

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 10 & under 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.42	909	Whitlock, Devon	10	NC Marlins Of Raleigh	7/12/2019	2019 NC LC AG Championships
2	29.58	899	Qian, Shakira	10	NC New Wave Swim Team	7/14/2017	2017 NC LC AG Championships
3	29.79	885	Elgart, Shayna	10	NC Marlins Of Raleigh	7/12/2019	2019 NC LC AG Championships
4	29.96 r	874	Rendon, Kalle	10	NC Raleigh Swimming Association	7/15/2018	2018 NCS LC AG Championships
5	30.17	861	Pennington, Isabel	10	NC Gateway YWCA Seadragons	7/11/2013	2013 NC 14 & Under Long Course
5	30.17 r	861	Clayton-Luce, Sophie	10	NC New Wave Swim Team	7/17/2011	2011 NC 14 & Under Long Course

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.44 r	900	Silver, Tyler	10	NC Marlins of Raleigh-Wolfpack Aquatics	7/20/2008	2008 NC LC 14 & Under LC Champ
2	29.50	897	Cotter, Michael	10	NC Unattached	6/13/2014	2014 NC TAC Triangle Classic
3	29.55	894	Edwards, Johnny	10	NC High Point Swim Club	6/11/2016	2016 NC HPSC Furniture City In
4	29.59	891	Li, Andrew	10	NC Raleigh Swimming Association	7/15/2016	2016 NC LC AG Championships
5	29.60	891	Bathory, Levente	10	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 10 & under 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.43	928	Elgart, Shayna	10	NC Marlins Of Raleigh	7/14/2019	2019 NC LC AG Championships
2	1:05.43	895	Pennington, Isabel	10	NC Gateway YWCA Seadragons	7/11/2013	2013 NC 14 & Under Long Course
3	1:05.74	884	Rendon, Kalle	10	NC Raleigh Swimming Association	7/15/2018	2018 NCS LC AG Championships
4	1:06.35	864	Whelehan, Mere	10	NC TAC Titans	5/19/2018	2018 NC TAC vs YOTA Dual Meet
5	1:06.65	854	Light, Chloe	10	NC Marlins Of Raleigh	6/16/2019	2019 VA Poseidon's Long Course

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.63 r	903	Bathory, Levente	10	NC Star Aquatics	6/27/2010	2010 NC GSA 55th Annual Easter
2	1:04.93	893	Silver, Tyler	10	NC Marlins of Raleigh-Wolfpack Aquatics	7/17/2008	2008 NC LC 14 & Under LC Champ
3	1:05.05	890	McPheters, Ian	10	NC Waves Of Wilmington, Inc.	6/25/2010	2010 NC GSA 55th Annual Easter
4	1:05.64	872	Hoover, Sam	10	NC Unattached	7/17/2014	2014 NC 14 & Under Long Cours
5	1:05.81	866	Pishko, Jacob	10	NC Triangle Aquatics Club Titans	7/17/2014	2014 NC 14 & Under Long Cours

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 10 & under 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:20.97	929	Rendon, Kalle	10	NC Raleigh Swimming Association	7/14/2018	2018 NCS LC AG Championships
2	2:22.59	900	Roses, Maija	10	NC Tar Heel Aquatic Team	7/26/2006	2006 NC 14 & Under Long Cours
3	2:23.09	892	Li, Celina	10	NC Tar Heel Aquatic Team	6/22/2006	2006 FG Age Group Internat'l
4	2:23.30	888	Pennington, Isabel	10	NC Gateway YWCA Seadragons	7/11/2013	2013 NC 14 & Under Long Course
5	2:24.32	871	Neace, Clarke	10	NC SwimMAC Carolina	7/14/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:19.26	922	McPheters, Ian	10	NC Waves Of Wilmington, Inc.	6/25/2010	2010 NC GSA 55th Annual Easter
2	2:19.78	914	Nelson, Baylor	10	NC SwimMAC Carolina	6/13/2014	2014 MD NBAC Long Course Champion
3	2:19.87	912	Bathory, Levente	10	NC Star Aquatics	6/25/2010	2010 NC GSA 55th Annual Easter
4	2:20.29	905	Li, Andrew	10	NC Raleigh Swimming Association	7/16/2016	2016 NC LC AG Championships
5	2:20.40	904	Caron, Eric	10	NC North Carolina Aquatic Club	5/18/2001	2001 US Rsa Goodstuff

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 10 & under 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:55.94	959	Li, Celina	10	NC Tar Heel Aquatic Team	6/16/2006	2006 NC Capital City Invite
2	5:00.10	923	Pennington, Isabel	10	NC Gateway YWCA Seadragons	7/11/2013	2013 NC 14 & Under Long Course
3	5:02.56	902	Woody, Sophia	10	NC Asheville Swim Club	7/11/2013	2013 NC 14 & Under Long Course
4	5:06.06	873	Caron, Hannah	10	NC North Carolina Aquatic Club	5/24/2002	Josh Weaver Memo
5	5:06.56	869	Farmer, Elizabeth	10	NC New Wave Swim Team	5/18/2001	2001 US Rsa Goodstuff

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:53.30	945	Pishko, Jacob	10	NC Triangle Aquatics Club Titans	7/17/2014	2014 NC 14 & Under Long Cours
2	4:54.16	938	Caron, Eric	10	NC North Carolina Aquatic Club	5/18/2001	2001 US Rsa Goodstuff
3	4:58.51	906	Bathory, Levente	10	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course
4	5:00.10	894	Silver, Tyler	10	NC Marlins of Raleigh-Wolfpack Aquatics	7/17/2008	2008 NC LC 14 & Under LC Champ
5	5:03.24	871	Darmody, Kyle	10	NC Mecklenburg Aquatic Club	7/22/2005	2005 NC Western LC Qualifier

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 10 & under 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	34.65	921	Schmitz, Madison	10	NC Granite Falls Swim Club Makos	7/14/2019	2019 NC LC AG Championships
2	34.69	918	Zettel, Nicole	10	NC TAC Titans	6/18/2017	2017 NC TAC TYR Triangle Class
3	34.77	913	Willis, Lily	10	NC TAC Titans	6/18/2017	2017 NC TAC TYR Triangle Class
4	34.93	903	Reddick, Millie	10	NC SwimMAC Carolina	7/14/2019	2019 NC LC AG Championships
5	35.00	899	Starnes, Aden	10	NC Enfinity Aquatic Club	7/11/2013	2013 NC 14 & Under Long Course

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	33.34	972	Moore, Michael	10	NC Raleigh Swimming Association	1/18/2013	2013 NC RSA January Jubilee
2	34.46	908	Powe, Harrison	10	NC North Mecklenburg Aquatics, Inc	7/11/2013	2013 NC 14 & Under Long Course
3	34.60	900	Bathory, Levente	10	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course
4	34.66	896	Nelson, Baylor	10	NC SwimMAC Carolina	6/13/2014	2014 MD NBAC Long Course Champion
5	34.83	887	Greeley, David	10	NC Unattached	7/17/2014	2014 NC 14 & Under Long Cours

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 10 & under 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.61	947	Whelehan, Sloane	10	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	1:15.02	908	Willis, Lily	10	NC TAC Titans	7/15/2017	2017 NC LC AG Championships
3	1:15.14	904	Clark, Abby	10	NC Triangle Aquatics Club Titans	5/17/2015	2015 NC TAC Titans vs. YOTA Du
4	1:15.63	891	Pennington, Isabel	10	NC Gateway YWCA Seadragons	7/11/2013	2013 NC 14 & Under Long Course
5	1:16.01	881	Caron, Hannah	10	NC North Carolina Aquatic Club	6/14/2002	2002 US Rsa-n J. Kimball

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:11.46	996	Moore, Michael	10	NC Unattached	5/3/2013	2013 NC TAC TITANS Cinco de Ma
2	1:14.36	918	McPheters, Ian	10	NC Waves Of Wilmington, Inc.	6/11/2010	2010 NC WAVE Capital City Invi
3	1:14.79	907	Li, Andrew	10	NC Raleigh Swimming Association	7/16/2016	2016 NC LC AG Championships
4	1:15.33	893	Nelson, Baylor	10	NC SwimMAC Carolina	7/11/2013	2013 NC 14 & Under Long Course
5	1:15.51	888	Healy, John	10	NC New Wave Swim Team	5/6/2011	2011 NC WAVE v. CUBU Dual Meet

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 10 & under 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	38.08	920	Markert, Makena	10	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course
2	38.12	918	Cotter, Keelan	10	NC TAC Titans	7/15/2016	2016 NC LC AG Championships
3	38.39	905	Carr, Annie	10	NC Team Charlotte Swimming	7/16/2009	2009 NC NCS Age Group LC Champs
4	38.61	894	Light, Chloe	10	NC Marlins Of Raleigh	6/15/2019	2019 VA Poseidon's Long Course
5	38.75	887	Zettel, Nicole	10	NC TAC Titans	7/14/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 10 & under 50 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	38.41	922	Sharron, Raston	10	NC Marlins Of Raleigh	7/12/2019	2019 NC LC AG Championships
2	38.80	902	Weir, Zach	10	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course
3	38.97	894	Lin, Owen	10	NC East Carolina Aquatics	7/12/2019	2019 NC LC AG Championships
4	39.24	880	Setzer, Sean	10	NC Waves Of Wilmington, Inc.	6/11/2016	2016 NC GCY Sprint and Distanc
5	39.27	879	Nelson, Baylor	10	NC SwimMAC Carolina	6/13/2014	2014 MD NBAC Long Course Champion

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 10 & under 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:23.90	907	Cotter, Keelan	10	NC TAC Titans	7/16/2016	2016 NC LC AG Championships
2	1:23.93	907	Ssengonzi, Rebecca	10	NC Raleigh Swimming Association	7/14/2011	2011 NC 14 & Under Long Course
3	1:23.99	906	Wolk, Isabel	10	NC North Carolina Aquatic Club	7/14/2018	2018 NCS LC AG Championships
4	1:25.54	872	Smith, Julie	10	NC Raleigh Swimming Association	8/1/2000	2000 US Top 16
5	1:25.62	871	Li, Celina	10	NC Tar Heel Aquatic Team	6/22/2006	2006 FG Age Group Internat'l

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 100 Breaststroke Long Course Meters**

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:25.03	898	Sharron, Raston	10	NC Marlins Of Raleigh	7/13/2019	2019 NC LC AG Championships
2	1:26.16	873	Li, Andrew	10	NC Raleigh Swimming Association	7/16/2016	2016 NC LC AG Championships
3	1:26.77	860	Cooler, Tripp	10	NC SwimMAC Carolina	6/23/2019	2019 NC SGSA Eastern Invite
4	1:26.82	859	Masneri, David	10	NC Greensboro Community YMCA	7/16/2016	2016 NC LC AG Championships
5	1:26.92	857	Weir, Zach	10	NC Star Aquatics	7/15/2010	2010 NC 14 & Under Long Course

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 10 & under 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.44	951	Elgart, Shayna	10	NC Marlins Of Raleigh	7/14/2019	2019 NC LC AG Championships
2	31.56	944	Qian, Shakira	10	NC New Wave Swim Team	6/18/2017	2017 NC TAC TYR Triangle Class
3	32.33	900	Rose, Mia	10	NC Chapel Hill YMCA Swim Club	7/19/2013	2013 NC AP YSST Upper SE Regiona
4	32.57	886	Curzan, Claire	10	NC North Carolina Aquatic Club	5/16/2015	2015 NC NCAC Josh Weaver Meet
5	32.75	876	Ssengonzi, Rebecca	10	NC Raleigh Swimming Association	6/10/2011	2011 NC WAVE Capital City Invi

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	30.90	986	Nelson, Baylor	10	NC SwimMAC Carolina	6/13/2014	2014 MD NBAC Long Course Champion
2	31.56	944	Silver, Tyler	10	NC Marlins of Raleigh-Wolfpack Aquatics	6/13/2008	2008 NC WAVE Capital City Invi
3	32.04	915	Lin, Owen	10	NC East Carolina Aquatics	7/14/2019	2019 NC LC AG Championships
4	32.43	891	Li, Andrew	10	NC Raleigh Swimming Association	7/17/2016	2016 NC LC AG Championships
5	32.65	877	McPheters, Ian	10	NC Waves Of Wilmington, Inc.	6/25/2010	2010 NC GSA 55th Annual Easter

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 10 & under 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:12.36	924	Smith, Carly	10	NC North Carolina Aquatic Club	7/18/2002	2002 Ncs Jo Cham
2	1:13.30	901	Pennington, Isabel	10	NC Gateway YWCA Seadragons	7/26/2013	2013 NC HPSC Tar Heel States
3	1:13.51	896	Qian, Shakira	10	NC New Wave Swim Team	6/16/2017	2017 NC TAC TYR Triangle Class
4	1:13.67	892	Ssengonzi, Rebecca	10	NC Raleigh Swimming Association	7/14/2011	2011 NC 14 & Under Long Course
5	1:13.76	890	Li, Celina	10	NC Tar Heel Aquatic Team	6/22/2006	2006 FG Age Group Internat'l

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:10.25	970	Nelson, Baylor	10	NC SwimMAC Carolina	6/13/2014	2014 MD NBAC Long Course Champion
2	1:11.53	936	Silver, Tyler	10	NC Marlins of Raleigh-Wolfpack Aquatics	7/17/2008	2008 NC LC 14 & Under LC Champ
3	1:11.64	933	Baker, Jay	10	NC YMCA of the Triangle Area Swim Team	5/17/2013	2013 NC Josh Weaver Memorial M
4	1:11.83	928	McPheters, Ian	10	NC Waves Of Wilmington, Inc.	6/25/2010	2010 NC GSA 55th Annual Easter
5	1:13.10	894	Lin, Owen	10	NC East Carolina Aquatics	7/12/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 10 & under 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:39.18	925	Li, Celina	10	NC Tar Heel Aquatic Team	6/22/2006	2006 FG Age Group Internat'l
2	2:42.15	886	Cotter, Keelan	10	NC TAC Titans	7/17/2016	2016 NC LC AG Championships
3	2:42.23	885	Caron, Hannah	10	NC North Carolina Aquatic Club	6/14/2002	2002 US Rsa-n J. Kimball
4	2:43.10	874	Ssengonzi, Rebecca	10	NC Raleigh Swimming Association	7/14/2011	2011 NC 14 & Under Long Course
5	2:43.45	870	Whelehan, Mere	10	NC TAC Titans	5/18/2018	2018 NC TAC vs YOTA Dual Meet

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 10 & under 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:37.37	939	Li, Andrew	10	NC Raleigh Swimming Association	7/17/2016	2016 NC LC AG Championships
2	2:37.74	933	Moore, Michael	10	NC Unattached	5/3/2013	2013 NC TAC TITANS Cinco de Ma
3	2:38.10	928	McPheters, Ian	10	NC Waves Of Wilmington, Inc.	6/25/2010	2010 NC GSA 55th Annual Easter
4	2:38.90	917	Nelson, Baylor	10	NC SwimMAC Carolina	6/13/2014	2014 MD NBAC Long Course Champion
5	2:39.03	915	Silver, Tyler	10	NC Marlins of Raleigh-Wolfpack Aquatics	7/17/2008	2008 NC LC 14 & Under LC Champ

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.13	912	Clayton-Luce, Sophie	12	NC New Wave Swim Team	7/30/2013	2013 SC Southern Zone Age Grou
2	27.30	899	Smith, Julie	12	NC Raleigh Swimming Association	7/25/2002	2002 Speedo Cham
3	27.33	897	Labonge, Natalie	12	NC Greensboro Swimming Assoc	7/29/2008	2008 GA Southern Zone Champs
4	27.38	893	Dry, Elena	12	NC TAC Titans	7/14/2017	2017 NC LC AG Championships
5	27.52	882	Long, Teresa	12	NC Raleigh Swimming Association	7/30/2003	2003 FG - Southern Zone Champions

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 11-12 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	26.05	929	Jao, Nathan	12	NC Unattached	7/14/2017	2017 NC LC AG Championships
2	26.08	927	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
3	26.35	908	Haughey, Braeden	12	NC TAC Titans	8/6/2016	2016 NC Southern Zone Age Grou
4	26.51 r	897	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship
5	26.55	894	Hoover, Sam	12	NC North Carolina Aquatic Club	8/6/2016	2016 NC Southern Zone Age Grou

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.59	902	Ontjes, Olivia	12	NC New Wave Swim Team	7/16/2009	2009 NC NCS Age Group LC Champs
2	59.61	901	Roses, Maija	12	NC Carolina Aquatic Team	7/29/2008	2008 GA Southern Zone Champs
3	59.72	896	Smith, Julie	12	NC Raleigh Swimming Association	7/18/2002	2002 Ncs Jo Cham
4	59.73	896	Dry, Elena	12	NC TAC Titans	8/3/2017	2017 Southern Zones Age Group
5	59.80	893	Clayton-Luce, Sophie	12	NC New Wave Swim Team	7/30/2013	2013 SC Southern Zone Age Grou

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 11-12 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	56.77	949	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
2	57.08	938	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship
3	57.85	908	Marsteiner, Sam	12	NC New Wave Swim Team	10/3/2020	2020 NC TAC TITANS Oct LCM
4	57.88	907	Haughey, Braeden	12	NC TAC Titans	7/17/2016	2016 NC LC AG Championships
5	57.89	907	Li, Andrew	12	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.18	904	Eward, Ellery	12	NC TAC Titans	7/31/2019	2019 Zone AG Champs - Cary
2	2:09.54	897	Hook, Charlotte	12	NC TAC Titans	8/3/2016	2016 NC Southern Zone Age Grou
3	2:09.65	894	Zettel, Nicole	12	NC TAC Titans	7/31/2019	2019 Zone AG Champs - Cary
4	2:09.83	891	Cotter, Keelan	12	NC TAC Titans	6/16/2018	2018 NC TAC TITANS TYR Classic
5	2:10.48	877	Miller, Genevieve	12	NC Winston-Salem YMCA Swim Team	7/29/2008	2008 GA Southern Zone Champs

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 11-12 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:03.93	951	Marsteiner, Sam	12	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
2	2:04.13	947	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
3	2:05.22	926	Jao, Nathan	12	NC Unattached	7/15/2017	2017 NC LC AG Championships
4	2:05.55	919	Haughey, Braeden	12	NC TAC Titans	8/3/2016	2016 NC Southern Zone Age Grou
5	2:06.30	904	Li, Andrew	12	NC TAC Titans	8/1/2018	2018 Zones AG Champs - Midland

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:33.25	887	Homovich, Maddie	12	NC North Carolina Aquatic Club	3/21/2013	2013 LE Speedo Champions
2	4:33.71	883	Ray, Amanda	12	NC New Wave Swim Team	8/4/2015	2015 MS Southern Zones Age Group
3	4:34.00	880	Zettel, Nicole	12	NC TAC Titans	7/30/2019	2019 Zone AG Champs - Cary
4	4:34.47	875	Eward, Ellery	12	NC TAC Titans	7/30/2019	2019 Zone AG Champs - Cary
5	4:34.83	871	Miller, Genevieve	12	NC Winston-Salem YMCA Swim Team	7/29/2008	2008 GA Southern Zone Champs

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:22.97	939	Haughey, Braeden	12	NC TAC Titans	8/2/2016	2016 NC Southern Zone Age Grou
2	4:24.72	923	Marsteiner, Sam	12	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
3	4:29.15	883	Darmody, Kyle	12	NC Mecklenburg Aquatic Club	7/31/2007	2007 GU UH Southern Zone
4	4:29.24	882	Jao, Nathan	12	NC Unattached	7/14/2017	2017 NC LC AG Championships
5	4:29.32	881	Watko, Cothalee	12	NC Raleigh Swimming Association	7/30/2013	2013 SC Southern Zone Age Grou

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 11-12 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	9:25.66	921	Cotter, Keelan	12	NC TAC Titans	6/30/2018	2018 NC TAC LCM Distance Intra
2	9:27.47	913	Baker, Kathleen	12	NC Star Aquatics	12/13/2009	2009 Junior LC Invite
3	9:31.36	895	Ray, Amanda	12	NC New Wave Swim Team	7/26/2015	2015 NC LC SR Championships
4	9:42.99	844	Miller, Genevieve	12	NC Winston-Salem YMCA Swim Team	7/10/2008	2008 GA Senior LC Sectional
5	9:44.88	835	Perez, Sophie	12	NC North Carolina Aquatic Club	5/17/2013	2013 NC Josh Weaver Memorial M

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:58.30	1010	Marsteiner, Sam	12	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
2	9:27.30	880	Darmody, Kyle	12	NC Mecklenburg Aquatic Club	7/6/2007	2007 NC Swim Lenoir LC Invite
3	9:31.87	861	Santoli, Thomas	12	NC Mecklenburg Aquatic Club	5/21/2004	2004 NC New South Swimming LC
4	9:34.12	851	Cairns, Zac	12	NC North Carolina Aquatic Club	5/17/2015	2015 NC NCAC Josh Weaver Meet
5	9:35.94	843	Stringfield, Jake	12	NC Smokey Mountain Aquatic Club	6/25/2004	2004 NC Summer in the Mountain

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 11-12 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	17:58.64	960	Ray, Amanda	12	NC New Wave Swim Team	7/26/2015	2015 NC LC SR Championships
2	18:13.34	926	Miller, Genevieve	12	NC Winston-Salem YMCA Swim Team	7/10/2008	2008 GA Senior LC Sectional
3	18:23.31	904	Stringfield, Katy	12	NC Smokey Mountain Aquatic Club	6/8/2007	2007 NC SAC Summer Invite
4	18:37.36	872	Moore, Hannah	12	NC Raleigh Swimming Association	6/27/2009	2009 NC RSA Summer Sizzle Meet
5	18:47.26	850	Meyer, Theresa	12	NC YMCA of the Triangle Area Swim Team	6/16/2006	2006 NC Capital City Invite

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:09.22	999	Marsteiner, Sam	12	NC New Wave Swim Team	10/3/2020	2020 NC TAC TITANS Oct LCM
2	17:58.11	899	Hughes, Connor	12	NC New Wave Swim Team	8/8/2015	2015 SC Southern Zone Senior
3	18:01.76	892	Santoli, Thomas	12	NC Mecklenburg Aquatic Club	7/9/2004	2004 IN Southeastern Summer Sizzler
4	18:08.60	878	Darmody, Kyle	12	NC Mecklenburg Aquatic Club	7/6/2007	2007 NC Swim Lenoir LC Invite
5	18:18.73	858	Stringfield, Jake	12	NC Smokey Mountain Aquatic Club	6/25/2004	2004 NC Summer in the Mountain

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

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	30.90	961	Benson, Sabrina	12	NC YMCA of the Triangle Area Swim Team	8/1/2006	2006 GA Southern Zones
2	30.95	957	Baker, Kathleen	12	NC Star Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs
3	30.97	956	Curzan, Claire	12	NC Raleigh Swimming Association	6/23/2017	2017 NC SGSA Eastern Invitatio
3	30.97 r	956	Hook, Charlotte	12	NC TAC Titans	8/5/2016	2016 NC Southern Zone Age Grou
5	31.10	946	Welsh, Lily	12	NC YMCA of the Triangle Area Swim Team	8/2/2018	2018 Zones AG Champs - Midland

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	30.00	953	Barnett, Wes	12	NC SwimMAC Carolina	7/19/2015	2015 NC LC AG Championships SG
2	30.29	932	Weaver, Ryan	12	NC Carolina Aquatic Team	7/17/2016	2016 NC LC AG Championships
3	30.33	929	Lucky, Matthew	12	NC Sailfish Aquatics	7/16/2017	2017 NC LC AG Championships
4	30.38	926	Klinger, Isaac	12	NC Greensboro Community YMCA	7/29/2008	2008 GA Southern Zone Champs
5	30.45	921	Bunger, Joe	12	NC Raleigh Swimming Association	7/17/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 11-12 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:05.42	976	Curzan, Claire	12	NC Raleigh Swimming Association	6/24/2017	2017 NC SGSA Eastern Invitatio
2	1:06.03	955	Hook, Charlotte	12	NC TAC Titans	8/5/2016	2016 NC Southern Zone Age Grou
3	1:06.77	930	Baker, Kathleen	12	NC Star Aquatics	12/13/2009	2009 Junior LC Invite
4	1:06.83	928	Welsh, Lily	12	NC YMCA of the Triangle Area Swim Team	8/3/2018	2018 Zones AG Champs - Midland
5	1:07.22	915	Benson, Sabrina	12	NC YMCA of the Triangle Area Swim Team	8/1/2006	2006 GA Southern Zones

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.80	1013	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
2	1:03.84	979	Barnett, Wes	12	NC SwimMAC Carolina	7/18/2015	2015 NC LC AG Championships SG
3	1:04.30	963	Thakur, Jake	12	NC Triangle Aquatics Club Titans	8/7/2015	2015 MS Southern Zones Age Group
4	1:04.45	958	Haughey, Braeden	12	NC TAC Titans	8/5/2016	2016 NC Southern Zone Age Grou
5	1:04.71	950	Bathory, Levente	12	NC Star Aquatics	7/12/2012	2012 NC 14 & Under Long Course

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:24.54	915	Welsh, Lily	12	NC YMCA of the Triangle Area Swim Team	7/13/2018	2018 NCS LC AG Championships
2	2:25.77	897	Zettel, Nicole	12	NC TAC Titans	6/29/2019	2019 NC TAC LCM Distance Intra
3	2:26.18	892	Baker, Kathleen	12	NC Star Aquatics	7/16/2009	2009 NC NCS Age Group LC Champs
4	2:26.36	889	Homovich, Maddie	12	NC North Carolina Aquatic Club	3/21/2013	2013 LE Speedo Champions
5	2:27.01	880	Pierce, Camila	12	NC Raleigh Swimming Association	7/30/2017	2017 NC NCAC Tar Heel States

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.40	1031	Marsteiner, Sam	12	NC New Wave Swim Team	10/3/2020	2020 NC TAC TITANS Oct LCM
2	2:16.50	1029	Barnett, Wes	12	NC SwimMAC Carolina	7/17/2015	2015 NC LC AG Championships SG
3	2:19.36	983	Bathory, Levente	12	NC Star Aquatics	7/12/2012	2012 NC 14 & Under Long Course
4	2:19.43	982	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
5	2:19.98	974	Thakur, Jake	12	NC Triangle Aquatics Club Titans	7/26/2015	2015 NC LC SR Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	33.80	954	Willis, Lily	12	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
2	34.37	920	Rainey, Grace	12	NC SwimMAC Carolina	8/2/2017	2017 Southern Zones Age Group
3	34.64	904	McCauley, Ashley	12	NC Marlins Of Raleigh	7/30/2013	2013 SC Southern Zone Age Grou
4	34.66	903	Arens, Abby	12	NC Marlins Of Raleigh	7/29/2014	2014 ST AAAA Southern Zones Ch
5	34.91	889	Mohr, Katie	12	NC YMCA of Northwest North Carolina Riptyde	7/15/2016	2016 NC LC AG Championships
5	34.91	978	Cotter, Keelan	11	NC TAC Titans	7/14/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	32.14	1009	Lucky, Matthew	12	NC Sailfish Aquatics	7/14/2017	2017 NC LC AG Championships
2	33.33	933	Abaqueta, Cam	12	NC SwimMAC Carolina	8/3/2016	2016 NC Southern Zone Age Grou
3	33.36	931	Duckworth, Ben	12	NC North Mecklenburg Aquatics, Inc	7/29/2014	2014 ST AAAA Southern Zones Ch
4	33.42	927	Liu, Darren	12	NC TAC Titans	7/31/2019	2019 Zone AG Champs - Cary
5	33.45	925	Lam, Christian	12	NC YMCA of the Triangle Area Swim Team	7/27/2010	2010 GA Southern Zone Championship

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:12.99	956	Willis, Lily	12	NC TAC Titans	7/13/2019	2019 NC LC AG Championships
2	1:13.81	934	McCauley, Ashley	12	NC Marlins Of Raleigh	7/30/2013	2013 SC Southern Zone Age Grou
3	1:13.89	932	Arens, Abby	12	NC Marlins Of Raleigh	7/29/2014	2014 ST AAAA Southern Zones Ch
4	1:14.89	905	Siroky, Jilen	12	NC Mecklenburg Aquatic Club	8/14/1994	1994 LC Nationals
5	1:15.05	901	Rainey, Grace	12	NC SwimMAC Carolina	7/15/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 11-12 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:11.91	970	Lucky, Matthew	12	NC Sailfish Aquatics	7/15/2017	2017 NC LC AG Championships
2	1:12.35	958	Lam, Christian	12	NC YMCA of the Triangle Area Swim Team	7/27/2010	2010 GA Southern Zone Championship
3	1:12.89	943	Duckworth, Ben	12	NC North Mecklenburg Aquatics, Inc	7/29/2014	2014 ST AAAA Southern Zones Ch
4	1:13.45	927	Hoover, Sam	12	NC North Carolina Aquatic Club	8/5/2016	2016 NC Southern Zone Age Grou
5	1:14.01	912	Kroll, Matthew	12	NC SwimMAC Carolina	7/16/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 11-12 200 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>Swim Date</i>	<i>Meet</i>
1	2:37.99	956	Siroky, Jilen	12	NC Mecklenburg Aquatic Club	8/14/1994	1994 LC Nationals
2	2:40.26	929	Willis, Lily	12	NC TAC Titans	8/3/2019	2019 Futures - Greensboro
3	2:41.21	918	Rainey, Grace	12	NC SwimMAC Carolina	7/16/2017	2017 NC LC AG Championships
4	2:41.72	912	McCauley, Ashley	12	NC Marlins Of Raleigh	7/26/2013	2013 NC HPSC Tar Heel States
5	2:43.78	888	Cotter, Keelan	12	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:34.70	998	Lucky, Matthew	12	NC Sailfish Aquatics	7/16/2017	2017 NC LC AG Championships
2	2:39.53	942	Basler, Daniel	12	NC Winston-Salem YMCA Swim Team	6/28/2002	2002 US Furniture City
3	2:40.83	927	Lam, Christian	12	NC YMCA of the Triangle Area Swim Team	7/15/2010	2010 NC 14 & Under Long Course
4	2:42.43	908	Li, Andrew	12	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships
5	2:43.07	901	Kroll, Matthew	12	NC SwimMAC Carolina	7/17/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.91	988	Curzan, Claire	12	NC Raleigh Swimming Association	5/7/2017	2017 NC STAR Quad Meet
2	29.29	894	Menkhaus, Madeline	12	NC SwimMAC Carolina	7/17/2016	2016 NC LC AG Championships
3	29.33	892	Ray, Amanda	12	NC New Wave Swim Team	8/8/2015	2015 MS Southern Zones Age Group
4	29.41	886	Hegland, Kate	12	NC TAC Titans	8/5/2017	2017 MS Southern Zones Age Group
5	29.52	879	Tennant, Kayla	12	NC Star Aquatics	6/21/2012	2012 NC GSA Eastern Invitation

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	27.82	970	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship
2	28.34	931	Thakur, Jake	12	NC Triangle Aquatics Club Titans	7/19/2015	2015 NC LC AG Championships SG
3	28.44	924	Battaglini, Lucca	12	NC YMCA of the Triangle Area Swim Team	8/4/2018	2018 Zones AG Champs - Midland
4	28.53	917	Smyre, Alex	12	NC Raleigh Swimming Association	7/19/2015	2015 NC LC AG Championships SG
5	28.55	916	Keough, Patrick	12	NC Raleigh Swimming Association	7/17/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.13	979	Curzan, Claire	12	NC Raleigh Swimming Association	6/25/2017	2017 NC SGSA Eastern Invitatio
2	1:03.51	938	Ray, Amanda	12	NC New Wave Swim Team	8/5/2015	2015 MS Southern Zones Age Group
3	1:04.11	920	Menkhaus, Madeline	12	NC SwimMAC Carolina	7/15/2016	2016 NC LC AG Championships
4	1:04.30	915	Tennant, Kayla	12	NC Star Aquatics	5/11/2012	2012 NC Long Days of Summer Qu
5	1:05.09	892	Homovich, Maddie	12	NC North Carolina Aquatic Club	7/31/2012	2012 NT LC Southern Zone Champ

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.03	994	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/27/2010	2010 GA Southern Zone Championship
2	1:01.16	990	Jao, Nathan	12	NC Unattached	7/14/2017	2017 NC LC AG Championships
3	1:02.39	950	Thakur, Jake	12	NC Triangle Aquatics Club Titans	7/17/2015	2015 NC LC AG Championships SG
4	1:03.07	928	Battaglini, Lucca	12	NC YMCA of the Triangle Area Swim Team	7/13/2018	2018 NCS LC AG Championships
5	1:03.13	926	Keough, Patrick	12	NC Raleigh Swimming Association	8/3/2016	2016 NC Southern Zone Age Grou

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:22.97	925	Ray, Amanda	12	NC New Wave Swim Team	7/18/2015	2015 NC LC AG Championships SG
2	2:24.54	906	Homovich, Maddie	12	NC North Carolina Aquatic Club	1/18/2013	2013 NC RSA January Jubilee
3	2:25.73	892	Tennant, Kayla	12	NC Star Aquatics	6/8/2012	2012 NC WAVE Capital City Invi
4	2:26.95	877	Menkhaus, Madeline	12	NC SwimMAC Carolina	7/16/2016	2016 NC LC AG Championships
5	2:29.02	852	Shanahan, Mary	12	NC Hillsborough Aquatic Club	7/14/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:14.88	1032	Jao, Nathan	12	NC Unattached	7/15/2017	2017 NC LC AG Championships
2	2:20.40	954	Basler, Daniel	12	NC Winston-Salem YMCA Swim Team	6/28/2002	2002 US Furniture City
3	2:21.32	941	Johnson, Aj	12	NC YMCA of Western North Carolina	7/16/2016	2016 NC LC AG Championships
4	2:22.26	928	Thakur, Jake	12	NC Triangle Aquatics Club Titans	7/25/2015	2015 NC LC SR Championships
5	2:23.17	915	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	6/18/2010	2010 GA Edwin C. Cuttino Memorial

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:22.98	950	Zettel, Nicole	12	NC TAC Titans	8/3/2019	2019 Zone AG Champs - Cary
2	2:24.90	919	Dry, Elena	12	NC TAC Titans	7/16/2017	2017 NC LC AG Championships
3	2:25.40	911	Hook, Charlotte	12	NC TAC Titans	8/6/2016	2016 NC Southern Zone Age Grou
4	2:25.52	909	Wilhelm, Kiley	12	NC SwimMAC Carolina	7/16/2017	2017 NC LC AG Championships
5	2:25.57	908	Willis, Lily	12	NC TAC Titans	7/14/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.80	990	Padgett, Robert	12	NC Greensboro Swimming Assoc	8/1/2000	2000 US Top 16
2	2:20.42	962	Lucky, Matthew	12	NC Sailfish Aquatics	7/16/2017	2017 NC LC AG Championships
3	2:20.49	961	Haughey, Braeden	12	NC TAC Titans	8/6/2016	2016 NC Southern Zone Age Grou
4	2:20.99	952	Basler, Daniel	12	NC Winston-Salem YMCA Swim Team	6/28/2002	2002 US Furniture City
5	2:21.20	948	Silver, Tyler	12	NC Marlins of Raleigh-Wolfpack Aquatics	7/15/2010	2010 NC 14 & Under Long Course

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 11-12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:08.99	914	Zettel, Nicole	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
2	5:11.28	898	Cotter, Keelan	12	NC TAC Titans	7/12/2018	2018 NCS LC AG Championships
3	5:11.92	893	Willis, Lily	12	NC TAC Titans	7/11/2019	2019 NC LC AG Championships
4	5:12.67	888	Baker, Kathleen	12	NC Star Aquatics	5/8/2009	2009 NC NSS Long Course Invita
5	5:14.24	877	Tennant, Kayla	12	NC Star Aquatics	6/8/2012	2012 NC WAVE Capital City Invi

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 11-12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:58.44	986	Basler, Daniel	12	NC Winston-Salem YMCA Swim Team	6/28/2002	2002 US Furniture City
2	5:01.29	965	Jao, Nathan	12	NC Unattached	7/13/2017	2017 NC LC AG Championships
3	5:02.61	955	Li, Andrew	12	NC TAC Titans	7/12/2018	2018 NCS LC AG Championships
4	5:09.35	906	Thakur, Jake	12	NC Triangle Aquatics Club Titans	5/15/2015	2015 NC TAC Titans vs. YOTA Du
5	5:10.04	901	Clontz, Norvin	12	NC SwimMAC Carolina	7/11/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

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	25.53	978	Curzan, Claire	14	NC TAC Titans	11/29/2018	2018 Winter Nationals
2	26.33	907	Sowards, Elizabeth	14	NC SwimMAC Carolina	8/4/2018	2018 Summer Junior Nats
2	26.33	947	Smith, Julie	13	NC Raleigh Swimming Association	8/5/2003	2003 Summer Nationals
4	26.36	904	McCullagh, Nora	14	NC SwimMAC Carolina	3/8/2012	2012 Speedo Champions Series, East
5	26.49	893	Rhodes, Lauren	14	NC SwimMAC Carolina	3/24/2011	Central Zone Section 3 Sectional Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 13-14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	24.11	924	Hoover, Sam	14	NC North Carolina Aquatic Club	8/4/2018	2018 Summer Junior Nats
2	24.29 r	909	Boone, Garrett	14	NC Aquatic Team Of Mecklenburg	8/1/2017	2017 MS Southern Zones Age Group
3	24.48	893	Weaver, Ryan	14	NC Carolina Aquatic Team	7/14/2018	2018 NCS LC AG Championships
4	24.51	891	Walker, Jack	14	NC New South Swimming	8/8/2015	2015 MS Southern Zones Age Group
5	24.58	885	Ivy, Michael	14	NC Raleigh Swimming Association	4/2/2016	2016 Sectionals - Richmond

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 100 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>Swim Date</i>	<i>Meet</i>
1	56.36	955	Curzan, Claire	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
2	56.99	926	McCullagh, Nora	14	NC SwimMAC Carolina	3/8/2012	2012 Speedo Champions Series - East
3	57.34	910	Sowards, Elizabeth	14	NC SwimMAC Carolina	8/1/2018	2018 Summer Junior Nats
4	57.41	907	Razewski, Morgan	14	NC SwimMAC Carolina	3/31/2019	2019 Sectionals - Indianapolis
5	57.57	899	Johnson, Faith	14	NC Star Aquatics	7/23/2009	2009 NC NCS LC Senior Champion

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 13-14 100 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>Swim Date</i>	<i>Meet</i>
1	52.71 r	952	Hoover, Sam	14	NC North Carolina Aquatic Club	8/1/2018	2018 Summer Junior Nats
2	52.82	947	Ellington, Colin	14	NC YMCA of the Triangle Area Swim Team	8/8/2011	2011 Summer Junior Nats
3	53.04	937	Connery, Tim	14	NC SwimMAC Carolina	7/16/2017	2017 NC LC AG Championships
4	53.33	923	Poelke, Boyd	14	NC SwimMAC Carolina	8/4/2016	2016 NC Southern Zone Age Grou
5	53.40	920	Haughey, Braeden	14	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:03.18	931	Homovich, Maddie	14	NC North Carolina Aquatic Club	8/27/2014	2014 Jr Pan Pacific Championships
2	2:04.11	909	Razewski, Morgan	14	NC SwimMAC Carolina	3/29/2019	2019 Sectionals - Indianapolis
3	2:04.17	907	Cotter, Keelan	14	NC Unattached	3/6/2020	2020 Sectional - Cary
4	2:04.36 r	903	Sowards, Elizabeth	14	NC SwimMAC Carolina	8/3/2018	2018 Summer Junior Nats
5	2:04.49	900	Medlin, Sam	14	NC YMCA of the Triangle Area Swim Team	7/30/2014	2014 YMCA National Long Course

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 13-14 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:55.11 r	953	Connery, Tim	14	NC SwimMAC Carolina	7/13/2017	2017 NC LC AG Championships
2	1:55.92	934	Haughey, Braeden	14	NC TAC Titans	7/13/2018	2018 NCS LC AG Championships
3	1:56.12	929	Norris, Lance	14	NC Rocky Mount Family YMCA	6/15/2018	2018 NC TAC TITANS TYR Classic
4	1:56.21	927	Bathory, Levente	14	NC Enfinity Aquatic Club	7/17/2014	2014 NC 14 & Under Long Cours
5	1:56.67	917	Jao, Nathan	14	NC Enfinity Aquatic Club	7/12/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 400 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>Swim Date</i>	<i>Meet</i>
1	4:12.30	1001	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nats
2	4:16.09	955	Green, Meredith	14	NC North Carolina Aquatic Club	6/11/1998	Ultraswim
3	4:20.66	900	Grigg, Ellen	14	NC New South Swimming	8/3/2004	2004 ConocoPhillips Nationals TT
4	4:23.95	862	Baker, Kathleen	14	NC Unattached	1/14/2012	2012 NC LarsonAllen Invite
5	4:24.09	860	Razewski, Morgan	14	NC SwimMAC Carolina	3/28/2019	2019 Sectionals - Indianapolis

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 13-14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:00.46	1001	Haughey, Braeden	14	NC TAC Titans	8/4/2018	2018 Futures - Cary
2	4:05.52	945	Norris, Lance	14	NC Rocky Mount Family YMCA	6/16/2018	2018 NC TAC TITANS TYR Classic
3	4:08.11	917	Dant, Ross	14	NC Hickory Foundation YMCA Seahorse Swim Team	8/7/2015	2015 MS Southern Zones Age Group
4	4:08.58	911	Glavich, Jonathan	14	NC YMCA of the Triangle Area Swim Team	7/23/2012	2012 YMCA National Long Course
5	4:09.29	904	Fenwick, Ben	14	NC SwimMAC Carolina	7/18/2015	2015 NC LC AG Championships SG

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	8:36.82	1014	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nats
2	8:44.08	974	Green, Meredith	14	NC North Carolina Aquatic Club	5/29/1998	Grand Prix
3	8:52.79	927	Razewski, Morgan	14	NC SwimMAC Carolina	3/28/2019	2019 Sectionals - Indianapolis
4	8:56.66	907	Grigg, Ellen	14	NC New South Swimming	8/3/2004	2004 Summer Nationals
5	9:04.20	867	Moore, Hannah	14	NC Raleigh Swimming Association	8/8/2011	2011 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 13-14 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	8:27.63	948	Norris, Lance	14	NC Rocky Mount Family YMCA	7/12/2018	2018 NCS LC AG Championships
2	8:29.77	937	Haughey, Braeden	14	NC TAC Titans	7/12/2018	2018 NCS LC AG Championships
3	8:32.67	922	Dant, Ross	14	NC Hickory Foundation YMCA Seahorse Swim Team	8/4/2015	2015 MS Southern Zones Age Group
4	8:36.40	902	Santoli, Thomas	14	NC Mecklenburg Aquatic Club	7/13/2006	2006 GA Speedo Sectionals
5	8:39.31	887	Peterson, Chip	14	NC Carteret Currents Swimming	7/30/2002	2002 US So. Zone

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 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>Swim Date</i>	<i>Meet</i>
1	16:32.95	1003	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nats
2	16:39.64	984	Green, Meredith	14	NC North Carolina Aquatic Club	6/25/1998	1998 US Scsc Inv
3	17:08.67	905	Grigg, Ellen	14	NC New South Swimming	8/3/2004	2004 Summer Nationals
4	17:12.54	894	Peterson, Emmaline	14	NC Hickory Foundation YMCA Seahorse Swim Team	5/15/2014	2014 Pro Series - Charlotte
5	17:20.22	874	Pozder, Ana	14	NC Triangle Aquatics Club Titans	7/17/2014	2014 NC 14 & Under Long Cours

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 13-14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:07.52	942	Dant, Ross	14	NC Hickory Foundation YMCA Seahorse Swim Team	8/4/2015	2015 MS Southern Zones Age Group
2	16:15.43	923	Norris, Lance	14	NC Rocky Mount Family YMCA	6/17/2018	2018 NC TAC TITANS TYR Classic
3	16:17.32	918	Hinman, Mazi	14	NC Star Aquatics	7/11/2013	2013 NC 14 & Under Long Course
4	16:25.90	897	Peterson, Chip	14	NC Carteret Currents Swimming	7/25/2002	2002 Speedo Cham
5	16:26.27	896	Rogers, Kevin	14	NC YMCA of the Triangle Area Swim Team	7/31/2007	2007 GU UH Southern Zone

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:01.03	1056	Curzan, Claire	14	NC TAC Titans	6/15/2019	2019 NC TAC TYR Triangle Class
2	1:02.12	1012	Hook, Charlotte	14	NC TAC Titans	7/28/2018	2018 Summer Nationals
3	1:02.86	982	Baker, Kathleen	14	NC Star Aquatics	8/2/2011	2011 Summer Nationals
4	1:03.16	970	Razewski, Morgan	14	NC SwimMAC Carolina	3/30/2019	2019 Sectionals - Indianapolis
5	1:03.22 r	1014	Wilhelm, Kiley	13	NC SwimMAC Carolina	8/1/2018	2018 Speedo Juniors

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 13-14 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	58.73	992	Bathory, Levente	14	NC Enfinity Aquatic Club	7/17/2014	2014 NC 14 & Under Long Cours
2	59.17	975	Norris, Lance	14	NC Rocky Mount Family YMCA	6/16/2018	2018 NC TAC TITANS TYR Classic
3	59.18	974	Weaver, Ryan	14	NC Carolina Aquatic Team	7/14/2018	2018 NCS LC AG Championships
4	59.43	964	Haughey, Braeden	14	NC TAC Titans	7/14/2018	2018 NCS LC AG Championships
5	59.64	956	Padgett, Robert	14	NC Greensboro Swimming Assoc	7/30/2002	2002 US So. Zone

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:12.43	1001	Curzan, Claire	14	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
2	2:13.83	977	Baker, Kathleen	14	NC Star Aquatics	8/8/2011	2011 Summer Junior Nats
3	2:15.36	951	Hook, Charlotte	14	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships
4	2:16.92	925	Moore, Hannah	14	NC Raleigh Swimming Association	8/8/2011	2011 Summer Junior Nats
5	2:16.94	925	Razewski, Morgan	14	NC SwimMAC Carolina	1/12/2019	2019 Pro Series - Knoxville

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 13-14 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:04.30	1030	Haughey, Braeden	14	NC TAC Titans	8/5/2018	2018 Futures - Cary
2	2:05.65	1004	Norris, Lance	14	NC Rocky Mount Family YMCA	6/17/2018	2018 NC TAC TITANS TYR Classic
3	2:07.37	971	Healy, John	14	NC Triangle Aquatics Club Titans	7/29/2014	2014 ST AAAA Southern Zones Ch
4	2:08.82	943	Bathory, Levente	14	NC Enfinity Aquatic Club	7/30/2013	2013 SC Southern Zone Age Grou
5	2:09.10	938	Padgett, Robert	14	NC Greensboro Swimming Assoc	7/30/2002	2002 US So. Zone

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:09.42	1013	Rainey, Grace	14	NC SwimMAC Carolina	8/6/2019	2019 Summer Junior Nats
2	1:10.36	987	Arens, Abby	13	NC Marlins Of Raleigh	3/4/2016	2016 SE Southern Premier
3	1:11.10	961	McCauley, Ashley	14	NC Marlins Of Raleigh	7/17/2015	2015 NC LC AG Championships SG
4	1:11.45	950	Siroky, Jilen	14	NC Mecklenburg Aquatic Club	2/8/1996	1996 National Champs
5	1:11.83	939	Hamblin, Kaylee	14	NC Mecklenburg Swim Association	6/15/2018	2018 NC SwimMAC Ultraswim

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 13-14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:05.41	1002	Hoover, Sam	14	NC North Carolina Aquatic Club	7/31/2018	2018 Summer Junior Nats
2	1:05.58	996	Connery, Tim	14	NC SwimMAC Carolina	7/14/2017	2017 NC LC AG Championships
3	1:06.41	968	Lee, Henry	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships
4	1:06.51	965	Yeh, Sean	14	NC New Wave Swim Team	8/8/2011	2011 Summer Junior Nats
5	1:07.15	944	Lucky, Matthew	14	NC Sailfish Aquatics	7/12/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 13-14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:28.23	1004	Siroky, Jilen	14	NC Mecklenburg Aquatic Club	3/6/1996	1996 Olympic Trials
2	2:31.73	956	Rainey, Grace	14	NC SwimMAC Carolina	8/9/2019	2019 Summer Junior Nats
3	2:32.29	948	McCauley, Ashley	14	NC Marlins Of Raleigh	8/10/2015	2015 Summer Nationals
4	2:33.21	936	Arens, Abby	14	NC Marlins Of Raleigh	8/3/2016	2016 U.S. Open
5	2:35.74	910	Roses, Maija	13	NC Carolina Aquatic Team	7/16/2009	2009 SE Eastern Sectional Senior Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 13-14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:21.58	993	Lucky, Matthew	14	NC Sailfish Aquatics	8/3/2019	2019 Futures - Greensboro
2	2:23.61	964	Connery, Tim	14	NC SwimMAC Carolina	7/15/2017	2017 NC LC AG Championships
3	2:25.47	1018	Kroll, Matthew	13	NC SwimMAC Carolina	8/2/2017	2017 MS Southern Zones Age Group
4	2:26.88	918	Duckworth, Ben	14	NC Enfinity Aquatic Club	8/3/2016	2016 NC Southern Zone Age Group
5	2:27.55	908	Drake, Patrick	14	NC Raleigh Swimming Association	8/4/2018	2018 Futures - Cary

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	58.61	1028	Curzan, Claire	14	NC TAC Titans	4/11/2019	2019 Pro Series - Richmond
2	1:01.97	906	Marsh, Alyssa	14	NC SwimMAC Carolina	3/8/2012	2012 Speedo Champions Series - East
3	1:02.01	904	Lappin, Christina	14	NC North Mecklenburg Aquatics, Inc	5/9/2013	2013 Pro Series - Charlette
4	1:02.03	904	Caron, Hannah	14	NC Tar Heel Aquatic Team	3/28/2006	2006 Spring Nationals
5	1:02.04	938	Wilhelm, Kiley	13	NC SwimMAC Carolina	7/13/2018	2018 NCS LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 13-14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.88	963	Henderson, Noah	14	NC Star Aquatics	4/15/2016	2016 NC STAR Friday Night at
2	57.55	935	Padgett, Robert	14	NC Greensboro Swimming Assoc	7/25/2002	2002 Speedo Cham
3	57.61	933	Healy, John	14	NC Triangle Aquatics Club Titans	7/29/2014	2014 ST AAAA Southern Zones Ch
4	57.72	928	Poelke, Boyd	14	NC SwimMAC Carolina	7/15/2016	2016 NC LC AG Championships
5	57.80	925	Lee, Henry	14	NC TAC Titans	7/12/2019	2019 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 200 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>Swim Date</i>	<i>Meet</i>
1	2:11.09	988	Hook, Charlotte	14	NC TAC Titans	7/25/2018	2018 Summer Nationals
2	2:13.96	944	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nats
3	2:16.37	908	Carter, Olivia	14	NC Triangle Aquatics Club Titans	6/13/2015	2015 NC TAC TITANS Triangle CI
4	2:16.93	899	Menkhaus, Madeline	14	NC SwimMAC Carolina	7/14/2018	2018 NCS LC AG Championships
5	2:17.84	885	Ray, Amanda	14	NC New Wave Swim Team	7/15/2017	2017 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 13-14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.74	937	Klinger, Isaac	14	NC Greensboro Community YMCA	7/27/2010	2010 GA Southern Zone Championship
2	2:07.99	932	Glavich, Dominick	14	NC YMCA of the Triangle Area Swim Team	7/12/2007	2007 SE Speedo Sectionals
3	2:08.20	929	Glavich, Jonathan	14	NC YMCA of the Triangle Area Swim Team	7/23/2012	2012 YMCA National Long Course
4	2:08.23	928	Berens, Ricky	14	NC Mecklenburg Aquatic Club	7/30/2002	2002 US So. Zone
5	2:08.65	920	Poelke, Boyd	14	NC SwimMAC Carolina	7/16/2016	2016 NC LC AG Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:15.85	968	Hook, Charlotte	14	NC TAC Titans	7/15/2018	2018 NCS LC AG Championships
2	2:18.21	925	Baker, Kathleen	14	NC Star Aquatics	8/2/2011	2011 Summer Nationals
3	2:18.49	971	Wilhelm, Kiley	13	NC SwimMAC Carolina	7/22/2018	2018 NCS LC SR Championships
4	2:18.57	918	Zettel, Brooke	14	NC TAC Titans	6/17/2018	2018 NC TAC TITANS TYR Classic
5	2:20.09	890	Homovich, Maddie	14	NC North Carolina Aquatic Club	7/30/2014	2014 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 13-14 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:06.38	1039	Connery, Tim	14	NC SwimMAC Carolina	8/12/2017	2017 Summer Junior Nats
2	2:09.31	978	Ellington, Colin	14	NC YMCA of the Triangle Area Swim Team	7/25/2011	2011 YMCA National Long Course
3	2:10.17	960	Hoover, Sam	14	NC North Carolina Aquatic Club	6/22/2018	2018 FL SYS Shark Open
4	2:10.21	959	Norris, Lance	14	NC Rocky Mount Family YMCA	6/17/2018	2018 NC TAC TITANS TYR Classic
5	2:10.28	958	Padgett, Robert	14	NC Greensboro Swimming Assoc	7/30/2002	2002 US So. Zone

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 13-14 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:49.14	940	Homovich, Maddie	14	NC North Carolina Aquatic Club	1/16/2015	2015 Pro Series - Austin
2	4:50.07	933	Hook, Charlotte	14	NC TAC Titans	7/13/2018	2018 NCS LC AG Championships
3	4:52.87	910	Green, Meredith	14	NC North Carolina Aquatic Club	7/26/1997	P66 Senior Natio
4	4:55.03	892	McCauley, Ashley	14	NC Marlins Of Raleigh	7/17/2015	2015 NC LC AG Championships SG
5	4:55.14	891	Smith, Kirsten	14	NC Marlins of Raleigh	7/22/2004	2004 SE Speedo Champions Series

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 13-14 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:34.29	970	Norris, Lance	14	NC Rocky Mount Family YMCA	5/18/2018	2018 NC YBAC Spring LC Invitat
2	4:34.74	966	Haughey, Braeden	14	NC TAC Titans	7/13/2018	2018 NCS LC AG Championships
3	4:38.92	929	Connery, Tim	14	NC SwimMAC Carolina	7/14/2017	2017 NC LC AG Championships
4	4:40.83	912	Dant, Ross	14	NC Hickory Foundation YMCA Seahorse Swim Team	8/6/2015	2015 MS Southern Zones Age Group
5	4:41.00	910	Barnett, Wes	14	NC SwimMAC Carolina	8/4/2017	2017 Futures - Nashville

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.23	968	Curzan, Claire	16	NC TAC Titans	11/13/2020	2020 Toyota Greensboro
2	25.65	930	Flynn, Lindsay	16	NC Aquatic Team Of Mecklenburg	8/10/2019	2019 Summer Junior Nats
3	25.66	929	Countie, Grace	16	NC Marlins Of Raleigh	3/5/2016	2016 SE Southern Premier
4	25.72	924	McCullagh, Nora	16	NC SwimMAC Carolina	8/5/2013	2013 Summer Junior Nats
5	25.80	917	Johnson, Faith	16	NC Star Aquatics	8/2/2011	2011 Summer Nationals

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.24	922	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	6/13/2019	2019 NC SwimMAC Charlotte Ultr
2	23.27	919	Darmody, Kyle	16	NC SwimMAC Carolina	8/2/2011	2011 Summer Nationals
3	23.68	884	Walker, Jack	16	NC SwimMAC Carolina	7/1/2017	2017 Summer Nationals
4	23.71	882	Pritchett, Poston	16	NC Bull City Aquatics Of Durham	8/14/2001	2001 Phillips 66 Summer National Championships
4	23.71	914	Hoover, Sam	15	NC North Carolina Aquatic Club	7/20/2019	2019 NC LC SR Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.93	964	Curzan, Claire	16	NC TAC Titans	11/14/2020	2020 Toyota Greensboro
2	55.36	943	Gorbenko, Anastasya	16	NC Team Elite	2/7/2020	2020 FNN Golden Tour
3	56.06	910	Johnson, Faith	16	NC Star Aquatics	8/8/2011	2011 Summer Junior Nats
4	56.14	906	McCullagh, Nora	16	NC SwimMAC Carolina	8/5/2013	2013 Summer Junior Nats
5	56.36	896	Perdue, Lauren	16	NC Unattached	1/4/2008	2008 Victorian Champs

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	50.33	959	Connery, Tim	16	NC SwimMAC Carolina	8/7/2019	2019 Summer Junior Nats
2	50.72	990	Hoover, Sam	15	NC North Carolina Aquatic Club	8/7/2019	2019 Summer Junior Nats
3	50.81	936	Ellington, Colin	16	NC YMCA of the Triangle Area Swim Team	7/29/2013	2013 YMCA National Long Course
4	50.92	931	Walker, Jack	16	NC SwimMAC Carolina	8/9/2017	2017 Summer Junior Nats
5	51.11	922	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.61	925	Baker, Kathleen	16	NC SwimMAC Carolina	1/17/2014	2014 Pro Series - Austin
2	2:01.07	914	Brown, Erika	16	NC SwimMAC Carolina	8/2/2015	2015 Summer Junior Nats
3	2:01.45	904	McCullagh, Nora	16	NC SwimMAC Carolina	8/5/2013	2013 Summer Junior Nats
4	2:01.67	899	Henry, Sarah	16	NC Unattached	1/8/2009	2009 Jr Pan Pacific Champs
5	2:01.72	898	Stenkvist, Henriette	16	NC Raleigh Swimming Association	7/15/2010	2010 European Junior Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:51.27	936	Berens, Ricky	16	NC Mecklenburg Aquatic Club	8/3/2004	2004 Summer Nationals
2	1:51.34	934	Santoli, Thomas	16	NC SwimMAC Carolina	7/29/2008	2008 U. S. Open
3	1:51.56	929	Cotter, Michael	16	NC TAC Titans	3/6/2020	2020 Sectional - Cary
4	1:51.61	927	Svendsen, Hugh	16	NC SwimMAC Carolina	8/3/2018	2018 Summer Junior Nats
5	1:52.27 r	965	Connery, Tim	15	NC SwimMAC Carolina	8/2/2018	2018 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:12.86	929	Homovich, Maddie	16	NC Marlins Of Raleigh	6/27/2016	2016 Olympic Trials
2	4:13.69	918	Stenkvist, Henriette	16	NC Raleigh Swimming Association	7/15/2010	2010 European Junior Championships
3	4:15.96	891	Pozder, Ana	16	NC TAC Titans	8/6/2016	2016 Futures - Atlanta
4	4:16.83	881	Moore, Hannah	16	NC Triangle Aquatics Club Titans	8/5/2013	2013 Summer Junior Nats
5	4:16.90	913	Ray, Amanda	15	NC New Wave Swim Team	8/2/2018	2018 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 15-16 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	3:56.42	959	Haughey, Braeden	15	NC TAC Titans	8/3/2019	2019 Futures - Greensboro
2	3:56.60	922	Dant, Ross	16	NC Hickory Foundation YMCA Seahorse Swim Team	6/30/2017	2017 Summer Nationals
3	3:57.59	911	Houchin, Charlie	16	NC YMCA of the Triangle Area Swim Team	8/3/2004	2004 Summer Nationals
4	3:57.84	908	Berens, Ricky	16	NC Mecklenburg Aquatic Club	7/22/2004	2004 SE Speedo Champions Series
5	3:58.76	898	Sawatzki, Matt	16	NC North Carolina Aquatic Club	8/1/1998	1998 US Speedo Jr Champs

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:36.66	939	Homovich, Maddie	16	NC Marlins Of Raleigh	8/24/2016	2016 Jr Pan Pacific Champs
2	8:44.78	894	Green, Meredith	16	NC North Carolina Aquatic Club	3/28/2000	2000 Spring National
3	8:48.11	877	Pozder, Ana	16	NC TAC Titans	5/6/2016	2016 NC TAC TITANS Cinco de Ma
4	8:48.37	875	Moore, Hannah	16	NC Triangle Aquatics Club Titans	8/5/2013	2013 Summer Junior Nats
5	8:49.73	868	Shrum, Cara	16	NC Mecklenburg Aquatic Club	2/12/1997	PHILLIPS 66 NATIONAL

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:02.90	954	Dant, Ross	16	NC Hickory Foundation YMCA Seahorse Swim Team	7/1/2017	2017 Summer Nationals
2	8:14.33	890	Peterson, Chip	16	NC Carteret Currents Swimming	8/3/2004	2004 Summer Nationals
3	8:16.58	878	Patton, Matt	16	NC Mecklenburg Aquatic Club	7/17/2003	2003 GA LC Southern Sectionals
4	8:16.93	876	Sawatzki, Matt	16	NC North Carolina Aquatic Club	8/11/1998	1998 US Nat
5	8:18.45	868	Norris, Lance	16	NC Unattached	7/18/2019	2019 NC LC SR Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 15-16 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	16:30.37	959	Homovich, Maddie	16	NC Marlins Of Raleigh	8/6/2016	2016 U.S. Open
2	16:39.20	934	Green, Meredith	16	NC North Carolina Aquatic Club	3/28/2000	2000 Spring National
3	16:47.10	912	Pozder, Ana	16	NC TAC Titans	8/7/2016	2016 Futures - Atlanta
4	16:49.16	907	Shrum, Cara	16	NC Mecklenburg Aquatic Club	7/3/1997	1997 US Janet Evans Inv
5	16:50.75	902	Peterson, Emmaline	16	NC Hickory Foundation YMCA Seahorse Swim Team	8/3/2015	2015 LC Y Nationals w TT

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 15-16 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	15:26.93	947	Dant, Ross	16	NC Hickory Foundation YMCA Seahorse Swim Team	6/27/2017	2017 Summer Nationals
2	15:34.07	928	Peterson, Chip	16	NC Carteret Currents Swimming	8/3/2004	2004 Summer Nationals
3	15:45.60	899	Norris, Lance	16	NC Unattached	8/1/2019	2019 Futures - Greensboro
4	15:47.54	894	Sawatzki, Matt	16	NC North Carolina Aquatic Club	8/11/1998	1998 US Nat
5	15:47.63	894	Zucker, Logan	16	NC SwimMAC Carolina	8/6/2019	2019 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:00.00	1053	Curzan, Claire	15	NC TAC Titans	8/21/2019	2019 World JR Champs
2	1:00.62	1009	Baker, Kathleen	16	NC SwimMAC Carolina	6/25/2013	2013 Summer Nationals
3	1:01.96 r	954	Stenkvist, Henriette	16	NC Raleigh Swimming Association	8/9/2010	2010 European Champs
4	1:02.37	956	Hook, Charlotte	15	NC TAC Titans	12/6/2019	2019 U.S. Open
5	1:02.46	934	Menkhaus, Julia	16	NC SwimMAC Carolina	8/5/2016	2016 U.S. Open

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.85	993	Darmody, Kip	16	NC SwimMAC Carolina	8/4/2009	2009 U. S. Open
2	55.93	1045	Connery, Tim	15	NC SwimMAC Carolina	8/23/2018	2018 Jr Pan Pacific Champs
3	56.41	969	Boone, Garrett	16	NC Aquatic Team Of Mecklenburg	6/15/2019	2019 NC SwimMAC Charlotte Ultr
4	57.58	921	Darmody, Kyle	16	NC SwimMAC Carolina	8/2/2011	2011 Summer Nationals
5	57.60	920	Healy, John	16	NC Marlins Of Raleigh	8/5/2016	2016 U.S. Open

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 15-16 200 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>Swim Date</i>	<i>Meet</i>
1	2:10.16	1009	Curzan, Claire	15	NC TAC Titans	8/1/2019	2019 Summer Nationals
2	2:10.23	989	Baker, Kathleen	16	NC SwimMAC Carolina	6/25/2013	2013 Summer Nationals
3	2:12.64	947	Stenkvist, Henriette	16	NC Raleigh Swimming Association	3/4/2010	2010 Austin Grand
4	2:13.02	959	Moore, Hannah	15	NC Raleigh Swimming Association	6/25/2012	2012 Olympic Trials
5	2:13.67	929	Rauch, Katie	16	NC Aquatic Team Of Mecklenburg	8/7/2019	2019 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.38	1009	Haughey, Braeden	16	NC TAC Titans	11/14/2020	2020 Toyota Greensboro
2	2:02.16	973	Ress, Justin	16	NC Marlins Of Raleigh	7/30/2014	2014 Summer Juniors Time Trials
3	2:02.71	962	Murray, Nathan	16	NC SwimMAC Carolina	7/30/2014	2014 Summer Junior Nats
4	2:03.07	955	Healy, John	16	NC Marlins Of Raleigh	8/3/2016	2016 U.S. Open
5	2:03.38	948	Darmody, Kip	16	NC SwimMAC Carolina	8/10/2009	2009 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.91	955	Arens, Abby	16	NC Marlins Of Raleigh	7/28/2018	2018 Summer Nationals
2	1:10.51	905	Roberts, Melanie	16	NC Raleigh Swimming Association	8/1/2006	2006 Summer Nationals
3	1:10.59	903	Poole, Julia	16	NC Triangle Aquatics Club Titans	7/24/2015	2015 NC LC SR Championships
4	1:10.74	898	Henry, Sarah	16	NC Unattached	1/8/2009	2009 Jr Pan Pacific Champs
5	1:10.86	908	Roses, Maija	15	NC Unattached	3/24/2011	Central Zone Section 3 Sectional Championships

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 15-16 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:02.12	1069	Connery, Tim	15	NC SwimMAC Carolina	7/28/2018	2018 Summer Nationals
2	1:03.05	992	Mikuta, Reid	16	NC Swim GSA	8/1/2018	2018 NCSA Summer Swimming Champ
3	1:03.78	966	Chan, Will	16	NC SwimMAC Carolina	3/4/2016	2016 SE Southern Premier
4	1:04.01	1003	Hoover, Sam	15	NC North Carolina Aquatic Club	8/6/2019	2019 Summer Junior Nats
5	1:04.20	951	Roberts, Jon	16	NC Raleigh Swimming Association	8/3/2004	2004 Summer Nationals

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:29.25	954	McCauley, Ashley	16	NC Marlins Of Raleigh	8/3/2017	2017 U.S. Open
2	2:29.71	948	Arens, Abby	16	NC Marlins Of Raleigh	7/26/2018	2018 Summer Nationals
3	2:30.35	939	Henry, Sarah	16	NC Raleigh Swimming Association	6/29/2008	2008 Olympic Trials
4	2:32.04	919	Roses, Maija	15	NC SwimMAC Carolina	8/8/2011	2011 Summer Junior Nats
4	2:32.04	915	Mangaoang, Desirae	16	NC SwimMAC Carolina	3/28/2019	2019 Sectionals - Indianapolis

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.43	944	Hoover, Sam	15	NC North Carolina Aquatic Club	6/22/2019	2019 SE Richard Quick Invitati
2	2:20.81	931	House, Garrett	16	NC Carolina Aquatic Team	8/8/2011	2011 Summer Junior Nats
3	2:21.10	927	Young, Bill	16	NC YMCA of Western North Carolina	8/9/2010	2010 Summer Junior Nats
4	2:21.55	920	Roberts, Jon	16	NC Raleigh Swimming Association	8/3/2004	2004 Summer Nationals
5	2:21.62	927	Connery, Tim	15	NC SwimMAC Carolina	7/7/2018	2018 GA Bulldog Grand Slam

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 15-16 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	56.61	1059	Curzan, Claire	16	NC TAC Titans	11/13/2020	2020 Toyota Greensboro
2	59.59	966	Hook, Charlotte	15	NC TAC Titans	8/2/2019	2019 Summer Nationals
3	1:00.22	924	Baker, Kathleen	16	NC SwimMAC Carolina	1/17/2014	2014 Pro Series - Austin
4	1:00.56	930	Zettel, Brooke	15	NC TAC Titans	6/14/2019	2019 NC TAC TYR Triangle Class
5	1:00.70	906	Menkhaus, Julia	16	NC SwimMAC Carolina	8/4/2016	2016 U.S. Open

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 100 Butterfly Long Course Meters**

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	54.37	957	Henderson, Noah	16	NC Star Aquatics	8/10/2017	2017 Summer Junior Nats
2	54.48	952	Josa, Matthew	16	NC SwimMAC Carolina	8/8/2011	2011 Summer Junior Nats
3	54.54	949	Connery, Tim	16	NC SwimMAC Carolina	8/8/2019	2019 Summer Junior Nats
4	54.89	934	Berens, Ricky	16	NC Mecklenburg Aquatic Club	12/2/2004	2004 U.S. Open
5	55.21	955	Brown, Zach	15	NC Marlins Of Raleigh	5/13/2016	2016 Pro Series - Charlotte

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.87	1009	Hook, Charlotte	15	NC TAC Titans	7/31/2019	2019 Summer Nationals
2	2:10.87	962	Ray, Amanda	15	NC New Wave Swim Team	7/31/2018	2018 Summer Junior Nats
3	2:12.22	938	Carter, Olivia	16	NC Enfinity Aquatic Club	6/2/2017	2017 NC SwimMAC UltraSwim
4	2:13.13	924	Casazza, Caitlin	16	NC SwimMAC Carolina	8/13/2012	2012 Summer Junior Nats
5	2:13.54	917	Homovich, Maddie	16	NC Marlins Of Raleigh	8/2/2016	2016 U.S. Open

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.07	961	Brown, Zach	16	NC Marlins Of Raleigh	8/2/2016	2016 U.S. Open
2	2:00.50	953	Glavich, Dominick	16	NC YMCA of the Triangle Area Swim Team	8/10/2009	2009 Summer Junior Nats
3	2:02.45	916	Henderson, Noah	16	NC Star Aquatics	8/8/2017	2017 Summer Junior Nats
4	2:02.54	914	Forst, Preston	16	NC Enfinity Aquatic Club	6/23/2018	2018 NC SGSA Eastern Invitatio
5	2:02.56	914	Berens, Ricky	16	NC Mecklenburg Aquatic Club	7/7/2004	2004 Olympic Trials

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.35	986	Baker, Kathleen	16	NC SwimMAC Carolina	7/30/2013	2013 U.S. Open
2	2:13.67	985	Hook, Charlotte	15	NC TAC Titans	5/24/2019	2019 Mel Zajac Jr. Internation
3	2:16.62	924	Henry, Sarah	16	NC Unattached	1/8/2009	2009 Jr Pan Pacific Champs
4	2:16.69	929	Zettel, Brooke	15	NC TAC Titans	6/16/2019	2019 NC TAC TYR Triangle Class
5	2:16.86	920	Hauder, Caroline	16	NC SwimMAC Carolina	5/15/2016	2016 Pro Series - Charlotte

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.58	1037	Connery, Tim	16	NC SwimMAC Carolina	8/10/2019	2019 Summer Junior Nats
2	2:03.97	985	Ress, Justin	16	NC Marlins Of Raleigh	7/30/2014	2014 Summer Junior Nats
3	2:04.00	984	Nelson, Baylor	16	NC SwimMAC Carolina	8/10/2019	2019 Summer Junior Nats
4	2:05.34	956	Ellington, Colin	16	NC YMCA of the Triangle Area Swim Team	7/29/2013	2013 YMCA National Long Course
5	2:06.38	934	Josa, Matthew	16	NC SwimMAC Carolina	12/1/2011	2011 Winter Nationals

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 15-16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:44.63	936	Baker, Kathleen	16	NC SwimMAC Carolina	8/5/2013	2013 Summer Junior Nats
2	4:45.92	925	Henry, Sarah	16	NC Unattached	1/8/2009	2009 Jr Pan Pacific Champs
3	4:47.72	910	Hook, Charlotte	16	NC TAC Titans	3/6/2020	2020 Sectional - Cary
4	4:47.92	908	Homovich, Maddie	16	NC Marlins Of Raleigh	8/25/2016	2016 Jr Pan Pacific Champs
5	4:49.06	899	Carter, Olivia	16	NC Enfinity Aquatic Club	6/23/2017	2017 NC SGSA Eastern Invitatio

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 15-16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:24.99	947	Haughey, Braeden	16	NC TAC Titans	3/6/2020	2020 Sectional - Cary
2	4:26.47	933	Ress, Justin	16	NC Marlins Of Raleigh	7/30/2014	2014 Summer Juniors Time Trials
3	4:27.23	926	Norris, Lance	16	NC Unattached	8/2/2019	2019 Futures - Greensboro
4	4:27.36	925	Nelson, Baylor	16	NC SwimMAC Carolina	3/6/2020	2020 Sectional - Cary
5	4:29.38	906	Bretzmann, Peter	16	NC North Carolina Aquatic Club	7/19/2019	2019 NC LC SR Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 17-18 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.10 r	972	Johnson, Faith	18	NC SwimMAC Carolina	7/18/2013	2013 NC Swimming Senior LC Cha
2	25.37	947	Flynn, Lindsay	18	NC Mecklenburg Swim Association	11/13/2020	2020 Toyota Greensboro
3	25.38	946	Perry, Ky-lee	18	NC Wolfpack Elite	7/1/2017	2017 Summer Nationals
4	25.56	930	Perdue, Lauren	18	NC Greenville Swim Club	7/23/2009	2009 NC NCS LC Senior Champion
5	25.82	906	Labonge, Natalie	18	NC Greensboro Swimming Assoc	7/30/2014	2014 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 17-18 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	22.20	981	Powers, Paul	18	NC SwimMAC Carolina	8/27/2014	2014 Jr Pan Pacific Championships
2	22.74	934	Darmody, Kyle	18	NC SwimMAC Carolina	6/25/2013	2013 Summer Nationals
3	23.09	905	Ress, Justin	17	NC Marlins Of Raleigh	3/21/2015	2015 FL NCSA Spring Champs
4	23.12	900	Henderson, Noah	18	NC Star Aquatics	8/4/2019	2019 Summer Nationals
5	23.21	894	Chan, Will	17	NC SwimMAC Carolina	7/13/2017	2017 Sectionals - Athens

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 17-18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.50	933	Perdue, Lauren	18	NC Greenville Swim Club	8/10/2009	2009 Summer Junior Nats
2	55.92	913	Johnson, Faith	18	NC SwimMAC Carolina	7/30/2013	2013 U.S. Open
3	56.27	897	Labonge, Natalie	18	NC Greensboro Swimming Assoc	7/30/2014	2014 Summer Junior Nats
3	56.27	897	Perry, Ky-lee	18	NC Wolfpack Elite	5/14/2017	2017 GA Atlanta Classic Swim Meet
5	56.33	894	Caldwell, Courtney	18	NC NC State University	5/15/2016	2016 Atlanta Classic Swim Meet

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 17-18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	49.71	955	Hoover, Sam	17	NC North Carolina Aquatic Club	11/14/2020	2020 Toyota Greensboro
2	49.74	943	Powers, Paul	18	NC SwimMAC Carolina	8/6/2014	2014 Summer Nationals
3	50.06	927	Ress, Justin	18	NC Marlins Of Raleigh	6/29/2016	2016 Olympic Trials
4	50.13	924	Darmody, Kyle	18	NC SwimMAC Carolina	6/25/2013	2013 Summer Nationals
5	50.31	915	Walker, Jack	18	NC SwimMAC Carolina	8/7/2019	2019 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 17-18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.09	949	Perdue, Lauren	18	NC Greenville Swim Club	8/10/2009	2009 Summer Junior Nats
2	1:59.35	957	Allen, Emily	17	NC North Mecklenburg Aquatics, Inc	8/6/2014	2014 Summer Nationals
3	2:00.17	936	Baker, Kathleen	17	NC SwimMAC Carolina	5/15/2014	2014 Pro Series - Charlotte
4	2:00.67	924	Carter, Olivia	17	NC Enfinity Aquatic Club	8/11/2017	2017 Summer Junior Nats
5	2:01.88	880	Grigg, Ellen	18	NC New South Swimming	6/29/2008	2008 Olympic Trials

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 17-18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:49.28 r	951	Brumm, Pete	18	NC SwimMAC Carolina	8/23/2012	2012 Jr Pan Pacific
2	1:49.69	941	Walker, Jack	18	NC SwimMAC Carolina	8/9/2019	2019 Summer Junior Nats
3	1:50.19 r	931	Darmody, Kip	17	NC SwimMAC Carolina	8/6/2010	2010 Summer Nationals
4	1:50.72	918	Cotter, Michael	17	NC TAC Titans	11/13/2020	2020 Toyota Greensboro
5	1:50.74	918	Hoover, Sam	17	NC North Carolina Aquatic Club	11/13/2020	2020 Toyota Greensboro

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 17-18 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:11.05	950	Moore, Hannah	17	NC Unattached	8/17/2014	2014 Youth Olympic Games
2	4:13.49	907	Marquardt, Ellie	18	NC Aquatic Team Of Mecklenburg	8/8/2019	2019 Summer Junior Nats
3	4:13.85	903	Grigg, Ellen	18	NC New South Swimming	7/29/2008	2008 U. S. Open
4	4:14.11	899	Dyszkiewicz, Magda	18	NC Mecklenburg Aquatic Club	7/13/2000	2000 US Senior Regions
5	4:14.36	909	Stenkvist, Henriette	17	NC Unattached	6/29/2011	Swedish Championships

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 17-18 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:51.49	950	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/3/2019	2019 Summer Nationals
2	3:52.89	934	Houchin, Charlie	18	NC YMCA of the Triangle Area Swim Team	8/1/2006	2006 Summer Nationals
3	3:53.02	932	Walker, Jack	18	NC SwimMAC Carolina	8/8/2019	2019 Summer Junior Nats
4	3:53.93	922	Peterson, Chip	18	NC Unattached	8/1/2006	2006 Summer Nationals
5	3:54.60	923	Patton, Matt	17	NC Mecklenburg Aquatic Club	1/6/2005	2005 Jr Pan Pacific Swimming C

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 17-18 800 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>Swim Date</i>	<i>Meet</i>
1	8:37.87	925	Dyszkiewicz, Magda	18	NC Mecklenburg Aquatic Club	7/13/2000	2000 US Senior Regions
2	8:41.79	904	Grigg, Ellen	18	NC New South Swimming	7/29/2008	2008 U. S. Open
3	8:42.16	902	Moore, Hannah	17	NC Unattached	7/17/2014	2014 NC GSA Speedo Champs Seri
4	8:42.46	900	Homovich, Maddie	17	NC Marlins Of Raleigh	8/2/2017	2017 U.S. Open
5	8:42.52	900	Shrum, Cara	18	NC Mecklenburg Aquatic Club	7/4/1999	1999 US Wug

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 17-18 800 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>Swim Date</i>	<i>Meet</i>
1	7:56.03	984	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	8/4/2019	2019 Summer Nationals
2	8:05.07	933	Peterson, Chip	18	NC Unattached	8/17/2006	2006 Pan Pacific Champs
3	8:05.30	932	Patton, Matt	18	NC Mecklenburg Aquatic Club	8/3/2005	2005 Summer Nationals
4	8:09.17	910	Lewis, Nat	17	NC Asheville Swim Club	2/8/1996	1996 National Champs
5	8:09.72	907	Linker, Adam	18	NC Marlins Of Raleigh	7/30/2014	2014 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 17-18 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:30.50	954	Dyszkiewicz, Magda	18	NC Mecklenburg Aquatic Club	7/13/2000	2000 US Senior Regions
2	16:32.04	950	Shrum, Cara	18	NC Mecklenburg Aquatic Club	7/4/1999	1999 US Wug
3	16:32.05	950	Holub, Tamila	18	NC Unattached	3/22/2018	Campeonato Nacional Juvenis, Juniores e Absolutos
4	16:35.48	940	Green, Meredith	17	NC North Carolina Aquatic Club	3/27/2001	2001 Spring Nationals
5	16:41.49	923	Pennington, Caroline	17	NC TAC Titans	11/14/2020	2020 Toyota Greensboro

