

Virginia LMSC: Individual Records

Short Course Meters

| Event | Age Group | Women | | | Men | | |
|-------|------------|----------|-------------------------|------|----------|---------------------|------|
| | | Time | Name | Year | Time | Name | Year |
| 18-24 | 50 Free | 28.57 | Margaret Rechel | 2015 | 23.79 | Anri Mar Arnason | 2008 |
| 18-24 | 100 Free | 1:01.58 | Meghan Brosch | 2015 | 53.92 | Christopher Scott | 2015 |
| 18-24 | 200 Free | 2:20.69 | Margaret Rechel | 2015 | 2:02.95 | Christopher Scott | 2015 |
| 18-24 | 400 Free | 5:02.79 | Margaret Rechel | 2015 | 4:31.61 | Sidney Glass | 2015 |
| 18-24 | 800 Free | 10:16.34 | Margaret Rechel | 2015 | 9:08.72 | Christopher Stickle | 2009 |
| 18-24 | 1500 Free | 24:16.62 | Maria Martinez | 2011 | 17:10.75 | Christopher Stickle | 2009 |
| 18-24 | 50 Back | 31.65 | Gabrielle Mizerak | 2015 | 26.44 | Sidney Glass | 2015 |
| 18-24 | 100 Back | 1:08.23 | Lauren Breuer | 2016 | 58.49 | Sidney Glass | 2014 |
| 18-24 | 200 Back | 2:41.92 | Christina Thoresen | 2011 | 2:11.48 | Sidney Glass | 2014 |
| 18-24 | 50 Breast | 32.67 | Erla Dogg Haraldsdottir | 2008 | 31.31 | Christopher Scott | 2015 |
| 18-24 | 100 Breast | 1:23.44 | Amy Charley | 2008 | 1:08.28 | Christopher Scott | 2015 |
| 18-24 | 200 Breast | 2:53.16 | Natalie Horsch | | 2:31.91 | Christopher Scott | 2015 |
| 18-24 | 50 Fly | 33.81 | Kristin Stiff | 2008 | 25.87 | Adam Kalish | 2016 |
| 18-24 | 100 Fly | 1:07.19 | Gabrielle Mizerak | 2015 | 58.51 | Adam Kalish | 2016 |
| 18-24 | 200 Fly | 2:32.94 | Cassie Campbell | 1995 | 2:21.84 | Adam Kalish | 2016 |
| 18-24 | 100 IM | 1:03.84 | Erla Dogg Haraldsdottir | 2008 | 59.80 | Sidney Glass | 2014 |
| 18-24 | 200 IM | 2:32.48 | Leah Reed | 2015 | 2:14.46 | Sidney Glass | 2014 |
| 18-24 | 400 IM | 5:37.14 | Cassie Campbell | 1995 | 5:35.00 | Christopher Stickle | 2010 |
| 25-29 | 50 Free | 27.93 | Gabrielle Mizerak | 2016 | 23.46 | Kevin Gallagher | 2016 |
| 25-29 | 100 Free | 1:02.84 | Denise Letendre | 2015 | 52.73 | Troy Johnson | 2004 |
| 25-29 | 200 Free | 2:16.42 | Denise Letendre | 2014 | 1:55.42 | Billy Gaines | 2010 |
| 25-29 | 400 Free | 4:40.36 | Kate Hibbard | 2010 | 4:09.84 | Billy Gaines | 2010 |
| 25-29 | 800 Free | 9:51.34 | Denise Letendre | 2014 | 8:39.20 | Billy Gaines | 2010 |
| 25-29 | 1500 Free | 19:29.01 | Sarah Anderson | 2013 | 19:25.76 | Craig Charley | 2011 |
| 25-29 | 50 Back | 31.77 | Kate Hibbard | 2010 | 27.49 | Kevin Mukri | 2011 |
| 25-29 | 100 Back | 1:06.51 | Kate Hibbard | 2010 | 59.23 | Stephen Clendenin | 2015 |
| 25-29 | 200 Back | 2:25.05 | Kate Hibbard | 2010 | 2:17.32 | Adam Barley | 2010 |
| 25-29 | 50 Breast | 36.72 | Cheryl Conlin | 1996 | 30.52 | Neill Williams | |
| 25-29 | 100 Breast | 1:18.47 | Denise Letendre | 2017 | 1:05.27 | Neill Williams | |
| 25-29 | 200 Breast | 2:44.46 | Denise Letendre | 2015 | 2:27.28 | Neill Williams | |
| 25-29 | 50 Fly | 29.17 | Gabrielle Mizerak | 2016 | 25.61 | Neill Williams | |
| 25-29 | 100 Fly | 1:08.62 | Lucy Carrig | 2009 | 58.03 | Neill Williams | 1994 |
| 25-29 | 200 Fly | 2:29.66 | Denise Letendre | 2015 | 2:11.12 | Frank Byskov | 2002 |
| 25-29 | 100 IM | 1:10.18 | Lucy Carrig | 2009 | 1:00.12 | Kevin Gallagher | 2016 |
| 25-29 | 200 IM | 2:25.63 | Denise Letendre | 2016 | 2:10.85 | Frank Byskov | 2002 |
| 25-29 | 400 IM | 5:14.54 | Denise Letendre | 2015 | 4:45.84 | Frank Byskov | 2002 |

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| Event | Age Group | Women | | | Men | | |
|-------|------------|----------|-----------------|------|----------|----------------------|------|
| | | Time | Name | Year | Time | Name | Year |
| 30-34 | 50 Free | 28.37 | Beth Scheimann | 1995 | 23.45 | Troy Johnson | 2008 |
| 30-34 | 100 Free | 1:02.66 | Beth Scheimann | 1995 | 52.23 | Troy Johnson | 2007 |
| 30-34 | 200 Free | 2:22.73 | Beth Scheimann | 1995 | 2:01.03 | Troy Johnson | 2006 |
| 30-34 | 400 Free | 4:54.54 | Maura Bolger | 2011 | 4:20.47 | Adam Barley | 2014 |
| 30-34 | 800 Free | 9:57.80 | Maura Bolger | 2011 | 9:14.86 | Adam Barley | 2011 |
| 30-34 | 1500 Free | 18:38.38 | Maura Bolger | 2011 | 17:29.10 | Adam Barley | 2011 |
| 30-34 | 50 Back | 34.19 | Beth O'Connor | 1995 | 29.29 | Adam Barley | 2014 |
| 30-34 | 100 Back | 1:14.37 | Elizabeth Graf | 2009 | 1:01.39 | Scott Hensley | 2016 |
| 30-34 | 200 Back | 2:41.63 | Elizabeth Graf | 2009 | 2:20.29 | Adam Barley | 2011 |
| 30-34 | 50 Breast | 35.75 | Lisa Bennett | 1989 | 30.92 | Warren Cieslak | 2017 |
| 30-34 | 100 Breast | 1:17.43 | Beth Scheimann | 1993 | 1:09.54 | Warren Cieslak | 2017 |
| 30-34 | 200 Breast | 2:48.56 | Beth Scheimann | 1995 | 2:38.31 | Adam Barley | 2011 |
| 30-34 | 50 Fly | 31.10 | Beth Scheimann | 1995 | 26.02 | Troy Johnson | 2007 |
| 30-34 | 100 Fly | 1:10.59 | Lisa Bennett | 1989 | 59.54 | Adam Barley | 2011 |
| 30-34 | 200 Fly | 2:29.28 | Maura Bolger | 2011 | 2:13.62 | Adam Barley | 2013 |
| 30-34 | 100 IM | 1:11.08 | Cheryl Conlin | 2002 | 1:02.38 | Adam Barley | 2013 |
| 30-34 | 200 IM | 2:37.98 | Lisa Bennett | 1989 | 2:14.53 | Adam Barley | 2014 |
| 30-34 | 400 IM | 5:18.55 | Maura Bolger | 2011 | 4:48.30 | Adam Barley | 2011 |
| 35-39 | 50 Free | 27.17 | Beth Baker | 2000 | 24.29 | Michael Picotte | 2009 |
| 35-39 | 100 Free | 1:02.99 | Beth Scheimann | 1998 | 50.72 | Michael Picotte | 2009 |
| 35-39 | 200 Free | 2:12.39 | Kelly Parker | 2000 | 1:59.14 | Michael Picotte | 2009 |
| 35-39 | 400 Free | 4:40.72 | Kelly Parker | 2000 | 4:13.91 | Chris Stevenson | 2000 |
| 35-39 | 800 Free | 9:47.50 | Kelly Parker | | 9:29.29 | Rob St Jean | 2005 |
| 35-39 | 1500 Free | 18:26.27 | Kelly Parker | 2000 | 18:14.12 | John Geyer | 2000 |
| 35-39 | 50 Back | 32.02 | Beth Baker | 2000 | 28.62 | Chris Stevenson | 2000 |
| 35-39 | 100 Back | 1:12.66 | Beth Baker | 1998 | 1:01.56 | Chris Stevenson | 2000 |
| 35-39 | 200 Back | 2:38.84 | Beth Baker | 1998 | 2:13.59 | Chris Stevenson | 2000 |
| 35-39 | 50 Breast | 35.54 | Lisa Bennett | 1995 | 32.33 | John Tudor | 1997 |
| 35-39 | 100 Breast | 1:18.46 | Cheryl Conlin | 2003 | 1:15.14 | Christopher Scharver | 2011 |
| 35-39 | 200 Breast | 2:51.34 | Cheryl Conlin | 2003 | 2:47.58 | Patrick Ryan | |
| 35-39 | 50 Fly | 29.69 | Beth Baker | 2000 | 25.57 | Michael Picotte | 2009 |
| 35-39 | 100 Fly | 1:05.31 | Beth Baker | 2000 | 56.79 | Michael Picotte | 2009 |
| 35-39 | 200 Fly | 2:26.69 | Beth Baker | 2000 | 2:11.31 | Adam Barley | 2016 |
| 35-39 | 100 IM | 1:08.23 | Beth Baker | 2000 | 1:03.16 | John Tudor | 1997 |
| 35-39 | 200 IM | 2:32.31 | Beth Baker | 2000 | 2:21.50 | Pieter de Hart | 2013 |
| 35-39 | 400 IM | 6:18.48 | Terry Sue Gault | 1989 | 4:52.73 | Adam Barley | 2016 |

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| Event | Age Group | Women | | | Men | | |
|-------|------------|----------|--------------------|------|----------|-----------------|------|
| | | Time | Name | Year | Time | Name | Year |
| 40-44 | 50 Free | 27.61 | Beth Baker | 2002 | 24.40 | John Tudor | 1997 |
| 40-44 | 100 Free | 1:00.94 | Beth Baker | 2001 | 53.97 | John Tudor | 1997 |
| 40-44 | 200 Free | 2:17.69 | Ana Paula Grilo | 2011 | 2:03.56 | Chris Stevenson | 2006 |
| 40-44 | 400 Free | 4:52.93 | Ana Paula Grilo | 2011 | 4:17.35 | Chris Stevenson | 2007 |
| 40-44 | 800 Free | 11:10.42 | Terry Sue Gault | 1991 | 9:25.10 | Dave Holland | 2008 |
| 40-44 | 1500 Free | 24:47.04 | Andrea Latell | 2016 | 17:53.15 | Dave Holland | 2008 |
| 40-44 | 50 Back | 32.49 | Beth Baker | 2001 | 26.56 | Chris Stevenson | 2008 |
| 40-44 | 100 Back | 1:07.92 | Beth Baker | 2001 | 55.90 | Chris Stevenson | 2008 |
| 40-44 | 200 Back | 2:25.78 | Beth Baker | 2001 | 2:04.96 | Chris Stevenson | 2008 |
| 40-44 | 50 Breast | 37.21 | Lisa Bennett | 1996 | 34.09 | Rich Williams | 2015 |
| 40-44 | 100 Breast | 1:21.69 | Patricia Powis | 2004 | 1:10.64 | Evan Davis | 2008 |
| 40-44 | 200 Breast | 3:03.94 | Patricia Powis | | 2:47.03 | Todd Russell | 1999 |
| 40-44 | 50 Fly | 29.68 | Beth Baker | 2001 | 26.99 | John Tudor | 1997 |
| 40-44 | 100 Fly | 1:05.49 | Beth Baker | 2001 | 56.99 | Chris Stevenson | 2008 |
| 40-44 | 200 Fly | 2:26.15 | Beth Baker | 2001 | 2:10.99 | Chris Stevenson | 2008 |
| 40-44 | 100 IM | 1:08.98 | Beth Baker | 2001 | 1:01.79 | John Tudor | 1997 |
| 40-44 | 200 IM | 2:34.48 | Beth Baker | | 2:24.26 | Dave Holland | 2008 |
| 40-44 | 400 IM | 5:24.17 | Ana Paula Grilo | 2011 | 5:03.86 | Dave Holland | 2010 |
| 45-49 | 50 Free | 33.24 | Kathy Wheeler | 1998 | 25.92 | David Malsbury | 2008 |
| 45-49 | 100 Free | 1:07.95 | Charlotte Hollings | 2009 | 54.77 | Chris Stevenson | 2010 |
| 45-49 | 200 Free | 2:24.71 | Charlotte Hollings | 2009 | 1:59.62 | Chris Stevenson | 2012 |
| 45-49 | 400 Free | 5:04.36 | Charlotte Hollings | 2009 | 4:16.19 | Chris Stevenson | 2012 |
| 45-49 | 800 Free | 10:38.44 | Charlotte Hollings | 2009 | 9:05.08 | Chris Stevenson | 2012 |
| 45-49 | 1500 Free | 20:18.52 | Charlotte Hollings | 2009 | 19:22.93 | Jim McFarland | 2007 |
| 45-49 | 50 Back | 38.74 | Debbie Jaeger | 2008 | 27.02 | Chris Stevenson | 2009 |
| 45-49 | 100 Back | 1:22.39 | Susan Gordon | 2007 | 57.00 | Chris Stevenson | 2009 |
| 45-49 | 200 Back | 2:57.56 | Susan Gordon | 2007 | 2:05.54 | Chris Stevenson | 2009 |
| 45-49 | 50 Breast | 39.16 | Patricia Miller | 2009 | 32.90 | David Malsbury | 2008 |
| 45-49 | 100 Breast | 1:26.23 | Patricia Miller | 2009 | 1:13.69 | Dave Holland | 2014 |
| 45-49 | 200 Breast | 3:07.53 | Patricia Miller | 2008 | 2:40.68 | Dave Holland | 2014 |
| 45-49 | 50 Fly | 33.65 | Alice Phillips | 2010 | 25.78 | Chris Stevenson | 2009 |
| 45-49 | 100 Fly | 1:23.06 | Lisa Bennett | 2005 | 57.37 | Chris Stevenson | 2010 |
| 45-49 | 200 Fly | 3:33.21 | Lucille Griffin | 1988 | 2:09.65 | Chris Stevenson | 2009 |
| 45-49 | 100 IM | 1:18.67 | Charlotte Hollings | 2009 | 1:02.18 | Chris Stevenson | 2010 |
| 45-49 | 200 IM | 2:43.05 | Alice Phillips | 2010 | 2:15.74 | Chris Stevenson | 2010 |
| 45-49 | 400 IM | 6:06.91 | Charlotte Hollings | 2009 | 4:46.68 | Chris Stevenson | 2009 |

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Short Course Meters

| Event | Age Group | Women | | | Men | | |
|-------|------------|----------|------------------------|------|----------|-------------------|------|
| | | Time | Name | Year | Time | Name | Year |
| 50-54 | 50 Free | 29.71 | Lisa Bennett | 2009 | 25.47 | Gregory Harris | 2015 |
| 50-54 | 100 Free | 1:04.38 | Kelly Parker Palace | 2011 | 56.67 | Gregory Harris | 2016 |
| 50-54 | 200 Free | 2:17.99 | Kelly Parker Palace | 2011 | 2:08.02 | Gregory Harris | 2016 |
| 50-54 | 400 Free | 4:46.96 | Kelly Parker Palace | 2011 | 4:48.43 | Jim McFarland | 2008 |
| 50-54 | 800 Free | 9:47.94 | Kelly Parker Palace | 2011 | 10:14.13 | Jim McFarland | 2008 |
| 50-54 | 1500 Free | 18:56.50 | Kelly Parker Palace | 2011 | 19:17.10 | Jim McFarland | 2008 |
| 50-54 | 50 Back | 37.00 | Kelly Parker Palace | 2011 | 31.07 | Kirk Clear | 2017 |
| 50-54 | 100 Back | 1:18.04 | Kelly Parker Palace | 2011 | 1:07.56 | Rick Stringer | |
| 50-54 | 200 Back | 2:47.07 | Kelly Parker Palace | 2014 | 2:24.79 | Rick Stringer | |
| 50-54 | 50 Breast | 36.99 | Lisa Bennett | 2009 | 32.31 | Gregory Harris | 2016 |
| 50-54 | 100 Breast | 1:24.00 | Lisa Bennett | 2009 | 1:13.16 | Gregory Harris | 2016 |
| 50-54 | 200 Breast | 3:12.55 | Lisa Bennett | 2007 | 2:41.81 | Gregory Harris | 2016 |
| 50-54 | 50 Fly | 32.87 | Lisa Bennett | 2009 | 28.98 | Gregory Harris | 2015 |
| 50-54 | 100 Fly | 1:17.01 | Lisa Bennett | 2009 | 1:10.06 | Gregory Harris | 2016 |
| 50-54 | 200 Fly | 3:01.54 | Lisa Bennett | 2010 | 2:45.20 | Jeffrey Krongaard | 2004 |
| 50-54 | 100 IM | 1:15.48 | Lisa Bennett | 2009 | 1:04.28 | Gregory Harris | 2016 |
| 50-54 | 200 IM | 2:49.86 | Lisa Bennett | 2009 | 2:25.23 | Gregory Harris | 2015 |
| 50-54 | 400 IM | 5:57.12 | Kelly Parker Palace | 2014 | 5:22.50 | Gregory Harris | 2016 |
| 55-59 | 50 Free | 31.21 | Kelly Parker Palace | 2016 | 27.48 | John Tudor | 2013 |
| 55-59 | 100 Free | 1:05.96 | Kelly Parker Palace | 2016 | 1:01.17 | Phil Knobel | 2014 |
| 55-59 | 200 Free | 2:18.32 | Kelly Parker Palace | 2016 | 2:20.30 | Jim McFarland | 2014 |
| 55-59 | 400 Free | 4:56.22 | Kelly Parker Palace | 2016 | 5:01.65 | Jim McFarland | 2014 |
| 55-59 | 800 Free | 10:03.33 | Kelly Parker Palace | 2016 | 10:47.20 | Jorge Cortina | 2016 |
| 55-59 | 1500 Free | 19:00.59 | Kelly Parker Palace | 2016 | 20:56.48 | William Throne | 2013 |
| 55-59 | 50 Back | 37.65 | Kelly Parker Palace | 2016 | 32.95 | David Malsbury | 2017 |
| 55-59 | 100 Back | 1:22.96 | Kelly Parker Palace | 2016 | 1:13.67 | David Malsbury | 2017 |
| 55-59 | 200 Back | 2:50.00 | Kelly Parker Palace | 2016 | 2:42.83 | William Throne | 2013 |
| 55-59 | 50 Breast | 40.49 | Lisa Bennett | 2011 | 34.61 | David Malsbury | 2016 |
| 55-59 | 100 Breast | 1:28.43 | Lisa Bennett | 2011 | 1:23.86 | David Malsbury | 2017 |
| 55-59 | 200 Breast | 3:13.57 | Lisa Bennett | 2011 | 3:12.43 | William Throne | 2013 |
| 55-59 | 50 Fly | 37.13 | Shirley Loftus-Charley | 2010 | 32.15 | David Russell | 2012 |
| 55-59 | 100 Fly | 1:22.07 | Shirley Loftus-Charley | 2010 | 1:12.09 | David Malsbury | 2016 |
| 55-59 | 200 Fly | 2:55.79 | Shirley Loftus-Charley | 2010 | 3:20.32 | William Throne | 2015 |
| 55-59 | 100 IM | 1:21.01 | Kelly Parker Palace | 2016 | 1:09.90 | David Malsbury | 2016 |
| 55-59 | 200 IM | 2:49.65 | Kelly Parker Palace | 2016 | 2:45.25 | Jorge Cortina | 2016 |
| 55-59 | 400 IM | 5:58.09 | Shirley Loftus-Charley | 2010 | 6:01.35 | William Throne | 2013 |

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Short Course Meters

| Event | Age Group | Women | | | Men | | |
|-------|------------|----------|------------------------|------|----------|-----------------|------|
| | | Time | Name | Year | Time | Name | Year |
| 60-64 | 50 Free | 33.70 | Shirley Loftus-Charley | 2011 | 28.34 | Scott Kauffman | 2010 |
| 60-64 | 100 Free | 1:09.44 | Shirley Loftus-Charley | 2012 | 1:06.18 | Craig Bauer | 2016 |
| 60-64 | 200 Free | 2:31.02 | Shirley Loftus-Charley | 2012 | 2:12.18 | John Calvert | 2005 |
| 60-64 | 400 Free | 5:17.88 | Shirley Loftus-Charley | 2011 | 4:43.69 | John Calvert | 2005 |
| 60-64 | 800 Free | 10:39.12 | Shirley Loftus-Charley | 2011 | 12:59.20 | Tom Woods | 2006 |
| 60-64 | 1500 Free | 19:59.92 | Shirley Loftus-Charley | 2011 | 21:06.39 | William Throne | 2016 |
| 60-64 | 50 Back | 41.18 | Shirley Loftus-Charley | 2011 | 35.03 | William Bacon | 2006 |
| 60-64 | 100 Back | 1:27.00 | Shirley Loftus-Charley | 2011 | 1:19.23 | William Bacon | 2006 |
| 60-64 | 200 Back | 3:00.78 | Shirley Loftus-Charley | 2012 | 2:30.96 | John Calvert | 2005 |
| 60-64 | 50 Breast | 44.95 | Shirley Loftus-Charley | 2012 | 38.56 | Warner Brundage | 2006 |
| 60-64 | 100 Breast | 1:35.83 | Shirley Loftus-Charley | 2011 | 1:25.88 | Warner Brundage | 2006 |
| 60-64 | 200 Breast | 3:17.73 | Shirley Loftus-Charley | 2011 | 3:08.22 | Warner Brundage | 2006 |
| 60-64 | 50 Fly | 37.19 | Shirley Loftus-Charley | 2011 | 31.48 | Scott Kauffman | 2010 |
| 60-64 | 100 Fly | 1:20.77 | Shirley Loftus-Charley | 2011 | 1:14.55 | John Mccorkle | 2012 |
| 60-64 | 200 Fly | 3:08.25 | Shirley Loftus-Charley | 2011 | 3:13.57 | William Irwin | |
| 60-64 | 100 IM | 1:24.67 | Shirley Loftus-Charley | 2011 | 1:20.41 | Warner Brundage | 2006 |
| 60-64 | 200 IM | 2:52.64 | Shirley Loftus-Charley | 2011 | 2:30.48 | John Calvert | 2005 |
| 60-64 | 400 IM | 6:03.26 | Shirley Loftus-Charley | 2011 | 6:03.63 | William Throne | 2016 |
| 65-69 | 50 Free | 34.07 | Beth Schreiner | 2009 | 32.35 | Jack Schiltz | 2009 |
| 65-69 | 100 Free | 1:14.11 | Shirley Loftus-Charley | 2016 | 1:13.42 | Warner Brundage | 2009 |
| 65-69 | 200 Free | 2:35.21 | Shirley Loftus-Charley | 2016 | 2:42.76 | Warner Brundage | 2009 |
| 65-69 | 400 Free | 5:22.78 | Shirley Loftus-Charley | 2016 | 5:57.52 | Warner Brundage | 2008 |
| 65-69 | 800 Free | 10:55.71 | Shirley Loftus-Charley | 2016 | 12:31.77 | Warner Brundage | 2011 |
| 65-69 | 1500 Free | 20:37.63 | Shirley Loftus-Charley | 2016 | 29:14.10 | Tsvi Katz-Hyman | 2013 |
| 65-69 | 50 Back | 41.31 | Marcia Barry | 2013 | 41.09 | Jack Schiltz | 2009 |
| 65-69 | 100 Back | 1:28.20 | Shirley Loftus-Charley | 2016 | 1:29.26 | Warner Brundage | 2009 |
| 65-69 | 200 Back | 3:06.96 | Shirley Loftus-Charley | 2016 | 3:09.17 | Warner Brundage | 2009 |
| 65-69 | 50 Breast | 42.35 | Joann Leilich | 2005 | 40.61 | Warner Brundage | 2009 |
| 65-69 | 100 Breast | 1:32.37 | Joann Leilich | 2004 | 1:29.03 | Warner Brundage | 2008 |
| 65-69 | 200 Breast | 3:17.44 | Joann Leilich | 2004 | 3:14.17 | Warner Brundage | 2009 |
| 65-69 | 50 Fly | 39.35 | Shirley Loftus-Charley | 2016 | 36.33 | Gabe Kuzman | 2007 |
| 65-69 | 100 Fly | 1:25.68 | Shirley Loftus-Charley | 2016 | 1:16.82 | John Mccorkle | 2016 |
| 65-69 | 200 Fly | 3:03.97 | Shirley Loftus-Charley | 2016 | | | |
| 65-69 | 100 IM | 1:28.00 | Shirley Loftus-Charley | 2016 | 1:21.36 | Warner Brundage | 2009 |
| 65-69 | 200 IM | 2:59.30 | Shirley Loftus-Charley | 2016 | 2:57.07 | John Mccorkle | 2016 |
| 65-69 | 400 IM | 6:16.30 | Shirley Loftus-Charley | 2016 | | | |

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| Event | Age Group | Women | | | Men | | |
|-------|------------|----------|------------------|------|----------|------------------|------|
| | | Time | Name | Year | Time | Name | Year |
| 70-74 | 50 Free | 35.66 | Beth Schreiner | 2011 | 34.80 | Randy Wise | 2013 |
| 70-74 | 100 Free | 1:22.71 | Beth Schreiner | 2011 | 1:17.50 | Warner Brundage | 2014 |
| 70-74 | 200 Free | 3:08.87 | Beth Schreiner | 2011 | 2:51.30 | Warner Brundage | 2013 |
| 70-74 | 400 Free | 6:34.56 | Beth Schreiner | 2011 | 6:16.15 | Warner Brundage | 2014 |
| 70-74 | 800 Free | 14:43.00 | Betsy Durrant | 2011 | 14:20.70 | James Slaughter | 2016 |
| 70-74 | 1500 Free | 28:08.35 | Betsy Durrant | 2011 | 26:52.19 | James Slaughter | 2016 |
| 70-74 | 50 Back | 46.29 | Beth Schreiner | 2011 | 45.43 | Forrest Sullivan | |
| 70-74 | 100 Back | 1:40.93 | Beth Schreiner | 2012 | 1:34.23 | Warner Brundage | 2013 |
| 70-74 | 200 Back | 3:57.27 | Laura Walker | 2009 | 3:20.89 | Warner Brundage | 2014 |
| 70-74 | 50 Breast | 52.07 | Johnnie Detrick | 2005 | 43.87 | Terry Gernstein | 2013 |
| 70-74 | 100 Breast | 1:53.29 | Johnnie Detrick | 2006 | 1:41.31 | Terry Gernstein | 2013 |
| 70-74 | 200 Breast | 4:07.70 | Johnnie Detrick | 2007 | 3:52.82 | Edward Gaulrapp | 2012 |
| 70-74 | 50 Fly | 54.18 | Ida Hlavacek | 2012 | 40.43 | Edward Gaulrapp | 2013 |
| 70-74 | 100 Fly | 2:02.28 | Ida Hlavacek | 2012 | 1:47.93 | Edward Gaulrapp | 2012 |
| 70-74 | 200 Fly | 4:47.53 | Ida Hlavacek | 2012 | 4:09.57 | Edward Gaulrapp | 2012 |
| 70-74 | 100 IM | 1:46.69 | Johnnie Detrick | 2007 | 1:28.82 | Warner Brundage | 2013 |
| 70-74 | 200 IM | 3:59.32 | Johnnie Detrick | 2008 | 3:23.96 | Warner Brundage | 2014 |
| 70-74 | 400 IM | 8:40.65 | Barbara Zaremski | 2007 | 7:59.41 | Edward Gaulrapp | 2013 |
| 75-79 | 50 Free | 37.33 | Johnnie Detrick | 2011 | 37.41 | Owen Maher | 2010 |
| 75-79 | 100 Free | 1:28.71 | Johnnie Detrick | 2012 | 1:29.29 | Charles Erwin | 2006 |
| 75-79 | 200 Free | 3:28.85 | Beth Schreiner | 2017 | 3:09.66 | Charles Erwin | 2006 |
| 75-79 | 400 Free | 7:33.12 | Johnnie Detrick | 2012 | 6:43.00 | Charles Erwin | 2006 |
| 75-79 | 800 Free | 19:13.87 | Jeanne Meredith | 2006 | 14:13.91 | Charles Erwin | 2007 |
| 75-79 | 1500 Free | | | | 36:25.30 | Richard Scott | 2010 |
| 75-79 | 50 Back | 50.20 | Beth Schreiner | 2017 | 49.50 | Calvin Barnes | |
| 75-79 | 100 Back | 1:56.61 | Laura Walker | 2012 | 1:46.58 | Calvin Barnes | 2000 |
| 75-79 | 200 Back | 4:06.60 | Laura Walker | 2012 | 3:50.95 | Calvin Barnes | 2000 |
| 75-79 | 50 Breast | 51.86 | Johnnie Detrick | 2011 | 52.20 | Norman Rainer | 2004 |
| 75-79 | 100 Breast | 1:57.94 | Johnnie Detrick | 2011 | 1:57.24 | Norman Rainer | 2004 |
| 75-79 | 200 Breast | 4:09.87 | Johnnie Detrick | 2010 | 4:24.53 | Norman Rainer | 2004 |
| 75-79 | 50 Fly | 1:01.26 | Johnnie Detrick | 2011 | 46.14 | Owen Maher | 2010 |
| 75-79 | 100 Fly | 2:53.81 | Barbara Zaremski | 2012 | 2:04.33 | Owen Maher | 2010 |
| 75-79 | 200 Fly | 5:37.00 | Barbara Zaremski | 2013 | 5:27.28 | Richard Scott | 2010 |
| 75-79 | 100 IM | 1:48.05 | Johnnie Detrick | 2011 | 1:51.28 | Owen Maher | 2010 |
| 75-79 | 200 IM | 4:06.34 | Johnnie Detrick | 2012 | 4:14.75 | Richard Scott | 2010 |
| 75-79 | 400 IM | 10:04.63 | Barbara Zaremski | 2013 | 9:38.42 | Richard Scott | 2010 |

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|-------|------------|----------|------------------|------|----------|---------------|------|
| | | Time | Name | Year | Time | Name | Year |
| 80-84 | 50 Free | 39.21 | Johnnie Detrick | 2016 | 47.99 | Carl Russ | 2015 |
| 80-84 | 100 Free | 1:32.76 | Johnnie Detrick | 2016 | 1:52.78 | Calvin Barnes | 2006 |
| 80-84 | 200 Free | 3:39.81 | Johnnie Detrick | 2015 | 3:53.19 | Calvin Barnes | 2006 |
| 80-84 | 400 Free | 9:16.38 | Jeanne Meredith | 2008 | 7:42.16 | Calvin Barnes | 2004 |
| 80-84 | 800 Free | 19:22.08 | Jeanne Meredith | 2009 | 16:05.40 | Calvin Barnes | 2006 |
| 80-84 | 1500 Free | | | | 30:40.77 | Calvin Barnes | 2006 |
| 80-84 | 50 Back | 1:06.54 | Marianna Berkley | 2004 | 50.71 | Calvin Barnes | 2004 |
| 80-84 | 100 Back | 2:26.82 | Marianna Berkley | 2005 | 1:52.94 | Calvin Barnes | 2004 |
| 80-84 | 200 Back | 5:23.24 | Marianna Berkley | 2004 | 4:00.35 | Calvin Barnes | 2006 |
| 80-84 | 50 Breast | 52.20 | Johnnie Detrick | 2015 | 1:02.74 | Richard Scott | 2015 |
| 80-84 | 100 Breast | 2:05.11 | Johnnie Detrick | 2015 | 2:24.33 | Richard Scott | 2015 |
| 80-84 | 200 Breast | 4:38.63 | Johnnie Detrick | 2015 | 5:07.35 | Richard Scott | 2015 |
| 80-84 | 50 Fly | 1:11.97 | Terry Sokolik | 2008 | 59.39 | Calvin Barnes | 2006 |
| 80-84 | 100 Fly | | | | 3:04.67 | Richard Scott | 2015 |
| 80-84 | 200 Fly | | | | 7:31.85 | Richard Scott | 2015 |
| 80-84 | 100 IM | 1:55.68 | Johnnie Detrick | 2015 | 2:00.27 | Calvin Barnes | 2004 |
| 80-84 | 200 IM | 4:23.87 | Johnnie Detrick | 2015 | 4:22.60 | Calvin Barnes | 2004 |
| 80-84 | 400 IM | | | | 9:34.86 | Calvin Barnes | 2005 |
| 85-89 | 50 Free | 1:00.29 | Marianna Berkley | 2008 | 47.98 | Charles Erwin | 2016 |
| 85-89 | 100 Free | 2:17.95 | Jeanne Meredith | 2013 | 1:50.77 | Charles Erwin | 2016 |
| 85-89 | 200 Free | 4:52.03 | Marianna Berkley | 2007 | 4:00.15 | Charles Erwin | 2016 |
| 85-89 | 400 Free | 12:18.09 | Ruth Good | 2006 | 13:12.28 | Russell Davis | 2005 |
| 85-89 | 800 Free | | | | 19:49.12 | Calvin Barnes | 2012 |
| 85-89 | 1500 Free | | | | 34:54.07 | Calvin Barnes | 2010 |
| 85-89 | 50 Back | 1:05.22 | Marianna Berkley | 2007 | | | |
| 85-89 | 100 Back | 2:34.75 | Marianna Berkley | 2007 | 2:12.42 | Calvin Barnes | 2010 |
| 85-89 | 200 Back | 5:26.36 | Marianna Berkley | 2008 | 4:33.11 | Calvin Barnes | 2010 |
| 85-89 | 50 Breast | 1:10.37 | Marianna Berkley | 2007 | | | |
| 85-89 | 100 Breast | 2:44.67 | Marianna Berkley | 2008 | | | |
| 85-89 | 200 Breast | 5:46.05 | Marianna Berkley | 2007 | | | |
| 85-89 | 50 Fly | 1:34.26 | Marianna Berkley | 2008 | | | |
| 85-89 | 100 IM | 2:23.05 | Marianna Berkley | 2007 | | | |
| 85-89 | 200 IM | 5:36.16 | Marianna Berkley | 2007 | | | |

Virginia LMSC: Individual Records

Short Course Meters

| Event | Age Group | Women | | | Men | | |
|---------|------------|---------|------------------|------|----------|---------------|------|
| | | Time | Name | Year | Time | Name | Year |
| 90-94 | 50 Free | 1:12.37 | Marianna Berkley | 2012 | | | |
| 90-94 | 100 Free | 2:22.27 | Miriam Tuovila | 2016 | 2:31.98 | Calvin Barnes | 2014 |
| 90-94 | 200 Free | 6:43.83 | Marie Kelleher | 2006 | 5:14.62 | Calvin Barnes | 2014 |
| 90-94 | 400 Free | | | | 10:36.66 | Calvin Barnes | 2014 |
| 90-94 | 1500 Free | | | | 39:52.69 | Calvin Barnes | 2014 |
| 90-94 | 50 Back | 1:25.39 | Marianna Berkley | 2013 | | | |
| 90-94 | 200 Back | | | | 5:25.11 | Calvin Barnes | 2014 |
| 90-94 | 50 Breast | 1:28.76 | Miriam Tuovila | 2015 | | | |
| 90-94 | 100 Breast | 3:26.15 | Miriam Tuovila | 2015 | | | |
| 90-94 | 200 Breast | 7:20.16 | Miriam Tuovila | 2015 | | | |
| 90-94 | 50 Fly | 1:48.46 | Marie Kelleher | 2006 | | | |
| 90-94 | 100 IM | 3:31.92 | Marie Kelleher | 2006 | | | |
| 95-99 | 50 Free | 1:34.21 | Marie Kelleher | 2008 | | | |
| 95-99 | 100 Free | 3:10.36 | Marie Kelleher | 2008 | | | |
| 95-99 | 200 Free | 6:50.52 | Marie Kelleher | 2008 | | | |
| 95-99 | 50 Breast | 2:10.80 | Marie Kelleher | 2010 | | | |
| 95-99 | 100 IM | 3:54.89 | Marie Kelleher | 2008 | | | |
| 100-104 | 50 Free | 1:44.10 | Marie Kelleher | 2012 | | | |
| 100-104 | 100 Free | 3:40.00 | Marie Kelleher | 2012 | | | |

