

NOVA 13-14 All-Time Top 10 (Long Course Meters)

Women 13-14 50 Free

1	26.67	Lane Francis	14	7/27/2024	2024 VA LC Age Group Champs
2	26.90	Cooper Ackerly	14	7/26/2018	VSI State Age Group Champs
3	27.16	Allison Bischoff	14	6/6/2021	Hanover Storm Surge
4	27.23	Elle Scott	14	5/14/2022	LC EZ Super Sectionals
5	27.25	Maddie Bynum	13	1/17/2024	NOVA LC Winter Invitational
6	27.43	Emory DeGuenther	14	7/24/2022	LC VA Championships
7	27.44	Bella Little	14	8/14/2021	NCSA Summer Champs
8	27.45	Grace Sheble	14	5/20/2017	Josh Weaver Meet on the Hill
9	27.47	Savannah Harris	14	7/27/2024	2024 VA LC Age Group Champs
10	27.49	Olivia Erickson	14	5/20/2017	Josh Weaver Meet on the Hill

Women 13-14 100 Free

1	57.68	Grace Sheble	14	8/1/2017	NCSA Summer Junior Nationals
2	58.78	Caroline Sheble	14	7/23/2017	VSI State Age Group Champs
3	58.87	Elle Scott	14	5/14/2022	LC EZ Super Sectionals
4	58.88	Emory DeGuenther	14	7/24/2022	LC VA Championships
5*	58.90	Maddie Bynum	14	5/20/2025	EZ LC Speedo Super Sectionals
5*	58.90	Allison Bischoff	14	8/14/2021	NCSA Summer Champs
7	58.92	Olivia Erickson	14	6/27/2017	TYR Bolles Summer Classic
8	58.95	Lane Francis	14	6/22/2024	2024 OH RAYS City
9	59.00	Cooper Ackerly	14	7/26/2018	TYR Bolles Summer Classic
10	59.05	Bryn Gvozdaz	14	7/25/2013	2013 VSI LC AG Champs- CAC

Women 13-14 200 Free

1	2:05.29	Grace Sheble	14	6/27/2017	2017 Phillips 66 National Champs
2	2:05.94	Caroline Sheble	14	7/23/2017	VSI State Age Group Champs
3	2:06.18	Emory DeGuenther	14	7/24/2022	LC VA Championships
4	2:06.40	Maddie Hadd	13	7/25/2013	2013 VSI LC AG Champs- CAC
5	2:06.43	Cooper Ackerly	14	7/26/2018	VSI State Age Group Champs
6	2:06.68	Allison Bischoff	14	7/23/2021	VSI State Age Group Champs
7	2:07.01	Amanada Barnard	14	7/23/2021	VSI LC Age Group Champs
8	2:07.12	Maddie Bynum	14	5/20/2025	EZ LC Speedo Super Sectionals
9	2:07.30	Olivia Erickson	14	6/27/2017	TYR Bolles Summer Classic
10	2:07.37	Brantley Patterson	14	8/6/2025	EZ LC Age Group Championships

Women 13-14 400 Free

1	4:21.71	Grace Sheble	14	8/2/2017	NCSA Summer Junior Nationals
2	4:23.65	Maddie Hadd	13	7/30/2013	2013 NCSA Summer Swimming Championships
3	4:25.15	Sanna Peterson	14	5/18/2018	Meet on the Hill
4	4:27.27	Rachel Naurath	14	3/27/2007	2007 USA Swimming Spring Championships
5	4:28.42	Mia Eubank	14	6/1/2024	Nova Senior Classic
6	4:29.61	Brantley Patterson	14	8/6/2025	EZ LC Age Group Championships
7	4:29.63	Amanda Barnard	14	5/14/2021	NCAP Invitational

8	4:30.17	Cooper Ackerly	14	8/11/2017	Eastern Zones Championships
9	4:31.85	Caroline Sheble	14	7/23/2017	VSI State Age Group Champs
10	4:32.95	Emory DeGuenther	14	6/11/2022	NOVA LC Summer Classic

