

RECORDS VA Swimming

Yards-Women

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| 10 & U | 50 Free | 25.65 | 30-Mar-16 | TIDE | Kayleigh Duffy | | |
| | 100 Free | 56.03 | 4-Apr-94 | RAYS | Trisha Blackwell | | |
| | 200 Free | 2:03.60 | 5-Apr-17 | NOVA | Amelia C. Chen | | |
| | 500 Free | 5:27.30 | 3-Apr-13 | GATR | Miranda B. Kirtley | | |
| | 50 Back | 28.93 | 8-Apr-15 | NOVA | Zoe A. Dixon | | |
| | 100 Back | 1:02.67 | 8-Apr-15 | NOVA | Zoe A. Dixon | | |
| | 50 Breast | 33.01 | 28-Mar-96 | BASS | Lauren Brick | | |
| | 100 Breast | 1:12.68 | 26-Mar-15 | CGBD | Alden Koupal | | |
| | 50 Fly | 28.01 | 8-Apr-15 | NOVA | Zoe A. Dixon | | |
| | 100 Fly | 1:01.71 | 8-Apr-15 | NOVA | Zoe A. Dixon | | |
| | 100 IM | 1:05.10 | 30-Mar-00 | WAC | Katie Hoff | | |
| | 200 IM | 2:19.42 | 14-Oct-16 | GATR | Ava M. Muzzy | | |
| | 200 Free Relay | 1:52.25 | 8-Nov-14 | NOVA | NOVA | M. Ferguson, S. Peterson, M. Tan, Z. Dixon | |
| | 400 Free Relay | 4:07.63 | 29-Mar-14 | NOVA | NOVA | Z. Dixon, A. Young, M. Ferguson, O. Ericson | |
| | 200 Medley Relay | 2:03.10 | 8-Nov-14 | NOVA | NOVA | M. Ferguson, M. Tan, Z. Dixon, S. Peterson | |
| | 11-12 | 50 Free | 24.18 | 10-Mar-11 | TIDE | Georgia A. DaCruz | |
| 100 Free | | 52.63 | 10-Mar-11 | TIDE | Georgia A. DaCruz | | |
| 200 Free | | 1:53.31 | 11-Dec-15 | NOVA | Grace E. Sheble | | |
| 500 Free | | 4:58.73 | 11-Dec-15 | NOVA | Grace E. Sheble | | |
| 1000 Free | | 10:20.09 | 11-Apr-12 | NOVA | Maddie Hadd | | |
| 1650 Free | | 17:19.80 | 16-Oct-15 | GATR | Miranda B. Kirtley | | |
| 50 Back | | 26.55 | 7-Nov-14 | GATR | Olivia G. Bray | | |
| 100 Back | | 58.02 | 9-Mar-17 | NOVA | Zoe A. Dixon | | |
| 200 Back | | 2:05.47 | 13-Mar-14 | HOKI | Shelby Raber | | |
| 50 Breast | | 30.47 | 14-Mar-02 | TPHN | Katie Hoff | | |
| 100 Breast | | 1:05.89 | 11-Dec-15 | NOVA | Grace E. Sheble | | |
| 200 Breast | | 2:21.49 | 30-Mar-06 | NOVA | Rebecca Rainer | | |
| 50 Fly | | 25.37 | 16-Apr-14 | GATR | Olivia G. Bray | | |
| 100 Fly | | 56.21 | 28-Mar-89 | ODAC | Darby Chang | | |
| 200 Fly | | 2:04.28 | 11-Dec-15 | NOVA | Grace E. Sheble | | |
| 100 IM | | 58.18 | 16-Mar-89 | ODAC | Darby Chang | | |
| 200 IM | | 2:05.40 | 11-Dec-15 | NOVA | Grace E. Sheble | | |
| 400 IM | | 4:26.24 | 30-Oct-15 | NOVA | Grace E. Sheble | | |
| 200 Free Relay | | 1:40.51 | 9-Dec-16 | TIDE | TIDE | G. Wagner, A. Albano, K. Wilson, K. Duffy | |
| 400 Free Relay | | 3:38.89 | 28-Mar-15 | NOVA | NOVA | G. Sheble, O. Erickson, C. Isley, C. Sheble | |
| 200 Medley Relay | | 1:51.01 | 9-Dec-16 | NOVA | NOVA | M. Ferguson, A. Macholz, Z. Dixon, S. Peterson | |
| 400 Medley Relay | | 3:58.95 | 11-Dec-15 | NOVA | NOVA | C. Sheble, G. Sheble, Z. Dixon, O. Erickson | |
| 13-14 | | 50 Free | 23.23 | 30-Mar-16 | GATR | Whittney L. Hamilton | |
| | | 100 Free | 50.64 | 9-Apr-85 | VACS | Karen Burgess | |
| | | 200 Free | 1:48.19 | 16-Dec-17 | NOVA | Grace E. Sheble | |
| | | 500 Free | 4:46.97 | 17-Dec-15 | GATR | Caroline G. Kulp | |
| | 1000 Free | 9:46.29 | 8-Dec-95 | UNAT | Ginny Johnson | | |
| | 1650 Free | 16:16.86 | 14-Dec-85 | VACS | Whitney Hedgepeth | | |
| | 100 Back | 54.30 | 10-Mar-16 | GATR | Olivia G. Bray | | |
| | 200 Back | 1:56.06 | 4-Dec-15 | GATR | Olivia G. Bray | | |
| | 100 Breast | 1:02.65 | 7-Dec-17 | NOVA | Grace E. Sheble | | |
| | 200 Breast | 2:16.34 | 20-Mar-03 | TPHN | Katie Hoff | | |
| | 100 Fly | 53.00 | 10-Mar-16 | GATR | Olivia G. Bray | | |

