

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 13-14 50 Free							
1	27.73 L Zone	F Fisher, Olivia	14	BAC VA	6/28/2013	2013 Last Chance Meet	
2*	28.27 L Zone	F Gvozdas, Bryn	14	NOVA VA	5/9/2013	Poseidon Classic 2013	
2*	28.27 L Zone	F Ostrowski, Claire	14	TIDE VA	6/28/2013	2013 Last Chance Meet	
4*	28.50 L Zone	F Morello, Maddie	13	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
4*	28.50 L Zone	F Burton, Meghan	14	PSDN VA	5/9/2013	Poseidon Classic 2013	
6	28.53 L Zone	F Curry, Camryn	14	STAT VA	5/24/2013	2013 Virginia LC State Championships	
7	28.78 L Zone	F Beck, Jessica	14	QSTS VA	6/21/2013	10th Annual YSSC LC Firecracker	
8	28.90 L Zone	F Slayton, Alexandra	13	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
9	28.93 L Zone	F Zhu, Melissa	14	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
10	28.98 L Zone	F Sheffield, Molly	14	BAC VA	6/28/2013	2013 Last Chance Meet	
11	29.00 L Zone	P Keating, Bronwyn	13	VYAC VA	6/21/2013	CGBD Summer Madness LC Invitational	
12	29.03 L Zone	F Ladd, Hailey	14	PSDN VA	6/28/2013	2013 Last Chance Meet	
13	29.07 L Zone	F Horne, Rheagan	14	RPST VA	5/9/2013	Poseidon Classic 2013	
14	29.15 L Zone	F Mikeal, Sabrina	13	STAT VA	3/23/2013	2013 SEVA LC Head Start Meet	
15	29.16 L Zone	F Arris, MaryKatelynn	14	TIDE VA	6/28/2013	2013 Last Chance Meet	
16*	29.25 L Zone	F Baker, Sonora	13	BAC VA	6/28/2013	2013 Last Chance Meet	
16*	29.25 L Zone	F Covington, Taylor	14	QSTS VA	5/4/2013	2013 Jeff Rouse Open Invitational	
18	29.28 L Zone	P Marsteller, Chelsea	13	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
19	29.32 L Zone	F Campbell, Nikia	14	QDD VA	5/31/2013	SNOW Long Course Invitational	
20	29.35 L Zone	F Malloy, Sarah	13	NOVA VA	5/3/2013	Tide LC Spring Challenge	
21	29.39 L Zone	F Pope, Anna	13	PSDN VA	6/28/2013	2013 Last Chance Meet	
22	29.43 L Zone	F Fanz, Lindsey	13	PSDN VA	5/9/2013	Poseidon Classic 2013	
23	29.45 L Zone	F Delgado, Cora	14	ODAC VA	5/31/2013	2013 TAC LC Spring Luau	
Women 13-14 100 Free							
1	1:00.17 L Zone	F Curry, Camryn	14	STAT VA	6/21/2013	CGBD Summer Madness LC Invitational	
2	1:00.71 L Zone	F Fisher, Olivia	14	BAC VA	5/9/2013	Poseidon Classic 2013	
3	1:00.89 L Zone	F Gvozdas, Bryn	14	NOVA VA	5/9/2013	Poseidon Classic 2013	
4	1:01.99 L Zone	F Koegl, Emily	14	VACS VA	5/17/2013	2013 NC Josh Weaver Memorial M	
5	1:02.01 L Zone	P Jones, Julianna	14	WAC VA	8/8/2012	2012 Eastern Zone Long Course Champion	
6	1:02.21 L Zone	F Burton, Meghan	14	PSDN VA	6/28/2013	2013 Last Chance Meet	
7	1:02.28 L Zone	F Ladd, Hailey	14	PSDN VA	6/28/2013	2013 Last Chance Meet	
8	1:02.62 L Zone	F Sheffield, Molly	14	BAC VA	6/28/2013	2013 Last Chance Meet	
