



## 2022-2023 PVS Top Times 16 Year Old Girls

| Rank                            | Time  | Points | Swimmer           | Club                           | Meet  | Date      |
|---------------------------------|-------|--------|-------------------|--------------------------------|---|-----------|
| <b>50 Meter Freestyle - LCM</b> |       |        |                   |                                |   |           |
| 1                               | 26.72 | 836    | Andrea Dworak     | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships              | 7/27/2023 |
| 2                               | 27.10 | 803    | Rachel Conley     | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships              | 7/30/2023 |
| 3                               | 27.44 | 774    | Emma Redman       | The Fish                       | 2023 FL ISCA International Senior Cup                   | 3/23/2023 |
| 4                               | 27.54 |        | Julie Schwieters  | Rockville Montgomery Swim Club | 2023 PV LC Open Championships                           | 7/16/2023 |
| 5                               | 27.63 |        | Nora Sherman      | Arlington Aquatic Club         | 2023 PV LC Open Championships                           | 7/16/2023 |
| 6                               | 27.70 |        | Charlie Scogna    | Arlington Aquatic Club         | 2023 PV LC Open Championships                           | 7/16/2023 |
| 7                               | 27.83 | 741    | Micaela Perezous  | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier                            | 6/3/2023  |
| 8                               | 28.05 |        | Ellie Denney      | Arlington Aquatic Club         | 2023 PV LC Open Championships                           | 7/16/2023 |
| 9                               | 28.10 |        | Sophie Hayden     | Nation's Capital Swim Club     | 2023 PV LC Open Championships                           | 7/16/2023 |
| 10                              | 28.11 | 718    | Veronika Owen     | Nation's Capital Swim Club     | 2023 VA EZ LC Speedo Super Sectional                    | 5/20/2023 |
| 11                              | 28.15 | 714    | Lizzie Linck      | Rockville Montgomery Swim Club | 2023 PV MD State LC Championships                       | 6/2/2023  |
| 12                              | 28.19 | 711    | Allison Kim       | Potomac Marlins                | 2023 FL ISCA International Senior Cup                   | 3/23/2023 |
| 13                              | 28.19 |        | Haley Lehman      | Arlington Aquatic Club         | 2023 PV LC Open Championships                           | 7/16/2023 |
| 14                              | 28.20 | 710    | Annika Wentland   | Nation's Capital Swim Club     | 2023 PV AAC LC Invitational                             | 1/7/2023  |
| 15                              | 28.26 | 705    | Madeleine Simmons | All Star Aquatics              | 2023 PV FISH Derby                                      | 5/6/2023  |
| 16                              | 28.26 |        | Emma Casas        | Mason Makos Swim Team          | 2023 PV LC Open Championships                           | 7/16/2023 |
| 17                              | 28.37 | 696    | Marina Watson     | Machine Aquatics               | 2023 PV NCAP Elite Qualifier                            | 6/3/2023  |
| 18                              | 28.38 | 695    | Cameron House     | All Star Aquatics              | 2023 Futures Championships - West Fargo, ND Time Trials | 7/27/2023 |
| 19                              | 28.48 | 687    | Charlotte Skoug   | Machine Aquatics               | 2023 NI Eastern Zone Senior Championships               | 8/3/2023  |
| 20                              | 28.58 | 679    | Erin Terman       | Mason Makos Swim Team          | 2023 WV Club Mountaineer Aquatics Summer Invite         | 6/11/2023 |



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| Rank                             | Time    | Points | Swimmer            | Club                           | Meet                                       | Date      |
|----------------------------------|---------|--------|--------------------|--------------------------------|--|-----------|
| <b>100 Meter Freestyle - LCM</b> |         |        |                    |                                |  |           |
| 1                                | 57.56   | 841    | Andrea Dworak      | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/26/2023 |
| 2                                | 58.71   | 789    | Rachel Conley      | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/26/2023 |
| 3                                | 58.79   |        | Emma Redman        | The Fish                       | 2023 PV LC Open Championships              | 7/13/2023 |
| 4                                | 1:00.20 | 723    | Allie Witdoeckt    | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational        | 1/16/2023 |
| 5                                | 1:00.43 | 714    | Haley Lehman       | Arlington Aquatic Club         | 2023 VA EZ LC Speedo Super Sectional       | 5/21/2023 |
| 6                                | 1:00.51 | 711    | Nora Sherman       | Arlington Aquatic Club         | 2023 VA EZ LC Speedo Super Sectional       | 5/21/2023 |
| 7                                | 1:00.57 | 708    | Charlie Scogna     | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/26/2023 |
| 8                                | 1:00.67 |        | Veronika Owen      | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/13/2023 |
| 9                                | 1:00.81 |        | Julie Schwieters   | Rockville Montgomery Swim Club | 2023 PV LC Open Championships              | 7/13/2023 |
| 10                               | 1:01.14 | 684    | Ellie Denney       | Arlington Aquatic Club         | 2023 PV LC 13&O Championships              | 7/23/2023 |
| 11                               | 1:01.50 | 669    | Marina Watson      | Machine Aquatics               | 2023 PV NCAP Elite Qualifier               | 6/4/2023  |
| 12                               | 1:01.71 | 660    | Hanah Sistrunk     | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/4/2023  |
| 13                               | 1:01.90 | 652    | Gwyn Frick         | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/4/2023  |
| 14                               | 1:01.95 | 650    | Addison Mostofi    | All Star Aquatics              | 2023 VA EZ LC Speedo Super Sectional       | 5/21/2023 |
| 15                               | 1:02.00 | 648    | Anna Mitchum       | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/26/2023 |
| 16                               | 1:02.20 | 640    | Charlotte Bell     | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships              | 7/23/2023 |
| 17                               | 1:02.24 | 638    | Alyssa Kwon        | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/26/2023 |
| 18                               | 1:02.25 |        | Nadia Thomas       | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/13/2023 |
| 19                               | 1:02.28 |        | Alice Caiazza-Blum | Rockville Montgomery Swim Club | 2023 PV LC Open Championships              | 7/13/2023 |
| 20                               | 1:02.30 | 636    | Charlotte Skoug    | Machine Aquatics               | 2023 NI Eastern Zone Senior Championships  | 8/4/2023  |



