
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	1:55.48	26-Apr-24	Sophia Xie	at NOVA LC Kick Off	
	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	
11-12		50	Free	30.59	25-Jun-21	Amelie Meyer	VA Virginia Commonwealth
		100	Free	1:08.48	26-Apr-24	Vivian Vanyo	at NOVA LC Kick Off
	200	Free	2:35.88	26-Jun-21	Amelie Meyer	VA Virginia Commonwealth	
	400	Free	5:28.45	15-Jul-17	Elizabeth Jackson	VSI Regional Summer Awards	
	800	Free	14:50.14	27-Jun-21	Olivia Goodwin	VA Virginia Commonwealth	
	50	Back	36.63	3-Jun-18	Grace McCardle	VA 757 Swim Spring Splash	
	100	Back	1:18.96	26-Apr-24	Vivian Vanyo	at NOVA LC Kick Off	
	200	Back	3:28.23	26-Jun-16	Elizabeth Jackson	VA Commonwealth Games	
	50	Breast	40.42	26-Jun-21	Amelie Meyer	VA Virginia Commonwealth	
	100	Breast	1:30.55	26-Apr-24	Tess Thompson	at NOVA LC Kick Off	
	200	Breast	3:17.50	6-Jul-23	Tess Thompson	at 2023 CCA Summer Awards	
	50	Fly	33.13	26-Apr-24	Vivian Vanyo	at NOVA LC Kick Off	
	100	Fly	1:18.61	26-Apr-24	Vivian Vanyo	at NOVA LC Kick Off	
	200	IM	2:51.59	25-May-21	Amelie Meyer	VA Virginia Commonwealth	
	400	IM	7:18.42	22-Jun-19	Reese McCardle	VA LY June Jam	
	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	
800		Free	9:13.92	13-Jul-23	Sofie Vanyo	at 2023 VA LC Senior Champs	
1500		Free	21:09.15	24-Jun-18	Elizabeth Jackson	VA LY Long Course Meet	
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	

RECORDS ACAC

13-14	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
15-18	50 Free	26.83	1-Aug-21	Abby Fuller	USA Swimming Futures Championship
	100 Free	58.59	26-Apr-24	Sofie Vanyo	at NOVA LC Kick Off
	200 Free	2:08.76	26-Apr-24	Sofie Vanyo	at NOVA LC Kick Off
	400 Free	4:40.73	16-Jun-23	Katie Shaps	at 2023 Virginia Commonwealth Games
	800 Free	9:39.82	16-Jun-23	Katie Shaps	at 2023 Virginia Commonwealth Games
	1500 Free	19:13.69	18-Jul-21	Katie Jordan	Virginia Swimming Senior Championships
	100 Back	1:08.48	17-Jul-21	Grace McCardle	Virginia Swimming Senior Championships
	200 Back	2:30.67	18-Jul-21	Grace McCardle	Virginia Swimming Senior Championships
	100 Breast	1:16.90	26-Apr-24	Sofie Vanyo	at NOVA LC Kick Off
	200 Breast	2:52.86	1-May-21	Abby Fuller	TYR 18 & Under Spring Cup
	100 Fly	1:04.65	26-Apr-24	Sofie Vanyo	at NOVA LC Kick Off
	200 Fly	2:27.72	16-Jun-23	Katie Shaps	at 2023 Virginia Commonwealth Games
	200 IM	2:22.84	26-Apr-24	Sofie Vanyo	at NOVA LC Kick Off
	400 IM	5:22.60	16-Jun-23	Katie Shaps	at 2023 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	
	50 Back	43.72	6-May-17	Chase Easton	BASS Jim Frye Memorial Invitational	
	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	
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	
50 Back		34.07	26-Apr-24	Derrick Joseph	at NOVA LC Kick Off	
100 Back		1:17.36	26-Apr-24	Derrick Joseph	at NOVA LC Kick Off	
200 Back		2:56.29	24-Jun-18	Tanner Kidd	VA LY Long Course Meet	
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	
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	
	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	

RECORDS ACAC

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