

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Girls Age 11 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>Meet Date</i>	<i>Meet</i>
5	28.82	860	Usinger, Brittany	11	PC Unattached	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 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>Meet Date</i>	<i>Meet</i>
1	26.91	980	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO
6	28.40	883	Bottene, Max	11	PC Terrapins Swim Team	7/16/2009	2009 PC TERA LCM PC-JO
9	28.63	868	Yeung, Anthony	11	PC Flying Fish	6/20/2009	2009 PC VS LCM PC-CBA+

## Girls Age 11 100 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>Meet Date</i>	<i>Meet</i>
3	1:02.10	907	Usinger, Brittany	11	PC Unattached	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 100 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>Meet Date</i>	<i>Meet</i>
2	59.83	979	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO
6	1:02.01	901	Lin, Shawn	11	PC De Anza Cupertino Aquatics	6/25/2009	2009 CA SCS NOVA JAG

## Boys Age 11 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	2:10.88	970	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO
8	2:14.84	897	Matsuda, Daichi	11	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 11 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
10	4:48.50	853	Isleta, Chloe	11	PC Rovella's Athletic Club	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	4:41.54	903	Sun, Jerome	11	PC Mission San Jose Aquatics	5/2/2009	2009 PC SJA LCM PC-C/B/A+

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

4 4:42.49 895 Matsuda, Daichi 11 PC Palo Alto Stanford Aquatics 7/29/2009 2009 PC LCM FAR WEST CHM

## Boys Age 11 800 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	9:41.66	983	Sun, Jerome	11	PC Mission San Jose Aquatics	6/6/2009	2009 PC SJA LCM JR+

## Boys Age 11 1500 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	18:20.78	1085	Sun, Jerome	11	PC Mission San Jose Aquatics	5/2/2009	2009 PC SJA LCM PC-C/B/A+

## Boys Age 11 50 Backstroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	32.42	950	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

## Girls Age 11 100 Backstroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
9	1:12.06	868	Usinger, Brittany	11	PC Unattached	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 100 Backstroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	1:08.19	1000	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO
7	1:11.08	912	White, Forrest	11	PC Crow Canyon Country Club Sharks	8/4/2009	2009 Western Zone Swimming Cha

## Girls Age 11 200 Backstroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
5	2:33.11	917	Isleta, Chloe	11	PC Rovella's Athletic Club	7/29/2009	2009 PC LCM FAR WEST CHM
6	2:33.83	907	Usinger, Brittany	11	PC Unattached	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 200 Backstroke Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	2:24.70	1081	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO
4	2:30.75	991	White, Forrest	11	PC Crow Canyon Country Club Sharks	7/16/2009	2009 PC TERA LCM PC-JO

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

10 2:34.21 941 Matsuda, Daichi 11 PC Palo Alto Stanford Aquatics 7/29/2009 2009 PC LCM FAR WEST CHM

## Girls Age 11 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>Meet Date</i>	<i>Meet</i>
10	37.53	832	Wang, Valerie	11	PC De Anza Cupertino Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 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>Meet Date</i>	<i>Meet</i>
3	36.68	920	Shinn, Curtis	11	PC Piranha Swimming	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 11 100 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>Meet Date</i>	<i>Meet</i>
1	1:20.30	875	Wang, Valerie	11	PC De Anza Cupertino Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 100 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>Meet Date</i>	<i>Meet</i>
1	1:18.23	974	Shinn, Curtis	11	PC Piranha Swimming	7/29/2009	2009 PC LCM FAR WEST CHM
6	1:21.34	895	Sun, Jerome	11	PC Mission San Jose Aquatics	4/18/2009	2009 PC SRVL LCM PC-CBA+
8	1:21.52	891	Matsuda, Daichi	11	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 11 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	2:55.47	872	Wang, Valerie	11	PC De Anza Cupertino Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:49.89	992	Shinn, Curtis	11	PC Piranha Swimming	7/29/2009	2009 PC LCM FAR WEST CHM
8	2:57.32	913	Matsuda, Daichi	11	PC Palo Alto Stanford Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

## Girls Age 11 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	29.67	953	Usinger, Brittany	11	PC Unattached	7/29/2009	2009 PC LCM FAR WEST CHM

