

NOVA All Time Top 10 List (Long Course)

Women 9-10 50 Free					
1	29.46	Amelia Chen	10	7/22/2017	VSI State Age Group Champs
2	30.07	Valentina Linkonis	10	7/28/2019	VSI State Age Group Champs
3	30.55	Yara Tsybulina	10	6/15/2024	CGBD Summer Madness
4	30.57	Lindsay Snidow	10	8/11/2004	Eastern Zones
5	31.07	Allison Bischoff	10	6/11/2017	NBAC LC Championships
6	31.13	Jennifer Lushao	10	6/13/1905	
7	31.14	Gabby Carvalho	10	6/10/2019	NBAC LC Championships
8	31.19	Lily Fatt	10	7/24/2025	VSI State Age Group Champs
9	31.26	Maggie Sweeney	10	7/28/2005	VSI State Age Group Champs
10	31.34	Abigail Ferguson	10	6/15/2024	CGBD Summer Madness
Women 9-10 100 Free					
1	1:03.87	Amelia Chen	10	7/23/2017	VSI State Age Group Champs
2	1:06.81	Jennifer Lushao	10	1991	
3	1:07.38	Yara Tsybulina	10	8/7/2024	Eastern Zones
4	1:07.99	Lily Fatt	10	7/24/2025	VSI State Age Group Champs
5	1:08.19	Alaina Brown	10	8/6/2003	Eastern Zones
6	1:08.25	Zoe Dixon	10	8/5/2014	Eastern Zones
7	1:08.35	Allison Bischoff	10	7/22/2017	VSI State Age Group Champs
8	1:08.49	Lindsay Snidow	10	7/29/2004	VSI State Age Group Champs
9	1:08.63	Maddie Bynum	10	5/2/2021	RAYS Helen Wang
10	1:08.69	Gabby Carvalho	10	7/23/2019	LY June Jam
Women 9-10 200 Free					
1	2:21.60	Amelia Chen	10	7/21/2017	VSI State Age Group Champs
2	2:24.13	Jennifer Lushao	10	1991	
3	2:26.66	Yara Tsybulina	10	8/7/2024	Eastern Zones
4	2:27.57	Alaina Brown	10	7/17/2003	VSI State Age Group Champs
5	2:28.77	Lily Fatt	10	7/24/2025	VSI State Age Group Champs
6	2:30.10	Gabby Carvalho	10	6/10/2019	NBAC LC Championships
7	2:30.84	Caitlyn Moore	10	8/4/2021	Eastern Zones
8	2:31.27	Lindsay Snidow	10	8/11/2004	Eastern Zones
9	2:32.51	Charlotte Bruning	10	8/3/2022	Eastern Zones
10	2:32.60	Ashlyn Bonanno	10	8/8/2019	Eastern Zones
Women 9-10 400 Free					
1	4:59.78	Amelia Chen	10	8/11/2017	Eastern Zones
2	5:11.48	Yara Tsybulina	10	8/7/2024	Eastern Zones
3	5:11.89	Charlotte Bruning	10	8/3/2022	Eastern Zones
4	5:13.80	Alaina Brown	10	8/6/2003	Eastern Zones
5	5:13.81	Maddie Hadd	10	8/11/2010	Eastern Zones
6	5:14.30	Zoe Dixon	10	7/28/2014	VSI State Age Group Champs
7	5:16.65	Lily Fatt	10	7/24/2025	VSI State Age Group Champs
8	5:18.52	Bailey Hall	10	5/19/2006	Meet on the Hill

9	5:19.18	Abigail Ferguson	10	6/13/2024	CGBD Summer Madness
10	5:19.99	Nicole Gray	10	8/10/2005	Eastern Zones
Women 9-10 50 Back					
1	33.89	Valentina Linkonis	10	7/27/2019	VSI State Age Group Champs
2	34.06	Jennifer Lushao	10	1991	
3	34.42	Emily Erard	10	7/24/2008	VSI State Age Group Champs
4	35.14	Maddie Bynum	10	5/1/2021	RAYS Helen Wang
5	35.54	Yara Tsybulina	10	7/26/2024	Age group champs
6	35.86	Maddie Morello	10	6/18/2010	High Point
7	35.97	Zoe Dixon	10	7/28/2014	VSI State Age Group Champs
8	36.08	Amelia Chen	10	6/11/2017	NBAC
9	36.13	Makenzie Ferguson	10	8/5/2014	Eastern Zones
10	36.28	Sarah Wagner	10	7/21/2016	VSI State Age Group Champs
Women 9-10 100 Back					
1	1:12.27	Amelia Chen	10	7/23/2017	VSI State Age Group Champs
2	1:13.05	Jennifer Lushao	10	1991	
3	1:15.86	Maddie Bynum	10	5/2/2021	RAYS Helen Wang
4	1:16.18	Emily Erard	10	7/24/2008	VSI State Age Group Champs
5	1:16.43	Valentina Linkonis	10	7/29/2019	VSI State Age Group Champs
6	1:16.68	Yara Tsybulina	10	8/7/2024	Eastern Zones
7	1:16.82	Zoe Dixon	10	8/5/2014	Eastern Zones
8	1:17.63	Linden Whelpley	10	7/24/2025	VSI State Age Group Champs
9	1:17.72	Gabby Carvalho	10	6/22/2019	LY June Jam
10	1:18.12	Alaina Brown	10	8/6/2003	Eastern Zones
Women 9-10 200 Back					
1	2:51.56	Yara Tsybulina	10	4/27/2024	NOVA LC Kickoff
2	2:52.77	Elizabeth Goins	10	4/27/2024	NOVA LC Kickoff
3	2:53.23	Abigail Ferguson	10	4/27/2024	NOVA LC Kickoff
4	2:53.42	Maddie Bynum	10	5/2/2021	RAYS Helen Wang
5	2:54.82	Linden Whelpley	10	6/8/2025	Hanover Storm Surge
6	2:56.41	Lane Jacobs	10	4/30/2022	NOVA LC Kick Off
7	2:57.93	Olivia Browning	10	6/18/2023	Commonwealth Games
8	2:59.87	Ellie Laraway	10	6/19/2022	Commonwealth Games
9	3:02.34	Daphne Zhang	10	6/8/2025	Hanover Storm Surge
10	3:03.23	Margaret Hepper	10	6/4/2022	Hanover Storm Surge
Women 9-10 50 Breaststroke					
1	39.71	Sarah Hovis	10	1989	
2	39.77	Mylie Bradley	10	6/7/2019	NBAC LC Championships
3	40.01	Valentina Linkonis	10	7/27/2019	VSI State Age Group Champs
4	40.58	Jessica Arndt	10	6/1/2002	RAYS Meet
5	40.74	Ashlyn Bonanno	10	6/7/2019	NBAC
6	40.88	Blair Carnes	10	6/4/2005	RAYS Meet
7	41.08	Linden Hall	10	4/28/2024	NOVA LC Kickoff

8	41.17	Maura Graff	10	7/28/2011	VSI State Age Group Champs
9	41.28	Caitlyn Moore	10	7/22/2021	VSI State Age Group Champs
10	41.64	Caroline Frank	10	5/5/2016	PSDN Classic
Women 9-10 100 Breaststroke					
1	1:26.10	Sarah Hovis	10	1989	
2	1:28.37	Maura Graff	10	7/28/2011	VSI State Age Group Champs
3	1:28.97	Sarah Bender	10	7/19/2012	VSI State Age Group Champs
4	1:29.06	Caroline Frank	10	7/21/2016	VSI State Age Group Champs
5	1:29.48	Blair Carnes	10	7/8/2005	GSA Meet
6	1:29.71	Linden Hall	10	4/27/2024	NOVA LC Kick Off
7	1:29.89	Mady Arles	10	7/24/2008	VSI State Age Group Champs
8	1:30.46	Mary Stewart Hawkins	10	4/21/2018	NOVA LC Kick Off
9	1:30.89	Abigain Wang	10	7/28/2018	VSI State Age Group Champs
10	1:30.90	Rebecca Rainer	10	6/24/2004	Bolles
Women 9-10 200 Breaststroke					
1	3:15.39	Linden Hall	10	4/28/2024	NOVA LC Kick Off
2	3:15.92	Charlotte Bruning	10	6/19/2022	Commonwealth Games
3	3:23.40	Caitlyn Moore	10	6/6/2021	HNVR Storm Surge
4	3:24.91	Olivia Holt	10	4/30/2023	NOVA LC Kick Off
5	3:27.35	Yara Tysbulina	10	4/28/2024	NOVA LC Kick Off
6	3:27.59	Mia Tan	10	5/17/2014	WAC Spring Splash
7	3:28.55	Elizabeth Goins	10	4/28/2024	NOVA LC Kick Off
8	3:29.87	Claire Connors	10	4/28/2024	NOVA LC Kick Off
9	3:30.31	Charlotte Lande	10	5/2/2021	WAYS Helen Wang
10	3:31.83	Abigail Bonham	10	5/2/2021	WAYS Helen Wang
Women 9-10 50 Butterfly					
1	32.19	Zoe Dixon	10	5/2/2014	TIDE Meet
2	32.26	Amelia Chen	10	7/23/2017	VSI State Age Group Champs
3	32.83	Rebecca Harper	10	1993	
4	33.68	Caitlyn Moore	10	8/4/2021	Eastern Zones
5	33.69	Linden Whelpley	10	7/24/2025	VSI State Age Group Champs
6	33.79	Gabby Carvalho	10	6/10/2019	NBAC LC Championships
7	33.81	Sarah Wagner	10	7/21/2016	VSI State Age Group Champs
8	33.9	Abigail Ferguson	10	4/28/2024	NOVA LC Kickoff
9	33.92	Valentina Linkonis	10	7/28/2019	VSI State Age Group Champs
10	33.97	Alaina Brown	10	7/17/2003	VSI State Age Group Champs
Women 9-10 100 Butterfly					
1	1:10.94	Zoe Dixon	10	6/14/2014	High Point
2	1:12.74	Jennifer Lushao	10	1991	
3	1:15.20	Yara Tsybulina	10	8/7/2024	Eastern Zones
4	1:15.44	Amelia Chen	10	7/21/2017	VSI State Age Group Champs
5	1:15.91	Yara Tsybulina	10	6/14/2024	CGBD Summer Madness
6	1:15.94	Alaina Brown	10	8/6/2003	Eastern Zones

7	1:16.29	Linden Whelpley	10	7/24/2025	VSI State Age Group Champs
8	1:16.70	Caitlyn Moore	10	7/23/2021	VSI State Age Group Champs
9	1:17.42	Grace Sheble	10	6/14/2013	High Point
10	1:18.14	Maddie Bynum	10	5/1/2021	RAYS Helen Wang
Women 9-10 200 Butterfly					
1	3:15.08	Linden Whelpley	10	6/7/2025	Hanover Storm Surge
2	3:17.19	Juju Abbott	10	4/26/2025	NOVA LC Kick Off
Women 9-10 200 IM					
1	2:40.96	Amelia Chen	10	7/23/2017	VSI State Age Group Champs
2	2:43.89	Jennifer Lushao	10	1991	
3	2:46.29	Yara Tsybulina	10	8/7/2024	Eastern Zones
4	2:46.46	Alaina Brown	10	8/6/2003	Eastern Zones
5	2:47.31	Lily Fatt	10	7/24/2025	VSI State Age Group Champs
6	2:48.68	Gabby Carvalho	10	6/9/2019	NBAC LC Championships
7	2:49.05	Zoe Dixon	10	8/5/2014	Eastern Zones
8	2:49.12	Ashlyn Bonanno	10	8/10/2019	Eastern Zones
9	2:49.79	Rabeca Rainer	10	6/24/2004	Bolles
10	2:50.09	Abigail Ferguson	10	6/15/2024	CGBD Summer Madness
Women 9-10 400 IM					
1	5:57.60	Yara Tsybulina	10	5/17/2024	Freedom Splash
2	6:05.84	Abigail Ferguson	10	5/17/2024	Freedom Splash
3	6:10.91	Linden Whelpley	10	5/16/2025	NOVA South Freedom Splash
4	6:18.21	Mishelle Lugovoy	10	5/16/2025	NOVA South Freedom Splash
5	6:31.56	Abby Hendrick	10	5/17/2024	Freedom Splash
6	6:38.44	Juju Abbott	10	5/16/2025	NOVA South Freedom Splash
7	6:38.81	Olivia Browning	10	6/29/2023	NOVA Firecracker Meet
Men 9-10 50 Free					
1	29.22	Jack Danahy	10	6/23/2022	VSI State Age Group Champs
2	29.39	Daniel Bunge	10	8/5/2023	Eastern Zones
3	30.37	Henry Bassett	10	7/28/2005	VSI State Age Group Champs
4	30.45	Harry Belcher	10	7/21/2016	VSI State Age Group Champs
5	30.61	Mac Anthony	10	8/7/2002	Eastern Zones
6	30.72	Sean Belden	10	7/25/2013	VSI State Age Group Champs
7	30.73	Gaites Brown	10	2000	
8	30.91	Matthew Whelan	10	7/28/2011	VSI State Age Group Champs
9	30.98	Porter Linkonis	10	6/3/2022	Hanover Storm Surge
10	31.00	Trent Abbott	10	8/2/2023	Eastern Zones
Men 9-10 100 Free					
1	1:03.63	Daniel Bunge	10	8/2/2023	Eastern Zones
2	1:04.85	Jack Danahy	10	8/3/2022	Eastern Zones
3	1:07.13	Christian Vivadelli	10	8/11/2004	Eastern Zones
4	1:07.55	Danny Royce	10	1992	

5	1:07.81	Gareth Hollender	10	6/4/2021	HNVR Storm Surge
6	1:08.30	Hank Harrington	10	7/24/2025	VSI State Age Group Champs
7	1:08.32	Henry Bassett	10	8/10/2005	Eastern Zones
8	1:08.49	Sean Belden	10	7/25/2013	VSI State Age Group Champs
9	1:08.65	Raleigh Harrington	10	6/18/2023	Commonwealth Games
10	1:08.78	Zander Tan	10	4/28/2024	NOVA LC Kickoff
Men 9-10 200 Free					
1	2:21.96	Daniel Bunge	10	8/3/2023	Eastern Zones
2	2:23.24	Jack Danahy	10	7/23/2022	VSI State Age Group Champs
3	2:23.28	Christian Vivadelli	10	8/11/2014	Eastern Zones
4	2:23.63	Gareth Hollender	10	2/23/2021	VSI State Age Group Champs
5	2:24.38	Kyle Watson	10	1991	
6	2:24.57	Daniel Bunge	10	5/13/2023	NOVA South Freedom Splash
7	2:25.55	Metthwe Whelan	10	7/28/2011	VSI State Age Group Champs
8	2:26.00	Trent Abbott	10	8/3/2023	Eastern Zones
9	2:26.20	Dain Ripol	10	5/10/2012	PSDN Classic
10	2:28.05	Joseph Conner	10	7/20/2017	VSI State Age Group Champs
Men 9-10 400 Free					
1	4:58.02	Christian Vivadelli	10	7/29/2004	VSI State Age Group Champs
2	4:58.34	Daniel Bunge	10	8/4/2023	Eastern Zones
3	5:02.44	Gareth Hollender	10	7/22/2021	VSI State Age Group Champs
4	5:06.64	Trent Abbott	10	8/4/2023	Eastern Zones
5	5:07.95	Joseph Conner	10	7/20/2017	VSI State Age Group Champs
6	5:09.34	Zander Tan	10	4/27/2024	NOVA LC Kickoff
7	5:09.55	Metthwe Whelan	10	8/10/2011	Eastern Zones
8	5:11.78	Raleigh Harrington	10	7/20/2023	VSI State Age Group Champs
9	5:12.86	Hank Harrington	10	7/24/2025	VSI State Age Group Champs
10	5:13.26	Brandon Carr	10	2001	
Men 9-10 50 Back					
1	33.65	Raleigh Harrington	10	7/21/2023	VSI State Age Group Champs
2	33.82	Jack Danahy	10	7/23/2022	VSI State Age Group Champs
3	34.47	Charlie Harrington	10	7/27/2019	VSI State Age Group Champs
4	34.69	Gaites Brown	10	2000	
5	34.87	Daniel Bunge	10	7/21/2023	VSI State Age Group Champs
6	35.11	Hank Harrington	10	7/24/2025	VSI State Age Group Champs
7	35.16	Nathan Gaspar	10	6/10/2011	High Point
8	35.19	Jamie Arcarese	10	8/4/2021	Eastern Zones
9	35.64	John Ackerly	10	6/5/2021	HNVR Storm Surge
10	35.75	Jacob Oberle	10	7/19/2012	BASS Jim Frye
Men 9-10 100 Back					
1	1:13.02	Gareth Hollender	10	7/23/2021	VSI State Age Group Champs
2	1:13.84	Jack Danahy	10	8/3/2022	Eastern Zones
3	1:14.22	Raleigh Harrington	10	8/3/2023	Eastern Zones

4	1:14.66	Nathan Szobota	10	5/5/2018	BASS Jim Frye
5	1:14.72	Charlie Harrington	10	8/8/2019	Eastern Zones
6	1:15.57	Gaites Brown	10	2000	
7	1:15.83	Hank Harrington	10	4/26/2025	NOVA LC Kick Off
8	1:16.06	Daniel Bunge	10	7/23/2023	VSI State Age Group Champs
9	1:16.34	Cade Elliott	10	8/11/2010	Eastern Zones
10	1:16.86	Nathan Gaspar	10	7/28/2011	VSI State Age Group Champs
Men 9-10 200 Back					
1	2:41.95	Raleigh Harrington	10	4/29/2023	NOVA LC Kick Off
2	2:44.21	Hank Harrington	10	4/26/2025	NOVA LC Kick Off
3	2:44.26	Charlie Harrington	10	6/7/2019	NBAC
4	2:45.60	Daniel Bunge	10	6/18/2023	Commonwealth Games
5	2:46.78	Gibson Jones	10	5/1/2021	WAYS Helen Wang
6	2:49.71	Lucas Andiola	10	6/8/2025	Hanover Storm Surge
7	2:49.93	Porter Linkonis	10	6/4/2022	Hanover Storm Surge
8	2:50.19	John Ackerly	10	6/5/2021	HNVR Storm Surge
9	2:53.30	Rawlings Leachman	10	6/1/2018	757 Spring Splash
10	2:54.07	Nate Doran	10	6/19/2022	Commonwealth Games
Men 9-10 50 Breaststroke					
1	38.58	Robert DeWolf	10	8/11/2004	Eastern Zones
2	39.10	Gareth Hollender	10	7/23/2021	VSI State Age Group Champs
3	39.27	Spencer Ridge	10	7/20/2017	VSI State Age Group Champs
4	39.33	Clark Hou	10	7/20/2006	VSI State Age Group Champs
5	39.56	JD Chen	10	7/28/2018	VSI State Age Group Champs
6	40.15	Trent Abbott	10	6/17/2023	Commonwealth Games
7	40.26	Porter Linkonis	10	6/4/2022	Hanover Storm Surge
8	40.44	Brendan McGroarty	10	7/24/2025	VSI State Age Group Champs
9	40.57	Raleigh Harrington	10	8/2/2023	Eastern Zones
10	40.82	John Wallace	10	1994	
Men 9-10 100 Breaststroke					
1	1:23.31	Gareth Hollender	10	7/23/2021	VSI State Age Group Champs
2	1:24.76	Robert DeWolf	10	8/11/2004	Eastern Zones
3	1:25.02	Spencer Ridge	10	7/20/2017	VSI State Age Group Champs
4	1:28.31	Brendan McGroarty	10	7/24/2025	VSI State Age Group Champs
5	1:28.33	Clark Hou	10	7/20/2006	VSI State Age Group Champs
6	1:28.50	JD Chen	10	7/27/2018	VSI State Age Group Champs
7	1:28.52	Trent Abbott	10	7/22/2023	VSI State Age Group Champs
8	1:28.80	Porter Linkonis	10	6/4/2022	Hanover Storm Surge
9	1:29.37	John Wallace	10	1994	
10	1:29.48	Raleigh Harrington	10	7/22/2023	VSI State Age Group Champs
Men 9-10 200 Breaststroke					
1	3:12.53	Porter Linkonis	10	6/5/2022	Hanover Storm Surge
2	3:16.22	Trent Abbott	10	6/18/2023	Commonwealth Games

3	3:16.51	Will Arcarese	10	6/18/2023	Commonwealth Games
4	3:16.72	Brendan McGroarty	10	4/26/2025	NOVA LC Kick Off
5	3:22.22	Drew Hotem	10	5/2/2021	RAYS Helen Wang
6	3:22.75	Carter Bonham	10	4/28/2024	NOVA LC Kick Off
7	3:24.82	Raleigh Harrington	9	6/5/2022	Hanover Storm Surge
8	3:25.50	Jackson Morgan	10	6/6/2021	HNVR Storm Surge
9	3:29.02	Edward Laux	10	4/28/2024	NOVA LC Kick Off
10	3:34.70	Brendan McGroarty	9	4/29/2024	NOVA LC Kick Off
Men 9-10 50 Butterfly					
1	32.31	Jack Danahy	10	7/23/2022	VSI State Age Group Champs
2	32.56	Gareth Hollender	10	7/24/2021	VSI State Age Group Champs
3	32.82	Gaites Brown	10	2000	
4	32.82	Casey Hughes	10	1988	
5	32.98	Jamie Arcarese	10	8/4/2021	Eastern Zones
6	33.04	Daniel Bunge	10	7/23/2023	VSI State Age Group Champs
7	33.29	Eric Lambert	10	7/20/2014	VSI State Age Group Champs
8	33.35	Trent Abbott	10	7/23/2023	VSI State Age Group Champs
9	33.54	Matthew Whelan	10	7/28/2011	VSI State Age Group Champs
9	33.54	Joseph Conner	10	6/11/2017	NBAC
Men 9-10 100 Butterfly					
1	1:12.35	Gareth Hollender	10	6/27/2021	WAC Summer Sizzle
2	1:13.41	Jack Danahy	10	7/22/2022	VSI State Age Group Champs
3	1:13.70	Gates Dudding	10	8/9/2006	Eastern Zones
4	1:13.86	Jamie Arcarese	10	8/4/2021	Eastern Zones
5	1:14.47	Trent Abbott	10	7/21/2023	VSI State Age Group Champs
6	1:14.55	Joseph Conner	10	7/20/2017	VSI State Age Group Champs
7	1:14.88	Gaites Brown	10	2000	
8	1:15.14	Cole Gvozdas	10	5/13/2011	
9	1:15.15	Raleigh Harrington	10	8/2/2023	Eastern Zones
10	1:16.25	Xander Schreck	10	7/25/2015	VSI State Age Group Champs
Men 9-10 200 Butterfly					
1	2:50.77	Trent Abbott	10	6/16/2023	Commonwealth Games
Men 9-10 200 IM					
1	2:36.47	Gareth Hollender	10	7/21/2021	VSI State Age Group Champs
2	2:39.78	Jack Danahy	10	8/3/2022	Eastern Zones
3	2:41.83	Trent Abbott	10	7/22/2023	VSI State Age Group Champs
4	2:43.93	Christian Vivadelli	10	7/29/2004	VSI State Age Group Champs
5	2:44.40	Daniel Bunge	10	7/22/2023	VSI State Age Group Champs
6	2:44.57	Raleigh Harrington	10	8/5/2023	Eastern Zones
7	2:45.45	Casey Hughes	10	1988	
8	2:46.06	Joseph Conner	10	7/20/2017	VSI State Age Group Champs
9	2:46.86	Gates Dudding	10	6/23/2006	High Point
10	2:46.95	Justin Litz	10	3/27/2001	

Men 9-10 400 IM					
1	5:45.29	Trent Abbott	10	6/29/2023	NOVA Firecracker Meet
2	5:45.92	Raleigh Harrington	10	6/29/2023	NOVA Firecracker Meet
3	5:58.40	Zander Tan	10	6/29/2023	NOVA Firecracker Meet
4	6:01.31	Rafe Aldridge	10	5/16/2025	NOVA South Freedom Splash
5	6:13.17	Hank Harrington	10	5/16/2025	NOVA South Freedom Splash
6	6:13.18	Will Arcarese	10	6/29/2023	NOVA Firecracker Meet
7	6:24.17	Edward Laux	10	6/27/2024	NOVA Firecracker Meet
8	6:26.23	Alexander Anthony	10	5/16/2025	NOVA South Freedom Splash
9	6:43.54	Noah Wolfle	10	6/29/2023	NOVA Firecracker Meet