

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		31.67	26-Jul-18	NOVA	Sarah Wagner	
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	56.70	31-Jul-18	NOVA	Sydney C. Whiting	
	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	58.89	25-Jul-18	GATR	Olivia G. Bray	
	200 Fly	2:10.44	31-Jul-18	GATR	Olivia G. Bray	
	200 IM	2:15.80	31-Jul-18	NOVA	Grace E. Sheble	
	400 IM	4:46.47	25-Jul-18	NOVA	Grace E. Sheble	
	200 Free Relay	1:47.17	31-Jul-18	NOVA	NOVA	S. Whiting, M. Pulley, C. Scheble, M. Burton
	400 Free Relay	3:51.28	31-Jul-18	NOVA	NOVA	S. Whiting, M. Burton, C. Scheble, M. Pulley
	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	1:01.82	25-Jul-18	GATR	Emma E. Muzzy	
	200 Back	2:13.18	25-Jul-18	TIDE	Callie Dickinson	
	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	2:15.69	31-Jul-18	CGBD	Danika Katzer	
	400 IM	4:48.51	31-Jul-18	GATR	Emma E. Muzzy	
	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	2:10.53	25-Jul-18	CAV	Megan J. Moroney	
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	1:56.10	19-Jul-18	757	757swim	J. Vereb, J. Thompson, S. Long, A. Larson
400 Medley Relay	4:16.32	31-Jul-18	GATR	GATR	E. Muzzy, C. Kulp, O. Bray, W. Hamilton

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		2:21.07	26-Jul-18	CYAC	Thomas A. Heilman		
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	8:16.84	26-Jul-18	QSTS	QSTS	A. Moudry, M. Duren, R. Buell, C. Thomas
	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	1:04.35	16-Jun-18	PSDN	Noah Nichols	
	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	1:37.87	1-Aug-17	NOVA	NOVA	C. Dallavalle, M. Whelan, S. Laming, Z. Cram
	400 Free Relay	3:33.99	1-Aug-17	NOVA	NOVA	M. Whelan, P. Madden, C. Dallavalle, R. Hutcherson
	800 Free Relay	7:44.31	1-Aug-17	NOVA	NOVA	C. Dallavalle, M. Whelan, P. Madden, R. Hutcherson
	200 Medley Relay	1:49.66	24-Jul-15	GATR	GATR	A. Russo, K. Myburgh, K. Fonder, G. Reed
	400 Medley Relay	3:58.57	1-Aug-17	NOVA	NOVA	P. Madden, D. Chance, M. Whelan, C. Dallavalle
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	53.84	25-Jul-18	GATR	Noah L. Bowers	
	200 Fly	1:59.85	31-Jul-18	GATR	Noah L. Bowers	
	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	1:43.67	19-Jul-18	TRIB	TRIB	I. Thompson, D. McNulty, J. Doherty, C. Wright
400 Medley Relay	3:43.85	28-Jul-15	HOKI	HOKI	R. Owen, J. Edwards, H. Pierce, H. Carroll