

Distance	Stroke	Time/Score	Set by	Date
50 yd	Free	22.81	Suzanne Dolan	2015
50 yd	Free	21.86	Mike Alderman	2002
100 yd	Free	51.28	Suzanne Dolan	2015
100 yd	Free	47.18	Tom Dolan	1993
200 yd	Free	1:52.01	Katy Hinkle	2007
200 yd	Free	1:36.58	Tom Dolan	1993
500 yd	Free	4:54.65	Meghan Thiel	2001
500 yd	Free	4:29.27	Tom Dolan	1993
100 yd	Back	57.41	Katy Hinkle	2007
100 yd	Back	53.65	Jacob Larsen	2016
100 yd	Breast	1:01.84	Suzanne Dolan	2016
100 yd	Breast	57.95	Brady Almand	2016
100 yd	Fly	56.71	Kaitlin Wolla	2010
100 yd	Fly	53.20	Scott Tsuchitani	2003
200 yd	Medley	2:05.27	Suzanne Dolan	2016
200 yd	Medley	1:51.93	Tom Dolan	1993
200 yd	Free Relay	1:36.58	Yorktown K. Hinkle, K. Wolla, T. Kromer, K. Radloff	2006
200 yd	Free Relay	1:28.17	Yorktown J. Day, N. Pasternak, J. Larsen, B. Almand	2016
400 yd	Free Relay	3:35.92	Yorktown E. Belilos, A. Didawick, S. Dolan, K. Nassetta	2013
400 yd	Free Relay	3:16.58	Yorktown N. Pasternak, B. Almand, J. Day, J. Larsen	2016
200 yd	Medley Relay	1:47.20	Yorktown E. Brooks, L. Allard, M. Bowman, S. Dolan	2015
200 yd	Medley Relay	1:39.00	Yorktown J. Larsen, B. Almand, S. Ellison, N. Pasternak	2016
1 M Diving	11 Dives	478.95	Maren Taylor 2009 Virginia State	2009
1 M Diving	11 Dives	512.80	Chris Alderman	1996