
RECORDS LONG-M
LC Meters-Women

8 & U	50 Free	38.13	7-Jul-07	VAST VA	Julia Sheffer at Summer Awards 2006	
	100 Free	1:27.21	7-Jul-07	VAST VA	Julia Sheffer at Summer Awards 2006	
	200 Free	3:11.97	24-Jun-05	VAST VA	Jessie Arnold	
	400 Free	6:53.94	16-Jul-05	VAST VA	Jessie Arnold	
	50 Back	44.58	16-Jul-05	VAST VA	Jessie Arnold	
	100 Back	1:38.45	17-Jul-05	VAST VA	Jessie Arnold	
	50 Breast	53.11	18-Jul-04	VAST VA	Olivia Sheffer	
	100 Breast	1:58.50	18-Jul-04	VAST VA	Olivia Sheffer	
	50 Fly	46.20	7-Jul-07	VAST VA	Julia Sheffer at Summer Awards 2006	
	100 Fly	1:54.31	18-Jul-04	VAST VA	Olivia Sheffer	
	200 IM	3:35.19	18-Jul-04	VAST VA	Olivia Sheffer	
	200 Free Relay	3:03.25	15-Jul-05	VAST VA	J. Sheffer, A. Boone, K. Simmons, J. Arnold	
	9-10	50 Free	31.57	1-Jul-87	VAST VA	Miranda Deputy
		100 Free	1:14.70	19-Jul-07	VAST VA	Jessie Arnold
200 Free		2:39.71	19-Jul-07	VAST VA	Jessie Arnold	
400 Free		5:27.48	8-Aug-07	VAST VA	Jessie Arnold	
50 Back		38.90	19-Jul-07	VAST VA	Jessie Arnold	
100 Back		1:23.95	8-Aug-07	VAST VA	Jessie Arnold	
50 Breast		44.48	7-May-05	VAST VA	Sydney Collins	
100 Breast		1:36.90	1-Jul-94	VAST VA	Bryn Mullet	
200 Breast		3:36.81	3-May-03	VAST VA	Amanda White	
50 Fly		37.57	8-Aug-07	VAST VA	Jessie Arnold	
100 Fly		1:26.60	8-Aug-07	VAST VA	Jessie Arnold	
200 IM		3:00.11	8-Aug-07	VAST VA	Jessie Arnold	
11-12		50 Free	29.93	1-Jul-90	VAST VA	Miranda Deputy
	100 Free	1:07.59	1-Jul-90	VAST VA	Miranda Deputy	
	200 Free	2:26.14	1-May-79	VAST VA	Dawn Miller	
	400 Free	5:09.52	1-May-79	VAST VA	Dawn Miller	
	1500 Free	20:41.87	1-Jun-94	VAST VA	Emily Stark	
	50 Back	36.69	1-May-79	VAST VA	Dawn Miller	
	100 Back	1:19.88	1-May-79	VAST VA	Dawn Miller	
	200 Back	3:00.11	13-Jul-07	VAST VA	Olivia Sheffer at Summer Awards 2007	
	50 Breast	38.62	17-Jul-03	VAST VA	Megan DeSmit	
	100 Breast	1:24.58	17-Jul-03	VAST VA	Megan DeSmit	
	200 Breast	3:00.81	17-Jul-03	VAST VA	Megan DeSmit	
	50 Fly	32.52	1-Jun-86	VAST VA	Susan Perez	
	100 Fly	1:15.99	1-Jan-86	VAST VA	Susan Perez	
	200 Fly	3:22.92	1-Jun-94	VAST VA	Nina Ford	
	200 IM	2:48.28	1-Jan-93	VAST VA	Emily Mullet	
	400 IM	6:53.16	4-May-01	VAST VA	Ashley K. Palmer at 2nd Jeff Rouse Open Invitational	
	13-14	50 Free	28.84	9-Aug-01	VAST VA	Sara M. Smith at Eastern Zone LC Championships
		100 Free	1:02.42	4-May-01	VAST VA	Sara M. Smith at 2nd Jeff Rouse Open Invitational
		200 Free	2:16.32	26-Jul-01	VAST VA	Sara M. Smith at Virginia LongCourse Age Group
400 Free		4:58.13	22-Jun-01	VAST VA	Sara M. Smith at Commonwealth Games	
800 Free		10:23.01	25-Jul-02	VAST VA	Ashley K. Palmer at Virginia Long Course AG Champs	
1500 Free		19:27.06	17-May-01	VAST VA	Sara M. Smith at 12th Annual Poseidon Classic	
50 Back		35.63	1-Aug-92	VAST VA	CARRIE MONGER	
100 Back		1:12.09	9-Aug-01	VAST VA	Sara M. Smith at Eastern Zone LC Championships	

