

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 11 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.31	973	Smith, Julie	11	NC Raleigh Swimming Association	5/18/2001	2001 US Rsa Goodstuff
2	28.14	911	Morrow, Amelia	11	NC Enfinity Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State
3	28.40	891	Curzan, Claire	11	NC Raleigh Swimming Association	6/19/2016	2016 NC TAC TITANS TYR Classic
3	28.40	891	Smith, Carly	11	NC North Carolina Aquatic Club	7/24/2003	2003 NC Long Course
5	28.52	882	Johnson, Faith	11	NC High Point Swim Club	8/1/2006	2006 GA Southern Zones

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.40	948	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/28/2009	2009 SZ Age Group Championship
2	27.87	917	Bradshaw, Lane	11	NC SwimMAC Carolina	6/25/2017	2017 NC SGSA Eastern Invitatio
3	28.25 r	892	Li, Andrew	11	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
4	28.48	877	Smelzer, Albert	11	NC Swim GSA	6/23/2019	2019 NC SGSA Eastern Invite
5	28.55	873	Kroll, John	11	NC SwimMAC Carolina	6/24/2018	2018 NC SGSA Eastern Invitatio

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.97	951	Smith, Julie	11	NC Raleigh Swimming Association	5/18/2001	2001 US Rsa Goodstuff
2	1:02.82	879	Roses, Maija	11	NC Tar Heel Aquatic Team	7/25/2007	2007 NC LC 14 & Under Champs
3	1:02.98	873	Ray, Amanda	11	NC New Wave Swim Team	7/29/2014	2014 ST AAAA Southern Zones Ch
3	1:02.98	873	Donlan, Molly	11	NC SwimMAC Carolina	6/23/2017	2017 NC SGSA Eastern Invitatio
5	1:03.13	867	Ontjes, Olivia	11	NC New Wave Swim Team	7/17/2008	2008 NC LC 14 & Under LC Champ

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.74	982	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/28/2009	2009 SZ Age Group Championship
2	1:00.00	973	Harrington-smith, Josh	11	NC North Carolina Aquatic Club	7/31/2002	2002 US Top 16 Inv
3	1:00.88 r	941	Li, Andrew	11	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
4	1:00.94	939	Bradshaw, Lane	11	NC SwimMAC Carolina	6/23/2017	2017 NC SGSA Eastern Invitatio
5	1:01.55	918	Ballard, Alex	11	NC YMCA Seahorse Swim Team	7/14/2011	2011 NC 14 & Under Long Course

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.97	906	Neace, Clarke	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
2	2:15.66	893	Ray, Amanda	11	NC New Wave Swim Team	7/17/2014	2014 NC 14 & Under Long Cours
3	2:16.11	884	Donlan, Molly	11	NC SwimMAC Carolina	6/24/2017	2017 NC SGSA Eastern Invitatio
4	2:16.44	877	Pennington, Isabel	11	NC Gateway YWCA Seadragons	7/17/2014	2014 NC 14 & Under Long Cours
5	2:16.82	870	Cotter, Keelan	11	NC TAC Titans	7/15/2017	2017 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.49	996	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/28/2009	2009 SZ Age Group Championship
2	2:11.17	965	Ballard, Alex	11	NC YMCA Seahorse Swim Team	7/26/2011	2011 NC SZ Age Group Champs
3	2:11.39	961	Li, Andrew	11	NC TAC Titans	7/15/2017	2017 NC LC AG Championships
4	2:12.38	942	Sanders, Geoffrey	11	NC New Wave Swim Team	5/18/2001	2001 US Rsa Goodstuff
5	2:13.62	919	Lam, Christian	11	NC YMCA of the Triangle Area Swim Team	7/28/2009	2009 SZ Age Group Championship

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 11 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:44.70	889	Ray, Amanda	11	NC New Wave Swim Team	7/29/2014	2014 ST AAAA Southern Zones Ch
2	4:45.09	885	Cotter, Keelan	11	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
3	4:46.45	872	Perez, Sophie	11	NC North Carolina Aquatic Club	7/12/2012	2012 NC 14 & Under Long Course
4	4:46.80	869	Neace, Clarke	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	4:47.39	863	Woody, Sophia	11	NC Asheville Swim Club	7/17/2014	2014 NC 14 & Under Long Cours

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:34.59	964	Ballard, Alex	11	NC YMCA Seahorse Swim Team	7/26/2011	2011 NC SZ Age Group Champs
2	4:35.82	953	Li, Andrew	11	NC TAC Titans	8/1/2017	2017 Southern Zones Age Group
3	4:42.44	895	Darmody, Kyle	11	NC Mecklenburg Aquatic Club	8/1/2006	2006 GA Southern Zones
4	4:42.59	894	Lam, Christian	11	NC YMCA of the Triangle Area Swim Team	7/28/2009	2009 SZ Age Group Championship
5	4:43.33	887	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 11 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:48.14	961	Woody, Sophia	11	NC Asheville Swim Club	7/24/2014	2014 NC Senior LC Champs (HP
2	10:13.30	854	Stringfield, Katy	11	NC Smokey Mountain Aquatic Club	7/7/2006	2006 NC Swim Lenoir Invitation
3	10:14.44	849	Miller, Genevieve	11	NC Winston-Salem YMCA Swim Team	5/18/2007	2007 SC 10th Annual YSSC May LC Co
4	10:21.57	819	Pennington, Isabel	11	NC Gateway YWCA Seadragons	6/26/2014	2014 NC GSA Eastern Invitation
5	10:21.88	818	Ortega, Melissa	11	NC Raleigh Swimming Association	6/21/2009	2009 NC RSA June Distance Day

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:42.26	980	Darmody, Kyle	11	NC Mecklenburg Aquatic Club	7/7/2006	2006 NC Swim Lenoir Invitation
2	9:54.63	929	Ballard, Alex	11	NC YMCA Seahorse Swim Team	7/8/2011	2011 NC AP Upper SE Regional YMCA
3	9:56.77	920	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	6/26/2009	2009 SC YSSC 6th Annual Firecracker
4	10:03.66	891	Cotter, Michael	11	NC Triangle Aquatics Club Titans	5/15/2015	2015 NC TAC Titans vs. YOTA Du
5	10:04.96	886	Cairns, Zac	11	NC North Carolina Aquatic Club	5/16/2014	2014 NC NCAC Josh Weaver Meet

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 11 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	18:58.15	985	Woody, Sophia	11	NC Asheville Swim Club	7/24/2014	2014 NC Senior LC Champs (HP
2	19:36.36	903	Miller, Genevieve	11	NC Winston-Salem YMCA Swim Team	7/13/2007	2007 NC AP Upper SE Regional YMCA
3	19:46.78	881	Schumacher, London	11	NC Smokey Mountain Aquatic Club	6/8/2007	2007 NC SAC Summer Invite
4	20:13.20	826	Sanders, Katie	11	NC New Wave Swim Team	5/6/2011	2011 NC WAVE v. CUBU Dual Meet
5	20:15.34	822	Grimsrud, Lauren	11	NC New Wave Swim Team	5/1/2015	2015 NC STAR Long Days of Summ

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 11 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	18:56.64	1017	Darmody, Kyle	11	NC Mecklenburg Aquatic Club	6/23/2006	2006 IN Fins Summer Invite
2	19:08.24	995	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	5/14/2009	2009 NC Josh Weaver Memorial M
3	19:22.34	969	Ballard, Alex	11	NC YMCA Seahorse Swim Team	7/8/2011	2011 NC AP Upper SE Regional YMCA
4	19:29.12	957	Baker, Jay	11	NC YMCA of the Triangle Area Swim Team	6/27/2014	2014 NC YOTA Summer Splash 2
5	19:44.43	929	Hughes, Connor	11	NC New Wave Swim Team	6/27/2014	2014 NC YOTA Summer Splash 2

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.81	992	Pennington, Isabel	11	NC Gateway YWCA Seadragons	7/29/2014	2014 ST AAAA Southern Zones Ch
2	32.38	950	Clark, Abby	11	NC TAC Titans	6/18/2016	2016 NC TAC TITANS TYR Classic
3	32.42	947	Zettel, Nicole	11	NC TAC Titans	8/2/2018	2018 Southern Zones Age Group
4	32.66	930	Ormand, Sam	11	NC Aquatic Team Of Mecklenburg	8/3/2004	2004 FG Southern Zone Championship
5	32.85	916	Smith, Julie	11	NC Raleigh Swimming Association	5/18/2001	2001 US Rsa Goodstuff

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	32.03	976	Smelzer, Albert	11	NC Swim GSA	7/14/2019	2019 NC LC AG Championships
2	32.50	944	Nelson, Baylor	11	NC SwimMAC Carolina	6/19/2015	2015 SE TNAQ June Invitational
3	32.56	940	Thakur, Jake	11	NC Triangle Aquatics Club Titans	7/29/2014	2014 ST AAAA Southern Zones Ch
4	32.60	938	Connery, Tim	11	NC North Mecklenburg Aquatics, Inc	7/17/2014	2014 NC 14 & Under Long Cours
5	32.85	921	Li, Andrew	11	NC TAC Titans	6/18/2017	2017 NC TAC TYR Triangle Class

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.14	961	Pennington, Isabel	11	NC Gateway YWCA Seadragons	7/29/2014	2014 ST AAAA Southern Zones Ch
2	1:10.28	924	Clark, Abby	11	NC TAC Titans	6/19/2016	2016 NC TAC TITANS TYR Classic
3	1:11.14	897	Baker, Kathleen	11	NC Star Aquatics	7/17/2008	2008 NC LC 14 & Under LC Champ
4	1:11.46	887	Hook, Charlotte	11	NC Triangle Aquatics Club Titans	7/18/2015	2015 NC LC AG Championships SG
5	1:11.48	886	Ormand, Sam	11	NC Aquatic Team Of Mecklenburg	8/3/2004	2004 FG Southern Zone Championship

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.73	984	Thakur, Jake	11	NC Triangle Aquatics Club Titans	7/17/2014	2014 NC 14 & Under Long Cours
2	1:10.02	944	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs
3	1:10.30	935	Healy, John	11	NC New Wave Swim Team	5/11/2012	2012 NC Long Days of Summer Qu
3	1:10.30	935	Jao, Nathan	11	NC YMCA of Northwest North Carolina Riptyde	7/16/2016	2016 NC LC AG Championships
5	1:10.83	919	Bathory, Levente	11	NC Star Aquatics	7/14/2011	2011 NC 14 & Under Long Course

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:31.99	932	Welsh, Lily	11	NC YMCA of the Triangle Area Swim Team	7/29/2017	2017 Aquatica Summer Splash
2	2:32.39	927	Willis, Lily	11	NC TAC Titans	7/13/2018	2018 NCS LC AG Championships
3	2:32.79	921	Hook, Charlotte	11	NC Triangle Aquatics Club Titans	7/17/2015	2015 NC LC AG Championships SG
4	2:35.14	890	Hollowell, Sarah	11	NC Raleigh Swimming Association	7/17/2015	2015 NC LC AG Championships SG
5	2:36.09	877	Zhang, Jolene	11	NC Triangle Aquatics Club Titans	7/17/2015	2015 NC LC AG Championships SG

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.96	988	Bathory, Levente	11	NC Star Aquatics	7/14/2011	2011 NC 14 & Under Long Course
2	2:31.78	976	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	6/26/2009	2009 SC YSSC 6th Annual Firecracker
3	2:32.51	966	Jao, Nathan	11	NC YMCA of Northwest North Carolina Riptyde	7/15/2016	2016 NC LC AG Championships
4	2:32.55	965	Healy, John	11	NC New Wave Swim Team	5/11/2012	2012 NC Long Days of Summer Qu
5	2:33.08	957	Thakur, Jake	11	NC Triangle Aquatics Club Titans	5/18/2014	2014 NC TAC TITANS May Distanc

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1	34.91	978	Cotter, Keelan	11	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
2	35.48	946	McCauley, Ashley	11	NC Marlins of Raleigh	7/12/2012	2012 NC 14 & Under Long Course
3	36.23	904	Wolk, Isabel	11	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
4	36.24	903	Willis, Lily	11	NC TAC Titans	8/1/2018	2018 Southern Zones Age Group
5	36.56	885	Zettel, Nicole	11	NC TAC Titans	7/13/2018	2018 NCS LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	35.75	974	Lucky, Matthew	11	NC Sailfish Aquatics	7/15/2016	2016 NC LC AG Championships
2	36.12	952	Carter, Casey	11	NC Raleigh Swimming Association	6/5/2004	2004 NC Summer Liberty Meet
3	36.54	928	Lam, Christian	11	NC YMCA of the Triangle Area Swim Team	7/16/2009	2009 NC NCS Age Group LC Champs
4	36.65	921	Masneri, David	11	NC Greensboro Community YMCA	7/14/2017	2017 NC LC AG Championships
5	36.74	916	Kroll, Matthew	11	NC North Mecklenburg Aquatics, Inc	7/17/2015	2015 NC LC AG Championships SG

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1	1:16.04	983	Cotter, Keelan	11	NC TAC Titans	7/15/2017	2017 NC LC AG Championships
2	1:18.56	918	McCauley, Ashley	11	NC Marlins of Raleigh	7/12/2012	2012 NC 14 & Under Long Course
3	1:18.97	908	Zettel, Nicole	11	NC TAC Titans	8/3/2018	2018 Southern Zones Age Group
4	1:20.93	859	Druhan, Abby	11	NC SwimMAC Carolina	7/15/2017	2017 NC LC AG Championships
5	1:21.08	856	Wolk, Isabel	11	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:17.50	993	Basler, Daniel	11	NC Winston-Salem YMCA Swim Team	5/18/2001	2001 US Rsa Goodstuff
2	1:18.84	958	Li, Andrew	11	NC TAC Titans	8/4/2017	2017 Southern Zones Age Group
3	1:19.43	943	Lam, Christian	11	NC YMCA of the Triangle Area Swim Team	7/28/2009	2009 SZ Age Group Championship
4	1:20.64	913	Liu, Darren	11	NC TAC Titans	6/16/2018	2018 NC TAC TITANS TYR Classic
5	1:21.59	889	Knop, Walker	11	NC Stingray Aquatics	7/24/2003	2003 NC Long Course

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1	2:49.34	940	Cotter, Keelan	11	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
2	2:49.53	938	McCauley, Ashley	11	NC Marlins of Raleigh	7/12/2012	2012 NC 14 & Under Long Course
3	2:51.23	919	Zettel, Nicole	11	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships
4	2:55.86	868	Plaza, Sofia	11	NC Aquatic Team Of Mecklenburg	7/16/2017	2017 NC LC AG Championships
5	2:56.49	861	Zhang, Jolene	11	NC Triangle Aquatics Club Titans	7/19/2015	2015 NC LC AG Championships SG

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1	2:46.25	1031	Li, Andrew	11	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
2	2:54.66	941	Zapler, Ezra	11	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
3	2:55.08	936	Lam, Christian	11	NC YMCA of the Triangle Area Swim Team	7/16/2009	2009 NC NCS Age Group LC Champs
4	2:55.13	936	Lucky, Matthew	11	NC Sailfish Aquatics	7/17/2016	2016 NC LC AG Championships
5	2:55.92	927	Simmons, Victor	11	NC Aquatic Team Of Mecklenburg	7/17/2014	2014 NC 14 & Under Long Cours

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1	29.36	973	Curzan, Claire	11	NC Raleigh Swimming Association	5/15/2016	2016 NC STAR Quad Meet
2	30.36	908	Smith, Carly	11	NC North Carolina Aquatic Club	7/30/2003	2003 FG - Southern Zone Champions
3	30.71	886	Homovich, Maddie	11	NC North Carolina Aquatic Club	5/20/2011	2011 NC NCAC Josh Weaver Meet
4	30.90	874	Shanahan, Mary	11	NC Hillsborough Aquatic Club	5/20/2018	2018 NC NCAC Meet on the Hill
5	30.92	872	Pennington, Isabel	11	NC Gateway YWCA Seadragons	6/26/2014	2014 NC GSA Eastern Invitation

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2	30.17	939	Bradshaw, Lane	11	NC SwimMAC Carolina	6/23/2017	2017 NC SGSA Eastern Invitatio
3	30.43	921	Nelson, Baylor	11	NC SwimMAC Carolina	7/17/2014	2014 NC 14 & Under Long Cours
4	30.64	907	Smelzer, Albert	11	NC Swim GSA	6/21/2019	2019 NC SGSA Eastern Invite
5	30.80	896	Li, Andrew	11	NC TAC Titans	6/18/2017	2017 NC TAC TYR Triangle Class

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.36	954	Curzan, Claire	11	NC Raleigh Swimming Association	6/19/2016	2016 NC TAC TITANS TYR Classic
2	1:08.18	903	Smith, Carly	11	NC North Carolina Aquatic Club	7/30/2003	2003 FG - Southern Zone Champions
3	1:08.35	898	Ray, Amanda	11	NC New Wave Swim Team	7/17/2014	2014 NC 14 & Under Long Cours
4	1:09.20	875	Neace, Clarke	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	1:09.48	867	Kerns, Abby	11	NC New South Swimming	5/6/2011	2011 NC NSS Long Course Invita

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1	1:04.25	1052	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs
2	1:07.11	965	Nelson, Baylor	11	NC SwimMAC Carolina	6/19/2015	2015 SE TNAQ June Invitational
3	1:07.76	945	Li, Andrew	11	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
4	1:07.77	945	Sanders, Geoffrey	11	NC New Wave Swim Team	5/18/2001	2001 US Rsa Goodstuff
5	1:08.23	931	Jao, Nathan	11	NC YMCA of Northwest North Carolina Riptyde	7/15/2016	2016 NC LC AG Championships

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1	2:28.50	995	Ray, Amanda	11	NC New Wave Swim Team	7/17/2014	2014 NC 14 & Under Long Cours
2	2:31.64	958	Pierce, Camila	11	NC Raleigh Swimming Association	7/16/2016	2016 NC LC AG Championships
3	2:32.99	943	Homovich, Maddie	11	NC North Carolina Aquatic Club	1/13/2012	2012 NC RSA January Jubilee Me
4	2:35.09	919	Neace, Clarke	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
5	2:37.60	891	Miller, Genevieve	11	NC Winston-Salem YMCA Swim Team	5/18/2007	2007 SC 10th Annual YSSC May LC Co

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1	2:28.39	1047	Baker, Jay	11	NC YMCA of the Triangle Area Swim Team	7/17/2014	2014 NC 14 & Under Long Cours
2	2:30.65	1017	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs
3	2:33.26	984	Osman, Max	11	NC SwimMAC Carolina	7/14/2018	2018 NCS LC AG Championships
4	2:35.52	955	Osada, Koya	11	NC North Carolina Aquatic Club	4/19/2008	2008 NC NCAC LC Intrasquad
5	2:36.08	948	Jao, Nathan	11	NC YMCA of Northwest North Carolina Riptyde	7/16/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 11 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.12	941	Cotter, Keelan	11	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
2	2:31.94	913	Zettel, Nicole	11	NC TAC Titans	8/4/2018	2018 Southern Zones Age Group
3	2:31.95	913	Hook, Charlotte	11	NC Triangle Aquatics Club Titans	7/19/2015	2015 NC LC AG Championships SG
4	2:32.96	898	Smith, Carly	11	NC North Carolina Aquatic Club	7/30/2003	2003 FG - Southern Zone Champions
5	2:34.66	873	Roses, Maija	11	NC Tar Heel Aquatic Team	7/25/2007	2007 NC LC 14 & Under Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 11 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:25.22	1034	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/28/2009	2009 SZ Age Group Championship
2	2:26.82	1007	Basler, Daniel	11	NC Winston-Salem YMCA Swim Team	5/18/2001	2001 US Rsa Goodstuff
3	2:27.51	996	Li, Andrew	11	NC TAC Titans	8/5/2017	2017 Southern Zones Age Group
4	2:28.83	975	Sanders, Geoffrey	11	NC New Wave Swim Team	5/18/2001	2001 US Rsa Goodstuff
5	2:31.69	929	Lam, Christian	11	NC YMCA of the Triangle Area Swim Team	7/16/2009	2009 NC NCS Age Group LC Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 11 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:25.33	952	Hook, Charlotte	11	NC Triangle Aquatics Club Titans	7/16/2015	2015 NC LC AG Championships SG
2	5:25.47	951	Zettel, Nicole	11	NC TAC Titans	7/12/2018	2018 NCS LC AG Championships
3	5:29.19	926	Caron, Hannah	11	NC Unattached	6/13/2003	2003 NC Mutual of Omaha's
4	5:31.02	914	Cotter, Keelan	11	NC TAC Titans	7/1/2017	2017 NC TAC LCM Distance Intra
5	5:32.35	906	Willis, Lily	11	NC TAC Titans	7/12/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 11 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:10.32	1085	Li, Andrew	11	NC TAC Titans	7/13/2017	2017 NC LC AG Championships
2	5:17.18	1036	Silver, Tyler	11	NC Marlins of Raleigh-Wolfpack Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs
3	5:20.34	1014	Baker, Jay	11	NC YMCA of the Triangle Area Swim Team	7/17/2014	2014 NC 14 & Under Long Cours
4	5:29.19	953	Lam, Christian	11	NC YMCA of the Triangle Area Swim Team	7/16/2009	2009 NC NCS Age Group LC Champs
5	5:29.47	951	Moore, Michael	11	NC Triangle Aquatics Club Titans	5/2/2014	2014 NC TAC TITANS Cinco de M

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.13	912	Clayton-Luce, Sophie	12	NC New Wave Swim Team	7/30/2013	2013 SC Southern Zone Age Grou
2	27.30	899	Smith, Julie	12	NC Raleigh Swimming Association	7/25/2002	2002 Speedo Cham
3	27.33	897	Labonge, Natalie	12	NC Greensboro Swimming Assoc	7/29/2008	2008 GA Southern Zone Champs
4	27.38	893	Dry, Elena	12	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
5	27.52	882	Long, Teresa	12	NC Raleigh Swimming Association	7/30/2003	2003 FG - Southern Zone Champions

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.05	929	Jao, Nathan	12	NC Unattached	7/14/2017	2017 NC LC AG Championships
2	26.08	927	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
3	26.35	908	Haughey, Braeden	12	NC TAC Titans	8/6/2016	2016 NC Southern Zone Age Grou
4	26.51 r	897	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship
5	26.55	894	Hoover, Sam	12	NC North Carolina Aquatic Club	8/6/2016	2016 NC Southern Zone Age Grou

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.59	902	Ontjes, Olivia	12	NC New Wave Swim Team	7/16/2009	2009 NC NCS Age Group LC Champs
2	59.61	901	Roses, Maija	12	NC Carolina Aquatic Team	7/29/2008	2008 GA Southern Zone Champs
3	59.72	896	Smith, Julie	12	NC Raleigh Swimming Association	7/18/2002	2002 Ncs Jo Cham
4	59.73	896	Dry, Elena	12	NC TAC Titans	8/3/2017	2017 Southern Zones Age Group
5	59.80	893	Clayton-Luce, Sophie	12	NC New Wave Swim Team	7/30/2013	2013 SC Southern Zone Age Grou

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.77	949	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
2	57.08	938	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship
3	57.28	930	Jao, Nathan	12	NC Unattached	7/16/2017	2017 NC LC AG Championships
4	57.88	907	Haughey, Braeden	12	NC TAC Titans	7/17/2016	2016 NC LC AG Championships
5	57.89	907	Li, Andrew	12	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.18	904	Eward, Ellery	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
2	2:09.54	897	Hook, Charlotte	12	NC TAC Titans	8/3/2016	2016 NC Southern Zone Age Grou
3	2:09.65	894	Zettel, Nicole	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
4	2:09.83	891	Cotter, Keelan	12	NC TAC Titans	6/16/2018	2018 NC TAC TITANS TYR Classic
5	2:10.48	877	Miller, Genevieve	12	NC Winston-Salem YMCA Swim Team	7/29/2008	2008 GA Southern Zone Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.13	947	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
2	2:05.22	926	Jao, Nathan	12	NC Unattached	7/15/2017	2017 NC LC AG Championships
3	2:05.55	919	Haughey, Braeden	12	NC TAC Titans	8/3/2016	2016 NC Southern Zone Age Grou
4	2:06.30	904	Li, Andrew	12	NC TAC Titans	8/1/2018	2018 Southern Zones Age Group
5	2:06.56	899	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:33.25	887	Homovich, Maddie	12	NC North Carolina Aquatic Club	3/21/2013	2013 LE Speedo Champions
2	4:33.71	883	Ray, Amanda	12	NC New Wave Swim Team	8/4/2015	2015 MS Southern Zones Age Group
3	4:34.00	880	Zettel, Nicole	12	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
4	4:34.47	875	Eward, Ellery	12	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
5	4:34.83	871	Miller, Genevieve	12	NC Winston-Salem YMCA Swim Team	7/29/2008	2008 GA Southern Zone Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:22.97	939	Haughey, Braeden	12	NC TAC Titans	8/2/2016	2016 NC Southern Zone Age Grou
2	4:29.15	883	Darmody, Kyle	12	NC Mecklenburg Aquatic Club	7/31/2007	2007 GU UH Southern Zone
3	4:29.24	882	Jao, Nathan	12	NC Unattached	7/14/2017	2017 NC LC AG Championships
4	4:29.32	881	Watko, Cothalee	12	NC Raleigh Swimming Association	7/30/2013	2013 SC Southern Zone Age Grou
5	4:30.21	873	Osada, Koya	12	NC North Carolina Aquatic Club	7/29/2008	2008 GA Southern Zone Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:25.66	921	Cotter, Keelan	12	NC TAC Titans	6/30/2018	2018 NC TAC LCM Distance Intra
2	9:27.47	913	Baker, Kathleen	12	NC Star Aquatics	12/13/2009	2009 Junior LC Invite
3	9:31.36	895	Ray, Amanda	12	NC New Wave Swim Team	7/26/2015	2015 NC LC SR Championships
4	9:42.99	844	Miller, Genevieve	12	NC Winston-Salem YMCA Swim Team	7/10/2008	2008 GA Senior LC Sectional
5	9:44.88	835	Perez, Sophie	12	NC North Carolina Aquatic Club	5/17/2013	2013 NC Josh Weaver Memorial M

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:27.30	880	Darmody, Kyle	12	NC Mecklenburg Aquatic Club	7/6/2007	2007 NC Swim Lenoir LC Invite
2	9:31.87	861	Santoli, Thomas	12	NC Mecklenburg Aquatic Club	5/21/2004	2004 NC New South Swimming LC
3	9:34.12	851	Cairns, Zac	12	NC North Carolina Aquatic Club	5/17/2015	2015 NC NCAC Josh Weaver Meet
4	9:35.94	843	Stringfield, Jake	12	NC Smokey Mountain Aquatic Club	6/25/2004	2004 NC Summer in the Mountain
5	9:36.52	841	Sanders, Geoffrey	12	NC New Wave Swim Team	6/14/2002	2002 US Rsa-n J. Kimball

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:58.64	960	Ray, Amanda	12	NC New Wave Swim Team	7/26/2015	2015 NC LC SR Championships
2	18:09.83	934	Cotter, Keelan	12	NC TAC Titans	7/22/2018	2018 NCS LC SR Championships
3	18:13.34	926	Miller, Genevieve	12	NC Winston-Salem YMCA Swim Team	7/10/2008	2008 GA Senior LC Sectional
4	18:23.31	904	Stringfield, Katy	12	NC Smokey Mountain Aquatic Club	6/8/2007	2007 NC SAC Summer Invite
5	18:37.36	872	Moore, Hannah	12	NC Raleigh Swimming Association	6/27/2009	2009 NC RSA Summer Sizzle Meet

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:58.11	899	Hughes, Connor	12	NC New Wave Swim Team	8/8/2015	2015 SC Southern Zone Senior
2	18:01.76	892	Santoli, Thomas	12	NC Mecklenburg Aquatic Club	7/9/2004	2004 IN Southeastern Summer Sizzler
3	18:08.60	878	Darmody, Kyle	12	NC Mecklenburg Aquatic Club	7/6/2007	2007 NC Swim Lenoir LC Invite
4	18:18.73	858	Stringfield, Jake	12	NC Smokey Mountain Aquatic Club	6/25/2004	2004 NC Summer in the Mountain
5	18:28.20	839	Houchin, Charlie	12	NC YMCA of the Triangle Area Swim Team	8/1/2000	2000 US Top 16

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	30.90	961	Benson, Sabrina	12	NC YMCA of the Triangle Area Swim Team	8/1/2006	2006 GA Southern Zones
2	30.95	957	Baker, Kathleen	12	NC Star Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs
3	30.97	956	Curzan, Claire	12	NC Raleigh Swimming Association	6/23/2017	2017 NC SGSA Eastern Invitatio
3	30.97 r	956	Hook, Charlotte	12	NC TAC Titans	8/5/2016	2016 NC Southern Zone Age Grou
5	31.10	946	Welsh, Lily	12	NC YMCA of the Triangle Area Swim Team	8/2/2018	2018 Southern Zones Age Group

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	30.00	953	Barnett, Wes	12	NC SwimMAC Carolina	7/19/2015	2015 NC LC AG Championships SG
2	30.29	932	Weaver, Ryan	12	NC Carolina Aquatic Team	7/17/2016	2016 NC LC AG Championships
3	30.33	929	Lucky, Matthew	12	NC Sailfish Aquatics	7/16/2017	2017 NC LC AG Championships
4	30.38	926	Klinger, Isaac	12	NC Greensboro Community YMCA	7/29/2008	2008 GA Southern Zone Champs
5	30.45	921	Bunger, Joe	12	NC Raleigh Swimming Association	7/17/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:05.42	976	Curzan, Claire	12	NC Raleigh Swimming Association	6/24/2017	2017 NC SGSA Eastern Invitatio
2	1:06.03	955	Hook, Charlotte	12	NC TAC Titans	8/5/2016	2016 NC Southern Zone Age Grou
3	1:06.77	930	Baker, Kathleen	12	NC Star Aquatics	12/13/2009	2009 Junior LC Invite
4	1:06.83	928	Welsh, Lily	12	NC YMCA of the Triangle Area Swim Team	8/3/2018	2018 Southern Zones Age Group
5	1:07.22	915	Benson, Sabrina	12	NC YMCA of the Triangle Area Swim Team	8/1/2006	2006 GA Southern Zones

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.80	1013	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
2	1:03.84	979	Barnett, Wes	12	NC SwimMAC Carolina	7/18/2015	2015 NC LC AG Championships SG
3	1:04.30	963	Thakur, Jake	12	NC Triangle Aquatics Club Titans	8/7/2015	2015 MS Southern Zones Age Group
4	1:04.45	958	Haughey, Braeden	12	NC TAC Titans	8/5/2016	2016 NC Southern Zone Age Grou
5	1:04.71	950	Bathory, Levente	12	NC Star Aquatics	7/12/2012	2012 NC 14 & Under Long Course

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:24.54	915	Welsh, Lily	12	NC YMCA of the Triangle Area Swim Team	7/13/2018	2018 NCS LC AG Championships
2	2:25.77	897	Zettel, Nicole	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
3	2:26.18	892	Baker, Kathleen	12	NC Star Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs
4	2:26.36	889	Homovich, Maddie	12	NC North Carolina Aquatic Club	3/21/2013	2013 LE Speedo Champions
5	2:27.01	880	Pierce, Camila	12	NC Raleigh Swimming Association	7/30/2017	2017 NC NCAC Tar Heel States

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.50	1029	Barnett, Wes	12	NC SwimMAC Carolina	7/17/2015	2015 NC LC AG Championships SG
2	2:19.36	983	Bathory, Levente	12	NC Star Aquatics	7/12/2012	2012 NC 14 & Under Long Course
3	2:19.43	982	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
4	2:19.98	974	Thakur, Jake	12	NC Triangle Aquatics Club Titans	7/26/2015	2015 NC LC SR Championships
5	2:21.18	955	Lucky, Matthew	12	NC Sailfish Aquatics	7/14/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	33.80	954	Willis, Lily	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	34.37	920	Rainey, Grace	12	NC SwimMAC Carolina	8/2/2017	2017 Southern Zones Age Group
3	34.64	904	McCauley, Ashley	12	NC Marlins of Raleigh	7/30/2013	2013 SC Southern Zone Age Grou
4	34.66	903	Arens, Abby	12	NC Marlins of Raleigh	7/29/2014	2014 ST AAAA Southern Zones Ch
5	34.91	889	Mohr, Katie	12	NC YMCA of Northwest North Carolina Riptyde	7/15/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	32.14	1009	Lucky, Matthew	12	NC Sailfish Aquatics	7/14/2017	2017 NC LC AG Championships
2	33.33	933	Abaqueta, Cam	12	NC SwimMAC Carolina	8/3/2016	2016 NC Southern Zone Age Grou
3	33.36	931	Duckworth, Ben	12	NC North Mecklenburg Aquatics, Inc	7/29/2014	2014 ST AAAA Southern Zones Ch
4	33.42	927	Liu, Darren	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
5	33.45	925	Lam, Christian	12	NC YMCA of the Triangle Area Swim Team	7/27/2010	2010 GA Southern Zone Championship

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:12.99	956	Willis, Lily	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	1:13.81	934	McCauley, Ashley	12	NC Marlins of Raleigh	7/30/2013	2013 SC Southern Zone Age Grou
3	1:13.89	932	Arens, Abby	12	NC Marlins of Raleigh	7/29/2014	2014 ST AAAA Southern Zones Ch
4	1:14.89	905	Siroky, Jilen	12	NC Mecklenburg Aquatic Club	8/14/1994	1994 LC Nationals
5	1:15.05	901	Rainey, Grace	12	NC SwimMAC Carolina	7/15/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:11.91	970	Lucky, Matthew	12	NC Sailfish Aquatics	7/15/2017	2017 NC LC AG Championships
2	1:12.35	958	Lam, Christian	12	NC YMCA of the Triangle Area Swim Team	7/27/2010	2010 GA Southern Zone Championship
3	1:12.89	943	Duckworth, Ben	12	NC North Mecklenburg Aquatics, Inc	7/29/2014	2014 ST AAAA Southern Zones Ch
4	1:13.45	927	Hoover, Sam	12	NC North Carolina Aquatic Club	8/5/2016	2016 NC Southern Zone Age Grou
5	1:14.01	912	Kroll, Matthew	12	NC SwimMAC Carolina	7/16/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:37.99	956	Siroky, Jilen	12	NC Mecklenburg Aquatic Club	8/14/1994	1994 LC Nationals
2	2:40.26	929	Willis, Lily	12	NC TAC Titans	8/3/2019	2019 Futures Greensboro
3	2:41.21	918	Rainey, Grace	12	NC SwimMAC Carolina	7/16/2017	2017 NC LC AG Championships
4	2:41.72	912	McCauley, Ashley	12	NC Marlins of Raleigh	7/26/2013	2013 NC HPSC Tar Heel States
5	2:43.78	888	Cotter, Keelan	12	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:34.70	998	Lucky, Matthew	12	NC Sailfish Aquatics	7/16/2017	2017 NC LC AG Championships
2	2:39.53	942	Basler, Daniel	12	NC Winston-Salem YMCA Swim Team	6/28/2002	2002 US Furniture City
3	2:40.83	927	Lam, Christian	12	NC YMCA of the Triangle Area Swim Team	7/15/2010	2010 NC 14 & Under Long Course
4	2:42.43	908	Li, Andrew	12	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships
5	2:43.07	901	Kroll, Matthew	12	NC SwimMAC Carolina	7/17/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.91	988	Curzan, Claire	12	NC Raleigh Swimming Association	5/7/2017	2017 NC STAR Quad Meet
2	29.29	894	Menkhaus, Madeline	12	NC SwimMAC Carolina	7/17/2016	2016 NC LC AG Championships
3	29.33	892	Ray, Amanda	12	NC New Wave Swim Team	8/8/2015	2015 MS Southern Zones Age Group
4	29.41	886	Hegland, Kate	12	NC TAC Titans	8/5/2017	2017 MS Southern Zones Age Group
5	29.52	879	Tennant, Kayla	12	NC Star Aquatics	6/21/2012	2012 NC GSA Eastern Invitation

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.82	970	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship
2	27.88	965	Jao, Nathan	12	NC Unattached	7/16/2017	2017 NC LC AG Championships
3	28.34	931	Thakur, Jake	12	NC Triangle Aquatics Club Titans	7/19/2015	2015 NC LC AG Championships SG
4	28.44	924	Battaglini, Lucca	12	NC YMCA of the Triangle Area Swim Team	8/4/2018	2018 Southern Zones Age Group
5	28.53	917	Smyre, Alex	12	NC Raleigh Swimming Association	7/19/2015	2015 NC LC AG Championships SG

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.13	979	Curzan, Claire	12	NC Raleigh Swimming Association	6/25/2017	2017 NC SGSA Eastern Invitatio
2	1:03.51	938	Ray, Amanda	12	NC New Wave Swim Team	8/5/2015	2015 MS Southern Zones Age Group
3	1:04.11	920	Menkhaus, Madeline	12	NC SwimMAC Carolina	7/15/2016	2016 NC LC AG Championships
4	1:04.30	915	Tennant, Kayla	12	NC Star Aquatics	5/11/2012	2012 NC Long Days of Summer Qu
5	1:05.09	892	Homovich, Maddie	12	NC North Carolina Aquatic Club	7/31/2012	2012 NT LC Southern Zone Champ

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.03	994	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship
2	1:01.16	990	Jao, Nathan	12	NC Unattached	7/14/2017	2017 NC LC AG Championships
3	1:02.39	950	Thakur, Jake	12	NC Triangle Aquatics Club Titans	7/17/2015	2015 NC LC AG Championships SG
4	1:03.07	928	Battaglini, Lucca	12	NC YMCA of the Triangle Area Swim Team	7/13/2018	2018 NCS LC AG Championships
5	1:03.13	926	Keough, Patrick	12	NC Raleigh Swimming Association	8/3/2016	2016 NC Southern Zone Age Grou

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:22.97	925	Ray, Amanda	12	NC New Wave Swim Team	7/18/2015	2015 NC LC AG Championships SG
2	2:24.54	906	Homovich, Maddie	12	NC North Carolina Aquatic Club	1/18/2013	2013 NC RSA January Jubilee
3	2:25.73	892	Tennant, Kayla	12	NC Star Aquatics	6/8/2012	2012 NC WAVE Capital City Invi
4	2:26.95	877	Menkhaus, Madeline	12	NC SwimMAC Carolina	7/16/2016	2016 NC LC AG Championships
5	2:29.02	852	Shanahan, Mary	12	NC Hillsborough Aquatic Club	7/14/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.88	1032	Jao, Nathan	12	NC Unattached	7/15/2017	2017 NC LC AG Championships
2	2:20.40	954	Basler, Daniel	12	NC Winston-Salem YMCA Swim Team	6/28/2002	2002 US Furniture City
3	2:21.32	941	Johnson, Aj	12	NC YMCA of Western North Carolina	7/16/2016	2016 NC LC AG Championships
4	2:22.26	928	Thakur, Jake	12	NC Triangle Aquatics Club Titans	7/25/2015	2015 NC LC SR Championships
5	2:23.17	915	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	6/18/2010	2010 GA Edwin C. Cuttino Memorial

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:22.98	950	Zettel, Nicole	12	NC TAC Titans	8/3/2019	2019 NC Southern Zone Age Group C
2	2:24.90	919	Dry, Elena	12	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
3	2:25.40	911	Hook, Charlotte	12	NC TAC Titans	8/6/2016	2016 NC Southern Zone Age Grou
4	2:25.52	909	Wilhelm, Kiley	12	NC SwimMAC Carolina	7/16/2017	2017 NC LC AG Championships
5	2:25.57	908	Willis, Lily	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:17.71	1009	Jao, Nathan	12	NC Unattached	7/16/2017	2017 NC LC AG Championships
2	2:18.80	990	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
3	2:20.42	962	Lucky, Matthew	12	NC Sailfish Aquatics	7/16/2017	2017 NC LC AG Championships
4	2:20.49	961	Haughey, Braeden	12	NC TAC Titans	8/6/2016	2016 NC Southern Zone Age Grou
5	2:20.99	952	Basler, Daniel	12	NC Winston-Salem YMCA Swim Team	6/28/2002	2002 US Furniture City

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:08.99	914	Zettel, Nicole	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
2	5:11.28	898	Cotter, Keelan	12	NC TAC Titans	7/12/2018	2018 NCS LC AG Championships
3	5:11.92	893	Willis, Lily	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
4	5:12.67	888	Baker, Kathleen	12	NC Star Aquatics	5/8/2009	2009 NC NSS Long Course Invita
5	5:14.24	877	Tennant, Kayla	12	NC Star Aquatics	6/8/2012	2012 NC WAVE Capital City Invi

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:58.44	986	Basler, Daniel	12	NC Winston-Salem YMCA Swim Team	6/28/2002	2002 US Furniture City
2	5:01.29	965	Jao, Nathan	12	NC Unattached	7/13/2017	2017 NC LC AG Championships
3	5:02.61	955	Li, Andrew	12	NC TAC Titans	7/12/2018	2018 NCS LC AG Championships
4	5:09.35	906	Thakur, Jake	12	NC Triangle Aquatics Club Titans	5/15/2015	2015 NC TAC Titans vs. YOTA Du
5	5:10.04	901	Clontz, Norvin	12	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.33	947	Smith, Julie	13	NC Raleigh Swimming Association	8/5/2003	2003 ConocoPhillips Nationals
2	26.53	929	Labonge, Natalie	13	NC Greensboro Swimming Assoc	8/10/2009	2009 Speedo Junior National Ch
3	26.76	909	Curzan, Claire	13	NC Raleigh Swimming Association	7/15/2017	2017 NC LC AG Championships
4	26.88 r	899	Church, Hunter	13	NC AquaTechs	7/31/2010	2010 NC WCSA Champs
5	26.90 r	897	Long, Teresa	13	NC Raleigh Swimming Association	8/3/2004	2004 FG Southern Zone Championship

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.02	938	Hoover, Sam	13	NC North Carolina Aquatic Club	7/15/2017	2017 NC LC AG Championships
2	25.15	928	Bathory, Levente	13	NC Enfinity Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course
3	25.42	907	Weaver, Ryan	13	NC Carolina Aquatic Team	7/15/2017	2017 NC LC AG Championships
4	25.43	906	Connery, Tim	13	NC SwimMAC Carolina	7/16/2016	2016 NC LC AG Championships
5	25.48	902	Padgett, Robert	13	NC Greensboro Swimming Assoc	5/18/2001	2001 US Rsa Goodstuff

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.05	912	Baker, Kathleen	13	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course
2	58.22	904	Smith, Julie	13	NC Raleigh Swimming Association	8/5/2003	2003 ConocoPhillips Nationals
3	58.39	897	Wilhelm, Kiley	13	NC SwimMAC Carolina	7/15/2018	2018 NCS LC AG Championships
4	58.55	889	Labonge, Natalie	13	NC Greensboro Swimming Assoc	8/10/2009	2009 Jr National Champs TT
5	58.57 r	888	Long, Teresa	13	NC Raleigh Swimming Association	7/28/2004	2004 NC Long Course Age Group

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.03 r	924	Li, Andrew	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	55.13	920	Bathory, Levente	13	NC Enfinity Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course
3	55.48 r	905	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 NC Southern Zone Age Group C
4	55.67	896	Padgett, Robert	13	NC Greensboro Swimming Assoc	5/18/2001	2001 US Rsa Goodstuff
5	55.92	886	Hoover, Sam	13	NC North Carolina Aquatic Club	8/3/2017	2017 MS Southern Zones Age Group

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.79	918	Homovich, Maddie	13	NC North Carolina Aquatic Club	1/17/2014	2014 ST TXLA Austin Grand Prix
2	2:05.42	903	Cotter, Keelan	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	2:05.54	900	Baker, Kathleen	13	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course
4	2:06.29	883	Perez, Sophie	13	NC North Carolina Aquatic Club	7/17/2014	2014 NC 14 & Under Long Cours
5	2:06.53	877	Zettel, Brooke	13	NC TAC Titans	7/14/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:57.68	1005	Haughey, Braeden	13	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
2	1:59.15	971	Bathory, Levente	13	NC Enfinity Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course
3	1:59.90	954	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 NC Southern Zone Age Group C
4	2:00.87	932	Marrujo, Max	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
5	2:00.93	930	Padgett, Robert	13	NC Greensboro Swimming Assoc	5/18/2001	2001 US Rsa Goodstuff

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:16.22	978	Homovich, Maddie	13	NC North Carolina Aquatic Club	1/17/2014	2014 ST TXLA Austin Grand Prix
2	4:23.69	889	Grigg, Ellen	13	NC New South Swimming	7/30/2003	2003 FG - Southern Zone Champions
3	4:25.98	862	Perez, Sophie	13	NC North Carolina Aquatic Club	7/17/2014	2014 NC 14 & Under Long Cours
4	4:26.57	855	Cotter, Keelan	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	4:27.77	842	Caron, Hannah	13	NC Tar Heel Aquatic Team	7/14/2005	2005 SE Speedo Sectionals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:10.95	982	Haughey, Braeden	13	NC TAC Titans	7/15/2017	2017 NC LC AG Championships
2	4:16.41	924	Fenwick, Ben	13	NC SwimMAC Carolina	7/17/2014	2014 NC 14 & Under Long Cours
3	4:16.74	920	Osada, Koya	13	NC North Carolina Aquatic Club	7/16/2009	2009 NC NCS Age Group LC Champs
4	4:16.81	920	Marrujo, Max	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	4:17.38	914	Glavich, Jonathan	13	NC YMCA of the Triangle Area Swim Team	7/25/2011	2011 YMCA National Long Course

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:49.49	971	Homovich, Maddie	13	NC North Carolina Aquatic Club	1/17/2014	2014 ST TXLA Austin Grand Prix
2	9:00.60	912	Green, Meredith	13	NC North Carolina Aquatic Club	6/12/1997	Ultra Swim
3	9:01.13	909	Grigg, Ellen	13	NC New South Swimming	7/30/2003	2003 FG - Southern Zone Champions
4	9:06.77	880	Perez, Sophie	13	NC North Carolina Aquatic Club	7/17/2014	2014 NC 14 & Under Long Cours
5	9:09.77	865	Oxford, Kristin	13	NC Mecklenburg Aquatic Club	7/27/1999	Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:39.14	983	Haughey, Braeden	13	NC TAC Titans	7/13/2017	2017 NC LC AG Championships
2	8:44.66	954	Peterson, Chip	13	NC Carteret Currents Swimming	7/31/2001	2001 US Southern Zo
3	8:46.63	944	Marrujo, Max	13	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
4	8:47.17	941	Li, Andrew	13	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
5	8:52.46	914	Osada, Koya	13	NC North Carolina Aquatic Club	7/16/2009	2009 NC NCS Age Group LC Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:12.92	931	Homovich, Maddie	13	NC North Carolina Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course
2	17:24.88	899	Green, Meredith	13	NC North Carolina Aquatic Club	6/12/1997	Ultra Swim
3	17:27.23	893	Cotter, Keelan	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
4	17:28.46	890	Grigg, Ellen	13	NC New South Swimming	7/17/2003	2003 GA LC Southern Sectionals
5	17:31.00	883	Miller, Genevieve	13	NC Winston-Salem YMCA Swim Team	7/27/2009	2009 AP YMCA National Long Course

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:41.09	939	Haughey, Braeden	13	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
2	16:56.88	902	Darmody, Kyle	13	NC SwimMAC Carolina	7/29/2008	2008 GA Southern Zone Champs
3	16:59.82	895	Marrujo, Max	13	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
4	16:59.97	894	Santoli, Thomas	13	NC Mecklenburg Aquatic Club	7/28/2005	2005 NC Long Course State Cham
5	17:02.28	889	Norris, Lance	13	NC Rocky Mount Family YMCA	7/16/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.22 r	1014	Wilhelm, Kiley	13	NC SwimMAC Carolina	8/1/2018	2018 Speedo Juniors
2	1:03.34	1009	Baker, Kathleen	13	NC Star Aquatics	8/9/2010	2010 Junior National Champs
3	1:03.60	999	Welsh, Lily	13	NC Unattached	8/3/2019	2019 Futures Greensboro
4	1:04.33	971	Curzan, Claire	13	NC Raleigh Swimming Association	7/15/2017	2017 NC LC AG Championships
5	1:04.47	965	Hook, Charlotte	13	NC TAC Titans	6/17/2017	2017 NC TAC TYR Triangle Class

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.92	1048	Bathory, Levente	13	NC Enfinity Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course
2	1:00.11	1040	Padgett, Robert	13	NC Greensboro Swimming Assoc	7/31/2001	2001 US Southern Zo
3	1:01.70	979	Haughey, Braeden	13	NC TAC Titans	7/15/2017	2017 NC LC AG Championships
4	1:02.28	956	Barnett, Wes	13	NC SwimMAC Carolina	7/16/2016	2016 NC LC AG Championships
5	1:02.38	953	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	8/2/2019	2019 NC Southern Zone Age Group C

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.20	938	Zettel, Brooke	13	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
2	2:18.46	933	Baker, Kathleen	13	NC Star Aquatics	8/9/2010	2010 Junior National Champs
3	2:18.87	927	Welsh, Lily	13	NC Unattached	8/4/2019	2019 Futures Greensboro
4	2:18.97	925	Wilhelm, Kiley	13	NC SwimMAC Carolina	8/1/2018	2018 Speedo Junior Nationals
5	2:20.23	904	Hetherington, Elizabeth	13	NC North Carolina Aquatic Club	8/5/1997	Jr Se Sum 97

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.22	1035	Haughey, Braeden	13	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
2	2:10.27	1015	Bathory, Levente	13	NC Enfinity Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course
3	2:11.60	990	Padgett, Robert	13	NC Greensboro Swimming Assoc	5/18/2001	2001 US Rsa Goodstuff
4	2:11.92	984	Healy, John	13	NC Triangle Aquatics Club Titans	7/30/2013	2013 SC Southern Zone Age Grou
5	2:14.08	944	Marrujo, Max	13	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:10.36	987	Arens, Abby	13	NC Marlins of Raleigh	3/4/2016	2016 SE Southern Premier
2	1:11.65	948	Rainey, Grace	13	NC SwimMAC Carolina	6/15/2018	2018 NC SwimMAC Ultraswim
3	1:12.42	925	McCauley, Ashley	13	NC Marlins of Raleigh	7/17/2014	2014 NC 14 & Under Long Cours
4	1:13.37	896	Baker, Kathleen	13	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course
5	1:13.65	888	Roses, Maija	13	NC Carolina Aquatic Team	8/4/2009	2009 U. S. Open

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:07.70	1028	Hoover, Sam	13	NC North Carolina Aquatic Club	8/4/2017	2017 Southern Zones Age Group
2	1:08.24	1018	Yeh, Sean	13	NC New Wave Swim Team	5/21/2010	2010 NC NCAC Meet Near the Hill
3	1:08.45	1003	Kroll, Matthew	13	NC SwimMAC Carolina	8/4/2017	2017 Southern Zones Age Group
4	1:08.46	1003	Connery, Tim	13	NC SwimMAC Carolina	7/15/2016	2016 NC LC AG Championships
5	1:09.15	981	Lucky, Matthew	13	NC Sailfish Aquatics	7/13/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:33.55	939	Rainey, Grace	13	NC SwimMAC Carolina	8/3/2018	2018 Speedo Junior Nationals
2	2:34.15	931	Arens, Abby	13	NC Marlins of Raleigh	8/1/2015	2015 NC STAR Futures Meet
3	2:35.35	915	McCauley, Ashley	13	NC Marlins of Raleigh	7/30/2014	2014 Summer Junior Nationals
4	2:35.74	910	Roses, Maija	13	NC Carolina Aquatic Team	7/16/2009	2009 SE Eastern Sectional Senior Championships
5	2:38.71	870	Cotter, Keelan	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:25.47	1018	Kroll, Matthew	13	NC SwimMAC Carolina	8/2/2017	2017 Southern Zones Age Group
2	2:27.29	992	Lucky, Matthew	13	NC Sailfish Aquatics	7/21/2018	2018 NCS LC SR Championships
3	2:28.15	981	Hoover, Sam	13	NC North Carolina Aquatic Club	8/2/2017	2017 Southern Zones Age Group
4	2:29.24	966	Yeh, Sean	13	NC New Wave Swim Team	7/27/2010	2010 GA Southern Zone Championship
5	2:29.94	956	Duckworth, Ben	13	NC North Mecklenburg Aquatics, Inc	7/18/2015	2015 NC LC AG Championships SG

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.09	972	Curzan, Claire	13	NC Raleigh Swimming Association	7/14/2017	2017 NC LC AG Championships
2	1:02.04	938	Wilhelm, Kiley	13	NC SwimMAC Carolina	7/13/2018	2018 NCS LC AG Championships
3	1:02.41	925	Homovich, Maddie	13	NC North Carolina Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course
4	1:02.68	916	Menkhaus, Madeline	13	NC SwimMAC Carolina	8/2/2017	2017 MS Southern Zones Age Group
5	1:03.20	897	Marsh, Alyssa	13	NC SwimMAC Carolina	7/14/2011	2011 NC 14 & Under Long Course

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.44	1006	Jao, Nathan	13	NC Enfinity Aquatic Club	7/13/2018	2018 NCS LC AG Championships
2	58.65	997	Oliver, Tren	13	NC SwimMAC Carolina	3/27/2015	2015 IN Speedo Sectionals at Indianapolis
3	59.26	973	Keen, Troy	13	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
4	59.76	953	Silver, Tyler	13	NC Marlins of Raleigh-Wolfpack Aquatics	7/26/2011	2011 NC SZ Age Group Champs
5	59.98	944	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 NC Southern Zone Age Group C

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.22	952	Homovich, Maddie	13	NC North Carolina Aquatic Club	1/17/2014	2014 ST TXLA Austin Grand Prix
2	2:16.30	951	Hook, Charlotte	13	NC TAC Titans	7/15/2017	2017 NC LC AG Championships
3	2:18.42	919	Menkhaus, Madeline	13	NC SwimMAC Carolina	7/15/2017	2017 NC LC AG Championships
4	2:19.37	905	Perez, Sophie	13	NC North Carolina Aquatic Club	7/17/2014	2014 NC 14 & Under Long Cours
5	2:19.41	905	Soule, Mary O	13	NC YMCA of Western North Carolina	7/31/2012	2012 NT LC Southern Zone Champ

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.40	1008	Jao, Nathan	13	NC Enfinity Aquatic Club	7/14/2018	2018 NCS LC AG Championships
2	2:13.84	948	Keen, Troy	13	NC SwimMAC Carolina	8/3/2019	2019 NC Southern Zone Age Group C
3	2:14.10	944	Johnson, Aj	13	NC YMCA of Western North Carolina	8/4/2017	2017 NC AP LC Y Nationals
4	2:14.30	940	Silver, Tyler	13	NC Marlins of Raleigh-Wolfpack Aquatics	7/14/2011	2011 NC 14 & Under Long Course
5	2:14.49	937	Kring, Jaden	13	NC Marlins of Raleigh	7/17/2014	2014 NC 14 & Under Long Cours

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.49	971	Wilhelm, Kiley	13	NC SwimMAC Carolina	7/22/2018	2018 NCS LC SR Championships
2	2:18.89	964	Hook, Charlotte	13	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
3	2:21.44	918	Homovich, Maddie	13	NC North Carolina Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course
4	2:21.45	917	Dry, Elena	13	NC TAC Titans	8/5/2018	2018 NC Futures Championships
5	2:22.10	906	Baker, Kathleen	13	NC Star Aquatics	6/25/2010	2010 NC GSA 55th Annual Easter

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:12.00	1022	Padgett, Robert	13	NC Greensboro Swimming Assoc	5/18/2001	2001 US Rsa Goodstuff
2	2:14.23	977	Li, Andrew	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
3	2:14.53	971	Connery, Tim	13	NC SwimMAC Carolina	7/17/2016	2016 NC LC AG Championships
4	2:15.76	947	Osada, Koya	13	NC North Carolina Aquatic Club	7/16/2009	2009 NC NCS Age Group LC Champs
5	2:16.05	941	Jao, Nathan	13	NC Enfinity Aquatic Club	7/15/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 13 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:51.68	959	Homovich, Maddie	13	NC North Carolina Aquatic Club	1/17/2014	2014 ST TXLA Austin Grand Prix
2	4:56.62	919	Green, Meredith	13	NC North Carolina Aquatic Club	6/12/1997	Ultra Swim
3	4:57.83	909	Hook, Charlotte	13	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
4	4:58.61	903	Baker, Kathleen	13	NC Star Aquatics	8/9/2010	2010 Junior National Champs
5	4:58.71	902	Arens, Abby	13	NC Marlins of Raleigh	3/4/2016	2016 SE Southern Premier

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 13 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:43.83	976	Li, Andrew	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	4:46.77	950	Haughey, Braeden	13	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
3	4:47.78	941	Padgett, Robert	13	NC Greensboro Swimming Assoc	5/18/2001	2001 US Rsa Goodstuff
4	4:48.66	934	Osada, Koya	13	NC North Carolina Aquatic Club	7/28/2009	2009 SZ Age Group Championship
5	4:52.33	902	Marrujo, Max	13	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.53	978	Curzan, Claire	14	NC TAC Titans	11/29/2018	2018 Winter National Champions
2	26.33	907	Sowards, Elizabeth	14	NC SwimMAC Carolina	8/4/2018	2018 Speedo Junior Nationals
3	26.36	904	McCullagh, Nora	14	NC SwimMAC Carolina	3/8/2012	2012 Speedo Champions Series, East
4	26.45	896	Smith, Julie	14	NC Raleigh Swimming Association	2/10/2004	2004 Spring Nationals
5	26.49	893	Rhodes, Lauren	14	NC SwimMAC Carolina	3/24/2011	Central Zone Section 3 Sectional Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	24.11	924	Hoover, Sam	14	NC North Carolina Aquatic Club	8/4/2018	2018 Speedo Junior Nationals
2	24.29 r	909	Boone, Garrett	14	NC Aquatic Team Of Mecklenburg	8/1/2017	2017 MS Southern Zones Age Group
3	24.48	893	Weaver, Ryan	14	NC Carolina Aquatic Team	7/14/2018	2018 NCS LC AG Championships
4	24.51	891	Walker, Jack	14	NC New South Swimming	8/8/2015	2015 MS Southern Zones Age Group
5	24.58	885	Ivy, Michael	14	NC Raleigh Swimming Association	4/2/2016	2016 VA Speedo Champ. Series M

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.36	955	Curzan, Claire	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
2	56.99	926	McCullagh, Nora	14	NC SwimMAC Carolina	3/8/2012	2012 Speedo Champions Series - East
3	57.34	910	Sowards, Elizabeth	14	NC SwimMAC Carolina	8/1/2018	2018 Speedo Junior Nationals
4	57.41	907	Razewski, Morgan	14	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
5	57.57	899	Johnson, Faith	14	NC Star Aquatics	7/23/2009	2009 NC NCS LC Senior Champion

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	52.71 r	952	Hoover, Sam	14	NC North Carolina Aquatic Club	8/1/2018	2018 Speedo Junior Nationals
2	52.82	947	Ellington, Colin	14	NC YMCA of the Triangle Area Swim Team	8/8/2011	2011 USA Junior National Champs
3	53.04	937	Connery, Tim	14	NC SwimMAC Carolina	7/16/2017	2017 NC LC AG Championships
4	53.33	923	Poelke, Boyd	14	NC SwimMAC Carolina	8/4/2016	2016 NC Southern Zone Age Grou
5	53.40	920	Haughey, Braeden	14	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.18	931	Homovich, Maddie	14	NC North Carolina Aquatic Club	8/27/2014	2014 Jr Pan Pacific Championships
2	2:04.11	909	Razewski, Morgan	14	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
3	2:04.36 r	903	Sowards, Elizabeth	14	NC SwimMAC Carolina	8/3/2018	2018 Speedo Junior Nationals
4	2:04.49	900	Medlin, Sam	14	NC YMCA of the Triangle Area Swim Team	7/30/2014	2014 YMCA National Long Course
5	2:05.27	881	Zettel, Brooke	14	NC TAC Titans	6/15/2018	2018 NC TAC TITANS TYR Classic

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:55.11 r	953	Connery, Tim	14	NC SwimMAC Carolina	7/13/2017	2017 NC LC AG Championships
2	1:55.92	934	Haughey, Braeden	14	NC TAC Titans	7/13/2018	2018 NCS LC AG Championships
3	1:56.12	929	Norris, Lance	14	NC Rocky Mount Family YMCA	6/15/2018	2018 NC TAC TITANS TYR Classic
4	1:56.21	927	Bathory, Levente	14	NC Enfinity Aquatic Club	7/17/2014	2014 NC 14 & Under Long Cours
5	1:56.67	917	Jao, Nathan	14	NC Enfinity Aquatic Club	7/12/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:12.30	1001	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nationals
2	4:16.09	955	Green, Meredith	14	NC North Carolina Aquatic Club	6/11/1998	Ultraswim
3	4:20.66	900	Grigg, Ellen	14	NC New South Swimming	8/3/2004	2004 ConocoPhillips Nationals TT
4	4:23.95	862	Baker, Kathleen	14	NC Unattached	1/14/2012	2012 NC LarsonAllen Invite
5	4:24.09	860	Razewski, Morgan	14	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:00.46	1001	Haughey, Braeden	14	NC TAC Titans	8/4/2018	2018 NC Futures Championships
2	4:05.52	945	Norris, Lance	14	NC Rocky Mount Family YMCA	6/16/2018	2018 NC TAC TITANS TYR Classic
3	4:08.11	917	Dant, Ross	14	NC Hickory Foundation YMCA Seahorse Swim Team	8/7/2015	2015 MS Southern Zones Age Group
4	4:08.58	911	Glavich, Jonathan	14	NC YMCA of the Triangle Area Swim Team	7/23/2012	2012 YMCA National Long Course
5	4:09.29	904	Fenwick, Ben	14	NC SwimMAC Carolina	7/18/2015	2015 NC LC AG Championships SG

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:36.82	1014	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nationals
2	8:44.08	974	Green, Meredith	14	NC North Carolina Aquatic Club	5/29/1998	Grand Prix
3	8:52.79	927	Razewski, Morgan	14	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
4	8:56.66	907	Grigg, Ellen	14	NC New South Swimming	8/3/2004	2004 ConocoPhillips Nationals
5	9:04.20	867	Moore, Hannah	14	NC Raleigh Swimming Association	8/8/2011	2011 USA Junior National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:27.63	948	Norris, Lance	14	NC Rocky Mount Family YMCA	7/12/2018	2018 NCS LC AG Championships
2	8:29.77	937	Haughey, Braeden	14	NC TAC Titans	7/12/2018	2018 NCS LC AG Championships
3	8:32.67	922	Dant, Ross	14	NC Hickory Foundation YMCA Seahorse Swim Team	8/4/2015	2015 MS Southern Zones Age Group
4	8:36.40	902	Santoli, Thomas	14	NC Mecklenburg Aquatic Club	7/13/2006	2006 GA Speedo Sectionals
5	8:39.31	887	Peterson, Chip	14	NC Carteret Currents Swimming	7/30/2002	2002 US So. Zone

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:32.95	1003	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nationals
2	16:39.64	984	Green, Meredith	14	NC North Carolina Aquatic Club	6/25/1998	1998 US Scsc Inv
3	17:08.67	905	Grigg, Ellen	14	NC New South Swimming	8/3/2004	2004 ConocoPhillips Nationals
4	17:12.54	894	Peterson, Emmaline	14	NC Hickory Foundation YMCA Seahorse Swim Team	5/15/2014	2014 Charlotte Grand Prix
5	17:20.22	874	Pozder, Ana	14	NC Triangle Aquatics Club Titans	7/17/2014	2014 NC 14 & Under Long Cours

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:07.52	942	Dant, Ross	14	NC Hickory Foundation YMCA Seahorse Swim Team	8/4/2015	2015 MS Southern Zones Age Group
2	16:15.43	923	Norris, Lance	14	NC Rocky Mount Family YMCA	6/17/2018	2018 NC TAC TITANS TYR Classic
3	16:17.32	918	Hinman, Mazi	14	NC Star Aquatics	7/11/2013	2013 NC 14 & Under Long Course
4	16:25.90	897	Peterson, Chip	14	NC Carteret Currents Swimming	7/25/2002	2002 Speedo Cham
5	16:26.27	896	Rogers, Kevin	14	NC YMCA of the Triangle Area Swim Team	7/31/2007	2007 GU UH Southern Zone

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.03	1056	Curzan, Claire	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
2	1:02.12	1012	Hook, Charlotte	14	NC TAC Titans	7/28/2018	2018 Summer Nationals
3	1:02.86	982	Baker, Kathleen	14	NC Star Aquatics	8/2/2011	2011 USA National Champs
4	1:03.16	970	Razewski, Morgan	14	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
5	1:03.22	968	Wilhelm, Kiley	14	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.73	992	Bathory, Levente	14	NC Enfinity Aquatic Club	7/17/2014	2014 NC 14 & Under Long Cours
2	59.17	975	Norris, Lance	14	NC Rocky Mount Family YMCA	6/16/2018	2018 NC TAC TITANS TYR Classic
3	59.18	974	Weaver, Ryan	14	NC Carolina Aquatic Team	7/14/2018	2018 NCS LC AG Championships
4	59.43	964	Haughey, Braeden	14	NC TAC Titans	7/14/2018	2018 NCS LC AG Championships
5	59.64	956	Padgett, Robert	14	NC Greensboro Swimming Assoc	7/30/2002	2002 US So. Zone

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:12.43	1001	Curzan, Claire	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
2	2:13.83	977	Baker, Kathleen	14	NC Star Aquatics	8/8/2011	2011 USA Junior National Champs
3	2:15.36	951	Hook, Charlotte	14	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships
4	2:16.92	925	Moore, Hannah	14	NC Raleigh Swimming Association	8/8/2011	2011 USA Junior National Champs
5	2:16.94	925	Razewski, Morgan	14	NC SwimMAC Carolina	1/12/2019	2019 TYR Pro Series #1 - Knoxville

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.30	1030	Haughey, Braeden	14	NC TAC Titans	8/5/2018	2018 NC Futures Championships
2	2:05.65	1004	Norris, Lance	14	NC Rocky Mount Family YMCA	6/17/2018	2018 NC TAC TITANS TYR Classic
3	2:07.37	971	Healy, John	14	NC Triangle Aquatics Club Titans	7/29/2014	2014 ST AAAA Southern Zones Ch
4	2:08.82	943	Bathory, Levente	14	NC Enfinity Aquatic Club	7/30/2013	2013 SC Southern Zone Age Grou
5	2:09.10	938	Padgett, Robert	14	NC Greensboro Swimming Assoc	7/30/2002	2002 US So. Zone

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.42	1013	Rainey, Grace	14	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	1:10.97	965	Arens, Abby	14	NC Marlins of Raleigh	8/5/2016	2016 U.S. Open Swimming Champi
3	1:11.10	961	McCauley, Ashley	14	NC Marlins of Raleigh	7/17/2015	2015 NC LC AG Championships SG
4	1:11.83	939	Hamblin, Kaylee	14	NC Mecklenburg Swim Association	6/15/2018	2018 NC SwimMAC Ultraswim
5	1:12.32	924	Higgs, Lilly	14	NC SwimMAC Carolina	7/17/2015	2015 NC LC AG Championships SG

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:05.41	1002	Hoover, Sam	14	NC North Carolina Aquatic Club	7/31/2018	2018 Speedo Junior Nationals
2	1:05.58	996	Connery, Tim	14	NC SwimMAC Carolina	7/14/2017	2017 NC LC AG Championships
3	1:06.41	968	Lee, Henry	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	1:06.51	965	Yeh, Sean	14	NC New Wave Swim Team	8/8/2011	2011 USA Junior National Champs
5	1:07.15	944	Lucky, Matthew	14	NC Sailfish Aquatics	7/12/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:31.73	956	Rainey, Grace	14	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
2	2:32.29	948	McCauley, Ashley	14	NC Marlins of Raleigh	8/10/2015	2015 U.S. National Champs
3	2:33.21	936	Arens, Abby	14	NC Marlins of Raleigh	8/3/2016	2016 U.S. Open Swimming Champi
4	2:35.87	899	Roses, Maija	14	NC Carolina Aquatic Team	8/3/2010	2010 National Champs
5	2:38.11	869	Poole, Julia	14	NC Unattached	6/14/2013	2013 NC WAVE Capital City Invi

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:21.58	993	Lucky, Matthew	14	NC Sailfish Aquatics	8/3/2019	2019 Futures Greensboro
2	2:23.61	964	Connery, Tim	14	NC SwimMAC Carolina	7/15/2017	2017 NC LC AG Championships
3	2:26.88	918	Duckworth, Ben	14	NC Enfinity Aquatic Club	8/3/2016	2016 NC Southern Zone Age Grou
4	2:27.55	908	Drake, Patrick	14	NC Raleigh Swimming Association	8/4/2018	2018 NC Futures Championships
5	2:28.03	902	Yeh, Sean	14	NC New Wave Swim Team	7/14/2011	2011 GA Senior Sectionals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.61	1028	Curzan, Claire	14	NC TAC Titans	4/11/2019	2019 TYR Pro Series #3 - Richmond
2	1:01.97	906	Marsh, Alyssa	14	NC SwimMAC Carolina	3/8/2012	2012 Speedo Champions Series, East
3	1:02.01	904	Lappin, Christina	14	NC North Mecklenburg Aquatics, Inc	5/9/2013	2013 Arena Grand Prix at Charl
4	1:02.03	904	Caron, Hannah	14	NC Tar Heel Aquatic Team	3/28/2006	2006 Spring Championships
5	1:02.23	897	Menkhaus, Madeline	14	NC SwimMAC Carolina	7/13/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.88	963	Henderson, Noah	14	NC Star Aquatics	4/15/2016	2016 NC STAR Friday Night at
2	57.55	935	Padgett, Robert	14	NC Greensboro Swimming Assoc	7/25/2002	2002 Speedo Cham
3	57.61	933	Healy, John	14	NC Triangle Aquatics Club Titans	7/29/2014	2014 ST AAAA Southern Zones Ch
4	57.72	928	Poelke, Boyd	14	NC SwimMAC Carolina	7/15/2016	2016 NC LC AG Championships
5	57.80	925	Lee, Henry	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:11.09	988	Hook, Charlotte	14	NC TAC Titans	7/25/2018	2018 Summer Nationals
2	2:13.96	944	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nationals
3	2:16.37	908	Carter, Olivia	14	NC Triangle Aquatics Club Titans	6/13/2015	2015 NC TAC TITANS Triangle CI
4	2:16.93	899	Menkhaus, Madeline	14	NC SwimMAC Carolina	7/14/2018	2018 NCS LC AG Championships
5	2:17.84	885	Ray, Amanda	14	NC New Wave Swim Team	7/15/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.74	937	Klinger, Isaac	14	NC Greensboro Community YMCA	7/27/2010	2010 GA Southern Zone Championship
2	2:07.99	932	Glavich, Dominick	14	NC YMCA of the Triangle Area Swim Team	7/12/2007	2007 SE Speedo Sectionals
3	2:08.20	929	Glavich, Jonathan	14	NC YMCA of the Triangle Area Swim Team	7/23/2012	2012 YMCA National Long Course
4	2:08.23	928	Berens, Ricky	14	NC Mecklenburg Aquatic Club	7/30/2002	2002 US So. Zone
5	2:08.65	920	Poelke, Boyd	14	NC SwimMAC Carolina	7/16/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:15.85	968	Hook, Charlotte	14	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships
2	2:18.21	925	Baker, Kathleen	14	NC Star Aquatics	8/2/2011	2011 USA National Champs
3	2:18.57	918	Zettel, Brooke	14	NC TAC Titans	6/17/2018	2018 NC TAC TITANS TYR Classic
4	2:19.35	904	Wilhelm, Kiley	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	2:20.09	890	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:06.38	1039	Connery, Tim	14	NC SwimMAC Carolina	8/12/2017	2017 Speedo Junior National
2	2:09.31	978	Ellington, Colin	14	NC YMCA of the Triangle Area Swim Team	7/25/2011	2011 YMCA National Long Course
3	2:10.17	960	Hoover, Sam	14	NC North Carolina Aquatic Club	6/22/2018	2018 FL SYS Shark Open
4	2:10.21	959	Norris, Lance	14	NC Rocky Mount Family YMCA	6/17/2018	2018 NC TAC TITANS TYR Classic
5	2:10.28	958	Padgett, Robert	14	NC Greensboro Swimming Assoc	7/30/2002	2002 US So. Zone

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:49.14	940	Homovich, Maddie	14	NC North Carolina Aquatic Club	1/16/2015	2015 ST TXLA Arena Pro Swim Se
2	4:50.07	933	Hook, Charlotte	14	NC TAC Titans	7/13/2018	2018 NCS LC AG Championships
3	4:52.87	910	Green, Meredith	14	NC North Carolina Aquatic Club	7/26/1997	P66 Senior Natio
4	4:55.03	892	McCauley, Ashley	14	NC Marlins of Raleigh	7/17/2015	2015 NC LC AG Championships SG
5	4:55.14	891	Smith, Kirsten	14	NC Marlins of Raleigh	7/22/2004	2004 SE Speedo Champions Series

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:34.29	970	Norris, Lance	14	NC Rocky Mount Family YMCA	5/18/2018	2018 NC YBAC Spring LC Invitat
2	4:34.74	966	Haughey, Braeden	14	NC TAC Titans	7/13/2018	2018 NCS LC AG Championships
3	4:38.92	929	Connery, Tim	14	NC SwimMAC Carolina	7/14/2017	2017 NC LC AG Championships
4	4:40.83	912	Dant, Ross	14	NC Hickory Foundation YMCA Seahorse Swim Team	8/6/2015	2015 MS Southern Zones Age Group
5	4:41.00	910	Barnett, Wes	14	NC SwimMAC Carolina	8/4/2017	2017 Futures Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.76	923	Curzan, Claire	15	NC TAC Titans	8/4/2019	2019 Phillips 66 Nats
2	26.04	898	McCullagh, Nora	15	NC SwimMAC Carolina	8/13/2012	2012 Speedo Junior National Champs
3	26.05	897	Countie, Grace	15	NC Marlins of Raleigh	8/1/2015	2015 NC STAR Futures Meet
4	26.24	880	Johnson, Faith	15	NC Star Aquatics	7/22/2010	2010 NC Senior LC Championship
5	26.28	876	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.71	914	Hoover, Sam	15	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
2	23.80	906	Connery, Tim	15	NC SwimMAC Carolina	6/14/2018	2018 NC SwimMAC Ultraswim
3	23.82	905	Walker, Jack	15	NC SwimMAC Carolina	8/6/2016	2016 GA Futures Championships - Atlant
4	23.95	894	Abaqueta, Cam	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
5	24.14	878	Miller, Reid	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
5	24.14	878	Poelke, Boyd	15	NC SwimMAC Carolina	8/12/2017	2017 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.65	942	Curzan, Claire	15	NC TAC Titans	7/31/2019	2019 Phillips 66 Nats
2	56.64	895	Perdue, Lauren	15	NC Greenville Swim Club	6/7/2007	2007 NC Charlotte Ultraswim
3	56.88	884	McCullagh, Nora	15	NC SwimMAC Carolina	8/13/2012	2012 Speedo Junior National Champs
4	56.92	882	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
5	56.95	881	Rhodes, Lauren	15	NC SwimMAC Carolina	3/8/2012	2012 Speedo Champions Series, East

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	50.72	990	Hoover, Sam	15	NC North Carolina Aquatic Club	8/7/2019	2019 Speedo Junior National Ch
2	51.58	949	Walker, Jack	15	NC SwimMAC Carolina	8/7/2016	2016 GA Futures Championships - Atlant
3	52.15	923	Ellington, Colin	15	NC YMCA of the Triangle Area Swim Team	8/13/2012	2012 Speedo Junior National Champs
4	52.19	921	Poelke, Boyd	15	NC SwimMAC Carolina	7/16/2017	2017 GA Speedo Long Course Sectionals
5	52.59	902	Darmody, Kyle	15	NC SwimMAC Carolina	8/9/2010	2010 Junior National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:02.04 r	909	Baker, Kathleen	15	NC SwimMAC Carolina	8/13/2012	2012 Speedo Junior National Champs
2	2:02.81	890	Perdue, Lauren	15	NC Greenville Swim Club	6/7/2007	2007 NC Charlotte Ultraswim
3	2:02.98	886	Bartis, Olwyn	15	NC SwimMAC Carolina	8/5/2016	2016 GA Futures Championships - Atlant
4	2:03.00 r	886	Merritt, Jessica	15	NC SwimMAC Carolina	7/18/2013	2013 NC Swimming Senior LC Cha
5	2:03.15	882	Hefner, Faith	15	NC Hickory Foundation YMCA Seahorse Swim Team	7/29/2016	2016 AP LC Y Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:52.27 r	965	Connery, Tim	15	NC SwimMAC Carolina	8/2/2018	2018 Speedo Junior Nationals
2	1:52.29	965	Hoover, Sam	15	NC North Carolina Aquatic Club	6/21/2019	2019 SE Richard Quick Invitati
3	1:53.73	930	Berens, Ricky	15	NC Mecklenburg Aquatic Club	4/2/2004	2004 IN Counsilman Classic
4	1:53.99	924	Poelke, Boyd	15	NC SwimMAC Carolina	7/14/2017	2017 GA Speedo Long Course Sectionals
5	1:54.16	920	Santoli, Thomas	15	NC Mecklenburg Aquatic Club	3/27/2007	2007 MR Spring Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:14.08	948	Homovich, Maddie	15	NC North Carolina Aquatic Club	7/25/2015	2015 NC LC SR Championships
2	4:16.90	913	Ray, Amanda	15	NC New Wave Swim Team	8/2/2018	2018 Speedo Junior Nationals
3	4:17.43	907	Baker, Kathleen	15	NC SwimMAC Carolina	7/19/2012	2012 NC Senior LC Championshi
4	4:18.00	900	Stenkvist, Henriette	15	NC Raleigh Swimming Association	7/23/2009	2009 NC NCS LC Senior Champion
5	4:19.46	883	Moore, Hannah	15	NC Raleigh Swimming Association	7/19/2012	2012 NC Senior LC Championshi

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:56.42	959	Haughey, Braeden	15	NC TAC Titans	8/3/2019	2019 Futures Greensboro
2	3:58.90	931	Dant, Ross	15	NC Hickory Foundation YMCA Seahorse Swim Team	7/30/2016	2016 AP LC Y Nationals
3	4:02.76	888	Norris, Lance	15	NC Rocky Mount Family YMCA	5/17/2019	2019 NC YBAC Spring LC Invitat
4	4:03.89	875	Santoli, Thomas	15	NC Mecklenburg Aquatic Club	3/27/2007	2007 MR Spring Nationals
5	4:04.70	867	McGinnis, Matt	15	NC Raleigh Swimming Association	5/18/2001	2001 US Rsa Goodstuff

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:45.74	907	Green, Meredith	15	NC North Carolina Aquatic Club	8/11/1998	1998 US Nat
2	8:46.05	905	Homovich, Maddie	15	NC North Carolina Aquatic Club	8/9/2015	2015 U.S. National Champs
3	8:50.54	881	Razewski, Morgan	15	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
4	8:53.68	864	Oxford, Kristin	15	NC Mecklenburg Aquatic Club	5/18/2001	2001 US Rsa Goodstuff
5	8:54.40	860	Marinshaw, Dania	15	NC Carolina Aquatic Team	8/4/2008	2008 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:14.15	956	Dant, Ross	15	NC Hickory Foundation YMCA Seahorse Swim Team	7/31/2016	2016 AP LC Y Nationals
2	8:22.37	911	Haughey, Braeden	15	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
3	8:25.18	896	Peterson, Chip	15	NC Carteret Currents Swimming	7/17/2003	2003 GA LC Southern Sectionals
4	8:26.08	891	Hunt, Kenan	15	NC Mecklenburg Aquatic Club	8/1/2000	2000 US Speedo Jr.champs
5	8:26.51	889	Santoli, Thomas	15	NC Mecklenburg Aquatic Club	3/27/2007	2007 MR Spring Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:37.16	955	Homovich, Maddie	15	NC North Carolina Aquatic Club	6/18/2015	2015 Arena Pro Swim Series at Santa Clara
2	16:48.63	923	Green, Meredith	15	NC North Carolina Aquatic Club	3/28/1999	1999 National Champs
3	16:59.01	895	Peterson, Emmaline	15	NC Hickory Foundation YMCA Seahorse Swim Team	5/14/2015	2015 Arena Pro Swim Series at
4	17:02.52	885	Razewski, Morgan	15	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
5	17:02.98	884	O'Donnell, Nicole	15	NC Mecklenburg Aquatic Club	7/17/2003	2003 GA LC Southern Sectionals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:36.77	950	Dant, Ross	15	NC Hickory Foundation YMCA Seahorse Swim Team	7/27/2016	2016 AP LC Y Nationals
2	15:56.77	900	Norris, Lance	15	NC Unattached	6/29/2019	2019 NC TAC LCM Distance Intra
3	15:58.92	894	Peterson, Chip	15	NC Carteret Currents Swimming	7/24/2003	2003 NC Long Course
4	15:58.95	894	Hunt, Kenan	15	NC Mecklenburg Aquatic Club	8/1/2000	2000 US Speedo Jr.champs
5	16:08.74	870	Santoli, Thomas	15	NC Mecklenburg Aquatic Club	3/27/2007	2007 MR Spring Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.00	1053	Curzan, Claire	15	NC Unattached	8/21/2019	2019 World Junior Champs
2	1:01.63	986	Baker, Kathleen	15	NC SwimMAC Carolina	6/25/2012	2012 USA Olympic Team Trials
3	1:02.66	944	Hook, Charlotte	15	NC TAC Titans	5/26/2019	2019 Mel Zajac Jr. Internation
4	1:02.78 r	940	Flickinger, Maddy	15	NC SwimMAC Carolina	8/12/2017	2017 Speedo Junior National
5	1:02.93	934	Stenkvist, Henriette	15	NC Raleigh Swimming Association	7/23/2009	2009 NC NCS LC Senior Champion

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.93	1045	Connery, Tim	15	NC SwimMAC Carolina	8/23/2018	2018 Jr Pan Pacific Swimming C
2	57.75	969	Healy, John	15	NC TAC Titans	3/16/2016	2016 FL Dolfin Junior National
3	57.95	961	Abaqueta, Cam	15	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
4	58.54	937	Higgins, Collin	15	NC SwimMAC Carolina	7/16/2009	2009 SE Eastern Sectional Senior Championships
5	58.57	936	Weaver, Ryan	15	NC Carolina Aquatic Team	8/7/2019	2019 NCSA Summer Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.16	1009	Curzan, Claire	15	NC TAC Titans	8/1/2019	2019 Phillips 66 Nats
2	2:12.81	963	Baker, Kathleen	15	NC SwimMAC Carolina	6/25/2012	2012 USA Olympic Team Trials
3	2:13.02	959	Moore, Hannah	15	NC Raleigh Swimming Association	6/25/2012	2012 USA Olympic Team Trials
4	2:15.45	918	Stenkvist, Henriette	15	NC Raleigh Swimming Association	8/10/2009	2009 Speedo Junior National Ch
5	2:15.49	917	Hook, Charlotte	15	NC TAC Titans	5/24/2019	2019 Mel Zajac Jr. Internation

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:02.17	1017	Haughey, Braeden	15	NC TAC Titans	8/4/2019	2019 Futures Greensboro
2	2:03.44	992	Healy, John	15	NC Triangle Aquatics Club Titans	7/31/2015	2015 Speedo Junior Nationals
3	2:04.32	975	Murray, Nathan	15	NC SwimMAC Carolina	8/5/2013	2013 Speedo Juniors - Time Tri
4	2:04.41	973	Norris, Lance	15	NC Unattached	6/16/2019	2019 NC TAC TYR Triangle Class
5	2:05.23	957	Barnett, Wes	15	NC SwimMAC Carolina	8/1/2018	2018 Speedo Junior Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.98	936	Arens, Abby	15	NC Marlins of Raleigh	8/5/2017	2017 U.S. Open Champs
2	1:10.86	908	Roses, Maija	15	NC Unattached	3/24/2011	Central Zone Section 3 Sectional Championships
3	1:11.38	892	McCauley, Ashley	15	NC Marlins of Raleigh	5/13/2016	2016 Charlotte PSS
4	1:11.39	892	Hamblin, Kaylee	15	NC Mecklenburg Swim Association	4/11/2019	2019 TYR Pro Series #3 - Richmond
5	1:11.40	892	Hauder, Caroline	15	NC SwimMAC Carolina	3/28/2015	2015 IN Speedo Sectionals at Indianapolis

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.12	1069	Connery, Tim	15	NC SwimMAC Carolina	7/28/2018	2018 Summer Nationals
2	1:04.01	1003	Hoover, Sam	15	NC North Carolina Aquatic Club	8/6/2019	2019 Speedo Junior National Ch
3	1:04.79	976	Chan, Will	15	NC SwimMAC Carolina	12/13/2015	Speedo Winter Juniors East LC
4	1:05.18	962	Rauch, Jacob	15	NC Aquatic Team Of Mecklenburg	7/11/2015	2015 GA Long Course Speedo Sectio
5	1:05.31	958	Mikuta, Reid	15	NC Swim GSA	8/2/2017	2017 NCSA Summer Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.91	934	Arens, Abby	15	NC Marlins of Raleigh	8/3/2017	2017 U.S. Open Champs
2	2:32.04	919	Roses, Maija	15	NC SwimMAC Carolina	8/8/2011	2011 USA Junior National Champs
3	2:32.29	915	McCauley, Ashley	15	NC Marlins of Raleigh	8/3/2016	2016 U.S. Open Swimming Champi
4	2:33.06	905	Siroky, Jilen	15	NC Mecklenburg Aquatic Club	7/26/1997	1997 US Sum Sr Nat'97
5	2:34.47	885	Henry, Sarah	15	NC Raleigh Swimming Association	7/12/2007	2007 SE Speedo Sectionals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.43	944	Hoover, Sam	15	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati
2	2:21.62	927	Connery, Tim	15	NC SwimMAC Carolina	7/7/2018	2018 GA Bulldog Grand Slam
3	2:22.58	913	Mikuta, Reid	15	NC Swim GSA	8/4/2017	2017 NCSA Summer Champs
4	2:23.56	898	Ringenbach, Bode	15	NC Marlins of Raleigh	8/4/2018	2018 NC Futures Championships
5	2:24.47	885	Rauch, Jacob	15	NC Aquatic Team Of Mecklenburg	7/12/2015	2015 GA Long Course Speedo Sectio

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.87	1030	Curzan, Claire	15	NC TAC Titans	8/2/2019	2019 Phillips 66 Nats
2	59.59	966	Hook, Charlotte	15	NC TAC Titans	8/2/2019	2019 Phillips 66 Nats
3	1:00.56	930	Zettel, Brooke	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
4	1:00.86	919	Carter, Olivia	15	NC Unattached	6/18/2016	2016 VA Last Chance Meet
5	1:00.99	915	Marsh, Alyssa	15	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.21	955	Brown, Zach	15	NC Marlins of Raleigh	5/13/2016	2016 Charlotte PSS
2	55.34	950	Berens, Ricky	15	NC Mecklenburg Aquatic Club	7/17/2003	2003 GA LC Southern Sectionals
3	55.41	947	Connery, Tim	15	NC SwimMAC Carolina	8/25/2018	2018 Jr Pan Pacific Swimming C
4	55.61	938	Henderson, Noah	15	NC Star Aquatics	8/5/2016	2016 GA Futures Championships - Atlant
5	55.83	929	Poelke, Boyd	15	NC SwimMAC Carolina	8/10/2017	2017 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.87	1009	Hook, Charlotte	15	NC TAC Titans	7/31/2019	2019 Phillips 66 Nats
2	2:10.87	962	Ray, Amanda	15	NC New Wave Swim Team	7/31/2018	2018 Speedo Junior Nationals
3	2:13.85	915	Carter, Olivia	15	NC TAC Titans	3/19/2016	2016 FL Dolfin Junior National
4	2:15.26	894	Deselm, Claire	15	NC North Carolina Aquatic Club	8/5/2013	2013 Speedo Junior National
4	2:15.26	894	Leiker, Amber	15	NC Mecklenburg Aquatic Club	8/6/2007	2007 Speedo Junior Nats

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.21	982	Brown, Zach	15	NC Marlins of Raleigh	5/14/2016	2016 Charlotte PSS
2	2:03.18	945	Berens, Ricky	15	NC Mecklenburg Aquatic Club	7/17/2003	2003 GA LC Southern Sectionals
3	2:03.86	932	Glavich, Dominick	15	NC YMCA of the Triangle Area Swim Team	8/4/2008	2008 Speedo Junior National
4	2:05.86	895	Henderson, Noah	15	NC Star Aquatics	8/6/2016	2016 GA Futures Championships - Atlant
5	2:06.58	882	Macmillan, Will	15	NC North Carolina Aquatic Club	7/18/2013	2013 NC Swimming Senior LC Cha

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.67	985	Hook, Charlotte	15	NC TAC Titans	5/24/2019	2019 Mel Zajac Jr International
2	2:16.69	929	Zettel, Brooke	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
3	2:16.90	925	Baker, Kathleen	15	NC SwimMAC Carolina	6/25/2012	2012 USA Olympic Team Trials
4	2:18.22	900	Moore, Hannah	15	NC Raleigh Swimming Association	6/25/2012	2012 USA Olympic Team Trials
5	2:19.07	885	Roses, Maija	15	NC SwimMAC Carolina	12/11/2011	2011 USA Swimming Long Course

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.92	1037	Connery, Tim	15	NC SwimMAC Carolina	7/29/2018	2018 Summer Nationals
2	2:05.81	953	Ellington, Colin	15	NC YMCA of the Triangle Area Swim Team	8/13/2012	2012 Speedo Junior National Champs
3	2:06.50	938	Nelson, Baylor	15	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
4	2:07.22	923	Boone, Garrett	15	NC Aquatic Team Of Mecklenburg	8/5/2018	2018 NC Futures Championships
5	2:08.76	891	Hoover, Sam	15	NC North Carolina Aquatic Club	7/21/2019	2019 NC LC SR Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 15 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:48.03	913	Homovich, Maddie	15	NC Marlins of Raleigh	3/4/2016	2016 SE Southern Premier
2	4:48.80	907	Baker, Kathleen	15	NC SwimMAC Carolina	8/23/2012	2012 Jr Pan Pacific
3	4:49.24	903	Hook, Charlotte	15	NC TAC Titans	5/24/2019	2019 Mel Zajac Jr. Internation
4	4:51.73	883	Smith, Kirsten	15	NC Marlins of Raleigh	4/1/2005	2005 World Championship Trials
5	4:53.37	869	Moore, Hannah	15	NC Raleigh Swimming Association	6/25/2012	2012 USA Olympic Team Trials

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 15 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:31.23	905	Norris, Lance	15	NC Unattached	6/14/2019	2019 NC TAC TYR Triangle Class
2	4:31.77	900	Haughey, Braeden	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
3	4:32.00	898	Monahan, Conall	15	NC SwimMAC Carolina	3/2/2018	2018 Atlanta PSS
4	4:32.51	894	Connery, Tim	15	NC SwimMAC Carolina	7/6/2018	2018 GA Bulldog Grand Slam
5	4:32.88	890	Dant, Ross	15	NC Hickory Foundation YMCA Seahorse Swim Team	5/13/2016	2016 Charlotte PSS

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.65	930	Flynn, Lindsay	16	NC Aquatic Team Of Mecklenburg	8/10/2019	2019 Speedo Junior National Ch
2	25.66	929	Countie, Grace	16	NC Marlins of Raleigh	3/5/2016	2016 SE Southern Premier
3	25.72	924	McCullagh, Nora	16	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National
4	25.80	917	Johnson, Faith	16	NC Star Aquatics	8/2/2011	2011 USA National Champs
5	26.13	887	Allen, Emily	16	NC North Mecklenburg Aquatics, Inc	8/5/2013	2013 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.24	922	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	6/13/2019	2019 NC SwimMAC Charlotte Ultr
2	23.27	919	Darmody, Kyle	16	NC SwimMAC Carolina	8/2/2011	2011 USA National Champs
3	23.68	884	Walker, Jack	16	NC SwimMAC Carolina	7/1/2017	2017 Summer National Champs
4	23.71	882	Pritchett, Poston	16	NC Bull City Aquatics Of Durham	8/14/2001	2001 Phillips 66 Summer National Championships
5	23.77	876	Berens, Ricky	16	NC Mecklenburg Aquatic Club	7/22/2004	2004 SE Speedo Champions Series

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.06	910	Johnson, Faith	16	NC Star Aquatics	8/8/2011	2011 USA Junior National Champs
2	56.14	906	McCullagh, Nora	16	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National
3	56.36	896	Perdue, Lauren	16	NC Unattached	1/4/2008	2008 Victorian Champs
4	56.49 r	890	Baker, Kathleen	16	NC SwimMAC Carolina	7/30/2013	2013 U.S. Open Swimming Champi
5	56.52	888	Allen, Emily	16	NC North Mecklenburg Aquatics, Inc	8/5/2013	2013 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	50.33	959	Connery, Tim	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
2	50.81	936	Ellington, Colin	16	NC YMCA of the Triangle Area Swim Team	7/29/2013	2013 YMCA National Long Course
3	50.92	931	Walker, Jack	16	NC SwimMAC Carolina	8/9/2017	2017 Speedo Junior National
4	51.11	922	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
5	51.45	906	Darmody, Kyle	16	NC SwimMAC Carolina	8/8/2011	2011 USA Junior National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.61	925	Baker, Kathleen	16	NC SwimMAC Carolina	1/17/2014	2014 ST TXLA Austin Grand Prix
2	2:01.07	914	Brown, Erika	16	NC SwimMAC Carolina	8/2/2015	2015 Speedo Junior Nationals
3	2:01.45	904	McCullagh, Nora	16	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National
4	2:01.67	899	Henry, Sarah	16	NC Unattached	1/8/2009	2009 Jr Pan Pacific Champs
5	2:01.72	898	Stenkvist, Henriette	16	NC Raleigh Swimming Association	7/15/2010	2010 European Junior Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:51.27	936	Berens, Ricky	16	NC Mecklenburg Aquatic Club	8/3/2004	2004 ConocoPhillips Nationals
2	1:51.34	934	Santoli, Thomas	16	NC SwimMAC Carolina	7/29/2008	2008 U. S. Open
3	1:51.61	927	Svendsen, Hugh	16	NC SwimMAC Carolina	8/3/2018	2018 Speedo Junior Nationals
4	1:53.15	890	Houchin, Charlie	16	NC YMCA of the Triangle Area Swim Team	8/3/2004	2004 ConocoPhillips Nationals
5	1:53.29	887	Ellington, Colin	16	NC YMCA of the Triangle Area Swim Team	7/29/2013	2013 YMCA National Long Course

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:12.86	929	Homovich, Maddie	16	NC Marlins of Raleigh	6/27/2016	2016 U.S. Olympic Team Trials - Swimming
2	4:13.69	918	Stenkvist, Henriette	16	NC Raleigh Swimming Association	7/15/2010	2010 European Junior Championships
3	4:15.96	891	Pozder, Ana	16	NC TAC Titans	8/6/2016	2016 GA Futures Championships - Atlant
4	4:16.83	881	Moore, Hannah	16	NC Triangle Aquatics Club Titans	8/5/2013	2013 Speedo Junior National
5	4:18.12	865	Green, Meredith	16	NC North Carolina Aquatic Club	3/28/2000	2000 US Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:56.60	922	Dant, Ross	16	NC Hickory Foundation YMCA Seahorse Swim Team	6/30/2017	2017 Summer National Champs
2	3:57.59	911	Houchin, Charlie	16	NC YMCA of the Triangle Area Swim Team	8/3/2004	2004 ConocoPhillips Nationals
3	3:57.84	908	Berens, Ricky	16	NC Mecklenburg Aquatic Club	7/22/2004	2004 SE Speedo Champions Series
4	3:58.76	898	Sawatzki, Matt	16	NC North Carolina Aquatic Club	8/1/1998	1998 US Speedo Jr Champs
5	3:58.95	896	Peterson, Chip	16	NC Carteret Currents Swimming	8/3/2004	2004 ConocoPhillips Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:36.66	939	Homovich, Maddie	16	NC Marlins of Raleigh	8/24/2016	2016 Jr Pan Pacific Swimming Championships
2	8:44.78	894	Green, Meredith	16	NC North Carolina Aquatic Club	3/28/2000	2000 US Nationals
3	8:48.11	877	Pozder, Ana	16	NC TAC Titans	5/6/2016	2016 NC TAC TITANS Cinco de Ma
4	8:48.37	875	Moore, Hannah	16	NC Triangle Aquatics Club Titans	8/5/2013	2013 Speedo Junior National
5	8:49.73	868	Shrum, Cara	16	NC Mecklenburg Aquatic Club	2/12/1997	PHILLIPS 66 NATIONAL

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:02.90	954	Dant, Ross	16	NC Hickory Foundation YMCA Seahorse Swim Team	7/1/2017	2017 Summer National Champs
2	8:14.33	890	Peterson, Chip	16	NC Carteret Currents Swimming	8/3/2004	2004 ConocoPhillips Nationals
3	8:16.58	878	Patton, Matt	16	NC Mecklenburg Aquatic Club	7/17/2003	2003 GA LC Southern Sectionals
4	8:16.93	876	Sawatzki, Matt	16	NC North Carolina Aquatic Club	8/11/1998	1998 US Nat
5	8:18.45	868	Norris, Lance	16	NC Unattached	7/18/2019	2019 NC LC SR Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:30.37	959	Homovich, Maddie	16	NC Marlins of Raleigh	8/6/2016	2016 U.S. Open Swimming Champi
2	16:39.20	934	Green, Meredith	16	NC North Carolina Aquatic Club	3/28/2000	2000 US Nationals
3	16:47.10	912	Pozder, Ana	16	NC TAC Titans	8/7/2016	2016 GA Futures Championships - Atlant
4	16:49.16	907	Shrum, Cara	16	NC Mecklenburg Aquatic Club	7/3/1997	1997 US Janet Evans Inv
5	16:50.75	902	Peterson, Emmaline	16	NC Hickory Foundation YMCA Seahorse Swim Team	8/3/2015	2015 LC Y Nationals w TT

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:26.93	947	Dant, Ross	16	NC Hickory Foundation YMCA Seahorse Swim Team	6/27/2017	2017 Summer National Champs
2	15:34.07	928	Peterson, Chip	16	NC Carteret Currents Swimming	8/3/2004	2004 ConocoPhillips Nationals
3	15:45.60	899	Norris, Lance	16	NC Unattached	8/1/2019	2019 Futures Greensboro
4	15:47.54	894	Sawatzki, Matt	16	NC North Carolina Aquatic Club	8/11/1998	1998 US Nat
5	15:47.63	894	Zucker, Logan	16	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.62	1009	Baker, Kathleen	16	NC SwimMAC Carolina	6/25/2013	2013 USA National Champs
2	1:01.96 r	954	Stenkvist, Henriette	16	NC Raleigh Swimming Association	8/9/2010	2010 European Swimming Champs
3	1:02.46	934	Menkhaus, Julia	16	NC SwimMAC Carolina	8/5/2016	2016 U.S. Open Swimming Champi
4	1:02.80	920	Hauder, Caroline	16	NC SwimMAC Carolina	6/27/2016	2016 U.S. Olympic Team Trials - Swimming
5	1:02.98	913	Flickinger, Maddy	16	NC SwimMAC Carolina	7/28/2018	2018 Summer Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.85	993	Darmody, Kip	16	NC SwimMAC Carolina	8/4/2009	2009 U. S. Open
2	56.40	970	Connery, Tim	16	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
3	56.41	969	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
4	57.58	921	Darmody, Kyle	16	NC SwimMAC Carolina	8/2/2011	2011 USA National Champs
5	57.60	920	Healy, John	16	NC Marlins of Raleigh	8/5/2016	2016 U.S. Open Swimming Champi

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.23	989	Baker, Kathleen	16	NC SwimMAC Carolina	6/25/2013	2013 USA National Champs
2	2:12.64	947	Stenkvist, Henriette	16	NC Raleigh Swimming Association	3/4/2010	2010 Austin Grand
3	2:13.61	930	Moore, Hannah	16	NC Triangle Aquatics Club Titans	6/25/2013	2013 USA National Champs
4	2:13.67	929	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
5	2:15.09	905	Homovich, Maddie	16	NC Marlins of Raleigh	7/1/2016	2016 U.S. Olympic Team Trials - Swimming

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:02.16	973	Ress, Justin	16	NC Marlins of Raleigh	7/30/2014	2014 Summer Juniors Time Trials
2	2:02.71	962	Murray, Nathan	16	NC SwimMAC Carolina	7/30/2014	2014 Summer Junior Nationals
3	2:03.07	955	Healy, John	16	NC Marlins of Raleigh	8/3/2016	2016 U.S. Open Swimming Champi
4	2:03.38	948	Darmody, Kip	16	NC SwimMAC Carolina	8/10/2009	2009 Speedo Junior National Ch
5	2:03.82	940	Svendsen, Hugh	16	NC SwimMAC Carolina	3/2/2018	2018 Atlanta PSS

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.91	955	Arens, Abby	16	NC Marlins of Raleigh	7/28/2018	2018 Summer Nationals
2	1:10.51	905	Roberts, Melanie	16	NC Raleigh Swimming Association	8/1/2006	2006 CA ConocoPhillips Nats
3	1:10.59	903	Poole, Julia	16	NC Triangle Aquatics Club Titans	7/24/2015	2015 NC LC SR Championships
4	1:10.74	898	Henry, Sarah	16	NC Unattached	1/8/2009	2009 Jr Pan Pacific Champs
5	1:10.97	891	McCauley, Ashley	16	NC Marlins of Raleigh	8/5/2017	2017 U.S. Open Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.55	1009	Connery, Tim	16	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	1:03.05	992	Mikuta, Reid	16	NC Swim GSA	8/1/2018	2018 NCSA Summer Swimming Champ
3	1:03.78	966	Chan, Will	16	NC SwimMAC Carolina	3/4/2016	2016 SE Southern Premier
4	1:04.20	951	Roberts, Jon	16	NC Raleigh Swimming Association	8/3/2004	2004 ConocoPhillips Nationals
5	1:04.35	946	Yeh, Sean	16	NC New Wave Swim Team	8/5/2013	2013 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:29.25	954	McCauley, Ashley	16	NC Marlins of Raleigh	8/3/2017	2017 U.S. Open Champs
2	2:29.71	948	Arens, Abby	16	NC Marlins of Raleigh	7/26/2018	2018 Summer Nationals
3	2:30.35	939	Henry, Sarah	16	NC Raleigh Swimming Association	6/29/2008	2008 Olympic Trials
4	2:32.04	915	Mangaoang, Desirae	16	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
5	2:32.55	908	Poole, Julia	16	NC Triangle Aquatics Club Titans	8/2/2015	2015 Speedo Junior Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.81	931	House, Garrett	16	NC Carolina Aquatic Team	8/8/2011	2011 USA Junior National Champs
2	2:21.10	927	Young, Bill	16	NC YMCA of Western North Carolina	8/9/2010	2010 Junior National Champs
3	2:21.55	920	Roberts, Jon	16	NC Raleigh Swimming Association	8/3/2004	2004 ConocoPhillips Nationals
4	2:22.16	911	Kim, Stephen	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
5	2:22.20	911	Hoffer, Luke	16	NC North Carolina Aquatic Club	8/4/2008	2008 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.22	924	Baker, Kathleen	16	NC SwimMAC Carolina	1/17/2014	2014 ST TXLA Austin Grand Prix
2	1:00.70	906	Menkhaus, Julia	16	NC SwimMAC Carolina	8/4/2016	2016 U.S. Open Swimming Champi
3	1:01.00	895	Arens, Abby	16	NC Marlins of Raleigh	7/25/2018	Time Trials -2018 Phillips 66
4	1:01.04	894	Lindner, Sophie	16	NC SwimMAC Carolina	6/4/2016	2016 NC SwimMAC Road To Rio
5	1:01.18	889	Marsh, Alyssa	16	NC SwimMAC Carolina	8/6/2014	2014 Summer Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.37	957	Henderson, Noah	16	NC Star Aquatics	8/10/2017	2017 Speedo Junior National
2	54.48	952	Josa, Matthew	16	NC SwimMAC Carolina	8/8/2011	2011 USA Junior National Champs
3	54.54	949	Connery, Tim	16	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
4	54.89	934	Berens, Ricky	16	NC Mecklenburg Aquatic Club	12/2/2004	2004 US Open
5	55.24	919	Poelke, Boyd	16	NC SwimMAC Carolina	3/1/2018	2018 Atlanta PSS

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:12.22	938	Carter, Olivia	16	NC Enfinity Aquatic Club	6/2/2017	2017 NC SwimMAC UltraSwim
2	2:13.13	924	Casazza, Caitlin	16	NC SwimMAC Carolina	8/13/2012	2012 Speedo Junior National Champs
3	2:13.32	921	Ray, Amanda	16	NC New Wave Swim Team	7/11/2019	2019 NC ESSZ Long Course Champ
4	2:13.54	917	Homovich, Maddie	16	NC Marlins of Raleigh	8/2/2016	2016 U.S. Open Swimming Champi
5	2:14.55	902	Baker, Kathleen	16	NC SwimMAC Carolina	7/18/2013	2013 NC Swimming Senior LC Cha

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.07	961	Brown, Zach	16	NC Marlins of Raleigh	8/2/2016	2016 U.S. Open Swimming Champi
2	2:00.50	953	Glavich, Dominick	16	NC YMCA of the Triangle Area Swim Team	8/10/2009	2009 Speedo Junior National Ch
3	2:02.45	916	Henderson, Noah	16	NC Star Aquatics	8/8/2017	2017 Speedo Junior National
4	2:02.54	914	Forst, Preston	16	NC Enfinity Aquatic Club	6/23/2018	2018 NC SGSA Eastern Invitatio
5	2:02.56	914	Berens, Ricky	16	NC Mecklenburg Aquatic Club	7/7/2004	2004 US Olympic Trials

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.35	986	Baker, Kathleen	16	NC SwimMAC Carolina	7/30/2013	2013 U.S. Open Swimming Champi
2	2:16.62	924	Henry, Sarah	16	NC Unattached	1/8/2009	2009 Jr Pan Pacific Champs
3	2:16.86	920	Hauder, Caroline	16	NC SwimMAC Carolina	5/15/2016	2016 Charlotte PSS
4	2:17.54	907	Poole, Julia	16	NC Triangle Aquatics Club Titans	8/3/2015	2015 Speedo Junior Nationals
5	2:18.08	897	Menkhaus, Julia	16	NC SwimMAC Carolina	8/7/2016	2016 GA Futures Championships - Atlant

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.58	1037	Connery, Tim	16	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
2	2:03.97	985	Ress, Justin	16	NC Marlins of Raleigh	7/30/2014	2014 Summer Junior Nationals
3	2:04.00	984	Nelson, Baylor	16	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
4	2:05.34	956	Ellington, Colin	16	NC YMCA of the Triangle Area Swim Team	7/29/2013	2013 YMCA National Long Course
5	2:06.38	934	Josa, Matthew	16	NC SwimMAC Carolina	12/1/2011	2011 Winter National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:44.63	936	Baker, Kathleen	16	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National
2	4:45.92	925	Henry, Sarah	16	NC Unattached	1/8/2009	2009 Jr Pan Pacific Champs
3	4:47.92	908	Homovich, Maddie	16	NC Marlins of Raleigh	8/25/2016	2016 Jr Pan Pacific Swimming Championships
4	4:49.06	899	Carter, Olivia	16	NC Enfinity Aquatic Club	6/23/2017	2017 NC SGSA Eastern Invitatio
5	4:49.63	894	Moore, Hannah	16	NC Triangle Aquatics Club Titans	6/25/2013	2013 USA National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:26.47	933	Ress, Justin	16	NC Marlins of Raleigh	7/30/2014	2014 Summer Juniors Time Trials
2	4:27.23	926	Norris, Lance	16	NC Unattached	8/2/2019	2019 Futures Greensboro
3	4:29.38	906	Bretzmann, Peter	16	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
4	4:29.63	904	Zucker, Logan	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	4:29.72	903	Nelson, Baylor	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.75	912	Johnson, Faith	17	NC Star Aquatics	6/25/2012	2012 USA Olympic Team Trials
2	25.86	903	McCullagh, Nora	17	NC SwimMAC Carolina	8/6/2014	2014 Summer Nationals
3	25.96	894	Perdue, Lauren	17	NC Greenville Swim Club	5/22/2009	2009 Mel Zajac Jr Internationa
4	26.01	889	Brown, Erika	17	NC SwimMAC Carolina	12/13/2015	Speedo Winter Juniors East LC
5	26.06	885	Countie, Grace	17	NC Marlins of Raleigh	8/6/2017	2017 U.S. Open Champs
5	26.06	885	Allen, Emily	17	NC North Mecklenburg Aquatics, Inc	7/30/2014	2014 Summer Junior Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.09	905	Ress, Justin	17	NC Marlins of Raleigh	3/21/2015	2015 FL NCSA Spring Champs
2	23.19	896	Darmody, Kyle	17	NC SwimMAC Carolina	6/25/2012	2012 USA Olympic Team Trials
3	23.21	894	Chan, Will	17	NC SwimMAC Carolina	7/13/2017	2017 GA Speedo Long Course Sectionals
4	23.32 r	885	Ellington, Colin	17	NC YMCA of the Triangle Area Swim Team	7/29/2014	2014 YMCA National Long Course
5	23.40 r	878	Tuning, Jeffrey	17	NC New Wave Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.15	903	Johnson, Faith	17	NC Star Aquatics	3/8/2012	2012 Speedo Champions Series, East
2	56.37	892	Allen, Emily	17	NC North Mecklenburg Aquatics, Inc	8/27/2014	2014 Jr Pan Pacific Championships
3	56.55	884	Perdue, Lauren	17	NC Greenville Swim Club	8/4/2008	2008 Speedo Junior National
4	56.66	879	Brown, Erika	17	NC SwimMAC Carolina	3/6/2016	2016 SE Southern Premier
5	56.87	869	Brown, Rachel	17	NC YMCA of Northwest North Carolina Riptyde	8/7/2015	2015 LC Y Nationals w TT

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	50.46	919	Darmody, Kip	17	NC SwimMAC Carolina	8/26/2010	2010 Jr Pan Pacific Champs
2	50.65	909	Walker, Jack	17	NC SwimMAC Carolina	7/25/2018	2018 Summer Nationals
3	50.76	904	Darmody, Kyle	17	NC SwimMAC Carolina	8/23/2012	2012 Jr Pan Pacific
4	51.04	891	Bathory, Levente	17	NC Enfinity Aquatic Club	8/9/2016	2016 Speedo Junior National
5	51.15	886	McGinnis, Matt	17	NC Raleigh Swimming Association	8/5/2003	2003 ConocoPhillips Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.35	957	Allen, Emily	17	NC North Mecklenburg Aquatics, Inc	8/6/2014	2014 Summer Nationals
2	2:00.17	936	Baker, Kathleen	17	NC SwimMAC Carolina	5/15/2014	2014 Charlotte Grand Prix
3	2:00.67	924	Carter, Olivia	17	NC Enfinity Aquatic Club	8/11/2017	2017 Speedo Junior National
4	2:01.66	899	Perdue, Lauren	17	NC Greenville Swim Club	8/4/2008	2008 Speedo Junior National
5	2:02.01	891	McCullagh, Nora	17	NC SwimMAC Carolina	3/27/2015	2015 IN Speedo Sectionals at Indianapolis

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:50.19 r	931	Darmody, Kip	17	NC SwimMAC Carolina	8/6/2010	2010 National Champs
2	1:50.78	917	Walker, Jack	17	NC SwimMAC Carolina	7/26/2018	2018 Summer Nationals
3	1:50.92	913	Berens, Ricky	17	NC Mecklenburg Aquatic Club	7/14/2005	2005 SE Speedo Sectionals
4	1:51.38	902	McGinnis, Matt	17	NC Raleigh Swimming Association	8/5/2003	2003 ConocoPhillips Nationals
5	1:51.42	901	Svendsen, Hugh	17	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:11.05	950	Moore, Hannah	17	NC Unattached	8/17/2014	Summer Youth Olympic Games
2	4:14.36	909	Stenkvist, Henriette	17	NC Unattached	6/29/2011	Swedish Championships
3	4:14.91	902	Baker, Kathleen	17	NC SwimMAC Carolina	6/19/2014	2014 Santa Clara GP
4	4:15.60	894	Marquardt, Ellie	17	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
5	4:16.90	879	Grigg, Ellen	17	NC New South Swimming	8/6/2007	2007 Speedo Junior Nats

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:51.85	954	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	7/28/2018	2018 Summer Nationals
2	3:54.60	923	Patton, Matt	17	NC Mecklenburg Aquatic Club	1/6/2005	2005 Junior Pan Pacs
3	3:55.39	914	Houchin, Charlie	17	NC YMCA of the Triangle Area Swim Team	8/3/2005	2005 ConocoPhillips Nationals
4	3:56.03	906	Boston, Brett	17	NC New South Swimming	8/10/2009	2009 Speedo Junior National Ch
5	3:56.62	900	Peterson, Chip	17	NC Carteret Currents Swimming	8/3/2005	2005 ConocoPhillips Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:42.16	902	Moore, Hannah	17	NC Unattached	7/17/2014	2014 NC GSA Speedo Champs Seri
2	8:42.46	900	Homovich, Maddie	17	NC Marlins of Raleigh	8/2/2017	2017 U.S. Open Champs
3	8:42.97	897	Shrum, Cara	17	NC Mecklenburg Aquatic Club	8/11/1998	1998 US Nat
4	8:43.72	893	Green, Meredith	17	NC North Carolina Aquatic Club	6/28/2001	2001 US Santa Clara Xxxi
5	8:46.92	876	Dyszkiewicz, Magda	17	NC Mecklenburg Aquatic Club	8/6/1999	1999 US Nat

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:00.51	959	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	8/26/2018	2018 Jr Pan Pacific Swimming C
2	8:05.39	931	Patton, Matt	17	NC Mecklenburg Aquatic Club	1/6/2005	2005 Junior Pan Pacs
3	8:07.66	919	Peterson, Chip	17	NC Carteret Currents Swimming	8/3/2005	2005 ConocoPhillips Nationals
4	8:11.59	897	Houchin, Charlie	17	NC YMCA of the Triangle Area Swim Team	8/3/2005	2005 ConocoPhillips Nationals
5	8:13.36	887	Bretzmann, Thomas	17	NC North Carolina Aquatic Club	8/12/2017	2017 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:35.48	940	Green, Meredith	17	NC North Carolina Aquatic Club	3/27/2001	2001 Spring Nationals
2	16:39.88	928	Shrum, Cara	17	NC Mecklenburg Aquatic Club	8/11/1998	1998 US Nat
3	16:42.02	922	Dyszkiewicz, Magda	17	NC Mecklenburg Aquatic Club	8/6/1999	1999 US Nat
4	16:43.24	919	Homovich, Maddie	17	NC Marlins of Raleigh	7/1/2017	2017 Summer National Champs
5	16:45.63	912	Peterson, Emmaline	17	NC Hickory Foundation YMCA Seahorse Swim Team	7/27/2016	2016 AP LC Y Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:19.03	950	Peterson, Chip	17	NC Carteret Currents Swimming	8/3/2005	2005 ConocoPhillips Nationals
2	15:30.78	919	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	8/23/2018	2018 Jr Pan Pacific Swimming C
3	15:32.86	914	Patton, Matt	17	NC Mecklenburg Aquatic Club	1/6/2005	2005 Junior Pan Pacs
4	15:44.89	883	Sanders, Geoffrey	17	NC New Wave Swim Team	8/1/2006	2006 CA ConocoPhillips Nats
5	15:45.55	882	Bretzmann, Thomas	17	NC North Carolina Aquatic Club	8/8/2017	2017 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.35	1020	Baker, Kathleen	17	NC SwimMAC Carolina	8/21/2014	2014 Pan Pacific Championships
2	1:01.72	964	Menkhaus, Julia	17	NC SwimMAC Carolina	6/30/2017	2017 Summer National Champs
3	1:02.01	952	Larson, Sinclair	17	NC SwimMAC Carolina	8/11/2017	2017 Speedo Junior National
4	1:02.09	949	Countie, Grace	17	NC Marlins of Raleigh	8/5/2017	2017 U.S. Open Champs
5	1:02.40	936	Nelson, Stephanie	17	NC SwimMAC Carolina	3/6/2016	2016 SE Southern Premier

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.90 r	995	Darmody, Kip	17	NC SwimMAC Carolina	8/26/2010	2010 Jr Pan Pacific Champs
2	56.27	936	Hamlet, Thomas	17	NC Enfinity Aquatic Club	8/1/2018	2018 NCSA Summer Swimming Champ
3	56.50	927	Josa, Matthew	17	NC SwimMAC Carolina	8/13/2012	2012 Speedo Junior National Champs
4	56.63	921	Darmody, Kyle	17	NC SwimMAC Carolina	6/25/2012	2012 USA Olympic Team Trials
5	56.76	916	Godsoe, Eugene	17	NC Greensboro Swimming Assoc	8/3/2005	2005 ConocoPhillips Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.18	989	Moore, Hannah	17	NC Unattached	7/17/2014	2014 NC GSA Speedo Champs Seri
2	2:10.42	985	Baker, Kathleen	17	NC SwimMAC Carolina	8/6/2014	2014 Summer Nationals
3	2:12.79	944	Larson, Sinclair	17	NC SwimMAC Carolina	8/9/2017	2017 Speedo Junior National
4	2:13.24	937	Homovich, Maddie	17	NC Marlins of Raleigh	8/3/2017	2017 U.S. Open Champs
5	2:13.29	936	Stenkvist, Henriette	17	NC Raleigh Swimming Association	5/12/2011	2011 NC Charlotte UltraSwim

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.53	963	Ress, Justin	17	NC Marlins of Raleigh	3/18/2015	2015 FL NCSA Spring Champs
2	2:01.37	946	Healy, John	17	NC Marlins of Raleigh	8/3/2017	2017 U.S. Open Champs
3	2:01.88	935	Darmody, Kip	17	NC SwimMAC Carolina	8/26/2010	2010 Jr Pan Pacific Champs
4	2:02.30	927	Svensen, Hugh	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
5	2:02.34	926	Murray, Nathan	17	NC SwimMAC Carolina	8/10/2015	2015 U.S. National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.58	955	Arens, Abby	17	NC Marlins of Raleigh	8/3/2019	2019 Phillips 66 Nats
2	1:09.56	924	Roses, Maija	17	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National
3	1:09.68	920	Roberts, Melanie	17	NC Raleigh Swimming Association	8/21/2007	2007 Japan International Swim Meet
4	1:10.76	887	McCauley, Ashley	17	NC Marlins of Raleigh	11/30/2018	2018 Winter National Champions
5	1:11.26	871	Poole, Julia	17	NC Marlins of Raleigh	8/5/2016	2016 U.S. Open Swimming Champi

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.96	951	Mikuta, Reid	17	NC Swim GSA	8/7/2019	2019 NCSA Summer Champs
2	1:03.36	936	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	8/6/2019	2019 Speedo Junior National Ch
3	1:03.46	933	Chan, Will	17	NC SwimMAC Carolina	8/8/2017	2017 Speedo Junior National
4	1:03.56	929	Le, Daniel	17	NC Star Aquatics	8/13/2012	2012 Speedo Junior National Champs
5	1:04.41	899	Rauch, Jacob	17	NC Aquatic Team Of Mecklenburg	8/8/2017	2017 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:25.80	991	Arens, Abby	17	NC Marlins of Raleigh	8/1/2019	2019 Phillips 66 Nats
2	2:31.64	909	McCauley, Ashley	17	NC Marlins of Raleigh	12/1/2018	2018 Winter National Champions
3	2:31.77	907	Roses, Maija	17	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National
4	2:31.85	906	Roberts, Melanie	17	NC Raleigh Swimming Association	8/21/2007	2007 Japan International Swim Meet
5	2:32.87	892	Hathaway, Katie	17	NC Mecklenburg Aquatic Club	2/12/1997	PHILLIPS 66 NATIONAL

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:17.53	941	Young, Bill	17	NC YMCA of Western North Carolina	8/8/2011	2011 USA Junior National Champs
2	2:18.59	925	Quinn, Sean	17	NC Mecklenburg Aquatic Club	3/28/1999	1999 National Champs
3	2:19.09	918	Mikuta, Reid	17	NC Swim GSA	8/9/2019	2019 NCSA Summer Champs
4	2:20.74	893	Hoffer, Luke	17	NC North Carolina Aquatic Club	8/10/2009	2009 Speedo Junior National Ch
5	2:21.31	885	House, Garrett	17	NC Carolina Aquatic Team	8/13/2012	2012 Speedo Junior National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.38	953	Carter, Olivia	17	NC Enfinity Aquatic Club	8/10/2017	2017 Speedo Junior National
2	59.69	941	Baker, Kathleen	17	NC SwimMAC Carolina	7/10/2014	2014 GA Bulldog Grand Slam
3	1:00.43	914	Menkhaus, Julia	17	NC SwimMAC Carolina	6/29/2017	2017 Summer National Champs
4	1:00.47	913	Arens, Abby	17	NC Marlins of Raleigh	7/13/2019	2019 NC ESSZ Long Course Champ
5	1:00.58	909	Welshofer, Elsa	17	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	53.29	965	Berens, Ricky	17	NC Mecklenburg Aquatic Club	8/3/2005	2005 ConocoPhillips Nationals
2	54.13	928	Josa, Matthew	17	NC SwimMAC Carolina	8/13/2012	2012 Speedo Junior National Champs
3	54.31	920	Brown, Zach	17	NC Marlins of Raleigh	8/4/2017	2017 U.S. Open Champs
4	54.34	918	Henderson, Noah	17	NC Star Aquatics	8/2/2018	2018 Speedo Junior Nationals
5	54.65	905	Darmody, Kip	17	NC SwimMAC Carolina	8/9/2010	2010 Junior National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.02	959	Carter, Olivia	17	NC Enfinity Aquatic Club	8/8/2017	2017 Speedo Junior National
2	2:11.71	917	Homovich, Maddie	17	NC Marlins of Raleigh	6/27/2017	2017 Summer National Champs
3	2:13.50	889	Casazza, Caitlin	17	NC SwimMAC Carolina	8/5/2013	2013 Speedo Junior National
4	2:14.49	874	Menkhaus, Julia	17	NC SwimMAC Carolina	6/27/2017	2017 Summer National Champs
5	2:14.70	870	Vannote, Ellie	17	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.00	953	Brown, Zach	17	NC Marlins of Raleigh	6/27/2017	2017 Summer National Champs
2	1:59.90	935	Berens, Ricky	17	NC Mecklenburg Aquatic Club	3/28/2006	2006 Spring Championships
3	2:00.11	931	Darmody, Kip	17	NC SwimMAC Carolina	8/9/2010	2010 Junior National Champs
4	2:00.79	918	Macmillan, Will	17	NC North Carolina Aquatic Club	7/30/2015	2015 Speedo Junior Nationals
5	2:01.01	914	Henderson, Noah	17	NC Star Aquatics	7/31/2018	2018 Speedo Junior Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.17	986	Baker, Kathleen	17	NC SwimMAC Carolina	5/15/2014	2014 Charlotte Grand Prix
2	2:15.12	949	Carter, Olivia	17	NC Enfinity Aquatic Club	8/12/2017	2017 Speedo Junior National
3	2:16.49	924	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	8/10/2019	2019 Speedo Junior National Ch
4	2:16.60	922	Arens, Abby	17	NC Marlins of Raleigh	6/16/2019	2019 NC SwimMAC Charlotte Ultr
5	2:16.93	916	Poole, Julia	17	NC Marlins of Raleigh	8/6/2016	2016 U.S. Open Swimming Champi

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.43	927	Osada, Koya	17	NC Carolina Aquatic Team	8/5/2013	2013 Speedo Junior National
2	2:04.56	924	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Time Trials - LC Juniors
3	2:04.93	916	Ress, Justin	17	NC Marlins of Raleigh	3/21/2015	2015 FL NCSA Spring Champs
4	2:05.27	909	Houser, Matt	17	NC Greenville Swim Club	8/4/2008	2008 Speedo Junior National
5	2:05.46	905	Berens, Ricky	17	NC Mecklenburg Aquatic Club	3/28/2006	2006 Spring Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 17 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:45.68	927	Homovich, Maddie	17	NC Marlins of Raleigh	8/23/2017	2017 World JR Champs
2	4:47.08	915	Moore, Hannah	17	NC Unattached	5/15/2014	2014 Charlotte Grand Prix
3	4:48.06	907	Carter, Olivia	17	NC Enfinity Aquatic Club	8/9/2017	2017 Speedo Junior National
4	4:49.72	894	Arens, Abby	17	NC Marlins of Raleigh	7/31/2019	2019 Time Trials - National Ch
5	4:51.43	879	Poole, Julia	17	NC Marlins of Raleigh	1/14/2017	2017 ST TXLA Arena Pro Swim Se

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 17 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:22.35	939	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	8/24/2018	2018 Jr Pan Pacific Swimming C
2	4:26.89	896	Moore, Michael	17	NC Marlins of Raleigh	6/14/2019	2019 NC SwimMAC Charlotte Ultr
3	4:27.14	894	Blandford, Connor	17	NC Marlins of Raleigh	8/5/2016	2016 GA Futures Championships - Atlant
4	4:27.25	893	Van Wie, Douglas	17	NC Aquatic Team Of Mecklenburg	8/14/2001	2001 US Nationals
5	4:28.16	885	Houser, Matt	17	NC Greenville Swim Club	8/4/2008	2008 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.10 r	972	Johnson, Faith	18	NC SwimMAC Carolina	7/18/2013	2013 NC Swimming Senior LC Cha
2	25.38	946	Perry, Ky-lee	18	NC Wolfpack Elite	7/1/2017	2017 Summer National Champs
3	25.56	930	Perdue, Lauren	18	NC Greenville Swim Club	7/23/2009	2009 NC NCS LC Senior Champion
4	25.82	906	Labonge, Natalie	18	NC Greensboro Swimming Assoc	7/30/2014	2014 Summer Junior Nationals
5	25.83	905	Countie, Grace	18	NC Marlins of Raleigh	7/7/2018	2018 GA Bulldog Grand Slam

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	22.20	981	Powers, Paul	18	NC SwimMAC Carolina	8/27/2014	2014 Jr Pan Pacific Championships
2	22.74	934	Darmody, Kyle	18	NC SwimMAC Carolina	6/25/2013	2013 USA National Champs
3	23.09	903	Ress, Justin	18	NC Marlins of Raleigh	8/8/2015	2015 U.S. National Champs
4	23.12	900	Henderson, Noah	18	NC Star Aquatics	8/4/2019	2019 Phillips 66 Nats
5	23.26	888	Johnson, Scott	18	NC Marlins of Raleigh	7/30/2014	2014 Summer Junior Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.50	933	Perdue, Lauren	18	NC Greenville Swim Club	8/10/2009	2009 Speedo Junior National Ch
2	55.92	913	Johnson, Faith	18	NC SwimMAC Carolina	7/30/2013	2013 U.S. Open Swimming Champi
3	56.27	897	Perry, Ky-lee	18	NC Wolfpack Elite	5/14/2017	2017 GA Atlanta Classic Swim Meet
3	56.27	897	Labonge, Natalie	18	NC Greensboro Swimming Assoc	7/30/2014	2014 Summer Junior Nationals
5	56.33	894	Caldwell, Courtney	18	NC NC State University	5/15/2016	2016 Atlanta Classic Swim Meet

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	49.74	943	Powers, Paul	18	NC SwimMAC Carolina	8/6/2014	2014 Summer Nationals
2	50.06	927	Ress, Justin	18	NC Marlins of Raleigh	6/29/2016	2016 U.S. Olympic Team Trials - Swimming
3	50.13	924	Darmody, Kyle	18	NC SwimMAC Carolina	6/25/2013	2013 USA National Champs
4	50.31	915	Walker, Jack	18	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	51.04	880	Darmody, Kip	18	NC SwimMAC Carolina	8/2/2011	2011 USA National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.09	949	Perdue, Lauren	18	NC Greenville Swim Club	8/10/2009	2009 Speedo Junior National Ch
2	2:01.00	901	Baker, Kathleen	18	NC SwimMAC Carolina	6/13/2015	XXXIIIe Meeting de Montecarlo - Mare Nostrum
3	2:01.88	880	Grigg, Ellen	18	NC New South Swimming	6/29/2008	2008 Olympic Trials
4	2:01.96	878	Nusbaum, Jenny	18	NC YMCA of the Triangle Area Swim Team	6/19/2016	2016 VA Last Chance Meet
5	2:02.04	876	Henry, Sarah	18	NC Raleigh Swimming Association	7/22/2010	2010 NC Senior LC Championship

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:49.28 r	951	Brumm, Pete	18	NC SwimMAC Carolina	8/23/2012	2012 Jr Pan Pacific
2	1:49.69	941	Walker, Jack	18	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
3	1:50.94	910	Berens, Ricky	18	NC Mecklenburg Aquatic Club	8/1/2006	2006 CA ConocoPhillips Nats
4	1:51.29 r	901	Houchin, Charlie	18	NC YMCA of the Triangle Area Swim Team	8/4/2006	2006 CA ConocoPhillips Nats
5	1:51.31	901	Montgomery, Mack	18	NC SwimMAC Carolina	7/7/2009	2009 USA Swimming National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:13.49	907	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	8/8/2019	2019 Speedo Junior National Ch
2	4:13.85	903	Grigg, Ellen	18	NC New South Swimming	7/29/2008	2008 U. S. Open
3	4:14.11	899	Dyszkiewicz, Magda	18	NC Mecklenburg Aquatic Club	7/13/2000	2000 US Senior Regions
4	4:14.70	892	Henry, Sarah	18	NC Unattached	7/14/2010	Swedish Championships
5	4:16.33	873	Stenkvist, Henriette	18	NC Raleigh Swimming Association	3/29/2012	2012 Indianapolis Grand Prix

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:51.49	950	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/3/2019	2019 Phillips 66 Nats
2	3:52.89	934	Houchin, Charlie	18	NC YMCA of the Triangle Area Swim Team	8/1/2006	2006 CA ConocoPhillips Nats
3	3:53.02	932	Walker, Jack	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
4	3:53.93	922	Peterson, Chip	18	NC Unattached	8/1/2006	2006 CA ConocoPhillips Nats
5	3:55.18	907	Montgomery, Mack	18	NC SwimMAC Carolina	7/7/2009	2009 USA Swimming National Champs

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:37.87	925	Dyszkiewicz, Magda	18	NC Mecklenburg Aquatic Club	7/13/2000	2000 US Senior Regions
2	8:41.79	904	Grigg, Ellen	18	NC New South Swimming	7/29/2008	2008 U. S. Open
3	8:42.52	900	Shrum, Cara	18	NC Mecklenburg Aquatic Club	7/4/1999	1999 US Wug
4	8:44.26	890	Holub, Tamila	18	NC Unattached	3/23/2018	Campeonato Nacional Juvenis, Juniores e Absolutos
5	8:47.23	875	Henry, Sarah	18	NC Raleigh Swimming Association	7/22/2010	2010 NC Senior LC Championship

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	7:56.03	984	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/4/2019	2019 Phillips 66 Nats
2	8:05.07	933	Peterson, Chip	18	NC Unattached	8/17/2006	2006 Pan Pacific Champs
3	8:05.30	932	Patton, Matt	18	NC Mecklenburg Aquatic Club	8/3/2005	2005 ConocoPhillips Nationals
4	8:09.72	907	Linker, Adam	18	NC Marlins of Raleigh	7/30/2014	2014 Summer Junior Nationals
5	8:11.34	898	Bretzmann, Thomas	18	NC North Carolina Aquatic Club	8/4/2018	2018 Speedo Junior Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:30.50	954	Dyszkiewicz, Magda	18	NC Mecklenburg Aquatic Club	7/13/2000	2000 US Senior Regions
2	16:32.04	950	Shrum, Cara	18	NC Mecklenburg Aquatic Club	7/4/1999	1999 US Wug
3	16:32.05	950	Holub, Tamila	18	NC Unattached	3/22/2018	Campeonato Nacional Juvenis, Juniores e Absolutos
4	16:46.09	911	Green, Meredith	18	NC North Carolina Aquatic Club	8/14/2001	2001 US Nationals
5	17:00.28	872	Homovich, Maddie	18	NC Marlins of Raleigh	6/17/2018	2018 NC SwimMAC Ultraswim

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:21.08	944	Peterson, Chip	18	NC Unattached	8/1/2006	2006 CA ConocoPhillips Nats
2	15:22.06	941	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	7/31/2019	2019 Phillips 66 Nats
3	15:30.79	919	Linker, Adam	18	NC Marlins of Raleigh	7/30/2014	2014 Summer Junior Nationals
4	15:33.26	912	Bretzmann, Thomas	18	NC North Carolina Aquatic Club	7/31/2018	2018 Speedo Junior Nationals
5	15:35.31	907	Patton, Matt	18	NC Mecklenburg Aquatic Club	8/3/2005	2005 ConocoPhillips Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.63	1050	Baker, Kathleen	18	NC Unattached	8/3/2015	2015 World Champs
2	1:01.58	969	Caldwell, Courtney	18	NC NC State University	2/21/2016	2016 NC AP ACC LC Time Trials
3	1:02.07	950	Nelson, Stephanie	18	NC SwimMAC Carolina	8/5/2016	2016 U.S. Open Swimming Champi
4	1:02.13	947	Glover, Mackenzie	18	NC NC State University	1/15/2017	2017 ST TXLA Arena Pro Swim Se
5	1:02.23	943	Larson, Sinclair	18	NC SwimMAC Carolina	3/3/2018	2018 Atlanta PSS

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.90	981	Ress, Justin	18	NC Marlins of Raleigh	6/27/2016	2016 U.S. Olympic Team Trials - Swimming
2	55.76	945	Darmody, Kip	18	NC SwimMAC Carolina	8/2/2011	2011 USA National Champs
3	55.96	936	Hamlet, Thomas	18	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
4	56.55	911	Darmody, Kyle	18	NC SwimMAC Carolina	6/25/2013	2013 USA National Champs
5	56.69	905	Stewart, Coleman	18	NC NC State University	1/15/2017	2017 ST TXLA Arena Pro Swim Se

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:11.18	972	Glover, Mackenzie	18	NC NC State University	1/14/2017	2017 ST TXLA Arena Pro Swim Se
2	2:12.28	953	Muzzy, Emma	18	NC Wolfpack Elite	7/14/2019	2019 NC ESSZ Long Course Champ
3	2:12.60	948	Larson, Sinclair	18	NC SwimMAC Carolina	3/2/2018	2018 Atlanta PSS
4	2:12.84	944	Homovich, Maddie	18	NC Marlins of Raleigh	7/26/2018	2018 Summer Nationals
5	2:13.55	931	Stenkvist, Henriette	18	NC Raleigh Swimming Association	3/29/2012	2012 Indianapolis Grand Prix

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.04	981	Ress, Justin	18	NC Marlins of Raleigh	6/30/2016	2016 U.S. Olympic Team Trials - Swimming
2	2:02.50	911	Healy, John	18	NC Marlins of Raleigh	7/26/2018	2018 Summer Nationals
3	2:02.71	907	Murray, Nathan	18	NC SwimMAC Carolina	8/3/2016	2016 U.S. Open Swimming Champi
4	2:02.76	906	Josa, Matthew	18	NC SwimMAC Carolina	7/30/2013	2013 U.S. Open Swimming Champi
5	2:02.82	905	McGinnis, Matt	18	NC Raleigh Swimming Association	7/7/2004	2004 US Olympic Trials

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.10	939	Calegan, Olivia	18	NC NC State University	7/31/2018	2018 Speedo Junior Nationals
2	1:10.19	904	Roses, Maija	18	NC SwimMAC Carolina	8/6/2014	2014 Summer Nationals
3	1:10.51	894	Higgs, Lilly	18	NC SwimMAC Carolina	8/3/2019	2019 Phillips 66 Nats
4	1:10.59	892	McCauley, Ashley	18	NC Marlins of Raleigh	8/3/2019	2019 Phillips 66 Nats
5	1:10.75	887	Cockrill, Jessica	18	NC YMCA of the Triangle Area Swim Team	8/3/2004	2004 ConocoPhillips Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.54	947	Chan, Will	18	NC SwimMAC Carolina	7/20/2018	2018 NCS LC SR Championships
2	1:02.67	942	Howard, Judd	18	NC Duke University	6/26/2016	2016 U.S. Olympic Team Trials - Swimming
3	1:03.27	921	Roberts, Jon	18	NC Raleigh Swimming Association	8/1/2006	2006 CA ConocoPhillips Nats
4	1:04.10	892	Eriksson, Nic	18	NC SwimMAC Carolina	6/2/2012	2012 NC Last Call for Omaha
5	1:04.18	889	Rauch, Jacob	18	NC Aquatic Team Of Mecklenburg	8/3/2018	2018 NC Futures Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:28.99	946	McCauley, Ashley	18	NC Marlins of Raleigh	8/1/2019	2019 Phillips 66 Nats
2	2:30.63	923	Cockrill, Jessica	18	NC YMCA of the Triangle Area Swim Team	7/7/2004	2004 US Olympic Trials Semis
3	2:32.49	897	Roses, Maija	18	NC SwimMAC Carolina	7/30/2014	2014 Summer Junior Nationals
4	2:33.34	885	Higgs, Lilly	18	NC SwimMAC Carolina	8/1/2019	2019 Phillips 66 Nats
5	2:33.86	878	Smith, Kirsten	18	NC Marlins of Raleigh-Wolfpack Aquatics	7/29/2008	2008 U. S. Open

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:17.24	939	House, Garrett	18	NC Carolina Aquatic Team	8/5/2013	2013 Speedo Junior National
2	2:17.31	938	Howard, Judd	18	NC Duke University	6/29/2016	2016 U.S. Olympic Team Trials - Swimming
3	2:17.49	936	Quinn, Sean	18	NC Mecklenburg Aquatic Club	8/6/1999	Usa Nationals
4	2:18.87	915	Chan, Will	18	NC SwimMAC Carolina	7/21/2018	2018 NCS LC SR Championships
5	2:19.12	911	Roberts, Jon	18	NC Raleigh Swimming Association	8/1/2006	2006 CA ConocoPhillips Nats

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.76	939	Welshofer, Elsa	18	NC SwimMAC Carolina	7/17/2014	2014 NC GSA Speedo Champs Seri
2	1:00.14	925	Carter, Olivia	18	NC Enfinity Aquatic Club	8/25/2018	2018 Jr Pan Pacific Swimming C
3	1:00.33	918	Casazza, Caitlin	18	NC SwimMAC Carolina	7/30/2014	2014 Summer Junior Nationals
4	1:00.43	914	Menkhaus, Julia	18	NC SwimMAC Carolina	3/1/2018	2018 Atlanta PSS
5	1:00.50	911	Lindner, Sophie	18	NC SwimMAC Carolina	8/2/2018	2018 Speedo Junior Nationals

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	52.46	987	Josa, Matthew	18	NC SwimMAC Carolina	7/30/2013	2013 U.S. Open Swimming Champi
2	53.65	934	Berens, Ricky	18	NC Mecklenburg Aquatic Club	8/1/2006	2006 CA ConocoPhillips Nats
3	53.84	925	Henderson, Noah	18	NC Star Aquatics	8/2/2019	2019 Phillips 66 Nats
4	54.48	897	Forst, Preston	18	NC Enfinity Aquatic Club	8/2/2019	2019 Phillips 66 Nats
5	54.49	897	Macmillan, Will	18	NC North Carolina Aquatic Club	8/10/2016	2016 Speedo Junior National

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.05	959	Carter, Olivia	18	NC Unattached	7/10/2019	2019 World University Games
2	2:13.73	885	Casazza, Caitlin	18	NC SwimMAC Carolina	7/30/2014	2014 Summer Junior Nationals
3	2:14.17	878	Welshofer, Elsa	18	NC SwimMAC Carolina	7/17/2014	2014 NC GSA Speedo Champs Seri
4	2:14.39	875	Shrum, Cara	18	NC Mecklenburg Aquatic Club	8/6/1999	Usa Nationals
5	2:14.57	872	Worden, Ashley	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.66	932	Henderson, Noah	18	NC Star Aquatics	7/31/2019	2019 Phillips 66 Nats
2	1:59.76	930	Macmillan, Will	18	NC North Carolina Aquatic Club	8/8/2016	2016 Speedo Junior National
3	1:59.85	929	Brown, Zach	18	NC Marlins of Raleigh	5/19/2018	2018 GA Atlanta Classic Swim Meet
4	2:00.04	925	Forst, Preston	18	NC Enfinity Aquatic Club	7/31/2019	2019 Phillips 66 Nats
5	2:00.29	920	Berens, Ricky	18	NC Mecklenburg Aquatic Club	8/1/2006	2006 CA ConocoPhillips Nats

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:12.09	996	Baker, Kathleen	18	NC SwimMAC Carolina	5/17/2015	2015 Arena Pro Swim Series at
2	2:15.33	935	Carter, Olivia	18	NC Enfinity Aquatic Club	8/26/2018	2018 Jr Pan Pacific Swimming C
3	2:15.38	934	Poole, Julia	18	NC Marlins of Raleigh	7/1/2017	2017 Summer National Champs
4	2:15.68	928	Smith, Kirsten	18	NC Marlins of Raleigh-Wolfpack Aquatics	6/29/2008	2008 Olympic Trials
5	2:17.70	891	Homovich, Maddie	18	NC Marlins of Raleigh	7/8/2018	2018 GA Bulldog Grand Slam

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:02.67	953	Ress, Justin	18	NC Marlins of Raleigh	8/9/2015	2015 U.S. National Champs
2	2:02.93	948	Houser, Matt	18	NC Greenville Swim Club	8/10/2009	2009 Speedo Junior National Ch
3	2:03.54	934	Josa, Matthew	18	NC SwimMAC Carolina	6/25/2013	2013 World Champs Time Trials
4	2:04.73	909	Osada, Koya	18	NC Carolina Aquatic Team	7/30/2014	2014 Summer Junior Nationals
5	2:04.87	906	Roberts, Jon	18	NC Raleigh Swimming Association	8/1/2006	2006 CA ConocoPhillips Nats

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Girls Age 18 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:46.79	918	Smith, Kirsten	18	NC Marlins of Raleigh-Wolfpack Aquatics	7/29/2008	2008 U. S. Open
2	4:47.98	908	Muzzy, Emma	18	NC Wolfpack Elite	8/2/2019	2019 Phillips 66 Nats
3	4:49.12	898	Homovich, Maddie	18	NC Marlins of Raleigh	5/18/2018	2018 GA Atlanta Classic Swim Meet
4	4:50.19	890	McCullagh, Nora	18	NC SwimMAC Carolina	7/31/2015	2015 Speedo Junior Nationals
5	4:51.09	882	Henry, Sarah	18	NC Unattached	7/14/2010	Swedish Championships

NCS All Time Top Five LC Times as of 9/02/19**LSC: NC For Dates 1/1/1980 - 9/2/2019****Boys Age 18 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:22.35	939	Houser, Matt	18	NC Greenville Swim Club	8/10/2009	2009 Speedo Junior National Ch
2	4:22.81	935	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/2/2019	2019 Phillips 66 Nats
3	4:24.86	915	Ress, Justin	18	NC Marlins of Raleigh	8/6/2015	2015 U.S. National Champs
4	4:25.67	908	Cairns, Noah	18	NC North Carolina Aquatic Club	7/31/2015	2015 Speedo Junior Nationals
5	4:26.52	900	Arakelian, Nick	18	NC Queens University	1/16/2015	2015 ST TXLA Arena Pro Swim Se