

RECORDS VSI Long Course

LC Meters-Women

10 & U	50 Free	29.57	14-Jul-95	RVSI	Bernetta McGuire		
	100 Free	1:04.16	16-May-94	RAYS	Trisha Blackwell		
	200 Free	2:20.27	7-Aug-13	GATR	Miranda B. Kirtley		
	400 Free	4:52.86	7-Aug-13	GATR	Miranda B. Kirtley		
	50 Back	34.06	14-Jun-91	NOVA	Jennifer Lushao		
	100 Back	1:13.05	17-May-91	NOVA	Jennifer Lushao		
	50 Breast	38.20	3-May-13	TIDE	Lauren A. Barakey		
	100 Breast	1:25.70	18-May-00	UNAT	Katie Hoff		
	50 Fly	32.02	5-Aug-98	TIDE	Stephanie Jones		
	100 Fly	1:10.94	13-Jun-14	NOVA	Zoe A. Dixon		
	200 IM	2:37.75	18-May-00	UNAT	Katie Hoff		
	200 Free Relay	2:08.13	1-Aug-85	BRAC	BRAC	Mountjoy, Burden, Allen, Billings	
	400 Free Relay	4:42.13	25-Jul-13	GATR	Virginia Gators	C. Summerlin, E. Higgins, K. John, M. Kirtley	
	200 Medley Relay	2:23.08	24-Jul-14	NOVA	NOVA of Virginia Aquatics	E. Ahmed, M. Tan, Z. Dixon, M. Ferguson	
	11-12	50 Free	27.66	9-Aug-00	CCA	Julie Sablik	
		100 Free	1:01.06	12-Jun-15	RAYS	Caroline G. Bentz	
100 Free		1:01.06	20-Jul-90	ODAC	Elizabeth Knorre		
200 Free		2:10.55	20-Jul-90	ODAC	Elizabeth Knorre		
400 Free		4:31.32	26-Jul-12	NOVA	Madeleine W. Hadd		
800 Free		9:22.30	26-Jul-12	NOVA	Madeleine W. Hadd		
1500 Free		17:48.71	26-Jul-12	NOVA	Madeleine W. Hadd		
50 Back		31.73	24-Jul-14	GATR	Olivia G. Bray		
100 Back		1:08.51	24-Jul-14	GATR	Olivia G. Bray		
200 Back		2:26.23	1-Aug-14	GATR	Olivia G. Bray		
50 Breast		34.95	24-Jul-14	RAYS	Georgia L. Johnson		
100 Breast		1:15.90	24-Mar-15	TIDE	Lauren A. Barakey		
200 Breast		2:38.32	24-Mar-15	TIDE	Lauren A. Barakey		
50 Fly		29.46	24-Jul-14	GATR	Olivia G. Bray		
100 Fly		1:04.36	6-Aug-83	TOP	Whitney Hedgepeth		
200 Fly		2:23.04	1-Aug-14	GATR	Olivia G. Bray		
200 IM		2:27.44	1-Jun-02	TPHN	Katie Hoff		
400 IM		5:08.35	1-Jun-02	TPHN	Katie Hoff		
200 Free Relay		1:56.01	25-May-15	NOVA	NOVA	C. Schelbe, G. Sheble, O. Erickson, C. Isley	
400 Free Relay		4:16.43	24-Jul-14	GATR	Virginia Gators	O. Bray, M. Kirtley, C. Summerlin, B. Knisely	
200 Medley Relay		2:10.45	28-Jul-05	NOVA	NOVA	E. Worrell, R. Rainer, T. Dula, A. Brown	
400 Medley Relay		4:43.90	24-Jul-14	GATR	Virginia Gators	C. Summerlin, E. Higgins, O. Bray, B. Knisely	
13-14	50 Free	26.76	31-Jul-01	GATR	Clare Wooddall-Gainey		
	100 Free	57.87	31-Jul-01	GATR	Clare Wooddall-Gainey		
	200 Free	2:05.51	14-Jul-11	SMAC	Remedy A. Rule		
	400 Free	4:19.11	8-Feb-96	UNAT	Ginny Johnson		
	800 Free	8:51.42	8-Feb-96	UNAT	Ginny Johnson		
	1500 Free	16:50.14	8-Feb-96	UNAT	Ginny Johnson		
	100 Back	1:04.08	1-Jul-11	SMAC	Remedy A. Rule		
	200 Back	2:17.22	1-Jul-11	SMAC	Remedy A. Rule		
	100 Breast	1:11.96	17-Jul-08	PSDN	Olivia C. Ross		
	200 Breast	2:34.59	17-Jul-03	TPHN	Katie Hoff		
	100 Fly	1:02.36	29-Jul-90	ODAC	Darby Chang		
	100 Fly	1:02.36	8-Aug-11	SMAC	Remedy A. Rule		

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13-14	200 Fly	2:12.92	8-Aug-11	SMAC	Remedy A. Rule	
	200 IM	2:16.97	5-Aug-03	TPHN	Katie Hoff	
	400 IM	4:50.82	5-Aug-03	TPHN	Katie Hoff	
	200 Free Relay	1:49.74	19-Jul-14	CGBD	CGBD	M. Morello, A. Slayton, C. Marsteller, A. Larson
	400 Free Relay	4:05.06	25-Jul-13	NOVA	NOVA of Virginia Aquatics	B. Gvozdas, E. Provenzo, M. Hadd
	800 Free Relay	8:52.97	14-Jul-11	SMAC	SMAC	R. Rule, J. Arnold, N. Hunt, O. Heeb
	200 Medley Relay	2:05.32	24-Jul-14	CGBD	Coast Guard Blue Dolphins	A. Larson, C. Marsteller, A. Slayton, A. Hoover
	400 Medley Relay	4:32.12	30-Jul-09	NOVA	NOVA	C. Areson, B. Carnes, M. Robinson, N. Gray
15-16	50 Free	25.78	17-Mar-15	PSDN	Casey Fanz	
	100 Free	56.72	29-Jun-08	TIDE	Rebecca L. Jones	
	200 Free	2:01.94	27-Jul-87	VACS	Whitney Hedgepeth	
	400 Free	4:15.42	5-Aug-13	NOVA	Jessie E. Gvozdas	
	800 Free	8:46.22	4-Aug-08	NOVA	Rachel Naurath	
	1500 Free	16:47.78	4-Aug-08	NOVA	Rachel Naurath	
	100 Back	1:03.22	22-Jul-10	US	Madison E. Hahn	
	200 Back	2:14.37	10-Aug-09	PSDN	Kallie Golden	
	100 Breast	1:11.35	17-Mar-09	NOVA	Rebecca L. Rainer	
	200 Breast	2:31.69	17-Mar-09	NOVA	Rebecca L. Rainer	
	100 Fly	1:01.41	5-Aug-13	SMAC	Remedy A. Rule	
	200 Fly	2:11.32	5-Aug-13	SMAC	Remedy A. Rule	
	200 IM	2:18.47	4-Aug-86	VACS	Whitney Hedgepeth	
	400 IM	4:50.39	17-Mar-09	NOVA	Rebecca L. Rainer	
	200 Free Relay	1:50.32	25-Jul-10	QSTS	QSTS	K. Jones, K. Iverson, H. Hoffert, C. Buscaglia
	400 Free Relay	3:53.92	4-Aug-08	NOVA	NOVA	A. Titley, A. Brown, A. Haulsee, R. Naurath
	800 Free Relay	8:18.64	17-Mar-09	NOVA	NOVA	R. Naurath, A. Haulsee, A. Brown, A. Titley
	200 Medley Relay	2:03.47	21-Jul-11	PSDN	PSDN	K. Tomenchokj, O. Ross, M. Boswell, E. Maltby
400 Medley Relay	4:17.68	17-Mar-09	NOVA	NOVA	E. Worrell, R. Rainer, R. Naurath, A. Titley	
17-18	50 Free	25.97	25-Jul-14	QSTS	Meredith Vay	
	100 Free	56.21	2-Aug-11	UVAA	Emily Lloyd	
	200 Free	2:00.31	8-Aug-88	VACS	Whitney Hedgepeth	
	400 Free	4:13.14	3-Aug-10	NOVA	Rachel Naurath	
	800 Free	8:44.88	10-Aug-09	NOVA	Rachel Naurath	
	1500 Free	16:36.72	10-Aug-09	NOVA	Rachel Naurath	
	100 Back	1:01.85	17-Aug-92	NOVA	Kerry O'Hanlon	
	200 Back	2:14.38	17-Aug-92	NOVA	Kerry O'Hanlon	
	100 Breast	1:10.57	9-Aug-10	NOVA	Rebecca Rainer	
	200 Breast	2:32.51	7-Aug-12	NOVA	Blair M. Carnes	
	100 Fly	1:00.37	24-Mar-15	QSTS	Madeline A. Banic	
	200 Fly	2:09.65	3-Aug-10	NOVA	Rachel Naurath	
	200 IM	2:16.36	8-Aug-88	VACS	Whitney Hedgepeth	
	400 IM	4:49.59	2-Aug-11	NOVA	Emma C. Nunn	
	200 Free Relay	1:49.90	21-Jul-11	ODAC	ODAC	G. Bishop, S. White, K. Zelinski, M Loper
	400 Free Relay	3:57.27	24-Jul-10	NOVA	NOVA	R. Naurath, A. Haulsee, A. Brown, A. Titley
	800 Free Relay	8:30.57	21-Jul-11	NOVA	NOVA	A. Haulsee, E. Nunn, A. Brown, A. Titley
	200 Medley Relay	2:05.54	25-Jul-09	PSDN	PSDN	L. Pierce, S. Randall, L. Webber, E. Bartholomew
	400 Medley Relay	4:22.78	27-Jul-87	VACS	VACS	Coulson, Brinser, Hedgepeth, Burgess
	50 Free	25.44	29-Jun-08	UN-01	Sara M. Smith	
	100 Free	55.49	2-Aug-11	UVAA	Lauren B. Perdue	
	200 Free	1:57.75	25-Jun-12	UVAA	Lauren B. Perdue	

RECORDS VSI Long Course

400 Free	4:10.64	2-Aug-11	NOVA	Rachel S. Naurath	
800 Free	8:41.07	2-Aug-11	NOVA	Rachel S. Naurath	
1500 Free	16:36.72	10-Aug-09	NOVA	Rachel Naurath	
100 Back	1:01.83	7-Aug-12	UVAA	Ellen P. Williamson	
200 Back	2:12.04	7-Aug-12	UVAA	Ellen P. Williamson	
100 Breast	1:08.85	29-Jun-08	UN-03	Jessica A. Botzum	
200 Breast	2:30.48	2-Aug-11	UVAA	Christine Olson	
100 Fly	59.82	8-Aug-98	ODAC	Mary T. Meagher	
200 Fly	2:09.13	8-Aug-98	ODAC	Mary T. Meagher	
200 IM	2:14.57	6-Aug-14	CAV	Kaitlyn E. Jones	
400 IM	4:47.95	6-Aug-14	NOVA	Emma C. Nunn	
200 Free Relay	1:46.04	17-Jul-14	LIB	Liberty Aquatics	M. Babcock, C. Gary, K. Hough, C. Simmons
400 Free Relay	3:51.23	31-Jul-07	NOVA	NOVA	J. Lewis, S. Glover, M. Evo, J. Witt
800 Free Relay	8:18.64	17-Mar-09	NOVA	NOVA	R. Naurath, A. Haulsee, A. Brown, A. Titley
200 Medley Relay	1:57.56	18-Jul-13	LIB	Liberty Aquatics	E. Kaufman, L. Day, J. Reinhardt, M. Babcock
400 Medley Relay	4:17.19	10-Aug-09	NOVA	NOVA	E. Worrell, R. Rainer, A. Titley, R. Naurath

RECORDS VSI Long Course

LC Meters-Men

10 & U	50 Free	29.45	1-May-15	TIDE	Samuel Quarles		
	100 Free	1:05.72	7-Aug-96	RACE	Adam Farnham		
	200 Free	2:18.99	25-Jun-10	GATR	Keith M. Myburgh		
	400 Free	4:51.11	29-Jul-10	GATR	Keith M. Myburgh		
	50 Back	34.18	5-Aug-98	FTE	David Walters		
	100 Back	1:14.40	6-Jun-15	CCA	Andrew C. Eliason		
	50 Breast	38.58	8-Aug-90	RAYS	Danny Pyle		
	100 Breast	1:24.76	11-Aug-04	NOVA	Robert DeWolff		
	50 Fly	31.24	25-May-85	BRAC	Ryan Bradley		
	100 Fly	1:12.06	30-Jul-09	CYAC	Brian Hynes		
	200 IM	2:35.93	29-Jul-10	GATR	Keith M. Myburgh		
	200 Free Relay	2:07.22	28-Jul-11	NOVA	NOVA	M. Whelan, N. Gaspar, P. Madden, N. Viers	
	400 Free Relay	4:40.35	28-Jul-11	NOVA	NOVA	M. Whelan, N. Gaspar, N. Viers, H. Wiley	
	200 Medley Relay	2:24.97	28-Jul-11	NOVA	NOVA	N. Gaspar, C. Whiting, M. Whelan, P. Madden	
	11-12	50 Free	25.93	9-Aug-00	SMAC	Lee Robertson	
		100 Free	57.47	9-Aug-00	SMAC	Lee Robertson	
200 Free		2:06.46	7-Jul-83	FTE	David Grazier		
400 Free		4:25.04	8-Aug-12	VA	Steven Mills		
800 Free		9:12.17	21-Jun-12	GATR	Keith M. Myburgh		
1500 Free		17:30.58	17-May-14	PSDN	Adam Kerr		
50 Back		29.12	7-Aug-13	RPST	Luke Durocher		
100 Back		1:05.07	7-Aug-13	RPST	Luke Durocher		
200 Back		2:16.71	25-Jul-02	NOVA	Tom Sheranek		
50 Breast		33.65	13-Aug-92	RAYS	Danny Pyle		
100 Breast		1:12.71	12-Aug-09	VA	James C. Kegelman		
200 Breast		2:37.86	12-Aug-09	VA	James C. Kegelman		
50 Fly		27.57	25-Jul-13	RPST	Luke Durocher		
100 Fly		1:02.23	25-Jul-13	RPST	Luke Durocher		
200 Fly		2:21.30	12-Jul-02	NOVA	Ian Vogt		
200 IM		2:20.52	7-Aug-13	RPST	Luke Durocher		
400 IM		5:03.19	8-May-14	PSDN	Adam Kerr		
200 Free Relay		1:52.32	24-Jul-14	NOVA	NOVA of Virginia Aquatics	A. Camurdan, J. Oberle, H. Sundlun, R. Hutcherson	
400 Free Relay		4:10.28	25-Jul-13	NOVA	NOVA	C. Whiting, D. Ripol, N. Viers, M. Whelan	
200 Medley Relay		2:03.78	24-May-02	NOVA	NOVA	Wren, Arencibia, Vogt, Brown	
400 Medley Relay	4:41.48	24-Jul-14	NOVA	NOVA of Virginia Aquatics	J. Oberle, D. Hellams, R. Hutcherson, A. Camurdan		
13-14	50 Free	24.50	25-Jul-13	PSDN	Cody Bollinger		
	100 Free	52.82	2-Aug-94	CGBD	Brett Cline		
	200 Free	1:56.37	2-Aug-94	CGBD	Brett Cline		
	400 Free	4:04.56	21-Jul-11	QDD	Henry C. Campbell		
	800 Free	8:25.26	25-Aug-82	BRAC	Jeff Utsch		
	1500 Free	16:20.23	25-Aug-82	BRAC	Jeff Utsch		
	100 Back	59.85	28-Jul-05	NOVA	Tom Sheranek		
	200 Back	2:09.28	14-Jul-05	NOVA	Tom Sheranek		
	100 Breast	1:07.11	24-Jul-14	GATR	Keith M. Myburgh		
	200 Breast	2:25.02	24-Jul-14	GATR	Keith M. Myburgh		
	100 Fly	58.14	24-Jul-14	RPST	Luke Durocher		
	200 Fly	2:07.71	30-Jul-13	NOVA	David Dixon		
	200 IM	2:12.02	1-Aug-85	PSDN	Keith Eberle		

