

Virginia Swimming LC Zone Team Top 10 thru 30 June 2014

Age Up Date = 6 August 2014

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
Women 15-18 50 Free									
1	27.55	L	LCZ	F	Leigh-Ann Clark	18	CGBD VA	6/20/2014	CGBD Summer Madness LC Invitational
2*	27.83	L	LCZ	F	Cora Delgado	15	ODAC VA	6/20/2014	CGBD Summer Madness LC Invitational
2*	27.83	L	LCZ	F	Rheagan Horne	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
4	28.05	L	LCZ	F	Nadia Nabhan	16	TAC VA	5/2/2014	Tide Speedo Spring Challenge A/BB/B/C
5*	28.16	L	LCZ	F	Caitlin Horner	17	SEVA VA	5/8/2014	Poseidon Classic 2014
5*	28.16	L	LCZ	F	Katherine Nezelek	16	PSDN VA	5/8/2014	Poseidon Classic 2014
7	28.24	L	LCZ	F	Margaret Gruber	18	HOKI VA	5/3/2014	2014 HOKI CCA LY YRVS MAY Quad Mee
8	28.26	L	LCZ	P	Chase Walker	18	ODAC VA	6/26/2014	2014 BSS TYR Summer Classic
9	28.34	L	LCZ	F	Bryn Gvozdas	15	NOVA VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
10	28.40	L	LCZ	F	Jessica Beck	15	QSTS VA	5/8/2014	Poseidon Classic 2014
Women 15-18 100 Free									
1	1:00.45	L	LCZ	F	Bryn Gvozdas	15	NOVA VA	6/26/2014	2014 BSS TYR Summer Classic
2	1:00.97	L	LCZ	F	Leigh-Ann Clark	18	CGBD VA	6/20/2014	CGBD Summer Madness LC Invitational
3	1:01.18	L	LCZ	P	Meghan Burton	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
4	1:01.35	L	LCZ	F	Nadia Nabhan	16	TAC VA	5/2/2014	Tide Speedo Spring Challenge A/BB/B/C
5*	1:01.38	L	LCZ	F	Hailey Ladd	15	PSDN VA	5/30/2014	River City Open A/BB/B/C
5*	1:01.38	L	LCZ	F	Juliana Jones	15	WAC VA	5/30/2014	River City Open A/BB/B/C
7	1:01.48	L	LCZ	F	Megan Motter	16	TIDE VA	5/2/2014	Tide Speedo Spring Challenge A/BB/B/C
8	1:01.55	L	LCZ	P	Chase Walker	18	ODAC VA	6/26/2014	2014 BSS TYR Summer Classic
9	1:01.63	L	LCZ	P	Rheagan Horne	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
10	1:01.87	L	LCZ	F	Cora Delgado	15	ODAC VA	6/20/2014	CGBD Summer Madness LC Invitational
Women 15-18 200 Free									
1	2:10.44	L	LCZ	F	Abigail Richey	17	NOVA VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
2	2:10.74	L	LCZ	P	Selina Fuller	18	NOVA VA	6/20/2014	2014 Last Chance Meet
3	2:10.93	L	LCZ	F	Bryn Gvozdas	15	NOVA VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
4	2:11.29	L	LCZ	F	Hailey Ladd	15	PSDN VA	5/8/2014	Poseidon Classic 2014
5	2:11.96	L	LCZ	P	Norah Hunt	16	SMAC VA	6/13/2014	2014 SE TNAQ June Invitational
6	2:12.39	L	LCZ	P	Elizabeth Magnusson	17	QSTS VA	5/8/2014	Poseidon Classic 2014
7	2:12.47	L	LCZ	F	Emily Provenzo	15	NOVA VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
8	2:12.80	L	LCZ	F	Keara Garrity	16	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
9	2:12.95	L	LCZ	F	Leigh-Ann Clark	18	CGBD VA	5/2/2014	Tide Speedo Spring Challenge A/BB/B/C
10	2:13.15	L	LCZ	F	Nicole Piercy	17	CGBD VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
Women 15-18 400 Free									
1	4:28.63	L	LCZ	P	Norah Hunt	16	SMAC VA	5/23/2014	2014 CA Speedo Grand Challenge
2	4:31.78	L	LCZ	F	Sarah Browning	18	BAC VA	6/20/2014	2014 Last Chance Meet
3	4:32.28	L	LCZ	F	Hailey Ladd	15	PSDN VA	5/8/2014	Poseidon Classic 2014
4	4:34.22	L	LCZ	F	Abigail Richey	17	NOVA VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
5	4:37.05	L	LCZ	P	Megan Hunter	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
6	4:37.45	L	LCZ	F	Megan Motter	16	TIDE VA	6/20/2014	2014 Last Chance Meet
7	4:38.12	L	LCZ	F	Hannah Ikenberry	16	BAC VA	5/8/2014	Poseidon Classic 2014
8	4:38.83	L	LCZ	F	Jenna Beattie	16	CGBD VA	5/2/2014	Tide Speedo Spring Challenge A/BB/B/C
9	4:39.70	L	LCZ	F	Bailey Butler	15	NOVA VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
10	4:39.85	L	LCZ	F	Emily Provenzo	15	NOVA VA	6/26/2014	2014 BSS TYR Summer Classic
Women 15-18 800 Free									
1	9:12.06	L	LCZ	P	Norah Hunt	16	SMAC VA	5/23/2014	2014 CA Speedo Grand Challenge
2	9:27.34	L	LCZ	F	Megan Hunter	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
3	9:33.25	L	LCZ	F	Hailey Ladd	15	PSDN VA	5/30/2014	River City Open A/BB/B/C
4	9:33.37	L	LCZ	F	Jenna Beattie	16	CGBD VA	5/30/2014	River City Open A/BB/B/C
5	9:35.19	L	LCZ	F	Sarah Browning	18	BAC VA	5/8/2014	Poseidon Classic 2014
6	9:36.27	L	LCZ	F	Nicole Piercy	17	CGBD VA	5/30/2014	River City Open A/BB/B/C
7	9:36.65	L	LCZ	F	Emily Provenzo	15	NOVA VA	5/8/2014	Poseidon Classic 2014
8	9:41.89	L	LCZ	F	Corie Morton	17	GATR VA	6/20/2014	2014 Last Chance Meet
9	9:43.92	L	LCZ	F	Cora Delgado	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion

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10	9:46.17	L	LCZ	F	Hannah Ikenberry	16	BAC VA	5/8/2014	Poseidon Classic 2014
Women 15-18 1500 Free									
1	18:05.61	L	LCZ	F	Megan Hunter	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
2	18:33.70	L	LCZ	F	Sarah Browning	18	BAC VA	5/8/2014	Poseidon Classic 2014
3	18:33.82	L	LCZ	F	Hailey Ladd	15	PSDN VA	5/8/2014	Poseidon Classic 2014
4	18:37.55	L	LCZ	F	Meredith Sieller	15	TIDE VA	5/30/2014	2014 TAC LC Spring Luau
5	18:42.36	L	LCZ	F	Emily Provenzo	15	NOVA VA	5/30/2014	2014 TAC LC Spring Luau
Women 15-18 100 Back									
1	1:07.33	L	LCZ	P	Selina Fuller	18	NOVA VA	6/20/2014	2014 Last Chance Meet
2	1:07.82	L	LCZ	P	Mary Bernadette Escobar	17	ODAC VA	6/26/2014	2014 BSS TYR Summer Classic
3*	1:08.19	L	LCZ	P	Meghan Burton	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
3*	1:08.19	L	LCZ	F	Megan Motter	16	TIDE VA	6/20/2014	2014 Last Chance Meet
5	1:09.09	L	LCZ	F	Katherine Nezelek	16	PSDN VA	5/8/2014	Poseidon Classic 2014
6	1:09.24	L	LCZ	F	Miranda Fellowes	15	NOVA VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
7	1:09.47	L	LCZ	F	Sarah Browning	18	BAC VA	5/8/2014	Poseidon Classic 2014
8	1:09.58	L	LCZ	F	Anna Dickinson	17	TIDE VA	5/2/2014	Tide Speedo Spring Challenge A/BB/B/C
9	1:09.78	L	LCZ	F	Hailey Ladd	15	PSDN VA	5/8/2014	Poseidon Classic 2014
10	1:09.95	L	LCZ	P	Paige Assaid	15	GATR VA	6/13/2014	2014 SE TNAQ June Invitational
Women 15-18 200 Back									
1	2:24.25	L	LCZ	F	Sarah Browning	18	BAC VA	6/20/2014	2014 Last Chance Meet
2	2:24.61	L	LCZ	F	Hailey Ladd	15	PSDN VA	6/20/2014	2014 Last Chance Meet
3	2:26.41	L	LCZ	P	Selina Fuller	18	NOVA VA	6/20/2014	2014 Last Chance Meet
4	2:27.61	L	LCZ	F	Meghan Burton	15	PSDN VA	6/20/2014	2014 Last Chance Meet
5	2:28.02	L	LCZ	F	Megan Motter	16	TIDE VA	6/20/2014	2014 Last Chance Meet
6	2:28.33	L	LCZ	F	Hannah Ikenberry	16	BAC VA	6/20/2014	2014 Last Chance Meet
7	2:30.63	L	LCZ	P	Katherine Nezelek	16	PSDN VA	5/8/2014	Poseidon Classic 2014
8	2:30.91	L	LCZ	F	Kylie Stronko	15	QDD VA	5/3/2014	2014 Jeff Rouse Open Invitational
9	2:31.17	L	LCZ	P	Mary Bernadette Escobar	17	ODAC VA	6/26/2014	2014 BSS TYR Summer Classic
10	2:31.18	L	LCZ	F	Sydney Lenz	15	NOVA VA	6/13/2014	2014 SE TNAQ June Invitational
Women 15-18 100 Breast									
1	1:17.14	L	LCZ	F	Elyse MacIsaac	16	STAT VA	6/20/2014	CGBD Summer Madness LC Invitational
2	1:18.12	L	LCZ	P	Anna Dickinson	17	TIDE VA	6/20/2014	2014 Last Chance Meet
3	1:18.84	L	LCZ	P	Jasmine Harper	15	NOVA VA	5/8/2014	Poseidon Classic 2014
4	1:18.95	L	LCZ	F	Kara Wineinger	17	RAYS VA	5/30/2014	River City Open A/BB/B/C
5	1:19.41	L	LCZ	F	Jennie Depaul	15	ODAC VA	6/26/2014	2014 BSS TYR Summer Classic
6	1:20.01	L	LCZ	F	Nicole Reeves	16	UN-RR VA	6/20/2014	CGBD Summer Madness LC Invitational
7	1:20.64	L	LCZ	F	Annalee Johnson	17	RAYS VA	5/3/2014	2014 PV SNOW LC Spring Classic
8	1:20.92	L	LCZ	F	Maya Harrington	17	TAC VA	3/29/2014	2014 SEVA LC Head Start Meet
9	1:20.95	L	LCZ	F	Alexandra Searles	16	NOVA VA	6/20/2014	2014 Last Chance Meet
10	1:20.99	L	LCZ	F	Julia Kleinhample	16	SEVA VA	6/20/2014	CGBD Summer Madness LC Invitational
Women 15-18 200 Breast									
1	2:49.25	L	LCZ	F	Jasmine Harper	15	NOVA VA	5/8/2014	Poseidon Classic 2014
2	2:50.73	L	LCZ	F	Elyse MacIsaac	16	STAT VA	5/23/2014	2014 PV Virginia LC State Championships
3	2:51.36	L	LCZ	P	Courtney Adams	17	NOVA VA	6/13/2014	2014 SE TNAQ June Invitational
4	2:51.90	L	LCZ	P	Anna Dickinson	17	TIDE VA	6/20/2014	2014 Last Chance Meet
5	2:52.16	L	LCZ	P	Corie Morton	17	GATR VA	6/20/2014	2014 Last Chance Meet
6	2:52.38	L	LCZ	F	Jennie Depaul	15	ODAC VA	5/30/2014	2014 TAC LC Spring Luau
7	2:53.50	L	LCZ	F	Morgan Stavac	18	NOVA VA	6/13/2014	2014 SE TNAQ June Invitational
8	2:53.82	L	LCZ	F	Kara Wineinger	17	RAYS VA	5/30/2014	River City Open A/BB/B/C
9	2:54.97	L	LCZ	F	Jessica Pierce	16	NOVA VA	6/26/2014	2014 BSS TYR Summer Classic
10	2:56.04	L	LCZ	F	Carolyn Paterson	15	RPST VA	5/8/2014	Poseidon Classic 2014
Women 15-18 100 Fly									
1	1:05.91	L	LCZ	P	Selina Fuller	18	NOVA VA	6/20/2014	2014 Last Chance Meet
2	1:06.00	L	LCZ	F	Jillian Breeger	17	CGBD VA	5/16/2014	2014 NC NCAC Josh Weaver Meet

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	Time		P/F/S	Name	Age/Yr				
