

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 1A Female 200 Back 11 &amp; Under</b>					
3:06.33S	P	Attwell, Emma	5	---	-4.90
3:11.03S	F	Alberts, Meadow	7	12	-4.04
3:14.55S	P	Alberts, Meadow	9	---	-0.52
3:14.86S	P	Henry, Heidi	10	---	-8.94
3:15.10S	P	Solberg, Madea	11	---	-2.70
<b>Event # 1B Female 200 Back 12-13</b>					
2:22.95S	F	Edwards, Hana	1	20	3.52
2:24.13S	P	Edwards, Hana	1	---	4.70
2:31.41S	P	Chen, Lily	4	---	-3.70
2:32.28S	F	Chen, Lily	3	16	-2.83
2:40.65S	F	Stevens, Jemma	11	6	-7.92
2:41.52S	P	Stevens, Jemma	10	---	-7.05
2:42.03S	F	Meldrum, Sydney	12	5	-4.13
2:42.22S	P	Meldrum, Sydney	11	---	-3.94
2:56.00S	P	Aragon-Scriven, Trinity	22	---	-37.14
NS	P	Isaac, Maia	---	---	---
<b>Event # 1C Female 200 Back 14-15</b>					
2:21.49S	F	Lorette, Hannah	4	15	2.54
2:21.79S	P	Lorette, Hannah	2	---	2.84
2:28.96S	F	MacDonald, Grace	9	9	-4.16
2:35.62S	P	MacDonald, Grace	10	---	2.50
2:42.37S	P	Laidman, Emily	17	---	0.82
2:45.71S	P	McKenna, Fionnuala	21	---	-13.46
2:48.75S	P	Edwards, Kira	25	---	17.14
<b>Event # 1D Female 200 Back 16 &amp; Over</b>					
2:23.38S	F	Hampton, Allison	3	16	-1.10
2:24.57S	F	Snowden-Richardson, Taylor	4	15	2.91
2:25.39S	P	Snowden-Richardson, Taylor	4	---	3.73
2:26.05S	P	Hampton, Allison	5	---	1.57
2:29.56S	P	Reeves, Jennifer	6	---	5.84
2:31.77S	P	Gervais, Kaitlin	9	---	2.28
2:33.40S	F	Gervais, Kaitlin	8	11	3.91
2:34.97S	P	Letkeman, Anna	12	---	7.82
2:36.00S	P	Lancaster, Lia	15	---	-2.62
<b>Event # 2A Male 200 Back 11 &amp; Under</b>					
2:47.99S	F	Crisp, Nolan	2	17	4.99
2:48.36S	P	Arnatt, Griffin	2	---	-5.28
2:49.39S	P	Crisp, Nolan	3	---	6.39
2:49.53S	F	Arnatt, Griffin	3	16	-4.11

## UVic - Pacific Coast Swimming Assoc.

## Meet Results

## ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 2B Male 200 Back 12-13</b>					
2:40.65S	F	Damian, Daniel	9	9	0.10
2:43.38S	F	Chow, Nathan	11	6	-6.95
2:44.84S	P	Damian, Daniel	9	---	4.29
2:45.47S	P	Chow, Nathan	11	---	-4.86
2:48.50S	F	Hiraoka, Taiki	13	4	0.73
2:48.53S	P	Hiraoka, Taiki	12	---	0.76
<b>Event # 2C Male 200 Back 14-15</b>					
2:13.03S	F	Rambo, Jacob	3	16	-2.67
2:13.95S	P	Rambo, Jacob	1	---	-1.75
2:18.93S	F	Chapman, Thomas	10	7	---
2:25.99S	P	Chapman, Thomas	11	---	---
<b>Event # 2D Male 200 Back 16 &amp; Over</b>					
2:11.65S	F	Michaud, Sebastien	4	15	---
2:12.56S	P	Michaud, Sebastien	4	---	---
2:15.33S	P	Bronson, Brandon	7	---	1.47
2:17.06S	F	Bronson, Brandon	8	11	3.20
<b>Event # 3A Female 100 Fly 11 &amp; Under</b>					
1:34.05S	P	Hiraoka, Misato	8	---	-20.85
1:34.62S	P	Henry, Heidi	9	---	2.30
1:35.02S	F	Hiraoka, Misato	7	12	-19.88
1:38.69S	P	Stevens, Maya	11	---	1.75
<b>Event # 3B Female 100 Fly 12-13</b>					
1:04.45S	F	Lorette, Sophie	1	20	-0.44
1:08.43S	P	Lorette, Sophie	1	---	3.54
1:14.20S	F	Chen, Lily	9	9	-2.19
1:15.19S	F	Lancaster, Kali	10	7	-3.16
1:15.80S	F	Hunt, Teagan	13	4	1.07
1:16.01S	P	Hunt, Teagan	10	---	1.28
1:16.57S	P	Lancaster, Kali	12	---	-1.78
1:16.70S	P	Chen, Lily	13	---	0.31
1:32.07S	P	Alexander, Charlotte	31	---	0.23
<b>Event # 3C Female 100 Fly 14-15</b>					
1:10.80S	P	MacDonald, Grace	9	---	2.13
1:11.12S	P	Lorette, Hannah	10	---	2.21
1:11.48S	F	Lorette, Hannah	11	6	2.57
1:13.12S	F	MacDonald, Grace	7	12	4.45
1:16.57S	P	Rincon, Laura	17	---	3.68
1:18.41S	P	McKenna, Fionnuala	19	---	-0.90
<b>Event # 3D Female 100 Fly 16 &amp; Over</b>					
1:06.63S	F	Murdock, Emma	3	16	1.19
1:07.86S	P	Murdock, Emma	3	---	2.42
1:15.19S	P	Craig, Tabitha	12	---	---

## UVic - Pacific Coast Swimming Assoc.

## Meet Results

## ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 4A Male 100 Fly 11 &amp; Under</b>					
1:21.45S	P	Crisp, Nolan	3	---	-1.82
1:22.53S	F	Crisp, Nolan	3	16	-0.74
<b>Event # 4B Male 100 Fly 12-13</b>					
1:15.37S	F	Hiraoka, Taiki	5	14	-1.92
1:17.67S	F	Chow, Brendan	8	11	-1.42
1:18.10S	P	Hiraoka, Taiki	8	---	0.81
1:18.87S	P	Chow, Brendan	9	---	-0.22
1:20.85S	P	Damian, Daniel	10	---	-6.34
<b>Event # 4C Male 100 Fly 14-15</b>					
1:02.16S	P	Rambo, Jacob	4	---	0.06
1:02.89S	F	Rambo, Jacob	5	14	0.79
1:07.02S	P	Chapman, Thomas	12	---	-0.53
<b>Event # 4D Male 100 Fly 16 &amp; Over</b>					
57.75S	F	Murdock, Cale	2	17	0.70
58.42S	P	Murdock, Cale	3	---	1.37
59.28S	F	McKay, Jon	4	15	1.77
59.46S	P	McKay, Jon	4	---	1.95
1:00.40S	F	Molder, Bryce	5	14	1.58
1:00.89S	F	Howe, Justin	6	13	0.62
1:01.32S	P	Howe, Justin	5	---	1.05
1:01.34S	P	Molder, Bryce	6	---	2.52
NS	P	Schramm, Justin	---	---	---
<b>Event # 5A Female 200 IM 11 &amp; Under</b>					
2:56.09S	F	Hiraoka, Misato	6	13	-6.94
2:57.06S	P	Hiraoka, Misato	6	---	-5.97
3:05.14S	P	Denis, Maia	9	---	-1.04
3:16.84S	P	Henry, Heidi	13	---	-7.46
3:20.80S	P	Benn, Adelina	15	---	---
3:24.76S	P	Alberts, Meadow	16	---	-12.99
<b>Event # 5B Female 200 IM 12-13</b>					
2:29.63S	F	Edwards, Hana	2	17	3.58
2:30.77S	P	Edwards, Hana	1	---	4.72
2:40.56S	F	Meldrum, Sydney	7	12	-5.40
2:41.24S	P	Meldrum, Sydney	6	---	-4.72
2:42.22S	F	Speirs, Bijou	11	6	-8.32
2:44.19S	F	Lancaster, Kali	12	5	-5.84
2:45.75S	P	Lancaster, Kali	12	---	-4.28
2:46.16S	P	Stevens, Jemma	14	---	-7.35
2:46.53S	F	Stevens, Jemma	15	2	-6.98
2:48.10S	P	Speirs, Bijou	15	---	-2.44
2:48.99S	P	Hunt, Teagan	18	---	-2.24
2:51.97S	P	Aragon-Scriven, Trinity	22	---	-14.61
3:15.20S	P	Alexander, Charlotte	36	---	2.80

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**

**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 5C Female 200 IM 14-15</b>					
2:35.10S	F	Lorette, Hannah	7	12	1.68
2:35.59S	F	Laidman, Emily	10	7	-1.44
2:35.96S	P	Lorette, Hannah	8	---	2.54
2:36.38S	P	MacDonald, Grace	9	---	2.75
2:40.72S	P	Laidman, Emily	16	---	3.69
2:40.84S	F	MacDonald, Grace	15	2	7.21
2:43.77S	P	Rincon, Laura	19	---	4.89
2:50.36S	P	McKenna, Fionnuala	29	---	-3.60
2:53.00S	P	Edwards, Kira	30	---	14.60
<b>Event # 5D Female 200 IM 16 &amp; Over</b>					
2:22.87S	F	Mock, Victoria	3	16	0.24
2:26.56S	P	Mock, Victoria	5	---	3.93
2:28.45S	P	Wilson, Kara	7	---	1.45
2:29.47S	F	Wilson, Kara	8	11	2.47
2:34.33S	P	Bartemucci, Juliana	13	---	7.62
2:35.49S	F	Murdock, Emma	13	4	-0.90
2:35.73S	P	Lancaster, Lia	14	---	-2.93
2:37.34S	P	Murdock, Emma	16	---	0.95
2:41.74S	F	Lancaster, Lia	14	3	3.08
<b>Event # 6A Male 200 IM 11 &amp; Under</b>					
2:59.05S	P	Crisp, Nolan	7	---	2.97
3:02.11S	F	Crisp, Nolan	8	11	6.03
3:04.27S	P	Amatt, Griffin	9	---	-2.97
<b>Event # 6B Male 200 IM 12-13</b>					
2:39.60S	F	Damian, Daniel	7	12	-1.35
2:39.84S	P	Damian, Daniel	5	---	-1.11
2:41.57S	F	Chow, Brendan	8	11	-3.54
2:41.91S	F	Hiraoka, Taiki	10	7	-4.09
2:45.85S	P	Chow, Brendan	9	---	0.74
2:46.62S	P	Hiraoka, Taiki	10	---	0.62
2:53.42S	P	Chow, Nathan	16	---	-1.24
2:54.20S	F	Chow, Nathan	15	2	-0.46
<b>Event # 6C Male 200 IM 14-15</b>					
2:18.25S	F	Rambo, Jacob	4	15	-1.51
2:19.12S	P	Rambo, Jacob	4	---	-0.64
2:21.99S	F	Chapman, Thomas	10	7	-3.34
2:24.35S	P	Chapman, Thomas	10	---	-0.98

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 6D Male 200 IM 16 &amp; Over</b>					
2:09.50S	F	Murdock, Cale	3	16	1.61
2:10.05S	P	Murdock, Cale	3	---	2.16
2:11.13S	F	Espersen, Bailey	9	9	-2.57
2:11.40S	F	Van Maren, Thomas	7	12	0.03
2:12.09S	P	Van Maren, Thomas	6	---	0.72
2:12.53S	P	Mallender, Buzz	9	---	-1.29
2:13.76S	P	Espersen, Bailey	11	---	0.06
2:17.61S	F	Molder, Bryce	12	5	1.14
2:21.58S	P	Molder, Bryce	16	---	5.11
<b>Event # 7A Female 100 Free 11 &amp; Under</b>					
1:09.16S	F	Denis, Maia	4	15	-1.83
1:10.29S	P	Denis, Maia	4	---	-0.70
1:18.67S	P	Attwell, Emma	14	---	2.26
1:19.35S	P	Li, Evelyn	15	---	-2.54
1:19.98S	P	Reid, Tahlia	16	---	-1.37
1:21.13S	P	Henry, Heidi	18	---	-4.53
1:23.08S	P	Solberg, Madea	22	---	-4.59
1:27.53S	P	Alberts, Meadow	26	---	2.20
1:29.69S	P	Benn, Adelina	27	---	---
<b>Event # 7B Female 100 Free 12-13</b>					
1:03.07S	F	Chen, Lily	5	14	-0.47
1:03.16S	P	Chen, Lily	4	---	-0.38
1:07.77S	P	Speirs, Bijou	18	---	0.35
1:08.23S	P	Stevens, Jemma	20	---	-0.55
1:09.12S	P	Hunt, Teagan	24	---	-0.45
1:16.63S	P	Alexander, Charlotte	43	---	1.88
NS	P	Kiddell, Jada	---	---	---
<b>Event # 7C Female 100 Free 14-15</b>					
1:06.19S	P	McKenna, Fionnuala	21	---	2.87
1:08.45S	P	Laidman, Emily	35	---	2.29
1:08.71S	P	Rincon, Laura	38	---	---
1:10.07S	P	Edwards, Kira	43	---	8.38
NS	P	MacDonald, Grace	---	---	---

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 7D Female 100 Free 16 &amp; Over</b>					
58.69S	P	Gervais, Kaitlin	3	---	-0.04
1:00.16S	F	Hampton, Allison	5	14	0.12
1:00.49S	F	Craig, Tabitha	9	9	0.49
1:00.85S	F	Wilson, Kara	7	12	1.67
1:00.93S	P	Wilson, Kara	6	---	1.75
1:01.26S	P	Hampton, Allison	8	---	1.22
1:01.40S	P	Reeves, Jennifer	9	---	0.23
1:01.68S	F	Murdock, Emma	10	7	2.46
1:02.52S	P	Craig, Tabitha	14	---	2.52
1:03.39S	P	Murdock, Emma	17	---	4.17
1:03.94S	F	Lancaster, Lia	15	2	2.65
1:03.96S	P	Lancaster, Lia	19	---	2.67
<b>Event # 8A Male 100 Free 11 &amp; Under</b>					
1:12.14S	F	Arnatt, Griffin	4	15	-1.75
1:14.98S	P	Arnatt, Griffin	6	---	1.09
<b>Event # 8B Male 100 Free 12-13</b>					
1:05.34S	F	Hiraoka, Taiki	8	11	1.32
1:05.55S	P	Hiraoka, Taiki	8	---	1.53
1:06.54S	F	Chow, Brendan	10	7	1.20
1:07.03S	P	Chow, Brendan	11	---	1.69
1:09.37S	P	Chow, Nathan	16	---	-6.48
1:10.50S	F	Chow, Nathan	16	1	-5.35
1:17.77S	P	Robertson, Arran	29	---	-2.53
<b>Event # 8C Male 100 Free 14-15</b>					
57.25S	F	Rambo, Jacob	5	14	0.37
57.48S	P	Rambo, Jacob	4	---	0.60
1:01.00S	F	Chapman, Thomas	14	3	-0.13
1:01.25S	P	Chapman, Thomas	15	---	0.12
NS	P	Gutierrez, Anthony	---	---	---

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 8D Male 100 Free 16 &amp; Over</b>					
51.59S	P	Zollen, Brett	1	---	1.17
51.61S	F	Zollen, Brett	1	20	1.19
51.96S	F	Murdock, Cale	3	16	0.78
52.18S	P	Murdock, Cale	2	---	1.00
53.38S	P	Mallender, Buzz	5	---	1.62
53.81S	F	Lynn, Jeremy	9	9	0.47
54.27S	F	Munro, Baylee	5	14	0.35
55.04S	P	Munro, Baylee	8	---	1.12
55.98S	F	Howe, Justin	11	6	1.08
56.15S	P	Beyak, Jake	12	---	1.25
56.40S	P	Lynn, Jeremy	13	---	3.06
56.47S	P	Howe, Justin	14	---	1.57
56.48S	F	Beyak, Jake	12	5	1.58
56.86S	F	Bronson, Brandon	14	3	1.98
57.56S	P	Bronson, Brandon	17	---	2.68
NS	P	Schramm, Justin	---	---	---
<b>Event # 9A Female 200 Breast 11 &amp; Under</b>					
3:09.66S	P	Hiraoka, Misato	4	---	-7.92
3:13.34S	F	Hiraoka, Misato	4	15	-4.24
<b>Event # 9B Female 200 Breast 12-13</b>					
2:45.98S	F	Edwards, Hana	1	20	5.45
2:47.39S	P	Edwards, Hana	1	---	6.86
2:57.33S	P	Meldrum, Sydney	4	---	-5.69
2:57.91S	F	Lancaster, Kali	4	15	-0.95
2:58.42S	F	Meldrum, Sydney	6	13	-4.60
3:03.01S	P	Lancaster, Kali	7	---	4.15
3:06.21S	P	Aragon-Scriven, Trinity	10	---	2.48
3:07.87S	P	Speirs, Bijou	11	---	0.56
<b>Event # 9C Female 200 Breast 14-15</b>					
2:48.52S	F	Laidman, Emily	1	20	-2.03
2:53.24S	P	Laidman, Emily	2	---	2.69
3:04.86S	P	Rincon, Laura	9	---	16.41
<b>Event # 9D Female 200 Breast 16 &amp; Over</b>					
2:42.12S	F	Farmer, Andrea	4	15	2.38
2:42.34S	F	Wilson, Kara	5	14	5.33
2:42.67S	P	Wilson, Kara	4	---	5.66
2:45.85S	P	Farmer, Andrea	5	---	6.11
2:49.99S	F	Bartemucci, Juliana	8	11	6.76
2:50.02S	P	Bartemucci, Juliana	8	---	6.79
<b>Event # 10B Male 200 Breast 12-13</b>					
2:56.26S	F	Damian, Daniel	5	14	-11.85
2:57.71S	P	Damian, Daniel	6	---	-10.40
3:25.46S	P	Robertson, Arran	15	---	-1.10

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay		Place	Points	Improv
<b>Event # 10D Male 200 Breast 16 &amp; Over</b>						
2:21.67S	F	Espersen, Bailey		3	16	0.37
2:22.56S	F	Thirkell, Aidan		4	15	4.74
2:26.02S	P	Espersen, Bailey		3	---	4.72
2:28.11S	P	Thirkell, Aidan		4	---	10.29
2:28.38S	F	Michaud, Sebastien		6	13	---
2:29.23S	P	Michaud, Sebastien		6	---	---
2:29.36S	F	Van Maren, Thomas		7	12	1.18
2:29.62S	P	Van Maren, Thomas		8	---	1.44
<b>Event # 11A Female 400 Medley Relay 1-11</b>						
5:44.89S	F	A Relay	Uvic-Pacific Coast Swimming	3	---	
			Emma Attwell (11)			
			Misato Hiraoka (11)			
			Heidi Henry (11)			
			Maia Denis (11)			
<b>Event # 11A Female 400 Medley Relay 1-11 - Lead-Off Legs ( 100 Back )</b>						
1:43.76S	F	Attwell, Emma		---	---	13.83
<b>Event # 13A Female 400 Medley Relay 12-13</b>						
4:40.48S	F	A Relay	Uvic-Pacific Coast Swimming	1	---	
			Hana Edwards (13)			
			Kali Lancaster (13)			
			Sophie Lorette (13)			
			Lily Chen (13)			
5:01.71S	F	B Relay	Uvic-Pacific Coast Swimming	3	---	
			Sydney Meldrum (13)			
			Trinity Aragon-Scriven (12)			
			Teagan Hunt (13)			
			Bijou Speirs (13)			
<b>Event # 13A Female 400 Medley Relay 12-13 - Lead-Off Legs ( 100 Back )</b>						
1:08.76S	F	Edwards, Hana		---	---	4.56
1:15.90S	F	Meldrum, Sydney		---	---	-0.41
<b>Event # 14A Male 400 Medley Relay 12-13</b>						
5:03.53S	F	A Relay	Uvic-Pacific Coast Swimming	4	---	
			Nathan Chow (12)			
			Daniel Damian (13)			
			Taiki Hiraoka (13)			
			Brendan Chow (13)			
<b>Event # 14A Male 400 Medley Relay 12-13 - Lead-Off Legs ( 100 Back )</b>						
1:16.62S	F	Chow, Nathan		---	---	-2.11
<b>Event # 15A Female 400 Medley Relay 14-15</b>						
4:48.93S	F	A Relay	Uvic-Pacific Coast Swimming	4	---	
			Hannah Lorette (15)			
			Laura Rincon (14)			
			Grace MacDonald (14)			
			Kira Edwards (15)			
<b>Event # 15A Female 400 Medley Relay 14-15 - Lead-Off Legs ( 100 Back )</b>						
1:07.42S	F	Lorette, Hannah		---	---	2.85
<b>Event # 16A Male 400 Medley Relay 14-15</b>						
NS	F	A Relay	Uvic-Pacific Coast Swimming	---	---	
			Thomas Chapman (14)			
			Axel Torres Hecker (15)			
			Jacob Rambo (14)			
			Anthony Gutierrez (14)			
<b>Event # 17A Female 400 Medley Relay16 &amp; Over</b>						
4:53.67S	F	A Relay	Uvic-Pacific Coast Swimming	6	---	
			Fionnuala McKenna (15)			
			dereg2017 Bennett (17)			
			Grace MacDonald (14)			
			Lia Lancaster (16)			
<b>Event # 17A Female 400 Medley Relay16 &amp; Over - Lead-Off Legs ( 100 Back )</b>						
1:16.23S	F	McKenna, Fionnuala		---	---	1.20

