

**ATTACHMENT F
EASTERN ZONE CHAMPIONSHIPS LONG COURSE RECORDS – August 2006**

10 & Unders

Yr	Name	LSC	Time	Event	Time	LSC	Name	Yr
05	Lia Neal	MR	28.59	50 m. free	29.63	CT	Anthony Robinson	90
98	Kristen Frost	CT	1:04.53	100 m. free	1:04.28	CT	Anthony Robinson	90
98	Kristen Frost	CT	2:19.02	200 m. free	2:19.30	CT	Anthony Robinson	90
05	Rachel Kessler	MR	4:59.37	400 m. free	5:00.88	VA	Chris Vivadelli	04
04	Elizabeth Pelton	CT	32.88r	50 m. back	34.18	VA	David Walters	98
97	Abigail Iler	MD	1:10.98	100 m. back	1:13.65	MR	Josh Charnin-Aker	00
05	Annie Zhu	MR	36.94	50 m. breast	37.30	CT	Anthony Robinson	90
05	Annie Zhu	MR	1:19.69	100 m. breast	1:23.34	MR	Chris Helin	90
97	Hee Jin Chang	NE	30.04	50m. fly	31.80	VA	Mason Wilcox	01
97	Hee Jin Chang	NE	1:09.13	100 m. fly	1:10.81	NJ	Peter Park	00
97	Abigail Iler	MD	2:33.08	200 m. I.M.	2:39.64	MR	Josh Charnin-Aker	00
05	Metropolitan, R. Cho, B. Friese, L. Neal, A. Zhu	MR	2:01.00*	200 m. free relay	2:04.12	CT	Connecticut E.Ress,G. Pelton, B. McIntee, A. Dinwiddle	01
05	Metropolitan R. Cho, L. Neal, B. Friese, A. Zhu	MR	4:28.51*	400 m. free relay	4:34.20*	CT	Connecticut B. McIntee, B. Deveney, G. Pelton, E. Ress	01
05	Metropolitan R. Cho, A. Zhu, O. Chan, L. Neal	MR	2:16.32*	200 m. med. relay	2:19.75	PV	Potomac Valley S. Stewart, J. Christensen, B. Fox, H. Tollefson	01
05	Metropolitan K. Buonaiuto, A. Zhu, R. Kessler, L. Neal	MR	5:04.81*	400 m. med. relay	5:06.46*	MD	Maryland M. Zuiderhof, A. O'Reilly, P. Brannan, J. Curreri	91

11-12

Yr	Name	LSC	Time	Event	Time	LSC	Name	Yr
06	Lea Neal	MR	27.59	50 m. free	25.51	CT	Greg Pelton	03
01	Andrea Lehner	NI	1:00.55	100 m. free	56.97	CT	Greg Pelton	03
01	Andrea Lehner	NI	2:09.95	200 m. free	2:04.01	MD	Joe Curreri	93
01	Andrea Lehner	NI	4:33.13	400 m. free	4:22.34	MD	Joe Curreri	93
04	Felicia Lee	NJ	31.20	50 m. back	29.48	MR	Shaun Armstrong	99
04	Felicia Lee	NJ	1:06.84	100 m. back	1:04.98	MR	Nicholas Pai	96
04	Felicia Lee	NJ	2:24.07	200 m. back	2:17.87	VA	Tom Sheranek	03
06	KC Moss	CT	34.21	50 m. breast	32.59	NI	Jon Roberts	00
06	Annie Zhu	MR	1:14.47	100 m. breast	1:13.19	VA	Stuart Ferguson	03
06	Annie Zhu	MR	2:38.93	200 m. breast	2:41.13	MD	Bryan Offutt	04
02	Katie Riefenstahl	MA	29.17	50 m. fly	28.10	VA	Mason Wilcox	03
04	Katie Nolan	MA	1:05.31	100 m. fly	1:02.50	MD	Mark Whitaker	93
06	Emma Nunn	VA	2:25.52	200 m. fly	2:20.13	NJ	Matt Navata	04
93	Elaine Schwartz	MA	2:25.08	200 m. I.M.	2:22.78	MD	Bryan Offutt	04
06	Metropolitan Zhu, Haruki, B. Friese, L. Neal	MR	1:53.65	200 m. free relay	1:49.62	MD	Maryland Best,Whitaker, Evans, Curreri	93
01	Maryland Delp, Tabor, Miller, McIntosh	MD	4:10.03	400 m. free relay	4:00.22	NJ	New Jersey, Dugan, Sayko, Dash, Wansley	93
04	New Jersey Lee, Ferrell, Floyd, Conjares	NJ	2:06.72	200 m. med. relay	2:00.67*	VA	Virginia Sheranek, Ferguson, Wilcox, Baumler	03
04	New Jersey Lee, Ferrell, Kandigian, Floyd	NJ	4:36.50*	400 m. med. relay	4:25.64*	VA	Virginia Sheranek, Ferguson, Wilcox, Baumler	03

