

2026 VCAC Championship Meet - 2/7/2026

Meet Program

#1 Boys 200 Yard Medley Relay

Seton: 1:39.19 2025 Koehr,Martinez,Borneman
 VCAC: 1:38.85 2024 Immanuel Christian

J Wolf, M Wolf, C Wolf, C Fiala

1:56.01 VSAA

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals Starts at 02:23 PM			
2	ICHS	B	X1:54.54 VSAA
	Bluev, Luke 8	Lansing, Reed SO	
	Burgess, Grey SR	Winslow, Wade JR	
3	FCS	A	2:03.32
	Sample, Jude SO	Dix, Brycen 8	
	Ross, Andrew JR	Ryan, Nathan JR	
4	JP	A	1:47.49 VSAA
	Frederick, Michael FR	Koler, Eric SR	
	Wellington-Menzie, London	Palomo, Edward FR	
5	SST	A	1:41.24 VSAA
6	ICHS	A	1:42.65 VSAA
	Wolf, Moses IR	Fiala, Caleb JR	
	Morillo, Caleb SR	Salter, Michael FR	
7	TCS!	A	1:48.04 VSAA
	Witdoeck, Io SO	Ma, Ryan FR	
	Phillips, Tyler SR	Zhu, John FR	
8	SST	B	X1:50.82 VSAA
	Partridge, Paul	Partridge, Luke JR	
	Ellis, Ben JR	Bookwalter, Joel FR	
9	JP	B	X2:16.18
	Palomo, Javi FR	Girigowda, Adhyan SO	
	Such, Matthew SO	Kurrus, Patrick JR	

#2 Girls 200 Yard Medley Relay

Seton: 1:49.71 2026 Seton High School (VA)
 VCAC: 1:49.71 2026 Seton

M Paradise, T Paradise, A Aldeguer, M Schroer

2:11.33 VSAA

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals Starts at 02:27 PM			
4	OAK	B	XNT
	Magee, Amelia SR	Thompson, Seraphina 8	
	Eschmann, Brigita SO	Ryan, Fiona SR	
5	JP	B	X2:16.44
	Vitkovitskv, Elizabeth SO	Vitkovitsky, Sophia JR	
	Kay, Sandra SR	Frederick, Izzie JR	
6	ICHS	B	X2:27.70
	Evans, Chloe SO	Robinson, Virginia FR	
	Myers, Katie FR	Herndon, Anya 8	

Heat 2 of 2 Finals Starts at 02:30 PM

1	TCS!	B	X2:12.13
	Saavedra, Sara 8	Watson, Caroline 8	
	Phillips, Erin 8	Dang, Alexis FR	
2	SST	B	X2:01.15 VSAA
	Judge, Iane SO	Haggerty, Aoife JR	
	Dusek, Annie SO	Mantooth, Avila SO	
3	JP	A	2:06.28 VSAA
	Voith, Amy IR	Mills, Emily SO	
	Willis, Isa JR	Koler, Isabella SR	
4	FCS	A	1:57.68 VSAA
	Baroodv, Isabel SR	Ryan, Adrie FR	
	Ellis, Hannah JR	Miller, Evie JR	
5	SST	A	1:49.71 VSAA
6	TCS!	A	1:56.43 VSAA
7	OAK	A	1:58.16 VSAA
	Cinotti, Emaline SO	Bryan, Elizabeth SR	
	Hazelwood, Lindley JR	Erickson, Katelyn SR	
8	ICHS	A	2:06.49 VSAA
	Shumate, Kate IR	Lam, Natalie 8	
	Connally, Bella JR	Erickson, Alexandra FR	
9	FCS	B	X2:09.17 VSAA
	Blevins, Hannah SR	Ryan, Gabbie SR	
	Sebero, Emmah SR	Roberson, Emma SR	

#3 Boys 200 Yard Freestyle

Seton: 1:38.54 2010 S.J. Hill
 VCAC: 1:43.88 2024 Caleb Wolf
 2:02.68 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:33 PM			
4	Such, Matthew	SO JP	2:33.27
5	Gade, William	SR ICHS	2:23.45
6	Zhu, John	FR TCS!	2:32.88
Heat 2 of 2 Finals Starts at 02:36 PM			
1	Lynch, Joey	SO SST	2:19.45
2	Bluey, Ben	JR ICHS	2:11.45
3	Kay, Patrick	SO SST	2:01.48 VSAA
4	Judge, Dominic	JR SST	1:57.61 VSAA
5	Palomo, Edward	FR JP	1:51.91 VSAA
6	Witdoeck, Jo	SO TCS!	1:52.89 VSAA
7	Anderson, Brent	JR ICHS	2:00.83 VSAA
8	Bluey, Luke	8 ICHS	2:01.97 VSAA
9	Zahorchak, Mich	JR SST	2:12.21

#4 Girls 200 Yard Freestyle

Seton: 1:54.53 2026 A. Aldeguer
 VCAC: 1:51.09 2024 Allie Witdoeck
 2:09.48 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:39 PM			
1	Gilley, Madison	JR JP	2:55.65
2	Rodriguez, Ally	SO JP	2:54.16
3	Watson, Caroline	8 TCS!	2:37.82
4	Arcara, Eloise	SO ICHS	2:29.57
5	Fifield, Kyleigh	JR SST	2:23.70
6	Bauer, Katie	SO SST	2:28.18
7	Burgess, Ella	FR ICHS	2:30.89
8	Gallagher, Gloria	SO JP	2:44.73
9	Barvick, Lulu	SO OAK	2:54.79
10	Niwe, Meira	FR ICHS	3:05.00

Heat 2 of 2 Finals Starts at 02:42 PM

1	Heinrichs, Charlc	JR OAK	2:20.63
2	Van Meter, Juliet	JR OAK	2:16.01
3	Hsieh, Maggi	JR TCS!	2:11.07
4	Shumate, Kate	JR ICHS	2:02.87 VSAA
5	Aldeguer, Ariana	JR SST	1:54.53 VSAA
6	Miller, Evie	JR FCS	2:00.45 VSAA
7	Schlieter, Audrey	SR TCS!	2:05.71 VSAA
8	Kay, Philomena	JR SST	2:14.58
9	Gilbert, Maddie	SO TCS!	2:19.84
10	Magee, Amelia	SR OAK	2:22.91

#5 Boys 200 Yard IM

Seton: 1:54.70 2008 N. Cook
 VCAC: 1:54.26 2026 Moses Wolf
 2:18.04 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:45 PM			
4	Yim, Evan	SO ICHS	3:18.68
5	Wollmershauser,	SO ICHS	2:46.58
6	Nguyen, Karsten	JR JP	3:11.27
Heat 2 of 2 Finals Starts at 02:48 PM			
2	Garvey, JJ	FR SST	2:32.95
3	Wilson, Jonas	SO SST	2:32.27
4	Martinez, Lio	JR SST	1:59.46 VSAA
5	Wolf, Moses	JR ICHS	1:54.26 VSAA
6	Koler, Eric	SR JP	1:57.75 VSAA
7	Ma, Ryan	FR TCS!	2:29.91
8	Bookwalter, Joel	FR SST	2:32.74
9	Lam, Micah	JR ICHS	2:37.87

#6 Girls 200 Yard IM

Seton: 2:05.81 2025 A. Aldeguer
 VCAC: 2:04.75 2025 Elizabeth Bryan
 2:27.91 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 3 Finals Starts at 02:51 PM			
4	Haggerty, Aoife	JR SST	X3:09.82
5	Blevins, Colby	SR FCS	NT
6	Blevins, Hannah	SR FCS	NT
Heat 2 of 3 Finals Starts at 02:55 PM			
1	Brooks, Charlott	FR FCS	NT
2	Watson, Claire	8 TCS!	3:15.48
3	Vitkovitsky, Eliza	SO JP	3:07.35
4	Dusek, Annie	SO SST	2:44.49
5	Myers, Lydia	JR ICHS	2:40.38
6	Dang, Alexis	FR TCS!	2:43.72
7	Myers, Katie	FR ICHS	3:00.64
8	Van Raaphorst, E	8 TCS!	3:09.24
9	Robinson, Virgin	FR ICHS	3:21.05
Heat 3 of 3 Finals Starts at 02:59 PM			
1	Halisky, Sophia	SO SST	2:35.85
2	Koler, Isabella	SR JP	2:28.83
3	Hazelwood, Lind	JR OAK	2:24.39 VSAA
4	Paradise, Theres	SST	2:18.16 VSAA
5	Bryan, Elizabeth	SR OAK	2:03.82 VSAA
6	Ellis, Hannah	JR FCS	2:09.21 VSAA
7	Kriz, Alexa	FR TCS!	2:21.18 VSAA
8	Voith, Amy	JR JP	2:26.73 VSAA
9	Kay, Sandra	SR JP	2:35.45
10	Mantooth, Avila	SO SST	2:40.16

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#7 Boys 50 Yard Freestyle

Seton: 21.22 2010 S.J. Hill
 VCAC: 21.74 2025 Tyler Phillips
 23.94 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 3 Finals Starts at 03:02 PM			
4 Hill, Wesley	8	ICHS	X31.50
5 Nguyen, James		SST	X29.72
6 Frenchak, Elijah	SO	ICHS	X31.04
Heat 2 of 3 Finals Starts at 03:03 PM			
2 Girigowda, Adhy	SO	JP	30.32
3 Ayala, Julian	FR	JP	29.59
4 Ellis, Ben	JR	SST	27.19
5 Gebhardt, Lucas	SO	FCS	26.20
6 Liette, Jonny	FR	FCS	26.86
7 Kurrus, Patrick	JR	JP	28.57
8 Gilbert, Luke	8	TCS!	29.74
9 Kern, Ryan	SO	JP	33.97
Heat 3 of 3 Finals Starts at 03:03 PM			
1 Witter, Joe	SO	SST	25.91
2 Burgess, Grey	SR	ICHS	25.21
3 Ryan, Nathan	JR	FCS	24.23
4 Sokban, Daniel	JR	SST	22.97 VSAA
5 Phillips, Tyler	SR	TCS!	21.55 VSAA
6 Fiala, Caleb	JR	ICHS	22.70 VSAA
7 Salter, Michael	FR	ICHS	24.02
8 Bauer, Gregory	SR	SST	24.37
9 Ross, Andrew	JR	FCS	25.51
10 Gade, Tyler	SR	ICHS	26.09

#8 Girls 50 Yard Freestyle

Seton: 24.06 2018 A. Kenna
 VCAC: 24.05 2025 Gianna Davis
 26.67 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 4 Finals Starts at 03:04 PM			
4 Pascua, Gabrielle	SO	JP	X38.30
5 Law, Candler	JR	JP	X35.46
6 Teh, Mari	SR	OAK	X35.80
7 Sims, Sarah	SO	JP	X41.67
Heat 2 of 4 Finals Starts at 03:05 PM			
1 Barvick, Lulu	SO	OAK	X32.36
2 Meadows, Charlc	FR	SST	X30.86
3 Larson, Elle	SR	OAK	X30.45
4 Molaski, Kaitlyn	JR	FCS	35.12
5 Walsh, Mia	SO	FCS	32.34
6 Marte, Jaasiel	SO	FCS	34.34
7 Miller, Eva	SO	ICHS	44.24
8 Hurley, Elizabeth	SO	SST	X30.46
9 Moritz, Madison	SO	OAK	X31.70
10 Larson, Zoe	SR	OAK	X33.92

Heat 3 of 4 Finals Starts at 03:06 PM

1 Hill, Emma	SR	TCS!	30.72
2 Judge, Jane	SO	SST	29.96
3 Connally, Bella	JR	ICHS	29.35
4 Vitkovitsky, Sopl	JR	JP	28.88
5 Dahlberg, Cather	SO	FCS	28.04
6 Frederick, Izzie	JR	JP	28.64
7 Waldron, Lily	SO	SST	28.99
8 Herndon, Anya	8	ICHS	29.90
9 Teh, Michaela	JR	OAK	30.64
10 Schneider, Adele	JR	OAK	31.03

Heat 4 of 4 Finals Starts at 03:07 PM

1 Mills, Emily	SO	JP	27.91
2 Kay, Philomena	JR	SST	27.26
3 Saavedra, Sara	8	TCS!	27.17
4 Schroer, Maggie	SO	SST	26.24 VSAA
5 Willis, Isa	JR	JP	25.51 VSAA
6 Feng, Shoshana	SO	TCS!	25.84 VSAA
7 Erickson, Kately	SR	OAK	26.96
8 Ryan, Fiona	SR	OAK	27.22
9 Erickson, Alexan	FR	ICHS	27.52
10 Gilbert, Maddie	SO	TCS!	28.00

#9 Boys 1 mtr Diving

Seton: 422.70 2025 C. Koehr
 VCAC: 525.80 2022 Harper Thornett

Lane Name	Yr	School	Seed Time
Flight 1 of 1 Finals Starts at 10:55 AM			
1 Ashton, Max		SST	279.20
2 Winslow, Wade	JR	ICHS	154.85
3 Edwards, Eli	SO	TCS!	377.70
4 Winowiecki, Sarr	SO	TCS!	271.65
5 Nguyen, Kenneth	JR	SST	NP
6 Witter, John	JR	SST	249.75
7 Sokban, Daniel	JR	SST	X244.85

#10 Girls 1 mtr Diving

Seton: 371.95 2002 K. Giarra
 VCAC: 340.00 2026 Meghan Condon

Lane Name	Yr	School	Seed Time
Flight 1 of 1 Finals Starts at 11:41 AM			
1 Miller, Maria	SR	SST	298.30
2 Judge, Jane	SO	SST	258.05
3 Hill, Emma	SR	TCS!	228.95
4 Hill, Charlotte	8	TCS!	333.85
5 Rauschelbach, Te	JR	JP	296.90
6 Condon, Meghan	SO	SST	340.00
7 Kay, Clare		SST	288.00
8 Gorman, Bella		SST	X272.55
9 Suthard, Victoria		TCS!	126.25
10 Herwick, Lucy	FR	SST	X238.55

#11 Boys 100 Yard Butterfly

Seton: 51.76 2010 S.J. Hill
 VCAC: 48.92 2026 Tyler Phillips
 1:01.02 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:23 PM			
4 Williams, Jaden	FR	FCS	NT
5 Such, Matthew	SO	JP	1:25.50
6 Taylor, JT	JR	ICHS	1:28.09

Heat 2 of 2 Finals Starts at 02:25 PM

1 Lynch, Joey	SO	SST	1:11.70
2 Wellington-Menz	SO	JP	1:03.16
3 Herwick, Jack	SO	SST	1:00.03 VSAA
4 Martinez, Thiago	SO	SST	55.73 VSAA
5 Phillips, Tyler	SR	TCS!	48.92 VSAA
6 Wolf, Moses	JR	ICHS	51.72 VSAA
7 Frederick, Micha	FR	JP	58.59 VSAA
8 Morillo, Caleb	SR	ICHS	1:00.94 VSAA
9 Burgess, Grey	SR	ICHS	1:08.00
10 Partridge, Paul		SST	1:13.05

#12 Girls 100 Yard Butterfly

Seton: 57.71 2025 A. Aldeguer
 VCAC: 55.80 2023 Allie Witdoeck
 1:06.82 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:27 PM			
1 Heath, Laurel	SR	JP	1:40.51
2 Cinotti, Isabella	JR	OAK	1:30.23
3 Thompson, Seraj	8	OAK	1:22.70
4 Arcara, Eloise	SO	ICHS	1:20.91
5 Eschmann, Brigiti	SO	OAK	1:13.45
6 Frederick, Izzie	JR	JP	1:16.32
7 Phillips, Hannah	SO	FCS	1:21.63
8 Miller, Ellie	SR	JP	1:27.70
9 Gilley, Madison	JR	JP	1:37.65
Heat 2 of 2 Finals Starts at 02:29 PM			
1 Myers, Lydia	JR	ICHS	1:13.02
2 Arnold, Betsy	SO	SST	1:07.78
3 Phillips, Erin	8	TCS!	1:06.22 VSAA
4 Garvey, Anastasi	SR	SST	1:04.55 VSAA
5 Ellis, Hannah	JR	FCS	56.77 VSAA
6 Paradise, Theres	SST	SST	1:04.05 VSAA
7 Wiggins, Allie	SR	TCS!	1:05.80 VSAA
8 Sebero, Emmah	SR	FCS	1:07.35
9 Roberson, Emma	SR	FCS	1:09.78
10 Meadows, Charlc	FR	SST	1:13.18

#13 Boys 100 Yard Freestyle

Seton: 45.67 2010 S. J. Hill
 VCAC: 47.00 2025 Tyler Phillips
 53.20 VSAA

Lane Name	Yr	School	Seed Time
Heat 1 of 2 Finals Starts at 02:30 PM			
2 Kern, Ryan	SO	JP	1:22.40
3 Kurrus, Patrick	JR	JP	1:08.65
4 Liette, Jonny	FR	FCS	1:02.90
5 Witter, Joe	SO	SST	1:02.09
6 Winslow, Wade	JR	ICHS	1:02.21
7 Zhu, John	FR	TCS!	1:04.01
8 Nguyen, Kenton	SO	JP	1:15.65

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Heat 2 (#13 Boys 100 Yard Freestyle)

1	Ross, Andrew	JR	FCS	58.85
2	Judge, Dominic	JR	SST	56.92
3	Ryan, Nathan	JR	FCS	54.12
4	Sokban, Daniel	JR	SST	53.70
5	Palomo, Edward	FR	JP	50.81 VSAA
6	Zahorchak, Mich	JR	SST	53.15 VSAA
7	Anderson, Brent	JR	ICHS	53.75
8	Lansing, Reed	SO	ICHS	56.35
9	Gade, Tyler	SR	ICHS	58.35
10	Gebhardt, Lucas	SO	FCS	1:01.40

#14 Girls 100 Yard Freestyle

Seton:	52.05	2018	A. Kenna
VCAC:	51.73	2023	Allie Witdoeckt
	58.81		VSAA
Lane Name	Yr	School	Seed Time

Heat 1 of 3 Finals Starts at 02:34 PM

3	Everson, Cadenc	FR	JP	X1:32.48
4	Magee, Amelia	SR	OAK	X1:03.45
5	Niwe, Meira	FR	ICHS	1:24.10
6	Sims, Sarah	SO	JP	2:03.38
7	Krushinski, Soph	SO	OAK	X1:06.62
8	Miller, Eva	SO	ICHS	X1:46.79

Heat 2 of 3 Finals Starts at 02:36 PM

1	Evans, Chloe	SO	ICHS	1:16.03
2	Myers, Katie	FR	ICHS	1:10.17
3	Herndon, Anya	8	ICHS	1:07.07
4	Waldron, Lily	SO	SST	1:06.23
5	Ryan, Fiona	SR	OAK	1:02.25
6	Dahlberg, Cather	SO	FCS	1:05.58
7	Bauer, Katie	SO	SST	1:06.81
8	Vitkovitsky, Sopl	JR	JP	1:10.00
9	Blevins, Colby	SR	FCS	1:11.75
10	Law, Candler	JR	JP	1:23.99

Heat 3 of 3 Finals Starts at 02:38 PM

1	Heinrichs, Charlc	JR	OAK	1:00.83
2	Feng, Shoshana	SO	TCS!	1:00.56
3	Cinotti, Emaline	SO	OAK	59.13
4	Schroer, Maggie	SO	SST	57.34 VSAA
5	Paradise, Melissc	JR	SST	52.43 VSAA
6	Willis, Isa	JR	JP	55.73 VSAA
7	Baroody, Isabel	SR	FCS	59.06
8	Van Meter, Juliet	JR	OAK	59.43
9	Saavedra, Sara	8	TCS!	1:00.70
10	Ryan, Gabbie	SR	FCS	1:01.07

#15 Boys 500 Yard Freestyle

Seton:	4:27.19	2010	S.J. Hill
VCAC:	4:44.08	2024	Caleb Wolf
	5:41.90		VSAA
Lane Name	Yr	School	Seed Time

Heat 1 of 1 Finals Starts at 02:39 PM

1	Frenchak, Elijah	SO	ICHS	7:30.00
2	Hill, Wesley	8	ICHS	7:05.93
3	Wilson, Jonas	SO	SST	6:10.24
4	Kay, Patrick	SO	SST	5:29.24 VSAA
5	Martinez, Lio	JR	SST	4:54.67 VSAA
6	Palomo, Javi	FR	JP	5:28.75 VSAA
7	Bluey, Ben	JR	ICHS	5:57.30
8	Partridge, Luke	JR	SST	6:35.25
9	Gilbert, Luke	8	TCS!	7:20.29
10	Connally, Cole	FR	ICHS	7:30.00

#16 Girls 500 Yard Freestyle

Seton:	4:58.34	2025	A. Aldeguer
VCAC:	5:07.81	2025	Ariana Aldeguer
	5:58.88		VSAA
Lane Name	Yr	School	Seed Time

Heat 1 of 2 Finals Starts at 02:47 PM

3	Cinotti, Isabella	JR	OAK	7:42.80
4	Watson, Caroline	8	TCS!	7:06.48
5	Dang, Alexis	FR	TCS!	6:57.26
6	Kay, Sandra	SR	JP	6:58.93
7	Gallagher, Gloria	SO	JP	7:35.37
8	Strong, Susan	8	ICHS	8:47.58

Heat 2 of 2 Finals Starts at 02:56 PM

1	Lam, Natalie	8	ICHS	6:48.89
2	Phillips, Erin	8	TCS!	6:30.43
3	Voith, Amy	JR	JP	6:02.70
4	Schlieter, Audrey	SR	TCS!	5:34.44 VSAA
5	Aldeguer, Ariana	JR	SST	4:58.34 VSAA
6	Hazelwood, Lind	JR	OAK	5:20.42 VSAA
7	Miller, Evie	JR	FCS	5:37.23 VSAA
8	Fifield, Kyleigh	JR	SST	6:28.98
9	Russo, Gabriella	JR	SST	6:48.26
10	Dusek, Annie	SO	SST	6:51.87

#17 Boys 200 Yard Freestyle Relay

Seton:	1:29.65	2025	Koehr,Martinez,Bornert
VCAC:	1:30.43	2024	Trinity Christian School
	1:42.23		VSAA
N Yun, E Jang, J Kim, T Phillips			
Lane Team	Relay	Seed Time	

Heat 1 of 1 Finals Starts at 03:03 PM

2	JP	B	X1:52.93
	Such, Matthew SO		Kurrus, Patrick JR
	Ayala, Julian FR		Palomo, Javi FR
3	SST	B	X1:37.72 VSAA
	Ellis, Ben IR		Lynch, Joey SO
	Wilson, Jonas SO		Witter, Joe SO
4	ICHS	A	1:38.75 VSAA
	Anderson, Brenton IR		Salter, Michael FR
	Burgess, Grey SR		Morillo, Caleb SR
5	SST	A	1:32.06 VSAA
6	JP	A	1:38.06 VSAA
	Frederick, Michael FR		Wellington-Menzie, London
	Koler, Eric SR		Palomo, Edward FR
7	FCS	A	1:41.59 VSAA
	Liette, Jonnv FR		Gebhardt, Lucas SO
	Ross, Andrew JR		Ryan, Nathan JR
8	ICHS	B	X1:43.08
	Lansing, Reed SO		Gade, Tyler SR
	Bluey, Ben JR		Bluey, Luke 8
9	FCS	B	X2:00.61
	Williams, Iaden FR		Pitner, Samuel JR
	Raines, Tristan SO		Sample, Jude SO

#18 Girls 200 Yard Freestyle Relay

Seton:	1:40.05	2010	Doonis,Rogers,Talbott,I
VCAC:	1:42.65	2023	Trinity Christian School
	1:57.34		VSAA
A Wiggins, R Buff, K Womack, A Witdoeckt			
Lane Team	Relay	Seed Time	

Heat 1 of 2 Finals Starts at 03:06 PM

4	OAK	B	XNT
	Heinrichs, Charlotte IR		Larson, Elle SR
	Teh, Michaela JR		Magee, Amelia SR
5	JP	B	X1:59.81
	Frederick, Izzie IR		Kay, Sandra SR
	Vitkovitsky, Sophia JR		Vitkovitsky, Elizabeth SO
6	ICHS	B	X2:12.70
	Robinson, Virginia FR		Strong, Susan 8
	Niwe, Meira FR		Evans, Chloe SO

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Heat 2 (#18 Girls 200 Yard Freestyle Relay)

1	TCS!	B	X1:58.45
	Watson, Claire 8	Van Raaphorst, Emma 8	
	Gilbert, Maddie SO	Saavedra, Sara 8	
2	SST	B	X1:51.66 VSAA
	Kav, Philomena IR	Halisky, Sophia SO	
	Waldron, Lily SO	Mantooth, Avila SO	
3	JP	A	1:48.09 VSAA
	Willis, Isa IR	Voith, Amy JR	
	Mills, Emily SO	Koler, Isabella SR	
4	OAK	A	1:46.94 VSAA
	Van Meter, Juliet IR	Ryan, Fiona SR	
	Cinotti, Emaline SO	Erickson, Katelyn SR	
5	TCS!	A	1:41.76 VSAA
6	SST	A	1:41.79 VSAA
7	FCS	A	1:47.42 VSAA
	Baroodv, Isabel SR	Dahlberg, Catherine SO	
	Miller, Evie JR	Ellis, Hannah JR	
8	ICHS	A	1:58.42
	Burgess, Ella FR	Lam, Natalie 8	
	Arcara, Eloise SO	Myers, Lydia JR	
9	FCS	B	X1:53.11 VSAA
	Ryan, Adrie FR	Ryan, Gabbie SR	
	Roberson, Emma SR	Sebero, Emmah SR	

#19 Boys 100 Yard Backstroke

Seton:	51.48	2006	K. Koehr
VCAC:	50.84	2026	Jo Witdoeckt
	1:02.27		VSAA

Lane Name Yr School Seed Time

Heat 1 of 2 Finals Starts at 03:21 PM

2	Pitner, Samuel	JR	FCS	NT
3	Nguyen, Kenton	SO	JP	1:32.84
4	Dix, Brycen	8	FCS	1:20.48
5	Taylor, JT	JR	ICHS	1:19.51
6	Connally, Cole	FR	ICHS	1:19.74
7	Ayala, Julian	FR	JP	1:23.89
8	Williams, Jaden	FR	FCS	NT
9	Yim, Evan	SO	ICHS	X1:26.54

