

Virginia Swimming LC Zone Team Top 10

July 2010

Age Up Date = 11 August 2010

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
Women 11-12 50 Free									
1	29.42	L Zone	F	Georgia DaCruz	12	TIDE VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
2	30.07	L Zone	F	Colleen Rogers	12	TIDE VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
3	30.19	L Zone	F	Lauren Stover	12	SEVA VA	6/25/2010	CGBD Summer Madness LC Invitational	
4	30.21	L Zone	F	Norah Hunt	12	SMAC VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
5	30.29	L Zone	F	Kara Morgan McHaney	12	BASS VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
6	30.34	L Zone	F	Olivia Stanley	12	CCA VA	6/25/2010	2010 SE BASA Ultimate Challenge	
7	30.36	L Zone	F	Julia Sheffer	12	VAST VA	6/25/2010	Winchester LC Invitational	
8	30.37	L Zone	F	Mackenzie Cummings	12	TIDE VA	5/15/2010	TIDE LCM Challenge	
9*	30.40	L Zone	F	Rachel Chalsma	12	CGBD VA	6/25/2010	CGBD Summer Madness LC Invitational	
9*	30.40	L Zone	F	Kate Nezelek	12	QSTS VA	6/4/2010	2010 Eagle Swim Team Summer Sizzler	
Women 11-12 100 Free									
1	1:05.46	L Zone	F	Katherine Degner	12	TAC VA	6/25/2010	CGBD Summer Madness LC Invitational	
2	1:05.49	L Zone	F	Georgia DaCruz	12	TIDE VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
3	1:05.52	L Zone	F	Norah Hunt	12	SMAC VA	5/7/2010	2010 NC NSS Long Course Invitational	
4	1:05.58	L Zone	F	Mackenzie Cummings	12	TIDE VA	6/25/2010	CGBD Summer Madness LC Invitational	
5	1:06.19	L Zone	F	Olivia Stanley	12	CCA VA	6/11/2010	2010 NC WAVE Capital City Invitational	
6	1:06.28	L Zone	F	Julia Sheffer	12	VAST VA	6/18/2010	2010 Coventry Commonwealth Games	
Women 11-12 200 Free									
1	2:20.21	L Zone	F	Katherine Degner	12	TAC VA	6/11/2010	2010 NC WAVE Capital City Invitational	
2	2:22.31	L Zone	F	Norah Hunt	12	SMAC VA	5/7/2010	2010 NC NSS Long Course Invitational	
3	2:22.70	L Zone	F	Anna Meinke	12	LY VA	5/14/2010	2010 RSA NC Good Stuff Long Course Meet	
4	2:22.81	L Zone	F	Georgia DaCruz	12	TIDE VA	6/25/2010	CGBD Summer Madness LC Invitational	
5	2:22.96	L Zone	F	Hannah Ikenberry	12	BAC VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
6	2:23.21	L Zone	F	Olivia Stanley	12	CCA VA	6/25/2010	2010 SE BASA Ultimate Challenge	
7	2:23.66	L Zone	F	Sarah Mandis	12	OBX VA	6/25/2010	CGBD Summer Madness LC Invitational	
Women 11-12 400 Free									
1	4:51.92	L Zone	F	Katherine Degner	12	TAC VA	6/11/2010	2010 NC WAVE Capital City Invitational	
2	4:56.85	L Zone	F	Norah Hunt	12	SMAC VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
3	4:58.41	L Zone	F	Anna Meinke	12	LY VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
4	5:01.28	L Zone	F	Hannah Ikenberry	12	BAC VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
Women 11-12 50 Back									
1	33.30	L Zone	F	Emily Erard	12	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
2	34.37	L Zone	F	Georgia DaCruz	12	TIDE VA	6/25/2010	CGBD Summer Madness LC Invitational	
3	34.44	L Zone	F	Julia Geskey	12	CGBD VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
4	34.75	L Zone	F	Margaret Howell	12	RAYS VA	5/8/2010	2010 PV SNOW LC Spring Classic	
5	34.87	L Zone	F	Meghan Burton	11	PSDN VA	3/27/2010	2010 SEVA LC Head Start Meet	
6	34.88	L Zone	F	Helen Makriyianis	12	UN-VA VA	3/27/2010	2010 SEVA LC Head Start Meet	
7	35.03	L Zone	F	Claire Ostrowski	11	TIDE VA	5/15/2010	TIDE LCM Challenge	
8	35.58	L Zone	F	Caroline Henry	12	PSDN VA	4/23/2010	2010 PV Machine LC Classic	
9	35.61	L Zone	F	Kate Nezelek	12	QSTS VA	6/4/2010	2010 Eagle Swim Team Summer Sizzler	
10	35.68	L Zone	F	Hannah Ikenberry	12	BAC VA	4/30/2010	2010 Jeff Rouse Open Invitational	
Women 11-12 100 Back									
1	1:09.42	L Zone	F	Emily Erard	12	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
2	1:14.18	L Zone	F	Georgia DaCruz	12	TIDE VA	6/25/2010	CGBD Summer Madness LC Invitational	
3	1:14.28	L Zone	F	Hannah Ikenberry	12	BAC VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
4	1:15.20	L Zone	F	Margaret Howell	12	RAYS VA	6/11/2010	NBAC 2010 Long Course Championships	
5	1:15.70	L Zone	F	Olivia Stanley	12	CCA VA	6/11/2010	2010 NC WAVE Capital City Invitational	
6	1:15.81	L Zone	F	Margaret Williams	12	CGBD VA	4/30/2010	2010 TAC LC Spring Fling	
7	1:15.83	L Zone	F	Katherine Degner	12	TAC VA	6/11/2010	2010 NC WAVE Capital City Invitational	
8	1:15.86	L Zone	F	Helen Makriyianis	12	UN-VA VA	3/27/2010	2010 SEVA LC Head Start Meet	

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Women 11-12 200 Back									
1	2:28.94	L Zone	P	Emily Erard	12	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
2	2:35.88	L Zone	F	Georgia DaCruz	12	TIDE VA	6/25/2010	CGBD Summer Madness LC Invitational	
3	2:38.29	L Zone	F	Megan Motter	12	TAC VA	4/30/2010	2010 TAC LC Spring Fling	
4	2:41.27	L Zone	F	Hannah Ikenberry	12	BAC VA	4/30/2010	2010 Jeff Rouse Open Invitational	
5	2:42.67	L Zone	F	Katherine Degner	12	TAC VA	6/25/2010	CGBD Summer Madness LC Invitational	
6	2:43.59	L Zone	F	Helen Makriyianis	12	UN-VA VA	3/27/2010	2010 SEVA LC Head Start Meet	
Women 11-12 50 Breast									
1	38.62	L Zone	F	Claire Ostrowski	11	TIDE VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
2	38.94	L Zone	F	Georgia DaCruz	12	TIDE VA	6/25/2010	CGBD Summer Madness LC Invitational	
3	38.96	L Zone	F	Nicole Shuford	11	US VA	4/30/2010	2010 TAC LC Spring Fling	
4	39.18	L Zone	F	Olivia Barden	12	BASS VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
5	39.26	L Zone	F	Tanner Nelson	12	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
Women 11-12 100 Breast									
1	1:24.20	L Zone	F	Claire Ostrowski	11	TIDE VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
2	1:25.24	L Zone	F	Tanner Nelson	12	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
3	1:25.77	L Zone	F	Megan Motter	12	TAC VA	4/30/2010	2010 TAC LC Spring Fling	
4	1:26.52	L Zone	F	Nicole Shuford	11	US VA	4/30/2010	2010 TAC LC Spring Fling	
5	1:26.58	L Zone	F	Mackenzie Cummings	12	TIDE VA	6/25/2010	CGBD Summer Madness LC Invitational	
Women 11-12 200 Breast									
1	3:03.98	L Zone	F	Tanner Nelson	12	NOVA VA	4/30/2010	2010 Jeff Rouse Open Invitational	
2	3:04.79	L Zone	F	Megan Motter	12	TAC VA	4/30/2010	2010 TAC LC Spring Fling	
3	3:06.38	L Zone	F	Victoria Schoenig	12	WAC VA	6/25/2010	CGBD Summer Madness LC Invitational	
Women 11-12 50 Fly									
1	29.81	L Zone	F	Georgia DaCruz	12	TIDE VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
2	31.92	L Zone	F	Kara Morgan McHaney	12	BASS VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
3	32.49	L Zone	F	Alyssa Reed	12	LY VA	5/14/2010	2010 RSA NC Good Stuff Long Course Mee	
4	32.55	L Zone	F	Caroline Henry	12	PSDN VA	4/23/2010	2010 PV Machine LC Classic	
5	32.85	L Zone	F	Olivia Stanley	12	CCA VA	6/11/2010	2010 NC WAVE Capital City Invitational	
6	32.86	L Zone	F	Anna Meinke	12	LY VA	5/14/2010	2010 RSA NC Good Stuff Long Course Mee	
7	32.95	L Zone	F	Katherine Degner	12	TAC VA	6/25/2010	CGBD Summer Madness LC Invitational	
8	33.18	L Zone	F	Blair Williams	12	SEVA VA	6/25/2010	CGBD Summer Madness LC Invitational	
Women 11-12 100 Fly									
1	1:10.43	L Zone	F	Georgia DaCruz	12	TIDE VA	6/25/2010	CGBD Summer Madness LC Invitational	
2	1:13.24	L Zone	F	Alyssa Reed	12	LY VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
3	1:13.63	L Zone	F	Anna Meinke	12	LY VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
4	1:13.64	L Zone	F	Megan Motter	12	TAC VA	4/30/2010	2010 TAC LC Spring Fling	
Women 11-12 200 Fly									
1	2:42.90	L Zone	F	Jordan Morling	11	GATR VA	6/4/2010	2010 Eagle Swim Team Summer Sizzler	
2	2:43.05	L Zone	F	Anna Meinke	12	LY VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
3	2:43.46	L Zone	F	Megan Motter	12	TAC VA	4/30/2010	2010 TAC LC Spring Fling	
Women 11-12 200 IM									
1	2:39.80	L Zone	P	Megan Motter	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
2	2:40.69	L Zone	F	Katherine Degner	12	TAC VA	6/25/2010	CGBD Summer Madness LC Invitational	
3	2:40.73	L Zone	F	Georgia DaCruz	12	TIDE VA	5/15/2010	TIDE LCM Challenge	