
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	3:39.62	30-May-25	Sophia Xie	at 2025 SwimRVA Success Bell
	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	1:41.62	25-Apr-25	Yoyo Wu	at NOVA LC Kick Off
	50	Breast	50.89	25-Apr-25	Yoyo Wu	at NOVA LC Kick Off
	100	Breast	1:54.02	25-Apr-25	Yoyo Wu	at NOVA LC Kick Off
	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
	200	Back	2:54.83	2-Jun-23	Vivian Vanyo	at 2023 SwimRVA Success Bell
	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
	200	Breast	3:24.35	2-Jun-23	Vivian Vanyo	at 2023 SwimRVA Success Bell
	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
	200	Free Relay	2:35.20	* 13-Jul-25	ACAC	V. Joseph, M. Goodwin, M. Zhang, J. Siadaty
10 & U	200	Free Relay	2:35.20	* 11-Jul-25	ACAC	V. Joseph, M. Goodwin, M. Zhang, J. Siadaty
11-12	50	Free	29.60	24-Jul-25	Chloe Huang	at 2025 Virginia Swimming LC Age Group Champions
	100	Free	1:04.19	24-Jul-25	Vivian Vanyo	at 2025 Virginia Swimming LC Age Group Champions
	200	Free	2:22.38	24-Jul-25	Chloe Huang	at 2025 Virginia Swimming LC Age Group Champions
	400	Free	4:54.09	20-Jun-25	Vivian Vanyo	at 2025 Virginia Commonwealth Games
	800	Free	10:21.53	20-Jun-25	Vivian Vanyo	at 2025 Virginia Commonwealth Games
	50	Back	35.28	6-Jun-25	Vivian Vanyo	at 2025 TIDE Swimming Schools Out Classic
	100	Back	1:10.90	24-Jul-25	Vivian Vanyo	at 2025 Virginia Swimming LC Age Group Champions
	200	Back	2:35.82	24-Jul-25	Vivian Vanyo	at 2025 Virginia Swimming LC Age Group Champions
	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	3:04.90	25-Jul-24	Tess Thompson	at 2024 VA LC Age Group Championships
	50	Fly	31.04	24-Jul-25	Vivian Vanyo	at 2025 Virginia Swimming LC Age Group Champions
	100	Fly	1:08.81	24-Jul-25	Vivian Vanyo	at 2025 Virginia Swimming LC Age Group Champions
	200	Fly	2:39.05	24-Jul-25	Vivian Vanyo	at 2025 Virginia Swimming LC Age Group Champions
	200	IM	2:37.41	24-Jul-25	Vivian Vanyo	at 2025 Virginia Swimming LC Age Group Champions
	400	IM	5:38.62	20-Jun-25	Vivian Vanyo	at 2025 Virginia Commonwealth Games
	200	Free Relay	2:07.26	27-Jul-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	2:21.15	27-Jul-24	ACAC	V. Vanyo, F. Thompson, C. Huang, N. Brooks
13-14	50	Free	27.27	26-Jul-23	Sofie Vanyo	at USA Swimming Futures - Richmond

RECORDS ACAC

13-14	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
	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
	50	Back	34.61	21-Jun-19	Grace McCardle	at 2019 VA LY June Jam
	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
	50	Breast	36.27	12-May-23	Sofie Vanyo	at Freedom Splash
	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
	50	Fly	29.69	12-May-23	Sofie Vanyo	at Freedom Splash
	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 & O	200	Free Relay	1:55.96	18-Jul-25	ACAC	I. Thompson, S. Vanyo, A. Heale, J. White
	400	Free Relay	4:37.52	12-Jul-24	ACAC	A. Heale, O. Goodwin, E. Heale, K. Stevens
	200	Medley Relay	2:08.46	17-Jul-25	ACAC	J. White, T. Thompson, S. Vanyo, I. Thompson
	400	Medley Relay	4:41.55	19-Jul-25	ACAC	J. White, T. Thompson, S. Vanyo, I. Thompson
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	2:02.98	30-Jul-25	Sofie Vanyo	at 2025 Speedo Junior National Championships
	400	Free	4:21.20	17-Jul-25	Sofie Vanyo	at 2025 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
	50	Back	31.24	31-May-24	Sofie Vanyo	at 2024 Virginia Commonwealth Games
	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
	50	Breast	34.98	20-Jun-25	Sofie Vanyo	at 2025 Virginia Commonwealth Games
	100	Breast	1:14.17	17-Jul-25	Sofie Vanyo	at 2025 VA LC Senior Champs
	200	Breast	2:38.20	18-Jul-24	Sofie Vanyo	at 2024 VA LC Senior Champs
	50	Fly	28.34	30-Jul-25	Sofie Vanyo	at 2025 Jrs Time Trials
	100	Fly	1:02.83	30-Jul-25	Sofie Vanyo	at 2025 Jrs Time Trials
	200	Fly	2:19.53	20-Jun-25	Sofie Vanyo	at 2025 Virginia Commonwealth Games
	200	IM	2:17.64	30-Jul-25	Sofie Vanyo	at 2025 Speedo Junior National Championships
	400	IM	4:54.80	30-Jul-25	Sofie Vanyo	at 2025 Speedo Junior National Championships
	200	Free Relay	1:55.96	18-Jul-25	ACAC	I. Thompson, S. Vanyo, A. Heale, J. White

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	1:43.63	20-Jun-25	Ethan Huang	at 2025 Virginia Commonwealth Games
	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	42.45	24-Jul-25	Mitchell Finan	at 2025 Virginia Swimming LC Age Group Champions
	100	Breast	1:36.11	25-Apr-25	Mitchell Finan	at NOVA LC Kick Off
	200	Breast	3:59.23	21-Jun-24	Mitchell Finan	at 28th Annual SMAC Summer Classic
	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	12:42.73	20-Jun-25	Marcus Xie	at 2025 Virginia Commonwealth Games
	50	Back	31.75	25-Jul-24	Derrick Joseph	at 2024 VA LC Age Group Championships
	100	Back	1:11.85	25-Jul-24	Derrick Joseph	at 2024 VA LC Age Group Championships
	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 Jum Fry Memorial Invitational

RECORDS ACAC

13-14	50	Back	32.01	24-Jul-25	Derrick Joseph	at 2025 Virginia Swimming LC Age Group Champions
	100	Back	1:08.04	25-Jun-17	Zach Ashby	VA WAC Summer Sizzle
	200	Back	2:25.74	24-Jun-17	Zach Ashby	VA WAC Summer Sizzle
	50	Breast	34.14	24-Jul-25	Olly Buckner	at 2025 Virginia Swimming LC Age Group Champions
	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
	50	Fly	27.72	27-Jun-21	Lance Elmore	at 2021 VA Virginia Commonwealth
	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
13 & O	200	Free Relay	1:56.45	12-Jul-25	ACAC	G. Schaar, O. Buckner, T. Bouch, D. Joseph
	400	Free Relay	4:22.27	11-Jul-25	ACAC	D. Joseph, C. Thomas, O. Buckner, G. Schaar
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
	50	Back	30.61	22-Jul-18	Zach Ashby	2018 VA LC SR Championships
	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
	50	Breast	34.62	4-May-19	Duncan McDonald	2019 VA BASS Jim Frye Memorial
	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
	50	Fly	30.42	16-May-25	Gavin Schaar	at Freedom Splash
	100	Fly	1:03.04	19-Jul-19	Ryan Taylor	VA LC SR Champs
	200	Fly	2:28.57	11-Jul-25	Gavin Schaar	at 2025 Southwest LC District Champs
	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