

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

Time Standard Selected: "Slower than B"

Top Time	Event Code	Swim Time	PowerPoints	Full Name	Competition			Date of		Time Standard	Age Group
					Age	Category	Club Code	Swim	Meet Name		
1	50 FR LCM	26.88	825	Jones, Jasper	99	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	2024 Winter Juniors (SCY 15-16)	15-16
2	50 FR LCM	27.37	783	Vanyo, Sofie	99	F	ACAC	4/27/2024	2024 VA NOVA LC Kick Off	2024 Futures (LCM)	15-16
3	50 FR LCM	27.51	771	Moreno, Caprie	99	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
4	50 FR LCM	27.64	757	Shnowske, Anna	99	F	757	3/28/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16
5	50 FR LCM	27.72	753	Callis, Emerson	99	F	QSTS	3/28/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16
6	50 FR LCM	27.78	748	Liebler, Emma	99	F	757	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
7	50 FR LCM	27.88	737	Bischoff, Allison	99	F	NOVA	11/11/2023	2023 NC SwimMAC LC/SC Invitational	"AAA"	15-16
8	50 FR LCM	27.93	733	Vernon, Allison	99	F	QSTS	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
9	50 FR LCM	28	727	Armstrong, Kiersten	99	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
10	50 FR LCM	28.1	718	Canada, Raegan	99	F	QSTS	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
1	100 FR LCM	58.1	817	Shnowske, Anna	99	F	757	3/30/2024	2024 FL ISCA International Senior Cup	2024 Winter Juniors (SCY 15-16)	15-16
2	100 FR LCM	58.46	800	Vernon, Allison	99	F	QSTS	3/30/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	15-16
3	100 FR LCM	58.59	807	Vanyo, Sofie	99	F	ACAC	4/28/2024	2024 VA NOVA LC Kick Off	2024 Futures (LCM)	15-16
4	100 FR LCM	58.71	801	Callis, Emerson	99	F	QSTS	1/15/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	15-16
5	100 FR LCM	59.23	766	Sowers, Samantha	99	F	RAYS	3/19/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	15-16
6	100 FR LCM	59.56	764	Moreno, Caprie	99	F	TIDE	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
7	100 FR LCM	59.66	759	Deguenther, Emory	99	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	"AAA"	15-16
8	100 FR LCM	59.69	746	Bischoff, Allison	99	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	"AAA"	15-16

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						Category	Club Code	Swim	Meet Name		
9	100 FR LCM	59.91	748	Liebler, Emma	99	F	757	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
10	100 FR LCM	01:00.1	730	Duffy, Dara	99	F	TIDE	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
1	200 FR LCM	02:04.4	834	Deguenther, Emory	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	2024 Winter Juniors (SCY)	15-16
2	200 FR LCM	02:05.2	814	Shnowske, Anna	99	F	757	12/10/2023	2023 OH Speedo Winter Jr East Long Course Time Trial	2024 Futures (LCM)	15-16
3	200 FR LCM	02:06.5	804	Callis, Emerson	99	F	QSTS	3/27/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	15-16
4	200 FR LCM	02:07.1	771	Bischoff, Allison	99	F	NOVA	11/11/2023	2023 NC SwimMAC LC/SC Invitational	2024 Futures (LCM)	15-16
5	200 FR LCM	02:07.5	763	Vernon, Allison	99	F	QSTS	3/27/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	15-16
6	200 FR LCM	02:08.7	735	Canada, Raegan	99	F	QSTS	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
7	200 FR LCM	02:08.8	752	Vanyo, Sofie	99	F	ACAC	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	15-16
8	200 FR LCM	02:10.4	698	Armstrong, Kiersten	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
9	200 FR LCM	02:11.6	690	Gregory, Elizabeth	99	F	WAC	3/27/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16
10	200 FR LCM	02:13.6	647	Wenert, Olivia	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
1	400 FR LCM	04:21.4	828	Shnowske, Anna	99	F	757	3/28/2024	2024 FL ISCA International Senior Cup	2024 Winter US Open (SC)	15-16
2	400 FR LCM	04:23.9	832	Callis, Emerson	99	F	QSTS	1/14/2024	2024 VA NOVA LC Winter Invitational	2024 Winter Juniors (SCY)	15-16
3	400 FR LCM	04:25.4	782	Deguenther, Emory	99	F	NOVA	3/22/2024	2024 FL NCSA Swimming Championships	2024 Winter Juniors (SCY)	15-16
4	400 FR LCM	04:30.0	731	Vernon, Allison	99	F	QSTS	3/28/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16
5	400 FR LCM	04:31.8	743	Gregory, Elizabeth	99	F	WAC	3/28/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16

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Top Time	Event Code	Swim Time	PowerPoints	Full Name	Age	Competition		Date of		Time Standard	Age Group
						Category	Club Code	Swim	Meet Name		
6	400 FR LCM	04:32.0	709	Armstrong, Kiersten	99	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
7	400 FR LCM	04:32.5	704	Wenert, Olivia	99	F	NOVA	3/22/2024	2024 FL NCSA Swimming Championships	"AAA"	15-16
8	400 FR LCM	04:32.9	699	Hawkins, Mary-Stuai	99	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
9	400 FR LCM	04:33.0	698	Canada, Raegan	99	F	QSTS	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
10	400 FR LCM	04:33.8	690	Bischoff, Allison	99	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	"AAA"	15-16
1	800 FR LCM	09:13.2	748	Hawkins, Mary-Stuai	99	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	15-16
2	800 FR LCM	09:14.1	760	Callis, Emerson	99	F	QSTS	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAAA"	15-16
3	800 FR LCM	09:18.7	721	Armstrong, Kiersten	99	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	"AAA"	15-16
4	800 FR LCM	09:20.1	714	Wenert, Olivia	99	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	"AAA"	15-16
5	800 FR LCM	09:28.1	675	Canada, Raegan	99	F	QSTS	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
6	800 FR LCM	09:34.2	663	Quinn, Brooke	99	F	757	3/30/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16
7	800 FR LCM	09:42.9	606	Morrow, Katelyn	99	F	NOVA	11/11/2023	2023 NC SwimMAC LC/SC Invitational	"AA"	15-16
8	800 FR LCM	09:47.5	585	Bredbenner, Elsie	99	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"AA"	15-16
9	800 FR LCM	09:50.0	590	Gallant, Emma	99	F	TIDE	1/15/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
10	800 FR LCM	09:52.5	579	Dart, Abigail	99	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
1	1500 FR LCI	17:21.1	822	Hawkins, Mary-Stuai	99	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	2024 Winter Juniors (SCY)	15-16
2	1500 FR LCI	17:40.2	773	Wenert, Olivia	99	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	15-16

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Top Time	Event Code	Swim Time	PowerPoints	Full Name	Age	Competition		Date of		Meet Name	Time Standard	Age Group
						Category	Club Code	Swim	Swim			
3	1500 FR LCI	17:43.5	764	Armstrong, Kiersten	99	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	"AAAA"	15-16	
4	1500 FR LCI	18:16.2	697	Gregory, Elizabeth	99	F	WAC	3/26/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16	
5	1500 FR LCI	18:27.2	656	Morrow, Katelyn	99	F	UN	3/10/2024	2024 NC STAR ESSZ Spg SR Sectionals	"AAA"	15-16	
6	1500 FR LCI	18:33.0	642	Connor, Julia	99	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	"AAA"	15-16	
7	1500 FR LCI	19:44.7	496	Shearin, Nevaeh	99	F	ODAC	3/26/2024	2024 FL ISCA International Senior Cup	"A"	15-16	
8	1500 FR LCI	20:39.3	386	Verbel, Georgia	99	F	RAYS	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"BB"	15-16	
9	1500 FR LCI	21:48.5	263	Ellis, Hannah	99	F	RAYS	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"BB"	15-16	
10	1500 FR LCI	24:51.1	35	Roberson, Emma	99	F	RAYS	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"Slower than B"	15-16	
1	100 BK LCM	01:04.6	849	Deguenther, Emory	99	F	NOVA	3/21/2024	2024 FL NCSA Swimming Championships	2024 Winter Juniors (SCY)	15-16	
2	100 BK LCM	01:05.2	829	Mayo, Phoebe	99	F	CGBD	1/14/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	15-16	
3	100 BK LCM	01:05.3	823	Hotem, Kaitlyn	99	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	2024 Futures (LCM)	15-16	
4	100 BK LCM	01:05.5	836	Callis, Emerson	99	F	QSTS	3/26/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	15-16	
5	100 BK LCM	01:06.6	776	Hawkins, Mary-Stuai	99	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	15-16	
6	100 BK LCM	01:06.6	774	Czirjak, Sara	99	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	2024 Futures (LCM)	15-16	
7	100 BK LCM	01:07.2	772	Wright, Margaret Anr	99	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16	
8	100 BK LCM	01:08.1	718	Bredbenner, Elsie	99	F	PSDN	4/28/2024	2024 VA NOVA LC Kick Off	"AAA"	15-16	
9	100 BK LCM	01:08.2	733	Liebler, Emma	99	F	757	3/27/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16	

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						Category	Club Code	Swim	Meet Name		
10	100 BK LCM	01:08.7	698	Brundage, Holly	99	F	757	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
1	200 BK LCM	02:17.0	875	Mayo, Phoebe	99	F	CGBD	1/15/2024	2024 VA NOVA LC Winter Invitational	2024 Winter US Open (SC)	15-16
2	200 BK LCM	02:17.3	870	Hotem, Kaitlyn	99	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	2024 Winter US Open (SC)	15-16
3	200 BK LCM	02:20.1	823	Deguenther, Emory	99	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	15-16
4	200 BK LCM	02:22.4	786	Hawkins, Mary-Stuart	99	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	15-16
5	200 BK LCM	02:22.9	777	Bischoff, Allison	99	F	NOVA	11/11/2023	2023 NC SwimMAC LC/SC Invitational	2024 Futures (LCM)	15-16
6	200 BK LCM	02:25.6	753	Wright, Margaret Ann	99	F	TIDE	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
7	200 BK LCM	02:25.8	731	Bredbenner, Elsie	99	F	PSDN	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
8	200 BK LCM	02:26.0	728	Czirjak, Sara	99	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AAA"	15-16
9	200 BK LCM	02:28.8	702	Johnson, Sidney	99	F	RAYS	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	15-16
10	200 BK LCM	02:29.1	680	McKinney, Ava	99	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
1	100 BR LCM	01:10.7	899	Czirjak, Sara	99	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	2024 Summer Nationals	15-16
2	100 BR LCM	01:16.9	728	Vanyo, Sofie	99	F	ACAC	4/27/2024	2024 VA NOVA LC Kick Off	"AAA"	15-16
3	100 BR LCM	01:17.9	698	Jaeger, Katelyn	99	F	PSDN	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
4	100 BR LCM	01:19.1	651	Hotem, Kaitlyn	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
5	100 BR LCM	01:21.6	580	Scherer, Anne	99	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	15-16
6	100 BR LCM	01:21.8	574	Diggs, Ellen	99	F	QSTS	1/13/2024	2024 VA NOVA LC Winter Invitational	"A"	15-16

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					Age	Category	Club Code	Swim	Meet Name		
7	100 BR LCM	01:22.1	568	Ismailova, Diana	99	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	15-16
8	100 BR LCM	01:22.3	577	Cuce, Elianna	99	F	SRVA	4/21/2024	2024 VA SRVA LC Kickoff	"A"	15-16
9	100 BR LCM	01:22.8	547	Wang, Abigail	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"A"	15-16
10	100 BR LCM	01:23.1	555	Quinn, Brooke	99	F	757	3/29/2024	2024 FL ISCA International Senior Cup	"A"	15-16
1	200 BR LCM	02:30.9	933	Czirjak, Sara	99	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	2024 Olympic Trials	15-16
2	200 BR LCM	02:50.7	672	Jaeger, Katelyn	99	F	PSDN	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
3	200 BR LCM	02:52.0	652	Diggs, Ellen	99	F	QSTS	1/14/2024	2023 NC SwimMAC LC/SC Invitational	"AA"	15-16
4	200 BR LCM	02:53.3	635	Hotem, Kaitlyn	99	F	NOVA	11/12/2023	2024 VA NOVA LC Winter Invitational	"AA"	15-16
5	200 BR LCM	02:53.7	634	Moreno, Caprie	99	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
6	200 BR LCM	02:55.5	611	Kryszon, Kendall	99	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
7	200 BR LCM	02:55.8	604	Basic, Charlotte	99	F	757	3/30/2024	2024 FL ISCA International Senior Cup	"AA"	15-16
8	200 BR LCM	02:56.1	600	Wilson, Caitlin	99	F	CGBD	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
9	200 BR LCM	02:58.1	579	Cobean, Evelyn	99	F	QSTS	1/14/2024	2024 VA NOVA LC Winter Invitational	"A"	15-16
10	200 BR LCM	03:00.1	552	Gray, Lauren	99	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"A"	15-16
1	100 FL LCM	01:01.0	916	Callis, Emerson	99	F	QSTS	11/30/2023	2023 Toyota US Open Championships - Time Trials	2024 Winter US Open (SC)	15-16
2	100 FL LCM	01:03.3	833	Liebler, Emma	99	F	757	3/29/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	15-16
3	100 FL LCM	01:03.6	822	Duffy, Savannah	99	F	RAYS	3/22/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	15-16

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						Category	Club Code	Swim	Meet Name		
4	100 FL LCM	01:04.0	789	Deguenther, Emory	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	15-16
5	100 FL LCM	01:04.5	792	Gregory, Elizabeth	99	F	WAC	3/29/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	15-16
6	100 FL LCM	01:04.7	786	Vanyo, Sofie	99	F	ACAC	4/28/2024	2024 VA NOVA LC Kick Off	2024 Futures (LCM)	15-16
7	100 FL LCM	01:04.7	764	Shnowske, Anna	99	F	757	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
8	100 FL LCM	01:05.1	752	Vernon, Allison	99	F	QSTS	3/29/2024	2024 FL ISCA International Senior Cup	"AAA"	15-16
9	100 FL LCM	01:05.5	736	Hotem, Kaitlyn	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
10	100 FL LCM	01:06.4	726	Kryszon, Kendall	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
1	200 FL LCM	02:12.6	935	Callis, Emerson	99	F	QSTS	3/30/2024	2024 FL ISCA International Senior Cup	2024 Olympic Trials	15-16
2	200 FL LCM	02:19.7	824	Shnowske, Anna	99	F	757	1/14/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	15-16
3	200 FL LCM	02:23.0	776	Wenert, Olivia	99	F	NOVA	3/20/2024	2024 FL NCSA Swimming Championships	"AAA"	15-16
4	200 FL LCM	02:23.5	767	Hotem, Kaitlyn	99	F	NOVA	3/20/2024	2024 FL NCSA Swimming Championships	"AAA"	15-16
5	200 FL LCM	02:24.4	754	Mayo, Phoebe	99	F	CGBD	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
6	200 FL LCM	02:26.1	729	O'Shea, Elizabeth	99	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	"AAA"	15-16
7	200 FL LCM	02:28.2	701	Kryszon, Kendall	99	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
8	200 FL LCM	02:28.7	691	Osada, Elizabeth	99	F	CA-Y	4/27/2024	2024 VA RAYS Helen Wang Sunflower Classic	"AA"	15-16
9	200 FL LCM	02:28.7	694	Wright, Margaret Anr	99	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
10	200 FL LCM	02:29.6	682	Gregory, Elizabeth	99	F	WAC	3/30/2024	2024 FL ISCA International Senior Cup	"AA"	15-16

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1	200 IM LCM	02:18.3	899	Callis, Emerson	99	F	QSTS	1/15/2024	2024 VA NOVA LC Winter Invitational	2024 Winter US Open (SC)	15-16
2	200 IM LCM	02:22.7	814	Hotem, Kaitlyn	99	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	15-16
3	200 IM LCM	02:22.8	818	Vanyo, Sofie	99	F	ACAC	4/27/2024	2024 VA NOVA LC Kick Off	2024 Futures (LCM)	15-16
4	200 IM LCM	02:23.5	801	Mayo, Phoebe	99	F	CGBD	1/15/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	15-16
5	200 IM LCM	02:26.1	755	Vernon, Allison	99	F	QSTS	3/27/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	15-16
6	200 IM LCM	02:27.4	732	Hawkins, Mary-Stuart	99	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
7	200 IM LCM	02:29.6	701	Moreno, Caprie	99	F	TIDE	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
8	200 IM LCM	02:31.3	674	Kryszon, Kendall	99	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
9	200 IM LCM	02:31.7	667	Armstrong, Kiersten	99	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	"AA"	15-16
10	200 IM LCM	02:31.7	660	Brundage, Holly	99	F	757	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
1	400 IM LCM	04:51.2	888	Callis, Emerson	99	F	QSTS	3/29/2024	2024 FL NCSA Swimming Senior Cup	2024 Summer Nationals	15-16
2	400 IM LCM	05:01.1	802	Hawkins, Mary-Stuart	99	F	NOVA	3/21/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	15-16
3	400 IM LCM	05:01.1	802	Hotem, Kaitlyn	99	F	NOVA	3/21/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	15-16
4	400 IM LCM	05:13.3	707	Armstrong, Kiersten	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
5	400 IM LCM	05:17.8	673	Vernon, Allison	99	F	QSTS	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
6	400 IM LCM	05:19.2	662	Bredbenner, Elsie	99	F	PSDN	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	15-16
7	400 IM LCM	05:24.6	628	Seay, Madelyn	99	F	QSTS	1/13/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16

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Time Standard Selected: "Slower than B"

Top Time	Event Code	Swim Time	PowerPoints	Full Name	Competition		Date of		Meet Name	Time Standard	Age Group
					Age	Category	Club Code	Swim			
8	400 IM LCM	05:35.1	553	Dart, Abigail	99	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AA"	15-16
9	400 IM LCM	05:36.6	542	Walker, Hana	99	F	PSDN	1/13/2024	2024 VA NOVA LC Winter Invitational	"A"	15-16
10	400 IM LCM	05:42.5	496	Sandlin, Ashlyn	99	F	PSDN	4/26/2024	2024 VA NOVA LC Kick Off	"A"	15-16