

The SJISA Swim Fast Relays
December 16, 2015

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

Lead-off 200 Free NJSQT - 1:59.74

Meet Record: 5:56.04 R 2006	Cherry Hill West Relay	Seed Time	Finals Time
Team			
1 Cherry Hill East		6:45.25	6:29.51
26.93	56.35 (29.42)	1:27.21 (30.86)	1:57.32 (30.11)
2:24.61 (27.29)	2:55.58 (30.97)	3:28.56 (32.98)	4:01.06 (32.50)
4:27.12 (26.06)	4:55.96 (28.84)	5:26.38 (30.42)	6:29.51 (1:03.13)
2 Lenape		6:44.00	6:38.61
26.82	56.88 (30.06)	1:27.72 (30.84)	1:58.76 (31.04)
2:25.14 (26.38)	2:55.40 (30.26)	3:28.00 (32.60)	4:01.09 (33.09)
4:27.61 (26.52)	4:57.34 (29.73)	5:28.49 (31.15)	6:38.61 (1:10.12)
3 Washington Township		7:02.40	6:57.97
31.65	1:06.76 (35.11)	1:43.13 (36.37)	2:18.49 (35.36)
2:50.02 (31.53)	3:25.59 (35.57)	4:02.55 (36.96)	4:38.33 (35.78)
5:09.84 (31.51)	5:45.04 (35.20)	6:21.36 (36.32)	6:57.97 (36.61)
4 Eastern		6:56.00	7:02.59
31.44	1:06.51 (35.07)	1:43.60 (37.09)	2:20.53 (36.93)
2:53.63 (33.10)	3:29.68 (36.05)	4:09.61 (39.93)	4:50.90 (41.29)
5:21.06 (30.16)	5:54.38 (33.32)	6:28.99 (34.61)	7:02.59 (33.60)
5 Cherokee		6:45.00	7:05.00
25.45	54.06 (28.61)	1:24.11 (30.05)	1:53.53 (29.42)
2:19.90 (26.37)	2:49.84 (29.94)	3:20.44 (30.60)	3:50.53 (30.09)
4:15.80 (25.27)	4:45.23 (29.43)	5:16.10 (30.87)	7:05.00 (1:48.90)
6 Haddonfield		6:38.50	7:10.29
24.13	50.39 (26.26)	1:17.16 (26.77)	1:44.05 (26.89)
2:08.22 (24.17)	2:35.91 (27.69)	3:04.66 (28.75)	3:32.60 (27.94)
3:59.80 (27.20)	4:29.96 (30.16)	5:01.93 (31.97)	7:10.29 (2:08.36)
7 Shawnee		6:50.55	7:11.53
8 Rancocas Valley		8:02.00	7:20.77
33.08	1:09.49 (36.41)	1:47.92 (38.43)	2:25.85 (37.93)
2:59.16 (33.31)	3:37.54 (38.38)	4:18.77 (41.23)	5:00.23 (41.46)
5:29.63 (29.40)	6:05.30 (35.67)	6:43.05 (37.75)	7:20.77 (37.72)
9 Cherry Hill West		6:50.00	7:29.83
25.79	54.26 (28.47)	1:23.71 (29.45)	1:53.78 (30.07)
2:21.04 (27.26)	2:52.19 (31.15)	3:24.61 (32.42)	3:56.13 (31.52)
4:22.52 (26.39)	4:51.81 (29.29)	5:23.20 (31.39)	7:29.83 (2:06.63)
10 Paul VI		8:30.00	7:41.14
36.73	1:17.97 (41.24)	2:01.13 (43.16)	2:45.99 (44.86)
3:19.02 (33.03)	3:56.73 (37.71)	4:37.64 (40.91)	5:17.62 (39.98)
5:50.02 (32.40)	6:26.42 (36.40)	7:04.41 (37.99)	7:41.14 (36.73)
11 Cape May Tech		7:48.60	7:49.87
32.08	1:07.75 (35.67)	1:44.27 (36.52)	2:19.15 (34.88)
2:57.52 (38.37)	3:39.66 (42.14)	4:23.49 (43.83)	5:05.16 (41.67)
5:41.57 (36.41)	6:25.58 (44.01)	7:09.37 (43.79)	7:49.87 (40.50)

**The SJISA Swim Fast Relays
December 16, 2015**

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

Lead-off 200 Free NJSQT - 1:47.90

Meet Record: 5:16.89 R 2005	Cherry Hill West			
Team	Relay		Seed Time	Finals Time
1 Rancocas Valley			5:35.00	5:34.43
	24.13	50.39 (26.26)	1:17.16 (26.77)	1:44.05 (26.89)
	2:08.22 (24.17)	2:35.91 (27.69)	3:04.66 (28.75)	3:32.60 (27.94)
	3:59.80 (27.20)	4:29.96 (30.16)	5:01.93 (31.97)	5:34.43 (32.50)
2 Shawnee			5:50.00	5:46.48
	25.45	54.06 (28.61)	1:24.11 (30.05)	1:53.53 (29.42)
	2:19.90 (26.37)	2:49.84 (29.94)	3:20.44 (30.60)	3:50.53 (30.09)
	4:15.80 (25.27)	4:45.23 (29.43)	5:16.10 (30.87)	5:46.48 (30.38)
3 Cherokee			5:54.00	5:53.85
	25.79	54.26 (28.47)	1:23.71 (29.45)	1:53.78 (30.07)
	2:21.04 (27.26)	2:52.19 (31.15)	3:24.61 (32.42)	3:56.13 (31.52)
	4:22.52 (26.39)	4:51.81 (29.29)	5:23.20 (31.39)	5:53.85 (30.65)
4 Lenape			5:50.00	5:56.96
	26.93	56.35 (29.42)	1:27.21 (30.86)	1:57.32 (30.11)
	2:24.61 (27.29)	2:55.58 (30.97)	3:28.56 (32.98)	4:01.06 (32.50)
	4:27.12 (26.06)	4:55.96 (28.84)	5:26.38 (30.42)	5:56.96 (30.58)
5 Washington Township			6:19.45	5:58.36
	25.49	53.85 (28.36)	1:24.01 (30.16)	1:55.16 (31.15)
	2:22.30 (27.14)	2:52.46 (30.16)	3:23.91 (31.45)	3:56.26 (32.35)
	4:23.20 (26.94)	4:54.64 (31.44)	5:27.18 (32.54)	5:58.36 (31.18)
6 Cherry Hill East			5:47.00	5:59.91
	26.82	56.88 (30.06)	1:27.72 (30.84)	1:58.76 (31.04)
	2:25.14 (26.38)	2:55.40 (30.26)	3:28.00 (32.60)	4:01.09 (33.09)
	4:27.61 (26.52)	4:57.34 (29.73)	5:28.49 (31.15)	5:59.91 (31.42)
7 Cherry Hill West			6:05.00	6:12.46
	27.74	59.09 (31.35)	1:32.73 (33.64)	2:06.35 (33.62)
	2:33.70 (27.35)	3:05.19 (31.49)	3:38.36 (33.17)	4:11.16 (32.80)
	4:38.75 (27.59)	5:09.83 (31.08)	5:41.53 (31.70)	6:12.46 (30.93)
8 Eastern			6:40.00	6:37.15
	29.83	1:03.01 (33.18)	1:38.00 (34.99)	2:13.12 (35.12)
	2:42.15 (29.03)	3:14.97 (32.82)	3:49.55 (34.58)	4:23.23 (33.68)
	4:53.05 (29.82)	5:27.67 (34.62)	6:03.35 (35.68)	6:37.15 (33.80)
9 Gloucester			7:04.54	6:52.35
	31.19	1:06.21 (35.02)	1:42.75 (36.54)	2:19.06 (36.31)
	2:48.77 (29.71)	3:22.92 (34.15)	3:58.76 (35.84)	4:34.67 (35.91)
	5:03.68 (29.01)	5:37.55 (33.87)	6:15.27 (37.72)	6:52.35 (37.08)
10 Cape May Tech			7:00.00	7:28.53
	31.99	1:07.40 (35.41)	1:46.11 (38.71)	2:25.32 (39.21)
	2:56.31 (30.99)	3:32.86 (36.55)	4:11.94 (39.08)	4:48.78 (36.84)
	5:23.95 (35.17)	6:04.48 (40.53)	6:47.21 (42.73)	7:28.53 (41.32)
--- Paul VI			7:00.00	NS
--- Haddonfield			6:04.05	NS

**The SJISA Swim Fast Relays
December 16, 2015**

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

Meet Record: 1:53.50 R 2013 Cherry Hill West
1:47.45 AAC
1:54.49 NJS

Team	Relay	Seed Time	Finals Time
1 Eastern		1:58.00	1:57.85
2 Cherokee	32.95 1:04.03 (31.08) 1:31.78 (27.75)	1:57.85 (26.07) 2:05.00	1:58.63
3 Cherry Hill East	30.09 1:04.66 (34.57) 1:58.63 (53.97)	1:58.30	1:59.99
4 Lenape	31.05 1:02.82 (31.77) 1:33.61 (30.79)	1:59.99 (26.38) 2:03.00	2:02.37
5 Washington Township	32.66 1:06.05 (33.39) 1:33.18 (27.13)	2:02.37 (29.19) 2:05.20	2:05.11
6 Shawnee	31.57 1:07.98 (36.41) 1:37.59 (29.61)	2:05.11 (27.52) 1:57.22	2:06.06
7 Haddonfield	32.29 1:06.68 (34.39) 1:38.50 (31.82)	2:06.06 (27.56) 1:58.10	2:06.25
8 Rancocas Valley	34.80 1:10.32 (35.52) 1:38.52 (28.20)	2:06.25 (27.73) 2:22.00	2:11.95
9 Paul VI	35.58 1:10.36 (34.78) 1:44.22 (33.86)	2:11.95 (27.73) 2:10.00	2:14.44
10 Cherry Hill West	36.57 1:16.48 (39.91) 1:49.31 (32.83)	2:14.44 (25.13) 1:59.00	2:15.72
11 Cape May Tech	38.00 1:11.79 (33.79) 1:44.71 (32.92)	2:15.72 (31.01) 2:25.20	2:28.94
	39.53 1:21.55 (42.02) 2:01.10 (39.55)	2:28.94 (27.84)	

**The SJISA Swim Fast Relays
December 16, 2015**

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

Meet Record: 1:37.32 R 2010 Saint Augustine
1:35.69 AAC
1:43.07 NJS

Team	Relay			Seed Time	Finals Time
1 Washington Township				1:45.01	1:42.78 NJS
	27.20	56.12 (28.92)	1:20.54 (24.42)	1:42.78 (22.24)	
2 Cherokee				1:43.00	1:42.94 NJS
	27.03	55.83 (28.80)	1:20.52 (24.69)	1:42.94 (22.42)	
3 Rancocas Valley				1:51.00	1:44.25
	26.09	55.54 (29.45)	1:20.58 (25.04)	1:44.25 (23.67)	
4 Eastern				1:50.00	1:45.66
	27.22	57.30 (30.08)	1:22.63 (25.33)	1:45.66 (23.03)	
5 Lenape				1:41.50	1:46.98
	28.05	58.61 (30.56)	1:23.04 (24.43)	1:46.98 (23.94)	
6 Cherry Hill East				1:45.00	1:47.88
	28.16	57.52 (29.36)	1:23.11 (25.59)	1:47.88 (24.77)	
7 Shawnee				1:49.00	1:49.39
	30.70	59.67 (28.97)	1:26.34 (26.67)	1:49.39 (23.05)	
8 Haddonfield				1:46.51	1:58.40
	26.93	1:01.52 (34.59)	1:31.24 (29.72)	1:58.40 (27.16)	
9 Paul VI				1:59.00	1:59.43
	32.86	1:05.26 (32.40)	1:35.34 (30.08)	1:59.43 (24.09)	
10 Cape May Tech				2:00.00	2:09.34
	33.16	1:13.26 (40.10)	1:44.01 (30.75)	2:09.34 (25.33)	
11 Cherry Hill West				2:01.00	2:14.26
	40.43	1:10.59 (30.16)	1:41.96 (31.37)	2:14.26 (32.30)	
12 Gloucester				2:24.25	2:27.38
	39.62	1:18.76 (39.14)	1:48.82 (30.06)	2:27.38 (38.56)	

**The SJISA Swim Fast Relays
December 16, 2015**

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

Meet Record: 1:54.29 R 2000 Haddonfield
1:47.45 AAC
1:54.49 NJS

Team	Relay	Seed Time	Finals Time
1 Shawnee		2:00.00	2:03.84
	33.69 1:07.95 (34.26) 1:36.66 (28.71)	2:03.84 (27.18)	
2 Cherry Hill East		2:03.45	2:04.06
	32.21 1:06.27 (34.06) 1:36.46 (30.19)	2:04.06 (27.60)	
3 Eastern		2:09.50	2:06.69
	31.19 1:07.90 (36.71) 1:37.48 (29.58)	2:06.69 (29.21)	
4 Rancocas Valley		2:30.00	2:08.88
	31.92 1:06.59 (34.67) 1:41.47 (34.88)	2:08.88 (27.41)	
5 Cherry Hill West		2:05.50	2:10.06
	34.92 1:10.19 (35.27) 1:41.48 (31.29)	2:10.06 (28.58)	
6 Washington Township		2:06.40	2:17.30
	36.99 1:13.88 (36.89) 1:46.75 (32.87)	2:17.30 (30.55)	
7 Haddonfield		1:59.20	2:21.35
	36.06 1:19.68 (43.62) 1:53.94 (34.26)	2:21.35 (27.41)	
8 Paul VI		2:20.00	2:21.58
	35.04 1:19.42 (44.38) 1:52.31 (32.89)	2:21.58 (29.27)	
9 Cape May Tech		2:53.00	2:28.31
	42.79 1:22.98 (40.19) 1:57.50 (34.52)	2:28.31 (30.81)	
10 Cherokee		2:35.00	2:37.49
	45.68 1:28.03 (42.35) 2:02.01 (33.98)	2:37.49 (35.48)	

