

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Women 10 & Under 50 Free								
1	30.61	L AAAA F	Samantha Suer	10	CAGO NI	8/12/2009	2009 Eastern Zone LC Championships	
2	31.57	L AAAA F	Makayla Sargent	10	UN NI	5/15/2009	TTSC Long Course Meet	
3	32.54	L AAA P	Allison Kopas	10	TTSC NI	6/19/2009	The Robert F. Busbey Invitational Swir	
4	33.09	L AAA F	Kristen Romano	9	TWST NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
5	34.12	L AA F	Alyssa Helak	9	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
6	34.65	L AA F	Logan Turner	10	CYRR NI	5/15/2009	TTSC Long Course Meet	
7	35.66	L A F	Emma Corby	10	PACK NI	7/19/2009	Genesee Valley Swim League	
8	36.37	L A F	Madeline Tryjankowski	10	CLSC NI	5/15/2009	TTSC Long Course Meet	
9	36.56	L BB F	Kimberly Fohrd	10	CLSC NI	5/15/2009	TTSC Long Course Meet	
10	36.76	L BB P	Mary Zagrobelny	9	EAST NI	6/19/2009	The Robert F. Busbey Invitational Swir	
Women 10 & Under 100 Free								
1	1:07.53	L AAAA F	Samantha Suer	10	CAGO NI	8/12/2009	2009 Eastern Zone LC Championships	
2	1:08.93	L AAAA F	Makayla Sargent	10	UN NI	5/9/2009	Long Course Super Circuit 1	
3	1:11.86	L AAA F	Kristen Romano	9	TWST NI	8/12/2009	2009 Eastern Zone LC Championships	
4	1:12.58	L L AAA F	Alyssa Helak	9	STAR NI	8/12/2009	2009 Eastern Zone LC Championships	
5	1:13.48	L AAA F	Allison Kopas	10	TTSC NI	7/17/2009	RIO Last Chance Meet	
6	1:17.06	L AA F	Logan Turner	10	CYRR NI	5/15/2009	TTSC Long Course Meet	
7	1:17.47	L AA F	Lindsay Stone	10	PACK NI	5/30/2009	Super Circuit #2 in Rochester	
8	1:19.40	L A F	Skye McGlasson	10	MERC NI	5/30/2009	Super Circuit #2 in Rochester	
9	1:19.80	L A F	Ashlee Tobey	10	SEAS NI	7/24/2009	Niagara Long Course JO's	
10	1:19.88	L A F	Anna Deitcher	10	LCAT NI	6/20/2009	Super Circuit 3 in Syracuse	
Women 10 & Under 200 Free								
1	2:27.54	L AAAA F	Samantha Suer	10	CAGO NI	7/24/2009	Niagara Long Course JO's	
2	2:29.02	L AAAA F	Makayla Sargent	10	UN NI	5/15/2009	TTSC Long Course Meet	
3	2:32.78	L AAAA F	Kristen Romano	9	TWST NI	8/12/2009	2009 Eastern Zone LC Championships	
4	2:34.67	L AAA F	Allison Kopas	10	TTSC NI	7/17/2009	RIO Last Chance Meet	
5	2:40.33	L AAA F	Alyssa Helak	9	STAR NI	7/24/2009	Niagara Long Course JO's	
6	2:44.21	L AA F	Logan Turner	10	CYRR NI	5/15/2009	TTSC Long Course Meet	
7	2:49.15	L AA F	Madeline Holodnik	10	PACK NI	5/16/2009	Niagara District Super Circuit	
8	2:51.20	L A F	Emma Corby	10	PACK NI	7/24/2009	Niagara Long Course JO's	
9	2:56.43	L A F	Sarah Wie	10	STAR NI	6/26/2009	STAR Long Course ABC Meet	
10	2:57.91	L A F	Annie Fletcher	9	DWSC NI	7/24/2009	Niagara Long Course JO's	
Women 10 & Under 400 Free								
1	5:13.09	L AAAA F	Allison Kopas	10	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM	
2	5:29.83	L AAA F	Makayla Sargent	10	UN NI	5/30/2009	Super Circuit #2 in Rochester	
3	5:34.60	L AAA F	Samantha Suer	10	CAGO NI	7/8/2009	STSL East Distance Meet	
4	5:42.00	L AA F	Kristen Romano	9	TWST NI	6/19/2009	The Robert F. Busbey Invitational Swir	
5	5:53.01	L A F	Alyssa Helak	9	STAR NI	6/26/2009	STAR Long Course ABC Meet	
6	6:52.42	L B F	Leah Healy	10	STAR NI	6/26/2009	STAR Long Course ABC Meet	
7	7:20.39	L B F	Miryam Ginsparg	8	ITAC NI	5/9/2009	Long Course Super Circuit 1	
8	7:23.17	L B F	Kira Benedict	9	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
Women 10 & Under 500 Free								
1	9:03.00	L F	Samantha Suer	10	CAGO NI	6/27/2009	Whitney Point Open Water	
2	10:19.00	L F	Annika Browning	9	LCAT NI	6/27/2009	Whitney Point Open Water	
3	11:02.00	L F	Miryam Ginsparg	8	UN NI	6/27/2009	Whitney Point Open Water	
4	12:51.00	L F	Nicole Krowiak	9	UNAC NI	6/27/2009	Whitney Point Open Water	
Women 10 & Under 800 Free								
1	11:19.43	L F	Allison Kopas	10	TTSC NI	5/15/2009	TTSC Long Course Meet	
Women 10 & Under 1500 Free								
1	23:22.84	L F	Madeline Holodnik	10	PACK NI	6/20/2009	Super Circuit 3 in Rochester	
Women 10 & Under 50 Back								
1	36.34	L AAAA F	Allison Kopas	10	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM	

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
2	37.54 L	AAAA F	Samantha Suer	10	CAGO NI	8/12/2009	2009 Eastern Zone LC Championships
3	37.96 L	AAA F	Alyssa Helak	9	STAR NI	8/12/2009	2009 Eastern Zone LC Championships
4	38.22 L	AAA F	Makayla Sargent	10	UN NI	5/15/2009	TTSC Long Course Meet
5	40.44 L	AA F	Madeline Tryjankowski	10	CLSC NI	5/15/2009	TTSC Long Course Meet
6	40.99 L	AA F	Logan Turner	10	CYRR NI	5/15/2009	TTSC Long Course Meet
7	41.51 L	AA F	Emily Elliott	10	CORY NI	7/10/2009	36th Annual UNAC Sertoma Invitationa
8	41.57 L	AA F	Kristen Romano	9	TWST NI	5/15/2009	TTSC Long Course Meet
9	41.67 L	AA F	Skye McGlasson	10	MERC NI	5/30/2009	Super Circuit #2 in Rochester
10	41.81 L	A F	Sarah Wie	10	STAR NI	7/24/2009	Niagara Long Course JO's
Women 10 & Under 100 Back							
1	1:20.83 L	AAAA F	Samantha Suer	10	CAGO NI	7/3/2009	Clinton Cudas Colgate Classic Informatio
2	1:21.09 L	AAAA F	Allison Kopas	10	TTSC NI	5/15/2009	TTSC Long Course Meet
3	1:21.19 L	AAAA F	Alyssa Helak	9	STAR NI	8/12/2009	2009 Eastern Zone LC Championships
4	1:21.40 L	AAAA F	Makayla Sargent	10	UN NI	5/9/2009	Long Course Super Circuit 1
5	1:27.15 L	L AA F	Kristen Romano	9	UN NI	8/12/2009	2009 Eastern Zone LC Championships
6	1:28.32 L	AA F	Logan Turner	10	CYRR NI	5/15/2009	TTSC Long Course Meet
7	1:28.69 L	AA F	Madeline Tryjankowski	10	CLSC NI	5/15/2009	TTSC Long Course Meet
8	1:31.21 L	A F	Sarah Wie	10	STAR NI	7/24/2009	Niagara Long Course JO's
9	1:33.31 L	A F	Kira Benedict	10	STAR NI	7/24/2009	Niagara Long Course JO's
10	1:34.11 L	A F	Annie Fletcher	9	DWSC NI	7/24/2009	Niagara Long Course JO's
Women 10 & Under 200 Back							
1	2:56.11 L	F	Makayla Sargent	10	UN NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
2	3:00.31 L	F	Alyssa Helak	9	STAR NI	6/26/2009	STAR Long Course ABC Meet
3	3:10.79 L	F	Madeline Tryjankowski	10	CLSC NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
4	3:19.32 L	F	Sarah Wie	10	STAR NI	6/26/2009	STAR Long Course ABC Meet
5	3:19.65 L	F	Victoria Argentieri	10	CLSC NI	6/26/2009	STAR Long Course ABC Meet
6	3:35.91 L	F	Anna Deitcher	10	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
7	3:51.65 L	F	Annika Browning	9	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
8	3:59.77 L	F	Serina Moheed	10	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
Women 10 & Under 50 Breast							
1	41.07 L	AAAA F	Makayla Sargent	10	UN NI	5/15/2009	TTSC Long Course Meet
2	42.48 L	AAA F	Allison Kopas	10	TTSC NI	7/17/2009	RIO Last Chance Meet
3	42.98 L	AAA F	Mary Zagrobelny	10	EAST NI	8/12/2009	2009 Eastern Zone LC Championships
4	45.09 L	AA F	Skye McGlasson	10	MERC NI	5/30/2009	Super Circuit #2 in Rochester
5	45.11 L	AA F	Kristen Romano	9	TWST NI	5/15/2009	TTSC Long Course Meet
6	47.88 L	A F	Logan Turner	10	CYRR NI	7/10/2009	36th Annual UNAC Sertoma Invitationa
7	47.89 L	A F	Kimberly Fohrd	10	CLSC NI	7/24/2009	Niagara Long Course JO's
8	48.20 L	A F	Emma Corby	10	PACK NI	7/19/2009	Genesee Valley Swim League
9	48.52 L	BB F	Emily Kahler	10	TTSC NI	7/24/2009	Niagara Long Course JO's
10	49.10 L	BB F	Marissa Scott	10	GOST NI	7/10/2009	36th Annual UNAC Sertoma Invitationa
Women 10 & Under 100 Breast							
1	1:27.60 L	AAAA F	Makayla Sargent	10	UN NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
2	1:33.34 L	AAA P	Allison Kopas	10	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
3	1:34.11 L	AAA F	Mary Zagrobelny	10	EAST NI	8/12/2009	2009 Eastern Zone LC Championships
4	1:37.95 L	AA F	Kristen Romano	9	TWST NI	6/19/2009	The Robert F. Busbey Invitational Swir
5	1:39.75 L	AA F	Emma Corby	10	PACK NI	7/19/2009	Genesee Valley Swim League
6	1:42.27 L	A F	Madeline Holodnik	10	PACK NI	5/16/2009	Niagara District Super Circuit
7	1:44.24 L	A F	Lindsay Stone	10	PACK NI	5/16/2009	Niagara District Super Circuit
8	1:46.17 L	A F	Logan Turner	10	CYRR NI	7/10/2009	36th Annual UNAC Sertoma Invitationa
9	1:46.19 L	A F	Kimberly Fohrd	10	CLSC NI	6/26/2009	STAR Long Course ABC Meet
10	1:46.36 L	A F	Samantha Suer	10	CAGO NI	7/10/2009	36th Annual UNAC Sertoma Invitationa
Women 10 & Under 200 Breast							
1	3:13.11 L	F	Makayla Sargent	10	UN NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
2	3:37.58 L	F	Emma Corby	10	PACK NI	5/16/2009	Niagara District Super Circuit

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
3	3:51.51 L	F	Alyssa Helak	9	STAR NI	6/26/2009	STAR Long Course ABC Meet
4	3:54.47 L	F	Kimberly Fohrd	10	CLSC NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
5	3:55.02 L	F	Sarah Wie	10	STAR NI	6/26/2009	STAR Long Course ABC Meet
6	3:56.58 L	F	Madeline Tryjankowski	10	CLSC NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
7	4:06.74 L	F	Kelly Burns	10	SHAQ NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
8	4:12.51 L	F	Anna Deitcher	10	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
9	4:17.16 L	F	Mary Grace Downey	10	TTSC NI	6/26/2009	STAR Long Course ABC Meet
10	4:27.29 L	F	Marina Angelopoulos	10	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
Women 10 & Under 50 Fly							
1	33.23 L	AAAA	F Samantha Suer	10	CAGO NI	8/12/2009	2009 Eastern Zone LC Championships
2	34.40 L	AAAA	F Allison Kopas	10	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
3	34.96 L	AAAA	F Makayla Sargent	10	UN NI	5/15/2009	TTSC Long Course Meet
4	37.80 L	AA	F Kristen Romano	9	TWST NI	5/15/2009	TTSC Long Course Meet
5	37.95 L	AA	F Shelby MacSwan	9	TWST NI	7/24/2009	Niagara Long Course JO's
6	38.41 L	AA	F Ashlee Tobey	10	SEAS NI	7/24/2009	Niagara Long Course JO's
7	39.94 L	A	F Mary Zagrobelny	10	EAST NI	7/24/2009	Niagara Long Course JO's
8	40.04 L	A	F Alyssa Helak	9	STAR NI	5/15/2009	TTSC Long Course Meet
9	40.06 L	A	F Emma Corby	10	PACK NI	7/24/2009	Niagara Long Course JO's
10	41.68 L	A	F Emily Elliott	10	CORY NI	7/10/2009	36th Annual UNAC Sertoma Invitationa
Women 10 & Under 100 Fly							
1	1:17.57 L	AAAA	F Makayla Sargent	10	UN NI	5/15/2009	TTSC Long Course Meet
2	1:17.58 L	AAAA	F Samantha Suer	10	CAGO NI	7/24/2009	Niagara Long Course JO's
3	1:19.69 L	AAAA	P Allison Kopas	10	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
4	1:30.40 L	AA	F Lindsay Stone	10	PACK NI	5/16/2009	Niagara District Super Circuit
5	1:34.09 L	A	F Emma Corby	10	PACK NI	7/24/2009	Niagara Long Course JO's
6	1:36.63 L	A	F Alyssa Helak	9	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
7	1:38.49 L	BB	F Mary Zagrobelny	9	EAST NI	6/19/2009	The Robert F. Busbey Invitational Swir
8	1:39.02 L	BB	F Shelby MacSwan	9	TWST NI	7/24/2009	Niagara Long Course JO's
9	1:39.72 L	BB	F Kristen Romano	9	TWST NI	7/10/2009	RAYS Summer Long Course Meet
10	1:42.50 L	BB	F Logan Turner	10	CYRR NI	5/15/2009	TTSC Long Course Meet
Women 10 & Under 200 Fly							
1	3:43.74 L	F	Alyssa Helak	9	STAR NI	6/26/2009	STAR Long Course ABC Meet
2	3:53.17 L	F	Victoria Argentieri	10	CLSC NI	6/26/2009	STAR Long Course ABC Meet
3	4:21.01 L	F	Madeline Tryjankowski	10	CLSC NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
Women 10 & Under 200 IM							
1	2:46.64 L	AAAA	F Makayla Sargent	10	UN NI	5/15/2009	TTSC Long Course Meet
2	2:48.71 L	AAAA	P Allison Kopas	10	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
3	2:56.99 L	AAA	F Samantha Suer	10	CAGO NI	7/3/2009	Clinton Cudas Colgate Classic Informatio
4	2:58.14 L	AAA	F Emma Corby	10	PACK NI	8/12/2009	2009 Eastern Zone LC Championships
5	3:00.11 L	AAA	F Kristen Romano	9	TWST NI	7/24/2009	Niagara Long Course JO's
6	3:05.87 L	AA	F Alyssa Helak	9	STAR NI	7/24/2009	Niagara Long Course JO's
7	3:09.46 L	AA	F Mary Zagrobelny	10	EAST NI	7/24/2009	Niagara Long Course JO's
8	3:09.93 L	AA	F Madeline Holodnik	10	PACK NI	6/20/2009	Super Circuit 3 in Rochester
9	3:13.43 L	A	F Logan Turner	10	CYRR NI	5/15/2009	TTSC Long Course Meet
10	3:20.21 L	BB	F Sarah Wie	10	STAR NI	6/26/2009	STAR Long Course ABC Meet
Women 10 & Under 400 IM							
1	6:45.19 L	F	Alyssa Helak	9	STAR NI	6/26/2009	STAR Long Course ABC Meet
Women 11-12 50 Free							
1	29.53 L	AAAA	F Meaghan Shannon	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
2	30.34 L	AAA	P Andrea Ernst	11	TWST NI	6/19/2009	The Robert F. Busbey Invitational Swir
3	30.61 L	AAA	F Rebecca Winnert	12	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
4	30.68 L	AAA	F Emma Shi	12	SDSC NI	7/24/2009	Niagara Long Course JO's
5	30.85 L	AAA	F Anastacia Angelopoulos	12	LCAT NI	1/9/2009	2009 NJ CeraVe Invite
6	30.88 L	AAA	F Anna Conte	12	LCAT NI	6/20/2009	Super Circuit 3 in Syracuse

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
7	30.97	L	AAA	F	Elisabeth Andersson	12	SYCH NI	6/20/2009	Super Circuit 3 in Syracuse
8	31.37	L	AA	P	Cecile Browning	12	LCAT NI	7/10/2009	Niagara Long Course Classic
9	31.41	L	AA	P	Megan Marsh	11	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
10	31.50	L	AA	F	Olivia Castro	12	CSCI NI	6/20/2009	Super Circuit 3 in Syracuse
Women 11-12 100 Free									
1	1:03.30	L	AAAA	F	Rebecca Winnert	12	STAR NI	8/12/2009	2009 Eastern Zone LC Championships
2	1:04.61	L	AAA	F	Meaghan Shannon	12	TTSC NI	6/19/2009	The Robert F. Busbey Invitational Swim
3	1:06.47	L	AAA	F	Megan Burns	12	RHSC NI	5/30/2009	Super Circuit #2 in Rochester
4	1:06.49	L	AAA	P	Emily Kopas	12	TTSC NI	6/19/2009	The Robert F. Busbey Invitational Swim
5	1:06.76	L	AAA	F	Olivia Castro	12	CSCI NI	5/16/2009	Niagara District Super Circuit
6	1:07.41	L	AA	F	Lindsay Homan	12	SDSC NI	5/30/2009	Super Circuit #2 in Rochester
7	1:07.51	L	AA	F	Emma Shi	12	SDSC NI	5/30/2009	Super Circuit #2 in Rochester
8	1:08.09	L	AA	F	Anastacia Angelopoulos	12	LCAT NI	1/9/2009	2009 NJ CeraVe Invite
9	1:08.14	L	AA	F	Andrea Ernst	11	TWST NI	7/24/2009	Niagara Long Course JO's
10	1:08.24	L	AA	F	Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet
Women 11-12 200 Free									
1	2:17.65	L	AAAA	F	Rebecca Winnert	12	STAR NI	8/12/2009	2009 Eastern Zone LC Championships
2	2:19.50	L	AAA	P	Meaghan Shannon	12	TTSC NI	8/12/2009	2009 Eastern Zone LC Championships
3	2:22.54	L	AAA	F	Emily Kopas	12	TTSC NI	7/17/2009	RIO Last Chance Meet
4	2:24.60	L	AA	F	Cecile Browning	12	LCAT NI	7/24/2009	Niagara Long Course JO's
5	2:26.03	L	AA	F	Megan Burns	12	RHSC NI	5/16/2009	Niagara District Super Circuit
6	2:27.02	L	AA	F	Lindsay Homan	12	SDSC NI	5/16/2009	Niagara District Super Circuit
7	2:28.32	L	AA	F	Adele Ferris	12	LCAT NI	7/24/2009	Niagara Long Course JO's
8	2:28.39	L	AA	F	Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet
9	2:28.99	L	AA	P	Megan Marsh	11	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
10	2:29.27	L	AA	F	Emma Shi	12	SDSC NI	5/16/2009	Niagara District Super Circuit
Women 11-12 400 Free									
1	4:48.83	L	AAAA	F	Rebecca Winnert	12	STAR NI	8/12/2009	2009 Eastern Zone LC Championships
2	4:53.92	L	AAA	P	Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
3	4:58.59	L	AAA	F	Meaghan Shannon	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4	5:05.03	L	AA	F	Cecile Browning	12	LCAT NI	7/24/2009	Niagara Long Course JO's
5	5:06.81	L	AA	F	Emma Shi	12	SDSC NI	7/24/2009	Niagara Long Course JO's
6	5:07.70	L	AA	P	Rebel Todhunter	11	ITAC NI	7/10/2009	Niagara Long Course Classic
7	5:09.64	L	AA	F	Lindsay Homan	12	SDSC NI	7/24/2009	Niagara Long Course JO's
8	5:11.70	L	AA	F	Megan Marsh	11	TTSC NI	6/26/2009	STAR Long Course ABC Meet
9	5:12.99	L	AA	F	Adele Ferris	12	LCAT NI	7/24/2009	Niagara Long Course JO's
10	5:13.36	L	AA	F	Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet
Women 11-12 800 Free									
1	10:02.48	L	AAAA	F	Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
2	10:12.23	L	AAA	F	Rebecca Winnert	12	STAR NI	7/10/2009	Niagara Long Course Classic
3	10:24.62	L	AAA	F	Rebel Todhunter	11	ITAC NI	7/10/2009	Niagara Long Course Classic
4	10:44.52	L	AA	F	Cecile Browning	12	LCAT NI	7/10/2009	Niagara Long Course Classic
5	10:50.90	L	AA	F	Lauren Phillips	11	TTSC NI	5/15/2009	TTSC Long Course Meet
6	11:36.45	L	BB	F	Margaret Scherer	12	TTSC NI	7/10/2009	RAYS Summer Long Course Meet
7	11:44.71	L	BB	F	Mary Edwards	11	ITAC NI	5/23/2009	Colgate-NHA LC
8	11:48.87	L	BB	F	Sydney Matteson	11	TTSC NI	7/10/2009	RAYS Summer Long Course Meet
9	11:54.61	L	BB	F	Natalie Brophy	12	TTSC NI	5/15/2009	TTSC Long Course Meet
10	12:34.92	L	B	F	Christine McCune	12	TWST NI	5/15/2009	TTSC Long Course Meet
Women 11-12 1000 Free									
1	14:25.00	L		F	Rebel Todhunter	11	ITAC NI	6/27/2009	Whitney Point Open Water
2	15:01.00	L		F	Cecile Browning	12	LCAT NI	6/27/2009	Whitney Point Open Water
3	16:20.00	L		F	Kenna Hartmann	12	LCAT NI	6/27/2009	Whitney Point Open Water
4	18:12.00	L		F	Marlane Hochgraf	11	SEAS NI	6/27/2009	Whitney Point Open Water

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
Women 11-12 1500 Free									
1	19:27.45	L	AAAA	F	Rebecca Winnert	12	STAR NI	7/10/2009	Niagara Long Course Classic
2	20:33.94	L	AA	F	Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet
3	21:43.18	L	A	F	Margaret Scherer	12	TTSC NI	5/15/2009	TTSC Long Course Meet
4	22:37.81	L	BB	F	Lauren Anderson	12	STAR NI	5/15/2009	TTSC Long Course Meet
5	23:10.31	L	BB	F	Annelise Westermeier	12	STAR NI	5/15/2009	TTSC Long Course Meet
Women 11-12 50 Back									
1	33.12	L	AAAA	F	Meaghan Shannon	12	TTSC NI	8/12/2009	2009 Eastern Zone LC Championships
2	34.20	L	AAA	F	Emma Shi	12	SDSC NI	5/30/2009	Super Circuit #2 in Rochester
3	34.48	L	AAA	F	Madeline Jacumski	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4	35.04	L	AAA	P	Swati Kumar	12	VICT NI	8/12/2009	2009 Eastern Zone LC Championships
5	36.30	L	AA	F	Andrea Ernst	11	TWST NI	7/24/2009	Niagara Long Course JO's
6	36.80	L	AA	F	Rebecca Winnert	12	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
7	36.94	L	AA	F	Jenna Rice	12	TTSC NI	5/15/2009	TTSC Long Course Meet
8*	37.37	L	AA	F	Makayla Sargent	11	UN NI	6/19/2009	The Robert F. Busbey Invitational Swir
8*	37.37	L	AA	P	Megan Marsh	11	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
10	37.67	L	A	F	Brianna Smith	12	CSCI NI	7/24/2009	Niagara Long Course JO's
Women 11-12 100 Back									
1	1:13.23	L	AAA	F	Meaghan Shannon	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
2	1:14.82	L	AAA	P	Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
3	1:14.97	L	AAA	F	Madeline Jacumski	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4	1:15.26	L	AAA	F	Swati Kumar	12	VICT NI	7/24/2009	Niagara Long Course JO's
5	1:15.41	L	AAA	P	Emma Shi	12	SDSC NI	8/12/2009	2009 Eastern Zone LC Championships
6	1:17.43	L	AA	F	Rebecca Winnert	12	STAR NI	5/15/2009	TTSC Long Course Meet
7	1:18.33	L	AA	F	Andrea Ernst	11	TWST NI	7/24/2009	Niagara Long Course JO's
8	1:18.77	L	AA	F	Suhan Mestha	11	FAST NI	5/16/2009	Niagara District Super Circuit
9	1:19.37	L	AA	F	Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet
10	1:19.72	L	A	F	Isabelle Corgel	12	LCAT NI	5/9/2009	Long Course Super Circuit 1
Women 11-12 200 Back									
1	2:34.96	L	AAAA	F	Meaghan Shannon	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
2	2:40.30	L	AAA	P	Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
3	2:42.87	L	AAA	F	Swati Kumar	12	VICT NI	7/24/2009	Niagara Long Course JO's
4	2:44.86	L	AAA	F	Rebecca Winnert	12	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
5	2:47.22	L	AA	F	Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet
6	2:49.51	L	AA	F	Madeline Jacumski	12	TTSC NI	6/19/2009	The Robert F. Busbey Invitational Swir
7	2:50.33	L	AA	F	Megan Marsh	11	TTSC NI	6/26/2009	STAR Long Course ABC Meet
8	2:53.59	L	A	F	Andrea Ernst	11	TWST NI	6/19/2009	The Robert F. Busbey Invitational Swir
9	2:55.51	L	A	F	Caroline Terhaar	12	STAR NI	7/24/2009	Niagara Long Course JO's
10	2:55.62	L	A	F	Cecile Browning	12	LCAT NI	7/24/2009	Niagara Long Course JO's
Women 11-12 50 Breast									
1	35.79	L	AAAA	F	Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
2	38.92	L	AA	F	Makayla Sargent	11	UN NI	8/12/2009	2009 Eastern Zone LC Championships
3	39.20	L	AA	F	Madeline Jacumski	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4	39.52	L	AA	F	Megan Marsh	11	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
5	39.88	L	AA	P	Sydney Atendido	11	EAST NI	6/19/2009	The Robert F. Busbey Invitational Swir
6	40.78	L	A	F	Annelise Westermeier	12	STAR NI	7/24/2009	Niagara Long Course JO's
7	41.10	L	A	F	Bridgette Ehrmann	12	FALC NI	7/24/2009	Niagara Long Course JO's
8	41.75	L	A	P	Meaghan Shannon	12	TTSC NI	6/19/2009	The Robert F. Busbey Invitational Swir
9	41.81	L	A	F	Andrea Ernst	11	TWST NI	7/10/2009	RAYS Summer Long Course Meet
10	43.02	L	BB	F	Katelyn Battaglia	12	TTSC NI	5/15/2009	TTSC Long Course Meet
Women 11-12 100 Breast									
1	1:17.99	L	AAAA	F	Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
2	1:25.83	L	AA	P	Makayla Sargent	11	UN NI	8/12/2009	2009 Eastern Zone LC Championships
3	1:26.45	L	AA	F	Bridgette Ehrmann	12	FALC NI	7/24/2009	Niagara Long Course JO's

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
4	1:26.50	L AA	F Megan Marsh	11	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
5	1:29.17	L AA	F Andrea Ernst	11	TWST NI	6/19/2009	The Robert F. Busbey Invitational Swir	
6	1:31.40	L A	P Madeline Jacumski	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
7	1:32.13	L A	F Lauren Michelsen	12	SEYS NI	6/20/2009	Super Circuit 3 in Rochester	
8	1:32.26	L A	F Rebecca Winnert	12	STAR NI	5/15/2009	TTSC Long Course Meet	
9	1:32.33	L A	F Abigail Wilkes	12	STAR NI	5/15/2009	TTSC Long Course Meet	
10	1:33.00	L A	F Annelise Westermeier	12	STAR NI	5/15/2009	TTSC Long Course Meet	
Women 11-12 200 Breast								
1	2:44.80	L AAAA	P Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM	
2	3:02.54	L AAA	F Megan Marsh	11	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
3	3:04.87	L AAA	P Makayla Sargent	11	UN NI	8/12/2009	2009 Eastern Zone LC Championships	
4	3:08.48	L AA	F Bridgette Ehrmann	12	FALC NI	7/24/2009	Niagara Long Course JO's	
5	3:15.04	L AA	F Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet	
6	3:16.74	L A	P Madeline Jacumski	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
7	3:19.54	L A	F Margaret Scherer	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet	
8	3:19.69	L A	P Sydney Matteson	11	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
9	3:20.09	L A	P Andrea Ernst	11	TWST NI	6/19/2009	The Robert F. Busbey Invitational Swir	
10	3:20.45	L A	F Annelise Westermeier	12	STAR NI	7/24/2009	Niagara Long Course JO's	
Women 11-12 50 Fly								
1	32.61	L AAA	F Megan Burns	12	RHSC NI	5/16/2009	Niagara District Super Circuit	
2	33.26	L AAA	F Anastacia Angelopoulos	12	LCAT NI	1/9/2009	2009 NJ CeraVe Invite	
3	33.32	L AA	F Emma Shi	12	SDSC NI	7/24/2009	Niagara Long Course JO's	
4	33.77	L AA	F Rebecca Winnert	12	STAR NI	6/26/2009	STAR Long Course ABC Meet	
5	33.85	L AA	F Meaghan Shannon	12	TTSC NI	5/15/2009	TTSC Long Course Meet	
6	33.92	L AA	F Anna Conte	12	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
7	34.15	L AA	P Makayla Sargent	11	UN NI	6/19/2009	The Robert F. Busbey Invitational Swir	
8	34.27	L AA	P Christine McCune	12	TWST NI	6/19/2009	The Robert F. Busbey Invitational Swir	
9	34.63	L AA	F Lauren Phillips	11	TTSC NI	5/15/2009	TTSC Long Course Meet	
10	34.64	L AA	F Amanda Mette	12	VICT NI	5/15/2009	TTSC Long Course Meet	
Women 11-12 100 Fly								
1	1:14.63	L AAA	F Rebecca Winnert	12	STAR NI	7/24/2009	Niagara Long Course JO's	
2	1:15.36	L AA	T Rebel Todhunter	11	ITAC NI	7/10/2009	Niagara Long Course Classic	
3	1:15.40	L AA	F Julianna Sebastian	11	SHAQ NI	7/24/2009	Niagara Long Course JO's	
4	1:16.50	L AA	F Meaghan Shannon	12	TTSC NI	5/15/2009	TTSC Long Course Meet	
5	1:17.18	L AA	F Makayla Sargent	11	UN NI	7/24/2009	Niagara Long Course JO's	
6	1:17.65	L AA	F Lauren Phillips	11	TTSC NI	5/15/2009	TTSC Long Course Meet	
7	1:17.99	L AA	F Emma Shi	12	SDSC NI	7/24/2009	Niagara Long Course JO's	
8	1:18.21	L AA	F Anastacia Angelopoulos	12	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
9	1:18.70	L AA	F Andrea Ernst	11	TWST NI	7/10/2009	RAYS Summer Long Course Meet	
10	1:20.00	L A	F Olivia Castro	12	CSCI NI	6/20/2009	Super Circuit 3 in Syracuse	
Women 11-12 200 Fly								
1	2:49.36	L AA	F Julianna Sebastian	11	SHAQ NI	7/24/2009	Niagara Long Course JO's	
2	2:49.44	L AA	F Rebecca Winnert	12	STAR NI	6/26/2009	STAR Long Course ABC Meet	
3	3:01.29	L BB	F Lindsay Homan	12	SDSC NI	7/24/2009	Niagara Long Course JO's	
4	3:09.92	L BB	F Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet	
5	3:15.02	L B	F Caroline Terhaar	12	STAR NI	6/26/2009	STAR Long Course ABC Meet	
6	3:19.51	L B	F Cecile Browning	12	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
7	3:19.52	L B	F Anna Conte	12	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
8	3:41.63	L	F Brooke Pettis	12	STAR NI	6/26/2009	STAR Long Course ABC Meet	
9	3:41.69	L	F Lauren Anderson	12	STAR NI	6/26/2009	STAR Long Course ABC Meet	
10	3:48.49	L	F Kenna Hartmann	12	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
Women 11-12 200 IM								
1	2:35.70	L AAAA	F Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM	
2	2:39.93	L AAA	F Meaghan Shannon	12	TTSC NI	5/15/2009	TTSC Long Course Meet	

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
3	2:40.01	L	AAA	P	Rebecca Winnert	12	STAR NI	8/12/2009	2009 Eastern Zone LC Championships
4	2:44.20	L	AAA	F	Lauren Phillips	11	TTSC NI	5/15/2009	TTSC Long Course Meet
5	2:44.21	L	AAA	F	Andrea Ernst	11	TWST NI	7/24/2009	Niagara Long Course JO's
6	2:44.73	L	AAA	F	Megan Marsh	11	TTSC NI	6/19/2009	The Robert F. Busbey Invitational Swir
7	2:45.65	L	AA	P	Makayla Sargent	11	UN NI	6/19/2009	The Robert F. Busbey Invitational Swir
8	2:49.35	L	AA	P	Madeline Jacumski	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
9	2:49.37	L	AA	F	Emma Shi	12	SDSC NI	7/19/2009	Genesee Valley Swim League
10	2:52.34	L	A	F	Jenna Rice	12	TTSC NI	5/15/2009	TTSC Long Course Meet
Women 11-12 400 IM									
1	5:33.25	L	AAAA	F	Emily Kopas	12	TTSC NI	7/29/2009	2009 PC LCM FAR WEST CHM
2	5:38.47	L	AAA	F	Meaghan Shannon	12	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
3	5:43.83	L	AAA	F	Rebecca Winnert	12	STAR NI	6/26/2009	STAR Long Course ABC Meet
4	5:53.58	L	AA	F	Lauren Phillips	12	TTSC NI	6/26/2009	STAR Long Course ABC Meet
5	6:05.10	L	AA	F	Rebel Todhunter	11	ITAC NI	5/9/2009	Long Course Super Circuit 1
6	6:06.44	L	AA	F	Caroline Terhaar	12	STAR NI	7/24/2009	Niagara Long Course JO's
7	6:12.75	L	A	F	Margaret Scherer	12	TTSC NI	7/24/2009	Niagara Long Course JO's
8	6:17.20	L	A	F	Cecile Browning	12	LCAT NI	5/9/2009	Long Course Super Circuit 1
9	6:23.01	L	A	F	Sara Lagree	12	STAR NI	7/24/2009	Niagara Long Course JO's
10	6:25.32	L	BB	F	Dorotka Tou	12	CLSC NI	7/24/2009	Niagara Long Course JO's
Women 13-14 50 Free									
1	27.74	L	AAAA	F	Hannah Graesser	13	TTSC NI	8/12/2009	2009 Eastern Zone LC Championships
2	28.17	L	AAAA	F	Lindsey Sagasta	14	TTSC NI	8/12/2009	2009 Eastern Zone LC Championships
3	28.38	L	AAAA	F	Aleza Epstein	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4	28.53	L	AAA	F	Erin McElfresh	13	LCAT NI	1/9/2009	2009 NJ CeraVe Invite
5	28.80	L	AAA	P	Shelby Williams	14	ITAC NI	7/10/2009	Niagara Long Course Classic
6	29.06	L	AAA	F	Courtney Cook	14	CAGO NI	7/24/2009	Niagara Long Course JO's
7	29.13	L	AAA	P	Rebecca Anthon	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
8	29.17	L	AAA	F	Natalie O'Brien	13	LCAT NI	7/24/2009	Niagara Long Course JO's
9	29.28	L	AAA	F	Maria Zhankov	13	LCAT NI	7/24/2009	Niagara Long Course JO's
10	29.56	L	AAA	F	Dina Rommel	13	CLSC NI	7/24/2009	Niagara Long Course JO's
Women 13-14 100 Free									
1	1:00.16	L	AAAA	P	Erin McElfresh	14	LCAT NI	8/6/2009	Speedo Champions Series
2	1:01.61	L	AAA	F	Lindsey Sagasta	14	TTSC NI	7/10/2009	Niagara Long Course Classic
3	1:02.94	L	AAA	F	Natalie O'Brien	13	LCAT NI	8/12/2009	2009 Eastern Zone LC Championships
4	1:03.32	L	AAA	F	Aleza Epstein	13	TTSC NI	6/26/2009	STAR Long Course ABC Meet
5	1:03.53	L	AAA	P	Shelby Williams	14	ITAC NI	7/10/2009	Niagara Long Course Classic
6	1:04.18	L	AAA	P	Madeline McConnell	14	KVAC NI	7/24/2009	Niagara Long Course JO's
7	1:04.23	L	AAA	P	Hannah Graesser	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
8	1:04.46	L	L AAA	F	Maria Zhankov	13	LCAT NI	8/6/2009	Speedo Champions Series
9	1:04.50	L	AA	F	Brittney Champagne	14	SEAS NI	5/16/2009	Niagara District Super Circuit
10	1:04.59	L	AA	F	Haley Rice	14	TTSC NI	5/15/2009	TTSC Long Course Meet
Women 13-14 200 Free									
1	2:08.95	L	AAAA	T	Erin McElfresh	14	LCAT NI	8/10/2009	2009 Speedo Junior National Champio
2	2:13.18	L	AAA	F	Lindsey Sagasta	14	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
3	2:16.19	L	AAA	F	Natalie O'Brien	13	LCAT NI	7/24/2009	Niagara Long Course JO's
4	2:18.55	L	L AAA	F	Karina Browning	14	LCAT NI	8/6/2009	Speedo Champions Series
5	2:18.76	L	L AAA	F	Hannah Graesser	13	TTSC NI	7/10/2009	Niagara Long Course Classic
6	2:18.96	L	AAA	F	Summer Schmitt	14	DWSC NI	7/24/2009	Niagara Long Course JO's
7	2:19.89	L	AA	F	Margaret Fletcher	14	DWSC NI	7/24/2009	Niagara Long Course JO's
8	2:19.96	L	AA	F	Alexandria Doody	14	STAR NI	7/24/2009	Niagara Long Course JO's
9	2:20.27	L	AA	P	Maria Zhankov	13	LCAT NI	7/24/2009	Niagara Long Course JO's
10	2:20.48	L	AA	F	Madeline McConnell	14	KVAC NI	7/24/2009	Niagara Long Course JO's
Women 13-14 400 Free									
1	4:34.61	L	AAAA	F	Erin McElfresh	14	LCAT NI	7/10/2009	Niagara Long Course Classic

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
2	4:43.64	L AAA	F Lindsey Sagasta	14	TTSC NI	6/26/2009	STAR Long Course ABC Meet
3	4:45.95	L AAA	P Natalie O'Brien	13	LCAT NI	8/12/2009	2009 Eastern Zone LC Championships
4	4:46.17	L AAA	P Karinna Browning	14	LCAT NI	8/12/2009	2009 Eastern Zone LC Championships
5	4:56.43	L AA	F Brittney Champagne	14	SEAS NI	5/30/2009	Super Circuit #2 in Rochester
6	4:56.46	L AA	F Alexandria Doody	14	STAR NI	6/26/2009	STAR Long Course ABC Meet
7	4:56.88	L AA	P Maria Zhankov	13	LCAT NI	7/24/2009	Niagara Long Course JO's
8	4:57.10	L AA	F Haley Rice	14	TTSC NI	6/26/2009	STAR Long Course ABC Meet
9	4:57.22	L AA	F Victoria Frustaci	14	STAR NI	7/24/2009	Niagara Long Course JO's
10	4:57.68	L AA	P Summer Schmitt	14	DWSC NI	7/10/2009	Niagara Long Course Classic
Women 13-14 800 Free							
1	9:31.00	L AAA	F Erin McElfresh	14	LCAT NI	7/10/2009	Niagara Long Course Classic
2	9:44.25	L AAA	F Lindsey Sagasta	14	TTSC NI	7/10/2009	Niagara Long Course Classic
3	10:01.02	L AA	F Natalie O'Brien	13	LCAT NI	7/24/2009	Niagara Long Course JO's
4	10:07.33	L AA	F Margaret Fletcher	14	DWSC NI	7/10/2009	Niagara Long Course Classic
5	10:09.52	L AA	F Karinna Browning	13	LCAT NI	7/10/2009	Niagara Long Course Classic
6	10:13.83	L AA	F Maria Zhankov	13	LCAT NI	7/24/2009	Niagara Long Course JO's
7	10:14.00	L AA	F Sydney Modeas	13	CLSC NI	7/24/2009	Niagara Long Course JO's
8	10:14.38	L AA	F Alexandria Doody	14	STAR NI	7/10/2009	Niagara Long Course Classic
9	10:18.16	L AA	F Victoria Frustaci	14	STAR NI	7/10/2009	Niagara Long Course Classic
10	10:18.64	L AA	F Rebecca Anthone	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
Women 13-14 1000 Free							
1	16:14.00	L	F Renee Stromski	14	JETS NI	6/27/2009	Whitney Point Open Water
2	17:34.00	L	F Alison Samsel	14	UNAC NI	6/27/2009	Whitney Point Open Water
3	18:23.00	L	F Alexa McCauley	14	JETS NI	6/27/2009	Whitney Point Open Water
4	18:24.00	L	F Morgan Gunther	14	JETS NI	6/27/2009	Whitney Point Open Water
5	19:15.00	L	F Georgenia Slattery	14	ITAC NI	6/27/2009	Whitney Point Open Water
6	19:52.00	L	F Hannah Smith	14	UN NI	6/27/2009	Whitney Point Open Water
7	21:13.00	L	F Barbara Blake	13	STSC NI	6/27/2009	Whitney Point Open Water
8	22:09.00	L	F Jessica Ripic	14	UNAC NI	6/27/2009	Whitney Point Open Water
Women 13-14 1500 Free							
1	18:07.48	L AAA	F Erin McElfresh	14	LCAT NI	7/10/2009	Niagara Long Course Classic
2	18:53.17	L AAA	F Natalie O'Brien	13	LCAT NI	7/10/2009	Niagara Long Course Classic
3	18:57.38	L AA	F Karinna Browning	14	LCAT NI	8/12/2009	2009 Eastern Zone LC Championships
4	18:57.97	L AA	F Lindsey Sagasta	14	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
5	19:09.42	L AA	F Alexandria Doody	14	STAR NI	7/24/2009	Niagara Long Course JO's
6	19:24.92	L AA	F Victoria Frustaci	14	STAR NI	7/10/2009	Niagara Long Course Classic
7	19:32.36	L AA	F Margaret Fletcher	14	DWSC NI	7/24/2009	Niagara Long Course JO's
8	19:46.24	L AA	F Claire Willis	13	CLSC NI	7/24/2009	Niagara Long Course JO's
9	19:53.08	L A	F Sydney Modeas	13	CLSC NI	7/24/2009	Niagara Long Course JO's
10	19:57.48	L A	F Emma Otto-Moudry	14	LCAT NI	7/10/2009	Niagara Long Course Classic
Women 13-14 100 Back							
1	1:11.90	L AA	P Shelby Williams	14	ITAC NI	7/10/2009	Niagara Long Course Classic
2	1:12.00	L AA	F Summer Schmitt	14	DWSC NI	6/20/2009	Super Circuit 3 in Syracuse
3	1:12.24	L AA	F Aleza Epstein	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4	1:12.89	L L AA	F Hannah Graesser	13	TTSC NI	8/12/2009	2009 Eastern Zone LC Championships
5	1:13.55	L AA	F Allison Voll	13	TTSC NI	7/10/2009	Niagara Long Course Classic
6	1:14.14	L AA	P Madeline McConnell	14	KVAC NI	7/24/2009	Niagara Long Course JO's
7	1:14.61	L A	F Lindsey Sagasta	14	TTSC NI	6/26/2009	STAR Long Course ABC Meet
8	1:14.84	L A	F Haley Rice	14	TTSC NI	6/26/2009	STAR Long Course ABC Meet
9	1:15.12	L A	F Brenna Woodling	14	STAR NI	7/24/2009	Niagara Long Course JO's
10	1:15.52	L A	F Isabelle Corgel	13	LCAT NI	7/24/2009	Niagara Long Course JO's
Women 13-14 200 Back							
1	2:35.44	L AA	F Lindsey Sagasta	14	TTSC NI	7/10/2009	Niagara Long Course Classic
2	2:36.03	L AA	F Madeline McConnell	14	KVAC NI	7/24/2009	Niagara Long Course JO's

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
3	2:36.44	L AA	F Hannah Graesser	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4	2:39.03	L AA	F Allison Voll	13	TTSC NI	5/30/2009	Super Circuit #2 in Rochester
5	2:39.19	L AA	F Erin McElfresh	14	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
6	2:39.32	L AA	P Therese Mastrandrea	14	STAR NI	7/10/2009	Niagara Long Course Classic
7	2:39.33	L AA	P Shelby Williams	14	ITAC NI	7/10/2009	Niagara Long Course Classic
8	2:39.39	L AA	P Summer Schmitt	14	DWSC NI	7/24/2009	Niagara Long Course JO's
9	2:40.75	L A	F Morgan Allender	14	STAR NI	7/24/2009	Niagara Long Course JO's
10	2:41.90	L A	F Victoria Frustaci	14	STAR NI	7/24/2009	Niagara Long Course JO's
Women 13-14 100 Breast							
1	1:16.81	L AAAA	P Emily Kopas	13	TTSC NI	8/6/2009	Speedo Champions Series
2	1:20.23	L AAA	F Jacquelyn Sagasta	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
3	1:20.83	L AAA	F Emily Gwynn	14	CAQY NI	7/10/2009	Niagara Long Course Classic
4	1:22.43	L AA	F Natalie O'Brien	13	LCAT NI	7/10/2009	Niagara Long Course Classic
5	1:23.39	L AA	T Summer Schmitt	14	DWSC NI	7/10/2009	Niagara Long Course Classic
6	1:23.66	L AA	F Lindsey Sagasta	14	TTSC NI	5/15/2009	TTSC Long Course Meet
7	1:23.75	L AA	F Courtney Cook	14	CAGO NI	7/24/2009	Niagara Long Course JO's
8	1:23.94	L AA	F Alexandria Doody	14	STAR NI	7/24/2009	Niagara Long Course JO's
9	1:24.43	L AA	F Danielle Dembrow	14	SHAQ NI	7/24/2009	Niagara Long Course JO's
10	1:24.47	L AA	F Marissa Watroba	14	WWSC NI	7/24/2009	Niagara Long Course JO's
Women 13-14 200 Breast							
1	2:43.71	L AAAA	F Emily Kopas	13	TTSC NI	8/6/2009	Speedo Champions Series
2	2:50.42	L AAA	F Jacquelyn Sagasta	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
3	2:58.30	L AA	F Emily Gwynn	14	CAQY NI	7/10/2009	Niagara Long Course Classic
4	2:59.65	L AA	F Alexandria Doody	14	STAR NI	7/10/2009	Niagara Long Course Classic
5	3:00.77	L AA	F Natalie O'Brien	13	LCAT NI	7/24/2009	Niagara Long Course JO's
6	3:04.44	L A	F Casey McClaren	14	CLSC NI	7/24/2009	Niagara Long Course JO's
7	3:05.60	L A	F Danielle Dembrow	14	SHAQ NI	7/24/2009	Niagara Long Course JO's
8	3:05.70	L A	F Emma Otto-Moudry	13	LCAT NI	1/9/2009	2009 NJ CeraVe Invite
9	3:05.79	L A	F Shannon Dempsey	14	PACK NI	5/23/2009	Colgate-NHA LC
10	3:08.02	L A	F Courtney Cook	13	CAGO NI	7/10/2009	36th Annual UNAC Sertoma Invitationa
Women 13-14 100 Fly							
1	1:02.98	L AAAA	F Erin McElfresh	14	LCAT NI	7/24/2009	Niagara Long Course JO's
2	1:07.86	L AAA	F Haley Rice	14	TTSC NI	6/26/2009	STAR Long Course ABC Meet
3	1:08.03	L AAA	P Summer Schmitt	14	DWSC NI	8/12/2009	2009 Eastern Zone LC Championships
4	1:10.96	L AA	F Dina Rommel	13	CLSC NI	7/24/2009	Niagara Long Course JO's
5	1:11.40	L AA	F Aleza Epstein	13	TTSC NI	6/19/2009	The Robert F. Busbey Invitational Swir
6	1:11.65	L AA	F Courtney Cook	14	CAGO NI	7/24/2009	Niagara Long Course JO's
7	1:12.58	L AA	F Madeline Braddon	13	VICT NI	5/15/2009	TTSC Long Course Meet
8	1:12.80	L AA	P Lindsey Sagasta	14	TTSC NI	7/10/2009	Niagara Long Course Classic
9	1:13.65	L A	F Margaret Fletcher	14	DWSC NI	7/3/2009	Clinton Cudas Colgate Classic Informatio
10	1:13.83	L A	F Marissa Watroba	14	WWSC NI	7/24/2009	Niagara Long Course JO's
Women 13-14 200 Fly							
1	2:20.02	L AAAA	F Erin McElfresh	14	LCAT NI	7/10/2009	Niagara Long Course Classic
2	2:31.19	L AAA	F Haley Rice	14	TTSC NI	6/26/2009	STAR Long Course ABC Meet
3	2:39.70	L AA	F Madeline Braddon	13	VICT NI	5/15/2009	TTSC Long Course Meet
4	2:44.86	L A	F Jacquelyn Sagasta	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
5	2:45.97	L A	F Julia Carson	14	STAR NI	7/24/2009	Niagara Long Course JO's
6	2:47.85	L A	F Hannah Graesser	13	TTSC NI	6/26/2009	STAR Long Course ABC Meet
7	2:48.22	L A	F Karinna Browning	13	LCAT NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
8	2:48.97	L BB	P Margaret Fletcher	14	DWSC NI	7/10/2009	Niagara Long Course Classic
9	2:50.30	L BB	F Emma Otto-Moudry	14	LCAT NI	7/24/2009	Niagara Long Course JO's
10	2:52.79	L BB	F Sophie Nothnagle	13	VICT NI	5/15/2009	TTSC Long Course Meet
Women 13-14 200 IM							
1	2:33.75	L AAA	F Lindsey Sagasta	14	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
2	2:33.91	L	AAA	F	Erin McElfresh	13	LCAT NI	1/9/2009	2009 NJ CeraVe Invite
3	2:35.42	L	AAA	F	Hannah Graesser	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4	2:37.98	L	AA	P	Aleza Epstein	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
5	2:38.45	L	AA	F	Haley Rice	14	TTSC NI	5/15/2009	TTSC Long Course Meet
6	2:39.43	L	AA	F	Marissa Watroba	14	WWSC NI	7/24/2009	Niagara Long Course JO's
7	2:40.03	L	AA	F	Madeline Braddon	13	VICT NI	5/15/2009	TTSC Long Course Meet
8	2:40.68	L	AA	F	Courtney Cook	13	CAGO NI	6/20/2009	Super Circuit 3 in Syracuse
9	2:41.30	L	AA	F	Victoria Frustaci	14	STAR NI	7/24/2009	Niagara Long Course JO's
10	2:41.40	L	AA	F	Summer Schmitt	14	DWSC NI	7/3/2009	Clinton Cudas Colgate Classic Invitatio
Women 13-14 400 IM									
1	5:09.06	L	AAAA	F	Erin McElfresh	14	LCAT NI	7/10/2009	Niagara Long Course Classic
2	5:28.63	L	AAA	F	Lindsey Sagasta	14	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
3	5:32.35	L	AA	P	Natalie O'Brien	13	LCAT NI	7/10/2009	Niagara Long Course Classic
4	5:34.12	L	AA	F	Haley Rice	14	TTSC NI	5/15/2009	TTSC Long Course Meet
5	5:35.04	L	AA	F	Hannah Graesser	13	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
6	5:39.20	L	AA	P	Shelby Williams	14	ITAC NI	7/10/2009	Niagara Long Course Classic
7	5:40.90	L	AA	P	Jacquelyn Sagasta	13	TTSC NI	7/10/2009	Niagara Long Course Classic
8	5:43.11	L	AA	F	Alexandria Doody	14	STAR NI	6/26/2009	STAR Long Course ABC Meet
9	5:43.98	L	AA	P	Victoria Frustaci	14	STAR NI	7/10/2009	Niagara Long Course Classic
10	5:44.92	L	AA	F	Julia Carson	14	STAR NI	7/24/2009	Niagara Long Course JO's
Women 15 & Over 50 Free									
1	27.02	L	AAAA	F	Brittney Kuras	18	FAST NI	8/6/2009	Speedo Champions Series
2	27.12	L		F	Jordan Deren	20	STAR NI	8/6/2009	Speedo Champions Series
3	27.45	L	AAAA	F	Lindsey Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic
4*	27.46	L	AAAA	F	Marissa Dressel	17	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
4*	27.46	L		F	Samantha Palma	20	UN NI	7/10/2009	Niagara Long Course Classic
6	27.69	L	AAA	P	Kali Dean	17	ITAC NI	7/10/2009	Niagara Long Course Classic
7	27.97	L		P	Sarah Sciarrino	21	TTSC NI	8/6/2009	Speedo Champions Series
8	28.00	L		F	Emily Peck	19	ITAC NI	7/10/2009	Niagara Long Course Classic
9	28.03	L		F	Shawna Keller	21	FAST NI	7/10/2009	Niagara Long Course Classic
10	28.08	L		F	Jessica Koltz	20	UN NI	7/24/2009	Niagara Long Course JO's
Women 15 & Over 100 Free									
1	58.87	L	AAAA	F	Brittney Kuras	18	FAST NI	7/10/2009	Niagara Long Course Classic
2	58.92	L	AAAA	F	Lindsey Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic
3	59.03	L	L AAAA	F	Marissa Dressel	17	TTSC NI	8/6/2009	Speedo Champions Series
4	59.60	L	L	F	Jordan Deren	20	STAR NI	8/6/2009	Speedo Champions Series
5	1:00.58	L		P	Emily Peck	19	ITAC NI	8/6/2009	Speedo Champions Series
6	1:00.66	L	AAA	P	Jennifer Bentley	16	STAR NI	8/6/2009	Speedo Champions Series
7	1:00.81	L	AAA	P	Lauren Marchese	17	STAR NI	8/6/2009	Speedo Champions Series
8	1:00.83	L		P	Samantha Palma	20	UN NI	8/6/2009	Speedo Champions Series
9	1:01.04	L	AAA	F	Courtney Otto	16	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet
10	1:01.28	L	AAA	F	Mallory Morrell	18	RHSC NI	5/16/2009	Niagara District Super Circuit
Women 15 & Over 200 Free									
1	2:05.85	L	AAAA	P	Marissa Dressel	17	TTSC NI	8/10/2009	2009 Speedo Junior National Champio
2	2:08.22	L		F	Jordan Deren	20	STAR NI	8/6/2009	Speedo Champions Series
3	2:08.69	L	AAA	F	Lindsey Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic
4	2:09.60	L	AAA	F	Jennifer Bentley	16	STAR NI	7/10/2009	Niagara Long Course Classic
5	2:09.61	L	AAA	T	Courtney Otto	16	STAR NI	7/7/2009	ConocoPhillips National Championship
6	2:10.50	L		F	Natalie Lewis	19	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic
7	2:10.84	L	AAA	P	Lauren Marchese	17	STAR NI	8/6/2009	Speedo Champions Series
8	2:12.07	L		P	Rachel Hesler	21	STAR NI	8/6/2009	Speedo Champions Series
9	2:12.36	L		P	Emily Peck	19	ITAC NI	8/6/2009	Speedo Champions Series
10	2:12.58	L		P	Sarah Sciarrino	21	TTSC NI	8/6/2009	Speedo Champions Series

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Women 15 & Over 400 Free								
1	4:21.30	L P	Ashley Twichell	20	SYCH NI	7/7/2009	ConocoPhillips National Championship	
2	4:23.89	L AAAA P	Marissa Dressel	17	TTSC NI	8/10/2009	2009 Speedo Junior National Champio	
3	4:24.96	L AAAA F	Courtney Otto	15	STAR NI	3/17/2009	NCSA Junior National Swimming Char	
4	4:27.08	L AAAA P	Jennifer Bentley	16	STAR NI	8/6/2009	Speedo Champions Series	
5	4:27.29	L F	Jordan Deren	20	STAR NI	8/6/2009	Speedo Champions Series	
6	4:34.05	L AAA F	Kailey Gardner	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
7	4:37.69	L AAA F	Lauren Marchese	17	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
8	4:39.34	L AAA F	Jamie Ruh	15	STAR NI	8/12/2009	2009 Eastern Zone LC Championships	
9	4:40.07	L AAA P	Meghan Green	18	PACK NI	8/6/2009	Speedo Champions Series	
10	4:40.99	L AAA P	Kaitlyn Buckwell	17	GRSC NI	7/10/2009	Niagara Long Course Classic	
Women 15 & Over 800 Free								
1	8:53.14	L P	Ashley Twichell	20	SYCH NI	7/7/2009	ConocoPhillips National Championship	
2	8:58.38	L AAAA F	Courtney Otto	15	STAR NI	3/17/2009	NCSA Junior National Swimming Char	
3	9:12.53	L F	Jordan Deren	20	STAR NI	8/6/2009	Speedo Champions Series	
4	9:12.74	L AAAA F	Marissa Dressel	17	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
5	9:16.83	L AAAA F	Jennifer Bentley	16	STAR NI	8/6/2009	Speedo Champions Series	
6	9:21.90	L AAA F	Lauren Marchese	17	STAR NI	8/6/2009	Speedo Champions Series	
7	9:23.49	L AAA F	Kailey Gardner	18	ITAC NI	8/6/2009	Speedo Champions Series	
8	9:37.93	L AAA F	Meghan Green	18	PACK NI	7/10/2009	Niagara Long Course Classic	
9	9:40.93	L AAA F	Kaitlyn Buckwell	17	GRSC NI	7/10/2009	Niagara Long Course Classic	
10	9:49.10	L AA F	Rachel Heferle	15	STAR NI	7/24/2009	Niagara Long Course JO's	
Women 15 & Over 1000 Free								
1	15:05.00	L F	Sarah Stroup	19	JETS NI	6/27/2009	Whitney Point Open Water	
2	15:27.00	L F	Zoe McCauley	15	JETS NI	6/27/2009	Whitney Point Open Water	
3	16:02.00	L F	Elizabeth Godbout	17	CAGO NI	6/27/2009	Whitney Point Open Water	
4	16:18.00	L F	Kasey Simmons	16	JETS NI	6/27/2009	Whitney Point Open Water	
5	16:44.00	L F	Kelly Noll	17	UN NI	6/27/2009	Whitney Point Open Water	
6	17:38.00	L F	Chloe Freideman	15	WPSC NI	6/27/2009	Whitney Point Open Water	
7	18:33.00	L F	Samantha Pardoe	17	WPSC NI	6/27/2009	Whitney Point Open Water	
8	19:49.00	L F	Alexis Ramstine	15	WPSC NI	6/27/2009	Whitney Point Open Water	
9	20:09.00	L F	Amy Ford	21	WPSC NI	6/27/2009	Whitney Point Open Water	
Women 15 & Over 1500 Free								
1	17:16.89	L AAAA F	Courtney Otto	16	STAR NI	8/10/2009	2009 Speedo Junior National Champio	
2	17:30.37	L F	Jordan Deren	20	STAR NI	8/6/2009	Speedo Champions Series	
3	17:41.88	L AAAA F	Kailey Gardner	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
4	17:47.95	L AAA F	Lauren Marchese	17	STAR NI	8/6/2009	Speedo Champions Series	
5	18:16.88	L AAA F	Jamie Ruh	15	STAR NI	7/10/2009	Niagara Long Course Classic	
6	18:25.96	L AAA F	Marissa Dressel	16	TTSC NI	5/15/2009	TTSC Long Course Meet	
7	18:29.92	L AAA F	Meghan Green	18	PACK NI	8/6/2009	Speedo Champions Series	
8	18:31.95	L AAA F	Ruth Speidel	15	SYCH NI	7/10/2009	Niagara Long Course Classic	
9	18:42.33	L F	Kim Dale	20	UN NI	7/10/2009	Niagara Long Course Classic	
10	18:44.31	L AA F	Charlene Lichota	17	STAR NI	7/10/2009	Niagara Long Course Classic	
Women 15 & Over 100 Back								
1	1:05.23	L P	Jenny Lewis	19	PACK NI	7/7/2009	ConocoPhillips National Championship	
2	1:07.37	L F	Caitlin Reilly	21	UN NI	7/10/2009	Niagara Long Course Classic	
3	1:07.47	L AAA F	Marissa Dressel	17	TTSC NI	8/6/2009	Speedo Champions Series	
4	1:07.99	L L AAA F	Lauren Marchese	17	STAR NI	8/6/2009	Speedo Champions Series	
5	1:09.04	L L AAA F	Clare Battaglia	15	TTSC NI	8/6/2009	Speedo Champions Series	
6	1:09.52	L L AAA F	Rachel Heferle	15	STAR NI	8/6/2009	Speedo Champions Series	
7	1:09.90	L L AA F	Leah Villari	16	TTSC NI	8/6/2009	Speedo Champions Series	
8	1:10.86	L AA F	Nicole Heise	18	LCAT NI	1/9/2009	2009 NJ CeraVe Invite	
9	1:11.40	L F	Rena Sharkey	19	UN NI	7/10/2009	Niagara Long Course Classic	
10	1:11.53	L AA F	Victoria Jacumski	17	TTSC NI	6/26/2009	STAR Long Course ABC Meet	

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Women 15 & Over 200 Back								
1	2:23.61	L AAAA P	Marissa Dressel	17	TTSC NI	8/6/2009	Speedo Champions Series	
2	2:24.08	L P	Jenny Lewis	19	PACK NI	7/7/2009	ConocoPhillips National Championship	
3	2:24.96	L AAA F	Lauren Marchese	17	STAR NI	8/6/2009	Speedo Champions Series	
4	2:25.93	L F	Caitlin Reilly	21	UN NI	7/10/2009	Niagara Long Course Classic	
5	2:28.85	L AAA F	Rachel Heferle	15	STAR NI	7/24/2009	Niagara Long Course JO's	
6	2:29.13	L AAA F	Lauren Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
7	2:29.95	L AAA F	Victoria Jacumski	17	TTSC NI	7/10/2009	Niagara Long Course Classic	
8	2:30.00	L AAA F	Clare Battaglia	15	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
9	2:30.50	L AAA F	Leah Villari	16	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
10	2:33.73	L AA F	Lindsey Davenport	16	ITAC NI	7/10/2009	Niagara Long Course Classic	
Women 15 & Over 100 Breast								
1	1:11.98	L AAAA F	Lauren Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
2	1:14.11	L AAAA F	Brittney Kuras	18	FAST NI	7/10/2009	Niagara Long Course Classic	
3	1:14.62	L AAAA F	Leia Federiconi	16	TTSC NI	8/6/2009	Speedo Champions Series	
4	1:16.01	L AAA F	Victoria Jacumski	17	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
5	1:16.21	L F	Shawna Keller	21	FAST NI	7/10/2009	Niagara Long Course Classic	
6	1:16.28	L F	Ashley Schaffert	20	UN NI	7/10/2009	Niagara Long Course Classic	
7	1:16.50	L AAA P	Paige Gutowski	17	SHAQ NI	8/6/2009	Speedo Champions Series	
8	1:18.19	L P	Sheila Carson	21	STAR NI	8/6/2009	Speedo Champions Series	
9	1:18.94	L AAA F	Courtney Otto	16	STAR NI	7/24/2009	Niagara Long Course JO's	
10	1:19.99	L P	Bonnie Patchen	19	ITAC NI	8/6/2009	Speedo Champions Series	
Women 15 & Over 200 Breast								
1	2:37.45	L AAAA F	Brittney Kuras	18	FAST NI	8/6/2009	Speedo Champions Series	
2	2:43.63	L AAA F	Leia Federiconi	16	TTSC NI	8/6/2009	Speedo Champions Series	
3	2:43.90	L AAA F	Victoria Jacumski	17	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
4	2:45.32	L AAA F	Paige Gutowski	17	SHAQ NI	8/6/2009	Speedo Champions Series	
5	2:47.68	L F	Ashley Schaffert	20	UN NI	7/10/2009	Niagara Long Course Classic	
6	2:48.04	L AAA F	Lauren Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
7	2:49.78	L AAA F	Courtney Otto	16	STAR NI	6/5/2009	STAR Kick-Off Long Course ABC Meet	
8	2:53.51	L F	Shawna Keller	21	FAST NI	7/10/2009	Niagara Long Course Classic	
9	2:54.59	L P	Sheila Carson	21	STAR NI	7/24/2009	Niagara Long Course JO's	
10	2:55.08	L AA F	Lauren Caldwell	16	STAR NI	7/24/2009	Niagara Long Course JO's	
Women 15 & Over 100 Fly								
1	1:03.82	L AAAA F	Lindsey Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
2	1:04.22	L AAAA T	Courtney Otto	16	STAR NI	7/7/2009	ConocoPhillips National Championship	
3	1:04.51	L AAA P	Heather Savage	18	CAQY NI	8/6/2009	Speedo Champions Series	
4	1:05.20	L P	Bonnie Patchen	19	ITAC NI	8/6/2009	Speedo Champions Series	
5	1:05.36	L AAA F	Emily O'Brien	15	LCAT NI	7/24/2009	Niagara Long Course JO's	
6	1:05.47	L P	Samantha Palma	20	UN NI	8/6/2009	Speedo Champions Series	
7	1:05.49	L AAA F	Haley Rice	15	TTSC NI	8/12/2009	2009 Eastern Zone LC Championships	
8	1:05.80	L AAA F	Marissa Dressel	17	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
9	1:06.03	L AAA P	Lauren Caldwell	16	STAR NI	8/6/2009	Speedo Champions Series	
10	1:06.10	L P	Jessica Koltz	20	UN NI	8/6/2009	Speedo Champions Series	
Women 15 & Over 200 Fly								
1	2:15.14	L AAAA F	Courtney Otto	16	STAR NI	8/10/2009	2009 Speedo Junior National Champio	
2	2:25.23	L P	Bonnie Patchen	19	ITAC NI	8/6/2009	Speedo Champions Series	
3	2:25.30	L AAA F	Emily O'Brien	15	LCAT NI	7/10/2009	Niagara Long Course Classic	
4	2:26.86	L AAA F	Lauren Caldwell	16	STAR NI	7/24/2009	Niagara Long Course JO's	
5	2:27.13	L AAA F	Haley Rice	15	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
6	2:29.24	L AA F	Jamie Ruh	15	STAR NI	7/10/2009	Niagara Long Course Classic	
7	2:29.35	L AA F	Anna Plunkett	18	STAR NI	7/24/2009	Niagara Long Course JO's	
8	2:29.89	L AA P	Lindsey Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
9	2:32.29	L AA F	Ashley Harrington	17	STAR NI	7/10/2009	Niagara Long Course Classic	

Individual Top Times

Number of Top Times: 10 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
10	2:35.65	L A P	Caitlin Nicholson	18	LCAT NI	7/10/2009	Niagara Long Course Classic	
Women 15 & Over 200 IM								
1	2:20.49	L AAAA F	Courtney Otto	16	STAR NI	8/6/2009	Speedo Champions Series	
2	2:22.68	L AAAA F	Brittney Kuras	18	FAST NI	8/6/2009	Speedo Champions Series	
3	2:24.81	L AAAA P	Marissa Dressel	17	TTSC NI	8/10/2009	2009 Speedo Junior National Champio	
4	2:25.63	L AAA F	Lauren Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
5	2:25.71	L F	Bonnie Patchen	19	ITAC NI	8/6/2009	Speedo Champions Series	
6	2:27.59	L AAA F	Victoria Jacumski	19	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	
7	2:28.23	L F	Jessica Ballard	20	UN NI	7/10/2009	Niagara Long Course Classic	
8	2:29.23	L AAA F	Kailey Gardner	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
9	2:30.99	L AAA F	Jamie Ruh	15	STAR NI	8/12/2009	2009 Eastern Zone LC Championships	
10	2:31.44	L AAA P	Lauren Caldwell	16	STAR NI	8/6/2009	Speedo Champions Series	
Women 15 & Over 400 IM								
1	4:56.78	L AAAA F	Courtney Otto	15	STAR NI	3/17/2009	NCSA Junior National Swimming Charr	
2	5:06.65	L F	Bonnie Patchen	19	ITAC NI	8/6/2009	Speedo Champions Series	
3	5:07.35	L AAAA P	Marissa Dressel	17	TTSC NI	8/10/2009	2009 Speedo Junior National Champio	
4	5:08.94	L AAA F	Kailey Gardner	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
5	5:09.57	L AAA F	Lindsey Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
6	5:11.65	L AAA F	Jamie Ruh	15	STAR NI	8/12/2009	2009 Eastern Zone LC Championships	
7	5:14.34	L AAA F	Lauren Norberg	17	ITAC NI	7/10/2009	Niagara Long Course Classic	
8	5:19.34	L F	Jessica Ballard	20	UN NI	7/10/2009	Niagara Long Course Classic	
9	5:22.09	L AAA F	Victoria Jacumski	17	TTSC NI	6/26/2009	STAR Long Course ABC Meet	
10	5:23.28	L F	Natalie Lewis	19	TTSC NI	7/30/2009	Allegheny Mountain LC Junior Olympic	