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**RECORDS ACAC**
**LC Meters-Female**

8 & U	50 Free	37.39	<b>22-Jun-18</b>	Amelie Meyer	VA LY Long Course Meet	
	100 Free	1:28.84	<b>24-Jun-18</b>	Amelie Meyer	VA LY Long Course Meet	
	200 Free	3:43.77	<b>26-Jun-21</b>	Vanessa Goodwin	VA Virginia Commonwealth	
	400 Free	8:00.15	<b>25-Jun-21</b>	Vanessa Goodwin	VA Virginia Commonwealth	
	50 Back	48.77	<b>24-Jun-18</b>	Amelie Meyer	VA LY Long Course Meet	
	100 Back	1:51.54	<b>31-May-24</b>	Sophia Xie	at 2024 Virginia Commonwealth Games	
	50 Breast	55.31	<b>22-Jun-18</b>	Amelie Meyer	VA LY Long Course Meet	
	100 Breast	1:56.85	<b>22-Jun-18</b>	Amelie Meyer	VA LY Long Course Meet	
	50 Fly	47.11	<b>24-Jun-18</b>	Amelie Meyer	VA LY Long Course Meet	
	100 Fly	1:43.65	<b>24-Jun-18</b>	Amelie Meyer	VA LY Long Course Meet	
	200 IM	3:33.35	<b>22-Jun-18</b>	Amelie Meyer	VA LY Long Course Meet	
	9-10	50 Free	30.86	<b>20-Jul-23</b>	Vivian Vanyo	at 2023 VA LC Age Group Championships
		100 Free	1:09.68	<b>20-Jul-23</b>	Vivian Vanyo	at 2023 VA LC Age Group Championships
200 Free		2:32.80	<b>16-Jun-23</b>	Vivian Vanyo	at 2023 Virginia Commonwealth Games	
400 Free		5:36.50	<b>16-Jun-23</b>	Vivian Vanyo	at 2023 Virginia Commonwealth Games	
50 Back		36.97	<b>20-Jul-23</b>	Vivian Vanyo	at 2023 VA LC Age Group Championships	
100 Back		1:19.35	<b>20-Jul-23</b>	Vivian Vanyo	at 2023 VA LC Age Group Championships	
50 Breast		43.35	<b>12-May-23</b>	Vivian Vanyo	at Freedom Splash	
100 Breast		1:35.72	<b>12-May-23</b>	Vivian Vanyo	at Freedom Splash	
50 Fly		33.36	<b>20-Jul-23</b>	Vivian Vanyo	at 2023 VA LC Age Group Championships	
100 Fly		1:19.64	<b>16-Jun-23</b>	Vivian Vanyo	at 2023 Virginia Commonwealth Games	
200 IM		2:51.89	<b>20-Jul-23</b>	Vivian Vanyo	at 2023 VA LC Age Group Championships	
11-12		50 Free	30.59	<b>25-Jun-21</b>	Amelie Meyer	VA Virginia Commonwealth
		100 Free	1:07.55	<b>31-May-24</b>	Vivian Vanyo	at 2024 Virginia Commonwealth Games
	200 Free	2:28.20	<b>31-May-24</b>	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	400 Free	5:17.47	<b>31-May-24</b>	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	800 Free	12:21.77	<b>31-May-24</b>	Chloe Huang	at 2024 Virginia Commonwealth Games	
	50 Back	36.10	<b>31-May-24</b>	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	100 Back	1:16.51	<b>31-May-24</b>	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	200 Back	2:41.14	<b>31-May-24</b>	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	50 Breast	40.42	<b>26-Jun-21</b>	Amelie Meyer	VA Virginia Commonwealth	
	100 Breast	1:29.10	<b>31-May-24</b>	Tess Thompson	at 2024 Virginia Commonwealth Games	
	200 Breast	3:13.91	<b>31-May-24</b>	Tess Thompson	at 2024 Virginia Commonwealth Games	
	50 Fly	33.13	<b>26-Apr-24</b>	Vivian Vanyo	at NOVA LC Kick Off	
	100 Fly	1:18.61	<b>26-Apr-24</b>	Vivian Vanyo	at NOVA LC Kick Off	
	200 Fly	2:53.33	<b>31-May-24</b>	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	200 IM	2:48.74	<b>17-May-24</b>	Vivian Vanyo	at Freedom Splash	
	400 IM	5:47.94	<b>31-May-24</b>	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	200 Free Relay	2:08.89	<b>31-May-24</b>	ACAC	V. Vanyo, T. Thompson, C. Huang, N. Brooks	
	200 Medley Relay	2:29.40	<b>31-May-24</b>	ACAC	C. Huang, F. Thompson, V. Vanyo, N. Brooks	
	13-14	50 Free	27.27	<b>26-Jul-23</b>	Sofie Vanyo	at USA Swimming Futures - Richmond
100 Free		58.80	<b>16-Jun-23</b>	Sofie Vanyo	at 2023 Virginia Commonwealth Games	
200 Free		2:06.51	<b>16-Jun-23</b>	Sofie Vanyo	at 2023 Virginia Commonwealth Games	
400 Free		4:28.33	<b>13-Jul-23</b>	Sofie Vanyo	at 2023 VA LC Senior Champs	
800 Free		9:13.92	<b>13-Jul-23</b>	Sofie Vanyo	at 2023 VA LC Senior Champs	
1500 Free		21:09.15	<b>24-Jun-18</b>	Elizabeth Jackson	VA LY Long Course Meet	
100 Back		1:07.23	<b>16-Jun-23</b>	Sofie Vanyo	at 2023 Virginia Commonwealth Games	

