

**The SJISA Swim Fast Relays**  
**December 12, 2012**  
**Results**

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

**Lead-off 200 Free NJSQT - 1:58.13**

Meet Record:	5:56.04 R 2006			Cherry Hill West					Seed Time	Finals Time
Team				Relay						
1 Cherokee									7:00.00	6:20.13
	29.65	33.24	33.96							
			26.81	30.44	31.89	29.47	32.90	33.60		
						31.71				
2 Cherry Hill East									6:30.25	6:27.29
	30.74	33.49	34.31							
			27.84	30.70	31.84	28.52	32.92	35.19		
						32.03				
3 Cherry Hill West									6:55.00	6:36.78
	31.01	34.70	36.33							
			26.92	30.67	31.77	31.25	34.60	36.63		
						32.12				
4 Rancocas Valley									6:40.00	6:39.70
	30.48	33.96	36.87							
			27.06	30.66	31.34	26.27	35.48	37.23		
						31.61				
5 Shawnee									7:05.00	6:41.74
	29.62	34.51	35.68							
			17.46	41.72	33.02	30.80	35.81	38.14		
						32.27				
6 Washington Township									7:20.00	6:55.23
	30.74	35.35	37.53	38.67	31.33			35.55		
	34.92	29.39	33.81	35.99	37.25					
7 Haddonfield									6:53.01	7:04.62
	31.19	34.83	36.03							
						31.22	36.36	1:14.16		
8 Cinnaminson									6:42.00	7:06.67
	31.07	34.26	35.31							
			31.10	36.51	38.07	32.19	37.24	38.97		
						38.04				
9 Lenape									7:15.00	7:14.39
	32.41	35.34	36.46	34.62	30.81			38.60		
	36.74	32.38	39.64	42.03	38.96					
10 Cape May Tech									7:30.00	7:23.85
	31.70	35.18	36.62	34.95	32.15			38.82		
	37.92	36.34	40.58	41.78	40.46					
11 Gloucester Co. Inst. of Tech.									7:00.00	7:26.13
	31.50	37.57	40.26							
			31.77	36.81	37.92	32.64	37.87	41.16		
						37.11				
12 Holy Spirit									8:00.00	7:34.48
	34.89	38.46	41.50	40.43	36.64					

1:51.75

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13	Woodstown							8:10.00	8:32.86
		32.01	36.35	38.18	36.84	42.92		53.36	
		52.72	36.06	44.29	45.53	43.48			
14	Deptford							10:00.00	8:58.45
		37.63					40.41	48.10	
		50.41	50.79	32.37	43.90	49.12	47.45		
---	Triton							8:05.86	NS

**Event 2 Men 600 Yard Freestyle Relay  
(3 x 200)**

**Lead-off 200 Free NJSQT - 1:49.10**

**Meet Record: 5:16.89 R 2005  
Team**

**Cherry Hill West  
Relay**

**Seed Time**

**Finals Time**

1	Moorestown							5:56.00	5:41.94
		26.53	29.75	31.13	30.54	15.19	37.37	29.67	29.62
		24.19	27.88	28.92	31.15				
2	Cherokee							5:45.00	5:44.43
		26.24	29.27	29.98	29.06	25.55	29.05	31.03	32.53
		25.28	28.48	29.06	28.90				
3	Cherry Hill East							5:50.00	5:59.15
		25.98	29.20	29.89	28.25	27.39	31.90	32.41	31.66
		27.68	31.64	32.83	30.32				
4	Shawnee							5:55.00	6:01.34
		26.13	28.58	30.19	28.82	29.02	33.11	34.65	33.55
		25.63	30.15	30.96	30.55				
5	Lenape							6:16.00	6:16.33
		28.70	32.32	33.48	33.07	27.88			
		34.62	26.07	30.58	31.64	30.13			
6	Washington Township							7:00.00	6:28.68
		29.54	32.81	33.61	32.89	29.00	34.21	36.46	36.83
		27.45	31.72	32.75	31.41				
7	Woodstown							7:45.00	6:32.54
		30.10	33.60	34.53	33.56	15.50	51.94	37.59	33.90
		27.25	31.42	32.71	30.44				
8	Cape May Tech							6:30.00	6:35.23
		29.27	33.21				29.31	32.99	33.47
		33.85	29.80	34.47	35.50	36.91			
9	Haddonfield							6:35.59	6:41.66
		30.38	35.29	36.92	35.43	26.98	32.48	35.70	35.27
		16.70	47.24	35.86	33.41				

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10	Eastern								7:05.00	6:51.97
		34.45	16.68	47.44	35.75	36.67	28.90	34.64	37.53	
					38.66	36.91				
11	Rancocas Valley								6:00.00	6:53.53
		28.73	33.37	36.80	37.42	29.32	33.85	37.66	38.75	
		29.41	35.65	36.41	36.16					
12	Holy Spirit								7:00.00	6:55.00
		31.74	35.16	37.28	36.37	31.09	37.31	38.53	37.46	
		28.76	32.62	34.24	34.44					
13	Cinnaminson								6:25.00	7:03.37
		26.20	28.88	29.88	30.58	29.85	36.54	40.92	42.15	
		16.01	18.31	2:04.05						
14	Cherry Hill West								6:10.00	7:10.98
		31.60	37.97	40.87	55.12	19.66	37.50	40.59	36.94	
		28.74	32.90	34.71	34.38					
15	Triton								7:25.87	7:38.57
		27.56				1:15.09	41.70			
					41.14	41.33				
16	Gloucester Co. Inst. of Tech.								6:15.00	7:46.21
		31.64	37.84	41.44	41.75	32.66	39.53	44.77	42.36	
		32.28	40.17	41.79	39.98					

**Event 3 Women 200 Yard Medley Relay**

**Varsity (Any grade)**

Meet Record: 1:54.18 R 1999 Cherry Hill West  
 1:48.60 AAC  
 1:55.27 NJS

Team	Relay	Seed Time	Finals Time
1 Cherry Hill West		2:03.50	2:00.31
	28.55 35.44 30.18 26.14		
2 Cherry Hill East		1:58.30	2:00.63
	29.35 36.74 28.01 26.53		
3 Cherokee		2:02.00	2:02.84
	31.83 35.23 29.72 26.06		
4 Haddonfield		1:57.22	2:02.94
	30.00 34.91 31.76 26.27		
5 Gloucester Co. Inst. of Tech.		2:02.77	2:07.42
	34.62 33.87 32.54 26.39		
6 Washington Township		2:06.20	2:07.70
	32.52 37.25 29.73 28.20		

**The SJISA Swim Fast Relays  
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7	Eastern					2:10.00	2:08.04
		33.66	33.30	32.12	28.96		
8	Rancocas Valley					1:59.20	2:08.10
		38.03	34.90	28.19	26.98		
9	Lenape					2:09.00	2:09.23
		32.72	36.47	30.97	29.07		
10	Cinnaminson					2:16.00	2:12.03
		34.82	37.08	29.79	30.34		
11	Holy Spirit					2:15.00	2:12.88
		33.62	36.61	33.89	28.76		
12	Woodstown					2:15.00	2:13.37
		34.76	35.81	1:02.80			
13	Shawnee					2:06.30	2:14.80
		35.13	36.50	36.17	27.00		
14	Cape May Tech					2:16.00	2:18.11
		34.15	38.66	36.06	29.24		
15	Gloucester					2:51.13	2:54.03
		38.31	52.63	45.27	37.82		
---	Triton					2:45.98	DQ

**Event 4 Men 200 Yard Medley Relay**

Varsity (Any grade)

Meet Record: 1:37.32 R 2010 Saint Augustine  
1:36.56 AAC  
1:44.11 NJS

	Team		Relay		Seed Time	Finals Time
1	Lenape				1:45.00	1:44.19
		28.07	28.15	25.80	22.17	
2	Moorestown				1:46.25	1:44.69
		26.49	31.31	23.79	23.10	
3	Cherry Hill East				1:44.00	1:46.59
		26.22	29.79	27.35	23.23	
4	Cherokee				1:45.50	1:48.44
		27.93	30.15	25.44	24.92	
5	Haddonfield				1:45.55	1:48.75
		27.60	31.04	25.81	24.30	

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6	Rancocas Valley					1:50.00	1:50.56
		27.41	30.23	29.56	23.36		
7	Washington Township					1:48.50	1:51.68
		28.22	31.80	26.97	24.69		
8	Cherry Hill West					1:50.52	1:51.96
		27.60	31.76	28.11	24.49		
9	Cinnaminson					2:00.00	1:53.95
		33.18	29.66	25.88	25.23		
10	Shawnee					1:53.00	1:54.61
		29.74	32.93	26.42	25.52		
11	Cape May Tech					1:53.00	1:56.63
		30.86	31.25	27.78	26.74		
12	Holy Spirit					2:05.00	1:57.49
		31.45	34.87	25.76	25.41		
13	Eastern					1:59.85	2:01.09
		33.50	34.46	26.96	26.17		
14	Gloucester Co. Inst. of Tech.					2:00.22	2:05.81
		36.10	33.24	31.04	25.43		
15	Woodstown					2:05.00	2:08.29
		30.43	34.62	34.34	28.90		
16	Triton					2:30.37	2:20.59
		38.54	39.95	31.46	30.64		

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

**Meet Record:** 1:54.29 R 2000 Haddonfield  
1:48.60 AAC  
1:55.27 NJS

	<b>Team</b>		<b>Relay</b>		<b>Seed Time</b>	<b>Finals Time</b>
1	Haddonfield				2:01.59	2:01.77
		31.73	32.08	28.88	29.08	
2	Lenape				2:04.00	2:04.59
		29.91	37.05	30.26	27.37	
3	Cherry Hill East				2:03.45	2:04.83
		30.51	35.65	30.61	28.06	
4	Shawnee				2:06.30	2:06.25
		31.32	35.37	31.34	28.22	

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5	Cherry Hill West					2:05.50	2:06.31
		30.43	36.26	32.03	27.59		
6	Cherokee					2:08.00	2:15.32
		36.67	37.62	32.73	28.30		
7	Holy Spirit					2:20.00	2:19.73
		37.23	37.48	34.25	30.77		
8	Washington Township					2:26.20	2:21.70
		34.93			32.88		
9	Gloucester Co. Inst. of Tech.					2:32.74	2:24.90
		37.48			30.94		
10	Rancocas Valley					2:30.20	2:34.04
		40.11	40.96	38.42	34.55		
11	Cape May Tech					2:55.00	2:34.49
		40.42	42.40	37.78	33.89		
12	Cinnaminson					2:20.00	2:37.16
		34.98	54.30	32.99	34.89		
13	Woodstown					2:45.00	2:44.36
		41.87	45.18	37.66	39.65		
---	Eastern					2:20.00	DQ
		36.42			33.82		
---	Deptford					3:00.00	DQ
		41.80	42.31	44.21	44.74		

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

**Meet Record:** 1:41.47 R 2004 Bishop Eustace  
1:36.56 AAC  
1:44.11 NJS

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	
1	Moorestown		1:48.00	1:48.58	
		24.19	33.24	26.43	24.72
2	Haddonfield		1:50.05	1:52.12	
		29.14	31.68	27.31	23.99
3	Cherry Hill East		1:47.00	1:52.17	
		27.91	32.86	27.85	23.55
4	Shawnee		1:53.00	1:54.08	
		32.60	30.66	25.26	25.56

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5	Cherokee				1:58.20	2:00.53
		30.51	34.09	28.04	27.89	
6	Rancocas Valley				1:56.00	2:03.64
		33.49	33.00	29.60	27.55	
7	Lenape				2:02.00	2:04.10
		29.34	37.17	29.38	28.21	
8	Holy Spirit				2:15.00	2:11.73
		34.64	36.59	32.18	28.32	
9	Cherry Hill West				2:12.15	2:14.47
		34.66	40.89	31.81	27.11	
10	Cape May Tech				2:20.00	2:36.30
		44.51	44.13	30.68	36.98	
---	Eastern				2:05.21	DQ
		34.44	34.90	35.77	26.91	
---	Gloucester Co. Inst. of Tech.				2:30.00	DQ
		45.03	37.63	28.71	29.29	
---	Woodstown				2:15.00	DQ
		49.76	34.39	36.99	28.70	
---	Cinnaminson				2:10.00	DQ
		39.38	33.25	35.32	25.74	
---	Triton				2:58.40	DQ
---	Washington Township				1:58.30	DQ
		33.56	36.10	30.47	27.77	

**Event 7 Women 200 Yard Backstroke Relay**

<b>Meet Record: 1:55.37 R 1999</b>						
<b>Team</b>				<b>Cherry Hill West Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Cherry Hill East				2:00.60	1:59.57
		30.61	28.96	32.04	27.96	
2	Cherry Hill West				2:03.50	2:03.37
		33.29	31.58	31.41	27.09	
3	Lenape				2:10.00	2:08.81
		35.82	33.35	30.97	28.67	
4	Shawnee				2:20.00	2:09.70
		40.19	29.57	29.53	30.41	

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5	Haddonfield					2:04.99	2:10.13
		33.87	31.79	32.40	32.07		
6	Woodstown					2:20.00	2:17.04
		33.58	33.80	39.00	30.66		
7	Gloucester Co. Inst. of Tech.					2:30.00	2:18.13
		35.39	35.33	34.65	32.76		
8	Holy Spirit					2:45.00	2:20.02
		33.40	35.61	37.81	33.20		
9	Washington Township					2:10.10	2:23.36
		32.79	39.59	38.29	32.69		
10	Cherokee					2:15.00	2:24.69
		35.54	35.55	35.51	38.09		
11	Cape May Tech					2:30.00	2:24.80
		38.96	34.11	37.64	34.09		
12	Eastern					2:30.00	2:25.24
		37.17	32.76	40.38	34.93		
13	Gloucester					3:15.84	3:11.24
		1:00.20	47.49	48.00	35.55		
---	Rancocas Valley					2:44.00	DQ
		40.61	37.97	1:12.43			
---	Cinnaminson					2:28.00	DQ
		44.18	45.91	44.11	33.70		
---	Triton					3:03.42	NS

**Event 8 Men 200 Yard Backstroke Relay**

<b>Meet Record: 1:41.25 R 2001</b>		<b>Cherry Hill East</b>		<b>Seed Time</b>	<b>Finals Time</b>	
<b>Team</b>				<b>Relay</b>		
1	Moorestown				1:51.00	1:45.17
		29.14	27.46	25.40	23.17	
2	Haddonfield				1:48.97	1:51.00
		29.02	28.20	27.58	26.20	
3	Cherry Hill East				1:57.00	1:51.90
		26.40	28.87	30.06	26.57	
4	Cherokee				1:57.20	1:53.08
		30.96	26.67	28.17	27.28	



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5	Rancocas Valley					1:45.00	1:56.86
		27.28	30.44	29.82	29.32		
6	Cape May Tech					2:00.00	1:59.17
		28.85	29.98	31.42	28.92		
7	Shawnee					2:01.00	2:00.26
		30.29	30.47	31.04	28.46		
8	Lenape					2:02.00	2:00.91
		29.01	30.37	30.29	31.24		
9	Washington Township					2:20.20	2:01.92
		28.71	29.65	31.05	32.51		
10	Cherry Hill West					2:18.46	2:08.51
		35.04	40.85	26.57	26.05		
11	Holy Spirit					2:40.00	2:14.36
		37.43	32.15	36.42	28.36		
12	Eastern					2:15.00	2:16.74
		29.99	35.70	32.19	38.86		
13	Cinnaminson					2:19.00	2:18.65
		35.24	32.36	33.60	37.45		
14	Gloucester Co. Inst. of Tech.					2:30.00	2:28.22
		37.47	37.81	39.11	33.83		
15	Woodstown					2:10.00	2:42.46
		32.81	40.66	50.14	38.85		
16	Triton					3:04.05	2:43.10
		36.15	39.74	43.21	44.00		

**Event 9 Women 200 Yard Butterfly Relay**

<b>Meet Record: 1:52.34 R 2000</b>		<b>Haddonfield</b>			
<b>Team</b>		<b>Relay</b>		<b>Seed Time</b>	<b>Finals Time</b>
1	Haddonfield			1:58.32	1:58.04
		29.30	30.16	28.92	29.66
2	Cherry Hill East			2:01.90	1:59.54
		30.28	31.99	29.63	27.64
3	Rancocas Valley			2:50.00	2:04.74
		31.31	32.14	32.32	28.97
4	Cherry Hill West			2:02.25	2:06.47
		32.07	31.55	32.23	30.62

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5	Woodstown					2:25.00	2:09.57
		32.26	30.32	34.95	32.04		
6	Gloucester Co. Inst. of Tech.					2:00.00	2:10.55
		31.23	32.38	33.19	33.75		
7	Eastern					2:13.00	2:10.92
		32.65	32.72	32.17	33.38		
8	Cherokee					2:08.00	2:15.13
		33.50	33.76	32.05	35.82		
9	Lenape					2:20.00	2:16.98
		37.11	34.56	33.69	31.62		
10	Holy Spirit					2:05.00	2:19.18
		34.42	34.61	38.25	31.90		
11	Washington Township					2:20.10	2:24.38
		37.28	36.14	39.90	31.06		
12	Cape May Tech					2:35.00	2:34.06
		39.08	38.27	36.31	40.40		
---	Shawnee					2:23.00	DQ
		40.21	37.40	44.84	25.36		
---	Cinnaminson					2:38.00	DQ
		45.76	31.74	32.87	29.75		

**Event 10 Men 200 Yard Butterfly Relay**

**Meet Record: 1:40.31 R 1998**

**Haddonfield  
Relay**

	<b>Team</b>					<b>Seed Time</b>	<b>Finals Time</b>
1	Moorestown					1:47.50	1:41.78
		24.46	27.29	26.54	23.49		
2	Cherokee					1:45.00	1:44.27
		26.05	26.70	26.53	24.99		
3	Haddonfield					1:46.21	1:44.41
		26.31	25.50	27.58	25.02		
4	Shawnee					1:50.00	1:48.41
		27.62	27.10	28.39	25.30		
5	Cherry Hill East					1:45.00	1:50.55
		28.29	27.45	27.61	27.20		
6	Washington Township					1:55.30	1:53.79
		27.03	27.74	31.77	27.25		

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7	Holy Spirit					2:00.00	1:56.77
		26.91	28.36	30.64	30.86		
8	Rancocas Valley					2:10.00	1:56.94
		29.67	29.29	29.58	28.40		
9	Cinnaminson					2:04.00	1:58.79
		33.03	31.74	28.53	25.49		
10	Cherry Hill West					1:55.83	2:01.88
		30.46	31.21	27.24	32.97		
11	Lenape					2:03.00	2:01.99
		31.61	31.35	59.03			
12	Gloucester Co. Inst. of Tech.					2:05.00	2:08.04
		35.54	33.46	30.88	28.16		
13	Woodstown					2:20.00	2:08.64
		35.69	37.56	29.02	26.37		
14	Eastern					2:00.00	2:18.26
		32.59	36.79	32.22	36.66		
---	Cape May Tech					2:00.00	DQ
		28.22	30.61	29.99	30.08		

**Event 11 Women 200 Yard Freestyle Relay**

Varsity (Any grade)

Lead-off 50 Free NJSQT - 25.34

Meet Record: 1:43.21 R 2008 Cherry Hill East  
1:38.33 AAC  
1:44.16 NJS

Team	Relay	Seed Time	Finals Time
1 Rancocas Valley		1:56.00	1:47.55
		27.89	27.96
2 Haddonfield		1:48.82	1:48.18
		28.56	26.26
3 Cherry Hill East		1:46.70	1:49.93
		27.83	28.14
4 Cherry Hill West		1:50.50	1:50.19
		28.45	28.33
5 Woodstown		2:05.00	1:55.10
		28.80	29.42
		29.86	27.02

**The SJISA Swim Fast Relays  
December 12, 2012  
Results**

6	Gloucester Co. Inst. of Tech.				1:55.19	1:55.94
		29.11	28.89	30.67	27.27	
7	Holy Spirit				1:55.00	1:56.31
		29.73	28.55	28.90	29.13	
8	Cherokee				1:50.00	1:56.38
		28.00	27.98	32.41	27.99	
9	Lenape				1:58.00	1:56.83
		29.53	29.89	29.63	27.78	
10	Shawnee				1:57.57	1:59.43
		28.84	29.39	32.07	29.13	
11	Eastern				2:00.00	1:59.89
		27.81	31.40	30.84	29.84	
12	Triton				3:13.52	2:23.36
		39.87	40.84	33.88	28.77	
13	Cinnaminson				2:06.00	2:24.32
		31.23	42.72	42.35	28.02	
14	Gloucester				2:56.03	2:25.02
		37.56	38.82	38.65	29.99	
---	Cape May Tech				1:52.00	DQ
		29.93	29.37	31.58	28.94	
---	Washington Township				1:56.80	DQ
		28.41	28.39	29.39	29.51	

**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  
1:26.92 AAC  
1:32.49 NJS**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	
1	Cherry Hill East		1:33.00	1:33.98	
		23.71	24.48	22.52	23.27
2	Haddonfield		1:35.85	1:34.31	
		23.26	23.75	23.65	23.65
3	Lenape		1:35.00	1:34.55	
		22.75	24.42	25.09	22.29

**The SJISA Swim Fast Relays  
December 12, 2012  
Results**

4	Cinnaminson					1:56.00	1:37.77
		26.13	25.24	23.27	23.13		
5	Moorestown					1:36.55	1:37.86
		24.26	25.51	24.01	24.08		
6	Cherry Hill West					1:44.60	1:38.33
		25.12	26.38	24.57	22.26		
7	Rancocas Valley					1:41.00	1:38.73
		25.33	26.38	23.61	23.41		
8	Cherokee					1:37.50	1:39.10
		25.84	24.17	25.19	23.90		
9	Cape May Tech					1:36.00	1:39.65
		24.52	24.78	27.13	23.22		
10	Washington Township					1:42.15	1:39.82
		24.51	24.18	26.22	24.91		
11	Shawnee					1:38.00	1:40.72
		25.14	1:18.14		7.90	14.68	
12	Holy Spirit					1:45.00	1:41.79
		25.45	25.88	26.86	23.60		
13	Eastern					1:59.00	1:44.85
		28.01	26.16	26.07	24.61		
14	Gloucester Co. Inst. of Tech.					1:45.67	1:46.48
		26.62	27.78	26.20	25.88		
15	Woodstown					1:55.00	1:56.52
		29.93	30.83	29.92	25.84		
16	Triton					2:11.29	1:57.14
		25.43	31.43	30.83	29.45		

**Event 13 Women 200 Yard Freestyle Relay**

**Grades 9 and 10**

**Lead-off 50 Free NJSQT - 25.34**

**Meet Record: 1:43.62 R 2005 Cherry Hill West**  
**1:38.33 AAC**  
**1:44.16 NJS**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>
1 Cherry Hill West		1:51.50	1:49.69
		27.45	27.50
		28.37	26.37

