

Female 13-14 50 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	27.07	842	Roses, Maija	14	NC Carolina Aquatic Team	8/3/2010	2010 ConocoPhillips Nats TT
2	27.38	816	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/12/2007	2007 SE Speedo Champions Series
3	27.79	781	Liu, Danielle	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
4	28.08	757	Pesacreta, Marie	14	NC Carolina Aquatic Team	7/14/2005	2005 SE Speedo Sectionals
5	28.18	748	Stewart, Erika	14	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
6	28.35	734	Sarratt, Emily	14	NC Carolina Aquatic Team	6/10/2011	2011 NC WAVE Capital City Invi
7	28.65	710	Sept, Margaret	14	NC Carolina Aquatic Team	7/26/2019	2019 NC NCAC Tar Heel State
8	28.82	696	Simpson, Leah	14	NC Carolina Aquatic Team	7/12/2018	2018 NCS LC AG Championships
9	29.02	680	Ervin, Bridgette	14	NC Carolina Aquatic Team	6/22/2017	2017 NC SGSA Eastern Invitatio
10	29.07	676	Ransohoff, Sarah	14	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course

Female 13-14 100 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	58.71	847	Roses, Maija	14	NC Carolina Aquatic Team	8/3/2010	2010 ConocoPhillips Nats TT
2	58.85	841	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/12/2007	2007 SE Speedo Champions Series
3	59.13	829	Caron, Hannah	14	NC Carolina Aquatic Team	7/13/2006	LC Senior Sectionals 2006
4	59.60	808	Liu, Danielle	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
5	1:00.84	754	Kosik, Ede	14	NC Carolina Aquatic Team	7/12/2018	2018 NCS LC AG Championships
6	1:00.86	753	Stewart, Erika	14	NC Carolina Aquatic Team	7/14/2005	2005 SE Speedo Sectionals
7	1:01.37	766	Pesacreta, Marie	13	NC Carolina Aquatic Team	7/28/2004	2004 NC Long Course Age Group
8	1:02.19	697	Howard, Chelsea	14	NC Carolina Aquatic Team	7/31/2007	2007 GU UH Southern Zone
9	1:02.40	688	Sarratt, Emily	14	NC Carolina Aquatic Team	6/10/2011	2011 NC WAVE Capital City Invi
10	1:02.45	686	Smith, Morgan	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course

Female 13-14 200 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:06.02	863	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/12/2007	2007 SE Speedo Champions Series
2	2:06.06	862	Caron, Hannah	14	NC Carolina Aquatic Team	6/22/2006	2006 Santa Clara Grand Prix
3	2:07.91	819	Liu, Danielle	14	NC Carolina Aquatic Team	7/26/2011	2011 NC SZ Age Group Champs
4	2:11.49	739	Roses, Maija	14	NC Carolina Aquatic Team	6/11/2010	2010 NC WAVE Capital City Invi
5	2:12.48	717	Stewart, Erika	14	NC Carolina Aquatic Team	7/14/2005	2005 SE Speedo Sectionals
6	2:13.40	697	Shepherd, Sarah Helen	14	NC Carolina Aquatic Team	7/30/2013	2013 SC Southern Zone Age Grou
7	2:14.49	674	Smith, Morgan	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
8	2:15.30	657	Sept, Margaret	14	NC Carolina Aquatic Team	7/26/2019	2019 NC NCAC Tar Heel State
9	2:16.15	640	Sarratt, Emily	14	NC Carolina Aquatic Team	6/10/2011	2011 NC WAVE Capital City Invi
10	2:16.42	634	McNeill, Sophie	14	NC Carolina Aquatic Team	7/12/2012	2012 NC 14 & Under Long Course

Female 13-14 400 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	4:26.20	836	Caron, Hannah	14	NC Carolina Aquatic Team	7/13/2006	LC Senior Sectionals 2006
2	4:28.84	806	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
3	4:29.68	796	Liu, Danielle	14	NC Carolina Aquatic Team	7/26/2011	2011 NC SZ Age Group Champs
4	4:38.94	696	Roses, Maija	14	NC Carolina Aquatic Team	7/15/2010	2010 GA Long Course Speedo Champi
5	4:45.13	633	Shepherd, Sarah Helen	14	NC Carolina Aquatic Team	7/30/2013	2013 SC Southern Zone Age Grou
6	4:45.88	626	McNeill, Sophie	14	NC Carolina Aquatic Team	7/12/2012	2012 NC 14 & Under Long Course
7	4:46.67	618	Robinson, Mackenzie	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
8	4:47.10	613	Smith, Meghan	14	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
9	4:47.53	609	Fowler, Kelley	14	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
10	4:47.68	608	Schumann, Sadie	14	NC Carolina Aquatic Team	5/29/2015	2015 VA River City Open A/BB/

Female 13-14 800 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	9:10.73	834	Caron, Hannah	14	NC Carolina Aquatic Team	7/13/2006	LC Senior Sectionals 2006
2	9:12.47	825	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/12/2007	2007 SE Speedo Champions Series
3	9:29.59	740	Liu, Danielle	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
4	9:40.97	686	Roses, Maija	14	NC Carolina Aquatic Team	5/1/2010	2010 NC WAVE Spring Distance-I

Female 13-14 800 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
5	9:44.20	671	Smith, Morgan	14	NC Carolina Aquatic Team	7/29/2011	2011 NC Tar Heel State Meet East
6	9:44.46	670	Smith, Meghan	14	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
7	9:46.30	661	Fowler, Kelley	14	NC Carolina Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
8	9:48.36	677	Shepherd, Sarah Helen	13	NC Carolina Aquatic Team	7/12/2012	2012 NC 14 & Under Long Course
9	9:52.40	633	Davis, Supriya	14	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
10	9:56.90	613	Kosik, Ede	14	NC Carolina Aquatic Team	7/12/2018	2018 NCS LC AG Championships

Female 13-14 1500 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	17:31.03	846	Caron, Hannah	14	NC Carolina Aquatic Team	7/13/2006	LC Senior Sectionals 2006
2	18:27.58	704	Smith, Meghan	14	NC Carolina Aquatic Team	7/13/2006	2006 PV PVS Senior LC Championships
3	18:29.87	735	Liu, Danielle	13	NC Carolina Aquatic Team	7/15/2010	2010 NC 14 & Under Long Course
4	18:31.28	695	Marinshaw, Dania	14	NC Carolina Aquatic Team	6/15/2007	2007 NC WAVE Capital City Invi
5	18:39.30	676	Fowler, Kelley	14	NC Carolina Aquatic Team	7/13/2006	2006 PV PVS Senior LC Championships
6	18:42.49	704	Roses, Maija	13	NC Carolina Aquatic Team	5/2/2009	2009 NC WAVE Spring Distance-I
7	19:03.47	619	Shepherd, Sarah Helen	14	NC Carolina Aquatic Team	7/11/2013	2013 NC 14 & Under Long Course
8	19:16.86	589	Robinson, Mackenzie	14	NC Carolina Aquatic Team	6/15/2007	2007 NC WAVE Capital City Invi
9	19:17.06	588	Davis, Supriya	14	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
10	19:27.92	564	Kosik, Ede	14	NC Carolina Aquatic Team	7/12/2018	2018 NCS LC AG Championships

Female 13-14 50 Backstroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	32.31	799	Stewart, Erika	14	NC Carolina Aquatic Team	8/3/2004	2004 FG Southern Zone Championship
2	32.37	769	Shepherd, Sarah Helen	14	NC Carolina Aquatic Team	7/30/2013	2013 SC Southern Zone Age Grou
3	33.20	704	Roses, Maija	14	NC Carolina Aquatic Team	6/26/2010	2010 NC RSA Summer Sizzle Meet
4	33.84	655	Liu, Caroline	14	NC Carolina Aquatic Team	5/5/2012	2012 NC NCAC Quad Meet
5	34.34	618	Wood, Abbey	14	NC Carolina Aquatic Team	6/8/2012	2012 NC WAVE Capital City Invi
6	34.84	582	Siemens, Sara	14	NC Carolina Aquatic Team	6/11/2010	2010 NC WAVE Capital City Invi
7	35.77	562	Xu, Jennifer	13	NC Carolina Aquatic Team	5/13/2011	2011 NC RSA Good Stuff Long Co
8	36.04	544	Sander, Audrey	13	NC Carolina Aquatic Team	6/9/2017	2017 NC GCY Sprint and Distanc
9	36.16	536	Vann, Kelly	13	NC Carolina Aquatic Team	7/29/2016	2016 NC NCAC Tar Heel States
10	36.17	489	Febre, Kirsten	14	NC Carolina Aquatic Team	7/29/2016	2016 NC NCAC Tar Heel States

Female 13-14 100 Backstroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	1:07.55	802	Shepherd, Sarah Helen	14	NC Carolina Aquatic Team	7/30/2013	2013 SC Southern Zone Age Grou
2	1:07.79	793	Pesacreta, Marie	14	NC Carolina Aquatic Team	7/14/2005	2005 SE Speedo Sectionals
3	1:08.36	819	Stewart, Erika	13	NC Carolina Aquatic Team	6/10/2004	2004 NC Charlotte UltraSwim
4	1:08.93	798	Caron, Hannah	13	NC Carolina Aquatic Team	7/22/2004	2004 SE Speedo Champions Series
5	1:09.39	735	Roses, Maija	14	NC Carolina Aquatic Team	7/15/2010	2010 GA Long Course Speedo Champi
6	1:09.47	732	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
7	1:09.57	729	Marley, Jordan	14	NC Carolina Aquatic Team	7/30/2019	2019 Southern Zone Age Group C
8	1:11.21	671	Liu, Caroline	14	NC Carolina Aquatic Team	3/8/2012	2012 NC Speedo Champions Serie
9	1:11.29	668	McNeill, Sophie	14	NC Carolina Aquatic Team	7/12/2012	2012 NC 14 & Under Long Course
10	1:11.41	664	Liu, Danielle	14	NC Carolina Aquatic Team	6/10/2011	2011 NC WAVE Capital City Invi

Female 13-14 200 Backstroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:25.41	787	Shepherd, Sarah Helen	14	NC Carolina Aquatic Team	7/30/2013	2013 SC Southern Zone Age Grou
2	2:25.66	817	Caron, Hannah	13	NC Carolina Aquatic Team	7/28/2004	2004 NC Long Course Age Group
3	2:25.73	782	Pesacreta, Marie	14	NC Carolina Aquatic Team	7/14/2005	2005 SE Speedo Sectionals
4	2:28.66	736	Liu, Danielle	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
5	2:29.16	729	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
6	2:29.71	720	Marley, Jordan	14	NC Carolina Aquatic Team	7/30/2019	2019 Southern Zone Age Group C
7	2:30.20	712	Stewart, Erika	14	NC Carolina Aquatic Team	7/14/2005	2005 SE Speedo Sectionals

Female 13-14 200 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>
8	2:32.47	678	Roses, Maija	14	NC Carolina Aquatic Team	6/11/2010	2010 NC WAVE Capital City Invi
9	2:33.36	698	Dimsdale, Hannah	13	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
10	2:33.78	658	McNeill, Sophie	14	NC Carolina Aquatic Team	7/27/2012	2012 NC Tar Heel State Meet -

Female 13-14 50 Breaststroke 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	35.54	817	Roses, Maija	14	NC Carolina Aquatic Team	6/26/2010	2010 NC RSA Summer Sizzle Meet
2	36.29	770	Sarratt, Emily	14	NC Carolina Aquatic Team	6/10/2011	2011 NC WAVE Capital City Invi
3	38.45	639	Churchill, Becca	14	NC Carolina Aquatic Team	6/8/2012	2012 NC WAVE Capital City Invi
4	39.40	588	Sept, Corri	13	NC Carolina Aquatic Team	6/10/2011	2011 NC WAVE Capital City Invi
5	41.13	491	Helmich, Emma	13	NC Carolina Aquatic Team	6/8/2012	2012 NC WAVE Capital City Invi
6	42.14	436	Marzinsky, Cece	13	NC Carolina Aquatic Team	6/10/2011	2011 NC WAVE Capital City Invi
7	43.16	388	Galli, Thea	14	NC Carolina Aquatic Team	5/16/2008	2008 NC RSA Good Stuff Meet
8	44.74	338	Castillo, Bailey	14	NC Carolina Aquatic Team	5/15/2009	2009 NC RSA Good Stuff Long Co
9	45.22	280	Wootton, Ashlin	14	NC Carolina Aquatic Team	4/12/2019	2019 NC STAR Friday Night at t
10	46.88	206	Meredith-Andrews, Sadie	14	NC Carolina Aquatic Team	5/19/2018	2018 NC ECA LCM Tri Meet

