

# Emerald Coast Swimming

## Individual Best Times - Girls LCM

Updated 8-10-2011

Event	Best Time	SES-Cut	A/B Time	Swim Date	Meet Name
<b>Balent, Katelyn (Girl 10) [Standard: SES Cut Times LCM]</b>					
50 Free	36.78L	SES-Cut	BB	7/16/2011	2011 Southeastern LC Championships
100 Free	1:21.92L	SES-Cut	BB	4/17/2011	2011 SE PCST Paradise LC Meet
200 Free	2:57.24L	SES-Cut	A	7/15/2011	2011 Southeastern LC Championships
400 Free	6:17.77L		BB	4/15/2011	2011 SE PCST Paradise LC Meet
50 Back	44.31L	SES-Cut	BB	7/15/2011	2011 Southeastern LC Championships
100 Back	1:38.67L	SES-Cut	BB	5/14/2011	2011 SE GPAC Spring Fling Invitational
50 Breast	54.70L		BB	4/17/2011	2011 SE PCST Paradise LC Meet
100 Breast	1:57.82L		BB	4/16/2011	2011 SE PCST Paradise LC Meet
50 Fly	41.63L	SES-Cut	A	4/16/2011	2011 SE PCST Paradise LC Meet
100 Fly	1:36.36L	SES-Cut	A	7/16/2011	2011 Southeastern LC Championships
200 IM	3:24.86L		BB	5/14/2011	2011 SE GPAC Spring Fling Invitational
<b>Bartlett, Kaylee (Girl 10) [Standard: SES Cut Times LCM]</b>					
50 Free	42.52L		B	6/3/2011	2011 SE BWB Surf & Swim Classic
50 Back	53.12L		B	6/4/2011	2011 SE BWB Surf & Swim Classic
<b>Bartley, Katherine (Girl 10) [Standard: SES Cut Times LCM]</b>					
50 Free	35.12L	SES-Cut	A	8/4/2011	2011 AAU Junior Olympics
100 Free	1:24.73L	SES-Cut	BB	8/5/2011	2011 AAU Junior Olympics
200 Free	3:20.29L		BB	4/16/2011	2011 SE PCST Paradise LC Meet
400 Free	7:13.01L		B	4/15/2011	2011 SE PCST Paradise LC Meet
50 Back	43.14L	SES-Cut	A	8/4/2011	2011 AAU Junior Olympics
100 Back	1:38.25L	SES-Cut	BB	5/14/2011	2011 SE GPAC Spring Fling Invitational
50 Breast	51.37L	SES-Cut	BB	8/5/2011	2011 AAU Junior Olympics
100 Breast	1:51.38L	SES-Cut	BB	8/2/2011	2011 AAU Junior Olympics
50 Fly	48.21L		BB	8/2/2011	2011 AAU Junior Olympics
200 IM	3:45.21L		BB	6/3/2011	2011 SE BWB Surf & Swim Classic
<b>Birmingham, Alexa (Girl 16) [Standard: SES Cut Times LCM]</b>					

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50 Free	31.20L		A	6/26/2009	2009 SE Tiger Summer Invitational
100 Free	1:08.14L		A	6/26/2009	2009 SE Tiger Summer Invitational
200 Free	2:28.37L		BB	6/26/2009	2009 SE Tiger Summer Invitational
50 Back	28.12L			4/24/2009	2009 SE PCST LC Open
100 Back	1:18.14L		BB	5/8/2009	2009 SE CMSA Spirit of Mobile Meet
200 Back	2:48.58L		BB	5/8/2009	2009 SE CMSA Spirit of Mobile Meet
100 Breast	1:37.65L		B	6/26/2009	2009 SE Tiger Summer Invitational
200 Breast	3:31.96L		B	5/8/2009	2009 SE CMSA Spirit of Mobile Meet
50 Fly	33.90L			6/25/2010	2010 SE Richard Quick Invitational
100 Fly	1:16.71L		BB	6/26/2009	2009 SE Tiger Summer Invitational
200 Fly	2:51.15L		BB	5/8/2009	2009 SE CMSA Spirit of Mobile Meet
200 IM	2:49.14L		BB	6/26/2009	2009 SE Tiger Summer Invitational
400 IM	6:07.66L		BB	6/26/2010	2010 SE Richard Quick Invitational
<b>Byrd, Vanessa (Girl 11) [Standard: SES Cut Times LCM]</b>					
50 Free	39.25L			6/13/2010	2010 SE GPAC Tom Lalor Invitational
100 Free	1:28.33L			4/17/2011	2011 SE PCST Paradise LC Meet
50 Back	48.10L			6/13/2010	2010 SE GPAC Tom Lalor Invitational
100 Back	1:48.70L			4/16/2011	2011 SE PCST Paradise LC Meet
50 Breast	59.04L			4/17/2011	2011 SE PCST Paradise LC Meet
100 Breast	2:00.70L			4/16/2011	2011 SE PCST Paradise LC Meet
50 Fly	41.03L		B	4/16/2011	2011 SE PCST Paradise LC Meet
100 Fly	1:47.65L			4/17/2011	2011 SE PCST Paradise LC Meet
<b>Corvo, Cheryl (Girl 19) [Standard: SES Cut Times LCM]</b>					
50 Free	29.11L	SES-Cut		7/23/2009	2009 Southeastern LC Championships*
100 Free	1:02.16L	SES-Cut		7/23/2009	2009 Southeastern LC Championships*
200 Free	2:16.75L	SES-Cut		7/31/2007	2007 AAU Junior Olympic Games*
400 Free	4:49.59L	SES-Cut		7/23/2009	2009 Southeastern LC Championships*

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Event	Best Time	SES-Cut	A/B Time	Swim Date	Meet Name
800 Free	10:18.62L			5/4/2007	2007 SE PCST LC Open
1500 Free	19:09.97L			8/1/2007	2007 AAU Junior Olympic Games*
50 Back	33.79L			6/26/2009	2009 SE Tiger Summer Invitational
100 Back	1:11.70L	SES-Cut		8/2/2007	2007 AAU Junior Olympic Games*
200 Back	2:35.48L	SES-Cut		6/27/2008	2008 ATAC Long Course Open
100 Breast	1:29.04L			6/26/2009	2009 SE Tiger Summer Invitational
200 Breast	3:18.84L			5/4/2007	2007 SE PCST LC Open
50 Fly	31.06L			6/26/2009	2009 SE Tiger Summer Invitational
100 Fly	1:10.42L	SES-Cut		7/23/2009	2009 Southeastern LC Championships*
200 Fly	2:49.56L	SES-Cut		4/24/2009	2009 SE PCST LC Open
200 IM	2:35.06L	SES-Cut		6/26/2009	2009 SE Tiger Summer Invitational
400 IM	5:34.28L	SES-Cut		5/8/2009	2009 SE CMSA Spirit of Mobile Meet
<b>Derosa, Mia (Girl 8) [Standard: SES Cut Times LCM]</b>					
50 Free	44.63L		B	4/17/2011	2011 SE PCST Paradise LC Meet
100 Free	1:41.91L			6/5/2011	2011 SE BWB Surf & Swim Classic
50 Back	52.60L		A	5/15/2011	2011 SE GPAC Spring Fling Invitational
100 Back	1:52.29L			4/16/2011	2011 SE PCST Paradise LC Meet
50 Breast	1:02.79L		B	4/16/2011	2011 SE PCST Paradise LC Meet
50 Fly	53.78L		A	5/14/2011	2011 SE GPAC Spring Fling Invitational
<b>Gomez, Antonia (Girl 13) [Standard: SES Cut Times LCM]</b>					
50 Free	37.84L		B	4/16/2011	2011 SE PCST Paradise LC Meet
100 Free	1:32.30L			6/26/2009	2009 SE Tiger Summer Invitational
200 Free	2:58.09L			6/4/2011	2011 SE BWB Surf & Swim Classic
50 Back	52.28L			6/26/2009	2009 SE Tiger Summer Invitational
100 Back	1:36.99L			6/4/2011	2011 SE BWB Surf & Swim Classic
50 Breast	1:03.58L			6/26/2009	2009 SE Tiger Summer Invitational
100 Breast	2:17.66L			4/24/2009	2009 SE PCST LC Open

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Event	Best Time	SES-Cut	A/B Time	Swim Date	Meet Name
50 Fly	47.25L			4/24/2009	2009 SE PCST LC Open
100 Fly	1:32.86L			6/4/2011	2011 SE BWB Surf & Swim Classic
<b>Gomez, Carlisa (Girl 11) [Standard: SES Cut Times LCM]</b>					
50 Free	45.98L			4/16/2011	2011 SE PCST Paradise LC Meet
50 Back	53.23L			6/4/2011	2011 SE BWB Surf & Swim Classic
100 Back	1:57.75L			4/16/2011	2011 SE PCST Paradise LC Meet
100 Breast	2:17.14L			6/4/2011	2011 SE BWB Surf & Swim Classic
50 Fly	57.81L			6/4/2011	2011 SE BWB Surf & Swim Classic
<b>Gornto, Hannah (Girl 14) [Standard: SES Cut Times LCM]</b>					
100 Back	1:30.35L		B	6/4/2011	2011 SE BWB Surf & Swim Classic
100 Fly	1:43.14L			6/4/2011	2011 SE BWB Surf & Swim Classic
<b>Hammond, Sarah (Girl 13) [Standard: SES Cut Times LCM]</b>					
50 Free	38.54L			4/16/2011	2011 SE PCST Paradise LC Meet
100 Free	1:24.00L			4/17/2011	2011 SE PCST Paradise LC Meet
200 Free	2:58.85L			6/4/2011	2011 SE BWB Surf & Swim Classic
400 Free	6:17.52L			4/15/2011	2011 SE PCST Paradise LC Meet
50 Back	46.24L			5/15/2011	2011 SE GPAC Spring Fling Invitational
100 Back	1:36.81L			4/17/2011	2011 SE PCST Paradise LC Meet
200 Back	3:28.05L			4/16/2011	2011 SE PCST Paradise LC Meet
50 Breast	53.75L			5/14/2011	2011 SE GPAC Spring Fling Invitational
100 Breast	1:58.74L			5/15/2011	2011 SE GPAC Spring Fling Invitational
200 Breast	4:06.70L			6/4/2011	2011 SE BWB Surf & Swim Classic
50 Fly	50.02L			5/14/2011	2011 SE GPAC Spring Fling Invitational
200 IM	3:29.52L			4/17/2011	2011 SE PCST Paradise LC Meet
<b>Heapy, Erin (Girl 10) [Standard: SES Cut Times LCM]</b>					
50 Free	49.33L			4/25/2010	2010 SE PCST Long Course Open
100 Free	1:40.82L		B	5/14/2011	2011 SE GPAC Spring Fling Invitational

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200 Free	3:49.46L			4/24/2010	2010 SE PCST Long Course Open
50 Back	1:00.11L			4/25/2010	2010 SE PCST Long Course Open
50 Breast	1:14.99L			4/24/2010	2010 SE PCST Long Course Open
50 Fly	46.48L		BB	5/14/2011	2011 SE GPAC Spring Fling Invitational
<b>Igo, Bria (Girl 14) [Standard: SES Cut Times LCM]</b>					
50 Free	37.63L		B	4/16/2011	2011 SE PCST Paradise LC Meet
100 Free	1:25.13L			6/4/2011	2011 SE BWB Surf & Swim Classic
200 Free	2:58.38L			6/4/2011	2011 SE BWB Surf & Swim Classic
100 Back	1:39.02L			6/4/2011	2011 SE BWB Surf & Swim Classic
200 Back	3:18.67L			4/16/2011	2011 SE PCST Paradise LC Meet
100 Breast	1:56.34L			6/5/2011	2011 SE BWB Surf & Swim Classic
100 Fly	1:43.90L			6/4/2011	2011 SE BWB Surf & Swim Classic
<b>Kaufman, Stephanie (Girl 12) [Standard: SES Cut Times LCM]</b>					
50 Free	31.43L	SES-Cut	AA	8/4/2011	2011 AAU Junior Olympics
100 Free	1:11.49L	SES-Cut	A	8/5/2011	2011 AAU Junior Olympics
200 Free	2:33.38L	SES-Cut	A	8/2/2011	2011 AAU Junior Olympics
400 Free	5:34.11L		BB	7/11/2010	2010 SE GPAC Last Chance Meet
50 Back	38.10L	SES-Cut	A	8/4/2011	2011 AAU Junior Olympics
100 Back	1:27.01L		BB	6/5/2011	2011 SE BWB Surf & Swim Classic
50 Breast	45.12L		BB	8/5/2011	2011 AAU Junior Olympics
100 Breast	1:38.86L		BB	8/2/2011	2011 AAU Junior Olympics
50 Fly	34.78L	SES-Cut	AA	8/2/2011	2011 AAU Junior Olympics
100 Fly	1:24.90L	SES-Cut	BB	8/5/2011	2011 AAU Junior Olympics
200 IM	3:07.62L		BB	5/14/2011	2011 SE GPAC Spring Fling Invitational
<b>Legg, Madden (Girl 8) [Standard: SES Cut Times LCM]</b>					
50 Free	46.85L		B	5/15/2011	2011 SE GPAC Spring Fling Invitational
100 Free	1:45.70L			5/14/2011	2011 SE GPAC Spring Fling Invitational

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Event	Best Time	SES-Cut	A/B Time	Swim Date	Meet Name
50 Back	52.72L		A	5/15/2011	2011 SE GPAC Spring Fling Invitational
100 Back	2:00.87L			5/14/2011	2011 SE GPAC Spring Fling Invitational
50 Breast	1:05.29L		B	5/14/2011	2011 SE GPAC Spring Fling Invitational
50 Fly	59.28L		B	5/14/2011	2011 SE GPAC Spring Fling Invitational
<b>Lewis, Jaide (Girl 16) [Standard: SES Cut Times LCM]</b>					
50 Free	30.14L		AA	8/4/2011	2011 AAU Junior Olympics
100 Free	1:08.16L		A	8/5/2011	2011 AAU Junior Olympics
200 Free	2:37.47L		BB	7/11/2009	2009 SE GPAC Last Chance LC Swim Meet
50 Back	41.06L			4/25/2008	2008 SE PCST LC Open
100 Back	1:15.93L	SES-Cut	A	8/4/2011	2011 AAU Junior Olympics
200 Back	3:03.20L		B	6/26/2009	2009 Urban Classic Invitational
50 Breast	44.26L			4/25/2008	2008 SE PCST LC Open
100 Breast	1:27.98L	SES-Cut	BB	8/5/2011	2011 AAU Junior Olympics
200 Breast	3:16.30L		BB	4/16/2011	2011 SE PCST Paradise LC Meet
50 Fly	41.26L			4/25/2008	2008 SE PCST LC Open
100 Fly	1:35.43L			4/25/2008	2008 SE PCST LC Open
200 IM	2:56.68L		BB	4/17/2011	2011 SE PCST Paradise LC Meet
400 IM	6:42.55L		B	6/6/2008	2008 SE LC Summer Kick Off Classic
<b>Marengo, Vyctoria (Girl 8) [Standard: SES Cut Times LCM]</b>					
50 Back	1:10.03L			6/4/2011	2011 SE BWB Surf & Swim Classic
<b>Reents-Velez, Sonja (Girl 9) [Standard: SES Cut Times LCM]</b>					
50 Free	42.41L		B	6/3/2011	2011 SE BWB Surf & Swim Classic
100 Free	1:35.87L		B	6/5/2011	2011 SE BWB Surf & Swim Classic
200 Free	3:26.28L		B	5/15/2011	2011 SE GPAC Spring Fling Invitational
400 Free	7:00.72L		B	6/4/2011	2011 SE BWB Surf & Swim Classic
50 Back	48.91L		BB	5/15/2011	2011 SE GPAC Spring Fling Invitational
100 Back	1:39.02L	SES-Cut	BB	5/14/2011	2011 SE GPAC Spring Fling Invitational

