

Individual Top Times

Show Long Course Only

Time	P/F/S	Event					
Brown, Alaina B (12) W							NOVA -VA
29.98 L	ZONE F	50 Free	7/8/2005	GSA Eastern Invitational			
1:03.35 L L	ZONE F	100 Free	7/8/2005	GSA Eastern Invitational			
2:15.07 L	ZONE F	200 Free	6/17/2005	17th Furniture City Invitation			
4:48.57 L	ZONE F	400 Free	7/8/2005	GSA Eastern Invitational			
34.24 L	ZONE F	50 Back	6/17/2005	17th Furniture City Invitation			
1:11.82 L	ZONE F	100 Back	6/17/2005	17th Furniture City Invitation			
2:34.82 L	ZONE P	200 Back	8/11/2004	Eastern Zone Age Group Long Course Champs			
32.28 L	ZONE F	50 Fly	5/7/2005	5th Annual Jeff Rouse Meet			
1:12.88 L	ZONE F	100 Fly	6/17/2005	17th Furniture City Invitation			
2:38.23 L	ZONE F	200 Fly	6/17/2005	17th Furniture City Invitation			
2:38.23 L	ZONE F	200 Fly	5/7/2005	5th Annual Jeff Rouse Meet			
2:34.51 L	ZONE F	200 IM	5/20/2005	Josh Weaver Memorial Meet on the Hill			
Chenault, Jordan (12) W							PSDN -VA
1:05.87 L	ZONE F	100 Free	6/24/2005	NAC Summer Sizzler			
2:25.00 L	ZONE F	200 Free	6/24/2005	NAC Summer Sizzler			
1:16.63 L	ZONE F	100 Back	6/24/2005	NAC Summer Sizzler			
2:44.24 L	ZONE F	200 Back	5/19/2005	16th Annual Poseidon Classic			
33.19 L	ZONE F	50 Fly	6/24/2005	NAC Summer Sizzler			
1:12.24 L	ZONE F	100 Fly	6/24/2005	NAC Summer Sizzler			
2:42.01 L	ZONE F	200 IM	6/24/2005	NAC Summer Sizzler			
Golden, Kallie (12) W							VACS -VA
4:59.26 L	ZONE F	400 Free	5/19/2005	16th Annual Poseidon Classic			
2:24.24 L	ZONE F	200 Free	5/19/2005	16th Annual Poseidon Classic			
33.96 L	ZONE F	50 Back	5/7/2005	5th Annual Jeff Rouse Meet			
1:11.45 L	ZONE F	100 Back	5/7/2005	5th Annual Jeff Rouse Meet			
2:32.21 L	ZONE P	200 Back	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
2:42.05 L	ZONE F	200 IM	6/23/2005	2005 Commonwealth Games			
Hall, Casey E (12) W							NOVA -VA
5:03.08 L	ZONE F	400 Free	6/17/2005	17th Furniture City Invitation			
30.31 L	ZONE P	50 Free	6/17/2005	17th Furniture City Invitation			
1:05.86 L	ZONE F	100 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:22.99 L	ZONE F	200 Free	6/17/2005	17th Furniture City Invitation			
1:26.94 L	ZONE F	100 Breast	6/17/2005	17th Furniture City Invitation			
3:07.84 L	ZONE F	200 Breast	5/7/2005	5th Annual Jeff Rouse Meet			
2:42.39 L	ZONE P	200 IM	6/17/2005	17th Furniture City Invitation			
Horn, Alexandria K (12) W							GATR -VA
4:54.74 L	ZONE F	400 Free	6/17/2005	17th Furniture City Invitation			
2:20.33 L	ZONE F	200 Free	6/17/2005	17th Furniture City Invitation			
2:46.64 L	ZONE P	200 Back	6/17/2005	17th Furniture City Invitation			
1:13.02 L	ZONE F	100 Fly	6/17/2005	17th Furniture City Invitation			
2:40.30 L	ZONE F	200 Fly	6/17/2005	17th Furniture City Invitation			
2:40.73 L	ZONE P	200 IM	6/17/2005	17th Furniture City Invitation			
Ingles, Katy (12) W							CGBD -VA
37.80 L	ZONE F	50 Breast	6/17/2005	17th Furniture City Invitation			
1:24.61 L	ZONE F	100 Breast	6/23/2005	2005 Commonwealth Games			
3:00.13 L	ZONE F	200 Breast	6/5/2005	Blue and Yellow Intrasquad Mee			
33.21 L	ZONE F	50 Fly	6/17/2005	17th Furniture City Invitation			
2:43.85 L	ZONE F	200 IM	6/5/2005	Blue and Yellow Intrasquad Mee			
Johnson, Morgan (11) W							LASO -VA
30.49 L	ZONE F	50 Free	6/24/2005	2005 BASA Ultimate Challenge			
1:04.96 L	ZONE F	100 Free	6/24/2005	2005 BASA Ultimate Challenge			
2:23.77 L	ZONE F	200 Free	6/24/2005	2005 BASA Ultimate Challenge			
39.66 L	ZONE F	50 Breast	6/24/2005	2005 BASA Ultimate Challenge			
1:15.18 L	ZONE F	100 Fly	6/24/2005	2005 BASA Ultimate Challenge			
2:42.44 L	ZONE F	200 IM	6/24/2005	2005 BASA Ultimate Challenge			
Justis, Susan M (12) W							PSDN -VA
4:56.63 L	ZONE F	400 Free	6/24/2005	NAC Summer Sizzler			
1:05.31 L	ZONE F	100 Free	6/24/2005	NAC Summer Sizzler			
2:21.69 L	ZONE F	200 Free	5/19/2005	16th Annual Poseidon Classic			
35.79 L	ZONE F	50 Back	6/24/2005	NAC Summer Sizzler			
1:13.52 L	ZONE F	100 Back	6/24/2005	NAC Summer Sizzler			
2:36.75 L	ZONE P	200 Back	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
2:38.03 L	ZONE F	200 IM	6/24/2005	NAC Summer Sizzler			
Lavay, Emily J (12) W							CGBD -VA
35.57 L	ZONE P	50 Back	6/17/2005	17th Furniture City Invitation			
1:16.01 L	ZONE F	100 Back	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:43.34 L	ZONE F	200 Back	6/5/2005	Blue and Yellow Intrasquad Mee			
2:42.28 L	ZONE P	200 IM	6/17/2005	17th Furniture City Invitation			
Obeck, Brooke A (12) W							NOVA -VA
4:58.35 L	ZONE F	400 Free	6/17/2005	17th Furniture City Invitation			

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2:23.31 L	ZONE F	200 Free	6/17/2005	17th Furniture City Invitation			
32.68 L	ZONE P	50 Fly	6/17/2005	17th Furniture City Invitation			
1:15.23 L	ZONE P	100 Fly	6/17/2005	17th Furniture City Invitation			
O'Connell, Katie A (12) W					CGBD	-VA	
30.06 L	ZONE F	50 Free	6/5/2005	Blue and Yellow Intrasquad Mee			
1:05.96 L	ZONE F	100 Free	6/23/2005	2005 Commonwealth Games			
35.40 L	ZONE F	50 Back	6/5/2005	Blue and Yellow Intrasquad Mee			
1:17.61 L	ZONE F	100 Back	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:44.26 L	ZONE P	200 Back	5/20/2005	Josh Weaver Memorial Meet on the Hill			
Phillips, Julianne M (12) W					TPHN	-VA	
4:57.66 L	ZONE F	400 Free	5/19/2005	16th Annual Poseidon Classic			
2:22.84 L	ZONE F	200 Free	5/19/2005	16th Annual Poseidon Classic			
1:16.50 L	ZONE F	100 Back	5/19/2005	16th Annual Poseidon Classic			
2:36.84 L	ZONE F	200 Back	5/19/2005	16th Annual Poseidon Classic			
Rainer, Rebecca L (12) W					NOVA	-VA	
2:25.30 L	ZONE F	200 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:17.21 L	ZONE F	100 Back	5/7/2005	5th Annual Jeff Rouse Meet			
2:45.51 L	ZONE F	200 Back	6/4/2005	RAYS LC A-BB-B-C Meet			
37.15 L	ZONE F	50 Breast	6/4/2005	RAYS LC A-BB-B-C Meet			
1:20.23 L	ZONE F	100 Breast	7/8/2005	GSA Eastern Invitational			
2:56.26 L	ZONE F	200 Breast	5/7/2005	5th Annual Jeff Rouse Meet			
32.75 L	ZONE F	50 Fly	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:12.06 L	ZONE F	100 Fly	6/4/2005	RAYS LC A-BB-B-C Meet			
2:40.58 L	ZONE F	200 Fly	6/4/2005	RAYS LC A-BB-B-C Meet			
2:37.34 L	ZONE F	200 IM	5/20/2005	Josh Weaver Memorial Meet on the Hill			
Rowley, Meaghan (12) W					TAC	-VA	
29.98 L	ZONE F	50 Free	6/23/2005	2005 Commonwealth Games			
1:06.42 L	ZONE F	100 Free	6/4/2005	RAYS LC A-BB-B-C Meet			
1:16.76 L	ZONE F	100 Back	6/4/2005	RAYS LC A-BB-B-C Meet			
2:45.42 L	ZONE F	200 Back	6/4/2005	RAYS LC A-BB-B-C Meet			
Snidow, Lindsay R (11) W					NOVA	-VA	
5:04.26 L	ZONE F	400 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
5:04.26 L	ZONE F	400 Free	6/4/2005	RAYS LC A-BB-B-C Meet			
30.43 L	ZONE F	50 Free	7/8/2005	GSA Eastern Invitational			
1:06.33 L	ZONE F	100 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:25.02 L	ZONE F	200 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:16.25 L	ZONE F	100 Back	5/7/2005	5th Annual Jeff Rouse Meet			
White, Sarah R (12) W					ODAC	-VA	
5:02.49 L	ZONE F	400 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
30.36 L	ZONE F	50 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:05.27 L	ZONE F	100 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:21.19 L	ZONE F	200 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
32.10 L	ZONE F	50 Fly	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:12.88 L	ZONE F	100 Fly	6/23/2005	2005 Commonwealth Games			
2:43.81 L	ZONE F	200 IM	6/23/2005	2005 Commonwealth Games			
Worrell, Elisa (12) W					NOVA	-VA	
30.39 L	ZONE F	50 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:05.58 L	ZONE F	100 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:20.04 L	ZONE F	200 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
4:53.42 L	ZONE F	400 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
34.03 L	ZONE F	50 Back	6/17/2005	17th Furniture City Invitation			
1:13.81 L	ZONE F	100 Back	6/17/2005	17th Furniture City Invitation			
2:37.28 L	ZONE F	200 Back	5/7/2005	5th Annual Jeff Rouse Meet			
1:14.45 L	ZONE P	100 Fly	6/17/2005	17th Furniture City Invitation			
2:40.24 L	ZONE F	200 IM	5/7/2005	5th Annual Jeff Rouse Meet			