

Virginia Swimming LC Zone Team Top 10
Thru July 2012
Age up date = 8 August 2012

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
Women 13-14 50 Free									
1	27.85	L L Zone	F	Kate Nezelek	14	VA VA	8/10/2011	2011 Eastern Zone Long Course	
2	27.92	L Zone	F	Georgia DaCruz	14	TIDE VA	6/15/2012	2012 NC HPSC Furniture City I	
3	27.96	L Zone	F	Casey Fanz	14	PSDN VA	5/10/2012	Poseidon Classic	
4	28.37	L Zone	F	Claire Ostrowski	13	TIDE VA	4/20/2012	Poseidon Fresh Start Invitational	
5 *	28.47	L Zone	F	Megan Motter	14	TIDE VA	6/29/2012	CGBD Summer Madness LC	
5 *	28.47	L Zone	F	Camryn Curry	13	STAT VA	5/5/2012	2012 PV SNOW LC Spring Classic	
7	28.54	L Zone	F	Kelsey Dambacher	14	QSTS VA	6/15/2012	Last Chance Meet	
8	28.56	L Zone	F	Olivia Fisher	13	BAC VA	5/10/2012	Poseidon Classic	
9	28.74	L Zone	F	Mackenzie Cummings	14	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	
10	28.77	L Zone	F	Nicole Shuford	13	SEVA VA	5/10/2012	Poseidon Classic	
Women 13-14 100 Free									
1	1:01.29	L Zone	F	Georgia DaCruz	14	TIDE VA	6/15/2012	2012 NC HPSC Furniture City I	
2	1:01.45	L Zone	F	Olivia Fisher	13	BAC VA	6/15/2012	Last Chance Meet	
3	1:01.53	L Zone	F	Casey Fanz	14	PSDN VA	6/15/2012	Last Chance Meet	
4	1:01.68	L Zone	F	Julianna Jones	13	WAC VA	5/10/2012	Poseidon Classic	
5	1:01.87	L Zone	F	Megan Motter	14	TIDE VA	3/24/2012	2012 SEVA LC Head Start Meet	
6	1:01.97	L Zone	P	Mackenzie Cummings	14	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	
7	1:02.25	L Zone	P	Olivia Stanley	14	CCA VA	3/22/2012	Speedo Championship Series 2012	
8	1:02.33	L Zone	F	Kelsey Dambacher	14	QSTS VA	6/1/2012	2012 Eagle Swim Team Speedo	
9	1:02.47	L Zone	F	Camryn Curry	13	STAT VA	5/25/2012	2012 PV Virginia LC State	
10	1:02.59	L Zone	F	Claire Ostrowski	13	TIDE VA	3/24/2012	2012 SEVA LC Head Start Meet	
Women 13-14 200 Free									
1	2:13.02	L Zone	F	Norah Hunt	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
2	2:13.57	L Zone	F	Julianna Jones	13	WAC VA	5/10/2012	Poseidon Classic	
3	2:14.12	L Zone	P	Mackenzie Cummings	14	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	

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4	2:15.01	L Zone	F	Megan Motter	14	TIDE VA	3/24/2012	2012 SEVA LC Head Start Meet	
5	2:15.33	L Zone	F	Hannah Ikenberry	14	BAC VA	5/10/2012	Poseidon Classic	
6	2:15.34	L Zone	F	Anna Meinke	14	LY VA	6/1/2012	HOKI Trials Tune-Up and AG Meet	
7	2:15.95	L Zone	F	Georgia DaCruz	14	TIDE VA	4/20/2012	Poseidon Fresh Start Invitational	
8	2:15.98	L Zone	F	Camryn Curry	13	STAT VA	5/25/2012	2012 PV Virginia LC State	
9	2:16.12	L Zone	F	Emily Koegl	13	VACS VA	5/18/2012	2012 NC Josh Weaver Memorial M	
10	2:16.38	L Zone	F	Kelsey Dambacher	14	QSTS VA	6/15/2012	Last Chance Meet	
Women 13-14 400 Free									
1	4:33.87	L Zone	F	Norah Hunt	14	SMAC VA	3/22/2012	Speedo Championship Series 2012	
2	4:34.26	L Zone	F	Hannah Ikenberry	14	BAC VA	5/10/2012	Poseidon Classic	
3	4:34.41	L Zone	F	Julianna Jones	13	WAC VA	5/10/2012	Poseidon Classic	
4	4:42.69	L Zone	F	Brazil Rule	14	SMAC VA	6/22/2012	Subway Commonwealth Games of VA	
5	4:43.62	L Zone	F	Bryn Gvozdaz	13	NOVA VA	6/22/2012	Subway Commonwealth Games of VA	
6	4:44.30	L Zone	F	Anna Meinke	14	LY VA	6/29/2012	Firecracker Single Session Inv	
7	4:44.91	L Zone	F	Megan Hunter	13	QSTS VA	6/29/2012	CGBD Summer Madness LC	
8	4:45.69	L Zone	F	Hailey Ladd	13	PSDN VA	6/15/2012	Last Chance Meet	
9	4:47.79	L	F	Natalie Kulp	14	GATR VA	5/10/2012	Poseidon Classic	
10	4:49.03	L	F	Olivia Fisher	13	BAC VA	6/15/2012	Last Chance Meet	
Women 13-14 800 Free									
1	9:22.79	L Zone	F	Norah Hunt	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
2	9:39.23	L Zone	F	Brazil Rule	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
3*	9:46.60	L Zone	F	Julianna Jones	13	WAC VA	5/10/2012	Poseidon Classic	
3*	9:46.60	L Zone	F	Hannah Ikenberry	14	BAC VA	6/15/2012	Last Chance Meet	
5	9:47.21	L Zone	F	Megan Hunter	13	QSTS VA	6/15/2012	Last Chance Meet	
6	9:59.05	L	F	Hailey Ladd	13	PSDN VA	5/10/2012	Poseidon Classic	

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7	9:59.93 L		F	Katherine Degner	14	TAC VA	6/21/2012	2012 NC GSA Eastern Invitation	
8	9:59.96 L		F	Natalie Kulp	14	GATR VA	6/21/2012	2012 NC GSA Eastern Invitation	
9	10:00.92 L		F	Jordan Miller	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
10	10:01.99 L		F	Colleen Higgins	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
Women 13-14 1500 Free									
1	17:49.14 L	Zone	F	Norah Hunt	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
2	18:28.97 L	Zone	F	Brazil Rule	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
3	18:55.96 L	Zone	F	Julianna Jones	13	WAC VA	5/10/2012	Poseidon Classic	
4	18:58.38 L	Zone	F	Hannah Ikenberry	14	BAC VA	4/20/2012	Poseidon Fresh Start Invitational	
5	19:03.76 L	Zone	F	Megan Hunter	13	QSTS VA	6/1/2012	2012 TAC LC Spring Luau	
6	19:17.06 L		F	Hailey Ladd	13	PSDN VA	4/20/2012	Poseidon Fresh Start Invitational	
7	19:19.84 L		F	Katherine Degner	14	TAC VA	6/1/2012	2012 TAC LC Spring Luau	
8	19:33.38 L		F	Camryn Curry	13	STAT VA	6/22/2012	Subway Commonwealth Games of VA	
9	19:41.09 L		F	Colleen Higgins	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
10	19:42.91 L		F	Meghan Burton	13	PSDN VA	5/10/2012	Poseidon Classic	
Women 13-14 100 Back									
1	1:08.48 L	Zone	F	Meghan Burton	13	PSDN VA	5/10/2012	Poseidon Classic	
2	1:08.60 L	Zone	P	Jordan Morling	13	CCA VA	3/22/2012	Speedo Championship Series 2012	
3	1:08.69 L	Zone	F	Claire Ostrowski	13	TIDE VA	6/29/2012	CGBD Summer Madness LC	
4	1:08.93 L	Zone	F	Hannah Ikenberry	14	BAC VA	6/15/2012	Last Chance Meet	
5	1:09.45 L	Zone	F	Camryn Curry	13	STAT VA	5/25/2012	2012 PV Virginia LC State	
6	1:09.75 L	Zone	F	Megan Motter	14	TIDE VA	3/24/2012	2012 SEVA LC Head Start Meet	
7	1:10.30 L	Zone	F	Olivia Fisher	13	BAC VA	6/15/2012	Last Chance Meet	
8	1:10.95 L	Zone	F	Georgia DaCruz	14	TIDE VA	6/15/2012	2012 NC HPSC Furniture City I	
9	1:11.14 L	Zone	F	Emily Erard	14	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
10	1:11.19 L	Zone	F	Casey Fanz	14	PSDN VA	6/15/2012	Last Chance Meet	

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Women 13-14 200 Back									
1	2:24.51	L Zone	F	Hannah Ikenberry	14	BAC VA	5/10/2012	Poseidon Classic	
2	2:29.28	L Zone	F	Megan Motter	14	TIDE VA	6/29/2012	CGBD Summer Madness LC	
3	2:30.47	L Zone	F	Jordan Morling	13	CCA VA	6/1/2012	HOKI Trials Tune-Up and AG Meet	
4	2:30.61	L Zone	F	Claire Ostrowski	13	TIDE VA	4/20/2012	Poseidon Fresh Start Invitational	
5	2:30.66	L Zone	P	Margaret Howell	14	RAYS VA	3/22/2012	Speedo Championship Series 2012	
6	2:31.04	L Zone	F	Emily Erard	14	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
7	2:31.89	L Zone	F	Casey Fanz	14	PSDN VA	6/15/2012	Last Chance Meet	
8	2:32.45	L Zone	F	Caroline Henry	14	VA VA	8/10/2011	2011 Eastern Zone Long Course	
9	2:32.82	L Zone	F	Jessica Beattie	14	CGBD VA	6/1/2012	2012 TAC LC Spring Luau	
10	2:33.23	L Zone	P	Natalie Kulp	14	GATR VA	5/10/2012	Poseidon Classic	
Women 13-14 100 Breast									
1	1:17.38	L Zone	F	Claire Ostrowski	13	TIDE VA	6/29/2012	CGBD Summer Madness LC	
2	1:17.41	L Zone	F	Mackenzie Cummings	14	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	
3	1:19.41	L Zone	F	Jasmine Harper	13	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
4	1:20.07	L Zone	F	Nicole Shuford	13	SEVA VA	5/10/2012	Poseidon Classic	
5	1:21.94	L Zone	F	Tanner Nelson	14	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
6	1:22.22	L Zone	F	Colleen Higgins	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
7	1:22.28	L Zone	F	Jessica Beattie	14	CGBD VA	6/1/2012	2012 TAC LC Spring Luau	
8	1:22.41	L Zone	P	Jennie Depaul	13	VA VA	8/10/2011	2011 Eastern Zone Long Course	
9	1:22.63	L Zone	P	Elyse MacIsaac	14	STAT VA	5/25/2012	2012 PV Virginia LC State	
10	1:22.88	L Zone	F	Cameron Gallagher	14	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
Women 13-14 200 Breast									
1	2:47.67	L Zone	F	Claire Ostrowski	13	TIDE VA	6/29/2012	CGBD Summer Madness LC	
2	2:51.85	L Zone	F	Mackenzie Cummings	14	ODAC VA	6/1/2012	2012 TAC LC Spring Luau	

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3	2:54.23	L Zone	P	Jasmine Harper	13	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
4	2:55.22	L Zone	P	Tanner Nelson	14	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
5	2:56.21	L Zone	F	Jessica Beattie	14	CGBD VA	6/1/2012	2012 TAC LC Spring Luau	
6	2:56.22	L Zone	P	Colleen Higgins	14	SMAC VA	4/6/2012	YOTA LC Time Trial Meet	
7	2:56.47	L Zone	F	Nicole Shuford	13	SEVA VA	5/10/2012	Poseidon Classic	
8	2:56.54	L Zone	P	Kaylin Loch	14	SEVA VA	5/10/2012	Poseidon Classic	
9	2:59.24	L	P	Cameron Gallagher	14	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
10	2:59.88	L	P	Madison Douglas	13	STAT VA	5/25/2012	2012 PV Virginia LC State	

Women 13-14 100 Fly

1	1:05.38	L Zone	F	Meghan Burton	13	PSDN VA	5/10/2012	Poseidon Classic	
2	1:05.68	L Zone	F	Georgia DaCruz	14	TIDE VA	6/15/2012	2012 NC HPSC Furniture City I	
3	1:07.56	L Zone	F	Molly Sheffield	13	VA VA	8/10/2011	2011 Eastern Zone Long Course	
4	1:07.64	L Zone	P	Olivia Stanley	14	CCA VA	3/22/2012	Speedo Championship Series 2012	
5	1:08.29	L Zone	P	Norah Hunt	14	SMAC VA	4/6/2012	YOTA LC Time Trial Meet	
6	1:08.56	L Zone	P	Jordan Morling	13	CCA VA	3/22/2012	Speedo Championship Series 2012	
7	1:09.25	L Zone	F	Brazil Rule	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
8	1:09.60	L Zone	F	Camryn Curry	13	STAT VA	5/25/2012	2012 PV Virginia LC State	
9	1:09.73	L Zone	P	Melissa Zhu	13	CGBD VA	5/10/2012	Poseidon Classic	
10	1:10.15	L Zone	F	Kara Morgan McHaney	14	BASS VA	6/15/2012	Last Chance Meet	

Women 13-14 200 Fly

1	2:27.47	L Zone	F	Norah Hunt	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
2	2:32.35	L Zone	F	Brazil Rule	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
3	2:32.78	L Zone	P	Jordan Morling	13	CCA VA	3/22/2012	Speedo Championship Series 2012	
4	2:33.13	L Zone	F	Kara Morgan McHaney	14	BASS VA	6/15/2012	Last Chance Meet	
5	2:33.97	L Zone	F	Molly Sheffield	13	VA VA	8/10/2011	2011 Eastern Zone Long Course	
6	2:35.32	L Zone	F	Meghan Burton	13	PSDN VA	4/20/2012	Poseidon Fresh Start Invitational	

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7	2:36.61	L Zone	P	Anna Meinke	14	LY VA	6/1/2012	HOKI Trials Tune-Up and AG Meet	
8	2:36.83	L Zone	F	Melissa Zhu	13	CGBD VA	5/6/2012	13th Annual Blue & Yellow Intrasquad	
9	2:40.22	L	P	Cassie McBryde	13	QSTS VA	6/15/2012	Last Chance Meet	
10	2:40.64	L	F	Joelle Vereb	13	VA VA	8/10/2011	2011 Eastern Zone Long Course	

Women 13-14 200 IM

1	2:29.81	L Zone	F	Georgia DaCruz	14	TIDE VA	6/15/2012	2012 NC HPSC Furniture City I	
2	2:30.70	L Zone	F	Megan Motter	14	TIDE VA	6/29/2012	CGBD Summer Madness LC	
3	2:31.48	L Zone	F	Molly Sheffield	13	BAC VA	6/15/2012	Last Chance Meet	
4	2:32.51	L Zone	F	Olivia Fisher	13	BAC VA	5/10/2012	Poseidon Classic	
5	2:33.22	L Zone	F	Mackenzie Cummings	14	ODAC VA	6/1/2012	2012 TAC LC Spring Luau	
6	2:33.76	L Zone	F	Jessica Beattie	14	CGBD VA	6/1/2012	2012 TAC LC Spring Luau	
7	2:33.96	L Zone	F	Anna Meinke	14	LY VA	6/29/2012	Firecracker Single Session Inv	
8	2:34.33	L Zone	F	Emily Koegl	13	VACS VA	5/18/2012	2012 NC Josh Weaver Memorial M	
9	2:35.26	L Zone	F	Hannah Ikenberry	14	BAC VA	5/10/2012	Poseidon Classic	
10	2:35.31	L Zone	F	Kelsey Dambacher	14	QSTS VA	6/15/2012	Last Chance Meet	

Women 13-14 400 IM

1	5:18.40	L Zone	F	Jordan Morling	13	CCA VA	3/22/2012	Speedo Championship Series 2012	
2	5:19.58	L Zone	F	Anna Meinke	14	LY VA	6/1/2012	HOKI Trials Tune-Up and AG Meet	
3	5:21.51	L Zone	F	Megan Motter	14	TIDE VA	6/29/2012	CGBD Summer Madness LC	
4	5:22.11	L Zone	F	Norah Hunt	14	SMAC VA	6/8/2012	2012 NBAC Long Course	
5 *	5:25.48	L Zone	F	Hannah Ikenberry	14	BAC VA	5/10/2012	Poseidon Classic	
5 *	5:25.48	L Zone	P	Jessica Beattie	14	CGBD VA	6/29/2012	CGBD Summer Madness LC	
7	5:26.57	L Zone	F	Mackenzie Cummings	14	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	
8	5:27.60	L Zone	F	Lauren Parker	14	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
9	5:27.80	L Zone	F	Molly Sheffield	13	BAC VA	6/15/2012	Last Chance Meet	
10	5:29.32	L	F	Camryn Curry	13	STAT VA	5/25/2012	2012 PV Virginia LC State	