

**2008-2009 Virginia Swimming Short Course
LSC Top 10**

April 2009, Age Up Date = 5/1/2009

Time	P/F/S	Name	Age/Yr			
Women 15-18 50 Free						
1	22.92 Y	P *I Rebecca Jones	17	TIDE VA	12/4/2008	2008 ConocoPhillips Short Course
2	23.42 Y	F *I Caroline Simmons	18	STAT VA	3/5/2009	2009 VA SC Senior Championships
3	23.51 Y	F *I Katherine Bassett	16	NOVA VA	3/5/2009	2009 VA SC Senior Championships
4	23.66 Y	F *I Gabrielle Bishop	15	US VA	3/5/2009	2009 VA SC Senior Championships
5	23.81 Y	F *I Lauren Hines	18	GATR VA	12/12/2008	2008 Christmas Meet Inviational
6	23.88 Y	F *I Allison Titley	16	NOVA VA	12/4/2008	2008 PV Tom Dolan Invitational
7	23.93 Y	F *I Kaitlin Jones	15	SQST VA	3/5/2009	2009 VA SC Senior Championships
8	23.94 Y L	P *I Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
9	23.97 Y L	P *I Susanna White	16	LY VA	4/6/2009	2009 YMCA Nationals Short Course
10	24.18 Y	P *I Rachel Sepanski	17	CGBD VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 100 Free						
1	49.06 Y	F *I Rebecca Jones	17	TIDE VA	12/4/2008	2008 ConocoPhillips Short Course
2	50.39 Y	P *I Allison Titley	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
3	50.65 Y	F *I Caroline Simmons	18	STAT VA	3/5/2009	2009 VA SC Senior Championships
4	50.70 Y	P *I Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
5	50.78 Y	F *I Lauren Hines	18	GATR VA	12/12/2008	2008 Christmas Meet Inviational
6	50.90 Y	F *I Susanna White	16	LY VA	4/6/2009	2009 YMCA Nationals Short Course
7	51.18 Y	P *I Kaitlin Jones	15	SQST VA	3/17/2009	2009 NCSA Junior National Swimming
8	51.74 Y	F *I Gabrielle Bishop	15	US VA	3/19/2009	2009 VSI SC Age Group Championships
9	51.81 Y	P *I Alison Haulsee	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
10*	52.01 Y	P *I Carter Stephens	17	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
10*	52.01 Y	P *I Rachel Sepanski	17	CGBD VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 200 Free						
1	1:45.44 Y	F *I Rebecca Jones	17	TIDE VA	3/5/2009	2009 VA SC Senior Championships
2	1:48.16 Y	P *I Allison Titley	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
3	1:48.27 Y	P *I Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
4	1:48.75 Y	F *I Ali Horn	16	GATR VA	12/12/2008	2008 Christmas Meet Inviational
5	1:49.36 Y	P *I Kaitlin Jones	15	SQST VA	3/17/2009	2009 NCSA Junior National Swimming
6	1:49.58 Y	P *I Alison Haulsee	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
7	1:50.27 Y	F *I Lauren Hines	18	GATR VA	12/12/2008	2008 Christmas Meet Inviational
8	1:50.31 Y	F *I Katie Schroeder	17	PSDN VA	3/5/2009	2009 VA SC Senior Championships
9	1:51.20 Y	F *I Emma Nunn	15	NOVA VA	3/5/2009	2009 VA SC Senior Championships
10	1:51.65 Y L	P *I Bryn Moriarty	17	ODAC VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 500 Free						
1	4:44.09 Y	P *I Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	4:50.23 Y	P *I Katie Schroeder	17	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
3	4:53.08 Y	P *I Alison Haulsee	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
4	4:53.49 Y	P *I Allison Titley	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
5	4:54.81 Y	P *I Ali Horn	16	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
6	4:54.94 Y	P *I Alaina Brown	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
7	4:54.95 Y	F *I Lauren Gray	16	UN VA	2/26/2009	2009 VA AA High School State C
8	4:55.23 Y	P *I Emma Nunn	15	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
9	4:55.72 Y	F *I Kaitlin Jones	15	SQST VA	3/5/2009	2009 VA SC Senior Championships
10	4:56.21 Y	F *I Kasey Morris	17	UN VA	2/20/2009	2009 VA Virginia State AAASwim
Women 15-18 1000 Free						
1	10:01.62 Y	F *I Rachel Naurath	16	NOVA VA	11/7/2008	NOVA Senior Classic Closed Invitational
2	10:10.01 Y	F *I Alison Haulsee	16	NOVA VA	12/4/2008	2008 PV Tom Dolan Invitational
3	10:13.09 Y	F *I Lauren Gray	16	GATR VA	12/12/2008	2008 Christmas Meet Inviational
4	10:13.42 Y	F *I Kasey Morris	17	TAC VA	12/4/2008	2008 PV Tom Dolan Invitational
5	10:15.32 Y	F *I Alaina Brown	16	NOVA VA	3/5/2009	2009 VA SC Senior Championships

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6	10:19.19 Y	F	*I Rebecca Rainer	15	NOVA VA	12/4/2008	2008 PV Tom Dolan Invitational
7	10:19.99 Y	F	*I Allison Titley	16	NOVA VA	11/7/2008	NOVA Senior Classic Closed Invitational
8	10:20.29 Y	F	*I Emma Nunn	15	NOVA VA	11/1/2008	National Age Group Team Challenge
9	10:20.73 Y	F	*I Kaitlin Jones	15	SQST VA	2/7/2009	2009 Senior Meet
10	10:22.78 Y	F	*I Jackie Rudolph	17	TIDE VA	12/11/2008	2008 PV Sport Fair Winter Classic
Women 15-18 1650 Free							
1	16:07.53 Y	F	*I Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	16:34.22 Y	F	*I Katie Schroeder	17	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
3	16:35.74 Y	F	*I Alison Haulsee	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
4	16:38.69 Y	F	*I Alaina Brown	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
5	16:52.71 Y	F	*I Lauren Gray	16	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
6	17:01.75 Y	F	*I Kaitlin Jones	15	SQST VA	12/11/2008	2008 Speedo SC Junior National
7	17:05.17 Y	F	*I Kasey Morris	17	TAC VA	3/17/2009	2009 NCSA Junior National Swimming
8	17:10.44 Y	F	*I Allison Titley	16	NOVA VA	1/16/2009	2009 NC RSA January Jubilee Meet
9	17:13.07 Y	F	*I Erin Bartholomew	18	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
10	17:17.43 Y	F	*I Kallie Golden	16	PSDN VA	1/3/2009	2009 PV Senior Circuit #3
Women 15-18 100 Back							
1	55.21 Y	F	*I Lauren Hines	18	GATR VA	3/5/2009	2009 VA SC Senior Championships
2	56.20 Y	P	*I Kallie Golden	16	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
3	56.24 Y	F	*I Kasey Morris	17	UN VA	2/20/2009	2009 VA Virginia State AAASwim
4	56.30 Y L	P	*I Elisabeth Worrell	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
5	57.09 Y	F	*I Rebecca Jones	17	TIDE VA	3/5/2009	2009 VA SC Senior Championships
6	57.32 Y L	F	*I Ashley Byrd	16	US VA	3/26/2009	2009 PV Speedo Champions Series
7	57.51 Y L	P	*I Amanda Carner	15	CGBD VA	3/17/2009	2009 NCSA Junior National Swimming
8	57.73 Y	P	*I Susan Justis	16	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
9	57.85 Y	F	*I Gabrielle Bishop	15	US VA	3/19/2009	2009 VSI SC Age Group Championships
10	57.96 Y	P	*I Sarah White	16	ODAC VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 200 Back							
1	1:58.14 Y	P	*I Elisabeth Worrell	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	1:58.54 Y	F	*I Kallie Golden	16	PSDN VA	12/4/2008	2008 ConocoPhillips Short Course
3	2:00.14 Y	P	*I Susan Justis	16	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
4	2:00.65 Y	F	*I Lauren Hines	18	GATR VA	3/5/2009	2009 VA SC Senior Championships
5	2:01.52 Y	P	*I Kasey Morris	17	TAC VA	3/17/2009	2009 NCSA Junior National Swimming
6	2:02.07 Y	P	*I Amanda Carner	15	CGBD VA	3/17/2009	2009 NCSA Junior National Swimming
7	2:02.80 Y	F	*I Katie Schroeder	17	PSDN VA	3/5/2009	2009 VA SC Senior Championships
8	2:03.09 Y	P	*I Alaina Brown	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
9	2:03.45 Y	F	*I Ali Horn	16	GATR VA	3/5/2009	2009 VA SC Senior Championships
10	2:03.63 Y	P	*I Bryn Moriarty	17	ODAC VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 100 Breast							
1	1:01.17 Y	P	*I Rebecca Rainer	15	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	1:03.03 Y	F	*I Meaghan Holloway	18	US VA	3/26/2009	2009 PV Speedo Champions Series
3	1:03.39 Y	F	*I Keri Sink	18	GATR VA	12/12/2008	2008 Christmas Meet Inviational
4	1:04.22 Y	F	*I Katherine Bassett	16	NOVA VA	3/5/2009	2009 VA SC Senior Championships
5	1:04.86 Y	F	*I Elizabeth Larsen	16	SQST VA	12/5/2008	2008 RSA Reindeer Meet
6	1:05.56 Y	P	*I Shelby Randall	18	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
7	1:05.71 Y	P	*I Robyn Endsley	16	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
8	1:06.09 Y	P	*I Kelsey Holmggaard	17	CCA VA	3/5/2009	2009 VA SC Senior Championships
9	1:06.11 Y	F	*I Jackie Crawford	15	GATR VA	3/19/2009	2009 VSI SC Age Group Championships
10	1:06.13 Y	F	*I Sara Goforth	15	UN VA	2/26/2009	2009 VA AA High School State C
Women 15-18 200 Breast							
1	2:11.87 Y	P	*I Rebecca Rainer	15	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming

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2	2:15.99 Y	P *I	Keri Sink	18	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
3	2:16.92 Y	F *I	Meaghan Holloway	18	US VA	3/26/2009	2009 PV Speedo Champions Series
4	2:18.54 Y	P *I	Miriam McGeath	18	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
5	2:19.45 Y	F *I	Katherine Bassett	16	NOVA VA	3/5/2009	2009 VA SC Senior Championships
6	2:19.69 Y	P *I	Elizabeth Larsen	16	SQST VA	12/11/2008	2008 Speedo SC Junior National
7	2:21.56 Y	P *I	Katie Young	15	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
8	2:21.58 Y	P *I	Robyn Endsley	16	PSDN VA	12/4/2008	2008 PV Tom Dolan Invitational
9	2:22.47 Y	P	Colette LeClair	17	NOVA VA	4/2/2009	2009 PC ALMA SCY FARW SC CHMP
10	2:22.61 Y	P *I	Meredith Drummond	16	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 100 Fly							
1	54.43 Y	F *I	Meaghan Holloway	18	US VA	3/26/2009	2009 PV Speedo Champions Series
2	54.69 Y	F *I	Ali Horn	16	UN VA	2/26/2009	2009 VA AA High School State C
3	55.42 Y	F *I	Rebecca Jones	17	TIDE VA	3/5/2009	2009 VA SC Senior Championships
4	55.61 Y	P *I	Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
5	56.33 Y	P *I	Allison Titley	16	NOVA VA	3/5/2009	2009 VA SC Senior Championships
6	56.38 Y	F *I	Carter Stephens	17	UN VA	2/13/2009	2009 VA VSIS Swim
7	56.42 Y	F *I	Amber Wingfield	15	LY VA	4/6/2009	2009 YMCA Nationals Short Course
8	56.47 Y	P *I	Kayla Iverson	15	SQST VA	3/5/2009	2009 VA SC Senior Championships
9	56.54 Y	T *I	Emma Nunn	15	NOVA VA	3/5/2009	2009 VA SC Senior Championships
10	56.60 Y	P *I	Jessica Hubert	18	SEVA VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 200 Fly							
1	1:57.08 Y	P *I	Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	1:57.58 Y	P *I	Allison Titley	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
3	1:58.21 Y	P *I	Ali Horn	16	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
4	1:58.40 Y	P *I	Emma Nunn	15	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
5	1:58.70 Y	P *I	Alison Haulsee	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
6	1:59.30 Y	P *I	Rebecca Rainer	15	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
7	1:59.37 Y	F *I	Meaghan Holloway	18	US VA	3/26/2009	2009 PV Speedo Champions Series
8	2:00.85 Y	P *I	Katie Schroeder	17	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
9	2:01.64 Y	P *I	Carter Stephens	17	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
10	2:02.01 Y	P *I	Jessica Hubert	18	SEVA VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 200 IM							
1	2:02.30 Y	F *I	Ali Horn	16	GATR VA	12/12/2008	2008 Christmas Meet Inviational
2	2:03.01 Y	F *I	Susanna White	16	LY VA	4/6/2009	2009 YMCA Nationals Short Course
3	2:03.09 Y	F *I	Keri Sink	18	GATR VA	12/12/2008	2008 Christmas Meet Inviational
4	2:03.89 Y	F *I	Meaghan Holloway	18	US VA	3/26/2009	2009 PV Speedo Champions Series
5	2:04.42 Y	P *I	Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
6	2:04.77 Y	F *I	Rebecca Rainer	15	NOVA VA	12/4/2008	2008 PV Tom Dolan Invitational
7	2:06.07 Y	F *I	Emma Nunn	15	NOVA VA	3/5/2009	2009 VA SC Senior Championships
8	2:06.16 Y	P *I	Elisabeth Worrell	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
9	2:06.20 Y	P *I	Alaina Brown	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
10	2:06.78 Y	P *I	Bryn Moriarty	17	ODAC VA	3/17/2009	2009 NCSA Junior National Swimming
Women 15-18 400 IM							
1	4:13.37 Y	P *I	Rebecca Rainer	15	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	4:14.51 Y	F *I	Ali Horn	16	GATR VA	12/12/2008	2008 Christmas Meet Inviational
3	4:16.00 Y	P *I	Rachel Naurath	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
4	4:18.70 Y	P *I	Katie Schroeder	17	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
5	4:20.46 Y	F *I	Keri Sink	18	GATR VA	12/12/2008	2008 Christmas Meet Inviational
6	4:20.98 Y	P *I	Elisabeth Worrell	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
7	4:22.61 Y	P *I	Alison Haulsee	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
8	4:22.70 Y	F *I	Emma Nunn	15	NOVA VA	3/5/2009	2009 VA SC Senior Championships

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9	4:23.30 Y	P	*I Amanda Carner	15	CGBD VA	3/17/2009	2009 NCSA Junior National Swimming	
10	4:23.59 Y	P	*I Miriam McGeath	18	GATR VA	3/17/2009	2009 NCSA Junior National Swimming	