

**SJISA Swim Fast Relay Carnival
December 16, 2009**

Event 1 Women 600 Yard Freestyle Relay (3 x 200)

Lead-off 200 Free NJSQT - 2:00.22

Meet Record: 5:56.04 R 2006 Cherry Hill West

Team				Finals Time
1 Holy Spirit				6:09.30
	27.37	31.13	34.36	35.69
	27.18	30.23	30.60	31.18
	26.37	30.86	32.19	32.14
2 Cherry Hill West				6:14.87
	26.56	28.92	30.55	30.82
	29.62	34.62	36.38	35.02
	27.58	30.62	31.92	32.26
3 Eastern				6:20.94
	28.61	30.70	31.85	31.13
	30.01	33.00	33.63	33.54
	30.27	33.14	32.77	32.29
4 Cherry Hill East				6:26.78
	30.33	33.69	34.89	33.43
	29.37	34.17	35.85	34.92
	26.79	30.23	31.64	31.47
5 Moorestown				6:31.55
	28.50	31.26	32.83	32.47
	29.93	34.53	36.24	35.53
	28.50	32.56	34.45	34.75
6 Washington Twp.				6:42.17
	31.72	35.64	37.30	38.99
	29.24	33.12	34.78	34.68
	29.13	32.53	32.48	32.56
7 Vineland				6:45.86
	29.44	32.99	34.46	33.62
	30.18	33.55	35.49	35.96
	31.23	35.49	36.91	36.54
8 Lenape				6:55.41
	31.70	34.96	37.17	36.22
	30.92	36.47	38.69	
		32.53	34.21	34.19
9 Cherokee				7:08.03
	31.64	36.83	38.00	36.24
	34.13	38.16	39.34	39.04
	30.63	34.22	35.71	34.09
10 Haddonfield				7:08.11
	31.36	34.99	36.59	35.49
	33.03	38.66	39.41	36.20
	32.80	38.38	37.90	33.30
11 Shawnee				7:19.58
	30.60	35.36		
		38.50	39.26	
		38.30	39.55	39.64
12 Cape May Tech				8:06.71
	37.22	42.72	45.95	43.27
	32.97	39.64	44.35	42.26
	34.70	41.00	42.48	40.15
13 Haddon Twp.				8:27.61
	32.42	36.85	39.32	40.68
	33.58	38.94	42.59	
			50.67	56.60
	53.25			
--- Schalick				NS

Event 2 Men 600 Yard Freestyle Relay (3 x 200)

Lead-off 200 Free NJSQT - 1:49.97

Meet Record: 5:16.89 R 2005 Cherry Hill West

Team				Finals Time
1 Moorestown				5:36.51
	24.24	26.93	27.36	27.26
	16.60	38.13	30.11	
		30.15	30.29	0.31
2 Cherokee				5:52.75
	24.49	27.62	28.21	27.51
	16.63	42.39	32.30	32.19
	28.18	30.88	31.48	30.87
3 Holy Spirit				5:55.18
	26.42	31.07	32.01	30.90
	26.89	30.63	32.77	32.46
	23.96	27.98	30.07	30.02
4 Cherry Hill East				5:55.34
	24.86	26.98	28.83	28.22
	15.43	45.43	35.38	34.17
	25.77	29.61	30.96	29.70
5 Shawnee				6:04.90
	26.66	29.98	32.45	31.45
	28.06	31.45	33.30	32.95
	26.33	30.02	31.82	30.43
6 Cherry Hill West				6:06.35
	24.31	26.55	27.50	28.35
	17.00	45.76	34.49	31.74
	28.37	33.72	35.22	33.34
7 Eastern				6:09.82
	26.45	30.52	32.83	33.65
	27.46	32.42	33.88	35.87
	24.97	30.33	31.45	29.99
8 Washington Twp.				6:24.31
	27.98	34.03	39.04	37.53
	26.68	30.80	32.74	31.54
	26.16	31.78	32.86	33.17
9 Haddonfield				6:42.31
	28.64	32.20	36.02	35.67
	28.37	33.34	35.41	35.03
	1:06.48	35.91	35.54	
10 Lenape				6:53.57
	31.86	36.33	39.36	36.64
	28.90	32.45	34.88	35.43
	30.49	34.75	37.60	34.88
11 Cape May Tech				6:53.99
	29.06	33.20	36.28	34.29
	28.71	34.13	36.30	38.38
	16.19	50.17	38.32	38.96
12 Triton				7:40.90
	31.76	35.88	38.94	34.40
	32.33	38.70	40.75	37.01
	34.12	41.49	47.16	48.36
13 Schalick				7:45.97
	36.91	42.55	46.44	
		36.57	41.53	38.92
	29.69	36.82	39.30	39.84

