

2009 Virginia Swimming Long Course
LSC Top 10
August 2009, Age Up Date = 8/31/2009

	Time	P/F/S	Name	Age/Yr			
Men 11-12 50 Free							
1	28.09 L	F	William Shields	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
2	28.85 L	P	Ian Ho	12	HOKI VA	7/30/2009	2009 VSI LC Age Group Champs
3	28.93 L	P	Garrett Simon	12	US VA	7/30/2009	2009 VSI LC Age Group Champs
4	29.07 L	P	Brian Lee	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
5	29.23 L	F	Max Tempkin	11	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	29.26 L	F	Daniel Arris	12	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
7	29.30 L	F	Austin Ebel	12	US VA	7/30/2009	2009 VSI LC Age Group Champs
8	29.48 L	P	Rafael Caballero	12	PWSC VA	7/30/2009	2009 VSI LC Age Group Champs
9*	29.51 L	F	Owen van Krimpen	12	BASS VA	6/26/2009	Lynchburg Firecracker Invitational 2009
9*	29.51 L	F	Townley Haas	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
Men 11-12 100 Free							
1	1:00.94 L L	F	William Shields	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	1:02.53 L	F	Garrett Simon	12	US VA	5/23/2009	2009 PV Virginia State LC Champs
3	1:03.72 L	P	Ian Ho	12	HOKI VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:04.45 L	F	Max Tempkin	11	SMAC VA	6/5/2009	NBAC 2009 Long Course
5	1:05.03 L	P	*I Danny Welborn	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:05.08 L	F	Brian Lee	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
7	1:05.15 L	F	Townley Haas	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:05.44 L	F	Owen van Krimpen	12	BASS VA	5/2/2009	2009 Jeff Rouse Open Invitational
9	1:05.69 L	F	Philip Speri	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:05.70 L	F	Brandon Washington	12	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
Men 11-12 200 Free							
1	2:08.70 L	F	William Shields	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:15.21 L	F	Garrett Simon	12	US VA	5/23/2009	2009 PV Virginia State LC Champs
3	2:18.80 L	F	Ian Ho	12	HOKI VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:20.80 L	F	Owen van Krimpen	12	BASS VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
5	2:20.96 L	P	Max Tempkin	11	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:21.38 L	P	Townley Haas	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:22.50 L	P	Drew Vipperman	12	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:23.02 L	F	Joseph Rento	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:23.65 L	P	Philip Speri	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:24.05 L	F	Alex Morgan	12	SHKS VA	7/30/2009	2009 VSI LC Age Group Champs
Men 11-12 400 Free							
1	4:39.98 L	F	William Shields	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
2	4:42.40 L	F	Garrett Simon	12	US VA	7/30/2009	2009 VSI LC Age Group Champs
3	4:51.38 L	F	Ian Ho	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	4:52.78 L	F	Townley Haas	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
5	4:55.26 L	F	Owen van Krimpen	12	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
6	4:59.25 L	F	Philip Speri	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
7	4:59.86 L	F	Drew Vipperman	12	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
8	5:00.05 L	F	Max Tempkin	11	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
9	5:02.29 L	F	Donaldson Hellams	12	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
10	5:03.36 L	F	Jacob Ragsdell	11	SHKS VA	7/30/2009	2009 VSI LC Age Group Champs
Men 11-12 50 Back							
1	33.27 L	F	James Kegelman	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
2	33.69 L	F	Connor Bergeron	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
3	33.85 L	P	Adam Snyder	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
4	34.26 L	F	Max Tempkin	11	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	34.62 L	F	*I Danny Welborn	12	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
6	34.65 L	F	Alex Morgan	12	SHKS VA	7/30/2009	2009 VSI LC Age Group Champs
7	34.90 L	P	Austin Ebel	12	US VA	7/30/2009	2009 VSI LC Age Group Champs
8	34.97 L	F	Wade O'Brien	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9*	35.12 L	P	Townley Haas	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs

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9*	35.12 L	F	Chad Stickle	11	US VA	7/30/2009	2009 VSI LC Age Group Champs	
Men 11-12 100 Back								
1	1:12.24 L	F	Connor Bergeron	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs	
2	1:12.55 L	F	*I Gavin Brown	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs	
3	1:12.56 L	F	Adam Snyder	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs	
4	1:14.00 L	F	James Kegelman	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs	
5	1:14.28 L	P	Zachary Weston	12	YGR VA	7/30/2009	2009 VSI LC Age Group Champs	
6	1:14.80 L	F	Garrett Simon	12	US VA	6/26/2009	CGBD Summer Madness LC Invitational	
7	1:15.07 L	F	Joseph Rento	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs	
8	1:15.13 L	F	William Shields	12	QDD VA	5/22/2009	Youngstown Long Course Invite Sr.	
