

USA Swimming, Inc.

Club: Carolina Aquatic Team For All Time

Female 11-12 50 Freestyle Short Course Yards

<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	24.76	832	Roses, Maija	12	NC Carolina Aquatic Team	12/5/2008	2008 NC NSS 13-14/Senior Winte
2	25.24	791	Marinshaw, Dania	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
3	25.38	779	Stewart, Erika	12	NC Carolina Aquatic Team	2/27/2003	2003 NC 14 & Un
4	26.00	728	Caron, Hannah	12	NC Carolina Aquatic Team	1/16/2004	2004 NC 2nd Annual THAT Sr. In
5	26.17	714	Xu, Jennifer	12	NC Carolina Aquatic Team	12/10/2010	2010 NC WAVE Winter Classic In
6	26.21	796	Castillo, Bailey	11	NC Carolina Aquatic Team	3/15/2007	2007 NC SZ East Sect AG Champs
7	26.22	710	Fowler, Kelley	12	NC Carolina Aquatic Team	2/19/2004	2004 NC 14 & Under Age Group C
8	26.54	684	Ervin, Bridgette	12	NC Carolina Aquatic Team	10/17/2015	2015 NC Duke Trick or Treat In
9	26.69	758	Siemens, Sara	11	NC Carolina Aquatic Team	3/13/2008	2008 NC SZ East Sect AG Champ
10	26.74	668	Sept, Margaret	12	NC Carolina Aquatic Team	2/23/2017	2017 NC SC AG Championships

Female 11-12 100 Freestyle Short Course Yards

<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	53.60	840	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
2	53.83	830	Roses, Maija	12	NC Carolina Aquatic Team	12/5/2008	2008 NC NSS 13-14/Senior Winte
3	55.55	755	Marinshaw, Dania	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
4	56.25	725	Stewart, Erika	12	NC Carolina Aquatic Team	2/27/2003	2003 NC 14 & Un
5	56.64	709	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	3/10/2011	2011 SE SZES Age Group Section
6	56.85	700	Xu, Jennifer	12	NC Carolina Aquatic Team	3/19/2010	2010 NC WAVE Tarheel States In
7	57.33	680	Simpson, Leah	12	NC Carolina Aquatic Team	12/8/2016	2016 PV NCAP Invitational
8	57.56	764	Castillo, Bailey	11	NC Carolina Aquatic Team	3/15/2007	2007 NC SZ East Sect AG Champs
9	57.67	666	Sept, Margaret	12	NC Carolina Aquatic Team	12/7/2017	2017 PV NCAP Invitational
10	57.79	661	Liu, Danielle	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs

Female 11-12 200 Freestyle Short Course Yards

<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	1:56.17	842	Caron, Hannah	12	NC Carolina Aquatic Team	2/19/2004	2004 NC 14 & Under Age Group C
2	1:56.59	832	Roses, Maija	12	NC Carolina Aquatic Team	11/14/2008	2008 NC MOR Quad Meet
3	2:01.12	731	Marinshaw, Dania	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
4	2:02.64	699	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	2/17/2011	2011 NC 14 & Under Age Group
5	2:02.93	692	Stewart, Erika	12	NC Carolina Aquatic Team	3/28/2003	2003 NC Tarheel States East
6	2:04.17	667	Xu, Jennifer	12	NC Carolina Aquatic Team	2/18/2010	2010 NC 14 & Under Age Group
7	2:04.56	658	Liu, Danielle	12	NC Carolina Aquatic Team	2/19/2009	2009 NC 14 & Under Age Group C
8	2:04.72	655	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/28/2003	2003 NC Tarheel States East
9	2:04.97	650	Simpson, Leah	12	NC Carolina Aquatic Team	12/8/2016	2016 PV NCAP Invitational
10	2:05.11	647	Smith, Meghan	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs

Female 11-12 500 Freestyle Short Course Yards

<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	5:07.58	855	Caron, Hannah	12	NC Carolina Aquatic Team	2/19/2004	2004 NC 14 & Under Age Group C
2	5:16.74	775	Roses, Maija	12	NC Carolina Aquatic Team	1/9/2009	2009 NC Duke Aquatics Nike Win
3	5:21.29	736	Marinshaw, Dania	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
4	5:31.12	656	Falise, Grace	12	NC Carolina Aquatic Team	3/15/2018	2018 ESSZ Age Group Championsh
5	5:33.07	640	Robinson, Mackenzie	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
6	5:33.11	640	Smith, Meghan	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
7	5:33.65	636	Liu, Danielle	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs
8	5:34.23	631	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	2/17/2011	2011 NC 14 & Under Age Group
9	5:41.64	575	Fowler, Kelley	12	NC Carolina Aquatic Team	2/19/2004	2004 NC 14 & Under Age Group C
10	5:43.16	675	Meyer, Theresa	11	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs

Female 11-12 1000 Freestyle Short Course Yards

<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	10:44.56	855	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
2	10:50.77	831	Roses, Maija	12	NC Carolina Aquatic Team	1/29/2009	2009 NCS Senior Championships
3	11:16.52	733	Liu, Danielle	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs
4	11:22.74	710	Smith, Meghan	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone

Female 11-12 1000 Freestyle Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
5	11:23.49	707	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	3/10/2011	2011 SE SZES Age Group Section
6	11:27.58	692	Falise, Grace	12	NC Carolina Aquatic Team	3/15/2018	2018 ESSZ Age Group Championsh
7	11:36.06	662	Marinshaw, Dania	12	NC Carolina Aquatic Team	11/6/2004	2004 NC WAVE Blue Moon 12 & Un
8	11:41.22	644	Robinson, Mackenzie	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
9	11:49.10	733	Meyer, Theresa	11	NC Carolina Aquatic Team	11/6/2004	2004 NC WAVE Blue Moon 12 & Un
10	11:51.49	608	Xu, Jennifer	12	NC Carolina Aquatic Team	3/11/2010	2010 NC SZ East Sect AG Champs

Female 11-12 1650 Freestyle Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	17:58.10	856	Caron, Hannah	12	NC Carolina Aquatic Team	3/19/2004	2004 NC WAVE Tarheel States In
2	18:30.77	782	Roses, Maija	12	NC Carolina Aquatic Team	12/5/2008	2008 NC NSS 13-14/Senior Winte
3	18:38.52	764	Marinshaw, Dania	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
4	18:52.07	735	Smith, Meghan	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
5	19:00.56	717	Falise, Grace	12	NC Carolina Aquatic Team	3/15/2018	2018 ESSZ Age Group Championsh
6	19:05.37	706	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	3/18/2011	2011 NC WAVE Tarheel States In
7	19:19.96	675	Liu, Danielle	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs
8	19:30.08	654	Robinson, Mackenzie	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
9	19:36.04	642	Dimsdale, Hannah	12	NC Carolina Aquatic Team	2/1/2003	2003 NC Year Of The
10	19:44.59	794	Meyer, Theresa	11	NC Carolina Aquatic Team	1/29/2005	2005 NC Tar Heel Aquatic Team'

Female 11-12 50 Backstroke Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	28.54	813	Stewart, Erika	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
2	28.76	795	Marinshaw, Dania	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
3	28.92	782	Caron, Hannah	12	NC Carolina Aquatic Team	3/4/2004	2004 ST American Short Course Cha
4	29.06	770	Roses, Maija	12	NC Carolina Aquatic Team	11/14/2008	2008 NC MOR Quad Meet
5	29.50	735	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
6	29.58	729	Liu, Caroline	12	NC Carolina Aquatic Team	2/18/2010	2010 NC 14 & Under Age Group
7	29.62	725	Lai, Allison	12	NC Carolina Aquatic Team	2/16/2012	2012 NC 14U Age Group Champion
8	30.41	664	Wood, Abbey	12	NC Carolina Aquatic Team	2/17/2011	2011 NC 14 & Under Age Group
9	30.47	659	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	3/10/2011	2011 SE SZES Age Group Section
10	30.53	757	Vann, Kelly	11	NC Carolina Aquatic Team	2/27/2015	2015 NC SGSA Age Group Cham

Female 11-12 100 Backstroke Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	58.87	876	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
2	1:00.45	816	Roses, Maija	12	NC Carolina Aquatic Team	12/12/2008	2008 NC WAVE Fall States Invit
3	1:01.91	762	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	3/10/2011	2011 SE SZES Age Group Section
4	1:02.28	749	Marinshaw, Dania	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
5	1:03.33	711	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/28/2003	2003 NC Tarheel States East
6	1:03.39	709	Stewart, Erika	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
7	1:04.57	667	Liu, Caroline	12	NC Carolina Aquatic Team	2/18/2010	2010 NC 14 & Under Age Group
8	1:05.36	640	Lai, Allison	12	NC Carolina Aquatic Team	2/16/2012	2012 NC 14U Age Group Champion
9	1:06.65	596	Robinson, Lacey	12	NC Carolina Aquatic Team	2/19/2004	2004 NC 14 & Under Age Group C
10	1:06.70	594	Wood, Abbey	12	NC Carolina Aquatic Team	2/17/2011	2011 NC 14 & Under Age Group

Female 11-12 200 Backstroke Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:08.52	843	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
2	2:12.67	777	Roses, Maija	12	NC Carolina Aquatic Team	12/12/2008	2008 NC WAVE Fall States Invit
3	2:15.99	725	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
4	2:16.09	723	Marinshaw, Dania	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
5	2:16.39	718	Stewart, Erika	12	NC Carolina Aquatic Team	3/28/2003	2003 NC Tarheel States East
6	2:16.52	716	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	3/10/2011	2011 SE SZES Age Group Section
7	2:20.91	650	Marley, Jordan	12	NC Carolina Aquatic Team	12/7/2017	2017 PV NCAP Invitational
8	2:20.99	648	Liu, Caroline	12	NC Carolina Aquatic Team	3/11/2010	2010 NC SZ East Sect AG Champs

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9	2:21.74	637	Robinson, Mackenzie	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
10	2:22.53	626	Liu, Danielle	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs

Female 11-12 50 Breaststroke Short Course Yards

<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	31.84	808	Roses, Maija	12	NC Carolina Aquatic Team	12/12/2008	2008 NC WAVE Fall States Invit
2	31.87	806	Sarratt, Emily	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs
3	32.13	789	Churchill, Becca	12	NC Carolina Aquatic Team	2/18/2010	2010 NC 14 & Under Age Group
4	32.92	739	Ervin, Bridgette	12	NC Carolina Aquatic Team	2/27/2015	2015 NC SGSA Age Group Cham
5	33.16	724	Speight, Carly	12	NC Carolina Aquatic Team	2/21/2008	2008 NCS 14 & Under Age Group
6	33.65	694	Liu, Caroline	12	NC Carolina Aquatic Team	3/11/2010	2010 NC SZ East Sect AG Champs
7	33.74	688	Krasnov, Allie	12	NC Carolina Aquatic Team	2/22/2007	2007 NC 14 & Under Age Group C
8	33.78	686	Stewart, Erika	12	NC Carolina Aquatic Team	2/27/2003	2003 NC 14 & Un
9	33.80	685	Astilla, Ava	12	NC Carolina Aquatic Team	3/15/2018	2018 ESSZ Age Group Championsh
10	34.15	663	Caron, Hannah	12	NC Carolina Aquatic Team	1/10/2004	2004 NC RSA January Jubilee

Female 11-12 100 Breaststroke Short Course Yards

<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	1:06.99	851	Roses, Maija	12	NC Carolina Aquatic Team	12/12/2008	2008 NC WAVE Fall States Invit
2	1:09.86	766	Churchill, Becca	12	NC Carolina Aquatic Team	3/11/2010	2010 NC SZ East Sect AG Champs
3	1:10.32	753	Sarratt, Emily	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs
4	1:10.81	738	Liu, Caroline	12	NC Carolina Aquatic Team	3/11/2010	2010 NC SZ East Sect AG Champs
5	1:11.03	732	Caron, Hannah	12	NC Carolina Aquatic Team	2/19/2004	2004 NC 14 & Under Age Group C
6	1:12.02	704	Stewart, Erika	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
7	1:13.27	669	Howard, Chelsea	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
8	1:13.70	657	Dimsdale, Hannah	12	NC Carolina Aquatic Team	2/27/2003	2003 NC 14 & Un
9	1:14.01	648	Ervin, Bridgette	12	NC Carolina Aquatic Team	2/27/2015	2015 NC SGSA Age Group Cham
10	1:14.28	640	Liu, Danielle	12	NC Carolina Aquatic Team	2/19/2009	2009 NC 14 & Under Age Group C

Female 11-12 200 Breaststroke Short Course Yards

<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	2:24.51	854	Roses, Maija	12	NC Carolina Aquatic Team	12/5/2008	2008 NC NSS 13-14/Senior Winte
2	2:28.59	800	Caron, Hannah	12	NC Carolina Aquatic Team	3/4/2004	2004 ST American Short Course Cha
3	2:33.91	731	Churchill, Becca	12	NC Carolina Aquatic Team	3/11/2010	2010 NC SZ East Sect AG Champs
4	2:34.73	720	Liu, Caroline	12	NC Carolina Aquatic Team	12/4/2009	2009 NC WAVE Winter Classic In
5	2:34.91	718	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
6	2:36.48	698	Simpson, Leah	12	NC Carolina Aquatic Team	12/8/2016	2016 PV NCAP Invitational
7	2:38.54	672	Stewart, Erika	12	NC Carolina Aquatic Team	3/28/2003	2003 NC Tarheel States East
8	2:40.08	653	Liu, Danielle	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs
9	2:41.02	641	Sept, Margaret	12	NC Carolina Aquatic Team	12/7/2017	2017 PV NCAP Invitational
10	2:41.06	641	Sarratt, Emily	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs

Female 11-12 50 Butterfly Short Course Yards

<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	26.28	881	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
2	27.24	810	Howard, Chelsea	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
3	27.43	797	Marinshaw, Dania	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
4	28.02	755	Stewart, Erika	12	NC Carolina Aquatic Team	2/27/2003	2003 NC 14 & Un
5	28.41	727	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
6	28.67	709	Siemens, Sara	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs
7	28.94	690	Stuart, Lucy	12	NC Carolina Aquatic Team	12/4/2009	2009 NC WAVE Winter Classic In
8	28.98	688	Castillo, Bailey	12	NC Carolina Aquatic Team	12/6/2007	2007 PV Tom Dolan Invitational
9	29.17	675	Robinson, Mackenzie	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
10	29.31	665	Marley, Jordan	12	NC Carolina Aquatic Team	2/23/2017	2017 NC SC AG Championships

Female 11-12 100 Butterfly Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	58.45	858	Caron, Hannah	12	NC Carolina Aquatic Team	2/19/2004	2004 NC 14 & Under Age Group C
2	1:00.82	782	Howard, Chelsea	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
3	1:01.01	776	Roses, Maija	12	NC Carolina Aquatic Team	12/12/2008	2008 NC WAVE Fall States Invit
4	1:01.89	748	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
5	1:01.96	746	Marinshaw, Dania	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
6	1:02.51	729	Castillo, Bailey	12	NC Carolina Aquatic Team	2/21/2008	2008 NCS 14 & Under Age Group
7	1:02.63	725	Stewart, Erika	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
8	1:03.22	707	Marzinsky, Cece	12	NC Carolina Aquatic Team	2/18/2010	2010 NC 14 & Under Age Group
9	1:03.81	689	Stuart, Lucy	12	NC Carolina Aquatic Team	12/4/2009	2009 NC WAVE Winter Classic In
10	1:04.11	680	Schaefer, Jamie	12	NC Carolina Aquatic Team	2/22/2007	2007 NC 14 & Under Age Group C

Female 11-12 200 Butterfly Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:06.99	903	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
2	2:12.23	831	Roses, Maija	12	NC Carolina Aquatic Team	12/12/2008	2008 NC WAVE Fall States Invit
3	2:13.67	811	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
4	2:16.40	775	Marinshaw, Dania	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
5	2:20.53	720	Stewart, Erika	12	NC Carolina Aquatic Team	3/28/2003	2003 NC Tarheel States East
6	2:21.40	708	Marley, Jordan	12	NC Carolina Aquatic Team	12/7/2017	2017 PV NCAP Invitational
7	2:22.22	698	Smith, Morgan	12	NC Carolina Aquatic Team	12/4/2009	2009 NC WAVE Winter Classic In
8	2:22.98	688	Marzinsky, Cece	12	NC Carolina Aquatic Team	10/10/2009	2009 NC DUKE Trick or Treat Invit
9	2:23.06	687	Howard, Chelsea	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
10	2:23.08	687	Smith, Meghan	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone

Female 11-12 100 Individual Medley Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	1:00.00	897	Roses, Maija	12	NC Carolina Aquatic Team	12/12/2008	2008 NC WAVE Fall States Invit
2	1:00.43	880	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
3	1:03.28	771	Stewart, Erika	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
4	1:03.77	753	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
5	1:03.87	749	Marinshaw, Dania	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
6	1:04.72	718	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	3/10/2011	2011 SE SZES Age Group Section
7	1:05.41	693	Xu, Jennifer	12	NC Carolina Aquatic Team	2/18/2010	2010 NC 14 & Under Age Group
8	1:05.80	680	Liu, Caroline	12	NC Carolina Aquatic Team	3/11/2010	2010 NC SZ East Sect AG Champs
9	1:06.20	665	Howard, Chelsea	12	NC Carolina Aquatic Team	10/8/2005	2005 NC THAT Trick or Treat Me
10	1:06.45	657	Sept, Margaret	12	NC Carolina Aquatic Team	12/7/2017	2017 PV NCAP Invitational

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Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	2:08.00	883	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
2	2:09.39	858	Roses, Maija	12	NC Carolina Aquatic Team	12/5/2008	2008 NC NSS 13-14/Senior Winte
3	2:15.84	746	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
4	2:16.05	743	Marinshaw, Dania	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
5	2:16.13	741	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	2/17/2011	2011 NC 14 & Under Age Group
6	2:16.88	729	Stewart, Erika	12	NC Carolina Aquatic Team	2/27/2003	2003 NC 14 & Un
7	2:19.59	684	Liu, Danielle	12	NC Carolina Aquatic Team	2/19/2009	2009 NC 14 & Under Age Group C
8	2:21.35	655	Xu, Jennifer	12	NC Carolina Aquatic Team	12/10/2010	2010 NC WAVE Winter Classic In
9	2:21.85	647	Smith, Meghan	12	NC Carolina Aquatic Team	2/24/2005	2005 NC 14&U AG Champs
10	2:22.12	643	Churchill, Becca	12	NC Carolina Aquatic Team	2/18/2010	2010 NC 14 & Under Age Group

Female 11-12 400 Individual Medley Short Course Yards

Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
1	4:34.74	871	Caron, Hannah	12	NC Carolina Aquatic Team	3/11/2004	2004 NC Southern Zone Eastern
2	4:37.60	849	Roses, Maija	12	NC Carolina Aquatic Team	1/29/2009	2009 NCS Senior Championships
3	4:47.91	769	Dimsdale, Hannah	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec
4	4:52.43	735	Stewart, Erika	12	NC Carolina Aquatic Team	3/20/2003	2003 GA Southern Zone Eastern Sec

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Club: Carolina Aquatic Team For All Time

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Rank	Time	Power Points	Name	Age	LSC/Club	Meet Date	Meet
5	4:53.45	728	Marinshaw, Dania	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
6	4:56.91	702	Shepherd, Sarah Helen	12	NC Carolina Aquatic Team	3/10/2011	2011 SE SZES Age Group Section
7	4:58.39	691	Liu, Danielle	12	NC Carolina Aquatic Team	3/12/2009	2009 SZ Eastern Sect AG Champs
8	4:59.98	680	Robinson, Mackenzie	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
9	5:00.02	679	Smith, Meghan	12	NC Carolina Aquatic Team	3/17/2005	2005 GA Southern Zone
10	5:02.33	663	Liu, Caroline	12	NC Carolina Aquatic Team	1/8/2010	2010 NC Duke Aquatics Nike Inv