

## 2022 VCAC Championship Meet - 2/12/2022

## Results

## Event 1 Boys 200 Yard Medley Relay

VCAC: 1:43.49 # 2/4/2006

Seton School

SST

K Koehr, N Cook, B Morch, S Koehr

VISAA QT: 1:57.18 @

FCS: 1:44.85 %

Fredericksburg Christian

FCS-VA

N. Ross, A. Kearney, D. Turbyfill, G. Ross

JP: 1:43.98 &amp; 2020

SST: 1:39.82 + 2/17/2006

Koehr, Cook, Morch, Koehr

TCSI: 1:43.67 ! 2/19/2016

Trinity Christian School

TCSI-VA

M. Brazier, R. Fletcher, C. Na, H. Kesting

Team	Relay	Seed Time	Finals Time	Points
1 Trinity Christian School	A	1:48.13	1:47.56 @	32
1) Hough, Ryan SO	2) Park, Ian SO	3) Phillips, Tyler 8	4) Kim, Justin SO	
27.16 31.63 24.79	23.98			
2 Seton Swimming	A	1:52.40	1:51.31 @	26
1) Koehr, Connor FR	2) Brox, JJ JR	3) Wilson, Joe JR	4) Hudson, David SO	
29.56 30.66 25.95	25.14			
3 Fredericksburg Christian	A	1:57.12	1:53.51 @	24
1) Howell, Luke FR	2) Schneider, Jack SR	3) Ford, Parker SR	4) Knewtson, Jack SO	
27.98 32.52 28.37	24.64			
4 Saint John Paul the Great	A	1:52.63	1:57.77	22
1) Newbold, Lane SR	2) Hopkins, Liam SR	3) Ong, Marcus SR	4) Collins, Jacob SR	
34.76 29.10 26.98	26.93			
--- Seton Swimming	B	2:00.34	X2:02.53	
1) Fioramonti, Mick SO	2) Kellogg, Seth FR	3) Wilson, Max FR	4) Rowzie, Joseph SR	
30.85 35.21 30.23	26.24			
--- Trinity Christian School	B	2:01.45	X2:04.57	
1) Park, Zack SO	2) Wang, Luke SO	3) Bang, Caleb 08	4) Sicks, Campbell JR	
31.72 34.83 29.50	28.52			
--- Saint John Paul the Great	B	1:59.63	XNS	
1) Matrianni, Dominic SO	2) Williams, Charlie JR	3) Kintz, John Paul SR	4) Vitkovitsky, Daniel SR	

## Event 2 Girls 200 Yard Medley Relay

VCAC: 1:53.18 # 2/5/2022

Seton Swimming

Seton

L Garvey, A Testani, C Condon, M Pennefather

VISAA QT: 2:14.01 @

FCS: 2:02.41 %

Fredericksburg Christian

FCS-VA

C. Ford, E. Ambrose, M, Ross, N. Polanosky

JP: 1:57.32 &amp; 2020

SST: 1:50.25 + 2/18/2011

Doonis, Rogers, Wunderly, Donohoe

TCSI: 1:54.17 ! 2/16/2018

Trinity Christian School

TCSI-VA

A. Cornett, H. Silvernail, B. Williams, J. Phillip

Team	Relay	Seed Time	Finals Time	Points
1 Seton Swimming	A	1:53.18	1:52.65 #	32
1) Garvey, Lucy SR	2) Testani, Angie FR	3) Condon, Clara FR	4) Pennefather, Mary JR	
28.97 30.89 26.88	25.91			
2 Trinity Christian School	A	2:04.18	2:01.02 @	26
1) Womack, Kristen SO	2) Stermer, Teagan SO	3) Klanderma, Liz FR	4) Hough, Keri 08	
30.62 34.63 29.04	26.73			
3 Saint John Paul the Great	A	2:05.84	2:07.63 @	24
1) Weina, Virginia JR	2) Roder, Mia JR	3) Davis, Gianna FR	4) Vitkovitsky, Maggie JR	
34.90 35.04 28.33	29.36			
4 Fredericksburg Christian	A	2:27.32	2:26.28	22
1) Heth, Rachel JR	2) Ryan, Gabbie 8	3) Roberson, Emma 8	4) Meadows, Payton JR	
40.13 40.22 34.15	31.78			

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**(Event 2 Girls 200 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
--- Seton Swimming	B	2:03.59	X2:06.17 @	
1) O'Malley, Mary SR	2) Waldron, Clare SR	3) Byers, Lily SR	4) Brox, Elodie FR	
34.05 35.04 30.64 26.44				
--- Saint John Paul the Great	B	2:16.28	X2:18.17	
1) Williams, Maeve FR	2) Koler, Jillian SR	3) Guitierrez, Ana Sophia SR	4) Hacsh, Ethiana SR	
35.20 35.43 34.81 32.73				
--- Trinity Christian School	B	2:22.98	X2:28.79	
1) Mitchell, Ajai SO	2) Ratcliffe, Eliana 9	3) Metzger, Danielle JR	4) Bang, Selah JR	
44.89 38.53 36.59 28.78				

**Event 3 Boys 200 Yard Freestyle**

VCAC: 1:48.29 # 2/2/2008 **Nevin Cook** SST  
 VISAA QT: 2:01.47 @  
 FCS: 1:48.63 % **David Turbyfill** FCS-VA  
 JP: 1:45.14 & 2020 **Michael Salvatori**  
 SST: 1:38.54 + 1/31/2010 **S.J. Hill**  
 TCS!: 1:48.38 ! 2/6/2021 **Josh Kim at 15th Annual VISAA** TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Kim, Josh	SR	Trinity Christian School	1:49.42	1:46.54 #	16
24.22 26.68 27.56 28.08					
2 Kintz, John Paul	SR	Saint John Paul the Great	2:15.73	2:11.01	13
27.82 32.89 35.24 35.06					
3 Bang, Caleb	08	Trinity Christian School	2:26.73	2:14.50	12
30.04 33.95 36.39 34.12					
4 Brox, Michael	FR	Seton Swimming	2:13.45	2:14.65	11
28.59 33.69 36.90 35.47					
5 Dealey, Joey	JR	Seton Swimming	2:16.29	2:14.95	10
28.57 33.72 37.39 35.27					
6 McGrath, Michael	SO	Seton Swimming	2:33.73	2:22.64	9
29.56 34.00 39.77 39.31					
7 Borneman, Joseph	FR	Seton Swimming	2:24.50	2:23.67	7
32.75 37.09 37.33 36.50					
8 Collins, Jacob	SR	Saint John Paul the Great	2:31.76	2:29.18	5
32.26 37.87 40.55 38.50					
9 Sicks, Campbell	JR	Trinity Christian School	2:32.30	2:35.14	4
34.16 38.73 41.66 40.59					
10 Kirby, Micah	SO	Trinity Christian School	3:04.08	3:12.53	3
39.23 47.75 51.74 53.81					

**Event 4 Girls 200 Yard Freestyle**

VCAC: 1:53.80 # 2/1/2020 **Annalise Cornett** TCS!  
 VISAA QT: 2:13.44 @  
 FCS: 1:58.35 % **Marissa Ross** FCS-VA  
 JP: 2:00.69 & 2018  
 SST: 1:55.74 + 2/18/2000 **K. Shipko**  
 TCS!: 1:53.80 ! 2/1/2020 **Annalise E. Cornett** TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Buff, Reagan	SO	Trinity Christian School	2:07.24	2:05.79 @	16
28.26 31.54 32.69 33.30					
2 Garvey, Lucy	SR	Seton Swimming	2:10.99	2:11.93 @	13
29.87 33.41 34.37 34.28					
3 Yaraschak, Bella	SO	Trinity Christian School	2:14.81	2:14.00	12
30.08 33.05 35.43 35.44					

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**(Event 4 Girls 200 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
4 Phillips, Amy 30.67 35.08 36.27	JR	Trinity Christian School	2:27.48	2:18.12	11
5 O'Malley, Mary 31.85 35.36 36.70	SR	Seton Swimming	2:16.63	2:19.79	10
6 Williams, Maeve 32.39 35.86 37.96	FR	Saint John Paul the Great	2:23.61	2:25.34	9
7 Byers, Lily 31.73 36.59 39.40	SR	Seton Swimming	2:25.88	2:27.03	7
8 Guterrez, Ana Sophia 32.76 37.47 39.50	SR	Saint John Paul the Great	2:21.84	2:30.37	5
9 Zadnik, Madelyn 32.82 38.07 40.71	SO	Seton Swimming	2:34.52	2:32.08	4
10 Moon, Ella 33.00 38.87 42.70	SR	Trinity Christian School	2:40.28	2:39.37	3
11 Hacsh, Ethiana 35.65 41.02 1:29.46	SR	Saint John Paul the Great	2:48.15	2:46.13	2
12 Kattah, Kayla 36.82 49.95 1:44.71	FR	Saint John Paul the Great	3:00.00	3:11.48	1

**Event 5 Boys 200 Yard IM**

VCAC: 1:58.42 # 2/8/2020 Andrew Turbyfill FCS

VISAA QT: 2:18.04 @ Andrew Turbyfill FCS-VA

FCS: 2:02.08 % Andrew Turbyfill FCS-VA

JP: 1:55.92 &amp; 2020 Michael Salvatori

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

TCS!: 2:02.39 ! 2/5/2022 Josh Kim at 16th Annual VISAA TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Hopkins, Liam 26.82 33.70 36.76	SR	Saint John Paul the Great	2:07.41	2:07.05 @	16
2 Kim, Justin 26.75 32.68 38.07	SO	Trinity Christian School	2:14.42	2:07.90 @	13
3 Yun, Noah 29.85 35.03 39.08	08	Trinity Christian School	2:17.98	2:15.88 @	12
4 Williams, Charlie 28.49 32.91 42.62	JR	Saint John Paul the Great	2:11.71	2:16.77 @	11
5 Wilson, Joe 27.13 35.26 44.62	JR	Seton Swimming	2:18.23	2:24.18	10
6 Park, Zack 32.14 36.33 47.70	SO	Trinity Christian School	2:33.18	2:33.17	9
7 Wilson, Max 30.90 37.46 47.56	FR	Seton Swimming	2:40.60	2:34.00	7
8 Konstanty, Peter 35.30 39.95 48.02	SO	Seton Swimming	2:42.26	2:40.81	5
9 Kellogg, Seth 33.46 42.97 47.53	FR	Seton Swimming	2:43.71	2:43.62	4
10 Wang, Luke 36.18 41.52 45.34	SO	Trinity Christian School	2:51.32	2:44.91	3
11 Newbold, Lane 35.14 40.14 51.88	SR	Saint John Paul the Great	2:47.86	2:46.32	2

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## Event 6 Girls 200 Yard IM

VCAC: 2:11.47 # 2/2/2019 Annalise Cornett TCS!

VISAA QT: 2:29.40 @

FCS: 2:15.93 % Marissa Ross FCS-VA

JP: 2:19.75 &amp; 2016

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

TCSI: 2:09.93 ! 2/15/2019 Annalise E. Cornett TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Testani, Angie	FR	Seton Swimming	2:22.86	2:20.84 @	16
30.38 37.75 39.26 33.45					
2 Schlieter, Audrey	08	Trinity Christian School	2:27.32	2:27.64 @	13
30.93 36.19 44.49 36.03					
3 Bingham, Teresa	SR	Seton Swimming	2:38.38	2:37.15	12
31.27 40.49 48.06 37.33					
4 Roberson, Emma	8	Fredericksburg Christian	2:36.93	2:37.32	11
34.64 38.44 48.32 35.92					
5 Fifield, Haley	FR	Seton Swimming	2:52.92	2:45.53	10
32.94 39.01 52.63 40.95					
6 Zadnik, Madelyn	SO	Seton Swimming	2:44.88	2:49.68	9
36.32 42.70 48.35 42.31					
7 Metzger, Danielle	JR	Trinity Christian School	3:04.58	2:53.47	7
38.76 43.72 52.42 38.57					
8 Gallagher, Francesca	SR	Saint John Paul the Great	3:04.78	2:54.15	5
35.18 43.75 52.62 42.60					
--- McCormick, Madison	FR	Saint John Paul the Great	3:27.31	DQ	
Non-simultaneous arms - fly					
45.76 47.97 1:50.35					

## Event 7 Boys 50 Yard Freestyle

VCAC: 21.91 # 2/13/2010 S. Jameson Hill SST

VISAA QT: 24.14 @

FCS: 22.07 % Garrett Ross FCS-VA

JP: 22.58 &amp; 2020 Michael Salvatori

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

TCSI: 23.18 ! 1/23/2021 Josh Kim at Seton Winter Invite TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Hough, Ryan	SO	Trinity Christian School	23.66	23.34 @	16
2 Ford, Parker	SR	Fredericksburg Christian	24.35	24.46	13
3 Knewtson, Jack	SO	Fredericksburg Christian	24.61	24.53	12
4 Hudson, David	SO	Seton Swimming	25.41	25.30	11
5 Howell, Luke	FR	Fredericksburg Christian	25.75	25.53	10
6 Rowzie, Joseph	SR	Seton Swimming	25.99	25.84	9
7 Fioramonti, Josh	8	Seton Swimming	28.18	27.47	7
8 Beltran, Ryan	SO	Seton Swimming	27.96	27.99	5
9 Schneider, Jack	SR	Fredericksburg Christian	27.52	28.02	4
10 Abidin, Christian	SO	Trinity Christian School	29.29	29.13	3
11 Mastrianni, Dominic	SO	Saint John Paul the Great	29.73	29.57	2
12 Vitkovitsky, Daniel	SR	Saint John Paul the Great	31.77	30.97	1
13 Jang, Elliot	SO	Trinity Christian School	31.90	32.50	
14 Lauer, Josh	SO	Trinity Christian School	35.55	32.84	
--- Koehr, Connor	FR	Seton Swimming	26.22	X25.82	
--- Fioramonti, Mick	SO	Seton Swimming	26.76	X27.24	
--- Salafia, Luca	8	Fredericksburg Christian	27.48	X27.61	
--- Haynes, Jacob	SO	Fredericksburg Christian	27.88	X28.05	

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**(Event 7 Boys 50 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Delage, Aaron	JR	Fredericksburg Christian	32.28	X31.61	
--- Misiano, Thomas	JR	Fredericksburg Christian	36.53	X36.63	
--- Lynch, Chris	SO	Seton Swimming	29.53	XNS	

**Event 8 Girls 50 Yard Freestyle**

VCAC:	24.20	#	2/8/2020	Brooke Williams	TCS!
VISAA QT:	26.96	@			
FCS:	24.81	%		Marissa Ross	FCS-VA
JP:	25.74	&	2022		
SST:	24.06	+	2/16/2018	A. Kenna	
TCSI!:	24.12	!	2/14/2020	Brooke Williams	TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Davis, Gianna	FR	Saint John Paul the Great	25.74	25.52 &	16
2 Pennefather, Mary	JR	Seton Swimming	26.64	26.75 @	13
3 Hough, Keri	08	Trinity Christian School	26.90	26.83 @	12
4 Luevano, Isabelle	SR	Seton Swimming	26.92	26.84 @	11
5 Brox, Elodie	FR	Seton Swimming	27.60	27.16	10
6 Womack, Kristen	SO	Trinity Christian School	27.59	27.19	9
7 Gibbons, Maggie	SO	Seton Swimming	27.60	27.31	7
8 Roder, Mia	JR	Saint John Paul the Great	27.24	27.80	5
9 Bailey, Mary Mae	SO	Trinity Christian School	27.57	27.87	4
10 Vitkovsky, Maggie	JR	Saint John Paul the Great	28.65	29.02	3
11 Weina, Virginia	JR	Saint John Paul the Great	29.50	29.89	2
12 Ryan, Gabbie	8	Fredericksburg Christian	29.94	30.28	1
13 Meadows, Payton	JR	Fredericksburg Christian	31.35	31.13	
14 Heth, Rachel	JR	Fredericksburg Christian	31.42	31.36	
15 Blevins, Hannah	8	Fredericksburg Christian	32.04	31.92	
16 Mitchell, Ajai	SO	Trinity Christian School	36.12	34.59	
--- Mantooth, Kateri	JR	Seton Swimming	30.20	X28.81	
--- Waldron, Clare	SR	Seton Swimming	30.09	X29.30	
--- Sebero, Emmah	8	Fredericksburg Christian	32.25	X33.42	
--- Blevins, Colby	8	Fredericksburg Christian	34.55	X34.13	
--- Irish, Gabriella	8	Fredericksburg Christian	37.70	X39.27	

**Event 9 Boys 1 mtr Diving**

VCAC:	304.20	#	2/4/2022	Harper Thornett	TCS!
SST:	351.15	+	2/15/2013	J. Duran	
TCSI!:	320.25	!	1/8/2022	Harper Thornett	TCS!

Name	Yr	School	Finals Score	Points	
1 Thornett, Harper	JR	Trinity Christian School	320.25	304.20 #	16
2 Koehr, Connor	FR	Seton Swimming	173.30	173.40	13
3 Fioramonti, Mick	SO	Seton Swimming	152.70	148.00	12
4 Fioramonti, Josh	8	Seton Swimming	161.32	120.50	11
5 Oswald, Jacob	FR	Seton Swimming	106.87	101.95	10
--- Brox, JJ	JR	Seton Swimming	98.10	X130.40	

**Event 10 Girls 1 mtr Diving**

VCAC:	161.00	#	2/4/2022	Keri Hough	TCS!
SST:	371.95	+	2/15/2002	K. Giarra	
TCSI!:	164.60	!	1/8/2022	Keri Hough	TCS!

Name	Yr	School	Finals Score	Points	
1 Hough, Keri	08	Trinity Christian School	164.60	161.00 #	16

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**(Event 10 Girls 1 mtr Diving)**

Name	Yr	School	Seed Time	Finals Score	Points
2 Waldron, Clare	SR	Seton Swimming	151.50	152.55	13
3 Waldron, Rose	FR	Seton Swimming	110.55	123.45	12
4 Catabui, Emma	SR	Seton Swimming	100.35	112.85	11

**Event 11 Boys 100 Yard Butterfly**

VCAC:	53.90	#	2/4/2012	Vincent Dunn	SST
VISAA QT:	1:01.02	@			
FCS:	55.98	%		Andrew Turbyfill	FCS-VA
JP:	55.23	&	2022	Liam Hopkins	
SST:	51.76	+	1/16/2010	S.J. Hill	
TCSI!:	54.15	!	2/5/2022	Josh Kim at 16th Annual VISAA	TCSI!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Phillips, Tyler 25.56 30.01	8	Trinity Christian School	56.83	55.57 @	16
2 Wilson, Joe 27.00 32.97	JR	Seton Swimming	59.37	59.97 @	13
3 Ong, Marcus 28.28 33.00	SR	Saint John Paul the Great	1:01.20	1:01.28	12
4 Williams, Charlie 29.01 34.07	JR	Saint John Paul the Great	1:03.18	1:03.08	11
5 Park, Ian 30.00 36.57	SO	Trinity Christian School	1:06.76	1:06.57	10
6 Sokban, William 32.64 40.22	FR	Seton Swimming	1:15.36	1:12.86	9
7 Borneman, Joseph 34.85 40.45	FR	Seton Swimming	1:16.94	1:15.30	7
8 Wilson, Max 32.58 42.92	FR	Seton Swimming	1:13.60	1:15.50	5
9 Valenzuela, Orlando 39.41 58.16	JR	Trinity Christian School	1:40.59	1:37.57	4
--- Verwys, Sam Kick breaststroke type 49.00 53.17	08	Trinity Christian School	1:43.85	DQ	

**Event 12 Girls 100 Yard Butterfly**

VCAC:	58.62	#	2/3/2018	Anna Kenna	Seton
VISAA QT:	1:06.82	@			
FCS:	1:00.30	%		Marissa Ross	FCS-VA
JP:	59.97	&	2017		
SST:	58.51	+	1/20/2018	A. Kenna	
TCSI!:	58.91	!	2/15/2019	Brooke Williams	TCSI!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Condon, Clara 28.26 31.97	FR	Seton Swimming	1:00.26	1:00.23 @	16
2 Klanderman, Liz 29.88 36.04	FR	Trinity Christian School	1:05.19	1:05.92 @	13
3 Schlieter, Audrey 32.01 36.76	08	Trinity Christian School	1:07.46	1:08.77	12
4 Flynn, Emily 30.61 39.12	SR	Seton Swimming	1:10.32	1:09.73	11
5 Bingham, Teresa 32.66 39.05	SR	Seton Swimming	1:12.75	1:11.71	10

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**(Event 12 Girls 100 Yard Butterfly)**

Name	Yr	School	Seed Time	Finals Time	Points
6 Zadnik, Sophia 34.52 42.22	SR	Seton Swimming	1:17.56	1:16.74	9
7 Bang, Selah 34.92 43.35	JR	Trinity Christian School	1:21.08	1:18.27	7
8 Gallagher, Francesca	SR	Saint John Paul the Great	1:26.11	1:26.42	5

**Event 13 Boys 100 Yard Freestyle**

VCAC: 48.78 # 2/13/2010 S. Jameson Hill SST  
 VISAA QT: 53.09 @  
 FCS: 49.09 % Garrett Ross FCS-VA  
 JP: 48.74 & 2020 Michael Salvatori  
 SST: 45.67 + 2/20/2010 S. J. Hill  
 TCSI!: 49.35 ! 2/12/2021 Josh Kim at 2021 DAC Champions TCSI!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Kim, Josh 23.51 25.33	SR	Trinity Christian School	50.73	48.84!	16
2 Kim, Justin 24.85 27.27	SO	Trinity Christian School	52.22	52.12@	13
3 Brox, JJ 27.03 29.92	JR	Seton Swimming	59.43	56.95	12
4 Nguyen, Drew 26.49 31.07	FR	Seton Swimming	57.04	57.56	11
5 Rowzie, Joseph 27.39 34.61	SR	Seton Swimming	1:02.19	1:02.00	10
6 Konstanty, Peter 29.50 33.83	SO	Seton Swimming	1:01.11	1:03.33	9
7 Haynes, Jacob	SO	Fredericksburg Christian	1:06.02	1:05.81	7
8 Mastrianni, Dominic 32.41 34.94	SO	Saint John Paul the Great	1:08.61	1:07.35	5
9 Smith, James 34.72 36.73	SO	Saint John Paul the Great	1:11.51	1:11.45	4
10 Vitkovitsky, Daniel 34.84 36.92	SR	Saint John Paul the Great	1:10.77	1:11.76	3
11 Delage, Aaron 36.21 41.67	JR	Fredericksburg Christian	1:20.53	1:17.88	2
12 Kirby, Micah 39.44 44.86	SO	Trinity Christian School	1:22.22	1:24.30	1
13 Misiano, Thomas 39.86 48.40	JR	Fredericksburg Christian	1:32.30	1:28.26	
--- McGrath, Michael 30.46 32.98	SO	Seton Swimming	1:03.17	X1:03.44	
--- Jang, Elliot No touch on turn	SO	Trinity Christian School	1:17.26	DQ	

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## Event 14 Girls 100 Yard Freestyle

VCAC: 53.08 # 2/10/2018 Anna Kenna SST

VISAA QT: 59.70 @

FCS: 53.08 % Courtney Jones FCS-VA

JP: 55.70 &amp; 2022

SST: 52.05 + 2/16/2018 A. Kenna

TCSI!: 52.63 ! 2/16/2019 Brooke Williams TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Buff, Reagan 27.43 30.10	SO	Trinity Christian School	58.59	57.53 @	16
2 Koler, Jillian 27.57 30.35	SR	Saint John Paul the Great	1:02.22	57.92 @	13
3 Luevano, Isabelle 27.12 31.18	SR	Seton Swimming	59.80	58.30 @	12
4 Phillips, Amy 28.13 31.72	JR	Trinity Christian School	1:00.25	59.85	11
5 Pennefather, Mary 28.36 32.29	JR	Seton Swimming	1:00.94	1:00.65	10
6 Bailey, Mary Mae 30.89 31.41	SO	Trinity Christian School	1:05.69	1:02.30	9
7 O'Malley, Mary 29.92 32.51	SR	Seton Swimming	1:01.22	1:02.43	7
8 Oswald, Jacqueline 31.03 33.87	JR	Seton Swimming	1:06.26	1:04.90	5
9 Ratcliffe, Eliana 31.27 33.77	9	Trinity Christian School	1:07.59	1:05.04	4
10 Vitkovsky, Maggie 31.36 34.51	JR	Saint John Paul the Great	1:05.16	1:05.87	3
11 Blevins, Hannah 36.77 37.49	8	Fredericksburg Christian	1:11.72	1:14.26	2
12 Sebero, Emmah 35.28 40.76	8	Fredericksburg Christian	1:14.38	1:16.04	1
13 Kattah, Kayla	FR	Saint John Paul the Great	1:19.59	1:23.47	
14 Irish, Gabriella 42.03 43.34	8	Fredericksburg Christian	1:22.18	1:25.37	

## Event 15 Boys 500 Yard Freestyle

VCAC: 4:43.83 # 2/13/2010 S. Jameson Hill SST

VISAA QT: 5:41.90 @

FCS: 4:50.10 % David Turbyfill FCS-VA

JP: 4:58.74 &amp; 2019 Michael Salvatori

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

TCSI!: 5:11.22 ! 12/19/2020 Josh Kim at Seton Homecoming I TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Yun, Noah 28.13 32.53 33.07 33.36 32.04	08	Trinity Christian School	5:26.23 32.85	5:25.02 @	16
2 Koehr, Connor 28.94 34.30 37.95 39.55 35.95	FR	Seton Swimming	6:16.42 39.85	6:13.10	13
3 Brox, Michael 31.16 35.44 38.77 40.49 33.48	FR	Seton Swimming	6:19.60 40.55	6:18.33	12



## 2022 VCAC Championship Meet - 2/12/2022

## Results

**(Event 15 Boys 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
4 Bang, Caleb	08	Trinity Christian School	6:28.32	6:19.00	11
31.40 35.43 37.50	39.34	39.36 39.70 39.98	39.99		
40.22 36.08					
5 Sokban, William	FR	Seton Swimming	6:20.12	6:35.02	10
30.61 36.43 39.41	41.56	41.82 41.78 41.50	42.60		
42.49 36.82					
6 Albin, Jed	SO	Seton Swimming	6:39.73	6:36.61	9
32.12 37.16 39.32	41.69	42.16 42.33 42.27	40.76		
41.74 37.06					
7 Abidin, Christian	SO	Trinity Christian School	7:56.96	7:27.35	7
35.29 42.92		48.19 47.95 46.83	47.13		
45.96 40.97					
8 Verwys, Sam	08	Trinity Christian School	7:29.42	7:33.66	5
40.69 45.63 47.02	47.80	46.99 46.30 45.40	46.87		
44.31 42.65					

**Event 16 Girls 500 Yard Freestyle**

VCAC: 5:03.43 # 2/13/2021 Annalise Cornett TCS!

VISAA QT: 5:58.88 @

FCS: 5:20.61 % Courtney Jones FCS-VA

JP: 5:09.55 &amp; 2017

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

TCS!: 5:03.43 ! 2/12/2021 Annalise E. Cornett TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Testani, Angie	FR	Seton Swimming	5:43.29	5:37.69@	16
30.07 33.02 34.11	34.03	34.14 34.51 34.54	34.42		
34.85 34.00					
2 Stermer, Teagan	SO	Trinity Christian School	5:43.19	5:51.80@	13
29.83 33.24 34.49	34.71	35.57 36.51 36.57	36.65		
37.33 36.90					
3 Yaraschak, Bella	SO	Trinity Christian School	5:58.11	6:02.35	12
30.81 33.53 34.77	36.47	37.07 37.83 38.63	38.39		
38.53 36.32					
4 Roberson, Emma	8	Fredericksburg Christian	6:21.13	6:18.78	11
33.37 37.16 38.08	38.11	38.76 39.35 39.29	38.52		
38.69 37.45					
5 Flynn, Emily	SR	Seton Swimming	6:19.01	6:25.52	10
32.28 38.31 40.00	40.41	40.14 40.07 40.28	39.42		
38.04 36.57					
6 Byers, Lily	SR	Seton Swimming	6:50.89	6:44.56	9
32.41 38.06 40.07	40.95	41.51 42.54 42.83	42.89		
43.17 40.13					
7 Metzger, Danielle	JR	Trinity Christian School	7:51.93	7:10.28	7
36.08 42.14 43.82	44.79	45.64 45.31 44.78	44.18		
44.24 39.30					
8 Mantooth, Kateri	JR	Seton Swimming	7:33.88	7:17.84	5
34.39 41.05 43.75	44.66	45.53 46.16 47.09	46.55		
46.22 42.44					
9 Gutterrez, Ana Sophia	SR	Saint John Paul the Great	6:27.59	7:49.91	4
32.71 38.66 40.48	42.02	43.06 44.17 1:20.48	43.22		
1:03.67 41.44					

## 2022 VCAC Championship Meet - 2/12/2022

## Results

## Event 17 Boys 200 Yard Freestyle Relay

VCAC: 1:32.22 # 2/6/2016

Fredericksburg Christian FCS  
D Turbyfill, A Kearney, N Ross, G Ross

VISAA QT: 1:43.26 @

FCS: 1:30.74 %

Fredericksburg Christian FCS-VA  
G. Ross, A. Kearney, N. Ross, D. Turbyfill

JP: 1:32.31 &amp; 2014

SST: 1:30.07 + 2/19/2010

TCSI: 1:34.17 ! 2/6/2016

Hill, Koehr, Cook, Basinger

Trinity Christian School TCSI-VA

R. Fletcher, M. Brazier, C. Na, H. Kesting

Team	Relay	Seed Time	Finals Time	Points
1 Trinity Christian School	A	1:35.18	1:36.04 @	32
1) Yun, Noah 08	2) Kim, Justin SO	3) Hough, Ryan SO	4) Kim, Josh SR	
25.29 24.02 23.66	23.07			
2 Seton Swimming	A	1:41.80	1:40.71 @	26
1) Rowzie, Joseph SR	2) Nguyen, Drew FR	3) Hudson, David SO	4) Wilson, Joe JR	
26.55 25.39 24.65	24.12			
3 Fredericksburg Christian	A	1:41.69	1:43.53	24
1) Knewton, Jack SO	2) Schneider, Jack SR	3) Salafia, Luca 8	4) Ford, Parker SR	
25.22 26.70 27.61	24.00			
4 Saint John Paul the Great	A	1:44.50	1:47.49	22
1) Ong, Marcus SR	2) Smith, James SO	3) Williams, Charlie JR	4) Hopkins, Liam SR	
26.25 31.54 25.66	24.04			
--- Seton Swimming	B	1:45.66	X1:50.12	
1) Dealey, Joey JR	2) Beltran, Ryan SO	3) Fioramonti, Mick SO	4) Brox, Michael FR	
27.01 27.68 28.38	27.05			
--- Trinity Christian School	B	1:55.34	X1:53.90	
1) Wang, Luke SO	2) Abidin, Christian SO	3) Sicks, Campbell JR	4) Park, Ian SO	
29.24 28.95 28.79	26.92			

## Event 18 Girls 200 Yard Freestyle Relay

VCAC: 1:43.64 # 2/4/2012

Seton School SST  
A Doonis, C Kenna, A Sinner, C Rogers

VISAA QT: 1:58.53 @

FCS: 1:48.24 %

Fredericksburg Christian FCS-VA  
C. Ford, E. Ambrose, E. Amelung, M. Ross

JP: 1:45.34 &amp; 2016

SST: 1:40.05 + 2/19/2010

TCSI: 1:42.55 ! 2/17/2018

Doonis, Rogers, Talbott, Donohoe

Trinity Christian School TCSI-VA

A. Cornett, H. Silvernail, J. Phillips, B. William

Team	Relay	Seed Time	Finals Time	Points
1 Trinity Christian School	A	1:48.84	1:47.00 @	32
1) Phillips, Amy JR	2) Schlieter, Audrey 08	3) Buff, Reagan SO	4) Hough, Keri 08	
27.50 26.74 26.50	26.26			
2 Seton Swimming	A	1:47.60	1:48.25 @	26
1) Condon, Clara FR	2) Gibbons, Maggie SO	3) Garvey, Lucy SR	4) Luevano, Isabelle SR	
28.17 26.97 26.53	26.58			
3 Saint John Paul the Great	A	1:51.17	1:53.09 @	24
1) Roder, Mia JR	2) Weina, Virginia JR	3) Vitkovsky, Maggie JR	4) Davis, Gianna FR	
28.16 29.50 29.84	25.59			
4 Fredericksburg Christian	A	2:07.57	2:08.17	22
1) Ryan, Gabbie 8	2) Sebero, Emmah 8	3) Meadows, Payton JR	4) Heth, Rachel JR	
30.63 33.31 33.34	30.89			

## 2022 VCAC Championship Meet - 2/12/2022

## Results

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

Team	Relay	Seed Time	Finals Time	Points
--- Seton Swimming	B	1:54.03	X1:52.54 @	
1) O'Malley, Mary SR	2) Oswald, Jacqueline JR	3) Brox, Elodie FR	4) Flynn, Emily SR	
28.96 28.39 27.80 27.39				
--- Trinity Christian School	B	1:56.63	X1:55.68 @	
1) Yaraschak, Bella SO	2) Bailey, Mary Mae SO	3) Ratcliffe, Eliana 9	4) Womack, Kristen SO	
30.40 27.63 30.89 26.76				
--- Saint John Paul the Great	B	2:13.00	X2:18.03	
1) Gallagher, Francesca SR	2) Kattah, Kayla FR	3) McCormick, Madison FR	4) Guiterrez, Ana Sophia SR	
34.24 39.36 36.80 27.63				

**Event 19 Boys 100 Yard Backstroke**

VCAC: 53.44 # 2/4/2006 Kevin Koehr SST  
 VISAA QT: 1:02.90 @  
 FCS: 55.88 % Andrew Turbyfill FCS-VA  
 JP: 53.25 & 2020 Michael Salvatori  
 SST: 51.48 + 1/20/2006 K. Koehr  
 TCS!: 58.70 ! 2/19/2016 Mitchell Brazier TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Hough, Ryan	SO	Trinity Christian School	59.80	58.82 @	16
28.61 30.21					
2 Phillips, Tyler	8	Trinity Christian School	1:04.79	59.67 @	13
29.60 30.07					
3 Howell, Luke	FR	Fredericksburg Christian	1:00.41	59.87 @	12
29.04 30.83					
4 Fioramonti, Mick	SO	Seton Swimming	1:05.26	1:05.23	11
31.71 33.52					
5 Hudson, David	SO	Seton Swimming	1:07.82	1:08.59	10
6 Ong, Marcus	SR	Saint John Paul the Great	1:02.93	1:08.96	9
32.66 36.30					
7 Park, Zack	SO	Trinity Christian School	1:08.48	1:09.43	7
33.01 36.42					
8 Beltran, Ryan	SO	Seton Swimming	1:14.49	1:13.57	5
35.78 37.79					
9 Albin, Jed	SO	Seton Swimming	1:21.03	1:16.63	4
37.27 39.36					
10 Smith, James	SO	Saint John Paul the Great	1:29.36	1:27.70	3
42.29 45.41					
11 Valenzuela, Orlando	JR	Trinity Christian School	1:31.40	1:31.59	2

**Event 20 Girls 100 Yard Backstroke**

VCAC: 58.33 # 2/2/2019 Annalise Cornett TCS!  
 VISAA QT: 1:06.85 @  
 FCS: 59.95 % Courtney Jones FCS-VA  
 JP: 1:03.08 & 2018  
 SST: 55.62 + 2/18/2018 A. Kenna  
 TCS!: 58.33 ! 2/2/2019 Annalise E. Cornett TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Garvey, Lucy	SR	Seton Swimming	1:02.68	1:01.68 @	16
29.53 32.15					
2 Stermer, Teagan	SO	Trinity Christian School	1:05.52	1:04.49 @	13
30.90 33.59					
3 Womack, Kristen	SO	Trinity Christian School	1:10.09	1:07.13	12
32.54 34.59					

## 2022 VCAC Championship Meet - 2/12/2022

## Results

**(Event 20 Girls 100 Yard Backstroke)**

Name	Yr	School	Seed Time	Finals Time	Points
4 Roder, Mia 32.97 35.33	JR	Saint John Paul the Great	1:11.29	1:08.30	11
5 Gibbons, Maggie 35.27 36.71	SO	Seton Swimming	1:11.31	1:11.98	10
6 Oswald, Jacqueline 35.82 38.93	JR	Seton Swimming	1:15.07	1:14.75	9
7 Fifield, Haley 35.46 39.50	FR	Seton Swimming	1:15.46	1:14.96	7
8 Bang, Selah 36.79 39.34	JR	Trinity Christian School	1:17.49	1:16.13	5
9 Weina, Virginia 36.57 39.72	JR	Saint John Paul the Great	1:16.44	1:16.29	4
10 Mitchell, Ajai 46.48 52.91	SO	Trinity Christian School	1:45.73	1:39.39	3
11 Blevins, Colby 50.04 53.69	8	Fredericksburg Christian	1:52.39	1:43.73	2

**Event 21 Boys 100 Yard Breaststroke**

VCAC: 1:00.59 # Andrew Turbyfill FCS

VISAA QT: 1:08.79 @

FCS: 1:03.26 % Andrew Turbyfill FCS-VA

JP: 1:01.10 &amp; 2019 Michael Salvatori

SST: 58.53 + 1/27/2007 N. Cook

TCS!: 1:03.06 ! 2/17/2017 Riley T. Fletcher TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Hopkins, Liam 30.13 34.44	SR	Saint John Paul the Great	1:03.76	1:04.57 @	16
2 Brox, JJ 32.06 36.60	JR	Seton Swimming	1:09.39	1:08.66 @	13
3 Nguyen, Drew 34.82 39.44	FR	Seton Swimming	1:14.41	1:14.26	12
4 Sicks, Campbell 37.36 40.08	JR	Trinity Christian School	1:17.67	1:17.44	11
5 Wang, Luke 36.54 41.97	SO	Trinity Christian School	1:19.21	1:18.51	10
6 Dealey, Joey 36.11 43.59	JR	Seton Swimming	1:19.69	1:19.70	9
7 Kellogg, Seth 37.58 43.57	FR	Seton Swimming	1:19.98	1:21.15	7
8 Lauer, Josh 33.49 37.59	SO	Trinity Christian School	1:43.78	1:44.29	5
--- Park, Ian False start	SO	Trinity Christian School	1:10.34	DQ	
--- Lynch, Chris	SO	Seton Swimming	1:20.39	XNS	

## 2022 VCAC Championship Meet - 2/12/2022

## Results

## Event 22 Girls 100 Yard Breaststroke

VCAC: 1:07.65 # 2/12/2021 Angie Testani SST

VISAA QT: 1:16.38 @

FCS: 1:12.41 % Marissa Ross FCS-VA

JP: 1:11.89 &amp; 2021

SST: 1:07.65 + 2/13/2021 Angie Testani Seton

TCSI!: 1:13.20 ! 12/19/2020 Annalise E. Cornett at Seton H TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Condon, Clara 33.13 36.78	FR	Seton Swimming	1:09.05	1:09.91 @	16
2 Davis, Gianna 33.35 37.35	FR	Saint John Paul the Great	1:15.28	1:10.70 &	13
3 Koler, Jillian 34.74 40.26	SR	Saint John Paul the Great	1:12.17	1:15.00 @	12
4 Klanderman, Liz 36.24 39.51	FR	Trinity Christian School	1:16.84	1:15.75 @	11
5 Waldron, Clare 34.85 41.12	SR	Seton Swimming	1:16.59	1:15.97 @	10
6 Brox, Elodie 37.39 42.10	FR	Seton Swimming	1:20.60	1:19.49	9
7 Williams, Maeve 40.87 44.33	FR	Saint John Paul the Great	1:18.42	1:25.20	7
8 Zadnik, Sophia 41.88 44.51	SR	Seton Swimming	1:25.24	1:26.39	5
9 Ratcliffe, Eliana 41.70 48.82	9	Trinity Christian School	1:29.99	1:30.52	4
10 Ryan, Gabbie 41.66 50.63	8	Fredericksburg Christian	1:29.26	1:32.29	3
11 Moon, Ella 44.07 51.13	SR	Trinity Christian School	1:36.98	1:35.20	2
12 McCormick, Madison 45.19 53.43	FR	Saint John Paul the Great	1:38.67	1:38.62	1

