

**VCAC Invitational - 1/7/2023  
Psych Sheet**

**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**

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

**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**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1 Seton Swimming	A	1:57.78
1) Aldeguer, Ariana 8	2) Condon, Clara SO	3) Paradise, Stella JR
4) Pennefather, Mary SR		
2 Saint John Paul the Great-VA	A	2:02.58
1) Weina, Virginia SR	2) Koler, Isabella FR	3) Pattie, Sydney FR
4) Vitkovsky, Maggie SR		
3 Oakcrest School Chargers	A	2:03.76
1) Adams, Amelia SO	2) Mochen, Catherine SO	3) Bryan, Elizabeth FR
4) Rolwes, Patricia SR		
4 Trinity Christian School-VA	A	2:04.21
5 Fredericksburg Christian-VA	A	2:10.99
1) Meadows, Payton JR	2) Ryan, Gabbie FR	3) Baroody, Isabel FR
4) Heth, Rachel SR		
6 Seton Swimming	B	2:11.95
1) Garvey, Anastasia FR	2) Cunningham, Lucy SO	3) Hudson, Ava JR
4) Kay, Philomena 8		
7 Saint John Paul the Great-VA	B	2:12.21
1) Angarag, Alice FR	2) Caron, Mary Alice FR	3) Williams, Maeve SO
4) White, Cecilia JR		
8 Trinity Christian School-VA	B	2:13.44
9 Oakcrest School Chargers	B	2:20.21
1) Magee, Amelia FR	2) Guenther, Louise JR	3) Walke, Belle 8
4) Erickson, Katelyn FR		
10 Fredericksburg Christian-VA	B	2:22.17
1) Blevins, Colby FR	2) Sebero, Emmah FR	3) Blevins, Hannah FR
4) DiBlasi, Isabelle JR		
11 Trinity Christian School-VA	C	X2:25.67
12 Seton Swimming	C	X2:30.00
1) Mantooth, Kateri SR	2) Hurley, Elizabeth 7	3) Rodriguez, Noemi 8
4) Bingham, Veronica 6		

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

13	Seton Swimming	D			X2:31.00
	1) Schroer, Maggie 7	2) Haggerty, Orla SO	3) Fifield, Kyleigh 8	4) Bauer, Molly SO	
14	Fredericksburg Christian-VA	C			X2:32.19
	1) Meadows, Morgan 8	2) Ryan, Adrie 6	3) Chen, Alison 7	4) Peters, Aria SO	
15	Oakcrest School Chargers	C			X2:32.21
	1) Ryan, Fiona FR	2) Diller, Bethany SO	3) Rutherford, Lilly SR	4) Williams, Luisa SO	
16	Seton Swimming	E			X2:33.00
	1) Halisky, Amelie SR	2) Haggerty, Moira SR	3) Dusek, Annie 7	4) Irving, Monica 7	
17	Seton Swimming	F			X2:34.00
	1) Zadnik, Madelyn JR	2) Russo, Gabriella 8	3) Condon, Meghan 7	4) Quispe, Allison FR	
18	Seton Swimming	G			X2:35.00
	1) Fifield, Haley SO	2) Osilka, Mary Claire FR	3) Halisky, Sophia 7	4) Heiny, Clare 7	
19	Seton Swimming	H			X2:36.00
	1) O'Malley, Shannon SO	2) Atkinson, Julia JR	3) Francis, Elizabeth SO	4) Kohlhaas, Sofia 7	
20	Seton Swimming	I			X2:37.00
	1) Waldron, Rose SO	2) Haggerty, Aoife 8	3) Bingham, Mariana 8	4) Blanchette, Kit 7	
21	Fredericksburg Christian-VA	D			X2:37.29
	1) Updike, Anna JR	2) Salafia, Siena JR	3) Myers, Christy JR	4) Webb, Ella JR	
22	Seton Swimming	J			X2:39.00
	1) Bingham, Lucia SO	2) Heiny, Maddie FR	3) Geary, Amelia JR	4) Blanchette, Meg SO	
23	Seton Swimming	K			X2:41.00
	1) Hurley, Mary Catherine SO	2) Waldron, Cate JR	3) Mantooth, Avila 7	4) Baughman, Rachel 7	
24	Seton Swimming	L			X2:42.00
	1) Judge, Jane 7	2) Waldron, Lily 7	3) Arnold, Betsy 7	4) Bauer, Katie 7	
25	Fredericksburg Christian-VA	E			X2:42.36
	1) Marte, Jaasiel 7	2) Dahlberg, Catherine 7	3) Shepard, Sarah 8	4) Campbell, Emma SR	
26	Oakcrest School Chargers	D			X2:44.12
	1) Hooff, Mary Shelton SO	2) Thornburg, Fio SO	3) Baird, Regina SR	4) Crnkovich, Teri SR	
27	Oakcrest School Chargers	E			X2:45.37
	1) Larson, Elle FR	2) Szerszen, Catherine 8	3) Turner, Lacey 8	4) Nugent, Katie SO	

**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

Name	Year	School	Seed Time
1 Phillips, Tyler	FR	Trinity Christian School-VA	1:55.03
2 Koler, Eric	FR	Saint John Paul the Great-VA	2:10.21
3 Wilson, Joe	SR	Seton Swimming	2:12.81
4 Dealey, Joey	SR	Seton Swimming	2:14.95
5 Halisky, Liam	SO	Seton Swimming	2:26.40
6 Koehr, Connor	SO	Seton Swimming	2:26.94
7 Berg, Jackson	JR	Saint John Paul the Great-VA	2:27.28
8 Kay, Patrick	7	Seton Swimming	X2:35.13
9 Updike, Spencer	JR	Fredericksburg Christian-VA	3:00.00
10 Abidin, Christian	JR	Trinity Christian School-VA	3:08.57
11 Cole, Carter	JR	Trinity Christian School-VA	NT

**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

Name	Year	School	Seed Time
1 Paradise, Stella	JR	Seton Swimming	2:07.68

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## Event 4 ... (Girls 200 Yard Freestyle)

2	Koler, Isabella	FR	Saint John Paul the Great-VA	2:16.86
3	Buff, Reagan	JR	Trinity Christian School-VA	2:17.97
4	Yaraschak, Bella	JR	Trinity Christian School-VA	2:19.22
5	Gibbons, Maggie	JR	Seton Swimming	2:19.25
6	Myers, Allie	7	Trinity Christian School-VA	X2:23.31
7	Howell, Kate	8	Fredericksburg Christian-VA	2:23.47
8	Williams, Maeve	SO	Saint John Paul the Great-VA	2:23.61
9	Bailey, Mary	JR	Trinity Christian School-VA	2:29.06
10	O'Malley, Shannon	SO	Seton Swimming	2:33.81
11	Halisky, Amelie	SR	Seton Swimming	2:35.01
12	Adams, Amelia	SO	Oakcrest School Chargers	2:38.67
13	Herrick, Julia	SO	Oakcrest School Chargers	2:54.13
14	McCormick, Madison	SO	Saint John Paul the Great-VA	3:05.00
15	Nugent, Katie	SO	Oakcrest School Chargers	3:06.66
16	Mantooth, Avila	7	Seton Swimming	X3:08.72
17	Heath, Laurel	FR	Saint John Paul the Great-VA	3:10.00
18	Yu, Laela	JR	Trinity Christian School-VA	3:20.00
19	Ryan, Fiona	FR	Oakcrest School Chargers	NT

## 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

Name	Year	School	Seed Time
1	Kim, Justin	JR Trinity Christian School-VA	2:05.94
2	Martinez, Lionel	8 Seton Swimming	2:06.00
3	Yancey, Ben	SO Trinity Christian School-VA	2:24.36
4	Wilson, Max	SO Seton Swimming	2:34.00
5	Konstanty, Peter	JR Seton Swimming	2:37.10
6	Fioramonti, Mick	JR Seton Swimming	2:41.56
7	Koler, Evan	SO Saint John Paul the Great-VA	2:44.82
8	Mastrianni, Dominic	JR Saint John Paul the Great-VA	2:58.80
9	Ryan, Nathan	8 Fredericksburg Christian-VA	3:00.00
10	Jang, Elliot	JR Trinity Christian School-VA	3:15.00
11	Judge, Dominic	8 Seton Swimming	X3:15.00

## 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

Name	Year	School	Seed Time
1	Condon, Clara	SO Seton Swimming	2:19.48
2	Davis, Gianna	SO Saint John Paul the Great-VA	2:25.00
3	Schlieter, Audrey	FR Trinity Christian School-VA	2:31.72
4	Klanderan, Liz	SO Trinity Christian School-VA	2:32.21
5	Witdoeck, Karis	SO Trinity Christian School-VA	2:36.16
6	Garvey, Anastasia	FR Seton Swimming	2:39.95
7	Zadnik, Madelyn	JR Seton Swimming	2:44.88
8	Hudson, Ava	JR Seton Swimming	2:44.98
9	Angarag, Alice	FR Saint John Paul the Great-VA	2:50.00
10	Bingham, Lucia	SO Seton Swimming	X2:54.39
11	Runyan, Emily	JR Saint John Paul the Great-VA	2:58.00
12	McDonnell, Maddie	FR Oakcrest School Chargers	3:01.47

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## Event 6 ... (Girls 200 Yard IM)

13	Blevins, Hannah	FR	Fredericksburg Christian-VA	3:12.03
14	Arnold, Betsy	7	Seton Swimming	X3:15.00
15	Bailey, Holly	FR	Trinity Christian School-VA	3:20.00
16	Fifield, Kyleigh	8	Seton Swimming	X3:30.00
17	Bailey, Anna	07	Trinity Christian School-VA	X3:40.00

## 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

	Name	Year	School	Seed Time
1	Yun, Noah	FR	Trinity Christian School-VA	24.31
2	Wilson, Joe	SR	Seton Swimming	24.36
3	Howell, Luke	FR	Fredericksburg Christian-VA	24.84
4	Halisky, Liam	SO	Seton Swimming	24.93
5	Park, Zach	JR	Trinity Christian School-VA	25.40
6	Nguyen, Drew	SO	Seton Swimming	25.44
7	Williams, Charlie	SR	Saint John Paul the Great-VA	25.58
8	Koehr, Connor	SO	Seton Swimming	X25.82
9	Salafia, Luca	FR	Fredericksburg Christian-VA	26.47
10	Fioramonti, Josh	FR	Seton Swimming	26.64
11	Koler, Evan	SO	Saint John Paul the Great-VA	27.50
12	Kay, Patrick	7	Seton Swimming	X27.81
13	Albin, Jed	JR	Seton Swimming	X28.10
14	Mantooth, Luke	JR	Seton Swimming	X28.45
15	Nguyen, Colin	SR	Seton Swimming	X28.55
16	Thornett, Harper	SR	Trinity Christian School-VA	28.81
17	Smith, James	JR	Saint John Paul the Great-VA	29.14
18	Donovan, Patrick	SR	Saint John Paul the Great-VA	29.36
19	DiBlasi, John-Parker	FR	Fredericksburg Christian-VA	29.60
20	Sokban, Daniel	8	Seton Swimming	X30.00
21	Ross, Andrew	8	Fredericksburg Christian-VA	30.12
22	Ognek, Gabe	JR	Fredericksburg Christian-VA	X30.36
23	Bishop, Aaron	JR	Seton Swimming	X30.46
24	Nguyen, Kenneth	8	Seton Swimming	X30.66
25	Green, Thomas	7	Fredericksburg Christian-VA	X31.65
26	Lynch, Joey	7	Seton Swimming	X32.40
27	Wilson, Jonas	7	Seton Swimming	X33.86
28	DiBlasi, Taft	7	Fredericksburg Christian-VA	X34.14
29	Misiano, Thomas	SR	Fredericksburg Christian-VA	X34.78
30	Cooley, JJ	FR	Seton Swimming	X35.25
31	Vaughan, Nick	SO	Seton Swimming	X35.71
32	Dwane, Joseph	JR	Seton Swimming	X37.57
33	Gregory, Jack	JR	Seton Swimming	X37.86
34	Blanchette, Tim	SR	Seton Swimming	X38.02
35	Vaughan, Noah	8	Seton Swimming	X38.82
36	Dusek, Charlie	FR	Seton Swimming	X38.93
37	Cooley, John	7	Seton Swimming	X39.72
38	Pitner, Samuel	8	Fredericksburg Christian-VA	X39.75
39	McCardell, Aidan	FR	Seton Swimming	X40.13
40	Dickson, James	7	Fredericksburg Christian-VA	X40.22
41	Liette, Jonathan	6	Fredericksburg Christian-VA	X45.59

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## Event 7 ... (Boys 50 Yard Freestyle)

42	Henry, Dominic	7	Seton Swimming	X52.19
43	Likoy, Raphaël	8	Seton Swimming	X55.35
44	Meade, Charles Fielding	6	Fredericksburg Christian-VA	X56.17

## Event 8 Girls 50 Yard Freestyle

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

Nat Cath QT: 28.95

VISAA QT: 26.96

	Name	Year	School	Seed Time
1	Pennefather, Mary	SR	Seton Swimming	25.98
2	Pattie, Sydney	FR	Saint John Paul the Great-VA	27.00
3	Wiggins, Allie	FR	Trinity Christian School-VA	27.19
4	Womack, Kristen	JR	Trinity Christian School-VA	27.27
5	Vitkovsky, Maggie	SR	Saint John Paul the Great-VA	28.64
6	Mantooth, Kateri	SR	Seton Swimming	28.81
7	White, Cecilia	JR	Saint John Paul the Great-VA	28.93
8	Schroer, Maggie	7	Seton Swimming	X29.11
9	Erickson, Katelyn	FR	Oakcrest School Chargers	29.22
10	Ryan, Gabbie	FR	Fredericksburg Christian-VA	29.48
11	Weina, Virginia	SR	Saint John Paul the Great-VA	29.50
12	Halisky, Amelie	SR	Seton Swimming	29.69
13	Magee, Amelia	FR	Oakcrest School Chargers	29.83
14	Fifield, Haley	SO	Seton Swimming	29.93
15	Hill, Emma	FR	Trinity Christian School-VA	30.05
16	Waldron, Rose	SO	Seton Swimming	X30.24
17	Walke, Belle	8	Oakcrest School Chargers	30.73
18	Hurley, Mary Catherine	SO	Seton Swimming	X30.81
19	Hurley, Elizabeth	7	Seton Swimming	X31.03
20	Heth, Rachel	SR	Fredericksburg Christian-VA	31.46
21	Salafia, Siena	JR	Fredericksburg Christian-VA	31.68
22	Meadows, Payton	JR	Fredericksburg Christian-VA	31.75
23	Myers, Christy	JR	Fredericksburg Christian-VA	X31.83
24	Haggerty, Orla	SO	Seton Swimming	X31.84
25	Haggerty, Moira	SR	Seton Swimming	X31.92
26	Russo, Gabriella	8	Seton Swimming	X32.12
27	Ryan, Adrie	6	Fredericksburg Christian-VA	X32.25
28	Atkinson, Julia	JR	Seton Swimming	X32.28
29	Bingham, Mariana	8	Seton Swimming	X32.51
30	Gear, Amelia	JR	Seton Swimming	X32.67
31	Mantooth, Avila	7	Seton Swimming	X32.78
32	Diller, Bethany	SO	Oakcrest School Chargers	33.15
33	Waldron, Lily	7	Seton Swimming	X33.37
34	Chen, Alison	7	Fredericksburg Christian-VA	X33.53
35	Rodriguez, Noemi	8	Seton Swimming	X33.54
36	Dusek, Annie	7	Seton Swimming	X33.93
37	Condon, Meghan	7	Seton Swimming	X34.04
38	Rutherford, Lilly	SR	Oakcrest School Chargers	X34.17
39	Kattah, Kayla	SO	Saint John Paul the Great-VA	X34.41
40	Guenther, Louise	JR	Oakcrest School Chargers	X34.46
41	Osilka, Mary Claire	FR	Seton Swimming	X34.50
42	Francis, Elizabeth	SO	Seton Swimming	X34.57
43	Haggerty, Aoife	8	Seton Swimming	X35.00

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## Event 8 ... (Girls 50 Yard Freestyle)

44	Baird, Regina	SR	Oakcrest School Chargers	X35.26
45	Heiny, Maddie	FR	Seton Swimming	X35.33
46	Waldron, Cate	JR	Seton Swimming	X35.57
47	Bauer, Katie	7	Seton Swimming	X35.65
48	Judge, Jane	7	Seton Swimming	X35.92
49	Heath, Laurel	FR	Saint John Paul the Great-VA	X36.00
50	Baughman, Rachel	7	Seton Swimming	X36.08
51	Blanchette, Meg	SO	Seton Swimming	X36.17
52	Blanchette, Kit	7	Seton Swimming	X36.24
53	Kohlhaas, Sofia	7	Seton Swimming	X36.25
54	Heiny, Clare	7	Seton Swimming	X37.12
55	Quispe, Allison	FR	Seton Swimming	X37.19
56	Irving, Monica	7	Seton Swimming	X37.25
57	Bauer, Molly	SO	Seton Swimming	X37.26
58	Crnkovich, Teri	SR	Oakcrest School Chargers	X37.45
59	Bang, Sophia	07	Trinity Christian School-VA	X38.60
60	Shepard, Sarah	8	Fredericksburg Christian-VA	X39.72
61	Bingham, Veronica	6	Seton Swimming	X41.20
62	Nguyen, Bella	7	Seton Swimming	X41.61
63	Yu, Laela	JR	Trinity Christian School-VA	41.76
64	Gonzalez, Veronica	7	Seton Swimming	X42.14
65	Stower, Sabrina	7	Fredericksburg Christian-VA	X42.34
66	Campbell, Emma	SR	Fredericksburg Christian-VA	X43.02
67	Marte, Jaasiel	7	Fredericksburg Christian-VA	X43.86
68	Blanchette, Nora	FR	Seton Swimming	X44.32
69	McCloud, Evie	6	Fredericksburg Christian-VA	X45.32
70	Quispe, Camila	6	Seton Swimming	X45.50
71	Kramer, Cora	8	Seton Swimming	X45.79
72	Shillingburg, Briana	SO	Seton Swimming	X45.92

## Event 9 Boys 1 mtr Diving

SST Record: 207.40 1/19/2013 J. Doran

Name	Year	School	
1	Koehr, Connor	SO	Seton Swimming 188.10
2	Fioramonti, Mick	JR	Seton Swimming X152.70
3	Brox, JJ	SR	Seton Swimming X146.77
4	Oswald, Jacob	SO	Seton Swimming 142.87
5	Gonzalez, Max	SO	Seton Swimming 137.55
6	Miller, Dominic	JR	Seton Swimming X133.35
7	Kohlhaas, Gus	FR	Seton Swimming 125.10
8	Brox, Michael	SO	Seton Swimming X87.45
9	Kelly, Kieran	SO	Seton Swimming X45.45
10	Thornett, Harper	SR	Trinity Christian School-VA NP
11	Wang, Luke	JR	Trinity Christian School-VA NP

## Event 10 Girls 1 mtr Diving

SST Record: 152.55 2/12/2022 M.C. Waldron

Name	Year	School	
1	Waldron, Rose	SO	Seton Swimming 132.37
2	Francis, Elizabeth	SO	Seton Swimming 102.30
3	Miller, Maria	FR	Seton Swimming 88.50
4	Condon, Meghan	7	Seton Swimming X69.60
5	Grinder, Lauren	7	Seton Swimming X36.97

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

6	Kelly, Cecelia	7	Seton Swimming	X35.32
7	Guenther, Louise	JR	Oakcrest School Chargers	NP
8	Rolwes, Patricia	SR	Oakcrest School Chargers	NP
9	Hill, Emma	FR	Trinity Christian School-VA	NP
10	Mauk, Sam	SR	Trinity Christian School-VA	NP

**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

	Name	Year	School	Seed Time
1	Phillips, Tyler	FR	Trinity Christian School-VA	54.06
2	Williams, Charlie	SR	Saint John Paul the Great-VA	1:01.20
3	Knewton, Jack	JR	Fredericksburg Christian-VA	1:03.62
4	Hudson, David	JR	Seton Swimming	1:04.98
5	Brox, Michael	SO	Seton Swimming	1:09.94
6	Bang, Caleb	FR	Trinity Christian School-VA	1:12.32
7	Sokban, William	SO	Seton Swimming	1:12.49
8	Wilson, Max	SO	Seton Swimming	1:13.60
9	Martinez, Thiago	7	Seton Swimming	X1:25.00
10	Bauer, Greg	FR	Seton Swimming	X1:30.00
11	Judge, Dominic	8	Seton Swimming	X1:33.09
12	Valenzuela, David	SR	Trinity Christian School-VA	NT

**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

	Name	Year	School	Seed Time
1	Witdoeck, Allie	JR	Trinity Christian School-VA	55.14
2	Aldeguer, Ariana	8	Seton Swimming	1:01.86
3	Baroody, Isabel	FR	Fredericksburg Christian-VA	1:05.67
4	Bryan, Elizabeth	FR	Oakcrest School Chargers	1:06.11
5	Schlieter, Audrey	FR	Trinity Christian School-VA	1:10.16
6	Pattie, Sydney	FR	Saint John Paul the Great-VA	1:10.78
7	Garvey, Anastasia	FR	Seton Swimming	1:15.03
8	Bingham, Lucia	SO	Seton Swimming	1:18.51
9	Caron, Mary Alice	FR	Saint John Paul the Great-VA	1:19.16
10	Hudson, Ava	JR	Seton Swimming	1:20.12
11	Meunier, Cecelia	SR	Oakcrest School Chargers	1:20.95
12	Bang, Selah	SR	Trinity Christian School-VA	1:23.16
13	Kay, Philomena	8	Seton Swimming	X1:27.00
14	Halisky, Sophia	7	Seton Swimming	X1:30.00
15	Arnold, Betsy	7	Seton Swimming	X1:30.00
16	Atkinson, Julia	JR	Seton Swimming	X1:35.33
17	Mitchell, Ajai	JR	Trinity Christian School-VA	1:40.00

**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

	Name	Year	School	Seed Time
1	Brox, JJ	SR	Seton Swimming	56.95
2	Borneman, Joseph	SO	Seton Swimming	57.77

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**Event 13 ... (Boys 100 Yard Freestyle)**

3	Park, Zach	JR	Trinity Christian School-VA	58.49
4	Cole, Carter	JR	Trinity Christian School-VA	59.49
5	Dealey, Joey	SR	Seton Swimming	59.54
6	Konstanty, Peter	JR	Seton Swimming	1:00.47
7	Mastrianni, Dominic	JR	Saint John Paul the Great-VA	1:02.11
8	Beltran, Ryan	JR	Seton Swimming	X1:05.64
9	Jang, Elliot	JR	Trinity Christian School-VA	1:05.79
10	Berg, Jackson	JR	Saint John Paul the Great-VA	1:07.19
11	Smith, James	JR	Saint John Paul the Great-VA	1:09.75
12	Ross, Andrew	8	Fredericksburg Christian-VA	1:10.17
13	Nguyen, Kenneth	8	Seton Swimming	X1:13.92
14	Ognek, Gabe	JR	Fredericksburg Christian-VA	1:14.51
15	Lynch, Joey	7	Seton Swimming	X1:14.88
16	Updike, Spencer	JR	Fredericksburg Christian-VA	1:15.00
17	Shofi, Luke	FR	Fredericksburg Christian-VA	1:15.58
18	Wilson, Jonas	7	Seton Swimming	X1:19.22
19	Green, Thomas	7	Fredericksburg Christian-VA	X1:19.88
20	DiBlasi, Taft	7	Fredericksburg Christian-VA	X1:19.90
21	Pitner, Samuel	8	Fredericksburg Christian-VA	X1:30.95
22	Dwane, Joseph	JR	Seton Swimming	X1:39.62
23	Liette, Jonathan	6	Fredericksburg Christian-VA	X1:45.00
24	McCardell, Aidan	FR	Seton Swimming	X1:46.45
25	Meade, Charles Fielding	6	Fredericksburg Christian-VA	X2:00.00
26	Henry, Dominic	7	Seton Swimming	X2:06.12
27	Likoy, Raphaël	8	Seton Swimming	X2:11.08

**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

	Name	Year	School	Seed Time
1	Davis, Gianna	SO	Saint John Paul the Great-VA	55.70
2	Paradise, Stella	JR	Seton Swimming	57.34
3	Pennefather, Mary	SR	Seton Swimming	58.39
4	Wiggins, Allie	FR	Trinity Christian School-VA	59.38
5	Buff, Reagan	JR	Trinity Christian School-VA	59.66
6	Koler, Isabella	FR	Saint John Paul the Great-VA	1:01.00
7	Phillips, Amy	SR	Trinity Christian School-VA	1:04.37
8	Oswald, Jacqueline	SR	Seton Swimming	1:04.65
9	Brox, Elodie	SO	Seton Swimming	1:04.93
10	Bailey, Mary	JR	Trinity Christian School-VA	1:05.47
11	Kay, Sandra	FR	Saint John Paul the Great-VA	1:07.00
12	Weina, Virginia	SR	Saint John Paul the Great-VA	1:07.04
13	Howell, Kate	8	Fredericksburg Christian-VA	1:09.24
14	Hurley, Mary Catherine	SO	Seton Swimming	X1:12.15
15	Miller, Elizabeth	FR	Saint John Paul the Great-VA	X1:12.66
16	Blevins, Colby	FR	Fredericksburg Christian-VA	1:13.10
17	Sebero, Emmah	FR	Fredericksburg Christian-VA	1:13.60
18	Herrick, Julia	SO	Oakcrest School Chargers	1:14.66
19	DiBlasi, Isabelle	JR	Fredericksburg Christian-VA	1:15.00
20	Mochen, Catherine	SO	Oakcrest School Chargers	1:15.97
21	Turner, Lacey	8	Oakcrest School Chargers	1:16.23

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## Event 14 ... (Girls 100 Yard Freestyle)

22	Francis, Elizabeth	SO	Seton Swimming	X1:16.35
23	Baird, Regina	SR	Oakcrest School Chargers	1:18.11
24	Fifield, Kyleigh	8	Seton Swimming	X1:18.64
25	Dahlberg, Catherine	7	Fredericksburg Christian-VA	X1:18.96
26	Kattah, Kayla	SO	Saint John Paul the Great-VA	X1:19.59
27	Bailey, Anna	07	Trinity Christian School-VA	X1:20.46
28	Haggerty, Aoife	8	Seton Swimming	X1:21.49
29	Bauer, Katie	7	Seton Swimming	X1:22.21
30	McCormick, Madison	SO	Saint John Paul the Great-VA	X1:22.53
31	Blanchette, Meg	SO	Seton Swimming	X1:25.24
32	Williams, Luisa	SO	Oakcrest School Chargers	X1:25.44
33	Peters, Aria	SO	Fredericksburg Christian-VA	X1:26.05
34	Meadows, Morgan	8	Fredericksburg Christian-VA	X1:26.30
35	Crnkovich, Teri	SR	Oakcrest School Chargers	X1:26.35
36	Larson, Elle	FR	Oakcrest School Chargers	X1:26.58
37	Quispe, Allison	FR	Seton Swimming	X1:27.04
38	Updike, Anna	JR	Fredericksburg Christian-VA	X1:27.14
39	Judge, Jane	7	Seton Swimming	X1:27.40
40	Blanchette, Kit	7	Seton Swimming	X1:29.84
41	Thornburg, Fio	SO	Oakcrest School Chargers	X1:30.22
42	Irving, Monica	7	Seton Swimming	X1:32.64
43	Bingham, Veronica	6	Seton Swimming	X1:34.10
44	Marte, Jaasiel	7	Fredericksburg Christian-VA	X1:35.00
45	Hooff, Mary Shelton	SO	Oakcrest School Chargers	X1:35.22
46	Webb, Ella	JR	Fredericksburg Christian-VA	X1:37.76
47	McCloud, Evie	6	Fredericksburg Christian-VA	X1:40.00
48	Szerszen, Catherine	8	Oakcrest School Chargers	X1:40.04
49	Shillingburg, Briana	SO	Seton Swimming	X1:50.88

## 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

	Name	Year	School	Seed Time
1	Yancey, Ben	SO	Trinity Christian School-VA	5:56.29
2	Brox, Michael	SO	Seton Swimming	6:18.33
3	Sokban, William	SO	Seton Swimming	6:20.12
4	Hudson, David	JR	Seton Swimming	6:32.57
5	Albin, Jed	JR	Seton Swimming	6:36.61
6	Bang, Caleb	FR	Trinity Christian School-VA	6:45.44
7	Sicks, Campbell	SR	Trinity Christian School-VA	6:57.09

## 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

	Name	Year	School	Seed Time
1	Witdoeck, Allie	JR	Trinity Christian School-VA	5:03.19
2	Condon, Clara	SO	Seton Swimming	5:57.69
3	Yaraschak, Bella	JR	Trinity Christian School-VA	6:19.50
4	Kay, Philomena	8	Seton Swimming	6:43.89
5	Walke, Belle	8	Oakcrest School Chargers	6:45.22
6	Zadnik, Madelyn	JR	Seton Swimming	7:13.62

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## Event 16 ... (Girls 500 Yard Freestyle)

7	Cunningham, Lucy	SO	Seton Swimming	7:17.41
8	Brown, Lena	07	Trinity Christian School-VA	X7:20.00
9	Ratcliffe, Eliana	SO	Trinity Christian School-VA	7:20.17
10	Magee, Amelia	FR	Oakcrest School Chargers	7:21.93
11	Haggerty, Moira	SR	Seton Swimming	X7:27.89
12	Bang, Sophia	07	Trinity Christian School-VA	X7:40.00
13	Diller, Bethany	SO	Oakcrest School Chargers	8:04.58
14	Halisky, Sophia	7	Seton Swimming	X8:48.50

## 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

Team	Relay	Seed Time
1 Trinity Christian School-VA	A	1:41.00
2 Seton Swimming	A	1:41.40
1) Hudson, David JR	2) Brox, JJ SR	3) Nguyen, Drew SO
4) Halisky, Liam SO		
3 Seton Swimming	B	1:45.59
1) Koehr, Connor SO	2) Brox, Michael SO	3) Borneman, Joseph SO
4) Dealey, Joey SR		
4 Saint John Paul the Great-VA	A	1:47.39
1) Koler, Eric FR	2) Mastrianni, Dominic JR	3) Williams, Charlie SR
4) Berg, Jackson JR		
5 Trinity Christian School-VA	B	1:51.22
6 Fredericksburg Christian-VA	A	1:56.04
1) Knewton, Jack JR	2) DiBlasi, John-Parker FR	3) Salafia, Luca FR
4) Howell, Luke FR		
7 Fredericksburg Christian-VA	B	2:02.25
1) Ryan, Nathan 8	2) Volk, Jimmy SR	3) Ogniek, Gabe JR
4) Ross, Andrew 8		
8 Fredericksburg Christian-VA	C	X2:09.01
1) DiBlasi, Taft 7	2) Misiano, Thomas SR	3) Updike, Spencer JR
4) Green, Thomas 7		
9 Fredericksburg Christian-VA	D	X2:19.12
1) Dickson, James 7	2) Meade, Charles Fielding 6	3) Liette, Jonathan 6
4) Pitner, Samuel 8		
10 Seton Swimming	C	X2:20.00
1) Fioramonti, Josh FR	2) Bishop, Aaron JR	3) Nguyen, Kenneth 8
4) Blanchette, Tim SR		
11 Seton Swimming	D	X2:22.00
1) Fioramonti, Mick JR	2) Sokban, Daniel 8	3) Lynch, Joey 7
4) Gregory, Jack JR		
12 Seton Swimming	E	X2:24.00
1) Martinez, Thiago 7	2) Judge, Dominic 8	3) Wilson, Jonas 7
4) Likoy, Raphaël 8		
13 Seton Swimming	F	X2:26.00
1) Kay, Patrick 7	2) Nguyen, Colin SR	3) Cooley, JJ FR
4) Henry, Dominic 7		
14 Seton Swimming	G	X2:28.00
1) Beltran, Ryan JR	2) Mantoath, Luke JR	3) Vaughan, Nick SO
4) McCardell, Aidan FR		
15 Seton Swimming	H	X2:30.00
1) Bauer, Greg FR	2) Albin, Jed JR	3) Dwane, Joseph JR
4) Cooley, John 7		

## 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

Team	Relay	Seed Time
1 Trinity Christian School-VA	A	1:47.91
2 Seton Swimming	A	1:48.05
1) Brox, Elodie SO	2) Kay, Philomena 8	3) Oswald, Jacqueline SR
4) Gibbons, Maggie JR		
3 Saint John Paul the Great-VA	A	1:48.74
1) Caron, Mary Alice FR	2) Koler, Isabella FR	3) Pattie, Sydney FR
4) Davis, Gianna SO		

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

4	Oakcrest School Chargers	A	1:50.33
	1) Erickson, Katelyn FR	2) McDonnell, Maddie FR	3) Rolwes, Patricia SR
			4) Bryan, Elizabeth FR
5	Trinity Christian School-VA	B	1:56.44
6	Seton Swimming	B	1:56.73
	1) Bingham, Lucia SO	2) Halisky, Amelie SR	3) Zadnik, Madelyn JR
			4) Mantooth, Kateri SR
7	Fredericksburg Christian-VA	A	1:58.66
	1) Howell, Kate 8	2) Roberson, Emma FR	3) Ryan, Gabbie FR
			4) Ellis, Hannah 8
8	Fredericksburg Christian-VA	B	1:59.00
	1) Sebero, Emmah FR	2) Meadows, Payton JR	3) DiBlasi, Isabelle JR
			4) Heth, Rachel SR
9	Oakcrest School Chargers	B	2:00.69
	1) Guenther, Louise JR	2) Mochen, Catherine SO	3) Herrick, Julia SO
			4) Meunier, Cecelia SR
10	Fredericksburg Christian-VA	C	X2:05.15
	1) Blevins, Hannah FR	2) Updike, Anna JR	3) Salafia, Siena JR
			4) Myers, Christy JR
11	Oakcrest School Chargers	C	X2:06.72
	1) Baird, Regina SR	2) Williams, Luisa SO	3) Larson, Elle FR
			4) Turner, Lacey 8
12	Oakcrest School Chargers	D	X2:08.77
	1) Ryan, Fiona FR	2) Hooff, Mary Shelton SO	3) Crnkovich, Teri SR
			4) Thornburg, Fio SO
13	Fredericksburg Christian-VA	D	X2:13.87
	1) Blevins, Colby FR	2) Dahlberg, Catherine 7	3) Chen, Alison 7
			4) Ryan, Adrie 6
14	Saint John Paul the Great-VA	B	2:15.74
	1) Angarag, Alice FR	2) Kay, Sandra FR	3) Vitkovsky, Maggie SR
			4) Runyan, Emily JR
15	Seton Swimming	C	X2:20.00
	1) Schroer, Maggie 7	2) Fifield, Kyleigh 8	3) Dusek, Annie 7
			4) Heiny, Clare 7
16	Seton Swimming	D	X2:22.00
	1) Fifield, Haley SO	2) Rodriguez, Noemi 8	3) Condon, Meghan 7
			4) Kohlhaas, Sofia 7
17	Saint John Paul the Great-VA	C	X2:24.01
	1) Kattah, Kayla SO	2) Heath, Laurel FR	3) McCormick, Madison SO
			4) Miller, Elizabeth FR
18	Seton Swimming	E	X2:26.00
	1) O'Malley, Shannon SO	2) Waldron, Lily 7	3) Osilka, Mary Claire FR
			4) Blanchette, Kit 7
19	Trinity Christian School-VA	C	X2:27.76
20	Seton Swimming	F	X2:28.00
	1) Waldron, Rose SO	2) Mantooth, Avila 7	3) Francis, Elizabeth SO
			4) Blanchette, Meg SO
21	Seton Swimming	G	X2:30.00
	1) Hudson, Ava JR	2) Geary, Amelia JR	3) Haggerty, Aoife 8
			4) Shillingburg, Briana SO
22	Seton Swimming	H	X2:32.00
	1) Hurley, Mary Catherine SO	2) Bingham, Mariana 8	3) Heiny, Maddie FR
			4) Kramer, Cora 8
23	Seton Swimming	I	X2:34.00
	1) Arnold, Betsy 7	2) Atkinson, Julia JR	3) Waldron, Cate JR
			4) Quispe, Camila 6
24	Seton Swimming	J	X2:36.00
	1) Hurley, Elizabeth 7	2) Halisky, Sophia 7	3) Bauer, Katie 7
			4) Blanchette, Nora FR
25	Seton Swimming	K	X2:38.00
	1) Cunningham, Lucy SO	2) Russo, Gabriella 8	3) Judge, Jane 7
			4) Gonzalez, Veronica 7
26	Fredericksburg Christian-VA	E	X2:39.32
	1) Stower, Sabrina 7	2) McCloud, Evie 6	3) Marte, Jaasiel 7
			4) Webb, Ella JR
27	Seton Swimming	L	X2:40.00
	1) Haggerty, Orla SO	2) Haggerty, Moira SR	3) Baughman, Rachel 7
			4) Nguyen, Bella 7

## 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

	Name	Year	School	Seed Time
1	Yun, Noah	FR	Trinity Christian School-VA	58.41
2	Martinez, Lionel	8	Seton Swimming	1:00.91

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## Event 19 ... (Boys 100 Yard Backstroke)

3	Fioramonti, Mick	JR	Seton Swimming	1:05.23
4	Martinez, Thiago	7	Seton Swimming	X1:09.02
5	Borneman, Joseph	SO	Seton Swimming	1:11.87
6	Beltran, Ryan	JR	Seton Swimming	1:13.57
7	Sokban, Daniel	8	Seton Swimming	X1:24.55
8	Shofi, Luke	FR	Fredericksburg Christian-VA	1:30.00
9	Abidin, Christian	JR	Trinity Christian School-VA	1:30.42
10	Volk, Jimmy	SR	Fredericksburg Christian-VA	1:35.00
11	Valenzuela, David	SR	Trinity Christian School-VA	1:35.23
12	Cooley, JJ	FR	Seton Swimming	X1:41.61
13	Misiano, Thomas	SR	Fredericksburg Christian-VA	1:45.00
14	Dickson, James	7	Fredericksburg Christian-VA	X1:45.00
15	Dusek, Charlie	FR	Seton Swimming	X1:47.18
16	Blanchette, Tim	SR	Seton Swimming	X1:52.38
17	Vaughan, Noah	8	Seton Swimming	X1:59.95

## 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

Name	Year	School	Seed Time	
1	Aldeguer, Ariana	8	Seton Swimming	1:04.67
2	Womack, Kristen	JR	Trinity Christian School-VA	1:07.75
3	Baroody, Isabel	FR	Fredericksburg Christian-VA	1:08.76
4	Gibbons, Maggie	JR	Seton Swimming	1:11.31
5	Phillips, Amy	SR	Trinity Christian School-VA	1:11.38
6	Caron, Mary Alice	FR	Saint John Paul the Great-VA	1:12.68
7	Meunier, Cecelia	SR	Oakcrest School Chargers	1:12.96
8	Fifield, Haley	SO	Seton Swimming	1:14.96
9	Adams, Amelia	SO	Oakcrest School Chargers	1:15.02
10	McDonnell, Maddie	FR	Oakcrest School Chargers	1:16.73
11	Bang, Selah	SR	Trinity Christian School-VA	1:17.30
12	Vitkovsky, Maggie	SR	Saint John Paul the Great-VA	1:21.87
13	White, Cecilia	JR	Saint John Paul the Great-VA	1:22.75
14	Hurley, Elizabeth	7	Seton Swimming	X1:23.55
15	Angarag, Alice	FR	Saint John Paul the Great-VA	1:24.18
16	Erickson, Katelyn	FR	Oakcrest School Chargers	1:24.68
17	Rutherford, Lilly	SR	Oakcrest School Chargers	X1:26.71
18	Russo, Gabriella	8	Seton Swimming	1:27.29
19	Bingham, Mariana	8	Seton Swimming	X1:31.03
20	Osilka, Mary Claire	FR	Seton Swimming	X1:31.40
21	Meadows, Morgan	8	Fredericksburg Christian-VA	1:32.91
22	Waldron, Lily	7	Seton Swimming	X1:33.18
23	Shepard, Sarah	8	Fredericksburg Christian-VA	1:35.00
24	Rodriguez, Noemi	8	Seton Swimming	X1:36.48
25	Geary, Amelia	JR	Seton Swimming	X1:38.44
26	Dusek, Annie	7	Seton Swimming	X1:39.10
27	Baughman, Rachel	7	Seton Swimming	X1:40.35
28	Campbell, Emma	SR	Fredericksburg Christian-VA	1:42.00
29	Haggerty, Orla	SO	Seton Swimming	X1:44.20
30	Turner, Lacey	8	Oakcrest School Chargers	X1:44.99
31	Peters, Aria	SO	Fredericksburg Christian-VA	X1:45.00

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## Event 20 ... (Girls 100 Yard Backstroke)

32	Mitchell, Ajai	JR	Trinity Christian School-VA	1:45.37
33	Nguyen, Bella	7	Seton Swimming	X1:45.92
34	Heiny, Clare	7	Seton Swimming	X1:48.69
35	Kohlhaas, Sofia	7	Seton Swimming	X2:02.96
36	Blanchette, Nora	FR	Seton Swimming	X2:05.42
37	Quispe, Camila	6	Seton Swimming	X2:11.41
38	Kramer, Cora	8	Seton Swimming	X2:25.92
39	Nugent, Katie	SO	Oakcrest School Chargers	XNT
40	Larson, Elle	FR	Oakcrest School Chargers	XNT

## 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

	Name	Year	School	Seed Time
1	Kim, Justin	JR	Trinity Christian School-VA	1:05.10
2	Koler, Eric	FR	Saint John Paul the Great-VA	1:08.47
3	Brox, JJ	SR	Seton Swimming	1:08.66
4	Nguyen, Drew	SO	Seton Swimming	1:13.04
5	Sicks, Campbell	SR	Trinity Christian School-VA	1:15.47
6	Wang, Luke	JR	Trinity Christian School-VA	1:17.07
7	Mantooth, Luke	JR	Seton Swimming	1:19.50
8	Bauer, Greg	FR	Seton Swimming	1:24.31
9	Donovan, Patrick	SR	Saint John Paul the Great-VA	1:24.71
10	Nguyen, Colin	SR	Seton Swimming	X1:28.27
11	Fioramonti, Josh	FR	Seton Swimming	X1:34.03
12	Bishop, Aaron	JR	Seton Swimming	X1:45.23
13	Gregory, Jack	JR	Seton Swimming	X2:10.00
14	Vaughan, Nick	SO	Seton Swimming	X2:17.64
15	Cooley, John	7	Seton Swimming	X2:35.38

