

FREL vs RVHS - 1/8/2021
Meet Program

Event 1 Boys 200 Yard Medley Relay

1920Freedom: 1:40.47 1/28/2017 Freedom High School
K. Campbell, T. McKinley, B. Luong, G. Johnson

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	Riverside Rams-VA	C	NT
	1) Edward Joo JR	2) Brandon Tran SO	
	3) Charlie Steinman JR	4) Josh Feit SR	
3	FREL-VA	B	NT
	1) Riley Thompson FR	2) Justin Koeneke SO	
	3) Evan Sutherlin JR	4) Tristan Raab FR	
4	Riverside Rams-VA	A	1:43.68
	1) Jacob Quan SO	2) Christian Szilagyi JR	
	3) Christopher Kopac SR	4) Robert Quan SR	
5	FREL-VA	A	1:45.15
	1) Anderson Church FR	2) Nathan Yu SR	
	3) Sean Yoo JR	4) Jason Sumner JR	
6	Riverside Rams-VA	B	NT
	1) Matthew Sporre JR	2) Zach Ferguson JR	
	3) Ali El-Aassar JR	4) Dylan Byer JR	
8	Riverside Rams-VA	D	NT

Event 2 Girls 200 Yard Medley Relay

1920Freedom: 1:49.11 1/26/2018 Freedom High School
S. McKinley, K. Oakford, J. Luong, I. Dizon

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	Riverside Rams-VA	C	NT
	1) Sadie Bryant SO	2) Kate Balwinski FR	
	3) Layla Ogango SO	4) Emma Sullivan SO	
3	FREL-VA	B	NT
	1) Bella Neff JR	2) Kaitlyn Crooks SR	
	3) Rowan Owings FR	4) Claire Nguyen JR	
4	Riverside Rams-VA	A	1:56.50
	1) Claire Porter SR	2) Kylee Sessions SO	
	3) Lizzie Rebich FR	4) Maddie Vargas JR	
5	FREL-VA	A	1:57.21
	1) Abby Church SR	2) Carly Burns SR	
	3) Jennifer Luong SR	4) Ava Whittaker FR	
6	Riverside Rams-VA	B	NT
	1) Isabel Elias SO	2) Claire O'Such JR	
	3) Abigail Martin SO	4) Hannah Crook SR	
7	FREL-VA	C	NT
	1) Kaylie Thompson SO	2) Sarah Koltisko SO	
	3) Lauren Hall JR	4) Tori Munn SO	
8	Riverside Rams-VA	D	NT
	1) Lauren Farman FR	2) Addisen Merced SO	
	3) Renuka Karami JR	4) Shreya Paliwal JR	

Event 3 Boys 200 Yard Freestyle

1920Freedom: 1:45.14 2/17/2017 Tim McKinley at VHSL 4A Swir

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
2	Max Lu	SO	Riverside Rams-VA	NT
3	Tristan Raab	FR	FREL-VA	2:43.33
4	Jacob Quan	SO	Riverside Rams-VA	1:48.00
5	Riley Thompson	FR	FREL-VA	2:20.01
6	Colin Habersaat	JR	Riverside Rams-VA	NT
7	Ritwik Rangu	JR	FREL-VA	NT
8	Chris Satterfield	SR	Riverside Rams-VA	NT

Event 4 Girls 200 Yard Freestyle

1920Freedom: 1:54.87 12/15/2018 Jennifer Luong

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
1	Emily Calo	SO	FREL-VA	NT
2	Sidney Ramirez	SO	Riverside Rams-VA	NT
3	Mia Tran	SO	FREL-VA	2:30.51
4	Angelina Arciniega	JR	Riverside Rams-VA	NT
5	Abby Church	SR	FREL-VA	2:08.62
6	Sadie Bryant	SO	Riverside Rams-VA	NT
7	Sam Seibel	FR	FREL-VA	NT
8	Gabriella Sullivan	SO	Riverside Rams-VA	NT

Event 5 Boys 200 Yard IM

1920Freedom: 2:00.01 12/3/2016 Brian Luong at Tuscarora@Fre

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
2	Charlie Steinman	JR	Riverside Rams-VA	NT
3	Sean Yoo	JR	FREL-VA	2:36.14
4	Karim Ahmed	FR	Riverside Rams-VA	2:28.81
5	Anderson Church	FR	FREL-VA	2:02.13
6	Dylan Byer	JR	Riverside Rams-VA	NT
8	Robert Quan	SR	Riverside Rams-VA	NT

