

**Virgin Islands Swimming Federation  
2022-2023**

**RECORDS VISF LC 2022-2023**

**LC Meters-Girls**

6 & U	50 Free	44.10	<b>15-May-04</b>	SCSA	Leslie Harcrow - 2004 LC Champs	
	100 Free	1:55.03	<b>22-May-10</b>	SCSA	AMANDA MACKAY May Invitational 2010	
	200 Free	4:37.87	<b>21-Apr-16</b>	SCSA	Isabel Hoover VISF LC Championships 2016	
	50 Back	47.90	<b>1-Nov-79</b>	VISF	Elizabeth Rodgers	
	100 Back	1:52.39	<b>25-Sep-10</b>	SCSA	AMANDA MACKAY InterSquad Meet 2010	
	50 Breast	59.30	<b>1-Dec-79</b>	VISF	Elizabeth Rodgers	
	100 Breast	2:13.66	<b>28-Sep-13</b>	SCSA- ZZ	Emberlyn Warehime	
	200 Breast	4:34.51	<b>14-Jun-13</b>	SCSA- ZZ	Emberlyn Warehime	
	50 Fly	46.13	<b>25-Sep-10</b>	SCSA	Amanda MacKay- Sept 25 Intersquad Meet	
	100 Fly	1:57.99	<b>22-May-10</b>	SCSA	AMANDA MACKAY May Invitational- 2010	
	200 IM	4:14.89	<b>22-May-10</b>	SCSA	AMANDA MACKAY May Invitational- 2010	
	8 & U	50 Free	34.07	<b>1-Nov-81</b>	VISF	Rhonda Hospedales
		100 Free	1:16.21	<b>1-Nov-81</b>	VISF	Rhonda Hospedales
		200 Free	2:58.06	<b>1-Nov-81</b>	VISF	Rhonda Hospedales
		400 Free	6:17.02	<b>1-Oct-81</b>	VISF	Rhonda Hospedales
1500 Free		30:23.70	<b>1-Dec-85</b>	VISF	Sezelle Gabriel	
50 Back		42.48	<b>1-Dec-81</b>	VISF	Rhonda Hospedales	
100 Back		1:42.10	<b>1-Nov-79</b>	VISF	Melanie Punzenberger	
200 Back		4:17.10	<b>1-May-88</b>	VISF	Erin Sullivan	
50 Breast		46.95	<b>1-Nov-86</b>	VISF	Sezelle Gabriel	
100 Breast		1:45.55	<b>1-Dec-79</b>	VISF	Leah Bailes	
50 Fly		38.58	<b>1-Nov-81</b>	VISF	Rhonda Hospedales	
100 Fly		1:57.99	<b>23-May-10</b>	SCSA	Amanda MacKay-2010 Dolphins Invite	
200 IM		3:17.50	<b>1-Nov-81</b>	VISF	Rhonda Hospedales	
200 Free Relay		2:40.28	<b>1-Nov-86</b>		S Gabriel, K Sullivan, J Sullivan, V Christian	
400 Free Relay		6:26.90	<b>1-Dec-85</b>		J Gabriel, K Sullivan, M Hinkle, S Gabriel	
200 Medley Relay	3:02.84	<b>1-Nov-81</b>		D Sun, L Hamilton, R Hospedales, L Roberts		
9-10	50 Free	31.72	<b>1-May-83</b>	VISF	Rhonda Hospedales	
	100 Free	1:09.88	<b>1-Mar-83</b>	VISF	Rhonda Hospedales	
	200 Free	2:31.80	<b>1-Mar-83</b>	VISF	Rhonda Hospedales	
	400 Free	5:25.90	<b>1-Apr-83</b>	VISF	Rhonda Hospedales	
	800 Free	13:47.00	<b>1-Oct-84</b>	VISF	Belle LaVaughn	
	1500 Free	24:37.85	<b>1-Nov-82</b>	VISF	Debbie Sun	
	50 Back	36.83	<b>1-Oct-83</b>	VISF	Rhonda Hospedales	
	100 Back	1:21.15	<b>1-Jan-96</b>	VISF	Ashley Allaire	
	200 Back	2:53.09	<b>14-Dec-19</b>	SCSA	Riley Miller Happy HoliDolphins Meet 2019	
	50 Breast	40.30	<b>1-Nov-88</b>	VISF	Sezelle Gabriel	
	100 Breast	1:34.10	<b>1-Jul-88</b>	VISF	Sezelle Gabriel	
	200 Breast	3:32.46	<b>1-Jul-87</b>	VISF	Sezelle Gabriel	
	50 Fly	34.11	<b>1-Jun-83</b>	VISF	Rhonda Hospedales	
	100 Fly	1:20.48	<b>1-Nov-83</b>	VISF	Rhonda Hospedales	
	200 Fly	3:28.81	<b>1-Nov-82</b>	VISF	Rhonda Hospedales	
	200 IM	2:50.75	<b>1-Jun-83</b>	VISF	Rhonda Hospedales	
	400 IM	6:27.80	<b>1-Apr-80</b>	VISF	Kristen Farlow	
	200 Free Relay	2:13.72	<b>1-Dec-88</b>		K Sullivan, J Gabriel, V Christian, S Gabriel	
	400 Free Relay	5:08.07	<b>1-Dec-88</b>		S Gabriel, V Christian, K Sullivan, J Gabriel	
	200 Medley Relay	2:28.47	<b>1-Jul-83</b>		D Sun, A Doran, R Hospedales, J Booth	
400 Medley Relay	5:54.90	<b>1-Dec-88</b>		K Sullivan, J Gabriel, S Gabriel, V Christian		

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**RECORDS VISF LC 2022-2023**

11-12	50 Free	28.53	<b>1-Jun-21</b>	VISF	Riley Miller CCCAN 2021
	100 Free	1:01.97	<b>15-Apr-17</b>	VISF	Audrey Moore Carifta 2017
	200 Free	2:15.55	<b>15-Apr-17</b>	VISF	Audrey Moore--Carifta 2017
	400 Free	4:45.67	<b>15-Apr-17</b>	VISF	Audrey Moore Carifta 2017
	800 Free	10:21.73	<b>16-Apr-16</b>	STSA	Audrey Moore VISF LC Champs
	1500 Free	21:19.34	<b>1-Nov-82</b>	VISF	Kristen Farlow
	50 Back	31.78	<b>1-Jun-21</b>	VISF	Riley Miller CCCAN 2021
	100 Back	1:11.15	<b>1-May-21</b>	SCSA	Riley Miller Go for the Gold
	200 Back	2:32.47	<b>1-Jun-21</b>	VISF	Riley Miller CCCAN 2021
	50 Breast	39.56	<b>1-Jun-99</b>	VISF	Jamie Shufflebarger - 1999 Gold Coast
	100 Breast	1:22.64	<b>1-Apr-99</b>	VISF	Jamie Shufflebarger - 1999 Gold Coast
	200 Breast	3:02.00	<b>1-Apr-99</b>	VISF	Jamie Shufflebarger - 1999 Carifta
	50 Fly	30.60	<b>1-Jun-21</b>	VISF	Riley Miller CCCAN 2021
	100 Fly	1:12.67	<b>4-Apr-15</b>	VISF	Nati Kuipers Carifta April 2015
	200 Fly	2:41.27	<b>1-Apr-99</b>	VISF	Jamie Shufflebarger - 1999 Carifta
	200 IM	2:36.52	<b>1-Jun-21</b>	VISF	Riley Miller CCCAN 2021
	400 IM	5:43.89	<b>1-Jun-99</b>	VISF	Jamie Shufflebarger - 1999 Gold Coast
	200 Free Relay	2:03.66	<b>18-Apr-17</b>	VISF	G. Brunt, C. Vanderwall, B. Mattis, A. Moore - Carifta 2017
	400 Free Relay	4:25.85	<b>15-Apr-17</b>	VISF	L. Barr, C. Vanderwall, G. Brunt, A. Moore--Carifta 2017
	800 Free Relay	10:10.29	<b>29-Jun-16</b>	VISF	Erin Andrews, Casey Vanderwall Carter Maltby, Audrey Moore - XXI CISC 2016
	200 Medley Relay	2:24.87	<b>1-May-85</b>		R Hospedles, L Hamilton, D Sun, J Fearon
	400 Medley Relay	5:14.96	<b>15-Apr-17</b>	VISF	V. Sperber, C. Vanderwall, G. Brunt, A. Moore
13-14	50 Free	27.90	<b>1-Apr-14</b>	VISF	Sasha Klein Carifta April 2014
	100 Free	1:00.05	<b>1-Apr-14</b>	VISF	Sasha Klein Carifta 2014
	200 Free	2:13.62	<b>1-Apr-15</b>	VISF	Sasha Klein CISC 2014
	400 Free	4:40.31	<b>1-May-80</b>		Jodie Lawaetz
	800 Free	9:39.20	<b>1-Apr-80</b>		Jodie Lawaetz
	1500 Free	19:46.50	<b>1-Feb-76</b>		Jodie Lawaetz
	50 Back	32.89	<b>16-Apr-22</b>	VISF	Riley Miller Carifta 2022
	100 Back	1:09.94	<b>1-Jul-88</b>		Tricia Duncan
	200 Back	2:33.47	<b>1-May-81</b>		Kristyn Knauss
	50 Breast	36.50	<b>4-Apr-10</b>	VISF	Brigitte Rasmussen- CARIFTA
	100 Breast	1:19.71	<b>20-Apr-01</b>		Jamie Shufflebarger - 2001 Carifta
	200 Breast	2:51.48	<b>8-Jul-01</b>	VISF	Jamie Shufflebarger - 2001 CCCAN
	50 Fly	30.90	<b>1-May-80</b>		Jodie Lawaetz
	100 Fly	1:08.11	<b>1-May-80</b>		Jodie Lawaetz
	200 Fly	2:27.90	<b>1-May-80</b>		Jodie Lawaetz
	200 IM	2:32.82	<b>1-Jul-00</b>		Ashley Allaire - 2000 CISC
	400 IM	5:24.83	<b>8-Jul-01</b>	VISF	Jamie Shufflebarger - 2001 CCCAN
	200 Free Relay	2:01.12	<b>1-Apr-00</b>	VISF	A Allaire, K Whitehurst, J Shufflebarger, S Ridgway - 2000 Carifta
	400 Free Relay	4:20.00	<b>1-Apr-00</b>		A Allaire, K Whitehurst, J Shufflebarger, S Ridgway - 2000 Carifta
	800 Free Relay	9:37.89	<b>15-Apr-17</b>	VISF	N. Kuipers, E. Hughes, K. Odlum, C. Maltby
	200 Medley Relay	2:18.06	<b>1-Dec-87</b>		T Duncan, L Hamilton, D Sun, J Fearon
	400 Medley Relay	5:00.13	<b>1-Apr-00</b>		A Allaire, K Whitehurst, J Shufflebarger, S Ridgway - 2000 Carifta
15-17	50 Free	27.87	<b>17-Jul-15</b>	VISF	Jamaris Washshah Pan American Games 2015
	100 Free	1:00.40	<b>1-Feb-77</b>		Shelly Cramer
	200 Free	2:12.10	<b>1-Mar-77</b>		Shelly Cramer
	400 Free	4:39.51	<b>1-Apr-82</b>		Jodie Lawaetz
	800 Free	9:40.02	<b>1-Jan-00</b>	VISF	Natalia Kuipers 2021 UANA Tokyo Qualifier

