

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

Time		P/F/S	Name	Age/Yr	
Women 11-12 50 Free					
1	28.90 L Zone	F	Sydney Pesetti	12 NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
2	29.14 L Zone	F	Remedy Rule	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
3	30.02 L Zone	F	Anna Dickinson	12 TIDE VA	6/26/2009 CGBD Summer Madness LC Invitational
4	30.45 L Zone	F	Jessica Arnold	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
5	30.47 L Zone	F	Susan Hynes	12 TAC VA	6/12/2009 2009 NC WAVE Capital City Invitational
6	30.48 L Zone	F	Taylor Jones	12 ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
7	30.68 L	F	Caroline Pollard	12 NOVA VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
8	30.79 L	P	Bryn Onweller	12 NOVA VA	6/12/2009 21st Annual Furniture City L.C.
9	30.92 L	F	Kylie Roehrle	12 WAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
10	30.94 L	F	Abigail Jones	12 NOVA VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
Women 11-12 100 Free					
1	1:01.71 L Zone	F	Remedy Rule	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
2	1:03.86 L L Zone	F	Jessica Arnold	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
3	1:03.94 L Zone	F	Sydney Pesetti	12 NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	1:05.76 L Zone	F	Susan Hynes	12 TAC VA	6/12/2009 2009 NC WAVE Capital City Invitational
5	1:06.39 L	F	Mary Bernadette Escobar	12 ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
6	1:06.66 L	F	Anna Dickinson	12 TIDE VA	6/26/2009 CGBD Summer Madness LC Invitational
7	1:06.97 L	F	Abigail Jones	12 NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
8	1:07.17 L	F	Katherine Degner	11 TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
9	1:07.36 L	F	Allie Criss	12 GATR VA	5/8/2009 2009 NC NSS Long Course Invitational
10	1:07.52 L	F	Megan Motter	11 TAC VA	6/12/2009 2009 NC WAVE Capital City Invitational
Women 11-12 200 Free					
1	2:15.29 L Zone	F	Remedy Rule	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
2	2:17.70 L Zone	F	Jessica Arnold	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
3	2:18.47 L Zone	F	Sydney Pesetti	12 NOVA VA	6/12/2009 21st Annual Furniture City L.C.
4	2:21.17 L Zone	F	Susan Hynes	12 TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
5	2:22.81 L Zone	F	Mary Bernadette Escobar	12 ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
6	2:23.14 L Zone	F	Abigail Jones	12 NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
7	2:24.95 L	F	Eileen Cunningham	12 NOVA VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
8	2:24.97 L	F	Megan Motter	11 TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
9	2:25.38 L	F	Dorothy Halmy	11 VA VA	8/6/2008 2008 Eastern Zone LC Championships
10	2:25.51 L	F	Katherine Degner	11 TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
Women 11-12 400 Free					
1	4:37.64 L Zone	F	Remedy Rule	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
2	4:46.19 L Zone	F	Jessica Arnold	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
3	4:53.43 L Zone	F	Sydney Pesetti	12 NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	4:57.40 L Zone	F	Susan Hynes	12 TAC VA	6/12/2009 2009 NC WAVE Capital City Invitational
5	4:58.88 L Zone	F	Megan Motter	11 TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
6	5:02.05 L Zone	F	Katherine Degner	11 TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
7	5:02.81 L	F	Abigail Jones	12 NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
8	5:02.83 L	F	Clare Skorcz	12 LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
9	5:03.44 L	F	Norah Hunt	11 SMAC VA	6/5/2009 NBAC 2009 Long Course
10	5:05.68 L	F	Jessie Gvozdas	12 NOVA VA	6/12/2009 21st Annual Furniture City L.C.
Women 11-12 50 Back					
1	32.80 L Zone	F	Remedy Rule	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
2	33.29 L Zone	F	Jessica Arnold	12 SMAC VA	6/5/2009 NBAC 2009 Long Course
3	34.80 L Zone	F	Abigail Jones	12 NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	34.87 L Zone	F	Emily Erard	11 NOVA VA	6/12/2009 21st Annual Furniture City L.C.
5	35.11 L Zone	F	Helen Makriyianis	11 UN1-V VA	6/26/2009 CGBD Summer Madness LC Invitational
6	35.42 L Zone	F	Anna Dickinson	12 TIDE VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
7	35.51 L Zone	F	Carrie Boone	11 BASS VA	5/2/2009 2009 Jeff Rouse Open Invitational
8	35.55 L Zone	F	Emily Vaughan	12 NOVA VA	6/12/2009 21st Annual Furniture City L.C.
9	35.85 L Zone	F	Jillian Breeger	12 CGBD VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on

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10	36.16 L		F	Olivia Stanley	11	CCA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
Women 11-12 100 Back							
1	1:11.00 L	Zone	F	Remedy Rule	12	SMAC VA	6/5/2009 NBAC 2009 Long Course
2	1:11.52 L	Zone	F	Jessica Arnold	12	SMAC VA	6/5/2009 NBAC 2009 Long Course
3	1:13.82 L	Zone	F	Emily Erard	11	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
4	1:13.99 L	Zone	F	Abigail Jones	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
5	1:16.02 L	Zone	F	Helen Makriyianis	11	UN1-V VA	6/26/2009 CGBD Summer Madness LC Invitational
6	1:16.07 L	Zone	F	Mary Bernadette Escobar	12	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
7	1:16.18 L	Zone	F	Anna Dickinson	12	TIDE VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
8	1:17.17 L		F	Megan Motter	11	TAC VA	6/12/2009 2009 NC WAVE Capital City Invitational
9	1:17.25 L		F	Ashley Mauzy	12	LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
10	1:17.28 L		F	Jillian Breeger	12	CGBD VA	6/5/2009 2009 EST Summer Sizzler Prelims &
Women 11-12 200 Back							
1	2:35.79 L	Zone	F	Remedy Rule	12	SMAC VA	5/2/2009 2009 Jeff Rouse Open Invitational
2	2:35.82 L	Zone	F	Jessica Arnold	12	SMAC VA	6/5/2009 NBAC 2009 Long Course
3	2:40.09 L	Zone	F	Emily Erard	11	NOVA VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
4	2:41.17 L	Zone	F	Abigail Jones	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
5	2:42.09 L	Zone	F	Anna Dickinson	12	TIDE VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
6	2:43.90 L	Zone	F	Taylor Vossler	12	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
7	2:43.91 L	Zone	F	Helen Makriyianis	11	UN1-V VA	6/26/2009 CGBD Summer Madness LC Invitational
8	2:44.56 L		F	Mary Bernadette Escobar	12	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
9	2:44.83 L		F	Sydney Pesetti	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
10	2:45.47 L		F	Megan Motter	11	TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
Women 11-12 50 Breast							
1	38.62 L	Zone	F	Susan Hynes	12	TAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
2	39.21 L	Zone	F	Gabrielle Fleming	12	SQST VA	6/26/2009 CGBD Summer Madness LC Invitational
3	39.39 L	Zone	F	Jillian Breeger	12	CGBD VA	6/5/2009 2009 EST Summer Sizzler Prelims &
4	39.75 L		F	Jessica Arnold	12	SMAC VA	6/5/2009 NBAC 2009 Long Course
5	39.76 L		F	Olivia Heeb	12	SMAC VA	6/19/2009 Coventry Commonwealth Games of VA
6	40.16 L		F	Clare Skorcz	12	LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
7	40.23 L		F	Kiersten Nelson	12	NOVA VA	6/19/2009 Coventry Commonwealth Games of VA
8	40.33 L		F	Rachel Slotterback	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
9	40.34 L		F	Sydney Pesetti	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
10	40.71 L		F	Courtney Adams	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
Women 11-12 100 Breast							
1	1:23.13 L	Zone	F	Susan Hynes	12	TAC VA	6/12/2009 2009 NC WAVE Capital City Invitational
2	1:25.50 L	Zone	F	Abigail Jones	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3	1:25.54 L	Zone	F	Gabrielle Fleming	12	SQST VA	6/5/2009 2009 EST Summer Sizzler Prelims &
4	1:26.97 L		F	Clare Skorcz	12	LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
5	1:27.01 L		F	Olivia Heeb	12	SMAC VA	6/19/2009 Coventry Commonwealth Games of VA
6	1:28.35 L		F	Abbey Elmendorf	12	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
7	1:28.40 L		F	Megan Motter	11	TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
8	1:28.50 L		F	Courtney Adams	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
9	1:28.71 L		F	Jillian Breeger	12	CGBD VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
10	1:28.97 L		P	Anna Kuno	12	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
Women 11-12 200 Breast							
1	2:57.39 L	Zone	F	Susan Hynes	12	TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
2	3:03.49 L	Zone	F	Gabrielle Fleming	12	SQST VA	6/26/2009 CGBD Summer Madness LC Invitational
3	3:05.68 L	Zone	F	Anna Kuno	12	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
4	3:06.47 L	Zone	F	Abbey Elmendorf	12	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
5	3:06.82 L	Zone	F	Clare Skorcz	12	LY VA	5/15/2009 12th Annual YSSC May LC Coaches
6	3:08.33 L		F	Kasey Newton	12	SQST VA	6/26/2009 CGBD Summer Madness LC Invitational
7	3:09.06 L		F	Courtney Adams	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
8	3:09.55 L		F	Abigail Jones	12	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational

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9	3:10.09 L		F	Kiersten Nelson	12	NOVA VA	6/26/2009 CGBD Summer Madness LC Invitational
10	3:10.15 L		F	Haley Malloy	12	NOVA VA	6/26/2009 CGBD Summer Madness LC Invitational
Women 11-12 50 Fly							
1	31.84 L	Zone	F	Remedy Rule	12	SMAC VA	6/19/2009 Coventry Commonwealth Games of VA
2	32.08 L	Zone	F	Abigail Jones	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3	32.26 L	Zone	F	Sydney Pesetti	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	32.56 L	Zone	F	Caroline Pollard	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
5	32.90 L	Zone	P	Jillian Breeger	12	CGBD VA	6/5/2009 2009 EST Summer Sizzler Prelims &
6	32.93 L	Zone	F	Jessica Arnold	12	SMAC VA	6/19/2009 Coventry Commonwealth Games of VA
7*	33.08 L	Zone	F	Georgia DaCruz	11	TIDE VA	6/26/2009 CGBD Summer Madness LC Invitational
7*	33.08 L	Zone	F	Jessie Gvozdas	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
9	33.17 L	Zone	F	Taylor Jones	12	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
10	33.36 L		F	Olivia Stanley	11	CCA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
Women 11-12 100 Fly							
1	1:09.83 L	Zone	F	Remedy Rule	12	SMAC VA	6/5/2009 NBAC 2009 Long Course
2	1:10.01 L	Zone	F	Sydney Pesetti	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3*	1:14.94 L		F	Mary Bernadette Escobar	12	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
3*	1:14.94 L		F	Jillian Breeger	12	CGBD VA	6/5/2009 2009 EST Summer Sizzler Prelims &
5	1:15.09 L		F	Caroline Pollard	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
6	1:15.36 L		F	Megan Motter	11	TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
7	1:15.69 L		F	Christina McLemore	12	UNTAC VA	6/26/2009 CGBD Summer Madness LC Invitational
8	1:16.93 L		F	Olivia Stanley	11	CCA VA	6/19/2009 Coventry Commonwealth Games of VA
9	1:16.96 L		F	Zoey Shields	11	QDD VA	5/22/2009 Youngstown Long Course Invite Sr.
10	1:17.06 L		P	Haley Malloy	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
Women 11-12 200 Fly							
1	2:36.63 L	Zone	F	Remedy Rule	12	SMAC VA	6/19/2009 Coventry Commonwealth Games of VA
2	2:40.53 L	Zone	F	Sydney Pesetti	12	NOVA VA	6/26/2009 CGBD Summer Madness LC Invitational
3	2:40.57 L	Zone	F	Christina McLemore	12	UNTAC VA	6/26/2009 CGBD Summer Madness LC Invitational
4	2:49.73 L		F	Abigail Jones	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
5	2:49.87 L		F	Mary Bernadette Escobar	12	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
6	2:51.74 L		F	Megan Motter	11	TAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
7	2:53.50 L		F	Jessica Arnold	12	SMAC VA	6/19/2009 Coventry Commonwealth Games of VA
8	2:54.85 L		F	Norah Hunt	11	SMAC VA	6/19/2009 Coventry Commonwealth Games of VA
9	2:57.16 L		F	Eileen Cunningham	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
10	2:58.34 L		F	Joanna Parker	12	SQST VA	6/19/2009 2009 Edwin C. Cuttino Memorial
Women 11-12 200 IM							
1	2:35.97 L	Zone	F	Remedy Rule	12	SMAC VA	6/5/2009 NBAC 2009 Long Course
2	2:37.05 L	Zone	F	Abigail Jones	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3	2:39.13 L	Zone	F	Jessica Arnold	12	SMAC VA	6/5/2009 NBAC 2009 Long Course
4	2:39.24 L	Zone	F	Megan Motter	11	TAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
5	2:39.39 L	Zone	F	Susan Hynes	12	TAC VA	6/12/2009 2009 NC WAVE Capital City Invitational
6	2:42.07 L	Zone	F	Sydney Pesetti	12	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
7	2:43.40 L		F	Jillian Breeger	12	CGBD VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
8	2:44.57 L		F	Ashley Mauzy	12	LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
9	2:44.87 L		F	Clare Skorcz	12	LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
10	2:45.05 L		F	Jessie Gvozdas	12	NOVA VA	6/12/2009 21st Annual Furniture City L.C.