

**Northern TRIBS Swimming**  
**Head Coach Josh Jock**

---

**Individual Top Times**

Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
<b>Female 8 &amp; Under 100 Free</b>									
1	1:38.24 L	F	Julia Domena	8	NTS AD	7/2/2010	Clinton Cudas Colgate Classic Invitational		
<b>Female 8 &amp; Under 50 Breast</b>									
1	58.18 L	F	Julia Domena	8	NTS AD	7/2/2010	Clinton Cudas Colgate Classic Invitational		
<b>Female 8 &amp; Under 50 Fly</b>									
1	51.44 L	F	Julia Domena	8	NTS AD	7/2/2010	Clinton Cudas Colgate Classic Invitational		
<b>Female 11-12 50 Free</b>									
1	34.50 L	P	Laura Hartman	11	NTS AD	7/22/2011	2011 Adirondack Long Course District Chan		
<b>Female 11-12 100 Free</b>									
1	1:13.32 L	P	Angelina Domena	12	NTS AD	7/2/2010	Clinton Cudas Colgate Classic Invitational		
<b>Female 11-12 200 Free</b>									
1	2:52.81 L	P	Laura Hartman	11	NTS AD	7/22/2011	2011 Adirondack Long Course District Chan		
<b>Female 11-12 100 Back</b>									
1	1:30.15 L	P	Laura Hartman	11	NTS AD	7/22/2011	2011 Adirondack Long Course District Chan		
<b>Female 11-12 100 Breast</b>									
1	1:33.97 L	P	Laura Hartman	11	NTS AD	7/22/2011	2011 Adirondack Long Course District Chan		
<b>Female 11-12 200 Breast</b>									
1	3:26.36 L	F	Laura Hartman	11	NTS AD	7/22/2011	2011 Adirondack Long Course District Chan		
<b>Female 11-12 50 Fly</b>									
1	39.14 L	P	Angelina Domena	12	NTS AD	7/2/2010	Clinton Cudas Colgate Classic Invitational		
<b>Female 13-14 50 Free</b>									
1	30.19 L	P	*I Elizabeth Dempsey	13	NTS AD	6/25/2010	CGBD Summer Madness LC Invitational		
<b>Female 13-14 100 Free</b>									
1	1:07.08 L	F	*I Elizabeth Dempsey	13	NTS AD	6/25/2010	CGBD Summer Madness LC Invitational		
<b>Female 13-14 200 Free</b>									
1	2:33.94 L	F	*I Elizabeth Dempsey	13	NTS AD	6/25/2010	CGBD Summer Madness LC Invitational		
<b>Female 13-14 100 Breast</b>									
1	1:39.08 L	F	*I Elizabeth Dempsey	13	NTS AD	6/25/2010	CGBD Summer Madness LC Invitational		
<b>Female 13-14 200 Breast</b>									
1	3:39.33 L	F	*I Elizabeth Dempsey	13	NTS AD	6/25/2010	CGBD Summer Madness LC Invitational		
<b>Female 50 Free</b>									
1	28.62 L	F	*I Julie Haynes	17	NTS AD	7/26/2008	Empire State Games		
<b>Female 100 Free</b>									
1	1:06.35 L	F	*I Julie Haynes	17	NTS AD	7/26/2008	Empire State Games		
<b>Female 100 Breast</b>									
1	1:32.87 L	F	*I Julie Haynes	17	NTS AD	7/26/2008	Empire State Games		
<b>Female 200 Breast</b>									
1	3:29.44 L	F	*I Julie Haynes	17	NTS AD	7/26/2008	Empire State Games		
<b>Female 200 Fly</b>									
1	3:32.93 L	F	*I Emilie Norton	16	NTS AD	7/26/2008	Empire State Games		
<b>Female 200 IM</b>									
1	2:59.50 L	F	*I Julie Haynes	17	NTS AD	7/26/2008	Empire State Games		
<b>Female 400 IM</b>									
1	6:34.21 L	F	*I Emilie Norton	16	NTS AD	7/26/2008	Empire State Games		