



# TECH-ON Swimmer Result Cards

Sorted by Age

2009 Masters Swimming Ontario Championships  
March 20-22 Nepean Sportsplex  
Ottawa, Ontario





## Aleksandra Ostojic

Club: TECH-ON Age: 19 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	32.00	33.92	4	15.0	11	57	2	9
33	FLY	100	1:12.00	1:15.57	5	14.0	10	31	2	6
39	FLY	200	2:40.00	2:48.43	3	16.0	4	12	2	5
27	FREE	200	2:26.00	2:30.94	3	16.0	11	46	2	11
25	FREE	400	5:00.00	5:22.90	2	17.0	14	41	3	7
29	IM	100	1:18.00	1:19.32	4	15.0	16	62	6	14

Total Individual Event Points: 93.0

Total Medals: Gold: 0 Silver: 1 Bronze: 2

Entry Times Beaten: 0 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	1:56.00	2:00.69	2	34.0
235	FREE	400	FEMALE	4:28.00	4:27.200	3	32.0
243	MEDLEY	200	FEMALE	2:14.00	2:22.06	4	30.0
215	MEDLEY	400	FEMALE	5:01.00	5:22.22	4	30.0

Total Shared Relay Event Points: 126

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 4



## Alison Miles

Club: TECH-ON Age: 19 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	33.00	36.44	10	7.0	34	93	9	21
33	FLY	100	1:17.00	1:22.26	8	11.0	17	42	3	8
39	FLY	200	2:55.00	2:57.61	4	15.0	7	16	3	6
41	BACK	50	33.00	36.30	5	14.0	13	38	5	10
17	BACK	100	1:16.00	1:16.41	6	13.0	13	44	4	7
11	IM	400	5:55.00	5:47.84	3	16.0	6	20	2	7

Total Individual Event Points: 76.0

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:18.00	2:34.54	2	34.0
335	FREE	400	MIXED	9:99.00	4:30.99	2	34.0
205	FREE	800	FEMALE	10:20.00	10:26.87	1	40.0
343	MEDLEY	200	MIXED	3:29.00	2:58.16	2	34.0
215	MEDLEY	400	FEMALE	4:50.00	5:04.60	1	40.0

Total Shared Relay Event Points: 182

Total Medals: Gold: 2 Silver: 3 Bronze: 0

Entry Times Beaten: 2 of 5



## Kathleen Perron

Club: TECH-ON Age: 20 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	35.00	34.03	5	14.0	13	60	3	10
3	FREE	50	30.00	30.88	4	15.0	16	91	6	19
9	FREE	100	1:09.00	1:06.36	5	14.0	13	87	2	11
41	BACK	50	32.00	33.09	2	17.0	2	19	1	4
17	BACK	100	1:19.00	1:11.66	2	17.0	2	23	1	4
29	IM	100	1:20.00	1:16.12	3	16.0	10	48	3	10

Total Individual Event Points: 93.0

Total Medals: Gold: 0 Silver: 2 Bronze: 1

Entry Times Beaten: 4 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	1:56.00	2:00.69	2	34.0
235	FREE	400	FEMALE	4:28.00	4:27.200	3	32.0
305	FREE	800	MIXED	11:45.00	9:29.42	2	34.0
243	MEDLEY	200	FEMALE	2:14.00	2:22.06	4	30.0
215	MEDLEY	400	FEMALE	5:01.00	5:22.22	4	30.0

Total Shared Relay Event Points: 160

Total Medals: Gold: 0 Silver: 2 Bronze: 1

Entry Times Beaten: 2 of 5



## Susie Leamen

Club: TECH-ON Age: 22 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	34.00	34.87	13	4.0	55	149	14	32
9	FREE	100	1:21.00	1:17.36	15	2.0	65	190	13	33
27	FREE	200	3:18.00	2:53.80	4	15.0	29	83	8	24
25	FREE	400	6:40.00	6:07.62	3	16.0	35	85	9	19
45	FREE	800	14:35.00	13:34.72	3	16.0	29	53	7	21
7	FREE	1500	28:00.00	25:28.94	4	15.0	28	68	11	23

Total Individual Event Points: 68.0

Total Medals: Gold: 0 Silver: 0 Bronze: 2

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:32.00	2:30.71	4	30.0
335	FREE	400	MIXED	9:99.00	4:30.99	2	34.0
205	FREE	800	FEMALE	10:40.00	12:05.75	2	34.0
243	MEDLEY	200	FEMALE	2:13.00	2:26.92	1	40.0
215	MEDLEY	400	FEMALE	5:01.00	5:22.22	4	30.0

Total Shared Relay Event Points: 168

Total Medals: Gold: 1 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 5



## Anne Marie Pearce

Club: TECH-ON Age: 23 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
7	FREE	1500	22:37.50	23:23.63	2	17.0	19	45	7	16
17	BACK	100	1:20.20	1:23.03	8	11.0	26	64	8	12
31	BACK	200	2:56.30	3:03.25	2	17.0	9	20	4	7
13	BREAST	50	41.20	41.42	2	17.0	12	60	1	7
37	BREAST	100	1:29.00	1:33.50	5	14.0	22	65	2	6
21	BREAST	200	3:12.40	3:21.18	4	15.0	15	36	3	6

Total Individual Event Points: 91.0

Total Medals: Gold: 0 Silver: 3 Bronze: 0

Entry Times Beaten: 0 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:07.00	2:23.08	3	32.0
235	FREE	400	FEMALE	4:47.00	5:04.04	1	40.0
305	FREE	800	MIXED	12:05.00	10:34.72	2	34.0
243	MEDLEY	200	FEMALE	2:13.00	2:26.92	1	40.0
215	MEDLEY	400	FEMALE	4:50.00	5:04.60	1	40.0

Total Shared Relay Event Points: 186

Total Medals: Gold: 3 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 5



## Danielle Beland

Club: TECH-ON Age: 25 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
33	FLY	100	1:10.00	1:08.60	1	20.0	2	19	1	5
39	FLY	200	2:35.00	2:38.21	1	20.0	3	8	1	3
45	FREE	800	10:15.00	10:21.35	1	20.0	4	9	1	4
7	FREE	1500	19:30.00	19:34.98	1	20.0	3	8	1	2
1	IM	200	2:40.00	2:40.68	3	16.0	10	41	2	8
11	IM	400	5:30.00	5:44.96	1	20.0	5	19	1	6

Total Individual Event Points: 116.0

Total Medals: Gold: 5 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	1:56.00	2:00.69	2	34.0
235	FREE	400	FEMALE	4:28.00	4:27.200	3	32.0
305	FREE	800	MIXED	11:45.00	9:29.42	2	34.0
243	MEDLEY	200	FEMALE	2:13.00	2:26.92	1	40.0
215	MEDLEY	400	FEMALE	4:50.00	5:04.60	1	40.0

Total Shared Relay Event Points: 180

Total Medals: Gold: 2 Silver: 2 Bronze: 1

Entry Times Beaten: 2 of 5



## Carolyn Brown

Club: TECH-ON Age: 25 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
9	FREE	100	1:23.00	DQ	9999	0.0	9999	9999	9999	9999
25	FREE	400	6:39.00	6:44.51	9	9.0	51	111	12	27
13	BREAST	50	48.00	45.83	7	12.0	36	96	9	18
37	BREAST	100	1:51.00	1:41.81	8	11.0	41	94	9	15
21	BREAST	200	3:59.00	3:31.86	4	15.0	24	52	8	12
29	IM	100	1:35.00	1:38.38	18	0.0	80	149	17	30

Total Individual Event Points: 47.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:18.00	2:34.54	2	34.0
235	FREE	400	FEMALE	5:30.00	5:48.94	2	34.0
205	FREE	800	FEMALE	10:40.00	12:05.75	2	34.0
343	MEDLEY	200	MIXED	3:29.00	2:58.16	2	34.0
215	MEDLEY	400	FEMALE	6:50.00	7:03.29	8	22.0

Total Shared Relay Event Points: 158

Total Medals: Gold: 0 Silver: 4 Bronze: 0

Entry Times Beaten: 1 of 5



## Tiia Bishop

Club: TECH-ON Age: 27 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
25	FREE	400	6:07.00	6:08.72	7	12.0	37	87	10	20
7	FREE	1500	24:31.00	23:40.87	5	14.0	21	49	8	17
37	BREAST	100	1:41.00	1:37.77	6	13.0	32	79	6	12
21	BREAST	200	3:28.00	3:28.89	2	17.0	21	48	6	10
29	IM	100	1:30.00	1:28.66	12	5.0	48	108	10	21
11	IM	400	7:11.00	7:08.35	4	15.0	19	45	6	14

Total Individual Event Points: 76.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 4 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:07.00	2:23.08	3	32.0
235	FREE	400	FEMALE	4:47.00	5:04.04	1	40.0
205	FREE	800	FEMALE	10:20.00	10:26.87	1	40.0
243	MEDLEY	200	FEMALE	2:14.00	2:22.06	4	30.0
215	MEDLEY	400	FEMALE	5:01.00	5:22.22	4	30.0

Total Shared Relay Event Points: 172

Total Medals: Gold: 2 Silver: 0 Bronze: 1

Entry Times Beaten: 0 of 5



## Adam Nicholson

Club: TECH-ON Age: 28 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	25.50	24.66	2	17.0	4	4	2	2
10	FREE	100	57.00	54.48	3	16.0	7	7	3	3
28	FREE	200	2:10.00	2:02.43	2	17.0	5	5	2	2
26	FREE	400	4:30.00	4:31.02	3	16.0	4	4	1	1
14	BREAST	50	34.00	32.57	1	20.0	6	6	1	1

Total Individual Event Points: 86.0

Total Medals: Gold: 1 Silver: 2 Bronze: 2

Entry Times Beaten: 4 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:38.00	1:43.73	1	40.0
135	FREE	400	MALE	3:45.00	3:46.47	1	40.0
105	FREE	800	MALE	8:25.00	8:31.61	1	40.0
143	MEDLEY	200	MALE	1:54.00	1:56.08	1	40.0
115	MEDLEY	400	MALE	4:19.00	4:17.45	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Elisabeth Sabo

Club: TECH-ON Age: 28 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	55.00	49.18	11	6.0	68	144	16	30
33	FLY	100	2:00.00	1:48.12	6	13.0	33	60	8	15
39	FLY	200	4:45.00	3:54.83	2	17.0	13	29	6	11
3	FREE	50	37.00	37.11	11	6.0	70	175	17	36
45	FREE	800	15:00.00	14:32.33	5	14.0	38	65	12	27

Total Individual Event Points: 56.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 4 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:32.00	2:30.71	4	30.0
235	FREE	400	FEMALE	5:30.00	5:48.94	2	34.0
243	MEDLEY	200	FEMALE	2:54.00	3:02.75	2	34.0
215	MEDLEY	400	FEMALE	6:50.00	7:03.29	8	22.0

Total Shared Relay Event Points: 120

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 1 of 4



## Catherine Desmarais

Club: TECH-ON Age: 29 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	45.00	43.55	10	7.0	61	135	14	28
3	FREE	50	35.00	34.21	8	11.0	48	139	11	29
9	FREE	100	1:19.00	1:16.37	14	3.0	58	181	10	30
13	BREAST	50	45.00	43.62	4	15.0	23	77	6	13
37	BREAST	100	1:55.00	1:40.47	7	12.0	37	86	7	13
29	IM	100	1:34.50	1:30.23	14	3.0	54	115	11	22

Total Individual Event Points: 51.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 6 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:31.00	2:41.96	6	26.0
235	FREE	400	FEMALE	4:47.00	5:04.04	1	40.0
205	FREE	800	FEMALE	10:40.00	12:05.75	2	34.0
243	MEDLEY	200	FEMALE	2:54.00	3:02.75	2	34.0
315	MEDLEY	400	MIXED	5:05.00	DQ	9999	0.0

Total Shared Relay Event Points: 134

Total Medals: Gold: 1 Silver: 2 Bronze: 0

Entry Times Beaten: 0 of 5



## Louis David Bonneau

Club: TECH-ON Age: 29 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	27.00	27.93	2	17.0	8	8	2	2
34	FLY	100	59.00	1:00.29	1	20.0	2	2	2	2
10	FREE	100	54.00	54.46	2	17.0	6	6	2	2
28	FREE	200	1:59.00	1:58.79	1	20.0	1	1	1	1
18	BACK	100	1:01.00	1:01.91	1	20.0	4	4	1	1
2	IM	200	2:12.00	2:11.44	1	20.0	1	1	1	1

Total Individual Event Points: 114.0

Total Medals: Gold: 4 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:38.00	1:43.73	1	40.0
135	FREE	400	MALE	3:45.00	3:46.47	1	40.0
105	FREE	800	MALE	8:25.00	8:31.61	1	40.0
143	MEDLEY	200	MALE	1:54.00	1:56.08	1	40.0
115	MEDLEY	400	MALE	4:19.00	4:17.45	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Karen Kryviak

Club: TECH-ON Age: 30 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
25	FREE	400	7:00.00	6:45.93	13	4.0	53	113	14	29
45	FREE	800	14:00.00	14:09.27	7	12.0	35	59	9	23
7	FREE	1500	28:00.00	27:02.67	4	15.0	35	83	14	29

Total Individual Event Points: 31.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:32.00	2:30.71	4	30.0
235	FREE	400	FEMALE	5:30.00	5:48.94	2	34.0
243	MEDLEY	200	FEMALE	2:54.00	3:02.75	2	34.0
215	MEDLEY	400	FEMALE	7:05.00	7:11.32	9	18.0

Total Shared Relay Event Points: 116

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 1 of 4



## Amna Khan

Club: TECH-ON Age: 31 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
45	FREE	800	14:00.00	15:13.64	8	11.0	41	70	14	30
7	FREE	1500	28:00.00	28:03.27	5	14.0	38	88	16	32
13	BREAST	50	53.00	1:02.48	8	11.0	69	150	15	26
21	BREAST	200	4:00.00	4:36.94	7	12.0	45	85	11	19
29	IM	100	2:10.00	1:51.22	10	7.0	90	162	18	31

Total Individual Event Points: 55.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:32.00	2:30.71	4	30.0
235	FREE	400	FEMALE	6:25.00	6:37.71	4	30.0
243	MEDLEY	200	FEMALE	2:54.00	3:02.75	2	34.0
215	MEDLEY	400	FEMALE	7:05.00	7:11.32	9	18.0

Total Shared Relay Event Points: 112

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 1 of 4



## Kristy Fleet

Club: TECH-ON Age: 32 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
9	FREE	100	1:20.00	1:22.76	12	5.0	83	220	15	38
7	FREE	1500	26:45.00	28:06.18	6	13.0	39	89	17	33
41	BACK	50	37.00	45.15	8	11.0	35	74	8	17
17	BACK	100	1:37.00	1:38.91	11	6.0	52	100	12	19
29	IM	100	1:35.00	1:35.95	9	9.0	71	138	16	28

Total Individual Event Points: 44.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:07.00	2:23.08	3	32.0
235	FREE	400	FEMALE	5:30.00	5:48.94	2	34.0
205	FREE	800	FEMALE	10:40.00	12:05.75	2	34.0
343	MEDLEY	200	MIXED	2:50.00	2:53.69	9	18.0
215	MEDLEY	400	FEMALE	7:05.00	7:11.32	9	18.0

Total Shared Relay Event Points: 136

Total Medals: Gold: 0 Silver: 2 Bronze: 1

Entry Times Beaten: 0 of 5



## Jean Francois Pare

Club: TECH-ON Age: 32 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	27.50	28.45	3 tie	15.5	12	12	3	3
4	FREE	50	26.50	26.16	4	15.0	20	20	4	4
42	BACK	50	30.00	29.61	2	17.0	7	7	2	2
18	BACK	100	1:04.50	1:04.11	3	16.0	9	9	2	2
14	BREAST	50	32.90	33.53	2	17.0	7	7	2	2
30	IM	100	1:02.50	1:03.06	1	20.0	3	3	2	2

Total Individual Event Points: 100.5

Total Medals: Gold: 1 Silver: 2 Bronze: 2

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:38.00	1:43.73	1	40.0
135	FREE	400	MALE	3:45.00	3:46.47	1	40.0
105	FREE	800	MALE	8:25.00	8:31.61	1	40.0
143	MEDLEY	200	MALE	1:54.00	1:56.08	1	40.0
115	MEDLEY	400	MALE	4:19.00	4:17.45	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Phil Lemire

Club: TECH-ON Age: 32 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
28	FREE	200	2:36.00	2:19.05	1	20.0	22	27	7	7
46	FREE	800	11:30.00	10:57.49	1	20.0	7	13	4	5
42	BACK	50	34.00	34.52	4	15.0	22	27	4	5
32	BACK	200	2:55.00	2:42.84	2	17.0	10	14	3	4

Total Individual Event Points: 72.0

Total Medals: Gold: 2 Silver: 1 Bronze: 0

Entry Times Beaten: 3 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
335	FREE	400	MIXED	9:99.00	4:30.99	2	34.0
305	FREE	800	MIXED	11:45.00	9:29.42	2	34.0
143	MEDLEY	200	MALE	2:09.00	2:27.57	4	30.0

Total Shared Relay Event Points: 98

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 3



## Anne Rowan Legg

Club: TECH-ON Age: 32 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
9	FREE	100	1:07.00	1:07.50	5	14.0	18	98	5	15
41	BACK	50	36.00	35.17	3	16.0	8	31	3	7
17	BACK	100	1:15.00	1:16.08	3	16.0	12	42	3	6
31	BACK	200	2:55.00	2:44.75	3	16.0	5	16	2	5
29	IM	100	1:21.00	1:15.76	4	15.0	9	47	2	9

Total Individual Event Points: 77.0

Total Medals: Gold: 0 Silver: 0 Bronze: 3

Entry Times Beaten: 3 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	1:56.00	2:00.69	2	34.0
235	FREE	400	FEMALE	4:28.00	4:27.200	3	32.0
243	MEDLEY	200	FEMALE	2:14.00	2:22.65	1	40.0
215	MEDLEY	400	FEMALE	5:04.00	5:14.85	3	32.0

Total Shared Relay Event Points: 138

Total Medals: Gold: 1 Silver: 1 Bronze: 2

Entry Times Beaten: 1 of 4



## Alison Shea

Club: TECH-ON Age: 32 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	31.00	29.90	3 tie	15.5	6	72	1	8
7	FREE	1500	19:55.00	19:36.15	2	17.0	4	9	2	3
1	IM	200	2:35.00	2:36.06	2	17.0	5	30	1	7

Total Individual Event Points: 49.5

Total Medals: Gold: 0 Silver: 2 Bronze: 1

Entry Times Beaten: 2 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
205	FREE	800	FEMALE	10:20.00	10:26.87	1	40.0

Total Shared Relay Event Points: 40

Total Medals: Gold: 1 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 1



## Vero Bezaire

Club: TECH-ON Age: 32 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	35.00	34.05	5	14.0	14	62	4	12
3	FREE	50	29.90	29.90	3 tie	15.5	6	72	1	8
9	FREE	100	1:07.00	1:05.63	3	16.0	10	82	1	9
27	FREE	200	2:29.00	2:26.41	3	16.0	8	41	1	10
25	FREE	400	5:25.00	5:23.24	7	12.0	16	43	4	8

Total Individual Event Points: 73.5

Total Medals: Gold: 0 Silver: 0 Bronze: 3

Entry Times Beaten: 4 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:02.00	2:03.10	2	34.0
235	FREE	400	FEMALE	4:33.00	4:32.58	2	34.0
205	FREE	800	FEMALE	10:25.00	10:25.71	2	34.0
243	MEDLEY	200	FEMALE	2:14.00	2:22.06	4	30.0
215	MEDLEY	400	FEMALE	5:04.00	5:14.85	3	32.0

Total Shared Relay Event Points: 164

Total Medals: Gold: 0 Silver: 3 Bronze: 1

Entry Times Beaten: 1 of 5



## Laura lee Benneman

Club: TECH-ON Age: 33 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	40.00	36.70	15	2.0	68	171	16	35
9	FREE	100	1:35.00	1:24.14	13	4.0	88	225	17	40
27	FREE	200	3:45.00	3:06.63	5	14.0	35	99	9	30
25	FREE	400	7:30.00	6:45.53	12	5.0	52	112	13	28
41	BACK	50	1:00.00	46.49	9	9.0	39	80	9	19
17	BACK	100	2:00.00	NS	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 34.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:07.00	2:23.08	3	32.0
235	FREE	400	FEMALE	6:25.00	6:37.71	4	30.0
305	FREE	800	MIXED	13:30.00	12:10.64	5	28.0
243	MEDLEY	200	FEMALE	2:53.00	3:33.36	4	30.0
215	MEDLEY	400	FEMALE	7:05.00	7:11.32	9	18.0

Total Shared Relay Event Points: 138

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 5



## Carole Michon

Club: TECH-ON Age: 33 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	35.00	35.77	11	6.0	30	84	8	18
3	FREE	50	30.00	29.94	5	14.0	8	74	3	10
9	FREE	100	1:10.00	1:07.39	4	15.0	17	97	4	14
41	BACK	50	36.00	34.64	2	17.0	6	28	2	6
17	BACK	100	1:24.00	1:19.20	5	14.0	20	54	6	10
29	IM	100	1:25.00	1:17.28	5	14.0	12	52	4	11

Total Individual Event Points: 80.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:02.00	2:03.10	2	34.0
235	FREE	400	FEMALE	4:33.00	4:32.58	2	34.0
205	FREE	800	FEMALE	10:25.00	10:25.71	2	34.0
243	MEDLEY	200	FEMALE	2:13.00	2:26.92	1	40.0
215	MEDLEY	400	FEMALE	4:50.00	5:04.60	1	40.0

Total Shared Relay Event Points: 182

Total Medals: Gold: 2 Silver: 3 Bronze: 0

Entry Times Beaten: 1 of 5



## Margot Hall

Club: TECH-ON Age: 34 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	35.50	34.24	6	13.0	17	65	5	13
39	FLY	200	3:15.00	3:07.93	1	20.0	8	17	4	7
21	BREAST	200	3:10.00	3:11.97	3	16.0	11	27	1	4
29	IM	100	1:25.00	1:20.27	7	12.0	21	69	8	16
1	IM	200	2:55.00	2:53.31	6	13.0	23	63	5	11
11	IM	400	7:00.00	6:23.18	4	15.0	11	30	3	9

Total Individual Event Points: 89.0

Total Medals: Gold: 1 Silver: 0 Bronze: 1

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:02.00	2:03.10	2	34.0
235	FREE	400	FEMALE	5:20.00	4:58.72	2	34.0
205	FREE	800	FEMALE	10:25.00	10:25.71	2	34.0
243	MEDLEY	200	FEMALE	2:14.00	2:22.65	1	40.0
215	MEDLEY	400	FEMALE	5:04.00	5:14.85	3	32.0

Total Shared Relay Event Points: 174

Total Medals: Gold: 1 Silver: 3 Bronze: 1

Entry Times Beaten: 1 of 5



## Stephen Cann

Club: TECH-ON Age: 34 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
10	FREE	100	1:03.00	1:04.46	11	6.0	69	74	8	8
28	FREE	200	2:20.00	2:24.45	3	16.0	32	38	8	8
26	FREE	400	5:05.00	5:16.78	1	20.0	25	36	4	6
8	FREE	1500	21:15.00	20:42.25	1	20.0	8	12	2	4
22	BREAST	200	3:10.00	3:03.39	2	17.0	13	19	3	3
12	IM	400	6:10.00	6:16.40	2	17.0	19	28	6	8

Total Individual Event Points: 96.0

Total Medals: Gold: 2 Silver: 2 Bronze: 1

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:43.00	2:00.01	5	28.0
335	FREE	400	MIXED	9:99.00	4:30.99	2	34.0
305	FREE	800	MIXED	11:30.00	10:36.49	3	32.0
115	MEDLEY	400	MALE	4:38.00	5:04.14	4	30.0

Total Shared Relay Event Points: 124

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 2 of 4



## Laurie Strano

Club: TECH-ON Age: 35 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	32.00	31.99	3	16.0	28	111	9	26
9	FREE	100	1:30.00	1:09.87	5	14.0	34	126	8	20
41	BACK	50	40.00	38.93	2	17.0	24	53	7	13

Total Individual Event Points: 47.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 3 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:02.00	2:03.10	2	34.0
235	FREE	400	FEMALE	4:33.00	4:32.58	2	34.0
205	FREE	800	FEMALE	10:25.00	10:25.71	2	34.0
243	MEDLEY	200	FEMALE	2:14.00	2:22.65	1	40.0

Total Shared Relay Event Points: 142

Total Medals: Gold: 1 Silver: 3 Bronze: 0

Entry Times Beaten: 1 of 4



## Heather Wilson

Club: TECH-ON Age: 35 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
41	BACK	50	1:05.00	51.75	5	14.0	43	87	11	23
17	BACK	100	2:15.00	1:52.93	9	9.0	58	114	14	23
31	BACK	200	4:40.00	3:51.16	6	13.0	23	38	7	10

Total Individual Event Points: 36.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	3:12.00	2:39.70	11	12.0
335	FREE	400	MIXED	9:99.00	5:53.63	8	22.0
243	MEDLEY	200	FEMALE	2:53.00	3:33.36	4	30.0
315	MEDLEY	400	MIXED	6:10.00	6:57.50	7	24.0

Total Shared Relay Event Points: 88

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 4



## Marie Carmelle Ruel

Club: TECH-ON Age: 35 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
25	FREE	400	6:00.00	5:53.10	6	13.0	31	75	7	16
17	BACK	100	1:22.00	1:23.26	3	16.0	28	66	9	13

Total Individual Event Points: 29.0

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 2

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:26.00	2:23.47	4	30.0
205	FREE	800	FEMALE	14:50.00	15:45.96	3	32.0
215	MEDLEY	400	FEMALE	6:12.00	5:59.55	2	34.0

Total Shared Relay Event Points: 96

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 2 of 3



## Aaron Marsaw

Club: TECH-ON Age: 36 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
28	FREE	200	3:17.50	3:29.01	10	7.0	70	114	24	34
26	FREE	400	7:19.50	7:35.91	11	6.0	68	128	19	33
46	FREE	800	14:49.10	16:01.98	4	15.0	33	78	20	34
8	FREE	1500	31:22.30	29:01.83	8	11.0	52	92	18	35
38	BREAST	100	1:56.00	2:00.90	9	9.0	63	124	9	21
22	BREAST	200	4:12.00	4:26.08	7	12.0	40	83	8	18

Total Individual Event Points: 60.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:18.00	2:34.54	2	34.0
135	FREE	400	MALE	4:05.00	5:46.89	5	28.0
105	FREE	800	MALE	NT	13:05.74	4	30.0
343	MEDLEY	200	MIXED	3:29.00	2:58.16	2	34.0

Total Shared Relay Event Points: 126

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 4



## Christine Sutcliffe

Club: TECH-ON Age: 36 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	35.50	34.49	2	17.0	18	68	6	15
3	FREE	50	30.50	30.65	1	20.0	13	87	4	16
9	FREE	100	1:09.50	1:08.74	3	16.0	24	113	7	17
27	FREE	200	2:38.60	2:38.81	4	15.0	18	63	5	19
29	IM	100	1:20.00	1:20.00	2	17.0	17	65	7	15
1	IM	200	2:59.00	3:00.31	6	13.0	30	76	7	15

Total Individual Event Points: 98.0

Total Medals: Gold: 1 Silver: 2 Bronze: 1

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	1:59.00	1:54.00	1	40.0
235	FREE	400	FEMALE	4:33.00	4:32.58	2	34.0
205	FREE	800	FEMALE	10:20.00	10:26.87	1	40.0
243	MEDLEY	200	FEMALE	2:14.00	2:22.65	1	40.0
215	MEDLEY	400	FEMALE	5:04.00	5:14.85	3	32.0

Total Shared Relay Event Points: 186

Total Medals: Gold: 3 Silver: 1 Bronze: 1

Entry Times Beaten: 2 of 5



## Valerie Lemieux

Club: TECH-ON Age: 36 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	39.00	36.74	6	13.0	37	96	11	23
3	FREE	50	33.00	33.78	7	12.0	46	137	10	28
9	FREE	100	1:15.00	1:15.05	8	11.0	53	170	9	29
27	FREE	200	2:50.00	2:43.52	5	14.0	20	68	6	20
13	BREAST	50	45.00	47.91	4	15.0	48	110	11	21
37	BREAST	100	1:44.00	1:41.75	6	13.0	40	93	8	14

Total Individual Event Points: 78.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:04.00	2:17.37	6	26.0
235	FREE	400	FEMALE	4:47.00	5:04.04	1	40.0
305	FREE	800	MIXED	12:05.00	10:34.72	2	34.0
243	MEDLEY	200	FEMALE	2:32.00	2:33.60	2	34.0
215	MEDLEY	400	FEMALE	8:20.00	7:39.72	4	30.0

Total Shared Relay Event Points: 164

Total Medals: Gold: 1 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 5



## Sylvie Jacques

Club: TECH-ON Age: 36 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
7	FREE	1500	33:00.00	30:50.71	8	11.0	48	104	19	39

Total Individual Event Points: 11.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 1

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
305	FREE	800	MIXED	14:40.00	19:31.83	9	18.0

Total Shared Relay Event Points: 18

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 1



## Rebecca Glennie

Club: TECH-ON Age: 37 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
25	FREE	400	5:30.00	5:12.09	2	17.0	7	28	1	4
17	BACK	100	1:20.00	1:14.69	1	20.0	10	39	2	5
31	BACK	200	2:45.00	2:41.33	1	20.0	4	12	1	3
29	IM	100	1:25.00	1:15.34	1	20.0	8	44	1	8
1	IM	200	2:50.00	2:43.11	1	20.0	12	46	3	9

Total Individual Event Points: 97.0

Total Medals: Gold: 4 Silver: 1 Bronze: 0

Entry Times Beaten: 5 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	1:57.00	2:05.05	1	40.0
235	FREE	400	FEMALE	4:31.00	4:40.51	1	40.0
205	FREE	800	FEMALE	10:25.00	10:14.10	1	40.0
243	MEDLEY	200	FEMALE	2:15.00	2:22.82	1	40.0
215	MEDLEY	400	FEMALE	4:51.00	5:19.91	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Nic Dufour

Club: TECH-ON Age: 37 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
28	FREE	200	2:15.00	2:17.89	4	15.0	20	22	6	6
26	FREE	400	4:45.00	5:00.69	5	14.0	16	21	3	3
38	BREAST	100	1:30.00	1:20.62	4	15.0	24	24	3	3
30	IM	100	1:15.00	1:12.64	9	9.0	29	31	5	5
2	IM	200	2:35.00	2:35.89	7	12.0	25	29	6	6
12	IM	400	5:40.00	5:34.96	3	16.0	12	15	5	5

Total Individual Event Points: 81.0

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:38.00	1:43.73	1	40.0
135	FREE	400	MALE	3:54.00	3:59.52	2	34.0
105	FREE	800	MALE	8:25.00	8:31.61	1	40.0
143	MEDLEY	200	MALE	2:03.00	2:02.50	2	34.0
115	MEDLEY	400	MALE	4:19.00	4:17.45	1	40.0

Total Shared Relay Event Points: 188

Total Medals: Gold: 3 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 5



## Jack Burkom

Club: TECH-ON Age: 37 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	29.00	28.38	11	6.0	52	53	6	6
10	FREE	100	1:03.00	1:03.06	13	4.0	58	60	7	7
2	IM	200	2:45.00	2:33.62	6	13.0	22	23	5	5
12	IM	400	5:50.00	5:33.17	2	17.0	11	14	4	4

Total Individual Event Points: 40.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 3 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
305	FREE	800	MIXED	11:30.00	10:36.49	3	32.0
115	MEDLEY	400	MALE	5:00.00	6:24.38	2	34.0

Total Shared Relay Event Points: 66

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 2



## Gerry Parenti

Club: TECH-ON Age: 37 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	27.50	27.58	1	20.0	2	2	1	1
34	FLY	100	1:03.00	1:03.51	1	20.0	9	9	3	3
4	FREE	50	25.50	25.41	3	16.0	10	10	3	3
42	BACK	50	28.50	29.10	1	20.0	2	2	1	1
14	BREAST	50	33.00	35.19	5	14.0	18	18	4	4
30	IM	100	1:03.00	1:04.94	2	17.0	9	9	4	4

Total Individual Event Points: 107.0

Total Medals: Gold: 3 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:36.00	1:39.56N	1	40.0
135	FREE	400	MALE	3:40.00	3:39.41	1	40.0
105	FREE	800	MALE	NT	13:05.74	4	30.0
143	MEDLEY	200	MALE	1:50.00	1:52.08	1	40.0
115	MEDLEY	400	MALE	4:13.00	4:11.850	1	40.0

Total Shared Relay Event Points: 190

Total Medals: Gold: 4 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 5



## Helen Rooney

Club: TECH-ON Age: 37 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	55.00	50.88	10	7.0	70	148	17	31
33	FLY	100	2:01.00	2:00.20	4	15.0	35	63	9	16
45	FREE	800	18:00.00	13:59.33	4	15.0	33	57	8	22
7	FREE	1500	28:00.00	26:53.09	6	13.0	33	81	13	28

Total Individual Event Points: 50.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 4 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:31.00	2:41.96	6	26.0
335	FREE	400	MIXED	9:99.00	5:53.63	8	22.0
305	FREE	800	MIXED	13:30.00	12:10.64	5	28.0
343	MEDLEY	200	MIXED	2:50.00	2:53.69	9	18.0
315	MEDLEY	400	MIXED	6:10.00	6:57.50	7	24.0

Total Shared Relay Event Points: 118

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 5



## Tracey Mcilwaine

Club: TECH-ON Age: 38 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	34.00	34.59	8	11.0	51	144	12	30
9	FREE	100	1:15.00	1:16.81	11	6.0	61	185	11	31
25	FREE	400	6:22.00	6:22.15	9	9.0	43	98	11	25
17	BACK	100	1:35.00	1:38.71	8	11.0	51	99	11	18

Total Individual Event Points: 37.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:04.00	2:17.37	6	26.0
205	FREE	800	FEMALE	12:10.00	12:57.07	2	34.0
215	MEDLEY	400	FEMALE	6:50.00	7:03.29	8	22.0

Total Shared Relay Event Points: 82

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 0 of 3



## Scott Dick

Club: TECH-ON Age: 38 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
40	FLY	200	2:25.00	2:20.82	1	20.0	1	1	1	1
10	FREE	100	56.00	55.36	2	17.0	11	11	5	5
28	FREE	200	2:04.00	2:02.74	1	20.0	7	7	3	3
32	BACK	200	2:30.00	2:31.29	1	20.0	6	6	2	2
22	BREAST	200	2:50.00	2:42.11	2	17.0	6	6	2	2
2	IM	200	2:25.00	2:20.40	2	17.0	6	6	3	3

Total Individual Event Points: 111.0

Total Medals: Gold: 3 Silver: 3 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:36.00	1:39.56N	1	40.0
135	FREE	400	MALE	3:40.00	3:39.41	1	40.0
105	FREE	800	MALE	8:23.00	8:17.17	1	40.0
143	MEDLEY	200	MALE	1:50.00	1:52.08	1	40.0
115	MEDLEY	400	MALE	4:13.00	4:11.85O	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 5



## Whitney Bond

Club: TECH-ON Age: 39 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	37.00	35.69	4	15.0	29	82	7	17
9	FREE	100	1:07.00	1:06.98	2	17.0	15	92	3	13
27	FREE	200	2:45.00	2:33.11	3	16.0	15	52	4	13
1	IM	200	2:55.00	2:55.45	4	15.0	25	67	6	12

Total Individual Event Points: 63.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 3 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	1:57.00	2:05.05	1	40.0
235	FREE	400	FEMALE	4:31.00	4:40.51	1	40.0
205	FREE	800	FEMALE	10:25.00	10:14.10	1	40.0
243	MEDLEY	200	FEMALE	2:15.00	2:22.82	1	40.0
215	MEDLEY	400	FEMALE	4:51.00	5:19.91	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Dale Baker

Club: TECH-ON Age: 39 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	35.00	37.85	19	0.0	108	184	20	37
10	FREE	100	1:23.00	1:22.21	25	0.0	136	217	23	37
42	BACK	50	50.00	50.14	4	15.0	44	85	12	22
18	BACK	100	1:43.00	1:52.83	9	9.0	56	113	9	22

Total Individual Event Points: 24.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:18.00	2:34.54	2	34.0
335	FREE	400	MIXED	9:99.00	5:53.63	8	22.0
105	FREE	800	MALE	NT	13:05.74	4	30.0
343	MEDLEY	200	MIXED	3:29.00	2:58.16	2	34.0

Total Shared Relay Event Points: 120

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 3 of 4



## Lee Storm

Club: TECH-ON Age: 39 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
28	FREE	200	2:38.00	2:36.15	7	12.0	41	58	12	16
26	FREE	400	5:30.00	5:47.71	8	11.0	41	66	9	14
8	FREE	1500	23:00.00	23:15.07	6	13.0	24	41	8	14
18	BACK	100	1:21.00	1:26.54	7	12.0	42	77	6	15
32	BACK	200	2:58.00	DQ	9999	0.0	9999	9999	9999	9999
2	IM	200	3:10.00	3:02.04	13	4.0	48	80	10	17

Total Individual Event Points: 52.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:43.00	2:00.01	5	28.0
135	FREE	400	MALE	4:05.00	5:46.89	5	28.0
305	FREE	800	MIXED	12:05.00	10:34.72	2	34.0
143	MEDLEY	200	MALE	2:09.00	2:27.57	4	30.0
315	MEDLEY	400	MIXED	6:10.00	6:57.50	7	24.0

Total Shared Relay Event Points: 144

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 1 of 5



## Ed Luff

Club: TECH-ON Age: 40 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
28	FREE	200	2:56.00	2:46.26	8	11.0	51	72	16	22
26	FREE	400	6:05.00	6:00.02	9	9.0	49	81	10	17
46	FREE	800	14:50.00	12:37.34	3	16.0	19	39	10	14
8	FREE	1500	23:00.00	24:12.64	3	16.0	31	55	10	20

Total Individual Event Points: 52.0

Total Medals: Gold: 0 Silver: 0 Bronze: 2

Entry Times Beaten: 3 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:31.00	2:41.96	6	26.0
135	FREE	400	MALE	4:05.00	5:46.89	5	28.0
305	FREE	800	MIXED	13:30.00	12:10.64	5	28.0
343	MEDLEY	200	MIXED	2:50.00	2:53.69	9	18.0

Total Shared Relay Event Points: 100

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 4



## Chris Weekes

Club: TECH-ON Age: 40 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
34	FLY	100	1:10.00	DQ	9999	0.0	9999	9999	9999	9999
40	FLY	200	2:40.00	2:46.97	3	16.0	8	11	3	4
28	FREE	200	2:10.00	2:15.51	4	15.0	18	19	5	5
46	FREE	800	10:00.00	10:16.08	2	17.0	4	6	3	3
30	IM	100	1:20.00	1:14.90	5	14.0	36	42	7	7

Total Individual Event Points: 62.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
135	FREE	400	MALE	3:45.00	3:46.47	1	40.0
143	MEDLEY	200	MALE	1:54.00	1:56.08	1	40.0

Total Shared Relay Event Points: 80

Total Medals: Gold: 2 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 2



## Alison Storm

Club: TECH-ON Age: 40 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	59.00	47.94	11	6.0	102	222	23	44
9	FREE	100	2:10.00	1:49.11	9	9.0	119	274	24	49
45	FREE	800	22:00.00	19:30.37	11	6.0	54	87	20	40
13	BREAST	50	1:11.00	1:05.26	9	9.0	72	153	17	28
29	IM	100	2:20.00	NS	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 30.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 4 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	3:12.00	2:39.70	11	12.0
235	FREE	400	FEMALE	6:25.00	6:37.71	4	30.0
205	FREE	800	FEMALE	12:10.00	12:57.07	2	34.0
243	MEDLEY	200	FEMALE	2:53.00	3:33.36	4	30.0
215	MEDLEY	400	FEMALE	6:50.00	7:03.29	8	22.0

Total Shared Relay Event Points: 128

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 1 of 5



## Dejan Custic

Club: TECH-ON Age: 41 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	31.00	29.19	1	20.0	20	20	4	4
34	FLY	100	1:07.00	1:04.04	1	20.0	11	11	4	4
40	FLY	200	2:35.00	2:33.84	1	20.0	2	2	2	2
12	IM	400	5:30.00	5:15.95	2	17.0	7	7	1	1

Total Individual Event Points: 77.0

Total Medals: Gold: 3 Silver: 1 Bronze: 0

Entry Times Beaten: 4 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:43.00	2:00.01	5	28.0
135	FREE	400	MALE	3:54.00	3:59.52	2	34.0
305	FREE	800	MIXED	11:45.00	9:29.42	2	34.0
143	MEDLEY	200	MALE	2:03.00	2:02.50	2	34.0
315	MEDLEY	400	MIXED	6:40.00	7:02.70	3	32.0

Total Shared Relay Event Points: 162

Total Medals: Gold: 0 Silver: 3 Bronze: 1

Entry Times Beaten: 2 of 5



## Daren Carbonneau

Club: TECH-ON Age: 41 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	29.20	29.74	4	15.0	24	24	6	6
4	FREE	50	26.40	27.02	7	12.0	34	34	5	5
14	BREAST	50	33.50	34.81	2	17.0	13	13	3	3

Total Individual Event Points: 44.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 0 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	1:59.00	1:54.00	1	40.0
135	FREE	400	MALE	3:54.00	3:59.52	2	34.0
305	FREE	800	MIXED	12:05.00	10:34.72	2	34.0
143	MEDLEY	200	MALE	2:03.00	2:02.50	2	34.0
115	MEDLEY	400	MALE	4:38.00	5:04.14	4	30.0

Total Shared Relay Event Points: 172

Total Medals: Gold: 1 Silver: 3 Bronze: 0

Entry Times Beaten: 3 of 5



## Dave Bond

Club: TECH-ON Age: 41 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	35.00	30.43	10	7.0	72	83	10	13
10	FREE	100	1:10.00	1:11.34	11	6.0	100	140	14	22

Total Individual Event Points: 13.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 2

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	3:12.00	2:39.70	11	12.0
335	FREE	400	MIXED	9:99.00	5:53.63	8	22.0
305	FREE	800	MIXED	13:30.00	12:10.64	5	28.0
343	MEDLEY	200	MIXED	2:50.00	2:53.69	9	18.0

Total Shared Relay Event Points: 80

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 4



## Jennifer Mcarton

Club: TECH-ON Age: 41 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
25	FREE	400	5:07.00	5:16.69	1	20.0	11	34	2	5
45	FREE	800	11:20.00	11:09.84	2	17.0	8	15	2	6
7	FREE	1500	21:40.00	21:11.00	1	20.0	7	18	3	6
17	BACK	100	1:18.40	1:18.61	1	20.0	17	51	5	9
31	BACK	200	2:56.60	2:49.31	1	20.0	7	18	3	6
1	IM	200	2:52.00	2:48.31	3	16.0	16	52	4	10

Total Individual Event Points: 113.0

Total Medals: Gold: 4 Silver: 1 Bronze: 1

Entry Times Beaten: 4 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	1:57.00	2:05.05	1	40.0
235	FREE	400	FEMALE	4:31.00	4:40.51	1	40.0
205	FREE	800	FEMALE	10:25.00	10:14.10	1	40.0
243	MEDLEY	200	FEMALE	2:15.00	2:22.82	1	40.0
215	MEDLEY	400	FEMALE	4:51.00	5:19.91	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Nathalie Poirier

Club: TECH-ON Age: 41 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
9	FREE	100	1:39.00	1:24.03	6	13.0	87	224	16	39
45	FREE	800	16:30.00	14:30.94	8	11.0	37	64	11	26
29	IM	100	1:44.00	1:33.22	8	11.0	64	128	13	24

Total Individual Event Points: 35.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:26.00	2:23.47	4	30.0
235	FREE	400	FEMALE	7:30.00	7:10.30	2	34.0
243	MEDLEY	200	FEMALE	4:10.00	3:30.58	4	30.0
215	MEDLEY	400	FEMALE	6:12.00	5:59.55	2	34.0

Total Shared Relay Event Points: 128

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 4 of 4



## Chris Mccarthy

Club: TECH-ON Age: 42 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
46	FREE	800	10:30.00	9:54.32	1	20.0	3	4	2	2
42	BACK	50	32.00	30.82	3	16.0	11	11	3	3
18	BACK	100	1:10.00	1:06.59	2	17.0	12	12	3	3
32	BACK	200	2:35.00	2:27.79	2	17.0	4	4	1	1
2	IM	200	2:35.00	2:32.63	3	16.0	21	21	4	4
12	IM	400	5:45.00	5:23.68	3	16.0	9	9	2	2

Total Individual Event Points: 102.0

Total Medals: Gold: 1 Silver: 2 Bronze: 3

Entry Times Beaten: 6 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	1:59.00	1:54.00	1	40.0
135	FREE	400	MALE	3:54.00	3:59.52	2	34.0
105	FREE	800	MALE	9:10.00	9:43.79	1	40.0
143	MEDLEY	200	MALE	2:03.00	2:02.50	2	34.0
115	MEDLEY	400	MALE	4:38.00	5:04.14	4	30.0

Total Shared Relay Event Points: 178

Total Medals: Gold: 2 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 5



## Donna Woodman

Club: TECH-ON Age: 42 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	41.00	38.68	2	17.0	47	109	12	25
27	FREE	200	3:10.00	NS	9999	0.0	9999	9999	9999	9999
25	FREE	400	6:25.00	6:05.57	5	14.0	34	84	8	18
45	FREE	800	13:45.00	12:44.39	7	12.0	22	41	5	15
7	FREE	1500	26:00.00	23:55.22	4	15.0	23	52	10	19
29	IM	100	1:40.00	1:32.41	7	12.0	62	126	12	23

Total Individual Event Points: 70.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:26.00	2:23.47	4	30.0
235	FREE	400	FEMALE	5:20.00	4:58.72	2	34.0
205	FREE	800	FEMALE	12:10.00	12:57.07	2	34.0
243	MEDLEY	200	FEMALE	2:32.00	2:33.60	2	34.0
215	MEDLEY	400	FEMALE	6:12.00	5:59.55	2	34.0

Total Shared Relay Event Points: 166

Total Medals: Gold: 0 Silver: 4 Bronze: 0

Entry Times Beaten: 3 of 5



## Christine Wagg

Club: TECH-ON Age: 42 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
41	BACK	50	45.00	47.45	5	14.0	41	83	10	21
17	BACK	100	1:50.00	1:39.47	8	11.0	53	101	13	20
31	BACK	200	3:40.00	3:42.22	5	14.0	22	36	6	9
13	BREAST	50	50.00	44.97	4	15.0	29	87	8	16
37	BREAST	100	1:30.00	1:43.19	6	13.0	43	98	10	17
21	BREAST	200	3:55.00	3:44.53	5	14.0	35	67	9	14

Total Individual Event Points: 81.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:26.00	2:23.47	4	30.0
235	FREE	400	FEMALE	5:20.00	4:58.72	2	34.0
205	FREE	800	FEMALE	12:10.00	12:57.07	2	34.0
243	MEDLEY	200	FEMALE	2:32.00	2:33.60	2	34.0
215	MEDLEY	400	FEMALE	6:12.00	5:59.55	2	34.0

Total Shared Relay Event Points: 166

Total Medals: Gold: 0 Silver: 4 Bronze: 0

Entry Times Beaten: 3 of 5



## Marisha Roman

Club: TECH-ON Age: 42 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	31.00	31.12	1	20.0	20	96	7	21
9	FREE	100	1:11.00	1:08.56	1	20.0	21	106	6	16
41	BACK	50	38.00	35.66	1	20.0	9	33	4	8
17	BACK	100	1:25.00	1:20.55	2	17.0	22	59	7	11
13	BREAST	50	40.00	41.72	3	16.0	14	62	2	8
29	IM	100	1:25.00	1:18.42	2	17.0	14	59	5	13

Total Individual Event Points: 110.0

Total Medals: Gold: 3 Silver: 2 Bronze: 1

Entry Times Beaten: 4 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	1:59.00	1:54.00	1	40.0
235	FREE	400	FEMALE	5:20.00	4:58.72	2	34.0
205	FREE	800	FEMALE	11:15.00	10:52.95	1	40.0
243	MEDLEY	200	FEMALE	2:32.00	2:33.60	2	34.0
215	MEDLEY	400	FEMALE	5:55.00	5:33.06	1	40.0

Total Shared Relay Event Points: 188

Total Medals: Gold: 3 Silver: 2 Bronze: 0

Entry Times Beaten: 4 of 5



## Kevin Malloy

Club: TECH-ON Age: 43 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
46	FREE	800	12:00.00	12:45.41	4	15.0	20	43	11	17
8	FREE	1500	23:00.00	24:53.51	4	15.0	37	63	11	21

Total Individual Event Points: 30.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 2

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:04.00	2:17.37	6	26.0
135	FREE	400	MALE	4:05.00	5:46.89	5	28.0
105	FREE	800	MALE	14:00.00	12:01.03	3	32.0
115	MEDLEY	400	MALE	4:38.00	5:04.14	4	30.0

Total Shared Relay Event Points: 116

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 4



## Stepan Oliva

Club: TECH-ON Age: 43 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	29.00	29.20	2	17.0	21	21	5	5
4	FREE	50	24.60	24.59	1	20.0	2	2	1	1
10	FREE	100	54.60	54.99	1	20.0	8	8	4	4
38	BREAST	100	1:15.00	1:13.74	1	20.0	10	10	2	2
30	IM	100	1:05.00	1:04.41	1	20.0	8	8	3	3

Total Individual Event Points: 97.0

Total Medals: Gold: 4 Silver: 1 Bronze: 0

Entry Times Beaten: 3 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:36.00	1:39.56N	1	40.0
135	FREE	400	MALE	3:40.00	3:39.41	1	40.0
105	FREE	800	MALE	8:23.00	8:17.17	1	40.0
143	MEDLEY	200	MALE	1:50.00	1:52.08	1	40.0
115	MEDLEY	400	MALE	4:13.00	4:11.85O	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 5



## Shirley Bittner

Club: TECH-ON Age: 44 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	34.00	39.39	9	9.0	84	198	18	38

Total Individual Event Points: 9.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 1

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:11.00	2:20.27	1	40.0
235	FREE	400	FEMALE	5:10.00	5:06.200	1	40.0
305	FREE	800	MIXED	11:30.00	10:36.49	3	32.0
243	MEDLEY	200	FEMALE	2:15.00	2:22.82	1	40.0
315	MEDLEY	400	MIXED	5:05.00	DQ	9999	0.0

Total Shared Relay Event Points: 152

Total Medals: Gold: 3 Silver: 0 Bronze: 1

Entry Times Beaten: 2 of 5



## Mike Sims

Club: TECH-ON Age: 44 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
26	FREE	400	6:30.00	7:03.35	12	5.0	62	118	16	30
46	FREE	800	15:00.00	15:22.24	6	13.0	30	71	17	31
8	FREE	1500	25:00.00	29:45.20	7	12.0	53	96	19	36
38	BREAST	100	1:46.00	DQ	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 30.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	3:12.00	2:39.70	11	12.0
135	FREE	400	MALE	5:31.00	5:41.49	4	30.0
105	FREE	800	MALE	14:00.00	12:01.03	3	32.0
143	MEDLEY	200	MALE	3:04.00	DQ	9999	0.0

Total Shared Relay Event Points: 74

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 2 of 4



## Peter Scanlan

Club: TECH-ON Age: 44 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
28	FREE	200	2:55.00	2:55.80	10	7.0	57	86	18	26
26	FREE	400	6:15.00	6:18.87	10	7.0	54	96	13	23
46	FREE	800	13:00.00	13:06.20	5	14.0	23	47	13	19
8	FREE	1500	25:00.00	25:23.46	5	14.0	40	67	12	22
22	BREAST	200	3:40.00	3:46.95	6	13.0	34	69	7	16
2	IM	200	3:25.00	3:32.77	8	11.0	59	107	12	20

Total Individual Event Points: 66.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:18.00	2:22.94	2	34.0
135	FREE	400	MALE	5:31.00	5:41.49	4	30.0
105	FREE	800	MALE	14:00.00	12:01.03	3	32.0
143	MEDLEY	200	MALE	3:04.00	DQ	9999	0.0
315	MEDLEY	400	MIXED	6:10.00	6:57.50	7	24.0

