

| Richmond Aquatic Club Records |                                                       |          |                                                            |         |                                                    |          |                                              |          |                                                          |
|-------------------------------|-------------------------------------------------------|----------|------------------------------------------------------------|---------|----------------------------------------------------|----------|----------------------------------------------|----------|----------------------------------------------------------|
| FEMALE LONG COURSE            |                                                       |          |                                                            |         |                                                    |          |                                              |          |                                                          |
| Age                           | 10 & U                                                |          | 11-12                                                      |         | 13-14                                              |          | 15-16                                        |          | 17 & O                                                   |
| Event                         |                                                       |          |                                                            |         |                                                    |          |                                              |          |                                                          |
| 50 Free                       | Cassidy Pong (11-Jul-25)                              | 31.15    | Maggie Hu (15-Jun-19)                                      | 27.59   | Alice Jin (21-Apr-25)                              | 27.03    | Victoria Chan (23-Jul-10)                    | 26.07    | Victoria Chan (8-Aug-13)                                 |
| 100 Free                      | Cassidy Pong (10-Jul-25)                              | 1:07.50  | Maggie Hu (16-Jun-19)                                      | 1:00.72 | Alice Jin (13-Jul-25)                              | 59.48    | Victoria Chan (31-Mar-11)                    | 56.34    | Victoria Chan (25-Jul-13)                                |
| 200 Free                      | Athena Zhang (07-Jun-24)                              | 2:35.90  | Cassie Wun (1-Jun-97)*                                     | 2:17.88 | Alice Jin (10-Jul-25)                              | 2:07.60  | Victoria Chan (30-Jul-11)                    | 2:01.55  | Victoria Chan (4-Aug-13)                                 |
| 400 Free                      | Athena Zhang (15-Jun-24)                              | 5:23.81  | Maggie Hu (18-Oct-19)                                      | 4:53.85 | Alice Jin (14-Jun-25)                              | 4:37.94  | Victoria Chan (31-Jul-11)                    | 4:19.91  | Victoria Chan (31-Jul-11)                                |
| 800 Free                      | Shu Tong Du (5-Jan-18)                                | 12:56.85 | Andrea Hetherington (1-Jan-96)*                            | 9:50.81 | Victoria Chan (21-Jun-09)                          | 9:26.28  | Victoria Radounski (13-May-11)               | 9:47.02  | Victoria Chan (25-Apr-13)                                |
| 1500 Free                     |                                                       |          |                                                            |         | Victoria Chan (18-Jun-09)                          | 18:32.33 | Sama Farah-Mina (13-May-11)                  | 19:09.17 | Victoria Radounski (25-Apr-13)                           |
| 50 Breast                     | Shu Tong Du (15-Jun-19)                               | 38.96    | Emily Lee (9-Jun-24)                                       | 35.75   | Nicole Lau (19-May-18)                             | 34.35    | Veanna Bui (10-Jun-25)                       | 33.01    | Victoria Wicks (18-July-14)                              |
| 100 Breast                    | Shu Tong Du (14-Jun-19)                               | 1:24.22  | Nicole Lau (8-Apr-17)                                      | 1:20.74 | Shu Tong Du (4-Mar-23)                             | 1:15.04  | Veanna Bui (9-Jun-25)                        | 1:11.97  | Victoria Wicks (20-Feb-15)                               |
| 200 Breast                    | Ogechi Abara (9-Jul-98)*                              | 3:06.59  | Emily Lee (27-Apr-24)                                      | 2:54.63 | Emily Lee (18-Jan-25)                              | 2:47.08  | Veanna Bui (7-Jun-25)                        | 2:36.18  | Victoria Wicks (19-Feb-15)                               |
| 50 Back                       | Shu Tong Du (14-Jun-19)                               | 35.92    | Alice Jin (11-Feb-24)                                      | 32.79   | Shu Tong Du (29-Mar-23)                            | 30.88    | Victoria Chan (1-Apr-10)                     | 30.79    | Maggie Hu (14-Jan-24)                                    |
| 100 Back                      | Shu Tong Du (15-Jun-19)                               | 1:18.96  | Jacki Strahl (1-Apr-92)                                    | 1:10.39 | Shu Tong Du (2-Mar-23)                             | 1:06.15  | Victoria Chan (19-Feb-12)                    | 1:06.02  | Victoria Chan (28-Apr-13)                                |
| 200 Back                      | Cassidy Pong (7-Jun-25)                               | 2:48.75  | Jacki Strahl (1-Apr-92)                                    | 2:32.11 | Alice Jin (11-Jul-25)                              | 2:22.80  | Victoria Radounski (10-Apr-11)               | 2:26.69  | Victoria Chan (7-Jul-13)                                 |
| 50 Fly                        | Shu Tong Du (24-May-19)                               | 33.28    | Maggie Hu (7-Jul-19)                                       | 30.14   | Shu Tong Du (11-Feb-23)                            | 29.29    | Kimberly Phan (28-Jul-13)                    | 28.55    | Maggie Hu (09-Dec-23)                                    |
| 100 Fly                       | Shu Tong Du (14-Jun-19)                               | 1:15.45  | Maggie Hu (14-Jun-19)                                      | 1:06.00 | Valerie Chan (11-May-24)                           | 1:04.88  | Valerie Chan (19-May-25)                     | 1:03.99  | Maggie Hu (13-Jan-24)                                    |
| 200 Fly                       | Cassidy Pong (2-Feb-25)                               | 3:23.76  | Cassie Wun (1-Jun-97)*                                     | 2:38.74 | Valerie Chan (25-Jul-24)                           | 2:27.72  | Valerie Chan (13-Jul-25)                     | 2:24.97  | Maggie Hu (2-Mar-24)                                     |
| 200 IM                        | Shu Tong Du (25-May-19)                               | 2:48.45  | Maggie Hu (16-Jun-19)                                      | 2:34.08 | Alice Jin (09-Jul-25)                              | 2:24.15  | Victoria Chan (23-Apr-10)                    | 2:26.05  | Elizabeth Day (8-Jul-04)                                 |
| 400 IM                        |                                                       |          | Jacki Strahl (1-Apr-92)                                    | 5:32.73 | Alice Jin (1-Mar-25)                               | 5:17.31  | Victoria Chan (5-Jun-10)                     | 5:12.66  | Maggie Hu (12-Jan-24)                                    |
| 4 x 50 FR                     | V. Bui, R. Liang,<br>M. Ramirez, K. Iermak (6-Jun-19) | 2:19.06  | A. Li, B. Marchetti,<br>M. Gubatan-Behi, R. Kee (3-Apr-15) | 2:02.79 | A. Jin , K. Li,<br>E. Shahi , H. Yeh (29-Mar-25)   | 1:53.55  | A. Yu , V. Chan,<br>S.Du , V. Bui (2-Mar-24) | 1:49.66  | K. Phan, M. Pocsai,<br>N. Varah, V. Chan (28-Jul-12)     |
| 4 x 100 FR                    |                                                       |          | M. Hau, M. Kamal,<br>M. Hu, B. Zhang (6-Jul-19)            | 4:29.06 | H. Yeh , E. Shahi,<br>S. Lara , A. Jin (10-Jul-25) | 4:05.86  | A. Yu, V. Chan,<br>S. Du, V. Bui (1-Mar-24)  | 4:02.41  | V. Radounski, K. Phan,<br>M. Pocsai, V. Chan (27-Jul-13) |
| 4 x 200 FR                    |                                                       |          |                                                            |         |                                                    |          | A. Jin, R. Ko,<br>H. Yeh , A. Yu (11-Jul-25) | 8:47.45  |                                                          |
| 4 x 50 MR                     | C. Pong , C. Chen,<br>T. Li, A. Zhang (14-Jun-24)     | 2:38.26  | K. Guo, M. Kamal,<br>M. Hu, B. Zhang (5-Apr-19)            | 2:14.38 | A. Jin , E. Lee,<br>E. Shahi, H. Yeh (30-Mar-25)   | 2:07.44  | S. Du, V. Bui,<br>V. Chan, A. Yu (29-Feb-24) | 2:00.72  | V. Chan, A. Gunn,<br>K. Phan, M. Pocsai (29-Jul-12)      |
| 4 x 100 MR                    |                                                       |          | V. Chan, M. Pocsai,<br>H. Fitzgerald, C. Chu (5-Jul-07)    | 5:06.26 | A. Jin , E. Lee,<br>E. Shahi , H. Yeh (12-Jul-25)  | 4:32.10  | S. Du, V. Bui,<br>V. Chan, A.Yu (3-Mar-24)   | 4:24.37  | V. Chan, V. Wicks,<br>K. Phan, V. Radounski (28-Jul-13)  |

NOTE: All fields marked with an asterisk (\*) have been verified for accuracy, but pre-date the Swim Rankings system (2004)