

**The SJISA Swim Fast Relays
December 14, 2011
Results**

Event 1 Women 600 Yard Freestyle Relay (3 x 200)

Lead-off 200 Free NJSQT - 1:58.63

Meet Record: 5:56.04 R 2006

Team	Cherry Hill West Relay							Seed Time	Finals Time
1 Cherry Hill West								7:00.01	6:05.91
	26.40	28.95	30.52	30.44	26.93	31.68	33.91	33.52	
	11.48	15.51	1:36.57						
2 Rancocas Valley								6:17.00	6:16.68
	27.23	30.83	32.01	32.06	10.93	20.12			
	10.73	14.36	1:29.90						
3 Cherry Hill East								6:15.00	6:19.25
	30.18	33.84	35.38	34.22	28.34	31.66	32.73	32.70	
	26.69	30.02	31.22	32.27					
4 Washington Township								7:00.00	6:28.78
	31.04	34.61	36.08	36.52	10.79	18.21			
	32.37	35.86	38.22						
5 Haddonfield								6:49.51	6:32.97
	30.81	34.33	36.86	36.21	10.83	19.88			
	11.86	20.72	36.79	42.55					
6 Lenape								6:50.00	6:54.53
	27.89	31.28	33.78	33.28	34.03	38.41	38.69	38.41	
	10.91	18.77	1:49.08						
7 Holy Spirit								8:00.00	7:04.39
	30.00	33.28	34.87			37.37	38.16	42.73	
	25.87	35.49	36.01	42.07					
8 Woodstown								6:45.78	7:04.61
	31.36	35.31	37.42	36.84	29.28	34.50	35.19	33.63	
	33.69	37.51	39.32	40.56					
9 Cinnaminson								7:12.00	7:15.86
	33.73	37.98	38.73	38.30	10.54	21.29	36.27	1:13.03	
	13.03	20.83	1:52.13						
10 Haddon Township								8:00.00	7:38.82
	32.45	37.03	38.15	37.86	35.60	41.77	43.56	39.21	
	34.91	39.74	40.13	38.41					
11 Middle Township								7:45.00	7:49.34
	32.56	37.32	39.05	37.52					
	38.42	43.37	43.07	37.85					
12 Gloucester Co. Inst. of Tech.								7:45.00	7:49.96
	34.05	42.77	46.47	48.40	31.30	37.98	40.95		
		37.48	39.08	39.63					
13 Shawnee								8:01.55	8:03.24
	33.36	38.57	40.06	38.48	35.90	40.39	42.93	41.09	
	36.62	2:15.84							

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13	Woodstown							8:22.83	8:35.20
		35.69	44.56	48.76	48.85	42.33	47.43	49.99	46.28
		34.56	1:56.75						
---	Gloucester Co. Inst. of Tech.							7:20.00	DQ
		34.20	40.71	42.79	40.69	32.50	42.26	44.39	46.42
		30.64	35.73	38.39					
---	Haddon Township							8:00.00	NS

Event 3 Women 200 Yard Medley Relay - Varsity (Any grade)

Meet Record: 1:54.18 R 1999 Cherry Hill West
1:48.70 AAC
1:55.27 NJS

	Team		Relay		Seed Time	Finals Time	
1	Haddonfield				1:52.31	1:54.43	NJS
		29.74	31.77	27.41	25.51		
2	Rancocas Valley				1:57.63	1:59.54	
		27.69	35.04	28.48	28.33		
3	Cherry Hill East				1:59.50	2:00.51	
		29.79	35.17	29.08	26.47		
4	Cherry Hill West				2:03.50	2:03.82	
		32.27	35.05	36.67	19.83		
5	Holy Spirit				2:15.00	2:05.84	
		31.51	33.18	32.25	28.90		
6	Woodstown				2:06.16	2:06.45	
7	Haddon Township				2:06.97	2:07.91	
		32.02	36.99	32.76	26.14		
8	Shawnee				2:03.42	2:08.27	
		33.15	36.24	32.43	26.45		
9	Washington Township				2:04.20	2:12.76	
			29.79	30.50			
10	Cinnaminson				2:02.00	2:18.21	
		39.16	32.12	33.10	33.83		
11	Gloucester Co. Inst. of Tech.				2:08.35	2:19.67	
		36.81	36.55	33.44	32.87		
12	Lenape				2:22.00	2:23.18	
		38.43	41.11	33.97	29.67		
13	Cape May Tech				2:22.00	2:23.97	
		38.31	38.97	34.78	31.91		
14	Middle Township				2:20.00	2:32.39	
		36.42	42.16	44.92	28.89		

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15	Triton			2:31.57	2:34.92
	41.92	36.81	33.56	42.63	

Event 4 Men 200 Yard Medley Relay - Varsity (Any grade)

Meet Record: 1:37.32 R 2010 Saint Augustine
1:36.66 AAC
1:44.97 NJS

	Team				Seed Time	Finals Time
1	Rancocas Valley				1:45.24	1:46.26
	28.58	29.95	26.01	21.72		
2	Haddonfield				1:42.80	1:47.16
	27.46	30.03	26.27	23.40		
3	Cherry Hill East				1:43.00	1:48.94
	28.68	29.46	26.69	24.11		
4	Lenape				1:51.00	1:51.13
	30.22	31.37	25.85	23.69		
5	Shawnee				1:52.00	1:51.99
	29.66	30.73	26.05	25.55		
6	Cherokee				1:48.00	1:53.37
	30.80	28.34	27.41	26.82		
7	Cherry Hill West				1:50.00	1:54.80
	27.82	31.68	31.46	23.84		
8	Holy Spirit				2:05.00	1:54.85
	30.84	34.25	27.02	22.74		
9	Washington Township				1:50.00	1:56.03
	30.90	32.73	28.33	24.07		
9	Cinnaminson				1:47.00	1:56.03
	31.34	29.30	30.04	25.35		
11	Haddon Township				1:59.06	1:56.21
	30.80	31.76	27.51	26.14		
12	Cape May Tech				1:53.00	1:57.14
	31.61	31.25	29.98	24.30		
13	Woodstown				1:59.99	1:58.06
	29.95	33.34	31.17	23.60		
14	Gloucester Co. Inst. of Tech.				1:58.85	2:03.32
	31.84	39.02	26.38	26.08		
15	Middle Township				2:10.00	2:06.11
	33.16	35.88	30.28	26.79		
16	Triton				2:19.27	2:33.20
	36.84	36.65	50.43	29.28		

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Event 5 Women 200 Yard Medley Relay - Grades 9 and 10

Meet Record: 1:54.29 R 2000 Haddonfield
1:48.70 AAC
1:55.27 NJS

Team	Relay				Seed Time	Finals Time
1 Cherry Hill East					2:00.50	2:00.95
	28.67	36.26	29.39	26.63		
2 Haddonfield					2:02.98	2:06.61
	34.01	35.88	30.83	25.89		
3 Cherry Hill West					2:05.50	2:07.16
	31.09	36.56	31.81	27.70		
4 Shawnee					2:05.32	2:09.35
	33.93	36.56	30.57	28.29		
5 Lenape					2:09.00	2:09.96
	35.03	34.71	1:00.22			
6 Cinnaminson					2:05.00	2:11.35
	31.27	36.18	31.10	32.80		
7 Holy Spirit					2:20.00	2:12.02
	34.42	35.96	33.19	28.45		
8 Middle Township					2:15.00	2:17.18
	38.16	45.02	24.93	29.07		
9 Cape May Tech					2:24.00	2:20.39
	37.44	37.53	33.49	31.93		
10 Gloucester Co. Inst. of Tech.					2:15.82	2:21.64
	35.77	38.97	37.53	29.37		
11 Woodstown					2:21.33	2:22.14
	33.84	40.46	32.64	35.20		
12 Washington Township					2:06.50	2:23.06
	40.35			29.65		
13 Haddon Township					2:15.00	2:28.57
	42.11	41.88	1:04.58			
14 Rancocas Valley					2:24.20	2:29.61
	41.18	35.79	40.71	31.93		
15 Triton					2:42.21	2:57.27
	43.08	45.05	40.22	48.92		

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Event 6 Men 200 Yard Medley Relay - Grades 9 and 10

Meet Record: 1:41.47 R 2004 Bishop Eustace
1:36.66 AAC
1:44.97 NJS

Team	Relay				Seed Time	Finals Time
1 Haddonfield					1:53.20	1:51.08
	29.29	30.62	26.60	24.57		
2 Cherry Hill East					1:47.00	1:51.65
	30.27	30.49	26.09	24.80		
3 Cherokee					1:54.00	1:56.97
	32.67	33.98	25.37	24.95		
4 Cherry Hill West					1:58.00	1:57.32
	33.11	31.84	27.89	24.48		
4 Rancocas Valley					1:56.68	1:57.32
	29.51	33.75	29.22	24.84		
6 Cape May Tech					2:01.00	1:59.32
	32.00	33.62	25.78	27.92		
7 Shawnee					1:55.00	2:00.53
	30.73	34.82	28.75	26.23		
8 Lenape					2:07.00	2:01.46
	32.05	33.67	29.16	26.58		
9 Gloucester Co. Inst. of Tech.					2:02.75	2:08.51
	35.99	35.22	30.76	26.54		
10 Washington Township					2:08.00	2:09.29
	31.67	37.94	30.56	29.12		
11 Cinnaminson					1:54.00	2:17.67
	35.27	37.92	36.54	27.94		
12 Holy Spirit					2:15.00	2:22.73
	39.81	43.30	30.29	29.33		
13 Woodstown					2:38.89	2:25.83
	43.29	35.98	32.77	33.79		
--- Middle Township					2:15.00	NS

Event 7 Women 200 Yard Backstroke Relay

Meet Record: 1:55.37 R 1999 Cherry Hill West
Team Relay

Team	Relay				Seed Time	Finals Time
1 Cherry Hill East					1:57.00	1:57.79
	30.98	30.53	27.54	28.74		
2 Cherry Hill West					2:10.11	2:02.77
	34.44	30.48	29.86	27.99		

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3	Haddon Township					2:14.00	2:04.41
		31.41	30.06	38.59	24.35		
4	Woodstown					2:24.45	2:09.71
		34.51	28.90	34.85	31.45		
5	Shawnee					2:15.03	2:12.90
		32.70	34.88	33.54	31.78		
6	Holy Spirit					2:45.00	2:13.32
		31.42	37.63	36.61	27.66		
7	Washington Township					2:13.20	2:14.14
		36.10	29.92	41.01	27.11		
8	Haddonfield					2:07.82	2:14.46
		31.49	31.14	1:11.83			
9	Lenape					2:18.00	2:18.79
		35.39	36.23	33.87	33.30		
10	Rancocas Valley					2:25.30	2:19.59
		34.79	31.70	39.94	33.16		
11	Gloucester Co. Inst. of Tech.					2:20.00	2:21.82
		37.01	36.17	34.78	33.86		
12	Middle Township					2:31.00	2:22.52
		36.71	36.77	34.31	34.73		
13	Cape May Tech					2:34.00	2:37.16
		38.74	41.83	35.54	41.05		
14	Cinnaminson					2:40.00	2:46.29
		40.37	37.22	46.47	42.23		
15	Triton					2:46.83	3:02.57
		43.96	42.38	39.35	56.88		

Event 8 Men 200 Yard Backstroke Relay

Meet Record: 1:41.25 R 2001						Cherry Hill East	
Team					Relay	Seed Time	Finals Time
1	Cherry Hill East					1:52.00	1:52.82
		28.65	29.02	28.62	26.53		
2	Haddonfield					1:53.60	1:53.06
		27.05	30.08	29.36	26.57		
3	Rancocas Valley					1:55.91	1:53.65
		28.83	29.56	27.93	27.33		
4	Cherry Hill West					1:54.00	1:54.03
		31.26	30.30	26.66	25.81		
5	Lenape					2:08.00	1:59.28
		27.43	31.91	30.98	28.96		

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6	Shawnee					2:05.00	1:59.44
		30.76	29.66	30.90	28.12		
7	Cherokee					2:01.00	2:03.84
		31.02	32.41	32.09	28.32		
8	Holy Spirit					2:40.00	2:07.98
		31.43	30.82	34.79	30.94		
9	Washington Township					2:16.00	2:08.76
		36.47	28.70	34.24	29.35		
10	Cape May Tech					2:10.00	2:10.95
		35.62	31.31	37.76	26.26		
11	Woodstown					2:16.44	2:10.99
		31.27	36.74	34.06	28.92		
12	Gloucester Co. Inst. of Tech.					2:20.00	2:12.17
		32.54	34.38	34.56	30.69		
13	Cinnaminson					2:01.00	2:16.37
		38.50	34.01	34.14	29.72		
---	Triton					2:49.19	DQ
		40.35	47.84	43.90	43.46		
---	Middle Township					2:20.00	NS

Event 9 Women 200 Yard Butterfly Relay

Meet Record: 1:52.34 R 2000		Haddonfield					
Team		Relay				Seed Time	Finals Time
1	Haddonfield					1:53.97	1:55.62
		29.27	27.74	29.22	29.39		
2	Cherry Hill East					2:01.50	2:01.11
		31.29	32.19	28.85	28.78		
3	Cherry Hill West					2:00.00	2:02.28
		31.35	31.35	29.59	29.99		
4	Cinnaminson					1:58.00	2:03.17
		28.11	32.46	32.21	30.39		
5	Shawnee					2:09.56	2:06.92
		31.01	33.62	31.98	30.31		
6	Holy Spirit					2:05.00	2:07.71
		29.84	30.69	33.93	33.25		
7	Rancocas Valley					2:18.33	2:08.61
		31.75	32.54	32.19	32.13		
8	Washington Township					2:14.18	2:12.42
		37.15	35.24	29.78	30.25		

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9	Woodstown					2:11.66	2:13.68
		37.48	34.39	29.64	32.17		
10	Lenape					2:08.00	2:15.05
		31.75	37.16	33.59	32.55		
11	Cape May Tech					2:20.00	2:16.58
		34.86	33.20	32.98	35.54		
12	Gloucester Co. Inst. of Tech.					2:10.00	2:21.91
		37.50	36.04	34.63	33.74		
---	Middle Township					2:14.00	NS

Event 10 Men 200 Yard Butterfly Relay

Meet Record: 1:40.31 R 1998

	Team					Haddonfield Relay	Seed Time	Finals Time
1	Cherry Hill East						1:43.00	1:43.67
		25.16	26.13	26.53	25.85			
2	Cherokee						1:48.00	1:48.28
		28.18	25.71	28.65	25.74			
3	Rancocas Valley						1:48.82	1:49.73
		29.58	27.53	27.04	25.58			
4	Haddonfield						1:51.80	1:49.88
		26.25	27.08	29.07	27.48			
5	Holy Spirit						2:00.00	1:51.62
		27.72	29.86	28.80	25.24			
6	Washington Township						1:50.00	1:52.69
		27.99	28.59	27.77	28.34			
7	Cinnaminson						2:12.00	1:53.20
		25.34	32.59	28.12	27.15			
8	Shawnee						1:55.00	1:54.24
		28.62	28.82	27.72	29.08			
9	Cherry Hill West						1:50.00	1:55.45
		28.96	31.83	27.21	27.45			
10	Cape May Tech						2:03.00	1:58.88
		30.87	31.29	30.85	25.87			
11	Lenape						2:03.00	1:59.15
		29.59	33.19	30.92	25.45			
12	Haddon Township						NT	2:03.16
		29.87	29.11	36.95	27.23			
13	Gloucester Co. Inst. of Tech.						2:00.52	2:04.64
		33.36	31.06	31.94	28.28			

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14	Woodstown	2:05.07	2:05.43
	27.66 31.94 33.58 32.25		

**Event 11 Women 200 Yard Freestyle Relay - Varsity (Any grade)
Lead-off 50 Free NJSQT - 25.18**

Meet Record: 1:43.21 R 2008 Cherry Hill East
1:38.38 AAC
1:44.71 NJS

	Team	Relay	Seed Time	Finals Time	
1	Cherry Hill West		1:53.81	1:44.55	NJS
	26.33 26.71 25.84 25.67				
2	Cherry Hill East		1:48.60	1:45.39	
	27.64 26.39 25.70 25.66				
3	Rancocas Valley		1:51.51	1:47.11	
	27.61 26.56 28.89 24.05				
4	Washington Township		1:55.28	1:51.68	
	28.68 28.20 28.08 26.72				
5	Haddonfield		1:50.33	1:52.49	
	29.76 26.75 27.82 28.16				
6	Holy Spirit		1:55.00	1:57.44	
	27.73 28.61 29.95 31.15				
7	Lenape		1:58.00	1:57.56	
	29.22 31.46 28.47 28.41				
8	Shawnee		1:55.15	1:57.80	
	30.26 28.07				
9	Middle Township		2:02.00	2:01.16	
	31.21 32.71 28.44 28.80				
10	Gloucester Co. Inst. of Tech.		1:56.17	2:03.81	
	31.41 30.96 31.66 29.78				
11	Haddon Township		1:58.00	2:04.63	
	29.13 29.68 37.77 28.05				
12	Cape May Tech		2:12.00	2:06.86	
	31.03 35.49 28.62 31.72				
13	Cinnaminson		1:55.00	2:16.10	
	29.41 41.26 36.42 29.01				
14	Triton		2:01.89	2:16.17	
	32.34 29.32 32.03 42.48				
15	Woodstown		2:11.56	2:25.14	
	39.89 37.72 28.07 39.46				

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Event 12 Men 200 Yard Freestyle Relay - Varsity (Any grade)

Lead-off 50 Free NJSQT - 22.67

**Meet Record: 1:27.96 R 2006 Cherry Hill West
1:26.90 AAC
1:32.49 NJS**

Team	Relay				Seed Time	Finals Time
1 Cherokee					1:36.00	1:35.64
	23.32	24.39	24.75	23.18		
2 Lenape					1:39.00	1:35.95
	23.30	24.06	25.28	23.31		
3 Cherry Hill East					1:32.00	1:37.07
	24.77	24.29	24.85	23.16		
4 Haddonfield					1:31.20	1:37.16
	24.68	23.83	23.82	24.83		
5 Rancocas Valley					1:37.03	1:38.65
	25.19	25.13	25.71	22.62		
6 Shawnee					1:41.00	1:40.25
	25.30	25.52	25.64	23.79		
7 Cape May Tech					1:42.00	1:40.36
	25.64	24.19	26.94	23.59		
8 Washington Township					1:39.00	1:42.93
	24.86	26.42	26.09	25.56		
9 Holy Spirit					1:45.00	1:43.74
	25.89	25.94	26.96	24.95		
10 Gloucester Co. Inst. of Tech.					1:46.89	1:48.51
	26.91	28.20	27.35	26.05		
11 Haddon Township					1:52.00	1:51.54
	26.97	30.10	28.16	26.31		
12 Cinnaminson					1:41.00	1:52.12
	26.09	29.43	32.10	24.50		
13 Cherry Hill West					1:37.00	1:53.62
	25.80	28.86	31.83	27.13		
14 Middle Township					1:54.00	1:54.13
	27.79	31.71	28.23	26.40		
15 Woodstown					1:56.15	2:05.00
	36.74	28.60	37.19	22.47		
16 Triton					2:18.94	2:16.46
	37.47	32.76	36.56	29.67		

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Event 13 Women 200 Yard Freestyle Relay - Grades 9 and 10

Lead-off 50 Free NJSQT - 25.18

Meet Record: 1:43.62 R 2005 Cherry Hill West
 1:38.38 AAC
 1:44.71 NJS

Team	Relay	Seed Time	Finals Time
1 Cherry Hill East		1:50.00	1:48.88
26.57 27.59 26.46 28.26			
2 Cherry Hill West		1:51.66	1:52.03
28.29 28.29 26.83 28.62			
3 Haddonfield		1:51.89	1:53.05
28.18 27.80 29.74 27.33			
4 Cinnaminson		1:59.00	1:55.43
28.92 28.59 30.53 27.39			
5 Middle Township		1:56.00	1:57.14
29.79 31.76 35.79 19.80			
6 Holy Spirit		2:00.00	1:57.95
29.64 29.56 29.69 29.06			
7 Shawnee		1:54.85	1:58.63
29.63 29.56 29.18 30.26			
8 Washington Township		1:58.20	2:04.69
30.50 1:34.19			
9 Lenape		2:02.00	2:04.86
33.82 33.93 30.12 26.99			
10 Gloucester Co. Inst. of Tech.		2:05.00	2:05.60
29.51 30.76 32.85 32.48			
11 Cape May Tech		2:10.00	2:07.70
33.46 29.83 32.34 32.07			
12 Haddon Township		2:46.33	2:09.24
31.03 35.49 34.66 28.06			
13 Rancocas Valley		2:10.22	2:12.31
32.96 34.12 33.08 32.15			
14 Woodstown		2:27.75	2:14.73
34.88 38.36 31.88 29.61			
15 Triton		2:38.55	2:37.04
35.88 37.35 35.50 48.31			

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Event 14 Men 200 Yard Freestyle Relay - Grades 9 and 10

Lead-off 50 Free NJSQT - 22.67

**Meet Record: 1:32.82 R 2005 Cherry Hill West
1:26.90 AAC
1:32.49 NJS**

Team	Relay				Seed Time	Finals Time
1 Haddonfield					1:41.03	1:37.52
	24.90	23.77	24.46	24.39		
2 Cherokee					1:38.00	1:41.82
	26.42	25.64	25.96	23.80		
3 Cherry Hill West					1:46.08	1:42.03
	26.40	25.13	26.39	24.11		
4 Cape May Tech					1:46.00	1:42.23
	24.55	24.47	24.99	28.22		
5 Cherry Hill East					1:37.00	1:43.01
	27.53	24.93	25.26	25.29		
6 Shawnee					1:45.00	1:45.77
	26.72	26.69	27.48	24.88		
7 Lenape					1:48.00	1:45.83
	26.20	26.32	27.12	26.19		
8 Cinnaminson					1:48.00	1:52.84
	28.22	29.84	27.74	27.04		
9 Rancocas Valley					2:00.56	1:56.83
	30.56	30.99	27.15	28.13		
10 Holy Spirit					1:55.00	1:58.97
	29.84	30.42	28.69	30.02		
11 Washington Township					1:49.00	2:02.54
	30.26	29.47	33.31	29.50		
12 Woodstown					2:06.33	2:03.92
	30.25	35.76	31.52	26.39		
13 Gloucester Co. Inst. of Tech.					2:00.00	2:05.42
	32.19	36.29	29.60	27.34		
--- Middle Township					1:56.00	NS

Event 15 Women 200 Yard Breaststroke Relay

Meet Record: 2:07.97 R 2009 Moorestown

Team	Relay				Seed Time	Finals Time
1 Haddonfield					2:10.51	2:20.31
	32.29	33.19	35.37	39.46		
2 Shawnee					2:18.26	2:23.66
	37.04	34.89	38.11	33.62		
3 Lenape					2:15.00	2:26.24
	35.21	39.12	37.32	34.59		

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4	Cherry Hill West					2:19.11	2:26.71
		35.75	38.34	37.91	34.71		
5	Cherry Hill East					2:25.00	2:28.45
		38.31	34.94	36.24	38.96		
6	Holy Spirit					2:45.00	2:31.38
		37.11	33.11	41.01	40.15		
7	Cinnaminson					2:44.00	2:32.73
		47.26	32.38	41.67	31.42		
8	Gloucester Co. Inst. of Tech.					2:45.00	2:36.63
		36.98	41.04	39.58	39.03		
9	Washington Township					2:40.20	2:36.96
		42.31			36.00		
10	Middle Township					2:42.00	2:41.79
		42.04	45.51	36.41	37.83		
11	Rancocas Valley					2:40.00	2:42.82
		38.64	41.52	44.12	38.54		
12	Haddon Township					2:24.00	2:43.96
		38.59	36.69	50.38	38.30		
13	Woodstown					2:35.43	2:48.74
		40.69	42.38	40.10	45.57		
14	Cape May Tech					2:40.00	2:49.63
		41.91	38.38	46.24	43.10		
15	Triton					2:42.11	2:51.79
		36.76	37.42	42.41	55.20		

Event 16 Men 200 Yard Breaststroke Relay

Meet Record: 1:53.46 R 2007 Cherry Hill East Relay

	Team					Seed Time	Finals Time
1	Cherry Hill East					1:56.00	1:59.97
		29.02	30.54	30.41	30.00		
2	Cherokee					2:06.00	2:09.81
		32.08	34.35	34.31	29.07		
3	Rancocas Valley					2:06.53	2:10.86
		34.24	34.25	32.28	30.09		
4	Cherry Hill West					2:09.10	2:12.05
		32.32	35.87	32.89	30.97		
5	Shawnee					2:13.00	2:12.48
		32.08	34.90	34.87	30.63		
6	Haddonfield					2:07.99	2:17.61
		32.26	35.33	35.83	34.19		
7	Cape May Tech					2:12.00	2:20.16
		32.16	35.28	38.34	34.38		

