

**2007-2008 Virginia Swimming Long Course  
Zone Team Top 10  
July 2008, Age Up Date = 8/6/2008**

**Women 9-10 50 Free**

1	33.29	L	F	Stanley, Olivia L	10	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
2	33.43	L	F	Sheffer, Julia J	10	VAST	-	VA 6/20/2008Coventry Commonwealth Games of Vir
3	33.85	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
4	33.90	L	F	Halmy, Dorothy	10	GATR	-	VA 6/20/2008Coventry Commonwealth Games of Vir
5*	33.95	L	F	Hunt, Norah M	10	SMAC	-	VA 6/20/2008Coventry Commonwealth Games of Vir
5*	33.95	L	F	Erard, Emily G	10	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	33.98	L	F	Degner, Katherine	10	TAC	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
8	34.13	L	P	Dewey, Spencer	10	NOVA	-	VA 6/20/20082008 NC HPSC 20th Furniture City Invit
9	34.46	L	F	Conner, Tori	10	CGBD	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
10	34.53	L	F	DaCruz, Georgia A	10	TIDE	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on

**Women 9-10 100 Free**

1	1:09.64	L	F	Halmy, Dorothy	10	GATR	-	VA 6/20/2008Coventry Commonwealth Games of Vir
2	1:12.79	L	F	Motter, Megan	10	UN-5	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
3	1:13.40	L	F	Stanley, Olivia L	10	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
4	1:13.68	L	F	Hunt, Norah M	10	SMAC	-	VA 6/20/2008Coventry Commonwealth Games of Vir
5	1:14.50	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
6	1:14.97	L	F	Sheffer, Julia J	10	VAST	-	VA 6/20/2008Coventry Commonwealth Games of Vir
7	1:15.53	L	F	Boone, Annie	10	BASS	-	VA 6/14/2008Winchester LC Invitational
8	1:15.95	L	F	DaCruz, Georgia A	10	TIDE	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
9	1:16.44	L	F	Degner, Katherine	10	TAC	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
10	1:16.80	L	F	Dewey, Spencer	10	NOVA	-	VA 6/20/20082008 NC HPSC 20th Furniture City Invit

**Women 9-10 200 Free**

1	2:28.47	L	F	Halmy, Dorothy	10	GATR	-	VA 6/7/2008Rays LC A/BB/B/C Meet
2	2:38.70	L	F	Hunt, Norah M	10	SMAC	-	VA 6/20/2008Coventry Commonwealth Games of Vir
3	2:38.72	L	F	Stanley, Olivia L	10	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
4	2:39.03	L	F	Degner, Katherine	10	TAC	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
5	2:42.30	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
6	2:42.63	L	F	Boone, Annie	10	BASS	-	VA 6/14/2008Winchester LC Invitational
7	2:44.26	L	F	Sheffer, Julia J	10	VAST	-	VA 6/20/2008Coventry Commonwealth Games of Vir
8	2:44.34	L	F	Rogers, Colleen F	10	TIDE	-	VA 6/20/2008Coventry Commonwealth Games of Vir
9	2:46.80	L	F	Shields, Zoey A	10	QDD	-	VA 6/20/2008Coventry Commonwealth Games of Vir
10	2:47.47	L	F	Motter, Megan	10	TCAC	-	VA 5/10/20082008 TAC Mother's Day Classic BB+

**Women 9-10 400 Free**

1	5:09.97	L	F	Halmy, Dorothy	10	GATR	-	VA 6/7/2008Rays LC A/BB/B/C Meet
2	5:34.99	L	F	Hunt, Norah M	10	SMAC	-	VA 6/6/2008NBAC 2008 Long Course Championshi
3	5:35.54	L	F	Degner, Katherine	10	TAC	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
4	5:35.93	L	F	Stanley, Olivia L	10	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
5	5:37.52	L	F	Motter, Megan	10	UN-5	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
6	5:37.57	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
7	5:45.85	L	F	Boone, Annie	10	BASS	-	VA 6/14/2008Winchester LC Invitational
8	5:46.44	L	F	Sheffer, Julia J	10	VAST	-	VA 6/20/2008Coventry Commonwealth Games of Vir
9	5:53.14	L	F	Rogers, Colleen F	10	TIDE	-	VA 6/7/2008Rays LC A/BB/B/C Meet
10	5:55.81	L	F	Shields, Zoey A	10	QDD	-	VA 5/3/20082008 Jeff Rouse Open Invitational