Total Shared Relay Event Points: 120

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 5



## Betsy Simpson

Club: TECH-ON Age: 44 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	31.90	31.95	2	17.0	26	108	8	24
27	FREE	200	2:43.00	2:49.06	3	16.0	22	75	7	23
45	FREE	800	12:27.00	NS	9999	0.0	9999	9999	9999	9999
7	FREE	1500	24:00.00	23:14.88	3	16.0	17	40	6	13
17	BACK	100	1:28.00	1:32.43	5	14.0	43	87	10	16
31	BACK	200	3:12.00	3:18.25	3	16.0	15	29	5	8

Total Individual Event Points: 79.0

Total Medals: Gold: 0 Silver: 1 Bronze: 3

Entry Times Beaten: 1 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	1:57.00	2:05.05	1	40.0
235	FREE	400	FEMALE	4:31.00	4:40.51	1	40.0
205	FREE	800	FEMALE	10:25.00	10:14.10	1	40.0
243	MEDLEY	200	FEMALE	2:27.00	2:32.91	1	40.0
215	MEDLEY	400	FEMALE	4:51.00	5:19.91	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Alex Baumann

Club: TECH-ON Age: 45 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
34	FLY	100	1:03.00	59.80	1	20.0	1	1	1	1
10	FREE	100	58.00	54.37N	2	17.0	5	5	1	1
38	BREAST	100	1:13.00	1:08.76N	1	20.0	2	2	1	1
22	BREAST	200	2:40.00	2:33.45N	1	20.0	1	1	1	1
30	IM	100	1:04.00	1:00.46	1	20.0	2	2	1	1
2	IM	200	2:18.00	2:12.01	1	20.0	2	2	2	2

Total Individual Event Points: 117.0

Total Medals: Gold: 5 Silver: 1 Bronze: 0

Entry Times Beaten: 6 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:36.00	1:39.56N	1	40.0
135	FREE	400	MALE	3:40.00	3:39.41	1	40.0
105	FREE	800	MALE	8:23.00	8:17.17	1	40.0
143	MEDLEY	200	MALE	1:50.00	1:52.08	1	40.0
115	MEDLEY	400	MALE	4:13.00	4:11.85O	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 5



## George Green

Club: TECH-ON Age: 45 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
42	BACK	50	35.00	36.69	5	14.0	26	40	6	11

Total Individual Event Points: 14.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 1

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
135	FREE	400	MALE	NT	5:14.04	4	30.0
143	MEDLEY	200	MALE	2:09.00	2:27.57	4	30.0

Total Shared Relay Event Points: 60

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 2



## Julia Konzuk

Club: TECH-ON Age: 45 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
27	FREE	200	3:05.00	NS	9999	0.0	9999	9999	9999	9999
7	FREE	1500	24:00.00	23:42.64	5	14.0	22	50	9	18
13	BREAST	50	44.00	47.83	9	9.0	47	109	10	20
37	BREAST	100	1:44.00	NS	9999	0.0	9999	9999	9999	9999
21	BREAST	200	3:40.00	NS	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 23.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:39.00	2:49.73	1	40.0
305	FREE	800	MIXED	11:30.00	10:36.49	3	32.0
215	MEDLEY	400	FEMALE	7:15.00	7:35.10	1	40.0

Total Shared Relay Event Points: 112

Total Medals: Gold: 2 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 3



## Valerie Turchan

Club: TECH-ON Age: 45 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
45	FREE	800	20:00.00	16:55.38	7	12.0	47	80	15	35

Total Individual Event Points: 12.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 1

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
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Total Shared Relay Event Points: 0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 0



## Bill Connerty

Club: TECH-ON Age: 46 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	32.00	31.97	11	6.0	83	110	17	25
10	FREE	100	1:15.00	1:12.73	21	0.0	109	151	19	27
28	FREE	200	2:50.00	NS	9999	0.0	9999	9999	9999	9999
26	FREE	400	5:55.00	6:09.24	10	7.0	51	88	11	21
46	FREE	800	14:00.00	13:05.99	5	14.0	22	46	12	18
8	FREE	1500	25:30.00	25:33.10	9	9.0	41	69	13	24

Total Individual Event Points: 36.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:43.00	2:00.01	5	28.0
135	FREE	400	MALE	NT	5:14.04	4	30.0
105	FREE	800	MALE	11:40.00	12:14.43	3	32.0
143	MEDLEY	200	MALE	2:09.00	2:27.57	4	30.0

Total Shared Relay Event Points: 120

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 4



## Jacques Morissette

Club: TECH-ON Age: 46 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	33.00	31.81	10	7.0	81	104	16	23
10	FREE	100	1:11.00	1:12.89	22	0.0	110	152	20	28
28	FREE	200	3:10.00	2:55.72	11	6.0	56	85	17	25
14	BREAST	50	40.00	43.57	7	12.0	54	76	7	12
38	BREAST	100	1:29.00	1:42.20	7	12.0	55	96	7	16
22	BREAST	200	3:29.00	NS	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 37.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:44.00	2:44.07	8	22.0
135	FREE	400	MALE	NT	5:14.04	4	30.0
105	FREE	800	MALE	9:25.00	12:12.92	2	34.0
143	MEDLEY	200	MALE	NT	2:53.67	2	34.0
315	MEDLEY	400	MIXED	5:05.00	DQ	9999	0.0

Total Shared Relay Event Points: 120

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 5



## Jim Mccaw

Club: TECH-ON Age: 46 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
34	FLY	100	1:20.00	1:24.19	4	15.0	26	45	6	9
40	FLY	200	3:15.00	3:14.20	2	17.0	11	19	4	8
26	FREE	400	5:40.00	5:45.26	7	12.0	37	61	6	11
46	FREE	800	11:15.00	11:55.38	3	16.0	10	24	7	10
8	FREE	1500	22:30.00	22:41.85	5	14.0	19	31	5	9
12	IM	400	6:20.00	6:35.90	4	15.0	21	32	8	11

Total Individual Event Points: 89.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:04.00	2:17.37	6	26.0
335	FREE	400	MIXED	9:99.00	5:41.97	5	28.0
105	FREE	800	MALE	11:40.00	12:14.43	3	32.0
343	MEDLEY	200	MIXED	2:50.00	3:01.45	6	26.0
315	MEDLEY	400	MIXED	5:35.00	7:13.00	4	30.0

Total Shared Relay Event Points: 142

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 5



## Marty Raymond

Club: TECH-ON Age: 47 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
10	FREE	100	59.50	58.71	5	14.0	26	26	6	6
28	FREE	200	2:09.20	2:09.57	4	15.0	15	15	4	4
26	FREE	400	4:33.30	4:38.25	2	17.0	8	8	2	2
46	FREE	800	9:39.40	9:36.94	1	20.0	2	2	1	1
8	FREE	1500	18:29.00	18:27.07	1	20.0	3	3	1	1
12	IM	400	5:29.40	5:31.73	2	17.0	10	13	3	3

Total Individual Event Points: 103.0

Total Medals: Gold: 2 Silver: 2 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:53.00	2:00.33	1	40.0
135	FREE	400	MALE	4:09.00	4:22.58	1	40.0
105	FREE	800	MALE	8:23.00	8:17.17	1	40.0
143	MEDLEY	200	MALE	2:10.00	2:19.82	1	40.0
115	MEDLEY	400	MALE	4:55.00	5:11.25	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Brian Lemkuhl

Club: TECH-ON Age: 48 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	35.00	36.05	8	11.0	56	88	11	19
4	FREE	50	30.00	30.49	9	9.0	74	85	12	15
10	FREE	100	1:12.00	1:11.83	20	0.0	103	143	16	24
28	FREE	200	2:50.00	2:36.73	8	11.0	43	60	14	18
26	FREE	400	6:00.00	6:21.82	11	6.0	55	97	14	24
8	FREE	1500	25:30.00	25:33.67	10	7.0	42	70	14	25

Total Individual Event Points: 44.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:18.00	2:22.94	2	34.0
335	FREE	400	MIXED	9:99.00	4:50.18	1	40.0
105	FREE	800	MALE	14:00.00	12:01.03	3	32.0
143	MEDLEY	200	MALE	NT	2:53.67	2	34.0
315	MEDLEY	400	MIXED	5:05.00	DQ	9999	0.0

Total Shared Relay Event Points: 140

Total Medals: Gold: 1 Silver: 2 Bronze: 1

Entry Times Beaten: 3 of 5



## Sylvie Deliencourt

Club: TECH-ON Age: 48 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	35.00	33.38	2	17.0	8	52	1	8
3	FREE	50	30.00	30.74	2	17.0	15	89	5	17
41	BACK	50	40.00	37.90	2	17.0	17	45	6	12
13	BREAST	50	48.00	41.74	2	17.0	15	63	3	9
29	IM	100	1:40.00	1:20.84	1	20.0	24	73	9	17

Total Individual Event Points: 88.0

Total Medals: Gold: 1 Silver: 4 Bronze: 0

Entry Times Beaten: 4 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:04.00	2:02.84	1	40.0
335	FREE	400	MIXED	9:99.00	4:46.29	1	40.0
305	FREE	800	MIXED	12:05.00	11:28.68	2	34.0
243	MEDLEY	200	FEMALE	2:27.00	2:32.91	1	40.0
315	MEDLEY	400	MIXED	5:15.00	5:52.06	1	40.0

Total Shared Relay Event Points: 194

Total Medals: Gold: 4 Silver: 1 Bronze: 0

Entry Times Beaten: 3 of 5



## Wendy Milford

Club: TECH-ON Age: 48 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
9	FREE	100	1:18.00	1:20.88	8	11.0	79	210	14	35
7	FREE	1500	26:00.00	25:48.29	7	12.0	30	73	12	26
13	BREAST	50	43.00	42.60	3	16.0	16	67	4	10
37	BREAST	100	1:44.00	1:34.78	2	17.0	24	67	3	7
21	BREAST	200	3:37.00	3:31.33	4	15.0	23	51	7	11
29	IM	100	1:37.00	1:33.46	6	13.0	65	130	14	25

Total Individual Event Points: 84.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:10.00	2:21.09	1	40.0
335	FREE	400	MIXED	9:99.00	4:50.18	1	40.0
205	FREE	800	FEMALE	14:00.00	14:21.52	2	34.0
343	MEDLEY	200	MIXED	2:28.00	2:28.96	1	40.0
315	MEDLEY	400	MIXED	5:20.00	5:44.86	1	40.0

Total Shared Relay Event Points: 194

Total Medals: Gold: 4 Silver: 1 Bronze: 0

Entry Times Beaten: 1 of 5



## Dave Fraser

Club: TECH-ON Age: 49 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	38.00	36.63	12	5.0	102	169	19	34
10	FREE	100	1:26.00	1:25.06	27	0.0	140	229	24	41
18	BACK	100	1:50.00	1:54.14	7	12.0	57	115	10	24
14	BREAST	50	48.00	50.38	8	11.0	73	131	11	22

Total Individual Event Points: 28.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:44.00	2:44.07	8	22.0
105	FREE	800	MALE	9:25.00	12:12.92	2	34.0
115	MEDLEY	400	MALE	5:00.00	6:24.38	2	34.0

Total Shared Relay Event Points: 90

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 0 of 3



## Jim Norman

Club: TECH-ON Age: 49 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	36.00	34.53	6	13.0	51	70	10	16
10	FREE	100	1:10.00	1:09.75	18	0.0	91	124	11	18
8	FREE	1500	22:30.00	20:46.57	2	17.0	9	13	3	5
30	IM	100	1:22.00	1:21.01	8	11.0	50	74	9	18

Total Individual Event Points: 41.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 4 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:53.00	2:00.33	1	40.0
135	FREE	400	MALE	4:09.00	4:22.58	1	40.0
105	FREE	800	MALE	9:10.00	9:43.79	1	40.0
143	MEDLEY	200	MALE	2:10.00	2:19.82	1	40.0
115	MEDLEY	400	MALE	4:55.00	5:11.25	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 5



## Genevieve Mackwood

Club: TECH-ON Age: 49 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
33	FLY	100	2:00.00	1:37.41	2	17.0	26	53	5	12
25	FREE	400	6:00.00	5:51.62	3	16.0	29	72	6	15
45	FREE	800	12:00.00	12:05.99	3	16.0	16	28	4	12
7	FREE	1500	23:00.00	23:03.68	3	16.0	14	34	5	10
21	BREAST	200	3:35.00	3:27.75	3	16.0	19	45	4	8
11	IM	400	7:00.00	7:00.03	1	20.0	16	42	5	13

Total Individual Event Points: 101.0

Total Medals: Gold: 1 Silver: 1 Bronze: 4

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:11.00	2:20.27	1	40.0
335	FREE	400	MIXED	9:99.00	4:50.18	1	40.0
205	FREE	800	FEMALE	13:10.00	13:34.34	1	40.0
343	MEDLEY	200	MIXED	2:28.00	2:28.96	1	40.0
315	MEDLEY	400	MIXED	5:20.00	5:44.86	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Suzanne Burtyrn

Club: TECH-ON Age: 49 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	1:10.00	59.61	6	13.0	75	157	19	33
3	FREE	50	55.00	NS	9999	0.0	9999	9999	9999	9999
9	FREE	100	1:55.00	1:48.91	14	3.0	118	273	23	48
17	BACK	100	2:15.00	2:32.45	5	14.0	68	130	16	27

Total Individual Event Points: 30.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	3:09.00	2:56.08	2	34.0
215	MEDLEY	400	FEMALE	8:20.00	7:39.72	4	30.0

Total Shared Relay Event Points: 64

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 2 of 2



## Fiona Grant

Club: TECH-ON Age: 49 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
27	FREE	200	2:34.00	2:32.10	2	17.0	14	49	3	12
25	FREE	400	5:28.00	5:27.52	1	20.0	19	48	5	9
45	FREE	800	11:25.00	11:22.52	1	20.0	9	17	3	8
7	FREE	1500	21:52.00	21:35.27	1	20.0	10	22	4	7
37	BREAST	100	1:31.70	1:29.85	1	20.0	15	54	1	5
21	BREAST	200	3:18.00	3:17.67	1	20.0	14	35	2	5

Total Individual Event Points: 117.0

Total Medals: Gold: 5 Silver: 1 Bronze: 0

Entry Times Beaten: 6 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:04.00	2:02.84	1	40.0
235	FREE	400	FEMALE	5:10.00	5:06.200	1	40.0
205	FREE	800	FEMALE	11:15.00	10:52.95	1	40.0
243	MEDLEY	200	FEMALE	2:27.00	2:32.91	1	40.0
215	MEDLEY	400	FEMALE	5:55.00	5:33.06	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 4 of 5



## Vincent Richer

Club: TECH-ON Age: 49 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
10	FREE	100	2:50.00	2:31.97	31	0.0	161	288	28	54
28	FREE	200	5:30.00	5:14.40	13	4.0	78	140	26	42
26	FREE	400	11:00.00	11:02.66	15	2.0	74	149	21	41
46	FREE	800	23:00.00	22:29.11	7	12.0	35	89	22	42
8	FREE	1500	44:00.00	42:12.00	14	3.0	61	112	22	43
14	BREAST	50	1:30.00	1:24.81	11	6.0	84	158	12	29

Total Individual Event Points: 27.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
305	FREE	800	MIXED	14:40.00	19:31.83	9	18.0

Total Shared Relay Event Points: 18

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 1



## Wendy Buckner

Club: TECH-ON Age: 50 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	37.40	36.56	3	16.0	36	95	10	22
33	FLY	100	1:31.50	1:30.71	2	17.0	24	50	4	10
3	FREE	50	33.60	34.80	3	16.0	54	148	13	31
9	FREE	100	1:16.60	1:17.05	4	15.0	63	187	12	32
13	BREAST	50	43.80	42.83	2	17.0	20	72	5	11
37	BREAST	100	1:33.50	1:35.07	1	20.0	25	69	4	8

Total Individual Event Points: 101.0

Total Medals: Gold: 1 Silver: 2 Bronze: 2

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:11.00	2:20.27	1	40.0
235	FREE	400	FEMALE	5:10.00	5:06.200	1	40.0
205	FREE	800	FEMALE	11:15.00	10:52.95	1	40.0
343	MEDLEY	200	MIXED	2:36.00	2:39.38	1	40.0
215	MEDLEY	400	FEMALE	5:55.00	5:33.06	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 5



## Jeff Mackwood

Club: TECH-ON Age: 50 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	35.00	36.22	6	13.0	59	92	12	20
4	FREE	50	30.10	30.45	9	9.0	73	84	11	14
10	FREE	100	1:12.00	1:11.85	12	5.0	104	144	17	25
28	FREE	200	2:50.00	NS	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 27.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:02.00	2:03.40	1	40.0
135	FREE	400	MALE	4:37.00	4:50.43	2	34.0
105	FREE	800	MALE	9:25.00	12:12.92	2	34.0
343	MEDLEY	200	MIXED	2:28.00	2:28.96	1	40.0
315	MEDLEY	400	MIXED	5:20.00	5:44.86	1	40.0

Total Shared Relay Event Points: 188

Total Medals: Gold: 3 Silver: 2 Bronze: 0

Entry Times Beaten: 0 of 5



## Jamie Lombardo

Club: TECH-ON Age: 50 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	47.00	46.06	11	6.0	100	218	21	41
9	FREE	100	2:00.00	1:48.02	12	5.0	117	272	22	47
27	FREE	200	4:20.00	3:59.64	8	11.0	52	125	13	37
25	FREE	400	8:50.00	8:17.85	8	11.0	69	139	18	37
45	FREE	800	18:30.00	17:12.03	7	12.0	50	83	18	38
13	BREAST	50	50.00	54.49	12	5.0	64	142	13	24

Total Individual Event Points: 50.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	3:09.00	2:56.08	2	34.0
235	FREE	400	FEMALE	7:30.00	7:10.30	2	34.0
205	FREE	800	FEMALE	14:00.00	14:21.52	2	34.0
243	MEDLEY	200	FEMALE	4:10.00	3:30.58	4	30.0
215	MEDLEY	400	FEMALE	8:20.00	7:39.72	4	30.0

Total Shared Relay Event Points: 162

Total Medals: Gold: 0 Silver: 3 Bronze: 0

Entry Times Beaten: 4 of 5



## Maria Perron

Club: TECH-ON Age: 50 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	42.00	39.80	7	12.0	86	200	19	39
9	FREE	100	1:50.00	1:42.20	11	6.0	113	268	20	45
27	FREE	200	3:50.00	3:31.16	6	13.0	47	118	11	35
41	BACK	50	53.00	54.60	6	13.0	46	91	12	24

Total Individual Event Points: 44.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	3:09.00	2:56.08	2	34.0
335	FREE	400	MIXED	9:99.00	5:41.97	5	28.0
205	FREE	800	FEMALE	14:00.00	14:21.52	2	34.0
343	MEDLEY	200	MIXED	2:50.00	3:01.45	6	26.0
315	MEDLEY	400	MIXED	5:35.00	7:13.00	4	30.0

Total Shared Relay Event Points: 152

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 5



## Bern Chartrand

Club: TECH-ON Age: 51 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
10	FREE	100	1:29.00	NS	9999	0.0	9999	9999	9999	9999
28	FREE	200	3:30.00	3:18.42	5	14.0	68	111	23	32
26	FREE	400	6:59.00	7:16.75	5	14.0	66	124	18	32
46	FREE	800	14:30.00	15:36.93	2	17.0	31	73	18	32
8	FREE	1500	28:00.00	28:24.91	5	14.0	51	90	17	34

Total Individual Event Points: 59.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 1 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
135	FREE	400	MALE	NT	5:14.04	4	30.0
105	FREE	800	MALE	NT	13:05.74	4	30.0
143	MEDLEY	200	MALE	3:04.00	DQ	9999	0.0
315	MEDLEY	400	MIXED	5:35.00	7:13.00	4	30.0

Total Shared Relay Event Points: 90

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 4



## Daniel Kinsella

Club: TECH-ON Age: 51 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	33.00	34.03	4	15.0	48	60	8	10
34	FLY	100	1:16.00	1:17.91	2	17.0	23	36	5	7
28	FREE	200	2:40.00	2:33.42	4	15.0	38	54	10	14
26	FREE	400	5:30.00	5:36.19	3	16.0	32	52	5	10
2	IM	200	2:55.00	3:01.91	4	15.0	47	78	9	16

Total Individual Event Points: 78.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:53.00	2:00.33	1	40.0
135	FREE	400	MALE	4:09.00	4:22.58	1	40.0
105	FREE	800	MALE	9:50.00	10:48.74	1	40.0
143	MEDLEY	200	MALE	2:10.00	2:19.82	1	40.0
115	MEDLEY	400	MALE	4:55.00	5:11.25	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 5



## Wendy Moore

Club: TECH-ON Age: 51 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
25	FREE	400	7:42.70	7:40.32	6	13.0	61	129	15	34
45	FREE	800	15:59.70	15:02.04	5	14.0	40	69	13	29
7	FREE	1500	30:27.90	29:47.66	5	14.0	44	97	18	37
13	BREAST	50	52.40	53.07	10	7.0	62	138	12	23
37	BREAST	100	1:56.30	1:56.80	9	9.0	60	122	12	20
21	BREAST	200	4:16.00	4:17.94	5	14.0	42	81	10	17

Total Individual Event Points: 71.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	3:09.00	2:56.08	2	34.0
335	FREE	400	MIXED	9:99.00	5:41.97	5	28.0
205	FREE	800	FEMALE	13:10.00	13:34.34	1	40.0
343	MEDLEY	200	MIXED	2:50.00	3:01.45	6	26.0
215	MEDLEY	400	FEMALE	8:20.00	7:39.72	4	30.0

Total Shared Relay Event Points: 158

Total Medals: Gold: 1 Silver: 1 Bronze: 0

Entry Times Beaten: 3 of 5



## Daniel Berube

Club: TECH-ON Age: 52 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	33.00	37.82	7	12.0	60	102	13	24
4	FREE	50	29.50	31.00	10	7.0	76	93	14	20
10	FREE	100	1:07.00	1:11.63	10	7.0	101	141	15	23
42	BACK	50	39.00	40.87	4	15.0	31	56	7	14
38	BREAST	100	1:22.00	NS	9999	0.0	9999	9999	9999	9999
30	IM	100	1:20.00	1:24.33	8	11.0	56	90	11	20

Total Individual Event Points: 52.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:04.00	2:02.84	1	40.0
135	FREE	400	MALE	4:53.00	4:49.32	1	40.0
105	FREE	800	MALE	11:00.00	11:28.98	2	34.0
143	MEDLEY	200	MALE	2:23.00	2:27.27	2	34.0
115	MEDLEY	400	MALE	5:30.00	5:35.68N	1	40.0

Total Shared Relay Event Points: 188

Total Medals: Gold: 3 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 5



## Lynne Cohen

Club: TECH-ON Age: 52 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
33	FLY	100	2:15.00	2:03.77	3	16.0	37	65	10	17
39	FLY	200	4:45.00	4:34.44	2	17.0	16	33	8	13
45	FREE	800	17:15.00	16:57.36	6	13.0	48	81	16	36

Total Individual Event Points: 46.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 3 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
235	FREE	400	FEMALE	7:30.00	7:10.30	2	34.0
243	MEDLEY	200	FEMALE	2:53.00	3:33.36	4	30.0

Total Shared Relay Event Points: 64

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 1 of 2



## Hazel Ullyatt

Club: TECH-ON Age: 52 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	59.20	57.66	8	11.0	73	154	18	32
9	FREE	100	1:42.00	1:41.89	10	7.0	111	266	18	43
27	FREE	200	3:45.00	NS	9999	0.0	9999	9999	9999	9999
25	FREE	400	7:56.00	8:12.67	7	12.0	67	137	16	35
7	FREE	1500	32:00.00	31:57.95	6	13.0	50	106	20	40

Total Individual Event Points: 43.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:44.00	2:44.07	8	22.0
205	FREE	800	FEMALE	14:00.00	14:21.52	2	34.0
315	MEDLEY	400	MIXED	6:40.00	7:02.70	3	32.0

Total Shared Relay Event Points: 88

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 0 of 3



## Jeffery Cucksey

Club: TECH-ON Age: 53 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
10	FREE	100	1:45.00	1:31.96	15	2.0	147	247	25	42
18	BACK	100	1:50.00	1:58.24	6	13.0	59	119	11	25
30	IM	100	1:50.00	1:54.08	10	7.0	74	165	14	32

Total Individual Event Points: 22.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:18.00	2:22.94	2	34.0
105	FREE	800	MALE	11:40.00	12:14.43	3	32.0
143	MEDLEY	200	MALE	3:04.00	DQ	9999	0.0
115	MEDLEY	400	MALE	5:00.00	6:24.38	2	34.0

Total Shared Relay Event Points: 100

Total Medals: Gold: 0 Silver: 2 Bronze: 1

Entry Times Beaten: 0 of 4



## Jean Magne

Club: TECH-ON Age: 53 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	47.00	47.51	15	2.0	120	220	21	42
10	FREE	100	2:10.00	2:05.89	17	0.0	159	285	26	52
28	FREE	200	5:00.00	5:18.02	7	12.0	79	141	27	43

Total Individual Event Points: 14.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:31.00	2:41.96	6	26.0
305	FREE	800	MIXED	14:40.00	19:31.83	9	18.0
143	MEDLEY	200	MALE	NT	2:53.67	2	34.0
115	MEDLEY	400	MALE	6:02.00	7:03.15	2	34.0

Total Shared Relay Event Points: 112

Total Medals: Gold: 0 Silver: 2 Bronze: 0

Entry Times Beaten: 1 of 4



## Heike Scheffler

Club: TECH-ON Age: 53 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	50.00	49.79	12	5.0	104	225	24	45
9	FREE	100	1:58.00	1:54.08	13	4.0	121	277	25	50
27	FREE	200	4:18.00	4:13.03	9	9.0	58	132	15	39
25	FREE	400	8:53.00	8:49.54	9	9.0	72	143	19	38
45	FREE	800	18:28.00	18:19.83	8	11.0	52	85	19	39
7	FREE	1500	35:23.00	35:53.34	7	12.0	51	109	21	41

Total Individual Event Points: 50.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:44.00	2:44.07	8	22.0
235	FREE	400	FEMALE	6:30.00	6:45.48	1	40.0
205	FREE	800	FEMALE	14:50.00	15:45.96	3	32.0
243	MEDLEY	200	FEMALE	4:10.00	3:30.58	4	30.0
315	MEDLEY	400	MIXED	5:35.00	7:13.00	4	30.0

Total Shared Relay Event Points: 154

Total Medals: Gold: 1 Silver: 0 Bronze: 1

Entry Times Beaten: 1 of 5



## Catherine Moore

Club: TECH-ON Age: 54 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	56.00	55.99	13	4.0	110	232	26	47
9	FREE	100	2:11.00	NS	9999	0.0	9999	9999	9999	9999
27	FREE	200	4:40.00	NS	9999	0.0	9999	9999	9999	9999
25	FREE	400	10:20.00	NS	9999	0.0	9999	9999	9999	9999
7	FREE	1500	42:30.00	42:58.50	8	11.0	52	113	22	44

Total Individual Event Points: 15.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
305	FREE	800	MIXED	14:40.00	19:31.83	9	18.0

Total Shared Relay Event Points: 18

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 1



## Philip Wilson

Club: TECH-ON Age: 54 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	34.30	34.25	5	14.0	49	66	9	14
4	FREE	50	32.30	30.03	7	12.0	68	76	9	12
10	FREE	100	1:10.50	1:06.52	6	13.0	75	88	10	12
28	FREE	200	2:50.00	2:25.66	2	17.0	33	40	9	9
18	BACK	100	1:18.00	1:18.41	3	16.0	34	50	4	8
30	IM	100	1:20.00	1:18.40	4	15.0	45	58	8	12

Total Individual Event Points: 87.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	1:53.00	2:00.33	1	40.0
135	FREE	400	MALE	4:09.00	4:22.58	1	40.0
105	FREE	800	MALE	9:10.00	9:43.79	1	40.0
143	MEDLEY	200	MALE	2:10.00	2:19.82	1	40.0
315	MEDLEY	400	MIXED	5:20.00	5:44.86	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 5



## Marianne Quain

Club: TECH-ON Age: 54 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	45.00	NS	9999	0.0	9999	9999	9999	9999
33	FLY	100	2:00.00	NS	9999	0.0	9999	9999	9999	9999
27	FREE	200	3:30.00	3:25.75	5	14.0	44	113	10	33
25	FREE	400	7:00.00	NS	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 14.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
235	FREE	400	FEMALE	6:30.00	6:45.48	1	40.0
243	MEDLEY	200	FEMALE	3:10.00	3:32.16	1	40.0

Total Shared Relay Event Points: 80

Total Medals: Gold: 2 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 2



## Lee Fasken

Club: TECH-ON Age: 55 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
26	FREE	400	7:20.00	7:11.24	3	16.0	65	123	17	31
46	FREE	800	16:00.00	15:48.51	4	15.0	32	76	19	33
8	FREE	1500	30:00.00	30:37.00	6	13.0	55	102	20	38

Total Individual Event Points: 44.0

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 2 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:08.00	2:14.09	2	34.0
335	FREE	400	MIXED	9:99.00	5:41.97	5	28.0
105	FREE	800	MALE	9:25.00	12:12.92	2	34.0
143	MEDLEY	200	MALE	NT	2:53.67	2	34.0
115	MEDLEY	400	MALE	5:00.00	6:24.38	2	34.0

Total Shared Relay Event Points: 164

Total Medals: Gold: 0 Silver: 4 Bronze: 0

Entry Times Beaten: 2 of 5



## Robert Read

Club: TECH-ON Age: 55 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	33.00	32.81	1	20.0	40	46	7	7
4	FREE	50	29.00	28.79	1	20.0	57	58	7	7
10	FREE	100	1:05.50	1:05.66	1	20.0	73	83	9	10
42	BACK	50	36.00	36.05	1	20.0	25	36	5	9
14	BREAST	50	37.00	37.66	1	20.0	27	29	5	5
30	IM	100	1:15.50	1:14.70	1	20.0	34	40	6	6

Total Individual Event Points: 120.0

Total Medals: Gold: 6 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:04.00	2:02.84	1	40.0
335	FREE	400	MIXED	9:99.00	4:50.18	1	40.0
105	FREE	800	MALE	9:10.00	9:43.79	1	40.0
343	MEDLEY	200	MIXED	2:28.00	2:28.96	1	40.0
115	MEDLEY	400	MALE	4:55.00	5:11.25	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 5



## Tim Scapilto

Club: TECH-ON Age: 55 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
10	FREE	100	1:45.00	1:21.13	5	14.0	133	213	22	36
28	FREE	200	4:00.00	3:05.59	4	15.0	64	97	21	29
46	FREE	800	15:00.00	14:15.71	2	17.0	26	61	15	24
8	FREE	1500	28:00.00	27:21.05	4	15.0	50	87	16	31
14	BREAST	50	1:05.00	47.00	6	13.0	61	102	10	19
38	BREAST	100	2:00.00	1:44.32	5	14.0	56	103	8	18

Total Individual Event Points: 88.0

Total Medals: Gold: 0 Silver: 1 Bronze: 0

Entry Times Beaten: 6 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:18.00	2:22.94	2	34.0
135	FREE	400	MALE	5:31.00	5:41.49	4	30.0
105	FREE	800	MALE	11:40.00	12:14.43	3	32.0
343	MEDLEY	200	MIXED	2:50.00	3:01.45	6	26.0
315	MEDLEY	400	MIXED	6:40.00	7:02.70	3	32.0

Total Shared Relay Event Points: 154

Total Medals: Gold: 0 Silver: 1 Bronze: 2

Entry Times Beaten: 0 of 5



## Wendy Mccutcheon

Club: TECH-ON Age: 56 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	45.00	47.68	6	13.0	101	221	22	43
9	FREE	100	1:55.00	1:47.98	6	13.0	116	271	21	46
27	FREE	200	4:12.00	4:07.87	3	16.0	56	130	14	38
17	BACK	100	2:05.00	2:10.56	6	13.0	64	125	15	26
13	BREAST	50	58.00	1:05.17	5	14.0	71	152	16	27
37	BREAST	100	2:08.00	2:33.70	7	12.0	66	132	14	23

Total Individual Event Points: 81.0

Total Medals: Gold: 0 Silver: 0 Bronze: 1

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
235	FREE	400	FEMALE	6:25.00	6:37.71	4	30.0
205	FREE	800	FEMALE	14:50.00	15:45.96	3	32.0
243	MEDLEY	200	FEMALE	3:10.00	3:32.16	1	40.0
215	MEDLEY	400	FEMALE	7:15.00	7:35.10	1	40.0

Total Shared Relay Event Points: 142

Total Medals: Gold: 2 Silver: 0 Bronze: 1

Entry Times Beaten: 0 of 4



## Diane Grant

Club: TECH-ON Age: 57 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	47.00	50.32	7	12.0	105	226	25	46
9	FREE	100	1:55.00	1:58.61	7	12.0	124	282	26	51
27	FREE	200	4:40.00	4:32.07	5	14.0	61	136	16	40
25	FREE	400	10:00.00	9:44.75	6	13.0	74	147	20	40
37	BREAST	100	2:35.00	2:26.01	6	13.0	65	131	13	22
21	BREAST	200	5:00.00	DQ	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 64.0

Total Medals: Gold: 0 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:39.00	2:49.73	1	40.0
235	FREE	400	FEMALE	7:30.00	7:10.30	2	34.0
205	FREE	800	FEMALE	14:50.00	15:45.96	3	32.0
243	MEDLEY	200	FEMALE	4:10.00	3:30.58	4	30.0
315	MEDLEY	400	MIXED	6:40.00	7:02.70	3	32.0

Total Shared Relay Event Points: 168

Total Medals: Gold: 1 Silver: 1 Bronze: 2

Entry Times Beaten: 2 of 5



## Jim Wright

Club: TECH-ON Age: 57 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
46	FREE	800	11:03.00	12:00.39	1	20.0	12	26	8	11
8	FREE	1500	24:02.00	23:11.34	2	17.0	21	37	6	11
14	BREAST	50	35.00	38.55	2	17.0	32	35	6	6
38	BREAST	100	1:19.00	1:29.28	1	20.0	38	52	4	4
22	BREAST	200	2:55.00	3:22.23	1	20.0	23	38	4	7
2	IM	200	2:45.00	2:55.62	2	17.0	44	69	8	14

Total Individual Event Points: 111.0

Total Medals: Gold: 3 Silver: 3 Bronze: 0

Entry Times Beaten: 1 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:02.00	2:03.40	1	40.0
135	FREE	400	MALE	4:37.00	4:50.43	2	34.0
105	FREE	800	MALE	9:50.00	10:48.74	1	40.0
143	MEDLEY	200	MALE	2:23.00	2:35.54	3	32.0
115	MEDLEY	400	MALE	5:30.00	5:35.68N	1	40.0

Total Shared Relay Event Points: 186

Total Medals: Gold: 3 Silver: 1 Bronze: 1

Entry Times Beaten: 0 of 5



## Homayoun Rastan

Club: TECH-ON Age: 58 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
20	FLY	50	36.00	39.46	4	15.0	66	115	14	27
34	FLY	100	1:26.00	1:32.97	2	17.0	27	52	7	11
40	FLY	200	3:12.00	3:42.22	2	17.0	15	24	5	10
46	FREE	800	14:00.00	14:33.91	3	16.0	28	66	16	28
8	FREE	1500	25:00.00	NS	9999	0.0	9999	9999	9999	9999
12	IM	400	7:15.00	NS	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 65.0

Total Medals: Gold: 0 Silver: 2 Bronze: 1

Entry Times Beaten: 0 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:08.00	2:14.09	2	34.0
135	FREE	400	MALE	5:31.00	5:41.49	4	30.0
105	FREE	800	MALE	11:00.00	11:28.98	2	34.0
143	MEDLEY	200	MALE	2:23.00	2:35.54	3	32.0
115	MEDLEY	400	MALE	6:02.00	7:03.15	2	34.0

Total Shared Relay Event Points: 164

Total Medals: Gold: 0 Silver: 3 Bronze: 1

Entry Times Beaten: 0 of 5



## Kathleen Milne

Club: TECH-ON Age: 58 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	42.50	39.25	1	20.0	49	113	13	26
33	FLY	100	1:38.30	1:44.89	1	20.0	32	59	7	14
3	FREE	50	36.20	35.53	2	17.0	62	157	15	33
13	BREAST	50	44.50	44.58	1	20.0	28	84	7	15
37	BREAST	100	1:44.20	1:45.77	3	16.0	52	109	11	19
29	IM	100	1:36.20	1:35.83	3	16.0	69	136	15	27

Total Individual Event Points: 109.0

Total Medals: Gold: 3 Silver: 1 Bronze: 2

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:10.00	2:21.09	1	40.0
235	FREE	400	FEMALE	5:10.00	5:06.200	1	40.0
305	FREE	800	MIXED	12:05.00	11:28.68	2	34.0
343	MEDLEY	200	MIXED	2:36.00	2:39.38	1	40.0
315	MEDLEY	400	MIXED	5:15.00	5:52.06	1	40.0

Total Shared Relay Event Points: 194

Total Medals: Gold: 4 Silver: 1 Bronze: 0

Entry Times Beaten: 2 of 5



## Phil Rogers

Club: TECH-ON Age: 59 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
28	FREE	200	2:55.00	2:56.84	3	16.0	60	89	20	28
42	BACK	50	52.00	47.30	2	17.0	42	82	11	20
30	IM	100	1:29.00	1:37.11	3	16.0	68	142	13	29

Total Individual Event Points: 49.0

Total Medals: Gold: 0 Silver: 1 Bronze: 2

Entry Times Beaten: 1 of 3

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
135	FREE	400	MALE	4:53.00	4:49.32	1	40.0
143	MEDLEY	200	MALE	2:23.00	2:27.27	2	34.0

Total Shared Relay Event Points: 74

Total Medals: Gold: 1 Silver: 1 Bronze: 0

Entry Times Beaten: 1 of 2



## Margaret Bakish

Club: TECH-ON Age: 60 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
39	FLY	200	3:46.40	3:24.16	1	20.0	9	22	5	9
45	FREE	800	12:31.20	12:44.86	1	20.0	23	42	6	16
37	BREAST	100	1:36.00	1:36.64	1	20.0	28	73	5	9
21	BREAST	200	3:27.00	3:28.020	1	20.0	20	46	5	9
1	IM	200	3:17.70	3:17.13	1	20.0	41	93	8	18
11	IM	400	7:04.90	6:54.77	1	20.0	15	39	4	12

Total Individual Event Points: 120.0

Total Medals: Gold: 6 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:11.00	2:20.27	1	40.0
335	FREE	400	MIXED	9:99.00	4:46.29	1	40.0
205	FREE	800	FEMALE	11:15.00	10:52.95	1	40.0
243	MEDLEY	200	FEMALE	2:27.00	2:32.91	1	40.0
215	MEDLEY	400	FEMALE	5:55.00	5:33.06	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 3 of 5



## Doug Bishop

Club: TECH-ON Age: 63 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
46	FREE	800	11:20.00	11:48.71	1	20.0	9	23	6	9
8	FREE	1500	22:30.00	22:22.22	1	20.0	17	27	4	8
18	BACK	100	1:21.00	1:25.10	1	20.0	39	71	5	14
30	IM	100	1:19.00	1:21.94	2	17.0	52	82	10	19
2	IM	200	2:58.00	2:55.54	2	17.0	43	68	7	13
12	IM	400	6:10.00	6:31.41	1	20.0	20	31	7	10

