

Name: Shannon Vreeland

High School: Blue Valley West High School

GPA: 4.7

SAT/ACT: 2200/34

Academic Achievements:

- Recipient of the Dartmouth Book Award
- Principal's Honor Roll-6 semesters
- National Honor Society member
- Spanish Honor Society
- 2 years Student Council
- 2 years JAG mentor
- Debate Team (went to State)
- Forensic Team
- History Club
- Student Ambassador
- Member of Big Red
- Went to State for Debate
- Missouri Valley All-Academic Team

Class rank: 5/382

Area of Study / Interest: Business/ Law

Athletic Achievements:

- Member of the 2008-2009 National Junior Team.
- Sectional High Point Spring 2008 and 2009 2<sup>nd</sup> in Summer 2008.
- Sectional Champion: Spring 2009 in the 200, 500, 1000 free, 200 IM and 400 IM, Spring 2008 in the 200, 400, 800, 1500 free and 400 IM, Summer 2008 in the 200 free, Spring 2007 in the 1000 free.
- Top 8 Junior Nationals Summer 2008 in the 100 free, 200 back, 200 IM and 400 IM. Top 16 US Open 2008 in the 400 IM, Top 24 in the 100 free. Top 8 Short Course Nationals 2008 in the 400 IM, Top 16 in the 500 free and 200 back.
- Junior National Qualifier 2006- present, Short Course National Qualifier 2007-present, US Open Qualifier 2008-present
- Top 8 Missouri Valley - #1 in 100, 200, 400, 800, 1500 Free, 100, 200 Back, 100, 200 Fly, #8 200 Breast.
- Region VIII Record Holder 200 Free
- Missouri Valley Record Holder 100, 200 (both lcm/scy), 1650 Free

Athlete Name	Event	Trial	Prelim.	Finals	Pos	Pts	Age	Date of Swim
Vreeland, Shannon N 111591SHANVREE	Female (Open) 50 Free			24.28Y			16	12/13/07 2007 Chesapeake Elite Pro - Am
Vreeland, Shannon N 111591SHANVREE	Female (Open) 100 Free			50.86Y			17	03/08/09 Sectional Championships
Vreeland, Shannon N 111591SHANVREE	Female (Open) 200 Free	<a href="#">1:47.82Y</a>	<a href="#">1:47.01Y</a>		1	20.00	17	03/06/09 Sectional Championships
Vreeland, Shannon N 111591SHANVREE	Female (Open) 500 Free	<a href="#">4:53.17Y</a>	<a href="#">4:50.55Y</a>		1	20.00	17	03/07/09 Sectional Championships
Vreeland, Shannon 111591SHANVREE	Female (Open) 1650 Free			<a href="#">16:42.82Y</a>	1		17	03/15/09 2009 Missouri Valley Division
Vreeland, Shannon N 111591SHANVREE	Female (Open) 100 Back			<a href="#">58.51Y</a>			16	12/13/07 2007 Chesapeake Elite Pro - Am
Vreeland, Shannon N 111591SHANVREE	Female (Open) 200 Back	<a href="#">2:02.18Y</a>	<a href="#">2:00.83Y</a>		3	16.00	17	03/08/09 Sectional Championships
Vreeland, Shannon N 111591SHANVREE	Female (Open) 100 Breast			1:13.62Y			16	02/09/08 Swim Quik Mid-America League C
Vreeland, Shannon 111591SHANVREE	Female (Open) 200 Breast	<a href="#">2:27.26Y</a>	<a href="#">2:24.34Y</a>		3		17	03/15/09 2009 Missouri Valley Division
Vreeland, Shannon 111591SHANVREE	Female (Open) 100 Fly	<a href="#">57.72Y</a>	<a href="#">56.94Y</a>		1		17	03/14/09 2009 Missouri Valley Division
Vreeland, Shannon 111591SHANVREE	Female (Open) 200 Fly	<a href="#">2:04.77Y</a>	<a href="#">2:03.22Y</a>		1		17	03/15/09 2009 Missouri Valley Division
Vreeland, Shannon N 111591SHANVREE	Female (Open) 200 IM	<a href="#">2:03.67Y</a>	<a href="#">2:00.91Y</a>		1	20.00	17	03/07/09 Sectional Championships
Vreeland, Shannon N 111591SHANVREE	Female (Open) 400 IM	<a href="#">4:18.75Y</a>	<a href="#">4:17.02Y</a>		1	20.00	17	03/06/09 Sectional Championships
Vreeland, Shannon N 111591SHANVREE	Female (Open) 1000 Free			<a href="#">9:57.91Y</a>	1	20.00	17	03/05/09 Sectional Championships
Vreeland, Shannon N	Female (13-14)			30.38Y			13	02/04/05 2005 NIKE GREATER

111591SHANVREE 50 Back  
 Vreeland, Shannon Female  
 N (11-12)  
 111591SHANVREE 100 IM

[1:12.30Y](#)

SOUTHWEST IN  
 12 03/12/04  
 2004 Division 1 Champs

*Results By Athletes*

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Athlete Name	Event	Trial	Prelim.	Finals	Pos	Pts	Age	Date of Swim
Vreeland, Shannon N	Female (Open)		27.11L				16	08/08/08
111591SHANVREE	50 Free							2008 TT Speedo Junior National Champs
Vreeland, Shannon N	Female (Open)		<a href="#">56.78L</a>	<a href="#">55.97L</a>	2	17.00	17	07/22/09
111591SHANVREE	100 Free							2009 MV CSRVIII SUMMER LC SPE
Vreeland, Shannon N	Female (Open)		<a href="#">2:04.51L</a>	<a href="#">2:02.06L</a>	3	16.00	17	07/23/09
111591SHANVREE	200 Free							2009 MV CSRVIII SUMMER LC SPE
Vreeland, Shannon N	Female (Open)		<a href="#">4:24.32L</a>	<a href="#">4:20.95L</a>	1	20.00	17	07/24/09
111591SHANVREE	400 Free							2009 MV CSRVIII SUMMER LC SPE
Vreeland, Shannon N	Female (Open)			<a href="#">17:25.32L</a>	39		15	08/06/07
111591SHANVREE	1500 Free							2007 JR National Championships
Vreeland, Shannon N	Female (Open)			32.34L			17	05/01/09
111591SHANVREE	50 Back							Elite group updated best times
Vreeland, Shannon N	Female (Open)			1:05.80L			17	05/01/09
111591SHANVREE	100 Back							Elite group updated best times
Vreeland, Shannon N	Female (Open)		<a href="#">2:14.82L</a>	<a href="#">2:16.40L</a>	8	11.00	16	08/05/08
111591SHANVREE	200 Back							2008 TT Speedo Junior National Champs
Vreeland, Shannon N	Female (Open)			40.84L			17	05/01/09
111591SHANVREE	50 Breast							Elite group updated best times
Vreeland, Shannon N	Female (Open)			1:24.74L	7		17	05/31/09
111591SHANVREE	100 Breast							2009 Oz Classic
Vreeland, Shannon N	Female (15 & Over)			<a href="#">2:53.98L</a>	14	3.00	17	06/20/09
111591SHANVREE	200 Breast							CSC Summer Invitational 2009
Vreeland, Shannon N	Female			30.44L			17	05/01/09

111591SHANVREE (Open) 50 Fly							Elite group updated best times
Vreeland, Shannon Female	1:04.96L					17	05/01/09
111591SHANVREE (Open) 100 Fly							Elite group updated best times
Vreeland, Shannon Female N (Open)	<a href="#">2:18.91L</a>					16	08/05/08
111591SHANVREE 200 Fly							2008 TT Speedo Junior National Ch
Vreeland, Shannon Female N (Open)	<a href="#">4:53.04L</a>	14	3.00	16		07/29/08	2008 US OPEN
111591SHANVREE 400 IM							
Vreeland, Shannon Female N (Open)	<a href="#">8:59.28L</a>	1	20.00	16		02/28/08	CSRVIII 2008 SPRING Sectionals
111591SHANVREE 800 Free							
Vreeland, Shannon Female N (Open)	<a href="#">2:21.92L</a>	<a href="#">2:19.61L</a>	4	15.00	17	07/25/09	2009 MV CSRVIII SUMMER LC SPE
111591SHANVREE 200 IM							

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