

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 9-10 50 Free							
1	31.79 L	Zone	F	Stephanie Nardone	10	FUAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
2	32.07 L	Zone	F	Emily Koegl	10	VACS VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3	32.27 L	Zone	F	Bryn Gvozdaz	10	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	32.57 L	Zone	F	Caroline Cherry	10	WAC VA	6/26/2009 CGBD Summer Madness LC Invitational
5	32.91 L	Zone	F	Chelsea Bengson	10	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
6	33.53 L	Zone	F	Tessa Muzzy	10	CCA VA	6/19/2009 Coventry Commonwealth Games of VA
7	33.60 L	Zone	F	Meghan Burton	10	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
8	33.69 L	Zone	F	Hailey Ladd	10	PSDN VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
9	33.76 L		F	Claire Ostrowski	10	TIDE VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
10	33.77 L		F	Nicole Shuford	10	US VA	5/23/2009 2009 PV Virginia State LC Champs
Women 9-10 100 Free							
1	1:11.17 L	Zone	F	Emily Koegl	10	VACS VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
2	1:11.49 L	Zone	F	Stephanie Nardone	10	FUAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
3	1:11.81 L	Zone	F	Bryn Gvozdaz	10	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
4	1:13.37 L	Zone	F	Chelsea Bengson	10	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
5	1:13.60 L	Zone	F	Meghan Burton	10	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
6	1:14.51 L		F	Jordan Morling	10	GATR VA	6/5/2009 2009 EST Summer Sizzler Prelims &
7	1:14.90 L		F	Hailey Ladd	10	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
8	1:15.23 L		F	Tessa Muzzy	10	CCA VA	6/19/2009 Coventry Commonwealth Games of VA
9	1:15.82 L		F	Nicole Shuford	10	US VA	5/23/2009 2009 PV Virginia State LC Champs
10	1:15.89 L		F	Claire Ostrowski	10	TIDE VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
Women 9-10 200 Free							
1	2:31.11 L	Zone	F	Emily Koegl	10	VACS VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
2	2:39.07 L	Zone	F	Jordan Morling	10	GATR VA	5/8/2009 2009 NC NSS Long Course Invitational
3	2:40.61 L	Zone	F	Hailey Ladd	10	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
4	2:42.56 L		F	Stephanie Nardone	10	FUAC VA	6/19/2009 Coventry Commonwealth Games of VA
5	2:43.55 L		F	Natalie Kulp	10	GATR VA	6/5/2009 2009 EST Summer Sizzler Prelims &
6	2:44.17 L		F	Kelsey Childress	10	LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
7	2:45.60 L		F	Chelsea Bengson	10	ODAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
8	2:45.66 L		F	Bryn Gvozdaz	10	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
9	2:47.99 L		P	Sydney Lenz	10	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
10	2:48.14 L		F	Tessa Muzzy	10	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational
Women 9-10 400 Free							
1	5:24.28 L	Zone	F	Emily Koegl	10	VACS VA	5/2/2009 2009 Jeff Rouse Open Invitational
2	5:25.46 L	Zone	F	Jordan Morling	10	GATR VA	6/5/2009 2009 EST Summer Sizzler Prelims &
3	5:36.37 L	Zone	F	Kelsey Childress	10	LY VA	6/26/2009 Lynchburg Firecracker Invitational 2009
4	5:47.30 L		F	Natalie Kulp	10	GATR VA	6/5/2009 2009 EST Summer Sizzler Prelims &
5	5:48.35 L		F	Hailey Ladd	10	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
6	x5:55.75 L		F	Quinn Blankenship	10	VSTP VA	5/2/2009 2009 Jeff Rouse Open Invitational
7	6:04.05 L		F	Tessa Muzzy	10	CCA VA	6/12/2009 2009 NC WAVE Capital City Invitational
8	6:05.48 L		F	Elise Riggle	10	TAC VA	6/26/2009 CGBD Summer Madness LC Invitational
9	6:07.45 L		F	Julianna Jones	10	WAC VA	6/19/2009 Coventry Commonwealth Games of VA
10	6:09.41 L		F	Meghan Burton	10	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
Women 9-10 50 Back							
1	37.76 L	Zone	F	Meghan Burton	10	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
2	37.78 L	Zone	F	Bryn Gvozdaz	10	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
3	38.65 L	Zone	F	Maddie Morello	9	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
4	39.13 L	Zone	F	Stephanie Nardone	10	FUAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
5	39.31 L	Zone	F	Caroline Cherry	10	WAC VA	5/1/2009 Speedo Spring Challenge A/BB/B/C Meet
6	39.51 L	Zone	F	Sydney Lenz	10	NOVA VA	6/12/2009 21st Annual Furniture City L.C.
7	39.57 L	Zone	F	Claire Ostrowski	10	TIDE VA	6/26/2009 CGBD Summer Madness LC Invitational
8	39.77 L	Zone	F	Jordan Stevens	10	SEVA VA	5/2/2009 Carol Chidester Memorial Swim Meet
9	39.80 L	Zone	F	Emily Koegl	10	VACS VA	5/2/2009 2009 Jeff Rouse Open Invitational

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10	39.95 L Zone	F		Emily Provenzo	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
Women 9-10 100 Back								
1	1:22.22 L Zone	F		Maddie Morello	9	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
2	1:22.85 L Zone	F		Meghan Burton	10	PSDN VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
3	1:24.30 L Zone	F		Sydney Lenz	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
4	1:24.54 L Zone	F		Bryn Gvozdaz	10	NOVA VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
5	1:24.81 L Zone	F		Hailey Ladd	10	PSDN VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
6	1:25.37 L Zone	F		Kelsey Childress	10	LY VA	6/26/2009	Lynchburg Firecracker Invitational 2009
7	1:25.57 L Zone	F		Stephanie Nardone	10	FUAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
8	1:25.97 L Zone	F		Emily Koegl	10	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
9	1:26.33 L Zone	F		Jordan Morling	10	GATR VA	5/8/2009	2009 NC NSS Long Course Invitational
10	1:27.48 L	F		Alexandra Slayton	9	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational
Women 9-10 50 Breast								
1	41.79 L Zone	F		Claire Ostrowski	10	TIDE VA	6/26/2009	CGBD Summer Madness LC Invitational
2	43.76 L Zone	F		Caroline Cherry	10	WAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
3	43.85 L Zone	F		Lindsay Price	10	FUAC VA	6/26/2009	Lynchburg Firecracker Invitational 2009
4	44.18 L Zone	F		Nicole Shuford	10	US VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
5	45.01 L Zone	F		Megan Watkins	10	WAC VA	6/26/2009	CGBD Summer Madness LC Invitational
6	45.64 L	F		Tessa Muzzy	10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
7	45.67 L	F		Elizabeth Honeycutt	10	ODAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
8	46.83 L	F		Elise Riggle	10	TAC VA	6/26/2009	CGBD Summer Madness LC Invitational
9	46.93 L	F		Devon Trepp	10	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational
10	47.28 L	F		Natalie Kulp	10	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
Women 9-10 100 Breast								
1	1:34.50 L Zone	F		Claire Ostrowski	10	TIDE VA	6/26/2009	CGBD Summer Madness LC Invitational
2	1:34.62 L Zone	F		Lindsay Price	10	FUAC VA	6/19/2009	Coventry Commonwealth Games of VA
3	1:36.58 L Zone	F		Jordan Morling	10	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
4	1:36.84 L Zone	F		Caroline Cherry	10	WAC VA	3/28/2009	2009 Long Course Head Start Meet
5	1:37.42 L Zone	F		Nicole Shuford	10	US VA	5/23/2009	2009 PV Virginia State LC Champs
6	1:37.62 L Zone	F		Megan Watkins	10	WAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
7	1:37.77 L Zone	F		Tessa Muzzy	10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
8	1:39.09 L	F		Julianna Jones	10	WAC VA	6/19/2009	Coventry Commonwealth Games of VA
9	1:39.76 L	F		Emily Koegl	10	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
10	1:40.80 L	F		Carter Roehrl	9	WAC VA	6/26/2009	CGBD Summer Madness LC Invitational
Women 9-10 50 Fly								
1	35.41 L Zone	F		Jordan Morling	10	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
2	36.41 L Zone	P		Bryn Gvozdaz	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
3	36.98 L Zone	F		Stephanie Nardone	10	FUAC VA	6/19/2009	Coventry Commonwealth Games of VA
4	37.84 L	F		Caroline Ennis	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
5	37.90 L	F		Joelle Vereb	10	WAC VA	6/19/2009	Coventry Commonwealth Games of VA
6	37.98 L	F		Chelsea Bengson	10	ODAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
7	38.15 L	F		Caroline Cherry	10	WAC VA	6/26/2009	CGBD Summer Madness LC Invitational
8	38.22 L	F		Emma Freiling	10	CGBD VA	4/25/2009	10th Annual Blue & Yellow Intrasquad
9	38.23 L	F		Taylor Wynne	10	TIDE VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
10	38.25 L	F		Emily Koegl	10	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
Women 9-10 100 Fly								
1	1:16.24 L Zone	F		Jordan Morling	10	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
2	1:24.04 L Zone	F		Stephanie Nardone	10	FUAC VA	6/19/2009	Coventry Commonwealth Games of VA
3	1:24.22 L Zone	F		Joelle Vereb	10	WAC VA	6/19/2009	Coventry Commonwealth Games of VA
4	1:24.91 L Zone	F		Taylor Wynne	10	TIDE VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
5	1:25.86 L Zone	F		Camryn Curry	10	STAT VA	6/27/2009	Winchester LC Invitational
6	1:26.68 L Zone	F		Bryn Gvozdaz	10	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7	1:27.99 L Zone	F		Emily Koegl	10	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
8	1:29.74 L	F		Emma Freiling	10	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational

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9	1:30.24 L		F	Hailey Ladd	10	PSDN VA	6/26/2009 6th Annual YSSC Firecracker Invitational
10	1:31.12 L		F	Carter Roehrle	9	WAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
Women 9-10 200 IM							
1	2:55.62 L	Zone	F	Jordan Morling	10	GATR VA	6/5/2009 2009 EST Summer Sizzler Prelims &
2	3:00.18 L	Zone	F	Emily Koegl	10	VACS VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
3	3:04.16 L		F	Stephanie Nardone	10	FUAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
4	3:04.41 L		F	Claire Ostrowski	10	TIDE VA	6/26/2009 CGBD Summer Madness LC Invitational
5	3:05.03 L		F	Carter Roehrle	9	WAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
6	3:05.06 L		F	Camryn Curry	10	STAT VA	6/27/2009 Winchester LC Invitational
7	3:07.65 L		F	Caroline Cherry	10	WAC VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
8	3:07.67 L		F	Bryn Gvozdaz	10	NOVA VA	5/14/2009 2009 NC Josh Weaver Memorial Meet on
9	3:07.81 L		F	Taylor Wynne	10	TIDE VA	6/6/2009 OBX Swim Club LSC A/BB/B/C
10	3:09.12 L		F	Julianna Jones	10	WAC VA	6/19/2009 Coventry Commonwealth Games of VA