

POCONO FAMILY YMCA (PFY)

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Individual Top Times

POCONO FAMILY YMCA [PFY-MA] Coach: Mike Wolbert

Number of Top Times: 10 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | |
|---------------------------------------|---------|--------|-------------------|--------|-----------|--|
| Girls 8 & Under 50 Free | | | | | | |
| 1 | 40.06 | L BB | F Emily Wolbert | 8 | 7/27/2006 | 2006 MA Summer Junior Olympics |
| 2 | 42.34 | L B | F *I Shea McGlynn | 8 | 5/21/2016 | RAYS RIPTIDE RUSH |
| 3 | 43.93 | L B | F *I Emma Boyle | 8 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 4 | 46.79 | L | F Sydney Wolbert | 8 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 5 | 51.59 | L | F Nadine Parrish | 8 | 6/13/2008 | 2008 NJ YMCA LC Cup |
| Girls 8 & Under 100 Free | | | | | | |
| 1 | 1:35.18 | L B | F *I Shea McGlynn | 8 | 5/21/2016 | RAYS RIPTIDE RUSH |
| 2 | 1:35.25 | L B | F Emily Wolbert | 8 | 5/5/2006 | 2006 Trident May Maelstrom |
| 3 | 1:42.28 | L B | F Sydney Wolbert | 8 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 4 | 1:46.73 | L | F *I Emma Boyle | 8 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| Girls 8 & Under 200 Free | | | | | | |
| 1 | 3:24.09 | L B | F *I Shea McGlynn | 8 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 2 | 3:48.24 | L B | F Sydney Wolbert | 8 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| Girls 8 & Under 50 Back | | | | | | |
| 1 | 47.15 | L L BB | F *I Alexis Kemp | 8 | 7/26/2007 | 2007 Middle Atlantic Junior Olympics |
| 2 | 47.81 | L BB | F Emily Wolbert | 8 | 5/5/2006 | 2006 Trident May Maelstrom |
| 3 | 52.31 | L L B | F *I Emma Boyle | 8 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 4 | 52.78 | L B | F *I Shea McGlynn | 8 | 5/21/2016 | RAYS RIPTIDE RUSH |
| 5 | 54.88 | L B | F Sydney Wolbert | 8 | 7/16/2016 | 2016 Middle Atlantic LC Silver Champs |
| Girls 8 & Under 100 Back | | | | | | |
| 1 | 1:49.22 | L B | F *I Shea McGlynn | 8 | 5/21/2016 | RAYS RIPTIDE RUSH |
| 2 | 1:49.55 | L B | F *I Emma Boyle | 8 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| Girls 8 & Under 50 Breast | | | | | | |
| 1 | 50.21 | L BB | F Emily Wolbert | 8 | 7/27/2006 | 2006 MA Summer Junior Olympics |
| 2 | 57.65 | L B | F Sydney Wolbert | 8 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 3 | 58.40 | L B | F *I Emma Boyle | 8 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 4 | 1:02.02 | L | F *I Shea McGlynn | 8 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 5 | 1:08.31 | L | F Nadine Parrish | 8 | 6/13/2008 | 2008 NJ YMCA LC Cup |
| Girls 8 & Under 100 Breast | | | | | | |
| 1 | 1:52.25 | L BB | F Emily Wolbert | 8 | 7/27/2006 | 2006 MA Summer Junior Olympics |
| 2 | 2:03.46 | L B | F *I Shea McGlynn | 8 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 3 | 2:03.53 | L B | F Sydney Wolbert | 8 | 7/16/2016 | 2016 Middle Atlantic LC Silver Champs |
| Girls 8 & Under 50 Fly | | | | | | |
| 1 | 45.71 | L BB | F Emily Wolbert | 8 | 7/27/2006 | 2006 MA Summer Junior Olympics |
| 2 | 52.84 | L B | F *I Emma Boyle | 8 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 3 | 53.52 | L B | F Sydney Wolbert | 8 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 4 | 1:15.06 | L | F *I Shea McGlynn | 7 | 7/10/2015 | Hawks Summer Invitational 2015 |
| Girls 8 & Under 100 Fly | | | | | | |
| 1 | 2:02.12 | L B | F Sydney Wolbert | 8 | 7/8/2016 | 2016 Cameron Evans Invitational |
| Girls 8 & Under 200 IM | | | | | | |
| 1 | 3:43.27 | L BB | F *I Shea McGlynn | 8 | 5/21/2016 | RAYS RIPTIDE RUSH |
| Girls 9-10 50 Free | | | | | | |
| 1 | 32.60 | L AAA | F Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 33.16 | L AAA | F Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 3 | 33.64 | L AA | F Sierra Gillan | 10 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 4 | 33.92 | L AA | F Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 5 | 34.09 | L AA | F Victoria Fenn | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |

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Number of Top Times: 10 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | |
|----------------------------|----------------|-------|--------------------|--------|-----------|--|
| 6 | 34.18 L AA | F *I | Miranda Murray | 10 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 7 | 34.48 L AA | F *I | Madeline Neville | 10 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 8 | 34.54 L AA | T | Alyssa Kelly | 10 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 9 | 35.43 L A | F | Marianne Tassinari | 10 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 10 | 35.70 L A | F | Jewel Little | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| Girls 9-10 100 Free | | | | | | |
| 1 | 1:10.22 L AAA | F | Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 1:12.07 L AAA | F | Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 3 | 1:16.47 L AA | F | Marianne Tassinari | 10 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 4 | 1:17.31 L AA | F | Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 5 | 1:17.42 L AA | F | Sierra Gillan | 10 | 7/11/2014 | 2014 MR Condors July Jubilee |
| 6* | 1:18.31 L A | F *I | Miranda Murray | 10 | 7/11/2014 | 2014 MR Condors July Jubilee |
| 6* | 1:18.31 L A | F *I | Madeline Neville | 10 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 8 | 1:18.36 L A | F | Victoria Fenn | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 9 | 1:18.64 L A | F *I | Irene Gendelman | 10 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 10 | 1:18.80 L A | F | Lily Piacenti | 10 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| Girls 9-10 200 Free | | | | | | |
| 1 | 2:31.86 L AAAA | F | Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 2:37.97 L AAA | F | Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 3 | 2:40.09 L AAA | F | Marianne Tassinari | 10 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 4 | 2:44.82 L AA | F | Alyssa Kelly | 10 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 5 | 2:47.51 L AA | F *I | Madeline Neville | 10 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 6 | 2:52.31 L A | F | Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 7 | 2:54.13 L A | F | Mary Kupsky | 9 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 8 | 2:57.65 L A | F | Victoria Fenn | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 9 | 2:58.58 L BB | F | Sierra Gillan | 10 | 7/11/2014 | 2014 MR Condors July Jubilee |
| 10 | 2:59.40 L BB | F *I | Irene Gendelman | 10 | 6/6/2009 | WSY Long Course Classic |
| Girls 9-10 400 Free | | | | | | |
| 1 | 5:21.24 L AAA | F | Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 5:50.87 L A | F | Alyssa Kelly | 10 | 7/1/2016 | 2016 NPAC Distance Meet |
| 3 | 6:12.96 L BB | F | Mary Kupsky | 9 | 7/8/2016 | 2016 PAAC Firecracker Meet |
| 4 | 6:18.57 L BB | F *I | Madeline Neville | 10 | 7/9/2010 | 2010 LAC SPEEDO CLASSIC |
| 5 | 7:54.94 L | F *I | Sarah Menio | 10 | 6/8/2001 | USS - Trident Summer Storm 2001 |
| Girls 9-10 50 Back | | | | | | |
| 1 | 39.58 L AA | F | Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 2 | 41.01 L AA | F | Madison Gillan | 10 | 7/10/2015 | 2015 MA PAAC Firecracker Meet |
| 3 | 41.70 L A | F | Victoria Fenn | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 4 | 41.85 L A | F *I | Miranda Murray | 10 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 5 | 42.05 L A | F | Alyssa Kelly | 10 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 6 | 42.77 L A | F | Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 7 | 43.18 L A | F | Mary Kupsky | 9 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 8 | 43.26 L A | F | Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 9 | 43.35 L A | F | Cara McCall | 10 | 5/1/2015 | 2015 MR Condors May Meters Matter |
| 10 | 43.38 L A | F *I | Emily Cabral | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| Girls 9-10 100 Back | | | | | | |
| 1 | 1:27.00 L AA | F | Marianne Tassinari | 10 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 2 | 1:27.09 L AA | F | Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 3 | 1:27.33 L AA | F | Madison Gillan | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 4 | 1:27.82 L AA | F | Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 5 | 1:29.40 L AA | F | Victoria Fenn | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 6 | 1:29.62 L AA | F | Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |

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| | Time | | P/F/S | Name | Age/Yr | | |
|------------------------------|---------|---|-------|-----------------------|--------|-----------|---|
| 7 | 1:30.22 | L | AA | F Alyssa Kelly | 10 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 8 | 1:30.51 | L | A | F *1 Miranda Murray | 10 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 9 | 1:31.90 | L | A | F Cara McCall | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 10 | 1:32.43 | L | A | F *1 Irene Gendelman | 10 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| Girls 9-10 200 Back | | | | | | | |
| 1 | 3:16.88 | L | | F Marianne Tassinari | 9 | 5/1/2015 | 2015 MR Condors May Meters Matter |
| Girls 9-10 50 Breast | | | | | | | |
| 1 | 42.42 | L | AAA | F Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 43.05 | L | AAA | F *1 Miranda Murray | 10 | 6/27/2014 | 15th Annual Boyertown LongCourse Invitati |
| 3 | 43.51 | L | AAA | F Sierra Gillan | 10 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 4 | 46.12 | L | A | F Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 5 | 46.74 | L | A | F Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 6 | 47.08 | L | A | F Dana Persaud | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 7 | 49.10 | L | BB | F Jewel Little | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 8 | 49.48 | L | BB | F *1 Madeline Neville | 10 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 9 | 49.54 | L | BB | F Madison Gillan | 10 | 7/10/2015 | 2015 MA PAAC Firecracker Meet |
| 10 | 49.72 | L | BB | F Alyssa Kelly | 10 | 5/21/2016 | RAYS RIPTIDE RUSH |
| Girls 9-10 100 Breast | | | | | | | |
| 1 | 1:31.42 | L | AAA | F Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 1:33.89 | L | AAA | F *1 Miranda Murray | 10 | 6/27/2014 | 15th Annual Boyertown LongCourse Invitati |
| 3 | 1:42.80 | L | A | F Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 4 | 1:43.34 | L | A | F Sierra Gillan | 10 | 6/27/2014 | 15th Annual Boyertown LongCourse Invitati |
| 5 | 1:43.99 | L | A | F Victoria Fenn | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 6 | 1:44.90 | L | A | F Dana Persaud | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 7 | 1:45.89 | L | A | F Brenna Dahlgren | 10 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 8 | 1:47.23 | L | BB | F Marianne Tassinari | 10 | 6/5/2016 | NPAC LCM Pentathlon Trophy Challenge |
| 9 | 1:48.07 | L | BB | F *1 Alora Cruz | 10 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 10 | 1:48.23 | L | BB | F Alyssa Kelly | 10 | 5/21/2016 | RAYS RIPTIDE RUSH |
| Girls 9-10 200 Breast | | | | | | | |
| 1 | 4:06.80 | L | | F Julia Delaney | 10 | 7/6/2012 | 2012 LAC SPEEDO CLASSIC |
| Girls 9-10 50 Fly | | | | | | | |
| 1 | 36.12 | L | AAA | F Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 36.25 | L | AAA | F Sierra Gillan | 10 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 3 | 37.68 | L | AA | F Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 4 | 38.17 | L | AA | F *1 Madeline Neville | 10 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 5 | 38.18 | L | AA | F Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 6 | 38.50 | L | AA | F *1 Miranda Murray | 10 | 6/27/2014 | 15th Annual Boyertown LongCourse Invitati |
| 7 | 39.41 | L | A | F Marianne Tassinari | 10 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 8 | 40.28 | L | A | F Victoria Fenn | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 9 | 41.21 | L | A | F *1 Margaux Palaski | 10 | 7/26/2007 | 2007 Middle Atlantic Junior Olympics |
| 10 | 41.30 | L | A | F *1 Alora Cruz | 10 | 6/6/2009 | WSY Long Course Classic |
| Girls 9-10 100 Fly | | | | | | | |
| 1 | 1:20.42 | L | AAA | F Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 1:24.60 | L | AAA | F Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 3 | 1:25.37 | L | AAA | F Sierra Gillan | 10 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 4 | 1:29.14 | L | AA | F Marianne Tassinari | 10 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 5 | 1:29.25 | L | AA | F Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 6 | 1:31.30 | L | A | F *1 Alora Cruz | 10 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| 7 | 1:36.74 | L | A | F *1 Madeline Neville | 10 | 4/30/2010 | 2010 Diplomat May Maelstrom |
| 8 | 1:36.78 | L | A | F Alyssa Kelly | 10 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 9 | 1:40.18 | L | BB | F *1 Irene Gendelman | 10 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |

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Number of Top Times: 10 Show Long Course Only

| | Time | | P/F/S | Name | Age/Yr | | |
|-----------------------------|---------|--------|-------|--------------------|--------|-----------|--|
| 10 | 1:42.48 | L BB | F | Nadine Parrish | 10 | 6/18/2010 | Long Course Classic |
| Girls 9-10 200 IM | | | | | | | |
| 1 | 2:54.33 | L AAA | F | Emily Wolbert | 10 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 2 | 3:00.16 | L AAA | F | Sierra Hartmann | 10 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 3 | 3:06.18 | L AA | F | Marianne Tassinari | 10 | 6/5/2016 | NPAC LCM Pentathlon Trophy Challenge |
| 4 | 3:07.08 | L AA | T | Alyssa Kelly | 10 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 5 | 3:09.57 | L A | F | Ryleigh Collins | 10 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 6 | 3:11.29 | L A | F | Sierra Gillan | 10 | 7/11/2014 | 2014 MR Condors July Jubilee |
| 7 | 3:19.38 | L BB | F *I | Miranda Murray | 10 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 8 | 3:19.92 | L BB | F | Mary Kupsy | 9 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 9 | 3:21.34 | L BB | F | Madison Gillan | 10 | 5/1/2015 | 2015 MR Condors May Meters Matter |
| 10 | 3:23.66 | L BB | F *I | Alora Cruz | 10 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| Girls 11-12 50 Free | | | | | | | |
| 1 | 28.98 | L AAAA | F | Sierra Gillan | 12 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 2 | 30.56 | L AAA | F *I | Miranda Murray | 11 | 7/10/2015 | 2015 MA PAAC Firecracker Meet |
| 3 | 30.75 | L AA | F | Emily Wolbert | 11 | 7/10/2009 | 2009 LAC SPEEDO CLASSIC |
| 4 | 31.21 | L AA | P | Sierra Hartmann | 11 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 5 | 31.67 | L AA | P *I | Alexandra Burns | 12 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 6 | 31.92 | L AA | F | Paige Jackett | 12 | 7/5/2013 | 2013 LAC SPEEDO CLASSIC |
| 7 | 32.45 | L A | F | Ryleigh Collins | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 8 | 32.54 | L A | P | Victoria Fenn | 11 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 9 | 32.68 | L A | F *I | Emily Cabral | 12 | 6/18/2010 | Long Course Classic |
| 10 | 32.72 | L A | P *I | Lena Yang | 12 | 7/27/2006 | 2006 MA Summer Junior Olympics |
| Girls 11-12 100 Free | | | | | | | |
| 1 | 1:03.51 | L AAAA | F | Sierra Gillan | 12 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 2 | 1:05.50 | L AAA | F | Emily Wolbert | 12 | 4/30/2010 | 2010 Diplomat May Maelstrom |
| 3 | 1:06.99 | L AA | F | Paige Jackett | 12 | 7/25/2013 | 2013 Middle Atlantic Junior Olympics |
| 4 | 1:08.27 | L AA | F | Sierra Hartmann | 11 | 6/3/2016 | 2016 YMCA Long Course Cup Championsh |
| 5 | 1:10.41 | L A | F *I | Miranda Murray | 11 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 6 | 1:10.51 | L A | F *I | Alexandra Burns | 12 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 7 | 1:11.04 | L A | P | Ryleigh Collins | 11 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 8 | 1:11.85 | L A | F *I | Emily Cabral | 12 | 6/18/2010 | Long Course Classic |
| 9 | 1:12.24 | L A | F *I | Katherine Lutfy | 12 | 5/2/2008 | 2008 Trident May Maelstrom |
| 10 | 1:12.57 | L A | P *I | Elizabeth Diehl | 12 | 7/15/1999 | USS - JO's MA Summer Age 07/99 |
| Girls 11-12 200 Free | | | | | | | |
| 1 | 2:22.98 | L AAA | F | Emily Wolbert | 12 | 6/18/2010 | Long Course Classic |
| 2 | 2:25.00 | L AA | F | Paige Jackett | 12 | 7/25/2013 | 2013 Middle Atlantic Junior Olympics |
| 3 | 2:28.79 | L AA | F | Sierra Gillan | 12 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| 4 | 2:30.35 | L AA | F *I | Emily Cabral | 12 | 6/11/2010 | LC Cup 2010 |
| 5 | 2:31.57 | L A | F | Sierra Hartmann | 11 | 6/3/2016 | 2016 YMCA Long Course Cup Championsh |
| 6 | 2:33.73 | L A | P *I | Madeline Neville | 12 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 7 | 2:33.86 | L A | F | Ryleigh Collins | 11 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 8 | 2:38.91 | L BB | F *I | Elizabeth Diehl | 12 | 7/15/1999 | USS - JO's MA Summer Age 07/99 |
| 9 | 2:39.92 | L BB | F | Victoria Fenn | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 10 | 2:41.77 | L BB | P | Marianne Tassinari | 11 | 7/8/2016 | 2016 Cameron Evans Invitational |
| Girls 11-12 400 Free | | | | | | | |
| 1 | 4:56.10 | L AAA | F | Emily Wolbert | 12 | 8/11/2010 | 2010 Eastern Zone LC Championships |
| 2 | 5:11.92 | L AA | F | Paige Jackett | 12 | 6/13/2013 | 2013 Long Course Classic Trials/Finals |
| 3 | 5:14.92 | L AA | F *I | Emily Cabral | 12 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 4 | 5:25.86 | L A | F | Ryleigh Collins | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 5 | 5:36.03 | L BB | F | Marianne Tassinari | 11 | 7/16/2016 | 2016 Middle Atlantic LC Silver Champs |

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Number of Top Times: 10 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | |
|------------------------------|----------|--------|-----------------------|--------|-----------|---|
| 6 | 5:37.06 | L BB | F Sierra Hartmann | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 7 | 5:47.86 | L BB | F Julia Delaney | 12 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 8 | 5:49.65 | L BB | F *I Miranda Murray | 11 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 9 | 5:50.84 | L BB | F Hannah Persaud | 12 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 10 | 5:53.42 | L BB | F Nevaeh Williams | 12 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| Girls 11-12 800 Free | | | | | | |
| 1 | 10:12.75 | L AAA | F Emily Wolbert | 12 | 7/21/2010 | Middle Atlantic Senior LC Championship |
| 2 | 10:35.94 | L AA | F Paige Jackett | 12 | 7/25/2013 | 2013 Middle Atlantic Junior Olympics |
| 3 | 11:18.74 | L A | F Ryleigh Collins | 11 | 7/1/2016 | 2016 NPAC Distance Meet |
| 4 | 11:45.67 | L BB | F Marianne Tassinari | 11 | 7/1/2016 | 2016 NPAC Distance Meet |
| Girls 11-12 1500 Free | | | | | | |
| 1 | 19:44.11 | L AAA | F Emily Wolbert | 12 | 7/9/2010 | 2010 LAC SPEEDO CLASSIC |
| 2 | 24:54.82 | L B | F Mackenzie Piacenti | 12 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| Girls 11-12 50 Back | | | | | | |
| 1 | 32.57 | L AAAA | F Sierra Gillan | 12 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 2 | 35.57 | L AA | F *I Miranda Murray | 11 | 7/10/2015 | 2015 MA PAAC Firecracker Meet |
| 3 | 35.65 | L AA | P Sierra Hartmann | 11 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 4 | 35.69 | L AA | F Emily Wolbert | 12 | 8/11/2010 | 2010 Eastern Zone LC Championships |
| 5 | 37.59 | L A | P *I Madeline Neville | 12 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 6 | x38.14 | L A | F Paige Jackett | 12 | 7/5/2013 | 2013 LAC SPEEDO CLASSIC |
| 7 | 38.42 | L L A | F *I Emily Cabral | 12 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 8 | 38.46 | L A | P *I Elizabeth Diehl | 12 | 7/15/1999 | USS - JO's MA Summer Age 07/99 |
| 9 | 38.88 | L BB | F Victoria Fenn | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 10 | 38.94 | L BB | F Lauren Fenn | 12 | 6/21/2013 | 14th Annual Boyertown LongCourse Invitati |
| Girls 11-12 100 Back | | | | | | |
| 1 | 1:12.00 | L AAA | F Sierra Gillan | 12 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 2 | 1:17.84 | L AA | F *I Emily Cabral | 12 | 6/11/2010 | LC Cup 2010 |
| 3 | 1:18.15 | L AA | F Sierra Hartmann | 11 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 4 | 1:20.60 | L A | F *I Miranda Murray | 11 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 5 | 1:21.30 | L A | F Paige Jackett | 12 | 6/13/2013 | 2013 Long Course Classic Trials/Finals |
| 6 | 1:22.12 | L A | F Emily Wolbert | 12 | 6/18/2010 | Long Course Classic |
| 7 | 1:22.19 | L A | F Ryleigh Collins | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 8 | 1:23.51 | L BB | F *I Madeline Neville | 12 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 9 | 1:23.53 | L BB | F Nevaeh Williams | 12 | 5/1/2015 | 2015 MR Condors May Meters Matter |
| 10 | 1:23.72 | L BB | F Cara McCall | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| Girls 11-12 200 Back | | | | | | |
| 1 | 2:39.42 | L AAA | F Sierra Gillan | 12 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 2 | 2:42.50 | L AAA | F *I Emily Cabral | 12 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 3 | 2:50.27 | L AA | F Paige Jackett | 12 | 7/5/2013 | 2013 LAC SPEEDO CLASSIC |
| 4 | 2:51.73 | L A | P Emily Wolbert | 12 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 5 | 2:56.18 | L A | F *I Miranda Murray | 11 | 6/19/2015 | 16th Annual Boyertown LongCourse Invitati |
| 6 | 3:01.52 | L BB | F Cara McCall | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 7 | 3:02.41 | L BB | F Corinne McCall | 12 | 5/1/2015 | 2015 MR Condors May Meters Matter |
| 8 | 3:03.22 | L BB | F Nevaeh Williams | 12 | 5/1/2015 | 2015 MR Condors May Meters Matter |
| 9 | 3:03.55 | L BB | F Marianne Tassinari | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 10 | 3:06.53 | L BB | F Madison Gillan | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| Girls 11-12 50 Breast | | | | | | |
| 1 | 37.98 | L AAA | F Sierra Gillan | 12 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 2 | 38.52 | L AAA | F *I Miranda Murray | 11 | 7/10/2015 | 2015 MA PAAC Firecracker Meet |
| 3 | 40.21 | L AA | F Emily Wolbert | 11 | 7/10/2009 | 2009 LAC SPEEDO CLASSIC |
| 4 | 41.18 | L A | F *I Meaghan Dwyer | 12 | 4/30/2010 | 2010 Diplomat May Maelstrom |

POCONO FAMILY YMCA (PFY)

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

| | Time | | P/F/S | Name | Age/Yr | | |
|-------------------------------|---------|--------|-------|---------------------|--------|-----------|--|
| 5 | 41.41 | L A | P | *I Megan Pickarski | 12 | 7/25/2002 | USS - Middle Atlantic 2002 Summer Ju |
| 6 | 42.11 | L BB | F | *I Lena Yang | 12 | 7/27/2006 | 2006 MA Summer Junior Olympics |
| 7 | 43.34 | L BB | F | Kaya Quinones | 12 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 8 | 43.37 | L BB | P | Ryleigh Collins | 11 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 9 | 43.85 | L BB | F | *I Emily Cabral | 12 | 6/18/2010 | Long Course Classic |
| 10 | 43.86 | L BB | F | *I Janel Llewellyn | 12 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| Girls 11-12 100 Breast | | | | | | | |
| 1 | 1:23.27 | L AAA | F | *I Miranda Murray | 11 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 2 | 1:24.52 | L AAA | F | Sierra Gillan | 12 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 3 | 1:28.93 | L AA | P | Emily Wolbert | 12 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 4 | 1:30.48 | L A | F | Ryleigh Collins | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 5 | 1:31.62 | L A | F | *I Emily Cabral | 12 | 6/11/2010 | LC Cup 2010 |
| 6 | 1:32.57 | L A | F | *I Katherine Lutfy | 12 | 6/21/2008 | MACK 2008 |
| 7 | 1:34.06 | L BB | F | Hannah Persaud | 12 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 8 | 1:35.14 | L BB | F | Kaya Quinones | 12 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 9 | 1:35.49 | L BB | F | *I Janel Llewellyn | 12 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 10 | 1:37.13 | L BB | P | *I Lena Yang | 12 | 7/27/2006 | 2006 MA Summer Junior Olympics |
| Girls 11-12 200 Breast | | | | | | | |
| 1 | 3:02.79 | L AAA | P | Sierra Gillan | 12 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 2 | 3:06.05 | L AA | F | *I Miranda Murray | 11 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 3 | 3:11.21 | L AA | P | Emily Wolbert | 12 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 4 | 3:13.00 | L A | P | *I Emily Cabral | 12 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 5 | 3:20.52 | L A | F | Ryleigh Collins | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 6 | 3:23.62 | L BB | F | *I Megan Pickarski | 11 | 7/26/2001 | USS - JO's MA Summer Age 07/01 |
| 7 | 3:28.61 | L BB | F | *I Alora Cruz | 11 | 7/9/2010 | 2010 LAC SPEEDO CLASSIC |
| 8 | 3:48.21 | L B | F | Madison Gillan | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 9 | 3:53.03 | L B | F | Natalie Eastman | 12 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 10 | 3:55.20 | L | F | Julia Delaney | 11 | 7/5/2013 | 2013 LAC SPEEDO CLASSIC |
| Girls 11-12 50 Fly | | | | | | | |
| 1 | 30.58 | L AAAA | F | Sierra Gillan | 12 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 2 | 33.64 | L AA | P | *I Alexandra Burns | 12 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 3 | 33.65 | L AA | F | Emily Wolbert | 11 | 6/6/2009 | WSY Long Course Classic |
| 4 | 34.35 | L A | F | Sierra Hartmann | 11 | 7/8/2016 | 2016 Cameron Evans Invitational |
| 5 | 34.66 | L A | F | Natalie Eastman | 12 | 7/10/2015 | 2015 MA PAAC Firecracker Meet |
| 6 | 34.80 | L A | F | Victoria Fenn | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 7 | 35.95 | L BB | F | *I Emily Cabral | 12 | 6/18/2010 | Long Course Classic |
| 8 | 36.25 | L BB | F | *I Margaux Palaski | 11 | 6/28/2008 | 9th Annual Boyertown A/B/C Long Course I |
| 9 | 36.60 | L BB | F | *I Miranda Murray | 11 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 10 | 36.77 | L BB | F | Ryleigh Collins | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| Girls 11-12 100 Fly | | | | | | | |
| 1 | 1:08.92 | L AAAA | F | Sierra Gillan | 12 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 2 | 1:13.20 | L AAA | F | Emily Wolbert | 12 | 8/11/2010 | 2010 Eastern Zone LC Championships |
| 3 | 1:18.91 | L A | F | *I Meaghan Dwyer | 12 | 4/30/2010 | 2010 Diplomat May Maelstrom |
| 4 | 1:19.20 | L A | F | *I Alexandra Burns | 12 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 5 | 1:20.12 | L A | F | *I Margaux Palaski | 12 | 6/6/2009 | WSY Long Course Classic |
| 6 | 1:20.41 | L A | F | Sierra Hartmann | 11 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 7 | 1:22.74 | L BB | P | *I Madeline Neville | 12 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 8 | 1:22.87 | L BB | F | *I Katherine Lutfy | 12 | 5/2/2008 | 2008 Trident May Maelstrom |
| 9 | 1:23.22 | L BB | F | *I Emily Cabral | 12 | 7/9/2010 | 2010 LAC SPEEDO CLASSIC |
| 10 | 1:25.41 | L BB | F | Ryleigh Collins | 11 | 5/21/2016 | RAYS RIPTIDE RUSH |

