

2009 Virginia Swimming Long Course
Zone Team Top 10
June 2009, Age Up Date = 8/12/2009

	Time		P/F/S	Name	Age/Yr		
Men 11-12 50 Free							
1	28.98 L	Zone	F	William Shields	12	QDD VA	6/27/2009 Winchester LC Invitational
2	29.15 L	Zone	F	Vance Berry	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3	29.19 L	Zone	F	Ian Ho	12	HOKI VA	5/15/2009 12th Annual YSSC May LC Coaches
4	29.26 L	Zone	F	Garrett Simon	12	US VA	6/5/2009 NBAC 2009 Long Course
5	29.51 L	Zone	F	Owen van Krimpen	12	BASS VA	6/26/2009 Lynchburg Firecracker Invitational 2009
6	29.63 L	Zone	F	Maxwell Tempkin	11	SMAC VA	5/2/2009 2009 Jeff Rouse Open Invitational
7	29.67 L	Zone	F	Jacob Smith	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
8*	29.73 L	Zone	F	Rafael Caballero	12	PWSC VA	5/2/2009 2009 Jeff Rouse Open Invitational
8*	29.73 L	Zone	F	Francis Haas	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
10	30.06 L		F	Danny Welborn	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
Men 11-12 100 Free							
1	1:02.53 L	Zone	F	Garrett Simon	12	US VA	5/23/2009 2009 PV Virginia State LC Champs
2	1:02.95 L	Zone	F	William Shields	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
3	1:03.57 L	Zone	F	Vance Berry	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
4	1:04.08 L	Zone	F	Henry Campbell	12	QDD VA	5/2/2009 2009 Jeff Rouse Open Invitational
5	1:04.16 L	Zone	F	Ian Ho	12	HOKI VA	5/15/2009 12th Annual YSSC May LC Coaches
6	1:04.45 L	Zone	F	Maxwell Tempkin	11	SMAC VA	6/5/2009 NBAC 2009 Long Course
7	1:05.44 L	Zone	F	Owen van Krimpen	12	BASS VA	5/2/2009 2009 Jeff Rouse Open Invitational
8	1:05.70 L	Zone	F	Francis Haas	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
9	1:06.18 L	Zone	F	Jacob Smith	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
10	1:06.67 L		F	Danny Welborn	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
Men 11-12 200 Free							
1	2:13.47 L	Zone	F	Henry Campbell	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
2	2:15.21 L	Zone	F	Garrett Simon	12	US VA	5/23/2009 2009 PV Virginia State LC Champs
3	2:17.18 L	Zone	F	Vance Berry	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
4	2:17.82 L	Zone	F	William Shields	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
5	2:20.43 L	Zone	F	Ian Ho	12	HOKI VA	5/15/2009 12th Annual YSSC May LC Coaches
6	2:20.80 L	Zone	F	Owen van Krimpen	12	BASS VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
7*	2:21.66 L	Zone	F	Jacob Smith	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
7*	2:21.66 L	Zone	F	Francis Haas	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
9	2:23.66 L	Zone	F	Maxwell Tempkin	11	SMAC VA	6/5/2009 NBAC 2009 Long Course
10	2:25.17 L		F	Brandon Washington	12	TIDE VA	6/26/2009 CGBD Summer Madness LC Invitational
Men 11-12 400 Free							
1	4:38.99 L	Zone	F	Henry Campbell	12	QDD VA	5/2/2009 2009 Jeff Rouse Open Invitational
2	4:50.41 L	Zone	F	Vance Berry	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
3	4:51.43 L	Zone	F	William Shields	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
4	4:52.19 L	Zone	F	Garrett Simon	12	US VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
5	4:54.36 L	Zone	F	Francis Haas	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
6	4:57.92 L	Zone	F	Christopher Higdon	12	USMA VA	6/19/2009 Coventry Commonwealth Games of VA
7	5:02.51 L	Zone	F	Owen van Krimpen	12	BASS VA	6/26/2009 Lynchburg Firecracker Invitational 2009
8	5:04.08 L	Zone	F	Drew Vipperman	12	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational
9	5:04.09 L	Zone	F	Jacob Smith	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
10	5:05.20 L		F	Maxwell Tempkin	11	SMAC VA	6/5/2009 NBAC 2009 Long Course
Men 11-12 50 Back							
1	34.85 L	Zone	F	Connor Bergeron	12	QDD VA	5/22/2009 Youngstown Long Course Invite Sr.
2	34.99 L	Zone	F	Maxwell Tempkin	11	SMAC VA	6/5/2009 NBAC 2009 Long Course
3	35.20 L	Zone	F	Jacob Smith	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	35.24 L	Zone	F	Adam Snyder	12	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational
5	35.30 L	Zone	F	William Shields	12	QDD VA	5/22/2009 Youngstown Long Course Invite Sr.
