

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



Time Standard Selected: "Slower than B"

5/4/2024 1:32:01 PM

Rank	Event	Time	Power Points	Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
1	50 FR LCM	26.39	856	Cannings, Kamryn	F	LIB	11/30/2023	2023 VA ISCA LC ISCA Open	2024 Winter US Open (SCY)	17-18
2	50 FR LCM	26.46	850	Thomas, Morgan	F	CA-Y	12/3/2023	Minnesota Invitational LCM	2024 Winter US Open (SCY)	17-18
3	50 FR LCM	26.83	818	Bolduc, Parker	F	VT	2/25/2024	2024 NC ACC LC Time Trials Invitational	2024 Winter Juniors (SCY)	17-18
4	50 FR LCM	26.90	812	Duffy, Kayleigh	F	TIDE	4/12/2024	2024 TYR Pro Swim Series - San Antonio TT	2024 Futures (LCM)	17-18
5	50 FR LCM	27.20	786	Stephens, Alexis	F	PSDN	1/13/2024	2024 TYR Pro Swim Series - Knoxville	2024 Futures (LCM)	17-18
6	50 FR LCM	27.46	764	Bischoff, Allison	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
7	50 FR LCM	27.84	731	Halvorson, Samantha	F	ODAC	3/30/2024	2024 FL ISCA International Senior Cup	"AAA"	17-18
8	50 FR LCM	27.92	725	Goodwin-Birnie, Elizabeth	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
9	50 FR LCM	28.04	715	Barnard, Amanda	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
10	50 FR LCM	28.16	705	Kohler, Sofia	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
1	100 FR LCM	56.38	893	Cannings, Kamryn	F	LIB	12/2/2023	2023 VA ISCA LC ISCA Open	2024 Summer Nationals (LCM)	17-18
2	100 FR LCM	56.44	890	Gormsen, Cavan	F	UN	12/2/2023	2023 Toyota US Open Championships	2024 Winter US Open (SCY)	17-18
3	100 FR LCM	58.03	817	Miklos, Riley	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	2024 Winter Juniors (SCY)	17-18
4	100 FR LCM	58.62	790	Bischoff, Allison	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	17-18
5	100 FR LCM	58.70	787	Duffy, Kayleigh	F	TIDE	1/15/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	17-18
6	100 FR LCM	58.72	786	Stephens, Alexis	F	PSDN	1/11/2024	2024 TYR Pro Swim Series - Knoxville	2024 Futures (LCM)	17-18
7	100 FR LCM	1:00.17	722	Goodwin-Birnie, Elizabeth	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	"AAA"	17-18
8	100 FR LCM	1:00.39	713	Teague, Sara	F	TIDE	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
9	100 FR LCM	1:00.48	709	Barnard, Amanda	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
10	100 FR LCM	1:01.10	682	Bever, Brady	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
1	200 FR LCM	2:01.85	882	Gormsen, Cavan	F	UN	11/16/2023	Tennessee Invitational	2024 Winter US Open (SCY)	17-18
2	200 FR LCM	2:03.75	836	Cannings, Kamryn	F	LIB	4/12/2024	2024 TYR Pro Swim Series - San Antonio	2024 Winter US Open (SCY)	17-18

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3	200 FR LCM	2:04.91	808	Mullins, Lainey	F	UN	11/16/2023	Tennessee Invitational	2024 Winter Juniors (SCY)	17-18
4	200 FR LCM	2:05.57	807	Bischoff, Allison	F	NOVA	3/20/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	17-18
5	200 FR LCM	2:07.73	757	Barnard, Amanda	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	17-18
6	200 FR LCM	2:08.59	737	Stuhlmacher, Claire	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
7	200 FR LCM	2:09.07	713	Bookstein, Delaney	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intrasquad	"AAA"	17-18
8	200 FR LCM	2:09.98	707	Reid, Keira	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
9	200 FR LCM	2:11.79	667	Cosner, Emerson	F	QSTS	3/27/2024	2024 FL ISCA International Senior Cup	"AAA"	17-18
10	200 FR LCM	2:11.98	663	Miklos, Riley	F	NOVA	11/11/2023	2023 NC SwimMAC LC/SC Invitational	"AAA"	17-18
1	400 FR LCM	4:12.16	924	Gormsen, Cavan	F	UN	11/30/2023	2023 Toyota US Open Championships	2024 Olympic Trials	17-18
2	400 FR LCM	4:21.21	816	Mullins, Lainey	F	UN	11/15/2023	Tennessee Invitational	2024 Winter US Open (SCY)	17-18
3	400 FR LCM	4:26.75	766	Stuhlmacher, Claire	F	NOVA	3/22/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	17-18
4	400 FR LCM	4:28.91	742	Bischoff, Allison	F	NOVA	3/22/2024	2024 FL NCSA Swimming Championships	"AAA"	17-18
5	400 FR LCM	4:29.20	739	Barnard, Amanda	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
6	400 FR LCM	4:29.88	719	Miklos, Riley	F	NOVA	3/22/2024	2024 FL NCSA Swimming Championships	"AAA"	17-18
7	400 FR LCM	4:31.33	703	Starnes, Sydney	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intrasquad	"AAA"	17-18
8	400 FR LCM	4:31.53	701	Anderson, Kate	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intrasquad	"AAA"	17-18
9	400 FR LCM	4:33.80	689	Reid, Keira	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
10	400 FR LCM	4:35.66	657	Howley, Tess	F	UN	11/15/2023	Tennessee Invitational	"AAA"	17-18
1	800 FR LCM	8:39.78	916	Gormsen, Cavan	F	UN	11/29/2023	2023 Toyota US Open Championships	2024 Olympic Trials	17-18
2	800 FR LCM	9:06.27	776	Stuhlmacher, Claire	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	2024 Winter Juniors (SCY)	17-18
3	800 FR LCM	9:08.66	764	Miklos, Riley	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	17-18
4	800 FR LCM	9:10.40	755	Starnes, Sydney	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intrasquad	2024 Futures (LCM)	17-18
5	800 FR LCM	9:13.69	739	Anderson, Kate	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intrasquad	2024 Futures (LCM)	17-18

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Rank	Event	Time	Power Points	Name	Comp Cat.	Club	Swim Date	Meet	Standard	Age Group
6	800 FR LCM	9:15.57	730	Reid, Keira	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	"AAA"	17-18
7	800 FR LCM	9:19.22	712	Dillard, Jordyn	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	"AAA"	17-18
8	800 FR LCM	9:26.74	675	Phillips, Courtney	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intr Squad	"AAA"	17-18
9	800 FR LCM	9:51.35	562	Kryszon, Madison	F	QSTS	1/15/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
10	800 FR LCM	9:52.12	559	Cosner, Emerson	F	QSTS	1/15/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
1	1500 FR LCM	17:21.13	817	Stuhlmacher, Claire	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	2024 Winter Juniors (SCY)	17-18
2	1500 FR LCM	17:35.10	781	Dillard, Jordyn	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	17-18
3	1500 FR LCM	17:39.68	769	Reid, Keira	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	17-18
4	1500 FR LCM	17:42.56	762	Miklos, Riley	F	NOVA	3/19/2024	2024 FL NCSA Swimming Championships	"AAA"	17-18
5	1500 FR LCM	19:29.05	511	Fomuso, Gina	F	ODAC	3/26/2024	2024 FL ISCA International Senior Cup	"A"	17-18
1	100 BK LCM	1:02.23	944	Stephens, Alexis	F	PSDN	3/21/2024	2024 FL NCSA Swimming Championships	2024 Summer Nationals (LCM)	17-18
2	100 BK LCM	1:02.59	930	Howley, Tess	F	UN	11/16/2023	Tennessee Invitational	2024 Summer Nationals (LCM)	17-18
3	100 BK LCM	1:04.68	848	Davis, Grey	F	BASS	12/1/2023	2023 Toyota US Open Championships	2024 Winter Juniors (SCY)	17-18
4	100 BK LCM	1:06.72	770	Goodwin-Birnie, Elizabeth	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	17-18
5	100 BK LCM	1:07.96	724	Halvorson, Samantha	F	ODAC	3/26/2024	2024 FL ISCA International Senior Cup	"AAA"	17-18
6	100 BK LCM	1:08.23	714	Bauer, Cassandra	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
7	100 BK LCM	1:08.84	692	Guillot, Norah	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intr Squad	"AA"	17-18
8	100 BK LCM	1:09.03	686	Giovinazzo, Alyssa	F	PWSC	3/27/2024	2024 FL ISCA International Senior Cup	"AA"	17-18
9	100 BK LCM	1:09.07	684	Duffy, Kayleigh	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
10	100 BK LCM	1:10.21	644	Maniace, Abigail	F	ODAC	3/27/2024	2024 FL ISCA International Senior Cup	"AA"	17-18
1	200 BK LCM	2:12.62	948	Stephens, Alexis	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	2024 Olympic Trials	17-18
2	200 BK LCM	2:13.40	935	Howley, Tess	F	UN	11/17/2023	Tennessee Invitational	2024 Olympic Trials	17-18

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3	200 BK LCM	2:17.72	862	Mayo, Phoebe	F	CGBD	3/28/2024	2024 FL ISCA International Senior Cup	2024 Winter US Open (SCY)	17-18
4	200 BK LCM	2:25.86	730	Bauer, Cassandra	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
5	200 BK LCM	2:26.66	717	Barnard, Amanda	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
6	200 BK LCM	2:27.23	708	Reid, Keira	F	NOVA	11/11/2023	2023 NC SwimMAC LC/SC Invitational	"AA"	17-18
7	200 BK LCM	2:29.15	678	Bever, Brady	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
8	200 BK LCM	2:30.06	664	Giovinazzo, Alyssa	F	PWSC	3/28/2024	2024 FL ISCA International Senior Cup	"AA"	17-18
9	200 BK LCM	2:30.36	660	Halvorson, Samantha	F	ODAC	3/28/2024	2024 FL ISCA International Senior Cup	"AA"	17-18
10	200 BK LCM	2:30.79	653	Dillard, Jordyn	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
1	100 BR LCM	1:14.43	776	Goodwin-Birnie, Elizabeth	F	NOVA	3/20/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	17-18
2	100 BR LCM	1:16.54	713	Bauer, Cassandra	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
3	100 BR LCM	1:17.87	674	Lundeberg, Ilsa	F	QSTS	3/29/2024	2024 FL ISCA International Senior Cup	"AA"	17-18
4	100 BR LCM	1:18.01	670	Stephens, Alexis	F	PSDN	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	17-18
5	100 BR LCM	1:18.47	657	Smith, Lauren	F	RAYS	1/13/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
6	100 BR LCM	1:20.31	605	Butler, Kendall	F	CGBD	3/29/2024	2024 FL ISCA International Senior Cup	"AA"	17-18
7	100 BR LCM	1:21.43	574	Garzon, Sasha	F	SRVA	4/21/2024	2024 VA SRVA LC Kickoff	"A"	17-18
8	100 BR LCM	1:21.63	569	Mithqal, Mariam	F	BASS	4/21/2024	2024 VA SRVA LC Kickoff	"A"	17-18
9	100 BR LCM	1:21.95	560	Reed, Madison	F	VSTP	3/29/2024	2024 FL ISCA International Senior Cup	"A"	17-18
10	100 BR LCM	1:25.98	453	Fomuso, Gina	F	ODAC	3/29/2024	2024 FL ISCA International Senior Cup	"BB"	17-18
1	200 BR LCM	2:45.43	724	Lundeberg, Ilsa	F	QSTS	3/30/2024	2024 FL ISCA International Senior Cup	"AAA"	17-18
2	200 BR LCM	2:47.42	698	Bookstein, Delaney	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intrasquad	"AAA"	17-18
3	200 BR LCM	2:48.61	682	Avery, Anne	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
4	200 BR LCM	2:50.19	662	Bauer, Cassandra	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	"AA"	17-18
5	200 BR LCM	2:50.78	655	Gregory, Mary	F	WAC	3/30/2024	2024 FL ISCA International Senior Cup	"AA"	17-18

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6	200 BR LCM	2:51.69	643	Smith, Lauren	F	RAYS	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
7	200 BR LCM	2:54.24	611	Butler, Kendall	F	CGBD	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
8	200 BR LCM	2:58.20	562	Stuhlmacher, Claire	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"A"	17-18
9	200 BR LCM	2:59.25	549	Nicholson, Lucille	F	CA-Y	4/28/2024	2024 VA RAYS Helen Wang Sunflower Classic	"A"	17-18
10	200 BR LCM	3:00.00	540	Gahagan, Maggie	F	TIDE	1/14/2024	2024 VA NOVA LC Winter Invitational	"A"	17-18
1	100 FL LCM	59.59	946	Howley, Tess	F	UVA	1/12/2024	2024 TYR Pro Swim Series - Knoxville	2024 Olympic Trials	17-18
2	100 FL LCM	59.82	937	Cannings, Kamryn	F	LIB	12/1/2023	2023 VA ISCA LC ISCA Open	2024 Olympic Trials	17-18
3	100 FL LCM	1:01.36	881	Davis, Grey	F	BASS	11/30/2023	2023 Toyota US Open Championships - Time Trials	2024 Winter US Open (SCY)	17-18
4	100 FL LCM	1:02.16	852	Stephens, Alexis	F	PSDN	3/22/2024	2024 FL NCSA Swimming Championships	2024 Winter US Open (SCY)	17-18
5	100 FL LCM	1:05.09	749	Cosner, Emerson	F	QSTS	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
6	100 FL LCM	1:05.89	722	Barnard, Amanda	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
7	100 FL LCM	1:05.95	720	Goodwin-Birnie, Elizabeth	F	NOVA	11/11/2023	2023 NC SwimMAC LC/SC Invitational	"AAA"	17-18
8	100 FL LCM	1:06.46	702	Lundeberg, Ilsa	F	QSTS	3/29/2024	2024 FL ISCA International Senior Cup	"AA"	17-18
9	100 FL LCM	1:07.01	684	Ix, Sara	F	QSTS	1/13/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
10	100 FL LCM	1:07.21	677	Bauer, Cassandra	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
1	200 FL LCM	2:09.57	952	Howley, Tess	F	UVA	1/11/2024	2024 TYR Pro Swim Series - Knoxville	2024 Olympic Trials	17-18
2	200 FL LCM	2:14.16	880	Mullins, Lainey	F	UN	11/17/2023	Tennessee Invitational	2024 Summer Nationals (LCM)	17-18
3	200 FL LCM	2:18.11	819	Cannings, Kamryn	F	LIB	4/11/2024	2024 TYR Pro Swim Series - San Antonio	2024 Winter Juniors (SCY)	17-18
4	200 FL LCM	2:22.99	745	Cosner, Emerson	F	QSTS	3/30/2024	2024 FL ISCA International Senior Cup	"AAA"	17-18
5	200 FL LCM	2:23.60	736	Lundeberg, Ilsa	F	QSTS	3/30/2024	2024 FL ISCA International Senior Cup	"AAA"	17-18
6	200 FL LCM	2:24.07	729	Reid, Keira	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
7	200 FL LCM	2:27.37	681	Dillard, Jordyn	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
8	200 FL LCM	2:27.59	678	Miklos, Riley	F	NOVA	11/12/2023	2023 NC SwimMAC LC/SC Invitational	"AA"	17-18

