

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 15-18 50 Free									
1	28.02	L	Zone	F	Kelsey Holmgaard	18	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
2	28.36	L	Zone	F	Audrey Kula	15	QDD VA	6/5/2009	2009 PV SNOW LC Invitational
3	28.44	L	Zone	P	Chelsea Tomko	16	VA VA	8/6/2008	2008 Eastern Zone LC Championships
4	28.45	L	Zone	F	Drew Dillon	16	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
5	28.53	L S	Zone	S	Natalee Roseberry	15	VA VA	8/6/2008	2008 Eastern Zone LC Championships
6	28.61	L	Zone	P	Kacy Edsall	15	CCA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7	28.64	L	Zone	P	Emily LaVay	16	WAC VA	6/26/2009	CGBD Summer Madness LC Invitational
8	28.79	L	Zone	F	Madison Hahn	15	US VA	6/5/2009	NBAC 2009 Long Course
9	28.80	L	Zone	F	Eva Burlingham	17	QDD VA	5/2/2009	2009 Jeff Rouse Open Invitational
10	28.83	L	Zone	S	Rachel Colasurdo	18	TIDE VA	6/26/2009	CGBD Summer Madness LC Invitational
Women 15-18 100 Free									
1	1:01.22	L	Zone	P	Kelsey Holmgaard	18	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
2	1:01.41	L	Zone	P	Rachel Colasurdo	18	TIDE VA	6/26/2009	CGBD Summer Madness LC Invitational
3	1:01.90	L	Zone	F	Kaitlyn Keefer	17	SMAC VA	6/5/2009	NBAC 2009 Long Course
4	1:02.10	L	Zone	F	Kacy Edsall	15	CCA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
5	1:02.17	L	Zone	F	Audrey Kula	15	QDD VA	5/2/2009	2009 Jeff Rouse Open Invitational
6	1:02.30	L	Zone	F	Emily LaVay	16	WAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
7	1:02.38	L	Zone	F	Caitlin Foley	18	ODAC VA	5/15/2009	2009 NC RSA Good Stuff Long Course
8	1:02.58	L	Zone	F	Alyssa Woods	15	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
9	1:02.63	L	Zone	F	Madison Hahn	15	US VA	5/23/2009	2009 PV Virginia State LC Champs
10	1:02.92	L	Zone	P	Casey Hall	16	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
Women 15-18 200 Free									
1	2:14.33	L	Zone	F	Lauren Baker	15	SQST VA	6/19/2009	2009 Edwin C. Cuttino Memorial
2	2:14.34	L	Zone	F	Kaitlyn Keefer	17	SMAC VA	6/19/2009	Coventry Commonwealth Games of VA
3	2:14.52	L	Zone	F	Alyssa Woods	15	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
4	2:14.66	L	Zone	F	Madison Hahn	15	US VA	5/23/2009	2009 PV Virginia State LC Champs
5	2:14.77	L	Zone	F	Rachel Colasurdo	18	TIDE VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
6	2:14.89	L	Zone	F	Madeline Bowe	18	CYAC VA	6/19/2009	Coventry Commonwealth Games of VA
7	2:14.90	L	Zone	P	Kelsey Holmgaard	18	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
8	2:15.00	L	Zone	F	Jacqueline Rudolph	18	TIDE VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
9	2:15.53	L	Zone	F	Catherine O'Donnell	16	WAC VA	5/23/2009	2009 PV Virginia State LC Champs
10	2:15.75	L	Zone	F	Emily LaVay	16	WAC VA	6/26/2009	CGBD Summer Madness LC Invitational
Women 15-18 400 Free									
1	4:42.63	L	Zone	F	Kaitlyn Keefer	17	SMAC VA	6/19/2009	Coventry Commonwealth Games of VA
2	4:42.81	L	Zone	F	Kiera Leddy	16	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
3	4:42.93	L	Zone	F	Rachel Colasurdo	18	TIDE VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
4	4:43.14	L	Zone	F	Jennifer Rothemich	17	NOVA VA	6/12/2009	2009 NC WAVE Capital City Invitational
5	4:43.29	L	Zone	F	Kathleen Lyon	18	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
6	4:44.12	L	Zone	F	Lauren Baker	15	SQST VA	6/19/2009	2009 Edwin C. Cuttino Memorial
7	4:44.41	L	Zone	F	Audrey Kula	15	QDD VA	5/22/2009	Youngstown Long Course Invite Sr.
8	4:44.69	L	Zone	F	Madeline Bowe	18	CYAC VA	6/19/2009	Coventry Commonwealth Games of VA
9	4:45.58	L	Zone	F	Rebecca Spicher	16	ODAC VA	5/15/2009	2009 NC RSA Good Stuff Long Course
10	4:46.72	L	Zone	F	Keegan Abar	16	SMAC VA	6/19/2009	Coventry Commonwealth Games of VA
Women 15-18 800 Free									
1	9:39.06	L	Zone	F	Kathleen Lyon	18	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
2	9:39.91	L	Zone	F	Alyssa Woods	15	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
3	9:46.62	L	Zone	F	Lauren Baker	15	SQST VA	6/19/2009	2009 Edwin C. Cuttino Memorial
4	9:51.83	L		F	Dorathy Winkler	15	RAYS VA	6/5/2009	NBAC 2009 Long Course
5	9:53.98	L		F	Jacqueline Rudolph	18	TIDE VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
6	9:54.91	L		F	Catherine O'Donnell	16	WAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
7	9:55.10	L		F	Kaitlyn Keefer	17	SMAC VA	6/5/2009	NBAC 2009 Long Course
8	9:57.70	L		F	Jessica Singer	17	ODAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
9	9:58.07	L		F	Rebecca Spicher	16	ODAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet

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10	9:59.31 L		F	Heather Johnson	16	CGBD VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
Women 15-18 1500 Free							
1	18:31.44 L	Zone	F	Jennifer Rothenich	17	NOVA VA	6/12/2009 2009 NC WAVE Capital City Invitational
2	18:39.19 L	Zone	F	Keegan Abar	16	SMAC VA	6/19/2009 Coventry Commonwealth Games of VA
3	18:44.53 L	Zone	F	Lauren Baker	15	SQST VA	6/5/2009 2009 EST Summer Sizzler Prelims &
4	18:49.81 L		F	Rebecca Spicher	16	ODAC VA	5/30/2009 TIDE Distance Meet 2009
5	18:50.78 L		F	Jessica Singer	17	ODAC VA	5/30/2009 TIDE Distance Meet 2009
6	18:53.56 L		F	Savannah Bowers	16	ODAC VA	5/30/2009 TIDE Distance Meet 2009
7	19:04.88 L		F	Madeleine Skorcz	16	LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
8	19:07.00 L		F	Madeline Bowe	18	CYAC VA	6/26/2009 Lynchburg Firecracker Invitational 2009
9	19:12.48 L		F	Kelsey Goodin	16	TAC VA	6/12/2009 2009 NC WAVE Capital City Invitational
10	19:14.19 L		F	Dorathy Winkler	15	RAYS VA	5/2/2009 2009 Jeff Rouse Open Invitational
Women 15-18 100 Back							
1	1:08.93 L	Zone	P	Lindsay Pierce	17	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
2	1:09.05 L	Zone	F	Madison Hahn	15	US VA	5/23/2009 2009 PV Virginia State LC Champs
3	1:09.06 L	Zone	F	Megan Lisbon	17	QDD VA	3/5/2009 2009 Grand Prix
4	1:09.35 L	Zone	F	Kacy Edsall	15	CCA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
5	1:09.43 L	L Zone	F	Holly Harper	15	VA VA	8/6/2008 2008 Eastern Zone LC Championships
6	1:09.57 L	Zone	F	Katherine Moles	16	CCA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
7	1:10.41 L	Zone	F	Mary Gerloff	16	TIDE VA	6/26/2009 CGBD Summer Madness LC Invitational
8	1:10.54 L	Zone	F	Mary Flinn	15	RAYS VA	5/2/2009 2009 Jeff Rouse Open Invitational
9	1:11.35 L	Zone	F	Christian Saunders	16	UNBAS VA	6/26/2009 Lynchburg Firecracker Invitational 2009
10	1:11.37 L	L Zone	F	Casey Bandman	15	NOVA VA	6/19/2009 2009 Edwin C. Cuttino Memorial
Women 15-18 200 Back							
1	2:28.01 L	Zone	F	Madison Hahn	15	US VA	5/23/2009 2009 PV Virginia State LC Champs
2	2:29.27 L	Zone	F	Megan Lisbon	17	QDD VA	3/5/2009 2009 Grand Prix
3	2:30.13 L	Zone	P	Casey Bandman	15	NOVA VA	6/19/2009 2009 Edwin C. Cuttino Memorial
4	2:30.84 L	Zone	F	Katherine Moles	16	CCA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
5	2:31.32 L	Zone	F	Devin Henry	17	GATR VA	5/8/2009 2009 NC NSS Long Course Invitational
6	2:31.51 L	Zone	F	Kaitlyn Keefer	17	SMAC VA	6/5/2009 NBAC 2009 Long Course
7	2:31.97 L	Zone	P	Holly Harper	15	VA VA	8/6/2008 2008 Eastern Zone LC Championships
8	2:32.59 L	Zone	F	Katherine Thomas	15	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
9	2:32.82 L	Zone	F	Heather Johnson	16	CGBD VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
10	2:32.98 L	Zone	F	Mary Flinn	15	RAYS VA	5/2/2009 2009 Jeff Rouse Open Invitational
Women 15-18 100 Breast							
1	1:16.11 L	Zone	F	April Livingston	17	QDD VA	5/2/2009 2009 Jeff Rouse Open Invitational
2	1:18.49 L	Zone	F	Sara Goforth	16	VA VA	8/6/2008 2008 Eastern Zone LC Championships
3	1:19.78 L	Zone	F	Anne Drummond	16	PSDN VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	1:19.86 L	Zone	F	Kelsey Holmgard	18	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational
5	1:19.96 L	Zone	F	Katie Young	15	GATR VA	5/8/2009 2009 NC NSS Long Course Invitational
6	1:19.98 L	Zone	P	Addy Morrison	17	CGBD VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
7	1:20.14 L	Zone	F	Natalie Zoldork	15	VACS VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
8	1:21.09 L	Zone	F	Colette LeClair	17	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
9	1:21.28 L	Zone	F	Nicole Rento	16	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational
10	1:21.75 L	Zone	F	Megan Lisbon	17	QDD VA	3/5/2009 2009 Grand Prix
Women 15-18 200 Breast							
1	2:44.53 L	Zone	F	April Livingston	17	QDD VA	5/22/2009 Youngstown Long Course Invite Sr.
2	2:50.38 L	Zone	P	Anne Drummond	16	PSDN VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3	2:50.99 L	Zone	F	Colette LeClair	17	NOVA VA	6/19/2009 2009 Edwin C. Cuttino Memorial
4	2:51.08 L	Zone	F	Addy Morrison	17	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational
5	2:51.98 L	Zone	F	Natalie Zoldork	15	VACS VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
6	2:52.34 L	Zone	P	Robyn Endsley	16	PSDN VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
7	2:52.98 L	Zone	P	Jennifer Lomicka	15	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
8	2:54.19 L	Zone	F	Natalie Cronk	15	CYAC VA	6/19/2009 Coventry Commonwealth Games of VA

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9	2:54.76	L Zone	P	Sara Goforth	16	VA VA	8/6/2008	2008 Eastern Zone LC Championships	
10	2:55.05	L Zone	F	Juliette Beristain	16	TIDE VA	6/6/2009	OBX Swim Club LSC A/BB/B/C	
Women 15-18 100 Fly									
1	1:07.27	L Zone	F	Audrey Kula	15	QDD VA	6/5/2009	2009 PV SNOW LC Invitational	
2	1:07.87	L Zone	P	Ashley Luchsinger	17	VA VA	8/6/2008	2008 Eastern Zone LC Championships	
3	1:07.95	L Zone	F	Kacy Edsall	15	CCA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on	
4*	1:08.07	L Zone	P	Lindsay Pierce	17	PSDN VA	6/26/2009	6th Annual YSSC Firecracker Invitational	
4*	1:08.07	L Zone	F	Meredith Bayer	16	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
6	1:08.26	L Zone	F	Emily LaVay	16	WAC VA	5/23/2009	2009 PV Virginia State LC Champs	
7	1:08.27	L Zone	F	Helen Lamb	16	CYAC VA	6/19/2009	Coventry Commonwealth Games of VA	
8	1:08.50	L Zone	F	Kathleen Lyon	18	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
9	1:08.75	L Zone	F	Kara Rademeyer	16	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on	
10	1:08.99	L Zone	F	Molly Slattery	17	RAYS VA	6/25/2009	SWIM FEST 2009	
Women 15-18 200 Fly									
1	2:28.98	L Zone	F	Colette LeClair	17	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
2	2:30.49	L Zone	F	Meredith Bayer	16	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
3	2:30.93	L Zone	F	Emily LaVay	16	WAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet	
4	2:31.44	L Zone	P	Elizabeth Harrison	16	QDD VA	5/22/2009	Youngstown Long Course Invite Sr.	
5	2:32.03	L	F	Ashley Luchsinger	17	VA VA	8/6/2008	2008 Eastern Zone LC Championships	
6	2:33.10	L	F	Casey Bandman	15	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
7	2:33.25	L	P	Jennifer Lomicka	15	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on	
8	2:33.38	L	F	Audrey Kula	15	QDD VA	5/22/2009	Youngstown Long Course Invite Sr.	
9	2:33.69	L	F	Kelsey Wash	18	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
10	2:34.86	L	F	Whitney Tate	18	SEVA VA	6/6/2009	OBX Swim Club LSC A/BB/B/C	
Women 15-18 200 IM									
1	2:28.78	L Zone	F	Emily LaVay	16	WAC VA	5/23/2009	2009 PV Virginia State LC Champs	
2	2:30.54	L Zone	P	Casey Bandman	15	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
3	2:31.18	L Zone	F	Devin Henry	17	GATR VA	5/8/2009	2009 NC NSS Long Course Invitational	
4	2:32.15	L Zone	F	Natalie Cronk	15	CYAC VA	6/19/2009	Coventry Commonwealth Games of VA	
5	2:32.72	L Zone	P	Kelsey Holmgard	18	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational	
6	2:33.34	L Zone	F	Meredith Bayer	16	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
7	2:33.41	L Zone	F	Rachel Colasurdo	18	TIDE VA	6/26/2009	CGBD Summer Madness LC Invitational	
8	2:33.70	L Zone	P	Madeleine Kennedy	15	VA VA	8/6/2008	2008 Eastern Zone LC Championships	
9	2:34.05	L Zone	P	Jacqueline Crawford	15	VA VA	8/6/2008	2008 Eastern Zone LC Championships	
10*	2:34.20	L Zone	F	Natalie Zoldork	15	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on	
10*	2:34.20	L Zone	F	Colette LeClair	17	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
Women 15-18 400 IM									
1	5:16.54	L Zone	F	Emily LaVay	16	WAC VA	5/23/2009	2009 PV Virginia State LC Champs	
2	5:20.41	L Zone	F	Natalie Cronk	15	CYAC VA	6/19/2009	Coventry Commonwealth Games of VA	
3	5:20.42	L Zone	F	Colette LeClair	17	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
4	5:20.80	L Zone	F	Meredith Bayer	16	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
5	5:21.08	L Zone	F	Casey Bandman	15	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
6	5:22.59	L Zone	F	Rebecca Spicher	16	ODAC VA	5/15/2009	2009 NC RSA Good Stuff Long Course	
7	5:23.51	L Zone	F	Natalie Zoldork	15	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on	
8	5:23.96	L Zone	P	Lauren Baker	15	SQST VA	6/26/2009	CGBD Summer Madness LC Invitational	
9	5:24.48	L Zone	F	Jennifer Lomicka	15	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial	
10	5:25.98	L Zone	F	Holly Harper	15	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &	