

**2024 ATST Here Comes the Sun LCM Specialty - 4/5/2024 to 4/7/2024**  
**Hosted by ATST and Determination Aquatics, Sanction #: NE24-0405ATST**  
**Check meet info at [meets.swimdna.org/atst-24apr](https://meets.swimdna.org/atst-24apr)!**  
**Results - Sunday Distance Session**

**Event 43 Girls 10 & Under 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Trincer, Lilah M	10	Yankee Clippers Swim Team-NE	5:45.56	5:49.28
40.49	1:23.56 (43.07)	2:08.50 (44.94)	2:52.83 (44.33)	
3:38.67 (45.84)	4:23.55 (44.88)	5:07.29 (43.74)	5:49.28 (41.99)	
2 Rubin-Esposito, Ellie V	9	Amherst Tritons Swim Team-NE	7:40.32	6:17.86
41.55	1:28.81 (47.26)	2:16.85 (48.04)	3:04.64 (47.79)	
3:52.64 (48.00)	4:41.23 (48.59)	5:30.32 (49.09)	6:17.86 (47.54)	
3 Stiver-Bressler, Anna A	10	Yankee Clippers Swim Team-NE	6:45.76	6:43.32
45.73	1:36.71 (50.98)		3:19.19 ( )	
4:12.11 (52.92)	5:02.28 (50.17)	5:54.16 (51.88)	6:43.32 (49.16)	
4 Perry, Maddie G	10	Yankee Clippers Swim Team-NE	6:55.76	6:43.98
	1:37.75 ( )		3:21.21 ( )	
	5:00.87 ( )	6:43.98 (1:43.11)		
5 Nguyen, Mickayla H	10	Yankee Clippers Swim Team-NE	7:26.91	7:00.67
44.80	1:35.90 (51.10)	2:30.91 (55.01)	3:24.66 (53.75)	
4:20.01 (55.35)	5:15.10 (55.09)	6:09.68 (54.58)	7:00.67 (50.99)	

**Event 43 Girls 11-12 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Kelly, Maeve A	11	Yankee Clippers Swim Team-NE	5:27.34	5:11.73
34.36	1:12.32 (37.96)	1:52.04 (39.72)	2:31.74 (39.70)	
3:12.02 (40.28)	3:52.40 (40.38)	4:32.91 (40.51)	5:11.73 (38.82)	
2 Hong, Kira Y	11	Bluefish Swim Club-NE	5:31.08	5:19.02
35.71	1:15.42 (39.71)	1:56.44 (41.02)	2:37.07 (40.63)	
3:17.73 (40.66)	4:00.85 (43.12)	4:39.69 (38.84)	5:19.02 (39.33)	
3 Trincer, Alexa L	12	Yankee Clippers Swim Team-NE	5:47.47	5:41.23
36.91	1:18.45 (41.54)	2:03.16 (44.71)	2:48.94 (45.78)	
3:33.06 (44.12)	4:17.48 (44.42)	5:00.34 (42.86)	5:41.23 (40.89)	
4 Fielding, Emma C	12	Yankee Clippers Swim Team-NE	6:40.05	5:56.72
39.10	1:24.29 (45.19)	2:10.90 (46.61)	2:57.85 (46.95)	
3:44.48 (46.63)	4:28.97 (44.49)	5:13.91 (44.94)	5:56.72 (42.81)	
5 Smith, Riley M	12	Amherst Tritons Swim Team-NE	5:56.99	6:03.59
40.00	1:26.02 (46.02)		2:59.43 ( )	
3:45.97 (46.54)	4:33.37 (47.40)	6:03.59 (1:30.22)		
6 Pearo, Lucy Q	11	Edge Swim Club-NE	NT	6:11.96
41.81	1:29.50 (47.69)	2:17.69 (48.19)	3:04.45 (46.76)	
3:51.50 (47.05)	4:39.29 (47.79)	5:26.89 (47.60)	6:11.96 (45.07)	
7 Sittig, Reagan E	12	Bluefish Swim Club-NE	6:39.47	6:21.60
43.82	1:33.85 (50.03)	2:21.93 (48.08)	3:10.74 (48.81)	
3:58.79 (48.05)	4:49.21 (50.42)	5:36.06 (46.85)	6:21.60 (45.54)	
8 Burgess, Meg A	12	Cape Cod Firefish-NE	6:29.99	6:31.47
41.71	1:31.17 (49.46)	2:21.64 (50.47)	3:11.17 (49.53)	
4:01.63 (50.46)	4:50.11 (48.48)	5:40.55 (50.44)	6:31.47 (50.92)	



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**Results - Sunday Distance Session**

**(Event 43 Girls 11-12 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
9 Lema, Dana V	11	Cape Cod Firefish-NE	6:44.99	6:57.63
		1:37.35 ( ) 2:31.13 (53.78) 3:26.32 (55.19)		
4:20.96 (54.64)	5:16.13 (55.17)	6:07.28 (51.15)	6:57.63 (50.35)	
10 Baker, Juliana G	11	Yankee Clippers Swim Team-NE	7:50.76	7:09.66
		43.66 1:37.59 (53.93) 2:33.16 (55.57) 3:29.55 (56.39)		
4:26.21 (56.66)	5:23.17 (56.96)	6:18.75 (55.58)	7:09.66 (50.91)	

**Event 43 Girls 13-14 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Parent, Natalie N	13	Bluefish Swim Club-NE	4:38.53	4:51.92
		33.75 1:10.94 (37.19) 1:48.57 (37.63) 2:25.72 (37.15)		
3:02.27 (36.55)	3:39.29 (37.02)	4:15.81 (36.52)	4:51.92 (36.11)	
2 Shea, Cora M	14	Bluefish Swim Club-NE	5:03.28	4:59.49
		33.56 1:10.72 (37.16) 1:48.76 (38.04) 2:26.92 (38.16)		
3:05.49 (38.57)	3:44.67 (39.18)	4:22.99 (38.32)	4:59.49 (36.50)	
3 Abdul-Knerr, Safia J	13	Amherst Tritons Swim Team-NE	5:15.00	5:21.77
		35.82 1:16.39 (40.57) 1:58.30 (41.91) 2:39.97 (41.67)		
3:21.35 (41.38)	4:02.24 (40.89)	4:42.68 (40.44)	5:21.77 (39.09)	
4 Cho, Elizabeth K	13	Yankee Clippers Swim Team-NE	5:25.62	5:22.15
		35.63 1:15.33 (39.70) 1:55.85 (40.52) 2:36.63 (40.78)		
3:17.82 (41.19)	4:00.28 (42.46)	4:41.89 (41.61)	5:22.15 (40.26)	
5 Bull-Cohen, Neko A	13	Amherst Tritons Swim Team-NE	5:15.65	5:22.48
		35.86 1:16.97 (41.11) 1:58.92 (41.95) 2:40.84 (41.92)		
3:22.35 (41.51)	4:03.89 (41.54)	4:44.70 (40.81)	5:22.48 (37.78)	
6 Rosemond, Mary C	13	Amherst Tritons Swim Team-NE	5:07.65	5:27.39
		35.42 1:16.88 (41.46) 1:58.69 (41.81) 2:40.77 (42.08)		
3:22.17 (41.40)	4:03.77 (41.60)	4:46.04 (42.27)	5:27.39 (41.35)	
7 Euber, Caroline S	13	Yankee Clippers Swim Team-NE	5:21.35	5:32.61
		36.26 1:17.87 (41.61) 2:00.63 (42.76) 2:43.53 (42.90)		
3:25.72 (42.19)	4:08.74 (43.02)	4:51.60 (42.86)	5:32.61 (41.01)	
8 Workman, Ella S	13	Amherst Tritons Swim Team-NE	6:20.95	5:36.77
		36.27 1:17.25 (40.98) 2:01.36 (44.11) 2:45.20 (43.84)		
3:29.38 (44.18)	4:13.17 (43.79)	4:56.54 (43.37)	5:36.77 (40.23)	
9 Sayegh, Sophie J	14	Bluefish Swim Club-NE	6:54.20	6:11.55
		42.07 1:29.28 (47.21) 2:16.06 (46.78) 3:03.97 (47.91)		
3:51.39 (47.42)	4:41.48 (50.09)	5:26.47 (44.99)	6:11.55 (45.08)	

**Event 43 Women 15-18 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Levesque, Margot A	15	Bluefish Swim Club-NE	4:34.09	5:03.49
		32.54 1:07.37 (34.83) 1:44.85 (37.48) 2:22.63 (37.78)		
3:07.77 (45.14)	3:51.11 (43.34)	4:28.01 (36.90)	5:03.49 (35.48)	
2 Dolby, Frankie N	17	Amherst Tritons Swim Team-NE	4:40.93	5:04.03
		34.75 1:12.25 (37.50) 1:50.63 (38.38) 2:28.98 (38.35)		
3:08.05 (39.07)	3:47.00 (38.95)	4:26.11 (39.11)	5:04.03 (37.92)	



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**Results - Sunday Distance Session**

**(Event 43 Women 15-18 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
3 Demers, Teagen S	16	Amherst Tritons Swim Team-NE	5:24.85	5:09.93
33.79	1:12.64 (38.85)	1:52.46 (39.82)	2:33.05 (40.59)	
3:13.15 (40.10)	3:53.69 (40.54)	4:32.85 (39.16)	5:09.93 (37.08)	
4 Pecora, Ava R	15	Bluefish Swim Club-NE	5:28.32	5:16.56
34.27	1:14.32 (40.05)	1:55.04 (40.72)	2:36.06 (41.02)	
3:16.63 (40.57)	3:57.11 (40.48)	4:37.31 (40.20)	5:16.56 (39.25)	
5 Spiridopoulos, Audrey J	16	Amherst Tritons Swim Team-NE	5:09.77	5:16.67
36.12	1:16.35 (40.23)	1:56.75 (40.40)	2:37.94 (41.19)	
3:18.79 (40.85)	3:59.50 (40.71)	4:39.72 (40.22)	5:16.67 (36.95)	
6 Hopkins, Josephine M	18	Amherst Tritons Swim Team-NE	4:50.77	5:22.42
35.91	1:15.23 (39.32)	1:55.55 (40.32)	2:36.44 (40.89)	
3:18.77 (42.33)	4:00.39 (41.62)	4:42.16 (41.77)	5:22.42 (40.26)	
7 Goncalves, Ari A	15	Yankee Clippers Swim Team-NE	5:14.17	5:28.96
37.99	1:18.70 (40.71)	2:01.61 (42.91)	2:43.99 (42.38)	
3:26.79 (42.80)	4:08.17 (41.38)	4:50.37 (42.20)	5:28.96 (38.59)	
8 Williams, Valerie/Val R	17	Amherst Tritons Swim Team-NE	5:13.86	5:32.86
36.67	1:18.51 (41.84)	2:01.02 (42.51)	2:43.63 (42.61)	
3:26.02 (42.39)	4:09.49 (43.47)	4:51.87 (42.38)	5:32.86 (40.99)	
9 Bertone-Johnson, Anna M	15	Amherst Tritons Swim Team-NE	5:35.51	5:34.04
37.65	1:19.58 (41.93)	2:02.78 (43.20)	2:45.78 (43.00)	
3:28.64 (42.86)	4:11.24 (42.60)	4:53.43 (42.19)	5:34.04 (40.61)	
10 Williams, Nahla M	15	Yankee Clippers Swim Team-NE	6:09.19	5:56.40
37.64	1:19.82 (42.18)	2:04.56 (44.74)	2:51.01 (46.45)	
3:37.97 (46.96)	4:25.59 (47.62)	5:12.67 (47.08)	5:56.40 (43.73)	

**Event 43 Boys 10 & Under 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Laporte, Matthew D	10	Bluefish Swim Club-NE	5:17.86	4:51.87
34.20	1:11.54 (37.34)	1:49.24 (37.70)	2:26.83 (37.59)	
3:03.69 (36.86)	3:40.96 (37.27)	4:17.09 (36.13)	4:51.87 (34.78)	
2 Hu, Arthur H	10	Amherst Tritons Swim Team-NE	6:05.65	5:45.96
37.53	1:19.78 (42.25)	2:04.63 (44.85)	2:49.13 (44.50)	
3:34.56 (45.43)	4:19.26 (44.70)	5:03.44 (44.18)	5:45.96 (42.52)	
3 Lemke, Kamdyn S	8	Yankee Clippers Swim Team-NE	6:10.21	5:56.05
39.37	1:24.91 (45.54)	2:12.99 (48.08)	2:59.68 (46.69)	
	4:31.17 ( )	5:16.02 (44.85)	5:56.05 (40.03)	
4 Prout, Gabriel L	10	Bluefish Swim Club-NE	6:05.10	6:02.22
39.69	1:28.18 (48.49)	2:15.70 (47.52)	3:02.49 (46.79)	
3:48.81 (46.32)	4:35.37 (46.56)	5:19.56 (44.19)	6:02.22 (42.66)	

