

VCAC Invitational - 1/7/2023

Results

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 #

Team	Relay	Seed Time	Finals Time	Points
1 Seton Swimming	A	1:49.25	1:47.26 +	
1) Koehr, Connor SO	2) Nguyen, Drew SO	3) Wilson, Joe SR	4) Martinez, Lionel 8	
28.48 30.50 25.41	22.87			
2 Seton Swimming	B	1:54.67	1:50.26 #	
1) Fioramonti, Mick JR	2) Brox, JJ SR	3) Hudson, David JR	4) Halisky, Liam SO	
29.32 30.29 26.76	23.89			
3 Trinity Christian School-VA	A	1:49.20	1:50.59 #	
1) Yun, Noah FR	2) Kim, Justin JR	3) Bang, Caleb FR	4) Yancey, Ben SO	
28.47 30.04 26.80	25.28			
4 Fredericksburg Christian-VA	A	2:05.82	1:58.45	
1) Howell, Luke FR	2) DiBlasi, John-Parker FR	3) Knewtson, Jack JR	4) Salafia, Luca FR	
27.84 37.18 27.74	25.69			
5 Trinity Christian School-VA	B	2:00.23	2:00.56	
1) Park, Zach JR	2) Sicks, Campbell SR	3) Cole, Carter JR	4) Wang, Luke JR	
31.29 34.38 28.06	26.83			
6 Saint John Paul the Great-VA	A	2:04.23	2:08.43	
1) Williams, Charlie SR	2) Koler, Eric FR	3) Smith, James JR	4) Donovan, Patrick SR	
30.76 31.26 37.73	28.68			
7 Fredericksburg Christian-VA	B	2:35.00	2:25.75	
1) Shofi, Luke FR	2) Ryan, Nathan 8	3) Ross, Andrew 8	4) Volk, Jimmy SR	
42.55	30.32			
--- Seton Swimming	E	2:32.00	X2:26.23	
1) Konstanty, Peter JR	2) Nguyen, Kenneth 8	3) Albin, Jed JR	4) Gregory, Jack JR	
35.25 39.26 33.11	38.61			
--- Seton Swimming	G	2:34.00	X2:29.25	
1) Martinez, Thiago 7	2) Nguyen, Colin SR	3) Wilson, Jonas 7	4) Vaughan, Noah 8	
30.40 38.61 42.02	38.22			
--- Seton Swimming	D	2:31.00	X2:34.43	
1) Wilson, Max SO	2) Bishop, Aaron JR	3) Bauer, Greg FR	4) Henry, Dominic 7	
31.15 40.66 35.25	47.37			
--- Seton Swimming	H	2:35.00	X2:35.27	
1) Kay, Patrick 7	2) Dusek, Charlie FR	3) Cooley, JJ FR	4) Judge, Dominic 8	
34.43 49.09 41.98	29.77			
--- Seton Swimming	F	2:33.00	X2:39.19	
1) Sokban, William SO	2) Mantooth, Luke JR	3) Lynch, Joey 7	4) McCardell, Aidan FR	
34.18 34.08 36.57	54.36			
--- Seton Swimming	C	2:30.00	XDQ	
1) Fioramonti, Josh FR	2) Likoy, Raphaël 8	3) Sokban, Daniel 8	4) Vaughan, Nick SO	

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 #

Team	Relay	Seed Time	Finals Time	Points
1 Seton Swimming	A	1:57.78	1:54.56 +	
1) Aldeguer, Ariana 8	2) Condon, Clara SO	3) Paradise, Stella JR	4) Pennefather, Mary SR	
29.06 30.88 28.00	26.62			
2 Trinity Christian School-VA	A	2:04.21	1:57.63 +	
1) Wiggins, Allie FR	2) Witdoeck, Allie JR	3) Schlieter, Audrey FR	4) Womack, Kristen JR	
30.17 33.29 27.97	26.20			

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(Event 2 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Finals Time	Points
3 Oakcrest School Chargers	A	2:03.76	2:09.24 +	
1) Adams, Amelia SO	2) Mochen, Catherine SO	3) Bryan, Elizabeth FR	4) Rolwes, Patricia SR	
32.66 39.17 27.26	30.15			
4 Saint John Paul the Great-VA	A	2:02.58	2:10.81 #	
1) Weina, Virginia SR	2) Koler, Isabella FR	3) Pattie, Sydney FR	4) Vitkovsky, Maggie SR	
35.20 33.75 31.91	29.95			
5 Oakcrest School Chargers	B	2:20.21	2:16.28	
1) Magee, Amelia FR	2) Guenther, Louise JR	3) Walke, Belle 8	4) Erickson, Katelyn FR	
36.29 37.65 33.81	28.53			
6 Trinity Christian School-VA	B	2:13.44	2:16.31	
1) Bang, Selah SR	2) Witdoeckt, Karis SO	3) Yaraschak, Bella JR	4) Ratcliffe, Eliana SO	
35.67 38.79 31.95	29.90			
7 Fredericksburg Christian-VA	A	2:10.99	2:17.10	
1) Meadows, Payton JR	2) Ryan, Gabbie FR	3) Baroody, Isabel FR	4) Heth, Rachel SR	
38.89 38.47 29.61	30.13			
8 Saint John Paul the Great-VA	B	2:12.21	2:19.41	
1) Angarag, Alice FR	2) Caron, Mary Alice FR	3) Williams, Maeve SO	4) White, Cecilia JR	
43.58 33.90 32.87	29.06			
9 Seton Swimming	B	2:11.95	2:19.59	
1) Garvey, Anastasia FR	2) Cunningham, Lucy SO	3) Hudson, Ava JR	4) Kay, Philomena 8	
31.82 44.48 34.61	28.68			
10 Fredericksburg Christian-VA	B	2:22.17	2:28.80	
1) Blevins, Colby FR	2) Sebero, Emmah FR	3) Blevins, Hannah FR	4) DiBlasi, Isabelle JR	
41.90 39.40 37.13	30.37			
--- Trinity Christian School-VA	C	2:25.67	X2:25.63	
1) Brown, Lena 07	2) Bailey, Holly FR	3) Myers, Allie 7	4) Mitchell, Ajai JR	
43.86 37.13 29.51	35.13			
--- Seton Swimming	G	2:35.00	X2:29.61	
1) Fifield, Haley SO	2) Osilka, Mary Claire FR	3) Halisky, Sophia 7	4) Heiny, Clare 7	
32.24 44.04 39.10	34.23			
--- Seton Swimming	I	2:37.00	X2:31.94	
1) Waldron, Rose SO	2) Haggerty, Aoife 8	3) Bingham, Mariana 8	4) Blanchette, Kit 7	
38.04 46.72 33.76	33.42			
--- Seton Swimming	J	2:39.00	X2:32.58	
1) Bingham, Lucia SO	2) Heiny, Maddie FR	3) Geary, Amelia JR	4) Blanchette, Meg SO	
35.43 44.21 37.21	35.73			
--- Oakcrest School Chargers	D	2:44.12	X2:35.07	
1) Hooff, Mary Shelton SO	2) Thornburg, Fio SO	3) Baird, Regina SR	4) Crnkovich, Teri SR	
43.33 40.19 39.73	31.82			
--- Seton Swimming	E	2:33.00	X2:35.29	
1) Halisky, Amelie SR	2) Haggerty, Moira SR	3) Dusek, Annie 7	4) Irving, Monica 7	
34.48 45.67 36.16	38.98			
--- Fredericksburg Christian-VA	C	2:32.19	X2:37.60	
1) Meadows, Morgan 8	2) Ryan, Adrie 6	3) Chen, Alison 7	4) Peters, Aria SO	
43.31 42.07 36.72	35.50			
--- Seton Swimming	L	2:42.00	X2:37.63	
1) Judge, Jane 7	2) Waldron, Lily 7	3) Arnold, Betsy 7	4) Bauer, Katie 7	
40.73 46.69 40.90	29.31			
--- Seton Swimming	D	2:31.00	X2:39.44	
1) Schroer, Maggie 7	2) Haggerty, Orla SO	3) Fifield, Kyleigh 8	4) Bauer, Molly SO	
35.57 46.26 39.96	37.65			
--- Oakcrest School Chargers	C	2:32.21	X2:39.52	
1) Ryan, Fiona FR	2) Diller, Bethany SO	3) Rutherford, Lilly SR	4) Williams, Luisa SO	
40.36 46.56 40.97	31.63			

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(Event 2 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Finals Time	Points
--- Seton Swimming	H	2:36.00	X2:39.87	
1) O'Malley, Shannon SO 37.80 45.67 39.13	2) Atkinson, Julia JR 37.27	3) Francis, Elizabeth SO	4) Kohlhaas, Sofia 7	
--- Seton Swimming	F	2:34.00	X2:42.50	
1) Zadnik, Madelyn JR 37.52 45.92 42.56	2) Russo, Gabriella 8 36.50	3) Condon, Meghan 7	4) Quispe, Allison FR	
--- Oakcrest School Chargers	E	2:45.37	X2:43.17	
1) Larson, Elle FR 41.83 58.39 25.31	2) Szerszen, Catherine 8 37.64	3) Turner, Lacey 8	4) Nugent, Katie SO	
--- Fredericksburg Christian-VA	D	2:37.29	X2:44.11	
1) Updike, Anna JR 48.87 39.01 38.67	2) Salafia, Siena JR 37.56	3) Myers, Christy JR	4) Webb, Ella JR	
--- Seton Swimming	C	2:30.00	X2:45.06	
1) Mantooth, Kateri SR 39.25 38.09 53.42	2) Hurley, Elizabeth 7 34.30	3) Rodriguez, Noemi 8	4) Bingham, Veronica 6	
--- Fredericksburg Christian-VA	E	2:42.36	XDQ	
Stroke Infraction swimmer #4: Hands brought beyond the hipline during stroke - breast				
1) Marte, Jaasiel 7 52.24 48.89 45.59	2) Dahlberg, Catherine 7 40.71	3) Shepard, Sarah 8	4) Campbell, Emma SR	
--- Seton Swimming	K	2:41.00	XDQ	
Early take-off swimmer #2				
1) Hurley, Mary Catherine SO 38.61 46.71 37.14	2) Waldron, Cate JR 32.55	3) Mantooth, Avila 7	4) Baughman, Rachel 7	

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	Yr	School	Seed Time	Finals Time	Points
1 Phillips, Tyler 26.20 29.02 30.03	FR	Trinity Christian School-VA 29.24	1:55.03	1:54.49 +	
2 Wilson, Joe 28.79 32.27 35.84	SR	Seton Swimming 33.67	2:12.81	2:10.57	
3 Koler, Eric 29.31 33.29 34.82	FR	Saint John Paul the Great-VA 33.71	2:10.21	2:11.13	
4 Koehr, Connor 29.56 34.86 38.44	SO	Seton Swimming 37.40	2:26.94	2:20.26	
5 Dealey, Joey 29.41 34.81 39.64	SR	Seton Swimming 41.17	2:14.95	2:25.03	
6 Cole, Carter 32.73 36.69 38.14	JR	Trinity Christian School-VA 40.65	NT	2:28.21	
7 Halisky, Liam 30.84 36.66 40.31	SO	Seton Swimming 41.63	2:26.40	2:29.44	
8 Berg, Jackson 33.66 38.48 1:21.58	JR	Saint John Paul the Great-VA	2:27.28	2:33.72	
9 Abidin, Christian 33.62 39.29 44.19	JR	Trinity Christian School-VA 45.05	3:08.57	2:42.15	
10 Updike, Spencer 1:39.91	JR	Fredericksburg Christian-VA	3:00.00	3:00.39	
--- Kay, Patrick 31.26 37.29 40.35	7	Seton Swimming 37.51	2:35.13	X2:26.41	

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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	Yr	School	Seed Time	Finals Time	Points
1 Paradise, Stella	JR	Seton Swimming	2:07.68	2:06.36 #	
28.66 31.94 33.40	32.36				
2 Gibbons, Maggie	JR	Seton Swimming	2:19.25	2:12.69 #	
29.41 33.34 35.60	34.34				
3 Buff, Reagan	JR	Trinity Christian School-VA	2:17.97	2:14.39 +	
29.32 33.57 35.19	36.31				
4 Koler, Isabella	FR	Saint John Paul the Great-VA	2:16.86	2:16.86	
30.92 33.51 36.11	36.32				
5 Yaraschak, Bella	JR	Trinity Christian School-VA	2:19.22	2:16.91	
29.90 33.35 36.28	37.38				
6 Bailey, Mary	JR	Trinity Christian School-VA	2:29.06	2:25.39	
31.37 36.29 39.01	38.72				
7 Williams, Maeve	SO	Saint John Paul the Great-VA	2:23.61	2:25.99	
32.63 36.24 38.39	38.73				
8 Howell, Kate	8	Fredericksburg Christian-VA	2:23.47	2:26.98	
33.80 37.54 38.56	37.08				
9 Adams, Amelia	SO	Oakcrest School Chargers	2:38.67	2:27.21	
33.41 36.48 39.45	37.87				
10 O'Malley, Shannon	SO	Seton Swimming	2:33.81	2:32.59	
33.78 38.52 41.13	39.16				
11 Halisky, Amelie	SR	Seton Swimming	2:35.01	2:33.53	
33.93 38.38 40.82	40.40				
12 Ryan, Fiona	FR	Oakcrest School Chargers	NT	2:55.54	
39.99 45.02 46.53	44.00				
13 Heath, Laurel	FR	Saint John Paul the Great-VA	3:10.00	3:02.90	
40.43 46.96 49.36	46.15				
14 Nugent, Katie	SO	Oakcrest School Chargers	3:06.66	3:13.10	
41.57 48.16 52.59	50.78				
15 Yu, Laela	JR	Trinity Christian School-VA	3:20.00	3:54.12	
47.12 56.97 1:04.07	1:05.96				
--- Myers, Allie	7	Trinity Christian School-VA	2:23.31	X2:19.48	
30.95 35.15 37.43	35.95				
--- Mantooth, Avila	7	Seton Swimming	3:08.72	X2:40.74	
35.79 40.79 1:24.16					
--- McCormick, Madison	SO	Saint John Paul the Great-VA	3:05.00	DQ	
No touch on turn					
38.65 48.81 1:49.98					
--- Herrick, Julia	SO	Oakcrest School Chargers	2:54.13	NS	

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	Yr	School	Seed Time	Finals Time	Points
1 Martinez, Lionel	8	Seton Swimming	2:06.00	2:04.51 +	
26.66 32.82 35.56	29.47				
2 Kim, Justin	JR	Trinity Christian School-VA	2:05.94	2:04.93 +	
26.42 31.23 37.94	29.34				
3 Yancey, Ben	SO	Trinity Christian School-VA	2:24.36	2:21.37	
29.05 35.24 43.38	33.70				

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(Event 5 Boys 200 Yard IM)

	Name			Yr	School	Seed Time	Finals Time	Points
4	Wilson, Max			SO	Seton Swimming	2:34.00	2:29.97	
	30.39	36.74	44.60		38.24			
5	Konstanty, Peter			JR	Seton Swimming	2:37.10	2:34.70	
	33.29	40.92	46.13		34.36			
6	Fioramonti, Mick			JR	Seton Swimming	2:41.56	2:39.30	
	30.97	38.55	51.57		38.21			
7	Koler, Evan			SO	Saint John Paul the Great-VA	2:44.82	2:40.25	
	35.83	40.99	43.61		39.82			
8	Mastrianni, Dominic			JR	Saint John Paul the Great-VA	2:58.80	2:44.92	
	35.65	40.06	49.87		39.34			
9	Jang, Elliot			JR	Trinity Christian School-VA	3:15.00	2:48.63	
	31.29	44.34	50.70		42.30			
---	Judge, Dominic			8	Seton Swimming	3:15.00	X2:46.95	
	36.07	43.16	51.76		35.96			
---	Ryan, Nathan			8	Fredericksburg Christian-VA	3:00.00	DQ	
	Alternating Kick - fly							
	40.93	44.12	51.78		40.27			

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			Yr	School	Seed Time	Finals Time	Points
1	Davis, Gianna			SO	Saint John Paul the Great-VA	2:25.00	2:18.92 #	
	28.79	35.77	42.33		32.03			
2	Condon, Clara			SO	Seton Swimming	2:19.48	2:23.98 #	
	29.23	37.30	41.28		36.17			
3	Schlieter, Audrey			FR	Trinity Christian School-VA	2:31.72	2:25.51 #	
	30.15	36.80	43.89		34.67			
4	Klanderman, Liz			SO	Trinity Christian School-VA	2:32.21	2:26.84 #	
	30.20	36.26	43.02		37.36			
5	Garvey, Anastasia			FR	Seton Swimming	2:39.95	2:32.90 +	
	32.51	38.94	43.98		37.47			
6	Witdoeckt, Karis			SO	Trinity Christian School-VA	2:36.16	2:41.04	
	34.10	40.40	47.56		38.98			
7	Hudson, Ava			JR	Seton Swimming	2:44.98	2:53.11	
	36.86	42.73	50.69		42.83			
8	Runyan, Emily			JR	Saint John Paul the Great-VA	2:58.00	2:53.90	
	35.72	44.18	55.00		39.00			
9	Zadnik, Madelyn			JR	Seton Swimming	2:44.88	2:55.59	
	37.64	44.39	51.09		42.47			
10	Angarag, Alice			FR	Saint John Paul the Great-VA	2:50.00	3:02.19	
	38.14	43.26	54.76		46.03			
11	McDonnell, Maddie			FR	Oakcrest School Chargers	3:01.47	3:03.47	
	37.95	43.46	59.55		42.51			
12	Blevins, Hannah			FR	Fredericksburg Christian-VA	3:12.03	3:11.54	
	43.68	50.66	57.96		39.24			
13	Bailey, Holly			FR	Trinity Christian School-VA	3:20.00	3:23.94	
	45.19	53.36	53.47		51.92			
---	Bingham, Lucia			SO	Seton Swimming	2:54.39	X2:50.91	
	35.59	43.12	51.32		40.88			
---	Fifield, Kyleigh			8	Seton Swimming	3:30.00	X3:07.11	
	43.09	47.54	55.39		41.09			

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(Event 6 Girls 200 Yard IM)

Name	Yr	School	Seed Time	Finals Time	Points
--- Arnold, Betsy	7	Seton Swimming	3:15.00	X3:07.95	
40.12 49.58 58.28 39.97					
--- Bailey, Anna	07	Trinity Christian School-VA	3:40.00	X3:30.90	
47.73 53.92 56.25 53.00					

