

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 10 & under 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.84	882	Whelehan, Finola	10	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
2	30.55	837	Weaver, Erin	10	NC Carolina Aquatic Team	7/15/2022	2022 NC LC AG CHAMPS
3	31.69	765	White, Avery	10	NC Raleigh Swimming Association	7/15/2022	2022 NC LC AG CHAMPS
4	32.04	744	Liu, Ziva	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
5	32.32	727	Na, Molly	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.96	871	Cyrus, Jesse	10	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
2	30.92	817	Oxrieder, Stokes	10	NC Marlins Of Raleigh	5/7/2022	2022 NC SGSA Mother May I
3	31.16	804	Dickenson, Anderson	10	NC Star Aquatics	4/22/2022	2022 NC STAR April FNR
4	31.23	800	Spencer, Slater	10	NC Waves Of Wilmington, Inc.	7/15/2022	2022 NC LC AG CHAMPS
5	31.61	875	Ge, Robbie	9	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.05	874	Whelehan, Finola	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	1:08.85	783	Weaver, Erin	10	NC Carolina Aquatic Team	7/17/2022	2022 NC LC AG CHAMPS
3	1:10.63	728	Liu, Ziva	10	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
4	1:10.98	717	Clayton, Natalie	10	NC Granite Falls Swim Club Makos	5/22/2022	2022 NC TAC Spring Invitational
5	1:11.36	705	Kulp, Willa	10	NC North Carolina Aquatic Club	5/1/2022	2022 NC NCAC Quad Meet

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.08	858	Spencer, Slater	10	NC Waves Of Wilmington, Inc.	7/17/2022	2022 NC LC AG CHAMPS
2	1:06.64	841	Cyrus, Jesse	10	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
3	1:08.56	784	Oxrieder, Stokes	10	NC Marlins Of Raleigh	5/22/2022	2022 NC NCAC Meet on the Hill
4	1:09.62	753	Cumhur, Efe	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
5	1:10.63	724	Dickenson, Anderson	10	NC Star Aquatics	5/15/2022	2022 NC STAR Long Days of Summer

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 10 & under 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:26.35	836	Weaver, Erin	10	NC Carolina Aquatic Team	7/16/2022	2022 NC LC AG CHAMPS
2	2:27.22	822	Whelehan, Finola	10	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
3	2:31.46	753	Kulp, Willa	10	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
4	2:36.45	675	Clayton, Natalie	10	NC Granite Falls Swim Club Makos	5/21/2022	2022 NC TAC Spring Invitational
5	2:36.64	672	Liu, Ziva	10	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:27.21	797	Spencer, Slater	10	NC Waves Of Wilmington, Inc.	7/16/2022	2022 NC LC AG CHAMPS
2	2:29.62	761	Cyrus, Jesse	10	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
3	2:30.08	754	Cumhur, Efe	10	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
4	2:30.41	749	Oxrieder, Stokes	10	NC Marlins Of Raleigh	5/7/2022	2022 NC SGSA Mother May I
5	2:31.24	737	Cavanaugh, Finn	10	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 10 & under 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:12.72	818	Weaver, Erin	10	NC Carolina Aquatic Team	7/15/2022	2022 NC LC AG CHAMPS
2	5:17.74	778	Kulp, Willa	10	NC North Carolina Aquatic Club	6/24/2022	2022 NC NCAC Summer Meet
3	5:26.13	714	Whelehan, Finola	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
4	5:28.52	696	Leute, Kamdyn	10	NC Granite Falls Swim Club Makos	6/17/2022	2022 NC TAC Triangle Classic
5	5:33.23	661	White, Avery	10	NC Raleigh Swimming Association	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 10 & under 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:09.97	822	Spencer, Slater	10	NC Waves Of Wilmington, Inc.	7/15/2022	2022 NC LC AG CHAMPS
2	5:15.25	785	Oxrieder, Stokes	10	NC Marlins Of Raleigh	5/21/2022	2022 NC NCAC Meet on the Hill
3	5:20.24	750	Cumhur, Efe	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
4	5:21.33	743	Cavanaugh, Finn	10	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
5	5:31.83	672	Tate, Hawken	10	NC YMCA of Northwest North Carolina Riptyde	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 10 & under 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	35.75	853	Weaver, Erin	10	NC Carolina Aquatic Team	7/17/2022	2022 NC LC AG CHAMPS
2	36.83	789	Whelehan, Finola	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
3	37.02	778	Phillips, Ava	10	NC Granite Falls Swim Club Makos	7/10/2022	2022 NC TAC July Qualifier
4	37.10	773	Ghitelman, Susannah	10	NC North Carolina Aquatic Club	5/1/2022	2022 NC NCAC Quad Meet
5	37.65	741	Kulp, Willa	10	NC North Carolina Aquatic Club	5/1/2022	2022 NC NCAC Quad Meet

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	34.36	913	Tate, Hawken	10	NC YMCA of Northwest North Carolina Riptyde	7/17/2022	2022 NC LC AG CHAMPS
2	34.47	907	Cyrus, Jesse	10	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
3	36.17	812	Spencer, Slater	10	NC Waves Of Wilmington, Inc.	7/17/2022	2022 NC LC AG CHAMPS
4	36.21	810	Zhang, Andrew	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
5	36.71	783	Zhou-He, Steven	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 10 & under 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:17.01	854	Weaver, Erin	10	NC Carolina Aquatic Team	6/19/2022	2022 SC RAYS RAYS OF SUNSHINE
2	1:18.63	810	Whelehan, Finola	10	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
3	1:19.89	777	Phillips, Ava	10	NC Granite Falls Swim Club Makos	5/21/2022	2022 NC TAC Spring Invitational
4	1:21.56	734	Martino, Mikayla	10	NC Granite Falls Swim Club Makos	5/21/2022	2022 NC TAC Spring Invitational
5	1:21.70	731	Kulp, Willa	10	NC North Carolina Aquatic Club	4/30/2022	2022 NC NCAC Quad Meet

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:14.82	906	Tate, Hawken	10	NC YMCA of Northwest North Carolina Riptyde	7/16/2022	2022 NC LC AG CHAMPS
2	1:17.43	839	Spencer, Slater	10	NC Waves Of Wilmington, Inc.	7/16/2022	2022 NC LC AG CHAMPS
3	1:18.90	802	Cyrus, Jesse	10	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
4	1:19.80	779	Cumhur, Efe	10	NC TAC Titans	8/5/2022	2022 NC TAC TITANS Closeout Meet
5	1:20.20	769	Zhou-He, Steven	10	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 10 & under 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	40.63	799	Liu, Ziva	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
2	41.92	740	Kulp, Willa	10	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
3	41.94	739	White, Avery	10	NC Raleigh Swimming Association	7/15/2022	2022 NC LC AG CHAMPS
4	42.10	732	Na, Molly	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
5	42.20	727	Hueman, Reagan	10	NC New Wave Swim Team	5/1/2022	2022 NC WAVE Sprint Into LC

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 10 & under 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	39.11	887	Cyrus, Jesse	10	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
2	40.48	820	Prakash, Vihan	10	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
3	41.92	751	Zhou-He, Steven	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
4	42.47	879	Cooler, Banks	9	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
5	43.68	670	Ge, Robbie	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:28.87	802	Liu, Ziva	10	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
2	1:30.45	769	White, Avery	10	NC Raleigh Swimming Association	7/16/2022	2022 NC LC AG CHAMPS
3	1:30.77	763	Kulp, Willa	10	NC North Carolina Aquatic Club	6/25/2022	2022 NC NCAC Summer Meet
4	1:33.05	716	Kline, Camryn	10	NC Mecklenburg Swim Association	7/16/2022	2022 NC LC AG CHAMPS
5	1:33.81	701	Hueman, Reagan	10	NC New Wave Swim Team	4/30/2022	2022 NC WAVE Sprint Into LC

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:26.61	864	Cyrus, Jesse	10	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
2	1:28.10	832	Zhou-He, Steven	10	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
3	1:34.15	705	Ge, Robbie	10	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS
4	1:34.71	694	Prakash, Vihan	10	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	1:35.15	685	Cumhur, Efe	10	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 10 & under 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	33.17	852	Whelehan, Finola	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	33.58	829	Kulp, Willa	10	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
3	33.64	826	Liu, Ziva	10	NC TAC Titans	8/7/2022	2022 NC TAC TITANS Closeout Meet
4	34.55	776	Phillips, Ava	10	NC Granite Falls Swim Club Makos	7/17/2022	2022 NC LC AG CHAMPS
5	34.68	769	Babani, Elsa	10	NC Aquatic Team Of Mecklenburg	7/17/2022	2022 NC LC AG CHAMPS

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	32.22	903	Zhou-He, Steven	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	32.61	880	Cyrus, Jesse	10	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
3	33.08	851	Oxrieder, Stokes	10	NC Marlins Of Raleigh	5/22/2022	2022 NC NCAC Meet on the Hill
4	33.62	819	Soloman, Neel	10	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
5	34.59	915	Cooler, Banks	9	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:15.15	856	Babani, Elsa	10	NC Aquatic Team Of Mecklenburg	7/15/2022	2022 NC LC AG CHAMPS
2	1:16.39	827	Kulp, Willa	10	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
3	1:17.70	796	Phillips, Ava	10	NC Granite Falls Swim Club Makos	7/15/2022	2022 NC LC AG CHAMPS
4	1:19.38	757	Liu, Ziva	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
5	1:21.55	708	Whelehan, Finola	10	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:16.85	797	Zhou-He, Steven	10	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
2	1:17.95	770	Soloman, Neel	10	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS
3	1:18.28	762	Oxrieder, Stokes	10	NC Marlins Of Raleigh	5/7/2022	2022 NC SGSA Mother May I
4	1:19.67	728	Cumhur, Efe	10	NC TAC Titans	7/10/2022	2022 NC TAC July Qualifier
5	1:22.08	853	Shea, Leo	9	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 10 & under 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:47.26	821	Whelehan, Finola	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	2:47.71	816	Kulp, Willa	10	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
3	2:48.81	802	Weaver, Erin	10	NC Carolina Aquatic Team	7/17/2022	2022 NC LC AG CHAMPS
4	2:54.72	729	White, Avery	10	NC Raleigh Swimming Association	7/17/2022	2022 NC LC AG CHAMPS
5	2:55.84	716	Liu, Ziva	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 10 & under 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:48.35	790	Zhou-He, Steven	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
2	2:49.62	774	Cumhur, Efe	10	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
3	2:52.13	741	Spencer, Slater	10	NC Waves Of Wilmington, Inc.	7/17/2022	2022 NC LC AG CHAMPS
4	2:53.14	729	Cavanaugh, Finn	10	NC SwimMAC Carolina	7/17/2022	2022 NC LC AG CHAMPS
5	2:53.85	720	Oxrieder, Stokes	10	NC Marlins Of Raleigh	5/6/2022	2022 NC SGSA Mother May I

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 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

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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

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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

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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

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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

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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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 400 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 400 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 800 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 800 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 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	21:16.68	548	Wilson, Addison	12	NC Watauga County Swim Team	6/17/2022	2022 NC YSST Bob Pratt Invitational
3	21:30.85	522	Burke, Diana	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
4	21:38.17	509	Snyder, Paige	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
5	21:45.36	496	Houtz, Haley	12	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 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	22:09.61	677	Caress, Baxter	11	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500
5	22:38.27	630	Zimmermann, Blake	11	NC YMCA of the Triangle Area Swim Team	6/25/2022	2022 NC YOTA 1500

NCS Top Five LC Times by age group as of 08/31/22

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

Girls 11-12 50 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	31.27	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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 100 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

NCS Top Five LC Times by age group as of 08/31/22

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

Boys 11-12 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:06.22	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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 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	36.30	809	Brock, Yari	12	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
3	36.79	782	He, Carolin	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS
4	36.89	776	O'Malley, Fiona	12	NC New Wave Swim Team	7/15/2022	2022 NC LC AG CHAMPS
5	37.64	735	Chia, Keira	12	NC TAC Titans	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 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	36.44	933	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/9/2022	2022 NC YSST USRY Championship
4	36.45	742	Zhang, William	12	NC North Carolina Aquatic Club	7/15/2022	2022 NC LC AG CHAMPS
4	36.45	742	Petroff, Behr	12	NC NSEA Swim	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 100 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 100 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 200 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	2:53.67	951	Cummins, Bodhi	11	NC YMCA of Northwest North Carolina Riptyde	7/17/2022	2022 NC LC AG CHAMPS
5	2:53.86	779	Brumback, Noah	12	NC Raleigh Swimming Association	7/10/2022	2022 NC MOR Long Course Qualifier

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 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 OIst, 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 100 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 100 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 11-12 400 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 11-12 400 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

NCS Top Five LC Times by age group as of 08/31/22

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

Girls 13-14 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	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	27.49	806	Klein, Taylor	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
5	27.52	844	Howard, Georgia	13	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee-Semifinals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.79 r	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	24.85	952	Stewart, Dylan	13	NC Mecklenburg Swim Association	7/30/2022	2022 NC SAIL Summer Splash
5	24.93	856	Camacho, Clem	14	NC TAC Titans	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 100 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	58.76	880	Whelehan, Sloane	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS
4	58.98	835	Bartee, Zetta Grace	14	NC SwimMAC Carolina	8/4/2022	2022 TT Speedo Junior National Ch
5	59.08	831	Neace, Clarke	14	NC SwimMAC Carolina	1/17/2022	2022 NC SwimMAC Novant LC

