



## **STAS DISTANCE MEET RESULTS OCTOBER 18-19, 2014**

Congratulations to our swimmers who competed at the STAS Distance Meet in Sacramento! FRAC had amazing results and we are so proud of all our swimmers! Here are some of the many achievements FRAC swimmers earned:

### **NEW TEAM RECORDS:**

Claudia Guillory (17-18 Girls): 500 Free (5:30.29), 1000 Free (11:13.38)  
Sarah Holland (11-12 Girls): 1000 Free (12:48.35)

### **100% NEW BEST TIMES:**

Gracie Alloway (13-14 Girls)  
Jeremy Guillory (9-10 Boys)  
Claudia Guillory (17-18 Girls)  
Sarah Holland (11-12 Girls)  
Violet Lee (13-14 Girls)  
Cash Mills (9-10 Boys)  
Allison Newton (11-12 Girls)  
Jessica Silveira (11-12 Girls)

### **NEW 'AA' TIME STANDARDS:**

Claudia Guillory (17-18 Girls): 500 Free, 1000 Free

### **NEW 'A' TIME STANDARDS:**

Violet Lee (13-14 Girls): 1000 Free

### **NEW 'BB' TIME STANDARDS:**

Heidi Jens (13-14 Girls): 400 IM  
Violet Lee (13-14 Girls): 1650 Free  
Jessica Silveira (11-12 Girls): 500 Free

### **NEW JUNIOR OLYMPIC TIME QUALIFIERS:**

Sarah Holland (11-12 Girls): 1000 Free  
Cash Mills (9-10 Boys): 200 IM

### **FIRST PLACE FINISHES:**

Claudia Guillory (17-18 Girls): 500 Free, 1000 Free

### **SECOND PLACE FINISHES:**

Cash Mills (9-10 Boys): 200 IM

### **THIRD PLACE FINISHES:**

Heidi Jens (13-14 Girls): 500 Free

**FOURTH PLACE FINISHES:**

Violet Lee (13-14 Girls): 1650 Free

**FIFTH PLACE FINISHES:**

Jeremy Guillory (9-10 Boys): 500 Free

Sarah Holland (11-12 Girls): 500 Free

**SIXTH PLACE FINISHES:**

Jeremy Guillory (9-10 Boys): 200 IM

Violet Lee (13-14 Girls): 1000 Free

Carter Moore (13-14 Boys): 1000 Free

Way to go, FRAC!