

**HAST will be attending the Minnesota Short Course 12 & Under State Championships  
on Fri/Sat/Sun – March 12<sup>th</sup> - 13<sup>th</sup> - 14<sup>th</sup>, 2010**

@ the Olmsted County Recreation Center Natatorium in Rochester, MN.

.....  
All swimmers competing in Individual events at State must have verifiable 'Champ' times.  
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 Finals Swim meet.  
.....

**On Monday March 8<sup>th</sup> (5pm) HAST State Relays will be posted  
@ swim practice & on-line @ [hastswimteam.com](http://hastswimteam.com) under meets.**

.....  
Age Group swimmers are limited to 4 individual events per day.  
For Age group State the maximum # of individual events for 8 & unders is 6, 9-10 year olds is 8, & 11-12 year olds is 9.  
HAST swimmers will be entered in events which the coaching staff thinks they have the best chance to score team points.

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 FRI – FEB 22<sup>nd</sup>, 2010.**

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

Please cancel by written note, phone call or email to Kim Olson, 651-437-4311, [hastswim@bevcomm.net](mailto:hastswim@bevcomm.net)

**This is SPRING BREAK --- PLEASE let me know asap if you are not available due to family vacation.**

.....  
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.

10&under Relays:

Sat - 200 Free Relay    Sun – 200 Medley Relays

Potential 8 & U Boys: \*Sean Smith

Potential 9-10 Boys: Christopher Benson, \*Luke Chamberlain, Jackson Gergen, \*Aaron McCullough, \*Stephen Smith,

Potential 8 & U Girls: \*Joella Chamberlain, \*Natasha Girgen, \*Katie Gjelhaug, \*Amanda Thompson, \*Sofia VanZee

Potential 9-10 Girls: Abigail Eck, Grace Hausman, \*Emily Klysen, \*Elizabeth Mann, Sarah Radke, Sydney Radke,  
\*Telma Roesler, Elli Walker

*Need (5) with CHAMP times to enter 2 relays = A & B Relay at State. Need (9) to enter 3 relays @ State.*

11-12 Relays:                      Fri-400 Medley Relay                      Sat-200 Free Relay                      Sun – 200 Medley Relay ./ 400 Free Relay

Potential Girls: Sara Ficker, \*Helen Jensen, \*Brina Kari, \*Breanna Kimmes, \*Kelly Leonard, Morgan McCullough,  
Abberly Smith, \*Allissa Smith, \*Ellie Wallace

Potential Boys: Patrick Clark, Michael Everson, \*Elijah Reilly, Cole Scully, Jack VanZee

**Time Schedule for 12 & under State Championships**

	Warm-Ups	Meet Starts	Approx. End
Fri – 3/12	3:45pm	5:00pm	8:30pm
Sat – 3/13	12:45pm	2:00pm	5:30pm
Sun – 3/14	7:45am	9:00am	12:30pm

.....

Order of events are located on the MSI Swimming Web site,  
www. mnswim.org, go to RT side of page click on Age Group State Meet.

## Individual Entries as of 2/15/10:

### WOMEN

Joella Chamberlain (7)

# 25 Women 8 & Under 50 Breast 48.49Y

# 47 Women 8 & Under 50 Fly 48.70Y

# 59 Women 8 & Under 50 Back 44.74Y

Natasha Girgen (8)

# 31 Women 8 & Under 50 Free 39.34Y

# 47 Women 8 & Under 50 Fly 48.61Y

Kathryn Gjelhaug (8)

# 25 Women 8 & Under 50 Breast 48.70Y

# 31 Women 8 & Under 50 Free 36.05Y

# 37 Women 8 & Under 100 IM 1:29.48Y

# 47 Women 8 & Under 50 Fly 42.85Y

# 53 Women 8 & Under 100 Free 1:19.70Y

# 59 Women 8 & Under 50 Back 42.97Y

Helen Jensen (11)

# 15 Women 11-12 500 Free 5:50.73Y

# 21 Women 11-12 100 Breast 1:16.00Y

# 33 Women 11-12 200 IM 2:29.63Y

# 51 Women 11-12 50 Breast 35.55Y

# 57 Women 11-12 200 Free 2:13.91Y

# 67 Women 11-12 100 IM 1:09.37Y

Brina Kari (12)

# 5 Women 11-12 50 Free 26.03Y

# 9 Women 11-12 100 Back 1:02.60Y

# 13 Women 11-12 50 Fly 29.03Y

# 27 Women 11-12 100 Free 57.14Y

# 33 Women 11-12 200 IM 2:24.29Y

# 39 Women 11-12 100 Fly 1:07.77Y

# 57 Women 11-12 200 Free 2:11.22Y

# 63 Women 11-12 50 Back 28.24Y

# 67 Women 11-12 100 IM 1:06.17Y

Breanna Kimmes (12)

# 9 Women 11-12 100 Back 1:09.45Y

# 15 Women 11-12 500 Free 5:51.48Y

# 39 Women 11-12 100 Fly 1:09.57Y

# 57 Women 11-12 200 Free 2:12.14Y

Emily Klysen (10)

