

VCAC Invitational - 1/8/2022

Psych Sheet

Event 1 Boys 200 Yard Medley Relay

VISAA QT: 1:57.18

SST: 1:39.82 2/17/2006 Koehr, Cook, Morch, Koehr

TCSI: 1:43.67 2/19/2016 M. Brazier, R. Fletcher, C. Na

ICHS: 1:51.66 2/11/2021 C. Wolf, J. Wolf, J. Rutkowski

, J. Salter

Team	Relay	Seed Time
1 John Paul-VA	A	1:43.98
2 Tcs-VA	A	1:48.13
3 PC Knights-VA	A	1:48.17
4 Immanuel	A	1:51.66
5 Seton	A	1:52.52
6 PC Knights-VA	B	1:55.00
7 Seton	B	2:00.34
8 Immanuel	B	X2:04.00
9 Seton	C	X2:25.00
10 Seton	D	X2:27.00
11 Seton	E	X2:29.00
12 Seton	F	X2:31.00
13 Seton	G	X2:33.00
14 Seton	H	X2:35.00
15 Seton	I	X2:37.00
16 SFH	A	X2:39.32
17 Immanuel	C	X2:44.00
18 Tcs-VA	B	2:45.44

Event 2 Girls 200 Yard Medley Relay

VISAA QT: 2:14.01

SST: 1:50.25 2/18/2011 Doonis,Rogers,Wunderly,Donohoe

TCSI: 1:54.17 2/16/2018 A. Cornett, H. Silvernail, B.

ICHS: 2:34.64 1/9/2021 K. DeWitte, A. Allman, E. Curr

ey, S. Anderson

Team	Relay	Seed Time
1 Tcs-VA	A	1:57.60
2 Seton	A	1:58.03
3 PC Knights-VA	A	1:58.73
4 John Paul-VA	A	2:03.64
5 OAK	A	2:05.31
6 PC Knights-VA	B	2:08.00
7 Seton	B	2:10.28
8 OAK	B	2:13.95
9 John Paul-VA	B	2:16.28
10 OAK	C	X2:16.45
11 John Paul-VA	C	X2:20.00
12 OAK	D	X2:21.07
13 Seton	C	X2:22.00
14 Seton	D	X2:30.00
15 OAK	E	X2:33.31
16 Immanuel	A	X2:34.64
17 Seton	E	X2:35.00
18 Seton	F	X2:37.00
19 Seton	G	X2:39.00
20 Seton	H	X2:41.00
21 Seton	I	X2:43.00
22 Seton	J	X2:45.00

23 Seton	K	X2:47.00
24 Seton	L	X2:49.00
25 SFH	A	X2:50.90
26 Seton	M	X2:51.00
27 Tcs-VA	B	X2:53.62
28 SFH	B	X3:00.00
29 OAK	F	XNT

Event 3 Boys 200 Yard Freestyle

VISAA QT: 2:01.47

SST: 1:38.54 1/31/2010 S.J. Hill

TCSI: 1:48.38 2/6/2021 Josh Kim

ICHS: 1:51.28 12/18/2021 Caleb W. Wolf

Name	Yr	School	Seed Time
1 Kim, Josh	SR	Tcs-VA	1:48.38
2 Wolf, Moses	7	Immanuel	X2:04.95
3 Ong, Marcus	SR	John Paul-VA	2:06.37
4 Phillips, Tyler	8	Tcs-VA	2:09.32
5 Driscoll, John	JR	PC Knights-VA	2:09.40
6 Brox, Michael	FR	Seton	2:15.21
7 Kintz, John Paul	SR	John Paul-VA	2:15.73
8 Hudson, David	SO	Seton	2:18.42
9 Rutkowski, Juan	SO	Immanuel	2:20.00
10 Sokban, William	FR	Seton	2:20.01
11 Konstanty, Peter	SO	Seton	2:25.44
12 Mastrianni, Dominic	SO	John Paul-VA	2:30.00
13 Daube, Riley	FR	PC Knights-VA	2:30.37
14 Orr, Justin	SR	Seton	X2:35.00
15 Burset, Miguel	SR	John Paul-VA	2:42.77
16 Baughman, Ryan	8	Seton	X3:10.00
17 Kohlhaas, Gus	FR	Seton	X3:27.65
18 Verwys, Sam	08	Tcs-VA	NT
19 Lam, Samuel	07	Tcs-VA	XNT

Event 4 Girls 200 Yard Freestyle

VISAA QT: 2:13.44

SST: 1:55.74 2/19/2010 K. Shipko

TCSI: 1:55.41 2/6/2021 Annalise E. Cornett

ICHS: 2:48.20 12/19/2020 Elizabeth Currey

Name	Yr	School	Seed Time
1 Aldeguer, Ariana	7	Seton	X2:09.65
2 Testani, Angie	FR	Seton	2:09.85
3 Dines, Veronica	FR	PC Knights-VA	2:10.00
4 Creelman, Stephanie	FR	PC Knights-VA	2:11.10
5 Shumate, Kate	7	Immanuel	X2:15.11
6 Stermer, Teagan	SO	Tcs-VA	2:15.39
7 Yaraschak, Bella	SO	Tcs-VA	2:15.56
8 O'Malley, Mary	SR	Seton	2:16.63
9 Schlieter, Audrey	08	Tcs-VA	2:18.88
10 Dwyer, Laura	JR	PC Knights-VA	2:25.00
11 Meunier, Cecelia	JR	OAK	2:35.23
12 Weina, Virginia	JR	John Paul-VA	2:35.53
13 Mantooth, Kateri	JR	Seton	2:36.67
14 Koehr, Céilí	SR	Seton	2:41.25
15 Fifield, Haley	FR	Seton	X2:41.63
16 Zadnik, Sophia	SR	Seton	X2:50.00
17 Atkinson, Julia	SO	Seton	X2:50.00
18 Crone, Haven	SR	PC Knights-VA	3:00.00

VCAC Invitational - 1/8/2022

Psych Sheet

Event 4 ...(Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time
19 Haggerty, Aoife	7	Seton	X3:00.00
20 Brox, Emma	SR	Seton	X3:01.71
21 DeWolf, Rebekah	SR	Seton	X3:12.50
22 Bingham, Mariana	7	Seton	X3:12.58
23 Sands, C J	8	OAK	NT
24 Sypal, Clare	FR	OAK	NT
25 Adams, Amelia	FR	OAK	NT
26 Bursset, Maria Elena	FR	John Paul-VA	NT
27 McCormick, Madison	FR	John Paul-VA	NT
28 Diller, Bethany	FR	OAK	XNT
29 Wyckoff, Brynn	FR	OAK	XNT
30 Schindler, Kathryn	SO	OAK	XNT
31 Snyman, Isabella	07	Tcs-VA	XNT

Event 5 Boys 200 Yard IM

VISAA QT: 2:18.04

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

TCSI: 2:06.81 1/9/2021 Josh Kim

ICHS: 2:03.41 12/18/2021 Joshua K. Wolf

Name	Yr	School	Seed Time
1 Williams, Charlie	JR	John Paul-VA	2:11.71
2 Kim, Justin	SO	Tcs-VA	2:14.42
3 Wilson, Joe	JR	Seton	2:18.23
4 Burch, Isaiah	SO	PC Knights-VA	2:20.00
5 Brox, JJ	JR	Seton	2:30.95
6 Cole, Carter	SO	Tcs-VA	2:42.01
7 Park, Zack	SO	Tcs-VA	2:42.12
8 Koehr, Connor	FR	Seton	X2:43.25
9 Kellogg, Seth	FR	Seton	2:53.30
10 Wang, Luke	SO	Tcs-VA	3:01.93
11 Borneman, Joseph	FR	Seton	3:09.66
12 Newbold, Lane	SR	John Paul-VA	NT
13 Sjurset, Andrew	SR	John Paul-VA	NT
14 Berg, Jackson	SO	John Paul-VA	NT

Event 6 Girls 200 Yard IM

VISAA QT: 2:29.40

SST: 2:11.80 2/16/2008 J. Dunn

TCSI: 2:09.93 2/15/2019 Annalise E. Cornett

ICHS: 3:02.20 1/9/2021 Elizabeth Currey

Name	Yr	School	Seed Time
1 Darnell, Cameron	FR	PC Knights-VA	2:14.95
2 Bryan, Elizabeth	8	OAK	2:15.33
3 Condon, Clara	FR	Seton	2:23.49
4 Flores, Angelea	JR	John Paul-VA	2:25.34
5 Banks, Hannah	8t	PC Knights-VA	2:30.00
6 Bingham, Teresa	SR	Seton	2:38.38
7 Guterrez, Ana Sophia	SR	John Paul-VA	2:40.19
8 Koler, Jillian	SR	John Paul-VA	2:44.70
9 Zadnik, Madelyn	SO	Seton	2:44.88
10 Hart-Hodgson, Viviane	FR	OAK	2:45.44
11 Garvey, Anastasia	8	SFH	X2:55.43
12 O'Malley, Shannon	FR	Seton	2:57.72
13 Geary, Amelia	SO	Seton	X3:00.00
14 McDonnell, Maddie	8	OAK	3:00.10
15 Hughes, Lydia	SR	PC Knights-VA	3:01.03

16 Bingham, Lucia	FR	Seton	X3:04.25
17 Miller, Megan	SR	PC Knights-VA	3:10.00
18 Hurley, Mary Catherine	FR	Seton	X3:12.30
19 Metzger, Danielle	JR	Tcs-VA	3:15.74
20 Haggerty, Moira	JR	Seton	X3:26.12
21 Bang, Selah	JR	Tcs-VA	3:50.81
22 Bailey, Mary Mae	SO	Tcs-VA	3:55.64
23 Runyan, Emily	SO	John Paul-VA	NT

Event 7 Boys 50 Yard Freestyle

VISAA QT: 24.14

SST: 21.22 2/19/2010 S.J. Hill

TCSI: 23.18 1/23/2021 Josh Kim

ICHS: 22.62 12/11/2021 Joshua K. Wolf

Name	Yr	School	Seed Time
1 Kim, Josh	SR	Tcs-VA	23.18
2 Wolf, Caleb	SO	Immanuel	23.76
3 Hopkins, Liam	SR	John Paul-VA	24.01
4 Griffiths, Charlie	JR	PC Knights-VA	24.21
5 Kintz, John Paul	SR	John Paul-VA	24.27
6 Brooks, Dis	SR	PC Knights-VA	24.37
7 Hudson, David	SO	Seton	25.46
8 Sjurset, Andrew	SR	John Paul-VA	25.64
9 Salter, Jonathan	FR	Immanuel	25.77
10 Sicks, Campbell	JR	Tcs-VA	26.00
11 Nguyen, Drew	FR	Seton	26.01
12 Dealey, Joey	JR	Seton	26.58
13 Priebus, Jack	JR	Immanuel	27.42
14 Bang, Caleb	08	Tcs-VA	27.81
15 Rowzie, Joseph	SR	Seton	28.36
16 Gonzalez, Max	FR	Seton	X30.55
17 Nava, Sebastian	JR	Immanuel	X31.23
18 Hartung, Peter	FR	Seton	X31.37
19 Holvenstot, Jack	7	Immanuel	X31.55
20 Currey, Scott	SO	Immanuel	31.56
21 Pinkley, Isaac	7	Immanuel	X32.04
22 Mummert, Johnathan	JR	PC Knights-VA	32.77
23 Judge, Dominic	7	Seton	X33.13
24 Zahorchak, Michael	7	Seton	X33.32
25 Hawley, John Henry	8	Seton	X33.64
26 Orr, Justin	SR	Seton	X33.86
27 Hurley, Daniel	8	Seton	X34.60
28 Rodriguez, Evan	FR	Seton	X34.85
29 Abidin, Christian	SO	Tcs-VA	35.00
30 Lynch, Joey	6	SFH	X35.00
31 Morales, Anthony	8	Seton	X37.19
32 Orellana, Gabriel	FR	Seton	X37.41
33 Orellana, Kevin	SR	Seton	X37.53
34 Lam, Micah	7	Immanuel	X38.39
35 Hambleton, Gabe	8	Seton	X38.51
36 Schiller-Jensen, Elijah	7	Immanuel	X39.26
37 Ellis, Ben	7	Seton	X39.69
38 Minarik, Joseph	SO	SFH	40.50
39 Vaughan, Nick	FR	Seton	X42.44
40 Pugh, John	FR	Seton	X52.60
41 McCardell, Aidan	8	Seton	X55.30
42 Likoy, Raphaël	7	Seton	X1:08.24

VCAC Invitational - 1/8/2022

Psych Sheet

Event 8 Girls 50 Yard Freestyle

VISAA QT: 26.96				
SST: 24.06 2/16/2018 A. Kenna				
TCSI: 24.87 2/10/2018 Brooke Williams				
ICHS: 27.10 12/18/2021 Kate Shumate				
Name	Yr	School	Seed Time	
1 Pennefather, Mary	JR	Seton	25.98	
2 Sprott, Anna	SR	PC Knights-VA	27.02	
3 Lindsay, Claire	SR	PC Knights-VA	27.18	
4 Roder, Mia	JR	John Paul-VA	27.24	
5 Buff, Reagan	SO	Tcs-VA	27.78	
6 Adams, Abby	SR	OAK	28.18	
7 Schroder, Ashley	SR	OAK	28.54	
8 Hough, Keri	08	Tcs-VA	28.74	
9 Rolwes, Patricia	JR	OAK	28.78	
10 Brox, Elodie	FR	Seton	29.11	
11 Erickson, Katelyn	8	OAK	X29.27	
12 Boucher, Ilayda	SR	OAK	29.36	
13 Oswald, Jacqueline	JR	Seton	29.80	
14 Magee, Amelia	8	OAK	X30.48	
15 Waldron, Rose	FR	Seton	30.92	
16 McDonnell, Grace	SR	OAK	X30.93	
17 Herrick, Julia	FR	OAK	X32.21	
18 Harkness, Amelia	FR	OAK	X32.34	
19 Haggerty, Orla	FR	Seton	X32.43	
20 Miller, Maria	8	Seton	X32.69	
21 Van Raaphorst, Lexie	07	Tcs-VA	X32.70	
22 Guenther, Louise	SO	OAK	X33.87	
23 Russo, Gabriella	7	Seton	X34.23	
24 Schneider, Adele	7	OAK	X34.28	
25 Kattah, Kayla	FR	John Paul-VA	34.41	
26 Roark, Emmaline	7	Immanuel	X34.88	
27 Osilka, Mary Claire	8	Seton	X35.00	
28 McGrath, Anna	FR	Seton	X35.09	
29 Loose, Ursula	SO	OAK	X35.19	
30 McGrath, Maria	6	SFH	X35.48	
31 Arnold, Betsy	6	SFH	X35.73	
32 Turner, Lacey	7	OAK	X35.81	
33 Waldron, Cate	SO	Seton	X35.90	
34 Nash, Mia	7	OAK	X36.03	
35 Rodriguez, Noemi	7	Seton	X36.22	
36 O'Keefe, Helena	8	Seton	X36.41	
37 Kleb, Maggie	SR	Seton	X36.53	
38 Waldron, Lily	6	SFH	X36.74	
39 Crickenberger, Brooke	8	OAK	X37.23	
40 Quispe, Allison	8	Seton	X37.29	
41 Novecosky, Jenna	JR	Seton	X37.40	
42 Currey, Agnes	8	Immanuel	37.72	
43 Stallings, Alaina	SR	PC Knights-VA	37.73	
44 Anderson, Sarah	FR	Immanuel	37.83	
45 Irving, Monica	6	SFH	X38.67	
46 Maranian, Elizabeth	SR	Seton	X39.24	
47 Chandler, Azaleah	SR	PC Knights-VA	40.00	
48 Bauer, Molly	FR	Seton	X40.21	
49 Pozo, Camila	7	OAK	X46.29	
50 Gonzalez, Veronica	6	SFH	X47.54	
51 Shillingburg, Briana	FR	Seton	X49.77	

52 Kramer, Cora	7	Seton	X52.20
53 Kramer, Penny	7	Seton	X55.53
54 Kramer, Colette	8	Seton	X55.71
55 Williams, Maeve	FR	John Paul-VA	NT

Event 9 Boys 1 mtr Diving

SST: 207.40 1/19/2013 J. Doran				
Name	Yr	School		
1 Thornett, Harper	JR	Tcs-VA	283.75	
2 Koehr, Connor	FR	Seton	161.85	
3 Fioramonti, Josh	8	Seton	161.32	
4 Fioramonti, Mick	SO	Seton	X143.10	
5 Albin, Jed	SO	Seton	116.85	
6 Waldron, Tom	6	SFH	115.95	
7 Oswald, Jacob	FR	Seton	106.87	

Event 10 Girls 1 mtr Diving

Name	Yr	School		
1 Hough, Keri	08	Tcs-VA	144.82	
2 Waldron, Clare	SR	Seton	134.02	
3 Waldron, Rose	FR	Seton	110.55	
4 Catabui, Emma	SR	Seton	100.35	
5 Byers, Theresa	SR	Seton	45.00	

Event 11 Boys 100 Yard Butterfly

VISAA QT: 1:01.02				
SST: 51.76 1/16/2010 S.J. Hill				
TCSI: 55.80 1/9/2021 Josh Kim				
ICHS: 55.99 12/11/2021 Caleb W. Wolf				
Name	Yr	School	Seed Time	
1 Dines, Thomas	JR	PC Knights-VA	55.28	
2 Wolf, Joshua	SO	Immanuel	58.33	
3 Wilson, Joe	JR	Seton	59.37	
4 Ong, Marcus	SR	John Paul-VA	59.85	
5 Phillips, Tyler	8	Tcs-VA	1:00.37	
6 Denton, Brooks	FR	PC Knights-VA	1:06.31	
7 Park, Ian	SO	Tcs-VA	1:06.76	
8 Baddar, Bryce	FR	PC Knights-VA	1:07.00	
9 Rutkowski, Juan	SO	Immanuel	1:09.24	
10 Brox, Michael	FR	Seton	1:09.94	
11 Wilson, Max	FR	Seton	1:16.90	
12 Lynch, Chris	SO	Seton	X1:25.00	
13 Bauer, Greg	8	Seton	X1:30.00	
14 Miller, Dominic	SO	SFH	1:30.00	
15 Fioramonti, Josh	8	Seton	1:39.69	
16 Beltran, Ryan	SO	Seton	X1:40.00	
17 Valenzuela, Orlando	JR	Tcs-VA	1:54.22	
18 Verwys, Sam	08	Tcs-VA	NT	

Event 12 Girls 100 Yard Butterfly

VISAA QT: 1:06.82				
SST: 58.51 12/16/2017 A. Kenna				
TCSI: 58.91 2/15/2019 Brooke Williams				
Name	Yr	School	Seed Time	
1 Baddar, Eliza	JR	PC Knights-VA	1:02.82	
2 Condon, Clara	FR	Seton	1:03.85	
3 Flores, Angelea	JR	John Paul-VA	1:04.65	
4 Bryan, Elizabeth	8	OAK	1:05.83	
5 Klanderma, Liz	FR	Tcs-VA	1:07.85	

VCAC Invitational - 1/8/2022

Psych Sheet

Event 12 ... (Girls 100 Yard Butterfly)

Name	Yr	School	Seed Time
6 Schlieter, Audrey	08	Tcs-VA	1:11.98
7 Bingham, Teresa	SR	Seton	1:12.75
8 Guitierrez, Ana Sophia	SR	John Paul-VA	1:13.70
9 Dwyer, Laura	JR	PC Knights-VA	1:13.86
10 Byers, Lily	SR	Seton	1:14.34
11 Daughtery, Samantha	FR	PC Knights-VA	1:17.07
12 Flynn, Emily	SR	Seton	1:18.38
13 Roberge, Connelly	7	OAK	X1:22.47
14 Vogler, Kate	JR	OAK	1:26.17
15 Catabui, Emma	SR	Seton	X1:30.00
16 Francis, Elizabeth	FR	Seton	X1:37.77
17 Hurley, Mary Catherine	FR	Seton	X1:40.00
18 Metzger, Danielle	JR	Tcs-VA	NT
19 Runyan, Emily	SO	John Paul-VA	NT
20 White, Cecilia	SO	John Paul-VA	NT

Event 13 Boys 100 Yard Freestyle

VISAA QT: 53.09

SST: 45.67 2/20/2010 S. J. Hill

TCSI: 49.40 2/6/2021 Josh Kim

ICHS: 49.12 12/11/2021 Joshua K. Wolf

Name	Yr	School	Seed Time
1 Kim, Justin	SO	Tcs-VA	53.42
2 Luevano, Nathan	JR	Seton	56.09
3 Loesel, Thomas	JR	John Paul-VA	57.45
4 Nguyen, Drew	FR	Seton	59.40
5 Cole, Carter	SO	Tcs-VA	59.67
6 McGrath, Michael	SO	Seton	1:03.33
7 Fioramonti, Mick	SO	Seton	1:03.50
8 Collins, Jacob	SR	John Paul-VA	1:03.55
9 Priebus, Jack	JR	Immanuel	1:05.12
10 Park, Zack	SO	Tcs-VA	1:08.70
11 Donovan, Patrick	JR	John Paul-VA	1:11.90
12 Kohlhaas, Gus	FR	Seton	X1:12.14
13 Salter, Jonathan	FR	Immanuel	1:13.69
14 Hartung, Patrick	JR	Seton	X1:14.81
15 Nava, Sebastian	JR	Immanuel	1:16.66
16 Holvenstot, Jack	7	Immanuel	X1:17.15
17 Mummert, Johnathan	JR	PC Knights-VA	1:18.42
18 Wilson, Jonas	6	SFH	X1:19.63
19 Lynch, Joey	6	SFH	X1:22.31
20 Pinkley, Isaac	7	Immanuel	X1:25.47
21 Hurley, Daniel	8	Seton	X1:26.54
22 Kirby, Micah	SO	Tcs-VA	NT
23 Smith, James	SO	John Paul-VA	NT

Event 14 Girls 100 Yard Freestyle

VISAA QT: 59.70

SST: 52.05 2/16/2018 A. Kenna

TCSI: 52.63 2/16/2019 Brooke Williams

ICHS: 1:16.74 12/11/2021 Elizabeth Currey

Name	Yr	School	Seed Time
1 Davis, Gianna	FR	John Paul-VA	57.00
2 Pennefather, Mary	JR	Seton	58.39
3 Aldeguer, Ariana	7	Seton	X59.07
4 Buff, Reagan	SO	Tcs-VA	59.78

5 Baddar, Eliza	JR	PC Knights-VA	1:00.21
6 Shumate, Kate	7	Immanuel	X1:01.54
7 Lindsay, Claire	SR	PC Knights-VA	1:03.00
8 Myers, Lydia	7	Immanuel	X1:04.02
9 Adams, Abby	SR	OAK	1:04.33
10 Phillips, Amy	JR	Tcs-VA	1:04.49
11 Oswald, Jacqueline	JR	Seton	1:06.26
12 Mantooth, Kateri	JR	Seton	1:07.89
13 Garvey, Anastasia	8	SFH	X1:09.57
14 Zadnik, Madelyn	SO	Seton	1:09.85
15 Sypal, Clare	FR	OAK	1:12.06
16 Walke, Belle	7	OAK	X1:12.18
17 Rolwes, Patricia	JR	OAK	1:17.60
18 Bingham, Mariana	7	Seton	X1:19.00
19 Russo, Gabriella	7	Seton	X1:19.76
20 Thornburg, Maris	7	OAK	X1:20.48
21 Mochen, Catherine	FR	OAK	1:21.28
22 Fifield, Kyleigh	7	Seton	X1:22.67
23 McGovern, Therese	SR	OAK	X1:24.04
24 Kattah, Kayla	FR	John Paul-VA	1:24.05
25 DeWitte, Katie	SO	Immanuel	1:25.36
26 Stallings, Alaina	SR	PC Knights-VA	1:26.04
27 Pennefather, Maria	SR	Seton	X1:26.74
28 Chandler, Azaleah	SR	PC Knights-VA	1:27.00
29 Tibbets, Aleena	SR	Immanuel	1:29.10
30 Schneider, Adele	7	OAK	X1:29.58
31 Mitchell, Ajai	SO	Tcs-VA	1:29.79
32 Loose, Ursula	SO	OAK	X1:31.73
33 Irving, Monica	6	SFH	X1:32.64
34 Heiny, Clare	6	SFH	X1:32.71
35 Gillson, Cate	7	Seton	X1:40.00
36 Blanchette, Nora	8	Seton	X1:43.33
37 Kohlhaas, Sofia	6	SFH	X1:49.13
38 Pozo, Camila	7	OAK	X1:52.22
39 Kramer, Cora	7	Seton	X1:58.23
40 Gonzalez, Veronica	6	SFH	X2:00.29
41 Kramer, Colette	8	Seton	X2:10.26
42 Burset, Maria Elena	FR	John Paul-VA	NT
43 McCormick, Madison	FR	John Paul-VA	NT
44 Cinotti, Isabella	7	OAK	XNT
45 O'Byrne, Samara	7	OAK	XNT
46 Snyman, Isabella	07	Tcs-VA	XNT

Event 15 Boys 500 Yard Freestyle

VISAA QT: 5:41.90

SST: 4:27.19 1/31/2010 S.J. Hill

TCSI: 5:11.22 12/19/2020 Josh Kim

ICHS: 5:10.61 12/19/2020 Joshua K. Wolf

Name	Yr	School	Seed Time
1 Wolf, Caleb	SO	Immanuel	5:13.39
2 Dines, Thomas	JR	PC Knights-VA	5:20.34
3 Hough, Ryan	SO	Tcs-VA	5:42.08
4 Loesel, Thomas	JR	John Paul-VA	5:51.64
5 Daube, Riley	FR	PC Knights-VA	6:20.00
6 Bang, Caleb	08	Tcs-VA	6:40.72
7 Konstanty, Peter	SO	Seton	6:45.78
8 Brox, JJ	JR	Seton	6:51.00
9 Wilson, Max	FR	Seton	6:55.67

VCAC Invitational - 1/8/2022

Psych Sheet

Event 15 ... (Boys 500 Yard Freestyle)

Name	Yr	School	Seed Time
10 Albin, Jed	SO	Seton	6:58.32
11 Bishop, Aaron	SO	Seton	X7:00.00
12 Donovan, Patrick	JR	John Paul-VA	7:06.00
13 Abidin, Christian	SO	Tcs-VA	NT
14 Berg, Jackson	SO	John Paul-VA	NT

Event 16 Girls 500 Yard Freestyle

VISAA QT: 5:58.88

SST: 5:06.98 2/1/1999 K. Shipko

TCSI: 5:09.58 2/6/2021 Annalise E. Cornett

ICHS: 7:42.38 2/11/2021 Elizabeth Currey

Name	Yr	School	Seed Time
1 Darnell, Cameron	FR	PC Knights-VA	5:28.84
2 Testani, Angie	FR	Seton	5:57.25
3 Yaraschak, Bella	SO	Tcs-VA	6:08.96
4 Flynn, Emily	SR	Seton	6:19.01
5 O'Malley, Mary	SR	Seton	6:28.46
6 Hughes, Lydia	SR	PC Knights-VA	6:29.28
7 Luevano, Isabelle	SR	Seton	6:35.19
8 Bang, Selah	JR	Tcs-VA	6:55.24
9 McDonnell, Grace	SR	OAK	7:02.81
10 Ratcliffe, Eliana	9	Tcs-VA	7:20.17
11 Vogler, Kate	JR	OAK	7:21.82
12 Moore, Mary Lou	JR	John Paul-VA	7:33.96
13 Waldron, Rose	FR	Seton	X8:22.23
14 Francis, Elizabeth	FR	Seton	X8:37.57
15 DeWolf, Rebekah	SR	Seton	X10:17.03
16 Herrick, Julia	FR	OAK	NT
17 Harkness, Amelia	FR	OAK	NT
18 White, Cecilia	SO	John Paul-VA	NT
19 Gallagher, Francesca	SR	John Paul-VA	NT

Event 17 Boys 200 Yard Freestyle Relay

VISAA QT: 1:43.26

SST: 1:30.07 2/19/2010 Hill, Koehr, Cook, Basinger

TCSI: 1:34.17 2/6/2016 R. Fletcher, M. Brazier, C. Na

ICHS: 1:39.16 12/19/2020 C. Wolf, J. Priebus, J. Salter

, J. Wolf

Team	Relay	Seed Time
1 PC Knights-VA	A	1:35.66
2 John Paul-VA	A	1:39.01
3 Seton	A	1:40.25
4 Tcs-VA	A	1:42.32
5 John Paul-VA	B	1:44.15
6 Seton	B	1:45.66
7 Immanuel	A	X1:50.00
8 PC Knights-VA	B	1:50.00
9 Tcs-VA	B	1:55.54
10 John Paul-VA	C	X2:00.00
11 Seton	C	X2:08.00
12 Seton	D	X2:10.00
13 Seton	E	X2:12.00
14 Seton	F	X2:14.00
15 Immanuel	B	X2:15.00
16 Tcs-VA	C	X2:15.82

17 Seton	G	X2:16.00
18 Seton	H	X2:18.00
19 Seton	I	X2:20.00
20 SFH	A	X2:20.11

Event 18 Girls 200 Yard Freestyle Relay

VISAA QT: 1:58.53

SST: 1:40.05 2/19/2010 Doonis, Rogers, Talbott, Donohoe

TCSI: 1:42.55 2/17/2018 A. Cornett, H. Silvernail, J.

ICHS: 2:22.60 1/9/2021 K. DeWitte, C. Chon, S. Anders

on, E. Currey

Team	Relay	Seed Time
1 PC Knights-VA	A	1:50.18
2 Seton	A	1:50.70
3 Tcs-VA	A	1:52.99
4 OAK	A	1:54.02
5 Seton	B	1:57.07
6 Tcs-VA	B	1:57.94
7 OAK	B	1:59.72
8 OAK	C	X2:03.66
9 OAK	D	X2:07.80
10 OAK	E	X2:10.64
11 OAK	F	X2:11.05
12 PC Knights-VA	B	2:20.00
13 Seton	C	X2:20.00
14 Seton	D	X2:22.00
15 Seton	E	X2:24.00
16 Seton	F	X2:26.00
17 Seton	G	X2:28.00
18 Immanuel	A	2:30.00
19 Seton	H	X2:30.00
20 Seton	I	X2:32.00
21 SFH	A	X2:33.27
22 Seton	J	X2:34.00
23 SFH	B	X2:35.00
24 Seton	K	X2:36.00
25 OAK	G	X2:37.48
26 John Paul-VA	A	NT

Event 19 Boys 100 Yard Backstroke

VISAA QT: 1:02.90

SST: 51.48 1/20/2006 K. Koehr

TCSI: 58.70 2/19/2016 Mitchell Brazier

ICHS: 56.21 12/18/2021 Joshua K. Wolf

Name	Yr	School	Seed Time
1 Hough, Ryan	SO	Tcs-VA	59.80
2 Driscoll, John	JR	PC Knights-VA	1:06.44
3 Wolf, Moses	7	Immanuel	X1:07.90
4 Fioramonti, Mick	SO	Seton	1:08.22
5 Koehr, Connor	FR	Seton	1:10.34
6 Baddar, Bryce	FR	PC Knights-VA	1:11.14
7 Yun, Noah	8	Tcs-VA	1:12.29
8 Miller, Dominic	SO	SFH	1:12.34
9 Sokban, William	FR	Seton	1:15.17
10 Beltran, Ryan	SO	Seton	1:17.99
11 Currey, Scott	SO	Immanuel	1:18.21
12 Lam, Samuel	07	Tcs-VA	X1:18.36

VCAC Invitational - 1/8/2022

Psych Sheet

Event 19 ... (Boys 100 Yard Backstroke)

Name	Yr	School	Seed Time
13 Newbold, Lane	SR	John Paul-VA	1:21.03
14 Matrianni, Dominic	SO	John Paul-VA	1:21.05
15 Rowzie, Joseph	SR	Seton	X1:25.00
16 Bauer, Greg	8	Seton	X1:29.71
17 Wilson, Jonas	6	SFH	X1:30.17
18 Borneman, Joseph	FR	Seton	X1:35.36
19 Morales, Anthony	8	Seton	X1:35.47
20 Valenzuela, Orlando	JR	Tcs-VA	1:35.97
21 Hartung, Patrick	JR	Seton	X1:37.92
22 Gonzalez, Max	FR	Seton	X1:41.73
23 Baughman, Ryan	8	Seton	X1:50.03
24 Kirby, Micah	SO	Tcs-VA	1:51.02
25 Schiller-Jensen, Elijah	7	Immanuel	X1:58.30
26 Hambleton, Gabe	8	Seton	X2:22.50
27 McCardell, Aidan	8	Seton	X2:30.66
28 Orellana, Kevin	SR	Seton	X2:46.43
29 Smith, James	SO	John Paul-VA	NT

Event 20 Girls 100 Yard Backstroke

VISAA QT: 1:06.85

SST: 55.62 2/16/2018 A. Kenna

TCSI: 58.33 2/2/2019 Annalise E. Cornett

ICHS: 1:09.32 12/18/2021 Kate Shumate

Name	Yr	School	Seed Time
1 Garvey, Lucy	SR	Seton	1:03.32
2 Dines, Veronica	FR	PC Knights-VA	1:04.19
3 Stermer, Teagan	SO	Tcs-VA	1:07.05
4 Creelman, Stephanie	FR	PC Knights-VA	1:07.93
5 Alms, Katie	FR	OAK	1:10.91
6 Phillips, Amy	JR	Tcs-VA	1:12.27
7 Meunier, Cecelia	JR	OAK	1:12.96
8 Byers, Lily	SR	Seton	1:14.21
9 Hart-Hodgson, Viviane	FR	OAK	1:15.34
10 Weina, Virginia	JR	John Paul-VA	1:16.44
11 Fifield, Haley	FR	Seton	1:17.60
12 Adams, Amelia	FR	OAK	1:19.82
13 O'Malley, Shannon	FR	Seton	1:19.94
14 Magee, Amelia	8	OAK	X1:24.94
15 Brox, Elodie	FR	Seton	X1:26.63
16 Miller, Megan	SR	PC Knights-VA	1:27.83
17 Moore, Mary Lou	JR	John Paul-VA	1:28.20
18 Myers, Lydia	7	Immanuel	X1:31.18
19 Osilka, Mary Claire	8	Seton	X1:33.95
20 Haggerty, Moira	JR	Seton	X1:34.06
21 Brox, Emma	SR	Seton	X1:34.56
22 Anderson, Sarah	FR	Immanuel	1:34.75
23 McGrath, Maria	6	SFH	X1:36.04
24 Tibbets, Aleena	SR	Immanuel	1:40.83
25 Catabui, Emma	SR	Seton	X1:43.27
26 Waldron, Lily	6	SFH	X1:44.88
27 Mitchell, Ajai	SO	Tcs-VA	1:52.48
28 Waldron, Cate	SO	Seton	X1:58.39
29 Pennefather, Maria	SR	Seton	X1:58.80
30 Haggerty, Aoife	7	Seton	X2:02.65
31 Blanchette, Nora	8	Seton	X2:12.12
32 Bauer, Molly	FR	Seton	X2:30.22

33 Gallagher, Francesca	SR	John Paul-VA	NT
34 Nash, Mia	7	OAK	XNT
35 Crickenberger, Brooke	8	OAK	XNT
36 Turner, Lacey	7	OAK	XNT
37 Walke, Belle	7	OAK	XNT
38 Van Raaphorst, Lexie	07	Tcs-VA	XNT

Event 21 Boys 100 Yard Breaststroke

VISAA QT: 1:08.79

SST: 58.53 1/27/2007 N. Cook

TCSI: 1:03.06 2/17/2017 Riley T. Fletcher

ICHS: 1:11.35 12/18/2021 Moses F. Wolf

Name	Yr	School	Seed Time
1 Hopkins, Liam	SR	John Paul-VA	1:05.95
2 Wolf, Joshua	SO	Immanuel	1:07.90
3 Griffiths, Charlie	JR	PC Knights-VA	1:09.81
4 Luevano, Nathan	JR	Seton	1:10.38
5 Williams, Charlie	JR	John Paul-VA	1:10.71
6 Park, Ian	SO	Tcs-VA	1:12.11
7 Sicks, Campbell	JR	Tcs-VA	1:18.23
8 Wang, Luke	SO	Tcs-VA	1:23.59
9 Kellogg, Seth	FR	Seton	1:23.99
10 Lynch, Chris	SO	Seton	1:24.98
11 McGrath, Michael	SO	Seton	X1:25.00
12 Dealey, Joey	JR	Seton	1:25.22
13 Burset, Miguel	SR	John Paul-VA	1:30.17
14 Collins, Jacob	SR	John Paul-VA	1:31.16
15 Lam, Micah	7	Immanuel	X1:36.05
16 Zahorchak, Michael	7	Seton	X1:40.23
17 Judge, Dominic	7	Seton	X1:41.84
18 Fioramonti, Josh	8	Seton	X1:44.02
19 Hawley, John Henry	8	Seton	X1:44.32
20 Ellis, Ben	7	Seton	X1:50.79
21 Albin, Jed	SO	Seton	X1:54.68
22 Hartung, Peter	FR	Seton	X2:00.84
23 Rodriguez, Evan	FR	Seton	X2:10.00
24 Orellana, Gabriel	FR	Seton	X2:20.00
25 Minarik, Joseph	SO	SFH	2:20.00
26 Pugh, John	FR	Seton	X2:30.00
27 Vaughan, Nick	FR	Seton	X2:30.00
28 Likoy, Raphaël	7	Seton	X3:00.00

Event 22 Girls 100 Yard Breaststroke

VISAA QT: 1:16.38

SST: 1:07.65 2/12/2021 A. Testani

TCSI: 1:13.20 12/19/2020 Annalise E. Cornett

ICHS: 1:31.54 12/18/2021 Katie DeWitte

Name	Yr	School	Seed Time
1 Sprott, Anna	SR	PC Knights-VA	1:08.40
2 Roder, Mia	JR	John Paul-VA	1:11.89
3 Koler, Jillian	SR	John Paul-VA	1:12.17
4 Daughtery, Samantha	FR	PC Knights-VA	1:12.79
5 Davis, Gianna	FR	John Paul-VA	1:16.00
6 Luevano, Isabelle	SR	Seton	1:17.94
7 Williams, Maeve	FR	John Paul-VA	1:18.42
8 Waldron, Clare	SR	Seton	1:19.82
9 Mochen, Catherine	FR	OAK	1:22.35
10 Klanderma, Liz	FR	Tcs-VA	1:22.80

VCAC Invitational - 1/8/2022

Psych Sheet

Event 22 ... (Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time
11 Guenther, Louise	SO	OAK	1:25.00
12 Zadnik, Sophia	SR	Seton	1:25.24
13 Sands, C J	8	OAK	1:27.87
14 Roberge, Connelly	7	OAK	X1:29.73
15 Banks, Hannah	8t	PC Knights-VA	1:30.00
16 DeWitte, Katie	SO	Immanuel	1:31.54
17 Koehr, Céilí	SR	Seton	1:32.37
18 Bailey, Mary Mae	SO	Tcs-VA	1:32.59
19 Geary, Amelia	SO	Seton	X1:33.59
20 McGovern, Therese	SR	OAK	1:34.30
21 Wyckoff, Brynn	FR	OAK	X1:34.69
22 Bingham, Lucia	FR	Seton	X1:36.53
23 Atkinson, Julia	SO	Seton	X1:39.01
24 Ratcliffe, Eliana	9	Tcs-VA	1:39.49
25 Thornburg, Maris	7	OAK	X1:39.62
26 Schindler, Kathryn	SO	OAK	X1:40.66
27 Kleb, Maggie	SR	Seton	X1:41.07
28 Roark, Emmaline	7	Immanuel	X1:41.11
29 Crone, Haven	SR	PC Knights-VA	1:42.37
30 Novecosky, Jenna	JR	Seton	X1:42.49
31 Diller, Bethany	FR	OAK	X1:44.29
32 Miller, Maria	8	Seton	X1:47.59
33 O'Keefe, Helena	8	Seton	X1:52.90
34 Haggerty, Orla	FR	Seton	X1:53.56
35 Ellis, Rose	8	Seton	1:53.93
36 Arnold, Betsy	6	SFH	X1:54.43
37 Currey, Agnes	8	Immanuel	1:54.61
38 Fifield, Kyleigh	7	Seton	X1:55.87
39 Maranian, Elizabeth	SR	Seton	X1:58.67
40 Gillson, Cate	7	Seton	X2:10.00
41 Kohlhaas, Sofia	6	SFH	X2:13.18
42 Heiny, Clare	6	SFH	X2:13.58
43 Quispe, Allison	8	Seton	X2:15.90
44 McGrath, Anna	FR	Seton	X2:16.21
45 Rodriguez, Noemi	7	Seton	X2:28.27
46 Kramer, Penny	7	Seton	X2:32.85
47 Shillingburg, Briana	FR	Seton	X4:11.83
48 O'Byrne, Samara	7	OAK	XNT

Event 23 Boys 400 Yard Freestyle Relay

VISAA QT: 3:59.45

SST: 3:17.05 2/19/2010 Hill, Cook, Dunn, Basinger

TCSI: 3:29.97 2/19/2016 M. Brazier, R. Fletcher, C. Na

ICHS: 4:04.14 12/12/2020 C. Wolf, J. Priebus, S. Currey

, J. Wolf

Team	Relay	Seed Time
1 PC Knights-VA	A	3:36.16
2 Tcs-VA	A	3:37.61
3 John Paul-VA	A	3:44.01
4 Immanuel	A	4:04.14
5 John Paul-VA	B	4:06.00
6 Seton	A	4:08.82
7 Seton	B	4:24.96
8 Tcs-VA	B	4:25.77
9 Tcs-VA	C	X4:59.22

Event 24 Girls 400 Yard Freestyle Relay

VISAA QT: 4:38.24

SST: 3:40.51 2/19/2010 DoonisRogers,ClaybrooksDonohoe

TCSI: 3:46.85 2/17/2018 Trinity Christian School

Team	Relay	Seed Time
1 Tcs-VA	A	3:53.73
2 John Paul-VA	A	3:59.06
3 OAK	A	4:07.35
4 John Paul-VA	B	4:11.36
5 Seton	A	4:13.09
6 John Paul-VA	C	X4:20.00
7 Tcs-VA	B	4:31.32
8 OAK	B	4:39.09
9 Seton	B	4:40.44
10 PC Knights-VA	A	4:45.99
11 OAK	C	X4:52.95
12 Immanuel	A	X4:55.00
13 PC Knights-VA	B	5:46.00