

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	28.14	911	Morrow, Amelia	11	NC Enfinity Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State
2	28.56	879	Wolk, Isabel	11	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
3	28.96	850	Neace, Clarke	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
4	29.38	820	Whelehan, Mere	11	NC TAC Titans	5/19/2019	2019 NC TITANS vs. VA GATOR Dual
5	29.49	812	Rendon, Kalle	11	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
6	30.03	773	Lloyd, Kyley	11	NC TAC Titans	7/26/2019	2019 NC TAC vs WAVE Dual
7	30.04	772	Light, Chloe	11	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State
8	30.05	772	Risner, Elise	11	NC TAC Titans	5/19/2019	2019 NC TITANS vs. VA GATOR Dual
9	30.44	744	Brewer, Ashtyn	11	NC SwimMAC Carolina	6/23/2019	2019 NC SGSA Eastern Invite
10	30.66	729	Lu, Angelina	11	NC Raleigh Swimming Association	7/5/2019	2019 NC MOR LC Eastern Qualifi

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	28.48	877	Smelzer, Albert	11	NC Swim GSA	6/23/2019	2019 NC SGSA Eastern Invite
2	29.08	839	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	7/12/2019	2019 NC LC AG Championships
3	29.14	835	Zapler, Ezra	11	NC East Carolina Aquatics	7/12/2019	2019 NC LC AG Championships
4	29.78	794	March, Jackson	11	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
5	30.07	776	James, Kaleb	11	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State
6	30.12	773	Trowbridge, J.T.	11	NC YMCA of Northwest North Carolina Riptyde	7/6/2019	2019 NC YSST USRY Championship
6	30.12	773	Marsteiner, Sam	11	NC New Wave Swim Team	5/5/2019	2019 NC STAR Quad Meet
8	30.14	772	Rice, Mike	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
9	30.24	766	Singletery, Cohen	11	NC Lifetime Swim Team North Carolina	7/12/2019	2019 NC LC AG Championships
10	30.44	753	Jennings, Curry	11	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.41	857	Neace, Clarke	11	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
2	1:03.45	855	Morrow, Amelia	11	NC Enfinity Aquatic Club	7/26/2019	2019 NC NCAC Tar Heel State
3	1:03.90	838	Risner, Elise	11	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
4	1:04.19	828	Wolk, Isabel	11	NC North Carolina Aquatic Club	5/17/2019	2019 NC NCAC Meet on the Hill
5	1:04.36	821	Whelehan, Mere	11	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
6	1:05.59	776	Rendon, Kalle	11	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
7	1:06.21	754	Gibson, Jaden	11	NC Smoky Mountain Aquatic Club	7/14/2019	2019 NC LC AG Championships
8	1:06.43	746	Light, Chloe	11	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
9	1:06.98	726	Lloyd, Kyley	11	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
10	1:07.53	707	Brewer, Ashtyn	11	NC SwimMAC Carolina	7/7/2019	2019 NC SAC Last Chance Qualif

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.11	898	Smelzer, Albert	11	NC Swim GSA	6/21/2019	2019 NC SGSA Eastern Invite
2	1:02.73	876	Marsteiner, Sam	11	NC New Wave Swim Team	7/14/2019	2019 NC LC AG Championships
3	1:04.36	820	Zapler, Ezra	11	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
4	1:06.32	754	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	5/11/2019	2019 NC SGSA Mother May I
5	1:06.61	744	Abernathy, Harris	11	NC Greensboro Community YMCA	7/14/2019	2019 NC LC AG Championships
6	1:06.77	739	Frondoza, Ethan	11	NC YMCA of Northwest North Carolina Riptyde	5/19/2019	2019 SC RAYS 2ND ANNUAL LYNN W
7	1:06.82 r	737	Liang, Ethan	11	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
8	1:06.94	734	Rice, Mike	11	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
9	1:06.95	733	March, Jackson	11	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
10	1:07.20	725	James, Kaleb	11	NC Marlins of Raleigh	7/6/2019	2019 NC MOR LC Eastern Qualifi

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1	2:14.97	906	Neace, Clarke	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
2	2:17.66	853	Whelehan, Mere	11	NC TAC Titans	5/19/2019	2019 NC TITANS vs. VA GATOR Dual
3	2:18.17	843	Risner, Elise	11	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
4	2:20.13	806	Rendon, Kalle	11	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
5	2:20.88	791	Morrow, Amelia	11	NC Enfinity Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State
6	2:22.56	760	Goodwin, Taylor	11	NC YMCA of Western North Carolina	7/13/2019	2019 NC LC AG Championships
7	2:23.37	745	Wolk, Isabel	11	NC North Carolina Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill
8	2:24.04	733	Cinson, Kathryn	11	NC Hickory Foundation YMCA Seahorse Swim Team	8/1/2019	2019 FL YCF Summer Splash
9	2:24.12	731	Emrich, Abby	11	NC North Carolina Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill
10	2:24.16	731	Gibson, Jaden	11	NC Smoky Mountain Aquatic Club	7/13/2019	2019 NC LC AG Championships

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.13	873	Marsteiner, Sam	11	NC New Wave Swim Team	7/13/2019	2019 NC LC AG Championships
2	2:21.07	786	Smelzer, Albert	11	NC Swim GSA	7/13/2019	2019 NC LC AG Championships
3	2:22.26	765	Abernathy, Harris	11	NC Greensboro Community YMCA	7/13/2019	2019 NC LC AG Championships
4	2:22.40	763	Zapler, Ezra	11	NC East Carolina Aquatics	7/13/2019	2019 NC LC AG Championships
5	2:23.80	739	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	6/15/2019	2019 NC TAC TYR Triangle Class
6	2:26.13	700	Townsend, Alex	11	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships
7	2:26.32	697	Liang, Ethan	11	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
8	2:26.39	696	Sutherland, Ryan	11	NC YMCA of the Triangle Area Swim Team	6/22/2019	2019 NC NC YSST Bob Pratt Invite
8	2:26.39	696	Soniat, Lucas	11	NC SwimMAC Carolina	7/27/2019	2019 NC HPSC Tar Heel States
10	2:26.78	690	Perkins, Wyatt	11	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:46.80	869	Neace, Clarke	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
2	4:54.20	799	Rendon, Kalle	11	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
3	4:54.65	795	Goodwin, Taylor	11	NC YMCA of Western North Carolina	7/12/2019	2019 NC LC AG Championships
4	4:56.02	782	Cinson, Kathryn	11	NC Hickory Foundation YMCA Seahorse Swim Team	7/31/2019	2019 FL YCF Summer Splash
5	4:59.23	753	Risner, Elise	11	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
6	5:01.67	731	Wolk, Isabel	11	NC North Carolina Aquatic Club	5/18/2019	2019 NC NCAC Meet on the Hill
7	5:02.98	719	Su, Alicia	11	NC North Carolina Aquatic Club	5/18/2019	2019 NC NCAC Meet on the Hill
8	5:03.02	719	Emrich, Abby	11	NC North Carolina Aquatic Club	5/18/2019	2019 NC NCAC Meet on the Hill
9	5:03.75	712	Gibson, Jaden	11	NC Smoky Mountain Aquatic Club	7/12/2019	2019 NC LC AG Championships
10	5:13.28	631	Collins, Mackenzie	11	NC North Carolina Aquatic Club	7/28/2019	2019 NC NCAC Tar Heel State

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:45.18	872	Marsteiner, Sam	11	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships
2	4:59.89	750	Abernathy, Harris	11	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships
3	5:01.22	739	Smelzer, Albert	11	NC Swim GSA	7/12/2019	2019 NC LC AG Championships
4	5:04.51	713	Soniat, Lucas	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	5:07.72	688	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	6/14/2019	2019 NC TAC TYR Triangle Class
6	5:08.12	685	Perkins, Wyatt	11	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
7	5:09.60	674	Nelson, Eli	11	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
8	5:12.25	654	Jennings, Curry	11	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC LC AG Championships
9	5:12.40	653	Townsend, Alex	11	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
10	5:13.06	648	James, Kaleb	11	NC Marlins of Raleigh	7/28/2019	2019 NC NCAC Tar Heel State

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 800 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	10:35.88	762	Cinson, Kathryn	11	NC Hickory Foundation YMCA Seahorse Swim Team	5/26/2019	2019 NC WNCY Hula Invitational
2	10:36.01	761	Gibson, Jaden	11	NC Smoky Mountain Aquatic Club	5/5/2019	2019 SE KP Long Course Kick Off
3	12:30.91	366	Schlitt, Danielle	11	NC YMCA of Western North Carolina	5/26/2019	2019 NC WNCY Hula Invitational

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	10:49.01	715	Nelson, Eli	11	NC Marlins of Raleigh	5/19/2019	2019 NC NCAC Meet on the Hill
2	11:56.30	482	Colacito, Leonardo	11	NC Club Kick Start	5/19/2019	2019 NC NCAC Meet on the Hill

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 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	22:59.60	515	Cheves, Maggie	11	NC Watauga County Swim Team	6/21/2019	2019 NC NC YSST Bob Pratt Invite

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	34.27	816	Lloyd, Kyley	11	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
2	34.52	799	Wolk, Isabel	11	NC North Carolina Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State
3	35.17	755	Foreman, Riley	11	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
4	35.22	752	Whelehan, Mere	11	NC TAC Titans	5/19/2019	2019 NC TITANS vs. VA GATOR Dual
5	35.29 r	747	Neace, Clarke	11	NC SwimMAC Carolina	6/22/2019	2019 NC SGSA Eastern Invite
6	35.33	744	Stuck, Kelsey	11	NC Waves Of Wilmington, Inc.	6/16/2019	2019 NC TAC TYR Triangle Class
7	35.50	733	Risner, Elise	11	NC TAC Titans	5/19/2019	2019 NC TITANS vs. VA GATOR Dual
8	35.54	730	Gibson, Jaden	11	NC Smoky Mountain Aquatic Club	6/16/2019	2019 NC TAC TYR Triangle Class
9	35.66	722	Rendon, Kalle	11	NC Raleigh Swimming Association	6/8/2019	2019 NC GCY Sprint and Distanc
10	35.84	711	Cardwell, Ava	11	NC SwimMAC Carolina	4/6/2019	2019 NC SwimMAC Blue Orange LC In

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	32.03	976	Smelzer, Albert	11	NC Swim GSA	7/14/2019	2019 NC LC AG Championships
2	33.44	883	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	7/14/2019	2019 NC LC AG Championships
3	33.51	879	Marsteiner, Sam	11	NC New Wave Swim Team	7/14/2019	2019 NC LC AG Championships
4	33.89	854	Frondoza, Ethan	11	NC YMCA of Northwest North Carolina Riptyde	5/19/2019	2019 SC RAYS 2ND ANNUAL LYNN W
5	34.56	812	March, Jackson	11	NC TAC Titans	7/7/2019	2019 NC TAC TITANS July Qualif
6	34.93	789	Trowbridge, J.T.	11	NC YMCA of Northwest North Carolina Riptyde	6/8/2019	2019 NC GCY Sprint and Distanc
7	35.03	783	Perkins, Wyatt	11	NC TAC Titans	7/7/2019	2019 NC TAC TITANS July Qualif
8	35.18	773	Li, Jason	11	NC North Carolina Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State
9	35.32	765	James, Kaleb	11	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State
10	35.54	751	Suphavadeprasisit, Leo	11	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.37	827	Rendon, Kalle	11	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
2	1:13.80	814	Neace, Clarke	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
3	1:14.16	803	Lloyd, Kyley	11	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
4	1:15.11	774	Wolk, Isabel	11	NC North Carolina Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill
5	1:15.18	772	Risner, Elise	11	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
6	1:15.50	762	Pardue, Audrey	11	NC SwimMAC Carolina	7/7/2019	2019 NC SAC Last Chance Qualif
7	1:16.13	743	Emrich, Abby	11	NC North Carolina Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill
8	1:16.81	723	Pawa, Anika	11	NC Enfinity Aquatic Club	7/7/2019	2019 NC TAC TITANS July Qualif
9	1:17.48 r	703	Collins, Mackenzie	11	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
10	1:17.83	693	Whitlock, Devon	11	NC Marlins of Raleigh	7/28/2019	2019 NC NCAC Tar Heel State

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:10.94	916	Smelzer, Albert	11	NC Swim GSA	7/13/2019	2019 NC LC AG Championships
2	1:13.38	843	Marsteiner, Sam	11	NC New Wave Swim Team	7/13/2019	2019 NC LC AG Championships
3	1:14.05	823	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	7/13/2019	2019 NC LC AG Championships
4	1:14.56 r	808	March, Jackson	11	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	1:14.84 r	800	Perkins, Wyatt	11	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
6	1:15.20	790	Trowbridge, J.T.	11	NC YMCA of Northwest North Carolina Riptyde	7/13/2019	2019 NC LC AG Championships
7	1:15.33	786	James, Kaleb	11	NC Marlins of Raleigh	7/6/2019	2019 NC MOR LC Eastern Qualifi
8	1:15.37	785	Soniat, Lucas	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	1:15.49	782	Jennings, Curry	11	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat
10	1:16.15	763	Frondoza, Ethan	11	NC YMCA of Northwest North Carolina Riptyde	5/18/2019	2019 SC RAYS 2ND ANNUAL LYNN W

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:37.22	862	Rendon, Kalle	11	NC Raleigh Swimming Association	7/5/2019	2019 NC MOR LC Eastern Qualifi
2	2:39.19	836	Lloyd, Kyley	11	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	2:41.02	812	Pardue, Audrey	11	NC SwimMAC Carolina	5/19/2019	2019 SC YSSC 22nd Annual Coach
4	2:42.34	795	Cinson, Kathryn	11	NC Hickory Foundation YMCA Seahorse Swim Team	8/2/2019	2019 FL YCF Summer Splash
5	2:43.83	776	Pawa, Anika	11	NC Enfinity Aquatic Club	5/12/2019	2019 VA HOKI May Day Invitatio
6	2:46.50	742	Harrer, Sophia	11	NC Raleigh Swimming Association	5/5/2019	2019 NC STAR Quad Meet
7	2:47.76	726	Lu, Angelina	11	NC Raleigh Swimming Association	7/5/2019	2019 NC MOR LC Eastern Qualifi
8	2:49.77	701	Fernando, Scarlett	11	NC Enfinity Aquatic Club	7/7/2019	2019 NC TAC TITANS July Qualif
9	2:51.80	676	Nannucci, Bianca	11	NC Swim GSA	5/10/2019	2019 NC SGSA Mother May I
10	2:52.43	668	Hadsell, Meghan	11	NC Raleigh Swimming Association	6/9/2019	2019 NC GCY Sprint and Distanc

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1	2:33.54	951	Marsteiner, Sam	11	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships
2	2:34.30	940	Smelzer, Albert	11	NC Swim GSA	7/12/2019	2019 NC LC AG Championships
3	2:39.48	867	Trowbridge, J.T.	11	NC YMCA of Northwest North Carolina Riptyde	7/12/2019	2019 NC LC AG Championships
4	2:39.64	864	Perkins, Wyatt	11	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
5	2:42.70	822	Jennings, Curry	11	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC LC AG Championships
6	2:43.17	816	Townsend, Alex	11	NC Marlins of Raleigh	6/15/2019	2019 VA Poseidon's Long Course
7	2:47.94	752	Guglielmo, Ben	11	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
8	2:48.72	741	Frondoza, Ethan	11	NC YMCA of Northwest North Carolina Riptyde	7/6/2019	2019 NC YSST USRY Championship
9	2:51.32	707	Izzard, Ewan	11	NC YMCA of Western North Carolina	7/26/2019	2019 NC HPSC Tar Heel States
10	2:54.23	670	Ball, Holden	11	NC New Wave Swim Team	5/5/2019	2019 NC STAR Quad Meet

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1	36.23	904	Wolk, Isabel	11	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
2	38.56	776	Foreman, Riley	11	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
3	38.62	773	Wallace, Eliza	11	NC Mecklenburg Swim Association	7/12/2019	2019 NC LC AG Championships
4	38.99	754	Klamfoth, Avery	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	39.15	745	Brewer, Ashtyn	11	NC SwimMAC Carolina	6/22/2019	2019 NC SGSA Eastern Invite
6	39.33	736	Lickfold, Katelyn	11	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
7	39.37	734	Light, Chloe	11	NC Marlins of Raleigh	7/28/2019	2019 NC NCAC Tar Heel State
8	39.58	723	Morrow, Amelia	11	NC Enfinity Aquatic Club	7/28/2019	2019 NC NCAC Tar Heel State
9	39.89	706	Lloyd, Kyley	11	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
10	40.05	698	Kern, Kathryn	11	NC SwimMAC Carolina	7/7/2019	2019 NC SAC Last Chance Qualif

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1	37.04	899	Zapler, Ezra	11	NC East Carolina Aquatics	7/12/2019	2019 NC LC AG Championships
2	37.28	885	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	7/12/2019	2019 NC LC AG Championships
3	37.33	882	James, Kaleb	11	NC Marlins of Raleigh	6/15/2019	2019 VA Poseidon's Long Course
4	38.08	840	Torsone, Bryce	11	NC Granite Falls Swim Club Makos	7/12/2019	2019 NC LC AG Championships
5	38.80	800	Liang, Ethan	11	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
6	39.92	739	Rice, Mike	11	NC SwimMAC Carolina	7/7/2019	2019 NC SAC Last Chance Qualif
7	40.11	729	Sellars, Elijah	11	NC Queen City Dolphins	7/28/2019	2019 NC Sailfish Summer Splash
8	40.40	713	Li, Jason	11	NC North Carolina Aquatic Club	7/28/2019	2019 NC NCAC Tar Heel State
9	40.45	711	Townsend, Alex	11	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
10	40.50	708	Harrison, Joey	11	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	1:21.08	856	Wolk, Isabel	11	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
2	1:24.00	784	Lloyd, Kyley	11	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	1:24.05	783	Lickfold, Katelyn	11	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
4	1:24.67	768	Foreman, Riley	11	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
5	1:24.81	765	Brewer, Ashtyn	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
6	1:24.92	762	Klamfoth, Avery	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
7	1:25.96	737	Light, Chloe	11	NC Marlins of Raleigh	7/26/2019	2019 NC NCAC Tar Heel State
8	1:27.35	705	Kern, Kathryn	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	1:27.44	703	Wallace, Eliza	11	NC Mecklenburg Swim Association	7/27/2019	2019 NC Sailfish Summer Splash
10	1:27.55	700	Su, Alicia	11	NC North Carolina Aquatic Club	6/9/2019	2019 NC GCY Sprint and Distanc

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 11 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:21.82	883	Zapler, Ezra	11	NC East Carolina Aquatics	7/13/2019	2019 NC LC AG Championships
2	1:21.99	879	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	7/13/2019	2019 NC LC AG Championships
3	1:23.04	853	James, Kaleb	11	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships
4	1:24.35	821	Liang, Ethan	11	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
5	1:28.23	728	Li, Jason	11	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
6	1:28.61	719	Rice, Mike	11	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
7	1:28.93	711	Frondoza, Ethan	11	NC YMCA of Northwest North Carolina Riptyde	5/18/2019	2019 SC RAYS 2ND ANNUAL LYNN W
8	1:29.27	703	Sutherland, Ryan	11	NC YMCA of the Triangle Area Swim Team	7/13/2019	2019 NC LC AG Championships
9	1:29.54	697	March, Jackson	11	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
10	1:30.72	670	Alzate, Santi	11	NC SwimMAC Carolina	7/26/2019	2019 NC HPSC Tar Heel States

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:59.67	827	Klamfoth, Avery	11	NC SwimMAC Carolina	7/28/2019	2019 NC HPSC Tar Heel States
2	3:07.59	742	Light, Chloe	11	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
3	3:07.82	740	Wolk, Isabel	11	NC North Carolina Aquatic Club	6/8/2019	2019 NC GCY Sprint and Distanc
4	3:08.17	736	McCarter, Macie	11	NC SwimMAC Carolina	7/28/2019	2019 NC HPSC Tar Heel States
5	3:08.23	736	Cardwell, Ava	11	NC SwimMAC Carolina	5/18/2019	2019 SC YSSC 22nd Annual Coach
6	3:08.49	733	Kern, Kathryn	11	NC SwimMAC Carolina	6/23/2019	2019 NC NC YSST Bob Pratt Invite
7	3:08.89	729	Thomas, Emma	11	NC Unattached	7/14/2019	2019 NC LC AG Championships
8	3:09.47	723	Lu, Angelina	11	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
9	3:11.81	699	Malone, Grayson	11	NC Raleigh Swimming Association	7/6/2019	2019 NC MOR LC Eastern Qualifi
10	3:13.21	684	Wallace, Eliza	11	NC Mecklenburg Swim Association	5/4/2019	2019 SC TG Bring the Heat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 11 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:54.66	941	Zapler, Ezra	11	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
2	3:01.14	873	James, Kaleb	11	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
3	3:05.22	830	Liang, Ethan	11	NC North Carolina Aquatic Club	6/8/2019	2019 NC GCY Sprint and Distanc
4	3:09.62	785	Alzate, Santi	11	NC SwimMAC Carolina	7/28/2019	2019 NC HPSC Tar Heel States
5	3:10.44	777	Townsend, Alex	11	NC Marlins of Raleigh	6/17/2019	2019 VA Poseidon's Long Course
6	3:11.34	768	Sutherland, Ryan	11	NC YMCA of the Triangle Area Swim Team	5/17/2019	2019 NC ECA Beach Invitational
7	3:16.21	719	Hawthorne, Maxwell	11	NC Waves Of Wilmington, Inc.	5/10/2019	2019 NC SGSA Mother May I
8	3:25.64	627	Edwards, Bryson	11	NC YMCA of Western North Carolina	7/28/2019	2019 NC HPSC Tar Heel States
9	3:27.86	606	Sellers, Elijah	11	NC Queen City Dolphins	5/3/2019	2019 NC GG AMayzing Meet
10	3:34.10	547	Harter, Isaac	11	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.03	866	Lloyd, Kyley	11	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
2	31.42	841	Neace, Clarke	11	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	31.59	830	Wolk, Isabel	11	NC North Carolina Aquatic Club	7/28/2019	2019 NC NCAC Tar Heel State
4	31.75	820	Lu, Angelina	11	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
5	31.76	820	Morrow, Amelia	11	NC Enfinity Aquatic Club	7/28/2019	2019 NC NCAC Tar Heel State
6	32.59	769	Pardue, Audrey	11	NC SwimMAC Carolina	5/18/2019	2019 SC YSSC 22nd Annual Coach
7	32.77	758	Foreman, Riley	11	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
8	32.79	757	Whelehan, Mere	11	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
9	33.03	742	Talwar, Tara	11	NC TAC Titans	7/28/2019	2019 NC TAC vs WAVE Dual
10	33.26	729	Brewer, Ashtyn	11	NC SwimMAC Carolina	7/7/2019	2019 NC SAC Last Chance Qualif

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 11 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	30.64	907	Smelzer, Albert	11	NC Swim GSA	6/21/2019	2019 NC SGSA Eastern Invite
2	31.02	881	Rice, Mike	11	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	31.08	877	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	7/14/2019	2019 NC LC AG Championships
4	31.73	833	James, Kaleb	11	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
5	32.20	802	March, Jackson	11	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
6	32.31	795	Abernathy, Harris	11	NC Greensboro Community YMCA	7/14/2019	2019 NC LC AG Championships
7	32.36	792	Fronzoza, Ethan	11	NC YMCA of Northwest North Carolina Riptyde	7/14/2019	2019 NC LC AG Championships
8	33.06	747	Soniat, Lucas	11	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
9	33.44	723	Townsend, Alex	11	NC Marlins of Raleigh	5/19/2019	2019 NC NCAC Meet on the Hill
10	33.47	721	Sutherland, Ryan	11	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.20	875	Neace, Clarke	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
2	1:11.92	801	Lloyd, Kyley	11	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	1:13.46	760	Emrich, Abby	11	NC North Carolina Aquatic Club	5/17/2019	2019 NC NCAC Meet on the Hill
4	1:13.77	752	Whelehan, Mere	11	NC TAC Titans	5/19/2019	2019 NC TITANS vs. VA GATOR Dual
5	1:14.24	740	Rendon, Kalle	11	NC Raleigh Swimming Association	5/4/2019	2019 NC STAR Quad Meet
6	1:14.39	736	Pardue, Audrey	11	NC SwimMAC Carolina	6/22/2019	2019 NC NC YSST Bob Pratt Invite
7	1:14.86	724	Pawa, Anika	11	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
8	1:14.91	723	Talwar, Tara	11	NC TAC Titans	7/26/2019	2019 NC TAC vs WAVE Dual
9	1:15.37	711	Brewer, Ashtyn	11	NC SwimMAC Carolina	7/6/2019	2019 NC SAC Last Chance Qualif
9	1:15.37	711	Pou, Julia	11	NC SwimMAC Carolina	7/27/2019	2019 NC HPSC Tar Heel States

