

2009 PVS Senior Champs
March 12 - 15, 2009

best times only

John Baldwin	50 free	:22.40	
	100 free	:49.02	finals
		:48.51	relay lead-off
	200 free	1:45.47	
	500 free	4:45.75	prelims
		4:44.99	finals
	1000 free	9:59.43	split
1650 free	16:32.04		
Matt Benecki	50 free	:22.57	
	200 back	1:53.81	
	200 fly	1:58.67	<i>AAA time</i>
	400 I.M.	4:10.04	
Matt Callahan	50 free	:22.28	
	100 free	:49.28	
	100 back	:53.55	
	50 breast	:29.25	split
	100 breast	1:03.57	prelims
	1:02.77	finals	<i>AAA time</i>
Alec Contag	100 free	:50.74	
	200 free	1:48.89	
Michael Flach	200 free	1:41.88	
	100 back	:52.69	
Elena Marsilii	50 free	:25.79	
	500 free	5:13.85	
	1650 free	17:32.37	
	100 fly	1:03.86	
	200 I.M.	2:14.70	
	400 I.M.	4:45.64	prelims
	4:43.20	finals	<i>AAA time</i>
Adam Pennington	50 free	:22.52	
	100 free	:48.71	
	200 free	1:44.72	prelims
		1:44.32	finals
	1000 free	9:29.52	
	100 back	:53.84	finals
		:53.76	relay lead-off
	200 back	1:53.45	
200 I.M.	2:00.76		

Brooke Ream	200 back	2:12.41		
	50 fly	:29.61	split	
	200 fly	2:20.12		
	200 I.M.	2:13.19		
	400 I.M.	4:45.48	prelims	
		4:38.90	finals	<i>AAA time</i>
Becky Shaak	500 free	5:09.48		AAA time
	200 back	2:17.97		
	50 breast	:32.79	split	
	100 breast	1:09.61	prelims	
		1:09.24	finals	
	200 breast	2:32.71	prelims	
		2:28.30	finals	<i>AAA time</i>
	100 fly	1:05.76	split	
	400 I.M.	4:40.03		
Caylyn Tate	200 free	1:58.17		
	100 fly	1:05.04	split	
	200 I.M.	2:13.79		
	400 I.M.	4:34.74	prelims	
		4:34.29	finals	
Brian Via	1000 free	9:38.93		
	50 breast	:30.99	split	
	100 breast	1:04.49		
	200 breast	2:18.00	prelims	
		2:17.14	finals	
	100 fly	:58.45	split	
	200 fly	2:02.73		<i>AA time</i>
	200 I.M.	2:02.64		
400 I.M.	4:16.30	prelims		
		4:14.71	finals	
Becca Yost	200 breast	2:35.45		