
RECORDS VSI Long Course
LC Meters-Women

10 & U	50 Free	29.46	20-Jul-17	NOVA	Amelia C. Chen		
	100 Free	1:03.87	20-Jul-17	NOVA	Amelia C. Chen		
	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	33.83	24-Jun-16	TIDE	Kayleigh Duffy		
	100 Back	1:12.27	20-Jul-17	NOVA	Amelia C. Chen		
	50 Breast	37.92	21-Jul-16	GATR	Ava M. Muzzy		
	100 Breast	1:25.38	21-Jul-16	GATR	Ava M. Muzzy		
	50 Fly	30.93	24-Jun-16	TIDE	Kayleigh Duffy		
	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	2:08.05	20-Jul-17	NOVA	NOVA	A. Chen, A. Bischoff, A. Frink, A. Rogerson	
	400 Free Relay	4:42.13	25-Jul-13	GATR	GATR	C. Summerlin, E. Higgins, K. John, M. Kirtley	
	200 Medley Relay	2:23.08	24-Jul-14	NOVA	NOVA	E. Ahmed, M. Tan, Z. Dixon, M. Ferguson	
	11-12	50 Free	27.63	23-Jul-15	PSDN	Morgan T. Burton	
		100 Free	1:00.24	23-Jul-15	PSDN	Morgan T. Burton	
		200 Free	2:09.75	5-Aug-15	NOVA	Grace E. Sheble	
		400 Free	4:29.01	24-Jul-15	GATR	Miranda B. Kirtley	
		800 Free	9:17.01	24-Jul-15	GATR	Miranda B. Kirtley	
1500 Free		17:38.20	24-Jul-15	GATR	Miranda B. Kirtley		
50 Back		31.73	24-Jul-14	GATR	Olivia G. Bray		
100 Back		1:07.29	5-Aug-15	VYAC	Abby E. Reardon		
200 Back		2:24.88	5-Aug-15	VYAC	Abby E. Reardon		
50 Breast		34.69	23-Jul-15	GATR	Ella K. Higgins		
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		2:25.78	5-Aug-15	NOVA	Grace E. Sheble		
400 IM		5:08.35	1-Jun-02	TPHN	Katie Hoff		
200 Free Relay		1:53.80	20-Jul-17	TIDE	TIDE	S. Knapp, M. McKee, A. Albano, K. Duffy	
400 Free Relay		4:15.50	20-Jul-17	TIDE	TIDE	S. Knapp, M. McKee, A. Albano, K. Duffy	
200 Medley Relay		2:07.26	23-Jul-15	NOVA	NOVA	Z. Dixon, K. Koupal, E. Ahmed, S. Peterson	
400 Medley Relay		4:40.10	23-Jul-15	NOVA	NOVA	Z. Dixon, K. Koupal, E. Ahmed, S. Peterson	
13-14	50 Free	26.76	31-Jul-01	GATR	Clare Wooddall-Gainey		
	100 Free	57.68	1-Aug-17	NOVA	Grace E. Sheble		
	200 Free	2:04.25	4-Dec-15	GATR	Caroline G. Kulp		
	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	1:03.06	26-Jun-16	GATR	Olivia G. Bray		
	200 Back	2:15.03	4-Dec-15	GATR	Olivia G. Bray		
	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	1:00.21	26-Jun-16	GATR	Olivia G. Bray		
	200 Fly	2:12.92	8-Aug-11	SMAC	Remedy A. Rule		
	200 IM	2:16.97	5-Aug-03	TPHN	Katie Hoff		

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13-14	400 IM	4:48.17	1-Aug-17	NOVA	Grace E. Sheble	
	200 Free Relay	1:49.09	20-Jul-17	NOVA	NOVA	C. Sheble, M. Burton, O. Erickson, G. Sheble
	400 Free Relay	3:55.99	20-Jul-17	NOVA	NOVA	C. Sheble, M. Burton, M. Ackerly, G. Sheble
	800 Free Relay	8:36.49	24-Jul-15	GATR	GATR	O. Bray, W. Hamilton, E. Muzzy, C. Kulp
	200 Medley Relay	2:00.46	20-Jul-17	NOVA	NOVA	C. Sheble, A. Young, G. Sheble, O. Erickson
	400 Medley Relay	4:21.36	20-Jul-17	NOVA	NOVA	C. Sheble, A. Young, G. Sheble, O. Erickson
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. Gvozdaz	
	800 Free	8:46.22	4-Aug-08	NOVA	Rachel Naurath	
	1500 Free	16:47.78	4-Aug-08	NOVA	Rachel Naurath	
	100 Back	1:02.22	8-Aug-16	TIDE	Callie Dickinson	
	200 Back	2:11.71	8-Aug-16	TIDE	Callie Dickinson	
	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	59.61	2-Aug-17	GATR	Olivia G. Bray	
	200 Fly	2:11.32	5-Aug-13	SMAC	Remedy A. Rule	
	200 IM	2:18.24	15-Mar-16	GATR	Emma E. Muzzy	
	400 IM	4:50.39	17-Mar-09	NOVA	Rebecca L. Rainer	
	200 Free Relay	1:47.62	21-Mar-09	GATR	GATR	C. Kulp, O. Bray, E. Muzzy, W. Hamilton
	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	2:00.13	3-Aug-16	GATR	GATR	W. Hamilton, C. Kulp, C. Whitlow, E. Muzzy
	400 Medley Relay	4:17.68	17-Mar-09	NOVA	NOVA	E. Worrell, R. Rainer, R. Naurath, A. Titley
	17-18	50 Free	25.55	24-Aug-16	PSDN	Casey Fanz at
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		2:13.45	27-Jun-17	HOKI	Chloe A. Hicks	
100 Breast		1:10.53	27-Jun-17	CAV	Maddy Vonderhaar	
200 Breast		2:32.51	7-Aug-12	NOVA	Blair M. Carnes	
100 Fly		1:00.21	30-Jul-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		25.34	27-Jun-17	CAV	Caitlin Cooper	
100 Free		55.49	2-Aug-11	UVAA	Lauren B. Perdue	
200 Free		1:56.47	26-Jun-16	CAV	Leah Smith	
400 Free		4:00.65	26-Jun-16	CAV	Leah Smith	
800 Free		8:20.46	27-Jun-17	CAV	Leah G. Smith	

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1500 Free	16:01.02	27-Jun-17	CAV	Leah G. Smith	
100 Back	1:01.80	26-Jun-16	CAV	Megan Moroney	
200 Back	2:11.71	8-Aug-16	TIDE	Callie Dickinson	
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	58.88	26-Jun-16	CAV	Kaitlyn Jones	
200 Fly	2:09.13	8-Aug-98	ODAC	Mary T. Meagher	
200 IM	2:14.26	26-Jun-16	CAV	Kaitlyn Jones	
400 IM	4:33.86	27-Jun-17	CAV	Leah G. Smith	
200 Free Relay	1:46.04	17-Jul-14	LIB	Liberty Aquatics	M. Babcock, C. Gary, K. Hough, C. Simmons
400 Free Relay	3:50.27	31-Jul-07	HOKI	HOKI	M. Gruber, A. Grabski, C. Hicks, G. Kowal
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	28.83	20-Jul-17	CYAC	Thomas A. Heilman		
	100 Free	1:03.19	9-Aug-17	CYAC	Thomas A. Heilman		
	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	33.72	20-May-16	PSDN	Crash Ackerly		
	100 Back	1:12.75	15-Apr-16	PSDN	Crash Ackerly		
	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	1:10.78	9-Aug-17	CYAC	Thomas A. Heilman		
	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	2:21.16	20-Jul-17	NOVA	NOVA	A. Boyd, S. Ridge, J. Conner, E. Lalmbert	
	11-12	50 Free	25.90	23-Jul-15	NOVA	Atesh B. Camurdan	
		100 Free	57.34	5-Aug-15	NOVA	Atesh B. Camurdan	
		200 Free	2:06.40	21-Jul-16	QSTS	Caleb Thomas	
400 Free		4:24.59	3-Aug-16	VSI	Caleb Thomas		
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		1:04.49	5-Aug-15	NOVA	Atesh B. Camurdan		
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	CGBD	James C. Kegelman		
200 Breast		2:37.86	12-Aug-09	CGBD	James C. Kegelman		
50 Fly		27.57	25-Jul-13	RPST	Luke Durocher		
100 Fly		1:01.71	5-Aug-15	NOVA	Atesh B. Camurdan		
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	A. Camurdan, J. Oberle, H. Sundlun, R. Hutcherson	
400 Free Relay		4:08.97	21-Jul-16	QSTS	QSTS	J. Yeomans, A. Moudry, R. Buell, C. Thomas	
200 Medley Relay		2:03.78	24-May-02	NOVA	NOVA	Wren, Arencibia, Vogt, Brown	
400 Medley Relay	4:37.28	20-Jul-17	NOVA	NOVA	B. Ackerly, A. Yuan, A. Schreck, C. Bohlman		
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	59.78	23-Jul-15	RPST	Luke Durocher		
	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	57.71	15-Mar-16	ECAT	Cason Wilburn		
	200 Fly	2:07.71	30-Jul-13	NOVA	David Dixon		
	200 IM	2:11.00	9-Aug-16	PSDN	Colby Mills		

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13-14	400 IM	4:35.57	24-Jul-14	GATR	Keith M. Myburgh	
	200 Free Relay	1:40.91	23-Jul-15	NOVA	NOVA	M. Whelan, I. Moore, C. Whiting, C. DallaValle
	400 Free Relay	3:45.30	23-Jul-15	NOVA	NOVA	M. Whelan, I. Moore, D. Ripol, C. DallaValle
	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	23.55	20-Jul-17	ECAT	Cason Wilburn	
	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	15:45.37	3-Aug-16	GATR	Greg C. Reed	
	100 Back	56.66	26-Jun-16	QSTS	Clark G. Beach	
	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	55.09	8-Aug-17	ECAT	Cason Wilburn	
	200 Fly	2:02.96	28-Jul-15	NOVA	David A. Dixon	
	200 IM	2:05.37	24-Jul-15	GATR	Keith M. Myburgh	
	400 IM	4:25.43	24-Jul-15	GATR	Keith M. Myburgh	
	200 Free Relay	1:39.26	24-Jul-15	GATR	GATR	K. Myburgh, A. Russo, G. Reed, K. Fonder
	400 Free Relay	3:36.84	16-May-14	GATR	GATR	K. Fonder, K. Myburgh, A. Russo, G. Reed
	800 Free Relay	7:55.21	17-Jul-14	NOVA	NOVA	C. Swanson, J. Cortright, A. Schultz, F. Schubert
	200 Medley Relay	1:49.66	24-Jul-15	GATR	GATR	A. Russo, K. Myburgh, K. Fonder, G. Reed
	400 Medley Relay	3:59.34	16-May-14	GATR	GATR	A. Russo, K. Myburgh, K. Fonder, G. Reed
	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		1:47.55	6-Aug-15	NOVA	Townley Haas	
400 Free		3:48.69	6-Aug-15	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		55.48	2-Aug-17	QSTS	Clark Beach	
200 Back		1:59.28	2-Aug-17	QSTS	Clark Beach	
100 Breast		1:01.99	30-Jul-13	TIDE	Austin Temple	
200 Breast		2:17.12	4-Aug-15	NOVA	Charlie Swanson	
100 Fly		54.00	2-Aug-17	GATR	Khalil D. Fonder	
200 Fly		2:00.21	20-Jul-17	NOVA	David A. Dixon	
200 IM		2:02.57	24-Aug-16	NOVA	Charlie Swanson	
400 IM		4:17.37	24-Aug-16	NOVA	Charlie Swanson	
200 Free Relay		1:35.30	28-Jul-15	NOVA	NOVA	A. Schultz, C. Swanson, F. Schubert, A. Sullivan
400 Free Relay		3:26.76	28-Jul-15	NOVA	NOVA	A. Schultz, F. Haas, J. Cortright, C. Swanson
800 Free Relay		7:25.78	28-Jul-15	NOVA	NOVA	J. Cortright, A. Schultz, C. Swanson, F. Haas
200 Medley Relay		1:44.01	28-Jul-15	NOVA	NOVA	S. Cuthbert, C. Swanson, F. Schubert, A. Schultz
400 Medley Relay		3:44.11	28-Jul-15	NOVA	NOVA	W. O'Brien, C. Swanson, F. Schubert, F. Haas
50 Free		22.09	26-Jun-16	STRM	William F. Copeland	
100 Free		48.20	27-Jun-17	NOVA	Townley Haas	
200 Free		1:45.03	27-Jun-17	NOVA	Townley Haas	
400 Free		3:45.04	26-Jun-16	NOVA	Townley Haas	
800 Free		8:01.82	30-Jul-14	NOVA	Townley Haas	

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1500 Free	15:28.19	1-Aug-06	NOVA	John Millen	
100 Back	53.93	22-Aug-91	QDD	Jeff Rouse	
200 Back	1:56.79	2-Aug-16	HOKI	Robert Owen	
100 Breast	1:01.40	26-Jun-16	HOKI	Brandon C. Fiala	
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	4:15.40	14-Aug-11	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	3:26.76	28-Jul-15	NOVA	NOVA	A. Schultz, F. Haas, J. Cortright, C. Swanson
800 Free Relay	7:25.78	28-Jul-15	NOVA	NOVA	J. Cortright, A. Schultz, C. Swanson, F. Haas
200 Medley Relay	1:44.01	28-Jul-15	NOVA	NOVA	S. Cuthbert, C. Swanson, F. Schubert, A. Schultz
400 Medley Relay	3:43.85	28-Jul-15	HOKI	HOKI	R. Owen, J. Edwards, H. Pierce, H. Carroll