

# VIRGINIA SWIMMING LSC RECORDS

## LC METERS

as of: 8/21/2009

**Women**

**Men**

### 10&Y

Bernetta McGuire	RVSI	14-Jul-95	29.57	<b>50 Freestyle</b>	29.85	30-Jul-09	US	Chad Stickle
Trisha Blackwell	RAYS	16-May-94	1:04.16	<b>100 Freestyle</b>	1:05.72	7-Aug-96	RACE	Adam Farnham
Katie Hoff	UNAT	5-May-00	2:21.56	<b>200 Freestyle</b>	2:22.24	13-Aug-92	QDD	Scott Weaver
Dorothy Halmy	GATR	7-Jun-08	5:09.97	<b>400 Freestyle</b>	4:58.02	29-Jul-04	NOVA	Christian Vivadelli
Jennifer Lushao	NOVA	14-Jun-91	34.06	<b>50 Backstroke</b>	34.18	5-Aug-98	FTE	David Walters
Jennifer Lushao	NOVA	17-May-91	1:13.05	<b>100 Backstroke</b>	1:14.98	5-Aug-98	FTE	David Walters
Stephanie Jones	TIDE	5-Aug-98	38.96	<b>50 Breaststroke</b>	38.58	8-Aug-90	RAYS	Danny Pyle
Katie Hoff	UNAT	18-May-00	1:25.70	<b>100 Breaststroke</b>	1:24.76	11-Aug-04	NOVA	Robert DeWolff
Stephanie Jones	TIDE	5-Aug-98	32.02	<b>50 Butterfly</b>	31.24	25-May-85	BRAC	Ryan Bradley
Katie Hoff	UNAT	18-May-00	1:11.90	<b>100 Butterfly</b>	1:12.06	30-Jul-09	CYAC	Brian Hynes
Katie Hoff	UNAT	18-May-00	2:37.75	<b>200 Ind Medley</b>	2:41.99	12-Aug-09	GATR	Keith Myburgh
Mountjoy, Burden, Allen, Billings	BRAC	1-Aug-85	2:08.13	<b>200 Free Relay</b>	2:08.50	14-May-93	PSDN	Gulley, Ward, Matthews, ??
A. Summa, E. Beckerman, M. Warhol, C Chromik	TPHN	28-Jul-05	4:51.58	<b>400 Free Relay</b>	4:52.84	24-Jul-08	TIDE	D. Arris, J. Kauffman, C. Demers, C. Egress
Burden, Mountjoy, Billings, Allen	BRAC	1-Aug-85	2:24.40	<b>200 Medley Relay</b>	2:25.53	17-May-91	CGBD	Whanger, Crawford, Strahorn, Joynes

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### 11-12

Julie Sablik	CCA	9-Aug-00	27.66	<b>50 Freestyle</b>	25.93	9-Aug-00	SMAC	Lee Robertson
Elizabeth Knorre	ODAC	20-Jul-90	1:01.06	<b>100 Freestyle</b>	57.47	9-Aug-00	SMAC	Lee Robertson
Elizabeth Knorre	ODAC	20-Jul-90	2:10.55	<b>200 Freestyle</b>	2:06.46	7-Jul-83	FTE	David Grazier
Remedy Rule	SMAC	12-Aug-09	4:33.80	<b>400 Freestyle</b>	4:26.75	7-Jul-83	FTE	David Grazier
Katie Hoff	TPHN	16-May-02	9:30.00	<b>800 Freestyle</b>	9:22.01	23-Jul-09	QDD	Henry Campbell
Katie Hoff	TPHN	16-May-02	18:44.33	<b>1500 Freestyle</b>	17:51.11	1-Jun-07	TCAC	Zachary Paryzek
Jenna Brick	BASS	8-Aug-01	31.97	<b>50 Backstroke</b>	29.98	29-Jul-99	CGBD	John Kegelman
Remedy Rule	SMAC	30-Jul-09	1:08.85	<b>100 Backstroke</b>	1:05.63	6-Aug-97	NOVA	Cole Taylor
Remedy Rule	SMAC	30-Jul-09	2:26.82	<b>200 Backstroke</b>	2:16.71	25-Jul-02	NOVA	Tom Sheranek
Rebecca Rainer	NOVA	28-Jul-05	35.19	<b>50 Breaststroke</b>	33.65	13-Aug-92	RAYS	Danny Pyle
Blair Carnes	NOVA	8-Aug-07	1:17.22	<b>100 Breaststroke</b>	1:12.71	12-Aug-09	CGBD	James Kegelman
Rebecca Rainer	NOVA	23-Jun-06	2:43.34	<b>200 Breaststroke</b>	2:37.86	12-Aug-09	CGBD	James Kegelman
Stephanie Jones	TIDE	27-Jul-00	29.63	<b>50 Butterfly</b>	27.93	28-Jun-07	CGBD	Garret Lynn
Whitney Hedgepeth	TOP	6-Aug-83	1:04.36	<b>100 Butterfly</b>	1:03.10	25-Jul-02	NOVA	Ian Vogt
Remedy Rule	SMAC	12-Aug-09	2:24.49	<b>200 Butterfly</b>	2:21.30	12-Jul-02	NOVA	Ian Vogt
Katie Hoff	TPHN	1-Jun-02	2:27.44	<b>200 Ind Medley</b>	2:23.13	6-Aug-03	NOVA	Tom Sheranek
Katie Hoff	TPHN	1-Jun-02	5:08.35	<b>400 Ind Medley</b>	5:11.68	23-May-03	NOVA	Tom Sheranek
A. Brown, A. Basset	NOVA	28-Jul-05	1:57.63	<b>200 Free Relay</b>	1:55.07	25-Jul-02	NOVA	I. Vogt, N. Johnston, B. Carr, G. Brown
E. Worrell, L. Snidow								
J. Arnold, O. Heeb, N. Hunt, R. Rule	SMAC	30-Jul-09	4:18.00	<b>400 Free Relay</b>	4:11.65	17-Jul-03	NOVA	J. Litz, R. Anthony, B. Ross, T. Sheranek
E. Worrell, R. Rainer, T. Dula, A. Brown	NOVA	28-Jul-05	2:10.45	<b>200 Medley Relay</b>	2:03.78	24-May-02	NOVA	Wren, Arencibia, Vogt, Brown
N. Gray, B. Carnes, B. Hall, M. Sweeney	NOVA	19-Jul-07	4:44.88	<b>400 Medley Relay</b>	4:44.90	29-Jul-04	NOVA	P. Rossetti, N. Clark, J. Madden, R. Anthony

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Women

Men

### 13-14

Clare Wooddall-Gainey	GATR	31-Jul-01	26.76	<b>50 Freestyle</b>	24.84	28-Jul-05	SWAT	Evan Gregg
Clare Wooddall-Gainey	GATR	31-Jul-01	57.87	<b>100 Freestyle</b>	52.84	2-Aug-94	CGBD	Brett Cline
Ginny Johnson	UNAT	17-May-96	2:06.63	<b>200 Freestyle</b>	1:56.37	2-Aug-94	CGBD	Brett Cline
Ginny Johnson	UNAT	8-Feb-96	4:19.11	<b>400 Freestyle</b>	4:07.01	25-Aug-82	BRAC	Jeff Utsch
Ginny Johnson	UNAT	8-Feb-96	8:51.42	<b>800 Freestyle</b>	8:25.26	25-Aug-82	BRAC	Jeff Utsch
Ginny Johnson	UNAT	8-Feb-96	16:50.14	<b>1500 Freestyle</b>	16:20.23	25-Aug-82	BRAC	Jeff Utsch
Lisa Dubbe'	ODAC	3-Dec-89	1:04.75	<b>100 Backstroke</b>	59.85	28-Jul-05	NOVA	Tom Sheranek
Lisa Dubbe'	ODAC	5-Aug-89	2:22.19	<b>200 Backstroke</b>	2:09.28	14-Jul-05	NOVA	Tom Sheranek
Olivia Ross	PSDN	17-Jul-08	1:11.96	<b>100 Breaststroke</b>	1:08.00	16-Jul-99	CGBD	Tim Kegelman
Katie Hoff	TPHN	17-Jul-03	2:34.59	<b>200 Breaststroke</b>	2:27.00	16-Jul-99	CGBD	Tim Kegelman
Darby Chang	ODAC	29-Jul-90	1:02.36	<b>100 Butterfly</b>	58.54	20-Jul-05	CGBD	Mason Wilcox
Emma Nunn	NOVA	29-Jun-08	2:15.53	<b>200 Butterfly</b>	2:09.68	8-Aug-01	TAC	JB Walsh
Katie Hoff	TPHN	5-Aug-03	2:16.97	<b>200 Ind Medley</b>	2:12.02	1-Aug-85	PSDN	Keith Eberle
Katie Hoff	TPHN	5-Aug-03	4:50.82	<b>400 Ind Medley</b>	4:38.50	1-Aug-89	PSDN	Keith Eberle
C. Pittman, M. Wheelock, P. Boyer, M. Holloway	WAC	28-Jul-05	1:53.79	<b>200 Free Relay</b>	1:44.51	20-Jul-06	NOVA	T. Stephens, M. Covert, H. Knight, R. Anthony
K. Jones, C. Buscaglia, H. Hoffert, K. Iverson	SQST	24-Jul-08	4:06.14	<b>400 Free Relay</b>	3:47.37	24-Jul-08	CGBD	R. Carter, B. Hartman, G. Lynn, P. Bailey
Miller, Donohue, Owen, Tew	PSDN	14-May-93	9:08.27	<b>800 Free Relay</b>	8:52.79	1-Aug-80	TOP	Hood, Peoples, Price, Rutledge
K. Zimmerman, C. Sweeney, C. Stephens, K. Lahvic	NOVA	28-Jul-05	2:07.13	<b>200 Medley Relay</b>	1:53.83	28-Jul-05	NOVA	T. Sheranek, J. Litz, K. Shaw, R. Anthony
C. Areson, B. Barnes, M. Robinson, N. Gray	NOVA	30-Jul-09	4:32.12	<b>400 Medley Relay</b>	4:06.98	10-Jun-04	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown

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**Women**

**Men**

### 15-16

Clare Wooddall-Gainey	GATR	12-Aug-02	26.21	<b>50 Freestyle</b>	23.89	25-Mar-04	TPHN	David Walters
Rebecca Jones	TIDE	29-Jun-08	56.72	<b>100 Freestyle</b>	51.15	10-Aug-09	NOVA	Thomas Stephens
Whitney Hedgepeth	VACS	27-Jul-87	2:01.94	<b>200 Freestyle</b>	1:51.80	10-Aug-09	NOVA	Thomas Stephens
Rachel Naurath	NOVA	29-Jun-08	4:16.03	<b>400 Freestyle</b>	3:57.85	27-Mar-84	BRAC	Jeff Utsch
Rachel Naurath	NOVA	4-Aug-08	8:46.22	<b>800 Freestyle</b>	8:08.71	14-Aug-84	BRAC	Jeff Utsch
Rachel Naurath	NOVA	4-Aug-08	16:47.78	<b>1500 Freestyle</b>	15:51.98	14-Aug-84	BRAC	Jeff Utsch
Kallie Golden	PSDN	10-Aug-09	1:03.98	<b>100 Backstroke</b>	57.04	27-Jul-09	RAYS	Josh Friedel
Kallie Golden	PSDN	10-Aug-09	2:14.37	<b>200 Backstroke</b>	2:01.70	27-Jul-09	RAYS	Josh Friedel
Rebecca Rainer	NOVA	17-Mar-09	1:11.35	<b>100 Breaststroke</b>	1:04.38	11-Jan-07	PSDN	Stuart Ferguson
Rebecca Rainer	NOVA	17-Mar-09	2:31.69	<b>200 Breaststroke</b>	2:20.42	10-Jun-04	NOVA	Luke Vogt
Whitney Hedgepeth	VACS	4-Aug-86	1:01.50	<b>100 Butterfly</b>	55.82	3-Aug-04	NOVA	Lee Robertson
Emma Nunn	NOVA	8/10/2009	02:13.7	<b>200 Butterfly</b>	2:03.13	27-Jul-09	RAYS	Josh Friedel
Whitney Hedgepeth	VACS	4-Aug-86	2:18.47	<b>200 Ind Medley</b>	2:07.21	6-Aug-99	NOVA	Bo Greenwood
Rebecca Rainer	NOVA	17-Mar-09	4:50.39	<b>400 Ind Medley</b>	4:26.38	6-Aug-99	NOVA	Bo Greenwood
A. Titley, C. Stephens, K. Bassett, R. Naurath	NOVA	17-Jul-08	1:50.51	<b>200 Free Relay</b>	1:42.63	20-Jun-96	ODAC	Giusto, McLaren, Robbins, Morrisette
A. Titley, A. Brown, A Haulsee, R. Naurath	NOVA	4-Aug-08	3:53.92	<b>400 Free Relay</b>	3:48.90	18-May-07	CGBD	M. Baumler, M. Wilcox, D. Crockett, K. Hurdle
R. Naurath, A Haulsee, A. Brown, A. Titley	NOVA	17-Mar-09	8:18.64	<b>800 Free Relay</b>	8:12.58	26-Jul-07	NOVA	A. Anthony, T. Sheranek J. Litz, B. Ross
E. Worrell, R. Rainer, C. Stephens, R. Naurath	NOVA	20-Jul-08	2:03.78	<b>200 Medley Relay</b>	1:54.87	15-Jul-99	NOVA	Farmer, Halasz, Wilson, Greenwood
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	17-Mar-09	4:17.68	<b>400 Medley Relay</b>	4:04.30	27-Jul-99	NOVA	Farmer, Halasz, Wilson, Greenwood



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**Women**

**Men**

Senior								
Sara Smith	UNAT	29-Jun-08	25.44	<b>50 Freestyle</b>	22.70	14-May-09	HOKI	Kann Tayla
Christine Marshall	CGBD	7-Jul-09	55.56	<b>100 Freestyle</b>	50.23	4-Aug-09	UVAA	Peter Geissinger
Christine Marshall	CGBD	7-Jul-09	1:59.57	<b>200 Freestyle</b>	1:48.85	12-Aug-06	TPHN	David Walters
Rachel Naurath	NOVA	10-Aug-09	4:16.02	<b>400 Freestyle</b>	3:53.65	1-Aug-06	NOVA	John Millen
Rachel Naurath	NOVA	10-Aug-09	8:44.88	<b>800 Freestyle</b>	8:08.71	14-Aug-84	BRAC	Jeff Utsch
Rachel Naurath	NOVA	10-Aug-09	16:36.72	<b>1500 Freestyle</b>	15:28.19	5-Aug-06	NOVA	John Millen
Kerry O'Hanlon	NOVA	17-Aug-92	1:01.85	<b>100 Backstroke</b>	53.93	22-Aug-91	QDD	Jeff Rouse
Kallie Golden	PSDN	10-Aug-09	2:14.37	<b>200 Backstroke</b>	1:59.37	1-Mar-92	QDD	Jeff Rouse
Jessica Botzum	UNAT	29-Jun-08	1:08.85	<b>100 Breaststroke</b>	1:02.58	4-Aug-08	PSDN	Stuart Ferguson
Jessica Botzum	UNAT	29-Jun-08	2:31.63	<b>200 Breaststroke</b>	2:16.57	27-Mar-01	UVA	Gary Marshall
Mary T. Meagher	ODAC	8-Aug-98	59.82	<b>100 Butterfly</b>	53.16	7-Jul-04	CGBD	Peter Verhoef
Mary T. Meagher	ODAC	8-Aug-98	2:09.13	<b>200 Butterfly</b>	1:58.65	23-Jul-09	UNAT	Todd McGraw
Whitney Hedgepeth	VACS	8-Aug-88	2:16.36	<b>200 Ind Medley</b>	2:02.34	4-Aug-09	QDD	Peter Benner
Rebecca Rainer	NOVA	17-Mar-09	4:50.39	<b>400 Ind Medley</b>	4:19.21	4-Aug-09	PSDN	Tyler Harris
C. Stephens, J. Lewis	NOVA	12-Jul-07	1:48.10	<b>200 Free Relay</b>	1:35.80	17-Mar-09	NOVA	D. Higgins, C. Stephens, C. Blackwood, R. Anthony
K. Wallace, S. Glover								
J. Lewis, S. Glover	NOVA	31-Jul-07	3:51.23	<b>400 Free Relay</b>	3:28.83	12-Aug-02	NOVA	L. Wagner, C. Greenwood, J. Haag, L. Anderson
M. Evo, J. Witt								
R. Naurath, A Haulsee, A. Brown, A. Titley	NOVA	17-Mar-09	8:18.64	<b>800 Free Relay</b>	7:39.62	14-Aug-01	NOVA	Zurowski, Greenwood, Anderson, Finch
B. White, L. Beaudreaux, E. Shaw, J. Lewis	NOVA	13-Jul-06	2:01.63	<b>200 Medley Relay</b>	1:46.79	26-Jul-07	PSDN	R. Barry, S. Ferguson W. Harris, G. Ramsdell
E. Worrell, R. Rainer, A. Titley, R. Naurath	NOVA	10-Aug-09	4:17.19	<b>400 Medley Relay</b>	3:49.82	14-Aug-01	NOVA	Greenwood, Baird, Finch, Anderson

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