

**Cavalier Aquatics
2021-2022**

RECORDS CA-Y Team Records

Yards-Women

8 & U	25 Free	14.21	3-Oct-21	Vivian R. Vanyo	
	50 Free	31.03	9-Dec-21	Vivian R. Vanyo	
	100 Free	1:10.43	8-Jan-17	Sofie Vanyo	
	200 Free	2:32.41	9-Dec-21	Vivian R. Vanyo	
	25 Back	17.34	3-Oct-21	Vivian R. Vanyo	
	50 Back	36.10	9-Dec-21	Vivian R. Vanyo	
	100 Back	1:18.40	9-Dec-21	Vivian R. Vanyo	
	25 Breast	18.98	5-Nov-21	Vivian R. Vanyo	
	50 Breast	41.31	9-Feb-17	Sofie Vanyo	
	100 Breast	1:29.78	16-Feb-17	Sofie Vanyo	
	25 Fly	15.99	3-Oct-21	Vivian R. Vanyo	
	50 Fly	35.15	9-Dec-21	Vivian R. Vanyo	
	100 Fly	1:25.37	9-Dec-21	Vivian R. Vanyo	
	100 IM	1:18.09	5-Nov-21	Vivian R. Vanyo	
	200 IM	2:49.92	9-Dec-21	Vivian R. Vanyo	
	100 Free Relay	1:03.89	11-Feb-17	Piedmont YMCA	K. Shaps, M. Grimes, L. Phillips, S. Vanyo
	100 Medley Relay	1:06.64	1-Mar-81	Piedmont YMCA	W. Hipskind, K. Shasby, B. Dezio, M. Powell
9-10	50 Free	27.08	1-Mar-83	Wendy Hipskind	
	100 Free	58.73	1-Mar-15	Avery Huang	
	200 Free	2:09.00	7-Mar-14	Avery Huang	
	500 Free	5:39.98	19-Feb-21	Meghan D. Ayres	
	50 Back	31.50	29-Mar-16	Julie Addison	
	100 Back	1:07.08	29-Mar-16	Julie Addison	
	50 Breast	33.81	7-Mar-15	Avery Huang	
	100 Breast	1:14.59	7-Mar-15	Avery Huang	
	50 Fly	29.60	1-Apr-16	Julie Addison	
	100 Fly	1:07.60	27-Mar-15	Avery Huang	
	100 IM	1:07.20	1-Mar-15	Avery Huang	
	200 IM	2:24.69	29-Mar-14	Avery Huang	
	200 Free Relay	1:55.40	11-Dec-18	Piedmont YMCA	S. Vanyo, K.Shaps, E. Osada, M.Grimes
	400 Free Relay	4:13.71	11-Mar-19	Piedmont YMCA	S. Vanyo, K. Shaps, M. Grimes, E. Osada
	200 Medley Relay	2:07.95	13-Mar-18	Piedmont YMCA	K. Shaps, S. Vanyo, E. Osada, M. Grimes
400 Medley Relay	4:46.44	7-Mar-19	Piedmont YMCA	K. Shaps, S. Vanyo, E. Osada, M. Grimes	
11-12	50 Free	24.46	6-Dec-18	Morgan Thomas	
	100 Free	54.52	16-Dec-18	Morgan Thomas	
	200 Free	1:56.59	11-Jan-16	Avery Huang	
	500 Free	5:05.51	11-Mar-21	Sofie N. Vanyo	
	1000 Free	10:46.67	4-Dec-20	Sofie N. Vanyo	
	1650 Free	17:55.27	22-Jan-21	Sofie N. Vanyo	
	50 Back	27.80	17-Dec-13	Ashley W. Hunag	
	100 Back	1:00.45	17-Dec-13	Ashley W. Huang	
	200 Back	2:11.40	8-Mar-18	Haley S. Sheffield	
	50 Breast	30.87	7-Mar-19	Layla M. Welsch	
	100 Breast	1:06.79	27-Mar-16	Avery Huang	
	200 Breast	2:22.31	27-Mar-19	Layla M. Welsch	
	50 Fly	25.95	8-Dec-22	Grace Brown	
	100 Fly	59.17	14-Jan-17	Avery Huang	
	200 Fly	2:10.39	8-Dec-22	Grace Browne	

Cavalier Aquatics 2021-2022

RECORDS CA-Y Team Records

11-12	100 IM	1:02.12	9-Mar-17	Avery Z. Huang	
	200 IM	2:10.46	1-Mar-17	Avery Huang	
	400 IM	4:39.76	8-Dec-22	Meghan D. Ayres	
	200 Free Relay	1:44.27	11-Mar-16	Piedmont YMCA	K. Burr, I. Bradley, A. Huang, A. Vanyo
	400 Free Relay	3:48.43	16-Mar-16	Piedmont YMCA	A. Huang, I. Bradley, A. Vanyo, K. Burr
	200 Medley Relay	1:58.35	22-Oct-16	Piedmont YMCA	I. Bradley, A. Huang, J. Addison, S. Yu
	400 Medley Relay	4:13.48	4-Mar-16	Piedmont YMCA	A. Huang, E. Reed, A. Vanyo, K. Burr
13-14	50 Free	23.58	29-Aug-20	Grey T. Davis	
	100 Free	51.24	10-Mar-22	Alexandra G. Fuller	
	200 Free	1:52.28	4-Dec-20	Grey T. Davis	
	500 Free	4:53.91	4-Dec-20	Grey T. Davis	
	1000 Free	9:58.81	4-Dec-20	Grey T. Davis	
	1650 Free	17:26.51	10-Mar-22	Sofie N. Vanyo	
	100 Back	56.21	16-Feb-19	Izzy Bradley	
	200 Back	2:05.25	3-Apr-18	Izzy Bradley	
	100 Breast	1:05.44	4-Mar-21	Grey T. Davis	
	200 Breast	2:20.17	10-Mar-22	Sara E. Czirjak	
	100 Fly	53.64	4-Dec-20	Grey T. Davis	
	200 Fly	2:00.40	4-Mar-21	Grey T. Davis	
	200 IM	1:59.38	4-Mar-21	Grey T. Davis	
	400 IM	4:24.98	24-Oct-20	Grey T. Davis	
	200 Free Relay	1:37.68	10-Mar-22	Cavalier Aquatics	S. Vanyo, A. Fuller, S. Czirjak, D. Ismailova
	400 Free Relay	3:32.66	10-Mar-22	Cavalier Aquatics	S. Vanyo, D. Ismailova, E. Osada, A. Fuller
	800 Free Relay	7:50.02	10-Mar-22	Cavalier Aquatics	S. Vanyo, S. Wells, K. Shaps, E. Osada
	200 Medley Relay	1:47.10	10-Mar-22	Cavalier Aquatics	A. Fuller, S. Czirjak, E. Osada, S. Vanyo
	400 Medley Relay	3:55.01	10-Mar-22	Cavalier Aquatics	S. Vanyo, S. Czirjak, E. Osada, A. Fuller
	15-18	50 Free	22.71	7-Dec-22	Morgan O. Thomas
100 Free		49.76	7-Dec-22	Morgan O. Thomas	
200 Free		1:50.26	28-Mar-22	Morgan O. Thomas	
500 Free		4:49.20	8-Apr-21	Grey T. Davis	
1000 Free		10:19.49	11-Nov-94	Valerie L. Oswald	
1650 Free		17:21.73	7-Apr-10	Emma McKinley	
100 Back		53.45	19-Feb-22	Izzy Bradley	
200 Back		1:58.97	28-Mar-22	Izzy Bradley	
100 Breast		1:03.56	14-Apr-98	Caitlin A. Anderson	
200 Breast		2:17.29	4-Nov-22	Sara E. Czirjak	
100 Fly		53.04	28-Mar-22	Grey T. Davis	
200 Fly		1:59.91	28-Mar-22	Grey T. Davis	
200 IM		2:00.73	28-Mar-22	Grey T. Davis	
400 IM		4:15.45	8-Apr-21	Grey T. Davis	
200 Free Relay		1:31.88	28-Mar-22	Cavalier Aquatics	M. Thomas, I. Bradley, G. Davis, G. McCardle
400 Free Relay		3:23.90	28-Mar-22	Cavalier Aquatics	G. Davis, M. Thomas, I. Bradley, G. McCardle
800 Free Relay		7:34.87	28-Mar-22	Cavalier Aquatics	G. Davis, M. Thomas, G. McCardle, L. Welsch
200 Medley Relay		1:40.62	28-Mar-22	Cavalier Aquatics	I. Bradley, E. Bendall, G. Davis, M. Thomas
400 Medley Relay		3:41.96	28-Mar-22	Cavalier Aquatics	I. Bradley, E. Bendall, G. Davis, M. Thomas
Open		50 Free	22.18	25-Sep-20	Catie Deloof
	100 Free	49.02	29-Aug-20	Catie Deloof	
	200 Free	1:43.35	25-Sep-20	Catie Deloof	
	500 Free	4:49.20	8-Apr-21	Grey T. Davis	

**Cavalier Aquatics
2021-2022**

RECORDS CA-Y Team Records

Open	1000 Free	9:58.81	4-Dec-20	Grey T. Davis	
	1650 Free	17:21.73	7-Apr-10	Emma McKinley	
	100 Back	53.45	19-Feb-22	Izzy Bradley	
	200 Back	1:58.97	28-Mar-22	Izzy Bradley	
	100 Breast	1:03.56	14-Apr-98	Caitlin A. Anderson	
	200 Breast	2:17.29	4-Nov-22	Sara E. Czirjak	
	100 Fly	53.04	28-Mar-22	Grey T. Davis	
	200 Fly	1:59.91	28-Mar-22	Grey T. Davis	
	200 IM	1:59.38	4-Mar-21	Grey T. Davis	
	400 IM	4:15.45	8-Apr-21	Grey T. Davis	
	200 Free Relay	1:31.88	28-Mar-22	Cavalier Aquatics	M. Thomas, I. Bradley, G. Davis, G. McCardle
	400 Free Relay	3:23.90	28-Mar-22	Cavalier Aquatics	G. Davis, M. Thomas, I. Bradley, G. McCardle
	800 Free Relay	7:34.87	28-Mar-22	Cavalier Aquatics	G. Davis, M. Thomas, G. McCardle, L. Welsch
	200 Medley Relay	1:40.62	28-Mar-22	Cavalier Aquatics	I. Bradley, E. Bendall, G. Davis, M. Thomas
	400 Medley Relay	3:41.96	28-Mar-22	Cavalier Aquatics	I. Bradley, E. Bendall, G. Davis, M. Thomas