POCONO FAMILY YMCA (PFY)

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

| | Time | | P/F/S | Name | Age/Yr | | |
|-----------------------------|---------|---|-------|------|------------------------|----|---|
| Girls 11-12 200 Fly | | | | | | | |
| 1 | 2:41.53 | L | AAA | F | Emily Wolbert | 12 | 7/29/2010 2010 Middle Atlantic Junior Olympics |
| 2 | 2:45.26 | L | AA | F | Sierra Gillan | 12 | 6/9/2016 2016 Long Course Classic Trials/Finals |
| 3 | 2:57.04 | L | A | F | Sierra Hartmann | 11 | 6/3/2016 2016 YMCA Long Course Cup Championsh |
| 4 | 3:01.61 | L | BB | P | *I Alexandra Burns | 12 | 7/24/2008 2008 MA JR OLYMPICS |
| 5 | 3:16.32 | L | B | F | Hannah Persaud | 12 | 6/11/2015 2015 Long Course Classic Trials/Finals |
| 6 | 3:30.96 | L | | F | Julia Delaney | 12 | 6/12/2014 2014 Long Course Classic Trials/Finals |
| 7 | 3:39.86 | L | | F | Nevaeh Williams | 12 | 6/11/2015 2015 Long Course Classic Trials/Finals |
| Girls 11-12 200 IM | | | | | | | |
| 1 | 2:42.34 | L | AAA | F | Emily Wolbert | 12 | 4/30/2010 2010 Diplomat May Maelstrom |
| 2 | 2:48.37 | L | AA | P | *I Emily Cabral | 12 | 7/29/2010 2010 Middle Atlantic Junior Olympics |
| 3 | 2:48.39 | L | AA | F | *I Miranda Murray | 11 | 6/11/2015 2015 Long Course Classic Trials/Finals |
| 4 | 2:49.38 | L | AA | F | Sierra Gillan | 12 | 6/5/2016 NPAC LCM Pentathlon Trophy Challenge |
| 5 | 2:49.50 | L | AA | F | Ryleigh Collins | 11 | 7/8/2016 2016 Cameron Evans Invitational |
| 6 | 2:54.53 | L | A | F | Sierra Hartmann | 11 | 6/3/2016 2016 YMCA Long Course Cup Championsh |
| 7 | 2:58.34 | L | A | F | *I Katherine Lutfy | 12 | 5/2/2008 2008 Trident May Maelstrom |
| 8 | 2:58.93 | L | BB | F | Paige Jackett | 12 | 6/13/2013 2013 Long Course Classic Trials/Finals |
| 9 | 2:59.80 | L | BB | F | *I Elizabeth Diehl | 12 | 7/15/1999 USS - JO's MA Summer Age 07/99 |
| 10 | 3:01.18 | L | BB | F | Victoria Fenn | 11 | 6/9/2016 2016 Long Course Classic Trials/Finals |
| Girls 11-12 400 IM | | | | | | | |
| 1 | 5:41.54 | L | AAA | P | Emily Wolbert | 12 | 7/21/2010 Middle Atlantic Senior LC Championship |
| 2 | 5:45.22 | L | AAA | P | *I Emily Cabral | 12 | 7/21/2010 Middle Atlantic Senior LC Championship |
| 3 | 6:13.13 | L | A | F | *I Miranda Murray | 11 | 7/10/2015 2015 MA PAAC Firecracker Meet |
| 4 | 6:15.66 | L | A | F | Ryleigh Collins | 11 | 6/9/2016 2016 Long Course Classic Trials/Finals |
| 5 | 6:28.48 | L | BB | F | Marianne Tassinari | 11 | 7/16/2016 2016 Middle Atlantic LC Silver Champs |
| 6 | 6:32.41 | L | BB | F | Hannah Persaud | 12 | 6/19/2015 16th Annual Boyertown LongCourse Invitati |
| 7 | 6:40.32 | L | BB | F | Nevaeh Williams | 12 | 5/1/2015 2015 MR Condors May Meters Matter |
| 8 | 6:56.08 | L | B | F | Kaya Quinones | 12 | 6/11/2015 2015 Long Course Classic Trials/Finals |
| Girls 13-14 50 Free | | | | | | | |
| 1 | 28.50 | L | AAA | P | *I Alexandra Burns | 14 | 7/21/2010 Middle Atlantic Senior LC Championship |
| 2 | 28.91 | L | AAA | F | Emily Wolbert | 14 | 8/8/2012 2012 Eastern Zone Long Course Champion |
| 3 | 29.57 | L | AA | P | Lauren Fenn | 14 | 6/11/2015 2015 Long Course Classic Trials/Finals |
| 4 | 29.79 | L | AA | P | Paige Jackett | 14 | 6/11/2015 2015 Long Course Classic Trials/Finals |
| 5 | 29.94 | L | AA | P | *I Lena Yang | 14 | 7/24/2008 2008 MA JR OLYMPICS |
| 6 | 30.03 | L | AA | P | *I Mary Cerbone | 14 | 7/18/2012 Middle Atlantic Senior LC Championship |
| 7 | 30.05 | L | AA | P | *I Baileigh Vanderhoof | 14 | 7/21/2010 Middle Atlantic Senior LC Championship |
| 8 | 30.29 | L | AA | P | April Kupsky | 14 | 6/9/2016 2016 Long Course Classic Trials/Finals |
| 9 | 30.58 | L | L AA | F | *I Madeline Neville | 14 | 7/24/2014 2014 Middle Atlantic LC Jr Olympics |
| 10 | 30.82 | L | AA | P | *I Emily Joyce | 14 | 7/28/2011 2011 Middle Atlantic Junior Olympics |
| Girls 13-14 100 Free | | | | | | | |
| 1 | 1:02.87 | L | AAA | P | Emily Wolbert | 14 | 7/18/2012 Middle Atlantic Senior LC Championship |
| 2 | 1:03.58 | L | AAA | S | *I Emily Joyce | 14 | 7/28/2011 2011 Middle Atlantic Junior Olympics |
| 3 | 1:04.22 | L | AA | P | Paige Jackett | 13 | 7/16/2014 Middle Atlantic LC Sr Champs |
| 4 | 1:04.56 | L | AA | S | *I Lena Yang | 14 | 7/16/2009 2009 Middle Atlantic Junior Olympics |
| 5 | 1:05.16 | L | AA | F | *I Alexandra Burns | 14 | 4/30/2010 2010 Diplomat May Maelstrom |
| 6 | 1:05.68 | L | L AA | F | *I Baileigh Vanderhoof | 14 | 7/29/2010 2010 Middle Atlantic Junior Olympics |
| 7 | 1:06.74 | L | AA | F | *I Mary Cerbone | 14 | 5/4/2012 2012 Diplomat Swim Club May Maelstrom |
| 8 | 1:07.30 | L | L A | F | Nadine Parrish | 14 | 7/17/2013 Middle Atlantic Swimming Senior LC Champ |
| 9 | 1:07.42 | L | A | F | Aviah Dahlgren | 13 | 5/6/2016 2016 Condors May Meters Matters Meet |
| 10 | 1:07.67 | L | A | F | *I Sarah Keeley | 14 | 6/8/2001 USS - Trident Summer Storm 2001 |

POCONO FAMILY YMCA (PFY)