9*	1:02.77 L Zone	F Zhu, Melissa	14	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
9*	1:02.77 L Zone	F Baker, Sonora	13	BAC VA	6/28/2013	2013 Last Chance Meet	
11	1:02.79 L Zone	F Fanz, Lindsey	13	PSDN VA	6/28/2013	2013 Last Chance Meet	
12	1:02.87 L Zone	P Horne, Rheagan	14	RPST VA	5/9/2013	Poseidon Classic 2013	
13	1:03.12 L Zone	F Slayton, Alexandra	13	CGBD VA	5/3/2013	Tide LC Spring Challenge	
14	1:03.31 L Zone	F Morling, Jordan	14	UN VA	5/31/2013	2013 VA HOKI Spring into Summ	
15	1:03.33 L Zone	F Morello, Maddie	13	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
16	1:03.39 L Zone	P Baber, Caroline	13	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
17	1:03.41 L Zone	P Mikeal, Sabrina	13	STAT VA	6/21/2013	CGBD Summer Madness LC Invitational	
18	1:03.47 L Zone	F Covington, Taylor	14	QSTS VA	5/9/2013	Poseidon Classic 2013	
19	1:03.53 L Zone	F Kramer, Elizabeth	13	BAC VA	5/9/2013	Poseidon Classic 2013	
20	1:03.59 L Zone	F Marsteller, Chelsea	13	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
21	1:03.60 L Zone	F Provenzo, Emily	14	NOVA VA	5/9/2013	Poseidon Classic 2013	
22	1:03.80 L Zone	F Delgado, Cora	14	ODAC VA	5/31/2013	2013 TAC LC Spring Luau	
23	1:03.82 L Zone	F Keating, Bronwyn	13	VYAC VA	6/21/2013	CGBD Summer Madness LC Invitational	
24	1:03.88 L Zone	F Tomko, Brianna	14	VACS VA	5/17/2013	2013 NC Josh Weaver Memorial M	
25	1:03.91 L Zone	F Arris, MaryKatelynn	14	TIDE VA	5/3/2013	Tide LC Spring Challenge	
26	1:04.04 L L Zone	F Dickinson, Callie	13	TIDE VA	8/8/2012	2012 Eastern Zone Long Course Champion	

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 13-14 200 Free							
1	2:08.97	L Zone	F	Hadd, Madeleine	13	NOVA VA	6/27/2013 2013 TYR BSS Summer Classic
2	2:11.12	L Zone	F	Curry, Camryn	14	STAT VA	5/24/2013 2013 Virginia LC State Championships
3	2:11.57	L Zone	F	Gvozdas, Bryn	14	NOVA VA	5/9/2013 Poseidon Classic 2013
4	2:14.34	L Zone	F	Provenzo, Emily	14	NOVA VA	5/9/2013 Poseidon Classic 2013
5	2:14.44	L Zone	F	Jones, Julianna	14	WAC VA	4/19/2013 VADC Spring Splash
6	2:14.47	L Zone	F	Ladd, Hailey	14	PSDN VA	6/28/2013 2013 Last Chance Meet
7	2:14.60	L Zone	F	Fisher, Olivia	14	BAC VA	5/9/2013 Poseidon Classic 2013
8	2:14.71	L Zone	F	Koegl, Emily	14	VACS VA	5/17/2013 2013 NC Josh Weaver Memorial M
9	2:15.38	L Zone	F	Delgado, Cora	14	ODAC VA	6/21/2013 CGBD Summer Madness LC Invitational
10	2:15.63	L Zone	F	Sheffield, Molly	14	BAC VA	5/9/2013 Poseidon Classic 2013
11	2:15.81	L Zone	F	Hunter, Megan	14	QSTS VA	5/9/2013 Poseidon Classic 2013
12	2:16.10	L Zone	F	Ostrowski, Claire	14	TIDE VA	5/3/2013 Tide LC Spring Challenge
13	2:16.12	L Zone	F	Zhu, Melissa	14	CGBD VA	6/21/2013 CGBD Summer Madness LC Invitational
14	2:16.61	L Zone	F	Butler, Bailey	14	NOVA VA	6/27/2013 2013 TYR BSS Summer Classic
15	2:16.63	L Zone	F	Burton, Meghan	14	PSDN VA	5/9/2013 Poseidon Classic 2013
16	2:17.21	L Zone	F	Baber, Caroline	13	NOVA VA	6/27/2013 2013 TYR BSS Summer Classic
17	2:17.42	L Zone	F	Mikeal, Sabrina	13	STAT VA	6/21/2013 CGBD Summer Madness LC Invitational
18	2:17.47	L Zone	F	Baker, Sonora	13	BAC VA	6/28/2013 2013 Last Chance Meet
19	2:17.52	L Zone	F	Fanz, Lindsey	13	PSDN VA	6/28/2013 2013 Last Chance Meet
Women 13-14 400 Free							
1	4:29.63	L Zone	F	Hadd, Madeleine	13	NOVA VA	6/27/2013 2013 TYR BSS Summer Classic
2	4:38.16	L Zone	F	Jones, Julianna	14	WAC VA	5/9/2013 Poseidon Classic 2013
3	4:38.59	L Zone	F	Ladd, Hailey	14	PSDN VA	6/28/2013 2013 Last Chance Meet
4	4:38.65	L Zone	P	Hunter, Megan	14	QSTS VA	8/8/2012 2012 Eastern Zone Long Course Champion
5	4:39.14	L Zone	F	Gvozdas, Bryn	14	NOVA VA	6/14/2013 2013 NC WAVE Capital City Invi
6	4:40.59	L Zone	F	Provenzo, Emily	14	NOVA VA	5/9/2013 Poseidon Classic 2013
7	4:42.51	L Zone	F	Butler, Bailey	14	NOVA VA	6/27/2013 2013 TYR BSS Summer Classic
8	4:43.99	L Zone	F	Curry, Camryn	14	STAT VA	5/24/2013 2013 Virginia LC State Championships
9	4:44.52	L Zone	P	Meeker, Lauren	13	NOVA VA	5/9/2013 Poseidon Classic 2013
10	4:46.04	L Zone	F	Peterson, Kaya	14	NOVA VA	5/9/2013 Poseidon Classic 2013
Women 13-14 800 Free							
1	9:27.52	L Zone	F	Hadd, Madeleine	13	NOVA VA	5/9/2013 Poseidon Classic 2013
2	9:31.42	L Zone	F	Hunter, Megan	14	QSTS VA	8/8/2012 2012 Eastern Zone Long Course Champion
3	9:35.00	L Zone	F	Ladd, Hailey	14	PSDN VA	8/8/2012 2012 Eastern Zone Long Course Champion
4	9:41.39	L Zone	F	Curry, Camryn	14	STAT VA	6/21/2013 CGBD Summer Madness LC Invitational
5	9:41.56	L Zone	F	Jones, Julianna	14	WAC VA	8/8/2012 2012 Eastern Zone Long Course Champion
6	9:43.78	L Zone	F	Delgado, Cora	14	ODAC VA	6/21/2013 CGBD Summer Madness LC Invitational
7	9:48.46	L Zone	F	Butler, Bailey	14	NOVA VA	5/9/2013 Poseidon Classic 2013
8	9:49.31	L Zone	F	Peterson, Kaya	14	NOVA VA	5/9/2013 Poseidon Classic 2013
9	9:51.13	L Zone	F	Fisher, Olivia	14	BAC VA	5/9/2013 Poseidon Classic 2013
Women 13-14 1500 Free							
1	17:40.98	L Zone	F	Hadd, Madeleine	13	NOVA VA	6/27/2013 2013 TYR BSS Summer Classic
2	18:19.49	L Zone	F	Hunter, Megan	14	QSTS VA	8/8/2012 2012 Eastern Zone Long Course Champion
3	18:34.71	L Zone	F	Fisher, Olivia	14	BAC VA	5/9/2013 Poseidon Classic 2013
4	18:47.16	L Zone	F	Butler, Bailey	14	NOVA VA	5/9/2013 Poseidon Classic 2013
5	18:57.43	L Zone	F	Jones, Julianna	14	WAC VA	8/8/2012 2012 Eastern Zone Long Course Champion
6	18:59.17	L Zone	F	Morling, Jordan	14	UN VA	5/31/2013 2013 VA HOKI Spring into Summ
7	19:00.06	L Zone	F	Sheffield, Molly	14	BAC VA	5/9/2013 Poseidon Classic 2013
8	19:04.16	L Zone	F	Rumsey, Charlotte	13	SMAC VA	6/21/2013 2013 Subway Commonwealth Games of VA

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 13-14 100 Back									
1	1:06.27	L Zone	F	Curry, Camryn	14	STAT VA	6/21/2013	CGBD Summer Madness LC Invitational	
2	1:08.73	L Zone	F	Morling, Jordan	14	UNAT VA	5/4/2013	2013 HOKI CCA LY YRVS MAY Quad Mee	
3	1:08.87	L Zone	F	Baker, Sonora	13	BAC VA	5/9/2013	Poseidon Classic 2013	
4	1:08.94	L Zone	P	Burton, Meghan	14	PSDN VA	5/9/2013	Poseidon Classic 2013	
5	1:08.98	L Zone	F	Fisher, Olivia	14	BAC VA	5/9/2013	Poseidon Classic 2013	
6	1:09.55	L Zone	F	Dickinson, Callie	13	TIDE VA	6/28/2013	2013 Last Chance Meet	
7	1:09.70	L Zone	F	Ostrowski, Claire	14	TIDE VA	6/28/2013	2013 Last Chance Meet	
8	1:10.29	L Zone	F	Ladd, Hailey	14	PSDN VA	6/28/2013	2013 Last Chance Meet	
9	1:10.98	L Zone	F	LaRusso, Tara	13	TIDE VA	5/31/2013	2013 TAC LC Spring Luau	
10	1:11.54	L Zone	F	Provenzo, Emily	14	NOVA VA	5/9/2013	Poseidon Classic 2013	
11*	1:11.80	L Zone	F	Slayton, Alexandra	13	CGBD VA	5/17/2013	2013 NC Josh Weaver Memorial M	
11*	1:11.80	L Zone	F	Zhu, Melissa	14	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
13	1:12.08	L Zone	P	Ledford, Kaitlyn	14	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
14	1:12.30	L Zone	F	Morello, Maddie	13	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
15	1:12.44	L Zone	F	Assaid, Paige	14	GATR VA	6/20/2013	2013 NC GSA Eastern Invitatio	
16	1:12.45	L Zone	F	Nilson, Lauryn	13	NOVA VA	5/9/2013	Poseidon Classic 2013	
17	1:12.57	L Zone	F	Huang, Ashley	13	CYAC VA	5/31/2013	2013 TAC LC Spring Luau	
18	1:12.67	L Zone	P	Keating, Bronwyn	13	VYAC VA	6/21/2013	CGBD Summer Madness LC Invitational	
19	1:12.73	L Zone	P	Koegl, Emily	14	VACS VA	5/17/2013	2013 NC Josh Weaver Memorial M	
20	1:12.83	L Zone	F	Meeker, Lauren	13	NOVA VA	5/9/2013	Poseidon Classic 2013	
21	1:12.84	L Zone	P	Lenz, Sydney	14	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
22	1:12.90	L Zone	F	Delgado, Cora	14	ODAC VA	6/21/2013	CGBD Summer Madness LC Invitational	
23	1:13.09	L Zone	F	Fellowes, Miranda	14	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
Women 13-14 200 Back									
1	2:25.43	L Zone	F	Morling, Jordan	14	UN VA	5/31/2013	2013 VA HOKI Spring into Summ	
2	2:26.28	L Zone	F	Curry, Camryn	14	STAT VA	8/8/2012	2012 Eastern Zone Long Course Champion	
3	2:28.25	L Zone	F	Ladd, Hailey	14	PSDN VA	6/28/2013	2013 Last Chance Meet	
4	2:28.54	L Zone	F	Dickinson, Callie	13	TIDE VA	5/31/2013	2013 TAC LC Spring Luau	
5	2:28.58	L Zone	F	Fisher, Olivia	14	BAC VA	5/9/2013	Poseidon Classic 2013	
6	2:28.94	L Zone	F	Baker, Sonora	13	BAC VA	6/28/2013	2013 Last Chance Meet	
7	2:30.22	L Zone	F	Burton, Meghan	14	PSDN VA	4/19/2013	VADC Spring Splash	
8	2:30.36	L Zone	F	Hadd, Madeleine	13	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
9	2:31.55	L Zone	F	Lenz, Sydney	14	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
10	2:33.00	L Zone	F	LaRusso, Tara	13	TIDE VA	5/31/2013	2013 TAC LC Spring Luau	
11	2:33.07	L Zone	F	Zhu, Melissa	14	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
12	2:34.62	L Zone	F	Meeker, Lauren	13	NOVA VA	5/9/2013	Poseidon Classic 2013	
13	2:34.97	L Zone	F	Fellowes, Miranda	14	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
14	2:35.35	L Zone	F	Slayton, Alexandra	13	CGBD VA	5/17/2013	2013 NC Josh Weaver Memorial M	
Women 13-14 100 Breast									
1	1:17.70	L Zone	F	Ostrowski, Claire	14	TIDE VA	6/28/2013	2013 Last Chance Meet	
2	1:19.40	L Zone	F	Fisher, Olivia	14	BAC VA	5/9/2013	Poseidon Classic 2013	
3	1:20.90	L Zone	F	Harper, Jasmine	14	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
4	1:21.09	L Zone	F	Dickinson, Callie	13	TIDE VA	5/3/2013	Tide LC Spring Challenge	
5	1:21.29	L Zone	F	Atkins, Maya	13	PSDN VA	6/28/2013	2013 Last Chance Meet	
6	1:21.95	L Zone	F	Horne, Rheagan	14	RPST VA	5/9/2013	Poseidon Classic 2013	
7	1:22.08	L Zone	F	Sheffield, Molly	14	BAC VA	5/9/2013	Poseidon Classic 2013	
8	1:22.13	L Zone	F	Depaul, Jennie	14	ODAC VA	5/31/2013	2013 TAC LC Spring Luau	
9	1:22.46	L Zone	P	Bristow, Carter	13	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
10	1:22.47	L Zone	P	Rumsey, Charlotte	13	SMAC VA	8/8/2012	2012 Eastern Zone Long Course Champion	
11	1:22.50	L Zone	F	Marsteller, Chelsea	13	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
12	1:22.65	L Zone	P	Carroll, Cailin	13	QSTS VA	8/8/2012	2012 Eastern Zone Long Course Champion	

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			
13	1:22.91	L Zone	F	Lawson, Mackenzie	13	CYAC VA	6/21/2013	2013 Subway Commonwealth Games of VA
14	1:23.50	L Zone	F	Morling, Jordan	14	UN VA	5/31/2013	2013 VA HOKI Spring into Summ
Women 13-14 200 Breast								
1	2:42.62	L Zone	F	Ostrowski, Claire	14	TIDE VA	5/3/2013	Tide LC Spring Challenge
2	2:50.27	L Zone	F	Koegl, Emily	14	VACS VA	5/17/2013	2013 NC Josh Weaver Memorial M
3	2:51.08	L Zone	F	Harper, Jasmine	14	NOVA VA	5/9/2013	Poseidon Classic 2013
4	2:52.41	L Zone	F	Dickinson, Callie	13	TIDE VA	5/31/2013	2013 TAC LC Spring Luau
5	2:52.75	L Zone	F	Meyer, Ashley	13	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic
6	2:52.92	L Zone	F	Morling, Jordan	14	UN VA	5/31/2013	2013 VA HOKI Spring into Summ