6	35.44 L		F	Austin Ebel	12	US VA	6/26/2009 CGBD Summer Madness LC Invitational
7	35.50 L		P	Wade O'Brien	11	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
8	35.58 L		F	Gavin Brown	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
9	35.60 L		F	Danny Welborn	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on

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10	35.84 L		F	Garrett Simon	12	US VA	6/26/2009 CGBD Summer Madness LC Invitational
Men 11-12 100 Back							
1	1:13.26 L	Zone	F	Connor Bergeron	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
2	1:14.01 L	Zone	F	Gavin Brown	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
3	1:14.80 L	Zone	F	Garrett Simon	12	US VA	6/26/2009 CGBD Summer Madness LC Invitational
4	1:15.13 L	Zone	F	William Shields	12	QDD VA	5/22/2009 Youngstown Long Course Invite Sr.
5	1:15.71 L	Zone	F	Wade O'Brien	11	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
6*	1:15.88 L	Zone	F	Maxwell Tempkin	11	VA VA	8/6/2008 2008 Eastern Zone LC Championships
6*	1:15.88 L	Zone	F	Jacob Smith	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
8	1:16.56 L		F	Takoda Grove	12	HOKI VA	5/15/2009 12th Annual YSSC May LC Coaches
9	1:17.09 L		P	Danny Welborn	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
10	1:17.49 L		F	Austin Ebel	12	US VA	6/5/2009 NBAC 2009 Long Course
Men 11-12 200 Back							
1	2:37.52 L	Zone	F	Connor Bergeron	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
2	2:38.60 L	Zone	F	Henry Campbell	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
3	2:40.56 L	Zone	F	Vance Berry	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
4	2:41.33 L	Zone	F	Gavin Brown	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
5	2:42.19 L	Zone	F	Wade O'Brien	11	NOVA VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
6	2:43.21 L	Zone	F	Garrett Simon	12	US VA	6/26/2009 CGBD Summer Madness LC Invitational
7	2:46.31 L		F	Jacob Smith	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
8	2:47.29 L		F	Alex Morgan	12	SHKS VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
9	2:47.61 L		F	Danny Welborn	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
10	2:48.08 L		F	Austin Ebel	12	US VA	6/26/2009 CGBD Summer Madness LC Invitational
Men 11-12 50 Breast							
1	36.61 L	Zone	F	Garrett Simon	12	US VA	5/23/2009 2009 PV Virginia State LC Champs
2	37.11 L	Zone	F	James Kegelman	12	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational
3	38.36 L	Zone	F	Owen van Krimpen	12	BASS VA	5/2/2009 2009 Jeff Rouse Open Invitational
4	38.57 L	Zone	F	Brian Lee	12	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational
5	38.90 L	Zone	F	Danny Welborn	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
6	39.20 L	Zone	F	Henry Campbell	12	QDD VA	6/27/2009 Winchester LC Invitational
7	39.25 L	Zone	F	Brett Huckstep	12	WAC VA	5/23/2009 2009 PV Virginia State LC Champs
8	39.53 L	Zone	F	Daniel Arris	11	TIDE VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
9	39.56 L	Zone	F	Brooks Peterson	12	SEVA VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
10	40.54 L		F	Vance Berry	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
Men 11-12 100 Breast							
1	1:19.11 L	Zone	F	Garrett Simon	12	US VA	5/23/2009 2009 PV Virginia State LC Champs
2	1:21.35 L	Zone	F	James Kegelman	12	CGBD VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3	1:22.06 L	Zone	F	Henry Campbell	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
4	1:26.14 L	Zone	F	Brian Lee	12	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational
5	1:26.18 L	Zone	F	Brett Huckstep	12	WAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
6	1:26.29 L	Zone	F	Danny Welborn	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
7	1:27.34 L		F	Connor Bergeron	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
8	1:28.33 L		F	Brandon Washington	12	TIDE VA	6/26/2009 CGBD Summer Madness LC Invitational
9	1:28.54 L		F	Daniel Arris	11	TIDE VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
10	1:28.60 L		F	Vance Berry	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
Men 11-12 200 Breast							
1	2:48.23 L	Zone	F	Garrett Simon	12	US VA	6/26/2009 CGBD Summer Madness LC Invitational
2	2:55.57 L	Zone	F	Henry Campbell	12	QDD VA	6/5/2009 2009 PV SNOW LC Invitational
3	2:57.19 L	Zone	F	James Kegelman	12	CGBD VA	4/25/2009 10th Annual Blue & Yellow Intrasquad
4	3:03.97 L	Zone	F	Vance Berry	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
5	3:06.18 L	Zone	F	Brett Huckstep	12	WAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
6	3:07.12 L	Zone	F	Danny Welborn	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
7	3:07.84 L	Zone	F	Brandon Washington	12	TIDE VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
8	3:08.93 L		F	Brian Lee	12	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational

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9	3:10.40 L	F	Daniel Arris	11	TIDE VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
10	3:12.38 L	F	Benjamin Whitty	11	USEVA VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
Men 11-12 50 Fly							
1	31.12 L	Zone F	Owen van Krimpen	12	BASS VA	5/2/2009	2009 Jeff Rouse Open Invitational
2	31.95 L	Zone F	Danny Welborn	12	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
3	32.24 L	Zone F	Aaron Schultz	11	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
4	32.52 L	Zone F	Garrett Simon	12	US VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
5	32.66 L	Zone F	William Shields	12	QDD VA	5/22/2009	Youngstown Long Course Invite Sr.
6	32.70 L	Zone F	Jacob Smith	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7	32.79 L	Zone P	Francis Haas	12	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
8	33.33 L	F	Brett Huckstep	12	WAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
9	33.41 L	F	Rafael Caballero	12	PWSC VA	5/2/2009	2009 Jeff Rouse Open Invitational
10	33.45 L	F	Adam Snyder	12	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational
Men 11-12 100 Fly							
1	1:11.86 L	Zone F	Garrett Simon	12	US VA	6/26/2009	CGBD Summer Madness LC Invitational
2	1:11.96 L	Zone F	Owen van Krimpen	12	BASS VA	5/2/2009	2009 Jeff Rouse Open Invitational
3	1:13.06 L	Zone F	William Shields	12	QDD VA	6/5/2009	2009 PV SNOW LC Invitational
4	1:13.40 L	Zone F	Aaron Schultz	11	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
5	1:13.76 L	Zone P	Jacob Smith	12	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
6	1:14.22 L	Zone F	John Cortright	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7*	1:15.16 L	F	Francis Haas	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7*	1:15.16 L	F	Henry Campbell	12	QDD VA	6/27/2009	Winchester LC Invitational
9	1:15.18 L	P	Danny Welborn	12	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
10	1:15.94 L	F	John Kale	11	WAC VA	6/26/2009	CGBD Summer Madness LC Invitational
Men 11-12 200 Fly							
1	2:40.50 L	Zone F	Garrett Simon	12	US VA	6/26/2009	CGBD Summer Madness LC Invitational
2	2:42.93 L	Zone F	John Cortright	12	NOVA VA	6/26/2009	CGBD Summer Madness LC Invitational
3	2:43.64 L	Zone F	Owen van Krimpen	12	BASS VA	5/2/2009	2009 Jeff Rouse Open Invitational
4	2:44.68 L	F	John Kale	11	WAC VA	5/23/2009	2009 PV Virginia State LC Champs
5	2:46.16 L	F	Gavin Brown	12	NOVA VA	6/26/2009	CGBD Summer Madness LC Invitational
6	2:47.25 L	F	Christopher Higdon	12	USMA VA	6/19/2009	Coventry Commonwealth Games of VA
7	2:49.34 L	F	Joseph Cartledge	11	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
8	2:49.44 L	F	Danny Welborn	12	NOVA VA	5/2/2009	2009 Jeff Rouse Open Invitational
9	2:52.31 L	F	Jacob Smith	12	NOVA VA	6/26/2009	CGBD Summer Madness LC Invitational
10	2:55.04 L	F	Ralph Hellams	12	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
Men 11-12 200 IM							
1	2:32.65 L	Zone F	Garrett Simon	12	US VA	6/5/2009	NBAC 2009 Long Course
2	2:34.94 L	Zone P	Henry Campbell	12	QDD VA	5/22/2009	Youngstown Long Course Invite Sr.
3	2:41.49 L	Zone F	Vance Berry	12	NOVA VA	5/2/2009	2009 Jeff Rouse Open Invitational
4	2:41.97 L	Zone F	Danny Welborn	12	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
5*	2:42.54 L	Zone F	Connor Bergeron	12	QDD VA	6/5/2009	2009 PV SNOW LC Invitational
5*	2:42.54 L	Zone F	Jacob Smith	12	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
7	2:42.58 L	Zone F	James Kegelman	12	CGBD VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
8	2:43.95 L	F	Owen van Krimpen	12	BASS VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
9	2:44.19 L	F	William Shields	12	QDD VA	5/2/2009	2009 Jeff Rouse Open Invitational
10	2:44.28 L	F	Gavin Brown	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on