

**2007 Virginia Swimming Long Course
Zone Team Top 10
June 2007, Age Up Date = 8/8/2007**

Women 9-10 50 Free

1	32.59	L	LCZ	F	Rule, Remedy	10	SMAC	- VA	6/8/2007	NBAC 2007 Long Course Championship
2	33.10	L	LCZ	F	Pesetti, Sydney	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
3	33.79	L	LCZ	F	Kelly, Emily	10	QDD	- VA	6/8/2007	NBAC 2007 Long Course Championship
4	33.83	L	LCZ	F	Jones, Abby	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
5	33.90	L		F	Criss, Allie	10	GATR	- VA	6/1/2007	The 2007 Carolina Aquatics L.C. Open
6	34.21	L		F	Cunningham, Eileen	10	PSDN	- VA	6/22/2007	Commonwealth Games 2007 Part 1
7	34.23	L		F	Nelson, Kiersten	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
8	34.45	L		F	Veith, Ellen	10	SWAT	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
9	34.51	L		F	Escobar, Mary Bernadette	10	ODAC	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
10	34.65	L		F	Ebel, Maddie	10	PYAC	- VA	6/24/2007	Commonwealth Games 2007 Part 2

Women 9-10 100 Free

1	1:11.59	L	LCZ	F	Rule, Remedy	10	SMAC	- VA	6/8/2007	NBAC 2007 Long Course Championship
2	1:11.64	L	LCZ	F	Jones, Abby	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
3	1:11.84	L	LCZ	F	Pesetti, Sydney	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
4	1:13.00	L	LCZ	F	Escobar, Mary Bernadette	10	ODAC	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
5	1:14.21	L	LCZ	F	Kelly, Emily	10	QDD	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
6	1:14.70	L	LCZ	F	Arnold, Jessica	10	VAST	- VA	6/16/2007	Winchester LC Invitational
7	1:16.15	L		F	Rossmann, Deanna	10	LY	- VA	4/28/2007	2007 PV FISH LC Derby
8*	1:16.24	L		F	Cunningham, Eileen	10	PSDN	- VA	6/22/2007	Commonwealth Games 2007 Part 1
8*	1:16.24	L		F	Parkhurst, Julia	9	TIDE	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
10	1:16.80	L		F	Jones, Taylor	10	ODAC	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill

Women 9-10 200 Free

1	2:36.68	L	LCZ	P	Rule, Remedy	10	SMAC	- VA	6/8/2007	NBAC 2007 Long Course Championship
2	2:37.68	L	LCZ	F	Criss, Allie	10	GATR	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
3	2:37.93	L	LCZ	F	Escobar, Mary Bernadette	10	ODAC	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
4	2:40.39	L	LCZ	F	Arnold, Jessica	10	VAST	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
5	2:40.84	L	LCZ	F	Kelly, Emily	10	QDD	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
6	2:41.40	L	LCZ	F	Pesetti, Sydney	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
7	2:43.30	L	LCZ	F	Cunningham, Eileen	10	PSDN	- VA	6/22/2007	Commonwealth Games 2007 Part 1
8	2:44.14	L	LCZ	P	Jones, Abby	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
9	2:47.78	L		F	Halmy, Dorothy	9	GATR	- VA	6/24/2007	Commonwealth Games 2007 Part 2
10	2:49.34	L		F	Parkhurst, Julia	9	TIDE	- VA	5/11/2007	Tide Spring Challenge 2007

Women 9-10 400 Free

1	5:30.43	L	LCZ	F	Rule, Remedy	10	SMAC	- VA	6/22/2007	Commonwealth Games 2007 Part 1
2	5:31.41	L	LCZ	F	Escobar, Mary Bernadette	10	ODAC	- VA	5/11/2007	Tide Spring Challenge 2007
3	5:33.57	L	LCZ	F	Kelly, Emily	10	QDD	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
4	5:37.09	L	LCZ	F	Criss, Allie	10	GATR	- VA	6/1/2007	The 2007 Carolina Aquatics L.C. Open
5	5:37.67	L	LCZ	F	Arnold, Jessica	10	VAST	- VA	6/16/2007	Winchester LC Invitational
6	5:41.48	L		F	Pesetti, Sydney	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
7	5:46.59	L		F	Halmy, Dorothy	9	GATR	- VA	6/24/2007	Commonwealth Games 2007 Part 2
8	5:55.74	L		F	Cunningham, Eileen	10	PSDN	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
9	6:00.47	L		F	Parkhurst, Julia	9	TIDE	- VA	5/11/2007	Tide Spring Challenge 2007
10	6:05.69	L		F	Jones, Abby	10	NOVA	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational

Women 9-10 50 Back

1*	37.84	L	LCZ	F	Rule, Remedy	10	SMAC	- VA	6/22/2007	Commonwealth Games 2007 Part 1
1*	37.84	L	LCZ	F	Criss, Allie	10	GATR	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
3	38.43	L	LCZ	F	Jones, Abby	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
4	38.90	L	LCZ	F	Arnold, Jessica	10	VAST	- VA	6/16/2007	Winchester LC Invitational
5	39.22	L	LCZ	F	Wallace, Lauren	10	NOVA	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
6	39.59	L	LCZ	P	Kelly, Emily	10	QDD	- VA	6/8/2007	NBAC 2007 Long Course Championship
7	39.62	L	LCZ	F	Escobar, Mary Bernadette	10	ODAC	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
8	39.72	L	LCZ	F	Erard, Emily	9	NOVA	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
9	40.21	L	LCZ	F	Makriyianis, Helen	9	NSD	- VA	5/11/2007	Tide Spring Challenge 2007
10	40.31	L		F	Pesetti, Sydney	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational

Women 9-10 100 Back

1	1:20.89	L	LCZ	P	Criss, Allie	10	GATR	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
2	1:21.78	L	LCZ	F	Rule, Remedy	10	SMAC	- VA	6/22/2007	Commonwealth Games 2007 Part 1
3	1:23.74	L	LCZ	F	Kelly, Emily	10	QDD	- VA	6/8/2007	NBAC 2007 Long Course Championship
4	1:24.05	L	LCZ	F	Jones, Abby	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
5	1:24.99	L	LCZ	F	Arnold, Jessica	10	VAST	- VA	6/16/2007	Winchester LC Invitational
6	1:25.72	L	LCZ	F	Escobar, Mary Bernadette	10	ODAC	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
7	1:26.65	L	LCZ	F	Erard, Emily	9	NOVA	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
8	1:27.26	L		F	Dickinson, Anna	10	TIDE	- VA	6/24/2007	Commonwealth Games 2007 Part 2
9	1:27.58	L		F	Makriyianis, Helen	9	NSD	- VA	5/11/2007	Tide Spring Challenge 2007
10	1:27.74	L		F	Nelson, Kiersten	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational

Women 9-10 50 Breast

1	44.08	L		F	Garrett, Amanda	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
2	44.18	L		F	Hynes, Susan	10	TAC	- VA	6/24/2007	Commonwealth Games 2007 Part 2
3	44.84	L		F	Kelly, Emily	10	QDD	- VA	6/8/2007	NBAC 2007 Long Course Championship
4	44.88	L		F	Breeger, Jillian	10	CGBD	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
5	45.66	L		F	Motsenbocker, Hanna	10	RAYS	- VA	6/16/2007	Winchester LC Invitational

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Zone Team Top 10
June 2007, Age Up Date = 8/8/2007**

