

VCAC Invitational - 1/7/2023
Meet Program - VCAC Invitational Swimming

Event 1 Boys 200 Yard Medley Relay

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

Nat Cath QT: 1:49.50

VISAA QT: 1:57.18

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals Starts at 02:10 PM			
4	Seton	H	X2:35.00
	1) Kay, Patrick 7	2) Dusek, Charlie FR	
	3) Cooley, JJ FR	4) Judge, Dominic 8	
5	Seton	G	X2:34.00
	1) Martinez, Thiago 7	2) Nguyen, Colin SR	
	3) Wilson, Jonas 7	4) Vaughan, Noah 8	
6	FCS-VA	B	2:35.00
	1) Shofi, Luke FR	2) Ryan, Nathan 8	
	3) Ross, Andrew 8	4) Volk, Jimmy SR	
Heat 2 of 2 Finals Starts at 02:14 PM			
1	Seton	E	X2:32.00
	1) Konstanty, Peter JR	2) Nguyen, Kenneth 8	
	3) Albin, Jed JR	4) Gregory, Jack JR	
2	Seton	C	X2:30.00
	1) Fioramonti, Josh FR	2) Beltran, Ryan JR	
	3) Sokban, Daniel 8	4) Vaughan, Nick SO	
3	John Paul-VA	A	2:04.23
	1) Williams, Charlie SR	2) Koler, Eric FR	
	3) Smith, James JR	4) Donovan, Patrick SR	
4	Seton	B	1:54.67
	1) Fioramonti, Mick JR	2) Brox, JJ SR	
	3) Hudson, David JR	4) Halisky, Liam SO	
5	Tcs-VA	A	1:49.20
6	Seton	A	1:49.25
	1) Koehr, Connor SO	2) Nguyen, Drew SO	
	3) Wilson, Joe SR	4) Martinez, Lionel 8	
7	Tcs-VA	B	2:00.23
8	FCS-VA	A	2:05.82
	1) Howell, Luke FR	2) DiBlasi, John-Parker FR	
	3) Knewtson, Jack JR	4) Salafia, Luca FR	
9	Seton	D	X2:31.00
	1) Wilson, Max SO	2) Bishop, Aaron JR	
	3) Bauer, Greg FR	4) Dwane, Joseph JR	
10	Seton	F	X2:33.00
	1) Sokban, William SO	2) Mantooth, Luke JR	
	3) Lynch, Joey 7	4) Blanchette, Tim SR	

Event 2 Girls 200 Yard Medley Relay

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

Nat Cath QT: 2:09.49

VISAA QT: 2:14.01

Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals Starts at 02:17 PM			
2	OAK	E	X2:45.37
	1) Larson, Elle FR	2) Szerszen, Catherine 8	
	3) Turner, Lacey 8	4) Nugent, Katie SO	
3	FCS-VA	E	X2:42.36
	1) Marte, Jaasiel 7	2) Dahlberg, Catherine 7	
	3) Shepard, Sarah 8	4) Campbell, Emma SR	
4	Seton	K	X2:41.00
	1) Hurley, Mary Catherine SO	2) Waldron, Cate JR	
	3) Mantooth, Avila 7	4) Baughman, Rachel 7	
5	FCS-VA	D	X2:37.29
	1) Updike, Anna JR	2) Salafia, Siena JR	
	3) Myers, Christy JR	4) Webb, Ella JR	
6	Seton	J	X2:39.00
	1) Bingham, Lucia SO	2) Heiny, Maddie FR	
	3) Geary, Amelia JR	4) Blanchette, Meg SO	
7	Seton	L	X2:42.00
	1) Judge, Jane 7	2) Waldron, Lily 7	
	3) Arnold, Betsy 7	4) Bauer, Katie 7	
8	OAK	D	X2:44.12
	1) Hooff, Mary Shelton SO	2) Thornburg, Fio SO	
	3) Baird, Regina SR	4) Crnkovich, Teri SR	
Heat 2 of 3 Finals Starts at 02:21 PM			
1	Seton	H	X2:36.00
	1) O'Malley, Shannon SO	2) Atkinson, Julia JR	
	3) Francis, Elizabeth SO	4) Kohlhaas, Sofia 7	
2	Seton	F	X2:34.00
	1) Zadnik, Madelyn JR	2) Russo, Gabriella 8	
	3) Condon, Meghan 7	4) Quispe, Allison FR	
3	OAK	C	X2:32.21
	1) Ryan, Fiona FR	2) Diller, Bethany SO	
	3) Rutherford, Lilly SR	4) Williams, Luisa SO	
4	Seton	D	X2:31.00
	1) Schroer, Maggie 7	2) Haggerty, Orla SO	
	3) Fifield, Kyleigh 8	4) Bauer, Molly SO	
5	Tcs-VA	C	X2:25.67
6	Seton	C	X2:30.00
	1) Mantooth, Kateri SR	2) Hurley, Elizabeth 7	
	3) Rodriguez, Noemi 8	4) Bingham, Veronica 6	
7	FCS-VA	C	X2:32.19
	1) Meadows, Morgan 8	2) Ryan, Adrie 6	
	3) Chen, Alison 7	4) Peters, Aria SO	
8	Seton	E	X2:33.00
	1) Halisky, Amelie SR	2) Haggerty, Moira SR	
	3) Dusek, Annie 7	4) Irving, Monica 7	
9	Seton	G	X2:35.00
	1) Fifield, Haley SO	2) Osilka, Mary Claire FR	
	3) Halisky, Sophia 7	4) Heiny, Clare 7	
10	Seton	I	X2:37.00
	1) Waldron, Rose SO	2) Haggerty, Aoife 8	
	3) Bingham, Mariana 8	4) Blanchette, Kit 7	

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Heat 3 Finals (#2 Girls 200 Yard Medley Relay)

1	OAK	B	2:20.21
	1) Magee, Amelia FR	2) Guenther, Louise JR	
	3) Walke, Belle 8	4) Erickson, Katelyn FR	
2	John Paul-VA	B	2:12.21
	1) Angarag, Alice FR	2) Caron, Mary Alice FR	
	3) Williams, Maeve SO	4) White, Cecilia JR	
3	FCS-VA	A	2:10.99
	1) Meadows, Payton JR	2) Ryan, Gabbie FR	
	3) Baroody, Isabel FR	4) Heth, Rachel SR	
4	OAK	A	2:03.76
	1) Adams, Amelia SO	2) Mochen, Catherine SO	
	3) Bryan, Elizabeth FR	4) Rolwes, Patricia SR	
5	Seton	A	1:57.78
	1) Aldeguer, Ariana 8	2) Condon, Clara SO	
	3) Paradise, Stella JR	4) Pennefather, Mary SR	
6	John Paul-VA	A	2:02.58
	1) Weina, Virginia SR	2) Koler, Isabella FR	
	3) Pattie, Sydney FR	4) Vitkovsky, Maggie SR	
7	Tcs-VA	A	2:04.21
8	Seton	B	2:11.95
	1) Garvey, Anastasia FR	2) Cunningham, Lucy SO	
	3) Hudson, Ava JR	4) Kay, Philomena 8	
9	Tcs-VA	B	2:13.44
10	FCS-VA	B	2:22.17
	1) Blevins, Colby FR	2) Sebero, Emmah FR	
	3) Blevins, Hannah FR	4) DiBlasi, Isabelle JR	

Event 3 Boys 200 Yard Freestyle

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

Nat Cath QT: 1:57.50

VISAA QT: 2:01.47

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:27 PM				
4	Cole, Carter	JR	Tcs-VA	NT
5	Updike, Spencer	JR	FCS-VA	3:00.00
6	Abidin, Christian	JR	Tcs-VA	3:08.57
Heat 2 of 2 Finals Starts at 02:31 PM				
2	Berg, Jackson	JR	John Paul-VA	2:27.28
3	Halisky, Liam	SO	Seton	2:26.40
4	Wilson, Joe	SR	Seton	2:12.81
5	Phillips, Tyler	FR	Tcs-VA	1:55.03
6	Koler, Eric	FR	John Paul-VA	2:10.21
7	Dealey, Joey	SR	Seton	2:14.95
8	Koehr, Connor	SO	Seton	2:26.94
9	Kay, Patrick	7	Seton	X2:35.13

Event 4 Girls 200 Yard Freestyle

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

Nat Cath QT: 2:15.50

VISAA QT: 2:13.44

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:34 PM				
1	Ryan, Fiona	FR	OAK	NT
2	Heath, Laurel	FR	John Paul-VA	3:10.00
3	Nugent, Katie	SO	OAK	3:06.66
4	Herrick, Julia	SO	OAK	2:54.13
5	Halisky, Amelia	SR	Seton	2:35.01
6	Adams, Amelia	SO	OAK	2:38.67
7	McCormick, Madison	SO	John Paul-VA	3:05.00
8	Mantooth, Avila	7	Seton	X3:08.72
9	Yu, Laela	JR	Tcs-VA	3:20.00
Heat 2 of 2 Finals Starts at 02:37 PM				
1	Bailey, Mary	JR	Tcs-VA	2:29.06
2	Howell, Kate	8	FCS-VA	2:23.47
3	Gibbons, Maggie	JR	Seton	2:19.25
4	Buff, Reagan	JR	Tcs-VA	2:17.97
5	Paradise, Stella	JR	Seton	2:07.68
6	Koler, Isabella	FR	John Paul-VA	2:16.86
7	Yaraschak, Bella	JR	Tcs-VA	2:19.22
8	Myers, Allie	7	Tcs-VA	X2:23.31
9	Williams, Maeve	SO	John Paul-VA	2:23.61
10	O'Malley, Shannon	SO	Seton	2:33.81

Event 5 Boys 200 Yard IM

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

Nat Cath QT: 2:14.00

VISAA QT: 2:18.04

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:42 PM				
4	Judge, Dominic	8	Seton	X3:15.00
5	Ryan, Nathan	8	FCS-VA	3:00.00
6	Jang, Elliot	JR	Tcs-VA	3:15.00
Heat 2 of 2 Finals Starts at 02:46 PM				
2	Koler, Evan	SO	John Paul-VA	2:44.82
3	Konstanty, Peter	JR	Seton	2:37.10
4	Yancey, Ben	SO	Tcs-VA	2:24.36
5	Kim, Justin	JR	Tcs-VA	2:05.94
6	Martinez, Lionel	8	Seton	2:06.00
7	Wilson, Max	SO	Seton	2:34.00
8	Fioramonti, Mick	JR	Seton	2:41.56
9	Mastrianni, Dominic	JR	John Paul-VA	2:58.80

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Event 6 Girls 200 Yard IM

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

Nat Cath QT: 2:35.00

VISAA QT: 2:29.40

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:49 PM				
2	Bailey, Anna	07	Tcs-VA	X3:40.00
3	Bailey, Holly	FR	Tcs-VA	3:20.00
4	Blevins, Hannah	FR	FCS-VA	3:12.03
5	Runyan, Emily	JR	John Paul-VA	2:58.00
6	McDonnell, Maddie	FR	OAK	3:01.47
7	Arnold, Betsy	7	Seton	X3:15.00
8	Fifield, Kyleigh	8	Seton	X3:30.00

Heat 2 of 2 Finals Starts at 02:53 PM

1	Angarag, Alice	FR	John Paul-VA	2:50.00
2	Zadnik, Madelyn	JR	Seton	2:44.88
3	Witdoeck, Karis	SO	Tcs-VA	2:36.16
4	Schlieter, Audrey	FR	Tcs-VA	2:31.72
5	Condon, Clara	SO	Seton	2:19.48
6	Davis, Gianna	SO	John Paul-VA	2:25.00
7	Klanderma, Liz	SO	Tcs-VA	2:32.21
8	Garvey, Anastasia	FR	Seton	2:39.95
9	Hudson, Ava	JR	Seton	2:44.98
10	Bingham, Lucia	SO	Seton	X2:54.39

