

YMCA Westmount Swim Club  
 Coupe de Montréal des maîtres nageurs 2008  
 Coupe 2008 Results YMCA

28. November 2008  
 Montréal (CAN) 22.11.08

Results summary 25m Pool

Adam, Jacques	53 :	50m Freestyle	RL	43.94	--:--		PB
		200m Freestyle	5	3:46.24	--:--		PB
		50m Backstroke	1	1:06.27	--:--		PB
Caskie, Fiona	59 :	100m Freestyle	2	1:43.15	--:--		PB
		50m Backstroke	RL	59.11	--:--		PB
Cheng, Yvonne	77 :	50m Freestyle	RL	54.88	--:--		PB
		100m Freestyle	2	1:28.24	1:32.26	109%	PB
		100m Individual Medley	4	2:01.49	--:--		PB
Cordoba, Oliver	74 :	50m Freestyle	RL	30.16	29.70	97%	
		100m Freestyle	4	1:06.24	1:05.93	99%	
		200m Freestyle	3	2:22.95	2:22.15	99%	
		100m Breaststroke	6	1:30.49	1:31.33	102%	PB
		100m Butterfly	2	1:13.60	1:12.76	98%	
		100m Individual Medley	7	1:18.49	1:17.39	97%	
Douglass, Amanda	84 :	100m Freestyle	6	1:19.43	--:--		PB
		200m Freestyle	6	2:58.05	--:--		PB
		50m Butterfly	10	49.96	--:--		PB
Eustace, Michael	53 :	50m Freestyle	1	34.70	32.80	89%	
		50m Butterfly	2	49.80	38.80	61%	
		100m Individual Medley	2	1:39.10	1:26.20	76%	
Evans, Meredith	83 :	50m Freestyle	1	33.11	32.01	93%	
		100m Freestyle	2	1:14.58	1:10.79	90%	
		50m Backstroke	RL	38.49	37.15	93%	
		100m Backstroke	1	1:23.37	1:20.16	92%	
		50m Butterfly	3	36.72	35.98	96%	
		100m Individual Medley	3	1:23.34	1:21.95	97%	
Grauer, Kathy	34 :	100m Freestyle	2	3:27.34	3:12.30	86%	
		100m Breaststroke	2	3:52.30	3:18.47	73%	
		100m Individual Medley	2	3:50.56	3:06.16	65%	
Hotte, Francine	52 :	100m Freestyle	1	1:43.40	1:30.27	76%	
		100m Backstroke	2	1:53.43	1:50.53	95%	
		50m Breaststroke	3	55.24	51.66	87%	
		100m Breaststroke	3	1:58.94	1:51.57	88%	
		100m Individual Medley	2	1:50.11	1:44.81	91%	
Joubert, Kristjan	88 :	100m Individual Medley	3	1:24.37	1:20.88	92%	
Kou, Cindy	86 :	50m Freestyle	RL	38.57	--:--		PB
		50m Freestyle	7	39.17	--:--		PB
		50m Breaststroke	2	48.72	--:--		PB
		200m Individual Medley	3	3:45.70	--:--		PB
Kyle, Margot	47 :	50m Freestyle	1	40.73	38.53	89%	
		100m Freestyle	1	1:33.41	1:29.15	91%	
		200m Freestyle	1	3:32.87	3:24.42	92%	
		50m Backstroke	RL	50.95	47.35	86%	
		50m Backstroke	1	49.27	47.35	92%	
		100m Backstroke	1	1:45.14	1:43.80	97%	
Lapenson, Kimberly	25 :	50m Freestyle	RL	1:17.98	1:15.10	93%	
		200m Freestyle	1	5:48.37	--:--		PB
		50m Backstroke	1	1:19.61	1:27.79	122%	PB

Levett, Jennifer	72 :	100m Freestyle	2	1:19.89	1:21.67	105%	PB
		200m Freestyle	3	2:54.45	2:54.14	100%	
		100m Backstroke	2	1:35.69	--:--		PB
		50m Breaststroke	1	47.27	47.56	101%	PB
		50m Butterfly	3	43.12	43.29	101%	PB
Levine, Martin	71 :	200m Freestyle	1	2:10.75	1:20.69	38%	
		100m Breaststroke	1	1:15.81	1:14.77	97%	
		50m Butterfly	1	29.15	27.40	88%	
		100m Individual Medley	1	1:05.61	1:02.27	90%	
Liu, Mariano	88 :	50m Freestyle	RL	32.05	--:--		PB
		200m Freestyle	7	2:55.61	--:--		PB
		50m Butterfly	2	33.93	--:--		PB
Maloney, Dennis	52 :	200m Freestyle	4	3:44.29	3:44.29	100%	
		100m Individual Medley	5	2:04.75	--:--		PB
Mantel, Bronwen	48 :	100m Backstroke	2	2:19.79	2:11.93	89%	
		50m Butterfly	1	1:04.26	1:03.12	96%	
		100m Individual Medley	1	2:20.52	2:17.24	95%	
Montgomery, Sue	60 :	100m Freestyle	1	1:27.39	1:23.55	91%	
		200m Freestyle	3	3:08.82	3:08.06	99%	
		50m Backstroke	2	47.77	45.60	91%	
Reiter, Sylvia	58 :	200m Freestyle	1	3:36.92	3:20.18	85%	
		50m Backstroke	1	53.69	49.98	87%	
		50m Butterfly	1	47.87	44.85	88%	
		100m Individual Medley	1	1:52.05	1:43.05	85%	
Reyes, Francisco	70 :	50m Butterfly	4	35.65	--:--		PB
		200m Individual Medley	2	3:05.18	--:--		PB
		100m Individual Medley	6	1:17.27	--:--		PB
Rhoades, Troy	76 :	50m Backstroke	RL	33.54	31.64	89%	
		100m Backstroke	1	1:11.89	1:09.81	94%	
		100m Breaststroke	3	1:19.05	1:21.42	106%	PB
		100m Butterfly	1	1:09.02	1:07.99	97%	
		200m Individual Medley	2	2:36.15	2:36.11	100%	
		100m Individual Medley	3	1:10.55	1:09.21	96%	
Siggel, Eckhard	38 :	200m Freestyle	1	4:15.20	4:04.43	92%	
		50m Backstroke	1	50.05	44.50	79%	
		100m Backstroke	1	1:57.95	1:41.90	75%	
		100m Breaststroke	1	1:54.30	1:42.23	80%	
		100m Individual Medley	2	2:02.06	1:51.50	83%	
Wiseman, David	60 :	200m Freestyle	3	3:05.15	--:--		PB
		100m Breaststroke	5	1:51.27	--:--		PB
Zegray, Michele	63 :	200m Freestyle	2	3:06.37	3:12.53	107%	PB
		50m Backstroke	RL	42.82	41.65	95%	
		50m Backstroke	1	43.08	41.65	93%	
		100m Backstroke	1	1:32.89	1:31.83	98%	
4 x 50m Freestyle Relay Men	:	Cordoba, Oliver	30.16	Rhoades, Troy	29.18	2	1:55.61
		Reyes, Francisco	29.99	Levine, Martin	26.28		
4 x 50m Freestyle Relay Women	:	Lapenson, Kimberly	1:17.98	Grauer, Kathy	1:33.25	1	4:24.64
		Kyle, Margot	41.88	Mantel, Bronwen	51.53		
4 x 50m Freestyle Relay Women	:	Kou, Cindy	38.57	Zegray, Michele	36.12	3	2:29.45
		Montgomery, Sue	38.29	Levett, Jennifer	36.47		
4 x 50m Freestyle Relay Mixed	:	Cheng, Yvonne	54.88	Eustace, Michael	35.84	2	2:55.74
		Maloney, Dennis	40.52	Hotte, Francine	44.50		
4 x 50m Freestyle Relay Mixed	:	Liu, Mariano	32.05	Douglass, Amanda		2	2:11.29
		Evans, Meredith		Joubert, Kristijan	29.11		

4 x 50m Medley Relay Men	:	Rhoades, Troy	33.54	Cordoba, Oliver	32.34	2	2:09.89	M,W
		Levine, Martin	34.11	Reyes, Francisco	29.90			
4 x 50m Medley Relay Women	:	Zegray, Michele	42.82	Levett, Jennifer	42.94	3	2:54.88	
		Kou, Cindy	48.85	Cheng, Yvonne	40.27			
4 x 50m Medley Relay Mixed	:	Evans, Meredith	38.49	Liu, Mariano	33.25	1	2:27.07	
		Joubert, Kristjan	39.60	Douglass, Amanda	35.73			
4 x 50m Medley Relay Mixed	:	Caskie, Fiona	59.11	Eustace, Michael	51.96	1	4:11.94	
		Siggel, Eckhard	48.87	Grauer, Kathy	1:32.00			

Total 92 individual results, average performance: 93.6%

1 new record(s), 33 new personal best(s)

Biggest improvement: Lapenson, Kimberly, 50m Backstroke 1:19.61