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15-17	1500 Free	18:34.39	<b>1-Jan-00</b>	VISF	Natalia Kuipers 2021 UANA Tokyo Qualifier
	50 Back	32.13	<b>12-Apr-12</b>	VISF	Caylee Watson-Carifta 2012
	100 Back	1:09.90	<b>29-Aug-13</b>	VISF	Caylee Watson-Worlds Barcelona
	200 Back	2:32.69	<b>1-Apr-22</b>	VISF	Lindsay Barr Carifta 2022--Barbados
	50 Breast	35.49	<b>12-Mar-11</b>	VISF	Brigitte Rasmussen-Ponce
	100 Breast	1:17.87	<b>23-Apr-11</b>	VISF	Brigitte Rasmussen- CISC 2010 Cuba
	200 Breast	2:49.51	<b>13-Apr-02</b>	VISF	Jamie Shufflebarger - 2002 Carifta
	50 Fly	29.99	<b>1-Jun-92</b>	VISF	Shelly Cramer
	100 Fly	1:05.15	<b>1-Aug-83</b>	VISF	Jodie Lawaetz
	200 Fly	2:22.18	<b>1-Aug-83</b>		Jodie Lawaetz
	200 IM	2:29.45	<b>2-Jul-04</b>	VISF	Jamie Shufflebarger
	400 IM	5:09.68	<b>1-Aug-82</b>		Jodie Lawaetz
	200 Free Relay	1:58.93	<b>16-Apr-22</b>	VISF	Lindsay Barr, Victoria Sperber, Veronica Leinenbach, Gabriella Burnt...Carifta 2
	400 Free Relay	4:14.95	<b>12-Jul-02</b>	VISF	A Allaire, J Shufflebarger, K Whitehurst, S Ridgway- CISC 2002
	200 Medley Relay	2:29.97	<b>1-Apr-88</b>		D Sun L Hamilton, R Hospedale, T Bachoo
	400 Medley Relay	4:48.83	<b>12-Jul-02</b>	VISF	A Allaire, K Whitehurst, J Shufflebarger, S Ridgway- CISC 2002
Open	50 Free	27.84	<b>1-Jun-92</b>		Shelly Cramer
	100 Free	59.99	<b>1-Jul-79</b>		Shelly Cramer
	200 Free	2:10.10	<b>1-Jul-79</b>		Shelly Cramer
	400 Free	4:33.54	<b>1-Aug-22</b>	VISF	Natalia Kuipers FINA Worlds LC Budapest
	800 Free	9:32.24	<b>1-Jun-22</b>	VISF	Natalia Kuipers CCCAN 2022 Barbados
	1500 Free	18:16.30	<b>1-Jun-22</b>	VISF	Natalia Kuipers
	50 Back	31.71	<b>1-Jan-00</b>	VISF	Caylee Watson Olympics Rio 2016
	100 Back	1:05.21	<b>1-Dec-15</b>	VISF	Caylee Watson Navy LC Invite
	200 Back	2:33.21	<b>30-Jun-11</b>	VISF	Caylee Watson CCCAN 2011
	50 Breast	35.49	<b>12-Mar-11</b>	VISF	Brigitte Rasmussen- Ponce
	100 Breast	1:17.87	<b>23-Apr-11</b>	VISF	BRIGITTE RASMUSSEN
	200 Breast	2:49.51	<b>13-Apr-02</b>	VISF	Jamie Shufflebarger - 2002 Carifta
	50 Fly	29.99	<b>1-Jun-92</b>		Shelly Cramer
	100 Fly	1:03.51	<b>1-Jul-79</b>		Shelly Cramer
	200 Fly	2:17.88	<b>1-Jul-79</b>		Shelly Cramer
	200 IM	2:27.45	<b>1-Aug-82</b>		Shelly Cramer
	400 IM	5:09.68	<b>1-Aug-82</b>		Jodie Lawaetz
	200 Free Relay	2:01.78	<b>1-Mar-88</b>		D Sun, L Hamilton, L Belle, R Hospedales
	400 Free Relay	4:14.95	<b>12-Jul-02</b>	VISF	A Allaire, J Shufflebarger, K Whitehurst, S Ridgway- CISC 2002
	200 Medley Relay	2:17.41	<b>1-Mar-88</b>		T Duncan, L Hamilton, R Hopedale, D Sun
	400 Medley Relay	4:48.83	<b>12-Jul-02</b>	VISF	A Allaire, K Whitehurst, J Shufflebarger, S Ridgway- CISC 2002

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**LC Meters-Boys**

6 & U	50 Free	39.80	<b>1-Dec-79</b>	VISF	Greg Alfred		
	100 Free	2:03.93	<b>21-May-16</b>	SCSA	Rex Andrews		
	200 Free	3:57.57	<b>17-Dec-16</b>	SCSA	Rex Andrews	Holly Jolly Swm Meet	
	50 Back	47.58	<b>1-Nov-93</b>	VISF	Morgan Locke		
	100 Back	3:32.09	<b>11-Mar-17</b>	SCSA	Kai Tanguay	VISF LC Champs 2017	
	50 Breast	49.53	<b>1-Oct-92</b>	VISF	Kevin Hensley		
	100 Breast	2:32.18	<b>17-Sep-16</b>	SCSA	Rex Andrews	September Sprint Meet 2016	
	50 Fly	47.96	<b>1-Dec-92</b>	VISF	Kevin Hensley		
	8 & U	50 Free	33.65	<b>1-Nov-81</b>	VISF	Greg Alfred	
		100 Free	1:15.90	<b>1-Nov-81</b>	VISF	Greg Alfred	
200 Free		2:48.96	<b>1-May-81</b>	VISF	Carlos Ramos		
400 Free		5:55.75	<b>1-Oct-81</b>	VISF	Carlos Ramos		
50 Back		39.55	<b>1-Mar-93</b>	VISF	Kieran Locke		
100 Back		1:30.76	<b>1-Mar-93</b>	VISF	Kieran Locke		
200 Back		3:20.42	<b>1-May-95</b>	VISF	Morgan Locke		
50 Breast		42.56	<b>1-Jun-94</b>	VISF	Kevin Hensley		
100 Breast		1:33.94	<b>1-Jun-94</b>	VISF	Kevin Hensley		
200 Breast		3:28.85	<b>1-May-94</b>	VISF	Kevin Hensley		
50 Fly		38.01	<b>1-Nov-81</b>	VISF	Carlos Ramos		
100 Fly		1:41.10	<b>1-Dec-79</b>	VISF	Khalil Jacobs-El		
200 IM		3:08.37	<b>1-Nov-81</b>	VISF	Carlos Ramos		
200 Free Relay		2:37.91	<b>1-Dec-87</b>		N Lindsay, J Christian, J Schlup, G Ganter		
400 Free Relay		6:47.31	<b>1-Dec-88</b>		T Flowers, M Niccum, A Nowak, J Schlup		
200 Medley Relay		3:00.06	<b>1-Apr-81</b>		C Ramos, G Alfred, E Ogden, J Weston		
9-10		50 Free	30.25	<b>1-Aug-79</b>	VISF	Collier Wollard	
	100 Free	1:07.50	<b>1-Dec-79</b>	VISF	Collier Wollard		
	200 Free	2:29.45	<b>22-Dec-18</b>	SCSA	Keaden Gleason	Mistletoe Mingle 2018	
	400 Free	5:14.23	<b>1-Jan-96</b>	VISF	Kevin Hensley		
	800 Free	12:12.90	<b>1-Oct-84</b>	VISF	Luis Rodriguez		
	1500 Free	22:55.08	<b>1-Nov-82</b>	VISF	Kraig Singleton		
	50 Back	34.80	<b>1-Aug-79</b>	VISF	Collier Wollard		
	100 Back	1:17.75	<b>22-Dec-18</b>	SCSA	Keaden Gleason	Mistletoe Mingle 2018	
	200 Back	2:51.28	<b>14-Dec-19</b>	SCSA	Daryan Maynard	Happy HoliDolphins 2019	
	50 Breast	39.42	<b>1-Jan-96</b>	VISF	Kevin Hensley		
	100 Breast	1:29.00	<b>1-Feb-96</b>	VISF	Kevin Hensley		
	200 Breast	3:09.33	<b>1-May-96</b>	VISF	Kevin Hensley		
	50 Fly	33.50	<b>1-Aug-79</b>	VISF	Collier Wollard		
	100 Fly	1:21.98	<b>28-Nov-09</b>	VISF	Matthew Mays	Thanksgiving Invitational	
	200 Fly	3:01.17	<b>29-Nov-09</b>	VISF	Matthew Mays	Thanksgiving Invitational	
	200 IM	2:51.30	<b>1-Dec-79</b>	VISF	Collier Wollard		
	400 IM	6:21.70	<b>1-Apr-79</b>	VISF	Collier Wollard		
	200 Free Relay	2:14.78	<b>1-Aug-79</b>		C Woolard, K Farlow, A Brattstrom, R Bailes		
	400 Free Relay	5:32.00	<b>1-Apr-74</b>		M Schindler, J Woolard, A Morrison, J Wiegand		
	200 Medley Relay	2:30.02	<b>1-Jun-82</b>		K Singleton, T Lewandowski, K Singleton, G Alfred		
	400 Medley Relay	6:31.27	<b>1-Dec-88</b>		B Newkirk, C Guerra, G Ganter, A Walker		
	11-12	50 Free	27.19	<b>27-Jun-15</b>	VISF	Ky Odium	CCCAN 2015
		100 Free	1:00.02	<b>1-Apr-15</b>	VISF	Ky Odium	Carifta April 2015

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11-12	200 Free	2:12.29	<b>12-Jul-02</b>	VISF	Ryan Nelthropp - 2002 CISC	
	400 Free	4:38.36	<b>13-Apr-02</b>	VISF	Ryan Nelthropp - 2002 Carifta	
	800 Free	9:43.08	<b>19-Dec-20</b>	SCSA	Kaeden Gleason Dolphins End of the Year Meet 2020	
	1500 Free	19:02.09	<b>1-Dec-97</b>	VISF	Adrian Smith	
	50 Back	31.39	<b>1-Dec-21</b>	SCSA	Daryan Maynard Dolphin Dec Meet	
	100 Back	1:07.64	<b>1-Jun-21</b>	VISF	Daryan Maynard CCCAN 2021	
	200 Back	2:25.23	<b>1-Dec-21</b>	SCSA	Daryan Maynard Dolphin Dec Meet	
	50 Breast	35.99	<b>1-Jun-98</b>	VISF	Kevin Hensley - 1998 Gold Coast	
	100 Breast	1:18.68	<b>1-Jun-98</b>	VISF	Kevin Hensley - 1998 Gold Coast	
	200 Breast	2:48.16	<b>1-Jul-98</b>	VISF	Kevin Hensley - 1998 CISC	
	50 Fly	29.30	<b>1-Apr-15</b>	VISF	Ky Odlum Carifta April 2015	
	100 Fly	1:06.82	<b>12-Jul-02</b>	VISF	Ryan Nelthropp - CISC 2002	
	200 Fly	2:31.09	<b>1-Nov-97</b>	VISF	Adrian Smith	
	200 IM	2:28.41	<b>12-Jul-02</b>	VISF	Ryan Nelthropp - 2002 CISC	
	400 IM	5:27.54	<b>15-Apr-17</b>	ISV	Max Wilson Carifta 2017	
	200 Free Relay	2:01.67	<b>12-Apr-12</b>	ISV	N. Dascher, W. Bozzo, J. Thomas, K. Wilson Carifta 2012	
	400 Free Relay	4:22.85	<b>12-Apr-12</b>	ISV	N. Dascher, W. Bozzo, J. Thomas, K. Wilson Carifta 2012	
	200 Medley Relay	2:16.75	<b>1-Apr-81</b>		K Farlow, C Torell, A Brattstrom, D Davis	
	400 Medley Relay	4:56.82	<b>12-Apr-12</b>	ISV	N. Dascher, W. Bozzo, J. Thomas, K. Wilson Carifta 2012	
	13-14	50 Free	25.17	<b>2-Jul-19</b>	VISF	Max Wilson CCCAN 2019
100 Free		54.76	<b>22-Apr-19</b>	VISF	Max Wilson Carifta 2019	
200 Free		2:01.97	<b>18-Apr-09</b>	VISF	Bryson Mays - 2009 Carifta	
400 Free		4:19.39	<b>1-Jul-00</b>		Kevin Hensley - 2000 CISC	
800 Free		9:04.67	<b>1-Jun-22</b>	ISV	Kaeden Gleason CCCAN 2022 Barbados	
1500 Free		17:09.27	<b>1-Jun-22</b>	ISV	Kaeden Gleason Caribbean Games 2022	
50 Back		28.03	<b>29-Jun-19</b>	VISF	Max Wilson CCCAN 2019	
100 Back		1:00.61	<b>29-Jun-19</b>	VISF	Max Wilson CCCAN 2019	
200 Back		2:13.65	<b>2-Jul-19</b>	VISF	Max Wilson CCCAN 2019	
50 Breast		31.63	<b>1-Jun-19</b>	VISF	Jaidan Camacho CCCAN 2019	
100 Breast		1:10.14	<b>1-Jun-19</b>	VISF	Jaidan Camacho CCCAN 2019	
200 Breast		2:32.11	<b>25-Jul-00</b>		Kevin Hensley - 2000 CISC	
50 Fly		27.57	<b>11-Feb-17</b>	VISF	Ky Odlum Carifta 2017	
100 Fly		1:01.59	<b>1-Dec-97</b>		Scott Hensley	
200 Fly		2:15.66	<b>25-Jun-99</b>		Adrian Smith - 1999 Gold Coast	
200 IM		2:13.11	<b>28-Jun-19</b>	VISF	Max Wilson CCCAN 2019	
400 IM		4:50.17	<b>28-Jun-19</b>	VISF	Max Wilson CCCAN 2019	
200 Free Relay		1:51.53	<b>1-Nov-96</b>		M Laban, J Laban, L Rodgers, S Hensley	
400 Free Relay		4:05.65	<b>23-Apr-11</b>	ISV	Tony Hendricks, Niko Stines, Alex Lewit, Evan Warehime	
800 Free Relay		9:00.64	<b>26-Apr-11</b>	ISV	Tony Hendricks, Niko Stines, Alex Lewit, Evan Warehime	
200 Medley Relay		2:05.37	<b>1-Dec-87</b>		G Alfred, J Weston, S Bachoo, N Camoes	
400 Medley Relay		4:27.72	<b>1-Apr-99</b>		K Locke, A Smith, K Hensley, N Colabella	
15-17		50 Free	23.98	<b>1-Jun-22</b>	VISF	Max Wilson CCCAN 2022
		100 Free	51.60	<b>1-Jun-22</b>	VISF	Max Wilson CCCAN 2022
	200 Free	1:55.22	<b>7-Apr-07</b>	VISF	Branden Whitehurst - Carifta 2007 Jamaica	
	400 Free	4:14.31	<b>7-Apr-07</b>	VISF	Branden Whitehurst - Carifta 2007 Jamaica	
	800 Free	8:48.96	<b>28-Jun-07</b>		Branden Whitehurst - Bolles Speedo Summer Classic	
	1500 Free	16:49.30	<b>1-Mar-77</b>		Scott Newkirk	
	50 Back	26.44	<b>1-Apr-22</b>	VISF	Max Wilson Carifta 2022	
	100 Back	57.25	<b>1-Jun-22</b>	VISF	Max Wilson 2021 UANA Tokyo Qualifier	
200 Back	2:07.37	<b>9-Aug-16</b>	SCSA	Matthew Mays NCSA 2016		

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**RECORDS VISF LC 2022-2023**

15-17	50	Breast	29.75	<b>29-Jun-16</b>	VISF	Adriel Sanes	XXI CISC 2016
	100	Breast	1:05.15	<b>29-Jun-16</b>	VISF	Adriel Sanes	XXI CISC 2016
	200	Breast	2:19.50	<b>29-Jun-16</b>	VISF	Adriel Sanes	XXI CISC 2016
	50	Fly	26.51	<b>29-Jun-16</b>	VISF	Matthew Mays	XXI CISC 2016
	100	Fly	57.55	<b>22-Mar-16</b>	VISF	Matthew Mays	XXXI Carifta Champs 2016
	200	Fly	2:07.90	<b>14-Jul-15</b>	VISF	Matthew Mays	-Pan Am Games 2015
	200	IM	2:08.19	<b>29-Apr-21</b>	VISF	Max Wilson	2021 UANA Tokyo Qualifier
	400	IM	4:39.89	<b>16-Apr-22</b>	VISF	Max Wilson	Carifta 2022
	200	Free Relay	1:38.89	<b>16-Apr-22</b>	VISF	Michael Dizon-Bumann, Kaeden Gleason, Jaidan Camacho, Max Wilson....	Carifta
	400	Free Relay	3:38.63	<b>16-Apr-22</b>	VISF	Michael Dizon Bumann, Kaedan Gleason, Jaidan Camacho, Max Wilson...	Carifta
	800	Free Relay	8:08.24	<b>29-Jun-16</b>	VISF	M. Mays, W. Bozzo, J. Thomas, A. Sanes	- XXI CISC 2016
	200	Medley Relay	1:54.05	<b>13-Apr-02</b>	VISF	K Locke, K Hensley, M Locke, N Colabella	- Carifta 2002
	400	Medley Relay	3:59.44	<b>29-Jun-16</b>	VISF	W. Bozzo, A. Sanes, M. Mays, J. Thomas	- XXI CISC 2016
	Open	50	Free	23.12	<b>19-Jun-08</b>		Josh Laban
100		Free	51.29	<b>26-Jul-09</b>	VISF	Branden Whitehurst	- 2009 World Champs - Rome
200		Free	1:51.59	<b>26-Jul-09</b>	VISF	Branden Whitehurst	- 2009 World Champs - Rome
400		Free	4:01.00	<b>1-Aug-80</b>		Scott Newkirk	
800		Free	8:18.80	<b>1-Apr-80</b>		Scott Newkirk	
1500		Free	16:08.36	<b>1-Jul-79</b>		Scott Newkirk	
50		Back	26.16	<b>1-Jan-00</b>	VISF	REx Tullius	SGP 2016
100		Back	55.88	<b>12-Aug-15</b>	VISF	Rex Tullius	Worlds LC Champs
200		Back	1:59.14	<b>10-Aug-16</b>	VISF	Rex Tullius	Rio Olympics 2016
50		Breast	28.31	<b>29-Apr-21</b>	VISF	Adriel Sanes	2021 UANA Tokyo Qualifier
100		Breast	1:02.41	<b>29-Apr-21</b>	VISF	Adriel Sanes	2021 UANA Tokyo Qualifier
200		Breast	2:12.59	<b>29-Apr-21</b>	VISF	Adriel Sanes	2021 UANA Tokyo Qualifier
50		Fly	25.30	<b>1-Jan-00</b>	VISF	Adriel Sanes	CCCAN 2017
100		Fly	55.46	<b>26-Jul-09</b>	VISF	Branden Whitehurst	- 2009 World Champs - Rome
200		Fly	2:03.47	<b>1-Jan-00</b>	VISF	Matthew Mays	World Championships 2019 KOR
200		IM	2:06.05	<b>26-Jul-09</b>	VISF	Branden Whitehurst	- 2009 World Champs - Rome
400		IM	4:39.89	<b>16-Apr-22</b>	VISF	Max Wilson	Carifta 2022
200		Free Relay	1:41.07	<b>13-Apr-02</b>	VISF	N Colabella, M Locke, K Hensley, K Locke	- Carifta 2002
400		Free Relay	3:30.70	<b>12-Aug-03</b>	VISF	JLaban; G Gleason; K Locke; M Locke	- PanAm 03
800		Free Relay	7:51.71	<b>16-Jul-07</b>	VISF	K Locke; JLaban; MLocke; RNelthropp	- PanAm 07
200		Medley Relay	1:54.05	<b>13-Apr-02</b>	VISF	K Locke, K Hensley, M Locke, N Colabella	- Carifta 2002
400		Medley Relay	3:55.00	<b>12-Aug-03</b>	VISF	GGleason, KHensley, SHensley, JLaban	-PanAm 03

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**RECORDS VISF LC 2022-2023**

**LC Meters-Mixed**

8 & U	200	Free Relay	3:05.27	<b>12-Mar-21</b>	SCSA	L. Sperber, R. Andrews	J. Freeman, R. Miller - VISF LC Champs 2017
10 & U	200	Free Relay	2:36.02	<b>12-Mar-17</b>	SCSA	E. Warehime, T. Jones	M. Wilson, J. Bonafe - VISF LC Champs 2017
	200	Medley Relay	2:56.36	<b>11-Mar-17</b>	SCSA	M. Wilson, J. Bonafe,	K. Gleason, E. Warehime - VISF LC Champs 2017
11-12	200	Medley Relay	4:13.47	<b>15-Apr-17</b>	VISF	M. Wilson, C. Vanderwall,	M. Dizon-Bumann, A. Moore