

## 2024 VCAC Championship Meet - 2/10/2024

## Results

## Event 3 Boys 200 Yard Freestyle

VCAC: 1:43.88 # 2/3/2024 Caleb Wolf ICHS  
 VISAA QT: 2:01.47 @  
 Seton: 1:38.54 + 1/31/2010 S.J. Hill  
 TCSI!: 1:44.31 ! 2/18/2022 Josh Kim TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Wolf, Caleb	SR	Immanuel Christian High School	1:43.88	1:44.50 @	16
24.31 26.49 26.90 26.80					
2 Yun, Noah	SO	Trinity Christian School	1:59.66	1:57.74 @	13
26.63 29.16 30.74 31.21					
3 Nguyen, Andrew	JR	Seton High School	2:03.76	2:03.62	12
27.91 30.56 32.23 32.92					

## Event 4 Girls 200 Yard Freestyle

VCAC: 1:51.09 # 2/11/2024 Allie Witdoeckt TCSI!  
 VISAA QT: 2:13.44 @  
 Seton: 1:55.74 + 2/18/2000 K. Shipko  
 TCSI!: 1:51.51 ! 1/6/2024 Allie Witdoeckt TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Witdoeckt, Allie	SR	Trinity Christian School	1:51.51	1:51.09 #	16
25.73 27.84 28.73 28.79					
2 Miller, Evie	FR	Fredericksburg Christian High	2:05.61	2:03.42 @	13
28.24 30.88 32.90 31.40					
3 Paradise, Stella	SR	Seton High School	2:13.19	2:06.28 @	12
28.75 31.91 33.80 31.82					

## Event 5 Boys 200 Yard IM

VCAC: 1:58.42 # 2/8/2020 Andrew Turbyfill FCS  
 VISAA QT: 2:18.04 @  
 Seton: 1:54.70 + 2/17/2008 N. Cook  
 TCSI!: 2:00.49 ! 2/3/2024 Justin Kim TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Martinez, Lionel	FR	Seton High School	2:00.35	1:59.46 @	16
25.64 30.87 35.10 27.85					
2 Kim, Justin	SR	Trinity Christian School	2:00.49	2:02.28 @	13
25.64 32.21 34.39 30.04					
3 Koler, Eric	SO	Saint John Paul the Great Cath	2:12.19	2:09.38 @	12
28.53 34.39 36.09 30.37					

## Event 6 Girls 200 Yard IM

VCAC: 2:07.21 # 2/11/2024 Elizabeth Bryan OAK  
 VISAA QT: 2:29.40 @  
 Seton: 2:08.58 + 2/17/2023 A. Aldeguer  
 TCSI!: 2:07.00 ! 12/16/2023 Allie Witdoeckt TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Bryan, Elizabeth	SO	Oakcrest School Chargers	2:03.52	2:07.21 #	16
27.87 31.25 36.97 31.12					
2 Klanderma, Liz	JR	Trinity Christian School	2:19.20	2:15.95 @	13
28.86 34.56 38.83 33.70					
3 Ellis, Hannah	FR	Fredericksburg Christian High	2:15.08	2:17.02 @	12
28.71 33.60 40.87 33.84					

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## Event 7 Boys 50 Yard Freestyle

VCAC: 21.89 # 2/3/2024 Joshua Wolf ICHS  
 VISAA QT: 24.14 @  
 Seton: 21.22 + 2/19/2010 S.J. Hill  
 TCS!: 21.92 ! 2/3/2024 Tyler Phillips TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Phillips, Tyler	SO	Trinity Christian School	21.92	22.18 @	16
2 Brox, Michael	JR	Seton High School	22.57	22.30 @	13
3 Knewtson, Jack	SR	Fredericksburg Christian High	22.95	22.66 @	12

## Event 8 Girls 50 Yard Freestyle

VCAC: 24.20 # 2/8/2020 Brooke Williams TCS!  
 VISAA QT: 26.96 @  
 Seton: 24.06 + 2/16/2018 A. Kenna  
 TCS!: 24.12 ! 2/14/2020 Brooke Williams TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Davis, Gianna	JR	Saint John Paul the Great Cath	24.12	24.31 @	16
2 Womack, Kristen	SR	Trinity Christian School	25.29	25.20 @	13
3 Brox, Elodie	JR	Seton High School	25.31	25.22 @	12

## Event 9 Boys 1 mtr Diving

VCAC: 525.80 # 2/5/2022 Harper Thornett TCS!  
 Seton: 389.90 + 2/10/2024 Connor Koehr  
 TCS!: 320.25 ! 1/8/2022 Harper Thornett TCS!-VA

Name	Yr	School	Finals Score	Points	
1 Koehr, Connor	JR	Seton High School	385.60	389.90 +	16
2 Fioramonti, Mick	SR	Seton High School	331.75	328.95	13
3 Oswald, Jacob	JR	Seton High School	290.35	286.20	12

## Event 10 Girls 1 mtr Diving

VCAC: 301.70 # 2/10/2024 Norah Kissinger OAK  
 Seton: 371.95 + 2/15/2002 Katie Giarra  
 TCS!: 173.25 ! 1/24/2024 Eliza Miller TCS!-VA

Name	Yr	School	Finals Score	Points	
1 Kissinger, Norah	SR	Oakcrest School Chargers	NP	301.70 #	16
2 Waldron, Rose	JR	Seton High School	255.30	263.75	13
3 Abela, Mary	FR	Oakcrest School Chargers	NP	261.60	12

## Event 11 Boys 100 Yard Butterfly

VCAC: 50.10 # 2/3/2024 Caleb Wolf ICHS  
 VISAA QT: 1:01.02 @  
 Seton: 51.76 + 1/16/2010 S.J. Hill  
 TCS!: 50.20 ! 2/3/2024 Tyler Phillips TCS!-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Phillips, Tyler	SO	Trinity Christian School	50.20	50.99 @	16
23.86 27.13					
2 Wolf, Moses	FR	Immanuel Christian High School	58.59	56.56 @	13
26.15 30.41					
3 Martinez, Thiago	UN	Seton High School	1:03.38	59.80 @	12
27.49 32.31					

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Event 12 Girls 100 Yard Butterfly

VCAC: 55.80 # 2/12/2023 Allie Witdoeckt TCS!  
 VISAA QT: 1:06.82 @  
 Seton: 58.51 + 12/16/2017 A. Kenna  
 TCSI: 55.46 ! 2/17/2023 Allie Witdoeckt TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Davis, Gianna 27.74 31.52	JR	Saint John Paul the Great Cath	1:00.68	59.26 @	16
2 Aldeguer, Ariana 28.10 31.43	FR	Seton High School	59.83	59.53 @	13
3 Rowan, Elliott 28.87 32.31	8	Oakcrest School Chargers	1:01.14	1:01.18 @	12

Event 13 Boys 100 Yard Freestyle

VCAC: 47.48 # 2/11/2024 Joshua Wolf ICHS  
 VISAA QT: 53.09 @  
 Seton: 45.67 + 2/20/2010 S. J. Hill  
 TCSI: 47.60 ! 2/19/2022 Josh Kim TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Wolf, Joshua 22.89 24.59	SR	Immanuel Christian High School	47.81	47.48 #	16
2 Brox, Michael 23.93 25.61	JR	Seton High School	50.76	49.54 @	13
3 Kim, Justin 23.82 26.89	SR	Trinity Christian School	49.53	50.71 @	12

Event 14 Girls 100 Yard Freestyle

VCAC: 51.73 # 2/12/2023 Allie Witdoeckt TCS!  
 VISAA QT: 59.70 @  
 Seton: 52.05 + 2/16/2018 A. Kenna  
 TCSI: 51.02 ! 2/17/2023 Allie Witdoeckt TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Miller, Molly 26.42 28.71	JR	Fredericksburg Christian High	55.44	55.13 @	16
2 Shumate, Kate 26.54 29.00	FR	Immanuel Christian High School	56.82	55.54 @	13
3 Wiggins, Allie 26.72 29.20	SO	Trinity Christian School	57.38	55.92 @	12

Event 15 Boys 500 Yard Freestyle

VCAC: 4:43.83 # 2/13/2010 S. Jameson Hill SST  
 VISAA QT: 5:41.90 @  
 Seton: 4:27.19 + 1/31/2010 S.J. Hill  
 TCSI: 5:00.51 ! 2/3/2024 Jo Witdoeckt TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Wolf, Caleb 25.61 27.86 28.52 28.73 29.00 28.75 29.43 28.65 27.95	SR	Immanuel Christian High School	4:48.34 29.58	4:44.08 @	16
2 Martinez, Lionel 25.93 28.62 29.88 30.49 30.54 30.69 30.54 29.86 28.89	FR	Seton High School	4:58.91 30.74	4:56.18 @	13
3 Witdoeckt, Jo 26.51 29.70 30.68 31.02 31.23 31.46 30.90 31.07 29.89	8	Trinity Christian School	5:00.51 31.26	5:03.72 @	12

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## Event 16 Girls 500 Yard Freestyle

VCAC: 5:03.43 # 2/13/2021 Annalise Cornett TCS!