Heat 2 of 2 Finals Starts at 03:24 PM

1	Bookwalter, Joel	FR	SST	1:10.47
2	Partridge, Paul		SST	1:07.10
3	Palomo, Javi	FR	JP	1:04.14
4	Frederick, Micha	FR	JP	1:01.25 VSAA
5	Witdoeckt, Jo	SO	TCS!	50.84 VSAA
6	Martinez, Thiago	SO	SST	56.55 VSAA
7	Herwick, Jack	SO	SST	1:02.22 VSAA
8	Bluey, Luke	8	ICHS	1:04.21
9	Gade, William	SR	ICHS	1:09.16
10	Sample, Jude	SO	FCS	1:17.40

#20 Girls 100 Yard Backstroke

Seton:	55.62	2018	A. Kenna
VCAC:	56.13	2026	Melissa Paradise
	1:06.85		VSAA

Lane Name Yr School Seed Time

Heat 1 of 3 Finals Starts at 03:27 PM

4	Teh, Michaela	JR	OAK	NT
5	Evans, Chloe	SO	ICHS	1:37.21
6	Pascua, Gabrielle	SO	JP	1:58.36

Heat 2 of 3 Finals Starts at 03:29 PM

1	Miller, Ellie	SR	JP	1:34.45
2	Larson, Zoe	SR	OAK	1:25.35
3	Moritz, Madison	SO	OAK	1:25.00
4	Chen, Alison	SO	FCS	1:19.20
5	Vitkovitsky, Eliza	SO	JP	1:17.69
6	Burgess, Ella	FR	ICHS	1:18.10
7	Rodriguez, Ally	SO	JP	1:23.97
8	Brooks, Charlott	FR	FCS	1:25.13
9	Watson, Claire	8	TCS!	1:26.58

Heat 3 of 3 Finals Starts at 03:32 PM

1	Krushinski, Soph	SO	OAK	1:15.29
2	Arnold, Betsy	SO	SST	1:11.78
3	Hill, Charlotte	8	TCS!	1:07.35
4	Shumate, Kate	JR	ICHS	1:05.25 VSAA
5	Paradise, Melissa	JR	SST	55.86 VSAA
6	Garvey, Anastasi	SR	SST	1:03.04 VSAA
7	Wiggins, Allie	SR	TCS!	1:06.45 VSAA
8	Erickson, Alexan	FR	ICHS	1:09.17
9	Russo, Gabriella	JR	SST	1:14.49
10	Blevins, Hannah	SR	FCS	1:16.60

#21 Boys 100 Yard Breaststroke

Seton:	58.53	2007	N. Cook
VCAC:	58.85	2026	Moses Wolf
	1:08.10		VSAA

Lane Name Yr School Seed Time

Heat 1 of 2 Finals Starts at 03:33 PM

3	Nguyen, James		SST	X1:23.34
4	Girigowda, Adhy.	SO	JP	1:33.76
5	Garvey, JJ	FR	SST	1:21.36
6	Dix, Brycen	8	FCS	1:27.40
7	Nguyen, Karsten	JR	JP	1:33.84

Heat 2 of 2 Finals Starts at 03:35 PM

1	Wollmershauser,	SO	ICHS	1:17.59
2	Wellington-Menz	SO	JP	1:17.27
3	Ellis, Ben	JR	SST	1:14.63
4	Morillo, Caleb	SR	ICHS	1:06.10 VSAA
5	Koler, Eric	SR	JP	56.46 VSAA
6	Fiala, Caleb	JR	ICHS	1:03.47 VSAA
7	Bauer, Gregory	SR	SST	1:08.85
8	Partridge, Luke	JR	SST	1:14.89
9	Ma, Ryan	FR	TCS!	1:17.41
10	Lam, Micah	JR	ICHS	1:18.27

#22 Girls 100 Yard Breaststroke

Seton:	1:05.77	2022	A. Testani
VCAC:	1:05.06	2025	Elizabeth Bryan
	1:14.86		VSAA

Lane Name Yr School Seed Time

Heat 1 of 3 Finals Starts at 03:37 PM

4	Everson, Cadenc	FR	JP	1:46.00
5	Walsh, Mia	SO	FCS	1:35.80
6	Strong, Susan	8	ICHS	1:39.78
7	Judge, Jane	SO	SST	X1:30.99

Heat 2 of 3 Finals Starts at 03:39 PM

1	Heath, Laurel	SR	JP	1:33.43
2	Hurley, Elizabeth	SO	SST	1:26.57
3	Haggerty, Aoife	JR	SST	1:24.94
4	Mantooth, Avila	SO	SST	1:22.70
5	Ryan, Gabbie	SR	FCS	1:19.20
6	Lam, Natalie	8	ICHS	1:20.10
7	Connally, Bella	JR	ICHS	1:23.59
8	Schneider, Adele	JR	OAK	1:25.06
9	Robinson, Virgin	FR	ICHS	1:31.09
10	Van Raaphorst, E	8	TCS!	1:35.64

Heat 3 of 3 Finals Starts at 03:41 PM

1	Ryan, Adrie	FR	FCS	1:17.96
2	Halisky, Sophia	SO	SST	1:16.55
3	Mills, Emily	SO	JP	1:14.81 VSAA
4	Koler, Isabella	SR	JP	1:12.31 VSAA
5	Bryan, Elizabeth	SR	OAK	1:03.43 VSAA
6	Baroody, Isabel	SR	FCS	1:10.13 VSAA
7	Hsieh, Maggi	JR	TCS!	1:12.99 VSAA
8	Kriz, Alexa	FR	TCS!	1:15.58
9	Thompson, Seraj	8	OAK	1:16.82
10	Eschmann, Brigitt	SO	OAK	1:18.30

#23 Boys 400 Yard Freestyle Relay

Seton:	3:17.05	2010	Hill, Cook, Dunn, Basing
VCAC:	3:18.86	2024	Trinity Christian School
	3:59.45		VSAA

Lane Team Relay Seed Time

Heat 1 of 1 Finals Starts at 03:43 PM

3	SST	B	X3:46.56 VSAA
	Partridge, Paul	Lynch, Joey SO	
	Wilson, Jonas SO	Kay, Patrick SO	
4	TCS!	A	3:38.78 VSAA
	Witdoeckt, Jo SO	Zhu, John FR	
	Ma, Ryan FR	Phillips, Tyler SR	
5	SST	A	3:27.89 VSAA
6	ICHS	A	3:29.46 VSAA
	Anderson, Brenton IR	Salter, Michael FR	
	Fiala, Caleb JR	Wolf, Moses JR	
7	JP	A	4:46.93
	Nguyen, Karsten IR	Ayala, Julian FR	
	Girigowda, Adhyan SO	Nguyen, Kenton SO	
8	ICHS	B	X3:51.77 VSAA
	Lansing, Reed SO	Bluey, Ben JR	
	Gade, William SR	Gade, Tyler SR	

2026 VCAC Championship Meet - 2/7/2026
Meet Program

#24 Girls 400 Yard Freestyle Relay

Seton: 3:37.90 2026 Seton High School (VA)

M Paradise, M Schroer, T Paradise, A Aldeguer

VCAC: 3:37.90 2026 Seton School

M Paradise, M Schroer, T Paradise, A Aldeguer

4:30.99 VSAA

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals Starts at 03:48 PM			
1	JP	B	5:57.68
	Everson, Cadence FR Pascua, Gabrielle SO	Law, Candler JR Heath, Laurel SR	
2	ICHS	B	4:35.33
	Burgess, Ella FR Myers, Katie FR	Arcara, Eloise SO Herndon, Anya 8	
3	SST	B	4:14.39 VSAA
	Bauer, Katie SO Dusek, Annie SO	Waldron, Lily SO Fifield, Kyleigh JR	
4	OAK	A	3:49.05 VSAA
	Cinotti, Emaline SO Hazelwood, Lindley JR	Van Meter, Juliet JR Bryan, Elizabeth SR	
5	SST	A	3:37.90 VSAA
6	TCS!	A	3:46.83 VSAA
7	ICHS	A	4:10.40 VSAA
	Erickson, Alexandra FR Myers, Lydia JR	Connally, Bella JR Shumate, Kate JR	
8	TCS!	B	4:25.93 VSAA
	Gilbert, Maddie SO Dang, Alexis FR	Watson, Caroline 8 Phillips, Erin 8	
9	JP	A	5:06.75
	Gallagher, Gloria SO Rodriguez, Ally SO	Miller, Ellie SR Gilley, Madison JR	
10	OAK	B	NT
	Heinrichs, Charlotte IR Thompson, Seraphina 8	Krushinski, Sophia SO Eschmann, Brigita SO	