3	1:06.47	L	LCZ	F	Margaret Gruber	18	HOKI VA	5/3/2014	2014 HOKI CCA LY YRVS MAY Quad Meet
4	1:07.20	L	LCZ	P	Meghan Burton	15	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
5	1:07.45	L	LCZ	F	Melissa Zhu	15	CGBD VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
6	1:07.61	L	LCZ	P	Megan Simpson	16	STAT VA	5/23/2014	2014 PV Virginia LC State Championships
7	1:07.88	L	LCZ	F	Emily Provenzo	15	NOVA VA	6/26/2014	2014 BSS TYR Summer Classic
8	1:07.92	L	LCZ	F	Norah Hunt	16	SMAC VA	6/13/2014	2014 SE TNAQ June Invitational
9	1:07.94	L	LCZ	P	Nadia Nabhan	16	FUAC VA	5/15/2014	2014 Arena Grand Prix at Charlotte
10	1:08.01	L	LCZ	F	Hannah Denison	17	PSDN VA	5/30/2014	River City Open A/BB/B/C
Women 15-18 200 Fly									
1	2:24.78	L	LCZ	F	Sarah Browning	18	BAC VA	6/20/2014	2014 Last Chance Meet
2	2:25.46	L	LCZ	F	Norah Hunt	16	SMAC VA	6/13/2014	2014 SE TNAQ June Invitational
3	2:25.75	L	LCZ	P	Elizabeth Deglau	17	PSDN VA	6/20/2014	2014 Last Chance Meet
4	2:29.77	L	LCZ	P	Christina McLemore	17	ODAC VA	6/26/2014	2014 BSS TYR Summer Classic
5	2:31.11	L	LCZ	F	Nadia Nabhan	16	TAC VA	5/2/2014	Tide Speedo Spring Challenge A/BB/B/C
Women 15-18 200 IM									
1	2:27.14	L	LCZ	F	Sarah Browning	18	BAC VA	6/20/2014	2014 Last Chance Meet
2	2:28.74	L	LCZ	F	Emily Provenzo	15	NOVA VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
3	2:29.27	L	LCZ	P	Megan Motter	16	TIDE VA	6/20/2014	2014 Last Chance Meet
4	2:30.46	L	LCZ	P	Jennie Depaul	15	ODAC VA	6/26/2014	2014 BSS TYR Summer Classic
5	2:30.65	L	LCZ	F	Maya Harrington	17	TAC VA	5/30/2014	2014 TAC LC Spring Luau
6	2:30.94	L	LCZ	F	Jillian Breeger	17	CGBD VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
7	2:31.12	L	LCZ	F	Jessica Beattie	16	CGBD VA	5/30/2014	River City Open A/BB/B/C
8	2:31.69	L	LCZ	P	Keara Garrity	16	VSI VA	8/7/2013	2013 Eastern Zone Long Course Champion
9	2:31.98	L	LCZ	F	Jenna Beattie	16	CGBD VA	6/20/2014	CGBD Summer Madness LC Invitational
10	2:32.37	L	LCZ	P	Lauren Parker	16	NOVA VA	6/26/2014	2014 BSS TYR Summer Classic
Women 15-18 400 IM									
1	5:03.94	L	LCZ	F	Sarah Browning	18	BAC VA	6/20/2014	2014 Last Chance Meet
2	5:11.85	L	LCZ	F	Emily Provenzo	15	NOVA VA	6/26/2014	2014 BSS TYR Summer Classic
3	5:13.82	L	LCZ	F	Megan Motter	16	TIDE VA	6/20/2014	2014 Last Chance Meet
4	5:15.53	L	LCZ	F	Jennie Depaul	15	ODAC VA	6/26/2014	2014 BSS TYR Summer Classic
5	5:17.15	L	LCZ	P	Norah Hunt	16	SMAC VA	6/13/2014	2014 SE TNAQ June Invitational
6	5:18.78	L	LCZ	F	Lauren Parker	16	NOVA VA	6/26/2014	2014 BSS TYR Summer Classic
7	5:19.93	L	LCZ	F	Jessica Beattie	16	CGBD VA	5/30/2014	River City Open A/BB/B/C
8	5:20.93	L	LCZ	F	Nicole Piercy	17	CGBD VA	5/16/2014	2014 NC NCAC Josh Weaver Meet
9	5:22.59	L	LCZ	P	Elizabeth Deglau	17	PSDN VA	6/20/2014	2014 Last Chance Meet
10	5:22.67	L	LCZ	F	Jenna Beattie	16	CGBD VA	6/20/2014	CGBD Summer Madness LC Invitational