Total Individual Event Points: 114.0

Total Medals: Gold: 4 Silver: 2 Bronze: 0

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:08.00	2:14.09	2	34.0
135	FREE	400	MALE	4:53.00	4:49.32	1	40.0
105	FREE	800	MALE	9:50.00	10:48.74	1	40.0
143	MEDLEY	200	MALE	2:23.00	2:27.27	2	34.0
115	MEDLEY	400	MALE	8:50.00	10:00.20	1	40.0

Total Shared Relay Event Points: 188

Total Medals: Gold: 3 Silver: 2 Bronze: 0

Entry Times Beaten: 1 of 5



## Vello Mijal

Club: TECH-ON Age: 63 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
42	BACK	50	46.00	45.52	3	16.0	40	75	10	18
18	BACK	100	1:48.00	1:41.45	4	15.0	51	105	8	21
14	BREAST	50	45.00	45.28	5	14.0	60	91	9	17
38	BREAST	100	1:48.00	1:37.66	2	17.0	47	78	6	11
22	BREAST	200	3:52.00	3:43.32	4	15.0	32	64	5	13
30	IM	100	1:42.00	1:34.27	4	15.0	66	132	12	26

Total Individual Event Points: 92.0

Total Medals: Gold: 0 Silver: 1 Bronze: 1

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	3:41.00	3:43.70	1	40.0
135	FREE	400	MALE	8:10.00	8:31.39	1	40.0
105	FREE	800	MALE	15:20.00	18:51.51	1	40.0
143	MEDLEY	200	MALE	7:50.00	4:45.26	1	40.0
115	MEDLEY	400	MALE	6:02.00	7:03.15	2	34.0

Total Shared Relay Event Points: 194

Total Medals: Gold: 4 Silver: 1 Bronze: 0

Entry Times Beaten: 1 of 5



## Peter Leach

Club: TECH-ON Age: 64 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	31.70	29.94	1	20.0	67	74	8	10
10	FREE	100	1:12.70	1:12.47	2	17.0	106	148	18	26
28	FREE	200	2:50.00	2:44.09	2	17.0	50	70	15	21
26	FREE	400	6:12.00	6:10.71	3	16.0	52	91	12	22
42	BACK	50	43.70	42.02	1	20.0	35	64	9	16
18	BACK	100	1:36.30	1:35.36	2	17.0	48	95	7	17

Total Individual Event Points: 107.0

Total Medals: Gold: 2 Silver: 3 Bronze: 1

Entry Times Beaten: 6 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:10.00	2:21.09	1	40.0
135	FREE	400	MALE	4:37.00	4:50.43	2	34.0
105	FREE	800	MALE	11:00.00	11:28.98	2	34.0
343	MEDLEY	200	MIXED	2:36.00	2:39.38	1	40.0
315	MEDLEY	400	MIXED	5:15.00	5:52.06	1	40.0

Total Shared Relay Event Points: 188

Total Medals: Gold: 3 Silver: 2 Bronze: 0

Entry Times Beaten: 0 of 5



## Pat Angus

Club: TECH-ON Age: 65 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
19	FLY	50	46.00	46.17	1	20.0	65	140	15	29
33	FLY	100	1:45.00	1:44.38	1	20.0	31	58	6	13
39	FLY	200	3:50.00	3:56.53	1	20.0	14	30	7	12
45	FREE	800	15:00.00	14:28.85	1	20.0	36	62	10	25
7	FREE	1500	26:50.00	27:03.37	1	20.0	36	84	15	30
11	IM	400	8:00.00	8:12.61	1	20.0	24	51	7	15

Total Individual Event Points: 120.0

Total Medals: Gold: 6 Silver: 0 Bronze: 0

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:39.00	2:49.73	1	40.0
235	FREE	400	FEMALE	6:30.00	6:45.48	1	40.0
205	FREE	800	FEMALE	13:10.00	13:34.34	1	40.0
243	MEDLEY	200	FEMALE	3:10.00	3:32.16	1	40.0
215	MEDLEY	400	FEMALE	7:15.00	7:35.10	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 5



## Paul Leamen

Club: TECH-ON Age: 66 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	31.00	30.74	1	20.0	75	89	13	17
10	FREE	100	1:10.00	1:10.86	2	17.0	97	136	13	21
28	FREE	200	2:40.00	2:36.63	2	17.0	42	59	13	17
26	FREE	400	5:50.00	5:46.71	2	17.0	40	64	8	13
46	FREE	800	12:00.00	12:14.33	2	17.0	16	32	9	13
8	FREE	1500	23:55.00	23:22.16	2	17.0	26	44	9	15

Total Individual Event Points: 105.0

Total Medals: Gold: 1 Silver: 5 Bronze: 0

Entry Times Beaten: 4 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:02.00	2:03.40	1	40.0
335	FREE	400	MIXED	9:99.00	4:46.29	1	40.0
105	FREE	800	MALE	11:00.00	11:28.98	2	34.0
143	MEDLEY	200	MALE	2:23.00	2:35.54	3	32.0
115	MEDLEY	400	MALE	5:30.00	5:35.68N	1	40.0

Total Shared Relay Event Points: 186

Total Medals: Gold: 3 Silver: 1 Bronze: 1

Entry Times Beaten: 1 of 5



## Mike Heath Eves

Club: TECH-ON Age: 67 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	31.80	31.25	2	17.0	77	100	15	22
10	FREE	100	1:11.50	1:09.81	1	20.0	92	125	12	19
28	FREE	200	2:38.00	2:33.59	1	20.0	39	55	11	15
26	FREE	400	5:50.00	5:45.58	1	20.0	39	63	7	12
46	FREE	800	12:00.00	11:14.60N	1	20.0	8	16	5	7
8	FREE	1500	23:15.00	23:14.08	1	20.0	22	38	7	12

Total Individual Event Points: 117.0

Total Medals: Gold: 5 Silver: 1 Bronze: 0

Entry Times Beaten: 6 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:02.00	2:03.40	1	40.0
335	FREE	400	MIXED	9:99.00	4:46.29	1	40.0
305	FREE	800	MIXED	12:05.00	11:28.68	2	34.0
143	MEDLEY	200	MALE	2:23.00	2:35.54	3	32.0
115	MEDLEY	400	MALE	5:30.00	5:35.68N	1	40.0

Total Shared Relay Event Points: 186

Total Medals: Gold: 3 Silver: 1 Bronze: 1

Entry Times Beaten: 2 of 5



## Mike Olsen

Club: TECH-ON Age: 67 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	33.00	33.48	3	16.0	91	134	18	27
10	FREE	100	1:15.00	1:19.51	5	14.0	128	202	21	34
28	FREE	200	3:00.00	2:55.82	4	15.0	59	88	19	27
26	FREE	400	6:30.00	6:26.58	3	16.0	57	101	15	26
46	FREE	800	13:00.00	13:12.00	3	16.0	24	50	14	20
8	FREE	1500	25:00.00	26:24.26	4	15.0	46	76	15	27

Total Individual Event Points: 92.0

Total Medals: Gold: 0 Silver: 0 Bronze: 3

Entry Times Beaten: 2 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	2:08.00	2:14.09	2	34.0
135	FREE	400	MALE	4:53.00	4:49.32	1	40.0
305	FREE	800	MIXED	12:05.00	11:28.68	2	34.0
143	MEDLEY	200	MALE	2:23.00	2:27.27	2	34.0
115	MEDLEY	400	MALE	6:02.00	7:03.15	2	34.0

Total Shared Relay Event Points: 176

Total Medals: Gold: 1 Silver: 4 Bronze: 0

Entry Times Beaten: 2 of 5



## Larry Durr

Club: TECH-ON Age: 70 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
28	FREE	200	3:10.00	3:06.90	2	17.0	65	100	22	31
42	BACK	50	46.00	41.43	2	17.0	34	61	8	15
14	BREAST	50	46.00	44.17	1	20.0	56	81	8	14
38	BREAST	100	1:40.50	1:36.66	1	20.0	46	74	5	10
22	BREAST	200	3:40.00	3:45.31	2	17.0	33	68	6	15
2	IM	200	3:40.00	3:30.52	1	20.0	58	105	11	19

Total Individual Event Points: 111.0

Total Medals: Gold: 3 Silver: 3 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
323	FREE	200	MIXED	2:10.00	2:21.09	1	40.0
135	FREE	400	MALE	4:37.00	4:50.43	2	34.0
105	FREE	800	MALE	9:50.00	10:48.74	1	40.0
343	MEDLEY	200	MIXED	2:36.00	2:39.38	1	40.0
315	MEDLEY	400	MIXED	5:15.00	5:52.06	1	40.0

Total Shared Relay Event Points: 194

Total Medals: Gold: 4 Silver: 1 Bronze: 0

Entry Times Beaten: 0 of 5



## John Ross

Club: TECH-ON Age: 70 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	55.00	NS	9999	0.0	9999	9999	9999	9999
10	FREE	100	2:15.00	NS	9999	0.0	9999	9999	9999	9999
28	FREE	200	4:00.00	NS	9999	0.0	9999	9999	9999	9999
26	FREE	400	8:15.00	9:41.60	3	16.0	73	146	20	39
46	FREE	800	20:00.00	20:12.57	2	17.0	34	88	21	41
8	FREE	1500	39:30.00	39:01.33	2	17.0	60	111	21	42

Total Individual Event Points: 50.0

Total Medals: Gold: 0 Silver: 2 Bronze: 1

Entry Times Beaten: 1 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	3:41.00	3:43.70	1	40.0
135	FREE	400	MALE	8:10.00	8:31.39	1	40.0
105	FREE	800	MALE	15:20.00	18:51.51	1	40.0
143	MEDLEY	200	MALE	7:50.00	4:45.26	1	40.0
115	MEDLEY	400	MALE	8:50.00	10:00.20	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Grant Sinclair

Club: TECH-ON Age: 72 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	1:17.00	1:06.17	5	14.0	125	237	23	49
10	FREE	100	2:45.00	2:34.59	4	15.0	162	289	29	55
42	BACK	50	1:35.00	1:30.37	3	16.0	49	103	13	25
18	BACK	100	3:12.00	3:24.26	3	16.0	65	133	12	28
32	BACK	200	7:40.00	6:58.85	3	16.0	19	46	4	11

Total Individual Event Points: 77.0

Total Medals: Gold: 0 Silver: 0 Bronze: 3

Entry Times Beaten: 4 of 5

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	3:41.00	3:43.70	1	40.0
135	FREE	400	MALE	8:10.00	8:31.39	1	40.0
105	FREE	800	MALE	15:20.00	18:51.51	1	40.0
143	MEDLEY	200	MALE	7:50.00	4:45.26	1	40.0
115	MEDLEY	400	MALE	8:50.00	10:00.20	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Harvey Glatt

Club: TECH-ON Age: 75 MALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
4	FREE	50	54.00	57.59	2	17.0	123	234	22	48
10	FREE	100	1:55.00	2:07.58	2	17.0	160	286	27	53
28	FREE	200	4:00.00	5:00.96	2	17.0	76	137	25	41
26	FREE	400	8:00.00	NS	9999	0.0	9999	9999	9999	9999

Total Individual Event Points: 51.0

Total Medals: Gold: 0 Silver: 3 Bronze: 0

Entry Times Beaten: 0 of 4

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
123	FREE	200	MALE	3:41.00	3:43.70	1	40.0
135	FREE	400	MALE	8:10.00	8:31.39	1	40.0
105	FREE	800	MALE	15:20.00	18:51.51	1	40.0
143	MEDLEY	200	MALE	7:50.00	4:45.26	1	40.0
115	MEDLEY	400	MALE	8:50.00	10:00.20	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 1 of 5



## Pat Niblett

Club: TECH-ON Age: 77 FEMALE

MSO Championships March 20-22, 2009 Nepean Sportsplex

### Individual Events

Event #	Stroke	Distance	Entry Time	Final Time	Age Group Rank	Points	Meet Gender Rank	Meet Overall Rank	Club Gender Rank	Club Overall Rank
3	FREE	50	46.00	44.87	1	20.0	98	216	20	40
9	FREE	100	1:45.00	1:42.14	1	20.0	112	267	19	44
27	FREE	200	4:00.00	3:50.63	1	20.0	50	123	12	36
25	FREE	400	8:30.00	8:17.04	1	20.0	68	138	17	36
45	FREE	800	16:45.00	17:00.66	1	20.0	49	82	17	37
13	BREAST	50	1:10.00	1:00.03	1	20.0	68	148	14	25

Total Individual Event Points: 120.0

Total Medals: Gold: 6 Silver: 0 Bronze: 0

Entry Times Beaten: 5 of 6

### Relay Events

Event #	Stroke	Distance	Gender	Entry Time	Final Time	Age Rank	Points
223	FREE	200	FEMALE	2:39.00	2:49.73	1	40.0
235	FREE	400	FEMALE	6:30.00	6:45.48	1	40.0
205	FREE	800	FEMALE	13:10.00	13:34.34	1	40.0
243	MEDLEY	200	FEMALE	3:10.00	3:32.16	1	40.0
215	MEDLEY	400	FEMALE	7:15.00	7:35.10	1	40.0

Total Shared Relay Event Points: 200

Total Medals: Gold: 5 Silver: 0 Bronze: 0

Entry Times Beaten: 0 of 5