

Relay Records Report for ACAC-Y

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards
Atlantic Coast Athletic Clubs [ACAC-VA] Coach: Jeremy Edwards

Female 13 & Over 200 Free Relay				
1:44.94	ACAC		10/12/2024	
	I. Thompson, A. Heale, J. White, S. Vanyo			
1:43.51	** Atlantic Coast Athletic Clubs		11/8/2024	ACAC -VA
	I. Thompson, S. Vanyo, J. White, A. Heale			
Female 13 & Over 400 Free Relay				
4:13.46	ACAC		2/24/2024	
	I. Thompson, K. Stevens, C. Hernandez, O. Goodwin			
3:48.95	** Atlantic Coast Athletic Clubs		11/8/2024	ACAC -VA
	I. Thompson, S. Vanyo, A. Heale, F. Thompson			
Female 13 & Over 200 Medley Relay				
1:57.59	ACAC		10/12/2024	
	J. White, S. Vanyo, A. Heale, I. Thompson			
1:56.33	** Atlantic Coast Athletic Clubs		11/8/2024	ACAC -VA
	S. Vanyo, F. Thompson, A. Heale, I. Thompson			
Female 13 & Over 400 Medley Relay				
4:51.66	ACAC		2/24/2024	
	I. Thompson, O. Goodwin, C. Hernandez, K. Stevens			
4:08.26	** Atlantic Coast Athletic Clubs		11/8/2024	ACAC -VA
	J. White, S. Vanyo, A. Heale, I. Thompson			

**Indicates Best Record for Each Event