

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

	Time	P/F/S	Name	Age/Yr			
Women 11-12 50 Free							
1	28.81 L	F	Jessica Arnold	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	28.90 L	F	Sydney Pesetti	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
3	29.14 L	F	Remedy Rule	12	SMAC VA	6/5/2009	NBAC 2009 Long Course
4	29.19 L	F	Taylor Vitaletti	12	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	29.54 L	F	*I Caroline Pollard	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	29.74 L	P	*I Jessie Gvozdaz	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7	30.02 L	F	Anna Dickinson	12	TIDE VA	6/26/2009	CGBD Summer Madness LC Invitational
8	30.08 L	F	Kylie Roehrle	12	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
9	30.17 L	P	Susan Hynes	12	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	30.48 L	F	Taylor Jones	12	ODAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
Women 11-12 100 Free							
1	1:01.33 L	F	Remedy Rule	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:02.61 L L	F	Jessica Arnold	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:03.94 L	F	Sydney Pesetti	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
4	1:04.45 L	F	*I Caroline Pollard	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:04.83 L	P	Susan Hynes	12	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:05.77 L	F	Olivia Stanley	11	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
7	1:05.78 L	P	Eileen Cunningham	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:05.79 L	P	*I Jessie Gvozdaz	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:06.33 L	F	Taylor Vitaletti	12	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:06.35 L	P	Norah Hunt	11	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 200 Free							
1	2:10.81 L	F	Remedy Rule	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:16.23 L	F	Jessica Arnold	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:18.47 L	F	Sydney Pesetti	12	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
4	2:19.66 L	F	Susan Hynes	12	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	2:21.95 L	F	Mary Bernadette Escobar	12	ODAC VA	6/26/2009	2009 NC GSA 54th Annual Eastern
6	2:22.11 L	F	Katherine Degner	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:22.30 L	F	Eileen Cunningham	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:22.96 L	F	Olivia Stanley	11	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:23.14 L	F	*I Abigail Jones	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
10	2:23.54 L	F	Michelle Musco	12	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 400 Free							
1	4:33.80 L	F	Remedy Rule	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	4:44.83 L	F	Jessica Arnold	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	4:50.55 L	F	Sydney Pesetti	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	4:55.19 L	F	Michelle Musco	12	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
5	4:55.95 L	F	Eileen Cunningham	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	4:57.40 L	F	Susan Hynes	12	TAC VA	6/12/2009	2009 NC WAVE Capital City Invitational
7	4:58.25 L	F	Norah Hunt	11	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
8	4:58.83 L	F	*I Abigail Jones	12	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
9	4:58.88 L	F	Megan Motter	11	TAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
10	4:59.48 L	F	Katherine Degner	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 50 Back							
1	32.19 L	F	Remedy Rule	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	33.29 L	F	Jessica Arnold	12	SMAC VA	6/5/2009	NBAC 2009 Long Course
3	33.35 L	F	*I Emily Erard	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
4	33.85 L	P	Mary Bernadette Escobar	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
5	33.99 L	F	Annie Boone	11	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
6	34.12 L	F	Emily Vaughan	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7	34.80 L	F	*I Abigail Jones	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
8	34.85 L	P	Helen Makriyianis	11	UN-10 VA	7/30/2009	2009 VSI LC Age Group Champs
9	35.07 L	P	Anna Dickinson	12	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs

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10	35.67 L	P	Taylor Vitaletti	12	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 100 Back							
1	1:08.85 L	F	Remedy Rule	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:10.37 L	F	Jessica Arnold	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:11.97 L	F	*I Emily Erard	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:13.30 L	F	*I Abigail Jones	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:14.50 L	F	Mary Bernadette Escobar	12	ODAC VA	6/26/2009	2009 NC GSA 54th Annual Eastern
6	1:14.63 L	P	Anna Dickinson	12	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
7	1:15.24 L	F	Helen Makriyianis	11	UN-10 VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:15.45 L	S	Sydney Pesetti	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:16.03 L	F	Emily Vaughan	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:16.04 L	F	Annie Boone	11	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 200 Back							
1	2:26.82 L	F	Remedy Rule	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:31.17 L	P	Jessica Arnold	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:31.20 L	F	*I Emily Erard	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:35.70 L	P	*I Abigail Jones	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	2:40.80 L	F	Anna Kuno	12	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:40.99 L	F	Taylor Vossler	12	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:41.39 L	P	Anna Dickinson	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
8	2:42.11 L	F	Mary Bernadette Escobar	12	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:42.19 L	F	Helen Makriyianis	11	UN-10 VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:42.25 L	F	Olivia Stanley	11	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 50 Breast							
1	36.66 L	F	Susan Hynes	12	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	38.15 L	P	Taylor Shores	12	SEVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	38.48 L	F	Hanna Motsenbocker	12	RAYS VA	7/30/2009	2009 VSI LC Age Group Champs
4	38.70 L	F	Kara Wineinger	12	STAT VA	7/30/2009	2009 VSI LC Age Group Champs
5	38.97 L	F	*I Jillian Breeger	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
6	39.17 L	P	Olivia Heeb	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
7	39.21 L	F	Gaby Fleming	12	SQST VA	6/26/2009	CGBD Summer Madness LC Invitational
8	39.22 L	F	Danielle Perdue	11	SHKS VA	7/30/2009	2009 VSI LC Age Group Champs
9	39.23 L	F	*I Kiersten Nelson	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
10	39.35 L	P	Mary Wright	12	SEVA VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 100 Breast							
1	1:21.16 L	F	Susan Hynes	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	1:23.96 L	F	Courtney Adams	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:24.30 L	F	Gaby Fleming	12	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:24.45 L	F	Ct Skorcz	12	LY VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:24.97 L	F	Annalee Johnson	12	SHKS VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:25.15 L	F	*I Abigail Jones	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7	1:25.44 L	F	Abbey Elmendorf	12	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:26.54 L	P	*I Jillian Breeger	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:26.93 L	F	Kara Wineinger	12	STAT VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:26.94 L	P	Anna Kuno	12	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 200 Breast							
1	2:48.83 L	F	Susan Hynes	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	2:58.98 L	F	*I Abigail Jones	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:59.44 L	F	Ct Skorcz	12	LY VA	7/30/2009	2009 VSI LC Age Group Champs
4	3:01.69 L	F	Gaby Fleming	12	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
5	3:02.13 L	F	Megan Motter	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	3:03.44 L	F	Annalee Johnson	12	SHKS VA	7/30/2009	2009 VSI LC Age Group Champs
7	3:04.30 L	P	Kasey Newton	12	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
8	3:04.33 L	F	Courtney Adams	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs

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9	3:04.51 L	F	Abbey Elmendorf	12	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
10	3:04.80 L	F	Martha Sperandio	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 50 Fly							
1	30.84 L	F	*I Caroline Pollard	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
2	31.01 L	F	*I Abigail Jones	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	31.37 L	F	*I Jillian Breeger	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
4	31.84 L	F	Remedy Rule	12	SMAC VA	6/19/2009	Coventry Commonwealth Games of VA
5	31.96 L	F	*I Jessie Gvozdas	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	32.13 L	P	Alyssa Reed	11	LY VA	7/30/2009	2009 VSI LC Age Group Champs
7	32.26 L	F	Sydney Pesetti	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
8	32.46 L	P	Georgia DaCruz	11	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
9	32.47 L	F	Ashley Mauzy	12	LY VA	7/30/2009	2009 VSI LC Age Group Champs
10	32.54 L	F	Taylor Jones	12	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 100 Fly							
1	1:09.63 L	F	*I Abigail Jones	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:09.83 L	F	Remedy Rule	12	SMAC VA	6/5/2009	NBAC 2009 Long Course
3	1:10.01 L	F	Sydney Pesetti	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
4	1:10.81 L	F	*I Caroline Pollard	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:13.40 L	P	Megan Motter	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:13.44 L	P	*I Jillian Breeger	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
7	1:13.58 L	P	Mary Bernadette Escobar	12	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:14.23 L	F	Olivia Stanley	11	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:14.55 L	F	Christina McLemore	12	UN-01 VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:14.61 L	F	Bryn Onweller	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 200 Fly							
1	2:24.49 L	F	Remedy Rule	12	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	2:40.42 L	F	Sydney Pesetti	12	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
3	2:40.57 L	F	Christina McLemore	12	UNTAC VA	6/26/2009	CGBD Summer Madness LC Invitational
4	2:41.78 L	F	*I Abigail Jones	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	2:45.46 L	F	Megan Motter	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:47.82 L	F	Karah Sizemore	12	RAYS VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:48.05 L	F	Peyton Baldwin	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:48.09 L	F	Eileen Cunningham	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:49.87 L	F	Mary Bernadette Escobar	12	ODAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
10	2:52.48 L	F	Abigail Richey	12	VACS VA	7/30/2009	2009 VSI LC Age Group Champs
Women 11-12 200 IM							
1	2:32.09 L	F	Remedy Rule	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:36.93 L	F	*I Abigail Jones	12	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:37.45 L	P	Jessica Arnold	12	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:37.96 L	F	Susan Hynes	12	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	2:38.86 L	P	Megan Motter	11	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:40.82 L	F	Ashley Mauzy	12	LY VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:41.09 L	F	*I Caroline Pollard	12	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
8	2:42.07 L	F	Sydney Pesetti	12	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
9	2:42.19 L	F	*I Jillian Breeger	12	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:42.70 L	F	Ct Skorcz	12	LY VA	7/30/2009	2009 VSI LC Age Group Champs