

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				
Men	50 Free								
1	24.31	L Zone	F	Matt Lockman	17	GATR VA	3/22/2012	Speedo Championship Series 2012	
2	24.46	L Zone	F	Harrison Pierce	16	TIDE VA	3/20/2012	2012 NCSA Junior National Swimming	
3	24.81	L Zone	F	Bricesen Burton	16	GATR VA	3/22/2012	Speedo Championship Series 2012	
4	25.02	L Zone	F	Cameron Johnston	17	QSTS VA	6/15/2012	Last Chance Meet	
5	25.03	L Zone	F	Ali Khalafalla	16	UN-05 VA	3/22/2012	Speedo Championship Series 2012	
6	25.13	L Zone	F	Jesse Burnley	17	BAC VA	6/15/2012	Last Chance Meet	
7 *	25.16	L Zone	F	Drew Gurley	17	CGBD VA	6/29/2012	CGBD Summer Madness LC	
7 *	25.16	L Zone	F	Townley Haas	15	NOVA VA	6/8/2012	2012 NC WAVE Capital City Invi	
9	25.23	L Zone	F	Luke Martin	16	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
10	25.25	L Zone	F	Jeffrey Prichard	18	SEVA VA	5/10/2012	Poseidon Classic	
Men	100 Free								
1	53.15	L Zone	F	Jesse Burnley	17	BAC! VA	3/20/2012	2012 NCSA Junior National Swimming	
2	54.08	L Zone	P	Matt Lockman	17	GATR VA	11/11/2011	Minnesota Grand Prix	
3	54.40	L Zone	F	Bricesen Burton	16	GATR VA	3/22/2012	Speedo Championship Series 2012	
4 *	54.94	L Zone	F	Logan Burton	16	ODAC VA	6/29/2012	CGBD Summer Madness LC	
4 *	54.94	L Zone	F	Jerry Burton	18	VA VA	8/10/2011	2011 Eastern Zone Long Course	
6	55.01	L Zone	P	Evan Naff	18	LASO VA	6/1/2012	HOKI Trials Tune-Up and AG Meet	
7	55.36	L Zone	F	Christian Shaner	18	VA VA	8/10/2011	2011 Eastern Zone Long Course	
8	55.42	L Zone	P	Townley Haas	15	NOVA VA	6/8/2012	2012 NC WAVE Capital City Invi	
9	55.44	L Zone	F	Cameron Johnston	17	QSTS VA	6/15/2012	Last Chance Meet	
10	55.47	L Zone	P	Harrison Pierce	16	TIDE VA	6/1/2012	HOKI Trials Tune-Up and AG Meet	
Men	200 Free								
1	1:58.21	L Zone	F	Matt Lockman	17	GATR VA	3/22/2012	Speedo Championship Series 2012	
2	1:59.08	L Zone	F	Andrew Drummond	17	PSDN VA	6/15/2012	Last Chance Meet	
3	1:59.24	L Zone	F	Jesse Burnley	17	BAC VA	6/15/2012	Last Chance Meet	

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4	2:00.00	L Zone	P	Gregory Stoffa	18	QDD VA	6/1/2012	Bucceto's Open	
5	2:00.12	L Zone	F	Christian Shaner	18	WAC VA	3/22/2012	Speedo Championship Series 2012	
6 *	2:00.52	L Zone	F	Logan Burton	16	ODAC VA	6/29/2012	CGBD Summer Madness LC	
6 *	2:00.52	L Zone	F	Townley Haas	15	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
8	2:00.90	L Zone	P	Jerry Burton	18	VA VA	8/10/2011	2011 Eastern Zone Long Course	
9	2:01.03	L Zone	P	Samuel Stronko	17	QDD VA	6/1/2012	Bucceto's Open	
10	2:01.39	L Zone	F	Brad Hancock	16	SEVA VA	3/22/2012	Speedo Championship Series 2012	

Men 400 Free

1	4:06.73	L Zone	P	Gregory Stoffa	18	QDD VA	6/1/2012	Bucceto's Open	
2	4:08.12	L Zone	F	Andrew Drummond	17	PSDN VA	6/15/2012	Last Chance Meet	
3	4:11.67	L Zone	P	Samuel Stronko	17	QDD VA	6/1/2012	Bucceto's Open	
4	4:13.46	L Zone	F	Andrew Thiesse	18	WAC VA	3/22/2012	Speedo Championship Series 2012	
5	4:13.72	L Zone	F	Christian Shaner	18	WAC VA	3/22/2012	Speedo Championship Series 2012	
6	4:14.57	L Zone	F	Jerry Burton	18	VA VA	8/10/2011	2011 Eastern Zone Long Course	
7	4:16.65	L Zone	F	Steffen Erickson	16	NOVA VA	1/13/2012	2012 NC RSA January Jubilee Meet	
8	4:17.54	L Zone	F	Kenneth Parker	16	QDD VA	1/6/2012	Senior Circuit 2012	
9	4:17.72	L Zone	F	Townley Haas	15	NOVA VA	6/8/2012	2012 NC WAVE Capital City Invi	
10	4:17.96	L Zone	P	Matt Lockman	17	GATR VA	3/22/2012	Speedo Championship Series 2012	

