

RECORDS ACAC

Yards-Female

8 & U	25 Free	13.62	5-Jan-20	Molly Elmore	VA BASS Winter Warm Up
	50 Free	33.80	10-Feb-19	Erin Wood	VA Southwest District 8 & Under Championships
	100 Free	1:17.93	10-Feb-18	Amelie Meyer	SW District 8 & Under Championship
	200 Free	3:23.85	27-Feb-16	Anne Scherer	Blue Ridge Region-SW District
	500 Free	9:12.64	21-Feb-21	Vanessa Goodwin	VA SW District 9-12 Championship
	25 Back	16.10	9-Feb-19	Bryn Shelton-Barnes	VA Southwest District 8 & Under Championships
	50 Back	40.40	19-Nov-17	Katherine Steeper	VA Bass Turkey Classic
	100 Back	1:27.40	9-Feb-19	Erin Wood	VA Southwest District 8 & Under Championships
	25 Breast	20.68	11-Feb-18	Amelie Meyer	SW District 8 & Under Championship
	50 Breast	46.20	10-Feb-18	Amelie Meyer	SW District 8 & Under Championship
	100 Breast	1:43.84	2-Dec-17	Amelie Meyer	VA 757 Grand Illumination Invitational
	25 Fly	16.74	7-Oct-17	Katherine Steeper	IMX/IMR/IM Mini
	50 Fly	40.65	29-Oct-17	Katherine Steeper	VA STRM Halloween Sprints Meet
	100 Fly	1:35.67	12-Feb-17	Ruby Kulak	SW District 8 & Under Champs
	100 IM	1:30.66	7-Oct-17	Katherine Steeper	IMX/IMR/IM Mini
	200 IM	3:06.06	11-Feb-18	Amelie Meyer	SW District 8 & Under Championship
	100 Free Relay	1:21.33	10-Feb-24	ACAC	P. Prout, H. Miller, M. Zhang, S. Xie
	100 Medley Relay	1:37.62	10-Feb-24	ACAC	S. Xie, P. Prout, M. Zhang, J. Kaminsky
	9-10	50 Free	27.89	1-Dec-23	Vivian Vanyo
100 Free		1:02.56	1-Dec-23	Vivian Vanyo	at 757 SWIM Grand Illumination
200 Free		2:16.32	11-Nov-23	Vivian Vanyo	at 2023 WAC Fall Classic
500 Free		6:06.08	11-Nov-23	Vivian Vanyo	at 2023 WAC Fall Classic
50 Back		31.43	1-Dec-23	Vivian Vanyo	at 757 SWIM Grand Illumination
100 Back		1:08.60	1-Dec-23	Vivian Vanyo	at 757 SWIM Grand Illumination
50 Breast		38.30	14-Oct-23	Vivian Vanyo	at 2023 WAC Start-up Classic
100 Breast		1:24.55	14-Oct-23	Vivian Vanyo	at 2023 WAC Start-up Classic
50 Fly		29.23	1-Dec-23	Vivian Vanyo	at 757 SWIM Grand Illumination
100 Fly		1:09.51	1-Dec-23	Vivian Vanyo	at 757 SWIM Grand Illumination
100 IM		1:12.15	11-Nov-23	Vivian Vanyo	at 2023 WAC Fall Classic
200 IM		2:32.84	1-Dec-23	Vivian Vanyo	at 757 SWIM Grand Illumination
200 Free Relay		2:31.37	24-Feb-24	ACAC	M. Goodwin, A. Elliott, E. Brown, B. Fox
11-12		50 Free	26.57	27-Jan-19	Grace McCardle
	100 Free	58.65	26-Jan-19	Grace McCardle	VA CYAC Winter Invitational
	200 Free	2:12.71	1-Dec-18	Grace McCardle	VA 757 Grand Illumination Invitational
	500 Free	5:55.12	13-Dec-20	Reese McCardle	VA CGBD 12 & Under
	1000 Free	12:33.56	31-Oct-20	Reese McCardle	VA VABR Meet Series 2
	1650 Free	22:36.50	6-Dec-19	Reese McCardle	VA STAT Winter Championship
	50 Back	30.73	7-Mar-24	Vivian Vanyo	at 2024 Virginia Swimming SC Age Group Champions
	100 Back	1:06.42	7-Mar-24	Vivian Vanyo	at 2024 Virginia Swimming SC Age Group Champions
	200 Back	2:23.68	7-Mar-24	Vivian Vanyo	at 2024 Virginia Swimming SC Age Group Champions
	50 Breast	35.36	1-Dec-23	Tess Thompson	at 757 SWIM Grand Illumination
	100 Breast	1:18.40	23-Feb-24	Tess Thompson	at SW District Champs 9 & Over
	200 Breast	2:47.37	1-Mar-20	Alex Fuller	VA HOKI Blue Ridge Region-SW District
	50 Fly	28.55	7-Mar-24	Vivian Vanyo	at 2024 Virginia Swimming SC Age Group Champions
	100 Fly	1:05.19	1-Mar-20	Alex Fuller	VA HOKI Blue Ridge Region-SW District
	200 Fly	2:41.48	6-Jan-24	Vivian Vanyo	at 2024 RAYS Jeff Rouse Meet
	100 IM	1:07.93	23-Feb-24	Vivian Vanyo	at SW District Champs 9 & Over
	200 IM	2:28.82	20-Mar-21	Amelie Meyer	VA SRVA Jr Shamrock Showdown

RECORDS ACAC

11-12	400 IM	5:21.17	9-Jan-21	Reese McCardle	VA LY Winter Invitational
	200 Free Relay	1:56.25	7-Mar-24	ACAC	F. Thompson, C. Huang, C. Bang, V. Vanyo
	400 Free Relay	4:23.81	24-Feb-24	ACAC	V. Vanyo, F. Thompson, M. Bowman, C. Huang
	200 Medley Relay	2:11.39	7-Mar-24	ACAC	C. Huang, F. Thompson, V. Vanyo, C. Bang
	400 Medley Relay	4:51.35	11-Mar-24	ACAC	C. Huang, F. Thompson, V. Vanyo, C. Bang
13-14	50 Free	24.03	11-Mar-21	Alex Fuller	VA SC Age Group Championship
	100 Free	52.15	9-Mar-23	Sofie Vanyo	at 2023 Virginia Swimming SC Age Group Champions
	200 Free	1:51.26	9-Mar-23	Sofie Vanyo	at 2023 Virginia Swimming SC Age Group Champions
	500 Free	4:59.54	9-Mar-23	Sofie Vanyo	at 2023 Virginia Swimming SC Age Group Champions
	1000 Free	10:07.93	9-Mar-23	Sofie Vanyo	at 2023 Virginia Swimming SC Age Group Champions
	1650 Free	17:21.01	23-Mar-23	Sofie Vanyo	at 2023 EZ Southern Region Speedo Champ Series
	100 Back	1:01.54	5-Dec-20	Grace McCardle	VA WAC 13&O Dec Champs
	200 Back	2:05.17	23-Mar-23	Sofie Vanyo	at 2023 EZ Southern Region Speedo Champ Series
	100 Breast	1:04.84	9-Mar-23	Sofie Vanyo	at 2023 Virginia Swimming SC Age Group Champions
	200 Breast	2:20.45	9-Mar-23	Sofie Vanyo	at 2023 Virginia Swimming SC Age Group Champions
	100 Fly	56.99	12-Mar-21	Alex Fuller	VA SC Age Group Championship
	200 Fly	2:08.08	9-Mar-23	Katie Shaps	at 2023 Virginia Swimming SC Age Group Champions
	200 IM	2:05.10	9-Mar-23	Sofie Vanyo	at 2023 Virginia Swimming SC Age Group Champions
	400 IM	4:24.89	9-Mar-23	Sofie Vanyo	at 2023 Virginia Swimming SC Age Group Champions
13 & 0	200 Free Relay	1:52.31	24-Feb-24	ACAC	K. Stevens, C. Hernandez, O. Goodwin, I. Thompson
	400 Free Relay	4:13.46	24-Feb-24	ACAC	I. Thompson, K. Stevens, C. Hernandez, O. Goodwin
	200 Medley Relay	2:09.39	15-Oct-23	ACAC	I. Thompson, O. Goodwin, S. Vanyo, C. Hernandez
	400 Medley Relay	4:51.66	24-Feb-24	ACAC	I. Thompson, O. Goodwin, C. Hernandez, K. Stevens
15-18	50 Free	23.53	6-Dec-20	Abby Fuller	VA WAC 13&O Dec Champs
	100 Free	50.96	29-Feb-24	Sofie Vanyo	at 2024 VSI SC Senior Championships
	200 Free	1:50.47	29-Feb-24	Sofie Vanyo	at 2024 VSI SC Senior Championships
	500 Free	4:59.24	29-Feb-24	Sofie Vanyo	at 2024 VSI SC Senior Championships
	1000 Free	10:18.98	12-Jan-24	Sofie Vanyo	at Cavalier Aquatics Winter Rumble
	1650 Free	18:16.60	4-Mar-21	Katie Jordan	VA VSI SC Senior Champs
	100 Back	59.77	11-Nov-23	Sofie Vanyo	at 2023 WAC Fall Classic
	200 Back	2:08.52	30-Mar-21	Grace McCardle	VA SRVA SwimRVA Shamrock Showdown-Senior
	100 Breast	1:05.64	6-Dec-20	Abby Fuller	VA WAC 13&O Dec Champs
	200 Breast	2:22.33	11-Nov-23	Sofie Vanyo	at 2023 WAC Fall Classic
	100 Fly	55.55	17-Mar-24	Sofie Vanyo	at VHSL Class 3 Swimming & Diving Championship
	200 Fly	2:05.95	6-Dec-23	Sofie Vanyo	at 2023 Speedo East Winter Junior Champs
	200 IM	2:03.27	29-Feb-24	Sofie Vanyo	at 2024 VSI SC Senior Championships
	400 IM	4:24.28	29-Feb-24	Sofie Vanyo	at 2024 VSI SC Senior Championships

RECORDS ACAC
Yards-Male

8 & U	25	Free	14.22	11-Feb-17	Chase Easton	SW District 8 & Under Champs	
	50	Free	31.68	1-Apr-17	Chase Easton	NOVA SPRING BREAK OUT	
	100	Free	1:10.75	12-Mar-17	Chase Easton	VSI SC Age Group Champs	
	200	Free	2:46.19	1-Dec-18	Walker Easton	VA 757 Grand Illumination Invitational	
	25	Back	18.15	19-Nov-17	Isaiah Thompson	VA Bass Turkey Classic	
	50	Back	39.81	31-Mar-17	Chase Easton	NOVA SPRING BREAK OUT	
	100	Back	1:34.37	19-Nov-16	Bradley Sawyer	VA BASS Turkey Classic	
	25	Breast	22.67	11-Jan-18	Beckett Ritter	SW District 8 & Under Championship	
	50	Breast	41.81	7-Jan-18	Beckett Ritter	VA PSDN Poseidon Fire & Ice Invitation	
	100	Breast	1:44.52	20-Nov-16	Charles Stiffler	VA BASS Turkey Classic	
	25	Fly	16.38	11-Feb-17	Chase Easton	SW District 8 & Under Champs	
	50	Fly	36.73	1-Apr-17	Chase Easton	NOVA SPRING BREAK OUT	
	100	Fly	1:35.64	10-Feb-24	Grady Santiuste	at Southwest 8 & Under District Championship	
	100	IM	1:26.32	11-Feb-17	Chase Easton	SW District 8 & Under Champs	
	200	IM	3:05.49	12-Feb-17	Chase Easton	SW District 8 & Under Champs	
	100	Free Relay	1:11.67	10-Feb-24	ACAC	K. Koser, A. Craddock, C. Finan, G. Santiuste	
	100	Medley Relay	1:35.88	10-Feb-24	ACAC	E. Huang, Z. Anderson, G. Santiuste, K. Koser	
	9-10	50	Free	27.47	10-Mar-19	Chase Easton	Virginia Swimming Age Group Championships
		100	Free	59.45	9-Mar-19	Chase Easton	Virginia Swimming Age Group Championships
200		Free	2:10.07	8-Mar-19	Chase Easton	Virginia Swimming Age Group Championships	
500		Free	5:48.56	30-Nov-18	Bradley Sawyer	VA 757 Grand Illumination Invitational	
50		Back	32.57	6-Jan-18	Tanner Kidd	VA PSDN Poseidon Fire & Ice Invitation	
100		Back	1:09.84	1-Dec-18	Chase Easton	VA 757 Grand Illumination Invitational	
50		Breast	35.50	9-Mar-18	Josh Hodges	Virginia Swimming Age Group Championships	
100		Breast	1:21.84	11-Mar-17	Travis Hitt	VSI SC Age Group Champs	
50		Fly	30.66	9-Mar-19	Chase Easton	Virginia Swimming Age Group Championships	
100		Fly	1:07.02	10-Mar-19	Chase Easton	Virginia Swimming Age Group Championships	
100		IM	1:10.10	2-Dec-18	Bradley Sawyer	VA 757 Grand Illumination Invitational	
200		IM	2:30.12	9-Mar-19	Chase Easton	Virginia Swimming Age Group Championships	
200		Free Relay	2:22.65	24-Feb-24	ACAC	B. Bowman, F. Rankovic, M. Finan, A. Thompson	
11-12	50	Free	23.10	15-Oct-16	Leo Tutovani	VA RAYS Great Pumpkin Splash	
	100	Free	50.85	16-Oct-16	Leo Tutovani	VA RAYS Great Pumpkin Splash	
	200	Free	1:52.40	8-Oct-16	Leo Tutovani	IMR/IMX SEASON KICKOFF MEET	
	500	Free	5:11.99	11-Mar-21	Chase Easton	VA SC Age Group Championship	
	1000	Free	11:11.89	12-Dec-19	Josh Hodges	VA Hoki Swim & Tri Invitational	
	1650	Free	18:40.53	12-Dec-19	Josh Hodges	VA Hoki Swim & Tri Invitational	
	50	Back	27.66	9-Oct-16	Leo Tutovani	IMR/IMX SEASON KICKOFF MEET	
	100	Back	1:03.44	20-Mar-21	Chase Easton	VA SRVA Jr Shamrock Showdown	
	200	Back	2:19.81	9-Jan-21	Chase Easton	VA LY Winter Invitational	
	50	Breast	29.55	25-Jan-20	Josh Hodges	VA CYAC Winter Invitational	
	100	Breast	1:07.07	14-Dec-19	Josh Hodges	VA Hoki Swim & Tri Invitational	
	200	Breast	2:23.53	26-Jan-20	Josh Hodges	VA CYAC Winter Invitational	
	50	Fly	25.73	9-Oct-16	Leo Tutovani	IMR/IMX SEASON KICKOFF MEET	
	100	Fly	1:00.70	12-Mar-21	Chase Easton	VA SC Age Group Championship	
	200	Fly	2:11.17	25-Jan-20	Josh Hodges	VA CYAC Winter Invitational	
	100	IM	58.30	15-Oct-16	Leo Tutovani	VA RAYS Great Pumpkin Splash	
	200	IM	2:11.28	25-Jan-20	Josh Hodges	VA CYAC Winter Invitational	
	400	IM	4:36.51	15-Oct-16	Leo Tutovani	VA RAYS Great Pumpkin Splash	