## 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

	Name	Year	School	Seed Time
1	Bryan, Elizabeth	FR	Oakcrest School Chargers	1:10.38
2	Williams, Maeve	SO	Saint John Paul the Great-VA	1:18.42
3	Brox, Elodie	SO	Seton Swimming	1:19.49
4	Klanderma, Liz	SO	Trinity Christian School-VA	1:19.78
5	Mochen, Catherine	SO	Oakcrest School Chargers	1:21.59
6	Waldron, Rose	SO	Seton Swimming	1:22.30
7	Oswald, Jacqueline	SR	Seton Swimming	1:22.72
8	Witdoeck, Karis	SO	Trinity Christian School-VA	1:24.68
9	Kay, Sandra	FR	Saint John Paul the Great-VA	1:25.71
10	Myers, Allie	7	Trinity Christian School-VA	X1:27.48
11	Ryan, Gabbie	FR	Fredericksburg Christian-VA	1:27.81
12	Mantooth, Kateri	SR	Seton Swimming	1:27.99
13	Condon, Meghan	7	Seton Swimming	X1:28.21
14	Bailey, Holly	FR	Trinity Christian School-VA	1:33.18
15	Bauer, Molly	SO	Seton Swimming	X1:34.51
16	DiBlasi, Isabelle	JR	Fredericksburg Christian-VA	1:35.00
17	O'Malley, Shannon	SO	Seton Swimming	X1:35.06

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## Event 22 ... (Girls 100 Yard Breaststroke)

18	Ratcliffe, Eliana	SO	Trinity Christian School-VA	1:35.71
19	Schroer, Maggie	7	Seton Swimming	X1:38.17
20	Ryan, Fiona	FR	Oakcrest School Chargers	1:38.25
21	Thornburg, Fio	SO	Oakcrest School Chargers	1:38.44
22	Cunningham, Lucy	SO	Seton Swimming	X1:38.93
23	Salafia, Siena	JR	Fredericksburg Christian-VA	1:39.00
24	Myers, Christy	JR	Fredericksburg Christian-VA	1:40.00
25	Miller, Elizabeth	FR	Saint John Paul the Great-VA	1:40.00
26	Brown, Lena	07	Trinity Christian School-VA	X1:40.00
27	Runyan, Emily	JR	Saint John Paul the Great-VA	1:40.15
28	Szerszen, Catherine	8	Oakcrest School Chargers	X1:42.36
29	Dahlberg, Catherine	7	Fredericksburg Christian-VA	X1:45.00
30	Heiny, Maddie	FR	Seton Swimming	X1:46.27
31	Stower, Sabrina	7	Fredericksburg Christian-VA	X1:50.00
32	Waldron, Cate	JR	Seton Swimming	X1:52.45
33	Gonzalez, Veronica	7	Seton Swimming	X2:06.46
34	Hooff, Mary Shelton	SO	Oakcrest School Chargers	XNT

## 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

Team	Relay	Seed Time		
1	Trinity Christian School-VA	A	3:44.19	
2	Seton Swimming	A	3:49.19	
	1) Martinez, Lionel 8	2) Borneman, Joseph SO	3) Brox, Michael SO	4) Wilson, Joe SR
3	Seton Swimming	B	3:57.67	
	1) Wilson, Max SO	2) Konstanty, Peter JR	3) Sokban, William SO	4) Dealey, Joey SR
4	Saint John Paul the Great-VA	A	4:14.00	
	1) Koler, Evan SO	2) Berg, Jackson JR	3) Donovan, Patrick SR	4) Mastrianni, Dominic JR
5	Fredericksburg Christian-VA	A	4:24.73	
	1) Howell, Luke FR	2) Ryan, Nathan 8	3) Salafia, Luca FR	4) Knewton, Jack JR
6	Trinity Christian School-VA	B	4:40.54	
7	Fredericksburg Christian-VA	B	4:50.41	
	1) DiBlasi, John-Parker FR	2) Volk, Jimmy SR	3) Ognek, Gabe JR	4) Shofi, Luke FR
8	Fredericksburg Christian-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

Team	Relay	Seed Time		
1	Trinity Christian School-VA	A	4:00.28	
2	Saint John Paul the Great-VA	A	4:05.72	
	1) Weina, Virginia SR	2) White, Cecilia JR	3) Davis, Gianna SO	4) Williams, Maeve SO
3	Oakcrest School Chargers	A	4:06.83	
	1) Adams, Amelia SO	2) Magee, Amelia FR	3) McDonnell, Maddie FR	4) Meunier, Cecelia SR
4	Seton Swimming	A	4:07.87	
	1) Aldeguer, Ariana 8	2) Condon, Clara SO	3) Pennefather, Mary SR	4) Paradise, Stella JR
5	Trinity Christian School-VA	B	4:10.32	
6	Fredericksburg Christian-VA	A	4:24.56	
	1) Baroody, Isabel FR	2) Meadows, Payton JR	3) Roberson, Emma FR	4) Ellis, Hannah 8

**VCAC Invitational - 1/7/2023****Psych Sheet****Event 24 ... (Girls 400 Yard Freestyle Relay)**

7	Seton Swimming	B		4:30.24
	1) Gibbons, Maggie JR		2) Garvey, Anastasia FR	
			3) Oswald, Jacqueline SR	4) Brox, Elodie SO
8	Fredericksburg Christian-VA	B		4:39.00
	1) Heth, Rachel SR		2) Sebero, Emmah FR	
			3) Blevins, Hannah FR	4) Howell, Kate 8
9	Saint John Paul the Great-VA	B		4:39.96
	1) Runyan, Emily JR		2) McCormick, Madison SO	
			3) Kay, Sandra FR	4) Miller, Elizabeth FR
10	Fredericksburg Christian-VA	C		X4:49.50
	1) Chen, Alison 7		2) Meadows, Morgan 8	
			3) Ryan, Adrie 6	4) Blevins, Colby FR
11	Fredericksburg Christian-VA	D		X4:52.19
	1) Shepard, Sarah 8		2) Peters, Aria SO	
			3) Webb, Ella JR	4) Updike, Anna JR
12	Trinity Christian School-VA	C		X5:03.78
13	Oakcrest School Chargers	B		NT
	1) Rolwes, Patricia SR		2) Herrick, Julia SO	
			3) Diller, Bethany SO	4) Walke, Belle 8