RECORDS VSI Long Course

13-14	400 IM	4:35.57	24-Jul-14	GATR	Keith M. Myburgh	
	200 Free Relay	1:42.58	25-Jul-13	NOVA	NOVA	D. Dixon, J. Johnson, A. Rose, C. Nystrom
	400 Free Relay	3:47.27	19-Jul-12	SEVA	SEVA	N. Schwegel, Z. Becouvarakis, C. Stickle, J. Spire
	800 Free Relay	8:19.48	29-Jul-12	SEVA	SEVA	J. Spires, N. Schwegel, C. Stickle, Z. Becouvarak
	200 Medley Relay	1:53.83	28-Jul-05	NOVA	NOVA	T. Sheranek, J. Litz, K. Shaw, R. Anthony
	400 Medley Relay	4:06.98	10-Jun-04	NOVA	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown
15-16	50 Free	23.63	17-Mar-15	PSDN	Cody Bollinger	
	100 Free	50.60	5-Aug-13	NOVA	Townley Haas	
	200 Free	1:50.34	5-Aug-13	NOVA	Townley Haas	
	400 Free	3:51.99	5-Aug-13	NOVA	Townley Haas	
	800 Free	8:08.71	14-Aug-84	BRAC	Jeff Utsch	
	1500 Free	15:51.98	14-Aug-84	BRAC	Jeff Utsch	
	100 Back	57.04	27-Jul-09	RAYS	Josh Friedel	
	200 Back	2:01.70	27-Jul-09	RAYS	Josh Friedel	
	100 Breast	1:04.38	11-Jan-07	PSDN	Stuart Ferguson	
	200 Breast	2:19.26	5-Aug-14	NOVA	Charlie Swanson	
	100 Fly	55.75	30-Jul-14	NOVA	Ted Schubert	
	200 Fly	2:03.13	27-Jul-09	RAYS	Josh Friedel	
	200 IM	2:07.08	22-Jul-13	QDD	Henry C. Campbell	
	400 IM	4:26.38	6-Aug-99	NOVA	Bo Greenwood	
	200 Free Relay	1:39.62	20-Jul-13	SEVA	SEVA	G. Titsch, J. Spiores, J. Strelow, N. Schwegel
	400 Free Relay	3:36.92	16-May-14	NOVA	NOVA	J. Johnson, F. Schubert, C. Swanson, A. Schultz
	800 Free Relay	7:57.36	30-Jul-13	NOVA	NOVA	J. Larsen, J. Cortright, G. Brown, F. Schubert
	200 Medley Relay	1:52.71	27-Jul-14	GATR	GATR	A. Cargill, A. Russo, K. Fonder, J. Austin
	400 Medley Relay	4:00.91	16-May-14	NOVA	NOVA	W. O'Brien, C. Swanson, F. Schubert, J. Johnson
	17-18	50 Free	22.90	15-May-14	FUAC	Ali A. Khalafalla
100 Free		49.55	27-Aug-14	NOVA	Townley Haas	
200 Free		1:48.29	27-Aug-14	NOVA	Townley Haas	
400 Free		3:52.01	30-Jul-14	NOVA	Townley Haas	
800 Free		8:00.99	27-Aug-14	NOVA	Townley Haas	
1500 Free		15:37.95	27-Mar-01	UVA	Ian Prichard	
100 Back		55.84	23-Mar-88	QDD	Jeff Rouse	
200 Back		2:01.46	17-Mar-15	NOVA	Wade O'Brien	
100 Breast		1:01.99	30-Jul-13	TIDE	Austin Temple	
200 Breast		2:17.84	31-Jul-89	RVAA	J. J. Freitag	
100 Fly		54.25	4-Aug-08	GATR	Frederico Castro	
200 Fly		2:00.31	4-Aug-08	GATR	Todd McGraw	
200 IM		2:04.84	1-Mar-92	PAST	Kurt Jachimowski	
400 IM		4:23.14	28-Mar-00	NOVA	Bo Greenwood	
200 Free Relay		1:37.10	25-Jul-09	PSDN	PSDN	A. Aceino, W. Strait, S. Ferguson, S. Rairden
400 Free Relay		3:39.48	25-Jul-09	CGBD	CGBD	E. Rutherford,, C. Cirillo, M. Wilcox, A. Skipper
800 Free Relay		8:03.39	30-Jul-13	PSDN	PSDN	C. Zamparello, A. Drummond, M. Lynch, B. McCarthy
200 Medley Relay		1:47.05	25-Jul-09	PSDN	PSDN	S. Rairden, S. Ferguson, W. Strait, A. Aceino
400 Medley Relay		3:51.94	17-Mar-09	PSDN	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. aceino
50 Free		22.70	14-May-09	HOKI	Kaan Tayla	
100 Free		49.69	6-Aug-14	NOVA	Townley Haas	
200 Free		1:48.32	27-Aug-14	NOVA	Townley Haas	
400 Free		3:51.99	5-Aug-13	NOVA	Townley Haas	
800 Free		8:01.82	30-Jul-14	NOVA	Townley Haas	

RECORDS VSI Long Course

1500 Free	15:28.19	1-Aug-06	NOVA	John Millen	
100 Back	53.93	22-Aug-91	QDD	Jeff Rouse	
200 Back	1:59.37	1-Mar-92	QDD	Jeff Rouse	
100 Breast	1:01.99	20-Jul-13	TIDE	Austin Temple	
200 Breast	2:15.10	2-Aug-11	UN	William T. Harris	
100 Fly	53.16	7-Jul-04	CGBD	Peter Verhoef	
200 Fly	1:58.65	23-Jul-09	UQDD	Samuel T. McGraw	
200 IM	2:00.91	2-Aug-11	UN	William T. Harris	
400 IM	4:17.63	3-Aug-10	PSDN	Tyler Harris	
200 Free Relay	1:32.72	17-Mar-09	HOKI	HOKI	K. Botha, K. Tayla, R. Ulatowski, E. Gregg
400 Free Relay	3:28.83	12-Aug-02	NOVA	NOVA	L. Wagner, C. Greenwood, J. Haag, L. Anderson
800 Free Relay	7:37.87	30-Jul-14	NOVA	NOVA	S. Erickson, F. Schubert, C. Swanson, F. Haas
200 Medley Relay	1:44.67	18-Jul-13	PSDN	PSDN	M. Latimer, A. Strait, F. Byrne, J. Rich
400 Medley Relay	3:49.82	14-Aug-01	NOVA	NOVA	Greenwood, Baird, Finch, Anderson