



Event 1 Women 200 Yard Freestyle Relay

Invitational: 1:39.98 11-18-2022 Kean University Kean
E Bellars, A Konz, K Tininenko, T Jacobson

1:33.83 D2P

1:35.37 D3B

	Team	Relay	Seed Time	Finals	Place
1	Kean University-NJ	A	1:38.84	_____	_____
2	Kean University-NJ	B	1:40.75	_____	_____
3	East Stroudsburg University-M	A	1:40.99	_____	_____
4	Felician University Swimming-]	A	1:41.04	_____	_____
5	Felician University Swimming-]	B	1:44.37	_____	_____
6	East Stroudsburg University-M	B	1:45.00	_____	_____





Event 2 Women 500 Yard Freestyle

Invitational: 5:16.14 11-18-2022 Taylor Jacobson
4:49.75 D3A 2023-2024
4:50.30 D2A 2023-2024
5:00.37 D3B
5:04.82 D2B

Kean University

	Name	Age	School	Seed Time	Finals	Place
1	Hazebroek, Anique	18	East Stroudsburg University-MA	5:18.43	_____	_____
2	Kratka, Juliana	19	Felician-NJ	5:20.00	_____	_____
3	Mayers, Amelia	18	Felician-NJ	5:20.00	_____	_____
4	Nuino Galan, Salma	21	Felician-NJ	5:22.18	_____	_____
5	Miller, Naomee	22	Kean University-NJ	5:26.27	_____	_____
6	Dovbnya, Alisa	18	Kean University-NJ	5:32.19	_____	_____
7	Tafe, Maddie M	21	East Stroudsburg University-MA	5:34.86	_____	_____
8	Grayauskie, Samantha R	19	East Stroudsburg University-MA	5:35.43	_____	_____
9	Lukic, Tijana	20	Felician-NJ	5:39.09	_____	_____
10	Wang, Helia	18	East Stroudsburg University-MA	5:39.50	_____	_____
11	Masters, Abbie	18	Kean University-NJ	5:47.82	_____	_____
12	Brown, Alyssa	19	East Stroudsburg University-MA	5:48.48	_____	_____
13	Quiroz, Diana	18	Kean University-NJ	5:52.00	_____	_____
14	Parido, Ellie K	20	East Stroudsburg University-MA	5:56.96	_____	_____





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Event 3 Women 200 Yard IM

Invitational: 2:13.72 11-18-2022 Emma Bellars
1:58.47 D3A 2023-2024
1:59.39 D2A 2023-2024
2:05.36 D2B
2:05.76 D3B

Kean University

	Name	Age	School	Seed Time	Finals	Place
1	Bellars, Emma	19	Kean University-NJ	2:10.67	_____	_____
2	Shaw, Brianna	21	Kean University-NJ	2:15.79	_____	_____
3	Fabo Mbite, Christine	20	Felician-NJ	2:16.00	_____	_____
4	Fohring, Avery N	21	East Stroudsburg University-MA	2:18.57	_____	_____
5	Jacobson, Taylor	19	Kean University-NJ	2:20.22	_____	_____
6	Lindecke, Emma	19	Kean University-NJ	2:20.24	_____	_____
7	Geyer, Grace	19	Kean University-NJ	2:21.95	_____	_____
8	Davis, Amanda	21	Kean University-NJ	2:22.19	_____	_____
9	Heggenstaller, Rachel	19	East Stroudsburg University-MA	2:23.77	_____	_____
10	Balogh, Krisztina	20	Kean University-NJ	2:24.05	_____	_____
11	Schneider, Stephanie	19	Felician-NJ	2:26.40	_____	_____
12	Powell, Teagan	20	Kean University-NJ	2:27.45	_____	_____
13	Montalvo, Laeyah	19	Felician-NJ	2:27.49	_____	_____





Event 4 Women 50 Yard Freestyle

Invitational: 24.14 11-18-2022 Vera Renshof
22.72 D2A 2023-2024
22.75 D3A 2023-2024
23.57 D3B
23.86 D2B

East Stroudsburg

	Name	Age	School	Seed Time	Finals	Place
1	Renshof, Vera	20	East Stroudsburg University-MA	23.89	_____	_____
2	Higgs, Didi	18	Felician-NJ	24.67	_____	_____
3	Tininenko, Kylie	19	Kean University-NJ	24.86	_____	_____
4	Konz, Ashley	19	Kean University-NJ	24.96	_____	_____
5	Amano, Natalia	23	Felician-NJ	25.00	_____	_____
6	Burns, Abby	20	Kean University-NJ	25.12	_____	_____
7	Johnson, Jenna	21	East Stroudsburg University-MA	25.16	_____	_____
8	Leveto, Kennedy J	19	East Stroudsburg University-MA	25.27	_____	_____
9	Gambler, Emily G	18	East Stroudsburg University-MA	25.50	_____	_____
10	Kepka, Cleo	19	Felician-NJ	25.67	_____	_____
11	Ravines, Vivian	19	Kean University-NJ	25.77	_____	_____
12	Ummels, Katinka	22	Felician-NJ	26.10	_____	_____
13	Garcia, Naihomy T	21	East Stroudsburg University-MA	26.16	_____	_____
14	Marchese, Nina J	20	East Stroudsburg University-MA	26.47	_____	_____
15	Ciesla, Gabby	20	East Stroudsburg University-MA	27.02	_____	_____
16	Tokonitz, Olivia	21	East Stroudsburg University-MA	27.55	_____	_____
17	Bertossi, Isabella	22	Felician-NJ	27.63	_____	_____
18	DeSanno, Isabel	21	Kean University-NJ	28.79	_____	_____
19	MacMinn, Kaylynn	18	East Stroudsburg University-MA	29.38	_____	_____
20	Palmer, Willow	18	East Stroudsburg University-MA	32.02	_____	_____





Event 5 Women 400 Yard Medley Relay

Invitational: 3:59.32 11-18-2022 Kean University Kean
A Konz, T Powell, A Burns, K Tininenko

3:45.49 D2P

3:51.17 D3B

	Team	Relay	Seed Time	Finals	Place
1	Kean University-NJ	A	3:55.96	_____	_____
2	Felician University Swimming-]	A	3:57.45	_____	_____
3	Kean University-NJ	B	4:06.52	_____	_____
4	East Stroudsburg University-M	A	4:09.99	_____	_____





Event 6 Women 200 Yard Medley Relay

Invitational: 1:49.60 11-19-2022 Kean University Kean
A Konz, T Powell, A Burns, E Bellars

1:42.84 D2P

1:44.99 D3B

	Team	Relay	Seed Time	Finals	Place
1	Kean University-NJ	A	1:48.59	_____	_____
2	Kean University-NJ	B	1:51.13	_____	_____
3	East Stroudsburg University-M	A	1:54.14	_____	_____
4	Felician University Swimming-]	A	1:54.27	_____	_____
5	Felician University Swimming-]	B	2:00.00	_____	_____
6	East Stroudsburg University-M	B	2:05.00	_____	_____





Event 7 Women 400 Yard IM

Invitational: 4:44.45 11-19-2022 Taylor Jacobson
4:15.91 D3A 2023-2024
4:17.69 D2A 2023-2024
4:29.67 D3B
4:30.57 D2B

Kean University

	Name	Age	School	Seed Time	Finals	Place
1	Miller, Naomee	22	Kean University-NJ	4:32.19	_____	_____
2	Kratka, Juliana	19	Felician-NJ	4:40.00	_____	_____
3	Wang, Helia	18	East Stroudsburg University-MA	4:57.61	_____	_____
4	Schneider, Stephanie	19	Felician-NJ	4:59.16	_____	_____
5	Heggenstaller, Rachel	19	East Stroudsburg University-MA	5:31.82	_____	_____





Event 8 Women 100 Yard Butterfly

Invitational: 59.70 11-19-2022 Emma Bellars
53.37 D2A 2023-2024
53.81 D3A 2023-2024
56.04 D2B
56.06 D3B

Kean University

	Name	Age	School	Seed Time	Finals	Place
1	Bellars, Emma	19	Kean University-NJ	59.70	_____	_____
2	Kepka, Cleo	19	Felician-NJ	59.96	_____	_____
3	Amano, Natalia	23	Felician-NJ	59.99	_____	_____
4	Tininenko, Kylie	19	Kean University-NJ	1:01.50	_____	_____
5	Fohring, Avery N	21	East Stroudsburg University-MA	1:01.64	_____	_____
6	Stemley, Sydney	19	Kean University-NJ	1:01.89	_____	_____
7	Hazebroek, Anique	18	East Stroudsburg University-MA	1:02.54	_____	_____
8	Shaw, Brianna	21	Kean University-NJ	1:03.28	_____	_____
9	Montalvo, Laeyah	19	Felician-NJ	1:03.85	_____	_____
10	Gambler, Emily G	18	East Stroudsburg University-MA	1:04.56	_____	_____
11	Lindecke, Emma	19	Kean University-NJ	1:05.88	_____	_____
12	Marchese, Nina J	20	East Stroudsburg University-MA	1:07.11	_____	_____
13	Parido, Ellie K	20	East Stroudsburg University-MA	1:09.63	_____	_____



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	Name	Age	School	Seed Time		Finals	Place
1	Renshof, Vera	20	East Stroudsburg University-MA	1:51.90	D3B	_____	_____
2	Ummels, Katinka	22	Felician-NJ	2:00.58		_____	_____
3	Nuino Galan, Salma	21	Felician-NJ	2:00.86		_____	_____
4	Jacobson, Taylor	19	Kean University-NJ	2:01.44		_____	_____
5	Lukic, Tijana	20	Felician-NJ	2:03.57		_____	_____
6	Tafe, Maddie M	21	East Stroudsburg University-MA	2:04.82		_____	_____
7	Grayauskie, Samantha R	19	East Stroudsburg University-MA	2:06.43		_____	_____
8	Geyer, Grace	19	Kean University-NJ	2:07.93		_____	_____
9	Brown, Alyssa	19	East Stroudsburg University-MA	2:08.66		_____	_____
10	Dovbnya, Alisa	18	Kean University-NJ	2:09.99		_____	_____
11	Ciesla, Gabby	20	East Stroudsburg University-MA	2:13.14		_____	_____
12	Tokonitz, Olivia	21	East Stroudsburg University-MA	2:24.46		_____	_____
13	MacMinn, Kaylynn	18	East Stroudsburg University-MA	2:25.00		_____	_____
14	Palmer, Willow	18	East Stroudsburg University-MA	2:41.00		_____	_____



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Event 10 Women 100 Yard Breaststroke**Invitational: 1:06.01 11-19-2022 Teagan Powell****Kean University****1:00.11 D3A 2023-2024****1:01.03 D2A 2023-2024****1:04.08 D2B****1:04.39 D3B**

	Name	Age	School	Seed Time	Finals	Place
1	Powell, Teagan	20	Kean University-NJ	1:06.01	_____	_____
2	Fabo Mbite, Christine	20	Felician-NJ	1:06.67	_____	_____
3	Leveto, Kennedy J	19	East Stroudsburg University-MA	1:08.81	_____	_____
4	Balogh, Krisztina	20	Kean University-NJ	1:08.93	_____	_____
5	Ravines, Vivian	19	Kean University-NJ	1:09.98	_____	_____
6	Estep, Mia L	19	East Stroudsburg University-MA	1:11.63	_____	_____
7	Davis, Amanda	21	Kean University-NJ	1:13.69	_____	_____
8	Heggenstaller, Rachel	19	East Stroudsburg University-MA	1:14.31	_____	_____
9	DeSanno, Isabel	21	Kean University-NJ	1:17.94	_____	_____
10	Bertossi, Isabella	22	Felician-NJ	1:19.23	_____	_____



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Event 11 Women 100 Yard Backstroke**Invitational: 59.24 11-19-2022 Natalie Davis****St Peters Univ-N****53.51 D2A 2023-2024****53.83 D3A 2023-2024****56.18 D2B****56.76 D3B**

	Name	Age	School	Seed Time	Finals	Place
1	Konz, Ashley	19	Kean University-NJ	58.09	_____	_____
2	Stemley, Sydney	19	Kean University-NJ	59.74	_____	_____
3	Johnson, Jenna	21	East Stroudsburg University-MA	1:01.64	_____	_____
4	Burns, Abby	20	Kean University-NJ	1:02.97	_____	_____
5	Mayers, Amelia	18	Felician-NJ	1:03.44	_____	_____
6	Higgs, Didi	18	Felician-NJ	1:04.82	_____	_____
7	Quiroz, Diana	18	Kean University-NJ	1:08.08	_____	_____





Event 12 Women 800 Yard Freestyle Relay

Invitational: 8:02.65 11-19-2022 Kean University Kean
A Burns, T Jacobson, E Bellars, K Tininenko

7:29.84 D2P

7:39.09 D3B

	Team	Relay	Seed Time	Finals	Place
1	Kean University-NJ	A	7:49.47	_____	_____
2	Felician University Swimming-]	A	7:55.00	_____	_____
3	Kean University-NJ	B	8:03.25	_____	_____
4	East Stroudsburg University-M	A	8:07.91	_____	_____





Event 13 Women 1650 Yard Freestyle

Invitational: 18:17.96 11-19-2022 Alazne Sudupe

RCNJ

16:31.17 D2A 2023-2024

16:32.84 D3A 2023-2024

17:20.73 D2B

17:21.20 D3B

	Name	Age	School	Seed Time		Finals	Place
1	Hazebroek, Anique	18	East Stroudsburg University-MA	10:52.78	D2A	_____	_____
2	Nuino Galan, Salma	21	Felician-NJ	11:02.49	D2A	_____	_____
3	Dovbnya, Alisa	18	Kean University-NJ	11:13.63	D2A	_____	_____
4	Masters, Abbie	18	Kean University-NJ	11:26.47	D2A	_____	_____
5	Tafe, Maddie M	21	East Stroudsburg University-MA	11:28.27	D2A	_____	_____
6	Grayauskie, Samantha R	19	East Stroudsburg University-MA	11:34.22	D2A	_____	_____
7	Geyer, Grace	19	Kean University-NJ	11:34.49	D2A	_____	_____
8	Lukic, Tijana	20	Felician-NJ	11:47.19	D2A	_____	_____
9	Brown, Alyssa	19	East Stroudsburg University-MA	11:47.45	D2A	_____	_____
10	Quiroz, Diana	18	Kean University-NJ	11:57.06	D2A	_____	_____



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Event 14 Women 200 Yard Backstroke**Invitational: 2:06.86 11-19-2022 Ashley Konz****Kean University****1:56.94 D3A 2023-2024****1:57.00 D2A 2023-2024****2:02.85 D2B****2:03.17 D3B**

	Name	Age	School	Seed Time	Finals	Place
1	Konz, Ashley	19	Kean University-NJ	2:06.86	_____	_____
2	Amano, Natalia	23	Felician-NJ	2:16.14	_____	_____
3	Shaw, Brianna	21	Kean University-NJ	2:17.30	_____	_____
4	Lindecke, Emma	19	Kean University-NJ	2:18.17	_____	_____
5	Johnson, Jenna	21	East Stroudsburg University-MA	2:20.34	_____	_____
6	Schneider, Stephanie	19	Felician-NJ	2:21.91	_____	_____



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Event 15 Women 100 Yard Freestyle**Invitational: 52.32 11-19-2022 Vera Renshof****East Stroudsburg****49.52 D3A 2023-2024****49.58 D2A 2023-2024****51.46 D3B****52.06 D2B**

	Name	Age	School	Seed Time		Finals	Place
1	Renshof, Vera	20	East Stroudsburg University-MA	51.37	D3B	_____	_____
2	Bellars, Emma	19	Kean University-NJ	52.87		_____	_____
3	Mayers, Amelia	18	Felician-NJ	53.33		_____	_____
4	Higgs, Didi	18	Felician-NJ	54.86		_____	_____
5	Tininenko, Kylie	19	Kean University-NJ	55.27		_____	_____
6	Ravines, Vivian	19	Kean University-NJ	56.37		_____	_____
7	Garcia, Naihomys T	21	East Stroudsburg University-MA	57.01		_____	_____
8	Kepka, Cleo	19	Felician-NJ	57.17		_____	_____
9	Marchese, Nina J	20	East Stroudsburg University-MA	58.03		_____	_____
10	Montalvo, Laeyah	19	Felician-NJ	58.97		_____	_____
11	Gambler, Emily G	18	East Stroudsburg University-MA	59.30		_____	_____
12	Ciesla, Gabby	20	East Stroudsburg University-MA	59.68		_____	_____
13	Bertossi, Isabella	22	Felician-NJ	1:01.45		_____	_____
14	Tokonitz, Olivia	21	East Stroudsburg University-MA	1:03.57		_____	_____
15	MacMinn, Kaylynn	18	East Stroudsburg University-MA	1:05.52		_____	_____
16	Palmer, Willow	18	East Stroudsburg University-MA	1:12.86		_____	_____



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Event 16 Women 200 Yard Breaststroke**Invitational: 2:26.02 11-19-2022 Teagan Powell****Kean University****2:11.20 D3A 2023-2024****2:13.06 D2A 2023-2024****2:19.71 D2B****2:20.85 D3B**

	Name	Age	School	Seed Time		Finals	Place
1	Miller, Naomee	22	Kean University-NJ	2:18.13	D2B	_____	_____
2	Powell, Teagan	20	Kean University-NJ	2:24.61		_____	_____
3	Kratka, Juliana	19	Felician-NJ	2:25.63		_____	_____
4	Burns, Abby	20	Kean University-NJ	2:28.58		_____	_____
5	Fabo Mbite, Christine	20	Felician-NJ	2:28.86		_____	_____
6	Davis, Amanda	21	Kean University-NJ	2:32.97		_____	_____
7	Wang, Helia	18	East Stroudsburg University-MA	2:34.41		_____	_____
8	Balogh, Krisztina	20	Kean University-NJ	2:35.01		_____	_____
9	Leveto, Kennedy J	19	East Stroudsburg University-MA	2:36.04		_____	_____
10	Estep, Mia L	19	East Stroudsburg University-MA	2:37.17		_____	_____
11	DeSanno, Isabel	21	Kean University-NJ	2:45.35		_____	_____
12	Heggenstaller, Rachel	19	East Stroudsburg University-MA	2:58.21		_____	_____



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Event 17 Women 200 Yard Butterfly**Invitational: 2:15.23 11-19-2022 Taylor Jacobson****Kean University****1:59.30 D2A 2023-2024****1:59.83 D3A 2023-2024****2:05.26 D3B****2:05.26 D2B**

	Name	Age	School	Seed Time	Finals	Place
1	Jacobson, Taylor	19	Kean University-NJ	2:11.56	_____	_____
2	Fohring, Avery N	21	East Stroudsburg University-MA	2:13.21	_____	_____
3	Stemley, Sydney	19	Kean University-NJ	2:15.96	_____	_____
4	Ummels, Katinka	22	Felician-NJ	2:16.00	_____	_____
5	Masters, Abbie	18	Kean University-NJ	2:24.07	_____	_____
6	Parido, Ellie K	20	East Stroudsburg University-MA	2:38.32	_____	_____



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Event 18 Women 400 Yard Freestyle Relay**Invitational: 3:38.74 11-19-2022 Kean University****Kean****T Jacobson, A Burns, E Bellars, K Tininenko****3:25.19 D2P****3:29.49 D3B**

	Team	Relay	Seed Time	Finals	Place
1	Kean University-NJ	A	3:35.76	_____	_____
2	East Stroudsburg University-M	A	3:40.16	_____	_____
3	Kean University-NJ	B	3:41.25	_____	_____
4	Felician University Swimming-]	A	3:41.29	_____	_____
5	Felician University Swimming-]	B	3:47.63	_____	_____
6	East Stroudsburg University-M	B	3:50.00	_____	_____



**2023 Kean Cougar Invitational - 11-17-2023 to 11-18-2023****www.besmarttinc.com for meet results and more****Follow us on Facebook and Twitter****Psych Sheet****Event 101 Women 50 Yard Butterfly Time Trial**

	Name	Age	School	Seed Time	Finals	Place
1	Burns, Abby	20	Kean University-NJ	26.98	_____	_____
2	Jacobson, Taylor	19	Kean University-NJ	27.78	_____	_____
3	Bellars, Emma	19	Kean University-NJ	27.98	_____	_____
4	Tininenko, Kylie	19	Kean University-NJ	27.99	_____	_____
5	Masters, Abbie	18	Kean University-NJ	29.89	_____	_____





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Event 102 Women 50 Yard Backstroke Time Trial

	Name	Age	School	Seed Time	Finals	Place
1	Konz, Ashley	19	Kean University-NJ	27.77	_____	_____
2	Stemley, Sydney	19	Kean University-NJ	28.75	_____	_____
3	Lindecke, Emma	19	Kean University-NJ	31.13	_____	_____
4	Quiroz, Diana	18	Kean University-NJ	31.39	_____	_____



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	Name	Age	School	Seed Time	Finals	Place
1	Miller, Naomee	22	Kean University-NJ	29.89	_____	_____
2	Powell, Teagan	20	Kean University-NJ	30.94	_____	_____
3	Balogh, Krisztina	20	Kean University-NJ	31.92	_____	_____
4	Ravines, Vivian	19	Kean University-NJ	31.99	_____	_____
5	Davis, Amanda	21	Kean University-NJ	34.87	_____	_____
6	DeSanno, Isabel	21	Kean University-NJ	34.88	_____	_____

