

DAC Championship Swimming Meet - 2/5/2005
Results - DAC Champs

Event 1 Boys 200 Yard Medley Relay

DAC: 1:44.93 * 2/5/2005

Seton Swim Team

K Koehr, N Cook, B Morch, S Koehr

Seton Swim-

Team	Relay	Seed Time	Finals Time	NISCA	Points
1 Seton Swim Team	A	1:44.74	1:44.93*	333	32
1) Koehr, Kevin JR 1:31.68 13.25	2) Cook, Nevin FR	3) Morch, Bryan JR	4) Koehr, Sean FR		
2 Fredericksburg Christian	A	2:00.19	1:55.15	243	26
1) Owens, David SO 1:42.57 12.58	2) Pleban, Joey FR	3) Porter, Adam JR	4) Jones, Brandon SR		
3 Highland School-VA	A	1:55.97	1:55.48	240	24
1) Boddery, Ben SO 1:37.34 18.14	2) Gillette, Ben JR	3) Casey, Michael SR	4) Marty, Luis SR		
4 Fredericksburg Academy-VA	A	2:00.59	2:00.53	201	22
1) Dameron, Brett SO 1:18.90 41.63	2) Quarles, Dougie JR	3) Martin, Brock FR	4) Hazel, Raleigh		
5 Randolph-Macon Academy	A	2:09.63	2:05.47	165	20
1) Turner, Adam 1:47.86 17.61	2) Chung, Dae Gon	3) Dolinar, Brian	4) Cha, Dai		
6 Wakefield	A	2:19.70	2:16.85	93	18
1) Stone, Chris 1:07.41 1:09.44	2) Floyd, Alex	3) Alphin, Jake	4) Niezgoda, Josh		
7 Quantico High School	A	2:00.00	2:20.61	72	14
1) Vap, Hunter 1:25.91 54.70	2) Vap, Levi	3) Choi, Mark	4) Roberts, Chaz		

Event 2 Girls 200 Yard Medley Relay

DAC: 2:02.93 * 2/5/2005

Seton Swim Team

K Melnyk, M Kenna, L Mazzoccoli, K Planchak

Seton Swim-

Team	Relay	Seed Time	Finals Time	NISCA	Points
1 Seton Swim Team	A	2:02.54	2:02.93*	282	32
1) Melnyk, Kimberley FR 31.97 36.07 29.84	2) Kenna, Mary-Kate 8 25.05	3) Mazzoccoli, Lea FR	4) Planchak, Katie SO		
2 Fredericksburg Christian	A	2:04.66	2:06.20	252	26
1) Jones, Rochelle JR 31.46 37.09 27.75	2) Golike, Kayti SO 29.90	3) Jones, Keri FR	4) Seals, Lindsay JR		
3 Quantico High School	A	2:21.82	2:09.29	225	24
1) Smith, Camille 32.92 37.61 28.51	2) Stemple, Rachel 30.25	3) Harrington, Liz	4) Fitzpatrick, Sydney		
4 Highland School-VA	A	2:14.25	2:11.86	204	22
1) Hutchinson, Lowell 35.05 38.59 31.67	2) Mello, Sarah 26.55	3) Patry, Chelsea	4) Thorsen, Rebecca SR		
5 Wakefield	A	2:12.89	2:13.29	192	20
1) Kehs, Laurel	2) Duchak, Tatiana	3) Alphin, Lanie	4) Borden, Katrina		

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16	Stone, Chris				Wakefield	2:43.90	2:46.04		
		35.86	42.79	45.54	41.85				
17	Arndt, Nate				Quantico High School	3:16.89	2:56.67		
		36.20	45.23	49.93	45.31				
18	Steven, Walker				Fredericksburg Academy-VA	3:09.35	2:57.81		
		36.67	44.78	49.65	46.71				
19	Ayers, Michael				SR Fredericksburg Christian	3:08.12	3:06.15		
		37.38	47.50	1:41.27					
20	Hughes, Clifton				Quantico High School	3:30.08	3:33.54		
		42.33	55.40	1:59.66					

Event 4 Girls 200 Yard Freestyle

DAC: 2:07.55 * 2/5/2005

Rochelle Jones

FCS Eagles

Name	Yr	School	Seed Time	Finals Time	NISCA	Points
1 Jones, Rochelle	JR	Fredericksburg Christian	2:06.63	2:07.55*	81	16
			28.91	31.91	32.14	34.59
2 Dunn, Jessica	FR	Seton Swim Team	2:10.35	2:11.91	67	13
			29.31	32.34	34.22	36.04
3 Harris, Caitlin	JR	Seton Swim Team	2:18.05	2:17.55	50	12
			30.15	33.61	36.61	37.18
4 Simpson, Cara		Fredericksburg Academy-VA	2:14.92	2:18.84	46	11
			30.73	34.55	36.92	36.64
5 Moya, Haley	FR	Seton Swim Team	2:25.25	2:20.15	42	10
			31.27	34.43	37.51	36.94
(Event 4 Girls 200 Yard Freestyle)						
Name	Yr	School	Seed Time	Finals Time	NISCA	Points
6 Smith, Camille		Quantico High School	2:32.80	2:20.27	42	9
			31.97	35.82	37.26	35.22
7 Smith, Danielle	8	Seton Swim Team	2:27.42	2:29.54	18	7
			32.75	38.64	39.78	38.37
8 Seals, Lindsay	JR	Fredericksburg Christian	2:37.12	2:32.66	10	5
			34.21	38.52	40.41	39.52
9 Borden, Katrina		Wakefield	2:37.97	2:33.34	9	4
			32.74	40.01	42.63	37.96
10 Guillette, Lindsay	SR	Fredericksburg Christian	2:34.82	2:33.37	9	3
			35.55	39.35	41.01	37.46
11 Pinheiro, Brittany		Quantico High School	2:50.16	2:42.30		2
			34.71	41.67	43.62	42.30
12 Fitzpatrick, Sydney		Quantico High School	2:52.31	2:44.48		1

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13	Thorsen, Mollie	37.19	42.98	44.30	40.01	Highland School-VA	2:52.49	2:45.86
14	Harrington, Meghan	36.29	41.83	45.21	42.53	Quantico High School	3:01.00	2:50.62
15	Hazel, Lucy	1:17.36			47.49	Fredericksburg Academy-VA	3:12.54	2:57.31
16	Johnson, Melanie	39.61	45.08	47.22	45.40	SO Fredericksburg Academy-VA	3:34.31	3:01.28
17	Cooper, Hannah	39.73	45.77	49.08	46.70	Fredericksburg Academy-VA	2:52.72	3:02.73
18	Coppens, Kayla	41.77	48.43	47.81	44.72	Highland School-VA	3:14.25	3:06.20
19	Guaglianone, Sarah	39.22	47.63	50.48	48.87	Emmanuel Christian School	2:40.01	3:14.88
20	Hundley, Krista	38.95	48.24	53.72	53.97	FR Highland School-VA	3:49.17	3:22.02
21	Nagle, Melissa	42.34	50.31	54.45	54.92	Fredericksburg Christian	3:22.72	3:26.54
22	Christian, Rachel	44.62	56.88	55.33	49.71	Wakefield	NT	3:34.29
23	Williamson, Ellerie	40.10	52.57	1:01.65	59.97	Wakefield	3:31.98	3:37.84
		43.35	54.95	59.95	59.59			

Event 5 Boys 200 Yard IM

DAC: 2:01.85 * 1997

Ray Hrabe-ECS

ECS

Name	Yr	School	Seed Time	Finals Time	NISCA	Points
1 Gillette, Ben	JR	Highland School-VA	2:09.56	2:05.30	97	16
2 Cook, Nevin	FR	Seton Swim Team	2:11.60	2:09.20	85	13
3 Porter, Adam	JR	Fredericksburg Christian	2:24.88	2:21.53	50	12
4 Martin, Brock	FR	Fredericksburg Academy-VA	2:39.50	2:31.09	27	11
5 George, Charles		Emmanuel Christian School	2:34.30	2:37.75	12	10
6 Pleban, Joey	FR	Fredericksburg Christian	2:42.61	2:39.95	8	9
			35.29	43.08	46.96	34.62

(Event 5 Boys 200 Yard IM)

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Name	Yr	School	Seed Time	Finals Time	NISCA	Points
7 Chung, Dae Gon		Randolph-Macon Academy	2:41.59	2:40.96	6	7
32.52 43.46 44.26 40.72						
8 Cook, Connor	8	Seton Swim Team	2:39.95	2:41.28	5	5
34.47 43.23 47.67 35.91						
9 Zarin, Babak	SO	Fredericksburg Academy-VA	2:43.14	2:42.39	3	4
34.53 40.37 49.27 38.22						
10 Hansen, Andrew	FR	Fredericksburg Academy-VA	2:43.54	2:42.53	2	3
34.13 43.21 48.17 37.02						
11 Harris, David	8	Seton Swim Team	2:46.45	2:43.79	0	2
37.25 42.84 46.97 36.73						
12 Hazel, Raleigh		Fredericksburg Academy-VA	2:25.47	2:51.41		1
38.51 41.58 52.21 39.11						
13 Zimmerman, Jacob	FR	Fredericksburg Christian	2:58.66	3:04.64		
40.35 49.94 52.83 41.52						
14 Choi, Mark		Quantico High School	3:40.00	3:04.79		
39.10 46.81 58.90 39.98						
15 Niezgod, Josh		Wakefield	3:19.92	3:17.67		
42.21 57.71 51.15 46.60						
16 King, Tyler		Highland School-VA	3:37.90	3:18.00		
45.18 54.16 55.31 43.35						
17 Hill, Tom		Highland School-VA	3:44.82	3:23.79		
40.16 48.35 1:02.88 52.40						
--- Timms, Doug		Highland School-VA	3:01.68	DQ		
35.93 43.70 45.94 39.48						
--- Corkery, Billy	SO	Seton Swim Team	2:37.68	DQ		
34.15 41.15 53.98 37.51						

Event 6 Girls 200 Yard IM

DAC: 2:16.30 * 1999

Katie Shipko-SST

SST

Name	Yr	School	Seed Time	Finals Time	NISCA	Points
1 Harrington, Liz		Quantico High School	2:33.19	2:29.42	62	16
30.54 37.14 44.93 36.81						
2 Seale, Meg	SR	Seton Swim Team	2:30.87	2:30.17	59	13
33.37 38.75 44.90 33.15						
3 Kehs, Laurel		Wakefield	2:30.55	2:34.25	49	12
33.41 37.19 45.86 37.79						
4 Duchak, Tatiana		Wakefield	2:33.09	2:35.04	46	11
34.18 40.72 44.24 35.90						

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5	McGillicuddy, Lauren				Emmanuel Christian School	2:43.03	2:35.65	45	10
		32.12	38.42	47.33	37.78				
6	Morch, Meghan				FR Seton Swim Team	2:38.83	2:36.76	42	9
		33.67	39.94	48.03	35.12				
7	Mazzoccoli, Lea				FR Seton Swim Team	2:35.74	2:38.68	37	7
		33.15	41.39	47.05	37.09				
8	Weinstein, Caitlin				FR Fredericksburg Academy-VA	2:41.59	2:41.03	32	5
		34.01	40.35	48.21	38.46				
9	Melnyk, Stephanie				JR Seton Swim Team	2:44.95	2:44.88	23	4
		37.08	39.39	49.91	38.50				
10	Stemple, Rachel				Quantico High School	3:12.57	2:47.70	16	3
		36.56	41.43	49.50	40.21				
11	Golike, Kayti				SO Fredericksburg Christian	2:47.74	2:48.42	15	2
		36.23	41.69	48.45	42.05				
(Event 6 Girls 200 Yard IM)									
	Name				Yr School	Seed Time	Finals Time	NISCA	Points
12	Goose, Emily				Fredericksburg Academy-VA	3:00.53	2:54.87	1	1
		1:23.18			39.27				
13	Mello, Sarah				Highland School-VA	3:09.47	2:56.83		
		40.67	46.37	48.23	41.56				
14	Pinheiro, Brittany				Quantico High School	3:03.24	3:08.88		
		42.22	47.42	54.42	44.82				
15	Stephenson, Kelly				SR Fredericksburg Academy-VA	3:18.85	3:12.82		
		43.38	48.81	53.84	46.79				
16	Duffy, Caitlin				Fredericksburg Academy-VA	3:22.00	3:16.36		
		42.45	51.05	55.36	47.50				
17	Bell, McClain				JR Highland School-VA	3:23.34	3:17.45		
		38.53	49.95	56.19	52.78				
18	Graap, Katie				Highland School-VA	3:42.18	3:21.48		
		44.78	52.64	55.79	48.27				

Event 7 Boys 50 Yard Freestyle

DAC: 22.59 * 1996

Ray Hrabe-ECS

ECS

	Name				Yr School	Seed Time	Finals Time	NISCA	Points
1	Alphin, Jake				Wakefield	24.56	24.20	86	16
2	Morch, Bryan				JR Seton Swim Team	24.63	24.62	80	13
3	Dameron, Brett				SO Fredericksburg Academy-VA	24.66	24.68	79	12
4	Jones, Brandon				SR Fredericksburg Christian	24.68	24.94	76	11

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5	Casey, Michael	SR	Highland School-VA	24.37	25.33	70	10
6	Murphy, Jack	JR	Seton Swim Team	26.42	26.22	58	9
7	Hood, Tyler	SR	Seton Swim Team	26.81	26.33	57	7
8	Donehey, John	JR	Fredericksburg Christian	28.08	26.37	56	5
9	Marty, Luis	SR	Highland School-VA	26.75	26.39	56	4
10	Koo, Jae Mo		Randolph-Macon Academy	28.18	26.88	50	3
11	Cha, Dai		Randolph-Macon Academy	29.00	26.98	49	2
12	Quarles, Dougie	JR	Fredericksburg Academy-VA	26.97	27.07	47	1
13	Bryan, Nathan	JR	Highland School-VA	27.66	27.26	45	
14	Roman, Alex	SR	Fredericksburg Christian	27.50	27.36	44	
15	Butterworth, Joel	JR	Fredericksburg Academy-VA	27.19	27.66	40	
16	Roberts, Chaz		Quantico High School	32.32	28.71	29	
17	Quinan, Daniel	JR	Seton Swim Team	29.55	30.53	10	
18	Van Nortwick, Warren		Quantico High School	34.14	30.67	9	
19	Grunau, Leonard	SR	Highland School-VA	29.51	30.88	7	
20	Pak, Jin		Emmanuel Christian School	30.10	31.84		
21	Jackson, Glen	SO	Fredericksburg Academy-VA	32.32	32.10		
22	Ayers, Michael	SR	Fredericksburg Christian	32.59	33.37		
23	Andrews, Matt		Emmanuel Christian School	35.07	36.09		
24	Arndt, Nate		Quantico High School	34.00	36.47		
25	Lee, Brandon		Randolph-Macon Academy	41.63	36.97		
26	Wilson, Drew		Quantico High School	45.73	40.34		
27	Lee, Sang		Emmanuel Christian School	32.30	41.16		

Event 8 Girls 50 Yard Freestyle

DAC: 25.75 * 2/5/2005		Keri Jones		FCS Eagles		NISCA	Points
Name	Yr	School	Seed Time	Finals Time			
1	Jones, Keri	FR	Fredericksburg Christian	25.53	25.75*	107	16
2	Planchak, Katie	SO	Seton Swim Team	26.12	26.00	103	13
3	Dunn, Melissa	JR	Seton Swim Team	27.18	26.94	88	12

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(Event 8 Girls 50 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	NISCA	Points
4 Thorsen, Rebecca	SR	Highland School-VA	28.25	28.34	67	11
5 Hutchinson, Lowell		Highland School-VA	28.57	28.70	63	10
6 Simpson, Cara		Fredericksburg Academy-VA	28.55	28.80	61	9
7 Alphin, Lanie		Wakefield	29.25	29.28	55	7
8 Garzione, Gina	JR	Seton Swim Team	29.87	29.42	53	5
9 Huntley, Katie		Emmanuel Christian School	30.02	29.81	48	4
10 May, Allison	SO	Fredericksburg Christian	32.37	29.97	46	3
11 Walsh, Kelsey	FR	Fredericksburg Academy-VA	30.69	30.12	44	2
12 Racine, Katie	FR	Seton Swim Team	31.29	31.90	24	1
13 Harrington, Meghan		Quantico High School	43.50	32.14	21	
14 Andrews, Brie		Emmanuel Christian School	31.13	32.36	19	
15 O'Bannon, Katy		Emmanuel Christian School	31.28	32.71	15	
16 Zello, Jessica	JR	Fredericksburg Christian	33.75	33.30	9	
17 Doran, Ann Marie		Quantico High School	34.90	34.10	1	
18 Banavides, Rachel		Fredericksburg Academy-VA	34.34	34.29	0	
19 Breeden, Brittany		Wakefield	36.57	34.81		
20 Prahlad, Laura		Wakefield	40.61	35.00		
21 Shutt, Rachel	SR	Highland School-VA	35.88	35.60		
22 bebcu, Iulia	SR	Highland School-VA	38.10	36.46		
23 Morris, Ayla	FR	Fredericksburg Academy-VA	38.53	38.55		
24 Slimp, Laura		Emmanuel Christian School	40.02	38.95		
25 Martinez, Keri Beth	JR	Fredericksburg Christian	42.68	40.26		
26 Greatsinger, Ali		Quantico High School	43.58	42.55		
27 Crum, Candace		Quantico High School	53.24	42.58		
28 Gaines-Smith, Lexie		Wakefield	46.12	45.28		

Event 11 Boys 100 Yard Butterfly

DAC Championship Swimming Meet - 2/5/2005**Results - DAC Champs**

DAC: 56.54 * 1999		Matt Wille-MMA		MMA		NISCA	Points
Name	Yr	School	Seed Time	Finals Time			
1	Morch, Bryan	JR	Seton Swim Team	58.38	58.48	87	16
	27.05 31.43						
2	Owens, David	SO	Fredericksburg Christian	1:03.62	1:01.88	67	13
	28.57 33.31						
3	Dolinar, Brian		Randolph-Macon Academy	1:09.88	1:08.69	34	12
	30.36 38.33						
4	Martin, Brock	FR	Fredericksburg Academy-VA	1:11.56	1:10.46	27	11
	32.37 38.09						
5	Murphy, Jack	JR	Seton Swim Team	1:12.10	1:12.04	20	10
	32.31 39.73						
6	Vap, Hunter		Quantico High School	1:15.69	1:13.29	15	9
	30.86 42.43						
7	Ducharme-Barth, Nicholas		Fredericksburg Academy-VA	1:30.10	1:17.84		7
	34.58 43.26						
8	Hansen, Andrew	FR	Fredericksburg Academy-VA	1:16.64	1:20.74		5
	35.85 44.89						
9	Davis, Andrew	SR	Seton Swim Team	1:19.08	1:20.78		4
	34.84 45.94						
10	Bliss, Greg	8	Seton Swim Team	1:40.76	1:27.11		3
	39.20 47.91						
11	Monahan, Alex		Fredericksburg Academy-VA	1:31.86	1:28.45		2
	41.09 47.36						

(Event 11 Boys 100 Yard Butterfly)

Name	Yr	School	Seed Time	Finals Time	NISCA	Points
12	Hill, Tom		Highland School-VA	2:07.79	1:45.86	1
	44.75 1:01.11					

Event 12 Girls 100 Yard Butterfly

DAC: 1:06.13 * 1998		DeMarco-RMA		RMA		NISCA	Points
Name	Yr	School	Seed Time	Finals Time			
1	Harrington, Liz		Quantico High School	1:10.88	1:07.56	77	16
	30.68 36.88						
2	Mazzoccoli, Lea	FR	Seton Swim Team	1:06.48	1:07.89	75	13
	31.39 36.50						
3	Patry, Chelsea		Highland School-VA	1:14.56	1:10.64	61	12
	30.91 39.73						
4	Harris, Caitlin	JR	Seton Swim Team	1:08.08	1:11.39	58	11

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5	Melnyk, Kimberley	FR	Seton Swim Team	1:13.27	1:11.95	55	10
6	Jacobson, Alix	FR	Fredericksburg Academy-VA	1:20.85	1:14.19	45	9
7	Kenna, Mary-Kate	8	Seton Swim Team	1:16.90	1:18.78	27	7
8	Seals, Lindsay	JR	Fredericksburg Christian	1:21.68	1:20.55	20	5
9	Swauger, Elizabeth	JR	Fredericksburg Christian	1:24.26	1:21.51	17	4
10	Rinella, Adrienne	SR	Highland School-VA	1:37.44	1:33.15		3
11	Johnson, Melanie	SO	Fredericksburg Academy-VA	1:39.48	1:41.61		2

Event 13 Boys 100 Yard Freestyle

DAC: 52.87 * 1996

Name	Yr	School	Seed Time	SST	Finals Time	NISCA	Points
1 Alphin, Jake		Wakefield	57.28		55.77	67	16
2 Jones, Brandon	SR	Fredericksburg Christian	58.02		56.43	63	13
3 Figueredo, Danny		Emmanuel Christian School	59.06		58.22	52	12
4 Koehr, Sean	FR	Seton Swim Team	59.76		58.43	51	11
5 Casey, Michael	SR	Highland School-VA	58.17		58.51	50	10
6 Breeze, Justin	SR	Fredericksburg Christian	1:08.05		1:00.48	39	9
7 Marty, Luis	SR	Highland School-VA	1:06.87		1:00.63	38	7
8 Hazel, Raleigh		Fredericksburg Academy-VA	1:07.17		1:01.08	36	5
9 Vap, Levi		Quantico High School	1:05.47		1:01.44	34	4
10 Fischer, Joe		Quantico High School	1:06.28		1:02.04	31	3

29.20 32.84
(Event 13 Boys 100 Yard Freestyle)

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Name	Yr	School	Seed Time	Finals Time	NISCA	Points
11 Hood, Tyler	SR	Seton Swim Team	1:03.21	1:02.42	29	2
29.19 33.23						
12 Boddery, Ben	SO	Highland School-VA	1:05.81	1:03.62	23	1
29.33 34.29						
13 Butterworth, Joel	JR	Fredericksburg Academy-VA	1:04.24	1:04.35	19	
29.95 34.40						
14 Koo, Jae Mo		Randolph-Macon Academy	1:03.06	1:04.60	18	
28.97 35.63						
15 Ross, Joe	FR	Seton Swim Team	1:05.81	1:06.35	10	
30.14 36.21						
16 Ross, Joe	JR	Fredericksburg Christian	1:03.05	1:06.39	10	
31.49 34.90						
17 Floyd, Alex		Wakefield	1:02.22	1:07.19	6	
31.13 36.06						
18 Bryan, Nathan	JR	Highland School-VA	1:05.07	1:07.43	5	
31.47 35.96						
19 Herrera, Spencer		Quantico High School	1:20.92	1:09.16		
32.01 37.15						
20 Hughes, Thomas		Fredericksburg Academy-VA	1:12.24	1:09.62		
32.92 36.70						
21 Vilhauer, Andryiko	JR	Seton Swim Team	1:14.92	1:15.83		
35.49 40.34						
22 Roman, Alex	SR	Fredericksburg Christian	1:11.38	1:17.52		
23 Steven, Walker		Fredericksburg Academy-VA	1:16.37	1:20.82		
36.20 44.62						
24 Chau, Chun Lung		Randolph-Macon Academy	1:22.00	1:21.20		
35.62 45.58						
25 Niezgoda, Josh		Wakefield	1:26.63	1:23.05		
37.51 45.54						
26 Andrews, Matt		Emmanuel Christian School	1:15.20	1:24.08		
38.12 45.96						
27 Lee, Brandon		Randolph-Macon Academy	1:30.38	1:28.95		
28 Lee, Sang		Emmanuel Christian School	1:12.05	1:29.99		
41.50 48.49						
29 Cox, Demitri		Quantico High School	1:40.05	1:30.61		
39.88 50.73						

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Event 14 Girls 100 Yard Freestyle

DAC: 56.72 * 2/5/2005		Keri Jones		FCS Eagles		NISCA	Points
Name	Yr	School	Seed Time	Finals Time			
1	Jones, Keri	FR	Fredericksburg Christian	57.95	56.72*	99	16
	27.76	28.96					
2	Planchak, Katie	SO	Seton Swim Team	57.72	57.73	91	13
	27.62	30.11					
3	Seale, Meg	SR	Seton Swim Team	57.86	59.35	79	12
	28.57	30.78					
4	Moya, Haley	FR	Seton Swim Team	1:03.69	1:03.95	49	11
	30.90	33.05					
5	McDaniel, Jordan	FR	Fredericksburg Academy-VA	1:04.63	1:04.19	47	10
	30.10	34.09					
6	Smith, Camille		Quantico High School	1:06.50	1:04.66	44	9
	30.92	33.74					

(Event 14 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	NISCA	Points	
7	Corkery, Katie	FR	Seton Swim Team	1:07.09	1:06.13	36	7
	31.31	34.82					
8	Thorsen, Rebecca	SR	Highland School-VA	1:08.66	1:06.80	32	5
	30.71	36.09					
9	Huntley, Katie		Emmanuel Christian School	1:06.02	1:06.93	31	4
	31.50	35.43					
10	Alphin, Lanie		Wakefield	1:11.48	1:07.33	29	3
	32.00	35.33					
11	Hutchinson, Lowell		Highland School-VA	1:07.89	1:08.15	24	2
	31.71	36.44					
12	May, Allison	SO	Fredericksburg Christian	1:11.93	1:09.13	19	1
	32.76	36.37					
13	Squire, Rachel		Wakefield	1:13.14	1:11.62	7	
	34.13	37.49					
14	Thorsen, Mollie		Highland School-VA	1:10.87	1:11.94	5	
	35.70	36.24					
15	Stone, Alicia		Emmanuel Christian School	1:08.30	1:14.81		
	35.39	39.42					
16	Hazel, Lucy		Fredericksburg Academy-VA	1:21.57	1:16.66		
	35.81	40.85					
17	Castleberry, Taylor		Quantico High School	1:23.00	1:17.02		
	34.79	42.23					

DAC Championship Swimming Meet - 2/5/2005**Results - DAC Champs**

18	Curatola, Kristin	Quantico High School	1:27.76	1:18.82
	36.25 42.57			
19	Breeden, Brittany	Wakefield	1:12.34	1:19.96
	35.88 44.08			
20	Martinez, Missy	SO Fredericksburg Christian	1:23.87	1:20.51
	36.94 43.57			
21	Bodderly, Emma	JR Highland School-VA	1:27.32	1:20.79
	37.25 43.54			
22	Landry, Katie	Randolph-Macon Academy	1:24.51	1:25.02
	38.52 46.50			
23	Lucas, Danielle	JR Fredericksburg Christian	1:33.75	1:25.70
	36.91 48.79			
24	Morris, Ayla	FR Fredericksburg Academy-VA	1:28.57	1:27.95
	41.29 46.66			
25	Slimp, Laura	Emmanuel Christian School	1:40.03	1:31.72
	41.84 49.88			
26	Guaglianone, Sarah	Emmanuel Christian School	1:20.00	1:34.23
	42.87 51.36			
27	Crum, Candace	Quantico High School	1:24.63	1:47.81
	47.75 1:00.06			
28	Peacock, Stephanie	Wakefield	1:40.67	1:51.49
	47.11 1:04.38			

