

2022 Spring Forward 400 Free TT - TPASC - 2022-04-09**Psych Sheet - Saturday 400 Free Time Trial****Event 129 Women 400 LC Meter Freestyle**

	Name	Age	Team	Seed Time
1	MacDonald, Cara	17	SWOTT	4:54.80
2	Helmstaedt, Ellie	15	EBSC	4:55.91
3	Whittaker, Anna	15	SWOTT	4:58.02
4	Leno, Avery	14	ESWIM	5:10.77
5	Lee, Cayley	12	ESWIM	5:11.85
6	Moss, Danielle	16	SWOTT	5:12.65
7	Wang, Jolie	13	ESWIM	5:21.69
8	Chiumera, Isabella	14	SWOTT	5:22.18
9	Dietz, Annalisa	13	ESWIM	5:22.51
10	Warkentin, Katherine	12	NWN	5:30.33
11	Brown, Paige	13	NWN	5:30.94
12	Garcia, Chloe	11	APEX	5:38.03

Event 130 Men 400 LC Meter Freestyle

	Name	Age	Team	Seed Time
1	Podolnyi, Timothy	14	ESWIM	4:47.07
2	Han, Daniel	14	ESWIM	5:05.43
3	Zhang, Michael	13	ESWIM	5:33.77
4	Lanca, Samuel	15	SWOTT	5:47.37