Event 6 Girls 200 Yard IM

1920Freedom: 2:04.78 12/21/2019 Jennifer Luong at 2019 Loudou

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
1	Kaitlyn Crooks	SR	FREL-VA	NT
2	Claire O'Such	JR	Riverside Rams-VA	NT
3	Danielle Horn	SO	FREL-VA	2:49.03
4	Maddie Vargas	JR	Riverside Rams-VA	NT
5	Jennifer Luong	SR	FREL-VA	2:09.52
6	Lizzie Rebich	FR	Riverside Rams-VA	NT
7	Carly Burns	SR	FREL-VA	NT
8	Layla Ogango	SO	Riverside Rams-VA	NT

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Event 7 Boys 50 Yard Freestyle

1920Freedom: 21.43 2/17/2017 Graham Johnson at VHSL 4A Sv

Lane Name	Yr	School	Seed Time
Heat 1 of 1 Finals			
1	Ryan Jackson	SR FREL-VA	NT
2	Christopher Kopac	SR Riverside Rams-VA	NT
3	Aison Tran	JR FREL-VA	25.14
4	Christian Szilagyi	JR Riverside Rams-VA	22.50
5	Nathan Yu	SR FREL-VA	23.26
6	Brandon Tran	SO Riverside Rams-VA	NT
7	Evan Reed	FR FREL-VA	26.19
8	Matthew Sporre	JR Riverside Rams-VA	NT

Event 8 Girls 50 Yard Freestyle

1920Freedom: 24.50 12/15/2018 Jennifer Luong

Lane Name	Yr	School	Seed Time
Heat 1 of 1 Finals			
1	Tori Munn	SO FREL-VA	29.01
2	Abigail Martin	SO Riverside Rams-VA	NT
3	Caitlyn Jackson	SO FREL-VA	28.00
4	Hannah Crook	SR Riverside Rams-VA	29.41
5	Ava Whittaker	FR FREL-VA	27.15
6	Addisen Merced	SO Riverside Rams-VA	NT
7	Claire Nguyen	JR FREL-VA	28.95
8	Claire Porter	SR Riverside Rams-VA	NT

Event 11 Boys 100 Yard Butterfly

1920Freedom: 53.42 1/28/2017 Brian Luong at 2017 Conferenc

Lane Name	Yr	School	Seed Time
Heat 1 of 1 Finals			
2	Ali El-Aassar	JR Riverside Rams-VA	NT
3	Evan Sutherlin	JR FREL-VA	1:15.07
4	Zach Ferguson	JR Riverside Rams-VA	NT
5	Sean Yoo	JR FREL-VA	1:07.51
6	Chris Satterfield	SR Riverside Rams-VA	NT
8	Christian Szilagyi	JR Riverside Rams-VA	NT

Event 12 Girls 100 Yard Butterfly

1920Freedom: 55.12 12/21/2019 Jennifer Luong at 2019 Loudou

Lane Name	Yr	School	Seed Time
Heat 1 of 1 Finals			
1	Ava Whittaker	FR FREL-VA	NT
2	Isabel Elias	SO Riverside Rams-VA	NT
3	Rowan Owings	FR FREL-VA	1:18.96
4	Lizzie Rebich	FR Riverside Rams-VA	1:03.19
5	Jennifer Luong	SR FREL-VA	57.37
6	Gabriella Sullivan	SO Riverside Rams-VA	1:11.78
7	Lauren Hall	JR FREL-VA	1:25.47
8	Sadie Bryant	SO Riverside Rams-VA	NT

Event 13 Boys 100 Yard Freestyle

1920Freedom: 48.23 2/17/2017 Graham Johnson at VHSL 4A Sv

Lane Name	Yr	School	Seed Time
Heat 1 of 1 Finals			
1	Justin Koeneke	SO FREL-VA	NT
2	Charlie Steinman	JR Riverside Rams-VA	NT
3	Aison Tran	JR FREL-VA	59.34
4	Max Lu	SO Riverside Rams-VA	54.94
5	Jason Sumner	JR FREL-VA	56.07
6	Colin Habersaat	JR Riverside Rams-VA	NT
7	Ryan Jackson	SR FREL-VA	NT
8	Edward Joo	JR Riverside Rams-VA	NT

Event 14 Girls 100 Yard Freestyle

1920Freedom: 52.29 2/2/2019 Jennifer Luong at 2019 VHSL R

Lane Name	Yr	School	Seed Time
Heat 1 of 1 Finals			
1	Claire Nguyen	JR FREL-VA	NT
2	Abigail Martin	SO Riverside Rams-VA	NT
3	Mia Tran	SO FREL-VA	1:06.32
4	Angelina Arciniega	JR Riverside Rams-VA	1:03.84
5	Caitlyn Jackson	SO FREL-VA	1:03.15
6	Hannah Crook	SR Riverside Rams-VA	NT
7	Danielle Horn	SO FREL-VA	1:06.94
8	Kylee Sessions	SO Riverside Rams-VA	NT

Event 15 Boys 500 Yard Freestyle

1920Freedom: 4:40.38 2/17/2017 Tim McKinley at VHSL 4A Swir

Lane Name	Yr	School	Seed Time
Heat 1 of 1 Finals			
2	Josh Feit	SR Riverside Rams-VA	NT
3	Evan Sutherlin	JR FREL-VA	NT
4	Robert Quan	SR Riverside Rams-VA	4:48.93
5	Anderson Church	FR FREL-VA	5:06.66
6	Karim Ahmed	FR Riverside Rams-VA	6:00.03

Event 16 Girls 500 Yard Freestyle

1920Freedom: 5:05.14 1/11/2020 Jennifer Luong at FREL@RRHS

Lane Name	Yr	School	Seed Time
Heat 1 of 1 Finals			
1	Abbie Gorman	JR FREL-VA	NT
2	Sidney Ramirez	SO Riverside Rams-VA	NT
3	Bella Neff	JR FREL-VA	6:29.31
4	Layla Oango	SO Riverside Rams-VA	5:55.17
5	Carly Burns	SR FREL-VA	5:47.88
6	Emma Sullivan	SO Riverside Rams-VA	6:30.80
7	Emily Calo	SO FREL-VA	6:53.63
8	Shreya Paliwal	JR Riverside Rams-VA	NT

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Event 17 Boys 200 Yard Freestyle Relay

1920Freedom: 1:29.85 2/1/2011 M. Harmon, O. Duran

A. Smith, N. Campbell

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	Riverside Rams-VA	C	NT
	1) Edward Joo JR	2) Brandon Tran SO	
	3) Chris Satterfield SR	4) Karim Ahmed FR	
3	FREL-VA	B	NT
	1) Riley Thompson FR	2) Evan Sutherlin JR	
	3) Justin Koeneke SO	4) Aison Tran JR	
4	Riverside Rams-VA	A	1:33.59
	1) Dylan Byer JR	2) Matthew Sporre JR	
	3) Max Lu SO	4) Christopher Kopac SR	
5	FREL-VA	A	1:42.41
	1) Jason Sumner JR	2) Ryan Jackson SR	
	3) Anderson Church FR	4) Nathan Yu SR	
6	Riverside Rams-VA	B	NT
	1) Colin Habersaat JR	2) Zach Ferguson JR	
	3) Charlie Steinman JR	4) Josh Feit SR	
8	Riverside Rams-VA	D	NT

Event 18 Girls 200 Yard Freestyle Relay

1920Freedom: 1:43.55 2/1/2011 S. Clarke, K. Doherty,

K. Johnson, R. Moffitt

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	Riverside Rams-VA	C	NT
	1) Angelina Arciniega JR	2) Lauren Farman FR	
	3) Claire O'Such JR	4) Kate Balwinski FR	
3	FREL-VA	B	NT
	1) Bella Neff JR	2) Danielle Horn SO	
	3) Mia Tran SO	4) Caitlyn Jackson SO	
4	Riverside Rams-VA	A	1:56.11
	1) Kylee Sessions SO	2) Abigail Martin SO	
	3) Sadie Bryant SO	4) Lizzie Rebich FR	
5	FREL-VA	A	1:57.39
	1) Abby Church SR	2) Ava Whittaker FR	
	3) Carly Burns SR	4) Jennifer Luong SR	
6	Riverside Rams-VA	B	NT
	1) Gabriella Sullivan SO	2) Hannah Crook SR	
	3) Emma Sullivan SO	4) Layla Ogango SO	
7	FREL-VA	C	NT
	1) Sam Seibel FR	2) Tori Munn SO	
	3) Rowan Owings FR	4) Kaitlyn Crooks SR	
8	Riverside Rams-VA	D	NT
	1) Addisen Merced SO	2) Renuka Karami JR	
	3) Sarah Sawyer FR	4) Shreya Paliwal JR	