**The SJISA Swim Fast Relays
December 16, 2015**

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

Meet Record: 1:41.47 R 2004 Bishop Eustace
1:35.69 AAC
1:43.07 NJS

Team	Relay		Seed Time	Finals Time
1 Shawnee			1:49.00	1:46.05
	25.78	54.78 (29.00)	1:21.73 (26.95)	1:46.05 (24.32)
2 Haddonfield			1:47.52	1:50.32
	28.40	1:01.50 (33.10)	1:25.71 (24.21)	1:50.32 (24.61)
3 Cherry Hill East			1:53.00	1:51.29
	28.89	59.10 (30.21)	1:26.11 (27.01)	1:51.29 (25.18)
4 Lenape			1:51.50	1:52.73
	26.84	58.98 (32.14)	1:28.49 (29.51)	1:52.73 (24.24)
5 Cherry Hill West			2:00.00	1:56.19
	30.27	1:02.51 (32.24)	1:30.66 (28.15)	1:56.19 (25.53)
6 Cherokee			1:50.00	1:57.65
	32.70	1:07.12 (34.42)	1:33.03 (25.91)	1:57.65 (24.62)
7 Eastern			2:04.50	1:57.67
	30.48	1:03.28 (32.80)	1:32.15 (28.87)	1:57.67 (25.52)
8 Rancocas Valley			2:00.00	2:01.89
	34.68	1:07.25 (32.57)	1:35.89 (28.64)	2:01.89 (26.00)
9 Cape May Tech			2:10.00	2:12.32
	30.95	1:10.47 (39.52)	1:42.13 (31.66)	2:12.32 (30.19)
10 Washington Township			2:15.60	2:12.69
	35.20	1:13.78 (38.58)	1:44.34 (30.56)	2:12.69 (28.35)
11 Gloucester			2:47.59	2:35.84
	45.88	1:28.75 (42.87)	2:01.73 (32.98)	2:35.84 (34.11)
--- Paul VI			2:10.00	NS

**The SJISA Swim Fast Relays
December 16, 2015**

Event 7 Women 200 Yard Backstroke Relay

Meet Record: 1:55.37 R 1999

**Cherry Hill West
Relay**

Team	Seed Time	Finals Time
1 Cherry Hill East	2:06.60	2:02.32
2 Cherry Hill West	2:06.00	2:02.51
3 Lenape	2:09.00	2:07.75
4 Eastern	2:16.50	2:07.83
5 Shawnee	2:02.34	2:09.96
6 Rancocas Valley	2:47.00	2:17.56
7 Paul VI	2:40.00	2:22.65
8 Washington Township	2:20.90	2:26.26
9 Haddonfield	2:05.10	2:28.24
10 Cape May Tech	3:04.30	2:35.28
--- Cherokee	3:30.00	DQ
--- Gloucester	3:27.23	NS

**The SJISA Swim Fast Relays
December 16, 2015**

Event 8 Men 200 Yard Backstroke Relay

Meet Record: 1:40.37 R 2014

**Rancocas Valley
Relay**

				Seed Time	Finals Time
Team			Relay		
1 Cherokee				1:46.00	1:45.03
	28.41	55.54 (27.13)	1:21.17 (25.63)	1:45.03 (23.86)	
2 Rancocas Valley				1:52.00	1:45.40
	28.73	53.79 (25.06)	1:22.08 (28.29)	1:45.40 (23.32)	
3 Haddonfield				1:56.30	1:50.64
	30.34	55.95 (25.61)	1:24.05 (28.10)	1:50.64 (26.59)	
4 Washington Township				1:56.33	1:50.65
	26.86	52.78 (25.92)	1:24.18 (31.40)	1:50.65 (26.47)	
5 Shawnee				1:52.00	1:51.53
	28.30	57.05 (28.75)	1:26.60 (29.55)	1:51.53 (24.93)	
6 Cherry Hill West				2:05.00	1:52.54
	29.12	59.09 (29.97)	1:27.24 (28.15)	1:52.54 (25.30)	
7 Lenape				1:51.00	1:53.27
	27.81	58.05 (30.24)	1:26.31 (28.26)	1:53.27 (26.96)	
8 Cherry Hill East				1:52.00	1:54.92
	28.22	56.02 (27.80)	1:26.60 (30.58)	1:54.92 (28.32)	
9 Eastern				2:07.00	1:55.29
	31.96	1:00.95 (28.99)	1:28.43 (27.48)	1:55.29 (26.86)	
10 Cape May Tech				2:20.00	2:15.97
	31.89	1:05.58 (33.69)	1:39.74 (34.16)	2:15.97 (36.23)	
11 Gloucester				2:35.37	2:23.17
	39.35	1:11.33 (31.98)	1:47.80 (36.47)	2:23.17 (35.37)	
--- Paul VI				2:30.00	NS

