

# ALL TIME LC TOP TIMES - 13-14 Boys

LSC: VA For Dates 9/1/1995 - 7/20/2020

## Boys 13-14 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>Swim Date</i>	<i>Meet</i>
1	24.48	893	Whelan, Matthew M	14	VA NOVA of Virginia Aquatics, Inc	7/28/2015	2015 IN NCSA Summer Swimming
2	24.50	892	Bollinger, Cody Alexander	14	VA Poseidon Swimming Inc	7/25/2013	2013 VA LC AG Champs- CAC
3	24.60	883	Parsons, Samuel Wade	14	VA South Eastern Virginia Aquatics	8/11/2018	2018 VA Eastern Zone LC Champi
4	24.74	872	Tutovani, Levani Davit	14	VA Piedmont Family YMCA/CYAC	7/28/2018	2018 VA Long Course Age Group
5	24.84	864	Gregg, Evan M	14	VA Southwest Aquatic Tm	7/28/2005	2005 VA LC AG Championship
6	24.90	859	Robertson, Lee J	14	VA Waynesboro YMCA Swim Team	7/25/2002	2002 US Virginia Long Co
7	24.97	853	Miller, Kevin Jacob	14	VA Rappahannock Raiders Swim Club	7/25/2015	2015 VA LC AG Champs-
8	25.03	848	Arris, Daniel A	14	VA Tide Swimming	7/19/2012	2012 VA LC AG Champs- CAC
9	25.06	846	Hamblin, Brandon Lewis	14	VA Stafford Aquatics Team	8/6/2014	2014 VA Eastern Zone LC Champi
10	25.08	844	Mayr, Christian T	14	VA NOVA of Virginia Aquatics, Inc	7/28/2018	2018 VA Long Course Age Group

## Boys 13-14 100 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>Swim Date</i>	<i>Meet</i>
1	54.25	882	Bollinger, Cody Alexander	14	VA Poseidon Swimming Inc	8/7/2013	2013 Eastern Zone Long Course
2	54.27	881	Whelan, Matthew M	14	VA NOVA of Virginia Aquatics, Inc	7/28/2015	2015 IN NCSA Summer Swimming
3	54.47	872	Neff, Alexander Kay	14	VA Tide Swimming	7/24/2016	2016 VA LC AG Champs-
4	54.55	869	Robertson, Lee J	14	VA Waynesboro YMCA Swim Team	7/25/2002	2002 US Virginia Long Co
5	54.62	866	Anthony, Robert M	14	VA NOVA of Virginia Aquatics, Inc	8/9/2006	2006 NI Eastern Zones
6	54.64	865	Parsons, Samuel Wade	14	VA South Eastern Virginia Aquatics	8/8/2018	2018 VA Eastern Zone LC Champi
7	54.72	861	Costin, Philip	14	VA Poseidon Swimming Inc	7/24/2014	2014 VA LC AG Champs- CAC
8	54.84	856	Stephens, Thomas S	14	VA NOVA of Virginia Aquatics, Inc	8/6/2007	2007 Speedo Junior Nats TT
9	54.89	854	Spires, Jonathan Robert	14	VA South Eastern Virginia Aquatics	7/19/2012	2012 VA LC AG Champs- CAC
10	54.90	853	Wilburn, Cason J	14	VA Unattached	8/5/2015	2015 VA Eastern Zone LC Champi

## Boys 13-14 200 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>Swim Date</i>	<i>Meet</i>
1	1:57.22	904	Stephens, Thomas S	14	VA NOVA of Virginia Aquatics, Inc	7/26/2007	2007 VA LC Senior Champs

## ALL TIME LC TOP TIMES - 13-14 Boys

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2	1:57.71	892	Neff, Alexander Kay	14	VA	Tide Swimming	7/22/2016	2016 VA LC AG Champs-
3	1:58.28	879	Spires, Jonathan Robert	14	VA	South Eastern Virginia Aquatics	7/19/2012	2012 VA LC AG Champs- CAC
4	1:58.52	874	Whelan, Matthew M	14	VA	NOVA of Virginia Aquatics, Inc	7/30/2015	2015 IN NCSA Summer Swimming
5	1:58.74	869	Dallavalle, Christopher N	14	VA	NOVA of Virginia Aquatics, Inc	8/6/2015	2015 VA Eastern Zone LC Champi
6	1:59.08	861	Bollinger, Cody Alexander	14	VA	Poseidon Swimming Inc	7/25/2013	2013 VA LC AG Champs- CAC
7	1:59.11	860	Lee-Bishop, Nikolas Z	14	VA	NOVA of Virginia Aquatics, Inc	7/21/2017	2017 VA LC AG Champs-
8	1:59.19	859	Anthony, Robert M	14	VA	NOVA of Virginia Aquatics, Inc	8/9/2006	2006 NI Eastern Zones
9	1:59.56	850	Dinunzio, Robert Lawrence	14	VA	Tide Swimming	7/26/2019	2019 VA Long Course Age Group
10	1:59.80	845	Campbell, Henry Clay	14	VA	QDD Swim Team	7/22/2011	2011 VA LC SR Championships

### Boys 13-14 400 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>Swim Date</i>	<i>Meet</i>
1	4:04.56	955	Campbell, Henry Clay	14	VA	QDD Swim Team	7/21/2011	2011 VA LC SR Championships
2	4:13.07	864	Neff, Alexander Kay	14	VA	Tide Swimming	4/2/2016	2016 Sectionals - Richmond
3	4:13.08	863	Stephens, Thomas S	14	VA	NOVA of Virginia Aquatics, Inc	8/6/2007	2007 Speedo Junior Nats TT
4	4:13.47	859	Dallavalle, Christopher N	14	VA	NOVA of Virginia Aquatics, Inc	8/7/2015	2015 VA Eastern Zone LC Champi
5	4:13.69	857	Thomas, Caleb Matthew	14	VA	Quest Swimming	8/10/2018	2018 VA Eastern Zone LC Champi
6	4:13.95	854	Myburgh, Keith Martin	14	VA	Virginia Gators	7/24/2014	2014 VA LC AG Champs- CAC
7	4:14.10	853	Zoldork, Anthony P	14	VA	Virginia Association for Competitive Swimming	5/14/2009	2009 NC Josh Weaver Memorial M
8	4:14.18	852	Dinunzio, Robert Lawrence	14	VA	Tide Swimming	5/3/2019	2019 VA TIDE Wipe Out Speedo C
9	4:14.74	846	Lee-Bishop, Nikolas Z	14	VA	NOVA of Virginia Aquatics, Inc	6/23/2017	2017 FL BSS TYR Summer Classic LC
10	4:15.10	842	Friedel, Joshua K	14	VA	Rappahannock Area YMCA Swim Team, Inc	7/19/2007	2007 VA LC AG Champs

### Boys 13-14 800 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>Swim Date</i>	<i>Meet</i>
1	8:28.08	946	Campbell, Henry Clay	14	VA	QDD Swim Team	7/21/2011	2011 VA LC SR Championships
2	8:39.12	888	Myburgh, Keith Martin	14	VA	Virginia Gators	7/24/2014	2014 VA LC AG Champs- CAC

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3	8:41.42	876	Dinunzio, Robert Lawrence	14	VA	Tide Swimming	8/4/2019	2019 Futures - Geneva
4	8:47.16	846	Dallavalle, Christopher N	14	VA	NOVA of Virginia Aquatics, Inc	8/5/2015	2015 VA Eastern Zone LC Champi
5	8:49.06	836	Friedel, Joshua K	14	VA	Rappahannock Area YMCA Swim Team, Inc	7/19/2007	2007 VA LC AG Champs
6	8:49.39	835	Lynch, Evan William	14	VA	Williamsburg Aquatic Club	7/26/2015	2015 VA LC AG Champs-
7	8:49.53	834	Hellams, David C	14	VA	NOVA of Virginia Aquatics, Inc	7/24/2016	2016 VA LC AG Champs-
8	8:49.69	833	Kale, John C	14	VA	Williamsburg Aquatic Club	7/19/2012	2012 VA LC AG Champs- CAC
9	8:50.06	831	Thomas, Caleb Matthew	14	VA	Quest Swimming	8/8/2018	2018 VA Eastern Zone LC Champi
10	8:50.26	830	Wilburn, Cason J	14	VA	Unattached	8/5/2015	2015 VA Eastern Zone LC Champi

### Boys 13-14 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>Swim Date</i>	<i>Meet</i>
1	16:26.71	895	Dinunzio, Robert Lawrence	14	VA Tide Swimming	8/1/2019	2019 Futures - Geneva
2	16:27.31	894	Myburgh, Keith Martin	14	VA Virginia Gators	7/24/2014	2014 VA LC AG Champs- CAC
3	16:40.23	863	Campbell, Henry Clay	14	VA QDD Swim Team	7/21/2011	2011 VA LC SR Championships
4	16:44.76	852	Hellams, David C	14	VA NOVA of Virginia Aquatics, Inc	7/21/2016	2016 VA LC AG Champs-
5	16:49.97	839	Lee-Bishop, Nikolas Z	14	VA NOVA of Virginia Aquatics, Inc	8/5/2017	2017 FL ISCA Summer Seniors Champ
6	16:50.27	839	Wilburn, Cason J	14	VA Unattached	8/8/2015	2015 VA Eastern Zone LC Champi
7	16:52.72	833	Amatruda, Logan Ryan	14	VA Poseidon Swimming Inc	7/21/2016	2016 VA LC AG Champs-
8	16:53.43	831	Paryzek, Zachary A	14	VA Tri-City Aquatic Club	7/24/2008	2008 VA LC Age Group Champs
9	16:54.14	830	Siar, Jacob A	14	VA Virginia Gators	7/24/2008	2008 VA LC Age Group Champs
10	16:55.05	827	Lawson, Nicholas A	14	VA Virginia Gators	8/3/2016	2016 FL ISCA Summer Seniors Champ

### Boys 13-14 100 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>Swim Date</i>	<i>Meet</i>
1	59.78	951	Durocher, Darren Luke	14	VA Regency Park Swim Team	7/25/2015	2015 VA LC AG Champs-
2	59.85	948	Sheranek, Thomas I	14	VA NOVA of Virginia Aquatics, Inc	7/28/2005	2005 VA LC AG Championship
3	1:00.02	941	Whetstine, Clayton Corson	14	VA Coast Guard Blue Dolphins	7/28/2018	2018 VA Long Course Age Group

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4	1:00.30	930	Wren, David H	14	VA	NOVA of Virginia Aquatics, Inc	6/10/2004	2004 NC Charlotte UltraSwim
5	1:00.60	918	Mills, Colby Wyatt	14	VA	Poseidon Swimming Inc	8/10/2016	2016 IN NCSA Summer Swimming Cham
6	1:00.73	913	Townsend, Patrick E.P.	14	VA	Burkwood Aquatic Club, Inc	8/6/2014	2014 VA Eastern Zone LC Champi
7	1:00.83	909	Johnson, Jacob Anthony	14	VA	NOVA of Virginia Aquatics, Inc	7/26/2013	2013 VA LC AG Champs- CAC
8	1:00.89	907	O'Brien, Wade Nicholas	14	VA	NOVA of Virginia Aquatics, Inc	6/21/2012	2012 BSS TYR Summer Classic
8	1:00.89	907	Bollinger, Cody Alexander	14	VA	Poseidon Swimming Inc	7/26/2013	2013 VA LC AG Champs- CAC
10	1:01.11	898	Gordon, Benjamin Allen	14	VA	NOVA of Virginia Aquatics, Inc	7/27/2019	2019 VA Long Course Age Group