**Event 43 Boys 11-12 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Xie, Nolan Y	12	Amherst Tritons Swim Team-NE	5:13.43	4:59.86
31.98	1:08.86 (36.88)	1:48.00 (39.14)	2:26.36 (38.36)	
3:05.56 (39.20)	3:44.32 (38.76)	4:22.00 (37.68)	4:59.86 (37.86)	



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**Results - Sunday Distance Session**

**(Event 43 Boys 11-12 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
2 Strebel, Sawyer M	11	Bluefish Swim Club-NE	5:38.49	5:20.37
34.60	1:14.23 (39.63)	1:54.87 (40.64)	2:36.20 (41.33)	
3:18.16 (41.96)	4:00.27 (42.11)	4:41.91 (41.64)	5:20.37 (38.46)	
3 Guerra, Dante A	12	Bluefish Swim Club-NE	5:19.85	5:22.85
36.12	1:17.09 (40.97)	1:59.55 (42.46)	2:40.68 (41.13)	
3:21.81 (41.13)	4:03.21 (41.40)	4:44.50 (41.29)	5:22.85 (38.35)	
4 Wells, Bobby S	11	Amherst Tritons Swim Team-NE	5:42.14	5:31.79
37.27	1:19.53 (42.26)	2:02.76 (43.23)	2:45.63 (42.87)	
3:28.24 (42.61)	4:09.60 (41.36)	4:51.40 (41.80)	5:31.79 (40.39)	
5 McCollum, Gil F	12	Amherst Tritons Swim Team-NE	6:11.59	5:47.09
37.93	1:21.89 (43.96)	2:05.15 (43.26)	2:49.55 (44.40)	
3:33.06 (43.51)	4:18.10 (45.04)	5:02.70 (44.60)	5:47.09 (44.39)	
6 Williams, Benjamin J	11	Amherst Tritons Swim Team-NE	6:05.50	5:53.38
39.01	1:23.53 (44.52)	2:09.52 (45.99)	2:54.21 (44.69)	
3:39.81 (45.60)	4:25.29 (45.48)	5:10.68 (45.39)	5:53.38 (42.70)	
7 Antaya, Jaxon A	12	Yankee Clippers Swim Team-NE	6:40.76	5:58.59
39.41	1:24.47 (45.06)	2:13.00 (48.53)	2:58.90 (45.90)	
3:44.87 (45.97)	4:30.68 (45.81)	5:15.61 (44.93)	5:58.59 (42.98)	

**Event 43 Boys 13-14 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Pecora, Zack F	13	Bluefish Swim Club-NE	4:48.24	4:42.90
32.61	1:08.35 (35.74)	1:43.66 (35.31)	2:19.51 (35.85)	
2:55.74 (36.23)	3:32.41 (36.67)	4:08.33 (35.92)	4:42.90 (34.57)	
2 Arquillano, Wielz Jehuven L	13	Bluefish Swim Club-NE	4:59.34	4:54.84
33.39	1:09.88 (36.49)	1:47.90 (38.02)	2:26.28 (38.38)	
3:04.10 (37.82)	3:42.10 (38.00)	4:19.59 (37.49)	4:54.84 (35.25)	
3 Palmer, Camden Y	14	Edge Swim Club-NE	5:03.21	5:04.57
33.03	1:10.23 (37.20)	1:49.25 (39.02)	2:28.35 (39.10)	
3:08.63 (40.28)	3:48.38 (39.75)	4:28.40 (40.02)	5:04.57 (36.17)	
4 Kennedy, Aaron T	14	Amherst Tritons Swim Team-NE	5:23.47	5:09.77
34.64	1:13.49 (38.85)	1:53.49 (40.00)	2:33.94 (40.45)	
3:14.04 (40.10)	3:54.13 (40.09)	4:33.56 (39.43)	5:09.77 (36.21)	
5 Schmidt, Brenden	13	Bluefish Swim Club-NE	5:21.81	5:20.35
35.50	1:14.78 (39.28)	1:56.65 (41.87)	2:37.45 (40.80)	
3:19.78 (42.33)	4:00.36 (40.58)	4:42.02 (41.66)	5:20.35 (38.33)	
6 Lyons, Jackson C	13	Bluefish Swim Club-NE	5:44.39	5:28.80
36.21	1:16.07 (39.86)	1:57.86 (41.79)	2:39.97 (42.11)	
3:22.99 (43.02)	4:05.23 (42.24)	4:47.95 (42.72)	5:28.80 (40.85)	
7 Wildey, Parker H	14	Edge Swim Club-NE	5:50.16	5:34.01
35.10	1:14.37 (39.27)	1:57.21 (42.84)	2:41.29 (44.08)	
3:25.97 (44.68)	4:10.01 (44.04)	4:54.29 (44.28)	5:34.01 (39.72)	
8 Medina, Kyle J	14	Cape Cod Firefish-NE	6:16.96	5:51.79
40.03	1:26.42 (46.39)	2:14.43 (48.01)	2:59.98 (45.55)	
3:45.82 (45.84)	4:30.20 (44.38)	5:13.00 (42.80)	5:51.79 (38.79)	



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Name	Age	Team	Seed Time	Finals Time
9 Ross, Dylan J	13	Cape Cod Firefish-NE	6:59.99	6:40.96
	43.54	1:34.48 (50.94)	3:16.57 ( )	
	4:08.35 (51.78)	5:01.38 (53.03) 5:49.51 (48.13)	6:40.96 (51.45)	

**Event 43 Men 15-18 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Lemke, Kaleb A	15	Yankee Clippers Swim Team-NE	4:17.53	4:22.98
	30.38	1:02.57 (32.19) 1:35.56 (32.99)	2:08.87 (33.31)	
	2:42.25 (33.38)	3:16.40 (34.15) 3:50.21 (33.81)	4:22.98 (32.77)	
2 Hu, Charles S	15	Amherst Tritons Swim Team-NE	4:24.45	4:28.08
	31.78	1:04.58 (32.80) 1:38.56 (33.98)	2:11.75 (33.19)	
	2:46.70 (34.95)	3:21.37 (34.67) 3:55.31 (33.94)	4:28.08 (32.77)	
3 Sun, Teddy H	17	Amherst Tritons Swim Team-NE	4:21.26	4:35.56
	31.90	1:06.16 (34.26) 1:40.97 (34.81)	2:15.85 (34.88)	
	2:50.72 (34.87)	3:25.49 (34.77) 3:59.93 (34.44)	4:35.56 (35.63)	
4 Hong, Evan C	16	Bluefish Swim Club-NE	4:27.18	4:39.04
	31.51	1:05.77 (34.26) 1:41.34 (35.57)	2:17.21 (35.87)	
	2:53.03 (35.82)	3:29.31 (36.28) 4:05.28 (35.97)	4:39.04 (33.76)	
5 Zeng, Chris Z	16	Bluefish Swim Club-NE	4:23.14	4:39.05
	31.70	1:05.61 (33.91) 1:40.96 (35.35)	2:16.87 (35.91)	
	2:52.22 (35.35)	3:28.15 (35.93) 4:03.87 (35.72)	4:39.05 (35.18)	
6 Potter, Nicky M	15	Amherst Tritons Swim Team-NE	4:58.80	4:45.76
	31.63	1:07.29 (35.66) 1:43.20 (35.91)	2:19.94 (36.74)	
	2:57.09 (37.15)	3:33.49 (36.40) 4:10.38 (36.89)	4:45.76 (35.38)	
7 Chiappetta, Jack R	16	Bluefish Swim Club-NE	4:43.20	4:49.59
	31.93	1:08.14 (36.21) 1:45.77 (37.63)	2:23.86 (38.09)	
	3:01.29 (37.43)	3:39.77 (38.48) 4:16.69 (36.92)	4:49.59 (32.90)	
8 Sun, Timmy H	15	Amherst Tritons Swim Team-NE	4:54.99	4:53.84
	33.01	1:09.78 (36.77) 1:47.52 (37.74)	2:25.53 (38.01)	
	3:03.61 (38.08)	3:41.16 (37.55) 4:18.68 (37.52)	4:53.84 (35.16)	
9 Pinto-Cohn, Tanner L	17	Yankee Clippers Swim Team-NE	4:46.17	4:54.26
	31.05	1:05.27 (34.22) 1:40.94 (35.67)	2:17.92 (36.98)	
	2:57.79 (39.87)	3:36.43 (38.64) 4:16.71 (40.28)	4:54.26 (37.55)	
10 Palmer, Beckham R	16	Edge Swim Club-NE	5:05.27	5:04.83
	32.11	1:09.91 (37.80) 1:49.00 (39.09)	2:28.57 (39.57)	
	3:08.30 (39.73)	3:49.06 (40.76) 4:28.54 (39.48)	5:04.83 (36.29)	

