

2019 VISAA State Swim & Dive Championship Meet Results

Overall State Champions

Girls

Norfolk Academy – Girls Champion
Collegiate School – Girls Runner-up

Boys

Norfolk Academy – Boys Champion
Collegiate School - Boys Runner-up

Division II State Champions

Girls

Trinity Christian School – Champion (10th overall)
Williamsburg Christian School – Runner-up (12th overall)

Boys

Hampton Roads Academy – Champion (8th consecutive year, 8th overall)
North Cross School and Peninsula Catholic – Runner-up (tied 14th overall)

Special Awards

Swimmer of the Meet

Sydney Whiting, Trinity Episcopal School – Girls
Zach Cram, Collegiate School – Boys

John O’Hara Coach of the Year Award

Girls

Jim Koehr, Seton School

Boys

Greg Guldin, Woodberry Forest School

Diving

Andy Pratt, Pope Paul VI Catholic High School – Girls
Mike Smack, Norfolk Academy - Boys

Sportsmanship

The Madeira School – Girls
Woodberry Forest School – Boys

Spirit

The Madeira School – Girls
Trinity Episcopal School and Norfolk Academy – Boys

New State Championship Meet Records

1. **Girls 200 Free** – 1:47.23, **Madelyn Donohoe**, Bishop O’Connell and **Kayla Wilson**, Norfolk Academy (tie)
2. **Boys 200 IM** – 1:48.47, **Sean Hogan**, St. Christopher’s School
3. **Girls Diving** – 509.55 **Sarah Gurley**, Paul VI
4. **Boys Diving** – 557.40, **Oliver Mills**, Flint Hill School
5. **Boys 100 Butterfly** – 48.44, **Zach Cram**, Collegiate
6. **Girls 100 Free** – 49.93 – **Sydney Whiting**, Trinity Episcopal
7. **Boys 200 Free Relay** – 1:23.21, **Norfolk Academy**: B. Randolph, G Ware, P Southern, S Ryan
8. **Girls 100 Breaststroke** – 1:03.14, **Sofie Davis**, **The Madeira School**
9. **Girls 400 Free Relay**, 3:26.71, **Norfolk Academy**, M McKee, A McCammon, M Kirkman, K Wilson
10. **Boys 400 Free Relay**, 3:06.16, **Collegiate School**, S Laming, L Ryan, C Mayr, Z Cram