

**2023 VCAC Championship Meet - 2/11/2023**  
**Meet Program - VCAC Conference Champs Swimming**

<b>#1 Boys 200 Yard Medley Relay</b>				<b>Heat 2 of 2 Finals Starts at 02:36 PM</b>				<b>Heat 2 of 3 Finals Starts at 02:55 PM</b>			
VCAC: 1:43.49 2006 Seton School				1 Fioramonti, Josh	FR SST	2:21.17	2 Sebero, Emmah	FR FCS	3:10.94		
K Koehr, N Cook, B Morch, S Koehr				2 Dealey, Joey	SR SST	2:14.95	2 Angarag, Alice	FR JP	3:02.19		
VISAA QT: 1:57.18				3 Nguyen, Drew	SO SST	2:07.29	3 Runyan, Emily	JR JP	2:53.90		
SST Record: 1:39.82 2006 Koehr, Cook, Morch, Ko				4 Phillips, Tyler	FR TCS!	1:54.49	4 Bingham, Lucia	SO SST	2:49.96		
<b>Lane</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	5 Yun, Noah	FR TCS!	1:59.00	5 Halisky, Amelie	SR SST	2:51.33		
<b>Heat 1 of 1 Finals Starts at 02:23 PM</b>				6 Sokban, Daniel	8 SST	2:13.79	6 Meadows, Payton	JR FCS	2:55.43		
2 SST		B	X1:50.26	7 Jang, Elliot	JR TCS!	2:17.09	7 Larson, Zoe	FR OAK	3:10.22		
3 FCS		A	1:54.58	8 Koler, Evan	SO JP	2:24.58	<b>Heat 3 of 3 Finals Starts at 02:59 PM</b>				
	Howell, Luke SO	DiBlasi, John-Parker FR		<b>#4 Girls 200 Yard Freestyle</b>				1 Witdoeck, Karis	SO TCS!	2:33.88	
	Knewton, Jack JR	Ross, Andrew 8		VCAC: 1:53.80 2020 Annalise Cornett				2 Pattie, Sydney	SO JP	2:26.76	
4 SST		A	1:45.54	VISAA QT: 2:13.44				3 Schlieter, Audrey	FR TCS!	2:24.39	
5 TCS!		A	1:49.20	SST Record: 1:55.74 2000 K. Shipko				4 Bryan, Elizabeth	FR OAK	2:08.81	
6 JP		A	1:57.86	<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>	5 Condon, Clara	SO SST	2:19.48	
	Williams, Charlie SR	Koler, Eric FR		<b>Heat 1 of 3 Finals Starts at 02:39 PM</b>				6 Klanderman, Liz	SO TCS!	2:24.50	
	Mastrianni, Dominic JR	Koler, Evan SO		3 Thornburg, Fio	SO OAK	NT	7 Baroody, Isabel	FR FCS	2:31.83		
<b>#2 Girls 200 Yard Medley Relay</b>				4 Blevins, Colby	FR FCS	3:00.34	8 Fifield, Haley	SO SST	2:37.28		
VCAC: 1:52.65 2022 Seton Swimming				5 Updike, Anna	JR FCS	3:13.16	<b>#7 Boys 50 Yard Freestyle</b>				
L Garvey, A Testani, C Condon, M Pennefather				<b>Heat 2 of 3 Finals Starts at 02:42 PM</b>				VCAC: 21.91 2010 S. Jameson Hill			
VISAA QT: 2:14.01				1 Schindler, Kathryn	JR OAK	2:55.58	VISAA QT: 24.14				
SST Record: 1:50.25 2011 Doonis,Rogers,Wunderl				2 McCormick, Madison	SO JP	2:50.00	SST Record: 21.22 2010 S.J. Hill				
<b>Lane</b>	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	3 Miller, Elizabeth	FR JP	2:39.04	<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>	
<b>Heat 1 of 2 Finals Starts at 02:27 PM</b>				4 Oswald, Jacqueline	SR SST	2:25.68	<b>Heat 1 of 3 Finals Starts at 03:04 PM</b>				
3 TCS!		B	X2:08.64	5 Cunningham, Lucy	SO SST	2:33.08	3 Pitner, Samuel	8 FCS	X36.21		
4 SST		B	X2:05.40	6 McDonnell, Maddie	FR OAK	2:39.23	4 Volk, Jimmy	SR FCS	X30.25		
5 JP		B	X2:07.38	7 Larson, Elle	FR OAK	2:55.10	5 Updike, Spencer	JR FCS	X32.47		
	Weina, Virginia SR	Kay, Sandra FR		8 Mitchell, Ajai	JR TCS!	2:57.70	<b>Heat 2 of 3 Finals Starts at 03:05 PM</b>				
