

Virginia Swimming LC Zone Team Top 10
thru June 2013
Age Up Date = 7 August 2013

Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name	Age/Yr			
Women 11-12 50 Free								
1	29.04	L Zone	F	Gaston, Sara	12	BAC VA	5/9/2013	Poseidon Classic 2013
2	29.46	L Zone	F	Thompson, Jenna	12	SEVA VA	6/21/2013	CGBD Summer Madness LC Invitational
3	29.67	L Zone	F	Muzzy, Emma	12	GATR VA	5/9/2013	Poseidon Classic 2013
4	30.07	L Zone	F	Quinn, Erin	12	QDD VA	5/4/2013	2013 Jeff Rouse Open Invitational
5	30.12	L Zone	F	Blaha, Amanda	12	PSDN VA	6/28/2013	2013 Last Chance Meet
6*	30.27	L Zone	F	Graff, Maura	12	NOVA VA	5/9/2013	Poseidon Classic 2013
6*	30.27	L Zone	F	Edwards, Quincey	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In
8	30.32	L Zone	F	Stanley, Shelby	12	CCA VA	5/31/2013	2013 VA HOKI Spring into Summ
Women 11-12 100 Free								
1	1:02.72	L Zone	F	Gaston, Sara	12	BAC VA	6/28/2013	2013 Last Chance Meet
2	1:04.98	L Zone	F	Stanley, Shelby	12	CCA VA	5/4/2013	2013 HOKI CCA LY YRVS MAY Quad Mee
3	1:05.52	L Zone	F	Muzzy, Emma	12	GATR VA	5/9/2013	Poseidon Classic 2013
4	1:05.79	L Zone	F	Quinn, Erin	12	QDD VA	5/4/2013	2013 Jeff Rouse Open Invitational
Women 11-12 200 Free								
1	2:16.57	L Zone	F	Gaston, Sara	12	BAC VA	5/9/2013	Poseidon Classic 2013
2	2:19.48	L Zone	F	Quinn, Erin	12	QDD VA	6/21/2013	Winchester LC Invitational A/BB/B/C
3	2:20.27	L Zone	F	Thompson, Jenna	12	SEVA VA	5/9/2013	Poseidon Classic 2013
4	2:20.45	L Zone	F	Kulp, Caroline	12	GATR VA	5/9/2013	Poseidon Classic 2013
5	2:21.05	L Zone	F	Muzzy, Emma	12	GATR VA	5/9/2013	Poseidon Classic 2013
Women 11-12 400 Free								
1	4:47.66	L Zone	F	Muzzy, Emma	12	GATR VA	5/9/2013	Poseidon Classic 2013
2	4:48.33	L Zone	F	Quinn, Erin	12	QDD VA	5/4/2013	2013 Jeff Rouse Open Invitational
3	4:48.61	L Zone	F	Stahl, Apryl	12	QDD VA	5/4/2013	2013 Jeff Rouse Open Invitational
4	4:49.56	L Zone	F	Kulp, Caroline	12	GATR VA	5/9/2013	Poseidon Classic 2013
5	4:53.04	L Zone	F	Gaston, Sara	12	BAC VA	5/9/2013	Poseidon Classic 2013
6	4:54.08	L Zone	F	Thompson, Jenna	12	SEVA VA	5/9/2013	Poseidon Classic 2013
7	4:54.27	L Zone	F	Bray, Olivia	11	GATR VA	5/9/2013	Poseidon Classic 2013
8	4:57.89	L Zone	F	Farney, Emma	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In
Women 11-12 50 Back								
1	33.33	L Zone	F	Gaston, Sara	12	BAC VA	6/28/2013	2013 Last Chance Meet
2	34.23	L Zone	F	Edwards, Quincey	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In
3	34.55	L Zone	F	Blaha, Amanda	12	PSDN VA	5/31/2013	River City Open A/BB/B/C
4	34.57	L Zone	F	Weathersby, Maren	12	CYAC VA	6/21/2013	2013 Subway Commonwealth Games of VA
5	34.69	L Zone	F	Stanley, Shelby	12	CCA VA	5/31/2013	2013 VA HOKI Spring into Summ
6	34.80	L Zone	F	Hamilton, Whitney	12	GATR VA	5/9/2013	Poseidon Classic 2013
Women 11-12 100 Back								
1	1:11.89	L Zone	F	Gaston, Sara	12	BAC VA	6/28/2013	2013 Last Chance Meet
2	1:12.95	L Zone	F	Raber, Shelby	12	HOKI VA	5/31/2013	2013 VA HOKI Spring into Summ
3	1:14.45	L Zone	F	Farney, Emma	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In
4	1:14.93	L Zone	F	Ennis, Sally	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In
5	1:15.05	L Zone	F	Burt, Mary	12	TIDE VA	6/28/2013	2013 Last Chance Meet
Women 11-12 200 Back								
1	2:32.94	L Zone	F	Muzzy, Emma	12	GATR VA	5/9/2013	Poseidon Classic 2013
2	2:33.63	L Zone	F	Gaston, Sara	12	BAC VA	5/9/2013	Poseidon Classic 2013
3	2:36.35	L Zone	F	Farney, Emma	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In
4	2:37.71	L Zone	F	Raber, Shelby	12	HOKI VA	5/31/2013	2013 VA HOKI Spring into Summ
5	2:38.41	L Zone	F	Owen, Alexandra	11	NOVA VA	6/21/2013	CGBD Summer Madness LC Invitational
6	2:40.19	L Zone	F	Burt, Mary	12	TIDE VA	5/31/2013	2013 TAC LC Spring Luau
7	2:40.37	L Zone	F	Quinn, Erin	12	QDD VA	5/31/2013	SNOW Long Course Invitational

Virginia Swimming LC Zone Team Top 10 **thru June 2013** **Age Up Date = 7 August 2013**

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Time	P/F/S	Name	Age/Yr						
Women 11-12 50 Breast									
1	37.51 L Zone	F	Graff, Maura	12	NOVA VA	5/9/2013	Poseidon Classic 2013		
2	38.20 L Zone	F	Barakey, Lauren	11	TIDE VA	5/3/2013	Tide LC Spring Challenge		
3	38.42 L Zone	F	Tinney, Jacqueline	12	SEVA VA	6/21/2013	CGBD Summer Madness LC Invitational		
4	38.72 L Zone	F	Stanley, Shelby	12	CCA VA	5/31/2013	2013 VA HOKI Spring into Summ		
5	38.95 L Zone	F	MacIsaac, Jordan	12	STAT VA	6/21/2013	CGBD Summer Madness LC Invitational		
6	38.99 L Zone	F	Blaha, Amanda	12	PSDN VA	5/9/2013	Poseidon Classic 2013		
Women 11-12 100 Breast									
1	1:22.27 L Zone	F	Tinney, Jacqueline	12	SEVA VA	6/21/2013	CGBD Summer Madness LC Invitational		
2	1:23.77 L Zone	F	Graff, Maura	12	NOVA VA	5/9/2013	Poseidon Classic 2013		
3	1:23.83 L Zone	F	Duplissey, Brienne	11	BAC VA	6/28/2013	2013 Last Chance Meet		
4	1:24.69 L Zone	F	Bender, Sarah	11	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In		
5	1:25.20 L Zone	F	Blaha, Amanda	12	PSDN VA	5/31/2013	River City Open A/BB/B/C		
Women 11-12 200 Breast									
1	2:55.10 L Zone	F	Stahl, Apryl	12	QDD VA	6/21/2013	Winchester LC Invitational A/BB/B/C		
2	2:56.97 L Zone	F	Tinney, Jacqueline	12	SEVA VA	6/21/2013	CGBD Summer Madness LC Invitational		
3	2:58.16 L Zone	F	Bender, Sarah	11	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In		
4	3:01.07 L Zone	F	Graff, Maura	12	NOVA VA	6/21/2013	2013 Subway Commonwealth Games of VA		
Women 11-12 50 Fly									
1	32.06 L Zone	F	Gaston, Sara	12	BAC VA	6/28/2013	2013 Last Chance Meet		
2	32.12 L Zone	F	Blaha, Amanda	12	PSDN VA	6/28/2013	2013 Last Chance Meet		
3	32.13 L Zone	F	Hamilton, Whitney	12	GATR VA	5/9/2013	Poseidon Classic 2013		
4*	32.32 L Zone	F	Tinney, Jacqueline	12	SEVA VA	6/21/2013	CGBD Summer Madness LC Invitational		
4*	32.32 L Zone	P	Wilks, Catherine	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In		
6	32.37 L Zone	F	Ducar, Andrea	12	SEVA VA	5/9/2013	Poseidon Classic 2013		
7	32.53 L Zone	F	Lamoureux, Brooke	12	TIDE VA	6/28/2013	2013 Last Chance Meet		
8	32.96 L Zone	F	Cortez, Cecilia	12	OBX VA	6/21/2013	CGBD Summer Madness LC Invitational		
Women 11-12 100 Fly									
1	1:10.23 L Zone	F	Raber, Shelby	12	HOKI VA	5/4/2013	2013 HOKI CCA LY YRVS MAY Quad Mee		
2	1:10.56 L Zone	F	Muzzy, Emma	12	GATR VA	5/9/2013	Poseidon Classic 2013		
3	1:11.87 L Zone	F	Stanley, Shelby	12	CCA VA	5/4/2013	2013 HOKI CCA LY YRVS MAY Quad Mee		
4	1:11.94 L Zone	F	Stahl, Apryl	12	QDD VA	6/21/2013	Winchester LC Invitational A/BB/B/C		
5	1:11.95 L Zone	F	Gaston, Sara	12	BAC VA	6/28/2013	2013 Last Chance Meet		
6	1:12.13 L Zone	F	Hamilton, Whitney	12	GATR VA	5/9/2013	Poseidon Classic 2013		
7	1:12.47 L Zone	F	Wilks, Catherine	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In		
8	1:12.99 L Zone	F	Kulp, Caroline	12	GATR VA	5/9/2013	Poseidon Classic 2013		
9	1:13.64 L Zone	F	Blaha, Amanda	12	PSDN VA	5/9/2013	Poseidon Classic 2013		
Women 11-12 200 Fly									
1	2:37.03 L Zone	F	Stahl, Apryl	12	QDD VA	5/31/2013	SNOW Long Course Invitational		
2	2:37.11 L Zone	F	Muzzy, Emma	12	GATR VA	5/9/2013	Poseidon Classic 2013		
3	2:37.78 L Zone	F	Raber, Shelby	12	HOKI VA	5/31/2013	2013 VA HOKI Spring into Summ		
4	2:40.30 L Zone	F	Kulp, Caroline	12	GATR VA	5/9/2013	Poseidon Classic 2013		
5	2:42.78 L Zone	F	Gaston, Sara	12	BAC VA	6/28/2013	2013 Last Chance Meet		
6	2:43.33 L Zone	F	Wilks, Catherine	12	NOVA VA	6/14/2013	2013 NC HPSC Furniture City In		
Women 11-12 200 IM									
1	2:30.95 L Zone	F	Stahl, Apryl	12	QDD VA	6/21/2013	Winchester LC Invitational A/BB/B/C		
2	2:34.61 L Zone	F	Raber, Shelby	12	HOKI VA	5/31/2013	2013 VA HOKI Spring into Summ		
3	2:34.82 L Zone	F	Gaston, Sara	12	BAC VA	6/28/2013	2013 Last Chance Meet		
4	2:36.02 L Zone	F	Muzzy, Emma	12	GATR VA	5/9/2013	Poseidon Classic 2013		
5	2:37.65 L Zone	F	Stanley, Shelby	12	CCA VA	5/4/2013	2013 HOKI CCA LY YRVS MAY Quad Mee		
6	2:37.88 L Zone	F	Tinney, Jacqueline	12	SEVA VA	6/21/2013	CGBD Summer Madness LC Invitational		