

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

	Time	P/F/S	Name	Age/Yr			
Men 13-14 50 Free							
1	25.52 L	P	*I Cameron Johnston	14	SQST VA	8/6/2009	2009 Speedo Champions Series
2	25.66 L	F	*I Henry Bassett	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	26.05 L	F	*I Curtis Stallings	14	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
4	26.19 L	P	Jesse Burnley	14	BAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	26.37 L	S	Nicholas Dyer	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
6	26.41 L	F	Eric Wolf	14	TCAC VA	7/30/2009	2009 VSI LC Age Group Champs
7	26.46 L	F	Lucas Alvarez	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
8	26.48 L	P	Joseph Lupacchino	14	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
9	26.58 L	P	Geoffrey Marston	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
10	26.60 L	P	Ryan Mitchell	14	GATR VA	7/31/2009	2009 NE LCM Open Championships
Men 13-14 100 Free							
1	55.11 L	F	*I Cameron Johnston	14	SQST VA	7/23/2009	VA LC Senior Championships
2	56.52 L L	F	*I Henry Bassett	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	57.28 L	P	Ryan Mitchell	14	GATR VA	7/31/2009	2009 NE LCM Open Championships
4	57.31 L	F	*I Thomas Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
5	57.75 L	F	*I Curtis Stallings	14	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	57.96 L	F	Lucas Alvarez	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
7	58.39 L	F	John Denning	14	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
8	58.55 L	F	Joseph Lupacchino	14	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
9	58.62 L	P	Eric Wolf	14	TCAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	58.82 L	F	Anthony Shields	14	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
Men 13-14 200 Free							
1	2:04.09 L	F	*I Cameron Johnston	14	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
2*	2:04.25 L	F	Samuel Stronko	14	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
2*	2:04.25 L	F	Lucas Alvarez	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:05.33 L	P	John Denning	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
5	2:05.79 L	P	Shane Condon	14	BAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:06.64 L	P	Ryan Mitchell	14	GATR VA	7/31/2009	2009 NE LCM Open Championships
7	2:07.27 L	P	Joseph Lupacchino	14	VACS VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:07.30 L	F	*I Henry Bassett	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:07.35 L	F	Nicholas DeLeon	14	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:07.73 L	F	*I James Balderston	14	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
Men 13-14 400 Free							
1	4:22.74 L	F	Samuel Stronko	14	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
2	4:23.39 L	F	John Denning	14	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	4:25.02 L	P	Ryan Mitchell	14	GATR VA	7/31/2009	2009 NE LCM Open Championships
4	4:25.24 L	F	Shane Condon	14	BAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	4:28.47 L	F	Alex Rayle	14	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	4:28.51 L	F	*I James Balderston	14	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
7	4:29.45 L	F	*I Henry Campbell	13	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
8	4:30.09 L	F	Anthony Shields	14	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
9	4:30.79 L	F	Lucas Alvarez	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
10	4:31.31 L	P	*I Brett Barden	13	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
Men 13-14 800 Free							
1	9:01.63 L	F	Samuel Stronko	14	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
2	9:03.35 L	F	John Denning	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
3	9:06.38 L	F	Shane Condon	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	9:10.35 L	F	Alex Rayle	14	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	9:11.15 L	F	*I James Balderston	14	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
6	9:22.01 L	F	*I Henry Campbell	13	QDD VA	7/23/2009	VA LC Senior Championships
7	9:22.69 L	F	*I Brett Barden	13	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
8	9:25.00 L	F	Nicholas DeLeon	14	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
9	9:25.41 L	F	*I Zack Browne	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs

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10	9:25.82 L	F	Andrew Vevoda	13	TCAC VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
Men 13-14 1500 Free							
1	17:25.73 L	F	John Denning	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	17:29.77 L	F	*I James Balderston	14	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	17:37.99 L	F	Shane Condon	14	BAC VA	7/30/2009	2009 VSI LC Age Group Champs
4	17:51.25 L	F	Alex Rayle	14	SMAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	17:53.04 L	F	Andrew Vevoda	13	VA VA	8/12/2009	2009 Eastern Zone LC Championships
6	18:01.28 L	F	*I Brett Barden	13	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7	18:06.22 L	F	Jacob Moyar	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
8	18:08.74 L	F	Brad Hancock	13	SEVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	18:15.40 L	F	Mac McNally	14	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
10	18:16.67 L	F	*I Cameron Johnston	14	SQST VA	6/5/2009	2009 EST Summer Sizzler Prelims &
Men 13-14 100 Back							
1	1:01.40 L	F	*I Taylor Copeland	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:02.88 L	F	Shane Condon	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
3	1:03.32 L L	F	Jesse Burnley	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	1:04.28 L	F	Anthony Shields	14	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:04.61 L	F	Alex Montes de Oca	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
6	1:04.97 L	P	*I Thomas Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
7	1:05.01 L L	F	*I Peter Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:05.24 L	P	*I Charley Bowles	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:05.33 L	F	Zach Switzer	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
10	1:05.38 L	F	*I Henry Bassett	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
Men 13-14 200 Back							
1	2:14.14 L	F	*I Taylor Copeland	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:16.42 L	P	Jesse Burnley	14	BAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:16.44 L	P	Shane Condon	14	BAC VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:18.14 L	F	Alex Montes de Oca	14	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
5	2:20.38 L	F	*I Charley Bowles	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:20.82 L	F	Zach Switzer	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
7	2:21.04 L	P	*I Thomas Ferguson	14	VA VA	8/6/2008	2008 Eastern Zone LC Championships
8	2:23.77 L	P	*I Peter Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:24.11 L	F	*I Henry Bassett	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:24.55 L	P	Josh York	13	VA VA	8/12/2009	2009 Eastern Zone LC Championships
Men 13-14 100 Breast							
1	1:11.10 L	P	*I Cameron Johnston	14	SQST VA	7/23/2009	VA LC Senior Championships
2	1:11.13 L	F	*I Curtis Stallings	14	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:11.71 L	P	*I Clark Hou	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:12.71 L	F	*I Charley Bowles	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:12.96 L	F	Carl Fuhs	14	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:13.72 L	F	*I Eli Holstege	14	CYAC VA	7/30/2009	2009 VSI LC Age Group Champs
7	1:14.16 L	P	*I Thomas Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:14.36 L	F	*I Taylor Bassett	14	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
9	1:14.79 L	F	*I Zack Browne	14	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
10	1:15.49 L	P	Deion Dean	13	TCAC VA	7/30/2009	2009 VSI LC Age Group Champs
Men 13-14 200 Breast							
1	2:34.53 L	F	*I Charley Bowles	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:36.33 L	F	*I Clark Hou	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:36.65 L	F	*I Cameron Johnston	14	SQST VA	7/23/2009	VA LC Senior Championships
4	2:38.19 L	F	*I Taylor Bassett	14	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
5	2:42.18 L	F	*I Zack Browne	14	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
6	2:42.29 L	F	Daniel Stockner	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
7	2:42.59 L	F	Jack Stockhausen	14	BAC VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:43.38 L	F	*I Eli Holstege	14	CYAC VA	7/30/2009	2009 VSI LC Age Group Champs

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9	2:43.76 L	F	*I Curtis Stallings	14	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:44.51 L	F	Zach Switzer	14	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
Men 13-14 100 Fly							
1	59.94 L	P	*I Thomas Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:00.76 L	F	Alex Montes de Oca	14	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:00.83 L	F	*I Cameron Johnston	14	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:02.04 L	P	*I Taylor Copeland	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:02.54 L	F	*I Zack Browne	14	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
6	1:02.98 L	F	Anthony Shields	14	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
7	1:03.18 L	P	Lucas Alvarez	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
8	1:03.29 L	P	*I Charley Bowles	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:03.66 L	P	Geoffrey Marston	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:03.78 L	F	Joseph Lupacchino	14	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
Men 13-14 200 Fly							
1	2:14.17 L	F	*I Thomas Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
2	2:14.27 L	F	*I Zack Browne	14	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
3	2:15.40 L	F	*I Cameron Johnston	14	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
4*	2:15.71 L	F	Nicholas DeLeon	14	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
4*	2:15.71 L	F	Alex Montes de Oca	14	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:20.92 L	F	Samuel Stronko	14	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:21.69 L	F	*I Taylor Copeland	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:25.03 L	F	John Denning	14	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:26.44 L	F	*I Charley Bowles	14	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational
10	2:27.49 L	F	*I Henry Fauls	13	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
Men 13-14 200 IM							
1	2:18.46 L	P	*I Cameron Johnston	14	SQST VA	7/23/2009	VA LC Senior Championships
2	2:18.53 L	F	Lucas Alvarez	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
3	2:19.43 L	F	*I Thomas Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:19.84 L	F	John Denning	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
5	2:20.55 L	F	*I Charley Bowles	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:20.59 L	F	Alex Montes de Oca	14	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:21.18 L	P	*I Taylor Copeland	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:23.05 L	F	*I Zack Browne	14	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
9	2:23.47 L	F	Zach Switzer	14	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:24.58 L	F	*I Clark Hou	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
Men 13-14 400 IM							
1	4:54.89 L	F	*I Charley Bowles	14	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
2	4:57.74 L	F	John Denning	14	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	4:58.12 L	P	Lucas Alvarez	14	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	5:00.92 L	P	Alex Montes de Oca	14	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
5	5:01.18 L	F	*I Zack Browne	14	NOVA VA	6/19/2009	2009 Edwin C. Cuttino Memorial
6	5:03.55 L	P	*I Peter Ferguson	14	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
7	5:03.74 L	P	*I Taylor Copeland	14	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
8	5:05.67 L	F	Josh York	13	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
9	5:06.20 L	P	Zach Switzer	14	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
10	5:06.92 L	F	*I Cameron Johnston	14	SQST VA	6/19/2009	2009 Edwin C. Cuttino Memorial