6	45.93	L	F	Henke, Debra	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational	
7	46.24	L	F	Newton, Kasey	10	SQST	- VA	6/16/2007	Winchester LC Invitational	
8	46.26	L	F	Ebel, Maddie	10	PYAC	- VA	5/11/2007	Tide Spring Challenge 2007	
9	46.41	L	F	Sutton, Chaunda	9	NSD	- VA	5/11/2007	Tide Spring Challenge 2007	
10	46.44	L	F	Fleming, Gaby	10	SQST	- VA	6/16/2007	Winchester LC Invitational	
Women 9-10 100 Breast										
1	1:34.72	L	LCZ	F	Garrett, Amanda	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
2	1:35.99	L	LCZ	F	Hynes, Susan	10	TAC	- VA	6/24/2007	Commonwealth Games 2007 Part 2
3	1:36.83	L	LCZ	F	Kelly, Emily	10	QDD	- VA	6/8/2007	NBAC 2007 Long Course Championship
4	1:38.47	L	LCZ	F	Breeger, Jillian	10	CGBD	- VA	6/9/2007	8th Annual Blue and Yellow Intrasquad
5	1:39.77	L		F	Sperandio, Martha	10	NOVA	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
6	1:40.74	L		F	Henke, Debra	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
7	1:41.28	L		F	Farabaugh, Megan	10	UN	- VA	6/22/2007	Commonwealth Games 2007 Part 1
8	1:41.46	L		P	Jones, Abby	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
9	1:41.91	L		F	Motsenbocker, Hanna	10	RAYS	- VA	6/16/2007	Winchester LC Invitational
10	1:42.21	L		F	Newton, Kasey	10	SQST	- VA	6/16/2007	Winchester LC Invitational
Women 9-10 50 Fly										
1	35.28	L	LCZ	P	Arnold, Jessica	10	VAST	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
2	35.84	L	LCZ	F	Jones, Abby	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
3	35.99	L	LCZ	F	Nelson, Kiersten	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
4	36.04	L	LCZ	P	Rule, Remedy	10	SMAC	- VA	6/8/2007	NBAC 2007 Long Course Championship
5	36.43	L	LCZ	F	Escobar, Mary Bernadette	10	ODAC	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
6	36.53	L	LCZ	F	Kelly, Emily	10	QDD	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
7	37.08	L	LCZ	F	Pesetti, Sydney	10	NOVA	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
8	37.45	L	LCZ	F	Mulvey, Madison	10	FAST	- VA	6/16/2007	Winchester LC Invitational
9	37.64	L	LCZ	F	Halmy, Dorothy	9	GATR	- VA	6/24/2007	Commonwealth Games 2007 Part 2
10	38.14	L	LCZ	F	Cunningham, Eileen	10	PSDN	- VA	6/22/2007	Commonwealth Games 2007 Part 1
Women 9-10 100 Fly										
1	1:22.64	L	LCZ	F	Escobar, Mary Bernadette	10	ODAC	- VA	5/18/2007	Josh Weaver Memorial Meet on the Hill
2	1:24.73	L	LCZ	F	Rule, Remedy	10	SMAC	- VA	6/8/2007	NBAC 2007 Long Course Championship
3	1:25.01	L	LCZ	F	Kelly, Emily	10	QDD	- VA	5/18/2007	Virginia LC State Champs
4	1:27.27	L	LCZ	P	Criss, Allie	10	GATR	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
5	1:27.69	L	LCZ	F	Cunningham, Eileen	10	PSDN	- VA	6/22/2007	Commonwealth Games 2007 Part 1
6	1:27.91	L	LCZ	F	McLemore, Christina	10	CCA	- VA	6/15/2007	2007 NC WAVE Capital City Invitational
7	1:29.25	L	LCZ	F	Nelson, Kiersten	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
8	1:30.13	L	LCZ	F	Halmy, Dorothy	9	GATR	- VA	6/24/2007	Commonwealth Games 2007 Part 2
9	1:30.59	L		F	Pesetti, Sydney	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
10	1:31.70	L		F	Arnold, Jessica	10	VAST	- VA	6/16/2007	Winchester LC Invitational
Women 9-10 200 IM										
1	2:58.14	L	LCZ	F	Jones, Abby	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
2	2:59.65	L	LCZ	F	Kelly, Emily	10	QDD	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
3	3:01.77	L	LCZ	F	Cunningham, Eileen	10	PSDN	- VA	6/1/2007	30th Maryland State Long Course Cha
4	3:03.94	L		F	Criss, Allie	10	GATR	- VA	6/1/2007	The 2007 Carolina Aquatics L.C. Open
5	3:05.31	L		F	Escobar, Mary Bernadette	10	ODAC	- VA	5/11/2007	Tide Spring Challenge 2007
6	3:07.21	L		F	Nelson, Kiersten	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
7	3:08.06	L		F	Garrett, Amanda	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational
8	3:09.62	L		F	Breeger, Jillian	10	CGBD	- VA	5/11/2007	Tide Spring Challenge 2007
9	3:10.15	L		F	Arnold, Jessica	10	VAST	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitational
10	3:12.31	L		F	Sperandio, Martha	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitational