(40.60) (41.20) (40.41) (40.30) (43.05) (41.00) (40.72)			
	11:23.66	12:03.58 12:43.68 13:23.93 14:04.03 14:43.17 15:22.97 16:01.94			
	(40.40)	(39.92) (40.10) (40.25) (40.10) (39.14) (39.80) (38.97)			
	16:41.24	17:20.69 17:59.39 18:38.46 19:15.46 19:48.75			
	(39.30)	(39.45) (38.70) (39.07) (37.00) (33.29)			
1:18.56L 379	F # 109D	Male 14-15 100 Breast	2	17	-14.19
	---	1:18.56			
	---	(1:18.56)			
2:13.85L 442	F # 112C	Male 14-15 200 Free	1	20	-20.76
	30.80	1:05.89 1:40.39 2:13.85			
	(30.80)	(35.09) (34.50) (33.46)			
2:30.88L 431	F # 203D	Male 14-15 200 IM	1	20	-15.42
	32.60	1:13.96 1:56.90 2:30.88			
	(32.60)	(41.36) (42.94) (33.98)			
1:02.26L 427	F # 205D	Male 14-15 100 Free	2	17	-5.22
	29.50	1:02.26			
	(29.50)	(32.76)			
3:01.43L 335	F # 207C	Male 14-15 200 Breast	2	17	---
	42.30	1:30.81 2:17.10 3:01.43			
	(42.30)	(48.51) (46.29) (44.33)			
5:00.86L 391	F # 212C	Male 14-15 400 Free	1	20	-12.30
	32.70	1:10.60 1:49.20 2:28.40 3:07.40 3:46.74 4:25.24 5:00.86			
	(32.70)	(37.90) (38.60) (39.20) (39.00) (39.34) (38.50) (35.62)			
10:13.68L 399	F # 302C	Male 14-15 800 Free	1	20	---
	31.90	1:09.70 1:48.30 2:27.50 3:06.80 3:46.10 4:24.80 5:04.60			
	(31.90)	(37.80) (38.60) (39.20) (39.30) (39.30) (38.70) (39.80)			
	5:43.50	6:23.10 7:02.90 7:42.20 8:21.30 9:00.20 9:37.90 10:13.68			
	(38.90)	(39.60) (39.80) (39.30) (39.10) (38.90) (37.70) (35.78)			
35.43L 392	F # 308D	Male 14-15 50 Breast	1	9	---
1:10.42L 347	F # 310D	Male 14-15 100 Fly	1	9	-20.61
	34.00	1:10.42			
	(34.00)	(36.42)			

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Time	F/P/S	Event	Place	Points	Improv
<b>Gikunda, Amani (12) F (Y07)</b>					
1:41.07L 184	F # 104C	Female 12-13 100 Back	16	1	---
	48.10	1:41.07			
	(48.10)	(52.97)			
2:59.95L 247	F # 111B	Female 12-13 200 Free	5	14	---
	38.90	1:24.33 2:12.00 2:59.95			
	(38.90)	(45.43) (47.67) (47.95)			
3:24.64L 234	F # 202C	Female 12-13 200 IM	6	13	-12.49
	45.10	1:41.82 2:38.92 3:24.64			
	(45.10)	(56.72) (57.10) (45.72)			
1:24.48L 229	F # 204C	Female 12-13 100 Free	14	3	2.67
	39.10	1:24.48			
	(39.10)	(45.38)			
3:36.09L 266	F # 206B	Female 12-13 200 Breast	4	15	-4.06
	48.20	1:44.41 2:41.41 3:36.09			
	(48.20)	(56.21) (57.00) (54.68)			
1:07.27L 43	F # 210I	200 Free Relay Lead Off	---	---	---
46.06L 260	F # 307C	Female 12-13 50 Breast	6	3	---
<b>Kamphuis, Yannick (12) M (Y08)</b>					
1:26.61L 214	F # 105C	Male 12-13 100 Back	4	15	---
	41.10	1:26.61			
	(41.10)	(45.51)			
1:46.33L 153	F # 109C	Male 12-13 100 Breast	10	7	---
	49.00	1:46.33			
	(49.00)	(57.33)			
2:31.54L 304	F # 112B	Male 12-13 200 Free	2	17	-13.58
	33.80	1:13.27 1:53.40 2:31.54			
	(33.80)	(39.47) (40.13) (38.14)			
3:08.55L 221	F # 203C	Male 12-13 200 IM	3	16	-2.82
	38.20	1:28.65 2:28.75 3:08.55			
	(38.20)	(50.45) (1:00.10) (39.80)			
1:08.29L 324	F # 205C	Male 12-13 100 Free	1	20	---
	32.10	1:08.29			
	(32.10)	(36.19)			
33.88L 284	F # 209C	Male 12-13 50 Fly	2	17	-3.66
45.24L 188	F # 308C	Male 12-13 50 Breast	5	4	-3.79
1:24.57L 200	F # 310C	Male 12-13 100 Fly	2	7	-23.35
	37.00	1:24.57			
	(37.00)	(47.57)			
39.39L 226	F # 402C	Male 12-13 50 Back	3	6	-1.77
30.34L 327	F # 406C	Male 12-13 50 Free	2	7	-1.78

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Nakano, Chikashi (13) M</b>					
1:15.83L 319	F # 105C	Male 12-13 100 Back	1	20	-1.92
	36.50	1:15.83			
	(36.50)	(39.33)			
1:42.03L 173	F # 109C	Male 12-13 100 Breast	6	13	---
	48.80	1:42.03			
	(48.80)	(53.23)			
2:31.03L 308	F # 112B	Male 12-13 200 Free	1	20	-9.59
	33.60	1:12.11	1:53.20	2:31.03	
	(33.60)	(38.51)	(41.09)	(37.83)	
2:52.05L 290	F # 203C	Male 12-13 200 IM	2	17	---
	36.20	1:18.90	2:13.00	2:52.05	
	(36.20)	(42.70)	(54.10)	(39.05)	
1:08.85L 316	F # 205C	Male 12-13 100 Free	2	17	-2.20
	32.10	1:08.85			
	(32.10)	(36.75)			
36.00L 236	F # 209C	Male 12-13 50 Fly	4	15	---
2:45.99L 306	F # 304B	Male 12-13 200 Back	1	20	-2.91
	37.40	1:19.60	2:03.60	2:45.99	
	(37.40)	(42.20)	(44.00)	(42.39)	
<b>Onderi, Jade (12) F</b>					
1:24.56L 315	F # 104C	Female 12-13 100 Back	2	17	-26.83
	40.00	1:24.56			
	(40.00)	(44.56)			
2:37.87L 366	F # 111B	Female 12-13 200 Free	2	17	-56.02
	35.80	1:16.18	1:57.98	2:37.87	
	(35.80)	(40.38)	(41.80)	(39.89)	
3:03.59L 324	F # 202C	Female 12-13 200 IM	2	17	---
	37.60	1:27.65	2:27.65	3:03.59	
	(37.60)	(50.05)	(1:00.00)	(35.94)	
34.73L 348	F # 208C	Female 12-13 50 Fly	1	20	-3.03
46.29L 256	F # 307C	Female 12-13 50 Breast	7	2	-9.65
1:21.51L 315	F # 309C	Female 12-13 100 Fly	1	9	-15.45
	36.90	1:21.51			
	(36.90)	(44.61)			
37.75L 365	F # 401C	Female 12-13 50 Back	1	9	-4.18
31.42L 427	F # 405C	Female 12-13 50 Free	1	9	-1.75
31.42L 427	F # 409	Female Open 50 Free	4	---	-1.75

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Pragassa, Tory (25) M</b>					
1:08.69L 567	F # 109E	Male 16 & Over 100 Breast	1	20	0.59
	30.70	1:08.69			
	(30.70)	(37.99)			
2:42.91L 463	F # 207D	Male 16 & Over 200 Breast	1	20	6.37
	37.30	1:20.53 2:04.73 2:42.91			
	(37.30)	(43.23) (44.20) (38.18)			
30.22L 633	F # 308E	Male 16 & Over 50 Breast	1	9	0.31
<b>Senanu, Karl (13) M (Y08)</b>					
1:20.87L 263	F # 105C	Male 12-13 100 Back	3	16	-2.20
	38.30	1:20.87			
	(38.30)	(42.57)			
1:45.00L 158	F # 109C	Male 12-13 100 Breast	8	11	---
	47.90	1:45.00			
	(47.90)	(57.10)			
1:23.98L 23	F # 110I	200 Medley Relay Lead Off	---	---	46.13
2:42.13L 249	F # 112B	Male 12-13 200 Free	3	16	---
	33.70	1:14.93 1:58.93 2:42.13			
	(33.70)	(41.23) (44.00) (43.20)			
3:10.99L 212	F # 203C	Male 12-13 200 IM	5	14	---
	43.80	1:30.50 2:28.60 3:10.99			
	(43.80)	(46.70) (58.10) (42.39)			
1:12.22L 274	F # 205C	Male 12-13 100 Free	3	16	-3.48
	33.90	1:12.22			
	(33.90)	(38.32)			
3:00.17L 239	F # 304B	Male 12-13 200 Back	2	17	-3.89
	41.30	1:28.10 2:16.30 3:00.17			
	(41.30)	(46.80) (48.20) (43.87)			
47.57L 162	F # 308C	Male 12-13 50 Breast	7	2	-1.29
37.46L 262	F # 402C	Male 12-13 50 Back	1	9	-0.39
32.01L 278	F # 406C	Male 12-13 50 Free	7	2	0.06
<b>Shah, Dhilan (17) M</b>					
1:24.64L 303	F # 109E	Male 16 & Over 100 Breast	4	15	1.77
	38.20	1:24.64			
	(38.20)	(46.44)			
1:11.14L 286	F # 205E	Male 16 & Over 100 Free	---	---	1.29
	33.50	1:11.14			
	(33.50)	(37.64)			
38.25L 312	F # 308E	Male 16 & Over 50 Breast	7	2	-0.13