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9	200 FL LCM	2:28.48	665	Gregory, Mary	F	WAC	4/27/2024	2024 VA NOVA LC Kick Off	"AA"	17-18
10	200 FL LCM	2:29.37	652	Stuhlmacher, Claire	F	NOVA	1/14/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
1	200 IM LCM	2:19.34	872	Stephens, Alexis	F	PSDN	3/23/2024	2024 FL NCSA Swimming Championships	2024 Winter US Open (SCY)	17-18
2	200 IM LCM	2:22.60	814	Davis, Grey	F	BASS	11/30/2023	2023 Toyota US Open Championships	2024 Futures (LCM)	17-18
3	200 IM LCM	2:24.04	788	Bischoff, Allison	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	17-18
4	200 IM LCM	2:24.57	769	Goodwin-Birnie, Elizabeth	F	NOVA	3/23/2024	2024 FL NCSA Swimming Championships	2024 Futures (LCM)	17-18
5	200 IM LCM	2:26.49	746	Gregory, Mary	F	WAC	3/27/2024	2024 FL ISCA International Senior Cup	"AAA"	17-18
6	200 IM LCM	2:26.65	733	Bauer, Cassandra	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
7	200 IM LCM	2:27.78	713	Starnes, Sydney	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intrasquad	"AAA"	17-18
8	200 IM LCM	2:28.30	715	Reid, Keira	F	NOVA	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
9	200 IM LCM	2:28.69	698	Bookstein, Delaney	F	VT	11/4/2023	2023 VA VT Maroon-Orange Intrasquad	"AAA"	17-18
10	200 IM LCM	2:29.76	680	Duffy, Kayleigh	F	TIDE	1/15/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
1	400 IM LCM	5:01.98	795	Mayo, Phoebe	F	CGBD	3/29/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	17-18
2	400 IM LCM	5:02.14	794	Gregory, Mary	F	WAC	3/29/2024	2024 FL ISCA International Senior Cup	2024 Futures (LCM)	17-18
3	400 IM LCM	5:07.01	755	Stuhlmacher, Claire	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	2024 Futures (LCM)	17-18
4	400 IM LCM	5:07.58	751	Reid, Keira	F	NOVA	3/21/2024	2024 FL NCSA Swimming Championships	"AAA"	17-18
5	400 IM LCM	5:09.11	739	Miklos, Riley	F	NOVA	3/21/2024	2024 FL NCSA Swimming Championships	"AAA"	17-18
6	400 IM LCM	5:10.34	730	Dillard, Jordyn	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
7	400 IM LCM	5:13.73	704	Bischoff, Allison	F	NOVA	1/13/2024	2024 VA NOVA LC Winter Invitational	"AAA"	17-18
8	400 IM LCM	5:25.52	616	Kryszon, Madison	F	QSTS	1/13/2024	2024 VA NOVA LC Winter Invitational	"AA"	17-18
9	400 IM LCM	5:34.71	550	Sivak, Audrey	F	QSTS	1/13/2024	2024 VA NOVA LC Winter Invitational	"A"	17-18
10	400 IM LCM	5:45.53	475	Hanks, Lindsay	F	WAC	4/26/2024	2024 VA NOVA LC Kick Off	"A"	17-18