

**The SJISA Swim Fast Relays
December 11, 2013**

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

Lead-off 200 Free NJSQT - 1:58.19

Meet Record:	5:56.04	R	2006	Cherry Hill West Relay	Seed Time	Finals Time
Team						
1 Eastern					7:05.00	6:25.75
	28.73	1:01.56 (32.83)	1:35.30 (33.74)	2:07.95 (32.65)		
	2:37.23 (29.28)	3:09.90 (32.67)	3:44.17 (34.27)	4:17.78 (33.61)		
	4:33.24 (15.46)	5:18.93 (45.69)	5:52.24 (33.31)	6:25.75 (33.51)		
2 Cherokee					6:25.00	6:27.85
	28.29	1:00.46 (32.17)	1:34.12 (33.66)	2:07.29 (33.17)		
	2:37.25 (29.96)	3:11.38 (34.13)	3:48.32 (36.94)	4:25.47 (37.15)		
	4:52.22 (26.75)	5:23.08 (30.86)	5:55.37 (32.29)	6:27.85 (32.48)		
3 Haddonfield					6:38.50	6:31.21
	29.10	1:01.90 (32.80)	1:35.86 (33.96)	2:09.73 (33.87)		
	2:36.22 (26.49)	3:06.35 (30.13)	3:37.25 (30.90)	4:08.48 (31.23)		
	4:43.62 (35.14)	5:18.88 (35.26)	5:55.64 (36.76)	6:31.21 (35.57)		
4 Cherry Hill East					6:45.00	6:40.64
	31.02	1:05.94 (34.92)	1:42.57 (36.63)	2:17.61 (35.04)		
	2:47.56 (29.95)	3:22.05 (34.49)	3:57.31 (35.26)	4:32.52 (35.21)		
	5:01.10 (28.58)	5:33.65 (32.55)	6:07.26 (33.61)	6:40.64 (33.38)		
5 Lenape					7:00.00	6:56.34
	30.13	1:02.77 (32.64)	1:37.48 (34.71)	2:11.73 (34.25)		
	2:43.04 (31.31)	3:20.07 (37.03)	3:58.69 (38.62)	4:35.95 (37.26)		
	5:06.95 (31.00)	5:42.68 (35.73)	6:19.87 (37.19)	6:56.34 (36.47)		
6 Cherry Hill West					7:05.00	7:04.45
	31.42	1:07.83 (36.41)	1:46.20 (38.37)	2:22.73 (36.53)		
	2:55.29 (32.56)	3:31.54 (36.25)	4:09.59 (38.05)	4:46.66 (37.07)		
	5:17.36 (30.70)	5:52.07 (34.71)	6:28.01 (35.94)	7:04.45 (36.44)		
7 Shawnee					7:16.50	7:05.01
	31.15	1:07.72 (36.57)	1:44.75 (37.03)	2:21.83 (37.08)		
	2:51.95 (30.12)	3:27.64 (35.69)	4:04.43 (36.79)	4:41.59 (37.16)		
	5:00.05 (18.46)	5:50.79 (50.74)	6:28.20 (37.41)	7:05.01 (36.81)		
8 Rancocas Valley					6:45.00	7:06.37
	27.02	57.16 (30.14)	1:28.44 (31.28)	1:59.85 (31.41)		
	2:32.51 (32.66)	3:10.45 (37.94)	3:51.98 (41.53)	4:34.04 (42.06)		
	5:06.94 (32.90)	5:45.70 (38.76)	6:26.55 (40.85)	7:06.37 (39.82)		
9 Cinnaminson					6:45.00	7:12.69
	32.35	1:06.84 (34.49)	1:43.10 (36.26)	2:20.53 (37.43)		
	2:37.89 (17.36)	3:29.39 (51.50)	4:08.80 (39.41)	4:46.75 (37.95)		
	5:19.22 (32.47)	5:56.35 (37.13)	6:34.96 (38.61)	7:12.69 (37.73)		
10 Washington Township					6:55.10	7:32.63
	30.06	1:05.24 (35.18)	1:43.15 (37.91)	2:22.03 (38.88)		
	2:38.14 (16.11)		4:12.25 ()	4:51.95 (39.70)		
	5:23.36 (31.41)	5:59.80 (36.44)	6:38.46 (38.66)	7:32.63 (54.17)		

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11	Moorestown				6:53.00	7:35.52
	32.80	1:11.22 (38.42)	1:51.12 (39.90)	2:29.85 (38.73)		
	3:05.63 (35.78)	3:46.44 (40.81)	4:30.03 (43.59)	5:10.90 (40.87)		
	5:41.37 (30.47)	6:17.72 (36.35)	6:56.63 (38.91)	7:35.52 (38.89)		
12	Gloucester Co. Inst. of Tech.				7:18.29	7:36.54
	32.76	1:09.55 (36.79)	1:48.26 (38.71)	2:26.22 (37.96)		
	3:02.31 (36.09)	3:42.10 (39.79)	5:09.66 (1:27.56)	5:39.01 (29.35)		
	6:12.62 (33.61)	6:47.22 (34.60)	7:20.99 (33.77)	7:36.54 (15.55)		
13	Cape May Tech				7:35.00	7:39.60
	31.33	1:06.04 (34.71)	1:42.05 (36.01)	2:18.25 (36.20)		
	2:53.52 (35.27)	3:33.11 (39.59)	4:15.00 (41.89)	4:57.33 (42.33)		
	5:34.33 (37.00)	6:15.60 (41.27)	6:57.95 (42.35)	7:39.60 (41.65)		
14	Gateway/Woodbury				6:57.22	7:47.39
	35.34	1:14.52 (39.18)	1:53.92 (39.40)	2:40.93 (47.01)		
	2:59.00 (18.07)	3:16.33 (17.33)	3:57.59 (41.26)	4:42.26 (44.67)		
	5:25.75 (43.49)	5:57.78 (32.03)	7:47.39 (1:49.61)			
15	Deptford				9:00.00	8:21.52
	37.82		2:06.52 ()	2:52.28 (45.76)		
	3:27.87 (35.59)	4:09.86 (41.99)	4:55.14 (45.28)	5:41.69 (46.55)		
	6:13.32 (31.63)	6:54.92 (41.60)	7:39.63 (44.71)	8:21.52 (41.89)		
16	Woodstown				9:10.00	8:41.09
	37.66	1:23.49 (45.83)	2:12.50 (49.01)	3:00.00 (47.50)		
	3:37.16 (37.16)	4:20.99 (43.83)	5:06.54 (45.55)	5:49.59 (43.05)		
	6:06.06 (16.47)	6:28.16 (22.10)	8:41.09 (2:12.93)			

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

Lead-off 200 Free NJSQT - 1:47.65

Meet Record:	5:16.89	R	2005	Cherry Hill West	Seed Time	Finals Time
Team				Relay		
1	Haddonfield				6:04.05	5:40.38
	24.72	52.04 (27.32)	1:20.39 (28.35)	1:48.97 (28.58)		
	2:04.47 (15.50)			3:46.98 ()		
	4:11.40 (24.42)	4:40.04 (28.64)	5:09.96 (29.92)	5:40.38 (30.42)		
2	Lenape				6:04.00	6:06.12
	27.70	58.86 (31.16)	1:31.28 (32.42)	2:03.20 (31.92)		
	2:31.17 (27.97)	3:03.21 (32.04)	3:37.65 (34.44)	4:08.43 (30.78)		
	4:34.47 (26.04)	5:04.12 (29.65)	5:34.98 (30.86)	6:06.12 (31.14)		
3	Cherry Hill East				6:15.00	6:27.91
	27.59	58.70 (31.11)	1:31.74 (33.04)	2:04.46 (32.72)		
	2:33.73 (29.27)	3:07.75 (34.02)	3:42.22 (34.47)	4:15.24 (33.02)		
	4:44.50 (29.26)	5:18.76 (34.26)	5:54.59 (35.83)	6:27.91 (33.32)		
4	Cherokee				6:15.00	6:31.74
	28.91	1:01.39 (32.48)	1:35.33 (33.94)	2:09.17 (33.84)		
	2:37.51 (28.34)	3:10.68 (33.17)	3:46.90 (36.22)	4:22.29 (35.39)		
	4:48.36 (26.07)	5:19.96 (31.60)	5:54.59 (34.63)	6:31.74 (37.15)		

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5	Shawnee				6:30.00	6:38.49
		29.30	1:01.83 (32.53)	1:35.65 (33.82)	2:07.46 (31.81)	
		2:36.67 (29.21)	3:10.13 (33.46)	3:45.90 (35.77)	4:20.86 (34.96)	
		4:48.89 (28.03)	5:23.76 (34.87)	6:00.84 (37.08)	6:38.49 (37.65)	
6	Washington Township				6:50.30	6:49.86
		28.09	1:00.27 (32.18)	1:33.86 (33.59)	2:07.55 (33.69)	
		2:42.30 (34.75)	3:19.17 (36.87)	4:02.52 (43.35)	4:44.77 (42.25)	
		5:12.41 (27.64)	5:43.77 (31.36)	6:16.74 (32.97)	6:49.86 (33.12)	
7	Cape May Tech				7:00.00	6:53.09
		33.80	1:10.52 (36.72)		2:23.88 ()	
		2:51.23 (27.35)	3:23.51 (32.28)	3:57.77 (34.26)	4:30.03 (32.26)	
		5:01.94 (31.91)	5:39.09 (37.15)	6:17.73 (38.64)	6:53.09 (35.36)	
8	Rancocas Valley				5:50.00	6:58.65
		30.77	1:06.29 (35.52)	1:43.14 (36.85)	2:29.73 (46.59)	
		2:50.66 (20.93)	3:25.55 (34.89)	4:03.05 (37.50)	4:37.91 (34.86)	
		5:07.68 (29.77)	5:41.75 (34.07)	6:20.92 (39.17)	6:58.65 (37.73)	
9	Eastern				7:15.00	7:03.86
		31.12	1:06.09 (34.97)	1:43.54 (37.45)	2:19.57 (36.03)	
		2:36.76 (17.19)	3:28.70 (51.94)	4:08.91 (40.21)	4:50.16 (41.25)	
		5:19.85 (29.69)		6:28.81 ()	7:03.86 (35.05)	
10	Gateway/Woodbury				6:31.11	7:31.04
		29.02	1:01.94 (32.92)	1:35.96 (34.02)	2:10.20 (34.24)	
		2:26.07 (15.87)		4:17.33 ()	5:04.35 (47.02)	
		5:36.39 (32.04)	6:13.34 (36.95)	6:52.40 (39.06)	7:31.04 (38.64)	
11	Woodstown				7:45.00	7:32.28
		32.09	1:08.84 (36.75)	1:48.42 (39.58)	2:25.16 (36.74)	
		2:59.22 (34.06)	3:41.86 (42.64)	5:05.78 (1:23.92)	5:24.27 (18.49)	
			6:16.31 ()	6:54.16 (37.85)	7:32.28 (38.12)	
12	Gloucester Co. Inst. of Tech.				7:15.00	7:34.53
		30.47	1:07.11 (36.64)	1:48.11 (41.00)	2:32.87 (44.76)	
		3:08.73 (35.86)	3:48.68 (39.95)	4:30.75 (42.07)	5:11.01 (40.26)	
		5:41.87 (30.86)	6:17.79 (35.92)	6:55.70 (37.91)	7:34.53 (38.83)	
13	Cinnaminson				6:25.00	7:41.32
		29.56	1:04.00 (34.44)	1:42.40 (38.40)	2:24.23 (41.83)	
		2:58.23 (34.00)	3:37.82 (39.59)	4:20.88 (43.06)	5:03.64 (42.76)	
		5:37.89 (34.25)	6:17.65 (39.76)	7:00.90 (43.25)	7:41.32 (40.42)	
---	Cherry Hill West				7:30.00	NS

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

Meet Record: 1:54.18 R 1999 Cherry Hill West
1:48.29 AAC; 1:56.57 NJS

Team	Relay	Seed Time	Finals Time
1 Cherry Hill West		1:58.00	1:53.50R NJS
	29.62 1:01.08 (31.46) 1:28.69 (27.61)	1:53.50 (24.81)	
2 Cherry Hill East		1:58.15	1:54.72 NJS
	28.22 1:01.46 (33.24) 1:28.78 (27.32)	1:54.72 (25.94)	
3 Shawnee		1:59.18	1:58.07
	28.67 1:05.23 (36.56) 1:31.76 (26.53)	1:58.07 (26.31)	
4 Eastern		2:02.00	2:03.15
	31.58 1:06.33 (34.75) 1:39.04 (32.71)	2:03.15 (24.11)	
5 Rancocas Valley		1:57.63	2:04.31
	33.70 1:08.30 (34.60) 1:36.46 (28.16)	2:04.31 (27.85)	
6 Haddonfield		1:58.10	2:05.19
	32.07 1:07.40 (35.33) 1:37.99 (30.59)	2:05.19 (27.20)	
7 Gloucester Co. Inst. of Tech.		2:08.10	2:06.32
	33.68 1:07.55 (33.87) 1:39.63 (32.08)	2:06.32 (26.69)	
8 Moorestown		2:04.00	2:06.94
	31.55 1:08.68 (37.13) 1:39.27 (30.59)	2:06.94 (27.67)	
9 Cherokee		2:02.00	2:09.26
	31.35 1:09.43 (38.08) 1:40.93 (31.50)	2:09.26 (28.33)	
10 Washington Township		2:06.50	2:11.15
	34.96 1:11.55 (36.59) 1:43.29 (31.74)	2:11.15 (27.86)	
11 Cape May Tech		2:14.80	2:15.18
	37.69 1:15.97 (38.28) 1:46.47 (30.50)	2:15.18 (28.71)	
12 Lenape		2:30.00	2:15.34
	32.98 1:10.14 (37.16) 1:44.74 (34.60)	2:15.34 (30.60)	
13 Gateway/Woodbury		2:21.45	2:21.50
	36.22 1:15.92 (39.70) 1:49.29 (33.37)	2:21.50 (32.21)	
14 Woodstown		2:46.50	2:24.52
	41.33 1:55.77 ()	2:24.52 (28.75)	
15 Deptford		2:50.00	2:31.49
	39.46 1:20.52 (41.06) 1:59.77 (39.25)	2:31.49 (31.72)	
--- Cinnaminson		2:09.00	DQ
	47.72 1:32.66 (44.94) 2:05.17 (32.51)	DQ (31.70)	

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

Meet Record: 1:37.32 R 2010 Saint Augustine
1:36.18 AAC; 1:44.41 NJS

Team	Relay	Seed Time	Finals Time
1 Lenape		1:43.00	1:43.03 NJS
	28.24 55.85 (27.61) 1:20.93 (25.08)	1:43.03 (22.10)	
2 Cherry Hill East		1:46.50	1:48.09
	26.86 55.98 (29.12) 1:23.57 (27.59)	1:48.09 (24.52)	
3 Haddonfield		1:46.51	1:48.90
	28.64 59.94 (31.30) 1:25.47 (25.53)	1:48.90 (23.43)	
4 Rancocas Valley		1:45.00	1:49.47
	28.16 1:01.28 (33.12) 1:25.93 (24.65)	1:49.47 (23.54)	
5 Cherokee		1:48.00	1:51.23
	28.07 1:00.07 (32.00) 1:26.95 (26.88)	1:51.23 (24.28)	
6 Cape May Tech		1:53.00	1:53.65
	29.87 1:03.32 (33.45) 1:29.24 (25.92)	1:53.65 (24.41)	
7 Gateway/Woodbury		1:55.55	1:53.69
	30.26 1:01.36 (31.10) 1:29.36 (28.00)	1:53.69 (24.33)	
8 Cherry Hill West		1:53.00	1:54.61
	30.07 1:02.62 (32.55) 1:30.46 (27.84)	1:54.61 (24.15)	
9 Washington Township		1:54.30	1:56.11
	31.18 1:05.63 (34.45) 1:30.81 (25.18)	1:56.11 (25.30)	
10 Eastern		1:55.00	1:58.24
	33.64 1:07.10 (33.46) 1:33.91 (26.81)	1:58.24 (24.33)	
11 Woodstown		2:10.00	1:59.25
	31.13 1:03.70 (32.57) 1:34.46 (30.76)	1:59.25 (24.79)	
12 Shawnee		1:54.00	1:59.30
	32.34 1:02.15 (29.81) 1:33.98 (31.83)	1:59.30 (25.32)	
13 Gloucester Co. Inst. of Tech.		2:15.00	2:07.82
	34.71 1:08.51 (33.80) 1:40.89 (32.38)	2:07.82 (26.93)	
14 Cinnaminson		1:59.00	2:08.27
	33.67 1:08.34 (34.67) 1:42.17 (33.83)	2:08.27 (26.10)	

