

**Cascadia Swimming**  
**CS: Kim Hay 503-655-7939**

---

**Relay Results**

**2010 Howard Jones Memorial Long Course Meet 17-Jun-10 to 20-Jun-10 LC Meters**  
**Cascadia Swimming [CS-OR]**

**Event # 51 Girls 12 & Under 400 Free**

5:29.29L F		Cascadia Swimming			14	---
Katie O'Hara (12)		Lisa Douglas (12)		Johanna Parker (10)		Tristan Parker (10)
	34.39		39.55	36.97		42.05
	39.67		48.51	39.18		48.97

**Event # 69 Girls 12 & Under 400 Medley**

6:13.45L F		Cascadia Swimming			13	---
Tristan Parker (10)		Lisa Douglas (12)		Katie O'Hara (12)		Johanna Parker (10)
	48.39		52.33	44.74		54.09
	38.75		49.14	40.82		45.19