9	1:15.39 L	P	Wade O'Brien	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs	
10	1:15.62 L	P	Alex Morgan	12	SHKS VA	7/30/2009	2009 VSI LC Age Group Champs	
Men 11-12 200 Back								
1	2:35.75 L	F	Connor Bergeron	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs	
2	2:39.23 L	P	*I Gavin Brown	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs	
3	2:40.11 L	P	Wade O'Brien	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs	
4	2:40.48 L	P	Drew Viperman	12	CCA VA	7/30/2009	2009 VSI LC Age Group Champs	
5	2:40.74 L	P	Zachary Weston	12	YGR VA	7/30/2009	2009 VSI LC Age Group Champs	
6	2:40.86 L	F	Austin Ebel	12	US VA	7/30/2009	2009 VSI LC Age Group Champs	
7	2:43.21 L	F	Garrett Simon	12	US VA	6/26/2009	CGBD Summer Madness LC Invitational	
8	2:43.46 L	F	Max Tempkin	11	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs	
9	2:43.63 L	P	Dominic Russo	12	CCA VA	7/30/2009	2009 VSI LC Age Group Champs	
10	2:43.91 L	P	Ben Whisnant	12	BAC VA	7/30/2009	2009 VSI LC Age Group Champs	
Men 11-12 50 Breast								
1	33.66 L	F	James Kegelman	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs	
2	34.63 L	F	Garrett Simon	12	US VA	7/30/2009	2009 VSI LC Age Group Champs	
3	37.01 L	S	Logan Ziegler	12	BAC VA	7/30/2009	2009 VSI LC Age Group Champs	
4	37.15 L	F	Brett Huckstep	12	WAC VA	7/30/2009	2009 VSI LC Age Group Champs	
5	37.33 L	P	*I Danny Welborn	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs	
6	37.34 L	S	Owen van Krimpen	12	BASS VA	7/30/2009	2009 VSI LC Age Group Champs	
7	38.16 L	P	Brian Lee	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs	
8	38.77 L	P	Brooks Peterson	12	SEVA VA	7/30/2009	2009 VSI LC Age Group Champs	
9	38.81 L	F	Daniel Arris	12	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs	
10	39.58 L	F	Hayden Helm	12	CCA VA	6/26/2009	2009 Ultimate Challenge	
Men 11-12 100 Breast								
1	1:12.71 L	F	James Kegelman	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
2	1:17.56 L	F	Garrett Simon	12	US VA	7/30/2009	2009 VSI LC Age Group Champs	
3	1:22.26 L	P	Brett Huckstep	12	WAC VA	7/30/2009	2009 VSI LC Age Group Champs	
4	1:23.01 L	F	Hayden Helm	12	CCA VA	7/30/2009	2009 VSI LC Age Group Champs	
5	1:25.25 L	F	Logan Ziegler	12	BAC VA	7/30/2009	2009 VSI LC Age Group Champs	
6	1:25.35 L	P	Brian Lee	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs	
7	1:25.38 L	F	*I Danny Welborn	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs	
8	1:26.33 L	P	Connor Bergeron	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs	
9	1:26.71 L	F	Brooks Peterson	12	SEVA VA	7/30/2009	2009 VSI LC Age Group Champs	
10	1:26.86 L	P	Brandon Washington	12	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs	
Men 11-12 200 Breast								
1	2:37.86 L	F	James Kegelman	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
2	2:45.34 L	F	Garrett Simon	12	US VA	7/30/2009	2009 VSI LC Age Group Champs	
3	2:58.85 L	F	Brett Huckstep	12	WAC VA	7/30/2009	2009 VSI LC Age Group Champs	
4	3:03.53 L	F	*I Danny Welborn	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs	
5	3:04.00 L	F	Owen van Krimpen	12	BASS VA	7/30/2009	2009 VSI LC Age Group Champs	
6	3:05.76 L	P	Brandon Washington	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships	
7	3:06.00 L	P	Logan Ziegler	12	BAC VA	7/30/2009	2009 VSI LC Age Group Champs	
8	3:08.76 L	F	Michael Craddock	12	CCA VA	7/30/2009	2009 VSI LC Age Group Champs	

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9	3:08.81 L	P	Daniel Arris	12	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
