Individual Top Times

Show	Long	Course	Only
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Time	P/F/	S	E	vent			
Aheron, Grace	(14) W					CCA	-VA
2:14.41 L	ZÓNE	P	200	Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
4:51.17 L	ZONE	Р	400	Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
1:09.39 L	ZONE	F	100	Back	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:29.75 L	ZONE	F	200	Back	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:06.65 L	ZONE	F	100	Fly	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:27.23 L	ZONE	F	200	Fly	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:31.64 L	ZONE	F	200	IM	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
5:19.37 L	ZONE	F	400	IM	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
Bayer, Karole-A	nn (14) \	N				VA	-V/
2:18.88 L	ZONE	P	200	Free	8/11/2004	Eastern Zone Age Group Long Course Champs	
4:47.09 L	ZONE	F		Free	6/23/2005	2005 Commonwealth Games	
1:13.53 L	ZONE	P	100	Back	8/11/2004	Eastern Zone Age Group Long Course Champs	
2:36.44 L	ZONE	Р		Back	8/11/2004	Eastern Zone Age Group Long Course Champs	
5:32.55 L	ZONE	F	400		6/23/2005	2005 Commonwealth Games	
		•	400	1101	0/20/2000	WAC	-V
Boyer, Paige A		D		F	7/0/0005	_	- ۷ ۶
29.34 L	ZONE	P	50	Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:02.75 L	ZONE	P		Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:17.08 L L		F		Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
4:51.10 L	ZONE	E		Free	4/29/2005	Carol Chidester Memorial Long Course Meet	
1:19.32 L	ZONE	F		Breast	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:50.88 L	ZONE	F		Breast	4/29/2005	Carol Chidester Memorial Long Course Meet	
2:33.26 L	ZONE	F		IM	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
5:29.78 L	ZONE	F	400	IM	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
Cavalier, Mered	lith A (14)	W				QDD	-V
27.82 L	ZONE ´	Р	50	Free	7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
1:01.96 L L		F	100		7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
2:14.62 L L		F		Free	7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
1:10.62 L	ZONE	P	100	Back	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:33.72 L	ZONE	Р		Back	7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
1:10.67 L	ZONE	Р	100		7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
			100	1 19	175/2000	QDD	-V
larrison, Caitly			400	_	7/0/0005		-v/
1:02.30 L	ZONE	F	100		7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:16.95 L	ZONE	F		Free	5/19/2005	16th Annual Poseidon Classic	
4:48.36 L	ZONE	F	400		7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:10.24 L	ZONE	Р	100	Fly	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
łolloway, Meag	ghan P(14	4) W				WAC	-V
28.20 L L	ZONE	F	50	Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:00.55 L	ZONE	Р	100	Free	7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
2:10.04 L L	ZONE	F	200	Free	7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
4:42.49 L	ZONE	F	400	Free	4/29/2005	Carol Chidester Memorial Long Course Meet	
1:14.66 L	ZONE	F	100	Breast	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:43.66 L	ZONE	Р	200	Breast	8/11/2004	Eastern Zone Age Group Long Course Champs	
1:04.15 L	ZONE	F	100		7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
2:26.27 L	ZONE	P	200		7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
2:27.23 L	ZONE	P		IM	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
5:11.91 L	ZONE	F	400		7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
Howsmon, Mar			100		170/2000	SQST	-V
			100		7/0/2005		- • /
1:03.62 L L		F	100		7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:15.66 L	ZONE	P	200		7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
4:42.74 L	ZONE	F		Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
9:51.78 L	ZONE	F	800		7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:12.85 L	ZONE	Р		Back	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:32.16 L	ZONE	F	200	Back	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:11.72 L	ZONE	F	100	Fly	6/17/2005	2005 Edwin C. Cuttino Memorial	
2:36.82 L	ZONE	F	200	Fly	7/15/2005	VSI Region I Summer Awards	
2:34.93 L	ZONE	F	200		7/15/2005	VSI Region I Summer Awards	
Jones, Rebecca						TIDE	-V
28.22 L	ZONE	F	50	Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	• •
1:01.83 L	ZONE	F		Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
2:13.76 L	ZONE	P	200		5/20/2005	Josh Weaver Memorial Meet on the Hill	
4:46.16 L	ZONE	F (V=- 0)	400	LIGE	5/20/2005	Josh Weaver Memorial Meet on the Hill	
Kalnins, Dana F		(Yr: 8)	_	_		QDD	-V
2:17.61 L L		F	200	Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:10.14 L	ZONE	Р	100	Back	7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
2:31.01 L	ZONE	P		Back	7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
	ZONE	F	100		7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
1:05.45 l		F	200		7/21/2005	2005 SPEEDO CHAMPIONS SERIES	
1:05.45 L 2:23.73 I	ZONE						
2:23.73 L	ZONE ZONE						
2:23.73 L 2:36.26 L	ZONE	Р	200	IM	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:23.73 L	ZONE ZONE			IM			-V <i>F</i>

Individual Top Times

Show Long Course Onl	v						
Time	P/F/	S	Е	vent			
28.59 L	ZONE	F		Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
1:04.78 L	ZONE	P		Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
1:22.72 L 2:59.17 L	ZONE ZONE	F F		Breast Breast	5/20/2005 6/23/2005	Josh Weaver Memorial Meet on the Hill 2005 Commonwealth Games	
5:35.88 L	ZONE	F	400		5/20/2005	Josh Weaver Memorial Meet on the Hill	
Leclair, Colette \			100		0/20/2000	NOVA	-VA
1:22.97 L	ZONE	- F	100	Breast	6/17/2005	2005 Edwin C. Cuttino Memorial	
2:53.61 L	ZONE	F	200	Breast	6/17/2005	2005 Edwin C. Cuttino Memorial	
1:11.64 L	ZONE	P	100	•	5/20/2005	Josh Weaver Memorial Meet on the Hill	
2:35.20 L	ZONE	F F	200		6/17/2005	2005 Edwin C. Cuttino Memorial	
5:27.72 L McGeath, Miria m	ZONE		400	IIVI	6/17/2005	2005 Edwin C. Cuttino Memorial	-VA
4:49.20 L	ZONE	P	400	Free	8/11/2004	Eastern Zone Age Group Long Course Champs	-٧٨
9:53.85 L	ZONE	F		Free	8/11/2004	Eastern Zone Age Group Long Course Champs	
19:03.38 L	ZONE	F	1500	Free	8/11/2004	Eastern Zone Age Group Long Course Champs	
5:33.22 L	ZONE	Р	400	IM	8/11/2004	Eastern Zone Age Group Long Course Champs	
Naurath, Rachel		_		_		NOVA	-VA
1:04.35 L	ZONE	F		Free	6/17/2005	2005 Edwin C. Cuttino Memorial	
2:15.80 L 4:49.08 L	ZONE ZONE	F F		Free Free	6/17/2005 6/17/2005	2005 Edwin C. Cuttino Memorial 2005 Edwin C. Cuttino Memorial	
1:11.41 L	ZONE	F	100		6/17/2005	2005 Edwin C. Cuttino Memorial	
Obeck, Jessie (*				,		NOVA	-VA
29.50 L	ZÓNE	F	50	Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
1:14.06 L	ZONE	F		Back	5/20/2005	Josh Weaver Memorial Meet on the Hill	
2:36.89 L	ZONE	P		Back	5/20/2005	Josh Weaver Memorial Meet on the Hill	
5:34.52 L	ZONE	P	400	IM	5/20/2005	Josh Weaver Memorial Meet on the Hill	-VA
Randall, Shelby 1:24.56 L	VI (14) V ZONE	ν ' Ρ	100	Breast	7/9/2005	PSDN VSI LONG COURSE SENIOR CHAMPIONSHIP	-VA
3:00.79 L	ZONE	P		Breast	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:37.90 L	ZONE	F	200		5/19/2005	16th Annual Poseidon Classic	
5:31.60 L	ZONE	F	400	IM	5/19/2005	16th Annual Poseidon Classic	
Rudolph, Jackie	(14) W					TAC	-VA
1:04.29 L	ZONE	P		Free	5/19/2005	16th Annual Poseidon Classic	
4:44.92 L	ZONE ZONE	F P		Free	7/9/2005 7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:12.80 L 2:34.47 L	ZONE	F	200	Back Back	5/19/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP 16th Annual Poseidon Classic	
2:36.88 L	ZONE	P	200		7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
Schroeder, Katie						PSDN	-VA
29.25 L	ZÒNÉ	F	50	Free	5/19/2005	16th Annual Poseidon Classic	
1:02.69 L	ZONE	<u>F</u>		Free	5/7/2005	5th Annual Jeff Rouse Meet	
2:14.18 L 4:42.21 L	ZONE ZONE	F F		Free Free	6/24/2005	NAC Summer Sizzler NAC Summer Sizzler	
9:39.59 L	ZONE	F		Free	6/24/2005 7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
18:37.82 L	ZONE			Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
	ZONE	F	100	Back	8/11/2004	Eastern Zone Age Group Long Course Champs	
2:37.19 L	ZONE	F		Back	5/19/2005		
1:09.15 L 2:30.50 L	ZONE ZONE	P F	100 200		7/9/2005 7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP VSI LONG COURSE SENIOR CHAMPIONSHIP	
2:33.73 L	ZONE	F	200		5/19/2005	16th Annual Poseidon Classic	
5:21.46 L	ZONE	F	400		6/24/2005	NAC Summer Sizzler	
Schweitzer, Hale	y (13) V	V				UNWAC	-VA
1:03.64 L	ZONE	Р		Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:10.44 L	ZONE	F	100		5/20/2005	Josh Weaver Memorial Meet on the Hill	
2:35.51 L 5:32.28 L	ZONE ZONE	F P	200 400		7/9/2005 7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP VSI LONG COURSE SENIOR CHAMPIONSHIP	
Stephens, Carte			700	IIVI	1/3/2003	NOVA	-VA
28.92 L	ZONE	Р	50	Free	7/14/2005	PVS Senior LC Champs 2005	•^
1:03.73 L	ZONE	P		Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
2:18.98 L	ZONE	P		Free	7/14/2005	PVS Senior LC Champs 2005	
1:06.72 L	ZONE	P	100		7/14/2005	PVS Senior LC Champs 2005	
2:36.14 L 2:34.70 L	ZONE ZONE	F P	200 200		5/20/2005 5/20/2005	Josh Weaver Memorial Meet on the Hill Josh Weaver Memorial Meet on the Hill	
5:31.57 L	ZONE	F	400		5/20/2005	Josh Weaver Memorial Meet on the Hill	
Sweeney, Casey						NOVA	-VA
2:12.83 L	ZONE	F		Free	6/17/2005	2005 Edwin C. Cuttino Memorial	
4:41.00 L	ZONE	F		Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
9:46.01 L	ZONE	F F		Free	6/17/2005	2005 Edwin C. Cuttino Memorial	
1:18.80 L 2:47.82 L	ZONE ZONE	F		Breast Breast	6/17/2005 6/17/2005	2005 Edwin C. Cuttino Memorial 2005 Edwin C. Cuttino Memorial	
1:10.98 L	ZONE	F	100		6/17/2005	2005 Edwin C. Cuttino Memorial	
2:34.17 L	ZONE	F	200		5/20/2005	Josh Weaver Memorial Meet on the Hill	

Individual Top Times

Show Long Course On	ly						
Time	P/I	F/S	E	vent			
2:32.72 L	ZONE	Р	200	IM	6/17/2005	2005 Edwin C. Cuttino Memorial	
5:24.72 L	ZONE	F	400	IM	6/17/2005	2005 Edwin C. Cuttino Memorial	
Tisdale, Lauren	E (14)	W				PSDN	-VA
4:47.91 L	ZONE	F	400	Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
19:01.74 L	ZONE	F	1500	Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:11.78 L	ZONE	F	100	Back	6/24/2005	NAC Summer Sizzler	
2:32.20 L	ZONE	F	200	Back	6/24/2005	NAC Summer Sizzler	
Zimmerman, Ke	Isey A	(14)	W			NOVA	-VA
29.50 L	ZONE	Ρ̈́	50	Free	7/14/2005	PVS Senior LC Champs 2005	
1:03.63 L L	ZONE	F	100	Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
2:15.49 L	ZONE	Р	200	Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
4:43.99 L	ZONE	Р	400	Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
9:51.45 L	ZONE	F	800	Free	6/17/2005	2005 Edwin C. Cuttino Memorial	
1:10.00 L	ZONE	Р	100	Back	7/14/2005	PVS Senior LC Champs 2005	
2:29.52 L	ZONE	Р	200	Back	5/20/2005	Josh Weaver Memorial Meet on the Hill	
1:09.77 L	ZONE	Р	100	Fly	5/20/2005	Josh Weaver Memorial Meet on the Hill	
2:31.22 L	ZONE	F	200	Fly	8/11/2004	Eastern Zone Age Group Long Course Champs	
2:35.83 L	ZONE	Р	200	IM	5/20/2005	Josh Weaver Memorial Meet on the Hill	
5:19.37 L	ZONE	F	400	IM	6/17/2005	2005 Edwin C. Cuttino Memorial	
Zukowsky, Meg	han (14	4) W				NOVA	-VA
29.46 L	ZONE	Р	50	Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP	
1:04.59 L	ZONE	F	100	Free	6/17/2005	2005 Edwin C. Cuttino Memorial	
2:18.45 L	ZONE	F	200	Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
4:52.65 L	ZONE	F	400	Free	5/20/2005	Josh Weaver Memorial Meet on the Hill	
2:38.08 L	ZONE	F	200	Back	6/17/2005	2005 Edwin C. Cuttino Memorial	
5:37.04 L	ZONE	F	400	IM	6/17/2005	2005 Edwin C. Cuttino Memorial	