

2023 VCAC Championship Meet - 2/11/2023

Psych Sheet

#1 Boys 200 Yard Medley Relay				#4 Girls 200 Yard Freestyle				#7 Boys 50 Yard Freestyle			
VCAC: 1:43.49 2006 Seton School				VCAC: 1:53.80 2020 Annalise Cornett				VCAC: 21.91 2010 S. Jameson Hill			
K Koehr, N Cook, B Morch, S Koehr				VISAA QT: 2:13.44				VISAA QT: 24.14			
VISAA QT: 1:57.18				SST Record: 1:55.74 2000 K. Shipko				SST Record: 21.22 2010 S.J. Hill			
Team	Relay	Seed Time		Name	Yr School	Seed Time		Name	Yr School	Seed Time	
1 SST	A	1:45.54		1 Aldeguer, Ariana	8 SST	1:58.07		1 Kim, Justin	JR TCS!	23.27	
2 TCS!	A	1:49.20		2 Roder, Mia	SR JP	2:04.97		2 Knewton, Jack	JR FCS	23.33	
3 FCS	A	1:54.58		3 Gibbons, Maggie	JR SST	2:12.56		3 Wilson, Joe	SR SST	23.80	
				4 Buff, Reagan	JR TCS!	2:14.39		4 Halisky, Liam	SO SST	24.86	
				5 Yaraschak, Bella	JR TCS!	2:16.91		5 Salafia, Luca	FR FCS	25.04	
				6 Howell, Katherine	8 FCS	2:23.47		6 Borneman, Joseph	SO SST	25.71	
4 JP	A	1:57.86		7 Bailey, Mary	JR TCS!	2:24.59		7 Sokban, Daniel	8 SST	25.94	
				8 Kay, Sandra	FR JP	2:25.00		8 Mastrianni, Dominic	JR JP	26.41	
				9 Oswald, Jacqueline	SR SST	2:25.68		9 Koler, Eric	FR JP	26.99	
				10 Cunningham, Lucy	SO SST	2:33.08		10 Donovan, Patrick	SR JP	28.50	
5 SST	B	X1:50.26		11 Miller, Elizabeth	FR JP	2:39.04		11 Smith, James	JR JP	28.96	
				12 McDonnell, Maddie	FR OAK	2:39.23		12 Ross, Andrew	8 FCS	28.98	
				13 McCormick, Madison	SO JP	2:50.00		13 Misiano, Thomas	SR FCS	32.77	
				14 Larson, Elle	FR OAK	2:55.10		14 Koehr, Connor	SO SST	X25.49	
				15 Schindler, Kathryn	JR OAK	2:55.58		15 Brox, JJ	SR SST	X25.92	
				16 Mitchell, Ajai	JR TCS!	2:57.70		16 Fioramonti, Mick	JR SST	X26.68	
				17 Blevins, Colby	FR FCS	3:00.34		17 Volk, Jimmy	SR FCS	X30.25	
				18 Updike, Anna	JR FCS	3:13.16		18 Updike, Spencer	JR FCS	X32.47	
				19 Thornburg, Fio	SO OAK	NT		19 Pitner, Samuel	8 FCS	X36.21	
#2 Girls 200 Yard Medley Relay				#5 Boys 200 Yard IM				#8 Girls 50 Yard Freestyle			
VCAC: 1:52.65 2022 Seton Swimming				VCAC: 1:58.42 2020 Andrew Turbyfill				VCAC: 24.20 2020 Brooke Williams			
L Garvey, A Testani, C Condon, M Pennefather				VISAA QT: 2:18.04				VISAA QT: 26.96			
VISAA QT: 2:14.01				SST Record: 1:54.70 2008 N. Cook				SST Record: 24.06 2018 A. Kenna			
Team	Relay	Seed Time		Name	Yr School	Seed Time		Name	Yr School	Seed Time	
1 SST	A	1:54.32		1 Martinez, Lionel	8 SST	2:04.24		1 Davis, Gianna	SO JP	24.38	
2 JP	A	1:56.38		2 Yancey, Ben	SO TCS!	2:21.37		2 Pennefather, Mary	SR SST	26.01	
				3 Hudson, David	JR SST	2:25.10		3 Womack, Kristen	JR TCS!	26.48	
				4 Wilson, Max	SO SST	2:29.97		4 Wiggins, Allie	FR TCS!	26.64	
				5 Konstanty, Peter	JR SST	2:34.70		5 Brox, Elodie	SO SST	26.81	
				6 Park, Zach	JR TCS!	2:40.44		6 Koler, Isabella	FR JP	26.87	
3 TCS!	A	1:57.63		7 Ryan, Nathan	8 FCS	2:53.02		7 Bailey, Mary	JR TCS!	28.51	
4 FCS	A	2:03.91						8 Mantooth, Kateri	SR SST	28.58	
								9 Erickson, Katelyn	FR OAK	28.75	
								10 Kissinger, Norah	JR OAK	29.23	
								11 Weina, Virginia	SR JP	29.50	
								12 Magee, Amelia	FR OAK	29.62	
								13 Roberson, Emma	FR FCS	29.79	
								14 Hurley, Mary Catherine	SO SST	30.26	
								15 Myers, Christy	JR FCS	30.45	
								16 DiBlasi, Isabelle	JR FCS	30.46	
								17 Blevins, Hannah	FR FCS	30.50	
								18 Angarag, Alice	FR JP	30.70	
								19 Ratcliffe, Eliana	SO TCS!	31.58	
								20 Ryan, Fiona	FR OAK	32.34	
								21 Waldron, Rose	SO SST	X29.59	
								22 Salafia, Siena	JR FCS	X31.51	
								23 Haggerty, Moira	SR SST	X31.65	
								24 Diller, Bethany	SO OAK	X33.29	
								25 Peters, Aria	SO FCS	X35.06	
								26 Mochen, Catherine	SO OAK	X35.47	
								27 Webb, Ella	JR FCS	X35.97	
								28 Shepard, Sarah	8 FCS	X36.40	
								29 Nugent, Katie	SO OAK	X36.69	
#3 Boys 200 Yard Freestyle				#6 Girls 200 Yard IM							
VCAC: 1:46.54 2022 Josh Kim				VCAC: 2:11.47 2019 Annalise Cornett							
VISAA QT: 2:01.47				VISAA QT: 2:29.40							
SST Record: 1:38.54 2010 S.J. Hill				SST Record: 2:11.55 2023 A. Aldeguer							
Name	Yr School	Seed Time		Name	Yr School	Seed Time					
1 Phillips, Tyler	FR TCS!	1:54.49		1 Bryan, Elizabeth	FR OAK	2:08.81					
2 Yun, Noah	FR TCS!	1:59.00		2 Condon, Clara	SO SST	2:19.48					
3 Nguyen, Drew	SO SST	2:07.29		3 Schlieter, Audrey	FR TCS!	2:24.39					
4 Sokban, Daniel	8 SST	2:13.79		4 Klanderman, Liz	SO TCS!	2:24.50					
5 Dealey, Joey	SR SST	2:14.95		5 Pattie, Sydney	SO JP	2:26.76					
6 Jang, Elliot	JR TCS!	2:17.09		6 Baroody, Isabel	FR FCS	2:31.83					
7 Fioramonti, Josh	FR SST	2:21.17		7 Witdoeck, Karis	SO TCS!	2:33.88					
8 Koler, Evan	SO JP	2:24.58		8 Fifield, Haley	SO SST	2:37.28					
9 Abidin, Christian	JR TCS!	2:42.15		9 Bingham, Lucia	SO SST	2:49.96					
10 Ognak, Gabe	JR FCS	2:51.07		10 Halisky, Amelie	SR SST	2:51.33					
11 Volk, Jimmy	SR FCS	2:53.36		11 Runyan, Emily	JR JP	2:53.90					
				12 Meadows, Payton	JR FCS	2:55.43					
				13 Angarag, Alice	FR JP	3:02.19					
				14 Larson, Zoe	FR OAK	3:10.22					
				15 Sebero, Emmah	FR FCS	3:10.94					
				16 Heath, Laurel	FR JP	3:15.00					
				17 Meadows, Morgan	8 FCS	3:21.00					
				18 Bailey, Holly	FR TCS!	3:23.94					

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#9 Boys 1 mtr Diving

VCAC:	304.20 2022	Harper Thornnett
SST Record:	207.40 2013	J. Doran
Name	Yr School	Seed Time
1 Koehr, Connor	SO SST	188.18
2 Fioramonti, Mick	JR SST	152.70
3 Brox, JJ	SR SST	146.77
4 Gonzalez, Max	SO SST	143.55
5 Wang, Luke	JR TCS!	104.47
6 Oswald, Jacob	SO SST	X142.87
7 Kohlhaas, Gus	SO SST	X131.48

#10 Girls 1 mtr Diving

VCAC:	161.00 2022	Keri Hough
SST Record:	152.55 2022	M.C. Waldron
Name	Yr School	Seed Time
1 Kissinger, Norah	JR OAK	175.95
2 Kissinger, Meghan	SR OAK	169.86
3 Rolwes, Patricia	SR OAK	158.10
4 Waldron, Rose	SO SST	132.37
5 Guenther, Louise	JR OAK	130.35
6 Hill, Emma	FR TCS!	112.43
7 Miller, Maria	FR SST	110.95
8 Francis, Elizabeth	SO SST	102.30
9 Mauk, Sam	SR TCS!	66.75

#11 Boys 100 Yard Butterfly

VCAC:	53.90 2012	Vincent Dunn
VISAA QT:	1:01.02	
SST Record:	51.76 2010	S.J. Hill
Name	Yr School	Seed Time
1 Phillips, Tyler	FR TCS!	51.80
2 Bang, Caleb	FR TCS!	1:04.03
3 Hudson, David	JR SST	1:04.23
4 Brox, Michael	SO SST	1:06.53
5 Sokban, William	SO SST	1:10.20
6 Mantooth, Luke	JR SST	1:10.35
7 Abidin, Christian	JR TCS!	1:35.27

#12 Girls 100 Yard Butterfly

VCAC:	58.62 2018	Anna Kenna
VISAA QT:	1:06.82	
SST Record:	58.51 2017	A. Kenna
Name	Yr School	Seed Time
1 Witdoeck, Allie	JR TCS!	56.45
2 Ellis, Hannah	8 FCS	1:02.29
3 Davis, Gianna	SO JP	1:03.96
4 Schlieter, Audrey	FR TCS!	1:05.58
5 Garvey, Anastasia	FR SST	1:10.55
6 Pattie, Sydney	SO JP	1:12.27
7 Adams, Amelia	SO OAK	1:16.27
8 Kay, Philomena	8 SST	1:16.97
9 Zadnik, Madelyn	JR SST	1:17.03
10 Runyan, Emily	JR JP	1:17.47
11 Bang, Selah	SR TCS!	1:18.23
12 Bingham, Lucia	SO SST	1:18.51
13 Meunier, Cecelia	SR OAK	1:21.15
14 Williams, Luisa	SO OAK	1:30.22

#13 Boys 100 Yard Freestyle

VCAC:	48.78 2010	S. Jameson Hill
VISAA QT:	53.09	
SST Record:	45.67 2010	S. J. Hill
Name	Yr School	Seed Time
1 Kim, Justin	JR TCS!	49.53
2 Wilson, Joe	SR SST	52.21
3 Williams, Charlie	SR JP	56.29
4 Cole, Carter	JR TCS!	56.59
5 Borneman, Joseph	SO SST	57.24
6 Halisky, Liam	SO SST	58.86
7 Salafia, Luca	FR FCS	59.08
8 Konstanty, Peter	JR SST	59.79
9 Mastrianni, Dominic	JR JP	1:01.96
10 Jang, Elliot	JR TCS!	1:02.46
11 Berg, Jackson	JR JP	1:04.85
12 Ryan, Nathan	8 FCS	1:07.02
13 DiBlasi, John-Parker	FR FCS	1:09.52
14 Misiano, Thomas	SR FCS	1:21.42
15 Ogniek, Gabe	JR FCS	X1:12.79

#14 Girls 100 Yard Freestyle

VCAC:	53.08 2018	Anna Kenna
VISAA QT:	59.70	
SST Record:	52.05 2018	A. Kenna
Name	Yr School	Seed Time
1 Womack, Kristen	JR TCS!	59.06
2 Pennefather, Mary	SR SST	59.07
3 Buff, Reagan	JR TCS!	59.55
4 Gibbons, Maggie	JR SST	59.60
5 Phillips, Amy	SR TCS!	1:01.60
6 White, Cecilia	JR JP	1:03.94
7 Howell, Katherine	8 FCS	1:04.50
8 Williams, Maeve	SO JP	1:04.74
9 Mantooth, Kateri	SR SST	1:05.04
10 Vitkovsky, Maggie	SR JP	1:05.16
11 Magee, Amelia	FR OAK	1:06.58
12 O'Malley, Shannon	SO SST	1:08.30
13 Heth, Rachel	SR FCS	1:08.36
14 Blevins, Hannah	FR FCS	1:09.19
15 Myers, Christy	JR FCS	1:09.65
16 Ryan, Fiona	FR OAK	1:15.61
17 Larson, Elle	FR OAK	1:15.73
18 Kattah, Kayla	SO JP	1:19.59
19 Hooff, Mary Shelton	SO OAK	1:26.91
20 Yu, Laela	JR TCS!	1:30.84
21 Sebero, Emmah	FR FCS	X1:11.31
22 Blevins, Colby	FR FCS	X1:12.46
23 Updike, Anna	JR FCS	X1:23.22

#15 Boys 500 Yard Freestyle

VCAC:	4:43.83 2010	S. Jameson Hill
VISAA QT:	5:41.90	
SST Record:	4:27.19 2010	S.J. Hill
Name	Yr School	Seed Time
1 Martinez, Lionel	8 SST	5:09.16
2 Yancey, Ben	SO TCS!	5:39.65
3 Brox, Michael	SO SST	6:06.52
4 Sokban, William	SO SST	6:20.12
5 Judge, Dominic	8 SST	6:28.98
6 Bang, Caleb	FR TCS!	6:33.35
7 Sicks, Campbell	SR TCS!	6:53.19

8 Valenzuela, David SR TCS! 8:23.97

#16 Girls 500 Yard Freestyle

VCAC:	5:03.43 2021	Annalise Cornett
VISAA QT:	5:58.88	
SST Record:	5:06.98 1999	K. Shipko
Name	Yr School	Seed Time
1 Wiggins, Allie	FR TCS!	6:01.38
2 Walke, Belle	8 OAK	6:16.34
3 Garvey, Anastasia	FR SST	6:16.98
4 Yaraschak, Bella	JR TCS!	6:19.44
5 Kay, Philomena	8 SST	6:32.32
6 Caron, Mary Alice	FR JP	6:40.00
7 Oswald, Jacqueline	SR SST	6:42.60
8 Cunningham, Lucy	SO SST	6:53.20
9 Ratcliffe, Eliana	SO TCS!	7:03.17
10 Roberson, Emma	FR FCS	7:12.94
11 Diller, Bethany	SO OAK	8:43.47
12 Nugent, Katie	SO OAK	8:43.50

#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, Basing
Team	Relay	Seed Time
1 TCS!	A	1:33.11
2 SST	A	1:38.58
3 FCS	A	1:42.04
	Howell, Luke SO	Ogniek, Gabe JR
	Salafia, Luca FR	Knewtson, Jack JR
4 JP	A	1:55.20
	Mastrianni, Dominic IR	Berg, Jackson JR
	Smith, James JR	Donovan, Patrick SR
5 FCS	B	2:02.25
	DiBlasi, John-Parker FR	Misiano, Thomas SR
	Ryan, Nathan 8	Ross, Andrew 8
6 SST	B	X1:45.98
7 TCS!	B	X1:54.73

#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
Team	Relay	Seed Time
1 SST	A	1:44.13
2 TCS!	A	1:44.90
3 OAK	A	1:52.52
	Magee, Amelia FR	McDonnell, Maddie FR
	Erickson, Katelyn FR	Bryan, Elizabeth FR
4 FCS	A	1:53.62
	Ryan, Gabriella FR	Heth, Rachel SR
	Howell, Katherine 8	Ellis, Hannah 8
5 JP	A	1:59.32
	White, Cecilia JR	Weina, Virginia SR
	Williams, Maeve SO	Caron, Mary Alice FR
6 OAK	B	1:59.87
	Kissinger, Norah IR	Ryan, Fiona FR
	Walke, Belle 8	Rolwes, Patricia SR
7 FCS	B	2:02.95
	DiBlasi, Isabelle IR	Myers, Christy JR
	Meadows, Payton JR	Blevins, Hannah FR
8 SST	B	X1:54.09

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

9	TCS!	B	X1:57.21
10	JP	B	X2:04.28
	Runvan, Emily IR	Heath, Laurel FR	
	McCormick, Madison SO	Angarag, Alice FR	

#19 Boys 100 Yard Backstroke

VCAC: 53.44 2006 Kevin Koehr			
VISAA QT: 1:02.90			
SST Record: 51.48 2006 K. Koehr			
Name	Yr	School	Seed Time
1	Yun, Noah	FR TCS!	58.41
2	Howell, Luke	SO FCS	1:00.06
3	Koehr, Connor	SO SST	1:01.10
4	Williams, Charlie	SR JP	1:03.56
5	Fioramonti, Mick	JR SST	1:03.61
6	Wilson, Max	SO SST	1:05.19
7	Park, Zach	JR TCS!	1:09.06
8	Berg, Jackson	JR JP	1:13.18
9	Dealey, Joey	SR SST	1:13.53
10	Valenzuela, David	SR TCS!	1:24.12
11	Smith, James	JR JP	1:24.52
12	Pitner, Samuel	8 FCS	1:43.70

#20 Girls 100 Yard Backstroke

VCAC: 58.33 2019 Annalise Cornett			
VISAA QT: 1:06.85			
SST Record: 55.62 2018 A. Kenna			
Name	Yr	School	Seed Time
1	Witdoeck, Allie	JR TCS!	1:00.57
2	Aldeguer, Ariana	8 SST	1:00.75
3	Phillips, Amy	SR TCS!	1:07.60
4	Baroody, Isabel	FR FCS	1:08.48
5	Witdoeck, Karis	SO TCS!	1:08.53
6	Fifield, Haley	SO SST	1:09.29
7	Adams, Amelia	SO OAK	1:10.92
8	Halisky, Amelie	SR SST	1:13.67
9	Bang, Selah	SR TCS!	1:15.02
10	Ryan, Gabriella	FR FCS	1:16.71
11	McDonnell, Maddie	FR OAK	1:17.21
12	O'Malley, Shannon	SO SST	1:19.06
13	Meunier, Cecelia	SR OAK	1:19.19
14	White, Cecilia	JR JP	1:20.04
15	Vitkovsky, Maggie	SR JP	1:21.87
16	Meadows, Morgan	8 FCS	1:28.61
17	Larson, Zoe	FR OAK	1:29.73
18	Heath, Laurel	FR JP	1:34.62
19	Kattah, Kayla	SO JP	1:40.36
20	Peters, Aria	SO FCS	1:44.51
21	Williams, Luisa	SO OAK	X1:32.44

#21 Boys 100 Yard Breaststroke

VCAC: 1:00.59 Andrew Turbyfill			
VISAA QT: 1:08.79			
SST Record: 58.53 2007 N. Cook			
Name	Yr	School	Seed Time
1	Brox, JJ	SR SST	1:06.42
2	Nguyen, Drew	SO SST	1:10.49
3	Wang, Luke	JR TCS!	1:13.08
4	Mantooth, Luke	JR SST	1:15.25
5	Sicks, Campbell	SR TCS!	1:15.47
6	Cole, Carter	JR TCS!	1:18.73

7	DiBlasi, John-Parker	FR FCS	1:22.13
8	Bauer, Greg	FR SST	1:22.31
9	Donovan, Patrick	SR JP	1:24.29
10	Updike, Spencer	JR FCS	1:38.16

#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			
Name	Yr	School	Seed Time
1	Bryan, Elizabeth	FR OAK	1:08.32
2	Condon, Clara	SO SST	1:09.30
3	Roder, Mia	SR JP	1:09.85
4	Waldron, Rose	SO SST	1:17.90
5	Klanderma, Liz	SO TCS!	1:18.20
6	Williams, Maeve	SO JP	1:18.42
7	Brox, Elodie	SO SST	1:18.56
8	Mochen, Catherine	SO OAK	1:23.93
9	Guenther, Louise	JR OAK	1:28.53
10	Zadnik, Madelyn	JR SST	1:28.70
11	Bailey, Holly	FR TCS!	1:29.87
12	DiBlasi, Isabelle	JR FCS	1:31.04
13	Thornburg, Fio	SO OAK	1:31.52
14	Weina, Virginia	SR JP	1:34.44
15	Salafia, Siena	JR FCS	1:34.49
16	McCormick, Madison	SO JP	1:35.72
17	Shepard, Sarah	8 FCS	1:54.01
18	Webb, Ella	JR FCS	1:55.00
19	Mitchell, Ajai	JR TCS!	1:55.11
20	Yu, Laela	JR TCS!	2:08.72
21	Schindler, Kathryn	JR OAK	X1:38.71
22	Hooff, Mary Shelton	SO OAK	X1:49.48

#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, Basing			
Team	Relay	Seed Time	
1	TCS!	A	3:33.49
2	SST	A	3:34.45
3	FCS	A	3:52.13
4	JP	A	4:11.95
5	FCS	B	4:39.57
6	SST	B	X3:51.44
7	TCS!	B	X3:56.44

#24 Girls 400 Yard Freestyle Relay

VCAC: 3:48.76 2018 Trinity Christian School			
B. Williams, H. Silvernail, L. Schmidt, A. Cornett			
VISAA QT: 4:38.24			
SST Record: 3:40.51 2010 DoonisRogers,Claybroo			
Team	Relay	Seed Time	
1	TCS!	A	3:48.87
2	SST	A	3:50.91

3	JP	A	4:04.20
4	OAK	A	4:08.15
5	FCS	A	4:16.52
6	FCS	B	4:40.41
7	OAK	B	4:47.38
8	TCS!	B	X4:04.87
9	SST	B	X4:22.87
10	JP	B	X4:26.41

Pattie, Sydney SO
Davis, Gianna SO
Meunier, Cecelia SR
McDonnell, Maddie FR
Roberson, Emma FR
Ellis, Hannah 8
Sebero, Emmah FR
Heth, Rachel SR
Ryan, Fiona FR
Erickson, Katelyn FR
Williams, Maeve SO
Williams, Maeve SO