

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 9-10 50 Free							
1	31.77 L	Zone	F	Brian Hynes	10	UNCYA VA	6/19/2009 Coventry Commonwealth Games of VA
2	32.84 L	Zone	F	Brandon Hamblin	9	STAT VA	6/27/2009 Winchester LC Invitational
3	32.85 L	Zone	F	Mitchell Smith	10	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
4	33.06 L	Zone	F	Matthew Lewis	10	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
5	33.36 L	Zone	F	Benjamin Klipp	10	QDD VA	6/27/2009 Winchester LC Invitational
6	33.42 L	Zone	F	Joshua Thompson	10	BASS VA	6/26/2009 Lynchburg Firecracker Invitational 2009
7	33.62 L	Zone	F	Parker Harp	10	CGBD VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
8	34.00 L		F	Miles McAllister	10	CGBD VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
9	34.32 L		F	Austin Tate	10	BASS VA	6/26/2009 Lynchburg Firecracker Invitational 2009
10	34.36 L		P	Thomas Wiley	10	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
Men 9-10 100 Free							
1	1:11.22 L	Zone	F	Keith Myburgh	9	GATR VA	6/5/2009 2009 EST Summer Sizzler Prelims &
2	1:12.35 L	Zone	F	Brian Hynes	10	VA VA	8/6/2008 2008 Eastern Zone LC Championships
3	1:12.79 L	Zone	F	Mitchell Smith	10	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	1:12.87 L	Zone	F	Joshua Thompson	10	BASS VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
5	1:12.95 L	Zone	F	James Lowe III	10	CCA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
6	1:13.55 L	Zone	F	Angelo Russo	10	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational
7	1:13.99 L	Zone	F	Benjamin Klipp	10	QDD VA	6/27/2009 Winchester LC Invitational
8	1:15.04 L	Zone	F	Matthew Hellams	10	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
9	1:15.29 L	Zone	F	Miles McAllister	10	CGBD VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
10	1:15.39 L		F	Clark Beach	10	SQST VA	6/26/2009 CGBD Summer Madness LC Invitational
Men 9-10 200 Free							
1	2:33.08 L	Zone	F	Keith Myburgh	9	GATR VA	5/8/2009 2009 NC NSS Long Course Invitational
2	2:33.94 L	Zone	F	Brian Hynes	10	UNCYA VA	6/26/2009 Lynchburg Firecracker Invitational 2009
3	2:35.85 L	Zone	F	Joshua Thompson	10	BASS VA	6/26/2009 Lynchburg Firecracker Invitational 2009
4	2:36.30 L	Zone	F	James Lowe III	10	CCA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
5	2:36.80 L	Zone	F	Mitchell Smith	10	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
6	2:38.21 L	Zone	F	Miles McAllister	10	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational
7	2:38.43 L	Zone	F	Angelo Russo	10	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational
8	2:40.41 L	Zone	F	Benjamin Klipp	10	QDD VA	6/27/2009 Winchester LC Invitational
9	2:41.89 L		F	Joshua Jung	9	VA VA	8/6/2008 2008 Eastern Zone LC Championships
10	2:45.56 L		P	Matthew Hellams	10	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
Men 9-10 400 Free							
1	5:07.59 L	Zone	F	Keith Myburgh	9	GATR VA	6/5/2009 2009 EST Summer Sizzler Prelims &
2	5:23.06 L	Zone	F	Brian Hynes	10	UNCYA VA	6/26/2009 Lynchburg Firecracker Invitational 2009
3	5:29.66 L	Zone	F	Joshua Jung	9	BAC VA	5/23/2009 2009 PV Virginia State LC Champs
4	5:33.25 L	Zone	F	James Lowe III	10	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational
5	5:33.64 L	Zone	F	Angelo Russo	10	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational
6	5:37.68 L	Zone	F	Joshua Thompson	10	BASS VA	5/2/2009 2009 Jeff Rouse Open Invitational
7	5:39.63 L	Zone	F	Miles McAllister	10	CGBD VA	6/26/2009 CGBD Summer Madness LC Invitational
8	5:45.43 L		F	Austin Tate	10	BASS VA	6/26/2009 Lynchburg Firecracker Invitational 2009
9	5:50.17 L		F	Matthew Hellams	10	NOVA VA	5/2/2009 2009 Jeff Rouse Open Invitational
10	5:56.07 L		F	Mitchell Smith	10	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
Men 9-10 50 Back							
1	37.48 L	Zone	F	Clark Beach	10	SQST VA	6/26/2009 CGBD Summer Madness LC Invitational
2	38.81 L	Zone	F	Miles McAllister	10	CGBD VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
3	39.22 L	Zone	F	Brian Hynes	10	UNCYA VA	6/26/2009 Lynchburg Firecracker Invitational 2009
4	39.32 L	Zone	F	Joshua Jung	9	UN-US VA	6/26/2009 CGBD Summer Madness LC Invitational
5	39.47 L	Zone	F	Cade Elliott	9	NOVA VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
6	39.52 L	Zone	F	Mitchell Smith	10	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
7	39.53 L	Zone	F	Joshua Thompson	10	BASS VA	5/2/2009 2009 Jeff Rouse Open Invitational
8	39.61 L	Zone	F	Khalil Fonder	10	GATR VA	6/5/2009 2009 EST Summer Sizzler Prelims &
9	39.63 L	Zone	F	Angelo Russo	10	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational

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10	40.02	L Zone	F	Cole Gvozdaz	9	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
Men 9-10 100 Back								
1	1:20.28	L Zone	F	Brian Hynes	10	UNCYA VA	6/19/2009	Coventry Commonwealth Games of VA
2	1:21.55	L Zone	F	Clark Beach	10	SQST VA	6/19/2009	2009 Edwin C. Cuttino Memorial
3	1:22.62	L Zone	F	Khalil Fonder	10	GATR VA	5/8/2009	2009 NC NSS Long Course Invitational
4	1:22.81	L Zone	F	Joshua Jung	9	BAC VA	5/23/2009	2009 PV Virginia State LC Champs
5	1:23.17	L Zone	F	Miles McAllister	10	CGBD VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
6	1:24.18	L Zone	F	Angelo Russo	10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
7	1:25.37	L Zone	F	Austin Tate	10	BASS VA	6/26/2009	Lynchburg Firecracker Invitational 2009
8	1:25.90	L Zone	F	Adam Smith	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
9	1:26.15	L Zone	F	Mitchell Smith	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
10	1:26.38	L Zone	F	Thomas Wiley	10	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
Men 9-10 50 Breast								
1	42.19	L Zone	F	Keith Myburgh	9	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
2	43.97	L Zone	F	Austin Tate	10	BASS VA	6/26/2009	Lynchburg Firecracker Invitational 2009
3	44.21	L Zone	F	Joshua Thompson	10	BASS VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
4	44.65	L Zone	F	Joshua Jung	9	UN-US VA	6/26/2009	CGBD Summer Madness LC Invitational
5	44.74	L Zone	F	Jonathan Moss	10	BAC VA	5/2/2009	2009 Jeff Rouse Open Invitational
6	45.63	L	F	James Lowe III	10	CCA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7	45.84	L	F	Brian Hynes	10	UNCYA VA	6/19/2009	Coventry Commonwealth Games of VA
8	45.95	L	F	Max Motmans	10	CCA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
9	45.96	L	F	Adam Smith	10	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
10	46.10	L	F	Clark Beach	10	SQST VA	5/2/2009	2009 Jeff Rouse Open Invitational
Men 9-10 100 Breast								
1	1:30.03	L Zone	F	Keith Myburgh	9	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
2	1:32.83	L Zone	F	Joshua Thompson	10	BASS VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
3	1:36.66	L Zone	F	Austin Tate	10	BASS VA	6/26/2009	Lynchburg Firecracker Invitational 2009
4	1:37.40	L Zone	F	Joshua Jung	9	UN-US VA	6/26/2009	CGBD Summer Madness LC Invitational
5	1:37.50	L Zone	F	Jonathan Moss	10	BAC VA	5/23/2009	2009 PV Virginia State LC Champs
6	1:37.72	L Zone	F	James Lowe III	10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
7	1:38.90	L	F	Brett Henry	10	PWSC VA	5/2/2009	2009 Jeff Rouse Open Invitational
8	1:39.35	L	F	Adam Smith	10	NOVA VA	5/2/2009	2009 Jeff Rouse Open Invitational
9	1:39.81	L	F	Brian Hynes	10	UNCYA VA	6/19/2009	Coventry Commonwealth Games of VA
10	1:40.82	L	F	Max Motmans	10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
Men 9-10 50 Fly								
1	34.84	L Zone	F	Brian Hynes	10	VA VA	8/6/2008	2008 Eastern Zone LC Championships
2	36.42	L Zone	F	Khalil Fonder	10	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
3	36.50	L Zone	F	Angelo Russo	10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
4	36.73	L Zone	F	Clark Beach	10	SQST VA	6/19/2009	2009 Edwin C. Cuttino Memorial
5	36.79	L Zone	F	Miles McAllister	10	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational
6	37.11	L Zone	F	Mitchell Smith	10	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7	37.42	L Zone	F	Austin Tate	10	BASS VA	6/26/2009	Lynchburg Firecracker Invitational 2009
8	37.51	L Zone	F	Benjamin Klipp	10	QDD VA	6/27/2009	Winchester LC Invitational
9	37.55	L Zone	F	James Lowe III	10	CCA VA	6/19/2009	Coventry Commonwealth Games of VA
10	37.65	L Zone	F	David Dixon	10	BASS VA	5/2/2009	2009 Jeff Rouse Open Invitational
Men 9-10 100 Fly								
1	1:15.20	L Zone	F	Brian Hynes	10	UNCYA VA	6/26/2009	Lynchburg Firecracker Invitational 2009
2	1:15.29	L Zone	F	Khalil Fonder	10	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
3	1:15.38	L Zone	F	Keith Myburgh	9	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
4	1:22.60	L Zone	F	Joshua Jung	9	BAC VA	5/23/2009	2009 PV Virginia State LC Champs
5	1:23.34	L Zone	F	Angelo Russo	10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
6	1:23.90	L Zone	F	Miles McAllister	10	CGBD VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7	1:25.33	L Zone	F	Mitchell Smith	10	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
8	1:25.81	L Zone	F	Benjamin Klipp	10	QDD VA	5/2/2009	2009 Jeff Rouse Open Invitational

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9	1:26.68 L	Zone	F	Nicholas Schoenig		9	WAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
10	1:27.67 L	Zone	F	Joshua Thompson		10	BASS VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
Men 9-10 200 IM									
1	2:50.50 L	Zone	F	Keith Myburgh		9	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
2	2:57.47 L	Zone	F	Brian Hynes		10	UNCYA VA	6/26/2009	Lynchburg Firecracker Invitational 2009
3	2:58.27 L	Zone	F	Joshua Thompson		10	BASS VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
4	2:58.92 L	Zone	F	Joshua Jung		9	TCAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
5	2:59.28 L	Zone	F	Angelo Russo		10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
6	3:01.34 L	Zone	F	Benjamin Klipp		10	QDD VA	6/27/2009	Winchester LC Invitational
7	3:02.34 L	Zone	F	Miles McAllister		10	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational
8	3:02.76 L	Zone	F	Austin Tate		10	BASS VA	6/26/2009	Lynchburg Firecracker Invitational 2009
9	3:04.97 L		F	Clark Beach		10	SQST VA	6/19/2009	2009 Edwin C. Cuttino Memorial
10	3:05.19 L		F	James Lowe III		10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational