

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 10 & under 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.42	909	Whitlock, Devon	10	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
2	29.79	885	Elgart, Shayna	10	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
3	30.25	856	Whelehan, Sloane	10	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	30.26	855	Light, Chloe	10	NC Marlins of Raleigh	6/17/2019	2019 VA Poseidon's Long Course
5	30.65	830	Schmitz, Madison	10	NC Granite Falls Swim Club Makos	7/12/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.98	870	Lin, Owen	10	NC East Carolina Aquatics	7/12/2019	2019 NC LC AG Championships
2	30.27	853	Schermer, Brady	10	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
3	30.73	828	Rice, Mike	10	NC SwimMAC Carolina	5/19/2019	2019 SC YSSC 22nd Annual Coach
4	30.92	817	Cooler, Tripp	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	31.09	808	Duggins, Mason	10	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.43	928	Elgart, Shayna	10	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
2	1:06.65	854	Light, Chloe	10	NC Marlins of Raleigh	6/16/2019	2019 VA Poseidon's Long Course
3	1:06.77	850	Whitlock, Devon	10	NC Marlins of Raleigh	6/16/2019	2019 VA Poseidon's Long Course
4	1:07.98	811	Whelehan, Sloane	10	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
5	1:08.89	782	Schmitz, Madison	10	NC Granite Falls Swim Club Makos	7/14/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.63	842	Lin, Owen	10	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
2	1:08.47	787	Cooler, Tripp	10	NC SwimMAC Carolina	6/21/2019	2019 NC SGSA Eastern Invite
3	1:08.56	784	Schermer, Brady	10	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
4	1:09.49	757	Rice, Mike	10	NC SwimMAC Carolina	5/18/2019	2019 SC YSSC 22nd Annual Coach
5	1:09.77	749	Brooks, Nicholas	10	NC Enfinity Aquatic Club	7/14/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:24.76	863	Elgart, Shayna	10	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships
2	2:28.35	803	Light, Chloe	10	NC Marlins of Raleigh	6/15/2019	2019 VA Poseidon's Long Course
3	2:28.39	802	Whelehan, Sloane	10	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
4	2:28.72	797	Whitlock, Devon	10	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships
5	2:29.03	792	Cowles, Ella	10	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:24.75	835	Lin, Owen	10	NC East Carolina Aquatics	7/13/2019	2019 NC LC AG Championships
2	2:30.22	752	Cooler, Tripp	10	NC SwimMAC Carolina	6/22/2019	2019 NC SGSA Eastern Invite
3	2:30.58	747	Brooks, Nicholas	10	NC Enfinity Aquatic Club	7/13/2019	2019 NC LC AG Championships
4	2:31.43	889	Palamar, Jonny	9	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	2:33.84	699	Schermer, Brady	10	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 10 & under 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:09.47	845	Elgart, Shayna	10	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
2	5:15.76	794	Robertson, Cam	10	NC Enfinity Aquatic Club	7/12/2019	2019 NC LC AG Championships
3	5:19.15	767	Schmitz, Madison	10	NC Granite Falls Swim Club Makos	5/17/2019	2019 NC YBAC Spring LC Invitat
4	5:21.92	746	Light, Chloe	10	NC Marlins of Raleigh	6/17/2019	2019 VA Poseidon's Long Course
5	5:29.00	692	Whelehan, Sloane	10	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 10 & under 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:09.37	827	Lin, Owen	10	NC East Carolina Aquatics	7/12/2019	2019 NC LC AG Championships
2	5:17.86	767	Brooks, Nicholas	10	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
3	5:25.77	713	Prabhu, Gino	10	NC SwimMAC Carolina	6/21/2019	2019 NC NC YSST Bob Pratt Invite
4	5:27.51	701	Rice, Mike	10	NC SwimMAC Carolina	5/17/2019	2019 SC YSSC 22nd Annual Coach
5	5:27.52	701	Guthrie, Reade	10	NC Swim GSA	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 10 & under 50 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	34.65	921	Schmitz, Madison	10	NC Granite Falls Swim Club Makos	7/14/2019	2019 NC LC AG Championships
2	34.93	903	Reddick, Millie	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	35.02	898	Whelehan, Sloane	10	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
4	35.07	895	Elgart, Shayna	10	NC Marlins of Raleigh	6/15/2019	2019 VA Poseidon's Long Course
5	35.91	844	Whitlock, Devon	10	NC Marlins of Raleigh	6/15/2019	2019 VA Poseidon's Long Course

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1	35.24	864	Brooks, Nicholas	10	NC Enfinity Aquatic Club	7/14/2019	2019 NC LC AG Championships
2	35.45	975	Palamar, Jonny	9	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
3	36.41	799	Guthrie, Reade	10	NC Swim GSA	7/14/2019	2019 NC LC AG Championships
4	36.44	797	Lee, Aiden	10	NC Mecklenburg Swim Association	7/14/2019	2019 NC LC AG Championships
5	36.57	790	Sharron, Raston	10	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 10 & under 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:13.61	947	Whelehan, Sloane	10	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	1:16.55	866	Schmitz, Madison	10	NC Granite Falls Swim Club Makos	7/13/2019	2019 NC LC AG Championships
3	1:17.12	851	Elgart, Shayna	10	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships
4	1:17.48	841	Robertson, Cam	10	NC Enfinity Aquatic Club	7/13/2019	2019 NC LC AG Championships
5	1:17.56	839	Reddick, Millie	10	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:16.04	875	Brooks, Nicholas	10	NC Enfinity Aquatic Club	7/13/2019	2019 NC LC AG Championships
2	1:16.49	863	Guthrie, Reade	10	NC Swim GSA	5/19/2019	2019 NC YBAC Spring LC Invitat
3	1:17.95	951	Palamar, Jonny	9	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
4	1:19.03	798	Chaires, Colton	10	NC Club Kick Start	7/13/2019	2019 NC LC AG Championships
4	1:19.03	798	Sharron, Raston	10	NC Marlins of Raleigh	6/17/2019	2019 VA Poseidon's Long Course

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 10 & under 50 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	38.61	894	Light, Chloe	10	NC Marlins of Raleigh	6/15/2019	2019 VA Poseidon's Long Course
2	41.52	758	Thomas, Emma	10	NC Unattached	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
3	41.59	755	Whitlock, Devon	10	NC Marlins of Raleigh	6/15/2019	2019 VA Poseidon's Long Course
4	41.64	753	Price, Lily	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	41.85	743	Champion, Maria	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	38.41	922	Sharron, Raston	10	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
2	38.97	894	Lin, Owen	10	NC East Carolina Aquatics	7/12/2019	2019 NC LC AG Championships
3	39.61	862	Cooler, Tripp	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
4	41.38	777	Hardy, Gabe	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	41.60	766	Masneri, Ryan	10	NC Greensboro Community YMCA	5/19/2019	2019 NC NCAC Meet on the Hill

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1	1:28.25	815	Light, Chloe	10	NC Marlins of Raleigh	6/16/2019	2019 VA Poseidon's Long Course
2	1:30.97	759	Druhan, Ellie	10	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
3	1:33.14	714	Price, Lily	10	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
4	1:33.24	712	Cureton, Parker	10	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	1:33.25	712	Champion, Maria	10	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:25.03	898	Sharron, Raston	10	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships
2	1:26.77	860	Cooler, Tripp	10	NC SwimMAC Carolina	6/23/2019	2019 NC SGSA Eastern Invite
3	1:27.32	848	Lin, Owen	10	NC East Carolina Aquatics	7/13/2019	2019 NC LC AG Championships
4	1:32.11	747	Demoss, Matthew	10	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	1:33.14	726	Hardy, Gabe	10	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.44	951	Elgart, Shayna	10	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
2	33.31	844	Howard, Georgia	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	33.56	830	Light, Chloe	10	NC Marlins of Raleigh	6/17/2019	2019 VA Poseidon's Long Course
4	34.11	800	Reddick, Millie	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	34.46	781	Whelehan, Sloane	10	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

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Boys 10 & under 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	32.04	915	Lin, Owen	10	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
2	32.73	872	Rice, Mike	10	NC SwimMAC Carolina	4/7/2019	2019 NC SwimMAC Blue Orange LC In
3	33.06	853	Cooler, Tripp	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
4	34.00	797	Beebe, Nolan	10	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
5	34.06	794	Medlin, Carter	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:14.58	870	Elgart, Shayna	10	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
2	1:20.31	736	Reddick, Millie	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
3	1:20.93	722	Robertson, Cam	10	NC Enfinity Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State
4	1:21.57	707	Champion, Maria	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	1:21.76	703	Howard, Georgia	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.10	894	Lin, Owen	10	NC East Carolina Aquatics	7/12/2019	2019 NC LC AG Championships
2	1:14.47	858	Cooler, Tripp	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
3	1:15.49	832	Rice, Mike	10	NC SwimMAC Carolina	5/19/2019	2019 SC YSSC 22nd Annual Coach
4	1:15.71	826	Prabhu, Gino	10	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	1:18.93	746	Brooks, Nicholas	10	NC Enfinity Aquatic Club	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 10 & under 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:47.74	815	Elgart, Shayna	10	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
2	2:48.64	804	Light, Chloe	10	NC Marlins of Raleigh	6/16/2019	2019 VA Poseidon's Long Course
3	2:49.19	797	Cowles, Ella	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
4	2:49.73	790	Whelehan, Sloane	10	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
5	2:50.43	782	Robertson, Cam	10	NC Enfinity Aquatic Club	7/14/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:42.26	871	Lin, Owen	10	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
2	2:47.98	795	Brooks, Nicholas	10	NC Enfinity Aquatic Club	7/14/2019	2019 NC LC AG Championships
3	2:48.34	790	Cooler, Tripp	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
4	2:51.42	750	Prabhu, Gino	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	2:52.60	735	Rice, Mike	10	NC SwimMAC Carolina	5/18/2019	2019 SC YSSC 22nd Annual Coach

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LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	27.98	847	Whelehan, Mere	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	28.13	836	Zettel, Nicole	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	28.14	911	Morrow, Amelia	11	NC Enfinity Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State
4	28.16	834	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC LC AG Championships
5	28.41	815	Eward, Ellery	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

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LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 11-12 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	26.98	865	Kroll, John	12	NC SwimMAC Carolina	8/3/2019	2019 NC Southern Zone Age Group C
2	27.33	841	Osman, Max	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
3	27.45	833	Liu, Darren	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	27.95	799	Bartee, Granger	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	28.31	775	Covington, Bailey	12	NC Greensboro Community YMCA	6/9/2019	2019 NC GCY Sprint and Distanc

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.43	868	Eward, Ellery	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
2	1:00.60	861	Whelehan, Mere	12	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
3	1:01.40	830	Zettel, Nicole	12	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
4	1:01.83	813	Willis, Lily	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
5	1:02.59	784	Monville, Kathryn	12	NC New Wave Swim Team	8/1/2019	2019 NC Southern Zone Age Group C

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LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 11-12 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	59.02	865	Osman, Max	12	NC SwimMAC Carolina	8/1/2019	2019 NC Southern Zone Age Group C
2	59.56	845	Liu, Darren	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
3	1:00.20	821	Covington, Bailey	12	NC Greensboro Community YMCA	5/11/2019	2019 NC SGSA Mother May I
4	1:00.39	814	Hohm, Nate	12	NC Aquatic Team Of Mecklenburg	4/5/2019	2019 NC ATOM Friday Night Ligh
5	1:01.02	792	Kroll, John	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

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Girls 11-12 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:09.18	904	Eward, Ellery	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
2	2:09.65	894	Zettel, Nicole	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
3	2:11.04	866	Whelehan, Mere	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
4	2:11.68	852	Willis, Lily	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	2:14.97	906	Neace, Clarke	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

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LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 11-12 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:07.95	873	Osman, Max	12	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
2	2:10.64	822	Liu, Darren	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	2:13.94	761	Lin, Walker	12	NC Greensboro Community YMCA	7/13/2019	2019 NC LC AG Championships
4	2:15.74	728	Clontz, Norvin	12	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
5	2:16.11	722	Humbert, Jack	12	NC YMCA of the Triangle Area Swim Team	7/27/2019	2019 NC NCAC Tar Heel State

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LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:34.00	880	Zettel, Nicole	12	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
2	4:34.47	875	Eward, Ellery	12	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
3	4:38.11	839	Whelehan, Mere	12	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
4	4:40.71	813	Willis, Lily	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
5	4:45.32	769	Qian, Shakira	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:40.02	787	Osman, Max	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
2	4:40.29	784	Lin, Walker	12	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships
3	4:40.41	783	Emerton, Ethan	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	4:45.18	872	Marsteiner, Sam	11	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships
5	4:45.38	741	Clontz, Norvin	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	9:50.96	809	Qian, Shakira	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
2	10:26.92	661	Risner, Elise	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
3	10:27.45	659	Kjar, Ava	12	NC YMCA of Western North Carolina	5/26/2019	2019 NC WNCY Hula Invitational
4	10:35.88	762	Cinson, Kathryn	11	NC Hickory Foundation YMCA Seahorse Swim Team	5/26/2019	2019 NC WNCY Hula Invitational
5	10:36.01	761	Gibson, Jaden	11	NC Smoky Mountain Aquatic Club	5/5/2019	2019 SE KP Long Course Kick Off

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	10:13.47	690	Eickhoff, Cj	12	NC TAC Titans	7/7/2019	2019 NC TAC TITANS July Qualif
2	10:22.54	654	Lin, Walker	12	NC Greensboro Community YMCA	6/9/2019	2019 NC GCY Sprint and Distanc
3	10:25.97	641	Johnson, Lucas	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
4	10:31.37	621	Cinque, Matt	12	NC North Carolina Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill
5	10:32.15	618	Hill, Alex	12	NC North Carolina Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	21:00.90	577	Buskirk, Emmalyn	12	NC East Carolina Aquatics	5/19/2019	2019 NC ECA Beach Invitational
2	21:28.09	527	Forbes, Abby	12	NC NSEA Swim	6/21/2019	2019 NC NC YSST Bob Pratt Invite
3	22:08.50	456	Teague, Estelle	12	NC Star Aquatics	6/7/2019	2019 NC GCY Sprint and Distanc
4	22:59.60	515	Cheves, Maggie	11	NC Watauga County Swim Team	6/21/2019	2019 NC NC YSST Bob Pratt Invite

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	19:14.03	751	Lin, Walker	12	NC Greensboro Community YMCA	6/7/2019	2019 NC GCY Sprint and Distanc
2	19:22.45	735	Nye, Owen	12	NC Alamance County Community Y/BAC	6/7/2019	2019 NC GCY Sprint and Distanc
3	21:13.56	536	Hallgren, Ryan	12	NC YMCA of the Triangle Area Swim Team	5/19/2019	2019 NC ECA Beach Invitational
4	21:23.40	520	Hill, Alex	12	NC North Carolina Aquatic Club	6/7/2019	2019 NC GCY Sprint and Distanc
5	23:45.83	301	Taylor, Andrew	12	NC Gaston Gators	6/21/2019	2019 SC TG Dash and Splash

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 50 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	31.63	906	Zettel, Nicole	12	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
2	32.29	857	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC LC AG Championships
3	32.60	835	Holfelder, Sydney	12	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
4	32.69	828	Cureton, Taylor	12	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
5	32.82	819	Cloutier, Addie	12	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 11-12 50 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	30.78 r	898	Bartee, Granger	12	NC SwimMAC Carolina	8/2/2019	2019 NC Southern Zone Age Group C
2	31.02	881	Cindric, Goran	12	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
3	31.58	842	Covington, Bailey	12	NC Greensboro Community YMCA	6/8/2019	2019 NC GCY Sprint and Distanc
4	32.03	976	Smelzer, Albert	11	NC Swim GSA	7/14/2019	2019 NC LC AG Championships
5	32.04	811	Morea, Michael	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 11-12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:07.34	911	Zettel, Nicole	12	NC TAC Titans	8/2/2019	2019 NC Southern Zone Age Group C
2	1:10.61	803	Willis, Lily	12	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
3	1:10.82	797	Bujoreanu, Sophia	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
4	1:11.37	779	Whelehan, Mere	12	NC TAC Titans	8/2/2019	2019 NC Southern Zone Age Group C
5	1:11.45	777	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 11-12 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:05.97	908	Bartee, Granger	12	NC SwimMAC Carolina	8/2/2019	2019 NC Southern Zone Age Group C
2	1:08.57	825	Emerton, Ethan	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	1:08.93	814	Cindric, Goran	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
4	1:09.12 r	808	Clontz, Norvin	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
5	1:09.30	802	Smith, Christian	12	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 11-12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:25.77	897	Zettel, Nicole	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
2	2:34.99	769	Whelehan, Mere	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
3	2:35.09	768	Holfelder, Sydney	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	2:35.31	765	Bujoreanu, Sophia	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	2:36.01	756	Schell, Gabbie	12	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:24.57	902	Clontz, Norvin	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
2	2:25.86	883	Emerton, Ethan	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	2:29.15	833	Covington, Bailey	12	NC Greensboro Community YMCA	6/9/2019	2019 NC GCY Sprint and Distanc
4	2:29.72	825	Smith, Christian	12	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
5	2:29.93	822	Allen, Aidan	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 11-12 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	36.12	819	Cureton, Taylor	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
3	36.23	904	Wolk, Isabel	11	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
4	36.86	778	Vanega, Claudia	12	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
5	36.95	773	Vassil, Avery	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	33.42	927	Liu, Darren	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
2	34.27	874	Cindric, Goran	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
3	34.44	864	Allen, Aidan	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
4	35.92	774	Kroll, John	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	36.78	723	Lin, Walker	12	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 11-12 100 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	1:18.24	818	Zettel, Nicole	12	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
3	1:18.89	801	Rainey, Reagan	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
4	1:20.28	766	Vanega, Claudia	12	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
5	1:20.73	754	Cureton, Taylor	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 11-12 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:14.40	901	Liu, Darren	12	NC TAC Titans	8/2/2019	2019 NC Southern Zone Age Group C
2	1:15.20	879	Allen, Aidan	12	NC TAC Titans	8/2/2019	2019 NC Southern Zone Age Group C
3	1:16.23	852	Hohm, Nate	12	NC Aquatic Team Of Mecklenburg	4/5/2019	2019 NC ATOM Friday Night Ligh
4	1:16.60	842	Cindric, Goran	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	1:20.91	728	Bartee, Granger	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 11-12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:40.26	929	Willis, Lily	12	NC TAC Titans	8/3/2019	2019 Futures Greensboro
2	2:48.95	828	Rainey, Reagan	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	2:50.97	805	Vanega, Claudia	12	NC Raleigh Swimming Association	6/8/2019	2019 NC GCY Sprint and Distanc
4	2:57.01	737	Vassil, Avery	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	2:59.07	714	Phillips, Emilie	12	NC New Wave Swim Team	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:44.22	888	Allen, Aidan	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
2	2:45.98	867	Liu, Darren	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
3	2:53.98	778	Hohm, Nate	12	NC Aquatic Team Of Mecklenburg	5/5/2019	2019 SC RAYS CINCO DE MAYO LON
4	2:54.56	771	Lin, Walker	12	NC Greensboro Community YMCA	7/14/2019	2019 NC LC AG Championships
5	2:54.66	941	Zapler, Ezra	11	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	30.02	846	Monville, Kathryn	12	NC New Wave Swim Team	7/14/2019	2019 NC LC AG Championships
2	30.12	840	Cureton, Taylor	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
3	30.83	794	Harrison, Lea	12	NC SwimMAC Carolina	6/21/2019	2019 NC SGSA Eastern Invite
4	30.85	792	Eward, Ellery	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
5	30.90	789	Shanahan, Mary	12	NC Hillsborough Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 11-12 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	29.34	858	Kroll, John	12	NC SwimMAC Carolina	8/3/2019	2019 NC Southern Zone Age Group C
2	29.61	839	Osman, Max	12	NC SwimMAC Carolina	8/3/2019	2019 NC Southern Zone Age Group C
3	30.04	809	Bartee, Granger	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
4	30.22	796	Liu, Darren	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
5	30.64	907	Smelzer, Albert	11	NC Swim GSA	6/21/2019	2019 NC SGSA Eastern Invite

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:07.41	825	Zettel, Nicole	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
2	1:07.52	822	Eward, Ellery	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
3	1:09.20	875	Neace, Clarke	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
4	1:09.33	771	Monville, Kathryn	12	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships
5	1:10.25	746	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.82	904	Osman, Max	12	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
2	1:07.02	803	Tharakan, Abhay	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	1:07.28	796	Liu, Darren	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	1:07.32	794	Clontz, Norvin	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	1:07.46	790	Covington, Bailey	12	NC Greensboro Community YMCA	6/8/2019	2019 NC GCY Sprint and Distanc

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 11-12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:35.09	919	Neace, Clarke	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
2	2:39.94	723	Forbes, Abby	12	NC NSEA Swim	7/13/2019	2019 NC LC AG Championships
3	2:40.41	718	Monville, Kathryn	12	NC New Wave Swim Team	7/13/2019	2019 NC LC AG Championships
4	2:42.87	690	Harrison, Lea	12	NC SwimMAC Carolina	5/18/2019	2019 SC YSSC 22nd Annual Coach
5	2:43.64	681	Goodwin, Taylor	12	NC YMCA of Western North Carolina	7/28/2019	2019 NC HPSC Tar Heel States

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:26.67	867	Osman, Max	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
2	2:31.43	804	Walcott, Ben	12	NC Granite Falls Swim Club Makos	7/13/2019	2019 NC LC AG Championships
3	2:32.31	792	Davidson, Aaron	12	NC New Wave Swim Team	7/13/2019	2019 NC LC AG Championships
4	2:39.76	696	Swenson, Broder	12	NC Marlins of Raleigh	6/16/2019	2019 VA Poseidon's Long Course
5	2:44.19	641	Humbert, Jack	12	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 VA SwimRVA Summer Invitat

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:22.98	950	Zettel, Nicole	12	NC TAC Titans	8/3/2019	2019 NC Southern Zone Age Group C
2	2:25.57	908	Willis, Lily	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
3	2:31.10	823	Whelehan, Mere	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
4	2:31.18	821	Rainey, Reagan	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	2:32.05	808	Eward, Ellery	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 11-12 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:24.83	887	Liu, Darren	12	NC TAC Titans	8/3/2019	2019 NC Southern Zone Age Group C
2	2:25.32	879	Osman, Max	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	2:28.49	827	Allen, Aidan	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
4	2:29.54	810	Clontz, Norvin	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	2:32.38	765	Prabhu, Evan	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 11-12 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	5:08.99	914	Zettel, Nicole	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
2	5:11.92	893	Willis, Lily	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
3	5:21.44	828	Eward, Ellery	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
4	5:26.14	796	Whelehan, Mere	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
5	5:35.61	734	Rainey, Reagan	12	NC SwimMAC Carolina	5/19/2019	2019 SC YSSC 22nd Annual Coach

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 11-12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:10.04	901	Clontz, Norvin	12	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
2	5:20.27	827	Emerton, Ethan	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
3	5:26.04	787	Walcott, Ben	12	NC Granite Falls Swim Club Makos	7/11/2019	2019 NC LC AG Championships
4	5:29.40	764	Liu, Darren	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
5	5:31.06	753	Hohm, Nate	12	NC Aquatic Team Of Mecklenburg	5/4/2019	2019 SC RAYS CINCO DE MAYO LON

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 13-14 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	26.60	883	Dry, Elena	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	26.78	867	Morris, Taylor	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
4	27.03	846	Edwards, Sarah	14	NC Mars Hill Aquatic Club	7/13/2019	2019 NC LC AG Championships
5	27.11	879	Cotter, Keelan	13	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 13-14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	24.91	858	Jao, Nathan	14	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
2	24.97	853	Lloyd, Landon	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
3	25.42	816	Rock, Noah	14	NC Greensboro Community YMCA	7/13/2019	2019 NC LC AG Championships
4	25.44	815	Bradshaw, Lane	14	NC Mecklenburg Swim Association	7/13/2019	2019 NC LC AG Championships
5	25.59	803	Thornhill, Kwame	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 13-14 100 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	57.41	907	Razewski, Morgan	14	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
3	58.33	865	Wilhelm, Kiley	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
4	58.59	853	Gendzel, Maya	14	NC SwimMAC Carolina	6/23/2019	2019 FG SFTL Speedo Internatio
5	59.07	831	Dry, Elena	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 13-14 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	53.66	909	Jao, Nathan	14	NC Enfinity Aquatic Club	7/14/2019	2019 NC LC AG Championships
2	54.36	877	Lloyd, Landon	14	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
3	55.03 r	924	Li, Andrew	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	55.05	847	Harris, Dax	14	NC Greensboro Community YMCA	6/22/2019	2019 NC SGSA Eastern Invite
5	55.09	845	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 13-14 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:04.11	909	Razewski, Morgan	14	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
2	2:05.42	903	Cotter, Keelan	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	2:06.35 r	855	Wilhelm, Kiley	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
4	2:06.41	854	Dry, Elena	14	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
5	2:07.33	833	Bailey, Leigh	14	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 13-14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:56.67	917	Jao, Nathan	14	NC Enfinity Aquatic Club	7/12/2019	2019 NC LC AG Championships
2	1:57.21	904	Haughey, Braeden	14	NC TAC Titans	1/10/2019	2019 TYR Pro Series #1 - Knoxville
3	1:57.75	892	Lloyd, Landon	14	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
4	1:58.93	865	Harris, Dax	14	NC Greensboro Community YMCA	6/21/2019	2019 NC SGSA Eastern Invite
5	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

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 13-14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:24.09	860	Razewski, Morgan	14	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
2	4:26.57	855	Cotter, Keelan	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	4:29.12	803	Dry, Elena	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
4	4:31.49	776	Wozny, Makenna	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
5	4:32.03	770	Carpenter, Emily	14	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 13-14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:09.34	903	Haughey, Braeden	14	NC TAC Titans	1/11/2019	2019 TYR Pro Series #1 - Knoxville
2	4:16.81	920	Marrujo, Max	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	4:17.15	821	Harris, Dax	14	NC Greensboro Community YMCA	6/22/2019	2019 NC SGSA Eastern Invite
4	4:17.62	911	Li, Andrew	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	4:20.21	789	Wimberly, Jacob	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 13-14 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	8:52.79	927	Razewski, Morgan	14	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
2	9:05.44	861	Cotter, Keelan	14	NC TAC Titans	8/1/2019	2019 Futures Greensboro
3	9:16.24	806	Rainey, Grace	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
4	9:23.94	768	Pierce, Camila	14	NC Raleigh Swimming Association	7/11/2019	2019 NC LC AG Championships
5	9:26.31	756	Sleime, Leyla	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 13-14 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	8:46.63	944	Marrujo, Max	13	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
2	8:47.17	941	Li, Andrew	13	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
3	8:51.28	825	Dunlap, Willi	14	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
4	8:55.09	806	Wimberly, Jacob	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
5	9:00.20	780	Harris, Dax	14	NC Greensboro Community YMCA	6/20/2019	2019 NC SGSA Eastern Invite

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 13-14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:27.23	893	Cotter, Keelan	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
2	17:49.89	797	Wozny, Makenna	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	18:00.29	771	Carpenter, Emily	14	NC North Carolina Aquatic Club	6/23/2019	2019 SE Richard Quick Invitati
4	18:05.75	757	Pierce, Camila	14	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
5	18:20.63	721	Sleime, Leyla	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 13-14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:40.68	862	Dunlap, Willi	14	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
2	16:50.41	838	Harris, Dax	14	NC Greensboro Community YMCA	6/20/2019	2019 NC SGSA Eastern Invite
3	16:59.82	895	Marrujo, Max	13	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
4	17:05.27	803	McKinney, Ian	14	NC Mecklenburg Swim Association	7/14/2019	2019 NC LC AG Championships
5	17:07.72	798	Wimberly, Jacob	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 13-14 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:01.03	1056	Curzan, Claire	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
2	1:03.16	970	Razewski, Morgan	14	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
3	1:03.22	968	Wilhelm, Kiley	14	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
4	1:03.60	999	Welsh, Lily	13	NC Unattached	8/3/2019	2019 Futures Greensboro
5	1:04.09	934	Morris, Taylor	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 13-14 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	59.88	947	Haughey, Braeden	14	NC TAC Titans	1/11/2019	2019 TYR Pro Series #1 - Knoxville
2	1:00.13	937	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat
3	1:00.89	907	Jao, Nathan	14	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
4	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
5	1:02.46	846	Whelehan, Colin	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 13-14 200 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	2:16.94	925	Razewski, Morgan	14	NC SwimMAC Carolina	1/12/2019	2019 TYR Pro Series #1 - Knoxville
3	2:17.25	920	Wilhelm, Kiley	14	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
4	2:18.87	927	Welsh, Lily	13	NC Unattached	8/4/2019	2019 Futures Greensboro
5	2:20.39	868	Morris, Taylor	14	NC TAC Titans	8/4/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 13-14 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:04.85	1019	Haughey, Braeden	14	NC TAC Titans	1/12/2019	2019 TYR Pro Series #1 - Knoxville
2	2:13.39	858	Yuditskiy, Mikhail	14	NC Sailfish Aquatics	7/14/2019	2019 NC LC AG Championships
3	2:13.68	852	Whelehan, Colin	14	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
4	2:14.08	944	Marrujo, Max	13	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
5	2:14.36	840	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 VA SwimRVA Summer Invitat

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 13-14 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:09.42	1013	Rainey, Grace	14	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	1:13.96	878	Cotter, Keelan	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	1:14.95	849	Thome, Paige	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
4	1:15.31	838	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
5	1:15.55	831	Monk, Ivy	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 13-14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.41	968	Lee, Henry	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	1:07.15	944	Lucky, Matthew	14	NC Sailfish Aquatics	7/12/2019	2019 NC LC AG Championships
3	1:08.42	902	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC LC AG Championships
4	1:09.35	871	Valliere, Tucker	14	NC Smoky Mountain Aquatic Club	7/19/2019	2019 NC LC SR Championships
5	1:10.25	945	Masneri, David	13	NC Greensboro Community YMCA	8/2/2019	2019 AP LC Y Nationals FINAL COPY

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 13-14 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:31.73	956	Rainey, Grace	14	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
2	2:38.71	870	Cotter, Keelan	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	2:38.83	868	Thome, Paige	13	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
4	2:39.13	864	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	7/13/2019	2019 NC LC AG Championships
5	2:41.29	827	Sanders, Sydney	14	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 13-14 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:21.58	993	Lucky, Matthew	14	NC Sailfish Aquatics	8/3/2019	2019 Futures Greensboro
2	2:29.51	881	Juricak, Will	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	2:30.47	868	Valliere, Tucker	14	NC Smoky Mountain Aquatic Club	7/13/2019	2019 NC LC AG Championships
4	2:30.58	947	Li, Andrew	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	2:31.18	858	Yuditskiy, Mikhail	14	NC Sailfish Aquatics	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 13-14 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	58.61	1028	Curzan, Claire	14	NC TAC Titans	4/11/2019	2019 TYR Pro Series #3 - Richmond
2	1:02.66	881	Bloom, Taylor	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	1:03.11	865	Wilhelm, Kiley	14	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
4	1:04.19	828	Donlan, Molly	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	1:04.53	816	Stolberg, Emma	14	NC Mecklenburg Swim Association	7/19/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 13-14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.80	925	Lee, Henry	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	57.82	924	Jao, Nathan	14	NC Enfinity Aquatic Club	7/12/2019	2019 NC LC AG Championships
3	59.26	973	Keen, Troy	13	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
4	59.38	861	Lloyd, Landon	14	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
5	59.83	842	Rock, Noah	14	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 13-14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:11.93	975	Hook, Charlotte	14	NC TAC Titans	12/1/2018	2018 Winter National Champions
2	2:18.45	876	Bloom, Taylor	14	NC TAC Titans	8/3/2019	2019 Futures Greensboro
3	2:21.47	831	Rainey, Grace	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
4	2:21.76	827	Wilhelm, Kiley	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
5	2:22.64	814	Stolberg, Emma	14	NC Mecklenburg Swim Association	7/13/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 13-14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.37	908	Jao, Nathan	14	NC Enfinity Aquatic Club	7/13/2019	2019 NC 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	2:14.46	818	Yuditskiy, Mikhail	14	NC Sailfish Aquatics	7/13/2019	2019 NC LC AG Championships
4	2:15.64	797	Lee, Henry	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	2:16.69	779	Lloyd, Landon	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 13-14 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:19.35	904	Wilhelm, Kiley	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
2	2:20.29	887	Rainey, Grace	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	2:23.60	828	Dry, Elena	14	NC TAC Titans	8/4/2019	2019 Futures Greensboro
4	2:23.97	821	Cotter, Keelan	14	NC TAC Titans	8/4/2019	2019 Futures Greensboro
5	2:24.23	817	Bloom, Taylor	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 13-14 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:12.16	919	Lucky, Matthew	14	NC Sailfish Aquatics	7/14/2019	2019 NC LC AG Championships
2	2:13.07	901	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 VA SwimRVA Summer Invitat
3	2:14.23	977	Li, Andrew	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
4	2:14.47	873	Lee, Henry	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
5	2:14.80	867	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 VA SwimRVA Summer Invitat

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 13-14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:57.09	875	Rainey, Grace	14	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
2	5:01.31	881	Cotter, Keelan	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	5:03.53	824	Razewski, Morgan	14	NC SwimMAC Carolina	1/10/2019	2019 TYR Pro Series #1 - Knoxville
4	5:05.38	809	Dry, Elena	14	NC TAC Titans	8/2/2019	2019 Futures Greensboro
5	5:05.39	809	Bloom, Taylor	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 13-14 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:43.83	976	Li, Andrew	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	4:44.08	883	Yuditskiy, Mikhail	14	NC Sailfish Aquatics	7/12/2019	2019 NC LC AG Championships
3	4:45.62	870	Dunlap, Willi	14	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
4	4:49.59	835	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC LC AG Championships
5	4:52.33	902	Marrujo, Max	13	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 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	25.76	923	Curzan, Claire	15	NC TAC Titans	8/4/2019	2019 Phillips 66 Nats
3	26.28	876	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
4	26.62	846	Ivan, Teresa	15	NC Aquatic Team Of Mecklenburg	8/3/2019	2019 Futures Greensboro
5	26.63	843	Eaker, Summer	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 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	23.71	914	Hoover, Sam	15	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
3	23.80	874	Connery, Tim	16	NC SwimMAC Carolina	6/13/2019	2019 NC SwimMAC Charlotte Ultr
4	23.95	894	Abaqueta, Cam	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
5	24.12	847	Prucha, Ben	16	NC TAC Titans	7/20/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 15-16 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	55.65	942	Curzan, Claire	15	NC TAC Titans	7/31/2019	2019 Phillips 66 Nats
2	56.63	883	Flynn, Lindsay	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
3	56.92	882	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
4	57.72 r	833	Eaker, Summer	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	58.20 r	823	Zettel, Brooke	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 15-16 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	50.33	959	Connery, Tim	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
2	50.72	990	Hoover, Sam	15	NC North Carolina Aquatic Club	8/7/2019	2019 Speedo Junior National Ch
3	51.11	922	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
4	53.04 r	833	Cotter, Michael	16	NC TAC Titans	8/2/2019	2019 Futures Greensboro
5	53.12 r	878	Jao, Nathan	15	NC Enfinity Aquatic Club	8/2/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 15-16 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:03.24	861	Ray, Amanda	16	NC New Wave Swim Team	5/24/2019	2019 Mel Zajac Jr. Internation
2	2:04.29 r	836	Eaker, Summer	16	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
3	2:04.64	846	Hook, Charlotte	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
4	2:04.85	841	Razewski, Morgan	15	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
5	2:04.91	821	Yoder, Kylie	16	NC SwimMAC Carolina	8/2/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 15-16 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:52.29	965	Hoover, Sam	15	NC North Carolina Aquatic Club	6/21/2019	2019 SE Richard Quick Invitati
2	1:54.09	868	Cotter, Michael	16	NC TAC Titans	8/2/2019	2019 Futures Greensboro
3	1:54.82	904	Haughey, Braeden	15	NC TAC Titans	8/2/2019	2019 Futures Greensboro
4	1:54.94	848	Zucker, Logan	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
5	1:55.20	842	Atherton, Alex	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 15-16 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:18.87	856	Eaker, Summer	16	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
2	4:22.03	820	Ray, Amanda	16	NC New Wave Swim Team	5/25/2019	2019 Mel Zajac Jr. Internation
3	4:23.57	802	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/8/2019	2019 Speedo Junior National Ch
4	4:25.08	818	Hook, Charlotte	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
5	4:25.34	782	Knorr, Emily	16	NC Mecklenburg Swim Association	7/20/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 400 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	4:01.57	867	Norris, Lance	16	NC Unattached	8/3/2019	2019 Futures Greensboro
3	4:02.55	856	Zucker, Logan	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
4	4:04.14	838	Cotter, Michael	16	NC TAC Titans	8/3/2019	2019 Futures Greensboro
5	4:04.78	832	Atherton, Alex	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:50.54	881	Razewski, Morgan	15	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	8:54.97	840	Eaker, Summer	16	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
3	9:04.66	790	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	6/13/2019	2019 NC SwimMAC Charlotte Ultr
4	9:07.43	776	Knorr, Emily	16	NC Mecklenburg Swim Association	8/1/2019	2019 Futures Greensboro
5	9:12.69	767	Hastings, Emma	15	NC East Carolina Aquatics	7/18/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:18.45	868	Norris, Lance	16	NC Unattached	7/18/2019	2019 NC LC SR Championships
2	8:21.07	853	Zucker, Logan	16	NC SwimMAC Carolina	7/18/2019	2019 NC LC SR Championships
3	8:22.37	911	Haughey, Braeden	15	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
4	8:26.32	825	Bretzmann, Peter	16	NC North Carolina Aquatic Club	8/10/2019	2019 Speedo Junior National Ch
5	8:26.52	889	Miller, Brandon	15	NC Unattached	8/10/2019	2019 Speedo Junior National Ch

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 15-16 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	16:57.55	884	Eaker, Summer	16	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
2	17:02.52	885	Razewski, Morgan	15	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
3	17:20.97	822	Knorr, Emily	16	NC Mecklenburg Swim Association	7/21/2019	2019 NC LC SR Championships
4	17:44.30	776	Hastings, Emma	15	NC East Carolina Aquatics	7/21/2019	2019 NC LC SR Championships
5	17:48.57	751	Hefner, Caitlin	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 15-16 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	15:45.60	899	Norris, Lance	16	NC Unattached	8/1/2019	2019 Futures Greensboro
2	15:47.63	894	Zucker, Logan	16	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
3	16:07.62	844	Carter, Jared	16	NC YMCA of the Triangle Area Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
4	16:17.87	818	Hughes, Connor	16	NC TAC Titans	8/1/2019	2019 Futures Greensboro
5	16:20.74	811	Bretzmann, Peter	16	NC North Carolina Aquatic Club	8/6/2019	2019 Speedo Junior National Ch

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 100 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	1:02.66	944	Hook, Charlotte	15	NC TAC Titans	5/26/2019	2019 Mel Zajac Jr. Internation
3	1:03.86	878	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/6/2019	2019 Time Trials - LC Juniors
4	1:03.89	896	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
5	1:04.19	866	Hanley, Amaya	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.40	970	Connery, Tim	16	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
2	56.41	969	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
3	57.95	961	Abaqueta, Cam	15	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
4	57.98	904	Norris, Lance	16	NC Unattached	8/3/2019	2019 Futures Greensboro
5	58.57	936	Weaver, Ryan	15	NC Carolina Aquatic Team	8/7/2019	2019 NCSA Summer Champs

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 200 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	2:13.67	929	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
3	2:15.49	917	Hook, Charlotte	15	NC TAC Titans	5/24/2019	2019 Mel Zajac Jr. Internation
4	2:17.93	877	Zettel, Brooke	15	NC TAC Titans	12/1/2018	2018 Winter National Champions
5	2:18.19	853	Hanley, Amaya	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 200 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	2:04.13	934	Nelson, Baylor	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
3	2:04.41	973	Norris, Lance	15	NC Unattached	6/16/2019	2019 NC TAC TYR Triangle Class
4	2:06.02	897	Barnett, Wes	16	NC SwimMAC Carolina	8/9/2019	2019 Time Trials - LC Juniors
5	2:06.45	933	Miller, Brandon	15	NC Rocky Mount Family YMCA	7/21/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.21	946	Arens, Abby	16	NC Marlins of Raleigh	11/30/2018	2018 Winter National Champions
2	1:11.05	888	Mangaoang, Desirae	16	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
3	1:11.25	882	Hamblin, Kaylee	16	NC Mecklenburg Swim Association	8/6/2019	2019 Speedo Junior National Ch
4	1:12.77	850	Zettel, Brooke	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
5	1:12.79	835	Fadely, Jennah	16	NC Fin Aquatic Swim Team	8/3/2019	2019 VA State Games of America LC

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 100 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	1:04.01	1003	Hoover, Sam	15	NC North Carolina Aquatic Club	8/6/2019	2019 Speedo Junior National Ch
3	1:05.26	915	Kim, Stephen	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
4	1:05.39	910	Meehan, Jack	16	NC Aquatic Team Of Mecklenburg	11/30/2018	2018 Winter National Champions
5	1:05.59	948	Insixiengmay, Steven	15	NC YMCA of Northwest North Carolina Riptyde	8/2/2019	2019 AP LC Y Nationals FINAL COPY

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:32.04	915	Mangaoang, Desirae	16	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
2	2:33.37	897	Arens, Abby	16	NC Marlins of Raleigh	12/1/2018	2018 Winter National Champions
3	2:37.27	847	Zettel, Brooke	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
4	2:37.88	835	Anderson, Sophie	16	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
5	2:38.78	823	Joyce, Genna	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 200 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	2:22.16	911	Kim, Stephen	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
3	2:22.91	900	Fortner, Luke	16	NC New Wave Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
4	2:23.63	890	Thompson, Brian	16	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
5	2:23.64	890	Maycock, Julian	16	NC Swim GSA	6/23/2019	2019 NC SGSA Eastern Invite

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 15-16 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	57.87	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	1:01.40	900	Menkhaus, Madeline	15	NC SwimMAC Carolina	8/10/2019	2019 Time Trials - LC Juniors
5	1:01.89	882	Sowards, Elizabeth	15	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.54	949	Connery, Tim	16	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
2	55.98	887	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	8/8/2019	2019 Speedo Junior National Ch
3	56.21	877	Ssengonzi, Jesse	16	NC Marlins of Raleigh	7/13/2019	2019 NC ESSZ Long Course Champ
4	56.68	892	Nelson, Baylor	15	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
5	57.02	878	Hoover, Sam	15	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 200 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	2:13.32	921	Ray, Amanda	16	NC New Wave Swim Team	7/11/2019	2019 NC ESSZ Long Course Champ
3	2:15.43	891	Curzan, Claire	15	NC TAC Titans	7/7/2019	2019 NC TAC TITANS July Qualif
4	2:16.57	871	Crouse, Caroline	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
5	2:17.00	867	Zettel, Brooke	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 15-16 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:05.04	867	Nelson, Baylor	16	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	2:06.61	838	Dorsel, Andy	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
3	2:07.81	816	Ssengonzi, Jesse	16	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
4	2:07.86	859	Dyke, Thor	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
5	2:08.98	838	Freeman, Spencer	15	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 200 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	2:18.14	896	Arens, Abby	16	NC Marlins of Raleigh	11/29/2018	2018 Winter National Champions
4	2:19.87	864	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/10/2019	2019 Speedo Junior National Ch
5	2:22.14	824	Yoder, Kylie	16	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 200 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	2:04.00	984	Nelson, Baylor	16	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
3	2:06.69	927	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	6/16/2019	2019 NC SwimMAC Charlotte Ultr
4	2:08.17	896	Norris, Lance	16	NC Unattached	7/21/2019	2019 NC LC SR Championships
5	2:08.75	884	Dorsel, Andy	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 15-16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:49.24	903	Hook, Charlotte	15	NC TAC Titans	5/24/2019	2019 Mel Zajac Jr International
2	4:54.53	854	Arens, Abby	16	NC Marlins of Raleigh	11/30/2018	2018 Winter National Champions
3	4:57.95	832	Zettel, Brooke	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
4	4:59.95	810	Davis, Laura	16	NC SwimMAC Carolina	8/2/2019	2019 Futures Greensboro
5	5:02.67	789	Anderson, Sophie	16	NC TAC Titans	7/19/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 15-16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:27.23	926	Norris, Lance	16	NC Unattached	8/2/2019	2019 Futures Greensboro
2	4:29.38	906	Bretzmann, Peter	16	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
3	4:29.63	904	Zucker, Logan	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
4	4:29.72	903	Nelson, Baylor	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	4:31.51	887	Baker, Jay	16	NC North Carolina Aquatic Club	8/7/2019	2019 Speedo Junior National Ch

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 17-18 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.27	866	Smith, Janie	18	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
2	26.42	853	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	7/20/2019	2019 NC LC SR Championships
3	26.56	840	Baric, Maria	17	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
4	26.66	832	Arens, Abby	17	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
5	26.76	823	Vannote, Ellie	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	23.12	900	Henderson, Noah	18	NC Star Aquatics	8/4/2019	2019 Phillips 66 Nats
2	23.40 r	878	Tuning, Jeffrey	17	NC New Wave Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
3	23.43	873	Whelan, Matthew	18	NC Unattached	4/13/2019	2019 TT - TYR Pro Swim Series
4	23.51	866	Walker, Jack	18	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
5	23.74	848	Davis, Jackson	17	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 17-18 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	56.83	871	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
2	57.22 r	853	Smith, Janie	18	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
3	58.03	816	Goldblum, Mckaley	17	NC Waves Of Wilmington, Inc.	8/4/2019	2019 Futures Greensboro
4	58.06	814	Reeve, Lyndsey	17	NC East Carolina Aquatics	8/4/2019	2019 Futures Greensboro
5	58.17	809	Merritt, Kensley	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 17-18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	50.31	915	Walker, Jack	18	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
2	51.71	859	Poelke, Boyd	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
3	52.31	821	Henderson, Noah	18	NC Star Aquatics	7/14/2019	2019 NC ESSZ Long Course Champ
4	52.33	831	Svendsen, Hugh	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	52.34	820	Forst, Preston	18	NC Enfinity Aquatic Club	8/4/2019	2019 Time Trials - National Ch

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 17-18 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:02.23	871	Carter, Olivia	18	NC Enfinity Aquatic Club	7/19/2019	2019 NC LC SR Championships
2	2:02.30 r	870	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	8/9/2019	2019 Speedo Junior National Ch
3	2:03.45	842	Hefner, Faith	18	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
4	2:03.77	848	Merritt, Kensley	17	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
5	2:04.34	821	Bartis, Olwyn	18	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:49.69	941	Walker, Jack	18	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
2	1:51.42	901	Svendsen, Hugh	17	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
3	1:52.18	880	Forst, Preston	18	NC Enfinity Aquatic Club	8/1/2019	2019 Phillips 66 Nats
4	1:52.87	863	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	7/12/2019	2019 NC ESSZ Long Course Champ
5	1:53.39	851	Erwee, Luke	18	NC Unattached	4/11/2019	2019 TYR Pro Series #3 - Richmond

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 17-18 400 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	4:20.65	834	Cera, Adrianna	17	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
3	4:22.05	806	Hefner, Faith	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
4	4:25.41	767	Bachand, Madeleine	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
5	4:27.44	757	Reeve, Lyndsey	17	NC East Carolina Aquatics	8/3/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	3:51.49	950	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/3/2019	2019 Phillips 66 Nats
2	3:53.02	932	Walker, Jack	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
3	3:58.45	879	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	8/8/2019	2019 Speedo Junior National Ch
4	4:01.54	836	Lloyd, Owen	18	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
5	4:02.79	822	Erwee, Luke	18	NC Unattached	4/12/2019	2019 TYR Pro Series #3 - Richmond

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 17-18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:52.98	844	Marquardt, Ellie	17	NC Aquatic Team Of Mecklenburg	6/13/2019	2019 NC SwimMAC Charlotte Ultr
2	8:59.76	809	Cera, Adrianna	17	NC Marlins of Raleigh	8/1/2019	2019 Futures Greensboro
3	9:05.46	779	Arens, Abby	17	NC Marlins of Raleigh	6/13/2019	2019 NC SwimMAC Charlotte Ultr
4	9:05.84	778	Bachand, Madeleine	18	NC Marlins of Raleigh	8/1/2019	2019 Futures Greensboro
5	9:11.58	749	Carson, Megan	17	NC YMCA of the Triangle Area Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 17-18 800 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	8:14.26	882	Lloyd, Owen	18	NC North Carolina Aquatic Club	8/10/2019	2019 Speedo Junior National Ch
3	8:22.84	836	Erwee, Luke	18	NC Unattached	4/10/2019	2019 TYR Pro Series #3 - Richmond
4	8:23.55	832	Rzepecki, Jami	18	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
5	8:29.45	800	Hering, Tanner	18	NC Swim GSA	6/20/2019	2019 NC SGSA Eastern Invite

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 17-18 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:11.24	843	Cera, Adrianna	17	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
2	17:34.73	782	Reeve, Lyndsey	17	NC East Carolina Aquatics	8/4/2019	2019 Futures Greensboro
3	17:38.27	772	Bachand, Madeleine	18	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
4	17:56.20	727	Worden, Ashley	18	NC Marlins of Raleigh	7/14/2019	2019 NC ESSZ Long Course Champ
5	17:58.00	723	Haney, Kenna	17	NC Unattached	12/1/2018	2018 Winter National Champions

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	15:22.06	941	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	7/31/2019	2019 Phillips 66 Nats
2	15:40.57	894	Lloyd, Owen	18	NC North Carolina Aquatic Club	8/6/2019	2019 Speedo Junior National Ch
3	15:52.75	863	Rzepecki, Jami	18	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
4	16:16.02	806	Moore, Michael	17	NC Marlins of Raleigh	6/13/2019	2019 NC SwimMAC Charlotte Ultr
5	16:20.48	794	Pritchard, Thomas	18	NC Carolina Aquatic Team	8/10/2019	2019 NCSA Summer Champs

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 17-18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.24	943	Muzzy, Emma	18	NC Wolfpack Elite	6/15/2019	2019 NC SwimMAC Charlotte Ultr
2	1:02.50	932	Lindner, Sophie	18	NC University Of North Carolina	11/30/2018	2018 Winter National Champions
3	1:02.71	924	Kearney, Shannon	18	NC Wolfpack Elite	6/15/2019	2019 NC SwimMAC Charlotte Ultr
4	1:03.19	905	Flickinger, Maddy	17	NC SwimMAC Carolina	7/12/2019	2019 NC ESSZ Long Course Champ
5	1:03.42	896	Jones, Morgan	17	NC Enfinity Aquatic Club	8/3/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	55.96	936	Hamlet, Thomas	18	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
2	57.04	904	Tomlinson, Alex	17	NC TAC Titans	8/3/2019	2019 Futures Greensboro
3	57.48	873	Henderson, Noah	18	NC Star Aquatics	8/3/2019	2019 Phillips 66 Nats
4	58.19	843	Wahlen, David	18	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC ESSZ Long Course Champ
5	58.28	853	Svendsen, Hugh	17	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 17-18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:12.28	953	Muzzy, Emma	18	NC Wolfpack Elite	7/14/2019	2019 NC ESSZ Long Course Champ
2	2:15.35	901	Lindner, Sophie	18	NC University Of North Carolina	12/1/2018	2018 Winter National Champions
3	2:15.72	895	Flickinger, Maddy	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
4	2:16.00	890	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	7/21/2019	2019 NC LC SR Championships
5	2:16.62	880	Hefner, Faith	18	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:02.30	927	Svendsen, Hugh	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
2	2:02.63	920	Moore, Michael	17	NC Marlins of Raleigh	8/1/2019	2019 Phillips 66 Nats
3	2:03.42	893	Hamlet, Thomas	18	NC Enfinity Aquatic Club	7/21/2019	2019 NC LC SR Championships
4	2:05.74	859	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	12/1/2018	2018 Winter National Champions
5	2:06.04	842	Carroll, Aj	18	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 17-18 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:08.58	955	Arens, Abby	17	NC Marlins of Raleigh	8/3/2019	2019 Phillips 66 Nats
2	1:10.51	894	Higgs, Lilly	18	NC SwimMAC Carolina	8/3/2019	2019 Phillips 66 Nats
3	1:10.59	892	McCauley, Ashley	18	NC Marlins of Raleigh	8/3/2019	2019 Phillips 66 Nats
4	1:11.66	859	Nelson, Emme	17	NC SwimMAC Carolina	1/10/2019	2019 TYR Pro Series #1 - Knoxville
5	1:11.87	852	Mangaoang, Desirae	17	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:02.96	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	1:04.78	868	McRea, Micah	18	NC Catawba Valley Aquatic Club	8/6/2019	2019 Speedo Junior National Ch
4	1:05.45	844	Allison, Chase	18	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
5	1:05.57	840	Moranetz, Jack	18	NC Wolfpack Elite	5/17/2019	2019 NC NCAC Meet on the Hill

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 17-18 200 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	2:28.99	946	McCauley, Ashley	18	NC Marlins of Raleigh	8/1/2019	2019 Phillips 66 Nats
3	2:33.34	885	Higgs, Lilly	18	NC SwimMAC Carolina	8/1/2019	2019 Phillips 66 Nats
4	2:33.72	880	Joyce, Genna	17	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
5	2:33.88	878	Nelson, Emme	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 17-18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:19.09	918	Mikuta, Reid	17	NC Swim GSA	8/9/2019	2019 NCSA Summer Champs
2	2:22.39	869	Tjandra, Davin	17	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
3	2:23.00	854	Allison, Chase	18	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
4	2:23.80	843	Wennborg, Markus	18	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
5	2:23.94	840	Wu, Henry	18	NC Unattached	6/15/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls 17-18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.47	913	Arens, Abby	17	NC Marlins of Raleigh	7/13/2019	2019 NC ESSZ Long Course Champ
2	1:00.69	905	Vannote, Ellie	17	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
3	1:02.50	839	Campbell, Mckenzie	18	NC Greensboro Community YMCA	7/31/2019	2019 AP LC Y Nationals FINAL COPY
3	1:02.50	839	Smith, Janie	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
5	1:02.81	828	Lindner, Sophie	18	NC University Of North Carolina	11/30/2018	2018 Winter National Champions

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	53.84	925	Henderson, Noah	18	NC Star Aquatics	8/2/2019	2019 Phillips 66 Nats
2	54.48	897	Forst, Preston	18	NC Enfinity Aquatic Club	8/2/2019	2019 Phillips 66 Nats
3	54.79	899	Poelke, Boyd	17	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
4	55.47	854	Whelan, Matthew	18	NC Unattached	4/11/2019	2019 TYR Pro Series #3 - Richmond
5	56.34	832	Watson, William	17	NC Star Aquatics	8/2/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 17-18 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:09.05	959	Carter, Olivia	18	NC Unattached	7/10/2019	2019 World University Games
2	2:14.57	872	Worden, Ashley	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
3	2:14.70	870	Vannote, Ellie	17	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
4	2:15.33	861	McCauley, Ashley	18	NC Marlins of Raleigh	7/31/2019	2019 Time Trials - National Ch
5	2:15.83	853	Crouse, Caroline	17	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 17-18 200 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	2:00.04	925	Forst, Preston	18	NC Enfinity Aquatic Club	7/31/2019	2019 Phillips 66 Nats
3	2:00.95	907	Schneider, Ethan	18	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
4	2:01.56	896	Brown, Zach	18	NC NC State University	12/1/2018	2018 Winter National Champions
5	2:04.38	850	Poelke, Boyd	17	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 17-18 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:16.49	924	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	8/10/2019	2019 Speedo Junior National Ch
2	2:16.60	922	Arens, Abby	17	NC Marlins of Raleigh	6/16/2019	2019 NC SwimMAC Charlotte Ultr
3	2:18.31	890	McCauley, Ashley	17	NC Marlins of Raleigh	11/29/2018	2018 Winter National Champions
4	2:18.71	872	Muzzy, Emma	18	NC Wolfpack Elite	7/11/2019	2019 NC ESSZ Long Course Champ
5	2:21.24	837	Nelson, Emme	17	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals

NCS Top Five LC Times as of 9/18/19 by age group**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys 17-18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.56	924	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Time Trials - LC Juniors
2	2:05.37	895	Forst, Preston	18	NC Enfinity Aquatic Club	7/21/2019	2019 NC LC SR Championships
3	2:05.86	885	Allison, Chase	18	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
4	2:06.95	874	Moore, Michael	17	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
5	2:07.23	868	Mikuta, Reid	17	NC Swim GSA	8/10/2019	2019 NCSA Summer Champs

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Girls 17-18 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:47.98	908	Muzzy, Emma	18	NC Wolfpack Elite	8/2/2019	2019 Phillips 66 Nats
2	4:49.72	894	Arens, Abby	17	NC Marlins of Raleigh	7/31/2019	2019 Time Trials - National Ch
3	4:52.91	867	McCauley, Ashley	18	NC Marlins of Raleigh	8/2/2019	2019 Phillips 66 Nats
4	4:54.31	856	Campbell, Mckenzie	18	NC Greensboro Community YMCA	8/1/2019	2019 AP LC Y Nationals FINAL COPY
5	4:57.97	826	Sutter, Olivia	17	NC YMCA of Western North Carolina	8/2/2019	2019 Futures Greensboro

NCS Top Five LC Times as of 9/18/19 by age group

LSC: NC For Dates 9/1/2018 - 8/31/2019

Boys 17-18 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:22.81	935	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/2/2019	2019 Phillips 66 Nats
2	4:26.89	896	Moore, Michael	17	NC Marlins of Raleigh	6/14/2019	2019 NC SwimMAC Charlotte Ultr
3	4:29.12	876	Lloyd, Owen	18	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
4	4:31.41	855	Monahan, Conall	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	4:31.69	852	Forst, Preston	18	NC Enfinity Aquatic Club	7/19/2019	2019 NC LC SR Championships