

## Rochester Orca's President's Day Open 'A' Swim Meet Fri/Sat/Sun - February 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 2010

**Location:** Rochester – Olmsted County Recreation Center Pool  
21 Elton Hills Drive, Rochester, MN --- Emergency Phone # 507-281-6167

**Directions:** County Rd-47 to Hwy 55/52 to Rochester, Take 19<sup>th</sup> Street NW Exit, Go LEFT across bridge & over Hwy 55/52, Follow Elton Hills – drive down winding RD for .8 miles, Rec Center on LEFT. Please park only on the WEST side of facility.

<b>Time Schedule:</b>	<b>Friday-2/12</b>	<b>Saturday-2/13</b>	<b>Sunday-2/14</b>
	<b>#1-16</b>	<b>#17-42 = 13yrs + Prelims</b>	<b>#75-98 = 1650 Free</b>
	WU: 12:30pm (13yrs+ 200IM)	<b>Warm-Up: 6:00am</b>	<b>Warm-Up: 6:00am</b>
	<b>Meet Starts @ 2:00pm</b>	Meet 7:30am	Meet 7:30am
	WU: 2:30pm (11-12 100IM)	<b>#43-74 = 12&amp;Unders</b>	<b>#99-128 = 12&amp;Unders</b>
	WU: 3:15pm (13yrs+ 500FR)	<b>Both Days (SAT/SUN) assigned Warm-Up begins not before 12noon</b>	
	WU: 6:30pm (12&U Free)	Meet Starts not before 1:30pm	
	Slower 13yrs + 500's will occur after the 12&U Freestyle events to keep them inside the 4 hr rule.	<b>13&amp;Up FINALS</b>	<b>13 &amp; Up FINALS</b>
		<b>Starts @ 6:15m</b>	<b>Starts @ 6:00pm</b>
		ask Kim what time for WU	ask Kim what time for WU

<b>HAST Swimmer</b>	<b>HAST Meet Fee</b>	<b>Day(s)</b>
Emily Alitz	\$54.00	All 3
Noelle Betterley (17)	\$42.00	All 3
Joella Chamberlain (7)	\$30.00	SAT/SUN
Luke Chamberlain (9)	\$66.00	All 3
Sara Ficker (11)	\$12.00	SAT only
Natasha Girgen (8)	\$24.00	SAT/SUN
Abbie Gjelhaug (13)	\$54.00	All 3
Kathryn Gjelhaug (8)	\$42.00	SAT/SUN
Ashley Henning (14)	\$18.00	SAT/SUN
Helen Jensen (11)	\$66.00	All 3
Brina Kari (12)	\$66.00	All 3
Breanna Kimmes (12)	\$54.00	All 3
Cassandra Kimmes (16)	\$54.00	All 3
Emily Klysen (10)	\$60.00	All 3
Kelly Leonard (10)	\$60.00	All 3
Elizabeth Mann (10)	\$42.00	All 3
Aaron McCullough (10)	\$48.00	SAT/SUN
Elijah Reilly (12)	\$54.00	All 3
Kathleen Reilly (14)	\$54.00	All 3
Leah Roesler (18)	\$54.00	All 3
Telma Roesler (10)	\$66.00	All 3
Cole Scully (11)	\$24.00	SAST/SUN
Allissa Smith (12)	\$66.00	All 3
Sean Smith (8)	\$42.00	SAT/SUN
Stephen Smith (9)	\$66.00	All 3
Alyssa Spitzack (16)	\$24.00	All 3
Amanda Thompson (8)	\$30.00	SAT/SUN
Sofia Van Zee (8)	\$36.00	SAT/SUN
Michelle Wallace (11)	\$24.00	SAT/SUN
Leah Wallace (15)	\$54.00	All 3
Mariah Wallace (13)	\$24.00	SAT/SUN

***Get psyched to swim fast!!!!***

Coach Kim Olson is staying @ the Microtel Inn & Suites  
– 4210 Hwy 52 North – Rochester, MN - (507) 286-8780

## **HAST RELAYS – SATURDAY**

# 19 Women Senior 400 Medley

A Relay HAST MN 4:05.16Y

1 Leah M. Wallace (15) 2 Emily M. Alitz (18)

3 Leah M. Roesler (18) 4 Cassie Kimmes (16)

B Relay HAST MN 4:23.49Y

1 Kate Reilly (14) 2 Ashley M. Henning (14)

3 Noelle M. Betterley (17) 4 Abbie J. Gjelhaug (13)

Alternates: Aly Spitzack, Mariah Wallace

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# 43 Women 8 & Under 100 Medley HAST-MN

A Relay HAST MN 1:22.66Y

1 Sofia L. Van Zee (8) 2 Joella S. Chamberlain (7)

3 Katie Gjelhaug (8) 4 Natasha E. Girgen (8)

Alternate: Amanda Thompson

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# 45 Women 10 & Under 200 Medley HAST-MN

A Relay HAST MN 2:23.35Y

1 Kelly M. Leonard (10) 2 Emily R. Klysen (10)

3 Elizabeth M. Mann (10) 4 Telma C. Roesler (10)

Alternates: 8 & Under Girls

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# 46 Men 10 & Under 200 Medley HAST-MN

A Relay HAST MN 2:28.69Y

1 Stephen M. Smith (9) 2 Luke A. Chamberlain (9)

3 Aaron M. McCullough (10) 4 Sean T. Smith (8)

No Alternates

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# 47 Women 11-12 400 Medley HAST-MN

A Relay HAST MN 4:28.61Y

1 Brina L. Kari (12) 2 Helen R. Jensen (11)

3 Allissa S. Smith (12) 4 Breanna L. Kimmes (12)

Alternates: Sara Ficker, Ellie Wallace

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## **HAST RELAYS – SUNDAY**

# 77 Women Senior 400 Free HAST-MN

A Relay HAST MN 3:41.16Y

1 Leah M. Wallace (15) 2 Cassie Kimmes (16)

3 Emily M. Alitz (18) 4 Leah M. Roesler (18)

B Relay HAST MN 3:57.22Y

1 Abbie J. Gjelhaug (13) 2 Mariah L. Wallace (13)

3 Noelle M. Betterley (17) 4 Kate Reilly (14)

Alternates: Ashley Henning, Aly Spitzack

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# 99 Women 11-12 400 Free HAST-MN

A Relay HAST MN 4:06.59Y

1 Allissa S. Smith (12) 2 Breanna L. Kimmes (12)

3 Helen R. Jensen (11) 4 Brina L. Kari (12)

Alternate: Ellie Wallace

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# 101 Women 10 & Under 200 Free HAST-MN

A Relay HAST MN 2:07.76Y

1 Telma C. Roesler (10) 2 Elizabeth M. Mann (10)

3 Emily R. Klysen (10) 4 Kelly M. Leonard (10)

Alternate: 8 & Under Girls

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# 102 Men 10 & Under 200 Free HAST-MN

A Relay HAST MN 2:11.36Y

1 Luke A. Chamberlain (9) 2 Sean T. Smith (8)

3 Aaron M. McCullough (10) 4 Stephen M. Smith (9)

No Alternates

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# 103 Women 8 & Under 100 Free HAST-MN

A Relay HAST MN 1:13.08Y

1 Katie Gjelhaug (8) 2 Natasha E. Girgen (8)

3 Sofia L. Van Zee (8) 4 Amanda Thompson (8)

Alternate: Joella Chamberlain

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*These relays are subject to change based on attitude & performance.*

## **HAST Individual Entries:**

### **WOMEN**

Emily Alitz (18)

