

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

	Time	P/F/S	Name	Age/Yr			
Men 9-10 50 Free							
1	30.59 L	F	Brian Hynes	10	CYAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	32.21 L	F	Keith Myburgh	9	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
3*	32.33 L	F	Ben Klipp	10	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
3*	32.33 L	F	Mitchell Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	32.55 L	F	Brandon Hamblin	9	STAT VA	7/30/2009	2009 VSI LC Age Group Champs
6	33.06 L	F	Matthew Lewis	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
7	33.12 L	F	Trey Lowe III	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
8	33.23 L	F	*I Khalil Fonder	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
9	33.35 L	F	Adam Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
10	33.40 L	F	Ethan Beach	10	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
Men 9-10 100 Free							
1	1:06.28 L	F	Brian Hynes	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	1:08.61 L	F	Joshua Thompson	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
3	1:09.69 L L	F	Keith Myburgh	9	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	1:11.52 L	F	Mitchell Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:11.70 L	F	Angelo Russo	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:11.97 L	F	Trey Lowe III	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
7	1:12.33 L	F	James Lowe	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:13.62 L	F	Clark Beach	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
9	1:13.91 L	F	Brandon Hamblin	9	STAT VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:13.99 L	F	Ben Klipp	10	QDD VA	6/27/2009	Winchester LC Invitational
Men 9-10 200 Free							
1	2:26.39 L	F	Keith Myburgh	9	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	2:30.26 L	F	Joshua Thompson	10	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:33.53 L	F	Angelo Russo	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:33.63 L	F	Ben Klipp	10	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
5	2:33.94 L	F	Brian Hynes	10	UNCYA VA	6/26/2009	Lynchburg Firecracker Invitational 2009
6	2:34.68 L	F	James Lowe	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
7	2:35.83 L	F	Miles McAllister	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:36.30 L	F	Trey Lowe III	10	CCA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
9	2:36.80 L	F	Mitchell Smith	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
10	2:38.49 L	F	Joshua Jung	9	US VA	8/5/2009	2009 NBAC Far Eastern Meet
Men 9-10 400 Free							
1	4:58.09 L	F	Keith Myburgh	9	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
2	5:12.12 L	F	Brian Hynes	10	CYAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	5:12.47 L	F	Joshua Thompson	10	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
4	5:19.41 L	F	James Lowe	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
5	5:21.34 L	F	Angelo Russo	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
6	5:21.65 L	F	Joshua Jung	9	US VA	7/30/2009	2009 VSI LC Age Group Champs
7	5:24.52 L	F	Trey Lowe III	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
8	5:25.48 L	F	Miles McAllister	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
9	5:30.13 L	F	Mitchell Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
10	5:35.76 L	F	Ben Klipp	10	QDD VA	7/30/2009	2009 VSI LC Age Group Champs
Men 9-10 50 Back							
1	37.10 L	F	Clark Beach	10	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
2	37.12 L	F	Angelo Russo	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
3	37.26 L	F	Miles McAllister	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
4	37.96 L	F	Brian Hynes	10	CYAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	38.04 L	F	*I Khalil Fonder	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
6	38.26 L	F	Adam Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7	38.41 L	F	Joshua Thompson	10	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
8	38.54 L	F	Mitchell Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	39.05 L	F	Eric Arrington	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships

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10	39.32 L	F	Joshua Jung	9	UN-US VA	6/26/2009	CGBD Summer Madness LC Invitational
Men 9-10 100 Back							
1	1:17.86 L	F	*I Khalil Fonder	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:18.59 L	F	Brian Hynes	10	CYAC VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:19.84 L	F	Angelo Russo	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:20.24 L	F	Clark Beach	10	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:20.91 L	F	Miles McAllister	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:22.73 L	F	Adam Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7*	1:22.81 L	F	Joshua Jung	9	BAC VA	5/23/2009	2009 PV Virginia State LC Champs
7*	1:22.81 L	F	Joshua Thompson	10	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:24.46 L	F	Ethan Beach	10	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:24.68 L	F	Cade Elliott	9	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
Men 9-10 50 Breast							
1	40.85 L	F	Keith Myburgh	9	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
2	41.89 L	F	Austin Tate	10	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
3	42.47 L	F	Joshua Thompson	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	42.81 L	F	Joshua Jung	9	US VA	8/5/2009	2009 NBAC Far Eastern Meet
5	44.44 L	F	James Lowe	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
6	44.64 L	F	Adam Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7	44.93 L	F	Trey Lowe III	10	CCA VA	6/26/2009	2009 Ultimate Challenge
8	45.44 L	F	Max Motmans	10	CCA VA	6/26/2009	2009 Ultimate Challenge
9	45.84 L	F	Brian Hynes	10	UNCYA VA	6/19/2009	Coventry Commonwealth Games of VA
10	45.86 L	F	Nathan Hassick	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
Men 9-10 100 Breast							
1	1:29.44 L	F	Joshua Thompson	10	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:29.75 L	F	Keith Myburgh	9	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:32.85 L	F	Austin Tate	10	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:35.29 L	F	Trey Lowe III	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
5	1:37.03 L	F	Nathan Hassick	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:37.32 L	F	James Lowe	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
7	1:37.40 L	F	Joshua Jung	9	UN-US VA	6/26/2009	CGBD Summer Madness LC Invitational
8	1:37.89 L	F	Adam Smith	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:38.25 L	F	Bradley Dash	10	QDD VA	7/17/2009	2009 VSI Regional Summer Awards
10	1:39.65 L	F	Max Motmans	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
Men 9-10 50 Fly							
1	32.95 L	F	Brian Hynes	10	CYAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	34.28 L	F	Angelo Russo	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
3	34.44 L	F	Mitchell Smith	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	34.47 L	F	*I Khalil Fonder	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
5	34.60 L	F	Brandon Hamblin	9	STAT VA	7/30/2009	2009 VSI LC Age Group Champs
6	35.19 L	F	Clark Beach	10	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
7	35.53 L	F	Keith Myburgh	9	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
8	35.80 L	F	David Dixon	10	BASS VA	7/30/2009	2009 VSI LC Age Group Champs
9	36.09 L	F	Miles McAllister	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
10	36.31 L	F	Lucas DuMez	10	VSTP VA	7/30/2009	2009 VSI LC Age Group Champs
Men 9-10 100 Fly							
1	1:12.06 L	F	Brian Hynes	10	CYAC VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:15.02 L	F	*I Khalil Fonder	10	GATR VA	6/26/2009	2009 NC GSA 54th Annual Eastern
3	1:15.38 L	F	Keith Myburgh	9	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
4	1:17.93 L	F	Angelo Russo	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:19.25 L	F	Miles McAllister	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:19.36 L	F	Mitchell Smith	10	NOVA VA	8/5/2009	2009 NBAC Far Eastern Meet
7	1:21.01 L	F	Joshua Jung	9	US VA	8/5/2009	2009 NBAC Far Eastern Meet
8	1:23.41 L	F	Lucas DuMez	10	VSTP VA	7/30/2009	2009 VSI LC Age Group Champs

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9	1:24.23	L	F	Clark Beach	10	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:24.63	L	F	Brandon Hamblin	9	VA VA	8/12/2009	2009 Eastern Zone LC Championships
Men 9-10 200 IM								
1	2:41.99	L	F	Keith Myburgh	9	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	2:46.27	L	F	Brian Hynes	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
3	2:48.57	L	F	Joshua Thompson	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
4	2:54.06	L	F	*I Khalil Fonder	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
5	2:54.36	L	F	Angelo Russo	10	CCA VA	6/26/2009	2009 Ultimate Challenge
6	2:54.77	L	F	Mitchell Smith	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
7	2:54.84	L	F	Joshua Jung	9	US VA	8/5/2009	2009 NBAC Far Eastern Meet
8	2:57.41	L	F	James Lowe	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:58.63	L	F	Austin Tate	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
10	2:58.77	L	F	Clark Beach	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships