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**RECORDS VAST Yards Records**
**Yards-Women**

8 & U	25 Free	15.14	<b>12-Oct-05</b>	VAST VA	Jessica L. Arnold at Amberjax Kick-Off Classic	
	50 Free	32.44	<b>21-Oct-06</b>	VAST VA	Julia J. Sheffer at 2006 QDD Fall Festival	
	100 Free	1:12.85	<b>27-Jan-07</b>	VAST VA	Annie Boone at 2007 QDD Snowflake Classic	
	200 Free	2:44.80	<b>11-Nov-05</b>	VAST VA	Jessica L. Arnold at BB&T Classic	
	500 Free	7:12.77	<b>6-Jan-07</b>	VAST VA	Annie Boone at VAST New Year's Meet 2007	
	1000 Free	18:41.21	<b>1-Jan-01</b>	VAST	Amanda White	
	1650 Free	31:50.90	<b>18-Feb-01</b>	VAST VA	Amanda White at VAST Time Trial	
	25 Back	18.77	<b>17-Feb-06</b>	VAST VA	Julia J. Sheffer at Northern District B/C Championships	
	50 Back	37.85	<b>16-Dec-05</b>	VAST VA	Jessica L. Arnold at Christmas Invitational	
	100 Back	1:22.37	<b>11-Nov-05</b>	VAST VA	Jessica L. Arnold at BB&T Classic	
	25 Breast	21.36	<b>1-Oct-94</b>	VAST VA	Gretchn Schmaltz	
	50 Breast	45.42	<b>16-Dec-05</b>	VAST VA	Jessica L. Arnold at Christmas Invitational	
	100 Breast	1:42.14	<b>4-Apr-04</b>	VAST VA	Olivia D. Sheffer at BASS MiniMeet BB/B/C Spring Sprint Invitational	
	25 Fly	16.73	<b>19-Nov-05</b>	VAST VA	Jessica L. Arnold at BASS 2005	
	50 Fly	37.76	<b>16-Dec-05</b>	VAST VA	Jessica L. Arnold at Christmas Invitational	
	100 Fly	1:20.51	<b>6-Jan-07</b>	VAST VA	Annie Boone at VAST New Year's Meet 2007	
	100 IM	1:23.70	<b>27-Jan-07</b>	VAST VA	Annie Boone at the QDD Snowflake Classic	
	200 IM	3:10.80	<b>21-Oct-06</b>	VAST VA	Julia J. Sheffer at 2006 QDD Fall Festival	
	400 IM	7:39.54	<b>30-Mar-01</b>	VAST VA	Amanda C. White at 2001 Odd Age Group & Senior Invitational	
	100 Free Relay	1:13.75	<b>19-Feb-05</b>	VAST VA	J. Arnold, A. Boone, J. Sheffer, K. Simmons	
	100 Medley Relay	1:22.34	<b>19-Feb-05</b>	VAST VA	J. Sheffer, K. Simmons, J. Arnold, A. Boone	
200 Medley Relay	4:32.71	<b>10-Mar-01</b>	VAST VA	A		
9-10	50 Free	27.68	<b>1-Jan-88</b>	VAST VA	Miranda Deputy	
	100 Free	1:04.12	<b>20-Oct-07</b>	VAST VA	Jessica L. Arnold at 2007 QDD Fall Festival	
	200 Free	2:15.53	<b>17-Nov-07</b>	VAST VA	Jessica L. Arnold at Waynesboro YMCA SMAC Fall Invitational	
	500 Free	6:00.92	<b>20-Oct-07</b>	VAST VA	Jessica L. Arnold at 2007 QDD Fall Festival	
	1000 Free	15:14.71	<b>28-Mar-03</b>	VAST VA	Amanda C. White at 2003 Odd Age Group & Senior Invitational	
	1650 Free	23:36.18	<b>1-Jan-92</b>	VAST VA	Lindsey Saufley	
	50 Back	33.17	<b>17-Nov-07</b>	VAST VA	Jessica L. Arnold at Waynesboro YMCA SMAC Fall Invitational	
	100 Back	1:10.61	<b>3-Nov-07</b>	VAST VA	Jessica L. Arnold at PWSC Aqua-Fest 2007	
	200 Back	3:08.68	<b>20-Nov-99</b>	VAST VA	Ashley K. Palmer at Y Dual Meet RVSI-LY	
	50 Breast	36.93	<b>16-Mar-06</b>	VAST VA	Angie Kim	
	100 Breast	1:21.44	<b>16-Mar-06</b>	VAST VA	Angie Kim at 2006 VSI SC Age-Group Championships	
	50 Fly	31.40	<b>1-Mar-85</b>	VAST VA	Susan Perez	
	100 Fly	1:11.68	<b>1-Jan-85</b>	VAST VA	Susan Perez	
	100 IM	1:12.14	<b>20-Oct-07</b>	VAST VA	Jessica L. Arnold at QDD Fall Festival	
	200 IM	2:36.05	<b>17-Nov-07</b>	VAST VA	Jessica L. Arnold at Waynesboro YMCA SMAC Fall Invitational	
	400 IM	6:16.04	<b>28-Mar-03</b>	VAST VA	Amanda C. White at 2003 Odd Age Group & Senior Invitational	
	10 & U	200 Free Relay	2:11.50	<b>19-Mar-05</b>	VAST VA	S. Collins, A. Walker, O. Sheffer, K. Adkins
		400 Free Relay	5:00.63	<b>19-Mar-05</b>	VAST VA	A. Walker, O. Sheffer, S. Collins, K. Adkins
		200 Medley Relay	2:21.29	<b>19-Mar-05</b>	VAST VA	O. Sheffer, S. Collins, A. Walker, K. Adkins
		400 Medley Relay	5:18.71	<b>18-Mar-05</b>	VAST VA	O. Sheffer, S. Collins, A. Walker, K. Adkins
	11-12	50 Free	25.73	<b>16-Mar-00</b>	VAST VA	Sara M. Smith at Virginia Short Course AG Champs
100 Free		57.30	<b>16-Mar-00</b>	VAST VA	Sara M. Smith at Virginia Short Course AG Champs	
200 Free		2:04.57	<b>16-Mar-00</b>	VAST VA	Sara M. Smith at Virginia Short Course AG Champs	
500 Free		5:34.85	<b>16-Mar-00</b>	VAST VA	Sara M. Smith at Virginia Short Course AG Champs	
1000 Free		12:34.55	<b>30-Mar-01</b>	VAST VA	Ashley K. Palmer at 2001 Odd Age Group & Senior	
1650 Free		20:40.73	<b>26-Oct-01</b>	VAST VA	Ashley K. Palmer at Debbie Kortz Age Group & Senior	