Women 13-14 800 Free

1	9:00.38	Maddie Hadd	13	7/30/2013	2013 NCSA Summer Swimming Championships
2	9:12.32	Cooper Ackerly	14	8/9/2017	Eastern Zones Championships
3	9:15.06	Rebecca Rainer	14	3/18/2008	2008 NCSA Junior National Swimming Champs
4	9:15.45	Emma Nunn	14	3/18/2008	2008 NCSA Junior National Swimming Champs
5	9:15.85	Bailey Hall	14	8/5/2009	2009 NBAC Far Eastern Meet
6	9:18.50	Sanna Peterson	14	5/18/2018	Meet on the Hill
7	9:18.65	Courtney Smith	14	1998	
8	9:19.95	Elizabeth O'Shea	14	8/5/2022	Eastern Zone LC Age Group Champs
9	9:21.69	Kelly Zahalka	14	7/25/2002	Virginia Long Course AG Champs
10	9:22.03	Mia Eubank	14	7/28/2024	VA LC Age Group Champs

Women 13-14 1500 Free

1	17:10.77	Maddie Hadd	13	7/18/2013	2013 VA LC SR Championships
2	17:18.87	Rachel Naurath	14	3/27/2007	2007 USA Swimming Spring Championships
3	17:51.20	Danielle LeClair	14	8/8/2001	LC Zone Meet 2001
4	17:51.82	Kelly Zahalka	14	7/12/2002	VSI - SENIOR CHAMPIONSHIPS
5	17:54.31	Bailey Hall	14	7/30/2009	2009 VSI LC Age Group Champs
6	17:55.31	Elizabeth O'Shea	14	8/5/2022	Eastern Zone LC Age Group Champs
7	17:58.88	Cooper Ackerly	13	7/21/2017	VSI State Age Group Champs
8	18:00.15	Oliva Wenert	14	7/24/2022	LC VA Championships
9	18:03.61	Nicole Gray	14	7/23/2009	VA LC Senior Championships
10	18:05.88	Mia Eubank	14	7/25/2024	2024 VA LC Age Group Champs

Women 13-14 100 Back

1	1:03.57	Lane Francis	14	7/27/2024	2024 VA LC Age Group Champs
2	1:04.53	Zoe Dixon	14	6/21/2018	Bolles
3	1:05.21	Emory DeGuenther	14	7/24/2022	LC VA Championships
4	1:06.15	Kate Hotem	14	8/14/2021	NCSA Summer Champs
5	1:06.18	Grace Sheble	14	6/27/2017	2017 Phillips 66 National Champs
6	1:06.37	Caroline Sheble	14	7/23/2017	VSI State Age Group Champs
7	1:06.85	Bella Little	13	1/30/2021	NOVA Winter LC Invitational
8	1:06.87	Ava McKinney	14	7/24/2022	LC VA Championships
9	1:07.07	Maddie Pierce	14	7/23/2017	VSI State Age Group Champs
10	1:07.21	Josephine Fuller	14	7/23/2017	VSI State Age Group Champs

Women 13-14 200 Back

1	2:17.95	Lane Francis	14	5/19/2024	2024 EZ LC Speedo Super Sectionals
2	2:19.10	Zoe Dixon	14	1/19/2019	NOVA LC Invitational
3	2:19.96	Kate Hotem	14	7/25/2021	Age Group Champs
4	2:20.57	Emory DeGuenther	14	6/4/2022	Hanover Storm Surge
5	2:20.77	Caroline Sheble	14	7/23/2017	VSI State Age Group Champs

6	2:21.20	Mia Eubank	14	5/19/2024	2024 EZ LC Speedo Super Sectionals
7	2:21.35	Grace Sheble	14	8/1/2017	NCSA Summer Junior Nationals
8	2:22.62	Elisa Worrell	14	8/6/2007	USA Junior Nationals 2007
9	2:23.66	Bella Little	14	8/14/2021	NCSA Summer Champs
10	2:24.45	Jennifer Lushao	14	1994	

Women 13-14 100 Breast

1	1:11.59	Elle Scott	14	5/14/2022	LC EZ Super Sectionals
2	1:12.94	Grace Sheble	13	7/21/2016	Virginia LC AG Champs
3	1:13.27	Annabelle Young	14	7/22/2017	VSI State Age Group Champs
4	1:14.10	Abigail Bonham	14	7/26/2024	2024 VA LC Age Group Champs
5	1:14.40	Zoe Dixon	14	1/19/2019	NOVA LC Invitatioanl
6	1:14.59	Rebecca Rainer	14	3/18/2008	2008 NCSA Junior National Swimming Champs
7	1:14.70	Emily Kanter	13	7/28/2019	VSI State Age Group Champs
8	1:14.92	Blair Carnes	13	7/17/2008	VA LC Senior Championships
9	1:15.27	Grace Sheble	13	5/20/2016	NCAC Meet on the Hill
10	1:15.35	Molly Robinson	14	7/30/2009	2009 VSI LC Age Group Champs

Women 13-14 200 Breast

1	2:36.39	Abigail Bonham	14	5/19/2024	2024 EZ LC Speedo Super Sectionals
2	2:36.68	Blair Carnes	14	3/17/2009	2009 NCSA Junior National Swimming Champs
3	2:36.89	Elle Scott	14	5/14/2022	LC EZ Super Sectionals
4	2:38.86	Annabelle Young	14	4/14/2018	NOVA LC Kickoff
5	2:38.99	Emily Kanter	14	8/9/2019	NCSA Summer Junior Nationals
6	2:39.51	Rebecca Rainer	14	3/18/2008	2008 NCSA Junior National Swimming Champs
7	2:39.89	Zoe Dixon	14	1/19/2019	NOVA LC Invitatioanl
8	2:40.04	Grace Sheble	13	7/21/2016	Virginia LC AG Champs
9	2:42.40	Charlotte White	14	5/19/2024	2024 EZ LC Speedo Super Sectionals
10	2:42.92	Sarah Bender	13	8/3/2015	2015 NCSA Summer Championships

Women 13-14 100 Fly

1	1:02.17	Zoe Dixon	14	6/21/2018	Bolles
2	1:02.69	Grace Sheble	14	7/22/2017	VSI State Age Group Champs
3	1:02.87	Maddie Bynum	14	5/20/2025	EZ LC Speedo Super Sectionals
4	1:03.03	Caroline Sheble	14	8/2/2017	NCSA Summer Junior Nationals
5	1:03.24	Liz Shaw	14	7/25/2003	VSI - Long Course Senior Champs
6	1:03.36	Megan Pulley	14	5/20/2017	Josh Weaver Meet on the Hill
7	1:03.59	Elle Scott	14	1/15/2022	NOVA LC Invitatioanl
8	1:04.31	Rebecca Harper	14	1997	
9	1:04.43	Olivia Erickson	14	6/27/2017	TYR Bolles Summer Classic
10	1:04.55	Emma Nunn	14	7/24/2008	2008 VSI LC Age Group Champs

Women 13-14 200 Fly

1	2:13.64	Grace Sheble	14	8/2/2017	NCSA Summer Junior Nationals
2	2:15.53	Emma Nunn	14	6/29/2008	USA Olympic Trials
3	2:16.63	Caroline Sheble	14	6/27/2017	TYR Bolles Summer Classic

4	2:18.00	Liz Shaw	14	8/5/2003	ConocoPhillips National Swimmi
5	2:19.63	Zoe Dixon	14	6/21/2018	Bolles
6	2:21.46	Molly Robinson	14	7/23/2009	VA LC Senior Championships
7	2:19.96	Amanda Barnard	14	8/14/2021	NCSA Summer Champs
8	2:21.59	Maddie Bynum	13	7/27/2023	NCSA Summer Junior Nationals
9	2:22.02	Sydney Pesetti	14	7/28/2011	2011 VSI LC Age Group Champs (HOKI)
10	2:22.31	Rebecca Harper	14	1997	

Women 13-14 200 IM

1	2:17.42	Grace Sheble	13	8/10/2016	NCSA Summer Junior Nationals
2	2:19.89	Zoe Dixon	14	1/19/2019	NOVA LC Invitatioanl
3	2:20.98	Elle Scott	14	8/14/2021	NCSA Summer Champs
4	2:21.51	Caroline Sheble	14	8/2/2017	NCSA Summer Junior Nationals
5	2:22.66	Brantley Patterson	14	8/6/2025	EZ LC Age Group Championships
6	2:22.90	Lane Francis	14	5/16/2024	2024 EZ LC Speedo Super Sectionals
7	2:23.38	Amanda Barnard	14	8/14/2021	NCSA Summer Champs
8	2:23.94	Rebecca Rainer	14	6/5/2008	Charlotte Ultraswim 2008
9	2:24.70	Abigail Bonham	14	5/16/2024	2024 EZ LC Speedo Super Sectionals
10	2:25.13	Olivia Erickson	14	6/27/2017	TYR Bolles Summer Classic

Women 13-14 400 IM

1	4:48.17	Grace Sheble	14	8/2/2017	NCSA Summer Junior Nationals
2	4:54.66	Rebecca Rainer	14	3/18/2008	2008 NCSA Junior National Swimming Champs
3	4:55.36	Zoe Dixon	14	6/21/2018	Bolles
4	4:55.93	Caroline Sheble	14	8/2/2017	NCSA Summer Junior Nationals
5	4:58.02	Emma Nunn	14	8/4/2008	2008 Speedo Junior National Championships
6	5:00.73	Abigail Bonham	14	5/17/2024	2024 EZ LC Speedo Super Sectionals
7	5:05.06	Mia Eubank	14	5/17/2024	2024 EZ LC Speedo Suepr Sectionals
8	5:05.56	Brantley Patterson	14	07/25/25	2025 VA LC AG Champs
9	5:06.11	Amanda Barnard	14	5/1/2021	US Spring Cup - Richmond
10	5:06.82	Alexa Owen	14	4/1/2016	Eastern Sectionals Championships

Men 13-14 50 Free

1	24.48	Matthew Whelan	14	7/28/2015	NCSA Summer Championships
2	24.75	Ryan Smith	14	7/24/2022	LC VA Championships
8	24.76	Aidin Muminovic	14	7/23/2023	Age Group Champs
3	25.07	Charlie Welsh	14	5/19/2023	Hanover Storm Surge Invite
4	25.24	Mac Anthony	14	8/9/2006	Eastern Zone Age Group Long Course Champs
5	25.27	Henry Fauls	14	7/29/2010	2010 VSI LC AG Champs (HOKI)
6	25.35	Craig Bohlman	14	7/28/2019	VSI State Age Group Champs
7	25.43	Alex Gertner	14	7/25/2021	VSI State Age Group Champs
9	25.53	Jamie Arcarese	14	6/26/2025	2025 NCAP Elite Qualifier
10	25.54	Christian Mayr	14	1/18/2018	NOVA LC Invitational

Men 13-14 100 Free

1	54.27	Matthew Whelan	14	7/28/2015	NCSA Summer Championships
---	-------	----------------	----	-----------	---------------------------

2	54.51	Aidin Muminovic	14	8/2/2023	EZ LC Age Group Championship
3	54.62	Mac Anthony	14	8/9/2006	Eastern Zone Age Group Long Course Champs
4	54.84	Thomas Stephens	14	8/6/2007	USA Junior Nationals 2007
5	54.77	Charlie Welsh	14	7/26/2023	NCSA Summer Junior Nationals
6	54.77	Ryan Smith	14	7/24/2022	LC VA Championships
7	55.27	Nathan Szobota	14	6/12/2022	NOVA LC Senior Classic
8	55.35	Gaites Brown	14	8/11/2004	Eastern Zone LC Champs
9	55.36	Craig Bohlman	14	7/28/2019	VSI State Age Group Champs
10	55.75	Nikolas Lee-Bishop	14	7/21/2017	VSI State Age Group Champs

Men 13-14 200 Free

1	1:57.14	Nathan Szobota	14	5/14/2022	LC EZ Super Sectionals
2	1:57.22	Thomas Stephens	14	7/26/2007	VSI SR CHAMPS
3	1:57.75	Aidin Muminovic	14	8/3/2023	EZ LC Age Group Championship
4	1:58.49	Cole Nelson	14	7/21/2023	Age Group Champs
5	1:58.52	Matthew Whelan	14	7/28/2015	NCSA Summer Championships
6	1:58.62	Eric Lambert	14	7/23/2021	VSI LC Age Group Champs
7	1:58.74	Christopher Dalla Valle	14	8/5/2015	Eastern Zones Championships
8	1:59.11	Nikolas Lee-Bishop	14	7/21/2017	VSI State Age Group Champs
9	1:59.19	Mac Anthony	14	8/9/2006	Eastern Zone Age Group Long Course Champs
10	1:59.54	Ben Franks	14	7/21/2023	Age Group Champs

Men 13-14 400 Free

1	4:05.30	Nathan Szobota	14	5/14/2022	LC EZ Super Sectionals
2	4:11.66	Cole Nelson	14	1/14/2024	NOVA LC Winter Invitational
3	4:12.02	Charlie Hilton	14	7/24/2025	2025 VA LC Age Group Champs
4	4:12.38	Aidin Muminovic	14	8/4/2023	EZ LC Age Group Championship
5	4:13.08	Thomas Stephens	14	8/6/2007	USA Junior Nationals 2007
6	4:13.47	Christopher Dalla Valle	14	8/6/2015	LC Eastern Zones Champs
7	4:14.74	Nickolas Lee-Bishop	14	6/27/2017	TYR Bolles Summer Classic
8	4:15.31	Matthew Whelan	14	7/23/2015	LC Age Group Champs
9	4:15.34	Tom Sheranek	14	7/14/2005	PVS senior Champs
10	4:16.84	DC Hellams	14	8/10/2016	NCSA Summer Jr. Nationals

Men 13-14 800 Free

1	8:27.76	Nathan Szobota	14	6/10/2022	NOVA LC Senior Classic
2	8:43.03	Charlie Hilton	14	7/24/2025	2025 VA LC Age Group Champs
3	8:46.92	Aidin Muminovic	13	8/5/2022	Eastern Zone LC Age Group Champs
4	8:47.16	Christopher Dalla Valle	14	8/5/2015	Eastern Zones Championships
5	8:48.26	Owen Miklos	14	7/28/2024	2024 VA LC Age Group Champs
6	8:49.53	DC Hellams	14	7/21/2016	LC AG Championships
7	8:49.60	Brady Julian	14	8/5/2022	Eastern Zone LC Age Group Champs
8	8:52.28	Nikolas Lee-Bishop	14	7/21/2017	VSI State Age Group Champs
9	8:53.37	Judd Glasco	14	1996	
10	8:54.36	Tom Sheranek	14	7/14/2005	PVS senior Champs

Men 13-14 1500 Free

1	16:17.19	Nathan Szobota	14	5/14/2022	LC EZ Super Sectionals
2	16:22.71	Charlie Hilton	14	7/24/2025	VA LC Age Group Champs
3	16:43.06	Aidin Muminovic	14	7/30/2023	2023 NCSA Summer Championship
4	16:44.76	DC Hellams	14	7/21/2016	LC AG Championships
5	16:45.10	Brady Julian	14	8/5/2022	Eastern Zone LC Age Group Champs
6	16:51.08	Cole Nelson	14	7/20/2023	2023 VA LC age group champs
7	16:56.39	Christopher Dalla Valle	14	8/6/2015	LC Eastern Zones Champs
8	16:56.77	Owen Miklos	14	7/25/2024	2024 VA LC Age Group Champs
9	16:56.88	Nikolas Lee-Bishop	14	7/21/2017	VSI State Age Group Champs
10	16:59.69	Daniel Chance	14	7/21/2016	LC AG Championships

Men 13-14 100 Back

1	59.23	Eric Lambert	14	7/25/2021	Age Group Champs
2	59.85	Tom Sheranek	14	7/28/2005	2005 LC Age-Group Championship
3	1:00.14	Nathan Szobota	14	6/11/2022	NOVA LC Senior Classic
4	1:00.30	David Wren	14	6/10/2004	2004 Ultraswim
5	1:00.56	Aidin Muminovic	14	8/3/2023	EZ LC Age Group Championship
6	1:00.83	Jacob Johnson	14	7/25/2013	2013 VSI LC AG Champs- CAC
7	1:00.89	Wade O'Brien	14	6/21/2012	2012 BSS TYR Summer Classic
8	1:00.98	Chance Lowry	14	7/25/2025	2025 VA LC Age Group Champs
9	1:01.15	Sam Cuthbert	14	7/19/2012	2012 VSI LC AG Champs- CAC
10	1:01.11	Ben Gordon	14	7/28/2019	VSI State Age Group Champs

Men 13-14 200 Back

1	2:06.52	Nathan Szobota	14	6/12/2022	NOVA LC Senior Classic
2	2:07.67	Eric Lambert	14	7/25/2021	Age Group Champs
3	2:09.28	Tom Sheranek	14	7/14/2005	PVS senior Champs
4	2:10.11	David Wren	14	6/10/2004	2004 Ultraswim
5	2:11.13	Devin Naoroz	14	6/22/2019	Bolles
6	2:11.30	Wade O'Brien	14	7/19/2012	2012 VSI LC AG Champs- CAC
7*	2:11.36	Brady Julian	14	8/5/2022	Eastern Zone LC Age Group Champs
7*	2:11.36	Gavin Brown	14	7/19/2012	2012 VSI LC AG Champs- CAC
9	2:12.89	Gaites Brown	14	8/11/2004	Eastern Zone LC Champs
10	2:13.25	Owen Miklos	14	7/28/2024	2024 VA LC Age Group Champs

Men 13-14 100 Breast

1	1:09.17	Charlie Welsh	14	7/21/2023	Age Group Champs
2	1:09.56	Clark Hou	14	7/29/2010	2010 VSI LC AG Champs (HOKI)
3	1:09.99	Preston Hudak	14	7/28/2018	VSI LC AG Champs
4	1:10.01	David Dixon	14	7/25/2013	2013 VSI LC AG Champs- CAC
5	1:10.24	Pablo Silva	14	1/30/2021	NOVA Winter LC Invitational
6	1:10.28	Matthew Wolfle	14	1/14/2023	NOVA Winter LC Invitational
7	1:10.38	Charlie Hilton	14	07/25/25	2025 VA LC AG Champs
8	1:10.46	Luke Vogt	14	7/25/2002	2002 US Virginia Long Co
9	1:10.64	Ian Vogt	14	7/29/2004	2004 VSI LC AG Championships

10	1:10.66	Hugh Harrell	14	7/26/2024	2024 VA LC Age Group Champs
----	---------	--------------	----	-----------	-----------------------------

Men 13-14 200 Breast

1	2:27.95	Charlie Hilton	14	7/26/2025	2025 VA LC AG Champs
2	2:29.40	David Dixon	14	7/25/2013	2013 VSI LC AG Champs- CAC
3	2:29.44	Luke Vogt	14	7/25/2002	Virginia Long Course AG Champs
4	2:30.58	DC Hellams	14	7/21/2016	LC AG Championships
5	2:31.07	Hugh Harrell	14	7/27/2024	2024 VA LC Age Group Champs
6	2:31.72	Pablo Silva	14	1/30/2021	NOVA Winter LC Invitational
7	2:32.79	Tyler Harris	14	7/17/2003	VSI Age Group Championships
8	2:32.87	Preston Wong	14	7/26/2025	2025 VA LC AG Champs
9	2:33.62	Matthew Wolfle	14	1/14/2023	NOVA Winter LC Invitational
10	2:34.29	Ian Vogt	14	7/29/2004	2004 VSI LC AG Championships

Men 13-14 100 Fly

1	57.80	Matthew Whelan	14	7/23/2015	LC Age Group Champs
2	58.12	Aidin Muminovic	14	7/21/2023	Age Group Champs
3	58.35	David Dixon	14	7/25/2013	2013 VSI LC AG Champs- CAC
4	58.81	Alex Gertner	14	6/6/2021	Hanover Storm Surge
5	58.95	Owen Miklos	14	7/26/2024	VA LC Age Group Champs
6	59.01	Henry Fauls	14	7/29/2010	2010 VSI LC AG Champs (HOKI)
7*	59.23	Ian Vogt	14	7/15/2004	PVS Senior LC Champs 2004
7*	59.23	Jamie Arcarese	14	07/25/25	2025 VA LC AG Champs
9	59.36	Jac Cortright	14	7/19/2012	2012 VSI LC AG Champs- CAC
10	59.45	Chance Lowry	14	07/25/25	2025 VA LC AG Champs

Men 13-14 200 Fly

1	2:06.08	Charlie Hilton	14	7/25/2025	2025 VA LC Age Group Champs
2	2:07.71	David Dixon	14	7/30/2013	2013 NCSA Summer Swimming Championships
3	2:09.50	Gavin Brown	14	7/19/2012	2012 VSI LC AG Champs- CAC
4	2:09.83	Owen Miklos	14	7/27/2024	VA LC Age Group Champs
5	2:10.21	Josh Farnsworth	14	7/23/2023	Age Group Champs
6	2:10.30	Chance Lowry	14	7/25/2025	2025 VA LC Age Group Champs
7	2:10.41	Jac Cortright	14	7/19/2012	2012 VSI LC AG Champs- CAC
8	2:11.39	Eric Lambert	14	7/25/2021	LC Age Group Champs
9	2:11.71	Brady Julian	14	8/5/2022	Eastern Zone LC Age Group Champs
10	2:12.31	Ian Vogt	14	7/29/2004	2004 VSI LC AG Championships

Men 13-14 200 IM

1	2:09.71	Eric Lambert	14	7/25/2021	LC Age Group Champs
2	2:11.97	Ben Gordon	14	8/7/2019	Eastern Zone LC Age Group Champs
3	2:12.99	Charlie Hilton	14	7/26/2025	2025 VA LC Age Group Champs
4	2:13.99	Brady Julian	14	8/5/2022	Eastern Zone LC Age Group Champs
5	2:14.39	Ben Franks	14	7/23/2023	Age Group Champs
6	2:14.74	David Dixon	14	7/30/2013	2013 NCSA Summer Swimming Championships
7	2:15.08	Aidin Muminovic	14	4/29/2023	NOVA LC kick off

8	2:15.49	DC Hellams	14	7/21/2016	LC AG Championships
9	2:15.59	Jac Cortright	14	7/19/2012	2012 VSI LC AG Champs- CAC
10	2:15.66	Bo Greenwood	14	1997	

Men 13-14 400 IM

1	4:32.57	Charlie Hilton	14	07/25/25	2025 VA LC AG Champs
2	4:39.39	Nathan Szobota	14	5/14/2022	LC EZ Super Sectionals
3	4:43.16	Brady Julian	14	8/5/2022	Eastern Zone LC Age Group Champs
4	4:43.20	DC Hellams	14	7/21/2016	LC AG Championships
5	4:43.76	Ben Gordon	14	8/8/2019	Eastern Zones Champs
6	4:44.80	Luke Vogt	14	7/12/2002	VSI - SENIOR CHAMPIONSHIPS
7	4:45.37	David Dixon	14	7/25/2013	2013 VSI LC AG Champs- CAC
8	4:47.33	Gareth Hollender	14	07/25/25	2025 VA LC AG Champs
9	4:47.71	Gavin Brown	14	7/19/2012	2012 VSI LC AG Champs- CAC
10	4:47.74	Jac Cortright	14	7/19/2012	2012 VSI LC AG Champs- CAC

