

**Meet Results**

**Lake Central Varsity Dual Meet 29-Nov-11 Yards  
Converted Times Used For Calculating Improvement**

Time	F/P/S	Relay	Place	Points	Improv		
<b>Event # 1 VR Women 200 Medley Relay</b>							
2:05.12Y	F	A Relay	Valparaiso High School	VALP IN	3 2		
			Riley C. Carter (SR)				
			Lauren S. Lafferty (JR)		Mary Cobble (FR)		
			31.76	35.52	30.70	27.14	
2:10.45Y	F	B Relay	Valparaiso High School	VALP IN	4 ---		
			Allison A. Drever (SO)				
			Brianna M. Konrad (JR)		Erin N. Delahunty (FR)		
			32.10	37.72	32.13	28.50	
<b>Event # 1 VR Women 200 Medley Relay - Lead-Off Legs ( 50 Back )</b>							
31.76Y	F	Thomas, Ryan E.	VALP-IN	---	---	-0.22 %	
32.10Y	F	Cain, Marisa L.	VALP-IN	---	---	2.96 %	
<b>Event # 3 VR Women 200 Free</b>							
2:02.07Y	F	Steffus, Kaitlyn A.	VALP-IN	1	6	0.48 %	
				27.89	30.91	31.40	31.87
2:06.64Y	F	Perry, Sydney E.	VALP-IN	4	2	-0.77 %	
				29.29	31.90	32.73	32.72
2:07.26Y	F	Johnson, Justine T.	VALP-IN	5	1	-1.27 %	
				29.21	32.16	32.75	33.14
<b>Event # 5 VR Women 200 IM</b>							
2:25.73Y	F	Carter, Riley C.	VALP-IN	4	2	0.90 %	
				32.79	36.87	42.37	33.70
2:30.73Y	F	Sunday, Riley M.	VALP-IN	5	1	0.39 %	
				33.42	37.83	44.27	35.21
2:42.69Y	F	Drever, Allison A.	VALP-IN	6	---	0.45 %	
				37.38	43.43	45.46	36.42
<b>Event # 7 VR Women 50 Free</b>							
25.17Y	F	Lamberson, Allie M.	VALP-IN	2	4	0.32 %	
27.53Y	F	Delahunty, Erin N.	VALP-IN	5	1	3.00 %	
28.09Y	F	Cobble, Mary	VALP-IN	6	---	-0.72 %	
<b>Event # 9 VR Women 1 Meter 6 Dives</b>							
227.65	F	El-Naggar, Khalela	VALP-IN	1	6	-16.73 %	
161.55	F	McBride, Taylor	VALP-IN	2	4	-23.51 %	
<b>Event # 11 VR Women 100 Fly</b>							
1:01.08Y	F	Steffus, Kaitlyn A.	VALP-IN	2	4	2.49 %	
				28.42	32.66		
1:10.53Y	F	Lafferty, Lauren S.	VALP-IN	5	1	1.86 %	
				33.28	37.25		
1:13.02Y	F	Konrad, Brianna M.	VALP-IN	6	---	1.64 %	
				33.38	39.64		
<b>Event # 13 VR Women 100 Free</b>							
54.88Y	F	Lamberson, Allie M.	VALP-IN	2	4	2.76 %	
				26.73	28.15		
1:01.30Y	F	Delahunty, Erin N.	VALP-IN	4	2	0.18 %	
				29.23	32.07		
1:01.82Y	F	Cobble, Mary	VALP-IN	5	1	2.66 %	
				30.33	31.49		

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<b>Event # 15 VR Women 500 Free</b>					
5:37.80Y	F	Perry, Sydney E.	VALP-IN	2	4 0.67 %
	29.88	32.48 34.42 34.73			
	35.12	35.35 34.96 34.21			
	34.11	32.54			
5:40.36Y	F	Johnson, Justine T.	VALP-IN	3	3 -1.95 %
	29.49	32.87 33.93 34.66			
	35.14	35.71 35.23 34.93			
	34.30	34.10			
5:55.89Y	F	Lafferty, Lauren S.	VALP-IN	5	1 1.19 %
	32.45	34.68 36.53 36.57			
	36.71	36.96 36.85 36.64			
	35.26	33.24			
<b>Event # 17 VR Women 200 Free Relay</b>					
1:44.59Y	F	A Relay	Valparaiso High School	VALP IN	1 8
	Allie M. Lamberson (SR)	Justine T. Johnson (SR)	Sydney E. Perry (JR)	Kaitlyn A. Steffus (JR)	
	25.50	27.24 26.60 25.25			
1:54.42Y	F	B Relay	Valparaiso High School	VALP IN	4 ---
	Liz Schlichting (FR)	Brianna M. Konrad (JR)	Marisa L. Cain (JR)	Ryan E. Thomas (SR)	
	28.66	29.06 28.75 27.95			
<b>Event # 17 VR Women 200 Free Relay - Lead-Off Legs ( 50 Free )</b>					
25.50Y	F	Lamberson, Allie M.	VALP-IN	---	---
28.66Y	F	Schlichting, Liz	VALP-IN	---	6.28 %
<b>Event # 19 VR Women 100 Back</b>					
1:08.81Y	F	Cain, Marisa L.	VALP-IN	2	4 0.32 %
	33.46	35.35			
1:14.61Y	F	Konrad, Brianna M.	VALP-IN	4	2 4.47 %
	37.33	37.28			
1:14.71Y	F	Thomas, Ryan E.	VALP-IN	5	1 -2.20 %
	35.10	39.61			
<b>Event # 21 VR Women 100 Breast</b>					
1:18.45Y	F	Carter, Riley C.	VALP-IN	4	2 0.32 %
	36.95	41.50			
1:20.86Y	F	Drever, Allison A.	VALP-IN	5	1 0.93 %
	38.40	42.46			
1:22.63Y	F	Sunday, Riley M.	VALP-IN	6	--- -0.58 %
	38.50	44.13			

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**Event # 23 VR Women 400 Free Relay**

3:52.03Y F	A Relay	Valparaiso High School	VALP IN	2	4
Kaitlyn A. Steffus (JR)		Sydney E. Perry (JR)	Justine T. Johnson (SR)	Allie M. Lamberson (SR)	
	27.51	30.22	28.11	31.22	
	28.28	30.83	26.71	29.15	
4:12.45Y F	B Relay	Valparaiso High School	VALP IN	4	---
Riley C. Carter (SR)		Ryan E. Thomas (SR)	Mary Cobble (FR)	Erin N. Delahunty (FR)	
	30.40	33.18	30.81	34.70	
	29.50	32.12	29.20	32.54	
4:16.61Y F	C Relay	Valparaiso High School	VALP IN	6	---
Liz Schlichting (FR)		Riley M. Sunday (FR)	Lauren S. Lafferty (JR)	Marisa L. Cain (JR)	
	30.42	32.05	30.31	34.16	
	31.21	33.74	30.62	34.10	

**Event # 23 VR Women 400 Free Relay - Lead-Off Legs ( 100 Free )**

57.73Y	F	Steffus, Kaitlyn A.	VALP-IN	---	---	-0.91 %
1:02.47Y	F	Schlichting, Liz	VALP-IN	---	---	4.95 %
1:03.58Y	F	Carter, Riley C.	VALP-IN	---	---	-1.73 %