

Individual Top Times

Show Long Course Only

Time	P/F/S	Event					
28.59 L	ZONE F	50 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:04.78 L	ZONE P	100 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:22.72 L	ZONE F	100 Breast	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:59.17 L	ZONE F	200 Breast	6/23/2005	2005 Commonwealth Games			
5:35.88 L	ZONE F	400 IM	5/20/2005	Josh Weaver Memorial Meet on the Hill			
Leclair, Colette W (13) W					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 Fly	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:35.20 L	ZONE F	200 Fly	6/17/2005	2005 Edwin C. Cuttino Memorial			
5:27.72 L	ZONE F	400 IM	6/17/2005	2005 Edwin C. Cuttino Memorial			
McGeath, Miriam E (14) W					VA	-VA	
4:49.20 L	ZONE P	400 Free	8/11/2004	Eastern Zone Age Group Long Course Champs			
9:53.85 L	ZONE F	800 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 P	400 IM	8/11/2004	Eastern Zone Age Group Long Course Champs			
Naurath, Rachel (13) W					NOVA	-VA	
1:04.35 L	ZONE F	100 Free	6/17/2005	2005 Edwin C. Cuttino Memorial			
2:15.80 L	ZONE F	200 Free	6/17/2005	2005 Edwin C. Cuttino Memorial			
4:49.08 L	ZONE F	400 Free	6/17/2005	2005 Edwin C. Cuttino Memorial			
1:11.41 L	ZONE F	100 Fly	6/17/2005	2005 Edwin C. Cuttino Memorial			
Obeck, Jessie (14) W					NOVA	-VA	
29.50 L	ZONE F	50 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
1:14.06 L	ZONE F	100 Back	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:36.89 L	ZONE P	200 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			
Randall, Shelby M (14) W					PSDN	-VA	
1:24.56 L	ZONE P	100 Breast	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
3:00.79 L	ZONE P	200 Breast	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
2:37.90 L	ZONE F	200 IM	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	100 Free	5/19/2005	16th Annual Poseidon Classic			
4:44.92 L	ZONE F	400 Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
1:12.80 L	ZONE P	100 Back	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
2:34.47 L	ZONE F	200 Back	5/19/2005	16th Annual Poseidon Classic			
2:36.88 L	ZONE P	200 IM	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
Schroeder, Katie (13) W					PSDN	-VA	
29.25 L	ZONE F	50 Free	5/19/2005	16th Annual Poseidon Classic			
1:02.69 L	ZONE F	100 Free	5/7/2005	5th Annual Jeff Rouse Meet			
2:14.18 L	ZONE F	200 Free	6/24/2005	NAC Summer Sizzler			
4:42.21 L	ZONE F	400 Free	6/24/2005	NAC Summer Sizzler			
9:39.59 L	ZONE F	800 Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
18:37.82 L	ZONE F	1500 Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
1:13.63 L L	ZONE F	100 Back	8/11/2004	Eastern Zone Age Group Long Course Champs			
2:37.19 L	ZONE F	200 Back	5/19/2005	16th Annual Poseidon Classic			
1:09.15 L	ZONE P	100 Fly	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
2:30.50 L	ZONE F	200 Fly	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
2:33.73 L	ZONE F	200 IM	5/19/2005	16th Annual Poseidon Classic			
5:21.46 L	ZONE F	400 IM	6/24/2005	NAC Summer Sizzler			
Schweitzer, Haley (13) W					UNWAC	-VA	
1:03.64 L	ZONE P	100 Free	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
1:10.44 L	ZONE F	100 Fly	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:35.51 L	ZONE F	200 Fly	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
5:32.28 L	ZONE P	400 IM	7/9/2005	VSI LONG COURSE SENIOR CHAMPIONSHIP			
Stephens, Carter (13) W					NOVA	-VA	
28.92 L	ZONE P	50 Free	7/14/2005	PVS Senior LC Champs 2005			
1:03.73 L	ZONE P	100 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:18.98 L	ZONE P	200 Free	7/14/2005	PVS Senior LC Champs 2005			
1:06.72 L	ZONE P	100 Fly	7/14/2005	PVS Senior LC Champs 2005			
2:36.14 L	ZONE F	200 Fly	5/20/2005	Josh Weaver Memorial Meet on the Hill			
2:34.70 L	ZONE P	200 IM	5/20/2005	Josh Weaver Memorial Meet on the Hill			
5:31.57 L	ZONE F	400 IM	5/20/2005	Josh Weaver Memorial Meet on the Hill			
Sweeney, Casey (14) W					NOVA	-VA	
2:12.83 L	ZONE F	200 Free	6/17/2005	2005 Edwin C. Cuttino Memorial			
4:41.00 L	ZONE F	400 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill			
9:46.01 L	ZONE F	800 Free	6/17/2005	2005 Edwin C. Cuttino Memorial			
1:18.80 L	ZONE F	100 Breast	6/17/2005	2005 Edwin C. Cuttino Memorial			
2:47.82 L	ZONE F	200 Breast	6/17/2005	2005 Edwin C. Cuttino Memorial			
1:10.98 L	ZONE F	100 Fly	6/17/2005	2005 Edwin C. Cuttino Memorial			
2:34.17 L	ZONE F	200 Fly	5/20/2005	Josh Weaver Memorial Meet on the Hill			

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2:32.72 L	ZONE P	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, Kelsey A (14) W					NOVA	-VA
29.50 L	ZONE P	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 P	200 Free	5/20/2005	Josh Weaver Memorial Meet on the Hill		
4:43.99 L	ZONE P	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 P	100 Back	7/14/2005	PVS Senior LC Champs 2005		
2:29.52 L	ZONE P	200 Back	5/20/2005	Josh Weaver Memorial Meet on the Hill		
1:09.77 L	ZONE P	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 P	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, Meghan (14) W					NOVA	-VA
29.46 L	ZONE P	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		