

**Meet Results**

**Lake Central Dual Meet 01-Dec-09 Yards**  
**Converted Times Used For Calculating Improvement**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 1 Female 200 Medley Relay</b>					
2:05.01Y	F	A Relay	VALPO IN	3	2
		Valparaiso High School			
		Jill K. Ridder (JR)	Kaitlyn A. Steffus (FR)	Justine T. Johnson (SO)	
		Ella I. Meyer (SR)			
		32.79 35.37 28.86 27.99			
2:10.62Y	F	B Relay	VALPO IN	5	---
		Valparaiso High School			
		Riley C. Carter (SO)	Lauren S. Lafferty (SO)	Sydney E. Perry (FR)	
		Marisa L. Cain (FR)			
		34.14 36.93 31.79 27.76			
<b>Event # 1 Female 200 Medley Relay - Lead-Off Legs ( 50 Back )</b>					
32.79Y	F	Meyer, Ella I.	VALPO-IN	---	0.54
34.14Y	F	Cain, Marisa L.	VALPO-IN	---	-0.03
<b>Event # 3 Female 200 Free</b>					
2:04.57Y	F	Radosevich, Danielle L.	VALPO-IN	1	6
		28.10 31.53 32.84 32.10			
2:08.55Y	F	Johnson, Justine T.	VALPO-IN	3	3
		29.34 31.97 33.35 33.89			
2:11.75Y	F	Perry, Sydney E.	VALPO-IN	4	2
		30.68 33.40 34.03 33.64			
<b>Event # 5 Female 200 IM</b>					
2:27.03Y	F	Carter, Riley C.	VALPO-IN	2	4
		33.29 37.36 43.04 33.34			
2:36.84Y	F	Guffin, Molly R.	VALPO-IN	5	1
		34.35 40.14 45.91 36.44			
2:38.41Y	F	Lafferty, Lauren S.	VALPO-IN	6	---
		33.95 42.12 47.77 34.57			
<b>Event # 7 Female 50 Free</b>					
25.49Y	F	Lamberson, Allie M.	VALPO-IN	1	5
25.52Y	F	Niziolek, Basia	VALPO-IN	3	3
27.91Y	F	Meyer, Ella I.	VALPO-IN	6	---
<b>Event # 9 Female 1 Meter 6 Dives</b>					
215.20	F	Nolan, Jeanne	VALPO-IN	1	6
<b>Event # 11 Female 100 Fly</b>					
1:02.76Y	F	Niziolek, Basia	VALPO-IN	2	4
		29.14 33.62			
1:04.02Y	F	Steffus, Kaitlyn A.	VALPO-IN	3	3
		29.87 34.15			
1:12.90Y	F	Lafferty, Lauren S.	VALPO-IN	6	---
		34.10 38.80			
<b>Event # 13 Female 100 Free</b>					
55.85Y	F	Lamberson, Allie M.	VALPO-IN	2	4
		26.75 29.10			
59.32Y	F	Ridder, Jill K.	VALPO-IN	4	2
		28.35 30.97			
1:08.29Y	F	Cain, Marisa L.	VALPO-IN	6	---
		32.90 35.39			
<b>Event # 15 Female 500 Free</b>					