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Event 3 Women 200 Yard Medley Relay - Varsity (Any grade)

**Meet Record: 1:54.18 R 1999 Cherry Hill West
1:50.85 AAC; 1:56.78 NJS**

Team	Finals Time			
1 Holy Spirit	1:57.09			
30.40 31.78 28.89 26.02				
2 Cherry Hill West	1:57.10			
30.56 31.82 27.84 26.88				
3 Cherry Hill East	1:57.18			
29.99 33.84 26.94 26.41				
4 Moorestown	1:57.59			
30.61 31.68 29.64 25.66				
5 Haddonfield	1:58.00			
30.77 32.07 28.63 26.53				
6 Vineland	2:01.32			
32.43 32.50 29.53 26.86				
7 Eastern	2:03.41			
31.23 34.48 32.19 25.51				
8 Lenape	2:04.37			
30.45 34.64 31.76 27.52				
9 Cherokee	2:04.39			
30.97 35.05 31.10 27.27				
10 Washington Twp.	2:05.77			
31.17 37.12 30.41 27.07				
11 Haddon Twp.	2:09.16			
35.35 34.34 29.77 29.70				
12 Shawnee	2:12.45			
33.70 38.92 59.83				
13 Cape May Tech	2:22.80			
36.39 39.76 34.65 32.00				
14 Schalick	2:24.13			
36.37 37.68 33.83 36.25				
15 Triton	2:48.11			
	36.11	30.86		

Event 4 Men 200 Yard Medley Relay - Varsity (Any grade)

**Meet Record: 1:40.40 R 2001 Cherry Hill East
1:38.50 AAC; 1:44.42 NJS**

Team	Finals Time			
1 Eastern	1:43.07 NJS			
25.53 30.09 25.29 22.16				
2 Cherry Hill East	1:48.90			
27.94 30.25 26.18 24.53				
2 Holy Spirit	1:48.90			
27.85 32.09 25.64 23.32				
4 Shawnee	1:49.16			
26.61 30.14 27.13 25.28				
5 Moorestown	1:49.65			
29.89 29.81 26.41 23.54				
6 Cherry Hill West	1:49.87			
26.92 30.69 27.88 24.38				
7 Bishop Eustace	1:50.71			
28.30 31.32 25.47 25.62				
8 Lenape	1:51.69			
27.27 31.61 25.17 27.64				
9 Washington Twp.	1:53.72			
28.20 33.21 27.80 24.51				
10 Cherokee	1:54.12			
	23.70			
11 Haddonfield	1:58.90			
29.39 32.08 29.17 28.26				
12 Cape May Tech	1:59.25			
29.70 35.36 29.63 24.56				

13 Schalick	32.22	32.49	28.14	26.62	1:59.47
14 Haddon Twp.	33.23	34.83	28.68	28.58	2:05.32
15 Triton	49.16	29.75	26.33	25.74	2:10.98

Event 5 Women 200 Yard Medley Relay - Grades 9 and 10

**Meet Record: 1:54.29 R 2000 Haddonfield
1:50.85 AAC; 1:56.78 NJS**

Team	Finals Time			
1 Cherry Hill West	1:59.38			
30.14 32.51 30.18 26.55				
2 Moorestown	1:59.41			
31.19 32.54 29.60 26.08				
3 Haddonfield	2:02.34			
30.34 33.78 28.90 29.32				
3 Cherry Hill East	2:02.34			
29.18 34.03 30.24 28.89				
5 Vineland	2:03.70			
32.77 32.38 30.75 27.80				
6 Bishop Eustace	2:05.92			
31.32 33.85 30.10 30.65				
7 Shawnee	2:09.76			
32.93 1:36.83				
8 Washington Twp.	2:11.82			
32.90 39.46 31.33 28.13				
9 Eastern	2:14.04			
32.40 39.81 34.47 27.36				
10 Haddon Twp.	2:14.81			
31.61 39.60 33.21 30.39				
11 Holy Spirit	2:16.36			
34.38 37.79 39.38 24.81				
12 Cherokee	2:21.79			
38.89 37.89 32.97 32.04				
13 Triton	2:28.35			
46.85 36.92 32.60 31.98				
14 Lenape	2:36.56			
38.59 48.04 37.10 32.83				
15 Cape May Tech	2:38.05			
37.32 45.31 43.43 31.99				
16 Schalick	2:50.24			
45.27 46.22 41.91 36.84				

Event 6 Men 200 Yard Medley Relay - Grades 9 and 10

**Meet Record: 1:41.47 R 2004 Bishop Eustace
1:38.50 AAC; 1:44.42 NJS**

Team	Finals Time			
1 Moorestown	1:47.79			
27.12 31.69 23.83 25.15				
2 Shawnee	1:49.73			
29.72 30.04 26.36 23.61				
3 Cherry Hill East	1:50.23			
27.85 30.24 27.80 24.34				
4 Eastern	1:56.15			
30.64 33.10 26.75 25.66				
5 Bishop Eustace	1:56.64			
30.85 30.50 28.45 26.84				
6 Cherry Hill West	1:57.39			
27.75 33.99 29.66 25.99				
7 Cape May Tech	2:01.39			
30.95 34.10 28.56 27.78				
8 Haddonfield	2:05.32			
33.20 35.86 28.70 27.56				

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9 Lenape				2:08.47	10 Haddonfield				2:14.58
37.91	34.54	30.40	25.62		32.57	36.65	32.48	32.88	
10 Holy Spirit				2:13.46	11 Triton				2:17.43
37.52	34.52	34.33	27.09		29.59			26.35	
11 Cherokee				2:14.80	12 Schalick				2:22.54
35.69	36.66	31.80	30.65		36.63	36.65	37.73	31.53	
12 Haddon Twp.				2:18.42	13 Haddon Twp.				2:42.45
35.74	38.29	33.76	30.63		44.00	40.44	47.06	30.95	

Event 7 Women 200 Yard Backstroke Relay

Meet Record: 1:55.37 R 1999 Cherry Hill West

Team	Finals Time			
1 Cherry Hill East				2:00.63
30.44	31.43	30.89	27.87	
2 Moorestown				2:01.03
34.97	28.85	28.44	28.77	
3 Cherry Hill West				2:01.57
32.83	29.67	30.63	28.44	
4 Holy Spirit				2:04.65
31.22	31.69	32.74	29.00	
5 Lenape				2:05.14
31.60	33.07	31.70	28.77	
6 Eastern				2:05.51
31.44	33.98	31.01	29.08	
7 Washington Twp.				2:09.85
31.57	33.45	33.75	31.08	
8 Cherokee				2:12.57
9 Vineland				2:13.86
33.78	33.03	34.92	32.13	
10 Haddonfield				2:15.29
31.11	33.77	1:10.41		
11 Haddon Twp.				2:16.70
31.98	33.51	29.69	41.52	
12 Shawnee				2:21.52
32.91	39.59	35.27	33.75	
13 Cape May Tech				2:29.35
37.13	36.78	39.38	36.06	
14 Triton				3:15.05
48.43	44.67	55.06	46.89	
--- Schalick				DQ
45.79	49.35	51.38	43.34	

Event 8 Men 200 Yard Backstroke Relay

Meet Record: 1:41.25 R 2001 Cherry Hill East

Team	Finals Time			
1 Cherry Hill East				1:47.89
26.02	28.92	26.72	26.23	
2 Moorestown				1:48.14
30.02	26.83	26.28	25.01	
3 Eastern				1:48.72
27.74	27.83	24.50	28.65	
4 Holy Spirit				1:51.90
27.57	30.06	27.98	26.29	
5 Cherry Hill West				1:53.24
29.04	32.68	26.68	24.84	
6 Shawnee				1:59.98
30.24	29.98	31.73	28.03	
7 Cherokee				2:05.96
32.53	32.90	30.57	29.96	
8 Lenape				2:08.75
34.39	35.80	31.64	26.92	
9 Cape May Tech				2:10.86
29.74	31.47	34.08	35.57	

Event 9 Women 200 Yard Butterfly Relay

Meet Record: 1:52.34 R 2000 Haddonfield

Team	Finals Time			
1 Cherry Hill West				1:55.72
28.32	29.90	30.13	27.37	
2 Cherry Hill East				1:57.79
30.98	30.26	29.80	26.75	
3 Holy Spirit				1:59.23
32.49	29.98	28.88	27.88	
4 Vineland				2:00.10
30.08	30.09	30.94	28.99	
5 Moorestown				2:00.39
29.83	31.39	29.63	29.54	
6 Haddonfield				2:00.56
30.64	29.54	30.19	30.19	
7 Bishop Eustace				2:04.89
30.89	29.81	32.10	32.09	
8 Eastern				2:05.73
32.28			29.46	
9 Triton				2:07.54
31.25	33.24	32.23	30.82	
10 Haddon Twp.				2:11.47
34.42	32.42	32.48	32.15	
11 Washington Twp.				2:12.35
34.07	32.96	33.97	31.35	
12 Cherokee				2:13.74
33.17	37.50	31.20	31.87	
13 Lenape				2:14.70
34.19	35.56	33.58	31.37	
14 Shawnee				2:20.85
33.10	34.83	35.98	36.94	
15 Cape May Tech				2:32.49
33.79	41.96	40.02	36.72	
16 Schalick				2:51.64
43.09	41.16	50.50	36.89	

Event 10 Men 200 Yard Butterfly Relay

Meet Record: 1:40.31 R 1998 Haddonfield

Team	Finals Time			
1 Eastern				1:40.98
26.09	24.16	23.98	26.75	
2 Moorestown				1:42.90
26.31	25.27	27.26	24.06	
3 Cherry Hill East				1:43.62
23.99	26.15	26.72	26.76	
4 Shawnee				1:45.44
26.48	26.89	28.41	23.66	
5 Cherokee				1:46.66
28.14	26.08	27.53	24.91	
6 Holy Spirit				1:47.06
26.84	27.85	26.06	26.31	
7 Washington Twp.				1:52.16
28.39	26.90	30.03	26.84	
8 Cherry Hill West				1:54.40
26.63	27.75	30.74	29.28	

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9	Haddonfield				1:56.12	6	Bishop Eustace				1:37.07
	29.87	27.33	30.38	28.54			25.60	25.67	23.04	22.76	
10	Cape May Tech				2:02.36	7	Cherry Hill West				1:37.10
	31.80	32.30	29.92	28.34			24.31	24.25	24.74	23.80	
11	Haddon Twp.				2:09.12	8	Washington Twp.				1:37.37
	28.50	32.51	1:08.11				24.33	23.82	24.58	24.64	
12	Lenape				2:10.05	9	Lenape				1:39.86
	31.43	35.50	31.92	31.20			24.57	27.22	24.12	23.95	
13	Schalick				2:13.06	10	Cherokee				1:41.39
	28.60	33.58	35.05	35.83			26.86	25.99	25.11	23.43	

Event 11 Women 200 Yard Freestyle Relay - Varsity (Any grade)

Lead-off 50 Free NJSQT - 25.34

**Meet Record: 1:43.21 R 2008 Cherry Hill East
1:39.64 AAC; 1:44.71 NJS**

	Team				Finals Time
1	Holy Spirit				1:43.64 NJS
	26.65	25.76	26.05	25.18	
2	Cherry Hill East				1:44.06 NJS
	26.76	26.80	26.27	24.23	
3	Moorestown				1:47.26
	27.36	27.29	26.25	26.36	
4	Haddonfield				1:47.52
	27.31	26.49	26.98	26.74	
5	Cherry Hill West				1:47.68
	27.16	26.42	27.53	26.57	
6	Vineland				1:47.69
	27.08	27.66	27.43	25.52	
7	Eastern				1:51.46
	29.04	28.12	28.82	25.48	
8	Washington Twp.				1:53.47
	27.75	29.69	27.67	28.36	
9	Haddon Twp.				1:53.55
	28.93	27.84	29.19	27.59	
10	Shawnee				1:57.63
			30.56	28.59	
11	Bishop Eustace				1:57.66
	27.73			32.41	
12	Cherokee				2:03.31
	30.30	33.70	59.31		
13	Cape May Tech				2:04.53
	32.28	30.75	31.34	30.16	
14	Schalick				2:06.71
	30.22	36.95	30.39	29.15	
15	Triton				2:11.21
	37.70	30.25	34.22	29.04	
16	Lenape				2:11.72
	33.08	31.35	38.06	29.23	

Event 12 Men 200 Yard Freestyle Relay - Varsity (Any grade)

Lead-off 50 Free NJSQT - 22.57

**Meet Record: 1:27.96 R 2006 Cherry Hill West
1:28.29 AAC; 1:33.55 NJS**

	Team				Finals Time
1	Holy Spirit				1:32.43 NJS
	23.75	23.23	22.98	22.47	
2	Cherry Hill East				1:33.96
	24.79	23.63	23.37	22.17	
3	Shawnee				1:35.51
	24.22	24.67	25.07	21.55	
4	Eastern				1:35.56
	25.89	24.01	23.59	22.07	
5	Moorestown				1:36.53
	24.10			21.05	

Event 13 Women 200 Yard Freestyle Relay - Grades 9 and 10

Lead-off 50 Free NJSQT - 25.34

**Meet Record: 1:43.62 R 2005 Cherry Hill West
1:39.64 AAC; 1:44.71 NJS**

	Team				Finals Time
1	Cherry Hill West				1:47.18
	27.27	27.43	27.03	25.45	
2	Shawnee				1:50.61
			53.34		
2	Moorestown				1:50.61
	28.18	28.42	27.14	26.87	
4	Cherry Hill East				1:51.16
	28.21	28.59	27.14	27.22	
5	Vineland				1:51.28
	28.45	27.79	27.46	27.58	
6	Washington Twp.				1:52.80
	29.37	27.79	27.92	27.72	
7	Haddonfield				1:52.97
	28.09	26.85	28.02	30.01	
8	Eastern				2:00.65
	31.75	22.43	36.81	29.66	
9	Bishop Eustace				2:03.92
	32.85	29.74	31.90	29.43	
10	Cherokee				2:05.64
	32.91	29.99	32.38	30.36	
11	Cape May Tech				2:15.26
	31.45	35.74	34.11	33.96	
12	Lenape				2:18.22
	34.65	42.41	28.59	32.57	
13	Triton				2:20.47
	38.21	32.88	38.73	30.65	
14	Haddon Twp.				2:24.50
	30.35	29.54	45.88	38.73	
15	Schalick				2:49.50
	35.81	38.98	42.34	52.37	
---	Holy Spirit				DQ
	30.06	30.18	30.38	28.38	

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**Event 14 Men 200 Yard Freestyle Relay - Grades 9 and 10
Lead-off 50 Free NJSQT - 22.57**

**Meet Record: 1:32.82 R 2005 Cherry Hill West
1:28.29 AAC; 1:33.55 NJS**

Team	Finals Time			
1 Cherry Hill East	24.90	23.79	24.40	22.96
2 Haddonfield	24.59	23.32	25.14	24.42
3 Shawnee	26.05	25.49	24.05	23.91
4 Eastern	26.12	26.16	25.44	24.46
5 Washington Twp.	25.15	28.20	23.50	25.52
6 Cherry Hill West	26.53	25.55	50.45	1:42.53
7 Moorestown	26.58	27.00	25.62	25.49
8 Bishop Eustace	27.65	25.11	27.86	24.62
9 Cape May Tech	26.08	26.63	26.26	28.84
10 Haddon Twp.	26.55	26.51	27.62	27.75
11 Holy Spirit	27.42	27.70	28.59	27.97
12 Triton	28.88	32.66	26.33	24.17
13 Lenape	29.08	32.37	27.00	25.57
14 Cherokee	31.23	29.82	29.68	27.44

Event 15 Women 200 Yard Breaststroke Relay

Meet Record: 2:09.43 R 2006 Moorestown

Team	Finals Time				
1 Moorestown	32.10	32.41	31.88	31.58	R
2 Vineland	32.87	35.49	34.42	31.67	
3 Cherry Hill East	35.56	34.56	34.61	34.63	
4 Cherry Hill West	36.75	38.19	36.02	32.21	
5 Bishop Eustace	36.18	41.18	33.95	34.87	
6 Haddonfield	37.87	35.64	37.40	36.15	
7 Eastern	35.86	36.94	35.19	39.92	
8 Holy Spirit	37.32	38.39	37.17	36.56	
9 Cherokee	37.06	44.68	32.06	36.95	
10 Washington Twp.	37.12	35.79	39.34	43.15	
11 Triton	36.76	36.54	44.16	38.45	
12 Lenape	40.32	43.63	39.49	35.79	
13 Haddon Twp.			1:26.13	2:40.58	

14 Shawnee	39.90	42.19	39.79	41.84	2:43.72
15 Cape May Tech	42.32	48.32	42.52	40.35	2:53.51
16 Schalick	47.03	1:13.24	50.51	45.15	3:35.93

Event 16 Men 200 Yard Breaststroke Relay

Meet Record: 1:53.46 R 2007 Cherry Hill East

Team	Finals Time			
1 Cherry Hill East	30.15	32.30	29.70	28.83
2 Moorestown	33.69	32.72	29.81	26.36
3 Cherokee	30.38	30.78	30.19	32.37
4 Shawnee	29.34	32.77	32.67	30.37
5 Eastern	32.52	33.55	30.92	29.90
6 Cherry Hill West	31.08	30.88	33.45	34.20
7 Holy Spirit	33.37	34.23	33.61	31.94
8 Bishop Eustace	37.38	30.67	34.99	30.63
9 Lenape	34.71	37.18	35.96	32.40
10 Haddonfield	33.91	35.76	39.77	35.91
11 Cape May Tech	34.62	33.45	38.09	39.29
12 Schalick	33.18	40.71	37.11	39.93
13 Haddon Twp.	42.27	34.70	39.26	35.86

Event 17 Women 100 Yard Freestyle Relay

Winner is closest to 1:00, +/-!

Team	Finals Time				
1 Haddon Twp.	30.52	29.23			59.75
2 Vineland	31.04	28.21			59.25
3 Holy Spirit	27.90	33.24			1:01.14
4 Cape May Tech	29.71	29.12			58.83
5 Haddonfield	30.72	27.67			58.39
6 Eastern	30.95	30.95			1:01.90
7 Cherry Hill West	29.64	28.06			57.70
8 Shawnee	29.69	27.75			57.44
9 Lenape	26.91	30.30			57.21
10 Schalick	27.74	29.39			57.13
11 Bishop Eustace	29.78	27.09			56.87
12 Washington Twp.	28.63	28.07			56.70