## 2022-2023 PVS Top Times 16 Year Old Girls

| Rank                             | Time    | Points | Swimmer            | Club                           | Meet                                       | Date      |
|----------------------------------|---------|--------|--------------------|--------------------------------|--|-----------|
| <b>200 Meter Freestyle - LCM</b> |         |        |                    |                                |  |           |
| 1                                | 2:02.66 | 876    | Andrea Dworak      | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/28/2023 |
| 2                                | 2:07.72 | 757    | Rachel Conley      | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/28/2023 |
| 3                                | 2:07.97 | 751    | Madeleine Simmons  | All Star Aquatics              | 2023 PV AP MCSL Coaches LC Invitational    | 7/11/2023 |
| 4                                | 2:09.55 |        | Nora Sherman       | Arlington Aquatic Club         | 2023 PV LC Open Championships              | 7/14/2023 |
| 5                                | 2:09.64 |        | Emma Redman        | The Fish                       | 2023 PV Summer Solstice                    | 6/23/2023 |
| 6                                | 2:10.39 |        | Haley Lehman       | Arlington Aquatic Club         | 2023 PV LC Open Championships              | 7/14/2023 |
| 7                                | 2:10.79 | 688    | Allie Witdoeck     | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational        | 1/14/2023 |
| 8                                | 2:10.80 | 689    | Charlie Scogna     | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/27/2023 |
| 9                                | 2:10.85 |        | Addison Mostofi    | All Star Aquatics              | 2023 PV LC Open Championships              | 7/14/2023 |
| 10                               | 2:10.86 |        | Gwyn Frick         | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/14/2023 |
| 11                               | 2:12.30 |        | Alice Caiazza-Blum | Rockville Montgomery Swim Club | 2023 PV LC Open Championships              | 7/14/2023 |
| 12                               | 2:13.32 | 635    | Nadia Thomas       | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/2/2023  |
| 13                               | 2:13.67 | 628    | Alyssa Kwon        | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/27/2023 |
| 14                               | 2:13.77 | 626    | Lili Trinh         | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships              | 7/20/2023 |
| 15                               | 2:14.07 | 619    | Adrianna Caponiti  | Rockville Montgomery Swim Club | 2023 VA EZ LC Speedo Super Sectional       | 5/19/2023 |
| 16                               | 2:14.42 | 612    | Victoria Santino   | Nation's Capital Swim Club     | 2023 PV AAC LC Invitational                | 1/7/2023  |
| 17                               | 2:14.47 | 611    | Campbell Scofield  | Nation's Capital Swim Club     | 2023 PV FISH Derby                         | 5/6/2023  |
| 18                               | 2:14.48 | 610    | Jana Macik         | Nation's Capital Swim Club     | 2023 PV AAC LC Invitational                | 1/7/2023  |
| 19                               | 2:15.18 | 596    | Hanah Sistrunk     | Nation's Capital Swim Club     | 2023 MD NAAC CAROL CHIDESTER INVITE        | 4/30/2023 |
| 20                               | 2:15.59 | 588    | Jordan Johnson     | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships              | 7/20/2023 |



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| Rank                             | Time    | Points | Swimmer            | Club                           | Meet                                       | Date      |
|----------------------------------|---------|--------|--------------------|--------------------------------|--|-----------|
| <b>400 Meter Freestyle - LCM</b> |         |        |                    |                                |  |           |
| 1                                | 4:20.15 | 842    | Andrea Dworak      | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/29/2023 |
| 2                                | 4:30.83 | 722    | Madeleine Simmons  | All Star Aquatics              | 2023 VA EZ LC Speedo Super Sectional       | 5/20/2023 |
| 3                                | 4:31.83 | 711    | Campbell Scofield  | Nation's Capital Swim Club     | 2023 VA EZ LC Speedo Super Sectional       | 5/20/2023 |
| 4                                | 4:33.21 | 696    | Allie Witdoeckt    | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational        | 1/15/2023 |
| 5                                | 4:33.43 | 694    | Haley Lehman       | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/29/2023 |
| 6                                | 4:34.17 | 686    | Nora Sherman       | Arlington Aquatic Club         | 2023 VA EZ LC Speedo Super Sectional       | 5/20/2023 |
| 7                                | 4:38.32 |        | Alice Caiazza-Blum | Rockville Montgomery Swim Club | 2023 PV LC Open Championships              | 7/15/2023 |
| 8                                | 4:39.56 | 630    | Gwyn Frick         | Nation's Capital Swim Club     | 2023 MD NAAC CAROL CHIDESTER INVITE        | 4/29/2023 |
| 9                                | 4:39.82 |        | Victoria Santino   | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/15/2023 |
| 10                               | 4:39.84 |        | Addison Mostofi    | All Star Aquatics              | 2023 PV LC Open Championships              | 7/15/2023 |
| 11                               | 4:40.00 |        | Charlie Scogna     | Arlington Aquatic Club         | 2023 PV LC Open Championships              | 7/15/2023 |
| 12                               | 4:40.98 | 616    | Elle Santucci      | Machine Aquatics               | 2023 PV June LC Invitational               | 6/15/2023 |
| 13                               | 4:41.05 | 615    | Adrianna Caponiti  | Rockville Montgomery Swim Club | 2023 PV MD State LC Championships          | 6/2/2023  |
| 14                               | 4:41.15 | 613    | Celia Bredehoeft   | Machine Aquatics               | 2023 VA NOVA LC Winter Invitational        | 1/15/2023 |
| 15                               | 4:42.13 | 604    | Kathryn Walters    | Nation's Capital Swim Club     | 2023 MD NAAC CAROL CHIDESTER INVITE        | 4/29/2023 |
| 16                               | 4:44.01 |        | Lauren Smith       | Rockville Montgomery Swim Club | 2023 PV LC Open Championships              | 7/15/2023 |
| 17                               | 4:44.19 | 584    | Hanah Sistrunk     | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/3/2023  |
| 18                               | 4:44.57 | 580    | Lili Trinh         | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships              | 7/21/2023 |
| 19                               | 4:45.08 | 575    | Nadia Thomas       | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/3/2023  |
| 20                               | 4:45.61 | 570    | Meghan Pauley      | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships              | 7/21/2023 |



