

Paul White

Team NY Aquatics

Boys

# Team NY Aquatics 2014 USMS One Hour Swim

Date: 1/10/2015 11:30 AM  
USMS#: 0652-08BSU

Lane: 1

Team Magic Hands (Bridgham, Green, Lau, Smith, Wei)  
Team: FRNY

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in exercising (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of participation, I the undersigned, hereby assume all risk of injury to myself and absolve and hold harmless all coaches, members, officials, staff and administrators of TNYA One Hour Swim and/or any other facility administering organizations from any and all claims for losses injuries and/or all consequential damages including attorney fees incurred as a result of any and all TNYA One Hour Swim workouts, competitions, events and activities associated with TNYA One Hour Swim, whether these losses, injuries and/or consequential damages occur as a result of my sole and/or partial negligence and/or that any and all coaches, members, officials, staff and administrators of TNYA One Hour Swim and/or any other facility administering organizations.

Swimmer Signature: [Signature] Timer Signature: [Signature]

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	30	72	1550	45:18	19:05:40	3050 <sup>B</sup>	33:46	39:07:11	4550 <sup>K</sup>	46:43	59:03:29
100	31:35	1:02:57	1600	48:17	19:53:57	3100 <sup>J</sup>	33:08	39:40:11	4600 <sup>W</sup>	46:50	59:49:35
150	39:29	1:41:86	1650	33:33	20:27:40	3150 <sup>K</sup>	46:04	40:26:15	4650 <sup>B</sup>	46:75	59:59:00
200	38:79	2:20:65	1700	32:42	20:59:82	3200 <sup>W</sup>	48:53	41:14:68	4700		
250	27:35	2:48:00	1750	44:96	21:44:76	3250 <sup>B</sup>	33:00	41:47:68	4750		
300	30:97	3:18:97	1800	48:04	22:32:82	3300 <sup>J</sup>	33:10	42:20:78	4800		
350	41:14	4:00:11	1850 <sup>B</sup>	32:61	23:05:43	3350 <sup>K</sup>	46:47	43:07:25	4850		
400	40:00	4:40:11	1900 <sup>J</sup>	31:85	23:37:28	3400 <sup>W</sup>	50:07	43:57:32	4900		
450	29:39	5:10:00	1950 <sup>K</sup>	44:97	24:22:25	3450 <sup>B</sup>	32:54	44:29:86	4950		
500	31:28	5:41:28	2000 <sup>W</sup>	50:53	25:12:78	3500 <sup>J</sup>	32:67	45:02:53	5000		
550	41:29	6:22:57	2050 <sup>B</sup>	32:54	25:45:32	3550 <sup>K</sup>	46:25	45:48:78	5050		
600	42:61	7:05:18	2100 <sup>J</sup>	31:61	26:16:93	3600 <sup>W</sup>	45:50	46:34:28	5100		
650	31:25	7:36:43	2150 <sup>K</sup>	45:79	27:02:72	3650 <sup>B</sup>	33:19	47:07:47	5150		
700	31:00	8:07:43	2200 <sup>W</sup>	45:64	27:48:36	3700 <sup>J</sup>	32:75	47:40:22	5200		
750	42:07	8:49:50	2250 <sup>B</sup>	33:46	28:21:82	3750 <sup>K</sup>	46:39	48:26:61	5250		
800	43:72	9:33:22	2300 <sup>J</sup>	32:61	28:54:43	3800 <sup>W</sup>	46:64	49:13:25	5300		
850	30:81	10:04:03	2350 <sup>K</sup>	46:47	29:40:90	3850 <sup>B</sup>	32:75	49:46:00	5350		
900	30:90	10:34:93	2400 <sup>W</sup>	49:55	30:30:43	3900 <sup>J</sup>	33:32	50:19:32	5400		
950	43:64	11:18:57	2450 <sup>B</sup>	32:68	31:03:11	3950 <sup>K</sup>	47:33	51:06:65	5450		
1000	45:65	12:04:22	2500 <sup>J</sup>	32:82	31:35:93	4000 <sup>W</sup>	48:10	51:54:75	5500		
1050	31:78	12:36:00	2550 <sup>K</sup>	45:50	32:21:43	4050 <sup>B</sup>	33:53	52:28:28	5550		
1100	30:65	13:06:65	2600 <sup>W</sup>	49:07	33:10:50	4100 <sup>J</sup>	32:44	53:00:72	5600		
1150	44:63	13:51:28	2650 <sup>B</sup>	33:36	33:43:86	4150 <sup>K</sup>	49:10	53:49:82	5650		
1200	47:90	14:39:18	2700 <sup>J</sup>	32:54	34:16:40	4200 <sup>W</sup>	49:18	54:38:00	5700		
1250	32:29	15:11:47	2750 <sup>K</sup>	45:88	35:02:28	4250 <sup>B</sup>	33:18	55:11:18	5750		
1300	30:93	15:42:40	2800 <sup>W</sup>	48:97	35:51:25	4300 <sup>J</sup>	31:82	55:43:00	5800		
1350	44:60	16:27:00	2850 <sup>B</sup>	33:50	36:24:75	4350 <sup>K</sup>	45:65	56:28:65	5850		
1400	48:50	17:15:50	2900 <sup>J</sup>	33:11	36:57:86	4400 <sup>W</sup>	44:60	57:13:25	5900		
1450	33:68	17:49:18	2950 <sup>K</sup>	46:25	37:44:11	4450 <sup>B</sup>	31:52	57:44:57	5950		
1500	31:04	18:20:22	3000 <sup>W</sup>	49:44	38:33:25	4500 <sup>J</sup>	31:75	58:16:32	6000		

Partial Lap Yards: + 37.5 Total Yards: \_\_\_\_\_

Circle if applicable: Relay Fins Pull Buoy Other Equipment

# Team NY Aquatics 2014 USMS One Hour Swim

Date: 1/10/2015 1:50 PM  
USMS#: 062F-07KKY

Lane: 1

Four Nagas: Grossman, Caprio, Maldonado, Rodkey

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in exercising (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of participation, I the undersigned, hereby assume all risk of injury to myself and absolve and hold harmless all coaches, members, officials, staff and administrators of TNYA One Hour Swim and/or any other facility administering organizations from any and all claims for losses injuries and/or all consequential damages including attorney fees incurred as a result of any and all TNYA One Hour Swim workouts, competitions, events and activities associated with TNYA One Hour Swim, whether these losses, injuries and/or consequential damages occur as a result of my sole and/or partial negligence and/or that any and all coaches, members, officials, staff and administrators of TNYA One Hour Swim and/or any other facility administering organizations.

Swimmer Signature: *[Signature]* Timer Signature: *[Signature]*

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	40:65	40:65	1550	49:31	23:03:25	3050	46:18	46:20:97	4550		
100	36:10	1:16:75	1600	48:30	23:51:55	3100	43:61	47:04:58	4600		
150	44:00	2:00:75	1650	45:39	24:36:94	3150	51:64	47:56:22	4650		
200	45:80	2:46:55	1700	39:61	25:16:55	3200	50:28	48:46:50	4700		
250	43:67	3:30:22	1750	48:24	26:04:99	3250	47:22	49:33:72	4750		
300	40:00	4:10:22	1800	50:46	26:55:65	3300	41:53	50:15:25	4800		
350	46:00	4:56:22	1850	47:29	27:42:94	3350	50:44	51:05:69	4850		
400	47:50	5:43:72	1900	42:53	28:25:47	3400	50:50	51:56:19	4900		
450	44:18	6:27:90	1950	49:97	29:15:44	3450	47:26	52:43:47	4950		
500	40:82	7:08:72	2000	46:81	30:02:25	3500	43:53	53:27:00	5000		
550	47:26	7:56:58	2050	45:72	30:47:97	3550	50:22	54:17:22	5050		
600	47:50	8:44:08	2100	41:00	31:28:97	3600	51:00	55:08:22	5100		
650	44:79	9:28:87	2150	50:22	32:19:19	3650	47:25	55:55:47	5150		
700	39:50	10:08:37	2200	49:26	33:08:44	3700	42:25	56:37:72	5200		
750	48:46	10:56:83	2250	43:00	33:51:44	3750	50:25	57:27:97	5250		
800	45:89	11:42:72	2300	40:65	34:32:12	3800	50:53	58:18:50	5300		
850	40:33	12:29:05	2350	50:07	35:22:19	3850	45:40	59:03:90	5350		
900	39:67	13:08:72	2400	48:06	36:10:25	3900	37:00	59:40:90	5400		
950	47:18	13:55:90	2450	43:94	36:54:19	3950			5450		
1000	48:65	14:44:55	2500	42:71	37:36:90	4000			5500		
1050	43:10	15:27:65	2550	50:07	38:26:97	4050			5550		
1100	39:47	16:07:12	2600	50:36	39:17:33	4100			5600		
1150	48:60	16:55:72	2650	46:32	40:03:65	4150			5650		
1200	48:97	17:44:69	2700	41:42	40:45:07	4200			5700		
1250	47:00	18:31:69	2750	49:28	41:34:35	4250			5750		
1300	38:56	19:10:25	2800	50:00	42:24:35	4300			5800		
1350	48:83	19:59:08	2850	46:83	43:11:58	4350			5850		
1400	48:42	20:47:50	2900	42:42	43:54:00	4400			5900		
1450	46:44	21:33:94	2950	51:97	44:45:97	4450			5950		
1500	40:00	22:13:94	3000	48:82	45:34:79	4500			6000		

Partial Lap Yards:   +24   Total Yards:   3924  

Circle if applicable:    Relay            Fins            Pull Buoy            Other Equipment

# Team NY Aquatics 2014 USMS One Hour Swim

Date: 1/10/2015 1:50 PM

Lane: 5

Relay: Caraway, Lai, Martinez, and Merit if he registers

USMS#: 0651-093W7

Team: FRNY

*TEAM: JUST FOR THE HALIBUT*

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in exercising (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of participation, I the undersigned, hereby assume all risk of injury to myself and absolve and hold harmless all coaches, members, officials, staff and administrators of TNYA One Hour Swim and/or any other facility administering organizations from any and all claims for losses injuries and/or all consequential damages including attorney fees incurred as a result of any and all TNYA One Hour Swim workouts, competitions, events and activities associated with TNYA One Hour Swim, whether these losses, injuries and/or consequential damages occur as a result of my sole and/or partial negligence and/or that any and all coaches, members, officials, staff and administrators of TNYA One Hour Swim and/or any other facility administering organizations.

Swimmer Signature: *[Signature]* Timer Signature: *[Signature]*

	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	40:09	40:09	1550	57:22	25:10:01	3050	44:03	51:21:44	4550			
100	41:07	1:21:16	1600	58:96	26:04:07	3100	51:22	52:12:66	4600			
150	51:22	2:12:39	1650	49:01	26:50:44	3150	59:78	53:12:44	4650			
200	51:68	3:04:06	1700	52:75	27:43:23	3200	57:12	54:09:50	4700			
250	42:13	3:46:15	1750	58:58	28:41:51	3250	47:78	54:57:34	4750			
300	43:28	4:29:48	1800	58:10	29:30:01	3300	53:14	55:50:48	4800			
350	49:08	5:18:56	1850	43:25	30:18:16	3350	1:00:53	56:50:01	4850			
400	51:95	6:10:51	1900	48:15	31:06:31	3400	54:53	57:45:34	4900			
450	43:36	6:53:87	1950	59:92	32:06:23	3450	47:53	58:32:87	4950			
500	41:32	7:35:19	2000	53:50	32:59:73	3500	45:01	59:17:91	5000			
550	50:75	8:25:94	2050	46:46	33:46:19	3550	45:04	59:17:91	5050			
600	51:72	9:17:66	2100	48:94	34:35:13	3600			5100			
650	44:28	10:01:94	2150	1:00:31	35:35:44	3650			5150			
700	44:44	10:46:39	2200	53:67	36:29:06	3700			5200			
750	49:75	11:36:13	2250	46:60	37:15:66	3750			5250			
800	52:85	12:28:98	2300	49:75	38:05:41	3800			5300			
850	46:68	13:15:66	2350	1:02:50	39:07:91	3850			5350			
900	44:53	14:00:19	2400	53:15	40:01:06	3900			5400			
950	54:04	14:54:23	2450	46:92	40:47:98	3950			5450			
1000	52:36	15:46:59	2500	51:75	41:39:73	4000			5500			
1050	50:07	16:36:66	2550	1:05:49	42:45:16	4050			5550			
1100	50:05	17:27:31	2600	53:65	43:38:81	4100			5600			
1150	56:10	18:23:41	2650	48:25	44:27:06	4150			5650			
1200	53:07	19:16:48	2700	52:25	45:19:31	4200			5700			
1250	45:00	20:01:48	2750	57:35	46:16:66	4250			5750			
1300	44:50	20:45:98	2800	51:25	47:07:91	4300			5800			
1350	57:43	21:43:41	2850	48:75	47:56:66	4350			5850			
1400	54:57	22:38:40	2900	51:28	48:47:94	4400			5900			
1450	43:43	23:22:40	2950	58:75	49:46:69	4450			5950			
1500	51:24	24:13:64	3000	50:72	50:37:41	4500			6000			

Partial Lap Yards: 757.5 Total Yards: 3550

Circle if applicable: Relay  Fins  Pull Buoy  Other Equipment

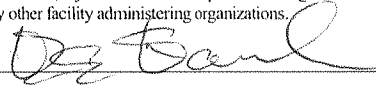
# Team NY Aquatics 2014 USMS One Hour Swim


Date: 1/10/2015 6:20 PM  
USMS#: 0654-06HYB

Lane: 1

Relay: Hughes, Kidwell, Suzuki, Faust  
Team: TNYA

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in exercising (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of participation, I the undersigned, hereby assume all risk of injury to myself and absolve and hold harmless all coaches, members, officials, staff and administrators of TNYA One Hour Swim and/or any other facility administering organizations from any and all claims for losses injuries and/or all consequential damages including attorney fees incurred as a result of any and all TNYA One Hour Swim workouts, competitions, events and activities associated with TNYA One Hour Swim, whether these losses, injuries and/or consequential damages occur as a result of my sole and/or partial negligence and/or that any and all coaches, members, officials, staff and administrators of TNYA One Hour Swim and/or any other facility administering organizations.

Swimmer Signature: 

Timer Signature: 

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	34.35	37.35	1550	57.03	22.53.14	3050	45.64	45.16.41	4550		
100	38.23	1.15.58	1600	45.70	23.38.84	3100	51.25	46.07.66	4600		
150	34.53	1.54.11	1650	37.37	24.16.21	3150	46.36	46.54.02	4650		
200	33.64	2.27.75	1700	39.08	24.55.29	3200	53.11	47.47.13	4700		
250	35.20	2.02.95	1750	42.27	25.37.56	3250	37.92	48.24.85	4750		
300	46.30	3.49.25	1800	39.19	26.16.75	3300	43.52	49.08.37	4800		
350	49.27	4.39.12	1850	38.49	26.55.24	3350	41.87	49.50.24	4850		
400	38.16	5.17.28	1900	46.67	27.41.91	3400	50.52	50.40.76	4900		
450	41.65	5.58.93	1950	50.03	28.31.94	3450	46.87	51.27.63	4950		
500	48.13	6.47.06	2000	43.60	29.15.54	3500	52.59	52.20.22	5000		
550	53.12	7.40.18	2050	45.04	30.00.58	3550	<del>50.88</del> <sup>48.44</sup>	53.08.66	5050		
600	43.35	8.23.53	2100	49.21	30.49.79	3600	48.48	53.57.14	5100		
650	44.79	9.08.32	2150	<del>55.86</del>	31.45.65	3650	37.90	54.35.04	5150		
700	47.18	9.55.50	2200	45.60	32.31.25	3700	45.11	55.20.15	5200		
750	49.73	10.45.23	2250	47.87	33.19.12	3750	57.84	55.57.99	5250		
800	46.65	11.31.88	2300	49.72	34.08.84	3800	50.25	56.48.24	5300		
850	38.96	12.10.84	2350	56.12	35.04.96	3850	36.59	57.24.83	5350		
900	38.95	12.49.79	2400	48.40	35.53.36	3900	54.33	58.19.16	5400		
950	41.04	13.30.83	2450	37.10	36.30.46	3950	34.29	58.53.45	5450		
1000	38.12	14.08.95	2500	43.27	37.13.73	4000			5500		
1050	36.09	14.45.04	2550	38.16	37.51.89	4050			5550		
1100	45.99	15.31.03	2600	49.79	38.41.68	4100			5600		
1150	51.24	16.22.27	2650	39.75	39.21.43	4150			5650		
1200	42.75	17.05.02	2700	50.26	40.11.69	4200			5700		
1250	44.83	17.49.85	2750	43.77	40.55.46	4250			5750		
1300	47.14	18.36.99	2800	47.93	41.43.39	4300			5800		
1350	59.20	19.36.19	2850	36.01	42.19.40	4350			5850		
1400	46.53	20.22.72	2900	44.90	43.04.30	4400			5900		
1450	45.57	21.08.29	2950	36.39	43.40.69	4450			5950		
1500	47.82	21.56.11	3000	50.08	44.30.77	4500			6000		

Partial Lap Yards: +37.5 Total Yards: \_\_\_\_\_

Circle if applicable: Relay  Fins  Pull Buoy  Other Equipment