**RECORDS ACAC**

13-14	200 Back	2:25.56	<b>20-Jul-23</b>	Sofie Vanyo	at 2023 VA LC Age Group Championships
	100 Breast	1:15.67	<b>16-Jun-23</b>	Sofie Vanyo	at 2023 Virginia Commonwealth Games
	200 Breast	2:40.06	<b>13-Jul-23</b>	Sofie Vanyo	at 2023 VA LC Senior Champs
	100 Fly	1:05.24	<b>23-Jul-21</b>	Alex Fuller	Virginia LC Age Group Championship
	200 Fly	2:19.98	<b>20-Jul-23</b>	Sofie Vanyo	at 2023 VA LC Age Group Championships
	200 IM	2:21.40	<b>13-Jul-23</b>	Sofie Vanyo	at 2023 VA LC Senior Champs
	400 IM	5:00.68	<b>26-Jul-23</b>	Sofie Vanyo	at USA Swimming Futures - Richmond
13 & 0	200 Free Relay	1:56.06	<b>31-May-24</b>	ACAC	S. Vanyo, I. Thompson, A. Vanyo, A. Heale
	200 Medley Relay	2:11.95	<b>31-May-24</b>	ACAC	A. Vanyo, A. Heale, S. Vanyo, I. Thompson
15-18	50 Free	26.65	<b>16-May-24</b>	Sofie Vanyo	at 2024 EZ LC Speedo Super Sectional
	100 Free	57.18	<b>31-May-24</b>	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 Free	2:06.84	<b>16-May-24</b>	Sofie Vanyo	at 2024 EZ LC Speedo Super Sectional
	400 Free	4:26.43	<b>16-May-24</b>	Sofie Vanyo	at 2024 EZ LC Speedo Super Sectional
	800 Free	9:39.82	<b>16-Jun-23</b>	Katie Shaps	at 2023 Virginia Commonwealth Games
	1500 Free	19:13.69	<b>18-Jul-21</b>	Katie Jordan	at 2021 Virginia Swimming Senior Championships
	100 Back	1:06.88	<b>31-May-24</b>	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 Back	2:26.10	<b>31-May-24</b>	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	100 Breast	1:14.43	<b>31-May-24</b>	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 Breast	2:41.58	<b>16-May-24</b>	Sofie Vanyo	at 2024 EZ LC Speedo Super Sectional
	100 Fly	1:02.95	<b>31-May-24</b>	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 Fly	2:19.89	<b>31-May-24</b>	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 IM	2:20.94	<b>16-May-24</b>	Sofie Vanyo	at 2024 EZ LC Speedo Super Sectional
	400 IM	5:07.45	<b>31-May-24</b>	Sofie Vanyo	at 2024 Virginia Commonwealth Games

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**RECORDS ACAC**
**LC Meters-Male**

