

Richmond Aquatic Club Records										
FEMALE SHORT COURSE										
Age	10 & U		11-12		13-14		15-16		17 & O	
Event										
50 Free	Cassidy Pong (13-Jun-25)	30.72	Maggie Hu (20-Oct-19)	27.71	Victoria Chan (6-Dec-09)	26.36	Victoria Chan (11-Dec-10)	25.79	Victoria Radounski (16-Feb-14)	25.81
100 Free	Cassidy Pong (20-Jul-25)	1:06.24	Victoria Chan (3-Feb-08)	59.49	Victoria Chan (28-Feb-10)	54.99	Victoria Chan (9-Dec-11)	54.65	Victoria Chan (16-Dec-12)	55.17
200 Free	Cassie Wun (1-Dec-94)*	2:29.75	Andrea Hetherington (1-Mar-95)*	2:11.44	Victoria Chan (21-Feb-10)	1:59.40	Victoria Chan (12-Dec-10)	1:58.73	Victoria Chan (17-Feb-13)	2:00.42
400 Free	Cassie Wun (1-Dec-94)*	5:19.11	Andrea Hetherington (1-Mar-95)*	4:35.71	Victoria Chan (27-Feb-10)	4:25.71	Victoria Chan (10-Dec-11)	4:13.99	Victoria Radounski (13-Feb-14)	4:17.32
800 Free	Yoon Jin Lim (3-Apr-10)	11:50.83	Andrea Hetherington (1-Dec-95)*	9:29.38	Victoria Chan (27-Feb-10)	9:00.10	Victoria Chan (11-Dec-11)	8:52.84	Victoria Chan (19-Apr-13)	9:01.12
1500 Free			Andrea Hetherington (1-Jan-94)*	19:13.43	Victoria Chan (29-Nov-08)	18:19.34	Victoria Chan (23-Apr-11)	17:32.49	Victoria Chan (19-Apr-13)	16:57.70
50 Breast	Ogechi Abara (6-Nov-98)*	38.81	Emily Lee (21-Jul-24)	35.38	Emily Lee (22-Nov-25)	34.11	Veanna Bui (15-Dec-24)	32.54	Victoria Wicks (15-Feb-14)	32.37
100 Breast	Shu Tong Du (17-Feb-19)	1:25.28	Emily Lee (21-Jul-24)	1:18.83	Shu Tong Du (16-Dec-22)	1:13.23	Veanna Bui (13-Dec-24)	1:09.99	Veanna Bui (8-Aug-25)	1:09.58
200 Breast	Ogechi Abara (29-May-98)*	3:06.10	Nicole Lau (24-Jun-17)	2:50.06	Emily Lee (22-Nov-25)	2:42.19	Veanna Bui (20-Jul-24)	2:31.94	Veanna Bui (10-Aug-25)	2:29.66
50 Back	Britney Cheung (17-Dec-22)	36.03	Maggie Hu (20-Oct-19)	31.05	Victoria Chan (6-Dec-09)	29.84	Maggie Hu (22-Oct-23)	29.06	Maggie Hu (09-Dec-23)	28.64
100 Back	Cassidy Pong (19-Jul-25)	1:15.06	Maggie Hu (19-Oct-19)	1:07.37	Victoria Chan (5-Dec-09)	1:03.26	Victoria Chan (10-Dec-10)	1:03.78	Maggie Hu (12-Nov-23)	1:01.54
200 Back	Cassidy Pong (14-Dec-24)	2:48.64	Alice Jin (09-Mar-24)	2:30.08	Victoria Chan (28-Feb-09)	2:18.96	Sama Farah-Mina (4-Dec-11)	2:20.23	Victoria Chan (16-Feb-13)	2:14.10
50 Fly	Cassidy Pong (19-Jul-25)	33.81	Maggie Hu (19-Oct-19)	29.15	Maggie Hu (14-Dec-19)	28.74	Maggie Hu (22-Oct-23)	27.69	Maggie Hu (12-Nov-23)	27.09
100 Fly	Shu Tong Du (16-Feb-19)	1:15.81	Maggie Hu (16-Feb-19)	1:07.55	Valerie Chan (20-Jul-24)	1:04.56	Maggie Hu (21-Oct-23)	1:00.84	Maggie Hu (15-Dec-23)	58.98
200 Fly	Cassidy Pong (20-Jul-25)	3:03.25	Jocelyn Wiginton (7-Feb-09)	2:40.82	Robyn Pimm (30-Nov-01)	2:26.31	Maggie Hu (22-Oct-23)	2:18.87	Maggie Hu (09-Dec-23)	2:14.89
100 IM	Cassidy Pong (20-Jul-25)	1:15.40	Britney Cheung (19-Oct-24)	1:09.33	Shu Tong Du (23-Oct-22)	1:05.91	Maggie Hu (22-Oct-23)	1:05.21	Grace Chai (23-Oct-25)	1:03.77
200 IM	Cassidy Pong (18-Jul-25)	2:38.94	Emily Lee (19-Jul-24)	2:34.01	Alice Jin (18-Jul-25)	2:21.38	Maggie Hu (20-Oct-23)	2:18.01	Maggie Hu (14-Dec-23)	2:16.19
400 IM	Cassidy Pong (13-Jun-25)	5:54.15	Andrea Hetherington (1-Mar-95)*	5:23.69	Victoria Chan (16-Jan-10)	5:04.89	Victoria Chan (23-Apr-11)	5:04.06	Elizabeth Day (19-Feb-04)	4:56.92
4 x 50 FR	S. Du, F. Xu, S. Gibson, C. Neda (12-Nov-17)	2:23.27	B. Cheung, D. Hu, A. Yuan, A. Jin (17-Dec-23)	1:58.10	A. Jin, H. Yeh, E. Shahi, V. Chan (20-Jul-24)	1:51.25	A. Yu, R. Ko, V. Chan, V. Bui (19-Oct-24)	1:50.27	K. Phan, M. Pocsai, R. Kee, V. Chan (15-Dec-12)	1:44.72
4 x 100 FR			B. Cheung, E. Lee, A. Jin, C. Hsueh (18-Feb-24)	4:41.37	A. Jin, H. Yeh, E. Shahi, K. Li (16-Nov-24)	4:08.80	V. Bui, R. Ko, V. Chan, A. Yu (16-Nov-24)	4:00.38	K. Phan, M. Pocsai, V. Radounski, V. Chan (15-Feb-13)	3:50.22
4 x 200 FR										
4 x 50 MR	S. Du, J. Vanthai, G. Gomez, L. Zhang (8-Feb-18)	2:41.26	A. Jin, E. Lee, B. Cheung, A. Yuan (22-Oct-23)	2:10.81	S. Du, V. Bui, K. Kogon, R. Liang (13-Nov-22)	2:03.55	M. Hu, V. Bui, K. Iermak, A. Yu (22-Oct-23)	1:58.99	V. Chan, V. Wicks, K. Phan, M. Pocsai (16-Dec-12)	1:56.87
4 x 100 MR			A. Jin, E. Lee, B. Cheung, C. Hsueh (17-Feb-24)	4:58.71	A. Jin, E. Lee, E. Shahi, K. Li (17-Nov-24)	4:38.93	R. Ko, V. Bui V. Chan, A. Yu (17-Nov-24)	4:22.87	V. Chan, V. Wicks, K. Phan, V. Radounski (17-Feb-13)	4:14.31

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