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**RECORDS VAST Yards Records**

11-12	50 Back	31.46	<b>13-Feb-00</b>	VAST VA	Sara M. Smith at RVSI-CYAC DUAL MEET
	100 Back	1:07.56	<b>16-Mar-00</b>	VAST VA	Sara M. Smith at Virginia Short Course AG Champs
	200 Back	2:36.54	<b>1-Dec-94</b>	VAST VA	JULIE HOLSINGER
	50 Breast	32.38	<b>15-Mar-07</b>	VAST VA	Sydney Collins at 2007 VSI SC Age Group Championships
	100 Breast	1:11.68	<b>15-Mar-07</b>	VAST VA	Sydney Collins at 2007 VSI SC Age Group Championships
	200 Breast	2:41.38	<b>14-Mar-03</b>	VAST VA	Megan E. DeSmit at VA Jr SC Age Group Championships
	50 Fly	28.32	<b>1-Jan-87</b>	VAST VA	SUSAN PEREZ
	100 Fly	1:03.09	<b>1-Jan-87</b>	VAST VA	SUSAN PEREZ
	200 Fly	2:46.33	<b>8-Jan-00</b>	VAST VA	Sara M. Smith at Burger King New Year's Invitational
	100 IM	1:05.56	<b>16-Mar-00</b>	VAST VA	Sara M. Smith at Virginia Short Course AG Champs
	200 IM	2:27.21	<b>16-Mar-00</b>	VAST VA	Sara M. Smith at Virginia Short Course AG Champs
	400 IM	5:22.53	<b>8-Jan-00</b>	VAST VA	Sara Smith at Burger King New Year's Invitational
	200 Free Relay	2:00.09	<b>6-Jan-07</b>	VAST VA	Angie K., Madison W., Olivia S., Katherine A.
	400 Free Relay	4:54.17	<b>16-Dec-00</b>	VAST VA	VAST A
	200 Medley Relay	2:11.29	<b>19-Nov-06</b>	VAST VA	O. Sheffer, S. Collins, K. Adkins, A. Kim
13-14	50 Free	24.65	<b>29-Mar-01</b>	VAST VA	Sara M. Smith at Eastern ZonesSC '01
	100 Free	53.43	<b>14-Dec-01</b>	VAST VA	Sara M. Smith at 2001 Christmas Meet Invitational
	200 Free	1:56.90	<b>14-Dec-01</b>	VAST VA	Sara M. Smith at 2001 Christmas Meet Invitational
	500 Free	5:21.14	<b>18-Jan-02</b>	VAST VA	Sara M. Smith at SEVA Senior & 14 & Younger "A"
	1000 Free	11:12.36	<b>18-Jan-02</b>	VAST VA	Sara M. Smith at SEVA Senior & 14 & Younger "A"
	1650 Free	19:05.28	<b>27-Oct-00</b>	VAST VA	Sara M. Smith at Debbie Kortz Age Group & Senior
	50 Back	30.73	<b>5-Jan-01</b>	VAST VA	Sara M. Smith at VAST Winter Invitational Swim
	100 Back	1:01.83	<b>14-Dec-01</b>	VAST VA	Sara M. Smith at 2001 Christmas Meet Invitational
	200 Back	2:10.70	<b>14-Dec-01</b>	VAST VA	Sara M. Smith at 2001 Christmas Meet Invitational
	50 Breast	36.16	<b>14-Oct-00</b>	VAST VA	Sara M. Smith at Eagle Beach Sprint Classic Inv.
	100 Breast	1:10.50	<b>19-Mar-05</b>	VAST VA	Megan E. DeSmit
	200 Breast	2:35.75	<b>19-Mar-05</b>	VAST VA	Megan E. DeSmit
	50 Fly	29.36	<b>13-May-00</b>	VAST VA	Sara M. Smith at RVSI-BASS Dual Meet
	100 Fly	59.55	<b>14-Dec-01</b>	VAST VA	Sara M. Smith at 2001 Christmas Meet Invitational
	200 Fly	2:18.87	<b>14-Dec-01</b>	VAST VA	Sara M. Smith at 2001 Christmas Meet Invitational
	200 IM	2:13.18	<b>14-Mar-02</b>	VAST VA	Sara M. Smith at Virginia SC Age Group Champs
	400 IM	4:50.45	<b>16-Nov-01</b>	VAST VA	Sara M. Smith at SWAT Thanksgiving Meet 01
	200 Free Relay	1:57.52	<b>11-Mar-00</b>	VAST VA	A
	200 Medley Relay	2:09.85	<b>21-Feb-87</b>	VAST VA	A
15-18	50 Free	23.17	<b>19-Mar-05</b>	VAST VA	Sara M. Smith
	100 Free	50.60	<b>19-Mar-05</b>	VAST VA	Sara M. Smith
	200 Free	1:49.53	<b>19-Mar-05</b>	VAST VA	Sara M. Smith
	500 Free	5:09.62	<b>5-Feb-05</b>	VAST VA	Sara M. Smith
	1000 Free	10:47.37	<b>8-Nov-03</b>	VAST VA	Sara M. Smith
	1650 Free	18:34.55	<b>23-Oct-04</b>	VAST VA	Sara M. Smith
	50 Back	31.42	<b>8-Jan-05</b>	VAST VA	Haley M. Pack at Second AnnualNew Year's Swim Meet
	100 Back	58.63	<b>17-Dec-04</b>	VAST VA	Sara M. Smith
	200 Back	2:07.04	<b>20-Mar-03</b>	VAST VA	Sara M. Smith at Eastern ZonesRegion II Speedo Sectional
	50 Breast	37.86	<b>1-Mar-98</b>	VAST VA	ERIN HUTCHINSON
	100 Breast	1:08.27	<b>28-Jan-05</b>	VAST VA	Sara M. Smith at Valley District High School Meet
	200 Breast	2:23.66	<b>19-Mar-05</b>	VAST VA	Sara M. Smith
	50 Fly	28.32	<b>1-Jan-87</b>	VAST VA	Susan Perez
	100 Fly	56.32	<b>19-Mar-05</b>	VAST VA	Sara M. Smith
	200 Fly	2:14.38	<b>8-Nov-03</b>	VAST VA	Sara M. Smith
	200 IM	2:01.90	<b>19-Mar-05</b>	VAST VA	Sara M. Smith
	400 IM	4:34.67	<b>5-Feb-05</b>	VAST VA	Sara M. Smith

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**RECORDS VAST Yards Records**

15-18	400 Free Relay	4:15.73	<b>13-Dec-80</b>	VAST VA	VAST A
	400 Medley Relay	4:51.58	<b>15-Mar-80</b>	VAST VA	VAST A
	200 Free Relay	1:53.12	<b>22-Feb-86</b>	VAST VA	VAST A
	400 Free Relay	3:50.99	<b>18-Dec-04</b>	VAST VA	H. Pack, M. DeSmit, A. Palmer, S. Smith
	800 Free Relay	8:50.70	<b>16-Dec-00</b>	VAST VA	VAST A
	200 Medley Relay	2:09.39	<b>2-Mar-85</b>	VAST VA	VAST A
	400 Medley Relay	4:13.23	<b>19-Dec-04</b>	VAST VA	S. Smith, M. DeSmit, H. Pack, A. Palmer

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**RECORDS VAST Yards Records**
**Yards-Men**

8 & U	25 Free	14.70	<b>1-Jan-92</b>	VAST VA	TYLER GUSTAFSON	
	50 Free	31.05	<b>1-Jan-90</b>	VAST VA	Adam Gustafson	
	100 Free	1:08.52	<b>1-Jan-90</b>	VAST VA		
	200 Free	2:35.37	<b>1-Jan-90</b>	VAST VA	Adam Gustafson	
	500 Free	8:25.13	<b>1-Jan-94</b>	VAST VA	Rudy Hohenstein	
	1000 Free	22:28.25	<b>10-Jun-00</b>	VAST VA	Austin T. Reed at Swim-A-Thon 2000	
	1650 Free	23:30.09	<b>1-Jan-92</b>	VAST VA	Tyler R. Gustafson	
	25 Back	17.57	<b>1-Jan-92</b>	VAST VA	TYLER GUSTAFSON	
	50 Back	37.44	<b>1-Jan-92</b>	VAST VA	TYLER GUSTAFSON	
	100 Back	1:37.02	<b>1-Jan-93</b>	VAST VA	Isaac Ostlund	
	25 Breast	18.94	<b>1-Feb-95</b>	VAST VA	RUDY HOHENSTEIN	
	50 Breast	43.25	<b>1-Mar-95</b>	VAST VA	RUDY HOHENSTEIN	
	100 Breast	1:38.11	<b>1-Jan-95</b>	VAST VA	Rudy Hohenstein	
	25 Fly	14.94	<b>1-Jan-92</b>	VAST VA	TYLER GUSTAFSON	
	50 Fly	34.85	<b>1-Jan-92</b>	VAST VA	TYLER GUSTAFSON	
	100 Fly	1:24.00	<b>1-Jan-92</b>	VAST VA	Tyler R. Gustafson	
	100 IM	1:21.47	<b>1-Jan-92</b>	VAST VA	TYLER GUSTAFSON	
	200 IM	2:59.12	<b>1-Jan-92</b>	VAST VA	Tyler R. Gustafson	
	400 IM	6:47.36	<b>11-Jan-02</b>	VAST VA	Austin T. Reed at VAST Winter Invitational Swim	
	100 Free Relay	1:12.53	<b>6-Mar-93</b>	VAST VA	VAST A	
	100 Medley Relay	1:26.58	<b>6-Mar-93</b>	VAST VA	VAST A	
	200 Medley Relay	3:58.08	<b>4-Mar-00</b>	VAST VA	VAST A	
	9-10	50 Free	27.68	<b>1-Jan-92</b>	VAST VA	BRENT HOLSINGER
100 Free		1:00.37	<b>1-Mar-92</b>	VAST VA	ADAM GUSTAFSON	
200 Free		2:11.90	<b>13-Mar-97</b>	VAST VA	RUDY L HOHENSTEIN at VSI SC JOS - 1997	
500 Free		6:05.43	<b>12-Jan-97</b>	VAST VA	RUDY L. HOHENSTEIN at RVSI AT CYAC Y DUAL	
1000 Free		14:07.94	<b>30-Mar-01</b>	VAST VA	Andrew Bahr at 2001 Odd Age Group & Senior Invitational	
1650 Free		21:11.13	<b>1-Jan-94</b>	VAST VA	TYLER GUSTAFSON	
50 Back		32.42	<b>1-Jan-92</b>	VAST VA	CHAD SMITH	
100 Back		1:09.50	<b>1-Jan-92</b>	VAST VA	CHAD SMITH	
50 Breast		34.61	<b>3-Apr-97</b>	VAST VA	RUDY L. HOHENSTEIN at EASTERN ZONES - 1997	
100 Breast		1:13.96	<b>3-Apr-97</b>	VAST VA	RUDY L. HOHENSTEIN at EASTERN ZONES - 1997	
50 Fly		29.91	<b>1-Jan-94</b>	VAST VA	TYLER GUSTAFSON	
100 Fly		1:04.91	<b>1-Jan-94</b>	VAST VA	TYLER GUSTAFSON	
100 IM		1:07.69	<b>3-Apr-97</b>	VAST VA	RUDY L. HOHENSTEIN at EASTERN ZONES - 1997	
200 IM		2:29.75	<b>13-Mar-97</b>	VAST VA	RUDY L. HOHENSTEIN at VSI SC JOS - 1997	
400 IM		6:08.31	<b>26-Oct-01</b>	VAST VA	Hunter L. Good at Debbie KortzAge Group & Senior	
10 & U		200 Free Relay	2:15.59	<b>26-Feb-05</b>	VAST VA	G. Floyd, A. Folsom, C. Hegg, J. White
		200 Medley Relay	2:37.71	<b>19-Feb-94</b>	VAST VA	A
11-12	50 Free	25.22	<b>18-Dec-98</b>	VAST VA	RUDY L. HOHENSTEIN at 1998 CHRISTMAS MEET	
	100 Free	54.88	<b>18-Dec-98</b>	VAST VA	RUDY L. HOHENSTEIN at 1998 CHRISTMAS MEET	
	200 Free	2:01.41	<b>26-Mar-99</b>	VAST VA	RUGY L. HOHENSTEIN at Odd Age Meet	
	500 Free	5:29.36	<b>1-Jan-87</b>	VAST VA	JAMIE FELLOWS	
	1000 Free	11:26.39	<b>26-Mar-99</b>	VAST VA	RUDY L. HOHENSTEIN at 1999 Odd Age Meet	
	1650 Free	19:17.55	<b>1-Jan-87</b>	VAST VA	JAMIE FELLOWS	
	50 Back	29.99	<b>1-Jan-91</b>	VAST VA	IAN OSTLUND	
	100 Back	1:04.63	<b>18-Dec-98</b>	VAST VA	TIMOTHY M. ROBINSON at 1998 CHRISTMAS MEET	
	200 Back	2:21.90	<b>9-Jan-99</b>	VAST VA	TIMOTHY ROBINSON at BK NEW YEAR INVITATIONAL	

