

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 1-8 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	37.80	561	Buerger, Torie	7	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
2	39.02	498	Beyerl, Mia	8	AM Upper St Clair Swim Club	5/22/2009	2009 LE Youngstown Long Course Invite
3	39.36	481	Juneau, Ann	8	AM Oxford Athletic Club	5/30/2009	2009 AM LC AGO-HD
4	39.43	478	Appel, Liana	8	AM Hampton Dolphins	7/18/2009	2009 AM LC B Champs-PHD-GPAC
5	39.55	472	Ford, Breanna	8	AM Norwin Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
6	41.60	375	Roma, Maya	8	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
7	41.76	367	Bonnett, Breea	7	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
8	42.41	338	Ward, Trinity	8	AM Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
9	42.59	330	Bohan, Ynyra	8	AM Tidal Wave Swim Team	7/18/2009	2009 AM LC B Champs-PHD-GPAC
10	42.78	322	Shirley, Amber	8	AM Norwin Aqua Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC

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1	1:24.89	501	Beyerl, Mia	8	AM Upper St Clair Swim Club	5/30/2009	2009 AM LC AGO-HD
2	1:29.56	391	Ford, Breanna	8	AM Norwin Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
3	1:34.04	296	Appel, Liana	8	AM Hampton Dolphins	7/18/2009	2009 AM LC B Champs-PHD-GPAC
4	1:34.60	284	Bonnett, Breea	7	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
5	1:35.31	271	Roma, Maya	8	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
6	1:36.55	247	Pepka, Merideth	8	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	1:37.16	236	Buerger, Torie	7	AM Allegheny North Swim Club	5/30/2009	2009 AM LC AGO-HD
8	1:37.62	227	Ono, Momoha	8	AM Monroeville Marlin Swim Assoc.	5/30/2009	2009 AM LC AGO-HD
9	1:38.35	214	Shirley, Jordan	8	AM Norwin Aqua Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC

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10	1:39.67	191	Bohan, Ynyra	8	AM	Tidal Wave Swim Team	5/22/2009	2009 LE Youngstown Long Course Invite
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<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	3:07.12	422	Beyerl, Mia	8	AM	Upper St Clair Swim Club	5/30/2009	2009 AM LC AGO-HD
2	3:10.27	387	Ford, Breanna	8	AM	Norwin Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
3	3:53.44	50	Bohan, Ynyra	8	AM	Tidal Wave Swim Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
4	4:02.95	16	Quillin, Racheal	8	AM	Blackhawk Cougar Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	4:03.68	14	Fratto, Nina	8	AM	Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	4:04.21	13	Eppinger, Aria	7	AM	Chartiers Valley Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	4:19.87	1	Watkins, Daniela	8	AM	Woodland Hills Aquatic Team	7/18/2009	2009 AM LC B Champs-PHD-GPAC

Girls Age 1-8 400 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	6:32.63	442	Ford, Breanna	8	AM	Norwin Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
2	6:42.92	386	Beyerl, Mia	8	AM	Upper St Clair Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
3	8:39.92	10	Eppinger, Aria	7	AM	Chartiers Valley Swim Club	5/8/2009	2009 AM LC Steel City Invite-C

Girls Age 1-8 50 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	41.21	716	Ford, Breanna	8	AM	Norwin Aqua Club	4/26/2009	2009 AM LC Mazzei Sprint Chall
2	43.93	579	Roma, Maya	8	AM	Jewish Community Ctr Sailfish	4/26/2009	2009 AM LC Mazzei Sprint Chall
3	45.51	505	Buerger, Torie	7	AM	Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
4	46.94	441	Beyerl, Mia	8	AM	Upper St Clair Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
5	48.45	378	Munzek, Megan	8	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	49.05	353	Bonnett, Breea	7	AM	Laurel Highlands Regional Ymca	6/19/2009	2009 LE The Robert F. Busbey
7	49.30	343	Shirley, Jordan	8	AM	Norwin Aqua Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC
8	49.90	320	Ward, Trinity	8	AM	Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course

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9	50.13	311	Pepka, Merideth	8	AM	Cavalier Swim Club	6/5/2009	Invite 2009 AM LC AGO-WHAT-FCKW
10	50.56	295	Appel, Liana	8	AM	Hampton Dolphins	5/30/2009	2009 AM LC AGO-HD

Girls Age 1-8 100 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	1:30.11	695	Ford, Breanna	8	AM	Norwin Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
2	1:37.43	533	Beyerl, Mia	8	AM	Upper St Clair Swim Club	5/22/2009	2009 LE Youngstown Long Course Invite
3	1:47.63	335	Shirley, Jordan	8	AM	Norwin Aqua Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC
4	1:48.35	323	Pepka, Merideth	8	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	1:50.44	287	Roma, Maya	8	AM	Jewish Community Ctr Sailfish	7/18/2009	2009 AM LC B Champs-PHD-GPAC
6	1:51.94	262	Appel, Liana	8	AM	Hampton Dolphins	7/18/2009	2009 AM LC B Champs-PHD-GPAC
7	1:52.11	259	Hay, Abby	8	AM	Peters Township Swim Club	5/30/2009	2009 AM LC AGO-HD
8	1:52.19	258	Shirley, Amber	8	AM	Norwin Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
9	1:53.73	233	Mitchell, Claire	8	AM	Peters Township Swim Club	5/30/2009	2009 AM LC AGO-HD
10	1:57.82	173	Bohan, Ynyra	8	AM	Tidal Wave Swim Team	5/22/2009	2009 LE Youngstown Long Course Invite

Girls Age 1-8 50 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	53.38	453	Beyerl, Mia	8	AM	Upper St Clair Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
2	53.77	439	Juneau, Ann	8	AM	Oxford Athletic Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
3	54.17	425	Roma, Maya	8	AM	Jewish Community Ctr Sailfish	7/18/2009	2009 AM LC B Champs-PHD-GPAC
4	56.04	361	Munzek, Megan	8	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	56.07	359	Pepka, Merideth	8	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	56.37	349	Ono, Momoha	8	AM	Monroeville Marlin Swim Assoc.	5/30/2009	2009 AM LC AGO-HD
7	56.79	336	Shirley, Amber	8	AM	Norwin Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall

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8	57.81	303	Appel, Liana	8	AM	Hampton Dolphins	7/18/2009	2009 AM LC B Champs-PHD-GPAC
9	58.08	294	Ford, Breanna	8	AM	Norwin Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
10	59.16	261	Bonnett, Breea	7	AM	Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet

Girls Age 1-8 100 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	1:53.94	501	Beyerl, Mia	8	AM	Upper St Clair Swim Club	5/22/2009	2009 LE Youngstown Long Course Invite
2	1:56.87	452	Roma, Maya	8	AM	Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
3	2:00.87	389	Munzek, Megan	8	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
4	2:01.91	373	Appel, Liana	8	AM	Hampton Dolphins	7/18/2009	2009 AM LC B Champs-PHD-GPAC
5	2:03.76	344	Pepka, Merideth	8	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	2:05.20	323	Ono, Momoha	8	AM	Monroeville Marlin Swim Assoc.	7/18/2009	2009 AM LC B Champs-PHD-GPAC
7	2:06.28	307	Shirley, Jordan	8	AM	Norwin Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
8	2:07.49	290	Juneau, Ann	8	AM	Oxford Athletic Club	5/30/2009	2009 AM LC AGO-HD
9	2:10.92	242	Bonnett, Breea	7	AM	Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
10	2:13.46	208	McDyer, Libby	8	AM	Mount Lebanon Aqua Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC

Girls Age 1-8 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	44.41	454	Beyerl, Mia	8	AM	Upper St Clair Swim Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
2	45.70	403	Pepka, Merideth	8	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
3	46.42	375	Bohan, Ynyra	8	AM	Tidal Wave Swim Team	6/19/2009	2009 AM LC Summer Celeb-MLAC
4	48.19	311	Buerger, Torie	7	AM	Allegheny North Swim Club	5/30/2009	2009 AM LC AGO-HD
5	48.66	294	Munzek, Megan	8	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	48.99	283	Kennedy, Rachel	7	AM	Hopewell Area Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
7	49.56	264	Bonnett, Breea	7	AM	Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet

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8	50.93	220	Roma, Maya	8	AM	Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
9	51.20	212	Ono, Momoha	8	AM	Monroeville Marlin Swim Assoc.	7/18/2009	2009 AM LC B Champs-PHD-GPAC
10	52.23	182	Ford, Breanna	8	AM	Norwin Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall

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1	1:46.44	394	Beyerl, Mia	8	AM Upper St Clair Swim Club	5/22/2009	2009 LE Youngstown Long Course Invite
2	2:00.70	187	Bohan, Ynyra	8	AM Tidal Wave Swim Team	5/8/2009	2009 AM LC Steel City Invite-C
3	2:01.17	181	Appel, Liana	8	AM Hampton Dolphins	7/18/2009	2009 AM LC B Champs-PHD-GPAC
4	2:08.07	104	Ford, Breanna	8	AM Norwin Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	2:18.18	23	Watkins, Daniela	7	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	2:57.07	1	Quillin, Racheal	8	AM Blackhawk Cougar Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 1-8 200 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	3:29.91	497	Beyerl, Mia	8	AM Upper St Clair Swim Club	5/30/2009	2009 AM LC AGO-HD
2	3:41.81	387	Ford, Breanna	8	AM Norwin Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
3	3:47.38	338	Juneau, Ann	8	AM Oxford Athletic Club	5/30/2009	2009 AM LC AGO-HD
4	3:56.89	261	Pepka, Merideth	8	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	4:01.34	228	Ono, Momoha	8	AM Monroeville Marlin Swim Assoc.	5/30/2009	2009 AM LC AGO-HD
6	4:22.57	93	Watkins, Daniela	7	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	4:44.92	7	Eppinger, Aria	7	AM Chartiers Valley Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW

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1	32.24	732	Zimcosky, Emily	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
2	32.26	730	Wasek, Jessica	10	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
3	32.56	712	Namestnik, Liliana	10	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
4	33.38	663	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	7/30/2009	2009 AM LC Junior Olympics-TPI
5	33.51	656	Charlton, Hannah	10	AM West Allegheny Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
6	33.57	652	Larson, Charis	10	AM Penn Hills Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
7	33.66	647	Bernesser, Julia	10	AM Sarah Heinz House Aquatics	5/15/2009	2009 AM LC Classic - JCCS
8	33.68	646	Molinaro, Livia	10	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
9	33.78	640	Pierri, Julianna	10	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
10	33.87	635	Yoos, Maddie	10	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 9-10 100 Freestyle Long Course Meters

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1	1:10.92	719	Larson, Charis	10	AM Penn Hills Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
2	1:11.17	711	Zimcosky, Emily	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
3	1:13.21	650	Kostelnik, Lexie	10	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
4	1:13.59	639	Pierri, Julianna	10	AM Pine Richland Aquatics	8/1/2009	2009 AM LC Junior Olympics-TPI
5	1:13.85	631	Namestnik, Liliana	10	AM Jewish Community Ctr Sailfish	8/12/2009	2009 MA Eastern Zone LC Champ
6	1:14.06	625	Molinaro, Livia	10	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
7	1:14.40	615	Wasek, Jessica	10	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:14.73	605	Colville, Caroline	10	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:14.97	599	Rusinko, Hannah	10	AM Norwin Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
10	1:15.35	588	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW

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1	2:32.47	736	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	8/12/2009	2009 MA Eastern Zone LC Champ
2	2:32.54	735	Zimcosky, Emily	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
3	2:33.51	720	Krug, Paris	10	AM Cavalier Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
4	2:33.84	715	Molinaro, Livia	10	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
5	2:36.70	671	Kostelnik, Lexie	10	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
6	2:37.46	659	King, Erica	10	AM Riverside Aqua Club Of Ellwood	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:38.18	649	Larson, Charis	10	AM Penn Hills Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
8	2:38.64	642	Bain, Erin	10	AM Blackhawk Cougar Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	2:38.91	638	Colville, Caroline	10	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
10	2:39.20	633	Grumski, Kassi	10	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST

Girls Age 9-10 400 Freestyle Long Course Meters

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1	5:10.73	834	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	8/12/2009	2009 MA Eastern Zone LC Champ
2	5:33.59	659	Colville, Caroline	10	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
3	5:41.97	599	Grumski, Kassi	10	AM Seneca Valley Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
4	5:45.01	578	Kondis, Peyton	10	AM Greater Pittsburgh Aquatic Club	8/12/2009	2009 MA Eastern Zone LC Champ
5	5:47.12	732	Matheny, Abby	9	AM Chartiers Valley Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
6	6:13.27	400	Nulph, Alana	10	AM Riverside Aqua Club Of Ellwood	7/23/2009	2009 AM LC BB Champs-SHHA
7	6:19.13	367	Pierri, Julianna	10	AM Pine Richland Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA
8	6:20.83	358	Kinkead, Courtney	10	AM Greater Latrobe Aqua Club	5/15/2009	2009 AM LC Classic - JCCS
9	6:24.59	337	Yoos, Maddie	10	AM Tidal Wave Swim Team	5/8/2009	2009 AM LC Steel City Invite-C
10	6:32.67	442	Pauley, Maia	9	AM Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C

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1	36.55	805	Wasek, Jessica	10	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	38.66	684	Charlton, Hannah	10	AM West Allegheny Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
3	38.88	672	King, Erica	10	AM Riverside Aqua Club Of Ellwood	7/30/2009	2009 AM LC Junior Olympics-TPI
4	39.38	645	Larson, Charis	10	AM Penn Hills Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
5	40.25	598	Kondis, Peyton	10	AM Greater Pittsburgh Aquatic Club	7/23/2009	2009 AM LC BB Champs-SHHA
6	40.29	596	Bernesser, Julia	10	AM Sarah Heinz House Aquatics	5/15/2009	2009 AM LC Classic - JCCS
7	40.60	748	Kozlina, Alexa	9	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	40.61	579	Salley, Shannon	10	AM Woodland Hills Aquatic Team	7/23/2009	2009 AM LC BB Champs-SHHA
9	40.75	572	Nulph, Alana	10	AM Riverside Aqua Club Of Ellwood	7/23/2009	2009 AM LC BB Champs-SHHA
10	40.79	570	Colville, Caroline	10	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall

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1	1:18.89	803	Wasek, Jessica	10	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	1:20.30	767	Krug, Paris	10	AM Cavalier Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
3	1:21.82	728	Bain, Erin	10	AM Blackhawk Cougar Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
4	1:24.20	668	King, Erica	10	AM Riverside Aqua Club Of Ellwood	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:25.56	635	Larson, Charis	10	AM Penn Hills Dolphins	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	1:25.77	630	Charlton, Hannah	10	AM West Allegheny Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
7	1:27.79	749	Kozlina, Alexa	9	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:27.92	578	Grumski, Kassi	10	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	1:28.42	567	Parsons, Abby	10	AM Slippery Rock Aquatic Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	1:28.73	560	Colville, Caroline	10	AM Jewish Community Ctr Sailfish	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 9-10 50 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	40.94	785	Kondis, Peyton	10	AM Greater Pittsburgh Aquatic Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	42.07	733	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	8/12/2009	2009 MA Eastern Zone LC Champ
3	42.18	728	Zimcosky, Emily	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
4	43.19	683	Yoos, Maddie	10	AM Tidal Wave Swim Team	8/12/2009	2009 MA Eastern Zone LC Champ
5	43.99	648	Strohm, Katie	10	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
6	45.00	605	Salley, Shannon	10	AM Woodland Hills Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
7	45.30	592	Nulph, Alana	10	AM Riverside Aqua Club Of Ellwood	7/30/2009	2009 AM LC Junior Olympics-TPI
8	45.50	583	Charlton, Hannah	10	AM West Allegheny Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
8	45.50	583	Namestnik, Liliana	10	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
10	45.95	564	Edwards, Caitlyn	10	AM Allegheny North Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA

Girls Age 9-10 100 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	1:30.35	771	Kondis, Peyton	10	AM Greater Pittsburgh Aquatic Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	1:30.83	761	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:30.87	761	Zimcosky, Emily	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
4	1:31.38	750	Krug, Paris	10	AM Cavalier Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	1:34.34	690	Bain, Erin	10	AM Blackhawk Cougar Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
6	1:35.36	670	Yoos, Maddie	10	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:36.43	649	Charlton, Hannah	10	AM West Allegheny Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
8	1:36.89	640	Strohm, Katie	10	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:38.14	616	Nulph, Alana	10	AM Riverside Aqua Club Of Ellwood	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:39.06	598	Panza, Justine	10	AM Hampton Dolphins	6/19/2009	2009 AM LC Summer Celeb-MLAC

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 9-10 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	35.73	713	Molinaro, Livia	10	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
2	35.92	704	Larson, Charis	10	AM Penn Hills Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
3	36.58	670	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	7/30/2009	2009 AM LC Junior Olympics-TPI
4	36.77	660	Zimcosky, Emily	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
5	36.80	658	Woessner, Sabrina	10	AM Hampton Dolphins	6/19/2009	2009 AM LC Summer Celeb-MLAC
6	36.84	656	Wasek, Jessica	10	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	37.08	644	Graziano, Emily	10	AM Greensburg Y Swim Team	5/15/2009	2009 AM LC Classic - JCCS
8	37.21	638	Colville, Caroline	10	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
9	37.99	599	Pierri, Julianna	10	AM Pine Richland Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA
10	38.13	592	Kostelnik, Lexie	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS

Girls Age 9-10 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:19.10	763	Krug, Paris	10	AM Cavalier Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
2	1:19.27	759	Molinaro, Livia	10	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
3	1:19.83	747	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	8/12/2009	2009 MA Eastern Zone LC Champ
4	1:20.02	742	Larson, Charis	10	AM Penn Hills Dolphins	8/12/2009	2009 MA Eastern Zone LC Champ
5	1:22.51	686	Zimcosky, Emily	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
6	1:23.41	666	Colville, Caroline	10	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:24.93	633	Bain, Erin	10	AM Blackhawk Cougar Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	1:25.13	629	Woessner, Sabrina	10	AM Hampton Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:29.78	532	Kondis, Peyton	10	AM Greater Pittsburgh Aquatic Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:30.59	516	Kostelnik, Lexie	10	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 9-10 200 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	2:45.95	838	Krug, Paris	10	AM Cavalier Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
2	2:52.73	753	Bonnett, Bailey	10	AM Laurel Highlands Regional Ymca	8/12/2009	2009 MA Eastern Zone LC Champ
3	2:53.95	739	Zimcosky, Emily	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
4	2:56.35	710	Bain, Erin	10	AM Blackhawk Cougar Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	3:03.09	631	Kostelnik, Lexie	10	AM Laurel Highlands Regional Ymca	5/15/2009	2009 AM LC Classic - JCCS
6	3:03.29	629	Larson, Charis	10	AM Penn Hills Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
7	3:03.70	624	Kondis, Peyton	10	AM Greater Pittsburgh Aquatic Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	3:04.39	616	Colville, Caroline	10	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
9	3:04.61	614	Molinaro, Livia	10	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
10	3:05.78	601	Charlton, Hannah	10	AM West Allegheny Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 11 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	30.37	749	Pritchard, Jillian	11	AM Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	30.44	744	Pawlak, Zoe	11	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
3	30.85	716	Sheehan, Aurelia	11	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
4	31.24	689	Churman, Kayla	11	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
5	31.43	676	Parrish, Nicole	11	AM Unattached	5/9/2009	2009 LE Youngstown LC Season Opener
6	31.56	667	Otwell, Bria	11	AM Unattached	4/25/2009	2009 AM LC Mazzei Sprint Chall
7	31.79	652	Wicklino, Olivia	11	AM Riverside Aqua Club Of Ellwood	7/23/2009	2009 AM LC BB Champs-SHHA
8	31.99	638	Zimcosky, Emily	11	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	32.00	638	Yoos, Emily	11	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
10	32.04	635	Gyurina, Angela	11	AM Mount Lebanon Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 11 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:06.43	746	Otwell, Bria	11	AM Unattached	7/17/2009	2009 AM LC Senior Circuit 3
2	1:07.67	702	Pritchard, Jillian	11	AM Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:07.69	701	Sheehan, Aurelia	11	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
4	1:08.69	667	Zimcosky, Emily	11	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	1:08.77	664	Pawlak, Zoe	11	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:08.97	657	Krug, Paris	11	AM Cavalier Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
7	1:09.07	654	Yoos, Emily	11	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:09.42	642	Churman, Kayla	11	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
9	1:10.73	598	Wicklino, Olivia	11	AM Riverside Aqua Club Of Ellwood	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:10.87	594	Bowman, Sabrina	11	AM Cavalier Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 11 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:20.12	806	Otwell, Bria	11	AM Unattached	6/25/2009	2009 MA BCAT SwimFest
2	2:24.94	716	Pritchard, Jillian	11	AM Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	2:26.29	692	Sheehan, Aurelia	11	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
4	2:27.13	677	Zimcosky, Emily	11	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
5	2:31.51	602	Yoos, Emily	11	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
6	2:31.87	596	Molinaro, Livia	11	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:31.96	595	Wickline, Olivia	11	AM Riverside Aqua Club Of Ellwood	7/30/2009	2009 AM LC Junior Olympics-TPI
8	2:32.15	592	Churman, Kayla	11	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
9	2:34.05	561	Charlton, Hannah	11	AM West Allegheny Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA
10	2:34.76	549	Krug, Paris	11	AM Cavalier Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 11 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:58.78	757	Otwell, Bria	11	AM Unattached	5/22/2009	2009 LE Youngstown Long Course Invite
2	5:00.03	745	Painter, Kathryn	11	AM Norwin Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
3	5:03.76	712	Pritchard, Jillian	11	AM Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	5:13.53	629	Churman, Kayla	11	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
5	5:18.25	590	Myers, Charlotte	11	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
6	5:18.61	587	Williams, Megan	11	AM Tidal Wave Swim Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
7	5:22.35	557	Yoos, Emily	11	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
8	5:26.96	522	Davison, Madeline	11	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
9	5:27.16	520	Rusinko, Hannah	11	AM Norwin Aqua Club	6/25/2009	2009 MA BCAT SwimFest
10	5:29.34	504	Wickline, Olivia	11	AM Riverside Aqua Club Of Ellwood	7/30/2009	2009 AM LC Junior Olympics-TPI

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

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>Meet Date</i>	<i>Meet</i>
1	10:21.84	818	Otwell, Bria	11	AM Unattached	6/19/2009	2009 AM LC Summer Celeb-MLAC
2	10:54.02	692	Pritchard, Jillian	11	AM Baldwin-Whitehall Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
3	11:30.46	559	Yoos, Emily	11	AM Tidal Wave Swim Team	7/23/2009	2009 AM LC BB Champs-SHHA
4	14:17.86	115	Flynn, Charlotte	11	AM Hampton Dolphins	5/30/2009	2009 AM LC AGO-HD

Girls 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>Meet Date</i>	<i>Meet</i>
1	19:31.59	913	Otwell, Bria	11	AM Unattached	6/5/2009	2009 AM LC AGO-WHAT-FCKW
2	21:54.18	630	Yoos, Emily	11	AM Tidal Wave Swim Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
3	23:37.57	453	Shirley, Taylor	11	AM Norwin Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C

Girls Age 11 50 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	31.41	1022	Clark, Maura	11	AM Jewish Community Ctr Sailfish	4/26/2009	2009 AM LC Mazzei Sprint Chall
2	34.56	796	Churman, Kayla	11	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	36.34	678	Bain, Erin	11	AM Blackhawk Cougar Aquatic Team	5/22/2009	2009 LE Youngstown Long Course Invite
4	36.55	665	Kramkova, Alina	11	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
5	36.57	664	Otwell, Bria	11	AM Unattached	6/25/2009	2009 MA BCAT SwimFest
6	36.83	647	Krug, Paris	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	37.08	632	Charlton, Hannah	11	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	37.40	612	Grumski, Kassi	11	AM Seneca Valley Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
9	37.41	611	Parrish, Nicole	11	AM Unattached	5/9/2009	2009 LE Youngstown LC Season Opener
10	37.86	584	Bowman, Sabrina	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 11 100 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	1:14.02	807	Churman, Kayla	11	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	1:17.52	702	Bowman, Sabrina	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
3	1:17.65	698	Bain, Erin	11	AM Blackhawk Cougar Aquatic Team	5/22/2009	2009 LE Youngstown Long Course Invite
4	1:17.82	693	Otwell, Bria	11	AM Unattached	5/8/2009	2009 AM LC Steel City Invite-C
5	1:20.61	614	Yoos, Emily	11	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:20.81	609	Zimcosky, Emily	11	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	1:21.05	602	Krug, Paris	11	AM Cavalier Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
8	1:21.70	584	Williams, Megan	11	AM Tidal Wave Swim Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	1:21.72	584	Charlton, Hannah	11	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:21.95	577	Myers, Charlotte	11	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST

Girls Age 11 200 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	2:37.19	862	Churman, Kayla	11	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
2	2:43.85	776	Otwell, Bria	11	AM Unattached	5/22/2009	2009 LE Youngstown Long Course Invite
3	2:49.43	705	Yoos, Emily	11	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:50.81	688	Zimcosky, Emily	11	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
5	2:58.49	595	Robatin, Mackenzie	11	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
6	3:01.29	563	Ballog, Lois	11	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	3:01.90	555	Shirley, Taylor	11	AM Norwin Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
8	3:02.98	543	Cochran, Jessica	11	AM Norwin Aqua Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC
9	3:03.63	536	Rusinko, Hannah	11	AM Norwin Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
10	3:04.02	531	Braun, Katarina	11	AM Pine Richland Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 11 50 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	40.21	690	Hudson, Sarah	11	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
2	40.69	665	Collini, Letizia	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
3	40.86	657	Kramkova, Alina	11	AM Jewish Community Ctr Sailfish	7/23/2009	2009 AM LC BB Champs-SHHA
4	41.01	649	Pritchard, Jillian	11	AM Baldwin-Whitehall Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
5	41.15	642	Gyurina, Angela	11	AM Mount Lebanon Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA
6	41.65	617	Coghill, Courtney	11	AM Team Pittsburgh Aquatics	5/30/2009	2009 AM LC AGO-HD
7	41.85	607	Kuhn, Erin	11	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	42.17	591	Graf, Leah	11	AM Mount Lebanon Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA
9	42.33	583	Krug, Paris	11	AM Cavalier Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
10	42.42	579	Pawlak, Zoe	11	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 11 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:26.24	731	Hudson, Sarah	11	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
2	1:27.80	694	Bain, Erin	11	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:29.33	659	Painter, Kathryn	11	AM Norwin Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
4	1:29.78	648	Kuhn, Erin	11	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:30.33	636	Krug, Paris	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	1:31.20	616	Kramkova, Alina	11	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:31.50	609	Pawlak, Zoe	11	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:32.06	597	Hill, Jennifer	11	AM South Park Aquatic Club	5/30/2009	2009 AM LC AGO-HD
9	1:32.67	583	Collini, Letizia	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
10	1:32.99	576	Zimcosky, Emily	11	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 11 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
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AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

1	3:12.07	696	Otwell, Bria	11	AM	Unattached	5/8/2009	2009 AM LC Steel City Invite-C
2	3:15.13	664	Kuhn, Erin	11	AM	Allegheny North Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
3	3:18.59	629	Pawlak, Zoe	11	AM	Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
4	3:19.85	617	Smrekar, Rachael	11	AM	Greater Pittsburgh Aquatic Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	3:21.87	597	Palu-Benson, Loeva	11	AM	Mount Lebanon Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA
6	3:22.57	590	Grumski, Kassi	11	AM	Seneca Valley Swim Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC
7	3:22.70	588	Caputo, G	11	AM	Allegheny North Swim Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC
8	3:23.17	584	Pritchard, Jillian	11	AM	Baldwin-Whitehall Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
9	3:24.54	570	Shirley, Taylor	11	AM	Norwin Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
10	3:36.27	458	Pattison, Kelli	11	AM	Chartiers Valley Swim Club	5/8/2009	2009 AM LC Steel City Invite-C

Girls Age 11 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	33.18	733	Churman, Kayla	11	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
2	33.26	729	Otwell, Bria	11	AM Unattached	6/25/2009	2009 MA BCAT SwimFest
3	34.18	674	Parrish, Nicole	11	AM Unattached	5/9/2009	2009 LE Youngstown LC Season Opener
4	34.22	672	Easterling, Meredith	11	AM Franklin Area Swim Team	7/23/2009	2009 AM LC BB Champs-SHHA
5	34.56	652	Molinaro, Livia	11	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
6	35.16	618	Bain, Erin	11	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
7	35.34	608	O'Brien, Ana	11	AM Peters Township Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
8	35.36	607	Pritchard, Jillian	11	AM Baldwin-Whitehall Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
9	35.41	604	Bowman, Sabrina	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
10	35.51	598	Charlton, Hannah	11	AM West Allegheny Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA

Girls Age 11 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
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AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

1	1:12.70	780	Otwell, Bria	11	AM	Unattached	6/25/2009	2009 MA BCAT SwimFest
2	1:16.42	684	Painter, Kathryn	11	AM	Norwin Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
3	1:17.19	664	Krug, Paris	11	AM	Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
4	1:17.70	651	Pritchard, Jillian	11	AM	Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:19.77	600	Bain, Erin	11	AM	Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:20.81	575	Molinaro, Livia	11	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:20.82	575	Easterling, Meredith	11	AM	Franklin Area Swim Team	7/23/2009	2009 AM LC BB Champs-SHHA
8	1:21.35	562	Bowman, Sabrina	11	AM	Cavalier Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
9	1:21.98	547	Liu, Karina	11	AM	Upper St Clair Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	1:22.22	541	Churman, Kayla	11	AM	Allegheny North Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA

Girls Age 11 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:41.46	848	Otwell, Bria	11	AM Unattached	6/5/2009	2009 AM LC AGO-WHAT-FCKW
2	3:07.33	574	Churman, Kayla	11	AM Allegheny North Swim Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC
3	3:12.09	527	Braun, Katarina	11	AM Pine Richland Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA
4	3:21.95	433	Yoos, Emily	11	AM Tidal Wave Swim Team	7/18/2009	2009 AM LC B Champs-PHD-GPAC
5	4:05.57	88	Matheny, Meghan	11	AM Chartiers Valley Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 11 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:41.49	773	Otwell, Bria	11	AM Unattached	5/8/2009	2009 AM LC Steel City Invite-C
2	2:42.72	756	Painter, Kathryn	11	AM Norwin Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
3	2:44.85	726	Krug, Paris	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
4	2:49.78	659	Sheehan, Aurelia	11	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
5	2:51.36	638	Bowman, Sabrina	11	AM Cavalier Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	2:52.75	619	Liu, Karina	11	AM Upper St Clair Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

7	2:53.32	612	Williams, Megan	11	AM	Tidal Wave Swim Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	2:53.59	608	Pritchard, Jillian	11	AM	Baldwin-Whitehall Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
9	2:53.87	605	Zimcosky, Emily	11	AM	Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
10	2:54.38	598	Bain, Erin	11	AM	Blackhawk Cougar Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 11 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	5:35.70	884	Otwell, Bria	11	AM	Unattached	5/22/2009	2009 LE Youngstown Long Course Invite
2	6:04.40	705	Churman, Kayla	11	AM	Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
3	6:23.18	595	Grumski, Kassi	11	AM	Seneca Valley Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
4	6:43.75	483	Ahrendt, Cristina	11	AM	Pine Richland Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA
5	6:44.27	480	Braun, Katarina	11	AM	Pine Richland Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA
6	6:55.80	420	Balogg, Lois	11	AM	Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	7:08.34	359	Bernesser, Julia	11	AM	Sarah Heinz House Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA
8	7:53.53	166	Matheny, Meghan	11	AM	Chartiers Valley Swim Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW

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>Meet Date</i>	<i>Meet</i>	
1	29.49	736	Shaffer, Victoria	12	AM	Upper St Clair Swim Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	29.66	724	Parowski, Katerina	12	AM	Greater Johnstown Ymca	7/30/2009	2009 AM LC Junior Olympics-TPI
3	29.88	708	Miller, Heidi	12	AM	Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
4	29.93	704	Borisov, Katya	12	AM	Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
5	29.99	700	Jaffe, Emily	12	AM	Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
6	30.06	695	Annear, Abby	12	AM	Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	30.06	695	Beasley, Sia	12	AM	Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
8	30.17	687	Yarish, Emily	12	AM	Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
9	30.38	672	Zido, Claudia	12	AM	Woodland Hills Aquatic Team	5/15/2009	2009 AM LC Classic - JCCS

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

10	30.56	660	Song, Jade	12	AM	Allegheny North Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
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Girls Age 12 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:04.02	731	Miller, Heidi	12	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
2	1:04.87	699	Shaffer, Victoria	12	AM Upper St Clair Swim Club	8/12/2009	2009 MA Eastern Zone LC Champ
3	1:05.22	687	Zido, Claudia	12	AM Woodland Hills Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
4	1:05.23	686	Williams, Megan	12	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:05.55	675	Furman, Leah	12	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
6	1:05.83	665	Borisov, Katya	12	AM Allegheny North Swim Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
7	1:06.02	658	Song, Jade	12	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:06.22	651	Otwell, Bria	12	AM Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:06.47	642	Beasley, Sia	12	AM Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:06.89	627	Annear, Abby	12	AM Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 12 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:18.79	713	Otwell, Bria	12	AM Norwin Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	2:20.20	687	Furman, Leah	12	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
3	2:20.59	679	Mermelstein, Hollis	12	AM Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
4	2:21.50	663	Borisov, Katya	12	AM Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
5	2:21.94	655	Williams, Megan	12	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
6	2:23.62	625	Zido, Claudia	12	AM Woodland Hills Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:24.33	612	Painter, Kathryn	12	AM Norwin Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
8	2:24.50	609	Nelson, Fallon	12	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	2:25.79	587	Song, Jade	12	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	2:26.34	577	Shaffer, Victoria	12	AM Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 12 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:47.10	752	Otwell, Bria	12	AM Norwin Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	4:47.62	747	Painter, Kathryn	12	AM Norwin Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
3	4:48.35	740	Furman, Leah	12	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
4	4:58.90	644	Mermelstein, Hollis	12	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	4:58.91	644	Borisov, Katya	12	AM Allegheny North Swim Club	5/30/2009	2009 AM LC AGO-HD
6	4:59.21	642	Williams, Megan	12	AM Tidal Wave Swim Team	8/12/2009	2009 MA Eastern Zone LC Champ
7	5:11.42	539	Zido, Claudia	12	AM Woodland Hills Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
8	5:13.76	520	Jaffe, Emily	12	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
9	5:14.98	511	Little, Carly	12	AM Peters Township Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	5:16.26	501	Cerk, Hannah	12	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 12 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	9:47.27	825	Furman, Leah	12	AM Jewish Community Ctr Sailfish	6/5/2009	2009 AM LC AGO-WHAT-FCKW
2	9:57.93	779	Painter, Kathryn	12	AM Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	10:36.30	625	Williams, Megan	12	AM Tidal Wave Swim Team	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 12 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	18:29.82	889	Furman, Leah	12	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
2	19:30.07	758	Painter, Kathryn	12	AM Norwin Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA
3	20:25.56	645	Williams, Megan	12	AM Tidal Wave Swim Team	7/23/2009	2009 AM LC BB Champs-SHHA
4	22:21.20	434	Haggerty, Meg	12	AM Tidal Wave Swim Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 12 50 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	30.46	995	Myers, Charlotte	12	AM Seneca Valley Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
2	34.25	719	Borisov, Katya	12	AM Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
3	34.88	676	Annear, Abby	12	AM Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	35.21	654	Schilken, Meghan	12	AM Mount Lebanon Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	35.45	638	Parrish, Nicole	12	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
6	35.72	621	Brickner, Charlie	12	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	36.05	600	Beasley, Sia	12	AM Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI
8	36.36	580	Furman, Leah	12	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
9	36.48	572	Shaffer, Victoria	12	AM Upper St Clair Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
10	36.55	568	Painter, Kathryn	12	AM Norwin Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA

Girls Age 12 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:12.90	731	Brinkhoff, Allie	12	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
2	1:16.11	634	Annear, Abby	12	AM Baldwin-Whitehall Swim Club	8/12/2009	2009 MA Eastern Zone LC Champ
3	1:17.76	586	Mermelstein, Hollis	12	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
4	1:17.77	585	Zido, Claudia	12	AM Woodland Hills Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:17.86	583	Furman, Leah	12	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
6	1:17.93	581	Williams, Megan	12	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:18.74	558	Otwell, Bria	12	AM Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:19.21	545	Deller, Mackenzie	12	AM Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
9	1:19.22	544	Brickner, Charlie	12	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:19.23	544	Myers, Charlotte	12	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 12 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:40.83	692	Furman, Leah	12	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
2	2:43.06	662	Otwell, Bria	12	AM Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	2:44.52	644	Williams, Megan	12	AM Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:45.59	630	Borisov, Katya	12	AM Allegheny North Swim Club	5/30/2009	2009 AM LC AGO-HD
5	2:46.33	621	Painter, Kathryn	12	AM Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	2:51.28	559	Nelson, Fallon	12	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
7	2:52.40	545	Shaffer, Victoria	12	AM Upper St Clair Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
8	2:52.58	543	Myers, Charlotte	12	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:53.60	530	Mermelstein, Hollis	12	AM Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
10	2:53.72	529	Song, Jade	12	AM Allegheny North Swim Club	7/18/2009	2009 AM LC B Champs-PHD-GPAC

Girls Age 12 50 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	38.66	679	Shaffer, Victoria	12	AM Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	38.74	675	Miller, Heidi	12	AM Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
3	39.12	655	Yarish, Emily	12	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
4	39.20	650	Hudson, Sarah	12	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
5	39.63	628	Painter, Kathryn	12	AM Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	39.63	628	Williams, Megan	12	AM Tidal Wave Swim Team	7/23/2009	2009 AM LC BB Champs-SHHA
7	40.13	602	Borisov, Katya	12	AM Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
8	40.38	589	Cerk, Hannah	12	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	40.76	569	Annear, Abby	12	AM Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	41.13	551	Parrish, Nicole	12	AM Unattached	6/26/2009	2009 FL SO Liberty Open

Girls Age 12 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
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AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

1	1:25.56	635	Hudson, Sarah	12	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
2	1:26.20	620	Shaffer, Victoria	12	AM	Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:26.63	610	Fernander, Katie	12	AM	Hampton Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
4	1:26.74	607	Painter, Kathryn	12	AM	Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:27.59	587	Brinkhoff, Allie	12	AM	Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
6	1:27.77	583	Cerk, Hannah	12	AM	Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	1:27.95	579	Little, Carly	12	AM	Peters Township Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	1:28.21	573	Annear, Abby	12	AM	Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:28.34	570	Yarish, Emily	12	AM	Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:28.73	561	Williams, Megan	12	AM	Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 12 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	2:58.88	716	Painter, Kathryn	12	AM	Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	3:04.16	658	Williams, Megan	12	AM	Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
3	3:05.93	639	Fernander, Katie	12	AM	Hampton Dolphins	7/18/2009	2009 AM LC B Champs-PHD-GPAC
4	3:06.59	632	Cerk, Hannah	12	AM	Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	3:09.39	602	Shaffer, Victoria	12	AM	Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	3:09.42	602	Ward, Elizabeth	12	AM	Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
7	3:10.90	586	Hudson, Sarah	12	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
8	3:10.99	585	Yonek, Rebecca	12	AM	Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
9	3:13.76	557	Otwell, Bria	12	AM	Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	3:15.32	540	Hirsh, Jessica	12	AM	Bethel Park Recreation Swm Tm	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 12 50 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	30.84	793	Jaffe, Emily	12	AM	Jewish Community Ctr Sailfish	8/12/2009	2009 MA Eastern Zone LC Champ

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

2	31.59	746	Beasley, Sia	12	AM	Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
3	32.60	683	Zido, Claudia	12	AM	Woodland Hills Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
4	32.63	681	Parowski, Katerina	12	AM	Greater Johnstown Ymca	7/30/2009	2009 AM LC Junior Olympics-TPI
5	32.88	666	Miller, Heidi	12	AM	Jewish Community Ctr Sailfish	4/25/2009	2009 AM LC Mazzei Sprint Chall
6	33.09	653	Painter, Kathryn	12	AM	Norwin Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall
7	33.11	652	Parrish, Nicole	12	AM	Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
8	33.19	647	Hirsh, Jessica	12	AM	Bethel Park Recreation Swm Tm	5/8/2009	2009 AM LC Steel City Invite-C
9	33.28	642	Borisov, Katya	12	AM	Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
10	33.54	626	Song, Jade	12	AM	Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 12 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:10.70	733	Otwell, Bria	12	AM Norwin Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	1:11.44	713	Jaffe, Emily	12	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:11.76	704	Painter, Kathryn	12	AM Norwin Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
4	1:13.67	653	Song, Jade	12	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:14.67	627	Zido, Claudia	12	AM Woodland Hills Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:14.86	622	Parrish, Nicole	12	AM Unattached	5/30/2009	2009 AM LC AGO-HD
7	1:15.26	612	Mermelstein, Hollis	12	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	1:17.35	558	Beasley, Sia	12	AM Fox Chapel Killer Whales	6/19/2009	2009 AM LC Summer Celeb-MLAC
9	1:17.98	542	Brinkhoff, Allie	12	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	1:18.23	536	Nelson, Adlai	12	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST

Girls Age 12 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:36.87	759	Otwell, Bria	12	AM Norwin Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	2:37.02	757	Painter, Kathryn	12	AM Norwin Aqua Club	8/12/2009	2009 MA Eastern Zone LC

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

								Champ
3	2:45.63	658	Jaffe, Emily	12	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:49.25	618	Nelson, Fallon	12	AM	Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
5	2:52.90	578	Mermelstein, Hollis	12	AM	Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
6	2:54.29	563	Caso, Makayla	12	AM	Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	3:01.99	482	Williams, Megan	12	AM	Tidal Wave Swim Team	7/23/2009	2009 AM LC BB Champs-SHHA
8	3:03.44	467	Zido, Claudia	12	AM	Woodland Hills Aquatic Team	5/15/2009	2009 AM LC Classic - JCCS
9	3:04.10	460	Owens, Karley	12	AM	Greater Latrobe Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA
10	3:09.80	403	Haggerty, Meg	12	AM	Tidal Wave Swim Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 12 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	2:36.34	744	Painter, Kathryn	12	AM	Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	2:40.17	689	Brinkhoff, Allie	12	AM	Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
3	2:40.83	680	Otwell, Bria	12	AM	Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:44.46	629	Song, Jade	12	AM	Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	2:45.22	618	Mermelstein, Hollis	12	AM	Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
6	2:45.49	615	Williams, Megan	12	AM	Tidal Wave Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:47.15	592	Zido, Claudia	12	AM	Woodland Hills Aquatic Team	5/15/2009	2009 AM LC Classic - JCCS
8	2:47.61	586	Furman, Leah	12	AM	Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
9	2:47.95	581	Nelson, Fallon	12	AM	Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
10	2:47.96	581	Shaffer, Victoria	12	AM	Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 12 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	5:30.11	770	Painter, Kathryn	12	AM	Norwin Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	5:43.48	683	Furman, Leah	12	AM	Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
3	5:50.98	636	Song, Jade	12	AM	Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	5:51.28	634	Zido, Claudia	12	AM	Woodland Hills Aquatic Team	5/15/2009	2009 AM LC Classic - JCCS

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

5	5:52.86	624	Williams, Megan	12	AM	Tidal Wave Swim Team	7/23/2009	2009 AM LC BB Champs-SHHA
6	6:01.12	574	Cerk, Hannah	12	AM	Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	6:02.40	566	Nelson, Fallon	12	AM	Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
8	6:11.62	512	Myers, Charlotte	12	AM	Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	6:12.35	508	Yonek, Rebecca	12	AM	Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
10	6:28.52	418	Owens, Karley	12	AM	Greater Latrobe Aqua Club	5/15/2009	2009 AM LC Classic - JCCS

Girls Age 13 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	28.28	780	Gruber, Maggie	13	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
2	29.04	718	Miller, Heidi	13	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
3	29.08	715	Feola, Natalie	13	AM Chartiers Valley Swim Club	8/12/2009	2009 MA Eastern Zone LC Champ
4	29.53	679	Kaulius, Kara	13	AM West Allegheny Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
5	29.65	670	Borisov, Katya	13	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	29.76	661	Namestnik, Alexa	13	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
7	30.04	639	Ford, Katie	13	AM Mount Lebanon Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	30.23	625	Burkett, Kaitlyn	13	AM Seneca Valley Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
9	30.25	623	Sismour, Meghan	13	AM Woodland Hills Aquatic Team	5/15/2009	2009 AM LC Classic - JCCS
10	30.37	614	Cerbus, Casey	13	AM Blackhawk Cougar Aquatic Team	5/8/2009	2009 AM LC Steel City Invite-C

Girls Age 13 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:02.22	730	Gruber, Maggie	13	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
2	1:03.09	694	Miller, Heidi	13	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:04.82	624	Kaulius, Kara	13	AM West Allegheny Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
4	1:04.88	622	Feola, Natalie	13	AM Chartiers Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:05.21	609	Borisov, Katya	13	AM Allegheny North Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
6	1:05.23	608	Douds, Megan	13	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
7	1:05.82	585	Sanzi, Allie	13	AM Pine Richland Aquatics	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

8	1:06.12	574	Scarpone, Zoe	13	AM	Cardinal Aquatic/Jbchambers Y	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:06.68	553	Cerbus, Casey	13	AM	Blackhawk Cougar Aquatic Team	6/19/2009	2009 AM LC Summer Celeb-MLAC
10	1:06.75	550	Namestnik, Alexa	13	AM	Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3

Girls Age 13 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	2:18.46	617	Kaulius, Kara	13	AM	West Allegheny Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
2	2:19.57	595	Furman, Leah	13	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
3	2:19.65	593	Gruber, Maggie	13	AM	Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:19.74	592	Miller, Heidi	13	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
5	2:20.28	581	Douds, Megan	13	AM	Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
6	2:20.65	574	Namestnik, Alexa	13	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:21.21	563	Sanzi, Allie	13	AM	Pine Richland Aquatics	6/25/2009	2009 FG SPEEDO International AG
8	2:21.49	558	Borisov, Katya	13	AM	Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
9	2:22.08	546	Mermelstein, Hollis	13	AM	Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
10	2:22.85	532	Cerbus, Casey	13	AM	Blackhawk Cougar Aquatic Team	5/8/2009	2009 AM LC Steel City Invite-C

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>Meet Date</i>	<i>Meet</i>
1	4:42.53	682	Furman, Leah	13	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
2	4:46.99	637	Miller, Heidi	13	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
3	4:48.45	622	Kaulius, Kara	13	AM	West Allegheny Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
4	4:53.30	576	Mermelstein, Hollis	13	AM	Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
5	4:53.52	573	Sanzi, Allie	13	AM	Pine Richland Aquatics	6/25/2009	2009 FG SPEEDO International AG
6	4:54.02	569	Namestnik, Alexa	13	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
7	4:55.87	551	Borisov, Katya	13	AM	Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
8	4:58.26	529	Gruber, Maggie	13	AM	Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

9	4:59.75	516	Marshall, Alaina	13	AM	Blackhawk Cougar Aquatic Team	5/22/2009	2009 LE Youngstown Long Course Invite
10	4:59.78	516	Douds, Megan	13	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship

Girls Age 13 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	9:37.15	729	Furman, Leah	13	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
2	9:54.13	651	Namestnik, Alexa	13	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
3	9:55.12	646	Sanzi, Allie	13	AM Pine Richland Aquatics	6/25/2009	2009 FG SPEEDO International AG
4	9:58.08	633	Mermelstein, Hollis	13	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
5	10:09.48	583	Borisov, Katya	13	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	10:09.64	582	Douds, Megan	13	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
7	10:17.39	549	Sismour, Meghan	13	AM Woodland Hills Aquatic Team	6/19/2009	2009 AM LC Summer Celeb-MLAC
8	10:30.35	495	Alikhani, Amanda	13	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
9	11:14.14	332	Beyerl, Kristin	13	AM Jewish Community Ctr Sailfish	6/5/2009	2009 AM LC AGO-WHAT-FCKW
10	11:33.03	270	Ritchie, Sarah	13	AM Seneca Valley Swim Club	5/30/2009	2009 AM LC AGO-HD

Girls Age 13 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	18:27.93	739	Furman, Leah	13	AM Jewish Community Ctr Sailfish	8/12/2009	2009 MA Eastern Zone LC Champ
2	19:01.99	658	Mermelstein, Hollis	13	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
3	19:05.71	650	Namestnik, Alexa	13	AM Unattached	6/5/2009	2009 AM LC AGO-WHAT-FCKW
4	19:18.81	620	Sismour, Meghan	13	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	19:20.38	616	Sanzi, Allie	13	AM Pine Richland Aquatics	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	20:08.79	511	Douds, Megan	13	AM Bethel Park Recreation Swm Tm	5/8/2009	2009 AM LC Steel City Invite-C
7	20:20.49	487	Alikhani, Amanda	13	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	20:25.02	478	Marshall, Alaina	13	AM Blackhawk Cougar Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	21:50.89	317	Schott, Logan	13	AM Chartiers Valley Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

10 21:52.62 314 Ritchie, Sarah 13 AM Seneca Valley Swim Club 5/30/2009 2009 AM LC AGO-HD

Girls Age 13 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:08.50	814	Gruber, Maggie	13	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
2	1:13.35	644	Brinkhoff, Allie	13	AM Bethel Park Recreation Swm Tm	7/25/2009	2009 MA Senior LC Championship
3	1:13.42	642	Miller, Katie	13	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	1:14.95	591	Ford, Katie	13	AM Mount Lebanon Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA
5	1:15.18	584	Scarpone, Zoe	13	AM Cardinal Aquatic/jbchambers Y	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:15.61	570	Borisov, Katya	13	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
7	1:16.80	532	Mermelstein, Hollis	13	AM Fox Chapel Killer Whales	7/23/2009	2009 AM LC BB Champs-SHHA
8	1:16.82	531	Douds, Megan	13	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
9	1:17.22	519	Seethaler, Anna	13	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
10	1:17.31	516	Kaulius, Kara	13	AM West Allegheny Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C

Girls Age 13 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:28.86	767	Gruber, Maggie	13	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
2	2:35.22	671	Brinkhoff, Allie	13	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
3	2:40.44	594	Borisov, Katya	13	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
4	2:41.30	582	Douds, Megan	13	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
5	2:41.34	581	Kaulius, Kara	13	AM West Allegheny Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
6	2:45.15	528	Mermelstein, Hollis	13	AM Fox Chapel Killer Whales	7/23/2009	2009 AM LC BB Champs-SHHA
7	2:45.70	520	Ford, Katie	13	AM Mount Lebanon Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA
8	2:46.03	516	Sanzi, Allie	13	AM Pine Richland Aquatics	6/25/2009	2009 FG SPEEDO International AG
8	2:46.03	516	Miller, Katie	13	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	2:46.85	505	Furman, Leah	13	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 13 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:23.65	604	Hentosz, Carissa	13	AM Upper St Clair Swim Club	8/12/2009	2009 MA Eastern Zone LC Champ
2	1:24.56	579	Sismour, Meghan	13	AM Woodland Hills Aquatic Team	5/15/2009	2009 AM LC Classic - JCCS
3	1:26.57	527	Curnes, Katlyn	13	AM Cardinal Aquatic/jbchambers Y	7/30/2009	2009 AM LC Junior Olympics-TPI
4	1:26.73	523	Miller, Heidi	13	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
5	1:27.69	498	Namestnik, Alexa	13	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:28.40	480	Scarpone, Zoe	13	AM Cardinal Aquatic/jbchambers Y	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:28.90	468	Little, Carly	13	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:29.06	464	Seethaler, Anna	13	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
9	1:29.13	462	Cerk, Hannah	13	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
10	1:30.14	437	Neft, Sierra	13	AM Airport Area Aquajets	5/22/2009	2009 LE Youngstown Long Course Invite

Girls Age 13 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:56.03	647	Hentosz, Carissa	13	AM Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	2:58.67	614	Sismour, Meghan	13	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
3	3:02.72	565	Miller, Heidi	13	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
4	3:07.63	507	Namestnik, Alexa	13	AM Woodland Hills Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	3:07.91	504	Cerk, Hannah	13	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
6	3:09.60	484	Ward, Elizabeth	13	AM Allegheny North Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
7	3:10.92	469	Seethaler, Anna	13	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
8	3:12.29	454	Neft, Sierra	13	AM Airport Area Aquajets	5/22/2009	2009 LE Youngstown Long Course Invite
9	3:12.60	450	Kaulius, Kara	13	AM West Allegheny Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	3:13.21	443	Countouris, Marika	13	AM Woodland Hills Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST

AMS Top Ten - Long Course
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Girls Age 13 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:03.70	880	Gruber, Maggie	13	AM Pine Richland Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	1:10.64	648	Miller, Heidi	13	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:13.23	567	Douds, Megan	13	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
4	1:13.88	547	Kaulius, Kara	13	AM West Allegheny Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
5	1:14.43	530	Hentosz, Carissa	13	AM Upper St Clair Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
6	1:14.65	524	Mermelstein, Hollis	13	AM Fox Chapel Killer Whales	7/23/2009	2009 AM LC BB Champs-SHHA
7	1:14.91	516	Cerbus, Casey	13	AM Blackhawk Cougar Aquatic Team	5/22/2009	2009 LE Youngstown Long Course Invite
8	1:15.39	501	Onufer, Anita	13	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	1:16.25	476	Murray, Lottie	13	AM Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite
10	1:16.76	461	Palu-Benson, Saoirse	13	AM Mount Lebanon Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA

Girls Age 13 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:21.94	867	Gruber, Maggie	13	AM Pine Richland Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	2:45.76	536	Kaulius, Kara	13	AM West Allegheny Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
3	2:48.81	496	Mermelstein, Hollis	13	AM Fox Chapel Killer Whales	7/23/2009	2009 AM LC BB Champs-SHHA
4	2:50.94	469	Hentosz, Carissa	13	AM Upper St Clair Swim Club	8/12/2009	2009 MA Eastern Zone LC Champ
5	2:53.09	442	Murray, Lottie	13	AM Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite
6	2:55.08	417	Countouris, Marika	13	AM Woodland Hills Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
7	2:57.72	385	Namestnik, Alexa	13	AM Woodland Hills Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	2:59.04	369	Douds, Megan	13	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	3:02.81	325	Sismour, Meghan	13	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

10 3:06.60 282 Riesmeyer, Kristi 13 AM Peters Township Swim Club 1/3/2009 2009 AM LC IMX-CVSC&TWST

Girls Age 13 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:35.70	675	Gruber, Maggie	13	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
2	2:36.78	658	Kaulius, Kara	13	AM West Allegheny Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
3	2:41.06	591	Brinkhoff, Allie	13	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
4	2:41.87	579	Sismour, Meghan	13	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	2:42.37	571	Miller, Heidi	13	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
6	2:42.92	563	Borisov, Katya	13	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:44.00	547	Mermelstein, Hollis	13	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
8	2:44.41	541	Hentosz, Carissa	13	AM Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:44.92	533	Scarpone, Zoe	13	AM Cardinal Aquatic/jbchambers Y	7/30/2009	2009 AM LC Junior Olympics-TPI
10	2:45.66	523	Hirsh, Jessica	13	AM Bethel Park Recreation Swm Tm	7/23/2009	2009 AM LC BB Champs-SHHA

Girls Age 13 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	5:32.19	647	Kaulius, Kara	13	AM West Allegheny Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
2	5:32.50	645	Gruber, Maggie	13	AM Pine Richland Aquatics	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
3	5:35.32	625	Brinkhoff, Allie	13	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
4	5:39.93	593	Mermelstein, Hollis	13	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
5	5:41.99	578	Miller, Heidi	13	AM Jewish Community Ctr Sailfish	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	5:42.95	572	Sismour, Meghan	13	AM Woodland Hills Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	5:45.57	554	Namestnik, Alexa	13	AM Woodland Hills Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	5:47.93	538	Borisov, Katya	13	AM Allegheny North Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
9	5:52.84	505	Hentosz, Carissa	13	AM Upper St Clair Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
10	5:54.94	491	Hirsh, Jessica	13	AM Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI

AMS Top Ten - Long Course
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Girls Age 14 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	27.08	841	Klomp, Rylee	14	AM Erie Aquatics Club	7/17/2009	2009 AM LC Senior Circuit 3
2	27.51	805	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
3	27.92	770	Mitcheltree, Alexis	14	AM Airport Area Aquajets	8/2/2009	2009 AM LC Junior Olympics-TPI
4	28.36	733	Pia, Emily	14	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	28.71	705	Smith, Leah	14	AM Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
6	28.95	685	Hoopes, Madeleine	14	AM Greater Latrobe Aqua Club	5/15/2009	2009 AM LC Classic - JCCS
7	29.09	674	Pennetti, Allie	14	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-
8	29.10	673	Tracy, Braelyn	14	AM Team Pittsburgh Aquatics	8/12/2009	2009 MA Eastern Zone LC Champ
9	29.40	649	Kaulius, Kara	14	AM West Allegheny Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
10	29.42	648	Folz, Mary Margaret	14	AM Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3

Girls Age 14 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	58.60	852	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	8/11/2009	2009 Speedo Junior National Ch
2	58.80	843	Klomp, Rylee	14	AM Erie Aquatics Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	59.75	801	Smith, Leah	14	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
4	1:00.74	758	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
5	1:00.99	748	Mitcheltree, Alexis	14	AM Airport Area Aquajets	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:01.62	721	Pia, Emily	14	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:02.00	705	Kaulius, Kara	14	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:02.92	667	Hoopes, Madeleine	14	AM Greater Latrobe Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	1:03.08	660	Owens, Kayla	14	AM Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:03.55	641	Folz, Mary Margaret	14	AM Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite

AMS Top Ten - Long Course
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Girls Age 14 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:04.12	908	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	8/10/2009	2009 Speedo Junior National Ch
2	2:07.39	831	Smith, Leah	14	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
3	2:12.02	727	Pia, Emily	14	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
4	2:12.88	709	Klomp, Rylee	14	AM Erie Aquatics Club	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
5	2:12.90	708	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
6	2:13.75	690	Kaulius, Kara	14	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:14.86	667	Murslack, Allison	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	2:17.65	609	Stark, Catherine	14	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:17.70	608	Folz, Mary Margaret	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
10	2:20.17	560	Vanderbilt, Kally	14	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-

Girls Age 14 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:18.73	923	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
2	4:24.04	861	Smith, Leah	14	AM Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	4:41.81	667	Kaulius, Kara	14	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
4	4:42.60	659	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	4:44.14	643	Murslack, Allison	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
6	4:49.36	591	Folz, Mary Margaret	14	AM Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite
7	4:50.83	577	Sanzi, Allie	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	4:52.90	557	Stark, Catherine	14	AM Erie Aquatics Club	5/22/2009	2009 LE Youngstown Long Course Invite
9	4:53.35	553	Vanderbilt, Kally	14	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs

AMS Top Ten - Long Course
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Series-SZ-

10 4:54.79 540 Murslack, Kristen 14 AM Pine Richland Aquatics 7/17/2009 2009 AM LC Senior Circuit 3

Girls Age 14 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	8:48.16	952	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	8/10/2009	2009 Speedo Junior National Ch
2	9:40.39	689	Murslack, Allison	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
3	9:45.20	666	Folz, Mary Margaret	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
4	9:46.83	659	Murslack, Kristen	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
5	9:51.56	637	Sanzi, Allie	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
6	9:59.56	601	Owens, Kayla	14	AM Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	10:02.03	591	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	6/5/2009	2009 AM LC AGO-WHAT-FCKW
8	10:26.55	487	Marshall, Alaina	14	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
9	10:32.70	462	Braun, Johonna	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
10	10:43.30	421	Stark, Catherine	14	AM Unattached	6/19/2009	2009 LE The Robert F. Busbey

Girls Age 14 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	16:41.94	978	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	8/10/2009	2009 Speedo Junior National Ch
2	18:37.18	681	Murslack, Allison	14	AM Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	18:50.13	650	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	6/5/2009	2009 AM LC AGO-WHAT-FCKW
4	19:14.04	595	Sanzi, Allie	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
5	19:33.71	552	Owens, Kayla	14	AM Greater Latrobe Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
6	19:50.50	515	Folz, Mary Margaret	14	AM Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite
7	19:54.93	506	Murslack, Kristen	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	20:07.91	479	Marshall, Alaina	14	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
9	20:09.23	476	Peduto, Anita	14	AM Hampton Dolphins	5/30/2009	2009 AM LC AGO-HD
10	20:48.71	398	Mucci, Anna	14	AM Fox Chapel Killer Whales	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
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Girls Age 14 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:05.03	897	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	8/14/2009	2009 Speedo Junior National Ch
2	1:06.96	824	Mitcheltree, Alexis	14	AM Airport Area Aquajets	4/25/2009	2009 AM LC Mazzei Sprint Chall
3	1:10.53	695	Pia, Emily	14	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
4	1:11.30	668	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
5	1:13.16	605	Pennetti, Allie	14	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-
6	1:13.27	601	Mangis, Sydney	14	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:13.40	597	Peduto, Anita	14	AM Hampton Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:14.41	563	Prager, Elizabeth	14	AM Cavalier Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:15.36	533	Klomp, Rylee	14	AM Erie Aquatics Club	7/17/2009	2009 AM LC Senior Circuit 3
10	1:15.65	524	Fry, Copley	14	AM Greater Latrobe Aqua Club	4/25/2009	2009 AM LC Mazzei Sprint Chall

Girls Age 14 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:16.33	935	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	8/10/2009	2009 Speedo Junior National Ch
2	2:32.91	671	Pia, Emily	14	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
3	2:35.50	632	Rupp, Cassandra	14	AM Peters Township Swim Club	5/30/2009	2009 AM LC AGO-HD
4	2:37.79	599	Kaulius, Kara	14	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
5	2:39.14	579	Peduto, Anita	14	AM Hampton Dolphins	7/17/2009	2009 AM LC Senior Circuit 3
6	2:39.91	568	Eiben, Emily	14	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
7	2:41.76	542	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	2:42.59	530	Braun, Johonna	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:42.94	525	Pennetti, Allie	14	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-
10	2:44.60	502	Fink, Morgan	14	AM South Fayette Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST

AMS Top Ten - Long Course
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Girls Age 14 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:14.06	872	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
2	1:18.12	753	Murslack, Kristen	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:19.89	703	Molinaro, Breanna	14	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
4	1:20.23	693	Marcelle, Madeline	14	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
5	1:21.85	649	Owens, Kayla	14	AM Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:24.20	585	Smith, Leah	14	AM Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
7	1:24.59	575	Ferguson, Kelsey	14	AM West Allegheny Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
8	1:24.70	572	Pennetti, Allie	14	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-
9	1:25.01	564	Peduto, Anita	14	AM Hampton Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:25.27	557	Souza, Madeleine	14	AM Fox Chapel Killer Whales	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 14 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:37.58	876	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	8/10/2009	2009 Speedo Junior National Ch
2	2:49.55	719	Murslack, Kristen	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
3	2:52.86	677	Marcelle, Madeline	14	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
4	2:53.29	672	Molinaro, Breanna	14	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
5	2:54.09	662	Owens, Kayla	14	AM Greater Latrobe Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
6	2:54.36	659	Smith, Leah	14	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
7	3:01.02	577	Kisak, Anne	14	AM Sarah Heinz House Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA
8	3:02.03	565	Ferguson, Kelsey	14	AM West Allegheny Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	3:02.10	564	Rinkacs, Wynonna	14	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
10	3:04.85	531	Smith, Kelsey	14	AM Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C

AMS Top Ten - Long Course
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Girls Age 14 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:04.73	809	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
2	1:08.01	698	Murslack, Kristen	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:09.88	637	Pia, Emily	14	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	1:10.24	625	Owens, Kayla	14	AM Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:11.37	589	Kaulius, Kara	14	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:11.56	583	Smith, Leah	14	AM Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
7	1:11.84	574	Folz, Mary Margaret	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:12.39	557	Murslack, Allison	14	AM Pine Richland Aquatics	5/15/2009	2009 AM LC Classic - JCCS
9	1:12.55	552	Palmquist, Maria	14	AM Norwin Aqua Club	5/8/2009	2009 AM LC Steel City Invite-C
10	1:13.58	520	Hoopes, Madeleine	14	AM Greater Latrobe Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 14 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:22.46	816	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
2	2:26.33	760	Murslack, Kristen	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
3	2:34.97	637	Owens, Kayla	14	AM Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:35.78	625	Folz, Mary Margaret	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
5	2:36.08	621	Murslack, Allison	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
6	2:43.25	524	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
7	2:50.89	425	Eiben, Emily	14	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	2:50.95	424	Kaulius, Kara	14	AM West Allegheny Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
9	2:51.06	423	Palmquist, Maria	14	AM Norwin Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
10	2:51.14	422	Countouris, Marika	14	AM Woodland Hills Aquatic Team	7/23/2009	2009 AM LC BB Champs-SHHA

Girls Age 14 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
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AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

1	2:21.29	869	O'Toole, Stephanie	14	AM	Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
2	2:22.47	848	Zilinskas, Rachel	14	AM	Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
3	2:27.10	767	Murslack, Kristen	14	AM	Pine Richland Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
4	2:32.22	681	Smith, Leah	14	AM	Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
5	2:35.39	630	Owens, Kayla	14	AM	Greater Latrobe Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
6	2:36.36	614	Kaulius, Kara	14	AM	West Allegheny Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
7	2:39.70	562	Pia, Emily	14	AM	West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	2:39.84	560	Eiben, Emily	14	AM	Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	2:40.10	556	Peduto, Anita	14	AM	Hampton Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI
10	2:40.17	555	Rupp, Cassandra	14	AM	Peters Township Swim Club	5/30/2009	2009 AM LC AGO-HD

Girls Age 14 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:55.99	884	Zilinskas, Rachel	14	AM Fox Chapel Killer Whales	7/7/2009	2009 ConocoPhillips National Championships TT
2	5:00.50	848	O'Toole, Stephanie	14	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
3	5:11.61	761	Murslack, Kristen	14	AM Pine Richland Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
4	5:12.27	756	Smith, Leah	14	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
5	5:27.24	644	Owens, Kayla	14	AM Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	5:32.07	609	Kaulius, Kara	14	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	5:33.23	601	Murslack, Allison	14	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	5:42.36	537	Eiben, Emily	14	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	5:49.45	489	Palmquist, Maria	14	AM Norwin Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
10	5:49.58	488	Errington, Courtney	14	AM Mount Lebanon Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST

Girls Age 15 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	27.42	777	Hoopes, Madeleine	15	AM Greater Latrobe Aqua Club	8/12/2009	2009 MA Eastern Zone LC

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
2	28.23	709	Georger, Marie	15	AM Erie Aquatics Club	7/10/2009	Champ 2009 NI Niagara Long Course Classic
3	28.39	696	Niznik, Ashley	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	28.55	683	Rupp, Cassandra	15	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	28.71	670	Pennetti, Allie	15	AM Allegheny North Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
6	28.90	654	Domeisen, Natalie	15	AM Unattached	6/19/2009	2009 LE The Robert F. Busbey
7	28.93	652	Ninesling, Grace	15	AM Baldwin-Whitehall Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	28.94	651	Fischl, Michelle	15	AM Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
9	29.06	641	Swabb, Emma	15	AM Millcreek Swim Team	7/30/2009	2009 AM LC Junior Olympics-TPI
9	29.06	641	Parowski, Danielle	15	AM Greater Johnstown Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 15 100 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	59.87	749	Hoopes, Madeleine	15	AM Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	1:00.49	722	Georger, Marie	15	AM Erie Aquatics Club	5/22/2009	2009 LE Youngstown Long Course Invite
3	1:01.30	688	Wagner, Kendra	15	AM Laurel Highlands Regional Ymca	7/27/2009	2009 AP YMCA National Long Course
4	1:02.21	650	Rupp, Cassandra	15	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:03.35	604	Niznik, Ashley	15	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
6	1:03.49	598	Eiben, Emily	15	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
7	1:03.52	597	Dudzinski, Brittany	15	AM Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:04.50	558	Viverette, Allison	15	AM Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
9	1:04.68	551	Errington, Courtney	15	AM Mount Lebanon Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
10	1:04.76	548	Ferguson, Kelsey	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 15 200 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
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AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

1	2:11.41	693	Georger, Marie	15	AM	Erie Aquatics Club	7/10/2009	2009 NI Niagara Long Course Classic
2	2:11.58	689	Hoopes, Madeleine	15	AM	Greater Latrobe Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
3	2:12.05	679	Haberman, Shannon	15	AM	Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:13.27	653	Rupp, Cassandra	15	AM	Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	2:13.99	638	Wagner, Kendra	15	AM	Laurel Highlands Regional Ymca	7/27/2009	2009 AP YMCA National Long Course
6	2:14.38	630	Jones, Carly	15	AM	Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:17.54	566	Vanderbilt, Kally	15	AM	Allegheny North Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
8	2:18.52	546	Niznik, Ashley	15	AM	West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:19.27	532	Viverette, Allison	15	AM	Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
10	2:20.66	506	Clerici, Melody	15	AM	Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls 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>Meet Date</i>	<i>Meet</i>
1	4:33.52	724	Haberman, Shannon	15	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
2	4:39.72	659	Wagner, Kendra	15	AM Laurel Highlands Regional Ymca	7/27/2009	2009 AP YMCA National Long Course
3	4:39.96	656	Georger, Marie	15	AM Erie Aquatics Club	6/19/2009	2009 LE The Robert F. Busbey
4	4:41.82	637	Myers, Abby	15	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	4:43.14	624	Hoopes, Madeleine	15	AM Greater Latrobe Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
6	4:44.38	612	Jones, Carly	15	AM Fox Chapel Killer Whales	5/22/2009	2009 LE Youngstown Long Course Invite
7	4:46.46	591	Rupp, Cassandra	15	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	4:47.07	585	Parowski, Danielle	15	AM Greater Johnstown Ymca	7/27/2009	2009 AP YMCA National Long Course
9	4:47.44	582	Ciraula, Stephanie	15	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
10	4:48.31	573	Errington, Courtney	15	AM Mount Lebanon Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 15 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	9:27.37	695	Haberman, Shannon	15	AM Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
2	9:38.32	643	Jones, Carly	15	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
3	9:52.35	579	Ciraula, Stephanie	15	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
4	9:52.71	577	Miller, Libby	15	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
5	10:09.05	507	Eiben, Emily	15	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
6	10:10.53	501	Clerici, Melody	15	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
7	10:21.77	455	Engberg, Larsen	15	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	10:22.21	453	Vanderbilt, Kally	15	AM Allegheny North Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
9	10:25.46	440	Mutschler, Mallory	15	AM Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
10	10:38.21	391	Errington, Courtney	15	AM Mount Lebanon Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 15 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	18:14.75	700	Jones, Carly	15	AM Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI
2	18:49.99	616	Miller, Libby	15	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
3	19:11.92	566	Haberman, Shannon	15	AM Jewish Community Ctr Sailfish	6/5/2009	2009 AM LC AGO-WHAT-FCKW
4	19:12.12	566	Hoopes, Madeleine	15	AM Greater Latrobe Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
5	19:34.11	517	Errington, Courtney	15	AM Mount Lebanon Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
6	20:25.54	411	Domeisen, Natalie	15	AM Unattached	6/19/2009	2009 LE The Robert F. Busbey
7	20:29.09	405	Schmidt, Morgan	15	AM Chartiers Valley Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
8	21:54.20	253	Painter, Karly	15	AM Norwin Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	23:11.62	142	Waszyn, Sarah	15	AM Norwin Aqua Club	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 15 100 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	1:04.64	867	Georger, Marie	15	AM Erie Aquatics Club	7/10/2009	2009 NI Niagara Long Course Classic
2	1:08.08	737	Rupp, Cassandra	15	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:08.29	730	Niznik, Ashley	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	1:10.23	660	Dudzinski, Brittany	15	AM Upper St Clair Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
5	1:10.63	646	Jones, Carly	15	AM Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:11.04	632	Gannon, Amanda	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:11.28	624	Eiben, Emily	15	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
8	1:11.79	606	Pennetti, Allie	15	AM Allegheny North Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
9	1:14.25	525	Haggerty, Laura	15	AM Blackhawk Cougar Aquatic Team	5/9/2009	2009 AM LC Steel City Invite-C
10	1:14.81	507	Swabb, Emma	15	AM Millcreek Swim Team	7/10/2009	2009 NI Niagara Long Course Classic

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>Meet Date</i>	<i>Meet</i>
1	2:19.77	846	Georger, Marie	15	AM Erie Aquatics Club	7/10/2009	2009 NI Niagara Long Course Classic
2	2:27.71	719	Rupp, Cassandra	15	AM Peters Township Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
3	2:30.64	674	Jones, Carly	15	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
4	2:32.83	640	Friedline, Emily	15	AM Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
5	2:33.27	634	Niznik, Ashley	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	2:34.30	618	Gannon, Amanda	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:36.12	591	Eiben, Emily	15	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
8	2:39.59	541	Pennetti, Allie	15	AM Allegheny North Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
9	2:42.52	499	Gervas, Kellie	15	AM West Allegheny Aqua Club	6/27/2009	2009 LE "Summer Swimfest" Meet
10	2:42.62	498	Hoopas, Madeleine	15	AM Greater Latrobe Aqua Club	7/23/2009	2009 AM LC BB Champs-SHHA

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 15 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:19.44	654	Swabb, Emma	15	AM Millcreek Swim Team	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	1:20.85	615	Ferguson, Kelsey	15	AM West Allegheny Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
3	1:22.09	581	Fischl, Michelle	15	AM Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
4	1:23.20	550	Marcelle, Madeline	15	AM Team Pittsburgh Aquatics	8/12/2009	2009 MA Eastern Zone LC Champ
5	1:23.98	530	Clerici, Melody	15	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:24.92	505	Mutschler, Mallory	15	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
7	1:25.00	503	George, Rebecca	15	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:25.63	486	Schmidt, Morgan	15	AM Chartiers Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
9	1:26.17	472	Borza, Gabrielle	15	AM Allegheny North Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
10	1:26.20	471	Georger, Marie	15	AM Erie Aquatics Club	5/22/2009	2009 LE Youngstown Long Course Invite

Girls Age 15 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:53.59	634	Swabb, Emma	15	AM Millcreek Swim Team	5/22/2009	2009 LE Youngstown Long Course Invite
2	2:58.68	571	Marcelle, Madeline	15	AM Team Pittsburgh Aquatics	8/12/2009	2009 MA Eastern Zone LC Champ
3	2:59.59	560	Borza, Gabrielle	15	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
4	3:00.94	543	Mutschler, Mallory	15	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
5	3:02.72	522	Ferguson, Kelsey	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	3:03.29	515	Farrell, Hailey	15	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
7	3:04.01	507	Clerici, Melody	15	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
8	3:07.04	471	Haggerty, Laura	15	AM Blackhawk Cougar Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
9	3:07.56	465	George, Rebecca	15	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	3:08.50	454	Peace, Sara	15	AM Blackhawk Cougar Aquatic Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 15 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:06.76	713	Wagner, Kendra	15	AM Laurel Highlands Regional Ymca	7/27/2009	2009 AP YMCA National Long Course
2	1:08.54	653	Niznik, Ashley	15	AM West Allegheny Aqua Club	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
3	1:09.58	619	Georger, Marie	15	AM Erie Aquatics Club	6/19/2009	2009 LE The Robert F. Busbey
4	1:09.71	615	Gannon, Amanda	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:09.82	612	Clerici, Melody	15	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:09.88	610	Hoopes, Madeleine	15	AM Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:09.95	607	Pennetti, Allie	15	AM Allegheny North Swim Club	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
8	1:10.07	604	Engberg, Larsen	15	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:10.31	596	Friedline, Emily	15	AM Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
10	1:10.43	592	Eiben, Emily	15	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3

Girls Age 15 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:32.22	643	Eiben, Emily	15	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
2	2:40.35	531	Gervas, Kellie	15	AM West Allegheny Aqua Club	6/27/2009	2009 LE "Summer Swimfest" Meet
3	2:40.38	530	Engberg, Larsen	15	AM Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite
4	2:40.90	523	Wagner, Kendra	15	AM Laurel Highlands Regional Ymca	6/27/2009	2009 LE "Summer Swimfest" Meet
5	2:41.32	518	Myers, Abby	15	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
6	2:41.47	516	Jones, Carly	15	AM Fox Chapel Killer Whales	6/5/2009	2009 AM LC AGO-WHAT-FCKW
7	2:42.76	498	Clerici, Melody	15	AM Blackhawk Cougar Aquatic Team	7/17/2009	2009 AM LC Senior Circuit 3
8	2:43.57	488	Farrell, Hailey	15	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	2:53.27	363	Friedline, Emily	15	AM Greensburg Y Swim Team	5/15/2009	2009 AM LC Classic - JCCS
10	2:53.96	355	Palmquist, Maria	15	AM Norwin Aqua Club	6/25/2009	2009 MA BCAT SwimFest

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 15 200 Individual Medley Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	2:25.21	776	Georger, Marie	15	AM Erie Aquatics Club	8/10/2009	2009 Speedo Junior National Ch
2	2:31.28	673	Rupp, Cassandra	15	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	2:32.36	655	Jones, Carly	15	AM Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:34.77	616	Niznik, Ashley	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	2:35.18	610	Swabb, Emma	15	AM Millcreek Swim Team	7/10/2009	2009 NI Niagara Long Course Classic
6	2:35.80	600	Gannon, Amanda	15	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:35.88	598	Friedline, Emily	15	AM Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
8	2:36.45	589	Eiben, Emily	15	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
9	2:38.27	561	Dudzinski, Brittany	15	AM Upper St Clair Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	2:39.13	548	Farrell, Hailey	15	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST

Girls Age 15 400 Individual Medley Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	5:23.62	634	Jones, Carly	15	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
2	5:32.04	573	Eiben, Emily	15	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
3	5:33.65	562	Myers, Abby	15	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
4	5:39.07	524	Friedline, Emily	15	AM Greensburg Y Swim Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW
5	5:42.46	501	Farrell, Hailey	15	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
6	5:43.91	491	Engberg, Larsen	15	AM Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite
7	5:44.66	486	Clerici, Melody	15	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
8	5:47.44	467	McCloskey, Leah	15	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	5:47.52	467	Errington, Courtney	15	AM Mount Lebanon Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
10	5:47.94	464	Wagner, Kendra	15	AM Laurel Highlands Regional Ymca	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 16 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	27.62	758	Myers, Abby	16	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	27.76	746	Grogg, Zina	16	AM West Allegheny Aqua Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	28.47	687	Lewandowski, Sara	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
4	28.80	660	Bilott, Anne Marie	16	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
5	29.21	627	Dulaney, Kaylea	16	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	29.28	621	Haggerty, Laura	16	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
7	29.42	610	Smrekar, Jessica	16	AM Greater Pittsburgh Aquatic Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	29.43	609	Domeisen, Natalie	16	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
9	29.48	605	Keelan, Brianna	16	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
10	29.59	597	Cassano, Lauren	16	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 16 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:00.01	731	Myers, Abby	16	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
2	1:01.28	677	Grogg, Zina	16	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	1:01.48	668	Bilott, Anne Marie	16	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
4	1:02.66	620	Aronson, Sarah	16	AM Bethel Park Recreation Swm Tm	7/23/2009	2009 MA Senior LC Championship
5	1:02.77	615	Lewandowski, Sara	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
6	1:03.38	591	Kaneshiki, Sarah	16	AM Greater Johnstown Ymca	7/27/2009	2009 AP YMCA National Long Course
7	1:03.81	574	Garcia, Leah	16	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:03.82	573	Cassano, Lauren	16	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:03.88	571	Haggerty, Laura	16	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:04.51	546	Farrell, Hailey	16	AM Fox Chapel Killer Whales	6/5/2009	2009 AM LC AGO-WHAT-FCKW

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 16 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:09.29	721	Myers, Abby	16	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	2:12.28	656	Bilott, Anne Marie	16	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
3	2:12.58	649	Lewandowski, Sara	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
4	2:13.67	627	Farrell, Hailey	16	AM Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
5	2:14.74	604	Kaneshiki, Sarah	16	AM Greater Johnstown Ymca	7/27/2009	2009 AP YMCA National Long Course
6	2:16.11	577	Aronson, Sarah	16	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
7	2:17.46	550	Talhok, Corinne	16	AM Allegheny North Swim Club	3/20/2009	2009 FG SPEEDO Champs Series-SZ-
8	2:17.58	548	Viverette, Allison	16	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
9	2:17.95	540	Grogg, Zina	16	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	2:19.56	509	Domeisen, Natalie	16	AM Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 16 400 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	4:33.54	692	Myers, Abby	16	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
2	4:42.84	596	Bilott, Anne Marie	16	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
3	4:43.39	591	Farrell, Hailey	16	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
4	4:43.83	586	Smith, Aileen	16	AM Jewish Community Ctr Sailfish	12/7/2008	2008 LCM Invite ATL
5	4:45.65	568	Titely, Julie	16	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
6	4:46.52	560	Viverette, Allison	16	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
7	4:48.13	545	Kaneshiki, Sarah	16	AM Greater Johnstown Ymca	7/27/2009	2009 AP YMCA National Long Course
8	4:48.23	544	Keibler, Leslee	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
9	4:49.11	535	Aronson, Sarah	16	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	4:52.68	502	Talhok, Corinne	16	AM Allegheny North Swim Club	7/17/2009	2009 AM LC Senior Circuit 3

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 16 800 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	9:31.25	659	Farrell, Hailey	16	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
2	9:33.31	650	Kaneshiki, Sarah	16	AM Greater Johnstown Ymca	7/27/2009	2009 AP YMCA National Long Course
3	9:42.00	609	Aronson, Sarah	16	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
4	9:51.38	567	Myers, Abby	16	AM Seneca Valley Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
5	10:17.18	458	Zimmerman, Shannon	16	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
6	10:19.12	450	Lynn, Samantha	16	AM Bethel Park Recreation Swm Tm	5/22/2009	2009 LE Youngstown Long Course Invite
7	10:19.35	449	Perrott, Abby	16	AM Pine Richland Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	10:21.77	439	Bailey, Mary Jo	16	AM Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
9	10:27.15	418	Mutschler, Taylor	16	AM Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
10	10:35.54	386	Lewis, Rachel	16	AM Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 16 1500 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	18:30.53	648	Farrell, Hailey	16	AM Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
2	19:37.10	497	Perrott, Abby	16	AM Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	19:52.96	464	Lynn, Samantha	16	AM Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
4	21:46.62	254	Martin, Becky	16	AM Somerset Area Aqua Team	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 16 100 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:09.14	681	Talhouk, Corinne	16	AM Allegheny North Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	1:10.80	622	Doyle, Carianna	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
3	1:12.48	565	Haggerty, Laura	16	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
4	1:12.50	564	Smrekar, Jessica	16	AM Greater Pittsburgh Aquatic Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:12.53	563	Gervas, Kellie	16	AM West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

6	1:12.83	553	Dulaney, Kaylea	16	AM	West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:13.13	543	Aronson, Sarah	16	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
8	1:13.37	536	Grogg, Zina	16	AM	West Allegheny Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
9	1:14.00	515	Myers, Abby	16	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
10	1:14.09	512	Rozick, Marina	16	AM	Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-

Girls Age 16 200 Backstroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	2:26.65	716	Talhouk, Corinne	16	AM	Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-
2	2:31.98	634	Doyle, Carianna	16	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
3	2:34.81	591	Aronson, Sarah	16	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
4	2:35.38	583	Haggerty, Laura	16	AM	Blackhawk Cougar Aquatic Team	7/17/2009	2009 AM LC Senior Circuit 3
5	2:35.56	580	Gervas, Kellie	16	AM	West Allegheny Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	2:38.60	536	Smrekar, Jessica	16	AM	Greater Pittsburgh Aquatic Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:38.74	534	Cassano, Lauren	16	AM	Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	2:39.39	525	Myers, Abby	16	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
9	2:39.54	522	Bilott, Anne Marie	16	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
10	2:41.95	488	Swanson, Emily	16	AM	Erie Aquatics Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 16 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	1:15.64	749	Bilott, Anne Marie	16	AM	Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
2	1:21.26	589	Lewandowski, Sara	16	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
3	1:22.62	552	Haggerty, Laura	16	AM	Blackhawk Cougar Aquatic Team	7/17/2009	2009 AM LC Senior Circuit 3
4	1:23.15	537	Farrell, Hailey	16	AM	Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
5	1:23.27	534	Mutschler, Taylor	16	AM	Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:24.70	496	Keibler, Leslee	16	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
7	1:25.34	479	Swiklinski, Sam	16	AM	Fox Chapel Killer Whales	7/23/2009	2009 AM LC BB Champs-SHHA

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

8	1:25.65	471	Salicce, Tessa	16	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
9	1:25.66	471	Wargo, Mackenzie	16	AM	Cavalier Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
10	1:25.77	468	Garza, Alexis	16	AM	Hampton Dolphins	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 16 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:47.25	711	Bilott, Anne Marie	16	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
2	2:52.36	646	Farrell, Hailey	16	AM Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
3	2:56.85	590	Graham, Stephanie	16	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-
4	2:59.46	558	Haggerty, Laura	16	AM Blackhawk Cougar Aquatic Team	7/17/2009	2009 AM LC Senior Circuit 3
5	3:02.31	523	Fallert, Natalie	16	AM Jewish Community Ctr Sailfish	7/30/2009	2009 AM LC Junior Olympics-TPI
6	3:03.87	505	Manko, Kasey	16	AM Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
7	3:03.88	505	Lewandowski, Sara	16	AM Bethel Park Recreation Swm Tm	5/22/2009	2009 LE Youngstown Long Course Invite
8	3:04.41	498	Stasenko, Casey	16	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	3:05.71	483	Salicce, Tessa	16	AM Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
10	3:06.46	474	Mutschler, Taylor	16	AM Bethel Park Recreation Swm Tm	5/22/2009	2009 LE Youngstown Long Course Invite

Girls Age 16 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:04.00	788	Myers, Abby	16	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	1:04.91	757	Grogg, Zina	16	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
3	1:07.74	660	Gervas, Kellie	16	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
4	1:08.08	649	Bilott, Anne Marie	16	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	1:08.39	639	Doyle, Carianna	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
6	1:10.54	569	Aronson, Sarah	16	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
7	1:11.36	543	Graham, Stephanie	16	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
8	1:14.07	460	Stephen, Emily	16	AM Mount Lebanon Aqua Club	5/22/2009	Series-SZ- 2009 LE Youngstown Long Course Invite
9	1:14.24	455	Cassano, Lauren	16	AM Peters Township Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:14.53	446	Haggerty, Laura	16	AM Blackhawk Cougar Aquatic Team	7/17/2009	2009 AM LC Senior Circuit 3

Girls Age 16 200 Butterfly Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	2:27.88	702	Myers, Abby	16	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
2	2:28.89	688	Grogg, Zina	16	AM West Allegheny Aqua Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	2:32.99	629	Doyle, Carianna	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
4	2:34.10	614	Gervas, Kellie	16	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
5	2:37.58	566	Farrell, Hailey	16	AM Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
6	2:40.34	528	Graham, Stephanie	16	AM Allegheny North Swim Club	5/30/2009	2009 AM LC AGO-HD
7	2:40.94	520	Aronson, Sarah	16	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
8	2:43.56	485	Stephen, Emily	16	AM Mount Lebanon Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	2:45.53	459	Talhok, Corinne	16	AM Allegheny North Swim Club	7/23/2009	2009 AM LC BB Champs-SHHA
10	2:48.09	426	Patinski, Leah	16	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST

Girls Age 16 200 Individual Medley Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	2:28.42	715	Farrell, Hailey	16	AM Fox Chapel Killer Whales	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	2:30.54	679	Talhok, Corinne	16	AM Allegheny North Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	2:31.37	665	Bilott, Anne Marie	16	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
4	2:33.45	631	Lewandowski, Sara	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
5	2:35.71	595	Haggerty, Laura	16	AM Blackhawk Cougar Aquatic Team	7/30/2009	2009 AM LC Junior Olympics-TPI
6	2:35.73	595	Gervas, Kellie	16	AM West Allegheny Aqua Club	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

7	2:35.92	592	Myers, Abby	16	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
8	2:36.23	587	Graham, Stephanie	16	AM	Allegheny North Swim Club	5/8/2009	2009 AM LC Steel City Invite-C
9	2:38.65	549	Doyle, Carianna	16	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
10	2:40.44	522	Smrekar, Jessica	16	AM	Greater Pittsburgh Aquatic Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 16 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	5:07.62	750	Farrell, Hailey	16	AM Fox Chapel Killer Whales	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	5:16.42	682	Talhok, Corinne	16	AM Allegheny North Swim Club	3/19/2009	2009 FG SPEEDO Champs Series-SZ-
3	5:20.94	648	Smith, Aileen	16	AM Jewish Community Ctr Sailfish	12/7/2008	2008 LCM Invite ATL
4	5:21.26	646	Lewandowski, Sara	16	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
5	5:28.59	592	Gervas, Kellie	16	AM West Allegheny Aqua Club	8/12/2009	2009 MA Eastern Zone LC Champ
6	5:29.14	588	Graham, Stephanie	16	AM Allegheny North Swim Club	5/30/2009	2009 AM LC AGO-HD
7	5:35.52	543	Lynn, Samantha	16	AM Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
8	5:44.79	479	Aronson, Sarah	16	AM Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	5:47.22	463	Titely, Julie	16	AM Seneca Valley Swim Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	5:47.98	458	Salicce, Tessa	16	AM Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 17 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	26.75	824	Walker, Maggie	17	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
2	27.75	738	Vrooman, Lindsay	17	AM Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	28.03	715	Marko, Andrea	17	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
4	28.26	695	Gibas, Anna	17	AM Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
5	28.61	667	Gibbon, Meredith	17	AM Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
6	28.63	665	Curtin, Lauren	17	AM Erie Aquatics Club	7/30/2009	2009 AM LC Junior Olympics-TPI

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

7	28.72	658	Berdine, Alexis	17	AM	Unattached	7/17/2009	2009 AM LC Senior Circuit 3
8	28.80	651	Collins, Megan	17	AM	Team Pittsburgh Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
9	29.20	619	Riesmeyer, Katie	17	AM	Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
10	29.31	610	Nedley, Holly	17	AM	Unattached	7/27/2009	2009 AP YMCA National Long Course

Girls Age 17 100 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	58.70	786	Walker, Maggie	17	AM	Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	59.76	739	Vrooman, Lindsay	17	AM	Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	1:01.56	662	Lewandowski, Sara	17	AM	Bethel Park Recreation Swm Tm	7/23/2009	2009 MA Senior LC Championship
4	1:01.79	652	Zimmer, Becca	17	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
5	1:02.19	636	Ragen, Rachael	17	AM	Erie Aquatics Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:02.69	616	Marko, Andrea	17	AM	Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
7	1:02.72	614	Riesmeyer, Katie	17	AM	Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
8	1:02.86	609	Collins, Megan	17	AM	Team Pittsburgh Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:03.40	587	Keibler, Leslee	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
10	1:03.82	570	Doyle, Carianna	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship

Girls Age 17 200 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>		<i>Meet Date</i>	<i>Meet</i>
1	2:04.46	832	Vrooman, Lindsay	17	AM	Pine Richland Aquatics	8/4/2009	2009 U. S. Open
2	2:08.91	729	Zimmer, Becca	17	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
3	2:09.08	726	Smith, Aileen	17	AM	Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
4	2:09.52	716	Walker, Maggie	17	AM	Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
5	2:14.89	601	Riesmeyer, Katie	17	AM	Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
6	2:15.98	579	Lewandowski, Sara	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

7	2:16.13	576	Stoner, Morgan	17	AM	Jewish Community Ctr Sailfish	8/8/2009	2009 NI Eastern Zone Speedo Champions Series
8	2:16.31	573	Ragen, Rachael	17	AM	Erie Aquatics Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:17.80	543	Georgiadis, Margaux	17	AM	Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
10	2:18.53	529	Joy, Kayla	17	AM	Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3

Girls Age 17 400 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	4:18.41	861	Vrooman, Lindsay	17	AM Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
2	4:31.25	715	Smith, Aileen	17	AM Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	4:35.59	669	Zimmer, Becca	17	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
4	4:39.97	624	Riesmeyer, Katie	17	AM Mount Lebanon Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	4:40.51	618	Lewandowski, Sara	17	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
6	4:44.04	583	Stoner, Morgan	17	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
7	4:44.93	574	Lin, Carol	17	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	4:49.83	527	Georgiadis, Margaux	17	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
9	4:49.85	527	Rinsma, Sarah	17	AM Woodland Hills Aquatic Team	7/17/2009	2009 AM LC Senior Circuit 3
10	4:50.94	517	Walker, Maggie	17	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3

Girls Age 17 800 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	8:52.89	845	Vrooman, Lindsay	17	AM Pine Richland Aquatics	8/4/2009	2009 U. S. Open
2	9:14.03	736	Smith, Aileen	17	AM Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
3	9:47.55	578	Riesmeyer, Katie	17	AM Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
4	10:06.94	494	Joy, Kayla	17	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
5	10:17.90	449	Lewandowski, Sara	17	AM Bethel Park Recreation Swm Tm	6/19/2009	2009 AM LC Summer Celeb-MLAC
6	10:19.42	443	Nepa, Angela	17	AM Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

7	10:43.10	352	Saludis, Maggie	17	AM	Pine Richland Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA
8	10:55.00	310	Hoffman, Alyssa	17	AM	Bethel Park Recreation Swm Tm	7/30/2009	2009 AM LC Junior Olympics-TPI
9	10:55.20	310	Oleyar, Stephanie	17	AM	Greater Latrobe Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	11:03.43	282	Keibler, Leslee	17	AM	Bethel Park Recreation Swm Tm	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 17 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	17:10.04	846	Vrooman, Lindsay	17	AM	Pine Richland Aquatics	8/4/2009	2009 U. S. Open
2	17:42.53	762	Smith, Aileen	17	AM	Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
3	19:20.46	529	Joy, Kayla	17	AM	Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
4	20:27.92	390	Saludis, Maggie	17	AM	Pine Richland Aquatics	7/23/2009	2009 AM LC BB Champs-SHHA

Girls Age 17 100 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	1:05.91	800	Marko, Andrea	17	AM	Jewish Community Ctr Sailfish	8/10/2009	2009 Speedo Junior National Ch
2	1:06.65	772	Gibas, Anna	17	AM	Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
3	1:08.57	701	Zimmer, Becca	17	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
4	1:08.85	691	Smith, Aileen	17	AM	Jewish Community Ctr Sailfish	8/9/2009	2009 NI Eastern Zone Speedo Champions Series
5	1:09.62	664	Walker, Maggie	17	AM	Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
6	1:11.27	606	Stoner, Morgan	17	AM	Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
7	1:12.52	564	Collins, Megan	17	AM	Team Pittsburgh Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:13.07	545	Doyle, Carianna	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
9	1:13.57	529	Berdine, Alexis	17	AM	Unattached	7/17/2009	2009 AM LC Senior Circuit 3
10	1:14.72	492	Vrooman, Lindsay	17	AM	Pine Richland Aquatics	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 17 200 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>
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AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

1	2:19.85	826	Zimmer, Becca	17	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
2	2:20.53	815	Marko, Andrea	17	AM	Jewish Community Ctr Sailfish	8/10/2009	2009 Speedo Junior National Ch
3	2:30.15	662	Stoner, Morgan	17	AM	Jewish Community Ctr Sailfish	6/19/2009	2009 LE The Robert F. Busbey
4	2:32.25	630	Doyle, Carianna	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
5	2:33.08	617	Lin, Carol	17	AM	Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
6	2:35.02	588	Collins, Megan	17	AM	Team Pittsburgh Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
7	2:37.04	559	Vrooman, Lindsay	17	AM	Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite
8	2:38.47	538	Harter, Carly	17	AM	Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
9	2:38.89	532	Riesmeyer, Katie	17	AM	Mount Lebanon Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	2:43.43	468	Joy, Kayla	17	AM	Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey

Girls Age 17 100 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>	
1	1:14.29	779	Grady, Kylie	17	AM	Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
2	1:15.48	743	Gibbon, Meredith	17	AM	Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
3	1:20.34	603	Stasenko, Casey	17	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
4	1:20.95	586	Stoner, Morgan	17	AM	Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
5	1:20.98	586	Graham, Stephanie	17	AM	Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
6	1:21.44	573	Manko, Kasey	17	AM	Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
7	1:21.89	561	Szymkowiak, Rachel	17	AM	Seneca Valley Swim Club	5/22/2009	2009 LE Youngstown Long Course Invite
8	1:22.24	551	Keibler, Leslee	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
9	1:23.54	516	Lewandowski, Sara	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
10	1:23.86	507	Kniffen, Jillian	17	AM	Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course

Girls Age 17 200 Breaststroke Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
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AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

1	2:45.24	725	Grady, Kylie	17	AM	Allegheny North Swim Club	8/10/2009	2009 Jr National Champs TT
2	2:46.52	708	Gibbon, Meredith	17	AM	Greensburg Y Swim Team	7/27/2009	2009 AP YMCA National Long Course
3	2:56.31	584	Szymkowiak, Rachel	17	AM	Seneca Valley Swim Club	5/22/2009	2009 LE Youngstown Long Course Invite
4	2:56.33	584	Manko, Kasey	17	AM	Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
5	2:59.31	547	Graham, Stephanie	17	AM	Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
6	3:00.16	537	Stasenko, Casey	17	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
7	3:00.21	536	Lin, Carol	17	AM	Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	3:02.40	510	Smith, Aileen	17	AM	Jewish Community Ctr Sailfish	5/15/2009	2009 AM LC Classic - JCCS
9	3:04.21	488	Harter, Carly	17	AM	Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	3:04.39	486	Esachina, Chrissy	17	AM	Derry Area Aqua Club	5/15/2009	2009 AM LC Classic - JCCS

Girls Age 17 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:04.06	784	Vrooman, Lindsay	17	AM Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
2	1:04.10	783	Marko, Andrea	17	AM Jewish Community Ctr Sailfish	8/10/2009	2009 Speedo Junior National Ch
3	1:07.22	676	Doyle, Carianna	17	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
4	1:08.48	634	Riesmeyer, Katie	17	AM Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
5	1:08.81	623	Ragen, Rachael	17	AM Erie Aquatics Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:09.10	613	Patinski, Leah	17	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
7	1:09.57	598	Graham, Stephanie	17	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
8	1:10.92	555	Walker, Maggie	17	AM Team Pittsburgh Aquatics	6/19/2009	2009 AM LC Summer Celeb-MLAC
9	1:11.00	552	Tarbell, Maria	17	AM Erie Aquatics Club	7/30/2009	2009 AM LC Junior Olympics-TPI
10	1:11.86	525	Szymkowiak, Rachel	17	AM Seneca Valley Swim Club	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 17 200 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
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AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

1	2:18.94	805	Vrooman, Lindsay	17	AM	Pine Richland Aquatics	8/4/2009	2009 U. S. Open
2	2:27.90	672	Smith, Aileen	17	AM	Jewish Community Ctr Sailfish	7/17/2009	2009 AM LC Senior Circuit 3
3	2:28.98	656	Lin, Carol	17	AM	Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
4	2:30.40	636	Riesmeyer, Katie	17	AM	Mount Lebanon Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	2:35.87	559	Patinski, Leah	17	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
6	2:36.98	543	Harter, Carly	17	AM	Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
7	2:37.02	543	Doyle, Carianna	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
8	2:37.61	535	Stephen, Emily	17	AM	Mount Lebanon Aqua Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:44.48	442	Rinsma, Sarah	17	AM	Woodland Hills Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	2:46.08	421	Szymkowiak, Rachel	17	AM	Seneca Valley Swim Club	5/30/2009	2009 AM LC AGO-HD

Girls Age 17 200 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	2:24.28	783	Smith, Aileen	17	AM Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	2:28.48	711	Vrooman, Lindsay	17	AM Pine Richland Aquatics	5/22/2009	2009 LE Youngstown Long Course Invite
3	2:33.19	633	Collins, Megan	17	AM Team Pittsburgh Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:33.31	631	Lin, Carol	17	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
5	2:33.33	631	Stoner, Morgan	17	AM Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
6	2:35.78	592	Graham, Stephanie	17	AM Allegheny North Swim Club	6/19/2009	2009 LE The Robert F. Busbey
7	2:36.08	587	Doyle, Carianna	17	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
8	2:36.26	584	Soracco, Stephanie	17	AM Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:36.36	582	Riesmeyer, Katie	17	AM Mount Lebanon Aqua Club	1/3/2009	2009 AM LC IMX-CVSC&TWST
10	2:36.75	576	Harter, Carly	17	AM Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST

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>Meet Date</i>	<i>Meet</i>
1	5:04.69	773	Smith, Aileen	17	AM Jewish Community Ctr Sailfish	8/6/2009	2009 NI Eastern Zone Speedo Champions Series

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

2	5:10.12	730	Vrooman, Lindsay	17	AM	Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	5:25.50	615	Riesmeyer, Katie	17	AM	Mount Lebanon Aqua Club	5/22/2009	2009 LE Youngstown Long Course Invite
4	5:28.01	596	Zimmer, Becca	17	AM	Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
5	5:28.94	590	Soracco, Stephanie	17	AM	Unattached	7/30/2009	2009 AM LC Junior Olympics-TPI
6	5:29.37	587	Lin, Carol	17	AM	Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
7	5:31.13	574	Harter, Carly	17	AM	Fox Chapel Killer Whales	1/3/2009	2009 AM LC IMX-CVSC&TWST
8	5:33.65	556	Graham, Stephanie	17	AM	Allegheny North Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
9	5:39.83	513	Doyle, Carianna	17	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
10	5:40.10	511	Rinsma, Sarah	17	AM	Woodland Hills Aquatic Team	1/3/2009	2009 AM LC IMX-CVSC&TWST

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Girls Age 18-40 50 Freestyle Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	26.51	845	Bower, Chelsey	21	AM Bethel Park Recreation Swm Tm	7/7/2009	2009 Conoco Phillips USA Swimming National Champio
2	26.80	819	McMullan, Kristen	20	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	27.11	793	McDonnell, Lisa	21	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
4	27.29	777	Harter, Carly	18	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
5	27.51	758	Brackett, Charlotte	19	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
6	27.62	749	Destefeno, Emily	21	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
7	27.80	734	McAteer, Ashley	18	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
8	28.04	714	Trant, Caitlin	20	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
9	28.19	701	Keibler, Natalie	18	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3
10	28.36	687	Shields, Courtney	18	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 18-40 100 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	57.57	837	Bower, Chelsey	21	AM Bethel Park Recreation Swm Tm	7/7/2009	2009 Conoco Phillips USA Swimming National Champio
2	57.96	819	McDonnell, Lisa	21	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	58.41	799	Harter, Carly	18	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
4	58.84	779	McMullan, Kristen	20	AM Team Pittsburgh Aquatics	8/7/2009	2009 NI Eastern Zone Speedo Champions Series
5	58.93	775	Destefeno, Emily	21	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
6	59.94	731	Lelli, Tamara	19	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
7	1:00.10	724	Brackett, Charlotte	19	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
8	1:00.29	716	Riesmeyer, Katie	18	AM Mount Lebanon Aqua Club	8/6/2009	2009 NI Eastern Zone Speedo

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
9	1:00.42	710	Emig, Briana	18	AM Team Pittsburgh Aquatics	8/6/2009	Champions Series 2009 NI Eastern Zone Speedo Champions Series
10	1:01.13	680	Trant, Caitlin	20	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series

Girls Age 18-40 200 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	2:06.60	768	Harter, Carly	18	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
2	2:06.93	760	McDonnell, Lisa	21	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	2:07.20	754	Emig, Briana	18	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
4	2:08.52	725	Bower, Chelsey	21	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
5	2:08.57	723	Destefeno, Emily	21	AM Team Pittsburgh Aquatics	8/8/2009	2009 NI Eastern Zone Speedo Champions Series
6	2:09.17	710	Lelli, Tamara	19	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
7	2:09.44	704	Riesmeyer, Katie	18	AM Mount Lebanon Aqua Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
8	2:12.50	638	Vogel, Brittany	19	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:12.75	633	Cutrell, Katie	20	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
10	2:12.82	631	Keibler, Natalie	18	AM Bethel Park Recreation Swm Tm	3/26/2009	2009 IN Central Zone Section 3

Girls Age 18-40 400 Freestyle Long Course Meters

Rank	Time	Power Points	Name	Age	LSC / Club	Meet Date	Meet
1	4:23.52	789	Emig, Briana	18	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	4:31.89	696	Barnes, Laura	21	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	4:33.25	682	Riesmeyer, Katie	18	AM Mount Lebanon Aqua Club	7/17/2009	2009 AM LC Senior Circuit 3
4	4:34.89	664	Zimmer, Becca	18	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
5	4:35.53	658	Cutrell, Katie	20	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
6	4:35.62	657	Evans, Molly	20	AM Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3

AMS Top Ten - Long Course
LSC: AM For Dates 9/1/2008 - 8/31/2009

7	4:39.61	616	Lelli, Tamara	19	AM	Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
8	4:39.82	614	Salerno, Christa	23	AM	Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
9	4:45.30	559	Brackett, Charlotte	19	AM	Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
10	4:45.95	553	Harter, Carly	18	AM	Fox Chapel Killer Whales	5/22/2009	2009 LE Youngstown Long Course Invite

Girls Age 18-40 800 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	8:56.12	828	Emig, Briana	18	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	9:27.98	669	Cutrell, Katie	20	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
3	9:34.94	636	Herbst, Kelsey	18	AM Millcreek Swim Team	7/17/2009	2009 AM LC Senior Circuit 3
4	9:40.45	610	Molloy, Caitlin	18	AM Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
5	9:45.86	586	Salerno, Christa	23	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
6	9:51.72	559	Brackett, Charlotte	19	AM Bethel Park Recreation Swm Tm	5/22/2009	2009 LE Youngstown Long Course Invite
7	9:54.58	547	Harter, Carly	18	AM Fox Chapel Killer Whales	5/22/2009	2009 LE Youngstown Long Course Invite
8	10:11.29	476	Shuba, Andrea	18	AM Fox Chapel Killer Whales	5/22/2009	2009 LE Youngstown Long Course Invite
9	10:11.55	475	Riesmeyer, Katie	18	AM Mount Lebanon Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC
10	10:21.21	436	Nepa, Angela	18	AM Mount Lebanon Aqua Club	6/19/2009	2009 AM LC Summer Celeb-MLAC

Girls Age 18-40 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	17:05.02	860	Emig, Briana	18	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	17:58.97	720	Cutrell, Katie	20	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
3	17:59.19	720	Evans, Molly	20	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

4	19:04.77	564	Molloy, Caitlin	18	AM	Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
5	20:30.15	386	Beyerl, Allison	18	AM	Jewish Community Ctr Sailfish	7/23/2009	2009 AM LC BB Champs-SHHA
6	21:37.71	265	Mackenzie, Melinda	18	AM	Somerset Area Aqua Team	7/30/2009	2009 AM LC Junior Olympics-TPI

Girls Age 18-40 100 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	1:04.68	847	Kishbaugh, Ryann	21	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	1:05.21	826	Bender, Megan	19	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
3	1:07.38	745	Brackett, Charlotte	19	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
4	1:08.46	705	Leech, Kathryn	21	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
5	1:08.61	700	Vogel, Brittany	19	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:09.05	684	Shuba, Andrea	18	AM Fox Chapel Killer Whales	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
7	1:09.45	670	Mummert, Chelsea	20	AM Team Pittsburgh Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:10.12	646	Lin, Carol	18	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
9	1:10.27	641	Evans, Molly	20	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
10	1:10.75	624	Newell, Beth	21	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.

Girls Age 18-40 200 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	2:18.20	853	Kishbaugh, Ryann	21	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	2:22.30	786	Brackett, Charlotte	19	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
3	2:23.92	760	Zimmer, Becca	18	AM Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
4	2:24.71	747	Bender, Megan	19	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
5	2:27.75	699	Lin, Carol	18	AM Fox Chapel Killer Whales	8/10/2009	2009 Jr National Champs TT
6	2:27.82	698	Leech, Kathryn	21	AM Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
7	2:28.17	693	Shuba, Andrea	18	AM Fox Chapel Killer Whales	8/6/2009	2009 NI Eastern Zone Speedo Champions Series

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

8	2:28.64	685	Vogel, Brittany	19	AM	Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:30.38	658	Newell, Beth	21	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
10	2:30.41	658	Evans, Molly	20	AM	Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series

Girls Age 18-40 100 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	1:11.95	850	Barnes, Laura	21	AM	Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	1:14.05	786	Cross, Sophie	21	AM	Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	1:14.27	779	Gamelier, Kylie	22	AM	Unattached	7/7/2009	2009 Conoco Phillips USA Swimming National Champio
4	1:15.82	733	Szymkowiak, Rachel	18	AM	Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
5	1:18.26	662	Leech, Kathryn	21	AM	Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI
6	1:19.47	628	Emig, Briana	18	AM	Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
7	1:21.26	578	Musial, Sarah	18	AM	Allegheny North Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
8	1:22.16	553	Vogel, Brittany	19	AM	Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	1:22.35	548	Sirkoch, Caitlyn	18	AM	Penn Hills Dolphins	7/27/2009	2009 AP YMCA National Long Course
10	1:22.45	545	Harter, Carly	18	AM	Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey

Girls Age 18-40 200 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	2:36.50	842	Barnes, Laura	21	AM	Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
2	2:42.31	764	McIntyre, Cookie	21	AM	Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
3	2:42.98	755	Gamelier, Kylie	22	AM	Unattached	7/7/2009	2009 Conoco Phillips USA Swimming National Champio
4	2:43.18	752	Cross, Sophie	21	AM	Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
5	2:50.90	652	Szymkowiak, Rachel	18	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
6	2:59.10	550	Molloy, Caitlin	18	AM	Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

7	3:02.69	506	Tano, Rachel	18	AM	Seneca Valley Swim Club	5/22/2009	2009 LE Youngstown Long Course Invite
8	3:05.00	479	Vogel, Brittany	19	AM	Seneca Valley Swim Club	5/22/2009	2009 LE Youngstown Long Course Invite
9	3:06.95	456	Vogler, Lyndsey	18	AM	Blackhawk Cougar Aquatic Team	6/19/2009	2009 AM LC Summer Celeb-MLAC
10	3:07.07	455	Forsyth, Tiera	18	AM	Bethel Park Recreation Swm Tm	1/3/2009	2009 AM LC IMX-CVSC&TWST

Girls Age 18-40 100 Butterfly Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	1:03.41	807	Lelli, Tamara	19	AM Team Pittsburgh Aquatics	7/8/2009	2009 Canada World Championship Trials
2	1:04.24	778	Trant, Caitlin	20	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	1:04.55	767	Kishbaugh, Ryann	21	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
4	1:04.85	757	Brackett, Charlotte	19	AM Bethel Park Recreation Swm Tm	7/17/2009	2009 AM LC Senior Circuit 3
5	1:05.04	750	McMullan, Kristen	20	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
6	1:05.68	728	Riesmeyer, Katie	18	AM Mount Lebanon Aqua Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
7	1:05.76	725	Shuba, Andrea	18	AM Fox Chapel Killer Whales	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.
8	1:05.81	723	Harter, Carly	18	AM Fox Chapel Killer Whales	8/10/2009	2009 Jr National Champs TT
9	1:06.61	696	McDonnell, Lisa	21	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
10	1:07.07	681	Szymkowiak, Rachel	18	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.

Girls Age 18-40 200 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	2:21.48	767	Cross, Sophie	21	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
2	2:21.69	764	Lelli, Tamara	19	AM Team Pittsburgh Aquatics	7/8/2009	2009 Canada World Championship Trials
3	2:24.82	717	Shuba, Andrea	18	AM Fox Chapel Killer Whales	7/30/2009	2009 AM LC Junior Olympics-TPI
4	2:25.29	710	McIntyre, Cookie	21	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

5	2:26.48	693	Riesmeyer, Katie	18	AM	Mount Lebanon Aqua Club	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
6	2:26.65	690	Lin, Carol	18	AM	Fox Chapel Killer Whales	8/10/2009	2009 Jr National Champs TT
7	2:26.90	687	Kishbaugh, Ryann	21	AM	Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
8	2:37.88	531	Emig, Briana	18	AM	Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
9	2:40.73	492	Molloy, Caitlin	18	AM	Pine Richland Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
10	2:40.79	491	Szymkowiak, Rachel	18	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3

Girls Age 18-40 200 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	2:22.29	808	McDonnell, Lisa	21	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
2	2:22.71	800	Cross, Sophie	21	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
3	2:24.48	769	Harter, Carly	18	AM Fox Chapel Killer Whales	6/19/2009	2009 LE The Robert F. Busbey
4	2:28.03	708	Bender, Megan	19	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
5	2:29.53	683	Kishbaugh, Ryann	21	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
6	2:30.00	675	Lelli, Tamara	19	AM Team Pittsburgh Aquatics	5/14/2009	2009 NC Charlotte UltraSwim
7	2:30.27	670	Shuba, Andrea	18	AM Fox Chapel Killer Whales	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
8	2:30.39	668	Vogel, Brittany	19	AM Seneca Valley Swim Club	7/30/2009	2009 AM LC Junior Olympics-TPI
9	2:32.93	627	Emig, Briana	18	AM Team Pittsburgh Aquatics	7/30/2009	2009 AM LC Junior Olympics-TPI
10	2:33.76	613	Lin, Carol	18	AM Fox Chapel Killer Whales	6/5/2009	2009 AM LC AGO-WHAT-FCKW

Girls Age 18-40 400 Individual Medley Long Course Meters

<i>Rank</i>	<i>Time</i>	<i>Power Points</i>	<i>Name</i>	<i>Age</i>	<i>LSC / Club</i>	<i>Meet Date</i>	<i>Meet</i>
1	5:06.63	757	Cross, Sophie	21	AM Team Pittsburgh Aquatics	7/17/2009	2009 AM LC Senior Circuit 3
2	5:06.80	756	Emig, Briana	18	AM Team Pittsburgh Aquatics	8/6/2009	2009 NI Eastern Zone Speedo Champions Series
3	5:16.51	681	Lin, Carol	18	AM Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
4	5:16.74	680	Vogel, Brittany	19	AM Seneca Valley Swim Club	8/6/2009	2009 NI Eastern Zone Time Trials Speedo Champs.

AMS Top Ten - Long Course

LSC: AM For Dates 9/1/2008 - 8/31/2009

5	5:16.85	679	Evans, Molly	20	AM	Seneca Valley Swim Club	7/17/2009	2009 AM LC Senior Circuit 3
6	5:22.70	635	Harter, Carly	18	AM	Fox Chapel Killer Whales	5/8/2009	2009 AM LC Steel City Invite-C
7	5:24.98	619	Leech, Kathryn	21	AM	Fox Chapel Killer Whales	7/17/2009	2009 AM LC Senior Circuit 3
8	5:34.51	550	Cutrell, Katie	20	AM	Team Pittsburgh Aquatics	6/19/2009	2009 AM LC Summer Celeb-MLAC
9	5:36.38	537	Zimmer, Becca	18	AM	Bethel Park Recreation Swm Tm	7/22/2009	2009 MA Senior LC Championship
10	5:37.92	526	Shuba, Andrea	18	AM	Fox Chapel Killer Whales	5/22/2009	2009 LE Youngstown Long Course Invite