## Event 23 Boys 400 Yard Freestyle Relay

VCAC: 3:28.44 # 2/5/2022 Trinity Christian School Trini

VISAA QT: 3:59.45 @ N Yun, T Phillips, J Kim, J Kim

FCS: 3:24.44 % Fredericksburg Christian FCS-VA

D. Turbyfill, N. Ross, A. Kearney, G. Ross

JP: 3:26.17 &amp; 2019

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

TCSI!: 3:29.97 ! 2/19/2016 Trinity Christian School TCSI-VA

M. Brazier, R. Fletcher, C. Na, H. Kesting

Team	Relay	Seed Time	Finals Time	Points
1 Trinity Christian School	A	3:28.44	3:40.27 @	32
1) Yun, Noah 08	2) Phillips, Tyler 8	3) Park, Zack SO	4) Kim, Josh SR	
26.85 54.73 25.04	52.26 27.46 58.52	26.20 54.76		
2 Fredericksburg Christian	A	3:53.05	3:50.74 @	26
1) Knewton, Jack SO	2) Schneider, Jack SR	3) Ford, Parker SR	4) Howell, Luke FR	
26.72 55.90 29.02	1:03.45 26.59 56.10	26.15 55.29		
3 Seton Swimming	A	3:49.87	3:55.84 @	24
1) Brox, JJ JR	2) Koehr, Connor FR	3) Dealey, Joey JR	4) Nguyen, Drew FR	
28.20 58.40 27.01	59.16 28.08 59.32	27.46 58.96		

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Results

(Event 23 Boys 400 Yard Freestyle Relay)

Team	Relay	Seed Time	Finals Time	Points
--- Seton Swimming	B	4:06.07	X4:05.85	
1) Brox, Michael FR	2) Konstanty, Peter SO	3) McGrath, Michael SO	4) Wilson, Max FR	
29.33 1:01.63 28.13	1:01.95 28.54 1:01.05	27.40 1:01.22		
--- Trinity Christian School	B	4:55.03	X4:36.33	
1) Bang, Caleb 08	2) Valenzuela, Orlando JR	3) Jang, Elliot SO	4) Abidin, Christian SO	
28.29 59.42 35.89	1:16.25 31.79 1:28.07	16.38 52.59		

Event 24 Girls 400 Yard Freestyle Relay

VCAC: 3:48.76 # 2/3/2018 Trinity Chrisitan School TCS!  
 B. Williams, H. Silvernail, L. Schmidt, A. Cornett

VISAA QT: 4:38.24 @  
 FCS: 3:54.97 % Fredericksburg Christian FCS-VA  
 N. Polanosky, C. Ford, E. Ambrose, M. Ross

JP: 3:49.27 & 2018  
 SST: 3:40.51 + 2/19/2010 DoonisRogers,ClaybrooksDonohoe  
 TCS!: 3:46.85 ! 2/17/2018 Trinity Christian School TCS!-VA  
 H. Silvernail, L. Schmidt, A. Cornett, B. Williams

Team	Relay	Seed Time	Finals Time	Points
1 Seton Swimming	A	4:04.24	3:55.18@	32
1) Luevano, Isabelle SR	2) Testani, Angie FR	3) Flynn, Emily SR	4) Pennefather, Mary JR	
27.83 58.56 26.87	57.61 27.87 59.78	27.00 59.23		
2 Trinity Christian School	A	4:00.41	3:57.85@	26
1) Stermer, Teagan SO	2) Schlieter, Audrey 08	3) Phillips, Amy JR	4) Buff, Reagan SO	
28.21 59.79 27.93	59.07 28.07 1:01.48	27.23 57.51		
3 Fredericksburg Christian	A	4:42.48	4:33.81@	24
1) Heth, Rachel JR	2) Blevins, Hannah 8	3) Meadows, Payton JR	4) Roberson, Emma 8	
33.07 1:09.19 34.62	1:10.72 32.06 1:08.55	30.50 1:05.35		
--- Trinity Christian School	B	4:24.83	X4:13.46@	
1) Bang, Selah JR	2) Yaraschak, Bella SO	3) Klanderman, Liz FR	4) Bailey, Mary Mae SO	
31.26 1:07.45 30.07	1:02.97 29.38 1:01.71	29.40 1:01.33		
--- Seton Swimming	B	4:24.82	X4:17.88@	
1) Gibbons, Maggie SO	2) Oswald, Jacqueline JR	3) Byers, Lily SR	4) Bingham, Teresa SR	
30.70 1:03.63 31.97	1:07.24 29.67 1:04.19	29.94 1:02.82		
--- Saint John Paul the Great	A	5:10.00	SCR	

Scores - Women

Women - Team Rankings - Through Event 110

1. Seton Swimming	450	2. Trinity Christian School	341
3. Saint John Paul the Great	169	4. Fredericksburg Christian	99

Scores - Men

Men - Team Rankings - Through Event 110

1. Seton Swimming	408	2. Trinity Christian School	366
3. Saint John Paul the Great	157	4. Fredericksburg Christian	134