

DIVER Eli Edwards	TEAM Trinity Christian School	COACH Missy Miller	AGE 15	Final 1 218.95
DATE January, 03, 2026	EVENT Boys 1M high school	DIVE ORDER 7		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301A	Rev Dive - Straight	1.8	3.5	4.0	4.5	4.5	5.5	4.0	4.0	12.5	22.50	22.50	3
o	2	202A	Back Som - Straight	1.7	6.0	6.0	5.5	5.0	7.0	6.0	6.0	18.0	30.60	53.10	1
o	3	401A	Inw Dive - Straight	1.8	5.5	6.0	6.0	6.0	6.5	5.5	5.5	17.5	31.50	84.60	1
o	4	104B	Fwd 2 Som - Pike	2.3	6.5	6.0	6.0	5.5	7.0	6.5	6.5	19.0	43.70	128.30	1
o	5	5124D	Fwd Som 2 Tw - Free	2.3	6.5	6.0	5.5	5.5	5.5	6.0	6.0	17.5	40.25	168.55	1
o	6	5126D	Fwd Som 3 Tw - Free	2.8	7.0	6.0	6.0	5.5	6.0	7.0	5.5	18.0	50.40	218.95	1
DD Totals: Vol: 1.8 Opt: 10.9 All: 12.7 Rank: Vol: 2 Opt: 1 Avg score: Vol: 4.29 Opt: 6.01 All: 5.73 Avg counted score: Vol: 4.17 Opt: 6.00 All: 5.69													FINAL TOTAL	218.95	

J1: Ashley Keapproth | **J2:** Megan Edwards | **J3:** Melissa Rauschelbach | **J4:** Rob Miller | **J5:** Missy Miller | **J6:** Katherine Mills | **J7:** Joy Ditto

X

DIVER: **Eli Edwards**



X

COACH: **Missy Miller**

X

REFEREE: **Ashley Keapproth**



DIVER Sam Winowiecki	TEAM Trinity Christian School	COACH Missy Miller	AGE 15	Final 2 153.40
DATE January, 03, 2026	EVENT Boys 1M high school	DIVE ORDER 6		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	5.5	6.5	4.0	5.5	6.0	5.5	6.0	17.0	27.20	27.20	1
o	2	302C	Rev Som - Tuck	1.6	4.0	5.0	4.5	4.5	5.0	4.0	5.5	14.0	22.40	49.60	4
o	3	201A	Back Dive - Straight	1.7	6.0	4.5	6.0	7.0	6.0	5.5	6.0	18.0	30.60	80.20	2
o	4	101A	Fwd Dive - Straight	1.4	6.0	5.5	5.5	6.0	5.5	5.5	6.0	17.0	23.80	104.00	3
o	5	103C	Fwd 1.5 Som - Tuck	1.6	6.0	4.5	4.5	5.5	6.0	4.5	6.0	16.0	25.60	129.60	2
o	6	401C	Inw Dive - Tuck	1.4	5.5	6.0	5.5	5.5	6.0	5.5	6.0	17.0	23.80	153.40	2
DD Totals: Vol: 1.6 Opt: 7.7 All: 9.3 Rank: Vol: 1 Opt: 2 Avg score: Vol: 5.57 Opt: 5.44 All: 5.46 Avg counted score: Vol: 5.67 Opt: 5.47 All: 5.50													FINAL TOTAL	153.40	

J1: Ashley Keapproth | **J2:** Megan Edwards | **J3:** Melissa Rauschelbach | **J4:** Rob Miller | **J5:** Missy Miller | **J6:** Katherine Mills | **J7:** Joy Ditto

X _____

DIVER: **Sam Winowiecki**



X _____

COACH: **Missy Miller**

X _____

REFEREE: **Ashley Keapproth**



DIVER John Witter	TEAM Seton School	COACH Ashley Keapproth	AGE 14	Final 3 116.65
DATE January, 03, 2026	EVENT Boys 1M high school	DIVE ORDER 5		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301A	Rev Dive - Straight	1.8	3.0	2.0	5.0	1.0	2.0	2.0	2.5	6.5	11.70	11.70	6
o	2	302C	Rev Som - Tuck	1.6	4.0	4.0	4.0	5.5	5.0	5.0	4.0	13.0	20.80	32.50	6
o	3	104B	Fwd 2 Som - Pike	2.3	2.5	1.5	2.5	2.5	2.0	2.0	1.5	6.5	14.95	47.45	6
o	4	201A	Back Dive - Straight	1.7	6.0	5.0	5.0	5.0	5.5	5.0	5.5	15.5	26.35	73.80	2
o	5	202A	Back Som - Straight	1.7	5.0	4.0	3.0	2.0	5.5	3.5	6.0	12.5	21.25	95.05	3
o	6	402C	Inw Som - Tuck	1.6	4.5	4.5	4.0	4.5	4.5	4.5	4.0	13.5	21.60	116.65	3

DD Totals: Vol: 1.8 Opt: 8.9 All: 10.7 Rank: Vol: 5 Opt: 3 Avg score: Vol: 2.50 Opt: 4.07 All: 3.81 Avg counted score: Vol: 2.17 Opt: 4.07 All: 3.75 FINAL TOTAL **116.65**

J1: Ashley Keapproth | **J2:** Megan Edwards | **J3:** Melissa Rauschelbach | **J4:** Rob Miller | **J5:** Missy Miller | **J6:** Katherine Mills | **J7:** Joy Ditto

X _____

DIVER: **John Witter**




X _____

COACH: **Ashley Keapproth**

X _____

REFEREE: **Ashley Keapproth**



DIVER EX Daniel Sokban	TEAM Seton School	COACH Ashley Keapproth	AGE 17	Final 4 111.55	
DATE January, 03, 2026	EVENT Boys 1M high school	DIVE ORDER 3			
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110				

V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	5.5	5.0	5.5	5.0	4.5	5.0	5.5	15.5	24.80	24.80	2
o	2	302C	Rev Som - Tuck	1.6	6.5	6.0	6.0	6.0	6.5	5.5	6.0	18.0	28.80	53.60	2
o	3	103C	Fwd 1.5 Som - Tuck	1.6	5.5	5.0	5.0	5.5	5.0	5.0	5.5	15.5	24.80	78.40	3
o	4	202A	Back Som - Straight	1.7	3.0	2.5	3.5	2.5	3.0	3.5	2.0	8.5	14.45	92.85	6
o	5	5221D	Back Som 1/2 Tw - Free	1.7	5.0	4.0	3.5	3.5	5.5	3.0	3.5	11.0	18.70	111.55	4
o	6	402C	Inw Som - Tuck	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	111.55	7
DD Totals: Vol: 1.6 Opt: 8.2 All: 9.8 Rank: Vol: Opt: Avg score: Vol: 5.14 Opt: 3.63 All: 3.88 Avg counted score: Vol: 5.17 Opt: 3.53 All: 3.81													FINAL TOTAL	111.55	

J1: Ashley Keapproth | **J2:** Megan Edwards | **J3:** Melissa Rauschelbach | **J4:** Rob Miller | **J5:** Missy Miller | **J6:** Katherine Mills | **J7:** Joy Ditto

X

DIVER: Daniel Sokban



X

COACH: Ashley Keapproth

X

REFEREE: Ashley Keapproth



DIVER Tom Waldron	TEAM Seton School	COACH Ashley Keapproth	AGE 16	Final 5 109.85
DATE January, 03, 2026	EVENT Boys 1M high school	DIVE ORDER 4		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	3.0	3.5	3.0	3.5	4.0	4.0	3.5	10.5	16.80	16.80	4
o	2	302C	Rev Som - Tuck	1.6	5.0	4.0	5.0	5.0	6.0	4.0	5.0	15.0	24.00	40.80	3
o	3	103C	Fwd 1.5 Som - Tuck	1.6	5.0	4.5	3.5	4.0	4.5	5.0	5.0	14.0	22.40	63.20	4
o	4	202A	Back Som - Straight	1.7	4.5	4.0	4.0	4.5	4.0	4.5	4.0	12.5	21.25	84.45	4
o	5	5221D	Back Som 1/2 Tw - Free	1.7	2.5	1.0	2.0	1.5	2.5	2.5	1.5	6.0	10.20	94.65	7
o	6	402C	Inw Som - Tuck	1.6	3.0	2.0	3.5	3.5	4.0	3.0	3.0	9.5	15.20	109.85	5

DD Totals: Vol: 1.6 Opt: 8.2 All: 9.8 Rank: Vol: 3 Opt: 4 Avg score: Vol: 3.50 Opt: 3.73 All: 3.69 Avg counted score: Vol: 3.50 Opt: 3.80 All: 3.75 FINAL TOTAL **109.85**

J1: Ashley Keapproth | **J2:** Megan Edwards | **J3:** Melissa Rauschelbach | **J4:** Rob Miller | **J5:** Missy Miller | **J6:** Katherine Mills | **J7:** Joy Ditto

X _____

DIVER: **Tom Waldron**



X _____

COACH: **Ashley Keapproth**

X _____

REFEREE: **Ashley Keapproth**



DIVER Max Ashton	TEAM Seton School	COACH Ashley Keapproth	AGE 14	Final 6 86.70
DATE January, 03, 2026	EVENT Boys 1M high school	DIVE ORDER 2		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	1.5	2.0	2.5	1.5	1.5	2.0	2.5	5.5	8.80	8.80	7
o	2	103C	Fwd 1.5 Som - Tuck	1.6	4.5	4.5	4.0	5.5	4.5	4.5	5.5	13.5	21.60	30.40	5
o	3	5121D	Fwd Som 1/2 Tw - Free	1.7	2.0	1.5	1.0	1.5	2.5	1.5	2.5	5.0	8.50	38.90	7
o	4	201A	Back Dive - Straight	1.7	3.5	3.0	3.0	2.0	2.5	3.0	2.5	8.5	14.45	53.35	6
o	5	202C	Back Som - Tuck	1.5	4.5	3.5	4.0	3.5	4.0	4.0	3.5	11.5	17.25	70.60	5
o	6	401C	Inw Dive - Tuck	1.4	4.0	4.0	3.5	4.0	4.0	3.5	3.0	11.5	16.10	86.70	4

DD Totals: Vol: 1.6 Opt: 7.9 All: 9.5 Rank: Vol: 6 Opt: 5 Avg score: Vol: 1.93 Opt: 3.37 All: 3.13 Avg counted score: Vol: 1.83 Opt: 3.33 All: 3.08 FINAL TOTAL **86.70**

J1: Ashley Keapproth | **J2:** Megan Edwards | **J3:** Melissa Rauschelbach | **J4:** Rob Miller | **J5:** Missy Miller | **J6:** Katherine Mills | **J7:** Joy Ditto

X _____

DIVER: **Max Ashton**



X _____

COACH: **Ashley Keapproth**

X _____

REFEREE: **Ashley Keapproth**



DIVER Brian Orellana	TEAM Seton School	COACH Ashley Keapproth	AGE 16	Final 7 83.15
DATE January, 03, 2026	EVENT Boys 1M high school	DIVE ORDER 1		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	1.5	3.5	4.0	3.0	3.5	3.5	3.5	10.5	16.80	16.80	4
o	2	102B	Fwd 1 Som - Pike	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.5	6.0	9.00	25.80	7
o	3	5121D	Fwd Som 1/2 Tw - Free	1.7	3.0	1.5	3.5	3.5	4.0	3.0	3.0	9.5	16.15	41.95	5
o	4	103C	Fwd 1.5 Som - Tuck	1.6	4.5	4.0	4.0	4.5	4.0	4.0	4.0	12.0	19.20	61.15	5
o	5	201A	Back Dive - Straight	1.7	3.0	1.5	2.0	2.5	3.5	3.0	2.5	8.0	13.60	74.75	6
o	6	401C	Inw Dive - Tuck	1.4	2.0	2.5	2.0	1.5	1.5	2.0	2.0	6.0	8.40	83.15	6

DD Totals: Vol: 1.6 Opt: 7.9 All: 9.5 Rank: Vol: 4 Opt: 6 Avg score: Vol: 3.21 Opt: 2.74 All: 2.82 Avg counted score: Vol: 3.50 Opt: 2.77 All: 2.89 FINAL TOTAL **83.15**

J1: Ashley Keapproth | **J2:** Megan Edwards | **J3:** Melissa Rauschelbach | **J4:** Rob Miller | **J5:** Missy Miller | **J6:** Katherine Mills | **J7:** Joy Ditto

X _____

DIVER: **Brian Orellana**



X _____

COACH: **Ashley Keapproth**

X _____

REFEREE: **Ashley Keapproth**



DIVER Meghan Condon	TEAM Seton School	COACH Ashley Keapproth	AGE 15	Final 1 181.70
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 17		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301B	Rev Dive - Pike	1.7	7.0	6.0	6.0	6.5	6.5	6.0	6.5	19.0	32.30	32.30	1
o	2	103B	Fwd 1.5 Som - Pike	1.7	7.0	5.5	5.5	7.0	6.0	6.5	6.0	18.5	31.45	63.75	2
o	3	104C	Fwd 2 Som - Tuck	2.2	4.0	3.5	5.0	4.5	3.0	3.5	3.0	11.0	24.20	87.95	5
o	4	5124D	Fwd Som 2 Tw - Free	2.3	5.0	4.0	4.5	3.0	2.0	4.5	3.0	11.5	26.45	114.40	3
o	5	201B	Back Dive - Pike	1.6	6.5	6.0	6.0	4.5	5.5	6.0	6.0	18.0	28.80	143.20	2
o	6	403C	Inw 1.5 Som - Tuck	2.2	7.0	5.5	6.0	5.5	6.0	6.0	5.0	17.5	38.50	181.70	1
DD Totals: Vol: 1.7 Opt: 10.0 All: 11.7 Rank: Vol: 1 Opt: 2 Avg score: Vol: 6.36 Opt: 5.07 All: 5.29 Avg counted score: Vol: 6.33 Opt: 5.10 All: 5.31													FINAL TOTAL	181.70	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X _____

DIVER: **Meghan Condon**



X _____

COACH: **Ashley Keapproth**

X _____

REFEREE:



DIVER Charlotte Hill	TEAM Trinity Christian School	COACH Missy Miller	AGE 14	Final 2 170.05
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 18		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	1.5	1.0	1.5	1.5	2.0	2.0	2.0	5.0	8.00	8.00	10
o	2	104C	Fwd 2 Som - Tuck	2.2	6.0	5.0	6.0	6.0	5.5	5.5	7.0	17.5	38.50	46.50	1
o	3	401B	Inw Dive - Pike	1.5	6.0	5.5	6.0	6.5	6.5	6.0	7.0	18.5	27.75	74.25	2
o	4	403C	Inw 1.5 Som - Tuck	2.2	5.5	5.0	5.0	5.0	6.0	6.0	6.0	16.5	36.30	110.55	1
o	5	201A	Back Dive - Straight	1.7	6.0	6.0	5.5	6.0	6.0	5.0	6.0	18.0	30.60	141.15	1
o	6	5221D	Back Som 1/2 Tw - Free	1.7	6.5	5.5	6.0	5.0	5.5	5.0	6.0	17.0	28.90	170.05	2
DD Totals: Vol: 1.6 Opt: 9.3 All: 10.9 Rank: Vol: 8 Opt: 1 Avg score: Vol: 1.64 Opt: 5.80 All: 5.11 Avg counted score: Vol: 1.67 Opt: 5.83 All: 5.14													FINAL TOTAL	170.05	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X _____

DIVER: **Charlotte Hill**



X _____

COACH: **Missy Miller**

X _____

REFEREE:



DIVER maria miller	TEAM Seton School	COACH Ashley Keapproth	AGE 17	Final 3 148.50
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 15		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	6.5	6.0	5.0	6.0	5.5	5.5	5.5	17.0	27.20	27.20	2
o	2	103B	Fwd 1.5 Som - Pike	1.7	6.0	4.5	5.5	6.5	6.0	5.0	5.5	17.0	28.90	56.10	3
o	3	104C	Fwd 2 Som - Tuck	2.2	5.0	3.0	5.0	4.5	4.5	5.0	3.5	14.0	30.80	86.90	1
o	4	5122D	Fwd Som 1 Tw - Free	1.9	4.5	2.5	3.0	4.5	3.5	3.5	3.5	10.5	19.95	106.85	9
o	5	202A	Back Som - Straight	1.7	4.5	4.0	3.5	5.0	5.0	4.0	5.0	13.5	22.95	129.80	4
o	6	403C	Inw 1.5 Som - Tuck	2.2	3.0	2.5	3.0	4.0	2.5	2.5	3.0	8.5	18.70	148.50	9
DD Totals: Vol: 1.6 Opt: 9.7 All: 11.3 Rank: Vol: 2 Opt: 3 Avg score: Vol: 5.71 Opt: 4.17 All: 4.43 Avg counted score: Vol: 5.67 Opt: 4.23 All: 4.47													FINAL TOTAL	148.50	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X _____

DIVER: **maria miller**



X _____

COACH: **Ashley Keapproth**

X _____

REFEREE:



DIVER Emily Mills	TEAM Saint John Paul the Great High School	COACH Katherine Mills	AGE 15	Final 4 143.65
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 11		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	302C	Rev Som - Tuck	1.6	5.0	5.0	6.0	4.5	5.5	5.5	5.5	16.0	25.60	25.60	5
o	2	401B	Inw Dive - Pike	1.5	5.5	5.5	6.0	6.5	6.0	6.5	7.0	18.5	27.75	53.35	4
o	3	5421D	Inw Som 1/2 Tw - Free	1.9	4.5	4.0	5.0	4.5	3.5	4.5	3.5	13.0	24.70	78.05	4
o	4	403C	Inw 1.5 Som - Tuck	2.2	4.0	4.0	4.5	4.0	4.0	4.0	3.5	12.0	26.40	104.45	4
o	5	103C	Fwd 1.5 Som - Tuck	1.6	5.0	4.5	4.0	5.0	4.5	4.5	3.5	13.5	21.60	126.05	6
o	6	202B	Back Som - Pike	1.6	3.5	1.5	4.0	3.0	4.5	4.0	3.5	11.0	17.60	143.65	11
DD Totals: Vol: 1.6 Opt: 8.8 All: 10.4 Rank: Vol: 4 Opt: 4 Avg score: Vol: 5.29 Opt: 4.44 All: 4.58 Avg counted score: Vol: 5.33 Opt: 4.53 All: 4.67													FINAL TOTAL	143.65	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X _____

DIVER: **Emily Mills**



X _____

COACH: **Katherine Mills**

X _____

REFEREE:



DIVER Jane Judge	TEAM Seton School	COACH Ashley Keapproth	AGE 15	Final 5 141.80
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 13		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	5.0	5.0	6.0	5.0	4.5	5.0	5.5	15.0	24.00	24.00	6
o	2	302C	Rev Som - Tuck	1.6	3.5	3.5	5.0	3.0	4.0	3.5	3.5	10.5	16.80	40.80	11
o	3	103C	Fwd 1.5 Som - Tuck	1.6	5.5	4.5	4.0	5.5	5.0	4.5	5.0	14.5	23.20	64.00	6
o	4	201A	Back Dive - Straight	1.7	7.5	6.0	6.5	7.0	7.0	7.0	7.0	21.0	35.70	99.70	2
o	5	202C	Back Som - Tuck	1.5	5.0	6.0	5.0	5.5	4.5	5.0	4.5	15.0	22.50	122.20	5
o	6	401C	Inw Dive - Tuck	1.4	5.0	5.0	4.5	4.5	4.5	5.0	4.0	14.0	19.60	141.80	6
DD Totals: Vol: 1.6 Opt: 7.8 All: 9.4 Rank: Vol: 5 Opt: 5 Avg score: Vol: 5.14 Opt: 5.03 All: 5.05 Avg counted score: Vol: 5.00 Opt: 5.00 All: 5.00													FINAL TOTAL	141.80	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X _____

DIVER: **Jane Judge**



X _____

COACH: **Ashley Keapproth**

X _____

REFEREE:



DIVER Teagen Rauschelbach	TEAM Saint John Paul the Great High School	COACH Melissa Rauschelbach	AGE 16	Final 6 134.15
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 16		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	5.0	6.0	5.5	5.5	5.5	5.5	6.0	16.5	26.40	26.40	3
o	2	201C	Back Dive - Tuck	1.5	5.5	4.5	5.0	4.5	5.0	5.0	5.0	15.0	22.50	48.90	7
o	3	5124D	Fwd Som 2 Tw - Free	2.3	2.5	3.0	3.5	1.5	2.0	3.0	2.5	8.0	18.40	67.30	10
o	4	103B	Fwd 1.5 Som - Pike	1.7	5.5	4.5	5.0	5.5	5.0	5.0	5.5	15.5	26.35	93.65	5
o	5	104C	Fwd 2 Som - Tuck	2.2	2.5	1.5	2.0	3.0	3.0	2.5	2.5	7.5	16.50	110.15	10
o	6	401B	Inw Dive - Pike	1.5	5.0	5.0	5.5	6.5	6.0	5.0	5.5	16.0	24.00	134.15	3
DD Totals: Vol: 1.6 Opt: 9.2 All: 10.8 Rank: Vol: 3 Opt: 7 Avg score: Vol: 5.57 Opt: 4.11 All: 4.36 Avg counted score: Vol: 5.50 Opt: 4.13 All: 4.36													FINAL TOTAL	134.15	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X _____

DIVER: **Teagen Rauschelbach**



X _____

COACH: **Melissa Rauschelbach**

X _____

REFEREE:



DIVER EX Lucy Herwick	TEAM Seton School	COACH Ashley Keapproth	AGE 14	Final 7 127.70
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 8		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	302C	Rev Som - Tuck	1.6	5.5	5.0	5.5	5.5	6.0	5.5	5.5	16.5	26.40	26.40	3
o	2	103B	Fwd 1.5 Som - Pike	1.7	5.0	3.5	4.0	5.5	4.5	4.5	4.0	13.0	22.10	48.50	9
o	3	104C	Fwd 2 Som - Tuck	2.2	4.0	2.0	3.0	2.0	3.5	2.5	3.0	8.5	18.70	67.20	9
o	4	5122D	Fwd Som 1 Tw - Free	1.9	3.0	2.5	4.0	3.0	3.0	3.0	2.5	9.0	17.10	84.30	10
o	5	202A	Back Som - Straight	1.7	5.0	4.5	5.0	4.5	5.5	4.5	5.0	14.5	24.65	108.95	3
o	6	401B	Inw Dive - Pike	1.5	3.5	3.5	4.0	5.5	4.5	4.0	4.5	12.5	18.75	127.70	8
DD Totals: Vol: 1.6 Opt: 9.0 All: 10.6 Rank: Vol: Opt: Avg score: Vol: 5.50 Opt: 3.87 All: 4.14 Avg counted score: Vol: 5.50 Opt: 3.83 All: 4.11													FINAL TOTAL	127.70	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X

DIVER: Lucy Herwick



X

COACH: Ashley Keapproth

X

REFEREE:



DIVER Clare Kay	TEAM Seton School	COACH Ashley Keapproth	AGE 14	Final 8 125.60
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 14		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	2.5	2.0	3.5	2.0	3.0	2.0	3.0	7.5	12.00	12.00	9
o	2	302C	Rev Som - Tuck	1.6	6.0	5.5	5.5	5.0	6.5	5.5	6.0	17.0	27.20	39.20	5
o	3	103C	Fwd 1.5 Som - Tuck	1.6	5.0	4.0	4.5	5.5	4.5	5.0	4.0	14.0	22.40	61.60	7
o	4	104C	Fwd 2 Som - Tuck	2.2	3.5	3.0	3.5	3.5	3.0	3.0	3.5	10.0	22.00	83.60	8
o	5	202C	Back Som - Tuck	1.5	4.5	4.0	4.0	3.5	4.5	4.0	2.5	12.0	18.00	101.60	8
o	6	402C	Inw Som - Tuck	1.6	5.0	5.0	5.0	5.0	5.0	5.0	5.0	15.0	24.00	125.60	3
DD Totals: Vol: 1.6 Opt: 8.5 All: 10.1 Rank: Vol: 7 Opt: 6 Avg score: Vol: 2.57 Opt: 4.50 All: 4.18 Avg counted score: Vol: 2.50 Opt: 4.53 All: 4.19													FINAL TOTAL	125.60	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X _____

DIVER: **Clare Kay**



X _____

COACH: **Ashley Keapproth**

X _____

REFEREE:



DIVER EX Isabella Gorman	TEAM Seton School	COACH Ashley Keapproth	AGE 15	Final 9 118.60
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 9		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	3.0	4.0	5.0	4.0	4.5	4.0	3.5	12.0	19.20	19.20	7
o	2	103C	Fwd 1.5 Som - Tuck	1.6	5.5	4.5	5.5	6.0	5.0	5.0	5.5	16.0	25.60	44.80	6
o	3	5121D	Fwd Som 1/2 Tw - Free	1.7	5.0	5.0	5.5	5.0	5.5	5.0	5.0	15.0	25.50	70.30	3
o	4	5122D	Fwd Som 1 Tw - Free	1.9	2.5	1.5	2.0	2.0	2.0	1.5	2.0	6.0	11.40	81.70	11
o	5	202C	Back Som - Tuck	1.5	4.5	4.0	4.0	4.0	4.5	4.0	4.0	12.0	18.00	99.70	8
o	6	401C	Inw Dive - Tuck	1.4	4.5	5.0	4.0	5.0	4.5	4.5	4.5	13.5	18.90	118.60	7
DD Totals: Vol: 1.6 Opt: 8.1 All: 9.7 Rank: Vol: Opt: Avg score: Vol: 4.00 Opt: 4.21 All: 4.18 Avg counted score: Vol: 4.00 Opt: 4.17 All: 4.14													FINAL TOTAL	118.60	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X

DIVER: Isabella Gorman



X

COACH: Ashley Keapproth

X

REFEREE:



DIVER Emma Hill	TEAM Trinity Christian School	COACH Missy Miller	AGE 17	Final 10 116.15
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 12		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	302C	Rev Som - Tuck	1.6	3.5	3.5	4.5	2.5	4.0	4.0	3.5	11.0	17.60	17.60	8
o	2	103C	Fwd 1.5 Som - Tuck	1.6	4.5	5.0	5.0	4.5	5.0	4.5	4.5	14.0	22.40	40.00	8
o	3	5121D	Fwd Som 1/2 Tw - Free	1.7	1.5	3.0	2.0	1.0	2.5	2.0	3.0	6.5	11.05	51.05	11
o	4	401C	Inw Dive - Tuck	1.4	5.5	6.0	5.5	5.5	5.5	5.5	6.0	16.5	23.10	74.15	7
o	5	402C	Inw Som - Tuck	1.6	5.0	4.0	4.5	4.5	4.5	4.0	4.5	13.5	21.60	95.75	6
o	6	201A	Back Dive - Straight	1.7	4.0	4.0	3.5	3.5	4.5	4.0	4.0	12.0	20.40	116.15	5
DD Totals: Vol: 1.6 Opt: 8.0 All: 9.6 Rank: Vol: 6 Opt: 8 Avg score: Vol: 3.64 Opt: 4.17 All: 4.08 Avg counted score: Vol: 3.67 Opt: 4.17 All: 4.08													FINAL TOTAL	116.15	

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X

DIVER: **Emma Hill**



X

COACH: **Missy Miller**

X

REFEREE:



DIVER Victoria Suthard	TEAM Trinity Christian School	COACH Missy Miller	AGE 14	Final 11 94.35
DATE January, 03, 2026	EVENT Girls 1M high school	DIVE ORDER 10		
MEET Seton VCAC Regular Season Dual Meet Championship	LOCATION Freedom Aquatic Center, 9100 Freedom Center Blvd, Manassas, VA, 20110			



V/O	Rnd	Dive#	Dive Description	DD	J1	J2	J3	J4	J5	J6	J7	Net Total	Award	Running Total	Rnd Place
v	1	301C	Rev Dive - Tuck	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	11
o	2	101C	Fwd Dive - Tuck	1.2	5.0	4.0	5.0	4.0	5.5	5.0	5.5	15.0	18.00	18.00	10
o	3	5111A	Fwd Dive 1/2 Tw - Straight	1.8	5.0	3.0	4.0	3.5	4.5	3.5	5.0	12.0	21.60	39.60	8
o	4	201A	Back Dive - Straight	1.7	4.5	4.5	5.0	5.0	5.5	4.5	5.0	14.5	24.65	64.25	6
o	5	202A	Back Som - Straight	1.7	2.5	2.0	3.0	2.0	2.5	2.0	3.5	7.0	11.90	76.15	11
o	6	401C	Inw Dive - Tuck	1.4	4.5	4.5	5.0	4.0	4.5	4.0	4.0	13.0	18.20	94.35	10

DD Totals: Vol: 1.6 Opt: 7.8 All: 9.4 Rank: Vol: 9 Opt: 9 Avg score: Vol: 0.00 Opt: 4.13 All: 3.44 Avg counted score: Vol: 0.00 Opt: 4.10 All: 3.42 FINAL TOTAL **94.35**

J1: - | J2: - | J3: - | J4: - | J5: - | J6: - | J7: -

X _____

DIVER: **Victoria Suthard**



X _____

COACH: **Missy Miller**

X _____

REFEREE:

