

RECORDS ACAC

LC Meters-Female

8 & U	50 Free	37.39	22-Jun-18	Amelie Meyer	VA LY Long Course Meet	
	100 Free	1:28.84	24-Jun-18	Amelie Meyer	VA LY Long Course Meet	
	200 Free	3:43.77	26-Jun-21	Vanessa Goodwin	VA Virginia Commonwealth	
	400 Free	8:00.15	25-Jun-21	Vanessa Goodwin	VA Virginia Commonwealth	
	50 Back	48.77	24-Jun-18	Amelie Meyer	VA LY Long Course Meet	
	100 Back	1:51.54	31-May-24	Sophia Xie	at 2024 Virginia Commonwealth Games	
	50 Breast	55.31	22-Jun-18	Amelie Meyer	VA LY Long Course Meet	
	100 Breast	1:56.85	22-Jun-18	Amelie Meyer	VA LY Long Course Meet	
	50 Fly	47.11	24-Jun-18	Amelie Meyer	VA LY Long Course Meet	
	100 Fly	1:43.65	24-Jun-18	Amelie Meyer	VA LY Long Course Meet	
	200 IM	3:33.35	22-Jun-18	Amelie Meyer	VA LY Long Course Meet	
	9-10	50 Free	30.86	20-Jul-23	Vivian Vanyo	at 2023 VA LC Age Group Championships
		100 Free	1:09.68	20-Jul-23	Vivian Vanyo	at 2023 VA LC Age Group Championships
		200 Free	2:32.80	16-Jun-23	Vivian Vanyo	at 2023 Virginia Commonwealth Games
400 Free		5:36.50	16-Jun-23	Vivian Vanyo	at 2023 Virginia Commonwealth Games	
50 Back		36.97	20-Jul-23	Vivian Vanyo	at 2023 VA LC Age Group Championships	
100 Back		1:19.35	20-Jul-23	Vivian Vanyo	at 2023 VA LC Age Group Championships	
50 Breast		43.35	12-May-23	Vivian Vanyo	at Freedom Splash	
100 Breast		1:35.72	12-May-23	Vivian Vanyo	at Freedom Splash	
50 Fly		33.36	20-Jul-23	Vivian Vanyo	at 2023 VA LC Age Group Championships	
100 Fly		1:19.64	16-Jun-23	Vivian Vanyo	at 2023 Virginia Commonwealth Games	
200 IM		2:51.89	20-Jul-23	Vivian Vanyo	at 2023 VA LC Age Group Championships	
10 & U		200 Free Relay	2:54.29	14-Jul-24	ACAC	M. Jamme, M. Goodwin, S. Xie, M. Zhang
11-12		50 Free	30.59	25-Jun-21	Amelie Meyer	VA Virginia Commonwealth
		100 Free	1:07.55	31-May-24	Vivian Vanyo	at 2024 Virginia Commonwealth Games
	200 Free	2:28.20	31-May-24	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	400 Free	5:12.81	21-Jun-24	Vivian Vanyo	at 28th Annual SMAC Summer Classic	
	800 Free	12:21.77	31-May-24	Chloe Huang	at 2024 Virginia Commonwealth Games	
	50 Back	36.10	31-May-24	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	100 Back	1:16.51	31-May-24	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	200 Back	2:41.14	31-May-24	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	50 Breast	39.99	12-Jul-24	Tess Thompson	at 2024 CCA Summer Awards	
	100 Breast	1:24.12	12-Jul-24	Tess Thompson	at 2024 CCA Summer Awards	
	200 Breast	3:05.24	12-Jul-24	Tess Thompson	at 2024 CCA Summer Awards	
	50 Fly	33.13	26-Apr-24	Vivian Vanyo	at NOVA LC Kick Off	
	100 Fly	1:16.40	21-Jun-24	Vivian Vanyo	at 28th Annual SMAC Summer Classic	
	200 Fly	2:53.33	31-May-24	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	200 IM	2:47.13	21-Jun-24	Vivian Vanyo	at 28th Annual SMAC Summer Classic	
	400 IM	5:47.94	31-May-24	Vivian Vanyo	at 2024 Virginia Commonwealth Games	
	200 Free Relay	2:08.89	31-May-24	ACAC	V. Vanyo, T. Thompson, C. Huang, N. Brooks	
	400 Free Relay	4:59.17	14-Jul-24	ACAC	F. Thompson, N. Brooks, V. Goodwin, C. Huang	
	200 Medley Relay	2:29.40	31-May-24	ACAC	C. Huang, F. Thompson, V. Vanyo, N. Brooks	
	13-14	50 Free	27.27	26-Jul-23	Sofie Vanyo	at USA Swimming Futures - Richmond
100 Free		58.80	16-Jun-23	Sofie Vanyo	at 2023 Virginia Commonwealth Games	
200 Free		2:06.51	16-Jun-23	Sofie Vanyo	at 2023 Virginia Commonwealth Games	
400 Free		4:28.33	13-Jul-23	Sofie Vanyo	at 2023 VA LC Senior Champs	

RECORDS ACAC

13-14	800 Free	9:13.92	13-Jul-23	Sofie Vanyo	at 2023 VA LC Senior Champs
	1500 Free	19:08.05	18-Jul-24	Isabelle Thompson	at 2024 VA LC Senior Champs
	100 Back	1:07.23	16-Jun-23	Sofie Vanyo	at 2023 Virginia Commonwealth Games
	200 Back	2:25.56	20-Jul-23	Sofie Vanyo	at 2023 VA LC Age Group Championships
	100 Breast	1:15.67	16-Jun-23	Sofie Vanyo	at 2023 Virginia Commonwealth Games
	200 Breast	2:40.06	13-Jul-23	Sofie Vanyo	at 2023 VA LC Senior Champs
	100 Fly	1:05.24	23-Jul-21	Alex Fuller	Virginia LC Age Group Championship
	200 Fly	2:19.98	20-Jul-23	Sofie Vanyo	at 2023 VA LC Age Group Championships
	200 IM	2:21.40	13-Jul-23	Sofie Vanyo	at 2023 VA LC Senior Champs
	400 IM	5:00.68	26-Jul-23	Sofie Vanyo	at USA Swimming Futures - Richmond
13 & 0	200 Free Relay	1:56.06	31-May-24	ACAC	S. Vanyo, I. Thompson, A. Vanyo, A. Heale
	400 Free Relay	4:37.52	12-Jul-24	ACAC	A. Heale, O. Goodwin, E. Heale, K. Stevens
	200 Medley Relay	2:11.95	31-May-24	ACAC	A. Vanyo, A. Heale, S. Vanyo, I. Thompson
	400 Medley Relay	5:31.69	13-Jul-24	ACAC	E. Heale, M. Lewis, I. Thompson, K. Stevens
15-18	50 Free	26.65	16-May-24	Sofie Vanyo	at 2024 EZ LC Speedo Super Sectional
	100 Free	57.18	31-May-24	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 Free	2:03.22	18-Jul-24	Sofie Vanyo	at 2024 VA LC Senior Champs
	400 Free	4:26.03	18-Jul-24	Sofie Vanyo	at 2024 VA LC Senior Champs
	800 Free	9:30.11	21-Jun-24	Sofie Vanyo	at 28th Annual SMAC Summer Classic
	1500 Free	18:09.85	21-Jun-24	Sofie Vanyo	at 28th Annual SMAC Summer Classic
	100 Back	1:06.88	31-May-24	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 Back	2:26.10	31-May-24	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	100 Breast	1:14.43	31-May-24	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 Breast	2:38.20	18-Jul-24	Sofie Vanyo	at 2024 VA LC Senior Champs
	100 Fly	1:02.95	31-May-24	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 Fly	2:19.89	31-May-24	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	200 IM	2:18.33	18-Jul-24	Sofie Vanyo	at 2024 VA LC Senior Champs
	400 IM	5:07.45	31-May-24	Sofie Vanyo	at 2024 Virginia Commonwealth Games

RECORDS ACAC
LC Meters-Male

8 & U	50 Free	34.92	7-May-17	Chase Easton	BASS Jim Frye Memorial Invitational	
	100 Free	1:18.89	3-Jun-17	Chase Easton	VA Superhero Splashdown	
	200 Free	3:30.23	21-Jun-24	Grady Santiuste	at 28th Annual SMAC Summer Classic	
	400 Free	7:43.08	31-May-24	Grady Santiuste	at 2024 Virginia Commonwealth Games	
	50 Back	43.72	6-May-17	Chase Easton	BASS Jim Frye Memorial Invitational	
	100 Back	1:50.08	21-Jun-24	Grady Santiuste	at 28th Annual SMAC Summer Classic	
	50 Breast	55.69	3-Jun-17	Chase Easton	VA Superhero Splashdown	
	100 Breast	1:59.56	1-Jun-19	Walker Easton	VA 757 Swim Spring Splash	
	50 Fly	41.06	7-May-17	Chase Easton	BASS Jim Frye Memorial Invitational	
	200 IM	3:47.35	31-May-24	Grady Santiuste	at 2024 Virginia Commonwealth Games	
	9-10	50 Free	31.22	5-May-19	Chase Easton	VA BASS Jim Frye Memorial Invitational
		100 Free	1:09.14	8-Aug-18	Chase Easton	2018 VA Eastern Zone LC Champs
200 Free		2:30.62	9-Aug-18	Bradley Sawyer	2018 VA Eastern Zone LC Champs	
400 Free		5:16.82	10-Aug-18	Bradley Sawyer	2018 VA Eastern Zone LC Champs	
50 Back		37.62	11-Aug-17	Tanner Kidd	2017 VA Eastern Zone LC Champs	
100 Back		1:23.17	7-May-17	Tanner Kidd	BASS Jim Frye Memorial Invitational	
50 Breast		42.92	6-May-17	Travis Hitt	BASS Jim Frye Memorial Invitational	
100 Breast		1:39.42	22-Jul-17	Tanner Kidd	VA LC AG Champs	
50 Fly		35.30	9-Aug-18	Bradley Sawyer	2018 VA Eastern Zone LC Champs	
100 Fly		1:20.16	8-Aug-18	Bradley Sawyer	2018 VA Eastern Zone LC Champs	
200 IM		2:56.04	1-Jun-19	Chase Easton	VA 757 Swim Spring Splash	
11-12		50 Free	26.46	6-Aug-16	Leo Tutovani	2016 Eastern Zone LC Championship
	100 Free	57.45	3-Aug-16	Leo Tutovani	2016 Eastern Zone LC Championship	
	200 Free	2:08.24	4-Aug-16	Leo Tutovani	2016 Eastern Zone LC Championship	
	400 Free	4:35.10	5-Aug-16	Leo Tutovani	2016 Eastern Zone LC Championship	
	800 Free	12:49.97	31-May-24	Marcus Xie	at 2024 Virginia Commonwealth Games	
	50 Back	34.07	26-Apr-24	Derrick Joseph	at NOVA LC Kick Off	
	100 Back	1:14.81	17-May-24	Derrick Joseph	at Freedom Splash	
	200 Back	2:39.64	12-Jul-24	Derrick Joseph	at 2024 CCA Summer Awards	
	50 Breast	35.87	26-Jul-19	Josh Hodges	Virginia Long Course Age Group Championship	
	100 Breast	1:19.47	22-Jul-17	Jack Smith	2017 VA LC AG Champs	
	200 Breast	2:51.35	12-Aug-17	Jack Smith	2017 VA Eastern Zone LC Age Group Champs	
	50 Fly	29.64	4-Aug-16	Leo Tutovani	2016 Eastern Zone LC Championship	
	100 Fly	1:12.67	21-Jul-17	Jack Smith	2017 VA LC AG Champs	
	200 Fly	2:54.02	21-Jun-19	Bradley Sawyer	VA LY June Jam	
	200 IM	2:29.47	6-Aug-16	Leo Tutovani	2016 Eastern Zone LC Championship	
	400 IM	5:36.65	21-Jul-17	Jack Smith	2017 VA LC AG Champs	
	12 & U	200 Free Relay	2:38.54	31-May-24	ACAC	D. Joseph, M. Xie, O. Heale, A. Liang
		200 Medley Relay	2:51.48	31-May-24	ACAC	D. Joseph, A. Liang, G. Santiuste, M. Xie
13-14	50 Free	25.36	6-Jun-21	Lance Elmore	VA HNVR Storm Surge	
	100 Free	56.96	5-Jun-21	Lance Elmore	VA HNVR Storm Surge	
	200 Free	2:09.09	4-Jun-21	Lance Elmore	VA HNVR Storm Surge	
	400 Free	4:34.39	24-Jul-21	Chase Easton	Virginia LC Age Group Championships	
	800 Free	9:45.05	25-Jul-21	Chase Easton	Virginia LC Age Group Championship	
	1500 Free	19:09.92	6-May-18	Ahmad Woodson	VA BASS Jim Frye Memorial Invitational	
	100 Back	1:08.04	25-Jun-17	Zach Ashby	VA WAC Summer Sizzle	

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