8 & U	50 Free	34.92	<b>7-May-17</b>	Chase Easton	BASS Jim Frye Memorial Invitational	
	100 Free	1:18.89	<b>3-Jun-17</b>	Chase Easton	VA Superhero Splashdown	
	200 Free	3:53.15	<b>31-May-24</b>	Oliver Heale	at 2024 Virginia Commonwealth Games	
	400 Free	7:43.08	<b>31-May-24</b>	Grady Santiuste	at 2024 Virginia Commonwealth Games	
	50 Back	43.72	<b>6-May-17</b>	Chase Easton	BASS Jim Frye Memorial Invitational	
	100 Back	1:55.19	<b>31-May-24</b>	Oliver Heale	at 2024 Virginia Commonwealth Games	
	50 Breast	55.69	<b>3-Jun-17</b>	Chase Easton	VA Superhero Splashdown	
	100 Breast	1:59.56	<b>1-Jun-19</b>	Walker Easton	VA 757 Swim Spring Splash	
	50 Fly	41.06	<b>7-May-17</b>	Chase Easton	BASS Jim Frye Memorial Invitational	
	200 IM	3:47.35	<b>31-May-24</b>	Grady Santiuste	at 2024 Virginia Commonwealth Games	
	9-10	50 Free	31.22	<b>5-May-19</b>	Chase Easton	VA BASS Jim Frye Memorial Invitational
		100 Free	1:09.14	<b>8-Aug-18</b>	Chase Easton	2018 VA Eastern Zone LC Champs
200 Free		2:30.62	<b>9-Aug-18</b>	Bradley Sawyer	2018 VA Eastern Zone LC Champs	
400 Free		5:16.82	<b>10-Aug-18</b>	Bradley Sawyer	2018 VA Eastern Zone LC Champs	
50 Back		37.62	<b>11-Aug-17</b>	Tanner Kidd	2017 VA Eastern Zone LC Champs	
100 Back		1:23.17	<b>7-May-17</b>	Tanner Kidd	BASS Jim Frye Memorial Invitational	
50 Breast		42.92	<b>6-May-17</b>	Travis Hitt	BASS Jim Frye Memorial Invitational	
100 Breast		1:39.42	<b>22-Jul-17</b>	Tanner Kidd	VA LC AG Champs	
50 Fly		35.30	<b>9-Aug-18</b>	Bradley Sawyer	2018 VA Eastern Zone LC Champs	
100 Fly		1:20.16	<b>8-Aug-18</b>	Bradley Sawyer	2018 VA Eastern Zone LC Champs	
200 IM		2:56.04	<b>1-Jun-19</b>	Chase Easton	VA 757 Swim Spring Splash	
11-12		50 Free	26.46	<b>6-Aug-16</b>	Leo Tutovani	2016 Eastern Zone LC Championship
	100 Free	57.45	<b>3-Aug-16</b>	Leo Tutovani	2016 Eastern Zone LC Championship	
	200 Free	2:08.24	<b>4-Aug-16</b>	Leo Tutovani	2016 Eastern Zone LC Championship	
	400 Free	4:35.10	<b>5-Aug-16</b>	Leo Tutovani	2016 Eastern Zone LC Championship	
	800 Free	12:49.97	<b>31-May-24</b>	Marcus Xie	at 2024 Virginia Commonwealth Games	
	50 Back	34.07	<b>26-Apr-24</b>	Derrick Joseph	at NOVA LC Kick Off	
	100 Back	1:14.81	<b>17-May-24</b>	Derrick Joseph	at Freedom Splash	
	200 Back	2:47.97	<b>31-May-24</b>	Derrick Joseph	at 2024 Virginia Commonwealth Games	
	50 Breast	35.87	<b>26-Jul-19</b>	Josh Hodges	Virginia Long Course Age Group Championship	
	100 Breast	1:19.47	<b>22-Jul-17</b>	Jack Smith	2017 VA LC AG Champs	
	200 Breast	2:51.35	<b>12-Aug-17</b>	Jack Smith	2017 VA Eastern Zone LC Age Group Champs	
	50 Fly	29.64	<b>4-Aug-16</b>	Leo Tutovani	2016 Eastern Zone LC Championship	
	100 Fly	1:12.67	<b>21-Jul-17</b>	Jack Smith	2017 VA LC AG Champs	
	200 Fly	2:54.02	<b>21-Jun-19</b>	Bradley Sawyer	VA LY June Jam	
	200 IM	2:29.47	<b>6-Aug-16</b>	Leo Tutovani	2016 Eastern Zone LC Championship	
	400 IM	5:36.65	<b>21-Jul-17</b>	Jack Smith	2017 VA LC AG Champs	
	12 & U	200 Free Relay	2:38.54	<b>31-May-24</b>	ACAC	D. Joseph, M. Xie, O. Heale, A. Liang
		200 Medley Relay	2:51.48	<b>31-May-24</b>	ACAC	D. Joseph, A. Liang, G. Santiuste, M. Xie
13-14	50 Free	25.36	<b>6-Jun-21</b>	Lance Elmore	VA HNVR Storm Surge	
	100 Free	56.96	<b>5-Jun-21</b>	Lance Elmore	VA HNVR Storm Surge	
	200 Free	2:09.09	<b>4-Jun-21</b>	Lance Elmore	VA HNVR Storm Surge	
	400 Free	4:34.39	<b>24-Jul-21</b>	Chase Easton	Virginia LC Age Group Championships	
	800 Free	9:45.05	<b>25-Jul-21</b>	Chase Easton	Virginia LC Age Group Championship	
	1500 Free	19:09.92	<b>6-May-18</b>	Ahmad Woodson	VA BASS Jim Frye Memorial Invitational	
	100 Back	1:08.04	<b>25-Jun-17</b>	Zach Ashby	VA WAC Summer Sizzle	

**RECORDS ACAC**

13-14	200	Back	2:25.74	<b>24-Jun-17</b>	Zach Ashby	VA WAC Summer Sizzle
	100	Breast	1:12.82	<b>5-Jun-21</b>	Josh Hodges	VA HNVR Storm Surge
	200	Breast	2:39.55	<b>16-May-21</b>	Josh Hodges	Speedo Sectionals
	100	Fly	1:04.20	<b>26-Jun-21</b>	Lance Elmore	VA Virginia Commonwealth
	200	Fly	2:28.37	<b>24-Jul-21</b>	Chase Easton	Virginia LC Age Group Championships
	200	IM	2:26.81	<b>5-Jun-21</b>	Josh Hodges	VA HNVR Storm Surge
	400	IM	5:28.26	<b>6-May-17</b>	Leo Tutovani	BASS Jim Frye Memorial Invitational
15-18	50	Free	25.66	<b>18-Jul-21</b>	Lance Elmore	Virginia Swimming Senior Championships
	100	Free	58.14	<b>15-Jul-18</b>	Jake Hartogenesis	VSI Regional Summer Awards
	200	Free	2:12.17	<b>13-Jul-18</b>	Jake Hartogenesis	VSI Regional Summer Awards
	400	Free	4:39.13	<b>14-Jul-18</b>	Jake Hartogenesis	VSI Regional Summer Awards
	800	Free	9:58.71	<b>31-May-19</b>	Ryan Taylor	VA 757 Swim Spring Splash
	1500	Free	18:29.23	<b>24-Jun-18</b>	Jake Hartogenesis	VA LY Long Course Meet
	100	Back	1:05.17	<b>21-Jul-18</b>	Zach Ashby	Virginia Swimming Long Course Senior Championships
	200	Back	2:29.37	<b>2-Jun-19</b>	Ryan Taylor	VA 757 Swim Spring Splash
	100	Breast	1:09.48	<b>19-Jul-19</b>	Ryan Taylor	VA LC SR Champs
	200	Breast	2:35.59	<b>20-Jul-19</b>	Ryan Taylor	VA LC SR Champs
	100	Fly	1:03.04	<b>19-Jul-19</b>	Ryan Taylor	VA LC SR Champs
	200	Fly	2:31.50	<b>2-Jun-18</b>	Ryan Taylor	VA 757 Swim Spring Splash
	200	IM	2:23.30	<b>21-Jul-19</b>	Ryan Taylor	VA LC SR Champs
	400	IM	5:12.92	<b>1-Jun-19</b>	Ryan Taylor	VA 757swim Spring Splash