

**HAST will be attending the 2010 Short Course Senior State Championships
on Thur/Fri/Sat/Sun – March 18th, 19th, 20th, 21st**

@ the University of Rochester-Olmsted Recreation Center Natatorium.

All swimmers competing in Individual events at State must have verifiable ‘Champ’ times, (HS times must be provable).

Any swimmer ‘new’ Champ time achieved at a meet prior to State qualify a swimmer to compete in that event @ State.

HAST Relays will be determined at the conclusion of the Minnetonka A/B/C Finals Swim meet.

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**On Monday March 8th (3pm) the HAST State Relays will be posted
@ swim practice & on-line @ hastswimteam.com under meets.**

Senior swimmers are limited to 3 individual events per day.

For Senior State the entire meet is 7 individual events, + 5 relays.

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HAST swimmers will be entered in events which the coaching staff thinks they have the best chance to score team points.
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HAST Relays at STATE are double the points, great fun, & a team building event.

All 4 swimmers on the HAST Relay Team are of equal importance.

The other 3 swimmers are counting on you to cooperate and to do your best.

The deadline to cancel is MON – FEB 22nd, 2010.

(If you are unavailable to take your child, please check into car pooling w/ teammates prior to canceling.)

Please cancel by written note, phone call or email to Kim Olson, 651-437-4311, hastswim@bevcomm.net

*****Note --- Make (1) swim (2) ---- only @ Short Course State, doesn't work in summer.**

Have Champ in the 100Ba, 100 Br, 100 Fly can enter the 200 of that Stroke

Have Champ in the 200 IM, can swim either the 100 IM or 400 IM

Have Champ in the 500 Free can swim either the 1000 or 1650 Free

You are only allowed to make (1) one time in the entire meet.

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Relays	Thurs-800FR	Fri- 200FR	Sat- 200MR/400FR	Sun- 400MR
Potential 13-14 Girls:	*Abbie Gjelhaug, *Ashley Henning, *Kate Reilly, *Mariah Wallace			
Potential 15-18 Girls	N Betterly, *Emily Alitz, *Cassie Kimmes,*Leah Roesler, *Janna Sorg, Alyssa Spitzack, *Leah Wallace, Masha Wagner			
Potential 13-14 Boys:	*Thomas Everson, *Colby Smith, *Hayden Schmitt, *Brandon Underwood			
Potential 15-18 Boys	Hunter Sassor, *Elliot Wilcox			

*Current HAST Swimmers w/ ‘Champ’ Times.

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Relay's at swim meets display the character and spirit of the team.

Being on a HAST relay is both an honor & a privilege.

Coaches determine the relays based on ‘best times’ and performance at practice.

Please respect the coach's decisions.

Order of events are located on the MSI Swimming Web site,
[www. mnswim.org](http://www.mnswim.org), go to RT side of page click on Senior State Meet.

Entries as of 2/17/10:

WOMEN

Emily Alitz (18)

- # 21C Women 17 & Over 200 Breast 2:28.83Y
- # 39C Women 17 & Over 200 IM 2:12.67Y
- # 69C Women 17 & Over 100 Breast 1:08.10Y
- # 75C Women 17 & Over 400 IM 4:44.83Y
- # 105C Women 17 & Over 100 Free 55.73Y
- # 117C Women 17 & Over 100 IM 1:04.10Y

Abbie Gjelhaug (13)

- # 15A Women 13-14 500 Free 5:24.82Y
- # 33A Women 13-14 50 Free 26.88Y
- # 39A Women 13-14 200 IM 2:17.20Y
- # 57A Women 13-14 200 Free 2:05.24Y
- # 93A Women 13-14 1650 Free 19:07.64Y
- # 105A Women 13-14 100 Free 58.46Y
- # 111A Women 13-14 200 Fly 2:26.20Y

Ashley Henning (14)

- # 21A Women 13-14 200 Breast * 2:39.90Y
- # 69A Women 13-14 100 Breast 1:12.86Y

Cassandra Kimmes (17)

- # 3C Women 17 & Over 1000 Free 10:44.75Y
- # 15C Women 17 & Over 500 Free 5:07.58Y
- # 57C Women 17 & Over 200 Free 1:56.52Y
- # 75C Women 17 & Over 400 IM 4:50.47Y
- # 93C Women 17 & Over 1650 Free 18:00.82Y
- # 105C Women 17 & Over 100 Free 56.30Y
- # 111C Women 17 & Over 200 Fly 2:19.44Y

Kathleen Reilly (14)

- # 15A Women 13-14 500 Free 5:35.61Y
- # 33A Women 13-14 50 Free 25.90Y
- # 39A Women 13-14 200 IM 2:21.86Y
- # 57A Women 13-14 200 Free 2:03.50Y
- # 105A Women 13-14 100 Free 57.45Y
- # 117A Women 13-14 100 IM * 1:08.10Y

Leah Roesler (18)

- # 27C Women 17 & Over 100 Fly 57.00Y
- # 33C Women 17 & Over 50 Free 24.68Y
- # 39C Women 17 & Over 200 IM 2:17.29Y
- # 57C Women 17 & Over 200 Free 1:54.72Y
- # 105C Women 17 & Over 100 Free 53.66Y
- # 111C Women 17 & Over 200 Fly 2:09.73Y

Janna Sorg (16)

- # 33B Women 15-16 50 Free 25.75Y
- # 105B Women 15-16 100 Free 56.81Y

Leah Wallace (15)

- # 27B Women 15-16 100 Fly 59.93Y
- # 33B Women 15-16 50 Free 25.95Y
- # 57B Women 15-16 200 Free 2:01.05Y
- # 63B Women 15-16 100 Back 1:02.61Y
- # 99B Women 15-16 200 Back 2:15.34Y
- # 105B Women 15-16 100 Free 55.47Y
- # 111B Women 15-16 200 Fly 2:16.90Y

Mariah Wallace (13)

- # 33A Women 13-14 50 Free 27.02Y
- # 105A Women 13-14 100 Free 59.25Y

MEN

Thomas Everson (14)

- # 18A Men 13-14 500 Free 5:14.31Y
- # 42A Men 13-14 200 IM 2:08.36Y
- # 60A Men 13-14 200 Free 55.53Y
- # 78A Men 13-14 400 IM 4:35.11Y
- # 102A Men 13-14 200 Back 2:12.38Y
- # 108A Men 13-14 100 Free 53.10Y
- # 114A Men 13-14 200 Fly 2:18.05Y

Hayden Schmitt (13)

- # 36A Men 13-14 50 Free 28.53L
- # 108A Men 13-14 100 Free 1:02.18L

Colby Smith (14)

- # 30A Men 13-14 100 Fly 54.71Y
- # 42A Men 13-14 200 IM 2:05.56Y
- # 66A Men 13-14 100 Back 57.95Y
- # 78A Men 13-14 400 IM 4:34.27Y
- # 102A Men 13-14 200 Back 2:06.70Y

114A Men 13-14 200 Fly 2:09.77Y
120A Men 13-14 100 IM 59.93Y
Brandon Underwood (14)
36A Men 13-14 50 Free 24.61Y
66A Men 13-14 100 Back 1:00.60Y
Elliot Wilcox (17)
18C Men 17 & Over 500 Free 4:55.39Y
30C Men 17 & Over 100 Fly 52.31Y
36C Men 17 & Over 50 Free 21.74Y
60C Men 17 & Over 200 Free 1:47.07Y
108C Men 17 & Over 100 Free 48.39Y
114C Men 17 & Over 200 Fly 2:03.25Y
120C Men 17 & Over 100 IM 56.84Y