Virginia LMSC: Relay Records

Short Course Meters

| Age Group | Gender | Event | Time | Club | Swimmer 1 | Swimmer 2 | Swimmer 3 | Swimmer 4 | Year |
|-----------|--------|------------|----------|------|------------------------|-----------------|------------------------|------------------------|------|
| 72-99 | Women | 200 Medley | 2:29.57 | CNU | Christine Anastasio | Camille Tanner | Danielle Cavazos | Jennifer Brown | 2011 |
| 100-119 | Women | 200 Free | 2:23.61 | VMST | Beth Waters | Elaine Koppana | Clai Bolek | Mary Beth Hannifer | |
| 120-159 | Women | 200 Free | 1:58.34 | 1693 | Shannon Greene | Sara Shaner | Michele Choe | Katie Grier | 2016 |
| 120-159 | Women | 200 Medley | 2:16.11 | 1693 | Katie Grier | Sara Shaner | Shannon Greene | Michele Choe | 2016 |
| 120-159 | Women | 400 Free | 5:59.18 | VMST | Cheryl Benn | Catherine Rotch | Christina Flannery | Alison Benn | 2011 |
| 160-199 | Women | 200 Free | 2:16.95 | SHYM | Elizabeth Graf | Shasta Rouch | Gail Kelley | Mary Hamilton | 2010 |
| 160-199 | Women | 200 Medley | 2:44.62 | VMST | Charlene Burke | Pattie Chappell | Nancy Miller | Kris Kloppe | |
| 160-199 | Women | 400 Free | 5:35.52 | SHYM | Gail Kelley | Erica Locher | Barbara Raab | Julia Nefczyk | 2011 |
| 160-199 | Women | 800 Free | 12:41.26 | VMST | Charlotte Hollings | Susan McKerns | Esther Platsis | Andrea Latell | 2009 |
| 200-239 | Women | 200 Free | 2:25.25 | VMST | Barbara Boslego | Susan Dickens | Lee Ann Russell | Nancy Speer | 2016 |
| 200-239 | Women | 200 Medley | 2:47.30 | VMST | Barbara Boslego | Nancy Speer | Lee Ann Russell | Susan Dickens | 2016 |
| 200-239 | Women | 400 Free | 6:12.52 | VMST | Sue Loustaunau | Phoebe Mix | Molly Broderson | Andrea Latell | 2016 |
| 240-279 | Women | 200 Free | 2:44.66 | VMST | Judy Martin | Betsy Durrant | Laura Walker | Alison Meehan | 2008 |
| 240-279 | Women | 200 Medley | 3:12.89 | VMST | Judy Martin | Barbara Boslego | Ida Hlavacek | Laura Walker | 2008 |
| 240-279 | Women | 400 Free | 6:12.59 | VMST | Betsy Durrant | Judy Martin | Laura Walker | Alison Meehan | 2008 |
| 280-319 | Women | 200 Free | 2:34.24 | VMST | Shirley Loftus-Charley | Laura Walker | Johnnie Detrick | Marcia Barry | 2013 |
| 280-319 | Women | 200 Medley | 2:56.56 | VMST | Marcia Barry | Johnnie Detrick | Shirley Loftus-Charley | Laura Walker | 2014 |
| 280-319 | Women | 400 Free | 5:38.90 | VMST | Johnnie Detrick | Laura Walker | Marcia Barry | Shirley Loftus-Charley | 2013 |
| 280-319 | Women | 400 Medley | 6:32.81 | VMST | Marcia Barry | Johnnie Detrick | Shirley Loftus-Charley | Laura Walker | 2013 |
| 280-319 | Women | 800 Free | 12:53.99 | VMST | Marcia Barry | Laura Walker | Johnnie Detrick | Shirley Loftus-Charley | 2013 |
| 320-359 | Women | 200 Free | 3:35.14 | VMST | Laura Walker | Terry Sokolik | Jeanne Meredith | Marcia Barry | 2015 |
| 320-359 | Women | 400 Free | 7:46.75 | VMST | Johnnie Detrick | Jeanne Meredith | Terry Sokolik | Marcia Barry | 2015 |
| 320-359 | Women | 400 Medley | 9:55.29 | VMST | Marianna Berkley | Miriam Tuovila | Ida Hlavacek | Jeanne Meredith | 2011 |
| 320-359 | Women | 800 Free | 17:14.70 | VMST | Laura Walker | Jeanne Meredith | Terry Sokolik | Marcia Barry | 2015 |

Virginia LMSC: Relay Records

Short Course Meters

| Age Group | Gender | Event | Time | Club | Swimmer 1 | Swimmer 2 | Swimmer 3 | Swimmer 4 | Year |
|-----------|--------|------------|---------|------|------------------|------------------|------------------|-------------------|------|
| 72-99 | Men | 200 Free | 1:46.99 | VMST | Jim McFarland | Ian Wrightson | Monte Lewis | Neill Williams | |
| 100-119 | Men | 200 Free | 1:48.47 | VMST | Sam Harris | Ryan Speer | Patrick Frisk | Christopher Scott | 2015 |
| 100-119 | Men | 200 Medley | 1:57.14 | VMST | Sam Harris | Adam Barley | Michael Hipps | Boyd Orr | 2010 |
| 120-159 | Men | 200 Free | 1:53.54 | VMST | Scott Rose | Mark Downey | Jim Brinkman | John Lowe | |
| 120-159 | Men | 200 Medley | 2:08.37 | VTAC | Jeffrey Butts | John Bishop | Brian Di Salvo | Melville Walters | 2016 |
| 120-159 | Men | 400 Medley | 4:07.92 | VMST | Chris Stevenson | Adam Barley | Dave Holland | Billy Gaines | 2010 |
| 160-199 | Men | 200 Free | 1:57.59 | VMST | Stephen Gomez | Stephen Joseph | Wayne Duncan | Kirk Clear | 2012 |
| 160-199 | Men | 200 Medley | 2:09.62 | VMST | Kirk Clear | Stephen Gomez | Stephen Joseph | Wayne Duncan | 2012 |
| 160-199 | Men | 400 Medley | 4:10.47 | VMST | Chris Stevenson | Evan Davis | Dave Holland | Bill Winters | 2008 |
| 160-199 | Men | 800 Free | 8:43.47 | VMST | Michael Picotte | Charles Cockrell | Dave Holland | Chris Stevenson | 2009 |
| 200-239 | Men | 200 Free | 2:02.45 | VMST | Kirk Clear | Dan Sheahan | Jim Miller | John McCorkle | 2013 |
| 200-239 | Men | 400 Free | 4:18.73 | VMST | Tom Deppe | Mitch Saks | Greg Harris | George Tripper | 2014 |
| 240-279 | Men | 200 Free | 2:33.30 | VMST | Carr Dorman | Carl Russ | Forrest Sullivan | Calvin Barnes | |
| 240-279 | Men | 200 Medley | 3:06.38 | VMST | Forrest Sullivan | Norman Rainer | Donald Sedberry | Calvin Barnes | |
| 240-279 | Men | 400 Free | 5:50.20 | VMST | Owen Maher | Ralph Swiger | Bill Nelson | Bryan Stone | 2012 |
| 280-319 | Men | 400 Medley | 8:09.97 | VMST | Calvin Barnes | Richard Durham | Owen Maher | Alfred Newbury | 2010 |
| 72-99 | Mixed | 200 Medley | 2:17.44 | CNU | Lindsay Schiller | John Fisher | Ashley Lomicka | Marshall Severin | 2009 |