**The SJISA Swim Fast Relays**  
**December 12, 2012**  
**Results**

2	Haddonfield					1:50.09	1:49.96
		27.07	27.31	27.92	27.66		
3	Cherry Hill East					1:50.45	1:50.09
		28.04	27.36	27.93	26.76		
4	Lenape					1:51.00	1:53.11
		31.03	28.43	26.80	26.85		
5	Shawnee					1:55.00	1:56.62
		28.18	29.06	29.83	29.55		
6	Washington Township					2:04.10	2:01.18
		28.53	33.01	31.92	27.72		
7	Holy Spirit					2:00.00	2:06.21
		32.79	31.50	32.83	29.09		
8	Gloucester Co. Inst. of Tech.					2:02.26	2:06.32
		30.64	31.83	33.08	30.77		
9	Eastern					2:11.00	2:10.13
		32.73	32.26	29.51	35.63		
10	Rancocas Valley					2:26.00	2:12.43
		33.17	32.15	34.09	33.02		
11	Cinnaminson					2:11.00	2:14.91
		31.20	33.66	36.83	33.22		
12	Cape May Tech					2:20.00	2:21.24
		36.68	36.63	35.35	32.58		
13	Deptford					2:45.00	2:35.74
		39.79	48.50	31.07	36.38		
14	Cherokee					1:54.00	2:38.86
		40.07	41.23	45.25	32.31		
---	Woodstown					2:25.00	DQ
		30.97	34.29	34.39	28.97		

**The SJISA Swim Fast Relays**  
**December 12, 2012**  
**Results**

**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  
1:26.92 AAC  
1:32.49 NJS

Team	Relay	Seed Time	Finals Time
1 Haddonfield		1:47.58	1:38.41
	24.74 23.88 26.05 23.74		
2 Cherry Hill East		1:38.00	1:39.73
	25.89 25.10 23.74 25.00		
2 Shawnee		1:41.00	1:39.73
	25.30 25.32 25.91 23.20		
4 Moorestown		1:43.50	1:44.36
	26.22 24.91 53.23		
5 Woodstown		2:05.00	1:44.98
	24.49 25.17 28.02 27.30		
6 Cherokee		1:40.00	1:46.29
	25.99 27.27 35.48 17.55		
7 Lenape		1:52.00	1:48.49
	27.60 29.57 27.18 24.14		
8 Rancocas Valley		1:50.00	1:49.94
	25.98 28.49 28.90 26.57		
9 Cape May Tech		1:50.00	1:52.01
10 Washington Township		1:49.50	1:53.04
	27.79 29.30 29.51 26.44		
11 Cherry Hill West		2:00.48	1:54.55
	28.17 30.23 29.52 26.63		
12 Holy Spirit		1:55.00	1:54.84
	28.78 29.49 28.75 27.82		
13 Cinnaminson		1:58.00	1:55.51
	26.96 31.42 30.14 26.99		
14 Eastern		2:02.00	1:56.31
	27.94 33.46 27.79 27.12		
15 Gloucester Co. Inst. of Tech.		2:05.00	2:01.56
	31.25 32.99 28.51 28.81		

**The SJISA Swim Fast Relays  
December 12, 2012  
Results**

16 Triton		2:49.74	2:05.01
	29.65    34.34    30.74    30.28		

**Event 15 Women 200 Yard Breaststroke Relay**

**Meet Record: 2:07.97 R 2009**

**Moorestown  
Relay**

	Team		Seed Time	Finals Time
1	Shawnee		2:25.00	2:21.80
		38.63    35.88    1:07.29		
2	Haddonfield		2:12.56	2:22.36
		36.34    35.35    38.33    32.34		
3	Cherry Hill West		2:22.00	2:23.16
		36.85	34.55	
4	Lenape		2:18.00	2:23.18
		37.19	34.48	
5	Rancocas Valley		2:46.00	2:23.29
		35.68    37.82    35.18    34.61		
6	Cherry Hill East		2:28.45	2:28.28
		36.81    36.56    36.17    38.74		
7	Holy Spirit		2:45.00	2:38.00
		41.93    34.42    40.87    40.78		
8	Gloucester Co. Inst. of Tech.		2:40.00	2:38.81
		40.83    40.38    43.60    34.00		
9	Cherokee		2:30.00	2:38.95
		36.34    41.80    42.14    38.67		
10	Washington Township		2:40.20	2:41.25
		38.06    43.75    1:19.44		
11	Cape May Tech		2:42.00	2:47.22
		39.47    41.95    43.37    42.43		
12	Eastern		2:30.00	3:02.97
		38.98    1:01.61    48.28    34.10		
---	Woodstown		2:45.00	DQ
		37.51    51.61    1:28.21		
---	Cinnaminson		2:56.00	DQ
		36.92    15.60    1:54.38		
---	Triton		3:21.27	NS



**The SJISA Swim Fast Relays  
December 12, 2012  
Results**

**Event 16 Men 200 Yard Breaststroke Relay**

Meet Record: 1:53.46 R 2007				Cherry Hill East Relay	Seed Time	Finals Time
Team						
1	Lenape				2:07.00	2:04.98
		31.98	32.24	32.49		
2	Haddonfield				2:07.12	2:08.32
		32.77	32.45	31.40		
3	Moorestown				2:14.50	2:08.37
		32.23	30.47	33.50		
4	Shawnee				2:09.00	2:10.39
		34.29	32.06	33.63		
5	Cherokee				2:08.00	2:11.14
		34.27	33.50	32.58		
6	Rancocas Valley				2:22.00	2:11.78
		32.85	34.74	33.28		
7	Washington Township				2:21.19	2:14.19
		34.01	35.26	33.13		
8	Cape May Tech				2:35.00	2:17.70
		34.22	36.85	35.42		
9	Eastern				2:14.00	2:17.99
		35.25	33.46	34.69		
10	Gloucester Co. Inst. of Tech.				2:26.00	2:20.01
		35.96	36.10	34.60		
11	Holy Spirit				2:40.00	2:23.23
		37.87	36.99	34.07		
12	Woodstown				2:35.00	2:32.16
		35.28	35.32	35.53		
---	Cherry Hill East				2:00.00	DQ
		31.85	32.77	29.70		
---	Cinnaminson				2:21.00	DQ
		33.78	37.97	38.38		
---	Cherry Hill West				2:20.09	DQ
		39.36	35.19	37.16		
---	Triton				2:51.72	NS

**The SJISA Swim Fast Relays  
December 12, 2012  
Results**

**Events 17 & 18 Women & Men 100 Yard Freestyle Relay – Closest to 1:00, + or -, wins!**

Meet Records:      **Girls – 59.97    R    2011    Haddonfield;    Boys – 1:00.01    R    2009    Triton**

**Our 2012 winners:**

Girls – Rancocas Valley

Boys – Woodstown

**The SJISA Swim Fast Relays  
December 12, 2012  
Final Team Rankings**

**Female Team Scores**

Place	School		Points
1	Cherry Hill West	CHW	266
2	Cherry Hill East	CHE	264
2	Haddonfield	HFD	264
4	Lenape	LNP	202
5	Cherokee	CHK	184
6	Shawnee	SHW	180
6	Gloucester Co. Inst. of Tech.	GCI	180
6	Rancocas Valley	RVY	180
9	Holy Spirit	HSP	158
10	Washington Township	WTP	144
11	Woodstown	WTN	114
12	Eastern	EAS	98
13	Cape May Tech	CMT	84

**Male Team Scores**

Place	School		Points
1	Moorestown	MTN	284
2	Haddonfield	HFD	254
3	Cherokee	CHK	232
4	Cherry Hill East	CHE	229
5	Lenape	LNP	222
6	Shawnee	SHW	203
7	Rancocas Valley	RVY	186
8	Washington Township	WTP	146
9	Cape May Tech	CMT	132
10	Cherry Hill West	CHW	112
11	Holy Spirit	HSP	110
12	Cinnaminson	CIN	90
13	Woodstown	WTN	82
14	Eastern	EAS	70
15	Gloucester Co. Inst. of Tech.	GCI	48
16	Triton	TRI	12