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

Meet Record: 1:54.29 R 2000 Haddonfield
1:48.29 AAC; 1:56.57 NJS

Team	Relay			Seed Time	Finals Time
1 Cherry Hill East				2:03.51	2:00.48
	31.60	1:04.61 (33.01)	1:32.59 (27.98)	2:00.48 (27.89)	
2 Haddonfield				1:59.20	2:04.62
	29.97	1:11.02 (41.05)	1:37.51 (26.49)	2:04.62 (27.11)	
3 Cherry Hill West				2:05.50	2:05.66
	34.51	1:08.32 (33.81)	1:39.74 (31.42)	2:05.66 (25.92)	
4 Shawnee				2:06.01	2:06.92
	32.41	1:07.70 (35.29)	1:38.51 (30.81)	2:06.92 (28.41)	
5 Lenape				2:17.00	2:11.45
	33.04	1:11.32 (38.28)	1:41.67 (30.35)	2:11.45 (29.78)	
6 Eastern				2:12.00	2:12.82
	32.42	1:08.70 (36.28)	1:38.19 (29.49)	2:12.82 (34.63)	
7 Washington Township				2:10.50	2:14.39
	35.79	1:13.55 (37.76)	1:44.94 (31.39)	2:14.39 (29.45)	
8 Moorestown				2:18.00	2:14.57
	34.82	1:11.86 (37.04)	1:47.19 (35.33)	2:14.57 (27.38)	
9 Gateway/Woodbury				2:18.13	2:14.77
	36.52	1:10.13 (33.61)	1:45.22 (35.09)	2:14.77 (29.55)	
10 Gloucester Co. Inst. of Tech.				2:19.11	2:20.41
	36.68	1:25.18 (48.50)	1:50.55 (25.37)	2:20.41 (29.86)	
11 Rancocas Valley				2:24.20	2:24.51
	37.63	1:14.80 (37.17)	1:49.61 (34.81)	2:24.51 (34.90)	
12 Cinnaminson				2:17.00	2:24.87
	37.30	1:16.56 (39.26)	1:50.87 (34.31)	2:24.87 (34.00)	
13 Woodstown				3:06.50	2:29.24
	44.78	1:27.55 (42.77)	1:58.47 (30.92)	2:29.24 (30.77)	
--- Cape May Tech				2:38.00	DQ
	39.18	1:21.08 (41.90)	2:04.93 (43.85)	DQ (30.30)	
--- Cherokee				2:15.00	DQ
	57.91	1:47.74 (49.83)	2:31.46 (43.72)	DQ (44.62)	
--- Deptford				3:00.00	NS

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

Meet Record: 1:41.47 R 2004 Bishop Eustace
1:36.18 AAC; 1:44.41 NJS

Team	Relay			Seed Time	Finals Time
1 Cherry Hill East				1:50.50	1:51.79
	29.27	1:00.73 (31.46)	1:26.71 (25.98)	1:51.79 (25.08)	
2 Haddonfield				1:47.52	1:53.69
	29.61	1:00.37 (30.76)	1:29.86 (29.49)	1:53.69 (23.83)	
3 Rancocas Valley				1:56.00	1:56.55
	29.71	1:02.52 (32.81)	1:31.12 (28.60)	1:56.55 (25.43)	
4 Gloucester Co. Inst. of Tech.				1:58.00	1:57.79
	28.36	1:04.03 (35.67)	1:30.80 (26.77)	1:57.79 (26.99)	
5 Lenape				1:59.00	1:58.07
	30.63	1:05.93 (35.30)	1:36.60 (30.67)	1:58.07 (21.47)	
6 Cherry Hill West				1:56.00	1:58.25
	29.15	1:03.08 (33.93)	1:32.37 (29.29)	1:58.25 (25.88)	
7 Cherokee				1:53.00	1:58.80
	28.24	1:03.26 (35.02)	1:32.16 (28.90)	1:58.80 (26.64)	
8 Shawnee				2:05.00	2:01.55
	29.94	1:07.22 (37.28)	1:37.13 (29.91)	2:01.55 (24.42)	
9 Eastern				2:05.00	2:04.50
	34.69	1:06.32 (31.63)	1:36.98 (30.66)	2:04.50 (27.52)	
10 Woodstown				2:25.50	2:10.29
	31.96	1:12.90 (40.94)	1:38.19 (25.29)	2:10.29 (32.10)	
11 Washington Township				2:30.30	2:23.11
	36.67	1:18.16 (41.49)	1:51.89 (33.73)	2:23.11 (31.22)	
12 Gateway/Woodbury				2:05.71	2:25.27
	45.08	1:21.44 (36.36)	1:57.97 (36.53)	2:25.27 (27.30)	
13 Cape May Tech				2:20.00	2:30.56
	46.92	1:22.71 (35.79)	2:00.88 (38.17)	2:30.56 (29.68)	
--- Cinnaminson				2:11.00	NS

**The SJISA Swim Fast Relays
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Event 7 Women 200 Yard Backstroke Relay

Meet Record: 1:55.37 R 1999		Cherry Hill West			
Team		Relay		Seed Time	Finals Time
1	Cherry Hill East			2:07.61	2:00.48
	32.19	1:02.15 (29.96)	1:33.71 (31.56)	2:00.48 (26.77)	
2	Cherry Hill West			2:05.00	2:01.21
	30.16	1:02.50 (32.34)	1:33.24 (30.74)	2:01.21 (27.97)	
3	Haddonfield			2:05.10	2:04.06
	32.36	1:01.24 (28.88)	1:31.75 (30.51)	2:04.06 (32.31)	
4	Shawnee			2:16.07	2:11.13
	31.38	1:04.64 (33.26)	1:36.85 (32.21)	2:11.13 (34.28)	
5	Eastern			2:30.00	2:11.28
	33.58	1:03.70 (30.12)	1:40.17 (36.47)	2:11.28 (31.11)	
6	Moorestown			2:20.00	2:11.66
	34.72	1:09.69 (34.97)	1:40.76 (31.07)	2:11.66 (30.90)	
7	Washington Township			2:02.50	2:15.51
	34.46	1:07.98 (33.52)	1:41.67 (33.69)	2:15.51 (33.84)	
8	Gloucester Co. Inst. of Tech.			2:18.26	2:18.15
	35.11	1:11.23 (36.12)	1:45.95 (34.72)	2:18.15 (32.20)	
9	Cape May Tech			2:24.00	2:20.59
	38.74	1:11.74 (33.00)	1:44.00 (32.26)	2:20.59 (36.59)	
10	Rancocas Valley			2:25.00	2:22.19
	33.75	1:10.32 (36.57)	1:46.86 (36.54)	2:22.19 (35.33)	
11	Cherokee			2:25.00	2:26.82
	42.21	1:21.41 (39.20)	1:49.84 (28.43)	2:26.82 (36.98)	
12	Woodstown			3:25.50	2:34.36
	36.18	1:11.50 (35.32)	1:55.72 (44.22)	2:34.36 (38.64)	
13	Gateway/Woodbury			2:28.36	2:37.13
	42.38	1:15.18 (32.80)	2:01.59 (46.41)	2:37.13 (35.54)	
14	Cinnaminson			2:12.00	2:39.04
	42.85	1:20.17 (37.32)	2:39.04 (1:18.87)		
15	Deptford			3:15.00	2:50.52
	54.78	1:35.76 (40.98)	2:14.51 (38.75)	2:50.52 (36.01)	

