

2009 NSW State Open SC Championships 24-Jul-09 to 25-Jul-09 SC Meters

Location: SOPAC

Willoughby Swim Club Inc. [WILB] Group: W Coach: GRAEME BREWER

Time	F/P/S	Event	Place
Cannell, Stephanie (15) W			
2:27.21S	F # 14	Women Open 200 Fly	25
30.32S	F # 26 C	Women Open 50 Fly	32
1:02.99S	F # 30	Women Open 100 Free	61
1:06.46S	F # 36	Women Open 100 Fly	22
Chancellor, Tom (15) M			
4:16.39S	F # 7	Men 14-15 400 Free	10
2:02.75S	F # 41	Men Open 200 Free	39
Gilbert, Sally (16) W			
35.24S	F # 4	Women Open 50 Breast	19
2:27.51S	F # 6	Women Open 200 IM	27
1:09.52S	F # 20	Women Open 100 IM	21
2:42.57S	F # 24	Women Open 200 Breast	13
1:00.65S	F # 30	Women Open 100 Free	37
1:16.89S	F # 44	Women Open 100 Breast	16
King, Matthew (13) M			
4:45.58S	F # 17	Men 13 & Under 400 Free	22
Long, Elliot (15) M			
4:16.36S	F # 7	Men 14-15 400 Free	9
24.25S	F # 11	Men Open 50 Free	33
27.26S	F # 25	Men Open 50 Fly	38
54.43S	F # 29	Men Open 100 Free	46
28.77S	F # 39	Men Open 50 Back	25
2:03.15S	F # 41	Men Open 200 Free	43
McConnell, Claire (15) W			
4:34.19S	F # 2	Women Open 400 Free	---
4:34.19S	F # 8	Women 14-15 400 Free	12
27.59S	F # 12	Women Open 50 Free	29
31.88S	F # 26 C	Women Open 50 Fly	53
1:00.12S	F # 30	Women Open 100 Free	24
2:11.93S	F # 42	Women Open 200 Free	30
Morgan, Emma (13) W			
2:26.84S	F # 6	Women Open 200 IM	24
27.96S	F # 12	Women Open 50 Free	37
2:28.27S	F # 22	Women Open 200 Back	38
1:00.49S	F # 30	Women Open 100 Free	34
2:10.25S	F # 42	Women Open 200 Free	24
Rowe, Luane (20) W			
4:16.39S	F # 2	Women Open 400 Free	3
8:45.52S	F # 34	Women Open 800 Free	3
2:06.54S	F # 42	Women Open 200 Free	10

RELAY RESULTS – STATE OPEN**WOMEN:**

4X200 FREESTYLE: 8.40.64 (4th)
Luane Rowe, Emma Morgan, Sally Gilbert, Claire McConnell

4X100 MEDLEY: 4.39.90 (16th)
Emma Morgan, Sally Gilbert, Stephanie Cannell, Claire McConnell

4X100 FREESTYLE: 4.03.21 (9th)
Emma Morgan, Claire McConnell, Sally Gilbert, Luane Rowe

MEN:

4X100 FREESTYLE: 3.43.47 (16th)
Elliot Long, Justin Brewer, Tom Chancellor, Jake Nolan