

2007 Virginia Swimming Long Course
LSC Top 10
July 2007, Age Up Date = 8/31/2007

Men 9-10 50 Free

1	31.02 L	F	Haas, Townley	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
2	31.22 L	F	Ho, Ian	10	SWAT	- VA	7/19/2007	2007 LC Age Group Championships
3	32.72 L	F	Harrington, Scott	10	WAC	- VA	7/19/2007	2007 LC Age Group Championships
4	32.85 L	F	Russo, Dominic	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
5	33.19 L	F	Tempkin, Max	9	SMAC	- VA	7/19/2007	2007 LC Age Group Championships
6	33.23 L	F	Welborn, Danny	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
7	33.30 L	F	Ryan, Austin	10	TIDE	- VA	7/19/2007	2007 LC Age Group Championships
8	33.39 L	F	Bassett, Jack	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
9	33.60 L	F	Kelly, John	9	QDD	- VA	7/19/2007	2007 LC Age Group Championships
10	33.70 L	F	Snyder, Adam	10	CGBD	- VA	6/22/2007	Commonwealth Games 2007 Part 1

Men 9-10 100 Free

1	1:10.29 L	F	Ho, Ian	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
2	1:10.84 L	F	Haas, Townley	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
3	1:12.29 L	F	Helm, Hayden	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships
4	1:12.45 L	F	Tempkin, Max	9	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
5	1:13.44 L L	F	Russo, Dominic	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
6	1:16.11 L	F	Bassett, Jack	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
7	1:16.19 L	F	Ebel, Austin	10	PYAC	- VA	6/24/2007	Commonwealth Games 2007 Part 2
8	1:17.61 L	F	Speri, Philip	9	TAC	- VA	7/19/2007	2007 LC Age Group Championships
9	1:17.65 L	F	Kauffman, Joey	9	TIDE	- VA	7/6/2007	GSA 52 Annual Eastern Invitational
10	1:17.80 L	F	Snyder, Adam	10	CGBD	- VA	7/6/2007	GSA 52 Annual Eastern Invitational

Men 9-10 200 Free

1	2:34.28 L	F	Ho, Ian	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
2	2:37.47 L	F	Helm, Hayden	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships
3	2:37.80 L	F	Haas, Townley	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
4	2:38.02 L	F	Russo, Dominic	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
5	2:43.28 L	F	Duff, Casey	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitation
6	2:45.18 L	F	Washington, Brandon	10	TIDE	- VA	7/19/2007	2007 LC Age Group Championships
7	2:46.23 L	F	Kauffman, Joey	9	TIDE	- VA	7/6/2007	GSA 52 Annual Eastern Invitational
8	2:46.41 L	F	Johnson, Dean	10	CGBD	- VA	7/19/2007	2007 LC Age Group Championships
9	2:48.23 L	F	Bergeron, Connor	10	VA	- VA	8/9/2006	Eastern Zone Age Group Long Cours
10	2:49.94 L	F	Speri, Philip	9	TAC	- VA	7/19/2007	2007 LC Age Group Championships

Men 9-10 400 Free

1	5:25.88 L	F	Ho, Ian	10	SWAT	- VA	7/19/2007	2007 LC Age Group Championships
2	5:27.12 L	F	Helm, Hayden	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships
3	5:27.33 L	F	Russo, Dominic	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships
4	5:27.45 L	F	Bergeron, Connor	10	QDD	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitation
5	5:41.86 L	F	Johnson, Dean	10	CGBD	- VA	7/19/2007	2007 LC Age Group Championships
6	5:42.91 L	F	Haas, Townley	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
7	5:45.18 L	F	Kauffman, Joey	9	TIDE	- VA	7/19/2007	2007 LC Age Group Championships
8	5:46.62 L	F	Washington, Brandon	10	TIDE	- VA	7/19/2007	2007 LC Age Group Championships
9	5:50.73 L	F	Peterson, Brooks	10	SEVA	- VA	7/19/2007	2007 LC Age Group Championships
10	5:51.09 L	F	Duff, Casey	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitation

Men 9-10 50 Back

1	37.19 L	F	Bergeron, Connor	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
2	37.90 L	F	Ebel, Austin	10	PYAC	- VA	7/19/2007	2007 LC Age Group Championships
3	38.46 L	F	Brown, Gavin	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
4	38.49 L	F	Haas, Townley	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
5	38.59 L	F	Ho, Ian	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
6	39.33 L	F	Russo, Dominic	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships
7*	39.74 L	F	Snyder, Adam	10	CGBD	- VA	7/6/2007	GSA 52 Annual Eastern Invitational
7*	39.74 L	F	O'Brien, Wade	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitation
9	40.12 L	F	Huckstep, Brett	10	WAC	- VA	7/19/2007	2007 LC Age Group Championships
10	40.29 L	F	Cuthbert, Sam	9	NOVA	- VA	5/5/2007	7th Annual Jeff Rouse Open Invitation

Men 9-10 100 Back

1	1:17.90 L	F	Bergeron, Connor	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
2	1:21.70 L	F	Helm, Hayden	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
3	1:23.73 L	F	O'Brien, Wade	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
4	1:24.36 L	F	Ebel, Austin	10	PYAC	- VA	7/19/2007	2007 LC Age Group Championships
5	1:24.86 L	F	Snyder, Adam	10	CGBD	- VA	7/19/2007	2007 LC Age Group Championships
6	1:24.88 L	F	Brown, Gavin	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
7	1:25.00 L	F	Tempkin, Max	9	SMAC	- VA	7/19/2007	2007 LC Age Group Championships
8	1:25.07 L	F	Ho, Ian	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
9	1:26.21 L	F	Russo, Dominic	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships
10	1:26.78 L	F	Haas, Townley	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships

Men 9-10 50 Breast

1	40.14 L	F	Helm, Hayden	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
2	40.69 L	F	Huckstep, Brett	10	WAC	- VA	7/19/2007	2007 LC Age Group Championships

**2007 Virginia Swimming Long Course
LSC Top 10
July 2007, Age Up Date = 8/21/2007**

3	44.23 L	F	Ebel, Austin	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
4	44.69 L	F	Scro, Connor	10	GATR	- VA	7/19/2007	2007 LC Age Group Championships
5	45.32 L	F	Welborn, Danny	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
6	45.48 L	F	Burton-Prateley, Nick	9	UNAT	- VA	7/19/2007	2007 LC Age Group Championships
7	45.59 L	F	Peterson, Brooks	10	SEVA	- VA	7/19/2007	2007 LC Age Group Championships
8	45.78 L	F	Arris, Daniel	10	TIDE	- VA	7/19/2007	2007 LC Age Group Championships
9	47.02 L	F	Snyder, Adam	10	CGBD	- VA	7/19/2007	2007 LC Age Group Championships
10	47.59 L	F	Schultz, Aaron	9	NOVA	- VA	7/13/2007	Summer Awards LC 2007
Men 9-10 100 Breast								
1	1:30.81 L	F	Huckstep, Brett	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
2	1:31.24 L	F	Helm, Hayden	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships
3	1:39.22 L	F	Scro, Connor	10	GATR	- VA	7/19/2007	2007 LC Age Group Championships
4	1:39.75 L	F	Kauffman, Joey	9	TIDE	- VA	7/6/2007	GSA 52 Annual Eastern Invitational
5	1:40.22 L	F	Washington, Brandon	10	TIDE	- VA	7/6/2007	GSA 52 Annual Eastern Invitational
6	1:40.30 L	F	Ebel, Austin	10	PYAC	- VA	7/19/2007	2007 LC Age Group Championships
7	1:40.89 L	F	Snyder, Adam	10	CGBD	- VA	7/19/2007	2007 LC Age Group Championships
8	1:42.37 L	F	Burton-Prateley, Nick	9	UN	- VA	6/22/2007	Commonwealth Games 2007 Part 1
9	1:43.03 L	F	Peterson, Brooks	10	SEVA	- VA	7/19/2007	2007 LC Age Group Championships
10	1:43.84 L	P	Welborn, Danny	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitation
Men 9-10 50 Fly								
1	34.98 L	F	Haas, Townley	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
2	35.47 L	F	Ebel, Austin	10	PYAC	- VA	7/19/2007	2007 LC Age Group Championships
3	35.91 L	F	Bergeron, Connor	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
4	36.42 L	F	Welborn, Danny	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
5	37.05 L	F	Tempkin, Max	9	SMAC	- VA	7/19/2007	2007 LC Age Group Championships
6	37.11 L	F	Brown, Gavin	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
7	37.46 L	F	Huckstep, Brett	10	WAC	- VA	7/19/2007	2007 LC Age Group Championships
8	37.61 L	F	Snyder, Adam	10	CGBD	- VA	7/6/2007	GSA 52 Annual Eastern Invitational
9	37.80 L	F	Bassett, Jack	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
10	38.39 L	F	Cortright, Jac	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitation
Men 9-10 100 Fly								
1	1:20.13 L	F	Bergeron, Connor	10	VA	- VA	8/8/2007	Eastern Zone Age Group Long Cours
2	1:25.51 L	F	Brown, Gavin	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
3	1:26.16 L	F	Cortright, Jac	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitation
4	1:26.28 L	F	Welborn, Danny	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
5	1:27.39 L	F	Cartledge, Joseph	9	GATR	- VA	7/19/2007	2007 LC Age Group Championships
6	1:28.63 L	F	Bassett, Jack	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
7	1:28.76 L	F	Kauffman, Joey	9	TIDE	- VA	6/24/2007	Commonwealth Games 2007 Part 2
8	1:30.31 L	F	Cruz, Ty	10	CYAC	- VA	7/6/2007	Firecracker Invitational
9	1:32.15 L	F	Washington, Brandon	10	TIDE	- VA	7/6/2007	GSA 52 Annual Eastern Invitational
10	1:33.00 L	F	Kale, Carter	10	WAC	- VA	7/19/2007	2007 LC Age Group Championships
Men 9-10 200 IM								
1	2:51.14 L	F	Bergeron, Connor	10	QDD	- VA	6/8/2007	NBAC 2007 Long Course Championsh
2	3:02.66 L	F	Helm, Hayden	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships
3	3:05.42 L	F	Scro, Connor	10	GATR	- VA	7/19/2007	2007 LC Age Group Championships
4	3:06.85 L	F	Ho, Ian	10	SWAT	- VA	6/8/2007	NBAC 2007 Long Course Championsh
5	3:06.88 L	F	Haas, Townley	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
6	3:06.90 L	F	Duff, Casey	10	NOVA	- VA	6/22/2007	2007 NC 19th Furniture City Invitation
7	3:06.99 L	F	Welborn, Danny	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
8	3:07.93 L	F	Ebel, Austin	10	PYAC	- VA	7/19/2007	2007 LC Age Group Championships
9	3:08.17 L	F	Brown, Gavin	10	NOVA	- VA	7/19/2007	2007 LC Age Group Championships
10	3:08.29 L	F	Russo, Dominic	10	CCA	- VA	7/19/2007	2007 LC Age Group Championships