Female 13-14 100 Breaststroke 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	1:12.85	908	Roses, Maija	14	NC Carolina Aquatic Team	12/12/2010	2010 Jrs - USA Swimming Long
2	1:14.96	845	McClernan, Keary	14	NC Carolina Aquatic Team	7/13/2006	LC Senior Sectionals 2006
3	1:17.31	776	Pesacreta, Marie	14	NC Carolina Aquatic Team	8/3/2005	2005 US ConocoPhillips Nationals TT
4	1:18.29	748	Churchill, Becca	14	NC Carolina Aquatic Team	7/12/2012	2012 NC 14 & Under Long Course
5	1:18.86	732	Anderson, Claire	14	NC Carolina Aquatic Team	7/14/2005	2005 PV Senior LC Champs
6	1:19.04	727	Smith, Morgan	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
7	1:19.39	717	Sarratt, Emily	14	NC Carolina Aquatic Team	5/13/2011	2011 NC RSA Good Stuff Long Co
8	1:19.92	702	Stewart, Erika	14	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
9	1:20.69	681	Simpson, Leah	14	NC Carolina Aquatic Team	7/12/2018	2018 NCS LC AG Championships
10	1:20.96	673	Caron, Hannah	14	NC Carolina Aquatic Team	6/22/2006	2006 Santa Clara Grand Prix

Female 13-14 200 Breaststroke 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	2:35.74	910	Roses, Maija	13	NC Carolina Aquatic Team	7/16/2009	2009 SE Eastern Sectional Seni
2	2:40.42	838	McClernan, Keary	14	NC Carolina Aquatic Team	7/13/2006	LC Senior Sectionals 2006
3	2:44.78	781	Pesacreta, Marie	14	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
4	2:44.96	787	Caron, Hannah	13	NC Carolina Aquatic Team	7/22/2004	2004 SE Speedo Champions Series
5	2:47.37	747	Churchill, Becca	14	NC Carolina Aquatic Team	7/12/2012	2012 NC 14 & Under Long Course
6	2:48.37	735	Anderson, Claire	14	NC Carolina Aquatic Team	7/14/2005	2005 PV Senior LC Champs
7	2:52.12	687	Robinson, Mackenzie	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
8	2:52.15	686	Simpson, Leah	14	NC Carolina Aquatic Team	7/12/2018	2018 NCS LC AG Championships
9	2:52.54	682	Stewart, Erika	14	NC Carolina Aquatic Team	7/28/2005	2005 NC Long Course State Cham
10	2:53.36	671	Dimsdale, Hannah	14	NC Carolina Aquatic Team	6/18/2004	2004 NC Capital City Invitatio

Female 13-14 50 Butterfly 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	30.33	755	Howard, Chelsea	14	NC Carolina Aquatic Team	6/30/2007	2007 NC RSA Summer Sizzle Meet
2	31.04	679	Davis, Supriya	14	NC Carolina Aquatic Team	5/16/2008	2008 NC RSA Good Stuff Meet
3	31.68	679	Schaefer, Jamie	14	NC Carolina Aquatic Team	6/12/2009	2009 NC WAVE Capital City Invi
4	32.40	614	Liu, Danielle	13	NC Carolina Aquatic Team	6/11/2010	2010 NC WAVE Capital City Invi
5	32.77	588	Helmich, Emma	13	NC Carolina Aquatic Team	6/8/2012	2012 NC WAVE Capital City Invi
6	33.09	529	Nolte, Michaela	14	NC Carolina Aquatic Team	6/11/2010	2010 NC WAVE Capital City Invi
7	33.20	558	Kosik, Ede	13	NC Carolina Aquatic Team	6/9/2017	2017 NC GCY Sprint and Distanc
8	34.99	467	Castillo, Bailey	14	NC Carolina Aquatic Team	5/15/2009	2009 NC RSA Good Stuff Long Co
9	36.10	375	Rowsey, Jess	13	NC Carolina Aquatic Team	5/16/2008	2008 NC RSA Good Stuff Meet
10	37.02	314	Wootton, Ashlin	13	NC Carolina Aquatic Team	4/20/2018	2018 NC STAR April FNR

Female 13-14 100 Butterfly Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	1:02.03	904	Caron, Hannah	14	NC Carolina Aquatic Team	3/28/2006	2006 Spring Champs
2	1:04.71	810	Howard, Chelsea	14	NC Carolina Aquatic Team	7/31/2007	2007 GU UH Southern Zone
3	1:07.36	719	Smith, Morgan	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
4	1:07.40	718	Davis, Supriya	14	NC Carolina Aquatic Team	7/17/2008	2008 NC LC 14 & Under LC Champ
5	1:07.57	712	Roses, Maija	14	NC Carolina Aquatic Team	7/15/2010	2010 GA Long Course Speedo Champi
6	1:07.75	706	Marley, Jordan	14	NC Carolina Aquatic Team	7/30/2019	2019 Southern Zone Age Group C
7	1:07.90	701	Anderson, Claire	14	NC Carolina Aquatic Team	6/17/2005	2005 NC Wave Capital City Invi
8	1:08.01	698	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
9	1:08.79	708	Pesacreta, Marie	13	NC Carolina Aquatic Team	7/28/2004	2004 NC Long Course Age Group
10	1:08.82	671	Robinson, Mackenzie	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham

Female 13-14 200 Butterfly Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:18.58	874	Caron, Hannah	14	NC Carolina Aquatic Team	3/28/2006	2006 Spring Champs
2	2:25.89	766	Howard, Chelsea	14	NC Carolina Aquatic Team	7/31/2007	2007 GU UH Southern Zone
3	2:28.78	724	Marley, Jordan	14	NC Carolina Aquatic Team	6/21/2019	2019 SC YSSC LC Firecracker In
4	2:29.30	717	Anderson, Claire	14	NC Carolina Aquatic Team	6/17/2005	2005 NC Wave Capital City Invi
5	2:29.72	711	Roses, Maija	14	NC Carolina Aquatic Team	5/1/2010	2010 NC WAVE Spring Distance-I
6	2:29.73	711	Robinson, Mackenzie	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
7	2:31.11	691	Smith, Morgan	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
8	2:31.72	682	Smith, Meghan	14	NC Carolina Aquatic Team	6/7/2007	2007 Charlotte Ultraswim GP
9	2:32.36	717	Kosik, Ede	13	NC Carolina Aquatic Team	7/13/2017	2017 NC LC AG Championships
10	2:32.41	717	Marinshaw, Dania	13	NC Carolina Aquatic Team	6/16/2006	2006 NC Capital City Invitatio

Female 13-14 200 Individual Medley Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:21.53	865	Roses, Maija	14	NC Carolina Aquatic Team	8/3/2010	2010 ConocoPhillips National C
2	2:22.10	854	Caron, Hannah	14	NC Carolina Aquatic Team	7/13/2006	LC Senior Sectionals 2006
3	2:22.98	839	Pesacreta, Marie	14	NC Carolina Aquatic Team	7/14/2005	2005 SE Speedo Sectionals
4	2:25.42	796	Liu, Danielle	14	NC Carolina Aquatic Team	7/26/2011	2011 NC SZ Age Group Champs
5	2:29.06	734	Robinson, Mackenzie	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
6	2:31.58	742	Shepherd, Sarah Helen	13	NC Carolina Aquatic Team	7/12/2012	2012 NC 14 & Under Long Course
7	2:32.20	681	Smith, Morgan	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course
8	2:32.26	680	Stewart, Erika	14	NC Carolina Aquatic Team	5/13/2005	2005 NC New South Swimming
9	2:32.50	727	Dimsdale, Hannah	13	NC Carolina Aquatic Team	7/24/2003	2003 NC Long Course
10	2:32.64	674	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
10	2:32.64	674	Sarratt, Emily	14	NC Carolina Aquatic Team	5/13/2011	2011 NC RSA Good Stuff Long Co

Female 13-14 400 Individual Medley Long Course Meters

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	5:00.75	846	Caron, Hannah	14	NC Carolina Aquatic Team	6/22/2006	2006 Santa Clara Grand Prix
2	5:03.94	821	Pesacreta, Marie	14	NC Carolina Aquatic Team	7/14/2005	2005 SE Speedo Sectionals
3	5:08.99	821	Roses, Maija	13	NC Carolina Aquatic Team	7/16/2009	2009 SE Eastern Sectional Seni
4	5:13.36	748	Shepherd, Sarah Helen	14	NC Carolina Aquatic Team	7/30/2013	2013 SC Southern Zone Age Grou
5	5:13.93	743	Robinson, Mackenzie	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
6	5:14.84	736	Liu, Danielle	14	NC Carolina Aquatic Team	7/26/2011	2011 NC SZ Age Group Champs
7	5:18.64	707	Marinshaw, Dania	14	NC Carolina Aquatic Team	7/25/2007	2007 NC NCS LC 14 & Under Cham
8	5:19.92	698	Anderson, Claire	14	NC Carolina Aquatic Team	7/14/2005	2005 PV Senior LC Champs
9	5:21.64	685	Smith, Meghan	14	NC Carolina Aquatic Team	5/11/2007	2007 NC New South Swimming LC
10	5:22.13	681	Smith, Morgan	14	NC Carolina Aquatic Team	7/14/2011	2011 NC 14 & Under Long Course