7	2:54.50	L Zone	F	Atkins, Maya	13	PSDN VA	6/28/2013	2013 Last Chance Meet
8	2:55.60	L Zone	P	Summerlin, Taylor	13	GATR VA	8/8/2012	2012 Eastern Zone Long Course Champion
9	2:56.38	L Zone	F	Bristow, Carter	13	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic
10	2:56.96	L Zone	F	Depaul, Jennie	14	ODAC VA	5/31/2013	2013 TAC LC Spring Luau
11	2:57.32	L Zone	F	Katzer, Danika	13	SEVA VA	6/21/2013	CGBD Summer Madness LC Invitational
Women 13-14 100 Fly								
1	1:04.97	L Zone	F	Sheffield, Molly	14	BAC VA	5/9/2013	Poseidon Classic 2013
2	1:06.38	L Zone	F	Dickinson, Callie	13	TIDE VA	6/28/2013	2013 Last Chance Meet
3	1:06.60	L Zone	F	Burton, Meghan	14	PSDN VA	4/19/2013	VADC Spring Splash
4	1:07.10	L Zone	F	Curry, Camryn	14	STAT VA	6/21/2013	CGBD Summer Madness LC Invitational
5	1:07.19	L Zone	F	Zhu, Melissa	14	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational
6	1:07.35	L Zone	F	Gomez, Valentina	14	UNCCA VA	6/28/2013	2013 Last Chance Meet
7	1:08.06	L Zone	F	Koegl, Emily	14	VACS VA	5/17/2013	2013 NC Josh Weaver Memorial M
8	1:08.19	L Zone	P	Delgado, Cora	14	ODAC VA	6/21/2013	CGBD Summer Madness LC Invitational
9	1:09.11	L Zone	F	Mikeal, Sabrina	13	STAT VA	6/21/2013	CGBD Summer Madness LC Invitational
10	1:09.14	L Zone	F	Huang, Ashley	13	CYAC VA	6/21/2013	2013 Subway Commonwealth Games of VA
11	1:09.70	L Zone	F	Morling, Jordan	14	UN VA	5/31/2013	2013 VA HOKI Spring into Summ
12	1:09.84	L Zone	F	Campbell, Nikia	14	QDD VA	5/31/2013	SNOW Long Course Invitational
13	1:10.21	L Zone	F	Fisher, Olivia	14	BAC VA	6/28/2013	2013 Last Chance Meet
14	1:10.31	L Zone	F	Rymer, Rachel	14	CGBD VA	5/17/2013	2013 NC Josh Weaver Memorial M
15	1:10.32	L Zone	F	Slayton, Alexandra	13	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational
16	1:10.47	L Zone	F	Hadd, Madeleine	13	NOVA VA	5/9/2013	Poseidon Classic 2013
17	1:10.59	L Zone	F	Gvozdas, Bryn	14	NOVA VA	5/9/2013	Poseidon Classic 2013
18	1:10.87	L Zone	F	Whitlow, Cabell	13	GATR VA	5/9/2013	Poseidon Classic 2013
19	1:10.98	L Zone	F	McBryde, Cassie	14	QSTS VA	5/9/2013	Poseidon Classic 2013
20	1:11.17	L Zone	F	Depaul, Jennie	14	ODAC VA	5/3/2013	Tide LC Spring Challenge
21	1:11.24	L Zone	F	Bristow, Carter	13	NOVA VA	5/31/2013	2013 TAC LC Spring Luau
22	1:11.26	L Zone	F	Assaid, Paige	14	GATR VA	6/20/2013	2013 NC GSA Eastern Invitatio
Women 13-14 200 Fly								
1	2:26.11	L Zone	F	Sheffield, Molly	14	BAC VA	6/28/2013	2013 Last Chance Meet
2	2:26.19	L Zone	F	Hadd, Madeleine	13	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic
3	2:30.91	L Zone	F	Morling, Jordan	14	UNAT VA	5/4/2013	2013 HOKI CCA LY YRVS MAY Quad Mee
