

**ATTACHMENT F  
EASTERN ZONE CHAMPIONSHIPS LONG COURSE RECORDS – August 2008**

**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,<br>R. Cho, B. Friese,<br>L. Neal, A. Zhu          | MR  | 2:01.00* | 200 m. free<br>relay | 2:04.12  | CT  | Connecticut<br>E.Ress,G. Pelton,<br>B. McIntee,<br>A. Dinwiddle          | 01 |
| 05 | Metropolitan<br>R. Cho, L. Neal,<br>B. Friese, A. Zhu           | MR  | 4:28.51* | 400 m. free<br>relay | 4:34.20* | CT  | Connecticut<br>B. McIntee,<br>B. Deveney,<br>G. Pelton, E. Ress          | 01 |
| 05 | Metropolitan<br>R. Cho, A. Zhu,<br>O. Chan, L. Neal             | MR  | 2:16.32* | 200 m. med.<br>relay | 2:19.75  | PV  | Potomac Valley<br>S. Stewart,<br>J. Christensen,<br>B. Fox, H. Tollefson | 01 |
| 05 | Metropolitan<br>K. Buonaiuto,<br>A. Zhu, R. Kessler,<br>L. Neal | MR  | 5:04.81* | 400 m. med.<br>relay | 5:06.46* | MD  | Maryland<br>M. Zuiderhof,<br>A. O'Reilly, P.<br>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 |
| 08 | Gillian Ryan                                       | MA  | 59.79    | 100 m. free          | 56.97    | CT  | Greg Pelton   | 03 |
| 08 | Gillian Ryan                                       | MA  | 2:08.79  | 200 m. free          | 2:04.01  | MD  | Joe Curreri   | 93 |
| 08 | Gillian Ryan                                       | MA  | 4:30.70  | 400 m. free          | 4:22.34  | MD  | Joe Curreri   | 93 |
| 08 | Janet Hu   | PV  | 31.01    | 50 m. back           | 29.48    | MR  | Shaun Armstrong                                       | 99 |
| 04 | Felicia Lee  | NJ  | 1:06.84  | 100 m. back          | 1:04.54  | PV  | Matthew Gibson  | 07 |
| 07 | Kaitlyn Jones                                      | MA  | 2:23.49  | 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        | 2:37.46  | PV  | Harrison Gu   | 08 |
| 02 | Katie Riefenstahl                                  | MA  | 29.17    | 50 m. fly            | 28.10    | VA  | Mason Wilcox  | 03 |
| 08 | Janet Hu   | PV  | 1:05.00  | 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<br>Zhu, Haruki,<br>B. Friese, L. Neal | MR  | 1:53.65  | 200 m. free<br>relay | 1:49.62  | MD  | Maryland<br>Best,Whitaker,<br>Evans, Curreri          | 93 |
| 08 | Middle Atlantic<br>Rhodes, Raab,<br>Dollard, Ryan  | MA  | 4:08.73  | 400 m. free<br>relay | 4:00.22  | NJ  | New Jersey,<br>Dugan, Sayko,<br>Dash, Wansley         | 93 |
| 04 | New Jersey<br>Lee, Ferrell,<br>Floyd, Conjares     | NJ  | 2:06.72  | 200 m. med.<br>relay | 2:00.67* | VA  | Virginia<br>Sheranek,<br>Ferguson, Wilcox,<br>Baumler | 03 |
| 04 | New Jersey<br>Lee, Ferrell,<br>Kandigian, Floyd    | NJ  | 4:36.50* | 400 m. med.<br>relay | 4:25.64* | VA  | Virginia<br>Sheranek,<br>Ferguson, Wilcox,<br>Baumler | 03 |

**ATTACHMENT F  
EASTERN ZONE CHAMPIONSHIPS LONG COURSE RECORDS – August 2008**

13-14

| Yr | Name  | LSC | Time     | Event                | Time     | LSC | Name   | Yr |
|----|---|-----|----------|----------------------|----------|-----|--|----|
| 07 | Sara Li   | NE  | 26.72    | 50 m. free           | 24.56    | PV  | Brock Park   | 04 |
| 08 | Kaitlin Jones   | VA  | 58.57    | 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 |
| 08 | Kaitlin Jones   | VA  | 9:06.36  | 800 m. free          | 8:32.33  | MD  | Eegan Groome   | 06 |
| 08 | Taylor O'Brien  | MA  | 17:27.94 | 1500 m. free         | 16:12.60 | MD  | Eagan Groome   | 06 |
| 02 | Tricia Weaner   | MA  | 1:06.28  | 100 m. back          | 1:01.10  | PV  | Charles Putnam   | 07 |
| 08 | Eva Greena  | PV  | 2:21.41  | 200 m. back          | 2:11.55  | PV  | Jack Conger  | 08 |
| 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 |
| 07 | Sara Li   | NE  | 1:03.97  | 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<br>Czar, Dyer,<br>Page, LaRue             | MA  | 1:50.15  | 200 m. free<br>relay | 1:42.12  | VA  | Virginia<br>Lewis, Anglin,<br>Anderson,<br>Robertson     | 02 |
| 01 | Virginia<br>Sablík, Marshall,<br>Anderson, Fraley         | VA  | 4:01.89* | 400 m. free<br>relay | 3:44.05* | AM  | Allegheny Mtn.<br>Sugimoto, Buerger,<br>Waugh, Dudzinski | 06 |
| 06 | Metropolitan<br>Holden,<br>Kolackovsky,<br>Guelly, Larson | MR  | 2:02.91  | 200 m. med.<br>relay | 1:53.17  | VA  | Virginia<br>Hurdle, Ferguson,<br>Shaw, Gregg             | 05 |
| 06 | Metropolitan<br>Holden,<br>Kolackovsky,<br>Cooper, Larson | MR  | 4:29.27  | 400 m. med.<br>relay | 4:09.47  | AM  | Allegheny Mtn.<br>Buerger, Baurle,<br>McCurdy, Seiferth  | 08 |

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         | 16:19.88 | AM  | Matt Schaefer   | 08 |
| 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.          | 2:11.39  | VA  | Jared Lovett  | 08 |
| 01 | Holly Williams   | NI  | 5:04.79  | 400 m. I.M.          | 4:38.59  | MR  | Roger Dent  | 06 |
| 07 | Allegheny Mtn.<br>Harter, Shields,<br>Lin, Gibbon            | AM  | 1:50.48  | 200 m. free<br>relay | 1:37.87  | PV  | Potomac Valley<br>Dufresne, Fishman,<br>Kreitler, Scheren | 02 |
| 03 | Potomac Valley<br>Pсарis, Kuhn<br>Smith, Kelly               | PV  | 4:03.91  | 400 m. free<br>relay | 3:38.89  | PV  | Potomac Valley<br>Meleski, Kreitler,<br>Ott, Anstrom      | 01 |
| 08 | Potomac Valley<br>Macedonia,<br>Winland, Jacoby,<br>McMullan | PV  | 2:04.86  | 200 m. med.<br>relay | 1:49.70  | PV  | Potomac Valley<br>Fishman, Hurley,<br>Anstrom, Ott        | 01 |
| 08 | Potomac Valley<br>Macedonia,<br>Winland, Jacoby,<br>McMullan | PV  | 4:31.06  | 400 m. med.<br>relay | 4:03.61  | VA  | Virginia<br>Glass, Grove,<br>Catanese, Watson             | 08 |

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