

Virginia Swimming Records

Girl's LCM

10 & U	50 FR	29.46	Amelia Chen	NOVA	7/22/2017	2017 VA LC AG Champs-
	100 FR	1:03.87	Amelia Chen	NOVA	7/23/2017	2017 VA LC AG Champs-
	200 FR	2:20.27	Miranda Kirtley	GATR	8/7/2013	2013 Eastern Zone Long Course
	400 FR	4:52.86	Miranda Kirtley	GATR	8/7/2013	2013 Eastern Zone Long Course
	50 BK	33.83	Kayleigh Duffy	TIDE	6/24/2016	2016 VA CGBD Summer Madness LC
	100 BK	1:12.27	Amelia Chen	NOVA	7/23/2017	2017 VA LC AG Champs-
	50 BR	37.92	Ava Muzzy	GATR	7/22/2016	2016 VA LC AG Champs-
	100 BR	1:25.38	Ava Muzzy	GATR	7/23/2016	2016 VA LC AG Champs-
	50 FL	30.93	Kayleigh Duffy	TIDE	6/25/2016	2016 VA CGBD Summer Madness LC
	100 FL	1:10.94	Zoe Dixon	NOVA	6/13/2014	2014 NC HPSC Furniture City In
	200 IM	2:37.75	Katie Hoff	UN	5/18/2000	
	200 FR-R	2:08.05	Amelia Chen, Allison Bischoff, Annmarie Frink, Annika Rogerson	NOVA	7/22/2017	2017 VA LC AG Champs-
	200 MED-R	2:23.08	Ellie Ahmed, Mia Tan, Zoe Dixon, Mackenzie Ferguson	NOVA	7/26/2014	2014 VA LC AG Champs
11-12	50 FR	27.63	Morgan Burton	PSDN	7/25/2015	2015 VA LC AG Champs-
	100 FR	1:00.12	Emma Liebler	757	7/25/2021	2021 VA LC Age Group Championship
	200 FR	2:09.75	Grace Sheble	NOVA	8/6/2015	2015 VA Eastern Zone LC Champi
	400 FR	4:29.01	Miranda Kirtley	GATR	8/1/2015	2015 FL Dolphin Summer Senior Beac
	800 FR	9:17.01	Miranda Kirtley	GATR	7/29/2015	2015 FL Dolphin Summer Senior Beac
	1500 FR	17:38.20	Miranda Kirtley	GATR	7/31/2015	2015 FL Dolphin Summer Senior Beac
	50 BK	31.25	Jiawei Xu	GATR	7/27/2019	2019 VA Long Course Age Group
	100 BK	1:07.29	Abby Reardon	VYAV	8/6/2015	2015 VA Eastern Zone LC Champi
	200 BK	2:24.88	Abby Reardon	VYAC	8/5/2015	2015 VA Eastern Zone LC Champi
	50 BR	34.69	Ella Higgins	GATR	7/24/2015	2015 VA LC AG Champs-
	100 BR	1:15.90	Lauren Barakey	TIDE	3/28/2015	2015 FL NASA Junior National Cham
	200 BR	2:38.32	Lauren Barakey	TIDE	3/25/2015	2015 FL NASA Junior National Cham
	50 FL	29.33	Emma Liebler	757	6/27/2021	2021 VA Virginia Commonwealth
	100 FL	1:04.36	Whitney Hedgepeth	TOP	8/6/1983	
	200 FL	2:23.04	Olivia Bray	GATR	8/1/2014	2014 NC HPSC Tar Heel States
	200 IM	2:25.78	Grace Sheble	NOVA	8/8/2015	2015 VA Eastern Zone LC Champi
	400 IM	5:08.35	Katie Hoff	TPHN	6/1/2002	
	200 FR-R	1:53.49	Bella Little, Annmarie Frink, Amelia Chen, Allison Bischoff	NOVA	7/27/2019	2019 VA Long Course Age Group