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 11 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.68	918	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	7/12/2019	2019 NC LC AG Championships
2	1:11.64	832	Abernathy, Harris	11	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships
3	1:12.15	817	James, Kaleb	11	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
4	1:12.36	811	Smelzer, Albert	11	NC Swim GSA	7/12/2019	2019 NC LC AG Championships
5	1:14.22	759	Soniat, Lucas	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
6	1:14.28	757	Rice, Mike	11	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
7	1:14.77	744	Frondoza, Ethan	11	NC YMCA of Northwest North Carolina Riptyde	5/19/2019	2019 SC RAYS 2ND ANNUAL LYNN W
8	1:16.79	689	Liang, Ethan	11	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
9	1:17.15	679	March, Jackson	11	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
10	1:17.78	663	Townsend, Alex	11	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 200 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	2:45.73	800	Goodwin, Taylor	11	NC YMCA of Western North Carolina	7/13/2019	2019 NC LC AG Championships
3	2:59.52	654	Hitchcock, Ella Brett	11	NC Hickory Foundation YMCA Seahorse Swim Team	6/22/2019	2019 NC NC YSST Bob Pratt Invite
4	3:09.79	549	Organ, Macy	11	NC YMCA of the Triangle Area Swim Team	7/5/2019	2019 NC MOR LC Eastern Qualif
5	3:14.76	501	Everhart, Isabelle	11	NC Sandhills Sandsharks	7/7/2019	2019 NC TAC TITANS July Qualif
6	3:24.17	412	Kondal, Meera	11	NC YMCA of Western North Carolina	6/22/2019	2019 SC YSSC LC Firecracker In

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 11 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:57.24	695	Nelson, Eli	11	NC Marlins of Raleigh	7/5/2019	2019 NC MOR LC Eastern Qualifi
2	3:06.31	595	Edwards, Bryson	11	NC YMCA of Western North Carolina	6/22/2019	2019 SC YSSC LC Firecracker In
3	3:07.28	584	Cleaver, Ryan	11	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
4	3:10.23	553	Rammel, Mattaus	11	NC Marlins of Raleigh	6/16/2019	2019 VA Poseidon's Long Course
5	3:27.13	385	Lanier, Harrison	11	NC Marlins of Raleigh	7/5/2019	2019 NC MOR LC Eastern Qualifi

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:36.96	839	Neace, Clarke	11	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
2	2:38.15	821	Lloyd, Kyley	11	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
3	2:38.97	809	Wolk, Isabel	11	NC North Carolina Aquatic Club	6/8/2019	2019 NC GCY Sprint and Distanc
4	2:40.18	792	Whelehan, Mere	11	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual
5	2:40.56	787	Emrich, Abby	11	NC North Carolina Aquatic Club	5/18/2019	2019 NC NCAC Meet on the Hill
6	2:41.12	779	Rendon, Kalle	11	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
7	2:41.98	766	Risner, Elise	11	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual
8	2:42.23	763	Brewer, Ashtyn	11	NC SwimMAC Carolina	7/5/2019	2019 NC SAC Last Chance Qualif
9	2:42.96	753	Su, Alicia	11	NC North Carolina Aquatic Club	5/18/2019	2019 NC NCAC Meet on the Hill
10	2:44.22	735	Foreman, Riley	11	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 11 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:34.37	886	Camacho, Clem	11	NC Waves Of Wilmington, Inc.	7/14/2019	2019 NC LC AG Championships
2	2:37.40	840	Zapler, Ezra	11	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
3	2:39.05	815	Abernathy, Harris	11	NC Greensboro Community YMCA	7/14/2019	2019 NC LC AG Championships
4	2:39.84	803	Marsteiner, Sam	11	NC New Wave Swim Team	7/14/2019	2019 NC LC AG Championships
5	2:40.76	789	James, Kaleb	11	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
6	2:41.11	784	Soniat, Lucas	11	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
7	2:41.50	778	Smelzer, Albert	11	NC Swim GSA	6/21/2019	2019 NC SGSA Eastern Invite
8	2:41.80	773	Townsend, Alex	11	NC Marlins of Raleigh	7/26/2019	2019 NC NCAC Tar Heel State
9	2:41.86	773	March, Jackson	11	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
10	2:44.48	734	Frondoza, Ethan	11	NC YMCA of Northwest North Carolina Riptyde	7/6/2019	2019 NC YSST USRY Championship

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 11 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:36.42	879	Neace, Clarke	11	NC SwimMAC Carolina	5/19/2019	2019 SC YSSC 22nd Annual Coach
2	5:44.99	824	Rendon, Kalle	11	NC Raleigh Swimming Association	7/11/2019	2019 NC LC AG Championships
3	5:46.67	814	Lloyd, Kyley	11	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
4	5:47.51	809	Emrich, Abby	11	NC North Carolina Aquatic Club	5/17/2019	2019 NC NCAC Meet on the Hill
5	5:48.92	800	Cinson, Kathryn	11	NC Hickory Foundation YMCA Seahorse Swim Team	7/11/2019	2019 NC LC AG Championships
6	5:50.42	790	Su, Alicia	11	NC North Carolina Aquatic Club	5/17/2019	2019 NC NCAC Meet on the Hill
7	5:58.89	738	Pardue, Audrey	11	NC SwimMAC Carolina	6/21/2019	2019 NC NC YSST Bob Pratt Invite
8	6:09.23	676	Hitchcock, Ella Brett	11	NC Hickory Foundation YMCA Seahorse Swim Team	6/21/2019	2019 NC NC YSST Bob Pratt Invite
9	6:11.65	662	Crowder, Audrey	11	NC YMCA of the Triangle Area Swim Team	6/14/2019	2019 VA SwimRVA Summer Invitat
10	6:11.71	662	Nannucci, Bianca	11	NC Swim GSA	5/17/2019	2019 NC YBAC Spring LC Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 11 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:47.20	833	James, Kaleb	11	NC Marlins of Raleigh	7/11/2019	2019 NC LC AG Championships
2	5:47.86	829	Townsend, Alex	11	NC Marlins of Raleigh	7/11/2019	2019 NC LC AG Championships
3	5:48.13	827	Smelzer, Albert	11	NC Swim GSA	7/11/2019	2019 NC LC AG Championships
4	5:49.74	817	Liang, Ethan	11	NC North Carolina Aquatic Club	5/17/2019	2019 NC NCAC Meet on the Hill
5	5:54.84	784	Nelson, Eli	11	NC Marlins of Raleigh	7/11/2019	2019 NC LC AG Championships
6	6:13.66	668	Edwards, Bryson	11	NC YMCA of Western North Carolina	5/24/2019	2019 NC WNCY Hula Invitational
7	6:16.00	654	Li, Jason	11	NC North Carolina Aquatic Club	5/17/2019	2019 NC NCAC Meet on the Hill
8	6:25.21	600	Zhang, John	11	NC YMCA of the Triangle Area Swim Team	6/14/2019	2019 VA SwimRVA Summer Invitat
9	6:38.82	523	Purcell, Lucas	11	NC Marlins of Raleigh	7/6/2019	2019 NC MOR LC Eastern Qualifi
10	6:50.52	460	Polzien, Adam	11	NC SwimMAC Carolina	7/28/2019	2019 NC HPSC Tar Heel States

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	28.16	834	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC LC AG Championships
4	28.41	815	Eward, Ellery	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
5	28.50	808	Cureton, Taylor	12	NC TAC Titans	8/3/2019	2019 NC Southern Zone Age Group C
6	28.54	805	Holfelder, Sydney	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
7	28.55 r	805	Willis, Lily	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
7	28.55	805	Monville, Kathryn	12	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships
9	29.16	760	Risner, Elise	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
10	29.25	753	Qian, Shakira	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 12 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	28.32	774	Morea, Michael	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
7	28.38	770	Allen, Aidan	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
8	28.46	765	Jones, Griffin	12	NC Swim Fanatics Swim Club	5/19/2019	2019 NC YBAC Spring LC Invitat
9	28.67 r	751	Smith, Christian	12	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
10	28.80	742	Cindric, Goran	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 100 Freestyle Long Course Meters**

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
6	1:02.69	780	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch
7	1:02.70	780	Holfelder, Sydney	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
8	1:03.19	762	Qian, Shakira	12	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
9	1:03.30	757	Risner, Elise	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
10	1:03.68	743	Neace, Clarke	12	NC SwimMAC Carolina	8/1/2019	2019 NC Southern Zone Age Group C

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 12 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	1:02.37	743	Bartee, Granger	12	NC SwimMAC Carolina	8/1/2019	2019 NC Southern Zone Age Group C
7	1:02.91	725	Morea, Michael	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
8	1:03.27	712	Lin, Walker	12	NC Greensboro Community YMCA	7/14/2019	2019 NC LC AG Championships
9	1:03.53	703	Allen, Aidan	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
10	1:03.70	697	Smith, Christian	12	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.18	904	Eward, Ellery	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
2	2:09.65	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	2:15.36	779	Neace, Clarke	12	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
6	2:15.86	769	Qian, Shakira	12	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
7	2:16.83	750	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	7/13/2019	2019 NC LC AG Championships
8	2:18.03	727	Rainey, Reagan	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	2:18.10	726	Risner, Elise	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
10	2:19.06	708	Monville, Kathryn	12	NC New Wave Swim Team	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	2:16.49	715	Prabhu, Evan	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
7	2:16.65	712	Smith, Christian	12	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State
8	2:16.70	711	Covington, Bailey	12	NC Greensboro Community YMCA	6/8/2019	2019 NC GCY Sprint and Distanc
9	2:16.83	709	Kroll, John	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
10	2:17.52	697	Emerton, Ethan	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	4:50.13	723	Rainey, Reagan	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
7	4:50.69	718	Risner, Elise	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
8	4:55.02	679	Bujoreanu, Sophia	12	NC SwimMAC Carolina	6/23/2019	2019 NC SGSA Eastern Invite
9	4:55.40	675	Monville, Kathryn	12	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships
10	4:56.73	664	Harrison, Lea	12	NC SwimMAC Carolina	5/17/2019	2019 SC YSSC 22nd Annual Coach

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	4:45.38	741	Clontz, Norvin	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	4:45.98	736	Smith, Christian	12	NC Marlins of Raleigh	7/28/2019	2019 NC NCAC Tar Heel State
6	4:48.74	713	Humbert, Jack	12	NC YMCA of the Triangle Area Swim Team	7/28/2019	2019 NC NCAC Tar Heel State
7	4:48.76	713	Hohm, Nate	12	NC Aquatic Team Of Mecklenburg	4/5/2019	2019 NC ATOM Friday Night Ligh
8	4:51.20	693	Prabhu, Evan	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
9	4:51.58	690	Swenson, Broder	12	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
10	4:51.78	688	Marrujo, Christian	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	10:57.11	547	Shuping, Avery	12	NC North Carolina Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill
5	11:54.63	355	Teague, Estelle	12	NC Star Aquatics	5/3/2019	2019 NC STAR Quad Meet

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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
6	10:59.34	519	Strada, Matt	12	NC North Carolina Aquatic Club	5/19/2019	2019 NC NCAC Meet on the Hill
7	11:16.91	459	Worsham, Nathan	12	NC Marlins of Raleigh	5/19/2019	2019 NC NCAC Meet on the Hill
8	11:31.06	413	Ritchey, David	12	NC Carolina Aquatic Team	6/23/2019	2019 SC YSSC LC Firecracker In
9	11:53.02	345	Martin, Ben	12	NC Mecklenburg Swim Association	5/5/2019	2019 SC RAYS CINCO DE MAYO LON

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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 Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	32.87	815	Schell, Gabbie	12	NC Greensboro Community YMCA	7/14/2019	2019 NC LC AG Championships
7	33.04	803	Bujoreanu, Sophia	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
8	33.48	772	Shanahan, Mary	12	NC Hillsborough Aquatic Club	5/18/2019	2019 NC NCAC Meet on the Hill
9	33.49	771	Monville, Kathryn	12	NC New Wave Swim Team	8/1/2019	2019 NC Southern Zone Age Group C
10	33.75	753	Sukupova, Vani	12	NC Sailfish Aquatics	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	32.04	811	Morea, Michael	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
5	32.11	806	Liu, Darren	12	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
6	32.18	802	Emerton, Ethan	12	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
7	32.22	799	Kroll, John	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
8	32.45	783	Smith, Christian	12	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
9	32.75	763	Allen, Aidan	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
10	33.38	722	Liu, Alan	12	NC North Carolina Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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
6	1:11.91	762	Cloutier, Addie	12	NC East Carolina Aquatics	7/13/2019	2019 NC LC AG Championships
7	1:11.98	760	Schell, Gabbie	12	NC Greensboro Community YMCA	7/13/2019	2019 NC LC AG Championships
8	1:12.35	748	Holfelder, Sydney	12	NC TAC Titans	8/2/2019	2019 NC Southern Zone Age Group C
9	1:12.53	743	Neace, Clarke	12	NC SwimMAC Carolina	8/2/2019	2019 NC Southern Zone Age Group C
10	1:12.61	740	Eward, Ellery	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	1:09.94	782	Osman, Max	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
7	1:10.18	775	Liu, Darren	12	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
8	1:10.21	774	Morea, Michael	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
9	1:10.54	764	Liu, Alan	12	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
10	1:10.71	758	Hohm, Nate	12	NC Aquatic Team Of Mecklenburg	5/4/2019	2019 SC RAYS CINCO DE MAYO LON

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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
6	2:36.28	752	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
7	2:36.65	747	Ormondroyd, Tia	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
8	2:38.77	719	Risner, Elise	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
9	2:39.68	707	Pardue, Audrey	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
10	2:44.16	648	Pawa, Anika	12	NC Enfinity Aquatic Club	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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
6	2:33.31	772	Bartee, Granger	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
7	2:34.76	751	Morea, Michael	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
8	2:34.92	749	Marrujo, Christian	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
9	2:35.47	741	Tharakan, Abhay	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
10	2:35.89	735	Tangeman, Cole	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	33.80	954	Willis, Lily	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	36.12	819	Cureton, Taylor	12	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
3	36.86	778	Vanega, Claudia	12	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
4	36.95	773	Vassil, Avery	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	37.03	768	Alessandrini, Bella	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
6	37.04	768	Rainey, Reagan	12	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
7	37.24	757	Zettel, Nicole	12	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
8	37.36	750	Sukupova, Vani	12	NC Sailfish Aquatics	7/12/2019	2019 NC LC AG Championships
9	37.84	724	Holfelder, Sydney	12	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
10	38.23	702	Ormondroyd, Tia	12	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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
6	37.07	706	Villalobos, Adrian	12	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
7	37.15	702	Schmitz, Gabe	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
8	37.30	693	Bartee, Granger	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
9	37.43	685	Emerton, Ethan	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
10	37.69	671	Bucci, Cameron	12	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:12.99	956	Willis, Lily	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	1:18.24	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
6	1:21.98	723	Sukupova, Vani	12	NC Sailfish Aquatics	7/13/2019	2019 NC LC AG Championships
7	1:22.31	715	Vassil, Avery	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
8	1:23.32	690	Foreman, Riley	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
9	1:23.63	682	Holfelder, Sydney	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
10	1:24.18	669	Alessandrini, Bella	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	1:21.73	707	Villalobos, Adrian	12	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
7	1:21.80	706	Kroll, John	12	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
8	1:21.84	705	Lin, Walker	12	NC Greensboro Community YMCA	7/13/2019	2019 NC LC AG Championships
9	1:22.09	698	Clontz, Norvin	12	NC SwimMAC Carolina	6/23/2019	2019 NC SGSA Eastern Invite
10	1:22.54	687	Taylor, Andrew	12	NC Gaston Gators	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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
6	3:00.67	696	Cureton, Taylor	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
7	3:01.02	693	Briggs, Reese	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
8	3:01.50	687	Foreman, Riley	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
9	3:02.93	672	Zheng, Grace	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
10	3:03.53	665	Ghim, Esther	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	2:55.14	765	Villalobos, Adrian	12	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
6	2:57.54	738	Prabhu, Evan	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
7	2:59.37	718	Clontz, Norvin	12	NC SwimMAC Carolina	5/18/2019	2019 SC YSSC 22nd Annual Coach
8	3:01.25	698	Spurgeon, Tommy	12	NC SwimMAC Carolina	4/7/2019	2019 NC SwimMAC Blue Orange LC In
9	3:01.98	690	Li, Aiden	12	NC SwimMAC Carolina	4/7/2019	2019 NC SwimMAC Blue Orange LC In
10	3:03.08	678	Schmitz, Gabe	12	NC SwimMAC Carolina	7/28/2019	2019 NC HPSC Tar Heel States

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	31.03	781	Holfelder, Sydney	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
7	31.04	780	Mueller, Tanith	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
8	31.32	763	Cloutier, Addie	12	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
9	31.37	759	Healey, Caroline	12	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
10	31.45	754	Whelehan, Mere	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	30.90	749	Tharakan, Abhay	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
6	30.91	748	Humbert, Jack	12	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC LC AG Championships
7	30.96	745	Walcott, Ben	12	NC Granite Falls Swim Club Makos	7/14/2019	2019 NC LC AG Championships
8	31.04	740	Prabhu, Evan	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
9	31.09	736	Worsham, Nathan	12	NC Marlins of Raleigh	6/17/2019	2019 VA Poseidon's Long Course
10	31.15	732	Morea, Michael	12	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	1:09.33	771	Monville, Kathryn	12	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships
4	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
5	1:10.90	728	Whelehan, Mere	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
6	1:11.13	721	Lambert, Maya	12	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
7	1:11.19	720	Qian, Shakira	12	NC TAC Titans	7/7/2019	2019 NC TAC TITANS July Qualif
8	1:11.46	712	Willis, Lily	12	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
9	1:12.05	697	Harrison, Lea	12	NC SwimMAC Carolina	6/23/2019	2019 NC SGSA Eastern Invite
10	1:12.30	690	Cureton, Taylor	12	NC TAC Titans	6/30/2019	2019 NC EAC Independence Invit

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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
6	1:08.29	765	Prabhu, Evan	12	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
7	1:08.35	763	Kroll, John	12	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
8	1:08.82	749	Bartee, Granger	12	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
9	1:09.15	739	Humbert, Jack	12	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC LC AG Championships
10	1:09.86	718	Hohm, Nate	12	NC Aquatic Team Of Mecklenburg	4/26/2019	2019 NC ATOM Friday Night Ligh

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:39.94	723	Forbes, Abby	12	NC NSEA Swim	7/13/2019	2019 NC LC AG Championships
2	2:40.41	718	Monville, Kathryn	12	NC New Wave Swim Team	7/13/2019	2019 NC LC AG Championships
3	2:42.87	690	Harrison, Lea	12	NC SwimMAC Carolina	5/18/2019	2019 SC YSSC 22nd Annual Coach
4	2:43.64	681	Goodwin, Taylor	12	NC YMCA of Western North Carolina	7/28/2019	2019 NC HPSC Tar Heel States
5	2:47.81	634	Lambert, Maya	12	NC North Carolina Aquatic Club	6/8/2019	2019 NC GCY Sprint and Distanc
6	2:53.70	570	Takei, Miko	12	NC Marlins of Raleigh	6/16/2019	2019 VA Poseidon's Long Course
7	2:54.97	556	Wright, Lily	12	NC YMCA of the Triangle Area Swim Team	7/5/2019	2019 NC MOR LC Eastern Qualifi
8	2:55.68	548	Post, Allie Maria	12	NC YMCA of Northwest North Carolina Riptyde	5/18/2019	2019 SC RAYS 2ND ANNUAL LYNN W
9	2:56.46	540	Hitchcock, Ella Brett	12	NC Hickory Foundation YMCA Seahorse Swim Team	7/6/2019	2019 NC YSST USRY Championship
10	3:00.37	499	Miller, Dallas	12	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 VA SwimRVA Summer Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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
6	2:44.73	635	Hall, Judah	12	NC Unattached	7/13/2019	2019 NC LC AG Championships
7	2:49.77	574	Worsham, Nathan	12	NC Marlins of Raleigh	6/16/2019	2019 VA Poseidon's Long Course
8	2:51.29	556	Nye, Owen	12	NC Alamance County Community Y/BAC	5/3/2019	2019 VA Poseidon Classic 2019
9	3:00.63	451	Cotham, James	12	NC Marlins of Raleigh	7/5/2019	2019 NC MOR LC Eastern Qualifi
10	3:02.44	431	Bocian, Adan	12	NC SwimMAC Carolina	7/28/2019	2019 NC HPSC Tar Heel States

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:22.98	950	Zettel, Nicole	12	NC TAC Titans	8/3/2019	2019 NC Southern Zone Age Group C
2	2:25.57	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
6	2:34.97	765	Cureton, Taylor	12	NC TAC Titans	6/28/2019	2019 NC EAC Independence Invit
7	2:35.79	752	Bujoreanu, Sophia	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
8	2:35.86	751	Vassil, Avery	12	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
9	2:37.80	723	Ormondroyd, Tia	12	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual
10	2:37.92	721	Furbay, Caroline	12	NC Unattached	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	2:32.77	759	Cindric, Goran	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
7	2:33.22	752	Lin, Walker	12	NC Greensboro Community YMCA	7/14/2019	2019 NC LC AG Championships
8	2:33.60	746	Hohm, Nate	12	NC Aquatic Team Of Mecklenburg	5/3/2019	2019 SC RAYS CINCO DE MAYO LON
9	2:33.80	743	Walcott, Ben	12	NC Granite Falls Swim Club Makos	7/14/2019	2019 NC LC AG Championships
10	2:33.95	740	Tharakan, Abhay	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:08.99	914	Zettel, Nicole	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
2	5:11.92	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
6	5:36.78	726	Furbay, Caroline	12	NC Unattached	7/11/2019	2019 NC LC AG Championships
7	5:38.64	714	Vanega, Claudia	12	NC Raleigh Swimming Association	7/11/2019	2019 NC LC AG Championships
8	5:39.22	710	Holfelder, Sydney	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
9	5:39.24	710	Schell, Gabbie	12	NC Greensboro Community YMCA	7/11/2019	2019 NC LC AG Championships
10	5:39.48	709	Phillips, Emilie	12	NC New Wave Swim Team	7/11/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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
6	5:31.56	749	Davidson, Aaron	12	NC New Wave Swim Team	7/11/2019	2019 NC LC AG Championships
7	5:32.80	741	Marrujo, Christian	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
8	5:35.06	726	Smith, Christian	12	NC Marlins of Raleigh	7/11/2019	2019 NC LC AG Championships
9	5:36.65	715	Humbert, Jack	12	NC YMCA of the Triangle Area Swim Team	7/11/2019	2019 NC LC AG Championships
10	5:38.33	704	Holtham, Isaac	12	NC SwimMAC Carolina	4/7/2019	2019 NC SwimMAC Blue Orange LC In

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.11	879	Cotter, Keelan	13	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
2	27.25	867	Solvason, Anna	13	NC Unattached	7/13/2019	2019 NC LC AG Championships
3	27.34	859	Welsh, Lily	13	NC Unattached	6/15/2019	2019 NC TAC TYR Triangle Class
4	27.80	820	Sikes, Katie Belle	13	NC Hillsborough Aquatic Club	8/3/2019	2019 NC Southern Zone Age Group C
5	28.05 r	800	Hunt, Ellie	13	NC Greensboro Community YMCA	6/21/2019	2019 NC SGSA Eastern Invite
6	28.21	786	Donlan, Molly	13	NC SwimMAC Carolina	6/13/2019	2019 NC SwimMAC Charlotte Ultr
7	28.50	762	Patterson, Lauren	13	NC Watauga County Swim Team	7/13/2019	2019 NC LC AG Championships
8	28.65	750	McGonigal, Maeren	13	NC Greensboro Community YMCA	6/23/2019	2019 NC SGSA Eastern Invite
9	28.66	749	Baric, Catherine	13	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
10	28.69	747	Szczuka, Emma	13	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.66	888	Keen, Troy	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
2	25.67	887	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	7/13/2019	2019 NC LC AG Championships
3	25.95	865	Li, Andrew	13	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
3	25.95	865	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/21/2019	2019 SC TG Dash and Splash
5	26.30	837	Dunham, Davis	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
6	26.37	832	Spinner, Wiley	13	NC Mecklenburg Swim Association	7/13/2019	2019 NC LC AG Championships
7	26.72	805	Setzer, Sean	13	NC Waves Of Wilmington, Inc.	7/13/2019	2019 NC LC AG Championships
8	26.89	792	Edwards, Johnny	13	NC High Point Swim Club	7/13/2019	2019 NC LC AG Championships
9	26.97	786	Marrujo, Max	13	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
10	27.17 r	770	Pifer, Marshall	13	NC Aquatic Team Of Mecklenburg	6/21/2019	2019 NC SGSA Eastern Invite

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.62	842	Welsh, Lily	13	NC Unattached	6/16/2019	2019 NC TAC TYR Triangle Class
2	59.86	831	Cotter, Keelan	13	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
3	1:00.57	800	Wilhelm, Kiley	13	NC SwimMAC Carolina	11/3/2018	2018 NC SGSA Senior Elite LC M
4	1:00.93	784	Hunt, Ellie	13	NC Greensboro Community YMCA	6/22/2019	2019 NC SGSA Eastern Invite
5	1:01.04	780	Donlan, Molly	13	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
6	1:01.06	779	McGonigal, Maeren	13	NC Greensboro Community YMCA	6/22/2019	2019 NC SGSA Eastern Invite
7	1:01.82	746	Osborne, Hadley	13	NC Greensboro Community YMCA	6/22/2019	2019 NC SGSA Eastern Invite
8	1:02.11	734	Sikes, Katie Belle	13	NC Hillsborough Aquatic Club	6/28/2019	2019 NC EAC Independence Invit
9	1:02.29	727	Solvason, Anna	13	NC Unattached	7/14/2019	2019 NC LC AG Championships
10	1:02.39	723	Dolan, Maya	13	NC North Carolina Aquatic Club	7/14/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.03 r	924	Li, Andrew	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	55.48 r	905	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 NC Southern Zone Age Group C
3	56.33	868	Keen, Troy	13	NC SwimMAC Carolina	8/1/2019	2019 NC Southern Zone Age Group C
4	56.69	853	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/22/2019	2019 SC TG Dash and Splash
5	57.64 r	812	Spinner, Wiley	13	NC Mecklenburg Swim Association	7/12/2019	2019 NC LC AG Championships
6	57.76	807	Marrujo, Max	13	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
7	58.24	787	Ayers, Alex	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
7	58.24 r	787	Harper, James	13	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
9	58.26	787	Edwards, Johnny	13	NC High Point Swim Club	6/22/2019	2019 NC SGSA Eastern Invite
10	58.38	782	Dunham, Davis	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:05.42	903	Cotter, Keelan	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	2:07.56	853	Welsh, Lily	13	NC Unattached	7/12/2019	2019 NC LC AG Championships
3	2:12.88 r	733	Dolan, Maya	13	NC North Carolina Aquatic Club	7/11/2019	2019 NC LC AG Championships
4	2:13.55	719	Martinson, Kara	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	2:13.66	717	Wilhelm, Kiley	13	NC SwimMAC Carolina	11/3/2018	2018 NC SGSA Senior Elite LC M
6	2:14.19	705	McGonigal, Maeren	13	NC Greensboro Community YMCA	6/21/2019	2019 NC SGSA Eastern Invite
7	2:14.23	704	Donlan, Molly	13	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
8	2:14.45 r	700	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	7/11/2019	2019 NC LC AG Championships
9	2:14.54	698	Ivanov, Katya	13	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
10	2:14.58 r	697	Osborne, Hadley	13	NC Greensboro Community YMCA	7/11/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	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
2	2:00.87	932	Marrujo, Max	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	2:02.05	905	Li, Andrew	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	2:02.46	896	Keen, Troy	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	2:07.10	796	Commins, Andy	13	NC North Carolina Aquatic Club	7/26/2019	2019 NC NCAC Tar Heel State
6	2:07.11	795	Ayers, Alex	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
7	2:07.29	792	Spinner, Wiley	13	NC Mecklenburg Swim Association	7/12/2019	2019 NC LC AG Championships
8	2:07.97	777	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/23/2019	2019 SC TG Dash and Splash
9	2:08.44	768	Harper, James	13	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
10	2:09.03	755	Bennison, James	13	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:26.57	855	Cotter, Keelan	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	4:39.20	717	Welsh, Lily	13	NC Unattached	7/13/2019	2019 NC LC AG Championships
3	4:44.34	664	Ivanov, Katya	13	NC TAC Titans	8/2/2019	2019 NC Southern Zone Age Group C
4	4:45.64	650	Dolan, Maya	13	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
5	4:46.34	643	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	7/7/2019	2019 NC QCD Long Course Invite
6	4:46.63	641	Curran, Molly	13	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
7	4:47.82	629	Wilhelm, Kiley	13	NC SwimMAC Carolina	11/3/2018	2018 NC SGSA Senior Elite LC M
8	4:48.48	622	Vannote, Carly	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	4:49.48	612	Sleime, Leyla	13	NC SwimMAC Carolina	4/6/2019	2019 NC SwimMAC Blue Orange LC In
10	4:49.74	610	Dalton, Mary Bonner	13	NC SwimMAC Carolina	6/22/2019	2019 NC SGSA Eastern Invite

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:16.81	920	Marrujo, Max	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	4:17.62	911	Li, Andrew	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	4:24.91	836	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	7/13/2019	2019 NC LC AG Championships
4	4:26.27	823	Harper, James	13	NC Aquatic Team Of Mecklenburg	7/13/2019	2019 NC LC AG Championships
5	4:30.39	782	Hitchcock, Drew	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/13/2019	2019 NC LC AG Championships
6	4:32.70	759	Degroote, Hudson	13	NC Marlins of Raleigh	6/15/2019	2019 VA Poseidon's Long Course
7	4:36.85	720	Commins, Andy	13	NC North Carolina Aquatic Club	6/29/2019	2019 NC NCAC Summer Meet
8	4:37.76	711	Peck, Connor	13	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
9	4:38.22	707	Spinner, Wiley	13	NC Mecklenburg Swim Association	7/7/2019	2019 NC QCD Long Course Invite
10	4:38.69	702	Wiggins, Gus	13	NC TAC Titans	7/27/2019	2019 NC TAC vs WAVE Dual

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:10.73	860	Cotter, Keelan	13	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
2	9:32.56	751	Welsh, Lily	13	NC Unattached	7/11/2019	2019 NC LC AG Championships
3	9:42.75	703	Ivanov, Katya	13	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
4	9:44.15	696	Lee, Emma	13	NC Mecklenburg Swim Association	7/11/2019	2019 NC LC AG Championships
5	9:50.97	665	Pitts, Emma	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/11/2019	2019 NC LC AG Championships
6	9:56.60	639	Sleime, Leyla	13	NC SwimMAC Carolina	4/5/2019	2019 NC SwimMAC Blue Orange LC In
7	9:56.69	639	Martinson, Kara	13	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
8	10:03.24	610	Perdomo, Capri	13	NC Unattached	7/18/2019	2019 NC LC SR Championships
9	10:04.17	606	Dalton, Mary Bonner	13	NC SwimMAC Carolina	4/5/2019	2019 NC SwimMAC Blue Orange LC In
10	10:04.63	604	Kjar, Ava	13	NC YMCA of Western North Carolina	7/11/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 13 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	9:07.78	837	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	6/14/2019	2019 VA SwimRVA Summer Invitat
4	9:17.52	790	Hitchcock, Drew	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/11/2019	2019 NC LC AG Championships
5	9:20.00	778	Commins, Andy	13	NC North Carolina Aquatic Club	7/11/2019	2019 NC LC AG Championships
6	9:24.82	755	Harper, James	13	NC Aquatic Team Of Mecklenburg	7/11/2019	2019 NC LC AG Championships
7	9:25.32	753	Peck, Connor	13	NC North Carolina Aquatic Club	7/11/2019	2019 NC LC AG Championships
8	9:29.48	733	Masneri, David	13	NC Greensboro Community YMCA	7/11/2019	2019 NC LC AG Championships
9	9:29.97	731	Wiggins, Gus	13	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
10	9:32.60	719	Degroote, Hudson	13	NC Marlins of Raleigh	5/19/2019	2019 NC NCAC Meet on the Hill

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 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	18:29.78	735	Ivanov, Katya	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
3	18:40.97	708	Lee, Emma	13	NC Mecklenburg Swim Association	7/14/2019	2019 NC LC AG Championships
4	18:58.63	666	Dalton, Mary Bonner	13	NC SwimMAC Carolina	6/20/2019	2019 NC SGSA Eastern Invite
5	19:05.11	651	Druhan, Abby	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
6	19:07.87	645	Pitts, Emma	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/14/2019	2019 NC LC AG Championships
7	19:19.97	617	Karlson, Erika	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
8	19:22.98	610	Martinson, Kara	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
9	19:23.22	610	Oettinger, Claire	13	NC Aquatic Team Of Mecklenburg	7/14/2019	2019 NC LC AG Championships
10	19:23.90	608	White, Marisa	13	NC New Wave Swim Team	7/14/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:59.82	895	Marrujo, Max	13	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
2	17:51.99	775	Vincent, Will	13	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
3	18:03.15	750	Peck, Connor	13	NC North Carolina Aquatic Club	7/14/2019	2019 NC LC AG Championships
4	18:07.81	740	Harper, James	13	NC Aquatic Team Of Mecklenburg	7/14/2019	2019 NC LC AG Championships
5	18:16.33	721	Hitchcock, Drew	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/14/2019	2019 NC LC AG Championships
6	18:27.97	696	Wiggins, Gus	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
7	18:30.23	691	Bennison, James	13	NC New Wave Swim Team	7/14/2019	2019 NC LC AG Championships
8	18:31.02	689	Degroote, Hudson	13	NC Marlins of Raleigh	7/14/2019	2019 NC LC AG Championships
9	18:33.00	685	Schoenagel, Matthew	13	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
10	18:34.45	682	Haywood, Jack	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.60	999	Welsh, Lily	13	NC Unattached	8/3/2019	2019 Futures Greensboro
2	1:05.86	912	Donlan, Molly	13	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
3	1:07.33	857	Wilhelm, Kiley	13	NC SwimMAC Carolina	11/3/2018	2018 NC SGSA Senior Elite LC M
4	1:08.60	810	Rydzewski, Sami	13	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
5	1:08.92	798	Patterson, Lauren	13	NC Watauga County Swim Team	7/13/2019	2019 NC LC AG Championships
6	1:09.26	786	Quisumbing, Andie	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
7	1:09.51 r	777	Barnes, Payton	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
8	1:09.64	772	Bernardo, Lauren	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	1:09.66 r	772	Martinson, Kara	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
10	1:09.71	770	Shanahan, Mary	13	NC Hillsborough Aquatic Club	8/2/2019	2019 NC Southern Zone Age Group C

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 13 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	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
2	1:04.41	877	Marrujo, Max	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
3	1:04.95	857	Harper, James	13	NC Aquatic Team Of Mecklenburg	7/13/2019	2019 NC LC AG Championships
4	1:05.00	855	Keen, Troy	13	NC SwimMAC Carolina	8/2/2019	2019 NC Southern Zone Age Group C
5	1:05.59	833	Li, Andrew	13	NC TAC Titans	7/26/2019	2019 NC TAC vs WAVE Dual
6	1:05.75	828	Holian, Tanner	13	NC Swim GSA	7/13/2019	2019 NC LC AG Championships
7	1:06.23 r	810	Dunham, Davis	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
8	1:06.52	800	Ayers, Alex	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	1:06.66	795	Shulgin, Nick	13	NC Sailfish Aquatics	7/28/2019	2019 NC Sailfish Summer Splash
10	1:06.70	793	Spinner, Wiley	13	NC Mecklenburg Swim Association	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.87	927	Welsh, Lily	13	NC Unattached	8/4/2019	2019 Futures Greensboro
2	2:24.54	835	Donlan, Molly	13	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
3	2:25.60	818	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	7/14/2019	2019 NC LC AG Championships
4	2:25.83	815	Wilhelm, Kiley	13	NC SwimMAC Carolina	12/1/2018	2018 Winter National Champions
5	2:26.86	798	Quisumbing, Andie	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
6	2:28.46	773	Rydzewski, Sami	13	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
7	2:29.69	754	Barnes, Payton	13	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
8	2:30.86	736	Curran, Molly	13	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
9	2:31.28	730	Martinson, Kara	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
10	2:31.38	728	Bernardo, Lauren	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 13 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.08	944	Marrujo, Max	13	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
2	2:16.78	896	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 NC Southern Zone Age Group C
3	2:20.75	826	Li, Andrew	13	NC TAC Titans	7/28/2019	2019 NC TAC vs WAVE Dual
4	2:20.92	823	Ayers, Alex	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	2:21.06	820	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/22/2019	2019 SC TG Dash and Splash
6	2:22.86	789	Tangeman, Brady	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
7	2:23.07	786	Hadsell, Ethan	13	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
8	2:23.26	782	Farrell, Brian	13	NC TAC Titans	7/28/2019	2019 NC TAC vs WAVE Dual
9	2:23.65	776	Shulgin, Nick	13	NC Sailfish Aquatics	7/27/2019	2019 NC Sailfish Summer Splash
10	2:24.06	769	Nicholson, Cooper	13	NC North Carolina Aquatic Club	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.96	878	Cotter, Keelan	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	1:14.95	849	Thome, Paige	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
3	1:15.31	838	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
4	1:15.55	831	Monk, Ivy	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	1:15.87	822	Ivanov, Katya	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
6	1:16.96	790	Wolk, Audrey	13	NC North Carolina Aquatic Club	6/21/2019	2019 SE Richard Quick Invitati
7	1:17.18	784	Druhan, Abby	13	NC SwimMAC Carolina	8/2/2019	2019 Futures Greensboro
8	1:17.81	766	Baric, Catherine	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
9	1:18.75	739	Madrzykowski, Natalie	13	NC SwimMAC Carolina	7/26/2019	2019 NC HPSC Tar Heel States
10	1:20.42	692	Harrison, Kate	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:10.25	945	Masneri, David	13	NC Greensboro Community YMCA	8/2/2019	2019 AP LC Y Nationals FINAL COPY
2	1:10.63	933	Li, Andrew	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	1:12.55	873	Delehanty, Jake	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
4	1:13.18	853	Hohm, Nate	13	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
5	1:13.41	846	Vincent, Will	13	NC Marlins of Raleigh	7/12/2019	2019 NC LC AG Championships
6	1:13.85	833	Brown, Mark	13	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships
7	1:14.00	828	Petruzzi, Erik	13	NC YMCA of Northwest North Carolina Riptyde	7/12/2019	2019 NC LC AG Championships
8	1:14.06	826	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/23/2019	2019 SC TG Dash and Splash
9	1:14.54	812	Schoenagel, Matthew	13	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
10	1:14.62	809	Nye, Grayson	13	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:38.71	870	Cotter, Keelan	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	2:38.83	868	Thome, Paige	13	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
3	2:39.13	864	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	7/13/2019	2019 NC LC AG Championships
4	2:44.07	799	Ivanov, Katya	13	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
5	2:46.26	770	Druhan, Abby	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
6	2:47.26	758	Wolk, Audrey	13	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
7	2:49.00	735	Monk, Ivy	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
8	2:52.13	695	McGonigal, Maeren	13	NC Greensboro Community YMCA	6/23/2019	2019 NC SGSA Eastern Invite
9	2:53.05	684	Baric, Catherine	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
10	2:53.26	681	Harrison, Kate	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 13 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.58	947	Li, Andrew	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	2:36.80	864	Masneri, David	13	NC Greensboro Community YMCA	7/31/2019	2019 AP LC Y Nationals FINAL COPY
3	2:37.32	857	Nye, Grayson	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
4	2:38.37	843	Schoenagel, Matthew	13	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
5	2:39.19	832	Vincent, Will	13	NC Marlins of Raleigh	6/17/2019	2019 VA Poseidon's Long Course
6	2:40.46	815	Delehanty, Jake	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
7	2:43.96	770	Petruzzi, Erik	13	NC YMCA of Northwest North Carolina Riptyde	6/8/2019	2019 NC GCY Sprint and Distanc
8	2:45.71	747	Hohm, Nate	13	NC Aquatic Team Of Mecklenburg	7/13/2019	2019 NC LC AG Championships
9	2:46.14	742	Peck, Connor	13	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati
10	2:46.25	740	Vonweihe, Owen	13	NC Marlins of Raleigh	7/26/2019	2019 NC NCAC Tar Heel State

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.92	838	Wilhelm, Kiley	13	NC SwimMAC Carolina	11/30/2018	2018 Winter National Champions
2	1:06.19	794	Cotter, Keelan	13	NC TAC Titans	5/18/2019	2019 NC TITANS vs. VA GATOR Dual
3	1:06.24	793	White, Marisa	13	NC New Wave Swim Team	7/12/2019	2019 NC LC AG Championships
4	1:06.29	791	Donlan, Molly	13	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
5	1:06.40	787	McGonigal, Maeren	13	NC Greensboro Community YMCA	7/31/2019	2019 AP LC Y Nationals FINAL COPY
6	1:06.56	782	Bernardo, Lauren	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
7	1:06.62	780	Welsh, Lily	13	NC Unattached	7/12/2019	2019 NC LC AG Championships
8	1:07.15	762	Martin, Sydney	13	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
9	1:07.16	762	Shanahan, Mary	13	NC Hillsborough Aquatic Club	7/31/2019	2019 NC Southern Zone Age Group C
10	1:07.18	761	Quisumbing, Andie	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.26	973	Keen, Troy	13	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
2	59.98	944	Battaglini, Lucca	13	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 NC Southern Zone Age Group C
3	1:02.92	829	Commins, Andy	13	NC North Carolina Aquatic Club	7/26/2019	2019 NC NCAC Tar Heel State
4	1:02.98	827	Li, Andrew	13	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
5	1:03.53	806	Lazaroski, Jack	13	NC Mecklenburg Swim Association	7/27/2019	2019 NC Sailfish Summer Splash
6	1:03.60	804	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/22/2019	2019 SC TG Dash and Splash
7	1:03.68	801	Ison, Luka	13	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
8	1:04.14	783	Edwards, Johnny	13	NC High Point Swim Club	7/12/2019	2019 NC LC AG Championships
9	1:04.24	780	Ayers, Alex	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
10	1:05.20	744	Hitchcock, Drew	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/12/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:25.35	817	Shanahan, Mary	13	NC Hillsborough Aquatic Club	8/3/2019	2019 NC Southern Zone Age Group C
2	2:26.07	807	Cotter, Keelan	13	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
3	2:27.32	789	Thome, Paige	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
4	2:32.63	714	Welsh, Lily	13	NC Unattached	6/15/2019	2019 NC TAC TYR Triangle Class
5	2:32.94	709	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	6/22/2019	2019 NC SGSA Eastern Invite
6	2:33.12	707	White, Marisa	13	NC New Wave Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch
7	2:33.44	702	Rydzewski, Sami	13	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
8	2:33.85	697	Baric, Catherine	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
9	2:34.01	694	Dolan, Maya	13	NC North Carolina Aquatic Club	6/8/2019	2019 NC GCY Sprint and Distanc
10	2:34.40	689	Lanier, Lily	13	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.84	948	Keen, Troy	13	NC SwimMAC Carolina	8/3/2019	2019 NC Southern Zone Age Group C
2	2:18.84	863	Li, Andrew	13	NC TAC Titans	7/28/2019	2019 NC TAC vs WAVE Dual
3	2:20.99	827	Hitchcock, Drew	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/13/2019	2019 NC LC AG Championships
4	2:23.61	784	Ayers, Alex	13	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
5	2:24.80	765	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/23/2019	2019 SC TG Dash and Splash
6	2:26.34	740	Marsteiner, Matthew	13	NC New Wave Swim Team	7/13/2019	2019 NC LC AG Championships
7	2:26.67	735	Commins, Andy	13	NC North Carolina Aquatic Club	7/13/2019	2019 NC LC AG Championships
8	2:28.72	703	Wiggins, Gus	13	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
9	2:29.48	691	Bennison, James	13	NC New Wave Swim Team	7/13/2019	2019 NC LC AG Championships
10	2:30.52	674	Harper, James	13	NC Aquatic Team Of Mecklenburg	7/7/2019	2019 NC QCD Long Course Invite

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 13 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:23.63	879	Wilhelm, Kiley	13	NC SwimMAC Carolina	11/29/2018	2018 Winter National Champions
2	2:24.71	860	Cotter, Keelan	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
3	2:26.75	824	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	6/23/2019	2019 NC SGSA Eastern Invite
4	2:26.93	821	Thome, Paige	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	2:28.93	787	Ivanov, Katya	13	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
6	2:30.70	757	McGonigal, Maeren	13	NC Greensboro Community YMCA	6/8/2019	2019 NC GCY Sprint and Distanc
7	2:31.48	744	Baric, Catherine	13	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual
8	2:31.90	737	Druhan, Abby	13	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
9	2:32.13	733	Welsh, Lily	13	NC Unattached	7/14/2019	2019 NC LC AG Championships
10	2:32.36	730	Donlan, Molly	13	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 13 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.23	977	Li, Andrew	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
2	2:17.93	905	Keen, Troy	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
3	2:20.26	860	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/21/2019	2019 SC TG Dash and Splash
4	2:21.28	841	Marrujo, Max	13	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
5	2:22.49	818	Schoenagel, Matthew	13	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
6	2:23.57	798	Delehanty, Jake	13	NC SwimMAC Carolina	7/26/2019	2019 NC HPSC Tar Heel States
7	2:24.21	787	Vincent, Will	13	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State
8	2:24.57	780	Nye, Grayson	13	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
9	2:25.16	769	Ayers, Alex	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
10	2:25.18	769	Dunham, Davis	13	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:01.31	881	Cotter, Keelan	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	5:08.91	821	Plaza, Sofia	13	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
3	5:09.37	818	Thome, Paige	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
4	5:17.05	759	Ivanov, Katya	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
5	5:19.51	740	Welsh, Lily	13	NC Unattached	6/14/2019	2019 NC TAC TYR Triangle Class
6	5:26.95	685	Dalton, Mary Bonner	13	NC SwimMAC Carolina	6/21/2019	2019 NC SGSA Eastern Invite
7	5:27.73	680	Quisumbing, Andie	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
8	5:27.77	679	Pitts, Emma	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/12/2019	2019 NC LC AG Championships
9	5:27.95	678	Rydzewski, Sami	13	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
10	5:29.31	668	Druhan, Abby	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 13 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:43.83	976	Li, Andrew	13	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	4:52.33	902	Marrujo, Max	13	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
3	4:57.25	861	Ayers, Alex	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
4	5:02.18	820	Keen, Troy	13	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
5	5:05.69	791	Bradshaw, Lane	13	NC Mecklenburg Swim Association	6/22/2019	2019 SC TG Dash and Splash
6	5:06.76	783	Peck, Connor	13	NC North Carolina Aquatic Club	7/12/2019	2019 NC LC AG Championships
7	5:07.20	779	Schoenagel, Matthew	13	NC Raleigh Swimming Association	7/12/2019	2019 NC LC AG Championships
8	5:07.57	776	Masneri, David	13	NC Greensboro Community YMCA	8/1/2019	2019 AP LC Y Nationals TT only
9	5:09.07	764	Hitchcock, Drew	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/12/2019	2019 NC LC AG Championships
10	5:10.02	757	Delehanty, Jake	13	NC SwimMAC Carolina	7/28/2019	2019 NC HPSC Tar Heel States

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.53	978	Curzan, Claire	14	NC TAC Titans	11/29/2018	2018 Winter National Champions
2	26.60	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	27.29	823	Armand, Samantha	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
6	27.34	819	Hegland, Kate	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
7	27.35	818	Gendzel, Maya	14	NC SwimMAC Carolina	6/22/2019	2019 FG SFTL Speedo Internatio
8	27.43	811	Donlan, Molly	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	27.56	800	Bailey, Leigh	14	NC Aquatic Team Of Mecklenburg	7/13/2019	2019 NC LC AG Championships
10	27.63	794	Horn, Caitlin	14	NC Nomad Aquatics	3/20/2019	2019 FL Spring Florida International

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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
6	25.68	795	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	7/13/2019	2019 NC LC AG Championships
7	25.70	794	Wang, Oliver	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
8	25.73	791	Lee, Henry	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
9	25.88 r	779	Harris, Dax	14	NC Greensboro Community YMCA	6/21/2019	2019 NC SGSA Eastern Invite
10	25.98	771	Hardy, Ryan	14	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.36	955	Curzan, Claire	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
2	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
6	59.20 r	826	Cotter, Keelan	14	NC TAC Titans	8/2/2019	2019 Futures Greensboro
7	59.27	822	Jacobs, Jenna	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
8	59.69	804	Morris, Taylor	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
9	59.75	801	Stolberg, Emma	14	NC Mecklenburg Swim Association	7/14/2019	2019 NC LC AG Championships
10	59.88	796	Armand, Samantha	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	55.05	847	Harris, Dax	14	NC Greensboro Community YMCA	6/22/2019	2019 NC SGSA Eastern Invite
4	55.09	845	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC LC AG Championships
5	55.12	844	Lee, Henry	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
6	55.45	829	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 VA SwimRVA Summer Invitat
7	55.58 r	824	Thornhill, Kwame	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
8	56.44	787	Bradshaw, Lane	14	NC Mecklenburg Swim Association	7/14/2019	2019 NC LC AG Championships
9	56.50	784	Walcott, David	14	NC Granite Falls Swim Club Makos	7/14/2019	2019 NC LC AG Championships
10	56.53	783	Constantine, Kian	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.11	909	Razewski, Morgan	14	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
2	2:06.35 r	855	Wilhelm, Kiley	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
3	2:06.41	854	Dry, Elena	14	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
4	2:07.17	836	Cotter, Keelan	14	NC TAC Titans	8/2/2019	2019 Futures Greensboro
5	2:07.33	833	Bailey, Leigh	14	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
6	2:08.61	803	Morris, Taylor	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
7	2:09.11	792	Rainey, Grace	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
8	2:09.14	791	Jacobs, Jenna	14	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
9	2:09.82	776	Wozny, Makenna	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
10	2:09.88	774	Carpenter, Emily	14	NC North Carolina Aquatic Club	6/21/2019	2019 SE Richard Quick Invitati

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	2:00.90	820	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat
6	2:01.19	814	Thornhill, Kwame	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
7	2:01.46	808	Xu, Ayden	14	NC Unattached	6/21/2019	2019 SE Richard Quick Invitati
8	2:03.16	770	Constantine, Kian	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
9	2:03.63	760	Juricak, Will	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
10	2:03.87	755	Wimberly, Jacob	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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	4:27.81	817	Cotter, Keelan	14	NC TAC Titans	8/3/2019	2019 Futures Greensboro
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
6	4:35.78	730	Pierce, Camila	14	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
7	4:35.89	729	Rainey, Grace	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
8	4:36.19	725	Sleime, Leyla	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	4:37.41	712	Neal, Madison	14	NC YMCA of Northwest North Carolina Riptyde	7/13/2019	2019 NC LC AG Championships
10	4:37.69	710	Smith, Clare	14	NC TAC Titans	7/27/2019	2019 NC TAC vs WAVE Dual

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	4:17.15	821	Harris, Dax	14	NC Greensboro Community YMCA	6/22/2019	2019 NC SGSA Eastern Invite
3	4:20.21	789	Wimberly, Jacob	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
4	4:20.80	783	Lloyd, Landon	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	4:21.88	772	Dunlap, Willi	14	NC TAC Titans	8/2/2019	2019 NC Southern Zone Age Group C
6	4:22.02	771	McKinney, Ian	14	NC Mecklenburg Swim Association	7/13/2019	2019 NC LC AG Championships
7	4:22.50	766	Sikes, Wiley	14	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
8	4:24.22	749	Xu, Ayden	14	NC Unattached	6/22/2019	2019 SE Richard Quick Invitati
9	4:24.26	749	Adley, Logan	14	NC New Wave Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
10	4:25.52	736	Williams, Keith	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	9:29.54	740	Wozny, Makenna	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
7	9:36.77	706	Neal, Madison	14	NC YMCA of Northwest North Carolina Riptyde	7/5/2019	2019 NC YSST USRY Championship
8	9:37.34	703	Stolberg, Emma	14	NC Mecklenburg Swim Association	7/11/2019	2019 NC LC AG Championships
9	9:37.67	702	Smith, Clare	14	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
10	9:38.48	698	Dalton, Mary Bonner	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:51.28	825	Dunlap, Willi	14	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
2	8:55.09	806	Wimberly, Jacob	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
3	9:00.20	780	Harris, Dax	14	NC Greensboro Community YMCA	6/20/2019	2019 NC SGSA Eastern Invite
4	9:01.11	776	Whelehan, Colin	14	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
5	9:01.78	772	Williams, Keith	14	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
6	9:04.11	761	McKinney, Ian	14	NC Mecklenburg Swim Association	7/11/2019	2019 NC LC AG Championships
7	9:04.33	760	Adley, Logan	14	NC New Wave Swim Team	7/11/2019	2019 NC LC AG Championships
8	9:08.66	739	Frye, Robby	14	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships
8	9:08.66	739	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	6/14/2019	2019 VA SwimRVA Summer Invitat
10	9:09.57	734	Jacobs, Chad	14	NC TAC Titans	7/11/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:49.89	797	Wozny, Makenna	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
2	18:00.29	771	Carpenter, Emily	14	NC North Carolina Aquatic Club	6/23/2019	2019 SE Richard Quick Invitati
3	18:05.75	757	Pierce, Camila	14	NC Raleigh Swimming Association	7/14/2019	2019 NC LC AG Championships
4	18:20.63	721	Sleime, Leyla	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	18:20.97	720	Dalton, Mary Bonner	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
6	18:22.53	716	Cinque, Karissa	14	NC North Carolina Aquatic Club	6/23/2019	2019 SE Richard Quick Invitati
7	18:24.49	711	Smith, Clare	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
8	18:27.59	704	Neal, Madison	14	NC YMCA of Northwest North Carolina Riptyde	7/7/2019	2019 NC YSST USRY Championship
9	18:31.23	695	Jacobs, Jenna	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
10	18:42.15	669	Kinlaw, Abby	14	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	17:05.27	803	McKinney, Ian	14	NC Mecklenburg Swim Association	7/14/2019	2019 NC LC AG Championships
4	17:07.72	798	Wimberly, Jacob	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	17:14.21	782	Jacobs, Chad	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
6	17:29.73	747	Frye, Robby	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
7	17:30.42	745	Whelehan, Colin	14	NC TAC Titans	7/30/2019	2019 NC Southern Zone Age Group C
8	17:30.78	744	Williams, Keith	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
9	17:37.31	730	Adley, Logan	14	NC New Wave Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
10	17:41.87	719	Deng, Jake	14	NC Aquatic Team Of Mecklenburg	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.03	1056	Curzan, Claire	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
2	1:03.16	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	1:04.09	934	Morris, Taylor	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	1:04.71	909	Clark, Abby	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
6	1:05.70	871	Donlan, Molly	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
7	1:05.94	862	Hegland, Kate	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
8	1:07.14	817	Dry, Elena	14	NC TAC Titans	8/3/2019	2019 Futures Greensboro
9	1:08.34	773	Bailey, Leigh	14	NC Aquatic Team Of Mecklenburg	7/13/2019	2019 NC LC AG Championships
10	1:08.35	773	Xu, Savannah	14	NC Unattached	6/21/2019	2019 SE Richard Quick Invitati
10	1:08.35	773	Allred, Samantha	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	1:02.46	846	Whelehan, Colin	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
5	1:02.90 r	830	Stoner, Reese	14	NC YMCA of the Triangle Area Swim Team	7/13/2019	2019 NC LC AG Championships
6	1:03.47	808	Wang, Oliver	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
7	1:03.91	792	Juricak, Will	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
8	1:03.98	789	Thornhill, Kwame	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	1:04.16	782	Lloyd, Landon	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
10	1:04.33	776	Hardy, Ryan	14	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:12.43	1001	Curzan, Claire	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
2	2:16.94	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	2:20.39	868	Morris, Taylor	14	NC TAC Titans	8/4/2019	2019 Futures Greensboro
5	2:21.15	856	Clark, Abby	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
6	2:21.93	843	Donlan, Molly	14	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro
7	2:23.56	817	Dry, Elena	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
8	2:24.32	805	Bezuidenhout, Clarissa	14	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC LC AG Championships
9	2:25.97	778	Xu, Savannah	14	NC Unattached	6/23/2019	2019 SE Richard Quick Invitati
10	2:26.35	772	Smith, Clare	14	NC TAC Titans	7/28/2019	2019 NC TAC vs WAVE Dual

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	2:14.36	840	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 VA SwimRVA Summer Invitat
5	2:15.30	823	Stoner, Reese	14	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC LC AG Championships
6	2:16.19	807	Juricak, Will	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
7	2:18.38	768	Wimberly, Jacob	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
8	2:18.63	763	Lloyd, Landon	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
9	2:18.73	762	Wang, Oliver	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
10	2:19.45	749	Jao, Nathan	14	NC Enfinity Aquatic Club	5/12/2019	2019 VA HOKI May Day Invitatio

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.42	1013	Rainey, Grace	14	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	1:15.85	819	Armand, Samantha	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
3	1:16.30	806	Cotter, Keelan	14	NC TAC Titans	8/2/2019	2019 Futures Greensboro
4	1:16.68	795	Huecker, Maddie	14	NC Mecklenburg Swim Association	7/12/2019	2019 NC LC AG Championships
5	1:17.50	771	Gendzel, Maya	14	NC SwimMAC Carolina	6/23/2019	2019 FG SFTL Speedo Internatio
6	1:17.72	765	Sanders, Sydney	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
7	1:17.80	762	Bloom, Taylor	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
8	1:18.22	750	Benton, Meredith	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
9	1:19.18	723	Bocian, Abby	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
10	1:19.21	722	O'Mara, Gracyn	14	NC SwimMAC Carolina	4/6/2019	2019 NC SwimMAC Blue Orange LC In

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	1:10.40	837	Juricak, Will	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
6	1:10.76	826	Wang, Oliver	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
7	1:11.03	817	Thornhill, Kwame	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
8	1:12.48	771	Bradshaw, Lane	14	NC Mecklenburg Swim Association	8/2/2019	2019 NC Southern Zone Age Group C
9	1:13.43	741	Deng, Jake	14	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
10	1:13.99	724	Sikes, Wiley	14	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:31.73	956	Rainey, Grace	14	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
2	2:41.29	827	Sanders, Sydney	14	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
3	2:43.09	803	Armand, Samantha	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
4	2:45.61	770	Benton, Meredith	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
5	2:47.33	748	Dry, Elena	14	NC TAC Titans	8/3/2019	2019 Futures Greensboro
6	2:47.41	747	Bocian, Abby	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
7	2:47.64	744	Cotter, Keelan	14	NC TAC Titans	8/3/2019	2019 Futures Greensboro
8	2:48.99	727	Sleime, Leyla	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	2:49.15	725	Bloom, Taylor	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
10	2:51.40	696	Huecker, Maddie	14	NC Mecklenburg Swim Association	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:21.58	993	Lucky, Matthew	14	NC Sailfish Aquatics	8/3/2019	2019 Futures Greensboro
2	2:29.51	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	2:31.18	858	Yuditskiy, Mikhail	14	NC Sailfish Aquatics	7/13/2019	2019 NC LC AG Championships
5	2:32.13	845	Lee, Henry	14	NC TAC Titans	8/3/2019	2019 Futures Greensboro
6	2:34.63	811	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat
7	2:35.65	797	Wang, Oliver	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
8	2:37.51	771	Stoner, Reese	14	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
9	2:38.28	761	Thornhill, Kwame	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
10	2:38.34	760	Constantine, Kian	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.61	1028	Curzan, Claire	14	NC TAC Titans	4/11/2019	2019 TYR Pro Series #3 - Richmond
2	1:02.66	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
6	1:04.56	815	Morris, Taylor	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
7	1:04.78	807	Burgess, Stefanie	14	NC Marlins of Raleigh	7/26/2019	2019 NC NCAC Tar Heel State
8	1:05.30	789	Rainey, Grace	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
9	1:05.52	782	Dry, Elena	14	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
10	1:05.75	774	Chignell, Katie	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	59.38	861	Lloyd, Landon	14	NC TAC Titans	7/31/2019	2019 NC Southern Zone Age Group C
4	59.83	842	Rock, Noah	14	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships
5	1:01.25	786	Lucky, Matthew	14	NC Sailfish Aquatics	7/12/2019	2019 NC LC AG Championships
6	1:01.68	769	Whelehan, Colin	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
7	1:01.71	768	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	4/6/2019	2019 NC GCY LC Single Day Spla
8	1:01.72	768	Clark, Joseph	14	NC Aquatic Team Of Mecklenburg	7/12/2019	2019 NC LC AG Championships
9	1:01.86	762	Berkeley, Coby	14	NC Mecklenburg Swim Association	6/22/2019	2019 SC TG Dash and Splash
10	1:01.94	759	Brooks, Jason	14	NC Greensboro Community YMCA	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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
6	2:26.72	754	Pierce, Camila	14	NC Raleigh Swimming Association	7/13/2019	2019 NC LC AG Championships
7	2:26.75	754	Burgess, Stefanie	14	NC Marlins of Raleigh	7/13/2019	2019 NC LC AG Championships
8	2:28.78	724	Marley, Jordan	14	NC Carolina Aquatic Team	6/22/2019	2019 SC YSSC LC Firecracker In
9	2:30.23	703	Dry, Elena	14	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
10	2:30.27	703	Boulware, Olivia	14	NC Marlins of Raleigh	7/28/2019	2019 NC NCAC Tar Heel State

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	2:14.46	818	Yuditskiy, Mikhail	14	NC Sailfish Aquatics	7/13/2019	2019 NC LC AG Championships
3	2:15.64	797	Lee, Henry	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
4	2:16.69	779	Lloyd, Landon	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
5	2:17.03	773	McKinney, Ian	14	NC Mecklenburg Swim Association	7/13/2019	2019 NC LC AG Championships
6	2:17.79	761	Cook, Alex	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
7	2:17.95	758	Jacobs, Chad	14	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
8	2:18.13	755	Constantine, Kian	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
9	2:18.71	745	Frye, Robby	14	NC SwimMAC Carolina	7/13/2019	2019 NC LC AG Championships
10	2:19.20	737	Walcott, David	14	NC Granite Falls Swim Club Makos	6/15/2019	2019 NC TAC TYR Triangle Class

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	2:24.77	807	Curzan, Claire	14	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual
7	2:27.14	766	Sanders, Sydney	14	NC SwimMAC Carolina	8/3/2019	2019 NC Southern Zone Age Group C
8	2:27.54	759	Morris, Taylor	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
9	2:27.56	759	Armand, Samantha	14	NC TAC Titans	8/4/2019	2019 Futures Greensboro
10	2:27.74	756	Bocian, Abby	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	2:14.47	873	Lee, Henry	14	NC TAC Titans	7/14/2019	2019 NC LC AG Championships
4	2:14.80	867	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 VA SwimRVA Summer Invitat
5	2:15.94	844	Jao, Nathan	14	NC Enfinity Aquatic Club	7/14/2019	2019 NC LC AG Championships
6	2:16.29	838	Thornhill, Kwame	14	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
7	2:17.85	808	Bradshaw, Lane	14	NC Mecklenburg Swim Association	7/14/2019	2019 NC LC AG Championships
8	2:17.93	806	Juricak, Will	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
9	2:17.94	806	Dunlap, Willi	14	NC TAC Titans	8/3/2019	2019 NC Southern Zone Age Group C
10	2:17.95	806	Yuditskiy, Mikhail	14	NC Sailfish Aquatics	7/14/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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	5:03.53	824	Razewski, Morgan	14	NC SwimMAC Carolina	1/10/2019	2019 TYR Pro Series #1 - Knoxville
3	5:05.38	809	Dry, Elena	14	NC TAC Titans	8/2/2019	2019 Futures Greensboro
4	5:05.39	809	Bloom, Taylor	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
5	5:07.70	791	Sanders, Sydney	14	NC SwimMAC Carolina	8/1/2019	2019 NC Southern Zone Age Group C
6	5:10.25	771	Curzan, Claire	14	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
7	5:15.06	735	Carpenter, Emily	14	NC North Carolina Aquatic Club	6/21/2019	2019 SE Richard Quick Invitati
8	5:16.03	727	Wilhelm, Kiley	14	NC SwimMAC Carolina	6/21/2019	2019 NC SGSA Eastern Invite
9	5:16.45	724	Daniels, Grace	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
10	5:16.71	722	Bocian, Abby	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:44.08	883	Yuditskiy, Mikhail	14	NC Sailfish Aquatics	7/12/2019	2019 NC LC AG Championships
2	4:45.62	870	Dunlap, Willi	14	NC TAC Titans	8/1/2019	2019 NC Southern Zone Age Group C
3	4:49.59	835	Taylor, John Reese	14	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC LC AG Championships
4	4:53.65	801	Juricak, Will	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
5	4:55.33	787	Bradshaw, Lane	14	NC Mecklenburg Swim Association	7/12/2019	2019 NC LC AG Championships
6	4:56.06	781	Noble, Ross	14	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat
7	4:56.27	779	Wimberly, Jacob	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
8	4:57.06	772	Constantine, Kian	14	NC SwimMAC Carolina	7/12/2019	2019 NC LC AG Championships
9	4:59.53	752	Xu, Ayden	14	NC Unattached	6/21/2019	2019 SE Richard Quick Invitati
10	5:01.72	734	Williams, Keith	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.76	923	Curzan, Claire	15	NC TAC Titans	8/4/2019	2019 Phillips 66 Nats
2	26.28	876	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
3	26.62	846	Ivan, Teresa	15	NC Aquatic Team Of Mecklenburg	8/3/2019	2019 Futures Greensboro
4	26.81	830	Hicks, Hailey	15	NC YMCA of the Triangle Area Swim Team	7/11/2019	2019 NC ESSZ Long Course Champ
5	27.04	810	Horn, Caitlin	15	NC Unattached	7/20/2019	2019 NC LC SR Championships
6	27.20	796	Kondratick, Morgan	15	NC Raleigh Swimming Association	8/3/2019	2019 Futures Greensboro
7	27.21	795	Schoppa, Maura	15	NC Swim GSA	7/20/2019	2019 NC LC SR Championships
8	27.29	788	Smith, Madeline	15	NC East Carolina Aquatics	7/20/2019	2019 NC LC SR Championships
9	27.38	781	Baric, Elizabeth	15	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
10	27.41	778	Parkes, Callie	15	NC Waves Of Wilmington, Inc.	6/13/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.71	914	Hoover, Sam	15	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
2	23.95	894	Abaqueta, Cam	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
3	24.14	878	Miller, Reid	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
4	24.39	857	Weaver, Ryan	15	NC Carolina Aquatic Team	7/20/2019	2019 NC LC SR Championships
5	24.50	848	Tutovani, Levani	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
6	24.64	836	Bacon, Tate	15	NC Granite Falls Swim Club Makos	7/20/2019	2019 NC LC SR Championships
7	24.70	831	Greeley, David	15	NC TAC Titans	8/3/2019	2019 Futures Greensboro
8	24.77	825	Cotter, Michael	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
9	24.98 r	808	Duracinsky, Jacob	15	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State
10	25.19	790	Coppedge, Tommy	15	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 VA SwimRVA Summer Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.65	942	Curzan, Claire	15	NC TAC Titans	7/31/2019	2019 Phillips 66 Nats
2	56.92	882	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
3	58.20 r	823	Zettel, Brooke	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
4	58.59	806	Smith, Madeline	15	NC East Carolina Aquatics	7/21/2019	2019 NC LC SR Championships
5	58.61	805	Hicks, Hailey	15	NC YMCA of the Triangle Area Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch
6	58.88	793	Razewski, Morgan	15	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
7	59.04	786	Hook, Charlotte	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
8	59.09	783	Ivan, Teresa	15	NC Aquatic Team Of Mecklenburg	8/4/2019	2019 Futures Greensboro
9	59.30 r	774	Kondratick, Morgan	15	NC Raleigh Swimming Association	8/2/2019	2019 Futures Greensboro
10	59.79	753	Schoppa, Maura	15	NC Swim GSA	7/21/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	50.72	990	Hoover, Sam	15	NC North Carolina Aquatic Club	8/7/2019	2019 Speedo Junior National Ch
2	53.12 r	878	Jao, Nathan	15	NC Enfinity Aquatic Club	8/2/2019	2019 Futures Greensboro
3	53.16	876	Cotter, Michael	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
4	53.24 r	873	Abaqueta, Cam	15	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	53.57	858	Norris, Lance	15	NC Rocky Mount Family YMCA	5/19/2019	2019 NC YBAC Spring LC Invitat
6	53.91	843	Bacon, Tate	15	NC Granite Falls Swim Club Makos	8/4/2019	2019 Futures Greensboro
7	53.94	841	Tutovani, Levani	15	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro
8	54.14 r	832	Weaver, Ryan	15	NC Carolina Aquatic Team	7/19/2019	2019 NC LC SR Championships
9	54.27	827	Haughey, Braeden	15	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
10	54.35	823	Duracinsky, Jacob	15	NC Marlins of Raleigh	7/27/2019	2019 NC NCAC Tar Heel State

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.64	846	Hook, Charlotte	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
2	2:04.85	841	Razewski, Morgan	15	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
3	2:04.97 r	839	Zettel, Brooke	15	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
4	2:06.30	807	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
5	2:07.45	781	Smith, Madeline	15	NC East Carolina Aquatics	7/19/2019	2019 NC LC SR Championships
6	2:08.08	767	Hastings, Emma	15	NC East Carolina Aquatics	7/19/2019	2019 NC LC SR Championships
7	2:08.64	754	Dona, Hanani	15	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
8	2:09.35	738	Schoppa, Maura	15	NC Swim GSA	7/19/2019	2019 NC LC SR Championships
9	2:09.82	728	Ivan, Teresa	15	NC Aquatic Team Of Mecklenburg	6/14/2019	2019 NC SwimMAC Charlotte Ultr
10	2:10.06	722	Carpenter, Emily	15	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:52.29	965	Hoover, Sam	15	NC North Carolina Aquatic Club	6/21/2019	2019 SE Richard Quick Invitati
2	1:54.82	904	Haughey, Braeden	15	NC TAC Titans	8/2/2019	2019 Futures Greensboro
3	1:55.66	884	Norris, Lance	15	NC Unattached	6/14/2019	2019 NC TAC TYR Triangle Class
4	1:56.04	875	Nelson, Baylor	15	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
5	1:56.40	867	Cotter, Michael	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
6	1:57.59	839	Harris, Dax	15	NC Greensboro Community YMCA	8/1/2019	2019 AP LC Y Nationals FINAL COPY
7	1:59.65	793	Miller, Brandon	15	NC Rocky Mount Family YMCA	7/19/2019	2019 NC LC SR Championships
8	1:59.82	789	Miller, Reid	15	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
8	1:59.82	789	Russell, Kellen	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
10	1:59.93	786	Hohnbaum, Graham	15	NC Aquatic Team Of Mecklenburg	7/31/2019	2019 NC Southern Zone Age Group C

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:25.08	818	Hook, Charlotte	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
2	4:26.57	801	Hastings, Emma	15	NC East Carolina Aquatics	7/20/2019	2019 NC LC SR Championships
3	4:30.33	759	Razewski, Morgan	15	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
4	4:31.10	750	Ciancanelli, Makayla	15	NC Granite Falls Swim Club Makos	8/2/2019	2019 NC Southern Zone Age Group C
5	4:31.48	746	Carpenter, Emily	15	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
6	4:35.58	702	Eaker, Summer	15	NC SwimMAC Carolina	4/6/2019	2019 NC SwimMAC Blue Orange LC In
7	4:35.71	701	Wilson, Peyton	15	NC Greensboro Community YMCA	7/20/2019	2019 NC LC SR Championships
8	4:40.12	655	Covington, Sadie	15	NC Swim GSA	5/17/2019	2019 NC YBAC Spring LC Invitat
9	4:40.73	648	Teeters, Elizabeth	15	NC Unattached	7/20/2019	2019 NC LC SR Championships
10	4:40.94	646	Jaynes, Hope	15	NC TAC Titans	7/27/2019	2019 NC TAC vs WAVE Dual

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:56.42	959	Haughey, Braeden	15	NC TAC Titans	8/3/2019	2019 Futures Greensboro
2	4:02.76	888	Norris, Lance	15	NC Rocky Mount Family YMCA	5/17/2019	2019 NC YBAC Spring LC Invitat
3	4:07.68	834	Zucker, Logan	15	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
4	4:07.86	832	Miller, Brandon	15	NC Unattached	8/8/2019	2019 Time Trials - LC Juniors
5	4:08.58	825	Hoover, Sam	15	NC North Carolina Aquatic Club	6/8/2019	2019 NC GCY Sprint and Distanc
6	4:08.81	822	Cotter, Michael	15	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual
7	4:10.32	806	Russell, Kellen	15	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
8	4:11.77	791	Freeman, Spencer	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
9	4:12.02	788	Nelson, Baylor	15	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
10	4:12.86	779	Sleater, Patrick	15	NC Smoky Mountain Aquatic Club	8/3/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 800 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	9:12.69	767	Hastings, Emma	15	NC East Carolina Aquatics	7/18/2019	2019 NC LC SR Championships
3	9:14.75	756	Hook, Charlotte	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
4	9:17.54	742	Carpenter, Emily	15	NC North Carolina Aquatic Club	7/18/2019	2019 NC LC SR Championships
5	9:20.82	726	Eaker, Summer	15	NC SwimMAC Carolina	4/5/2019	2019 NC SwimMAC Blue Orange LC In
6	9:25.11	705	Wilson, Peyton	15	NC Greensboro Community YMCA	7/18/2019	2019 NC LC SR Championships
7	9:27.30	695	Ciancanelli, Makayla	15	NC Granite Falls Swim Club Makos	7/11/2019	2019 NC ESSZ Long Course Champ
8	9:33.97	663	Corrado, Mia	15	NC YMCA of the Triangle Area Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
9	9:35.17	658	Banks, Madie	15	NC Raleigh Swimming Association	7/18/2019	2019 NC LC SR Championships
10	9:35.75	655	Covington, Sadie	15	NC Swim GSA	7/18/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:22.37	911	Haughey, Braeden	15	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
2	8:26.52	889	Miller, Brandon	15	NC Unattached	8/10/2019	2019 Speedo Junior National Ch
3	8:30.02	870	Cotter, Michael	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
4	8:37.31	832	Russell, Kellen	15	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
5	8:37.36	831	Zucker, Logan	15	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
6	8:41.16	812	Sleater, Patrick	15	NC Smoky Mountain Aquatic Club	8/4/2019	2019 Futures Greensboro
7	8:45.89	787	Freeman, Spencer	15	NC SwimMAC Carolina	7/18/2019	2019 NC LC SR Championships
8	8:50.07	766	Harris, Dax	15	NC Greensboro Community YMCA	8/3/2019	2019 AP LC Y Nationals FINAL COPY
9	8:59.63	719	Pena, Wyatt	15	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
10	9:02.71	703	Charles, Miles	15	NC North Carolina Aquatic Club	7/26/2019	2019 NC NCAC Tar Heel State

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:02.52	885	Razewski, Morgan	15	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
2	17:44.30	776	Hastings, Emma	15	NC East Carolina Aquatics	7/21/2019	2019 NC LC SR Championships
3	17:54.04	751	Ciancanelli, Makayla	15	NC Granite Falls Swim Club Makos	7/21/2019	2019 NC LC SR Championships
4	17:57.28	743	Wilson, Peyton	15	NC Greensboro Community YMCA	7/30/2019	2019 AP LC Y Nationals FINAL COPY
5	18:08.37	716	Corrado, Mia	15	NC YMCA of the Triangle Area Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch
6	18:16.40	696	Banks, Madie	15	NC Raleigh Swimming Association	7/21/2019	2019 NC LC SR Championships
7	18:21.97	682	Hughes, Ashley	15	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
8	18:31.85	659	Duhamel, Caroline	15	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
9	18:33.69	654	Perdomo, Berlyn	15	NC Unattached	7/21/2019	2019 NC LC SR Championships
10	18:34.88	652	Fortner, Abi	15	NC New Wave Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:56.77	900	Norris, Lance	15	NC Unattached	6/29/2019	2019 NC TAC LCM Distance Intra
2	16:19.25	844	Zucker, Logan	15	NC SwimMAC Carolina	6/13/2019	2019 NC SwimMAC Charlotte Ultr
3	16:22.77	835	Haughey, Braeden	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
4	16:36.42	802	Harris, Dax	15	NC Greensboro Community YMCA	7/30/2019	2019 AP LC Y Nationals FINAL COPY
5	16:46.15	779	Sleater, Patrick	15	NC Smoky Mountain Aquatic Club	8/1/2019	2019 Futures Greensboro
6	16:46.75	777	Miller, Brandon	15	NC Unattached	6/7/2019	2019 NC GCY Sprint and Distanc
7	16:52.76	763	Russell, Kellen	15	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
8	17:07.02	730	Hohnbaum, Graham	15	NC Aquatic Team Of Mecklenburg	7/30/2019	2019 NC Southern Zone Age Group C
9	17:16.59	707	Riley, Nick	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
10	17:33.88	668	Chang, Austin	15	NC North Carolina Aquatic Club	6/7/2019	2019 NC GCY Sprint and Distanc

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.00	1053	Curzan, Claire	15	NC Unattached	8/21/2019	2019 World Junior Champs
2	1:02.66	944	Hook, Charlotte	15	NC TAC Titans	5/26/2019	2019 Mel Zajac Jr. Internation
3	1:03.89	896	Sowards, Elizabeth	15	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
4	1:04.45	874	Razewski, Morgan	15	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
5	1:04.48 r	873	Clark, Abby	15	NC TAC Titans	8/4/2019	2019 Futures Greensboro
6	1:05.43	836	Neal, Madison	15	NC YMCA of Northwest North Carolina Riptyde	8/1/2019	2019 AP LC Y Nationals FINAL COPY
7	1:05.98	815	Smith, Madeline	15	NC East Carolina Aquatics	7/20/2019	2019 NC LC SR Championships
8	1:06.21	807	Menkhaus, Madeline	15	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
9	1:06.30	803	Dona, Hanani	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
10	1:06.38	800	Hicks, Hailey	15	NC YMCA of the Triangle Area Swim Team	6/15/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.95	961	Abaqueta, Cam	15	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
2	58.57	936	Weaver, Ryan	15	NC Carolina Aquatic Team	8/7/2019	2019 NCSA Summer Champs
3	58.87	924	Norris, Lance	15	NC Unattached	6/15/2019	2019 NC TAC TYR Triangle Class
4	59.62	894	Nelson, Baylor	15	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
5	1:00.31	866	Bunger, Joe	15	NC TAC Titans	8/3/2019	2019 Futures Greensboro
5	1:00.31	866	Haughey, Braeden	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
7	1:00.43	862	Miller, Brandon	15	NC Rocky Mount Family YMCA	7/20/2019	2019 NC LC SR Championships
8	1:00.45	861	Tutovani, Levani	15	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro
9	1:00.51	859	Barker, Will	15	NC Beaufort Bluefins Swimming	6/15/2019	2019 NC TAC TYR Triangle Class
10	1:00.99	840	Reiger, Sam	15	NC Aquatic Team Of Mecklenburg	5/19/2019	2019 SC RAYS 2ND ANNUAL LYNN W

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.16	1009	Curzan, Claire	15	NC TAC Titans	8/1/2019	2019 Phillips 66 Nats
2	2:15.49	917	Hook, Charlotte	15	NC TAC Titans	5/24/2019	2019 Mel Zajac Jr. Internation
3	2:17.93	877	Zettel, Brooke	15	NC TAC Titans	12/1/2018	2018 Winter National Champions
4	2:19.55	850	Menkhaus, Madeline	15	NC SwimMAC Carolina	7/14/2019	2019 NC ESSZ Long Course Champ
5	2:20.94	827	Razewski, Morgan	15	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
6	2:22.22	806	Clark, Abby	15	NC TAC Titans	8/4/2019	2019 Futures Greensboro
7	2:22.31	805	Neal, Madison	15	NC YMCA of Northwest North Carolina Riptyde	7/31/2019	2019 AP LC Y Nationals FINAL COPY
8	2:22.93	795	Schoppa, Maura	15	NC Swim GSA	7/21/2019	2019 NC LC SR Championships
9	2:23.32	789	Ivan, Teresa	15	NC Aquatic Team Of Mecklenburg	7/21/2019	2019 NC LC SR Championships
10	2:24.27	773	Harrison, Helena	15	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:02.17	1017	Haughey, Braeden	15	NC TAC Titans	8/4/2019	2019 Futures Greensboro
2	2:04.41	973	Norris, Lance	15	NC Unattached	6/16/2019	2019 NC TAC TYR Triangle Class
3	2:06.45	933	Miller, Brandon	15	NC Rocky Mount Family YMCA	7/21/2019	2019 NC LC SR Championships
4	2:06.71	928	Nelson, Baylor	15	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
5	2:10.42	858	Abaqueta, Cam	15	NC SwimMAC Carolina	8/8/2019	2019 Time Trials - LC Juniors
6	2:11.57	836	Bunger, Joe	15	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
7	2:12.47	819	Weaver, Ryan	15	NC Carolina Aquatic Team	8/6/2019	2019 NCSA Summer Champs
8	2:13.37	803	Reiger, Sam	15	NC Aquatic Team Of Mecklenburg	5/19/2019	2019 SC RAYS 2ND ANNUAL LYNN W
9	2:13.86	794	Hoover, Sam	15	NC North Carolina Aquatic Club	7/21/2019	2019 NC LC SR Championships
10	2:13.97	792	Hardy, Ryan	15	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:11.39	892	Hamblin, Kaylee	15	NC Mecklenburg Swim Association	4/11/2019	2019 TYR Pro Series #3 - Richmond
2	1:12.77	850	Zettel, Brooke	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
3	1:13.64	824	Mohr, Katie	15	NC YMCA of Northwest North Carolina Riptyde	8/2/2019	2019 AP LC Y Nationals FINAL COPY
4	1:15.27	775	Kudela, Caroline	15	NC Mecklenburg Swim Association	6/14/2019	2019 NC SwimMAC Charlotte Ultr
5	1:15.40	771	Cottingham, Brianna	15	NC Unattached	8/2/2019	2019 AP LC Y Nationals FINAL COPY
6	1:16.35	743	Zhang, Jolene	15	NC TAC Titans	8/2/2019	2019 Futures Greensboro
7	1:16.45	740	Hook, Charlotte	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
8	1:16.98	725	Simpson, Leah	15	NC Carolina Aquatic Team	6/14/2019	2019 NC SwimMAC Charlotte Ultr
9	1:17.04	723	O'Mara, Gracyn	15	NC Unattached	7/19/2019	2019 NC LC SR Championships
10	1:17.44	711	Johnson, Emma	15	NC Waves Of Wilmington, Inc.	6/14/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.01	1003	Hoover, Sam	15	NC North Carolina Aquatic Club	8/6/2019	2019 Speedo Junior National Ch
2	1:05.59	948	Insixiengmay, Steven	15	NC YMCA of Northwest North Carolina Riptyde	8/2/2019	2019 AP LC Y Nationals FINAL COPY
3	1:06.24	926	Kroll, Matthew	15	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
4	1:06.65	912	Abaqueta, Cam	15	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
5	1:07.94	869	Drake, Patrick	15	NC Raleigh Swimming Association	7/19/2019	2019 NC LC SR Championships
6	1:08.59	848	Guenther, Jack	15	NC Aquatic Team Of Mecklenburg	7/19/2019	2019 NC LC SR Championships
7	1:08.87	838	Taylor, John Reese	15	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
8	1:08.92	837	Greeley, David	15	NC TAC Titans	8/2/2019	2019 Futures Greensboro
9	1:10.15	797	Norris, Lance	15	NC Rocky Mount Family YMCA	5/4/2019	2019 NC Goldsboro Y Long Course I
10	1:10.76	777	Volpe, Michael	15	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:37.27	847	Zettel, Brooke	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
2	2:38.97	824	Mohr, Katie	15	NC YMCA of Northwest North Carolina Riptyde	7/31/2019	2019 AP LC Y Nationals FINAL COPY
3	2:40.53	803	Hamblin, Kaylee	15	NC Mecklenburg Swim Association	4/12/2019	2019 TYR Pro Series #3 - Richmond
4	2:42.56	776	Cottingham, Brianna	15	NC Unattached	7/31/2019	2019 AP LC Y Nationals FINAL COPY
5	2:45.65	736	Simpson, Leah	15	NC Carolina Aquatic Team	8/9/2019	2019 NCSA Summer Champs
6	2:46.28	728	Hook, Charlotte	15	NC TAC Titans	5/19/2019	2019 NC TITANS vs. VA GATOR Dual
7	2:46.66	723	O'Mara, Gracyn	15	NC Unattached	7/20/2019	2019 NC LC SR Championships
8	2:47.63	710	Zhang, Jolene	15	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
9	2:47.86	707	Murtagh, Liza	15	NC Unattached	4/27/2019	2019 NC Carolina Crown
10	2:48.49	699	Johnson, Emma	15	NC Waves Of Wilmington, Inc.	6/15/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.43	944	Hoover, Sam	15	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati
2	2:25.88	865	Drake, Patrick	15	NC Raleigh Swimming Association	8/3/2019	2019 Futures Greensboro
3	2:26.96	850	Kroll, Matthew	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
4	2:27.44	843	Abaqueta, Cam	15	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
5	2:28.87	823	Guenther, Jack	15	NC Aquatic Team Of Mecklenburg	7/20/2019	2019 NC LC SR Championships
6	2:29.77	810	Norris, Lance	15	NC Unattached	6/15/2019	2019 NC TAC TYR Triangle Class
7	2:31.68	783	Greeley, David	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
8	2:32.60	770	Taylor, John Reese	15	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
9	2:33.60	756	Valliere, Alex	15	NC YMCA of Northwest North Carolina Riptyde	7/5/2019	2019 NC YSST USRY Championship
10	2:34.04	750	Miller, Brandon	15	NC Unattached	6/22/2019	2019 SE Richard Quick Invitati

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.87	1030	Curzan, Claire	15	NC TAC Titans	8/2/2019	2019 Phillips 66 Nats
2	59.59	966	Hook, Charlotte	15	NC TAC Titans	8/2/2019	2019 Phillips 66 Nats
3	1:00.56	930	Zettel, Brooke	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
4	1:01.40	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
6	1:03.45	827	Bilden, Lindy	15	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
7	1:03.82	814	Murray, Avery	15	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
8	1:04.17	802	Schoppa, Maura	15	NC Swim GSA	7/19/2019	2019 NC LC SR Championships
9	1:04.32	796	Rzewski, Morgan	15	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
10	1:04.34	796	Stolberg, Emma	15	NC Mecklenburg Swim Association	8/2/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.68	892	Nelson, Baylor	15	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
2	57.02	878	Hoover, Sam	15	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
3	57.81	845	Miller, Reid	15	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
4	58.38	822	Jao, Nathan	15	NC Enfinity Aquatic Club	8/2/2019	2019 Futures Greensboro
5	58.47	818	Ranier, Harrison	15	NC Sailfish Aquatics	7/27/2019	2019 NC Sailfish Summer Splash
6	58.58	813	Norris, Lance	15	NC Rocky Mount Family YMCA	5/18/2019	2019 NC YBAC Spring LC Invitat
7	58.59	813	Bacon, Tate	15	NC Granite Falls Swim Club Makos	8/2/2019	2019 Futures Greensboro
8	58.60	813	Dyke, Thor	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
9	59.20	788	Prucha, John	15	NC TAC Titans	7/26/2019	2019 NC TAC vs WAVE Dual
10	59.34	782	Abaqueta, Cam	15	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.87	1009	Hook, Charlotte	15	NC TAC Titans	7/31/2019	2019 Phillips 66 Nats
2	2:15.43	891	Curzan, Claire	15	NC TAC Titans	7/7/2019	2019 NC TAC TITANS July Qualif
3	2:17.00	867	Zettel, Brooke	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
4	2:17.17	864	Menkhaus, Madeline	15	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
5	2:21.61	798	Stolberg, Emma	15	NC Mecklenburg Swim Association	8/3/2019	2019 Futures Greensboro
6	2:23.04	776	Razewski, Morgan	15	NC SwimMAC Carolina	7/11/2019	2019 NC ESSZ Long Course Champ
7	2:25.51	740	Bilden, Lindy	15	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati
8	2:25.64	738	Browning, Jordan	15	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
9	2:26.36	727	Harrison, Helena	15	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
10	2:27.45	712	Campbell, Emily	15	NC Marlins of Raleigh	7/20/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.86	859	Dyke, Thor	15	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
2	2:08.98	838	Freeman, Spencer	15	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro
3	2:09.29	833	Norris, Lance	15	NC Rocky Mount Family YMCA	5/19/2019	2019 NC YBAC Spring LC Invitat
4	2:09.32	832	Nelson, Baylor	15	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
5	2:10.13	818	Zucker, Logan	15	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
6	2:10.43	812	Jao, Nathan	15	NC Enfinity Aquatic Club	8/3/2019	2019 Futures Greensboro
7	2:12.00	784	Miller, Brandon	15	NC Unattached	8/6/2019	2019 Time Trials - LC Juniors
8	2:12.11	782	Hoover, Sam	15	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati
9	2:13.66	755	Russell, Kellen	15	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
10	2:14.49	741	Chang, Austin	15	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.67	985	Hook, Charlotte	15	NC TAC Titans	5/24/2019	2019 Mel Zajac Jr International
2	2:16.69	929	Zettel, Brooke	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
3	2:23.42	807	Sowards, Elizabeth	15	NC SwimMAC Carolina	7/11/2019	2019 NC ESSZ Long Course Champ
4	2:23.43	807	Mohr, Katie	15	NC YMCA of Northwest North Carolina Riptyde	8/3/2019	2019 AP LC Y Nationals FINAL COPY
5	2:23.70	802	Menkhaus, Madeline	15	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
6	2:26.20	758	Thome, Alison	15	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
7	2:26.38	755	Hastings, Emma	15	NC East Carolina Aquatics	7/21/2019	2019 NC LC SR Championships
8	2:26.51	753	Dona, Hanani	15	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
9	2:27.95	728	Neil, Sarah Gray	15	NC TAC Titans	7/28/2019	2019 NC TAC vs WAVE Dual
10	2:28.48	719	Zhang, Jolene	15	NC TAC Titans	8/4/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:06.50	938	Nelson, Baylor	15	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
2	2:08.76	891	Hoover, Sam	15	NC North Carolina Aquatic Club	7/21/2019	2019 NC LC SR Championships
3	2:09.50	876	Norris, Lance	15	NC Unattached	6/16/2019	2019 NC TAC TYR Triangle Class
4	2:10.74	851	Haughey, Braeden	15	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
5	2:10.87	848	Cotter, Michael	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
6	2:11.05	844	Jao, Nathan	15	NC Enfinity Aquatic Club	8/4/2019	2019 Futures Greensboro
7	2:11.54	834	Dyke, Thor	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
8	2:12.33	819	Miller, Brandon	15	NC Rocky Mount Family YMCA	7/21/2019	2019 NC LC SR Championships
9	2:12.59	813	Freeman, Spencer	15	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
10	2:12.63	813	Taylor, John Reese	15	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 15 400 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	4:57.95	832	Zettel, Brooke	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
3	5:06.97	761	Menkhaus, Madeline	15	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
4	5:07.45	757	Razewski, Morgan	15	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
5	5:11.22	728	Hastings, Emma	15	NC East Carolina Aquatics	7/19/2019	2019 NC LC SR Championships
6	5:11.75	724	Ciancanelli, Makayla	15	NC Granite Falls Swim Club Makos	8/1/2019	2019 NC Southern Zone Age Group C
7	5:13.27	712	Dona, Hanani	15	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
8	5:15.55	695	Wilson, Peyton	15	NC Greensboro Community YMCA	7/19/2019	2019 NC LC SR Championships
9	5:15.86	692	Eward, Aly	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
10	5:17.28	682	Zhang, Jolene	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 15 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:31.23	905	Norris, Lance	15	NC Unattached	6/14/2019	2019 NC TAC TYR Triangle Class
2	4:31.77	900	Haughey, Braeden	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
3	4:33.63	883	Miller, Brandon	15	NC Unattached	8/7/2019	2019 Speedo Junior National Ch
4	4:34.44	876	Nelson, Baylor	15	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
5	4:34.67	874	Hoover, Sam	15	NC North Carolina Aquatic Club	6/7/2019	2019 NC GCY Sprint and Distanc
6	4:36.76	855	Dyke, Thor	15	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
7	4:40.83	819	Zucker, Logan	15	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
8	4:43.77	793	Freeman, Spencer	15	NC SwimMAC Carolina	8/2/2019	2019 Futures Greensboro
9	4:46.73	767	Ranier, Harrison	15	NC Sailfish Aquatics	7/26/2019	2019 NC Sailfish Summer Splash
10	4:47.27	763	Kroll, Matthew	15	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.65	930	Flynn, Lindsay	16	NC Aquatic Team Of Mecklenburg	8/10/2019	2019 Speedo Junior National Ch
2	26.63	843	Eaker, Summer	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
3	26.98	812	Ally, Emily	16	NC Unattached	7/20/2019	2019 NC LC SR Championships
4	27.12	800	Tart, Bethany	16	NC East Carolina Aquatics	7/20/2019	2019 NC LC SR Championships
5	27.17	796	Zettel, Brooke	16	NC TAC Titans	7/31/2019	2019 Time Trials - National Ch
6	27.42	775	Hohm, Anneliese	16	NC Aquatic Team Of Mecklenburg	7/20/2019	2019 NC LC SR Championships
7	27.48 r	770	Gschwind, Olivia	16	NC New Wave Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
7	27.48	770	Mangaoang, Desirae	16	NC SwimMAC Carolina	1/11/2019	2019 TYR Pro Series #1 - Knoxville
9	27.60	759	Yoder, Kylie	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
10	27.69 r	752	Pennington, Isabel	16	NC YMCA of Northwest North Carolina Riptyde	7/30/2019	2019 AP LC Y Nationals FINAL COPY
10	27.69	752	Carlson, Alayna	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.24	922	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	6/13/2019	2019 NC SwimMAC Charlotte Ultr
2	23.80	874	Connery, Tim	16	NC SwimMAC Carolina	6/13/2019	2019 NC SwimMAC Charlotte Ultr
3	24.12	847	Prucha, Ben	16	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
4	24.28	833	Lockhart, Austin	16	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
5	24.49	815	Stroud, Mitchell	16	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
6	24.53 r	812	Coppedge, Tommy	16	NC YMCA of the Triangle Area Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
7	24.74	794	Tan, Jc	16	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual
8	24.77	792	Bershad, Ethan	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
9	24.89	782	Piscitelli, Nick	16	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro
10	24.93	779	Beasley, Josiah	16	NC Harnett County Aquatic Club	6/15/2019	2019 NC TAC TYR Triangle Class

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.63	883	Flynn, Lindsay	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
2	57.72 r	833	Eaker, Summer	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
3	58.47	799	Tart, Bethany	16	NC East Carolina Aquatics	7/21/2019	2019 NC LC SR Championships
4	58.67	790	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	12/1/2018	2018 Time Trials Winter Nation
5	58.89 r	780	Klosterman, Carstyn	16	NC YMCA of Northwest North Carolina Riptyde	8/3/2019	2019 AP LC Y Nationals FINAL COPY
6	59.02	775	Yoder, Kylie	16	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
7	59.56	751	Jones, Morgan	16	NC Enfinity Aquatic Club	6/28/2019	2019 NC EAC Independence Invit
8	59.75	742	Hohm, Anneliese	16	NC Aquatic Team Of Mecklenburg	6/22/2019	2019 NC SGSA Eastern Invite
9	1:00.11	727	Mangaoang, Desirae	16	NC SwimMAC Carolina	1/12/2019	2019 TYR Pro Series #1 - Knoxville
10	1:00.32	718	Goldblum, Mckaley	16	NC Waves Of Wilmington, Inc.	5/11/2019	2019 NC SGSA Mother May I

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	50.33	959	Connery, Tim	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
2	51.11	922	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
3	53.04 r	833	Cotter, Michael	16	NC TAC Titans	8/2/2019	2019 Futures Greensboro
4	53.62	806	Stroud, Mitchell	16	NC TAC Titans	8/4/2019	2019 Futures Greensboro
5	53.66	804	Lockhart, Austin	16	NC Aquatic Team Of Mecklenburg	6/16/2019	2019 NC SwimMAC Charlotte Ultr
6	54.23	779	Norris, Lance	16	NC Unattached	7/21/2019	2019 NC LC SR Championships
7	54.28	777	Piscitelli, Nick	16	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro
8	54.34	774	Barnett, Wes	16	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
9	54.50	767	Benton, Jack	16	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
10	54.78	755	Womble, Ethan	16	NC Greensboro Community YMCA	8/3/2019	2019 AP LC Y Nationals FINAL COPY

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	2:04.91	821	Yoder, Kylie	16	NC SwimMAC Carolina	8/2/2019	2019 Futures Greensboro
4	2:06.83	776	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/9/2019	2019 Speedo Junior National Ch
5	2:07.19	768	Carson, Megan	16	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC ESSZ Long Course Champ
6	2:07.72	756	Morgan, Sydney	16	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
7	2:07.98	750	Tart, Bethany	16	NC East Carolina Aquatics	7/19/2019	2019 NC LC SR Championships
8	2:08.80	732	Knorr, Emily	16	NC Mecklenburg Swim Association	7/19/2019	2019 NC LC SR Championships
9	2:09.05	726	Hohm, Anneliese	16	NC Aquatic Team Of Mecklenburg	7/19/2019	2019 NC LC SR Championships
10	2:09.09	725	Klosterman, Carstyn	16	NC YMCA of Northwest North Carolina Riptyde	8/1/2019	2019 AP LC Y Nationals FINAL COPY

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:54.09	868	Cotter, Michael	16	NC TAC Titans	8/2/2019	2019 Futures Greensboro
2	1:54.94	848	Zucker, Logan	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
3	1:55.20	842	Atherton, Alex	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
4	1:56.05	822	Connery, Tim	16	NC SwimMAC Carolina	4/6/2019	2019 NC SwimMAC Blue Orange LC In
5	1:56.50	811	Nelson, Baylor	16	NC SwimMAC Carolina	7/12/2019	2019 NC ESSZ Long Course Champ
6	1:56.82	804	Benton, Jack	16	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
7	1:57.79	782	Adams, Nathan	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
8	1:57.82	781	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	6/14/2019	2019 NC SwimMAC Charlotte Ultr
9	1:57.84	781	Hughes, Connor	16	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
10	1:57.88	780	Carter, Jared	16	NC YMCA of the Triangle Area Swim Team	8/2/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	4:25.34	782	Knorr, Emily	16	NC Mecklenburg Swim Association	7/20/2019	2019 NC LC SR Championships
5	4:27.62	756	Carson, Megan	16	NC YMCA of the Triangle Area Swim Team	7/13/2019	2019 NC ESSZ Long Course Champ
6	4:30.22	728	Crouse, Caroline	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
7	4:31.91	709	Arens, Abby	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
8	4:32.12	707	Rydzewski, Amber	16	NC Raleigh Swimming Association	7/20/2019	2019 NC LC SR Championships
9	4:32.86	699	Hefner, Caitlin	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
10	4:33.45	693	Morgan, Sydney	16	NC TAC Titans	5/17/2019	2019 NC TITANS vs. VA GATOR Dual

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:01.57	867	Norris, Lance	16	NC Unattached	8/3/2019	2019 Futures Greensboro
2	4:02.55	856	Zucker, Logan	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
3	4:04.14	838	Cotter, Michael	16	NC TAC Titans	8/3/2019	2019 Futures Greensboro
4	4:04.78	832	Atherton, Alex	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
5	4:05.72	821	Nelson, Baylor	16	NC SwimMAC Carolina	7/13/2019	2019 NC ESSZ Long Course Champ
6	4:06.34	815	Carter, Jared	16	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
7	4:06.97	808	Hughes, Connor	16	NC TAC Titans	8/3/2019	2019 Futures Greensboro
8	4:07.04	807	Baker, Jay	16	NC Unattached	7/20/2019	2019 NC LC SR Championships
9	4:09.06	785	Bretzmann, Peter	16	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
10	4:10.58	769	Frye, Tommy	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:54.97	840	Eaker, Summer	16	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	9:04.66	790	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	6/13/2019	2019 NC SwimMAC Charlotte Ultr
3	9:07.43	776	Knorr, Emily	16	NC Mecklenburg Swim Association	8/1/2019	2019 Futures Greensboro
4	9:19.99	714	Carson, Megan	16	NC YMCA of the Triangle Area Swim Team	6/13/2019	2019 NC SwimMAC Charlotte Ultr
5	9:20.05	713	Morgan, Sydney	16	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
6	9:20.94	709	Rydzewski, Amber	16	NC Raleigh Swimming Association	7/18/2019	2019 NC LC SR Championships
7	9:23.12	698	Davis, Laura	16	NC SwimMAC Carolina	7/18/2019	2019 NC LC SR Championships
8	9:23.42	697	Hefner, Caitlin	16	NC SwimMAC Carolina	7/18/2019	2019 NC LC SR Championships
9	9:25.87	685	Dalbo, Kyra	16	NC Unattached	7/18/2019	2019 NC LC SR Championships
10	9:26.67	681	Boulware, Sophie	16	NC Marlins of Raleigh	6/13/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	8:26.32	825	Bretzmann, Peter	16	NC North Carolina Aquatic Club	8/10/2019	2019 Speedo Junior National Ch
4	8:27.83	817	Atherton, Alex	16	NC SwimMAC Carolina	7/18/2019	2019 NC LC SR Championships
5	8:29.04	811	Carter, Jared	16	NC YMCA of the Triangle Area Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch
6	8:30.35	804	Hughes, Connor	16	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
7	8:37.93	764	Cantrell, Eric	16	NC Swim GSA	8/6/2019	2019 NCSA Summer Champs
8	8:43.49	736	Ringenbach, Bode	16	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
9	8:44.33	732	Cairns, Zac	16	NC North Carolina Aquatic Club	6/9/2019	2019 NC GCY Sprint and Distanc
10	8:45.39	726	Moore, Michael	16	NC Marlins of Raleigh	1/21/2019	2019 VA NOVA LC Winter Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:57.55	884	Eaker, Summer	16	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
2	17:20.97	822	Knorr, Emily	16	NC Mecklenburg Swim Association	7/21/2019	2019 NC LC SR Championships
3	17:48.57	751	Hefner, Caitlin	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
4	17:48.58	751	Davis, Laura	16	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
5	18:02.43	716	Rydzewski, Amber	16	NC Raleigh Swimming Association	7/21/2019	2019 NC LC SR Championships
6	18:15.89	683	Dalbo, Kyra	16	NC Unattached	7/21/2019	2019 NC LC SR Championships
7	18:18.24	677	Durak, Gweny	16	NC Hickory Foundation YMCA Seahorse Swim Team	7/7/2019	2019 NC YSST USRY Championship
8	18:19.75	673	Boulware, Sophie	16	NC Marlins of Raleigh	6/16/2019	2019 NC SwimMAC Charlotte Ultr
9	18:27.96	654	Yount, Carley	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
10	18:35.56	636	Ellison, Hannalee	16	NC Marlins of Raleigh	7/21/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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
6	16:28.00	794	Atherton, Alex	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
7	16:43.62	756	Baker, Jay	16	NC Unattached	6/7/2019	2019 NC GCY Sprint and Distanc
8	16:52.03	736	Riley, Nick	16	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
9	17:00.95	715	Davis, Collin	16	NC YMCA of the Triangle Area Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
10	17:02.61	711	Ringenbach, Bode	16	NC Marlins of Raleigh	6/13/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.86	878	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/6/2019	2019 Time Trials - LC Juniors
2	1:04.19	866	Hanley, Amaya	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
3	1:04.57	851	Whitmire, Liza	16	NC Aquatic Team Of Mecklenburg	11/30/2018	2018 Winter National Champions
4	1:05.13	829	Yandle, Ava	16	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
5	1:05.20	827	Nordstrom, Mia	16	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
6	1:05.27 r	824	Klosterman, Carstyn	16	NC YMCA of Northwest North Carolina Riptyde	7/31/2019	2019 AP LC Y Nationals FINAL COPY
7	1:05.43	818	Yoder, Kylie	16	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro
8	1:05.66	809	Russell, Claire	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
9	1:05.78	804	Mumford, Susan	16	NC SwimMAC Carolina	8/2/2019	2019 NC Southern Zone Age Group C
10	1:06.22	788	Brown, Emily	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	57.98	904	Norris, Lance	16	NC Unattached	8/3/2019	2019 Futures Greensboro
4	58.87	868	Barnett, Wes	16	NC SwimMAC Carolina	8/6/2019	2019 Time Trials - LC Juniors
5	59.67	836	Moore, Michael	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
6	59.74	833	Ghim, Christopher	16	NC TAC Titans	8/3/2019	2019 Futures Greensboro
7	59.76	832	Nelson, Baylor	16	NC SwimMAC Carolina	7/12/2019	2019 NC ESSZ Long Course Champ
8	59.78	832	Benton, Jack	16	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
9	59.82 r	830	Baker, Jay	16	NC North Carolina Aquatic Club	8/10/2019	2019 Speedo Junior National Ch
10	1:00.09 r	819	Keaney, Reilly	16	NC Swim GSA	8/10/2019	2019 NCSA Summer Champs

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.67	929	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Speedo Junior National Ch
2	2:18.19	853	Hanley, Amaya	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
3	2:19.84	826	Yandle, Ava	16	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro
4	2:20.11	822	Whitmire, Liza	16	NC Aquatic Team Of Mecklenburg	12/1/2018	2018 Winter National Champions
5	2:20.16	821	Mumford, Susan	16	NC SwimMAC Carolina	8/1/2019	2019 NC Southern Zone Age Group C
6	2:20.96	808	Klosterman, Carstyn	16	NC YMCA of Northwest North Carolina Riptyde	7/31/2019	2019 AP LC Y Nationals FINAL COPY
7	2:21.18	804	Yoder, Kylie	16	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
8	2:21.83	793	Brown, Emily	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
9	2:21.84	793	Anderson, Sophie	16	NC TAC Titans	8/4/2019	2019 Futures Greensboro
10	2:24.06	758	Jones, Morgan	16	NC Enfinity Aquatic Club	6/29/2019	2019 NC EAC Independence Invit

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.13	934	Nelson, Baylor	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
2	2:05.17	913	Norris, Lance	16	NC Unattached	8/4/2019	2019 Futures Greensboro
3	2:06.02	897	Barnett, Wes	16	NC SwimMAC Carolina	8/9/2019	2019 Time Trials - LC Juniors
4	2:06.98	878	Baker, Jay	16	NC Unattached	7/21/2019	2019 NC LC SR Championships
5	2:07.10	876	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	7/21/2019	2019 NC LC SR Championships
6	2:08.40	851	Ghim, Christopher	16	NC TAC Titans	8/4/2019	2019 Futures Greensboro
7	2:08.63	846	Silver, Ryan	16	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
8	2:09.94	822	Cairns, Zac	16	NC North Carolina Aquatic Club	6/23/2019	2019 SE Richard Quick Invitati
9	2:10.79	806	Benton, Jack	16	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
10	2:10.97	802	Cantrell, Eric	16	NC Swim GSA	8/6/2019	2019 NCSA Summer Champs

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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	1:12.79	835	Fadely, Jennah	16	NC Fin Aquatic Swim Team	8/3/2019	2019 VA State Games of America LC
5	1:14.23	791	Hohm, Anneliese	16	NC Aquatic Team Of Mecklenburg	7/19/2019	2019 NC LC SR Championships
6	1:14.38	787	Joyce, Genna	16	NC Marlins of Raleigh	1/19/2019	2019 VA NOVA LC Winter Invitat
7	1:14.41	786	Anderson, Sophie	16	NC TAC Titans	8/2/2019	2019 Futures Greensboro
8	1:14.67	778	Gaskey, Izza	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
9	1:15.15	764	Murtagh, Liza	16	NC Waves Of Wilmington, Inc.	6/14/2019	2019 NC SwimMAC Charlotte Ultr
10	1:15.28	760	Arwood, Fiona	16	NC YMCA of Western North Carolina	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.55	1009	Connery, Tim	16	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	1:05.26	915	Kim, Stephen	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
3	1:05.39	910	Meehan, Jack	16	NC Aquatic Team Of Mecklenburg	11/30/2018	2018 Winter National Champions
4	1:05.83	895	Ringenbach, Bode	16	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
5	1:05.87	894	Dorsel, Andy	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
6	1:06.04	888	McCreery, Coleman	16	NC Aquatic Team Of Mecklenburg	8/6/2019	2019 Speedo Junior National Ch
7	1:07.20	849	Fortner, Luke	16	NC New Wave Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
8	1:07.31	845	Thompson, Brian	16	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
9	1:07.40	842	Keaney, Reilly	16	NC Swim GSA	8/8/2019	2019 NCSA Summer Champs
10	1:07.41	842	Powe, Harrison	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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	2:37.62	839	Zettel, Brooke	16	NC TAC Titans	8/1/2019	2019 Phillips 66 Nats
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
6	2:39.47	814	Davis, Laura	16	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro
7	2:39.80	810	Hohm, Anneliese	16	NC Aquatic Team Of Mecklenburg	7/20/2019	2019 NC LC SR Championships
8	2:39.97	807	Hamblin, Kaylee	16	NC Mecklenburg Swim Association	8/9/2019	2019 Speedo Junior National Ch
9	2:41.05	793	Murtagh, Liza	16	NC Waves Of Wilmington, Inc.	6/15/2019	2019 NC SwimMAC Charlotte Ultr
10	2:41.20	791	Fadely, Jennah	16	NC Fin Aquatic Swim Team	8/3/2019	2019 VA State Games of America LC

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:22.16	911	Kim, Stephen	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
2	2:22.91	900	Fortner, Luke	16	NC New Wave Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
3	2:23.63	890	Thompson, Brian	16	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
4	2:23.64	890	Maycock, Julian	16	NC Swim GSA	6/23/2019	2019 NC SGSA Eastern Invite
5	2:23.68	889	Bretzmann, Peter	16	NC North Carolina Aquatic Club	8/8/2019	2019 Time Trials - LC Juniors
6	2:24.06	884	Ringenbach, Bode	16	NC Marlins of Raleigh	7/14/2019	2019 NC ESSZ Long Course Champ
7	2:26.37	850	McCreery, Coleman	16	NC Aquatic Team Of Mecklenburg	8/9/2019	2019 Speedo Junior National Ch
8	2:27.65	832	Perkins, Tull	16	NC Marlins of Raleigh	7/20/2019	2019 NC LC SR Championships
9	2:27.94	828	Meehan, Jack	16	NC Aquatic Team Of Mecklenburg	11/3/2018	2018 NC SGSA Senior Elite LC M
10	2:28.22	824	Keaney, Reilly	16	NC Swim GSA	8/9/2019	2019 NCSA Summer Champs

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.40	881	Zettel, Brooke	16	NC TAC Titans	8/2/2019	2019 Phillips 66 Nats
2	1:02.35	847	Ray, Amanda	16	NC New Wave Swim Team	5/25/2019	2019 Mel Zajac Jr. Internation
3	1:02.47	842	Arens, Abby	16	NC Marlins of Raleigh	1/19/2019	2019 VA NOVA LC Winter Invitat
4	1:02.96	825	Whitmire, Liza	16	NC Aquatic Team Of Mecklenburg	4/5/2019	2019 NC ATOM Friday Night Ligh
5	1:04.01	788	Morgan, Sydney	16	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
6	1:04.10	785	Watts, Mimi	16	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
7	1:04.64	766	Yandle, Ava	16	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
8	1:04.67	765	Yoder, Kylie	16	NC SwimMAC Carolina	8/2/2019	2019 Futures Greensboro
9	1:04.86	758	Cunningham, Victoria	16	NC Unattached	8/2/2019	2019 Futures Greensboro
10	1:04.98	754	Ally, Emily	16	NC Unattached	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	56.90	848	Nelson, Baylor	16	NC SwimMAC Carolina	7/13/2019	2019 NC ESSZ Long Course Champ
5	57.83	809	Ansede, Lucas	16	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
6	58.16	795	Dorsel, Andy	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
7	58.28	790	Piscitelli, Nick	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
8	58.34	788	Tan, Jc	16	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
9	58.37	787	Silver, Ryan	16	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
10	58.55	779	Stroud, Mitchell	16	NC TAC Titans	8/2/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.32	921	Ray, Amanda	16	NC New Wave Swim Team	7/11/2019	2019 NC ESSZ Long Course Champ
2	2:16.57	871	Crouse, Caroline	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
3	2:18.74	838	Morgan, Sydney	16	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
4	2:21.92	790	Arens, Abby	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
5	2:23.26	770	Cunningham, Victoria	16	NC Unattached	8/3/2019	2019 Futures Greensboro
6	2:23.86	761	Boulware, Sophie	16	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
7	2:24.19	756	Hanley, Amaya	16	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
8	2:25.77	733	Maloy, Jenna	16	NC YMCA of the Triangle Area Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch
9	2:26.52	722	Teachey, Michaela	16	NC Marlins of Raleigh	8/3/2019	2019 NC Southern Zone Age Group C
10	2:26.83	718	Joyce, Genna	16	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	2:08.99	794	Frye, Tommy	16	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro
5	2:09.50	785	Ringenbach, Bode	16	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
6	2:10.08	775	Cantrell, Eric	16	NC Swim GSA	7/20/2019	2019 NC LC SR Championships
7	2:10.09	775	Zucker, Logan	16	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
8	2:10.17	773	Baker, Jay	16	NC Unattached	7/20/2019	2019 NC LC SR Championships
9	2:11.00	758	Shanahan, Matt	16	NC Hillsborough Aquatic Club	8/3/2019	2019 NC Southern Zone Age Group C
10	2:11.13	756	Bretzmann, Peter	16	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.14	896	Arens, Abby	16	NC Marlins of Raleigh	11/29/2018	2018 Winter National Champions
2	2:18.60	888	Zettel, Brooke	16	NC TAC Titans	8/4/2019	2019 Phillips 66 Nats
3	2:19.87	864	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/10/2019	2019 Speedo Junior National Ch
4	2:22.14	824	Yoder, Kylie	16	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro
5	2:22.32	820	Anderson, Sophie	16	NC TAC Titans	8/4/2019	2019 Futures Greensboro
6	2:24.36	784	Hanley, Amaya	16	NC SwimMAC Carolina	8/10/2019	2019 Time Trials - LC Juniors
7	2:24.88	775	Mangaoang, Desirae	16	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
8	2:24.96	774	Davis, Laura	16	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
9	2:26.18	753	Arwood, Fiona	16	NC YMCA of Western North Carolina	8/2/2019	2019 Futures Greensboro
10	2:26.31	751	Ray, Amanda	16	NC New Wave Swim Team	7/11/2019	2019 NC ESSZ Long Course Champ

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.58	1037	Connery, Tim	16	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
2	2:04.00	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
6	2:09.47	869	Barnett, Wes	16	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
7	2:10.53	848	Keaney, Reilly	16	NC Swim GSA	6/23/2019	2019 NC SGSA Eastern Invite
8	2:10.61	846	Baker, Jay	16	NC Unattached	7/21/2019	2019 NC LC SR Championships
9	2:11.09	836	Ringenbach, Bode	16	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
10	2:11.69	824	Bretzmann, Peter	16	NC North Carolina Aquatic Club	8/9/2019	2019 Time Trials - LC Juniors

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:54.53	854	Arens, Abby	16	NC Marlins of Raleigh	11/30/2018	2018 Winter National Champions
2	4:59.95	810	Davis, Laura	16	NC SwimMAC Carolina	8/2/2019	2019 Futures Greensboro
3	5:02.67	789	Anderson, Sophie	16	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
4	5:03.38	783	Yoder, Kylie	16	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
5	5:04.23	776	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	5/18/2019	2019 SC RAYS 2ND ANNUAL LYNN W
6	5:06.00	762	Ray, Amanda	16	NC New Wave Swim Team	7/12/2019	2019 NC ESSZ Long Course Champ
7	5:06.31	760	Morgan, Sydney	16	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
8	5:06.42	759	Knorr, Katie	16	NC Mecklenburg Swim Association	8/2/2019	2019 Futures Greensboro
9	5:08.11	746	Hanley, Amaya	16	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
10	5:09.47	735	Joyce, Genna	16	NC Marlins of Raleigh	1/19/2019	2019 VA NOVA LC Winter Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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
6	4:32.61	877	Barnett, Wes	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
7	4:35.30	852	Dorsel, Andy	16	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
8	4:36.05	846	Ringenbach, Bode	16	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
9	4:38.24	826	Keaney, Reilly	16	NC Swim GSA	8/7/2019	2019 NCSA Summer Champs
10	4:39.57	814	Moore, Michael	16	NC Marlins of Raleigh	1/19/2019	2019 VA NOVA LC Winter Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.56	840	Baric, Maria	17	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
2	26.66	832	Arens, Abby	17	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
3	26.76	823	Vannote, Ellie	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
4	26.79	820	Accordino, Allyson	17	NC Unattached	7/11/2019	2019 NC ESSZ Long Course Champ
5	26.81	819	Flickinger, Maddy	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
6	26.94	807	Morgan, Brooke	17	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
7	26.96	806	Smith, Janie	17	NC SwimMAC Carolina	6/13/2019	2019 NC SwimMAC Charlotte Ultr
8	27.07	796	Stout, Alina	17	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro
9	27.09	794	Merritt, Kensley	17	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
10	27.11	793	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	6/13/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.40 r	878	Tuning, Jeffrey	17	NC New Wave Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
2	23.74	848	Davis, Jackson	17	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
3	23.99	827	Torres, Trevor	17	NC East Carolina Aquatics	8/3/2019	2019 Futures Greensboro
4	24.07	820	Winchester, Austin	17	NC Waves Of Wilmington, Inc.	6/13/2019	2019 NC SwimMAC Charlotte Ultr
5	24.11	817	Davis, C.J.	17	NC Unattached	7/20/2019	2019 NC LC SR Championships
5	24.11	817	Poelke, Boyd	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
7	24.19	810	Ivy, Michael	17	NC Raleigh Swimming Association	5/31/2019	2019 VA 757swim Spring Splash
8	24.44	788	Henderson, Noah	17	NC Star Aquatics	5/4/2019	2019 NC STAR Quad Meet
9	24.64	772	Rothenberger, Charles	17	NC SwimMAC Carolina	6/13/2019	2019 NC SwimMAC Charlotte Ultr
10	24.77	761	Ockert, Coby	17	NC Raleigh Swimming Association	6/8/2019	2019 NC GCY Sprint and Distanc

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.11	858	Marquardt, Ellie	17	NC Aquatic Team Of Mecklenburg	4/5/2019	2019 NC ATOM Friday Night Ligh
2	58.03	816	Goldblum, Mckaley	17	NC Waves Of Wilmington, Inc.	8/4/2019	2019 Futures Greensboro
3	58.06	814	Reeve, Lyndsey	17	NC East Carolina Aquatics	8/4/2019	2019 Futures Greensboro
4	58.17	809	Merritt, Kensley	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	58.29	804	Morgan, Brooke	17	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
6	58.36	801	Baric, Maria	17	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
7	58.40	799	Flickinger, Maddy	17	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
8	58.59	791	Accordino, Allyson	17	NC Unattached	7/14/2019	2019 NC ESSZ Long Course Champ
9	58.68	787	Arens, Abby	17	NC Marlins of Raleigh	7/14/2019	2019 NC ESSZ Long Course Champ
10	58.97	774	Bartis, Olwyn	17	NC SwimMAC Carolina	12/1/2018	2018 Winter National Champions
10	58.97	774	Medlin, Lauren	17	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 NC SwimMAC Charlotte Ultr

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	51.67	861	Walker, Jack	17	NC SwimMAC Carolina	12/1/2018	2018 Winter National Champions
2	51.71	859	Poelke, Boyd	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
3	52.33	831	Svendsen, Hugh	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
4	52.65	816	Torres, Trevor	17	NC East Carolina Aquatics	7/21/2019	2019 NC LC SR Championships
5	52.73	812	Tuning, Jeffrey	17	NC New Wave Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch
6	52.81	809	Ivy, Michael	17	NC Raleigh Swimming Association	12/1/2018	2018 Winter National Champions
7	53.03	799	Davis, Jackson	17	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
8	53.29	787	Winchester, Austin	17	NC Waves Of Wilmington, Inc.	8/4/2019	2019 Futures Greensboro
9	53.46 r	779	Lowe, Kenneth	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
10	53.47	779	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	7/21/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:02.68	874	Marquardt, Ellie	17	NC Aquatic Team Of Mecklenburg	6/14/2019	2019 NC SwimMAC Charlotte Ultr
2	2:03.77	848	Merritt, Kensley	17	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
3	2:04.54	830	Cera, Adrianna	17	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
4	2:06.04	795	Arens, Abby	17	NC Marlins of Raleigh	7/12/2019	2019 NC ESSZ Long Course Champ
5	2:06.11	793	Hefner, Faith	17	NC SwimMAC Carolina	11/30/2018	2018 Winter National Champions
6	2:06.24	790	Reeve, Lyndsey	17	NC East Carolina Aquatics	8/2/2019	2019 Futures Greensboro
7	2:06.75	778	Vannote, Ellie	17	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
8	2:07.17	769	Barton, Sarah	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
9	2:07.22	767	Morgan, Brooke	17	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
10	2:07.74	756	Carson, Megan	17	NC YMCA of the Triangle Area Swim Team	8/2/2019	2019 FL TYR ISCA Summer Senior Ch

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:51.42	901	Svendsen, Hugh	17	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
2	1:52.83	867	Walker, Jack	17	NC SwimMAC Carolina	11/30/2018	2018 Winter National Champions
3	1:54.07 r	838	Poelke, Boyd	17	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
4	1:54.30	832	Atkinson, Ike	17	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
5	1:55.37	807	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	6/14/2019	2019 NC SwimMAC Charlotte Ultr
6	1:55.86	796	Winchester, Austin	17	NC Waves Of Wilmington, Inc.	8/2/2019	2019 Futures Greensboro
7	1:56.02	792	Gehrig, John	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
8	1:56.47	781	Hering, Tanner	17	NC Swim GSA	5/18/2019	2019 NC YBAC Spring LC Invitat
9	1:56.53	780	Moore, Michael	17	NC Marlins of Raleigh	7/12/2019	2019 NC ESSZ Long Course Champ
10	1:57.22	764	Ockert, Coby	17	NC Raleigh Swimming Association	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:15.60	894	Marquardt, Ellie	17	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
2	4:20.65	834	Cera, Adrianna	17	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
3	4:27.44	757	Reeve, Lyndsey	17	NC East Carolina Aquatics	8/3/2019	2019 Futures Greensboro
4	4:27.86	752	Arens, Abby	17	NC Marlins of Raleigh	6/15/2019	2019 NC SwimMAC Charlotte Ultr
5	4:29.31	736	Carson, Megan	17	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
6	4:29.33	736	Haney, Kenna	17	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
7	4:29.68	732	Crouse, Caroline	17	NC Marlins of Raleigh	7/13/2019	2019 NC ESSZ Long Course Champ
8	4:32.54	701	Merritt, Kensley	17	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
9	4:32.75	699	Turcanu, Nina	17	NC Hickory Foundation YMCA Seahorse Swim Team	7/31/2019	2019 FL YCF Summer Splash
10	4:32.99	697	Goldblum, Mckaley	17	NC Waves Of Wilmington, Inc.	6/28/2019	2019 NC EAC Independence Invit

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:58.45	879	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	8/8/2019	2019 Speedo Junior National Ch
2	3:59.10	872	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	11/29/2018	2018 Winter National Champions
3	4:04.69	810	Lloyd, Owen	17	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati
4	4:04.71	810	Atkinson, Ike	17	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
5	4:06.22	793	Winchester, Austin	17	NC Waves Of Wilmington, Inc.	8/3/2019	2019 Futures Greensboro
6	4:06.49	791	Gehrig, John	17	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
7	4:07.63	778	Moore, Michael	17	NC Marlins of Raleigh	7/31/2019	2019 Time Trials - National Ch
8	4:09.65	757	Hering, Tanner	17	NC Swim GSA	5/17/2019	2019 NC YBAC Spring LC Invitat
9	4:10.08	752	Todd, Jack	17	NC Marlins of Raleigh	7/20/2019	2019 NC LC SR Championships
10	4:10.38	749	Martin, Micah	17	NC Catawba Valley Aquatic Club	7/20/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 800 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	9:11.58	749	Carson, Megan	17	NC YMCA of the Triangle Area Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
5	9:14.38	735	Haney, Kenna	17	NC Unattached	11/28/2018	2018 Winter National Champions
6	9:22.23	696	Turcanu, Nina	17	NC Hickory Foundation YMCA Seahorse Swim Team	7/30/2019	2019 FL YCF Summer Splash
7	9:23.63	689	Lange, Sophie	17	NC Carolina Aquatic Team	8/8/2019	2019 NCSA Summer Champs
8	9:29.22	663	Bachand, Madeleine	17	NC Marlins of Raleigh	1/21/2019	2019 VA NOVA LC Winter Invitat
9	9:29.58	661	Wozny, Rhiannon	17	NC SwimMAC Carolina	7/11/2019	2019 NC ESSZ Long Course Champ
10	9:31.97	650	Martin, Cady	17	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:10.99	900	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	11/28/2018	2018 Winter National Champions
2	8:29.06	802	Lloyd, Owen	17	NC North Carolina Aquatic Club	1/9/2019	2019 TYR Pro Series #1 - Knoxville
3	8:34.24	775	Martin, Micah	17	NC Catawba Valley Aquatic Club	7/18/2019	2019 NC LC SR Championships
4	8:34.40	774	Moore, Michael	17	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
5	8:38.26	754	Todd, Jack	17	NC Marlins of Raleigh	7/18/2019	2019 NC LC SR Championships
6	8:38.42	754	Gehrig, John	17	NC SwimMAC Carolina	7/18/2019	2019 NC LC SR Championships
7	8:40.61	742	Winchester, Austin	17	NC Waves Of Wilmington, Inc.	6/16/2019	2019 NC SwimMAC Charlotte Ultr
8	8:41.10	740	Atkinson, Ike	17	NC SwimMAC Carolina	7/18/2019	2019 NC LC SR Championships
9	8:42.26	734	Soleo, Will	17	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
10	8:46.36	713	Partrick, Michael	17	NC Marlins of Raleigh	7/18/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 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	17:58.00	723	Haney, Kenna	17	NC Unattached	12/1/2018	2018 Winter National Champions
4	18:20.69	667	Wozny, Rhiannon	17	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
5	18:21.20	666	Lange, Sophie	17	NC Carolina Aquatic Team	6/16/2019	2019 NC SwimMAC Charlotte Ultr
6	18:54.16	588	Martin, Cady	17	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
7	19:03.18	568	Hook, Abby	17	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
8	20:10.54	424	Potter, Laurin	17	NC YMCA of Northwest North Carolina Riptyde	6/7/2019	2019 NC GCY Sprint and Distanc
9	20:33.70	379	Clifford, Sarah	17	NC East Carolina Aquatics	5/19/2019	2019 NC ECA Beach Invitational
10	20:46.49	355	Campbell, Bronwyn	17	NC Aquatic Team Of Mecklenburg	5/17/2019	2019 SC RAYS 2ND ANNUAL LYNN W

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:43.09	888	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	12/1/2018	2018 Winter National Champions
2	16:03.29	837	Lloyd, Owen	17	NC North Carolina Aquatic Club	6/23/2019	2019 SE Richard Quick Invitati
3	16:16.02	806	Moore, Michael	17	NC Marlins of Raleigh	6/13/2019	2019 NC SwimMAC Charlotte Ultr
4	16:28.46	775	Martin, Micah	17	NC Catawba Valley Aquatic Club	7/21/2019	2019 NC LC SR Championships
5	16:35.71	758	Todd, Jack	17	NC Marlins of Raleigh	8/1/2019	2019 Futures Greensboro
6	16:36.88	755	Winchester, Austin	17	NC Waves Of Wilmington, Inc.	6/13/2019	2019 NC SwimMAC Charlotte Ultr
7	16:44.84	736	Soleo, Will	17	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
8	16:49.34	725	Partrick, Michael	17	NC Marlins of Raleigh	7/21/2019	2019 NC LC SR Championships
9	16:53.02	716	Atkinson, Ike	17	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
10	16:58.42	704	Pritchard, Thomas	17	NC Carolina Aquatic Team	6/23/2019	2019 SC YSSC LC Firecracker In

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.19	905	Flickinger, Maddy	17	NC SwimMAC Carolina	7/12/2019	2019 NC ESSZ Long Course Champ
2	1:03.42	896	Jones, Morgan	17	NC Enfinity Aquatic Club	8/3/2019	2019 Futures Greensboro
3	1:04.35	859	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	8/9/2019	2019 Speedo Junior National Ch
4	1:04.41	857	Barton, Sarah	17	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
4	1:04.41	857	Merritt, Kensley	17	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
6	1:05.02	833	Baric, Maria	17	NC TAC Titans	7/20/2019	2019 NC LC SR Championships
7	1:05.07	832	Accordino, Allyson	17	NC Unattached	7/12/2019	2019 NC ESSZ Long Course Champ
8	1:05.89	800	Sutter, Olivia	17	NC YMCA of Western North Carolina	8/3/2019	2019 Futures Greensboro
9	1:06.47	778	Vannote, Ellie	17	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
10	1:06.49	778	Bartis, Olwyn	17	NC SwimMAC Carolina	11/30/2018	2018 Winter National Champions

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.04	904	Tomlinson, Alex	17	NC TAC Titans	8/3/2019	2019 Futures Greensboro
2	58.28	853	Svendsen, Hugh	17	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
3	58.32 r	851	Davis, Jackson	17	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
4	58.37	849	Cotter, Colin	17	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
5	58.69	836	Moore, Michael	17	NC Marlins of Raleigh	8/3/2019	2019 Time Trials - National Ch
6	59.49	804	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	11/30/2018	2018 Winter National Champions
7	1:00.20	776	Baldwin, Daniel	17	NC New Wave Swim Team	8/3/2019	2019 Futures Greensboro
8	1:00.32	771	Wilhelm, Alex	17	NC SwimMAC Carolina	8/2/2019	2019 NC Southern Zone Age Group C
9	1:00.46	765	Monahan, Conall	17	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
10	1:00.85 r	750	Chapman, Jj	17	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:15.72	895	Flickinger, Maddy	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
2	2:16.00	890	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	7/21/2019	2019 NC LC SR Championships
3	2:16.81	876	Jones, Morgan	17	NC Enfinity Aquatic Club	8/4/2019	2019 Futures Greensboro
4	2:18.16	854	Merritt, Kensley	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	2:19.21	836	Barton, Sarah	17	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
6	2:19.42	833	Vannote, Ellie	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
7	2:20.89	809	Sutter, Olivia	17	NC YMCA of Western North Carolina	8/4/2019	2019 Futures Greensboro
8	2:21.79	794	Stout, Alina	17	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro
9	2:23.11	773	Arens, Abby	17	NC Marlins of Raleigh	7/14/2019	2019 NC ESSZ Long Course Champ
10	2:26.23	723	Guo, Vivian	17	NC TAC Titans	7/21/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	2:05.74	859	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	12/1/2018	2018 Winter National Champions
4	2:07.10	833	Monahan, Conall	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
5	2:07.25	830	Cotter, Colin	17	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
6	2:07.29	829	Cairns, Zac	17	NC North Carolina Aquatic Club	7/27/2019	2019 NC NCAC Tar Heel State
7	2:07.33	828	Tomlinson, Alex	17	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
8	2:08.23	811	Davis, Jackson	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
9	2:10.08	776	Moore, Joseph	17	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
10	2:10.44	769	Chapman, Jj	17	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.58	955	Arens, Abby	17	NC Marlins of Raleigh	8/3/2019	2019 Phillips 66 Nats
2	1:10.76	887	McCauley, Ashley	17	NC Marlins of Raleigh	11/30/2018	2018 Winter National Champions
3	1:11.66	859	Nelson, Emme	17	NC SwimMAC Carolina	1/10/2019	2019 TYR Pro Series #1 - Knoxville
4	1:11.87	852	Mangaoang, Desirae	17	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
5	1:12.81	823	Joyce, Genna	17	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
6	1:12.95	819	Baric, Maria	17	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
7	1:13.05	816	Fullerton, Mikaela	17	NC New Wave Swim Team	11/30/2018	2018 Winter National Champions
8	1:13.94	789	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	8/6/2019	2019 Speedo Junior National Ch
9	1:14.28	779	Cresci, Kenzie	17	NC Mecklenburg Swim Association	8/2/2019	2019 Futures Greensboro
10	1:15.07	755	Taylor, Jackie	17	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.96	951	Mikuta, Reid	17	NC Swim GSA	8/7/2019	2019 NCSA Summer Champs
2	1:03.36	936	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	8/6/2019	2019 Speedo Junior National Ch
3	1:06.05	843	Becker, Perry	17	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
4	1:06.24	836	Starbuck, Jason	17	NC Raleigh Swimming Association	8/2/2019	2019 Futures Greensboro
5	1:06.87	815	Tjandra, Davin	17	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
6	1:07.23	803	Monahan, Conall	17	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
7	1:07.40	797	Lowe, Kenneth	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
8	1:08.21	770	Torres, Trevor	17	NC East Carolina Aquatics	8/2/2019	2019 Futures Greensboro
9	1:08.27	768	Butner, Garrett	17	NC Waves Of Wilmington, Inc.	6/14/2019	2019 NC SwimMAC Charlotte Ultr
10	1:08.54	759	Lucht, Sammy	17	NC Marlins of Raleigh	1/19/2019	2019 VA NOVA LC Winter Invitat

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:25.80	991	Arens, Abby	17	NC Marlins of Raleigh	8/1/2019	2019 Phillips 66 Nats
2	2:31.64	909	McCauley, Ashley	17	NC Marlins of Raleigh	12/1/2018	2018 Winter National Champions
3	2:33.72	880	Joyce, Genna	17	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
4	2:33.88	878	Nelson, Emme	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
5	2:35.42	857	Mangaoang, Desirae	17	NC Unattached	8/25/2019	2019 World Junior Champs
6	2:41.20	779	Taylor, Jackie	17	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
7	2:42.82	757	Harris, Chloe	17	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
8	2:44.11	740	Cresci, Kenzie	17	NC Mecklenburg Swim Association	8/3/2019	2019 Futures Greensboro
9	2:44.34	737	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
10	2:46.38	710	Crouse, Caroline	17	NC Marlins of Raleigh	7/14/2019	2019 NC ESSZ Long Course Champ

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 200 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	2:25.96	817	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
4	2:27.70	792	Monahan, Conall	17	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
5	2:28.29	784	Becker, Perry	17	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
6	2:30.00	759	Partrick, Michael	17	NC Marlins of Raleigh	7/20/2019	2019 NC LC SR Championships
7	2:30.54	752	Wilhelm, Alex	17	NC SwimMAC Carolina	7/31/2019	2019 NC Southern Zone Age Group C
8	2:30.72	749	Lucht, Sammy	17	NC Marlins of Raleigh	11/3/2018	2018 NC SGSA Senior Elite LC M
9	2:32.76	720	Marquardt, Jack	17	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
10	2:33.50	710	Lyons, Scott	17	NC SwimMAC Carolina	4/7/2019	2019 NC SwimMAC Blue Orange LC In

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 100 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	1:02.86	826	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	6/14/2019	2019 NC SwimMAC Charlotte Ultr
4	1:03.47	805	Lange, Sophie	17	NC Carolina Aquatic Team	8/9/2019	2019 NCSA Summer Champs
5	1:03.51	803	Barton, Sarah	17	NC SwimMAC Carolina	8/8/2019	2019 Time Trials - LC Juniors
6	1:03.66	798	Stout, Alina	17	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro
7	1:03.83	792	Crouse, Caroline	17	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
8	1:03.86	791	Hefner, Faith	17	NC SwimMAC Carolina	11/30/2018	2018 Winter National Champions
9	1:04.14	781	Flickinger, Maddy	17	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
10	1:04.23	778	Baric, Maria	17	NC TAC Titans	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.42	915	Henderson, Noah	17	NC Star Aquatics	11/30/2018	2018 Winter National Champions
2	54.79	899	Poelke, Boyd	17	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
3	56.34	832	Watson, William	17	NC Star Aquatics	8/2/2019	2019 Futures Greensboro
4	56.67	818	Tuning, Jeffrey	17	NC New Wave Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
5	56.83	811	Moore, Joseph	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
5	56.83	811	Thomas, Cameron	17	NC TAC Titans	8/2/2019	2019 Futures Greensboro
7	56.96	805	Echols, Jeff	17	NC Enfinity Aquatic Club	8/2/2019	2019 Futures Greensboro
8	57.01	803	Tomlinson, Alex	17	NC TAC Titans	7/19/2019	2019 NC LC SR Championships
9	57.83	769	McCosh, Ethan	17	NC Hickory Foundation YMCA Seahorse Swim Team	8/1/2019	2019 FL YCF Summer Splash
10	58.03	761	Lowe, Kenneth	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.70	870	Vannote, Ellie	17	NC SwimMAC Carolina	3/30/2019	2019 IN Speedo Sectionals
2	2:15.83	853	Crouse, Caroline	17	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
3	2:17.32	830	Worden, Ashley	17	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
4	2:19.16	802	Arens, Abby	17	NC Marlins of Raleigh	5/26/2019	2019 Mel Zajac Jr. Internation
5	2:21.44	768	Lange, Sophie	17	NC Carolina Aquatic Team	8/7/2019	2019 NCSA Summer Champs
6	2:24.60	720	Joyce, Genna	17	NC Marlins of Raleigh	5/18/2019	2019 GA Atlanta Classic Swim Meet
7	2:25.17	712	Walker, Alexis	17	NC YMCA of the Triangle Area Swim Team	8/3/2019	2019 FL TYR ISCA Summer Senior Ch
8	2:25.84	702	Harris, Chloe	17	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
9	2:26.60	691	Campbell, Mckenzie	17	NC Greensboro Community YMCA	11/3/2018	2018 NC SGSA Senior Elite LC M
10	2:26.64	690	Marquardt, Ellie	17	NC Aquatic Team Of Mecklenburg	5/4/2019	2019 SC RAYS CINCO DE MAYO LON

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.38	850	Poelke, Boyd	17	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
2	2:05.83	823	Thomas, Cameron	17	NC TAC Titans	8/3/2019	2019 Futures Greensboro
3	2:06.42	812	Forst, Preston	17	NC Enfinity Aquatic Club	5/11/2019	2019 VA HOKI May Day Invitatio
4	2:07.57	791	McCosh, Ethan	17	NC Hickory Foundation YMCA Seahorse Swim Team	7/30/2019	2019 FL YCF Summer Splash
5	2:07.96	784	Moore, Michael	17	NC Marlins of Raleigh	5/18/2019	2019 GA Atlanta Classic Swim Meet
6	2:09.16	762	Watson, William	17	NC Star Aquatics	8/3/2019	2019 Futures Greensboro
7	2:09.49	756	Henderson, Noah	17	NC Star Aquatics	5/4/2019	2019 NC STAR Quad Meet
8	2:10.80	733	Echols, Jeff	17	NC Enfinity Aquatic Club	8/3/2019	2019 Futures Greensboro
9	2:11.01	729	Cairns, Zac	17	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
10	2:11.98	712	Poteat, Max	17	NC North Carolina Aquatic Club	7/28/2019	2019 NC NCAC Tar Heel State

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	2:21.24	837	Nelson, Emme	17	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
5	2:22.92	807	Marquardt, Ellie	17	NC Aquatic Team Of Mecklenburg	6/16/2019	2019 NC SwimMAC Charlotte Ultr
6	2:23.73	793	Taylor, Jackie	17	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
7	2:24.01	788	Flickinger, Maddy	17	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
8	2:24.13	786	Harris, Chloe	17	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals
9	2:24.18	785	Joyce, Genna	17	NC Marlins of Raleigh	6/16/2019	2019 NC SwimMAC Charlotte Ultr
10	2:24.60	778	Vannote, Ellie	17	NC SwimMAC Carolina	3/31/2019	2019 IN Speedo Sectionals

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 200 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	2:06.95	874	Moore, Michael	17	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
3	2:07.23	868	Mikuta, Reid	17	NC Swim GSA	8/10/2019	2019 NCSA Summer Champs
4	2:08.99	831	Svendsen, Hugh	17	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
5	2:09.00	831	Monahan, Conall	17	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
6	2:09.13	828	Gehrig, John	17	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
7	2:10.70	796	Lowe, Kenneth	17	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
8	2:10.91	792	Moore, Joseph	17	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro
9	2:11.37	783	Cotter, Colin	17	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
10	2:12.27	765	Winchester, Austin	17	NC Waves Of Wilmington, Inc.	8/4/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 17 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:49.72	894	Arens, Abby	17	NC Marlins of Raleigh	7/31/2019	2019 Time Trials - National Ch
2	4:54.31	856	McCauley, Ashley	17	NC Marlins of Raleigh	11/30/2018	2018 Winter National Champions
3	4:57.97	826	Sutter, Olivia	17	NC YMCA of Western North Carolina	8/2/2019	2019 Futures Greensboro
4	5:00.36	807	Harris, Chloe	17	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
5	5:02.43	791	Grotjohn, Kennedy	17	NC TAC Titans	8/2/2019	2019 Futures Greensboro
6	5:02.93	787	Marquardt, Ellie	17	NC Aquatic Team Of Mecklenburg	5/18/2019	2019 SC RAYS 2ND ANNUAL LYNN W
7	5:03.47	782	Barton, Sarah	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
8	5:06.65	757	Joyce, Genna	17	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
9	5:08.04	746	Taylor, Jackie	17	NC Marlins of Raleigh	7/19/2019	2019 NC LC SR Championships
10	5:11.29	721	Whitmire, Liza	17	NC Aquatic Team Of Mecklenburg	5/18/2019	2019 SC RAYS 2ND ANNUAL LYNN W

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 17 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:26.89	896	Moore, Michael	17	NC Marlins of Raleigh	6/14/2019	2019 NC SwimMAC Charlotte Ultr
2	4:29.81	869	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	11/30/2018	2018 Winter National Champions
3	4:31.41	855	Monahan, Conall	17	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
4	4:34.49	827	Lloyd, Owen	17	NC North Carolina Aquatic Club	6/21/2019	2019 SE Richard Quick Invitati
5	4:34.78	824	Cairns, Zac	17	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
6	4:38.95	787	Moore, Joseph	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
7	4:39.00	786	Chapman, Jj	17	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
8	4:39.36	783	Gehrig, John	17	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
9	4:40.17	776	Cotter, Colin	17	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
10	4:42.99	751	Martin, Micah	17	NC Catawba Valley Aquatic Club	8/2/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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	26.93	808	Miller, Kayla	18	NC YMCA of the Triangle Area Swim Team	7/11/2019	2019 NC ESSZ Long Course Champ
4	27.00 r	802	Medlin, Lauren	18	NC YMCA of the Triangle Area Swim Team	7/30/2019	2019 FL TYR ISCA Summer Senior Ch
5	27.06	797	Bartis, Olwyn	18	NC SwimMAC Carolina	6/13/2019	2019 NC SwimMAC Charlotte Ultr
6	27.37	770	Bauer, Maddie	18	NC Smoky Mountain Aquatic Club	6/15/2019	2019 NC TAC TYR Triangle Class
7	27.72	741	Nelson, Emme	18	NC SwimMAC Carolina	7/11/2019	2019 NC ESSZ Long Course Champ
8	27.74	739	Sowards, Savannah	18	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
8	27.74	739	Pilecki, Sarah	18	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
10	27.79	735	Corbi, Katie	18	NC SwimMAC Carolina	6/13/2019	2019 NC SwimMAC Charlotte Ultr

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.12	900	Henderson, Noah	18	NC Star Aquatics	8/4/2019	2019 Phillips 66 Nats
2	23.43	873	Whelan, Matthew	18	NC Unattached	4/13/2019	2019 TT - TYR Pro Swim Series
3	23.51	866	Walker, Jack	18	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
4	23.89	834	Ivy, Michael	18	NC Raleigh Swimming Association	7/20/2019	2019 NC LC SR Championships
5	24.04	821	Herndon, Craig	18	NC Greensboro Community YMCA	8/2/2019	2019 AP LC Y Nationals FINAL COPY
6	24.05	820	Howard, Finn	18	NC Waves Of Wilmington, Inc.	8/3/2019	2019 Futures Greensboro
7	24.06	819	Semenov, Michael	18	NC Unattached	7/11/2019	2019 NC ESSZ Long Course Champ
8	24.13	813	Roche, Sam	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
9	24.18	809	Heidkamp, George	18	NC Carolina Aquatic Team	7/20/2019	2019 NC LC SR Championships
10	24.35	794	Forst, Preston	18	NC Enfinity Aquatic Club	7/11/2019	2019 NC ESSZ Long Course Champ

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	58.31	803	Hefner, Faith	18	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
4	58.44	797	Medlin, Lauren	18	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC ESSZ Long Course Champ
5	58.48	795	Lindner, Sophie	18	NC University Of North Carolina	12/1/2018	2018 Winter National Champions
6	58.66	787	Bartis, Olwyn	18	NC Unattached	8/4/2019	2019 Futures Greensboro
7	58.78	782	Duracinsky, Maddie	18	NC Marlins of Raleigh	5/19/2019	2019 GA Atlanta Classic Swim Meet
8	58.96	774	Miller, Kayla	18	NC YMCA of the Triangle Area Swim Team	6/16/2019	2019 NC SwimMAC Charlotte Ultr
9	59.13	767	Dragelin, Amy	18	NC SwimMAC Carolina	7/14/2019	2019 NC ESSZ Long Course Champ
10	59.32	758	Higgs, Lilly	18	NC SwimMAC Carolina	8/8/2019	2019 PAN AM Games

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 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	52.31	821	Henderson, Noah	18	NC Star Aquatics	7/14/2019	2019 NC ESSZ Long Course Champ
3	52.34	820	Forst, Preston	18	NC Enfinity Aquatic Club	8/4/2019	2019 Time Trials - National Ch
4	52.35	819	Ivy, Michael	18	NC Raleigh Swimming Association	7/21/2019	2019 NC LC SR Championships
5	52.62	807	Hamlet, Thomas	18	NC Enfinity Aquatic Club	7/31/2019	2019 Time Trials - National Ch
6	52.80	799	Whelan, Matthew	18	NC Unattached	4/13/2019	2019 TYR Pro Series #3 - Richmond
7	52.81	798	Semenov, Michael	18	NC Unattached	7/14/2019	2019 NC ESSZ Long Course Champ
8	53.47	768	Young, Hunter	18	NC TAC Titans	7/21/2019	2019 NC LC SR Championships
9	53.57	764	McRea, Micah	18	NC Catawba Valley Aquatic Club	7/27/2019	2019 NC LENR WCSA Conference C
10	53.58	763	Roche, Sam	18	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	2:04.34	821	Bartis, Olwyn	18	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
5	2:05.14	802	Smith, Janie	18	NC SwimMAC Carolina	8/9/2019	2019 Time Trials - LC Juniors
6	2:06.89	761	Dragelin, Amy	18	NC SwimMAC Carolina	3/29/2019	2019 IN Speedo Sectionals
7	2:07.36	751	Duracinsky, Maddie	18	NC Marlins of Raleigh	5/17/2019	2019 GA Atlanta Classic Swim Meet
8	2:08.82	718	Bachand, Madeleine	18	NC Marlins of Raleigh	7/12/2019	2019 NC ESSZ Long Course Champ
9	2:08.88	716	Sowards, Savannah	18	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
10	2:09.09	712	Campbell, Mckenzie	18	NC Greensboro Community YMCA	7/19/2019	2019 NC LC SR Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:49.69	941	Walker, Jack	18	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
2	1:52.18	880	Forst, Preston	18	NC Enfinity Aquatic Club	8/1/2019	2019 Phillips 66 Nats
3	1:52.87	863	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	7/12/2019	2019 NC ESSZ Long Course Champ
4	1:53.39	851	Erwee, Luke	18	NC Unattached	4/11/2019	2019 TYR Pro Series #3 - Richmond
5	1:53.86	839	Hering, Tanner	18	NC Swim GSA	8/8/2019	2019 NCSA Summer Champs
6	1:56.32 r	782	Roche, Sam	18	NC Marlins of Raleigh	8/1/2019	2019 Futures Greensboro
7	1:56.42	780	Pritchard, Thomas	18	NC Carolina Aquatic Team	8/8/2019	2019 NCSA Summer Champs
8	1:56.56	776	Lloyd, Owen	18	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
9	1:57.18	762	McRea, Micah	18	NC Catawba Valley Aquatic Club	7/19/2019	2019 NC LC SR Championships
10	1:57.49	755	Whelan, Matthew	18	NC Unattached	4/11/2019	2019 TYR Pro Series #3 - Richmond

