
Virginia High School League

Book of Records

Fourteenth Edition - 2009-10

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Educators serving youth, VHSL is 311 state schools

Virginia's public high schools, through their alliance as the Virginia High School League, serve their youth by establishing and maintaining standards for student activities and competitions that promote education, personal growth, sportsmanship, leadership and citizenship.

Major policies and decisions affecting League programs are determined by a 28-member Executive Committee. Direction is provided by

group boards and by region and district councils. Finally, all member principals have oversight at region meetings and at fall and spring membership meetings.

This democratic, decentralized organizational structure provides for maximum local control and assures participation of school leaders as well as the public-at-large.

2009-10 Executive Committee

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MAKING A MARK

Book of Records gives shape to VHSL achievements

This publication is the 14th edition of the *Virginia High School League Book of Records*. The VHSL continues its efforts to compile state championship data in all VHSL activities, along with performance marks where they are available.

Virginia's public high schools, through their alliance as the Virginia High School League, serve their youth by establishing and maintaining standards for student activities and competitions that promote education, personal growth, sportsmanship, leadership and citizenship.

The VHSL Book of Records brings proper recognition to high school students, coaches and teams that have achieved outstanding performances in interscholastic athletic and academic competition. The Virginia High School League believes such recognition helps stimulate interest in high school athletic programs and motivates participants to improve their skills.

Information is compiled from office files, past issues of *The Leaguer*, VHSL's yearbook of record, and information from those outside the VHSL who follow Virginia high school activities, most notably Marshall Johnson, retired Associated Press sports writer, member of the Virginia High School Hall of Fame and unofficial historian for prep sports in Virginia. John Crute of Richmond provided information about Group AAA track.

Todd Feagans and Erik Nilsson, student interns from the University of Virginia, undertook the massive assignment to get the book established. Their efforts have been supported in later updates by UVa interns Scott Clayton, Biffy Corneilson, Jerry Kim, Jessica Lange, Cicily Marshall, Rebecca Pine and Neil Thomson, and by Bob Moore, athletic director at Virginia Episcopal School in Lynchburg. All have spent many hours researching old files and making telephone contacts, checking and re-checking facts and inputting information.

A Work in Progress

However, much remains to be done on this *Book of Records*. Readers will find incomplete or missing informa-

tion. *The Leaguer* didn't give complete results in some activities in some years. While Johnson has compiled detailed performance records in sports such as football and basketball, we have found no records of outstanding performances in other VHSL sports and activities. Although we have done what we could to update information, there is no doubt that readers will have information that the VHSL may not.

We Invite Your Contributions

We invite you to become part of this publication. Where information is incomplete or incorrect, let us know. Where information is missing, fill in the blanks. Where you think we need to include information we have not offered, plead your case. In activities where there are no performance marks listed, we will use information received from our readers to establish them. As we continue to update this publication, we will rely on school officials, participants, reporters or other interested readers to keep us up to date with each new achievement or performance record.

Be careful though. We need verification from newspaper accounts, school records or some other authoritative source before we include information that may not be accurate.

Please use the form at the end of this book to report information which will update this work in progress.

Sportsmanship Statement

The Virginia High School League is pleased to recognize outstanding achievements by teams and individuals. Although it is impossible to determine intent when marks are established, the committee strongly encourages recognition of performances in the true spirit of interscholastic competition. Running up scores or embarrassing an opponent for the primary purpose of inclusion in the Book of Records is not consistent with the ideals of good sportsmanship.

Mike McCall, editor
VHSL Information and Communications
Specialist

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BOYS SWIMMING AND DIVING

Team Champions

(champion, runner-up)

AAA

2009	James Robinson	206.0	James Madison	156.5
2008	James Robinson	241.0	Oakton	213.0
2007	James Robinson	274.0	Oakton	158.0
2006	James Robinson	283.0	Lake Braddock	177.0
2005	James Robinson	300.0	Lake Braddock	188.0
2004	James Robinson	274.0	Lake Braddock	192.0
2003	James Robinson	239.0	Menchville	180.0
2002	Thomas Jefferson S&T	187.0	Menchville	185.0
2001	Cave Spring	179.5	Menchville	170.0
2000	Cave Spring	188.0	South Lakes	183.0
1999	South Lakes	286.5	Menchville	218.5
1998	Kempsville	253.0	South Lakes	245.0
1997	Thomas Jefferson S&T	216.0	South Lakes	181.0

AA/A

2009	Lafayette	216.0	Jamestown	213.0
2008	Jamestown	248.0	Lafayette	228.0
2007	Jamestown	329.5	Lafayette	216.0
2006	Jamestown	301.0	Lafayette	230.0
2005	Tabb	273.0	Hidden Valley	254.0
2004	Hidden Valley	289.0	Jamestown	268.0
2003	Tabb	292.0	Jamestown	267.0
2002	Tabb	291.5	Blacksburg	232.0
2001	Jamestown	280.5	Lafayette	275.0
2000	Lafayette	285.0	Jamestown	236.0

Individual Champions

AAA

* events measured in meters rather than yards;
meet staged at Princess Anne Recreation Center

200 Medley Relay

2009	James Robinson	1:36.24
2008	Oakton	1:34.85
2007*	James Robinson	1:48.65
2006	Herndon	1:37.82
2005	James Robinson	1:38.57
2004	James Robinson	1:37.34
2003*	Menchville	1:49.18
2002	Thomas Jefferson S&T	1:38.61
2001	Menchville	1:38.71
2000	Oakton	1:38.49
1999	Menchville	1:38.72
1998*	Kempsville	1:49.12
1997	Mount Vernon	1:38.75

200 Freestyle

2009	Bradley Phillips	Oakton	1:40.62
2008	John Schnittker	James Madison	1:40.29
2007*	Cameron Gledhill	McLean	1:53.01
2006	Drew Finelli	James Robinson	1:41.59
2005	Drew Finelli	James Robinson	1:44.44
2004	Drew Finelli	James Robinson	1:44.55
2003*	Chris Meleski	South Lakes	1:53.56
2002	Chris Meleski	South Lakes	1:41.79
2001	Chris Meleski	South Lakes	1:43.13
2000	Chris Bassler	Thomas Jefferson	1:43.54
1999	Marc Severin	South Lakes	1:42.72
1998*	Greg Long	South Lakes	1:54.74
1997	Brett Cline	Warwick	1:41.62

200 Individual Medley

2009	David Kiss	Thomas Edison	1:51.72
2008	Jonathan Christensen	Thomas Jefferson	1:53.01
2007*	Andy Brake	Lake Braddock	2:05.53
2006	Andy Brake	Lake Braddock	1:54.07
2005	Zachary Hayden	Stonewall Jackson	1:53.99
2004	John Hutchison	West Springfield	1:55.95
2003*	Brett MacLennan	Gar-Field	2:05.62
2002	Mike Ott	Oakton	1:53.61
2001	Matt Ott	Oakton	1:54.44
2000	Markus Rogan	Mt. Vernon	1:52.66
1999	Greg Long	South Lakes	1:53.73
1998*	Marc Severin	South Lakes	2:08.08
1997	Marc Severin	South Lakes	1:55.76

50 Freestyle

2009	Robbie Parker	James Madison	20.88
2008	Geoff Bobsin	James Robinson	21.34
2007*	Zach Holmes	James Robinson	23.84
2006	Zach Holmes	James Robinson	21.28
2005	Steve Scheren	James Robinson	21.07
2004	Steve Scheren	James Robinson	21.14
2003*	Michael Balint	Thomas Jefferson S&T	24.10
2002	Casey Moore	Great Bridge	21.66
2001	Joel Cross	Bethel	21.06
2000	Mike Sihler	Oakton	21.45
1999	Matt Morrisette	Frank Cox	21.69
1998*	John McLaren	Kempsville	23.80
1997	Jon Lowell	Lake Braddock	21.35

100 Butterfly

2009	Sean Fletcher	James Madison	47.08
2008	Sean Fletcher	James Madison	48.97
2007*	Sean Fletcher	James Madison	56.1
2006	Zack Wise	R.E. Lee, Springfield	50.26
2005	Ian deToll	Culpeper County	50.76
2004	J.B. Walsh	Ocean Lakes	50.70
2003*	J.B. Walsh	Ocean Lakes	56.54
2002	Peter Verhoef	Warwick	50.01

2001	Josh Fulton	Menchville	50.14	2004	John Lyles	Lake Braddock	52.42
2000	Adam Orton	South Lakes	49.95	2003*	Brett MacLennan	Gar-Field	58:16
1999	Adam Orton	South Lakes	50.12	2002	Alan Fishman	JEB Stuart	52.16
1998*	Matt Morrisette	Frank Cox	56.42	2001	Josh Fulton	Menchville	51.06
1997	Matt Morrisette	Frank Cox	52.49	2000	Markus Rogan	Mt. Vernon	50.20
100 Freestyle				1999	Adam Orton	South Lakes	51.76
2009	Sean Fletcher	James Madison	45.58	1998*	Chris Mousetis	Woodside	58.68
2008	Tim Wingert	James Robinson	45.56		Ryan Buckham	Thomas Jefferson S&T	
2007*	Zach Holmes	James Robinson	51.76	1997	Markus Rogan	Mount Vernon	52.73
2006	Zachary Hayden	Stonewall Jackson	46.49	100 Breaststroke			
2005	Steve Scheren	James Robinson	45.59	2009	Stephen Richards	Langley	57.15
2004	Steve Scheren	James Robinson	46.09	2008	Derek Bui	James Robinson	57.34
2003*	Mike Ott	Oakton	52.68	2007*	Derek Bui	James Robinson	1:04.03
2002	Mike Ott	Oakton	47.24	2006	Derek Bui	James Robinson	57.69
2001	Mike Anstrom	Braddock	46.60	2005	Zachary Hayden	St. Jackson	58.19
2000	Mike Ott	Oakton	47.49	2004	Russell Smyth	Culpeper County	58.75
1999	Marc Severin	South Lakes	46.96	2003*	Andy Pelenberg	Annandale	1:05.82
1998*	Matt Brado	R.E. Lee	52.28	2002	Rick Eddy	Westfield	58.14
1997	Jon Lowell	Lake Braddock	46.41	2001	Rick Eddy	Westfield	57.89
500 Freestyle				2000	Rick Eddy	Chantilly	58.57
2009	Matt Benecki	Chantilly	4:25.72	1999	Conrad Mapp	Frank Cox	59.00
2008	Matt Benecki	Chantilly	4:30.16	1998*	Ed Moses	Lake Braddock	1:03.35
2007*	Bryan Uncur	Hickory	5:05.34	1997	Ed Moses	Lake Braddock	58.98
2006	Alex Anderson	James Madison	4:30.57	400 Freestyle Relay			
2005	Drew Finelli	James Robinson	4:34.83	2009	James Madison		3:06.81
2004	Alex Anderson	James Madison	4:37.85	2008	James Robinson		3:08.20
2003*	Chris Meleski	South Lakes	5:09.00	2007*	James Robinson		3:32.98
2002	Chris Meleski	South Lakes	4:36.40	2006	James Robinson		3:11.83
2001	Tim Norton	Kempsville	4:40.94	2005	James Robinson		3:12.98
2000	Chris Bassler	Thomas Jefferson	4:40.75	2004	James Robinson		3:16.07
1999	Greg Long	South Lakes	4:39.97	2003*	Menchville		3:35.83
1997	Greg Long	South Lakes	4:42.16	2002	Menchville		3:12.92
400 Freestyle				2001	South Lakes		3:15.61
1998*	Greg Long	South Lakes	4:00.99	2000	Mt. Vernon		3:13.11
200 Freestyle Relay				1999	South Lakes		3:08.23
2009	James Madison		1:25.43		(Staten, Adam Orton, Marc Severin, Greg Long)		
2008	James Robinson		1:25.89	1998*	South Lakes		3:34.18
2007*	James Robinson		1:37.08	1997	South Lakes		3:15.32
2006	James Robinson		1:27.91	1-Meter Diving			
2005	James Robinson		1:28.12	2009	Cory Bowersox	James Robinson	504.65
2004	James Robinson		1:27.57	2008	Bryan Bahr	Mount Vernon	454.05
2003*	James Robinson		1:39.93	2007	Daniel Martin	W.T. Woodson	481.05
2002	Thomas Jefferson S&T		1:28.94	2006	Michael McDonald	W.T. Woodson	519.15
2001	Mount Vernon		1:29.51	2005	Mike Papageorge	James Robinson	502.56
2000	Oakton		1:27.16	2004	Mike McDonald	W. T. Woodson	476.70
1999	South Lakes		1:27.70	2003	Scott Hudson	Lake Braddock	440.37
	(Staten, Webb, Greg Long, Marc Severin)			2002	Andrew Barber	Marshall	497.37
1998*	South Lakes		1:37.20	2001	Andy Bradley	James Robinson	528.55
1997	West Springfield		1:28.04	2000	Andrew Barber	George Marshall	478.53
100 Backstroke				1999	Stephen Krebs	W. T. Woodson	495.50
2009	Michael Hallock	Oakton	50.33	1998	Stephen Krebs	W. T. Woodson	482.00
2008	Sean Fletcher	James Madison	51.54	1997	Stephen Krebs	W. T. Woodson	470.95
2007*	Wade Gong	Thomas Jefferson	59.00				
2006	Jimmy McLaughlin	Herndon	51.63				
2005	Nick Loyd	Stafford	51.99				

Individual Champions

AA/A

200 Medley Relay

2009	Lafayette		1:37.03
2008	Brentsville District		1:37.47
2007	Lafayette		1:38.53
2006	Lafayette		1:38.81
2005	Tabb		1:38.79
2004	Hidden Valley		1:39.96
2003	Tabb		1:40.11
2002	Tabb		1:36.87
2001	Tabb		1:38.54
2000	Jamestown		1:41.19

200 Freestyle

2009	Seth Wensel	Christiansburg	1:39.09
2008	Seth Wensel	Christiansburg	1:40.99
2007	Andy Mears	Potomac Falls	1:42.50
2006	Matt McLean	Potomac Falls	1:40.30
2005	Matt McLean	Potomac Falls	1:39.96
2004	Lee Robertson	Waynesboro	1:44.31
2003	Tommy Evans	Blacksburg	1:42.90
2002	Tommy Evans	Blacksburg	1:43.16
2001	John Hartman	Jamestown	1:45.29
2000	Tommy Evans	Blacksburg	1:48.38

200 Individual Medley

2009	Evan Gregg	Blacksburg	1:48.29
2008	Todd McGraw	William Byrd	1:51.26
2007	Evan Gregg	Blacksburg	1:54.85
2006	Scott Harkins	Lafayette	1:56.50
2005	John Kegelmann	Tabb	1:57.36
2004	Austin Fiehler	Jamestown	1:56.64
2003	Tim Kegelmann	Tabb	1:53.61
2002	Tim Kegelmann	Tabb	1:55.34
2001	Bobby Huneycutt	Jamestown	1:58.51
2000	Kenny Flory	Liberty-Beaeton	1:57.74

50 Freestyle

2009	Daniel Foky	Charlottesville	21.12
2008	Evan Gregg	Blacksburg	21.18
2007	Stephen Hawkins	Jefferson Forest	20.84
2006	Andy Arey	Turner Ashby	21.87
2005	David Walters	Tabb	20.73
2004	William Copeland	Rockbridge Co.	20.97
2003	William Copeland	Rockbridge Co.	21.77
2002	Jon Keefe	Tabb	21.52
2001	Tim Kegelmann	Tabb	21.79
2000	Will Powell	Poquoson	22.05

100 Butterfly

2009	Jon Keltner	Jamestown	50.67
2008	Matt Baumler	Lafayette	50.91
2007	Matt Baumler	Lafayette	52.08
2006	Jordan Anderson	Hidden Valley	50.70
2005	Jordan Anderson	Hidden Valley	49.72

2004	Jordan Anderson	Hidden Valley	50.31
2003	Tim Kegelmann	Tabb	51.21
2002	Lyle Babcock	Tabb	51.05
2001	Lyle Babcock	Tabb	50.97
2000	Lyle Babcock	Tabb	51.33

100 Freestyle

2009	Evan Gregg	Blacksburg	44.63
2008	Evan Gregg	Blacksburg	46.12
2007	Stephen Hawkins	Jefferson Forest	45.52
2006	Andy Mears	Potomac Falls	47.56
2005	Nate Aligood	Rockbridge County	47.23
2004	William Copeland	Rockbridge County	46.14
2003	Tommy Evans	Blacksburg	47.06
2002	Tommy Evans	Blacksburg	46.91
2001	Drew Pittman	Lafayette	47.94
2000	Aaron Mabery	Brookville	48.41

500 Freestyle

2009	Seth Wensel	Christiansburg	4:34.69
2008	Todd McGraw	William Byrd	4:33.45
2007	Alexander Morres	Brentsville District	4:44.63
2006	Matt McLean	Potomac Falls	4:36.00
2005	David Walters	Tabb	4:31.74
2004	Tyler Bradshaw	Salem	4:44.34
2003	David Walters	Tabb	4:43.84
2002	Anthony Chung	Poquoson	4:46.35
2001	Bobby Huneycutt	Jamestown	4:51.51
2000	Chris Malone	Brookville	4:53.24

200 Freestyle Relay

2009	Lafayette	1:28.10
2008	Lafayette	1:27.91
2007	Lafayette	1:28.40
2006	Lafayette	1:28.90
2005	Lafayette	1:28.03
2004	Rockbridge County	1:27.87
2003	Blacksburg	1:29.68
2002	Tabb	1:28.18
2001	Lafayette	1:31.17
2000	Tabb	1:31.88

100 Backstroke

2009	Jon Keltner	Jamestown	51.87
2008	Alvaro Vega	Waynesboro	52.00
2007	Matt Baumler	Lafayette	51.75
2006	Matt Baumler	Lafayette	53.40
2005	Kyle Kammer	Lafayette	53.42
2004	John Kegelmann	Tabb	54.57
2003	Josh Fowler	Jamestown	54.16
2002	Stephen Shomberger	Courtland	52.93
2001	John Hartmann	Jamestown	53.09
2000	Will Powell	Poquoson	53.41

100 Breaststroke

2009	Ben Grove	John Handley	57.77
2008	Alexander Morres	Brentsville District	57.79
2007	Alexander Morres	Brentsville District	59.42
2006	Bryan Durazo	Heritage	1:00.20

2005	Scott Thacker	Jefferson Forest	59.19
2004	Tom Maddux	Loudoun Valley	58.37
2003	Dale Parker	Massaponax	59.89
2002	Tim Kegelman	Tabb	59.35
2001	Tim Kegelman	Tabb	59.24
2000	Aaron Nester	Lafayette	59.47

400 Freestyle Relay

2009	Brentsville District		3:15.78
2008	Jamestown		3:13.26
2007	Jamestown		3:15.55
2006	Hidden Valley		3:12.97
2005	Tabb		3:10.65
2004	Rockbridge County		3:14.41
2003	Tabb		3:15.38
2002	Blacksburg		3:16.39
2001	Tabb		3:14.79
2000	Tabb		3:23.56

1-Meter Diving

2009	Ben Davidson	Jamestown	378.40
2008	Ben Davidson	Jamestown	367.25
2007	Mike Newcomb	Jamestown	342.45
2006	Mike Newcomb	Jamestown	348.70
2005	Patrick Russell	Jamestown	356.80
2004	Neil Hebbert	Virginia	308.70
2003	Stephen Lepsche	Tabb	255.50
2002	Paul Sebring	Charolttesville	243.90
2001	Sean Carlton	Charlottesville	347.45
2000	Eran Martin	Virginia	364.90

State Meet Records

AAA

* events measured in meters rather than yards; meet staged at Princess Anne Recreation Center; # NFHS National Record

200-yard Medley Relay

2008	Oakton		1:34.85
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(Michael Hallock, K.J. Park, Mike Piantedosi, Tim Daniels)

200-meter Medley Relay

2007*	James Robinson		1:48.65
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200-yard Freestyle

2008	John Schnittker	James Madison	1:40.29
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200-meter Freestyle

2003*	Chris Meleski	South Lakes	1:53.56
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200-yard Individual Medley

2009	David Kiss	Thomas Edison	1:51.72
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200-meter Individual Medley

2007*	Andy Brake	Lake Braddock	2:05.53
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50-yard Freestyle

2009	Robbie Parker	James Madison	20.88
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50-meter Freestyle

1998*	John McLaren	Kempsville	23.80
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100-yard Butterfly

2009	Sean Fletcher	James Madison	#47.08
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100-meter Butterfly

2007*	Sean Fletcher	James Madison	56.13
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100-yard Freestyle

2008	Tim Wingert	James Robinson	45.56
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100-meter Freestyle

2007*	Zach Holmes	James Robinson	51.76
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500-yard Freestyle

2009	Matt Benecki	Chantilly	4:25.72
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500-meter Freestyle

2007*	Bryan Uncur	Hickory	5:05.34
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400-meter Freestyle

1998*	Greg Long	South Lakes	4:00.99
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200-yard Freestyle Relay

2009	James Madison		1:25.43
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(Sean Fletcher, David Fallavollita, Adam Pennington, , Robbie Parker)

200-meter Freestyle Relay

2007*	James Robinsn		1:37.08
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100-yard Backstroke

2000	Markus Rogan	Mt. Vernon	50.20
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100-meter Backstroke

2003*	Brett MacLennan	Gar-Field	58:16
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100-yard Breaststroke

2009	Stephen Richards	Langley	57.15
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100-meter Breaststroke

1998*	Ed Moses	Lake Braddock	1:03.35
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400-yard Freestyle Relay

2009	James Madison		3:06.81
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(Robbie Parker, Matt Russiello, Adam Pennington, Sean Fletcher)

400-meter Freestyle Relay

2007*	James Robinson		3:32.98
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1-Meter Diving

2001	Andy Bradley	James Robinson	528.55
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AA/A

200 Medley Relay

2002	Tabb		1:36.87
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200 Freestyle

2009	Seth Wensel	Christiansburg	1:39.09
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200 Individual Medley

2009	Evan Gregg	Blacksburg	1:48.29
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50 Freestyle

2005	David Walters	Tabb	20.73
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100 Butterfly

2005	Jordan Anderson	Hidden Valley	49.72
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100 Freestyle

2009	Evan Gregg	Blacksburg	44.63
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500 Freestyle

2005	David Walters	Tabb	4:31.74
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200 Freestyle Relay

2004	Rockbridge County		1:27.87
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100 Backstroke

2007	Matt Baumler	Lafayette	51.75
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100 Breaststroke

2009	Ben Grove	John Hancley	57.77
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400 Freestyle Relay

2005	Tabb		3:10.65
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1-Meter Diving

2009	Ben Davidson	Jamestown	378.40
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GIRLS SWIMMING AND DIVING

Team Champions

(champion, runner-up)

AAA

2009	James Robinson	239.5	Osbourn Park	185
2008	Fairfax	268.5	James Robinson	224
2007	Yorktown	249.5	Fairfax	218
2006	Yorktown	185	Fairfax	180
2005	South Lakes	221	Lake Braddock	185
2004	Thomas Jefferson S&T	225	South Lakes	184
2003	Thomas Jefferson S&T	253	South Lakes	163
2002	Thomas Jefferson S&T	259	South Lakes	151
2001	Langley	244	T. Jefferson S&T	185
2000	Langley	360	Centreville	128
			South Lakes	128
1999	Langley	328	West Springfield	152
1998	Langley	275	Cave Spring	142
1997	West Springfield	218	Lafayette	175

AA

2009	Hidden Valley	308	Lafayette	182
2008	Lafayette	244	Hidden Valley	226
2007	Lafayette	344	Grafton	180
2006	Lafayette	389	Jamestown	184
2005	Lafayette	334	Tabb	238
2004	Lafayette	267	Tabb	230
2003	Tabb	250	William Byrd	238
2002	Jamestown (tie)	225	Tabb	225
2001	Jamestown	309.5	Tabb	213
2000	Jamestown	273	Charlottesville	248

Individual Champions

AAA

* events measured in meters rather than yards;
meet staged at Princess Anne Recreation Center

200 Medley Relay

2009	Fairfax	1:47.62
2008	Fairfax	1:46.27
2007*	Yorktown	2:01.35
2006	Yorktown	1:47.66
2005	South Lake	1:48.31
2004	Thomas Jefferson S&T	1:49.50
2003*	Culpeper County	1:59.05
2002	Patrick Henry - Roanoke	1:50.46
2001	Langley	1:49.75
2000	Langley	1:47.51
1999	Langley	1:50.01
1998*	Langley	2:04.20
1997	Langley	1:53.41

200 Freestyle

2009	Rebecca Jones	First Colonial	1:46.32
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2008	Rebecca Jones	First Colonial	1:48.45
2007*	Rebecca Jones	First Colonial	2:03.12
2006	Rebecca Jones	First Colonial	1:50.18
2005	Sarah Baker	James Robinson	1:51.05
2004	Sarah Baker	James Robinson	1:50.92
2003*	Jenny Basel	T. Jefferson S&T	2:03.69
2002	Kelly Freeburn	Tallwood	1:52.05
2001	Nicole Somers	Langley	1:52.94
2000	Marshi Smith	W.T. Woodson	1:53.11
1999	Allyson Hamilton,	West Springfield	1:53.30
1998*	Katherine McAdoo,	T.C. Williams	2:08.35
1997	Allyson Hamilton,	West Springfield	1:56.92

200 Individual Medley

2009	Kaitlin Pawlowicz	Oakton	2:02.79
2008	Ashley Danner	Lake Braddock	2:01.19
2007*	Molly Emery	Lake Braddock	2:22.45
2006	Mei Christensen	South Lakes	2:03.61
2005	Mei Christensen	South Lakes	2:05.28
2004	Emily Verdin	T. Jefferson S&T	2:04.19
2003*	Emily Verdin	T. Jefferson S&T	2:19.87
2002	Emily Verdin	T. Jefferson S&T	2:05.70
2001	Lindsey Ertter	Langley	2:05.77
2000	Lindsey Ertter	Langley	2:05.64
1999	Lindsey Ertter,	Langley	2:07.95
1998*	Lacey Hlavaka,	Hayfield	2:23.23
1997	Stephanie Jenkins,	Kempsville	2:10.90

50 Freestyle

2009	Amanda Kendall	James Robinson	23.40
2008	Amanda Kendall	James Robinson	23.68
2007*	Amanda Kendall	James Robinson	26.47
2006	Amanda Kendall	James Robinson	23.65
2005	Christine Nichols	W.T. Woodson	24.05
2004	Amber Bialas	Tallwood	23.96
2003*	Clare Wooddall-Gainey	Patrick Henry	26.49
2002	Allision Cameron	James Madison	24.18
2001	Krissy Archer	Hickory	24.18
2000	Lauren Cornet	Langley	23.61
1999	Laura Ullrich,	Centreville	24.44
1998*	Miriam Lynch,	Lake Braddock	27.35
1997	Brandi Stergion,	George Washington	24.26

100 Butterfly

2009	Gabrielle Mizerak	Osbourn Park	55.02
2008	Suzanne Schweet	Stone Bridge	54.78
2007*	Suzanne Schweet	Stone Bridge	1:02.66
2006	Suzanne Schweet	Stone Bridge	55.43
2005	Hannah Brinks	Atlee	57.25
2004	Yeng Lan Beller	Westfield	55.63
2003*	Yeng Lan Beller	Westfield	1:01.35
2002	Gigi DeToll	Culpeper	56.34
2001	Laura Ullrich	Westfield	56.99
2000	Katherine McAdoo	T.C. Williams	56.83
1999	Cynthia Roller,	Herndon	56.21

1998*	Bridget Mallon,	Washington-Lee	1:04.06
1997	Bridget Mallon,	Washington-Lee	58.56

100 Freestyle

2009	Rebecca Jones	First Colonial	49.15
2008	Amanda Kendall	James Robinson	50.76
2007*	Amanda Kendall	James Robinson	57.17
2006	Amanda Kendall	James Robinson	51.33
2005	Christine Nichols	W.T. Woodson	52.48
2004	Christine Marshall	Menchville	51.78
2003*	Clare Wooddall-Gainey	Patrick Henry	57.41
2002	Kelly Freeburn	Tallwood	51.59
2001	Marshi Smith	W. T. Woodson	51.96
2000	Lauren Cornet	Langley	52.14
1999	Marshi Smith,	W. T. Woodson	53.31
1998*	Miriam Lynch,	Lake Braddock	57.35
1997	Brandi Stergion,	George Washington	53.13

500 Freestyle

2009	Rachael Burnett	Annandale	4:50.14
2008	Rebecca Jones	First Colonial	4:53.19
2007*	Rachael Burnett	Annandale	5:28.82
2006	Kim Case	West Springfield	4:55.02
2005	Kim Case	West Springfield	4:54.93
2004	Sarah Baker	James Robinson	4:54.31
2003*	Meghan Thiel	Yorktown	5:26.07
2002	Meghan Thiel	Yorktown	4:54.60
2001	Meghan Thiel	Yorktown	4:54.65
2000	Nicole Somers	Langley	4:59.73
1999	Nicole Somers,	Langley	5:00.50
1997	Missy Bell, West	Springfield	5:08.83

400 Freestyle

1998*	Lacey Hlavka,	Hayfield	5:27.33
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200 Freestyle Relay

2009	Fairfax	1:36.60
2008	Fairfax	1:36.20
2007*	Yorktown	1:49.04
2006	Yorktown	1:36.58
2005	Yorktown	1:38.83
2004	First Colonial	1:39.51
2003*	First Colonial	1:49.76
2002	T. Jefferson S&T	1:38.57
2001	T. Jefferson S&T	1:39.24
2000	Langley	1:37.54
1999	Langley	1:39.95
1998*	Langley	1:52.35
1997	Centreville	1:41.84

100 Backstroke

2009	Meredith Cavalier	Brooke Point	54.85
2008	Suzanne Schwee	Stone Bridge	55.37
2007*	Meredith Cavalier	Brooke Point	1:03.42
2006	Mei Christensen	South Lakes	56.11
2005	Michell Parkhurst	George C. Marshall	56.17
2004	Emily Verdin	T. Jefferson S&T	56.16
2003*	Yeng Lan Beller	Westfield	1:03.59
2002	Katie Doggett	T. Jefferson S&T	56.79

2001	Marshi Smith	W. T. Woodson	57.63
2000	Marshi Smith	W. T. Woodson	57.37
1999	Marshi Smith,	W. T. Woodson	57.48
1998*	Martha Snead,	Patrick Henry-Roanoke	1:06.48
1997	Bethany Lindberg,	Woodbridge	57.96

100 Breaststroke

2009	Ely Baumgardner	Fairfax	1:03.57
2008	Ashley Danner	Lake Braddock	1:00.96
2007*	Ellyn Baumgardner	Fairfax	1:10.31
2006	Ashley Danner	Lake Braddock	1:02.68
2005	Ashley Danner	Lake Braddock	1:03.96
2004	Kim Case	West Springfield	1:06.76
2003*	Jenny Basel	T. Jefferson S&T	1:11.18
2002	Jenny Basel	T. Jefferson S&T	1:04.99
2001	Lindsey Ertter	Langley	1:03.82
2000	Lindsey Ertter	Langley	1:03.65
1999	Lindsey Ertter,	Langley	1:03.65
1998*	Stephanie Jenkins,	Kempsville	1:10.97
1997	Stephanie Jenkins,	Kempsville	1:04.41

400 Freestyle Relay

2009	Oakton	3:33.94
2008	Lake Braddock	3:30.60
2007*	James Robinson	3:55.88
2006	Lake Braddock	3:31.22
2005	South Lakes	3:33.56
2004	South lakes	3:34.37
2003*	Thomas Jefferson S&T	3:56.87
2002	South Lakes	3:35.14
2001	Langley	3:34.68
2000	Langley	3:37.97
1999	Langley: (Shipp, Somers, Kuga, Kriso)	3:39.16
1998*	Langley	4:05.82
1997	West Springfield	3:39.93

1-Meter Diving

2009	Maren Taylor	Yorktown	478.95
2008	Maren Taylor	Yorktown	455.23
2007	Maren Taylor	Yorktown	420.93
2006	Caitlin High	Maggie Walker GS	430.55
2005	Shelby Rudd	T. Jefferson S&T	429.72
2004	Lara Beth Elder	Appomattox	421.86
2003	Mary Yarrison	R.E. Lee-Springfield	483.30
2002	Mary Yarrison	R.E. Lee-Springfield	466.23
2001	Mary Yarrison	R.E. Lee-Springfield	454.20
2000	Mary Yarrison	R.E. Lee-Springfield	476.85
1999	Amber O'Reilly,	Hayfield	481.00
1998	Amber O'Reilly,	Hayfield	440.15
1997	Amber O'Reilly,	Hayfield	470.85

Individual Champions

AA

200 Medley Relay

2009	Hidden Valley	1:48.26
2008	Hidden Valley	1:52.24

2007	Lafayette		1:51.18
2006	Lafayette		1:51.90
2005	Lafayette		1:51.05
2004	Lafayette		1:54.22
2003	William Byrd		1:53.48
2002	Grafton		1:53.85
2001	Jamestown		1:55.88
2000	Tabb		1:54.90

200 Freestyle

2009	Katie Keefer	Waynesboro	1:52.36
2008	Ali Horn	Cave Spring	1:54.43
2007	Lauren Ritter	Dominion	1:53.60
2006	Julie Sablik	Cave Spring	1:52.59
2005	Caitlin Perks	Fauquier	1:53.27
2004	Emily Kelly	Loudoun Valley	1:52.65
2003	Sasha Malanina	William Byrd	1:51.52
2002	Becky Horning	Potomac Falls	1:54.30
2001	Becky Horning	Potomac Falls	1:57.42
2000	Stefani Lubore	Broad Run	1:59.83

200 Individual Medley

2009	Ali Horn	Cave Spring	2:03.31
2008	Kaitlin Pawlowicz	Heritage	2:05.67
2007	Meaghan Holloway	Grafton	2:06.9
2006	Meaghan Holloway	Grafton	2:06.60
2005	Kristin Cihoski	Tabb	2:06.00
2004	Julie Sablik	Cave Spring	2:07.88
2003	Bonnie Sutton	William Byrd	2:08.49
2002	Erin Homewood	Jamestown	2:08.37
2001	Sarah Deibler	York	2:11.74
2000	Sarah Deibler	York	2:09.89

50 Freestyle

2009	Caroline Chromik	Grafton	24.38
2008	Colleen Ward	Grafton	24.72
2007	Hannah Davis	Lafayette	23.92
2006	Hannah Davis	Lafayette	24.20
2005	Sara Smith	Spotswood	24.08
2004	Sara Smith	Spotswood	24.28
2003	Becky Horning	Potomac Falls	24.63
2002	Laura Campbell	Grafton	24.25
2001	Emily Welty	Bruton	25.17
2000	Rebecca Knicely	Jamestown	24.91

100 Butterfly

2009	Ali Horn	Cave Spring	54.69
2008	Kaitlin Pawlowicz	Heritage	57.36
2007	Meaghan Holloway	Grafton	56.69
2006	Julie Sablik	Cave Spring	56.60
2005	Julie Sablik	Cave Spring	56.46
2004	Julie Sablik	Cave Spring	56.26
2003	Megan Newell	Stone Bridge	56.69
2002	Becky Horning	Potomac Falls	57.28
2001	Becky Horning	Potomac Falls	59.22
2000	Rebecca Knicely	Jamestown	59.60

100 Freestyle

2009	Lauren Hines	Hidden Valley	51.15
2008	Lauren Hines	Hidden Valley	53.12

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2007	Hannah Davis	Lafayette	51.49
2006	Hannah Davis	Lafayette	52.50
2005	Sara Smith	Spotswood	52.03
2004	Sara Smith	Spotswood	52.83
2003	Kaitlyn Stortz	Grafton	53.18
2002	Laura Campbell	Grafton	53.11
2001	Rebecca Knicely	Jamestown	54.50
2000	Tamara Jones	James Monroe	54.65

500 Freestyle

2009	Lauren Gray	Hidden Valley	4:54.95
2008	Caylyn Tate	Potomac Falls	5:01.51
2007	Lauren Ritter	Dominion	4:55.26
2006	Lauren Ritter	Dominion	4:57.84
2005	Lauren Ritter	Dominion	5:04.89
2003	Sasha Malanina	William Byrd	4:56.51
2002	Erin Homewood	Jamestown	5:06.81
2001	Lauren Wenger	Lafayette	5:14.77
2000	Jeanette Batten	Grafton	5:16.20

200 Freestyle Relay

2009	Lafayette	1:40.60
2008	Lafayette	1:40.45
2007	Lafayette	1:39.46
2006	Lafayette	1:41.10
2005	Lafayette	1:39.74
2004	Lafayette	1:41.03
2003	Grafton	1:42.45
2002	Tabb	1:43.04
2001	Tabb	1:44.50
2000	Jamestown	1:44.41

100 Backstroke

2009	Lauren Hines	Hidden Valley	55.81
2008	Lauren Hines	Hidden Valley	58.72
2007	Lauren Hines	Brookville	59.03
2006	Lauren Hines	Brookville	100.32
2005	Suzanne Schweet	Stone Bridge	57.36
2004	Emily Wylam	Grafton	59.08
2003	Bonnie Sutton	William Byrd	59.34
2002	Colleen Riesbeck	Bruton	59.24
2001	Stefani Lubore	Broad Run	59.28
2000	Sarah Deibler	York	59.70

100 Breaststroke

2009	Meaghan Holloway	Grafton	1:04.83
2008	Susanna White	Jefferson Forest	1:05.10
2007	Paige Boyer	Lafayette	1:05.72
2006	Paige Boyer	Lafayette	1:05.25
2005	Anna Linkenauger	Lafayette	1:07.38
2004	Mary Boland	Loudoun Valley	1:08.57
2003	Amy Charley	Waynesboro	1:09.61
2002	Ashlyn Williams	Grafton	1:08.96
2001	Kim Loftus	Poquoson	1:09.78
2000	Sarah Bolger	Tabb	1:09.09

400 Freestyle Relay

2009	Hidden Valley	3:34.57
2008	Grafton	3:37.91
2007	Lafayette	3:38.11
2006	Lafayette	3:41.90

2005	Lafayette		3:37.60
2004	William Byrd		3:41.22
2003	William Byrd		3:41.29
2002	Jamestown		3:42.71
2001	Jamestown		3:46.09
2000	Jamestown		3:45.74

1-Meter Diving

2009	Melissa Wheeler	William Byrd	318.15
2008	Melissa Wheeler	William Byrd	263.10
2007	Julia Koff	Hidden Valley	317.30
2006	Lisa Faulkner	Lancaster	320.95
2005	Jasmine Moore	Tabb	344.45
2004	Bea Ackenbom	Charlottesville	338.55
2003	Bea Ackenbom	Charlottesville	324.60
2002	Bea Ackenborn	Charlottesville	357.95
2001	Whitney Lawson	Virginia	316.20
2000	Abby Reid	Charlottesville	333.00

State Meet Records

AAA

200-yard Medley Relay

2008	Fairfax		1:46.27
	(Laura Benevento, Ellyn Baumgardner, Kristina Massie, Emily Ferguson)		

200-meter Medley Relay

2003	Culpeper County		1:59.05
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200-yard Freestyle

2009	Rebecca Jones	First Colonial	1:46.32
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200-meter Freestyle

2007	Rebecca Jones	First Colonial	2:03.12
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200-yard Individual Medley

2008	Ashley Danner	Lake Braddock	2:01.19
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200-meter Individual Medley

2003	Emily Verdin	Th. Jefferson S&T	2:19.61
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50-yard Freestyle

2009	Amanda Kendall	James Robinson	23.40
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50-meter Freestyle

2007	Amanda Kendall	James Robinson	26.47
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100-yard Butterfly

2008	Suzanne Schwee	Stone Bridge	54.78
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100-meter Butterfly

2003	Yeng Lan Beller	Westfield	1:01.35
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100-yard Freestyle

2009	Rebecca Jones	First Colonial	49.15
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100-meter Freestyle

2007	Amanda Kendall	James Robinson	57.17
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500-yard Freestyle

2009	Rachael Burnett	Annandale	4:50.14
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500-meter Freestyle

2003	Meghan Thiel	Yorktown	5:26.07
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400-meter Freestyle

1998	Lacey Hlavka	Hayfield	4:27.33
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200-yard Freestyle Relay

2008	Fairfax		1:36.20
	(Ellyn Baumgardner, Frances Dowd, Jean DeOrnellas, Theresa Harvey)		

200-meter Freestyle Relay

2007	Yorktown		1:49.04
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100-yard Backstroke

2009	Meredith Cavalier	Brooke Point	54.85
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100-meter Backstroke

2007	Meredith Cavalier	Brooke Point	1:03.42
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100-yard Breaststroke

2008	Ashley Danner	Lake Braddock	1:00.96
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100-meter Breaststroke

2007	Ellyn Baumgardner	Fairfax	1:10.31
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400-yard Freestyle Relay

2008	Lake Braddock		3:30.60
	(Sarah Lynch, Carly Ogren, Molly Emery, Ashley Danner)		

400-meter Freestyle Relay

2007	James Robinson		3:55.88
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1-Meter Diving

2003	Mary Yarrison	Robert E. Lee	483.50
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AA

200 Medley Relay

2009	Hidden Valley		1:48.26
	(Lauren Hines, Katie Young, Drew Dillon, Devin Henry)		

200 Freestyle

2003	Sasha Malanina	William Byrd	1:51.52
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200 Individual Medley

2009	Ali Horn	Cave Spring	2:03.31
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500 Freestyle

2002	Laura Campbell	Grafton	24.25
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100 Butterfly

2004	Julie Sablik	Cave Spring	56.26
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100 Freestyle

2007	Hannah Davis	Lafayette	51.49
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500 Freestyle

2009	Lauren Gray	Hidden Valley	4:54.95
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200 Freestyle Relay

2007	Lafayette		1:39.46
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100 Backstroke

2009	Lauren Hines	Hidden Valley	55.81
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100 Breaststroke

2009	Meaghan Holloway	Grafton	1:04.83
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400 Freestyle Relay

2009	Hidden Valley		3:34.57
	(Devin Henry, Katherine Moles, Lauren Gray, Lauren Hines)		

1-Meter Diving

2002	Bea Ackenbom	Charlottesville	357.95
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VHSL Recognition Application

Virginia High School League, 1642 State Farm Blvd., Charlottesville, VA 22911-8609

(434-977-8475 / 434-977-5943 fax)

Please type or print all information below. Application must be completed in full for consideration by the Virginia High School League. One application per mark or performance. If more than one mark or performance, please include a comprehensive list and attach to the application. Applications are invited for all performances which might be considered for inclusion in the Virginia High School League Book of Records, whether as a new VHSL record, for listing among the top performances in a particular category or for consideration in activities where no performance marks are listed.

Required with the application are newspaper accounts of the performance and/or any other material (i.e. scorebooks, etc.) that can help to certify and document the performance. Optional are photographs of the performance or of the individual/teams involved, which may be considered for but does

not guarantee publication in future editions. If submitting photographs, please include photographer's written permission for VHSL use.

This application should be forwarded to VHSL Information and Communications Specialist Mike McCall as soon after the performance (single game) or completion of season (season or career marks) as possible.

Performances must be established in competition conducted in compliance with the eligibility rules of the Virginia High School League and all National Federation playing rules for the sport involved if the National Federation publishes a rules book for that sport, unless in the judgment of the records committee the different rules of play do not significantly give advantage to the establishment of the record performance.

This Application is for: ___ **New State Record** ___ **Listing Update** ___ **New Performance Listing**

Record Applicant (List full name and school): _____

Present Home Address: _____

School Address: _____

Home Phone: _____ School Phone: _____

Age (When performance was achieved): _____ Grade in School (When performance was achieved): _____

Sport: _____ Date of Performance: _____

Site of Performance (Facility, City): _____

Performance or Record (Give full details, please be specific): _____

Final Score or Standings (If applicable): _____

Opponent (Give full name of individual and/or school): _____

Applicant's Endorsement

I submit this application for recognition in the Virginia High School League Book of Records. All facts contained herein are duly certified. I realize any inaccuracies could disqualify the mark or performance from recognition. It is also understood that, although the Virginia High School League may approve this performance for inclusion in the Virginia High School League Book of Records, the passing of time and the continuing improvement in high school athletics might cause the performance to be deleted from the next edition of the Book of Records.

I grant to the Virginia High School League the right to publicize this performance in any and all ways it wishes, including through print, broadcast, television and internet media.

The signature appearing below should be the : (1) individual involved if an individual mark is involved; or (2) the relay team captain or coach if a relay mark is involved, or (3) the coach if a coaching or team mark is involved.

Signature _____

Date _____

Principal's Endorsement

I hereby certify that applicant was, at the time of performance, eligible to represent _____ High School and that the performance was conducted as prescribed by the rules of the Virginia High School League and the National Federation.

Principal's Name (Please print) _____

Signature _____

Date _____

Photographer's Permission (if applicable)

I hereby certify that I am the photographer of the enclosed image and grant to the Virginia High School League the right to publicize this photograph in any and all ways it wishes, including through print, broadcast, television and internet media.

Photographer's Name (Please print) _____

Signature _____

Date _____

Sportsmanship Statement

The Virginia High School League is pleased to recognize outstanding achievements by teams and individuals. Although it is impossible to determine intent when marks are established, the committee strongly encourages recognition of performances in the true spirit of interscholastic competition. Running up scores or embarrassing an opponent for the primary purpose of inclusion in the Book of Records is not consistent with the ideals of good sportsmanship.