

VIRGINIA SWIMMING LSC RECORDS

SC YARDS

as of: 12/23/2011

Women

Men

10&Y

Bernetta MCGuire	RVSI	4-Apr-95	26.32	50 Freestyle	25.93	11-Apr-85	BRAC	Ryan Bradley
Trisha Blackwell	RAYS	4-Apr-94	56.03	100 Freestyle	56.63	11-Apr-85	BRAC	Ryan Bradley
Katie Hoff	WAC	30-Mar-00	2:05.79	200 Freestyle	2:05.81	1-Apr-04	NOVA	Christian Vivadelli
Dorothy Halmy	GATR	16-Jan-09	5:42.17	500 Freestyle	5:25.61	18-Mar-10	GATR	Keith Myburgh
Trisha Blackwell	RAYS	4-Apr-94	29.73	50 Backstroke	29.34	2-Apr-98	CGBD	John Kegelman
Jennifer Lushao	NOVA	7-Apr-91	1:02.95	100 Backstroke	1:04.38	6-Apr-10	GATR	Khalil Fonder
Lauren Brick	BASS	28-Mar-96	33.01	50 Breaststroke	33.04	22-Oct-04	NOVA	Robert DeWolff
Lauren Brick	BASS	28-Mar-96	1:13.33	100 Breaststroke	1:12.67	28-Mar-96	CGBD	Tim Kegelman
Gigi DeToll	BASS	8-Dec-95	28.82	50 Butterfly	28.18	11-Apr-85	BRAC	Ryan Bradley
Rebecca Harper	NOVA	17-Dec-93						
Katie Hoff	WAC	30-Mar-00	1:04.05	100 Butterfly	1:03.84	11-Apr-85	BRAC	Ryan Bradley
Katie Hoff	WAC	30-Mar-00	1:05.10	100 Ind Medley	1:05.88	6-Apr-10	GATR	Keith Myburgh
Katie Hoff	WAC	30-Mar-00	2:19.89	200 Ind Medley	2:19.41	6-Apr-10	GATR	Keith Myburgh
Nye, Giusto, Orem, Chang	ODAC	19-Mar-87	1:53.74	200 Free Relay	1:51.57	10-Mar-11	NOVA	C. Gvozdas, N. Gaspar, K. Barker, M. Whelan
C. Marsteller, A. Slayton, A. Hoover, C. Cooke	CGBD	10-Mar-11	4:12.31	400 Free Relay	4:06.17	10-Mar-11	NOVA	C. Gvozdas, N. Gaspar, K. Barker, M. Whelan
A. Slayton, C. Marsteller, A. Hoover, C. Cooke	CGBD	10-Mar-11	2:07.97	200 Medley Relay	2:05.49	10-Mar-11	NOVA	P. Madden, K. Barker, C. Gvozdas, M. Whelan

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Women

Men

11-12

Georgia DaCruz	TIDE	10-Mar-11	24.18	50 Freestyle	22.71	6-Jan-01	SMAC	Lee Robertson
Georgia DaCruz	TIDE	10-Mar-11	52.63	100 Freestyle	50.29	20-Mar-05	NOVA	Mac Anthony
Katie Hoff	TPHN	4-Apr-02	1:53.96	200 Freestyle	1:50.23	28-Mar-96	CYAC	Derrick Mulder
Whitney Hedgepeth	TOP	18-Feb-84	5:04.13	500 Freestyle	5:01.59	17-Mar-05	NOVA	Mac Anthony
Remedy Rule	SMAC	30-Jan-09	10:36.50	1000 Freestyle	10:34.82	8-Mar-07	TCAC	Zachary Paryzek
Katie Hoff	TPHN	8-Feb-02	17:40.55	1650 Freestyle	17:33.81	8-Mar-07	TCAC	Zachary Paryzek
Kate Nezelek	QSTS	6-Apr-01	27.07	50 Backstroke	26.05	4-Apr-02	NOVA	David Wren
Kate Nezelek	QSTS	6-Apr-01	59.67	100 Backstroke	55.50	22-Mar-02	NOVA	David Wren
Emily Erad	NOVA	18-Mar-10	2:07.69	200 Backstroke	1:58.92	19-Apr-02	NOVA	David Wren
Katie Hoff	TPHN	14-Mar-02	30.47	50 Breaststroke	29.40	6-Feb-98	PSDN	Robbie Fischetti
Katie Hoff	TPHN	4-Apr-02	1:06.25	100 Breaststroke	1:03.69	30-Mar-00	CGBD	John Kegelman
Rebecca Rainer	NOVA	30-Mar-06	2:21.49	200 Breaststroke	2:21.37	3-Apr-08	NOVA	Zack Browne
Rebecca Harper	NOVA	14-Dec-95	26.34	50 Butterfly	25.04	15-Mar-07	CGBD	Garret Lynn
Darby Chang	ODAC	28-Mar-89	56.21	100 Butterfly	54.86	19-Mar-98	PSDN	Robbie Fischetti
Katie Hoff	TPHN	8-Feb-02	2:08.96	200 Butterfly	2:03.05	9-Dec-11	NOVA	David Dixon
Darby Chang	ODAC	16-Mar-89	58.18	100 Ind Medley	56.50	30-Mar-00	CGBD	John Kegelman
Katie Hoff	TPHN	14-Mar-02	2:06.73	200 Ind Medley	2:03.39	6-Feb-98	PSDN	Robbie Fischetti
Danielle LeClair	NOVA	10-Mar-00	4:34.75	400 Ind Medley	4:26.89	15-Dec-11	GATR	Keith Myburgh
M. Motter, C. Ostrowski, A. Orsini, G. DaCruz	TIDE	10-Mar-11	1:41.53	200 Free Relay	1:38.75	15-Mar-07	CGBD	G. Marston, C. Balch, G. Lynn, P. Bailey
L. Jennings, L. Snidow, E. Nunn, R. Rainer	NOVA	19-Mar-06	3:45.81	400 Free Relay	3:37.84	20-Mar-05	NOVA	P. Rossetti, T. Stephens, C. Vivadelli, R. Anthony
M. Motter, C. Ostrowski, G. DaCruz, A. Orsini	TIDE	10-Mar-11	1:53.62	200 Medley Relay	1:48.53	3-Feb-07	CGBD	P. Bailey, B. Hartman, G. Lynn, G. Marston
L. Snidow, R. Rainer, L. Jennings, E. Nunn	NOVA	18-Mar-06	4:08.74	400 Medley Relay	3:54.91	22-Mar-02	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown

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13-14

Gabrielle Bishop	US	5-Mar-09	23.66	50 Freestyle	21.55	3-Dec-09	QSTS	Cameron Johnston
Karen Burgess	VACS	9-Apr-85	50.64	100 Freestyle	46.74	28-Apr-98	CYAC	Derrrick Mulder
Kaitlin Jones	SQST	11-Dec-08	1:49.70	200 Freestyle	1:42.52	4-Apr-94	CGBD	Brett Cline
Remedy Rule	SMAC	5-Apr-11	4:48.23	500 Freestyle	4:34.48	10-Mar-11	QDD	Henry Campbell
Ginny Johnson	UNAT	8-Dec-95	9:46.29	1000 Freestyle	9:30.13	12-Dec-02	NOVA	Luke Vogt
Whitney Hedgepeth	VACS	14-Dec-85	16:16.86	1650 Freestyle	15:54.34	12-Dec-02	NOVA	Luke Vogt
Remedy Rule	SMAC	10-Mar-11	55.39	100 Backstroke	52.03	22-Mar-04	NOVA	David Wren
Remedy Rule	SMAC	5-Apr-11	1:59.14	200 Backstroke	1:50.91	22-Mar-04	NOVA	David Wren
Olivia Ross	PSDN	4-Dec-08	1:03.38	100 Breaststroke	57.74	12-Dec-05	PSDN	Stuart Ferguson
Katie Hoff	TPHN	20-Mar-03	2:16.34	200 Breaststroke	2:05.70	12-Dec-05	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	7-Apr-85	54.00	100 Butterfly	51.34	15-Mar-07	SQST	Michael Covert
Remedy Rule	SMAC	5-Apr-11	1:59.26	200 Butterfly	1:53.23	14-Dec-01	TAC	JB Walsh
Katie Hoff	TPHN	13-Dec-02	2:03.80	200 Ind Medley	1:55.60	10-Mar-00	PSDN	Robbie Fischetti
Rebecca Rainer	NOVA	18-Mar-08	4:19.67	400 Ind Medley	4:02.19	12-Dec-02	NOVA	Luke Vogt
R. Kelley, C. Stephens, K. Zimmerman, J. Arndt	NOVA	19-Mar-05	1:39.03	200 Free Relay	1:30.64	16-Mar-89	NOVA	Bradley, Israel, Paxton, Jones
A. Titley, K. Bassett, A. Brown, A. Haulsee	NOVA	29-Mar-07	3:35.28	400 Free Relay	3:20.24	16-Mar-89	NOVA	Bradley, Jones, Paxton, Israel
R. Naurath, A. Brown, E. Worrell, A. Haulsee	NOVA	7-Dec-06	7:43.69	800 Free Relay	7:14.99	8-Dec-11	NOVA	F. Haas, S. Mizelle, J. Cortright, G. Brown
E. Worrell, R. Rainer, R. Naurath, K. Bassett	NOVA	15-Mar-07	1:49.16	200 Medley Relay	1:40.50	18-Mar-04	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown
J. Elliott, R. Rainer, R. Naurath, A. Titley	NOVA	7-Dec-06	3:57.29	400 Medley Relay	3:35.89	18-Mar-04	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown

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15-16

Clare Wooddall-Gainey	GATR	13-Dec-02	23.21	50 Freestyle	20.71	4-Dec-08	NOVA	Mac Anthony
Allison Titley	NOVA	17-Mar-09	50.39	100 Freestyle	45.25	17-Mar-09	NOVA	Mac Anthony
Whitney Hedgepeth	VACS	12-Mar-87	1:46.05	200 Freestyle	1:37.98	17-Mar-09	NOVA	Thomas Stephens
Whitney Hedgepeth	VACS	8-Mar-87	4:41.03	500 Freestyle	4:27.84	17-Mar-09	NOVA	Thomas Stephens
Whitney Hedgepeth	VACS	8-Mar-87	9:43.11	1000 Freestyle	9:17.61	21-Mar-06	NOVA	Sam Martinette
Rachel Naurath	NOVA	17-Mar-09	16:07.53	1650 Freestyle	15:27.82	24-Mar-98	NOVA	Judd Glasco
Madison Hahn	ODAC	15-Mar-11	54.83	100 Backstroke	50.05	15-Mar-11	CCA	Jacob Siar
Elisabeth Worrell	NOVA	17-Mar-09	1:58.14	200 Backstroke	1:45.77	15-Mar-11	CCA	Jacob Siar
Rebecca Rainer	NOVA	16-Mar-10	1:00.82	100 Breaststroke	54.96	29-Nov-07	PSDN	Stuart Ferguson
Blair Carnes	NOVA	15-Mar-11	2:10.99	200 Breaststroke	2:00.12	29-Nov-07	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	8-Mar-86	54.29	100 Butterfly	49.29	14-Dec-01	CGBD	Tim Kegelman
Rachel Naurath	NOVA	17-Mar-09	1:57.08	200 Butterfly	1:49.04	16-Mar-10	PSDN	Morgan Latimer
Katy Arris	ODAC	9-Mar-87	2:00.86	200 Ind Medley	1:50.71	16-Mar-99	FTE	Richard Long
Rebecca Rainer	NOVA	16-Mar-10	4:10.21	400 Ind Medley	3:56.13	15-Mar-11	VACS	Anthony Zoldork
R. Naurath, A. Titley, C. Stephens, K. Bassett	NOVA	17-Mar-09	1:34.96	200 Free Relay	1:26.69	8-Mar-07	CGBD	S. Cline, M. Wilcox, A. Skipper, M. Baumler
A. Titley, A. Haulsee, A. Brown, R. Naurath	NOVA	17-Mar-09	3:26.15	400 Free Relay	3:11.17	8-Mar-07	CGBD	K. Hurdle, M. Wilcox, M. Baumler, R. Hartman
R. Naurath, A. Haulsee, A Brown, A. Titley	NOVA	17-Mar-09	7:18.87	800 Free Relay	7:01.71	24-Mar-98	NOVA	Glasco, Greenwood, Carrig, Hirth
E. Worrell, R. Rainer, C. Stephens, A. Titley	NOVA	17-Mar-09	1:43.34	200 Medley Relay	1:35.50	15-Mar-02	CGBD	J. Fowler, T. Kegelman, P. Verhoef, C. Pollard
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	17-Mar-09	3:44.41	400 Medley Relay	3:27.76	9-Dec-05	NOVA	D. Wren, J. Arencibia, I. Vogt, and G. Brown

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Women

Men

17-18

Rebecca Jones	TIDE	4-Dec-08	22.92	50 Freestyle	20.40	11-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	4-Dec-08	49.06	100 Freestyle	44.30	12-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	6-Mar-09	1:45.44	200 Freestyle	1:35.07	10-Mar-06	TPHN	David Walters
Rachel Naurath	NOVA	16-Mar-10	4:42.52	500 Freestyle	4:21.44	4-Mar-10	QDD	Jameson Hill
Rachel Naurath	NOVA	16-Mar-10	9:36.53	1000 Freestyle	9:11.51	20-Mar-07	NOVA	Sam Martinette
Rachel Naurath	NOVA	16-Mar-10	16:10.59	1650 Freestyle	15:17.77	8-Dec-11	BAC	Rodney Fentress
Kerry O'Hanlon	NOVA	16-Dec-92	54.52	100 Backstroke	48.98	11-Mar-88	QDD	Jeff Rouse
Amanda Carner	CGBD	15-Mar-11	1:56.72	200 Backstroke	1:45.45	18-Mar-08	NOVA	David Wren
Rebecca Rainer	NOVA	15-Mar-11	1:01.43	100 Breaststroke	53.75	4-Dec-08	PSDN	Stuart Ferguson
Rebecca Rainer	NOVA	15-Mar-11	2:09.99	200 Breaststroke	1:58.05	4-Dec-08	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	21-Mar-89	54.17	100 Butterfly	48.33	20-Mar-03	CGBD	Tim Kegelman
Emman Nunn	NOVA	15-Mar-11	1:56.65	200 Butterfly	1:47.14	15-Mar-11	NOVA	Thomas Stephens
Susanna White	LY	5-Apr-11	1:58.90	200 Ind Medley	1:48.01	11-Dec-08	HOKI	Evan Gregg
Rebecca Rainer	NOVA	15-Mar-11	4:11.39	400 Ind Medley	3:50.04	14-Dec-00	NOVA	Bo Greenwood
A. Titley, A. Haulsee, A. Brown, R. Naurath	NOVA	6-Mar-10	1:36.39	200 Free Relay	1:24.70	8-Mar-09	PSDN	S. Ferguson, S. Rairden A. Aceino, C. Borysewicz
R. Naurath, A. Haulsee, A. Brown, A. Titley	NOVA	16-Mar-10	3:24.58	400 Free Relay	3:05.39	17-Mar-09	PSDN	S. Ferguson, S. Rairden C. Borysewicz, A. Aceino
A. Haulsee, A. Brown, S. Justis, A. Titley	NOVA	15-Mar-11	7:17.36	800 Free Relay	6:47.32	20-Mar-07	NOVA	G. Brown, C. Heinrich, D. Wren, S. Martinette
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	16-Mar-10	1:42.35	200 Medley Relay	1:30.71	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino
S. Justis, R. Rainer, E. Nunn, A. Titley	NOVA	15-Mar-11	3:41.96	400 Medley Relay	3:19.70	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino

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Men

OPEN

Rebecca Jones	TIDE	4-Dec-08	22.92	50 Freestyle	20.19	2-Dec-10	HOKI	Kann Tayla
Rebecca Jones	TIDE	4-Dec-08	49.06	100 Freestyle	44.30	12-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	6-Mar-09	1:45.44	200 Freestyle	1:35.07	10-Mar-06	TPHN	David Walters
Whitney Hedgepeth	VACS	12-Mar-87	4:41.03	500 Freestyle	4:21.44	4-Mar-10	QDD	Jameson Hill
Rachel Naurath	NOVA	16-Mar-10	9:36.53	1000 Freestyle	9:08.94	4-Mar-10	UNVA	Thibaud Pierre
Rachel Naurath	NOVA	17-Mar-09	16:07.53	1650 Freestyle	15:17.77	8-Dec-11	BAC	Rodney Fentress
Jenny Lewis	UNVA	4-Mar-10	53.70	100 Backstroke	48.98	11-Mar-88	QDD	Jeff Rouse
Amanda Carner	CGBD	15-Mar-11	1:56.72	200 Backstroke	1:45.45	18-Mar-08	NOVA	David Wren
Rebecca Rainer	NOVA	16-Mar-10	1:00.82	100 Breaststroke	53.64	8-Mar-07	CGBD	Joel Cross
Rebecca Rainer	NOVA	15-Mar-11	2:09.99	200 Breaststroke	1:58.05	4-Dec-08	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	3-Apr-85	54.00	100 Butterfly	47.82	8-Mar-07	CGBD	Joel Cross
Emman Nunn	NOVA	15-Mar-11	1:56.65	200 Butterfly	1:47.08	8-Mar-08	GATR	Gustavo Calado
Susanna White	LY	5-Apr-11	1:58.90	200 Ind Medley	1:46.87	9-Mar-08	UNAT	Bo Greenwood
Rebecca Rainer	NOVA	16-Mar-10	4:10.21	400 Ind Medley	3:50.04	14-Dec-00	NOVA	Bo Greenwood
K. Jones, M. Vay, K. Iverson, C. Buscaglia	QSTS	3-Mar-11	1:34.12	200 Free Relay	1:22.68	8-Mar-07	CGBD	J. Cross, J. Graham, D. Richardson, S. Madaras
C. Buscaglia, M. Vay, K. Iverson, K. Jones	QSTS	3-Mar-11	3:24.27	400 Free Relay	3:02.72	17-Mar-09	NOVA	R. Anthony, C. Blackwood T. Stephens, D. Higgins
A. Haulsee, A. Brown, S. Justis, A. Titley	NOVA	15-Mar-11	7:17.36	800 Free Relay	6:38.41	17-Mar-09	NOVA	T. Stephens, C. Blackwood D. Higgins, R. Anthony,
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	16-Mar-10	1:42.35	200 Medley Relay	1:30.72	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino
S. Justis, R. Rainer, E. Nunn, A. Titley	NOVA	15-Mar-11	3:41.96	400 Medley Relay	3:19.70	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino