

**RVHS vs. Potomac Falls 19-20 - 12/7/2019****Results****Event 1 Boys 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Riverside High School-VA 1) Quan, Jacob M FR	A 2) Kopac, Christopher M JR	NT 3) Iglesias, Justin JR	1:45.27 4) Ghods, Nick JR	10
2 Potomac Falls High School 1) Pappalardo, Daniel SO	A 2) Weidman, Trent SR	NT 3) McQuinn, Connor SR	1:48.44 4) Hendershot, Owen JR	5
3 Riverside High School-VA 1) Joo, Edward SO	B 2) Kahng, Vincent B SR	NT 3) Barmak, Greyson FR	1:53.09 4) Lee, David JR	3
4 Riverside High School-VA 1) El-Aassar, Ali SO	C 2) Iglesias, Matthew FR	NT 3) Habersaat, Colin SO	x1:53.31 4) Lu, Max FR	
5 Riverside High School-VA 1) Tran, Johnathan Q SR	D 2) Maller, Craig JR	NT 3) Nguyen, Alex JR	x1:55.94 4) Sporre, Matthew SO	
6 Potomac Falls High School 1) Nguyen, Thomas JR	B 2) Pilaro, Jack FR	NT 3) Grimes, Phillip JR	1:58.40 4) Moreau, Garrett JR	
7 Potomac Falls High School 1) Hoyle, Michael	C 2) Zhang, Andrew SR	NT 3) Aslam, Camren SO	x2:11.16 4) Floch, Togen SO	

**Event 2 Girls 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Riverside High School-VA 1) Haast, Mikaela A SR	A 2) Sessions, Kylee FR	NT 3) Porter, Claire JR	1:54.10 4) Kopac, Allison N SR	10
2 Potomac Falls High School 1) Dykes, Ani	A 2) Buswell, Amelia JR	NT 3) Jacks, Chale M SR	1:57.35 4) Olsen, Erica	5
3 Riverside High School-VA 1) Greig, Morgan E SR	B 2) Kahng, Isabelle M SR	NT 3) Pham, Jordan E SR	1:59.58 4) Barmack, Macy SR	3
4 Riverside High School-VA 1) McCummings, Delaney S SR	C 2) O'Such, Claire SO	NT 3) Elias, Isabel FR	x2:04.25 4) Dayyani, Ainsley G SR	
5 Potomac Falls High School 1) Durham, Tess	C 2) McCarty, Helen FR	NT 3) McCarty, Jane JR	2:09.69 4) Campbell, Ellie	
6 Riverside High School-VA 1) Vargas, Maddie SO	D 2) Sullivan, Gabriella FR	NT 3) Ramirez, Chloe A SR	x2:10.21 4) Sullivan, Emma FR	
7 Potomac Falls High School 1) Lai-Harris, Kassy JR	B 2) Brady, Caroline JR	NT 3) Belogay, Isabella SO	x2:10.59 4) Nguyen, MaryAnna	

**Event 3 Boys 200 Yard Freestyle**

Name	Yr School	Seed Time	Finals Time	Points
1 Gerstl, Otto G	SR Riverside High School-VA	NT	1:52.77	8
2 Quan, Jacob M	FR Riverside High School-VA	NT	1:55.21	6
3 Byer, Dylan	SO Riverside High School-VA	NT	2:00.14	5
4 El-Aassar, Ali	SO Riverside High School-VA	NT	2:08.76	4
5 Anderson, Jimmy	SO Potomac Falls High School	NT	2:12.02	3
6 Moreau, Garrett	JR Potomac Falls High School	NT	2:18.39	2
7 Moyer, Peyton	FR Potomac Falls High School	NT	2:35.27	1

**Event 4 Girls 200 Yard Freestyle**

Name	Yr School	Seed Time	Finals Time	Points
1 Olsen, Erica	Potomac Falls High School	NT	2:06.82	8
2 McCummings, Delaney S	SR Riverside High School-VA	NT	2:13.53	6
3 Arciniega, Angelina	SO Riverside High School-VA	NT	2:16.96	5
4 Vargas, Maddie	SO Riverside High School-VA	NT	2:18.21	4
5 Martin, Abigail	FR Riverside High School-VA	NT	2:20.27	3
6 Nguyen, MaryAnna	Potomac Falls High School	NT	2:33.64	2
7 Minkara, Daliah	FR Potomac Falls High School	NT	2:37.27	1
8 Campbell, Ellie	Potomac Falls High School	NT	2:40.21	

**RVHS vs. Potomac Falls 19-20 - 12/7/2019****Results****Event 5 Boys 200 Yard IM**

Name	Yr	School	Seed Time	Finals Time	Points
1 Quan, Robert M	JR	Riverside High School-VA	NT	1:57.59	8
2 Iglesias, Justin	JR	Riverside High School-VA	NT	2:11.94	6
3 Kahng, Vincent B	SR	Riverside High School-VA	NT	2:14.33	5
4 Pilaro, Jack	FR	Potomac Falls High School	NT	2:19.90	4
5 Ferguson, Zach	SO	Riverside High School-VA	NT	2:20.65	3
6 McQuinn, Connor	SR	Potomac Falls High School	NT	2:21.28	2
7 Pappalardo, Daniel	SO	Potomac Falls High School	NT	2:45.22	1

**Event 6 Girls 200 Yard IM**

Name	Yr	School	Seed Time	Finals Time	Points
1 Kopac, Allison N	SR	Riverside High School-VA	NT	2:11.88	8
2 Ye, Hannah	SR	Riverside High School-VA	NT	2:16.96	6
3 Nichols, Jocelyn	JR	Potomac Falls High School	NT	2:20.28	5
4 Ramirez, Chloe A	SR	Riverside High School-VA	NT	2:26.14	4
5 Kahng, Isabelle M	SR	Riverside High School-VA	NT	2:26.72	3
6 Dykes, Ani		Potomac Falls High School	NT	2:29.59	2
7 Belogay, Isabella	SO	Potomac Falls High School	NT	2:39.27	1
8 McCarty, Helen	FR	Potomac Falls High School	NT	2:39.95	

**Event 7 Boys 50 Yard Freestyle**

Name	Yr	School	Seed Time	Finals Time	Points
1 Kopac, Christopher M	JR	Riverside High School-VA	NT	22.50	8
2 Lee, David	JR	Riverside High School-VA	NT	24.72	6
3 Anderson, Jimmy	SO	Potomac Falls High School	NT	25.26	5
4 Sporre, Matthew	SO	Riverside High School-VA	NT	25.62	4
5 Grimes, Phillip	JR	Potomac Falls High School	NT	25.64	3
6 Ghods, Nick	JR	Riverside High School-VA	NT	25.77	2
7 Nguyen, Thomas	JR	Potomac Falls High School	NT	26.02	1
8 Hoyle, Michael		Potomac Falls High School	NT	28.45	

**Event 8 Girls 50 Yard Freestyle**

Name	Yr	School	Seed Time	Finals Time	Points
1 Jacks, Chale M	SR	Potomac Falls High School	NT	25.57	8
2 Greig, Morgan E	SR	Riverside High School-VA	NT	26.19	6
3 Pham, Jordan E	SR	Riverside High School-VA	NT	26.52	5
4 Olsen, Erica		Potomac Falls High School	NT	26.63	4
5 Dayyani, Ainsley G	SR	Riverside High School-VA	NT	26.65	3
6 Buswell, Amelia	JR	Potomac Falls High School	NT	26.84	2
7 Barmack, Macy	SR	Riverside High School-VA	NT	27.15	1
8 Bajaj, Kiran	JR	Potomac Falls High School	NT	33.22	

**Event 11 Boys 100 Yard Butterfly**

Name	Yr	School	Seed Time	Finals Time	Points
1 Hendershot, Owen	JR	Potomac Falls High School	NT	57.13	8
2 Iglesias, Justin	JR	Riverside High School-VA	NT	57.27	6
3 Ghods, Nick	JR	Riverside High School-VA	NT	1:02.53	5
4 Nguyen, Alex	JR	Riverside High School-VA	NT	1:05.02	4
5 Barmak, Greyson	FR	Riverside High School-VA	NT	1:08.94	3
6 Araque, Collin	SR	Potomac Falls High School	NT	1:19.07	2
7 Fontaine, Will	SR	Potomac Falls High School	NT	1:23.63	1
8 Mogensen, Scott		Potomac Falls High School	NT	1:30.01	

**RVHS vs. Potomac Falls 19-20 - 12/7/2019****Results****Event 12 Girls 100 Yard Butterfly**

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Jacks, Chale M	SR	Potomac Falls High School	NT	1:00.63	8
2 Buswell, Amelia	JR	Potomac Falls High School	NT	1:03.27	6
3 Haast, Mikaela A	SR	Riverside High School-VA	NT	1:05.27	5
4 Porter, Claire	JR	Riverside High School-VA	NT	1:05.58	4
5 Elias, Isabel	FR	Riverside High School-VA	NT	1:07.19	3
6 Martin, Abigail	FR	Riverside High School-VA	NT	1:10.08	2
7 McCarty, Jane	JR	Potomac Falls High School	NT	1:12.44	1
8 Belogay, Isabella	SO	Potomac Falls High School	NT	1:13.20	

**Event 13 Boys 100 Yard Freestyle**

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Gerstl, Otto G	SR	Riverside High School-VA	NT	53.26	8
2 McQuinn, Connor	SR	Potomac Falls High School	NT	53.52	6
3 Weidman, Trent	SR	Potomac Falls High School	NT	54.94	5
4 Lu, Max	FR	Riverside High School-VA	NT	55.21	4
5 Habersaat, Colin	SO	Riverside High School-VA	NT	57.27	3
6 Steinman, Charlie	SO	Riverside High School-VA	NT	57.95	2
7 Aslam, Camren	SO	Potomac Falls High School	NT	1:04.42	1
8 Hoyle, Michael		Potomac Falls High School	NT	1:10.09	

**Event 14 Girls 100 Yard Freestyle**

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Sessions, Kylee	FR	Riverside High School-VA	NT	56.00	8
2 Bae, Ashley W	SR	Riverside High School-VA	NT	57.97	6
3 Dayyani, Ainsley G	SR	Riverside High School-VA	NT	58.03	5
4 Greig, Morgan E	SR	Riverside High School-VA	NT	59.52	4
5 McCarty, Helen	FR	Potomac Falls High School	NT	1:03.65	3
6 Nguyen, MaryAnna		Potomac Falls High School	NT	1:05.51	2
7 Lai-Harris, Koryn F		Potomac Falls High School	NT	1:05.82	1

**Event 15 Boys 500 Yard Freestyle**

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Kopac, Christopher M	JR	Riverside High School-VA	NT	4:44.67	8
2 Quan, Jacob M	FR	Riverside High School-VA	NT	5:01.40	6
3 Byer, Dylan	SO	Riverside High School-VA	NT	5:34.69	5
4 Grimes, Phillip	JR	Potomac Falls High School	NT	5:55.96	4
5 Feit, Josh	JR	Riverside High School-VA	NT	6:04.89	3
6 Fontaine, Will	SR	Potomac Falls High School	NT	7:20.65	2

**Event 16 Girls 500 Yard Freestyle**

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Kopac, Allison N	SR	Riverside High School-VA	NT	5:10.01	8
2 Ramirez, Chloe A	SR	Riverside High School-VA	NT	5:53.58	6
3 Elias, Isabel	FR	Riverside High School-VA	NT	6:00.19	5
4 Kinstle, Betsy	SR	Riverside High School-VA	NT	6:42.64	4
5 Guy, Alexa	SO	Potomac Falls High School	NT	6:59.40	3
6 Durham, Tess		Potomac Falls High School	NT	7:00.25	2
7 Natal, Bianca		Potomac Falls High School	NT	7:10.84	1
8 MacGoy, Mary	SO	Potomac Falls High School	NT	7:30.88	

**RVHS vs. Potomac Falls 19-20 - 12/7/2019****Results****Event 17 Boys 200 Yard Freestyle Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Riverside High School-VA 1) Gerstl, Otto G SR 23.12	A 2) Iglesias, Justin JR 1:33.72 (1:10.60)	NT 3) Kahng, Vincent B SR	1:33.72 4) Quan, Robert M JR	10
2 Potomac Falls High School 1) McQuinn, Connor SR	A 2) Weidman, Trent SR	NT 3) Hendershot, Owen JR	1:36.96 4) Pappalardo, Daniel SO	5
3 Riverside High School-VA 1) Barmak, Greyson FR	C 2) Steinman, Charlie SO	NT 3) Nguyen, Alex JR	1:42.89 4) Tran, Johnathan Q SR	3
4 Riverside High School-VA 1) Habersaat, Colin SO	B 2) Sporre, Matthew SO	NT 3) Ghods, Nick JR	x1:43.45 4) Byer, Dylan SO	
5 Riverside High School-VA 1) Maller, Craig JR	D 2) Tran, Brandon FR	NT 3) Iglesias, Matthew FR	x1:44.83 4) Ferguson, Zach SO	
6 Potomac Falls High School 1) Pilaro, Jack FR	B 2) Aslam, Camren SO	NT 3) Anderson, Jimmy SO	1:47.38 4) Moreau, Garrett JR	

**Event 18 Girls 200 Yard Freestyle Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Potomac Falls High School 1) Jacks, Chale M SR	A 2) Olsen, Erica	NT 3) Buswell, Amelia JR	1:45.53 4) Nichols, Jocelyn JR	10
2 Riverside High School-VA 1) Greig, Morgan E SR 27.07	A 2) Ye, Hannah SR 1:47.89 (1:20.82)	NT 3) Barmack, Macy SR	1:47.89 4) Pham, Jordan E SR	5
3 Riverside High School-VA 1) Bae, Ashley W SR	B 2) Dayyani, Ainsley G SR	NT 3) Porter, Claire JR	1:50.94 4) Kahng, Isabelle M SR	3
4 Potomac Falls High School 1) Dykes, Ani	B 2) McCarty, Helen FR	NT 3) Nguyen, MaryAnna	1:54.46 4) Lai-Harris, Koryn F	
5 Riverside High School-VA 1) Arciniega, Angelina SO	C 2) Martin, Abigail FR	NT 3) Vargas, Maddie SO	x1:54.63 4) Sullivan, Gabriella FR	
6 Potomac Falls High School 1) Natal, Bianca	C 2) Belogay, Isabella SO	NT 3) McCarty, Jane JR	x1:57.57 4) Lai-Harris, Kassy JR	
7 Riverside High School-VA 1) Crook, Hannah JR	D 2) O'Such, Claire SO	NT 3) Sullivan, Emma FR	x2:01.02 4) Olsen, Emily SR	

**Event 19 Boys 100 Yard Backstroke**

Name	Yr School	Seed Time	Finals Time	Points
1 Quan, Robert M	JR Riverside High School-VA	NT	54.83	8
2 El-Aassar, Ali	SO Riverside High School-VA	NT	1:03.81	6
3 Joo, Edward	SO Riverside High School-VA	NT	1:05.02	5
4 Nguyen, Thomas	JR Potomac Falls High School	NT	1:05.09	4
5 Tran, Johnathan Q	SR Riverside High School-VA	NT	1:07.27	3
6 Pappalardo, Daniel	SO Potomac Falls High School	NT	1:09.13	2
7 Mogensen, Scott	Potomac Falls High School	NT	1:23.34	1
8 Floch, Togen	SO Potomac Falls High School	NT	1:29.69	

**Event 20 Girls 100 Yard Backstroke**

Name	Yr School	Seed Time	Finals Time	Points
1 Haast, Mikaela A	SR Riverside High School-VA	NT	1:07.14	8
2 McCummings, Delaney S	SR Riverside High School-VA	NT	1:08.53	6
3 Porter, Claire	JR Riverside High School-VA	NT	1:10.06	5
4 Pham, Jordan E	SR Riverside High School-VA	NT	1:11.95	4
5 McCarty, Jane	JR Potomac Falls High School	NT	1:12.31	3
6 Brady, Caroline	JR Potomac Falls High School	NT	1:14.82	2
7 Durham, Tess	Potomac Falls High School	NT	1:15.65	1
8 Lai-Harris, Koryn F	Potomac Falls High School	NT	1:17.70	