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 100 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 200 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 Ch
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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 400 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 400 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 800 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	9:12.31	852	Collins, Daisy	13	NC North Carolina Aquatic Club	7/26/2022	2022 MS Southern Zone Age Group
3	9:15.15	811	Klamfoth, Avery	14	NC SwimMAC Carolina	5/19/2022	2022 NC SwimMAC Martha McKee Meet
4	9:17.55	799	Jeltema, Mia	14	NC TAC Titans	7/14/2022	2022 NC LC AG CHAMPS
5	9:20.64	784	Pardue, Audrey	14	NC SwimMAC Carolina	4/1/2022	2022 NC SwimMAC Blue/Orange

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 800 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 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	17:44.10	849	Collins, Daisy	13	NC North Carolina Aquatic Club	7/17/2022	2022 NC LC AG CHAMPS
3	17:44.54	811	Neace, Clarke	14	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
4	17:54.74	785	Cinson, Kathryn	14	NC Hickory Foundation YMCA Seahorse Swim Team	7/17/2022	2022 NC LC AG CHAMPS
5	17:59.40	810	Schmitz, Madison	13	NC Marlins Of Raleigh	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 100 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	1:05.55	924	Elgart, Shayna	13	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
3	1:05.62	875	Shields, Shaelyn	14	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary
4	1:05.86	865	Klein, Taylor	14	NC SwimMAC Carolina	7/29/2022	2022 MS Southern Zone Age Group
5	1:06.63	836	Pou, Julia	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 100 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	1:01.68	979	Sito, Drew	13	NC New Wave Swim Team	7/27/2022	2022 FL RAFC Last Splash Invitational
5	1:01.87	869	Camacho, Clem	14	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 200 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	2:21.97	876	Whelehan, Sloane	13	NC TAC Titans	7/17/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 200 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	2:14.60	935	Sharron, Raston	13	NC New Wave Swim Team	7/30/2022	2022 FL RAFC Last Splash Invitational

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 100 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	1:09.35	974	Morgan, Seth	13	NC Rocky Mount Family YMCA	7/15/2022	2022 NC LC AG CHAMPS
3	1:10.64	830	Townsend, Alex	14	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
4	1:10.71	827	James, Kaleb	14	NC Marlins Of Raleigh	7/15/2022	2022 NC LC AG CHAMPS
5	1:10.81	928	Hardy, Gabe	13	NC SwimMAC Carolina	7/15/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 200 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	2:39.48	860	Thomas, Emma	13	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 200 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	2:33.91	902	Sharron, Raston	13	NC New Wave Swim Team	7/28/2022	2022 FL RAFC Last Splash Invitational
5	2:34.67	892	Morgan, Seth	13	NC Rocky Mount Family YMCA	7/20/2022	2022 NC AP LC YMCA Nationals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 100 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	1:03.27	895	Champion, Maria	13	NC SwimMAC Carolina	7/27/2022	2022 MS Southern Zone Age Group
5	1:03.48	852	Talwar, Tara	14	NC TAC Titans	7/27/2022	2022 MS Southern Zone Age Group

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 100 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	59.90	947	Lin, Owen	13	NC East Carolina Aquatics	6/24/2022	2022 NC EAC Independence Invite

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 200 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 Ch
2	2:12.00	861	Alzate, Santi	14	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
3	2:13.16	960	Sammons, David	13	NC SwimMAC Carolina	7/16/2022	2022 NC LC AG CHAMPS
4	2:13.37	837	Biller, Lukas	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS
5	2:15.03	808	Brock, Ben	14	NC North Carolina Aquatic Club	7/16/2022	2022 NC LC AG CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 200 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	2:23.12	888	Champion, Maria	13	NC SwimMAC Carolina	7/30/2022	2022 MS Southern Zone Age Group
5	2:24.95	804	Lloyd, Kyley	14	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 13-14 400 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	5:01.22	882	Champion, Maria	13	NC SwimMAC Carolina	7/28/2022	2022 MS Southern Zone Age Group
3	5:05.25	810	Jeltema, Mia	14	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic
4	5:05.82	806	Pardue, Audrey	14	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
5	5:06.61	800	Geyer, Kayda	14	NC Mecklenburg Swim Association	6/24/2022	2022 SC TG Dash and Splash

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 13-14 400 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

NCS Top Five LC Times by age group as of 08/31/22

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

Girls 15-16 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	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	26.62	846	Connor, Lila	15	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
5	26.64	845	Holfelder, Sydney	15	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 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	23.72	913	Kroll, John	15	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
4	23.79	907	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	4/1/2022	2022 NC ATOM Friday Night Lights
5	23.97	859	Setzer, Sean	16	NC Waves Of Wilmington, Inc.	6/12/2022	2022 SC SCSC June Invitational

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 100 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	56.92	882	Whelehan, Mere	15	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
3	57.44	846	Cotter, Keelan	16	NC TAC Titans	6/19/2022	2022 NC TAC Triangle Classic
4	57.64	837	Armen, Emily	16	NC East Carolina Aquatics	8/2/2022	2022 Speedo Junior National Ch
5	57.79 r	830	Donlan, Molly	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 100 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 Ch
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 Ch

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 200 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	2:01.26	928	Whelehan, Mere	15	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
3	2:03.82	866	Zettel, Nicole	15	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
4	2:04.06	841	McDonald, Kaylee	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
5	2:04.17	839	Cotter, Keelan	16	NC TAC Titans	6/17/2022	2022 NC TAC Triangle Classic

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 200 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	1:53.48	882	Haywood, Jack	16	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
3	1:53.85	873	Ayers, Alex	16	NC SwimMAC Carolina	4/24/2022	2022 SE ARENA Long Course Invi
4	1:54.24	864	Spinner, Wiley	16	NC Mecklenburg Swim Association	7/27/2022	2022 NC Futures Championships Cary
5	1:54.41	860	Marsteiner, Matthew	16	NC New Wave Swim Team	8/4/2022	2022 TT Speedo Junior National Ch

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 400 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	4:20.78	834	Cotter, Keelan	16	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
3	4:23.05	808	McDonald, Kaylee	16	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
4	4:23.49	836	Zettel, Nicole	15	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
5	4:25.49	780	Martinson, Kara	16	NC SwimMAC Carolina	7/29/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 400 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	3:59.07	895	Marsteiner, Matthew	16	NC New Wave Swim Team	8/3/2022	2022 Speedo Junior National Ch
3	4:01.09	872	Haywood, Jack	16	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
4	4:02.31	859	Degroote, Hudson	16	NC Marlins Of Raleigh	8/3/2022	2022 TT Speedo Junior National Ch
5	4:02.52	856	Klein, Freddy	16	NC SwimMAC Carolina	8/3/2022	2022 Speedo Junior National Ch

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 800 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	9:19.85	714	Cotter, Keelan	16	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
5	9:23.74	695	Sleime, Leyla	16	NC Mecklenburg Swim Association	1/17/2022	2022 VA NOVA LC Winter Invitational

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 800 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	8:24.55	835	Ayers, Alex	16	NC SwimMAC Carolina	6/16/2022	2022 NC SGSA Eastern Invitational
3	8:25.68	829	Haywood, Jack	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	8:25.79	828	Marsteiner, Matthew	16	NC New Wave Swim Team	8/5/2022	2022 Speedo Junior National Ch
5	8:27.00	822	Degroote, Hudson	16	NC Marlins Of Raleigh	8/5/2022	2022 Speedo Junior National Ch

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 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	17:57.04	729	Lee, Emma	16	NC Mecklenburg Swim Association	7/24/2022	2022 NC LC SR CHAMPS
4	17:59.46	738	Hawkins, Riley	15	NC TAC Titans	6/24/2022	2022 NC TAC TITANS Distance
5	18:02.52	730	Helmedag, Rosemary	15	NC Marlins Of Raleigh	7/24/2022	2022 NC LC SR CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 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	15:42.62	906	Klein, Freddy	16	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
3	16:04.29	852	Marsteiner, Matthew	16	NC New Wave Swim Team	8/1/2022	2022 Speedo Junior National Ch
4	16:05.38	849	Degroote, Hudson	16	NC Marlins Of Raleigh	8/1/2022	2022 Speedo Junior National Ch
5	16:06.14	847	Ayers, Alex	16	NC SwimMAC Carolina	4/23/2022	2022 SE ARENA Long Course Invi

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 100 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 100 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	57.93	962	Bartee, Granger	15	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 200 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	2:07.01	922	Tharakan, Abhay	15	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
5	2:07.16	920	Smith, Christian	15	NC Marlins Of Raleigh	7/30/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 100 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	1:14.82	788	Willis, Lily	15	NC East Carolina Aquatics	6/25/2022	2022 NC EAC Independence Invite

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 100 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 200 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	2:37.80	840	Largen, Caroline	15	NC SwimMAC Carolina	7/23/2022	2022 NC LC SR CHAMPS
5	2:38.24	834	Tuchi, Grace	15	NC SwimMAC Carolina	3/31/2022	2022 IN Spring Speedo Sectionals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 200 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	2:18.74	969	Willis, Jordan	15	NC SwimMAC Carolina	8/4/2022	2022 Speedo Junior National Ch
4	2:20.33	938	Klein, Freddy	16	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
5	2:21.47	929	Clontz, Norvin	15	NC SwimMAC Carolina	8/4/2022	2022 Speedo Junior National Ch

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 100 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	1:02.59	857	Zettel, Nicole	15	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 100 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 Championships2
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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 200 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

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 200 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	2:05.53	901	Clontz, Norvin	15	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
3	2:05.56	901	Osman, Max	15	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	2:06.36	843	Commins, Andy	16	NC North Carolina Aquatic Club	8/1/2022	2022 TT Speedo Junior National Ch
5	2:08.21	809	Ayers, Alex	16	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 200 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	2:16.98	917	Cotter, Keelan	16	NC TAC Titans	7/14/2022	2022 NC ESSZ Summer Sectionals
3	2:18.26	894	Plaza, Sofia	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	2:20.59	851	Neal, Kayman	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:20.67	850	Monk, Ivy	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 200 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	2:07.49	918	Clontz, Norvin	15	NC SwimMAC Carolina	5/22/2022	2022 NC SwimMAC Martha McKee Meet
4	2:07.80	904	Klein, Freddy	16	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
5	2:07.99	900	Heisig, Charlie	16	NC SwimMAC Carolina	7/27/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 15-16 400 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	4:49.95	897	Zettel, Nicole	15	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary
3	4:57.74	828	Monk, Ivy	16	NC SwimMAC Carolina	4/1/2022	2022 IN Spring Speedo Sectionals
4	4:58.68	820	McDonald, Kaylee	16	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
5	4:59.54	814	Thome, Paige	16	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 15-16 400 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	4:27.62	923	Klein, Freddy	16	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
3	4:32.59	877	Degroote, Hudson	16	NC Marlins Of Raleigh	7/1/2022	2022 MI Eric Namesnik Memorial Open
4	4:34.44	860	Maldari, Caleb	16	NC SwimMAC Carolina	12/3/2021	2021 Toyota US Open Championship
5	4:34.66	858	Heisig, Charlie	16	NC SwimMAC Carolina	7/28/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 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	26.28	865	Smith, Skyler	18	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals
3	26.42	853	Cornell, Caitlyn	17	NC Lifetime Swim Team North Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals
4	26.64	833	Parkes, Callie	18	NC Waves Of Wilmington, Inc.	6/12/2022	2022 SC SCSC June Invitational
5	26.67	831	Schoppa, Maura	18	NC Swim GSA	6/19/2022	2022 NC SGSA Eastern Invitational

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 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	22.86	925	Walker, Wells	17	NC Marlins Of Raleigh	8/5/2022	2022 Speedo Junior National Ch
3	22.97	915	Fox, Jerry	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
4	23.34	881	Bacon, Tate	18	NC Unattached	4/30/2022	International Team Trials
5	23.46	871	Harris, Tiesyn	18	NC SwimMAC Carolina	8/5/2022	2022 Speedo Junior National Ch

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 100 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	57.45	842	Schoppa, Maura	18	NC Swim GSA	6/18/2022	2022 NC SGSA Eastern Invitational
3	57.49 r	840	Cotter, Keelan	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
4	57.64	833	Sowards, Elizabeth	18	NC North Carolina Aquatic Club	7/17/2022	2022 NC ESSZ Summer Sectionals
5	57.94 r	820	Donlan, Molly	17	NC SwimMAC Carolina	7/14/2022	2022 NC ESSZ Summer Sectionals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 100 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	50.35	913	Kartavi, Martin	18	NC Unattached	8/12/2022	LEN European Aquatics Championships
4	50.37 r	923	Fox, Jerry	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
5	50.38	912	Nelson, Baylor	18	NC SwimMAC Carolina	4/26/2022	International Team Trials

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 200 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	2:03.87	832	Hook, Charlotte	18	NC TAC Titans	7/15/2022	2022 NC ESSZ Summer Sectionals
4	2:05.28 r	812	Donlan, Molly	17	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch
5	2:05.61 r	791	Clark, Hayley	18	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
5	2:05.61	791	Hastings, Emma	18	NC East Carolina Aquatics	7/15/2022	2022 NC ESSZ Summer Sectionals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 200 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	1:51.65 r	896	Eichel, Daniel	17	NC Unattached	7/9/2022	European Junior Swimming Championships
4	1:51.75 r	890	Romano, Yoav	18	NC Unattached	7/9/2022	European Junior Swimming Championships
5	1:52.04 r	886	Ayers, Alex	17	NC SwimMAC Carolina	8/2/2022	2022 Speedo Junior National Ch

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 400 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	4:26.42	769	Morris, Taylor	17	NC TAC Titans	7/16/2022	2022 NC ESSZ Summer Sectionals
4	4:26.73	765	Ulicny, Amanda	17	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary
5	4:28.86	729	Hughes, Ashley	18	NC Marlins Of Raleigh	7/29/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 400 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	3:54.42	916	Romano, Yoav	18	NC Unattached	8/17/2022	LEN European Aquatics Championships
3	3:57.61	880	Norris, Lance	18	NC TAC Titans	6/16/2022	2022 NC TAC Triangle Classic
4	3:59.64	866	Ayers, Alex	17	NC SwimMAC Carolina	8/3/2022	2022 Speedo Junior National Ch
5	4:00.56	855	Goralnik, Maor	17	NC Unattached	7/10/2022	European Junior Swimming Championships

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 800 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	9:11.78	748	Pierce, Camila	17	NC Raleigh Swimming Association	7/21/2022	2022 NC LC SR CHAMPS
5	9:11.84	747	Ulicny, Amanda	17	NC Marlins Of Raleigh	7/21/2022	2022 NC LC SR CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 800 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	8:19.82	852	Goralnik, Maor	17	NC Unattached	7/8/2022	European Junior Swimming Championships
5	8:29.28	801	Williams, Keith	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 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	17:37.52	774	Ulicny, Amanda	17	NC Marlins Of Raleigh	7/3/2022	2022 MI Eric Namesnik Memorial Open
4	17:37.65	774	McGovern, Julia	18	NC SwimMAC Carolina	7/30/2022	2022 NC Futures Championships Cary
5	17:39.61	769	Hughes, Ashley	18	NC Marlins Of Raleigh	7/3/2022	2022 MI Eric Namesnik Memorial Open

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 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	15:54.30	860	Ayers, Alex	17	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
3	15:59.99	845	Goralnik, Maor	17	NC Unattached	7/6/2022	European Junior Swimming Championships
4	16:05.65	831	Adley, Logan	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
5	16:09.49	822	Williams, Keith	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22

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

Girls 17-18 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	58.39	1102	Curzan, Claire	17	NC TAC Titans	4/29/2022	International Team Trials
2	1:00.08 r	1031	Gorbenko, Anastasya	18	NC Team Elite	6/21/2022	2022 World Champs
3	1:01.44	975	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	7/29/2022	2022 Phillips 66 Summer Nationals
4	1:02.89 r	917	Donlan, Molly	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
5	1:02.90	916	Morris, Taylor	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22

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

Boys 17-18 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	54.96 r	979	Danziger, Inbar	18	NC Unattached	7/8/2022	European Junior Swimming Championships
2	55.82	955	Maldari, Caleb	17	NC SwimMAC Carolina	7/29/2022	2022 Phillips 66 Summer Nationals
3	56.29	922	Abaqueta, Cam	18	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
4	56.62 r	922	Thompson, Will	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
5	56.69	905	Norris, Lance	18	NC TAC Titans	5/21/2022	2022 NC TAC Spring Invitational

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 200 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	2:19.40	833	Corrado, Mia	18	NC North Carolina Aquatic Club	7/31/2022	2022 NC NCAC LCM Tar Heel States

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 200 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	1:59.84	965	Norris, Lance	18	NC TAC Titans	5/22/2022	2022 NC TAC Spring Invitational
3	2:00.31	956	Nelson, Baylor	18	NC SwimMAC Carolina	4/27/2022	International Team Trials
4	2:00.91	943	Danziger, Inbar	18	NC Unattached	7/7/2022	European Junior Swimming Championships
5	2:01.03	941	Haughey, Braeden	18	NC TAC Titans	4/27/2022	International Team Trials

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 100 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	1:09.71	919	Rainey, Grace	17	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
3	1:09.84	915	Hamblin, Kaylee	18	NC Wolfpack Elite	7/16/2022	2022 NC ESSZ Summer Sectionals
4	1:10.28	902	Smith, Skyler	18	NC North Carolina Aquatic Club	7/16/2022	2022 NC ESSZ Summer Sectionals
5	1:11.67	858	Armand, Samantha	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 100 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	1:03.26	940	Delmar, Ben	17	NC SwimMAC Carolina	8/25/2022	2022 Jr Pan Pacific Swimming Championships
3	1:03.79	902	Insixiengmay, Steven	18	NC SwimMAC Carolina	8/1/2022	2022 Speedo Junior National Ch
4	1:03.80	921	Lucky, Matthew	17	NC SwimMAC Carolina	4/29/2022	International Team Trials
5	1:03.89	899	Guenther, Jack	18	NC Mecklenburg Swim Association	7/22/2022	2022 NC LC SR CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 200 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	2:32.18	901	Rainey, Grace	17	NC SwimMAC Carolina	7/17/2022	2022 NC ESSZ Summer Sectionals
3	2:33.93	877	Hamblin, Kaylee	18	NC Wolfpack Elite	7/17/2022	2022 NC ESSZ Summer Sectionals
4	2:34.69	867	Smith, Skyler	18	NC North Carolina Aquatic Club	7/27/2022	2022 Phillips 66 Summer Nationals
5	2:36.14	847	Armand, Samantha	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.39	988	Delmar, Ben	17	NC SwimMAC Carolina	8/27/2022	2022 Jr Pan Pacific Swimming Championships
2	2:15.72	968	Lucky, Matthew	17	NC SwimMAC Carolina	7/27/2022	2022 Phillips 66 Summer Nationals
3	2:16.32	953	Kroll, Matthew	18	NC SwimMAC Carolina	7/27/2022	2022 Phillips 66 Summer Nationals
4	2:17.70	933	Guenther, Jack	18	NC Mecklenburg Swim Association	7/23/2022	2022 NC LC SR CHAMPS
5	2:18.31	923	Nelson, Baylor	18	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 100 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	59.04	965	Hook, Charlotte	18	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
3	59.19	960	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	4/28/2022	International Team Trials
4	1:01.12	889	Donlan, Molly	17	NC SwimMAC Carolina	7/16/2022	2022 NC ESSZ Summer Sectionals
5	1:01.56	873	Rainey, Grace	17	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 100 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 Meet
2	54.99	890	Whelehan, Colin	17	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary
3	55.29	862	Ranier, Harrison	18	NC SwimMAC Carolina	8/3/2022	2022 Speedo Junior National Ch
4	55.54	851	Zucker, Logan	18	NC SwimMAC Carolina	5/20/2022	2022 NC SwimMAC Martha McKee Meet
5	55.62	847	Prucha, John	18	NC TAC Titans	7/29/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 200 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	2:11.02	928	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	4/26/2022	International Team Trials
3	2:16.63	841	Rainey, Grace	17	NC SwimMAC Carolina	5/21/2022	2022 NC SwimMAC Martha McKee Meet
4	2:16.67	840	Bloom, Taylor	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
5	2:17.47	828	Pierce, Camila	17	NC Raleigh Swimming Association	7/23/2022	2022 NC LC SR CHAMPS

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 200 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	2:03.44	868	Whelehan, Colin	17	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
3	2:03.69	855	Russell, Kellen	18	NC TAC Titans	7/27/2022	2022 NC Futures Championships Cary
4	2:04.10	848	Nelson, Baylor	18	NC SwimMAC Carolina	6/18/2022	2022 NC SGSA Eastern Invitational
5	2:04.76	843	Subotich, Alex	17	NC Lifetime Swim Team North Carolina	8/1/2022	2022 Speedo Junior National Ch

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 200 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	2:15.84	936	Wilhelm, Kiley	17	NC Lifetime Swim Team North Carolina	4/30/2022	International Team Trials
4	2:18.43	888	Cotter, Keelan	17	NC TAC Titans	7/30/2022	2022 NC Futures Championships Cary
5	2:19.50	868	Boehlke, Eva	17	NC North Carolina Aquatic Club	7/14/2022	2022 NC ESSZ Summer Sectionals

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 200 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	2:03.54	946	Maldari, Caleb	17	NC SwimMAC Carolina	7/30/2022	2022 Phillips 66 Summer Nationals
4	2:06.44	873	Norris, Lance	18	NC TAC Titans	6/18/2022	2022 NC TAC Triangle Classic
5	2:06.55	882	Lucky, Matthew	17	NC Unattached	12/2/2021	2021 Toyota US Open Championship

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Girls 17-18 400 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	4:56.60	837	Boehlke, Eva	17	NC North Carolina Aquatic Club	7/15/2022	2022 NC ESSZ Summer Sectionals
4	4:56.80	836	Sanders, Sydney	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
5	4:57.51	830	Cotter, Keelan	17	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary

NCS Top Five LC Times by age group as of 08/31/22**LSC: NC For Dates 9/1/2021 - 8/31/2022****Boys 17-18 400 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	4:30.94	859	Maldari, Caleb	17	NC SwimMAC Carolina	7/15/2022	2022 NC ESSZ Summer Sectionals
5	4:33.58	835	Dyke, Thor	18	NC TAC Titans	7/28/2022	2022 NC Futures Championships Cary