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	Yr	School	Seed Time	Finals Time	Points
1 Yun, Noah	FR	Trinity Christian School-VA	24.31	24.01 #	
2 Howell, Luke	FR	Fredericksburg Christian-VA	24.84	24.15 +	
3 Wilson, Joe	SR	Seton Swimming	24.36	24.29 +	
4 Nguyen, Drew	SO	Seton Swimming	25.44	25.11	
5 Halisky, Liam	SO	Seton Swimming	24.93	25.12	
6 Williams, Charlie	SR	Saint John Paul the Great-VA	25.58	25.37	
7 Park, Zach	JR	Trinity Christian School-VA	25.40	26.08	
8 Salafia, Luca	FR	Fredericksburg Christian-VA	26.47	26.28	
9 Fioramonti, Josh	FR	Seton Swimming	26.64	26.62	
10 Koler, Evan	SO	Saint John Paul the Great-VA	27.50	27.88	
11 Donovan, Patrick	SR	Saint John Paul the Great-VA	29.36	28.50	
12 Thornett, Harper	SR	Trinity Christian School-VA	28.81	28.93	
13 Smith, James	JR	Saint John Paul the Great-VA	29.14	29.63	
14 DiBlasi, John-Parker	FR	Fredericksburg Christian-VA	29.60	30.61	
15 Ross, Andrew	8	Fredericksburg Christian-VA	30.12	30.69	
--- Mantooth, Luke	JR	Seton Swimming	28.45	X26.08	
--- Koehr, Connor	SO	Seton Swimming	25.82	X26.35	
--- Sokban, Daniel	8	Seton Swimming	30.00	X26.68	
--- Albin, Jed	JR	Seton Swimming	28.10	X28.06	
--- Kay, Patrick	7	Seton Swimming	27.81	X28.11	
--- Nguyen, Colin	SR	Seton Swimming	28.55	X28.38	
--- Bishop, Aaron	JR	Seton Swimming	30.46	X29.39	
--- Nguyen, Kenneth	8	Seton Swimming	30.66	X31.58	
--- Ognek, Gabe	JR	Fredericksburg Christian-VA	30.36	X31.79	
--- Green, Thomas	7	Fredericksburg Christian-VA	31.65	X31.97	
--- Lynch, Joey	7	Seton Swimming	32.40	X32.77	
--- Cooley, JJ	FR	Seton Swimming	35.25	X33.77	
--- Vaughan, Nick	SO	Seton Swimming	35.71	X33.92	
--- Misiano, Thomas	SR	Fredericksburg Christian-VA	34.78	X34.01	
--- Wilson, Jonas	7	Seton Swimming	33.86	X34.03	
--- DiBlasi, Taft	7	Fredericksburg Christian-VA	34.14	X34.15	
--- Dusek, Charlie	FR	Seton Swimming	38.93	X36.73	
--- Gregory, Jack	JR	Seton Swimming	37.86	X37.34	
--- Vaughan, Noah	8	Seton Swimming	38.82	X38.02	
--- Dickson, James	7	Fredericksburg Christian-VA	40.22	X39.49	
--- Cooley, John	7	Seton Swimming	39.72	X41.83	
--- McCardell, Aidan	FR	Seton Swimming	40.13	X42.07	
--- Liette, Jonathan	6	Fredericksburg Christian-VA	45.59	X42.08	
--- Henry, Dominic	7	Seton Swimming	52.19	X49.37	
--- Meade, Charles Fielding	6	Fredericksburg Christian-VA	56.17	X49.92	
--- Likoy, Raphaël	8	Seton Swimming	55.35	X52.77	
--- Blanchette, Tim	SR	Seton Swimming	38.02	XNS	

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(Event 7 Boys 50 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
--- Dwane, Joseph	JR	Seton Swimming	37.57	XNS	
--- Pitner, Samuel	8	Fredericksburg Christian-VA	39.75	SCR	

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	Yr	School	Seed Time	Finals Time	Points
1 Womack, Kristen	JR	Trinity Christian School-VA	27.27	26.48 #	
2 Wiggins, Allie	FR	Trinity Christian School-VA	27.19	26.88 #	
3 Pennefather, Mary	SR	Seton Swimming	25.98	26.92 #	
4 Pattie, Sydney	FR	Saint John Paul the Great-VA	27.00	27.99 +	
5 Fifield, Haley	SO	Seton Swimming	29.93	28.74 +	
6 Erickson, Katelyn	FR	Oakcrest School Chargers	29.22	28.75 +	
7 Mantooth, Kateri	SR	Seton Swimming	28.81	28.91 +	
8 White, Cecilia	JR	Saint John Paul the Great-VA	28.93	28.94 +	
9 Halisky, Amelie	SR	Seton Swimming	29.69	29.28	
10 Magee, Amelia	FR	Oakcrest School Chargers	29.83	29.62	
11 Hill, Emma	FR	Trinity Christian School-VA	30.05	29.68	
12 Walke, Belle	8	Oakcrest School Chargers	30.73	29.94	
13 Ryan, Gabbie	FR	Fredericksburg Christian-VA	29.48	30.10	
14 Vitkovsky, Maggie	SR	Saint John Paul the Great-VA	28.64	30.40	
15 Weina, Virginia	SR	Saint John Paul the Great-VA	29.50	30.59	
16 Heth, Rachel	SR	Fredericksburg Christian-VA	31.46	31.05	
17 Meadows, Payton	JR	Fredericksburg Christian-VA	31.75	31.32	
18 Salafia, Siena	JR	Fredericksburg Christian-VA	31.68	31.51	
19 Diller, Bethany	SO	Oakcrest School Chargers	33.15	34.73	
20 Yu, Laela	JR	Trinity Christian School-VA	41.76	43.03	
--- Waldron, Rose	SO	Seton Swimming	30.24	X29.59	
--- Schroer, Maggie	7	Seton Swimming	29.11	X29.98	
--- Hurley, Mary Catherine	SO	Seton Swimming	30.81	X30.26	
--- Mantooth, Avila	7	Seton Swimming	32.78	X30.83	
--- Hurley, Elizabeth	7	Seton Swimming	31.03	X31.47	
--- Haggerty, Orla	SO	Seton Swimming	31.84	X31.58	
--- Chen, Alison	7	Fredericksburg Christian-VA	33.53	X31.60	
--- Myers, Christy	JR	Fredericksburg Christian-VA	31.83	X31.81	
--- Bingham, Mariana	8	Seton Swimming	32.51	X31.97	
--- Russo, Gabriella	8	Seton Swimming	32.12	X31.97	
--- Ryan, Adrie	6	Fredericksburg Christian-VA	32.25	X32.91	
--- Geary, Amelia	JR	Seton Swimming	32.67	X33.00	
--- Haggerty, Moira	SR	Seton Swimming	31.92	X33.06	
--- Atkinson, Julia	JR	Seton Swimming	32.28	X33.20	
--- Osilka, Mary Claire	FR	Seton Swimming	34.50	X33.42	
--- Dusek, Annie	7	Seton Swimming	33.93	X33.46	
--- Waldron, Lily	7	Seton Swimming	33.37	X34.05	
--- Condon, Meghan	7	Seton Swimming	34.04	X34.41	
--- Crnkovich, Teri	SR	Oakcrest School Chargers	37.45	X34.61	
--- Baughman, Rachel	7	Seton Swimming	36.08	X34.70	
--- Waldron, Cate	JR	Seton Swimming	35.57	X34.86	
--- Francis, Elizabeth	SO	Seton Swimming	34.57	X35.09	
--- Bang, Sophia	07	Trinity Christian School-VA	38.60	X35.28	
--- Rodriguez, Noemi	8	Seton Swimming	33.54	X35.39	

VCAC Invitational - 1/7/2023

Results

(Event 8 Girls 50 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
--- Baird, Regina	SR	Oakcrest School Chargers	35.26	X35.46	
--- Blanchette, Kit	7	Seton Swimming	36.24	X35.51	
--- Guenther, Louise	JR	Oakcrest School Chargers	34.46	X35.58	
--- Bauer, Katie	7	Seton Swimming	35.65	X35.64	
--- Judge, Jane	7	Seton Swimming	35.92	X35.65	
--- Rutherford, Lilly	SR	Oakcrest School Chargers	34.17	X35.75	
--- Blanchette, Meg	SO	Seton Swimming	36.17	X35.81	
--- Heiny, Maddie	FR	Seton Swimming	35.33	X35.88	
--- Haggerty, Aoife	8	Seton Swimming	35.00	X36.14	
--- Kattah, Kayla	SO	Saint John Paul the Great-VA	34.41	X36.64	
--- Kohlhaas, Sofia	7	Seton Swimming	36.25	X36.92	
--- Bauer, Molly	SO	Seton Swimming	37.26	X37.17	
--- Heath, Laurel	FR	Saint John Paul the Great-VA	36.00	X37.18	
--- Irving, Monica	7	Seton Swimming	37.25	X37.34	
--- Quispe, Allison	FR	Seton Swimming	37.19	X37.38	
--- Shepard, Sarah	8	Fredericksburg Christian-VA	39.72	X37.92	
--- Heiny, Clare	7	Seton Swimming	37.12	X38.36	
--- Bingham, Veronica	6	Seton Swimming	41.20	X39.25	
--- Campbell, Emma	SR	Fredericksburg Christian-VA	43.02	X39.73	
--- Nguyen, Bella	7	Seton Swimming	41.61	X40.32	
--- Stower, Sabrina	7	Fredericksburg Christian-VA	42.34	X41.29	
--- Blanchette, Nora	FR	Seton Swimming	44.32	X41.52	
--- Gonzalez, Veronica	7	Seton Swimming	42.14	X42.26	
--- Quispe, Camila	6	Seton Swimming	45.50	X43.30	
--- Shillingburg, Briana	SO	Seton Swimming	45.92	X44.17	
--- Marte, Jaasiel	7	Fredericksburg Christian-VA	43.86	X44.52	
--- Kramer, Cora	8	Seton Swimming	45.79	X46.33	
--- McCloud, Evie	6	Fredericksburg Christian-VA	45.32	X47.73	

Event 9 Boys 1 mtr Diving

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

Name	Yr	School	Finals Score	Points
1 Thornett, Harper	SR	Trinity Christian School-VA	NP	287.03\$
2 Koehr, Connor	SO	Seton Swimming	188.10	188.18
3 Gonzalez, Max	SO	Seton Swimming	137.55	141.08
4 Kohlhaas, Gus	FR	Seton Swimming	125.10	131.48
5 Oswald, Jacob	SO	Seton Swimming	142.87	116.33
6 Wang, Luke	JR	Trinity Christian School-VA	NP	102.38
--- Fioramonti, Mick	JR	Seton Swimming	152.70	X145.05
--- Miller, Dominic	JR	Seton Swimming	133.35	X143.55
--- Brox, JJ	SR	Seton Swimming	146.77	X141.15
--- Brox, Michael	SO	Seton Swimming	87.45	X89.40
--- Kelly, Kieran	SO	Seton Swimming	45.45	XNS

Event 10 Girls 1 mtr Diving

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

Name	Yr	School	Finals Score	Points
1 Kissinger, Meghan	SR	Oakcrest School Chargers	NP	169.86\$
2 Kissinger, Norah	JR	Oakcrest School Chargers	NP	163.50\$
3 Rolwes, Patricia	SR	Oakcrest School Chargers	NP	135.00
4 Waldron, Rose	SO	Seton Swimming	132.37	129.23
5 Hill, Emma	FR	Trinity Christian School-VA	NP	107.70

VCAC Invitational - 1/7/2023

Results

(Event 10 Girls 1 mtr Diving)

Name	Yr	School	Seed Time	Finals Score	Points
6 Francis, Elizabeth	SO	Seton Swimming	102.30	97.73	
7 Miller, Maria	FR	Seton Swimming	88.50	94.50	
8 Guenther, Louise	JR	Oakcrest School Chargers	NP	89.17	
9 Mauk, Sam	SR	Trinity Christian School-VA	NP	66.75	
--- Condon, Meghan	7	Seton Swimming	69.60	X102.90	
--- Kelly, Cecelia	7	Seton Swimming	35.32	X48.75	
--- Grinder, Lauren	7	Seton Swimming	36.97	X37.87	

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	Yr	School	Seed Time	Finals Time	Points
1 Phillips, Tyler 24.94 28.38	FR	Trinity Christian School-VA	54.06	53.32 +	
2 Williams, Charlie 29.21 32.29	SR	Saint John Paul the Great-VA	1:01.20	1:01.50	
3 Bang, Caleb 29.54 34.49	FR	Trinity Christian School-VA	1:12.32	1:04.03	
4 Hudson, David 28.62 36.28	JR	Seton Swimming	1:04.98	1:04.90	
5 Knewton, Jack 27.96 37.77	JR	Fredericksburg Christian-VA	1:03.62	1:05.73	
6 Brox, Michael 29.76 36.77	SO	Seton Swimming	1:09.94	1:06.53	
7 Sokban, William 31.79 38.50	SO	Seton Swimming	1:12.49	1:10.29	
8 Wilson, Max 30.36 41.03	SO	Seton Swimming	1:13.60	1:11.39	
9 Valenzuela, David 41.57 1:02.97	SR	Trinity Christian School-VA	NT	1:44.54	
--- Martinez, Thiago 29.52 35.10	7	Seton Swimming	1:25.00	X1:04.62	
--- Judge, Dominic 37.05 43.65	8	Seton Swimming	1:33.09	X1:20.70	
--- Bauer, Greg Alternating Kick	FR	Seton Swimming	1:30.00	XDQ	

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	Yr	School	Seed Time	Finals Time	Points
1 Witdoeckt, Allie 26.46 29.99	JR	Trinity Christian School-VA	55.14	56.45 \$	
2 Bryan, Elizabeth 27.98 31.81	FR	Oakcrest School Chargers	1:06.11	59.79 #	
3 Aldeguer, Ariana 28.36 31.47	8	Seton Swimming	1:01.86	59.83 #	
4 Schlieter, Audrey 30.86 34.72	FR	Trinity Christian School-VA	1:10.16	1:05.58 #	
5 Baroody, Isabel 31.48 38.05	FR	Fredericksburg Christian-VA	1:05.67	1:09.53 +	

VCAC Invitational - 1/7/2023

Results

(Event 12 Girls 100 Yard Butterfly)

Name	Yr	School	Seed Time	Finals Time	Points
6 Pattie, Sydney 33.43 38.84	FR	Saint John Paul the Great-VA	1:10.78	1:12.27	
7 Garvey, Anastasia 32.94 39.70	FR	Seton Swimming	1:15.03	1:12.64	
8 Caron, Mary Alice 31.89 44.07	FR	Saint John Paul the Great-VA	1:19.16	1:15.96	
9 Bang, Selah 34.91 44.19	SR	Trinity Christian School-VA	1:23.16	1:19.10	
10 Meunier, Cecelia 35.63 45.64	SR	Oakcrest School Chargers	1:20.95	1:21.27	
11 Bingham, Lucia 37.42 45.55	SO	Seton Swimming	1:18.51	1:22.97	
12 Mitchell, Ajai --- Kay, Philomena 35.60 41.37	JR 8	Trinity Christian School-VA Seton Swimming	1:40.00 1:27.00	1:56.41 X1:16.97	
--- Halisky, Sophia 36.73 48.08	7	Seton Swimming	1:30.00	X1:24.81	
--- Arnold, Betsy 41.27 54.82	7	Seton Swimming	1:30.00	X1:36.09	
--- Atkinson, Julia 44.46 52.72	JR	Seton Swimming	1:35.33	X1:37.18	
--- Hudson, Ava	JR	Seton Swimming	1:20.12	NS	

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	Yr	School	Seed Time	Finals Time	Points
1 Brox, JJ 26.31 29.68	SR	Seton Swimming	56.95	55.99	
2 Borneman, Joseph 26.88 30.36	SO	Seton Swimming	57.77	57.24	
3 Cole, Carter 57.56	JR	Trinity Christian School-VA	59.49	57.56	
4 Konstanty, Peter 28.25 31.54	JR	Seton Swimming	1:00.47	59.79	
5 Park, Zach 28.29 31.72	JR	Trinity Christian School-VA	58.49	1:00.01	
6 Dealey, Joey 28.64 31.63	SR	Seton Swimming	59.54	1:00.27	
7 Mastrianni, Dominic 30.16 31.80	JR	Saint John Paul the Great-VA	1:02.11	1:01.96	
8 Jang, Elliot 28.53 33.93	JR	Trinity Christian School-VA	1:05.79	1:02.46	
9 Smith, James 33.13 35.13	JR	Saint John Paul the Great-VA	1:09.75	1:08.26	
10 Ross, Andrew 32.47 38.47	8	Fredericksburg Christian-VA	1:10.17	1:10.94	
11 Berg, Jackson	JR	Saint John Paul the Great-VA	1:07.19	1:11.34	
12 Shofi, Luke 35.27 38.06	FR	Fredericksburg Christian-VA	1:15.58	1:13.33	
13 Ogniek, Gabe 32.78 40.58	JR	Fredericksburg Christian-VA	1:14.51	1:13.36	

VCAC Invitational - 1/7/2023

Results

(Event 13 Boys 100 Yard Freestyle)

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
14	Updike, Spencer 35.95 37.85	JR	Fredericksburg Christian-VA	1:15.00	1:13.80	
---	Beltran, Ryan 32.62 36.51	JR	Seton Swimming	1:05.64	X1:09.13	
---	Green, Thomas 35.81 38.46	7	Fredericksburg Christian-VA	1:19.88	X1:14.27	
---	Wilson, Jonas 35.82 38.74	7	Seton Swimming	1:19.22	X1:14.56	
---	Lynch, Joey 36.04 38.68	7	Seton Swimming	1:14.88	X1:14.72	
---	Nguyen, Kenneth 36.46 38.86	8	Seton Swimming	1:13.92	X1:15.32	
---	DiBlasi, Taft 34.87 42.75	7	Fredericksburg Christian-VA	1:19.90	X1:17.62	
---	Liette, Jonathan 47.02 56.35	6	Fredericksburg Christian-VA	1:45.00	X1:43.37	
---	McCardell, Aidan 45.80 1:05.03	FR	Seton Swimming	1:46.45	X1:50.83	
---	Meade, Charles Fielding 56.05 1:00.82	6	Fredericksburg Christian-VA	2:00.00	X1:56.87	
---	Henry, Dominic 57.73 1:03.59	7	Seton Swimming	2:06.12	X2:01.32	
---	Likoy, Raphaël 59.75 1:08.01	8	Seton Swimming	2:11.08	X2:07.76	
---	Dwane, Joseph	JR	Seton Swimming	1:39.62	XNS	
---	Pitner, Samuel	8	Fredericksburg Christian-VA	1:30.95	SCR	

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 #

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Davis, Gianna 26.64 28.86	SO	Saint John Paul the Great-VA	55.70	55.50 #	
2	Paradise, Stella 26.74 29.02	JR	Seton Swimming	57.34	55.76 #	
3	Wiggins, Allie 28.09 30.84	FR	Trinity Christian School-VA	59.38	58.93 #	
4	Buff, Reagan 28.91 31.40	JR	Trinity Christian School-VA	59.66	1:00.31 +	
5	Pennefather, Mary 28.41 31.92	SR	Seton Swimming	58.39	1:00.33 +	
6	Koler, Isabella 29.32 31.78	FR	Saint John Paul the Great-VA	1:01.00	1:01.10 +	
7	Phillips, Amy 28.84 32.76	SR	Trinity Christian School-VA	1:04.37	1:01.60	
8	Bailey, Mary 30.48 32.61	JR	Trinity Christian School-VA	1:05.47	1:03.09	
9	Brox, Elodie 29.64 34.26	SO	Seton Swimming	1:04.93	1:03.90	
10	Oswald, Jacqueline 30.10 34.69	SR	Seton Swimming	1:04.65	1:04.79	
11	Weina, Virginia 31.72 34.45	SR	Saint John Paul the Great-VA	1:07.04	1:06.17	

VCAC Invitational - 1/7/2023

Results

(Event 14 Girls 100 Yard Freestyle)

Name		Yr	School	Seed Time	Finals Time	Points
12	Howell, Kate 32.10 34.58	8	Fredericksburg Christian-VA	1:09.24	1:06.68	
13	Kay, Sandra 31.61 35.17	FR	Saint John Paul the Great-VA	1:07.00	1:06.78	
14	DiBlasi, Isabelle 33.53 37.38	JR	Fredericksburg Christian-VA	1:15.00	1:10.91	
15	Sebero, Emmah 33.60 37.71	FR	Fredericksburg Christian-VA	1:13.60	1:11.31	
16	Blevins, Colby 34.99 39.71	FR	Fredericksburg Christian-VA	1:13.10	1:14.70	
17	Baird, Regina 36.57 39.66	SR	Oakcrest School Chargers	1:18.11	1:16.23	
18	Herrick, Julia 35.25 41.74	SO	Oakcrest School Chargers	1:14.66	1:16.99	
19	Mochen, Catherine 35.64 41.59	SO	Oakcrest School Chargers	1:15.97	1:17.23	
20	Turner, Lacey ---	8	Oakcrest School Chargers	1:16.23	1:18.96	
---	Miller, Elizabeth 33.93 37.35	FR	Saint John Paul the Great-VA	1:12.66	X1:11.28	
---	Hurley, Mary Catherine 33.99 38.48	SO	Seton Swimming	1:12.15	X1:12.47	
---	Larson, Elle 36.02 39.71	FR	Oakcrest School Chargers	1:26.58	X1:15.73	
---	Dahlberg, Catherine 38.67 38.54	7	Fredericksburg Christian-VA	1:18.96	X1:17.21	
---	Fifield, Kyleigh 36.14 41.16	8	Seton Swimming	1:18.64	X1:17.30	
---	Bauer, Katie 37.99 40.44	7	Seton Swimming	1:22.21	X1:18.43	
---	Szerszen, Catherine 37.65 40.95	8	Oakcrest School Chargers	1:40.04	X1:18.60	
---	Blanchette, Meg 38.30 42.19	SO	Seton Swimming	1:25.24	X1:20.49	
---	Blanchette, Kit 38.24 42.60	7	Seton Swimming	1:29.84	X1:20.84	
---	Haggerty, Aoife 37.71 43.45	8	Seton Swimming	1:21.49	X1:21.16	
---	Francis, Elizabeth 37.66 44.61	SO	Seton Swimming	1:16.35	X1:22.27	
---	Irving, Monica 39.22 43.56	7	Seton Swimming	1:32.64	X1:22.78	
---	Peters, Aria 38.67 44.28	SO	Fredericksburg Christian-VA	1:26.05	X1:22.95	
---	Kattah, Kayla 38.42 44.61	SO	Saint John Paul the Great-VA	1:19.59	X1:23.03	
---	Thornburg, Fio 38.77 44.45	SO	Oakcrest School Chargers	1:30.22	X1:23.22	
---	Crnkovich, Teri 39.77 43.80	SR	Oakcrest School Chargers	1:26.35	X1:23.57	
---	Meadows, Morgan 40.01 44.35	8	Fredericksburg Christian-VA	1:26.30	X1:24.36	
---	Bailey, Anna 38.69 45.82	07	Trinity Christian School-VA	1:20.46	X1:24.51	

VCAC Invitational - 1/7/2023

Results

(Event 14 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
--- McCormick, Madison 38.01 47.09	SO	Saint John Paul the Great-VA	1:22.53	X1:25.10	
--- Judge, Jane 39.86 45.43	7	Seton Swimming	1:27.40	X1:25.29	
--- Updike, Anna 39.41 46.01	JR	Fredericksburg Christian-VA	1:27.14	X1:25.42	
--- Hooff, Mary Shelton 41.26 45.65	SO	Oakcrest School Chargers	1:35.22	X1:26.91	
--- Bingham, Veronica 42.41 46.99	6	Seton Swimming	1:34.10	X1:29.40	
--- Webb, Ella 42.02 48.47	JR	Fredericksburg Christian-VA	1:37.76	X1:30.49	
--- Marte, Jaasiel 46.55 56.01	7	Fredericksburg Christian-VA	1:35.00	X1:42.56	
--- McCloud, Evie	6	Fredericksburg Christian-VA	1:40.00	X1:47.08	
--- Shillingburg, Briana 50.05 1:00.16	SO	Seton Swimming	1:50.88	X1:50.21	
--- Williams, Luisa	SO	Oakcrest School Chargers	1:25.44	XNS	
--- Quispe, Allison	FR	Seton Swimming	1:27.04	XNS	

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	Yr	School	Seed Time	Finals Time	Points
1 Yancey, Ben 29.46 32.96 34.39 36.58 33.50	SO	Trinity Christian School-VA	5:56.29 37.08	5:47.30	
2 Brox, Michael 29.88 34.36 37.26 41.00 36.62	SO	Seton Swimming	6:18.33 41.00	6:21.16	
3 Hudson, David 30.23 36.00 38.98 40.07 37.78	JR	Seton Swimming	6:32.57 41.59	6:29.90	
4 Bang, Caleb 30.53 35.78 39.42 40.95 37.63	FR	Trinity Christian School-VA	6:45.44 42.12	6:33.35	
5 Sokban, William 30.72 34.98 38.35 44.54 39.45	SO	Seton Swimming	6:20.12 44.43	6:39.89	
6 Albin, Jed 32.29 37.37 41.74 41.32 39.53	JR	Seton Swimming	6:36.61 41.78	6:47.68	
7 Sicks, Campbell 34.16 39.59 1:23.93	SR	Trinity Christian School-VA	6:57.09 42.05	6:53.19	

VCAC Invitational - 1/7/2023

Results

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	Yr	School	Seed Time	Finals Time	Points
1 Witdoeckt, Allie	JR	Trinity Christian School-VA	5:03.19	5:07.28+	
27.74 30.03 31.16	31.60	31.62 31.38 31.45	31.04		
31.17 30.09					
2 Yaraschak, Bella	JR	Trinity Christian School-VA	6:19.50	6:19.44	
30.89 34.49 36.75	37.68	39.20 39.57 40.72	40.46		
40.70 38.98					
3 Condon, Clara	SO	Seton Swimming	5:57.69	6:25.68	
32.01 37.01 38.18	39.87	39.95 40.53 40.15	39.58		
39.72 38.68					
4 Walke, Belle	8	Oakcrest School Chargers	6:45.22	6:27.22	
31.51 40.20 39.83	39.53	39.90 39.82 40.68	39.42		
38.54 37.79					
5 Kay, Philomena	8	Seton Swimming	6:43.89	6:34.54	
33.46 38.10 39.72	41.26	41.38 40.90 41.66	40.85		
40.03 37.18					
6 Magee, Amelia	FR	Oakcrest School Chargers	7:21.93	7:01.15	
32.97 39.04 42.53	42.03	43.16 43.54 44.66	45.37		
44.89 42.96					
7 Ratcliffe, Eliana	SO	Trinity Christian School-VA	7:20.17	7:03.17	
34.92 39.68 42.48	43.87	45.04 45.13 44.82	43.69		
43.19 40.35					
8 Cunningham, Lucy	SO	Seton Swimming	7:17.41	7:19.68	
39.16 41.96 42.37	44.31	44.82 45.27 45.20	45.49		
46.45 44.65					
9 Zadnik, Madelyn	JR	Seton Swimming	7:13.62	7:26.07	
34.45 40.26 44.15	44.48	45.36 47.60 47.59	49.17		
47.64 45.37					
10 Diller, Bethany	SO	Oakcrest School Chargers	8:04.58	8:43.47	
42.19 49.24 52.77	55.01	54.69 56.29 55.70	53.76		
53.11 50.71					
--- Haggerty, Moira	SR	Seton Swimming	7:27.89	X7:23.35	
36.86 40.82 41.98	45.40	45.74 46.80 46.09	48.15		
48.80 42.71					
--- Brown, Lena	07	Trinity Christian School-VA	7:20.00	X7:35.09	
35.19 42.80 44.71	46.54	48.38 47.70 48.57	48.20		
47.45 45.55					
--- Halisky, Sophia	7	Seton Swimming	8:48.50	X7:40.86	
36.80 43.72 46.41		47.60 47.31 47.10			
2:25.74					
--- Bang, Sophia	07	Trinity Christian School-VA	7:40.00	X8:18.27	
38.85 44.51 53.29	51.33	52.76 51.54 53.20	51.87		
53.42 47.50					

VCAC Invitational - 1/7/2023

Results

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	Finals Time	Points
1 Trinity Christian School-VA	A	1:41.00	1:36.57 +	
1) Cole, Carter JR	2) Park, Zach JR	3) Kim, Justin JR	4) Phillips, Tyler FR	
25.83 25.45 23.27	22.02			
2 Seton Swimming	A	1:41.40	1:41.44 #	
1) Hudson, David JR	2) Brox, JJ SR	3) Nguyen, Drew SO	4) Halisky, Liam SO	
26.54 25.32 24.48	25.10			
3 Seton Swimming	B	1:45.59	1:43.24 #	
1) Koehr, Connor SO	2) Brox, Michael SO	3) Borneman, Joseph SO	4) Dealey, Joey SR	
26.38 25.60 25.37	25.89			
4 Fredericksburg Christian-VA	A	1:56.04	1:46.46	
1) Knewton, Jack JR	2) DiBlasi, John-Parker FR	3) Salafia, Luca FR	4) Howell, Luke FR	
24.17 31.40 25.88	25.01			
5 Saint John Paul the Great-VA	A	1:47.39	1:50.42	
1) Koler, Eric FR	2) Mastrianni, Dominic JR	3) Williams, Charlie SR	4) Berg, Jackson JR	
27.28 27.45 24.64	31.05			
6 Trinity Christian School-VA	B	1:51.22	1:51.72	
1) Thornett, Harper SR	2) Abidin, Christian JR	3) Wang, Luke JR	4) Jang, Elliot JR	
28.93 28.78 26.63	27.38			
7 Fredericksburg Christian-VA	B	2:02.25	2:03.29	
1) Ryan, Nathan 8	2) Volk, Jimmy SR	3) Ogniek, Gabe JR	4) Ross, Andrew 8	
30.53 31.08 31.11	30.57			
--- Seton Swimming	C	2:20.00	X2:04.38	
1) Fioramonti, Josh FR	2) Bishop, Aaron JR	3) Nguyen, Kenneth 8	4) Dusek, Charlie FR	
26.89 29.86 31.57	36.06			
--- Seton Swimming	D	2:22.00	X2:07.84	
1) Fioramonti, Mick JR	2) Sokban, Daniel 8	3) Lynch, Joey 7	4) Gregory, Jack JR	
26.95 28.26 34.28	38.35			
--- Seton Swimming	H	2:30.00	X2:13.17	
1) Bauer, Greg FR	2) Albin, Jed JR	3) Vaughan, Noah 8	4) Cooley, John 7	
28.74 28.03 38.39	38.01			
--- Fredericksburg Christian-VA	C	2:09.01	X2:13.90	
1) DiBlasi, Taft 7	2) Misiano, Thomas SR	3) Updike, Spencer JR	4) Green, Thomas 7	
34.64 34.96 33.25	31.05			
--- Seton Swimming	F	2:26.00	X2:19.85	
1) Kay, Patrick 7	2) Nguyen, Colin SR	3) Cooley, JJ FR	4) Henry, Dominic 7	
28.04 27.64 34.07	50.10			
--- Seton Swimming	E	2:24.00	X2:25.83	
1) Martinez, Thiago 7	2) Judge, Dominic 8	3) Wilson, Jonas 7	4) Likoy, Raphaël 8	
26.96 30.45 35.04	53.38			
--- Fredericksburg Christian-VA	D	2:19.12	XDQ	
1) Dickson, James 7	2) Meade, Charles Fielding 6	3) Liette, Jonathan 6	4) Pitner, Samuel 8	
41.59 59.59 16.94				
--- Seton Swimming	G	2:28.00	XDQ	
Early take-off swimmer #4				
1) Wilson, Max SO	2) Mantooth, Luke JR	3) Vaughan, Nick SO	4) McCardell, Aidan FR	
28.04 26.00 33.19	41.66			

VCAC Invitational - 1/7/2023

Results

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	Finals Time	Points
1 Trinity Christian School-VA	A	1:47.91	1:48.88 +	
1) Womack, Kristen JR	2) Witdoeck, Karis SO	3) Phillips, Amy SR	4) Buff, Reagan JR	
26.76 28.11 27.02	26.99			
2 Seton Swimming	A	1:48.05	1:50.26 #	
1) Brox, Elodie SO	2) Kay, Philomena 8	3) Oswald, Jacqueline SR	4) Gibbons, Maggie JR	
27.97 28.41 28.20	25.68			
3 Saint John Paul the Great-VA	A	1:48.74	1:50.66 #	
1) Caron, Mary Alice FR	2) Koler, Isabella FR	3) Pattie, Sydney FR	4) Davis, Gianna SO	
28.61 28.00 28.49	25.56			
4 Oakcrest School Chargers	A	1:50.33	1:54.69 #	
1) Erickson, Katelyn FR	2) McDonnell, Maddie FR	3) Rolwes, Patricia SR	4) Bryan, Elizabeth FR	
32.91 26.98 29.65	25.15			
5 Trinity Christian School-VA	B	1:56.44	1:55.41 #	
1) Klanderma, Liz SO	2) Bang, Selah SR	3) Hill, Emma FR	4) Bailey, Mary JR	
28.47 29.94 29.63	27.37			
6 Fredericksburg Christian-VA	A	1:58.66	1:57.08 #	
1) Howell, Kate 8	2) Roberson, Emma FR	3) Ryan, Gabbie FR	4) Ellis, Hannah 8	
30.16 29.64 30.37	26.91			
7 Seton Swimming	B	1:56.73	1:58.98	
1) Bingham, Lucia SO	2) Halisky, Amelie SR	3) Zadnik, Madelyn JR	4) Mantooth, Kateri SR	
30.67 28.87 30.73	28.71			
8 Fredericksburg Christian-VA	B	1:59.00	2:03.48	
1) Sebero, Emmah FR	2) Meadows, Payton JR	3) DiBlasi, Isabelle JR	4) Heth, Rachel SR	
30.98 31.68 30.26	30.56			
9 Saint John Paul the Great-VA	B	2:15.74	2:04.35	
1) Angarag, Alice FR	2) Kay, Sandra FR	3) Vitkovsky, Maggie SR	4) Runyan, Emily JR	
30.85	31.20			
10 Oakcrest School Chargers	B	2:00.69	2:10.96	
1) Guenther, Louise JR	2) Mochen, Catherine SO	3) Herrick, Julia SO	4) Meunier, Cecelia SR	
34.94 33.17 32.29	30.56			
--- Fredericksburg Christian-VA	C	2:05.15	X2:10.35	
1) Blevins, Hannah FR	2) Updike, Anna JR	3) Salafia, Siena JR	4) Myers, Christy JR	
30.75 35.96 31.29	32.35			
--- Fredericksburg Christian-VA	D	2:13.87	X2:12.08	
1) Blevins, Colby FR	2) Dahlberg, Catherine 7	3) Chen, Alison 7	4) Ryan, Adrie 6	
	32.61			
--- Seton Swimming	F	2:28.00	X2:12.49	
1) Waldron, Rose SO	2) Mantooth, Avila 7	3) Francis, Elizabeth SO	4) Blanchette, Meg SO	
30.44 30.82 35.41	35.82			
--- Oakcrest School Chargers	C	2:06.72	X2:15.48	
1) Baird, Regina SR	2) Williams, Luisa SO	3) Larson, Elle FR	4) Turner, Lacey 8	
35.10	34.50			
--- Seton Swimming	E	2:26.00	X2:15.90	
1) O'Malley, Shannon SO	2) Waldron, Lily 7	3) Osilka, Mary Claire FR	4) Blanchette, Kit 7	
31.50 36.35 18.32	49.73			
--- Saint John Paul the Great-VA	C	2:24.01	X2:16.87	
1) Kattah, Kayla SO	2) Heath, Laurel FR	3) McCormick, Madison SO	4) Miller, Elizabeth FR	
34.75	31.82			

VCAC Invitational - 1/7/2023

Results

(Event 18 Girls 200 Yard Freestyle Relay)

Team	Relay	Seed Time	Finals Time	Points
--- Seton Swimming	C	2:20.00	X2:17.39	
1) Schroer, Maggie 7	2) Fifield, Kyleigh 8	3) Dusek, Annie 7	4) Heiny, Clare 7	
30.67 34.07 33.78	38.87			
--- Seton Swimming	D	2:22.00	X2:18.54	
1) Fifield, Haley SO	2) Rodriguez, Noemi 8	3) Condon, Meghan 7	4) Kohlhaas, Sofia 7	
28.93 36.84 35.18	37.59			
--- Oakcrest School Chargers	D	2:08.77	X2:20.59	
1) Ryan, Fiona FR	2) Hooff, Mary Shelton SO	3) Crnkovich, Teri SR	4) Thornburg, Fio SO	
32.34 37.51 36.36	34.38			
--- Seton Swimming	J	2:36.00	X2:21.20	
1) Hurley, Elizabeth 7	2) Halisky, Sophia 7	3) Bauer, Katie 7	4) Blanchette, Nora FR	
32.16 31.71 35.94	41.39			
--- Seton Swimming	L	2:40.00	X2:21.42	
1) Haggerty, Orla SO	2) Haggerty, Moira SR	3) Baughman, Rachel 7	4) Nguyen, Bella 7	
32.82 33.67 43.82	31.11			
--- Seton Swimming	G	2:30.00	X2:23.40	
1) Hudson, Ava JR	2) Geary, Amelia JR	3) Haggerty, Aoife 8	4) Shillingburg, Briana SO	
31.17 33.14 35.78	43.31			
--- Seton Swimming	H	2:32.00	X2:26.11	
1) Hurley, Mary Catherine SO	2) Bingham, Mariana 8	3) Heiny, Maddie FR	4) Kramer, Cora 8	
31.99 32.69 1:21.43				
--- Seton Swimming	I	2:34.00	X2:26.62	
1) Arnold, Betsy 7	2) Atkinson, Julia JR	3) Waldron, Cate JR	4) Quispe, Camila 6	
32.88 34.29 35.38	44.07			
--- Trinity Christian School-VA	C	2:27.76	X2:27.19	
1) Bailey, Holly FR	2) Bang, Sophia 07	3) Bailey, Anna 07	4) Yu, Laela JR	
35.27	41.66			
--- Seton Swimming	K	2:38.00	X2:33.52	
1) Cunningham, Lucy SO	2) Russo, Gabriella 8	3) Judge, Jane 7	4) Gonzalez, Veronica 7	
36.63 34.54 38.56	43.79			
--- Fredericksburg Christian-VA	E	2:39.32	X2:50.58	
1) Stower, Sabrina 7	2) McCloud, Evie 6	3) Marte, Jaasiel 7	4) Webb, Ella JR	
43.45	35.57			

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	Yr	School	Seed Time	Finals Time	Points
1 Martinez, Lionel	8	Seton Swimming	1:00.91	58.06 +	
28.20 29.86					
2 Yun, Noah	FR	Trinity Christian School-VA	58.41	59.15 +	
28.52 30.63					
3 Fioramonti, Mick	JR	Seton Swimming	1:05.23	1:05.45	
31.43 34.02					
4 Borneman, Joseph	SO	Seton Swimming	1:11.87	1:12.10	
34.84 37.26					
5 Beltran, Ryan	JR	Seton Swimming	1:13.57	1:15.34	
36.99 38.35					
6 Valenzuela, David	SR	Trinity Christian School-VA	1:35.23	1:28.14	
42.71 45.43					
7 Shofi, Luke	FR	Fredericksburg Christian-VA	1:30.00	1:30.42	
43.96 46.46					

VCAC Invitational - 1/7/2023

Results

(Event 19 Boys 100 Yard Backstroke)

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
8	Abidin, Christian 45.13 48.49	JR	Trinity Christian School-VA	1:30.42	1:33.62	
9	Misiano, Thomas 52.14 57.20	SR	Fredericksburg Christian-VA	1:45.00	1:49.34	
10	Volk, Jimmy 51.15 1:01.79	SR	Fredericksburg Christian-VA	1:35.00	1:52.94	
---	Martinez, Thiago 32.54 34.88	7	Seton Swimming	1:09.02	X1:07.42	
---	Sokban, Daniel 39.97 43.75	8	Seton Swimming	1:24.55	X1:23.72	
---	Cooley, JJ	FR	Seton Swimming	1:41.61	X1:37.21	
---	Dusek, Charlie 49.75 55.97	FR	Seton Swimming	1:47.18	X1:45.72	
---	Vaughan, Noah 54.13 59.68	8	Seton Swimming	1:59.95	X1:53.81	
---	Dickson, James 53.86 1:02.44	7	Fredericksburg Christian-VA	1:45.00	X1:56.30	
---	Blanchette, Tim	SR	Seton Swimming	1:52.38	XNS	

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>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Aldeguer, Ariana 30.63 31.70	8	Seton Swimming	1:04.67	1:02.33 #	
2	Womack, Kristen 31.27 34.53	JR	Trinity Christian School-VA	1:07.75	1:05.80 #	
3	Phillips, Amy 32.85 34.75	SR	Trinity Christian School-VA	1:11.38	1:07.60 +	
4	Baroody, Isabel 33.15 35.33	FR	Fredericksburg Christian-VA	1:08.76	1:08.48 +	
5	Fifield, Haley 32.77 36.52	SO	Seton Swimming	1:14.96	1:09.29 +	
6	Caron, Mary Alice 33.33 36.74	FR	Saint John Paul the Great-VA	1:12.68	1:10.07	
7	Gibbons, Maggie 35.63 35.52	JR	Seton Swimming	1:11.31	1:11.15	
8	Adams, Amelia 33.87 38.50	SO	Oakcrest School Chargers	1:15.02	1:12.37	
9	Bang, Selah 36.86 39.30	SR	Trinity Christian School-VA	1:17.30	1:16.16	
10	Meunier, Cecelia 37.83 41.68	SR	Oakcrest School Chargers	1:12.96	1:19.51	
11	Erickson, Katelyn 38.80 41.05	FR	Oakcrest School Chargers	1:24.68	1:19.85	
12	McDonnell, Maddie 37.83 43.00	FR	Oakcrest School Chargers	1:16.73	1:20.83	
13	White, Cecilia 40.06 41.79	JR	Saint John Paul the Great-VA	1:22.75	1:21.85	
14	Angarag, Alice 40.94 43.45	FR	Saint John Paul the Great-VA	1:24.18	1:24.39	
15	Russo, Gabriella 40.86 44.11	8	Seton Swimming	1:27.29	1:24.97	

VCAC Invitational - 1/7/2023

Results

(Event 20 Girls 100 Yard Backstroke)

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
16	Vitkovsky, Maggie 40.78 44.63	SR	Saint John Paul the Great-VA	1:21.87	1:25.41	
17	Mitchell, Ajai	JR	Trinity Christian School-VA	1:45.37	1:42.21	
18	Meadows, Morgan 52.05 58.73	8	Fredericksburg Christian-VA	1:32.91	1:50.78	
19	Campbell, Emma 54.99 1:07.61	SR	Fredericksburg Christian-VA	1:42.00	2:02.60	
---	Hurley, Elizabeth 38.98 41.34	7	Seton Swimming	1:23.55	X1:20.32	
---	Osilka, Mary Claire 40.85 46.43	FR	Seton Swimming	1:31.40	X1:27.28	
---	Rutherford, Lilly 40.83 47.75	SR	Oakcrest School Chargers	1:26.71	X1:28.58	
---	Bingham, Mariana 43.76 48.60	8	Seton Swimming	1:31.03	X1:32.36	
---	Larson, Elle 44.96 47.83	FR	Oakcrest School Chargers	NT	X1:32.79	
---	Dusek, Annie 46.13 49.34	7	Seton Swimming	1:39.10	X1:35.47	
---	Turner, Lacey	8	Oakcrest School Chargers	1:44.99	X1:36.51	
---	Geary, Amelia 46.86 51.14	JR	Seton Swimming	1:38.44	X1:38.00	
---	Baughman, Rachel 48.63 49.98	7	Seton Swimming	1:40.35	X1:38.61	
---	Haggerty, Orla 45.96 54.30	SO	Seton Swimming	1:44.20	X1:40.26	
---	Rodriguez, Noemi 49.55 51.60	8	Seton Swimming	1:36.48	X1:41.15	
---	Waldron, Lily 47.69 53.95	7	Seton Swimming	1:33.18	X1:41.64	
---	Heiny, Clare 51.31 52.87	7	Seton Swimming	1:48.69	X1:44.18	
---	Peters, Aria 50.43 54.08	SO	Fredericksburg Christian-VA	1:45.00	X1:44.51	
---	Nguyen, Bella 1:45.32	7	Seton Swimming	1:45.92	X1:45.32	
---	Nugent, Katie 52.51 55.31	SO	Oakcrest School Chargers	NT	X1:47.82	
---	Kramer, Cora 59.39 1:01.92	8	Seton Swimming	2:25.92	X2:01.31	
---	Quispe, Camila 1:02.66 1:07.42	6	Seton Swimming	2:11.41	X2:10.08	
---	Blanchette, Nora 1:02.52 1:08.41	FR	Seton Swimming	2:05.42	X2:10.93	
---	Kohlhaas, Sofia 1:44.03 35.54	7	Seton Swimming	2:02.96	X2:19.57	
---	Shepard, Sarah Multiple strokes past vertical at turn 45.57 47.18	8	Fredericksburg Christian-VA	1:35.00	DQ	

VCAC Invitational - 1/7/2023

Results

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	Yr	School	Seed Time	Finals Time	Points
1 Kim, Justin 31.17 34.83	JR	Trinity Christian School-VA	1:05.10	1:06.00 +	
2 Koler, Eric 33.41 36.50	FR	Saint John Paul the Great-VA	1:08.47	1:09.91	
3 Brox, JJ 32.87 37.52	SR	Seton Swimming	1:08.66	1:10.39	
4 Nguyen, Drew 32.90 37.59	SO	Seton Swimming	1:13.04	1:10.49	
5 Wang, Luke 33.88 41.00	JR	Trinity Christian School-VA	1:17.07	1:14.88	
6 Mantooth, Luke 35.77 40.41	JR	Seton Swimming	1:19.50	1:16.18	
7 Sicks, Campbell 36.80 39.99	SR	Trinity Christian School-VA	1:15.47	1:16.79	
8 Bauer, Greg 38.77 44.55	FR	Seton Swimming	1:24.31	1:23.32	
9 Donovan, Patrick 38.48 45.81	SR	Saint John Paul the Great-VA	1:24.71	1:24.29	
--- Nguyen, Colin 39.66 45.13	SR	Seton Swimming	1:28.27	X1:24.79	
--- Fioramonti, Josh 41.52 46.80	FR	Seton Swimming	1:34.03	X1:28.32	
--- Bishop, Aaron 45.50 55.90	JR	Seton Swimming	1:45.23	X1:41.40	
--- Vaughan, Nick 51.90 1:00.68	SO	Seton Swimming	2:17.64	X1:52.58	
--- Cooley, John Non-simultaneous arms 1:05.00 1:12.48	7	Seton Swimming	2:35.38	XDQ	
--- Gregory, Jack Hands brought beyond the hipline during stroke 1:10.28 1:34.55	JR	Seton Swimming	2:10.00	XDQ	

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	Yr	School	Seed Time	Finals Time	Points
1 Bryan, Elizabeth 32.56 35.76	FR	Oakcrest School Chargers	1:10.38	1:08.32 #	
2 Klanderma, Liz 37.04 41.16	SO	Trinity Christian School-VA	1:19.78	1:18.20	
3 Waldron, Rose 36.42 42.72	SO	Seton Swimming	1:22.30	1:19.14	
4 Oswald, Jacqueline 37.76 42.16	SR	Seton Swimming	1:22.72	1:19.92	
5 Williams, Maeve 37.69 43.95	SO	Saint John Paul the Great-VA	1:18.42	1:21.64	
6 Brox, Elodie 39.44 44.08	SO	Seton Swimming	1:19.49	1:23.52	

VCAC Invitational - 1/7/2023

Results

(Event 22 Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Finals Time	Points
7 Mochen, Catherine 39.72 44.21	SO	Oakcrest School Chargers	1:21.59	1:23.93	
*8 Mantooh, Kateri 39.85 45.51	SR	Seton Swimming	1:27.99	1:25.36	
*8 Witdoeck, Karis 39.63 45.73	SO	Trinity Christian School-VA	1:24.68	1:25.36	
10 Ryan, Gabbie 39.73 46.33	FR	Fredericksburg Christian-VA	1:27.81	1:26.06	
11 Kay, Sandra 40.38 46.03	FR	Saint John Paul the Great-VA	1:25.71	1:26.41	
12 Bailey, Holly 42.03 47.84	FR	Trinity Christian School-VA	1:33.18	1:29.87	
13 DiBlasi, Isabelle 42.56 48.48	JR	Fredericksburg Christian-VA	1:35.00	1:31.04	
14 Thornburg, Fio 43.32 48.20	SO	Oakcrest School Chargers	1:38.44	1:31.52	
15 Ryan, Fiona 43.33 49.84	FR	Oakcrest School Chargers	1:38.25	1:33.17	
16 Salafia, Siena 41.70 52.79	JR	Fredericksburg Christian-VA	1:39.00	1:34.49	
17 Ratcliffe, Eliana 44.03 50.76	SO	Trinity Christian School-VA	1:35.71	1:34.79	
18 Miller, Elizabeth 49.34 54.20	FR	Saint John Paul the Great-VA	1:40.00	1:43.54	
--- Condon, Meghan 39.59 45.66	7	Seton Swimming	1:28.21	X1:25.25	
--- Myers, Allie 40.54 45.01	7	Trinity Christian School-VA	1:27.48	X1:25.55	
--- Bauer, Molly 44.61 49.54	SO	Seton Swimming	1:34.51	X1:34.15	
--- Schroer, Maggie 42.99 52.45	7	Seton Swimming	1:38.17	X1:35.44	
--- O'Malley, Shannon 46.03 50.77	SO	Seton Swimming	1:35.06	X1:36.80	
--- Cunningham, Lucy 47.19 53.04	SO	Seton Swimming	1:38.93	X1:40.23	
--- Szerszen, Catherine	8	Oakcrest School Chargers	1:42.36	X1:41.95	
--- Brown, Lena 50.70 54.79	07	Trinity Christian School-VA	1:40.00	X1:45.49	
--- Dahlberg, Catherine 49.90 55.92	7	Fredericksburg Christian-VA	1:45.00	X1:45.82	
--- Hooff, Mary Shelton 51.37 58.11	SO	Oakcrest School Chargers	NT	X1:49.48	
--- Stower, Sabrina 56.41 1:08.15	7	Fredericksburg Christian-VA	1:50.00	X2:04.56	
--- Waldron, Cate One hand touch 47.91 1:01.08	JR	Seton Swimming	1:52.45	XDQ	
--- Gonzalez, Veronica Alternating Kick 59.19 1:04.63	7	Seton Swimming	2:06.46	XDQ	

VCAC Invitational - 1/7/2023

Results

(Event 22 Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Finals Time	Points
--- Runyan, Emily Head under for 2 or more strokes 47.66 52.66	JR	Saint John Paul the Great-VA	1:40.15	DQ	
--- Heiny, Maddie 45.74 53.87	FR	Seton Swimming	1:46.27	XDQ	
--- Myers, Christy	JR	Fredericksburg Christian-VA	1:40.00	NS	

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	Finals Time	Points
1 Trinity Christian School-VA 1) Yun, Noah FR 25.59 52.93 27.90	A 2) Yancey, Ben SO 58.59 26.26 56.75	3:44.19 3) Bang, Caleb FR 23.30 48.23	3:36.50 + 4) Phillips, Tyler FR	
2 Seton Swimming 1) Martinez, Lionel 8 24.47 51.32 26.88	A 2) Borneman, Joseph SO 57.18 26.20 56.45	3:49.19 3) Brox, Michael SO 25.28 52.85	3:37.80 + 4) Wilson, Joe SR	
3 Seton Swimming 1) Wilson, Max SO 26.98 59.32 19.41	B 2) Konstanty, Peter JR 58.04 28.39 59.52	3:57.67 3) Sokban, William SO 27.38 1:00.85	3:57.73 # 4) Dealey, Joey SR	
4 Fredericksburg Christian-VA 1) Howell, Luke FR 28.29 1:01.30 32.50	A 2) Ryan, Nathan 8 1:09.48 29.54 1:03.27	4:24.73 3) Salafia, Luca FR 26.76 55.65	4:09.70 4) Knewtson, Jack JR	
5 Saint John Paul the Great-VA 1) Koler, Evan SO 30.12 1:05.69 32.49	A 2) Berg, Jackson JR 1:22.62 18.76 55.93	4:14.00 3) Donovan, Patrick SR 30.57 1:03.01	4:27.25 4) Mastrianni, Dominic JR	
6 Trinity Christian School-VA 1) Sicks, Campbell SR 32.18 1:07.42 33.75	B 2) Valenzuela, David SR 1:11.02 34.48 1:11.23	4:40.54 3) Abidin, Christian JR 28.58 1:01.45	4:31.12 4) Jang, Elliot JR	
7 Fredericksburg Christian-VA 1) DiBlasi, John-Parker FR 32.68 1:12.16 34.05	B 2) Volk, Jimmy SR 1:14.78 32.44 1:11.93	4:50.41 3) Ogniek, Gabe JR 33.72 1:12.71	4:51.58 4) Shofi, Luke FR	
--- Fredericksburg Christian-VA 1) DiBlasi, Taft 7 37.12 1:22.12 38.29	C 2) Misiano, Thomas SR 1:25.31 38.05 1:29.07	5:15.15 3) Updike, Spencer JR 19.67 57.28	X5:13.78 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	Finals Time	Points
1 Trinity Christian School-VA 1) Wiggins, Allie FR 27.97 58.82 28.49	A 2) Buff, Reagan JR 1:01.06 27.17 58.46	4:00.28 3) Schlieter, Audrey FR 24.45 52.29	3:50.63 + 4) Witdoeck, Allie JR	
2 Seton Swimming 1) Aldeguer, Ariana 8 27.32 56.24 28.50	A 2) Condon, Clara SO 1:01.66 27.09 59.42	4:07.87 3) Pennefather, Mary SR 25.83 56.23	3:53.55 + 4) Paradise, Stella JR	
3 Trinity Christian School-VA 1) Yaraschak, Bella JR 29.38 1:01.98 28.83	B 2) Bailey, Mary JR 1:01.00 29.12 1:02.12	4:10.32 3) Klanderma, Liz SO 16.80 1:01.01	4:06.11 + 4) Phillips, Amy SR	
4 Seton Swimming 1) Gibbons, Maggie JR 29.00 59.60 29.97	B 2) Garvey, Anastasia FR 1:02.85 30.19 1:04.73	4:30.24 3) Oswald, Jacqueline SR 30.15 1:04.23	4:11.41 + 4) Brox, Elodie SO	

VCAC Invitational - 1/7/2023

Results

(Event 24 Girls 400 Yard Freestyle Relay)

Team	Relay	Seed Time	Finals Time	Points
5 Saint John Paul the Great-VA	A	4:05.72	4:13.59 +	
1) Weina, Virginia SR	2) White, Cecilia JR	3) Williams, Maeve SO	4) Davis, Gianna SO	
31.88 1:07.91 31.67	1:05.62 30.39 1:04.18	26.84 55.88		
6 Fredericksburg Christian-VA	A	4:24.56	4:16.52 +	
1) Baroody, Isabel FR	2) Meadows, Payton JR	3) Roberson, Emma FR	4) Ellis, Hannah 8	
29.60 1:02.95 33.09	1:10.78 29.56 1:04.02	27.91 58.77		
7 Oakcrest School Chargers	A	4:06.83	4:35.96 #	
1) Adams, Amelia SO	2) Magee, Amelia FR	3) McDonnell, Maddie FR	4) Meunier, Cecelia SR	
30.95 1:04.03 32.40	1:09.88 32.96 1:10.77	33.20 1:11.28		
8 Fredericksburg Christian-VA	B	4:39.00	4:38.01 #	
1) Heth, Rachel SR	2) Sebero, Emmah FR	3) Blevins, Hannah FR	4) Howell, Kate 8	
32.83 1:08.36 32.88	1:14.60 31.88 1:08.38	31.93 1:06.67		
9 Saint John Paul the Great-VA	B	4:39.96	4:51.38	
1) Runyan, Emily JR	2) McCormick, Madison SO	3) Kay, Sandra FR	4) Miller, Elizabeth FR	
33.37 1:09.96 17.66	36.94 46.12 1:18.06	35.89 1:46.42		
10 Oakcrest School Chargers	B	NT	5:10.19	
1) Walke, Belle 8	2) Herrick, Julia SO	3) Rutherford, Lilly SR	4) Diller, Bethany SO	
31.10 1:08.42 33.34	1:15.14 37.79 2:03.08	43.55		
--- Trinity Christian School-VA	C	5:03.78	X5:06.73	
1) Myers, Allie 7	2) Bang, Sophia 07	3) Bailey, Anna 07	4) Brown, Lena 07	
29.20 1:02.03 38.81	1:24.22 38.95 1:25.98	1:14.50		
--- Fredericksburg Christian-VA	C	4:49.50	X5:09.69	
1) Chen, Alison 7	2) Meadows, Morgan 8	3) Ryan, Adrie 6	4) Blevins, Colby FR	
34.49 1:13.50 40.38	1:26.33 33.90 1:15.90	34.99 1:13.96		
--- Fredericksburg Christian-VA	D	4:52.19	X5:51.28	
1) Shepard, Sarah 8	2) Peters, Aria SO	3) Webb, Ella JR	4) Updike, Anna JR	
41.50 1:28.14 1:26.79	2:07.78 50.15 1:29.62	45.74		