**The SJISA Swim Fast Relays
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Event 8 Men 200 Yard Backstroke Relay

Meet Record: 1:41.25 R 2001

**Cherry Hill East
Relay**

Team	Seed Time	Finals Time
1 Cherry Hill East	1:45.50	1:51.19
2 Rancocas Valley	1:45.00	1:53.36
3 Haddonfield	1:56.30	1:54.74
4 Cherokee	1:56.00	1:58.68
5 Lenape	2:04.00	2:00.26
6 Cherry Hill West	2:20.00	2:05.97
7 Shawnee	2:09.00	2:09.88
8 Gateway/Woodbury	2:08.88	2:10.33
9 Eastern	2:15.00	2:12.65
10 Gloucester Co. Inst. of Tech.	2:06.00	2:13.57
11 Cinnaminson	2:02.00	2:15.22
12 Cape May Tech	2:15.00	2:20.02
13 Woodstown	2:43.50	2:22.12
14 Washington Township	2:40.00	2:22.47

**The SJISA Swim Fast Relays
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Event 9 Women 200 Yard Butterfly Relay

Meet Record: 1:52.34 R 2000

Haddonfield

Team	Relay	Seed Time	Finals Time
1 Cherry Hill East		2:00.55	1:54.68
	29.42 57.29 (27.87) 1:27.47 (30.18)	1:54.68 (27.21)	
2 Shawnee		2:08.12	1:55.71
	30.80 1:02.44 (31.64) 1:28.74 (26.30)	1:55.71 (26.97)	
3 Haddonfield		1:55.95	1:57.77
	29.05 56.99 (27.94) 1:26.79 (29.80)	1:57.77 (30.98)	
4 Cherry Hill West		2:04.20	1:58.60
	29.51 1:05.31 (35.80) 1:31.41 (26.10)	1:58.60 (27.19)	
5 Moorestown		2:10.00	2:03.84
	31.39 1:03.54 (32.15) 1:32.91 (29.37)	2:03.84 (30.93)	
6 Eastern		2:20.00	2:05.38
	32.77 1:04.74 (31.97) 1:35.31 (30.57)	2:05.38 (30.07)	
7 Lenape		2:15.00	2:07.74
	33.66 1:04.82 (31.16) 1:35.05 (30.23)	2:07.74 (32.69)	
8 Cherokee		2:20.00	2:08.66
	31.41 1:06.56 (35.15) 1:39.44 (32.88)	2:08.66 (29.22)	
9 Rancocas Valley		2:18.00	2:09.00
	35.43 1:05.95 (30.52) 1:39.69 (33.74)	2:09.00 (29.31)	
10 Gloucester Co. Inst. of Tech.		2:09.56	2:13.95
	32.56 1:09.53 (36.97) 1:44.75 (35.22)	2:13.95 (29.20)	
11 Gateway/Woodbury		2:32.22	2:20.18
	33.97 1:12.25 (38.28) 1:46.30 (34.05)	2:20.18 (33.88)	
12 Washington Township		2:06.50	2:24.22
	34.76 1:16.02 (41.26) 1:53.61 (37.59)	2:24.22 (30.61)	
13 Cape May Tech		2:20.00	2:30.31
	39.88 1:14.99 (35.11) 1:53.79 (38.80)	2:30.31 (36.52)	
14 Woodstown		3:10.00	2:35.75
	34.38 1:20.61 (46.23) 1:59.79 (39.18)	2:35.75 (35.96)	
--- Cinnaminson		2:21.00	NS

**The SJISA Swim Fast Relays
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Event 10 Men 200 Yard Butterfly Relay

Meet Record: 1:40.31 R 1998		Haddonfield			
Team		Relay		Seed Time	Finals Time
1	Lenape			1:50.00	1:43.99
	25.04	52.58 (27.54)	1:19.48 (26.90)	1:43.99 (24.51)	
2	Haddonfield			1:48.99	1:45.86
	26.77	54.37 (27.60)	1:20.49 (26.12)	1:45.86 (25.37)	
3	Cherokee			1:48.00	1:48.83
	26.39	55.39 (29.00)	1:22.51 (27.12)	1:48.83 (26.32)	
4	Cherry Hill East			1:42.50	1:49.94
	27.38	54.72 (27.34)	1:23.14 (28.42)	1:49.94 (26.80)	
5	Gateway/Woodbury			2:02.11	1:53.81
	30.88	58.59 (27.71)	1:26.41 (27.82)	1:53.81 (27.40)	
6	Rancocas Valley			2:10.00	1:55.39
	29.25	1:00.18 (30.93)	1:30.34 (30.16)	1:55.39 (25.05)	
7	Washington Township			1:57.50	1:55.98
	29.04	58.39 (29.35)	1:30.09 (31.70)	1:55.98 (25.89)	
8	Cherry Hill West			2:10.00	1:57.29
	33.01	1:03.95 (30.94)	1:30.06 (26.11)	1:57.29 (27.23)	
9	Cape May Tech			1:55.00	1:57.56
	25.58	56.44 (30.86)	1:25.88 (29.44)	1:57.56 (31.68)	
10	Shawnee			2:06.00	2:02.93
	29.33	1:02.38 (33.05)	1:34.36 (31.98)	2:02.93 (28.57)	
11	Woodstown			2:30.50	2:03.73
	30.99	1:06.71 (35.72)	1:38.63 (31.92)	2:03.73 (25.10)	
12	Cinnaminson			2:00.00	2:05.87
	30.63	1:04.56 (33.93)	1:33.88 (29.32)	2:05.87 (31.99)	
13	Gloucester Co. Inst. of Tech.			2:00.00	2:11.14
	34.32	1:06.77 (32.45)	1:43.83 (37.06)	2:11.14 (27.31)	
---	Eastern			2:00.00	NS