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Event	Best Time	SES-Cut	A/B Time	Swim Date	Meet Name
50 Breast	56.00L		B	6/5/2011	2011 SE BWB Surf & Swim Classic
100 Breast	2:05.05L		B	6/4/2011	2011 SE BWB Surf & Swim Classic
50 Fly	49.85L		B	5/14/2011	2011 SE GPAC Spring Fling Invitational
100 Fly	2:02.09L		B	5/15/2011	2011 SE GPAC Spring Fling Invitational
200 IM	3:51.64L		B	6/3/2011	2011 SE BWB Surf & Swim Classic
<b>Rudman, Emma (Girl 13) [Standard: SES Cut Times LCM]</b>					
50 Free	31.65L		A	4/16/2011	2011 SE PCST Paradise LC Meet
100 Free	1:07.09L		AA	4/17/2011	2011 SE PCST Paradise LC Meet
200 Free	2:22.02L	SES-Cut	AA	4/16/2011	2011 SE PCST Paradise LC Meet
400 Free	4:56.55L	SES-Cut	AA	4/15/2011	2011 SE PCST Paradise LC Meet
800 Free	10:05.73L	SES-Cut	AA	7/22/2010	2010 Southeastern LC Championships
1500 Free	19:08.93L	SES-Cut	AA	6/26/2011	2011 SE ATAC Long Course Invitational
50 Back	37.25L			4/24/2009	2009 SE PCST LC Open
100 Back	1:19.47L		BB	7/25/2010	2010 Southeastern LC Championships
200 Back	2:49.61L		BB	6/26/2011	2011 SE ATAC Long Course Invitational
50 Breast	42.37L			4/17/2011	2011 SE PCST Paradise LC Meet
100 Breast	1:28.97L		A	4/16/2011	2011 SE PCST Paradise LC Meet
50 Fly	32.95L			4/16/2011	2011 SE PCST Paradise LC Meet
100 Fly	1:14.09L	SES-Cut	A	6/4/2011	2011 SE BWB Surf & Swim Classic
200 Fly	2:48.70L	SES-Cut	BB	6/5/2011	2011 SE BWB Surf & Swim Classic
200 IM	2:45.11L		A	5/14/2011	2011 SE GPAC Spring Fling Invitational
400 IM	5:45.93L	SES-Cut	AA	6/4/2011	2011 SE BWB Surf & Swim Classic
<b>Rudman, Lucille (Girl 11) [Standard: SES Cut Times LCM]</b>					
50 Free	33.93L		BB	6/3/2011	2011 SE BWB Surf & Swim Classic
100 Free	1:14.19L		BB	4/17/2011	2011 SE PCST Paradise LC Meet
200 Free	2:36.89L	SES-Cut	A	6/4/2011	2011 SE BWB Surf & Swim Classic
400 Free	5:24.88L	SES-Cut	A	4/15/2011	2011 SE PCST Paradise LC Meet

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Event	Best Time	SES-Cut	A/B Time	Swim Date	Meet Name
50 Back	39.06L	SES-Cut	BB	6/4/2011	2011 SE BWB Surf & Swim Classic
100 Back	1:22.67L	SES-Cut	A	4/16/2011	2011 SE PCST Paradise LC Meet
50 Breast	45.58L		BB	6/5/2011	2011 SE BWB Surf & Swim Classic
100 Breast	1:35.75L	SES-Cut	BB	4/16/2011	2011 SE PCST Paradise LC Meet
50 Fly	39.54L		B	6/4/2011	2011 SE BWB Surf & Swim Classic
100 Fly	1:33.84L		B	6/26/2010	2010 SE Richard Quick Invitational
200 IM	2:57.12L	SES-Cut	A	6/3/2011	2011 SE BWB Surf & Swim Classic
<b>Shaw, Samantha (Girl 15) [Standard: SES Cut Times LCM]</b>					
50 Free	34.05L		BB	6/6/2008	2008 SE LC Summer Kick Off Classic
100 Free	1:14.29L		BB	6/6/2008	2008 SE LC Summer Kick Off Classic
200 Free	2:39.26L		BB	6/27/2008	2008 ATAC Long Course Open
400 Free	5:54.78L		B	4/15/2011	2011 SE PCST Paradise LC Meet
50 Back	37.95L			6/6/2008	2008 SE LC Summer Kick Off Classic
100 Back	1:24.20L		B	7/17/2008	2008 SE Southeastern LC Championships
200 Back	3:10.03L		B	4/16/2011	2011 SE PCST Paradise LC Meet
50 Breast	45.61L			6/27/2008	2008 ATAC Long Course Open
100 Breast	1:34.93L		B	6/27/2008	2008 ATAC Long Course Open
50 Fly	39.13L			6/27/2008	2008 ATAC Long Course Open
100 Fly	1:31.16L			6/27/2008	2008 ATAC Long Course Open
200 IM	3:01.50L		B	6/6/2008	2008 SE LC Summer Kick Off Classic
<b>Shinnick, Mackenzie (Girl 12) [Standard: SES Cut Times LCM]</b>					
50 Free	34.36L		BB	4/16/2011	2011 SE PCST Paradise LC Meet
100 Free	1:14.71L		BB	4/17/2011	2011 SE PCST Paradise LC Meet
200 Free	2:51.69L		B	4/16/2011	2011 SE PCST Paradise LC Meet
50 Back	42.30L		B	4/17/2011	2011 SE PCST Paradise LC Meet
100 Back	1:29.43L		BB	4/16/2011	2011 SE PCST Paradise LC Meet
50 Breast	49.79L			4/17/2011	2011 SE PCST Paradise LC Meet

