

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	
	Howell, Luke SO	DiBlasi, John-Parker FR		5 Yaraschak, Bella	JR TCS!	2:16.91		5 Salafia, Luca	FR FCS	25.04	
	Knewton, Jack JR	Ross, Andrew 8		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	
	Williams, Charlie SR	Koler, Eric FR		8 Kay, Sandra	FR JP	2:25.00		8 Mastrianni, Dominic	JR JP	26.41	
	Mastrianni, Dominic JR	Koler, Evan SO		9 Oswald, Jacqueline	SR SST	2:25.68		9 Koler, Eric	FR JP	26.99	
5 SST	B	X1:50.26		10 Cunningham, Lucy	SO SST	2:33.08		10 Donovan, Patrick	SR JP	28.50	
#2 Girls 200 Yard Medley Relay				11 Miller, Elizabeth				11 Smith, James			
VCAC: 1:52.65 2022 Seton Swimming				12 McDonnell, Maddie				12 Ross, Andrew			
L Garvey, A Testani, C Condon, M Pennefather				13 McCormick, Madison				13 Misiano, Thomas			
VISAA QT: 2:14.01				14 Larson, Elle				14 Koehr, Connor			
SST Record: 1:50.25 2011 Doonis,Rogers,Wunderl				15 Schindler, Kathryn				15 Brox, JJ			
Team	Relay	Seed Time		Name	Yr School	Seed Time		Name	Yr School	Seed Time	
1 SST	A	1:54.32		16 Mitchell, Ajai	JR TCS!	2:57.70		16 Fioramonti, Mick	JR SST	X26.68	
2 JP	A	1:56.38		17 Blevins, Colby	FR FCS	3:00.34		17 Volk, Jimmy	SR FCS	X30.25	
	Pattie, Sydnev SO	Koler, Isabella FR		18 Updike, Anna	JR FCS	3:13.16		18 Updike, Spencer	JR FCS	X32.47	
	Roder, Mia SR	Davis, Gianna SO		19 Thornburg, Fio	SO OAK	NT		19 Pitner, Samuel	8 FCS	X36.21	
3 TCS!	A	1:57.63		#5 Boys 200 Yard IM				#8 Girls 50 Yard Freestyle			
4 FCS	A	2:03.91		VCAC: 1:58.42 2020 Andrew Turbyfill				VCAC: 24.20 2020 Brooke Williams			
	Roberson, Emma FR	Ryan, Gabriella FR		VISAA QT: 2:18.04				VISAA QT: 26.96			
	Ellis, Hannah 8	Baroody, Isabel FR		SST Record: 1:54.70 2008 N. Cook				SST Record: 24.06 2018 A. Kenna			
5 OAK	A	2:04.78		Name	Yr School	Seed Time		Name	Yr School	Seed Time	
	Adams, Amelia SO	Bryan, Elizabeth FR		1 Martinez, Lionel	8 SST	2:04.24		1 Davis, Gianna	SO JP	24.38	
	Walke, Belle 8	Erickson, Katelyn FR		2 Yancey, Ben	SO TCS!	2:21.37		2 Pennefather, Mary	SR SST	26.01	
6 OAK	B	2:14.23		3 Hudson, David	JR SST	2:25.10		3 Womack, Kristen	JR TCS!	26.48	
	Magee, Amelia FR	Guenther, Louise JR		4 Wilson, Max	SO SST	2:29.97		4 Wiggins, Allie	FR TCS!	26.64	
	Meunier, Cecelia SR	Kissinger, Norah JR		5 Konstanty, Peter	JR SST	2:34.70		5 Brox, Elodie	SO SST	26.81	
7 FCS	B	2:21.08		6 Park, Zach	JR TCS!	2:40.44		6 Koler, Isabella	FR JP	26.87	
	Meadows, Pavton IR	Sebero, Emmah FR		7 Ryan, Nathan	8 FCS	2:53.02		7 Bailey, Mary	JR TCS!	28.51	
	Blevins, Hannah FR	Heth, Rachel SR		#6 Girls 200 Yard IM				8 Mantooth, Kateri			
8 SST	B	X2:05.40		VCAC: 2:11.47 2019 Annalise Cornett				9 Erickson, Katelyn			
9 JP	B	X2:07.38		VISAA QT: 2:29.40				10 Kissinger, Norah			
	Weina, Virginia SR	Kay, Sandra FR		SST Record: 2:11.55 2023 A. Aldeguer				11 Weina, Virginia			
	Caron, Mary Alice FR	Miller, Elizabeth FR		Name	Yr School	Seed Time		Name	Yr School	Seed Time	
10 TCS!	B	X2:08.64		1 Bryan, Elizabeth	FR OAK	2:08.81		12 Magee, Amelia	FR OAK	29.62	
#3 Boys 200 Yard Freestyle				2 Condon, Clara				13 Roberson, Emma			
VCAC: 1:46.54 2022 Josh Kim				3 Schlieter, Audrey				14 Hurley, Mary Catherine			
VISAA QT: 2:01.47				4 Klanderma, Liz				15 Myers, Christy			
SST Record: 1:38.54 2010 S.J. Hill				5 Pattie, Sydney				16 DiBlasi, Isabelle			
Name	Yr School	Seed Time		6 Baroody, Isabel				17 Blevins, Hannah			
1 Phillips, Tyler	FR TCS!	1:54.49		7 Witdoeck, Karis				18 Angarag, Alice			
2 Yun, Noah	FR TCS!	1:59.00		8 Fifield, Haley				19 Ratcliffe, Eliana			
3 Nguyen, Drew	SO SST	2:07.29		9 Bingham, Lucia				20 Ryan, Fiona			
4 Sokban, Daniel	8 SST	2:13.79		10 Hallisky, Amelie				21 Waldron, Rose			
5 Dealey, Joey	SR SST	2:14.95		11 Runyan, Emily				22 Salafia, Siena			
6 Jang, Elliot	JR TCS!	2:17.09		12 Meadows, Payton				23 Diller, Bethany			
7 Fioramonti, Josh	FR SST	2:21.17		13 Angarag, Alice				24 Peters, Aria			
8 Koler, Evan	SO JP	2:24.58		14 Larson, Zoe				25 Mochen, Catherine			
9 Abidin, Christian	JR TCS!	2:42.15		15 Sebero, Emmah				26 Webb, Ella			
10 Ognak, Gabe	JR FCS	2:51.07		16 Heath, Laurel				27 Shepard, Sarah			
11 Volk, Jimmy	SR FCS	2:53.36		17 Meadows, Morgan				28 Nugent, Katie			
				18 Bailey, Holly							

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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
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
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
	Roder, Mia SR	Pattie, Sydney SO	
	White, Cecilia JR	Davis, Gianna SO	
4	OAK	A	4:08.15
	Adams, Amelia SO	Meunier, Cecelia SR	
	Walke, Belle 8	McDonnell, Maddie FR	
5	FCS	A	4:16.52
	Baroody, Isabel FR	Roberson, Emma FR	
	Ryan, Gabriella FR	Ellis, Hannah 8	
6	FCS	B	4:40.41
	Howell, Katherine 8	Sebero, Emmah FR	
	Meadows, Payton JR	Heth, Rachel SR	
7	OAK	B	4:47.38
	Rolwes, Patricia SR	Ryan, Fiona FR	
	Williams, Luisa SO	Erickson, Katelyn FR	
8	TCS!	B	X4:04.87
9	SST	B	X4:22.87
10	JP	B	X4:26.41
	Runyan, Emily JR	Vitkovsky, Maggie SR	
	Angarag, Alice FR	Williams, Maeve SO	