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**RECORDS VAST Yards Records**

11-12	50 Breast	32.19	<b>18-Dec-98</b>	VAST VA	RUDY L. HOHENSTEIN at 1998 CHRISTMAS MEET
	100 Breast	1:10.96	<b>19-Mar-98</b>	VAST VA	SHANNON W. LEEPER at VSI SC JO's -- 1998
	200 Breast	2:35.02	<b>13-Dec-03</b>	VAST VA	Hunter Good
	50 Fly	28.43	<b>1-Mar-96</b>	VAST VA	TYLER GUSTAFSON
	100 Fly	1:01.97	<b>1-Mar-96</b>	VAST VA	TYLER GUSTAFSON
	200 Fly	2:21.50	<b>1-Jan-94</b>	VAST VA	ADAM GUSTAFSON
	100 IM	1:03.81	<b>18-Dec-98</b>	VAST VA	RUDY L. HOHENSTEIN at 1998 CHRISTMAS MEET
	200 IM	2:18.01	<b>26-Mar-99</b>	VAST VA	RUDY L. HOHENSTEIN at 1999 Odd Age Meet
	400 IM	5:00.56	<b>26-Mar-99</b>	VAST VA	RUDY L. HOHENSTEIN at 1999 Odd Age Meet
	200 Free Relay	1:55.63	<b>18-Feb-85</b>	VAST VA	A
	200 Medley Relay	2:12.54	<b>16-Feb-85</b>	VAST VA	A
13-14	50 Free	23.03	<b>14-Mar-02</b>	VAST VA	Nathan L. Medley at Virginia SC Age Group Champs
	100 Free	50.68	<b>15-Mar-01</b>	VAST VA	Rudy Hohenstein at Speedo Champions Series - GMU
	200 Free	1:49.03	<b>8-Mar-01</b>	VAST VA	Rudy Hohenstein at Virginia SC Age Group Champs
	500 Free	4:56.03	<b>8-Mar-01</b>	VAST VA	Rudy Hohenstein at Virginia SC Age Group Champs
	1000 Free	10:18.32	<b>8-Mar-01</b>	VAST VA	Rudy Hohenstein at Virginia SC Age Group Champs
	1650 Free	17:04.31	<b>1-Jan-89</b>	VAST VA	JAMIE FELLOWS
	50 Back	27.20	<b>16-Nov-01</b>	VAST VA	Nathan L. Medley at SWAT Thanksgiving Meet 01
	100 Back	58.01	<b>14-Dec-01</b>	VAST VA	Nathan L. Medley at 2001 Christmas Meet Invitational
	200 Back	2:05.36	<b>14-Mar-02</b>	VAST VA	Nathan L. Medley at Virginia SC Age Group Champs
	50 Breast	30.97	<b>1-Feb-93</b>	VAST VA	IAN OSTLUND
	100 Breast	1:04.51	<b>9-Dec-05</b>	VAST VA	Hunter L. Good
	200 Breast	2:22.06	<b>9-Dec-05</b>	VAST VA	Hunter L. Good
	50 Fly	27.05	<b>22-Mar-97</b>	VAST VA	DREW M. BALDWIN at YMCA CHAMPS1997
	100 Fly	57.33	<b>14-Mar-02</b>	VAST VA	Nathan L. Medley at Virginia SC Age Group Champs
	200 Fly	2:05.03	<b>1-Apr-89</b>	VAST VA	JAMIE FELLOWS
	200 IM	2:04.00	<b>15-Mar-01</b>	VAST VA	Rudy Hohenstein at Speedo Champions Series - GMU
	400 IM	4:22.91	<b>1-Jan-89</b>	VAST VA	JAMIE FELLOWS
	200 Free Relay	1:38.76	<b>4-Mar-00</b>	VAST VA	A
	200 Medley Relay	1:54.50	<b>10-Dec-00</b>	VAST VA	A
15-18	50 Free	21.16	<b>14-Dec-01</b>	VAST VA	Tyler R. Gustafson at 2001 Christmas Meet Invitational
	100 Free	45.78	<b>14-Dec-01</b>	VAST VA	Tyler R. Gustafson at 2001 Christmas Meet Invitational
	200 Free	1:39.05	<b>14-Mar-02</b>	VAST VA	Tyler R. Gustafson at Eastern Speedo Sectional Championship
	500 Free	4:37.36	<b>15-Mar-01</b>	VAST VA	Tyler R. Gustafson at Speedo Champions Series - East
	1000 Free	9:44.44	<b>15-Dec-00</b>	VAST VA	Tyler R. Gustafson at Christmas Meet Invitational 20
	1650 Free	16:33.49	<b>1-Jan-91</b>	VAST VA	JAMIE FELLOWS
	50 Back	24.92	<b>1-Apr-90</b>	VAST VA	MATT SENFIELD
	100 Back	53.59	<b>14-Dec-01</b>	VAST VA	Tyler R. Gustafson at 2001 Christmas Meet Invitational
	200 Back	1:56.94	<b>1-Jan-90</b>	VAST VA	MATT SENFIELD
	50 Breast	29.04	<b>17-Dec-99</b>	VAST VA	Matthew T. Smith at 1999 CHRISTMAS MEET
	100 Breast	1:00.34	<b>15-Mar-07</b>	VAST VA	Hunter Good
	200 Breast	2:12.45	<b>13-Dec-03</b>	VAST VA	Rudy Hohenstein
	50 Fly	24.23	<b>21-Mar-00</b>	VAST VA	Tyler R. Gustafson at Junior Championship SE
	100 Fly	51.53	<b>14-Dec-01</b>	VAST VA	Tyler R. Gustafson at 2001 Christmas Meet Invitational
	200 Fly	1:56.78	<b>1-Jan-92</b>	VAST VA	JAMIE FELLOWS
	200 IM	1:58.00	<b>12-Dec-03</b>	VAST VA	Rudy Hohenstein
	400 IM	4:04.44	<b>1-Jan-92</b>	VAST VA	JAMIE FELLOWS
	200 Free Relay	1:31.11	<b>10-Nov-01</b>	VAST VA	A
	400 Free Relay	3:15.98	<b>8-Dec-01</b>	VAST VA	A
	800 Free Relay	7:16.84	<b>8-Dec-01</b>	VAST VA	A

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**RECORDS VAST Yards Records**

200 Medley Relay	1:42.03	<b>10-Nov-01</b>	VAST VA A
400 Medley Relay	3:44.77	<b>8-Dec-01</b>	VAST VA A