

**2023 BB LC Silver/Bronze Champs Region A - 7-14-2023 to 7-16-2023**

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Results - Friday 400s

Event 1 Girls 13-14 400 LC Meter IM**5:41.29 GOLD 2023 NJS LC****6:25.89 SILV 2023 NJS LC****Meet Qualifying: 5:41.30 - 6:25.89**

| Name | Age | Team | Seed Time | Finals Time | |
|----------------------------|-----------------|-------------------------------|-------------------|-------------|------|
| 1 Kobylarz, Angelika | 13 | Clifton Seahawks-NJ | 5:45.98 | 5:38.41 | GOLD |
| 35.93 | 1:16.27 (40.34) | 2:00.20 (43.93) | 2:43.25 (43.05) | | |
| 3:32.11 (48.86) | 4:21.23 (49.12) | 5:00.45 (39.22) | 5:38.41 (37.96) | | |
| 2 Baldevarona, Thea L | 14 | Cougar Aquatic Team-NJ | 5:50.23 | 5:46.92 | SILV |
| 36.94 | 1:23.87 (46.93) | 2:10.29 (46.42) | 2:57.89 (47.60) | | |
| 3:42.83 (44.94) | 4:31.06 (48.23) | 5:09.93 (38.87) | 5:46.92 (36.99) | | |
| 3 Somerstein, Lola P | 14 | Cougar Aquatic Team-NJ | 5:49.86 | 5:49.83 | SILV |
| 35.48 | 1:15.68 (40.20) | 2:01.97 (46.29) | 2:46.90 (44.93) | | |
| 3:38.89 (51.99) | 4:31.98 (53.09) | 5:12.36 (40.38) | 5:49.83 (37.47) | | |
| 4 Hatch, Harlow R | 13 | Scarlet Aquatics-NJ | 5:55.99 | 5:55.82 | SILV |
| 38.68 | 1:25.76 (47.08) | 2:08.98 (43.22) | 2:53.96 (44.98) | | |
| 3:43.76 (49.80) | 4:36.48 (52.72) | 5:16.78 (40.30) | 5:55.82 (39.04) | | |
| 5 Ramos, Viviana Y | 14 | Cougar Aquatic Team-NJ | 6:24.80 | 6:01.77 | SILV |
| 37.00 | 1:25.91 (48.91) | 2:13.15 (47.24) | 2:59.30 (46.15) | | |
| 3:48.22 (48.92) | 4:39.15 (50.93) | 5:22.14 (42.99) | 6:01.77 (39.63) | | |
| 6 de los Reyes, Olivia M | 14 | Scarlet Aquatics-NJ | 5:53.91 | 6:02.48 | SILV |
| 38.82 | 1:24.39 (45.57) | 2:08.00 (43.61) | 2:52.16 (44.16) | | |
| 3:44.64 (52.48) | 4:37.88 (53.24) | 5:20.55 (42.67) | 6:02.48 (41.93) | | |
| 7 Ngabo, Gaelle G | 13 | Scarlet Aquatics-NJ | 5:59.75 | 6:08.72 | SILV |
| 35.56 | 1:21.15 (45.59) | 2:09.52 (48.37) | 2:56.55 (47.03) | | |
| 3:50.22 (53.67) | 4:43.89 (53.67) | 5:26.50 (42.61) | 6:08.72 (42.22) | | |
| 8 Smith, Rosemilee | 13 | Sussex County YMCA-NJ | 5:59.87 | 6:13.76 | SILV |
| 36.03 | 1:24.10 (48.07) | 2:13.23 (49.13) | 3:02.16 (48.93) | | |
| 3:56.90 (54.74) | 4:52.32 (55.42) | 5:33.44 (41.12) | 6:13.76 (40.32) | | |
| 9 Jagen, Sonia I | 14 | Cougar Aquatic Team-NJ | 6:18.25 | 6:23.28 | SILV |
| 38.08 | 1:31.15 (53.07) | 2:18.14 (46.99) | 3:06.50 (48.36) | | |
| 3:59.68 (53.18) | 4:56.39 (56.71) | 5:40.61 (44.22) | 6:23.28 (42.67) | | |
| 10 Duran-Gonzalez, Natasha | 13 | Cougar Aquatic Team-NJ | 6:16.06 | 6:29.48 | |
| 39.45 | 1:29.78 (50.33) | 2:21.12 (51.34) | 3:10.65 (49.53) | | |
| 4:06.19 (55.54) | 5:04.36 (58.17) | 5:47.14 (42.78) | 6:29.48 (42.34) | | |
| --- Reheis, Addie | 13 | Scarlet Aquatics-NJ | 5:45.93 | DQ 6:11.95 | |
| 36.25 | 1:23.37 (47.12) | 2:12.49 (49.12) | 3:00.13 (47.64) | | |
| 3:53.31 (53.18) | 4:48.73 (55.42) | 5:31.43 (42.70) | Q 6:11.95 (40.52) | | |
| --- Bastidas, Caitlin E | 14 | Scarlet Aquatics-NJ | 6:24.43 | DQ 6:26.07 | |
| 40.32 | 1:31.65 (51.33) | 2:19.27 (47.62) | 3:06.84 (47.57) | | |
| 4:01.75 (54.91) | 4:58.62 (56.87) | 5:43.37 (44.75) | Q 6:26.07 (42.70) | | |
| --- Horgan, Riley M | 14 | Bergen Barracudas Swim Team-I | 5:45.74 | SCR | |



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Event 2 Boys 13-14 400 LC Meter IM

5:22.59 GOLD 2023 NJS LC

6:01.49 SILV 2023 NJS LC

Meet Qualifying: 5:22.60 - 6:01.49

| Name | Age | Team | Seed Time | Finals Time | |
|----------------------|-----------------|-------------------------------|-----------------|-------------|------|
| 1 Warner, Bradley | 14 | Scarlet Aquatics-NJ | 5:44.97 | 5:16.53 | GOLD |
| 34.25 | 1:15.64 (41.39) | 1:57.97 (42.33) | 2:38.02 (40.05) | | |
| 3:20.57 (42.55) | 4:04.03 (43.46) | 4:40.51 (36.48) | 5:16.53 (36.02) | | |
| 2 Hollar, Ty J | 13 | North Jersey Barracudas-NJ | 5:24.44 | 5:20.18 | GOLD |
| 33.01 | 1:11.22 (38.21) | 1:52.49 (41.27) | 2:33.83 (41.34) | | |
| 3:20.57 (46.74) | 4:10.31 (49.74) | 4:45.24 (34.93) | 5:20.18 (34.94) | | |
| 3 Choi, Jacob H | 14 | Scarlet Aquatics-NJ | 5:33.93 | 5:30.06 | SILV |
| 35.96 | 1:18.07 (42.11) | 1:59.05 (40.98) | 2:40.70 (41.65) | | |
| 3:28.73 (48.03) | 4:17.65 (48.92) | 4:54.28 (36.63) | 5:30.06 (35.78) | | |
| 4 Elzawawy, Kareem | 13 | Metro Area Life Time Swimming | 5:36.00 | 5:38.76 | SILV |
| 34.11 | 1:15.38 (41.27) | 2:02.61 (47.23) | 2:49.17 (46.56) | | |
| 3:36.61 (47.44) | 4:25.59 (48.98) | 5:03.49 (37.90) | 5:38.76 (35.27) | | |
| 5 Hanin, David V | 13 | Cougar Aquatic Team-NJ | 5:48.58 | 5:40.02 | SILV |
| 34.99 | 1:16.17 (41.18) | 2:00.06 (43.89) | 2:45.65 (45.59) | | |
| 3:31.34 (45.69) | 4:20.45 (49.11) | 5:00.90 (40.45) | 5:40.02 (39.12) | | |
| 6 Choi, Daniel | 13 | Scarlet Aquatics-NJ | 5:54.03 | 5:42.07 | SILV |
| 37.87 | 1:21.52 (43.65) | 2:05.71 (44.19) | 2:49.91 (44.20) | | |
| 3:39.74 (49.83) | 4:29.32 (49.58) | 5:06.30 (36.98) | 5:42.07 (35.77) | | |
| 7 Park, Ethan E | 13 | Bergen Barracudas Swim Team-I | 5:41.50 | 5:43.81 | SILV |
| 35.43 | 1:16.03 (40.60) | 2:00.94 (44.91) | 2:43.82 (42.88) | | |
| 3:35.65 (51.83) | 4:27.24 (51.59) | 5:06.19 (38.95) | 5:43.81 (37.62) | | |
| 8 Hong, Aidan R | 14 | Cougar Aquatic Team-NJ | 5:43.56 | 5:46.82 | SILV |
| 37.17 | 1:19.68 (42.51) | 2:05.30 (45.62) | 2:49.74 (44.44) | | |
| 3:37.42 (47.68) | 4:27.45 (50.03) | 5:07.92 (40.47) | 5:46.82 (38.90) | | |
| 9 Yoo, Joshua J | 13 | Scarlet Aquatics-NJ | 5:54.11 | 5:47.17 | SILV |
| 37.29 | 1:17.75 (40.46) | 2:02.53 (44.78) | 2:46.86 (44.33) | | |
| 3:36.59 (49.73) | 4:27.14 (50.55) | 5:07.76 (40.62) | 5:47.17 (39.41) | | |
| 10 De La Cruz, Jesse | 14 | Eagle Aquatic Club-NJ | 5:38.46 | 5:48.00 | SILV |
| 36.10 | 1:21.08 (44.98) | 2:05.95 (44.87) | 2:50.28 (44.33) | | |
| 3:42.47 (52.19) | 4:36.66 (54.19) | 5:12.36 (35.70) | 5:48.00 (35.64) | | |
| 11 McGowan, Dylan A | 13 | New Jersey Race Club-NJ | 5:50.94 | 5:53.75 | SILV |
| 36.32 | 1:20.07 (43.75) | 2:05.61 (45.54) | 2:50.67 (45.06) | | |
| 3:41.73 (51.06) | 4:33.80 (52.07) | 5:13.46 (39.66) | 5:53.75 (40.29) | | |
| 12 Foug, Jonas E | 14 | Cougar Aquatic Team-NJ | 5:56.12 | 5:56.61 | SILV |
| 38.16 | 1:23.14 (44.98) | 2:08.12 (44.98) | 2:56.02 (47.90) | | |
| 3:43.14 (47.12) | 4:32.42 (49.28) | 5:15.14 (42.72) | 5:56.61 (41.47) | | |
| 13 Dalloran, Noah G | 13 | Scarlet Aquatics-NJ | 5:54.41 | 6:07.88 | |
| 40.44 | 1:27.00 (46.56) | 2:14.67 (47.67) | 3:01.57 (46.90) | | |
| 3:53.68 (52.11) | 4:46.40 (52.72) | 5:28.43 (42.03) | 6:07.88 (39.45) | | |
| --- Suarez, Mark C | 14 | Cougar Aquatic Team-NJ | 5:29.05 | SCR | |
| --- Tong, Oliver Z | 14 | Scarlet Aquatics-NJ | 5:57.96 | SCR | |
| --- Li, Wayne | 13 | Scarlet Aquatics-NJ | 5:28.01 | SCR | |



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Event 3 Women 15 & Over 400 LC Meter IM**5:35.09 GOLD 2023 NJS LC****6:18.79 SILV 2023 NJS LC****Meet Qualifying: 5:35.10 - 6:18.79**

| Name | Age | Team | Seed Time | Finals Time | |
|-----------------------|-----------------|-------------------------------|-----------------|-------------|------|
| 1 Zuluaga, Sophie R | 15 | Cougar Aquatic Team-NJ | 5:37.65 | 5:29.52 | GOLD |
| 34.31 | 1:14.04 (39.73) | 1:55.57 (41.53) | 2:37.01 (41.44) | | |
| 3:26.17 (49.16) | 4:16.13 (49.96) | 4:53.09 (36.96) | 5:29.52 (36.43) | | |
| 2 Anselmi, Margeaux L | 15 | Metro Area Life Time Swimming | 5:35.33 | 5:35.71 | SILV |
| 35.09 | 1:15.86 (40.77) | 2:01.35 (45.49) | 2:45.55 (44.20) | | |
| 3:32.00 (46.45) | 4:20.58 (48.58) | 4:58.81 (38.23) | 5:35.71 (36.90) | | |
| 3 Jones, Amina J | 16 | Scarlet Aquatics-NJ | 5:41.65 | 5:35.89 | SILV |
| 34.34 | 1:15.36 (41.02) | 2:01.39 (46.03) | 2:47.36 (45.97) | | |
| 3:33.94 (46.58) | 4:22.44 (48.50) | 5:00.86 (38.42) | 5:35.89 (35.03) | | |
| 4 Lyons, Olivia G | 15 | Scarlet Aquatics-NJ | 5:41.91 | 5:41.46 | SILV |
| 35.59 | 1:16.37 (40.78) | 1:58.96 (42.59) | 2:41.42 (42.46) | | |
| 3:32.36 (50.94) | 4:23.46 (51.10) | 5:03.55 (40.09) | 5:41.46 (37.91) | | |
| 5 Tseng, Zoe | 16 | Metro Area Life Time Swimming | 5:37.22 | 5:44.60 | SILV |
| 34.00 | 1:13.15 (39.15) | 1:58.61 (45.46) | 2:43.60 (44.99) | | |
| 3:33.68 (50.08) | 4:25.91 (52.23) | 5:04.83 (38.92) | 5:44.60 (39.77) | | |
| 6 Lee, Ava R | 16 | Scarlet Aquatics-NJ | 5:54.52 | 6:02.79 | SILV |
| 36.46 | 1:19.77 (43.31) | 2:02.20 (42.43) | 2:46.88 (44.68) | | |
| 3:43.43 (56.55) | 4:40.40 (56.97) | 5:20.35 (39.95) | 6:02.79 (42.44) | | |
| 7 Dominguez, Ashaly | 15 | Clifton Seahawks-NJ | 5:56.01 | 6:03.52 | SILV |
| 35.14 | 1:16.86 (41.72) | 2:04.46 (47.60) | 2:51.56 (47.10) | | |
| 3:46.19 (54.63) | 4:41.64 (55.45) | 5:22.85 (41.21) | 6:03.52 (40.67) | | |
| --- Marion, Kayla L | 16 | Metro Area Life Time Swimming | 5:47.39 | SCR | |



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Event 4 Men 15 & Over 400 LC Meter IM

5:07.29 GOLD 2023 NJS LC

5:42.99 SILV 2023 NJS LC

Meet Qualifying: 5:07.30 - 5:42.99

| Name | Age | Team | Seed Time | Finals Time | |
|-----------------------|-----------------|-------------------------------|-----------------|-------------|------|
| 1 Glasman, Ari | 15 | Scarlet Aquatics-NJ | 5:28.77 | 5:16.01 | SILV |
| 35.28 | 1:14.67 (39.39) | 1:55.72 (41.05) | 2:37.04 (41.32) | | |
| 3:20.06 (43.02) | 4:03.07 (43.01) | 4:40.72 (37.65) | 5:16.01 (35.29) | | |
| 2 Hernandez, Javier A | 15 | Scarlet Aquatics-NJ | 5:23.91 | 5:18.36 | SILV |
| 30.99 | 1:07.84 (36.85) | 1:50.34 (42.50) | 2:32.77 (42.43) | | |
| 3:18.56 (45.79) | 4:06.34 (47.78) | 4:42.64 (36.30) | 5:18.36 (35.72) | | |
| 3 Riely, Michael F | 15 | Metro Area Life Time Swimming | 5:10.90 | 5:19.22 | SILV |
| 32.50 | 1:10.03 (37.53) | 1:53.38 (43.35) | 2:36.76 (43.38) | | |
| 3:23.59 (46.83) | 4:10.70 (47.11) | 4:45.44 (34.74) | 5:19.22 (33.78) | | |
| 4 Gaba, Andrew W | 17 | Scarlet Aquatics-NJ | 5:17.69 | 5:20.08 | SILV |
| 31.20 | 1:07.60 (36.40) | 1:50.07 (42.47) | 2:30.97 (40.90) | | |
| 3:20.38 (49.41) | 4:09.88 (49.50) | 4:44.81 (34.93) | 5:20.08 (35.27) | | |
| 5 Juwana, Jason P | 15 | Scarlet Aquatics-NJ | 5:12.82 | 5:23.93 | SILV |
| 31.08 | 1:06.03 (34.95) | 1:50.66 (44.63) | 2:35.84 (45.18) | | |
| 3:22.47 (46.63) | 4:10.06 (47.59) | 4:47.49 (37.43) | 5:23.93 (36.44) | | |
| 6 Spreeman, Brice J | 15 | Scarlet Aquatics-NJ | 5:08.96 | 5:24.24 | SILV |
| 32.19 | 1:11.80 (39.61) | 1:51.72 (39.92) | 2:31.75 (40.03) | | |
| 3:21.05 (49.30) | 4:10.71 (49.66) | 4:47.20 (36.49) | 5:24.24 (37.04) | | |
| 7 Sakurikar, Rachit Y | 15 | Scarlet Aquatics-NJ | 5:40.67 | 5:28.02 | SILV |
| 32.74 | 1:11.57 (38.83) | 1:56.40 (44.83) | 2:39.95 (43.55) | | |
| 3:25.39 (45.44) | 4:13.05 (47.66) | 4:51.14 (38.09) | 5:28.02 (36.88) | | |
| 8 Warner, Evan E | 18 | Metro Area Life Time Swimming | 5:36.46 | 5:40.30 | SILV |
| 33.12 | 1:14.05 (40.93) | 1:56.63 (42.58) | 2:40.87 (44.24) | | |
| 3:32.42 (51.55) | 4:24.96 (52.54) | 5:03.55 (38.59) | 5:40.30 (36.75) | | |
| 9 Hipol, Andrei | 16 | Metro Area Life Time Swimming | 5:25.64 | 5:43.98 | |
| 33.07 | 1:13.42 (40.35) | 2:00.21 (46.79) | 2:46.26 (46.05) | | |
| 3:35.59 (49.33) | 4:26.00 (50.41) | 5:05.87 (39.87) | 5:43.98 (38.11) | | |
| 10 Coste, Frank | 18 | Clifton Seahawks-NJ | 5:37.02 | 5:44.39 | |
| 33.38 | 1:12.36 (38.98) | 1:55.91 (43.55) | 2:38.73 (42.82) | | |
| 3:29.79 (51.06) | 4:23.67 (53.88) | 5:04.32 (40.65) | 5:44.39 (40.07) | | |
| --- Matlosz, Brett A | 16 | Metro Area Life Time Swimming | 5:10.24 | SCR | |
| --- Carter, Max P | 15 | Cougar Aquatic Team-NJ | 5:16.25 | SCR | |



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Event 5 Girls 13-14 400 LC Meter Freestyle**5:01.29 GOLD 2023 NJS LC****5:40.59 SILV 2023 NJS LC****Meet Qualifying: 5:01.30 - 5:40.59**

| Name | Age | Team | Seed Time | Finals Time | |
|------------------------|-----------------|-------------------------------|-----------------|-------------|------|
| 1 Park, Mikayla | 14 | Scarlet Aquatics-NJ | 5:03.16 | 4:57.66 | GOLD |
| 33.22 | 1:10.25 (37.03) | 1:48.20 (37.95) | 2:26.64 (38.44) | | |
| 3:04.68 (38.04) | 3:42.79 (38.11) | 4:20.77 (37.98) | 4:57.66 (36.89) | | |
| 2 Calabrese, Jena R | 13 | Metro Area Life Time Swimming | 5:01.85 | 5:00.32 | GOLD |
| 33.09 | 1:10.49 (37.40) | 1:49.02 (38.53) | 2:28.18 (39.16) | | |
| 3:06.74 (38.56) | 3:45.70 (38.96) | 4:23.09 (37.39) | 5:00.32 (37.23) | | |
| 3 Marion, Brianna A | 14 | Metro Area Life Time Swimming | 5:15.18 | 5:03.59 | SILV |
| 34.18 | 1:11.89 (37.71) | 1:50.14 (38.25) | 2:28.60 (38.46) | | |
| 3:07.22 (38.62) | 3:46.33 (39.11) | 4:25.77 (39.44) | 5:03.59 (37.82) | | |
| 4 D'Aurizio, Meghan A | 14 | Bergen Barracudas Swim Team-I | 5:03.52 | 5:04.21 | SILV |
| 34.01 | 1:11.77 (37.76) | 1:50.19 (38.42) | 2:29.43 (39.24) | | |
| 3:08.43 (39.00) | 3:47.77 (39.34) | 4:26.42 (38.65) | 5:04.21 (37.79) | | |
| 5 Ng, Kaitlyn | 13 | Scarlet Aquatics-NJ | 5:10.35 | 5:07.66 | SILV |
| 33.89 | 1:11.32 (37.43) | 1:50.54 (39.22) | 2:30.06 (39.52) | | |
| 3:09.85 (39.79) | 3:49.96 (40.11) | 4:30.26 (40.30) | 5:07.66 (37.40) | | |
| 6 Horgan, Riley M | 14 | Bergen Barracudas Swim Team-I | 5:04.27 | 5:13.58 | SILV |
| 34.93 | 1:13.59 (38.66) | 1:53.48 (39.89) | 2:33.88 (40.40) | | |
| 3:14.60 (40.72) | 3:55.41 (40.81) | 4:35.10 (39.69) | 5:13.58 (38.48) | | |
| 7 Hatch, Harlow R | 13 | Scarlet Aquatics-NJ | 5:09.57 | 5:13.84 | SILV |
| 34.88 | 1:15.06 (40.18) | 1:55.40 (40.34) | 2:35.99 (40.59) | | |
| 3:17.08 (41.09) | 3:57.27 (40.19) | 4:37.05 (39.78) | 5:13.84 (36.79) | | |
| 8 Speace, Josie | 14 | Madison Area YMCA Mariners-N | 5:05.83 | 5:13.91 | SILV |
| 35.04 | 1:13.69 (38.65) | 1:53.75 (40.06) | 2:33.90 (40.15) | | |
| 3:14.04 (40.14) | 3:54.19 (40.15) | 4:35.02 (40.83) | 5:13.91 (38.89) | | |
| 9 Meehan, Nola J | 13 | Scarlet Aquatics-NJ | 5:13.79 | 5:14.02 | SILV |
| 34.57 | 1:14.96 (40.39) | 1:55.47 (40.51) | 2:36.19 (40.72) | | |
| 3:17.70 (41.51) | 3:57.55 (39.85) | 4:37.19 (39.64) | 5:14.02 (36.83) | | |
| 10 Warner, Jenevieve J | 14 | Metro Area Life Time Swimming | 5:08.63 | 5:16.19 | SILV |
| 34.56 | 1:13.79 (39.23) | 1:53.04 (39.25) | 2:33.71 (40.67) | | |
| 3:14.02 (40.31) | 3:55.59 (41.57) | 4:35.84 (40.25) | 5:16.19 (40.35) | | |
| 11 Semsel, Amanda K | 13 | Scarlet Aquatics-NJ | 5:03.59 | 5:18.26 | SILV |
| 33.78 | 1:12.51 (38.73) | 1:52.61 (40.10) | 2:34.78 (42.17) | | |
| 3:15.69 (40.91) | 3:57.48 (41.79) | 4:39.12 (41.64) | 5:18.26 (39.14) | | |
| 12 Glynn, Emilia J | 13 | Bergen Barracudas Swim Team-I | 5:02.86 | 5:18.56 | SILV |
| 36.04 | 1:15.62 (39.58) | 1:55.89 (40.27) | 2:36.63 (40.74) | | |
| 3:16.98 (40.35) | 3:58.19 (41.21) | 4:38.87 (40.68) | 5:18.56 (39.69) | | |
| 13 Orsato, Emily G | 14 | Bergen Barracudas Swim Team-I | 5:04.98 | 5:20.07 | SILV |
| 35.19 | 1:13.83 (38.64) | 1:53.67 (39.84) | 2:35.00 (41.33) | | |
| 3:16.40 (41.40) | 3:58.44 (42.04) | 4:39.19 (40.75) | 5:20.07 (40.88) | | |
| 14 Geary, Sammi S | 13 | Berkeley Aquatic Club-NJ | 5:18.26 | 5:20.72 | SILV |
| 35.43 | 1:15.07 (39.64) | 1:55.97 (40.90) | 2:37.31 (41.34) | | |
| 3:18.28 (40.97) | 3:59.81 (41.53) | 4:40.98 (41.17) | 5:20.72 (39.74) | | |
| 15 Castillo, Hailey A | 13 | Scarlet Aquatics-NJ | 5:31.01 | 5:22.44 | SILV |
| 37.01 | 1:17.87 (40.86) | 1:58.98 (41.11) | 2:39.95 (40.97) | | |
| 3:21.08 (41.13) | 4:02.36 (41.28) | 4:43.01 (40.65) | 5:22.44 (39.43) | | |
| 16 Patel, Ashna P | 13 | Scarlet Aquatics-NJ | 5:25.31 | 5:22.96 | SILV |
| 37.00 | 1:18.91 (41.91) | 2:00.53 (41.62) | 2:42.83 (42.30) | | |
| 3:24.88 (42.05) | 4:06.83 (41.95) | 4:45.94 (39.11) | 5:22.96 (37.02) | | |



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(Event 5 Girls 13-14 400 LC Meter Freestyle)

| Name | Age | Team | Seed Time | Finals Time | |
|-----------------------|-----------------|-------------------------------|-----------------|-------------|------|
| 17 Tan, Alexandra Y | 13 | Metro Area Life Time Swimming | 5:15.33 | 5:24.04 | SILV |
| 35.03 | 1:14.37 (39.34) | 1:54.99 (40.62) | 2:36.27 (41.28) | | |
| 3:18.13 (41.86) | 4:00.02 (41.89) | 4:41.94 (41.92) | 5:24.04 (42.10) | | |
| 18 Osean, Emmy | 13 | Metro Area Life Time Swimming | 5:09.38 | 5:24.07 | SILV |
| 35.03 | 1:16.22 (41.19) | 1:57.83 (41.61) | 2:40.10 (42.27) | | |
| 3:22.00 (41.90) | 4:03.89 (41.89) | 4:45.71 (41.82) | 5:24.07 (38.36) | | |
| 19 Holtzman, Taylor E | 13 | Randolph YMCA Sharks Swim Te | 5:21.04 | 5:25.87 | SILV |
| 36.28 | 1:16.58 (40.30) | 1:58.32 (41.74) | 2:39.88 (41.56) | | |
| 3:21.59 (41.71) | 4:03.58 (41.99) | 4:45.89 (42.31) | 5:25.87 (39.98) | | |
| 20 Porebski, Elisa M | 13 | Randolph YMCA Sharks Swim Te | 5:33.17 | 5:26.04 | SILV |
| 35.69 | 1:16.13 (40.44) | 1:58.50 (42.37) | 2:40.77 (42.27) | | |
| 3:22.10 (41.33) | 4:03.38 (41.28) | 4:45.55 (42.17) | 5:26.04 (40.49) | | |
| 21 Fang, Adelynn | 13 | Scarlet Aquatics-NJ | 5:30.77 | 5:26.43 | SILV |
| 36.43 | 1:17.18 (40.75) | 1:58.40 (41.22) | 2:40.19 (41.79) | | |
| 3:21.07 (40.88) | 4:03.09 (42.02) | 4:44.93 (41.84) | 5:26.43 (41.50) | | |
| 22 Qiao, Angela A | 13 | Scarlet Aquatics-NJ | 5:39.58 | 5:26.76 | SILV |
| 34.83 | 1:13.98 (39.15) | 1:55.08 (41.10) | 2:36.98 (41.90) | | |
| 3:19.52 (42.54) | 4:02.61 (43.09) | 4:45.87 (43.26) | 5:26.76 (40.89) | | |
| 23 Banerjee, Aditi | 14 | Metro Area Life Time Swimming | 5:25.96 | 5:29.08 | SILV |
| 37.50 | 1:18.19 (40.69) | 2:00.52 (42.33) | 2:42.91 (42.39) | | |
| 3:24.69 (41.78) | 4:07.64 (42.95) | 4:48.86 (41.22) | 5:29.08 (40.22) | | |
| 24 Chomow, Madyn E | 13 | Randolph YMCA Sharks Swim Te | 5:30.55 | 5:30.02 | SILV |
| 37.33 | 1:18.28 (40.95) | 2:00.47 (42.19) | 2:43.09 (42.62) | | |
| 3:25.72 (42.63) | 4:09.08 (43.36) | 4:50.77 (41.69) | 5:30.02 (39.25) | | |
| 25 Reheis, Addie | 13 | Scarlet Aquatics-NJ | 5:16.04 | 5:33.56 | SILV |
| 35.57 | 1:17.18 (41.61) | 2:00.83 (43.65) | 2:43.70 (42.87) | | |
| 3:26.82 (43.12) | 4:10.27 (43.45) | 4:53.07 (42.80) | 5:33.56 (40.49) | | |
| 26 Joung, Natalie A | 13 | Bergen Barracudas Swim Team-I | 5:19.56 | 5:34.32 | SILV |
| 36.23 | 1:16.88 (40.65) | 1:59.63 (42.75) | 2:42.44 (42.81) | | |
| 3:26.00 (43.56) | 4:09.61 (43.61) | 4:52.74 (43.13) | 5:34.32 (41.58) | | |
| 27 Ngabo, Gaelle G | 13 | Scarlet Aquatics-NJ | 5:28.26 | 5:37.66 | SILV |
| 37.21 | 1:19.53 (42.32) | 2:02.79 (43.26) | 2:45.78 (42.99) | | |
| 3:28.99 (43.21) | 4:12.35 (43.36) | 4:55.57 (43.22) | 5:37.66 (42.09) | | |
| 28 Nagel, Isabel N | 13 | Madison Area YMCA Mariners-N | 5:31.92 | 5:56.71 | |
| 39.07 | 1:21.98 (42.91) | 2:08.44 (46.46) | 2:55.05 (46.61) | | |
| 3:40.83 (45.78) | 4:25.99 (45.16) | 5:13.79 (47.80) | 5:56.71 (42.92) | | |
| --- Whitworth, Lexi R | 14 | Cougar Aquatic Team-NJ | 5:13.13 | | SCR |
| --- Hou, Sophia K | 13 | Metro Area Life Time Swimming | 5:26.07 | | SCR |
| --- Wei, Sara | 13 | Scarlet Aquatics-NJ | 5:04.53 | | SCR |
| --- English, Eliana L | 14 | Bergen Barracudas Swim Team-I | 5:18.60 | | SCR |



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Event 6 Boys 13-14 400 LC Meter Freestyle

4:46.69 GOLD 2023 NJS LC

5:09.99 SILV 2023 NJS LC

Meet Qualifying: 4:46.70 - 5:09.99

| Name | Age | Team | Seed Time | Finals Time | |
|-------------------------|-----------------|-------------------------------|-----------------|-------------|------|
| 1 Lee, Christopher | 14 | Scarlet Aquatics-NJ | 4:59.36 | 4:45.67 | GOLD |
| 30.90 | 1:04.96 (34.06) | 1:41.01 (36.05) | 2:17.77 (36.76) | | |
| 2:54.78 (37.01) | 3:32.34 (37.56) | 4:09.89 (37.55) | 4:45.67 (35.78) | | |
| 2 Choi, Jacob H | 14 | Scarlet Aquatics-NJ | 4:47.36 | 4:45.90 | GOLD |
| 32.03 | 1:07.95 (35.92) | 1:45.57 (37.62) | 2:22.03 (36.46) | | |
| 2:59.13 (37.10) | 3:36.04 (36.91) | 4:11.68 (35.64) | 4:45.90 (34.22) | | |
| 3 Siliato, Matthew F | 13 | New Jersey Race Club-NJ | 4:50.47 | 4:48.63 | SILV |
| 32.47 | 1:07.96 (35.49) | 1:45.70 (37.74) | 2:22.60 (36.90) | | |
| 2:59.81 (37.21) | 3:36.58 (36.77) | 4:13.21 (36.63) | 4:48.63 (35.42) | | |
| 4 Ho, Kevin | 13 | Scarlet Aquatics-NJ | 5:00.65 | 4:54.11 | SILV |
| 31.44 | 1:06.94 (35.50) | 1:44.01 (37.07) | 2:21.97 (37.96) | | |
| 3:00.37 (38.40) | 3:38.46 (38.09) | 4:17.27 (38.81) | 4:54.11 (36.84) | | |
| 5 Choi, Daniel | 13 | Scarlet Aquatics-NJ | 5:07.69 | 4:59.22 | SILV |
| 36.58 | 1:15.04 (38.46) | 1:53.91 (38.87) | 2:33.02 (39.11) | | |
| 3:09.29 (36.27) | 3:46.40 (37.11) | 4:23.59 (37.19) | 4:59.22 (35.63) | | |
| 6 East, Kenny | 14 | Madison Area YMCA Mariners-N | 4:55.78 | 5:02.39 | SILV |
| 34.54 | 1:11.86 (37.32) | 1:49.77 (37.91) | 2:28.74 (38.97) | | |
| 3:07.39 (38.65) | 3:46.63 (39.24) | 4:25.63 (39.00) | 5:02.39 (36.76) | | |
| 7 Scoon, Liam A | 13 | Scarlet Aquatics-NJ | 5:09.75 | 5:06.64 | SILV |
| 32.90 | 1:10.22 (37.32) | 1:48.58 (38.36) | 2:27.53 (38.95) | | |
| 3:07.51 (39.98) | 3:47.83 (40.32) | 4:26.68 (38.85) | 5:06.64 (39.96) | | |
| 8 Martino, Matt D | 13 | Randolph YMCA Sharks Swim Te | 4:55.54 | 5:07.12 | SILV |
| 33.79 | 1:11.16 (37.37) | 1:50.00 (38.84) | 2:29.31 (39.31) | | |
| 3:09.06 (39.75) | 3:48.81 (39.75) | 4:28.44 (39.63) | 5:07.12 (38.68) | | |
| 9 Sobanski, Max M | 13 | New Jersey Race Club-NJ | 5:02.00 | 5:11.09 | |
| 31.60 | 1:09.21 (37.61) | 1:47.54 (38.33) | 2:28.64 (41.10) | | |
| 3:08.86 (40.22) | 3:50.42 (41.56) | 4:31.35 (40.93) | 5:11.09 (39.74) | | |
| 10 McGowan, Dylan A | 13 | New Jersey Race Club-NJ | 5:08.06 | 5:11.19 | |
| 34.44 | 1:13.13 (38.69) | 1:53.13 (40.00) | 2:33.07 (39.94) | | |
| 3:12.98 (39.91) | 3:53.05 (40.07) | 4:32.88 (39.83) | 5:11.19 (38.31) | | |
| 11 Murray, Daniel J | 14 | Cougar Aquatic Team-NJ | 5:07.74 | 5:15.33 | |
| 35.46 | 1:15.10 (39.64) | 1:56.01 (40.91) | 2:37.76 (41.75) | | |
| 3:16.22 (38.46) | 3:57.24 (41.02) | 4:37.67 (40.43) | 5:15.33 (37.66) | | |
| 12 Roestenberg, Gavin R | 14 | New Jersey Race Club-NJ | 5:04.76 | 5:16.67 | |
| 34.53 | 1:14.46 (39.93) | 1:55.16 (40.70) | 2:35.59 (40.43) | | |
| 3:16.04 (40.45) | 3:56.79 (40.75) | 4:37.36 (40.57) | 5:16.67 (39.31) | | |
| --- Jiang, Aiden | 13 | Metro Area Life Time Swimming | 5:06.51 | SCR | |



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Event 7 Women 15 & Over 400 LC Meter Freestyle**4:54.49 GOLD 2023 NJS LC****5:32.89 SILV 2023 NJS LC****Meet Qualifying: 4:54.50 - 5:32.89**

| Name | Age | Team | Seed Time | Finals Time | |
|-------------------------|-----------------|-------------------------------|-----------------|-------------|------|
| 1 Giles, Sydney P | 18 | Scarlet Aquatics-NJ | 4:55.57 | 4:50.23 | GOLD |
| 31.92 | 1:06.48 (34.56) | 1:42.23 (35.75) | 2:19.06 (36.83) | | |
| 2:56.33 (37.27) | 3:34.11 (37.78) | 4:12.52 (38.41) | 4:50.23 (37.71) | | |
| 2 Lyons, Olivia G | 15 | Scarlet Aquatics-NJ | 5:03.91 | 5:07.28 | SILV |
| 35.43 | 1:13.68 (38.25) | 1:52.71 (39.03) | 2:31.85 (39.14) | | |
| 3:10.87 (39.02) | 3:50.29 (39.42) | 4:29.34 (39.05) | 5:07.28 (37.94) | | |
| 3 Goswami, Aishee | 16 | Scarlet Aquatics-NJ | 5:04.69 | 5:08.89 | SILV |
| 33.08 | 1:10.73 (37.65) | 1:50.10 (39.37) | 2:30.44 (40.34) | | |
| 3:10.52 (40.08) | 3:51.08 (40.56) | 4:30.96 (39.88) | 5:08.89 (37.93) | | |
| 4 Scanga, Adri C | 16 | Metro Area Life Time Swimming | 5:06.47 | 5:10.48 | SILV |
| 34.91 | 1:14.48 (39.57) | 1:52.31 (37.83) | 2:31.98 (39.67) | | |
| 3:11.22 (39.24) | 3:51.81 (40.59) | 4:31.10 (39.29) | 5:10.48 (39.38) | | |
| 5 Ievers, Marin F | 16 | YMCA of Montclair-NJ | 5:04.83 | 5:10.65 | SILV |
| 34.96 | 1:14.27 (39.31) | 1:53.38 (39.11) | 2:33.29 (39.91) | | |
| 3:12.00 (38.71) | 3:52.04 (40.04) | 4:31.31 (39.27) | 5:10.65 (39.34) | | |
| 6 Lombardi, Annabelle B | 15 | Metro Area Life Time Swimming | 4:59.89 | 5:11.31 | SILV |
| 35.81 | 1:14.49 (38.68) | 1:54.15 (39.66) | 2:33.97 (39.82) | | |
| 3:13.85 (39.88) | 3:53.50 (39.65) | 4:33.36 (39.86) | 5:11.31 (37.95) | | |
| 7 Duffy, Elizabeth | 16 | Madison Area YMCA Mariners-N | 5:12.65 | 5:11.86 | SILV |
| 34.36 | 1:13.02 (38.66) | 1:53.33 (40.31) | 2:34.24 (40.91) | | |
| 3:15.13 (40.89) | 3:54.97 (39.84) | 4:34.17 (39.20) | 5:11.86 (37.69) | | |
| 8 Dominguez, Ashaly | 15 | Clifton Seahawks-NJ | 5:21.17 | 5:17.72 | SILV |
| 35.05 | 1:14.58 (39.53) | 1:54.51 (39.93) | 2:34.81 (40.30) | | |
| 3:15.53 (40.72) | 3:57.18 (41.65) | 4:38.45 (41.27) | 5:17.72 (39.27) | | |
| 9 Kebrdle, Emily E | 16 | Bergen Barracudas Swim Team-I | 4:55.50 | 5:18.77 | SILV |
| 33.95 | 1:12.07 (38.12) | 1:52.51 (40.44) | 2:33.58 (41.07) | | |
| 3:14.70 (41.12) | 3:56.15 (41.45) | 4:38.15 (42.00) | 5:18.77 (40.62) | | |
| 10 Catalano, Amanda P | 16 | Scarlet Aquatics-NJ | 5:10.50 | 5:19.09 | SILV |
| 35.95 | 1:15.99 (40.04) | 1:55.86 (39.87) | 2:36.42 (40.56) | | |
| 3:16.53 (40.11) | 3:57.48 (40.95) | 4:38.76 (41.28) | 5:19.09 (40.33) | | |
| 11 Geary, Charli E | 16 | Berkeley Aquatic Club-NJ | 5:16.35 | 5:19.27 | SILV |
| 34.16 | 1:12.03 (37.87) | 1:51.47 (39.44) | 2:31.96 (40.49) | | |
| 3:13.15 (41.19) | 3:54.88 (41.73) | 4:37.12 (42.24) | 5:19.27 (42.15) | | |
| 12 Chyshkevych, Renata | 16 | Clifton Seahawks-NJ | 5:24.51 | 5:20.85 | SILV |
| 34.03 | 1:12.87 (38.84) | 1:54.09 (41.22) | 2:36.09 (42.00) | | |
| 3:18.49 (42.40) | 3:59.89 (41.40) | 4:40.98 (41.09) | 5:20.85 (39.87) | | |
| 13 Williams, Caitlin A | 16 | New Jersey Race Club-NJ | 5:11.83 | 5:25.06 | SILV |
| 34.18 | 1:13.98 (39.80) | 1:55.44 (41.46) | 2:37.63 (42.19) | | |
| 3:20.03 (42.40) | 4:02.21 (42.18) | 4:44.22 (42.01) | 5:25.06 (40.84) | | |
| 14 Burgess, Tori M | 15 | Cougar Aquatic Team-NJ | 5:27.80 | 5:31.32 | SILV |
| 35.45 | 1:15.82 (40.37) | 1:57.28 (41.46) | 2:39.77 (42.49) | | |
| 3:22.98 (43.21) | 4:06.42 (43.44) | 4:49.85 (43.43) | 5:31.32 (41.47) | | |
| --- McGowan, Shannon A | 15 | Cougar Aquatic Team-NJ | 5:14.22 | | SCR |
| --- Nozhenko, Sasha | 17 | Scarlet Aquatics-NJ | 5:00.83 | | SCR |
| --- Mcghee, Keely H | 16 | Bergen Barracudas Swim Team-I | 5:03.98 | | SCR |
| --- Kennedy, Aila I | 15 | Metro Area Life Time Swimming | 5:05.57 | | SCR |



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Event 8 Men 15 & Over 400 LC Meter Freestyle4:43.99 **GOLD** 2023 NJS LC5:09.89 **SILV** 2023 NJS LC

Meet Qualifying: 4:44.00 - 5:09.89

| Name | Age | Team | Seed Time | Finals Time | |
|-------------------------|-----------------|-------------------------------|-----------------|-------------|------|
| 1 Meir, Melo | 16 | Metro Area Life Time Swimming | 4:45.45 | 4:38.98 | GOLD |
| 31.36 | 1:05.27 (33.91) | 1:40.26 (34.99) | 2:15.78 (35.52) | | |
| 2:51.93 (36.15) | 3:28.06 (36.13) | 4:04.13 (36.07) | 4:38.98 (34.85) | | |
| 2 Tani, Junta U | 15 | Scarlet Aquatics-NJ | 4:54.61 | 4:42.72 | GOLD |
| 32.13 | 1:06.53 (34.40) | 1:41.86 (35.33) | 2:17.71 (35.85) | | |
| 2:53.94 (36.23) | 3:30.75 (36.81) | 4:07.07 (36.32) | 4:42.72 (35.65) | | |
| 3 Azzaoui, Adam L | 15 | New Jersey Race Club-NJ | 4:52.41 | 4:49.08 | SILV |
| 31.14 | 1:05.70 (34.56) | 1:41.62 (35.92) | 2:18.76 (37.14) | | |
| 2:56.13 (37.37) | 3:34.03 (37.90) | 4:12.01 (37.98) | 4:49.08 (37.07) | | |
| 4 Hernandez, Javier A | 15 | Scarlet Aquatics-NJ | 4:54.09 | 4:49.92 | SILV |
| 32.44 | 1:08.63 (36.19) | 1:45.83 (37.20) | 2:23.63 (37.80) | | |
| 3:01.19 (37.56) | 3:39.32 (38.13) | 4:15.23 (35.91) | 4:49.92 (34.69) | | |
| 5 Hanlon, Jeffrey R | 16 | New Jersey Race Club-NJ | 4:49.28 | 4:53.18 | SILV |
| 32.34 | 1:08.76 (36.42) | 1:46.51 (37.75) | 2:24.35 (37.84) | | |
| 3:02.04 (37.69) | 3:39.51 (37.47) | 4:17.36 (37.85) | 4:53.18 (35.82) | | |
| 6 Spreeman, Will P | 17 | Scarlet Aquatics-NJ | 4:49.51 | 4:53.88 | SILV |
| 30.71 | 1:05.54 (34.83) | 1:41.74 (36.20) | 2:19.63 (37.89) | | |
| 2:58.34 (38.71) | 3:38.11 (39.77) | 4:16.00 (37.89) | 4:53.88 (37.88) | | |
| 7 Meda, Dylan C | 17 | Scarlet Aquatics-NJ | 4:49.51 | 4:54.56 | SILV |
| 32.04 | 1:08.88 (36.84) | 1:46.73 (37.85) | 2:24.58 (37.85) | | |
| 3:02.41 (37.83) | 3:40.24 (37.83) | 4:18.02 (37.78) | 4:54.56 (36.54) | | |
| 8 Soliwoda, Stas | 17 | Scarlet Aquatics-NJ | 5:05.25 | 4:54.70 | SILV |
| 33.23 | 1:09.12 (35.89) | 1:46.57 (37.45) | 2:25.00 (38.43) | | |
| 3:03.81 (38.81) | 3:42.92 (39.11) | 4:20.56 (37.64) | 4:54.70 (34.14) | | |
| 9 Herbst, Henry | 15 | Madison Area YMCA Mariners-N | 5:03.69 | 4:56.64 | SILV |
| 32.52 | 1:10.13 (37.61) | 1:48.56 (38.43) | 2:27.17 (38.61) | | |
| 3:05.70 (38.53) | 3:43.90 (38.20) | 4:21.81 (37.91) | 4:56.64 (34.83) | | |
| 10 Sagui, John P | 15 | Cougar Aquatic Team-NJ | 5:06.39 | 5:02.40 | SILV |
| 32.27 | 1:08.96 (36.69) | 1:47.02 (38.06) | 2:26.01 (38.99) | | |
| 3:05.70 (39.69) | 3:46.14 (40.44) | 4:25.23 (39.09) | 5:02.40 (37.17) | | |
| 11 Coste, Frank | 18 | Clifton Seahawks-NJ | 4:58.37 | 5:04.31 | SILV |
| 32.45 | 1:09.05 (36.60) | 1:46.58 (37.53) | 2:25.44 (38.86) | | |
| 3:04.32 (38.88) | 3:44.35 (40.03) | 4:24.08 (39.73) | 5:04.31 (40.23) | | |
| 12 Mills, Teddy G | 17 | North Jersey Barracudas-NJ | 5:04.89 | 5:30.60 | |
| 32.83 | 1:14.10 (41.27) | 1:57.30 (43.20) | 2:40.65 (43.35) | | |
| 3:24.79 (44.14) | 4:08.33 (43.54) | 4:50.30 (41.97) | 5:30.60 (40.30) | | |
| --- Lin, Hayden | 15 | Metro Area Life Time Swimming | 4:56.58 | | SCR |
| --- Griffiths, Rafael F | 15 | Scarlet Aquatics-NJ | 5:07.58 | | SCR |
| --- Jeong, Nathan J | 15 | Metro Area Life Time Swimming | 5:01.49 | | SCR |
| --- Shao, Kenny J | 15 | Scarlet Aquatics-NJ | 5:08.41 | | SCR |
| --- Carter, Max P | 15 | Cougar Aquatic Team-NJ | 4:55.87 | | SCR |
| --- Robinson, Luke C | 16 | Scarlet Aquatics-NJ | 4:45.38 | | SCR |