RECORDS LONG-M

13-14	200 Back	2:34.45	9-Aug-01	VAST VA	Sara M. Smith at Eastern Zone LC Championships
	50 Breast	40.00	1-Sep-94	VAST VA	EMILY MULLET
	100 Breast	1:23.75	31-Jul-04	VAST VA	Megan DeSmit
	200 Breast	2:59.49	31-Jul-04	VAST VA	Megan DeSmit
	50 Fly	32.66	9-Aug-01	VAST VA	Sara M. Smith at Eastern Zone LC Championships
	100 Fly	1:10.35	9-Aug-01	VAST VA	Sara M. Smith at Eastern Zone LC Championships
	200 Fly	2:47.21	18-Jul-04	VAST VA	Megan DeSmit
	200 IM	2:39.52	1-May-79	VAST VA	SUSAN CONWAY
	400 IM	5:43.05	17-May-01	VAST VA	Sara M. Smith at 12th Annual Poseidon Classic
15-18	50 Free	26.41	4-Dec-03	VAST VA	Sara M. Smith
	100 Free	57.51	6-Aug-05	VAST VA	Sara M. Smith
	200 Free	2:05.94	27-Jul-03	VAST VA	Sara M. Smith
	400 Free	4:40.79	21-May-05	VAST VA	Sara M. Smith
	800 Free	10:00.58	16-May-02	VAST VA	Sara M. Smith at 13th Annual Poseidon Classic
	1500 Free	19:08.61	3-May-02	VAST VA	Sara M. Smith at 2002 Jeff Rouse Open Invitational
	50 Back	33.26	24-Jun-05	VAST VA	Sara Smith
	100 Back	1:09.06	27-Jul-03	VAST VA	Sara M. Smith
	200 Back	2:27.69	25-Jul-02	VAST VA	Sara M. Smith at EZ II LC Speedo Champions Series
	50 Breast	36.20	24-Jun-05	VAST VA	Sara Smith
	100 Breast	1:21.56	27-Jul-06	VAST VA	Megan DeSmit at VSI Long Course Senior Championship
	200 Breast	2:56.67	24-Jun-05	VAST VA	Sara Smith
	50 Fly	30.18	24-Jun-05	VAST VA	Sara Smith
	100 Fly	1:03.98	27-Jul-03	VAST VA	Sara M. Smith
	200 Fly	2:34.97	25-Jul-02	VAST VA	Sara M. Smith at EZ II LC Speedo Champions Series
	200 IM	2:20.99	7-Aug-05	VAST VA	Sara M. Smith
	400 IM	5:15.40	21-May-05	VAST VA	Sara M. Smith

