

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		
Men 50 Free							
1	25.01	L Zone	F	Garrett Lynn	16	SEVA VA	6/25/2010 CGBD Summer Madness LC Invitational
2	25.55	L Zone	F	Jesse Burnley	15	BAC VA	4/30/2010 2010 Jeff Rouse Open Invitational
3*	25.61	L Zone	F	Connor McMahon	17	TAC VA	4/30/2010 2010 TAC LC Spring Fling
3*	25.61	L Zone	P	Ned Tyler	18	PSDN VA	6/25/2010 7th Annual YSSC Firecracker Invitational
5	25.65	L Zone	F	Wil Coor	16	NOVA VA	6/11/2010 2010 NC WAVE Capital City Invitational
6	25.69	L Zone	F	Mike Young	17	VA VA	8/12/2009 2009 Eastern Zone LC Championships
7*	25.76	L Zone	F	Jeffrey Prichard	16	SEVA VA	6/5/2010 OBX SWIMAROO 2010 - A/BB/B/C Meet
7*	25.76	L Zone	F	Eddie Hubert	17	SEVA VA	6/25/2010 CGBD Summer Madness LC Invitational
9	25.86	L Zone	F	Duncan Mahnken	16	VYAC VA	6/5/2010 OBX SWIMAROO 2010 - A/BB/B/C Meet
10	25.91	L Zone	F	Matt Lockman	15	GATR VA	6/18/2010 2010 Coventry Commonwealth Games
Men 100 Free							
1	55.42	L Zone	F	Garrett Lynn	16	SEVA VA	6/25/2010 CGBD Summer Madness LC Invitational
2	55.99	L Zone	F	Ben Gastrock	17	UN VA	6/25/2010 7th Annual YSSC Firecracker Invitational
3	56.43	L Zone	F	Logan Bissell	17	US VA	4/30/2010 2010 TAC LC Spring Fling
4	56.53	L Zone	F	Mike Young	17	VA VA	8/12/2009 2009 Eastern Zone LC Championships
5	56.71	L Zone	F	Chase Williams	16	ODAC VA	6/25/2010 CGBD Summer Madness LC Invitational
6*	56.87	L Zone	F	Connor McMahon	17	TAC VA	4/30/2010 2010 TAC LC Spring Fling
6*	56.87	L Zone	P	John Hilker	17	NOVA VA	5/21/2010 2010 NC Josh Weaver Memorial Meet NEA
8*	57.14	L Zone	F	Mike Johnson	16	WAYS VA	6/11/2010 NBAC 2010 Long Course Championships
8*	57.14	L Zone	F	Zack Phelps	16	HOKI VA	5/14/2010 2010 RSA NC Good Stuff Long Course Mee
10	57.16	L Zone	F	Darren Barlow	17	PSDN VA	4/23/2010 2010 PV Machine LC Classic
Men 200 Free							
1	1:58.52	L Zone	P	Ben Gastrock	17	VA VA	8/12/2009 2009 Eastern Zone LC Championships
2	2:02.19	L Zone	F	Garrett Lynn	16	SEVA VA	6/5/2010 OBX SWIMAROO 2010 - A/BB/B/C Meet
3	2:02.57	L Zone	P	Jerry Burton	16	VA VA	8/12/2009 2009 Eastern Zone LC Championships
4	2:03.00	L Zone	F	Kevin Hunt	17	NOVA VA	6/11/2010 2010 NC WAVE Capital City Invitational
5	2:03.09	L Zone	F	John Denning	15	TAC VA	4/30/2010 2010 TAC LC Spring Fling
6	2:03.28	L Zone	P	Gregory Stoffa	16	QDD VA	6/18/2010 2010 IN IUCP Cheeseburger in Paradise In
7	2:03.35	L Zone	F	Anthony Zoldork	16	VACS VA	6/25/2010 2010 Lynchburg Firecracker Invitational
8	2:04.29	L Zone	F	Timothy West	17	NOVA VA	6/11/2010 2010 NC WAVE Capital City Invitational
9	2:04.73	L Zone	F	Chase Williams	16	ODAC VA	6/25/2010 CGBD Summer Madness LC Invitational
10	2:04.82	L Zone	P	Ryan Carter	16	CGBD VA	5/21/2010 2010 NC Josh Weaver Memorial Meet NEA
Men 400 Free							
1	4:12.67	L Zone	F	Gregory Stoffa	16	QDD VA	6/18/2010 2010 IN IUCP Cheeseburger in Paradise In
2	4:14.71	L Zone	F	Anthony Zoldork	16	VACS VA	6/5/2010 OBX SWIMAROO 2010 - A/BB/B/C Meet
3	4:15.52	L Zone	F	Ben Gastrock	17	VA VA	8/12/2009 2009 Eastern Zone LC Championships
4	4:17.37	L Zone	P	Jerry Burton	16	VA VA	8/12/2009 2009 Eastern Zone LC Championships
5	4:24.02	L Zone	F	James Balderston	15	ODAC VA	6/25/2010 CGBD Summer Madness LC Invitational
6	4:24.05	L Zone	F	Samuel Stronko	15	VA VA	8/12/2009 2009 Eastern Zone LC Championships
7	4:24.15	L Zone	F	John Denning	15	VA VA	8/12/2009 2009 Eastern Zone LC Championships
8	4:25.53	L Zone	F	Alex Henderson	15	VACS VA	5/21/2010 2010 NC Josh Weaver Memorial Meet NEA
9	4:26.07	L Zone	F	Ryan McDonnell	18	PSDN VA	6/25/2010 7th Annual YSSC Firecracker Invitational
10	4:26.31	L Zone	F	John Nester	16	NOVA VA	5/21/2010 2010 NC Josh Weaver Memorial Meet NEA
Men 800 Free							
1	8:52.02	L Zone	F	Jerry Burton	16	VA VA	8/12/2009 2009 Eastern Zone LC Championships
2	8:52.81	L Zone	F	James Cook	17	LY VA	5/13/2010 2010 NC Charlotte UltraSwim
3	8:53.83	L Zone	F	Gregory Stoffa	16	QDD VA	6/4/2010 2010 PV SNOW LC Invitational
4	9:02.23	L Zone	F	Samuel Stronko	15	VA VA	8/12/2009 2009 Eastern Zone LC Championships
5	9:03.35	L Zone	F	John Denning	15	VA VA	8/12/2009 2009 Eastern Zone LC Championships
6	9:06.38	L Zone	F	Shane Condon	15	VA VA	8/12/2009 2009 Eastern Zone LC Championships
7	9:07.60	L Zone	F	John Nester	16	NOVA VA	5/21/2010 2010 NC Josh Weaver Memorial Meet NEA

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	Time		P/F/S	Name	Age/Yr				
8	9:13.95	L Zone	F	Zack Browne	15	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
9	9:14.07	L Zone	F	Mike Johnson	16	RAYS VA	6/11/2010	NBAC 2010 Long Course Championships	
10	9:14.19	L Zone	F	Alex Henderson	15	VACS VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
Men 1500 Free									
1	16:39.79	L Zone	F	Jerry Burton	16	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
2	16:43.39	L Zone	F	Gregory Stoffa	16	QDD VA	6/18/2010	2010 IN IUCP Cheeseburger in Paradise In	
3	16:53.90	L Zone	F	James Cook	17	LY VA	5/13/2010	2010 NC Charlotte UltraSwim	
4	17:19.64	L Zone	F	Travis Kerner	16	PSDN VA	6/25/2010	7th Annual YSSC Firecracker Invitational	
5	17:23.31	L Zone	F	Chase Williams	16	ODAC VA	6/25/2010	CGBD Summer Madness LC Invitational	
6	17:25.73	L Zone	F	John Denning	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
7	17:32.72	L Zone	F	Matthew Latimer	17	PSDN VA	6/25/2010	7th Annual YSSC Firecracker Invitational	
8	17:37.32	L Zone	F	Samuel Stronko	15	QDD VA	4/30/2010	2010 Jeff Rouse Open Invitational	
9	17:38.26	L Zone	F	James Balderston	15	ODAC VA	6/25/2010	CGBD Summer Madness LC Invitational	
10	17:44.82	L Zone	F	David Weisberg	18	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
Men 100 Back									
1	1:01.87	L Zone	F	Salvatore Russo	16	CCA VA	6/11/2010	2010 NC WAVE Capital City Invitational	
2	1:01.97	L Zone	F	Taylor Copeland	15	NOVA VA	6/24/2010	TYR Summer Classic LC Invitational	
3	1:02.84	L Zone	F	Justin Barden	16	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
4	1:02.85	L Zone	P	Mike Young	17	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
5	1:02.88	L Zone	F	Shane Condon	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
6	1:03.39	L Zone	F	Darren Barlow	17	PSDN VA	4/23/2010	2010 PV Machine LC Classic	
7	1:03.54	L Zone	F	Jesse Burnley	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
8	1:03.80	L Zone	F	Joshua Reynolds	16	PSDN VA	6/25/2010	7th Annual YSSC Firecracker Invitational	
9	1:04.30	L Zone	F	Anthony Shields	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
10	1:04.56	L Zone	F	Jeffrey Prichard	16	SEVA VA	6/5/2010	OBX SWIMAROO 2010 - A/BB/B/C Meet	
Men 200 Back									
1	2:15.10	L Zone	F	Justin Barden	16	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
2	2:15.68	L Zone	P	Taylor Copeland	15	NOVA VA	6/24/2010	TYR Summer Classic LC Invitational	
3	2:15.87	L Zone	F	Salvatore Russo	16	CCA VA	6/11/2010	2010 NC WAVE Capital City Invitational	
4	2:16.59	L Zone	F	Alex Henderson	15	VACS VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
5	2:16.78	L Zone	P	Matthew Latimer	17	PSDN VA	6/25/2010	7th Annual YSSC Firecracker Invitational	
6	2:16.89	L Zone	F	Shane Condon	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
7	2:17.24	L Zone	F	Jesse Burnley	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
8	2:18.02	L Zone	F	Darren Barlow	17	PSDN VA	4/23/2010	2010 PV Machine LC Classic	
9	2:19.44	L Zone	P	Alex Montes de Oca	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
10	2:19.50	L Zone	F	Anthony Zoldork	16	VACS VA	6/25/2010	2010 Lynchburg Firecracker Invitational	
Men 100 Breast									
1	1:11.49	L Zone	F	Clark Hou	15	NOVA VA	6/24/2010	TYR Summer Classic LC Invitational	
2	1:11.94	L Zone	F	Charley Bowles	15	CGBD VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
3	1:12.38	L Zone	F	Gregory Stoffa	16	QDD VA	6/18/2010	2010 IN IUCP Cheeseburger in Paradise In	
4	1:12.54	L Zone	F	Logan Bissell	17	US VA	4/30/2010	2010 TAC LC Spring Fling	
5	1:12.87	L Zone	F	Chase Williams	16	ODAC VA	6/25/2010	CGBD Summer Madness LC Invitational	
6	1:13.05	L Zone	P	Ben Gastrock	17	UN VA	6/25/2010	7th Annual YSSC Firecracker Invitational	
7	1:13.26	L Zone	F	Tyler Kauppert	18	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
8	1:13.80	L Zone	F	Carl Fuhs	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
Men 200 Breast									
1	2:32.69	L Zone	F	Bobby Brajdic	17	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
2	2:33.53	L Zone	P	Charley Bowles	15	CGBD VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
3	2:34.83	L Zone	P	Gregory Stoffa	16	QDD VA	6/18/2010	2010 IN IUCP Cheeseburger in Paradise In	
4	2:35.53	L Zone	P	Chase Williams	16	ODAC VA	5/13/2010	2010 NC Charlotte UltraSwim	
5	2:35.56	L Zone	P	Clark Hou	15	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA	
6	2:35.67	L Zone	P	Ben Gastrock	17	UN VA	6/25/2010	7th Annual YSSC Firecracker Invitational	

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Time		P/F/S		Name		Age/Yr			
7	2:35.96	L	Zone	P	Carter Head	17	LY VA	5/13/2010	2010 NC Charlotte UltraSwim
Men 100 Fly									
1	59.02	L	Zone	F	Garrett Lynn	16	SEVA VA	6/25/2010	CGBD Summer Madness LC Invitational
2	1:00.42	L	Zone	F	Thomas Ferguson	15	PSDN VA	6/25/2010	7th Annual YSSC Firecracker Invitational
3	1:00.54	L	Zone	F	Justin Barden	16	BASS VA	6/25/2010	2010 Lynchburg Firecracker Invitational
4	1:01.01	L	Zone	F	Alex Montes de Oca	15	BASS VA	4/30/2010	2010 Jeff Rouse Open Invitational
5	1:01.06	L	Zone	F	Salvatore Russo	16	CCA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA
6	1:01.08	L	Zone	F	Wil Coor	16	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA
7	1:01.68	L	Zone	F	Ned Tyler	18	PSDN VA	4/23/2010	2010 PV Machine LC Classic
8	1:01.90	L	Zone	F	Preston Dunham	15	ODAC VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA
9	1:02.04	L	Zone	P	Taylor Copeland	15	NOVA VA	6/24/2010	TYR Summer Classic LC Invitational
10	1:02.15	L	Zone	F	Chase Williams	16	ODAC VA	6/25/2010	CGBD Summer Madness LC Invitational
Men 200 Fly									
1	2:14.91	L	Zone	P	John Nester	16	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA
2	2:16.50	L	Zone	F	Preston Dunham	15	ODAC VA	6/25/2010	CGBD Summer Madness LC Invitational
3	2:16.89	L	Zone	F	Kevin Hunt	17	NOVA VA	6/11/2010	2010 NC WAVE Capital City Invitational
4	2:17.52	L	Zone	P	Zack Browne	15	NOVA VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA
5	2:17.57	L	Zone	F	Timothy West	17	NOVA VA	6/11/2010	2010 NC WAVE Capital City Invitational
6	2:17.91	L	Zone	F	Thomas Ferguson	15	PSDN VA	6/25/2010	7th Annual YSSC Firecracker Invitational
7	2:18.13	L	Zone	P	Charley Bowles	15	CGBD VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA
8	2:18.53	L	Zone	F	Alex Henderson	15	VACS VA	5/21/2010	2010 NC Josh Weaver Memorial Meet NEA
9	2:19.18	L	Zone	F	John Denning	15	TAC VA	4/30/2010	2010 TAC LC Spring Fling
10	2:19.82	L	Zone	F	Alex Montes de Oca	15	VA VA	8/12/2009	2009 Eastern Zone LC Championships