RECORDS VA Swimming

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| 13-14 | 200 Fly | 1:57.68 | 7-Dec-17 | NOVA | Grace E. Sheble | |
| | 200 IM | 2:00.05 | 19-Mar-19 | NOVA | Zoe A. Dixon | |
| | 400 IM | 4:09.00 | 7-Dec-17 | NOVA | Grace E. Sheble | |
| | 200 Free Relay | 1:35.42 | 7-Dec-17 | NOVA | NOVA | C. Sheble, G. Sheble, O. Erickson, M. Ackerly |
| | 400 Free Relay | 3:26.45 | 7-Dec-17 | NOVA | NOVA | C. Sheble, G. Sheble, M. Ackerly, O. Erickson |
| | 800 Free Relay | 7:18.96 | 16-Dec-17 | NOVA | NOVA | G. Sheble, C. Sheble, O. Eickson, M. Ackerly |
| | 200 Medley Relay | 1:44.85 | 17-Dec-15 | GATR | GATR | O. Bray, E. Higgins, W. Hamilton, C. Kulp |
| | 400 Medley Relay | 3:44.77 | 7-Dec-17 | NOVA | NOVA | J. Fuller, G. Sheble, C. Sheble, O. Erickson |
| 15-16 | 50 Free | 22.58 | 11-Dec-14 | PSDN | Casey Fanz | |
| | 100 Free | 49.70 | 5-Mar-20 | TIDE | Kayla Wilson | |
| | 200 Free | 1:46.05 | 12-Mar-87 | VACS | Whitney Hedgepeth | |
| | 500 Free | 4:41.03 | 8-Mar-87 | VACS | Whitney Hedgepeth | |
| | 1000 Free | 9:43.11 | 8-Mar-87 | VACS | Whitney Hedgepeth | |
| | 1650 Free | 16:07.53 | 17-Mar-09 | NOVA | Rachel S. Naurath | |
| | 100 Back | 52.02 | 21-Mar-17 | GATR | Olivia G. Bray | |
| | 200 Back | 1:53.38 | 21-Mar-17 | GATR | Emma E. Muzzy | |
| | 100 Breast | 1:00.61 | 28-Feb-19 | UN-04 | Asia C. Minnes | |
| | 200 Breast | 2:10.99 | 15-Mar-11 | NOVA | Blair M. Carnes | |
| | 100 Fly | 51.48 | 21-Mar-17 | GATR | Olivia G. Bray | |
| | 200 Fly | 1:54.21 | 21-Mar-17 | GATR | Olivia G. Bray | |
| | 200 IM | 1:57.00 | 19-Mar-19 | NOVA | Grace E. Sheble | |
| | 400 IM | 4:06.35 | 5-Dec-18 | NOVA | Grace E. Sheble | |
| | 200 Free Relay | 1:30.99 | 21-Mar-17 | GATR | GATR | O. Bray, E. Muzzy, C. Kulp, W. Hamilton |
| | 400 Free Relay | 3:19.52 | 21-Mar-17 | GATR | GATR | O. Bray, E. Muzzy, C. Kulp, W. Hamilton |
| | 800 Free Relay | 7:14.79 | 28-Feb-19 | TIDE | TIDE | S. Tadder, E. Caldwell, A. Reardon, K. Wilson |
| | 200 Medley Relay | 1:39.21 | 21-Mar-17 | GATR | GATR | E. Muzzy, C. Kulp, O. Bray, W. Hamilton |
| | 400 Medley Relay | 3:36.53 | 21-Mar-17 | GATR | GATR | O. Bray, E. Muzzy, W. Hamilton, C. Kulp |
| 17-18 | 50 Free | 22.73 | 13-Dec-18 | GATR | Olivia G. Bray | |
| | 100 Free | 49.06 | 4-Dec-08 | TIDE | Rebecca L. Jones | |
| | 200 Free | 1:45.44 | 5-Mar-09 | TIDE | Rebecca Jones | |
| | 500 Free | 4:44.52 | 16-Mar-10 | NOVA | Rachel S. Naurath | |
| | 1000 Free | 9:36.53 | 16-Mar-10 | NOVA | Rachel S. Naurath | |
| | 1650 Free | 16:10.59 | 16-Mar-10 | NOVA | Rachel S. Naurath | |
| | 100 Back | 52.05 | 20-Mar-18 | GATR | Emma E. Muzzy | |
| | 200 Back | 1:52.01 | 21-Mar-18 | GATR | Emma Muzzy | |
| | 100 Breast | 1:00.73 | 5-Mar-20 | NOVA | Grace E. Sheble | |
| | 200 Breast | 2:09.99 | 15-Mar-11 | NOVA | Rebecca Rainer | |
| | 100 Fly | 50.19 | 28-Feb-19 | GATR | Olivia G. Bray | |
| | 200 Fly | 1:53.72 | 28-Feb-19 | GATR | Olivia G. Bray | |
| | 200 IM | 1:57.45 | 29-Nov-17 | GATR | Emma E. Muzzy | |
| | 400 IM | 4:05.90 | 5-Mar-20 | NOVA | Grace E. Sheble | |
| | 200 Free Relay | 1:35.88 | 26-Mar-14 | ODAC | ODAC | C. Walker, S. Hynes, L. Williams, C. McLemore |
| | 400 Free Relay | 3:24.58 | 16-Mar-10 | NOVA | NOVA | R. Naurath, A. Haulsee, A. Brown, A. Titley |
| | 800 Free Relay | 7:17.36 | 15-Mar-11 | NOVA | NOVA | A. Haulsee, A. Brown, S. Justis, A. Titley |
| | 200 Medley Relay | 1:42.35 | 16-Mar-10 | NOVA | NOVA | E. Worrell, R. Rainer, R. Naurath, A. Titley |
| | 400 Medley Relay | 3:41.96 | 15-Mar-11 | NOVA | NOVA | S. Justis, R. Rainer, E. Nunn, A. Titley |
| | 50 Free | 22.58 | 11-Dec-14 | PSDN | Casey Fanz | |
| | 100 Free | 49.06 | 4-Dec-08 | TIDE | Rebecca L. Jones | |
| | 200 Free | 1:45.44 | 5-Mar-09 | TIDE | Rebecca L. Jones | |

RECORDS VA Swimming

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|------------------|----------|------------------|-------|-------------------|---|
| 500 Free | 4:41.03 | 12-Mar-87 | VACS | Whitney Hedgepeth | |
| 1000 Free | 9:36.53 | 16-Mar-10 | NOVA | Rachel Naurath | |
| 1650 Free | 16:07.53 | 17-Mar-09 | NOVA | Rachel Naurath | |
| 100 Back | 52.02 | 21-Mar-17 | GATR | Olivia G. Bray | |
| 200 Back | 1:52.01 | 21-Mar-17 | GATR | Emma E. Muzzy | |
| 100 Breast | 1:00.61 | 28-Feb-19 | UN-04 | Asia C. Minnes | |
| 200 Breast | 2:09.99 | 15-Mar-11 | NOVA | Rebecca Rainer | |
| 100 Fly | 50.19 | 28-Feb-19 | GATR | Olivia G. Bray | |
| 200 Fly | 1:53.72 | 28-Feb-19 | GATR | Olivia G. Bray | |
| 200 IM | 1:57.00 | 19-Mar-19 | NOVA | Grace E. Sheble | |
| 400 IM | 4:05.90 | 5-Mar-20 | NOVA | Grace E. Sheble | |
| 200 Free Relay | 1:30.99 | 21-Mar-17 | GATR | GATR | O. Bray, C. Kulp, E. Muzzy, W. Hamilton |
| 400 Free Relay | 3:19.52 | 21-Mar-17 | GATR | GATR | O. Bray, E. Muzzy, C. Kulp, W. Hamilton |
| 800 Free Relay | 7:13.35 | 19-Mar-19 | TIDE | TIDE Swimming | S. Tadder, E. Caldow, S. Knapp, K. Wilson |
| 200 Medley Relay | 1:39.21 | 21-Mar-17 | GATR | GATR | E. Muzzy, C. Kulp, O. Bray, W. Hamilton |
| 400 Medley Relay | 3:36.53 | 21-Mar-17 | GATR | GATR | O. Bray, E. Muzzy, W. Hamilton, C. Kulp |

RECORDS VA Swimming

Yards-Men

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|------------------|------------------|----------|------------------|------------------|--|-------------------|
| 10 & U | 50 Free | 25.04 | 12-Jan-18 | CYAC | Thomas A. Heilman | |
| | 100 Free | 54.35 | 1-Dec-17 | CYAC | Thomas A. Heilman | |
| | 200 Free | 2:00.92 | 1-Dec-17 | CYAC | Thomas A. Heilman | |
| | 500 Free | 5:25.61 | 18-Mar-10 | GATR | Keith M. Myburgh | |
| | 50 Back | 29.28 | 8-Apr-15 | PSDN | Marc Macomson | |
| | 100 Back | 1:02.57 | 30-Mar-16 | PSDN | Crash Ackerly | |
| | 50 Breast | 33.04 | 22-Oct-04 | NOVA | Robert DeWolff | |
| | 100 Breast | 1:12.67 | 28-Mar-96 | CGBD | Tim Kegelman | |
| | 50 Fly | 27.05 | 12-Jan-18 | CYAC | Thomas A. Heilman | |
| | 100 Fly | 58.36 | 12-Jan-18 | CYAC | Thomas A. Heilman | |
| | 100 IM | 1:03.23 | 12-Jan-18 | CYAC | Thomas A. Heilman | |
| | 200 IM | 2:17.02 | 1-Dec-17 | CYAC | Thomas A. Heilman | |
| | 200 Free Relay | 1:50.44 | 11-Apr-12 | GATR | GATR J. Ibarra, N. Lawson, K. John, N. Bowers | |
| | 400 Free Relay | 4:03.18 | 11-Apr-12 | GATR | GATR J. Ibarra, N. Lawson, K. John, N. Bowers | |
| | 200 Medley Relay | 2:04.26 | 12-Dec-19 | GATR | NOVA C. Harrington, C. Harrington, C. Hollender, A Mum | |
| | 11-12 | 50 Free | 21.50 | 6-Dec-19 | CYAC | Thomas A. Heilman |
| 100 Free | | 47.15 | 6-Dec-19 | CYAC | Thomas A. Heilman | |
| 200 Free | | 1:44.28 | 6-Dec-19 | CYAC | Thomas A. Heilman | |
| 500 Free | | 4:47.12 | 25-Jan-20 | CYAC | Thomas A. Heilman | |
| 1000 Free | | 10:02.45 | 16-Apr-14 | PSDN | Adam Kerr | |
| 1650 Free | | 16:43.38 | 20-Jan-18 | TIDE | Bobby DiNunzio | |
| 50 Back | | 24.97 | 17-Jan-20 | CYAC | Thomas A. Heilman | |
| 100 Back | | 54.72 | 17-Jan-20 | CYAC | Thomas A. Heilman | |
| 200 Back | | 1:58.92 | 19-Apr-02 | NOVA | David Wren | |
| 50 Breast | | 28.20 | 17-Jan-20 | CYAC | Thomas A. Heilman | |
| 100 Breast | | 1:02.99 | 17-Jan-20 | CYAC | Thomas A. Heilman | |
| 200 Breast | | 2:18.76 | 25-Jan-20 | CYAC | Thomas A. Heilman | |
| 50 Fly | | 22.87 | 6-Dec-19 | CYAC | Thomas A. Heilman | |
| 100 Fly | | 50.82 | 25-Jan-20 | CYAC | Thomas A. Heilman | |
| 200 Fly | | 1:53.66 | 6-Dec-19 | CYAC | Thomas A. Heilman | |
| 100 IM | | 54.84 | 3-Jan-20 | CYAC | Thomas A. Heilman | |
| 200 IM | | 1:57.64 | 25-Jan-20 | CYAC | Thomas A. Heilman | |
| 400 IM | | 4:14.68 | 6-Dec-19 | CYAC | Thomas A. Heilman | |
| 200 Free Relay | | 1:37.77 | 6-Dec-19 | CYAC | CYAC W. Browne, B. Sawyer, T. Heilman, T. Kidd | |
| 400 Free Relay | | 3:36.66 | 7-Mar-19 | CYAC | CYAC W. Browne, T. Kidd, T. Heilman, T. Hitt | |
| 200 Medley Relay | | 1:48.53 | 2-Feb-07 | CGBD | CGBD P. Beiley, B. Hartman, G. Lynn, G. Marsten | |
| 400 Medley Relay | | 3:54.91 | 22-Mar-02 | NOVA | NOVA D. Wren, J. Arencibia, I. Vogt, G. Brown | |
| 13-14 | | 50 Free | 21.24 | 10-Mar-16 | ECAT | Cason Wilburn |
| | | 100 Free | 46.06 | 10-Mar-16 | ECAT | Cason Wilburn |
| | | 200 Free | 1:40.85 | 12-Mar-20 | CYAC | Thomas A. Heilman |
| | | 500 Free | 4:32.55 | 24-Jan-20 | TIDE | Bobby DiNunzio |
| | 1000 Free | 9:29.23 | 6-Nov-15 | ECAT | Cason Wilburn | |
| | 1650 Free | 15:50.08 | 10-Apr-19 | TIDE | Bobby DiNunzio | |
| | 100 Back | 50.91 | 11-Dec-14 | RPST | Luke Durocher | |
| | 200 Back | 1:49.34 | 5-Apr-17 | QSTS | Elijah A. Tarabocchia | |
| | 100 Breast | 57.09 | 9-Mar-17 | TIDE | Kendall Ewing | |
| | 200 Breast | 2:05.70 | 8-Dec-05 | PSDN | Stuart Ferguson | |
| | 100 Fly | 50.11 | 19-Mar-15 | RPST | Luke Durocher | |

RECORDS VA Swimming

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| 13-14 | 200 Fly | 1:48.43 | 12-Dec-13 | NOVA | David A. Dixon | |
| | 200 IM | 1:53.54 | 12-Dec-13 | NOVA | David A. Dixon | |
| | 400 IM | 4:00.38 | 12-Dec-13 | NOVA | David A. Dixon | |
| | 200 Free Relay | 1:30.24 | 3-Nov-17 | NOVA | NOVA | C. Mayr, A. Camurdan, X. Raymondson, E. Kratzer |
| | 400 Free Relay | 3:16.94 | 8-Apr-15 | PSDN | PSDN | N. Wakefield, C. Mills, R. Polino, S. Hogan |
| | 800 Free Relay | 7:03.50 | 12-Dec-13 | NOVA | NOVA | D. Dixon, C. Nystrom, M. Whelan, J. Johnson |
| | 200 Medley Relay | 1:37.98 | 12-Dec-13 | NOVA | NOVA | J. Johnson, H. Holweger, D. Dixon, C. Nystrom |
| | 400 Medley Relay | 3:32.97 | 12-Dec-13 | NOVA | NOVA | J. Johnson, H. Holweger, D. Dixon, C. Nystrom |
| 15-16 | 50 Free | 20.31 | 5-Mar-20 | GATR | Walker Davis | |
| | 100 Free | 44.22 | 1-Mar-18 | ECAT | Cason Wilburn | |
| | 200 Free | 1:36.94 | 12-Dec-13 | NOVA | Townley Haas | |
| | 500 Free | 4:17.45 | 12-Dec-13 | NOVA | Townley Haas | |
| | 1000 Free | 9:06.72 | 15-Mar-16 | GATR | Greg C. Reed | |
| | 1650 Free | 15:06.13 | 12-Dec-13 | NOVA | Townley Haas | |
| | 100 Back | 47.94 | 20-Mar-18 | GATR | Noah L. Bowers | |
| | 200 Back | 1:44.46 | 20-Mar-18 | GATR | Noah L. Bowers | |
| | 100 Breast | 54.54 | 21-Mar-17 | ODAC | Patrick K. Lacore | |
| | 200 Breast | 1:59.95 | 21-Mar-17 | ODAC | Patrick K. Lacore | |
| | 100 Fly | 47.91 | 20-Mar-18 | GATR | Noah L. Bowers | |
| | 200 Fly | 1:44.94 | 20-Mar-18 | GATR | Noah L. Bowers | |
| | 200 IM | 1:46.77 | 14-Dec-17 | GATR | Noah L. Bowers | |
| | 400 IM | 3:52.15 | 17-Dec-15 | GATR | Keith M. Myburgh | |
| | 200 Free Relay | 1:24.87 | 10-Dec-15 | PSDN | PSDN | C. Bollinger, K. Hoffman, N. Wakefield, P. Costin |
| | 400 Free Relay | 3:05.25 | 13-Mar-13 | NOVA | NOVA | F. Haas, A. Branin, S. Erickson, L. Martin |
| | 800 Free Relay | 6:42.32 | 5-Dec-13 | NOVA | NOVA | F. Haas, T. Schubert, G. Brown, J. Cortright |
| | 200 Medley Relay | 1:32.76 | 21-Mar-17 | ODAC | ODAC | C. Maudlin, P. Lacore, H. Oberley, C. Glenn |
| | 400 Medley Relay | 3:22.25 | 21-Mar-17 | ODAC | ODAC | C. Maudlin, P. Lacore, H. Oberley, C. Glenn |
| | 17-18 | 50 Free | 20.09 | 26-Mar-14 | TIDE | Harrison Pierce |
| 100 Free | | 43.36 | 28-Feb-19 | ECAT | Cason Wilburn | |
| 200 Free | | 1:35.07 | 9-Mar-06 | TPHN | David Walters | |
| 500 Free | | 4:14.19 | 3-Dec-14 | NOVA | Townley Haas | |
| 1000 Free | | 8:53.31 | 18-Mar-14 | NOVA | Townley Haas | |
| 1650 Free | | 14:49.49 | 3-Dec-14 | NOVA | Townley Haas | |
| 100 Back | | 47.45 | 21-Mar-17 | QSTS | Clark Beach | |
| 200 Back | | 1:41.31 | 21-Mar-17 | QSTS | Clark Beach | |
| 100 Breast | | 52.87 | 26-Mar-14 | TIDE | Austin Temple | |
| 200 Breast | | 1:57.63 | 3-Mar-16 | CGBD | Jared T. Norton | |
| 100 Fly | | 46.91 | 29-Nov-17 | GATR | Khalil D. Fonder | |
| 200 Fly | | 1:44.02 | 13-Dec-18 | GATR | Noah L. Bowers | |
| 200 IM | | 1:45.58 | 13-Dec-18 | GATR | Noah L. Bowers | |
| 400 IM | | 3:45.85 | 21-Mar-17 | GATR | Keith M. Myburgh | |
| 200 Free Relay | | 1:22.88 | 19-Mar-15 | NOVA | NOVA | A. Schultz, C. Swanson, T. Schubert, L. Martin |
| 400 Free Relay | | 3:02.54 | 19-Mar-15 | NOVA | NOVA | A.Schultz, C. Swanson, J. Cortright, L. Martin |
| 800 Free Relay | | 6:34.17 | 9-Dec-15 | NOVA | NOVA | F. Schubert, C. Swanson, A. Schultz, J. Cortright |
| 200 Medley Relay | | 1:29.89 | 9-Dec-15 | NOVA | NOVA | S. Cuthbert, C. Swanson, F. Schubert, A. Schultz |
| 400 Medley Relay | | 3:16.63 | 9-Dec-15 | NOVA | NOVA | S. Cuthbert, C. Swanson, F. Schubert, A. Schultz |
| 50 Free | | 20.00 | 19-Mar-15 | STRM | William Copeland | |
| 100 Free | | 42.92 | 19-Mar-15 | STRM | William Copeland | |
| 200 Free | | 1:35.07 | 9-Mar-06 | TPHN | David Walters | |

RECORDS VA Swimming

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|------------------|----------|------------------|------|------------------|---|
| 500 Free | 4:14.19 | 3-Dec-14 | NOVA | Townley Haas | |
| 1000 Free | 8:53.31 | 18-Mar-14 | NOVA | Townley Haas | |
| 1650 Free | 14:49.49 | 3-Dec-14 | NOVA | Townley Haas | |
| 100 Back | 47.45 | 21-Mar-17 | QSTS | Clark Beach | |
| 200 Back | 1:41.31 | 21-Mar-17 | QSTS | Clark Beach | |
| 100 Breast | 52.87 | 8-Mar-07 | TIDE | Austin Temple | |
| 200 Breast | 1:57.63 | 3-Mar-16 | CGBD | Jared T. Norton | |
| 100 Fly | 46.91 | 29-Nov-17 | GATR | Khalil D. Fonder | |
| 200 Fly | 1:44.02 | 13-Dec-18 | GATR | Noah L. Bowers | |
| 200 IM | 1:45.58 | 13-Dec-18 | GATR | Noah L. Bowers | |
| 400 IM | 3:45.85 | 21-Mar-17 | GATR | Keith M. Myburgh | |
| 200 Free Relay | 1:21.96 | 15-Mar-16 | GATR | GATR | N. Bowers, K. Myburgh, J. Lawson, K. Fonder |
| 400 Free Relay | 2:58.74 | 15-Mar-16 | NOVA | NOVA | A. Schultz, F. Schubert, C. Swanson, J. Johnson |
| 800 Free Relay | 6:33.28 | 15-Mar-16 | NOVA | NOVA | A. Schultz, F. Schubert, C. Swanson, J. Johnson |
| 200 Medley Relay | 1:28.47 | 15-Mar-16 | GATR | GATR | N. Bowers, K. Myburgh, K. Fonder, H. Cassidy |
| 400 Medley Relay | 3:15.60 | 15-Mar-16 | GATR | GATR | N. Bowers, K. Myburgh, K. Fonder, H. Cassidy |