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:13.49	907	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	8/8/2019	2019 Speedo Junior National Ch
2	4:22.05	806	Hefner, Faith	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
3	4:25.41	767	Bachand, Madeleine	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
4	4:28.88	729	Duracinsky, Maddie	18	NC Marlins of Raleigh	5/18/2019	2019 GA Atlanta Classic Swim Meet
5	4:29.70	720	Miller, Kayla	18	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
6	4:30.60	710	Bauer, Maddie	18	NC Smoky Mountain Aquatic Club	7/20/2019	2019 NC LC SR Championships
7	4:31.43	701	Kriegler, Abby	18	NC Smoky Mountain Aquatic Club	7/20/2019	2019 NC LC SR Championships
8	4:34.32	670	Francis, Sophie	18	NC SwimMAC Carolina	7/13/2019	2019 NC ESSZ Long Course Champ
9	4:34.86	665	Worden, Ashley	18	NC Marlins of Raleigh	7/13/2019	2019 NC ESSZ Long Course Champ
10	4:36.01	653	Campbell, Mckenzie	18	NC Greensboro Community YMCA	6/22/2019	2019 NC SGSA Eastern Invite

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:51.49	950	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/3/2019	2019 Phillips 66 Nats
2	3:53.02	932	Walker, Jack	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
3	4:01.54	836	Lloyd, Owen	18	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
4	4:02.79	822	Erwee, Luke	18	NC Unattached	4/12/2019	2019 TYR Pro Series #3 - Richmond
5	4:03.02	820	Hering, Tanner	18	NC Swim GSA	8/9/2019	2019 NCSA Summer Champs
6	4:03.48	815	Forst, Preston	18	NC Enfinity Aquatic Club	6/28/2019	2019 NC EAC Independence Invit
7	4:04.77	801	Pritchard, Thomas	18	NC Carolina Aquatic Team	8/9/2019	2019 NCSA Summer Champs
8	4:05.92	788	Rzepecki, Jami	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
9	4:07.18	775	Hallaron, David	18	NC Unattached	4/12/2019	2019 TYR Pro Series #3 - Richmond
10	4:08.58	760	Bretzmann, Thomas	18	NC University Of North Carolina	11/29/2018	2018 Winter National Champions

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:05.84	778	Bachand, Madeleine	18	NC Marlins of Raleigh	8/1/2019	2019 Futures Greensboro
2	9:12.09	746	Kriegler, Abby	18	NC Smoky Mountain Aquatic Club	8/1/2019	2019 Futures Greensboro
3	9:16.72	723	Hefner, Faith	18	NC SwimMAC Carolina	7/11/2019	2019 NC ESSZ Long Course Champ
4	9:17.48	719	Campbell, Mckenzie	18	NC Greensboro Community YMCA	7/18/2019	2019 NC LC SR Championships
5	9:27.73	670	Carter, Olivia	18	NC Unattached	6/9/2019	2019 NC GCY Sprint and Distanc
6	9:40.84	608	Worden, Ashley	18	NC Marlins of Raleigh	7/11/2019	2019 NC ESSZ Long Course Champ
7	9:58.99	528	Jewell, Brynn	18	NC Waves Of Wilmington, Inc.	7/18/2019	2019 NC LC SR Championships
8	10:54.23	313	McCarter, Mikaela	18	NC Unattached	7/18/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	7:56.03	984	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/4/2019	2019 Phillips 66 Nats
2	8:14.26	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
6	8:32.12	786	Pritchard, Thomas	18	NC Carolina Aquatic Team	8/6/2019	2019 NCSA Summer Champs
7	8:42.53	733	Bretzmann, Thomas	18	NC University Of North Carolina	11/28/2018	2018 Winter National Champions
8	8:47.98	705	McRea, Micah	18	NC Catawba Valley Aquatic Club	6/20/2019	2019 NC SGSA Eastern Invite
9	9:06.03	617	Hughes, Spencer	18	NC TAC Titans	7/18/2019	2019 NC LC SR Championships
10	9:07.04	612	Kring, Jaden	18	NC Marlins of Raleigh	1/21/2019	2019 VA NOVA LC Winter Invitat

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:38.27	772	Bachand, Madeleine	18	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
2	17:56.20	727	Worden, Ashley	18	NC Marlins of Raleigh	7/14/2019	2019 NC ESSZ Long Course Champ
3	17:58.14	722	Kriegler, Abby	18	NC Smoky Mountain Aquatic Club	6/16/2019	2019 NC TAC TYR Triangle Class
4	23:03.12	140	Denton, Elizabeth	18	NC Vance Aquatics Club	6/7/2019	2019 NC GCY Sprint and Distanc

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	16:20.48	794	Pritchard, Thomas	18	NC Carolina Aquatic Team	8/10/2019	2019 NCSA Summer Champs
5	16:42.00	742	Knorr, Ethan	18	NC East Carolina University	12/1/2018	2018 Winter National Champions
6	17:16.06	662	Hollis, Brian	18	NC North Carolina Aquatic Club	6/7/2019	2019 NC GCY Sprint and Distanc
7	18:01.15	561	Hughes, Spencer	18	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
8	18:04.77	553	Greeley, Matt	18	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
9	18:16.95	527	Hubbard, Tom	18	NC Raleigh Swimming Association	6/7/2019	2019 NC GCY Sprint and Distanc
10	21:26.61	179	Archer, Zachary	18	NC Carolina Aquatic Team	5/19/2019	2019 NC ECA Beach Invitational

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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	1:04.88	839	Hefner, Faith	18	NC SwimMAC Carolina	7/12/2019	2019 NC ESSZ Long Course Champ
5	1:05.44	817	Dragelin, Amy	18	NC SwimMAC Carolina	7/12/2019	2019 NC ESSZ Long Course Champ
6	1:06.15 r	790	Strickland, Rachel	18	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
7	1:06.34	783	Lowe, Heidi	18	NC University Of North Carolina	11/30/2018	2018 Winter National Champions
8	1:06.56	775	Sowards, Savannah	18	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
9	1:07.14	753	Martin, Reagan	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
10	1:07.65	735	Hopper, Ariel	18	NC SwimMAC Carolina	8/3/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.96	936	Hamlet, Thomas	18	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
2	57.48	873	Henderson, Noah	18	NC Star Aquatics	8/3/2019	2019 Phillips 66 Nats
3	58.19	843	Wahlen, David	18	NC YMCA of the Triangle Area Swim Team	7/12/2019	2019 NC ESSZ Long Course Champ
4	58.50	831	Howard, Finn	18	NC Waves Of Wilmington, Inc.	6/15/2019	2019 NC SwimMAC Charlotte Ultr
5	58.85	816	Roche, Sam	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
6	59.03	809	Semenov, Michael	18	NC Unattached	7/12/2019	2019 NC ESSZ Long Course Champ
7	59.18 r	803	Carroll, Aj	18	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
8	59.75	780	Hoshall, Brent	18	NC University of North Carolina Wilmington	11/30/2018	2018 Winter National Champions
9	1:00.20	762	Forst, Preston	18	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
10	1:00.52	750	Hering, Tanner	18	NC Swim GSA	6/22/2019	2019 NC SGSA Eastern Invite

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 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	2:16.62	880	Hefner, Faith	18	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
4	2:19.54	831	Dragelin, Amy	18	NC SwimMAC Carolina	3/28/2019	2019 IN Speedo Sectionals
5	2:23.90	760	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	7/21/2019	2019 NC LC SR Championships
6	2:23.92	760	Sowards, Savannah	18	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
7	2:24.45	751	Martin, Reagan	18	NC Marlins of Raleigh	8/4/2019	2019 Futures Greensboro
8	2:26.92	712	Strickland, Rachel	18	NC Marlins of Raleigh	7/14/2019	2019 NC ESSZ Long Course Champ
9	2:28.30	691	Lowe, Heidi	18	NC University Of North Carolina	12/1/2018	2018 Winter National Champions
10	2:29.72	669	Bachand, Madeleine	18	NC Marlins of Raleigh	7/14/2019	2019 NC ESSZ Long Course Champ

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.42	893	Hamlet, Thomas	18	NC Enfinity Aquatic Club	7/21/2019	2019 NC LC SR Championships
2	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
3	2:06.28	837	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	7/14/2019	2019 NC ESSZ Long Course Champ
4	2:10.28	761	Hering, Tanner	18	NC Swim GSA	6/23/2019	2019 NC SGSA Eastern Invite
5	2:10.95	748	Robinson, Logan	18	NC SwimMAC Carolina	8/4/2019	2019 Futures Greensboro
6	2:11.70	734	Rauch, Jacob	18	NC University Of North Carolina	12/1/2018	2018 Winter National Champions
7	2:12.69	716	Knorr, Ethan	18	NC Mecklenburg Swim Association	7/21/2019	2019 NC LC SR Championships
8	2:13.76	696	Hallaron, David	18	NC Unattached	4/13/2019	2019 TYR Pro Series #3 - Richmond
9	2:14.33	686	Hensley, Noah	18	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
10	2:15.27	669	McRea, Micah	18	NC Catawba Valley Aquatic Club	6/23/2019	2019 NC SGSA Eastern Invite

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:10.51	894	Higgs, Lilly	18	NC SwimMAC Carolina	8/3/2019	2019 Phillips 66 Nats
2	1:10.59	892	McCauley, Ashley	18	NC Marlins of Raleigh	8/3/2019	2019 Phillips 66 Nats
3	1:12.09	845	Nelson, Emme	18	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
4	1:15.30	749	Fullerton, Mikaela	18	NC New Wave Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
5	1:15.98	729	Campbell, Mckenzie	18	NC Greensboro Community YMCA	7/19/2019	2019 NC LC SR Championships
6	1:17.00	699	Miller, Kayla	18	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
7	1:17.73	677	Chang, Amy	18	NC Raleigh Swimming Association	8/2/2019	2019 Futures Greensboro
8	1:17.90	673	Sanocki, Lily	18	NC Aquatic Team Of Mecklenburg	6/14/2019	2019 NC SwimMAC Charlotte Ultr
9	1:18.72	649	Bauer, Maddie	18	NC Smoky Mountain Aquatic Club	6/14/2019	2019 NC TAC TYR Triangle Class
10	1:19.31	632	Hill, Kelsi	18	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.78	868	McRea, Micah	18	NC Catawba Valley Aquatic Club	8/6/2019	2019 Speedo Junior National Ch
2	1:05.45	844	Allison, Chase	18	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
3	1:05.57	840	Moranetz, Jack	18	NC Wolfpack Elite	5/17/2019	2019 NC NCAC Meet on the Hill
4	1:05.64	838	Wennborg, Markus	18	NC SwimMAC Carolina	8/8/2019	2019 Time Trials - LC Juniors
5	1:05.77	833	Valiquette, Jack	18	NC SwimMAC Carolina	7/13/2019	2019 NC ESSZ Long Course Champ
6	1:06.13	821	Reznick, Cole	18	NC Unattached	4/12/2019	2019 TT - TYR Pro Swim Series
7	1:06.60	805	Rauch, Jacob	18	NC University Of North Carolina	11/30/2018	2018 Winter National Champions
8	1:07.19	785	Lyons, Scott	18	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr
9	1:07.27	782	Diacumakos, Noah	18	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
10	1:08.11	754	Butner, Garrett	18	NC Waves Of Wilmington, Inc.	8/2/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:28.99	946	McCauley, Ashley	18	NC Marlins of Raleigh	8/1/2019	2019 Phillips 66 Nats
2	2:33.34	885	Higgs, Lilly	18	NC SwimMAC Carolina	8/1/2019	2019 Phillips 66 Nats
3	2:36.45	843	Nelson, Emme	18	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
4	2:42.34	763	Sanocki, Lily	18	NC Aquatic Team Of Mecklenburg	5/19/2019	2019 SC RAYS 2ND ANNUAL LYNN W
5	2:43.60	747	Muzzy, Emma	18	NC Wolfpack Elite	7/14/2019	2019 NC ESSZ Long Course Champ
6	2:47.01	702	Fullerton, Mikaela	18	NC New Wave Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
7	2:47.75	693	Kriegler, Abby	18	NC Smoky Mountain Aquatic Club	7/20/2019	2019 NC LC SR Championships
8	2:49.54	669	Chang, Amy	18	NC Raleigh Swimming Association	8/3/2019	2019 Futures Greensboro
9	2:49.95	664	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	7/7/2019	2019 NC QCD Long Course Invite
10	2:51.97	638	Miller, Kayla	18	NC YMCA of the Triangle Area Swim Team	7/14/2019	2019 NC ESSZ Long Course Champ

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:23.00	854	Allison, Chase	18	NC SwimMAC Carolina	7/20/2019	2019 NC LC SR Championships
2	2:23.80	843	Wennborg, Markus	18	NC SwimMAC Carolina	8/9/2019	2019 Speedo Junior National Ch
3	2:23.94	840	Wu, Henry	18	NC Unattached	6/15/2019	2019 NC SwimMAC Charlotte Ultr
4	2:24.23	836	McRea, Micah	18	NC Catawba Valley Aquatic Club	8/9/2019	2019 Speedo Junior National Ch
5	2:26.67	801	Reznick, Cole	18	NC Unattached	4/12/2019	2019 TYR Pro Series #3 - Richmond
6	2:26.92	797	Hering, Tanner	18	NC Swim GSA	7/20/2019	2019 NC LC SR Championships
7	2:27.76	785	Moranetz, Jack	18	NC Wolfpack Elite	5/19/2019	2019 NC NCAC Meet on the Hill
8	2:28.34	777	Valiquette, Jack	18	NC SwimMAC Carolina	6/15/2019	2019 NC SwimMAC Charlotte Ultr
9	2:31.93	726	Lucht, Sammy	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
10	2:33.36	706	Butner, Garrett	18	NC Waves Of Wilmington, Inc.	8/3/2019	2019 Futures Greensboro

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.50	839	Smith, Janie	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
1	1:02.50	839	Campbell, Mckenzie	18	NC Greensboro Community YMCA	7/31/2019	2019 AP LC Y Nationals FINAL COPY
3	1:02.81	828	Lindner, Sophie	18	NC University Of North Carolina	11/30/2018	2018 Winter National Champions
4	1:03.10	818	Stott, Shannon	18	NC Unattached	4/11/2019	2019 TYR Pro Series #3 - Richmond
5	1:03.40	807	Hefner, Faith	18	NC SwimMAC Carolina	8/8/2019	2019 Speedo Junior National Ch
6	1:03.44	806	Worden, Ashley	18	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
7	1:03.77	794	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	8/6/2019	2019 Time Trials - LC Juniors
8	1:04.01	786	McCauley, Ashley	18	NC Marlins of Raleigh	7/13/2019	2019 NC ESSZ Long Course Champ
9	1:04.15	781	Miller, Kayla	18	NC YMCA of the Triangle Area Swim Team	8/1/2019	2019 FL TYR ISCA Summer Senior Ch
10	1:04.30	776	Carter, Olivia	18	NC Unattached	6/9/2019	2019 NC GCY Sprint and Distanc

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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	55.47	854	Whelan, Matthew	18	NC Unattached	4/11/2019	2019 TYR Pro Series #3 - Richmond
4	56.39	814	Schneider, Ethan	18	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
5	56.60	805	Hamlet, Thomas	18	NC Enfinity Aquatic Club	8/2/2019	2019 Phillips 66 Nats
6	57.00	789	Flower, Jordan	18	NC Goldsboro Family YMCA Sharks	7/19/2019	2019 NC LC SR Championships
7	57.35	774	Roche, Sam	18	NC Marlins of Raleigh	8/2/2019	2019 Futures Greensboro
8	57.40	772	Kring, Jaden	18	NC Marlins of Raleigh	1/19/2019	2019 VA NOVA LC Winter Invitat
9	57.52	767	Hollis, Brian	18	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
10	57.53	766	Ivy, Michael	18	NC Raleigh Swimming Association	8/8/2019	2019 Speedo Junior National Ch

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.05	959	Carter, Olivia	18	NC Unattached	7/10/2019	2019 World University Games
2	2:14.57	872	Worden, Ashley	18	NC Marlins of Raleigh	8/3/2019	2019 Futures Greensboro
3	2:15.33	861	McCauley, Ashley	18	NC Marlins of Raleigh	7/31/2019	2019 Time Trials - National Ch
4	2:15.89	852	Campbell, Mckenzie	18	NC Greensboro Community YMCA	7/20/2019	2019 NC LC SR Championships
5	2:20.89	776	Stott, Shannon	18	NC Unattached	4/12/2019	2019 TYR Pro Series #3 - Richmond
6	2:22.77	748	Hefner, Faith	18	NC SwimMAC Carolina	8/6/2019	2019 Speedo Junior National Ch
7	2:25.90	701	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	7/7/2019	2019 NC QCD Long Course Invite
8	2:28.44	664	Jewell, Brynn	18	NC Waves Of Wilmington, Inc.	7/20/2019	2019 NC LC SR Championships
9	2:31.18	625	Kriegler, Abby	18	NC Smoky Mountain Aquatic Club	5/4/2019	2019 SE KP Long Course Kick Off
10	2:31.61	619	Strickland, Rachel	18	NC Marlins of Raleigh	6/15/2019	2019 NC SwimMAC Charlotte Ultr

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.66	932	Henderson, Noah	18	NC Star Aquatics	7/31/2019	2019 Phillips 66 Nats
2	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	2:05.88	814	Hollis, Brian	18	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships
6	2:07.45	785	Kring, Jaden	18	NC Marlins of Raleigh	1/20/2019	2019 VA NOVA LC Winter Invitat
7	2:07.91	777	Whelan, Matthew	18	NC Unattached	4/12/2019	2019 TYR Pro Series #3 - Richmond
8	2:09.06	756	Lee, Jason	18	NC Mecklenburg Swim Association	7/20/2019	2019 NC LC SR Championships
9	2:09.45	749	Hering, Tanner	18	NC Swim GSA	6/22/2019	2019 NC SGSA Eastern Invite
10	2:09.94	740	Parsons, Garreth	18	NC Marlins of Raleigh	7/20/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Girls Age 18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.71	872	Muzzy, Emma	18	NC Wolfpack Elite	7/11/2019	2019 NC ESSZ Long Course Champ
2	2:20.08	847	McCauley, Ashley	18	NC Marlins of Raleigh	8/4/2019	2019 Phillips 66 Nats
3	2:21.82	816	Campbell, Mckenzie	18	NC Greensboro Community YMCA	8/3/2019	2019 AP LC Y Nationals FINAL COPY
4	2:22.59	802	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	8/10/2019	2019 Speedo Junior National Ch
5	2:23.00	795	Dragelin, Amy	18	NC SwimMAC Carolina	7/11/2019	2019 NC ESSZ Long Course Champ
6	2:23.21	791	Nelson, Emme	18	NC SwimMAC Carolina	8/10/2019	2019 Speedo Junior National Ch
7	2:24.99	760	Higgs, Lilly	18	NC SwimMAC Carolina	5/19/2019	2019 GA Atlanta Classic Swim Meet
8	2:26.62	732	Kriegler, Abby	18	NC Smoky Mountain Aquatic Club	7/21/2019	2019 NC LC SR Championships
9	2:26.70	731	Medlin, Lauren	18	NC YMCA of the Triangle Area Swim Team	7/31/2019	2019 FL TYR ISCA Summer Senior Ch
10	2:27.27	721	Sowards, Savannah	18	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:05.37	895	Forst, Preston	18	NC Enfinity Aquatic Club	7/21/2019	2019 NC LC SR Championships
2	2:05.86	885	Allison, Chase	18	NC SwimMAC Carolina	7/21/2019	2019 NC LC SR Championships
3	2:07.48	851	Valiquette, Jack	18	NC SwimMAC Carolina	7/11/2019	2019 NC ESSZ Long Course Champ
4	2:08.01	840	Hering, Tanner	18	NC Swim GSA	8/10/2019	2019 NCSA Summer Champs
5	2:08.56	829	Wennborg, Markus	18	NC SwimMAC Carolina	6/16/2019	2019 NC SwimMAC Charlotte Ultr
6	2:08.66	826	McRea, Micah	18	NC Catawba Valley Aquatic Club	8/10/2019	2019 Time Trials - LC Juniors
7	2:09.88	802	Schneider, Ethan	18	NC SwimMAC Carolina	8/10/2019	2019 Time Trials - LC Juniors
8	2:10.29	793	Reznick, Cole	18	NC Unattached	4/13/2019	2019 TYR Pro Series #3 - Richmond
9	2:10.32	793	Carroll, Aj	18	NC YMCA of the Triangle Area Swim Team	7/11/2019	2019 NC ESSZ Long Course Champ
10	2:12.28	753	Hallaron, David	18	NC Unattached	4/13/2019	2019 TYR Pro Series #3 - Richmond

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

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:47.98	908	Muzzy, Emma	18	NC Wolfpack Elite	8/2/2019	2019 Phillips 66 Nats
2	4:52.91	867	McCauley, Ashley	18	NC Marlins of Raleigh	8/2/2019	2019 Phillips 66 Nats
3	4:54.31	856	Campbell, Mckenzie	18	NC Greensboro Community YMCA	8/1/2019	2019 AP LC Y Nationals FINAL COPY
4	5:03.53	782	Nelson, Emme	18	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
5	5:09.37	736	Worden, Ashley	18	NC Marlins of Raleigh	7/12/2019	2019 NC ESSZ Long Course Champ
6	5:09.54	735	Kriegler, Abby	18	NC Smoky Mountain Aquatic Club	7/19/2019	2019 NC LC SR Championships
7	5:17.31	675	Martin, Reagan	18	NC Marlins of Raleigh	7/12/2019	2019 NC ESSZ Long Course Champ
8	5:22.26	639	Sanocki, Lily	18	NC Aquatic Team Of Mecklenburg	5/18/2019	2019 SC RAYS 2ND ANNUAL LYNN W
9	5:23.50	629	Bauer, Maddie	18	NC Smoky Mountain Aquatic Club	6/14/2019	2019 NC TAC TYR Triangle Class
10	5:28.81	591	Gasper, Ashton	18	NC Marlins of Raleigh	7/19/2019	2019 NC LC SR Championships

NCS Top Ten LC Times as of 9/14/19**LSC: NC For Dates 9/1/2018 - 8/31/2019****Boys Age 18 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:22.81	935	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/2/2019	2019 Phillips 66 Nats
2	4:29.12	876	Lloyd, Owen	18	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships
3	4:31.69	852	Forst, Preston	18	NC Enfinity Aquatic Club	7/19/2019	2019 NC LC SR Championships
4	4:31.78	851	Hering, Tanner	18	NC Swim GSA	8/7/2019	2019 NCSA Summer Champs
5	4:32.31	847	Valiquette, Jack	18	NC SwimMAC Carolina	7/12/2019	2019 NC ESSZ Long Course Champ
6	4:34.72	825	Allison, Chase	18	NC SwimMAC Carolina	7/19/2019	2019 NC LC SR Championships
7	4:35.57	817	McRea, Micah	18	NC Catawba Valley Aquatic Club	8/7/2019	2019 Speedo Junior National Ch
8	4:37.18	803	Schneider, Ethan	18	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
9	4:39.67	780	Wennborg, Markus	18	NC SwimMAC Carolina	8/7/2019	2019 Speedo Junior National Ch
10	4:43.57	746	Rzepecki, Jami	18	NC SwimMAC Carolina	6/14/2019	2019 NC SwimMAC Charlotte Ultr