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 17-18 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	15:19.03	950	Peterson, Chip	17	NC Carteret Currents Swimming	8/3/2005	2005 Summer Nationals
2	15:22.06	941	Dant, Ross	18	NC Hickory Foundation YMCA Seahorse Swim Team	7/31/2019	2019 Summer Nationals
3	15:30.79	919	Linker, Adam	18	NC Marlins Of Raleigh	7/30/2014	2014 Summer Junior Nats
4	15:32.86	914	Patton, Matt	17	NC Mecklenburg Aquatic Club	1/6/2005	2005 Jr Pan Pacific Swimming C
5	15:33.26	912	Bretzmann, Thomas	18	NC North Carolina Aquatic Club	7/31/2018	2018 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 17-18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.63	1050	Baker, Kathleen	18	NC Unattached	8/3/2015	2015 World Champs
2	1:01.36	978	Berkoff, Katharine	18	NC NC State University	11/9/2019	2020 Pro Series - Greensboro
3	1:01.58	969	Caldwell, Courtney	18	NC NC State University	2/21/2016	2016 NC AP ACC LC Time Trials
4	1:01.72	964	Menkhaus, Julia	17	NC SwimMAC Carolina	6/30/2017	2017 Summer Nationals
5	1:02.01	952	Larson, Sinclair	17	NC SwimMAC Carolina	8/11/2017	2017 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

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	54.90	981	Ress, Justin	18	NC Marlins Of Raleigh	6/27/2016	2016 Olympic Trials
1	54.90 r	995	Darmody, Kip	17	NC SwimMAC Carolina	8/26/2010	2010 Jr Pan Pacific Champs
3	55.49	956	Tapp, Hunter	18	NC NC State University	12/6/2019	2019 U.S. Open
4	55.96	936	Hamlet, Thomas	18	NC Enfinity Aquatic Club	6/30/2019	2019 NC EAC Independence Invit
5	56.50	927	Josa, Matthew	17	NC SwimMAC Carolina	8/13/2012	2012 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 17-18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.18	989	Moore, Hannah	17	NC Unattached	7/17/2014	2014 NC GSA Speedo Champs Seri
2	2:10.42	985	Baker, Kathleen	17	NC SwimMAC Carolina	8/6/2014	2014 Summer Nationals
3	2:11.18	972	Glover, Mackenzie	18	NC NC State University	1/14/2017	2017 Pro Series - Austin
4	2:12.28	953	Muzzy, Emma	18	NC Wolfpack Elite	7/14/2019	2019 Sectionals - Greensboro
5	2:12.60	948	Larson, Sinclair	18	NC SwimMAC Carolina	3/2/2018	2018 Pro Series - Atlanta

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 17-18 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:59.04	981	Ress, Justin	18	NC Marlins Of Raleigh	6/30/2016	2016 Olympic Trials
2	2:00.80	957	Miller, Brandon	17	NC North Carolina Aquatic Club	11/14/2020	2020 Toyota Greensboro
3	2:01.37	946	Healy, John	17	NC Marlins Of Raleigh	8/3/2017	2017 U.S. Open
4	2:01.88	935	Darmody, Kip	17	NC SwimMAC Carolina	8/26/2010	2010 Jr Pan Pacific Champs
5	2:02.30	927	Svendsen, Hugh	17	NC SwimMAC Carolina	3/28/2019	2019 Sectionals - Indianapolis

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Girls 17-18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.58	955	Arens, Abby	17	NC Marlins Of Raleigh	8/3/2019	2019 Summer Nationals
2	1:09.10	939	Calegan, Olivia	18	NC NC State University	7/31/2018	2018 Summer Junior Nats
3	1:09.56	924	Roses, Maija	17	NC SwimMAC Carolina	8/5/2013	2013 Summer Junior Nats
4	1:09.68	920	Roberts, Melanie	17	NC Raleigh Swimming Association	8/21/2007	2007 Japan International Swim Meet
5	1:10.51	894	Higgs, Lilly	18	NC SwimMAC Carolina	8/3/2019	2019 Summer Nationals

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 17-18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.54	947	Chan, Will	18	NC SwimMAC Carolina	7/20/2018	2018 NCS LC SR Championships
2	1:02.67	942	Howard, Judd	18	NC Duke University	6/26/2016	2016 Olympic Trials
3	1:02.96	951	Mikuta, Reid	17	NC Swim GSA	8/7/2019	2019 NCSA Summer Champs
4	1:03.27	921	Roberts, Jon	18	NC Raleigh Swimming Association	8/1/2006	2006 Summer Nationals
5	1:03.36	936	Meehan, Jack	17	NC Aquatic Team Of Mecklenburg	8/6/2019	2019 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 17-18 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:25.80	991	Arens, Abby	17	NC Marlins Of Raleigh	8/1/2019	2019 Summer Nationals
2	2:28.99	946	McCauley, Ashley	18	NC Marlins Of Raleigh	8/1/2019	2019 Summer Nationals
3	2:30.63	923	Cockrill, Jessica	18	NC YMCA of the Triangle Area Swim Team	7/7/2004	2004 Olympic Trials
4	2:31.77	907	Roses, Maija	17	NC SwimMAC Carolina	8/5/2013	2013 Summer Junior Nats
5	2:31.85	906	Roberts, Melanie	17	NC Raleigh Swimming Association	8/21/2007	2007 Japan International Swim Meet

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 17-18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:17.24	939	House, Garrett	18	NC Carolina Aquatic Team	8/5/2013	2013 Summer Junior Nats
2	2:17.31	938	Howard, Judd	18	NC Duke University	6/29/2016	2016 Olympic Trials
3	2:17.49	936	Quinn, Sean	18	NC Mecklenburg Aquatic Club	8/6/1999	Usa Nationals
4	2:17.53	941	Young, Bill	17	NC YMCA of Western North Carolina	8/8/2011	2011 Summer Junior Nats
5	2:18.51	920	Mikuta, Reid	18	NC Swim GSA	12/7/2019	2019 U.S. Open

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 17-18 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	59.38	953	Carter, Olivia	17	NC Enfinity Aquatic Club	8/10/2017	2017 Summer Junior Nats
2	59.69	941	Baker, Kathleen	17	NC SwimMAC Carolina	7/10/2014	2014 GA Bulldog Grand Slam
3	59.76	939	Welshofer, Elsa	18	NC SwimMAC Carolina	7/17/2014	2014 NC GSA Speedo Champs Seri
4	1:00.33	918	Casazza, Caitlin	18	NC SwimMAC Carolina	7/30/2014	2014 Summer Junior Nats
5	1:00.37	916	Arens, Abby	17	NC Marlins Of Raleigh	12/10/2019	Long Course Time Trials Jrs Ea

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 17-18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	52.46	987	Josa, Matthew	18	NC SwimMAC Carolina	7/30/2013	2013 U.S. Open
2	53.29	965	Berens, Ricky	17	NC Mecklenburg Aquatic Club	8/3/2005	2005 Summer Nationals
3	53.84	925	Henderson, Noah	18	NC Star Aquatics	8/2/2019	2019 Summer Nationals
4	54.31	920	Brown, Zach	17	NC Marlins Of Raleigh	8/4/2017	2017 U.S. Open
5	54.48	897	Forst, Preston	18	NC Enfinity Aquatic Club	8/2/2019	2019 Summer Nationals

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 17-18 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:09.02	959	Carter, Olivia	17	NC Enfinity Aquatic Club	8/8/2017	2017 Summer Junior Nats
2	2:11.71	917	Homovich, Maddie	17	NC Marlins Of Raleigh	6/27/2017	2017 Summer Nationals
3	2:13.50	889	Casazza, Caitlin	17	NC SwimMAC Carolina	8/5/2013	2013 Summer Junior Nats
4	2:14.17	878	Welshofer, Elsa	18	NC SwimMAC Carolina	7/17/2014	2014 NC GSA Speedo Champs Seri
5	2:14.27	877	Crouse, Caroline	18	NC Marlins Of Raleigh	3/7/2020	2020 Sectional - Cary

NCS All Time Top Five LC Times by age group as of**LSC: NC For Dates 1/1/1900 - 11/16/2020****Boys 17-18 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:59.00	953	Brown, Zach	17	NC Marlins Of Raleigh	6/27/2017	2017 Summer Nationals
2	1:59.66	932	Henderson, Noah	18	NC Star Aquatics	7/31/2019	2019 Summer Nationals
3	1:59.76	930	Macmillan, Will	18	NC North Carolina Aquatic Club	8/8/2016	2016 Summer Junior Nats
4	1:59.90	935	Berens, Ricky	17	NC Mecklenburg Aquatic Club	3/28/2006	2006 Spring Nationals
5	2:00.04	925	Forst, Preston	18	NC Enfinity Aquatic Club	7/31/2019	2019 Summer Nationals

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 17-18 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:12.09	996	Baker, Kathleen	18	NC SwimMAC Carolina	5/17/2015	2015 Pro Series - Charlotte
2	2:15.12	949	Carter, Olivia	17	NC Enfinity Aquatic Club	8/12/2017	2017 Summer Junior Nats
3	2:15.38	934	Poole, Julia	18	NC Marlins Of Raleigh	7/1/2017	2017 Summer Nationals
4	2:15.68	928	Smith, Kirsten	18	NC Marlins of Raleigh-Wolfpack Aquatics	6/29/2008	2008 Olympic Trials
5	2:15.91	935	Arens, Abby	17	NC Marlins Of Raleigh	12/10/2019	Long Course Time Trials Jrs Ea

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 17-18 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:01.65	987	Hoover, Sam	17	NC North Carolina Aquatic Club	11/13/2020	2020 Toyota Greensboro
2	2:02.67	953	Ress, Justin	18	NC Marlins Of Raleigh	8/9/2015	2015 Summer Nationals
3	2:02.93	948	Houser, Matt	18	NC Greenville Swim Club	8/10/2009	2009 Summer Junior Nats
4	2:03.54	934	Josa, Matthew	18	NC SwimMAC Carolina	6/25/2013	2013 World Champs Time Trials
5	2:04.43	927	Osada, Koya	17	NC Carolina Aquatic Team	8/5/2013	2013 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Girls 17-18 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:45.68	927	Homovich, Maddie	17	NC Marlins Of Raleigh	8/23/2017	2017 World JR Champs
2	4:46.79	918	Smith, Kirsten	18	NC Marlins of Raleigh-Wolfpack Aquatics	7/29/2008	2008 U. S. Open
3	4:47.08	915	Moore, Hannah	17	NC Unattached	5/15/2014	2014 Pro Series - Charlotte
4	4:47.98	908	Muzzy, Emma	18	NC Wolfpack Elite	8/2/2019	2019 Summer Nationals
5	4:48.06	907	Carter, Olivia	17	NC Enfinity Aquatic Club	8/9/2017	2017 Summer Junior Nats

NCS All Time Top Five LC Times by age group as of

LSC: NC For Dates 1/1/1900 - 11/16/2020

Boys 17-18 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:21.83	944	Moore, Michael	17	NC Marlins Of Raleigh	3/6/2020	2020 Sectional - Cary
2	4:22.35	939	Dant, Ross	17	NC Hickory Foundation YMCA Seahorse Swim Team	8/24/2018	2018 Jr Pan Pacific Champs
2	4:22.35	939	Houser, Matt	18	NC Greenville Swim Club	8/10/2009	2009 Summer Junior Nats
4	4:24.86	915	Ress, Justin	18	NC Marlins Of Raleigh	8/6/2015	2015 Summer Nationals
5	4:25.67	908	Cairns, Noah	18	NC North Carolina Aquatic Club	7/31/2015	2015 Summer Junior Nats