4	2:32.74	L Zone	F	Zhu, Melissa	14	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational
5	2:32.89	L Zone	F	Whitlow, Cabell	13	GATR VA	5/9/2013	Poseidon Classic 2013
6	2:33.92	L Zone	F	Butler, Bailey	14	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic
7	2:35.27	L Zone	P	Koegl, Emily	14	VACS VA	5/17/2013	2013 NC Josh Weaver Memorial M
8	2:35.83	L Zone	F	Paterson, Carolyn	14	RPST VA	6/21/2013	Winchester LC Invitational A/BB/B/C
9	2:36.30	L Zone	P	Gomez, Valentina	14	UNCCA VA	6/28/2013	2013 Last Chance Meet
Women 13-14 200 IM								
1	2:26.52	L Zone	F	Sheffield, Molly	14	BAC VA	6/28/2013	2013 Last Chance Meet
2	2:27.17	L Zone	F	Curry, Camryn	14	STAT VA	6/21/2013	CGBD Summer Madness LC Invitational
3	2:30.48	L Zone	P	Fisher, Olivia	14	BAC VA	6/28/2013	2013 Last Chance Meet
4	2:30.61	L Zone	F	Ostrowski, Claire	14	TIDE VA	6/28/2013	2013 Last Chance Meet

**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				
5	2:30.87	L Zone	P	Koegl, Emily	14	VACS VA	5/17/2013	2013 NC Josh Weaver Memorial M	
6	2:31.69	L Zone	F	Provenzo, Emily	14	NOVA VA	5/9/2013	Poseidon Classic 2013	
7	2:31.98	L Zone	F	Dickinson, Callie	13	TIDE VA	6/28/2013	2013 Last Chance Meet	
8	2:33.68	L Zone	F	Jones, Julianna	14	WAC VA	4/19/2013	VADC Spring Splash	
9	2:34.72	L Zone	F	Morling, Jordan	14	UNAT VA	5/4/2013	2013 HOKI CCA LY YRVS MAY Quad Mee	
10	2:34.98	L Zone	F	Hadd, Madeleine	13	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
11	2:35.16	L Zone	F	Depaul, Jennie	14	ODAC VA	6/21/2013	CGBD Summer Madness LC Invitational	
12	2:35.26	L Zone	F	Bristow, Carter	13	NOVA VA	5/17/2013	2013 NC Josh Weaver Memorial M	
13	2:35.84	L Zone	F	Zhu, Melissa	14	CGBD VA	5/31/2013	2013 TAC LC Spring Luau	
14	2:36.22	L Zone	F	Baber, Caroline	13	NOVA VA	6/27/2013	2013 TYR BSS Summer Classic	
15	2:36.38	L Zone	F	Gvozdas, Bryn	14	NOVA VA	6/14/2013	2013 NC WAVE Capital City Invi	
16	2:36.72	L Zone	F	Slayton, Alexandra	13	CGBD VA	5/31/2013	2013 TAC LC Spring Luau	
17	2:36.78	L Zone	P	Roehrle, Carter	13	WAC VA	5/9/2013	Poseidon Classic 2013	
Women 13-14 400 IM									
1	5:16.06	L Zone	F	Curry, Camryn	14	STAT VA	6/21/2013	CGBD Summer Madness LC Invitational	
2	5:16.53	L Zone	F	Sheffield, Molly	14	BAC VA	6/28/2013	2013 Last Chance Meet	
3	5:20.67	L Zone	F	Morling, Jordan	14	UN VA	5/31/2013	2013 VA HOKI Spring into Summ	
4	5:21.05	L Zone	F	Dickinson, Callie	13	TIDE VA	5/31/2013	2013 TAC LC Spring Luau	
5	5:26.07	L Zone	F	Zhu, Melissa	14	CGBD VA	6/21/2013	CGBD Summer Madness LC Invitational	
6	5:28.28	L Zone	F	Meeker, Lauren	13	NOVA VA	5/9/2013	Poseidon Classic 2013	
7	5:28.36	L Zone	F	Childress, Kelsey	14	LY VA	6/22/2013	TAC TITANS Bring the Heat Meet	