

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 1 Boys 200 Yard Medley Relay

SST: 1:39.82 2/17/2006 **Koehr, Cook, Morch, Koehr**
VISAA QT: 1:57.18
VCAC: 1:43.49 2/4/2006 **Seton School SST**
Koehr, N Cook, B Morch, S Koehr
TCS!: 1:43.67 2/19/2016 **Trinity Christian School TCS!-VA**
M. Brazier, R. Fletcher, C. Na, H. Kesting

Team	Relay	Seed Time
1 Trinity Christian School	A	1:48.13
2 Seton Swimming	A	1:52.40
3 Saint John Paul the Great	A	1:52.63
1) Ong, Marcus SR	2) Hopkins, Liam SR	4) Newbold, Lane SR
4 Fredericksburg Christian	A	1:57.12
1) Howell, Luke FR	2) Schneider, Jack SR	3) Ford, Parker SR
4) Knewtson, Jack SO		
5 Saint John Paul the Great	B	X1:59.63
1) Mastrianni, Dominic SO	2) Williams, Charlie JR	3) Kintz, John Paul SR
4) Collins, Jacob SR		
6 Seton Swimming	B	X2:00.34
7 Trinity Christian School	B	X2:01.45

Event 2 Girls 200 Yard Medley Relay

SST: 1:50.25 2/18/2011 **Doonis,Rogers,Wunderly,Donohoe**
VISAA QT: 2:14.01
VCAC: 1:53.18 2/5/2022 **Seton Swimming Seton**
L Garvey, A Testani, C Condon, M Pennefather
TCS!: 1:54.17 2/16/2018 **Trinity Christian School TCS!-VA**
A. Cornett, H. Silvernail, B. Williams, J. Phillip

Team	Relay	Seed Time
1 Seton Swimming	A	1:53.18
2 Trinity Christian School	A	2:04.18
3 Saint John Paul the Great	A	2:05.84
1) Weina, Virginia JR	2) Roder, Mia JR	3) Davis, Gianna FR
4) Vitkovsky, Maggie JR		
4 Fredericksburg Christian	A	2:27.32
1) Heth, Rachel JR	2) Ryan, Gabbie 8	3) Roberson, Emma 8
4) Meadows, Payton JR		
5 Seton Swimming	B	X2:03.59
6 Saint John Paul the Great	B	X2:16.28
2) Koler, Jillian SR	3) Williams, Maeve FR	4) Hacsh, Ethiana SR
7 Trinity Christian School	B	X2:22.98

Event 3 Boys 200 Yard Freestyle

SST: 1:38.54 1/31/2010 **S.J. Hill**
VISAA QT: 2:01.47
VCAC: 1:48.29 2/2/2008 **Nevin Cook SST**
TCS!: 1:48.38 2/6/2021 **Josh Kim at 15th Annual VISAA TCS!-VA**

Name	Year	School	Seed Time
1 Kim, Josh	SR	Trinity Christian School	1:49.42
2 Brox, Michael	FR	Seton Swimming	2:13.45
3 Kintz, John Paul	SR	Saint John Paul the Great	2:15.73
4 Dealey, Joey	JR	Seton Swimming	2:16.29
5 Borneman, Joseph	FR	Seton Swimming	2:24.50
6 Bang, Caleb	08	Trinity Christian School	2:26.73
7 Collins, Jacob	SR	Saint John Paul the Great	2:31.76
8 Sicks, Campbell	JR	Trinity Christian School	2:32.30
9 McGrath, Michael	SO	Seton Swimming	2:33.73
10 Kirby, Micah	SO	Trinity Christian School	3:04.08

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 4 Girls 200 Yard Freestyle

SST: 1:55.74 2/18/2000 K. Shipko

VISAA QT: 2:13.44

VCAC: 1:53.80 2/1/2020

TCS!: 1:53.80 2/1/2020

Annalise Cornett

Annalise E. Cornett

TCS!

TCS!-VA

Name	Year	School	Seed Time
1	Buff, Reagan	SO Trinity Christian School	2:07.24
2	Garvey, Lucy	SR Seton Swimming	2:10.99
3	Yaraschak, Bella	SO Trinity Christian School	2:14.81
4	O'Malley, Mary	SR Seton Swimming	2:16.63
5	Guitarrez, Ana Sophia	SR Saint John Paul the Great	2:21.84
6	Williams, Maeve	FR Saint John Paul the Great	2:23.61
7	Byers, Lily	SR Seton Swimming	2:25.88
8	Phillips, Amy	JR Trinity Christian School	2:27.48
9	Zadnik, Madelyn	SO Seton Swimming	2:34.52
10	Moon, Ella	SR Trinity Christian School	2:40.28
11	Hacsh, Ethiana	SR Saint John Paul the Great	2:48.15
12	Kattah, Kayla	FR Saint John Paul the Great	3:00.00

Event 5 Boys 200 Yard IM

SST: 1:54.70 2/17/2008 N. Cook

VISAA QT: 2:18.04

VCAC: 1:58.42 2/8/2020

TCS!: 2:02.39 2/5/2022

Andrew Turbyfill

Josh Kim at 16th Annual VISAA

FCS

TCS!-VA

Name	Year	School	Seed Time
1	Hopkins, Liam	SR Saint John Paul the Great	2:07.41
2	Williams, Charlie	JR Saint John Paul the Great	2:11.71
3	Kim, Justin	SO Trinity Christian School	2:14.42
4	Yun, Noah	08 Trinity Christian School	2:17.98
5	Wilson, Joe	JR Seton Swimming	2:18.23
6	Park, Zack	SO Trinity Christian School	2:33.18
7	Wilson, Max	FR Seton Swimming	2:40.60
8	Konstanty, Peter	SO Seton Swimming	2:42.26
9	Kellogg, Seth	FR Seton Swimming	2:43.71
10	Newbold, Lane	SR Saint John Paul the Great	2:47.86
11	Wang, Luke	SO Trinity Christian School	2:51.32

Event 6 Girls 200 Yard IM

SST: 2:11.80 2/15/2008 J. Dunn

VISAA QT: 2:29.40

VCAC: 2:11.47 2/2/2019

TCS!: 2:09.93 2/15/2019

Annalise Cornett

Annalise E. Cornett

TCS!

TCS!-VA

Name	Year	School	Seed Time
1	Testani, Angie	FR Seton Swimming	2:22.86
2	Schlieter, Audrey	08 Trinity Christian School	2:27.32
3	Roberson, Emma	8 Fredericksburg Christian	2:36.93
4	Bingham, Teresa	SR Seton Swimming	2:38.38
5	Zadnik, Madelyn	SO Seton Swimming	2:44.88
6	Fifield, Haley	FR Seton Swimming	2:52.92
7	Metzger, Danielle	JR Trinity Christian School	3:04.58
8	Gallagher, Francesca	SR Saint John Paul the Great	3:04.78
9	McCormick, Madison	FR Saint John Paul the Great	3:27.31

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 7 Boys 50 Yard Freestyle

SST:	21.22	2/19/2010	S.J. Hill	
VISAA QT:	24.14			
VCAC:	21.91	2/13/2010	S. Jameson Hill	SST
TCSI:	23.18	1/23/2021	Josh Kim at Seton Winter Invit	TCSI!-VA

Name	Year	School	Seed Time
1	Hough, Ryan	SO Trinity Christian School	23.66
2	Ford, Parker	SR Fredericksburg Christian	24.35
3	Knewton, Jack	SO Fredericksburg Christian	24.61
4	Hudson, David	SO Seton Swimming	25.41
5	Howell, Luke	FR Fredericksburg Christian	25.75
6	Rowzie, Joseph	SR Seton Swimming	25.99
7	Schneider, Jack	SR Fredericksburg Christian	27.52
8	Beltran, Ryan	SO Seton Swimming	27.96
9	Fioramonti, Josh	8 Seton Swimming	28.18
10	Abidin, Christian	SO Trinity Christian School	29.29
11	Mastrianni, Dominic	SO Saint John Paul the Great	29.73
12	Vitkovitsky, Daniel	SR Saint John Paul the Great	31.77
13	Jang, Elliot	SO Trinity Christian School	31.90
14	Lauer, Josh	SO Trinity Christian School	35.55
15	Koehr, Connor	FR Seton Swimming	X26.22
16	Fioramonti, Mick	SO Seton Swimming	X26.76
17	Salafia, Luca	8 Fredericksburg Christian	X27.48
18	Haynes, Jacob	SO Fredericksburg Christian	X27.88
19	Lynch, Chris	SO Seton Swimming	X29.53
20	Delage, Aaron	JR Fredericksburg Christian	X32.28
21	Misiano, Thomas	JR Fredericksburg Christian	X36.53

Event 8 Girls 50 Yard Freestyle

SST:	24.06	2/16/2018	A. Kenna	
VISAA QT:	26.96			
VCAC:	24.20	2/8/2020	Brooke Williams	TCSI!
TCSI:	24.12	2/14/2020	Brooke Williams	TCSI!-VA

Name	Year	School	Seed Time
1	Davis, Gianna	FR Saint John Paul the Great	25.74
2	Pennefather, Mary	JR Seton Swimming	26.64
3	Hough, Keri	08 Trinity Christian School	26.90
4	Luevano, Isabelle	SR Seton Swimming	26.92
5	Roder, Mia	JR Saint John Paul the Great	27.24
6	Bailey, Mary Mae	SO Trinity Christian School	27.57
7	Womack, Kristen	SO Trinity Christian School	27.59
8	Gibbons, Maggie	SO Seton Swimming	27.60
9	Brox, Elodie	FR Seton Swimming	27.60
10	Vitkovsky, Maggie	JR Saint John Paul the Great	28.65
11	Weina, Virginia	JR Saint John Paul the Great	29.50
12	Ryan, Gabbie	8 Fredericksburg Christian	29.94
13	Meadows, Payton	JR Fredericksburg Christian	31.35
14	Heth, Rachel	JR Fredericksburg Christian	31.42
15	Blevins, Hannah	8 Fredericksburg Christian	32.04
16	Mitchell, Ajai	SO Trinity Christian School	36.12
17	Waldron, Clare	SR Seton Swimming	X30.09
18	Mantooth, Kateri	JR Seton Swimming	X30.20
19	Sebero, Emmah	8 Fredericksburg Christian	X32.25
20	Blevins, Colby	8 Fredericksburg Christian	X34.55

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 8 ... (Girls 50 Yard Freestyle)

21	Irish, Gabriella	8	Fredericksburg Christian	X37.70
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Event 9 Boys 1 mtr Diving

SST: 351.15 2/15/2013

VCAC: 304.20 2/4/2022

TCS!: 320.25 1/8/2022

J. Duran

Harper Thornett

Harper Thornett

TCS!

TCS!

Name	Year	School	Time
1	Thornett, Harper	JR Trinity Christian School	320.25
2	Koehr, Connor	FR Seton Swimming	173.30
3	Fioramonti, Josh	8 Seton Swimming	161.32
4	Fioramonti, Mick	SO Seton Swimming	152.70
5	Oswald, Jacob	FR Seton Swimming	106.87
6	Brox, JJ	JR Seton Swimming	X98.10

Event 10 Girls 1 mtr Diving

SST: 371.95 2/15/2002

VCAC: 161.00 2/4/2022

TCS!: 164.60 1/8/2022

K. Giarra

Keri Hough

Keri Hough

TCS!

TCS!

Name	Year	School	Time
1	Hough, Keri	08 Trinity Christian School	164.60
2	Waldron, Clare	SR Seton Swimming	151.50
3	Waldron, Rose	FR Seton Swimming	110.55
4	Catabui, Emma	SR Seton Swimming	100.35

Event 11 Boys 100 Yard Butterfly

SST: 51.76 1/16/2010

VISAA QT: 1:01.02

VCAC: 53.90 2/4/2012

TCS!: 54.15 2/5/2022

S.J. Hill

Vincent Dunn

Josh Kim at 16th Annual VISAA

SST

TCS!-VA

Seed Time

Name	Year	School	Time
1	Phillips, Tyler	8 Trinity Christian School	56.83
2	Wilson, Joe	JR Seton Swimming	59.37
3	Ong, Marcus	SR Saint John Paul the Great	1:01.20
4	Williams, Charlie	JR Saint John Paul the Great	1:03.18
5	Park, Ian	SO Trinity Christian School	1:06.76
6	Wilson, Max	FR Seton Swimming	1:13.60
7	Sokban, William	FR Seton Swimming	1:15.36
8	Borneman, Joseph	FR Seton Swimming	1:16.94
9	Valenzuela, Orlando	JR Trinity Christian School	1:40.59
10	Verwys, Sam	08 Trinity Christian School	1:43.85

Event 12 Girls 100 Yard Butterfly

SST: 58.51 1/20/2018

VISAA QT: 1:06.82

VCAC: 58.62 2/3/2018

TCS!: 58.91 2/15/2019

A. Kenna

Anna Kenna

Brooke Williams

Seton

TCS!-VA

Seed Time

Name	Year	School	Time
1	Condon, Clara	FR Seton Swimming	1:00.26
2	Klanderan, Liz	FR Trinity Christian School	1:05.19
3	Schlieter, Audrey	08 Trinity Christian School	1:07.46
4	Flynn, Emily	SR Seton Swimming	1:10.32
5	Bingham, Teresa	SR Seton Swimming	1:12.75
6	Zadnik, Sophia	SR Seton Swimming	1:17.56
7	Bang, Selah	JR Trinity Christian School	1:21.08
8	Gallagher, Francesca	SR Saint John Paul the Great	1:26.11

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 13 Boys 100 Yard Freestyle

SST: 45.67 2/20/2010 S. J. Hill
 VISAA QT: 53.09
 VCAC: 48.78 2/13/2010 S. Jameson Hill SST
 TCSI!: 49.35 2/12/2021 Josh Kim at 2021 DAC Champions TCSI!-VA

Name	Year	School	Seed Time
1	Kim, Josh	SR Trinity Christian School	50.73
2	Kim, Justin	SO Trinity Christian School	52.22
3	Nguyen, Drew	FR Seton Swimming	57.04
4	Brox, JJ	JR Seton Swimming	59.43
5	Konstanty, Peter	SO Seton Swimming	1:01.11
6	Rowzie, Joseph	SR Seton Swimming	1:02.19
7	Haynes, Jacob	SO Fredericksburg Christian	1:06.02
8	Mastrianni, Dominic	SO Saint John Paul the Great	1:08.61
9	Vitkovitsky, Daniel	SR Saint John Paul the Great	1:10.77
10	Smith, James	SO Saint John Paul the Great	1:11.51
11	Jang, Elliot	SO Trinity Christian School	1:17.26
12	Delage, Aaron	JR Fredericksburg Christian	1:20.53
13	Kirby, Micah	SO Trinity Christian School	1:22.22
14	Misiano, Thomas	JR Fredericksburg Christian	1:32.30
15	McGrath, Michael	SO Seton Swimming	X1:03.17

Event 14 Girls 100 Yard Freestyle

SST: 52.05 2/16/2018 A. Kenna
 VISAA QT: 59.70
 VCAC: 53.08 2/10/2018 Anna Kenna SST
 TCSI!: 52.63 2/16/2019 Brooke Williams TCSI!-VA

Name	Year	School	Seed Time
1	Buff, Reagan	SO Trinity Christian School	58.59
2	Luevano, Isabelle	SR Seton Swimming	59.80
3	Phillips, Amy	JR Trinity Christian School	1:00.25
4	Pennefather, Mary	JR Seton Swimming	1:00.94
5	O'Malley, Mary	SR Seton Swimming	1:01.22
6	Koler, Jillian	SR Saint John Paul the Great	1:02.22
7	Vitkovsky, Maggie	JR Saint John Paul the Great	1:05.16
8	Bailey, Mary Mae	SO Trinity Christian School	1:05.69
9	Oswald, Jacqueline	JR Seton Swimming	1:06.26
10	Ratcliffe, Eliana	9 Trinity Christian School	1:07.59
11	Blevins, Hannah	8 Fredericksburg Christian	1:11.72
12	Sebero, Emmah	8 Fredericksburg Christian	1:14.38
13	Kattah, Kayla	FR Saint John Paul the Great	1:19.59
14	Irish, Gabriella	8 Fredericksburg Christian	1:22.18

Event 15 Boys 500 Yard Freestyle

SST: 4:27.19 1/31/2010 S.J. Hill
 VISAA QT: 5:41.90
 VCAC: 4:43.83 2/13/2010 S. Jameson Hill SST
 TCSI!: 5:11.22 12/19/2020 Josh Kim at Seton Homecoming I TCSI!-VA

Name	Year	School	Seed Time
1	Yun, Noah	08 Trinity Christian School	5:26.23
2	Koehr, Connor	FR Seton Swimming	6:16.42
3	Brox, Michael	FR Seton Swimming	6:19.60
4	Sokban, William	FR Seton Swimming	6:20.12
5	Bang, Caleb	08 Trinity Christian School	6:28.32
6	Albin, Jed	SO Seton Swimming	6:39.73

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 15 ... (Boys 500 Yard Freestyle)

7	Verwys, Sam	08	Trinity Christian School	7:29.42
8	Abidin, Christian	SO	Trinity Christian School	7:56.96

Event 16 Girls 500 Yard Freestyle

SST:	5:06.98	2/1/1999	K. Shipko	
VISAA QT:	5:58.88			
VCAC:	5:03.43	2/13/2021	Annalise Cornett	TCS!
TCS!:	5:03.43	2/12/2021	Annalise E. Cornett	TCS!-VA

Name	Year	School	Seed Time
1 Stermer, Teagan	SO	Trinity Christian School	5:43.19
2 Testani, Angie	FR	Seton Swimming	5:43.29
3 Yaraschak, Bella	SO	Trinity Christian School	5:58.11
4 Flynn, Emily	SR	Seton Swimming	6:19.01
5 Roberson, Emma	8	Fredericksburg Christian	6:21.13
6 Guitierrez, Ana Sophia	SR	Saint John Paul the Great	6:27.59
7 Byers, Lily	SR	Seton Swimming	6:50.89
8 Mantooth, Kateri	JR	Seton Swimming	7:33.88
9 Metzger, Danielle	JR	Trinity Christian School	7:51.93

Event 17 Boys 200 Yard Freestyle Relay

SST:	1:30.07	2/19/2010	Hill, Koehr,Cook,Basinger	
VISAA QT:	1:43.26			
VCAC:	1:32.22	2/6/2016	Fredericksburg Christian	FCS
			D Turbyfill, A Kearney, N Ross, G Ross	
TCS!:	1:34.17	2/6/2016	Trinity Christian School	TCS!-VA
			R. Fletcher, M. Brazier, C. Na, H. Kesting	

Team	Relay	Seed Time	
1 Trinity Christian School	A	1:35.18	
2 Fredericksburg Christian	A	1:41.69	
1) Knewton, Jack SO	2) Schneider, Jack SR	3) Salafia, Luca 8	4) Ford, Parker SR
3 Seton Swimming	A	1:41.80	
4 Saint John Paul the Great	A	1:44.50	
1) Ong, Marcus SR	2) Smith, James SO	3) Williams, Charlie JR	4) Hopkins, Liam SR
5 Seton Swimming	B	X1:45.66	
6 Trinity Christian School	B	X1:55.34	

Event 18 Girls 200 Yard Freestyle Relay

SST:	1:40.05	2/19/2010	Doonis,Rogers,Talbott,Donohoe	
VISAA QT:	1:58.53			
VCAC:	1:43.64	2/4/2012	Seton School	SST
			A Doonis, C Kenna, A Sinner, C Rogers	
TCS!:	1:42.55	2/17/2018	Trinity Christian School	TCS!-VA
			A. Cornett, H. Silvernail, J. Phillips, B. William	

Team	Relay	Seed Time	
1 Seton Swimming	A	1:47.60	
2 Trinity Christian School	A	1:48.84	
3 Saint John Paul the Great	A	1:51.17	
1) Roder, Mia JR	2) Weina, Virginia JR	3) Vitkovsky, Maggie JR	4) Davis, Gianna FR
4 Fredericksburg Christian	A	2:07.57	
1) Ryan, Gabbie 8	2) Sebero, Emmah 8	3) Meadows, Payton JR	4) Heth, Rachel JR
5 Seton Swimming	B	X1:54.03	
1) O'Malley, Mary SR			
6 Trinity Christian School	B	X1:56.63	

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 18 ... (Girls 200 Yard Freestyle Relay)

7 Saint John Paul the Great B X2:13.00
 1) Gallagher, Francesca SR 2) Kattah, Kayla FR 3) McCormick, Madison FR 4) Guterrez, Ana Sophia SR

Event 19 Boys 100 Yard Backstroke

SST: 51.48 1/20/2006 K. Koehr
 VISAA QT: 1:02.90
 VCAC: 53.44 2/4/2006 Kevin Koehr SST
 TCS!: 58.70 2/19/2016 Mitchell Brazier TCS!-VA
 Name Year School Seed Time

1	Hough, Ryan	SO	Trinity Christian School	59.80
2	Howell, Luke	FR	Fredericksburg Christian	1:00.41
3	Ong, Marcus	SR	Saint John Paul the Great	1:02.93
4	Phillips, Tyler	8	Trinity Christian School	1:04.79
5	Fioramonti, Mick	SO	Seton Swimming	1:05.26
6	Hudson, David	SO	Seton Swimming	1:07.82
7	Park, Zack	SO	Trinity Christian School	1:08.48
8	Beltran, Ryan	SO	Seton Swimming	1:14.49
9	Albin, Jed	SO	Seton Swimming	1:21.03
10	Smith, James	SO	Saint John Paul the Great	1:29.36
11	Valenzuela, Orlando	JR	Trinity Christian School	1:31.40

Event 20 Girls 100 Yard Backstroke

SST: 55.62 2/18/2018 A. Kenna
 VISAA QT: 1:06.85
 VCAC: 58.33 2/2/2019 Annalise Cornett TCS!
 TCS!: 58.33 2/2/2019 Annalise E. Cornett TCS!-VA
 Name Year School Seed Time

1	Garvey, Lucy	SR	Seton Swimming	1:02.68
2	Stermer, Teagan	SO	Trinity Christian School	1:05.52
3	Womack, Kristen	SO	Trinity Christian School	1:10.09
4	Roder, Mia	JR	Saint John Paul the Great	1:11.29
5	Gibbons, Maggie	SO	Seton Swimming	1:11.31
6	Oswald, Jacqueline	JR	Seton Swimming	1:15.07
7	Fifield, Haley	FR	Seton Swimming	1:15.46
8	Weina, Virginia	JR	Saint John Paul the Great	1:16.44
9	Bang, Selah	JR	Trinity Christian School	1:17.49
10	Mitchell, Ajai	SO	Trinity Christian School	1:45.73
11	Blevins, Colby	8	Fredericksburg Christian	1:52.39

Event 21 Boys 100 Yard Breaststroke

SST: 58.53 1/27/2007 N. Cook
 VISAA QT: 1:08.79
 VCAC: 1:00.59 Andrew Turbyfill FCS
 TCS!: 1:03.06 2/17/2017 Riley T. Fletcher TCS!-VA
 Name Year School Seed Time

1	Hopkins, Liam	SR	Saint John Paul the Great	1:03.76
2	Brox, JJ	JR	Seton Swimming	1:09.39
3	Park, Ian	SO	Trinity Christian School	1:10.34
4	Nguyen, Drew	FR	Seton Swimming	1:14.41
5	Sicks, Campbell	JR	Trinity Christian School	1:17.67
6	Wang, Luke	SO	Trinity Christian School	1:19.21
7	Dealey, Joey	JR	Seton Swimming	1:19.69
8	Kellogg, Seth	FR	Seton Swimming	1:19.98
9	Lauer, Josh	SO	Trinity Christian School	1:43.78

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 21 ... (Boys 100 Yard Breaststroke)

10 Lynch, Chris SO Seton Swimming X1:20.39

Event 22 Girls 100 Yard Breaststroke

SST: 1:07.65 2/13/2021 Angie Testani Seton
 VISAA QT: 1:16.38
 VCAC: 1:07.65 2/12/2021 Angie Testani SST
 TCS!/: 1:13.20 12/19/2020 Annalise E. Cornett at Seton H TCS!-VA

Name	Year	School	Seed Time
1	Condon, Clara	FR Seton Swimming	1:09.05
2	Koler, Jillian	SR Saint John Paul the Great	1:12.17
3	Davis, Gianna	FR Saint John Paul the Great	1:15.28
4	Waldron, Clare	SR Seton Swimming	1:16.59
5	Klanderma, Liz	FR Trinity Christian School	1:16.84
6	Williams, Maeve	FR Saint John Paul the Great	1:18.42
7	Brox, Elodie	FR Seton Swimming	1:20.60
8	Zadnik, Sophia	SR Seton Swimming	1:25.24
9	Ryan, Gabbie	8 Fredericksburg Christian	1:29.26
10	Ratcliffe, Eliana	9 Trinity Christian School	1:29.99
11	Moon, Ella	SR Trinity Christian School	1:36.98
12	McCormick, Madison	FR Saint John Paul the Great	1:38.67

Event 23 Boys 400 Yard Freestyle Relay

SST: 3:17.05 2/19/2010 Hill, Cook, Dunn, Basinger
 VISAA QT: 3:59.45
 VCAC: 3:28.44 2/5/2022 Trinity Christian School Trini
 N Yun, T Phillips, J Kim, J Kim
 TCS!/: 3:29.97 2/19/2016 Trinity Christian School TCS!-VA
 M. Brazier, R. Fletcher, C. Na, H. Kesting

Team	Relay	Seed Time
1	Trinity Christian School A	3:28.44
2	Seton Swimming A	3:49.87
3	Fredericksburg Christian A	3:53.05
	1) Knewton, Jack SO 2) Schneider, Jack SR 3) Ford, Parker SR 4) Howell, Luke FR	
4	Seton Swimming B	X4:06.07
5	Trinity Christian School B	X4:55.03

Event 24 Girls 400 Yard Freestyle Relay

SST: 3:40.51 2/19/2010 DoonisRogers,ClaybrooksDonohoe
 VISAA QT: 4:38.24
 VCAC: 3:48.76 2/3/2018 Trinity Chrisitan School TCS!
 B. Williams, H. Silvernail, L. Schmidt, A. Cornett
 TCS!/: 3:46.85 2/17/2018 Trinity Christian School TCS!-VA
 H. Silvernail, L. Schmidt, A. Cornett, B. Williams

Team	Relay	Seed Time
1	Trinity Christian School A	4:00.41
2	Seton Swimming A	4:04.24
3	Fredericksburg Christian A	4:42.48
	1) Heth, Rachel JR 2) Blevins, Hannah 8 3) Meadows, Payton JR 4) Roberson, Emma 8	
4	Saint John Paul the Great A	5:10.00
	1) Gallagher, Francesca SR 2) McCormick, Madison FR 3) Kattah, Kayla FR 4) Guterrez, Ana Sophia SR	
5	Seton Swimming B	X4:24.82
6	Trinity Christian School B	X4:24.83

2022 VCAC Championship Meet - 2/11/2022

Psych Sheet

Event 109 Boys 1 mtr Diving Time Trial

SST: 351.15 2/15/2013

VCAC: 304.20 2/4/2022

TCS!: 320.25 1/8/2022

J. Duran

Harper Thornett

Harper Thornett

TCS!

TCS!

	Name	Year	School	
1	Thornett, Harper	JR	Trinity Christian School	NP
2	Koehr, Connor	FR	Seton Swimming	NP
3	Fioramonti, Mick	SO	Seton Swimming	NP
4	Brox, JJ	JR	Seton Swimming	NP
5	Fioramonti, Josh	8	Seton Swimming	NP

Event 110 Girls 1 mtr Diving Time Trial

SST: 371.95 2/15/2002

VCAC: 161.00 2/4/2022

TCS!: 164.60 1/8/2022

K. Giarra

Keri Hough

Keri Hough

TCS!

TCS!

	Name	Year	School	
1	Hough, Keri	08	Trinity Christian School	NP
2	Catabui, Emma	SR	Seton Swimming	NP
3	Waldron, Clare	SR	Seton Swimming	NP
4	Waldron, Rose	FR	Seton Swimming	NP