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 11 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	30.47	918	Sun, Jerome	11	PC Mission San Jose Aquatics	4/18/2009	2009 PC SRVL LCM PC-CBA+
7	31.16	871	Yeung, Anthony	11	PC Flying Fish	4/18/2009	2009 PC TERA LCM PC-CBA+

## Girls Age 11 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:06.59	947	Usinger, Brittany	11	PC Unattached	7/22/2009	2009 CA/NV Speedo Championship
3	1:07.76	914	Saghafi, Ariana	11	PC Crow Canyon Country Club Sharks	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	1:06.76	975	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO
4	1:08.44	925	Matsuda, Daichi	11	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls 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>Meet Date</i>	<i>Meet</i>
1	2:27.28	1009	Saghafi, Ariana	11	PC Crow Canyon Country Club Sharks	8/5/2009	2009 CA North American Challen
3	2:33.20	941	Usinger, Brittany	11	PC Unattached	7/29/2009	2009 PC LCM FAR WEST CHM

## 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>Meet Date</i>	<i>Meet</i>
1	2:29.74	1029	Matsuda, Daichi	11	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
4	2:34.43	969	Sun, Jerome	11	PC Mission San Jose Aquatics	6/27/2009	2009 PC WEST LCM PC-C/B/A+

## 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>Meet Date</i>	<i>Meet</i>
2	2:32.11	911	Isleta, Chloe	11	PC Rovella's Athletic Club	7/29/2009	2009 PC LCM FAR WEST CHM
5	2:34.06	882	Saghafi, Ariana	11	PC Crow Canyon Country Club Sharks	7/29/2009	2009 PC LCM FAR WEST CHM
7	2:34.59	874	Usinger, Brittany	11	PC Unattached	7/29/2009	2009 PC LCM FAR WEST CHM

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys 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>Meet Date</i>	<i>Meet</i>
2	2:26.57	1012	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO
3	2:30.08	954	Matsuda, Daichi	11	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
10	2:34.14	890	Yeung, Anthony	11	PC Flying Fish	4/18/2009	2009 PC TERA LCM PC-CBA+

## Girls Age 11 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	5:16.92	1008	Isleta, Chloe	11	PC Rovella's Athletic Club	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 11 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	5:15.24	1050	Matsuda, Daichi	11	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
2	5:15.33	1049	Sun, Jerome	11	PC Mission San Jose Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

## Boys Age 12 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
5	26.41	904	Lynch, Justin	12	PC Terrapins Swim Team	8/5/2009	2009 CA North American Challen
6	26.58	892	Read, Justin	12	PC De Anza Cupertino Aquatics	8/5/2009	2009 CA North American Challen

## Boys Age 12 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	57.34	928	Lynch, Justin	12	PC Terrapins Swim Team	8/5/2009	2009 CA North American Challen
5	57.87	908	Read, Justin	12	PC De Anza Cupertino Aquatics	7/16/2009	2009 PC TERA LCM PC-JO
10	58.81	872	Sun, Jerome	12	PC Mission San Jose Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 12 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	2:06.09	909	Lynch, Justin	12	PC Terrapins Swim Team	7/29/2009	2009 PC LCM FAR WEST CHM
5	2:06.35	903	Sun, Jerome	12	PC Mission San Jose Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
6	2:06.64	898	Read, Justin	12	PC De Anza Cupertino Aquatics	8/5/2009	2009 CA North American Challen

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 12 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	4:27.12	901	Sun, Jerome	12	PC Mission San Jose Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
5	4:28.28	890	Read, Justin	12	PC De Anza Cupertino Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

## Girls Age 12 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
8	9:33.95	884	Knowles, Rachel	12	PC Pleasanton Seahawks	8/5/2009	2009 CA North American Challen

## Boys Age 12 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
5	9:24.05	895	Read, Justin	12	PC De Anza Cupertino Aquatics	6/25/2009	2009 CA SCS NOVA JAG

## Boys Age 12 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	17:56.72	902	Read, Justin	12	PC De Anza Cupertino Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 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>Meet Date</i>	<i>Meet</i>
6	31.84	890	Ladd, Catherine	12	PC Osprey Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 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>Meet Date</i>	<i>Meet</i>
2	29.87	962	Lynch, Justin	12	PC Terrapins Swim Team	7/16/2009	2009 PC TERA LCM PC-JO

## Girls Age 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>Meet Date</i>	<i>Meet</i>
10	1:08.24	881	Ladd, Catherine	12	PC Osprey Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

## Boys Age 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>Meet Date</i>	<i>Meet</i>
2	1:04.63	952	Lynch, Justin	12	PC Terrapins Swim Team	8/5/2009	2009 CA North American Challen

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 12 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	2:20.34	968	Lynch, Justin	12	PC Terrapins Swim Team	7/29/2009	2009 PC LCM FAR WEST CHM
7	2:24.33	906	Sun, Jerome	12	PC Mission San Jose Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys 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>Meet Date</i>	<i>Meet</i>
2	32.93	958	Read, Justin	12	PC De Anza Cupertino Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

## Boys Age 12 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
6	1:14.01	912	Read, Justin	12	PC De Anza Cupertino Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

## Girls Age 12 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
8	2:47.65	843	Marella, Christine	12	PC De Anza Cupertino Aquatics	8/5/2009	2009 CA North American Challen

## Boys Age 12 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	2:37.37	967	Messner, Michael	12	PC Sunnyvale Swim Club	8/5/2009	2009 CA North American Challen
6	2:42.13	912	Read, Justin	12	PC De Anza Cupertino Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

## Boys Age 12 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	27.36	1004	Lynch, Justin	12	PC Terrapins Swim Team	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 12 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:00.27	1019	Lynch, Justin	12	PC Terrapins Swim Team	7/16/2009	2009 PC TERA LCM PC-JO
6	1:03.17	924	Read, Justin	12	PC De Anza Cupertino Aquatics	7/16/2009	2009 PC TERA LCM PC-JO

# PC swimmers in 2008-09 LC National Age Group Top Ten

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## Boys Age 12 200 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>Meet Date</i>	<i>Meet</i>
1	2:16.65	1006	Lynch, Justin	12	PC Terrapins Swim Team	7/29/2009	2009 PC LCM FAR WEST CHM
2	2:17.71	991	Read, Justin	12	PC De Anza Cupertino Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
9	2:23.96	904	Keller, Stefan	12	PC Neptune Swimming	8/5/2009	2009 CA North American Challen

## Boys Age 12 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	2:21.63	941	Read, Justin	12	PC De Anza Cupertino Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
5	2:22.05	934	Lynch, Justin	12	PC Terrapins Swim Team	7/16/2009	2009 PC TERA LCM PC-JO

## Boys Age 12 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	4:59.74	976	Lynch, Justin	12	PC Terrapins Swim Team	7/16/2009	2009 PC TERA LCM PC-JO
4	5:02.78	954	Read, Justin	12	PC De Anza Cupertino Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 13 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>Meet Date</i>	<i>Meet</i>
4	26.94	894	Mack, Linnea	13	PC Osprey Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 13 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>Meet Date</i>	<i>Meet</i>
2	25.10	932	Morgan, David	13	PC Crow Canyon Country Club Sharks	5/22/2009	2009 PC TIGR LCM OPEN
5	25.67	887	Silverthorn, Nick	13	PC Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 13 100 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>Meet Date</i>	<i>Meet</i>
7	58.81	878	Mack, Linnea	13	PC Osprey Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 13 100 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>Meet Date</i>	<i>Meet</i>
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# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

1	54.39	952	Silverthorn, Nick	13	PC	Pleasanton Seahawks	7/16/2009	2009 PC TERA LCM PC-JO
2	54.45	950	Morgan, David	13	PC	Crow Canyon Country Club Sharks	6/11/2009	XLII Santa Clara International
5	55.81	890	Ogren, Curtis	13	PC	Palo Alto Stanford Aquatics	8/5/2009	2009 CA North American Challen

## Boys Age 13 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	1:55.53	1055	Silverthorn, Nick	13	PC	Pleasanton Seahawks	8/5/2009	2009 CA North American Challen
5	1:59.77	957	Ogren, Curtis	13	PC	Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 13 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	4:03.35	1065	Silverthorn, Nick	13	PC	Pleasanton Seahawks	8/5/2009	2009 CA North American Challen
3	4:14.17	947	Ogren, Curtis	13	PC	Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 13 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	8:40.65	975	Ogren, Curtis	13	PC	Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship
2	8:41.16	973	Silverthorn, Nick	13	PC	Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 13 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
3	16:40.83	940	Ogren, Curtis	13	PC	Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
6	16:44.40	931	Silverthorn, Nick	13	PC	Pleasanton Seahawks	8/5/2009	2009 CA North American Challen

## Girls Age 13 100 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>Meet Date</i>	<i>Meet</i>	
3	1:04.49	965	Howe, Ally	13	PC	Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship
7	1:05.57	923	Mack, Linnea	13	PC	Osprey Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
10	1:06.38	892	Hayes, Nina	13	PC	Livermore Aqua Cowboys Club	8/5/2009	2009 CA North American Challen

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 13 100 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>Meet Date</i>	<i>Meet</i>
2	1:02.19	960	Silverthorn, Nick	13	PC Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM
6	1:03.53	909	Lee, William	13	PC Palo Alto Stanford Aquatics	8/5/2009	2009 Western Zone Swimming Cha

## Girls Age 13 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	2:20.06	907	Howe, Ally	13	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open

## Boys Age 13 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	2:10.30	1014	Silverthorn, Nick	13	PC Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM
6	2:14.19	942	Ogren, Curtis	13	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM
10	2:16.02	909	Lee, William	13	PC Palo Alto Stanford Aquatics	8/4/2009	2009 Western Zone Swimming Cha

## Girls Age 13 100 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>Meet Date</i>	<i>Meet</i>
3	1:14.43	864	Poppe, Heidi	13	PC Neptune Swimming	7/22/2009	2009 CA/NV Speedo Championship
9	1:15.87	822	Nelson, Lilly	13	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 13 100 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>Meet Date</i>	<i>Meet</i>
5	1:09.39	973	Ogren, Curtis	13	PC Palo Alto Stanford Aquatics	8/5/2009	2009 CA North American Challen

## Girls Age 13 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	2:41.97	827	Poppe, Heidi	13	PC Neptune Swimming	7/22/2009	2009 CA/NV Speedo Championship

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 13 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	2:27.68	987	Ogren, Curtis	13	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 13 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	1:03.06	902	Howe, Ally	13	PC Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship
6	1:03.49	887	Mack, Linnea	13	PC Osprey Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 13 200 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>Meet Date</i>	<i>Meet</i>
3	2:16.54	947	Howe, Ally	13	PC Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 13 200 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>Meet Date</i>	<i>Meet</i>
5	2:14.37	939	Ogren, Curtis	13	PC Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 13 200 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>Meet Date</i>	<i>Meet</i>
8	2:25.08	853	Howe, Ally	13	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open Time Trials

## Boys Age 13 200 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>Meet Date</i>	<i>Meet</i>
2	2:11.52	1032	Silverthorn, Nick	13	PC Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM
3	2:11.62	1030	Ogren, Curtis	13	PC Palo Alto Stanford Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 13 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
7	5:07.11	835	Howe, Ally	13	PC Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 13 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:38.32	1024	Ogren, Curtis	13	PC Palo Alto Stanford Aquatics	8/5/2009	2009 CA North American Challen
2	4:40.41	1006	Silverthorn, Nick	13	PC Pleasanton Seahawks	7/16/2009	2009 PC TERA LCM PC-JO

## Boys Age 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>Meet Date</i>	<i>Meet</i>
6	24.59	884	Morgan, David	14	PC Crow Canyon Country Club Sharks	7/29/2009	2009 PC LCM FAR WEST CHM
8	24.62	882	Burns, Ian	14	PC Santa Clara Swim Club	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 14 100 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>Meet Date</i>	<i>Meet</i>
4	56.71	939	Chenault, Chelsea	14	PC Terrapins Swim Team	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 14 100 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>Meet Date</i>	<i>Meet</i>
3	52.97	940	Morgan, David	14	PC Crow Canyon Country Club Sharks	8/5/2009	2009 CA North American Challen
4	53.27	926	Kremer, Tom	14	PC Unattached	7/22/2009	2009 CA/NV Speedo Championship
8	53.68	908	Burns, Ian	14	PC Santa Clara Swim Club	5/22/2009	2009 CA Janet Evans Invitation
10	53.82	901	Campbell, Sven	14	PC Orinda Aquatics	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 14 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	1:59.14	1032	Chenault, Chelsea	14	PC Terrapins Swim Team	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 14 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:53.52	991	Kremer, Tom	14	PC Unattached	8/5/2009	2009 ISR Nationals
5	1:56.09	930	Burns, Ian	14	PC Santa Clara Swim Club	7/22/2009	2009 CA/NV Speedo Championship

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

7 1:57.20 904 Miller, Jack 14 PC Terrapins Swim Team 8/5/2009 2009 CA North American Challen

## Girls Age 14 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:12.53	998	Chenault, Chelsea	14	PC Terrapins Swim Team	7/22/2009	2009 CA/NV Speedo Championship
9	4:23.17	871	White, Madison	14	PC Crow Canyon Country Club Sharks	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 14 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	4:04.28	958	Hughes, Bryan	14	PC Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM
4	4:04.40	957	Kremer, Tom	14	PC Unattached	8/5/2009	2009 ISR Nationals

## Girls Age 14 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	8:49.61	944	Chenault, Chelsea	14	PC Terrapins Swim Team	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 14 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	8:25.65	959	Hughes, Bryan	14	PC Pleasanton Seahawks	8/10/2009	2009 Speedo Junior National Ch
5	8:32.49	922	Kremer, Tom	14	PC Unattached	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 14 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	16:07.36	943	Hughes, Bryan	14	PC Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM

## Girls Age 14 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	1:02.10	1012	White, Madison	14	PC Crow Canyon Country Club Sharks	8/10/2009	2009 Speedo Junior National Ch

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 14 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
9	1:00.79	911	Campbell, Sven	14	PC Orinda Aquatics	8/5/2009	2009 CA North American Challen

## Girls Age 14 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	2:11.31	1020	White, Madison	14	PC Crow Canyon Country Club Sharks	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 14 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
9	2:11.49	893	Webster, Matthew	14	PC Santa Clara Swim Club	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 14 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
6	2:28.13	900	Sanborn, Byron	14	PC Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship
7	2:28.62	893	Usinger, Brett	14	PC Unattached	8/4/2009	2009 Western Zone Swimming Cha

## Girls Age 14 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	1:00.51	958	Neel, Marissa	14	PC Terrapins Swim Team	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 14 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	57.69	930	Burns, Ian	14	PC Santa Clara Swim Club	5/22/2009	2009 CA Janet Evans Invitation
9	58.35	902	Kremer, Tom	14	PC Unattached	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 14 200 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>Meet Date</i>	<i>Meet</i>
3	2:07.31	945	Kremer, Tom	14	PC Unattached	8/5/2009	2009 ISR Nationals
6	2:07.91	934	Hughes, Bryan	14	PC Pleasanton Seahawks	8/5/2009	2009 CA North American Challen

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 14 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
5	2:11.05	942	Kremer, Tom	14	PC Unattached	8/5/2009	2009 ISR Nationals
7	2:11.37	935	Burns, Ian	14	PC Santa Clara Swim Club	5/22/2009	2009 CA Janet Evans Invitation

## Girls Age 14 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
7	4:57.99	868	White, Madison	14	PC Crow Canyon Country Club Sharks	5/22/2009	2009 Mel Zajac Jr Internationa

## Boys Age 14 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	4:42.15	900	Hughes, Bryan	14	PC Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM
5	4:42.29	899	Kremer, Tom	14	PC Unattached	7/22/2009	2009 CA/NV Speedo Championship
10	4:44.59	879	Burns, Ian	14	PC Santa Clara Swim Club	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 15 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>Meet Date</i>	<i>Meet</i>
1	25.70	928	Schaefer, Madeline	15	PC Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship
2	25.93	907	Tosky, Jasmine	15	PC Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 15 100 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>Meet Date</i>	<i>Meet</i>
1	56.51	901	Schaefer, Madeline	15	PC Palo Alto Stanford Aquatics	7/25/2009	2009 CA/NV Speedo Championship
4	56.90	883	Tosky, Jasmine	15	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open

## Boys Age 15 100 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>Meet Date</i>	<i>Meet</i>
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# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

3 52.58 903 Burns, Ian 15 PC Santa Clara Swim Club 8/10/2009 2009 Speedo Junior National Ch

## Girls Age 15 200 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
2	2:00.51	947	Tosky, Jasmine	15	PC Palo Alto Stanford Aquatics	7/24/2009	2009 CA/NV Speedo Championship
4	2:01.86	913	Breed, Catherine	15	PC Unattached	1/8/2009	2009 Jr Pan Pacific Swimming C
10	2:04.19	857	Brown, Allison	15	PC Pleasanton Seahawks	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 15 200 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
4	1:54.49	912	Hinshaw, Adam	15	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
5	1:55.13	897	Shimomura, Sam	15	PC Santa Clara Swim Club	8/12/2009	2009 Speedo Junior National Ch
10	1:55.42	890	Burns, Ian	15	PC Santa Clara Swim Club	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 15 400 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
2	4:13.25	958	Breed, Catherine	15	PC Unattached	1/8/2009	2009 Jr Pan Pacific Swimming C
3	4:13.87	950	Tosky, Jasmine	15	PC Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship
8	4:20.00	877	Brown, Allison	15	PC Pleasanton Seahawks	7/29/2009	2009 PC LCM FAR WEST CHM

## Boys Age 15 400 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	4:00.26	916	Hinshaw, Adam	15	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
3	4:02.56	890	Shimomura, Sam	15	PC Santa Clara Swim Club	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 15 800 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
4	8:48.48	892	Batiza, Delise	15	PC Crow Canyon Country Club Sharks	7/7/2009	2009 Conoco Phillips USA Swimming National Champio
5	8:49.67	886	Brown, Allison	15	PC Pleasanton Seahawks	8/10/2009	2009 Speedo Junior National Ch

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

10	8:55.24	856	Nanfria, Taylor	15	PC	Crow Canyon Country Club Sharks	7/7/2009	2009 Conoco Phillips USA Swimming National Champio
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## Boys Age 15 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
2	8:14.16	956	Hinshaw, Adam	15	PC	Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
3	8:20.53	921	Shimomura, Sam	15	PC	Santa Clara Swim Club	7/22/2009	2009 CA/NV Speedo Championship
4	8:22.35	911	Owens, Kevin	15	PC	Santa Clara Swim Club	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 15 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
6	16:56.23	902	Brown, Allison	15	PC	Pleasanton Seahawks	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 15 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
2	15:49.12	919	Hinshaw, Adam	15	PC	Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
6	16:01.87	887	Owens, Kevin	15	PC	Santa Clara Swim Club	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 15 100 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>Meet Date</i>	<i>Meet</i>	
1	1:09.84	940	Gargalikis, Allison	15	PC	Terrapins Swim Team	8/10/2009	2009 Speedo Junior National Ch
8	1:12.12	870	Tosky, Jasmine	15	PC	Palo Alto Stanford Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 15 100 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>Meet Date</i>	<i>Meet</i>	
4	1:06.27	925	Stumph, Steven	15	PC	Orinda Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 15 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
3	2:32.82	908	Gargalikis, Allison	15	PC	Terrapins Swim Team	8/10/2009	2009 Speedo Junior National Ch

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 15 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	2:19.69	955	Stumph, Steven	15	PC Orinda Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 15 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
3	1:00.89	918	Tosky, Jasmine	15	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open

## Boys Age 15 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
6	56.08	918	Winder, Alan	15	PC North Bay Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 15 200 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>Meet Date</i>	<i>Meet</i>
1	2:11.22	956	Tosky, Jasmine	15	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open

## Girls Age 15 200 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>Meet Date</i>	<i>Meet</i>
2	2:14.77	965	Tosky, Jasmine	15	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open

## Girls Age 15 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:42.11	963	Tosky, Jasmine	15	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
8	4:53.84	866	Nanfria, Taylor	15	PC Crow Canyon Country Club Sharks	6/11/2009	XLII Santa Clara International

## Boys Age 15 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
8	4:36.39	859	Porter, Andrew	15	PC Cabrillo Threshers	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 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>Meet Date</i>	<i>Meet</i>
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## PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

3	25.84	913	Schaefer, Madeline	16	PC	Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
7	26.33	869	Murphy, Kathryn	16	PC	Marin Pirates	3/17/2009	2009 FL NCSA Junior Nats
9	26.55	850	Roth, Deborah	16	PC	North Bay Aquatics	8/4/2009	2009 U. S. Open

### Boys Age 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>Meet Date</i>	<i>Meet</i>	
10	23.66	886	Peske, Erich	16	PC	De Anza Cupertino Aquatics	7/22/2009	2009 CA/NV Speedo Championship

### Girls Age 16 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
2	55.98	914	Schaefer, Madeline	16	PC	Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open

### Boys Age 16 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
9	51.46	906	Peske, Erich	16	PC	De Anza Cupertino Aquatics	7/22/2009	2009 CA/NV Speedo Championship

### Girls Age 16 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
4	2:01.09	913	Breed, Catherine	16	PC	Pleasanton Seahawks	6/11/2009	XLII Santa Clara International

### Boys Age 16 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
8	1:53.07	892	Peske, Erich	16	PC	De Anza Cupertino Aquatics	5/22/2009	2009 CA Janet Evans Invitation

### Girls Age 16 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
4	4:14.12	913	Breed, Catherine	16	PC	Pleasanton Seahawks	8/10/2009	2009 Speedo Junior National Ch
10	4:16.21	888	Dirado, Maya	16	PC	Neptune Swimming	6/11/2009	XLII Santa Clara International

### Girls Age 16 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
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# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

2 8:46.61 885 Breed, Catherine 16 PC Pleasanton Seahawks 6/11/2009 XLII Santa Clara International

## Boys Age 16 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
5	8:13.14	897	Partin, Jackson	16	PC Santa Clara Swim Club	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 16 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	16:54.04	893	Nanfria, Taylor	16	PC Crow Canyon Country Club Sharks	8/10/2009	2009 Speedo Junior National Ch
5	16:55.88	888	Batiza, Delise	16	PC Crow Canyon Country Club Sharks	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 16 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
6	15:47.65	894	Partin, Jackson	16	PC Santa Clara Swim Club	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 16 100 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>Meet Date</i>	<i>Meet</i>
2	1:01.39	977	Roth, Deborah	16	PC North Bay Aquatics	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 16 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
6	2:14.47	916	Roth, Deborah	16	PC North Bay Aquatics	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 16 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
9	2:35.79	864	Houston, Tory	16	PC Pleasanton Seahawks	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 16 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
7	1:01.57	875	Davey, Kate	16	PC Ripon Aquatics	7/22/2009	2009 CA/NV Speedo Championship

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Boys Age 16 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	54.08	970	Peske, Erich	16	PC De Anza Cupertino Aquatics	8/4/2009	2009 U. S. Open

## Boys Age 16 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	2:01.95	925	Peske, Erich	16	PC De Anza Cupertino Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 16 200 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>Meet Date</i>	<i>Meet</i>
3	2:13.84	976	Dirado, Maya	16	PC Neptune Swimming	5/22/2009	2009 Mel Zajac Jr Internationa

## Boys Age 16 200 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>Meet Date</i>	<i>Meet</i>
6	2:06.99	921	Peske, Erich	16	PC De Anza Cupertino Aquatics	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 16 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	4:44.16	940	Dirado, Maya	16	PC Neptune Swimming	8/4/2009	2009 U. S. Open

## Girls Age 17 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>Meet Date</i>	<i>Meet</i>
2	25.91	898	Carlson, Kasey	17	PC Unattached	1/8/2009	2009 Jr Pan Pacific Swimming C
5	26.19	873	Murphy, Kathryn	17	PC Marin Pirates	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 17 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>Meet Date</i>	<i>Meet</i>
1	22.47	959	Fleming, Shayne	17	PC De Anza Cupertino Aquatics	8/4/2009	2009 U. S. Open
2	22.71	938	Hanni, Ryan	17	PC Los Altos & Mountain View A.C.	8/10/2009	2009 Speedo Junior National Ch

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## 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>Meet Date</i>	<i>Meet</i>
1	49.95	943	Fleming, Shayne	17	PC De Anza Cupertino Aquatics	8/4/2009	2009 U. S. Open
8	50.90	898	Hanni, Ryan	17	PC Los Altos & Mountain View A.C.	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 17 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
9	1:51.54	898	Fleming, Shayne	17	PC De Anza Cupertino Aquatics	8/4/2009	2009 U. S. Open

## Girls Age 17 100 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>Meet Date</i>	<i>Meet</i>
1	1:05.75	1046	Carlson, Kasey	17	PC Unattached	7/26/2009	Fina World Championships Roma
9	1:11.24	872	Hannis, Molly	17	PC Neptune Swimming	8/4/2009	2009 U. S. Open

## Boys Age 17 100 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>Meet Date</i>	<i>Meet</i>
6	1:04.48	897	Liu, Mark	17	PC Santa Clara Swim Club	8/10/2009	2009 Speedo Junior National Ch

## Girls Age 17 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
6	2:31.40	912	Carlson, Kasey	17	PC Terrapins Swim Team	5/22/2009	2009 CA Janet Evans Invitation

## Girls Age 17 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
7	1:01.16	887	Herrington, Katie	17	PC The Swim Club of NorCal	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 17 200 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>Meet Date</i>	<i>Meet</i>
5	2:01.54	904	Harper, Greg	17	PC Walnut Creek Aquabears	8/10/2009	2009 Speedo Junior National Ch

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Girls Age 17 200 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>Meet Date</i>	<i>Meet</i>
10	2:17.95	897	Delisle, Laurence	17	PC De Anza Cupertino Aquatics	8/4/2009	2009 U. S. Open

## Girls Age 18 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	25.29	954	Woodward, Samantha	18	PC Stanford Swimming	8/4/2009	2009 U. S. Open

## Boys Age 18 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	22.93	917	Wayne, Aaron	18	PC Terrapins Swim Team	8/10/2009	2009 Speedo Junior National Ch
4	23.35	880	Ceah, Geoff	18	PC Unattached	3/5/2009	2009 Austin GP

## Girls Age 18 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	55.37	940	Woodward, Samantha	18	PC Stanford Swimming	8/4/2009	2009 U. S. Open
10	56.99	863	Delay, Sara	18	PC Walnut Creek Aquabears	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 18 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	49.99	931	Wayne, Aaron	18	PC Terrapins Swim Team	8/10/2009	2009 Speedo Junior National Ch

## Boys Age 18 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	1:51.17	904	Hinshaw, Ben	18	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
4	1:52.17	880	Trowbridge, Nick	18	PC Palo Alto Stanford Aquatics	8/6/2009	2009 U. S. Open

## Boys Age 18 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
10	3:57.80	878	Hinshaw, Ben	18	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open

# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

## Girls Age 18 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	8:48.54	868	Duckworth, Angela	18	PC Stanford Swimming	7/7/2009	2009 Conoco Phillips USA Swimming National Champio

## Girls Age 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>Meet Date</i>	<i>Meet</i>
9	1:04.04	871	Woodward, Samantha	18	PC Unattached	6/11/2009	XLII Santa Clara International

## Boys Age 18 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
9	2:03.70	888	Trowbridge, Nick	18	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
10	2:04.15	879	Weiss, Michael	18	PC Lakeridge Swim Team	7/22/2009	2009 CA/NV Speedo Championship

## Girls Age 18 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
10	1:11.28	870	Bradley, Paige	18	PC Crow Canyon Country Club Sharks	7/7/2009	2009 ConocoPhillips National Championships TT

## Girls Age 18 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
2	59.67	942	Woodward, Samantha	18	PC Stanford Swimming	8/4/2009	2009 U. S. Open
7	1:01.25	884	Dailey, Ursi	18	PC California Aquatics	7/7/2009	2009 Conoco Phillips USA Swimming National Champio

## Boys Age 18 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	54.71	887	Wayne, Aaron	18	PC Terrapins Swim Team	8/10/2009	2009 Speedo Junior National Ch
5	54.82	882	Nielsen, Kevin	18	PC University of California, Berkeley	3/5/2009	2009 Austin GP

## Boys Age 18 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
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# PC swimmers in 2008-09 LC National Age Group Top Ten

For Dates 9/1/2008 - 8/31/2009

5      2:02.00      887      Hinshaw, Ben      18      PC      Palo Alto Stanford Aquatics      8/4/2009      2009 U. S. Open

## Boys Age 18 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
5	2:03.41	937	Hinshaw, Ben	18	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
7	2:04.29	918	Weiss, Michael	18	PC Lakeridge Swim Team	7/22/2009	2009 CA/NV Speedo Championship

## Boys Age 18 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
4	4:20.39	958	Hinshaw, Ben	18	PC Palo Alto Stanford Aquatics	8/4/2009	2009 U. S. Open
8	4:26.75	898	Weiss, Michael	18	PC Lakeridge Swim Team	7/22/2009	2009 CA/NV Speedo Championship