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8	Washington Township				2:24.00	2:20.33
		32.68	37.02	35.22	35.41	
9	Lenape				2:23.00	2:20.82
		36.81	35.41	38.35	30.25	
10	Middle Township				2:40.00	2:20.84
		35.00	35.74	36.23	33.87	
11	Haddon Township				2:27.22	2:22.00
		35.75	35.05	37.28	33.92	
12	Holy Spirit				2:40.00	2:28.99
		37.10	34.71	37.10	40.08	
13	Gloucester Co. Inst. of Tech.				2:35.89	2:32.79
		35.98	38.37	41.90	36.54	
14	Woodstown				2:25.97	2:35.73
		34.52	42.91	41.98	36.32	
---	Triton				2:34.12	DQ
		36.70	43.33	47.35	35.04	
---	Cinnaminson				2:07.00	NS

Event 17 Women 100 Yard Freestyle Relay - Winner is closest to 1:00, +/- !

Meet Record: 59.75 R 2009

Haddon Township

Team	Relay	Seed Time	Finals Time
1 Gloucester Co. Inst. of Tech.		NT	56.53
			28.96 27.57
2 Woodstown		NT	59.57
			30.57 29.00
3 Haddon Township		NT	59.59
			29.60 29.99
4 Rancocas Valley		NT	59.82
			29.84 29.98
5 Haddonfield		NT	59.97 R
			31.12 28.85
6 Lenape		NT	1:00.35
			30.82 29.53
7 Shawnee		NT	1:00.44
			34.50 25.94
8 Cherry Hill East		NT	1:00.62
			30.09 30.53
9 Washington Township		NT	1:00.72
			31.43 29.29
10 Holy Spirit		NT	1:00.78
			30.86 29.92
11 Cherry Hill West		NT	1:02.20
			31.94 30.26
11 Cinnaminson		NT	1:02.20
			31.00 31.20
13 Cape May Tech		NT	1:03.03
			33.01 30.02
---	Middle Township	NT	NS

**The SJISA Swim Fast Relays
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--- Triton

NT

NS

Event 18 Men 100 Yard Freestyle Relay - Winner is closest to 1:00, +/- !

Meet Record: 1:00.01 R 2009

Triton

Team	Relay	Seed Time	Finals Time
1 Cherry Hill West 28.57 30.65		NT	59.22
2 Cherry Hill East 29.49 29.87		NT	59.36
3 Shawnee 29.33 30.36		NT	59.69
4 Cape May Tech 27.79 31.92		NT	59.71
5 Rancocas Valley 29.55 30.57		NT	1:00.12
6 Cinnaminson 29.13 31.04		NT	1:00.17
7 Haddon Township 29.81 30.53		NT	1:00.34
8 Washington Township 32.15 28.54		NT	1:00.69
9 Haddonfield 30.38 30.40		NT	1:00.78
10 Woodstown 29.88 31.11		NT	1:00.99
11 Lenape 29.46 33.04		NT	1:02.50
12 Cherokee 29.99 32.61		NT	1:02.60
13 Middle Township 28.39 34.57		NT	1:02.96
14 Holy Spirit 34.71 28.26			
15 Gloucester Co. Inst. of Tech. 28.41 34.68		NT	1:03.09
16 Triton 33.89 31.89		NT	1:05.78

The SJISA Swim Fast Relays
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Female Team Scores

Place	School		Points
1	Cherry Hill East	CHE	280
2	Cherry Hill West	CHW	272
3	Haddonfield	HFD	266
4	Holy Spirit	HSP	214
5	Shawnee	SHW	208
6	Washington Township	WTP	190
7	Lenape	LNP	186
8	Rancocas Valley	RVY	180
9	Woodstown	WTN	148
10	Gloucester Co. Inst. of Tech.	GCI	132
11	Middle Township	MID	130
12	Cape May Tech	CMT	104

Male Team Scores

Place	School		Points
1	Cherry Hill East	CHE	280
2	Cherokee	CHK	254
3	Haddonfield	HFD	246
4	Rancocas Valley	RVY	225
5	Shawnee	SHW	206
6	Cherry Hill West	CHW	199
7	Lenape	LNP	186
8	Washington Township	WTP	170
9	Cape May Tech	CMT	164
10	Holy Spirit	HSP	156
11	Cinnaminson	CIN	116
12	Gloucester Co. Inst. of Tech.	GCI	72
13	Woodstown	WTN	62
14	Haddon Township	HTP	46
15	Middle Township	MID	24
16	Triton	TRI	14