

POTOMAC VALLEY SWIMMING RECORDS

08/31/2022

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
10 & under	50 FR	29.07	01/01/1991	PV-SOLO	Lauren Stinnett	Historical Record
10 & under	100 FR	1:04.41	01/01/1991	PV-SOLO	Lauren Stinnett	Historical Record
10 & under	200 FR	2:19.01	08/11/2010	PV-FISH	Isabella Rongione	2010 PV Eastern Zone LC Championships
10 & under	400 FR	4:49.46	08/05/2016	PV-FISH	Courtney Watts	2016 MR Eastern Zone LC Championship
10 & under	50 BK	32.61	01/01/1991	PV-SOLO	Lauren Stinnett	Historical Record
10 & under	100 BK	1:08.80	01/01/1991	PV-SOLO	Lauren Stinnett	Historical Record
10 & under	50 BR	36.87	08/09/2017	PV-RMSC	Emma Lantry	2017 VA Eastern Zone LC Champi
10 & under	100 BR	1:19.99	08/11/2017	PV-RMSC	Emma Lantry	2017 VA Eastern Zone LC Championship
10 & under	50 FL	31.67	11/04/2006	PV-CUBU	Janet Hu	2006 PV Fall Long Course Invitational
10 & under	100 FL	1:10.53	07/20/2006	PV-CUBU	Janet Hu	2006 PV LC Age Group Championships
10 & under	200 IM	2:38.41	08/06/2016	PV-FISH	Courtney Watts	2016 MR Eastern Zone LC Championship
10 & under	200 FR-R	2:03.30	07/19/2015	PV-RMSC	Lauren West, Sydney Allen, Nina Allen, Amy Lamb	2015 PV LC 14&U Championships
10 & under	200 MED-R	2:20.68	07/17/2015	PV-FISH	Courtney Watts, Bridget O'Shaughnessy, Kathleen Modder, Victoria Valko	2015 PV LC 14&U Championships

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
11-12	50 FR	27.03	01/01/1993	PV-SOLO	Lauren Stinnett	Historical Record
11-12	100 FR	58.63	01/01/1993	PV-SOLO	Lauren Stinnett	Historical Record
11-12	200 FR	2:07.48	07/19/2012	PV-FISH	Isabella Rongione	2012 PV LC 14&U Championships
11-12	400 FR	4:22.35	06/01/2012	PV-FISH	Isabella Rongione	2012 PV Maryland State LC Meet
11-12	800 FR	8:55.43	08/13/2012	PV-FISH	Isabella Rongione	2012 Speedo Junior National Champs
11-12	1500 FR	16:48.12	08/13/2012	PV-FISH	Isabella Rongione	2012 Speedo Junior National Champs
11-12	50 BK	30.40	08/01/2015	PV-NCAP	Phoebe Bacon	2015 IN NCSA Summer Swimming
11-12	100 BK	1:04.32	01/01/1993	PV-SOLO	Lauren Stinnett	Historical Record
11-12	200 BK	2:19.90	07/10/2008	PV-CUBU	Janet Hu	2008 PV Senior LC Championships
11-12	50 BR	33.50	08/11/2017	PV-RMSC	Joyce Wu	2017 VA Eastern Zone LC Championship
11-12	100 BR	1:14.25	07/11/2017	PV-RMSC	Joyce Wu	2017 PV AP MCSL Coaches Long Course
11-12	200 BR	2:39.67	08/01/2015	PV-MACH	Anna Keating	2015 NC STAR Futures Meet
11-12	50 FL	28.23	07/19/2012	PV-CUBU	Cassidy Bayer	2012 PV LC 14&U Championships
11-12	100 FL	1:01.75	08/02/2012	PV-CUBU	Cassidy Bayer	2012 NI - Speedo Champions Series
11-12	200 FL	2:15.02	08/02/2012	PV-CUBU	Cassidy Bayer	2012 NI - Speedo Champions Series
11-12	200 IM	2:24.87	08/13/2012	PV-FISH	Isabella Rongione	2012 Speedo Junior National Time Trials
11-12	400 IM	5:02.19	07/19/2012	PV-FISH	Isabella Rongione	2012 PV LC 14&U Championships
11-12	200 FR-R	1:51.86	01/01/1989	PV-CUBU	T Rankin, L Lauwaert, M Klima, J Davidson	Historical Record
11-12	400 FR-R	4:12.07	07/11/2013	PV-NCAP	Sinead Eksteen, Gabrielle Zhang, Katie Mack, Olivia Jubin	2013 PV LC 14&U Championships
11-12	200 MED-R	2:06.89	07/21/2016	PV-NCAP	Kate Hallmark, Carly Sebring, Aris Runnels, Giulia Baroldi	2016 PV LC 14&U Championships
11-12	400 MED-R	4:39.61	07/23/2017	PV-NCAP	Erin Gemmell, Eleanor Sun, Jordan Durocher, Maren Conze	2017 PV LC 14&U Championships

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
13-14	50 FR	25.97	06/01/2019	PV-NCAP	Camille Spink	2019 PV NCAP June LC Invitational
13-14	100 FR	55.87	07/09/2019	PV-NCAP	Erin Gemmell	2019 PV AP MCSL Coaches LC
13-14	200 FR	1:59.85	08/01/2019	PV-NCAP	Erin Gemmell	2019 Phillips 66 Nats
13-14	400 FR	4:09.30	02/10/2012	PV-CUBU	Kathleen Ledecy	2012 Missouri Grand Prix
13-14	800 FR	8:30.14	02/10/2012	PV-CUBU	Kathleen Ledecy	2012 Missouri Grand Prix
13-14	1500 FR	16:24.46	08/08/2011	PV-CUBU	Kathleen Ledecy	2011 Speedo Junior National Championships
13-14	100 BK	1:00.81	08/03/2017	PV-NCAP	Phoebe Bacon	2017 IN NCSA Summer Champs
13-14	200 BK	2:15.01	05/20/2017	PV-NCAP	Phoebe Bacon	2017 MD NBAC Spring LC Invite
13-14	100 BR	1:10.54	08/02/2017	PV-MACH	Anna Keating	2017 IN NCSA Summer Champs
13-14	200 BR	2:33.15	07/09/2017	PV-MACH	Anna Keating	2017 PV LC Senior Championships
13-14	100 FL	59.75	07/17/2014	PV-NCAP	Cassidy Bayer	2014 PV LC Senior Championships
13-14	200 FL	2:09.08	08/27/2014	PV-NCAP	Cassidy Bayer	2014 Jr Pan Pacific Championships
13-14	200 IM	2:16.58	07/11/2019	PV-NCAP	Erin Gemmell	2019 PV LC Open Championships
13-14	400 IM	4:49.81	07/12/2019	PV-NCAP	Eleanor Sun	2019 PV LC Open Championships
13-14	200 FR-R	1:50.29	07/19/2015	PV-NCAP	Abigail Harter, Allison Kopac, Maya Fischer, Katie Mack	2015 PV LC 14&U Championships
13-14	400 FR-R	3:57.18	07/18/2010	PV-CUBU	Janet Hu, Taylor Vincent, Sofia Revilak, Kathleen Ledecy	2010 PV LC Senior Championships
13-14	800 FR-R	8:29.38	07/18/2013	PV-NCAP	Cassidy Bayer, Megan Byrnes, Lea Gwennap, Emily Meilus	2013 PV LC Senior Championships
13-14	200 MED-R	1:58.07	08/09/2016	PV-NCAP	Phoebe Bacon, Abigail Harter, Jillian Johnson, Maya Fischer	2016 IN NCSA Summer Swimming Championships
13-14	400 MED-R	4:22.61	07/18/2013	PV-NCAP	Emily Meilus, Jasmine Hellmer, Cassidy Bayer, Lea Gwennap	2013 PV LC Senior Championships

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
15-16	50 FR	25.40	12/05/2019	PV-AAC	Torri Huske	2019 Toyota U.S. Open
15-16	100 FR	54.52	08/21/2019	PV-UN	Torri Huske	2019 World Junior Champs
15-16	200 FR	1:56.32	07/28/2013	PV-NCAP	Katie Ledecky	2013 15th FINA World Championships
15-16	400 FR	3:59.82	07/28/2013	PV-NCAP	Katie Ledecky	2013 15th FINA World Championships
15-16	800 FR	8:13.86	07/28/2013	PV-NCAP	Katie Ledecky	2013 15th FINA World Championships
15-16	1500 FR	15:36.53	07/28/2013	PV-NCAP	Katie Ledecky	2013 15th FINA World Championships
15-16	100 BK	59.02	08/10/2019	PV-NCAP	Phoebe Bacon	2019 PAN AM Games
15-16	200 BK	2:09.11	07/14/2019	PV-NCAP	Phoebe Bacon	2019 PV LC Open Championships
15-16	100 BR	1:09.45	07/31/2018	PV-MACH	Anna Keating	2018 Speedo Junior Nationals
15-16	200 BR	2:26.90	08/01/2019	PV-MACH	Anna Keating	2019 Phillips 66 Nats
15-16	100 FL	57.48	12/06/2019	PV-AAC	Torri Huske	2019 Toyota U.S. Open
15-16	200 FL	2:07.97	06/29/2016	PV-NCAP	Cassidy Bayer	2016 USA Olympic Team Trials
15-16	200 IM	2:11.70	12/05/2019	PV-AAC	Torri Huske	2019 Toyota U.S. Open
15-16	400 IM	4:45.75	01/01/1984	PV-NVFF	Michelle Griglione	Historical Record
15-16	200 FR-R	1:46.68	08/01/2017	PV-NCAP	Keyla Brown, Abby Harter, Maya Fischer, Katie Mack	2017I IN NCSA Summer Champs
15-16	400 FR-R	3:53.39	08/05/2016	PV-NCAP	Claire Nguyen, Madeline Laporte, Sinead Eksteen, Jasmine Hellmer	2016 PV Futures Championships UMD
15-16	800 FR-R	8:23.53	08/06/2014	PV-NCAP	Robyn Dryer, Hannah Baker, Andi Mack, Emily Meilus	2014 IN NCSA Summer Swimming Championships
15-16	200 MED-R	1:59.73	08/01/2017	PV-NCAP	Jing-e Tan, Sofia Davis, Claire Nguyen, Keyla Brown	2017 IN NCSA Summer Champs
15-16	400 MED-R	4:23.00	01/01/1985	PV-CURL	L Farris, M Griglione, N Deeb, K Davies	Historic Record

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
15-18	200 FR-R	1:44.52	07/28/2022	PV-NCAP	Aris Runnels, Maren Conze, Camille Spink, Julia Simpson	2022 IN NCSA Summer Swimming Championships
15-18	400 FR-R	3:47.78	07/31/2021	PV-NCAP	Tatum Wall, Mackenzie McConagha, Sophie Duncan, Erin Gemmell	2021 Futures Championships - Richmond
15-18	800 FR-R	8:14.75	07/30/2021	PV-NCAP	Jill Berger, Duncan, Spink, Sophie Duncan, Camille Spink, Erin Gemmell	2021 Futures Championships - Richmond
15-18	200 MED-R	1:55.12	07/27/2022	PV-NCAP	Aris Runnels, Ella Myers, Eleanor Sun, Camille Spink	2022 IN NCSA Summer Swimming Championships
15-18	400 MED-R	4:11.73	08/01/2021	PV-NCAP	Tatum Wall, Mackenzie McConagha, Eleanor Sun, Erin Gemmell	2021 Futures Championships - Richmond

