

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

	Time	P/F/S	Name	Age/Yr			
<b>Women 9-10 50 Free</b>							
1	31.79 L	F	Stephanie Nardone	10	FUAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
2	31.84 L	F	Bryn Gvozdaz	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	31.90 L	F	Emily Koegl	10	VACS VA	7/30/2009	2009 VSI LC Age Group Champs
4	32.23 L	F	Meghan Burton	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
5	32.27 L	F	Jordan Morling	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
6	32.60 L	F	Nicole Shuford	10	US VA	7/30/2009	2009 VSI LC Age Group Champs
7	32.64 L	F	Claire Ostrowski	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
8	32.73 L	F	Emily Provenzo	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	32.87 L	F	Taylor Covington	10	SQST VA	7/30/2009	2009 VSI LC Age Group Champs
10	33.09 L	F	Kaitlyn Ledford	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
<b>Women 9-10 100 Free</b>							
1	1:09.40 L	F	Bryn Gvozdaz	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:10.00 L	F	Emily Koegl	10	VACS VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:11.49 L	F	Stephanie Nardone	10	FUAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
4	1:12.03 L	F	Jordan Morling	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:13.21 L	F	Meghan Burton	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
6*	1:13.77 L	F	Tessa Muzzy	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
6*	1:13.77 L	F	Hailey Ladd	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:14.64 L	F	Nicole Shuford	10	US VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:14.97 L	F	Kelsey Childress	10	LY VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:15.52 L	F	Emma Freiling	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
<b>Women 9-10 200 Free</b>							
1	2:29.06 L	F	Emily Koegl	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	2:34.90 L	F	Hailey Ladd	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:35.50 L	F	Jordan Morling	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:38.83 L	F	Kelsey Childress	10	LY VA	7/30/2009	2009 VSI LC Age Group Champs
5	2:42.46 L	F	Bryn Gvozdaz	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	2:42.56 L	F	Stephanie Nardone	10	FUAC VA	6/19/2009	Coventry Commonwealth Games of VA
7	2:42.79 L	F	Quinn Blankenship	10	VSTP VA	7/30/2009	2009 VSI LC Age Group Champs
8	2:44.18 L	F	Emily Provenzo	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
9	2:45.85 L	F	Meghan Burton	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
10	2:46.34 L	F	Elise Riggle	10	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
<b>Women 9-10 400 Free</b>							
1	5:15.39 L	F	Emily Koegl	10	VACS VA	7/30/2009	2009 VSI LC Age Group Champs
2	5:22.56 L	F	Jordan Morling	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
3	5:29.22 L	F	Kelsey Childress	10	LY VA	7/30/2009	2009 VSI LC Age Group Champs
4	5:31.05 L	F	Camryn Curry	10	STAT VA	7/30/2009	2009 VSI LC Age Group Champs
5	5:36.47 L	F	Bryn Gvozdaz	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
6	5:40.39 L	F	Quinn Blankenship	10	VSTP VA	7/30/2009	2009 VSI LC Age Group Champs
7	5:43.87 L	F	Hailey Ladd	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
8	5:50.40 L	F	Elise Riggle	10	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
9	6:02.55 L	F	Jordan Stevens	10	SEVA VA	7/17/2009	2009 VSI Regional Summer Awards
10	6:04.05 L	F	Tessa Muzzy	10	CCA VA	6/12/2009	2009 NC WAVE Capital City Invitational
<b>Women 9-10 50 Back</b>							
1	36.88 L	F	Bryn Gvozdaz	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
2	37.21 L	F	Meghan Burton	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
3	38.10 L	F	Maddie Morello	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
4	38.64 L	F	Jordan Stevens	10	SEVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	39.03 L	F	Kelsey Childress	10	LY VA	7/30/2009	2009 VSI LC Age Group Champs
6	39.13 L	F	Stephanie Nardone	10	FUAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
7	39.27 L	F	Claire Ostrowski	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
8	39.37 L	F	Hailey Ladd	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
9	39.51 L	F	Sydney Lenz	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.

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10	39.58 L	F	Kaitlyn Ledford	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
<b>Women 9-10 100 Back</b>							
1	1:19.62 L	F	Bryn Gvozdaz	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:21.99 L	F	Claire Ostrowski	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:22.22 L	F	Maddie Morello	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
4	1:22.85 L	F	Meghan Burton	10	PSDN VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
5	1:23.36 L	F	Kelsey Childress	10	LY VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:24.30 L	F	Sydney Lenz	10	NOVA VA	6/12/2009	21st Annual Furniture City L.C.
7	1:24.32 L	F	Elise Riggle	10	TAC VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:24.81 L	F	Hailey Ladd	10	PSDN VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
9	1:25.08 L	F	Emily Koegl	10	VACS VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:25.20 L	F	Alex Slayton	9	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
<b>Women 9-10 50 Breast</b>							
1	40.47 L	F	Claire Ostrowski	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
2	43.85 L	F	Lindsay Price	10	FUAC VA	6/26/2009	Lynchburg Firecracker Invitational 2009
3	44.18 L	F	Nicole Shuford	10	US VA	5/1/2009	Speedo Spring Challenge A/BB/B/C Meet
4	44.57 L	F	Tessa Muzzy	10	CCA VA	7/30/2009	2009 VSI LC Age Group Champs
5	45.01 L	F	Megan Watkins	10	WAC VA	6/26/2009	CGBD Summer Madness LC Invitational
6	45.08 L	F	Elizabeth Honeycutt	10	ODAC VA	7/30/2009	2009 VSI LC Age Group Champs
7	45.12 L	F	Rachel Snyder	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
8	45.16 L	F	Devon Trepp	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
9	45.46 L	F	Julianna Jones	10	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
10	46.15 L	F	Joelle Vereb	10	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
<b>Women 9-10 100 Breast</b>							
1	1:32.84 L	F	Claire Ostrowski	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
2	1:33.61 L	F	Jordan Morling	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:34.44 L	F	Rachel Snyder	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:34.62 L	F	Lindsay Price	10	FUAC VA	6/19/2009	Coventry Commonwealth Games of VA
5	1:36.21 L	F	Nicole Shuford	10	US VA	7/30/2009	2009 VSI LC Age Group Champs
6	1:37.48 L	F	Tessa Muzzy	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
7	1:37.62 L	F	Megan Watkins	10	WAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
8	1:38.29 L	F	Julianna Jones	10	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
9	1:38.96 L	F	Devon Trepp	10	CGBD VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:39.76 L	F	Emily Koegl	10	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
<b>Women 9-10 50 Fly</b>							
1	34.27 L	F	Jordan Morling	10	GATR VA	7/30/2009	2009 VSI LC Age Group Champs
2	34.59 L	F	Bryn Gvozdaz	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
3	35.98 L	F	Meghan Burton	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
4	36.53 L	F	Joelle Vereb	10	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
5	36.90 L	F	Claire Ostrowski	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
6	36.98 L	F	Stephanie Nardone	10	FUAC VA	6/19/2009	Coventry Commonwealth Games of VA
7	37.08 L	F	Hailey Ladd	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs
8	37.23 L	F	Taylor Wynne	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
9	37.50 L	F	Nicole Nguyen	9	SEVA VA	7/30/2009	2009 VSI LC Age Group Champs
10	37.64 L	F	Molly Sheffield	10	YGR VA	7/30/2009	2009 VSI LC Age Group Champs
<b>Women 9-10 100 Fly</b>							
1	1:16.24 L	F	Jordan Morling	10	GATR VA	6/5/2009	2009 EST Summer Sizzler Prelims &
2	1:20.14 L	F	Camryn Curry	10	STAT VA	7/30/2009	2009 VSI LC Age Group Champs
3	1:20.76 L	F	Joelle Vereb	10	WAC VA	7/30/2009	2009 VSI LC Age Group Champs
4	1:22.50 L	F	Taylor Wynne	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
5	1:24.04 L	F	Stephanie Nardone	10	FUAC VA	6/19/2009	Coventry Commonwealth Games of VA
6	1:26.68 L	F	Bryn Gvozdaz	10	NOVA VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
7	1:26.78 L	F	Zoë Schopick	10	VSTP VA	7/30/2009	2009 VSI LC Age Group Champs
8	1:27.30 L	F	Emma Cartledge	9	GATR VA	7/30/2009	2009 VSI LC Age Group Champs

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9	1:27.40 L	F	Quinn Blankenship	10	VSTP VA	7/30/2009	2009 VSI LC Age Group Champs
10	1:27.99 L	F	Emily Koegl	10	VACS VA	5/14/2009	2009 NC Josh Weaver Memorial Meet on
<b>Women 9-10 200 IM</b>							
1	2:48.52 L	F	Jordan Morling	10	VA VA	8/12/2009	2009 Eastern Zone LC Championships
2	2:58.03 L	F	Emily Koegl	10	VACS VA	7/30/2009	2009 VSI LC Age Group Champs
3	2:59.38 L	F	Camryn Curry	10	STAT VA	7/30/2009	2009 VSI LC Age Group Champs
4	2:59.58 L	F	Bryn Gvozdaz	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
5	3:00.08 L	F	Claire Ostrowski	10	TIDE VA	7/30/2009	2009 VSI LC Age Group Champs
6	3:03.71 L	F	Emily Provenzo	10	NOVA VA	7/30/2009	2009 VSI LC Age Group Champs
7*	3:04.16 L	F	Stephanie Nardone	10	FUAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
7*	3:04.16 L	F	Kelsey Childress	10	LY VA	7/30/2009	2009 VSI LC Age Group Champs
9	3:05.03 L	F	Carter Catherine Roehrle	9	WAC VA	6/6/2009	OBX Swim Club LSC A/BB/B/C
10	3:06.54 L	F	Hailey Ladd	10	PSDN VA	7/30/2009	2009 VSI LC Age Group Champs