Men 800 Free

1	8:52.58	L Zone	F	Garrett Simon	15	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	
2	8:53.14	L Zone	F	Townley Haas	15	NOVA VA	5/10/2012	Poseidon Classic	
3	8:55.63	L Zone	F	Zack Browne	17	NOVA VA	4/28/2012	Spring Long Course Elite Meet	
4	8:56.41	L Zone	F	Matt van de Graaf	17	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	
5	8:58.37	L Zone	F	Brendan Williamson	17	WAYS VA	3/22/2012	Speedo Championship Series 2012	
6	8:59.56	L Zone	F	Brad Hancock	16	SEVA VA	3/22/2012	Speedo Championship Series 2012	

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7	9:00.30	L Zone	F	Jerry Burton	18	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	
8	9:00.72	L Zone	F	George Apostle	16	NOVA VA	3/22/2012	Speedo Championship Series 2012	
9	9:00.80	L Zone	F	Michael Craddock	15	GATR VA	3/22/2012	Speedo Championship Series 2012	
10	9:02.75	L Zone	F	Erik Wyand	17	QSTS VA	5/18/2012	2012 NC Josh Weaver Memorial M	
Men 1500 Free									
1	16:18.67	L Zone	F	Steffen Erickson	16	NOVA VA	3/20/2012	2012 NCSA Junior National Swimming	
2	16:24.77	L Zone	F	Zack Browne	17	NOVA VA	3/20/2012	2012 NCSA Junior National Swimming	
3	16:28.62	L Zone	F	Gregory Stoffa	18	QDD VA	1/6/2012	Senior Circuit 2012	
4	16:41.11	L Zone	F	Kenneth Parker	16	QDD VA	5/4/2012	2012 Jeff Rouse Open Invitational	
5	16:41.20	L Zone	F	Erik Wyand	17	QSTS VA	6/15/2012	Last Chance Meet	
6	16:54.70	L Zone	F	Andrew Thiesse	18	WAC VA	3/22/2012	Speedo Championship Series 2012	
7	17:00.42	L Zone	F	Samuel Stronko	17	QDD VA	6/1/2012	Bucceto's Open	
8	17:01.42	L Zone	F	Matt Kalna	18	SHKS VA	3/20/2012	2012 NCSA Junior National Swimming	
9	17:04.32	L Zone	F	Zac Paryzek	18	TCAC VA	3/20/2012	2012 NCSA Junior National Swimming	
10	17:04.96	L Zone	F	Jerry Burton	18	VA VA	8/10/2011	2011 Eastern Zone Long Course	
Men 100 Back									
1	1:01.29	L Zone	F	Alex Henderson	17	VACS VA	6/15/2012	Last Chance Meet	
2	1:02.10	L Zone	F	Jerry Burton	18	VA VA	8/10/2011	2011 Eastern Zone Long Course	
3 *	1:02.43	L Zone	F	Jesse Burnley	17	VA VA	8/10/2011	2011 Eastern Zone Long Course	
3 *	1:02.43	L Zone	F	Gavin Brown	15	NOVA VA	4/28/2012	Spring Long Course Elite Meet	
5	1:02.45	L Zone	F	Wyatt Grubb	17	BAC VA	5/10/2012	Poseidon Classic	
6	1:02.51	L Zone	F	Andrew Drummond	17	PSDN VA	6/15/2012	Last Chance Meet	
7	1:02.60	L Zone	P	Ali Khalafalla	16	UN-05 VA	3/22/2012	Speedo Championship Series 2012	
8	1:02.80	L Zone	F	Caleb Williams	18	LY VA	5/5/2012	2012 HOKI MAY TRI MEET	
9	1:02.81	L Zone	F	Alex Montes de Oca	17	BASS VA	6/15/2012	Last Chance Meet	
10	1:02.89	L Zone	P	Zack Phelps	18	HOKI VA	6/1/2012	HOKI Trials Tune-Up and AG Meet	

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Men	200 Back								
1	2:11.16	L Zone	F	Alex Montes de Oca	17	BASS VA	3/20/2012	2012 NCSA Junior National Swimming	
2	2:11.64	L Zone	F	Alex Henderson	17	VACS VA	6/15/2012	Last Chance Meet	
3	2:12.56	L Zone	F	Jerry Burton	18	VA VA	8/10/2011	2011 Eastern Zone Long Course	
4	2:13.87	L Zone	F	Andrew Drummond	17	PSDN VA	6/15/2012	Last Chance Meet	
5	2:14.61	L Zone	P	Gavin Brown	15	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
6	2:14.64	L Zone	P	Wyatt Grubb	17	BAC VA	6/15/2012	Last Chance Meet	
7	2:16.22	L Zone	F	Caleb Williams	18	LY VA	5/5/2012	2012 HOKI MAY TRI MEET	
8	2:16.32	L Zone	F	Kenneth Parker	16	QDD VA	1/6/2012	Senior Circuit 2012	
9	2:16.42	L Zone	F	Jeffrey Prichard	18	SEVA VA	5/10/2012	Poseidon Classic	
10	2:16.78	L Zone	F	Alex Rayle	17	SMAC VA	6/8/2012	2012 NBAC Long Course	
Men	100 Breast								
1	1:08.82	L Zone	F	Clark Hou	17	NOVA VA	4/28/2012	Spring Long Course Elite Meet	
2	1:10.31	L Zone	F	Ryan Frayne	17	TIDE VA	4/20/2012	Poseidon Fresh Start Invitational	
3	1:10.46	L Zone	F	Eli Holstege	17	CYAC VA	6/22/2012	Subway Commonwealth Games of VA	
4	1:10.58	L Zone	F	Michael Craddock	15	GATR VA	6/21/2012	2012 NC GSA Eastern Invitation	
5	1:11.12	L Zone	P	Forrest Deal	18	SHKS VA	3/22/2012	Speedo Championship Series 2012	
6	1:11.19	L Zone	P	Jonathon Pins	16	RAYS VA	3/22/2012	Speedo Championship Series 2012	
7	1:11.61	L Zone	P	Brett Huckstep	15	WAC VA	3/22/2012	Speedo Championship Series 2012	
8	1:11.65	L Zone	P	Deion Dean	16	TCAC VA	6/29/2012	CGBD Summer Madness LC	
9	1:11.70	L Zone	P	Joseph Lupacchino	17	VACS VA	5/18/2012	2012 NC Josh Weaver Memorial M	
10	1:11.86	L Zone	P	Kenneth Lo	18	HOKI VA	3/22/2012	Speedo Championship Series 2012	
Men	200 Breast								
1	2:27.64	L Zone	F	Michael Craddock	15	GATR VA	3/22/2012	Speedo Championship Series 2012	
2	2:27.74	L Zone	F	Clark Hou	17	NOVA VA	3/20/2012	2012 NCSA Junior National Swimming	

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3	2:30.42	L Zone	F	Gregory Stoffa	18	QDD VA	6/1/2012	Bucceto's Open	
4	2:31.80	L Zone	F	Forrest Deal	18	SHKS VA	3/22/2012	Speedo Championship Series 2012	
5	2:34.24	L Zone	F	Ryan Frayne	17	TIDE VA	6/29/2012	CGBD Summer Madness LC	
6	2:35.14	L Zone	P	Brett Huckstep	15	WAC VA	3/22/2012	Speedo Championship Series 2012	
7	2:35.16	L Zone	P	Brett Barden	16	NOVA VA	6/8/2012	2012 NC WAVE Capital City Invi	
8	2:35.40	L Zone	F	Alex Rayle	17	SMAC VA	6/8/2012	2012 NBAC Long Course	
9	2:36.95	L Zone	P	Kenneth Lo	18	HOKI VA	3/22/2012	Speedo Championship Series 2012	
10	2:37.61	L Zone	F	Brian Polo	18	VACS VA	5/18/2012	2012 NC Josh Weaver Memorial M	
Men 100 Fly									
1	57.99	L Zone	F	Henry Fauls	16	NOVA VA	3/20/2012	2012 NCSA Junior National Swimming	
2	58.67	L Zone	F	Tom Malone	18	CGBD VA	6/29/2012	CGBD Summer Madness LC	
3	58.87	L Zone	F	Alex Montes de Oca	17	BASS VA	6/15/2012	Last Chance Meet	
4	58.88	L Zone	F	Thomas Ferguson	17	PSDN VA	6/15/2012	Last Chance Meet	
5	59.89	L Zone	P	Wyatt Grubb	17	VA VA	8/10/2011	2011 Eastern Zone Long Course	
6 *	1:00.29	L Zone	F	Logan Burton	16	ODAC VA	6/29/2012	CGBD Summer Madness LC	
6 *	1:00.29	L Zone	P	Zack Browne	17	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
8	1:00.31	L Zone	P	Peter Stoffel	16	TSU VA	3/22/2012	Speedo Championship Series 2012	
9	1:00.55	L Zone	F	Zac Paryzek	18	TCAC VA	5/10/2012	Poseidon Classic	
10	1:00.72	L Zone	P	Matthew Lynch	16	PSDN VA	6/15/2012	Last Chance Meet	
Men 200 Fly									
1	2:09.42	L Zone	F	Nicholas DeLeon	17	TAC VA	3/20/2012	2012 NCSA Junior National Swimming	
2	2:09.90	L Zone	F	Townley Haas	15	NOVA VA	6/8/2012	2012 NC WAVE Capital City Invi	
3	2:10.24	L Zone	F	Thomas Ferguson	17	PSDN VA	6/15/2012	Last Chance Meet	
4	2:11.43	L Zone	F	Matt van de Graaf	17	ODAC VA	6/21/2012	2012 BSS TYR Summer Classic	
5	2:12.50	L Zone	F	Alex Montes de Oca	17	BASS VA	6/15/2012	Last Chance Meet	
6	2:12.70	L Zone	F	Zack Browne	17	NOVA VA	1/13/2012	2012 NC RSA January Jubilee Meet	

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	Time		P/F/S	Name	Age/Yr				
7	2:12.72	L Zone	P	Gates Dudding	16	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
8	2:13.14	L Zone	F	Wyatt Grubb	17	VA VA	8/10/2011	2011 Eastern Zone Long Course	
9	2:13.27	L Zone	F	Donaldson Hellams	15	NOVA VA	3/22/2012	Speedo Championship Series 2012	
10	2:13.29	L Zone	P	Gavin Brown	15	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
Men 200 IM									
1	2:14.66	L Zone	F	Andrew Drummond	17	PSDN VA	6/15/2012	Last Chance Meet	
2	2:14.85	L Zone	F	Thomas Ferguson	17	PSDN VA	6/15/2012	Last Chance Meet	
3	2:15.29	L Zone	F	Wyatt Grubb	17	BAC VA	6/15/2012	Last Chance Meet	
4	2:16.00	L Zone	F	Gregory Stoffa	18	QDD VA	1/6/2012	Senior Circuit 2012	
5	2:16.88	L Zone	P	Alex Montes de Oca	17	BASS VA	6/15/2012	Last Chance Meet	
6	2:16.92	L Zone	F	Clark Hou	17	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
7	2:17.02	L Zone	F	Adam Mustafa	18	QDD VA	1/6/2012	Senior Circuit 2012	
8	2:17.05	L Zone	F	Joseph Lupacchino	17	VACS VA	5/18/2012	2012 NC Josh Weaver Memorial M	
9	2:17.21	L Zone	P	Gates Dudding	16	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
10	2:17.88	L Zone	P	Alex Rayle	17	SMAC VA	4/6/2012	YOTA LC Time Trial Meet	
Men 400 IM									
1	4:41.04	L Zone	P	Gregory Stoffa	18	QDD VA	6/1/2012	Bucceto's Open	
2	4:43.39	L Zone	F	Andrew Drummond	17	PSDN VA	6/15/2012	Last Chance Meet	
3	4:43.85	L Zone	F	Wyatt Grubb	17	BAC VA	5/10/2012	Poseidon Classic	
4	4:44.07	L Zone	F	Zack Browne	17	NOVA VA	4/28/2012	Spring Long Course Elite Meet	
5	4:50.27	L Zone	F	Alex Henderson	17	VACS VA	6/15/2012	Last Chance Meet	
6	4:50.74	L Zone	F	Jacob Moyar	17	BAC VA	6/15/2012	Last Chance Meet	
7	4:51.05	L Zone	F	Jac Cortright	15	NOVA VA	6/21/2012	2012 BSS TYR Summer Classic	
8	4:51.73	L Zone	F	Adam Mustafa	18	QDD VA	1/6/2012	Senior Circuit 2012	
9	4:51.91	L Zone	F	Brett Barden	16	NOVA VA	5/18/2012	2012 NC Josh Weaver Memorial M	
10	4:52.72	L Zone	F	Alex Rayle	17	SMAC VA	6/8/2012	2012 NBAC Long Course	