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Time	F/P/S	Relay	Place	Points	Improv
5:38.23Y	F	Steffus, Kaitlyn A.	2	4	0.45
		VALPO-IN			
	30.34	33.00 34.07 34.30			
	34.45	34.39 34.49 35.00			
	34.80	33.39			
5:41.81Y	F	Johnson, Justine T.	3	3	1.83
		VALPO-IN			
	30.09	33.60 34.25 34.88			
	34.89	30.52 39.36 1:09.98			
		5:41.81			
6:01.03Y	F	Perry, Sydney E.	5	1	13.16
		VALPO-IN			
	31.46	35.39 36.26 36.88			
	37.05	36.84 36.82 36.97			
	36.93	36.43			
<b>Event # 17 Female 200 Free Relay</b>					
1:44.30Y	F	A Relay	2	4	
		Valparaiso High School			
		Ella I. Meyer (SR)			
		Danielle L. Radosevich (SO)			
	25.91	27.38 26.11 24.90			
		Basia Niziolek (JR)			
2:02.76Y	F	B Relay	5	---	
		Valparaiso High School			
		Marisa L. Cain (FR)			
		Samantha M. Bertram (JR)			
	30.51	30.92 32.35 28.98			
		Molly R. Guffin (SR)			
<b>Event # 17 Female 200 Free Relay - Lead-Off Legs ( 50 Free )</b>					
25.91Y	F	Lamberson, Allie M.	---	---	-0.09
		VALPO-IN			
30.51Y	F	Lafferty, Lauren S.	---	---	0.47
		VALPO-IN			
<b>Event # 19 Female 100 Back</b>					
1:02.61Y	F	Radosevich, Danielle L.	2	4	-0.22
		VALPO-IN			
	30.10	32.51			
1:10.41Y	F	Meyer, Ella I.	4	2	-1.17
		VALPO-IN			
	35.04	35.37			
1:14.70Y	F	Cain, Marisa L.	6	---	1.15
		VALPO-IN			
	35.81	38.89			
<b>Event # 21 Female 100 Breast</b>					
1:18.31Y	F	Ridder, Jill K.	4	2	0.40
		VALPO-IN			
	36.87	41.44			
1:18.66Y	F	Carter, Riley C.	5	1	0.20
		VALPO-IN			
	37.16	41.50			
1:28.76Y	F	Bertram, Samantha M.	6	---	1.72
		VALPO-IN			
	42.54	46.22			
<b>Event # 23 Female 400 Free Relay</b>					
3:56.01Y	F	A Relay	2	4	
		Valparaiso High School			
		Basia Niziolek (JR)			
		Kaitlyn A. Steffus (FR)			
	28.82	30.75 27.37 31.60			
	28.83	31.74 27.04 29.86			
		Allie M. Lamberson (SO)			
4:07.68Y	F	B Relay	4	---	
		Valparaiso High School			
		Riley C. Carter (SO)			
		Jill K. Ridder (JR)			
	30.01	32.72 29.79 33.27			
	29.45	31.42 28.69 32.33			
		Justine T. Johnson (SO)			
<b>Event # 23 Female 400 Free Relay - Lead-Off Legs ( 100 Free )</b>					

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59.57Y	F	Radosevich, Danielle L.	VALPO-IN	---	---	1.12
					28.82	
1:02.73Y	F	Perry, Sydney E.	VALPO-IN	---	---	0.42
					30.01	
<b>Event #1003 Female 100 Free</b>						
1:01.31Y	F	Johnson, Justine T.	VALPO-IN	---	---	0.86
<b>Event #505 Female 50 Fly</b>						
33.95Y	F	Lafferty, Lauren S.	VALPO-IN	---	---	-0.27
34.35Y	F	Guffin, Molly R.	VALPO-IN	---	---	-0.68
<b>Event #511 Female 50 Fly</b>						
29.14Y	F	Niziolek, Basia	VALPO-IN	---	---	-1.40
29.87Y	F	Steffus, Kaitlyn A.	VALPO-IN	---	---	-0.14
34.10Y	F	Lafferty, Lauren S.	VALPO-IN	---	---	-0.12
<b>Event #519 Female 50 Back</b>						
30.10Y	F	Radosevich, Danielle L.	VALPO-IN	---	---	-0.32
<b>Event #521 Female 50 Breast</b>						
36.87Y	F	Ridder, Jill K.	VALPO-IN	---	---	-0.17
37.16Y	F	Carter, Riley C.	VALPO-IN	---	---	0.10
42.54Y	F	Bertram, Samantha M.	VALPO-IN	---	---	0.20