Virginia Swimming Records

Girl's LCM

	400 FR-R	4:14.65	Kate Kuhlen, Annmarie Frink, Amelia Chen, Allison Bischoff	NOVA	7/28/2019	2019 VA Long Course Age Group
	200 MED-R	2:07.26	Zoe Dixon, Alden Koupal, Ellie Ahmed, Sanna Peterson	NOVA	7/23/2016	2016 VA LC AG Champs-
	400 MED-R	4:40.10	Zoe Dixon, Alden Koupal, Ellie Ahmed, Sanna Peterson	NOVA	7/22/2016	2016 VA LC AG Champs-
13-14	50 FR	26.67	Lane Francis	NOVA	7/27/2024	2024 VA LC Age Group Championships
	100 FR	57.68	Grace Sheble	NOVA	8/1/2017	2017 NCSA Summer Champs
	200 FR	2:04.25	Caroline Kulp	GATR	12/5/2015	2015 VA GATR SENIOR SHOOTOUT
	400 FR	4:16.28	Gailey Walters	TPHN	8/1/2000	
	800 FR SCY	8:51.42	Ginny Johnson	UN	2/8/1996	
	1500 FR	16:50.14	Ginny Johnson	UN	2/8/1996	1996 National Champs
	100 BK	1:03.06	Olivia Bray	GATR	6/27/2016	2016 Olympic Trials
	200 BK	2:15.03	Olivia Bray	GATR	12/4/2015	2015 VA GATR SENIOR SHOOTOUT
	100 BR	1:11.59	Elle Scott	NOVA	5/13/2022	2022 VA EZ LC Speedo Super Sectional
	200 BR	2:34.59	Katie Anderson	TPHN	7/17/2003	2003 VA VSI Age Group Championships
	100 FL	1:00.21	Olivia Bray	GATR	6/26/2016	2016 Olympic Trials
	200 FL	2:12.92	Remedy Rule	SMAC	8/8/2011	2011 Summer Junior Nats
	200 IM	2:16.97	Katie Anderson	TPHN	8/5/2003	2003 Summer Nationals
	400 IM	4:48.17	Grace Sheble	NOVA	8/3/2017	2017 NCSA Summer Champs
	200 FR-R	1:49.09	Caroline Sheble, Morgan Burton, Olivia	NOVA	7/22/2017	2017 VA LC AG Champs-
	400 FR-R	3:55.99	Caroline Sheble, Morgan Burton, Coop	NOVA	7/23/2017	2017 VA LC AG Champs-
	800 FR-R	8:36.49	Olivia Bray, Whittney Hamilton, Emma	GATR	7/30/2015	2015 FL Dolphin Summer Senior Beac
			Lane Francis, Savannah Harris,			
	200 MED-R	1:59.69	Maddie Bynum, Mia Eubank	NOVA	7/27/2024	2024 VA LC AG Champiomiships
	400 MED-R	4:21.36	Caroline Sheble, Annabelle Young, Grac	NOVA	7/21/2017	2017 VA LC AG Champs-
15-16	50 FR	25.78	Casey Fanz	PSDN	3/21/2015	2015 FL NCSA Spring Champs
	100 FR	55.96	Kayla Wilson	TIDE	1/17/2021	2021 Pro Series - Richmond
	200 FR	2:00.60	Kayla Wilson	TIDE	11/13/2020	2020 Toyota Richmond
	400 FR	4:15.42	Jessie Gvozdaz	NOVA	8/5/2013	2013 Summer Junior Nats
	800 FR	8:46.22	Rachel Naurath	NOVA	8/4/2008	2008 Summer Junior Nats

Virginia Swimming Records

Girl's LCM

	1500 FR	16:47.78	Rachel Naurath	NOVA	8/4/2008	2008 Summer Junior Nats
	100 BK	1:01.89	Josephine Fuller	NOVA	1/19/2020	2020 VA NOVA LC Winter Invitat
	200 BK	2:11.71	Callie Dickinson	TIDE	8/9/2016	2016 Summer Junior Nats
	100 BR	1:09.70	Elle Scott	NOVA	6/30/2023	2023 Phillips 66 National Championship
	200 BR	2:30.86	Sara Czirjak	CA-Y	4/28/2024	2024 Helen Wang Sunflower
	100 FL	58.89	Olivia Bray	GATR	7/27/2018	2018 Summer Nationals
	200 FL	2:10.44	Olivia Bray	GATR	8/4/2018	2018 FL ISCA Summer Sr Champ
	200 IM	2:13.97	Grace Sheble	NOVA	8/23/2019	2019 World JR Champs
	400 IM	4:43.01	Zoe Dixon	NOVA	1/15/2021	2021 Pro Series - Richmond
	200 FR-R	1:46.21	Caroline Kulp, Emma Muzzy, Cabell Whitlow, Whitney Hamilton	GATR	8/3/2016	2016 FL ISCA Summer Seniors Champ
	400 FR-R	3:51.29	Sydney Whiting, Morgan Burton, Caroline Sheble, Megan Pulley	NOVA	8/2/2018	2018 NCSA Summer Swimming Champ
	800 FR-R	8:14.86	Emory Deguenther, Elle Scott, Allison Bischoff, Amanda Barnard	NOVA	8/1/2023	2023 Speedo Junior National Champion
	200 MED-R	1:57.83	Kate Hotem, Elle Scott, Emory Deguenther, Allison Bischoff	NOVA	7/31/2023	2023 Speedo Junior National Champion
	400 MED-R	4:17.46	Zoe Dixon, Grace Sheble, Caroline Sheble, Morgan Burton	NOVA	7/20/2019	2019 VA LC SR Championships
17-18	50 FR	24.99	Kate Douglass	UVA	11/13/2020	2020 Toyota Richmond
	100 FR	55.00	Kayla Wilson	TIDE	8/25/2022	2022 Jr Pan Pacific Swimming Champior
	200 FR	1:58.34	Claire Tuggle	CA-Y	7/27/2022	2022 Phillips 66 Summer Nationals
	400 FR	4:09.51	Claire Tuggle	CA-Y	7/29/2022	2022 Phillips 66 Summer Nationals
	800 FR	8:39.27	Sophia Knapp	TIDE	8/1/2022	2022 Speedo Junior National Ch
	1500 FR	16:36.72	Rachel Naurath	NOVA	8/10/2009	2009 Summer Junior Nats
	100 BK	1:00.59	Reilly Tiltmann	CA-Y	7/29/2022	2022 Phillips 66 Summer Nationals
	200 BK	2:09.61	Reilly Tiltmann	CA-Y	7/27/2022	2022 Phillips 66 Summer Nationals
	100 BR	1:09.15	Anna Keating	UVA	11/13/2020	2020 Toyota Richmond
	200 BR	2:29.38	Anna Keating	UVA	11/14/2020	2020 Toyota Richmond
	100 FL	57.43	Kate Douglass	UVA	11/13/2020	2020 Toyota Richmond
	200 FL	2:09.57	Tess Howley	UVA	1/11/2024	2024 TYR Pro Swim Series - Knoxville
	200 IM	2:12.62	Zoe Dixon	NOVA	8/14/2021	2021 SE NCSA Summer Swimming Charr

Virginia Swimming Records

Girl's LCM

400 IM	4:42.25	Zoe Dixon	NOVA	8/12/2021	2021 SE NCSA Summer Swimming Charr
200 FR-R	1:45.70	Olivia Bray, Whittney Hamilton, Shelby Stanley, Caroline Kulp	GATR	3/26/2019	2019 FL TYR ISCA Jr Champions
400 FR-R	3:49.51	Sophia Knapp, Kayla Wilson, Kayleigh Duffy, Marin McKee	TIDE	7/16/2022	2022 VA LC Senior Champs
800 FR-R	8:26.97	Grace Sheble, Sanna Peterson, Claire Dafoe, Zoe Dixon	NOVA	7/15/2021	2021 VA LC Senior Champs
200 MED-R	1:57.99	Olivia Bray, Caroline Kulp, Shelby Stanley, Whittney Hamilton	GATR	3/26/2019	2019 FL TYR ISCA Jr Champions
400 MED-R	4:16.11	Olivia Bray, Shelby Stanley, Caroline Kulp, Whittney Hamilton	GATR	3/29/2019	2019 FL TYR ISCA Jr Champions

Virginia Swimming Records
Girl's LCM

Virginia Swimming Records
Girl's LCM

Virginia Swimming Records

Girl's LCM

s

ships

ships

ships

ships

11/5/2025

Virginia Swimming Records

Girl's LCM

Championships