

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

Girls Age 13-34 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	25.07	974	Kennedy, Madison	22	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
2	25.20	962	Vollmer, Dana	22	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
3	25.32	951	Woodward, Samantha	19	PC Stanford Swimming	8/3/2010	2010 National Champs
4	25.37	947	Schaefer, Maddy	17	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
5	25.56	930	Smit, Julia	22	PC Stanford Swimming	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
6	25.61	925	Jensen, Liv	20	PC California Aquatics	8/3/2010	2010 National Champs
7	25.62	924	Wilson, Hannah	20	PC California Aquatics	3/1/2010	2010 International Invite
8	25.77	911	Dwellely, Kate E	21	PC Terrapins Swim Team	8/3/2010	2010 National Champs
9	25.89	900	Murez, Andi	18	PC Stanford Swimming	8/3/2010	2010 National Champs
10	25.96	902	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
11	25.98	892	Webb, Betsy	19	PC Stanford Swimming	8/3/2010	2010 National Champs
12	26.01	889	Coughlin, Natalie	27	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
13	26.04	886	Bard, Presley	22	PC Terrapins Swim Team	8/3/2010	2010 National Champs
14	26.09	882	Carlson, Kasey	18	PC Walnut Creek Aquabears	8/3/2010	2010 National Champs
15	26.13	878	Murphy, Kathryn	17	PC Unattached	4/29/2010	2010 Irish Long Course Championship
16	26.55	841	Dagg, Erica	21	PC California Aquatics	8/3/2010	2010 National Champs
17	26.58	847	Acker, Rachael	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
18	26.66	832	Cheng, Camille	17	PC Palo Alto Stanford Aquatics	8/3/2010	2010 ConocoPhillips Nats TT
19	26.71	827	Monsees, Courtney	21	PC Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
20	26.83	817	Breed, Catherine	17	PC Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
21	26.89	858	Howe, Ally	14	PC Palo Alto Stanford Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
22	26.90	811	Fong, Chelsea	18	PC De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

Rank	Time	Power Points	Name	Age	LSC	Club	Meet Date	Meet
23	26.91	819	Clarno, Kristen	16	PC	De Anza Cupertino Aquatics	5/28/2010	Ch 2010 CA SPEEDO GRAND CHALLENGE
24	26.93	808	Roth, Deborah	17	PC	Unattached	8/3/2010	2010 National Champs
25	26.97	851	Mack, Linnea	14	PC	Osprey Aquatics	7/16/2010	2010 CC LC California State Championships

Boys Age 13-34 50 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	21.55	1040	Adrian, Nathan	21	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
2	22.38	965	Copeland, William	24	PC California Aquatics	8/3/2010	2010 National Champs
3	22.56	949	Moore, Graeme	21	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
4	22.66	941	Daniels, Josh	22	PC California Aquatics	8/3/2010	2010 National Champs
5	22.85	924	Coville, Alex	22	PC Stanford Swimming	8/3/2010	2010 National Champs
6	23.19	894	Fleming, Shayne	18	PC De Anza Cupertino Aquatics	6/9/2010	2010 Barcelona Invite
7	23.29	885	Clark, Bennett	24	PC California Aquatics	3/4/2010	2010 USA Swimming Austin Grand
8	23.48	869	Wayne, Aaron	19	PC Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
9	23.52	867	Peske, Erich	17	PC De Anza Cupertino Aquatics	8/15/2010	2010 Youth Olympics
10	23.54	864	Allen, Jake	21	PC Stanford Swimming	8/3/2010	2010 National Champs
11	23.69	851	Hanni, Ryan	18	PC Los Altos & Mountain View A.C.	8/3/2010	2010 National Champs
12	23.73	847	Rogers, Chris	20	PC California Aquatics	8/3/2010	2010 National Champs
13	23.75	846	Thompson, Garrett	20	PC The Swim Club of NorCal	7/21/2010	2010 CA USA Swimming Speedo Ch
14	23.80	841	Wall, Daniel	20	PC Santa Clara Swim Club	8/3/2010	2010 ConocoPhillips Nats TT
15	23.87	835	Latimer, Andrew	19	PC North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
16	23.90	833	Saeta, Andrew	19	PC Stanford Swimming	8/3/2010	2010 National Champs
17	23.93	830	Cushing, Alex	22	PC California Aquatics	8/3/2010	2010 National Champs
18	24.06	819	Williams, Trent	18	PC North Bay Aquatics	8/9/2010	2010 Junior National Champs

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

18	24.06	819	Wright, John	19	PC	North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
20	24.09	817	Ceah, Geoff	19	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
21	24.28	800	Murray, Matthew	18	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 ConocoPhillips Nats TT
22	24.30	799	Morrison, Phillip	25	PC	Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
23	24.32	797	Daneke, Alex	20	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
24	24.36	795	Pettibone, Joey	17	PC	Lakeridge Swim Team	7/21/2010	2010 CA USA Swimming Speedo Ch
25	24.37	793	Reilly, Sean	20	PC	Unattached	4/9/2010	2010 HI Oahu 'Spring Fling' Se
25	24.37	826	Burns, Ian	16	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs

Girls Age 13-34 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	53.67	1022	Coughlin, Natalie	27	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
2	53.94	1009	Vollmer, Dana	22	PC California Aquatics	8/3/2010	2010 National Champs
3	54.96	959	Kennedy, Madison	22	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
4	55.24	946	Wilson, Hannah	21	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
5	55.25	949	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	8/26/2010	2010 Jr Pan Pacific Swimming C
6	55.35	944	Schaefer, Maddy	16	PC Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
7	55.37	940	Dwellely, Kate E	21	PC Terrapins Swim Team	8/3/2010	2010 National Champs
8	55.48	934	Smit, Julia	22	PC Stanford Swimming	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
9	55.87	916	Woodward, Samantha	19	PC Stanford Swimming	8/3/2010	2010 National Champs
10	55.98	926	Chenault, Chelsea	15	PC Terrapins Swim Team	8/9/2010	2010 Junior National Champs
11	56.10	905	Murez, Andi	18	PC Stanford Swimming	8/3/2010	2010 National Champs
12	56.45	889	Bard, Presley	22	PC Terrapins Swim Team	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
13	56.47	888	Breed, Catherine	17	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
14	56.72	876	Dagg, Erica	21	PC California Aquatics	8/3/2010	2010 National Champs

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

15	56.76	874	Carlson, Kasey	18	PC	Walnut Creek Aquabears	8/3/2010	2010 National Champs
16	56.81	872	Webb, Betsy	19	PC	Stanford Swimming	8/3/2010	2010 National Champs
17	56.96	865	Boyle, Lauren	22	PC	California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
18	57.20	854	Cheng, Camille	17	PC	Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
19	57.39	845	Jensen, Liv	20	PC	California Aquatics	8/3/2010	2010 National Champs
20	57.45	842	Roth, Deborah	17	PC	Unattached	8/3/2010	2010 National Champs
21	57.49	840	Murphy, Kathryn	17	PC	Unattached	4/29/2010	2010 Irish Long Course Championship
22	57.56	837	Monsees, Courtney	21	PC	Santa Clara Swim Club	8/3/2010	2010 National Champs
23	57.66	833	Dirado, Maya	17	PC	Neptune Swimming	6/17/2010	XLIII Santa Clara Internationa
24	57.78	830	Acker, Rachael	16	PC	Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
25	57.84	824	Raatz, Katherine	21	PC	California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX

Boys Age 13-34 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	48.15	1021	Adrian, Nathan	21	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
2	48.76	990	Moore, Graeme	21	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
3	49.59	950	Copeland, William	24	PC California Aquatics	8/3/2010	2010 National Champs
4	50.19	921	Grant, Andy	25	PC Unattached	8/3/2010	2010 National Champs
5	50.71	896	Coville, Alex	22	PC Stanford Swimming	8/3/2010	2010 National Champs
6	51.29	869	Allen, Jake	21	PC Stanford Swimming	8/3/2010	2010 National Champs
7	51.42	863	Priestley, Morgan	20	PC Unattached	7/8/2010	2010 ST Texas Senior Circuit Long
8	51.47	860	Daniels, Josh	22	PC California Aquatics	8/3/2010	2010 National Champs
9	51.48	860	Wayne, Aaron	19	PC Terrapins Swim Team	6/17/2010	XLIII Santa Clara Internationa
10	51.75	847	Thompson, Garrett	21	PC The Swim Club of NorCal	8/3/2010	2010 National Champs
11	51.77	846	Hanni, Ryan	18	PC Los Altos & Mountain View A.C.	8/3/2010	2010 National Champs
12	51.93	839	Kranenburg, Pieter	18	PC North Bay Aquatics	8/9/2010	2010 Junior National Champs
13	51.98	931	Campbell, Sven	15	PC Orinda Aquatics	8/9/2010	2010 Junior National Champs

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

14	52.08	832	Fleming, Shayne	18	PC	De Anza Cupertino Aquatics	8/3/2010	2010 National Champs
15	52.16	828	Andrews, Rob	20	PC	Stanford Swimming	8/3/2010	2010 National Champs
16	52.33	820	Cheah, Geoff	19	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
17	52.34	830	Peske, Erich	17	PC	De Anza Cupertino Aquatics	8/3/2010	2010 National Champs
17	52.34	820	Clark, Bennett	24	PC	California Aquatics	2/12/2010	2010 Missouri Grand Prix
19	52.56	810	Murray, Matthew	18	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
20	52.67	805	Woods, Steven	22	PC	Tiger Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
21	52.72	802	Tan, Daniel	18	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
22	52.75	801	Morrison, Phillip	25	PC	Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
23	52.79	844	Shimomura, Sam	16	PC	Santa Clara Swim Club	8/10/2010	2010 Junior National Champs
24	52.84	842	Burns, Ian	16	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
25	52.88	795	Packer, Chris	20	PC	North Bay Aquatics	8/3/2010	2010 National Champs

Girls Age 13-34 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:56.47	1016	Vollmer, Dana	22	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
2	1:58.52	997	Chenault, Chelsea	15	PC Terrapins Swim Team	8/26/2010	2010 Jr Pan Pacific Swimming C
3	1:58.54	977	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
4	1:59.59	937	Boyle, Lauren	22	PC California Aquatics	3/1/2010	2010 International Invite
5	2:00.12	923	Isakovic, Sara	21	PC University of California, Berkeley	12/6/2009	2009 LCM Invitational
6	2:00.84	905	Smit, Julia	22	PC Stanford Swimming	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
7	2:01.28	895	Dwellely, Kate E	21	PC Terrapins Swim Team	8/3/2010	2010 National Champs
8	2:01.44	891	Murez, Andi	18	PC Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
9	2:01.57	901	Breed, Catherine	17	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
10	2:01.61	886	Ditto, Kelsey	21	PC Stanford Swimming	8/3/2010	2010 National Champs
11	2:01.76	897	Schaefer, Maddy	16	PC Palo Alto Stanford Aquatics	8/5/2010	2010 National Champs

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

12	2:02.36	882	Dirado, Maya	17	PC	Neptune Swimming	6/17/2010	XLIII Santa Clara Internationa
13	2:02.61	876	Brown, Allison	16	PC	Pleasanton Seahawks	8/3/2010	2010 National Champs
14	2:02.99	853	Kennedy, Madison	22	PC	California Aquatics	3/4/2010	2010 USA Swimming Austin Grand
15	2:03.06	851	Wilson, Hannah	21	PC	California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
16	2:03.77	834	Kastes, Katie	21	PC	California Aquatics	8/3/2010	2010 National Champs
17	2:03.80	834	Woodward, Samantha	19	PC	Stanford Swimming	6/17/2010	XLIII Santa Clara Internationa
18	2:03.96	830	Leverenz, Caitlin	19	PC	California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
19	2:04.43	832	Nanfria, Taylor	17	PC	Crow Canyon Country Club Sharks	8/3/2010	2010 National Champs
20	2:04.47	850	White, Madison	15	PC	Crow Canyon Country Club Sharks	8/12/2010	2010 Junior National Champs
21	2:04.61	814	Bibb, Emily	20	PC	Unattached	3/4/2010	2010 USA Swimming Austin Grand
22	2:04.66	813	Bard, Presley	22	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
23	2:04.68	826	Cheng, Camille	17	PC	Palo Alto Stanford Aquatics	8/12/2010	2010 Junior National Champs
24	2:04.89	808	Herrington, Katie	18	PC	The Swim Club of NorCal	8/3/2010	2010 National Champs
25	2:04.92	807	Delisle, Laurence	18	PC	De Anza Cupertino Aquatics	8/5/2010	2010 National Champs

Boys Age 13-34 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:49.32	950	Shields, Tom	19	PC California Aquatics	8/3/2010	2010 National Champs
2	1:50.57	919	Priestley, Morgan	20	PC Stanford Swimming	8/3/2010	2010 National Champs
3	1:52.20	879	Andrews, Rob	20	PC Stanford Swimming	8/3/2010	2010 National Champs
4	1:52.28	911	Hinshaw, Adam	16	PC Palo Alto Stanford Aquatics	8/26/2010	2010 Jr Pan Pacific Swimming C
5	1:52.55	958	Kremer, Tom	15	PC Unattached	7/23/2010	2010 ISR Champs
6	1:53.54	991	Silverthorn, Nick	14	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
7	1:53.66	844	Thompson, Garrett	20	PC The Swim Club of NorCal	7/21/2010	2010 CA USA Swimming Speedo Ch
8	1:53.85	840	Morrison, Phillip	25	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

								Championships
9	1:53.86	839	Howell, Isaac	20	PC	California Aquatics	8/3/2010	2010 National Champs
10	1:53.89	872	Shimomura, Sam	16	PC	Santa Clara Swim Club	8/11/2010	2010 Junior National Champs
11	1:53.91	838	Copeland, William	23	PC	California Aquatics	3/4/2010	2010 USA Swimming Austin Grand
12	1:53.97	837	Hinshaw, Ben	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
13	1:54.01	836	Trowbridge, Nick	19	PC	Palo Alto Stanford Aquatics	8/6/2010	2010 National Champs
14	1:54.25	830	Grant, Andy	25	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
15	1:54.40	827	Weiss, Michael	19	PC	Lakeridge Swim Team	8/3/2010	2010 ConocoPhillips Nats TT
16	1:54.47	825	Hinshaw, Ryan	20	PC	Santa Clara Swim Club	8/6/2010	2010 National Champs
17	1:54.52	824	Allen, Jake	21	PC	Stanford Swimming	8/3/2010	2010 National Champs
18	1:54.58	910	Campbell, Sven	15	PC	Orinda Aquatics	8/9/2010	2010 Junior National Champs
19	1:54.68	823	Partin, Jackson	17	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
20	1:54.92	814	Hanni, Ryan	18	PC	Los Altos & Mountain View A.C.	8/3/2010	2010 National Champs
21	1:55.30	893	Miller, Jack	15	PC	Walnut Creek Aquabears	8/9/2010	2010 Junior National Champs
22	1:55.35	804	Korotkin, Scott	21	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
23	1:55.56	833	Nunan, Michael	16	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
24	1:55.76	795	Fleming, Shayne	18	PC	De Anza Cupertino Aquatics	8/3/2010	2010 National Champs
25	1:55.81	827	Bole, Sandy	16	PC	North Bay Aquatics	8/11/2010	2010 Junior National Champs

Girls Age 13-34 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	4:09.59	955	Boyle, Lauren	22	PC	California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
2	4:09.80	1001	Chenault, Chelsea	15	PC	Terrapins Swim Team	8/3/2010	2010 National Champs
3	4:11.89	926	Ditto, Kelsey	21	PC	Stanford Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
4	4:14.75	904	Breed, Catherine	17	PC	Pleasanton Seahawks	6/17/2010	XLIII Santa Clara Internationa
5	4:17.06	864	Kastes, Katie	21	PC	California Aquatics	8/3/2010	2010 National Champs
6	4:17.07	911	White, Madison	15	PC	Crow Canyon Country Club Sharks	8/9/2010	2010 Junior National Champs

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

7	4:17.65	871	Brown, Allison	16	PC	Pleasanton Seahawks	8/3/2010	2010 National Champs
8	4:18.05	865	Nanfria, Taylor	17	PC	Crow Canyon Country Club Sharks	8/3/2010	2010 National Champs
9	4:18.44	861	Tosky, Jasmine	16	PC	Unattached	4/1/2010	2010 Columbus Grand Prix
10	4:19.81	832	Smit, Julia	22	PC	Stanford Swimming	6/17/2010	XLIII Santa Clara Internationa
11	4:20.39	837	Dirado, Maya	17	PC	Neptune Swimming	6/17/2010	XLIII Santa Clara Internationa
12	4:21.43	813	Harper, Shelley	20	PC	California Aquatics	8/3/2010	2010 National Champs
13	4:22.14	805	Hayter, Blake	21	PC	University of California, Berkeley	12/6/2009	2009 LCM Invitational
14	4:22.17	851	Li, Celina	15	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
15	4:22.23	804	Duckworth, Angela	19	PC	Unattached	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
16	4:22.74	798	Dwellely, Kate E	21	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
17	4:24.02	783	Vollmer, Dana	22	PC	Unattached	6/12/2010	2010 Canet Invite
18	4:24.59	823	Davis, Allie	15	PC	Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
19	4:25.56	766	Sun, Sara	21	PC	California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
20	4:26.07	774	Ruby, Charlotte	16	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
21	4:27.35	746	Monsees, Courtney	21	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
22	4:28.01	752	Grima, Alicia	16	PC	Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
23	4:28.09	738	Delay, Sara	19	PC	Walnut Creek Aquabears	6/17/2010	XLIII Santa Clara Internationa
24	4:28.12	814	Bauer, Jenna	14	PC	Neptune Swimming	8/5/2010	2010 PC NACC LCM
25	4:28.43	734	Murez, Andi	18	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE

Boys Age 13-34 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	3:57.05	917	Hinshaw, Adam	16	PC Palo Alto Stanford Aquatics	8/26/2010	2010 Jr Pan Pacific Swimming C

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

2	3:58.29	872	Hinshaw, Ryan	20	PC	Santa Clara Swim Club	8/3/2010	2010 National Champs
3	3:58.75	876	Partin, Jackson	17	PC	Santa Clara Swim Club	8/3/2010	2010 National Champs
4	3:59.24	1014	Silverthorn, Nick	14	PC	Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
5	4:00.13	852	Zoldos, Michael	20	PC	Unattached	7/8/2010	2010 ST Texas Senior Circuit Long
6	4:00.89	843	Andrews, Rob	20	PC	Stanford Swimming	8/3/2010	2010 National Champs
7	4:01.39	838	Morrison, Phillip	25	PC	Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
8	4:01.68	866	Shimomura, Sam	16	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
9	4:02.21	829	Howell, Isaac	20	PC	California Aquatics	8/3/2010	2010 National Champs
10	4:03.28	817	Korotkin, Scott	21	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
11	4:04.00	840	Owens, Kevin	16	PC	Santa Clara Swim Club	6/17/2010	XLIII Santa Clara Internationa
12	4:04.18	807	Priestley, Morgan	20	PC	Stanford Swimming	8/3/2010	2010 National Champs
13	4:06.21	785	Quincy, Paul	18	PC	San Ramon Vly/Livermore Aq.	8/9/2010	2010 Junior National Champs
14	4:06.29	815	Nunan, Michael	16	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
15	4:06.32	849	Kremer, Tom	15	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
16	4:06.37	783	Trowbridge, Nick	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
17	4:06.53	782	Shields, Tom	18	PC	California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
18	4:06.62	789	Seitz, Andrew	17	PC	Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
19	4:07.39	772	Thompson, Garrett	21	PC	The Swim Club of NorCal	8/3/2010	2010 ConocoPhillips Nats TT
20	4:08.08	830	Miller, Jack	15	PC	Walnut Creek Aquabears	8/9/2010	2010 Junior National Champs
21	4:08.25	772	Blazevski, Marko	17	PC	Monterey Bay Swim Club	2/12/2010	2010 Missouri Grand Prix
22	4:08.50	761	Zlotoff, Zack	19	PC	San Jose Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
23	4:08.69	759	McKinnon, Aaron	20	PC	Cabrillo Threshers	7/21/2010	2010 CA USA Swimming Speedo Ch
24	4:09.62	749	Drogemuller, Brandon	19	PC	Monterey Bay Swim Club	8/6/2010	2010 CC Western Zone Senior Meet
25	4:09.81	755	London, Mike	17	PC	Santa Clara Swim Club	6/17/2010	XLIII Santa Clara Internationa

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

Girls Age 13-34 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	8:36.65	932	Boyle, Lauren	22	PC California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
2	8:38.03	948	Chenault, Chelsea	15	PC Terrapins Swim Team	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
3	8:38.59	921	Ditto, Kelsey	21	PC Stanford Swimming	8/3/2010	2010 National Champs
4	8:46.13	880	Nanfria, Taylor	17	PC Crow Canyon Country Club Sharks	8/3/2010	2010 National Champs
5	8:47.18	899	White, Madison	15	PC Crow Canyon Country Club Sharks	8/9/2010	2010 Junior National Champs
6	8:47.52	880	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
7	8:54.14	838	Breed, Catherine	17	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
8	8:55.76	829	Duckworth, Angela	20	PC Stanford Swimming	8/3/2010	2010 National Champs
9	8:56.51	832	Brown, Allison	16	PC Pleasanton Seahawks	8/3/2010	2010 National Champs
10	9:02.09	797	Harper, Shelley	20	PC California Aquatics	8/3/2010	2010 National Champs
11	9:03.33	790	Matevish, Lauren	18	PC Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
12	9:06.34	799	Davis, Allie	15	PC Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
13	9:06.92	772	Sun, Sara	21	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
14	9:09.37	766	Ruby, Charlotte	16	PC Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
15	9:10.18	762	Troup, Lexy	16	PC Crow Canyon Country Club Sharks	7/28/2010	2010 PC TERA LCM FAR WESTERN
16	9:10.58	777	Lincoln, Casey	15	PC Palo Alto Stanford Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
17	9:11.37	830	Li, Celina	14	PC Pleasanton Seahawks	7/16/2010	2010 PC UOP LCM PC-JR+
18	9:13.61	738	Levere, Jacqui	17	PC Palo Alto Stanford Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
19	9:13.70	745	Dirado, Maya	16	PC Neptune Swimming	1/30/2010	2010 SN NOR-CAL SUPERLEAGUE CHAMP
20	9:14.32	816	Bauer, Jenna	14	PC Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
21	9:16.28	725	Swalin, Jayme	20	PC Tiger Aquatics	7/21/2010	PRIX 2010 CA USA Swimming Speedo Ch
22	9:17.05	721	Batiza, Delise	17	PC Crow Canyon Country Club Sharks	8/9/2010	2010 Junior National Champs
23	9:19.45	710	Friedhoff, Amy	20	PC De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
24	9:21.72	804	Knowles, Rachel	13	PC Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
25	9:23.18	771	Amberg, Natalie	14	PC Crow Canyon Country Club Sharks	8/5/2010	2010 PC NACC LCM

Boys Age 13-34 800 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	8:12.09	902	Hinshaw, Adam	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
2	8:12.16	894	Partin, Jackson	17	PC Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
3	8:18.10	861	Hinshaw, Ryan	20	PC Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
4	8:18.28	860	Zoldos, Michael	20	PC Unattached	7/28/2010	2010 Canadian National Championships
5	8:20.18	858	Owens, Kevin	16	PC Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
6	8:21.83	849	Shimomura, Sam	16	PC Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
7	8:22.86	835	Korotkin, Scott	21	PC Unattached	6/17/2010	XLIII Santa Clara Internationa
8	8:30.91	793	Quincy, Paul	18	PC San Ramon Vly/Livermore Aq.	8/9/2010	2010 Junior National Champs
9	8:31.65	927	Silverthorn, Nick	14	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
10	8:32.33	858	Kremer, Tom	15	PC Unattached	6/17/2010	XLIII Santa Clara Internationa
11	8:33.29	780	Zlotoff, Zack	19	PC San Jose Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
12	8:37.19	760	Hinshaw, Ben	19	PC Palo Alto Stanford Aquatics	6/17/2010	XLIII Santa Clara Internationa
13	8:37.68	757	Peters, Jeff	17	PC Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
14	8:37.78	895	Ogren, Curtis	14	PC Unattached	8/9/2010	2010 Junior National Champs
15	8:37.94	756	Herman, Matthew	20	PC Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

16	8:40.04	745	Blazevski, Marko	17	PC	Monterey Bay Swim Club	5/28/2010	2010 PC MBSC LCM PC-CBA+
17	8:40.14	745	Drogemuller, Brandon	19	PC	Monterey Bay Swim Club	7/21/2010	2010 CA USA Swimming Speedo Ch
18	8:41.17	748	Porter, Andrew	16	PC	Cabrillo Threshers	6/12/2010	2010 PC SJA LCM PC-C/B/A+
19	8:44.12	796	Lawler, Keltan	15	PC	Peak Swimming	7/21/2010	2010 CA USA Swimming Speedo Ch
20	8:45.83	724	Nunan, Michael	16	PC	Santa Clara Swim Club	6/17/2010	XLIII Santa Clara Internationa
21	8:46.17	722	Chang, Howard	16	PC	San Jose Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
22	8:47.52	844	Lerude, Ben	14	PC	Reno Aquatic Club	7/21/2010	2010 CA USA Swimming Speedo Ch
23	8:47.64	779	Hughes, Bryan	15	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
24	8:47.98	713	Horpel, Frank	16	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
25	8:48.32	703	Stuewe, Connor	17	PC	Monterey Bay Swim Club	7/16/2010	2010 CC LC California State Championships

Girls Age 13-34 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	16:55.39	890	Nanfria, Taylor	16	PC Crow Canyon Country Club Sharks	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
2	17:00.15	892	White, Madison	15	PC Crow Canyon Country Club Sharks	8/9/2010	2010 Junior National Champs
3	17:10.79	848	Brown, Allison	16	PC Pleasanton Seahawks	6/17/2010	XLIII Santa Clara Internationa
4	17:13.06	838	Duckworth, Angela	19	PC Unattached	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
5	17:29.90	794	Matevish, Lauren	18	PC Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
6	17:35.12	799	Lincoln, Casey	15	PC Palo Alto Stanford Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
7	17:43.36	764	Troup, Lexy	16	PC Crow Canyon Country Club Sharks	7/28/2010	2010 PC TERA LCM FAR WESTERN
8	17:45.41	754	George, Heidi	34	PC Los Altos & Mountain View A.C.	4/30/2010	2010 PC LAMV LCM PC-C/B/A+
9	17:53.22	826	Knowles, Rachel	13	PC Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

								WESTERN
10	17:56.75	726	Friedhoff, Amy	20	PC	De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
11	17:59.72	723	Blake, Abby	16	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
12	18:04.17	761	Li, Celina	14	PC	Pleasanton Seahawks	6/5/2010	2010 PC PLS LCM PC-JR+
13	18:06.63	701	Swalin, Jayme	20	PC	Tiger Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
14	18:13.85	737	Benjamin, Miriam	14	PC	Walnut Creek Aquabears	8/10/2010	2010 PC WZ LCM WESTERN ZONES
15	18:15.88	679	Silvas, Cara	17	PC	Northern Nevada Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
16	18:16.41	677	Rados, Sam	17	PC	Thunderbolt Aquatics	7/16/2010	2010 PC UOP LCM PC-JR+
17	18:18.86	671	Short, Mary Kate	18	PC	Lakeridge Swim Team	7/21/2010	2010 CA USA Swimming Speedo Ch
18	18:22.54	716	Matherson, Paige	14	PC	San Ramon Vly/Livermore Aq.	7/28/2010	2010 PC TERA LCM FAR WESTERN
19	18:23.04	661	Mills, Megan	19	PC	De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
20	18:23.27	665	Smith, Riley	16	PC	The Swim Club of NorCal	7/21/2010	2010 CA USA Swimming Speedo Ch
21	18:23.66	713	Howe, Ally	14	PC	Palo Alto Stanford Aquatics	4/30/2010	2010 PC LAMV LCM PC-C/B/A+
22	18:23.98	659	Winters, Sarah	18	PC	SOLO Aquatics	7/28/2010	2010 PC TERA LCM FAR WESTERN
23	18:30.64	662	Brand, Kirsten	15	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
24	18:31.83	694	Mayone, Colleen	14	PC	ConKohrs Barracudas	6/27/2010	2010 PC SUNN LCM INVITE
25	18:36.14	634	Moran, Bridget	16	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN

Boys Age 13-34 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	15:38.78	916	Hinshaw, Adam	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
2	15:43.93	885	Zoldos, Michael	20	PC Unattached	7/28/2010	2010 Canadian National

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

								Championships
3	15:46.73	879	Partin, Jackson	17	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
4	15:49.17	872	Hinshaw, Ryan	20	PC	Santa Clara Swim Club	8/3/2010	2010 National Champs
5	15:57.99	868	Owens, Kevin	16	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
6	16:06.35	829	Korotkin, Scott	21	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
7	16:11.65	834	Shimomura, Sam	16	PC	Santa Clara Swim Club	8/3/2010	2010 National Champs
8	16:12.36	930	Silverthorn, Nick	14	PC	Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
9	16:17.78	800	Quincy, Paul	18	PC	San Ramon Vly/Livermore Aq.	8/9/2010	2010 Junior National Champs
10	16:20.32	794	Drogemuller, Brandon	19	PC	Monterey Bay Swim Club	8/6/2010	2010 CC Western Zone Senior Meet
11	16:22.21	790	Herman, Matthew	20	PC	Unattached	5/1/2010	2010 PC STANFORD LCM INVITE
12	16:25.86	781	Zlotoff, Zack	19	PC	San Jose Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
13	16:32.38	766	Blazevski, Marko	17	PC	Monterey Bay Swim Club	5/28/2010	2010 PC MBSC LCM PC-CBA+
14	16:35.38	805	Hughes, Bryan	15	PC	Unattached	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
15	16:44.49	783	Cooper, Quentin	15	PC	Crow Canyon Country Club Sharks	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
16	16:48.94	772	Lerude, Ben	15	PC	Reno Aquatic Club	8/10/2010	2010 PC WZ LCM WESTERN ZONES
17	16:48.99	726	Peters, Jeff	17	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
18	16:51.04	738	Yee, Andrew	16	PC	San Ramon Vly/Livermore Aq.	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
19	16:51.96	736	Nunan, Michael	16	PC	Santa Clara Swim Club	6/17/2010	XLIII Santa Clara Internationa
20	16:56.95	724	Haley, Sam	16	PC	Neptune Swimming	7/28/2010	2010 PC TERA LCM FAR WESTERN
21	16:57.45	705	Butler, Wyatt	18	PC	Burlingame Aquatic Club	7/21/2010	2010 CA USA Swimming Speedo Ch
22	17:00.27	815	Ogren, Curtis	14	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
23	17:01.50	742	Kuhn, Nate	15	PC	Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

24	17:03.08	693	Phillips, Luke	17	PC	Unattached	8/10/2010	2010 PC WZ LCM WESTERN ZONES
25	17:07.58	681	Beletsky, Alex	18	PC	San Jose Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch

Girls Age 13-34 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	59.70	1047	Coughlin, Natalie	27	PC	California Aquatics	8/18/2010	2010 Pan Pacific Swimming Cham
2	1:00.76	1003	Bard, Presley	22	PC	Terrapins Swim Team	8/3/2010	2010 National Champs
3	1:01.69	965	Smit, Julia	22	PC	Stanford Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
4	1:01.80	979	White, Madison	15	PC	Crow Canyon Country Club Sharks	8/26/2010	2010 Jr Pan Pacific Swimming C
5	1:02.10	948	Webb, Betsy	19	PC	Stanford Swimming	8/3/2010	2010 National Champs
6	1:02.85	918	Roth, Deborah	17	PC	Unattached	8/3/2010	2010 National Champs
7	1:03.32	900	Schaefer, Maddy	16	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
8	1:03.73	884	Dagg, Erica	21	PC	Unattached	6/5/2010	2010 Monaco Invite
9	1:03.88	878	Dirado, Maya	17	PC	Neptune Swimming	6/17/2010	XLIII Santa Clara Internationa
10	1:04.11	869	Hammes, Jessie	19	PC	Stanford Swimming	8/3/2010	2010 National Champs
11	1:04.21	929	Howe, Ally	14	PC	Palo Alto Stanford Aquatics	6/17/2010	XLIII Santa Clara Internationa
12	1:04.64	848	Fischer-Colbrie, Megan	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 ConocoPhillips Nats TT
13	1:04.86	858	Cooke, Sidney	15	PC	Crow Canyon Country Club Sharks	8/9/2010	2010 Junior National Champs
14	1:05.05	832	Damian, Lauren	17	PC	Crow Canyon Country Club Sharks	8/5/2010	2010 PC NACC LCM
15	1:05.16	828	Tosky, Jasmine	16	PC	Palo Alto Stanford Aquatics	6/17/2010	XLIII Santa Clara Internationa
16	1:05.27	888	Mack, Linnea	14	PC	Osprey Aquatics	7/28/2010	2010 PC TERA LCM FAR WESTERN
17	1:05.31	822	Brown, Allison	16	PC	Pleasanton Seahawks	8/13/2010	2010 Junior National Champs
18	1:05.60	811	Denman, Heather	19	PC	De Anza Cupertino Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
19	1:05.66	809	Wang, Karen	17	PC	Pleasanton Seahawks	12/6/2009	2009 LCM Invitational
20	1:05.67	809	Anderson, Katrina	19	PC	Pleasanton Seahawks	7/21/2010	2010 CA USA Swimming Speedo Ch

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

20	1:05.67	809	Woodward, Samantha	19	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
22	1:05.69	808	Murez, Andi	18	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
23	1:06.05	813	Baxley, Rebecca	15	PC	Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
24	1:06.06	794	Bergman, Jesse	17	PC	Palo Alto Stanford Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
25	1:06.07	793	Clute, Deirdre	18	PC	Terrapins Swim Team	8/13/2010	2010 Junior National Champs

Boys Age 13-34 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	54.22	1011	Russell, David	23	PC California Aquatics	8/3/2010	2010 ConocoPhillips Nats TT
2	54.66	992	Gydesen, Mathias	21	PC Unattached	4/1/2010	2010 Columbus Grand Prix
3	57.06	890	Saeta, Andrew	19	PC Stanford Swimming	8/3/2010	2010 National Champs
4	57.13	887	Smith, Daniel	21	PC California Aquatics	8/3/2010	2010 National Champs
5	57.24	883	Trowbridge, Nick	19	PC Palo Alto Stanford Aquatics	8/7/2010	2010 National Champs
6	57.58	868	Rogers, Chris	20	PC California Aquatics	8/3/2010	2010 National Champs
7	58.46	832	Godbe, Andrew	21	PC California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
8	58.52	830	Murray, Matthew	18	PC Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
9	58.79	819	Daneke, Alex	20	PC Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
10	58.93	813	Cheah, Geoff	19	PC Unattached	6/17/2010	XLIII Santa Clara Internationa
11	59.07	808	Liivamagi, Martin	21	PC California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
12	59.22	854	Shilling, Stephen	16	PC Santa Clara Swim Club	8/13/2010	2010 Junior National Champs
13	59.39	903	Campbell, Sven	15	PC Orinda Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
14	59.41	846	Palley, David	16	PC Terrapins Swim Team	8/9/2010	2010 Junior Nats TT
15	59.87	828	Fleming, Casey	16	PC De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

16	1:00.03	878	Webster, Matthew	15	PC	Santa Clara Swim Club	8/13/2010	2010 Junior National Champs
17	1:00.32	758	Shilling, Brandon	19	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
18	1:00.35	756	Lathrope, Scott	24	PC	Orinda Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
18	1:00.35	756	Birich, Paul	21	PC	North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
20	1:00.46	805	Khojasteh, Kevin	16	PC	De Anza Cupertino Aquatics	7/28/2010	2010 PC TERA LCM FAR WESTERN
21	1:00.47	765	Dezwirek, Jeremie	17	PC	Palo Alto Stanford Aquatics	8/9/2010	2010 Junior Nats TT
22	1:00.51	763	Stuewe, Connor	17	PC	Monterey Bay Swim Club	7/28/2010	2010 PC TERA LCM FAR WESTERN
23	1:00.91	734	Carlo, Evan	18	PC	Livermore Aqua Cowboys Club	8/5/2010	2010 PC NACC LCM
24	1:00.94	733	Fong, Jimmy	20	PC	Neptune Swimming	7/11/2010	2010 CA LOS ANGELES GRAND PRIX
25	1:01.13	778	Hausmann, Chris	16	PC	Alameda Island Aquatics	7/28/2010	2010 PC TERA LCM FAR WESTERN

Girls Age 13-34 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:11.67	983	White, Madison	15	PC Crow Canyon Country Club Sharks	8/3/2010	2010 National Champs
2	2:13.39	934	Dirado, Maya	17	PC Neptune Swimming	8/3/2010	2010 National Champs
3	2:13.43	933	Smit, Julia	22	PC Stanford Swimming	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
4	2:16.08	889	Bard, Presley	22	PC Terrapins Swim Team	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
5	2:17.40	866	Hammes, Jessie	19	PC Stanford Swimming	8/3/2010	2010 National Champs
6	2:17.49	916	Howe, Ally	14	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
7	2:18.37	850	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
8	2:19.10	838	Anderson, Katrina	19	PC Pleasanton Seahawks	7/21/2010	2010 CA USA Swimming Speedo Ch
9	2:19.27	835	Brown, Allison	16	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

10	2:19.29	835	Dagg, Erica	21	PC	Unattached	6/5/2010	2010 Monaco Invite
11	2:19.80	827	Webb, Betsy	19	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
12	2:20.63	813	Fischer-Colbrie, Megan	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
13	2:20.74	811	Delisle, Laurence	18	PC	De Anza Cupertino Aquatics	8/3/2010	2010 National Champs
14	2:21.19	823	Li, Celina	15	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
15	2:21.35	801	Grima, Alicia	16	PC	Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
16	2:21.46	800	Wang, Karen	17	PC	Pleasanton Seahawks	12/6/2009	2009 LCM Invitational
17	2:21.72	814	Chenault, Chelsea	15	PC	Terrapins Swim Team	6/17/2010	XLIII Santa Clara Internationa
18	2:21.89	793	Monsees, Courtney	21	PC	Santa Clara Swim Club	6/10/2010	2010 AZ Southwest Classic Sr. Invite
19	2:21.98	791	Troup, Lexy	16	PC	Crow Canyon Country Club Sharks	7/28/2010	2010 PC TERA LCM FAR WESTERN
20	2:22.82	777	Clute, Deirdre	18	PC	Terrapins Swim Team	8/9/2010	2010 Junior National Champs
21	2:22.96	775	Hoff, Kelsey	20	PC	California Aquatics	8/3/2010	2010 National Champs
22	2:23.13	772	Bergman, Jesse	18	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
23	2:23.16	772	Pearson, Samantha	18	PC	University of California, Berkeley	12/6/2009	2009 LCM Invitational
24	2:23.43	768	Schaefer, Maddy	16	PC	Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
25	2:23.49	767	Roth, Deborah	17	PC	Unattached	7/8/2010	2010 CA LOS ANGELES GRAND PRIX

Boys Age 13-34 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:59.65	969	Russell, David	23	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
2	2:03.42	893	Gydesen, Mathias	21	PC Unattached	4/1/2010	2010 Columbus Grand Prix
3	2:04.55	871	Saeta, Andrew	19	PC Stanford Swimming	8/3/2010	2010 National Champs
4	2:05.46	853	Rogers, Chris	20	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

5	2:06.67	829	Trowbridge, Nick	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
6	2:07.70	810	Fleming, Shayne	18	PC	De Anza Cupertino Aquatics	8/3/2010	2010 National Champs
7	2:07.97	804	Murray, Matthew	18	PC	Palo Alto Stanford Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
8	2:08.00	804	Smith, Daniel	21	PC	California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
9	2:08.81	943	Ogren, Curtis	14	PC	Unattached	7/15/2010	2010 PC OAPB LCM PC-JO'S
10	2:09.13	794	Dezwirek, Jeremie	17	PC	Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
11	2:09.26	834	Shilling, Stephen	16	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
12	2:09.28	879	Campbell, Sven	15	PC	Orinda Aquatics	8/9/2010	2010 Junior National Champs
13	2:09.35	778	Weiss, Michael	19	PC	Lakeridge Swim Team	7/21/2010	2010 CA USA Swimming Speedo Ch
14	2:10.23	816	Palley, David	16	PC	Terrapins Swim Team	8/9/2010	2010 Junior National Champs
15	2:10.40	758	Daneke, Alex	20	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
16	2:10.43	857	Webster, Matthew	15	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
17	2:10.44	812	Fleming, Casey	16	PC	De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
18	2:10.80	763	Stuwe, Connor	17	PC	Monterey Bay Swim Club	8/5/2010	2010 PC NACC LCM
19	2:12.20	725	Quincy, Paul	18	PC	San Ramon Vly/Livermore Aq.	8/9/2010	2010 Junior National Champs
20	2:12.64	717	Carlo, Evan	18	PC	Livermore Aqua Cowboys Club	7/28/2010	2010 PC TERA LCM FAR WESTERN
21	2:13.28	860	Lee, William	14	PC	Palo Alto Stanford Aquatics	7/28/2010	2010 PC TERA LCM FAR WESTERN
22	2:13.80	950	Lynch, Justin	13	PC	Terrapins Swim Team	7/28/2010	2010 PC TERA LCM FAR WESTERN
23	2:13.88	849	Castro-Abrams, Kenneth	14	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
24	2:13.99	747	Lasko, Jared	16	PC	Lakeridge Swim Team	8/10/2010	2010 PC WZ LCM WESTERN ZONES
25	2:14.33	785	Kuhn, Nate	15	PC	Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

PRIX

Girls Age 13-34 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:08.98	942	Carlson, Kasey	18	PC Walnut Creek Aquabears	8/3/2010	2010 National Champs
2	1:09.84	926	Gargalikis, Allison	16	PC Terrapins Swim Team	8/9/2010	2010 Junior National Champs
3	1:10.24	903	Alvarez, Liliana	18	PC Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
4	1:10.56	893	Smith, Liz	21	PC Stanford Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
5	1:10.65	890	Leverenz, Caitlin	19	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
6	1:10.78	886	Kristiansen, Siri Eva	17	PC Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
7	1:12.38	837	Hannis, Molly	18	PC Neptune Swimming	6/17/2010	XLIII Santa Clara Internationa
8	1:12.43	835	Kraemer, Kerry	21	PC Stanford Swimming	8/3/2010	2010 National Champs
9	1:12.44	846	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
10	1:12.72	0	Houston, Tory	17	PC Pleasanton Seahawks	7/28/2010	2010 Canadian National Championships
11	1:12.84	823	Bradley, Paige	19	PC Crow Canyon Country Club Sharks	8/3/2010	2010 National Champs
12	1:13.23	811	Harper, Kirsten	22	PC Walnut Creek Aquabears	7/16/2010	2010 CC LC California State Championships
13	1:13.36	832	Li, Celina	15	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
14	1:14.05	872	Poppe, Heidi	14	PC Unattached	6/17/2010	XLIII Santa Clara Internationa
15	1:14.16	869	Young, Taylor	14	PC Neptune Swimming	1/30/2010	2010 SN NOR-CAL SUPERLEAGUE CHAMP
16	1:14.19	782	Liang, Sarah	17	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
17	1:14.48	859	Winkler, Jo Jo	14	PC North Bay Aquatics	3/4/2010	2010 USA Swimming Austin Grand
18	1:14.56	771	Petrakis, Danae	17	PC Unattached	6/17/2010	XLIII Santa Clara Internationa
18	1:14.56	782	Chen, Eva	16	PC Peak Swimming	7/21/2010	2010 CA USA Swimming Speedo Ch

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

20	1:14.73	766	Alvarez, Julia	18	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
21	1:14.83	763	McGowan, Mallory	18	PC	Tiger Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
22	1:14.92	760	Houston, Katy	23	PC	Northern Nevada Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
23	1:15.11	754	Yamauchi, Sophia	17	PC	Neptune Swimming	6/17/2010	XLIII Santa Clara Internationa
23	1:15.11	754	Trammell, Kirsten	21	PC	De Anza Cupertino Aquatics	8/3/2010	2010 National Champs
25	1:15.39	757	Doan, Kristine	16	PC	Pleasanton Seahawks	6/5/2010	2010 PC PLS LCM PC-JR+

Boys Age 13-34 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:01.91	969	Dugonjic, Damir	22	PC California Aquatics	8/9/2010	European Swimming Championships
2	1:02.34	954	Koon, Nolan	20	PC California Aquatics	8/3/2010	2010 National Champs
3	1:02.49	949	Aljand, Martti	22	PC California Aquatics	8/9/2010	European Swimming Championships
4	1:02.71	941	Johnson, BJ	23	PC Unattached	8/3/2010	2010 National Champs
5	1:03.18	924	Mahoney, Sean	21	PC Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
6	1:03.25	922	Godbe, Andrew	21	PC California Aquatics	8/3/2010	2010 National Champs
7	1:04.35	883	Ferrif, Nick	21	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
8	1:04.87	928	Stumph, Steven	16	PC Orinda Aquatics	8/9/2010	2010 Junior National Champs
9	1:05.15	855	Denton-Schneider, Jon	19	PC Unattached	3/4/2010	2010 USA Swimming Austin Grand
10	1:05.25	851	Richard, Timothy	18	PC Ripon Aquatics	8/3/2010	2010 National Champs
11	1:05.38	847	LeRoy, Nathan	21	PC Tiger Aquatics	8/3/2010	2010 ConocoPhillips Nats TT
12	1:06.02	825	Clark, Bennett	24	PC California Aquatics	2/12/2010	2010 Missouri Grand Prix
13	1:06.05	843	Jean, Tyler	17	PC Terrapins Swim Team	8/9/2010	2010 Junior National Champs
14	1:06.09	822	Cushing, Blake	19	PC Terrapins Swim Team	7/8/2010	2010 CA LOS ANGELES GRAND PRIX

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

15	1:06.64	867	Brown, Christian	16	PC	Unattached	8/9/2010	2010 Junior National Champs
16	1:07.15	786	Pritchard, Kenny	21	PC	Unattached	7/21/2010	2010 CA USA Swimming Speedo Ch
17	1:07.48	884	Mercurio, Thomas	15	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
18	1:07.70	787	Leon, Chris	17	PC	Orinda Aquatics	8/9/2010	2010 Junior National Champs
19	1:07.82	828	Scalise, Kyle	16	PC	Northern Nevada Aquatics	8/9/2010	2010 Junior National Champs
20	1:07.86	920	Ogren, Curtis	14	PC	Unattached	8/9/2010	2010 Junior National Champs
21	1:07.98	758	Litz, Jordan	22	PC	Tiger Aquatics	8/3/2010	2010 ConocoPhillips Nats TT
22	1:08.12	754	Lowe, Brett	18	PC	Terrapins Swim Team	12/6/2009	2009 LCM Invitational
23	1:08.25	813	Smith, Steven	16	PC	South San Francisco Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
24	1:08.29	748	Ito, Yota	23	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
25	1:08.40	744	Chen, Richard	18	PC	De Anza Cupertino Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE

Girls Age 13-34 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:28.58	951	Leverenz, Caitlin	19	PC California Aquatics	8/3/2010	2010 National Champs
2	2:28.61	951	Smith, Liz	21	PC Stanford Swimming	8/3/2010	2010 National Champs
3	2:34.35	884	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
4	2:35.38	857	Kristiansen, Siri Eva	17	PC Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
5	2:36.03	848	Alvarez, Liliana	18	PC Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
6	2:36.04	0	Houston, Tory	17	PC Pleasanton Seahawks	7/28/2010	2010 Canadian National Championships
7	2:36.64	840	Kraemer, Kerry	21	PC Stanford Swimming	6/17/2010	XLIII Santa Clara Internationa
8	2:37.41	830	Bradley, Paige	19	PC Crow Canyon Country Club Sharks	8/3/2010	2010 National Champs
9	2:37.50	828	Carlson, Kasey	18	PC Walnut Creek Aquabears	6/17/2010	XLIII Santa Clara Internationa

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

10	2:37.95	838	Li, Celina	15	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
11	2:38.31	817	Harper, Kirsten	22	PC	Walnut Creek Aquabears	6/17/2010	XLIII Santa Clara Internationa
12	2:39.61	812	Chen, Eva	16	PC	Peak Swimming	7/21/2010	2010 CA USA Swimming Speedo Ch
13	2:39.64	849	Lloyd, Megan	14	PC	Lakeridge Swim Team	7/21/2010	2010 CA USA Swimming Speedo Ch
14	2:39.69	799	Khojasteh, Jessica	17	PC	De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
15	2:40.03	844	Young, Taylor	14	PC	Neptune Swimming	1/30/2010	2010 SN NOR-CAL SUPERLEAGUE CHAMP
16	2:40.11	793	Hannis, Molly	18	PC	Neptune Swimming	6/17/2010	XLIII Santa Clara Internationa
17	2:41.03	793	Nanfria, Taylor	16	PC	Crow Canyon Country Club Sharks	3/4/2010	2010 USA Swimming Austin Grand
18	2:41.04	793	Doan, Kristine	16	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
19	2:41.82	770	Liang, Sarah	17	PC	Palo Alto Stanford Aquatics	6/17/2010	XLIII Santa Clara Internationa
20	2:42.22	823	Lee, Aileen	13	PC	Crow Canyon Country Club Sharks	7/28/2010	2010 PC TERA LCM FAR WESTERN
21	2:42.65	759	Yamauchi, Sophia	17	PC	Neptune Swimming	6/17/2010	XLIII Santa Clara Internationa
22	2:43.04	804	Poppe, Heidi	14	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
23	2:43.09	754	Read, Haley	19	PC	Palo Alto Stanford Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
24	2:43.33	750	Garland, Natalie	17	PC	Unattached	3/4/2010	2010 USA Swimming Austin Grand
25	2:43.44	749	Petrakis, Danae	17	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa

Boys Age 13-34 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:16.82	990	Stumph, Steven	16	PC Orinda Aquatics	8/9/2010	2010 Junior National Champs
2	2:17.79	931	Aljand, Martti	22	PC California Aquatics	8/9/2010	European Swimming Championships
3	2:18.15	926	Mahoney, Sean	21	PC Unattached	5/28/2010	2010 CA SPEEDO GRAND

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

								CHALLENGE
4	2:19.28	909	Koon, Nolan	20	PC	California Aquatics	8/3/2010	2010 National Champs
5	2:20.44	892	Hoyt, Trevor	19	PC	California Aquatics	8/3/2010	2010 National Champs
6	2:20.84	886	Godbe, Andrew	21	PC	California Aquatics	8/3/2010	2010 National Champs
7	2:23.03	854	LeRoy, Nathan	21	PC	Tiger Aquatics	8/3/2010	2010 National Champs
8	2:23.04	854	Richard, Timothy	18	PC	Ripon Aquatics	8/3/2010	2010 National Champs
9	2:23.66	963	Ogren, Curtis	14	PC	Unattached	8/9/2010	2010 Junior National Champs
10	2:25.67	815	Ferrif, Nick	21	PC	California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
11	2:26.41	811	Leon, Chris	17	PC	Orinda Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
12	2:26.96	797	Denton-Schneider, Jon	19	PC	Unattached	3/4/2010	2010 USA Swimming Austin Grand
13	2:27.04	796	Ito, Yota	23	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
14	2:27.73	831	Chen, Ronald	16	PC	Palo Alto Stanford Aquatics	7/28/2010	2010 PC TERA LCM FAR WESTERN
15	2:28.14	780	Lowe, Brett	18	PC	Terrapins Swim Team	8/9/2010	2010 Junior National Champs
16	2:28.43	896	Panchak, Jonathan	14	PC	Unattached	7/21/2010	2010 CA USA Swimming Speedo Ch
17	2:28.55	827	Mercurio, Thomas	15	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
18	2:28.64	818	Scalise, Kyle	16	PC	Northern Nevada Aquatics	8/9/2010	2010 Junior Nats TT
19	2:28.67	825	Sanborn, Byron	15	PC	Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
20	2:28.78	771	Scalise, Erik	32	PC	Northern Nevada Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
21	2:28.94	774	Jean, Tyler	17	PC	Terrapins Swim Team	8/9/2010	2010 Junior National Champs
22	2:30.19	953	Messner, Michael	13	PC	Sunnyvale Swim Club	7/28/2010	2010 PC TERA LCM FAR WESTERN
23	2:30.64	744	Hinshaw, Ben	19	PC	Palo Alto Stanford Aquatics	6/17/2010	XLIII Santa Clara Internationa
24	2:30.67	750	Peters, Jeff	17	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

25 2:30.96 793 Usinger, Brett 15 PC Crow Canyon Country Club Sharks 7/28/2010 2010 PC TERA LCM FAR WESTERN

Girls Age 13-34 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	57.39	1027	Vollmer, Dana	22	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
2	58.26	994	Wilson, Hannah	20	PC California Aquatics	3/1/2010	2010 International Invite
3	58.31	993	Coughlin, Natalie	27	PC California Aquatics	8/3/2010	2010 National Champs
4	59.08	964	Isakovic, Sara	22	PC California Aquatics	8/9/2010	European Swimming Championships
5	59.20	959	Breeden, Elaine	21	PC Stanford Swimming	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
6	59.31	955	Sims, Amanda	21	PC California Aquatics	8/3/2010	2010 National Champs
7	59.43	953	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
8	59.97	931	Dwellely, Kate E	21	PC Terrapins Swim Team	8/3/2010	2010 National Champs
9	1:00.71	904	Woodward, Samantha	19	PC Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
10	1:01.07	891	Herrington, Katie	18	PC The Swim Club of NorCal	8/3/2010	2010 National Champs
11	1:01.29	883	Dailey, Ursi	19	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
12	1:01.97	858	Fotsch, Colleen	20	PC California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
13	1:02.01	857	Christofferson, Stephanie	19	PC North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
14	1:02.10	854	Raatz, Katherine	21	PC California Aquatics	6/10/2010	2010 CA TYR/MVN Swim Meet of C
15	1:02.33	845	Davey, Kate	17	PC Ripon Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
16	1:02.35	847	Schaefer, Maddy	16	PC Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
17	1:02.39	843	Breed, Catherine	17	PC Pleasanton Seahawks	8/3/2010	2010 National Champs
18	1:02.42	890	Howe, Ally	14	PC Palo Alto Stanford Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

19	1:02.55	837	Fischer-Colbrie, Megan	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
20	1:02.70	832	O'Brien, Rachel N	19	PC	Terrapins Swim Team	8/3/2010	2010 ConocoPhillips Nats TT
21	1:02.76	851	Neel, Marissa	15	PC	Terrapins Swim Team	6/17/2010	XLIII Santa Clara Internationa
22	1:02.78	829	Murez, Andi	18	PC	Stanford Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
23	1:03.11	820	Ruby, Charlotte	16	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
24	1:03.16	816	Dirado, Maya	17	PC	Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
25	1:03.23	835	Cheung, Hilvy	15	PC	Mission San Jose Aquatics	6/17/2010	XLIII Santa Clara Internationa

Boys Age 13-34 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	52.94	966	Shields, Tom	19	PC California Aquatics	8/3/2010	2010 National Champs
2	53.18	955	Russell, David	23	PC California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
3	53.34	948	Gydesen, Mathias	21	PC Unattached	4/1/2010	2010 Columbus Grand Prix
4	54.29	920	Peske, Erich	17	PC De Anza Cupertino Aquatics	8/15/2010	2010 Youth Olympics
5	54.33	904	Liivamagi, Martin	22	PC California Aquatics	8/9/2010	European Swimming Championships
6	55.10	870	Sullivan, Robbie	20	PC California Aquatics	8/3/2010	2010 National Champs
7	55.12	869	Hernandez, David	21	PC Tiger Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
8	55.40	947	Kremer, Tom	15	PC Unattached	7/23/2010	2010 ISR Champs
9	55.82	929	Scheaffer, Chris	15	PC Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
10	56.00	831	Wayne, Aaron	19	PC Terrapins Swim Team	8/3/2010	2010 National Champs
11	56.14	825	Copeland, William	23	PC California Aquatics	2/12/2010	2010 Missouri Grand Prix
12	56.20	822	Ostler, Jack	19	PC North Bay Aquatics	8/3/2010	2010 National Champs
13	56.43	813	Cushing, Alex	22	PC California Aquatics	8/3/2010	2010 National Champs
14	56.56	862	Winder, Alan	16	PC North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
15	56.84	795	Hadjipateras, Costas	20	PC Cabrillo Threshers	7/21/2010	2010 CA USA Swimming Speedo

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
16	57.06	786	Hinshaw, Ben	19	PC Palo Alto Stanford Aquatics	7/8/2010	Ch 2010 CA LOS ANGELES GRAND PRIX
17	57.15	782	Birich, Paul	21	PC North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
18	57.18	836	Davison, Richard	16	PC Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
18	57.18	796	Gibson, Piankhi	17	PC Terrapins Swim Team	8/9/2010	2010 Junior National Champs
20	57.19	781	Murray, Matthew	18	PC Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
21	57.34	774	Horrell, Max	19	PC Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
22	57.42	771	Reilly, Sean	20	PC Unattached	4/9/2010	2010 HI Oahu 'Spring Fling' Se
23	57.45	770	Weiss, Michael	19	PC Lakeridge Swim Team	7/21/2010	2010 CA USA Swimming Speedo Ch
24	57.59	764	McKinnon, Aaron	20	PC Cabrillo Threshers	7/21/2010	2010 CA USA Swimming Speedo Ch
25	57.61	778	Noguchi, Shintaro	17	PC Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch

Girls Age 13-34 200 Butterfly Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	2:08.73	964	Breeden, Elaine	21	PC Stanford Swimming	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
2	2:09.28	984	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
3	2:10.71	933	Isakovic, Sara	22	PC California Aquatics	8/9/2010	European Swimming Championships
4	2:13.18	894	Vollmer, Dana	22	PC California Aquatics	6/9/2010	2010 Barcelona Invite
5	2:14.45	874	Kastes, Katie	21	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
6	2:14.54	873	Sims, Amanda	21	PC California Aquatics	6/17/2010	XLIII Santa Clara Internationa
7	2:14.87	868	Leverenz, Caitlin	19	PC California Aquatics	6/17/2010	XLIII Santa Clara Internationa
8	2:15.90	915	Howe, Ally	14	PC Palo Alto Stanford Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

9	2:16.01	879	Nanfria, Taylor	16	PC	Crow Canyon Country Club Sharks	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
10	2:16.13	848	Raatz, Katherine	21	PC	California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
11	2:16.52	842	Fischer-Colbrie, Megan	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
12	2:16.63	841	Dailey, Ursi	19	PC	California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
13	2:17.51	827	Davey, Kate	17	PC	Ripon Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
14	2:17.89	851	Ruby, Charlotte	16	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
15	2:18.22	849	Li, Celina	15	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
16	2:18.58	843	Cheung, Hilvy	15	PC	Mission San Jose Aquatics	8/9/2010	2010 Junior Nats TT
17	2:18.85	839	Neel, Marissa	15	PC	Terrapins Swim Team	8/9/2010	2010 Junior National Champs
18	2:19.62	795	Harper, Shelley	20	PC	California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
19	2:19.80	792	Breed, Catherine	17	PC	Pleasanton Seahawks	8/3/2010	2010 National Champs
20	2:19.83	821	Batiza, Delise	16	PC	Crow Canyon Country Club Sharks	6/17/2010	XLIII Santa Clara Internationa
21	2:19.96	790	Schmitz, Amanda	20	PC	Pleasanton Seahawks	8/3/2010	2010 ConocoPhillips Nats TT
22	2:20.23	786	Christofferson, Stephanie	19	PC	North Bay Aquatics	6/17/2010	XLIII Santa Clara Internationa
23	2:20.26	785	O'Brien, Rachel N	19	PC	Terrapins Swim Team	8/3/2010	2010 National Champs
24	2:20.72	778	Hyde, Hayes	20	PC	De Anza Cupertino Aquatics	8/3/2010	2010 National Champs
25	2:21.13	805	Aisawa, Michi	15	PC	Peak Swimming	7/28/2010	2010 PC TERA LCM FAR WESTERN

Boys Age 13-34 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:00.32	919	Sullivan, Robbie	20	PC California Aquatics	8/3/2010	2010 National Champs
2	2:01.66	974	Kremer, Tom	15	PC Unattached	7/23/2010	2010 ISR Champs
3	2:02.48	878	Shields, Tom	19	PC California Aquatics	8/3/2010	2010 National Champs
4	2:03.86	852	Hadjipateras, Costas	20	PC Cabrillo Threshers	8/3/2010	2010 National Champs

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

5	2:03.94	851	Russell, David	23	PC	Unattached	5/1/2010	2010 PC STANFORD LCM INVITE
6	2:04.53	839	Hinshaw, Ryan	20	PC	Santa Clara Swim Club	8/3/2010	2010 ConocoPhillips Nats TT
7	2:05.09	837	Peske, Erich	17	PC	De Anza Cupertino Aquatics	8/15/2010	2010 Youth Olympics
8	2:05.10	909	Scheaffer, Chris	15	PC	Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
9	2:05.62	819	Hinshaw, Ben	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
10	2:06.67	800	Korotkin, Scott	21	PC	Unattached	8/3/2010	2010 ConocoPhillips Nats TT
11	2:07.49	822	Haley, Sam	16	PC	Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
12	2:07.83	786	Blazevski, Marko	17	PC	Unattached	7/14/2010	European Junior Swimming Champ
13	2:08.37	849	Lawler, Keltan	15	PC	Peak Swimming	7/28/2010	2010 PC TERA LCM FAR WESTERN
14	2:08.63	772	Partin, Jackson	17	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
15	2:08.67	763	Morrison, Phillip	25	PC	Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
16	2:08.97	758	Birich, Paul	21	PC	North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
17	2:09.56	784	Hinshaw, Adam	16	PC	Palo Alto Stanford Aquatics	6/17/2010	XLIII Santa Clara Internationa
18	2:09.71	744	Horrell, Max	19	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
19	2:09.75	781	Porter, Andrew	16	PC	Cabrillo Threshers	7/21/2010	2010 CA USA Swimming Speedo Ch
20	2:10.62	765	Davison, Richard	16	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
21	2:11.23	725	Wooldridge, Andy	17	PC	Crow Canyon Country Club Sharks	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
22	2:11.85	983	Lynch, Justin	13	PC	Terrapins Swim Team	7/28/2010	2010 PC TERA LCM FAR WESTERN
23	2:12.02	860	Ogren, Curtis	14	PC	Unattached	7/15/2010	2010 PC OAPB LCM PC-JO'S
24	2:12.28	779	Hughes, Bryan	15	PC	Unattached	6/17/2010	XLIII Santa Clara Internationa
25	2:12.50	702	Masuda, Kei	17	PC	Palo Alto Stanford Aquatics	7/28/2010	2010 PC TERA LCM FAR

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

WESTERN

Girls Age 13-34 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:10.84	1020	Leverenz, Caitlin	19	PC California Aquatics	8/3/2010	2010 National Champs
2	2:12.57	987	Smit, Julia	22	PC Stanford Swimming	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
3	2:13.02	992	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
4	2:14.98	941	Smith, Liz	21	PC Stanford Swimming	6/17/2010	XLIII Santa Clara Internationa
5	2:15.41	944	Dirado, Maya	17	PC Neptune Swimming	8/3/2010	2010 National Champs
6	2:16.07	921	Breeden, Elaine	21	PC Stanford Swimming	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
7	2:16.91	905	Dwellely, Kate E	21	PC Terrapins Swim Team	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
8	2:16.96	924	Li, Celina	15	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
9	2:17.17	901	Isakovic, Sara	22	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
10	2:18.05	884	Vollmer, Dana	22	PC California Aquatics	5/28/2010	2010 Mel Zajac Jr Internationa
11	2:18.93	868	Monsees, Courtney	21	PC Santa Clara Swim Club	8/3/2010	2010 National Champs
12	2:19.33	861	White, Heather	21	PC University of California, Berkeley	12/6/2009	2009 LCM Invitational
13	2:19.39	873	Brown, Allison	16	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
14	2:19.48	858	Wilson, Hannah	21	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
15	2:19.97	863	Grima, Alicia	16	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
16	2:21.53	834	Schaefer, Maddy	16	PC Unattached	4/1/2010	2010 Columbus Grand Prix
17	2:21.62	820	Kastes, Katie	21	PC California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
18	2:21.77	817	Hoff, Kelsey	20	PC California Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
19	2:21.82	816	Eronemo, Courtney	22	PC University of California, Berkeley	12/6/2009	2009 LCM Invitational
20	2:22.12	854	Howe, Ally	14	PC Palo Alto Stanford Aquatics	7/8/2010	2010 CA LOS ANGELES GRAND

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

								PRIX
21	2:22.14	810	Delisle, Laurence	18	PC	De Anza Cupertino Aquatics	8/3/2010	2010 National Champs
22	2:22.46	805	Fischer-Colbrie, Megan	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
23	2:22.72	800	Cochrane, Sabrina	18	PC	Marin Pirates	7/21/2010	2010 CA USA Swimming Speedo Ch
24	2:22.77	810	Khojasteh, Jessica	17	PC	De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
25	2:22.84	798	Christofferson, Stephanie	19	PC	North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch

Boys Age 13-34 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	2:00.93	992	Liivamagi, Martin	22	PC	California Aquatics	8/9/2010	European Swimming Championships
2	2:04.14	922	Godbe, Andrew	21	PC	California Aquatics	8/3/2010	2010 National Champs
3	2:05.61	890	Hinshaw, Ben	19	PC	Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
4	2:05.78	946	Porter, Andrew	16	PC	Cabrillo Threshers	8/9/2010	2010 Junior National Champs
5	2:06.56	937	Kremer, Tom	15	PC	Unattached	7/23/2010	2010 ISR Champs
6	2:06.69	867	Koon, Nolan	20	PC	California Aquatics	8/3/2010	2010 National Champs
7	2:07.60	908	Stumph, Steven	16	PC	Orinda Aquatics	8/9/2010	2010 Junior National Champs
8	2:07.97	900	Hinshaw, Adam	16	PC	Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
9	2:08.09	838	Richard, Timothy	18	PC	Ripon Aquatics	8/3/2010	2010 National Champs
10	2:08.13	837	Weiss, Michael	19	PC	Lakeridge Swim Team	8/3/2010	2010 National Champs
11	2:08.22	836	Hoyt, Trevor	19	PC	California Aquatics	8/3/2010	2010 National Champs
12	2:09.60	972	Ogren, Curtis	14	PC	Unattached	8/9/2010	2010 Junior National Champs
13	2:09.97	800	Gydesen, Mathias	21	PC	California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
14	2:10.11	797	Aljand, Martti	22	PC	California Aquatics	6/17/2010	XLIII Santa Clara Internationa
15	2:10.15	796	Litz, Jordan	22	PC	Tiger Aquatics	8/3/2010	2010 National Champs
16	2:10.24	806	Seitz, Andrew	17	PC	Pleasanton Seahawks	8/9/2010	2010 Junior National Champs
17	2:10.34	792	Lathrope, Scott	24	PC	Orinda Aquatics	7/21/2010	2010 CA USA Swimming Speedo

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
18	2:10.99	943	Silverthorn, Nick	14	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs Ch
19	2:11.38	771	Morrison, Phillip	25	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State Championships
20	2:11.46	770	Tan, Daniel	18	PC Santa Clara Swim Club	8/9/2010	2010 Junior National Champs
21	2:11.50	769	LeRoy, Nathan	21	PC Tiger Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
21	2:11.50	828	Chen, Ronald	16	PC Palo Alto Stanford Aquatics	7/28/2010	2010 PC TERA LCM FAR WESTERN
23	2:11.56	834	Campbell, Sven	15	PC Orinda Aquatics	8/9/2010	2010 Junior Nats TT
24	2:11.61	826	Bole, Sandy	16	PC North Bay Aquatics	8/9/2010	2010 Junior Nats TT
25	2:11.67	765	Hanna, Colin	20	PC Terrapins Swim Team	7/8/2010	2010 CA LOS ANGELES GRAND PRIX

Girls Age 13-34 400 Individual Medley Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	4:35.60	1013	Leverenz, Caitlin	19	PC California Aquatics	8/3/2010	2010 National Champs
2	4:41.58	962	Smit, Julia	22	PC Stanford Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
3	4:42.81	951	Dirado, Maya	17	PC Neptune Swimming	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
4	4:43.90	942	Smith, Liz	21	PC Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
4	4:43.90	942	Tosky, Jasmine	16	PC Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
6	4:51.15	882	Nanfria, Taylor	17	PC Crow Canyon Country Club Sharks	8/9/2010	2010 Junior National Champs
7	4:52.03	874	Brown, Allison	16	PC Pleasanton Seahawks	8/3/2010	2010 National Champs
8	4:54.10	900	Li, Celina	14	PC Pleasanton Seahawks	6/17/2010	XLIII Santa Clara Internationa
9	4:55.64	845	Kastes, Katie	21	PC California Aquatics	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
10	4:58.57	827	White, Madison	15	PC Crow Canyon Country Club Sharks	8/26/2010	2010 Jr Pan Pacific Swimming C
11	4:58.66	821	Harper, Shelley	20	PC California Aquatics	8/3/2010	2010 National Champs
12	4:59.95	810	Grima, Alicia	16	PC Palo Alto Stanford Aquatics	7/16/2010	2010 CC LC California State

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

								Championships
13	5:00.84	803	Schmitz, Amanda	20	PC	Pleasanton Seahawks	6/17/2010	XLIII Santa Clara Internationa
14	5:01.04	802	Davey, Kate	17	PC	Ripon Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
15	5:01.97	800	Chenault, Chelsea	15	PC	Terrapins Swim Team	6/17/2010	XLIII Santa Clara Internationa
16	5:02.40	791	Hoff, Kelsey	20	PC	California Aquatics	8/3/2010	2010 National Champs
17	5:02.96	786	Hinds, Rebecca	18	PC	Unattached	5/28/2010	2010 CA SPEEDO GRAND CHALLENGE
18	5:04.71	773	Delisle, Laurence	18	PC	De Anza Cupertino Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
19	5:05.47	767	Munk, Taylor	18	PC	Crow Canyon Country Club Sharks	8/9/2010	2010 Junior National Champs
20	5:05.71	765	Breed, Catherine	17	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
21	5:06.88	755	Read, Haley	19	PC	Palo Alto Stanford Aquatics	6/17/2010	XLIII Santa Clara Internationa
22	5:07.11	754	Ruby, Charlotte	16	PC	Santa Clara Swim Club	6/10/2010	2010 AZ Southwest Classic Sr. Invite
23	5:07.32	752	Duckworth, Angela	20	PC	Stanford Swimming	8/3/2010	2010 National Champs
24	5:08.59	742	Jones, Jill	18	PC	Orinda Aquatics	8/9/2010	2010 Junior National Champs
25	5:08.67	742	Peanasky, Anne	17	PC	Palo Alto Stanford Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch

Boys Age 13-34 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:25.73	907	Hinshaw, Ben	19	PC Palo Alto Stanford Aquatics	8/3/2010	2010 National Champs
2	4:26.81	897	Weiss, Michael	19	PC Lakeridge Swim Team	8/3/2010	2010 National Champs
3	4:28.92	911	Hinshaw, Adam	16	PC Palo Alto Stanford Aquatics	8/9/2010	2010 Junior National Champs
4	4:30.23	899	Stumph, Steven	16	PC Orinda Aquatics	8/9/2010	2010 Junior National Champs
5	4:31.13	890	Porter, Andrew	16	PC Cabrillo Threshers	8/9/2010	2010 Junior National Champs
6	4:31.70	994	Ogren, Curtis	14	PC Unattached	8/9/2010	2010 Junior National Champs
7	4:32.16	848	Litz, Jordan	22	PC Tiger Aquatics	8/3/2010	2010 National Champs
8	4:34.09	972	Silverthorn, Nick	14	PC Pleasanton Seahawks	8/9/2010	2010 Junior National Champs

Senior LC top times through 8/31/10

LSC: PC For Dates 9/1/2009 - 8/31/2010

9	4:38.45	791	Liivamagi, Martin	21	PC	California Aquatics	6/17/2010	XLIII Santa Clara Internationa
10	4:38.99	786	Blazevski, Marko	17	PC	Monterey Bay Swim Club	2/12/2010	2010 Missouri Grand Prix
11	4:39.04	819	Haley, Sam	16	PC	Neptune Swimming	8/5/2010	2010 PC NACC LCM
12	4:39.23	784	Hinshaw, Ryan	20	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
13	4:40.91	802	Chen, Ronald	16	PC	Palo Alto Stanford Aquatics	6/17/2010	XLIII Santa Clara Internationa
14	4:42.33	757	Hanna, Colin	20	PC	Terrapins Swim Team	7/8/2010	2010 CA LOS ANGELES GRAND PRIX
15	4:42.36	757	LeRoy, Nathan	21	PC	Tiger Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
16	4:43.00	800	Lawler, Keltan	15	PC	Peak Swimming	7/21/2010	2010 CA USA Swimming Speedo Ch
17	4:44.83	768	Bole, Sandy	16	PC	North Bay Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
18	4:44.99	734	Peters, Jeff	17	PC	Santa Clara Swim Club	7/16/2010	2010 CC LC California State Championships
19	4:45.05	733	Seitz, Andrew	17	PC	Pleasanton Seahawks	7/28/2010	2010 PC TERA LCM FAR WESTERN
20	4:45.26	731	Moazeni, Shayan	19	PC	San Jose Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch
21	4:47.10	716	Richard, Timothy	18	PC	Ripon Aquatics	6/5/2010	2010 PC PLS LCM PC-JR+
22	4:47.85	758	Lerude, Ben	15	PC	Reno Aquatic Club	8/10/2010	2010 PC WZ LCM WESTERN ZONES
23	4:47.86	941	Messner, Michael	13	PC	Sunnyvale Swim Club	8/5/2010	2010 PC NACC LCM
24	4:48.19	938	Lynch, Justin	13	PC	Terrapins Swim Team	7/28/2010	2010 PC TERA LCM FAR WESTERN
25	4:48.93	700	Beletsky, Alex	18	PC	San Jose Aquatics	7/21/2010	2010 CA USA Swimming Speedo Ch