

# VIRGINIA SWIMMING LSC RECORDS

## SC YARDS

as of: 4/25/2012

**Women**

**Men**

### 10&Y

Bernetta MCGuire	RVSI	4-Apr-95	26.32	<b>50 Freestyle</b>	25.80	8-Mar-12	TAC	Cason Wilburn
Trisha Blackwell	RAYS	4-Apr-94	56.03	<b>100 Freestyle</b>	56.63	11-Apr-85	BRAC	Ryan Bradley
Katie Hoff	WAC	30-Mar-00	2:05.79	<b>200 Freestyle</b>	2:04.10	8-Mar-12	TAC	Cason Wilburn
Shelly Raber	HOKI	8-Mar-12	5:37.97	<b>500 Freestyle</b>	5:25.61	18-Mar-10	GATR	Keith Myburgh
Trisha Blackwell	RAYS	4-Apr-94	29.73	<b>50 Backstroke</b>	29.34	2-Apr-98	CGBD	John Kegelman
Jennifer Lushao	NOVA	7-Apr-91	1:02.95	<b>100 Backstroke</b>	1:04.38	6-Apr-10	GATR	Khalil Fonder
Lauren Brick	BASS	28-Mar-96	33.01	<b>50 Breaststroke</b>	33.04	22-Oct-04	NOVA	Robert DeWolff
Lauren Brick	BASS	28-Mar-96	1:13.33	<b>100 Breaststroke</b>	1:12.67	28-Mar-96	CGBD	Tim Kegelman
Gigi DeToll	BASS	8-Dec-95	28.82	<b>50 Butterfly</b>	28.18	11-Apr-85	BRAC	Ryan Bradley
Rebecca Harper	NOVA	17-Dec-93						
Katie Hoff	WAC	30-Mar-00	1:04.05	<b>100 Butterfly</b>	1:03.84	11-Apr-85	BRAC	Ryan Bradley
Katie Hoff	WAC	30-Mar-00	1:05.10	<b>100 Ind Medley</b>	1:05.88	6-Apr-10	GATR	Keith Myburgh
Katie Hoff	WAC	30-Mar-00	2:19.89	<b>200 Ind Medley</b>	2:19.41	6-Apr-10	GATR	Keith Myburgh
Nye, Giusto, Orem, Chang	ODAC	19-Mar-87	1:53.74	<b>200 Free Relay</b>	1:50.44	11-Apr-12	GATR	J. Ibarra, N. Lawson, K. John, N. Bowers
M Kirtley, O Bray, E Lloyd, W Hamilton	GATR	8-Mar-12	4:11.25	<b>400 Free Relay</b>	4:03.18	11-Apr-12	GATR	J. Ibarra, N. Lawson, K. John, N. Bowers
A. Slayton, C. Marsteller, A. Hoover, C. Cooke	CGBD	10-Mar-11	2:07.97	<b>200 Medley Relay</b>	2:05.08	11-Apr-12	GATR	N. Bowers, C. Myburgh N. Lawson, K. John

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Women

Men

### 11-12

Georgia DaCruz	TIDE	10-Mar-11	24.18	<b>50 Freestyle</b>	22.71	6-Jan-01	SMAC	Lee Robertson
Georgia DaCruz	TIDE	10-Mar-11	52.63	<b>100 Freestyle</b>	50.29	17-Mar-05	NOVA	Mac Anthony
Katie Hoff	TPHN	4-Apr-02	1:53.96	<b>200 Freestyle</b>	1:50.23	28-Mar-96	CYAC	Derrick Mulder
Maddie Hadd	NOVA	11-Apr-12	5:02.03	<b>500 Freestyle</b>	4:58.85	11-Apr-12	GATR	Keith Myburgh
Maddie Hadd	NOVA	11-Apr-12	10:20.09	<b>1000 Freestyle</b>	10:18.56	11-Apr-12	GATR	Keith Myburgh
Katie Hoff	TPHN	8-Feb-02	17:40.55	<b>1650 Freestyle</b>	17:33.81	8-Mar-07	TCAC	Zachary Paryzek
Kate Nezelek	QSTS	6-Apr-11	27.07	<b>50 Backstroke</b>	26.05	4-Apr-02	NOVA	David Wren
Kate Nezelek	QSTS	6-Apr-11	59.67	<b>100 Backstroke</b>	55.50	22-Mar-02	NOVA	David Wren
Emily Erad	NOVA	18-Mar-10	2:07.69	<b>200 Backstroke</b>	1:58.92	19-Apr-02	NOVA	David Wren
Katie Hoff	TPHN	14-Mar-02	30.47	<b>50 Breaststroke</b>	29.40	6-Feb-98	PSDN	Robbie Fischetti
Katie Hoff	TPHN	4-Apr-02	1:06.25	<b>100 Breaststroke</b>	1:03.69	30-Mar-00	CGBD	John Kegelman
Rebecca Rainer	NOVA	30-Mar-06	2:21.49	<b>200 Breaststroke</b>	2:21.37	3-Apr-08	NOVA	Zack Browne
Rebecca Harper	NOVA	14-Dec-95	26.34	<b>50 Butterfly</b>	25.04	15-Mar-07	CGBD	Garret Lynn
Darby Chang	ODAC	28-Mar-89	56.21	<b>100 Butterfly</b>	54.86	19-Mar-98	PSDN	Robbie Fischetti
Katie Hoff	TPHN	8-Feb-02	2:08.96	<b>200 Butterfly</b>	2:03.05	9-Dec-11	NOVA	David Dixon
Darby Chang	ODAC	16-Mar-89	58.18	<b>100 Ind Medley</b>	56.50	30-Mar-00	CGBD	John Kegelman
Katie Hoff	TPHN	14-Mar-02	2:06.73	<b>200 Ind Medley</b>	2:03.39	6-Feb-98	PSDN	Robbie Fischetti
Danielle LeClair	NOVA	10-Mar-00	4:34.75	<b>400 Ind Medley</b>	4:25.03	11-Apr-12	GATR	Keith Myburgh
R. Wanner, O. Leaman, L. Raymond, E. Burnett	SHKS	24-Feb-12	1:39.91	<b>200 Free Relay</b>	1:38.75	15-Mar-07	CGBD	G. Marston, C. Balch, G. Lynn, P. Bailey
L. Jennings, L. Snidow, E. Nunn, R. Rainer	NOVA	19-Mar-06	3:45.81	<b>400 Free Relay</b>	3:37.84	20-Mar-05	NOVA	P. Rossetti, T. Stephens, C. Vivadelli, R. Anthony
M. Motter, C. Ostrowski, G. DaCruz, A. Orsini	TIDE	10-Mar-11	1:53.62	<b>200 Medley Relay</b>	1:48.53	2-Feb-07	CGBD	P. Bailey, B. Hartman, G. Lynn, G. Marston
L. Snidow, R. Rainer, L. Jennings, E. Nunn	NOVA	9-Mar-06	4:08.74	<b>400 Medley Relay</b>	3:54.91	22-Mar-02	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown

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### 13-14

Gabrielle Bishop	US	5-Mar-09	23.66	<b>50 Freestyle</b>	21.55	3-Dec-09	QSTS	Cameron Johnston
Karen Burgess	VACS	9-Apr-85	50.64	<b>100 Freestyle</b>	46.74	28-Apr-98	CYAC	Derrrick Mulder
Kaitlin Jones	SQST	11-Dec-08	1:49.70	<b>200 Freestyle</b>	1:42.52	4-Apr-94	CGBD	Brett Cline
Remedy Rule	SMAC	5-Apr-11	4:48.23	<b>500 Freestyle</b>	4:34.48	10-Mar-11	QDD	Henry Campbell
Ginny Johnson	UNAT	8-Dec-95	9:46.29	<b>1000 Freestyle</b>	9:30.13	12-Dec-02	NOVA	Luke Vogt
Whitney Hedgepeth	VACS	14-Dec-85	16:16.86	<b>1650 Freestyle</b>	15:54.34	12-Dec-02	NOVA	Luke Vogt
Remedy Rule	SMAC	10-Mar-11	55.39	<b>100 Backstroke</b>	52.03	22-Mar-04	NOVA	David Wren
Remedy Rule	SMAC	5-Apr-11	1:59.14	<b>200 Backstroke</b>	1:50.91	22-Mar-04	NOVA	David Wren
Olivia Ross	PSDN	4-Dec-08	1:03.38	<b>100 Breaststroke</b>	57.74	8-Dec-05	PSDN	Stuart Ferguson
Katie Hoff	TPHN	20-Mar-03	2:16.34	<b>200 Breaststroke</b>	2:05.70	8-Dec-05	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	7-Apr-85	54.00	<b>100 Butterfly</b>	51.34	15-Mar-07	SQST	Michael Covert
Remedy Rule	SMAC	5-Apr-11	1:59.26	<b>200 Butterfly</b>	1:53.23	14-Dec-01	TAC	JB Walsh
Katie Hoff	TPHN	13-Dec-02	2:03.80	<b>200 Ind Medley</b>	1:55.60	10-Mar-00	PSDN	Robbie Fischetti
Rebecca Rainer	NOVA	18-Mar-08	4:19.67	<b>400 Ind Medley</b>	4:02.19	12-Dec-02	NOVA	Luke Vogt
M Harman, N. Kulp, C.Privott, J. Sheffer	GATR	11-Apr-12	1:38.93	<b>200 Free Relay</b>	1:29.54	8-Mar-12	SEVA	A Ebel, N Schwegel, C Stickle, J Spires
A. Titley, K. Bassett, A. Brown, A. Haulsee	NOVA	29-Mar-07	3:35.28	<b>400 Free Relay</b>	3:17.91	8-Mar-12	SEVA	N Schwegel, Z Becouvarakis, A Ebel, J Spires
R. Naurath, A. Brown, E. Worrell, A. Haulsee	NOVA	7-Dec-06	7:43.69	<b>800 Free Relay</b>	7:14.99	8-Dec-11	NOVA	F. Haas, S. Mizelle, J. Cortright, G. Brown
E. Worrell, R. Rainer, R. Naurath, K. Bassett	NOVA	15-Mar-07	1:49.16	<b>200 Medley Relay</b>	1:40.50	18-Mar-04	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown
J. Elliott, R. Rainer, R. Naurath, A. Titley	NOVA	7-Dec-06	3:57.29	<b>400 Medley Relay</b>	3:35.89	18-Mar-04	NOVA	D. Wren, J. Arencibia, I. Vogt, G. Brown

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as of: 4/25/2012

**Women**

**Men**

### 15-16

Clare Wooddall-Gainey	GATR	13-Dec-02	23.21	<b>50 Freestyle</b>	20.71	4-Dec-08	NOVA	Mac Anthony
Allison Titley	NOVA	17-Mar-09	50.39	<b>100 Freestyle</b>	45.25	17-Mar-09	NOVA	Mac Anthony
Whitney Hedgepeth	VACS	12-Mar-87	1:46.05	<b>200 Freestyle</b>	1:37.98	17-Mar-09	NOVA	Thomas Stephens
Whitney Hedgepeth	VACS	8-Mar-87	4:41.03	<b>500 Freestyle</b>	4:27.24	1-Mar-12	QDD	Henry Campbell
Whitney Hedgepeth	VACS	8-Mar-87	9:43.11	<b>1000 Freestyle</b>	9:13.42	1-Mar-12	QDD	Henry Campbell
Rachel Naurath	NOVA	17-Mar-09	16:07.53	<b>1650 Freestyle</b>	15:27.82	24-Mar-98	NOVA	Judd Glasco
Madison Hahn	ODAC	15-Mar-11	54.83	<b>100 Backstroke</b>	49.64	1-Mar-12	BASS	Zach Switzer
Elisabeth Worrell	NOVA	17-Mar-09	1:58.14	<b>200 Backstroke</b>	1:45.77	15-Mar-11	CCA	Jacob Siar
Rebecca Rainer	NOVA	16-Mar-10	1:00.82	<b>100 Breaststroke</b>	54.96	29-Nov-07	PSDN	Stuart Ferguson
Blair Carnes	NOVA	15-Mar-11	2:10.99	<b>200 Breaststroke</b>	2:00.12	29-Nov-07	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	8-Mar-86	54.29	<b>100 Butterfly</b>	49.29	14-Dec-01	CGBD	Tim Kegelman
Rachel Naurath	NOVA	17-Mar-09	1:57.08	<b>200 Butterfly</b>	1:49.04	16-Mar-10	PSDN	Morgan Latimer
Katy Arris	ODAC	9-Mar-87	2:00.86	<b>200 Ind Medley</b>	1:50.71	16-Mar-99	FTE	Richard Long
Rebecca Rainer	NOVA	16-Mar-10	4:10.21	<b>400 Ind Medley</b>	3:56.13	15-Mar-11	VACS	Anthony Zoldork
R. Naurath, A. Titley, C. Stephens, K. Bassett	NOVA	17-Mar-09	1:34.96	<b>200 Free Relay</b>	1:26.69	8-Mar-07	CGBD	S. Cline, M. Wilcox, A. Skipper, M. Baumler
A. Titley, A. Haulsee, A. Brown, R. Naurath	NOVA	17-Mar-09	3:26.15	<b>400 Free Relay</b>	3:11.17	8-Mar-07	CGBD	K. Hurdle, M. Wilcox, M. Baumler, R. Hartman
R. Naurath, A. Haulsee, A Brown, A. Titley	NOVA	17-Mar-09	7:18.87	<b>800 Free Relay</b>	7:01.71	24-Mar-98	NOVA	Glasco, Greenwood, Carrig, Hirth
E. Worrell, R. Rainer, C. Stephens, A. Titley	NOVA	17-Mar-09	1:43.34	<b>200 Medley Relay</b>	1:35.50	15-Mar-02	CGBD	J. Fowler, T. Kegelman, P. Verhoef, C. Pollard
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	17-Mar-09	3:44.41	<b>400 Medley Relay</b>	3:27.76	9-Dec-05	NOVA	D. Wren, J. Arencibia, I. Vogt, and G. Brown

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## SC YARDS

as of: 4/25/2012

Women

Men

### 17-18

Rebecca Jones	TIDE	4-Dec-08	22.92	<b>50 Freestyle</b>	20.40	11-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	4-Dec-08	49.06	<b>100 Freestyle</b>	44.30	9-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	5-Mar-09	1:45.44	<b>200 Freestyle</b>	1:35.07	9-Mar-06	TPHN	David Walters
Rachel Naurath	NOVA	16-Mar-10	4:42.52	<b>500 Freestyle</b>	4:21.44	4-Mar-10	QDD	Jameson Hill
Rachel Naurath	NOVA	16-Mar-10	9:36.53	<b>1000 Freestyle</b>	9:11.51	20-Mar-07	NOVA	Sam Martinette
Rachel Naurath	NOVA	16-Mar-10	16:10.59	<b>1650 Freestyle</b>	15:17.77	8-Dec-11	BAC	Rodney Fentress
Madison Hahn	UN	17-Feb-12	54.22	<b>100 Backstroke</b>	48.98	11-Mar-88	QDD	Jeff Rouse
Amanda Carner	CGBD	15-Mar-11	1:56.72	<b>200 Backstroke</b>	1:45.45	18-Mar-08	NOVA	David Wren
Rebecca Rainer	NOVA	15-Mar-11	1:01.43	<b>100 Breaststroke</b>	53.75	4-Dec-08	PSDN	Stuart Ferguson
Rebecca Rainer	NOVA	15-Mar-11	2:09.99	<b>200 Breaststroke</b>	1:58.05	4-Dec-08	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	21-Mar-89	54.17	<b>100 Butterfly</b>	48.33	20-Mar-03	CGBD	Tim Kegelman
Emman Nunn	NOVA	15-Mar-11	1:56.65	<b>200 Butterfly</b>	1:46.77	1-Mar-12	PSDN	Morgan Latimer
Susanna White	LY	5-Apr-11	1:58.90	<b>200 Ind Medley</b>	1:48.01	11-Dec-08	HOKI	Evan Gregg
Rebecca Rainer	NOVA	15-Mar-11	4:11.39	<b>400 Ind Medley</b>	3:50.04	14-Dec-00	NOVA	Bo Greenwood
A. Titley, A. Haulsee, A. Brown, R. Naurath	NOVA	6-Mar-10	1:36.39	<b>200 Free Relay</b>	1:24.70	7-Mar-09	PSDN	S. Ferguson, S. Rairden A. Aceino, C. Borysewicz
R. Naurath, A. Haulsee, A. Brown, A. Titley	NOVA	16-Mar-10	3:24.58	<b>400 Free Relay</b>	3:05.39	17-Mar-09	PSDN	S. Ferguson, S. Rairden C. Borysewicz, A. Aceino
A. Haulsee, A. Brown, S. Justis, A. Titley	NOVA	15-Mar-11	7:17.36	<b>800 Free Relay</b>	6:47.32	20-Mar-07	NOVA	G. Brown, C. Heinrich, D. Wren, S. Martinette
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	16-Mar-10	1:42.35	<b>200 Medley Relay</b>	1:30.71	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino
S. Justis, R. Rainer, E. Nunn, A. Titley	NOVA	15-Mar-11	3:41.96	<b>400 Medley Relay</b>	3:19.70	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino

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## SC YARDS

as of: 4/25/2012

Women

Men

### OPEN

Rebecca Jones	TIDE	4-Dec-08	22.92	<b>50 Freestyle</b>	20.19	2-Dec-10	HOKI	Kann Tayla
Rebecca Jones	TIDE	4-Dec-08	49.06	<b>100 Freestyle</b>	44.30	9-Mar-06	TPHN	David Walters
Rebecca Jones	TIDE	5-Mar-09	1:45.44	<b>200 Freestyle</b>	1:35.07	9-Mar-06	TPHN	David Walters
Whitney Hedgepeth	VACS	12-Mar-87	4:41.03	<b>500 Freestyle</b>	4:21.44	4-Mar-10	QDD	Jameson Hill
Rachel Naurath	NOVA	16-Mar-10	9:36.53	<b>1000 Freestyle</b>	9:08.94	4-Mar-10	UNVA	Thibaud Pierre
Rachel Naurath	NOVA	17-Mar-09	16:07.53	<b>1650 Freestyle</b>	15:17.77	8-Dec-11	BAC	Rodney Fentress
Jenny Lewis	UNVA	4-Mar-10	53.70	<b>100 Backstroke</b>	48.98	11-Mar-88	QDD	Jeff Rouse
Amanda Carner	CGBD	15-Mar-11	1:56.72	<b>200 Backstroke</b>	1:45.45	18-Mar-08	NOVA	David Wren
Rebecca Rainer	NOVA	16-Mar-10	1:00.82	<b>100 Breaststroke</b>	53.64	8-Mar-07	CGBD	Joel Cross
Rebecca Rainer	NOVA	15-Mar-11	2:09.99	<b>200 Breaststroke</b>	1:58.05	4-Dec-08	PSDN	Stuart Ferguson
Whitney Hedgepeth	VACS	3-Apr-85	54.00	<b>100 Butterfly</b>	47.82	8-Mar-07	CGBD	Joel Cross
Emman Nunn	NOVA	15-Mar-11	1:56.65	<b>200 Butterfly</b>	1:46.77	12-Mar-12	PSDN	Morgan Latimer
Susanna White	LY	5-Apr-11	1:58.90	<b>200 Ind Medley</b>	1:46.87	6-Mar-08	UNAT	Bo Greenwood
Rebecca Rainer	NOVA	16-Mar-10	4:10.21	<b>400 Ind Medley</b>	3:50.04	14-Dec-00	NOVA	Bo Greenwood
K. Jones, M. Vay, K. Iverson, C. Buscaglia	QSTS	3-Mar-11	1:34.12	<b>200 Free Relay</b>	1:22.68	8-Mar-07	CGBD	J. Cross, J. Graham, D. Richardson, S. Madaras
C. Buscaglia, M. Vay, K. Iverson, K. Jones	QSTS	3-Mar-11	3:24.27	<b>400 Free Relay</b>	3:02.72	17-Mar-09	NOVA	R. Anthony, C. Blackwood T. Stephens, D. Higgins
A. Haulsee, A. Brown, S. Justis, A. Titley	NOVA	15-Mar-11	7:17.36	<b>800 Free Relay</b>	6:38.41	17-Mar-09	NOVA	T. Stephens, C. Blackwood D. Higgins, R. Anthony,
E. Worrell, R. Rainer, R. Naurath, A. Titley	NOVA	16-Mar-10	1:42.35	<b>200 Medley Relay</b>	1:30.72	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino
S. Justis, R. Rainer, E. Nunn, A. Titley	NOVA	15-Mar-11	3:41.96	<b>400 Medley Relay</b>	3:19.70	17-Mar-09	PSDN	S. Rairden, S. Ferguson, C. Borysewicz, A. Aceino