

**Valencia Hills Wave
2026 Season**

RECORDS VH Team

Yards-Girls

6 & U	25 Free	19.03	25-Jun-22	Makenzie Ascione
	25 Back	23.10	30-Jul-84	Suzanne Close
	100 Free Relay	1:35.57	19-Jul-08	R. Stehle, K. Quick, K. Sharp, O. Kulchin
7-8	25 Free	15.66	27-Jun-09	Brooke Helgeson
	25 Back	19.53	20-Jun-09	Brooke Helgeson
	25 Breast	20.65	1-Jul-23	Harlee Fernandez
	25 Fly	17.27	20-Jun-09	Brooke Helgeson
	100 Free Relay	1:10.69	18-Jul-09	L. Kulchin, O. Kulchin, R. Stehle, B. Helgeson
	100 Medley Relay	1:19.15	18-Jul-09	R.Stehle, S. Young, L. Kulchin, B.Helgeson
9-10	50 Free	29.37	16-Jul-11	Brooke Helgeson
	50 Back	37.12	19-Jun-10	Brooke Helgeson
	50 Breast	39.68	18-Jun-11	Brooke Helgeson
	25 Fly	14.92	9-Jul-11	Brooke Helgeson
	100 IM	1:10.47	16-Jul-11	Brooke Helgeson
	200 Free Relay	2:19.78	16-Jul-11	L. Kulchin, R. Stehle, O. Kulchin, B. Helgeson
	100 Medley Relay	1:09.25	18-Jun-11	L. Kulchin, S. Young, B. Helgeson, O. Kulchin
11-12	50 Free	27.14	29-Jun-13	Brooke Helgeson
	50 Back	30.34	6-Jul-13	Brooke Helgeson
	50 Breast	34.66	30-Jun-07	Nicole Antoniuk
	50 Fly	29.42	6-Jul-13	Brooke Helgeson
	100 IM	1:06.31	22-Jun-13	Brooke Helgeson
	200 Free Relay	2:02.09	21-Jun-14	P. Cota, N. Byrd, A. Ordway
	200 Medley Relay	2:19.13	14-Jul-07	J. Antoniuk, N. Antoniuk, T. Ingrum, C. Evans
13-14	50 Free	26.73	20-Jun-26	Giuliana Franco
	50 Back	27.90	26-Jun-21	Alyssa Yokoyama
	50 Breast	33.82	12-Jul-08	Nicole Antoniuk
	50 Fly	28.71	19-Jun-10	Joanna Antoniuk
	100 IM	1:03.86	26-Jun-21	Alyssa Yokoyama
	200 Free Relay	1:59.40	10-Jul-10	A.Antoniuk, M. Rada, T. Ingrum, M. Davis
200 Medley Relay	2:13.82	17-Jul-10	A. Antoniuk, T. Ingrum, M. Davis, M. Rada	
15-16	50 Free	26.56	21-Jun-14	Sarah Coblentz
	50 Back	29.53	18-Jun-11	Asia Antoniuk
	50 Breast	32.98	19-Jun-10	Asia Antoniuk
	50 Fly	27.35	16-Jul-11	Asia Antoniuk
	100 IM	1:03.06	16-Jul-11	Asia Antoniuk
	200 Free Relay	1:50.45	18-Jun-11	N. Antoniuk, M. Davis, A. Antoniuk, C. Evans
200 Medley Relay	2:05.44	18-Jun-11	A. Antoniuk, N. Antoniuk, M. Davis, C. Evans	

**Valencia Hills Wave
2026 Season**

RECORDS VH Team

Yards-Boys

6 & U	25 Free	19.25	16-Jul-11	Caiden Helgeson
	25 Back	21.83	16-Jul-16	Nolan Yokoyama
	100 Free Relay	1:29.37	30-Jul-85	VH Relay - Names Not Available *
7-8	25 Free	14.63	30-Jul-88	Travis Krug
	25 Back	18.70	6-Jun-04	Colton Morgan
	25 Breast	19.51	30-Jul-88	Travis Krug
	25 Fly	16.40	30-Jul-90	Ryan Parmenter
	100 Free Relay	1:09.23	30-Jul-87	VH Relay - Names Not Available *
	100 Medley Relay	1:25.28	18-Jul-09	D. Theberge, J. Quick, R. Reyes, A. Hofmann
9-10	50 Free	30.25	6-Jun-26	Aram Hovsepian
	50 Back	31.93	30-Jul-92	Ryan Parmenter
	50 Breast	38.89	30-Jul-92	Brad Upgraft
	25 Fly	14.85	16-Jul-11	Jonathan Quick
	100 IM	1:09.15	30-Jul-92	Ryan Parmenter
	200 Free Relay	2:17.69	16-Jul-11	J. Quick, D. Theberge, A. Hofmann, J. Done
	100 Medley Relay	1:10.69	16-Jul-11	D. Theberge, J. Quick, J. Done, A. Hofmann
11-12	50 Free	26.05	16-Jul-11	Tyler Collins
	50 Back	28.90	30-Jul-94	Ryan Parmenter
	50 Breast	35.56	1-Jul-17	Brad Harris
	50 Fly	28.41	26-Jun-21	Tobin Carpenter
	100 IM	1:03.56	30-Jul-94	Ryan Parmenter
	200 Free Relay	1:57.95	13-Jul-13	A. Hofmann, J. Quick, D. Theberge, J. Done
	200 Medley Relay	2:11.83	26-Jun-21	N. Yokoyama, J. Cook, T. Carpenter, T. Quick
13-14	50 Free	24.01	30-Jul-98	Nick Yancy
	50 Back	26.53	30-Jul-96	Ryan Parmenter
	50 Breast	32.87	1-Jul-17	David Kugler
	50 Fly	26.80	22-Jun-13	Tyler Collins
	100 IM	57.13	30-Jul-96	Ryan Parmenter
	200 Free Relay	1:46.91	16-Jul-05	K. Antoniuk, L. Paglia, A. Brown, A. Skvarna
200 Medley Relay	2:00.47	16-Jul-05	R. Orszag, K. Antoniuk	
15-16	50 Free	22.90	22-Jul-00	Nick Yancy
	50 Back	26.21	12-Jul-08	Konrad Antoniuk
	50 Breast	27.50	13-Jun-26	Nolan Yokoyama
	50 Fly	24.59	13-Jun-26	Nolan Yokoyama
	100 IM	55.83	27-Jun-26	Nolan Yokoyama
	200 Free Relay	1:38.20	14-Jul-07	K. Antoniuk, L. Paglia, A. Brown, A. Skvarna
200 Medley Relay	1:52.81	14-Jul-07	K. Antoniuk, L. Paglia, A. Brown, A. Skvarna	