### Boys 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>Swim Date</i>	<i>Meet</i>
1	2:09.28	934	Sheranek, Thomas I	14	VA	NOVA of Virginia Aquatics, Inc	7/14/2005	2005 PV Senior LC Champs
2	2:10.11	919	Wren, David H	14	VA	NOVA of Virginia Aquatics, Inc	6/10/2004	2004 NC Charlotte UltraSwim
3	2:10.51	911	Tarabocchia, Elijah A	14	VA	Quest Swimming	8/4/2016	2016 MR Eastern Zone LC Championship
4	2:10.54	911	Mills, Colby Wyatt	14	VA	Poseidon Swimming Inc	8/9/2016	2016 IN NCSA Summer Swimming Cham
5	2:10.98	902	Friedel, Joshua K	14	VA	Rappahannock Area YMCA Swim Team, Inc	7/19/2007	2007 VA LC AG Champs
6	2:11.10	900	Durocher, Darren Luke	14	VA	Regency Park Swim Team	7/26/2015	2015 VA LC AG Champs-
7	2:11.13	900	Naoroz, Devin A	14	VA	NOVA of Virginia Aquatics, Inc	6/21/2019	2019 FL BSS TYR Summer Classic
8	2:11.14	899	Beach, Clark Gregory	14	VA	Quest Swimming	6/20/2014	2014 GA Edwin C. Cuttino Memorial
9	2:11.30	896	O'Brien, Wade Nicholas	14	VA	NOVA of Virginia Aquatics, Inc	7/19/2012	2012 VA LC AG Champs- CAC
10	2:11.36	895	Brown, Gavin G	14	VA	NOVA of Virginia Aquatics, Inc	7/19/2012	2012 VA LC AG Champs- CAC

### Boys 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>Swim Date</i>	<i>Meet</i>
1	1:07.11	945	Myburgh, Keith Martin	14	VA	Virginia Gators	7/24/2014	2014 VA LC AG Champs- CAC
2	1:07.67	926	Demers, Kyle Samuel	14	VA	Tide Swimming	5/20/2016	2016 NC NCAC Meet On The Hill
3	1:08.45	901	Nichols, Noah P	14	VA	Poseidon Swimming Inc	7/22/2016	2016 VA LC AG Champs-

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4	1:08.70	892	Vance, Alexander Nicholas	14	VA	Carter Center Aquatics	7/26/2007	2007 VA LC Senior Champs
5	1:08.85	888	Kegelman, James Cassidy	14	VA	Coast Guard Blue Dolphins	7/21/2011	2011 VA LC SR Championships
6	1:08.94	885	Ewing, Kendall Joshua	14	VA	Tide Swimming	7/22/2016	2016 VA LC AG Champs-
7	1:09.04	881	Kerr, Adam Charles	14	VA	Poseidon Swimming Inc	7/22/2016	2016 VA LC AG Champs-
7	1:09.04	881	Lacore, Patrick K	14	VA	Old Dominion Aquatic Club	7/24/2014	2014 VA LC AG Champs- CAC
9	1:09.50	866	Eichberg, Benjamin J	14	VA	Rappahannock Area YMCA Swim Team, Inc	8/8/2018	2018 VA Eastern Zone LC Champi
10	1:09.52	866	Mills, Colby Wyatt	14	VA	Poseidon Swimming Inc	7/22/2016	2016 VA LC AG Champs-

### Boys 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>Swim Date</i>	<i>Meet</i>
1	2:25.02	944	Myburgh, Keith Martin	14	VA Virginia Gators	7/24/2014	2014 VA LC AG Champs- CAC
2	2:27.48	909	Kegelman, Timothy P	14	VA Coast Guard Blue Dolphins	7/27/1999	Junior National
3	2:29.01	888	Nichols, Noah P	14	VA Poseidon Swimming Inc	7/23/2016	2016 VA LC AG Champs-
4	2:29.40	883	Dixon, David A	14	VA NOVA of Virginia Aquatics, Inc	7/25/2013	2013 VA LC AG Champs- CAC
5	2:29.44	882	Vogt, Luke L	14	VA NOVA of Virginia Aquatics, Inc	7/25/2002	2002 US Virginia Long Co
6	2:29.57	880	Demers, Kyle Samuel	14	VA Tide Swimming	6/19/2016	2016 VA Last Chance Meet
7	2:29.77	877	McCann, Jack Cabell	14	VA Poseidon Swimming Inc	8/12/2017	2017 VA Eastern Zone LC Champi
8	2:29.91	875	Smith, Jack Gardner	14	VA Piedmont Family YMCA/CYAC	7/27/2019	2019 VA Long Course Age Group
9	2:30.33	870	Erb, Zachary Jaren	14	VA Virginia Gators	7/20/2019	2019 VA LC SR Championships
10	2:30.58	866	Hellams, David C	14	VA NOVA of Virginia Aquatics, Inc	7/23/2016	2016 VA LC AG Champs-

### Boys 13-14 100 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>Swim Date</i>	<i>Meet</i>
1	57.80	925	Whelan, Matthew M	14	VA NOVA of Virginia Aquatics, Inc	7/24/2015	2015 VA LC AG Champs-
2	57.89	921	Durocher, Darren Luke	14	VA Regency Park Swim Team	7/24/2015	2015 VA LC AG Champs-
3	58.12	912	Neff, Alexander Kay	14	VA Tide Swimming	8/6/2016	2016 PV Futures Championships UMD - Time Trials
4	58.35	902	Dixon, David A	14	VA NOVA of Virginia Aquatics, Inc	7/25/2013	2013 VA LC AG Champs- CAC
5	58.47	898	Lamoureux, Gavin Lee	14	VA Tide Swimming	8/4/2017	2017 Futures - Geneva

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6	58.54	895	Wilcox, Mason Thomas	14	VA	Coast Guard Blue Dolphins	7/20/2005	2005 FG Speedo Sectionals
7	58.66	890	Anderson, Jordan D	14	VA	Carter Center Aquatics	8/7/2002	2002 US Summer Lc Easter
8	59.01	876	Fauls, Thomas H	14	VA	NOVA of Virginia Aquatics, Inc	7/29/2010	2010 VA LC AG Champs (HOKI)
9	59.09	872	Wilburn, Cason J	14	VA	Unattached	8/7/2015	2015 VA Eastern Zone LC Champi
10	59.15	870	Robertson, Lee J	14	VA	Waynesboro YMCA Swim Team	7/25/2002	2002 US Virginia Long Co

### Boys 13-14 200 Butterfly Long Course Meters

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1	2:07.71	937	Dixon, David A	14	VA NOVA of Virginia Aquatics, Inc	7/30/2013	2013 NCSA Summer Swimming Cham
2	2:09.50	905	Brown, Gavin G	14	VA NOVA of Virginia Aquatics, Inc	7/19/2012	2012 VA LC AG Champs- CAC
3	2:09.68	902	Walsh, James B	14	VA Tidewater Aquatic Club	8/8/2001	2001 US Summer Lc Easter
4	2:10.02	896	Neff, Alexander Kay	14	VA Tide Swimming	7/23/2016	2016 VA LC AG Champs-
5	2:10.41	889	Cortright, John A	14	VA NOVA of Virginia Aquatics, Inc	7/19/2012	2012 VA LC AG Champs- CAC
6	2:11.28	873	Townsend, Patrick E.P.	14	VA Burkwood Aquatic Club, Inc	7/24/2014	2014 VA LC AG Champs- CAC
7	2:11.39	991	Durocher, Darren Luke	13	VA Regency Park Swim Team	7/24/2014	2014 VA LC AG Champs- CAC
8	2:11.41	871	Lamoureux, Gavin Lee	14	VA Tide Swimming	7/22/2017	2017 VA LC AG Champs-
9	2:12.13	858	Friedel, Joshua K	14	VA Rappahannock Area YMCA Swim Team, Inc	7/19/2007	2007 VA LC AG Champs
10	2:12.23	857	Crabb, James Tennyson	14	VA Patriot Swim Club	3/13/2008	2008 PV Speedo Champs Series Eastern Zone South

### Boys 13-14 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:11.00	943	Mills, Colby Wyatt	14	VA Poseidon Swimming Inc	8/13/2016	2016 IN NCSA Summer Swimming Cham
2	2:11.97	923	Gordon, Benjamin Allen	14	VA NOVA of Virginia Aquatics, Inc	8/7/2019	2019 Zone AG Champs - Richmond
3	2:12.85	1005	Durocher, Darren Luke	13	VA Regency Park Swim Team	8/6/2014	2014 VA Eastern Zone LC Champi
4	2:13.22	898	Myburgh, Keith Martin	14	VA Virginia Gators	7/24/2014	2014 VA LC AG Champs- CAC
5	2:14.57	871	Whetstine, Clayton Corson	14	VA Coast Guard Blue Dolphins	7/29/2018	2018 VA Long Course Age Group

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6	2:14.74	868	Dixon, David A	14	VA	NOVA of Virginia Aquatics, Inc	7/30/2013	2013 NCSA Summer Swimming Cham
7	2:15.49	853	Hellams, David C	14	VA	NOVA of Virginia Aquatics, Inc	7/24/2016	2016 VA LC AG Champs-
8	2:15.59	851	Cortright, John A	14	VA	NOVA of Virginia Aquatics, Inc	7/19/2012	2012 VA LC AG Champs- CAC
9	2:15.67	850	Lacore, Patrick K	14	VA	Old Dominion Aquatic Club	6/27/2015	2015 FL TYR BSS Summer Classic
9	2:15.67	850	Switzer, Nickolas Patrick	14	VA	Battlefield Area Star Swimmers	8/8/2012	2012 Eastern Zone Long Course

### Boys 13-14 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:35.57	959	Myburgh, Keith Martin	14	VA Virginia Gators	7/24/2014	2014 VA LC AG Champs- CAC
2	4:39.73	921	Kerr, Adam Charles	14	VA Poseidon Swimming Inc	7/22/2016	2016 VA LC AG Champs-
3	4:42.69	895	Campbell, Henry Clay	14	VA QDD Swim Team	7/21/2011	2011 VA LC SR Championships
4	4:43.20	891	Hellams, David C	14	VA NOVA of Virginia Aquatics, Inc	7/22/2016	2016 VA LC AG Champs-
5	4:43.76	886	Gordon, Benjamin Allen	14	VA NOVA of Virginia Aquatics, Inc	8/8/2019	2019 Zone AG Champs - Richmond
6	4:44.80	877	Vogt, Luke L	14	VA NOVA of Virginia Aquatics, Inc	7/12/2002	2002 US Vsi - Long Cours
7	4:45.37	872	Dixon, David A	14	VA NOVA of Virginia Aquatics, Inc	7/25/2013	2013 VA LC AG Champs- CAC
8	4:45.61	870	Kale, John C	14	VA Williamsburg Aquatic Club	7/19/2012	2012 VA LC AG Champs- CAC
9	4:45.92	867	Dinunzio, Robert Lawrence	14	VA Tide Swimming	7/26/2019	2019 VA Long Course Age Group
10	4:46.22	864	Li, Ruiyang *	14	VA Virginia Gators	7/26/2019	2019 VA Long Course Age Group