# 1 Women Senior 200 IM 2:13.36Y

# 9 Women Senior 500 Free 5:28.01Y  
# 19 Women Senior 400 Medley Relay A Breast  
# 23 Women Senior 200 Free 2:03.16Y  
# 31 Women Senior 200 Breast 2:28.83Y  
# 41 Women Senior 400 IM 4:51.69Y  
# 77 Women Senior 400 Free Relay A 3  
# 85 Women Senior 100 Breast 1:09.25Y  
# 93 Women Senior 100 Free 55.73Y  
# 97B Women 15 & Over 1650 Free 19:20.11Y  
Noelle Betterley (17)  
# 1 Women Senior 200 IM 2:22.96Y  
# 19 Women Senior 400 Medley Relay B Fly  
# 31 Women Senior 200 Breast 2:40.44Y  
# 35 Women Senior 100 Fly 1:03.77Y  
# 41 Women Senior 400 IM 5:06.34Y  
# 77 Women Senior 400 Free Relay B 3  
# 85 Women Senior 100 Breast 1:13.45Y  
# 93 Women Senior 100 Free 1:00.39Y  
Joella Chamberlain (7)  
# 43 Women 8 & Under 100 Medley Relay A Breast  
# 55 Women 8 & Under 50 Fly 48.70Y  
# 61 Women 8 & Under 50 Back 48.72Y  
# 107 Women 8 & Under 50 Breast 49.51Y  
# 113 Women 8 & Under 100 IM 1:41.03Y  
Sara Ficker (11)  
# 65 Women 11-12 50 Back 34.07Y  
Natasha Girgen (8)  
# 43 Women 8 & Under 100 Medley Relay A Free  
# 49 Women 8 & Under 50 Free 39.34Y  
# 55 Women 8 & Under 50 Fly 48.61Y  
# 103 Women 8 & Under 100 Free Relay A 2  
# 123 Women 8 & Under 100 Free 1:32.24Y  
Abbie Gjelhaug (13)  
# 3 Women 13-14 200 IM 2:17.20Y  
# 11 Women 13-14 500 Free 5:24.82Y  
# 19 Women Senior 400 Medley Relay B Free  
# 21 Women 13-14 200 Free 2:05.24Y  
# 29 Women 13-14 200 Breast 2:40.91Y  
# 37 Women 13-14 50 Free 26.88Y  
# 77 Women Senior 400 Free Relay B 1  
# 83 Women 13-14 100 Breast 1:15.97Y  
# 91 Women 13-14 100 Free 58.46Y  
# 97A Women 13-14 1650 Free 19:11.11Y  
Kathryn Gjelhaug (8)  
# 43 Women 8 & Under 100 Medley Relay A Fly  
# 49 Women 8 & Under 50 Free 36.05Y  
# 55 Women 8 & Under 50 Fly 43.53Y  
# 61 Women 8 & Under 50 Back 43.73Y  
# 103 Women 8 & Under 100 Free Relay A 1  
# 107 Women 8 & Under 50 Breast 49.43Y  
# 113 Women 8 & Under 100 IM 1:33.20Y  
# 123 Women 8 & Under 100 Free 1:21.92Y  
Ashley Henning (14)  
# 19 Women Senior 400 Medley Relay B Breast  
# 29 Women 13-14 200 Breast 2:45.11Y  
# 83 Women 13-14 100 Breast 1:12.86Y  
Helen Jensen (11)  
# 5 Women 11-12 100 IM 1:10.38Y  
# 13 Women 11-12 500 Free 6:00.63Y  
# 47 Women 11-12 400 Medley Relay A Breast  
# 53 Women 11-12 50 Free 29.35Y  
# 59 Women 11-12 100 Fly 1:12.36Y  
# 69 Women 11-12 100 Breast 1:18.71Y  
# 73 Women 11-12 200 IM 2:29.63Y  
# 99 Women 11-12 400 Free Relay A 3  
# 105 Women 11-12 200 Free 2:16.70Y  
# 111 Women 11-12 50 Breast 36.31Y  
# 121 Women 11-12 50 Fly 31.91Y  
# 127 Women 11-12 100 Free 1:01.69Y  
Brina Kari (12)  
# 5 Women 11-12 100 IM 1:06.17Y  
# 13 Women 11-12 500 Free 5:49.12Y  
# 47 Women 11-12 400 Medley Relay A Back  
# 53 Women 11-12 50 Free 26.03Y  
# 59 Women 11-12 100 Fly 1:08.64Y  
# 65 Women 11-12 50 Back 28.56Y

# 73 Women 11-12 200 IM 2:24.29Y  
# 99 Women 11-12 400 Free Relay A 4  
# 105 Women 11-12 200 Free 2:11.22Y  
# 117 Women 11-12 100 Back 1:02.60Y  
# 121 Women 11-12 50 Fly 29.88Y  
# 127 Women 11-12 100 Free 57.14Y

**Breanna Kimmes (12)**

# 5 Women 11-12 100 IM 1:13.23Y  
# 13 Women 11-12 500 Free 6:03.59Y  
# 47 Women 11-12 400 Medley Relay A Free  
# 59 Women 11-12 100 Fly 1:12.89Y  
# 73 Women 11-12 200 IM 2:35.88Y  
# 99 Women 11-12 400 Free Relay A 2  
# 105 Women 11-12 200 Free 2:16.23Y  
# 117 Women 11-12 100 Back 1:12.63Y  
# 121 Women 11-12 50 Fly 32.63Y  
# 127 Women 11-12 100 Free 1:03.31Y

**Cassandra Kimmes (16)**

# 1 Women Senior 200 IM 2:20.66Y  
# 9 Women Senior 500 Free 5:07.58Y  
# 19 Women Senior 400 Medley Relay A Free  
# 23 Women Senior 200 Free 1:56.52Y  
# 39 Women Senior 50 Free 27.40Y  
# 41 Women Senior 400 IM 4:51.98Y  
# 77 Women Senior 400 Free Relay A 2  
# 81 Women Senior 200 Fly 2:19.44Y  
# 93 Women Senior 100 Free 56.30Y  
# 97B Women 15 & Over 1650 Free 18:12.32Y

**Emily Klysen (10)**

# 7 Women 9-10 100 IM 1:21.08Y  
# 45 Women 10 & Under 200 Medley Relay A Breast  
# 51 Women 9-10 50 Free 31.27Y  
# 57 Women 9-10 100 Fly 1:25.65Y  
# 63 Women 9-10 50 Back 38.28Y  
# 67 Women 9-10 100 Breast 1:30.87Y  
# 101 Women 10 & Under 200 Free Relay A 3  
# 109 Women 9-10 50 Breast 41.15Y  
# 115 Women 9-10 100 Back 1:25.61Y  
# 119 Women 9-10 50 Fly 37.14Y  
# 125 Women 9-10 100 Free 1:13.23Y

**Kelly Leonard (10)**

# 7 Women 9-10 100 IM 1:18.26Y  
# 15 Women 9-10 200 Free 2:30.47Y  
# 45 Women 10 & Under 200 Medley Relay A Back  
# 51 Women 9-10 50 Free 30.97Y  
# 57 Women 9-10 100 Fly 1:18.56Y  
# 63 Women 9-10 50 Back 33.40Y  
# 71 Women 9-10 200 IM 2:40.20Y  
# 101 Women 10 & Under 200 Free Relay A 4  
# 115 Women 9-10 100 Back 1:12.55Y  
# 119 Women 9-10 50 Fly 34.32Y  
# 125 Women 9-10 100 Free 1:07.68Y

**Elizabeth Mann (10)**

# 7 Women 9-10 100 IM 1:25.22Y  
# 45 Women 10 & Under 200 Medley Relay A Fly  
# 63 Women 9-10 50 Back 37.59Y  
# 71 Women 9-10 200 IM 3:04.31Y  
# 101 Women 10 & Under 200 Free Relay A 2  
# 115 Women 9-10 100 Back 1:22.02Y  
# 119 Women 9-10 50 Fly 37.21Y  
# 125 Women 9-10 100 Free 1:15.42Y

**Kathleen Reilly (14)**

# 3 Women 13-14 200 IM 2:27.32Y  
# 11 Women 13-14 500 Free 5:35.61Y  
# 19 Women Senior 400 Medley Relay B Back  
# 25 Women 13-14 100 Back 1:08.40Y  
# 33 Women 13-14 100 Fly 1:06.78Y  
# 37 Women 13-14 50 Free 25.90Y  
# 77 Women Senior 400 Free Relay B 4  
# 83 Women 13-14 100 Breast 1:15.19Y  
# 87 Women 13-14 200 Back 2:26.34Y  
# 91 Women 13-14 100 Free 57.45Y