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50 Fly	38.98L		BB	4/16/2011	2011 SE PCST Paradise LC Meet
100 Fly	1:38.42L		B	4/17/2011	2011 SE PCST Paradise LC Meet
<b>Sirmans, Jenna (Girl 8) [Standard: SES Cut Times LCM]</b>					
50 Free	57.41L			6/4/2011	2011 SE BWB Surf & Swim Classic
50 Back	1:02.19L		B	4/17/2011	2011 SE PCST Paradise LC Meet
100 Back	2:16.37L			6/5/2011	2011 SE BWB Surf & Swim Classic
50 Breast	1:25.14L			6/5/2011	2011 SE BWB Surf & Swim Classic
<b>Sober, Suzanna (Girl 13) [Standard: SES Cut Times LCM]</b>					
50 Free	32.00L		A	7/24/2010	2010 Southeastern LC Championships
100 Free	1:10.70L		BB	7/17/2008	2008 SE Southeastern LC Championships
200 Free	2:35.13L		BB	6/6/2008	2008 SE LC Summer Kick Off Classic
400 Free	5:26.65L		BB	6/27/2008	2008 ATAC Long Course Open
50 Back	39.36L			7/23/2010	2010 Southeastern LC Championships
100 Back	1:23.31L		BB	7/17/2008	2008 SE Southeastern LC Championships
50 Breast	49.79L			4/25/2008	2008 SE PCST LC Open
100 Breast	1:45.27L			6/27/2008	2008 ATAC Long Course Open
50 Fly	38.31L			6/6/2008	2008 SE LC Summer Kick Off Classic
100 Fly	1:26.32L		B	6/6/2008	2008 SE LC Summer Kick Off Classic
200 IM	3:00.80L		BB	6/27/2008	2008 ATAC Long Course Open
<b>Strom, Amelia (Girl 15) [Standard: SES Cut Times LCM]</b>					
50 Free	31.71L		A	6/3/2011	2011 SE BWB Surf & Swim Classic
100 Free	1:08.39L		A	6/5/2011	2011 SE BWB Surf & Swim Classic
200 Free	2:29.88L		BB	7/17/2008	2008 SE Southeastern LC Championships
400 Free	5:13.32L		BB	6/27/2008	2008 ATAC Long Course Open
50 Back	41.10L			4/25/2008	2008 SE PCST LC Open
100 Back	1:25.21L		B	5/8/2009	2009 SE CMSA Spirit of Mobile Meet
50 Breast	39.24L			6/25/2010	2010 SE Richard Quick Invitational

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100 Breast	1:26.52L	SES-Cut	A	4/17/2011	2011 SE PCST Paradise LC Meet
200 Breast	3:01.29L	SES-Cut	A	4/16/2011	2011 SE PCST Paradise LC Meet
50 Fly	34.56L			6/25/2010	2010 SE Richard Quick Invitational
100 Fly	1:15.53L		BB	6/4/2011	2011 SE BWB Surf & Swim Classic
200 Fly	2:45.20L	SES-Cut	BB	6/5/2011	2011 SE BWB Surf & Swim Classic
200 IM	2:40.94L		A	6/3/2011	2011 SE BWB Surf & Swim Classic
400 IM	5:36.31L	SES-Cut	A	4/15/2011	2011 SE PCST Paradise LC Meet
<b>Strom, Emma (Girl 14) [Standard: SES Cut Times LCM]</b>					
50 Free	30.59L		AA	4/16/2011	2011 SE PCST Paradise LC Meet
100 Free	1:05.40L	SES-Cut	AA	4/25/2010	2010 SE PCST Long Course Open
200 Free	2:22.47L	SES-Cut	AA	7/23/2010	2010 Southeastern LC Championships
400 Free	4:57.56L	SES-Cut	AA	7/13/2010	2010 SES Qualifying times
800 Free	10:05.20L	SES-Cut	AA	7/22/2010	2010 Southeastern LC Championships
50 Back	34.97L			7/23/2010	2010 Southeastern LC Championships
100 Back	1:14.43L	SES-Cut	AA	6/26/2010	2010 SE Richard Quick Invitational
200 Back	2:41.39L	SES-Cut	A	4/16/2011	2011 SE PCST Paradise LC Meet
50 Breast	42.29L			6/26/2009	2009 SE Tiger Summer Invitational
100 Breast	1:29.43L		BB	6/5/2011	2011 SE BWB Surf & Swim Classic
50 Fly	33.37L			6/27/2010	2010 SE Richard Quick Invitational
100 Fly	1:12.12L	SES-Cut	AA	6/4/2011	2011 SE BWB Surf & Swim Classic
200 IM	2:38.00L	SES-Cut	AA	6/26/2010	2010 SE Richard Quick Invitational
<b>Strom, Olivia (Girl 17) [Standard: SES Cut Times LCM]</b>					
50 Free	29.34L	SES-Cut	AA	7/24/2010	2010 Southeastern LC Championships
100 Free	1:04.98L	SES-Cut	AA	6/5/2011	2011 SE BWB Surf & Swim Classic
200 Free	2:19.52L		AA	4/16/2011	2011 SE PCST Paradise LC Meet
400 Free	4:45.65L	SES-Cut	AA	7/23/2009	2009 Southeastern LC Championships*
800 Free	10:15.57L		A	4/25/2008	2008 SE PCST LC Open