10	3:08.93 L	F	Brian Lee	12	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational
Men 11-12 50 Fly							
1	30.09 L	P	Owen van Krimpen	12	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
2	30.46 L	F	William Shields	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
3	31.59 L	F	*I Aaron Schultz	11	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
4	31.63 L	F	*I Danny Welborn	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	32.00 L	F	Brian Lee	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
6	32.32 L	F	Townley Haas	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7	32.45 L	F	Alex Whiteree	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
8	32.52 L	F	Garrett Simon	12	US VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
9	32.55 L	P	Ian Ho	12	HOKI VA	7/30/2009	2009 VSI LC Age Group Champs
10	32.56 L	F	Austin Ebel	12	US VA	7/30/2009	2009 VSI LC Age Group Champs
Men 11-12 100 Fly							
1	1:08.34 L	F	Owen van Krimpen	12	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:09.19 L	F	William Shields	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:09.61 L	F	*I Danny Welborn	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:11.86 L	F	Garrett Simon	12	US VA	6/26/2009	CGBD Summer Madness LC Invitational
5	1:13.05 L	F	Jac Cortright	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:13.40 L	F	*I Aaron Schultz	11	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7	1:13.91 L	F	Townley Haas	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
8	1:14.96 L	P	*I Gavin Brown	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:15.70 L	F	Conor Flannery	11	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:15.75 L	F	Carter Kale	12	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
Men 11-12 200 Fly							
1	2:38.27 L	F	*I Danny Welborn	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:40.19 L	F	Jac Cortright	12	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
3	2:40.38 L	F	*I Gavin Brown	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:40.50 L	F	Garrett Simon	12	US VA	6/26/2009	CGBD Summer Madness LC Invitational
5	2:41.97 L	F	Owen van Krimpen	12	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:44.18 L	F	Conor Flannery	11	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:44.52 L	F	Joseph Cartledge	11	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:44.68 L	F	Carter Kale	12	WAC VA	5/23/2009	2009 PV Virginia State LC Champs
9	2:47.78 L	F	Philip Speri	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:50.15 L	F	Alex Whiteree	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
Men 11-12 200 IM							
1	2:30.86 L	F	Garrett Simon	12	US VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:35.40 L	F	William Shields	12	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:35.71 L	P	James Kegelman	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:37.23 L	P	Owen van Krimpen	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
5	2:37.74 L	P	*I Danny Welborn	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:38.82 L	P	Connor Bergeron	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
7	2:41.41 L	P	Daniel Arris	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
8	2:41.68 L	P	Brandon Washington	12	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:42.28 L	F	Hayden Helm	12	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:42.97 L	F	Ian Ho	12	HOKI VA	6/26/2009	2009 Ultimate Challenge