Virginia LMSC: Relay Records

Short Course Meters

| Age Group | Gender | Event | Time | Club | Swimmer 1 | Swimmer 2 | Swimmer 3 | Swimmer 4 | Year |
|-----------|--------|------------|----------|------|------------------------|--------------------|--------------------|------------------------|------|
| 100-119 | Mixed | 200 Free | 2:14.34 | RSMS | Matheson Cartwright | McKenzie Lee | Danny Lee | Anna Lee | 2015 |
| 100-119 | Mixed | 200 Medley | 2:02.65 | VMST | Kate Hibbard | Claire Russo | Adam Barley | Boyd Orr | 2010 |
| 100-119 | Mixed | 400 Medley | 4:23.50 | VMST | Kate Hibbard | Claire Russo | Adam Barley | Billy Gaines | 2010 |
| 120-159 | Mixed | 200 Free | 1:44.15 | 1693 | Katie Grier | Michael Lovett | Courtney Hurtubise | Sidney Glass | 2015 |
| 120-159 | Mixed | 200 Medley | 1:59.80 | 1693 | Sidney Glass | Rich Williams | Katie Grier | Courtney Hurtubise | 2015 |
| 120-159 | Mixed | 400 Free | 5:12.42 | HRMS | Ashton Shiraz | Caroline Borden | Noelle Burgess | Patrick O'Neill | 2014 |
| 120-159 | Mixed | 400 Medley | 4:53.40 | VMST | Kirk Clear | Denise Letendre | Mariah Dudley | Gregory Harris | 2014 |
| 160-199 | Mixed | 200 Free | 2:11.17 | FAC | Todd Goins | Megan Fontana | Stephen Thoresen | Erin McDonald | 2014 |
| 160-199 | Mixed | 200 Medley | 2:17.75 | VMST | Betsy Durrant | Tony Smith | Stanislav Filatov | Gretchen Smith | |
| 160-199 | Mixed | 400 Free | 4:38.03 | 1693 | Michael Lovett | Lindsay Lovett | Katie Grier | Michael Cook | 2015 |
| 160-199 | Mixed | 400 Medley | 4:28.74 | VMST | Troy Johnson | Patricia Miller | Dave Holland | Alice Phillips | 2008 |
| 200-239 | Mixed | 200 Free | 2:25.65 | VMST | Barbara Boslego | Cheryl Benn | Victor Michkunas | Gary Ladd | 2013 |
| 200-239 | Mixed | 200 Medley | 2:05.35 | VMST | Chris Stevenson | Lisa Bennett | Dave Holland | Shirley Loftus-Charley | 2010 |
| 200-239 | Mixed | 400 Free | 4:36.57 | VMST | Shirley Loftus-Charley | Elizabeth Joseph | Stephen Joseph | Wayne Duncan | 2012 |
| 200-239 | Mixed | 400 Medley | 4:35.02 | VMST | Chris Stevenson | Lisa Bennett | Dave Holland | Shirley Loftus-Charley | 2010 |
| 200-239 | Mixed | 800 Free | 10:57.14 | VMST | Wayne Duncan | Stephen Joseph | Elizabeth Joseph | Shirley Loftus-Charley | 2012 |
| 240-279 | Mixed | 200 Free | 2:23.79 | VMST | Edward Gaulrapp | Robert Romo | Beth Schreiner | Shirley Loftus-Charley | 2012 |
| 240-279 | Mixed | 200 Medley | 2:42.00 | VMST | Hugh McGee | Joann Leilich | Stephen Tassi | Beth Schreiner | 2005 |
| 240-279 | Mixed | 400 Free | 5:21.66 | VMST | Shirley Loftus-Charley | Ralph Swiger | Barbara Boslego | Robert Romo | 2014 |
| 240-279 | Mixed | 400 Medley | 6:04.55 | VMST | Ida Hlavacek | Susan Marens | Ralph Swiger | Bill Nelson | 2009 |
| 240-279 | Mixed | 800 Free | 13:54.27 | VMST | Betsy Durrant | Ralph Swiger | Judy Martin | Howard Butts | 2008 |
| 280-319 | Mixed | 200 Free | 3:15.36 | VMST | Dick Scott | Betsy Champbers | Kathryn Gregory | Frank Miller | 2013 |
| 280-319 | Mixed | 200 Medley | 3:04.34 | VMST | Beth Schreiner | Barbara Boslego | James Davis | Jim Miller | 2017 |
| 280-319 | Mixed | 400 Free | 8:22.84 | VMST | Dick Scott | Kathleen Broderick | Betsy Champbers | Frank Miller | 2013 |
| 280-319 | Mixed | 400 Medley | 7:33.03 | VMST | Alfred Newbury | Susan Marens | Ida Hlavacek | Owen Maher | 2009 |
| 280-319 | Mixed | 800 Free | 18:59.17 | VMST | Dick Scott | Kathleen Broderick | Patricia Sikora | Frank Miller | 2013 |
| 320-359 | Mixed | 200 Free | 4:04.06 | VMST | Joan Averette | Alfred Newbury | Carl Russ | Laura Walker | 2016 |
| 320-359 | Mixed | 200 Medley | 4:02.38 | VMST | Alfred Newbury | Marianna Berkley | Owen Maher | Terry Sokolik | 2010 |