VISAA QT: 5:58.88 @

Seton: 5:06.98 + 2/1/1999 K. Shipko

TCSI!: 4:58.71 ! 1/6/2024 Allie Witdoeckt TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Miller, Evie	FR	Fredericksburg Christian High	5:30.80	5:29.87 @	16
29.21 31.74 32.10		33.12 34.28 33.53 34.26	34.15		
34.10 33.38					
2 Shumate, Kate	FR	Immanuel Christian High School	5:41.47	5:32.69 @	13
29.56 33.10 33.82		34.35 33.92 34.10 34.22	34.02		
33.82 31.78					
3 Hazelwood, Lindley	FR	Oakcrest School Chargers	5:42.17	5:33.76 @	12
30.93 32.73 33.37		33.83 34.41 34.34 33.93	33.99		
33.99 32.24					

## Event 19 Boys 100 Yard Backstroke

VCAC: 52.51 # 2/11/2024 Joshua Wolf ICHS

VISAA QT: 1:02.90 @

Seton: 51.48 + 1/20/2006 K. Koehr

TCSI!: 54.12 ! 12/1/2023 Tyler Phillips TCS-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Wolf, Joshua	SR	Immanuel Christian High School	53.41	52.51 #	16
25.20 27.31					
2 Witdoeckt, Jo	8	Trinity Christian School	56.03	57.20 @	13
27.35 29.85					
3 Koehr, Connor	JR	Seton High School	59.78	1:00.08 @	12
28.80 31.28					

## Event 20 Girls 100 Yard Backstroke

VCAC: 56.39 # 2/12/2023 Allie Witdoeckt TCS!

VISAA QT: 1:06.85 @

Seton: 55.62 + 2/16/2018 A. Kenna

TCSI!: 56.39 ! 2/11/2023 Allie Witdoeckt TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Witdoeckt, Allie	SR	Trinity Christian School	56.39	57.06 @	16
27.82 29.24					
2 Aldeguer, Ariana	FR	Seton High School	59.92	1:01.55 @	13
29.84 31.71					
3 Rowan, Elliott	8	Oakcrest School Chargers	1:00.25	1:01.70 @	12
30.35 31.35					

## Event 21 Boys 100 Yard Breaststroke

VCAC: 1:00.04 # 2/11/2024 Eric Koler JPtG

VISAA QT: 1:08.79 @

Seton: 58.53 + 1/27/2007 N. Cook

TCSI!: 1:00.48 ! 2/3/2024 Justin Kim TCSI-VA

Name	Yr	School	Seed Time	Finals Time	Points
1 Koler, Eric	SO	Saint John Paul the Great Cath	1:02.96	1:00.04 #	16
28.42 31.62					
2 Wolf, Moses	FR	Immanuel Christian High School	1:02.89	1:02.91 @	13
29.68 33.23					
3 Nguyen, Andrew	JR	Seton High School	1:07.98	1:07.80 @	12
31.65 36.15					

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**Event 22 Girls 100 Yard Breaststroke**

**VCAC:** 1:06.19 # 2/11/2024 Elizabeth Bryan OAK

**VISAA QT:** 1:16.38 @

**Seton:** 1:05.77 + 2/18/2022 A. Testani

**TCSI!:** 1:10.03 ! 1/6/2024 Liz Klanderman TCSI!-VA

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Bryan, Elizabeth 31.14 35.05	SO	Oakcrest School Chargers	1:03.26	1:06.19#	16
2	Klanderman, Liz 33.14 37.24	JR	Trinity Christian School	1:10.03	1:10.38@	13
3	Koler, Isabella 34.40 38.63	SO	Saint John Paul the Great Cath	1:12.92	1:13.03@	12