

On Friday and Saturday, February 17-18, 2023, we competed in the **VISAA State Swimming and Diving Championship**.

## **The Seton Girls won the VISAA Division II State Championship!**

This was the **6<sup>th</sup> Division II State Championship for the girls**, and, combined with our four (4) previous championships for the Boys, it was **Seton's 10<sup>th</sup> VISAA Division II State Championship!**

Our victory came largely on the strength of our relays, but we also scored significantly in several individual events. Congratulations to **Seton's Individual State Finalists:**

- **Ariana Aldeguer (8)** – 5<sup>th</sup> in 500 Free and 5<sup>th</sup> in 200 IM
- **Connor Koehr (SO)** – 5<sup>th</sup> in Diving
- **Mick Fioramonti (JR)** – 7<sup>th</sup> in Diving
- **Clara Condon (SO)** – 10<sup>th</sup> in 100 Fly and 14<sup>th</sup> in 100 Breaststroke
- **Lionel Martinez (8)** – 14<sup>th</sup> in 200 IM
- **JJ Brox (SR)** – 15<sup>th</sup> in Diving

**Seton also won the Sportsmanship Award for 7<sup>th</sup> time since 2008.**

The other State Champions were:

- **Girls Overall – Collegiate School**
- **Boys Overall – St. Christopher's School**
- **Boys Division II – The Covenant School**

The Boys Division II State Championship came down to the very last relay between The Covenant School, Trinity Christian, and Seton.

Our **Swimmers of the Meet** were:

- **Elle Scott (SO), Collegiate School**
  - Four (4) Gold medals in 200 IM, 100 Breaststroke, 200 Medley Relay, and 400 Free Relay
  - Two (2) new Meet Records
    - Girls 200 IM, 1:59.39
    - Girls 100 Breaststroke, 1:01.79
- **Joshua Fisher (SR), Veritas School**
  - Two (3) Gold medals in 100 Fly and 100 Back
  - One (1) new Meet Record:

- Boys 100 Back, 48.83
- Joshua also came within .10 seconds of breaking the Meet Record in 100 Fly

Congratulations to the following coaches who were recognized by their peers as the **VISAA Coach of the Year**:

- **Girls – Mike Peters, Collegiate School and Kaitlyn Gerke, Bishop Ireton**
- **Boys – Helen Dixon, Woodberry Forest School**
- **Diving Boys – Sampson Miller, Fork Union Military Academy**
- **Diving, Girls – Jamie Davidson, Flint Hill School**

Here were the other **Special Awards** that were voted on by Coaches:

- **Male Team Sportsmanship Award – Seton School**
- Female Team Sportsmanship Award – Trinity Episcopal School
- Male Team Spirit Award – Norfolk Academy
- Female Team Spirit Award – Collegiate School

It was a very fast meet, as you can see from the four (4) new State Championship Meet Records:

- **Girls 200 IM, 1:59.39, Elle Scott (SO), Collegiate School**
- **Boys 1 Meter Diving, 11-Dives, 673.90, Tyler Read (SR), Grove Christian School**
- **Boys 100 Back, 48.83, Joshua Fisher (SR), Veritas School**
- **Girls 100 Breaststroke, 1:01.70, Elle Scott (SO), Collegiate School**

Here are complete results for the Meet: