

**Female 11-12 50 Freestyle Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	28.34	820	Leighton, Evie	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
2	29.49	736	Wojtowicz, Alexis	12	NI STAR Swimming	8/8/2007	2007 NI Eastern Zone Age Group Long Co
3	29.53	733	Pike, Olivia	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
4	29.79	714	Calandra, Ashlee	12	NI STAR Swimming	8/16/2001	2001 US Long Course
5	29.93	704	Smith, Megan	12	NI STAR Swimming	7/12/2001	2001 US Star Swimming Pr
6	29.95	703	Bentley, Jen	12	NI STAR Swimming	7/28/2005	2005 NI District LC JO Meet
7	30.00	699	O'Neill, Kursten	12	NI STAR Swimming	8/16/2001	2001 US Long Course
8	30.01	698	Pawli, Kya	12	NI STAR Swimming	6/5/2015	2015 NI - STAR June Kick Off Meet 2015
9	30.09	693	Martin, Anna	12	NI STAR Swimming	7/26/2013	2013 NI - Niagara LSC LC Championships
10	30.23	683	Allen, Alize	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet

**Female 11-12 100 Freestyle Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	1:03.30	757	Winnert, Rebecca	12	NI STAR Swimming	8/12/2009	2009 MA Eastern Zone LC Champ
2	1:03.84	737	Leighton, Evie	12	NI STAR Swimming	8/8/2018	2018 VA Eastern Zone LC Champi
3	1:04.59	710	Pike, Olivia	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
4	1:04.90	698	Pawli, Kya	12	NI STAR Swimming	6/19/2015	2015 NI - STAR Late June LC Meet 2015
5	1:05.60	673	Wojtowicz, Alexis	12	NI STAR Swimming	8/8/2007	2007 NI Eastern Zone Age Group Long Co
6	1:05.61	673	Calandra, Ashlee	12	NI STAR Swimming	8/16/2001	2001 US Long Course
7	1:05.79	666	Marchese, Lauren	12	NI STAR Swimming	5/13/2005	2005 NI Titan Longcourse
8	1:06.45	745	Helak, Alyssa	11	NI STAR Swimming	7/7/2011	2011 NI Niagara Long Course Classic
9	1:06.78	631	Allen, Alize	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet
10	1:07.42	609	Smith, Megan	12	NI STAR Swimming	7/12/2001	2001 US Star Swimming Pr

**Female 11-12 200 Freestyle Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	2:17.65	735	Winnert, Rebecca	12	NI STAR Swimming	8/12/2009	2009 MA Eastern Zone LC Champ
2	2:18.44	720	Pawli, Kya	12	NI STAR Swimming	7/10/2015	2015 NI - Niagara LSC LC Championships
3	2:21.43	781	Helak, Alyssa	11	NI STAR Swimming	8/10/2011	2011 MA Eastern Zone Long Cour
4	2:21.96	654	Calandra, Ashlee	12	NI STAR Swimming	8/16/2001	2001 US Long Course
5	2:22.29	649	Marchese, Lauren	12	NI STAR Swimming	5/13/2005	2005 NI Titan Longcourse
6	2:24.36	612	Smith, Megan	12	NI STAR Swimming	7/12/2001	2001 US Star Swimming Pr
7	2:24.67	606	Leighton, Evie	12	NI STAR Swimming	8/8/2018	2018 VA Eastern Zone LC Champi
8	2:25.77	587	Blake, Emily	12	NI STAR Swimming	7/29/2016	2016 NI - Niagara LSC LC Championships
9	2:26.02	583	Pike, Olivia	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
10	2:26.70	571	Reilly, Fiona	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships

**Female 11-12 400 Freestyle Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	4:48.83	736	Winnert, Rebecca	12	NI STAR Swimming	8/12/2009	2009 MA Eastern Zone LC Champ
2	4:57.73	655	Calandra, Ashlee	12	NI STAR Swimming	8/8/2001	2001 US Summer Lc Easter
3	4:59.53	639	Smith, Megan	12	NI STAR Swimming	8/8/2001	2001 US Summer Lc Easter
4	5:00.52	741	Helak, Alyssa	11	NI STAR Swimming	7/7/2011	2011 NI Niagara Long Course Classic
5	5:04.52	596	Pawli, Kya	12	NI STAR Swimming	5/15/2015	2015 NI - Natalie Lewis Spring Invi
6	5:05.05	592	Payne, Courtney	12	NI STAR Swimming	6/3/2005	2005 NI STAR KICK-OFF LONG COURSE ABC

### 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>
7	5:10.53	546	McDonnell, Lilly	12	NI STAR Swimming	7/26/2013	2013 NI - Niagara LSC LC Championships
8	5:10.62	546	Pike, Olivia	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
9	5:12.28	532	Heferle, Rachel	12	NI STAR Swimming	7/28/2006	2006 NI Longcourse JO's
10	5:14.23	517	Leighton, Evie	12	NI STAR Swimming	6/1/2018	2018 NI - STAR June Kick Off Meet 2018

### 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	10:12.23	720	Winnert, Rebecca	12	NI STAR Swimming	7/10/2009	2009 NI Niagara Long Course Classic
2	10:36.49	760	Helak, Alyssa	11	NI STAR Swimming	6/3/2011	2011 NI STAR LONG COURSE ABC MEET 2011
3	10:40.13	610	Payne, Courtney	12	NI STAR Swimming	6/3/2005	2005 NI STAR KICK-OFF LONG COURSE ABC
4	10:45.50	590	Pawli, Kya	12	NI STAR Swimming	5/15/2015	2015 NI - Natalie Lewis Spring Invi
5	10:57.01	547	Braccio, Elena	12	NI STAR Swimming	5/16/2014	2014 NI - TTSC LC Meet
6	10:58.31	543	Blake, Emily	12	NI STAR Swimming	5/20/2016	2016 NI - Natalie Lewis Spring Invitational
7	11:00.69	534	Di Persio, Mara	12	NI STAR Swimming	5/17/2013	2013 NI - TTSC LC Meet
8	11:01.70	530	Sterns, Olivia	12	NI STAR Swimming	6/3/2011	2011 NI STAR LONG COURSE ABC MEET 2011
9	11:21.16	463	Sterns, Anna	12	NI STAR Swimming	5/16/2014	2014 NI - TTSC LC Meet
10	11:37.07	410	Allen, Courtney	12	NI STAR Swimming	5/17/2013	2013 NI - TTSC LC Meet

### 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	19:27.45	764	Winnert, Rebecca	12	NI STAR Swimming	7/10/2009	2009 NI Niagara Long Course Classic
2	20:57.45	583	Benedict, Kira	12	NI STAR Swimming	5/18/2012	2012 NI TTSC LC Meet
3	21:46.45	494	Sterns, Olivia	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet
4	22:37.81	407	Anderson, Lauren	12	NI STAR Swimming	5/15/2009	2009 NI TTSC LC MEET
5	22:41.85	400	Allen, Alize	12	NI STAR Swimming	5/13/2011	2011 NI TTSC LC Meet
6	23:10.31	355	Westermeier, Annie	12	NI STAR Swimming	5/15/2009	2009 NI TTSC LC MEET

### 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	33.79	750	Pike, Olivia	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
2	34.07	731	Helak, Alyssa	12	NI STAR Swimming	3/22/2012	2012 NI - EZ North Region 1 Speedo Championships
3	34.29	716	Marchese, Lauren	12	NI STAR Swimming	5/13/2005	2005 NI Titan Longcourse
4	34.78	683	Heferle, Rachel	12	NI STAR Swimming	8/9/2006	Eastern Zone Age Group Long Co
5	34.86	677	Leighton, Evie	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
6	34.97	670	Wojtowicz, Alexis	12	NI STAR Swimming	8/8/2007	2007 NI Eastern Zone Age Group Long Co
7	35.02	667	Braccio, Elena	12	NI STAR Swimming	6/27/2014	2014 NI - STAR June LC Meet
8	35.46	638	Erickson, Betsy	12	NI STAR Swimming	7/27/2007	2007 NI Longcourse JO's
9	35.49	636	Bentley, Jen	12	NI STAR Swimming	7/28/2005	2005 NI District LC JO Meet
10	35.59	629	Bender, Dana	12	NI STAR Swimming	7/29/2011	2011NI - Niagara LSC Long Course Summer

### 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	1:11.73	768	Helak, Alyssa	12	NI STAR Swimming	3/22/2012	2012 NI - EZ North Region 1 Speedo Championships
2	1:12.66	738	Marchese, Lauren	12	NI STAR Swimming	5/13/2005	2005 NI Titan Longcourse
3	1:13.44	714	Pawli, Kya	12	NI STAR Swimming	7/10/2015	2015 NI - Niagara LSC LC Championships

**Female 11-12 100 Backstroke Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
4	1:14.77	674	Heferle, Rachel	12	NI STAR Swimming	8/9/2006	Eastern Zone Age Group Long Co
5	1:16.15	633	Braccio, Elena	12	NI STAR Swimming	6/27/2014	2014 NI - STAR June LC Meet
6	1:16.19	631	Bentley, Jen	12	NI STAR Swimming	7/28/2005	2005 NI District LC JO Meet
7	1:16.49	732	Graesser, Hannah	11	NI STAR Swimming	7/27/2007	2007 NI Longcourse JO's
8	1:16.57	730	Leighton, Evie	11	NI STAR Swimming	7/20/2017	2017 NI - Niagara LSC LC Championships
9	1:16.75	615	Pike, Olivia	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
10	1:16.86	612	Bender, Dana	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet

**Female 11-12 200 Backstroke Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	2:35.54	884	Helak, Alyssa	11	NI STAR Swimming	8/10/2011	2011 MA Eastern Zone Long Cour
2	2:39.46	710	Pawli, Kya	12	NI STAR Swimming	7/10/2015	2015 NI - Niagara LSC LC Championships
3	2:40.10	701	Marchese, Lauren	12	NI STAR Swimming	7/14/2004	2004 NI District LC JOs
4	2:43.53	656	Bender, Dana	12	NI STAR Swimming	7/29/2011	2011NI - Niagara LSC Long Course Summer
5	2:44.07	649	Braccio, Elena	12	NI STAR Swimming	6/6/2014	2014 NI - STAR June Kick Off Meet 2014
6	2:44.42	645	Benedict, Kira	12	NI STAR Swimming	6/15/2012	The Robert F. Busbey Informatio
7	2:44.86	639	Winnert, Rebecca	12	NI STAR Swimming	6/5/2009	2009 NI STAR KICK-OFF LONG COURSE ABC
8	2:44.90	762	Graesser, Hannah	11	NI STAR Swimming	7/27/2007	2007 NI Longcourse JO's
9	2:45.44	632	Heferle, Rachel	12	NI STAR Swimming	8/9/2006	Eastern Zone Age Group Long Co
10	2:46.43	619	Bentley, Jen	12	NI STAR Swimming	7/28/2005	2005 NI District LC JO Meet

**Female 11-12 50 Breaststroke Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	39.20	743	Sherry, Madilyn	11	NI STAR Swimming	7/17/2003	2003 NI Niagara District Long Course J
2	39.41	639	Leighton, Evie	12	NI STAR Swimming	8/8/2018	2018 VA Eastern Zone LC Champi
3	39.61	629	Kerr, Kelsey	12	NI STAR Swimming	7/18/2002	2002 US Long Course Jos
4	39.94	612	Smith, Megan	12	NI STAR Swimming	7/12/2001	2001 US Star Swimming Pr
5	40.03	607	Heferle, Rachel	12	NI STAR Swimming	7/28/2006	2006 NI Longcourse JO's
6	40.11	603	Calandra, Ashlee	12	NI STAR Swimming	8/8/2001	2001 US Summer Lc Easter
7	40.28	594	Anderson, Alyssa	12	NI STAR Swimming	7/25/2008	2008 NI Long Course Champ
8	40.70	665	Langton, Caitlin	11	NI STAR Swimming	8/16/2001	2001 US Long Course
9	40.78	568	Westemeier, Annie	12	NI STAR Swimming	7/24/2009	2009 NI Niagara District Long Course JO's
10	40.98	558	Bray, Karly	12	NI STAR Swimming	7/10/2015	2015 NI - Niagara LSC LC Championships

**Female 11-12 100 Breaststroke Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	1:27.23	596	Kerr, Kelsey	12	NI STAR Swimming	7/18/2002	2002 US Long Course Jos
2	1:27.66	586	Leighton, Evie	12	NI STAR Swimming	3/22/2018	2018 NI - Speedo Sectional Championship
3	1:27.95	579	Smith, Megan	12	NI STAR Swimming	8/16/2001	2001 US Long Course
4	1:28.25	572	Bray, Karly	12	NI STAR Swimming	6/19/2015	2015 NI - STAR Late June LC Meet 2015
5	1:28.59	564	Calandra, Ashlee	12	NI STAR Swimming	8/8/2001	2001 US Summer Lc Easter
6	1:28.66	562	Anderson, Alyssa	12	NI STAR Swimming	7/25/2008	2008 NI Long Course Champ
7	1:29.34	547	Spence, Ashley	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet
8	1:29.41	545	Tesluk, Bess	12	NI STAR Swimming	7/20/2017	2017 NI - Niagara LSC LC Championships
9	1:29.72	538	Reddon, Allie	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet
10	1:29.79	536	Heferle, Rachel	12	NI STAR Swimming	6/16/2006	2006 NI Senior Circuit

**Female 11-12 200 Breaststroke Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	3:06.41	634	Bray, Karly	12	NI STAR Swimming	7/10/2015	2015 NI - Niagara LSC LC Championships
2	3:08.14	616	Anderson, Alyssa	12	NI STAR Swimming	7/25/2008	2008 NI Long Course Champ
3	3:08.19	615	Heferle, Rachel	12	NI STAR Swimming	7/28/2006	2006 NI Longcourse JO's
3	3:08.19	615	Reddon, Allie	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet
5	3:08.84	729	Leighton, Evie	11	NI STAR Swimming	7/20/2017	2017 NI - Niagara LSC LC Championships
6	3:09.30	603	Reilly, Fiona	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
7	3:10.28	593	Frustaci, Katherine	12	NI STAR Swimming	7/23/2010	2010 NI LSC LC Champ Meet
8	3:11.84	577	Pawli, Kya	12	NI STAR Swimming	6/5/2015	2015 NI - STAR June Kick Off Meet 2015
9	3:13.41	560	Payne, Courtney	12	NI STAR Swimming	8/10/2005	2005 NI Eastern Zone AG Champs
10	3:13.77	556	Tesluk, Bess	12	NI STAR Swimming	6/22/2018	2018 NI - STAR Late June LC Meet

**Female 11-12 50 Butterfly Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	31.03	781	Pawli, Kya	12	NI STAR Swimming	7/10/2015	2015 NI - Niagara LSC LC Championships
2	31.96	722	Leighton, Evie	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
3	32.59	684	Tesluk, Bess	12	NI STAR Swimming	7/20/2017	2017 NI - Niagara LSC LC Championships
4	32.63	681	Martin, Anna	12	NI STAR Swimming	5/17/2013	2013 NI - TTSC LC Meet
5	32.71	676	Caldwell, Lauren	12	NI STAR Swimming	7/14/2005	2005 NI Richard G. Boehm Invite
6	32.84	668	Allen, Alize	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet
7	33.37	637	Smith, Megan	12	NI STAR Swimming	8/16/2001	2001 US Long Course
8	33.56	625	Wojtowicz, Alexis	12	NI STAR Swimming	8/8/2007	2007 NI Eastern Zone Age Group Long Co
9	33.61	708	Reilly, Bridget	11	NI STAR Swimming	7/18/2019	2019 NI Niagara LSC LC Champio
10	33.73	615	Tesluk, Ellie	12	NI STAR Swimming	5/20/2016	2016 NI - Natalie Lewis Spring Invitational

**Female 11-12 100 Butterfly Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	1:11.71	706	Caldwell, Lauren	12	NI STAR Swimming	7/14/2005	2005 NI Richard G. Boehm Invite
2	1:13.35	662	Blake, Emily	12	NI STAR Swimming	7/29/2016	2016 NI - Niagara LSC LC Championships
3	1:13.39	661	Smith, Megan	12	NI STAR Swimming	8/16/2001	2001 US Long Course
4	1:14.45	633	Allen, Alize	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet
5	1:14.63	628	Winnert, Rebecca	12	NI STAR Swimming	7/24/2009	2009 NI Niagara District Long Course JO's
6	1:15.66	601	Marchese, Lauren	12	NI STAR Swimming	7/14/2004	2004 NI District LC JOs
7	1:16.22	587	Payne, Courtney	12	NI STAR Swimming	6/3/2005	2005 NI STAR KICK-OFF LONG COURSE ABC
8	1:16.38	583	Heferle, Rachel	12	NI STAR Swimming	7/7/2006	2006 NI Niagara Longcourse Classic
9	1:16.55	579	Calandra, Ashlee	12	NI STAR Swimming	8/16/2001	2001 US Long Course
10	1:16.62	679	Helak, Alyssa	11	NI STAR Swimming	7/29/2011	2011NI - Niagara LSC Long Course Summer

**Female 11-12 200 Butterfly Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	2:42.27	697	Payne, Courtney	12	NI STAR Swimming	6/3/2005	2005 NI STAR KICK-OFF LONG COURSE ABC
2	2:43.81	679	Caldwell, Lauren	12	NI STAR Swimming	7/14/2005	2005 NI Richard G. Boehm Invite
3	2:49.44	616	Winnert, Rebecca	12	NI STAR Swimming	6/26/2009	2009 NI STAR LONG COURSE ABC MEET 2009
4	2:49.53	615	Heferle, Rachel	12	NI STAR Swimming	8/9/2006	Eastern Zone Age Group Long Co

**Female 11-12 200 Butterfly Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
5	2:50.79	601	Pawli, Kya	12	NI STAR Swimming	6/5/2015	2015 NI - STAR June Kick Off Meet 2015
6	2:51.70	591	Blake, Emily	12	NI STAR Swimming	7/29/2016	2016 NI - Niagara LSC LC Championships
7	2:54.76	558	Tesluk, Bess	12	NI STAR Swimming	6/22/2018	2018 NI - STAR Late June LC Meet
8	2:54.90	557	Kim, Claire	12	NI STAR Swimming	7/29/2011	2011 NI - Niagara LSC Long Course Summer
9	2:57.23	532	Allen, Alize	12	NI STAR Swimming	6/3/2011	2011 NI STAR LONG COURSE ABC MEET 2011
10	2:58.48	519	Reddon, Allie	12	NI STAR Swimming	6/24/2011	2011 NI STAR Long Course Open Meet

**Female 11-12 200 Individual Medley Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	2:35.74	753	Pawli, Kya	12	NI STAR Swimming	7/10/2015	2015 NI - Niagara LSC LC Championships
2	2:38.32	716	Marchese, Lauren	12	NI STAR Swimming	5/13/2005	2005 NI Titan Longcourse
3	2:40.01	691	Winnert, Rebecca	12	NI STAR Swimming	8/12/2009	2009 MA Eastern Zone LC Champ
4	2:41.88	768	Leighton, Evie	11	NI STAR Swimming	7/20/2017	2017 NI - Niagara LSC LC Championships
5	2:42.06	662	Blake, Emily	12	NI STAR Swimming	7/29/2016	2016 NI - Niagara LSC LC Championships
6	2:42.51	656	Smith, Megan	12	NI STAR Swimming	7/12/2001	2001 US Star Swimming Pr
7	2:43.00	649	Heferle, Rachel	12	NI STAR Swimming	8/9/2006	Eastern Zone Age Group Long Co
8	2:43.22	646	Tesluk, Bess	12	NI STAR Swimming	6/22/2018	2018 NI - STAR Late June LC Meet
9	2:44.00	635	Reilly, Fiona	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
10	2:44.73	625	Caldwell, Lauren	12	NI STAR Swimming	7/14/2005	2005 NI Richard G. Boehm Invite

**Female 11-12 400 Individual Medley Long Course Meters**

<b>Rank</b>	<b>Time</b>	<b>Power Points</b>	<b>Name</b>	<b>Age</b>	<b>LSC/Club</b>	<b>Meet Date</b>	<b>Meet</b>
1	5:37.47	722	Pawli, Kya	12	NI STAR Swimming	7/10/2015	2015 NI - Niagara LSC LC Championships
2	5:38.25	716	Blake, Emily	12	NI STAR Swimming	7/29/2016	2016 NI - Niagara LSC LC Championships
3	5:43.83	681	Winnert, Rebecca	12	NI STAR Swimming	6/26/2009	2009 NI STAR LONG COURSE ABC MEET 2009
4	5:44.84	674	Payne, Courtney	12	NI STAR Swimming	6/3/2005	2005 NI STAR KICK-OFF LONG COURSE ABC
5	5:48.85	649	Reilly, Fiona	12	NI STAR Swimming	7/19/2018	2018 NI - Niagara LSC LC Championships
6	5:48.92	800	Helak, Alyssa	11	NI STAR Swimming	7/7/2011	2011 NI Niagara Long Course Classic
7	5:55.55	608	Leighton, Evie	12	NI STAR Swimming	5/18/2018	2018 NI - Natalie Lewis Spring Invi
8	5:58.07	592	Heferle, Rachel	12	NI STAR Swimming	6/2/2006	2006 NI STAR KICK-OFF LONG COURSE ABC
9	5:58.41	741	Reilly, Bridget	11	NI STAR Swimming	7/18/2019	2019 NI Niagara LSC LC Champio
10	6:00.07	580	Reddon, Allie	12	NI STAR Swimming	6/3/2011	2011 NI STAR LONG COURSE ABC MEET 2011