**Leah Roesler (18)**

# 1 Women Senior 200 IM 2:19.31Y  
# 9 Women Senior 500 Free 5:46.28Y  
# 19 Women Senior 400 Medley Relay A Fly  
# 23 Women Senior 200 Free 1:54.72Y

# 35 Women Senior 100 Fly 57.00Y  
# 39 Women Senior 50 Free 24.68Y  
# 77 Women Senior 400 Free Relay A 4  
# 81 Women Senior 200 Fly 2:09.73Y  
# 89 Women Senior 200 Back 2:20.61Y  
# 93 Women Senior 100 Free 53.66Y

**Telma Roesler (10)**

# 7 Women 9-10 100 IM 1:17.90Y  
# 15 Women 9-10 200 Free 2:40.89Y  
# 45 Women 10 & Under 200 Medley Relay A Free  
# 51 Women 9-10 50 Free 30.58Y  
# 57 Women 9-10 100 Fly 1:22.01Y  
# 67 Women 9-10 100 Breast 1:32.92Y  
# 71 Women 9-10 200 IM 2:49.20Y  
# 101 Women 10 & Under 200 Free Relay A 1  
# 109 Women 9-10 50 Breast 42.09Y  
# 115 Women 9-10 100 Back 1:20.86Y  
# 119 Women 9-10 50 Fly 33.98Y  
# 125 Women 9-10 100 Free 1:08.23Y

**Allissa Smith (12)**

# 5 Women 11-12 100 IM 1:07.77Y  
# 13 Women 11-12 500 Free 5:53.41Y  
# 47 Women 11-12 400 Medley Relay A Fly  
# 53 Women 11-12 50 Free 28.01Y  
# 59 Women 11-12 100 Fly 1:03.25Y  
# 65 Women 11-12 50 Back 31.46Y  
# 73 Women 11-12 200 IM 2:24.03Y  
# 99 Women 11-12 400 Free Relay A 1  
# 105 Women 11-12 200 Free 2:13.79Y  
# 117 Women 11-12 100 Back 1:07.35Y  
# 121 Women 11-12 50 Fly 28.69Y  
# 127 Women 11-12 100 Free 1:00.67Y

**Alyssa Spitzack (16)**

# 1 Women Senior 200 IM 2:26.70Y  
# 31 Women Senior 200 Breast 2:39.19Y  
# 85 Women Senior 100 Breast 1:13.44Y

**Amanda Thompson (8)**

# 49 Women 8 & Under 50 Free 41.63Y  
# 55 Women 8 & Under 50 Fly 48.07Y  
# 103 Women 8 & Under 100 Free Relay A 4  
# 107 Women 8 & Under 50 Breast 50.16Y  
# 113 Women 8 & Under 100 IM 1:43.33Y

**Sofia Van Zee (8)**

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# 43 Women 8 & Under 100 Medley Relay A Back  
# 49 Women 8 & Under 50 Free 39.32Y  
# 55 Women 8 & Under 50 Fly 50.28Y  
# 61 Women 8 & Under 50 Back 48.10Y  
# 103 Women 8 & Under 100 Free Relay A 3  
# 107 Women 8 & Under 50 Breast 52.14Y  
# 113 Women 8 & Under 100 IM 1:39.68Y

**Michelle Wallace (11)**

# 53 Women 11-12 50 Free 29.62Y  
# 65 Women 11-12 50 Back 32.76Y  
# 117 Women 11-12 100 Back 1:12.82Y

**Leah Wallace (15)**

# 1 Women Senior 200 IM 2:21.58Y  
# 9 Women Senior 500 Free 5:33.76Y  
# 19 Women Senior 400 Medley Relay A Back  
# 27 Women Senior 100 Back 1:02.61Y  
# 35 Women Senior 100 Fly 59.93Y  
# 39 Women Senior 50 Free 25.95Y  
# 77 Women Senior 400 Free Relay A 1  
# 81 Women Senior 200 Fly 2:16.90Y  
# 89 Women Senior 200 Back 2:15.34Y  
# 93 Women Senior 100 Free 55.47Y

