

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	29.11	839	Brock, Yari	11	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
2	29.57	806	Austin, Selah	11	NC YMCA of Northwest North Carolina Riptyde	7/16/2021	2021 NC NCS LC AG Champs
3	29.58	805	Ramseur, Riley	11	NC Swim Fanatics Swim Club	7/16/2021	2021 NC NCS LC AG Champs
4	29.63	802	O'Malley, Fiona	11	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
5	29.96	778	Moore, Mary	11	NC YMCA of Northwest North Carolina Riptyde	6/11/2021	2021 NC GCY Sprint and Distance
6	30.01	775	He, Carolin	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
7	30.15	765	May, Carson	11	NC Enfinity Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
8	30.18 r	763	Liu, Reina	11	NC Greensboro Community YMCA	7/18/2021	2021 NC NCS LC AG Champs
9	30.25	758	Smith, Leah	11	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier
10	30.36	750	White, Olivia	11	NC Mecklenburg Swim Association	6/27/2021	2021 SC TG Dash and Splash

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1	28.75 r	860	Palamar, Jonny	11	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
2	29.33	823	Zhang, William	11	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
3	29.39	819	Marrujo, Oliver	11	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
4	29.43	817	Cagle, Griffin	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
5	29.67	801	Sammons, David	11	NC Mecklenburg Swim Association	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE
6	29.83	791	Wulber, Fletcher	11	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
7	29.99	781	Peterson, Teddy	11	NC Mecklenburg Swim Association	7/16/2021	2021 NC NCS LC AG Champs
8	30.01 r	780	Sweet, Eli	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
9	30.35	759	Halpern, Max	11	NC North Carolina Aquatic Club	6/5/2021	2021 NC NCAC Long Course Meet
10	30.53	747	Clark, Jacob	11	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.93	800	Brock, Yari	11	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
2	1:04.95	800	O'Malley, Fiona	11	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
3	1:05.70	772	Ramseur, Riley	11	NC Swim Fanatics Swim Club	5/22/2021	2021 NC YBAC LC Invitational
4	1:06.29	751	He, Carolin	11	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
5	1:06.33	749	White, Olivia	11	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
6	1:06.40	747	Liu, Reina	11	NC Greensboro Community YMCA	6/11/2021	2021 NC GCY Sprint and Distance
7	1:06.70	736	Gill, Anna Katherine	11	NC Swim Fanatics Swim Club	4/23/2021	2021 NC STAR April Friday Night
8	1:06.72	736	Kern, Elizabeth	11	NC SwimMAC Carolina	7/11/2021	2021 NC SAC Last Chance Qualif
9	1:07.55	706	Norris, Scarlett	11	NC Granite Falls Swim Club Makos	6/13/2021	2021 NC TAC TITANS Triangle CI
10	1:07.66	702	Dietrich, Kaylee	11	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.17	861	Cagle, Griffin	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	1:03.94	834	Palamar, Jonny	11	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
3	1:04.53	814	Halpern, Max	11	NC North Carolina Aquatic Club	6/6/2021	2021 NC NCAC Long Course Meet
4	1:04.58	812	Zhang, William	11	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
5	1:05.31	788	Marrujo, Oliver	11	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
6	1:05.35	786	Wulber, Fletcher	11	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
7	1:05.88	769	Sammons, David	11	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
8	1:05.94	767	Van Olst, Parker	11	NC New Wave Swim Team	5/15/2021	2021 NC STAR Long Days of Summ
9	1:06.59	745	Watts, Cody	11	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
10	1:06.98	732	Sweet, Eli	11	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:19.74	813	O'Malley, Fiona	11	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
2	2:20.92	791	Brock, Yari	11	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
3	2:21.07	788	He, Carolin	11	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	2:21.84	773	Kong, Ariel	11	NC Mecklenburg Swim Association	5/9/2021	2021 SC TG Bring the Heat
5	2:23.71	739	Dietrich, Kaylee	11	NC Marlins Of Raleigh	5/1/2021	2021 VA RAYS Helen Wang Classic
6	2:25.87	700	Gill, Anna Katherine	11	NC Swim Fanatics Swim Club	4/24/2021	2021 NC GCY Spring Fling
7	2:26.57	687	Liu, Reina	11	NC Greensboro Community YMCA	5/23/2021	2021 NC STAR Spring Splash
8	2:27.99	662	White, Olivia	11	NC Mecklenburg Swim Association	6/11/2021	2021 SC RAYS RAYS OF SUNSHINE
9	2:28.00	662	Thomas, Livi	11	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
10	2:28.24	658	Norris, Scarlett	11	NC Granite Falls Swim Club Makos	6/12/2021	2021 NC TAC TITANS Triangle CI

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1	2:16.20	872	Palamar, Jonny	11	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
2	2:16.52	866	Cagle, Griffin	11	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	2:19.92	806	Zhang, William	11	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
4	2:21.78	774	Sammons, David	11	NC Mecklenburg Swim Association	6/11/2021	2021 SC RAYS RAYS OF SUNSHINE
5	2:22.02	770	Van Olst, Parker	11	NC New Wave Swim Team	5/14/2021	2021 NC STAR Long Days of Summ
6	2:22.95	754	Watts, Cody	11	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
7	2:23.33	747	Clark, Jacob	11	NC North Carolina Aquatic Club	6/5/2021	2021 NC NCAC Long Course Meet
8	2:23.48	745	Davis, David	11	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
9	2:24.63	725	Halpern, Max	11	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
10	2:25.92	704	Wulber, Fletcher	11	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:54.39	797	O'Malley, Fiona	11	NC New Wave Swim Team	6/26/2021	2021 NC TAC TITANS LC Dual
2	4:57.34	770	Dietrich, Kaylee	11	NC Marlins Of Raleigh	6/19/2021	2021 NC SGSA Eastern Invitatio
3	4:58.60	758	Kong, Ariel	11	NC Mecklenburg Swim Association	5/7/2021	2021 SC TG Bring the Heat
4	4:59.53	750	Liu, Reina	11	NC Greensboro Community YMCA	7/16/2021	2021 NC NCS LC AG Champs
5	4:59.71	748	Brock, Yari	11	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
6	5:06.42	689	Shall, Annie	11	NC SwimMAC Carolina	7/9/2021	2021 NC SAC Last Chance Qualif
7	5:11.29	647	Townsend, Annabel	11	NC Marlins Of Raleigh	7/11/2021	2021 NC MOR LC Eastern Qualifier
8	5:11.55	645	Thomas, Livi	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	5:12.34	638	He, Carolin	11	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
10	5:17.05	600	Kondal, Jasmit	11	NC YMCA of Western North Carolina	7/11/2021	2021 NC YSST USRY Championship

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:48.63	842	Cagle, Griffin	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
2	4:52.34	812	Palamar, Jonny	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	4:55.18	788	Zhang, William	11	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
4	5:02.23	731	Clark, Jacob	11	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
5	5:03.41	722	Davis, David	11	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
6	5:06.99	694	Peterson, Teddy	11	NC Mecklenburg Swim Association	6/25/2021	2021 SC TG Dash and Splash
7	5:07.03	694	Halpern, Max	11	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
8	5:07.14	693	Sammons, David	11	NC Mecklenburg Swim Association	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE
9	5:08.14	685	Harding, Cullan	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
10	5:11.16	662	Mihaly, Lysander	11	NC North Carolina Aquatic Club	6/4/2021	2021 NC NCAC Long Course Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 800 Freestyle Long Course Meters**

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	11:33.00	550	Upton, Madisyn	11	NC Alamance County Community Y/BAC	6/27/2021	2021 VA Virginia Commonwealth

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	12:00.02	470	Chaires, Piers	11	NC Club Kick Start	7/11/2021	2021 NC TAC TITANS July Qualifier
2	12:16.82	419	Smith, Joseph	11	NC Alamance County Community Y/BAC	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 11 1500 Freestyle Long Course Meters**

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	20:16.87	870	Davis, David	11	NC Marlins Of Raleigh	6/25/2021	2021 NC NCAC Summer Meet

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	33.21	890	Liu, Reina	11	NC Greensboro Community YMCA	7/18/2021	2021 NC NCS LC AG Champs
2	34.11	827	He, Carolin	11	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
3	34.17	823	White, Olivia	11	NC Mecklenburg Swim Association	6/26/2021	2021 SC TG Dash and Splash
4	34.94	770	Kwong, Laila	11	NC YMCA of the Triangle Area Swim Team	7/18/2021	2021 NC NCS LC AG Champs
5	35.29	747	Ramseur, Riley	11	NC Swim Fanatics Swim Club	6/25/2021	2021 NC EAC Independence Invit
6	35.31	746	Townsend, Annabel	11	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
7	35.96	703	Vargas, Hanna	11	NC YMCA of Northwest North Carolina Riptyde	5/8/2021	2021 NC SGSA Mother May I
8	35.99	701	Chia, Keira	11	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
9	36.04	698	Plaza, Karina	11	NC Aquatic Team Of Mecklenburg	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE
10	36.19	688	O'Malley, Fiona	11	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs

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1	32.92	917	Palamar, Jonny	11	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
2	34.01	847	Zhang, William	11	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
3	34.62	808	Sweet, Eli	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
4	34.94	788	Peterson, Teddy	11	NC Mecklenburg Swim Association	6/26/2021	2021 SC TG Dash and Splash
5	35.38	761	Dunaway, Jake	11	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
6	35.73	740	Davis, David	11	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational
7	35.89	730	Van Olst, Parker	11	NC New Wave Swim Team	4/24/2021	2021 NC WAVE Sprint Into LC
8	35.93	728	Coulter, Ezra	11	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
9	35.96	726	Peng, Alistair	11	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier
10	36.13	716	Cagle, Griffin	11	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio

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1	1:11.33	891	He, Carolin	11	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
2	1:11.85	874	Liu, Reina	11	NC Greensboro Community YMCA	7/17/2021	2021 NC NCS LC AG Champs
3	1:13.29	829	White, Olivia	11	NC Mecklenburg Swim Association	6/27/2021	2021 SC TG Dash and Splash
4	1:14.83 r	782	Delmar, June	11	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	1:15.56 r	760	Patterson, Reese	11	NC YMCA of Northwest North Carolina Riptyde	7/11/2021	2021 NC YSST USRY Championship
6	1:16.38	736	Ramseur, Riley	11	NC Swim Fanatics Swim Club	6/26/2021	2021 NC EAC Independence Invit
7	1:17.08	715	Chia, Keira	11	NC TAC Titans	6/27/2021	2021 NC TAC TITANS LC Dual
8	1:17.38 r	706	Plaza, Karina	11	NC Aquatic Team Of Mecklenburg	7/17/2021	2021 NC NCS LC AG Champs
9	1:17.55	701	Thomas, Livi	11	NC TAC Titans	6/27/2021	2021 NC TAC TITANS LC Dual
10	1:17.88	692	Vargas, Hanna	11	NC YMCA of Northwest North Carolina Riptyde	6/12/2021	2021 NC GCY Sprint and Distance

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Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.87	948	Palamar, Jonny	11	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
2	1:13.87	829	Cagle, Griffin	11	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
3	1:14.83	801	Sweet, Eli	11	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
4	1:14.86	800	Peterson, Teddy	11	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
5	1:15.19	790	Sammons, David	11	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
6	1:15.50	781	Zhang, William	11	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
7	1:16.41	755	Peng, Alistair	11	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
8	1:16.61	750	Marrujo, Oliver	11	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
9	1:17.78	717	Clark, Jacob	11	NC North Carolina Aquatic Club	6/5/2021	2021 NC NCAC Long Course Meet
10	1:18.24	704	Coulter, Ezra	11	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational

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1	2:33.59	910	He, Carolin	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	2:39.82	828	Chia, Keira	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	2:41.36	808	Delmar, June	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
4	2:43.23	784	Thomas, Livi	11	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
5	2:43.97	774	Patterson, Reese	11	NC YMCA of Northwest North Carolina Riptyde	7/16/2021	2021 NC NCS LC AG Champs
6	2:44.74	764	Shall, Annie	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
7	2:46.89	737	Townsend, Annabel	11	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
8	2:48.05	722	White, Olivia	11	NC Mecklenburg Swim Association	5/9/2021	2021 SC TG Bring the Heat
9	2:48.39	718	Kong, Ariel	11	NC Mecklenburg Swim Association	5/9/2021	2021 SC TG Bring the Heat
10	2:48.53	716	Kern, Elizabeth	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs

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1	2:25.32	1071	Palamar, Jonny	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	2:40.50	852	Sweet, Eli	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
3	2:43.85	807	Coulter, Ezra	11	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
4	2:44.51	798	Zhang, William	11	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
5	2:45.18	789	Peng, Alistair	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
6	2:46.05	777	Davis, David	11	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
7	2:48.30	747	Chaires, Piers	11	NC Club Kick Start	7/16/2021	2021 NC NCS LC AG Champs
8	2:50.82	714	Wulber, Fletcher	11	NC North Carolina Aquatic Club	7/11/2021	2021 NC NCAC Last Chance Meet
9	2:50.94	712	Forester, William	11	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
10	2:51.44	706	Harding, Cullan	11	NC SwimMAC Carolina	7/10/2021	2021 NC SAC Last Chance Qualif

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1	37.99	807	Dietrich, Kaylee	11	NC Marlins Of Raleigh	5/2/2021	2021 VA RAYS Helen Wang Classic
2	38.84	762	Chia, Keira	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	38.97	755	O'Malley, Fiona	11	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
4	39.49	727	Ramseur, Riley	11	NC Swim Fanatics Swim Club	6/26/2021	2021 NC EAC Independence Invit
5	39.63	720	Brock, Yari	11	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
6	39.68	717	Liu, Reina	11	NC Greensboro Community YMCA	6/26/2021	2021 NC EAC Independence Invit
7	40.03	699	Crisson, Addy	11	NC YMCA of the Triangle Area Swim Team	7/10/2021	2021 NC MOR LC Eastern Qualifier
8	40.16	693	Thomas, Livi	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	40.60	670	Shall, Annie	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
10	40.62	669	Kong, Ariel	11	NC Mecklenburg Swim Association	5/8/2021	2021 SC TG Bring the Heat

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2	38.66	808	Marrujo, Oliver	11	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	38.98	790	Cooler, Reid	11	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
4	39.68	752	Hitchcock, David	11	NC Hillsborough Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
5	39.94	738	Halpern, Max	11	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
6	40.08	731	Clark, Jacob	11	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
7	40.93	685	Keough, Shane	11	NC YMCA of the Triangle Area Swim Team	7/16/2021	2021 NC NCS LC AG Champs
8	40.96	684	Williams, Scott	11	NC SwimMAC Carolina	7/10/2021	2021 NC SAC Last Chance Qualif
9	41.10	677	Petroff, Behr	11	NC NSEA Swim	6/12/2021	2021 NC TAC TITANS Triangle CI
10	41.16	673	Cindric, Alen	11	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:21.72	840	Dietrich, Kaylee	11	NC Marlins Of Raleigh	5/1/2021	2021 VA RAYS Helen Wang Classic
2	1:23.58	794	Chia, Keira	11	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
3	1:24.75	766	Liu, Reina	11	NC Greensboro Community YMCA	7/17/2021	2021 NC NCS LC AG Champs
4	1:25.56	747	O'Malley, Fiona	11	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
5	1:26.70	720	Delmar, June	11	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
6	1:26.71	720	Shall, Annie	11	NC SwimMAC Carolina	7/11/2021	2021 NC SAC Last Chance Qualif
7	1:27.32	705	Ramseur, Riley	11	NC Swim Fanatics Swim Club	7/17/2021	2021 NC NCS LC AG Champs
8	1:27.51	701	He, Carolin	11	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
9	1:27.83	693	Brock, Yari	11	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
10	1:27.97	690	Thomas, Livi	11	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 11 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:22.59	864	Van Olst, Parker	11	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
2	1:23.89	832	Sweet, Eli	11	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	1:24.80	810	Cooler, Reid	11	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
4	1:26.09	778	Clark, Jacob	11	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
5	1:26.39	771	Marrujo, Oliver	11	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
6	1:26.84	761	Halpern, Max	11	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
7	1:27.46	746	Mihaly, Lysander	11	NC North Carolina Aquatic Club	6/5/2021	2021 NC NCAC Long Course Meet
8	1:29.37	701	Wulber, Fletcher	11	NC North Carolina Aquatic Club	7/10/2021	2021 NC NCAC Last Chance Meet
9	1:29.61	695	Brumback, Noah	11	NC Raleigh Swimming Association	6/12/2021	2021 NC GCY Sprint and Distance
10	1:29.82	690	Cagle, Griffin	11	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:49.03	944	Dietrich, Kaylee	11	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
2	2:57.85	846	Chia, Keira	11	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI
3	2:58.08	844	Delmar, June	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
4	3:00.80	815	O'Malley, Fiona	11	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
5	3:01.97	802	Shall, Annie	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	3:06.84	750	Thomas, Livi	11	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI
7	3:07.28	746	Brock, Yari	11	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
8	3:10.05	717	Gangloff, Annabelle	11	NC North Carolina Aquatic Club	7/11/2021	2021 NC NCAC Last Chance Meet
9	3:10.35	714	Penny, Hadley	11	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
10	3:10.50	712	Kong, Ariel	11	NC Mecklenburg Swim Association	5/8/2021	2021 SC TG Bring the Heat

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 11 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:54.55	942	Van Olst, Parker	11	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
2	3:04.19	841	Brumback, Noah	11	NC Raleigh Swimming Association	7/10/2021	2021 NC MOR LC Eastern Qualifier
3	3:06.83	814	Clark, Jacob	11	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
4	3:08.00	802	Halpern, Max	11	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
5	3:08.61	796	Hitchcock, David	11	NC Hillsborough Aquatic Club	7/11/2021	2021 NC NCAC Last Chance Meet
6	3:19.96	682	Zhang, Roger	11	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier
7	3:22.92	653	Petroff, Behr	11	NC NSEA Swim	6/11/2021	2021 NC TAC TITANS Triangle CI
8	3:28.67	598	Williams, Scott	11	NC SwimMAC Carolina	5/1/2021	2021 NC SwimMAC Spring Splash
9	3:29.31	592	Hulbig, Gavin	11	NC Raleigh Swimming Association	7/10/2021	2021 NC MOR LC Eastern Qualifier
10	3:34.04	547	Simmons, Roman	11	NC Greensboro Community YMCA	6/11/2021	2021 NC GCY Sprint and Distance

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.07	863	Ramseur, Riley	11	NC Swim Fanatics Swim Club	6/25/2021	2021 NC EAC Independence Invit
2	31.94	809	Austin, Selah	11	NC YMCA of Northwest North Carolina Riptyde	7/18/2021	2021 NC NCS LC AG Champs
3	32.08	800	He, Carolin	11	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle Cl
4	32.41	780	Richardson, Emma Grace	11	NC Mecklenburg Swim Association	7/11/2021	2021 NC SAC Last Chance Qualif
4	32.41	780	Liu, Reina	11	NC Greensboro Community YMCA	6/25/2021	2021 NC EAC Independence Invit
6	32.79	757	Townsend, Annabel	11	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
7	32.92	749	White, Olivia	11	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
8	33.05	741	Brock, Yari	11	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
9	33.07	740	Delmar, June	11	NC SwimMAC Carolina	5/8/2021	2021 SC TG Bring the Heat
10	33.40	720	Kern, Elizabeth	11	NC SwimMAC Carolina	7/11/2021	2021 NC SAC Last Chance Qualif

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 11 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.57	844	Van Olst, Parker	11	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
2	31.60	842	Sammons, David	11	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
3	31.95	819	Palamar, Jonny	11	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle Cl
4	32.19	803	Peterson, Teddy	11	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
5	32.63	774	Sweet, Eli	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	32.67	772	Davis, David	11	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
7	32.82	762	Zhang, William	11	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
8	32.89	757	Cooler, Reid	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
9	33.35	728	Halpern, Max	11	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
10	33.56	715	Strupe, Freddy	11	NC Mecklenburg Swim Association	5/8/2021	2021 SC TG Bring the Heat

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:12.04	798	Liu, Reina	11	NC Greensboro Community YMCA	7/16/2021	2021 NC NCS LC AG Champs
2	1:12.51	785	Dietrich, Kaylee	11	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
3	1:12.71	780	He, Carolin	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	1:14.94	722	Ramseur, Riley	11	NC Swim Fanatics Swim Club	4/24/2021	2021 NC GCY Spring Fling
5	1:15.89	697	Shall, Annie	11	NC SwimMAC Carolina	7/10/2021	2021 NC SAC Last Chance Qualif
6	1:16.14	691	Townsend, Annabel	11	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
7	1:16.41	684	Delmar, June	11	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
8	1:16.50	682	Chen, Guanyan	11	NC North Carolina Aquatic Club	6/6/2021	2021 NC NCAC Long Course Meet
9	1:17.31	661	Harmon, Elizabeth	11	NC Aquatic Team Of Mecklenburg	6/26/2021	2021 NC EAC Independence Invit
10	1:17.68	652	May, Carson	11	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 11 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.72	917	Palamar, Jonny	11	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	1:10.99	850	Van Olst, Parker	11	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
3	1:11.24	843	Sammons, David	11	NC Mecklenburg Swim Association	6/11/2021	2021 SC RAYS RAYS OF SUNSHINE
4	1:12.34	812	Davis, David	11	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
5	1:14.89	740	Zhang, William	11	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
6	1:15.11	734	Watts, Cody	11	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
7	1:15.38	727	Peterson, Teddy	11	NC Mecklenburg Swim Association	6/26/2021	2021 SC TG Dash and Splash
8	1:15.74	717	Sweet, Eli	11	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	1:16.18	705	Halpern, Max	11	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
10	1:17.14	680	Dunaway, Jake	11	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:39.39	871	Liu, Reina	11	NC Greensboro Community YMCA	7/17/2021	2021 NC NCS LC AG Champs
2	2:43.19	828	Kong, Ariel	11	NC Mecklenburg Swim Association	5/8/2021	2021 SC TG Bring the Heat
3	2:50.88	745	Chen, Guanyan	11	NC North Carolina Aquatic Club	6/5/2021	2021 NC NCAC Long Course Meet
4	2:59.98	649	Upton, Madisyn	11	NC Alamance County Community Y/BAC	6/25/2021	2021 VA Virginia Commonwealth
5	3:02.37	624	Townsend, Annabel	11	NC Marlins Of Raleigh	5/2/2021	2021 VA RAYS Helen Wang Classic
6	3:04.69	601	Chintapalli, Neela	11	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
7	3:04.82	599	Kudlak, Susanna	11	NC New Wave Swim Team	6/12/2021	2021 NC TAC TITANS Triangle CI
8	3:13.95	509	Kumar, Eliana	11	NC New Wave Swim Team	6/12/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 11 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:34.12	973	Palamar, Jonny	11	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
2	2:36.39	944	Van OIst, Parker	11	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
3	2:42.70	866	Davis, David	11	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
4	2:46.21	824	Watts, Cody	11	NC New Wave Swim Team	6/12/2021	2021 NC TAC TITANS Triangle CI
5	3:08.18	575	Cowles, Isaiah	11	NC SwimMAC Carolina	5/8/2021	2021 SC TG Bring the Heat
6	3:14.89	505	Desmond, Will	11	NC SwimMAC Carolina	5/2/2021	2021 NC SwimMAC Spring Splash
7	3:24.77	407	Simmons, Roman	11	NC Greensboro Community YMCA	6/12/2021	2021 NC GCY Sprint and Distance
8	3:51.55	182	Mitcham, Avery	11	NC Greensboro Community YMCA	6/12/2021	2021 NC GCY Sprint and Distance

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:35.88	855	Dietrich, Kaylee	11	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
2	2:36.98	838	He, Carolin	11	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
3	2:38.01	823	Liu, Reina	11	NC Greensboro Community YMCA	7/18/2021	2021 NC NCS LC AG Champs
4	2:42.67	757	Chia, Keira	11	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
5	2:42.86	754	Ramseur, Riley	11	NC Swim Fanatics Swim Club	6/25/2021	2021 NC EAC Independence Invit
6	2:43.68	742	Shall, Annie	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
7	2:45.43	718	Delmar, June	11	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
8	2:46.16	708	Thomas, Livi	11	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
9	2:46.23	707	Gangloff, Annabelle	11	NC North Carolina Aquatic Club	7/11/2021	2021 NC NCAC Last Chance Meet
10	2:46.85	699	Gill, Anna Katherine	11	NC Swim Fanatics Swim Club	4/24/2021	2021 NC GCY Spring Fling

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 11 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:33.23	904	Palamar, Jonny	11	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
2	2:35.51	869	Van Olst, Parker	11	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
3	2:40.09	799	Sweet, Eli	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
4	2:40.20	797	Cagle, Griffin	11	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
5	2:42.67	761	Clark, Jacob	11	NC North Carolina Aquatic Club	6/6/2021	2021 NC NCAC Long Course Meet
6	2:43.37	750	Marrujo, Oliver	11	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
7	2:46.05	712	Sammons, David	11	NC Mecklenburg Swim Association	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE
8	2:46.10	711	Strupe, Freddy	11	NC Mecklenburg Swim Association	5/7/2021	2021 SC TG Bring the Heat
9	2:46.17	710	Williams, Scott	11	NC SwimMAC Carolina	7/9/2021	2021 NC SAC Last Chance Qualif
10	2:46.18	710	Halpern, Max	11	NC North Carolina Aquatic Club	6/6/2021	2021 NC NCAC Long Course Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 11 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:34.74	890	Liu, Reina	11	NC Greensboro Community YMCA	7/15/2021	2021 NC NCS LC AG Champs
2	5:40.01	856	Dietrich, Kaylee	11	NC Marlins Of Raleigh	7/15/2021	2021 NC NCS LC AG Champs
3	5:40.77	851	Shall, Annie	11	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
4	5:47.28	810	Chia, Keira	11	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
5	5:48.05	805	Brock, Yari	11	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs
6	5:50.13	792	Delmar, June	11	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
7	6:03.35	711	Chintapalli, Neela	11	NC TAC Titans	6/27/2021	2021 NC TAC TITANS LC Dual
8	6:07.13	689	Rinker, Charlotte	11	NC Marlins Of Raleigh	7/10/2021	2021 NC MOR LC Eastern Qualifier
9	6:13.29	652	Townsend, Annabel	11	NC Marlins Of Raleigh	7/10/2021	2021 NC MOR LC Eastern Qualifier
10	6:15.72	638	Wilson, Addison	11	NC Watauga County Swim Team	7/10/2021	2021 NC MOR LC Eastern Qualifier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 11 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:33.83	922	Sweet, Eli	11	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
2	5:34.16	919	Cagle, Griffin	11	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
3	5:34.57	917	Van Olst, Parker	11	NC New Wave Swim Team	7/15/2021	2021 NC NCS LC AG Champs
4	5:46.66	837	Watts, Cody	11	NC New Wave Swim Team	7/15/2021	2021 NC NCS LC AG Champs
5	5:49.87	816	Zhang, William	11	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs
6	6:03.96	727	Clark, Jacob	11	NC North Carolina Aquatic Club	6/4/2021	2021 NC NCAC Long Course Meet
7	6:05.54	717	Brumback, Noah	11	NC Raleigh Swimming Association	7/10/2021	2021 NC MOR LC Eastern Qualifier
8	6:17.65	644	Strupe, Freddy	11	NC Mecklenburg Swim Association	9/18/2020	2020 NC SAC Social Distance Me
9	6:18.58	639	Simmons, Roman	11	NC Greensboro Community YMCA	6/12/2021	2021 NC GCY Sprint and Distance
10	6:18.85	637	Harding, Cullan	11	NC SwimMAC Carolina	5/2/2021	2021 NC SwimMAC Spring Splash

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 12 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	28.13	836	Whelehan, Sloane	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	28.25	827	Elgart, Shayna	12	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
3	28.56	804	Whitlock, Devon	12	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
4	28.64	798	Simpson, Ava	12	NC Sailfish Aquatics	7/16/2021	2021 NC NCS LC AG Champs
5	28.66	797	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	5/14/2021	2021 NC TAC Spring Invitational
6	28.81	785	Light, Chloe	12	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
7	28.82	785	Nelson, Savvy	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
8	29.11	763	Price, Lily	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	29.16	760	Reddick, Millie	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
10	29.46	738	Wrenn, Emily	12	NC Granite Falls Swim Club Makos	6/11/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.47	900	Lin, Owen	12	NC East Carolina Aquatics	7/16/2021	2021 NC NCS LC AG Champs
2	26.80	877	Marsteiner, Sam	12	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
3	27.09	857	Lee, Benjamin	12	NC Carolina Aquatic Team	7/16/2021	2021 NC NCS LC AG Champs
3	27.09	857	Larsen, Grant	12	NC O'Neal Pelagics	7/16/2021	2021 NC NCS LC AG Champs
5	27.15	853	Greathouse, Thomas	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	27.28 r	844	Sito, Drew	12	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
7	27.30	843	Morgan, Seth	12	NC Rocky Mount Family YMCA	7/16/2021	2021 NC NCS LC AG Champs
8	27.35	839	Stewart, Dylan	12	NC Mecklenburg Swim Association	7/16/2021	2021 NC NCS LC AG Champs
9	27.88	804	Medlin, Carter	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
10	28.04 r	793	Sha, Cody	12	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.89	890	Elgart, Shayna	12	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
2	1:02.11	803	Whelehan, Sloane	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
3	1:03.08	766	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	5/16/2021	2021 NC TAC Spring Invitational
4	1:03.17	762	Nelson, Savvy	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
5	1:03.39	754	Whitlock, Devon	12	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational
6	1:03.53	749	Wrenn, Emily	12	NC Granite Falls Swim Club Makos	5/16/2021	2021 NC TAC Spring Invitational
7	1:03.61	746	Champion, Maria	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
8	1:03.73	741	Reddick, Millie	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
9	1:03.97	732	Cowles, Ella	12	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
10	1:04.02	731	Winardi, Mae	12	NC Mecklenburg Swim Association	5/8/2021	2021 SC TG Bring the Heat

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.85	908	Marsteiner, Sam	12	NC New Wave Swim Team	10/3/2020	2020 NC TAC TITANS Oct LCM
2	58.58	881	Lin, Owen	12	NC East Carolina Aquatics	7/18/2021	2021 NC NCS LC AG Champs
3	59.37	852	Sito, Drew	12	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
4	59.53	846	Greathouse, Thomas	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
5	59.56 r	845	Prabhu, Gino	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	59.84	834	Lee, Benjamin	12	NC Carolina Aquatic Team	7/18/2021	2021 NC NCS LC AG Champs
7	1:00.96	794	Morgan, Seth	12	NC Rocky Mount Family YMCA	7/18/2021	2021 NC NCS LC AG Champs
8	1:00.98	793	Medlin, Carter	12	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
9	1:01.13	788	Larsen, Grant	12	NC O'Neal Pelagics	7/18/2021	2021 NC NCS LC AG Champs
10	1:02.39	743	Stewart, Dylan	12	NC Mecklenburg Swim Association	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:12.66	833	Elgart, Shayna	12	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
2	2:15.21	782	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	6/12/2021	2021 NC TAC TITANS Triangle CI
3	2:15.25	781	Whelehan, Sloane	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	2:17.02	747	Henderson, Catelyn	12	NC Greensboro Community YMCA	7/17/2021	2021 NC NCS LC AG Champs
5	2:17.28	742	Cowles, Ella	12	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
6	2:17.50	737	Nelson, Savvy	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
7	2:18.44	720	Winardi, Mae	12	NC Mecklenburg Swim Association	5/9/2021	2021 SC TG Bring the Heat
8	2:18.56	717	Nixon, Nikki	12	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
9	2:19.05	708	Gill, Anna Katherine	12	NC Swim Fanatics Swim Club	7/17/2021	2021 NC NCS LC AG Champs
10	2:19.33	703	Collins, Daisy	12	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.93	951	Marsteiner, Sam	12	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
2	2:07.16	888	Lin, Owen	12	NC East Carolina Aquatics	7/17/2021	2021 NC NCS LC AG Champs
3	2:10.56	823	Sito, Drew	12	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
4	2:11.27	810	Greathouse, Thomas	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	2:12.56	786	Prabhu, Gino	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
6	2:12.89	780	Medlin, Carter	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
7	2:14.43	752	Morgan, Seth	12	NC Rocky Mount Family YMCA	6/12/2021	2021 NC TAC TITANS Triangle CI
8	2:16.81	709	Marrujo, Oliver	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
9	2:17.47	698	Sha, Cody	12	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
10	2:17.91	690	Larsen, Grant	12	NC O'Neal Pelagics	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:43.34	788	Elgart, Shayna	12	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
2	4:46.68	756	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	7/16/2021	2021 NC NCS LC AG Champs
3	4:47.94	744	Whelehan, Sloane	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	4:47.97	744	Henderson, Catelyn	12	NC Greensboro Community YMCA	7/16/2021	2021 NC NCS LC AG Champs
5	4:50.87	717	Collins, Daisy	12	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
6	4:51.15	714	Nixon, Nikki	12	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
7	4:52.08	706	Cowles, Ella	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
8	4:53.64	691	Winardi, Mae	12	NC Mecklenburg Swim Association	5/7/2021	2021 SC TG Bring the Heat
9	4:55.21	677	Robertson, Cam	12	NC Enfinity Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
10	4:55.50	675	Guenther, Kate	12	NC Aquatic Team Of Mecklenburg	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:24.72	923	Marsteiner, Sam	12	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
2	4:36.59	817	Sito, Drew	12	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
3	4:37.73	807	Lin, Owen	12	NC East Carolina Aquatics	6/18/2021	2021 NC ECA Fun in the Sun
4	4:45.17	743	Medlin, Carter	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
5	4:45.39	741	Morgan, Seth	12	NC Rocky Mount Family YMCA	7/16/2021	2021 NC NCS LC AG Champs
6	4:46.58	731	Greathouse, Thomas	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
7	4:53.51	674	Brooks, Nicholas	12	NC Enfinity Aquatic Club	6/12/2021	2021 NC GCY Sprint and Distance
8	4:54.03	670	Marrujo, Oliver	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	4:54.07	669	Clark, Jacob	12	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
10	4:54.90	663	Prabhu, Gino	12	NC SwimMAC Carolina	5/7/2021	2021 SC TG Bring the Heat

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	10:21.09	684	Robertson, Cam	12	NC Enfinity Aquatic Club	6/11/2021	2021 NC GCY Sprint and Distance
2	10:34.62	631	Howard, Georgia	12	NC SwimMAC Carolina	7/10/2021	2021 NC SAC Last Chance Qualif
3	10:59.90	537	Thornburg, Sophie	12	NC Carolina Aquatic Team	6/4/2021	2021 NC NCAC Long Course Meet
4	11:41.11	397	Grieve, Lily	12	NC O'Neal Pelagics	6/11/2021	2021 NC GCY Sprint and Distance
5	11:45.13	385	Nwokolo, Analeigh	12	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 12 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	8:58.30	1010	Marsteiner, Sam	12	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
2	10:08.71	708	Brooks, Nicholas	12	NC Enfinity Aquatic Club	6/11/2021	2021 NC GCY Sprint and Distance
3	10:45.96	567	Gannon, Gardner	12	NC SwimMAC Carolina	7/10/2021	2021 NC SAC Last Chance Qualif
4	10:48.77	557	Lee, Aiden	12	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
5	11:22.61	440	Battaglini, Vincent	12	NC Club Kick Start	7/11/2021	2021 NC TAC TITANS July Qualifier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	19:00.61	821	Elgart, Shayna	12	NC Marlins Of Raleigh	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
2	20:27.13	642	Howard, Georgia	12	NC SwimMAC Carolina	7/11/2021	2021 NC SAC Last Chance Qualif
3	20:28.72	639	Light, Chloe	12	NC Marlins Of Raleigh	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
4	20:45.57	606	Whitlock, Devon	12	NC Marlins Of Raleigh	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
5	22:51.59	385	Cassiano, Bergan	12	NC East Carolina Aquatics	6/20/2021	2021 NC ECA Fun in the Sun
6	26:19.89	115	Sechriest, Addyson	12	NC Rowan Aquatic Club - YMCA	6/25/2021	2021 FL Planet Swim Summer Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 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	19:03.15	772	Lin, Owen	12	NC East Carolina Aquatics	6/20/2021	2021 NC ECA Fun in the Sun
3	19:24.51	731	Sharron, Raston	12	NC Marlins Of Raleigh	6/25/2021	2021 NC NCAC Summer Meet
4	20:39.25	596	Kelty, Max	12	NC Hickory Foundation YMCA Seahorse Swim Team	6/18/2021	2021 NC YSST Bob Pratt Invitat
5	21:08.03	546	Gannon, Gardner	12	NC SwimMAC Carolina	6/18/2021	2021 NC YSST Bob Pratt Invitat
6	21:15.17	534	Chaires, Colton	12	NC Club Kick Start	7/11/2021	2021 NC TAC TITANS July Qualifier
7	21:18.51	528	Beebe, Nolan	12	NC TAC Titans	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.80	893	Elgart, Shayna	12	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational
2	32.87	815	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	5/16/2021	2021 NC TAC Spring Invitational
3	32.94	810	Simpson, Ava	12	NC Sailfish Aquatics	7/18/2021	2021 NC NCS LC AG Champs
3	32.94	810	Nelson, Savvy	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
5	32.97	808	Pron, Lianna	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	33.15	795	Reddick, Millie	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
7	33.31	784	Whelehan, Sloane	12	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
8	33.56	766	Koehler, Eva	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
9	33.65	760	Whitlock, Devon	12	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational
10	33.81	749	Lucas, Harper	12	NC Raleigh Swimming Association	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 50 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	31.41	854	Sito, Drew	12	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
2	32.03	812	Lin, Owen	12	NC East Carolina Aquatics	6/19/2021	2021 NC ECA Fun in the Sun
3	32.50	780	Chaires, Colton	12	NC Club Kick Start	5/16/2021	2021 NC TAC Spring Invitational
4	32.68	768	Rammel, Mattaus	12	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational
5	32.73	765	Jackson, Davis	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
6	32.86	756	Sha, Cody	12	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
7	32.99	748	Dean, Chase	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
8	33.06	743	Hirata, Zach	12	NC YMCA of Northwest North Carolina Riptyde	7/9/2021	2021 NC YSST USRY Championship
9	33.11	740	Hepp, Brian	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
10	33.19	734	Stewart, Dylan	12	NC Mecklenburg Swim Association	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:07.69	899	Elgart, Shayna	12	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
2	1:09.37	844	Whelehan, Sloane	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
3	1:10.01	823	Reddick, Millie	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
4	1:10.37	811	Thomas, Emma	12	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
5	1:10.55	805	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	7/17/2021	2021 NC NCS LC AG Champs
6	1:10.91	794	Nelson, Savvy	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
7	1:11.23	784	Pron, Lianna	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
8	1:11.90	762	Simpson, Ava	12	NC Sailfish Aquatics	7/17/2021	2021 NC NCS LC AG Champs
9	1:12.55	742	Robertson, Cam	12	NC Enfinity Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
10	1:12.92	730	Boughton, Hannah	12	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:07.37	863	Sito, Drew	12	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
2	1:09.26	803	Chaires, Colton	12	NC Club Kick Start	7/17/2021	2021 NC NCS LC AG Champs
3	1:09.70	790	Prabhu, Gino	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	1:09.70 r	790	Medlin, Carter	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	1:09.84	785	Lin, Owen	12	NC East Carolina Aquatics	6/20/2021	2021 NC ECA Fun in the Sun
6	1:10.95	751	Dean, Chase	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
7	1:11.32	740	Jackson, Davis	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
8	1:11.51	734	Stewart, Dylan	12	NC Mecklenburg Swim Association	7/17/2021	2021 NC NCS LC AG Champs
9	1:11.60	731	Sharron, Raston	12	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
10	1:11.71	728	Hepp, Brian	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:24.81	911	Elgart, Shayna	12	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
2	2:26.55	886	Whelehan, Sloane	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	2:28.56	858	Robertson, Cam	12	NC Enfinity Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
4	2:30.74	828	Nelson, Savvy	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
5	2:31.26	820	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	7/16/2021	2021 NC NCS LC AG Champs
6	2:32.00	810	Reddick, Millie	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
7	2:32.73	800	Price, Lily	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
8	2:32.86	798	Pron, Lianna	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	2:35.70	760	Richey, Ruby	12	NC YMCA of the Triangle Area Swim Team	7/16/2021	2021 NC NCS LC AG Champs
10	2:36.98	743	Simpson, Ava	12	NC Sailfish Aquatics	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 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	2:26.33	876	Sito, Drew	12	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
3	2:27.61	856	Chaires, Colton	12	NC Club Kick Start	7/16/2021	2021 NC NCS LC AG Champs
4	2:30.83	808	Sharron, Raston	12	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
5	2:31.82	794	Prabhu, Gino	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	2:32.70	781	Brooks, Nicholas	12	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit
7	2:33.39	771	Burton, Tyler	12	NC Enfinity Aquatic Club	6/12/2021	2021 NC GCY Sprint and Distance
8	2:33.54	769	Dean, Chase	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	2:33.93	763	Lin, Owen	12	NC East Carolina Aquatics	5/16/2021	2021 NC GOLD Spring LC Invitat
10	2:34.18	759	Jackson, Davis	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	36.31	809	Light, Chloe	12	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
2	36.41	803	Thomas, Emma	12	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	37.07	766	Price, Lily	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
4	37.47	744	Koehler, Eva	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
5	37.48	743	Knox, Morgan	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	37.53	741	Pereira, Grace	12	NC Raleigh Swimming Association	7/16/2021	2021 NC NCS LC AG Champs
7	37.60	737	Boughton, Hannah	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
8	37.76	728	Sawyer, Victoria	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	37.85	723	Hall, Taylor	12	NC Mecklenburg Swim Association	7/16/2021	2021 NC NCS LC AG Champs
10	37.99	715	Shannon, Kate	12	NC New Wave Swim Team	5/14/2021	2021 NC STAR Long Days of Summ

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 50 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	33.47	924	Hardy, Gabe	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
2	33.99	891	Morgan, Seth	12	NC Rocky Mount Family YMCA	7/16/2021	2021 NC NCS LC AG Champs
3	35.25	814	Sharron, Raston	12	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
4	35.53	797	Ye, Nathaniel	12	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
5	36.63	732	Schaper, Calvin	12	NC Carolina Aquatic Team	7/16/2021	2021 NC NCS LC AG Champs
6	36.90	716	Cooler, Tripp	12	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
7	37.23	697	Lin, Owen	12	NC East Carolina Aquatics	6/20/2021	2021 NC ECA Fun in the Sun
8	37.39	688	Medlin, Carter	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	37.46	684	Lee, Alex	12	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
10	37.77	666	Truskowski, Logan	12	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:19.64	782	Thomas, Emma	12	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
2	1:20.50	760	Hall, Taylor	12	NC Mecklenburg Swim Association	7/17/2021	2021 NC NCS LC AG Champs
3	1:20.65	756	Knox, Morgan	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
4	1:20.66	756	Druhan, Ellie	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	1:20.95	749	Koehler, Eva	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
6	1:21.19	743	Light, Chloe	12	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational
7	1:21.24	741	Stout, Kaidy	12	NC Enfinity Aquatic Club	6/12/2021	2021 NC GCY Sprint and Distance
8	1:22.62	707	Sawyer, Victoria	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
9	1:22.70	705	Wallace, Eliza	12	NC Mecklenburg Swim Association	9/19/2020	2020 NC SAC Social Distance Me
10	1:22.76	704	Price, Lily	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:14.07	910	Hardy, Gabe	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	1:15.13	881	Morgan, Seth	12	NC Rocky Mount Family YMCA	7/17/2021	2021 NC NCS LC AG Champs
3	1:19.29	770	Burton, Tyler	12	NC Enfinity Aquatic Club	6/12/2021	2021 NC GCY Sprint and Distance
4	1:19.31	770	Sharron, Raston	12	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio
5	1:21.03	725	Cooler, Tripp	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
6	1:21.38	716	Ye, Nathaniel	12	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
6	1:21.38	716	Lin, Owen	12	NC East Carolina Aquatics	6/19/2021	2021 NC ECA Fun in the Sun
8	1:21.45	715	Lee, Alex	12	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
9	1:22.16	696	Schaper, Calvin	12	NC Carolina Aquatic Team	7/17/2021	2021 NC NCS LC AG Champs
10	1:22.95	676	Clayton, Thomas	12	NC Granite Falls Swim Club Makos	5/16/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:47.77	842	Hall, Taylor	12	NC Mecklenburg Swim Association	7/18/2021	2021 NC NCS LC AG Champs
2	2:54.56	764	Druhan, Ellie	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
3	2:55.33	756	Sawyer, Victoria	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
4	2:55.99	748	Boughton, Hannah	12	NC TAC Titans	6/27/2021	2021 NC TAC TITANS LC Dual
5	2:56.19	746	Wallace, Eliza	12	NC Mecklenburg Swim Association	9/18/2020	2020 NC SAC Social Distance Me
6	2:57.22	734	Stout, Kaidy	12	NC Enfinity Aquatic Club	6/11/2021	2021 NC GCY Sprint and Distance
7	2:57.58	730	Marshall, Sasha	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
8	2:57.75	729	Koehler, Eva	12	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI
9	2:57.85	727	Pereira, Grace	12	NC Raleigh Swimming Association	7/18/2021	2021 NC NCS LC AG Champs
10	2:58.22	723	Price, Lily	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:42.37	909	Hardy, Gabe	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	2:49.42	829	Morgan, Seth	12	NC Rocky Mount Family YMCA	7/18/2021	2021 NC NCS LC AG Champs
3	2:54.03	777	Lin, Owen	12	NC East Carolina Aquatics	5/16/2021	2021 NC GOLD Spring LC Invitat
4	2:54.16	776	Sharron, Raston	12	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
5	2:54.92	767	Burton, Tyler	12	NC Enfinity Aquatic Club	6/11/2021	2021 NC GCY Sprint and Distance
6	2:56.00	755	Cooler, Tripp	12	NC SwimMAC Carolina	5/1/2021	2021 NC SwimMAC Spring Splash
7	2:56.76	747	Marrujo, Oliver	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
8	2:57.29	741	Ye, Nathaniel	12	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
9	2:58.80	725	Demoss, Matthew	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
10	3:00.05	711	Schaper, Calvin	12	NC Carolina Aquatic Team	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	30.01	847	Champion, Maria	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	30.17	836	Elgart, Shayna	12	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational
3	30.18	836	Simpson, Ava	12	NC Sailfish Aquatics	7/18/2021	2021 NC NCS LC AG Champs
4	31.14	774	Gill, Anna Katherine	12	NC Swim Fanatics Swim Club	6/25/2021	2021 NC EAC Independence Invit
5	31.37	759	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	5/15/2021	2021 NC TAC Spring Invitational
6	31.40	757	Howard, Georgia	12	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
7	31.54	749	Nixon, Nikki	12	NC New Wave Swim Team	4/24/2021	2021 NC WAVE Sprint Into LC
8	31.57	747	Szostek, Alexis	12	NC SwimMAC Carolina	5/8/2021	2021 SC TG Bring the Heat
9	31.60	745	Ricciardi, Giovanna	12	NC SwimMAC Carolina	5/8/2021	2021 SC TG Bring the Heat
10	31.66	741	Nelson, Savvy	12	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 50 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	28.50	919	Lin, Owen	12	NC East Carolina Aquatics	6/26/2021	2021 NC NCAC Summer Meet
2	29.41	853	Lee, Benjamin	12	NC Carolina Aquatic Team	7/18/2021	2021 NC NCS LC AG Champs
3	29.70	833	Rammel, Mattaus	12	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational
4	29.79	826	Prabhu, Gino	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
4	29.79	826	Sha, Cody	12	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
6	30.24	795	Cornpropst, Ronan	12	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
7	30.31	790	Hirata, Zach	12	NC YMCA of Northwest North Carolina Riptyde	7/10/2021	2021 NC YSST USRY Championship
8	30.54	774	Stewart, Dylan	12	NC Mecklenburg Swim Association	7/18/2021	2021 NC NCS LC AG Champs
9	30.92	748	Cooler, Tripp	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
10	30.97	744	Sammons, David	12	NC Mecklenburg Swim Association	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:06.55	849	Champion, Maria	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
2	1:07.17	832	Elgart, Shayna	12	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
3	1:09.06	779	Simpson, Ava	12	NC Sailfish Aquatics	7/16/2021	2021 NC NCS LC AG Champs
4	1:10.41	741	Kong, Ariel	12	NC Mecklenburg Swim Association	7/16/2021	2021 NC NCS LC AG Champs
5	1:10.56	737	Nixon, Nikki	12	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
6	1:11.39	714	Cowles, Ella	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
7	1:11.53	711	Crane, Taylor	12	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
8	1:11.73	705	Reddick, Millie	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	1:11.82	703	Light, Chloe	12	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
10	1:11.86	702	Richey, Ruby	12	NC YMCA of the Triangle Area Swim Team	7/10/2021	2021 NC MOR LC Eastern Qualifier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.40	917	Lin, Owen	12	NC East Carolina Aquatics	7/16/2021	2021 NC NCS LC AG Champs
2	1:04.09	895	Prabhu, Gino	12	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
3	1:07.59	786	Lee, Benjamin	12	NC Carolina Aquatic Team	7/16/2021	2021 NC NCS LC AG Champs
4	1:08.06	772	Cornpropst, Ronan	12	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
5	1:08.53	758	Sammons, David	12	NC Mecklenburg Swim Association	7/16/2021	2021 NC NCS LC AG Champs
6	1:08.93	746	Sha, Cody	12	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
7	1:09.93	716	Evans, Mitchell	12	NC Mecklenburg Swim Association	7/16/2021	2021 NC NCS LC AG Champs
8	1:10.12	711	Hepp, Brian	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	1:10.15	710	Jackson, Davis	12	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
10	1:10.42	702	Stewart, Dylan	12	NC Mecklenburg Swim Association	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:29.93	841	Champion, Maria	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	2:35.62	773	Kong, Ariel	12	NC Mecklenburg Swim Association	7/17/2021	2021 NC NCS LC AG Champs
3	2:36.68	761	Nixon, Nikki	12	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
4	2:43.64	681	Broadbent, Carson	12	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
5	2:43.80	679	Simpson, Ava	12	NC Sailfish Aquatics	7/17/2021	2021 NC NCS LC AG Champs
6	2:44.27	674	Cowles, Ella	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
7	2:44.68	669	Richey, Ruby	12	NC YMCA of the Triangle Area Swim Team	7/17/2021	2021 NC NCS LC AG Champs
8	2:45.29	662	Szostek, Alexis	12	NC SwimMAC Carolina	5/2/2021	2021 NC SwimMAC Spring Splash
9	2:45.61	659	Robertson, Cam	12	NC Enfinity Aquatic Club	6/25/2021	2021 NC EAC Independence Invit
10	2:46.11	653	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	7/11/2021	2021 NC TAC TITANS July Qualifier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.11	958	Lin, Owen	12	NC East Carolina Aquatics	7/17/2021	2021 NC NCS LC AG Champs
2	2:29.27	832	Prabhu, Gino	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	2:30.13	821	Rammel, Mattaus	12	NC Marlins Of Raleigh	5/2/2021	2021 VA RAYS Helen Wang Classic
4	2:31.18	807	Sammons, David	12	NC Mecklenburg Swim Association	7/17/2021	2021 NC NCS LC AG Champs
5	2:33.26	780	Cornpropst, Ronan	12	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
6	2:34.52	763	Brooks, Nicholas	12	NC Enfinity Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
7	2:35.51	750	Tao, Jason	12	NC North Carolina Aquatic Club	7/10/2021	2021 NC NCAC Last Chance Meet
8	2:36.06	743	Kroh, Jackson	12	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
9	2:39.14	704	Lee, Benjamin	12	NC Carolina Aquatic Team	7/17/2021	2021 NC NCS LC AG Champs
10	2:40.03	693	Sito, Drew	12	NC New Wave Swim Team	6/12/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.60	830	Champion, Maria	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	2:33.52	786	Elgart, Shayna	12	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational
3	2:34.17	776	Nelson, Savvy	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
4	2:34.34	774	Reddick, Millie	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
5	2:34.59	770	Whelehan, Sloane	12	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
6	2:35.21	761	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	7/18/2021	2021 NC NCS LC AG Champs
7	2:35.74	753	Price, Lily	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
8	2:35.79	752	Gill, Anna Katherine	12	NC Swim Fanatics Swim Club	7/18/2021	2021 NC NCS LC AG Champs
9	2:35.81	752	Cowles, Ella	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
10	2:36.93	736	Druhan, Ellie	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:24.57	891	Lin, Owen	12	NC East Carolina Aquatics	7/18/2021	2021 NC NCS LC AG Champs
2	2:30.14	800	Prabhu, Gino	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
3	2:30.37	797	Burton, Tyler	12	NC Enfinity Aquatic Club	6/11/2021	2021 NC GCY Sprint and Distance
4	2:31.87	773	Sharron, Raston	12	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
5	2:32.48	763	Medlin, Carter	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	2:36.64	699	Greathouse, Thomas	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
7	2:36.70	698	Cooler, Tripp	12	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
7	2:36.70	698	Clayton, Thomas	12	NC Granite Falls Swim Club Makos	5/15/2021	2021 NC TAC Spring Invitational
9	2:37.01	694	Lee, Alex	12	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
10	2:37.17	691	Tao, Jason	12	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:23.87	811	Champion, Maria	12	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
2	5:29.62	773	Nelson, Savvy	12	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
3	5:29.68	773	Marshall, Sasha	12	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
4	5:31.88	758	Collins, Daisy	12	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs
5	5:32.10	757	Kong, Ariel	12	NC Mecklenburg Swim Association	7/15/2021	2021 NC NCS LC AG Champs
6	5:33.59	747	Cowles, Ella	12	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
7	5:33.70	746	Schmitz, Madison	12	NC Granite Falls Swim Club Makos	7/15/2021	2021 NC NCS LC AG Champs
8	5:34.91	738	Sawyer, Victoria	12	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
9	5:43.87	680	Reddick, Millie	12	NC SwimMAC Carolina	5/2/2021	2021 NC SwimMAC Spring Splash
10	5:44.30	678	Robertson, Cam	12	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 12 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:09.55	904	Lin, Owen	12	NC East Carolina Aquatics	7/15/2021	2021 NC NCS LC AG Champs
2	5:17.99	844	Sito, Drew	12	NC New Wave Swim Team	7/15/2021	2021 NC NCS LC AG Champs
3	5:19.04	836	Prabhu, Gino	12	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
4	5:22.08	815	Burton, Tyler	12	NC Enfinity Aquatic Club	6/12/2021	2021 NC GCY Sprint and Distance
5	5:24.51	798	Sharron, Raston	12	NC Marlins Of Raleigh	7/15/2021	2021 NC NCS LC AG Champs
6	5:26.82	782	Dean, Chase	12	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
7	5:35.11	725	Tao, Jason	12	NC North Carolina Aquatic Club	6/4/2021	2021 NC NCAC Long Course Meet
8	5:35.85	720	Cooler, Tripp	12	NC SwimMAC Carolina	5/2/2021	2021 NC SwimMAC Spring Splash
9	5:37.24	711	Luo, Kevin	12	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs
10	5:37.83	707	Clark, Jacob	12	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.89	898	Morrow, Amelia	13	NC Enfinity Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
2	27.60	837	Neace, Clarke	13	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
3	27.67	831	Jeltema, Mia	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	27.75	825	Lloyd, Kyley	13	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
5	27.86	815	Wolk, Isabel	13	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
6	28.42	769	Monville, Kathryn	13	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
7	28.43	768	Klein, Taylor	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
8	28.44	767	Rendon, Kalle	13	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
9	28.48	764	Whitlock, Devon	13	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
10	28.53	760	Winardi, Mae	13	NC Mecklenburg Swim Association	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.37	911	Smelzer, Albert	13	NC Swim GSA	6/18/2021	2021 NC SGSA Eastern Invitatio
2	25.83	874	Rice, Mike	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	25.96	864	Marsteiner, Sam	13	NC New Wave Swim Team	6/12/2021	2021 NC TAC TITANS Triangle CI
4	26.11	852	Day, Carson	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	26.16	848	Zapler, Ezra	13	NC East Carolina Aquatics	5/22/2021	2021 NC ECA Beach Invitational
6	26.20	845	Crowell, Maverick	13	NC Swim GSA	5/22/2021	2021 NC YBAC LC Invitational
7	26.38	831	Singletery, Cohen	13	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
8	26.46	825	James, Kaleb	13	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
9	26.50	822	Camacho, Clem	13	NC Unattached	7/17/2021	2021 NC NCS LC AG Champs
10	26.87	793	Harrison, Joey	13	NC Granite Falls Swim Club Makos	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	58.61 r	887	Neace, Clarke	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
2	58.96	871	Whelehan, Mere	13	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
3	59.49	847	Morrow, Amelia	13	NC Enfinity Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
4	1:00.37	809	Wolk, Isabel	13	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
5	1:00.39	808	Bartee, Zetta Grace	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	1:00.48	804	Jeltema, Mia	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
7	1:01.23	772	Monville, Kathryn	13	NC New Wave Swim Team	10/3/2020	2020 NC TAC TITANS Oct LCM
8	1:01.88	744	Rendon, Kalle	13	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
9	1:02.05	737	Winardi, Mae	13	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
10	1:02.38	723	Lloyd, Kyley	13	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	55.89 r	887	Marsteiner, Sam	13	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
2	56.77	849	Smelzer, Albert	13	NC Swim GSA	6/18/2021	2021 NC SGSA Eastern Invitatio
3	57.64	812	Rivas Rojas, Franco	13	NC Unattached	7/18/2021	2021 NC NCS LC AG Champs
4	58.14	792	Day, Carson	13	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
5	58.38	782	Singletery, Cohen	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
6	58.52	776	Rice, Mike	13	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
7	58.56	774	Zapler, Ezra	13	NC East Carolina Aquatics	5/16/2021	2021 NC GOLD Spring LC Invitat
8	58.78	765	Tuescher, Tommy	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
9	58.79	765	Harrison, Joey	13	NC Granite Falls Swim Club Makos	7/11/2021	2021 NC TAC TITANS July Qualifier
10	58.90	760	Lee, Woori	13	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:06.95	867	Neace, Clarke	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
2	2:07.09	864	Whelehan, Mere	13	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	2:09.43	810	Holfelder, Sydney	13	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
4	2:10.72 r	781	Lloyd, Kyley	13	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
5	2:11.42	765	Rendon, Kalle	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
6	2:11.68	760	Wolk, Isabel	13	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
7	2:12.05	752	Goodwin, Taylor	13	NC YMCA of Western North Carolina	7/16/2021	2021 NC NCS LC AG Champs
8	2:12.34	745	Morrow, Amelia	13	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit
9	2:14.35	702	Cinson, Kathryn	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/16/2021	2021 NC NCS LC AG Champs
10	2:14.86	691	Mazzari Torres, Micaela	13	NC Unattached	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:58.08	995	Marsteiner, Sam	13	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
2	2:04.30	856	Camacho, Clem	13	NC Unattached	7/16/2021	2021 NC NCS LC AG Champs
3	2:04.93	842	Lee, Woori	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	2:06.36	811	Rivas Rojas, Franco	13	NC Unattached	7/16/2021	2021 NC NCS LC AG Champs
5	2:07.01	798	Day, Carson	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	2:07.09	796	Tuescher, Tommy	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
7	2:07.62	785	Ju, Joshua	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
8	2:08.51	766	Zhang, John	13	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
9	2:08.76 r	761	James, Kaleb	13	NC Marlins Of Raleigh	7/15/2021	2021 NC NCS LC AG Champs
10	2:09.39	748	Singletary, Cohen	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 13 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:33.96	773	Goodwin, Taylor	13	NC YMCA of Western North Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	4:34.46	767	Cinson, Kathryn	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/17/2021	2021 NC NCS LC AG Champs
3	4:34.79	764	Neace, Clarke	13	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
4	4:35.08	761	Pardue, Audrey	13	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
5	4:43.41	673	Cooper, Natalie	13	NC Marlins Of Raleigh	6/17/2021	2021 NC SGSA Eastern Invitatio
6	4:44.84	659	Shields, Shaelyn	13	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
7	4:45.69	650	Lepage, Charlotte	13	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
8	4:45.77	649	Klamfoth, Avery	13	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
9	4:46.23	645	Mallard, Caroline	13	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
10	4:46.25	644	Collins, Mackenzie	13	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:07.63	1018	Marsteiner, Sam	13	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
2	4:24.33	842	Rivas Rojas, Franco	13	NC Unattached	7/17/2021	2021 NC NCS LC AG Champs
3	4:25.09	835	Lee, Woori	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	4:25.91	826	Tuescher, Tommy	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
5	4:29.94	786	Day, Carson	13	NC SwimMAC Carolina	7/9/2021	2021 NC SAC Last Chance Qualif
6	4:35.79	730	Zhang, John	13	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
7	4:38.66	703	Andre, Alex	13	NC Hillsborough Aquatic Club	7/11/2021	2021 NC NCAC Last Chance Meet
8	4:39.30	697	March, Jackson	13	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier
9	4:41.38	677	James, Kaleb	13	NC Marlins Of Raleigh	7/11/2021	2021 NC MOR LC Eastern Qualifier
10	4:41.39	677	Nelson, Eli	13	NC Marlins Of Raleigh	7/11/2021	2021 NC MOR LC Eastern Qualifier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:15.30	837	Klamfoth, Avery	13	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
2	9:26.13	783	Cinson, Kathryn	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/15/2021	2021 NC NCS LC AG Champs
3	9:32.07	754	Goodwin, Taylor	13	NC YMCA of Western North Carolina	7/15/2021	2021 NC NCS LC AG Champs
4	9:37.34	729	Jeltema, Mia	13	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier
5	9:37.47	728	Neace, Clarke	13	NC SwimMAC Carolina	7/10/2021	2021 NC SAC Last Chance Qualif
6	9:41.51	709	Pardue, Audrey	13	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
7	9:53.17	655	Cooper, Natalie	13	NC Marlins Of Raleigh	7/15/2021	2021 NC NCS LC AG Champs
8	9:57.16	637	Hertzig, Madi	13	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
9	9:57.41	636	Collins, Mackenzie	13	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs
10	9:59.18	628	Stinnett, Sophia	13	NC Hillsborough Aquatic Club	7/9/2021	2021 NC NCAC Last Chance Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:36.47	997	Marsteiner, Sam	13	NC New Wave Swim Team	7/15/2021	2021 NC NCS LC AG Champs
2	9:12.66	813	Tuescher, Tommy	13	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
3	9:18.72	784	Alzate, Santi	13	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
4	9:23.12	763	Zhang, John	13	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs
5	9:25.27	753	Biller, Lukas	13	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs
6	9:26.91	745	Nelson, Eli	13	NC Marlins Of Raleigh	7/15/2021	2021 NC NCS LC AG Champs
7	9:28.75	736	Day, Carson	13	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
8	9:31.17	725	March, Jackson	13	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
9	9:34.65	709	Brock, Ben	13	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs
10	9:46.79	654	Polzien, Adam	13	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:55.83	819	Klamfoth, Avery	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	17:59.30	810	Cinson, Kathryn	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/18/2021	2021 NC NCS LC AG Champs
3	18:18.91	761	Goodwin, Taylor	13	NC YMCA of Western North Carolina	7/18/2021	2021 NC NCS LC AG Champs
4	18:19.90	759	Pardue, Audrey	13	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
5	18:27.92	739	Cooper, Natalie	13	NC Marlins Of Raleigh	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
6	18:52.07	682	Neace, Clarke	13	NC SwimMAC Carolina	7/11/2021	2021 NC SAC Last Chance Qualif
7	18:59.22	665	Talwar, Tara	13	NC TAC Titans	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
8	19:05.28	651	Collins, Mackenzie	13	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
9	19:12.95	633	Hertzog, Madi	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
10	19:13.78	631	Hitchcock, Ella Brett	13	NC Hickory Foundation YMCA Seahorse Swim Team	6/18/2021	2021 NC YSST Bob Pratt Invitat

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:35.36	953	Marsteiner, Sam	13	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
2	17:24.38	838	Lee, Woori	13	NC TAC Titans	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
3	17:44.50	792	Tuescher, Tommy	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
4	18:01.12	755	Zhang, John	13	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
5	18:01.80	753	Polzien, Adam	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	18:04.24	748	Nelson, Eli	13	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
7	18:20.33	713	March, Jackson	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
8	18:20.69	712	Biller, Lukas	13	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
9	18:28.45	695	Day, Carson	13	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
10	18:32.32	687	Brock, Ben	13	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:07.28	859	Shields, Shaelyn	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	1:07.72	842	Lloyd, Kyley	13	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
3	1:07.74 r	842	Rendon, Kalle	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	1:08.21	824	Monville, Kathryn	13	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
5	1:08.47	815	Jeltema, Mia	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
6	1:08.75	805	Pardue, Audrey	13	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
7	1:09.09	792	Whelehan, Mere	13	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
8	1:09.38	782	Meyer-Blohm, Chloe	13	NC Unattached	7/17/2021	2021 NC NCS LC AG Champs
9	1:09.81	766	Holfelder, Sydney	13	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
10	1:10.18	753	Klein, Taylor	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 13 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:03.79	900	Smelzer, Albert	13	NC Swim GSA	6/19/2021	2021 NC SGSA Eastern Invitatio
2	1:04.13 r	887	Marsteiner, Sam	13	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
3	1:04.24	883	Lee, Woori	13	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier
4	1:05.07	852	Tuescher, Tommy	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
5	1:05.89	823	Zhang, John	13	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
6	1:06.14	814	Camacho, Clem	13	NC Unattached	7/17/2021	2021 NC NCS LC AG Champs
7	1:06.86	788	March, Jackson	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
7	1:06.86	788	James, Kaleb	13	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational
9	1:07.20 r	776	Abebe, Yaphet	13	NC Granite Falls Swim Club Makos	7/17/2021	2021 NC NCS LC AG Champs
10	1:07.21	775	Frondoza, Ethan	13	NC YMCA of Northwest North Carolina Riptyde	5/8/2021	2021 NC SGSA Mother May I

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:23.26	855	Shields, Shaelyn	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	2:25.09	826	Rendon, Kalle	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
3	2:25.82	815	Jeltema, Mia	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
4	2:26.47	805	Neace, Clarke	13	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
5	2:26.60	802	Lloyd, Kyley	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
6	2:26.98	797	Pardue, Audrey	13	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
7	2:27.01	796	Whelehan, Mere	13	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
8	2:27.77	784	Klein, Taylor	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
9	2:28.55	772	Collins, Mackenzie	13	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
10	2:30.39	744	Cooper, Natalie	13	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.04	909	Lee, Woori	13	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
2	2:17.61	881	Marsteiner, Sam	13	NC New Wave Swim Team	5/15/2021	2021 NC STAR Long Days of Summ
3	2:21.17	818	Tuescher, Tommy	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
4	2:22.18	801	March, Jackson	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
5	2:25.41	746	Trowbridge, J.T.	13	NC YMCA of Northwest North Carolina Riptyde	5/7/2021	2021 NC SGSA Mother May I
6	2:25.52	744	Zhang, John	13	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
7	2:25.56	743	Anderson, Jacob	13	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio
8	2:25.74	740	Platts-Mills, Ian	13	NC YMCA of the Triangle Area Swim Team	7/18/2021	2021 NC NCS LC AG Champs
9	2:26.02	736	Ju, Joshua	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
10	2:26.44	729	Alzate, Santi	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:11.44	954	Klamfoth, Avery	13	NC SwimMAC Carolina	5/8/2021	2021 NC SGSA Mother May I
2	1:13.10	904	Jeltema, Mia	13	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
3	1:14.82	853	Thomas, Emma	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	1:15.13	844	Wallace, Eliza	13	NC Mecklenburg Swim Association	6/27/2021	2021 SC TG Dash and Splash
5	1:15.72	826	Wolk, Isabel	13	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
6	1:17.45	776	Henderson, Sarah	13	NC Mecklenburg Swim Association	7/16/2021	2021 NC NCS LC AG Champs
7	1:18.24	753	Kim, Kenzie	13	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
8	1:18.40	749	Lloyd, Kyley	13	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
9	1:18.60	743	Holfelder, Sydney	13	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
10	1:18.79	738	Light, Chloe	13	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:11.20	915	James, Kaleb	13	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
2	1:11.69	900	Camacho, Clem	13	NC Unattached	7/16/2021	2021 NC NCS LC AG Champs
3	1:12.12	886	Lee, Woori	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	1:14.04	827	Walker, Nolan	13	NC Raleigh Swimming Association	7/16/2021	2021 NC NCS LC AG Champs
5	1:14.40	816	Restrepo, John	13	NC New South Swimming	7/16/2021	2021 NC NCS LC AG Champs
6	1:16.14	763	Townsend, Alex	13	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
7	1:16.48	753	Suphavadeprasit, Leo	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
8	1:16.68	747	Soniat, Lucas	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	1:16.85	742	Fronzoza, Ethan	13	NC YMCA of Northwest North Carolina Riptyde	5/8/2021	2021 NC SGSA Mother May I
10	1:17.04	737	Alzate, Santi	13	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:37.30	889	Klamfoth, Avery	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	2:39.45	860	Jeltema, Mia	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
3	2:44.23	797	Thomas, Emma	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	2:44.89	788	Wallace, Eliza	13	NC Mecklenburg Swim Association	7/17/2021	2021 NC NCS LC AG Champs
5	2:45.56	780	Wolk, Isabel	13	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
6	2:46.17	772	Kim, Kenzie	13	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
7	2:49.31	731	McCarter, Macie	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
8	2:50.68	714	Lloyd, Kyley	13	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
9	2:51.07	709	Henderson, Sarah	13	NC Mecklenburg Swim Association	7/17/2021	2021 NC NCS LC AG Champs
10	2:51.26	706	Kern, Kathryn	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:35.08	887	James, Kaleb	13	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
2	2:36.63	866	Lee, Woori	13	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
3	2:43.68	773	Alzate, Santi	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
4	2:44.39	764	Townsend, Alex	13	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
5	2:45.83	745	Soniat, Lucas	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
6	2:45.96	744	Restrepo, John	13	NC New South Swimming	7/17/2021	2021 NC NCS LC AG Champs
7	2:49.03	705	Zapler, Ezra	13	NC East Carolina Aquatics	5/16/2021	2021 NC GOLD Spring LC Invitat
8	2:49.14	703	Walker, Nolan	13	NC Raleigh Swimming Association	7/17/2021	2021 NC NCS LC AG Champs
9	2:50.19	690	Lee, Alex	13	NC TAC Titans	6/27/2021	2021 NC TAC TITANS LC Dual
10	2:50.38	688	Suphavadeprasit, Leo	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.22	897	Bartee, Zetta Grace	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
2	1:03.29	894	Klamfoth, Avery	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
3	1:04.38	856	Neace, Clarke	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
4	1:05.61	814	Monville, Kathryn	13	NC New Wave Swim Team	10/3/2020	2020 NC TAC TITANS Oct LCM
5	1:05.67	812	Klein, Taylor	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	1:05.69	811	Lloyd, Kyley	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
7	1:06.73	776	Pardue, Audrey	13	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
8	1:06.99	767	Whelehan, Mere	13	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
9	1:07.17	761	Holfelder, Sydney	13	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
10	1:07.51	750	Talwar, Tara	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.78	952	Marsteiner, Sam	13	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
2	1:01.29	892	Camacho, Clem	13	NC Unattached	7/16/2021	2021 NC NCS LC AG Champs
3	1:01.34	890	Alzate, Santi	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
4	1:02.60	842	Lee, Woori	13	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier
5	1:03.05	824	James, Kaleb	13	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
6	1:03.11	822	Rice, Mike	13	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
7	1:03.69	800	Edmondson, Eli	13	NC Goldsboro Family YMCA Sharks	5/16/2021	2021 NC GOLD Spring LC Invitat
8	1:03.83	795	Day, Carson	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	1:04.62	765	Smelzer, Albert	13	NC Swim GSA	6/19/2021	2021 NC SGSA Eastern Invitatio
10	1:04.92	754	Biller, Lukas	13	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.42	890	Klamfoth, Avery	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	2:27.38	788	Talwar, Tara	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
3	2:27.73	783	Lloyd, Kyley	13	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
4	2:28.00	779	Bartee, Zetta Grace	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	2:29.60	756	Neace, Clarke	13	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
6	2:29.85	753	Goodwin, Taylor	13	NC YMCA of Western North Carolina	7/17/2021	2021 NC NCS LC AG Champs
7	2:30.28	747	Wiggins, Harper	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
8	2:31.55	729	Klein, Taylor	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
9	2:32.46	716	Pardue, Audrey	13	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
10	2:32.67	713	Martin, Kaitlyn	13	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:13.73	950	Marsteiner, Sam	13	NC New Wave Swim Team	5/15/2021	2021 NC STAR Long Days of Summ
2	2:16.48	903	Alzate, Santi	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	2:16.93	895	Spiegler, Benjamin	13	NC SwimMAC Carolina	6/12/2021	2021 NC SAC Summer Open
4	2:19.16	858	Lee, Woori	13	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle Cl
5	2:21.29	822	Camacho, Clem	13	NC Unattached	7/17/2021	2021 NC NCS LC AG Champs
6	2:21.58	818	Biller, Lukas	13	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
7	2:24.21	775	Edmondson, Eli	13	NC Goldsboro Family YMCA Sharks	5/15/2021	2021 NC GOLD Spring LC Invitat
8	2:28.38	708	Rice, Mike	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
9	2:28.50	706	Day, Carson	13	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
10	2:29.18	695	Platts-Mills, Ian	13	NC YMCA of the Triangle Area Swim Team	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 13 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:19.36	955	Klamfoth, Avery	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	2:23.06	889	Holfelder, Sydney	13	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
3	2:24.15	870	Jeltema, Mia	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
4	2:25.20	851	Lloyd, Kyley	13	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
5	2:25.88	839	Whelehan, Mere	13	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
6	2:28.48	795	Wolk, Isabel	13	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
7	2:29.51	777	Pardue, Audrey	13	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
8	2:30.77	756	McCammon, Sophie	13	NC Unattached	4/24/2021	2021 NC GCY Spring Fling
9	2:30.89	754	Shields, Shaelyn	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
10	2:31.14	750	Rendon, Kalle	13	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.33	936	Lee, Woori	13	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
2	2:22.50	818	James, Kaleb	13	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
3	2:23.51	800	Alzate, Santi	13	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
4	2:23.65	797	Marsteiner, Sam	13	NC New Wave Swim Team	5/15/2021	2021 NC STAR Long Days of Summ
5	2:23.86	793	Rivas Rojas, Franco	13	NC Unattached	7/18/2021	2021 NC NCS LC AG Champs
6	2:25.01	772	Soniat, Lucas	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
7	2:25.13	770	Rice, Mike	13	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
8	2:25.37	766	Townsend, Alex	13	NC Marlins Of Raleigh	6/19/2021	2021 NC SGSA Eastern Invitatio
9	2:25.86	757	Biller, Lukas	13	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
10	2:26.39	747	Tuescher, Tommy	13	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 13 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	4:55.55	927	Klamfoth, Avery	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
2	5:05.18	851	Jeltema, Mia	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	5:09.68	815	Whelehan, Mere	13	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
4	5:13.38	787	Lloyd, Kyley	13	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI
5	5:15.69	769	Pardue, Audrey	13	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
6	5:15.89	768	Cooper, Natalie	13	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
7	5:17.60	755	Holfelder, Sydney	13	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
8	5:19.61	740	Neace, Clarke	13	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
9	5:19.75	739	Shields, Shaelyn	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
10	5:21.13	728	Cinson, Kathryn	13	NC Hickory Foundation YMCA Seahorse Swim Team	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 13 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:50.38	919	Lee, Woori	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	4:59.81	840	Marsteiner, Sam	13	NC New Wave Swim Team	5/14/2021	2021 NC STAR Long Days of Summ
3	5:07.10	780	Tuescher, Tommy	13	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	5:07.35	778	Biller, Lukas	13	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet
5	5:07.89	774	Alzate, Santi	13	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	5:08.08	772	Day, Carson	13	NC SwimMAC Carolina	7/9/2021	2021 NC SAC Last Chance Qualif
7	5:12.47	737	March, Jackson	13	NC TAC Titans	6/27/2021	2021 NC TAC TITANS LC Dual
8	5:13.09	732	Liang, Ethan	13	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
9	5:13.71	727	Townsend, Alex	13	NC Marlins Of Raleigh	6/17/2021	2021 NC SGSA Eastern Invitatio
10	5:15.01	717	James, Kaleb	13	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.74	871	Whelehan, Mere	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
2	26.93	854	Holfelder, Sydney	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
3	27.20	831	Cureton, Taylor	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	27.40	854	Neace, Clarke	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	27.47	808	Connor, Lila	14	NC Aquatic Team Of Mecklenburg	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE
6	27.58	799	Grant, Lindsay	14	NC Raleigh Swimming Association	7/17/2021	2021 NC NCS LC AG Champs
7	27.62	795	Furbay, Caroline	14	NC Waves Of Wilmington, Inc.	7/11/2021	2021 NC TAC TITANS July Qualifier
8	27.69	789	Bellissimo, Sophia	14	NC Lowes YMCA Lightning Swim Team	7/17/2021	2021 NC NCS LC AG Champs
9	27.84	777	Cloutier, Adeline	14	NC East Carolina Aquatics	7/17/2021	2021 NC NCS LC AG Champs
10	28.00	763	Tysinger, Alex	14	NC Sharks Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	24.75	871	Austin, Thad	14	NC Enfinity Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
2	25.00	851	Kroll, John	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	25.09	843	Bartee, Granger	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
4	25.36	821	Allen, Aidan	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
5	25.51	809	Hall, Judah	14	NC Swim Tribe	7/17/2021	2021 NC NCS LC AG Champs
6	25.57	804	Vargas, Connor	14	NC YMCA of Northwest North Carolina Riptyde	5/21/2021	2021 NC YBAC LC Invitational
7	25.59	803	Wallace, Jack	14	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
8	25.63	800	Lehning, John	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
9	25.74	791	Osman, Max	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
9	25.74	791	Lange, Carter	14	NC YMCA of the Triangle Area Swim Team	5/22/2021	2021 NC ECA Beach Invitational

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 14 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	58.10	875	Whelehan, Mere	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
2	58.63 r	851	Holfelder, Sydney	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	59.01	869	Neace, Clarke	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
4	59.79	800	Qian, Shakira	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
5	1:00.09	786	Cloutier, Adeline	14	NC East Carolina Aquatics	7/18/2021	2021 NC NCS LC AG Champs
6	1:00.48 r	769	Cureton, Taylor	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
7	1:00.82	755	Furbay, Caroline	14	NC Waves Of Wilmington, Inc.	7/25/2021	2021 NCS LC SR Championships
8	1:00.92	751	Brunk, Grace	14	NC YMCA of the Triangle Area Swim Team	7/25/2021	2021 NC YOTA YMCA LC Festival
9	1:00.93	750	Connor, Lila	14	NC Aquatic Team Of Mecklenburg	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
10	1:01.18 r	739	Monville, Kathryn	14	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.19	885	Osman, Max	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	54.87	855	Spinner, Wiley	14	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
3	55.31 r	835	Bartee, Granger	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
4	55.38	832	Austin, Thad	14	NC Enfinity Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
5	55.65	821	Prabhu, Evan	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	56.03 r	804	Smith, Christian	14	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
7	56.58 r	781	Lehning, John	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
8	56.66 r	777	Allen, Aidan	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	56.72	775	Davidson, Aaron	14	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
10	56.82	770	Li, Lucas	14	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:05.42 r	877	Willis, Lily	14	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
2	2:05.47	876	Whelehan, Mere	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	2:07.78	822	Zettel, Nicole	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	2:08.26	811	Holfelder, Sydney	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
5	2:10.85	753	Qian, Shakira	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
6	2:10.92	751	McCammon, Sophie	14	NC Lifetime Swim Team North Carolina	6/11/2021	2021 SC RAYS RAYS OF SUNSHINE
7	2:11.38 r	741	Monville, Kathryn	14	NC New Wave Swim Team	7/15/2021	2021 NC NCS LC AG Champs
8	2:12.08	726	Ghim, Esther	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	2:12.17	724	Cloutier, Adeline	14	NC East Carolina Aquatics	7/16/2021	2021 NC NCS LC AG Champs
10	2:12.21	723	Connor, Lila	14	NC Aquatic Team Of Mecklenburg	6/26/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:55.94 r	934	Osman, Max	14	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
2	1:57.43	899	Clontz, Norvin	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
3	2:00.79	823	Smith, Christian	14	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
4	2:00.96	819	Bartee, Granger	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
5	2:01.16	814	Davidson, Aaron	14	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
5	2:01.16	814	Nye, Owen	14	NC Alamance County Community Y/BAC	7/16/2021	2021 NC NCS LC AG Champs
7	2:01.32	811	Prabhu, Evan	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
8	2:01.80	800	Lin, Walker	14	NC Greensboro Community YMCA	7/16/2021	2021 NC NCS LC AG Champs
9	2:01.81	800	Scheiber, Jackson	14	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
10	2:02.22	791	Austin, Thad	14	NC Enfinity Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:26.29	835	Whelehan, Mere	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
2	4:28.50	810	Zettel, Nicole	14	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
3	4:29.35	800	Willis, Lily	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	4:31.45	800	Neace, Clarke	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	4:35.70	731	Pardue, Audrey	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
6	4:36.50	722	McCammon, Sophie	14	NC Lifetime Swim Team North Carolina	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE
7	4:37.90	707	Emrich, Abby	14	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
8	4:39.44	691	Holfelder, Sydney	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
9	4:40.08	685	Carson, Clara	14	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
10	4:40.76	677	Ormondroyd, Tia	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:07.22	926	Clontz, Norvin	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	4:09.22	905	Turner, Mason	14	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
3	4:15.24	841	Scheiber, Jackson	14	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
4	4:15.56	837	Osman, Max	14	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
5	4:16.88	824	Marsteiner, Matthew	14	NC New Wave Swim Team	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	4:17.24	820	Prabhu, Evan	14	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
7	4:20.51	786	Smith, Christian	14	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
8	4:21.89	772	Nye, Owen	14	NC Alamance County Community Y/BAC	7/17/2021	2021 NC NCS LC AG Champs
9	4:22.38	767	Davidson, Aaron	14	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
10	4:22.45	767	Lin, Walker	14	NC Greensboro Community YMCA	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:14.62	814	Whelehan, Mere	14	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
2	9:15.53	809	Zettel, Nicole	14	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
3	9:21.99	777	Pardue, Audrey	14	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
4	9:31.09	733	McCammon, Sophie	14	NC Lifetime Swim Team North Carolina	7/15/2021	2021 NC NCS LC AG Champs
5	9:34.54	716	Ormondroyd, Tia	14	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier
6	9:35.63	711	Phillips, Emilie	14	NC New Wave Swim Team	7/15/2021	2021 NC NCS LC AG Champs
7	9:37.30	703	Carson, Clara	14	NC Marlins Of Raleigh	7/15/2021	2021 NC NCS LC AG Champs
8	9:39.48	693	Lepage, Charlotte	14	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
9	9:39.58	693	Ghim, Esther	14	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
10	9:40.87	687	Hawkins, Riley	14	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:29.59	938	Clontz, Norvin	14	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
2	8:35.71	905	Turner, Mason	14	NC SwimMAC Carolina	4/8/2021	2021 NC TAC TITANS LC Premier
3	8:44.35	860	Marsteiner, Matthew	14	NC New Wave Swim Team	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	8:45.68	854	Prabhu, Evan	14	NC SwimMAC Carolina	7/15/2021	2021 NC NCS LC AG Champs
5	8:52.03	821	Scheiber, Jackson	14	NC New Wave Swim Team	6/26/2021	2021 NC TAC TITANS LC Dual
6	8:54.05	811	Nye, Owen	14	NC Alamance County Community Y/BAC	7/15/2021	2021 NC NCS LC AG Champs
7	8:56.51	799	Davidson, Aaron	14	NC New Wave Swim Team	7/15/2021	2021 NC NCS LC AG Champs
8	8:59.54	783	Emerton, Ethan	14	NC TAC Titans	7/15/2021	2021 NC NCS LC AG Champs
9	8:59.56	783	Smith, Christian	14	NC Marlins Of Raleigh	7/15/2021	2021 NC NCS LC AG Champs
10	9:04.42	759	Cinque, Matt	14	NC North Carolina Aquatic Club	7/15/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:46.59	806	Pardue, Audrey	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	17:53.60	788	Whelehan, Mere	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
3	17:55.55	783	McCammon, Sophie	14	NC Lifetime Swim Team North Carolina	7/18/2021	2021 NC NCS LC AG Champs
4	18:20.59	721	Carson, Clara	14	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
5	18:22.74	715	Ghim, Esther	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
6	18:34.20	688	Mueller, Tanith	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
7	18:35.11	686	Lepage, Charlotte	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
8	18:52.89	644	Phillips, Emilie	14	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
9	18:53.84	641	Largen, Caroline	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
10	18:55.94	637	Shuping, Avery	14	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:39.90	863	Marsteiner, Matthew	14	NC New Wave Swim Team	3/4/2021	2021 NC Speedo ESSZ Spring Tim
2	16:49.24	841	Scheiber, Jackson	14	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
3	17:02.78	809	Nye, Owen	14	NC Alamance County Community Y/BAC	7/18/2021	2021 NC NCS LC AG Champs
4	17:09.18	794	Prabhu, Evan	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
5	17:10.08	792	Cinque, Matt	14	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
6	17:11.33	789	Eickhoff, Cj	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
7	17:13.72	784	Clontz, Norvin	14	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
8	17:15.55	779	Emerton, Ethan	14	NC TAC Titans	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
9	17:27.28	752	Davidson, Aaron	14	NC New Wave Swim Team	7/18/2021	2021 NC NCS LC AG Champs
10	17:36.39	732	Dunlap, Fletcher	14	NC TAC Titans	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:05.12	894	Reel, Hannah	14	NC Raleigh Swimming Association	7/17/2021	2021 NC NCS LC AG Champs
2	1:05.85	866	Zettel, Nicole	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
3	1:07.16	817	Claborn, Alyssa	14	NC Lowes YMCA Lightning Swim Team	7/17/2021	2021 NC NCS LC AG Champs
4	1:07.57	801	Holfelder, Sydney	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
5	1:07.76	794	Willis, Lily	14	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
6	1:07.80	793	Hull, Aubrey	14	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
7	1:07.97	787	Cloutier, Adeline	14	NC East Carolina Aquatics	7/17/2021	2021 NC NCS LC AG Champs
8	1:08.07	783	Vassil, Avery	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
9	1:08.08	783	Cureton, Taylor	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
10	1:08.61	763	Schell, Gabbie	14	NC Swim Fanatics Swim Club	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.12	977	Bartee, Granger	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	59.87	947	Smith, Christian	14	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
3	1:00.64	917	Austin, Thad	14	NC Enfinity Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
4	1:00.95	905	Tharakan, Abhay	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
5	1:02.17	857	Emerton, Ethan	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
6	1:02.32	852	Clontz, Norvin	14	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
7	1:02.51	844	Bennison, James	14	NC New Wave Swim Team	10/2/2020	2020 NC TAC TITANS Oct LCM
8	1:02.81	833	Turner, Mason	14	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
9	1:03.14	821	Davis, Drew	14	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
10	1:03.31	814	Witmer, Cole	14	NC NSEA Swim	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.82	861	Zettel, Nicole	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
2	2:21.54	849	Willis, Lily	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
3	2:25.88	814	Holfelder, Sydney	14	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
4	2:25.90	780	Emrich, Abby	14	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
5	2:26.86	764	Pardue, Audrey	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	2:27.39	756	Schell, Gabbie	14	NC Swim Fanatics Swim Club	7/18/2021	2021 NC NCS LC AG Champs
7	2:27.48	755	Vassil, Avery	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
8	2:28.02	746	Ormondroyd, Tia	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
9	2:28.60	737	Connor, Lila	14	NC Aquatic Team Of Mecklenburg	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
10	2:28.75	735	Whelehan, Mere	14	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.12	919	Tharakan, Abhay	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
2	2:10.78	906	Emerton, Ethan	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
3	2:11.91	885	Smith, Christian	14	NC Marlins Of Raleigh	7/18/2021	2021 NC NCS LC AG Champs
4	2:13.68	852	Clontz, Norvin	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
5	2:14.75	833	Bennison, James	14	NC New Wave Swim Team	10/3/2020	2020 NC TAC TITANS Oct LCM
6	2:14.77	833	Austin, Thad	14	NC Enfinity Aquatic Club	6/12/2021	2021 NC GCY Sprint and Distance
7	2:17.46	784	Morea, Michael	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
8	2:18.28	770	Turner, Mason	14	NC SwimMAC Carolina	5/8/2021	2021 NC SwimMAC Spring Splash
9	2:18.73	762	Witmer, Cole	14	NC NSEA Swim	7/18/2021	2021 NC NCS LC AG Champs
10	2:18.99	757	Burton, Bence	14	NC Enfinity Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.09	901	Willis, Lily	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	1:14.87	848	Rainey, Reagan	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
3	1:16.61	797	Ormondroyd, Tia	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	1:17.19	780	Largen, Caroline	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
5	1:17.34	775	Vassil, Avery	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	1:18.25	749	Bellissimo, Sophia	14	NC Lowes YMCA Lightning Swim Team	7/16/2021	2021 NC NCS LC AG Champs
7	1:18.47	743	Vanega, Claudia	14	NC Raleigh Swimming Association	7/16/2021	2021 NC NCS LC AG Champs
8	1:19.43	716	Hawkins, Riley	14	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
9	1:19.44	716	Zettel, Nicole	14	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
10	1:19.67	709	Nelson, Jady	14	NC Aquatic Team Of Mecklenburg	6/11/2021	2021 SC RAYS RAYS OF SUNSHINE
10	1:19.67	709	Cardwell, Ava	14	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:08.23	908	Cindric, Goran	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	1:08.53	898	Bucci, Cameron	14	NC Aquatic Team Of Mecklenburg	7/16/2021	2021 NC NCS LC AG Champs
3	1:09.68	860	Nye, Grayson	14	NC TAC Titans	10/2/2020	2020 NC TAC TITANS Oct LCM
4	1:09.87	854	Morea, Michael	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
5	1:10.94	820	Tharakan, Abhay	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
6	1:11.07	816	Wallace, Jack	14	NC Marlins Of Raleigh	7/16/2021	2021 NC NCS LC AG Champs
7	1:11.35	807	Carleton, Christian	14	NC SwimMAC Carolina	6/19/2021	2021 NC SGSA Eastern Invitatio
8	1:11.68	796	Gould, Justin	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	1:12.67	765	Kroll, John	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
10	1:13.01	754	Allen, Aidan	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:38.18	868	Rainey, Reagan	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
2	2:38.25	867	Willis, Lily	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
3	2:44.27	788	Thome, Paige	14	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	2:49.37	722	Vanega, Claudia	14	NC Raleigh Swimming Association	7/17/2021	2021 NC NCS LC AG Champs
5	2:49.48	720	Ormondroyd, Tia	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
6	2:49.83	716	Vassil, Avery	14	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
7	2:50.52	707	Largen, Caroline	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
8	2:50.85	703	Hawkins, Riley	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
9	2:51.69	692	Zettel, Nicole	14	NC TAC Titans	6/27/2021	2021 NC TAC TITANS LC Dual
10	2:53.57	669	Foreman, Riley	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:28.03	902	Nye, Grayson	14	NC TAC Titans	10/3/2020	2020 NC TAC TITANS Oct LCM
2	2:28.59	894	Clontz, Norvin	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	2:33.18	830	Tharakan, Abhay	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
4	2:33.65	824	Morea, Michael	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
5	2:33.97	820	Cindric, Goran	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
6	2:36.69	783	Bucci, Cameron	14	NC Aquatic Team Of Mecklenburg	6/25/2021	2021 NC EAC Independence Invit
7	2:37.63	770	Wallace, Jack	14	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs
8	2:37.93	766	Gould, Justin	14	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
9	2:39.07	751	Willis, Jordan	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
10	2:39.69	742	Frazer, Ian	14	NC Marlins Of Raleigh	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:04.33	823	Zettel, Nicole	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	1:04.65	812	Mueller, Tanith	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	1:04.95	801	Whelehan, Mere	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
4	1:05.19	793	Holfelder, Sydney	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
5	1:05.40	786	Cloutier, Adeline	14	NC East Carolina Aquatics	7/16/2021	2021 NC NCS LC AG Champs
6	1:05.55	781	Pardue, Audrey	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
7	1:05.67	777	Cureton, Taylor	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
8	1:05.97	766	Ormondroyd, Tia	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
9	1:06.34	754	Brunk, Grace	14	NC YMCA of the Triangle Area Swim Team	7/24/2021	2021 NC YOTA YMCA LC Festival
10	1:06.41	751	Lambert, Maya	14	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.84	923	Austin, Thad	14	NC Enfinity Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
2	58.65	890	Bartee, Granger	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
3	59.05	874	Marsteiner, Matthew	14	NC New Wave Swim Team	10/3/2020	2020 NC TAC TITANS Oct LCM
4	59.28	865	Osman, Max	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
5	1:00.14	830	Wickerham, Connor	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	1:00.62	811	Li, Lucas	14	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
7	1:01.36	782	Prabhu, Evan	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
8	1:01.55	774	Davidson, Aaron	14	NC New Wave Swim Team	7/16/2021	2021 NC NCS LC AG Champs
9	1:01.74	767	Tharakan, Abhay	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
10	1:01.76	766	Humbert, Jack	14	NC YMCA of the Triangle Area Swim Team	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:23.40	802	Willis, Lily	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
2	2:26.56	756	Lambert, Maya	14	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
3	2:28.24	732	Zettel, Nicole	14	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
4	2:29.78	710	Whelehan, Mere	14	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
5	2:30.30	702	Hitchcock, Ella Brett	14	NC Hickory Foundation YMCA Seahorse Swim Team	7/17/2021	2021 NC NCS LC AG Champs
6	2:31.18	690	McCammon, Sophie	14	NC Lifetime Swim Team North Carolina	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
7	2:31.66	683	Qian, Shakira	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
8	2:32.21	675	Ghim, Esther	14	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
9	2:34.09	649	Jones, Sky	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
10	2:34.73	640	Teague, Estelle	14	NC Star Aquatics	6/25/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.98	933	Marsteiner, Matthew	14	NC New Wave Swim Team	3/4/2021	2021 NC Speedo ESSZ Spring Tim
2	2:08.30	927	Osman, Max	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
3	2:10.24	892	Clontz, Norvin	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
4	2:14.44	818	Prabhu, Evan	14	NC SwimMAC Carolina	7/17/2021	2021 NC NCS LC AG Champs
5	2:15.19	805	Davidson, Aaron	14	NC New Wave Swim Team	7/17/2021	2021 NC NCS LC AG Champs
6	2:17.92	758	Eickhoff, Cj	14	NC TAC Titans	7/17/2021	2021 NC NCS LC AG Champs
7	2:18.07	756	Turner, Mason	14	NC SwimMAC Carolina	5/8/2021	2021 NC SwimMAC Spring Splash
8	2:18.49	749	Nye, Owen	14	NC Alamance County Community Y/BAC	7/17/2021	2021 NC NCS LC AG Champs
9	2:18.92	741	Li, Lucas	14	NC North Carolina Aquatic Club	7/17/2021	2021 NC NCS LC AG Champs
10	2:19.54	731	Walcott, Ben	14	NC Granite Falls Swim Club Makos	7/17/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.43	884	Willis, Lily	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
2	2:22.71	843	Zettel, Nicole	14	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
3	2:23.96	821	Holfelder, Sydney	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
4	2:25.24	799	Rainey, Reagan	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
5	2:26.29	781	McCammon, Sophie	14	NC Lifetime Swim Team North Carolina	7/18/2021	2021 NC NCS LC AG Champs
6	2:28.21	748	Ormondroyd, Tia	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
7	2:28.85	737	Cureton, Taylor	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
8	2:30.46	710	Emrich, Abby	14	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
9	2:30.88	703	Bellissimo, Sophia	14	NC Lowes YMCA Lightning Swim Team	7/18/2021	2021 NC NCS LC AG Champs
10	2:31.51	693	Ivanov, Katya	14	NC TAC Titans	10/3/2020	2020 NC TAC TITANS Oct LCM

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.43	975	Clontz, Norvin	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
2	2:14.35	876	Turner, Mason	14	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
3	2:14.90	865	Osman, Max	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
4	2:15.75	848	Tharakan, Abhay	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
5	2:18.09	803	Morea, Michael	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
6	2:19.03	785	Bartee, Granger	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
7	2:19.78	771	Li, Lucas	14	NC North Carolina Aquatic Club	7/18/2021	2021 NC NCS LC AG Champs
8	2:19.90	769	Liu, Darren	14	NC TAC Titans	7/18/2021	2021 NC NCS LC AG Champs
9	2:20.28	761	Gould, Justin	14	NC SwimMAC Carolina	7/18/2021	2021 NC NCS LC AG Champs
10	2:20.34	760	Burton, Bence	14	NC Enfinity Aquatic Club	5/8/2021	2021 NC SGSA Mother May I

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:58.10	867	Willis, Lily	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
2	5:01.94	837	Zettel, Nicole	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
3	5:02.65	831	Rainey, Reagan	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
4	5:10.92	766	Whelehan, Mere	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
5	5:10.96	766	McCammon, Sophie	14	NC Lifetime Swim Team North Carolina	7/16/2021	2021 NC NCS LC AG Champs
6	5:13.74	745	Pardue, Audrey	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
7	5:14.33	740	Ormondroyd, Tia	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
8	5:15.63	730	Holfelder, Sydney	14	NC TAC Titans	6/27/2021	2021 NC TAC TITANS LC Dual
9	5:16.29	725	Mueller, Tanith	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
10	5:21.23	688	Emrich, Abby	14	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 14 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:35.86	956	Clontz, Norvin	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
2	4:43.01	893	Turner, Mason	14	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
3	4:49.18	839	Osman, Max	14	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
4	4:51.93	815	Tharakan, Abhay	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
5	4:54.18	796	Emerton, Ethan	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
6	4:54.62	793	Prabhu, Evan	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
7	4:56.14	780	Marrujo, Christian	14	NC TAC Titans	7/16/2021	2021 NC NCS LC AG Champs
8	4:58.11	764	O'Mara, Quinn	14	NC SwimMAC Carolina	7/16/2021	2021 NC NCS LC AG Champs
9	4:58.99	756	Li, Lucas	14	NC North Carolina Aquatic Club	7/16/2021	2021 NC NCS LC AG Champs
10	4:59.74	750	Nye, Owen	14	NC Alamance County Community Y/BAC	7/16/2021	2021 NC NCS LC AG Champs

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	26.67	842	Sikes, Katie Belle	15	NC Hillsborough Aquatic Club	3/4/2021	2021 NC Speedo ESSZ Spring Tim
2	27.02	812	Donlan, Molly	15	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
3	27.13	802	Armen, Emily	15	NC East Carolina Aquatics	7/24/2021	2021 NCS LC SR Championships
4	27.23	793	Neal, Kayman	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
5	27.25	792	Cotter, Keelan	15	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
6	27.32	786	Solvason, Anna	15	NC Evolution Aquatics	3/25/2021	2021 FL ISCA International Senior Meet
7	27.44	776	Jacobs, Jenna	15	NC TAC Titans	10/2/2020	2020 NC TAC TITANS Oct LCM
8	27.54	767	Plaza, Sofia	15	NC Unattached	7/17/2021	2021 NC ESSZ LC Sectional
9	27.55	766	McGonigal, Maeren	15	NC Enfinity Aquatic Club	6/25/2021	2021 NC EAC Independence Invit
10	27.56	765	Eaton, Emily	15	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.45	936	Dillingham, Diggory	15	NC Unattached	1/16/2021	2021 Pro Series - Richmond
2	23.56	927	Thompson, Will	15	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	23.86	901	Battaglini, Lucca	15	NC Club Kick Start	4/11/2021	2021 NC TAC TITANS LC Premier
4	23.90	898	Wimberly, Jacob	15	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
5	23.93	895	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	7/24/2021	2021 NCS LC SR Championships
6	24.60	839	Ayres, Maxwell	15	NC YMCA of the Triangle Area Swim Team	6/19/2021	2021 VA SRVA Summer Invitation
7	24.65	835	Nebrich, Luke	15	NC Rowan Aquatic Club - YMCA	7/24/2021	2021 NCS LC SR Championships
8	24.66	834	Keen, Troy	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
9	24.72	829	Setzer, Sean	15	NC Waves Of Wilmington, Inc.	7/24/2021	2021 NCS LC SR Championships
10	24.83	820	Harper, James	15	NC Aquatic Team Of Mecklenburg	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.41	859	Cotter, Keelan	15	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
2	58.32	818	Donlan, Molly	15	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
3	58.35	817	Neal, Kayman	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
4	58.93	791	McDonald, Kaylee	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
5	58.94 r	790	Armen, Emily	15	NC East Carolina Aquatics	7/23/2021	2021 NCS LC SR Championships
6	59.04	786	McGonigal, Maeren	15	NC Enfinity Aquatic Club	6/25/2021	2021 NC EAC Independence Invit
7	59.16	780	Jacobs, Jenna	15	NC TAC Titans	10/3/2020	2020 NC TAC TITANS Oct LCM
8	59.50	765	Welsh, Lily	15	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
9	59.96	745	Sikes, Katie Belle	15	NC Hillsborough Aquatic Club	7/25/2021	2021 NCS LC SR Championships
10	1:00.26	732	Martinson, Kara	15	NC SwimMAC Carolina	6/26/2021	2021 SC TG Dash and Splash