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | |
|------------------------------|----------|--------|--------------------------|--------|-----------|---|
| Girls 13-14 200 Free | | | | | | |
| 1 | 2:14.73 | L AAA | F Emily Wolbert | 14 | 6/15/2012 | Long Course Trials/Finals |
| 2 | 2:18.21 | L AA | T Paige Jackett | 14 | 8/3/2015 | 2015 LCY Nationals |
| 3 | 2:18.28 | L AA | P *I Emily Joyce | 14 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 4 | 2:19.37 | L AA | F April Kupsky | 14 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 5 | 2:20.22 | L AA | P Aviah Dahlgren | 13 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 6 | 2:20.50 | L AA | P *I Mary Cerbone | 14 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 7 | 2:23.77 | L L AA | F *I Baileigh Vanderhoof | 14 | 7/21/2010 | Middle Atlantic Senior LC Championship |
| 8 | 2:23.80 | L AA | P *I Emily Cabral | 14 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 9 | 2:25.25 | L L A | F *I Lena Yang | 14 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| 10 | 2:26.95 | L A | P *I Alexandra Burns | 14 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| Girls 13-14 400 Free | | | | | | |
| 1 | 4:38.15 | L AAA | F Emily Wolbert | 14 | 6/15/2012 | Long Course Trials/Finals |
| 2 | 4:49.28 | L AA | F April Kupsky | 14 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 3 | 4:50.06 | L AA | F *I Emily Joyce | 14 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 4 | 4:54.63 | L AA | F Paige Jackett | 14 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 5 | 4:58.73 | L AA | F Aviah Dahlgren | 13 | 5/21/2016 | RAYS RIPTIDE RUSH |
| 6 | 5:03.47 | L A | F Julia Delaney | 14 | 7/16/2016 | 2016 Middle Atlantic LC Silver Champs |
| 7 | 5:07.92 | L A | P *I Alexandra Burns | 14 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 8 | 5:12.15 | L A | P *I Madeline Neville | 14 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 9 | 5:18.69 | L BB | F *I Emily Cabral | 14 | 5/4/2012 | 2012 Diplomat Swim Club May Maelstrom |
| 10 | 5:22.10 | L BB | P *I Janel Llewellyn | 14 | 6/17/2011 | Long Course Trials/Finals |
| Girls 13-14 800 Free | | | | | | |
| 1 | 9:36.02 | L AAA | F Emily Wolbert | 14 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 9:52.61 | L AAA | F April Kupsky | 14 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 3 | 10:00.80 | L AA | F Paige Jackett | 14 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 4 | 10:08.75 | L AA | F Aviah Dahlgren | 13 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 5 | 10:41.71 | L A | F *I Emily Cabral | 14 | 5/4/2012 | 2012 Diplomat Swim Club May Maelstrom |
| 6 | 10:42.14 | L A | F *I Madeline Neville | 14 | 6/27/2014 | 15th Annual Boyertown LongCourse Invitati |
| 7 | 11:03.10 | L BB | F *I Alexandra Burns | 14 | 7/9/2010 | 2010 LAC SPEEDO CLASSIC |
| 8 | 11:08.32 | L BB | F *I Janel Llewellyn | 13 | 6/18/2010 | Long Course Classic |
| 9 | 11:13.35 | L BB | F *I Mary Cerbone | 14 | 5/4/2012 | 2012 Diplomat Swim Club May Maelstrom |
| 10 | 11:29.70 | L BB | F Corinne McCall | 14 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| Girls 13-14 1500 Free | | | | | | |
| 1 | 18:22.74 | L AAA | F Emily Wolbert | 14 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 2 | 18:51.64 | L AAA | F April Kupsky | 14 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 3 | 19:29.21 | L AA | F Paige Jackett | 14 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 4 | 19:41.85 | L AA | F Aviah Dahlgren | 13 | 7/1/2016 | 2016 NPAC Distance Meet |
| 5 | 20:01.38 | L A | F *I Emily Cabral | 14 | 5/4/2012 | 2012 Diplomat Swim Club May Maelstrom |
| 6 | 20:09.01 | L A | F *I Alexandra Burns | 14 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 7 | 20:29.49 | L A | F *I Madeline Neville | 14 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 8 | 21:14.77 | L BB | F *I Mary Cerbone | 14 | 5/4/2012 | 2012 Diplomat Swim Club May Maelstrom |
| 9 | 21:50.78 | L BB | F Corinne McCall | 13 | 6/19/2015 | 16th Annual Boyertown LongCourse Invitati |
| 10 | 22:13.36 | L BB | F Nevaeh Williams | 13 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| Girls 13-14 50 Back | | | | | | |
| 1 | 35.38 | L | P *I Emily Cabral | 13 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 2 | 35.62 | L L | F Lauren Fenn | 13 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 3 | 36.32 | L | P Emily Wolbert | 13 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 4 | 36.61 | L | F *I Madeline Neville | 14 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 5 | 36.87 | L L | F *I Alana Slater | 14 | 6/11/2010 | LC Cup 2010 |
| 6 | 36.92 | L | F *I Alexandra Burns | 13 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |

POCONO FAMILY YMCA (PFY)

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | |
|-------------------------------|---------------|-------|----------------------------|--------|-----------|--|
| 7 | 37.68 L L | F | *I Baileigh Vanderhoof | 13 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 8 | 40.02 L | F | Paige Jackett | 13 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 9 | 42.77 L | F | Nadine Parrish | 13 | 6/13/2013 | 2013 Long Course Classic Trials/Finals |
| 10 | 43.88 L | F | Sasha Persaud | 13 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| Girls 13-14 100 Back | | | | | | |
| 1* | 1:10.92 L AA | F | Lauren Fenn | 14 | 4/9/2016 | 2016 YOTA LC Single Day Splash |
| 1* | 1:10.92 L AA | F | *I Emily Cabral | 14 | 6/15/2012 | Long Course Trials/Finals |
| 3 | 1:13.76 L AA | P | Emily Wolbert | 14 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 4 | 1:14.76 L A | F | *I Maureen Connors-McBride | 14 | 7/30/2002 | YMCA L/C Nationals 2002 |
| 5 | 1:16.65 L A | F | *I Madeline Neville | 14 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 6 | 1:16.84 L L A | F | *I Baileigh Vanderhoof | 14 | 7/21/2010 | Middle Atlantic Senior LC Championship |
| 7 | 1:17.13 L L A | F | Paige Jackett | 13 | 7/16/2014 | Middle Atlantic LC Sr Champs |
| 8 | 1:17.32 L BB | P | *I Emily Joyce | 14 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 9* | 1:17.70 L BB | P | Aviah Dahlgren | 13 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 9* | 1:17.70 L BB | F | *I Sarah Keeley | 14 | 6/8/2001 | USS - Trident Summer Storm 2001 |
| Girls 13-14 200 Back | | | | | | |
| 1 | 2:32.52 L AA | F | *I Emily Cabral | 14 | 6/15/2012 | Long Course Trials/Finals |
| 2 | 2:33.83 L AA | F | Lauren Fenn | 14 | 4/9/2016 | 2016 YOTA LC Single Day Splash |
| 3 | 2:36.88 L AA | P | Emily Wolbert | 13 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 4 | 2:37.08 L AA | F | April Kupsky | 14 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 5 | 2:39.54 L A | F | *I Madeline Neville | 14 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 6 | 2:40.39 L A | P | *I Emily Joyce | 14 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 7 | 2:44.42 L A | P | Aviah Dahlgren | 13 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 8 | 2:44.73 L A | P | *I Baileigh Vanderhoof | 14 | 7/21/2010 | Middle Atlantic Senior LC Championship |
| 9 | 2:44.96 L A | P | Paige Jackett | 14 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 10 | 2:46.79 L BB | F | *I Janel Llewellyn | 14 | 6/17/2011 | Long Course Trials/Finals |
| Girls 13-14 50 Breast | | | | | | |
| 1 | 36.11 L | F | *I Mary Cerbone | 14 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 38.58 L | P | *I Stephanie Marcucci | 14 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 3 | 38.81 L | F | *I Janel Llewellyn | 13 | 6/11/2010 | LC Cup 2010 |
| 4 | 39.85 L | F | *I Janay Parrish | 14 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 5* | 39.92 L | F | April Kupsky | 13 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 5* | 39.92 L | P | Emily Wolbert | 14 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 7 | 40.41 L | F | *I Morgan Murphy | 14 | 7/25/2013 | 2013 Middle Atlantic Junior Olympics |
| 8 | 41.42 L | F | *I Lena Yang | 13 | 6/13/2008 | 2008 NJ YMCA LC Cup |
| 9 | 41.58 L | F | *I Meaghan Dwyer | 13 | 6/11/2010 | LC Cup 2010 |
| 10 | 42.58 L | F | *I Margaux Palaski | 13 | 6/11/2010 | LC Cup 2010 |
| Girls 13-14 100 Breast | | | | | | |
| 1 | 1:17.34 L AAA | F | *I Mary Cerbone | 14 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 1:22.40 L AA | F | *I Baileigh Vanderhoof | 14 | 8/11/2010 | 2010 Eastern Zone LC Championships |
| 3 | 1:23.13 L AA | P | *I Stephanie Marcucci | 14 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 4 | 1:24.50 L A | F | *I Sarah Keeley | 14 | 6/8/2001 | USS - Trident Summer Storm 2001 |
| 5 | 1:24.78 L A | F | *I Janay Parrish | 14 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| 6 | 1:25.15 L A | P | April Kupsky | 13 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 7 | 1:25.49 L A | P | Emily Wolbert | 14 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 8 | 1:25.72 L A | P | *I Katherine Lutfy | 14 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| 9 | 1:26.76 L A | P | *I Janel Llewellyn | 13 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 10 | 1:27.39 L A | F | *I Morgan Murphy | 14 | 7/25/2013 | 2013 Middle Atlantic Junior Olympics |
| Girls 13-14 200 Breast | | | | | | |
| 1 | 2:53.01 L AAA | F | *I Mary Cerbone | 14 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 2 | 2:58.32 L AA | F | April Kupsky | 13 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |

POCONO FAMILY YMCA (PFY)

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

| | Time | | P/F/S | Name | Age/Yr | | |
|----------------------------|---------|---|-------|--------------------------|--------|-----------|---|
| 3 | 3:00.01 | L | AA | P *I Emily Cabral | 14 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 4 | 3:00.90 | L | AA | F *I Baileigh Vanderhoof | 14 | 6/11/2010 | LC Cup 2010 |
| 5 | 3:01.05 | L | AA | P Emily Wolbert | 14 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 6 | 3:01.09 | L | AA | F *I Lena Yang | 14 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| 7 | 3:04.55 | L | A | F *I Stephanie Marcucci | 14 | 7/8/2011 | 2011 LAC SPEEDO CLASSIC |
| 8 | 3:05.14 | L | A | F *I Katherine Lutfy | 14 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| 9 | 3:06.20 | L | A | F *I Janel Llewellyn | 14 | 6/17/2011 | Long Course Trials/Finals |
| 10 | 3:07.72 | L | A | F Kaya Quinones | 13 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| Girls 13-14 50 Fly | | | | | | | |
| 1 | 31.63 | L | | F Emily Wolbert | 14 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 33.08 | L | | F *I Alexandra Burns | 13 | 6/12/2009 | YMCA LONG COURSE CUP CHAMPIONS |
| 3 | 33.71 | L | | F *I Alana Slater | 14 | 6/11/2010 | LC Cup 2010 |
| 4 | 34.67 | L | | P *I Margaux Palaski | 14 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 5 | 35.31 | L | | P *I Emily Cabral | 13 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 6 | 36.13 | L | | P *I Mary Cerbone | 14 | 6/1/2012 | GPAC Spring Classic 2012 |
| 7 | 36.52 | L | | F *I Madeline Neville | 14 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 8 | 36.82 | L | | F *I Emily Joyce | 14 | 6/25/2011 | 12th Annual Boyertown Long Course Invitat |
| 9 | 37.57 | L | | F Paige Jackett | 13 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 10 | 39.47 | L | | P *I Kimberly Konz | 14 | 6/17/2011 | Long Course Trials/Finals |
| Girls 13-14 100 Fly | | | | | | | |
| 1 | 1:07.52 | L | AAA | F Emily Wolbert | 14 | 6/15/2012 | Long Course Trials/Finals |
| 2 | 1:10.12 | L | AA | F *I Baileigh Vanderhoof | 14 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 3 | 1:10.67 | L | AA | P April Kupsky | 14 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 4 | 1:12.39 | L | AA | F *I Margaux Palaski | 13 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 5 | 1:14.74 | L | A | P *I Emily Joyce | 14 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 6 | 1:14.98 | L | A | P *I Alexandra Burns | 13 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| 7 | 1:16.18 | L | BB | F *I Sarah Keeley | 14 | 6/8/2001 | USS - Trident Summer Storm 2001 |
| 8* | 1:16.64 | L | BB | F Julia Delaney | 14 | 7/16/2016 | 2016 Middle Atlantic LC Silver Champs |
| 8* | 1:16.64 | L | BB | F *I Alana Slater | 14 | 6/11/2010 | LC Cup 2010 |
| 10 | 1:17.70 | L | BB | F *I Lena Yang | 14 | 7/10/2009 | 2009 LAC SPEEDO CLASSIC |
| Girls 13-14 200 Fly | | | | | | | |
| 1 | 2:24.04 | L | AAAA | P Emily Wolbert | 14 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 2:30.39 | L | AAA | F April Kupsky | 13 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 3 | 2:44.28 | L | A | P Julia Delaney | 14 | 7/16/2016 | 2016 Middle Atlantic LC Silver Champs |
| 4 | 2:51.59 | L | BB | F Paige Jackett | 14 | 5/1/2015 | 2015 MR Condors May Meters Matter |
| 5 | 2:57.84 | L | BB | F *I Madeline Neville | 14 | 7/11/2014 | 2014 MR Condors July Jubilee |
| 6 | 3:01.12 | L | B | F *I Emily Cabral | 13 | 5/14/2011 | WSY Summer LC IMX |
| 7 | 3:02.61 | L | B | F *I Alexandra Burns | 14 | 6/18/2010 | Long Course Classic |
| 8 | 3:08.26 | L | B | F *I Meaghan Dwyer | 13 | 7/9/2010 | 2010 LAC SPEEDO CLASSIC |
| 9 | 3:08.64 | L | B | F *I Margaux Palaski | 13 | 4/30/2010 | 2010 Diplomat May Maelstrom |
| 10 | 3:10.53 | L | B | F Aviah Dahlgren | 13 | 5/6/2016 | 2016 Condors May Meters Matters Meet |
| Girls 13-14 200 IM | | | | | | | |
| 1 | 2:33.60 | L | AAA | F Emily Wolbert | 14 | 6/15/2012 | Long Course Trials/Finals |
| 2 | 2:34.07 | L | AAA | P April Kupsky | 14 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 3 | 2:38.34 | L | AA | F *I Emily Cabral | 14 | 6/15/2012 | Long Course Trials/Finals |
| 4 | 2:39.72 | L | AA | F *I Baileigh Vanderhoof | 14 | 6/11/2010 | LC Cup 2010 |
| 5 | 2:41.71 | L | AA | P Julia Delaney | 14 | 7/16/2016 | 2016 Middle Atlantic LC Silver Champs |
| 6 | 2:43.98 | L | A | P *I Emily Joyce | 14 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 7 | 2:44.74 | L | A | P *I Lena Yang | 14 | 7/16/2009 | 2009 Middle Atlantic Junior Olympics |
| 8 | 2:45.66 | L | A | P *I Mary Cerbone | 14 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 9 | 2:46.17 | L | A | F *I Alexandra Burns | 14 | 4/30/2010 | 2010 Diplomat May Maelstrom |

POCONO FAMILY YMCA (PFY)

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

| | Time | | P/F/S | Name | Age/Yr | | |
|------------------------------|---------|---------|-------|---------------------|--------|-----------|--|
| 10 | 2:47.31 | L A | F *I | Sarah Keeley | 14 | 6/8/2001 | USS - Trident Summer Storm 2001 |
| Girls 13-14 400 IM | | | | | | | |
| 1 | 5:20.21 | L AAA | F | Emily Wolbert | 14 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 5:23.34 | L AAA | F | April Kupsky | 13 | 7/16/2015 | 2015 Middle Atlantic Junior Olympics |
| 3 | 5:28.56 | L AAA | P *I | Emily Cabral | 14 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 4 | 5:40.45 | L AA | P | Julia Delaney | 14 | 7/20/2016 | 2016 Middle Atlantic Junior Olympics |
| 5 | 5:46.07 | L A | F *I | Madeline Neville | 14 | 7/24/2014 | 2014 Middle Atlantic LC Jr Olympics |
| 6 | 5:46.84 | L A | P *I | Mary Cerbone | 14 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 7 | 5:48.11 | L A | P *I | Janel Llewellyn | 14 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 8 | 5:58.95 | L A | P *I | Stephanie Marcucci | 14 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 9 | 6:00.94 | L BB | F | Aviah Dahlgren | 13 | 5/21/2016 | RAYS RIPTIDE RUSH |
| 10 | 6:06.53 | L BB | F *I | Alexandra Burns | 14 | 6/18/2010 | Long Course Classic |
| Girls Senior 50 Free | | | | | | | |
| 1 | 27.81 | L AAA | F *I | Lena Yang | 17 | 8/10/2011 | 2011 Eastern Zone Long Course Champion |
| 2 | 27.85 | L AAA | P | Kelsey Eastman | 16 | 8/3/2015 | 2015 LCY Nationals |
| 3 | 28.46 | L AAA | P *I | Mary Cerbone | 17 | 8/3/2015 | 2015 LCY Nationals |
| 4 | 28.59 | L AAA | F *I | Elizabeth Jordan | 18 | 6/18/2010 | Long Course Classic |
| 5 | 28.64 | L AAA | P *I | Alexandra Burns | 16 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 6 | 28.74 | L AAA | T | Emily Wolbert | 17 | 8/3/2015 | 2015 LCY Nationals |
| 7 | 29.13 | L AA | P | Tara Kupsky | 15 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 8 | 29.31 | L AA | P *I | Emily Cabral | 16 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 9 | 29.42 | L AA | P *I | Baileigh Vanderhoof | 17 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| 10 | 29.82 | L AA | P | Lauren Fenn | 15 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| Girls Senior 100 Free | | | | | | | |
| 1 | 1:00.84 | L AAA | F *I | Lena Yang | 17 | 8/10/2011 | 2011 Eastern Zone Long Course Champion |
| 2 | 1:01.29 | L SAAA | P *I | Mary Cerbone | 17 | 8/3/2015 | 2015 LCY Nationals |
| 3 | 1:01.47 | L AAA | S *I | Alexandra Burns | 16 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 4 | 1:01.71 | L AAA | P | Kelsey Eastman | 16 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 5 | 1:02.47 | L L AAA | F | Emily Wolbert | 18 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 6 | 1:02.67 | L AAA | P *I | Sarah Keeley | 16 | 7/28/2003 | YMCA L/C Nationals 2003 |
| 7 | 1:03.11 | L AA | F *I | Elizabeth Jordan | 16 | 7/24/2008 | 2008 MA JR OLYMPICS |
| 8 | 1:03.24 | L AA | P *I | Emily Joyce | 16 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| 9 | 1:03.41 | L AA | P *I | Paige Kupsky | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 10 | 1:03.42 | L AA | F | Tara Kupsky | 16 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| Girls Senior 200 Free | | | | | | | |
| 1 | 2:12.63 | L AAA | P *I | Emily Joyce | 16 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 2:13.04 | L AAA | F *I | Lena Yang | 17 | 8/10/2011 | 2011 Eastern Zone Long Course Champion |
| 3 | 2:13.43 | L AAA | P | Emily Wolbert | 17 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 4 | 2:14.45 | L AAA | P *I | Mary Cerbone | 16 | 8/6/2014 | 2014 Eastern Zone Long Course Champion |
| 5 | 2:15.60 | L AA | P | Tara Kupsky | 16 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 6 | 2:18.01 | L L AA | F | Paige Jackett | 15 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 7 | 2:18.08 | L AA | P *I | Paige Kupsky | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 8 | 2:18.39 | L AA | P *I | Alexandra Burns | 15 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 9 | 2:19.32 | L AA | P *I | Baileigh Vanderhoof | 17 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| 10 | 2:19.61 | L AA | P | Kelsey Eastman | 16 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| Girls Senior 400 Free | | | | | | | |
| 1 | 4:36.44 | L AAA | P *I | Emily Joyce | 16 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 4:37.69 | L AAA | P | Emily Wolbert | 17 | 8/3/2015 | 2015 LCY Nationals |
| 3 | 4:43.57 | L AA | P | Tara Kupsky | 15 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 4 | 4:46.93 | L AA | F *I | Lena Yang | 17 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 5 | 4:53.53 | L AA | P *I | Alexandra Burns | 15 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |

POCONO FAMILY YMCA (PFY)

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Individual Top Times

Number of Top Times: 10 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | |
|-------------------------------|----------------|-------|-------------------------|--------|-----------|---|
| 6 | 4:54.45 L AA | P *I | Paige Kupsky | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 7 | 4:54.72 L AA | P | Paige Jackett | 15 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 8 | 5:00.17 L A | P *I | Baileigh Vanderhoof | 17 | 6/13/2013 | 2013 Long Course Classic Trials/Finals |
| 9 | 5:00.58 L A | P *I | Mary Cerbone | 16 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 10 | 5:03.72 L A | F *I | Emily Cabral | 15 | 5/4/2013 | GPAC Long Course Derby 2013 |
| Girls Senior 800 Free | | | | | | |
| 1 | 9:28.41 L AAA | F | Emily Wolbert | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 2 | 9:29.82 L AAA | F *I | Emily Joyce | 16 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 3 | 9:32.49 L AAA | F | Tara Kupsky | 15 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 4 | 9:52.54 L AA | F *I | Alexandra Burns | 16 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 5 | 10:05.63 L AA | F *I | Lena Yang | 17 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 6 | 10:08.45 L AA | F | Paige Jackett | 15 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 7 | 10:45.23 L BB | F *I | Emily Cabral | 15 | 6/13/2013 | 2013 Long Course Classic Trials/Finals |
| Girls Senior 1500 Free | | | | | | |
| 1 | 18:11.49 L AAA | F *I | Emily Joyce | 16 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 18:24.90 L AAA | F | Emily Wolbert | 18 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 3 | 18:26.30 L AAA | F | Tara Kupsky | 15 | 8/5/2015 | 2015 Eastern Zone Long Course Champion |
| 4 | 19:01.39 L AA | F *I | Alexandra Burns | 15 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 5 | 19:21.07 L AA | F | Paige Jackett | 15 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 6 | 20:24.94 L A | F *I | Emily Cabral | 16 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 7 | 20:44.79 L BB | F *I | Madeline Neville | 15 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 8 | 22:19.41 L B | F *I | Kaela Vanderhoof | 16 | 7/6/2012 | 2012 LAC SPEEDO CLASSIC |
| 9 | 22:28.77 L B | F *I | Kimberly Konz | 15 | 7/6/2012 | 2012 LAC SPEEDO CLASSIC |
| Girls Senior 50 Back | | | | | | |
| 1 | 32.07 L L | P | Emily Wolbert | 17 | 8/3/2015 | 2015 LCY Nationals |
| 2 | 34.27 L | F *I | Emily Cabral | 16 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 3 | 34.50 L | P *I | Maureen Connors-McBride | 15 | 7/28/2003 | YMCA L/C Nationals 2003 |
| 4 | 35.23 L | F *I | Emily Joyce | 16 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| 5 | 35.29 L | P | Lauren Fenn | 15 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 6 | 36.74 L | F *I | Baileigh Vanderhoof | 17 | 6/13/2013 | 2013 Long Course Classic Trials/Finals |
| 7 | 37.38 L | F | Kelsey Eastman | 16 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 8 | 37.40 L | P | Nicole Rose Lukesh | 17 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 9 | 41.93 L | F *I | Mary Cerbone | 16 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 10 | 44.61 L | F *I | Kaela Vanderhoof | 15 | 6/25/2011 | 12th Annual Boyertown Long Course Invitat |
| Girls Senior 100 Back | | | | | | |
| 1 | 1:10.00 L AA | P | Emily Wolbert | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 2 | 1:11.42 L L AA | F | Lauren Fenn | 15 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 3 | 1:11.56 L AA | P *I | Emily Cabral | 16 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 4 | 1:13.82 L A | P *I | Emily Joyce | 15 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 5 | 1:14.28 L L A | P *I | Maureen Connors-McBride | 15 | 7/28/2003 | YMCA L/C Nationals 2003 |
| 6 | 1:15.35 L BB | F *I | Avanti Banks | 17 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 7 | 1:16.00 L BB | P *I | Madeline Neville | 15 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 8 | 1:16.28 L BB | P | Nicole Rose Lukesh | 17 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 9 | 1:17.33 L BB | P | Kelsey Eastman | 16 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 10 | 1:17.54 L BB | P | Tara Kupsky | 15 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| Girls Senior 200 Back | | | | | | |
| 1 | 2:32.88 L AA | P *I | Emily Joyce | 16 | 8/8/2012 | 2012 Eastern Zone Long Course Champion |
| 2 | 2:34.76 L AA | P *I | Emily Cabral | 15 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| 3 | 2:35.16 L AA | P | Emily Wolbert | 16 | 7/16/2014 | Middle Atlantic LC Sr Champs |
| 4 | 2:38.85 L A | P | Lauren Fenn | 15 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 5 | 2:41.58 L A | P *I | Baileigh Vanderhoof | 16 | 6/1/2012 | GPAC Spring Classic 2012 |

POCONO FAMILY YMCA (PFY)www.pfyswim.org**Individual Top Times****Number of Top Times: 10 Show Long Course Only**

| | Time | | P/F/S | Name | Age/Yr | | |
|--------------------------------|---------|---|-------|--------------------------|--------|-----------|--|
| 6 | 2:43.64 | L | BB | P *I Madeline Neville | 15 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 7 | 2:47.19 | L | BB | P *I Paige Kupsky | 17 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 8 | 2:47.30 | L | BB | P Kelsey Eastman | 17 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 9 | 2:48.44 | L | BB | P Paige Jackett | 15 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 10 | 2:49.08 | L | BB | P *I Avanti Banks | 18 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| Girls Senior 50 Breast | | | | | | | |
| 1 | 35.77 | L | | P *I Mary Cerbone | 17 | 8/3/2015 | 2015 LCY Nationals |
| 2 | 36.33 | L | | P *I Sarah Keeley | 16 | 7/28/2003 | YMCA L/C Nationals 2003 |
| 3 | 36.54 | L | | F Kelsey Eastman | 16 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 4 | 37.18 | L | | P *I Janay Parrish | 16 | 8/10/2011 | 2011 Eastern Zone Long Course Champion |
| 5 | 37.71 | L | | F *I Elizabeth Jordan | 16 | 6/28/2008 | 9th Annual Boyertown A/B/C Long Course I |
| 6 | 38.34 | L | | F Tara Kupsky | 16 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 7 | 38.42 | L | | F *I Emily Cabral | 16 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 8 | 38.56 | L | S | F *I Baileigh Vanderhoof | 15 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 9 | 38.66 | L | | F Emily Wolbert | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 10 | 38.70 | L | S | F *I Lena Yang | 17 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| Girls Senior 100 Breast | | | | | | | |
| 1 | 1:18.59 | L | AAA | P *I Sarah Keeley | 16 | 7/28/2003 | YMCA L/C Nationals 2003 |
| 2 | 1:19.03 | L | AAA | T Kelsey Eastman | 16 | 8/3/2015 | 2015 LCY Nationals |
| 3 | 1:19.05 | L | AAA | P *I Mary Cerbone | 16 | 8/6/2014 | 2014 Eastern Zone Long Course Champion |
| 4 | 1:19.87 | L | AA | P Tara Kupsky | 15 | 8/5/2015 | 2015 Eastern Zone Long Course Champion |
| 5 | 1:19.95 | L | AA | P *I Janay Parrish | 16 | 8/10/2011 | 2011 Eastern Zone Long Course Champion |
| 6 | 1:21.58 | L | AA | P *I Baileigh Vanderhoof | 15 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 7 | 1:21.62 | L | AA | F *I Elizabeth Jordan | 18 | 6/18/2010 | Long Course Classic |
| 8 | 1:21.86 | L | A | F *I Lena Yang | 17 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 9 | 1:22.01 | L | AA | F *I Emily Cabral | 15 | 6/13/2013 | 2013 Long Course Classic Trials/Finals |
| 10 | 1:22.26 | L | A | F Emily Wolbert | 18 | 4/9/2016 | 2016 YOTA LC Single Day Splash |
| Girls Senior 200 Breast | | | | | | | |
| 1 | 2:54.45 | L | AA | F *I Lena Yang | 17 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 2 | 2:54.51 | L | AA | F Tara Kupsky | 15 | 8/5/2015 | 2015 Eastern Zone Long Course Champion |
| 3 | 2:57.05 | L | AA | P *I Baileigh Vanderhoof | 16 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 4 | 2:57.18 | L | A | F Emily Wolbert | 17 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 5 | 2:57.23 | L | A | P *I Mary Cerbone | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 6 | 2:58.48 | L | A | P *I Sarah Keeley | 16 | 7/28/2003 | YMCA L/C Nationals 2003 |
| 7 | 2:58.50 | L | A | P *I Emily Cabral | 15 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| 8 | 2:59.24 | L | A | F *I Janay Parrish | 15 | 7/29/2010 | 2010 Middle Atlantic Junior Olympics |
| 9 | 2:59.25 | L | A | F *I Stephanie Marcucci | 15 | 6/15/2012 | Long Course Trials/Finals |
| 10 | 2:59.97 | L | A | F *I Elizabeth Jordan | 18 | 6/18/2010 | Long Course Classic |
| Girls Senior 50 Fly | | | | | | | |
| 1 | 30.60 | L | | F Emily Wolbert | 18 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 2 | 31.76 | L | | F *I Lena Yang | 17 | 8/10/2011 | 2011 Eastern Zone Long Course Champion |
| 3 | 31.98 | L | | F Kelsey Eastman | 16 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 4 | 32.52 | L | S | F *I Avanti Banks | 18 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 5 | 32.74 | L | | P *I Baileigh Vanderhoof | 15 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 6 | 33.04 | L | | P Nicole Rose Lukesh | 17 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 7 | 33.09 | L | | F Tara Kupsky | 15 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 8* | 33.73 | L | | P *I Alexandra Burns | 15 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 8* | 33.73 | L | | F *I Paige Kupsky | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 10 | 33.88 | L | | F *I Emily Joyce | 16 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| Girls Senior 100 Fly | | | | | | | |
| 1 | 1:05.41 | L | AAA | P Emily Wolbert | 17 | 8/3/2015 | 2015 LCY Nationals |

POCONO FAMILY YMCA (PFY)**www.pfyswim.org****Individual Top Times****Number of Top Times: 10 Show Long Course Only**

| | Time | | P/F/S | Name | Age/Yr | | |
|-----------------------------|-------------|--------|--------------|------------------------|---------------|-----------|---|
| 2 | 1:08.90 | L AA | P | *I Lena Yang | 17 | 8/10/2011 | 2011 Eastern Zone Long Course Champion |
| 3 | 1:09.85 | L AA | P | Tara Kupsky | 16 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 4 | 1:10.15 | L AA | P | *I Baileigh Vanderhoof | 16 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 5 | 1:10.18 | L AA | T | Nicole Rose Lukesh | 17 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 6 | 1:11.32 | L A | F | Kelsey Eastman | 16 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 7 | 1:11.86 | L A | P | *I Avanti Banks | 18 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 8 | 1:12.36 | L A | P | *I Paige Kupsky | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 9 | 1:13.07 | L A | P | *I Alexandra Burns | 15 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 10 | 1:14.03 | L BB | F | *I Emily Joyce | 15 | 5/4/2012 | 2012 Diplomat Swim Club May Maelstrom |
| Girls Senior 200 Fly | | | | | | | |
| 1 | 2:22.97 | L SAAA | F | Emily Wolbert | 17 | 8/3/2015 | 2015 LCY Nationals |
| 2 | 2:34.83 | L AA | P | Tara Kupsky | 16 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 3 | 2:41.41 | L A | P | Nicole Rose Lukesh | 17 | 7/13/2016 | Middle Atlantic LC Sr Champs |
| 4 | 2:41.64 | L A | F | *I Baileigh Vanderhoof | 15 | 7/28/2011 | 2011 Middle Atlantic Junior Olympics |
| 5 | 2:46.48 | L BB | F | *I Alexandra Burns | 15 | 5/14/2011 | WSY Summer LC IMX |
| 6 | 2:47.99 | L BB | F | *I Mary Cerbone | 16 | 6/27/2014 | 15th Annual Boyertown LongCourse Invitati |
| 7 | 3:01.27 | L B | P | *I Paige Kupsky | 17 | 6/11/2015 | 2015 Long Course Classic Trials/Finals |
| 8 | 3:05.30 | L B | F | Kelsey Eastman | 15 | 6/27/2014 | 15th Annual Boyertown LongCourse Invitati |
| 9 | 3:07.49 | L B | F | *I Amy Zych | 17 | 6/25/1999 | USS - Ephrata A/BB/C 06/99 |
| 10 | 3:13.20 | L | F | *I Avanti Banks | 17 | 6/18/2010 | Long Course Classic |
| Girls Senior 200 IM | | | | | | | |
| 1 | 2:30.24 | L AAA | F | Tara Kupsky | 15 | 8/5/2015 | 2015 Eastern Zone Long Course Champion |
| 2 | 2:31.78 | L AA | F | Emily Wolbert | 18 | 6/9/2016 | 2016 Long Course Classic Trials/Finals |
| 3 | 2:33.80 | L AA | P | *I Lena Yang | 16 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 4 | 2:35.26 | L AA | P | *I Baileigh Vanderhoof | 17 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| 5 | 2:38.30 | L AA | P | *I Paige Kupsky | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 6 | 2:39.55 | L A | F | *I Emily Cabral | 16 | 6/12/2014 | 2014 Long Course Classic Trials/Finals |
| 7 | 2:40.72 | L SA | T | Mary Cerbone | 17 | 8/3/2015 | 2015 LCY Nationals |
| 8 | 2:40.97 | L A | P | *I Alexandra Burns | 16 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 9 | 2:41.92 | L A | P | *I Emily Joyce | 15 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 10 | 2:44.11 | L A | F | *I Elizabeth Jordan | 18 | 6/18/2010 | Long Course Classic |
| Girls Senior 400 IM | | | | | | | |
| 1 | 5:15.81 | L AAA | F | Emily Wolbert | 15 | 8/7/2013 | 2013 Eastern Zone Long Course Champion |
| 2 | 5:16.37 | L AAA | F | Tara Kupsky | 15 | 8/5/2015 | 2015 Eastern Zone Long Course Champion |
| 3 | 5:28.11 | L AA | P | *I Emily Joyce | 16 | 7/17/2013 | Middle Atlantic Swimming Senior LC Champ |
| 4 | 5:28.56 | L AA | P | *I Lena Yang | 16 | 7/20/2011 | Middle Atlantic Senior LC Championship |
| 5 | 5:33.30 | L AA | F | *I Emily Cabral | 15 | 6/13/2013 | 2013 Long Course Classic Trials/Finals |
| 6 | 5:33.87 | L AA | P | *I Baileigh Vanderhoof | 16 | 7/26/2012 | 2012 Middle Atlantic Junior Olympics |
| 7 | 5:36.49 | L A | P | *I Paige Kupsky | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 8 | 5:37.67 | L A | P | *I Alexandra Burns | 16 | 7/18/2012 | Middle Atlantic Senior LC Championship |
| 9 | 5:46.96 | L A | P | *I Mary Cerbone | 17 | 7/22/2015 | Middle Atlantic LC Sr Champs |
| 10 | 5:52.05 | L BB | F | *I Stephanie Marcucci | 15 | 6/15/2012 | Long Course Trials/Finals |