**RVHS vs. Potomac Falls 19-20 - 12/7/2019****Results****Event 21 Boys 100 Yard Breaststroke**

Name	Yr	School	Seed Time	Finals Time	Points
1 Kahng, Vincent B	SR	Riverside High School-VA	NT	1:05.45	8
2 Iglesias, Matthew	FR	Riverside High School-VA	NT	1:09.34	6
3 Ferguson, Zach	SO	Riverside High School-VA	NT	1:10.15	5
4 Tran, Brandon	FR	Riverside High School-VA	NT	1:14.56	4
5 Pilaro, Jack	FR	Potomac Falls High School	NT	1:14.65	3
6 Hendershot, Owen	JR	Potomac Falls High School	NT	1:15.71	2
7 Weidman, Trent	SR	Potomac Falls High School	NT	1:17.77	1
8 Araque, Collin	SR	Potomac Falls High School	NT	1:25.40	

**Event 22 Girls 100 Yard Breaststroke**

Name	Yr	School	Seed Time	Finals Time	Points
1 Sessions, Kylee	FR	Riverside High School-VA	NT	1:09.95	8
2 Ye, Hannah	SR	Riverside High School-VA	NT	1:10.28	6
3 Nichols, Jocelyn	JR	Potomac Falls High School	NT	1:13.34	5
4 Bae, Ashley W	SR	Riverside High School-VA	NT	1:14.19	4
5 Kahng, Isabelle M	SR	Riverside High School-VA	NT	1:14.41	3
6 Dykes, Ani		Potomac Falls High School	NT	1:14.90	2
7 Guy, Alexa	SO	Potomac Falls High School	NT	1:30.37	1

**Event 23 Boys 400 Yard Freestyle Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Riverside High School-VA	A	NT	3:28.83	10
1) Quan, Jacob M FR	2) Gerstl, Otto G SR	3) Kopac, Christopher M JR	4) Quan, Robert M JR	
50.40	3:28.83 (3:28.83)			
2 Riverside High School-VA	B	NT	3:48.96	5
1) Byer, Dylan SO	2) Lu, Max FR	3) El-Aassar, Ali SO	4) Lee, David JR	
3 Riverside High School-VA	C	NT	x3:55.15	
1) Feit, Josh JR	2) Gomez, Samuel J SR	3) Steinman, Charlie SO	4) Barmak, Greyson FR	
4 Riverside High School-VA	D	NT	x4:08.38	
1) Tran, Johnathan Q SR	2) Garner, Cooper FR	3) Maller, Craig JR	4) Tran, Brandon FR	
5 Potomac Falls High School	A	NT	4:18.97	3
1) Nguyen, Thomas JR	2) Araque, Collin SR	3) Anderson, Jimmy SO	4) Grimes, Phillip JR	
6 Potomac Falls High School	B	NT	4:24.46	
1) Moreau, Garrett JR	2) Mogensen, Scott	3) Zhang, Andrew SR	4) Fontaine, Will SR	

**Event 24 Girls 400 Yard Freestyle Relay**

Team	Relay	Seed Time	Finals Time	Points
1 Riverside High School-VA	A	NT	3:48.04	10
1) Kopac, Allison N SR	2) Ye, Hannah SR	3) Bae, Ashley W SR	4) Sessions, Kylee FR	
2 Riverside High School-VA	B	NT	4:11.13	5
1) Haast, Mikaela A SR	2) McCummings, Delaney S SR	3) Ramirez, Chloe A SR	4) Elias, Isabel FR	
3 Riverside High School-VA	C	NT	x4:21.50	
1) Martin, Abigail FR	2) Vargas, Maddie SO	3) Sullivan, Emma FR	4) Sullivan, Gabriella FR	
4 Potomac Falls High School	A	NT	4:29.98	3
1) Olsen, Erica	2) Durham, Tess	3) Natal, Bianca	4) Brady, Caroline JR	
5 Potomac Falls High School	B	NT	4:34.89	
1) Campbell, Ellie	2) Guy, Alexa SO	3) Lai-Harris, Koryn F	4) Minkara, Daliah FR	
6 Riverside High School-VA	D	NT	x4:37.81	
1) Crook, Hannah JR	2) Paliwal, Shreya SO	3) O'Such, Claire SO	4) Ramirez, Sidney FR	