**Women 9-10 50 Back**

1	35.55	L	F	Erard, Emily G	10	NOVA	-	VA 5/3/20082008 Jeff Rouse Open Invitational
2	37.80	L	F	Boone, Annie	10	BASS	-	VA 6/14/2008Winchester LC Invitational
3	37.94	L	F	Halmy, Dorothy	10	GATR	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
4	38.11	L	F	Howell, Margaret E	10	RAYS	-	VA 6/7/2008Rays LC A/BB/B/C Meet
5	38.57	L	F	Makriyianis, Helen	10	NSD	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
6	38.85	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
7	39.87	L	F	Sheffer, Julia J	10	VAST	-	VA 6/20/2008Coventry Commonwealth Games of Vir
8	40.04	L	F	Stanley, Olivia L	10	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
9	40.30	L	F	Nabhan, Nadia K	10	TIDE	-	VA 6/7/2008Rays LC A/BB/B/C Meet
10	40.50	L	F	Rogers, Colleen F	10	TIDE	-	VA 6/20/2008Coventry Commonwealth Games of Vir

**Women 9-10 100 Back**

1	1:17.68	L	F	Erard, Emily G	10	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
2	1:18.89	L	F	Halmy, Dorothy	10	GATR	-	VA 6/7/2008Rays LC A/BB/B/C Meet
3	1:20.31	L	F	Makriyianis, Helen	10	NSD	-	VA 6/7/2008Rays LC A/BB/B/C Meet
4	1:23.35	L	F	Howell, Margaret E	10	RAYS	-	VA 5/3/20082008 Jeff Rouse Open Invitational
5	1:23.50	L	F	Boone, Annie	10	BASS	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
6	1:24.51	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
7	1:26.38	L	F	Stanley, Olivia L	10	CCA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
8	1:26.62	L	F	Sheffer, Julia J	10	VAST	-	VA 6/20/2008Coventry Commonwealth Games of Vir
9	1:26.93	L	F	Rogers, Colleen F	10	TIDE	-	VA 6/20/2008Coventry Commonwealth Games of Vir
10	1:27.22	L	F	Sell, Katie	10	RAYS	-	VA 5/3/20082008 Jeff Rouse Open Invitational

**Women 9-10 50 Breast**

**2007-2008 Virginia Swimming Long Course  
Zone Team Top 10  
July 2008, Age Up Date = 8/6/2008**

1	44.74	L	F	Nelson, Tanner K	10	NOVA	-	VA 6/20/20082008 NC HPSC 20th Furniture City Invit
2	44.80	L	F	Warro, Emyle G	10	VACS	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
3	44.94	L	F	Arles, Mady	10	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
4	44.96	L	F	Motter, Megan	10	UN-5	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
5	45.93	L	F	Downs, Gillian L	10	RAYS	-	VA 6/7/2008Rays LC A/BB/B/C Meet
6	46.32	L	F	Conner, Tori	10	CGBD	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
7	47.13	L	F	Rogers, Colleen F	10	TIDE	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
8	47.30	L	F	Reeves, Nikki	10	RPST	-	VA 6/7/2008Rays LC A/BB/B/C Meet
9	47.58	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
10	47.70	L	F	Bassett, Catherine R	10	NOVA	-	VA 5/3/20082008 Jeff Rouse Open Invitational
<b>Women 9-10 100 Breast</b>								
1	1:34.79	L	P	Nelson, Tanner K	10	NOVA	-	VA 6/20/20082008 NC HPSC 20th Furniture City Invit
2	1:36.26	L	F	Warro, Emyle G	10	VACS	-	VA 5/3/20082008 Jeff Rouse Open Invitational
3	1:36.67	L	F	Arles, Mady	10	NOVA	-	VA 6/20/20082008 NC HPSC 20th Furniture City Invit
4	1:38.48	L	F	Rogers, Colleen F	10	TIDE	-	VA 6/20/2008Coventry Commonwealth Games of Vir
5	1:39.44	L	F	Downs, Gillian L	10	RAYS	-	VA 6/7/2008Rays LC A/BB/B/C Meet
6	1:39.63	L	F	Motter, Megan	10	TCAC	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
7	1:40.12	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
8	1:40.34	L	F	Halmy, Dorothy	10	GATR	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
9	1:42.84	L	F	DaCruz, Georgia A	10	TIDE	-	VA 6/20/2008Coventry Commonwealth Games of Vir
10	1:43.62	L	F	Cummings, Mackenzie	10	TIDE	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
<b>Women 9-10 50 Fly</b>								
1	35.60	L	F	Halmy, Dorothy	10	GATR	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
2	35.66	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
3	36.36	L	F	Stanley, Olivia L	10	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
4	37.20	L	F	Erard, Emily G	10	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
5	38.05	L	F	Motter, Megan	10	UN-5	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
6	38.13	L	F	Lynn, Emily T	10	CGBD	-	VA 6/7/20089th Annual Blue and Yellow Intrasquad
7	38.29	L	F	DaCruz, Georgia A	10	TIDE	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
8	38.59	L	F	Nabhan, Nadia K	10	TIDE	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
9	38.79	L	F	Henry, Caroline C	10	PSDN	-	VA 6/7/2008Rays LC A/BB/B/C Meet
10	39.14	L	F	Jennings, Emma C	10	TIDE	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
<b>Women 9-10 100 Fly</b>								
1	1:18.83	L	F	Halmy, Dorothy	10	GATR	-	VA 6/7/2008Rays LC A/BB/B/C Meet
2	1:25.66	L	F	Motter, Megan	10	TCAC	-	VA 5/2/2008Tide Spring Challenge 2008
3	1:27.45	L	F	Boone, Annie	10	BASS	-	VA 6/14/2008Winchester LC Invitational
4	1:28.01	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
5	1:28.05	L	F	Stanley, Olivia L	10	CCA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
6	1:28.12	L	F	Morling, Jordan	9	GATR	-	VA 5/9/20082008 NC New South Swimming LC Invit
7	1:28.53	L	F	Shields, Zoey A	10	QDD	-	VA 6/20/2008Coventry Commonwealth Games of Vir
8	1:29.18	L	F	Bray, Healy E	10	SEVA	-	VA 6/20/2008Coventry Commonwealth Games of Vir
9	1:30.54	L	F	DaCruz, Georgia A	10	TIDE	-	VA 6/20/2008Coventry Commonwealth Games of Vir
10	1:31.16	L	F	Miller, Jordan K	10	SMAC	-	VA 6/20/2008Coventry Commonwealth Games of Vir
<b>Women 9-10 200 IM</b>								
1	2:51.84	L	F	Halmy, Dorothy	10	GATR	-	VA 6/7/2008Rays LC A/BB/B/C Meet
2	2:59.27	L	F	Stanley, Olivia L	10	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
3	2:59.53	L	F	Reed, Alyssa	10	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
4	3:01.78	L	F	Motter, Megan	10	TCAC	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
5	3:06.89	L	F	DaCruz, Georgia A	10	TIDE	-	VA 5/10/20082008 TAC Mother's Day Classic BB+
6	3:06.91	L	F	Erard, Emily G	10	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	3:07.10	L	F	Rogers, Colleen F	10	TIDE	-	VA 6/20/2008Coventry Commonwealth Games of Vir
8	3:09.05	L	F	Boone, Annie	10	BASS	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
9	3:11.51	L	F	Henry, Caroline C	10	PSDN	-	VA 6/20/2008Coventry Commonwealth Games of Vir
10	3:12.05	L	F	Lynn, Emily T	10	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on