

**RECORDS VA Swimming**

**Yards-Women**

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

**RECORDS VA Swimming**

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	49.70	5-Mar-20	TIDE	Kayla Wilson	
	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	1:00.73	5-Mar-20	NOVA	Grace E. Sheble	
	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	4:05.90	5-Mar-20	NOVA	Grace E. Sheble	
	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	

---

**RECORDS VA Swimming**

500 Free	4:41.03	<b>12-Mar-87</b>	VACS	Whitney Hedgepeth	
1000 Free	9:36.53	<b>16-Mar-10</b>	NOVA	Rachel Naurath	
1650 Free	16:07.53	<b>17-Mar-09</b>	NOVA	Rachel Naurath	
100 Back	52.02	<b>21-Mar-17</b>	GATR	Olivia G. Bray	
200 Back	1:52.01	<b>21-Mar-17</b>	GATR	Emma E. Muzzy	
100 Breast	1:00.61	<b>28-Feb-19</b>	UN-04	Asia C. Minnes	
200 Breast	2:09.99	<b>15-Mar-11</b>	NOVA	Rebecca Rainer	
100 Fly	50.19	<b>28-Feb-19</b>	GATR	Olivia G. Bray	
200 Fly	1:53.72	<b>28-Feb-19</b>	GATR	Olivia G. Bray	
200 IM	1:57.00	<b>19-Mar-19</b>	NOVA	Grace E. Sheble	
400 IM	4:05.90	<b>5-Mar-20</b>	NOVA	Grace E. Sheble	
200 Free Relay	1:30.99	<b>21-Mar-17</b>	GATR	GATR	O. Bray, C. Kulp, E. Muzzy, W. Hamilton
400 Free Relay	3:19.52	<b>21-Mar-17</b>	GATR	GATR	O. Bray, E. Muzzy, C. Kulp, W. Hamilton
800 Free Relay	7:13.35	<b>19-Mar-19</b>	TIDE	TIDE Swimming	S. Tadder, E. Caldow, S. Knapp, K. Wilson
200 Medley Relay	1:39.21	<b>21-Mar-17</b>	GATR	GATR	E. Muzzy, C. Kulp, O. Bray, W. Hamilton
400 Medley Relay	3:36.53	<b>21-Mar-17</b>	GATR	GATR	O. Bray, E. Muzzy, W. Hamilton, C. Kulp

**RECORDS VA Swimming**

**Yards-Men**

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

**RECORDS VA Swimming**

13-14	200 Fly	1:48.43	<b>12-Dec-13</b>	NOVA	David A. Dixon	
	200 IM	1:53.54	<b>12-Dec-13</b>	NOVA	David A. Dixon	
	400 IM	4:00.38	<b>12-Dec-13</b>	NOVA	David A. Dixon	
	200 Free Relay	1:30.24	<b>3-Nov-17</b>	NOVA	NOVA	C. Mayr, A. Camurdan, X. Raymondson, E. Kratzer
	400 Free Relay	3:16.94	<b>8-Apr-15</b>	PSDN	PSDN	N. Wakefield, C. Mills, R. Polino, S. Hogan
	800 Free Relay	7:03.50	<b>12-Dec-13</b>	NOVA	NOVA	D. Dixon, C. Nystrom, M. Whelan, J. Johnson
	200 Medley Relay	1:37.98	<b>12-Dec-13</b>	NOVA	NOVA	J. Johnson, H. Holweger, D. Dixon, C. Nystrom
	400 Medley Relay	3:32.97	<b>12-Dec-13</b>	NOVA	NOVA	J. Johnson, H. Holweger, D. Dixon, C. Nystrom
15-16	50 Free	20.31	<b>5-Mar-20</b>	GATR	Walker Davis	
	100 Free	44.22	<b>1-Mar-18</b>	ECAT	Cason Wilburn	
	200 Free	1:36.94	<b>12-Dec-13</b>	NOVA	Townley Haas	
	500 Free	4:17.45	<b>12-Dec-13</b>	NOVA	Townley Haas	
	1000 Free	9:06.72	<b>15-Mar-16</b>	GATR	Greg C. Reed	
	1650 Free	15:06.13	<b>12-Dec-13</b>	NOVA	Townley Haas	
	100 Back	47.94	<b>20-Mar-18</b>	GATR	Noah L. Bowers	
	200 Back	1:44.46	<b>20-Mar-18</b>	GATR	Noah L. Bowers	
	100 Breast	54.54	<b>21-Mar-17</b>	ODAC	Patrick K. Lacore	
	200 Breast	1:59.95	<b>21-Mar-17</b>	ODAC	Patrick K. Lacore	
	100 Fly	47.91	<b>20-Mar-18</b>	GATR	Noah L. Bowers	
	200 Fly	1:44.94	<b>20-Mar-18</b>	GATR	Noah L. Bowers	
	200 IM	1:46.77	<b>14-Dec-17</b>	GATR	Noah L. Bowers	
	400 IM	3:52.15	<b>17-Dec-15</b>	GATR	Keith M. Myburgh	
	200 Free Relay	1:24.87	<b>10-Dec-15</b>	PSDN	PSDN	C. Bollinger, K. Hoffman, N. Wakefield, P. Costin
	400 Free Relay	3:05.25	<b>13-Mar-13</b>	NOVA	NOVA	F. Haas, A. Branin, S. Erickson, L. Martin
	800 Free Relay	6:42.32	<b>5-Dec-13</b>	NOVA	NOVA	F. Haas, T. Schubert, G. Brown, J. Cortright
	200 Medley Relay	1:32.76	<b>21-Mar-17</b>	ODAC	ODAC	C. Maudlin, P. Lacore, H. Oberley, C. Glenn
	400 Medley Relay	3:22.25	<b>21-Mar-17</b>	ODAC	ODAC	C. Maudlin, P. Lacore, H. Oberley, C. Glenn
17-18	50 Free	20.09	<b>26-Mar-14</b>	TIDE	Harrison Pierce	
	100 Free	43.36	<b>28-Feb-19</b>	ECAT	Cason Wilburn	
	200 Free	1:35.07	<b>9-Mar-06</b>	TPHN	David Walters	
	500 Free	4:14.19	<b>3-Dec-14</b>	NOVA	Townley Haas	
	1000 Free	8:53.31	<b>18-Mar-14</b>	NOVA	Townley Haas	
	1650 Free	14:49.49	<b>3-Dec-14</b>	NOVA	Townley Haas	
	100 Back	47.45	<b>21-Mar-17</b>	QSTS	Clark Beach	
	200 Back	1:41.31	<b>21-Mar-17</b>	QSTS	Clark Beach	
	100 Breast	52.87	<b>26-Mar-14</b>	TIDE	Austin Temple	
	200 Breast	1:57.63	<b>3-Mar-16</b>	CGBD	Jared T. Norton	
	100 Fly	46.91	<b>29-Nov-17</b>	GATR	Khalil D. Fonder	
	200 Fly	1:44.02	<b>13-Dec-18</b>	GATR	Noah L. Bowers	
	200 IM	1:45.58	<b>13-Dec-18</b>	GATR	Noah L. Bowers	
	400 IM	3:45.85	<b>21-Mar-17</b>	GATR	Keith M. Myburgh	
	200 Free Relay	1:22.88	<b>19-Mar-15</b>	NOVA	NOVA	A. Schultz, C. Swanson, T. Schubert, L. Martin
	400 Free Relay	3:02.54	<b>19-Mar-15</b>	NOVA	NOVA	A.Schultz, C. Swanson, J. Cortright, L. Martin
	800 Free Relay	6:34.17	<b>9-Dec-15</b>	NOVA	NOVA	F. Schubert, C. Swanson, A. Schultz, J. Cortright
	200 Medley Relay	1:29.89	<b>9-Dec-15</b>	NOVA	NOVA	S. Cuthbert, C. Swanson, F. Schubert, A. Schultz
	400 Medley Relay	3:16.63	<b>9-Dec-15</b>	NOVA	NOVA	S. Cuthbert, C. Swanson, F. Schubert, A. Schultz
	50 Free	20.00	<b>19-Mar-15</b>	STRM	William Copeland	
	100 Free	42.92	<b>19-Mar-15</b>	STRM	William Copeland	
	200 Free	1:35.07	<b>9-Mar-06</b>	TPHN	David Walters	

---

**RECORDS VA Swimming**

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