**Mariah Wallace (13)**

# 21 Women 13-14 200 Free 2:13.47Y  
# 37 Women 13-14 50 Free 27.73Y  
# 77 Women Senior 400 Free Relay B 2  
# 91 Women 13-14 100 Free 1:00.92Y

**MEN**

**Luke Chamberlain (9)**

# 8 Men 9-10 100 IM 1:25.22Y  
# 16 Men 9-10 200 Free 2:28.02Y  
# 46 Men 10 & Under 200 Medley Relay A Breast

# 52 Men 9-10 50 Free 31.37Y  
# 64 Men 9-10 50 Back 37.20Y  
# 68 Men 9-10 100 Breast 1:31.14Y  
# 72 Men 9-10 200 IM 2:50.77Y  
# 102 Men 10 & Under 200 Free Relay A 1  
# 110 Men 9-10 50 Breast 41.54Y  
# 116 Men 9-10 100 Back 1:21.89Y  
# 120 Men 9-10 50 Fly 36.65Y  
# 126 Men 9-10 100 Free 1:09.25Y  
Aaron McCullough (10)  
# 46 Men 10 & Under 200 Medley Relay A Fly  
# 52 Men 9-10 50 Free 31.59Y  
# 58 Men 9-10 100 Fly 1:24.36Y  
# 64 Men 9-10 50 Back 38.28Y  
# 72 Men 9-10 200 IM 2:59.57Y  
# 102 Men 10 & Under 200 Free Relay A 3  
# 110 Men 9-10 50 Breast 43.53Y  
# 116 Men 9-10 100 Back 1:23.05Y  
# 120 Men 9-10 50 Fly 36.38Y  
Elijah Reilly (12)  
# 6 Men 11-12 100 IM 1:14.74Y  
# 14 Men 11-12 500 Free 6:07.76Y  
# 54 Men 11-12 50 Free 28.38Y  
# 60 Men 11-12 100 Fly 1:09.49Y  
# 74 Men 11-12 200 IM 2:33.57Y  
# 106 Men 11-12 200 Free 2:21.54Y  
# 122 Men 11-12 50 Fly 31.61Y  
# 128 Men 11-12 100 Free 1:03.19Y  
Cole Scully (11)  
# 66 Men 11-12 50 Back 35.19Y  
# 118 Men 11-12 100 Back 1:15.83Y  
# 122 Men 11-12 50 Fly 33.67Y  
Sean Smith (8)  
# 46 Men 10 & Under 200 Medley Relay A Free  
# 50 Men 8 & Under 50 Free 36.05Y  
# 56 Men 8 & Under 50 Fly 42.43Y  
# 62 Men 8 & Under 50 Back 42.78Y  
# 102 Men 10 & Under 200 Free Relay A 2  
# 108 Men 8 & Under 50 Breast 53.31Y  
# 114 Men 8 & Under 100 IM 1:35.21Y  
# 124 Men 8 & Under 100 Free 1:20.34Y  
Stephen Smith (9)  
# 8 Men 9-10 100 IM 1:14.94Y  
# 16 Men 9-10 200 Free 2:21.89Y  
# 46 Men 10 & Under 200 Medley Relay A Back  
# 52 Men 9-10 50 Free 30.10Y  
# 58 Men 9-10 100 Fly 1:14.35Y  
# 64 Men 9-10 50 Back 34.29Y  
# 72 Men 9-10 200 IM 2:39.41Y  
# 102 Men 10 & Under 200 Free Relay A 4  
# 110 Men 9-10 50 Breast 41.47Y  
# 116 Men 9-10 100 Back 1:12.01Y  
# 120 Men 9-10 50 Fly 32.69Y  
# 126 Men 9-10 100 Free 1:05.36Y