**UVic - Pacific Coast Swimming Assoc.**

**Meet Results**

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**

**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

<b>Time</b>	<b>F/P/S</b>	<b>Relay</b>			<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Event # 18A Male 400 Medley Relay16 &amp; Over</b>							
3:59.33S	F	A Relay	UVic-Pacific Coast Swimming		1	---	
			Bailey Espersen (18)	Bryce Molder (18)			Baylee Munro (19)
<b>Event # 19A Female 800 Free 11 &amp; Under</b>							
11:04.35S	F		Denis, Maia		3	16	-41.04
13:13.56S	F		Stevens, Maya		5	14	0.62
<b>Event # 19B Female 800 Free 12-13</b>							
9:18.90S	F		Lorette, Sophie		1	20	-4.16
10:19.78S	F		Stevens, Jemma		7	12	-32.20
10:21.89S	F		Hunt, Teagan		8	11	-33.89
10:40.18S	F		Chen, Lily		11	6	---
11:02.89S	F		Speirs, Bijou		16	1	4.90
<b>Event # 19D Female 800 Free 16 &amp; Over</b>							
8:52.84S	F		Gervais, Kaitlin		4	15	-0.08
8:56.25S	F		Mock, Victoria		5	14	6.33
9:15.72S	F		Snowden-Richardson, Taylor		7	12	10.51
9:27.66S	F		Letkeman, Anna		9	9	13.21
10:06.56S	F		Lancaster, Lia		14	3	12.50
<b>Event # 21A Female 200 Free Relay 1-11</b>							
2:21.64S	F	A Relay	UVic-Pacific Coast Swimming		3	32	
			Tahlia Reid (11)	Meadow Alberts (10)			Madea Solberg (11)
<b>Event # 21A Female 200 Free Relay 1-11 - Lead-Off Legs ( 50 Free )</b>							
32.70S	F		Denis, Maia		---	---	0.32
<b>Event # 29A Female 100 Back 11 &amp; Under</b>							
1:31.60S	P		Alberts, Meadow		15	---	-1.23
1:31.92S	P		Solberg, Madea		16	---	-0.72
1:33.02S	P		Henry, Heidi		18	---	0.25
1:37.76S	P		Li, Evelyn		25	---	2.92
1:39.79S	P		Benn, Adelina		27	---	---
NS	P		Attwell, Emma		---	---	---

## UVic - Pacific Coast Swimming Assoc.

## Meet Results

## ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 29B Female 100 Back 12-13</b>					
1:05.08S	F	Edwards, Hana	1	20	0.88
1:06.68S	P	Edwards, Hana	1	---	2.48
1:08.08S	F	Lorette, Sophie	4	15	0.82
1:08.43S	F	Chen, Lily	5	14	-0.16
1:09.34S	P	Lorette, Sophie	4	---	2.08
1:10.29S	P	Chen, Lily	5	---	1.70
1:13.86S	F	Meldrum, Sydney	8	11	-2.45
1:14.36S	P	Meldrum, Sydney	8	---	-1.95
1:16.00S	P	Stevens, Jemma	14	---	-3.71
1:16.04S	F	Stevens, Jemma	14	3	-3.67
1:17.22S	P	Aragon-Scriven, Trinity	19	---	-2.08
1:18.49S	P	Lancaster, Kali	23	---	-16.51
1:24.04S	P	Parker, Lily	35	---	---
1:27.11S	P	Isaac, Maia	40	---	-8.10
1:29.92S	P	Alexander, Charlotte	42	---	-3.38
1:34.25S	P	Kiddell, Jada	45	---	-12.75
1:43.64S	P	Pepene, Elena	46	---	-0.10
<b>Event # 29C Female 100 Back 14-15</b>					
1:06.90S	F	Lorette, Hannah	6	13	2.33
1:07.47S	F	Luo, Jessica	7	12	-0.96
1:08.35S	P	Lorette, Hannah	6	---	3.78
1:09.32S	P	Luo, Jessica	7	---	0.89
1:11.38S	F	MacDonald, Grace	14	3	-1.19
1:11.62S	P	MacDonald, Grace	12	---	-0.95
1:15.74S	P	Edwards, Kira	17	---	6.13
1:16.92S	P	Laidman, Emily	23	---	-0.72
1:17.02S	P	McKenna, Fionnuala	24	---	1.99
1:17.58S	P	Rincon, Laura	26	---	-6.92
1:24.64S	P	Mebs, Rachael	33	---	-1.84
DQ	P	Maycock, Jane	---	---	---
<b>Event # 29D Female 100 Back 16 &amp; Over</b>					
1:08.10S	F	Murdock, Emma	9	9	2.76
1:08.13S	F	Lawrance, Erin	10	7	-2.06
1:10.27S	F	Tarrant, Sophie	13	4	-3.63
1:10.31S	P	Ballantyne, Allison	10	---	2.72
1:10.41S	P	Murdock, Emma	11	---	5.07
1:11.26S	P	Tarrant, Sophie	12	---	-2.64
1:11.47S	F	Lancaster, Lia	15	2	0.37
1:12.48S	P	Lawrance, Erin	15	---	2.29
1:13.39S	P	Lancaster, Lia	16	---	2.29
1:14.99S	P	von Sacken Nash, Victoria	20	---	-5.92
1:20.95S	P	Mueller, Mackenzie	23	---	1.56

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 30A Male 100 Back 11 &amp; Under</b>					
1:17.65S	F	Arnatt, Griffin	4	15	-4.29
1:17.71S	F	Crisp, Nolan	5	14	-2.17
1:19.57S	P	Crisp, Nolan	4	---	-0.31
1:20.53S	P	Arnatt, Griffin	5	---	-1.41
<b>Event # 30B Male 100 Back 12-13</b>					
1:15.01S	F	Chow, Nathan	9	9	-3.72
1:16.67S	P	Chow, Nathan	9	---	-2.06
1:18.86S	F	Hiraoka, Taiki	14	3	-1.64
1:19.57S	P	Hiraoka, Taiki	13	---	-0.93
1:23.65S	P	Chow, Brendan	19	---	1.19
1:41.49S	P	Robertson, Arran	24	---	3.80
<b>Event # 30C Male 100 Back 14-15</b>					
1:03.77S	F	Rambo, Jacob	7	12	0.42
1:04.11S	P	Rambo, Jacob	5	---	0.76
1:06.42S	P	Chapman, Thomas	13	---	-0.48
1:06.80S	F	Chapman, Thomas	12	5	-0.10
1:08.65S	P	Gutierrez, Anthony	14	---	-3.53
1:09.89S	F	Gutierrez, Anthony	16	1	-2.29
1:12.99S	P	Kuklev, Artem	23	---	---
DQ	P	WangS13SB13SM13, Danny	---	---	---
<b>Event # 30D Male 100 Back 16 &amp; Over</b>					
58.61S	F	Michaud, Sebastien	3	16	1.30
58.83S	F	Bronson, Brandon	4	15	-0.51
59.10S	P	Michaud, Sebastien	3	---	1.79
59.19S	F	Murdock, Cale	5	14	1.47
59.34S	P	Mallender, Buzz	4	---	2.84
59.41S	P	Murdock, Cale	5	---	1.69
1:00.54S	P	Bronson, Brandon	6	---	1.20
1:11.50S	P	Hiebert, David	11	---	0.15
<b>Event # 31A Female 200 Free 11 &amp; Under</b>					
2:31.55S	P	Denis, Maia	4	---	-1.43
2:31.55S	F	Denis, Maia	4	15	-1.43
NS	P	Attwell, Emma	---	---	---

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 31B Female 200 Free 12-13</b>					
2:15.81S	P	Lorette, Sophie	2	---	6.09
2:19.30S	F	Chen, Lily	9	9	-3.74
2:21.39S	F	Stevens, Jemma	11	6	-9.06
2:23.59S	P	Stevens, Jemma	10	---	-6.86
2:24.24S	P	Chen, Lily	12	---	1.20
2:26.14S	P	Hunt, Teagan	17	---	-3.74
2:28.10S	P	Speirs, Bijou	19	---	-0.10
2:31.18S	P	Meldrum, Sydney	28	---	0.24
2:31.93S	P	Lancaster, Kali	29	---	-0.58
2:33.75S	P	Parker, Lily	35	---	-7.69
2:35.62S	P	Aragon-Scriven, Trinity	39	---	-11.91
2:48.12S	P	Alexander, Charlotte	52	---	1.88
DQ	F	Lorette, Sophie	---	---	---
<b>Event # 31C Female 200 Free 14-15</b>					
2:05.55S	F	Andrusak, Kelsey	2	17	-6.07
2:09.46S	P	Andrusak, Kelsey	3	---	-2.16
2:12.47S	F	MacDonald, Grace	12	5	-9.79
2:14.80S	P	MacDonald, Grace	13	---	-7.46
2:19.12S	P	Lorette, Hannah	17	---	4.05
2:22.58S	P	Maycock, Jane	25	---	-0.29
2:25.44S	P	Rincon, Laura	31	---	-13.06
2:25.64S	P	McKenna, Fionnuala	32	---	1.64
2:26.52S	P	Laidman, Emily	34	---	5.89
2:31.07S	P	Mebs, Rachael	50	---	-13.84
<b>Event # 31D Female 200 Free 16 &amp; Over</b>					
2:03.60S	F	Andrusak, Jordan	4	15	-0.10
2:06.32S	F	Lawrance, Erin	9	9	3.15
2:07.46S	F	Reeves, Jennifer	10	7	0.50
2:08.04S	P	Andrusak, Jordan	7	---	4.34
2:09.79S	P	Reeves, Jennifer	10	---	2.83
2:11.27S	P	Wilson, Kara	11	---	2.83
2:12.59S	P	Hampton, Allison	14	---	2.40
2:12.97S	P	Lawrance, Erin	15	---	9.80
2:14.86S	P	Bartemucci, Juliana	20	---	3.76
2:15.49S	P	Letkeman, Anna	21	---	2.36
2:16.03S	P	Craig, Tabitha	23	---	1.94
2:16.22S	F	Hampton, Allison	16	1	6.03
2:19.09S	P	Murdock, Emma	28	---	8.90
2:19.19S	P	von Sacken Nash, Victoria	30	---	4.11
2:20.93S	P	Lancaster, Lia	33	---	4.91
2:23.11S	P	Mueller, Mackenzie	38	---	-0.60
2:35.56S	P	Benn, Alexia	41	---	---

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 32A Male 200 Free 11 &amp; Under</b>					
2:34.41S	F	Arnatt, Griffin	5	14	-5.22
2:38.12S	P	Arnatt, Griffin	5	---	-1.51
2:46.25S	P	Crisp, Nolan	9	---	5.96
2:56.98S	P	Melvie, Mattius	12	---	-4.35
<b>Event # 32B Male 200 Free 12-13</b>					
2:17.73S	P	Hiraoka, Taiki	6	---	-1.79
2:21.08S	F	Hiraoka, Taiki	8	11	1.56
2:25.16S	P	Chow, Brendan	12	---	-1.22
2:26.17S	F	Chow, Brendan	12	5	-0.21
<b>Event # 32C Male 200 Free 14-15</b>					
2:01.17S	F	Ogilvie, Keir	9	9	-9.24
2:02.83S	F	Gutierrez, Anthony	7	12	-1.16
2:03.86S	F	Rambo, Jacob	10	7	-1.96
2:04.29S	P	Gutierrez, Anthony	6	---	0.30
2:05.43S	P	Rambo, Jacob	9	---	-0.39
2:06.45S	P	Ogilvie, Keir	10	---	-3.96
2:11.69S	P	Chapman, Thomas	16	---	0.03
2:12.01S	F	Chapman, Thomas	15	2	0.35
2:16.31S	P	Frketic, Aleksandor	22	---	-7.91
2:36.72S	P	WangS13SB13SM13, Danny	31	---	-3.02
<b>Event # 32D Male 200 Free 16 &amp; Over</b>					
1:52.33S	F	Murdock, Cale	3	16	1.97
1:52.82S	P	Murdock, Cale	2	---	2.46
1:54.47S	F	McKay, Jon	5	14	4.38
1:55.67S	P	McKay, Jon	5	---	5.58
1:56.32S	F	Lynn, Jeremy	7	12	-0.54
1:56.49S	F	Schramm, Justin	10	7	2.66
1:57.59S	P	Lynn, Jeremy	8	---	0.73
1:57.75S	P	Schramm, Justin	9	---	3.92
1:57.85S	F	Michaud, Sebastien	11	6	1.90
1:58.11S	P	Michaud, Sebastien	11	---	2.16
1:58.79S	F	Beyak, Jake	13	4	1.89
1:59.32S	F	Howe, Justin	14	3	-0.06
1:59.57S	F	Espersen, Bailey	15	2	-2.47
2:00.56S	P	Espersen, Bailey	14	---	-1.48
2:00.87S	P	Beyak, Jake	15	---	3.97
2:00.99S	P	Howe, Justin	16	---	1.61
2:02.61S	P	Molder, Bryce	17	---	1.41
NS	P	Munro, Baylee	---	---	---

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 33A Female 100 Breast 11 &amp; Under</b>					
1:28.30S	F	Hiraoka, Misato	1	20	-3.47
1:29.78S	P	Hiraoka, Misato	62	---	-1.99
1:51.48S	P	Henry, Heidi	98	---	-7.55
1:58.96S	P	Alberts, Meadow	101	---	0.56
DQ	P	Benn, Adelina	---	---	---
<b>Event # 33B Female 100 Breast 12-13</b>					
1:16.70S	F	Edwards, Hana	1	20	2.60
1:19.26S	P	Edwards, Hana	13	---	5.16
1:20.54S	F	Lancaster, Kali	3	16	-1.64
1:21.36S	F	Aragon-Scriven, Trinity	9	9	-2.53
1:22.56S	P	Lancaster, Kali	27	---	0.38
1:23.02S	F	Meldrum, Sydney	7	12	-1.05
1:23.32S	F	Speirs, Bijou	10	7	-2.76
1:23.80S	P	Meldrum, Sydney	34	---	-0.27
1:24.31S	P	Aragon-Scriven, Trinity	37	---	0.42
1:25.17S	P	Speirs, Bijou	44	---	-0.91
1:31.87S	P	Parker, Lily	69	---	-1.15
1:40.84S	P	Kiddell, Jada	86	---	---
1:42.47S	P	Isaac, Maia	90	---	-1.87
DQ	P	Pepene, Elena	---	---	---
<b>Event # 33C Female 100 Breast 14-15</b>					
1:17.97S	F	Laidman, Emily	3	16	-1.35
1:21.22S	P	Laidman, Emily	21	---	1.90
1:22.93S	F	MacDonald, Grace	12	5	3.46
1:26.33S	P	MacDonald, Grace	49	---	6.86
1:32.91S	P	McKenna, Fionnuala	71	---	-2.05
1:34.93S	P	Edwards, Kira	79	---	8.83
<b>Event # 33D Female 100 Breast 16 &amp; Over</b>					
1:12.38S	F	Tarrant, Sophie	3	16	-0.64
1:13.73S	F	Andrusak, Jordan	4	15	1.08
1:14.15S	P	Tarrant, Sophie	2	---	1.13
1:14.41S	F	Wilson, Kara	5	14	2.13
1:15.49S	F	von Sacken Nash, Victoria	10	7	-0.16
1:15.51S	P	Wilson, Kara	4	---	3.23
1:16.11S	F	Farmer, Andrea	11	6	1.19
1:16.86S	P	Andrusak, Jordan	8	---	4.21
1:17.48S	P	Farmer, Andrea	10	---	2.56
1:18.06S	F	Benn, Alexia	13	4	2.51
1:19.21S	P	Bartemucci, Juliana	12	---	2.88
1:19.44S	F	Bartemucci, Juliana	15	2	3.11
1:19.54S	P	von Sacken Nash, Victoria	15	---	3.89
1:21.62S	P	Benn, Alexia	23	---	6.07
1:23.91S	P	Mueller, Mackenzie	35	---	-2.06
1:24.83S	P	Lancaster, Lia	40	---	0.70

## UVic - Pacific Coast Swimming Assoc.

## Meet Results

## ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 34A Male 100 Breast 11 &amp; Under</b>					
1:47.01S	F	Melvie, Mattius	7	12	1.07
1:53.10S	P	Melvie, Mattius	7	---	7.16
<b>Event # 34B Male 100 Breast 12-13</b>					
1:24.16S	P	Chow, Brendan	7	---	-2.62
1:24.68S	F	Chow, Brendan	8	11	-2.10
1:31.94S	P	Chow, Nathan	14	---	-0.81
1:33.20S	P	Robertson, Arran	15	---	0.65
<b>Event # 34C Male 100 Breast 14-15</b>					
1:14.52S	F	Ogilvie, Keir	4	15	-30.62
1:15.39S	P	Chapman, Thomas	3	---	-2.20
1:16.22S	F	Chapman, Thomas	8	11	-1.37
1:17.02S	P	Ogilvie, Keir	8	---	-28.12
1:28.99S	P	WangS13SB13SM13, Danny	19	---	0.37
<b>Event # 34D Male 100 Breast 16 &amp; Over</b>					
1:05.26S	P	Thirkell, Aidan	2	---	1.51
1:05.57S	P	Espersen, Bailey	3	---	0.03
1:05.89S	F	Thirkell, Aidan	3	16	2.14
1:05.95S	F	Espersen, Bailey	4	15	0.41
1:07.58S	F	Van Maren, Thomas	6	13	-0.81
1:08.49S	P	Van Maren, Thomas	6	---	0.10
1:20.63S	P	Hiebert, David	10	---	1.78
NS	P	Munro, Baylee	---	---	---
<b>Event # 35A Female 200 Fly 11 &amp; Under</b>					
3:36.25S	F	Stevens, Maya	7	12	-3.02
3:45.77S	P	Stevens, Maya	7	---	6.50
<b>Event # 35B Female 200 Fly 12-13</b>					
2:27.92S	F	Lorette, Sophie	1	20	4.95
2:30.27S	P	Lorette, Sophie	1	---	7.30
2:44.44S	F	Hunt, Teagan	6	13	-13.79
2:45.80S	P	Hunt, Teagan	5	---	-12.43
<b>Event # 35C Female 200 Fly 14-15</b>					
2:18.66S	F	Luo, Jessica	2	17	-0.13
2:23.46S	P	Luo, Jessica	2	---	4.67
2:26.86S	F	Andrusak, Kelsey	6	13	---
2:31.47S	P	Andrusak, Kelsey	6	---	---

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 35D Female 200 Fly 16 &amp; Over</b>					
2:17.49S	F	Andrusak, Jordan	2	17	-1.47
2:21.00S	F	Lawrance, Erin	5	14	4.10
2:23.00S	P	Andrusak, Jordan	4	---	4.04
2:27.57S	F	Tarrant, Sophie	7	12	-1.51
2:28.45S	P	Lawrance, Erin	5	---	11.55
2:34.67S	P	Tarrant, Sophie	8	---	5.59
NS	P	Ballantyne, Allison	---	---	---
<b>Event # 36C Male 200 Fly 14-15</b>					
2:16.81S	F	Rambo, Jacob	2	17	-10.31
2:17.24S	F	Ogilvie, Keir	4	15	-5.18
2:18.96S	P	Rambo, Jacob	4	---	-8.16
2:25.39S	P	Ogilvie, Keir	8	---	2.97
2:31.99S	P	Frketic, Aleksandor	11	---	3.03
2:34.84S	P	Kuklev, Artem	14	---	19.68
2:52.22S	P	WangS13SB13SM13, Danny	19	---	-3.25
<b>Event # 36D Male 200 Fly 16 &amp; Over</b>					
2:06.22S	F	McKay, Jon	2	17	4.65
2:07.63S	F	Schramm, Justin	3	16	3.25
2:09.27S	P	McKay, Jon	2	---	7.70
2:10.55S	P	Schramm, Justin	3	---	6.17
2:11.07S	F	Molder, Bryce	4	15	0.41
2:13.91S	P	Molder, Bryce	6	---	3.25
<b>Event # 37A Female 50 Free 11 &amp; Under</b>					
33.25S	P	Hiraoka, Misato	9	---	-1.05
33.95S	P	Reid, Tahlia	14	---	-1.41
36.09S	P	Henry, Heidi	20	---	-1.37
37.37S	P	Stevens, Maya	24	---	0.41
37.40S	P	Solberg, Madea	25	---	-2.31
38.09S	P	Alberts, Meadow	26	---	-0.12
NS	P	Attwell, Emma	---	---	---
DQ	P	Benn, Adelina	---	---	---
DQ	P	Denis, Maia	---	---	---

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 37B Female 50 Free 12-13</b>					
28.65S	F	Chen, Lily	2	17	0.18
29.27S	P	Chen, Lily	3	---	0.80
29.52S	F	Edwards, Hana	8	11	0.83
29.53S	P	Edwards, Hana	6	---	0.84
29.68S	P	Parker, Lily	9	---	-0.55
29.86S	F	Parker, Lily	13	4	-0.37
30.19S	F	Stevens, Jemma	15	2	-1.31
30.77S	P	Stevens, Jemma	16	---	-0.73
30.83S	P	Meldrum, Sydney	17	---	-0.70
30.95S	P	Speirs, Bijou	19	---	0.27
31.41S	P	Lancaster, Kali	23	---	0.34
31.46S	P	Aragon-Scriven, Trinity	24	---	0.19
32.21S	P	Hunt, Teagan	29	---	-0.63
33.01S	P	Alexander, Charlotte	37	---	-0.24
35.55S	P	Isaac, Maia	43	---	0.72
37.75S	P	Pepene, Elena	45	---	-0.16
38.13S	P	Kiddell, Jada	46	---	2.54
<b>Event # 37C Female 50 Free 14-15</b>					
26.66S	F	Luo, Jessica	2	17	-0.07
27.05S	F	Andrusak, Kelsey	3	16	-0.28
27.14S	P	Luo, Jessica	2	---	0.41
27.83S	P	Andrusak, Kelsey	4	---	0.50
28.04S	F	McKenna, Fionnuala	9	9	-0.15
28.38S	F	MacDonald, Grace	7	12	0.14
28.87S	P	MacDonald, Grace	7	---	0.63
29.11S	F	Lorette, Hannah	12	5	-0.54
29.49S	P	McKenna, Fionnuala	11	---	1.30
29.61S	P	Lorette, Hannah	13	---	-0.04
30.48S	P	Maycock, Jane	25	---	0.01
30.53S	P	Rincon, Laura	26	---	0.09
31.99S	P	Edwards, Kira	41	---	3.00
32.37S	P	Laidman, Emily	42	---	2.32
32.37S	P	Mebs, Rachael	42	---	0.08

## UVic - Pacific Coast Swimming Assoc.

## Meet Results

## ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 37D Female 50 Free 16 &amp; Over</b>					
27.75S	P	Hampton, Allison	3	---	0.31
27.81S	F	Craig, Tabitha	4	15	-0.11
27.95S	F	Wilson, Kara	5	14	0.13
28.04S	F	Reeves, Jennifer	10	7	---
28.12S	F	Lancaster, Lia	11	6	0.59
28.23S	P	Wilson, Kara	5	---	0.41
28.24S	F	Hampton, Allison	6	13	0.80
28.34S	F	Tarrant, Sophie	12	5	-0.16
28.37S	P	Craig, Tabitha	8	---	0.45
28.59S	P	Lancaster, Lia	11	---	1.06
28.68S	P	Reeves, Jennifer	12	---	---
28.76S	F	Murdock, Emma	15	2	1.30
28.85S	P	Tarrant, Sophie	13	---	0.35
29.01S	P	Murdock, Emma	14	---	1.55
29.45S	P	Farmer, Andrea	17	---	0.52
29.79S	P	Letkeman, Anna	18	---	0.32
30.12S	P	von Sacken Nash, Victoria	21	---	0.86
30.33S	P	Mueller, Mackenzie	24	---	0.64
32.03S	P	Benn, Alexia	32	---	2.04
<b>Event # 38A Male 50 Free 11 &amp; Under</b>					
30.64S	F	Arnatt, Griffin	4	15	-1.57
31.09S	P	Arnatt, Griffin	5	---	-1.12
31.58S	F	Crisp, Nolan	6	13	-2.25
31.76S	P	Crisp, Nolan	6	---	-2.07
35.50S	P	Melvie, Mattius	12	---	1.29
37.28S	P	Shihadeh, Hamzah	13	---	0.29
<b>Event # 38B Male 50 Free 12-13</b>					
29.15S	F	Chow, Brendan	9	9	-0.19
29.64S	P	Chow, Brendan	10	---	0.30
30.16S	P	Chow, Nathan	13	---	-1.16
30.28S	F	Chow, Nathan	13	4	-1.04
34.72S	P	Robertson, Arran	26	---	0.37
<b>Event # 38C Male 50 Free 14-15</b>					
26.18S	F	Rambo, Jacob	5	14	0.04
26.33S	P	Rambo, Jacob	5	---	0.19
27.01S	F	Gutierrez, Anthony	11	6	-0.32
27.11S	P	Gutierrez, Anthony	9	---	-0.22
27.24S	P	Kuklev, Artem	12	---	1.41
27.89S	P	Chapman, Thomas	18	---	0.37
29.22S	P	Frketic, Aleksandor	27	---	-1.94
32.11S	P	WangS13SB13SM13, Danny	32	---	0.05

**UVic - Pacific Coast Swimming Assoc.**

**Meet Results**

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**

**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 38D Male 50 Free 16 &amp; Over</b>					
24.04S	P	Zollen, Brett	1	---	0.94
24.29S	F	Murdock, Cale	3	16	0.76
24.68S	P	Murdock, Cale	4	---	1.15
24.80S	P	Mallender, Buzz	5	---	0.65
24.85S	P	Munro, Baylee	6	---	0.66
24.95S	P	Van Maren, Thomas	7	---	---
24.97S	F	Munro, Baylee	5	14	0.78
25.02S	F	Van Maren, Thomas	6	13	---
25.60S	F	Bronson, Brandon	8	11	0.63
25.88S	P	Bronson, Brandon	10	---	0.91
26.03S	F	Hiebert, David	11	6	0.11
26.41S	P	Hiebert, David	13	---	0.49
<b>Event # 40B Male 1500 Free 12-13</b>					
20:16.63S	F	Hiraoka, Taiki	5	14	3.66
21:17.37S	F	Damian, Daniel	8	11	-127.69
<b>Event # 40D Male 1500 Free 16 &amp; Over</b>					
15:14.19S	F	Hedlin, Eric	1	20	7.06
15:57.83S	F	Deegan, Chris	4	15	-12.01
16:27.36S	F	Beyak, Jake	5	14	12.48
16:34.78S	F	Howe, Justin	6	13	1.29
17:36.18S	F	Zollen, Brett	12	5	-31.10
NS	F	Hiebert, David	---	---	---
<b>Event # 41A Female 200 Medley Relay 1-11</b>					
DQ	F	A Relay	---	---	
Madea Solberg (11)		Uvic-Pacific Coast Swimming Misato Hiraoka (11)	Maya Stevens (10)	Maia Denis (11)	
<b>Event # 41A Female 200 Medley Relay 1-11 - Lead-Off Legs ( 50 Back )</b>					
40.49S	F	Solberg, Madea	---	---	0.22
<b>Event # 42 Male 200 Medley Relay 1-11</b>					
2:34.84S	F	A Relay	3	32	
Griffin Arnatt (11)		Uvic-Pacific Coast Swimming Mattius Melvie (10)	Nolan Crisp (10)	Hamzah Shihadeh (11)	
<b>Event # 42 Male 200 Medley Relay 1-11 - Lead-Off Legs ( 50 Back )</b>					
35.15S	F	Arnatt, Griffin	---	---	-1.70
<b>Event # 43A Female 200 Medley Relay 12-13</b>					
2:05.51S	F	A Relay	1	40	
Lily Chen (13)		Uvic-Pacific Coast Swimming Hana Edwards (13)	Sophie Lorette (13)	Lily Parker (13)	
2:18.32S	F	B Relay	4	30	
Sydney Meldrum (13)		Uvic-Pacific Coast Swimming Trinity Aragon-Scriven (12)	Teagan Hunt (13)	Bijou Speirs (13)	
<b>Event # 43A Female 200 Medley Relay 12-13 - Lead-Off Legs ( 50 Back )</b>					
31.09S	F	Chen, Lily	---	---	-0.27
35.22S	F	Meldrum, Sydney	---	---	0.42

UVic - Pacific Coast Swimming Assoc.

Meet Results

ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay			Place	Points	Improv
<b>Event # 44A Male 200 Medley Relay 12-13</b>							
2:13.01S	F	A Relay	Uvic-Pacific Coast Swimming		3	32	
			Nathan Chow (12)	Daniel Damian (13)			Brendan Chow (13)
				Taiki Hiraoka (13)			
<b>Event # 44A Male 200 Medley Relay 12-13 - Lead-Off Legs ( 50 Back )</b>							
35.74S		F	Chow, Nathan		---	---	-1.16
<b>Event # 45A Female 200 Medley Relay 14-15</b>							
2:11.40S	F	A Relay	Uvic-Pacific Coast Swimming		4	30	
			Hannah Lorette (15)	Kali Lancaster (13)			Fionnuala McKenna (15)
				Jane Maycock (15)			
<b>Event # 45A Female 200 Medley Relay 14-15 - Lead-Off Legs ( 50 Back )</b>							
31.31S		F	Lorette, Hannah		---	---	0.74
<b>Event # 47A Female 200 Medley Relay16 &amp; Over</b>							
2:04.09S	F	A Relay	Uvic-Pacific Coast Swimming		3	32	
			Allison Hampton (19)	Kara Wilson (19)			Tabitha Craig (19)
				Jennifer Reeves (18)			
<b>Event # 47A Female 200 Medley Relay16 &amp; Over - Lead-Off Legs ( 50 Back )</b>							
31.90S		F	Hampton, Allison		---	---	0.39
<b>Event # 48A Male 200 Medley Relay16 &amp; Over</b>							
1:49.23S	F	A Relay	Uvic-Pacific Coast Swimming		2	34	
			Sebastien Michaud (20)	Aidan Thirkell (22)			Justin Schramm (18)
							Baylee Munro (19)
1:49.85S	F	B Relay	Uvic-Pacific Coast Swimming		3	32	
			Brandon Bronson (21)	Bailey Espersen (18)			Bryce Molder (18)
							Jeremy Lynn (21)
<b>Event # 48A Male 200 Medley Relay16 &amp; Over - Lead-Off Legs ( 50 Back )</b>							
27.27S		F	Michaud, Sebastien		---	---	0.56
27.96S		F	Bronson, Brandon		---	---	-0.38
<b>Event # 55A Female 400 Free Relay16 &amp; Over</b>							
NS	F	A Relay	Uvic-Pacific Coast Swimming		---	---	
			Kara Wilson (19)	Allison Hampton (19)			Emma Murdock (16)
							dereg2017 Bennett (17)
<b>Event # 57B Female 50 Fly 12-13</b>							
30.00S		F	Lorette, Sophie		1	20	0.24
<b>Event # 57C Female 50 Fly 14-15</b>							
33.84S		F	Edwards, Kira		14	3	-0.78
<b>Event # 57D Female 50 Fly 16 &amp; Over</b>							
29.60S		F	Murdock, Emma		1	20	0.43
30.08S		F	Hampton, Allison		4	15	0.04
32.28S		F	Craig, Tabitha		10	7	-0.76

## UVic - Pacific Coast Swimming Assoc.

### Meet Results

ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters

UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks

Time	F/P/S	Relay	Place	Points	Improv
<b>Event # 58D Male 50 Fly 16 &amp; Over</b>					
26.39S	F	Murdock, Cale	1	20	-0.11
27.58S	F	Schramm, Justin	3	16	---
27.74S	F	Molder, Bryce	5	14	0.19
28.09S	F	Van Maren, Thomas	7	12	---
28.29S	F	Howe, Justin	8	11	-1.58
29.65S	F	Munro, Baylee	12	5	0.91
<b>Event # 59B Female 400 IM 12-13</b>					
5:08.36S	F	Edwards, Hana	1	20	2.18
<b>Event # 59C Female 400 IM 14-15</b>					
5:26.61S	F	Lorette, Hannah	6	13	4.26
<b>Event # 60D Male 400 IM 16 &amp; Over</b>					
4:48.52S	F	Howe, Justin	5	14	8.03
<b>Event # 61B Female 50 Back 12-13</b>					
30.50S	F	Lorette, Sophie	1	20	-0.36
31.17S	F	Edwards, Hana	2	17	0.64
<b>Event # 61C Female 50 Back 14-15</b>					
31.32S	F	Lorette, Hannah	3	16	0.75
35.28S	F	Edwards, Kira	18	---	3.77
<b>Event # 61D Female 50 Back 16 &amp; Over</b>					
32.64S	F	Murdock, Emma	2	17	2.25
33.50S	F	Letkeman, Anna	4	15	0.97
<b>Event # 62D Male 50 Back 16 &amp; Over</b>					
27.35S	F	Murdock, Cale	1	20	0.43
<b>Event # 63B Female 50 Breast 12-13</b>					
36.33S	F	Edwards, Hana	1	20	1.59
<b>Event # 63D Female 50 Breast 16 &amp; Over</b>					
34.70S	F	Wilson, Kara	3	16	1.65
35.68S	F	Farmer, Andrea	6	13	0.82
36.19S	F	Bartemucci, Juliana	8	11	0.74
<b>Event # 64B Male 50 Breast 12-13</b>					
NS	F	Robertson, Arran	---	---	---
<b>Event # 64D Male 50 Breast 16 &amp; Over</b>					
30.18S	F	Espersen, Bailey	1	20	-0.09
31.11S	F	Munro, Baylee	3	16	0.19
31.89S	F	Van Maren, Thomas	6	13	0.35
32.34S	F	Molder, Bryce	8	11	---

## UVic - Pacific Coast Swimming Assoc.

---

### Meet Results

**ISC Bennett Cup 11-Nov-16 to 13-Nov-16 SC Meters**
**UVic-Pacific Coast Swimming [UVPCS] Coach: Ron Jacks**
**Event # 65B Female 400 Free 12-13**

4:34.30S	F	Lorette, Sophie	1	---	3.80
----------	---	-----------------	---	-----	------

**Event # 65C Female 400 Free 14-15**

4:45.06S	F	Lorette, Hannah	7	---	1.63
5:13.68S	F	Edwards, Kira	22	---	32.82

**Event # 65D Female 400 Free 16 & Over**

4:32.57S	F	Reeves, Jennifer	3	---	1.28
4:39.85S	F	Wilson, Kara	6	---	4.98
4:40.57S	F	Letkeman, Anna	7	---	13.05
4:41.95S	F	Bartemucci, Juliana	8	---	2.51
4:42.12S	F	Hampton, Allison	9	---	-1.34
4:42.96S	F	Murdock, Emma	10	---	-66.70
4:47.02S	F	Craig, Tabitha	12	---	---

**Event # 66D Male 400 Free 16 & Over**

4:03.65S	F	Murdock, Cale	1	---	-54.28
4:10.88S	F	Mallender, Buzz	2	---	3.31
4:11.20S	F	Schramm, Justin	3	---	11.41
4:11.27S	F	Beyak, Jake	4	---	5.94

**Event #299 Female 100 Back 14-15**

1:12.72S	S	Edwards, Kira	---	---	3.11
----------	---	---------------	-----	-----	------