# 3 Women 9-10 50 Free 31.27Y

# 11 Women 9-10 50 Fly 36.77Y

# 23 Women 9-10 100 Breast 1:29.88Y

# 29 Women 9-10 100 Free 1:10.60Y

# 35 Women 9-10 200 IM 2:55.90Y

# 41 Women 9-10 100 Fly 1:25.65Y

# 49 Women 9-10 50 Breast 39.51Y

# 65 Women 9-10 100 IM 1:19.70Y

Kelly Leonard (11)

# 63 Women 11-12 50 Back 31.89Y

Elizabeth Mann (10)

# 7 Women 9-10 100 Back 1:22.02Y

# 11 Women 9-10 50 Fly 37.21Y

# 35 Women 9-10 200 IM 2:53.12Y

# 61 Women 9-10 50 Back 37.59Y

# 65 Women 9-10 100 IM 1:22.12Y

Telma Roesler (10)

# 3 Women 9-10 50 Free 30.19Y

# 11 Women 9-10 50 Fly 33.98Y

# 29 Women 9-10 100 Free 1:08.23Y

# 35 Women 9-10 200 IM 2:46.33Y

# 41 Women 9-10 100 Fly 1:22.01Y

# 55 Women 9-10 200 Free 2:26.32Y

# 61 Women 9-10 50 Back 36.78Y

# 65 Women 9-10 100 IM 1:16.21Y

Allissa Smith (12)

# 9 Women 11-12 100 Back 1:05.31Y

# 13 Women 11-12 50 Fly 28.48Y

# 15 Women 11-12 500 Free 5:37.11Y  
# 27 Women 11-12 100 Free 57.61Y  
# 33 Women 11-12 200 IM 2:22.45Y  
# 39 Women 11-12 100 Fly 1:02.76Y  
# 57 Women 11-12 200 Free 2:06.76Y  
# 63 Women 11-12 50 Back 31.32Y  
# 67 Women 11-12 100 IM 1:05.12Y  
Amanda Thompson (8)  
# 25 Women 8 & Under 50 Breast 50.16Y  
# 47 Women 8 & Under 50 Fly 48.07Y  
Sofia Van Zee (8)  
# 31 Women 8 & Under 50 Free 39.32Y  
Michelle Wallace (11)  
# 9 Women 11-12 100 Back 1:09.55Y  
# 63 Women 11-12 50 Back 32.49Y

## **MEN**

Luke Chamberlain (9)  
# 4 Men 9-10 50 Free 29.78Y  
# 8 Men 9-10 100 Back 1:16.88Y  
# 24 Men 9-10 100 Breast 1:29.45Y  
# 30 Men 9-10 100 Free 1:05.85Y  
# 36 Men 9-10 200 IM 2:44.02Y  
# 50 Men 9-10 50 Breast 39.76Y  
# 56 Men 9-10 200 Free 2:27.16Y  
# 62 Men 9-10 50 Back 36.82Y  
Aaron McCullough (10)  
# 4 Men 9-10 50 Free 31.59Y  
# 8 Men 9-10 100 Back 1:19.33Y  
# 12 Men 9-10 50 Fly 36.11Y  
# 36 Men 9-10 200 IM 2:53.34Y  
# 42 Men 9-10 100 Fly 1:23.33Y  
# 62 Men 9-10 50 Back 37.34Y  
Elijah Reilly (12)  
# 6 Men 11-12 50 Free 28.03Y  
# 14 Men 11-12 50 Fly 30.75Y  
# 16 Men 11-12 500 Free 6:00.56Y  
# 34 Men 11-12 200 IM 2:33.57Y  
# 40 Men 11-12 100 Fly 1:07.94Y  
# 68 Men 11-12 100 IM 1:11.35Y  
Cole Scully (12)  
# 10 Men 11-12 100 Back 1:12.22Y  
Sean Smith (8)  
# 32 Men 8 & Under 50 Free 36.05Y  
# 38 Men 8 & Under 100 IM 1:35.21Y  
# 48 Men 8 & Under 50 Fly 42.43Y  
# 54 Men 8 & Under 100 Free 1:20.34Y  
# 60 Men 8 & Under 50 Back 42.78Y  
Stephen Smith (9)  
# 8 Men 9-10 100 Back 1:11.49Y  
# 12 Men 9-10 50 Fly 32.45Y  
# 30 Men 9-10 100 Free 1:03.12Y  
# 36 Men 9-10 200 IM 2:35.19Y  
# 42 Men 9-10 100 Fly 1:14.18Y  
# 56 Men 9-10 200 Free 2:15.70Y  
# 62 Men 9-10 50 Back 33.99Y  
# 66 Men 9-10 100 IM 1:13.37Y

Licensed To: Hastings Area Swim Team 2/15/2010 Page 3

**HASTINGS AREA SWIM TEAM**

**BOX 573 HASTINGS MN 55033 (651) 437**

**Individual Meet Entries Report**

2010 MN MCA Age Group State Meet 12-Mar-10 to 14-Mar-10 Yards

Hastings Area Swim Team [HAST-MN] Coach: Kim Olson

Female IE's: 66

Total Athletes:

Male IE's: 34

Total IE's: 100

20