

# VIRGINIA SWIMMING LSC RECORDS

## SC YARDS

as of: 12/25/2009

Women

Men

### 10&Y

Bernetta MCGuire	RVSI	4-Apr-95	26.32	<b>50 Freestyle</b>	25.93	11-Apr-85	BRAC	Ryan Bradley
Trisha Blackwell	RAYS	4-Apr-94	56.03	<b>100 Freestyle</b>	56.63	11-Apr-85	BRAC	Ryan Bradley
Katie Hoff	WAC	30-Mar-00	2:05.79	<b>200 Freestyle</b>	2:05.81	1-Apr-04	NOVA	Christian Vivadelli
Dorothy Halmy	GATR	16-Jan-09	5:42.17	<b>500 Freestyle</b>	5:34.68	22-Oct-04	NOVA	Christian Vivadelli
Trisha Blackwell	RAYS	4-Apr-94	29.73	<b>50 Backstroke</b>	29.34	2-Apr-98	CGBD	John Kegelman
Jennifer Lushao	NOVA	7-Apr-91	1:02.95	<b>100 Backstroke</b>	1:04.68	2-Apr-98	CGBD	John Kegelman
Lauren Brick	BASS	28-Mar-96	33.01	<b>50 Breaststroke</b>	33.04	22-Oct-04	NOVA	Robert DeWolff
Lauren Brick	BASS	28-Mar-96	1:13.33	<b>100 Breaststroke</b>	1:12.67	28-Mar-96	CGBD	Tim Kegelman
Gigi DeToll	BASS	8-Dec-95	28.82	<b>50 Butterfly</b>	28.18	11-Apr-85	BRAC	Ryan Bradley
Rebecca Harper	NOVA	17-Dec-93						
Katie Hoff	WAC	30-Mar-00	1:04.05	<b>100 Butterfly</b>	1:03.84	11-Apr-85	BRAC	Ryan Bradley
Katie Hoff	WAC	30-Mar-00	1:05.10	<b>100 Ind Medley</b>	1:06.20	2-Jan-81	QDD	Jeff Rouse
Katie Hoff	WAC	30-Mar-00	2:19.89	<b>200 Ind Medley</b>	2:22.97	18-Dec-09	GATR	Keith Myburgh
Nye, Giusto, Orem, Chang	ODAC	19-Mar-87	1:53.74	<b>200 Free Relay</b>	1:53.80	11-Mar-99	RVSI	Chandler, Ryder, Tudor, Greene
E. Wang, R. Leigh, M. Sweeney, N. Gray	NOVA	19-Mar-05	4:17.88	<b>400 Free Relay</b>	4:13.50	8-Mar-01	BAC	B. Carr, S. Taylor, T. Smith, C. Berger
Jones, Cooper, Harper, Mumper	NOVA	17-Dec-93	2:10.48	<b>200 Medley Relay</b>	2:07.21	8-Dec-05	NOVA	T. Copeland, Z. Browne, E. Dudding, H. Bassett

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as of: 12/25/2009

Women

Men

### 11-12

Darby Chang	ODAC	16-Mar-89	24.22	<b>50 Freestyle</b>	22.71	6-Jan-01	SMAC	Lee Robertson
Kelly Freeburn	TAC	9-Apr-99	53.01	<b>100 Freestyle</b>	50.29	20-Mar-05	NOVA	Mac Anthony
Katie Hoff	TPHN	4-Apr-02	1:53.96	<b>200 Freestyle</b>	1:50.23	28-Mar-96	CYAC	Derrick Mulder
Whitney Hedgepeth	TOP	18-Feb-84	5:04.13	<b>500 Freestyle</b>	5:01.59	17-Mar-05	NOVA	Mac Anthony
Remedy Rule	SMAC	30-Jan-09	10:36.50	<b>1000 Freestyle</b>	10:34.82	8-Mar-07	TCAC	Zachary Paryzek
Katie Hoff	TPHN	8-Feb-02	17:40.55	<b>1650 Freestyle</b>	17:33.81	8-Mar-07	TCAC	Zachary Paryzek
Jenna Brick	BASS	29-Mar-01	27.88	<b>50 Backstroke</b>	26.05	4-Apr-02	NOVA	David Wren
Lisa Dubbe'	ODAC	29-Mar-88	59.91	<b>100 Backstroke</b>	55.50	22-Mar-02	NOVA	David Wren
Kelsey Zimmerman	NOVA	18-Mar-04	2:09.04	<b>200 Backstroke</b>	1:58.92	19-Apr-02	NOVA	David Wren
Katie Hoff	TPHN	14-Mar-02	30.47	<b>50 Breaststroke</b>	29.40	6-Feb-98	PSDN	Robbie Fischetti
Katie Hoff	TPHN	4-Apr-02	1:06.25	<b>100 Breaststroke</b>	1:03.69	30-Mar-00	CGBD	John Kegelman
Rebecca Rainer	NOVA	30-Mar-06	2:21.49	<b>200 Breaststroke</b>	2:21.37	3-Apr-08	NOVA	Zack Browne
Rebecca Harper	NOVA	14-Dec-95	26.34	<b>50 Butterfly</b>	25.04	15-Mar-07	CGBD	Garret Lynn
Darby Chang	ODAC	28-Mar-89	56.21	<b>100 Butterfly</b>	54.86	19-Mar-98	PSDN	Robbie Fischetti
Katie Hoff	TPHN	8-Feb-02	2:08.96	<b>200 Butterfly</b>	2:04.40	27-Mar-03	QDD	Austin Johnson
Darby Chang	ODAC	16-Mar-89	58.18	<b>100 Ind Medley</b>	56.50	30-Mar-00	CGBD	John Kegelman
Katie Hoff	TPHN	14-Mar-02	2:06.73	<b>200 Ind Medley</b>	2:03.39	6-Feb-98	PSDN	Robbie Fischetti
Danielle LeClair	NOVA	10-Mar-00	4:34.75	<b>400 Ind Medley</b>	4:31.97	11-Apr-03	NOVA	Tom Sheranek
C.Chromick, K. White, M. Warhol, A. Summa	CGBD	15-Mar-07	1:42.07	<b>200 Free Relay</b>	1:38.75	15-Mar-07	CGBD	G. Marston, C. Balch, G. Lynn, P. Bailey
L. Jennings, L. Snidow, E. Nunn, R. Rainer	NOVA	19-Mar-06	3:45.81	<b>400 Free Relay</b>	3:37.84	20-Mar-05	NOVA	P. Rossetti, T. Stephens, C. Vivadelli, R. Anthony
L. Snidow, R. Rainer, L. Jennings, E. Nunn	NOVA	17-Mar-06	1:54.02	<b>200 Medley Relay</b>	1:48.53	3-Feb-07	CGBD	P. Bailey, B. Hartman, G. Lynn, G. Marston
L. Snidow, R. Rainer, L. Jennings, E. Nunn	NOVA	18-Mar-06	4:08.74	<b>400 Medley Relay</b>	3:54.91	22-Mar-02	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown

# VIRGINIA SWIMMING LSC RECORDS

## SC YARDS

as of: 12/25/2009

Women

Men

### 13-14

Gabrielle Bishop	US	5-Mar-09	23.66	<b>50 Freestyle</b>	21.55	3-Dec-09	QSTS	Cameron Johnston
Karen Burgess	VACS	9-Apr-85	50.64	<b>100 Freestyle</b>	46.74	28-Apr-98	CYAC	Derrrick Mulder
Kaitlin Jones	SQST	11-Dec-08	1:49.70	<b>200 Freestyle</b>	1:42.52	4-Apr-94	CGBD	Brett Cline
Whitney Hedgepeth	VACS	14-Dec-85	4:49.19	<b>500 Freestyle</b>	4:37.51	4-Apr-94	CGBD	Brett Cline
Ginny Johnson	UNAT	8-Dec-95	9:46.29	<b>1000 Freestyle</b>	9:30.13	12-Dec-02	NOVA	Luke Vogt
Whitney Hedgepeth	VACS	14-Dec-85	16:16.86	<b>1650 Freestyle</b>	15:54.34	12-Dec-02	NOVA	Luke Vogt
Jenna Brick	RAYS	20-Mar-03	56.21	<b>100 Backstroke</b>	52.03	22-Mar-04	NOVA	David Wren
Darby Chang	ODAC	15-Mar-91	2:01.94	<b>200 Backstroke</b>	1:50.91	22-Mar-04	NOVA	David Wren
Olivia Ross	PSDN	4-Dec-08	1:03.38	<b>100 Breaststroke</b>	57.74	12-Dec-05	PSDN	Stuart Ferguson
Katie Hoff	TPHN	20-Mar-03	2:16.34	<b>200 Breaststroke</b>	2:05.70	12-Dec-05	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	7-Apr-85	54.00	<b>100 Butterfly</b>	51.34	15-Mar-07	SQST	Michael Covert
Whitney Hedgepeth	VACS	7-Apr-85	2:00.03	<b>200 Butterfly</b>	1:53.23	14-Dec-01	TAC	JB Walsh
Katie Hoff	TPHN	13-Dec-02	2:03.80	<b>200 Ind Medley</b>	1:55.60	10-Mar-00	PSDN	Robbie Fischetti
Rebecca Rainer	NOVA	18-Mar-08	4:19.67	<b>400 Ind Medley</b>	4:02.19	12-Dec-02	NOVA	Luke Vogt
R. Kelley, C. Stephens, K. Zimmerman, J. Arndt	NOVA	19-Mar-05	1:39.03	<b>200 Free Relay</b>	1:30.64	16-Mar-89	NOVA	Bradley, Israel, Paxton, Jones
A. Titley, K. Bassett, A. Brown, A. Haulsee	NOVA	29-Mar-07	3:35.28	<b>400 Free Relay</b>	3:20.24	16-Mar-89	NOVA	Bradley, Jones, Paxton, Israel
R. Naurath, A. Brown, E. Worrell, A. Haulsee	NOVA	7-Dec-06	7:43.69	<b>800 Free Relay</b>	7:19.38	11-Dec-03	NOVA	G. Brown, T. Sheranek, I. Vogt, D. Wren
E. Worrell, R. Rainer, R. Naurath, K. Bassett	NOVA	15-Mar-07	1:49.16	<b>200 Medley Relay</b>	1:40.50	18-Mar-04	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown
J. Elliott, R. Rainer, R. Naurath, A. Titley	NOVA	7-Dec-06	3:57.29	<b>400 Medley Relay</b>	3:35.89	18-Mar-04	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown

# VIRGINIA SWIMMING LSC RECORDS

## SC YARDS

as of: 12/25/2009

**Women**

**Men**

### 15-16

Clare Wooddall-Gainey	GATR	13-Dec-02	23.21	<b>50 Freestyle</b>	20.71	4-Dec-08	NOVA	Mac Anthony
Allison Titley	NOVA	17-Mar-09	50.39	<b>100 Freestyle</b>	45.25	17-Mar-09	NOVA	Mac Anthony
Whitney Hedgepeth	VACS	12-Mar-87	1:46.05	<b>200 Freestyle</b>	1:37.98	17-Mar-09	NOVA	Thomas Stephens
Whitney Hedgepeth	VACS	8-Mar-87	4:41.03	<b>500 Freestyle</b>	4:27.84	17-Mar-09	NOVA	Thomas Stephens
Whitney Hedgepeth	VACS	8-Mar-87	9:43.11	<b>1000 Freestyle</b>	9:17.61	21-Mar-06	NOVA	Sam Martinette
Rachel Naurath	NOVA	17-Mar-09	16:07.53	<b>1650 Freestyle</b>	15:27.82	24-Mar-98	NOVA	Judd Glasco
Madison Hahn	US	10-Dec-09	55.63	<b>100 Backstroke</b>	50.09	12-Mar-05	RAYS	Nick Lloyd
Elisabeth Worrell	NOVA	17-Mar-09	1:58.14	<b>200 Backstroke</b>	1:47.61	11-Dec-08	RAYS	Josh Friedel
Rebecca Rainer	NOVA	17-Mar-09	1:01.17	<b>100 Breaststroke</b>	54.96	29-Nov-07	PSDN	Stuart Ferguson
Rebecca Rainer	NOVA	17-Mar-09	2:11.87	<b>200 Breaststroke</b>	2:00.12	29-Nov-07	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	8-Mar-86	54.29	<b>100 Butterfly</b>	49.29	14-Dec-01	CGBD	Tim Kegelman
Rachel Naurath	NOVA	17-Mar-09	1:57.08	<b>200 Butterfly</b>	1:49.05	11-Mar-06	NOVA	Ian Vogt
Katy Arris	ODAC	9-Mar-87	2:00.86	<b>200 Ind Medley</b>	1:50.71	16-Mar-99	FTE	Richard Long
Rebecca Rainer	NOVA	17-Mar-09	4:13.37	<b>400 Ind Medley</b>	3:56.68	17-Dec-98	NOVA	Bo Greenwood
R. Naurath, A. Titley, C. Stephens, K. Bassett	NOVA	17-Mar-09	1:34.96	<b>200 Free Relay</b>	1:26.69	8-Mar-07	CGBD	S. Cline, M. Wilcox, A. Skipper, M. Baumler
A. Titley, A. Haulsee, A. Brown, R. Naurath	NOVA	17-Mar-09	3:26.15	<b>400 Free Relay</b>	3:11.17	8-Mar-07	CGBD	K. Hurdle, M. Wilcox, M. Baumler, R. Hartman
R. Naurath, A. Haulsee, A Brown, A. Titley	NOVA	17-Mar-09	7:18.87	<b>800 Free Relay</b>	7:01.71	24-Mar-98	NOVA	Glasco, Greenwood, Carrig, Hirth
E. Worrell, R. Rainer, C. Stephens, A. Titley	NOVA	17-Mar-09	1:43.34	<b>200 Medley Relay</b>	1:35.50	15-Mar-02	CGBD	J. Fowler, T. Kegelman, P. Verhoef, C. Pollard
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	17-Mar-09	3:44.41	<b>400 Medley Relay</b>	3:27.76	9-Dec-05	NOVA	D. Wren, J. Arencibia, I. Vogt, and G. Brown

# VIRGINIA SWIMMING LSC RECORDS

## SC YARDS

as of: 12/25/2009

Women

Men

### 17-18

Rebecca Jones	TIDE	4-Dec-08	22.92	<b>50 Freestyle</b>	20.40	11-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	4-Dec-08	49.06	<b>100 Freestyle</b>	44.30	12-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	6-Mar-09	1:45.44	<b>200 Freestyle</b>	1:35.07	10-Mar-06	TPHN	David Walters
Sasha Malanina	GATR	14-Apr-03	4:49.42	<b>500 Freestyle</b>	4:25.37	5-Mar-09	QDD	Jameson Hill
Cara Lane	UVA	6-Oct-00	9:50.32	<b>1000 Freestyle</b>	9:11.51	20-Mar-07	NOVA	Sam Martinette
Sasha Malanina	GATR	14-Apr-03	16:32.08	<b>1650 Freestyle</b>	15:26.96	13-Dec-01	NOVA	Cole Taylor
Kerry O'Hanlon	NOVA	16-Dec-92	54.52	<b>100 Backstroke</b>	48.98	11-Mar-88	QDD	Jeff Rouse
Kerry O'Hanlon	NOVA	24-Mar-92	1:56.92	<b>200 Backstroke</b>	1:45.45	18-Mar-08	NOVA	David Wren
Lauren Brick	RAYS	20-Mar-03	1:02.74	<b>100 Breaststroke</b>	53.75	4-Dec-08	PSDN	Stuart Ferguson
Keri Sink	GATR	17-Mar-09	2:15.99	<b>200 Breaststroke</b>	1:58.05	4-Dec-08	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	21-Mar-89	54.17	<b>100 Butterfly</b>	48.33	20-Mar-03	CGBD	Tim Kegelman
Elizabeth Shaw	NOVA	22-Mar-06	1:57.47	<b>200 Butterfly</b>	1:47.35	20-Mar-07	NOVA	Ian Vogt
Natalie Griffith	CGBD	5-Mar-99	2:01.43	<b>200 Ind Medley</b>	1:48.01	11-Dec-08	HOKI	Evan Gregg
Danielle LeClair	NOVA	24-Mar-05	4:14.91	<b>400 Ind Medley</b>	3:50.04	14-Dec-00	NOVA	Bo Greenwood
K. Golden, K. Schroeder, L. Pierce, S. Justis	PSDN	5-Dec-09	1:39.95	<b>200 Free Relay</b>	1:24.70	8-Mar-09	PSDN	S. Ferguson, S. Rairden A. Aceino, C. Borysewicz
Hedgepeth, Schmidt, Pingel, Burgess	VACS	21-Mar-89	3:30.85	<b>400 Free Relay</b>	3:05.39	17-Mar-09	PSDN	S. Ferguson, S. Rairden C. Borysewicz, A. Aceino
Burgess, Schmidt, Pingel, Hedgepeth	VACS	21-Mar-89	7:39.52	<b>800 Free Relay</b>	6:47.32	20-Mar-07	NOVA	G. Brown, C. Heinrich, D. Wren, S. Martinette
L. Pierce, M. Gargula, K. Schroeder, S. Justis	PSDN	4-Dec-09	1:49.61	<b>200 Medley Relay</b>	1:30.71	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino
K. Golden, M. Gargula, K. Schroeder, S. Justis	PSDN	4-Dec-09	3:57.54	<b>400 Medley Relay</b>	3:19.70	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino

# VIRGINIA SWIMMING LSC RECORDS

## SC YARDS

as of: 12/25/2009

Women

Men

### Senior

Rebecca Jones	TIDE	4-Dec-08	22.92	<b>50 Freestyle</b>	20.38	8-Mar-07	CGBD	Joel Cross
Rebecca Jones	TIDE	4-Dec-08	49.06	<b>100 Freestyle</b>	44.30	12-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	6-Mar-09	1:45.44	<b>200 Freestyle</b>	1:35.07	10-Mar-06	TPHN	David Walters
Whitney Hedgepeth	VACS	12-Mar-87	4:41.03	<b>500 Freestyle</b>	4:25.37	5-Mar-09	QDD	Jameson Hill
Whitney Hedgepeth	VACS	12-Mar-87	9:43.11	<b>1000 Freestyle</b>	9:11.34	10-Mar-00	NOVA	Michael Fuller
Rachel Naurath	NOVA	17-Mar-09	16:07.53	<b>1650 Freestyle</b>	15:26.48	5-Mar-09	UVAA	Graham Graytek
Kerry O'Hanlon	NOVA	16-Dec-92	54.52	<b>100 Backstroke</b>	48.98	11-Mar-88	QDD	Jeff Rouse
Kerry O'Hanlon	NOVA	24-Mar-92	1:56.92	<b>200 Backstroke</b>	1:45.45	18-Mar-08	NOVA	David Wren
Rebecca Rainer	NOVA	17-Mar-09	1:01.17	<b>100 Breaststroke</b>	53.64	8-Mar-07	CGBD	Joel Cross
Rebecca Rainer	NOVA	17-Mar-09	2:11.87	<b>200 Breaststroke</b>	1:58.05	4-Dec-08	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	3-Apr-85	54.00	<b>100 Butterfly</b>	47.82	8-Mar-07	CGBD	Joel Cross
Rachel Naurath	NOVA	17-Mar-09	1:57.08	<b>200 Butterfly</b>	1:47.08	8-Mar-08	GATR	Gustavo Calado
Katy Arris	ODAC	21-Mar-87	2:00.86	<b>200 Ind Medley</b>	1:46.87	9-Mar-08	UNAT	Christopher Greenwood
Rebecca Rainer	NOVA	17-Mar-09	4:13.37	<b>400 Ind Medley</b>	3:50.04	14-Dec-00	NOVA	Bo Greenwood
R. Naurath, A. Titley, C. Stephens, K. Bassett	NOVA	17-Mar-09	1:34.96	<b>200 Free Relay</b>	1:22.68	8-Mar-07	CGBD	J. Cross, J. Graham, D. Richardson, S. Madaras
A. Titley, A. Haulsee, A. Brown, R. Naurath	NOVA	17-Mar-09	3:26.15	<b>400 Free Relay</b>	3:02.72	17-Mar-09	NOVA	R. Anthony, C. Blackwood T. Stephens, D. Higgins
R. Naurath, A. Haulsee, A Brown, A. Titley	NOVA	17-Mar-09	7:18.87	<b>800 Free Relay</b>	6:38.41	17-Mar-09	NOVA	T. Stephens, C. Blackwood D. Higgins, R. Anthony,
E. Worrell, R. Rainer, C. Stephens, A. Titley	NOVA	17-Mar-09	1:43.34	<b>200 Medley Relay</b>	1:30.72	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	17-Mar-09	3:44.41	<b>400 Medley Relay</b>	3:19.70	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino