

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

	Time	P/F/S	Name	Age/Yr			
Women 15-18 50 Free							
1	26.29 L	T	*I Rebecca Jones	18	TIDE VA	7/7/2009	ConocoPhillips National Championships
2	26.82 L	F	*I Kate Bassett	17	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
3	26.87 L	F	*I Caroline Simmons	18	STAT VA	7/23/2009	VA LC Senior Championships
4	27.01 L	F	*I Susanna White	16	LY VA	7/23/2009	VA LC Senior Championships
5	27.21 L	F	*I Rachel Sepanski	17	CGBD VA	6/26/2009	CGBD Summer Madness LC Invitational
6	27.24 L L	F	*I Allison Titley	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
7*	27.27 L	T	*I Carter Stephens	17	NOVA VA	8/10/2009	2009 TimeTrials Speedo Junior National
7*	27.27 L	F	*I Gabrielle Bishop	15	US VA	7/23/2009	VA LC Senior Championships
9	27.39 L	F	*I Kaitlin Jones	15	SQST VA	8/6/2009	2009 Speedo Champions Series
10	27.62 L	F	*I Eva Burlingham	17	QDD VA	7/23/2009	VA LC Senior Championships
Women 15-18 100 Free							
1	56.98 L	P	*I Rebecca Jones	18	TIDE VA	7/7/2009	ConocoPhillips National Championships
2	57.88 L	P	*I Kaitlin Jones	15	SQST VA	8/6/2009	2009 Speedo Champions Series
3	57.91 L	F	*I Allison Titley	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
4	58.08 L	F	*I Rachel Naurath	17	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
5	58.40 L	F	*I Caroline Simmons	18	STAT VA	7/23/2009	VA LC Senior Championships
6	58.98 L	P	*I Carter Stephens	17	NOVA VA	8/10/2009	2009 Speedo Junior National
7	59.01 L	P	*I Alison Haulsee	16	NOVA VA	8/10/2009	2009 Speedo Junior National
8	59.04 L	P	*I Susanna White	16	LY VA	7/23/2009	VA LC Senior Championships
9	59.22 L	F	*I Gabrielle Bishop	15	US VA	7/23/2009	VA LC Senior Championships
10	59.41 L	T	*I Kate Bassett	17	NOVA VA	8/10/2009	2009 TimeTrials Speedo Junior National
Women 15-18 200 Free							
1	2:02.10 L L	F	*I Rachel Naurath	17	NOVA VA	8/10/2009	2009 Speedo Junior National
2	2:03.86 L	P	*I Rebecca Jones	18	TIDE VA	7/7/2009	ConocoPhillips National Championships
3	2:04.69 L	F	*I Kaitlin Jones	15	SQST VA	8/6/2009	2009 Speedo Champions Series
4	2:04.94 L	F	*I Allison Titley	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
5	2:05.07 L	P	*I Katie Schroeder	17	PSDN VA	8/10/2009	2009 Speedo Junior National
6	2:05.65 L	P	*I Alison Haulsee	16	NOVA VA	8/10/2009	2009 Speedo Junior National
7	2:06.01 L	P	*I Alaina Brown	16	NOVA VA	8/10/2009	2009 Speedo Junior National
8	2:06.14 L	P	*I Emma Nunn	15	NOVA VA	8/10/2009	2009 Speedo Junior National
9	2:06.19 L	P	*I Kasey Morris	17	TAC VA	7/23/2009	VA LC Senior Championships
10	2:06.96 L	P	*I Lauren Gray	16	GATR VA	8/6/2009	2009 Speedo Champions Series
Women 15-18 400 Free							
1	4:16.02 L	F	*I Rachel Naurath	17	NOVA VA	8/10/2009	2009 Speedo Junior National
2	4:23.42 L	P	*I Alaina Brown	16	NOVA VA	8/10/2009	2009 Speedo Junior National
3	4:24.98 L	P	*I Alison Haulsee	16	NOVA VA	8/10/2009	2009 Speedo Junior National
4	4:25.40 L	F	*I Ali Horn	16	GATR VA	8/6/2009	2009 Speedo Champions Series
5	4:25.80 L	P	*I Kasey Morris	17	TAC VA	8/10/2009	2009 Speedo Junior National
6	4:26.41 L	F	*I Kaitlin Jones	15	SQST VA	8/6/2009	2009 Speedo Champions Series
7	4:27.81 L	P	*I Erin Bartholomew	18	PSDN VA	7/23/2009	VA LC Senior Championships
8	4:29.65 L	F	*I Lauren Gray	16	GATR VA	8/6/2009	2009 Speedo Champions Series
9	4:33.03 L	F	*I Rachel Sepanski	17	CGBD VA	7/23/2009	VA LC Senior Championships
10	4:33.49 L	F	*I Elisa Worrell	16	NOVA VA	6/12/2009	2009 NC WAVE Capital City Invitational
Women 15-18 800 Free							
1	8:44.88 L	F	*I Rachel Naurath	17	NOVA VA	8/10/2009	2009 Speedo Junior National
2	8:55.95 L	F	*I Alaina Brown	16	NOVA VA	8/10/2009	2009 Speedo Junior National
3	8:56.24 L	F	*I Katie Schroeder	17	PSDN VA	8/10/2009	2009 Speedo Junior National
4	9:00.67 L	F	*I Lauren Gray	16	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
5	9:04.13 L	F	*I Kasey Morris	17	TAC VA	7/23/2009	VA LC Senior Championships
6	9:06.36 L	F	*I Kaitlin Jones	15	VA VA	8/6/2008	2008 Eastern Zone LC Championships
7	9:08.39 L	F	*I Emma Nunn	15	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
8	9:09.74 L	F	*I Erin Bartholomew	18	PSDN VA	7/23/2009	VA LC Senior Championships
9	9:19.42 L	F	*I Ali Horn	16	GATR VA	7/23/2009	VA LC Senior Championships

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10	9:20.45 L	F	*I Kayla Iverson	15	SQST VA	8/6/2009	2009 Speedo Champions Series
Women 15-18 1500 Free							
1	16:36.72 L	F	*I Rachel Naurath	17	NOVA VA	8/10/2009	2009 Speedo Junior National
2	17:04.30 L	F	*I Alaina Brown	16	NOVA VA	8/10/2009	2009 Speedo Junior National
3	17:05.62 L	F	*I Katie Schroeder	17	PSDN VA	8/10/2009	2009 Speedo Junior National
4	17:15.95 L	F	*I Kasey Morris	17	TAC VA	7/23/2009	VA LC Senior Championships
5	17:18.97 L	F	*I Lauren Gray	16	GATR VA	8/6/2009	2009 Speedo Champions Series
6	17:27.13 L	F	*I Erin Bartholomew	18	PSDN VA	7/23/2009	VA LC Senior Championships
7	17:41.25 L	F	*I Kaitlin Jones	15	SQST VA	8/6/2009	2009 Speedo Champions Series
8	17:46.99 L	F	*I Kayla Iverson	15	SQST VA	8/6/2009	2009 Speedo Champions Series
9	17:53.30 L	F	*I Victoria Mesner	17	GATR VA	8/6/2009	2009 Speedo Champions Series
10	17:54.27 L	F	*I Ali Horn	16	GATR VA	7/23/2009	VA LC Senior Championships
Women 15-18 100 Back							
1	1:03.98 L	F	*I Kallie Golden	16	PSDN VA	8/10/2009	2009 Speedo Junior National
2	1:05.25 L	P	*I Lindsay Pierce	17	PSDN VA	7/23/2009	VA LC Senior Championships
3	1:05.44 L L	F	*I Elisa Worrell	16	NOVA VA	8/10/2009	2009 Speedo Junior National
4	1:05.75 L	P	*I Kasey Morris	17	TAC VA	7/23/2009	VA LC Senior Championships
5	1:06.43 L	F	*I Sarah White	16	ODAC VA	7/23/2009	VA LC Senior Championships
6	1:06.49 L L	F	*I Jackie Crawford	15	GATR VA	8/6/2009	2009 Speedo Champions Series
7	1:07.22 L	P	*I Susan Justis	16	PSDN VA	8/10/2009	2009 Speedo Junior National
8	1:07.34 L L	F	*I Alaina Brown	16	NOVA VA	8/10/2009	2009 Speedo Junior National
9	1:07.63 L	T	*I Catie Pittman	17	WAC VA	8/6/2009	2009 Speedo Champions Series
10	1:08.08 L	T	*I Amanda Carner	15	CGBD VA	8/10/2009	2009 TimeTrials Speedo Junior National
Women 15-18 200 Back							
1	2:14.37 L	P	*I Kallie Golden	16	PSDN VA	8/10/2009	2009 Speedo Junior National
2	2:18.57 L	P	*I Elisa Worrell	16	NOVA VA	8/10/2009	2009 Speedo Junior National
3	2:19.67 L	F	*I Susan Justis	16	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
4	2:21.53 L	P	*I Alaina Brown	16	NOVA VA	8/10/2009	2009 Speedo Junior National
5	2:21.58 L	F	*I Kasey Morris	17	TAC VA	7/23/2009	VA LC Senior Championships
6	2:21.86 L	T	*I Amanda Carner	15	CGBD VA	8/10/2009	2009 TimeTrials Speedo Junior National
7	2:22.97 L	F	*I Jackie Crawford	15	GATR VA	8/6/2009	2009 Speedo Champions Series
8	2:25.27 L	P	*I Erin Bartholomew	18	PSDN VA	7/23/2009	VA LC Senior Championships
9	2:25.62 L	F	*I Jennifer Rothemich	17	NOVA VA	7/23/2009	VA LC Senior Championships
10	2:25.86 L	F	*I Devin Henry	17	GATR VA	8/6/2009	2009 Speedo Champions Series
Women 15-18 100 Breast							
1	1:11.35 L	F	*I Rebecca Rainer	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	1:13.28 L	F	*I Keri Sink	18	GATR VA	8/6/2009	2009 Speedo Champions Series
3	1:13.79 L	F	*I Olivia Ross	15	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
4	1:14.08 L	F	*I Kate Bassett	17	NOVA VA	7/23/2009	VA LC Senior Championships
5	1:14.41 L	F	*I Elizabeth Larsen	16	SQST VA	8/6/2009	2009 Speedo Champions Series
6	1:15.01 L	F	*I Meredith Drummond	16	PSDN VA	7/23/2009	VA LC Senior Championships
7	1:15.26 L	P	*I Amber Wingfield	15	LY VA	7/23/2009	VA LC Senior Championships
8	1:15.50 L	F	*I Sara Goforth	16	HOKI VA	7/23/2009	VA LC Senior Championships
9	1:15.56 L	T	*I April Livingston	17	QDD VA	7/23/2009	VA LC Senior Championships
10	1:15.82 L	F	*I Meaghan Holloway	18	US VA	6/26/2009	CGBD Summer Madness LC Invitational
Women 15-18 200 Breast							
1	2:31.69 L	F	*I Rebecca Rainer	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	2:37.33 L	F	*I Keri Sink	18	GATR VA	8/6/2009	2009 Speedo Champions Series
3	2:40.08 L	F	*I Elizabeth Larsen	16	SQST VA	7/23/2009	VA LC Senior Championships
4	2:40.36 L	F	*I Meredith Drummond	16	PSDN VA	7/23/2009	VA LC Senior Championships
5	2:40.81 L	P	*I Miriam McGeath	18	GATR VA	8/6/2009	2009 Speedo Champions Series
6	2:41.05 L	F	*I Olivia Ross	15	PSDN VA	3/17/2009	2009 NCSA Junior National Swimming
7	2:42.14 L	F	*I April Livingston	17	QDD VA	7/23/2009	VA LC Senior Championships
8	2:43.11 L	P	*I Kate Bassett	17	NOVA VA	8/10/2009	2009 Speedo Junior National

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9	2:44.70 L	P	*I Katie Young	15	GATR VA	8/6/2009	2009 Speedo Champions Series
10	2:45.87 L	F	*I Sara Goforth	16	HOKI VA	7/23/2009	VA LC Senior Championships
Women 15-18 100 Fly							
1	1:02.36 L	P	*I Kameron Ansley	17	QDD VA	8/4/2009	2009 U. S. Open
2	1:02.87 L	P	*I Allison Tittle	16	NOVA VA	8/10/2009	2009 Speedo Junior National
3	1:03.01 L	P	*I Emma Nunn	15	NOVA VA	8/10/2009	2009 Speedo Junior National
4	1:03.02 L	F	*I Ali Horn	16	GATR VA	8/6/2009	2009 Speedo Champions Series
5	1:03.08 L	P	*I Carter Stephens	17	NOVA VA	8/10/2009	2009 Speedo Junior National
6	1:03.26 L	F	*I Meaghan Holloway	18	US VA	6/26/2009	CGBD Summer Madness LC Invitational
7	1:03.54 L	P	*I Jessica Hubert	18	SEVA VA	8/10/2009	2009 Speedo Junior National
8	1:03.66 L	P	*I Sarah White	16	ODAC VA	7/23/2009	VA LC Senior Championships
9	1:03.67 L	F	*I Alison Haulsee	16	NOVA VA	7/23/2009	VA LC Senior Championships
10	1:04.17 L	P	*I Katie Schroeder	17	PSDN VA	8/10/2009	2009 Speedo Junior National
Women 15-18 200 Fly							
1	2:13.74 L	P	*I Emma Nunn	15	NOVA VA	8/10/2009	2009 Speedo Junior National
2	2:14.34 L	P	*I Rachel Naurath	17	NOVA VA	8/10/2009	2009 Speedo Junior National
3	2:15.65 L	P	*I Alison Haulsee	16	NOVA VA	8/10/2009	2009 Speedo Junior National
4	2:15.85 L	F	*I Ali Horn	16	GATR VA	8/6/2009	2009 Speedo Champions Series
5	2:16.10 L	F	*I Kameron Ansley	17	QDD VA	8/10/2009	2009 Speedo Junior National
6	2:16.46 L	F	*I Allison Tittle	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
7	2:18.15 L	P	*I Katie Schroeder	17	PSDN VA	8/10/2009	2009 Speedo Junior National
8	2:19.03 L	P	*I Carter Stephens	17	NOVA VA	8/10/2009	2009 Speedo Junior National
9	2:19.07 L	F	*I Rebecca Rainer	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
10	2:19.62 L	P	*I Jessica Hubert	18	SEVA VA	8/10/2009	2009 Speedo Junior National
Women 15-18 200 IM							
1	2:19.07 L	F	*I Ali Horn	16	GATR VA	8/6/2009	2009 Speedo Champions Series
2	2:21.52 L	F	*I Keri Sink	18	GATR VA	8/6/2009	2009 Speedo Champions Series
3	2:21.67 L	P	*I Rebecca Rainer	16	NOVA VA	8/10/2009	2009 Speedo Junior National
4	2:21.87 L	F	*I Rachel Naurath	17	NOVA VA	7/23/2009	VA LC Senior Championships
5	2:23.09 L	P	*I Emma Nunn	15	NOVA VA	8/10/2009	2009 Speedo Junior National
6	2:23.60 L	F	*I Sarah White	16	ODAC VA	7/23/2009	VA LC Senior Championships
7	2:24.26 L	P	*I Elisa Worrell	16	NOVA VA	8/10/2009	2009 Speedo Junior National
8	2:24.55 L	F	*I Devin Henry	17	GATR VA	8/6/2009	2009 Speedo Champions Series
9	2:24.99 L	F	*I Miriam McGeath	18	GATR VA	8/6/2009	2009 Speedo Champions Series
10	2:25.18 L	F	*I Meaghan Holloway	18	US VA	5/23/2009	2009 PV Virginia State LC Champs
Women 15-18 400 IM							
1	4:50.39 L	F	*I Rebecca Rainer	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
2	4:53.96 L	P	*I Rachel Naurath	17	NOVA VA	8/10/2009	2009 Speedo Junior National
3	4:55.37 L	F	*I Ali Horn	16	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
4	4:55.90 L	F	*I Katie Schroeder	17	PSDN VA	8/10/2009	2009 Speedo Junior National
5	4:56.33 L	F	*I Emma Nunn	15	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
6	4:58.72 L	P	*I Amanda Carner	15	CGBD VA	7/23/2009	VA LC Senior Championships
7	4:59.91 L	F	*I Keri Sink	18	GATR VA	3/17/2009	2009 NCSA Junior National Swimming
8	5:00.80 L	F	*I Elisa Worrell	16	NOVA VA	3/17/2009	2009 NCSA Junior National Swimming
9	5:02.19 L	P	*I Kameron Ansley	17	QDD VA	8/10/2009	2009 Speedo Junior National
10	5:05.91 L	F	*I Miriam McGeath	18	GATR VA	3/17/2009	2009 NCSA Junior National Swimming