

**F.B.S.T.**  
**P.O. Box 6445, Alexandria, VA 22306**

**Individual Meet Entries Report**

**2009 Tom Dolan Invitational 03-Dec-09 to 06-Dec-09 Yards**  
**Location: George Mason University-Fairfax**  
**Fort Belvoir Swim Team [FBST-PV] Coach: Murray Mark**  
**P.O. Box 6445**  
**Alexandria, VA 22306**

**703-627-4796**  
**info@fbswim.org**

| Name   | Time     | Date       | Meet                             |
|--|----------|------------|----------------------------------|
| <b># 10 Male 13-14 100 Breast</b>            |          |            |                                  |
| Frerichs, Reese (14)                         | 1:12.04Y | 11/6/2009  | PVS November Open                |
| <b># 11 Female Senior 100 Breast</b>         |          |            |                                  |
| Graves, Molly (15)                           | 1:11.61Y | 3/27/2009  | March Madness                    |
| Dona, Reanna (15)                            | 1:11.67Y | 3/27/2009  | March Madness                    |
| <b># 12 Male Senior 100 Breast</b>           |          |            |                                  |
| Mattis, Mark (16)                            | 1:04.98Y | 3/5/2009   | 2009 PVS Junior Championships    |
| <b># 20 Male Senior 200 Free</b>             |          |            |                                  |
| Mattis, Mark (16)                            | 1:47.82Y | 3/5/2009   | 2009 PVS Junior Championships    |
| Dona, Alex (17)                              | 1:48.10Y | 2/10/2009  | Region Swim and Dive 2009        |
| <b># 22 Male 11-12 100 Free</b>              |          |            |                                  |
| Valceanu, Michael (12)                       | 57.19Y   | 11/21/2009 | ODD BALL CHALLENGE               |
| <b># 23 Female 10 &amp; Under 100 Free</b>   |          |            |                                  |
| Grillo, Abigail (10)                         | 1:13.74Y | 11/21/2009 | ODD BALL CHALLENGE               |
| <b># 27 Female Senior 100 Fly</b>            |          |            |                                  |
| Dona, Reanna (15)                            | 1:01.19Y | 3/17/2009  | 2009 NCSA Jr Natls - Time Trials |
| <b># 28 Male Senior 100 Fly</b>              |          |            |                                  |
| Chalfant, Dan (17)                           | 53.91Y   | 11/6/2009  | PVS November Open                |
| Dona, Alex (17)                              | 54.04Y   | 11/6/2009  | PVS November Open                |
| Graves, Chris (19)                           | 56.62Y   | 3/27/2009  | March Madness                    |
| <b># 30 Male 11-12 50 Fly</b>                |          |            |                                  |
| Valceanu, Michael (12)                       | 28.57Y   | 11/6/2009  | PVS November Open                |
| <b># 31 Female 10 &amp; Under 50 Fly</b>     |          |            |                                  |
| Grillo, Abigail (10)                         | 42.44L   | 7/23/2009  | PVS 2009 LC Age Group Champs     |
| <b># 36 Male Senior 400 IM</b>               |          |            |                                  |
| Mattis, Mark (16)                            | 5:11.80L | 5/23/2009  | 2009 Virginia State LC Champs    |
| <b># 39 Female 10 &amp; Under 100 Back</b>   |          |            |                                  |
| Grillo, Abigail (10)                         | 1:21.83Y | 11/21/2009 | ODD BALL CHALLENGE               |
| <b># 40 Male 10 &amp; Under 100 Back</b>     |          |            |                                  |
| Deniston, Jake (10)                          | 1:26.87Y | 10/16/2009 | 2009 PVS October Open            |
| <b># 41 Female 12 &amp; Under 200 Breast</b> |          |            |                                  |
| Weinstein, Sarah (12)                        | 2:57.22Y | 11/21/2009 | ODD BALL CHALLENGE               |

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| Name                                      | Time     | Date       | Meet                                      |
|---|----------|------------|---|
| <b># 48 Male Senior 800 Free Relay A</b>  | 7:24.92Y |            | CUSTOM TIME                               |
| Mattis, Mark (16)                         |          |            |   |
| Dona, Alex (17)                           |          |            |   |
| Chalfant, Dan (17)                        |          |            |   |
| Graves, Chris (19)                        |          |            |   |
| Frerichs, Reese (14) (Alternate)          |          |            |   |
| <b># 56 Male Senior 200 Free Relay A</b>  | 1:31.83Y |            | CUSTOM TIME                               |
| Chalfant, Dan (17)                        |          |            |   |
| Dona, Alex (17)                           |          |            |   |
| Mattis, Mark (16)                         |          |            |   |
| Graves, Chris (19)                        |          |            |   |
| Frerichs, Reese (14) (Alternate)          |          |            |   |
| <b># 58 Male 13-14 200 Breast</b>         | 2:33.95Y | 11/21/2009 | ODD BALL CHALLENGE                        |
| Frerichs, Reese (14)                      |          |            |   |
| <b># 59 Female Senior 200 Breast</b>      | 2:37.31Y | 3/5/2009   | 2009 PVS Junior Championships             |
| Graves, Molly (15)                        |          |            |   |
| <b># 60 Male Senior 200 Breast</b>        | 2:22.21Y | 3/12/2009  | 2009 PV Short Course Championships        |
| Dona, Alex (17)                           |          |            |   |
| <b># 67 Female Senior 50 Free</b>         | 24.32Y   | 2/10/2009  | Region Swim and Dive 2009                 |
| Dona, Reanna (15)                         |          |            |   |
| <b># 68 Male Senior 50 Free</b>           | 22.44Y   | 11/6/2009  | PVS November Open                         |
| Chalfant, Dan (17)                        |          |            |   |
| Dona, Alex (17)                           | 22.87Y   | 11/6/2009  | PVS November Open                         |
| Mattis, Mark (16)                         | 23.10Y   | 11/6/2009  | PVS November Open                         |
| <b># 70 Male 11-12 50 Free</b>            | 26.06Y   | 11/6/2009  | PVS November Open                         |
| Valceanu, Michael (12)                    |          |            |   |
| Chapman, Luke (12)                        | 27.73Y   | 11/21/2009 | ODD BALL CHALLENGE                        |
| <b># 71 Female 10 &amp; Under 50 Free</b> | 32.92Y   | 11/21/2009 | ODD BALL CHALLENGE                        |
| Grillo, Abigail (10)                      |          |            |   |
| <b># 74 Male 13-14 100 Back</b>           | 1:04.06Y | 11/6/2009  | PVS November Open                         |
| Frerichs, Reese (14)                      |          |            |   |
| <b># 75 Female Senior 100 Back</b>        | 59.21Y   | 3/17/2009  | 2009 NCSA Junior National Swimming Champs |
| Dona, Reanna (15)                         |          |            |   |

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| Name  | Time                       | Date                                | Meet   |
|---|----------------------------|-------------------------------------|--|
| <b># 76 Male Senior 100 Back</b><br>Chalfant, Dan (17)  | 57.13Y                     | 3/5/2009                            | 2009 PVS Junior Championships  |
| <b># 79 Female 10 &amp; Under 50 Back</b><br>Grillo, Abigail (10)   | 44.49L                     | 7/23/2009                           | PVS 2009 LC Age Group Champs   |
| <b># 84 Male Senior 500 Free</b><br>Mattis, Mark (16)   | 4:20.79L                   | 8/12/2009                           | 2009 Eastern Zone LC Championships   |
| <b># 86 Male 11-12 200 IM</b><br>Chapman, Luke (12)   | 2:35.87Y                   | 11/21/2009                          | ODD BALL CHALLENGE   |
| <b># 92 Male Senior 400 Medley Relay A</b><br>Chalfant, Dan (17)<br>Mattis, Mark (16)<br>Dona, Alex (17)<br>Graves, Chris (19)<br>Frerichs, Reese (14) (Alternate)  | 3:51.23Y                   | 12/4/2008                           | 2008 Tom Dolan Invitational  |
| <b># 94 Male 12 &amp; Under 200 Fly</b><br>Valceanu, Michael (12)   | 2:20.06Y                   | 10/16/2009                          | 2009 PVS October Open  |
| <b># 102 Male Senior 200 Medley Relay A</b><br>Chalfant, Dan (17)<br>Mattis, Mark (16)<br>Dona, Alex (17)<br>Graves, Chris (19)<br>Frerichs, Reese (14) (Alternate) | 1:48.23Y                   |                                     | CUSTOM TIME  |
| <b># 104 Male 13-14 200 Back</b><br>Frerichs, Reese (14)  | 2:19.93Y                   | 11/6/2009                           | PVS November Open  |
| <b># 108 Male 11-12 100 IM</b><br>Valceanu, Michael (12)  | 1:05.91Y                   | 11/6/2009                           | PVS November Open  |
| <b># 113 Female Senior 100 Free</b><br>Dona, Reanna (15)  | 53.54Y                     | 12/4/2008                           | 2008 Tom Dolan Invitational  |
| <b># 114 Male Senior 100 Free</b><br>Chalfant, Dan (17)<br>Dona, Alex (17)<br>Mattis, Mark (16)   | 49.43Y<br>49.92Y<br>50.08Y | 11/6/2009<br>11/6/2009<br>3/12/2009 | PVS November Open<br>PVS November Open<br>2009 PV Short Course Championships |

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| Name  | Time     | Date       | Meet                      |
|---|----------|------------|---------------------------|
| <b># 116 Male 11-12 100 Fly</b><br>Valceanu, Michael (12)           | 1:02.22Y | 11/21/2009 | ODD BALL CHALLENGE        |
| <b># 117 Female 10 &amp; Under 100 Fly</b><br>Grillo, Abigail (10)  | 1:32.51Y | 11/21/2009 | ODD BALL CHALLENGE        |
| <b># 122 Male Senior 200 Fly</b><br>Dona, Alex (17)                 | 2:02.97Y | 1/17/2009  | 2009 PVS January Open     |
| <b># 124 Male 11-12 200 Free</b><br>Valceanu, Michael (12)          | 2:05.88Y | 11/6/2009  | PVS November Open         |
| <b># 125 Female 10 &amp; Under 200 Free</b><br>Grillo, Abigail (10) | 2:43.54Y | 11/21/2009 | ODD BALL CHALLENGE        |
| <b># 129 Female Senior 200 IM</b><br>Dona, Reanna (15)              | 2:15.70Y | 3/27/2009  | March Madness             |
| <b># 130 Male Senior 200 IM</b><br>Mattis, Mark (16)                | 2:01.99Y | 2/10/2009  | Region Swim and Dive 2009 |
| Dona, Alex (17)   | 2:02.87Y | 11/21/2009 | ODD BALL CHALLENGE        |
| <b># 136 Male Senior 400 Free Relay A</b><br>Chalfant, Dan (17)     | 3:20.81Y |            | CUSTOM TIME               |
| Dona, Alex (17)   |          |            |                           |
| Mattis, Mark (16)   |          |            |                           |
| Graves, Chris (19)  |          |            |                           |
| Frerichs, Reese (14) (Alternate)                                    |          |            |                           |

|                     |           |                        |           |
|---------------------|-----------|------------------------|-----------|
| <b>Female IE's:</b> | <b>16</b> | <b>Total Athletes:</b> | <b>12</b> |
| <b>Male IE's:</b>   | <b>33</b> |                        |           |
| <b>Total IE's:</b>  | <b>49</b> | <b>Total RE's:</b>     | <b>5</b>  |