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| Rank                             | Time     | Points | Swimmer           | Club                           | Meet                                 | Date      |
|----------------------------------|----------|--------|-------------------|--------------------------------|--------------------------------------|-----------|
| <b>800 Meter Freestyle - LCM</b> |          |        |                   |                                |                                      |           |
| 1                                | 8:57.77  | 826    | Andrea Dworak     | Rockville Montgomery Swim Club | 2023 VA EZ LC Speedo Super Sectional | 5/21/2023 |
| 2                                | 9:18.83  | 720    | Campbell Scofield | Nation's Capital Swim Club     | 2023 VA EZ LC Speedo Super Sectional | 5/21/2023 |
| 3                                | 9:25.96  |        | Victoria Santino  | Nation's Capital Swim Club     | 2023 PV LC Open Championships        | 7/13/2023 |
| 4                                | 9:27.82  | 677    | Haley Lehman      | Arlington Aquatic Club         | 2023 VA EZ LC Speedo Super Sectional | 5/21/2023 |
| 5                                | 9:34.01  | 647    | Nora Sherman      | Arlington Aquatic Club         | 2023 PV LC Distance Meet             | 6/10/2023 |
| 6                                | 9:37.69  | 630    | Gwyn Frick        | Nation's Capital Swim Club     | 2023 VA WST LC Invitational          | 6/16/2023 |
| 7                                | 9:38.19  | 628    | Adrianna Caponiti | Rockville Montgomery Swim Club | 2023 VA EZ LC Speedo Super Sectional | 5/21/2023 |
| 8                                | 9:40.72  | 616    | Elle Santucci     | Machine Aquatics               | 2023 PV June LC Invitational         | 6/17/2023 |
| 9                                | 9:43.39  | 604    | Meghan Pauley     | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships        | 7/20/2023 |
| 10                               | 9:43.78  | 602    | Lauren Smith      | Rockville Montgomery Swim Club | 2023 PV LC 13&O Championships        | 7/20/2023 |
| 11                               | 9:53.51  | 559    | Pearl Shelton     | All Star Aquatics              | 2023 PV LC Distance Meet             | 6/10/2023 |
| 12                               | 9:58.62  | 536    | Hanah Sistrunk    | Nation's Capital Swim Club     | 2023 VA WST LC Invitational          | 6/16/2023 |
| 13                               | 10:05.36 | 507    | Sabrina Boughanem | Arlington Aquatic Club         | 2023 PV AAC LC Invitational          | 1/7/2023  |
| 14                               | 10:10.06 | 488    | Sarah Oliver      | Occoquan Swimming Inc          | 2023 PV Spring Splash                | 5/5/2023  |
| 15                               | 10:10.55 | 486    | Katie Torrey      | Nation's Capital Swim Club     | 2023 VA WST LC Invitational          | 6/16/2023 |
| 16                               | 10:10.69 | 485    | Caitlin Gross     | Machine Aquatics               | 2023 PV NCAP Elite Qualifier         | 6/2/2023  |
| 17                               | 10:19.14 | 451    | Megan Janczyk     | Machine Aquatics               | 2023 PV MACH LC Classic              | 4/28/2023 |
| 18                               | 10:37.12 |        | Allison Khani     | Sea Devil Swimming             | 2023 PV Summer Solstice              | 6/24/2023 |
| 19                               | 10:45.50 | 350    | Cate Gaskin       | Nation's Capital Swim Club     | 2023 PV MACH LC Classic              | 4/28/2023 |
| 20                               | 10:49.68 | 335    | Kyra Gorman       | York Swim Club                 | 2023 PV AAC LC Invitational          | 1/7/2023  |



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| Rank                              | Time     | Points | Swimmer           | Club                           | Meet                                 | Date      |
|-----------------------------------|----------|--------|-------------------|--------------------------------|--------------------------------------|-----------|
| <b>1500 Meter Freestyle - LCM</b> |          |        |                   |                                |                                      |           |
| 1                                 | 18:22.86 | 667    | Adrianna Caponiti | Rockville Montgomery Swim Club | 2023 VA EZ LC Speedo Super Sectional | 5/18/2023 |
| 2                                 | 18:27.54 |        | Victoria Santino  | Nation's Capital Swim Club     | 2023 PV LC Open Championships        | 7/16/2023 |
| 3                                 | 18:32.32 | 644    | Lauren Smith      | Rockville Montgomery Swim Club | 2023 PV LC 13&O Championships        | 7/22/2023 |
| 4                                 | 18:51.94 | 598    | Meghan Pauley     | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships        | 7/22/2023 |
| 5                                 | 19:29.99 | 513    | Reese Lechelt     | Machine Aquatics               | 2023 PV LC 13&O Championships        | 7/22/2023 |
| 6                                 | 19:36.15 | 500    | Megan Janczyk     | Machine Aquatics               | 2023 PV LC Spring Invitational       | 5/12/2023 |
| 7                                 | 19:38.04 |        | Jay Young         | York Swim Club                 | 2023 PV Summer Solstice              | 6/24/2023 |
| 8                                 | 20:09.27 | 432    | Sophie Hayden     | Nation's Capital Swim Club     | 2023 VA WST LC Invitational          | 6/16/2023 |
| 9                                 | 20:10.15 | 430    | Violet Pizzillo   | Occoquan Swimming Inc          | 2023 VA STAT LC Invite               | 5/12/2023 |
| 10                                | 20:32.78 | 385    | Allison Khani     | Sea Devil Swimming             | 2023 PV June LC Invitational         | 6/3/2023  |
| 11                                | 20:37.46 | 376    | Carlin Smittle    | Machine Aquatics               | 2023 PV NCAP Elite Qualifier         | 6/4/2023  |



## 2022-2023 PVS Top Times 16 Year Old Girls

| Rank                              | Time    | Points | Swimmer            | Club                           | Meet                                       | Date      |
|-----------------------------------|---------|--------|--------------------|--------------------------------|--|-----------|
| <b>100 Meter Backstroke - LCM</b> |         |        |                    |                                |  |           |
| 1                                 | 1:03.99 | 874    | Nadia Thomas       | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/3/2023  |
| 2                                 | 1:04.28 | 863    | Gwyn Frick         | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA  | 7/27/2023 |
| 3                                 | 1:04.88 | 840    | Andrea Dworak      | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/28/2023 |
| 4                                 | 1:05.45 |        | Emma Redman        | The Fish                       | 2023 PV LC Open Championships              | 7/15/2023 |
| 5                                 | 1:06.62 |        | Maria Grishaeva    | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/15/2023 |
| 6                                 | 1:07.12 | 755    | Allie Witdoeckt    | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational        | 1/15/2023 |
| 7                                 | 1:07.36 | 746    | Nora Sherman       | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/28/2023 |
| 8                                 | 1:07.78 | 731    | Hanah Sistrunk     | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/3/2023  |
| 9                                 | 1:07.82 | 729    | Kaitlyn Estes      | Machine Aquatics               | 2023 PV NCAP Elite Qualifier               | 6/3/2023  |
| 10                                | 1:07.99 |        | Katie Torrey       | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/15/2023 |
| 11                                | 1:08.24 | 714    | Colleen Read       | Machine Aquatics               | 2023 PV NCAP Elite Qualifier               | 6/3/2023  |
| 12                                | 1:08.53 |        | Lili Trinh         | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/15/2023 |
| 13                                | 1:08.63 | 700    | Anna Mitchum       | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/28/2023 |
| 14                                | 1:08.76 |        | Addie Pollitt      | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/15/2023 |
| 15                                | 1:09.00 | 687    | Erin Terman        | Mason Makos Swim Team          | 2023 FL ISCA International Senior Cup      | 3/22/2023 |
| 16                                | 1:09.07 | 684    | Lizzie Linck       | Rockville Montgomery Swim Club | 2023 PV MD State LC Championships          | 6/3/2023  |
| 17                                | 1:09.09 | 683    | Anna Klotz         | Nation's Capital Swim Club     | 2023 VA EZ LC Speedo Super Sectional       | 5/20/2023 |
| 18                                | 1:09.24 | 678    | Madison Richardson | The Riptide Swim Team          | 2023 PV LC 13&O Championships              | 7/21/2023 |
| 19                                | 1:09.40 | 672    | Tessa Jones        | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA  | 7/27/2023 |
| 20                                | 1:09.45 | 671    | Elle Santucci      | Machine Aquatics               | 2023 NI Eastern Zone Senior Championships  | 8/5/2023  |



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| Rank                              | Time    | Points | Swimmer         | Club                           | Meet                                       | Date      |
|-----------------------------------|---------|--------|-----------------|--------------------------------|--|-----------|
| <b>200 Meter Backstroke - LCM</b> |         |        |                 |                                |  |           |
| 1                                 | 2:17.44 |        | Gwyn Frick      | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/16/2023 |
| 2                                 | 2:17.79 | 861    | Andrea Dworak   | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/26/2023 |
| 3                                 | 2:18.66 |        | Nadia Thomas    | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/16/2023 |
| 4                                 | 2:22.77 |        | Emma Redman     | The Fish                       | 2023 PV LC Open Championships              | 7/16/2023 |
| 5                                 | 2:23.90 | 761    | Hanah Sistrunk  | Nation's Capital Swim Club     | 2023 VA EZ LC Speedo Super Sectional       | 5/21/2023 |
| 6                                 | 2:24.62 | 750    | Colleen Read    | Machine Aquatics               | 2023 PV NCAP Elite Qualifier               | 6/4/2023  |
| 7                                 | 2:25.87 | 730    | Maria Grishaeva | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA  | 7/29/2023 |
| 8                                 | 2:26.45 | 720    | Allie Witdoeckt | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational        | 1/16/2023 |
| 9                                 | 2:26.55 |        | Addie Pollitt   | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/16/2023 |
| 10                                | 2:26.97 |        | Katie Torrey    | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/16/2023 |
| 11                                | 2:27.51 | 704    | Nora Sherman    | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/26/2023 |
| 12                                | 2:27.85 |        | Lili Trinh      | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/16/2023 |
| 13                                | 2:28.06 | 695    | Lizzie Linck    | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/26/2023 |
| 14                                | 2:28.25 |        | Kaitlyn Estes   | Machine Aquatics               | 2023 PV LC Open Championships              | 7/16/2023 |
| 15                                | 2:28.61 | 687    | Avery Bannerton | Machine Aquatics               | 2023 PV NCAP Elite Qualifier               | 6/4/2023  |
| 16                                | 2:28.75 | 685    | Elle Santucci   | Machine Aquatics               | 2023 PV NCAP Elite Qualifier               | 6/4/2023  |
| 17                                | 2:31.27 | 646    | Keira Gutierrez | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships              | 7/23/2023 |
| 18                                | 2:31.32 |        | Annika Rieger   | Machine Aquatics               | 2023 PV LC Open Championships              | 7/16/2023 |
| 19                                | 2:31.57 | 641    | Tessa Jones     | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/4/2023  |
| 20                                | 2:31.71 | 639    | Charlotte Skoug | Machine Aquatics               | 2023 PV LC 13&O Championships              | 7/23/2023 |





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| Rank                                | Time    | Points | Swimmer           | Club                           | Meet                                       | Date      |
|-------------------------------------|---------|--------|-------------------|--------------------------------|--|-----------|
| <b>100 Meter Breaststroke - LCM</b> |         |        |                   |                                |  |           |
| 1                                   | 1:12.03 | 859    | Cameron House     | All Star Aquatics              | 2023 VA EZ LC Speedo Super Sectional       | 5/19/2023 |
| 2                                   | 1:13.85 | 804    | Emma Redman       | The Fish                       | 2023 VA EZ LC Speedo Super Sectional       | 5/19/2023 |
| 3                                   | 1:14.89 | 773    | Reagan Kampschorr | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA  | 7/26/2023 |
| 4                                   | 1:15.25 |        | Maria Grishaeva   | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/13/2023 |
| 5                                   | 1:15.58 | 752    | Isla Bartholomew  | Rockville Montgomery Swim Club | 2023 Futures Championships - Richmond, VA  | 7/26/2023 |
| 6                                   | 1:15.97 | 741    | Gwyn Frick        | Nation's Capital Swim Club     | 2023 MD NAAC CAROL CHIDESTER INVITE        | 4/29/2023 |
| 7                                   | 1:16.24 |        | Megan O'Hara      | Rockville Montgomery Swim Club | 2023 PV LC Open Championships              | 7/13/2023 |
| 8                                   | 1:16.60 |        | Kristina Fleck    | Dragon Swim Team               | 2023 PV LC Open Championships              | 7/13/2023 |
| 9                                   | 1:17.13 |        | Emma Lantry       | Rockville Montgomery Swim Club | 2023 PV LC Open Championships              | 7/13/2023 |
| 10                                  | 1:17.31 | 702    | Mimi Moore        | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/27/2023 |
| 11                                  | 1:17.62 |        | Giselle Yanes     | Rockville Montgomery Swim Club | 2023 PV LC Open Championships              | 7/13/2023 |
| 12                                  | 1:18.67 |        | Angie Testani     | Machine Aquatics               | 2023 PV LC Open Championships              | 7/13/2023 |
| 13                                  | 1:18.74 |        | Nora Sherman      | Arlington Aquatic Club         | 2023 PV LC Open Championships              | 7/16/2023 |
| 14                                  | 1:19.13 | 649    | Nika Picardo      | Occoquan Swimming Inc          | 2023 NC TAC Titans Triangle Classic        | 6/16/2023 |
| 15                                  | 1:19.20 |        | Ana Falzone       | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/13/2023 |
| 16                                  | 1:19.45 | 640    | Charlie Scogna    | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/27/2023 |
| 17                                  | 1:19.77 | 631    | Violet Pizzillo   | Occoquan Swimming Inc          | 2023 PV LC 13&O Championships              | 7/20/2023 |
| 18                                  | 1:19.77 |        | Hanah Sistrunk    | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/13/2023 |
| 19                                  | 1:20.26 | 617    | Kira Thornton     | Machine Aquatics               | 2023 VA NOVA LC Winter Invitational        | 1/14/2023 |
| 20                                  | 1:20.68 | 606    | Megan Janczyk     | Machine Aquatics               | 2023 PV NCAP Elite Qualifier               | 6/2/2023  |



## 2022-2023 PVS Top Times 16 Year Old Girls

| Rank                                | Time    | Points | Swimmer           | Club                           | Meet  | Date      |
|-------------------------------------|---------|--------|-------------------|--------------------------------|---|-----------|
| <b>200 Meter Breaststroke - LCM</b> |         |        |                   |                                |   |           |
| 1                                   | 2:38.88 | 823    | Emma Redman       | The Fish                       | 2023 FL ISCA International Senior Cup       | 3/25/2023 |
| 2                                   | 2:39.34 | 817    | Gwyn Frick        | Nation's Capital Swim Club     | 2023 MD NAAC CAROL CHIDESTER INVITE         | 4/30/2023 |
| 3                                   | 2:39.81 |        | Maria Grishaeva   | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/16/2023 |
| 4                                   | 2:42.03 | 781    | Megan O'Hara      | Rockville Montgomery Swim Club | 2023 PV AP MCSL Coaches LC Invitational     | 7/11/2023 |
| 5                                   | 2:42.23 | 778    | Isla Bartholomew  | Rockville Montgomery Swim Club | 2023 Futures Championships - Richmond, VA   | 7/28/2023 |
| 6                                   | 2:42.96 | 769    | Mimi Moore        | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships  | 7/29/2023 |
| 7                                   | 2:43.17 | 766    | Reagan Kampschror | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA   | 7/28/2023 |
| 8                                   | 2:44.37 |        | Kristina Fleck    | Dragon Swim Team               | 2023 PV LC Open Championships               | 7/16/2023 |
| 9                                   | 2:44.93 | 743    | Cameron House     | All Star Aquatics              | 2023 Futures Championships - West Fargo, ND | 7/28/2023 |
| 10                                  | 2:45.84 |        | Nora Sherman      | Arlington Aquatic Club         | 2023 PV LC Open Championships               | 7/16/2023 |
| 11                                  | 2:48.48 | 697    | Hanah Sistrunk    | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA   | 7/28/2023 |
| 12                                  | 2:49.67 | 681    | Madeleine Simmons | All Star Aquatics              | 2023 PV FISH Derby                          | 5/6/2023  |
| 13                                  | 2:50.07 | 676    | Emma Lantry       | Rockville Montgomery Swim Club | 2023 PV AP MCSL Coaches LC Invitational     | 7/11/2023 |
| 14                                  | 2:50.83 |        | Angie Testani     | Machine Aquatics               | 2023 PV LC Open Championships               | 7/16/2023 |
| 15                                  | 2:51.89 | 653    | Giselle Yanes     | Rockville Montgomery Swim Club | 2023 PV MD State LC Championships           | 6/3/2023  |
| 16                                  | 2:52.60 | 644    | Nani Jackson      | All Star Aquatics              | 2023 FL ISCA International Senior Cup       | 3/25/2023 |
| 17                                  | 2:52.63 | 644    | Megan Janczyk     | Machine Aquatics               | 2023 PV NCAP Elite Qualifier                | 6/3/2023  |
| 18                                  | 2:53.06 | 638    | Nika Picardo      | Occoquan Swimming              | 2023 NI Eastern Zone Senior Championships   | 8/6/2023  |
| 19                                  | 2:53.84 | 628    | Campbell Scofield | Nation's Capital Swim Club     | 2023 PV FISH Derby                          | 5/6/2023  |
| 20                                  | 2:53.96 |        | Elle Santucci     | Machine Aquatics               | 2023 PV LC Open Championships               | 7/16/2023 |



## 2022-2023 PVS Top Times 16 Year Old Girls

| Rank                             | Time    | Points | Swimmer              | Club                           | Meet                                       | Date      |
|----------------------------------|---------|--------|----------------------|--------------------------------|--|-----------|
| <b>100 Meter Butterfly - LCM</b> |         |        |                      |                                |  |           |
| 1                                | 1:02.74 | 834    | Emma Redman          | The Fish                       | 2023 FL ISCA International Senior Cup      | 3/24/2023 |
| 2                                | 1:03.65 | 801    | Allie Witdoeckt      | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational        | 1/14/2023 |
| 3                                | 1:03.85 | 795    | Madeleine Simmons    | All Star Aquatics              | 2023 VA EZ LC Speedo Super Sectional       | 5/19/2023 |
| 4                                | 1:03.86 | 794    | Rachel Conley        | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships | 7/29/2023 |
| 5                                | 1:03.99 |        | Veronika Owen        | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/14/2023 |
| 6                                | 1:04.53 | 771    | Campbell Scofield    | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier               | 6/2/2023  |
| 7                                | 1:04.74 | 763    | Julie Schwieters     | Rockville Montgomery Swim Club | 2023 PV AP MCSL Coaches LC Invitational    | 7/11/2023 |
| 8                                | 1:06.20 | 713    | Jana Macik           | Nation's Capital Swim Club     | 2023 PV AAC LC Invitational                | 1/7/2023  |
| 9                                | 1:06.42 | 706    | Katie Torrey         | Nation's Capital Swim Club     | 2023 VA SRVA Time Trials - Futures         | 7/28/2023 |
| 10                               | 1:06.52 | 702    | Anna Klotz           | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA  | 7/28/2023 |
| 11                               | 1:06.52 |        | Charlotte Bell       | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/14/2023 |
| 12                               | 1:06.54 | 702    | Annika Rieger        | Machine Aquatics               | 2023 PV NCAP Elite Qualifier               | 6/2/2023  |
| 13                               | 1:06.55 | 701    | Natalia Evans-Gibson | Rockville Montgomery Swim Club | 2023 NI Eastern Zone Senior Championships  | 8/4/2023  |
| 14                               | 1:07.07 | 684    | Nani Jackson         | All Star Aquatics              | 2023 FL ISCA International Senior Cup      | 3/24/2023 |
| 15                               | 1:07.09 |        | Lili Trinh           | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/14/2023 |
| 16                               | 1:07.26 | 677    | Anna Mitchum         | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships | 7/29/2023 |
| 17                               | 1:07.55 |        | Andrea Dworak        | Rockville Montgomery Swim Club | 2023 PV June LC Intrasquad                 | 6/25/2023 |
| 18                               | 1:07.55 | 668    | Nora Sherman         | Arlington Aquatic Club         | 2023 PV MD State LC Championships          | 6/4/2023  |
| 19                               | 1:08.16 | 647    | Addison Mostofi      | All Star Aquatics              | 2023 FL ISCA International Senior Cup      | 3/24/2023 |
| 20                               | 1:08.19 |        | Cate Gaskin          | Nation's Capital Swim Club     | 2023 PV LC Open Championships              | 7/14/2023 |



## 2022-2023 PVS Top Times 16 Year Old Girls

| Rank                             | Time    | Points | Swimmer                | Club                           | Meet  | Date      |
|----------------------------------|---------|--------|------------------------|--------------------------------|---|-----------|
| <b>200 Meter Butterfly - LCM</b> |         |        |                        |                                |   |           |
| 1                                | 2:15.95 | 881    | Madeleine Simmons      | All Star Aquatics              | 2023 Futures Championships - West Fargo, ND | 7/26/2023 |
| 2                                | 2:16.76 | 869    | Campbell Scofield      | Nation's Capital Swim Club     | 2023 VA EZ LC Speedo Super Sectional        | 5/20/2023 |
| 3                                | 2:19.34 |        | Emma Redman            | The Fish                       | 2023 PV LC Open Championships               | 7/15/2023 |
| 4                                | 2:23.87 | 762    | Natalia Evans-Gibson   | Rockville Montgomery Swim Club | 2023 NI Eastern Zone Senior Championships   | 8/5/2023  |
| 5                                | 2:26.16 | 729    | Rachel Conley          | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships  | 7/27/2023 |
| 6                                | 2:28.85 | 689    | Jana Macik             | Nation's Capital Swim Club     | 2023 PV AAC LC Invitational                 | 1/8/2023  |
| 7                                | 2:28.93 | 688    | Charlotte Bell         | Nation's Capital Swim Club     | 2023 PV VA State LC Championships           | 5/19/2023 |
| 8                                | 2:29.13 | 685    | Adrianna Caponiti      | Rockville Montgomery Swim Club | 2023 VA EZ LC Speedo Super Sectional        | 5/20/2023 |
| 9                                | 2:29.44 | 681    | Anna Klotz             | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA   | 7/26/2023 |
| 10                               | 2:29.61 | 678    | Madisyn Carter         | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational         | 1/15/2023 |
| 11                               | 2:29.70 | 677    | Anna Mitchum           | Rockville Montgomery Swim Club | 2023 IN NCSA Summer Swimming Championships  | 7/27/2023 |
| 12                               | 2:29.92 | 674    | Veronika Owen          | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier                | 6/3/2023  |
| 13                               | 2:30.17 |        | Addison Mostofi        | All Star Aquatics              | 2023 PV LC Open Championships               | 7/15/2023 |
| 14                               | 2:30.99 | 659    | Emma Burlina           | Rockville Montgomery Swim Club | 2023 PV LC 13&O Championships               | 7/23/2023 |
| 15                               | 2:31.37 |        | Julie Schwieters       | Rockville Montgomery Swim Club | 2023 PV LC Open Championships               | 7/15/2023 |
| 16                               | 2:32.23 | 641    | Hannah Takada-Jacobson | Nation's Capital Swim Club     | 2023 PV LC 13&O Championships               | 7/23/2023 |
| 17                               | 2:32.35 | 639    | Alara Erkan            | Rockville Montgomery Swim Club | 2023 NI Eastern Zone Senior Championships   | 8/5/2023  |
| 18                               | 2:32.57 | 636    | Nora Sherman           | Arlington Aquatic Club         | 2023 PV MD State LC Championships           | 6/3/2023  |
| 19                               | 2:35.50 | 595    | Allison Khani          | Sea Devil Swimming             | 2023 PV LC 13&O Championships               | 7/23/2023 |
| 20                               | 2:35.62 | 594    | Madeline Menz          | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier                | 6/3/2023  |



## 2022-2023 PVS Top Times 16 Year Old Girls

| Rank                                     | Time    | Points | Swimmer            | Club                           | Meet  | Date      |
|--|---------|--------|--------------------|--------------------------------|---|-----------|
| <b>200 Meter Individual Medley - LCM</b> |         |        |                    |                                |   |           |
| 1  | 2:19.42 | 874    | Emma Redman        | The Fish                       | 2023 FL ISCA International Senior Cup       | 3/22/2023 |
| 2  | 2:21.27 | 840    | Madeleine Simmons  | All Star Aquatics              | 2023 Futures Championships - West Fargo, ND | 7/29/2023 |
| 3  | 2:23.94 | 793    | Gwyn Frick         | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier                | 6/4/2023  |
| 4  | 2:25.41 |        | Maria Grishaeva    | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/13/2023 |
| 5  | 2:27.16 | 737    | Nora Sherman       | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships  | 7/30/2023 |
| 6  | 2:27.33 | 734    | Campbell Scofield  | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier                | 6/4/2023  |
| 7  | 2:28.08 |        | Charlie Scogna     | Arlington Aquatic Club         | 2023 PV LC Open Championships               | 7/13/2023 |
| 8  | 2:29.45 | 698    | Isla Bartholomew   | Rockville Montgomery Swim Club | 2023 PV AP MCSL Coaches LC Invitational     | 7/11/2023 |
| 9  | 2:29.50 | 697    | Hanah Sistrunk     | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier                | 6/4/2023  |
| 10                                       | 2:29.60 | 696    | Elle Santucci      | Machine Aquatics               | 2023 NI Eastern Zone Senior Championships   | 8/3/2023  |
| 11                                       | 2:29.76 |        | Nadia Thomas       | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/13/2023 |
| 12                                       | 2:29.89 | 690    | Allie Witdoeckt    | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational         | 1/16/2023 |
| 13                                       | 2:30.13 | 687    | Madison Richardson | The Riptide Swim Team          | 2023 PV LC 13&O Championships               | 7/21/2023 |
| 14                                       | 2:30.24 |        | Alyssa Kwon        | Rockville Montgomery Swim Club | 2023 PV LC Open Championships               | 7/13/2023 |
| 15                                       | 2:31.00 | 672    | Kristina Fleck     | Dragon Swim Team               | 2023 Futures Championships - Richmond, VA   | 7/29/2023 |
| 16                                       | 2:31.00 |        | Lili Trinh         | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/13/2023 |
| 17                                       | 2:31.08 |        | Victoria Santino   | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/13/2023 |
| 18                                       | 2:31.50 | 664    | Addison Mostofi    | All Star Aquatics              | 2023 PV AP MCSL Coaches LC Invitational     | 7/11/2023 |
| 19                                       | 2:31.87 | 658    | Madisyn Carter     | Nation's Capital Swim Club     | 2023 VA NOVA LC Winter Invitational         | 1/16/2023 |
| 20                                       | 2:31.90 |        | Katie Torrey       | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/13/2023 |



## 2022-2023 PVS Top Times 16 Year Old Girls

| Rank                                     | Time    | Points | Swimmer                | Club                           | Meet  | Date      |
|--|---------|--------|------------------------|--------------------------------|---|-----------|
| <b>400 Meter Individual Medley - LCM</b> |         |        |                        |                                |   |           |
| 1  | 4:57.45 | 831    | Madeleine Simmons      | All Star Aquatics              | 2023 Futures Championships - West Fargo, ND | 7/27/2023 |
| 2  | 4:59.08 | 818    | Emma Redman            | The Fish                       | 2023 VA EZ LC Speedo Super Sectional        | 5/19/2023 |
| 3  | 5:06.84 | 757    | Gwyn Frick             | Nation's Capital Swim Club     | 2023 VA EZ LC Speedo Super Sectional        | 5/19/2023 |
| 4  | 5:08.05 | 747    | Nora Sherman           | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships  | 7/28/2023 |
| 5  | 5:08.43 | 744    | Andrea Dworak          | Rockville Montgomery Swim Club | 2023 VA EZ LC Speedo Super Sectional        | 5/19/2023 |
| 6  | 5:09.08 | 739    | Charlie Scogna         | Arlington Aquatic Club         | 2023 IN NCSA Summer Swimming Championships  | 7/28/2023 |
| 7  | 5:09.51 | 736    | Campbell Scofield      | Nation's Capital Swim Club     | 2023 PV NCAP Elite Qualifier                | 6/2/2023  |
| 8  | 5:10.42 |        | Maria Grishaeva        | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/14/2023 |
| 9  | 5:12.92 | 710    | Hanah Sistrunk         | Nation's Capital Swim Club     | 2023 VA EZ LC Speedo Super Sectional        | 5/19/2023 |
| 10                                       | 5:16.03 | 686    | Elle Santucci          | Machine Aquatics               | 2023 PV June LC Invitational                | 6/16/2023 |
| 11                                       | 5:19.08 |        | Alyssa Kwon            | Rockville Montgomery Swim Club | 2023 PV LC Open Championships               | 7/14/2023 |
| 12                                       | 5:19.18 |        | Lili Trinh             | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/14/2023 |
| 13                                       | 5:19.83 | 658    | Katie Torrey           | Nation's Capital Swim Club     | 2023 Futures Championships - Richmond, VA   | 7/27/2023 |
| 14                                       | 5:21.17 |        | Victoria Santino       | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/14/2023 |
| 15                                       | 5:21.83 |        | Lindsay Alisbah        | Nation's Capital Swim Club     | 2023 PV LC Open Championships               | 7/14/2023 |
| 16                                       | 5:23.86 | 628    | Colleen Read           | Machine Aquatics               | 2023 PV NCAP Elite Qualifier                | 6/2/2023  |
| 17                                       | 5:25.75 |        | Kaitlyn Estes          | Machine Aquatics               | 2023 PV LC Open Championships               | 7/14/2023 |
| 18                                       | 5:28.46 | 594    | Nika Picardo           | Occoquan Swimming Inc          | 2023 NI Eastern Zone Senior Championships   | 8/4/2023  |
| 19                                       | 5:31.04 | 576    | Sarah Oliver           | Occoquan Swimming Inc          | 2023 NC TAC Titans Triangle Classic         | 6/16/2023 |
| 20                                       | 5:32.01 | 569    | Hannah Takada-Jacobson | Nation's Capital Swim Club     | 2023 PV June LC Invitational                | 6/3/2023  |