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
17-18	50 FR	24.44	04/11/2021	PV-AAC	Torri Huske	2021 NC TAC TITANS LC Premier
17-18	100 FR	53.46	04/09/2021	PV-AAC	Torri Huske	2021 NC TAC TITANS LC Premier
17-18	200 FR	1:54.43	01/16/2016	PV-NCAP	Katie Ledecky	2016 ST Arena Pro Swim at Austin
17-18	400 FR	3:58.37	08/21/2014	PV-NCAP	Katie Ledecky	2014 Pan Pacific Championships
17-18	800 FR	8:06.68	01/17/2016	PV-NCAP	Katie Ledecky	2016 ST Arena Pro Swim at Austin
17-18	1500 FR	15:25.48	08/04/2015	PV-NCAP	Katie Ledecky	16th FINA World Championships
17-18	100 BK	58.63	12/06/2019	PV-NCAP	Phoebe Bacon	2019 Toyota U.S. Open
17-18	200 BK	2:08.82	12/07/2019	PV-NCAP	Phoebe Bacon	2019 Toyota U.S. Open
17-18	100 BR	1:08.91	06/25/2012	PV-RMSC	Sarah Haase	2012 USA Olympic Team Trials
17-18	200 BR	2:27.87	06/17/2021	PV-MACH	Anna Keating	2020 Olympic Trials Wave II
17-18	100 FL	55.66	06/13/2021	PV-AAC	Torri Huske	2020 Olympic Trials Wave II
17-18	200 FL	2:09.21	08/02/2017	PV-NCAP	Cassidy Bayer	2017 U.S. Open Champs
17-18	200 IM	2:10.38	06/15/2021	PV-AAC	Torri Huske	2020 Olympic Trials Wave II
17-18	400 IM	4:39.18	11/12/2015	PV-NCAP	Kathleen Ledecky	2015 US Arena Pro Series Minneapolis,
17-18	200 FR-R	1:44.52	07/28/2022	PV-NCAP	Aris Runnels, Camille Spink, Maren Conze, Julia Simpson	2022 IN NCSA Summer Swimming Championships
17-18	400 FR-R	3:52.30	07/31/2015	PV-MACH	Hannah Baker, Suzanne Dolan, Chloe Hicks, Fiona Muir	2015 NC STAR Futures Meet
17-18	800 FR-R	8:17.61	07/29/2022	PV-NCAP	Eleanor Sun, Maren Conze, Ella Myers, Camille Spink	2022 IN NCSA Summer Swimming Championships
17-18	200 MED-R	1:55.12	07/27/2022	PV-NCAP	Aris Runnels, Eleanor Sun, Ella Myers, Camille Spink	2022 IN NCSA Summer Swimming Championships
17-18	400 MED-R	4:13.76	07/31/2022	PV-NCAP	Aris Runnels, Eleanor Sun, Ella Myers, Camille Spink	2022 IN NCSA Summer Swimming Championship

Women's LCM LSC Records

Age Group	Event	Time	Date	LSC-Club	Swimmer	Meet
Open	50 FR	24.44	04/11/2021	PV-AAC	Torri Huske	2021 NC TAC TITANS LC Premier
Open	100 FR	53.46	04/09/2021	PV-AAC	Torri Huske	2021 NC TAC TITANS LC Premier
Open	200 FR	1:53.73	08/09/2016	PV-NCAP	Katie Ledecky	2016 Olympic Games
Open	400 FR	3:56.46	08/07/2016	PV-NCAP	Katie Ledecky	2016 Olympic Games
Open	800 FR	8:04.79	08/12/2016	PV-NCAP	Katie Ledecky	2016 Olympic Games
Open	1500 FR	15:25.48	08/04/2015	PV-NCAP	Katie Ledecky	16th FINA World Championships
Open	100 BK	58.63	12/06/2019	PV-NCAP	Phoebe Bacon	2019 Toyota U.S. Open
Open	200 BK	2:05.08	04/27/2022	PV-UN	Phoebe Bacon	International Team Trials
Open	100 BR	1:07.19	06/25/2012	PV-CUBU	Ellyn Baumgardner	2012 USA Olympic Team Trials
Open	200 BR	2:26.52	12/05/2002	PV-CUBU	Masami Tanaka	2002 US Open
Open	100 FL	55.66	06/13/2021	PV-AAC	Torri Huske	2020 Olympic Trials Wave II
Open	200 FL	2:07.97	06/29/2016	PV-NCAP	Cassidy Bayer	2016 USA Olympic Team Trials
Open	200 IM	2:10.38	06/15/2021	PV-AAC	Torri Huske	2020 Olympic Trials Wave II
Open	400 IM	4:37.93	05/13/2016	PV-NCAP	Katie Ledecky	2016 Atlanta Classic Swim Meet
Open	200 FR-R	1:44.52	07/28/2022	PV-NCAP	Aris Runnels, Camille Spink, Maren Conze, Julia Simpson	2022 IN NCSA Summer Swimming Championships
Open	400 FR-R	3:47.78	07/31/2021	PV-NCAP	Tatum Wall, Sophie Duncan, Mackenzie McConagha, Erin Gemmell	2021 Futures Championships - Richmond
Open	800 FR-R	8:16.50	07/18/2014	PV-NCAP	Megan Byrnes, Katie Ledecky, Janet Hu, Isabella Rongione	2014 PV LC Senior Championships
Open	200 MED-R	1:54.97	08/06/2019	PV-NCAP	Aris Runnels, Georgia Johnson, Carly Sebring, Camille Spink	2019 NCSA Summer Champs

USA Swimming