

Virginia Swimming Times Report For 9/1/2023 - 5/1/2024



5/4/2024 1:22:41 PM

Time Standard Selected: "Slower than B"

Rank	Event	Time	Power Points	Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	50 FR LCM	28.45	813	Strohacker, Reagan	F	HNVR	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAAA"	11-12
2	50 FR LCM	29.41	818	Nolde, Anna	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAA"	11-12
3	50 FR LCM	29.99	701	Sessa, Victoria	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
4	50 FR LCM	30.53	663	Shean, May	F	TIDE	4/20/2024	2024 VA TIDE Black vs. Blue Meet	"AA"	11-12
5	50 FR LCM	30.66	654	Zyglocke, Lennon	F	HNVR	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
6	50 FR LCM	30.84	641	Smith, Carter	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
7	50 FR LCM	31.15	696	Kawecki, Daisy	F	HVAC	4/21/2024	2024 VA SRVA LC Kickoff	"AA"	11-12
8	50 FR LCM	31.21	616	Dawson, Clementine	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
9	50 FR LCM	31.29	610	Wood, Tenley	F	RAYS	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
10	50 FR LCM	31.31	685	Vanyo, Vivian	F	ACAC	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
1	100 FR LCM	1:02.45	791	Strohacker, Reagan	F	HNVR	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAAA"	11-12
2	100 FR LCM	1:05.86	665	Banks, Hadley	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
3	100 FR LCM	1:06.18	653	Wells, Emily	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
4	100 FR LCM	1:06.22	652	Bruning, Charlotte	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
5	100 FR LCM	1:06.96	626	McGoff, Addison	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
6	100 FR LCM	1:07.32	613	Smith, Carter	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
7	100 FR LCM	1:07.33	715	Nolde, Anna	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
8	100 FR LCM	1:07.34	613	Sessa, Victoria	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
9	100 FR LCM	1:07.99	590	Dawson, Clementine	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
10	100 FR LCM	1:08.48	675	Vanyo, Vivian	F	ACAC	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
1	200 FR LCM	2:19.16	707	Strohacker, Reagan	F	HNVR	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAA"	11-12
2	200 FR LCM	2:23.79	623	Clark, Peyton	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
3	200 FR LCM	2:24.58	609	Goins, Rebecca	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
4	200 FR LCM	2:24.90	603	Wells, Emily	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
5	200 FR LCM	2:26.67	573	Robertson, Caroline	F	WAC	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
6	200 FR LCM	2:27.36	561	McGoff, Addison	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
7	200 FR LCM	2:29.45	526	Smith, Carter	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12

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Rank	Event	Time	Power Points	Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
8	200 FR LCM	2:30.24	513	Zyglocke, Lennon	F	HNVR	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
9	200 FR LCM	2:32.31	480	Landon, Sarah	F	ECAT	4/21/2024	2024 VA SRVA LC Kickoff	"A"	11-12
10	200 FR LCM	2:33.51	462	Dawson, Clementine	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
1	400 FR LCM	5:07.35	573	Francis, Nora	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
2	400 FR LCM	5:12.38	532	Smith, Carter	F	PSDN	4/26/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
3	400 FR LCM	5:16.82	497	Vogel, Hannah	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"A"	11-12
4	400 FR LCM	5:19.77	579	Flynn, Lillianne	F	SRVA	4/20/2024	2024 VA SRVA LC Kickoff	"A"	11-12
5	400 FR LCM	5:20.24	471	Landon, Sarah	F	ECAT	4/20/2024	2024 VA SRVA LC Kickoff	"A"	11-12
6	400 FR LCM	5:23.78	445	Blackston, Anna	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"A"	11-12
7	400 FR LCM	5:31.94	387	Singh, Sofia	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"BB"	11-12
8	400 FR LCM	5:33.69	375	Bridges, Kenly	F	WAC	4/26/2024	2024 VA NOVA LC Kick Off	"BB"	11-12
9	400 FR LCM	5:38.56	342	Weber, Eden	F	SRVA	4/20/2024	2024 VA SRVA LC Kickoff	"BB"	11-12
10	400 FR LCM	5:40.34	331	Thompson, Fentress	F	ACAC	4/26/2024	2024 VA NOVA LC Kick Off	"BB"	11-12
1	800 FR LCM	11:27.84	441	Wood, Tenley	F	RAYS	4/26/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
2	800 FR LCM	14:01.27	67	Shrout, Grace	F	RAYS	4/26/2024	2024 VA RAYS Helen Wang Sunflower Classic	"Slower than B"	11-12
3	800 FR LCM	14:13.63	50	Simons, Brynlee	F	RAYS	4/26/2024	2024 VA RAYS Helen Wang Sunflower Classic	"Slower than B"	11-12
1	50 BK LCM	32.59	836	Strohacker, Reagan	F	HNVR	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAAA"	11-12
2	50 BK LCM	34.30	716	Clark, Peyton	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
3	50 BK LCM	34.62	694	Jacobs, Lane	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
4	50 BK LCM	35.39	643	Young, Ayla	F	SRVA	4/21/2024	2024 VA SRVA LC Kickoff	"AA"	11-12
5	50 BK LCM	36.34	679	Davila, Naomi	F	PWSC	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
6	50 BK LCM	36.42	577	Robertson, Caroline	F	WAC	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
7	50 BK LCM	36.71	656	Vanyo, Vivian	F	ACAC	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
8	50 BK LCM	36.73	558	Maynard, Addison	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
9	50 BK LCM	36.87	549	Zyglocke, Lennon	F	HNVR	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
10	50 BK LCM	36.90	547	Whirley, Emily	F	SRVA	4/21/2024	2024 VA SRVA LC Kickoff	"A"	11-12
1	100 BK LCM	1:12.57	742	Jacobs, Lane	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
2	100 BK LCM	1:12.68	739	Strohacker, Reagan	F	HNVR	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAA"	11-12
3	100 BK LCM	1:14.93	670	Clark, Peyton	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12

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Rank	Event	Time	Power Points	Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
4	100 BK LCM	1:15.58	650	Wood, Tenley	F	RAYS	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
5	100 BK LCM	1:16.74	726	Browning, Olivia	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
6	100 BK LCM	1:16.90	721	Nolde, Anna	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
7	100 BK LCM	1:17.24	602	Hill, Reagan	F	WAC	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
8	100 BK LCM	1:17.82	585	Sessa, Victoria	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
9	100 BK LCM	1:18.08	578	Francis, Nora	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
10	100 BK LCM	1:18.96	662	Vanyo, Vivian	F	ACAC	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
1	200 BK LCM	2:38.26	726	Clark, Peyton	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
2	200 BK LCM	2:40.48	697	Bruning, Charlotte	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
3	200 BK LCM	2:40.92	691	Strohacker, Reagan	F	HNVR	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
4	200 BK LCM	2:42.79	667	Siminiceanu, Emilie	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
5	200 BK LCM	2:44.96	639	Francis, Nora	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
6	200 BK LCM	2:44.98	639	Banks, Hadley	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
7	200 BK LCM	2:46.03	749	Nolde, Anna	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
8	200 BK LCM	2:46.71	617	Goins, Rebecca	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
9	200 BK LCM	2:47.46	607	Hill, Reagan	F	WAC	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
10	200 BK LCM	2:47.51	607	Litchfield, Kayla	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
1	50 BR LCM	37.93	720	Strohacker, Reagan	F	HNVR	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAA"	11-12
2	50 BR LCM	40.72	572	Blackston, Anna	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
3	50 BR LCM	41.05	556	Wells, Emily	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
4	50 BR LCM	41.27	545	Magill, Emily	F	HNVR	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
5	50 BR LCM	41.61	528	Shean, May	F	TIDE	4/20/2024	2024 VA TIDE Black vs. Blue Meet	"A"	11-12
6	50 BR LCM	41.93	512	Landon, Sarah	F	ECAT	4/20/2024	2024 VA SRVA LC Kickoff	"A"	11-12
7	50 BR LCM	43.01	551	Holt, Olivia	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"BB"	11-12
8	50 BR LCM	43.33	536	Li, Chelsea	F	TIDE	4/20/2024	2024 VA TIDE Black vs. Blue Meet	"BB"	11-12
9	50 BR LCM	43.48	437	Fuller, Anneliese	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"BB"	11-12
10	50 BR LCM	43.61	431	Robertson, Caroline	F	WAC	4/28/2024	2024 VA NOVA LC Kick Off	"BB"	11-12
1	100 BR LCM	1:23.53	686	Barcia, Caroline	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAA"	11-12
2	100 BR LCM	1:25.44	639	Bruning, Charlotte	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
3	100 BR LCM	1:26.19	733	Ehrensberger, Margaret	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12

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Rank	Event	Time	Power Points	Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
4	100 BR LCM	1:27.79	583	Jacobs, Lane	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
5	100 BR LCM	1:29.06	554	Sanford, Natalie	F	WAC	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
6	100 BR LCM	1:29.09	553	Smith, Carter	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
7	100 BR LCM	1:30.55	520	Thompson, Fentress	F	ACAC	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
8	100 BR LCM	1:30.87	513	Wells, Emily	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
9	100 BR LCM	1:31.17	506	Blackston, Anna	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
10	100 BR LCM	1:31.41	500	Landon, Sarah	F	ECAT	4/21/2024	2024 VA SRVA LC Kickoff	"A"	11-12
1	200 BR LCM	2:58.21	724	Bruning, Charlotte	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
2	200 BR LCM	3:00.67	697	Litchfield, Kayla	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
3	200 BR LCM	3:01.76	805	Ehrensberger, Margaret	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
4	200 BR LCM	3:03.11	671	Barcia, Caroline	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
5	200 BR LCM	3:04.26	658	Banks, Hadley	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
6	200 BR LCM	3:09.20	605	Clark, Peyton	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
7	200 BR LCM	3:11.06	586	Sanford, Natalie	F	WAC	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
8	200 BR LCM	3:12.53	570	Goins, Rebecca	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
9	200 BR LCM	3:12.82	567	Wiltshire, Avery	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
10	200 BR LCM	3:12.97	566	Wong, Kaitlyn	F	WAC	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
1	50 FL LCM	29.98	853	Strohacker, Reagan	F	HNVR	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAAA"	11-12
2	50 FL LCM	31.82	728	Jacobs, Lane	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
3	50 FL LCM	32.52	682	Hepper, Margaret	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
4	50 FL LCM	33.13	734	Vanyo, Vivian	F	ACAC	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
5	50 FL LCM	33.50	619	Young, Ayla	F	SRVA	4/20/2024	2024 VA SRVA LC Kickoff	"AA"	11-12
6	50 FL LCM	33.59	704	Nolde, Anna	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	11-12
7	50 FL LCM	33.93	683	Rawles, Katherine	F	DC	4/20/2024	2024 VA SRVA LC Kickoff	"A"	11-12
8	50 FL LCM	34.33	568	Banks, Hadley	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
9	50 FL LCM	34.53	556	Blackston, Anna	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
10	50 FL LCM	34.58	553	Wells, Emily	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
1	100 FL LCM	1:11.80	704	Jacobs, Lane	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
2	100 FL LCM	1:12.69	680	Hepper, Margaret	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
3	100 FL LCM	1:14.61	630	Banks, Hadley	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
4	100 FL LCM	1:14.95	621	Siminiceanu, Emilie	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
5	100 FL LCM	1:15.07	618	Bruning, Charlotte	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	11-12

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Rank	Event	Time	Power Points	Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
6	100 FL LCM	1:17.21	665	Holt, Olivia	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
7	100 FL LCM	1:17.89	546	Wells, Emily	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	11-12
8	100 FL LCM	1:18.43	532	Francis, Nora	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
9	100 FL LCM	1:18.61	630	Vanyo, Vivian	F	ACAC	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
10	100 FL LCM	1:18.85	522	Sessa, Victoria	F	NOVA	4/27/2024	2024 VA NOVA LC Kick Off	"A"	11-12
1	200 FL LCM	2:55.34	553	Bridges, Kenly	F	WAC	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
2	200 FL LCM	3:12.64	376	Harvey, Morgan	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"B"	11-12
3	200 FL LCM	3:32.72	196	Nichols, Emma	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"Slower than B"	11-12
1	200 IM LCM	2:36.99	736	Bruning, Charlotte	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
2	200 IM LCM	2:37.94	722	Jacobs, Lane	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
3	200 IM LCM	2:43.79	639	Siminiceanu, Emilie	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
4	200 IM LCM	2:44.32	632	Hepper, Margaret	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
5	200 IM LCM	2:45.36	617	Clark, Peyton	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
6	200 IM LCM	2:47.21	592	Goins, Rebecca	F	NOVA	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
7	200 IM LCM	2:48.30	578	Landon, Sarah	F	ECAT	4/20/2024	2024 VA SRVA LC Kickoff	"AA"	11-12
8	200 IM LCM	2:49.62	560	Litchfield, Kayla	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
9	200 IM LCM	2:49.66	560	McGoff, Addison	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"A"	11-12
10	200 IM LCM	2:50.13	655	Flynn, Lillianne	F	SRVA	4/20/2024	2024 VA SRVA LC Kickoff	"A"	11-12
1	400 IM LCM	5:29.34	776	Bruning, Charlotte	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"AAAA"	11-12
2	400 IM LCM	5:42.85	688	Banks, Hadley	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
3	400 IM LCM	5:44.83	675	Hepper, Margaret	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"AAA"	11-12
4	400 IM LCM	5:52.01	630	Laraway, Ellie	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
5	400 IM LCM	5:52.13	630	McGoff, Addison	F	PSDN	4/26/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
6	400 IM LCM	5:52.28	629	Litchfield, Kayla	F	PSDN	4/26/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
7	400 IM LCM	5:57.55	596	Goins, Rebecca	F	NOVA	4/26/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
8	400 IM LCM	5:59.38	585	Wong, Kaitlyn	F	WAC	4/26/2024	2024 VA NOVA LC Kick Off	"AA"	11-12
9	400 IM LCM	6:03.97	558	Landon, Sarah	F	ECAT	4/21/2024	2024 VA SRVA LC Kickoff	"A"	11-12
10	400 IM LCM	6:20.60	462	Feshchanka, Ksenia	F	PSDN	4/26/2024	2024 VA NOVA LC Kick Off	"BB"	11-12