

All Stars Relays for Tidalwaves 2010

8&U	Medley Relay		Free Relay
back	Nick Johnson	1st	Ella Spaethling
breast	Cole Alvarado	2nd	Nick Johnson
fly	Ella Spaethling	3rd	Cole Alvarado
free	Olivia Greenberg	4th	Olivia Greenberg

9-10	Medley Relay		Free Relay
back	Craig O'Day	1st	Jason Morris
breast	Glennis Murphy	2nd	Emily Johnson
fly	Jason Morris	3rd	Craig O'Day
free	Mandy Weitenhagen	4th	Glennis Murphy

11-12	Medley Relay		Free Relay
back	Griffin Burke	1st	Ellie Gerson
breast	Haley Tong	2nd	Sarah Herzer
fly	Ellie Gerson	3rd	Ryan Schoenlein
free	Ryan Schoenlein	4th	Griffin Burke

13-14	Medley Relay		Free Relay
back	Josie Nordrum	1st	Connor Nevitt
breast	Kenneth Berreman	2nd	Megan Rios
fly	Connor Nevitt	3rd	Kenneth Berreman
free	Sammy McDonough	4th	Sammy McDonough

15-18	Medley Relay		Free Relay
back	Darcy Gamble	1st	Will Jacobus
breast	Colette Kolenda	2nd	Christie Leitzell
fly	Will Jacobus	3rd	Darcy Gamble
free	Ryan Fugate	4th	Ryan Fugate

Medley relays should happen between 5:30 and 5:45 pm

Free relays (at the end of the meet like usual) should be around 8:30 - 9:00 pm

Please plan your warm-ups accordingly (especially if you're a "relay only" swimmer in this meet)