Event 19 Boys 100 Yard Backstroke

1920Freedom: 52.95 12/21/2019 Kim-Long Nguyen at 2019 Lou

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
2	Jacob Quan	SO	Riverside Rams-VA	NT
3	Tristan Raab	FR	FREL-VA	1:33.47
4	Ali El-Aassar	JR	Riverside Rams-VA	1:02.35
5	Riley Thompson	FR	FREL-VA	1:08.13
6	Edward Joo	JR	Riverside Rams-VA	1:04.59
7	Ritwik Rangu	JR	FREL-VA	NT
8	Dylan Byer	JR	Riverside Rams-VA	NT

Event 20 Girls 100 Yard Backstroke

1920Freedom: 57.23 1/26/2019 Jennifer Luong at 2019 Potoma

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
1	Abby Church	SR	FREL-VA	NT
2	Isabel Elias	SO	Riverside Rams-VA	NT
3	Kaylie Thompson	SO	FREL-VA	1:19.14
4	Maddie Vargas	JR	Riverside Rams-VA	1:08.47
5	Sam Seibel	FR	FREL-VA	1:14.77
6	Claire Porter	SR	Riverside Rams-VA	1:08.89
7	Gwen Novotny	SR	FREL-VA	1:21.26
8	Lauren Farman	FR	Riverside Rams-VA	NT

Event 21 Boys 100 Yard Breaststroke

1920Freedom: 1:02.20 2/1/2011 Andrew Smith

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
2	Christopher Kopac	SR	Riverside Rams-VA	NT
3	Jason Sumner	JR	FREL-VA	1:19.09
4	Zach Ferguson	JR	Riverside Rams-VA	1:08.79
5	Nathan Yu	SR	FREL-VA	1:02.71
6	Brandon Tran	SO	Riverside Rams-VA	1:13.06
7	Justin Koeneke	SO	FREL-VA	NT

Event 22 Girls 100 Yard Breaststroke

1920Freedom: 1:05.74 2/1/2018 Kathryn Oakford at 2018 VHSL

Lane	Name	Yr	School	Seed Time
Heat 1 of 1 Finals				
1	Audrey Hood	JR	FREL-VA	NT
2	Kate Balwinski	FR	Riverside Rams-VA	1:23.97
3	Rowan Owings	FR	FREL-VA	1:28.45
4	Kylee Sessions	SO	Riverside Rams-VA	1:10.60
5	Kaitlyn Crooks	SR	FREL-VA	1:22.34
6	Claire O'Such	JR	Riverside Rams-VA	1:20.17
7	Bella Neff	JR	FREL-VA	NT
8	Sarah Sawyer	FR	Riverside Rams-VA	NT

FREL vs RVHS - 1/8/2021
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Event 23 Boys 400 Yard Freestyle Relay

1920Freedom: 3:19.38 1/26/2018 Freedom High School

T. McKinley, A. Shen, K. Campbell, G. Fisher

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	Riverside Rams-VA	C	NT _____
4	Riverside Rams-VA	A	3:19.73 _____
	1) Jacob Quan SO	2) Christian Szilagyi JR	
	3) Ali El-Aassar JR	4) Robert Quan SR	
5	FREL-VA	A	4:16.77 _____
	1) Sean Yoo JR	2) Aison Tran JR	
	3) Ritwik Rangu JR	4) Ryan Jackson SR	
6	Riverside Rams-VA	B	NT _____
	1) Matthew Sporre JR	2) Colin Habersaat JR	
	3) Josh Feit SR	4) Max Lu SO	

Event 24 Girls 400 Yard Freestyle Relay

1920Freedom: 3:41.67 1/26/2018 Freedom High School

M. McKinley, K. Oakford, A. Church, J. Luong

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	Riverside Rams-VA	C	NT _____
	1) Addisen Merced SO	2) Shreya Paliwal JR	
	3) Sidney Ramirez SO	4) Renuka Karami JR	
3	FREL-VA	B	NT _____
	1) Kaylie Thompson SO	2) Sam Seibel FR	
	3) Sarah Koltisko SO	4) Emily Calo SO	
4	Riverside Rams-VA	A	4:00.03 _____
	1) Maddie Vargas JR	2) Claire Porter SR	
	3) Isabel Elias SO	4) Angelina Arciniega JR	
5	FREL-VA	A	3:58.90 _____
	1) Claire Nguyen JR	2) Mia Tran SO	
	3) Danielle Horn SO	4) Caitlyn Jackson SO	
6	Riverside Rams-VA	B	NT _____
	1) Emma Sullivan SO	2) Gabriella Sullivan SO	
	3) Lauren Farman FR	4) Kate Balwinski FR	
7	FREL-VA	C	NT _____
	1) Gwen Novotny SR	2) Abbie Gorman JR	
	3) Audrey Hood JR	4) Lauren Hall JR	