RECORDS LONG-M
LC Meters-Men

8 & U	50 Free	36.02	1-Jan-92	VAST VA	Tyler Gustafson	
	100 Free	1:19.92	1-Jan-92	VAST VA	Tyler Gustafson	
	200 Free	2:54.93	1-Jan-92	VAST VA	Tyler Gustafson	
	50 Back	42.65	1-Jan-92	VAST VA	Tyler Gustafson	
	100 Back	1:33.05	1-Jan-92	VAST VA	Tyler Gustafson	
	50 Breast	50.76	1-Jan-92	VAST VA	Tyler Gustafson	
	100 Breast	1:49.28	1-Jul-94	VAST VA	Rudy Hohenstein	
	50 Fly	41.06	1-Jan-92	VAST VA	Tyler Gustafson	
	100 Fly	1:38.64	1-Jan-92	VAST VA	Tyler Gustafson	
	200 IM	3:15.50	1-Jan-92	VAST VA	Tyler Gustafson	
9-10	50 Free	30.33	6-Aug-97	VAST VA	Rudy L. Hohenstein at Eastern Zones 1997	
	100 Free	1:06.62	6-Aug-97	VAST VA	Rudy L. Hohenstein at Eastern Zones 1997	
	200 Free	2:24.97	6-Aug-97	VAST VA	Rudy L. Hohenstein at Eastern Zones 1997	
	400 Free	5:26.78	1-Jul-94	VAST VA	Tyler Gustafson	
	50 Back	37.49	1-Jul-94	VAST VA	Tyler Gustafson	
	100 Back	1:19.69	1-Jan-92	VAST VA	Chad Smith	
	50 Breast	39.22	7-Jun-97	VAST VA	Rudy L. Hohenstein at BG Summer Invitational	
	100 Breast	1:26.26	6-Aug-97	VAST VA	Rudy L. Hohenstein at Eastern Zones 1997	
	50 Fly	33.53	1-Aug-94	VAST VA	Tyler Gustafson	
	100 Fly	1:13.97	1-Aug-94	VAST VA	Tyler Gustafson	
200 IM	2:43.61	6-Aug-97	VAST VA	Rudy L. Hohenstein at Eastern Zones 1997		
11-12	50 Free	29.02	10-Jul-98	VAST VA	Rudy L. Hohenstein at Gator Invitational	
	100 Free	1:03.04	5-Jun-99	VAST VA	Rudy L. Hohenstein at BG Summer Invitational	
	200 Free	2:20.55	9-Jul-99	VAST VA	Rudy L. Hohenstein at Gator Long Course Invitational	
	400 Free	4:57.33	9-Jul-99	VAST VA	Rudy L. Hohenstein at Gator Long Course Invitational	
	800 Free	11:04.02	1-Jul-95	VAST VA	Tyler Gustafson	
	1500 Free	20:55.75	28-Jun-96	VAST VA	Tyler R. Gustafson at SMAC A/BB/B/C	
	50 Back	34.29	1-Aug-91	VAST VA	IAN OSTLUND	
	100 Back	1:14.06	1-Aug-85	VAST VA	Matt Senfield	
	200 Back	3:15.74	1-Jun-02	VAST VA	Hunter L. Good at Central Virginia Orthopedics Invitational	
	50 Breast	37.86	10-Jul-98	VAST VA	Rudy L. Hohenstein at Gator Invitational	
	100 Breast	1:20.71	1-Jan-91	VAST VA	IAN OSTLUND	
	200 Breast	3:10.11	17-Jul-03	VAST VA	Hunter L. Good	
	50 Fly	31.03	1-Aug-96	VAST VA	Tyler R. Gustafson at Eastern Zones	
	100 Fly	1:09.87	1-Aug-96	VAST VA	Tyler R. Gustafson at Eastern Zones	
	200 Fly	2:45.01	28-Jun-96	VAST VA	Tyler R. Gustafson at SMAC A/BB/B/C	
	200 IM	2:39.48	5-Jun-99	VAST VA	Rudy L. Hohenstein at BG Summer Invitational	
	400 IM	6:06.54	12-Jul-96	VAST VA	Tyler R. Gustafson at VA COMM GAMES - 96	
	13-14	50 Free	27.12	14-Aug-01	VAST VA	Rudy Hohenstein at USA National Championships
		100 Free	56.83	14-Aug-01	VAST VA	Rudy Hohenstein at USA National Championships
		200 Free	2:02.49	14-Aug-01	VAST VA	Rudy Hohenstein at USA National Championships
400 Free		4:26.33	1-Jan-88	VAST VA	JAMIE FELLOWS	
800 Free		9:21.46	26-Jul-01	VAST VA	Rudy Hohenstein at Virginia Long Course Age Group	
1500 Free		17:35.87	1-Jan-88	VAST VA	JAMIE FELLOWS	
50 Back		32.61	1-Aug-92	VAST VA	IAN OSTLUND	
100 Back		1:07.18	26-Jul-01	VAST VA	Nathan L. Medley at Virginia Long Course Age Group	
200 Back		2:30.12	27-Jul-00	VAST VA	Rudy Hohenstein at Virginia Long Course AG Champs	
50 Breast		35.69	24-Jun-05	VAST VA	Hunter Good	

RECORDS LONG-M

13-14	100 Breast	1:13.41	29-Jul-05	VAST VA	Hunter Good
	200 Breast	2:46.68	24-Jun-05	VAST VA	Hunter Good
	50 Fly	29.99	29-Jul-97	VAST VA	TYLER R GUSTAFSON at YMCA NATIONALS 1997
	100 Fly	1:03.17	5-Aug-98	VAST VA	TYLER R GUSTAFSON at LC ZONES 1998
	200 Fly	2:21.63	5-Aug-98	VAST VA	TYLER R GUSTAFSON at LC ZONES 1998
	200 IM	2:24.09	26-Jul-01	VAST VA	Rudy Hohenstein at Virginia Long Course Age Group
	400 IM	5:10.51	1-Jan-88	VAST VA	JAMIE FELLOWS
15-18	50 Free	23.99	19-Mar-02	VAST VA	Tyler R Gustafson at USA National Championships
	100 Free	51.78	19-Mar-02	VAST VA	Tyler R Gustafson at USA National Championships
	200 Free	1:52.72	14-Aug-01	VAST VA	Tyler R Gustafson at USA National Championships
	400 Free	4:06.03	14-Aug-01	VAST VA	Tyler R Gustafson at USA National Championships
	800 Free	8:59.75	17-May-01	VAST VA	Tyler R Gustafson at 12th Annual Poseidon Classic
	1500 Free	17:17.91	17-May-01	VAST VA	Tyler R Gustafson at 12th Annual Poseidon Classic
	50 Back	31.13	15-Jul-99	VAST VA	TYLER R GUSTAFSON at VSI LC SENIORS 1999
	100 Back	1:04.28	1-Jan-92	VAST VA	JAMIE FELLOWS
	200 Back	2:16.24	1-Jan-92	VAST VA	JAMIE FELLOWS
	50 Breast	33.24	22-Jun-03	VAST VA	Rudy Hohenstein
	100 Breast	1:11.31	27-Jul-03	VAST VA	Rudy Hohenstein
	200 Breast	2:38.98	1-Aug-00	VAST VA	Matthew T. Smith at 2000 Long Course YMCA National
	50 Fly	26.46	1-Aug-00	VAST VA	Tyler R Gustafson at 2000 USA Long Course Junior Championships
	100 Fly	57.40	19-Mar-02	VAST VA	Tyler R Gustafson at USA National Championships
	200 Fly	2:14.54	1-Jan-92	VAST VA	JAMIE FELLOWS
	200 IM	2:15.51	1-Jan-92	VAST VA	JAMIE FELLOWS
	400 IM	4:44.96	1-Jan-92	VAST VA	JAMIE FELLOWS
	200 Free Relay	1:42.11	27-Jul-03	VAST VA	B. Harris, A. Arey, R. Hohenstein, A. Gustafson
	400 Free Relay	3:35.74	27-Jul-03	VAST VA	R. Hohenstein, A. Arey, A. Gustafson, T. Gustafson
	200 Medley Relay	1:55.09	27-Jul-03	VAST VA	B. Harris, R. Hohenstein, A. Gustafson, T. Gustafs
	400 Medley Relay	4:08.32	27-Jul-03	VAST VA	A. Arey, R. Hohenstein, A. Gustafson, T. Gustafson