	Caron, Mary Alice FR	Miller, Elizabeth FR		<b>Heat 3 of 3 Finals Starts at 02:45 PM</b>				1 Brox, JJ	SR SST	X25.92	
<b>Heat 2 of 2 Finals Starts at 02:30 PM</b>				1 Bailey, Mary	JR TCS!	2:24.59	2 Misiano, Thomas	SR FCS	32.77		
1 FCS		B	2:21.08	2 Yaraschak, Bella	JR TCS!	2:16.91	3 Smith, James	JR JP	28.96		
	Meadows, Payton JR	Sebero, Emmah FR		3 Gibbons, Maggie	JR SST	2:12.56	4 Koler, Eric	FR JP	26.99		
	Blevins, Hannah FR	Heth, Rachel SR		4 Aldeguer, Ariana	8 SST	1:58.07	5 Donovan, Patrick	SR JP	28.50		
2 OAK		A	2:04.78	5 Roder, Mia	SR JP	2:04.97	6 Ross, Andrew	8 FCS	28.98		
	Adams, Amelia SO	Bryan, Elizabeth FR		6 Buff, Reagan	JR TCS!	2:14.39	7 Koehr, Connor	SO SST	X25.49		
	Walke, Belle 8	Erickson, Katelyn FR		7 Howell, Katherine	8 FCS	2:23.47	8 Fioramonti, Mick	JR SST	X26.68		
3 TCS!		A	1:57.63	8 Kay, Sandra	FR JP	2:25.00	<b>Heat 3 of 3 Finals Starts at 03:06 PM</b>				
4 SST		A	1:54.32	<b>#5 Boys 200 Yard IM</b>				1 Sokban, Daniel	8 SST	25.94	
5 JP		A	1:56.38	VCAC: 1:58.42 2020 Andrew Turbyfill				2 Salafia, Luca	FR FCS	25.04	
	Pattie, Sydnev SO	Koler, Isabella FR		VISAA QT: 2:18.04				3 Wilson, Joe	SR SST	23.80	
	Roder, Mia SR	Davis, Gianna SO		SST Record: 1:54.70 2008 N. Cook				4 Kim, Justin	JR TCS!	23.27	
6 FCS		A	2:03.91	<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>	5 Knewton, Jack	JR FCS	23.33	
	Roberson, Emma FR	Ryan, Gabriella FR		<b>Heat 1 of 1 Finals Starts at 02:48 PM</b>				6 Halisky, Liam	SO SST	24.86	
	Ellis, Hannah 8	Baroody, Isabel FR		1 Ryan, Nathan	8 FCS	2:53.02	7 Borneman, Joseph	SO SST	25.71		
7 OAK		B	2:14.23	2 Konstanty, Peter	JR SST	2:34.70	8 Mastrianni, Dominic	JR JP	26.41		
	Magee, Amelia FR	Guenther, Louise JR		3 Hudson, David	JR SST	2:25.10	<b>#8 Girls 50 Yard Freestyle</b>				
	Meunier, Cecelia SR	Kissinger, Norah JR		4 Martinez, Lionel	8 SST	2:04.24	VCAC: 24.20 2020 Brooke Williams				
<b>#3 Boys 200 Yard Freestyle</b>				5 Yancey, Ben	SO TCS!	2:21.37	VISAA QT: 26.96				
VCAC: 1:46.54 2022 Josh Kim				6 Wilson, Max	SO SST	2:29.97	SST Record: 24.06 2018 A. Kenna				
VISAA QT: 2:01.47				7 Park, Zach	JR TCS!	2:40.44	<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>	
SST Record: 1:38.54 2010 S.J. Hill				<b>#6 Girls 200 Yard IM</b>				<b>Heat 1 of 4 Finals Starts at 03:06 PM</b>			
<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>	VCAC: 2:11.47 2019 Annalise Cornett				2 Nugent, Katie	SO OAK	X36.69	
<b>Heat 1 of 2 Finals Starts at 02:33 PM</b>				VISAA QT: 2:29.40				3 Webb, Ella	JR FCS	X35.97	
3 Volk, Jimmy		SR FCS	2:53.36	SST Record: 2:11.55 2023 A. Aldeguer				4 Peters, Aria	SO FCS	X35.06	
4 Abidin, Christian		JR TCS!	2:42.15	<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>	5 Mochen, Catherine	SO OAK	X35.47	
5 Ognek, Gabe		JR FCS	2:51.07	<b>Heat 1 of 3 Finals Starts at 02:51 PM</b>				6 Shepard, Sarah	8 FCS	X36.40	
				3 Bailey, Holly	FR TCS!	3:23.94	<b>#9 Boys 50 Yard Freestyle</b>				
				4 Heath, Laurel	FR JP	3:15.00	VCAC: 24.20 2020 Brooke Williams				
				5 Meadows, Morgan	8 FCS	3:21.00	VISAA QT: 26.96				

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**Heat 2 (#8 Girls 50 Yard Freestyle)**

1	Haggerty, Moira	SR SST	X31.65
2	Waldron, Rose	SO SST	X29.59
3	Ratcliffe, Eliana	SO TCS!	31.58
4	Blevins, Hannah	FR FCS	30.50
5	Angarag, Alice	FR JP	30.70
6	Ryan, Fiona	FR OAK	32.34
7	Salafia, Siena	JR FCS	X31.51
8	Diller, Bethany	SO OAK	X33.29

**Heat 3 of 4 Finals Starts at 03:08 PM**

1	Myers, Christy	JR FCS	30.45
2	Roberson, Emma	FR FCS	29.79
3	Weina, Virginia	SR JP	29.50
4	Erickson, Katelyn	FR OAK	28.75
5	Kissinger, Norah	JR OAK	29.23
6	Magee, Amelia	FR OAK	29.62
7	Hurley, Mary Catherine	SO SST	30.26
8	DiBlasi, Isabelle	JR FCS	30.46

**Heat 4 of 4 Finals Starts at 03:09 PM**

1	Bailey, Mary	JR TCS!	28.51
2	Brox, Elodie	SO SST	26.81
3	Womack, Kristen	JR TCS!	26.48
4	Davis, Gianna	SO JP	24.38
5	Pennefather, Mary	SR SST	26.01
6	Wiggins, Allie	FR TCS!	26.64
7	Koler, Isabella	FR JP	26.87
8	Mantooth, Kateri	SR SST	28.58

**#11 Boys 100 Yard Butterfly**

<b>VCAC:</b>	<b>53.90 2012</b>	<b>Vincent Dunn</b>	
<b>VISAA QT:</b>	<b>1:01.02</b>		
<b>SST Record:</b>	<b>51.76 2010</b>	<b>S.J. Hill</b>	
<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>

**Heat 1 of 1 Finals Starts at 03:20 PM**

1	Abidin, Christian	JR TCS!	1:35.27
2	Sokban, William	SO SST	1:10.20
3	Hudson, David	JR SST	1:04.23
4	Phillips, Tyler	FR TCS!	51.80
5	Bang, Caleb	FR TCS!	1:04.03
6	Brox, Michael	SO SST	1:06.53
7	Mantooth, Luke	JR SST	1:10.35

**#12 Girls 100 Yard Butterfly**

<b>VCAC:</b>	<b>58.62 2018</b>	<b>Anna Kenna</b>	
<b>VISAA QT:</b>	<b>1:06.82</b>		
<b>SST Record:</b>	<b>58.51 2017</b>	<b>A. Kenna</b>	
<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>

**Heat 1 of 2 Finals Starts at 03:22 PM**

2	Meunier, Cecelia	SR OAK	1:21.15
3	Bang, Selah	SR TCS!	1:18.23
4	Zadnik, Madelyn	JR SST	1:17.03
5	Runyan, Emily	JR JP	1:17.47
6	Bingham, Lucia	SO SST	1:18.51
7	Williams, Luisa	SO OAK	1:30.22

**Heat 2 of 2 Finals Starts at 03:24 PM**

1	Adams, Amelia	SO OAK	1:16.27
2	Garvey, Anastasia	FR SST	1:10.55
3	Davis, Gianna	SO JP	1:03.96
4	Witdoeck, Allie	JR TCS!	56.45
5	Ellis, Hannah	8 FCS	1:02.29
6	Schlieter, Audrey	FR TCS!	1:05.58
7	Pattie, Sydney	SO JP	1:12.27
8	Kay, Philomena	8 SST	1:16.97

**#13 Boys 100 Yard Freestyle**

<b>VCAC:</b>	<b>48.78 2010</b>	<b>S. Jameson Hill</b>	
<b>VISAA QT:</b>	<b>53.09</b>		
<b>SST Record:</b>	<b>45.67 2010</b>	<b>S. J. Hill</b>	
<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>

**Heat 1 of 2 Finals Starts at 03:25 PM**

1	Ognek, Gabe	JR FCS	X1:12.79
2	DiBlasi, John-Parker	FR FCS	1:09.52
3	Berg, Jackson	JR JP	1:04.85
4	Mastrianni, Dominic	JR JP	1:01.96
5	Jang, Elliot	JR TCS!	1:02.46
6	Ryan, Nathan	8 FCS	1:07.02
7	Misiano, Thomas	SR FCS	1:21.42

**Heat 2 of 2 Finals Starts at 03:27 PM**

1	Salafia, Luca	FR FCS	59.08
2	Borneman, Joseph	SO SST	57.24
3	Williams, Charlie	SR JP	56.29
4	Kim, Justin	JR TCS!	49.53
5	Wilson, Joe	SR SST	52.21
6	Cole, Carter	JR TCS!	56.59
7	Halisky, Liam	SO SST	58.86
8	Konstanty, Peter	JR SST	59.79

**#14 Girls 100 Yard Freestyle**

<b>VCAC:</b>	<b>53.08 2018</b>	<b>Anna Kenna</b>	
<b>VISAA QT:</b>	<b>59.70</b>		
<b>SST Record:</b>	<b>52.05 2018</b>	<b>A. Kenna</b>	
<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>

**Heat 1 of 3 Finals Starts at 03:28 PM**

1	Updike, Anna	JR FCS	X1:23.22
2	Sebero, Emmah	FR FCS	X1:11.31
3	Hooff, Mary Shelton	SO OAK	1:26.91
4	Larson, Elle	FR OAK	1:15.73
5	Kattah, Kayla	SO JP	1:19.59
6	Yu, Laela	JR TCS!	1:30.84
7	Blevins, Colby	FR FCS	X1:12.46

**Heat 2 of 3 Finals Starts at 03:30 PM**

1	Myers, Christy	JR FCS	1:09.65
2	Heth, Rachel	SR FCS	1:08.36
3	Magee, Amelia	FR OAK	1:06.58
4	Mantooth, Kateri	SR SST	1:05.04
5	Vitkovsky, Maggie	SR JP	1:05.16
6	O'Malley, Shannon	SO SST	1:08.30
7	Blevins, Hannah	FR FCS	1:09.19
8	Ryan, Fiona	FR OAK	1:15.61

**Heat 3 of 3 Finals Starts at 03:32 PM**

1	Howell, Katherine	8 FCS	1:04.50
2	Phillips, Amy	SR TCS!	1:01.60
3	Buff, Reagan	JR TCS!	59.55
4	Womack, Kristen	JR TCS!	59.06
5	Pennefather, Mary	SR SST	59.07
6	Gibbons, Maggie	JR SST	59.60
7	White, Cecilia	JR JP	1:03.94
8	Williams, Maeve	SO JP	1:04.74

**#15 Boys 500 Yard Freestyle**

<b>VCAC:</b>	<b>4:43.83 2010</b>	<b>S. Jameson Hill</b>	
<b>VISAA QT:</b>	<b>5:41.90</b>		
<b>SST Record:</b>	<b>4:27.19 2010</b>	<b>S.J. Hill</b>	
<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>

**Heat 1 of 1 Finals Starts at 03:33 PM**

1	Sicks, Campbell	SR TCS!	6:53.19
2	Judge, Dominic	8 SST	6:28.98
3	Brox, Michael	SO SST	6:06.52
4	Martinez, Lionel	8 SST	5:09.16
5	Yancey, Ben	SO TCS!	5:39.65
6	Sokban, William	SO SST	6:20.12
7	Bang, Caleb	FR TCS!	6:33.35
8	Valenzuela, David	SR TCS!	8:23.97

**#16 Girls 500 Yard Freestyle**

<b>VCAC:</b>	<b>5:03.43 2021</b>	<b>Annalise Cornett</b>	
<b>VISAA QT:</b>	<b>5:58.88</b>		
<b>SST Record:</b>	<b>5:06.98 1999</b>	<b>K. Shipko</b>	
<b>Lane</b>	<b>Name</b>	<b>Yr School</b>	<b>Seed Time</b>

**Heat 1 of 2 Finals Starts at 03:42 PM**

3	Diller, Bethany	SO OAK	8:43.47
4	Ratcliffe, Eliana	SO TCS!	7:03.17
5	Roberson, Emma	FR FCS	7:12.94
6	Nugent, Katie	SO OAK	8:43.50

**Heat 2 of 2 Finals Starts at 03:51 PM**

1	Oswald, Jacqueline	SR SST	6:42.60
2	Kay, Philomena	8 SST	6:32.32
3	Garvey, Anastasia	FR SST	6:16.98
4	Wiggins, Allie	FR TCS!	6:01.38
5	Walke, Belle	8 OAK	6:16.34
6	Yaraschak, Bella	JR TCS!	6:19.44
7	Caron, Mary Alice	FR JP	6:40.00
8	Cunningham, Lucy	SO SST	6:53.20

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**#17 Boys 200 Yard Freestyle Relay**

VCAC: 1:32.22 2016 Fredericksburg Christian  
 D Turbyfill, A Kearney, N Ross, G Ross  
 VISAA QT: 1:43.26  
 SST Record: 1:30.07 2010 Hill, Koehr, Cook, Basinger

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals Starts at 04:00 PM**

1	TCS!	B	X1:54.73
2	FCS	B	2:02.25
3	FCS	A	1:42.04
4	TCS!	A	1:33.11
5	SST	A	1:38.58
6	JP	A	1:55.20
7	SST	B	X1:45.98

**#18 Girls 200 Yard Freestyle Relay**

VCAC: 1:43.64 2012 Seton School  
 A Doonis, C Kenna, A Sinner, C Rogers  
 VISAA QT: 1:58.53  
 SST Record: 1:40.05 2010 Doonis, Rogers, Talbott, J

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals Starts at 04:03 PM**

3	JP	B	X2:04.28
4	SST	B	X1:54.09
5	TCS!	B	X1:57.21

**Heat 2 of 2 Finals Starts at 04:06 PM**

1	FCS	B	2:02.95
2	JP	A	1:59.32
3	OAK	A	1:52.52
4	SST	A	1:44.13
5	TCS!	A	1:44.90
6	FCS	A	1:53.62
7	OAK	B	1:59.87

**#19 Boys 100 Yard Backstroke**

VCAC: 53.44 2006 Kevin Koehr  
 VISAA QT: 1:02.90  
 SST Record: 51.48 2006 K. Koehr

Lane	Name	Yr School	Seed Time
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**Heat 1 of 2 Finals Starts at 04:18 PM**

3	Smith, James	JR JP	1:24.52
4	Dealey, Joey	SR SST	1:13.53
5	Valenzuela, David	SR TCS!	1:24.12
6	Pitner, Samuel	8 FCS	1:43.70

**Heat 2 of 2 Finals Starts at 04:21 PM**

1	Park, Zach	JR TCS!	1:09.06
2	Fioramonti, Mick	JR SST	1:03.61
3	Koehr, Connor	SO SST	1:01.10
4	Yun, Noah	FR TCS!	58.41
5	Howell, Luke	SO FCS	1:00.06
6	Williams, Charlie	SR JP	1:03.56
7	Wilson, Max	SO SST	1:05.19
8	Berg, Jackson	JR JP	1:13.18

**#20 Girls 100 Yard Backstroke**

VCAC: 58.33 2019 Annalise Cornett  
 VISAA QT: 1:06.85  
 SST Record: 55.62 2018 A. Kenna

Lane	Name	Yr School	Seed Time
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**Heat 1 of 3 Finals Starts at 04:24 PM**

2	Williams, Luisa	SO OAK	X1:32.44
3	Kattah, Kayla	SO JP	1:40.36
4	Larson, Zoe	FR OAK	1:29.73
5	Heath, Laurel	FR JP	1:34.62
6	Peters, Aria	SO FCS	1:44.51

**Heat 2 of 3 Finals Starts at 04:26 PM**

1	Vitkovsky, Maggie	SR JP	1:21.87
2	Meunier, Cecelia	SR OAK	1:19.19
3	McDonnell, Maddie	FR OAK	1:17.21
4	Bang, Selah	SR TCS!	1:15.02
5	Ryan, Gabriella	FR FCS	1:16.71
6	O'Malley, Shannon	SO SST	1:19.06
7	White, Cecilia	JR JP	1:20.04
8	Meadows, Morgan	8 FCS	1:28.61

**Heat 3 of 3 Finals Starts at 04:28 PM**

1	Adams, Amelia	SO OAK	1:10.92
2	Witdoeck, Karis	SO TCS!	1:08.53
3	Phillips, Amy	SR TCS!	1:07.60
4	Witdoeck, Allie	JR TCS!	1:00.57
5	Aldeguer, Ariana	8 SST	1:00.75
6	Baroody, Isabel	FR FCS	1:08.48
7	Fifield, Haley	SO SST	1:09.29
8	Halisky, Amelie	SR SST	1:13.67

**#21 Boys 100 Yard Breaststroke**

VCAC: 1:00.59 Andrew Turbyfill  
 VISAA QT: 1:08.79  
 SST Record: 58.53 2007 N. Cook

Lane	Name	Yr School	Seed Time
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**Heat 1 of 2 Finals Starts at 04:30 PM**

3	Updike, Spencer	JR FCS	1:38.16
4	Bauer, Greg	FR SST	1:22.31
5	Donovan, Patrick	SR JP	1:24.29

**Heat 2 of 2 Finals Starts at 04:32 PM**

1	DiBlasi, John-Parker	FR FCS	1:22.13
2	Sicks, Campbell	SR TCS!	1:15.47
3	Wang, Luke	JR TCS!	1:13.08
4	Brox, JJ	SR SST	1:06.42
5	Nguyen, Drew	SO SST	1:10.49
6	Mantooth, Luke	JR SST	1:15.25
7	Cole, Carter	JR TCS!	1:18.73

**#22 Girls 100 Yard Breaststroke**

VCAC: 1:07.65 2021 Angie Testani  
 VISAA QT: 1:16.38  
 SST Record: 1:05.77 2022 A. Testani

Lane	Name	Yr School	Seed Time
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**Heat 1 of 3 Finals Starts at 04:34 PM**

2	Schindler, Kathryn	JR OAK	X1:38.71
3	Mitchell, Ajai	JR TCS!	1:55.11
4	Shepard, Sarah	8 FCS	1:54.01
5	Webb, Ella	JR FCS	1:55.00
6	Yu, Laela	JR TCS!	2:08.72
7	Hooff, Mary Shelton	SO OAK	X1:49.48

**Heat 2 of 3 Finals Starts at 04:36 PM**

1	Salafia, Siena	JR FCS	1:34.49
2	Thornburg, Fio	SO OAK	1:31.52
3	Bailey, Holly	FR TCS!	1:29.87
4	Guenther, Louise	JR OAK	1:28.53
5	Zadnik, Madelyn	JR SST	1:28.70
6	DiBlasi, Isabelle	JR FCS	1:31.04
7	Weina, Virginia	SR JP	1:34.44
8	McCormick, Madison	SO JP	1:35.72

**Heat 3 of 3 Finals Starts at 04:38 PM**

1	Brox, Elodie	SO SST	1:18.56
2	Klanderma, Liz	SO TCS!	1:18.20
3	Roder, Mia	SR JP	1:09.85
4	Bryan, Elizabeth	FR OAK	1:08.32
5	Condon, Clara	SO SST	1:09.30
6	Waldron, Rose	SO SST	1:17.90
7	Williams, Maeve	SO JP	1:18.42
8	Mochen, Catherine	SO OAK	1:23.93

**#23 Boys 400 Yard Freestyle Relay**

VCAC: 3:28.44 2022 Trinity Christian School  
 N Yun, T Phillips, J Kim, J Kim  
 VISAA QT: 3:59.45  
 SST Record: 3:17.05 2010 Hill, Cook, Dunn, Basinger

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals Starts at 04:41 PM**

1	TCS!	B	X3:56.44
2	FCS	B	4:39.57
3	FCS	A	3:52.13
4	TCS!	A	3:33.49
5	SST	A	3:34.45
6	JP	A	4:11.95
7	SST	B	X3:51.44

**2023 VCAC Championship Meet - 2/11/2023**  
**Meet Program - VCAC Conference Champs Swimming**

**#24 Girls 400 Yard Freestyle Relay**

VCAC: 3:48.76 2018 Trinity Chrisitan School

B. Williams, H. Silvernail, L. Schmidt, A. Cornett

VISAA QT: 4:38.24

SST Record: 3:40.51 2010 DoonisRogers,Claybrook

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals Starts at 04:47 PM</b>			
3	JP	B	X4:26.41
	Runvan, Emily JR	Vitkovsky, Maggie SR	
	Angarag, Alice FR	Williams, Maeve SO	
4	TCS!	B	X4:04.87
5	SST	B	X4:22.87
<b>Heat 2 of 2 Finals Starts at 04:51 PM</b>			
1	OAK	B	4:47.38
	Rolwes, Patricia SR	Ryan, Fiona FR	
	Williams, Luisa SO	Erickson, Katelyn FR	
2	FCS	A	4:16.52
	Baroodv, Isabel FR	Roberson, Emma FR	
	Ryan, Gabriella FR	Ellis, Hannah 8	
3	JP	A	4:04.20
	Roder, Mia SR	Pattie, Sydney SO	
	White, Cecilia JR	Davis, Gianna SO	
4	TCS!	A	3:48.87
5	SST	A	3:50.91
6	OAK	A	4:08.15
	Adams, Amelia SO	Meunier, Cecelia SR	
	Walke, Belle 8	McDonnell, Maddie FR	
7	FCS	B	4:40.41
	Howell, Katherine 8	Sebero, Emmah FR	
	Meadows, Payton JR	Heth, Rachel SR	