

RECORDS VA Swimming

Yards-Women

10 & U	50 Free	25.65	30-Mar-16	TIDE	Kayleigh Duffy		
	100 Free	56.03	4-Apr-94	RAYS	Trisha Blackwell		
	200 Free	2:03.60	5-Apr-17	NOVA	Amelia C. Chen		
	500 Free	5:27.30	3-Apr-13	GATR	Miranda B. Kirtley		
	50 Back	28.93	8-Apr-15	NOVA	Zoe A. Dixon		
	100 Back	1:02.67	8-Apr-15	NOVA	Zoe A. Dixon		
	50 Breast	33.01	28-Mar-96	BASS	Lauren Brick		
	100 Breast	1:12.68	26-Mar-15	CGBD	Alden Koupal		
	50 Fly	28.01	8-Apr-15	NOVA	Zoe A. Dixon		
	100 Fly	1:01.71	8-Apr-15	NOVA	Zoe A. Dixon		
	100 IM	1:05.10	30-Mar-00	WAC	Katie Hoff		
	200 IM	2:19.42	14-Oct-16	GATR	Ava M. Muzzy		
	200 Free Relay	1:52.25	8-Nov-14	NOVA	NOVA	M. Ferguson, S. Peterson, M. Tan, Z. Dixon	
	400 Free Relay	4:07.63	29-Mar-14	NOVA	NOVA	Z. Dixon, A. Young, M. Ferguson, O. Ericson	
	200 Medley Relay	2:03.10	8-Nov-14	NOVA	NOVA	M. Ferguson, M. Tan, Z. Dixon, S. Peterson	
	11-12	50 Free	24.18	10-Mar-11	TIDE	Georgia A. DaCruz	
100 Free		52.63	10-Mar-11	TIDE	Georgia A. DaCruz		
200 Free		1:53.31	11-Dec-15	NOVA	Grace E. Sheble		
500 Free		4:58.73	11-Dec-15	NOVA	Grace E. Sheble		
1000 Free		10:20.09	11-Apr-12	NOVA	Maddie Hadd		
1650 Free		17:19.80	16-Oct-15	GATR	Miranda B. Kirtley		
50 Back		26.55	7-Nov-14	GATR	Olivia G. Bray		
100 Back		58.02	9-Mar-17	NOVA	Zoe A. Dixon		
200 Back		2:05.47	13-Mar-14	HOKI	Shelby Raber		
50 Breast		30.47	14-Mar-02	TPHN	Katie Hoff		
100 Breast		1:05.89	11-Dec-15	NOVA	Grace E. Sheble		
200 Breast		2:21.49	30-Mar-06	NOVA	Rebecca Rainer		
50 Fly		25.37	16-Apr-14	GATR	Olivia G. Bray		
100 Fly		56.21	28-Mar-89	ODAC	Darby Chang		
200 Fly		2:04.28	11-Dec-15	NOVA	Grace E. Sheble		
100 IM		58.18	16-Mar-89	ODAC	Darby Chang		
200 IM		2:05.40	11-Dec-15	NOVA	Grace E. Sheble		
400 IM		4:26.24	30-Oct-15	NOVA	Grace E. Sheble		
200 Free Relay		1:40.51	9-Dec-16	TIDE	TIDE	G. Wagner, A. Albano, K. Wilson, K. Duffy	
400 Free Relay		3:38.89	28-Mar-15	NOVA	NOVA	G. Sheble, O. Erickson, C. Isley, C. Sheble	
200 Medley Relay		1:51.01	9-Dec-16	NOVA	NOVA	M. Ferguson, A. Macholz, Z. Dixon, S. Peterson	
400 Medley Relay		3:58.95	11-Dec-15	NOVA	NOVA	C. Sheble, G. Sheble, Z. Dixon, O. Erickson	
13-14		50 Free	23.23	30-Mar-16	GATR	Whittney L. Hamilton	
		100 Free	50.64	9-Apr-85	VACS	Karen Burgess	
		200 Free	1:48.19	16-Dec-17	NOVA	Grace E. Sheble	
		500 Free	4:46.97	17-Dec-15	GATR	Caroline G. Kulp	
	1000 Free	9:46.29	8-Dec-95	UNAT	Ginny Johnson		
	1650 Free	16:16.86	14-Dec-85	VACS	Whitney Hedgepeth		
	100 Back	54.30	10-Mar-16	GATR	Olivia G. Bray		
	200 Back	1:56.06	4-Dec-15	GATR	Olivia G. Bray		
	100 Breast	1:02.65	7-Dec-17	NOVA	Grace E. Sheble		
	200 Breast	2:16.34	20-Mar-03	TPHN	Katie Hoff		
	100 Fly	53.00	10-Mar-16	GATR	Olivia G. Bray		

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13-14	200 Fly	1:57.68	7-Dec-17	NOVA	Grace E. Sheble	
	200 IM	2:00.05	19-Mar-19	NOVA	Zoe A. Dixon	
	400 IM	4:09.00	7-Dec-17	NOVA	Grace E. Sheble	
	200 Free Relay	1:35.42	7-Dec-17	NOVA	NOVA	C. Sheble, G. Sheble, O. Erickson, M. Ackerly
	400 Free Relay	3:26.45	7-Dec-17	NOVA	NOVA	C. Sheble, G. Sheble, M. Ackerly, O. Erickson
	800 Free Relay	7:18.96	16-Dec-17	NOVA	NOVA	G. Sheble, C. Sheble, O. Eickson, M. Ackerly
	200 Medley Relay	1:44.85	17-Dec-15	GATR	GATR	O. Bray, E. Higgins, W. Hamilton, C. Kulp
	400 Medley Relay	3:44.77	7-Dec-17	NOVA	NOVA	J. Fuller, G. Sheble, C. Sheble, O. Erickson
15-16	50 Free	22.58	11-Dec-14	PSDN	Casey Fanz	
	100 Free	49.83	21-Mar-17	GATR	Emma E. Muzzy	
	200 Free	1:46.05	12-Mar-87	VACS	Whitney Hedgepeth	
	500 Free	4:41.03	8-Mar-87	VACS	Whitney Hedgepeth	
	1000 Free	9:43.11	8-Mar-87	VACS	Whitney Hedgepeth	
	1650 Free	16:07.53	17-Mar-09	NOVA	Rachel S. Naurath	
	100 Back	52.02	21-Mar-17	GATR	Olivia G. Bray	
	200 Back	1:53.38	21-Mar-17	GATR	Emma E. Muzzy	
	100 Breast	1:00.61	28-Feb-19	UN-04	Asia C. Minnes	
	200 Breast	2:10.99	15-Mar-11	NOVA	Blair M. Carnes	
	100 Fly	51.48	21-Mar-17	GATR	Olivia G. Bray	
	200 Fly	1:54.21	21-Mar-17	GATR	Olivia G. Bray	
	200 IM	1:57.00	19-Mar-19	NOVA	Grace E. Sheble	
	400 IM	4:06.35	5-Dec-18	NOVA	Grace E. Sheble	
	200 Free Relay	1:30.99	21-Mar-17	GATR	GATR	O. Bray, E. Muzzy, C. Kulp, W. Hamilton
	400 Free Relay	3:19.52	21-Mar-17	GATR	GATR	O. Bray, E. Muzzy, C. Kulp, W. Hamilton
	800 Free Relay	7:14.79	28-Feb-19	TIDE	TIDE	S. Tadder, E. Caldwell, A. Reardon, K. Wilson
	200 Medley Relay	1:39.21	21-Mar-17	GATR	GATR	E. Muzzy, C. Kulp, O. Bray, W. Hamilton
	400 Medley Relay	3:36.53	21-Mar-17	GATR	GATR	O. Bray, E. Muzzy, W. Hamilton, C. Kulp
17-18	50 Free	22.73	13-Dec-18	GATR	Olivia G. Bray	
	100 Free	49.06	4-Dec-08	TIDE	Rebecca L. Jones	
	200 Free	1:45.44	5-Mar-09	TIDE	Rebecca Jones	
	500 Free	4:44.52	16-Mar-10	NOVA	Rachel S. Naurath	
	1000 Free	9:36.53	16-Mar-10	NOVA	Rachel S. Naurath	
	1650 Free	16:10.59	16-Mar-10	NOVA	Rachel S. Naurath	
	100 Back	52.05	20-Mar-18	GATR	Emma E. Muzzy	
	200 Back	1:52.01	21-Mar-18	GATR	Emma Muzzy	
	100 Breast	1:01.19	28-Feb-19	757	Jenna Thompson	
	200 Breast	2:09.99	15-Mar-11	NOVA	Rebecca Rainer	
	100 Fly	50.19	28-Feb-19	GATR	Olivia G. Bray	
	200 Fly	1:53.72	28-Feb-19	GATR	Olivia G. Bray	
	200 IM	1:57.45	29-Nov-17	GATR	Emma E. Muzzy	
	400 IM	4:06.72	29-Nov-17	GATR	Emma E. Muzzy	
	200 Free Relay	1:35.88	26-Mar-14	ODAC	ODAC	C. Walker, S. Hynes, L. Williams, C. McLemore
	400 Free Relay	3:24.58	16-Mar-10	NOVA	NOVA	R. Naurath, A. Haulsee, A. Brown, A. Titley
	800 Free Relay	7:17.36	15-Mar-11	NOVA	NOVA	A. Haulsee, A. Brown, S. Justis, A. Titley
	200 Medley Relay	1:42.35	16-Mar-10	NOVA	NOVA	E. Worrell, R. Rainer, R. Naurath, A. Titley
	400 Medley Relay	3:41.96	15-Mar-11	NOVA	NOVA	S. Justis, R. Rainer, E. Nunn, A. Titley
	50 Free	22.58	11-Dec-14	PSDN	Casey Fanz	
	100 Free	49.06	4-Dec-08	TIDE	Rebecca L. Jones	
	200 Free	1:45.44	5-Mar-09	TIDE	Rebecca L. Jones	

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500 Free	4:41.03	12-Mar-87	VACS	Whitney Hedgepeth	
1000 Free	9:36.53	16-Mar-10	NOVA	Rachel Naurath	
1650 Free	16:07.53	17-Mar-09	NOVA	Rachel Naurath	
100 Back	52.02	21-Mar-17	GATR	Olivia G. Bray	
200 Back	1:52.01	21-Mar-17	GATR	Emma E. Muzzy	
100 Breast	1:00.61	28-Feb-19	UN-04	Asia C. Minnes	
200 Breast	2:09.99	15-Mar-11	NOVA	Rebecca Rainer	
100 Fly	50.19	28-Feb-19	GATR	Olivia G. Bray	
200 Fly	1:53.72	28-Feb-19	GATR	Olivia G. Bray	
200 IM	1:57.00	19-Mar-19	NOVA	Grace E. Sheble	
400 IM	4:06.35	5-Dec-18	NOVA	Grace E. Sheble	
200 Free Relay	1:30.99	21-Mar-17	GATR	GATR	O. Bray, C. Kulp, E. Muzzy, W. Hamilton
400 Free Relay	3:19.52	21-Mar-17	GATR	GATR	O. Bray, E. Muzzy, C. Kulp, W. Hamilton
800 Free Relay	7:14.66	19-Mar-19	NOVA	NOVA	G. Sheble, M. Pulley, S. Whiting, S. Bender
200 Medley Relay	1:39.21	21-Mar-17	GATR	GATR	E. Muzzy, C. Kulp, O. Bray, W. Hamilton
400 Medley Relay	3:36.53	21-Mar-17	GATR	GATR	O. Bray, E. Muzzy, W. Hamilton, C. Kulp

RECORDS VA Swimming

Yards-Men

10 & U	50 Free	25.04	12-Jan-18	CYAC	Thomas A. Heilman	
	100 Free	54.35	1-Dec-17	CYAC	Thomas A. Heilman	
	200 Free	2:00.92	1-Dec-17	CYAC	Thomas A. Heilman	
	500 Free	5:25.61	18-Mar-10	GATR	Keith M. Myburgh	
	50 Back	29.28	8-Apr-15	PSDN	Marc Macomson	
	100 Back	1:02.57	30-Mar-16	PSDN	Crash Ackerly	
	50 Breast	33.04	22-Oct-04	NOVA	Robert DeWolff	
	100 Breast	1:12.67	28-Mar-96	CGBD	Tim Kegelman	
	50 Fly	27.05	12-Jan-18	CYAC	Thomas A. Heilman	
	100 Fly	58.36	12-Jan-18	CYAC	Thomas A. Heilman	
	100 IM	1:03.23	12-Jan-18	CYAC	Thomas A. Heilman	
	200 IM	2:17.02	1-Dec-17	CYAC	Thomas A. Heilman	
	200 Free Relay	1:50.44	11-Apr-12	GATR	GATR J. Ibarra, N. Lawson, K. John, N. Bowers	
	400 Free Relay	4:03.18	11-Apr-12	GATR	GATR J. Ibarra, N. Lawson, K. John, N. Bowers	
	200 Medley Relay	2:04.26	12-Dec-19	GATR	NOVA C. Harrington, C. Harrington, C. Hollender, A Mum	
	11-12	50 Free	21.50	6-Dec-19	CYAC	Thomas A. Heilman
100 Free		47.15	6-Dec-19	CYAC	Thomas A. Heilman	
200 Free		1:44.28	6-Dec-19	CYAC	Thomas A. Heilman	
500 Free		4:47.12	25-Jan-20	CYAC	Thomas A. Heilman	
1000 Free		10:02.45	16-Apr-14	PSDN	Adam Kerr	
1650 Free		16:43.38	20-Jan-18	TIDE	Bobby DiNunzio	
50 Back		24.97	17-Jan-20	CYAC	Thomas A. Heilman	
100 Back		54.72	17-Jan-20	CYAC	Thomas A. Heilman	
200 Back		1:58.92	19-Apr-02	NOVA	David Wren	
50 Breast		28.20	17-Jan-20	CYAC	Thomas A. Heilman	
100 Breast		1:02.99	17-Jan-20	CYAC	Thomas A. Heilman	
200 Breast		2:18.76	25-Jan-20	CYAC	Thomas A. Heilman	
50 Fly		22.87	6-Dec-19	CYAC	Thomas A. Heilman	
100 Fly		50.82	25-Jan-20	CYAC	Thomas A. Heilman	
200 Fly		1:53.66	6-Dec-19	CYAC	Thomas A. Heilman	
100 IM		54.84	3-Jan-20	CYAC	Thomas A. Heilman	
200 IM		1:57.64	25-Jan-20	CYAC	Thomas A. Heilman	
400 IM		4:14.68	6-Dec-19	CYAC	Thomas A. Heilman	
200 Free Relay		1:37.77	6-Dec-19	CYAC	CYAC W. Browne, B. Sawyer, T. Heilman, T. Kidd	
400 Free Relay		3:36.66	7-Mar-19	CYAC	CYAC W. Browne, T. Kidd, T. Heilman, T. Hitt	
200 Medley Relay		1:48.53	2-Feb-07	CGBD	CGBD P. Beiley, B. Hartman, G. Lynn, G. Marsten	
400 Medley Relay		3:54.91	22-Mar-02	NOVA	NOVA D. Wren, J. Arencibia, I. Vogt, G. Brown	
13-14		50 Free	21.24	10-Mar-16	ECAT	Cason Wilburn
		100 Free	46.06	10-Mar-16	ECAT	Cason Wilburn
		200 Free	1:41.32	10-Mar-16	ECAT	Cason Wilburn
		500 Free	4:32.55	24-Jan-20	TIDE	Bobby DiNunzio
	1000 Free	9:29.23	6-Nov-15	ECAT	Cason Wilburn	
	1650 Free	15:50.08	10-Apr-19	TIDE	Bobby DiNunzio	
	100 Back	50.91	11-Dec-14	RPST	Luke Durocher	
	200 Back	1:49.34	5-Apr-17	QSTS	Elijah A. Tarabocchia	
	100 Breast	57.09	9-Mar-17	TIDE	Kendall Ewing	
	200 Breast	2:05.70	8-Dec-05	PSDN	Stuart Ferguson	
	100 Fly	50.11	19-Mar-15	RPST	Luke Durocher	

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13-14	200 Fly	1:48.43	12-Dec-13	NOVA	David A. Dixon	
	200 IM	1:53.54	12-Dec-13	NOVA	David A. Dixon	
	400 IM	4:00.38	12-Dec-13	NOVA	David A. Dixon	
	200 Free Relay	1:30.24	3-Nov-17	NOVA	NOVA	C. Mayr, A. Camurdan, X. Raymondson, E. Kratzer
	400 Free Relay	3:16.94	8-Apr-15	PSDN	PSDN	N. Wakefield, C. Mills, R. Polino, S. Hogan
	800 Free Relay	7:03.50	12-Dec-13	NOVA	NOVA	D. Dixon, C. Nystrom, M. Whelan, J. Johnson
	200 Medley Relay	1:37.98	12-Dec-13	NOVA	NOVA	J. Johnson, H. Holweger, D. Dixon, C. Nystrom
	400 Medley Relay	3:32.97	12-Dec-13	NOVA	NOVA	J. Johnson, H. Holweger, D. Dixon, C. Nystrom
15-16	50 Free	20.39	10-Dec-15	PSDN	Cody Bollinger	
	100 Free	44.22	1-Mar-18	ECAT	Cason Wilburn	
	200 Free	1:36.94	12-Dec-13	NOVA	Townley Haas	
	500 Free	4:17.45	12-Dec-13	NOVA	Townley Haas	
	1000 Free	9:06.72	15-Mar-16	GATR	Greg C. Reed	
	1650 Free	15:06.13	12-Dec-13	NOVA	Townley Haas	
	100 Back	47.94	20-Mar-18	GATR	Noah L. Bowers	
	200 Back	1:44.46	20-Mar-18	GATR	Noah L. Bowers	
	100 Breast	54.54	21-Mar-17	ODAC	Patrick K. Lacore	
	200 Breast	1:59.95	21-Mar-17	ODAC	Patrick K. Lacore	
	100 Fly	47.91	20-Mar-18	GATR	Noah L. Bowers	
	200 Fly	1:44.94	20-Mar-18	GATR	Noah L. Bowers	
	200 IM	1:46.77	14-Dec-17	GATR	Noah L. Bowers	
	400 IM	3:52.15	17-Dec-15	GATR	Keith M. Myburgh	
	200 Free Relay	1:24.87	10-Dec-15	PSDN	PSDN	C. Bollinger, K. Hoffman, N. Wakefield, P. Costin
	400 Free Relay	3:05.25	13-Mar-13	NOVA	NOVA	F. Haas, A. Branin, S. Erickson, L. Martin
	800 Free Relay	6:42.32	5-Dec-13	NOVA	NOVA	F. Haas, T. Schubert, G. Brown, J. Cortright
	200 Medley Relay	1:32.76	21-Mar-17	ODAC	ODAC	C. Maudlin, P. Lacore, H. Oberley, C. Glenn
	400 Medley Relay	3:22.25	21-Mar-17	ODAC	ODAC	C. Maudlin, P. Lacore, H. Oberley, C. Glenn
17-18	50 Free	20.09	26-Mar-14	TIDE	Harrison Pierce	
	100 Free	43.36	28-Feb-19	ECAT	Cason Wilburn	
	200 Free	1:35.07	9-Mar-06	TPHN	David Walters	
	500 Free	4:14.19	3-Dec-14	NOVA	Townley Haas	
	1000 Free	8:53.31	18-Mar-14	NOVA	Townley Haas	
	1650 Free	14:49.49	3-Dec-14	NOVA	Townley Haas	
	100 Back	47.45	21-Mar-17	QSTS	Clark Beach	
	200 Back	1:41.31	21-Mar-17	QSTS	Clark Beach	
	100 Breast	52.87	26-Mar-14	TIDE	Austin Temple	
	200 Breast	1:57.63	3-Mar-16	CGBD	Jared T. Norton	
	100 Fly	46.91	29-Nov-17	GATR	Khalil D. Fonder	
	200 Fly	1:44.02	13-Dec-18	GATR	Noah L. Bowers	
	200 IM	1:45.58	13-Dec-18	GATR	Noah L. Bowers	
	400 IM	3:45.85	21-Mar-17	GATR	Keith M. Myburgh	
	200 Free Relay	1:22.88	19-Mar-15	NOVA	NOVA	A. Schultz, C. Swanson, T. Schubert, L. Martin
	400 Free Relay	3:02.54	19-Mar-15	NOVA	NOVA	A.Schultz, C. Swanson, J. Cortright, L. Martin
	800 Free Relay	6:34.17	9-Dec-15	NOVA	NOVA	F. Schubert, C. Swanson, A. Schultz, J. Cortright
	200 Medley Relay	1:29.89	9-Dec-15	NOVA	NOVA	S. Cuthbert, C. Swanson, F. Schubert, A. Schultz
	400 Medley Relay	3:16.63	9-Dec-15	NOVA	NOVA	S. Cuthbert, C. Swanson, F. Schubert, A. Schultz
	50 Free	20.00	19-Mar-15	STRM	William Copeland	
	100 Free	42.92	19-Mar-15	STRM	William Copeland	
	200 Free	1:35.07	9-Mar-06	TPHN	David Walters	

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500 Free	4:14.19	3-Dec-14	NOVA	Townley Haas	
1000 Free	8:53.31	18-Mar-14	NOVA	Townley Haas	
1650 Free	14:49.49	3-Dec-14	NOVA	Townley Haas	
100 Back	47.45	21-Mar-17	QSTS	Clark Beach	
200 Back	1:41.31	21-Mar-17	QSTS	Clark Beach	
100 Breast	52.87	8-Mar-07	TIDE	Austin Temple	
200 Breast	1:57.63	3-Mar-16	CGBD	Jared T. Norton	
100 Fly	46.91	29-Nov-17	GATR	Khalil D. Fonder	
200 Fly	1:44.02	13-Dec-18	GATR	Noah L. Bowers	
200 IM	1:45.58	13-Dec-18	GATR	Noah L. Bowers	
400 IM	3:45.85	21-Mar-17	GATR	Keith M. Myburgh	
200 Free Relay	1:21.96	15-Mar-16	GATR	GATR	N. Bowers, K. Myburgh, J. Lawson, K. Fonder
400 Free Relay	2:58.74	15-Mar-16	NOVA	NOVA	A. Schultz, F. Schubert, C. Swanson, J. Johnson
800 Free Relay	6:33.28	15-Mar-16	NOVA	NOVA	A. Schultz, F. Schubert, C. Swanson, J. Johnson
200 Medley Relay	1:28.47	15-Mar-16	GATR	GATR	N. Bowers, K. Myburgh, K. Fonder, H. Cassidy
400 Medley Relay	3:15.60	15-Mar-16	GATR	GATR	N. Bowers, K. Myburgh, K. Fonder, H. Cassidy