

POTOMAC VALLEY SWIMMING RECORDS

09/01/2017

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
10 & under	50 FR	29.07	01/01/1991	PV-SOLO	Lauren Stinnett	Historical Record
10 & under	100 FR	1:04.41	01/01/1991	PV-SOLO	Lauren Stinnett	Historical Record
10 & under	200 FR	2:19.01	08/11/2010	PV-FISH	Isabella Rongione	2010 PV Eastern Zone LC Championships
10 & under	400 FR	4:49.46	08/05/2016	PV-FISH	Courtney Watts	2016 MR Eastern Zone LC Championship
10 & under	50 BK	32.61	01/01/1991	PV-SOLO	Lauren Stinnett	Historical Record
10 & under	100 BK	1:08.80	01/01/1991	PV-SOLO	Lauren Stinnett	Historical Record
10 & under	50 BR	36.87	08/09/2017	PV-RMSC	Emma Lantry	2017 VA Eastern Zone LC Champi
10 & under	100 BR	1:19.99	08/11/2017	PV-RMSC	Emma Lantry	2017 VA Eastern Zone LC Championship
10 & under	50 FL	31.67	11/04/2006	PV-CUBU	Janet Hu	2006 PV Fall Long Course Invitational
10 & under	100 FL	1:10.53	07/20/2006	PV-CUBU	Janet Hu	2006 PV LC Age Group Championships
10 & under	200 IM	2:38.41	08/06/2016	PV-FISH	Courtney Watts	2016 MR Eastern Zone LC Championship
10 & under	200 FR-R	2:03.30	07/19/2015	PV-RMSC	Lauren West, Sydney Allen, Nina Allen, Amy Lamb	2015 PV LC 14&U Championships
10 & under	200 MED-R	2:20.68	07/17/2015	PV-FISH	Courtney Watts, Bridget O'Shaughnessy, Kathleen Modder, Victoria Valko	2015 PV LC 14&U Championships