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	52.42	910	Battaglini, Lucca	15	NC Club Kick Start	3/27/2021	2021 FL ISCA International Senior Meet
2	52.50	907	Wimberly, Jacob	15	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
3	52.63 r	901	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	7/15/2021	2021 NC ESSZ LC Sectional
4	52.70	897	Dillingham, Diggory	15	NC Unattached	1/17/2021	2021 Pro Series - Richmond
5	53.58	857	Setzer, Sean	15	NC Waves Of Wilmington, Inc.	7/25/2021	2021 NCS LC SR Championships
6	53.95	841	Lloyd, Landon	15	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier
7	54.26	827	Harper, James	15	NC Aquatic Team Of Mecklenburg	7/18/2021	2021 NC ESSZ LC Sectional
8	54.35	823	Spinner, Wiley	15	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
9	54.63	811	Li, Andrew	15	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
10	54.67	809	Bennison, James	15	NC New Wave Swim Team	6/13/2021	2021 NC TAC TITANS Triangle CI
10	54.67	809	Keen, Troy	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.01	885	Cotter, Keelan	15	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
2	2:04.92	840	McDonald, Kaylee	15	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	2:08.49	757	Mitchell, Elodie	15	NC YMCA of the Triangle Area Swim Team	7/23/2021	2021 NC YOTA YMCA LC Festival
4	2:08.98	746	Neal, Kayman	15	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
5	2:09.72 r	730	Armen, Emily	15	NC East Carolina Aquatics	7/22/2021	2021 NCS LC SR Championships
6	2:10.06	722	Jacobs, Jenna	15	NC TAC Titans	10/2/2020	2020 NC TAC TITANS Oct LCM
7	2:10.28	717	McGonigal, Maeren	15	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit
8	2:10.74	707	Martinson, Kara	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
9	2:11.16	698	Lee, Emma	15	NC Mecklenburg Swim Association	6/27/2021	2021 SC TG Dash and Splash
10	2:11.86	683	Hunt, Ellie	15	NC Greensboro Community YMCA	6/26/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:55.77	882	Battaglini, Lucca	15	NC Club Kick Start	3/26/2021	2021 FL ISCA International Senior Meet
2	1:56.09	874	Haywood, Jack	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
3	1:56.52	864	Ayers, Alex	15	NC Unattached	4/24/2021	2021 SC Carolina Crown Challenge
4	1:56.80	858	Spinner, Wiley	15	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
5	1:57.38	844	Turner, Mason	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
6	1:57.85	833	Harper, James	15	NC Aquatic Team Of Mecklenburg	6/11/2021	2021 SC RAYS RAYS OF SUNSHINE
7	1:59.02	807	Li, Andrew	15	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
8	1:59.40	798	Marrujo, Max	15	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI
9	1:59.41	798	Thompson, Will	15	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
10	1:59.55 r	795	Degroote, Hudson	15	NC Marlins Of Raleigh	7/17/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:21.09	864	Cotter, Keelan	15	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
2	4:27.50	790	McDonald, Kaylee	15	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
3	4:33.09	729	Lee, Emma	15	NC Mecklenburg Swim Association	6/25/2021	2021 SC TG Dash and Splash
4	4:35.22	706	Ivanov, Katya	15	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
5	4:39.44	662	Armen, Emily	15	NC East Carolina Aquatics	7/24/2021	2021 NCS LC SR Championships
6	4:41.75	638	Patrick, Mckenna	15	NC Mecklenburg Swim Association	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE
7	4:41.89	637	White, Marisa	15	NC Unattached	4/24/2021	2021 SC Carolina Crown Challenge
8	4:42.03	635	Becker, Kailyn	15	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
9	4:42.15	634	McGonigal, Maeren	15	NC Enfinity Aquatic Club	6/25/2021	2021 NC EAC Independence Invit
10	4:42.53	630	Curran, Molly	15	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 15 400 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	4:03.72	877	Ayers, Alex	15	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
2	4:05.98	853	Turner, Mason	15	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
3	4:09.11	819	Li, Andrew	15	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
4	4:09.85	811	Battaglini, Lucca	15	NC Club Kick Start	3/25/2021	2021 FL ISCA International Senior Meet
5	4:10.07	809	Haywood, Jack	15	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
6	4:13.00	778	Marrujo, Max	15	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
7	4:15.59	751	Degroote, Hudson	15	NC Marlins Of Raleigh	7/17/2021	2021 NC ESSZ LC Sectional
8	4:16.18	745	Spinner, Wiley	15	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
9	4:16.25	744	Marsteiner, Matthew	15	NC New Wave Swim Team	6/12/2021	2021 NC TAC TITANS Triangle CI
10	4:16.59	741	Nicholson, Cooper	15	NC North Carolina Aquatic Club	6/6/2021	2021 NC NCAC Long Course Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	9:06.63	797	Cotter, Keelan	15	NC TAC Titans	4/8/2021	2021 NC TAC TITANS LC Premier
2	9:21.10	725	Sleime, Leyla	15	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	9:22.27	719	Lee, Emma	15	NC Mecklenburg Swim Association	7/22/2021	2021 NCS LC SR Championships
4	9:43.45	619	Mitchell, Elodie	15	NC YMCA of the Triangle Area Swim Team	7/22/2021	2021 NC YOTA YMCA LC Festival
5	9:48.77	595	Dalton, Mary Bonner	15	NC SwimMAC Carolina	5/7/2021	2021 NC SwimMAC Spring Splash
6	9:50.21	589	Neal, Kayman	15	NC SwimMAC Carolina	5/7/2021	2021 NC SwimMAC Spring Splash
7	9:52.24	580	Jenkins, Grace	15	NC Mars Hill Aquatic Club	7/22/2021	2021 NCS LC SR Championships
8	9:52.83	577	Virkler, Sarah	15	NC Aquatic Team Of Mecklenburg	7/22/2021	2021 NCS LC SR Championships
9	9:53.58	574	Wilhelm, Kiley	15	NC Unattached	9/18/2020	2020 NC SAC Social Distance Me
10	9:55.19	566	Patrick, Mckenna	15	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:25.17	896	Ayers, Alex	15	NC SwimMAC Carolina	4/8/2021	2021 NC TAC TITANS LC Premier
2	8:43.84	798	Klein, Freddy	15	NC SwimMAC Carolina	7/22/2021	2021 NCS LC SR Championships
3	8:45.41	790	Nicholson, Cooper	15	NC North Carolina Aquatic Club	7/15/2021	2021 NC ESSZ LC Sectional
4	8:47.53	779	Haywood, Jack	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
5	8:49.38	770	Peck, Connor	15	NC North Carolina Aquatic Club	7/15/2021	2021 NC ESSZ LC Sectional
6	8:49.83	767	Tuttle, Wilson	15	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
7	8:53.77	748	Aleman, Liam	15	NC YMCA of Western North Carolina	7/22/2021	2021 NCS LC SR Championships
8	8:57.31	730	Degroote, Hudson	15	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio
9	8:57.79	728	Vonweihe, Owen	15	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
10	8:59.73	718	Pritchard, Ben	15	NC Carolina Aquatic Team	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:17.88	844	Cotter, Keelan	15	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
2	17:53.77	752	Lee, Emma	15	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
3	18:45.97	625	Austin, Elise	15	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
4	18:50.35	615	Wolk, Audrey	15	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
5	19:07.97	575	Virkler, Sarah	15	NC Aquatic Team Of Mecklenburg	7/25/2021	2021 NCS LC SR Championships
6	19:11.59	567	Kjar, Ava	15	NC YMCA of Western North Carolina	7/25/2021	2021 NCS LC SR Championships
7	19:19.25	550	Mitchell, Elodie	15	NC YMCA of the Triangle Area Swim Team	7/11/2021	2021 NC YSST USRY Championship
8	19:19.61	549	Ray, Mallory	15	NC YMCA of Western North Carolina	6/27/2021	2021 SC YSSC LC Firecracker
9	19:30.44	525	Jenkins, Grace	15	NC Mars Hill Aquatic Club	5/23/2021	2021 SE BSC Spring Splash
10	19:44.84	495	Kwong, Yasmine	15	NC YMCA of the Triangle Area Swim Team	6/18/2021	2021 VA SRVA Summer Invitation

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:16.91	850	Ayers, Alex	15	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
2	16:26.68	826	Peck, Connor	15	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
3	16:30.39	817	Tuttle, Wilson	15	NC Marlins Of Raleigh	6/25/2021	2021 NC NCAC Summer Meet
4	16:30.71	816	Nicholson, Cooper	15	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
5	16:44.54	783	Klein, Freddy	15	NC SwimMAC Carolina	7/25/2021	2021 NCS LC SR Championships
6	16:55.73	756	Aleman, Liam	15	NC YMCA of Western North Carolina	7/25/2021	2021 NCS LC SR Championships
7	17:03.56	738	Vonweihe, Owen	15	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
8	17:05.17	734	Marrujo, Max	15	NC TAC Titans	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
9	17:09.96	723	Commins, Andy	15	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
10	17:13.23	715	Pritchard, Ben	15	NC Carolina Aquatic Team	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.95	933	Welsh, Lily	15	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
2	1:03.89	896	Neal, Kayman	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
3	1:04.35	878	Donlan, Molly	15	NC SwimMAC Carolina	6/27/2021	2021 SC TG Dash and Splash
4	1:05.41	837	Cotter, Keelan	15	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
5	1:06.31	803	Bernardo, Lauren	15	NC SwimMAC Carolina	6/27/2021	2021 SC TG Dash and Splash
6	1:06.42	799	Joy, Madi	15	NC Waves Of Wilmington, Inc.	7/24/2021	2021 NCS LC SR Championships
7	1:06.43	798	Quisumbing, Andie	15	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
7	1:06.43	798	Hull, Aubrey	15	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
9	1:06.61	792	Rydzewski, Sami	15	NC Raleigh Swimming Association	6/11/2021	2021 NC GCY Sprint and Distance
10	1:06.99	777	Patterson, Lauren	15	NC Enfinity Aquatic Club	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.37	985	Thompson, Will	15	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
2	57.53	978	Wimberly, Jacob	15	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	58.42	942	Battaglini, Lucca	15	NC Club Kick Start	3/24/2021	2021 FL ISCA International Senior Meet
4	58.82	926	Harper, James	15	NC Aquatic Team Of Mecklenburg	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE
5	59.35	905	Dunham, Davis	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
6	1:00.59	855	Erickson, Chris	15	NC Hillsborough Aquatic Club	7/24/2021	2021 NCS LC SR Championships
7	1:00.93	842	Tangeman, Brady	15	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
8	1:00.99	840	Bennison, James	15	NC New Wave Swim Team	4/25/2021	2021 NC WAVE Sprint Into LC
9	1:01.32 r	827	Spinner, Wiley	15	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
10	1:01.55	818	Lloyd, Landon	15	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 15 200 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	2:18.13	873	Donlan, Molly	15	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
2	2:19.14	857	Neal, Kayman	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
3	2:19.36	853	Welsh, Lily	15	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
4	2:22.05	809	Bernardo, Lauren	15	NC SwimMAC Carolina	6/26/2021	2021 SC TG Dash and Splash
5	2:22.23	806	Rydzewski, Sami	15	NC Raleigh Swimming Association	7/25/2021	2021 NCS LC SR Championships
6	2:23.77	781	Kozubowski, Caroline	15	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
7	2:24.35	772	Hull, Aubrey	15	NC Mecklenburg Swim Association	6/26/2021	2021 SC TG Dash and Splash
8	2:24.72	766	Quisumbing, Andie	15	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle Cl
9	2:24.88	764	Martinson, Kara	15	NC SwimMAC Carolina	6/26/2021	2021 SC TG Dash and Splash
10	2:26.54	737	Vannote, Carly	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 15 200 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	2:04.69	968	Wimberly, Jacob	15	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
2	2:07.42	915	Dunham, Davis	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
3	2:07.76	908	Thompson, Will	15	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
4	2:09.39	877	Harper, James	15	NC Aquatic Team Of Mecklenburg	6/26/2021	2021 NC EAC Independence Invit
5	2:10.61	854	Ayers, Alex	15	NC Unattached	4/24/2021	2021 SC Carolina Crown Challenge
6	2:11.18	843	Tangeman, Brady	15	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
7	2:11.38	840	Degroote, Hudson	15	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
8	2:11.49	838	Marrujo, Max	15	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
9	2:12.87	812	Tuttle, Wilson	15	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
10	2:12.92	811	Turner, Mason	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:13.29	834	Cotter, Keelan	15	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI
2	1:14.36	802	Plaza, Sofia	15	NC Unattached	7/17/2021	2021 NC ESSZ LC Sectional
3	1:14.45	799	Monk, Ivy	15	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
4	1:15.25	775	Patterson, Lauren	15	NC Enfinity Aquatic Club	7/23/2021	2021 NCS LC SR Championships
5	1:15.64	764	Ivanov, Katya	15	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
6	1:15.75	761	Druhan, Abby	15	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
7	1:15.77	760	Tuchi, Grace	15	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
8	1:16.05	752	McGonigal, Maeren	15	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit
9	1:17.94	697	Madrzykowski, Natalie	15	NC Unattached	3/26/2021	2021 SC MOC Championship Final
10	1:18.41	683	Weigand, Hailey	15	NC Waves Of Wilmington, Inc.	7/23/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:05.52	951	Walker, Brasen	15	NC Raleigh Swimming Association	5/15/2021	2021 NC STAR Long Days of Summ
2	1:05.59	948	Nye, Grayson	15	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
3	1:07.85	872	Setzer, Sean	15	NC Waves Of Wilmington, Inc.	7/23/2021	2021 NCS LC SR Championships
4	1:07.95	869	Aleman, Liam	15	NC YMCA of Western North Carolina	7/23/2021	2021 NCS LC SR Championships
5	1:08.12	863	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	6/26/2021	2021 NC EAC Independence Invit
6	1:08.50	851	Li, Andrew	15	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier
7	1:08.95	836	Delmar, Ben	15	NC Unattached	4/24/2021	2021 SC Carolina Crown Challenge
8	1:08.99	834	Vincent, Will	15	NC Marlins Of Raleigh	7/23/2021	2021 NCS LC SR Championships
9	1:09.27	825	Brown, Mark	15	NC Greensboro Community YMCA	7/23/2021	2021 NCS LC SR Championships
10	1:09.42	820	Hetzell, Mason	15	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:35.99	865	Plaza, Sofia	15	NC Unattached	7/18/2021	2021 NC ESSZ LC Sectional
2	2:40.96	798	Monk, Ivy	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
3	2:42.40	779	Tuchi, Grace	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
4	2:42.86	772	Cotter, Keelan	15	NC TAC Titans	11/14/2020	2020 Toyota Greensboro
5	2:44.12	756	Ivanov, Katya	15	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
6	2:44.97	745	Druhan, Abby	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
7	2:46.30	727	Thome, Paige	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
8	2:48.31	701	Wolk, Audrey	15	NC North Carolina Aquatic Club	6/27/2021	2021 NC NCAC Summer Meet
9	2:51.69	658	Patterson, Lauren	15	NC Enfinity Aquatic Club	6/11/2021	2021 NC GCY Sprint and Distance
10	2:51.91	655	Weigand, Hailey	15	NC Waves Of Wilmington, Inc.	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:21.45	929	Nye, Grayson	15	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
2	2:23.26	903	Walker, Brasen	15	NC Raleigh Swimming Association	5/14/2021	2021 NC STAR Long Days of Summ
3	2:24.38	887	Delmar, Ben	15	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
4	2:26.00	863	Vonweihe, Owen	15	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
5	2:26.83	852	Aleman, Liam	15	NC YMCA of Western North Carolina	7/24/2021	2021 NCS LC SR Championships
6	2:29.62	812	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	7/18/2021	2021 NC ESSZ LC Sectional
7	2:29.73	810	Klein, Freddy	15	NC SwimMAC Carolina	7/24/2021	2021 NCS LC SR Championships
8	2:30.75	796	Li, Andrew	15	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle Cl
9	2:31.09	791	Haywood, Jack	15	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
10	2:32.41	773	Schoenagel, Matthew	15	NC Raleigh Swimming Association	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.70	889	Cotter, Keelan	15	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
2	1:02.58	858	McDonald, Kaylee	15	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
3	1:04.12	803	Neal, Kayman	15	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
4	1:04.20	801	Quisumbing, Andie	15	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
4	1:04.20	801	Shanahan, Mary	15	NC Hillsborough Aquatic Club	7/23/2021	2021 NCS LC SR Championships
6	1:05.10	769	McGonigal, Maeren	15	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit
7	1:05.33	761	Haviland, Eleanor	15	NC Aquatic Team Of Mecklenburg	7/17/2021	2021 NC ESSZ LC Sectional
8	1:05.34	761	Rydzewski, Sami	15	NC Raleigh Swimming Association	7/23/2021	2021 NCS LC SR Championships
8	1:05.34	761	Jenkins, Grace	15	NC Mars Hill Aquatic Club	7/17/2021	2021 NC ESSZ LC Sectional
10	1:05.37	760	Wilhelm, Kiley	15	NC Unattached	9/19/2020	2020 NC SAC Social Distance Me

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.23	912	Battaglini, Lucca	15	NC Club Kick Start	3/26/2021	2021 FL ISCA International Senior Meet
2	57.07	876	Keen, Troy	15	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
3	57.51	858	Lloyd, Landon	15	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
4	58.00	837	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	6/26/2021	2021 NC EAC Independence Invit
5	58.61	812	Commins, Andy	15	NC North Carolina Aquatic Club	4/30/2021	2021 TYR 18&U Spring Cup Orlando
6	58.98	797	Degroote, Hudson	15	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
7	59.44	778	Hetzell, Mason	15	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
8	59.64	770	Edwards, Johnny	15	NC Greensboro Community YMCA	7/23/2021	2021 NCS LC SR Championships
9	59.83	763	Glassner, George	15	NC SwimMAC Carolina	7/23/2021	2021 NCS LC SR Championships
10	59.86	762	Spinner, Wiley	15	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:19.86	824	McDonald, Kaylee	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
2	2:24.60	753	Vannote, Carly	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	2:24.80	750	Shanahan, Mary	15	NC Hillsborough Aquatic Club	7/24/2021	2021 NCS LC SR Championships
4	2:25.60	739	Mitchell, Elodie	15	NC YMCA of the Triangle Area Swim Team	7/25/2021	2021 NC YOTA YMCA LC Festival
5	2:25.78	736	White, Marisa	15	NC New Wave Swim Team	5/15/2021	2021 NC STAR Long Days of Summ
6	2:25.80	736	Burgess, Stefanie	15	NC Marlins Of Raleigh	10/2/2020	2020 NC TAC TITANS Oct LCM
7	2:27.11	717	Lee, Emma	15	NC Mecklenburg Swim Association	6/27/2021	2021 SC TG Dash and Splash
7	2:27.11	717	Kwong, Yasmine	15	NC YMCA of the Triangle Area Swim Team	7/25/2021	2021 NC YOTA YMCA LC Festival
9	2:27.22	715	Thome, Paige	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
10	2:27.82	706	Bernardo, Lauren	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.33	814	Degroote, Hudson	15	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
2	2:10.44	812	Commins, Andy	15	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
3	2:12.89	769	Keen, Troy	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	2:12.89	769	Turner, Mason	15	NC SwimMAC Carolina	6/27/2021	2021 SC TG Dash and Splash
5	2:14.76	736	Edwards, Johnny	15	NC Greensboro Community YMCA	5/15/2021	2021 NC TAC Spring Invitational
6	2:16.06	713	Henage, Charles	15	NC SwimMAC Carolina	7/24/2021	2021 NCS LC SR Championships
7	2:17.69	686	Johnson, Cameron	15	NC East Carolina Aquatics	7/24/2021	2021 NCS LC SR Championships
8	2:17.88	682	Spicer, Zachary	15	NC Aquatic Team Of Mecklenburg	7/24/2021	2021 NCS LC SR Championships
9	2:17.93	681	Hetzell, Mason	15	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational
10	2:18.58	671	Gilbert, Thomas	15	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle Cl

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.02	941	Cotter, Keelan	15	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
2	2:22.49	823	Druhan, Abby	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	2:22.66	820	Plaza, Sofia	15	NC Unattached	7/15/2021	2021 NC ESSZ LC Sectional
4	2:24.25	792	Ivanov, Katya	15	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
5	2:24.71	784	McDonald, Kaylee	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
6	2:26.40	755	Monk, Ivy	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
7	2:27.09	743	Tuchi, Grace	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
8	2:28.53	719	Bernardo, Lauren	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
9	2:28.63	717	Haviland, Eleanor	15	NC Aquatic Team Of Mecklenburg	7/15/2021	2021 NC ESSZ LC Sectional
10	2:28.64	717	McGonigal, Maeren	15	NC Enfinity Aquatic Club	6/25/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.85	910	Ayers, Alex	15	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
2	2:09.66	873	Haywood, Jack	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	2:12.86	808	Aleman, Liam	15	NC YMCA of Western North Carolina	7/25/2021	2021 NCS LC SR Championships
4	2:13.04	804	Li, Andrew	15	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
5	2:13.09	803	Dunham, Davis	15	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
6	2:13.13	803	Nye, Grayson	15	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
7	2:13.68	792	Hohm, Nate	15	NC Aquatic Team Of Mecklenburg	7/15/2021	2021 NC ESSZ LC Sectional
8	2:14.34	779	Hetzell, Mason	15	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational
9	2:14.66	773	Schoenagel, Matthew	15	NC Raleigh Swimming Association	7/25/2021	2021 NCS LC SR Championships
10	2:14.74	771	Aristondo, Chris	15	NC Aquatic Team Of Mecklenburg	7/25/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 15 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:53.92	865	Cotter, Keelan	15	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
2	5:00.18	814	Plaza, Sofia	15	NC Unattached	7/16/2021	2021 NC ESSZ LC Sectional
3	5:07.47	757	Tuchi, Grace	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
4	5:08.62	748	Ivanov, Katya	15	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
5	5:10.54	733	Druhan, Abby	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
6	5:14.05	706	Rydzewski, Sami	15	NC Raleigh Swimming Association	6/12/2021	2021 NC GCY Sprint and Distance
7	5:14.59	702	Thome, Paige	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
8	5:18.11	675	Dalton, Mary Bonner	15	NC SwimMAC Carolina	5/9/2021	2021 NC SwimMAC Spring Splash
9	5:18.12	675	Bernardo, Lauren	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
10	5:20.94	654	Wolk, Audrey	15	NC North Carolina Aquatic Club	7/16/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 15 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:35.53	866	Ayers, Alex	15	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
2	4:38.77	837	Degroote, Hudson	15	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional
3	4:40.89	818	Peck, Connor	15	NC North Carolina Aquatic Club	7/16/2021	2021 NC ESSZ LC Sectional
4	4:41.63	812	Li, Andrew	15	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
5	4:41.74	811	Haywood, Jack	15	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
6	4:45.06	782	Turner, Mason	15	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
7	4:45.72	776	Tuttle, Wilson	15	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional
8	4:46.35	771	Aleman, Liam	15	NC YMCA of Western North Carolina	7/23/2021	2021 NCS LC SR Championships
9	4:46.84	766	Vonweihe, Owen	15	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional
10	4:51.76	724	Klein, Freddy	15	NC SwimMAC Carolina	7/23/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	24.17	1067	Curzan, Claire	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
2	26.75	832	Gendzel, Maya	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	27.02	809	Jacobs, Jenna	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
4	27.09	803	Nugent, Nina	16	NC Granite Falls Swim Club Makos	5/14/2021	2021 NC TAC Spring Invitational
4	27.09	803	Wilhelm, Kiley	16	NC Lifetime Swim Team North Carolina	5/1/2021	2021 TYR 18&U Spring Cup Orlando
6	27.20	793	Stolberg, Emma	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
7	27.21	793	Burgess, Stefanie	16	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
8	27.26	788	Cornell, Caitlyn	16	NC Lifetime Swim Team North Carolina	7/24/2021	2021 NCS LC SR Championships
9	27.28	787	Earnshaw, Julia	16	NC YMCA of the Triangle Area Swim Team	5/1/2021	2021 TYR 18&U Spring Cup Orlando
10	27.30	785	Dry, Elena	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.03	940	Dillingham, Diggory	16	NC SwimMAC Carolina	5/14/2021	2021 NC TAC Spring Invitational
2	24.09	849	Bacon, Tate	16	NC Marlins Of Raleigh	11/13/2020	2020 Toyota Greensboro
3	24.10	848	Thompson, Will	16	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle Cl
4	24.27	834	Thornhill, Kwame	16	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
5	24.34	828	Lee, Henry	16	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle Cl
6	24.36	826	Walker, Wells	16	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
6	24.36	826	Jensen, Jacob	16	NC Xcell Aquatics	7/18/2021	2021 NC ESSZ LC Sectional
8	24.41	822	Lloyd, Landon	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
9	24.50	815	Harris, Tiesyn	16	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
10	24.57	809	Hardy, Ryan	16	NC YMCA of the Triangle Area Swim Team	5/1/2021	2021 TYR 18&U Spring Cup Orlando

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	53.55	1032	Curzan, Claire	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
2	57.97	822	Gendzel, Maya	16	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	58.36 r	804	Wilhelm, Kiley	16	NC Lifetime Swim Team North Carolina	7/23/2021	2021 NCS LC SR Championships
4	58.46	800	Donlan, Molly	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
5	58.77	786	Jacobs, Jenna	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
6	59.46	755	Morris, Taylor	16	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier
7	59.78	741	Stolberg, Emma	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
8	59.89	736	White, Eliana	16	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
9	59.91	735	Wozny, Makenna	16	NC SwimMAC Carolina	6/26/2021	2021 SC TG Dash and Splash
10	59.98	732	Burgess, Stefanie	16	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	52.72	847	Bacon, Tate	16	NC Marlins Of Raleigh	11/14/2020	2020 Toyota Greensboro
2	52.91	838	Dillingham, Diggory	16	NC SwimMAC Carolina	6/25/2021	2021 CA Dolfin Fran Crippen SMOC
3	53.03	833	Jao, Nathan	16	NC Enfinity Aquatic Club	6/25/2021	2021 NC EAC Independence Invit
4	53.07	831	Thompson, Will	16	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle Cl
5	53.14 r	828	Ayers, Alex	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
6	53.27	822	Fox, Jerry	16	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle Cl
7	53.36	818	Lloyd, Landon	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
8	53.39	817	Wimberly, Jacob	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
9	53.48	813	Harris, Dax	16	NC Greensboro Community YMCA	5/16/2021	2021 NC TAC Spring Invitational
10	53.49	812	Quaresma, David	16	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:06.18	791	Carpenter, Emily	16	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle CI
2	2:06.63	781	Hastings, Emma	16	NC East Carolina Aquatics	4/10/2021	2021 NC TAC TITANS LC Premier
3	2:07.33	765	Wozny, Makenna	16	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	2:08.08	748	Morris, Taylor	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
5	2:08.21 r	745	Stolberg, Emma	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
6	2:08.43	740	Jacobs, Jenna	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
7	2:08.52	738	Rainey, Grace	16	NC SwimMAC Carolina	5/7/2021	2021 NC SGSA Mother May I
8	2:09.15	724	Gendzel, Maya	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
9	2:09.24	722	Sleime, Leyla	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
10	2:09.56	715	Kozubowski, Caroline	16	NC Marlins Of Raleigh	4/30/2021	2021 VA HOKI May Day Invitatio

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 16 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:54.85 r	850	Wimberly, Jacob	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
2	1:55.17	842	Haughey, Braeden	16	NC TAC Titans	10/2/2020	2020 NC TAC TITANS Oct LCM
3	1:55.78	828	Harris, Dax	16	NC Greensboro Community YMCA	5/14/2021	2021 NC TAC Spring Invitational
4	1:55.83	827	Quaresma, David	16	NC Marlins Of Raleigh	6/19/2021	2021 NC SGSA Eastern Invitatio
5	1:55.93 r	824	Ayers, Alex	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
6	1:56.42	813	Jao, Nathan	16	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit
7	1:56.46	812	McKinney, Ian	16	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
8	1:56.51	811	Russell, Kellen	16	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
9	1:56.78	805	Adley, Logan	16	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
10	1:57.10	797	Lloyd, Landon	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:19.03	855	Hastings, Emma	16	NC East Carolina Aquatics	1/16/2021	2021 Pro Series - Richmond
2	4:27.00	763	Carpenter, Emily	16	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
3	4:28.03	752	Hook, Charlotte	16	NC TAC Titans	10/3/2020	2020 NC TAC TITANS Oct LCM
4	4:30.13	729	Jacobs, Jenna	16	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
5	4:30.94	720	Morris, Taylor	16	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
6	4:31.05	719	Sleime, Leyla	16	NC SwimMAC Carolina	6/17/2021	2021 NC SGSA Eastern Invitatio
7	4:32.45	703	Wozny, Makenna	16	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
8	4:32.73	700	Boehlke, Eva	16	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
9	4:33.22	695	Smith, Sydney	16	NC Marlins Of Raleigh	6/17/2021	2021 NC SGSA Eastern Invitatio
10	4:33.66	691	Stolberg, Emma	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:00.47	879	Haughey, Braeden	16	NC TAC Titans	11/13/2020	2020 Toyota Greensboro
2	4:05.75	821	Chang, Chris	16	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier
3	4:05.84	820	Ayers, Alex	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
4	4:07.85	798	Wimberly, Jacob	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
5	4:08.25	794	McKinney, Ian	16	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
6	4:08.58	791	Russell, Kellen	16	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier
7	4:09.69	779	Harris, Dax	16	NC Greensboro Community YMCA	6/25/2021	2021 NC EAC Independence Invit
8	4:10.08	775	Adley, Logan	16	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
9	4:11.69	758	Williams, Keith	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
10	4:14.41	729	Quaresma, David	16	NC Marlins Of Raleigh	6/17/2021	2021 NC SGSA Eastern Invitatio

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:47.30	881	Hastings, Emma	16	NC East Carolina Aquatics	1/14/2021	2021 Pro Series - Richmond
2	9:15.67	735	Sleime, Leyla	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	9:29.86	666	Pierce, Camila	16	NC Raleigh Swimming Association	7/22/2021	2021 NCS LC SR Championships
4	9:31.58	658	Dalton, Mary Bonner	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
5	9:31.98	656	Smith, Sydney	16	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio
6	9:33.43	649	Bozza, Natalie	16	NC Mecklenburg Swim Association	7/22/2021	2021 NCS LC SR Championships
7	9:38.74	624	Bush, Meredith	16	NC Mecklenburg Swim Association	7/22/2021	2021 NCS LC SR Championships
8	9:39.31	622	Wozny, Makenna	16	NC SwimMAC Carolina	5/7/2021	2021 NC SwimMAC Spring Splash
9	9:40.02	619	Parmenter, Katie	16	NC Hickory Foundation YMCA Seahorse Swim Team	7/9/2021	2021 NC YSST USRY Championship
10	9:42.51	607	Sciaudone, Rose	16	NC Marlins Of Raleigh	7/22/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:29.08	811	Chang, Chris	16	NC TAC Titans	4/8/2021	2021 NC TAC TITANS LC Premier
2	8:35.72	776	Adley, Logan	16	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
3	8:37.32	768	Williams, Keith	16	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
4	8:38.33	762	McKinney, Ian	16	NC Mecklenburg Swim Association	7/22/2021	2021 NCS LC SR Championships
5	8:41.48	746	Russell, Kellen	16	NC TAC Titans	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	8:48.39	711	Carlino, Gianni Or G	16	NC TAC Titans	4/8/2021	2021 NC TAC TITANS LC Premier
7	8:49.34	706	Dunlap, Willi	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
8	8:53.64	685	Seeber, Andrew	16	NC Greensboro Community YMCA	7/22/2021	2021 NCS LC SR Championships
9	8:58.42	662	Doherty, Torin	16	NC Marlins Of Raleigh	7/22/2021	2021 NCS LC SR Championships
10	9:00.82	650	Stockey, Jayden	16	NC TAC Titans	10/2/2020	2020 NC TAC TITANS Oct LCM

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	17:02.70	870	Hastings, Emma	16	NC East Carolina Aquatics	1/17/2021	2021 Pro Series - Richmond
2	17:40.62	771	Sleime, Leyla	16	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
3	17:43.91	762	Boehlke, Eva	16	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
4	17:54.88	735	Wozny, Makenna	16	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
5	18:00.65	720	Dalton, Mary Bonner	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
6	18:03.06	714	Pierce, Camila	16	NC Raleigh Swimming Association	7/25/2021	2021 NCS LC SR Championships
7	18:08.87	700	Bush, Meredith	16	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
8	18:10.70	696	Smith, Sydney	16	NC Marlins Of Raleigh	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
9	18:29.00	651	Sciaudone, Rose	16	NC Marlins Of Raleigh	7/25/2021	2021 NCS LC SR Championships
10	18:40.28	625	Becker, Kailyn	16	NC TAC Titans	7/11/2021	2021 NC TAC TITANS July Qualifier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:29.41	790	Chang, Chris	16	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
2	16:31.78	785	McKinney, Ian	16	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
3	16:56.51	725	Ayers, Alex	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
4	16:59.27	719	Dunlap, Willi	16	NC TAC Titans	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
5	17:05.59	704	Frye, Robby	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
6	17:08.89	696	Bundy, Samuel	16	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
7	17:11.91	689	Seeber, Andrew	16	NC Greensboro Community YMCA	7/25/2021	2021 NCS LC SR Championships
8	17:17.66	676	Bachmann, Cole	16	NC Marlins Of Raleigh	7/25/2021	2021 NCS LC SR Championships
9	17:19.23	673	Wade, Colton	16	NC TAC Titans	7/18/2021	2021 NC ESSZ LC Sectional
10	17:23.51	663	Shores, Peter	16	NC Blues Aquatics	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 16 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	58.82	1084	Curzan, Claire	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
2	1:00.97	994	Wilhelm, Kiley	16	NC Lifetime Swim Team North Carolina	3/26/2021	2021 SC MOC Championship Final
3	1:03.13	907	Morris, Taylor	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
4	1:04.25 r	863	Donlan, Molly	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
5	1:04.37	859	Razewski, Morgan	16	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	1:04.54	852	Carpenter, Emily	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
7	1:05.41	819	Bezuidenhout, Chrisna	16	NC YMCA of the Triangle Area Swim Team	5/1/2021	2021 TYR 18&U Spring Cup Orlando
8	1:06.30	785	Kozubowski, Caroline	16	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional
9	1:06.76	768	Daniels, Grace	16	NC SwimMAC Carolina	7/24/2021	2021 NCS LC SR Championships
10	1:06.94	761	Allred, Samantha	16	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 16 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	57.15	939	Thompson, Will	16	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
2	57.50	924	Hardy, Ryan	16	NC YMCA of the Triangle Area Swim Team	5/15/2021	2021 NC TAC Spring Invitational
3	58.08	900	Bacon, Tate	16	NC Marlins Of Raleigh	1/30/2021	2021 VA NOVA LC Winter Invitat
4	58.57	880	Stoner, Reese	16	NC YMCA of the Triangle Area Swim Team	7/22/2021	2021 NC YOTA YMCA LC Festival
5	58.73	874	Noble, Ross	16	NC YMCA of the Triangle Area Swim Team	5/1/2021	2021 TYR 18&U Spring Cup Orlando
6	59.50	843	Haughey, Braeden	16	NC TAC Titans	10/2/2020	2020 NC TAC TITANS Oct LCM
7	59.92	826	Hill, Aidan	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
8	1:00.29 r	811	Wimberly, Jacob	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
9	1:00.30 r	811	Holian, Tanner	16	NC Greensboro Community YMCA	7/25/2021	2021 NCS LC SR Championships
10	1:00.32	810	Whelehan, Colin	16	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:11.82	961	Curzan, Claire	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
2	2:12.02	958	Wilhelm, Kiley	16	NC Lifetime Swim Team North Carolina	4/30/2021	2021 TYR 18&U Spring Cup Orlando Time Trials
3	2:16.17	887	Carpenter, Emily	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
4	2:20.61	813	Morris, Taylor	16	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle Cl
5	2:20.73	811	Kozubowski, Caroline	16	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
6	2:21.01	807	Boehlke, Eva	16	NC North Carolina Aquatic Club	3/4/2021	2021 NC Speedo ESSZ Spring Tim
7	2:23.15	772	Bezuidenhout, Chrisna	16	NC YMCA of the Triangle Area Swim Team	7/11/2021	2021 NC YSST USRY Championship
8	2:23.32	769	Daniels, Grace	16	NC SwimMAC Carolina	6/26/2021	2021 SC TG Dash and Splash
9	2:23.50	766	Stolberg, Emma	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
10	2:23.80	762	Bezuidenhout, Clarissa	16	NC YMCA of the Triangle Area Swim Team	5/2/2021	2021 TYR 18&U Spring Cup Orlando

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 16 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	2:00.38	1009	Haughey, Braeden	16	NC TAC Titans	11/14/2020	2020 Toyota Greensboro
2	2:08.44	850	Stoner, Reese	16	NC YMCA of the Triangle Area Swim Team	7/24/2021	2021 NC YOTA YMCA LC Festival
3	2:09.27	834	Thompson, Will	16	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle Cl
4	2:09.82	824	Bacon, Tate	16	NC Marlins Of Raleigh	1/31/2021	2021 VA NOVA LC Winter Invitat
5	2:10.75	806	Whelehan, Colin	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
6	2:11.10	800	Hill, Aidan	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
7	2:11.74	788	Noble, Ross	16	NC YMCA of the Triangle Area Swim Team	5/2/2021	2021 TYR 18&U Spring Cup Orlando
8	2:13.98	747	Wimberly, Jacob	16	NC SwimMAC Carolina	6/26/2021	2021 SC TG Dash and Splash
9	2:14.32	741	Smith, Ben	16	NC YMCA of the Triangle Area Swim Team	6/20/2021	2021 VA SRVA Summer Invitation
10	2:14.58	736	Jacobs, Chad	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:11.17	885	Rainey, Grace	16	NC SwimMAC Carolina	1/15/2021	2021 Pro Series - Richmond
2	1:13.32	819	Armand, Samantha	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
3	1:13.97	799	Kudela, Caroline	16	NC Mecklenburg Swim Association	1/15/2021	2021 Pro Series - Richmond
4	1:15.38	757	Sanders, Sydney	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
5	1:16.26	731	Boehlke, Eva	16	NC North Carolina Aquatic Club	4/30/2021	2021 TYR 18&U Spring Cup Orlando
6	1:17.38	699	Mast, Alexis	16	NC Marlins Of Raleigh	7/23/2021	2021 NCS LC SR Championships
7	1:17.55	694	Wozny, Makenna	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
8	1:17.67	690	Gendzel, Maya	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
9	1:17.95	682	Bambauer, Sophie	16	NC Team Charlotte Swimming	6/19/2021	2021 GA Edwin C Cuttino Invite
10	1:18.13	677	Holmes, Mary	16	NC North Carolina Aquatic Club	7/10/2021	2021 NC NCAC Last Chance Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.85	964	Taylor, John Reese	16	NC YMCA of the Triangle Area Swim Team	5/15/2021	2021 NC TAC Spring Invitational
2	1:04.23	950	Lee, Henry	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
3	1:04.75	932	Lucky, Matthew	16	NC Sailfish Aquatics	5/8/2021	2021 NC SGSA Mother May I
4	1:04.90	927	Walker, Brasen	16	NC Raleigh Swimming Association	7/23/2021	2021 NCS LC SR Championships
5	1:05.42	909	Valliere, Tucker	16	NC Blues Aquatics	7/23/2021	2021 NCS LC SR Championships
6	1:05.54	905	Delmar, Ben	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
7	1:08.34	810	Deng, Jake	16	NC Aquatic Team Of Mecklenburg	6/11/2021	2021 SC RAYS RAYS OF SUNSHINE
8	1:08.78	796	Chow, Nicholas	16	NC Aquatic Team Of Mecklenburg	6/11/2021	2021 SC RAYS RAYS OF SUNSHINE
9	1:08.81	795	Stallings, Hayden	16	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
10	1:09.14	784	Clark, Joseph	16	NC Aquatic Team Of Mecklenburg	6/26/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:30.99	930	Rainey, Grace	16	NC SwimMAC Carolina	1/16/2021	2021 Pro Series - Richmond
2	2:37.88	835	Sanders, Sydney	16	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	2:39.71	811	Armand, Samantha	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
4	2:39.77	810	Kudela, Caroline	16	NC Mecklenburg Swim Association	1/16/2021	2021 Pro Series - Richmond
5	2:42.61	772	Boehlke, Eva	16	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
6	2:48.87	691	Wozny, Makenna	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
7	2:48.90	690	Bloom, Taylor	16	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
8	2:48.96	689	Bambauer, Sophie	16	NC Team Charlotte Swimming	6/18/2021	2021 GA Edwin C Cuttino Invite
9	2:49.11	687	Day, Keenan	16	NC YMCA of the Triangle Area Swim Team	6/19/2021	2021 VA SRVA Summer Invitation
10	2:49.54	682	Benton, Meredith	16	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.65	963	Lucky, Matthew	16	NC Sailfish Aquatics	3/4/2021	2021 NC Speedo ESSZ Spring Tim
2	2:19.59	949	Delmar, Ben	16	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
3	2:21.21	925	Taylor, John Reese	16	NC YMCA of the Triangle Area Swim Team	5/16/2021	2021 NC TAC Spring Invitational
4	2:22.36	908	Valliere, Tucker	16	NC Blues Aquatics	7/24/2021	2021 NCS LC SR Championships
5	2:23.01	899	Walker, Brasen	16	NC Raleigh Swimming Association	7/24/2021	2021 NCS LC SR Championships
6	2:29.44	807	McCarter, Gavin	16	NC SwimMAC Carolina	7/24/2021	2021 NCS LC SR Championships
7	2:29.58	805	Stoner, Reese	16	NC YMCA of the Triangle Area Swim Team	6/19/2021	2021 VA SRVA Summer Invitation
8	2:29.86	801	Deng, Jake	16	NC Aquatic Team Of Mecklenburg	6/25/2021	2021 NC EAC Independence Invit
9	2:30.32	794	Kisshauer, Greg	16	NC SwimMAC Carolina	7/24/2021	2021 NCS LC SR Championships
10	2:30.62	790	Chow, Nicholas	16	NC Aquatic Team Of Mecklenburg	6/25/2021	2021 NC EAC Independence Invit

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.20	1074	Curzan, Claire	16	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
2	1:00.13	927	Hook, Charlotte	16	NC TAC Titans	11/13/2020	2020 Toyota Greensboro
3	1:00.25	923	Wilhelm, Kiley	16	NC Lifetime Swim Team North Carolina	4/30/2021	2021 TYR 18&U Spring Cup Orlando
4	1:02.22	851	Donlan, Molly	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
5	1:03.03	822	Dry, Elena	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
6	1:03.16	818	Rainey, Grace	16	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
7	1:03.19	817	Morris, Taylor	16	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
8	1:03.31	813	Bloom, Taylor	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
9	1:03.36	811	Stolberg, Emma	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
10	1:04.10	785	Burgess, Stefanie	16	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.56	948	Lee, Henry	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
2	54.74	941	Bacon, Tate	16	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	56.76	854	Whelehan, Colin	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	56.76	854	Lloyd, Landon	16	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
5	57.23	834	Jao, Nathan	16	NC Enfinity Aquatic Club	6/26/2021	2021 NC EAC Independence Invit
6	57.35	829	Thompson, Will	16	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
7	57.80	810	Clark, Joseph	16	NC Aquatic Team Of Mecklenburg	7/15/2021	2021 NC ESSZ LC Sectional
8	58.18	795	Noble, Ross	16	NC YMCA of the Triangle Area Swim Team	5/2/2021	2021 TYR 18&U Spring Cup Orlando Time Trials
9	58.43	784	Hill, Aidan	16	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
10	58.61	777	Prucha, John	16	NC TAC Titans	10/3/2020	2020 NC TAC TITANS Oct LCM

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.90	958	Hook, Charlotte	16	NC TAC Titans	11/14/2020	2020 Toyota Greensboro
2	2:16.13	878	Stolberg, Emma	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	2:20.06	818	Bloom, Taylor	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
4	2:20.66	809	Rainey, Grace	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
5	2:21.17	801	Burgess, Stefanie	16	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
6	2:22.23	785	Wilhelm, Kiley	16	NC Lifetime Swim Team North Carolina	5/22/2021	2021 SC RAYS 3RD ANNUAL LYNN W
7	2:22.45	782	Pierce, Camila	16	NC Raleigh Swimming Association	7/24/2021	2021 NCS LC SR Championships
8	2:25.96	730	Pain, Katie	16	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
9	2:26.09	729	Dalton, Mary Bonner	16	NC SwimMAC Carolina	7/24/2021	2021 NCS LC SR Championships
10	2:26.86	717	Boulware, Olivia	16	NC Marlins Of Raleigh	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:05.25	863	Bacon, Tate	16	NC Marlins Of Raleigh	1/31/2021	2021 VA NOVA LC Winter Invitat
2	2:08.13	810	Jao, Nathan	16	NC Enfinity Aquatic Club	6/25/2021	2021 NC EAC Independence Invit
3	2:08.77	798	Frye, Robby	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
4	2:08.79	798	Noble, Ross	16	NC YMCA of the Triangle Area Swim Team	5/1/2021	2021 TYR 18&U Spring Cup Orlando
5	2:08.90	796	McKinney, Ian	16	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
6	2:09.50	785	Russell, Kellen	16	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier
7	2:09.59	784	Doherty, Torin	16	NC Marlins Of Raleigh	7/24/2021	2021 NCS LC SR Championships
8	2:10.64	765	Berkeley, Coby	16	NC Mecklenburg Swim Association	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
9	2:10.69	764	Cook, Alex	16	NC SwimMAC Carolina	7/24/2021	2021 NCS LC SR Championships
10	2:10.73	763	Whelehan, Colin	16	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.50	926	Wilhelm, Kiley	16	NC Lifetime Swim Team North Carolina	5/2/2021	2021 TYR 18&U Spring Cup Orlando
2	2:18.03	898	Hook, Charlotte	16	NC TAC Titans	11/13/2020	2020 Toyota Greensboro
3	2:18.65	887	Rainey, Grace	16	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	2:20.69	850	Sanders, Sydney	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
5	2:22.23	822	Boehlke, Eva	16	NC North Carolina Aquatic Club	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	2:23.48	800	Donlan, Molly	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
7	2:25.06	772	Bloom, Taylor	16	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
8	2:25.94	757	Armand, Samantha	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
9	2:26.21	752	Kozubowski, Caroline	16	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
10	2:26.27	751	Wozny, Makenna	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.97	900	Lucky, Matthew	16	NC Sailfish Aquatics	5/8/2021	2021 NC SGSA Mother May I
2	2:08.76	884	Jao, Nathan	16	NC Enfinity Aquatic Club	7/15/2021	2021 NC ESSZ LC Sectional
3	2:11.28	833	Taylor, John Reese	16	NC YMCA of the Triangle Area Swim Team	5/2/2021	2021 TYR 18&U Spring Cup Orlando
4	2:12.07	817	Delmar, Ben	16	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
5	2:12.27	813	Noble, Ross	16	NC YMCA of the Triangle Area Swim Team	5/2/2021	2021 TYR 18&U Spring Cup Orlando
6	2:12.29	812	Valliere, Tucker	16	NC Blues Aquatics	7/15/2021	2021 NC ESSZ LC Sectional
7	2:12.61	806	Whelehan, Colin	16	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
8	2:12.83	801	Harris, Dax	16	NC Greensboro Community YMCA	5/15/2021	2021 NC TAC Spring Invitational
9	2:13.28	793	Lee, Henry	16	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
10	2:13.40	790	Hetzell, Mason	16	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	5:01.74	796	Boehlke, Eva	16	NC North Carolina Aquatic Club	4/30/2021	2021 TYR 18&U Spring Cup Orlando
2	5:02.53	790	Stolberg, Emma	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
3	5:02.55	790	Sanders, Sydney	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
4	5:03.55	782	Carpenter, Emily	16	NC TAC Titans	6/11/2021	2021 NC TAC TITANS Triangle Cl
5	5:04.72	772	Rainey, Grace	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
6	5:05.48	766	Bloom, Taylor	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
7	5:05.81	764	Hastings, Emma	16	NC East Carolina Aquatics	4/10/2021	2021 NC TAC TITANS LC Premier
8	5:09.20	737	Dalton, Mary Bonner	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
9	5:11.52	720	Daniels, Grace	16	NC SwimMAC Carolina	7/23/2021	2021 NCS LC SR Championships
10	5:12.90	709	Wozny, Makenna	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 16 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:29.90	902	Haughey, Braeden	16	NC TAC Titans	11/13/2020	2020 Toyota Greensboro
2	4:39.04	819	Ayers, Alex	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
3	4:41.48	797	Wimberly, Jacob	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
4	4:41.71	795	Delmar, Ben	16	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
5	4:42.33	790	Taylor, John Reese	16	NC YMCA of the Triangle Area Swim Team	4/30/2021	2021 TYR 18&U Spring Cup Orlando
6	4:42.47	789	Stoner, Reese	16	NC YMCA of the Triangle Area Swim Team	4/30/2021	2021 TYR 18&U Spring Cup Orlando
7	4:42.57	788	Noble, Ross	16	NC YMCA of the Triangle Area Swim Team	4/30/2021	2021 TYR 18&U Spring Cup Orlando
8	4:43.07	783	Chang, Chris	16	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
9	4:45.87	759	Whelehan, Colin	16	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
10	4:46.78	751	Seeber, Andrew	16	NC Greensboro Community YMCA	7/23/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 17 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	25.48	937	Ivan, Teresa	17	NC Unattached	5/17/2021	LEN European Aquatics Championships
2	26.32	862	Kapeller, Abby	17	NC TAC Titans	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	26.39	855	Stricklin, Sydney	17	NC Unattached	11/13/2020	2020 Toyota Greensboro
4	26.71	827	Parkes, Callie	17	NC Waves Of Wilmington, Inc.	6/12/2021	2021 NC TAC TITANS Triangle Cl
5	26.83	817	Hicks, Hailey	17	NC YMCA of the Triangle Area Swim Team	7/22/2021	2021 NC YOTA YMCA LC Festival
6	26.87	813	Sowards, Elizabeth	17	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
7	26.93	808	Eaker, Summer	17	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
8	27.13 r	791	Earnshaw, Julia	17	NC YMCA of the Triangle Area Swim Team	7/23/2021	2021 NC YOTA YMCA LC Festival
9	27.14	790	Thome, Alison	17	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
9	27.14	790	Schoppa, Maura	17	NC Swim GSA	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.05	908	Cotter, Michael	17	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
2	23.22	893	Hoover, Sam	17	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
3	23.58	862	Miller, Reid	17	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
4	23.83	840	Weaver, Ryan	17	NC Carolina Aquatic Team	7/15/2021	2021 NC ESSZ LC Sectional
5	24.06	821	Abaqueta, Cam	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	24.15	813	Volpe, Michael	17	NC YMCA of the Triangle Area Swim Team	5/14/2021	2021 NC TAC Spring Invitational
6	24.15	813	Duracinsky, Jacob	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
8	24.25	805	Bock, Michael	17	NC Raleigh Swimming Association	7/24/2021	2021 NC LC Senior Championship
8	24.25	805	Tutovani, Leo	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
10	24.26	804	Harris, Tiesyn	17	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.89	868	Ivan, Teresa	17	NC Unattached	5/21/2021	LEN European Aquatics Championships
2	57.62	834	Stricklin, Sydney	17	NC Unattached	11/14/2020	2020 Toyota Greensboro
3	57.86	823	Schoppa, Maura	17	NC Swim GSA	6/18/2021	2021 NC SGSA Eastern Invitatio
4	57.99	818	Eaker, Summer	17	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
5	58.22	807	Sowards, Elizabeth	17	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
6	58.67	787	Smith, Madeline	17	NC East Carolina Aquatics	7/25/2021	2021 NCS LC SR Championships
7	58.71	785	Rzewski, Morgan	17	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
8	58.98	773	Zettel, Brooke	17	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
9	59.10	768	Kosik, Ede	17	NC Carolina Aquatic Team	3/4/2021	2021 NC Speedo ESSZ Spring Tim
10	59.33	758	Thome, Alison	17	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 100 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	50.64	910	Cotter, Michael	17	NC TAC Titans	11/14/2020	2020 Toyota Greensboro
3	51.85	853	Miller, Reid	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	52.08	842	Zucker, Logan	17	NC SwimMAC Carolina	5/8/2021	2021 NC SGSA Mother May I
5	52.33	831	Duracinsky, Jacob	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	52.35	830	Bacon, Tate	17	NC Marlins Of Raleigh	5/16/2021	2021 GA SwimAtlanta's Mizuno 2021
7	52.90	805	Abaqueta, Cam	17	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
8	53.10	795	Weaver, Ryan	17	NC Carolina Aquatic Team	7/18/2021	2021 NC ESSZ LC Sectional
9	53.20	791	Ranier, Harrison	17	NC Sailfish Aquatics	5/8/2021	2021 NC SGSA Mother May I
10	53.41	781	Haughey, Braeden	17	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.62	925	Gorbenko, Anastasya	17	NC Unattached	5/19/2021	LEN European Aquatics Championships
2	2:03.75	849	Zettel, Brooke	17	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	2:04.77	824	Pennington, Caroline	17	NC TAC Titans	1/15/2021	2021 Pro Series - Richmond
4	2:05.72	802	Hastings, Emma	17	NC East Carolina Aquatics	7/23/2021	2021 NCS LC SR Championships
5	2:05.75	801	Eaker, Summer	17	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
6	2:06.00	796	Clark, Hayley	17	NC North Carolina Aquatic Club	7/16/2021	2021 NC ESSZ LC Sectional
7	2:06.50	784	Carpenter, Emily	17	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
8	2:06.92	774	Schoppa, Maura	17	NC Swim GSA	6/19/2021	2021 NC SGSA Eastern Invitatio
9	2:07.42	763	Ciancanelli, Makayla	17	NC Marlins Of Raleigh	1/30/2021	2021 VA NOVA LC Winter Invitat
10	2:07.79	755	Smith, Madeline	17	NC East Carolina Aquatics	7/23/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:49.62	946	Cotter, Michael	17	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
2	1:50.74	918	Hoover, Sam	17	NC North Carolina Aquatic Club	11/13/2020	2020 Toyota Greensboro
3	1:54.19	835	Pishko, Jacob	17	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
4	1:55.02	815	Zucker, Logan	17	NC SwimMAC Carolina	5/7/2021	2021 NC SGSA Mother May I
5	1:55.09	813	Harris, Dax	17	NC Greensboro Community YMCA	7/23/2021	2021 NCS LC SR Championships
6	1:55.67	800	Haughey, Braeden	17	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
7	1:55.79	797	Hohnbaum, Graham	17	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
8	1:55.98	793	Bacon, Tate	17	NC Marlins Of Raleigh	6/19/2021	2021 NC SGSA Eastern Invitatio
9	1:56.41	783	Abaqueta, Cam	17	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
10	1:56.51	781	Quaresma, David	17	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:15.70	893	Pennington, Caroline	17	NC TAC Titans	1/16/2021	2021 Pro Series - Richmond
2	4:17.27	874	Hook, Charlotte	17	NC TAC Titans	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	4:22.44	814	Hastings, Emma	17	NC East Carolina Aquatics	7/24/2021	2021 NCS LC SR Championships
4	4:25.62	777	Zettel, Brooke	17	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
5	4:26.44	768	Eaker, Summer	17	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
6	4:27.66	755	Ciancanelli, Makayla	17	NC Marlins Of Raleigh	6/17/2021	2021 NC SGSA Eastern Invitatio
7	4:27.97	751	Carpenter, Emily	17	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
8	4:30.30	726	Clark, Hayley	17	NC Unattached	5/1/2021	2021 TYR 18&U Spring Cup Orlando
9	4:31.63	711	Pena, Karsen	17	NC Marlins Of Raleigh	7/17/2021	2021 NC ESSZ LC Sectional
10	4:32.27	704	Hughes, Ashley	17	NC Marlins Of Raleigh	7/17/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	3:55.40	913	Cotter, Michael	17	NC TAC Titans	6/13/2021	2020 Olympic Trials Wave II
2	3:57.68	888	Norris, Lance	17	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier
3	4:00.09	861	Zucker, Logan	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	4:01.73	842	Pishko, Jacob	17	NC TAC Titans	6/5/2021	2020 TT - U.S. Olympic Team Tr
5	4:03.42	824	Haughey, Braeden	17	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
6	4:05.20	805	Freeman, Spencer	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
7	4:05.23	804	Hoover, Sam	17	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
8	4:06.26	793	Harris, Dax	17	NC Greensboro Community YMCA	7/24/2021	2021 NCS LC SR Championships
9	4:08.14	773	Chang, Chris	17	NC TAC Titans	6/12/2021	2021 NC TAC TITANS Triangle CI
10	4:08.40	770	Sleater, Patrick	17	NC Blues Aquatics	4/9/2021	2021 NC TAC TITANS LC Premier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:40.50	911	Pennington, Caroline	17	NC TAC Titans	1/14/2021	2021 Pro Series - Richmond
2	8:54.21	838	Hastings, Emma	17	NC East Carolina Aquatics	7/22/2021	2021 NCS LC SR Championships
3	9:04.45	785	Eaker, Summer	17	NC SwimMAC Carolina	4/8/2021	2021 NC TAC TITANS LC Premier
4	9:14.18	736	Clark, Hayley	17	NC Unattached	4/29/2021	2021 TYR 18&U Spring Cup Orlando
5	9:15.71	728	Hughes, Ashley	17	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
6	9:16.48	724	Ciancanelli, Makayla	17	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio
7	9:26.90	674	Smith, Sydney	17	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
8	9:30.06	659	O'Mara, Gracyn	17	NC Mecklenburg Swim Association	7/22/2021	2021 NCS LC SR Championships
9	9:30.63	656	Heffelfinger, Alyssa	17	NC Mecklenburg Swim Association	7/22/2021	2021 NCS LC SR Championships
10	9:31.71	651	Covington, Sadie	17	NC Swim GSA	6/18/2021	2021 NC SGSA Eastern Invitatio

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:08.28	915	Norris, Lance	17	NC TAC Titans	4/8/2021	2021 NC TAC TITANS LC Premier
2	8:19.53	853	Pishko, Jacob	17	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
3	8:22.98	835	Miller, Brandon	17	NC North Carolina Aquatic Club	11/12/2020	2020 Toyota Greensboro
4	8:26.04	818	Chang, Chris	17	NC TAC Titans	6/26/2021	2021 NC TAC TITANS LC Dual
5	8:31.28	791	Sleater, Patrick	17	NC Blues Aquatics	4/8/2021	2021 NC TAC TITANS LC Premier
6	8:38.73	752	Ringenbach, Bode	17	NC Marlins Of Raleigh	1/29/2021	2021 VA NOVA LC Winter Invitat
7	8:43.20	729	Haughey, Braeden	17	NC TAC Titans	4/8/2021	2021 NC TAC TITANS LC Premier
8	8:48.82	701	McDonald, Jackson	17	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
9	8:50.75	691	Quaresma, David	17	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
10	8:55.88	666	Vonweihe, Ryan	17	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:33.21	946	Pennington, Caroline	17	NC TAC Titans	1/17/2021	2021 Pro Series - Richmond
2	17:06.06	857	Hastings, Emma	17	NC East Carolina Aquatics	7/25/2021	2021 NCS LC SR Championships
3	17:11.15	843	Clark, Hayley	17	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
4	17:17.22	827	Knorr, Emily	17	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
5	17:25.96	804	Eaker, Summer	17	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
6	17:37.66	774	Pena, Karsen	17	NC Marlins Of Raleigh	6/25/2021	2021 NC NCAC Summer Meet
7	17:47.74	748	Hughes, Ashley	17	NC Marlins Of Raleigh	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
8	17:56.46	726	O'Mara, Gracyn	17	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
9	18:08.79	696	Smith, Sydney	17	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
10	18:10.50	692	Heffelfinger, Alyssa	17	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:36.52	905	Norris, Lance	17	NC TAC Titans	10/3/2020	2020 NC TAC TITANS Oct LCM
2	16:19.90	796	Pishko, Jacob	17	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
3	16:31.97	767	Russell, Kellen	17	NC TAC Titans	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
4	16:39.94	747	Sleater, Patrick	17	NC Blues Aquatics	4/11/2021	2021 NC TAC TITANS LC Premier
5	16:52.73	717	Freeman, Spencer	17	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
6	16:58.06	704	McDonald, Jackson	17	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
7	17:08.45	680	Perkins, Tull	17	NC Marlins Of Raleigh	10/3/2020	2020 NC TAC TITANS Oct LCM
8	17:09.17	678	Vonweihe, Ryan	17	NC Marlins Of Raleigh	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
9	17:28.23	635	Collins, Joshua	17	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
10	17:30.23	630	Chang, Austin	17	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	59.30	1063	Gorbenko, Anastasya	17	NC Unattached	7/26/2021	Olympic Games Tokyo 2020
2	1:01.75	963	Hook, Charlotte	17	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
3	1:04.24	864	Stricklin, Sydney	17	NC Unattached	11/13/2020	2020 Toyota Greensboro
4	1:04.41	857	Sowards, Elizabeth	17	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
5	1:04.44	856	Carpenter, Emily	17	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
6	1:04.80	842	Zettel, Brooke	17	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
7	1:04.94	837	Ivan, Teresa	17	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
8	1:05.14	829	Hicks, Hailey	17	NC YMCA of the Triangle Area Swim Team	7/22/2021	2021 NC YOTA YMCA LC Festival
9	1:06.13	791	Hickey, Dillan	17	NC YMCA of the Triangle Area Swim Team	7/22/2021	2021 NC YOTA YMCA LC Festival
9	1:06.13	791	Browning, Jordan	17	NC Aquatic Team Of Mecklenburg	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.22	938	Nelson, Baylor	17	NC SwimMAC Carolina	6/14/2021	2020 Olympic Trials Wave II
2	57.35	891	Miller, Brandon	17	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
3	57.55	883	Abaqueta, Cam	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	57.62	880	Weaver, Ryan	17	NC Carolina Aquatic Team	7/16/2021	2021 NC ESSZ LC Sectional
5	57.64	879	Bacon, Tate	17	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional
6	57.76	874	Hardy, Ryan	17	NC YMCA of the Triangle Area Swim Team	7/22/2021	2021 NC YOTA YMCA LC Festival
7	58.22	855	Hoover, Sam	17	NC North Carolina Aquatic Club	7/16/2021	2021 NC ESSZ LC Sectional
8	59.03	822	Tars, Robert	17	NC Greensboro Community YMCA	7/24/2021	2021 NCS LC SR Championships
8	59.03	822	Haughey, Braeden	17	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
10	59.13	818	Miller, Reid	17	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:10.86	978	Gorbenko, Anastasya	17	NC Team Elite	4/10/2021	2021 Swim Open Stockholm
2	2:14.21	920	Hook, Charlotte	17	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
3	2:22.08	789	Corrado, Mia	17	NC YMCA of the Triangle Area Swim Team	7/24/2021	2021 NC YOTA YMCA LC Festival
4	2:22.75	779	Dona, Hanani	17	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
5	2:23.62	765	Browning, Jordan	17	NC Aquatic Team Of Mecklenburg	6/13/2021	2021 SC RAYS RAYS OF SUNSHINE
6	2:24.08	757	Lang, Katherine	17	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
7	2:24.14	756	Schoppa, Maura	17	NC Swim GSA	6/18/2021	2021 NC SGSA Eastern Invitatio
8	2:24.88	744	Ivan, Teresa	17	NC Mecklenburg Swim Association	4/10/2021	2021 NC TAC TITANS LC Premier
9	2:26.30	722	Sowards, Elizabeth	17	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
10	2:26.66	716	Hicks, Hailey	17	NC YMCA of the Triangle Area Swim Team	7/24/2021	2021 NC YOTA YMCA LC Festival

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.02	973	Norris, Lance	17	NC TAC Titans	6/18/2021	2020 - TT -U.S. Olympic Team T
2	2:00.80	957	Miller, Brandon	17	NC North Carolina Aquatic Club	11/14/2020	2020 Toyota Greensboro
3	2:02.42	925	Nelson, Baylor	17	NC SwimMAC Carolina	1/17/2021	2021 Pro Series - Richmond
4	2:03.47	904	Haughey, Braeden	17	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
5	2:06.08	853	Hoover, Sam	17	NC North Carolina Aquatic Club	4/10/2021	2021 NC TAC TITANS LC Premier
6	2:08.65	803	Tars, Robert	17	NC Greensboro Community YMCA	7/25/2021	2021 NCS LC SR Championships
7	2:09.21	792	Bacon, Tate	17	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
8	2:11.37	752	Noble, Ross	17	NC YMCA of the Triangle Area Swim Team	7/24/2021	2021 NC YOTA YMCA LC Festival
9	2:12.40	733	Reville, Jac	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
10	2:12.68	728	Smith, Ben	17	NC YMCA of the Triangle Area Swim Team	7/24/2021	2021 NC YOTA YMCA LC Festival

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 17 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	1:06.74	1014	Gorbenko, Anastasya	17	NC Unattached	5/18/2021	LEN European Aquatics Championships
2	1:09.77	918	Hamblin, Kaylee	17	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
3	1:12.92	820	Fadely, Jennah	17	NC Fin Aquatic Swim Team	11/13/2020	2020 Toyota Greensboro
4	1:13.04	816	Zettel, Brooke	17	NC TAC Titans	11/13/2020	2020 Toyota Greensboro
5	1:13.72	796	Kudela, Caroline	17	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
6	1:13.76	795	Hook, Charlotte	17	NC TAC Titans	4/9/2021	2021 NC TAC TITANS LC Premier
7	1:13.92	790	Newman, Anna	17	NC Marlins Of Raleigh	5/14/2021	2021 GA SwimAtlanta's Mizuno 2021
8	1:14.87	761	O'Mara, Gracyn	17	NC Mecklenburg Swim Association	6/27/2021	2021 SC TG Dash and Splash
9	1:16.08	726	Hicks, Hailey	17	NC YMCA of the Triangle Area Swim Team	7/23/2021	2021 NC YOTA YMCA LC Festival
9	1:16.08	726	Horn, Caitlin	17	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:03.59	928	Nelson, Baylor	17	NC SwimMAC Carolina	5/8/2021	2021 NC SGSA Mother May I
2	1:03.82	920	Kroll, Matthew	17	NC SwimMAC Carolina	5/15/2021	2021 NC TAC Spring Invitational
3	1:04.24	905	Hoover, Sam	17	NC North Carolina Aquatic Club	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	1:04.66	891	Cotter, Michael	17	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
5	1:04.71	889	Taylor, John Reese	17	NC YMCA of the Triangle Area Swim Team	7/23/2021	2021 NC YOTA YMCA LC Festival
6	1:05.16	873	Abaqueta, Cam	17	NC SwimMAC Carolina	1/15/2021	2021 Pro Series - Richmond
7	1:05.62	857	Ringebach, Bode	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
8	1:05.76	853	Kim, Stephen	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
9	1:06.23	837	Volpe, Michael	17	NC YMCA of the Triangle Area Swim Team	5/15/2021	2021 NC TAC Spring Invitational
10	1:06.55	826	Greeley, David	17	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:36.00	849	Hamblin, Kaylee	17	NC Mecklenburg Swim Association	1/16/2021	2021 Pro Series - Richmond
2	2:36.37	844	Kudela, Caroline	17	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
3	2:39.83	797	Hook, Charlotte	17	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
4	2:40.05	794	O'Mara, Gracyn	17	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
5	2:40.18	792	Newman, Anna	17	NC Marlins Of Raleigh	5/15/2021	2021 GA SwimAtlanta's Mizuno 2021
6	2:40.57	787	Zettel, Brooke	17	NC TAC Titans	11/14/2020	2020 Toyota Greensboro
7	2:41.38	776	Cottingham, Brianna	17	NC YMCA of Northwest North Carolina Riptyde	7/9/2021	2021 NC YSST USRY Championship
8	2:43.47	748	Clark, Hayley	17	NC Unattached	5/1/2021	2021 TYR 18&U Spring Cup Orlando
9	2:44.90	730	Horn, Caitlin	17	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
10	2:45.05	728	Lang, Katherine	17	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:18.63	924	Bretzmann, Peter	17	NC North Carolina Aquatic Club	11/14/2020	2020 Toyota Greensboro
2	2:20.27	900	Kroll, Matthew	17	NC SwimMAC Carolina	5/7/2021	2021 NC SGSA Mother May I
3	2:20.96	890	Ringenbach, Bode	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	2:21.00	889	Nelson, Baylor	17	NC SwimMAC Carolina	5/7/2021	2021 NC SGSA Mother May I
5	2:23.36	855	Perkins, Tull	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	2:23.60	851	Hoover, Sam	17	NC North Carolina Aquatic Club	3/4/2021	2021 NC Speedo ESSZ Spring Tim
7	2:23.64	851	Howden, Frank	17	NC Blues Aquatics	7/24/2021	2021 NCS LC SR Championships
8	2:24.41	839	Norris, Lance	17	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
9	2:27.41	796	Greeley, David	17	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
10	2:30.22	756	Wilson, Lucas	17	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	57.42	1026	Curzan, Claire	17	NC Unattached	7/25/2021	Olympic Games Tokyo 2020
2	58.23	996	Gorbenko, Anastasya	17	NC Unattached	7/24/2021	Olympic Games Tokyo 2020
3	59.24	958	Hook, Charlotte	17	NC TAC Titans	6/13/2021	2020 Olympic Trials Wave II
4	1:01.58	872	Zettel, Brooke	17	NC TAC Titans	3/4/2021	2021 NC Speedo ESSZ Spring Tim
5	1:02.03	856	Menkhaus, Madeline	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	1:02.29	847	Sowards, Elizabeth	17	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
7	1:03.37	808	Kapeller, Abby	17	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
8	1:03.53	803	Bilden, Lindy	17	NC North Carolina Aquatic Club	3/4/2021	2021 NC Speedo ESSZ Spring Tim
9	1:03.91	789	Parkes, Callie	17	NC Waves Of Wilmington, Inc.	7/23/2021	2021 NCS LC SR Championships
10	1:04.45	770	McDevitt, Elizabeth	17	NC Alamance County Community Y/BAC	7/23/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	54.39	916	Bacon, Tate	17	NC Marlins Of Raleigh	5/22/2021	2021 NC YBAC LC Invitational
2	55.40	872	Zucker, Logan	17	NC SwimMAC Carolina	5/8/2021	2021 NC SGSA Mother May I
3	55.51	867	Ranier, Harrison	17	NC Sailfish Aquatics	5/8/2021	2021 NC SGSA Mother May I
4	55.55	866	Nelson, Baylor	17	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
5	56.43	828	Pishko, Jacob	17	NC TAC Titans	6/6/2021	2020 TT - U.S. Olympic Team Tr
6	56.64	819	Miller, Reid	17	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
7	57.24	794	Dean, Kenan	17	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
8	57.25	793	Exum, Russell	17	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
9	57.60	779	Abaqueta, Cam	17	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
10	57.65	776	Jones, Charlie	17	NC East Carolina Aquatics	3/4/2021	2021 NC Speedo ESSZ Spring Tim

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:07.92	977	Hook, Charlotte	17	NC TAC Titans	6/16/2021	2020 Olympic Trials Wave II
2	2:14.46	874	Zettel, Brooke	17	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
3	2:17.32	830	Menkhaus, Madeline	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	2:21.27	770	Ciancanelli, Makayla	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
5	2:22.47	752	Campbell, Emily	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	2:22.74	748	Dona, Hanani	17	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
7	2:22.78	747	Pena, Karsen	17	NC Marlins Of Raleigh	5/15/2021	2021 GA SwimAtlanta's Mizuno 2021
8	2:23.34	739	Bilden, Lindy	17	NC North Carolina Aquatic Club	7/15/2021	2021 NC ESSZ LC Sectional
9	2:24.72	719	Browning, Jordan	17	NC Aquatic Team Of Mecklenburg	6/25/2021	2021 NC EAC Independence Invit
10	2:24.80	717	Clark, Hayley	17	NC North Carolina Aquatic Club	6/26/2021	2021 NC NCAC Summer Meet

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:00.34	927	Pishko, Jacob	17	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
2	2:04.98	839	Hoover, Sam	17	NC North Carolina Aquatic Club	7/15/2021	2021 NC ESSZ LC Sectional
3	2:05.18	835	Bacon, Tate	17	NC Marlins Of Raleigh	5/15/2021	2021 GA SwimAtlanta's Mizuno 2021
4	2:05.38	831	Nelson, Baylor	17	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
5	2:05.85	823	Zucker, Logan	17	NC SwimMAC Carolina	5/7/2021	2021 NC SGSA Mother May I
6	2:06.80	805	Norris, Lance	17	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
7	2:08.27	778	Ringenbach, Bode	17	NC Marlins Of Raleigh	1/31/2021	2021 VA NOVA LC Winter Invitat
8	2:08.66	771	Chang, Chris	17	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
9	2:09.38	758	Noble, Ross	17	NC YMCA of the Triangle Area Swim Team	7/25/2021	2021 NC YOTA YMCA LC Festival
10	2:09.60	754	Miller, Brandon	17	NC North Carolina Aquatic Club	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 17 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:09.99	1048	Gorbenko, Anastasya	17	NC Unattached	5/22/2021	LEN European Aquatics Championships
2	2:13.04	989	Hook, Charlotte	17	NC TAC Titans	6/15/2021	2020 Olympic Trials Wave II
3	2:19.60	867	Zettel, Brooke	17	NC TAC Titans	6/7/2021	2020 Olympic Trials Wave I
4	2:21.22	837	Sowards, Elizabeth	17	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
5	2:22.29	818	Clark, Hayley	17	NC North Carolina Aquatic Club	7/15/2021	2021 NC ESSZ LC Sectional
6	2:23.59	795	Dona, Hanani	17	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
7	2:24.33	782	Smith, Madeline	17	NC East Carolina Aquatics	7/25/2021	2021 NCS LC SR Championships
8	2:24.43	781	Pena, Karsen	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
9	2:26.15	751	Lang, Katherine	17	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
10	2:26.43	746	Kudela, Caroline	17	NC Lifetime Swim Team North Carolina	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 17 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:01.65	987	Hoover, Sam	17	NC North Carolina Aquatic Club	11/13/2020	2020 Toyota Greensboro
2	2:02.62	966	Nelson, Baylor	17	NC SwimMAC Carolina	6/17/2021	2020 Olympic Trials Wave II
3	2:03.95	937	Cotter, Michael	17	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
4	2:04.18	932	Norris, Lance	17	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
5	2:08.81	835	Abaqueta, Cam	17	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
6	2:08.84	834	Ranier, Harrison	17	NC Sailfish Aquatics	5/2/2021	2021 TYR 18&U Spring Cup Orlando
7	2:08.89	833	Miller, Brandon	17	NC North Carolina Aquatic Club	5/2/2021	2021 TYR 18&U Spring Cup Orlando
8	2:09.44	822	Freeman, Spencer	17	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
9	2:09.93	812	Haughey, Braeden	17	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
10	2:10.32	804	Ringenbach, Bode	17	NC Marlins Of Raleigh	11/13/2020	2020 Toyota Greensboro

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Girls Age 17 400 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	4:58.67	821	Hook, Charlotte	17	NC TAC Titans	5/14/2021	2021 TYR Pro Swim Series - Ind
2	4:59.63	813	Zettel, Brooke	17	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
3	5:05.25	768	Hastings, Emma	17	NC East Carolina Aquatics	7/23/2021	2021 NCS LC SR Championships
4	5:05.68	765	Dona, Hanani	17	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
5	5:05.95	763	Pena, Karsen	17	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional
6	5:06.02	762	Knorr, Katie	17	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
7	5:06.94	755	Dalbo, Kyra	17	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
8	5:07.20	753	Clark, Hayley	17	NC Unattached	4/30/2021	2021 TYR 18&U Spring Cup Orlando
9	5:09.27	737	Ciancanelli, Makayla	17	NC Marlins Of Raleigh	5/14/2021	2021 GA SwimAtlanta's Mizuno 2021
10	5:11.42	720	Corrado, Mia	17	NC YMCA of the Triangle Area Swim Team	7/23/2021	2021 NC YOTA YMCA LC Festival

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 17 400 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	4:20.66	955	Norris, Lance	17	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
2	4:26.80	897	Miller, Brandon	17	NC North Carolina Aquatic Club	4/30/2021	2021 TYR 18&U Spring Cup Orlando
3	4:28.17	885	Nelson, Baylor	17	NC SwimMAC Carolina	1/15/2021	2021 Pro Series - Richmond
4	4:28.44	882	Haughey, Braeden	17	NC TAC Titans	6/13/2021	2020 Olympic Trials Wave II
5	4:34.63	825	Ringenbach, Bode	17	NC Marlins Of Raleigh	1/30/2021	2021 VA NOVA LC Winter Invitat
6	4:38.11	794	Bretzmann, Peter	17	NC North Carolina Aquatic Club	11/13/2020	2020 Toyota Greensboro
7	4:38.46	791	Harris, Dax	17	NC Greensboro Community YMCA	7/23/2021	2021 NCS LC SR Championships
8	4:39.49	782	Sleater, Patrick	17	NC Blues Aquatics	4/10/2021	2021 NC TAC TITANS LC Premier
9	4:40.96	769	Chang, Chris	17	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
10	4:41.86	761	Perkins, Tull	17	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	25.31	952	Flynn, Lindsay	18	NC Mecklenburg Swim Association	4/11/2021	2021 NC TAC TITANS LC Premier
2	26.04	886	Kapeller, Abby	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	26.18	874	Stricklin, Sydney	18	NC Unattached	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	26.26	867	Romney, Brie	18	NC Unattached	12/6/2020	2020 Janis Hape Dowd Invite
5	26.46	849	Rhodes, Olivia	18	NC Lifetime Swim Team North Carolina	7/24/2021	2021 NCS LC SR Championships
6	26.55	841	Eaker, Summer	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
7	27.17	787	Isley, Courtney	18	NC North Carolina Aquatic Club	5/14/2021	2021 NC NCAC LC Qualifier
8	27.36	771	Pennington, Caroline	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
9	27.48	761	Fu, Jiayu	18	NC New Wave Swim Team	4/25/2021	2021 NC WAVE Sprint Into LC
10	27.63	748	Fadely, Jennah	18	NC Unattached	7/24/2021	2021-NT-American Long Course

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 50 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	23.24	890	Boone, Garrett	18	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
2	23.88	835	Powe, Harrison	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	24.02	823	Das, Avijit	18	NC SwimMAC Carolina	4/11/2021	2021 NC TAC TITANS LC Premier
4	24.10	816	Womble, Ethan	18	NC Greensboro Community YMCA	7/24/2021	2021 NCS LC SR Championships
5	24.14	812	Player, Samuel	18	NC North Carolina Aquatic Club	5/14/2021	2021 NC NCAC LC Qualifier
5	24.14	812	Zucker, Logan	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
5	24.14	812	McCreery, Coleman	18	NC Mecklenburg Swim Association	3/26/2021	2021 SC MOC Championship Final
8	24.19	808	Prucha, Ben	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
9	24.26	802	Miller, Luke	18	NC NC State University	11/13/2020	2020 Toyota Greensboro
10	24.27	801	Dean, Kenan	18	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 100 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.10	905	Flynn, Lindsay	18	NC Mecklenburg Swim Association	5/16/2021	2021 GA SwimAtlanta's Mizuno 2021
2	57.56	837	Stricklin, Sydney	18	NC Unattached	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	57.89	822	Isley, Courtney	18	NC North Carolina Aquatic Club	5/14/2021	2021 NC NCAC LC Qualifier
4	58.19	809	Eaker, Summer	18	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
5	58.88	778	Carson, Megan	18	NC YMCA of the Triangle Area Swim Team	6/20/2021	2021 VA SRVA Summer Invitation
6	59.15	766	Rhodes, Olivia	18	NC Lifetime Swim Team North Carolina	7/25/2021	2021 NCS LC SR Championships
7	59.19	764	Pennington, Caroline	18	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
8	59.51	750	Goldblum, Mckaley	18	NC NC State University	5/14/2021	2021 NC NCAC LC Qualifier
9	59.81	737	Kapeller, Abby	18	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
10	1:00.43	710	Carson, Katie	18	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 18 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	49.94	933	Connery, Tim	18	NC SwimMAC Carolina	6/16/2021	2020 Olympic Trials Wave II
2	50.36	923	Cotter, Michael	18	NC TAC Titans	6/18/2021	2020 - TT -U.S. Olympic Team T
3	51.02	881	Boone, Garrett	18	NC Unattached	1/17/2021	2021 Pro Series - Richmond
4	51.39	864	Nelson, Baylor	18	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
5	51.41	863	Miller, Luke	18	NC NC State University	11/14/2020	2020 Toyota Greensboro
6	52.06	833	Powe, Harrison	18	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
7	52.41	816	Zucker, Logan	18	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
8	52.43	816	Player, Samuel	18	NC North Carolina Aquatic Club	5/14/2021	2021 NC NCAC LC Qualifier
9	53.10	785	Das, Avijit	18	NC SwimMAC Carolina	4/9/2021	2021 NC TAC TITANS LC Premier
9	53.10	785	Piscitelli, Nick	18	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.77	834	Pennington, Caroline	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
2	2:05.30	798	Eaker, Summer	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
3	2:07.63	745	Knorr, Emily	18	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
4	2:07.70	743	Carson, Megan	18	NC YMCA of the Triangle Area Swim Team	6/19/2021	2021 VA SRVA Summer Invitation
5	2:08.71	720	Morgan, Sydney	18	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
6	2:08.91	716	Yoder, Kylie	18	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
7	2:09.04	713	Fadely, Jennah	18	NC Unattached	7/21/2021	2021-NT-American Long Course
8	2:09.07	712	Carson, Katie	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
9	2:09.25	708	Hefner, Caitlin	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
10	2:09.30	707	Rydzewski, Amber	18	NC Raleigh Swimming Association	7/23/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 200 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:50.54	920	Nelson, Baylor	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
2	1:51.67	892	Connery, Tim	18	NC SwimMAC Carolina	5/22/2021	2021 ST TXLA Longhorn Aquatics Elite Invite
3	1:52.13	881	Miller, Luke	18	NC NC State University	11/13/2020	2020 Toyota Greensboro
4	1:53.27	853	Zucker, Logan	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
5	1:54.45	825	Stroud, Mitchell	18	NC TAC Titans	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	1:55.00	813	Player, Samuel	18	NC Unattached	12/6/2020	2020 Janis Hape Dowd Invite
7	1:55.61	798	Frye, Tommy	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
8	1:55.69	796	Powe, Harrison	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
9	1:55.78	794	Das, Avijit	18	NC SwimMAC Carolina	4/10/2021	2021 NC TAC TITANS LC Premier
10	1:55.81	794	Meehan, Jack	18	NC Unattached	11/21/2020	2020 Stanford Invite

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 400 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:13.23	910	Pennington, Caroline	18	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
2	4:25.11	771	Knorr, Emily	18	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
3	4:28.96	728	Rydzewski, Amber	18	NC Raleigh Swimming Association	7/24/2021	2021 NCS LC SR Championships
4	4:29.69	720	Davis, Laura	18	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
5	4:30.13	715	Eaker, Summer	18	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
6	4:30.49	711	Hefner, Caitlin	18	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
7	4:31.66	699	Carson, Katie	18	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
8	4:31.80	697	Carson, Megan	18	NC YMCA of the Triangle Area Swim Team	6/20/2021	2021 VA SRVA Summer Invitation
9	4:36.07	652	Dalbo, Kyra	18	NC Marlins Of Raleigh	6/17/2021	2021 NC SGSA Eastern Invitatio
10	4:38.08	631	Boulware, Sophie	18	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21

LSC: NC For Dates 9/1/2020 - 8/31/2021

Boys Age 18 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Swim Date</i>	<i>Meet</i>
1	3:51.41	951	Plage, James	18	NC Wolfpack Elite	6/13/2021	2020 Olympic Trials Wave II
2	4:01.51	836	Baker, Jay	18	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
3	4:03.77	811	Frye, Tommy	18	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
4	4:06.65	780	Bretzmann, Peter	18	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
5	4:07.12	775	Exum, Russell	18	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
6	4:10.71	737	Davis, Collin	18	NC Club Kick Start	7/17/2021	2021 NC ESSZ LC Sectional
7	4:10.83	736	Zucker, Logan	18	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
8	4:11.82	726	Shanahan, Matt	18	NC Hillsborough Aquatic Club	7/24/2021	2021 NCS LC SR Championships
9	4:15.18	691	Cantrell, Eric	18	NC Swim GSA	6/17/2021	2021 NC SGSA Eastern Invitatio
10	4:16.08	682	Carpenter, Hayden	18	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	8:42.02	903	Pennington, Caroline	18	NC TAC Titans	4/8/2021	2021 NC TAC TITANS LC Premier
2	9:00.96	803	Knorr, Emily	18	NC Mecklenburg Swim Association	7/22/2021	2021 NCS LC SR Championships
3	9:03.40	790	Eaker, Summer	18	NC SwimMAC Carolina	5/16/2021	2021 NC TAC Spring Invitational
4	9:12.11	746	Rydzewski, Amber	18	NC Raleigh Swimming Association	7/22/2021	2021 NCS LC SR Championships
5	9:13.02	741	Hefner, Caitlin	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
6	9:21.16	701	Carson, Megan	18	NC YMCA of the Triangle Area Swim Team	6/18/2021	2021 VA SRVA Summer Invitation
7	9:21.20	701	Knorr, Katie	18	NC Mecklenburg Swim Association	5/16/2021	2021 GA SwimAtlanta's Mizuno 2021
8	9:26.54	675	Boulware, Sophie	18	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational
9	9:29.21	663	Dalbo, Kyra	18	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio
10	9:43.63	596	Teachey, Michaela	18	NC Marlins Of Raleigh	5/16/2021	2021 NC TAC Spring Invitational

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 800 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	7:56.87	980	Plage, James	18	NC Wolfpack Elite	6/16/2021	2020 Olympic Trials Wave II
2	8:21.07	845	Baker, Jay	18	NC North Carolina Aquatic Club	11/12/2020	2020 Toyota Greensboro
3	8:28.27	807	Frye, Tommy	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
4	8:42.58	732	Davis, Collin	18	NC Club Kick Start	7/15/2021	2021 NC ESSZ LC Sectional
5	8:43.46	728	Ringenbach, Bode	18	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio
6	8:54.36	673	Russell, Ben	18	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio
7	8:58.02	655	Carpenter, Hayden	18	NC Mecklenburg Swim Association	7/22/2021	2021 NCS LC SR Championships
8	8:58.63	652	Brodnick, Seth	18	NC Marlins Of Raleigh	1/29/2021	2021 VA NOVA LC Winter Invitat
9	9:07.69	609	Smith, Connor	18	NC Blues Aquatics	7/15/2021	2021 NC ESSZ LC Sectional
10	9:15.68	572	Lynch, Ryan	18	NC Raleigh Swimming Association	7/22/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	16:37.02	936	Pennington, Caroline	18	NC TAC Titans	4/11/2021	2021 NC TAC TITANS LC Premier
2	17:12.86	839	Knorr, Emily	18	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
3	17:33.15	786	Rydzewski, Amber	18	NC Raleigh Swimming Association	7/25/2021	2021 NCS LC SR Championships
4	17:37.27	775	Hefner, Caitlin	18	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
5	17:47.82	748	Eaker, Summer	18	NC SwimMAC Carolina	6/25/2021	2021 SC TG Dash and Splash
6	17:59.15	720	Dalbo, Kyra	18	NC Marlins Of Raleigh	6/25/2021	2021 NC NCAC Summer Meet
7	19:34.94	498	Taylor, Allie	18	NC YMCA of the Triangle Area Swim Team	7/11/2021	2021 NC YSST USRY Championship
8	20:27.45	391	Vitale, Miya	18	NC East Carolina Aquatics	6/20/2021	2021 NC ECA Fun in the Sun
9	20:40.86	365	Dease, Abby	18	NC Carolina Aquatic Team	6/25/2021	2021 NC NCAC Summer Meet
10	20:46.50	355	Ritter, Rachel	18	NC Alamance County Community Y/BAC	7/11/2021	2021 NC YSST USRY Championship

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 1500 Freestyle Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	15:34.80	908	Plage, James	18	NC Wolfpack Elite	6/19/2021	2020 Olympic Trials Wave II
2	16:02.63	838	Baker, Jay	18	NC North Carolina Aquatic Club	6/6/2021	2020 TT - U.S. Olympic Team Tr
3	16:08.57	823	Frye, Tommy	18	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
4	16:33.29	763	Davis, Collin	18	NC Club Kick Start	6/11/2021	2021 NC GCY Sprint and Distance
5	16:42.32	741	Bretzmann, Peter	18	NC North Carolina Aquatic Club	6/25/2021	2021 NC NCAC Summer Meet
6	17:02.09	694	Brodnick, Seth	18	NC Marlins Of Raleigh	6/5/2021	2021 NC TAC TITANS 1500 Dual Meet
7	17:55.57	573	Smith, Connor	18	NC Blues Aquatics	7/18/2021	2021 NC ESSZ LC Sectional
8	18:20.08	520	Despres, Garrett	18	NC Unattached	7/25/2021	2021 NCS LC SR Championships
9	19:49.46	342	Husketh, Dalton	18	NC Hillsborough Aquatic Club	7/25/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.35	938	Lenihan, Emily	18	NC Duke University	5/15/2021	2021 NC NCAC LC Qualifier
2	1:03.59	889	Kapeller, Abby	18	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
3	1:05.00	834	Hanley, Amaya	18	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	1:05.36	820	Jones, Morgan	18	NC Wolfpack Elite	6/12/2021	2021 NC TAC TITANS Triangle Cl
5	1:05.55	813	Knorr, Emily	18	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
6	1:05.96	798	Cunningham, Victoria	18	NC TAC Titans	7/16/2021	2021 NC ESSZ LC Sectional
7	1:06.34	783	Brown, Emily	18	NC Lifetime Swim Team North Carolina	7/24/2021	2021 NCS LC SR Championships
8	1:06.78	767	Yandle, Ava	18	NC Lifetime Swim Team North Carolina	7/24/2021	2021 NCS LC SR Championships
9	1:07.17	752	Carson, Katie	18	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
10	1:08.80	693	Losey, Amanda	18	NC Mecklenburg Swim Association	6/12/2021	2021 SC RAYS RAYS OF SUNSHINE

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 100 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	56.20	926	Connery, Tim	18	NC SwimMAC Carolina	6/14/2021	2020 Olympic Trials Wave II
2	56.63	908	Boone, Garrett	18	NC Mecklenburg Swim Association	6/4/2021	2020 Olympic Trials Wave I
3	57.39	876	Rutberg, Noah	18	NC North Carolina Aquatic Club	5/14/2021	2021 NC NCAC LC Qualifier
4	58.08	848	Baker, Jay	18	NC North Carolina Aquatic Club	5/1/2021	2021 TYR 18&U Spring Cup Orlando
5	58.91	814	Barnett, Wes	18	NC North Carolina Aquatic Club	6/19/2021	2021 NC SGSA Eastern Invitatio
6	59.48 r	791	Dean, Kenan	18	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
7	59.73	781	Davis, Collin	18	NC Club Kick Start	6/11/2021	2021 NC GCY Sprint and Distance
8	59.82	777	Powe, Harrison	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
9	59.96 r	772	Chapman, Jj	18	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional
9	59.96	772	Silver, Ryan	18	NC Marlins Of Raleigh	5/14/2021	2021 GA SwimAtlanta's Mizuno 2021

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:15.74	894	Lenihan, Emily	18	NC Duke University	6/6/2021	2020 Olympic Trials Wave I
2	2:16.96	874	Knorr, Emily	18	NC Mecklenburg Swim Association	5/16/2021	2021 GA SwimAtlanta's Mizuno 2021
3	2:19.04	839	Rauch, Katie	18	NC Aquatic Team Of Mecklenburg	6/6/2021	2020 Olympic Trials Wave I
4	2:20.13	821	Pennington, Caroline	18	NC TAC Titans	5/16/2021	2021 NC TAC Spring Invitational
5	2:21.00	807	Jones, Morgan	18	NC NC State University	5/15/2021	2021 NC NCAC LC Qualifier
6	2:22.78	778	Knorr, Katie	18	NC Mecklenburg Swim Association	5/16/2021	2021 GA SwimAtlanta's Mizuno 2021
7	2:23.46	767	Brown, Emily	18	NC Lifetime Swim Team North Carolina	7/25/2021	2021 NCS LC SR Championships
8	2:24.23	755	Barton, Sarah	18	NC SwimMAC Carolina	6/18/2021	2021 NC SGSA Eastern Invitatio
9	2:25.50	735	Earnshaw, Suzanne	18	NC YMCA of the Triangle Area Swim Team	7/24/2021	2021 NC YOTA YMCA LC Festival
10	2:26.20	723	Losey, Amanda	18	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 200 Backstroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:04.01	881	Baker, Jay	18	NC North Carolina Aquatic Club	5/2/2021	2021 TYR 18&U Spring Cup Orlando
2	2:04.44	873	Rutberg, Noah	18	NC Unattached	12/6/2020	2020 Janis Hape Dowd Invite
3	2:08.35	797	Barnett, Wes	18	NC North Carolina Aquatic Club	6/18/2021	2021 NC SGSA Eastern Invitatio
4	2:09.22	781	Silver, Ryan	18	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
5	2:09.70	772	Ringenbach, Bode	18	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
6	2:10.48	757	Russell, Ben	18	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
7	2:10.52	756	Chapman, Jj	18	NC Marlins Of Raleigh	5/16/2021	2021 GA SwimAtlanta's Mizuno 2021
8	2:10.63	754	Davis, Collin	18	NC Club Kick Start	7/18/2021	2021 NC ESSZ LC Sectional
9	2:11.85	731	Dorsel, Andy	18	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional
10	2:15.53	664	Reville, Jac	18	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:09.59	923	Arens, Abby	18	NC NC State University	11/13/2020	2020 Toyota Greensboro
2	1:10.15	906	Hamblin, Kaylee	18	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
3	1:10.94	881	Fadely, Jenna	18	NC Unattached	7/21/2021	2021-NT-American Long Course
4	1:12.59	830	Ward, Katharine	18	NC North Carolina Aquatic Club	6/27/2021	2021 SE HSA TYR LC Invitational
5	1:15.62	739	Morgan, Sydney	18	NC TAC Titans	7/17/2021	2021 NC ESSZ LC Sectional
6	1:15.64	739	Arwood, Fiona	18	NC YMCA of Western North Carolina	7/23/2021	2021 NCS LC SR Championships
7	1:16.20	722	Earnshaw, Suzanne	18	NC YMCA of the Triangle Area Swim Team	7/23/2021	2021 NC YOTA YMCA LC Festival
8	1:16.53	712	Gibson, Rachel	18	NC Rowan Aquatic Club - YMCA	7/23/2021	2021 NCS LC SR Championships
9	1:16.58	711	Newman, Anna	18	NC Marlins Of Raleigh	7/17/2021	2021 NC ESSZ LC Sectional
10	1:17.73	677	Flynn, Lindsay	18	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 100 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:02.99	931	Connery, Tim	18	NC SwimMAC Carolina	6/13/2021	2020 Olympic Trials Wave II
2	1:04.45	879	Dorsel, Andy	18	NC SwimMAC Carolina	1/15/2021	2021 Pro Series - Richmond
3	1:04.90	864	McCreery, Coleman	18	NC Mecklenburg Swim Association	4/9/2021	2021 NC TAC TITANS LC Premier
4	1:05.05	858	Powe, Harrison	18	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
5	1:05.07	858	Bretzmann, Peter	18	NC North Carolina Aquatic Club	6/4/2021	2020 TT - U.S. Olympic Team Tr
5	1:05.07	858	Becker, Perry	18	NC University Of North Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
7	1:05.49	843	Gleason, Declan	18	NC YMCA of the Triangle Area Swim Team	7/23/2021	2021 NC YOTA YMCA LC Festival
8	1:05.58	840	Nelson, Baylor	18	NC SwimMAC Carolina	6/27/2021	2021 SC TG Dash and Splash
9	1:05.88	830	Ringebach, Bode	18	NC Marlins Of Raleigh	7/17/2021	2021 NC ESSZ LC Sectional
10	1:06.16	820	Grigat, Lucas	18	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:34.56	868	Arens, Abby	18	NC NC State University	11/14/2020	2020 Toyota Greensboro
2	2:36.10	847	Joyce, Genna	18	NC Unattached	3/4/2021	2021 NC Speedo ESSZ Spring Tim
3	2:36.15	847	Fadely, Jennah	18	NC Unattached	7/23/2021	2021-NT-American Long Course
4	2:38.00	822	Ward, Katharine	18	NC North Carolina Aquatic Club	6/26/2021	2021 SE HSA TYR LC Invitational
5	2:38.23	818	Davis, Laura	18	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
6	2:40.56	787	Newman, Anna	18	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
7	2:41.22	778	Anderson, Sophie	18	NC Unattached	2/13/2021	2021 UH LCM Inv 2-13-21
8	2:41.29	777	Hamblin, Kaylee	18	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
9	2:43.24	752	Morgan, Sydney	18	NC Unattached	3/4/2021	2021 NC Speedo ESSZ Spring Tim
10	2:44.57	734	Arwood, Fiona	18	NC YMCA of Western North Carolina	7/24/2021	2021 NCS LC SR Championships

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 200 Breaststroke Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:16.81	946	Bretzmann, Peter	18	NC North Carolina Aquatic Club	6/7/2021	2020 Olympic Trials Wave I
2	2:21.58	875	Gleason, Declan	18	NC YMCA of the Triangle Area Swim Team	7/25/2021	2021 NC YOTA YMCA LC Festival
3	2:22.75	858	McCreery, Coleman	18	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
4	2:23.46	847	Ringenbach, Bode	18	NC Marlins Of Raleigh	5/21/2021	2021 NC YBAC LC Invitational
5	2:23.93	841	Maycock, Julian	18	NC Swim GSA	7/18/2021	2021 NC ESSZ LC Sectional
6	2:24.18	837	Wisniewski, Jack	18	NC Goldsboro Family YMCA Sharks	7/25/2021	2021 NC YOTA YMCA LC Festival
7	2:25.02	825	Fortner, Luke	18	NC New Wave Swim Team	6/12/2021	2021 NC TAC TITANS Triangle CI
8	2:25.07	824	Powell, Nathan	18	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
9	2:25.62	816	Perkins, Tull	18	NC Marlins Of Raleigh	7/18/2021	2021 NC ESSZ LC Sectional
10	2:26.93	797	Powe, Harrison	18	NC SwimMAC Carolina	7/18/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	1:01.40	879	Watts, Mimi	18	NC Unattached	5/22/2021	2021 VA CGBD Spring Luau Meet
2	1:01.71	868	Kapeller, Abby	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	1:03.48	804	Cunningham, Victoria	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
4	1:04.33	775	Morgan, Sydney	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
5	1:04.60	765	Hartis, Sydney	18	NC Marlins Of Raleigh	6/19/2021	2021 NC SGSA Eastern Invitatio
6	1:04.62	765	Flynn, Lindsay	18	NC Mecklenburg Swim Association	11/13/2020	2020 Toyota Greensboro
6	1:04.62	765	Lenihan, Emily	18	NC Duke University	4/10/2021	2021 NC TAC TITANS LC Premier
8	1:05.08	749	Boulware, Sophie	18	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
9	1:05.53	733	Losey, Amanda	18	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
10	1:05.64	729	Maloy, Jenna	18	NC YMCA of the Triangle Area Swim Team	6/19/2021	2021 VA SRVA Summer Invitation

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 100 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	53.97	919	Boone, Garrett	18	NC Unattached	1/15/2021	2021 Pro Series - Richmond
2	55.30	861	Ssengonzi, Jesse	18	NC Marlins Of Raleigh	7/23/2021	2021 NCS LC SR Championships
3	55.31	861	Nelson, Baylor	18	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
4	56.14	825	Wisniewski, Jack	18	NC Goldsboro Family YMCA Sharks	7/24/2021	2021 NC YOTA YMCA LC Festival
5	56.23	821	Rutberg, Noah	18	NC University Of North Carolina	7/13/2021	2021 PV AP MCSL Coaches Long Course
5	56.23	821	Dorsel, Andy	18	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional
7	56.42	813	Exum, Russell	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
8	56.75	799	Player, Samuel	18	NC Unattached	12/6/2020	2020 Janis Hape Dowd Invite
9	56.86	794	Silver, Ryan	18	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim
10	56.91	792	Piscitelli, Nick	18	NC SwimMAC Carolina	7/17/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:17.51	827	Pulley, Megan	18	NC NC State University	5/14/2021	2021 NC NCAC LC Qualifier
2	2:17.60	826	Morgan, Sydney	18	NC TAC Titans	7/15/2021	2021 NC ESSZ LC Sectional
3	2:21.66	764	Dalbo, Kyra	18	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational
4	2:22.16	757	Cunningham, Victoria	18	NC TAC Titans	5/15/2021	2021 NC TAC Spring Invitational
5	2:22.24	756	Knorr, Katie	18	NC Mecklenburg Swim Association	7/24/2021	2021 NCS LC SR Championships
6	2:24.85	717	Lenihan, Emily	18	NC Duke University	4/9/2021	2021 NC TAC TITANS LC Premier
7	2:24.96	715	Boulware, Sophie	18	NC Marlins Of Raleigh	5/15/2021	2021 NC TAC Spring Invitational
8	2:25.99	700	Maloy, Jenna	18	NC YMCA of the Triangle Area Swim Team	7/25/2021	2021 NC YOTA YMCA LC Festival
9	2:26.57	691	Hartis, Sydney	18	NC Marlins Of Raleigh	7/15/2021	2021 NC ESSZ LC Sectional
10	2:26.62	691	Teachey, Michaela	18	NC Marlins Of Raleigh	6/18/2021	2021 NC SGSA Eastern Invitatio

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 200 Butterfly Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:02.90	870	Nelson, Baylor	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
2	2:02.99	868	Frye, Tommy	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
3	2:03.47	859	Zucker, Logan	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
4	2:05.16	828	Dorsel, Andy	18	NC SwimMAC Carolina	1/16/2021	2021 Pro Series - Richmond
5	2:05.34	824	Thorsen, Crow	18	NC Blues Aquatics	4/9/2021	2021 NC TAC TITANS LC Premier
6	2:05.59	820	Baker, Jay	18	NC North Carolina Aquatic Club	7/15/2021	2021 NC ESSZ LC Sectional
7	2:06.56	802	Wisniewski, Jack	18	NC Goldsboro Family YMCA Sharks	7/18/2021	2021 NC ESSZ LC Sectional
8	2:07.28	788	Shanahan, Matt	18	NC Hillsborough Aquatic Club	7/24/2021	2021 NCS LC SR Championships
9	2:07.31	788	Ringenbach, Bode	18	NC Marlins Of Raleigh	5/15/2021	2021 GA SwimAtlanta's Mizuno 2021
10	2:07.49	785	Silver, Ryan	18	NC Marlins Of Raleigh	3/4/2021	2021 NC Speedo ESSZ Spring Tim

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:20.45	841	Arens, Abby	18	NC NC State University	11/13/2020	2020 Toyota Greensboro
2	2:20.60	838	Fadely, Jenna	18	NC Unattached	7/24/2021	2021-NT-American Long Course
3	2:23.86	780	Davis, Laura	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional
4	2:24.06	776	Knorr, Katie	18	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
5	2:24.29	772	Ward, Katharine	18	NC North Carolina Aquatic Club	6/26/2021	2021 SE HSA TYR LC Invitational
6	2:24.47	769	Knorr, Emily	18	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
7	2:26.35	737	Earnshaw, Suzanne	18	NC YMCA of the Triangle Area Swim Team	7/22/2021	2021 NC YOTA YMCA LC Festival
8	2:26.73	730	Morgan, Sydney	18	NC TAC Titans	6/13/2021	2021 NC TAC TITANS Triangle CI
9	2:26.78	740	Hamblin, Kaylee	18	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
10	2:27.58	716	Yoder, Kylie	18	NC SwimMAC Carolina	6/26/2021	2021 SC TG Dash and Splash

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 200 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	2:03.28	940	Connery, Tim	18	NC SwimMAC Carolina	6/17/2021	2020 Olympic Trials Wave II
2	2:03.85	939	Cotter, Michael	18	NC TAC Titans	6/17/2021	2020 Olympic Trials Wave II
3	2:05.12	901	Dorsel, Andy	18	NC SwimMAC Carolina	3/4/2021	2021 NC Speedo ESSZ Spring Tim
4	2:05.50	893	Bretzmann, Peter	18	NC North Carolina Aquatic Club	5/2/2021	2021 TYR 18&U Spring Cup Orlando
5	2:07.96	841	Baker, Jay	18	NC North Carolina Aquatic Club	5/22/2021	2021 NC YBAC LC Invitational
6	2:08.12	838	Ringelbach, Bode	18	NC Marlins Of Raleigh	5/16/2021	2021 GA SwimAtlanta's Mizuno 2021
7	2:09.61	807	McCreery, Coleman	18	NC Mecklenburg Swim Association	7/25/2021	2021 NCS LC SR Championships
8	2:10.15	796	Thorsen, Crow	18	NC Unattached	4/24/2021	2021 SC Carolina Crown Challenge
9	2:10.19	795	Keaney, Reilly	18	NC Swim GSA	7/15/2021	2021 NC ESSZ LC Sectional
10	2:10.20	795	Powe, Harrison	18	NC SwimMAC Carolina	7/15/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Girls Age 18 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:59.56	813	Knorr, Emily	18	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
2	5:00.81	803	Morgan, Sydney	18	NC TAC Titans	5/14/2021	2021 NC TAC Spring Invitational
3	5:01.09	801	Knorr, Katie	18	NC Mecklenburg Swim Association	7/23/2021	2021 NCS LC SR Championships
4	5:03.92	779	Davis, Laura	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
5	5:05.97	763	Ward, Katharine	18	NC North Carolina Aquatic Club	6/25/2021	2021 SE HSA TYR LC Invitational
6	5:09.30	737	Pennington, Caroline	18	NC TAC Titans	4/10/2021	2021 NC TAC TITANS LC Premier
7	5:12.72	710	Rydzewski, Amber	18	NC Raleigh Swimming Association	7/23/2021	2021 NCS LC SR Championships
8	5:13.47	705	Teachey, Michaela	18	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational
9	5:15.37	690	Newman, Anna	18	NC Marlins Of Raleigh	7/16/2021	2021 NC ESSZ LC Sectional
10	5:16.22	684	Hefner, Caitlin	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional

NCS Top Ten LC Times as of 07/26/21**LSC: NC For Dates 9/1/2020 - 8/31/2021****Boys Age 18 400 Individual Medley Long Course Meters**

Rank	Time	Power Points	Name	Age	LSC / Club	Swim Date	Meet
1	4:24.72	917	Baker, Jay	18	NC North Carolina Aquatic Club	4/30/2021	2021 TYR 18&U Spring Cup Orlando
2	4:25.46	910	Bretzmann, Peter	18	NC North Carolina Aquatic Club	4/30/2021	2021 TYR 18&U Spring Cup Orlando
3	4:26.43	901	Thorsen, Crow	18	NC Blues Aquatics	5/14/2021	2021 NC TAC Spring Invitational
4	4:30.32	865	Zucker, Logan	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
5	4:31.87	851	Nelson, Baylor	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
6	4:33.12	839	Dorsel, Andy	18	NC SwimMAC Carolina	7/16/2021	2021 NC ESSZ LC Sectional
7	4:33.50	836	Ringebach, Bode	18	NC Marlins Of Raleigh	5/14/2021	2021 GA SwimAtlanta's Mizuno 2021
8	4:35.24	820	Shanahan, Matt	18	NC Hillsborough Aquatic Club	7/23/2021	2021 NCS LC SR Championships
9	4:35.72	816	Wisniewski, Jack	18	NC Goldsboro Family YMCA Sharks	7/16/2021	2021 NC ESSZ LC Sectional
10	4:43.46	747	Russell, Ben	18	NC Marlins Of Raleigh	5/14/2021	2021 NC TAC Spring Invitational