

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.90	782	Smith, Zona	11	NC Team Charlotte Swimming	7/30/2022	2022 NC SAIL Summer Splash
2	30.00 r	775	Ng, Kieren	11	NC Marlins Of Raleigh	7/31/2022	2022 NC NCAC LCM Tar Heel States
3	30.32	753	Gutierrez, Rosi	11	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
4	30.33	752	Kistler, Shelby	11	NC Unattached	7/30/2022	2022 NC SFAC AAU Junior Olympics
5	30.41 r	746	Daigle, Chandler	11	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
6	30.43	745	Eaves, Norah	11	NC Marlins Of Raleigh	7/8/2022	2022 NC MOR Long Course Qualifier
7	30.47	742	Mutanuka, Amiah	11	NC Unattached	7/30/2022	2022 NC SFAC AAU Junior Olympics
7	30.47	742	Gilreath, Sallie	11	NC Raleigh Swimming Association	4/30/2022	2022 VA HOKI May Day Invite
9	30.56	736	Feng, Katherine	11	NC YMCA of the Triangle Area Swim Team	5/22/2022	2022 NC YBAC Spring LC Invite
10	30.58	734	Peterson, Amelia	11	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	28.90	850	Winardi, Caleb	11	NC Mecklenburg Swim Association	6/26/2022	2022 SC TG Dash and Splash
2	29.12	836	Peng, Alistair	11	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
3	29.16	834	Bai, Thomas	11	NC Mecklenburg Swim Association	7/30/2022	2022 NC SAIL Summer Splash
4	29.50	812	Mayo, Hance	11	NC NSEA Swim	7/15/2022	2022 NC LC AG CHAMPS
5	29.86	789	Hensley, Jonathan	11	NC Greensboro Community YMCA	4/2/2022	2022 NC GCY LC Single Day Splash
6	30.21	767	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/15/2022	2022 NC LC AG CHAMPS
7	30.24	766	Wolk, Max	11	NC North Carolina Aquatic Club	5/21/2022	2022 NC NCAC Meet on the Hill
8	30.36	758	Golden, Bryce	11	NC Sailfish Aquatics	7/9/2022	2022 NC SAC Last Chance Meet
9	30.38	757	Oxrieder, Stokes	11	NC Marlins Of Raleigh	7/29/2022	2022 NC NCAC LCM Tar Heel States
10	30.50	749	Cooler, Reid	11	NC SwimMAC Carolina	5/8/2022	2022 SC TG Bring the Heat

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.28	824	Ng, Kieren	11	NC Marlins Of Raleigh	7/31/2022	2022 NC NCAC LCM Tar Heel States
2	1:05.36	785	Smith, Zona	11	NC Team Charlotte Swimming	7/17/2022	2022 NC LC AG CHAMPS
3	1:05.45	781	Daigle, Chandler	11	NC New Wave Swim Team	7/31/2022	2022 NC NCAC LCM Tar Heel States
4	1:06.93	728	Eaves, Norah	11	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
5	1:07.19	719	Kistler, Shelby	11	NC Greensboro Community YMCA	5/22/2022	2022 NC NCAC Meet on the Hill
6	1:07.68	702	Schooff, Annie	11	NC North Carolina Aquatic Club	5/22/2022	2022 NC NCAC Meet on the Hill
7	1:07.82 r	697	Berl, Elise	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
8	1:07.91	694	Peterson, Amelia	11	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
9	1:08.04	689	Gilreath, Sallie	11	NC Raleigh Swimming Association	6/11/2022	2022 NC GCY Sprint and Distance
10	1:08.21	683	Hoang, Christiana	11	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.80	839	Winardi, Caleb	11	NC Mecklenburg Swim Association	6/25/2022	2022 SC TG Dash and Splash
2	1:04.45	817	Bai, Thomas	11	NC Mecklenburg Swim Association	7/31/2022	2022 NC SAIL Summer Splash
3	1:04.58	812	Peng, Alistair	11	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
4	1:05.05	796	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/9/2022	2022 NC YSST USRY Championship
5	1:05.37	786	Williams, Scott	11	NC SwimMAC Carolina	4/3/2022	2022 NC SwimMAC Blue/Orange
6	1:06.12	761	Hensley, Jonathan	11	NC Greensboro Community YMCA	6/11/2022	2022 NC GCY Sprint and Distance
7	1:06.33	754	Carlson, Samuel	11	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
8	1:06.95	733	Mayo, Hance	11	NC NSEA Swim	7/17/2022	2022 NC LC AG CHAMPS
9	1:07.95	701	Su, Jacob	11	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
10	1:08.13	695	Cooler, Reid	11	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.36	801	Ng, Kieren	11	NC Marlins Of Raleigh	7/16/2022	2022 NC LC AG CHAMPS
2	2:23.66	740	Daigle, Chandler	11	NC New Wave Swim Team	7/30/2022	2022 NC NCAC LCM Tar Heel States
3	2:24.12	731	Plaza, Karina	11	NC Aquatic Team Of Mecklenburg	4/29/2022	2022 NC ATOM Friday Night Lights
4	2:25.29	710	Smith, Zona	11	NC Team Charlotte Swimming	7/29/2022	2022 NC SAIL Summer Splash
5	2:26.36	691	Gilreath, Sallie	11	NC Raleigh Swimming Association	6/11/2022	2022 NC GCY Sprint and Distance
6	2:26.64	686	Kistler, Shelby	11	NC Unattached	7/29/2022	2022 NC SFAC AAU Junior Olympics
7	2:26.68	685	Schaper, Caroline	11	NC Carolina Aquatic Team	6/17/2022	2022 SC RAYS RAYS OF SUNSHINE
8	2:26.69	685	Gayle, Dakota	11	NC SwimMAC Carolina	4/3/2022	2022 NC SwimMAC Blue/Orange
8	2:26.69	685	Peterson, Amelia	11	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me
10	2:27.21	676	Eaves, Norah	11	NC Marlins Of Raleigh	7/8/2022	2022 NC MOR Long Course Qualifier

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:19.97	805	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/16/2022	2022 NC LC AG CHAMPS
2	2:22.17	767	Cooler, Reid	11	NC SwimMAC Carolina	4/3/2022	2022 NC SwimMAC Blue/Orange
3	2:23.81	739	Winardi, Caleb	11	NC Mecklenburg Swim Association	6/26/2022	2022 SC TG Dash and Splash
4	2:24.21	732	Carlson, Samuel	11	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	2:24.37	730	Hensley, Jonathan	11	NC Greensboro Community YMCA	6/11/2022	2022 NC GCY Sprint and Distance
6	2:24.82	722	Su, Jacob	11	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States
7	2:24.97	720	Oxrieder, Stokes	11	NC Marlins Of Raleigh	7/16/2022	2022 NC LC AG CHAMPS
8	2:25.18	716	Peng, Alistair	11	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
9	2:26.23	699	Golden, Bryce	11	NC Sailfish Aquatics	7/8/2022	2022 NC SAC Last Chance Meet
10	2:28.65	659	Pron, Jason	11	NC SwimMAC Carolina	7/8/2022	2022 NC SAC Last Chance Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:01.16	735	Ng, Kieren	11	NC Marlins Of Raleigh	7/28/2022	2022 NC NCAC LCM Tar Heel States
2	5:03.59	714	Plaza, Karina	11	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
3	5:06.07	692	Gayle, Dakota	11	NC SwimMAC Carolina	4/3/2022	2022 NC SwimMAC Blue/Orange
4	5:07.76	677	Milheim, Anna	11	NC SwimMAC Carolina	7/29/2022	2022 NC MAC LC Tar Heel States
5	5:08.90	668	Berl, Elise	11	NC SwimMAC Carolina	7/29/2022	2022 NC MAC LC Tar Heel States
6	5:11.23	648	Daigle, Chandler	11	NC New Wave Swim Team	7/28/2022	2022 NC NCAC LCM Tar Heel States
7	5:12.05	641	Powell, Cate	11	NC North Carolina Aquatic Club	7/28/2022	2022 NC NCAC LCM Tar Heel States
8	5:12.45	638	Kistler, Shelby	11	NC Unattached	7/28/2022	2022 NC SFAC AAU Junior Olympics
9	5:14.59	620	Peterson, Amelia	11	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
10	5:15.46	613	Morea, Alex	11	NC TAC Titans	8/6/2022	2022 NC TAC TITANS Closeout Me

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:53.24	804	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/15/2022	2022 NC LC AG CHAMPS
2	5:03.78	719	Sweet, Eli	11	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
3	5:04.33	715	Cooler, Reid	11	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
4	5:05.29	707	Su, Jacob	11	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
5	5:06.46	698	Golden, Bryce	11	NC Sailfish Aquatics	6/24/2022	2022 NC NCAC Summer Meet
6	5:07.11	693	Carlson, Samuel	11	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
7	5:11.49	659	Oxrieder, Stokes	11	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
8	5:12.07	655	Slawinski, Jack	11	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
9	5:14.15	639	Smith, Harrison	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
10	5:14.30	638	Xing, William	11	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	10:57.11	680	Kistler, Shelby	11	NC Greensboro Community YMCA	6/12/2022	2022 NC GCY Sprint and Distance
2	11:34.50	545	Goins, Charlotte	11	NC New Wave Swim Team	5/13/2022	2022 NC STAR Long Days of Summer
3	12:42.29	334	Dugas, Shelby	11	NC Swim Fanatics Swim Club	6/3/2022	2022 NC STAR Andrew E Hartle Invite
4	13:18.77	239	Dugas, Marlee	11	NC Swim Fanatics Swim Club	6/3/2022	2022 NC STAR Andrew E Hartle Invite
5	13:20.58	235	Stasko, Natalie	11	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	12:00.70	468	Zimmermann, Blake	11	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
2	12:18.28	414	Caress, Baxter	11	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	20:54.56	743	Schaper, Caroline	11	NC Carolina Aquatic Team	6/16/2022	2022 SC RAYS RAYS OF SUNSHINE
2	23:37.11	454	Ritchey, Jocelyn	11	NC Carolina Aquatic Team	6/16/2022	2022 SC RAYS RAYS OF SUNSHINE
3	24:21.92	384	Balfour, Gen	11	NC Greensboro Community YMCA	6/10/2022	2022 NC GCY Sprint and Distance
4	24:40.12	358	Stasko, Natalie	11	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	22:09.61	677	Caress, Baxter	11	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
2	22:38.27	630	Zimmermann, Blake	11	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	34.76	783	Greathouse, Erin	11	NC SwimMAC Carolina	7/31/2022	2022 NC MAC LC Tar Heel States
2	34.80	780	Gutierrez, Rosi	11	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States
3	34.89	774	Berl, Elise	11	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
4	35.09	760	Slavis, Amelia	11	NC Raleigh Swimming Association	7/17/2022	2022 NC LC AG CHAMPS
5	35.15	756	Smith, Zona	11	NC Team Charlotte Swimming	7/17/2022	2022 NC LC AG CHAMPS
6	35.16	756	Fink, Brittany	11	NC Mecklenburg Swim Association	5/14/2022	2022 NC STAR Long Days of Summer
7	35.55	730	Ghitelman, Susannah	11	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
8	36.16	690	Hoang, Christiana	11	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
9	36.20	687	Milheim, Anna	11	NC SwimMAC Carolina	7/10/2022	2022 NC SAC Last Chance Meet
10	36.32 r	680	Powell, Cate	11	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	32.95	915	Mayo, Hance	11	NC NSEA Swim	7/17/2022	2022 NC LC AG CHAMPS
2	33.61	872	Winardi, Caleb	11	NC Mecklenburg Swim Association	6/25/2022	2022 SC TG Dash and Splash
3	34.10	841	Peng, Alistair	11	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
4	35.06	781	Raniszkeski, Cooper	11	NC SwimMAC Carolina	5/8/2022	2022 SC TG Bring the Heat
5	35.23	770	Pron, Jason	11	NC SwimMAC Carolina	7/10/2022	2022 NC SAC Last Chance Meet
6	35.45	757	Golden, Bryce	11	NC Sailfish Aquatics	6/24/2022	2022 NC NCAC Summer Meet
7	35.81	735	Mitler, Charlie	11	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
8	36.46	696	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	5/21/2022	2022 NC YBAC Spring LC Invite
9	36.65	685	Muminovic, Liam	11	NC Marlins Of Raleigh	5/21/2022	2022 NC NCAC Meet on the Hill
9	36.65	685	Monroe, Jack	11	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.30	829	Berl, Elise	11	NC SwimMAC Carolina	7/30/2022	2022 NC MAC LC Tar Heel States
2	1:14.02	807	Greathouse, Erin	11	NC SwimMAC Carolina	7/30/2022	2022 NC MAC LC Tar Heel States
3	1:15.31	768	Milheim, Anna	11	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
4	1:15.35	766	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	7/9/2022	2022 NC MOR Long Course Qualifier
5	1:15.92	749	Slavis, Amelia	11	NC Raleigh Swimming Association	7/9/2022	2022 NC MOR Long Course Qualifier
6	1:15.99	747	Smith, Zona	11	NC Team Charlotte Swimming	7/30/2022	2022 NC SAIL Summer Splash
7	1:16.35	737	Plaza, Karina	11	NC Aquatic Team Of Mecklenburg	4/29/2022	2022 NC ATOM Friday Night Lights
8	1:16.80	723	Ng, Kieren	11	NC Marlins Of Raleigh	7/29/2022	2022 NC NCAC LCM Tar Heel States
9	1:18.17	683	Ghitelman, Susannah	11	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
10	1:18.22	682	Zheng, Amy	11	NC TAC Titans	7/10/2022	2022 NC TAC July Qualifier

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:12.85	859	Winardi, Caleb	11	NC Mecklenburg Swim Association	6/26/2022	2022 SC TG Dash and Splash
2	1:13.40	842	Peng, Alistair	11	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
3	1:14.81	801	Sweet, Eli	11	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
4	1:14.87	800	Mayo, Hance	11	NC NSEA Swim	7/16/2022	2022 NC LC AG CHAMPS
5	1:15.18	791	Pron, Jason	11	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
6	1:16.05	766	Hensley, Jonathan	11	NC Greensboro Community YMCA	4/2/2022	2022 NC GCY LC Single Day Splash
7	1:16.08	765	Golden, Bryce	11	NC Sailfish Aquatics	7/30/2022	2022 NC SAIL Summer Splash
8	1:16.53	752	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/10/2022	2022 NC YSST USRY Championship
9	1:17.00	739	Raniszkeski, Cooper	11	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
10	1:17.05	737	Mitler, Charlie	11	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:40.34	821	Milheim, Anna	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
2	2:40.99	813	Berl, Elise	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
3	2:42.67	791	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
4	2:43.04	786	Greathouse, Erin	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
5	2:43.80	776	Ng, Kieren	11	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
6	2:44.28	770	Zheng, Amy	11	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
7	2:45.08	760	Slavis, Amelia	11	NC Raleigh Swimming Association	7/8/2022	2022 NC MOR Long Course Qualifier
8	2:47.40	731	Smith, Zona	11	NC Team Charlotte Swimming	7/15/2022	2022 NC LC AG CHAMPS
9	2:47.53	729	Kistler, Shelby	11	NC Greensboro Community YMCA	7/15/2022	2022 NC LC AG CHAMPS
10	2:47.69	727	Powell, Cate	11	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance

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1	2:38.77	877	Pron, Jason	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
2	2:41.80	835	Sweet, Eli	11	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
3	2:42.95	819	Golden, Bryce	11	NC Sailfish Aquatics	7/15/2022	2022 NC LC AG CHAMPS
4	2:46.23	774	Palamar, Benny	11	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
5	2:47.63	756	Monroe, Jack	11	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
6	2:48.20	748	Walker, Sebastian	11	NC Aquatic Team Of Mecklenburg	7/15/2022	2022 NC LC AG CHAMPS
7	2:48.95	738	Ranieszski, Cooper	11	NC SwimMAC Carolina	5/8/2022	2022 SC TG Bring the Heat
8	2:50.82	714	Xing, William	11	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
9	2:51.08	710	Su, Jacob	11	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
10	2:51.49	705	Garrett, Jax	11	NC YMCA of the Triangle Area Swim Team	7/8/2022	2022 NC MOR Long Course Qualifier

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	35.81	927	Zuleger, Skylar	11	NC YMCA of Northwest North Carolina Riptyde	7/15/2022	2022 NC LC AG CHAMPS
2	39.24	740	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	7/9/2022	2022 NC MOR Long Course Qualifier
3	39.49	727	Kistler, Shelby	11	NC Greensboro Community YMCA	7/15/2022	2022 NC LC AG CHAMPS
4	40.29	686	Ng, Kieren	11	NC Marlins Of Raleigh	7/9/2022	2022 NC MOR Long Course Qualifier
4	40.29	686	Lechene, Ella	11	NC East Carolina Aquatics	5/21/2022	2022 NC ECA Beach Invitational
6	40.50	675	Nagy, Zsofi	11	NC TAC Titans	7/10/2022	2022 NC TAC July Qualifier
7	40.54	673	Mutanuka, Amiah	11	NC Unattached	7/31/2022	2022 NC SFAC AAU Junior Olympics
8	40.58	671	Gutierrez, Rosi	11	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
9	40.95	652	Fine, Chloe	11	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
10	41.33	633	Duffy-Hammett, Ellie	11	NC North Carolina Aquatic Club	5/22/2022	2022 NC NCAC Meet on the Hill

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	36.44	933	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/9/2022	2022 NC YSST USRY Championship
2	37.84	854	Nguyen, Connor	11	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
3	38.08	840	Obst, Grayson	11	NC Catawba Valley Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
4	39.03	787	Cooler, Reid	11	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
5	39.84	743	Carlson, Samuel	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	41.07	678	Bai, Thomas	11	NC Mecklenburg Swim Association	7/31/2022	2022 NC SAIL Summer Splash
7	41.22	670	Su, Jacob	11	NC North Carolina Aquatic Club	5/22/2022	2022 NC NCAC Meet on the Hill
8	41.49	656	Wolk, Max	11	NC North Carolina Aquatic Club	5/22/2022	2022 NC NCAC Meet on the Hill
9	41.55	653	Sweet, Eli	11	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
10	41.70	645	Golden, Bryce	11	NC Sailfish Aquatics	6/26/2022	2022 NC NCAC Summer Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:23.16	805	Zuleger, Skylar	11	NC YMCA of Northwest North Carolina Riptyde	6/12/2022	2022 NC GCY Sprint and Distance
2	1:26.87	716	Kistler, Shelby	11	NC Greensboro Community YMCA	7/16/2022	2022 NC LC AG CHAMPS
3	1:27.56	700	Ng, Kieren	11	NC Marlins Of Raleigh	7/31/2022	2022 NC NCAC LCM Tar Heel States
3	1:27.56	700	Nagy, Zsofi	11	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
5	1:28.37	681	Hoang, Christiana	11	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
6	1:28.79	671	Plaza, Karina	11	NC Aquatic Team Of Mecklenburg	4/29/2022	2022 NC ATOM Friday Night Lights
7	1:29.23	661	Lechene, Ella	11	NC East Carolina Aquatics	6/19/2022	2022 NC ECA Fun in the Sun
8	1:30.43	634	Marino, Ava Grace	11	NC SwimMAC Carolina	7/10/2022	2022 NC SAC Last Chance Meet
9	1:30.53	631	Zheng, Amy	11	NC TAC Titans	7/10/2022	2022 NC TAC July Qualifier
10	1:30.60	630	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	5/21/2022	2022 NC NCAC Meet on the Hill

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:21.60	889	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/8/2022	2022 NC YSST USRY Championship
2	1:24.22	824	Nguyen, Connor	11	NC Marlins Of Raleigh	7/16/2022	2022 NC LC AG CHAMPS
3	1:26.81	761	Cooler, Reid	11	NC SwimMAC Carolina	5/8/2022	2022 SC TG Bring the Heat
4	1:27.44	746	Carlson, Samuel	11	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	1:28.95	711	Sweet, Eli	11	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
6	1:29.40	700	Peng, Alistair	11	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
7	1:29.75	692	Obst, Grayson	11	NC Catawba Valley Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
8	1:30.20	682	Su, Jacob	11	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States
9	1:30.73	669	Tolan, Hunter	11	NC SwimMAC Carolina	7/10/2022	2022 NC SAC Last Chance Meet
10	1:31.06	662	Lee, Joel	11	NC Carolina Aquatic Team	4/22/2022	2022 NC STAR April FNR

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:01.04	812	Zuleger, Skylar	11	NC YMCA of Northwest North Carolina Riptyde	7/17/2022	2022 NC LC AG CHAMPS
2	3:04.68	773	Nagy, Zsofi	11	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
3	3:05.73	762	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
4	3:08.59	732	Ng, Kieren	11	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
5	3:09.59	722	Zheng, Amy	11	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
6	3:13.26	684	Lechene, Ella	11	NC East Carolina Aquatics	6/18/2022	2022 NC ECA Fun in the Sun
7	3:14.23	674	Kistler, Shelby	11	NC Greensboro Community YMCA	6/24/2022	2022 NC EAC Independence Invite
8	3:17.68	639	Mathur, Jasmine	11	NC TAC Titans	7/10/2022	2022 NC TAC July Qualifier
9	3:18.04	635	Fine, Chloe	11	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
10	3:20.11	614	Willis, Mary Elizabeth	11	NC Swim Fanatics Swim Club	6/24/2022	2022 NC EAC Independence Invite

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:53.67	951	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/17/2022	2022 NC LC AG CHAMPS
2	3:03.23	851	Nguyen, Connor	11	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
3	3:14.85	733	Su, Jacob	11	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
4	3:15.47	726	Carlson, Samuel	11	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
5	3:15.90	722	Tolan, Hunter	11	NC SwimMAC Carolina	6/19/2022	2022 NC YSST Bob Pratt Invitational
6	3:18.70	694	Hennis, Nolan	11	NC YMCA of Northwest North Carolina Riptyde	5/21/2022	2022 SC RAYS 4TH ANNUAL LYNN W
7	3:24.54	637	Degner, Grant	11	NC SwimMAC Carolina	7/10/2022	2022 NC SAC Last Chance Meet
8	3:34.91	539	Livshin, Jacob	11	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
9	3:37.18	518	Falck, Patterson	11	NC Marlins Of Raleigh	5/6/2022	2022 NC SGSA Mother May I
10	3:39.17	500	Su, Kai	11	NC Raleigh Swimming Association	7/9/2022	2022 NC MOR Long Course Qualifier

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.94	809	Smith, Zona	11	NC Team Charlotte Swimming	7/30/2022	2022 NC SAIL Summer Splash
2	32.75	759	Ng, Kieren	11	NC Marlins Of Raleigh	5/22/2022	2022 NC NCAC Meet on the Hill
3	32.83	754	Mutanuka, Amiah	11	NC Unattached	7/29/2022	2022 NC SFAC AAU Junior Olympics
4	33.00	744	Gutierrez, Rosi	11	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
5	33.32	725	Schooff, Annie	11	NC North Carolina Aquatic Club	5/22/2022	2022 NC NCAC Meet on the Hill
6	33.52	713	Hoang, Christiana	11	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
7	33.54	712	Peterson, Amelia	11	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
8	33.55	711	Marino, Ava Grace	11	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
9	33.58	710	Davis, Elise	11	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
10	33.63	707	Gayzik, Isabel	11	NC YMCA of Northwest North Carolina Riptyde	7/9/2022	2022 NC YSST USRY Championship

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	30.34	927	Bai, Thomas	11	NC Mecklenburg Swim Association	7/17/2022	2022 NC LC AG CHAMPS
2	30.64	907	Mayo, Hance	11	NC NSEA Swim	7/17/2022	2022 NC LC AG CHAMPS
3	31.77	830	Sweet, Eli	11	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
4	32.15	805	Winardi, Caleb	11	NC Mecklenburg Swim Association	5/15/2022	2022 NC STAR Long Days of Summer
5	32.56	779	Wolk, Max	11	NC North Carolina Aquatic Club	5/22/2022	2022 NC NCAC Meet on the Hill
6	32.83	761	Peng, Alistair	11	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
7	33.00	750	Cooler, Reid	11	NC SwimMAC Carolina	4/3/2022	2022 NC SwimMAC Blue/Orange
8	33.11	743	Mitler, Charlie	11	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
9	33.17	740	Golden, Bryce	11	NC Sailfish Aquatics	7/30/2022	2022 NC SAIL Summer Splash
10	33.33	729	Su, Jacob	11	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.21	767	Marino, Ava Grace	11	NC SwimMAC Carolina	7/29/2022	2022 NC MAC LC Tar Heel States
2	1:13.42	761	Ng, Kieren	11	NC Marlins Of Raleigh	7/30/2022	2022 NC NCAC LCM Tar Heel States
3	1:14.10	744	Plaza, Karina	11	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
4	1:14.11	743	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
5	1:15.59	705	Milheim, Anna	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	1:16.50	682	Hoang, Christiana	11	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
7	1:16.53	681	Gilreath, Sallie	11	NC Raleigh Swimming Association	6/11/2022	2022 NC GCY Sprint and Distance
8	1:17.04	668	Eaves, Norah	11	NC Marlins Of Raleigh	7/9/2022	2022 NC MOR Long Course Qualifier
9	1:17.90	646	Smith, Zona	11	NC Team Charlotte Swimming	7/31/2022	2022 NC SAIL Summer Splash
10	1:17.91	646	Schooff, Annie	11	NC North Carolina Aquatic Club	5/21/2022	2022 NC NCAC Meet on the Hill

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:10.94	852	Winardi, Caleb	11	NC Mecklenburg Swim Association	6/25/2022	2022 SC TG Dash and Splash
2	1:12.24	815	Cooler, Reid	11	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange
3	1:13.62	776	Su, Jacob	11	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
4	1:13.93	767	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	8/5/2022	2022 NC TAC TITANS Closeout Me
5	1:14.37	755	Carlson, Samuel	11	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	1:14.71	745	Peng, Alistair	11	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
7	1:15.46	725	Caress, Baxter	11	NC YMCA of the Triangle Area Swim Team	6/18/2022	2022 VA SwimRVA Summer Invitational
8	1:16.00	710	Slawinski, Jack	11	NC New Wave Swim Team	6/17/2022	2022 NC TAC Triangle Classic
8	1:16.00	710	Bai, Thomas	11	NC Mecklenburg Swim Association	7/15/2022	2022 NC LC AG CHAMPS
10	1:16.06	709	Oxrieder, Stokes	11	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:41.18	851	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	7/16/2022	2022 NC LC AG CHAMPS
2	3:01.33	635	Nagy, Zsofi	11	NC TAC Titans	7/10/2022	2022 NC TAC July Qualifier
3	3:05.53	592	Norton, Frances	11	NC SwimMAC Carolina	7/30/2022	2022 NC MAC LC Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 200 Butterfly Long Course Meters**

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:43.46	857	Cooler, Reid	11	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
2	2:47.57	807	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	8/7/2022	2022 NC TAC TITANS Closeout Me
3	2:53.38	739	Caress, Baxter	11	NC YMCA of the Triangle Area Swim Team	6/19/2022	2022 VA SwimRVA Summer Invitational
4	2:59.61	668	Oxrieder, Stokes	11	NC Marlins Of Raleigh	7/8/2022	2022 NC MOR Long Course Qualifier
5	3:41.56	259	Zhang, Simon	11	NC Greensboro Community YMCA	6/25/2022	2022 NC EAC Independence Invite

NCS Top Ten LC Times as of 08/08/22

LSC: NC For Dates 9/1/2021 - 8/31/2022

Girls Age 11 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:40.01	794	Plaza, Karina	11	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
2	2:40.70	785	Ng, Kieren	11	NC Marlins Of Raleigh	7/29/2022	2022 NC NCAC LCM Tar Heel States
3	2:45.40	718	Marino, Ava Grace	11	NC SwimMAC Carolina	7/31/2022	2022 NC MAC LC Tar Heel States
4	2:45.78	713	Gilreath, Sallie	11	NC Raleigh Swimming Association	6/10/2022	2022 NC GCY Sprint and Distance
5	2:47.06	696	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	5/22/2022	2022 NC NCAC Meet on the Hill
6	2:47.28	693	Milheim, Anna	11	NC SwimMAC Carolina	5/6/2022	2022 SC TG Bring the Heat
7	2:47.67	687	Zheng, Amy	11	NC TAC Titans	7/10/2022	2022 NC TAC July Qualifier
8	2:47.98	683	Kistler, Shelby	11	NC Greensboro Community YMCA	6/10/2022	2022 NC GCY Sprint and Distance
8	2:47.98	683	Berl, Elise	11	NC SwimMAC Carolina	7/31/2022	2022 NC MAC LC Tar Heel States
10	2:48.15	681	Hoang, Christiana	11	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:36.09	860	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/17/2022	2022 NC LC AG CHAMPS
2	2:39.55	807	Sweet, Eli	11	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
3	2:39.81	803	Cooler, Reid	11	NC SwimMAC Carolina	5/6/2022	2022 SC TG Bring the Heat
4	2:41.52	778	Williams, Scott	11	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange
5	2:41.75	774	Peng, Alistair	11	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
6	2:42.01	770	Carlson, Samuel	11	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
7	2:42.55	762	Pron, Jason	11	NC SwimMAC Carolina	7/8/2022	2022 NC SAC Last Chance Meet
8	2:44.07	740	Winardi, Caleb	11	NC Mecklenburg Swim Association	6/24/2022	2022 SC TG Dash and Splash
9	2:44.16	739	Su, Jacob	11	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
10	2:46.60	704	Hensley, Jonathan	11	NC Greensboro Community YMCA	6/10/2022	2022 NC GCY Sprint and Distance

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 11 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:46.88	813	Ng, Kieren	11	NC Marlins Of Raleigh	7/14/2022	2022 NC LC AG CHAMPS
2	5:50.03	793	Hefner, Lucy Ann	11	NC Marlins Of Raleigh	7/14/2022	2022 NC LC AG CHAMPS
3	5:56.19	755	Cleary, Shea	11	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
4	5:57.60	746	Kistler, Shelby	11	NC Greensboro Community YMCA	7/14/2022	2022 NC LC AG CHAMPS
5	6:16.93	631	Ullman, Elise	11	NC Mecklenburg Swim Association	6/24/2022	2022 SC TG Dash and Splash
6	6:20.99	608	Maxwell, Harper	11	NC YMCA of the Triangle Area Swim Team	5/20/2022	2022 NC YBAC Spring LC Invite
7	6:26.77	575	McIntyre, Elizabeth	11	NC Aquatic Team Of Mecklenburg	5/6/2022	2022 NC GG AAmazing Meet
8	6:38.45	511	Keough, Mckaleigh	11	NC YMCA of the Triangle Area Swim Team	7/9/2022	2022 NC MOR Long Course Qualifier
9	6:49.52	453	Schneider, Kira	11	NC YMCA of the Triangle Area Swim Team	7/28/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 11 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:30.43	945	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/14/2022	2022 NC LC AG CHAMPS
2	5:49.31	820	Su, Jacob	11	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
3	5:53.63	792	Mitler, Charlie	11	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
4	6:05.00	721	Xing, William	11	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
5	6:09.56	693	Golden, Bryce	11	NC Sailfish Aquatics	7/29/2022	2022 NC SAIL Summer Splash
6	6:10.33	688	Oxrieder, Stokes	11	NC Marlins Of Raleigh	7/28/2022	2022 NC NCAC LCM Tar Heel States
7	6:20.37	628	Nguyen, Connor	11	NC Marlins Of Raleigh	7/9/2022	2022 NC MOR Long Course Qualifier
8	6:21.13	624	Garrett, Jax	11	NC YMCA of the Triangle Area Swim Team	7/28/2022	2022 NC NCAC LCM Tar Heel States
9	6:23.67	609	Zimmermann, Blake	11	NC YMCA of the Triangle Area Swim Team	7/28/2022	2022 NC NCAC LCM Tar Heel States
10	6:36.86	534	Lajoie, Henry	11	NC YMCA of the Triangle Area Swim Team	7/28/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.54	881	He, Carolin	12	NC TAC Titans	7/30/2022	2022 MS Southern Zone Age Group
2	27.57	879	Brock, Yari	12	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
3	28.41	815	Ramseur, Riley	12	NC Swim Fanatics Swim Club	6/26/2022	2022 NC EAC Independence Invite
4	28.71	793	O'Malley, Fiona	12	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
5	28.82	785	Austin, Selah	12	NC Enfinity Aquatic Club	6/26/2022	2022 NC EAC Independence Invite
6	28.94	776	Smith, Leah	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
7	29.10	764	Kern, Elizabeth	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
8	29.11 r	763	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	7/17/2022	2022 NC LC AG CHAMPS
9	29.12	763	Liu, Reina	12	NC Greensboro Community YMCA	6/12/2022	2022 NC GCY Sprint and Distance
10	29.44	739	White, Olivia	12	NC Mecklenburg Swim Association	6/26/2022	2022 SC TG Dash and Splash

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.37	838	Grena, Erich	12	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
2	27.52	828	Zhang, William	12	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
3	27.61	822	Marrujo, Oliver	12	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
4	27.63	820	Guy, Jaden	12	NC Team Charlotte Swimming	7/15/2022	2022 NC LC AG CHAMPS
5	27.86	805	Cagle, Griffin	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	27.98	797	Sammons, David	12	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
7	28.02	794	Halpern, Max	12	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
8	28.11	788	Strupe, Freddy	12	NC Mecklenburg Swim Association	5/15/2022	2022 NC STAR Long Days of Summer
9	28.16	785	Palamar, Jonny	12	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
10	28.25	779	Wulber, Fletcher	12	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.31	913	Brock, Yari	12	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
2	1:01.08	843	Liu, Reina	12	NC Greensboro Community YMCA	7/17/2022	2022 NC LC AG CHAMPS
3	1:01.87	812	Ramseur, Riley	12	NC Swim Fanatics Swim Club	6/24/2022	2022 NC EAC Independence Invite
4	1:02.40	791	O'Malley, Fiona	12	NC New Wave Swim Team	7/28/2022	2022 MS Southern Zone Age Group
5	1:02.74	779	He, Carolin	12	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
6	1:02.86	774	Austin, Selah	12	NC Enfinity Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
7	1:02.98	769	Smith, Leah	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
8	1:03.17	762	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	7/17/2022	2022 NC LC AG CHAMPS
9	1:03.80	739	White, Olivia	12	NC Mecklenburg Swim Association	6/25/2022	2022 SC TG Dash and Splash
10	1:04.28 r	721	Kern, Elizabeth	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.53	846	Zhang, William	12	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
2	59.73	838	Cagle, Griffin	12	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
3	59.95	830	Halpern, Max	12	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
4	1:00.53	809	Marrujo, Oliver	12	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
5	1:00.91	796	Sammons, David	12	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
6	1:01.12	788	Peng, Alistair	12	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
7	1:01.30 r	782	Tolin, Cooper	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
8	1:01.39	778	Wulber, Fletcher	12	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
9	1:01.47	775	Palamar, Jonny	12	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
10	1:01.56	772	Grena, Erich	12	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:06.85	954	Brock, Yari	12	NC North Carolina Aquatic Club	7/27/2022	2022 MS Southern Zone Age Group
2	2:13.26	820	He, Carolin	12	NC TAC Titans	7/27/2022	2022 MS Southern Zone Age Group
3	2:14.88	788	O'Malley, Fiona	12	NC New Wave Swim Team	7/27/2022	2022 MS Southern Zone Age Group
4	2:15.12	784	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	7/27/2022	2022 MS Southern Zone Age Group
5	2:16.49	757	Liu, Reina	12	NC Greensboro Community YMCA	6/25/2022	2022 NC EAC Independence Invite
6	2:17.16	744	White, Olivia	12	NC Mecklenburg Swim Association	6/26/2022	2022 SC TG Dash and Splash
7	2:19.38	702	Kong, Ariel	12	NC Unattached	5/8/2022	2022 SC TG Bring the Heat
8	2:19.69	696	Delmar, June	12	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
9	2:19.82	694	Austin, Selah	12	NC Enfinity Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
10	2:19.94	691	Lolli, Peyton	12	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:08.81	856	Palamar, Jonny	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
2	2:09.05	852	Cagle, Griffin	12	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
3	2:10.61	822	Zhang, William	12	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
4	2:12.46	788	Marrujo, Oliver	12	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
5	2:12.47	788	Sammons, David	12	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
6	2:13.29	772	Clark, Jacob	12	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
7	2:13.74	764	Halpern, Max	12	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
8	2:13.79	763	Roelofs, Robert	12	NC East Carolina Aquatics	5/21/2022	2022 NC ECA Beach Invitational
9	2:14.07	758	Guy, Jaden	12	NC Team Charlotte Swimming	7/16/2022	2022 NC LC AG CHAMPS
10	2:14.34	753	Williams, Scott	12	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:33.70	883	Brock, Yari	12	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
2	4:41.98	801	Liu, Reina	12	NC Greensboro Community YMCA	7/26/2022	2022 MS Southern Zone Age Group
3	4:46.06	762	O'Malley, Fiona	12	NC New Wave Swim Team	7/26/2022	2022 MS Southern Zone Age Group
4	4:51.79	708	Shall, Annie	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
5	4:52.52	702	He, Carolin	12	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
6	4:52.53	701	Guenther, Kate	12	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
7	4:53.17	696	Kong, Ariel	12	NC Unattached	5/6/2022	2022 SC TG Bring the Heat
8	4:53.92	689	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	7/15/2022	2022 NC LC AG CHAMPS
9	4:54.13	687	Townsend, Annabel	12	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
10	4:54.16	687	Lolli, Peyton	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:32.54	852	Cagle, Griffin	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
2	4:32.90	849	Palamar, Jonny	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
3	4:33.62	843	Zhang, William	12	NC North Carolina Aquatic Club	7/26/2022	2022 MS Southern Zone Age Group
4	4:38.29	802	Sammons, David	12	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
5	4:46.04	736	Clark, Jacob	12	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
6	4:46.12	735	Peterson, Teddy	12	NC Mecklenburg Swim Association	7/15/2022	2022 NC LC AG CHAMPS
7	4:46.54	731	Watts, Cody	12	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
8	4:46.99	728	Davis, David	12	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
9	4:49.03	711	Van Olst, Parker	12	NC New Wave Swim Team	7/10/2022	2022 NC TAC July Qualifier
10	4:49.12	710	Cooler, Reid	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:48.41	820	Brock, Yari	12	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
2	10:11.41	723	Shall, Annie	12	NC SwimMAC Carolina	4/1/2022	2022 NC SwimMAC Blue/Orange
3	10:13.58	715	Townsend, Annabel	12	NC Marlins Of Raleigh	6/19/2022	2022 VA Virginia Commonwealth
4	10:33.34	636	Kern, Elizabeth	12	NC SwimMAC Carolina	4/1/2022	2022 NC SwimMAC Blue/Orange
5	10:36.20	625	O'Malley, Fiona	12	NC New Wave Swim Team	5/13/2022	2022 NC STAR Long Days of Summer
6	10:36.44	624	Lolli, Peyton	12	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
7	10:41.87	603	Chintapalli, Neela	12	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
8	10:47.09	584	D'Onofrio, Cailyn	12	NC SwimMAC Carolina	5/6/2022	2022 SC TG Bring the Heat
9	10:56.44	549	Fleshman, Liv	12	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
10	11:07.99	508	Kjar, Emma	12	NC YMCA of Western North Carolina	6/23/2022	2022 SC YSSC 19th Annual LC

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:58.29	750	Sammons, David	12	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
2	9:59.51	745	Simmons, Roman	12	NC Greensboro Community YMCA	6/12/2022	2022 NC GCY Sprint and Distance
3	10:00.56	741	Watts, Cody	12	NC New Wave Swim Team	5/13/2022	2022 NC STAR Long Days of Summer
4	10:02.09	735	Clark, Jacob	12	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
5	10:13.91	688	Stinson, Alex	12	NC Unattached	4/1/2022	2022 NC SwimMAC Blue/Orange
6	10:24.07	649	Brumback, Noah	12	NC Raleigh Swimming Association	5/13/2022	2022 NC STAR Long Days of Summer
7	11:05.65	497	Licht, Connor	12	NC Raleigh Swimming Association	4/29/2022	2022 VA HOKI May Day Invite
8	11:06.48	494	White, Drew	12	NC Raleigh Swimming Association	5/13/2022	2022 NC STAR Long Days of Summer
9	11:15.09	465	Aris, Adam	12	NC SwimMAC Carolina	7/31/2022	2022 NC MAC LC Tar Heel States
10	12:02.84	317	Kothe, Sullivan	12	NC SwimMAC Carolina	7/9/2022	2022 NC SAC Last Chance Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	21:16.68	548	Wilson, Addison	12	NC Watauga County Swim Team	6/17/2022	2022 NC YSST Bob Pratt Invitational
2	21:30.85	522	Burke, Diana	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
3	21:38.17	509	Snyder, Paige	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
4	21:45.36	496	Houtz, Haley	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
5	22:13.61	447	Platts-Mills, Leah	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
6	22:59.89	371	Muttillo, Anna	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
7	24:14.52	262	Volpe, Annalisa	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	19:16.62	746	Brumback, Noah	12	NC Raleigh Swimming Association	6/10/2022	2022 NC GCY Sprint and Distance
2	19:19.65	740	Simmons, Roman	12	NC Greensboro Community YMCA	6/10/2022	2022 NC GCY Sprint and Distance
3	21:43.06	487	Hummel, Alexander	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
4	24:43.24	224	Shall, Drennan	12	NC SwimMAC Carolina	5/8/2022	2022 BKJ Cincinnati Para-Swimming Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.27	933	Liu, Reina	12	NC Greensboro Community YMCA	7/28/2022	2022 MS Southern Zone Age Group
2	32.21	863	He, Carolin	12	NC TAC Titans	7/28/2022	2022 MS Southern Zone Age Group
3	33.13	797	Delmar, June	12	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
4	33.33	782	White, Olivia	12	NC Mecklenburg Swim Association	6/25/2022	2022 SC TG Dash and Splash
5	33.39	778	Ragains, Caroline	12	NC Marlins Of Raleigh	6/17/2022	2022 VA Virginia Commonwealth
6	33.79	750	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	6/5/2022	2022 NC STAR Andrew E Hartle Invite
7	33.89	743	Fink, Brittany	12	NC Mecklenburg Swim Association	7/17/2022	2022 NC LC AG CHAMPS
8	34.18	723	Gangloff, Annabelle	12	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
9	34.40	708	Chia, Keira	12	NC TAC Titans	7/28/2022	2022 MS Southern Zone Age Group
10	34.49 r	702	Buddin, Murray	12	NC Raleigh Swimming Association	7/30/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.39	855	Palamar, Jonny	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	32.28	795	Williams, Scott	12	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
3	32.46	783	Sweet, Eli	12	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
4	32.70	767	Peterson, Teddy	12	NC Mecklenburg Swim Association	7/28/2022	2022 MS Southern Zone Age Group
5	32.73	765	Zhang, William	12	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
6	32.82	759	Peng, Alistair	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
7	33.04 r	744	Dunaway, Jake	12	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
7	33.04	744	Schooff, Jackson	12	NC North Carolina Aquatic Club	5/21/2022	2022 NC NCAC Meet on the Hill
9	33.08	742	Puri, Veer	12	NC Aquatic Team Of Mecklenburg	7/17/2022	2022 NC LC AG CHAMPS
10	33.10	740	Cagle, Griffin	12	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:07.61	902	Liu, Reina	12	NC Greensboro Community YMCA	7/16/2022	2022 NC LC AG CHAMPS
2	1:08.73	865	He, Carolin	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
3	1:10.97	792	Ragains, Caroline	12	NC Marlins Of Raleigh	6/18/2022	2022 VA Virginia Commonwealth
4	1:11.04	790	Delmar, June	12	NC SwimMAC Carolina	7/29/2022	2022 MS Southern Zone Age Group
5	1:11.12	787	White, Olivia	12	NC Mecklenburg Swim Association	6/26/2022	2022 SC TG Dash and Splash
6	1:12.25	751	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	7/16/2022	2022 NC LC AG CHAMPS
7	1:13.29	719	Bok, Kayden	12	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
8	1:13.66	708	Oman, Kennedy	12	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me
9	1:14.04	696	Ramseur, Riley	12	NC Swim Fanatics Swim Club	7/16/2022	2022 NC LC AG CHAMPS
10	1:14.18	692	Chia, Keira	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.22	900	Palamar, Jonny	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
2	1:08.18	837	Sammons, David	12	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
3	1:08.62	823	Sweet, Eli	12	NC SwimMAC Carolina	7/29/2022	2022 MS Southern Zone Age Group
4	1:09.22 r	805	Cagle, Griffin	12	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	1:09.59	793	Zhang, William	12	NC North Carolina Aquatic Club	7/29/2022	2022 MS Southern Zone Age Group
6	1:10.20	774	Hamid, Dean	12	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
7	1:10.47	766	Peterson, Teddy	12	NC Mecklenburg Swim Association	7/16/2022	2022 NC LC AG CHAMPS
8	1:10.66	760	Peng, Alistair	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	1:11.07	747	Dunaway, Jake	12	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
10	1:11.31	740	Puri, Veer	12	NC Aquatic Team Of Mecklenburg	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:26.02	894	He, Carolin	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
2	2:27.18	877	Liu, Reina	12	NC Greensboro Community YMCA	7/15/2022	2022 NC LC AG CHAMPS
3	2:33.22	793	Delmar, June	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
4	2:34.35	778	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	7/15/2022	2022 NC LC AG CHAMPS
5	2:35.56	762	Ragains, Caroline	12	NC Marlins Of Raleigh	6/19/2022	2022 VA Virginia Commonwealth
6	2:36.18	753	Thomas, Livi	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
7	2:36.23	753	Chia, Keira	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
8	2:37.54	735	Oman, Kennedy	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
9	2:37.74	732	Bok, Kayden	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
10	2:38.70	720	White, Olivia	12	NC Mecklenburg Swim Association	5/15/2022	2022 NC STAR Long Days of Summer

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.44	966	Palamar, Jonny	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
2	2:27.67	855	Cagle, Griffin	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
3	2:28.11	849	Sammons, David	12	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
4	2:32.30	787	Peng, Alistair	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
5	2:35.26	744	Coulter, Ezra	12	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
6	2:35.79	736	Puri, Veer	12	NC Aquatic Team Of Mecklenburg	7/15/2022	2022 NC LC AG CHAMPS
7	2:35.87	735	Froehlich, Joejoe	12	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
8	2:36.24	730	Mitcham, Avery	12	NC Greensboro Community YMCA	7/15/2022	2022 NC LC AG CHAMPS
9	2:36.83	721	Bourke, Chasen	12	NC Marlins Of Raleigh	5/6/2022	2022 NC SGSA Mother May I
10	2:37.86	707	Simmons, Roman	12	NC Greensboro Community YMCA	6/26/2022	2022 NC EAC Independence Invite

NCS Top Ten LC Times as of 08/08/22

LSC: NC For Dates 9/1/2021 - 8/31/2022

Girls Age 12 50 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	36.30	809	Brock, Yari	12	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
2	36.79	782	He, Carolin	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
3	36.89	776	O'Malley, Fiona	12	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
4	37.64	735	Chia, Keira	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
5	38.69	678	Liu, Reina	12	NC Greensboro Community YMCA	6/11/2022	2022 NC GCY Sprint and Distance
6	38.74	675	Dietrich, Kaylee	12	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
7	39.05	658	Kern, Elizabeth	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
8	39.14	654	Ramseur, Riley	12	NC Swim Fanatics Swim Club	7/15/2022	2022 NC LC AG CHAMPS
8	39.14	654	Savage, Susanna	12	NC Marlins Of Raleigh	5/7/2022	2022 NC SGSA Mother May I
10	39.15	653	Delmar, June	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	34.24	876	Van Olst, Parker	12	NC New Wave Swim Team	7/27/2022	2022 MS Southern Zone Age Group
2	35.29	812	Johnson, Phillip	12	NC Gaston Gators	7/15/2022	2022 NC LC AG CHAMPS
3	36.45	742	Zhang, William	12	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
3	36.45	742	Petroff, Behr	12	NC NSEA Swim	7/15/2022	2022 NC LC AG CHAMPS
5	36.52	738	Hitchcock, David	12	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
6	36.74	725	Halpern, Max	12	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
7	36.80	722	Zhang, Nathan	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
8	36.91	715	Williams, Scott	12	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
9	36.96	713	Clark, Jacob	12	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
10	36.97	712	Hamid, Dean	12	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:18.54	810	He, Carolin	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
2	1:20.70	755	O'Malley, Fiona	12	NC New Wave Swim Team	7/16/2022	2022 NC LC AG CHAMPS
3	1:21.28	740	Dietrich, Kaylee	12	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
4	1:22.21	717	Chia, Keira	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
5	1:23.10	695	Delmar, June	12	NC SwimMAC Carolina	5/8/2022	2022 SC TG Bring the Heat
6	1:23.33	690	Liu, Reina	12	NC Greensboro Community YMCA	6/12/2022	2022 NC GCY Sprint and Distance
7	1:23.53	685	Thomas, Livi	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
8	1:23.84	677	Brock, Yari	12	NC North Carolina Aquatic Club	5/1/2022	2022 NC NCAC Quad Meet
9	1:24.21	668	Shall, Annie	12	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
10	1:24.95	650	Kerestes, Ivana	12	NC Mecklenburg Swim Association	6/26/2022	2022 SC TG Dash and Splash

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:14.97	886	Van Olst, Parker	12	NC New Wave Swim Team	7/16/2022	2022 NC LC AG CHAMPS
2	1:15.78	864	Marrujo, Oliver	12	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
3	1:18.47	792	Clark, Jacob	12	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
4	1:18.97	779	Johnson, Phillip	12	NC Gaston Gators	7/16/2022	2022 NC LC AG CHAMPS
5	1:18.98	778	Halpern, Max	12	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
6	1:19.99	752	Sweet, Eli	12	NC SwimMAC Carolina	7/29/2022	2022 MS Southern Zone Age Group
7	1:20.87	729	Hitchcock, David	12	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States
8	1:21.05	725	Mihaly, Lysander	12	NC Unattached	5/1/2022	2022 NC NCAC Quad Meet
9	1:21.13	723	Williams, Scott	12	NC SwimMAC Carolina	7/29/2022	2022 MS Southern Zone Age Group
10	1:21.21	721	Zhang, Roger	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:49.04	827	He, Carolin	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	2:50.09	815	O'Malley, Fiona	12	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
3	2:52.23	791	Delmar, June	12	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
4	2:53.33	778	Chia, Keira	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
5	2:56.49	743	Townsend, Annabel	12	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
6	2:56.75	740	Shall, Annie	12	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
7	2:57.22	734	Thomas, Livi	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
8	2:58.88	716	Yu, Grace	12	NC Raleigh Swimming Association	7/17/2022	2022 NC LC AG CHAMPS
9	2:58.89	716	Liu, Reina	12	NC Greensboro Community YMCA	6/24/2022	2022 NC EAC Independence Invite
10	3:00.99	693	Penny, Hadley	12	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:39.89	937	Van Olst, Parker	12	NC New Wave Swim Team	6/17/2022	2022 NC TAC Triangle Classic
2	2:49.89	823	Hitchcock, David	12	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States
3	2:53.49	783	Clark, Jacob	12	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
4	2:53.86	779	Brumback, Noah	12	NC Raleigh Swimming Association	7/10/2022	2022 NC MOR Long Course Qualifier
5	2:54.15	776	Sweet, Eli	12	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
6	2:55.41	762	Halpern, Max	12	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
7	2:55.51	761	Zhang, Roger	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
8	2:56.85	746	Cooper, Austin	12	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
9	2:57.77	736	Sharma, Madhuram	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
10	2:57.85	735	Liu, Kevin	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.92	853	Austin, Selah	12	NC Enfinity Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
2	29.98	849	Ramseur, Riley	12	NC Swim Fanatics Swim Club	7/17/2022	2022 NC LC AG CHAMPS
3	30.40	821	Liu, Reina	12	NC Greensboro Community YMCA	7/30/2022	2022 MS Southern Zone Age Group
4	30.65	805	Brock, Yari	12	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
5	30.82	794	He, Carolin	12	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
6	31.03	781	Richardson, Emma Grace	12	NC Mecklenburg Swim Association	7/30/2022	2022 NC SAIL Summer Splash
7	31.16	773	Kumar, Eliana	12	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
8	31.75	736	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	7/10/2022	2022 NC QCD Long Course Invite
9	31.81	732	Kern, Elizabeth	12	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
10	31.85	729	Kong, Ariel	12	NC Unattached	5/7/2022	2022 SC TG Bring the Heat

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.30	861	Palamar, Jonny	12	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
2	29.32	860	Sammons, David	12	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
3	29.54	844	Guy, Jaden	12	NC Team Charlotte Swimming	7/17/2022	2022 NC LC AG CHAMPS
4	29.78	827	Van Olst, Parker	12	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
5	29.88	820	Sweet, Eli	12	NC SwimMAC Carolina	7/30/2022	2022 MS Southern Zone Age Group
6	29.89	819	Liu, Kevin	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
7	30.19	798	Peng, Alistair	12	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
8	30.63	768	Peterson, Teddy	12	NC Mecklenburg Swim Association	6/26/2022	2022 SC TG Dash and Splash
9	30.69	763	Macgregor, Jack	12	NC Aquatic Team Of Mecklenburg	7/17/2022	2022 NC LC AG CHAMPS
10	30.74	760	Schooff, Jackson	12	NC North Carolina Aquatic Club	5/22/2022	2022 NC NCAC Meet on the Hill

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.94	838	Liu, Reina	12	NC Greensboro Community YMCA	7/15/2022	2022 NC LC AG CHAMPS
2	1:08.11	805	Delmar, June	12	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
3	1:08.84	785	Ramseur, Riley	12	NC Swim Fanatics Swim Club	7/15/2022	2022 NC LC AG CHAMPS
4	1:09.76	759	Brock, Yari	12	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
5	1:09.86	756	Austin, Selah	12	NC Enfinity Aquatic Club	6/26/2022	2022 NC EAC Independence Invite
6	1:10.08	750	Kong, Ariel	12	NC Unattached	5/8/2022	2022 SC TG Bring the Heat
7	1:10.60	736	White, Olivia	12	NC Mecklenburg Swim Association	6/25/2022	2022 SC TG Dash and Splash
8	1:10.77	731	Richardson, Emma Grace	12	NC Mecklenburg Swim Association	7/15/2022	2022 NC LC AG CHAMPS
9	1:11.02	724	He, Carolin	12	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
10	1:11.60	709	Connor, Greyson	12	NC Aquatic Team Of Mecklenburg	6/5/2022	2022 NC STAR Andrew E Hartle Invite

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.75	906	Palamar, Jonny	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
2	1:05.10	863	Sammons, David	12	NC SwimMAC Carolina	5/8/2022	2022 SC TG Bring the Heat
3	1:06.00	835	Halpern, Max	12	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
4	1:06.12	831	Van Olst, Parker	12	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
5	1:06.83	809	Liu, Kevin	12	NC TAC Titans	7/27/2022	2022 MS Southern Zone Age Group
6	1:07.84	779	Guy, Jaden	12	NC Team Charlotte Swimming	7/15/2022	2022 NC LC AG CHAMPS
7	1:07.99	774	Strupe, Freddy	12	NC Mecklenburg Swim Association	5/14/2022	2022 NC STAR Long Days of Summer
8	1:08.19	768	Peterson, Teddy	12	NC Mecklenburg Swim Association	7/27/2022	2022 MS Southern Zone Age Group
9	1:08.34	763	Sweet, Eli	12	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
10	1:08.55	757	Davis, David	12	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.86	830	Liu, Reina	12	NC Greensboro Community YMCA	7/16/2022	2022 NC LC AG CHAMPS
2	2:34.11	791	Kong, Ariel	12	NC Unattached	5/7/2022	2022 SC TG Bring the Heat
3	2:39.67	726	Brock, Yari	12	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
4	2:39.78	725	Shall, Annie	12	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	2:40.21	720	Chen, Guanyan	12	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
6	2:41.02	711	Upton, Madisyn	12	NC Greensboro Community YMCA	7/16/2022	2022 NC LC AG CHAMPS
7	2:42.30	696	Harmon, Elizabeth	12	NC Aquatic Team Of Mecklenburg	7/16/2022	2022 NC LC AG CHAMPS
8	2:44.03	677	Chintapalli, Neela	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	2:46.72	646	Hoang, Christiana	12	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
10	2:48.81	623	Fleshman, Liv	12	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:24.00	904	Palamar, Jonny	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
2	2:24.51	897	Sammons, David	12	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
3	2:24.92	891	Van Olst, Parker	12	NC New Wave Swim Team	7/16/2022	2022 NC LC AG CHAMPS
4	2:30.02	822	Davis, David	12	NC Marlins Of Raleigh	7/16/2022	2022 NC LC AG CHAMPS
5	2:35.76	747	Liu, Kevin	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
6	2:38.05	718	Austria, Elijah	12	NC Greensboro Community YMCA	7/16/2022	2022 NC LC AG CHAMPS
7	2:41.09	679	Peng, Alistair	12	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
8	2:42.46	662	Macgregor, Jack	12	NC Aquatic Team Of Mecklenburg	7/16/2022	2022 NC LC AG CHAMPS
9	2:43.62	648	Cooler, Reid	12	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
10	2:50.20	569	Caress, Baxter	12	NC YMCA of the Triangle Area Swim Team	7/8/2022	2022 NC MOR Long Course Qualifier

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:27.24	882	Brock, Yari	12	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
2	2:27.59	877	He, Carolin	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
3	2:31.34	819	Delmar, June	12	NC SwimMAC Carolina	7/30/2022	2022 MS Southern Zone Age Group
4	2:32.65	799	Liu, Reina	12	NC Greensboro Community YMCA	6/23/2022	2022 NC EAC Independence Invite
5	2:35.27	760	Shall, Annie	12	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
6	2:36.35	744	Chia, Keira	12	NC TAC Titans	7/30/2022	2022 MS Southern Zone Age Group
7	2:36.74	739	O'Malley, Fiona	12	NC New Wave Swim Team	6/19/2022	2022 NC TAC Triangle Classic
8	2:36.84	737	Guenther, Kate	12	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
9	2:37.74	724	Thomas, Livi	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
10	2:38.18	718	Townsend, Annabel	12	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:26.69	856	Van Olst, Parker	12	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
2	2:26.96	852	Sweet, Eli	12	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
3	2:27.45	844	Marrujo, Oliver	12	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
4	2:28.63	825	Clark, Jacob	12	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
5	2:28.64	825	Sammons, David	12	NC SwimMAC Carolina	5/6/2022	2022 SC TG Bring the Heat
6	2:29.16	816	Palamar, Jonny	12	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
7	2:29.36	813	Liu, Kevin	12	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
8	2:29.46	811	Cagle, Griffin	12	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange
9	2:29.77	806	Halpern, Max	12	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
10	2:34.17	737	Zhang, William	12	NC North Carolina Aquatic Club	6/10/2022	2022 NC GCY Sprint and Distance

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:15.27	870	Brock, Yari	12	NC North Carolina Aquatic Club	7/14/2022	2022 NC LC AG CHAMPS
2	5:19.71	840	Liu, Reina	12	NC Greensboro Community YMCA	7/14/2022	2022 NC LC AG CHAMPS
3	5:24.73	806	Delmar, June	12	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
4	5:29.45	774	He, Carolin	12	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
5	5:29.66	773	Thomas, Livi	12	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
6	5:30.55	767	Shall, Annie	12	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
7	5:31.59	760	Plaza, Karina	12	NC Aquatic Team Of Mecklenburg	7/14/2022	2022 NC LC AG CHAMPS
8	5:34.21	743	Chia, Keira	12	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
9	5:38.19	717	Oman, Kennedy	12	NC TAC Titans	8/6/2022	2022 NC TAC TITANS Closeout Me
10	5:38.82	713	Chintapalli, Neela	12	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:13.53	875	Van Olst, Parker	12	NC New Wave Swim Team	7/14/2022	2022 NC LC AG CHAMPS
2	5:17.12	850	Sammons, David	12	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
3	5:17.82	845	Liu, Kevin	12	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
4	5:18.60	839	Palamar, Jonny	12	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
5	5:18.83	838	Clark, Jacob	12	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
6	5:27.75	775	Zhang, William	12	NC North Carolina Aquatic Club	7/14/2022	2022 NC LC AG CHAMPS
7	5:27.76	775	Williams, Scott	12	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
8	5:31.08	753	Peng, Alistair	12	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
9	5:31.93	747	Davis, David	12	NC Marlins Of Raleigh	7/14/2022	2022 NC LC AG CHAMPS
10	5:34.47	730	Watts, Cody	12	NC New Wave Swim Team	7/14/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.80	906	Whelehan, Sloane	13	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
2	27.44	851	Smith, Bree	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
3	27.46	849	McCarthy, Grace	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
4	27.52	844	Howard, Georgia	13	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee-Semifinals
5	27.61 r	836	Elgart, Shayna	13	NC New Wave Swim Team	7/28/2022	2022 FL RAFC Last Splash Invitational
6	28.05	800	Drummond, Mary	13	NC Team Charlotte Swimming	7/16/2022	2022 NC LC AG CHAMPS
7	28.09	796	Champion, Maria	13	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee Meet
8	28.17	790	Henderson, Catelyn	13	NC Greensboro Community YMCA	7/27/2022	2022 FL RAFC Last Splash Invitational
9	28.19	788	Nixon, Nikki	13	NC New Wave Swim Team	7/16/2022	2022 NC LC AG CHAMPS
9	28.19	788	Whitlock, Devon	13	NC Marlins Of Raleigh	6/17/2022	2022 VA Virginia Commonwealth

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	24.85	952	Stewart, Dylan	13	NC Mecklenburg Swim Association	7/30/2022	2022 NC SAIL Summer Splash
2	25.33	914	Sito, Drew	13	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
3	25.39	909	Larsen, Grant	13	NC O'Neal Pelagics	7/16/2022	2022 NC LC AG CHAMPS
4	25.59	893	Greathouse, Thomas	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	25.64	889	Rice, Mike	13	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
6	25.79	877	Lin, Owen	13	NC East Carolina Aquatics	7/14/2022	2022 NC ESSZ Summer Sectionals
7	25.94	866	Hirata, Zach	13	NC YMCA of Northwest North Carolina Riptyde	7/16/2022	2022 NC LC AG CHAMPS
8	26.56	817	Lee, Benjamin	13	NC Carolina Aquatic Team	7/16/2022	2022 NC LC AG CHAMPS
9	26.58	816	Sha, Cody	13	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
10	26.59	815	Medlin, Carter	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.76	880	Whelehan, Sloane	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	59.65	840	Elgart, Shayna	13	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational
3	59.82	833	Champion, Maria	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
4	1:00.17	817	Light, Chloe	13	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
5	1:00.30	812	Howard, Georgia	13	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
6	1:00.85	788	Nixon, Nikki	13	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational
7	1:01.07	778	Smith, Bree	13	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
8	1:01.25	771	Winardi, Mae	13	NC Mecklenburg Swim Association	5/15/2022	2022 NC STAR Long Days of Summer
9	1:01.26	770	Crane, Taylor	13	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
10	1:01.27 r	770	McCarthy, Grace	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.97	883	Rice, Mike	13	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange
2	56.06	880	Stewart, Dylan	13	NC Mecklenburg Swim Association	7/17/2022	2022 NC LC AG CHAMPS
3	56.15	876	Lin, Owen	13	NC East Carolina Aquatics	6/24/2022	2022 NC EAC Independence Invite
4	56.29	870	Greathouse, Thomas	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
5	56.51	860	Sito, Drew	13	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational
6	57.09	836	Prabhu, Gino	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
6	57.09	836	Larsen, Grant	13	NC O'Neal Pelagics	7/17/2022	2022 NC LC AG CHAMPS
8	57.20	831	Medlin, Carter	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
9	57.97	799	Ye, Nathaniel	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
10	58.11	793	Lee, Benjamin	13	NC Carolina Aquatic Team	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.46	809	Collins, Daisy	13	NC North Carolina Aquatic Club	7/27/2022	2022 MS Southern Zone Age Group
2	2:09.48	809	Schmitz, Madison	13	NC Marlins Of Raleigh	7/27/2022	2022 MS Southern Zone Age Group
3	2:09.62	806	Champion, Maria	13	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
4	2:09.71	804	Whelehan, Sloane	13	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
5	2:10.35	789	Elgart, Shayna	13	NC New Wave Swim Team	7/29/2022	2022 FL RAFC Last Splash Invitational
6	2:12.36	745	Szostek, Alexis	13	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
7	2:12.40	744	Hertzig, Madi	13	NC SwimMAC Carolina	4/3/2022	2022 NC SwimMAC Blue/Orange
8	2:12.43	743	Crane, Taylor	13	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
9	2:13.00	731	Henderson, Catelyn	13	NC Greensboro Community YMCA	7/29/2022	2022 FL RAFC Last Splash Invitational
10	2:13.19	727	Cowles, Ella	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.30	922	Greathouse, Thomas	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
2	2:02.93	886	Lin, Owen	13	NC East Carolina Aquatics	7/15/2022	2022 NC LC AG CHAMPS
3	2:04.29	856	Prabhu, Gino	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
4	2:04.54	851	Rice, Mike	13	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
5	2:05.30 r	834	Sito, Drew	13	NC New Wave Swim Team	7/29/2022	2022 FL RAFC Last Splash Invitational
6	2:05.31	834	Stewart, Dylan	13	NC Mecklenburg Swim Association	7/30/2022	2022 NC SAIL Summer Splash
7	2:07.34	791	Hohm, Owen	13	NC Aquatic Team Of Mecklenburg	6/26/2022	2022 NC EAC Independence Invite
8	2:07.37	790	Medlin, Carter	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
9	2:07.62	785	Sammons, David	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
10	2:07.71	783	Marrujo, Oliver	13	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:31.60	799	Schmitz, Madison	13	NC Marlins Of Raleigh	7/29/2022	2022 MS Southern Zone Age Group
2	4:32.15	793	Collins, Daisy	13	NC North Carolina Aquatic Club	7/29/2022	2022 MS Southern Zone Age Group
3	4:36.02	751	Cowles, Ella	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
4	4:36.95	741	Whelehan, Sloane	13	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
5	4:37.15	738	Boyd, Sierra	13	NC Mecklenburg Swim Association	7/16/2022	2022 NC LC AG CHAMPS
6	4:38.75	721	Nixon, Nikki	13	NC New Wave Swim Team	7/28/2022	2022 FL RAFC Last Splash Invitational
7	4:38.79	721	Howard, Georgia	13	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
8	4:39.54	713	Elgart, Shayna	13	NC New Wave Swim Team	7/28/2022	2022 FL RAFC Last Splash Invitational
9	4:39.88	710	Smith, Bree	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
10	4:40.15	707	Kong, Ariel	13	NC Unattached	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:24.50	841	Sito, Drew	13	NC New Wave Swim Team	7/28/2022	2022 FL RAFC Last Splash Invitational
2	4:25.75	828	Greathouse, Thomas	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
3	4:26.92	816	Lin, Owen	13	NC East Carolina Aquatics	6/25/2022	2022 NC EAC Independence Invite
4	4:34.28	744	Morgan, Seth	13	NC Rocky Mount Family YMCA	7/21/2022	2022 NC AP LC YMCA National Time Trials
5	4:34.40	743	Hohm, Owen	13	NC Aquatic Team Of Mecklenburg	6/25/2022	2022 NC EAC Independence Invite
6	4:35.02	737	Muir, Vaughn	13	NC Enfinity Aquatic Club	7/28/2022	2022 NC NCAC LCM Tar Heel States
7	4:35.17	736	Rice, Mike	13	NC SwimMAC Carolina	5/8/2022	2022 SC TG Bring the Heat
8	4:35.42	733	Marrujo, Oliver	13	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
9	4:36.44	724	Sammons, David	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
10	4:36.81	720	Clark, Jacob	13	NC North Carolina Aquatic Club	7/28/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:12.31	852	Collins, Daisy	13	NC North Carolina Aquatic Club	7/26/2022	2022 MS Southern Zone Age Group
2	9:23.43	796	Schmitz, Madison	13	NC Marlins Of Raleigh	7/26/2022	2022 MS Southern Zone Age Group
3	9:28.96	769	Kong, Ariel	13	NC Unattached	7/14/2022	2022 NC LC AG CHAMPS
4	9:32.36	752	Boyd, Sierra	13	NC Mecklenburg Swim Association	7/14/2022	2022 NC LC AG CHAMPS
5	9:33.59	747	Smith, Bree	13	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
6	9:34.18	744	Whelehan, Sloane	13	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
7	9:34.77	741	Cowles, Ella	13	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
8	9:36.96	730	Nixon, Nikki	13	NC New Wave Swim Team	7/10/2022	2022 NC TAC July Qualifier
9	9:37.80	726	Champion, Maria	13	NC SwimMAC Carolina	4/1/2022	2022 NC SwimMAC Blue/Orange
10	9:38.59	723	Guenther, Kate	13	NC Aquatic Team Of Mecklenburg	7/14/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:08.22	835	Greathouse, Thomas	13	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
2	9:13.01	812	Prabhu, Gino	13	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
3	9:13.76	808	Sito, Drew	13	NC New Wave Swim Team	7/14/2022	2022 NC LC AG CHAMPS
4	9:21.31	772	Alzate, Santi	13	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
5	9:21.77	769	Medlin, Carter	13	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
6	9:22.69	765	Sharron, Raston	13	NC New Wave Swim Team	7/14/2022	2022 NC LC AG CHAMPS
7	9:28.49	738	Hohm, Owen	13	NC Aquatic Team Of Mecklenburg	6/23/2022	2022 NC EAC Independence Invite
8	9:29.89	731	Anderson, Dylan	13	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
9	9:31.83	722	Brooks, Nick	13	NC Unattached	7/14/2022	2022 NC LC AG CHAMPS
10	9:31.84	722	Clark, Jacob	13	NC North Carolina Aquatic Club	7/14/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:44.10	849	Collins, Daisy	13	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
2	17:59.40	810	Schmitz, Madison	13	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
3	18:13.08	776	Smith, Bree	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
4	18:20.84	757	Champion, Maria	13	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
5	18:25.30	746	Kong, Ariel	13	NC Unattached	7/17/2022	2022 NC LC AG CHAMPS
6	18:42.22	705	Meiferdt, Natalie	13	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
7	18:48.31	690	Boyd, Sierra	13	NC Mecklenburg Swim Association	7/17/2022	2022 NC LC AG CHAMPS
8	19:04.97	651	Marshall, Toni	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
9	19:14.17	630	Martin, Avery	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
10	19:15.14	628	Elgart, Shayna	13	NC New Wave Swim Team	6/24/2022	2022 NC TAC TITANS Distance

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:19.05	850	Greathouse, Thomas	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
2	17:42.56	796	Alzate, Santi	13	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
3	18:01.40	754	Anderson, Dylan	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
4	18:10.78	733	Kelty, Max	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/17/2022	2022 NC LC AG CHAMPS
5	18:15.48	723	Drake, Liam	13	NC Raleigh Swimming Association	7/17/2022	2022 NC LC AG CHAMPS
6	18:23.38	706	Cornpropst, Ronan	13	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
7	18:24.04	705	Chaires, Colt	13	NC Unattached	7/17/2022	2022 NC LC AG CHAMPS
8	18:26.34	700	Luo, Kevin	13	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
9	18:26.53	699	Brooks, Nick	13	NC Unattached	7/17/2022	2022 NC LC AG CHAMPS
10	18:29.96	692	Cutbush-Taylor, Denali	13	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:05.55	924	Elgart, Shayna	13	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
2	1:06.86	874	Champion, Maria	13	NC SwimMAC Carolina	7/29/2022	2022 MS Southern Zone Age Group
3	1:07.02	868	Whelehan, Sloane	13	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
4	1:07.87	837	Nelson, Savvy	13	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me
5	1:08.02	831	Whitley, Gabrielle	13	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
6	1:08.42	817	Thomas, Emma	13	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
7	1:08.54	812	Smith, Bree	13	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
8	1:08.58	811	Irvin, Isobel	13	NC Enfinity Aquatic Club	6/25/2022	2022 NC EAC Independence Invite
9	1:08.62	809	Serens, Kate	13	NC Waves Of Wilmington, Inc.	7/23/2022	2022 NC LC SR CHAMPS
10	1:08.90	799	Nixon, Nikki	13	NC New Wave Swim Team	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.68	979	Sito, Drew	13	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
2	1:03.41	914	Sharron, Raston	13	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
3	1:05.41	840	Jackson, Davis	13	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
4	1:05.87	823	Brooks, Nick	13	NC Unattached	7/27/2022	2022 FL RAFC Last Splash Invitational
5	1:06.15	813	Chaires, Colt	13	NC Unattached	7/16/2022	2022 NC LC AG CHAMPS
6	1:06.22	811	Stewart, Dylan	13	NC Mecklenburg Swim Association	7/16/2022	2022 NC LC AG CHAMPS
7	1:06.36 r	806	Prabhu, Gino	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
8	1:06.38	805	Lin, Owen	13	NC East Carolina Aquatics	6/25/2022	2022 NC EAC Independence Invite
9	1:07.12	778	Hepp, Brian	13	NC TAC Titans	6/24/2022	2022 NC TAC TITANS Distance
10	1:07.55	763	Cornpropst, Ronan	13	NC Marlins Of Raleigh	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:21.97	876	Whelehan, Sloane	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	2:22.48	868	Elgart, Shayna	13	NC New Wave Swim Team	6/19/2022	2022 NC TAC Triangle Classic
3	2:24.58	834	Reddick, Millie	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
4	2:24.93	829	Price, Lily	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
5	2:25.36	822	Nelson, Savvy	13	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
6	2:26.36	806	Schmitz, Madison	13	NC Marlins Of Raleigh	5/22/2022	2022 NC SwimMAC Martha McKee Meet
7	2:26.86	798	Thomas, Emma	13	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
8	2:27.04	796	Broadbent, Carson	13	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
9	2:27.61	787	Guenther, Kate	13	NC Aquatic Team Of Mecklenburg	6/24/2022	2022 NC EAC Independence Invite
10	2:28.04	780	Pron, Lianna	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.60	935	Sharron, Raston	13	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational
2	2:17.01	892	Sito, Drew	13	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
3	2:18.92	858	Chaires, Colt	13	NC Unattached	7/17/2022	2022 NC LC AG CHAMPS
4	2:22.57	794	Jackson, Davis	13	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
5	2:22.74	791	Brooks, Nick	13	NC Unattached	7/17/2022	2022 NC LC AG CHAMPS
6	2:22.95	788	Rice, Mike	13	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
7	2:24.43	762	Dean, Chase	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
8	2:24.63	759	Stewart, Dylan	13	NC Mecklenburg Swim Association	7/17/2022	2022 NC LC AG CHAMPS
9	2:25.46	745	Chopra, Vijay	13	NC Mecklenburg Swim Association	7/17/2022	2022 NC LC AG CHAMPS
10	2:25.84	739	Muir, Vaughn	13	NC Enfinity Aquatic Club	6/24/2022	2022 NC EAC Independence Invite

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:15.75	825	Hall, Taylor	13	NC Mecklenburg Swim Association	6/12/2022	2022 SE Bank of Tennessee Model City I
2	1:17.01	789	Druhan, Ellie	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
3	1:18.70	740	Stout, Kaidy	13	NC Enfinity Aquatic Club	6/25/2022	2022 NC EAC Independence Invite
4	1:18.86	736	Singh, Anjali	13	NC Mecklenburg Swim Association	7/30/2022	2022 NC SAIL Summer Splash
5	1:19.03	731	Light, Chloe	13	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
6	1:19.14	728	McCarthy, Grace	13	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
7	1:19.21	726	Knox, Morgan	13	NC SwimMAC Carolina	7/29/2022	2022 NC MAC LC Tar Heel States
8	1:19.99	704	Ter Poorten, Grace	13	NC Sailfish Aquatics	7/30/2022	2022 NC SAIL Summer Splash
9	1:20.05	702	Pereira, Grace	13	NC Raleigh Swimming Association	6/26/2022	2022 FL Planet Swim Summer Championship
10	1:20.44	691	Cromar, Katelyn	13	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.35	974	Morgan, Seth	13	NC Rocky Mount Family YMCA	7/15/2022	2022 NC LC AG CHAMPS
2	1:10.81	928	Hardy, Gabe	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
3	1:11.60	903	Sharron, Raston	13	NC New Wave Swim Team	7/29/2022	2022 FL RAFC Last Splash Invitational
4	1:12.16	885	Marrujo, Oliver	13	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
5	1:12.33	880	Schaper, Calvin	13	NC Carolina Aquatic Team	7/15/2022	2022 NC LC AG CHAMPS
6	1:12.59	872	Medlin, Carter	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
7	1:12.63	870	Ye, Nathaniel	13	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
8	1:13.71	837	Rice, Mike	13	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange
9	1:14.31	819	Cooler, Tripp	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
10	1:14.53	812	Jackson, Davis	13	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:39.48	860	Thomas, Emma	13	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
2	2:40.39	847	Druhan, Ellie	13	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
3	2:44.08	799	Hall, Taylor	13	NC Mecklenburg Swim Association	6/11/2022	2022 SE Bank of Tennessee Model City I
4	2:47.88	750	Boughton, Hannah	13	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
5	2:48.22	745	Stout, Kaidy	13	NC Enfinity Aquatic Club	6/26/2022	2022 NC EAC Independence Invite
6	2:48.31	744	Light, Chloe	13	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
7	2:48.92	736	Collins, Daisy	13	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
8	2:50.71	713	Marshall, Toni	13	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	2:52.08	696	Champion, Maria	13	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
10	2:52.54	690	Broadbent, Carson	13	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:33.91	902	Sharron, Raston	13	NC New Wave Swim Team	7/28/2022	2022 FL RAFC Last Splash Invitational
2	2:34.67	892	Morgan, Seth	13	NC Rocky Mount Family YMCA	7/20/2022	2022 NC AP LC YMCA Nationals
3	2:35.39	882	Marrujo, Oliver	13	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
4	2:38.27	844	Hardy, Gabe	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	2:38.68	839	Schaper, Calvin	13	NC Carolina Aquatic Team	7/16/2022	2022 NC LC AG CHAMPS
6	2:39.14	833	Jackson, Davis	13	NC TAC Titans	6/25/2022	2022 NC TAC TITANS Distance
7	2:39.44	829	Cooler, Tripp	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
8	2:40.33	817	Medlin, Carter	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
9	2:40.78	811	Rice, Mike	13	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
10	2:41.13	806	Ye, Nathaniel	13	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.27	895	Champion, Maria	13	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
2	1:05.08	832	Howard, Georgia	13	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
3	1:05.42	821	Crane, Taylor	13	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
4	1:05.98	802	Simpson, Ava	13	NC Sailfish Aquatics	7/15/2022	2022 NC LC AG CHAMPS
5	1:06.41	787	Szostek, Alexis	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	1:06.63	780	Kong, Ariel	13	NC Unattached	7/15/2022	2022 NC LC AG CHAMPS
7	1:06.73	776	Elgart, Shayna	13	NC New Wave Swim Team	7/29/2022	2022 FL RAFC Last Splash Invitational
8	1:07.51	750	Henderson, Catelyn	13	NC Greensboro Community YMCA	7/29/2022	2022 FL RAFC Last Splash Invitational
9	1:07.62	746	Nixon, Nikki	13	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
10	1:07.79	741	Dent, Emma	13	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
10	1:07.79	741	Drummond, Mary	13	NC Team Charlotte Swimming	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.90	947	Lin, Owen	13	NC East Carolina Aquatics	6/24/2022	2022 NC EAC Independence Invite
2	1:01.03	903	Prabhu, Gino	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
3	1:01.60	880	Alzate, Santi	13	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
4	1:01.74	875	Stewart, Dylan	13	NC Mecklenburg Swim Association	7/15/2022	2022 NC LC AG CHAMPS
5	1:01.77	874	Rice, Mike	13	NC SwimMAC Carolina	5/7/2022	2022 SC TG Bring the Heat
6	1:03.07	824	Sammons, David	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
7	1:03.48	808	Sito, Drew	13	NC New Wave Swim Team	7/29/2022	2022 FL RAFC Last Splash Invitational
8	1:03.57	805	Lee, Benjamin	13	NC Carolina Aquatic Team	4/30/2022	2022 NC NCAC Quad Meet
9	1:03.69	800	Sha, Cody	13	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States
10	1:03.75	798	Cornpropst, Ronan	13	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:23.61	843	Crane, Taylor	13	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
2	2:24.16	835	Champion, Maria	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
3	2:27.06	793	Broadbent, Carson	13	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
4	2:28.19	777	Schmitz, Madison	13	NC Marlins Of Raleigh	7/30/2022	2022 MS Southern Zone Age Group
5	2:28.51	772	Kong, Ariel	13	NC Unattached	7/16/2022	2022 NC LC AG CHAMPS
6	2:31.28	733	Howard, Georgia	13	NC SwimMAC Carolina	7/10/2022	2022 NC SAC Last Chance Meet
7	2:33.28	705	Nixon, Nikki	13	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
8	2:34.40	689	Ricciardi, Giovanna	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
9	2:35.01	680	Collins, Daisy	13	NC North Carolina Aquatic Club	5/21/2022	2022 NC NCAC Meet on the Hill
10	2:35.59	672	Druhan, Ellie	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.16	960	Sammons, David	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
2	2:15.87	913	Lin, Owen	13	NC East Carolina Aquatics	6/25/2022	2022 NC EAC Independence Invite
3	2:16.36	905	Alzate, Santi	13	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
4	2:17.99	877	Prabhu, Gino	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	2:21.37	821	Rice, Mike	13	NC SwimMAC Carolina	5/8/2022	2022 SC TG Bring the Heat
6	2:22.99	794	Tao, Jason	13	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
7	2:24.62	768	Cornpropst, Ronan	13	NC Marlins Of Raleigh	6/17/2022	2022 VA Virginia Commonwealth
8	2:25.50	754	Dean, Chase	13	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	2:26.27	741	Lee, Benjamin	13	NC Carolina Aquatic Team	7/16/2022	2022 NC LC AG CHAMPS
10	2:26.46	738	Hepp, Brian	13	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:23.12	888	Champion, Maria	13	NC SwimMAC Carolina	7/30/2022	2022 MS Southern Zone Age Group
2	2:28.71	791	Elgart, Shayna	13	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational
3	2:29.04	785	Crane, Taylor	13	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
4	2:29.35	780	Reddick, Millie	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
5	2:29.55	776	Cowles, Ella	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
6	2:30.10	767	Guenther, Kate	13	NC Aquatic Team Of Mecklenburg	6/26/2022	2022 NC EAC Independence Invite
7	2:30.14	766	Collins, Daisy	13	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
8	2:30.66	758	Light, Chloe	13	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
9	2:31.16	749	Szostek, Alexis	13	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
10	2:31.44	745	Nixon, Nikki	13	NC New Wave Swim Team	6/18/2022	2022 NC TAC Triangle Classic

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:17.00	923	Rice, Mike	13	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange
2	2:17.99	904	Lin, Owen	13	NC East Carolina Aquatics	7/14/2022	2022 NC ESSZ Summer Sectionals
3	2:20.44	857	Medlin, Carter	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
4	2:20.85	849	Sharron, Raston	13	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
5	2:21.29	841	Jackson, Davis	13	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
6	2:22.10	826	Sito, Drew	13	NC New Wave Swim Team	6/18/2022	2022 NC TAC Triangle Classic
7	2:23.06	808	Morgan, Seth	13	NC Rocky Mount Family YMCA	7/17/2022	2022 NC LC AG CHAMPS
8	2:23.25	804	Prabhu, Gino	13	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
9	2:23.41	801	Ye, Nathaniel	13	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
10	2:24.09	789	Marrujo, Oliver	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 13 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:01.22	882	Champion, Maria	13	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
2	5:06.62	839	Collins, Daisy	13	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
3	5:11.93	798	Schmitz, Madison	13	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
4	5:13.61	785	Crane, Taylor	13	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
5	5:14.67	777	Reddick, Millie	13	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
6	5:15.21	773	Whelehan, Sloane	13	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
7	5:17.77	754	Broadbent, Carson	13	NC TAC Titans	8/6/2022	2022 NC TAC TITANS Closeout Me
8	5:18.47	748	Kong, Ariel	13	NC Unattached	7/15/2022	2022 NC LC AG CHAMPS
9	5:21.95	722	Guenther, Kate	13	NC Aquatic Team Of Mecklenburg	6/24/2022	2022 NC EAC Independence Invite
10	5:22.31	720	Cowles, Ella	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 13 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:56.45	868	Sharron, Raston	13	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
2	4:57.44	859	Sito, Drew	13	NC New Wave Swim Team	7/29/2022	2022 FL RAFC Last Splash Invitational
3	5:01.60	825	Lin, Owen	13	NC East Carolina Aquatics	7/15/2022	2022 NC LC AG CHAMPS
4	5:04.91	798	Marrujo, Oliver	13	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
5	5:07.93	773	Medlin, Carter	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	5:08.35	770	Dean, Chase	13	NC TAC Titans	7/10/2022	2022 NC TAC July Qualifier
7	5:10.33	754	Cooler, Tripp	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
8	5:10.83	750	Jackson, Davis	13	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
9	5:11.24	747	Cornpropst, Ronan	13	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
10	5:12.93	733	Tao, Jason	13	NC North Carolina Aquatic Club	7/28/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.49	806	Klein, Taylor	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
2	27.53	803	Winardi, Mae	14	NC Mecklenburg Swim Association	7/16/2022	2022 NC LC AG CHAMPS
3	27.61 r	796	Neace, Clarke	14	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
4	27.67	791	Howard, Georgia	14	NC SwimMAC Carolina	7/30/2022	2022 MS Southern Zone Age Group
5	27.76	783	Jeltema, Mia	14	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
6	27.81	779	Mallard, Caroline	14	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
7	27.82	778	Light, Chloe	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
8	27.84	777	Lloyd, Kyley	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	27.89	773	Rendon, Kalle	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
10	27.96	767	Stuck, Kelsey	14	NC Waves Of Wilmington, Inc.	6/12/2022	2022 SC SCSC June Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.79	951	Smelzer, Albert	14	NC Swim GSA	7/30/2022	2022 MS Southern Zone Age Group
2	24.58	885	Marsteiner, Sam	14	NC New Wave Swim Team	7/16/2022	2022 NC LC AG CHAMPS
3	24.72	874	Rice, Mike	14	NC SwimMAC Carolina	7/30/2022	2022 MS Southern Zone Age Group
4	24.93	856	Camacho, Clem	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
5	25.29	827	Tuescher, Tommy	14	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
6	25.40	818	Trowbridge, J.T.	14	NC YMCA of Northwest North Carolina Riptyde	7/16/2022	2022 NC LC AG CHAMPS
7	25.46	813	Day, Carson	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
8	25.48	812	Singletery, Cohen	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	25.86	781	Zapler, Ezra	14	NC East Carolina Aquatics	5/21/2022	2022 NC ECA Beach Invitational
10	25.91	777	March, Jackson	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.14	873	Whelehan, Mere	14	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
2	58.63	851	Wolk, Isabel	14	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
3	58.98	835	Bartee, Zetta Grace	14	NC SwimMAC Carolina	8/4/2022	2022 TT Speedo Junior National
4	59.08	831	Neace, Clarke	14	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
5	59.35	819	Howard, Georgia	14	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
6	59.84	797	Mallard, Caroline	14	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
7	59.85	797	Lloyd, Kyley	14	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
8	1:00.16	783	Winardi, Mae	14	NC Mecklenburg Swim Association	6/25/2022	2022 SC TG Dash and Splash
9	1:00.18	782	Light, Chloe	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
10	1:00.36 r	775	Rendon, Kalle	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	52.69	953	Smelzer, Albert	14	NC Swim GSA	7/17/2022	2022 NC LC AG CHAMPS
2	53.05	936	Marsteiner, Sam	14	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
3	54.13	888	Camacho, Clem	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
4	54.30	880	Rice, Mike	14	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
5	55.43	830	Tuescher, Tommy	14	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
6	55.61	822	Singletary, Cohen	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
7	56.13	800	Ju, Joshua	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
8	56.34 r	791	Clark, Indy	14	NC Mecklenburg Swim Association	7/15/2022	2022 NC LC AG CHAMPS
9	56.47	785	Zhang, John	14	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States
10	56.66	777	Sutherland, Ryan	14	NC YMCA of the Triangle Area Swim Team	7/30/2022	2022 FL ISCA Summer Senior Blast

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.10	909	Whelehan, Mere	14	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
2	2:05.79 r	869	Neace, Clarke	14	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
3	2:06.72	847	Klamfoth, Avery	14	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
4	2:07.27	834	Wolk, Isabel	14	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
5	2:08.60	803	Goodwin, Taylor	14	NC YMCA of Western North Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	2:08.89	797	Pero, Sophia	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
7	2:09.39	785	Lepage, Charlotte	14	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
8	2:09.63	780	Winardi, Mae	14	NC Mecklenburg Swim Association	7/15/2022	2022 NC LC AG CHAMPS
9	2:10.13	769	Rendon, Kalle	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
10	2:10.39 r	763	Lloyd, Kyley	14	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
10	2:10.39	763	Light, Chloe	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:54.16	976	Marsteiner, Sam	14	NC New Wave Swim Team	8/4/2022	2022 TT Speedo Junior National
2	1:57.31	902	Camacho, Clem	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
3	1:57.64	894	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
4	1:58.40	877	Tuescher, Tommy	14	NC TAC Titans	7/27/2022	2022 MS Southern Zone Age Group
5	2:00.17	836	Rice, Mike	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	2:00.27	834	Ju, Joshua	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
7	2:00.57	828	Day, Carson	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
8	2:01.98	796	Zhang, John	14	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
9	2:02.21	791	Luebke, Alex	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
10	2:02.59	783	Sutherland, Ryan	14	NC YMCA of the Triangle Area Swim Team	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:24.44	856	Neace, Clarke	14	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
2	4:28.92	805	Goodwin, Taylor	14	NC YMCA of Western North Carolina	7/16/2022	2022 NC LC AG CHAMPS
3	4:29.66	797	Lepage, Charlotte	14	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
4	4:30.45	788	Whelehan, Mere	14	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
5	4:30.62	786	Klamfoth, Avery	14	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
6	4:30.87	783	Wolk, Isabel	14	NC North Carolina Aquatic Club	7/28/2022	2022 NC NCAC LCM Tar Heel States
7	4:31.82	773	Cinson, Kathryn	14	NC Hickory Foundation YMCA Seahorse Swim Team	7/16/2022	2022 NC LC AG CHAMPS
8	4:34.58	743	Winardi, Mae	14	NC Mecklenburg Swim Association	7/16/2022	2022 NC LC AG CHAMPS
9	4:35.22	736	Pardue, Audrey	14	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange
10	4:36.32	724	Jeltema, Mia	14	NC TAC Titans	8/6/2022	2022 NC TAC TITANS Closeout Me

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:02.55	977	Marsteiner, Sam	14	NC New Wave Swim Team	8/3/2022	2022 Speedo Junior National Ch
2	4:08.57	912	Alzate, Santi	14	NC SwimMAC Carolina	7/29/2022	2022 MS Southern Zone Age Group
3	4:09.89	897	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
4	4:11.15	884	Camacho, Clem	14	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
5	4:15.67	836	Tuescher, Tommy	14	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
6	4:18.44	808	Sutherland, Ryan	14	NC YMCA of the Triangle Area Swim Team	7/16/2022	2022 NC LC AG CHAMPS
7	4:19.76	794	Brock, Ben	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
8	4:21.48	777	Luebke, Alex	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	4:21.86	773	Day, Carson	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
10	4:21.92	772	Polzien, Adam	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:59.62	891	Neace, Clarke	14	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
2	9:15.15	811	Klamfoth, Avery	14	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee Meet
3	9:17.55	799	Jeltema, Mia	14	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
4	9:20.64	784	Pardue, Audrey	14	NC SwimMAC Carolina	4/1/2022	2022 NC SwimMAC Blue/Orange
5	9:21.79	778	Goodwin, Taylor	14	NC YMCA of Western North Carolina	7/14/2022	2022 NC LC AG CHAMPS
6	9:22.68	774	Lepage, Charlotte	14	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee Meet
7	9:27.06	752	Cinson, Kathryn	14	NC Hickory Foundation YMCA Seahorse Swim Team	7/14/2022	2022 NC LC AG CHAMPS
8	9:31.94	729	Shields, Shaelyn	14	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
9	9:32.68	725	Winardi, Mae	14	NC Mecklenburg Swim Association	7/14/2022	2022 NC LC AG CHAMPS
10	9:38.92	696	Barr, Emma	14	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:20.70	986	Marsteiner, Sam	14	NC New Wave Swim Team	8/5/2022	2022 Speedo Junior National Ch
2	8:34.70	911	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	7/14/2022	2022 NC LC AG CHAMPS
3	8:37.76	895	Alzate, Santi	14	NC SwimMAC Carolina	7/14/2022	2022 NC LC AG CHAMPS
4	8:52.13	821	Tuescher, Tommy	14	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
5	8:54.10	811	Day, Carson	14	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
6	8:55.79	802	Brock, Ben	14	NC North Carolina Aquatic Club	7/14/2022	2022 NC LC AG CHAMPS
7	8:56.41	799	Luebke, Alex	14	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
8	9:00.12	781	Biller, Lukas	14	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
9	9:05.20	755	March, Jackson	14	NC TAC Titans	8/6/2022	2022 NC TAC TITANS Closeout Me
10	9:05.57	754	Nelson, Eli	14	NC Marlins Of Raleigh	7/14/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:32.66	841	Klamfoth, Avery	14	NC SwimMAC Carolina	4/3/2022	2022 IN Spring Speedo Sectionals
2	17:44.54	811	Neace, Clarke	14	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
3	17:54.74	785	Cinson, Kathryn	14	NC Hickory Foundation YMCA Seahorse Swim Team	7/17/2022	2022 NC LC AG CHAMPS
4	17:59.69	772	Goodwin, Taylor	14	NC YMCA of Western North Carolina	7/17/2022	2022 NC LC AG CHAMPS
5	18:04.13	761	Lepage, Charlotte	14	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
6	18:04.39	761	Pardue, Audrey	14	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
7	18:20.21	722	Hadsell, Meghan	14	NC Raleigh Swimming Association	7/17/2022	2022 NC LC AG CHAMPS
8	18:30.04	698	Wolk, Isabel	14	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
9	18:33.06	691	Shields, Shaelyn	14	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
10	18:37.25	681	Mallard, Caroline	14	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:05.54	947	Marsteiner, Sam	14	NC New Wave Swim Team	8/1/2022	2022 Speedo Junior National Ch
2	16:24.22	901	Alzate, Santi	14	NC SwimMAC Carolina	7/26/2022	2022 MS Southern Zone Age Group
3	16:31.39	884	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
4	16:55.24	827	Biller, Lukas	14	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
5	16:58.90	818	Brock, Ben	14	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
6	17:20.01	769	Polzien, Adam	14	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
7	17:21.43	766	Andre, Alex	14	NC Unattached	7/17/2022	2022 NC LC AG CHAMPS
8	17:23.50	761	Nelson, Eli	14	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
9	17:24.95	758	Day, Carson	14	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee Meet
10	17:34.03	737	Luebke, Alex	14	NC TAC Titans	6/24/2022	2022 NC TAC TITANS Distance

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.67	911	Rendon, Kalle	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
2	1:05.62	875	Shields, Shaelyn	14	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
3	1:05.86	865	Klein, Taylor	14	NC SwimMAC Carolina	7/29/2022	2022 MS Southern Zone Age Group
4	1:06.63	836	Pou, Julia	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	1:06.91	826	Jeltema, Mia	14	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
6	1:07.25	813	Talwar, Tara	14	NC TAC Titans	7/29/2022	2022 MS Southern Zone Age Group
7	1:07.27	812	Lloyd, Kyley	14	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
8	1:07.68	797	Keating, Maeve	14	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
9	1:07.70	797	Stuck, Kelsey	14	NC Waves Of Wilmington, Inc.	6/10/2022	2022 SC SCSC June Invitational
10	1:07.81	793	Chen, Sarah	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.82	949	Marsteiner, Sam	14	NC New Wave Swim Team	7/16/2022	2022 NC LC AG CHAMPS
2	1:00.01	941	Smelzer, Albert	14	NC Swim GSA	7/29/2022	2022 MS Southern Zone Age Group
3	1:01.13	898	Zhang, John	14	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States
4	1:01.87	869	Camacho, Clem	14	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
5	1:02.20	856	Tuescher, Tommy	14	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
6	1:03.14	821	Short, Harrison	14	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
7	1:03.19	819	Armstrong, Beck	14	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
8	1:03.32	814	March, Jackson	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	1:03.81	795	Rice, Mike	14	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
10	1:03.84	794	Wu, Ames	14	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:17.83	910	Klamfoth, Avery	14	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
2	2:19.34	885	Rendon, Kalle	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
3	2:19.45	883	Klein, Taylor	14	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
4	2:19.77	878	Shields, Shaelyn	14	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
5	2:22.47	834	Keating, Maeve	14	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
6	2:22.94	827	Whelehan, Mere	14	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
7	2:23.31	821	Talwar, Tara	14	NC TAC Titans	7/28/2022	2022 MS Southern Zone Age Group
8	2:23.92	811	Pardue, Audrey	14	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
9	2:24.14	807	Lloyd, Kyley	14	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
10	2:24.23	806	Neace, Clarke	14	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:06.47	988	Marsteiner, Sam	14	NC New Wave Swim Team	6/19/2022	2022 NC TAC Triangle Classic
2	2:11.15	899	Tuescher, Tommy	14	NC TAC Titans	7/28/2022	2022 MS Southern Zone Age Group
3	2:12.57	873	Zhang, John	14	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States
4	2:13.42	857	Camacho, Clem	14	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
5	2:15.37	822	March, Jackson	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
6	2:16.31	805	Short, Harrison	14	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
7	2:16.66	798	Wu, Ames	14	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
8	2:17.77	779	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
9	2:18.20	771	Liang, Ethan	14	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
10	2:19.30	752	Ju, Joshua	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22

LSC: NC For Dates 9/1/2021 - 8/31/2022

Girls Age 14 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:11.51	948	Klamfoth, Avery	14	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
2	1:13.24	896	Wallace, Eliza	14	NC Mecklenburg Swim Association	7/15/2022	2022 NC LC AG CHAMPS
3	1:13.79	880	Jeltema, Mia	14	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
4	1:14.14	869	Thomas, Emma	14	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
5	1:14.83	849	Palmer, Elizabeth	14	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
6	1:15.32	834	Wolk, Isabel	14	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
7	1:15.35	833	Qiu, Janice	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
8	1:16.04	813	Geyer, Kayda	14	NC Mecklenburg Swim Association	7/15/2022	2022 NC LC AG CHAMPS
9	1:16.39	803	Shields, Shaelyn	14	NC SwimMAC Carolina	7/27/2022	2022 NC Futures Championships Cary
10	1:17.13	782	Carlson, Sawyer	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:07.21	942	Camacho, Clem	14	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
2	1:10.64	830	Townsend, Alex	14	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
3	1:10.71	827	James, Kaleb	14	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
4	1:11.49	802	Rice, Mike	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
5	1:11.50	802	Lee, Alex	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
6	1:12.55	769	Alzate, Santi	14	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
7	1:13.07	753	Locklear, Devin	14	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
8	1:13.10	752	Sutherland, Ryan	14	NC YMCA of the Triangle Area Swim Team	7/27/2022	2022 FL ISCA Summer Senior Blast
9	1:13.39	743	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
10	1:13.68	734	Barritt, Tyler	14	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
10	1:13.68	734	Hogan, Dane	14	NC Raleigh Swimming Association	4/30/2022	2022 NC WAVE Sprint Into LC

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.96	966	Klamfoth, Avery	14	NC SwimMAC Carolina	4/27/2022	International Team Trials
2	2:36.11	896	Jeltema, Mia	14	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
3	2:37.93	872	Wallace, Eliza	14	NC Mecklenburg Swim Association	7/29/2022	2022 NC Futures Championships Cary
4	2:38.58	863	Geyer, Kayda	14	NC Mecklenburg Swim Association	6/25/2022	2022 SC TG Dash and Splash
5	2:41.27	827	Palmer, Elizabeth	14	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
6	2:41.73	821	Thomas, Emma	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
7	2:43.35	800	Carlson, Sawyer	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
8	2:44.21	788	McCarter, Macie	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
8	2:44.21	788	Wolk, Isabel	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
10	2:44.44	785	Deras, Audrey	14	NC Unattached	5/29/2022	2022 PC TIGR C/B/BB+

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:26.23	927	Alzate, Santi	14	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
2	2:27.46	910	Camacho, Clem	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
3	2:31.77	850	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
4	2:34.72	809	James, Kaleb	14	NC Marlins Of Raleigh	7/27/2022	2022 MS Southern Zone Age Group
5	2:35.81	794	Townsend, Alex	14	NC Marlins Of Raleigh	7/16/2022	2022 NC LC AG CHAMPS
6	2:36.78	781	Stutts, Ian	14	NC Marlins Of Raleigh	1/16/2022	2022 VA NOVA LC Winter Invitational
7	2:36.99	779	Lee, Alex	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
8	2:38.53	758	Locklear, Devin	14	NC Marlins Of Raleigh	7/31/2022	2022 NC NCAC LCM Tar Heel States
9	2:40.72	729	Polzien, Adam	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
10	2:41.63	716	Rice, Mike	14	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.34	893	Bartee, Zetta Grace	14	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
2	1:02.93	872	Klamfoth, Avery	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
3	1:03.20	862	Whelehan, Mere	14	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
4	1:03.48	852	Talwar, Tara	14	NC TAC Titans	7/27/2022	2022 MS Southern Zone Age Group
5	1:03.57	849	Klein, Taylor	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
6	1:03.90	838	Howard, Georgia	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
7	1:04.76	808	Wolk, Isabel	14	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States
8	1:05.09	796	Crane, Taylor	14	NC TAC Titans	7/27/2022	2022 MS Southern Zone Age Group
9	1:05.32	788	Lloyd, Kyley	14	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
10	1:05.35	787	Lu, Angelina	14	NC Raleigh Swimming Association	6/25/2022	2022 FL Planet Swim Summer Championship

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.94	961	Marsteiner, Sam	14	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
2	58.10	913	Camacho, Clem	14	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
3	58.97	877	Alzate, Santi	14	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
4	59.75	846	Rice, Mike	14	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
5	1:00.45	818	Tuescher, Tommy	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
6	1:00.76	805	Day, Carson	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
7	1:00.80	804	Biller, Lukas	14	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
8	1:00.86	801	James, Kaleb	14	NC Marlins Of Raleigh	6/18/2022	2022 VA Virginia Commonwealth
9	1:01.01	796	Rammel, Mattaus	14	NC Marlins Of Raleigh	7/30/2022	2022 NC NCAC LCM Tar Heel States
10	1:01.45	778	Ju, Joshua	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.27	909	Klamfoth, Avery	14	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
2	2:23.01	808	Crane, Taylor	14	NC TAC Titans	7/30/2022	2022 MS Southern Zone Age Group
3	2:23.56	800	Wolk, Isabel	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
4	2:23.66	799	Talwar, Tara	14	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
5	2:23.80	797	Bartee, Zetta Grace	14	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
6	2:24.49	786	Klein, Taylor	14	NC SwimMAC Carolina	7/30/2022	2022 MS Southern Zone Age Group
7	2:25.42	773	Neace, Clarke	14	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
8	2:26.13	763	Goodwin, Taylor	14	NC YMCA of Western North Carolina	7/16/2022	2022 NC LC AG CHAMPS
9	2:26.50	757	Pardue, Audrey	14	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
10	2:26.67	755	Collins, Mackenzie	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.56	995	Marsteiner, Sam	14	NC New Wave Swim Team	8/2/2022	2022 TT Speedo Junior National
2	2:12.00	861	Alzate, Santi	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
3	2:13.37	837	Biller, Lukas	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
4	2:15.03	808	Brock, Ben	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
5	2:15.29	803	Day, Carson	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
6	2:16.02	791	Gospodarek, Grady	14	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
7	2:16.54	782	Ju, Joshua	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
8	2:17.61	764	Luebke, Alex	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
9	2:17.98	757	Rice, Mike	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
10	2:19.72	728	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	5/21/2022	2022 NC NCAC Meet on the Hill

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.88	949	Klamfoth, Avery	14	NC SwimMAC Carolina	7/30/2022	2022 Phillips 66 Summer Nationals
2	2:21.69	862	Jeltema, Mia	14	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
3	2:22.32	850	Shields, Shaelyn	14	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
4	2:24.95	804	Lloyd, Kyley	14	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
5	2:25.09	802	Wolk, Isabel	14	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
6	2:25.61	793	Crane, Taylor	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
7	2:26.18	783	Pardue, Audrey	14	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange
8	2:26.34	780	Martin, Kaitlyn	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
9	2:26.74	773	McCammon, Sophie	14	NC Lifetime Swim Team North Carolina	4/2/2022	2022 NC GCY LC Single Day Splash
10	2:26.91	770	Thomas, Emma	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.74	1010	Camacho, Clem	14	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
2	2:12.12	920	Marsteiner, Sam	14	NC New Wave Swim Team	7/17/2022	2022 NC LC AG CHAMPS
3	2:14.35	876	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
4	2:15.26	858	Rice, Mike	14	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
5	2:15.42	855	Alzate, Santi	14	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
6	2:16.18	840	Townsend, Alex	14	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS
7	2:16.57	832	James, Kaleb	14	NC Marlins Of Raleigh	7/30/2022	2022 MS Southern Zone Age Group
8	2:17.94	806	March, Jackson	14	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
9	2:18.71	791	Zhang, John	14	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
10	2:18.94	787	Short, Harrison	14	NC SwimMAC Carolina	5/6/2022	2022 SC TG Bring the Heat

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:45.72	969	Klamfoth, Avery	14	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
2	5:05.25	810	Jeltema, Mia	14	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
3	5:05.82	806	Pardue, Audrey	14	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
4	5:06.61	800	Geyer, Kayda	14	NC Mecklenburg Swim Association	6/24/2022	2022 SC TG Dash and Splash
5	5:06.66	799	Neace, Clarke	14	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
6	5:08.25	787	Lloyd, Kyley	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
7	5:08.45	785	Shields, Shaelyn	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
8	5:09.01	781	Wolk, Isabel	14	NC North Carolina Aquatic Club	6/10/2022	2022 NC GCY Sprint and Distance
9	5:10.47	770	Rendon, Kalle	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
10	5:11.96	758	McCarter, Macie	14	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:33.86	974	Camacho, Clem	14	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
2	4:36.47	951	Alzate, Santi	14	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
3	4:37.70	940	Platts-Mills, Ian	14	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
4	4:39.88	920	Marsteiner, Sam	14	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
5	4:52.17	813	March, Jackson	14	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
6	4:53.88	799	Biller, Lukas	14	NC North Carolina Aquatic Club	6/10/2022	2022 NC GCY Sprint and Distance
7	4:54.04	798	Stutts, Ian	14	NC Marlins Of Raleigh	1/15/2022	2022 VA NOVA LC Winter Invitational
8	4:54.08	797	Sutherland, Ryan	14	NC YMCA of the Triangle Area Swim Team	7/15/2022	2022 NC LC AG CHAMPS
9	4:56.55	777	Townsend, Alex	14	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
10	4:56.86	774	Barritt, Tyler	14	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.62	846	Connor, Lila	15	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
2	26.64	845	Holfelder, Sydney	15	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
3	26.66	843	Whelehan, Mere	15	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
4	27.18	798	Zettel, Nicole	15	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
5	27.46	774	Bellissimo, Sophia	15	NC Lowes YMCA Lightning Swim Team	5/21/2022	2022 NC YBAC Spring LC Invite
6	27.52	769	Bourn, Brooke	15	NC Swim Fanatics Swim Club	7/23/2022	2022 NC LC SR CHAMPS
7	27.54	767	Furbay, Caroline	15	NC Waves Of Wilmington, Inc.	7/23/2022	2022 NC LC SR CHAMPS
8	27.63	759	Lepage, Charlotte	15	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
9	27.65	758	Claborn, Alyssa	15	NC Lowes YMCA Lightning Swim Team	7/30/2022	2022 NC Futures Championships Cary
10	27.68	755	Cloutier, Adeline	15	NC East Carolina Aquatics	7/30/2022	2022 WV Southern Zone Senior Champs

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.72	913	Kroll, John	15	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
2	23.79	907	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
3	24.46	851	Bartee, Granger	15	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	24.67	833	Austin, Thad	15	NC Enfinity Aquatic Club	6/26/2022	2022 NC EAC Independence Invite
5	25.08	800	Spinner, Wiley	15	NC Mecklenburg Swim Association	1/16/2022	2022 VA NOVA LC Winter Invitational
6	25.13	795	Davidson, Aaron	15	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
7	25.16	793	Smith, Christian	15	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
8	25.18	791	Witmer, Cole	15	NC NSEA Swim	7/23/2022	2022 NC LC SR CHAMPS
9	25.22	788	Li, Lucas	15	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
10	25.23	787	Prabhu, Evan	15	NC Mecklenburg Swim Association	5/19/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.92	882	Whelehan, Mere	15	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
2	58.65	803	Zettel, Nicole	15	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
3	58.91	791	Holfelder, Sydney	15	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
4	59.71	756	Connor, Lila	15	NC Aquatic Team Of Mecklenburg	5/22/2022	2022 NC SwimMAC Martha McKee Meet
5	59.72	756	Emrich, Abby	15	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States
6	59.80	752	Cloutier, Adeline	15	NC East Carolina Aquatics	7/17/2022	2022 NC ESSZ Summer Sectionals
7	59.94	746	Bellissimo, Sophia	15	NC Lowes YMCA Lightning Swim Team	6/12/2022	2022 NC TEAM Collegiate Series
8	1:00.02	743	Harper, Chloi	15	NC SwimMAC Carolina	7/24/2022	2022 NC LC SR CHAMPS
9	1:00.07	741	Cureton, Taylor	15	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
10	1:00.37	728	Neal, Kayman	15	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	53.04 r	882	Clontz, Norvin	15	NC SwimMAC Carolina	8/4/2022	2022 Speedo Junior National Ch
2	53.09	880	Bartee, Granger	15	NC SwimMAC Carolina	4/3/2022	2022 IN Spring Speedo Sectionals
3	53.26	872	Kroll, John	15	NC SwimMAC Carolina	7/24/2022	2022 NC LC SR CHAMPS
4	53.38	866	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
5	53.77	849	Li, Lucas	15	NC North Carolina Aquatic Club	8/2/2022	2022 TT Speedo Junior National
6	54.09 r	835	Austin, Thad	15	NC Enfinity Aquatic Club	7/30/2022	2022 IN NCSA Summer Swimming Championships
7	54.17	831	Osman, Max	15	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
8	54.54	815	Prabhu, Evan	15	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
9	54.71	807	Nye, Owen	15	NC Greensboro Community YMCA	7/30/2022	2022 FL RAFC Last Splash Invitational
10	54.83	802	Davidson, Aaron	15	NC New Wave Swim Team	6/19/2022	2022 NC TAC Triangle Classic

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.26	928	Whelehan, Mere	15	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
2	2:03.82	866	Zettel, Nicole	15	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
3	2:07.49 r	780	McCammon, Sophie	15	NC Lifetime Swim Team North Carolina	7/21/2022	2022 NC LC SR CHAMPS
4	2:08.76	751	Emrich, Abby	15	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States
5	2:08.93	747	Holfelder, Sydney	15	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
6	2:09.08	744	Lepage, Charlotte	15	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
7	2:09.96	724	Takei, Miko	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
8	2:09.98	724	Neal, Kayman	15	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
9	2:10.10	721	Hawkins, Riley	15	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me
10	2:10.11	721	Goodwin, Taylor	15	NC YMCA of Western North Carolina	7/27/2022	2022 MS Southern Zone Age Group

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:51.91	974	Clontz, Norvin	15	NC SwimMAC Carolina	8/4/2022	2022 Speedo Junior National Ch
2	1:55.71	883	Bartee, Granger	15	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
3	1:56.77	858	Prabhu, Evan	15	NC Mecklenburg Swim Association	7/28/2022	2022 NC Futures Championships Cary
4	1:57.08	851	Osman, Max	15	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
5	1:57.36	845	Li, Lucas	15	NC North Carolina Aquatic Club	8/4/2022	2022 TT Speedo Junior National
6	1:58.35	822	Nye, Owen	15	NC Greensboro Community YMCA	7/29/2022	2022 FL RAFC Last Splash Invitational
7	1:58.92	809	Spinner, Wiley	15	NC Mecklenburg Swim Association	1/15/2022	2022 VA NOVA LC Winter Invitational
8	1:59.15	804	Scheiber, Jackson	15	NC New Wave Swim Team	7/28/2022	2022 NC Futures Championships Cary
9	2:00.03	784	Martin, Ben	15	NC Mecklenburg Swim Association	7/22/2022	2022 NC LC SR CHAMPS
10	2:00.13	782	Davidson, Aaron	15	NC New Wave Swim Team	7/29/2022	2022 FL RAFC Last Splash Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:17.01	912	Whelehan, Mere	15	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
2	4:23.49	836	Zettel, Nicole	15	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
3	4:26.35	803	Lepage, Charlotte	15	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
4	4:30.05	762	Goodwin, Taylor	15	NC YMCA of Western North Carolina	7/29/2022	2022 MS Southern Zone Age Group
5	4:30.34	759	Holfelder, Sydney	15	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
6	4:31.76	743	McCammon, Sophie	15	NC Lifetime Swim Team North Carolina	6/24/2022	2022 FL BSS TYR June Classic
7	4:33.39	726	Lambert, Maya	15	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
8	4:33.54	724	Pardue, Audrey	15	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
9	4:33.66	723	Carson, Clara	15	NC Marlins Of Raleigh	7/23/2022	2022 NC LC SR CHAMPS
10	4:34.32	716	Johnson, Claire	15	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:50.82	1023	Clontz, Norvin	15	NC SwimMAC Carolina	8/3/2022	2022 Speedo Junior National Ch
2	4:07.63	835	Scheiber, Jackson	15	NC New Wave Swim Team	7/29/2022	2022 NC Futures Championships Cary
3	4:10.67	802	Prabhu, Evan	15	NC Mecklenburg Swim Association	7/29/2022	2022 NC Futures Championships Cary
4	4:11.98	788	Nye, Owen	15	NC Greensboro Community YMCA	7/28/2022	2022 FL RAFC Last Splash Invitational
5	4:12.70	781	Davidson, Aaron	15	NC New Wave Swim Team	6/16/2022	2022 NC TAC Triangle Classic
6	4:13.49	773	Davis, Drew	15	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary
7	4:15.46	752	Osman, Max	15	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
8	4:17.05	736	Spinner, Wiley	15	NC Mecklenburg Swim Association	1/16/2022	2022 VA NOVA LC Winter Invitational
9	4:17.16	735	Cinque, Matt	15	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
10	4:17.55	731	Rutledge, Jack	15	NC SwimMAC Carolina	7/8/2022	2022 NC SAC Last Chance Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:11.35	773	Lepage, Charlotte	15	NC SwimMAC Carolina	7/26/2022	2022 MS Southern Zone Age Group
2	9:15.06	755	Carson, Clara	15	NC Marlins Of Raleigh	7/21/2022	2022 NC LC SR CHAMPS
3	9:19.70	732	McCammon, Sophie	15	NC Lifetime Swim Team North Carolina	6/23/2022	2022 FL BSS TYR June Classic
4	9:24.09	710	Hawkins, Riley	15	NC TAC Titans	7/21/2022	2022 NC LC SR CHAMPS
5	9:25.84	702	Pardue, Audrey	15	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
6	9:28.44	689	Largen, Caroline	15	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
7	9:28.45	689	Goodwin, Taylor	15	NC YMCA of Western North Carolina	7/26/2022	2022 MS Southern Zone Age Group
8	9:32.01	672	Mueller, Tanith	15	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
9	9:34.21	662	Ghim, Esther	15	NC TAC Titans	7/21/2022	2022 NC LC SR CHAMPS
10	9:35.55	656	Helmedag, Rosemary	15	NC Marlins Of Raleigh	7/21/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:01.64	1026	Clontz, Norvin	15	NC SwimMAC Carolina	7/30/2022	2022 Phillips 66 Summer Nationals
2	8:29.82	871	Scheiber, Jackson	15	NC New Wave Swim Team	7/30/2022	2022 NC Futures Championships Cary
3	8:37.93	828	Prabhu, Evan	15	NC Mecklenburg Swim Association	7/30/2022	2022 NC Futures Championships Cary
4	8:42.59	804	Nye, Owen	15	NC Greensboro Community YMCA	7/30/2022	2022 FL RAFC Last Splash Invitational
5	8:43.47	800	Davidson, Aaron	15	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational
6	8:48.85	772	Cinque, Matt	15	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
7	8:49.52	769	Eickhoff, Cj	15	NC TAC Titans	7/21/2022	2022 NC LC SR CHAMPS
8	8:50.37	765	Rutledge, Jack	15	NC SwimMAC Carolina	7/21/2022	2022 NC LC SR CHAMPS
9	8:58.75	723	Degroote, Hudson	15	NC Marlins Of Raleigh	1/17/2022	2022 VA NOVA LC Winter Invitational
10	8:59.11	721	Emerton, Ethan	15	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:47.99	767	Lepage, Charlotte	15	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
2	17:52.69	755	Carson, Clara	15	NC Marlins Of Raleigh	7/24/2022	2022 NC LC SR CHAMPS
3	17:59.46	738	Hawkins, Riley	15	NC TAC Titans	6/24/2022	2022 NC TAC TITANS Distance
4	18:02.52	730	Helmedag, Rosemary	15	NC Marlins Of Raleigh	7/24/2022	2022 NC LC SR CHAMPS
5	18:20.10	687	Ghim, Esther	15	NC TAC Titans	7/24/2022	2022 NC LC SR CHAMPS
6	18:26.95	670	Largen, Caroline	15	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
7	18:31.87	659	Phillips, Emilie	15	NC New Wave Swim Team	7/17/2022	2022 NC ESSZ Summer Sectionals
8	18:38.25	644	Emrich, Abby	15	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
9	18:38.46	643	Shuping, Avery	15	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
10	18:59.93	593	Sciaudone, Gaby	15	NC Marlins Of Raleigh	7/24/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:36.91	950	Clontz, Norvin	15	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
2	16:33.86	808	Scheiber, Jackson	15	NC New Wave Swim Team	7/27/2022	2022 NC Futures Championships Cary
3	16:36.41	802	Prabhu, Evan	15	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary
4	16:46.65	778	Cinque, Matt	15	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
5	16:47.26	776	Nye, Owen	15	NC Greensboro Community YMCA	7/27/2022	2022 FL RAFC Last Splash Invitational
6	16:54.44	759	Davidson, Aaron	15	NC New Wave Swim Team	6/24/2022	2022 NC TAC TITANS Distance
7	17:04.63	735	Eickhoff, Cj	15	NC TAC Titans	6/24/2022	2022 NC TAC TITANS Distance
8	17:06.12	732	Emerton, Ethan	15	NC TAC Titans	7/17/2022	2022 NC ESSZ Summer Sectionals
9	17:14.41	712	Strada, Matt	15	NC North Carolina Aquatic Club	6/10/2022	2022 NC GCY Sprint and Distance
10	17:20.03	699	Hill, Alex	15	NC TAC Titans	7/24/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.62	867	Zettel, Nicole	15	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
2	1:05.05	851	Whelehan, Mere	15	NC TAC Titans	7/15/2022	2022 NC ESSZ Summer Sectionals
3	1:05.37	839	Claborn, Alyssa	15	NC Lowes YMCA Lightning Swim Team	7/28/2022	2022 NC Futures Championships Cary
4	1:06.80	785	Hull, Aubrey	15	NC Mecklenburg Swim Association	1/16/2022	2022 VA NOVA LC Winter Invitational
5	1:06.97	778	Stuck, Kelsey	15	NC Waves Of Wilmington, Inc.	7/28/2022	2022 NC Futures Championships Cary
6	1:07.16	771	Reel, Hannah	15	NC Raleigh Swimming Association	6/24/2022	2022 FL Planet Swim Summer Championship
7	1:07.18	770	Cureton, Taylor	15	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
8	1:07.46	760	Takei, Miko	15	NC TAC Titans	7/23/2022	2022 NC LC SR CHAMPS
9	1:07.54	757	Perdue, Katherine	15	NC Enfinity Aquatic Club	7/29/2022	2022 IN NCSA Summer Swimming Championships2
10	1:07.63	754	Holfelder, Sydney	15	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.93	962	Bartee, Granger	15	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
2	58.12 r	954	Smith, Christian	15	NC Marlins Of Raleigh	8/5/2022	2022 Speedo Junior National Ch
3	58.99	919	Witmer, Cole	15	NC NSEA Swim	7/23/2022	2022 NC LC SR CHAMPS
4	59.91	882	Tharakan, Abhay	15	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
5	59.96	880	Austin, Thad	15	NC Enfinity Aquatic Club	7/28/2022	2022 IN NCSA Summer Swimming Championships2
6	1:00.15	873	Davis, Drew	15	NC Marlins Of Raleigh	6/18/2022	2022 VA Virginia Commonwealth
7	1:00.63	854	Stutts, Ian	15	NC Marlins Of Raleigh	7/23/2022	2022 NC LC SR CHAMPS
8	1:01.10	836	Frazer, Ian	15	NC Marlins Of Raleigh	7/23/2022	2022 NC LC SR CHAMPS
9	1:01.21	831	Emerton, Ethan	15	NC TAC Titans	7/15/2022	2022 NC ESSZ Summer Sectionals
10	1:01.64	815	Burton, Bence	15	NC Enfinity Aquatic Club	6/25/2022	2022 NC EAC Independence Invite

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:19.29	854	Zettel, Nicole	15	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
2	2:21.91	811	Neal, Kayman	15	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
3	2:22.05	809	Pardue, Audrey	15	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
4	2:22.51	802	Holfelder, Sydney	15	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
5	2:23.32	789	Keating, Maeve	15	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
6	2:23.92	779	McCammon, Sophie	15	NC Lifetime Swim Team North Carolina	7/24/2022	2022 NC LC SR CHAMPS
7	2:24.22	774	Shuping, Avery	15	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
8	2:24.77	765	Emrich, Abby	15	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
9	2:25.76	750	Harper, Chloi	15	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
10	2:25.89	748	Hull, Aubrey	15	NC Mecklenburg Swim Association	1/17/2022	2022 VA NOVA LC Winter Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.01	922	Tharakan, Abhay	15	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
2	2:07.16	920	Smith, Christian	15	NC Marlins Of Raleigh	7/30/2022	2022 NC Futures Championships Cary
3	2:09.17	881	Clontz, Norvin	15	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
4	2:10.07	864	Witmer, Cole	15	NC NSEA Swim	7/24/2022	2022 NC LC SR CHAMPS
5	2:10.46	857	Stutts, Ian	15	NC Marlins Of Raleigh	7/24/2022	2022 NC LC SR CHAMPS
6	2:11.28	841	Bartee, Granger	15	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
7	2:11.96	829	Emerton, Ethan	15	NC TAC Titans	7/17/2022	2022 NC ESSZ Summer Sectionals
8	2:12.84	813	Davis, Drew	15	NC Marlins Of Raleigh	7/24/2022	2022 NC LC SR CHAMPS
9	2:12.96	810	Burton, Bence	15	NC Enfinity Aquatic Club	6/24/2022	2022 NC EAC Independence Invite
10	2:12.99	810	Frazer, Ian	15	NC Marlins Of Raleigh	7/24/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:14.82	788	Willis, Lily	15	NC East Carolina Aquatics	6/25/2022	2022 NC EAC Independence Invite
2	1:14.94	785	Largen, Caroline	15	NC SwimMAC Carolina	8/3/2022	2022 TT Speedo Junior National
3	1:15.04	782	Monk, Ivy	15	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
4	1:15.55	767	Tuchi, Grace	15	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
5	1:16.37	742	Palmer, Elizabeth	15	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
6	1:16.66	734	Ormondroyd, Tia	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
7	1:16.85	728	Vanega, Claudia	15	NC Raleigh Swimming Association	6/26/2022	2022 FL Planet Swim Summer Championship
8	1:17.61	706	Thome, Paige	15	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
9	1:17.63	706	Cureton, Taylor	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
10	1:17.82	700	Van Orden, Esme	15	NC Unattached	7/22/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.10	931	Willis, Jordan	15	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
2	1:06.99	901	Cindric, Goran	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
3	1:07.24	892	Bucci, Cameron	15	NC Aquatic Team Of Mecklenburg	7/27/2022	2022 NC Futures Championships Cary
4	1:08.16	862	Tharakan, Abhay	15	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
5	1:08.20	860	Stutts, Ian	15	NC Marlins Of Raleigh	7/22/2022	2022 NC LC SR CHAMPS
6	1:08.56	849	Clontz, Norvin	15	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
7	1:08.66	845	Hogan, Dane	15	NC Unattached	7/22/2022	2022 NC LC SR CHAMPS
8	1:09.18	828	Liu, Darren	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
9	1:09.54	816	Hepburn, Evan	15	NC YMCA of the Triangle Area Swim Team	7/27/2022	2022 FL ISCA Summer Senior Blast
10	1:09.55	816	Burton, Bence	15	NC Enfinity Aquatic Club	6/25/2022	2022 NC EAC Independence Invite

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:37.80	840	Largen, Caroline	15	NC SwimMAC Carolina	7/23/2022	2022 NC LC SR CHAMPS
2	2:38.24	834	Tuchi, Grace	15	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
3	2:41.31	793	Zettel, Nicole	15	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
4	2:42.91	772	Monk, Ivy	15	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
5	2:43.41	765	Vanega, Claudia	15	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS
6	2:44.22	755	Willis, Lily	15	NC East Carolina Aquatics	6/26/2022	2022 NC EAC Independence Invite
7	2:45.37	739	Ormondroyd, Tia	15	NC TAC Titans	7/27/2022	2022 MS Southern Zone Age Group
8	2:45.91	732	McCammon, Sophie	15	NC Lifetime Swim Team North Carolina	6/26/2022	2022 FL BSS TYR June Classic
9	2:46.01	731	Deras, Audrey	15	NC Unattached	7/29/2022	2022 NC Futures Championships Cary
10	2:46.03	731	Thome, Paige	15	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.74	969	Willis, Jordan	15	NC SwimMAC Carolina	8/4/2022	2022 Speedo Junior National Ch
2	2:21.47	929	Clontz, Norvin	15	NC SwimMAC Carolina	8/4/2022	2022 Speedo Junior National Ch
3	2:27.13	847	Stutts, Ian	15	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary
4	2:27.96	835	Tharakan, Abhay	15	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
5	2:28.31	831	Vonweihe, Owen	15	NC Marlins Of Raleigh	1/16/2022	2022 VA NOVA LC Winter Invitational
6	2:29.11	819	Frazer, Ian	15	NC Marlins Of Raleigh	7/31/2022	2022 NC NCAC LCM Tar Heel States
7	2:30.43	801	Cindric, Goran	15	NC TAC Titans	7/23/2022	2022 NC LC SR CHAMPS
8	2:30.93	794	Bucci, Cameron	15	NC Aquatic Team Of Mecklenburg	7/29/2022	2022 NC Futures Championships Cary
9	2:33.04	764	Gould, Justin	15	NC Mecklenburg Swim Association	7/31/2022	2022 NC SAIL Summer Splash
10	2:33.10	763	Davidson, Aaron	15	NC New Wave Swim Team	7/28/2022	2022 FL RAFC Last Splash Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.59	857	Zettel, Nicole	15	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
2	1:04.21	800	Shanahan, Mary	15	NC Hillsborough Aquatic Club	5/22/2022	2022 NC NCAC Meet on the Hill
3	1:04.24	799	Mueller, Tanith	15	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
4	1:04.65	785	Lambert, Maya	15	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States
5	1:04.80	780	Whelehan, Mere	15	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
6	1:04.81	779	Cureton, Taylor	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
7	1:05.04	771	Cloutier, Adeline	15	NC East Carolina Aquatics	6/24/2022	2022 NC EAC Independence Invite
8	1:05.27	763	Takei, Miko	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
9	1:05.34	761	Van Orden, Esme	15	NC Unattached	7/22/2022	2022 NC LC SR CHAMPS
10	1:05.50	756	Emrich, Abby	15	NC North Carolina Aquatic Club	7/30/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.05	877	Kroll, John	15	NC SwimMAC Carolina	8/3/2022	2022 TT Speedo Junior National
2	57.44	861	Bartee, Granger	15	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
3	58.13	832	Osman, Max	15	NC SwimMAC Carolina	7/22/2022	2022 NC LC SR CHAMPS
4	58.35	823	Austin, Thad	15	NC Enfinity Aquatic Club	7/30/2022	2022 IN NCSA Summer Swimming Championships2
5	58.71	808	Eickhoff, Cj	15	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me
6	59.00	796	Hohm, Nate	15	NC Unattached	4/23/2022	2022 SC Carolina Crown
7	59.18	789	Wickerham, Connor	15	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
8	59.47	777	Spinner, Wiley	15	NC Mecklenburg Swim Association	1/15/2022	2022 VA NOVA LC Winter Invitational
9	59.93	759	Tharakan, Abhay	15	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
10	1:00.04	754	Li, Lucas	15	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:21.01	807	Zettel, Nicole	15	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
2	2:23.24	773	Lambert, Maya	15	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
3	2:25.53	740	Shanahan, Mary	15	NC Hillsborough Aquatic Club	5/21/2022	2022 NC NCAC Meet on the Hill
4	2:26.10	731	Largen, Caroline	15	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:26.64	723	Takei, Miko	15	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
6	2:26.73	722	Mueller, Tanith	15	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
7	2:26.93	719	Pardue, Audrey	15	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
8	2:27.04	718	Goodwin, Taylor	15	NC YMCA of Western North Carolina	7/30/2022	2022 MS Southern Zone Age Group
9	2:28.43	697	Lepage, Charlotte	15	NC SwimMAC Carolina	7/30/2022	2022 MS Southern Zone Age Group
10	2:28.46	697	McCammon, Sophie	15	NC Lifetime Swim Team North Carolina	6/26/2022	2022 FL BSS TYR June Classic

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:05.53	901	Clontz, Norvin	15	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
2	2:05.56	901	Osman, Max	15	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
3	2:10.67	808	Davidson, Aaron	15	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
4	2:12.55	775	Eickhoff, Cj	15	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me
5	2:15.45	724	Prabhu, Evan	15	NC Unattached	1/16/2022	2022 VA NOVA LC Winter Invitational
6	2:15.61	721	Degroote, Hudson	15	NC Marlins Of Raleigh	1/16/2022	2022 VA NOVA LC Winter Invitational
7	2:16.12	712	Henage, Charles	15	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
8	2:17.62	687	Cotham, James	15	NC Marlins Of Raleigh	7/23/2022	2022 NC LC SR CHAMPS
9	2:17.83	683	Nye, Owen	15	NC Greensboro Community YMCA	7/27/2022	2022 FL RAFC Last Splash Invitational
10	2:18.37	674	Swenson, Broder	15	NC Marlins Of Raleigh	6/17/2022	2022 VA Virginia Commonwealth

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.77	927	Zettel, Nicole	15	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
2	2:22.16	829	McCammon, Sophie	15	NC Lifetime Swim Team North Carolina	6/24/2022	2022 FL BSS TYR June Classic
3	2:24.25	792	Pardue, Audrey	15	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
4	2:24.61	786	Holfelder, Sydney	15	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
5	2:25.97	762	Ormondroyd, Tia	15	NC TAC Titans	7/30/2022	2022 MS Southern Zone Age Group
6	2:26.01	762	Cureton, Taylor	15	NC TAC Titans	7/24/2022	2022 NC LC SR CHAMPS
7	2:26.24	758	Thome, Paige	15	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
8	2:26.26	757	Willis, Lily	15	NC East Carolina Aquatics	6/26/2022	2022 NC EAC Independence Invite
9	2:26.43	754	Bellissimo, Sophia	15	NC Lowes YMCA Lightning Swim Team	7/14/2022	2022 NC ESSZ Summer Sectionals
10	2:26.79	748	Lambert, Maya	15	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.49	918	Clontz, Norvin	15	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
2	2:08.58	895	Stutts, Ian	15	NC Marlins Of Raleigh	7/30/2022	2022 NC Futures Championships Cary
3	2:11.52	835	Prabhu, Evan	15	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
4	2:12.58	814	Tharakan, Abhay	15	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:13.22	801	Degroote, Hudson	15	NC Marlins Of Raleigh	1/17/2022	2022 VA NOVA LC Winter Invitational
6	2:13.75	790	Kroll, John	15	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	2:14.92	767	Davidson, Aaron	15	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational
8	2:15.08	764	Dunham, Davis	15	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
9	2:15.26	761	Frazer, Ian	15	NC Marlins Of Raleigh	7/29/2022	2022 NC NCAC LCM Tar Heel States
10	2:15.36	759	Osman, Max	15	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 15 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:49.95	897	Zettel, Nicole	15	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
2	5:03.18	790	Pardue, Audrey	15	NC SwimMAC Carolina	7/28/2022	2022 NC Futures Championships Cary
3	5:03.50	788	Tuchi, Grace	15	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
4	5:06.86	762	McCammon, Sophie	15	NC Lifetime Swim Team North Carolina	7/22/2022	2022 NC LC SR CHAMPS
5	5:07.43	757	Largen, Caroline	15	NC SwimMAC Carolina	7/28/2022	2022 NC Futures Championships Cary
6	5:07.79	754	Lepage, Charlotte	15	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
7	5:07.83	754	Willis, Lily	15	NC East Carolina Aquatics	6/24/2022	2022 NC EAC Independence Invite
8	5:09.94	738	Lambert, Maya	15	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
9	5:11.12	728	Thome, Paige	15	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
10	5:12.32	719	Mueller, Tanith	15	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 15 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:24.19	971	Clontz, Norvin	15	NC SwimMAC Carolina	7/28/2022	2022 Phillips 66 Summer Nationals
2	4:38.74	838	Stutts, Ian	15	NC Marlins Of Raleigh	7/28/2022	2022 NC Futures Championships Cary
3	4:41.23	815	Degroote, Hudson	15	NC Marlins Of Raleigh	1/15/2022	2022 VA NOVA LC Winter Invitational
4	4:43.71	794	Davidson, Aaron	15	NC New Wave Swim Team	7/29/2022	2022 FL RAFC Last Splash Invitational
5	4:44.02	791	Prabhu, Evan	15	NC Mecklenburg Swim Association	7/22/2022	2022 NC LC SR CHAMPS
6	4:46.59	769	Frazer, Ian	15	NC Marlins Of Raleigh	7/22/2022	2022 NC LC SR CHAMPS
7	4:47.22	763	Vonweihe, Owen	15	NC Marlins Of Raleigh	1/15/2022	2022 VA NOVA LC Winter Invitational
8	4:47.41	762	Osman, Max	15	NC SwimMAC Carolina	7/28/2022	2022 NC Futures Championships Cary
9	4:50.15	738	Eickhoff, Cj	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
10	4:50.65	734	Marrujo, Christian	15	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.44	949	Golovati, Daria	16	NC Unattached	7/7/2022	European Junior Swimming Championships
2	26.40	863	Sikes, Katie Belle	16	NC Unattached	7/15/2022	2022 NC ESSZ Summer Sectionals
3	26.44	860	Armen, Emily	16	NC East Carolina Aquatics	7/14/2022	2022 NC ESSZ Summer Sectionals
4	26.79	829	Welsh, Lily	16	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
5	27.13	800	Donlan, Molly	16	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee-Semifinals
6	27.14	799	McDonald, Kaylee	16	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
7	27.19	794	Neal, Kayman	16	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
8	27.30	785	Hunt, Ellie	16	NC Enfinity Aquatic Club	6/26/2022	2022 NC EAC Independence Invite
9	27.66	754	Quisumbing, Andie	16	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
10	27.70	751	Plaza, Sofia	16	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.34	913	Battaglini, Lucca	16	NC East Carolina Aquatics	8/5/2022	2022 Speedo Junior National Ch
2	23.40	908	Fox, Jerry	16	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
3	23.89	866	Hohm, Nate	16	NC Aquatic Team Of Mecklenburg	8/3/2022	2022 TT Speedo Junior National
4	23.97	859	Setzer, Sean	16	NC Waves Of Wilmington, Inc.	6/12/2022	2022 SC SCSC June Invitational
5	24.14 r	845	Bartee, Granger	16	NC SwimMAC Carolina	8/3/2022	2022 Speedo Junior National Ch
6	24.24	836	Aparicio, Emilio	16	NC Raleigh Swimming Association	7/30/2022	2022 NC Futures Championships Cary
7	24.27	834	Smith, Zack	16	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
8	24.35	827	Vargas, Connor	16	NC YMCA of Northwest North Carolina Riptyde	7/23/2022	2022 NC AP LC YMCA Nationals
9	24.45	819	Keen, Troy	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
9	24.45	819	Zhang, Christopher	16	NC Lifetime Swim Team North Carolina	7/30/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.51	936	Golovati, Daria	16	NC Unattached	7/9/2022	European Junior Swimming Championships
2	57.44	846	Cotter, Keelan	16	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
3	57.64	837	Armen, Emily	16	NC East Carolina Aquatics	8/2/2022	2022 Speedo Junior National Ch
4	57.79 r	830	Donlan, Molly	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
5	58.07 r	817	Welsh, Lily	16	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
6	58.09	816	McDonald, Kaylee	16	NC SwimMAC Carolina	4/3/2022	2022 IN Spring Speedo Sectionals
7	58.45 r	800	Martinson, Kara	16	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
8	58.51	797	Neal, Kayman	16	NC SwimMAC Carolina	4/3/2022	2022 IN Spring Speedo Sectionals
9	58.83	783	Plaza, Sofia	16	NC SwimMAC Carolina	8/3/2022	2022 TT Speedo Junior National
10	59.15 r	769	Patrick, Mckenna	16	NC Mecklenburg Swim Association	7/22/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	50.53	949	Battaglini, Lucca	16	NC East Carolina Aquatics	8/2/2022	2022 Speedo Junior National Ch
2	51.30	913	Fox, Jerry	16	NC TAC Titans	4/26/2022	International Team Trials
3	52.10	876	Hohm, Nate	16	NC Aquatic Team Of Mecklenburg	8/4/2022	2022 TT Speedo Junior National
4	52.82	843	Setzer, Sean	16	NC Waves Of Wilmington, Inc.	7/28/2022	2022 NC Futures Championships Cary
5	53.02	833	Bennison, James	16	NC New Wave Swim Team	8/2/2022	2022 TT Speedo Junior National
6	53.07	831	Thompson, Will	16	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
7	53.49	812	Ayers, Alex	16	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
8	53.73	801	Harper, James	16	NC Aquatic Team Of Mecklenburg	7/17/2022	2022 NC ESSZ Summer Sectionals
9	53.80	798	Solvason, Connor	16	NC Evolution Aquatics	7/30/2022	2022 FL ISCA Summer Senior Blast
10	53.81	798	Degroote, Hudson	16	NC Marlins Of Raleigh	7/28/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.27	934	Golovati, Daria	16	NC Unattached	7/6/2022	European Junior Swimming Championships
2	2:04.06	841	McDonald, Kaylee	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
3	2:04.17	839	Cotter, Keelan	16	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
4	2:05.65	804	Armen, Emily	16	NC East Carolina Aquatics	8/1/2022	2022 TT Speedo Junior National
5	2:05.70 r	803	Martinson, Kara	16	NC SwimMAC Carolina	7/28/2022	2022 NC Futures Championships Cary
6	2:06.78 r	778	Donlan, Molly	16	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
7	2:07.23	767	Patrick, Mckenna	16	NC Mecklenburg Swim Association	7/29/2022	2022 NC Futures Championships Cary
8	2:07.30	766	Neal, Kayman	16	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
9	2:07.97	750	Plaza, Sofia	16	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
10	2:09.29	721	Mitchell, Elodie	16	NC YMCA of the Triangle Area Swim Team	7/29/2022	2022 FL ISCA Summer Senior Blast

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:53.48	882	Haywood, Jack	16	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
2	1:53.85	873	Ayers, Alex	16	NC SwimMAC Carolina	4/24/2022	2022 SE ARENA Long Course Invi
3	1:54.24	864	Spinner, Wiley	16	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary
4	1:54.41	860	Marsteiner, Matthew	16	NC New Wave Swim Team	8/4/2022	2022 TT Speedo Junior National
5	1:55.12	843	Commins, Andy	16	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
6	1:55.30 r	839	Bartee, Granger	16	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
7	1:55.58	833	Maldari, Caleb	16	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
8	1:56.06	821	Fox, Jerry	16	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
9	1:56.14	820	Klein, Freddy	16	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
10	1:56.46	812	Li, Andrew	16	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:20.78	834	Cotter, Keelan	16	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
2	4:23.05	808	McDonald, Kaylee	16	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
3	4:25.49	780	Martinson, Kara	16	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
4	4:27.44	758	Neal, Kayman	16	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
5	4:27.98	752	Armen, Emily	16	NC East Carolina Aquatics	6/25/2022	2022 NC EAC Independence Invite
6	4:28.42	747	Plaza, Sofia	16	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
7	4:31.94	709	Patrick, Mckenna	16	NC Mecklenburg Swim Association	6/24/2022	2022 FL BSS TYR June Classic
8	4:32.14	707	Sleime, Leyla	16	NC Mecklenburg Swim Association	1/16/2022	2022 VA NOVA LC Winter Invitational
9	4:33.13	696	Mitchell, Elodie	16	NC YMCA of the Triangle Area Swim Team	7/28/2022	2022 FL ISCA Summer Senior Blast
10	4:34.28	684	Dalton, Mary Bonner	16	NC SwimMAC Carolina	4/2/2022	2022 NC SwimMAC Blue/Orange

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:59.07	895	Marsteiner, Matthew	16	NC New Wave Swim Team	8/3/2022	2022 Speedo Junior National Ch
2	4:01.09	872	Haywood, Jack	16	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
3	4:02.31	859	Degroote, Hudson	16	NC Marlins Of Raleigh	8/3/2022	2022 TT Speedo Junior National
4	4:02.52	856	Klein, Freddy	16	NC SwimMAC Carolina	8/3/2022	2022 Speedo Junior National Ch
5	4:03.16	849	Ayers, Alex	16	NC SwimMAC Carolina	4/22/2022	2022 SE ARENA Long Course Invi
6	4:06.09	817	Blake, Teddy	16	NC Unattached	5/14/2022	2022 VA EZ LC Speedo Super Sectional
7	4:08.91	787	Li, Andrew	16	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
8	4:09.82	777	Nicholson, Cooper	16	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
9	4:10.70	768	Marrujo, Max	16	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
10	4:11.51	760	Tuttle, Wilson	16	NC Marlins Of Raleigh	7/2/2022	2022 MI Eric Namesnik Memorial Open

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:19.85	714	Cotter, Keelan	16	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
2	9:23.74	695	Sleime, Leyla	16	NC Mecklenburg Swim Association	1/17/2022	2022 VA NOVA LC Winter Invitational
3	9:25.67	686	Martinson, Kara	16	NC SwimMAC Carolina	4/1/2022	2022 NC SwimMAC Blue/Orange
4	9:25.69	686	Mitchell, Elodie	16	NC YMCA of the Triangle Area Swim Team	7/26/2022	2022 FL ISCA Summer Senior Blast
5	9:29.84	666	Lee, Emma	16	NC Mecklenburg Swim Association	7/21/2022	2022 NC LC SR CHAMPS
6	9:40.57	616	Johnson, Claire	16	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
7	9:43.21	604	Virkler, Sarah	16	NC Aquatic Team Of Mecklenburg	7/21/2022	2022 NC LC SR CHAMPS
8	9:43.53	602	White, Marisa	16	NC New Wave Swim Team	5/13/2022	2022 NC STAR Long Days of Summer
9	9:48.30	581	O'Keefe, Paige	16	NC YMCA of the Triangle Area Swim Team	7/26/2022	2022 FL ISCA Summer Senior Blast
10	9:48.65	579	Ray, Mallory	16	NC YMCA of Western North Carolina	7/21/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:24.55	835	Ayers, Alex	16	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
2	8:25.68	829	Haywood, Jack	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
3	8:25.79	828	Marsteiner, Matthew	16	NC New Wave Swim Team	8/5/2022	2022 Speedo Junior National Ch
4	8:27.00	822	Degroote, Hudson	16	NC Marlins Of Raleigh	8/5/2022	2022 Speedo Junior National Ch
5	8:28.12	816	Klein, Freddy	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
6	8:32.77	791	Nicholson, Cooper	16	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
7	8:36.44	772	Tuttle, Wilson	16	NC Marlins Of Raleigh	7/3/2022	2022 MI Eric Namesnik Memorial Open
8	8:41.83	744	Peck, Connor	16	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
9	8:43.48	736	Commins, Andy	16	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
10	8:45.09	728	Pritchard, Ben	16	NC Carolina Aquatic Team	7/21/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:57.04	729	Lee, Emma	16	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
2	18:22.28	667	Eggers, Kaylee	16	NC TAC Titans	8/6/2022	2022 NC TAC TITANS Closeout Me
3	18:25.20	660	White, Marisa	16	NC New Wave Swim Team	6/24/2022	2022 NC TAC TITANS Distance
4	18:54.12	593	Curran, Molly	16	NC Marlins Of Raleigh	5/20/2022	2022 NC NCAC Meet on the Hill
5	18:56.58	587	Ray, Mallory	16	NC YMCA of Western North Carolina	7/24/2022	2022 NC LC SR CHAMPS
6	19:03.58	571	O'Keefe, Paige	16	NC YMCA of the Triangle Area Swim Team	6/17/2022	2022 VA SwimRVA Summer Invitational
7	19:06.98	563	Turner, Julia	16	NC New Wave Swim Team	6/24/2022	2022 NC TAC TITANS Distance
8	19:09.13	559	Smith, Breanna	16	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
9	19:18.54	538	Gore, Chloe	16	NC Marlins Of Raleigh	5/20/2022	2022 NC NCAC Meet on the Hill
10	19:44.28	482	Canipe, Libby	16	NC Sharks Aquatic Club	7/10/2022	2022 NC SAC Last Chance Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:42.62	906	Klein, Freddy	16	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
2	16:04.29	852	Marsteiner, Matthew	16	NC New Wave Swim Team	8/1/2022	2022 Speedo Junior National Ch
3	16:05.38	849	Degroote, Hudson	16	NC Marlins Of Raleigh	8/1/2022	2022 Speedo Junior National Ch
4	16:06.14	847	Ayers, Alex	16	NC SwimMAC Carolina	4/23/2022	2022 SE ARENA Long Course Invi
5	16:09.15	840	Nicholson, Cooper	16	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
6	16:15.47	824	Tuttle, Wilson	16	NC Marlins Of Raleigh	7/3/2022	2022 MI Eric Namesnik Memorial Open
7	16:20.28	813	Peck, Connor	16	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
8	16:34.03	779	Haywood, Jack	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
9	16:43.14	757	Goins, George	16	NC Unattached	7/24/2022	2022 NC LC SR CHAMPS
10	16:43.89	755	Aleman, Liam	16	NC YMCA of Western North Carolina	7/24/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.81	920	Welsh, Lily	16	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
2	1:03.10	908	Neal, Kayman	16	NC SwimMAC Carolina	7/29/2022	2022 Phillips 66 Summer Nationals
3	1:03.25	902	Donlan, Molly	16	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
4	1:03.97	874	Rydzewski, Sami	16	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS
5	1:04.19	866	Hull, Aubrey	16	NC Mecklenburg Swim Association	7/28/2022	2022 NC Futures Championships Cary
6	1:04.62	849	Bernardo, Lauren	16	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
7	1:04.63	849	Shanahan, Mary	16	NC Hillsborough Aquatic Club	6/25/2022	2022 NC EAC Independence Invite
8	1:05.68	808	Cotter, Keelan	16	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
9	1:06.19	789	Martinson, Kara	16	NC SwimMAC Carolina	7/28/2022	2022 NC Futures Championships Cary
10	1:06.25	787	Sikes, Katie Belle	16	NC Unattached	6/25/2022	2022 NC EAC Independence Invite

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.28	975	Battaglini, Lucca	16	NC East Carolina Aquatics	8/4/2022	2022 Speedo Junior National Ch
2	56.31	974	Maldari, Caleb	16	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
3	57.66	917	Thompson, Will	16	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
4	57.89	908	Bennison, James	16	NC New Wave Swim Team	8/4/2022	2022 Speedo Junior National Ch
5	58.06 r	901	Harper, James	16	NC Aquatic Team Of Mecklenburg	7/15/2022	2022 NC ESSZ Summer Sectionals
6	58.45 r	885	Bartee, Granger	16	NC SwimMAC Carolina	8/5/2022	2022 Speedo Junior National Ch
7	58.76 r	873	Spicer, Zachary	16	NC Aquatic Team Of Mecklenburg	7/15/2022	2022 NC ESSZ Summer Sectionals
8	58.82 r	870	Erickson, Chris	16	NC Hillsborough Aquatic Club	7/24/2022	2022 NC LC SR CHAMPS
9	59.44 r	845	Dunham, Davis	16	NC SwimMAC Carolina	8/5/2022	2022 Speedo Junior National Ch
10	59.87	828	Nechydyuk, Max	16	NC SwimMAC Carolina	7/23/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.54	915	Neal, Kayman	16	NC SwimMAC Carolina	7/27/2022	2022 Phillips 66 Summer Nationals
2	2:16.02	890	Donlan, Molly	16	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
3	2:17.53	864	Rydzewski, Sami	16	NC Raleigh Swimming Association	8/3/2022	2022 Speedo Junior National Ch
4	2:19.19	837	Hull, Aubrey	16	NC Mecklenburg Swim Association	7/30/2022	2022 NC Futures Championships Cary
5	2:19.25	836	Bernardo, Lauren	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
6	2:19.43	833	Welsh, Lily	16	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
7	2:20.18	820	Plaza, Sofia	16	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
8	2:21.31	802	Martinson, Kara	16	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
9	2:22.38	785	Armen, Emily	16	NC East Carolina Aquatics	7/17/2022	2022 NC ESSZ Summer Sectionals
10	2:23.09	773	Kozubowski, Caroline	16	NC Marlins Of Raleigh	1/17/2022	2022 VA NOVA LC Winter Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.53	985	Maldari, Caleb	16	NC SwimMAC Carolina	12/4/2021	2021 Toyota US Open Championship
2	2:04.19	932	Bennison, James	16	NC New Wave Swim Team	8/3/2022	2022 Speedo Junior National Ch
3	2:06.71	883	Dunham, Davis	16	NC SwimMAC Carolina	7/24/2022	2022 NC LC SR CHAMPS
4	2:07.28	872	Thompson, Will	16	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
5	2:07.37	871	Harper, James	16	NC Aquatic Team Of Mecklenburg	7/17/2022	2022 NC ESSZ Summer Sectionals
6	2:08.11	856	Spinner, Wiley	16	NC Mecklenburg Swim Association	7/30/2022	2022 NC Futures Championships Cary
7	2:08.16	855	Marrujo, Max	16	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
8	2:08.19	855	Nicholson, Cooper	16	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States
9	2:08.81	843	Heisig, Charlie	16	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
10	2:09.24	835	Blake, Teddy	16	NC Unattached	5/15/2022	2022 VA EZ LC Speedo Super Sectional

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.02	828	Cotter, Keelan	16	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
2	1:13.51	813	Plaza, Sofia	16	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
3	1:13.61	810	Ivanov, Katya	16	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
4	1:14.01	798	Wolk, Audrey	16	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
5	1:14.87	772	Druhan, Abby	16	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
6	1:15.28	760	Tuchi, Grace	16	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
7	1:15.29	760	Monk, Ivy	16	NC SwimMAC Carolina	8/3/2022	2022 TT Speedo Junior National
8	1:15.32	759	Thome, Paige	16	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
9	1:15.36	758	Jackson, Alyssa	16	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
10	1:16.46	725	Holloway, Blythe	16	NC Raleigh Swimming Association	7/22/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.38	980	Nye, Grayson	16	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
2	1:04.42	944	Walker, Brasen	16	NC Raleigh Swimming Association	6/26/2022	2022 FL Planet Swim Summer Championship
3	1:04.72	933	Delmar, Ben	16	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
4	1:05.02	923	Hetzell, Mason	16	NC Marlins Of Raleigh	5/20/2022	2022 NC SwimMAC Martha McKee Meet
5	1:06.02	889	Setzer, Sean	16	NC Waves Of Wilmington, Inc.	7/27/2022	2022 NC Futures Championships Cary
6	1:06.18	883	Vonweihe, Owen	16	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
7	1:06.49	873	Brown, Mark	16	NC Greensboro Community YMCA	7/29/2022	2022 FL RAFC Last Splash Invitational
8	1:06.92	858	Mahler, Max	16	NC Enfinity Aquatic Club	7/28/2022	2022 IN NCSA Summer Swimming Championships2
9	1:07.26	847	Maldari, Caleb	16	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
10	1:07.71	831	Aleman, Liam	16	NC YMCA of Western North Carolina	7/22/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.79	933	Plaza, Sofia	16	NC SwimMAC Carolina	7/27/2022	2022 Phillips 66 Summer Nationals
2	2:36.27	857	Ivanov, Katya	16	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
3	2:37.71	838	Druhan, Abby	16	NC SwimMAC Carolina	7/23/2022	2022 NC LC SR CHAMPS
4	2:38.60	826	Thome, Paige	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
5	2:39.10	819	Monk, Ivy	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
6	2:41.00	794	Wolk, Audrey	16	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
7	2:41.81	783	Tuchi, Grace	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
8	2:45.53	734	Holloway, Blythe	16	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS
9	2:45.94	728	Vanega, Claudia	16	NC Raleigh Swimming Association	7/29/2022	2022 NC Futures Championships Cary
10	2:46.13	726	Eggers, Kaylee	16	NC TAC Titans	7/23/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:15.53	1009	Nye, Grayson	16	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
2	2:15.86	1004	Delmar, Ben	16	NC SwimMAC Carolina	4/27/2022	International Team Trials
3	2:20.33	938	Klein, Freddy	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
4	2:22.33	909	Vonweihe, Owen	16	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary
5	2:24.70	874	McCarter, Gavin	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
6	2:24.87	872	Walker, Brasen	16	NC Raleigh Swimming Association	6/24/2022	2022 FL Planet Swim Summer Championship
7	2:25.50	863	Aleman, Liam	16	NC YMCA of Western North Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
8	2:25.99	856	Haywood, Jack	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
9	2:26.21	853	Hetzell, Mason	16	NC Marlins Of Raleigh	5/21/2022	2022 NC SwimMAC Martha McKee Meet
10	2:26.49	849	Ayers, Alex	16	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.14	890	Donlan, Molly	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
2	1:01.28	885	Shanahan, Mary	16	NC Hillsborough Aquatic Club	6/24/2022	2022 NC EAC Independence Invite
3	1:01.33	883	Cotter, Keelan	16	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
4	1:02.03	858	Neal, Kayman	16	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
5	1:02.69	835	Quisumbing, Andie	16	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
6	1:03.22	816	McDonald, Kaylee	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
7	1:03.88	792	Thome, Paige	16	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
8	1:03.99	789	Rydzewski, Sami	16	NC Raleigh Swimming Association	7/22/2022	2022 NC LC SR CHAMPS
9	1:04.10	785	Bernardo, Lauren	16	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
10	1:04.66	765	Plaza, Sofia	16	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.10	925	Battaglini, Lucca	16	NC East Carolina Aquatics	8/3/2022	2022 Speedo Junior National Ch
2	56.55	863	Commins, Andy	16	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
3	56.79	853	Gray, William	16	NC Carolina Aquatic Team	7/30/2022	2022 IN NCSA Summer Swimming Championships
4	56.93	847	Keen, Troy	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
5	57.03	842	Marsteiner, Matthew	16	NC New Wave Swim Team	8/3/2022	2022 Speedo Junior National Ch
6	57.62	818	Harper, James	16	NC Aquatic Team Of Mecklenburg	7/16/2022	2022 NC ESSZ Summer Sectionals
6	57.62	818	Hetzell, Mason	16	NC Marlins Of Raleigh	5/20/2022	2022 NC SwimMAC Martha McKee Meet
8	57.71	814	Wiggins, Gus	16	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
9	57.98	803	Spinner, Wiley	16	NC Mecklenburg Swim Association	7/29/2022	2022 NC Futures Championships Cary
10	58.06	800	Nechydyuk, Max	16	NC SwimMAC Carolina	7/22/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.23	876	Shanahan, Mary	16	NC Hillsborough Aquatic Club	7/23/2022	2022 NC LC SR CHAMPS
2	2:16.48	872	McDonald, Kaylee	16	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
3	2:20.01	819	Mitchell, Elodie	16	NC YMCA of the Triangle Area Swim Team	7/30/2022	2022 FL ISCA Summer Senior Blast
4	2:20.21	816	Plaza, Sofia	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:20.62	810	Cotter, Keelan	16	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
6	2:20.64	809	Thome, Paige	16	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
7	2:22.80	777	White, Marisa	16	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
8	2:25.92	731	Vannote, Carly	16	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary
9	2:26.83	718	Johnson, Claire	16	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
10	2:27.31	711	Wu, Julian	16	NC Lifetime Swim Team North Carolina	7/27/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.74	891	Marsteiner, Matthew	16	NC New Wave Swim Team	8/1/2022	2022 Speedo Junior National Ch
2	2:06.36	843	Commins, Andy	16	NC North Carolina Aquatic Club	8/1/2022	2022 TT Speedo Junior National
3	2:08.21	809	Ayers, Alex	16	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
4	2:08.89	796	Maldari, Caleb	16	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC
5	2:09.95	777	Degroote, Hudson	16	NC Marlins Of Raleigh	7/2/2022	2022 MI Eric Namesnik Memorial Open
6	2:10.27	771	Keen, Troy	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	2:10.79	762	Henage, Charles	16	NC Unattached	7/23/2022	2022 NC LC SR CHAMPS
8	2:12.10	739	Gilbert, Thomas	16	NC TAC Titans	7/23/2022	2022 NC LC SR CHAMPS
9	2:12.30	735	Edwards, Johnny	16	NC Greensboro Community YMCA	7/27/2022	2022 FL RAFC Last Splash Invitational
10	2:12.79	727	Doherty, Torin	16	NC Marlins Of Raleigh	1/16/2022	2022 VA NOVA LC Winter Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.98	917	Cotter, Keelan	16	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
2	2:18.26	894	Plaza, Sofia	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
3	2:20.59	851	Neal, Kayman	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	2:20.67	850	Monk, Ivy	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:20.83	847	Bernardo, Lauren	16	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
6	2:21.32	838	Thome, Paige	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	2:22.57	816	McDonald, Kaylee	16	NC SwimMAC Carolina	4/3/2022	2022 IN Spring Speedo Sectionals
8	2:22.74	813	Tuchi, Grace	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
9	2:22.83	811	Druhan, Abby	16	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
10	2:23.12	806	Rydzewski, Sami	16	NC Raleigh Swimming Association	6/26/2022	2022 FL Planet Swim Summer Championship

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:05.73	947	Maldari, Caleb	16	NC SwimMAC Carolina	12/2/2021	2021 Toyota US Open Championship
2	2:06.78	925	Haywood, Jack	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
3	2:07.80	904	Klein, Freddy	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	2:07.99	900	Heisig, Charlie	16	NC SwimMAC Carolina	7/27/2022	2022 NC Futures Championships Cary
5	2:09.18	875	Degroote, Hudson	16	NC Marlins Of Raleigh	8/4/2022	2022 TT Speedo Junior National
6	2:09.23	874	Dunham, Davis	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	2:09.24	874	Li, Andrew	16	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
8	2:09.40	871	Ayers, Alex	16	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
9	2:10.72	844	Nye, Grayson	16	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
10	2:11.25	833	Delmar, Ben	16	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:48.72	902	Plaza, Sofia	16	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
2	4:57.74	828	Monk, Ivy	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
3	4:58.68	820	McDonald, Kaylee	16	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
4	4:59.54	814	Thome, Paige	16	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
5	4:59.65	813	Ivanov, Katya	16	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
6	5:00.31	807	Tuchi, Grace	16	NC SwimMAC Carolina	7/22/2022	2022 NC LC SR CHAMPS
7	5:01.85	795	Bernardo, Lauren	16	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
8	5:03.30	784	Druhan, Abby	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
9	5:04.76	772	Eggers, Kaylee	16	NC TAC Titans	7/22/2022	2022 NC LC SR CHAMPS
10	5:06.01	762	Rydzewski, Sami	16	NC Raleigh Swimming Association	6/24/2022	2022 FL Planet Swim Summer Championship

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:27.62	923	Klein, Freddy	16	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
2	4:32.59	877	Degroote, Hudson	16	NC Marlins Of Raleigh	7/1/2022	2022 MI Eric Namesnik Memorial Open
3	4:34.44	860	Maldari, Caleb	16	NC SwimMAC Carolina	12/3/2021	2021 Toyota US Open Championship
4	4:34.66	858	Heisig, Charlie	16	NC SwimMAC Carolina	7/28/2022	2022 NC Futures Championships Cary
5	4:34.71	858	Dunham, Davis	16	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
6	4:35.63	849	Delmar, Ben	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
7	4:35.84	848	Haywood, Jack	16	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
8	4:37.00	837	Peck, Connor	16	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
9	4:37.90	829	Ayers, Alex	16	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
10	4:38.42	824	Vonweihe, Owen	16	NC Marlins Of Raleigh	7/28/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	24.43	1034	Curzan, Claire	17	NC TAC Titans	4/1/2022	2022 TYR Pro Swim Series - San
2	26.42	853	Cornell, Caitlyn	17	NC Lifetime Swim Team North Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
3	26.70	828	Bolduc, Parker	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
4	26.89	812	Gendzel, Maya	17	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
5	26.96	806	Horn, Caitlin	17	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
6	27.13	791	Donlan, Molly	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	27.14	790	Wachendorfer, Hannah	17	NC Enfinity Aquatic Club	7/31/2022	2022 IN NCSA Summer Swimming Championships2
8	27.18	787	Morris, Taylor	17	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
9	27.36	771	Jacobs, Jenna	17	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
10	27.52	758	Eaton, Emily	17	NC Mecklenburg Swim Association	7/23/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	22.86	925	Walker, Wells	17	NC Marlins Of Raleigh	8/5/2022	2022 Speedo Junior National Ch
2	22.97	915	Fox, Jerry	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
3	23.75	847	Lee, Henry	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
4	23.80	843	Thompson, Will	17	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
5	23.95	830	Harris, Tiesyn	17	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
6	24.16	812	Wade, Colton	17	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me
7	24.26	804	Anderson, Tate	17	NC Raleigh Swimming Association	6/11/2022	2022 NC GCY Sprint and Distance
8	24.36	795	Jensen, Jacob	17	NC Xcell Aquatics	7/23/2022	2022 NC LC SR CHAMPS
9	24.39 r	793	Cayer, Connor	17	NC Enfinity Aquatic Club	7/29/2022	2022 IN NCSA Summer Swimming Championships2
10	24.44	788	Spokas, Tj	17	NC Sailfish Aquatics	7/30/2022	2022 NC SAIL Summer Splash

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	53.58	1027	Curzan, Claire	17	NC TAC Titans	4/26/2022	International Team Trials
2	57.49 r	840	Cotter, Keelan	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
3	57.94 r	820	Donlan, Molly	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	57.95	819	Cornell, Caitlyn	17	NC Lifetime Swim Team North Carolina	6/26/2022	2022 FL BSS TYR June Classic
5	58.63	789	Morris, Taylor	17	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
6	58.64	788	Gendzel, Maya	17	NC SwimMAC Carolina	4/3/2022	2022 IN Spring Speedo Sectionals
7	58.96	774	Jacobs, Jenna	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
8	59.08	769	Horn, Caitlin	17	NC SwimMAC Carolina	4/3/2022	2022 IN Spring Speedo Sectionals
9	59.16 r	765	Armand, Samantha	17	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
10	59.42	754	Rainey, Grace	17	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational

NCS Top Ten LC Times as of 08/08/22

LSC: NC For Dates 9/1/2021 - 8/31/2022

Boys Age 17 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	50.37 r	923	Fox, Jerry	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
2	51.25	881	Walker, Wells	17	NC Marlins Of Raleigh	8/2/2022	2022 Speedo Junior National Ch
3	52.09	842	Bacon, Tate	17	NC Unattached	4/2/2022	2022 TYR Pro Swim Series - San
4	52.12	840	Thompson, Will	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
5	52.63	817	Harris, Tiesyn	17	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
6	52.80	809	Maldari, Caleb	17	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
7	53.01	800	Lloyd, Landon	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
8	53.08	796	Quaresma, David	17	NC Marlins Of Raleigh	5/22/2022	2022 NC SwimMAC Martha McKee Meet
9	53.13	794	Lee, Henry	17	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
10	53.22	790	Anderson, Tate	17	NC Raleigh Swimming Association	6/25/2022	2022 FL Planet Swim Summer Championship

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.36	931	Curzan, Claire	17	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
2	2:02.14	887	Cotter, Keelan	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
3	2:05.28 r	812	Donlan, Molly	17	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
4	2:05.82	800	Morris, Taylor	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
5	2:06.95 r	774	Rainey, Grace	17	NC SwimMAC Carolina	1/15/2022	2022 NC SwimMAC Novant LC
6	2:06.96	773	Pierce, Camila	17	NC Raleigh Swimming Association	7/22/2022	2022 NC LC SR CHAMPS
7	2:07.22	767	Chignell, Katie	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
8	2:07.56	760	Ulicny, Amanda	17	NC Marlins Of Raleigh	6/18/2022	2022 VA Virginia Commonwealth
9	2:07.89	752	Cornell, Caitlyn	17	NC Lifetime Swim Team North Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
10	2:08.26	744	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	6/25/2022	2022 FL BSS TYR June Classic

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:51.65 r	896	Eichel, Daniel	17	NC Unattached	7/9/2022	European Junior Swimming Championships
2	1:52.04 r	886	Ayers, Alex	17	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
3	1:53.87	842	Fox, Jerry	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
4	1:54.25	833	Goralnik, Maor	17	NC Unattached	7/5/2022	European Junior Swimming Championships
5	1:54.75	821	Adley, Logan	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
6	1:55.25	810	Blake, Teddy	17	NC YMCA of the Triangle Area Swim Team	7/29/2022	2022 FL ISCA Summer Senior Blast
7	1:55.53 r	803	Walker, Wells	17	NC Marlins Of Raleigh	7/28/2022	2022 NC Futures Championships Cary
8	1:55.73	799	Maldari, Caleb	17	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
9	1:55.90	795	Lloyd, Landon	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
10	1:56.35	784	Jacobs, Chad	17	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:26.42	769	Morris, Taylor	17	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
2	4:26.73	765	Ulicny, Amanda	17	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary
3	4:31.31	715	Wozny, Makenna	17	NC Lifetime Swim Team North Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
4	4:31.52	712	Pierce, Camila	17	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS
5	4:32.57	701	Chignell, Katie	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
6	4:33.16	695	Smith, Sydney	17	NC Marlins Of Raleigh	7/2/2022	2022 MI Eric Namesnik Memorial Open
7	4:33.60	690	Geyer, Maddi	17	NC Mecklenburg Swim Association	6/24/2022	2022 FL BSS TYR June Classic
8	4:34.00	686	Sleime, Leyla	17	NC Mecklenburg Swim Association	7/29/2022	2022 NC Futures Championships Cary
9	4:36.22	662	Dichak, Sarah	17	NC Lifetime Swim Team North Carolina	7/29/2022	2022 NC Futures Championships Cary
10	4:36.50	660	Bocian, Abby	17	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:59.64	866	Ayers, Alex	17	NC SwimMAC Carolina	8/3/2022	2022 Speedo Junior National Ch
2	4:00.56	855	Goralnik, Maor	17	NC Unattached	7/10/2022	European Junior Swimming Championships
3	4:03.37	824	Williams, Keith	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
4	4:04.00	818	Blake, Teddy	17	NC YMCA of the Triangle Area Swim Team	7/28/2022	2022 FL ISCA Summer Senior Blast
5	4:05.75	799	Eichel, Daniel	17	NC Unattached	7/10/2022	European Junior Swimming Championships
6	4:05.84	798	Adley, Logan	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
7	4:08.10	773	McKinney, Ian	17	NC Mecklenburg Swim Association	7/29/2022	2022 NC Futures Championships Cary
8	4:09.40	760	Tuttle, Wilson	17	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary
9	4:09.97	753	Jacobs, Chad	17	NC TAC Titans	8/6/2022	2022 NC TAC TITANS Closeout Me
10	4:10.63	747	Russell, Kellen	17	NC TAC Titans	4/1/2022	2022 TYR Pro Swim Series - San

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:11.78	748	Pierce, Camila	17	NC Raleigh Swimming Association	7/21/2022	2022 NC LC SR CHAMPS
2	9:11.84	747	Ulicny, Amanda	17	NC Marlins Of Raleigh	7/21/2022	2022 NC LC SR CHAMPS
3	9:15.10	731	Sleime, Leyla	17	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary
4	9:18.72	713	Rainey, Grace	17	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
5	9:22.75	694	Daniels, Grace	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
6	9:27.59	670	Dichak, Sarah	17	NC Lifetime Swim Team North Carolina	7/27/2022	2022 NC Futures Championships Cary
7	9:27.75	670	Chignell, Katie	17	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
8	9:33.50	642	Becker, Kailyn	17	NC TAC Titans	7/21/2022	2022 NC LC SR CHAMPS
9	9:34.77	636	O'Mara, Gracyn	17	NC Mecklenburg Swim Association	5/19/2022	2022 NC SwimMAC Martha McKee Meet
10	9:34.84	636	McGovern, Julia	17	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:19.82	852	Goralnik, Maor	17	NC Unattached	7/8/2022	European Junior Swimming Championships
2	8:29.28	801	Williams, Keith	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
3	8:31.43	790	Tuttle, Wilson	17	NC Marlins Of Raleigh	7/30/2022	2022 NC Futures Championships Cary
4	8:32.64	784	McKinney, Ian	17	NC Mecklenburg Swim Association	7/30/2022	2022 NC Futures Championships Cary
5	8:33.42	780	Adley, Logan	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
6	8:34.26	775	Ayers, Alex	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	8:40.26	744	Clark, Joseph	17	NC Aquatic Team Of Mecklenburg	7/14/2022	2022 NC ESSZ Summer Sectionals
8	8:40.37	744	Blake, Teddy	17	NC YMCA of the Triangle Area Swim Team	7/30/2022	2022 FL ISCA Summer Senior Blast
9	8:45.29	719	Venters, Cole	17	NC TAC Titans	7/21/2022	2022 NC LC SR CHAMPS
10	8:49.82	696	Rousseau, Alexander	17	NC TAC Titans	7/21/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:37.52	774	Ulicny, Amanda	17	NC Marlins Of Raleigh	7/3/2022	2022 MI Eric Namesnik Memorial Open
2	17:50.20	742	Smith, Sydney	17	NC Marlins Of Raleigh	5/20/2022	2022 NC NCAC Meet on the Hill
3	17:52.30	737	Sleime, Leyla	17	NC Mecklenburg Swim Association	6/26/2022	2022 FL BSS TYR June Classic
4	18:11.75	689	Wilson, Grace	17	NC Sailfish Aquatics	7/24/2022	2022 NC LC SR CHAMPS
5	18:25.52	655	Smith, Clare	17	NC TAC Titans	6/24/2022	2022 NC TAC TITANS Distance
6	18:27.35	651	Becker, Kailyn	17	NC TAC Titans	7/24/2022	2022 NC LC SR CHAMPS
7	18:30.92	643	McGovern, Julia	17	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
8	18:35.13	633	Curran, Molly	17	NC Marlins Of Raleigh	7/24/2022	2022 NC LC SR CHAMPS
9	18:36.25	630	Yoder, Kate	17	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational
10	18:40.45	620	Sciaudone, Rose	17	NC Marlins Of Raleigh	5/20/2022	2022 NC NCAC Meet on the Hill

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:54.30	860	Ayers, Alex	17	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
2	15:59.99	845	Goralnik, Maor	17	NC Unattached	7/6/2022	European Junior Swimming Championships
3	16:05.65	831	Adley, Logan	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
4	16:09.49	822	Williams, Keith	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
5	16:11.12	818	McKinney, Ian	17	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary
6	16:14.71	809	Tuttle, Wilson	17	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
7	16:23.57	787	Blake, Teddy	17	NC YMCA of the Triangle Area Swim Team	7/26/2022	2022 FL ISCA Summer Senior Blast
8	17:05.31	687	Biccum, Gavin	17	NC North Carolina Aquatic Club	6/10/2022	2022 NC GCY Sprint and Distance
9	17:10.46	675	Bundy, Samuel	17	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
10	17:11.99	672	Venters, Cole	17	NC TAC Titans	6/24/2022	2022 NC TAC TITANS Distance

NCS Top Ten LC Times as of 08/08/22

LSC: NC For Dates 9/1/2021 - 8/31/2022

Girls Age 17 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	58.39	1102	Curzan, Claire	17	NC TAC Titans	4/29/2022	International Team Trials
2	1:01.44	975	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	7/29/2022	2022 Phillips 66 Summer Nationals
3	1:02.89 r	917	Donlan, Molly	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
4	1:02.90	916	Morris, Taylor	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
5	1:06.16	790	Bezuidenhout, Chrisna	17	NC YMCA of the Triangle Area Swim Team	5/21/2022	2022 NC SwimMAC Martha McKee Meet
6	1:06.52	777	Kozubowski, Caroline	17	NC Marlins Of Raleigh	5/21/2022	2022 NC SwimMAC Martha McKee Meet
7	1:07.29	748	Allred, Samantha	17	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
8	1:07.50	740	Razewski, Morgan	17	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
9	1:07.70	733	Pierce, Camila	17	NC Raleigh Swimming Association	6/11/2022	2022 NC GCY Sprint and Distance
10	1:07.76	731	Daniels, Grace	17	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals

NCS Top Ten LC Times as of 08/08/22

LSC: NC For Dates 9/1/2021 - 8/31/2022

Boys Age 17 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	55.82	955	Maldari, Caleb	17	NC SwimMAC Carolina	7/29/2022	2022 Phillips 66 Summer Nationals
2	56.62 r	922	Thompson, Will	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
3	57.79	873	Bacon, Tate	17	NC Unattached	4/1/2022	2022 TYR Pro Swim Series - San
4	57.83 r	871	Harper, James	17	NC Aquatic Team Of Mecklenburg	8/5/2022	2022 Speedo Junior National Ch
5	58.14	859	Lee, Henry	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
6	59.25	814	Hardy, Ryan	17	NC YMCA of the Triangle Area Swim Team	6/18/2022	2022 VA SwimRVA Summer Invitational
7	59.31	811	Noble, Ross	17	NC YMCA of the Triangle Area Swim Team	4/2/2022	2022 NC GCY LC Single Day Splash
8	59.44	806	Whelehan, Colin	17	NC TAC Titans	7/15/2022	2022 NC ESSZ Summer Sectionals
9	59.78	792	Stoner, Reese	17	NC YMCA of the Triangle Area Swim Team	7/29/2022	2022 FL ISCA Summer Senior Blast
10	59.84	790	Anderson, Tate	17	NC Raleigh Swimming Association	6/24/2022	2022 FL Planet Swim Summer Championship

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.31	1040	Curzan, Claire	17	NC TAC Titans	3/4/2022	2022 TYR Pro Swim Series - West
2	2:13.92	925	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	4/27/2022	International Team Trials
3	2:15.49	899	Donlan, Molly	17	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
4	2:16.69	878	Morris, Taylor	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
5	2:21.14	805	Kozubowski, Caroline	17	NC Marlins Of Raleigh	5/22/2022	2022 NC SwimMAC Martha McKee Meet
6	2:21.70	796	Bezuidenhout, Chrisna	17	NC YMCA of the Triangle Area Swim Team	5/22/2022	2022 NC SwimMAC Martha McKee Meet
7	2:22.57	781	Stolberg, Emma	17	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
8	2:22.79	778	Daniels, Grace	17	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
9	2:23.57	765	Pierce, Camila	17	NC Raleigh Swimming Association	7/24/2022	2022 NC LC SR CHAMPS
10	2:24.33	753	Sanders, Sydney	17	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.33	987	Maldari, Caleb	17	NC SwimMAC Carolina	7/27/2022	2022 Phillips 66 Summer Nationals
2	2:05.33	867	Stoner, Reese	17	NC YMCA of the Triangle Area Swim Team	7/27/2022	2022 FL ISCA Summer Senior Blast
3	2:05.65	861	Thompson, Will	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
4	2:07.63	823	Russell, Kellen	17	NC TAC Titans	4/2/2022	2022 TYR Pro Swim Series - San
5	2:08.42	807	Blake, Teddy	17	NC YMCA of the Triangle Area Swim Team	7/27/2022	2022 FL ISCA Summer Senior Blast
6	2:09.10	795	Tuttle, Wilson	17	NC Marlins Of Raleigh	7/30/2022	2022 NC Futures Championships Cary
7	2:09.56	786	Harper, James	17	NC Aquatic Team Of Mecklenburg	8/3/2022	2022 Speedo Junior National Ch
8	2:09.71	783	Hill, Aidan	17	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals
9	2:11.30	753	Reilly, Owen	17	NC TAC Titans	7/24/2022	2022 NC LC SR CHAMPS
10	2:11.36	752	Doherty, Torin	17	NC Marlins Of Raleigh	7/30/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.71	919	Rainey, Grace	17	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
2	1:11.67	858	Armand, Samantha	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
3	1:14.07	785	Sanders, Sydney	17	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
4	1:14.21	781	Boehlke, Eva	17	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
5	1:16.24	721	Camacho, Eppy	17	NC Raleigh Swimming Association	7/22/2022	2022 NC LC SR CHAMPS
6	1:16.61	710	O'Mara, Gracyn	17	NC Mecklenburg Swim Association	5/20/2022	2022 NC SwimMAC Martha McKee Meet
7	1:16.70	707	Geyer, Maddi	17	NC Mecklenburg Swim Association	1/15/2022	2022 VA NOVA LC Winter Invitational
8	1:16.94	700	Horn, Caitlin	17	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
9	1:16.95	700	Mast, Alexis	17	NC Marlins Of Raleigh	7/29/2022	2022 MS Southern Zone Age Group
10	1:16.99	699	Kudela, Katie	17	NC Lifetime Swim Team North Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.74	958	Walker, Brasen	17	NC Raleigh Swimming Association	8/1/2022	2022 Speedo Junior National Ch
2	1:03.78	922	Delmar, Ben	17	NC SwimMAC Carolina	7/29/2022	2022 Phillips 66 Summer Nationals
3	1:03.80	921	Lucky, Matthew	17	NC SwimMAC Carolina	4/29/2022	International Team Trials
4	1:05.02	878	Hetzell, Mason	17	NC Marlins Of Raleigh	7/1/2022	2022 MI Eric Namesnik Memorial Open
5	1:05.06	877	Lee, Henry	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
6	1:05.30	869	Valliere, Tuck	17	NC Blues Aquatics	7/16/2022	2022 NC ESSZ Summer Sectionals
7	1:06.31	834	Stallings, Hayden	17	NC Mecklenburg Swim Association	7/28/2022	2022 NC Futures Championships Cary
8	1:06.44	829	Kisshauer, Greg	17	NC Mecklenburg Swim Association	7/28/2022	2022 NC Futures Championships Cary
9	1:06.61	824	Guenther, Jack	17	NC Mecklenburg Swim Association	1/15/2022	2022 VA NOVA LC Winter Invitational
10	1:06.79	817	McCarter, Gavin	17	NC SwimMAC Carolina	8/3/2022	2022 TT Speedo Junior National

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:32.18	901	Rainey, Grace	17	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
2	2:36.14	847	Armand, Samantha	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
3	2:36.87	837	Sanders, Sydney	17	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
4	2:39.74	798	Boehlke, Eva	17	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
5	2:41.87	770	O'Mara, Gracyn	17	NC Mecklenburg Swim Association	5/21/2022	2022 NC SwimMAC Martha McKee Meet
6	2:42.44	762	Geyer, Maddi	17	NC Mecklenburg Swim Association	6/26/2022	2022 FL BSS TYR June Classic
7	2:45.73	719	Camacho, Eppy	17	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS
8	2:47.76	692	Perkins, Hazel	17	NC New Wave Swim Team	7/28/2022	2022 FL RAFC Last Splash Invitational
9	2:48.17	687	Nugent, Nina	17	NC Marlins Of Raleigh	7/27/2022	2022 MS Southern Zone Age Group
10	2:48.50	683	Reece, Olivia	17	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.86	981	Delmar, Ben	17	NC SwimMAC Carolina	7/27/2022	2022 Phillips 66 Summer Nationals
2	2:15.72	968	Lucky, Matthew	17	NC SwimMAC Carolina	7/27/2022	2022 Phillips 66 Summer Nationals
3	2:20.03	904	Walker, Brasen	17	NC Raleigh Swimming Association	8/4/2022	2022 Speedo Junior National Ch
4	2:22.36	869	McCarter, Gavin	17	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
5	2:23.17	858	Kisshauer, Greg	17	NC Mecklenburg Swim Association	7/29/2022	2022 NC Futures Championships Cary
6	2:23.39	854	Valliere, Tuck	17	NC Blues Aquatics	7/17/2022	2022 NC ESSZ Summer Sectionals
7	2:24.22	842	Hetzell, Mason	17	NC Marlins Of Raleigh	8/4/2022	2022 Speedo Junior National Ch
8	2:26.68	807	Losh, Christian	17	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
9	2:27.36	797	Guenther, Jack	17	NC Mecklenburg Swim Association	1/16/2022	2022 VA NOVA LC Winter Invitational
10	2:27.75	791	Kelty, Sean	17	NC Hickory Foundation YMCA Seahorse Swim Team	7/20/2022	2022 NC AP LC YMCA Nationals

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.35	1067	Curzan, Claire	17	NC TAC Titans	4/28/2022	International Team Trials
2	59.19	960	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	4/28/2022	International Team Trials
3	1:01.12	889	Donlan, Molly	17	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
4	1:01.56	873	Rainey, Grace	17	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
5	1:01.79	865	Cornell, Caitlyn	17	NC Lifetime Swim Team North Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
6	1:02.32	846	Bloom, Taylor	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
7	1:02.49	840	Morris, Taylor	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
8	1:02.82	828	Boehlke, Eva	17	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
9	1:03.62	800	Stolberg, Emma	17	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
10	1:03.82	792	Dry, Elena	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.99	890	Whelehan, Colin	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
2	55.80	855	Bacon, Tate	17	NC Unattached	3/31/2022	2022 TYR Pro Swim Series - San
3	55.82	854	Lee, Henry	17	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
4	55.86	852	Subotich, Alex	17	NC Lifetime Swim Team North Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
5	56.11	841	Maldari, Caleb	17	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
6	56.20	838	Hill, Aidan	17	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
7	56.50	825	Hetzell, Mason	17	NC Marlins Of Raleigh	8/3/2022	2022 Speedo Junior National Ch
8	56.53	824	Lloyd, Landon	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
9	56.66	818	Eischeid, Benjamin	17	NC YMCA of the Triangle Area Swim Team	7/28/2022	2022 FL ISCA Summer Senior Blast
10	56.99	804	Clark, Joseph	17	NC Aquatic Team Of Mecklenburg	7/16/2022	2022 NC ESSZ Summer Sectionals

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:11.02	928	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	4/26/2022	International Team Trials
2	2:16.63	841	Rainey, Grace	17	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
3	2:16.67	840	Bloom, Taylor	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
4	2:17.47	828	Pierce, Camila	17	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS
5	2:18.82	807	Stolberg, Emma	17	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
6	2:20.74	778	Boehlke, Eva	17	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
7	2:21.88	761	Ulicny, Amanda	17	NC Marlins Of Raleigh	7/2/2022	2022 MI Eric Namesnik Memorial Open
8	2:23.76	733	Burgess, Stefanie	17	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
9	2:23.91	731	Bailey, Leigh	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
10	2:24.17	727	Cornell, Caitlyn	17	NC Lifetime Swim Team North Carolina	8/5/2022	2022 TT Speedo Junior National

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.44	868	Whelehan, Colin	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
2	2:04.76	843	Subotich, Alex	17	NC Lifetime Swim Team North Carolina	8/1/2022	2022 Speedo Junior National Ch
3	2:05.52	829	Russell, Kellen	17	NC TAC Titans	4/1/2022	2022 TYR Pro Swim Series - San
4	2:05.97	821	Hill, Aidan	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:06.84	804	Cook, Alex	17	NC SwimMAC Carolina	7/23/2022	2022 NC LC SR CHAMPS
6	2:07.08	800	Kohm, Sam	17	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
7	2:07.23	797	Ayers, Alex	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
8	2:07.81	787	Maldari, Caleb	17	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
9	2:08.26	778	Doherty, Torin	17	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
10	2:09.46	757	McKinney, Ian	17	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:15.84	936	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	4/30/2022	International Team Trials
2	2:18.43	888	Cotter, Keelan	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
3	2:19.50	868	Boehlke, Eva	17	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
4	2:20.21	856	Sanders, Sydney	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:20.44	851	Rainey, Grace	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
6	2:20.45	851	Donlan, Molly	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	2:22.67	812	Geyer, Maddi	17	NC Mecklenburg Swim Association	6/24/2022	2022 FL BSS TYR June Classic
8	2:24.28	783	Armand, Samantha	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
9	2:24.48	780	Chignell, Katie	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
10	2:25.00	771	Ulicny, Amanda	17	NC Marlins Of Raleigh	6/17/2022	2022 VA Virginia Commonwealth

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.54	946	Maldari, Caleb	17	NC SwimMAC Carolina	7/30/2022	2022 Phillips 66 Summer Nationals
2	2:06.55	882	Lucky, Matthew	17	NC Unattached	12/2/2021	2021 Toyota US Open Championship
3	2:07.08	871	Eichel, Daniel	17	NC Unattached	7/6/2022	European Junior Swimming Championships
4	2:07.64	859	Whelehan, Colin	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
5	2:08.71	837	Ayers, Alex	17	NC SwimMAC Carolina	8/5/2022	2022 Speedo Junior National Ch
6	2:10.74	796	Hetzell, Mason	17	NC Marlins Of Raleigh	8/5/2022	2022 TT Speedo Junior National
7	2:10.90	792	Stoner, Reese	17	NC YMCA of the Triangle Area Swim Team	7/27/2022	2022 FL ISCA Summer Senior Blast
8	2:10.93	792	Kisshauer, Greg	17	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
9	2:11.46	781	McCarter, Gavin	17	NC SwimMAC Carolina	7/28/2022	2022 NC Futures Championships Cary
10	2:12.35	763	Venters, Cole	17	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Me

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 17 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:56.60	837	Boehlke, Eva	17	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
2	4:56.80	836	Sanders, Sydney	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
3	4:57.51	830	Cotter, Keelan	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
4	5:01.15	801	Rainey, Grace	17	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
5	5:04.13	777	Sleime, Leyla	17	NC Mecklenburg Swim Association	7/28/2022	2022 NC Futures Championships Cary
6	5:04.95	771	Ulicny, Amanda	17	NC Marlins Of Raleigh	1/15/2022	2022 VA NOVA LC Winter Invitational
7	5:07.06	754	Daniels, Grace	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
8	5:08.33	744	Geyer, Maddi	17	NC Mecklenburg Swim Association	1/15/2022	2022 VA NOVA LC Winter Invitational
9	5:08.85	740	Bloom, Taylor	17	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
10	5:08.92	740	Heffelfinger, Alyssa	17	NC Mecklenburg Swim Association	1/15/2022	2022 VA NOVA LC Winter Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 17 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:30.94	859	Maldari, Caleb	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
2	4:33.67	834	Whelehan, Colin	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
3	4:35.59	817	Delmar, Ben	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
4	4:35.95	814	Ayers, Alex	17	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
5	4:36.94	805	Eichel, Daniel	17	NC Unattached	7/8/2022	European Junior Swimming Championships
6	4:37.80	797	Kisshauer, Greg	17	NC Mecklenburg Swim Association	7/28/2022	2022 NC Futures Championships Cary
7	4:38.59	790	Tuttle, Wilson	17	NC Marlins Of Raleigh	7/28/2022	2022 NC Futures Championships Cary
8	4:41.48	764	Cook, Alex	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
9	4:41.74	762	Dunlap, Willi	17	NC Unattached	7/28/2022	2022 NC Futures Championships Cary
10	4:41.89	761	Kelty, Sean	17	NC Hickory Foundation YMCA Seahorse Swim Team	7/21/2022	2022 NC AP LC YMCA Nationals

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	24.74	1005	Curzan, Claire	18	NC TAC Titans	7/30/2022	2022 Phillips 66 Summer Nationals
2	26.28	865	Smith, Skyler	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
3	26.64	833	Parkes, Callie	18	NC Waves Of Wilmington, Inc.	6/12/2022	2022 SC SCSC June Invitational
4	26.67	831	Schoppa, Maura	18	NC Swim GSA	6/19/2022	2022 NC SGSA Eastern Invitational
5	26.98	804	Hook, Charlotte	18	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
6	27.00	802	Zettel, Brooke	18	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
7	27.09	794	Bilden, Lindy	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
8	27.11	793	Fleury, Sarah	18	NC Lifetime Swim Team North Carolina	7/30/2022	2022 NC Futures Championships Cary
9	27.19	786	Kilpatrick, Ava	18	NC YMCA of Western North Carolina	7/23/2022	2022 NC LC SR CHAMPS
10	27.20	785	Sandock, Leah	18	NC Mecklenburg Swim Association	7/30/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	22.57	949	Kartavi, Martin	18	NC Unattached	7/8/2022	European Junior Swimming Championships
2	23.34	881	Bacon, Tate	18	NC Unattached	4/30/2022	International Team Trials
3	23.46	871	Harris, Tiesyn	18	NC SwimMAC Carolina	8/5/2022	2022 Speedo Junior National Ch
4	23.52	866	Nelson, Baylor	18	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
5	23.55	863	Cotter, Michael	18	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
6	23.76	845	Abaqueta, Cam	18	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	23.88	835	Valliere, Alex	18	NC YMCA of Northwest North Carolina Riptyde	7/27/2022	2022 FL RAFC Last Splash Invitational
8	23.93	830	Zucker, Logan	18	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee Meet
9	23.98	826	Anderson, Tate	18	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS
10	24.00	824	Miller, Reid	18	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.45	842	Schoppa, Maura	18	NC Swim GSA	6/18/2022	2022 NC SGSA Eastern Invitational
2	57.64	833	Sowards, Elizabeth	18	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
3	58.30	804	Fitzgerald, Jane	18	NC Enfinity Aquatic Club	7/24/2022	2022 NC LC SR CHAMPS
4	58.55	792	Smith, Madeline	18	NC East Carolina Aquatics	7/17/2022	2022 NC ESSZ Summer Sectionals
5	58.75	783	Zettel, Brooke	18	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
6	59.15	766	Thome, Alison	18	NC Mecklenburg Swim Association	5/22/2022	2022 NC SwimMAC Martha McKee Meet
7	59.34 r	757	Clark, Hayley	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
8	59.55	748	Hamblin, Emilee	18	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
9	59.63	745	Earnshaw, Julia	18	NC YMCA of the Triangle Area Swim Team	5/22/2022	2022 NC SwimMAC Martha McKee Meet
10	1:00.22	719	Wagner, Grace	18	NC Lifetime Swim Team North Carolina	6/19/2022	2022 SC RAYS RAYS OF SUNSHINE

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	49.83	938	Hoover, Sam	18	NC NC State University	4/26/2022	International Team Trials
2	49.98	931	Cotter, Michael	18	NC TAC Titans	4/26/2022	International Team Trials
3	50.38	912	Nelson, Baylor	18	NC SwimMAC Carolina	4/26/2022	International Team Trials
4	51.35	866	Harris, Tiesyn	18	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
5	51.45	861	Zucker, Logan	18	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
5	51.45	861	Kartavi, Martin	18	NC Unattached	7/9/2022	European Junior Swimming Championships
7	51.68	850	Greeley, David	18	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
8	51.89	841	Abaqueta, Cam	18	NC SwimMAC Carolina	7/26/2022	2022 Phillips 66 Summer Nationals
9	51.90	840	Bacon, Tate	18	NC Unattached	4/29/2022	Time Trials - Intl Team Trials
10	52.14	829	Quaresma, David	18	NC Marlins Of Raleigh	8/2/2022	2022 TT Speedo Junior National

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.87	832	Hook, Charlotte	18	NC TAC Titans	7/15/2022	2022 NC ESSZ Summer Sectionals
2	2:05.61	791	Hastings, Emma	18	NC East Carolina Aquatics	7/15/2022	2022 NC ESSZ Summer Sectionals
2	2:05.61 r	791	Clark, Hayley	18	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
4	2:05.67	789	Sowards, Elizabeth	18	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
5	2:06.07	780	Schoppa, Maura	18	NC Swim GSA	6/17/2022	2022 NC SGSA Eastern Invitational
6	2:06.57	769	Razewski, Morgan	18	NC SwimMAC Carolina	4/27/2022	International Team Trials
7	2:06.84	763	Smith, Madeline	18	NC East Carolina Aquatics	7/15/2022	2022 NC ESSZ Summer Sectionals
8	2:07.37	750	Zettel, Brooke	18	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
9	2:07.74 r	742	Bitting, Mary Grace	18	NC Mecklenburg Swim Association	7/21/2022	2022 NC LC SR CHAMPS
10	2:07.77	741	Ciancanelli, Makayla	18	NC Marlins Of Raleigh	1/15/2022	2022 VA NOVA LC Winter Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:48.45	972	Cotter, Michael	18	NC TAC Titans	4/27/2022	International Team Trials
2	1:51.18	904	Hoover, Sam	18	NC NC State University	4/27/2022	International Team Trials
3	1:51.75 r	890	Romano, Yoav	18	NC Unattached	7/9/2022	European Junior Swimming Championships
4	1:52.08	882	Nelson, Baylor	18	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
5	1:52.80	865	Zucker, Logan	18	NC SwimMAC Carolina	4/27/2022	International Team Trials
6	1:53.09	858	Norris, Lance	18	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
7	1:53.96	837	Haughey, Braeden	18	NC TAC Titans	6/3/2022	Mel Zajac Jr. International 20
8	1:54.08	834	Greeley, David	18	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
9	1:54.26	830	Quaresma, David	18	NC Marlins Of Raleigh	8/4/2022	2022 Speedo Junior National Ch
10	1:54.44	826	Harris, Dax	18	NC Greensboro Community YMCA	7/29/2022	2022 FL RAFC Last Splash Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:19.45	836	Hastings, Emma	18	NC East Carolina Aquatics	8/3/2022	2022 Speedo Junior National Ch
2	4:19.65	833	Clark, Hayley	18	NC North Carolina Aquatic Club	8/3/2022	2022 Speedo Junior National Ch
3	4:28.86	729	Hughes, Ashley	18	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary
4	4:32.07	694	Ciancanelli, Makayla	18	NC Marlins Of Raleigh	1/16/2022	2022 VA NOVA LC Winter Invitational
5	4:32.64	688	Zettel, Brooke	18	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
6	4:33.14	683	Corrado, Mia	18	NC North Carolina Aquatic Club	6/26/2022	2022 NC NCAC Summer Meet
7	4:34.13	672	Fitzgerald, Jane	18	NC Enfinity Aquatic Club	7/23/2022	2022 NC LC SR CHAMPS
8	4:34.18	672	Razewski, Morgan	18	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
9	4:34.96	664	McGovern, Julia	18	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
10	4:35.13	662	Covington, Sadie	18	NC Swim GSA	6/18/2022	2022 NC SGSA Eastern Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:51.64	948	Cotter, Michael	18	NC TAC Titans	4/29/2022	International Team Trials
2	3:56.89	888	Romano, Yoav	18	NC Unattached	7/10/2022	European Junior Swimming Championships
3	3:57.61	880	Norris, Lance	18	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
4	4:01.70	834	Nelson, Baylor	18	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
5	4:02.14	829	Miller, Brandon	18	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
6	4:03.74	812	Sleater, Patrick	18	NC Blues Aquatics	7/16/2022	2022 NC ESSZ Summer Sectionals
7	4:04.05	808	Haughey, Braeden	18	NC TAC Titans	6/4/2022	Mel Zajac Jr. International 20
8	4:05.50	793	Quaresma, David	18	NC Marlins Of Raleigh	8/3/2022	2022 Speedo Junior National Ch
9	4:06.02	787	Zucker, Logan	18	NC SwimMAC Carolina	4/29/2022	International Team Trials
10	4:06.24	785	Harris, Dax	18	NC Greensboro Community YMCA	7/28/2022	2022 FL RAFC Last Splash Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:47.70	872	Hastings, Emma	18	NC East Carolina Aquatics	8/1/2022	2022 Speedo Junior National Ch
2	8:55.01	833	Clark, Hayley	18	NC North Carolina Aquatic Club	8/1/2022	2022 Speedo Junior National Ch
3	9:11.32	750	McGovern, Julia	18	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	9:13.26	740	Smith, Sydney	18	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
5	9:13.45	739	Hughes, Ashley	18	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
6	9:26.09	678	Pena, Karsen	18	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
7	9:27.26	672	O'Mara, Gracyn	18	NC Mecklenburg Swim Association	6/23/2022	2022 FL BSS TYR June Classic
8	9:29.62	661	Heffelfinger, Alyssa	18	NC Mecklenburg Swim Association	5/19/2022	2022 NC SwimMAC Martha McKee Meet
9	9:30.71	656	Fitzgerald, Jane	18	NC Enfinity Aquatic Club	7/21/2022	2022 NC LC SR CHAMPS
10	9:33.09	644	Ciancanelli, Makayla	18	NC Marlins Of Raleigh	1/17/2022	2022 VA NOVA LC Winter Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:07.06	922	Romano, Yoav	18	NC Unattached	7/9/2022	European Junior Swimming Championships
2	8:09.74	907	Norris, Lance	18	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
3	8:17.87	862	Miller, Brandon	18	NC North Carolina Aquatic Club	8/5/2022	2022 Speedo Junior National Ch
4	8:29.53	800	Quaresma, David	18	NC Marlins Of Raleigh	8/5/2022	2022 Speedo Junior National Ch
5	8:33.23	781	Clark, Joseph	18	NC Aquatic Team Of Mecklenburg	8/2/2022	2022 TT Speedo Junior National
6	8:38.16	755	McDonald, Jackson	18	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
7	8:46.50	712	Russell, Kellen	18	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
8	8:47.20	709	Freeman, Spencer	18	NC Mecklenburg Swim Association	5/22/2022	2022 NC SwimMAC Martha McKee Meet
9	9:01.68	638	Collins, Joshua	18	NC North Carolina Aquatic Club	6/12/2022	2022 NC GCY Sprint and Distance
10	9:10.36	596	Glebus, Chris	18	NC Swim GSA	6/16/2022	2022 NC SGSA Eastern Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:55.06	886	Hastings, Emma	18	NC East Carolina Aquatics	7/17/2022	2022 NC ESSZ Summer Sectionals
2	17:00.47	872	Clark, Hayley	18	NC North Carolina Aquatic Club	8/5/2022	2022 Speedo Junior National Ch
3	17:37.65	774	McGovern, Julia	18	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
4	17:39.61	769	Hughes, Ashley	18	NC Marlins Of Raleigh	7/3/2022	2022 MI Eric Namesnik Memorial Open
5	17:50.38	742	Smith, Sydney	18	NC Marlins Of Raleigh	7/30/2022	2022 NC Futures Championships Cary
6	18:01.01	715	O'Mara, Gracyn	18	NC Mecklenburg Swim Association	6/26/2022	2022 FL BSS TYR June Classic
7	18:18.17	673	Pena, Karsen	18	NC Marlins Of Raleigh	7/30/2022	2022 NC Futures Championships Cary
8	18:32.39	639	Cottingham, Brianna	18	NC YMCA of Northwest North Carolina Riptyde	7/30/2022	2022 FL RAFC Last Splash Invitational
9	19:03.84	566	McDevitt, Elizabeth	18	NC Unattached	5/22/2022	2022 NC SwimMAC Martha McKee Meet
10	19:07.73	558	Banas, Anna	18	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:22.04	941	Romano, Yoav	18	NC Unattached	7/7/2022	European Junior Swimming Championships
2	16:20.72	793	McDonald, Jackson	18	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
3	16:58.02	704	Freeman, Spencer	18	NC Mecklenburg Swim Association	6/26/2022	2022 FL BSS TYR June Classic
4	17:33.15	623	Johnson, Kyle	18	NC TAC Titans	7/24/2022	2022 NC LC SR CHAMPS
5	17:46.28	593	Jarrett, Samuel	18	NC YMCA of Western North Carolina	7/24/2022	2022 NC LC SR CHAMPS
6	18:22.02	516	Quaresma, David	18	NC Marlins Of Raleigh	7/3/2022	2022 MI Eric Namesnik Memorial Open

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.08 r	1031	Gorbenko, Anastasya	18	NC Team Elite	6/21/2022	2022 World Champs
2	1:00.36	1019	Curzan, Claire	18	NC TAC Titans	7/29/2022	2022 Phillips 66 Summer Nationals
3	1:04.64	848	Zettel, Brooke	18	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
4	1:05.27	824	Clark, Abby	18	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
5	1:05.47 r	816	Smith, Madeline	18	NC East Carolina Aquatics	7/15/2022	2022 NC ESSZ Summer Sectionals
6	1:05.63	810	Bilden, Lindy	18	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
7	1:06.19	789	Corrado, Mia	18	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
8	1:06.25	787	Razewski, Morgan	18	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
9	1:06.56	775	Allred, Samantha	18	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
10	1:06.83	765	Schoppa, Maura	18	NC Swim GSA	6/18/2022	2022 NC SGSA Eastern Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.96 r	979	Danziger, Inbar	18	NC Unattached	7/8/2022	European Junior Swimming Championships
2	56.29	922	Abaqueta, Cam	18	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
3	56.69	905	Norris, Lance	18	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
4	56.82	900	Haughey, Braeden	18	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
5	56.91	896	Bacon, Tate	18	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
6	56.98	893	Nelson, Baylor	18	NC SwimMAC Carolina	6/5/2022	Mel Zajac Jr. International 20
7	57.46	873	Miller, Brandon	18	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
8	57.90	855	Weaver, Ryan	18	NC Carolina Aquatic Team	7/28/2022	2022 IN NCSA Summer Swimming Championships2
9	58.60	827	Anderson, Tate	18	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS
10	58.78	819	Tars, Robert	18	NC Greensboro Community YMCA	7/27/2022	2022 FL RAFC Last Splash Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.74	997	Curzan, Claire	18	NC TAC Titans	7/27/2022	2022 Phillips 66 Summer Nationals
2	2:19.40	833	Corrado, Mia	18	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States
3	2:21.34	801	Smith, Madeline	18	NC East Carolina Aquatics	7/17/2022	2022 NC ESSZ Summer Sectionals
4	2:21.88	793	Clark, Abby	18	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
5	2:24.34	753	Schoppa, Maura	18	NC Swim GSA	6/19/2022	2022 NC SGSA Eastern Invitational
6	2:25.26	738	Zettel, Brooke	18	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
7	2:25.90	728	Thome, Alison	18	NC Mecklenburg Swim Association	6/26/2022	2022 FL BSS TYR June Classic
8	2:26.39	720	Bilden, Lindy	18	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
9	2:26.88	713	Neal, Madison	18	NC YMCA of Northwest North Carolina Riptyde	7/30/2022	2022 FL RAFC Last Splash Invitational
10	2:27.09	709	Hickey, Dillan	18	NC YMCA of the Triangle Area Swim Team	6/19/2022	2022 VA SwimRVA Summer Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.84	965	Norris, Lance	18	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
2	2:00.31	956	Nelson, Baylor	18	NC SwimMAC Carolina	4/27/2022	International Team Trials
3	2:00.91	943	Danziger, Inbar	18	NC Unattached	7/7/2022	European Junior Swimming Championships
4	2:01.03	941	Haughey, Braeden	18	NC TAC Titans	4/27/2022	International Team Trials
5	2:01.79	926	Miller, Brandon	18	NC North Carolina Aquatic Club	8/3/2022	2022 Speedo Junior National Ch
6	2:07.51	813	Weaver, Ryan	18	NC Carolina Aquatic Team	7/27/2022	2022 IN NCSA Summer Swimming Championships2
7	2:08.23	800	Russell, Kellen	18	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
8	2:08.92	786	Bacon, Tate	18	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
9	2:09.13	782	Anderson, Tate	18	NC Raleigh Swimming Association	8/3/2022	2022 Speedo Junior National Ch
10	2:10.02	766	Hardy, Ryan	18	NC YMCA of the Triangle Area Swim Team	7/27/2022	2022 FL ISCA Summer Senior Blast

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.69	1016	Gorbenko, Anastasya	18	NC Team Elite	5/25/2022	2022 Mare Nostrum Tour Barcelona
2	1:09.84	915	Hamblin, Kaylee	18	NC Wolfpack Elite	7/16/2022	2022 NC ESSZ Summer Sectionals
3	1:10.28	902	Smith, Skyler	18	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
4	1:14.03	787	Cottingham, Brianna	18	NC YMCA of Northwest North Carolina Riptyde	7/29/2022	2022 FL RAFC Last Splash Invitational
5	1:15.24	750	Geyer, Maddi	18	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary
6	1:15.39	746	Kudela, Caroline	18	NC Lifetime Swim Team North Carolina	6/17/2022	2022 SC RAYS RAYS OF SUNSHINE
7	1:15.42	745	Zettel, Brooke	18	NC TAC Titans	4/29/2022	International Team Trials
8	1:15.86	732	Tomlinson, Abigail	18	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
9	1:15.99	728	Clark, Hayley	18	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
10	1:16.25	721	Gibson, Rachel	18	NC Rowan Aquatic Club - YMCA	6/26/2022	2022 FL Planet Swim Summer Championship

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.79	902	Insixiengmay, Steven	18	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
2	1:03.89	899	Guenther, Jack	18	NC Mecklenburg Swim Association	7/22/2022	2022 NC LC SR CHAMPS
3	1:04.14	890	Kroll, Matthew	18	NC SwimMAC Carolina	7/29/2022	2022 Phillips 66 Summer Nationals
4	1:05.78	833	Nelson, Baylor	18	NC SwimMAC Carolina	6/17/2022	2022 NC SGSA Eastern Invitational
5	1:05.86	830	Cotter, Michael	18	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
6	1:05.87	830	Volpe, Michael	18	NC YMCA of the Triangle Area Swim Team	7/16/2022	2022 NC ESSZ Summer Sectionals
7	1:05.99	826	Abaqueta, Cam	18	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
8	1:06.44	810	Citta, Dylan	18	NC North Carolina Aquatic Club	4/29/2022	International Team Trials
9	1:06.56	806	Greeley, David	18	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
10	1:06.68	802	Wilson, Lucas	18	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:28.58	951	Gorbenko, Anastasya	18	NC Unattached	6/22/2022	2022 World Champs
2	2:33.93	877	Hamblin, Kaylee	18	NC Wolfpack Elite	7/17/2022	2022 NC ESSZ Summer Sectionals
3	2:34.69	867	Smith, Skyler	18	NC North Carolina Aquatic Club	7/27/2022	2022 Phillips 66 Summer Nationals
4	2:40.20	792	Geyer, Maddi	18	NC Mecklenburg Swim Association	7/29/2022	2022 NC Futures Championships Cary
5	2:41.20	779	Cottingham, Brianna	18	NC YMCA of Northwest North Carolina Riptyde	7/28/2022	2022 FL RAFC Last Splash Invitational
6	2:41.44	775	Clark, Hayley	18	NC North Carolina Aquatic Club	6/11/2022	2022 NC GCY Sprint and Distance
7	2:41.93	769	Kudela, Caroline	18	NC Lifetime Swim Team North Carolina	6/18/2022	2022 SC RAYS RAYS OF SUNSHINE
8	2:42.05	767	O'Mara, Gracyn	18	NC Mecklenburg Swim Association	6/26/2022	2022 FL BSS TYR June Classic
9	2:43.73	745	Zettel, Brooke	18	NC TAC Titans	4/27/2022	International Team Trials
10	2:47.15	700	Day, Keenan	18	NC YMCA of the Triangle Area Swim Team	7/28/2022	2022 FL ISCA Summer Senior Blast

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.32	953	Kroll, Matthew	18	NC SwimMAC Carolina	7/27/2022	2022 Phillips 66 Summer Nationals
2	2:17.70	933	Guenther, Jack	18	NC Mecklenburg Swim Association	7/23/2022	2022 NC LC SR CHAMPS
3	2:18.31	923	Nelson, Baylor	18	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
4	2:24.84	827	Howden, Frank	18	NC Blues Aquatics	7/29/2022	2022 NC Futures Championships Cary
5	2:25.55	817	Miller, Brandon	18	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
6	2:27.98	782	Dyke, Thor	18	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
7	2:29.95	754	Reilly, Jack	18	NC Enfinity Aquatic Club	6/26/2022	2022 NC EAC Independence Invite
8	2:30.35	748	Wilson, Lucas	18	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary
9	2:30.72	743	Insixiengmay, Steven	18	NC SwimMAC Carolina	6/19/2022	2022 NC SGSA Eastern Invitational
10	2:32.46	719	Abaqueta, Cam	18	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.82	973	Curzan, Claire	18	NC TAC Titans	7/28/2022	2022 Phillips 66 Summer Nationals
2	59.04	965	Hook, Charlotte	18	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
3	1:01.87	862	Sowards, Elizabeth	18	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
4	1:01.95	859	Zettel, Brooke	18	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational
5	1:02.96	823	Schoppa, Maura	18	NC Swim GSA	6/17/2022	2022 NC SGSA Eastern Invitational
6	1:03.57	801	Bilden, Lindy	18	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
7	1:03.87	791	Hamblin, Emilee	18	NC Mecklenburg Swim Association	7/22/2022	2022 NC LC SR CHAMPS
8	1:03.93	789	McGovern, Julia	18	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
9	1:04.37	773	Parkes, Callie	18	NC Waves Of Wilmington, Inc.	6/11/2022	2022 SC SCSC June Invitational
10	1:04.68	762	Kosik, Ede	18	NC Carolina Aquatic Team	7/30/2022	2022 IN NCSA Summer Swimming Championships2

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.33	904	Bacon, Tate	18	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Me
2	55.29	862	Ranier, Harrison	18	NC SwimMAC Carolina	8/3/2022	2022 Speedo Junior National Ch
3	55.54	851	Zucker, Logan	18	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
4	55.62	847	Prucha, John	18	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
5	56.33	817	Greeley, David	18	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
6	56.67	802	Jones, Charlie	18	NC East Carolina Aquatics	8/3/2022	2022 Speedo Junior National Ch
7	56.75	799	Miller, Reid	18	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
8	56.84	795	Russell, Kellen	18	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
9	57.01	788	Haughey, Braeden	18	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
10	57.06	786	Clark, Joseph	18	NC Aquatic Team Of Mecklenburg	8/3/2022	2022 TT Speedo Junior National

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:08.80	963	Hook, Charlotte	18	NC TAC Titans	4/26/2022	International Team Trials
2	2:22.57	751	Bilden, Lindy	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
3	2:23.49	737	Hamblin, Emilee	18	NC Mecklenburg Swim Association	7/23/2022	2022 NC LC SR CHAMPS
4	2:23.61	735	Stolberg, Emma	18	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
5	2:24.74	718	Dona, Hanani	18	NC SwimMAC Carolina	4/2/2022	2022 IN Spring Speedo Sectionals
6	2:25.34	710	Clark, Hayley	18	NC North Carolina Aquatic Club	5/1/2022	2022 NC NCAC Quad Meet
7	2:25.47	708	Pena, Karsen	18	NC Marlins Of Raleigh	7/27/2022	2022 NC Futures Championships Cary
8	2:27.05	684	Ciancanelli, Makayla	18	NC Marlins Of Raleigh	1/16/2022	2022 VA NOVA LC Winter Invitational
9	2:27.12	683	Corrado, Mia	18	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
10	2:27.15	683	Campbell, Emily	18	NC Marlins Of Raleigh	1/16/2022	2022 VA NOVA LC Winter Invitational

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:02.88	871	Zucker, Logan	18	NC SwimMAC Carolina	12/4/2021	2021 Toyota US Open Championship
2	2:03.69	855	Russell, Kellen	18	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
3	2:04.10	848	Nelson, Baylor	18	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
4	2:06.03	812	Pena, Wyatt	18	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
5	2:06.71	799	Miller, Brandon	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
6	2:06.92	795	Jones, Charlie	18	NC East Carolina Aquatics	8/1/2022	2022 Speedo Junior National Ch
7	2:07.53	784	Ranier, Harrison	18	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
8	2:07.84	778	Prucha, John	18	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
9	2:08.66	763	Kohm, Sam	18	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
10	2:08.82	760	Berkeley, Coby	18	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.54	1026	Gorbenko, Anastasya	18	NC Unattached	6/18/2022	2022 World Champs
2	2:15.55	931	Hook, Charlotte	18	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
3	2:19.86	851	Clark, Hayley	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
4	2:19.97	849	Sowards, Elizabeth	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:20.01	849	Zettel, Brooke	18	NC TAC Titans	4/30/2022	International Team Trials
6	2:23.15	792	Geyer, Maddi	18	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
7	2:24.11	776	Smith, Madeline	18	NC East Carolina Aquatics	7/14/2022	2022 NC ESSZ Summer Sectionals
8	2:24.61	767	Corrado, Mia	18	NC North Carolina Aquatic Club	7/29/2022	2022 NC NCAC LCM Tar Heel States
9	2:25.54	751	Smith, Skyler	18	NC North Carolina Aquatic Club	5/20/2022	2022 NC NCAC Meet on the Hill
9	2:25.54	751	Hastings, Emma	18	NC East Carolina Aquatics	7/14/2022	2022 NC ESSZ Summer Sectionals

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.86	1015	Nelson, Baylor	18	NC SwimMAC Carolina	12/2/2021	2021 Toyota US Open Championship
2	2:01.98	968	Cotter, Michael	18	NC TAC Titans	4/30/2022	International Team Trials
3	2:06.44	873	Norris, Lance	18	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
4	2:06.93	862	Miller, Brandon	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:07.51	850	Sleater, Patrick	18	NC Blues Aquatics	7/14/2022	2022 NC ESSZ Summer Sectionals
6	2:08.33	833	Guenther, Jack	18	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
7	2:09.08	818	Kroll, Matthew	18	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
8	2:09.44	811	Bacon, Tate	18	NC TAC Titans	5/20/2022	2022 NC TAC Spring Invitational
9	2:09.68	806	Freeman, Spencer	18	NC Mecklenburg Swim Association	7/30/2022	2022 NC Futures Championships Cary
10	2:09.76	804	Dyke, Thor	18	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls Age 18 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:49.99	891	Hook, Charlotte	18	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
2	4:55.49	846	Clark, Hayley	18	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
3	5:05.55	766	Corrado, Mia	18	NC North Carolina Aquatic Club	6/10/2022	2022 NC GCY Sprint and Distance
4	5:05.72	765	Zettel, Brooke	18	NC TAC Titans	6/24/2022	2022 GU Texas Senior Circuit 3
5	5:06.70	757	Geyer, Maddi	18	NC Mecklenburg Swim Association	7/28/2022	2022 NC Futures Championships Cary
6	5:07.99	747	Hastings, Emma	18	NC East Carolina Aquatics	7/15/2022	2022 NC ESSZ Summer Sectionals
7	5:14.29	698	Pena, Karsen	18	NC Marlins Of Raleigh	7/28/2022	2022 NC Futures Championships Cary
8	5:14.62	696	O'Mara, Gracyn	18	NC Mecklenburg Swim Association	6/25/2022	2022 FL BSS TYR June Classic
9	5:18.12	669	Lahiff, Julie	18	NC New Wave Swim Team	6/17/2022	2022 NC TAC Triangle Classic
10	5:18.56	666	Heffelfinger, Alyssa	18	NC Mecklenburg Swim Association	7/22/2022	2022 NC LC SR CHAMPS

NCS Top Ten LC Times as of 08/08/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys Age 18 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:17.58	985	Nelson, Baylor	18	NC SwimMAC Carolina	4/28/2022	International Team Trials
2	4:25.75	907	Miller, Brandon	18	NC North Carolina Aquatic Club	8/2/2022	2022 Speedo Junior National Ch
3	4:26.28	902	Zucker, Logan	18	NC SwimMAC Carolina	4/28/2022	International Team Trials
4	4:33.58	835	Dyke, Thor	18	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
5	4:34.95	823	Freeman, Spencer	18	NC Mecklenburg Swim Association	7/28/2022	2022 NC Futures Championships Cary
6	4:37.77	797	Russell, Kellen	18	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
7	4:40.38	774	Kroll, Matthew	18	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
8	4:45.29	731	Reilly, Jack	18	NC Enfinity Aquatic Club	7/28/2022	2022 IN NCSA Summer Swimming Championships
9	4:48.57	703	Collins, Joshua	18	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
10	4:49.43	696	Howden, Frank	18	NC Blues Aquatics	7/28/2022	2022 NC Futures Championships Cary