Event 15 Boys 500 Yard Freestyle

DAC: 5:42.16 * 1998

Matt Kendle-SST

SST

Name	Yr	School	Seed Time	Finals Time	NISCA	Points
1 Cook, Connor	8	Seton Swim Team	6:13.87	6:00.92	31	16
			32.34 36.70 37.31 36.88 34.46			
			36.37 36.56 35.85 37.06 37.39			
(Event 15 Boys 500 Yard Freestyle)						
Name	Yr	School	Seed Time	Finals Time	NISCA	Points
2 Martin, Joe	FR	Fredericksburg Academy-VA	6:11.29	6:15.35	16	13
			29.68 35.27 37.23 40.77 37.89			
			38.04 38.22 37.79 40.09 40.37			
3 Corkery, Billy	SO	Seton Swim Team	6:35.38	6:38.88		12
			30.77 35.53 38.37 42.52 38.13			
			41.19 42.44 43.07 43.10 43.76			
4 Doss, Cole		Fredericksburg Academy-VA	6:47.28	6:57.38		11
			36.92 41.43 42.14 42.94 37.06			
			43.03 44.09 43.44 42.84 43.49			
5 Klenkar, Steve	FR	Highland School-VA	7:30.90	7:26.86		10

DAC Championship Swimming Meet - 2/5/2005
Results - DAC Champs

	37.52	44.58	45.86	46.50	45.30	46.18	46.79	45.43			
	45.86	42.84									
6	Wheeler, James			Quantico High School			8:52.34	7:27.37		9	
	35.07	41.35	43.78	47.54	48.96	48.20	47.44	48.01			
	46.23	40.79									
7	Gott, Pat			JR Seton Swim Team			7:57.07	7:32.88		7	
	34.73	42.41	45.04	47.35	48.41	1:35.75					
	48.23	42.02									
8	Joynson, Jack			Fredericksburg Academy-VA			7:38.61	7:36.86		5	
	39.22	45.50	46.87	49.09	48.70	48.11	47.92	45.55			
	47.56	38.34									
9	Scott, Erick			Quantico High School			7:45.03	7:40.74		4	
	35.07	43.78	46.29	48.75	49.86	50.95	48.84	45.58			
	42.17	49.45									
10	Catron, Thomas			JR Fredericksburg Academy-VA			7:47.18	7:41.30		3	
	35.81	42.31	45.16	48.02	48.92	49.55	50.55	50.16			
	48.70	42.12									
11	Ross, Geoff			JR Seton Swim Team			8:38.75	8:52.92		2	
	35.38						55.79				
	55.56	51.22									
12	Penrose, Andrew			Quantico High School			7:46.03	9:44.97		1	
	45.31	57.59	58.97	59.59	1:02.50	1:00.52	1:01.63	1:01.10			
	59.07	58.69									

Event 16 Girls 500 Yard Freestyle

DAC: 6:08.26 * 2/5/2005

Jessica Dunn

Seton Swim-

Name	Yr	School	Seed Time	Finals Time	NISCA	Points				
1 Dunn, Jessica	FR	Seton Swim Team	6:05.97	6:08.26*	46	16				
			31.10	33.78	35.98	36.94	38.55	39.02	39.54	38.68
			38.70	35.97						
2 Weinstein, Caitlin	FR	Fredericksburg Academy-VA	6:22.27	6:20.56	34	13				
			33.33	36.57	37.50	38.45	39.05	38.66	39.17	39.57
			39.51	38.75						
3 Smith, Danielle	8	Seton Swim Team	6:38.14	6:35.26	19	12				
			35.12	39.25	40.95	40.23	40.61	40.58	41.01	40.76
			39.61	37.14						
4 Gillette, Linsay	FR	Fredericksburg Christian	6:58.47	7:02.16		11				
			37.09	41.53	42.62	44.39	43.62	43.26	43.93	44.08
			43.26	38.38						
5 Goose, Emily		Fredericksburg Academy-VA	7:26.39	7:05.88		10				
			36.87	42.02	43.92	44.45	44.34	44.83	44.71	43.15
			42.70	38.89						

(Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	NISCA	Points
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DAC Championship Swimming Meet - 2/5/2005**Results - DAC Champs**

6	Fitzpatrick, Sydney			Quantico High School	8:40.00	7:10.93	9
	37.89	42.77	45.44	45.60	44.93	44.78	43.94
	42.37	40.47					42.74
7	Borden, Katrina			Wakefield	7:02.34	7:13.33	7
	35.19	41.63	43.69	44.56	44.83	45.08	45.15
	43.80	44.86					44.54
8	Rafter, Kristin			FR Seton Swim Team	7:20.41	7:16.58	5
	36.38	43.30	44.98	44.96	44.30	46.21	45.41
	43.45	41.21					46.38
9	Van de Voorde, Alison			SR Seton Swim Team	7:59.00	7:24.26	4
			46.70	46.66	45.95		2:11.33
10	O'Bannon, Katy			Emmanuel Christian School	8:24.01	7:31.48	3
	36.44	42.44	43.48	46.20	45.90	47.28	48.83
	46.82	45.66					48.43
11	King, JayJay			Fredericksburg Academy-VA	7:47.50	7:53.55	2
			47.80	48.03	48.99	48.43	
	49.86	45.07					
12	Banavides, Rachel			Fredericksburg Academy-VA	8:05.16	8:08.53	1
	41.35	46.22	48.01	50.97	50.07	51.29	52.64
	52.54	43.26					52.18
13	Dewyea, Catherine			Quantico High School	9:41.50	8:41.60	
	42.45	49.15	55.42	52.69	56.77	55.50	57.14
	53.45	44.94					54.09
14	Graap, Katie			Highland School-VA	9:01.33	8:46.06	
	41.76	47.84	51.58	54.33	53.46	56.61	57.63
	55.32	51.80					55.73
15	Penrose, Summer			Quantico High School	9:06.09	8:55.43	
	42.31	51.56	54.50	56.81	56.22	56.23	57.24
	54.61	49.32					56.63
16	Greatsinger, Ali			Quantico High School	9:47.00	9:20.50	
	44.60	52.24	54.27	57.80	59.25	58.22	59.57
	58.02	57.87					58.66