**Cavalier Aquatics
2021-2022**

RECORDS CA-Y Team Records

Yards-Men

8 & U	25 Free	13.60	8-Jan-16	Thomas A. Heilman	
	50 Free	30.74	12-Nov-15	Thomas A. Heilman	
	100 Free	1:07.98	17-Nov-12	Tom House	
	200 Free	2:36.57	16-Feb-13	Matthew Heilman	
	25 Back	17.11	12-Feb-22	Patrick L. Sheeran	
	50 Back	36.67	21-Jan-22	Patrick L. Sheeran	
	100 Back	1:17.25	23-Mar-22	Patrick L. Sheeran	
	25 Breast	18.50	20-Nov-15	Will Browne	
	50 Breast	40.29	7-Jan-13	Matthew Heilman	
	100 Breast	1:25.79	2-Jan-13	Matthew Heilman	
	25 Fly	14.76	20-Nov-15	Thomas A. Heilman	
	50 Fly	32.70	10-Mar-22	Patrick L. Sheeran	
	100 Fly	1:18.94	23-Mar-22	Patrick L. Sheeran	
	100 IM	1:17.87	11-Jan-16	Thomas A. Heilman	
	200 IM	2:48.79	25-Jan-15	Thomas A. Heilman	
	100 Free Relay	1:04.22	24-Mar-01	Piedmont YMCA	J. Shelley, N. Bullard, M. Starr, T. Holloway
	100 Medley Relay	1:14.97	24-Mar-01	Piedmont YMCA	M. Starr, T. Holloway, J. Shelly, N. Bullard
9-10	50 Free	25.04	25-Jan-18	Thomas Heilman	
	100 Free	54.35	19-Sep-17	Thomas Heilman	
	200 Free	2:00.92	7-Feb-17	Thomas Heilman	
	500 Free	5:39.40	26-Jan-17	Thomas Heilman	
	50 Back	29.70	30-Mar-17	Thomas Heilman	
	100 Back	1:03.43	9-Feb-18	Thomas Heilman	
	50 Breast	33.82	12-Mar-18	Thomas Heilman	
	100 Breast	1:16.45	12-Mar-18	Thomas Heilman	
	50 Fly	27.05	19-Sep-18	Thomas Heilman	
	100 Fly	58.36	19-Sep-18	Thomas Heilman	
	100 IM	1:03.23	19-Sep-18	Thomas Heilman	
	200 IM	2:17.02	8-Mar-17	Thomas Heilman	
	200 Free Relay	1:53.92	13-Dec-94	Piedmont YMCA	B. Rimel, J. Wisman, M. Hespeneheide, M. Hay
	400 Free Relay	4:17.34	24-Mar-21	Cavalier Aquatics	B. Charlton, E. Rutherford, K. Meijas, L. Wenert
	200 Medley Relay	2:10.75	14-Mar-16	Piedmont YMCA	H. Addison, J. Burr, T. Heilman, M. Moore
400 Medley Relay	4:51.51	24-Mar-21	Cavalier Aquatics	B. Charlton, K. Meijas, E. Rutherford, D. Roberts	
11-12	50 Free	21.50	6-Dec-19	Thomas A. Heilman	
	100 Free	47.15	6-Dec-19	Thomas A. Heilman	
	200 Free	1:44.28	9-Dec-19	Thomas A. Heilman	
	500 Free	4:47.12	25-Jan-20	Thomas A. Heilman	
	1000 Free	10:56.69	22-Jan-21	Will Charlton	
	1650 Free	18:05.05	22-Jan-21	Will Charlton	
	50 Back	24.97	17-Jan-20	Thomas A. Heilman	
	100 Back	54.72	17-Jan-20	Thomas A. Heilman	
	200 Back	2:01.49	25-Jan-20	Thomas A. Heilman	
	50 Breast	28.20	17-Jan-20	Thomas A. Heilman	
	100 Breast	1:02.99	17-Jan-20	Thomas A. Heilman	
	200 Breast	2:18.76	25-Jan-20	Thomas A. Heilman	
	50 Fly	22.87	6-Dec-19	Thomas A. Heilman	
	100 Fly	50.82	25-Jan-20	Thomas A. Heilman	
	200 Fly	1:53.66	6-Dec-19	Thomas A. Heilman	

**Cavalier Aquatics
2021-2022**

RECORDS CA-Y Team Records

11-12	100 IM	54.84	3-Jan-20	Thomas A. Heilman	
	200 IM	1:57.64	25-Jan-20	Thomas A. Heilman	
	400 IM	4:14.68	6-Dec-19	Thomas A. Heilman	
	200 Free Relay	1:37.77	7-Mar-19	Piedmont YMCA	W. Browne,B. Sawyer, T. Heilman, T. Kidd120619
	400 Free Relay	3:36.66	4-Mar-19	Piedmont YMCA	W. Browne, T. Kidd, T. Heilman, T. Hitt
	200 Medley Relay	1:49.19	6-Dec-19	Piedmont YMCA	T. Kidd, W. Browne,T. Heilman, B. Sawyer
	400 Medley Relay	4:00.34	6-Dec-19	Piedmont YMCA	T. Kidd, W. Browne, T. Heilman, B. Sawyer
13-14	50 Free	19.83	8-Dec-21	Thomas A. Heilman	
	100 Free	43.51	2-Dec-21	Thomas A. Heilman	
	200 Free	1:34.68	8-Dec-21	Thomas A. Heilman	
	500 Free	4:33.13	21-Jan-22	Thomas A. Heilman	
	1000 Free	9:40.10	10-Mar-22	Brayden D. King	
	1650 Free	16:11.19	23-Mar-22	Brayden D. King	
	100 Back	51.16	4-Mar-21	Thomas A. Heilman	
	200 Back	1:54.28	23-Oct-21	Thomas A. Heilman	
	100 Breast	58.53	1-Mar-81	Patrick DiFazio	
	200 Breast	2:09.45	15-Apr-81	Patrick DiFazio	
	100 Fly	45.81	8-Dec-21	Thomas A. Heilman	
	200 Fly	1:42.77	8-Dec-21	Thomas A. Heilman	
	200 IM	1:46.61	2-Dec-21	Thomas A. Heilman	
	400 IM	3:51.46	21-Jan-22	Thomas A. Heilman	
	200 Free Relay	1:31.73	10-Mar-22	Cavalier Aquatics	J. Hodges, C. Easton, W. Charlton, B. Sawyer
	400 Free Relay	3:07.45	2-Dec-21	Cavalier Aquatics	T. Heilman, W. Browne, T. Kidd, R. Wang
	800 Free Relay	7:16.97	7-Mar-20	Piedmont YMCA	T. Heilman, T. Hitt, D. King, J. Alexander
	200 Medley Relay	1:40.47	10-Mar-22	Cavalier Aquatics	W. Charlton, J. Hodges, C. Alexander, C. Easton
	400 Medley Relay	3:37.79	21-Jan-22	Cavalier Aquatics	T. Kidd, J. Hodges, T. Heilman, C. Easton
	15-18	50 Free	19.63	7-Dec-22	Thomas A. Heilman
100 Free		42.96	7-Dec-22	Thomas A. Heilman	
200 Free		1:35.02	3-Mar-22	Thomas A. Heilman	
500 Free		4:23.50	7-Dec-22	David W. King	
1000 Free		9:28.58	4-Nov-22	David W. King	
1650 Free		15:36.61	4-Nov-22	David W. King	
100 Back		48.28	28-Mar-22	Teddy R. Cross	
200 Back		1:45.66	28-Mar-22	Teddy R. Cross	
100 Breast		55.31	7-Dec-22	Thomas A. Heilman	
200 Breast		2:00.21	28-Mar-22	Matthew J. Heilman	
100 Fly		44.67	7-Dec-22	Thomas A. Heilman	
200 Fly		1:40.86	7-Dec-22	Thomas A. Heilman	
200 IM		1:41.71	7-Dec-22	Thomas A. Heilman	
400 IM		3:49.31	28-Mar-22	Thomas A. Heilman	
200 Free Relay		1:21.14	28-Mar-22	Cavalier Aquatics	T. Heilman, T. Cross, W. Browne, M. Heilman
400 Free Relay		3:00.22	28-Mar-22	Cavalier Aquatics	T. Heilman, W. Browne, T. Cross, D. King
800 Free Relay		6:38.19	28-Mar-22	Cavalier Aquatics	T. Heilman, W. Browne, D. King, M. Heilman
200 Medley Relay		1:28.95	28-Mar-22	Cavalier Aquatics	T. Cross, M. Heilman, T. Heilman, W. Browne
400 Medley Relay		3:14.24	28-Mar-22	Cavalier Aquatics	T. Cross, M. Heilman, T. Heilman, W. Browne
Open		50 Free	19.63	7-Dec-22	Thomas A. Heilman
	100 Free	42.96	7-Dec-22	Thomas A. Heilman	
	200 Free	1:34.68	8-Dec-21	Thomas A. Heilman	
	500 Free	4:23.50	7-Dec-22	David W. King	

**Cavalier Aquatics
2021-2022**

RECORDS CA-Y Team Records

Open	1000 Free	9:28.58	4-Nov-22	David W. King	
	1650 Free	15:36.61	4-Nov-22	David W. King	
	100 Back	48.28	28-Mar-22	Teddy R. Cross	
	200 Back	1:45.66	28-Mar-22	Teddy R. Cross	
	100 Breast	55.31	7-Dec-22	Thomas A. Heilman	
	200 Breast	2:00.21	28-Mar-22	Matthew J. Heilman	
	100 Fly	44.67	7-Dec-22	Thomas A. Heilman	
	200 Fly	1:40.86	7-Dec-22	Thomas A. Heilman	
	200 IM	1:41.71	7-Dec-22	Thomas A. Heilman	
	400 IM	3:49.31	28-Mar-22	Thomas A. Heilman	
	200 Free Relay	1:21.14	28-Mar-22	Cavalier Aquatics	T. Heilman, T. Cross, W. Browne, M. Heilman
	400 Free Relay	3:00.22	28-Mar-22	Cavalier Aquatics	T. Heilman, W. Browne, T. Cross, D. King
	800 Free Relay	6:38.19	28-Mar-22	Cavalier Aquatics	T. Heilman, W. Browne, D. King, M. Heilman
	200 Medley Relay	1:28.95	28-Mar-22	Cavalier Aquatics	T. Cross, M. Heilman, T. Heilman, W. Browne
	400 Medley Relay	3:14.24	28-Mar-22	Cavalier Aquatics	T. Cross, M. Heilman, T. Heilman, W. Browne