

**Lynchburg YMCA Swim Team**  
**Head Coach TJ Liston, 434-384-6338**

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**RECORDS 50 meter team record**

**LC Meters-Female**

8 & U	50 Free	36.86	<b>18-Jun-92</b>	LY	Elizabeth Harman	
	100 Free	1:20.48	<b>27-Jul-97</b>	LY	Melissa Jamerson	
	200 Free	2:51.55	<b>27-Jul-97</b>	LY	Melissa Jamerson	
	50 Back	43.61	<b>18-Jun-92</b>	LY	Elizabeth Harman	
	100 Back	1:39.79	<b>18-Jun-92</b>	LY	Elizabeth Harman	
	50 Breast	52.59	<b>18-Jun-92</b>	LY	Elizabeth Harman	
	100 Breast	2:01.84	<b>29-Jul-88</b>	LY	Abby Clark	
	50 Fly	41.42	<b>27-Jul-97</b>	LY	Melissa Jamerson	
	200 IM	3:24.66	<b>27-Jul-97</b>	LY	Melissa Jamerson	
	9-10	50 Free	31.61	<b>11-Aug-97</b>	LY	Brittney Jamerson
100 Free		1:09.22	<b>28-Jul-97</b>	LY	Brittney Jamerson	
200 Free		2:28.23	<b>11-Aug-97</b>	LY	Brittney Jamerson	
400 Free		5:29.22	<b>30-Jul-09</b>	LY VA	Kelsey Childress at 2009 VSI LC Age Group Champs	
50 Back		37.19	<b>17-Jun-94</b>	LY	Elizabeth Harman	
100 Back		1:20.46	<b>28-Jul-94</b>	LY	Elizabeth Harman	
50 Breast		42.90	<b>25-Jul-90</b>	LY	Abby Clark	
100 Breast		1:35.06	<b>29-Jul-99</b>	LY	Nikki Imron	
50 Fly		34.66	<b>24-Jul-08</b>	LY VA	Alyssa Reed at 2008 VSI LC Age Group Champs	
100 Fly		1:25.62	<b>25-Jun-98</b>	LY	Rachel Ritchie	
200 IM		2:56.91	<b>28-Jul-94</b>	LY	Elizabeth Harman	
200 Free Relay		2:18.83	<b>28-Jul-96</b>	LY	J.Putt, B.Jamerson, D.Williams, M.Edwards	
200 Medley Relay		2:46.03	<b>28-Jul-96</b>	LY	J.Putt, B.Jamerson, D.Williams, M.Edwards	
11-12		50 Free	29.27	<b>3-Aug-92</b>	LY	Erin Olsen
	100 Free	1:05.87	<b>29-Jul-10</b>	LY VA	Anna Meinke at 2010 VSI LC AG Champs (HOKI)	
	200 Free	2:19.64	<b>29-Jul-10</b>	LY VA	Anna Meinke at 2010 VSI LC AG Champs (HOKI)	
	400 Free	4:51.46	<b>29-Jul-10</b>	LY VA	Anna Meinke at 2010 VSI LC AG Champs (HOKI)	
	800 Free	10:33.63	<b>3-Jun-11</b>	LY VA	Kelsey Childress at 2011 SE LC Chattanooga Invite	
	1500 Free	19:49.52	<b>8-Jul-11</b>	LY VA	Kelsey Childress at 2011 CCA Summer Classic	
	50 Back	34.24	<b>24-Jul-02</b>	LY	Lauren Hines	
	100 Back	1:14.47	<b>14-May-10</b>	LY VA	Ashley Mauzy at 2010 RSA NC Good Stuff Long Course Meet	
	200 Back	2:43.50	<b>28-Jul-11</b>	LY VA	Kelsey Childress at VSI Age Group State 2011	
	50 Breast	36.44	<b>27-Aug-06</b>	LY VA	AMBER N. WINGFIELD at ZONES	
	100 Breast	1:23.27	<b>20-Jul-06</b>	LY VA	AMBER N. WINGFIELD at 2006 LC Age-Group Championship	
	200 Breast	2:59.44	<b>30-Jul-09</b>	LY VA	CT Skorcz at 2009 VSI LC Age Group Champs	
	50 Fly	31.83	<b>24-Jul-02</b>	LY	Lauren Hines	
	100 Fly	1:11.29	<b>14-May-10</b>	LY VA	Ashley Mauzy at 2010 RSA NC Good Stuff Long Course Meet	
	200 Fly	2:35.02	<b>29-Jul-10</b>	LY VA	Anna Meinke at 2010 VSI LC AG Champs (HOKI)	
	200 IM	2:38.14	<b>29-Jul-10</b>	LY VA	Anna Meinke at 2010 VSI LC AG Champs (HOKI)	
	400 IM	5:36.88	<b>14-May-10</b>	LY VA	Anna Meinke at 2010 RSA NC Good Stuff Long Course Meet	
	200 Free Relay	2:04.70	<b>14-May-10</b>	LY VA	Lynchburg YMCA A. Mauzy, A. Reed, A. Naylor, A. Mattingley	
	400 Free Relay	4:34.40	<b>29-Jul-10</b>	LY VA	Lynchburg YMCA A. Meinke, A. Reed, A. Naylor, K. Childress	
	200 Medley Relay	2:19.96	<b>14-May-10</b>	LY VA	Lynchburg YMCA A. Mauzy, A. Meinke, A. Reed, A. Naylor	
	400 Medley Relay	5:12.90	<b>30-Jul-09</b>	LY VA	Lynchburg YMCA A. Mauzy, C. Skorcz, A. Reed, H. JENNINGS	
	13-14	50 Free	28.53	<b>6-Jul-07</b>	LY VA	Susanna White at Firecracker Invitational
		100 Free	59.90	<b>26-Jul-07</b>	LY VA	Susanna White at VSI LONG COURSE SENIOR CHAMPIONSHIP
200 Free		2:13.81	<b>24-Jul-08</b>	LY VA	Sarah Fredericksen at 2008 VSI LC Age Group Champs	

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13-14	400 Free	4:39.18	<b>29-Jul-04</b>	LY	Jamie Chong
	800 Free	9:32.76	<b>29-Jul-04</b>	LY VA	Jamie Chong
	1500 Free	17:57.75	<b>29-Jul-04</b>	LY VA	Jamie Chong at 2004 LC Age Gr
	100 Back	1:11.73	<b>26-Jul-01</b>	LY	Meggie Edwards
	200 Back	2:35.97	<b>30-Jul-09</b>	LY VA	AINSLEY S. REED at 2009 VSI LC Age Group Champs
	100 Breast	1:16.03	<b>26-Jul-07</b>	LY VA	Susanna White at VSI LONG COURSE SENIOR CHAMPIONSHIP
	200 Breast	2:46.35	<b>26-Jul-07</b>	LY VA	Susanna White at VSI LONG COURSE SENIOR CHAMPIONSHIP
	100 Fly	1:05.28	<b>28-Jul-11</b>	LY VA	Ashley Mauzy at VSI Age Group State 2011
	200 Fly	2:30.73	<b>28-Jul-11</b>	LY VA	Anna Meinke at VSI Age Group State 2011
	200 IM	2:29.07	<b>26-Jul-07</b>	LY VA	Susanna White at VSI LONG COURSE SENIOR CHAMPIONSHIP
	400 IM	5:14.11	<b>26-Jul-07</b>	LY VA	Susanna White at VSI LONG COURSE SENIOR CHAMPIONSHIP
	200 Free Relay	1:59.15	<b>28-Jul-11</b>	LY VA	Lynchburg YMCA Swim Team A. Meinke, A. Reed, C. McMillan, A. Mauzy
	400 Free Relay	4:21.71	<b>28-Jul-11</b>	LY VA	Lynchburg YMCA Swim Team A. Mauzy, A. Reed, A. Meinke, C. McMillan
	200 Medley Relay	2:14.61	<b>28-Jul-11</b>	LY VA	Lynchburg YMCA Swim Team A. Reed, C. Skorcz, A. Mauzy, C. McMillan
	400 Medley Relay	4:55.25	<b>28-Jul-11</b>	LY VA	Lynchburg YMCA Swim Team A. Reed, C. Skorcz, A. Mauzy, C. McMillan
15-16	50 Free	27.01	<b>23-Jul-09</b>	LY VA	Susanna White at VA LC Senior Championships
	100 Free	59.04	<b>23-Jul-09</b>	LY VA	Susanna White at VA LC Senior Championships
	200 Free	2:09.02	<b>23-Jul-09</b>	LY VA	Susanna White at VA LC Senior Championships
	400 Free	4:33.73	<b>21-Jul-11</b>	LY VA	Sarah Fredericksen at 2011 VA LC SR Championships
	800 Free	9:28.60	<b>21-Jul-11</b>	LY VA	Sarah Fredericksen at 2011 VA LC SR Championships
	1500 Free	18:09.45	<b>22-Jul-10</b>	LY VA	Sarah Fredericksen at 2010 VA Swimming LC SR Championships
	100 Back	1:09.13	<b>24-Apr-95</b>	LY	Cary Chipley
	200 Back	2:30.42	<b>21-Jul-11</b>	LY VA	Sarah Fredericksen at 2011 VA LC SR Championships
	100 Breast	1:15.26	<b>23-Jul-09</b>	LY VA	AMBER N. WINGFIELD at VA LC Senior Championships
	200 Breast	2:51.08	<b>4-Aug-91</b>	LY	Annette Bultema
	100 Fly	1:04.79	<b>23-Jul-09</b>	LY VA	AMBER N. WINGFIELD at VA LC Senior Championships
	200 Fly	2:23.80	<b>23-Jul-09</b>	LY VA	AMBER N. WINGFIELD at VA LC Senior Championships
	200 IM	2:25.76	<b>14-May-09</b>	LY VA	Susanna White at 2009 NC Charlotte UltraSwim
	400 IM	5:15.11	<b>23-Jul-09</b>	LY VA	Susanna White at VA LC Senior Championships
	15-18	200 Free Relay	2:00.75	<b>3-Aug-83</b>	LY
400 Free Relay		4:18.50	<b>19-Nov-88</b>	LY	C.Lewis, J.Traer, J.King, D.Bird
200 Medley Relay		2:09.69	<b>22-Jul-10</b>	LY	Reed,Wingfield,Fredericksen,White
400 Medley Relay		4:45.20	<b>22-Jul-10</b>	LY	Reed,Wingfield,Fredericksen,White
17-18	50 Free	26.49	<b>22-Jul-10</b>	LY VA	Susanna White at 2010 VA Swimming LC SR Championships
	100 Free	59.20	<b>22-Jul-10</b>	LY VA	Susanna White at 2010 VA Swimming LC SR Championships
	200 Free	2:12.06	<b>20-May-11</b>	LY VA	Susanna White at 2011 HOKI May Invitational
	400 Free	4:36.53	<b>26-Jul-07</b>	LY VA	Jamie H. Chong at VSI LONG COURSE SENIOR CHAMPIONSHIP
	800 Free	9:24.79	<b>26-Jul-07</b>	LY VA	Jamie H. Chong at VSI LONG COURSE SENIOR CHAMPIONSHIP
	1500 Free	17:52.59	<b>26-Jul-07</b>	LY VA	Jamie H. Chong at VSI LONG COURSE SENIOR CHAMPIONSHIP
	100 Back	1:10.34	<b>6-Aug-07</b>	LY VA	LAUREN A. HINES at Jr. Nats
	200 Back	2:32.25	<b>26-Jul-07</b>	LY VA	Jamie H. Chong at VSI LONG COURSE SENIOR CHAMPIONSHIP
	100 Breast	1:14.99	<b>2-Aug-11</b>	LY VA	Susanna White at 2011 ConocoPhillips National Championships TT
	200 Breast	2:49.84	<b>24-Jun-11</b>	LY VA	Susanna White at 2011 Lynchburg Firecracker Invitational
	100 Fly	1:05.26	<b>21-Jul-11</b>	LY VA	AMBER N. WINGFIELD at 2011 VA LC SR Championships
	200 Fly	2:24.48	<b>21-Jul-11</b>	LY VA	AMBER N. WINGFIELD at 2011 VA LC SR Championships
	200 IM	2:21.03	<b>2-Aug-11</b>	LY VA	Susanna White at 2011 ConocoPhillips National Championships TT
	400 IM	5:19.20	<b>24-Jun-11</b>	LY VA	Susanna White at 2011 Lynchburg Firecracker Invitational
	Open	50 Free	26.49	<b>22-Jul-10</b>	LY VA
100 Free		59.04	<b>23-Jul-09</b>	LY VA	Susanna White at VA LC Senior Championships

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**RECORDS 50 meter team record**

Open	200 Free	2:09.02	<b>23-Jul-09</b>	LY VA	Susanna White at VA LC Senior Championships
	400 Free	4:33.73	<b>22-Jul-11</b>	LY VA	Sarah Fredericksen at 2011 VA Swimming LC SR Championships
	800 Free	9:24.79	<b>26-Jul-07</b>	LY	Jamie Chong
	1500 Free	17:52.59	<b>26-Jul-07</b>	LY	Jamie Chong
	100 Back	1:09.13	<b>24-Apr-95</b>	LY	Cary Chipley
	200 Back	2:30.42	<b>21-Jul-11</b>	LY	Sarah Fredericksen at 2011 Sr.Champs
	100 Breast	1:14.99	<b>2-Aug-11</b>	LY VA	Susanna White at 2011 National
	200 Breast	2:46.35	<b>26-Jul-07</b>	LY VA	Susanna White at VSI LONG COURSE SENIOR CHAMPIONSHIP
	100 Fly	1:04.79	<b>23-Jul-09</b>	LY VA	AMBER N. WINGFIELD at VA LC Senior Championships
	200 Fly	2:23.80	<b>23-Jul-09</b>	LY VA	AMBER N. WINGFIELD at VA LC Senior Championships
	200 IM	2:21.03	<b>2-Aug-11</b>	LY VA	Susanna White at 2011 National
	400 IM	5:14.11	<b>26-Jul-07</b>	LY VA	Susanna White at VSI LONG COURSE SENIOR CHAMPIONSHIP
	200 Free Relay	1:54.71	<b>26-Jul-07</b>	LY VA	Lynchburg YMCA L. HINES, S. White, M. Simpson, J. Chong
	400 Free Relay	4:14.48	<b>26-Jul-07</b>	LY VA	Lynchburg YMCA S. White, L. HINES, A. WINGFIELD, J. Chong
	800 Free Relay	9:06.16	<b>26-Jul-07</b>	LY VA	Lynchburg YMCA L. HINES, J. Chong, A. WINGFIELD, S. White
	200 Medley Relay	2:09.69	<b>22-Jul-10</b>	LY VA	Lynchburg YMCA A. REED, A. WINGFIELD, S. Fredericksen, S. White
	400 Medley Relay	4:45.20	<b>22-Jul-10</b>	LY VA	Lynchburg YMCA A. REED, A. WINGFIELD, S. Fredericksen, S. White

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**RECORDS 50 meter team record**

**LC Meters-Male**

8 & U	50 Free	37.67	<b>14-May-85</b>	LY	Jon Alvarez	
	100 Free	1:26.75	<b>14-May-85</b>	LY	Jon Alvarez	
	200 Free	3:04.88	<b>25-Jun-10</b>	LY VA	Colby Childress at 2010 Lynchburg Firecracker Invitational	
	400 Free	7:53.95	<b>7-Jul-06</b>	LY	Devin Creger	
	50 Back	45.17	<b>25-Jul-87</b>	LY	John Smith	
	100 Back	1:43.17	<b>25-Jun-10</b>	LY VA	Colby Childress at 2010 Lynchburg Firecracker Invitational	
	50 Breast	50.54	<b>17-Jun-94</b>	LY	Stuart Frankfort	
	100 Breast	1:48.13	<b>17-Jun-94</b>	LY	Stuart Frankfort	
	50 Fly	44.56	<b>25-Jul-87</b>	LY	John Smith	
	100 Fly	1:46.66	<b>25-Jun-10</b>	LY	Colby Childress	
	200 IM	3:32.03	<b>25-Jun-85</b>	LY	Jon Alvarez	
	9-10	50 Free	31.30	<b>29-Jul-98</b>	LY	Coleman Wombwell
		100 Free	1:10.06	<b>29-Jul-98</b>	LY	Coleman Wombwell
		200 Free	2:36.65	<b>28-Jul-94</b>	LY	Trevor Jamerson
400 Free		5:40.01	<b>24-Jul-08</b>	LY VA	Devin Creger at 2008 VSI LC Age Group Champs	
50 Back		37.27	<b>19-May-93</b>	LY	Lucas Jones	
100 Back		1:21.51	<b>31-Jul-93</b>	LY	Lucas Jones	
50 Breast		39.24	<b>17-May-83</b>	LY	Trey Tanner	
100 Breast		1:27.28	<b>17-May-83</b>	LY	Trey Tanner	
50 Fly		33.15	<b>8-Aug-75</b>	LY	Nicky Salido	
100 Fly		1:22.54	<b>29-Jul-98</b>	LY	Coleman Wombwell	
200 IM		2:58.17	<b>4-Aug-85</b>	LY	Andrew Stoudt	
200 Free Relay		2:10.80	<b>25-Jun-79</b>	LY	D.Barnes, N.Salido, M.Roberts, T.Gerhardt	
200 Medley Relay		2:29.60	<b>25-Jun-79</b>	LY	D.Barnes, N.Salido, J.Parker, T.Gerhardt	
11-12	50 Free	28.48	<b>14-May-85</b>	LY	Trey Tanner	
	100 Free	1:00.79	<b>14-May-85</b>	LY	Trey Tanner	
	200 Free	2:11.68	<b>14-May-85</b>	LY	Trey Tanner	
	400 Free	4:43.72	<b>14-May-85</b>	LY	Trey Tanner	
	800 Free	10:06.69	<b>20-May-11</b>	LY VA	Josh Hankey at 2011 HOKI May Invitational	
	1500 Free	19:10.03	<b>24-Jun-11</b>	LY VA	Josh Hankey at 2011 Lynchburg Firecracker Invitational	
	50 Back	32.91	<b>28-Jul-11</b>	LY VA	Josh Hankey at VSI Age Group State 2011	
	100 Back	1:10.64	<b>28-Apr-07</b>	LY VA	Caleb WILLIAMS at Just Swim AGAIN LC Derby - 2007	
	200 Back	2:30.89	<b>28-Jul-11</b>	LY VA	Josh Hankey at VSI Age Group State 2011	
	50 Breast	34.78	<b>14-May-85</b>	LY	Trey Tanner	
	100 Breast	1:15.50	<b>14-May-85</b>	LY	Trey Tanner	
	200 Breast	3:03.26	<b>23-Jun-00</b>	LY	Scott Thacker	
	50 Fly	30.16	<b>12-Aug-00</b>	LY	Coleman Wombwell	
	100 Fly	1:10.40	<b>15-May-09</b>	LY VA	Logan White at 12th Annual YSSC May LC Coaches Invitational	
	200 Fly	2:38.64	<b>15-May-09</b>	LY VA	Logan White at 12th Annual YSSC May LC Coaches Invitational	
	200 IM	2:26.46	<b>14-May-85</b>	LY	Trey Tanner	
	400 IM	5:29.88	<b>15-May-09</b>	LY VA	Logan White at 12th Annual YSSC May LC Coaches Invitational	
	200 Free Relay	2:02.63	<b>27-Jul-00</b>	LY	C.Wombwell, G.Templeton, S.Thacker, B.Giese	
	400 Free Relay	4:25.12	<b>14-May-85</b>	LY	J.Shieh, C.Connell, R.Montgomery, C.Gabaldon	
	200 Medley Relay	2:17.51	<b>28-Jul-80</b>	LY	D.Barnes, M.Cox, N.Salido, J.McLemore	
	400 Medley Relay	4:44.84	<b>18-May-80</b>	LY	D.Barnes, T.Gerhardt, D.Snead, N.Salido	
	13-14	50 Free	25.30	<b>11-Aug-00</b>	LY	Kip Abbott

**Lynchburg YMCA Swim Team**  
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**RECORDS 50 meter team record**

13-14	100 Free	56.10	8-Aug-07	LY VA	CARTER L. WATSON at N I Eastern Zones	
	200 Free	2:03.34	19-Jul-07	LY VA	CARTER L. WATSON at 2007 LC Age Group Championships	
	400 Free	4:22.91	8-Aug-07	LY VA	CARTER L. WATSON at N I Eastern Zones	
	800 Free	8:58.89	8-Aug-07	LY VA	CARTER L. WATSON at N I Eastern Zones	
	1500 Free	17:47.82	3-Aug-92	LY	Marcus Hill	
	100 Back	1:04.79	24-Jul-08	LY VA	Caleb WILLIAMS at 2008 VSI LC Age Group Champs	
	200 Back	2:16.70	24-Jul-08	LY VA	Caleb WILLIAMS at 2008 VSI LC Age Group Champs	
	100 Breast	1:12.33	5-Aug-02	LY	Scott Thacker	
	200 Breast	2:37.12	19-Nov-88	LY	Nathan Toms	
	100 Fly	1:04.61	19-Jul-07	LY VA	CARTER L. WATSON at 2007 LC Age Group Championships	
	200 Fly	2:23.58	11-Aug-10	VA VA	Logan White at 2010 Eastern Zone LC Championships	
	200 IM	2:20.59	19-Jul-07	LY VA	CARTER L. WATSON at 2007 LC Age Group Championships	
	400 IM	5:00.49	11-Aug-10	VA VA	Logan White at 2010 Eastern Zone LC Championships	
	200 Free Relay	1:48.10	27-Jul-00	LY	K.Abbott, W.Cook, A.Riscart, M.Elliott	
	400 Free Relay	4:02.63	19-Jul-07	LY VA	Lynchburg YMCA C. WATSON, J. Pettyjohn, C. NOWAKOWSKI, C. H	
	200 Medley Relay	2:05.81	3-Aug-83	LY	T.Gerhardt, D.Barnes, D.Snead, N.Salido	
	400 Medley Relay	4:36.12	19-Jul-07	LY VA	Lynchburg YMCA C. NOWAKOWSKI, C. HEAD, C. WATSON, J. Petty	
	15-16	50 Free	25.02	23-Jul-09	LY VA	CARTER L. WATSON at VA LC Senior Championships
		100 Free	54.47	23-Jul-09	LY VA	CARTER L. WATSON at VA LC Senior Championships
200 Free		1:57.48	22-Jul-10	LY VA	Caleb WILLIAMS at 2010 VA Swimming LC SR Championships	
400 Free		4:06.53	23-Jul-09	LY VA	Kemp Pettyjohn at VA LC Senior Championships	
800 Free		8:37.41	23-Jul-09	LY VA	Andrew COOK at VA LC Senior Championships	
1500 Free		16:19.85	23-Jul-09	LY VA	Andrew COOK at VA LC Senior Championships	
100 Back		1:01.58	22-Jul-10	LY VA	Caleb WILLIAMS at 2010 VA Swimming LC SR Championships	
200 Back		2:10.09	22-Jul-10	LY VA	Caleb WILLIAMS at 2010 VA Swimming LC SR Championships	
100 Breast		1:08.80	23-Jul-09	LY VA	CARTER L. HEAD at VA LC Senior Championships	
200 Breast		2:26.73	23-Jul-09	LY VA	CARTER L. HEAD at VA LC Senior Championships	
100 Fly		1:03.06	14-Aug-94	LY	John Smith	
200 Fly		2:14.22	23-Jul-09	LY VA	Andrew COOK at VA LC Senior Championships	
200 IM		2:11.98	23-Jul-09	LY VA	CARTER L. WATSON at VA LC Senior Championships	
400 IM		4:43.11	23-Jul-09	LY VA	CARTER L. WATSON at VA LC Senior Championships	
15-18	200 Free Relay	1:46.19	14-Aug-94	LY	C.Smith, J.Smith, M.Hill, P.Wallace	
	400 Free Relay	3:51.79	14-Aug-94	LY	C.Smith, J.Smith, M.Hill, P.Wallace	
	200 Medley Relay	2:01.56	14-May-10	LY	Williams,Hankey,Morris,Nowakow	
	400 Medley Relay	4:31.43	3-Aug-83	LY	R.Harris, K.Long, M.Cox, R.Waldis	
17-18	50 Free	25.02	6-Aug-07	LY VA	Travis Stauder at Jr. Nats	
	100 Free	54.30	17-Jul-08	LY VA	TRAVIS K. STAUDER at VA LC Senior Championships	
	200 Free	1:58.66	24-Jul-03	LY	Reid Madden	
	400 Free	4:07.07	8-Aug-11	LY VA	Kemp Pettyjohn at 2011 Speedo Junior National Championships	
	800 Free	8:38.53	23-Jul-09	LY VA	JASON C. BRAME at VA LC Senior Championships	
	1500 Free	16:26.56	8-Aug-11	LY VA	Andrew COOK at 2011 Speedo Junior National Championships	
	100 Back	1:02.52	21-Jul-11	LY VA	CHAD T. NOWAKOWSKI at 2011 VA LC SR Championships	
	200 Back	2:10.59	8-Aug-11	LY VA	Caleb WILLIAMS at 2011 Speedo Junior National Championships	
	100 Breast	1:06.27	17-Jul-08	LY VA	TRAVIS K. STAUDER at VA LC Senior Championships	
	200 Breast	2:25.74	21-Jul-11	LY VA	CARTER L. HEAD at 2011 VA LC SR Championships	
	100 Fly	1:00.48	25-Jul-84	LY	Kevin Long	
	200 Fly	2:08.93	8-Aug-11	LY VA	Andrew COOK at 2011 Speedo Junior National Championships	
	200 IM	2:11.73	17-Jul-08	LY VA	TRAVIS K. STAUDER at VA LC Senior Championships	
	400 IM	4:40.53	23-Jul-09	LY VA	JASON C. BRAME at VA LC Senior Championships	

**Lynchburg YMCA Swim Team**  
**Head Coach TJ Liston, 434-384-6338**

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**RECORDS 50 meter team record**

Open	50 Free	24.23	<b>22-Jul-10</b>	LY VA	TRAVIS K. STAUDER at 2010 VA Swimming LC SR Championships
	100 Free	54.30	<b>17-Jul-08</b>	LY	Travis Stauder
	200 Free	1:58.39	<b>22-Jul-10</b>	LY VA	Caleb WILLIAMS at 2010 VA Swimming LC SR Championships
	400 Free	4:06.53	<b>23-Jul-09</b>	LY	Kemp Pettyjohn
	800 Free	8:37.41	<b>23-Jul-09</b>	LY	Andrew Cook
	1500 Free	16:19.85	<b>23-Jul-09</b>	LY VA	Andrew Cook
	100 Back	1:01.87	<b>22-Jul-10</b>	LY VA	Caleb WILLIAMS at 2010 VA Swimming LC SR Championships
	200 Back	2:10.09	<b>22-Jul-10</b>	LY VA	Caleb WILLIAMS at 2010 LC Sr Champs
	100 Breast	1:05.68	<b>22-Jul-10</b>	LY VA	TRAVIS K. STAUDER at 2010 VA Swimming LC SR Championships
	200 Breast	2:24.06	<b>22-Jul-10</b>	LY VA	TRAVIS K. STAUDER at 2010 VA Swimming LC SR Championships
	100 Fly	1:00.48	<b>25-Jul-84</b>	LY	Kevin Long
	200 Fly	2:08.93	<b>8-Aug-11</b>	LY VA	Andrew Cook at 2011 Jrs
	200 IM	2:11.73	<b>17-Jul-08</b>	LY VA	TRAVIS K. STAUDER at VA LC Senior Championships
	400 IM	4:40.53	<b>23-Jul-09</b>	LY VA	JASON C. BRAME at VA LC Senior Championships
	200 Free Relay	1:39.80	<b>23-Jul-09</b>	LY VA	Lynchburg YMCA J. Pettyjohn, T. STAUDER, C. WATSON, J. BRAME
	400 Free Relay	3:45.35	<b>22-Jul-10</b>	LY VA	Lynchburg YMCA T. STAUDER, J. Pettyjohn, C. NOWAKOWSKI, C. V
	800 Free Relay	8:03.92	<b>23-Jul-09</b>	LY VA	Lynchburg YMCA J. Pettyjohn, C. WATSON, J. BRAME, C. NOWAKO
	200 Medley Relay	1:51.78	<b>22-Jul-10</b>	LY VA	Lynchburg YMCA J. WILLIAMS, T. STAUDER, J. Pettyjohn, C. WATS
	400 Medley Relay	4:03.73	<b>22-Jul-10</b>	LY VA	Lynchburg YMCA J. WILLIAMS, T. STAUDER, J. COOK, C. WATSON