**The SJISA Swim Fast Relays
December 16, 2015**

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			2:01.90	2:00.98
	31.03	1:01.94 (30.91)	1:32.70 (30.76)	2:00.98 (28.28)	
2	Eastern			2:04.60	2:02.28
	31.20	1:04.78 (33.58)	1:34.55 (29.77)	2:02.28 (27.73)	
3	Shawnee			2:08.13	2:03.11
	31.87	1:03.05 (31.18)	1:34.42 (31.37)	2:03.11 (28.69)	
4	Haddonfield			1:55.95	2:06.02
	33.70	1:05.28 (31.58)	1:33.77 (28.49)	2:06.02 (32.25)	
5	Washington Township			2:10.40	2:09.47
	35.08	1:07.44 (32.36)	1:38.78 (31.34)	2:09.47 (30.69)	
6	Paul VI			2:40.00	2:10.72
	38.58	1:10.75 (32.17)	1:42.60 (31.85)	2:10.72 (28.12)	
7	Cherry Hill West			2:04.50	2:13.57
	33.23	1:08.42 (35.19)	1:41.34 (32.92)	2:13.57 (32.23)	
8	Rancocas Valley			2:48.00	2:26.09
	42.01	1:16.17 (34.16)	1:56.27 (40.10)	2:26.09 (29.82)	
9	Cape May Tech			2:52.20	2:26.72
	35.65	1:11.35 (35.70)	1:48.23 (36.88)	2:26.72 (38.49)	
10	Cherokee			3:30.00	2:55.77
	36.51	1:30.14 (53.63)	2:13.85 (43.71)	2:55.77 (41.92)	

**The SJISA Swim Fast Relays
December 16, 2015**

Event 10 Men 200 Yard Butterfly Relay

Meet Record: 1:38.66 R 2014		Moorestown		Seed Time	Finals Time
Team			Relay		
1	Cherokee			1:41.00	1:43.24
	26.74	53.01 (26.27)	1:18.46 (25.45)	1:43.24 (24.78)	
2	Lenape			1:44.00	1:47.02
	25.51	54.41 (28.90)	1:23.85 (29.44)	1:47.02 (23.17)	
3	Haddonfield			1:48.99	1:47.05
	24.34	50.63 (26.29)	1:18.86 (28.23)	1:47.05 (28.19)	
4	Cherry Hill West			1:55.00	1:47.28
	26.86	54.33 (27.47)	1:22.96 (28.63)	1:47.28 (24.32)	
5	Rancocas Valley			1:50.00	1:48.46
	27.43	54.94 (27.51)	1:23.84 (28.90)	1:48.46 (24.62)	
6	Cherry Hill East			1:44.00	1:49.35
	26.39	54.30 (27.91)	1:22.12 (27.82)	1:49.35 (27.23)	
7	Shawnee			1:54.00	1:52.53
	28.08	55.46 (27.38)	1:24.05 (28.59)	1:52.53 (28.48)	
8	Eastern			1:56.00	1:53.63
	30.00	59.58 (29.58)	1:27.37 (27.79)	1:53.63 (26.26)	
9	Washington Township			2:00.30	1:54.83
	27.81	57.84 (30.03)	1:29.03 (31.19)	1:54.83 (25.80)	
10	Cape May Tech			2:10.00	2:06.42
	30.21	1:01.69 (31.48)	1:30.26 (28.57)	2:06.42 (36.16)	
---	Paul VI			2:30.00	NS

**The SJISA Swim Fast Relays
December 16, 2015**

Event 11 Women 200 Yard Freestyle Relay - Varsity (Any grade)

Lead-off 50 Free NJSQT - 24.95

**Meet Record: 1:43.21 R 2008 Cherry Hill East
1:37.45 AAC
1:44.16 NJS**

Team	Relay	Seed Time	Finals Time
1 Cherokee		1:51.00	1:45.65
	26.37 53.23 (26.86) 1:20.23 (27.00)	1:45.65 (25.42)	
2 Cherry Hill West		1:52.00	1:46.51
	26.45 53.60 (27.15) 1:20.59 (26.99)	1:46.51 (25.92)	
3 Cherry Hill East		1:48.70	1:46.89
	26.69 53.42 (26.73) 1:20.42 (27.00)	1:46.89 (26.47)	
4 Eastern		1:48.00	1:48.29
	28.25 55.62 (27.37) 1:22.16 (26.54)	1:48.29 (26.13)	
5 Washington Township		1:48.60	1:51.06
	27.68 55.40 (27.72) 1:23.27 (27.87)	1:51.06 (27.79)	
6 Shawnee		1:56.75	1:53.30
	28.04 55.54 (27.50) 1:25.47 (29.93)	1:53.30 (27.83)	
7 Rancocas Valley		2:10.00	1:54.73
	28.77 57.51 (28.74) 1:26.16 (28.65)	1:54.73 (28.57)	
8 Haddonfield		1:53.12	1:56.44
	28.14 1:01.14 (33.00) 1:28.01 (26.87)	1:56.44 (28.43)	
9 Paul VI		2:00.00	1:59.67
	34.55 1:04.57 (30.02) 1:34.31 (29.74)	1:59.67 (25.36)	
10 Cape May Tech		2:01.00	1:59.98
	29.55 1:01.48 (31.93) 1:30.97 (29.49)	1:59.98 (29.01)	
11 Lenape		2:18.00	2:12.59
	38.59 1:14.06 (35.47) 1:42.26 (28.20)	2:12.59 (30.33)	
12 Gloucester		2:40.49	2:49.20
	48.22 1:40.32 (52.10) 2:14.78 (34.46)	2:49.20 (34.42)	

**The SJISA Swim Fast Relays
December 16, 2015**

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
1:26.40 AAC
1:32.60 NJS**

Team	Relay	Seed Time	Finals Time
1 Rancocas Valley		1:34.00	1:30.15 NJS
	23.05 44.40 (21.35) 1:07.24 (22.84)	1:30.15 (22.91)	
2 Washington Township		1:40.06	1:31.81 NJS
	23.47 46.49 (23.02) 1:09.34 (22.85)	1:31.81 (22.47)	
3 Cherokee		1:31.00	1:32.89
	23.24 46.70 (23.46) 1:10.46 (23.76)	1:32.89 (22.43)	
4 Lenape		1:32.50	1:33.14
	23.13 46.56 (23.43) 1:10.81 (24.25)	1:33.14 (22.33)	
5 Cherry Hill West		1:34.00	1:36.96
	24.79 50.99 (26.20) 1:14.28 (23.29)	1:36.96 (22.68)	
6 Haddonfield		1:37.56	1:37.51
	24.63 48.41 (23.78) 1:13.50 (25.09)	1:37.51 (24.01)	
7 Shawnee		1:39.00	1:38.00
	25.50 50.45 (24.95) 1:15.14 (24.69)	1:38.00 (22.86)	
8 Cherry Hill East		1:38.00	1:39.63
	24.90 51.28 (26.38) 1:16.56 (25.28)	1:39.63 (23.07)	
9 Eastern		1:41.00	1:40.82
	26.73 51.79 (25.06) 1:16.24 (24.45)	1:40.82 (24.58)	
10 Paul VI		1:50.00	1:47.74
	27.86 54.42 (26.56) 1:23.82 (29.40)	1:47.74 (23.92)	
11 Cape May Tech		1:50.00	1:50.74
	26.79 54.01 (27.22) 1:24.28 (30.27)	1:50.74 (26.46)	
--- Gloucester		1:48.52	DQ

**The SJISA Swim Fast Relays
December 16, 2015**

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

Lead-off 50 Free NJSQT - 24.95

**Meet Record: 1:43.62 R 2005 Cherry Hill West
1:37.45 AAC
1:44.16 NJS**

Team	Relay	Seed Time	Finals Time
1 Cherry Hill East		1:54.45	1:51.45
	27.82 55.88 (28.06)	1:23.87 (27.99)	1:51.45 (27.58)
2 Shawnee		1:58.00	1:51.64
	27.78 55.64 (27.86)	1:24.82 (29.18)	1:51.64 (26.82)
3 Haddonfield		1:51.25	1:56.44
	28.31 57.16 (28.85)	1:27.98 (30.82)	1:56.44 (28.46)
4 Cherry Hill West		1:52.00	1:56.48
	29.02 59.00 (29.98)	1:28.07 (29.07)	1:56.48 (28.41)
5 Eastern		1:56.50	1:57.42
	30.05 59.69 (29.64)	1:28.69 (29.00)	1:57.42 (28.73)
6 Washington Township		2:05.10	2:01.54
	30.96 1:01.69 (30.73)	1:32.32 (30.63)	2:01.54 (29.22)
7 Paul VI		2:00.00	2:03.21
	30.12 1:01.96 (31.84)	1:33.89 (31.93)	2:03.21 (29.32)
8 Rancocas Valley		2:16.00	2:07.20
	31.54 1:05.26 (33.72)	1:37.93 (32.67)	2:07.20 (29.27)
9 Cape May Tech		2:20.00	2:08.54
	34.07 1:07.45 (33.38)	1:37.71 (30.26)	2:08.54 (30.83)
10 Cherokee		3:40.00	2:42.66
	42.03 1:27.01 (44.98)	2:08.47 (41.46)	2:42.66 (34.19)

**The SJISA Swim Fast Relays
December 16, 2015**

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
1:26.40 AAC
1:32.60 NJS**

Team	Relay	Seed Time	Finals Time
1 Shawnee		1:40.00	1:36.39
	25.17 49.36 (24.19)	1:13.65 (24.29)	1:36.39 (22.74)
2 Haddonfield		1:44.50	1:38.75
	25.60 52.39 (26.79)	1:14.57 (22.18)	1:38.75 (24.18)
3 Eastern		1:40.00	1:38.96
	25.71 51.39 (25.68)	1:15.25 (23.86)	1:38.96 (23.71)
4 Cherry Hill East		1:39.00	1:40.26
	25.48 50.73 (25.25)	1:15.39 (24.66)	1:40.26 (24.87)
5 Lenape		1:38.50	1:40.48
	24.80 51.47 (26.67)	1:16.38 (24.91)	1:40.48 (24.10)
6 Rancocas Valley		1:45.00	1:44.84
	26.06 53.14 (27.08)	1:19.55 (26.41)	1:44.84 (25.29)
7 Cherokee		1:44.00	1:46.23
	26.97 54.70 (27.73)	1:21.09 (26.39)	1:46.23 (25.14)
8 Cape May Tech		2:00.00	1:50.25
	27.73 52.84 (25.11)	1:22.80 (29.96)	1:50.25 (27.45)
9 Washington Township		1:54.54	1:56.35
	27.69 55.29 (27.60)	1:27.78 (32.49)	1:56.35 (28.57)
10 Paul VI		2:00.00	1:56.79
	27.21 59.03 (31.82)	1:24.42 (25.39)	1:56.79 (32.37)
11 Cherry Hill West		1:50.00	2:08.61
	29.52 1:02.95 (33.43)	1:37.46 (34.51)	2:08.61 (31.15)
12 Gloucester		2:32.25	2:26.45
	36.58 1:07.16 (30.58)	1:43.03 (35.87)	2:26.45 (43.42)

**The SJISA Swim Fast Relays
December 16, 2015**

Event 15 Women 200 Yard Breaststroke Relay

Meet Record: 2:07.97 R 2009

**Moorestown
Relay**

Team			Seed Time	Finals Time
1 Cherry Hill West			2:20.00	2:17.58
	35.92	1:10.85 (34.93)	1:45.77 (34.92)	2:17.58 (31.81)
2 Cherry Hill East			2:28.45	2:17.78
	35.72	1:09.95 (34.23)	1:44.79 (34.84)	2:17.78 (32.99)
3 Eastern			2:27.00	2:22.17
	36.43	1:13.66 (37.23)	1:49.89 (36.23)	2:22.17 (32.28)
4 Lenape			2:22.00	2:28.90
	39.52	1:17.70 (38.18)	1:52.94 (35.24)	2:28.90 (35.96)
5 Rancocas Valley			2:46.00	2:32.84
	39.63	1:22.55 (42.92)	1:57.64 (35.09)	2:32.84 (35.20)
6 Washington Township			2:28.10	2:33.12
	40.56	1:17.82 (37.26)	1:57.15 (39.33)	2:33.12 (35.97)
7 Haddonfield			2:13.14	2:33.50
	37.07	1:19.31 (42.24)	1:56.48 (37.17)	2:33.50 (37.02)
8 Shawnee			2:28.18	2:37.22
	39.75	1:20.50 (40.75)	1:58.67 (38.17)	2:37.22 (38.55)
9 Cape May Tech			3:06.60	2:45.67
	42.32	1:22.71 (40.39)	2:00.66 (37.95)	2:45.67 (45.01)
10 Paul VI			3:30.00	2:53.12
	42.09	1:28.22 (46.13)	2:13.42 (45.20)	2:53.12 (39.70)
11 Cherokee			3:10.00	3:15.11
	53.64	1:58.46 (1:04.82)	2:40.24 (41.78)	3:15.11 (34.87)
12 Gloucester			3:54.10	3:57.63
	1:19.43	2:25.56 (1:06.13)	3:12.95 (47.39)	3:57.63 (44.68)

**The SJISA Swim Fast Relays
December 16, 2015**

Event 16 Men 200 Yard Breaststroke Relay

Meet Record: 1:53.46 R 2007

**Cherry Hill East
Relay**

Team			Seed Time	Finals Time
1 Washington Township			2:02.40	1:59.96
	29.97	1:00.29 (30.32)	1:30.99 (30.70)	1:59.96 (28.97)
2 Cherry Hill East			2:02.00	2:01.40
	30.98	1:01.93 (30.95)	1:32.48 (30.55)	2:01.40 (28.92)
3 Shawnee			2:00.00	2:01.41
	29.76	1:01.51 (31.75)	1:33.34 (31.83)	2:01.41 (28.07)
4 Lenape			2:09.00	2:08.47
	31.97	1:05.60 (33.63)	1:38.67 (33.07)	2:08.47 (29.80)
5 Cherry Hill West			2:10.00	2:08.82
	32.20	1:04.84 (32.64)	1:36.91 (32.07)	2:08.82 (31.91)
6 Eastern			2:15.24	2:09.34
	33.21	1:06.98 (33.77)	1:39.90 (32.92)	2:09.34 (29.44)
7 Rancocas Valley			2:05.00	2:10.53
	33.28	1:07.16 (33.88)	1:41.51 (34.35)	2:10.53 (29.02)
8 Cherokee			2:04.00	2:11.36
	33.51	1:08.62 (35.11)	1:42.35 (33.73)	2:11.36 (29.01)
9 Paul VI			3:20.00	2:24.53
	37.42	1:16.46 (39.04)	1:48.92 (32.46)	2:24.53 (35.61)
10 Haddonfield			1:59.99	2:25.77
	34.71	1:11.71 (37.00)	1:52.63 (40.92)	2:25.77 (33.14)
11 Gloucester			2:36.34	2:31.74
	37.23	1:15.69 (38.46)	1:54.30 (38.61)	2:31.74 (37.44)
12 Cape May Tech			2:30.00	2:35.36
	39.40	1:19.99 (40.59)	1:54.90 (34.91)	2:35.36 (40.46)

**The SJISA Swim Fast Relays
December 16, 2015**

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	Rancocas Valley				NT	58.70
	30.25		58.70 (28.45)			
2	Cherry Hill East				NT	59.26
	30.71		59.26 (28.55)			
2	Cape May Tech				NT	59.26
	30.34		59.26 (28.92)			
4	Eastern				NT	1:00.02
	30.64		1:00.02 (29.38)			
5	Shawnee				NT	1:00.05
	30.10		1:00.05 (29.95)			
6	Washington Township				NT	1:01.87
	30.68		1:01.87 (31.19)			
7	Haddonfield				NT	1:01.94
	29.74		1:01.94 (32.20)			
8	Cherokee				NT	1:02.05
	31.82		1:02.05 (30.23)			
9	Cherry Hill West				NT	1:02.68
	31.49		1:02.68 (31.19)			
10	Lenape				NT	1:03.56
	31.89		1:03.56 (31.67)			
11	Paul VI				NT	1:05.02
	29.36		1:05.02 (35.66)			
12	Gloucester				NT	1:14.46
	42.67		1:14.46 (31.79)			

**The SJISA Swim Fast Relays
December 16, 2015**

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

Meet Record:	1:00.01	R	2009	Triton Relay	Seed Time	Finals Time
Team						
1 Paul VI					NT	55.25
	27.82		55.25 (27.43)			
2 Gloucester					NT	56.95
	27.09		56.95 (29.86)			
3 Lenape					NT	58.01
	28.77		58.01 (29.24)			
4 Rancocas Valley					NT	58.16
	30.75		58.16 (27.41)			
5 Cherry Hill East					NT	58.65
	26.45		58.65 (32.20)			
6 Cape May Tech					NT	58.66
	28.93		58.66 (29.73)			
7 Shawnee					NT	58.86
	29.74		58.86 (29.12)			
8 Haddonfield					NT	59.48
	26.48		59.48 (33.00)			
9 Cherokee					NT	59.50
	27.27		59.50 (32.23)			
10 Washington Township					NT	59.65
	31.01		59.65 (28.64)			
11 Eastern					NT	59.91
	27.77		59.91 (32.14)			
12 Cherry Hill West					NT	1:00.89
	29.63		1:00.89 (31.26)			

**The SJISA Swim Fast Relays
December 16, 2015**

Final Girls' Team Scores

Place	School		Points
1	Cherry Hill East	CHE	292
2	Eastern	EAS	256
3	Shawnee	SHW	232
4	Cherry Hill West	CHW	228
5	Washington Township	WTP	218
6	Haddonfield	HFD	204
7	Rancocas Valley	RVY	200
8	Cherokee	CHK	170
9	Cape May Tech	CMT	148
10	Lenape	LNP	140

Total 2,088.00

Final Boys' Team Scores

Place	School		Points
1	Cherokee	CHK	250
2	Shawnee	SHW	246
2	Rancocas Valley	RVY	246
4	Lenape	LNP	234
5	Washington Township	WTP	222
6	Cherry Hill East	CHE	218
7	Haddonfield	HFD	194
8	Eastern	EAS	192
9	Cherry Hill West	CHW	188
10	Cape May Tech	CMT	118
11	Gloucester	GLO	74
12	Paul VI	PAU	64

Total 2,246.00