RECORDS ACAC

11-12	200 Free Relay	2:02.55	24-Feb-24	ACAC	D. Joseph, M. Xie, J. Roper, H. Fox
	400 Free Relay	4:45.02	24-Feb-24	ACAC	D. Joseph, M. Xie, J. Roper, H. Fox
13-14	50 Free	21.90	11-Mar-21	Lance Elmore	VA SC Age Group Championship
	100 Free	49.34	5-Dec-20	Lance Elmore	VA WAC 13&O Dec Champs
	200 Free	1:48.19	10-Mar-17	Leo Tutovani	VSI SC Age Group Champs
	500 Free	4:59.71	11-Mar-17	Leo Tutovani	VSI SC Age Group Champs
	1000 Free	10:52.49	6-Jan-18	Ahmad Woodson	VA PSDN Poseidon Fire & Ice Invitation
	1650 Free	18:30.49	11-Mar-18	Ahmad Woodson	Virginia Swimming Age Group Championships
	100 Back	58.09	11-Mar-17	Leo Tutovani	VSI SC Age Group Champs
	200 Back	2:06.04	12-Mar-17	Zach Ashby	VSI SC Age Group Champs
	100 Breast	1:00.86	12-Mar-21	Josh Hodges	VA SC Age Group Championship
	200 Breast	2:13.05	11-Mar-21	Josh Hodges	VA SC Age Group Championship
	100 Fly	53.33	12-Mar-21	Lance Elmore	VA SC Age Group Championship
	200 Fly	2:16.44	31-Mar-17	Leo Tutovani	NOVA SPRING BREAK OUT
	200 IM	2:00.94	30-Mar-21	Josh Hodges	VA SRVA SwimRVA Shamrock Showdown-Senior
	400 IM	4:24.36	12-Mar-21	Josh Hodges	VA SC Age Group Championship
	200 Free Relay	1:54.25	24-Feb-24	ACAC	G. Schaar, E. Apicella, O. Buckner, C. Thomas
	400 Free Relay	4:21.76	24-Feb-24	ACAC	G. Schaar, E. Apicella, C. Thomas, A. Zevgolis
	400 Medley Relay	4:48.02	24-Feb-24	ACAC	C. Thomas, G. Schaar, O. Buckner, E. Apicella
15-18	50 Free	22.11	6-Dec-20	Aidan Meyer	VA WAC 13&O Dec Champs
	100 Free	49.37	5-Dec-20	Aidan Meyer	VA WAC 13&O Dec Champs
	200 Free	1:48.23	9-Jan-21	Ryan Taylor	VA LY Winter Invitational
	500 Free	5:06.86	24-Feb-18	Jake Hartogensis	VA Blue Ridge Region-SW D
	1000 Free	10:40.54	25-Feb-18	Jake Hartogensis	VA Blue Ridge Region-SW D
	100 Back	53.55	14-Dec-19	Zach Ashby	VA Hoki Swim & Tri Invitational
	200 Back	1:55.96	3-Mar-19	Zach Ashby	Virginia Swimming Senior Championships
	100 Breast	58.51	6-Dec-20	Ryan Taylor	VA WAC 13&O Dec Champs
	200 Breast	2:04.18	5-Dec-20	Ryan Taylor	VA WAC 13&O Dec Champs
	100 Fly	52.70	2-Mar-18	Thomas Leckrone	Virginia Swimming Senior Championships
	200 Fly	2:00.02	7-Mar-21	Gus Jones	VA VSI SC Senior Championship
	200 IM	1:56.67	6-Dec-20	Ryan Taylor	VA WAC 13&O Dec Champs
	400 IM	4:15.30	6-Mar-20	Ryan Taylor	Virginia Swimming Senior Championships