**ATTACHMENT F
EASTERN ZONE CHAMPIONSHIPS LONG COURSE RECORDS – August 2006**

13-14

Yr	Name	LSC	Time	Event	Time	LSC	Name	Yr
02	Samantha Palma	NI	27.10	50 m. free	24.56	PV	Brock Park	04
02	Meagan Tolan	MR	58.94	100 m. free	54.02	NI	Mark Rubin	00
01	Jennifer Illescas	MR	2:07.19	200 m. free	1:56.67	MA	Cody Weik	03
01	Leslie Swinley	PV	4:26.51	400 m. free	4:11.01	MA	CodyWeik	03
06	Megan Collins	AM	9:14.11	800 m. free	8:32.33	MD	Eegan Groome	06
01	Leslie Swinley	PV	17:30.79	1500 m. free	16:12.60	MD	Eegan Groome	06
02	Tricia Weaner	MA	1:06.28	100 m. back	1:01.49	NI	Mark Rubin	00
02	Tricia Weaner	MA	2:23.10	200 m. back	2:11.62	MA	Brennan Morris	04
01	Jenny Basel	PV	1:15.00	100 m. breast	1:06.37	NI	Jon Roberts	02
04	Laura Sogar	NE	2:40.25	200 m. breast	2:26.22	NJ	Mike Pron	93
02	Julie Sablik	VA	1:04.10	100 m. fly	57.84	NJ	Brian Wilson	03
05	Felicia Lee	NJ	2:19.40	200 m. fly	2:09.68	VA	JB Walsh	01
01	Karly Brooks	AD	2:24.22	200 m. I.M.	2:10.06	NI	Jon Roberts	02
01	Kelly Nelson	MA	5:05.73	400 m. I. M.	4:38.85	NI	Jon Roberts	02
03	Middle Atlantic Czar, Dyer, Page, LaRue	MA	1:50.15	200 m. free relay	1:42.12	VA	Virginia Lewis, Anglin, Anderson, Robertson	02
01	Virginia Sablik, Marshall, Anderson, Fraley	VA	4:01.89*	400 m. free relay	3:44.05*	AM	Allegheny Mtn. Sugimoto, Buerger, Waugh, Dudzinski	06
06	Metropolitan Holden, Kolackovsky, Guelly, Larson	MR	2:02.91	200 m. med. relay	1:53.17	VA	Virginia Hurdle, Ferguson, Shaw, Gregg	05
06	Metropolitan Holden, Kolackovsky, Cooper, Larson	MR	4:29.27	400 m. med. relay	4:09.79	NJ	New Jersey Wang, Charnin- Aker, Park, Hindle	04

15-18

Yr	Name	LSC	Time	Event	Time	LSC	Name	Yr
04	Rebecca Kane	NJ	26.90	50 m. free	24.18	MR	Chris Gahn	01
01	Michelle Ryan	MR	59.23	100 m. free	53.76	MA	William Marcum	01
01	Kiers. Koronowicz	MR	2:06.85	200 m. free	1:57.98	MD	Matt Zuiderhof	98
01	Kiers. Koronowicz	MR	4:26.39	400 m. free	4:10.40	MR	George Salayka	01
01	Kiers. Koronowicz	MR	9:10.08	800 m. free	8:34.46	NJ	Matt Smith	93
01	Kiers. Koronowicz	MR	17:32.42	1500 m. free	16:30.45	NJ	Matt Smith	93
02	Kira Gallagher	AM	1:06.88	100 m. back	1:00.70	MR	Shane Tusup	04
05	Kori Kraus	MA	2:24.69	200 m. back	2:08.10	AM	Steve Brennan	02
01	Heather Davidson	MA	1:14.75	100 m. breast	1:07.04	PV	Ryan Hurley	01
01	Heather Davidson	MA	2:40.47	200 m. breast	2:22.38	PV	Ryan Hurley	01
02	Allison Stevens	PV	1:04.84	100 m. fly	57.51	NJ	Dorian Delamare	01
01	Michelle Ryan	MR	2:19.20	200 m. fly	2:05.68	NJ	Dorian Delamare	01
01	Kara Swift	MA	2:25.08	200 m. I.M.	2:11.49	PV	Mike Ott	01
01	Holly Williams	NI	5:04.79	400 m. I.M.	4:38.59	MR	Roger Dent	06
05	Niagara Manley, Sciarrino, Powalski, White	NI	1:50.98	200 m. free relay	1:37.87	PV	Potomac Valley Dufresne, Fishman, Kreitler, Scheren	02
03	Potomac Valley Pсарis, Kuhn Smith, Kelly	PV	4:03.91	400 m. free relay	3:38.89	PV	Potomac Valley Meleski, Kreitler, Ott, Anstrom	01
06	Allegheny Mtn. Faingold, Leech, Matuszewski, Doran	AM	2:05.57	200 m. med. relay	1:49.70	PV	Potomac Valley Fishman, Hurley, Anstrom, Ott	01
02	Allegheny Mtn. Gallagher, Battle, Cunningham, Starr	AM	4:32.68	400 m. med. relay	4:06.38	MR	Metropolitan Smith, D'Errico, Sadovskaya, Tusup	04

*National All-Star Relay Record as well as Zone Record.