Event 17 Boys 200 Yard Freestyle Relay

DAC: 1:36.74 * 2/5/2005

Seton Swim Team

Seton Swim-

K Koehr, S Koehr, N Cook, B Morch

Team	Relay	Seed Time	Finals Time	NISCA	Points
1 Seton Swim Team	A	1:37.33	1:36.74*	306	32
	1) Koehr, Kevin JR 22.96 24.93 24.50	2) Koehr, Sean FR 24.35	3) Cook, Nevin FR	4) Morch, Bryan JR	
2 Fredericksburg Christian	A	1:41.73	1:40.08	273	26
	1) Owens, David SO 24.61 26.02 24.53	2) Donehey, John JR 24.92	3) Porter, Adam JR	4) Jones, Brandon SR	
3 Highland School-VA	A	1:42.68	1:42.12	255	24

DAC Championship Swimming Meet - 2/5/2005**Results - DAC Champs**

1) Marty, Luis SR 26.28 25.28 26.53	2) Casey, Michael SR 24.03	3) Bryan, Nathan JR	4) Gillette, Ben JR		
4 Fredericksburg Academy-VA	A	1:45.26	1:46.25	216	22
1) Martin, Brock FR 27.09 28.01 24.97	2) Butterworth, Joel JR 26.18	3) Dameron, Brett SO	4) Quarles, Dougie JR		
5 Randolph-Macon Academy	A	1:49.72	1:47.57	207	20
1) Chung, Dae Gon 28.30 26.37 26.62	2) Cha, Dai 26.28	3) Koo, Jae Mo	4) Dolinar, Brian		
(Event 17 Boys 200 Yard Freestyle Relay)					
Team	Relay	Seed Time	Finals Time	NISCA	Points
6 Quantico High School	A	2:30.04	1:59.11	120	18
1) Herrera, Spencer 31.42 27.65 26.09	2) Vap, Hunter 33.95	3) Arndt, Nate	4) Choi, Mark		
--- Emmanuel Christian School	A	2:30.01	DQ		
1) Silvas, Nick 35.45 39.39 41.27	2) Verjinski, Nathan 29.52	3) Lee, Sang	4) Pak, Jin		

Event 18 Girls 200 Yard Freestyle Relay

DAC: 1:47.68 * 2/5/2005

Seton Swim Team
M Seale, M Dunn, J Dunn, K Planchak

Seton Swim-

Team	Relay	Seed Time	Finals Time	NISCA	Points
1 Seton Swim Team	A	1:47.28	1:47.68*	315	32
1) Seale, Meg SR 27.09 27.19 27.62	2) Dunn, Melissa JR 25.78	3) Dunn, Jessica FR	4) Planchak, Katie SO		
2 Fredericksburg Christian	A	1:55.16	1:52.67	264	26
1) Jones, Rochelle JR 26.71 29.71 30.46	2) Golike, Kayti SO 25.79	3) Seals, Lindsay JR	4) Jones, Keri FR		
3 Fredericksburg Academy-VA	A	1:58.50	1:59.30	201	24
1) Walsh, Kelsey FR 30.36 28.64 29.11	2) Goose, Emily 31.19	3) Simpson, Cara	4) McDaniel, Jordan FR		
4 Emmanuel Christian School	A	2:05.01	2:03.27	168	22
1) Huntley, Katie 30.51 30.56 32.65	2) Andrews, Brie 29.55	3) Stone, Alicia	4) McGillicuddy, Lauren		
5 Wakefield	A	2:20.19	2:23.19	27	20
1) Breeden, Brittany 35.99 34.60 40.68	2) Prahlad, Laura 31.92	3) Williamson, Ellerie	4) Squire, Rachel		
--- Quantico High School	A	2:10.03	DQ		
1) Fitzpatrick, Sydney 33.07 38.45 33.14	2) Dewyea, Catherine 30.41	3) Harrington, Meghan	4) Stemple, Rachel		
--- Highland School-VA	A	2:02.62	DQ		
1) Patry, Chelsea 28.41 28.99 32.06	2) Hutchinson, Lowell 28.96	3) Mello, Sarah	4) Thorsen, Rebecca SR		

Event 19 Boys 100 Yard Backstroke

DAC: 53.78 * 2/5/2005

Kevin Koehr
Yr School

Seton Swim-

Name	Yr School	Seed Time	Finals Time	NISCA	Points
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DAC Championship Swimming Meet - 2/5/2005
Results - DAC Champs

1	Koehr, Kevin	JR	Seton Swim Team	53.51	53.78*	125	16
	26.07 27.71						
2	Owens, David	SO	Fredericksburg Christian	1:06.68	1:03.66	71	13
	31.74 31.92						
3	George, Charles		Emmanuel Christian School	1:10.01	1:08.66	49	12
	32.63 36.03						
4	Ducharme-Barth, Nicholas		Fredericksburg Academy-VA	1:15.60	1:12.69	34	11
5	Bodderly, Ben	SO	Highland School-VA	1:18.28	1:13.19	32	10
	34.12 39.07						
6	Zarin, Babak	SO	Fredericksburg Academy-VA	1:12.12	1:13.84	30	9
	34.40 39.44						
7	Verry, John	SO	Seton Swim Team	1:13.06	1:14.12	29	7
	35.88 38.24						
8	Vap, Hunter		Quantico High School	1:20.90	1:17.63	17	5
	38.08 39.55						
9	Harris, David	8	Seton Swim Team	1:24.41	1:17.78	17	4

(Event 19 Boys 100 Yard Backstroke)

Name	Yr	School	Seed Time	Finals Time	NISCA	Points
10 Turner, Adam		Randolph-Macon Academy	1:19.36	1:18.50	15	3
	37.22 41.28					
11 Lounsbury, Connor		Highland School-VA	1:26.96	1:20.20	9	2
	39.49 40.71					
12 Lewis, David	SO	Fredericksburg Academy-VA	1:24.51	1:20.80	8	1
	37.83 42.97					
13 Spencer, Will	JR	Fredericksburg Christian	1:26.70	1:22.04	4	
	41.49 40.55					
14 Stone, Chris		Wakefield	1:28.73	1:30.87		
	41.88 48.99					
15 Joynson, Jack		Fredericksburg Academy-VA	1:29.77	1:31.72		
	44.02 47.70					
16 Quinan, Daniel	JR	Seton Swim Team	1:43.52	1:38.61		
	47.52 51.09					
17 Flanagan, TJ		Quantico High School	1:49.02	1:41.98		
	43.50 58.48					
18 Cox, Demitri		Quantico High School	1:51.30	1:44.77		
	50.56 54.21					

Event 20 Girls 100 Yard Backstroke

DAC Championship Swimming Meet - 2/5/2005**Results - DAC Champs**

DAC: 1:05.32 * 2/5/2005		Rochelle Jones		FCS Eagles		NISCA	Points
Name	Yr	School	Seed Time	Finals Time			
1	Jones, Rochelle	JR	Fredericksburg Christian	1:07.34	1:05.32*	87	16
	31.89 33.43						
2	McGillicuddy, Lauren		Emmanuel Christian School	1:13.56	1:07.21	75	13
	32.31 34.90						
3	Kehs, Laurel		Wakefield	1:08.14	1:09.99	60	12
	34.07 35.92						
4	Melnyk, Kimberley	FR	Seton Swim Team	1:10.79	1:10.70	56	11
	34.55 36.15						
5	Morch, Meghan	FR	Seton Swim Team	1:13.71	1:14.58	37	10
	35.64 38.94						
6	Patry, Chelsea		Highland School-VA	1:16.78	1:14.95	35	9
	35.36 39.59						
7	Melnyk, Stephanie	JR	Seton Swim Team	1:15.65	1:16.63	27	7
	36.19 40.44						
8	Corkery, Katie	FR	Seton Swim Team	1:18.37	1:21.59	6	5
	39.39 42.20						
9	Jacobson, Alix	FR	Fredericksburg Academy-VA	1:25.35	1:24.62		4
	41.14 43.48						
10	Stone, Alicia		Emmanuel Christian School	1:17.09	1:28.19		3
	43.43 44.76						
11	Squire, Rachel		Wakefield	1:36.96	1:30.88		2
	44.09 46.79						
12	Bodderly, Emma	JR	Highland School-VA	1:43.19	1:33.80		1
	45.26 48.54						
13	Zello, Jessica	JR	Fredericksburg Christian	1:37.52	1:35.27		
14	Dewyea, Catherine		Quantico High School	1:34.28	1:37.09		
	47.76 49.33						
15	Landry, Katie		Randolph-Macon Academy	1:40.78	1:38.56		
16	King, JayJay		Fredericksburg Academy-VA	1:35.83	1:39.62		
	46.07 53.55						
(Event 20 Girls 100 Yard Backstroke)							
Name	Yr	School	Seed Time	Finals Time	NISCA	Points	
17	Doran, Ann Marie		Quantico High School	1:41.39	1:39.63		
	45.96 53.67						
18	Cooper, Hannah		Fredericksburg Academy-VA	1:36.36	1:41.91		
	49.33 52.58						

DAC Championship Swimming Meet - 2/5/2005**Results - DAC Champs**

19	Jackson, Christine	SO	Fredericksburg Christian	1:58.02	1:44.26
	49.24 55.02				
20	Christian, Rachel		Wakefield	1:51.02	1:50.89
	50.58 1:00.31				
21	Martinez, Missy	SO	Fredericksburg Christian	2:00.05	1:53.74
	55.74 58.00				
22	Gibson, Julia	FR	Highland School-VA	2:17.06	1:58.72
	53.55 1:05.17				
23	Peacock, Stephanie		Wakefield	1:58.90	2:08.31
	57.30 1:11.01				
---	Coppens, Kayla		Highland School-VA	1:44.27	DQ
	45.93 50.66				

Event 21 Boys 100 Yard Breaststroke

DAC: 1:03.01 * 2/5/2005

Nevin Cook

Seton Swim-

Name	Yr	School	Seed Time	Seton Swim-Finals Time	NISCA	Points
1 Cook, Nevin	FR	Seton Swim Team	1:03.88	1:03.01*	109	16
			29.79 33.22			
2 Gillette, Ben	JR	Highland School-VA	1:08.15	1:04.23	102	13
			30.29 33.94			
3 Chung, Dae Gon		Randolph-Macon Academy	1:10.15	1:10.56	68	12
			32.04 38.52			
4 Koehr, Sean	FR	Seton Swim Team	1:12.63	1:11.68	63	11
			32.51 39.17			
5 Davis, Andrew	SR	Seton Swim Team	1:13.00	1:12.83	58	10
			33.25 39.58			
6 Porter, Adam	JR	Fredericksburg Christian	1:14.42	1:14.65	50	9
			35.73 38.92			
7 Floyd, Alex		Wakefield	1:16.88	1:15.41	47	7
			35.63 39.78			
8 Quarles, Dougie	JR	Fredericksburg Academy-VA	1:16.74	1:15.70	46	5
			34.08 41.62			
9 Figueredo, Danny		Emmanuel Christian School	1:17.39	1:17.79	37	4
			35.82 41.97			
10 Timms, Doug		Highland School-VA	1:22.20	1:19.19	32	3
			35.30 43.89			
11 Pleban, Joey	FR	Fredericksburg Christian	1:23.34	1:20.59	26	2
			38.16 42.43			
12 Vap, Levi		Quantico High School	1:22.06	1:21.13	24	1

DAC Championship Swimming Meet - 2/5/2005
Results - DAC Champs

13	Zimmerman, Jacob	FR	Fredericksburg Christian	1:24.97	1:24.53	13
14	Grunau, Leonard	SR	Highland School-VA	1:32.77	1:26.08	8
15	Breaw, Philip		Randolph-Macon Academy	1:30.19	1:28.61	0
15	Wheeler, James		Quantico High School	1:31.84	1:28.61	0

(Event 21 Boys 100 Yard Breaststroke)

	Name	Yr	School	Seed Time	Finals Time	NISCA	Points
17	Vilhauer, Andryiko	JR	Seton Swim Team	1:29.38	1:31.71		
18	Earnest, Jeff	SO	Fredericksburg Academy-VA	1:42.34	1:34.19		
19	Monahan, Alex		Fredericksburg Academy-VA	1:35.27	1:34.94		
20	Jackson, Glen	SO	Fredericksburg Academy-VA	1:30.91	1:35.75		
21	King, Tyler		Highland School-VA	1:46.05	1:39.14		
22	Koling, Adam		Wakefield	2:21.07	1:39.95		
23	Hughes, Clifton		Quantico High School	1:55.87	1:50.50		
---	Penrose, Andrew		Quantico High School	2:08.28	DQ		
---	Chau, Chun Lung		Randolph-Macon Academy	1:34.18	DQ		

Event 22 Girls 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time	NISCA	Points
1	Duchak, Tatiana		Wakefield	1:16.54	1:15.91	79	16
2	Dunn, Melissa	JR	Seton Swim Team	1:17.17	1:18.74	66	13
3	McDaniel, Jordan	FR	Fredericksburg Academy-VA	1:20.04	1:19.69	61	12
4	Kenna, Mary-Kate	8	Seton Swim Team	1:17.59	1:19.96	60	11

DAC Championship Swimming Meet - 2/5/2005
Results - DAC Champs

5	37.13	42.83	Golike, Kayti	SO	Fredericksburg Christian	1:20.46	1:20.85	56	10
6	38.88	41.97	Walsh, Kelsey	FR	Fredericksburg Academy-VA	1:26.88	1:24.44	41	9
7	38.72	45.72	Stemple, Rachel		Quantico High School	1:34.68	1:24.89	39	7
8	39.99	44.90	Mello, Sarah		Highland School-VA	1:28.75	1:25.34	37	5
9	40.81	44.53	Swauger, Elizabeth	JR	Fredericksburg Christian	1:27.59	1:25.46	37	4
10	40.06	45.40	Duffy, Caitlin		Fredericksburg Academy-VA	1:36.51	1:28.81	24	3
11	40.58	48.23	Stephenson, Kelly	SR	Fredericksburg Academy-VA	1:31.19	1:31.65	14	2
12	42.38	49.27	Van de Voorde, Alison	SR	Seton Swim Team	1:31.24	1:33.32	8	1
13	44.26	49.06	Bell, McClain	JR	Highland School-VA	1:39.11	1:35.74	0	
14	44.36	51.38	Dobak, Mary	FR	Seton Swim Team	1:33.19	1:36.43		
15	43.54	52.89	Rinella, Adrienne	SR	Highland School-VA	1:41.72	1:37.17		
	46.00	51.17							
(Event 22 Girls 100 Yard Breaststroke)									
	Name	Yr	School		Seed Time	Finals Time	NISCA	Points	
16	Nagle, Melissa		Fredericksburg Christian		1:38.53	1:45.43			
17	47.35	58.08	Prahlad, Laura		Wakefield	1:46.96	1:51.68		
18	51.37	1:00.31	Gorsuch, Jillian	JR	Highland School-VA	1:57.38	1:56.89		
---	51.73	1:05.16	Penrose, Summer		Quantico High School	1:52.33	DQ		
---	48.59	55.58	Castleberry, Taylor		Quantico High School	1:39.38	DQ		
---	43.82	52.84	Curatola, Kristin		Quantico High School	1:42.21	DQ		
---	46.75	54.13	Williamson, Ellerie		Wakefield	2:10.45	DQ		

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58.93 1:10.15
 --- Gaines-Smith, Lexie Wakefield 2:40.05 DQ
 1:00.82 1:20.62

Event 23 Boys 400 Yard Freestyle Relay

DAC: 3:39.37 * 1997

ECS

ECS

Janknwski, Anerson, Murch, Hrabe

Team	Relay	Seed Time	Finals Time	NISCA	Points
1 Fredericksburg Academy-VA	A	4:06.45	4:03.91	150	32
1) Hansen, Andrew FR 1:03.72 30.20	2) Butterworth, Joel JR 1:04.72 25.97 55.13	3) Dameron, Brett SO 28.12 1:00.34	4) Martin, Joe FR		
2 Seton Swim Team	A	4:10.56	4:06.57	138	26
1) Murphy, Jack JR 28.19 1:00.12 29.74	2) Ross, Joe FR 1:04.64 27.95 1:00.91	3) Hood, Tyler SR 27.73 1:00.90	4) Verry, John SO		
3 Fredericksburg Christian	A	4:30.87	4:11.13	123	24
1) Spencer, Will JR 30.84 1:05.32 29.63	2) Pleban, Joey FR 1:01.70 28.64 1:00.79	3) Brezee, Justin SR 30.04 1:03.32	4) Ross, Joe JR		
4 Randolph-Macon Academy	A	4:31.27	4:20.24	87	22
1) Dolinar, Brian 32.75 1:13.44 28.81	2) Cha, Dai 1:01.01 29.43 1:04.03	3) Turner, Adam 28.37 1:01.76	4) Breaw, Philip		
5 Highland School-VA	A	4:36.63	4:32.31	48	20
1) Bryan, Nathan JR 29.30 1:06.73 30.62	2) Boddery, Ben SO 1:06.44 30.37 1:06.44	3) Timms, Doug 33.02 1:12.70	4) Klenkar, Steve FR		
6 Wakefield	A	4:40.71	4:37.14	33	18
1) Floyd, Alex 31.33 1:07.83 34.35	2) Stone, Chris 1:12.18 36.79 1:21.40	3) Niezgoda, Josh 26.40 55.73	4) Alphin, Jake		
7 Emmanuel Christian School	A	4:35.70	4:37.63	30	14
1) George, Charles 29.55 1:04.54 37.57	2) Pak, Jin 1:21.28 32.55 1:13.25	3) Lee, Sang 27.72 58.56	4) Figueredo, Danny		
8 Quantico High School	A	5:00.30	4:50.98		10
1) Fischer, Joe 29.78 1:04.93 38.58	2) Arndt, Nate 1:23.78 32.60 1:10.23	3) Roberts, Chaz 33.15 1:12.04	4) Herrera, Spencer		

Event 24 Girls 400 Yard Freestyle Relay

DAC: 4:09.58 * 2/5/2005

Seton Swim Team

Seton Swim-

C Harris, K Melnyk, J Dunn, M Seale

Team	Relay	Seed Time	Finals Time	NISCA	Points
1 Seton Swim Team	A	4:06.39	4:09.58*	216	32
1) Harris, Caitlin JR 29.83 1:03.18 30.14	2) Melnyk, Kimberley FR 1:02.51 29.15 1:01.57	3) Dunn, Jessica FR 28.50 1:02.32	4) Seale, Meg SR		
(Event 24 Girls 400 Yard Freestyle Relay)					
Team	Relay	Seed Time	Finals Time	NISCA	Points
2 Fredericksburg Academy-VA	A	4:29.55	4:29.00	126	26
1) Jacobson, Alix FR 32.27 1:10.11 33.09	2) Goose, Emily 1:10.58 29.77 1:02.39	3) Simpson, Cara 31.63 1:05.92	4) Weinstein, Caitlin FR		

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3	Wakefield		A				4:53.22		4:32.11	114	24
	1) Duchak, Tatiana		2) Alphin, Lanie				3) Borden, Katrina		4) Kehs, Laurel		
	31.48 1:06.20 31.59		1:08.60 32.41 1:10.79				31.66 1:06.52				
4	Quantico High School		A				4:43.31		4:33.76	105	22
	1) Smith, Camille		2) Harrington, Meghan				3) Pinheiro, Brittany		4) Harrington, Liz		
	30.92 1:04.77 34.52		1:16.42 32.78 1:11.59				29.01 1:00.98				
5	Fredericksburg Christian		A				4:55.55		4:53.64	27	20
	1) Guillette, Lindsay SR		2) Zello, Jessica JR				3) Swauger, Elizabeth JR		4) May, Allison SO		
	33.53 1:10.88 38.52		1:21.75 32.41 1:11.88				32.42 1:09.13				
6	Highland School-VA		A				5:20.05		5:14.01		18
	1) Thorsen, Mollie		2) Boddery, Emma JR				3) Rinella, Adrienne SR		4) Bell, McClain JR		
	35.15 1:12.08 37.45		1:21.95 36.66 1:18.90				36.78 1:21.08				
---	Emmanuel Christian School		A				4:45.02		DQ		
	1) Huntley, Katie		2) Andrews, Brie				3) Stone, Alicia		4) McGillicuddy, Lauren		
	31.25 1:07.04 33.21		1:11.59 34.24 1:12.41				30.42 1:03.43				