Event 7 Boys 50 Yard Freestyle

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

Nat Cath QT: 24.95

VISAA QT: 24.14

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Finals Starts at 02:57 PM				
4	Likoy, Raphaël	8	Seton	X55.35
5	Liette, Jonathan	6	FCS-VA	X45.59
6	Henry, Dominic	7	Seton	X52.19
7	Meade, Charles Fielding	6	FCS-VA	X56.17
Heat 2 of 5 Finals Starts at 02:58 PM				
1	McCardell, Aidan	FR	Seton	X40.13
2	Cooley, John	7	Seton	X39.72
3	Vaughan, Noah	8	Seton	X38.82
4	Gregory, Jack	JR	Seton	X37.86
5	Vaughan, Nick	SO	Seton	X35.71
6	Dwane, Joseph	JR	Seton	X37.57
7	Blanchette, Tim	SR	Seton	X38.02
8	Dusek, Charlie	FR	Seton	X38.93
9	Pitner, Samuel	8	FCS-VA	X39.75
10	Dickson, James	7	FCS-VA	X40.22

Heat 3 of 5 Finals Starts at 02:59 PM

1	Misiano, Thomas	SR	FCS-VA	X34.78
2	Wilson, Jonas	7	Seton	X33.86
3	Green, Thomas	7	FCS-VA	X31.65
4	Bishop, Aaron	JR	Seton	X30.46
5	Ross, Andrew	8	FCS-VA	30.12
6	Ognek, Gabe	JR	FCS-VA	X30.36
7	Nguyen, Kenneth	8	Seton	X30.66
8	Lynch, Joey	7	Seton	X32.40
9	DiBlasi, Taft	7	FCS-VA	X34.14
10	Cooley, JJ	FR	Seton	X35.25

Heat 4 of 5 Finals Starts at 03:00 PM

1	DiBlasi, John-Parker	FR	FCS-VA	29.60
2	Smith, James	JR	John Paul-VA	29.14
3	Nguyen, Colin	SR	Seton	X28.55
4	Albin, Jed	JR	Seton	X28.10
5	Koler, Evan	SO	John Paul-VA	27.50
6	Kay, Patrick	7	Seton	X27.81
7	Mantooth, Luke	JR	Seton	X28.45
8	Thornett, Harper	SR	Tcs-VA	28.81
9	Donovan, Patrick	SR	John Paul-VA	29.36
10	Sokban, Daniel	8	Seton	X30.00

Heat 5 of 5 Finals Starts at 03:01 PM

1	Salafia, Luca	FR	FCS-VA	26.47
2	Williams, Charlie	SR	John Paul-VA	25.58
3	Park, Zach	JR	Tcs-VA	25.40
4	Howell, Luke	FR	FCS-VA	24.84
5	Yun, Noah	FR	Tcs-VA	24.31
6	Wilson, Joe	SR	Seton	24.36
7	Halisky, Liam	SO	Seton	24.93
8	Nguyen, Drew	SO	Seton	25.44
9	Koehr, Connor	SO	Seton	X25.82
10	Fioramonti, Josh	FR	Seton	26.64

Event 8 Girls 50 Yard Freestyle

SST Record: 24.06 2/16/2018 A. Kenna

Nat Cath QT: 28.95

VISAA QT: 26.96

Lane	Name	Yr	School	Seed Time
Heat 1 of 8 Finals Starts at 03:01 PM				
4	Shillingburg, Briana	SO	Seton	X45.92
5	Quispe, Camila	6	Seton	X45.50
6	Kramer, Cora	8	Seton	X45.79
Heat 2 of 8 Finals Starts at 03:02 PM				
1	McCloud, Evie	6	FCS-VA	X45.32
2	Marte, Jaasiel	7	FCS-VA	X43.86
3	Stower, Sabrina	7	FCS-VA	X42.34
4	Yu, Laela	JR	Tcs-VA	41.76
5	Bingham, Veronica	6	Seton	X41.20
6	Nguyen, Bella	7	Seton	X41.61
7	Gonzalez, Veronica	7	Seton	X42.14
8	Campbell, Emma	SR	FCS-VA	X43.02
9	Blanchette, Nora	FR	Seton	X44.32

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Heat 3 Finals (#8 Girls 50 Yard Freestyle)

1	Bang, Sophia	07	Tcs-VA	X38.60
2	Bauer, Molly	SO	Seton	X37.26
3	Quispe, Allison	FR	Seton	X37.19
4	Kohlhaas, Sofia	7	Seton	X36.25
5	Blanchette, Meg	SO	Seton	X36.17
6	Blanchette, Kit	7	Seton	X36.24
7	Heiny, Clare	7	Seton	X37.12
8	Irving, Monica	7	Seton	X37.25
9	Crnkovich, Teri	SR	OAK	X37.45
10	Shepard, Sarah	8	FCS-VA	X39.72

Heat 4 of 8 Finals Starts at 03:05 PM

1	Heath, Laurel	FR	John Paul-VA	X36.00
2	Bauer, Katie	7	Seton	X35.65
3	Heiny, Maddie	FR	Seton	X35.33
4	Haggerty, Aoife	8	Seton	X35.00
5	Osilka, Mary Claire	FR	Seton	X34.50
6	Francis, Elizabeth	SO	Seton	X34.57
7	Baird, Regina	SR	OAK	X35.26
8	Waldron, Cate	JR	Seton	X35.57
9	Judge, Jane	7	Seton	X35.92
10	Baughman, Rachel	7	Seton	X36.08

Heat 5 of 8 Finals Starts at 03:06 PM

1	Kattah, Kayla	SO	John Paul-VA	X34.41
2	Condon, Meghan	7	Seton	X34.04
3	Rodriguez, Noemi	8	Seton	X33.54
4	Waldron, Lily	7	Seton	X33.37
5	Mantooth, Avila	7	Seton	X32.78
6	Diller, Bethany	SO	OAK	33.15
7	Chen, Alison	7	FCS-VA	X33.53
8	Dusek, Annie	7	Seton	X33.93
9	Rutherford, Lilly	SR	OAK	X34.17
10	Guenther, Louise	JR	OAK	X34.46

Heat 6 of 8 Finals Starts at 03:06 PM

1	Bingham, Mariana	8	Seton	X32.51
2	Ryan, Adrie	6	FCS-VA	X32.25
3	Haggerty, Moira	SR	Seton	X31.92
4	Myers, Christy	JR	FCS-VA	X31.83
5	Salafia, Siena	JR	FCS-VA	31.68
6	Meadows, Payton	JR	FCS-VA	31.75
7	Haggerty, Orla	SO	Seton	X31.84
8	Russo, Gabriella	8	Seton	X32.12
9	Atkinson, Julia	JR	Seton	X32.28
10	Geary, Amelia	JR	Seton	X32.67

Heat 7 of 8 Finals Starts at 03:07 PM

1	Hurley, Elizabeth	7	Seton	X31.03
2	Walke, Belle	8	OAK	30.73
3	Hill, Emma	FR	Tcs-VA	30.05
4	Magee, Amelia	FR	OAK	29.83
5	Weina, Virginia	SR	John Paul-VA	29.50
6	Halisky, Amelie	SR	Seton	29.69
7	Fifield, Haley	SO	Seton	29.93
8	Waldron, Rose	SO	Seton	X30.24
9	Hurley, Mary Catherine	SO	Seton	X30.81
10	Heth, Rachel	SR	FCS-VA	31.46

Heat 8 of 8 Finals Starts at 03:08 PM

1	Erickson, Katelyn	FR	OAK	29.22
2	White, Cecilia	JR	John Paul-VA	28.93
3	Vitkovsky, Maggie	SR	John Paul-VA	28.64
4	Wiggins, Allie	FR	Tcs-VA	27.19
5	Pennefather, Mary	SR	Seton	25.98
6	Pattie, Sydney	FR	John Paul-VA	27.00
7	Womack, Kristen	JR	Tcs-VA	27.27
8	Mantooth, Kateri	SR	Seton	28.81
9	Schroer, Maggie	7	Seton	X29.11
10	Ryan, Gabbie	FR	FCS-VA	29.48

Event 11 Boys 100 Yard Butterfly

SST Record: 51.76 1/16/2010 S.J. Hill

Nat Cath QT: 58.50

VISAA QT: 1:01.02

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Finals Starts at 03:11 PM

4	Valenzuela, David	SR	Tcs-VA	NT
5	Bauer, Greg	FR	Seton	X1:30.00
6	Judge, Dominic	8	Seton	X1:33.09

Heat 2 of 2 Finals Starts at 03:13 PM

1	Martinez, Thiago	7	Seton	X1:25.00
2	Sokban, William	SO	Seton	1:12.49
3	Brox, Michael	SO	Seton	1:09.94
4	Knewtonson, Jack	JR	FCS-VA	1:03.62
5	Phillips, Tyler	FR	Tcs-VA	54.06
6	Williams, Charlie	SR	John Paul-VA	1:01.20
7	Hudson, David	JR	Seton	1:04.98
8	Bang, Caleb	FR	Tcs-VA	1:12.32
9	Wilson, Max	SO	Seton	1:13.60

Event 12 Girls 100 Yard Butterfly

SST Record: 58.51 12/16/2017 A. Kenna

Nat Cath QT: 1:10.50

VISAA QT: 1:06.82

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Finals Starts at 03:15 PM

2	Mitchell, Ajai	JR	Tcs-VA	1:40.00
3	Arnold, Betsy	7	Seton	X1:30.00
4	Kay, Philomena	8	Seton	X1:27.00
5	Meunier, Cecelia	SR	OAK	1:20.95
6	Bang, Selah	SR	Tcs-VA	1:23.16
7	Halisky, Sophia	7	Seton	X1:30.00
8	Atkinson, Julia	JR	Seton	X1:35.33

Heat 2 of 2 Finals Starts at 03:17 PM

1	Caron, Mary Alice	FR	John Paul-VA	1:19.16
2	Garvey, Anastasia	FR	Seton	1:15.03
3	Schlieter, Audrey	FR	Tcs-VA	1:10.16
4	Baroody, Isabel	FR	FCS-VA	1:05.67
5	Witdoeck, Allie	JR	Tcs-VA	55.14
6	Aldeguer, Ariana	8	Seton	1:01.86
7	Bryan, Elizabeth	FR	OAK	1:06.11
8	Pattie, Sydney	FR	John Paul-VA	1:10.78
9	Bingham, Lucia	SO	Seton	1:18.51
10	Hudson, Ava	JR	Seton	1:20.12

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Event 13 Boys 100 Yard Freestyle

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

Nat Cath QT: 53.50

VISAA QT: 53.09

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals Starts at 03:18 PM

2	Likoy, Raphaël	8	Seton	X2:11.08
3	Meade, Charles Fielding	6	FCS-VA	X2:00.00
4	Liette, Jonathan	6	FCS-VA	X1:45.00
5	Pitner, Samuel	8	FCS-VA	X1:30.95
6	Dwane, Joseph	JR	Seton	X1:39.62
7	McCardell, Aidan	FR	Seton	X1:46.45
8	Henry, Dominic	7	Seton	X2:06.12

Heat 2 of 3 Finals Starts at 03:21 PM

1	Green, Thomas	7	FCS-VA	X1:19.88
2	Shofi, Luke	FR	FCS-VA	1:15.58
3	Lynch, Joey	7	Seton	X1:14.88
4	Nguyen, Kenneth	8	Seton	X1:13.92
5	Smith, James	JR	John Paul-VA	1:09.75
6	Ross, Andrew	8	FCS-VA	1:10.17
7	Ognek, Gabe	JR	FCS-VA	1:14.51
8	Updike, Spencer	JR	FCS-VA	1:15.00
9	Wilson, Jonas	7	Seton	X1:19.22
10	DiBlasi, Taft	7	FCS-VA	X1:19.90

Heat 3 of 3 Finals Starts at 03:23 PM

1	Jang, Elliot	JR	Tcs-VA	1:05.79
2	Mastrianni, Dominic	JR	John Paul-VA	1:02.11
3	Dealey, Joey	SR	Seton	59.54
4	Park, Zach	JR	Tcs-VA	58.49
5	Brox, JJ	SR	Seton	56.95
6	Borneman, Joseph	SO	Seton	57.77
7	Cole, Carter	JR	Tcs-VA	59.49
8	Konstanty, Peter	JR	Seton	1:00.47
9	Beltran, Ryan	JR	Seton	X1:05.64
10	Berg, Jackson	JR	John Paul-VA	1:07.19

Event 14 Girls 100 Yard Freestyle

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

Nat Cath QT: 1:01.50

VISAA QT: 59.70

Lane	Name	Yr	School	Seed Time
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Heat 1 of 5 Finals Starts at 03:24 PM

1	Shillingburg, Briana	SO	Seton	X1:50.88
2	McCloud, Evie	6	FCS-VA	X1:40.00
3	Hooff, Mary Shelton	SO	OAK	X1:35.22
4	Bingham, Veronica	6	Seton	X1:34.10
5	Thornburg, Fio	SO	OAK	X1:30.22
6	Irving, Monica	7	Seton	X1:32.64
7	Marte, Jaasiel	7	FCS-VA	X1:35.00
8	Webb, Ella	JR	FCS-VA	X1:37.76
9	Szerszen, Catherine	8	OAK	X1:40.04

Heat 2 of 5 Finals Starts at 03:26 PM

1	Judge, Jane	7	Seton	X1:27.40
2	Quispe, Allison	FR	Seton	X1:27.04
3	Crnkovich, Teri	SR	OAK	X1:26.35
4	Peters, Aria	SO	FCS-VA	X1:26.05
5	Blanchette, Meg	SO	Seton	X1:25.24
6	Williams, Luisa	SO	OAK	X1:25.44
7	Meadows, Morgan	8	FCS-VA	X1:26.30
8	Larson, Elle	FR	OAK	X1:26.58
9	Updike, Anna	JR	FCS-VA	X1:27.14
10	Blanchette, Kit	7	Seton	X1:29.84

Heat 3 of 5 Finals Starts at 03:28 PM

1	Bauer, Katie	7	Seton	X1:22.21
2	Bailey, Anna	07	Tcs-VA	X1:20.46
3	Dahlberg, Catherine	7	FCS-VA	X1:18.96
4	Baird, Regina	SR	OAK	1:18.11
5	Turner, Lacey	8	OAK	1:16.23
6	Francis, Elizabeth	SO	Seton	X1:16.35
7	Fifield, Kyleigh	8	Seton	X1:18.64
8	Kattah, Kayla	SO	John Paul-VA	X1:19.59
9	Haggerty, Aoife	8	Seton	X1:21.49
10	McCormick, Madison	SO	John Paul-VA	X1:22.53

Heat 4 of 5 Finals Starts at 03:30 PM

1	DiBlasi, Isabelle	JR	FCS-VA	1:15.00
2	Sebero, Emmah	FR	FCS-VA	1:13.60
3	Miller, Elizabeth	FR	John Paul-VA	X1:12.66
4	Howell, Kate	8	FCS-VA	1:09.24
5	Kay, Sandra	FR	John Paul-VA	1:07.00
6	Weina, Virginia	SR	John Paul-VA	1:07.04
7	Hurley, Mary Catherine	SO	Seton	X1:12.15
8	Blevins, Colby	FR	FCS-VA	1:13.10
9	Herrick, Julia	SO	OAK	1:14.66
10	Mochen, Catherine	SO	OAK	1:15.97

Heat 5 of 5 Finals Starts at 03:31 PM

1	Brox, Elodie	SO	Seton	1:04.93
2	Phillips, Amy	SR	Tcs-VA	1:04.37
3	Buff, Reagan	JR	Tcs-VA	59.66
4	Pennefather, Mary	SR	Seton	58.39
5	Davis, Gianna	SO	John Paul-VA	55.70
6	Paradise, Stella	JR	Seton	57.34
7	Wiggins, Allie	FR	Tcs-VA	59.38
8	Koler, Isabella	FR	John Paul-VA	1:01.00
9	Oswald, Jacqueline	SR	Seton	1:04.65
10	Bailey, Mary	JR	Tcs-VA	1:05.47

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Event 15 Boys 500 Yard Freestyle**SST Record:** 4:27.19 1/31/2010 S.J. Hill**Nat Cath QT:** 5:20.00**VISAA QT:** 5:41.90

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals Starts at 03:35 PM				
2	Sicks, Campbell	SR	Tcs-VA	6:57.09
3	Albin, Jed	JR	Seton	6:36.61
4	Sokban, William	SO	Seton	6:20.12
5	Yancey, Ben	SO	Tcs-VA	5:56.29
6	Brox, Michael	SO	Seton	6:18.33
7	Hudson, David	JR	Seton	6:32.57
8	Bang, Caleb	FR	Tcs-VA	6:45.44

Event 16 Girls 500 Yard Freestyle**SST Record:** 5:06.98 2/1/1999 K. Shipko**Nat Cath QT:** 5:40.00**VISAA QT:** 5:58.88

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 03:42 PM				
4	Diller, Bethany	SO	OAK	8:04.58
5	Haggerty, Moira	SR	Seton	X7:27.89
6	Bang, Sophia	07	Tcs-VA	X7:40.00
7	Halisky, Sophia	7	Seton	X8:48.50
Heat 2 of 2 Finals Starts at 03:51 PM				
1	Ratcliffe, Eliana	SO	Tcs-VA	7:20.17
2	Cunningham, Lucy	SO	Seton	7:17.41
3	Walke, Belle	8	OAK	6:45.22
4	Yaraschak, Bella	JR	Tcs-VA	6:19.50
5	Witdoeck, Allie	JR	Tcs-VA	5:03.19
6	Condon, Clara	SO	Seton	5:57.69
7	Kay, Philomena	8	Seton	6:43.89
8	Zadnik, Madelyn	JR	Seton	7:13.62
9	Brown, Lena	07	Tcs-VA	X7:20.00
10	Magee, Amelia	FR	OAK	7:21.93

Event 17 Boys 200 Yard Freestyle Relay**SST Record:** 1:30.07 2/19/2010 Hill, Koehr, Cook, Basinger**Nat Cath QT:** 1:38.00**VISAA QT:** 1:43.26

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals Starts at 03:59 PM			
3	Seton	H	X2:30.00
	1) Bauer, Greg FR	2) Albin, Jed JR	
	3) Dwane, Joseph JR	4) Cooley, John 7	
4	Seton	F	X2:26.00
	1) Kay, Patrick 7	2) Nguyen, Colin SR	
	3) Cooley, JJ FR	4) Henry, Dominic 7	
5	Seton	D	X2:22.00
	1) Fioramonti, Mick JR	2) Sokban, Daniel 8	
	3) Lynch, Joey 7	4) Gregory, Jack JR	
6	Seton	E	X2:24.00
	1) Martinez, Thiago 7	2) Judge, Dominic 8	
	3) Wilson, Jonas 7	4) Likoy, Raphaël 8	
7	Seton	G	X2:28.00
	1) Beltran, Ryan JR	2) Mantooth, Luke JR	
	3) Vaughan, Nick SO	4) McCardell, Aidan FR	

Heat 2 of 2 Finals Starts at 04:02 PM

1	FCS-VA	D	X2:19.12
	1) Dickson, James 7	2) Meade, Charles Fielding 6	
	3) Liette, Jonathan 6	4) Pitner, Samuel 8	
2	FCS-VA	B	2:02.25
	1) Ryan, Nathan 8	2) Volk, Jimmy SR	
	3) Ognek, Gabe JR	4) Ross, Andrew 8	
3	Tcs-VA	B	1:51.22
4	Seton	B	1:45.59
	1) Koehr, Connor SO	2) Brox, Michael SO	
	3) Borneman, Joseph SO	4) Dealey, Joey SR	
5	Tcs-VA	A	1:41.00
6	Seton	A	1:41.40
	1) Hudson, David JR	2) Brox, JJ SR	
	3) Nguyen, Drew SO	4) Halisky, Liam SO	
7	John Paul-VA	A	1:47.39
	1) Koler, Eric FR	2) Mastrianni, Dominic JR	
	3) Williams, Charlie SR	4) Berg, Jackson JR	
8	FCS-VA	A	1:56.04
	1) Knewtson, Jack JR	2) DiBlasi, John-Parker FR	
	3) Salafia, Luca FR	4) Howell, Luke FR	
9	FCS-VA	C	X2:09.01
	1) DiBlasi, Taft 7	2) Misiano, Thomas SR	
	3) Updike, Spencer JR	4) Green, Thomas 7	
10	Seton	C	X2:20.00
	1) Fioramonti, Josh FR	2) Bishop, Aaron JR	
	3) Nguyen, Kenneth 8	4) Blanchette, Tim SR	

Event 18 Girls 200 Yard Freestyle Relay**SST Record:** 1:40.05 2/19/2010 Doonis, Rogers, Talbott, Donohoe**Nat Cath QT:** 1:49.50**VISAA QT:** 1:58.53

Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals Starts at 04:05 PM			
2	Seton	L	X2:40.00
	1) Haggerty, Orla SO	2) Haggerty, Moira SR	
	3) Baughman, Rachel 7	4) Nguyen, Bella 7	
3	Seton	K	X2:38.00
	1) Cunningham, Lucy SO	2) Russo, Gabriella 8	
	3) Judge, Jane 7	4) Gonzalez, Veronica 7	
4	Seton	I	X2:34.00
	1) Arnold, Betsy 7	2) Atkinson, Julia JR	
	3) Waldron, Cate JR	4) Quispe, Camila 6	
5	Seton	G	X2:30.00
	1) Hudson, Ava JR	2) Geary, Amelia JR	
	3) Haggerty, Aoife 8	4) Shillingburg, Briana SO	
6	Seton	H	X2:32.00
	1) Hurley, Mary Catherine SO	2) Bingham, Mariana 8	
	3) Heiny, Maddie FR	4) Kramer, Cora 8	
7	Seton	J	X2:36.00
	1) Hurley, Elizabeth 7	2) Halisky, Sophia 7	
	3) Bauer, Katie 7	4) Blanchette, Nora FR	
8	FCS-VA	E	X2:39.32
	1) Stower, Sabrina 7	2) McCloud, Evie 6	
	3) Marte, Jaasiel 7	4) Webb, Ella JR	

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Heat 2 Finals (#18 Girls 200 Yard Freestyle Relay)

1	Tcs-VA	C	X2:27.76
2	John Paul-VA	C	X2:24.01
	1) Kattah, Kayla SO	2) Heath, Laurel FR	
	3) McCormick, Madison SO	4) Miller, Elizabeth FR	
3	Seton	C	X2:20.00
	1) Schroer, Maggie 7	2) Fifield, Kyleigh 8	
	3) Dusek, Annie 7	4) Heiny, Clare 7	
4	FCS-VA	D	X2:13.87
	1) Blevins, Colby FR	2) Dahlberg, Catherine 7	
	3) Chen, Alison 7	4) Ryan, Adrie 6	
5	OAK	C	X2:06.72
	1) Baird, Regina SR	2) Williams, Luisa SO	
	3) Larson, Elle FR	4) Turner, Lacey 8	
6	OAK	D	X2:08.77
	1) Ryan, Fiona FR	2) Hooff, Mary Shelton SO	
	3) Crnkovich, Teri SR	4) Thornburg, Fio SO	
7	John Paul-VA	B	2:15.74
	1) Angarag, Alice FR	2) Kay, Sandra FR	
	3) Vitkovsky, Maggie SR	4) Runyan, Emily JR	
8	Seton	D	X2:22.00
	1) Fifield, Haley SO	2) Rodriguez, Noemi 8	
	3) Condon, Meghan 7	4) Kohlhaas, Sofia 7	
9	Seton	E	X2:26.00
	1) O'Malley, Shannon SO	2) Waldron, Lily 7	
	3) Osilka, Mary Claire FR	4) Blanchette, Kit 7	
10	Seton	F	X2:28.00
	1) Waldron, Rose SO	2) Mantooth, Avila 7	
	3) Francis, Elizabeth SO	4) Blanchette, Meg SO	

Heat 3 of 3 Finals Starts at 04:11 PM

1	OAK	B	2:00.69
	1) Guenther, Louise JR	2) Mochen, Catherine SO	
	3) Herrick, Julia SO	4) Meunier, Cecelia SR	
2	FCS-VA	A	1:58.66
	1) Howell, Kate 8	2) Roberson, Emma FR	
	3) Ryan, Gabbie FR	4) Ellis, Hannah 8	
3	Tcs-VA	B	1:56.44
4	John Paul-VA	A	1:48.74
	1) Caron, Mary Alice FR	2) Koler, Isabella FR	
	3) Pattie, Sydney FR	4) Davis, Gianna SO	
5	Tcs-VA	A	1:47.91
6	Seton	A	1:48.05
	1) Brox, Elodie SO	2) Kay, Philomena 8	
	3) Oswald, Jacqueline SR	4) Gibbons, Maggie JR	
7	OAK	A	1:50.33
	1) Erickson, Katelyn FR	2) McDonnell, Maddie FR	
	3) Rolwes, Patricia SR	4) Bryan, Elizabeth FR	
8	Seton	B	1:56.73
	1) Bingham, Lucia SO	2) Halisky, Amelie SR	
	3) Zadnik, Madelyn JR	4) Mantooth, Kateri SR	
9	FCS-VA	B	1:59.00
	1) Sebero, Emmah FR	2) Meadows, Payton JR	
	3) DiBlasi, Isabelle JR	4) Heth, Rachel SR	
10	FCS-VA	C	X2:05.15
	1) Blevins, Hannah FR	2) Updike, Anna JR	
	3) Salafia, Siena JR	4) Myers, Christy JR	

Event 19 Boys 100 Yard Backstroke

SST Record: 51.48 1/20/2006 K. Koehr

Nat Cath QT: 1:01.00

VISAA QT: 1:02.90

<u>Lane</u>	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>
Heat 1 of 2 Finals Starts at 04:15 PM				
2	Vaughan, Noah	8	Seton	X1:59.95
3	Dusek, Charlie	FR	Seton	X1:47.18
4	Dickson, James	7	FCS-VA	X1:45.00
5	Valenzuela, David	SR	Tcs-VA	1:35.23
6	Cooley, JJ	FR	Seton	X1:41.61
7	Misiano, Thomas	SR	FCS-VA	1:45.00
8	Blanchette, Tim	SR	Seton	X1:52.38

Heat 2 of 2 Finals Starts at 04:18 PM

1	Abidin, Christian	JR	Tcs-VA	1:30.42
2	Sokban, Daniel	8	Seton	X1:24.55
3	Borneman, Joseph	SO	Seton	1:11.87
4	Fioramonti, Mick	JR	Seton	1:05.23
5	Yun, Noah	FR	Tcs-VA	58.41
6	Martinez, Lionel	8	Seton	1:00.91
7	Martinez, Thiago	7	Seton	X1:09.02
8	Beltran, Ryan	JR	Seton	1:13.57
9	Shofi, Luke	FR	FCS-VA	1:30.00
10	Volk, Jimmy	SR	FCS-VA	1:35.00

Event 20 Girls 100 Yard Backstroke

SST Record: 55.62 2/16/2018 A. Kenna

Nat Cath QT: 1:10.00

VISAA QT: 1:06.85

<u>Lane</u>	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>
Heat 1 of 4 Finals Starts at 04:20 PM				
1	Larson, Elle	FR	OAK	XNT
2	Quispe, Camila	6	Seton	X2:11.41
3	Kohlhaas, Sofia	7	Seton	X2:02.96
4	Nguyen, Bella	7	Seton	X1:45.92
5	Peters, Aria	SO	FCS-VA	X1:45.00
6	Mitchell, Ajai	JR	Tcs-VA	1:45.37
7	Heiny, Clare	7	Seton	X1:48.69
8	Blanchette, Nora	FR	Seton	X2:05.42
9	Kramer, Cora	8	Seton	X2:25.92
10	Nugent, Katie	SO	OAK	XNT

Heat 2 of 4 Finals Starts at 04:23 PM

1	Haggerty, Orla	SO	Seton	X1:44.20
2	Baughman, Rachel	7	Seton	X1:40.35
3	Geary, Amelia	JR	Seton	X1:38.44
4	Shepard, Sarah	8	FCS-VA	1:35.00
5	Meadows, Morgan	8	FCS-VA	1:32.91
6	Waldron, Lily	7	Seton	X1:33.18
7	Rodriguez, Noemi	8	Seton	X1:36.48
8	Dusek, Annie	7	Seton	X1:39.10
9	Campbell, Emma	SR	FCS-VA	1:42.00
10	Turner, Lacey	8	OAK	X1:44.99

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Heat 3 Finals (#20 Girls 100 Yard Backstroke)

1	Bingham, Mariana	8	Seton	X1:31.03
2	Rutherford, Lilly	SR	OAK	X1:26.71
3	Angarag, Alice	FR	John Paul-VA	1:24.18
4	White, Cecilia	JR	John Paul-VA	1:22.75
5	Bang, Selah	SR	Tcs-VA	1:17.30
6	Vitkovsky, Maggie	SR	John Paul-VA	1:21.87
7	Hurley, Elizabeth	7	Seton	X1:23.55
8	Erickson, Katelyn	FR	OAK	1:24.68
9	Russo, Gabriella	8	Seton	1:27.29
10	Osilka, Mary Claire	FR	Seton	X1:31.40

Heat 4 of 4 Finals Starts at 04:28 PM

1	Adams, Amelia	SO	OAK	1:15.02
2	Meunier, Cecelia	SR	OAK	1:12.96
3	Phillips, Amy	SR	Tcs-VA	1:11.38
4	Baroody, Isabel	FR	FCS-VA	1:08.76
5	Aldeguer, Ariana	8	Seton	1:04.67
6	Womack, Kristen	JR	Tcs-VA	1:07.75
7	Gibbons, Maggie	JR	Seton	1:11.31
8	Caron, Mary Alice	FR	John Paul-VA	1:12.68
9	Fifield, Haley	SO	Seton	1:14.96
10	McDonnell, Maddie	FR	OAK	1:16.73

Event 21 Boys 100 Yard Breaststroke

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

Nat Cath QT: 1:07.50

VISAA QT: 1:08.79

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

3	Cooley, John	7	Seton	X2:35.38
4	Gregory, Jack	JR	Seton	X2:10.00
5	Fioramonti, Josh	FR	Seton	X1:34.03
6	Bishop, Aaron	JR	Seton	X1:45.23
7	Vaughan, Nick	SO	Seton	X2:17.64

Heat 2 of 2 Finals Starts at 04:33 PM

1	Donovan, Patrick	SR	John Paul-VA	1:24.71
2	Mantooth, Luke	JR	Seton	1:19.50
3	Sicks, Campbell	SR	Tcs-VA	1:15.47
4	Brox, JJ	SR	Seton	1:08.66
5	Kim, Justin	JR	Tcs-VA	1:05.10
6	Koler, Eric	FR	John Paul-VA	1:08.47
7	Nguyen, Drew	SO	Seton	1:13.04
8	Wang, Luke	JR	Tcs-VA	1:17.07
9	Bauer, Greg	FR	Seton	1:24.31
10	Nguyen, Colin	SR	Seton	X1:28.27

Event 22 Girls 100 Yard Breaststroke

SST Record: 1:05.77 2/18/2022 A. Testani

Nat Cath QT: 1:18.00

VISAA QT: 1:16.38

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals Starts at 04:35 PM

4	Gonzalez, Veronica	7	Seton	X2:06.46
5	Stower, Sabrina	7	FCS-VA	X1:50.00
6	Waldron, Cate	JR	Seton	X1:52.45
7	Hooff, Mary Shelton	SO	OAK	XNT

Heat 2 of 4 Finals Starts at 04:37 PM

1	Dahlberg, Catherine	7	FCS-VA	X1:45.00
2	Runyan, Emily	JR	John Paul-VA	1:40.15
3	Myers, Christy	JR	FCS-VA	1:40.00
4	Salafia, Siena	JR	FCS-VA	1:39.00
5	Thornburg, Fio	SO	OAK	1:38.44
6	Cunningham, Lucy	SO	Seton	X1:38.93
7	Miller, Elizabeth	FR	John Paul-VA	1:40.00
8	Brown, Lena	07	Tcs-VA	X1:40.00
9	Szerszen, Catherine	8	OAK	X1:42.36
10	Heiny, Maddie	FR	Seton	X1:46.27

Heat 3 of 4 Finals Starts at 04:39 PM

1	Schroer, Maggie	7	Seton	X1:38.17
2	O'Malley, Shannon	SO	Seton	X1:35.06
3	Bauer, Molly	SO	Seton	X1:34.51
4	Condon, Meghan	7	Seton	X1:28.21
5	Ryan, Gabbie	FR	FCS-VA	1:27.81
6	Mantooth, Kateri	SR	Seton	1:27.99
7	Bailey, Holly	FR	Tcs-VA	1:33.18
8	DiBlasi, Isabelle	JR	FCS-VA	1:35.00
9	Ratcliffe, Eliana	SO	Tcs-VA	1:35.71
10	Ryan, Fiona	FR	OAK	1:38.25

Heat 4 of 4 Finals Starts at 04:41 PM

1	Kay, Sandra	FR	John Paul-VA	1:25.71
2	Oswald, Jacqueline	SR	Seton	1:22.72
3	Mochen, Catherine	SO	OAK	1:21.59
4	Brox, Elodie	SO	Seton	1:19.49
5	Bryan, Elizabeth	FR	OAK	1:10.38
6	Williams, Maeve	SO	John Paul-VA	1:18.42
7	Klanderma, Liz	SO	Tcs-VA	1:19.78
8	Waldron, Rose	SO	Seton	1:22.30
9	Witdoeck, Karis	SO	Tcs-VA	1:24.68
10	Myers, Allie	7	Tcs-VA	X1:27.48

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Event 23 Boys 400 Yard Freestyle Relay

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

Nat Cath QT: 3:40.00

VISAA QT: 3:59.45

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals Starts at 04:45 PM			
2	FCS-VA	B	4:50.41
	1) DiBlasi, John-Parker FR	2) Volk, Jimmy SR	
	3) Ogniek, Gabe JR	4) Shofi, Luke FR	
3	FCS-VA	A	4:24.73
	1) Howell, Luke FR	2) Ryan, Nathan 8	
	3) Salafia, Luca FR	4) Knewtson, Jack JR	
4	Seton	B	3:57.67
	1) Wilson, Max SO	2) Konstanty, Peter JR	
	3) Sokban, William SO	4) Dealey, Joey SR	
5	Tcs-VA	A	3:44.19
6	Seton	A	3:49.19
	1) Martinez, Lionel 8	2) Borneman, Joseph SO	
	3) Brox, Michael SO	4) Wilson, Joe SR	
7	John Paul-VA	A	4:14.00
	1) Koler, Evan SO	2) Berg, Jackson JR	
	3) Donovan, Patrick SR	4) Mastrianni, Dominic JR	
8	Tcs-VA	B	4:40.54
9	FCS-VA	C	X5:15.15
	1) DiBlasi, Taft 7	2) Misiano, Thomas SR	
	3) Updike, Spencer JR	4) Green, Thomas 7	

Event 24 Girls 400 Yard Freestyle Relay

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

Nat Cath QT: 4:21.00

VISAA QT: 4:38.24

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals Starts at 04:51 PM			
4	OAK	B	NT
	1) Rolwes, Patricia SR	2) Herrick, Julia SO	
	3) Diller, Bethany SO	4) Walke, Belle 8	
5	FCS-VA	D	X4:52.19
	1) Shepard, Sarah 8	2) Peters, Aria SO	
	3) Webb, Ella JR	4) Updike, Anna JR	
6	Tcs-VA	C	X5:03.78

Heat 2 of 2 Finals Starts at 04:56 PM

1	John Paul-VA	B	4:39.96
	1) Runyan, Emily JR	2) McCormick, Madison SO	
	3) Kay, Sandra FR	4) Miller, Elizabeth FR	
2	Seton	B	4:30.24
	1) Gibbons, Maggie JR	2) Garvey, Anastasia FR	
	3) Oswald, Jacqueline SR	4) Brox, Elodie SO	
3	Tcs-VA	B	4:10.32
4	OAK	A	4:06.83
	1) Adams, Amelia SO	2) Magee, Amelia FR	
	3) McDonnell, Maddie FR	4) Meunier, Cecelia SR	
5	Tcs-VA	A	4:00.28
6	John Paul-VA	A	4:05.72
	1) Weina, Virginia SR	2) White, Cecilia JR	
	3) Davis, Gianna SO	4) Williams, Maeve SO	
7	Seton	A	4:07.87
	1) Aldeguer, Ariana 8	2) Condon, Clara SO	
	3) Pennefather, Mary SR	4) Paradise, Stella JR	
8	FCS-VA	A	4:24.56
	1) Baroody, Isabel FR	2) Meadows, Payton JR	
	3) Roberson, Emma FR	4) Ellis, Hannah 8	
9	FCS-VA	B	4:39.00
	1) Heth, Rachel SR	2) Sebero, Emmah FR	
	3) Blevins, Hannah FR	4) Howell, Kate 8	
10	FCS-VA	C	X4:49.50
	1) Chen, Alison 7	2) Meadows, Morgan 8	
	3) Ryan, Adrie 6	4) Blevins, Colby FR	