# Emerald Coast Swimming

## Individual Best Times - Girls LCM

Updated 8-10-2011

Event	Best Time	SES-Cut	A/B Time	Swim Date	Meet Name
1500 Free	19:25.03L		AA	7/23/2009	2009 Southeastern LC Championships*
50 Back	38.25L			5/4/2007	2007 SE PCST LC Open
100 Back	1:16.06L	SES-Cut	A	4/17/2011	2011 SE PCST Paradise LC Meet
200 Back	3:09.69L		B	5/12/2006	2006 SE CMSA Spirit of Mobile Meet*
50 Breast	39.68L			6/26/2009	2009 SE Tiger Summer Invitational
100 Breast	1:24.81L	SES-Cut	A	5/10/2008	2008 SE CMSA Spirit of Mobile Meet
200 Breast	3:00.98L	SES-Cut	A	6/27/2008	2008 ATAC Long Course Open
50 Fly	36.29L			5/4/2007	2007 SE PCST LC Open
100 Fly	1:13.24L		A	6/4/2011	2011 SE BWB Surf & Swim Classic
200 Fly	2:44.18L	SES-Cut	BB	6/5/2011	2011 SE BWB Surf & Swim Classic
200 IM	2:37.43L	SES-Cut	AA	7/23/2009	2009 Southeastern LC Championships*
400 IM	5:26.96L	SES-Cut	AA	4/15/2011	2011 SE PCST Paradise LC Meet
<b>Strom, Tracy (Girl 45) [Standard: SES Cut Times LCM]</b>					
50 Free	33.00L			7/19/2003	2003 SE District LC Championships
1500 Free	24:41.67L			7/19/2003	2003 SE District LC Championships
100 Breast	1:35.10L			7/19/2003	2003 SE District LC Championships
100 Fly	1:23.24L			7/19/2003	2003 SE District LC Championships
200 IM	3:06.89L			7/19/2003	2003 SE District LC Championships
<b>Thigpen, Maddison (Girl 12) [Standard: SES Cut Times LCM]</b>					
50 Free	51.69L			4/24/2010	2010 SE PCST Long Course Open
100 Free	1:52.77L			4/25/2010	2010 SE PCST Long Course Open
200 Free	4:06.05L			4/24/2010	2010 SE PCST Long Course Open
50 Back	57.36L			4/25/2010	2010 SE PCST Long Course Open
100 Back	2:03.96L			4/24/2010	2010 SE PCST Long Course Open
50 Breast	1:08.41L			4/25/2010	2010 SE PCST Long Course Open
100 Breast	2:32.25L			4/24/2010	2010 SE PCST Long Course Open
50 Fly	1:16.59L			4/24/2010	2010 SE PCST Long Course Open

# *Emerald Coast Swimming*

## **Individual Best Times - Girls LCM**

*Updated 8-10-2011*

<b>Event</b>	<b>Best Time</b>	<b>SES-Cut</b>	<b>A/B Time</b>	<b>Swim Date</b>	<b>Meet Name</b>
200 IM	4:49.30L			4/25/2010	2010 SE PCST Long Course Open