



### Individual Top Times

2009 NCSA Junior National Swimming Champs 17-Mar-09 to 21-Mar-09 Yards  
 Number of Top Times: All Show Yards Only

|                                   |         |            |         |         |                                |         |          |         |         |
|-----------------------------------|---------|------------|---------|---------|--------------------------------|---------|----------|---------|---------|
| <b>Lichtner, Stephen J (17) M</b> |         |            |         |         | 1:53.14 Y                      | P       | 200 IM   | MACM-FG |         |
| 1:57.16 L                         | F       | 200 Free   | MACM-FG |         | 25.41                          | 53.33   | 1:26.70  | 1:53.14 |         |
|                                   | 56.03   | 1:57.16    |         |         |                                |         | 200 IM   | MACM-FG |         |
| 23.55 Y                           | P       | 50 Fly     | MACM-FG |         | 28.49                          | 1:01.04 | 1:39.42  | 2:09.20 |         |
| 50.06 Y                           | P       | 100 Flv    | MACM-FG |         |                                |         | 400 IM   | MACM-FG |         |
|                                   | 23.72   | 50.06      |         |         | 25.88                          | 55.50   | 1:25.04  | 1:54.08 |         |
| 57.56 L                           | F       | 100 Flv    | MACM-FG |         | 2:29.10                        | 3:05.74 | 3:34.29  | 4:01.62 |         |
|                                   | 26.88   | 57.56      |         |         |                                |         | 400 IM   | MACM-FG |         |
| <b>Manousos, Nick S (17) M</b>    |         |            |         |         | 4:34.83 L                      | F       | 400 IM   | MACM-FG |         |
| 22.09 Y                           | P       | 50 Free    | PCS-FG  |         | 1:03.12                        | 2:10.75 | 3:32.52  | 4:34.83 |         |
| 1:41.30 Y                         | P       | 200 Free   | PCS-FG  |         | <b>Rosenthal, Maddy (16) W</b> |         |          |         |         |
|                                   | 23.27   | 48.80      | 1:14.61 | 1:41.30 | 2:05.41 Y                      | P       | 200 Flv  | MS-FG   |         |
| 57.03 Y                           | P       | 100 Breast | PCS-FG  |         |                                | 27.26   | 59.15    | 1:31.97 | 2:05.41 |
|                                   | 26.67   | 57.03      |         |         | 4:31.10 Y                      | P       | 400 IM   | MS-FG   |         |
| 1:07.42 L                         | F       | 100 Breast | PCS-FG  |         |                                | 27.84   | 1:00.09  | 1:34.89 | 2:09.57 |
|                                   | 31.05   | 1:07.42    |         |         |                                | 2:49.83 | 3:30.55  | 4:00.84 | 4:31.10 |
| 2:04.35 Y                         | P       | 200 Breast | PCS-FG  |         | <b>Saco, Michael B (16) M</b>  |         |          |         |         |
|                                   | 27.73   | 59.13      | 1:31.24 | 2:04.35 | 20.98 Y                        | P       | 50 Free  | MS-FG   |         |
| 2:27.55 L                         | F       | 200 Breast | PCS-FG  |         | 23.89 L                        | F       | 50 Free  | MS-FG   |         |
|                                   | 32.18   | 1:09.16    | 1:47.47 | 2:27.55 | 45.87 Y                        | P       | 100 Free | MS-FG   |         |
| 1:55.07 Y                         | P       | 200 IM     | PCS-FG  |         |                                | 21.73   |          |         |         |
|                                   | 24.73   | 54.81      | 1:28.18 | 1:55.07 | 46.67 Y                        | P       | 100 Free | MS-FG   |         |
| 4:06.55 Y                         | P       | 400 IM     | PCS-FG  |         |                                | 22.09   | 46.67    |         |         |
|                                   | 25.04   | 54.60      | 1:27.31 | 2:00.64 | 1:42.02 Y                      | P       | 200 Free | MS-FG   |         |
|                                   | 2:35.05 | 3:10.11    | 3:39.46 | 4:06.55 |                                | 23.04   | 48.59    | 1:14.79 |         |
| <b>Morejon, Pablo J (17) M</b>    |         |            |         |         | 1:42.46 Y                      | P       | 200 Free | MS-FG   |         |
| 22.02 Y                           | P       | 50 Free    | MACM-FG |         |                                | 23.61   | 49.21    | 1:15.84 | 1:42.46 |
| 47.63 Y                           | P       | 100 Free   | MACM-FG |         | 53.11 Y                        | P       | 100 Back | MS-FG   |         |
|                                   | 22.27   | 47.63      |         |         |                                | 25.75   | 53.11    |         |         |
| 25.37 Y                           | F       | 50 Back    | MACM-FG |         | 23.67 Y                        | P       | 50 Flv   | MS-FG   |         |
| 53.45 Y                           | P       | 100 Back   | MACM-FG |         | 52.41 Y                        | P       | 100 Flv  | MS-FG   |         |
|                                   | 00.00   | 53.45      |         |         |                                | 23.91   | 52.41    |         |         |
| 54.68 Y                           | P       | 100 Back   | MACM-FG |         | <b>Salvoch, Maria (17) W</b>   |         |          |         |         |
|                                   | 26.52   |            |         |         | 27.27 Y                        | P       | 50 Fly   | MS-FG   |         |
| 51.85 Y                           | P       | 100 Flv    | MACM-FG |         | 58.49 Y                        | P       | 100 Flv  | MS-FG   |         |
|                                   | 23.99   | 51.85      |         |         |                                | 27.52   | 58.49    |         |         |
| <b>Omana, Carlos T (16) M</b>     |         |            |         |         | <b>Vazquez, Andy (15) M</b>    |         |          |         |         |
| 4:03.93 L                         | F       | 500 Free   | MACM-FG |         | 47.41 Y                        | P       | 100 Free | MACM-FG |         |
|                                   | 28.64   | 59.33      | 1:30.55 | 2:01.97 |                                | 22.92   | 47.41    |         |         |
|                                   | 2:32.62 | 3:03.51    | 3:34.62 | 4:03.93 | 1:42.40 Y                      | P       | 200 Free | MACM-FG |         |
| 4:30.20 Y                         | P       | 500 Free   | MACM-FG |         |                                | 24.08   | 50.18    | 1:16.53 |         |
|                                   | 24.64   | 51.56      | 1:19.09 | 1:46.96 | 1:44.04 Y                      | P       | 200 Free | MACM-FG |         |
|                                   | 2:14.41 | 2:41.78    | 3:09.14 | 3:36.68 |                                | 24.37   | 50.50    | 1:17.48 | 1:44.04 |
|                                   | 4:04.01 | 4:30.20    |         |         | 2:00.38 L                      | F       | 200 Free | MACM-FG |         |
| 9:08.09 Y                         | F       | 1000 Free  | MACM-FG |         |                                | 27.02   | 57.06    | 1:28.78 |         |
|                                   | 24.80   | 51.74      | 1:18.85 | 1:46.17 | 23.29 Y                        | P       | 50 Flv   | MACM-FG |         |
|                                   | 2:13.78 | 2:41.47    | 3:08.96 | 3:36.81 | 50.88 Y                        | P       | 100 Flv  | MACM-FG |         |
|                                   | 4:04.67 | 4:32.21    | 4:59.44 | 5:26.99 |                                | 23.87   | 50.88    |         |         |
|                                   | 5:54.89 | 6:22.57    | 6:50.24 | 7:18.06 | 1:55.55 Y                      | P       | 200 Fly  | MACM-FG |         |
|                                   | 7:45.90 | 8:13.71    | 8:41.53 | 9:08.09 |                                | 25.18   | 54.41    | 1:24.71 | 1:55.55 |
| 1:49.57 Y                         | P       | 200 Back   | MACM-FG |         |                                |         |          |         |         |
|                                   | 26.31   | 54.04      | 1:22.12 | 1:49.57 |                                |         |          |         |         |
| 2:06.73 L                         | F       | 200 Back   | MACM-FG |         |                                |         |          |         |         |
|                                   | 30.15   | 1:02.32    | 1:35.07 | 2:06.73 |                                |         |          |         |         |

## Relay Top Times

**2009 NCSA Junior National Swimming Champs 17-Mar-09 to 21-Mar-09 Yards**  
**Number of Top Times: All Show Yards Only**

### Men 200 Free Relay

|   |                            |   |       |                            |         |
|---|----------------------------|---|-------|----------------------------|---------|
| 1 | 1:24.81                    | Y | P     | A RELAY                    | MACM-FG |
|   | 1 Stephen J. Lichtner (17) |   |       | 2 Pablo J. Morejon (17)    |         |
|   | 3 Andy Vazquez (15)        |   |       | 4 Kevin Barona (17)        |         |
|   | 21.02                      |   | 41.82 | 1:03.63                    | 1:24.81 |
| 2 | 1:26.63                    | Y | P     | A RELAY                    | MS-FG   |
|   | 1 Cameron M. Cabrera (16)  |   |       | 2 Michael B. Saco (16)     |         |
|   | 3 Mateo De Angulo (18)     |   |       | 4 Michael A. Tandlich (16) |         |
|   | 21.95                      |   | 42.55 | 1:03.54                    | 1:26.63 |

### Men 400 Free Relay

|   |                            |   |         |                            |         |
|---|----------------------------|---|---------|----------------------------|---------|
| 1 | 3:06.69                    | Y | P       | A RELAY                    | MACM-FG |
|   | 1 Stephen J. Lichtner (17) |   |         | 2 Pablo J. Morejon (17)    |         |
|   | 3 Andy Vazquez (15)        |   |         | 4 Carlos T. Omana (16)     |         |
|   | 21.86                      |   | 45.09   | 1:06.99                    | 1:32.14 |
|   | 1:54.49                    |   | 2:19.04 | 2:42.15                    | 3:06.69 |
| 2 | 3:10.99                    | Y | P       | A RELAY                    | MS-FG   |
|   | 1 Michael B. Saco (16)     |   |         | 2 Mateo De Angulo (18)     |         |
|   | 3 Cameron M. Cabrera (16)  |   |         | 4 Michael A. Tandlich (16) |         |
|   | 21.73                      |   | 45.87   | 1:07.57                    | 1:31.68 |
|   | 1:54.72                    |   | 2:20.31 | 2:44.00                    | 3:10.99 |

### Men 800 Free Relay

|   |                            |   |         |                            |         |
|---|----------------------------|---|---------|----------------------------|---------|
| 1 | 6:52.14                    | Y | P       | A RELAY                    | MACM-FG |
|   | 1 Andy Vazquez (15)        |   |         | 2 Stephen J. Lichtner (17) |         |
|   | 3 Carlos T. Omana (16)     |   |         | 4 Pablo J. Morejon (17)    |         |
|   | 24.08                      |   | 50.18   | 1:16.53                    | 1:42.40 |
|   | 2:05.48                    |   | 2:30.92 | 2:56.92                    | 3:22.70 |
|   | 3:45.98                    |   | 4:12.43 | 4:39.80                    | 5:07.70 |
|   | 5:30.54                    |   | 5:56.50 | 6:24.02                    | 6:52.14 |
| 2 | 6:59.94                    | Y | P       | A RELAY                    | MS-FG   |
|   | 1 Michael B. Saco (16)     |   |         | 2 Mateo De Angulo (18)     |         |
|   | 3 Michael A. Tandlich (16) |   |         | 4 Cameron M. Cabrera (16)  |         |
|   | 23.04                      |   | 48.59   | 1:14.79                    | 1:42.02 |
|   | 2:04.56                    |   | 2:29.68 | 2:55.74                    | 3:21.78 |
|   | 3:46.38                    |   | 4:14.15 | 4:43.41                    | 5:13.01 |
|   | 5:36.75                    |   | 6:03.08 | 6:31.51                    | 6:59.94 |

### Men 200 Medley Relay

|   |                         |   |       |                            |         |
|---|-------------------------|---|-------|----------------------------|---------|
| 1 | 1:36.77                 | Y | F     | A RELAY                    | MACM-FG |
|   | 1 Pablo J. Morejon (17) |   |       | 2 Carlos T. Omana (16)     |         |
|   | 3 Andy Vazquez (15)     |   |       | 4 Stephen J. Lichtner (17) |         |
|   | 25.37                   |   | 52.86 | 1:16.32                    | 1:36.77 |

### Men 400 Medley Relay

|   |                         |   |         |                            |         |
|---|-------------------------|---|---------|----------------------------|---------|
| 1 | 3:33.27                 | Y | P       | A RELAY                    | MACM-FG |
|   | 1 Pablo J. Morejon (17) |   |         | 2 Carlos T. Omana (16)     |         |
|   | 3 Kevin Barona (17)     |   |         | 4 Stephen J. Lichtner (17) |         |
|   | 26.52                   |   | 54.68   | 1:23.45                    | 1:56.01 |
|   | 2:19.71                 |   | 2:47.91 | 3:09.63                    | 3:33.27 |