**The SJISA Swim Fast Relays
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Event 11 Women 200 Yard Freestyle Relay - Varsity (Any grade)

Lead-off 50 Free NJSQT - 25.21

Meet Record: 1:43.21 R 2008

Cherry Hill East

1:38.03 AAC;

1:44.16 NJS

Team	Relay			Seed Time	Finals Time
1 Cherry Hill East				1:48.70	1:43.26 NJS
2 Shawnee	25.95	52.70 (26.75)	1:18.42 (25.72)	1:43.26 (24.84)	1:46.02
3 Cherry Hill West	26.18	57.57 (31.39)	1:20.94 (23.37)	1:46.02 (25.08)	1:46.87
4 Cherokee	26.48	42.04 (15.56)	1:02.62 (20.58)	1:46.87 (44.25)	1:47.85
5 Rancocas Valley	26.57	54.53 (27.96)	1:21.98 (27.45)	1:47.85 (25.87)	1:52.54
6 Haddonfield	28.95	57.17 (28.22)	1:25.94 (28.77)	1:52.54 (26.60)	1:53.91
7 Washington Township	28.60	58.25 (29.65)	1:26.21 (27.96)	1:53.91 (27.70)	1:54.35
8 Gloucester Co. Inst. of Tech.	29.76	56.72 (26.96)	1:54.35 (57.63)	1:59.22	1:55.02
9 Cape May Tech	29.42	59.46 (30.04)	1:27.40 (27.94)	1:55.02 (27.62)	1:57.25
10 Moorestown	29.07	59.42 (30.35)	1:28.87 (29.45)	1:57.25 (28.38)	1:58.38
11 Lenape	29.10	1:00.11 (31.01)	1:27.68 (27.57)	1:58.38 (30.70)	2:02.73
12 Cinnaminson	30.71	1:00.89 (30.18)	1:30.99 (30.10)	2:02.73 (31.74)	2:05.19
13 Woodstown	31.04	1:05.63 (34.59)	1:36.75 (31.12)	2:05.19 (28.44)	2:07.59
14 Eastern	38.91	1:10.06 (31.15)	1:38.55 (28.49)	2:07.59 (29.04)	2:09.49
15 Deptford	33.35	1:02.38 (29.03)	1:36.95 (34.57)	2:09.49 (32.54)	2:11.41
16 Gateway/Woodbury	35.39	1:07.55 (32.16)	1:41.18 (33.63)	2:11.41 (30.23)	2:19.68
	33.98	1:12.18 (38.20)	1:48.46 (36.28)	2:19.68 (31.22)	

**The SJISA Swim Fast Relays
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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

1:26.75 AAC;

1:33.36 NJS

Team	Relay	Seed Time	Finals Time
1 Lenape		1:32.00	1:33.03 NJS
	22.34 46.40 (24.06) 1:09.67 (23.27)	1:33.03 (23.36)	
2 Rancocas Valley		1:41.00	1:34.05
	24.10 47.97 (23.87) 1:11.80 (23.83)	1:34.05 (22.25)	
3 Haddonfield		1:37.56	1:36.96
	24.06 47.31 (23.25) 1:13.53 (26.22)	1:36.96 (23.43)	
4 Cherry Hill East		1:36.00	1:37.44
	24.23 48.68 (24.45) 1:13.28 (24.60)	1:37.44 (24.16)	
5 Cherry Hill West		1:40.00	1:37.78
	24.13 49.36 (25.23) 1:13.47 (24.11)	1:37.78 (24.31)	
6 Cape May Tech		1:41.00	1:38.21
	24.62 50.71 (26.09) 1:14.84 (24.13)	1:38.21 (23.37)	
7 Cherokee		1:37.00	1:39.14
	24.38 50.38 (26.00) 1:14.80 (24.42)	1:39.14 (24.34)	
8 Shawnee		1:48.00	1:43.03
	24.87 50.84 (25.97) 1:17.49 (26.65)	1:43.03 (25.54)	
9 Gloucester Co. Inst. of Tech.		1:40.00	1:46.06
	24.87 52.71 (27.84) 1:19.25 (26.54)	1:46.06 (26.81)	
10 Washington Township		1:40.70	1:46.22
	24.48 53.95 (29.47) 1:21.24 (27.29)	1:46.22 (24.98)	
11 Eastern		1:55.00	1:46.43
	27.65 55.31 (27.66) 1:21.71 (26.40)	1:46.43 (24.72)	
12 Woodstown		1:50.50	1:47.29
	25.59 53.62 (28.03) 1:19.86 (26.24)	1:47.29 (27.43)	
13 Cinnaminson		1:42.00	1:47.48
	24.55 51.77 (27.22) 1:20.16 (28.39)	1:47.48 (27.32)	
14 Gateway/Woodbury		1:45.55	1:47.94
	26.02 55.32 (29.30) 1:22.76 (27.44)	1:47.94 (25.18)	

**The SJISA Swim Fast Relays
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Event 13 Women 200 Yard Freestyle Relay - Grades 9 and 10

Lead-off 50 Free NJSQT - 25.21

Meet Record: 1:43.62 R 2005

Cherry Hill West

1:38.03 AAC;

1:44.16 NJS

Team	Relay	Seed Time	Finals Time
1 Cherry Hill East		1:50.33	1:47.44
	26.16 53.63 (27.47) 1:21.04 (27.41)	1:47.44 (26.40)	
2 Haddonfield		1:51.25	1:49.52
	28.44 56.76 (28.32) 1:24.21 (27.45)	1:49.52 (25.31)	
3 Cherry Hill West		1:51.00	1:50.89
	26.80 56.81 (30.01) 1:24.64 (27.83)	1:50.89 (26.25)	
4 Gateway/Woodbury		2:05.43	1:56.11
	26.49 56.61 (30.12) 1:27.58 (30.97)	1:56.11 (28.53)	
5 Washington Township		1:52.50	1:56.96
	29.14 58.97 (29.83) 1:28.36 (29.39)	1:56.96 (28.60)	
6 Shawnee		1:58.22	1:57.25
	29.72 57.90 (28.18) 1:28.02 (30.12)	1:57.25 (29.23)	
7 Lenape		2:08.00	2:01.32
	29.71 59.56 (29.85) 1:30.55 (30.99)	2:01.32 (30.77)	
8 Eastern		2:12.00	2:02.04
	29.41 1:00.26 (30.85) 1:34.49 (34.23)	2:02.04 (27.55)	
9 Woodstown		2:35.00	2:02.58
	34.82 1:04.74 (29.92) 1:34.53 (29.79)	2:02.58 (28.05)	
10 Moorestown		2:10.00	2:06.88
	32.53 1:03.63 (31.10) 1:35.29 (31.66)	2:06.88 (31.59)	
11 Cinnaminson		2:10.00	2:07.95
	30.72 1:03.56 (32.84) 1:36.51 (32.95)	2:07.95 (31.44)	
12 Rancocas Valley		2:10.00	2:08.25
	32.70 1:02.09 (29.39) 1:37.28 (35.19)	2:08.25 (30.97)	
13 Gloucester Co. Inst. of Tech.		2:06.89	2:09.46
	32.66 1:03.03 (30.37) 1:34.24 (31.21)	2:09.46 (35.22)	
14 Cape May Tech		2:20.00	2:15.82
	32.33 1:06.74 (34.41) 1:41.58 (34.84)	2:15.82 (34.24)	
15 Cherokee		2:10.00	2:46.81
	43.48 1:31.30 (47.82) 2:15.28 (43.98)	2:46.81 (31.53)	
--- Deptford		2:45.00	NS

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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
1:26.75 AAC; 1:33.36 NJS

Team	Relay	Seed Time	Finals Time
1 Rancocas Valley		1:50.00	1:41.08
	24.60 49.81 (25.21) 1:16.19 (26.38)	1:41.08 (24.89)	
2 Cherry Hill East		1:40.00	1:43.54
	26.58 52.86 (26.28) 1:18.48 (25.62)	1:43.54 (25.06)	
3 Haddonfield		1:44.50	1:43.83
	24.12 52.23 (28.11) 1:18.51 (26.28)	1:43.83 (25.32)	
4 Cherry Hill West		1:42.00	1:44.40
	27.26 53.28 (26.02) 1:44.40 (51.12)		
5 Gateway/Woodbury		2:05.55	1:45.07
	25.99 53.30 (27.31) 1:20.35 (27.05)	1:45.07 (24.72)	
6 Shawnee		1:52.00	1:47.48
	27.13 55.33 (28.20) 1:22.47 (27.14)	1:47.48 (25.01)	
7 Lenape		1:47.00	1:48.36
	26.77 55.28 (28.51) 1:23.20 (27.92)	1:48.36 (25.16)	
8 Cherokee		1:45.00	1:50.71
	30.73 57.89 (27.16) 1:26.36 (28.47)	1:50.71 (24.35)	
9 Eastern		2:02.00	1:56.38
	27.14 58.78 (31.64) 1:28.61 (29.83)	1:56.38 (27.77)	
10 Woodstown		2:03.50	1:57.60
	31.40 1:04.17 (32.77) 1:34.08 (29.91)	1:57.60 (23.52)	
11 Gloucester Co. Inst. of Tech.		1:52.00	1:57.69
	30.90 58.65 (27.75) 1:29.47 (30.82)	1:57.69 (28.22)	
12 Washington Township		2:00.15	2:07.28
	28.41 58.97 (30.56) 1:30.23 (31.26)	2:07.28 (37.05)	
--- Cape May Tech		2:00.00	DQ
	40.12 1:17.43 (37.31) 1:46.89 (29.46)	DQ (30.13)	
--- Cinnaminson		1:59.00	NS

**The SJISA Swim Fast Relays
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Event 15 Women 200 Yard Breaststroke Relay

Meet Record: 2:07.97 R 2009		Moorestown			
Team		Relay		Seed Time	Finals Time
1	Cherry Hill East			2:16.73	2:15.92
	33.63	1:07.86 (34.23)	1:43.09 (35.23)	2:15.92 (32.83)	
2	Cherry Hill West			2:21.00	2:18.90
	35.88	51.57 (15.69)	2:18.90 (1:27.33)		
3	Eastern			2:30.00	2:19.39
	34.80	1:17.16 (42.36)	1:46.75 (29.59)	2:19.39 (32.64)	
4	Rancocas Valley			2:40.00	2:24.87
	37.77	1:13.25 (35.48)	1:50.11 (36.86)	2:24.87 (34.76)	
5	Moorestown			2:31.00	2:27.98
	37.13	1:14.42 (37.29)	1:51.48 (37.06)	2:27.98 (36.50)	
6	Haddonfield			2:13.14	2:30.89
	40.42	1:16.08 (35.66)	1:54.13 (38.05)	2:30.89 (36.76)	
7	Shawnee			2:28.18	2:31.94
	37.32	1:12.44 (35.12)	1:57.76 (45.32)	2:31.94 (34.18)	
8	Lenape			2:32.00	2:32.68
	40.76	1:18.27 (37.51)	1:54.74 (36.47)	2:32.68 (37.94)	
9	Washington Township			2:30.50	2:36.69
	37.69	1:18.85 (41.16)	2:00.37 (41.52)	2:36.69 (36.32)	
10	Cinnaminson			2:20.00	2:36.72
	37.81	1:17.36 (39.55)	1:56.78 (39.42)	2:36.72 (39.94)	
11	Cape May Tech			2:29.00	2:36.96
	39.34	1:21.01 (41.67)	1:58.33 (37.32)	2:36.96 (38.63)	
12	Gloucester Co. Inst. of Tech.			2:39.60	2:42.01
	48.95	1:28.94 (39.99)	2:08.12 (39.18)	2:42.01 (33.89)	
13	Woodstown			3:45.50	2:44.80
	43.71	1:26.78 (43.07)	2:03.13 (36.35)	2:44.80 (41.67)	
14	Gateway/Woodbury			2:30.11	2:46.25
	34.21	1:22.86 (48.65)	2:46.25 (1:23.39)		
15	Cherokee			2:50.00	3:11.14
	53.71	1:36.10 (42.39)	2:32.64 (56.54)	3:11.14 (38.50)	
---	Deptford			3:30.00	NS

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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	1:50.00	2:04.17
2 Lenape	2:07.00	2:06.13
3 Eastern	2:19.00	2:13.73
4 Gateway/Woodbury	2:13.33	2:14.64
5 Shawnee	2:16.00	2:16.70
6 Woodstown	2:30.50	2:17.09
7 Cherokee	2:11.00	2:17.35
8 Haddonfield	1:59.99	2:20.07
9 Washington Township	2:20.00	2:22.19
10 Rancocas Valley	2:22.00	2:23.21
11 Cape May Tech	2:40.00	2:25.03
12 Cinnaminson	2:12.00	2:25.66
13 Cherry Hill West	2:26.00	2:29.50
14 Gloucester Co. Inst. of Tech.	2:30.00	2:30.68

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

Meet Record: 59.97 R 2011

Haddonfield

Team	Relay	Seed Time	Finals Time
1 Gloucester Co. Inst. of Tech.		NT	51.87
	33.50	51.87 (18.37)	
2 Moorestown		NT	56.84
	27.26	56.84 (29.58)	
3 Gateway/Woodbury		NT	58.57
	29.89	58.57 (28.68)	
4 Cherokee		NT	58.63
	28.54	58.63 (30.09)	
5 Haddonfield		NT	1:00.33
	27.92	1:00.33 (32.41)	
6 Lenape		NT	1:00.53
	28.87	1:00.53 (31.66)	
7 Cherry Hill East		NT	1:00.95
	29.34	1:00.95 (31.61)	
8 Cape May Tech		NT	1:01.70
	30.09	1:01.70 (31.61)	
9 Eastern		NT	1:01.81
	31.19	1:01.81 (30.62)	
10 Shawnee		NT	1:02.18
	31.70	1:02.18 (30.48)	
11 Cherry Hill West		NT	1:02.31
	32.06	1:02.31 (30.25)	
11 Rancocas Valley		NT	1:02.31
	30.25	1:02.31 (32.06)	
13 Cinnaminson		NT	1:02.81
	31.36	1:02.81 (31.45)	
14 Washington Township		NT	1:03.92
	32.60	1:03.92 (31.32)	
15 Woodstown		NT	1:06.23
	33.99	1:06.23 (32.24)	
16 Deptford		NT	1:09.14
	36.69	1:09.14 (32.45)	

**The SJISA Swim Fast Relays
December 11, 2013**

Event 18 Men 100 Yard Freestyle Relay - Winner is closest to 1:00, +/- 2

Meet Record: 1:00.01 R 2009		Triton	Seed Time	Finals Time
Team		Relay		
1	Eastern		NT	58.44
	35.83	58.44 (22.61)		
2	Gloucester Co. Inst. of Tech.		NT	59.00
	30.40	59.00 (28.60)		
3	Gateway/Woodbury		NT	59.12
	28.65	59.12 (30.47)		
4	Lenape		NT	59.36
	30.27	59.36 (29.09)		
5	Shawnee		NT	59.78
	30.25	59.78 (29.53)		
6	Rancocas Valley		NT	59.90
	25.20	59.90 (34.70)		
7	Cherry Hill West		NT	1:00.06
	31.58	1:00.06 (28.48)		
8	Woodstown		NT	1:00.09
	30.34	1:00.09 (29.75)		
9	Cherokee		NT	1:00.18
	30.38	1:00.18 (29.80)		
10	Haddonfield		NT	1:00.38
	33.70	1:00.38 (26.68)		
11	Cape May Tech		NT	1:00.48
	32.02	1:00.48 (28.46)		
12	Washington Township		NT	1:01.63
	32.89	1:01.63 (28.74)		
13	Cherry Hill East		NT	1:02.91
	27.07	1:02.91 (35.84)		
14	Cinnaminson		NT	1:03.97
	31.93	1:03.97 (32.04)		

**The SJISA Swim Fast Relays
December 11, 2013**

Female Team Scores

Place	School		Points
1	Cherry Hill East	CHE	304
2	Cherry Hill West	CHW	260
3	Haddonfield	HFD	242
4	Shawnee	SHW	234
5	Eastern	EAS	212
6	Moorestown	MTN	168
7	Rancocas Valley	RVY	164
8	Washington Township	WTP	160
9	Lenape	LNP	148
10	Gloucester Co. Inst. of Tech.	GCI	130
11	Cherokee	CHK	128
12	Gateway/Woodbury	G/W	98
13	Cape May Tech	CMT	88
14	Woodstown	WTN	76

Total 2,412.00

Male Team Scores

Place	School		Points
1	Cherry Hill East	CHE	280
2	Lenape	LNP	268
3	Haddonfield	HFD	258
4	Rancocas Valley	RVY	232
5	Cherokee	CHK	214
6	Shawnee	SHW	174
7	Cherry Hill West	CHW	162
7	Gateway/Woodbury	G/W	162
9	Eastern	EAS	130
10	Washington Township	WTP	128
11	Cape May Tech	CMT	124
12	Woodstown	WTN	108
13	Gloucester Co. Inst. of Tech.	GCI	106
14	Cinnaminson	CIN	54

Total 2,400.00