

USA Swimming, Inc.

Club: Carolina Aquatic Team For All Time

Female 11-12 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	27.93	851	Marinshaw, Dania	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
2	28.02	844	Roses, Maija	12	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
3	28.57	803	Stewart, Erika	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
4	29.29	750	Caron, Hannah	12	NC Carolina Aquatic Team	7/9/2004	2004 NC GSA Eastern Invitation
5	29.65	724	Sept, Margaret	12	NC Carolina Aquatic Team	7/13/2017	2017 NC LC AG Championships
6	29.66	724	Xu, Jennifer	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course
7	29.68	722	Ervin, Bridgette	12	NC Carolina Aquatic Team	7/16/2015	2015 NC LC AG Championships SG
8	29.76	716	Castillo, Bailey	12	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
9	29.85	710	Fowler, Kelley	12	NC Carolina Aquatic Team	7/28/2004	2004 NC Long Course Age Group
10	30.14	689	Liu, Danielle	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs

Female 11-12 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	59.61	901	Roses, Maija	12	NC Carolina Aquatic Team	7/29/2008	2008 Southern Zone Champs
2	1:00.84	852	Marinshaw, Dania	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
3	1:02.84	775	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
4	1:03.02	768	Caron, Hannah	12	NC Carolina Aquatic Team	6/10/2004	2004 NC Charlotte UltraSwim
5	1:03.03	768	Stewart, Erika	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
6	1:04.94	697	Robinson, Mackenzie	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
7	1:04.99	695	Xu, Jennifer	12	NC Carolina Aquatic Team	7/30/2010	2010 NC NCAC Tar Heel States
8	1:05.58	674	Castillo, Bailey	12	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
9	1:05.70	669	Liu, Danielle	12	NC Carolina Aquatic Team	7/28/2009	2009 SZ Age Group Championship
10	1:06.41	644	Robinson, Lacey	12	NC Carolina Aquatic Team	7/28/2004	2004 NC Long Course Age Group

Female 11-12 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:11.07	865	Roses, Maija	12	NC Carolina Aquatic Team	7/29/2008	2008 Southern Zone Champs
2	2:13.13	823	Caron, Hannah	12	NC Carolina Aquatic Team	7/9/2004	2004 NC GSA Eastern Invitation
3	2:13.73	811	Marinshaw, Dania	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
4	2:17.36	740	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
5	2:19.64	697	Liu, Danielle	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
6	2:20.25	686	Robinson, Mackenzie	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
7	2:21.33	783	Li, Celina	11	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
8	2:22.05	653	Stewart, Erika	12	NC Carolina Aquatic Team	6/13/2003	2003 NC Mutual of Omaha's
9	2:23.07	635	Xu, Jennifer	12	NC Carolina Aquatic Team	7/30/2010	2010 NC NCAC Tar Heel States
10	2:24.42	611	Castillo, Bailey	12	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham

Female 11-12 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:35.72	863	Caron, Hannah	12	NC Carolina Aquatic Team	7/9/2004	2004 NC GSA Eastern Invitation
2	4:40.64	814	Marinshaw, Dania	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
3	4:41.79	803	Roses, Maija	12	NC Carolina Aquatic Team	7/29/2008	2008 Southern Zone Champs
4	4:52.53	701	Liu, Danielle	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
5	4:53.43	693	Robinson, Mackenzie	12	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
6	4:54.33	685	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
7	4:55.69	785	Li, Celina	11	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
8	4:56.28	668	Fowler, Kelley	12	NC Carolina Aquatic Team	7/28/2004	2004 NC Long Course Age Group
9	5:04.69	595	Xu, Jennifer	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course
10	5:04.79	594	Marzinsky, Cece	12	NC Carolina Aquatic Team	6/11/2010	2010 NC WAVE Capital City Invi

Female 11-12 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	9:51.49	807	Marinshaw, Dania	12	NC Carolina Aquatic Team	7/14/2005	2005 PV Senior LC Champs
2	10:11.21	724	Roses, Maija	12	NC Carolina Aquatic Team	6/13/2008	2008 NC WAVE Capital City Invi
3	10:26.67	662	Liu, Danielle	12	NC Carolina Aquatic Team	5/2/2009	2009 NC WAVE Spring Distance-I
4	10:38.61	616	Falise, Grace	12	NC Carolina Aquatic Team	5/19/2018	2018 NC ECA LCM Tri Meet

Female 11-12 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
5	10:41.77	604	Smith, Meghan	12	NC Carolina Aquatic Team	5/13/2005	2005 NC New South Swimming
6	10:45.22	591	Marzinsky, Cece	12	NC Carolina Aquatic Team	7/31/2009	2009 NC LC Tar Heel States
7	10:56.45	549	McClernan, Keary	12	NC Carolina Aquatic Team	7/24/2004	2004 NC Eastern LC Qualifier
8	10:58.19	543	Xu, Jennifer	12	NC Carolina Aquatic Team	5/1/2010	2010 NC WAVE Spring Distance-I
9	10:59.90	537	Thornburg, Sophie	12	NC Carolina Aquatic Team	6/4/2021	2021 NC NCAC Long Course Meet
10	11:04.87	519	Liu, Emily	12	NC Carolina Aquatic Team	6/26/2014	2014 NC GSA Eastern Invitation

Female 11-12 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	19:25.55	768	Roses, Maija	12	NC Carolina Aquatic Team	7/4/2008	2008 NC GSA 53RD Annual Easter
2	19:45.51	726	Liu, Danielle	12	NC Carolina Aquatic Team	6/12/2009	2009 NC WAVE Capital City Invi
3	19:51.08	714	Robinson, Mackenzie	12	NC Carolina Aquatic Team	7/8/2005	2005 NC GSA Eastern Invitation
4	20:26.20	644	Marzinsky, Cece	12	NC Carolina Aquatic Team	5/1/2010	2010 NC WAVE Spring Distance-I

Female 11-12 50 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	33.01	805	Stewart, Erika	12	NC Carolina Aquatic Team	7/30/2003	2003 FG - Southern Zone Champions
2	33.25	788	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/26/2011	2011 NC SZ Age Group Champs
3	33.26	787	Marinshaw, Dania	12	NC Carolina Aquatic Team	6/17/2005	2005 NC Wave Capital City Invi
4	33.95	739	Caron, Hannah	12	NC Carolina Aquatic Team	7/9/2004	2004 NC GSA Eastern Invitation
5	34.23	720	Roses, Maija	12	NC Carolina Aquatic Team	7/4/2008	2008 NC GSA 53RD Annual Easter
6	34.79	682	Howard, Chelsea	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
7	35.36	644	Liu, Caroline	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
8	35.74	619	Wood, Abbey	12	NC Carolina Aquatic Team	5/13/2011	2011 NC RSA Good Stuff Long Co
9	35.95	606	Sept, Audrey	12	NC Carolina Aquatic Team	6/26/2014	2014 NC GSA Eastern Invitation
10	36.51	571	Fowler, Kelley	12	NC Carolina Aquatic Team	5/15/2004	2004 NC Goldsboro YMCA Open In

Female 11-12 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:09.90	826	Marinshaw, Dania	12	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
2	1:10.42	809	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/26/2011	2011 NC SZ Age Group Champs
3	1:11.56	773	Caron, Hannah	12	NC Carolina Aquatic Team	6/10/2004	2004 NC Charlotte UltraSwim
4	1:12.15	754	Stewart, Erika	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
5	1:12.65	739	Roses, Maija	12	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
6	1:15.33	657	Robinson, Lacey	12	NC Carolina Aquatic Team	7/28/2004	2004 NC Long Course Age Group
7	1:15.86	751	Li, Celina	11	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
8	1:16.23	630	Anderson, Claire	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
9	1:16.31	628	Liu, Caroline	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
10	1:16.64	618	Marley, Jordan	12	NC Carolina Aquatic Team	6/9/2017	2017 NC GCY Sprint and Distanc

Female 11-12 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC/Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:32.10	809	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
2	2:33.46	790	Caron, Hannah	12	NC Carolina Aquatic Team	5/15/2004	2004 NC Goldsboro YMCA Open In
3	2:37.01	742	Marinshaw, Dania	12	NC Carolina Aquatic Team	7/8/2005	2005 NC GSA Eastern Invitation
4	2:46.23	622	Hu, Karen	12	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
5	2:47.36	608	Liu, Danielle	12	NC Carolina Aquatic Team	6/26/2009	2009 NC GSA Eastern Invitational
6	2:49.04	586	Robinson, Mackenzie	12	NC Carolina Aquatic Team	5/13/2005	2005 NC New South Swimming
7	2:49.43	582	Xu, Jennifer	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course
8	2:51.19	560	Marley, Jordan	12	NC Carolina Aquatic Team	5/19/2017	2017 VA River City Open A/BB/
9	2:51.34	558	Schaefer, Jamie	12	NC Carolina Aquatic Team	6/15/2007	2007 NC WAVE Capital City Invi
10	2:51.68	677	Liu, Caroline	11	NC Carolina Aquatic Team	5/2/2009	2009 NC WAVE Spring Distance-I

Female 11-12 50 Breaststroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	35.94	829	Roses, Maija	12	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
2	38.54	686	Churchill, Becca	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course
3	38.95	664	Sarratt, Emily	12	NC Carolina Aquatic Team	5/15/2009	2009 NC RSA Good Stuff Long Co
4	39.23	649	Howard, Chelsea	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
5	39.34	643	Stewart, Erika	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
6	39.49	635	Sirgany, Madison	12	NC Carolina Aquatic Team	7/16/2015	2015 NC LC AG Championships SG
7	39.55	632	Simpson, Leah	12	NC Carolina Aquatic Team	7/29/2016	2016 NC NCAC Tar Heel States
8	39.60	629	Anderson, Claire	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
9	39.74	622	Ervin, Bridgette	12	NC Carolina Aquatic Team	7/31/2015	2015 NC NCAC Tar Heel States M
10	39.92	613	Caron, Hannah	12	NC Carolina Aquatic Team	7/30/2003	2003 FG - Southern Zone Champions

Female 11-12 100 Breaststroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	1:17.54	836	Roses, Maija	12	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
2	1:21.17	743	Caron, Hannah	12	NC Carolina Aquatic Team	7/9/2004	2004 NC GSA Eastern Invitation
3	1:23.00	698	Stewart, Erika	12	NC Carolina Aquatic Team	7/30/2003	2003 FG - Southern Zone Champions
4	1:23.22	692	Churchill, Becca	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course
5	1:23.59	683	Liu, Caroline	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
6	1:24.16	669	Howard, Chelsea	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
7	1:24.30	777	Li, Celina	11	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
8	1:24.48	661	Anderson, Claire	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
9	1:25.16	645	Robinson, Mackenzie	12	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
10	1:25.83	629	Liu, Danielle	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs

Female 11-12 200 Breaststroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:47.89	840	Roses, Maija	12	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
2	2:55.64	752	Caron, Hannah	12	NC Carolina Aquatic Team	5/15/2004	2004 NC Goldsboro YMCA Open In
3	2:55.70	751	Liu, Caroline	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
4	2:56.11	747	Churchill, Becca	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course
5	2:59.99	704	Liu, Danielle	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
6	3:02.61	675	Robinson, Mackenzie	12	NC Carolina Aquatic Team	7/8/2005	2005 NC GSA Eastern Invitation
7	3:05.16	648	Hu, Karen	12	NC Carolina Aquatic Team	6/22/2007	2007 NC 19th Furniture City In
8	3:05.73	641	Sept, Corri	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course
9	3:08.42	613	Sept, Margaret	12	NC Carolina Aquatic Team	7/13/2017	2017 NC LC AG Championships
10	3:08.56	611	Sirgany, Madison	12	NC Carolina Aquatic Team	7/16/2015	2015 NC LC AG Championships SG

Female 11-12 50 Butterfly Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	29.62	872	Caron, Hannah	12	NC Carolina Aquatic Team	6/18/2004	2004 NC Capital City Invitatio
2	30.68	803	Howard, Chelsea	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
3	31.84	730	Marinshaw, Dania	12	NC Carolina Aquatic Team	5/7/2005	2005 NC Goldsboro YMCA LC Invi
4	31.91	726	Roses, Maija	12	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
5	32.47	691	Ervin, Bridgette	12	NC Carolina Aquatic Team	7/16/2015	2015 NC LC AG Championships SG
6	32.62	682	Wood, Abbey	12	NC Carolina Aquatic Team	5/13/2011	2011 NC RSA Good Stuff Long Co
7	32.64	681	Marley, Jordan	12	NC Carolina Aquatic Team	6/22/2017	2017 NC SGSA Eastern Invitatio
8	32.70	677	Stewart, Erika	12	NC Carolina Aquatic Team	6/13/2003	2003 NC Mutual of Omaha's
9	32.82	670	Stuart, Lucy	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
10	32.97	661	Liu, Danielle	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
10	32.97	661	Churchill, Becca	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course

Female 11-12 100 Butterfly Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	1:05.90	868	Caron, Hannah	12	NC Carolina Aquatic Team	7/9/2004	2004 NC GSA Eastern Invitation
2	1:08.66	790	Marinshaw, Dania	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
3	1:09.21	774	Howard, Chelsea	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones

Female 11-12 100 Butterfly Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
4	1:09.68	761	Roses, Maija	12	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
5	1:10.14	749	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/26/2011	2011 NC SZ Age Group Champs
6	1:11.35	715	Robinson, Mackenzie	12	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
7	1:12.53	684	Marzinsky, Cece	12	NC Carolina Aquatic Team	5/14/2010	2010 RSA NC Good Stuff Long Co
8	1:12.59	682	Liu, Danielle	12	NC Carolina Aquatic Team	7/28/2009	2009 SZ Age Group Championship
9	1:12.61	783	Li, Celina	11	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
10	1:12.77	677	Davis, Supriya	12	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours

Female 11-12 200 Butterfly Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:33.30	801	Caron, Hannah	12	NC Carolina Aquatic Team	6/10/2004	2004 NC Charlotte UltraSwim
2	2:34.93	781	Marinshaw, Dania	12	NC Carolina Aquatic Team	7/14/2005	2005 PV Senior LC Champs
3	2:40.17	721	Robinson, Mackenzie	12	NC Carolina Aquatic Team	7/8/2005	2005 NC GSA Eastern Invitation
4	2:41.40	706	Smith, Morgan	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
5	2:41.91	701	Marley, Jordan	12	NC Carolina Aquatic Team	7/13/2017	2017 NC LC AG Championships
6	2:43.65	681	Marzinsky, Cece	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
7	2:45.50	660	Roses, Maija	12	NC Carolina Aquatic Team	6/13/2008	2008 NC WAVE Capital City Invi
8	2:48.91	622	Liu, Danielle	12	NC Carolina Aquatic Team	6/27/2009	2009 NC RSA Summer Sizzle Meet
9	2:50.09	609	Howard, Chelsea	12	NC Carolina Aquatic Team	5/13/2005	2005 NC New South Swimming
10	2:51.96	588	Davis, Supriya	12	NC Carolina Aquatic Team	6/23/2006	2006 NC 18th Furniture City In

Female 11-12 200 Individual Medley Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:29.46	848	Roses, Maija	12	NC Carolina Aquatic Team	7/29/2008	2008 Southern Zone Champs
2	2:30.62	830	Caron, Hannah	12	NC Carolina Aquatic Team	7/9/2004	2004 NC GSA Eastern Invitation
3	2:33.24	790	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
4	2:34.41	773	Stewart, Erika	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
5	2:34.94	765	Marinshaw, Dania	12	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
6	2:36.38	744	Robinson, Mackenzie	12	NC Carolina Aquatic Team	8/2/2005	2005 GU Southern Zones
7	2:37.01	838	Li, Celina	11	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
8	2:37.48	728	Liu, Danielle	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
9	2:41.28	673	Anderson, Claire	12	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
10	2:41.44	671	Xu, Jennifer	12	NC Carolina Aquatic Team	7/30/2010	2010 NC NCAC Tar Heel States

Female 11-12 400 Individual Medley Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	5:15.89	866	Caron, Hannah	12	NC Carolina Aquatic Team	6/18/2004	2004 NC Capital City Invitatio
2	5:20.75	832	Roses, Maija	12	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
3	5:29.95	771	Liu, Danielle	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
4	5:30.30	768	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
5	5:37.65	720	Stewart, Erika	12	NC Carolina Aquatic Team	6/20/2003	2003 NC 15th Furniture City Invitation
6	5:37.74	720	Robinson, Mackenzie	12	NC Carolina Aquatic Team	7/8/2005	2005 NC GSA Eastern Invitation
7	5:44.87	674	Smith, Morgan	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
8	5:48.49	651	Liu, Caroline	12	NC Carolina Aquatic Team	7/16/2009	209 NC NCS Age Group LC Champs
9	5:50.42	639	Smith, Meghan	12	NC Carolina Aquatic Team	5/13/2005	2005 NC New South Swimming
10	5:54.69	613	Xu, Jennifer	12	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course