

Results

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

Team	Relay	Finals Time	
1 FREL-VA	A	1:41.35	10
1) Kim Nguyen FR	2) Nathan Yu JR		
3) Alex Shen SR	4) Gabe Fisher SR		
2 RVHS-VA	A	1:47.49	5
1) Ali El-Aassar SO	2) Vincent Kahng SR		
3) Justin Iglesias JR	4) Jacob Quan FR		
3 FREL-VA	B	1:48.46	3
1) Kyle Phan JR	2) Jonathan Ung SR		
3) Sean Yoo SO	4) Caleb Crooks SR		
4 RVHS-VA	B	1:54.13	
1) Johnathan Tran SR	2) Matthew Iglesias FR		
3) Alex Nguyen JR	4) Matthew Sporre SO		
5 RVHS-VA	C	x1:55.40	
1) Edward Joo SO	2) Zach Ferguson SO		
3) Nick Ghods JR	4) David Lee JR		
6 RVHS-VA	D	x1:57.78	
1) Leo Bruce JR	2) Brandon Tran FR		
3) Greyson Barmak FR	4) Charlie Steinman SO		
7 FREL-VA	C	x1:57.81	
1) Ritwik Rangu SO	2) Jason Sumner SO		
3) Carlton Krueger SO	4) Ethan Gorman SR		

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

Team	Relay	Finals Time	
1 RVHS-VA	A	1:58.20	10
1) Jordan Pham SR	2) Hannah Ye SR		
3) Mikaela Haast SR	4) Macy Barmack SR		
2 RVHS-VA	B	2:00.38	5
1) Claire Porter JR	2) Isabelle Kahng SR		
3) Chloe Ramirez SR	4) Angelina Arciniega SO		
3 FREL-VA	A	2:01.87	3
1) Abby Church JR	2) Abby Harrington SR		
3) Carly Burns JR	4) Caitlyn Jackson FR		
4 RVHS-VA	C	x2:09.16	
1) Delaney McCummings SR	2) Claire O'Such SO		
3) Abigail Martin FR	4) Emma Sullivan FR		
5 FREL-VA	B	2:11.31	
1) Victoria Le SR	2) Kaitlyn Crooks JR		
3) Campbell Crain FR	4) Mia Tran FR		
6 RVHS-VA	D	x2:11.95	
1) Emily Olsen SR	2) Hannah Crook JR		
3) Isabel Elias FR	4) Gabriella Sullivan FR		
7 FREL-VA	C	x2:17.58	
1) Kaylie Thompson FR	2) Audrey Hood SO		
3) Vivien Trent SR	4) Gwen Novotny JR		

Event 3 Boys 200 Yard Freestyle

1920Freedom: 1:45.14 \$ 2/17/2017 Tim McKinley at VHSL 4A S

Name	YrSchool	Finals Time	
1 Otto Gerstl	SR RVHS-VA	1:55.40	8
2 Alex Shen	SR FREL-VA	1:58.40	6
3 Dylan Byer	SO RVHS-VA	1:59.93	5
4 Mark Wagner	SR FREL-VA	2:10.88	4

5 Josh Feit	JR RVHS-VA	2:13.12	3
6 Jason Sumner	SO FREL-VA	2:17.13	2
7 Will Holt	SR FREL-VA	2:17.15	1
8 David Hong	FR RVHS-VA	2:17.59	

Event 4 Girls 200 Yard Freestyle

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

Name	YrSchool	Finals Time	
1 Abby Church	JR FREL-VA	2:08.87	8
2 Ashley Bae	SR RVHS-VA	2:09.88	6
3 Chloe Ramirez	SR RVHS-VA	2:11.57	5
4 Angelina Arciniega	SO RVHS-VA	2:21.39	4
5 Betsy Kinstle	SR RVHS-VA	2:25.51	3
6 Sarah Koltisko	FR FREL-VA	2:27.14	2
7 Abbie Gorman	SO FREL-VA	2:31.82	1
8 Vivien Trent	SR FREL-VA	2:35.60	

Event 5 Boys 200 Yard IM

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

Name	YrSchool	Finals Time	
1 Jacob Quan	FR RVHS-VA	2:05.38	8
2 Gabe Fisher	SR FREL-VA	2:09.94	6
3 Justin Iglesias	JR RVHS-VA	2:13.69	5
4 Zach Ferguson	SO RVHS-VA	2:21.68	4
5 Carlton Krueger	SO FREL-VA	2:29.91	3
6 Kyle Phan	JR FREL-VA	2:30.14	2
7 Brandon Tran	FR RVHS-VA	2:38.98	1
8 Ethan Gorman	SR FREL-VA	2:44.70	

Event 6 Girls 200 Yard IM

1920Freedom: 2:06.34 \$ 2/2/2019 Jennifer Luong at 2019 VH

Name	YrSchool	Finals Time	
1 Isabelle Kahng	SR RVHS-VA	2:27.86	8
2 Delaney McCummings	SR RVHS-VA	2:33.79	6
3 Layla Ogango	FR RVHS-VA	2:35.31	5
4 Gabriella Sullivan	FR RVHS-VA	2:39.18	4
5 Caitlyn Jackson	FR FREL-VA	2:40.15	3
6 Kaitlyn Crooks	JR FREL-VA	2:46.28	2
7 Mia Tran	FR FREL-VA	2:47.39	1
8 Victoria Le	SR FREL-VA	2:50.14	

Event 7 Boys 50 Yard Freestyle

1920Freedom: 21.43 \$ 2/17/2017 Graham Johnson at VHSL 4

Name	YrSchool	Finals Time	
1 Christian Szilagyi	SO RVHS-VA	22.59	8
2 Otto Gerstl	SR RVHS-VA	23.17	6
3 Kim Nguyen	FR FREL-VA	23.31	5
4 Caleb Crooks	SR FREL-VA	24.26	4
5 Aison Tran	SO FREL-VA	24.78	3
*6 Alex Nguyen	JR RVHS-VA	25.37	1.5
*6 Colin Habersaat	SO RVHS-VA	25.37	1.5
8 Evan Sutherlin	SO FREL-VA	27.53	

Event 8 Girls 50 Yard Freestyle

1920Freedom: 24.50 \$ 12/15/2018 Jennifer Luong

Name	YrSchool	Finals Time	
1 Jordan Pham	SR RVHS-VA	26.38	8
2 Ainsley Dayyani	SR RVHS-VA	26.80	6
3 Macy Barmack	SR RVHS-VA	27.31	5
*4 Claire Nguyen	SO FREL-VA	27.94	3.5

FREL vs RVHS - 12/14/2019

Results

(Event 8 Girls 50 Yard Freestyle)

Name	YrSchool	Finals Time	
*4 Abigail Martin	FR RVHS-VA	27.94	3.5
6 Abby Harrington	SR FREL-VA	28.88	2
7 Bella Neff	SO FREL-VA	29.13	1
8 Campbell Crain	FR FREL-VA	29.81	

Event 11 Boys 100 Yard Butterfly

1920Freedom: 53.42 \$ 1/28/2017 Brian Luong at 2017 Confe

Name	YrSchool	Finals Time	
1 Robert Quan	JR RVHS-VA	52.74	8
2 Christopher Kopac	JR RVHS-VA	53.74	6
3 Alex Shen	SR FREL-VA	55.69	5
4 Justin Iglesias	JR RVHS-VA	57.87	4
5 Nick Ghods	JR RVHS-VA	1:02.96	3
6 Sean Yoo	SO FREL-VA	1:03.18	2
7 Carlton Krueger	SO FREL-VA	1:03.34	1
8 Ethan Gorman	SR FREL-VA	1:08.40	

Event 12 Girls 100 Yard Butterfly

1920Freedom: 55.90 \$ 1/26/2019 Jennifer Luong at 2019 Pot

Name	YrSchool	Finals Time	
1 Jordan Pham	SR RVHS-VA	1:03.65	8
2 Carly Burns	JR FREL-VA	1:06.08	6
3 Mikaela Haast	SR RVHS-VA	1:06.52	5
4 Isabel Elias	FR RVHS-VA	1:06.89	4
5 Claire Porter	JR RVHS-VA	1:07.10	3
6 Campbell Crain	FR FREL-VA	1:15.16	2
7 Vivien Trent	SR FREL-VA	1:25.46	1

Event 13 Boys 100 Yard Freestyle

1920Freedom: 48.23 \$ 2/17/2017 Graham Johnson at VHSL 4

Name	YrSchool	Finals Time	
1 Christian Szilagyi	SO RVHS-VA	49.39	8
2 Jacob Quan	FR RVHS-VA	50.57	6
3 Nathan Yu	JR FREL-VA	51.60	5
4 Jonathan Ung	SR FREL-VA	53.31	4
5 Vincent Kahng	SR RVHS-VA	53.80	3
6 Caleb Crooks	SR FREL-VA	55.21	2
7 Aison Tran	SO FREL-VA	55.90	1
8 Samuel Gomez	SR RVHS-VA	56.07	

Event 14 Girls 100 Yard Freestyle

1920Freedom: 52.29 \$ 2/2/2019 Jennifer Luong at 2019 VH

Name	YrSchool	Finals Time	
1 Hannah Ye	SR RVHS-VA	57.21	8
2 Ashley Bae	SR RVHS-VA	59.46	6
3 Caitlyn Jackson	FR FREL-VA	1:01.66	5
4 Abigail Martin	FR RVHS-VA	1:03.13	4
5 Emma Sullivan	FR RVHS-VA	1:04.95	3
6 Kaylie Thompson	FR FREL-VA	1:06.50	2
7 Claire Nguyen	SO FREL-VA	1:07.19	1
8 Sarah Koltisko	FR FREL-VA	1:08.09	

Event 15 Boys 500 Yard Freestyle

1920Freedom: 4:40.38 \$ 2/17/2017 Tim McKinley at VHSL 4A 5

Name	YrSchool	Finals Time	
1 Gabe Fisher	SR FREL-VA	5:27.20	8
2 Dylan Byer	SO RVHS-VA	5:44.04	6
3 Ritwik Rangu	SO FREL-VA	5:58.80	5

4 Josh Feit	JR RVHS-VA	6:02.43	4
5 Mark Wagner	SR FREL-VA	6:05.89	3
6 Cooper Garner	FR RVHS-VA	6:21.66	2
7 Will Holt	SR FREL-VA	6:32.51	1
8 Leo Bruce	JR RVHS-VA	6:34.13	

Event 16 Girls 500 Yard Freestyle

1920Freedom: 5:05.76 \$ 2/15/2018 Sophie McKinley at 2018 V

Name	YrSchool	Finals Time	
1 Ainsley Dayyani	SR RVHS-VA	5:41.82	8
2 Carly Burns	JR FREL-VA	5:48.89	6
3 Chloe Ramirez	SR RVHS-VA	5:57.00	5
4 Layla Ogango	FR RVHS-VA	6:05.57	4
5 Angelina Arciniega	SO RVHS-VA	6:28.20	3
6 Bella Neff	SO FREL-VA	6:31.39	2
7 Emily Calo	FR FREL-VA	6:49.10	1
8 Lauren Hall	SO FREL-VA	7:14.72	

Event 17 Boys 200 Yard Freestyle Relay

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

A. Smith, N. Campbell

Team	Relay	Finals Time	
1 RVHS-VA	A	1:30.17	10
1) Robert Quan JR	2) Christopher Kopac JR		
3) Christian Szilagyi SO	4) Otto Gerstl SR		
2 FREL-VA	A	1:36.28	5
1) Kim Nguyen FR	2) Nathan Yu JR		
3) Alex Shen SR	4) Gabe Fisher SR		
3 RVHS-VA	B	1:40.69	3
1) Vincent Kahng SR	2) Nick Ghods JR		
3) Matthew Sporre SO	4) Justin Iglesias JR		
4 RVHS-VA	C	x1:42.20	
1) Alex Nguyen JR	2) Charlie Steinman SO		
3) David Lee JR	4) Zach Ferguson SO		
*5 FREL-VA	B	1:46.56	
1) Ethan Gorman SR	2) Ritwik Rangu SO		
3) Mark Wagner SR	4) Aison Tran SO		
*5 RVHS-VA	D	x1:46.56	
1) Greyson Barmak FR	2) Chris Satterfield JR		
3) Matthew Iglesias FR	4) Craig Maller JR		
7 FREL-VA	C	x1:55.40	
1) Justin Koeneke FR	2) Evan Sutherlin SO		
3) Supreet Bonthala FR	4) Will Holt SR		

Event 18 Girls 200 Yard Freestyle Relay

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

K. Johnson, R. Moffitt

Team	Relay	Finals Time	
1 RVHS-VA	A	1:47.24	10
1) Macy Barmack SR	2) Ashley Bae SR		
3) Hannah Ye SR	4) Ainsley Dayyani SR		
2 RVHS-VA	B	1:49.92	5
1) Jordan Pham SR	2) Isabelle Kahng SR		
3) Hannah Crook JR	4) Layla Ogango FR		
3 FREL-VA	A	1:51.28	3
1) Abby Church JR	2) Claire Nguyen SO		
3) Caitlyn Jackson FR	4) Carly Burns JR		
4 FREL-VA	B	1:59.70	
1) Campbell Crain FR	2) Sarah Koltisko FR		
3) Kaitlyn Crooks JR	4) Bella Neff SO		

FREL vs RVHS - 12/14/2019

Results

(Event 18 Girls 200 Yard Freestyle Relay)

Team	Relay	Finals Time
5 RVHS-VA	C	x2:03.14
1) Emma Sullivan FR	2) Gabriella Sullivan FR	
3) Claire O'Such SO	4) Shreya Paliwal SO	
6 RVHS-VA	D	x2:05.59
1) Renuka Karami JR	2) Betsy Kinstle SR	
3) Emily Olsen SR	4) Sidney Ramirez FR	
7 FREL-VA	C	x2:10.01
1) Victoria Le SR	2) Emily Calo FR	
3) Gwen Novotny JR	4) Lauren Hall SO	

Event 19 Boys 100 Yard Backstroke

1920Freedom: 54.51 \$ 2/15/2018 Kellen Campbell at 2018 V

Name	YrSchool	Finals Time
1 Robert Quan	JR RVHS-VA	53.22 8
2 Kim Nguyen	FR FREL-VA	55.62 6
3 Ali El-Aassar	SO RVHS-VA	1:02.64 5
4 Kyle Phan	JR FREL-VA	1:04.57 4
5 Johnathan Tran	SR RVHS-VA	1:05.02 3
6 Edward Joo	SO RVHS-VA	1:06.07 2
7 Ritwik Rangu	SO FREL-VA	1:11.33 1
8 Evan Sutherlin	SO FREL-VA	1:14.46

Event 20 Girls 100 Yard Backstroke

1920Freedom: 57.23 \$ 1/26/2019 Jennifer Luong at 2019 Pot

Name	YrSchool	Finals Time
1 Abby Church	JR FREL-VA	1:05.09 8
2 Claire Porter	JR RVHS-VA	1:06.18 6
3 Delaney McCummings	SR RVHS-VA	1:07.91 5
4 Mikaela Haast	SR RVHS-VA	1:08.08 4
5 Isabel Elias	FR RVHS-VA	1:10.32 3
6 Mia Tran	FR FREL-VA	1:13.88 2
7 Kaylie Thompson	FR FREL-VA	1:17.76 1
8 Victoria Le	SR FREL-VA	1:18.20

Event 21 Boys 100 Yard Breaststroke

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

Name	YrSchool	Finals Time
1 Christopher Kopac	JR RVHS-VA	1:01.71 8
2 Nathan Yu	JR FREL-VA	1:04.87 6
3 Jonathan Ung	SR FREL-VA	1:05.20 5
4 Vincent Kahng	SR RVHS-VA	1:05.59 4
5 Matthew Iglesias	FR RVHS-VA	1:09.71 3
6 Zach Ferguson	SO RVHS-VA	1:10.42 2
7 Sean Yoo	SO FREL-VA	1:15.07 1
8 Jason Sumner	SO FREL-VA	1:18.90

Event 22 Girls 100 Yard Breaststroke

1920Freedom: 1:05.74 \$ 2/1/2018 Kathryn Oakford at 2018 V

Name	YrSchool	Finals Time
1 Hannah Ye	SR RVHS-VA	1:11.02 8
2 Isabelle Kahng	SR RVHS-VA	1:13.15 6
3 Abby Harrington	SR FREL-VA	1:16.87 5
4 Claire O'Such	SO RVHS-VA	1:19.39 4
5 Kaitlyn Crooks	JR FREL-VA	1:23.93 3
6 Hannah Crook	JR RVHS-VA	1:25.53 2
7 Audrey Hood	SO FREL-VA	1:27.26 1
8 Lauren Hall	SO FREL-VA	1:31.56

Event 23 Boys 400 Yard Freestyle Relay1920Freedom: 3:19.38 \$ 1/26/2018 Freedom High School
T. McKinley, A. Shen, K. Campbell, G. Fisher

Team	Relay	Finals Time
1 RVHS-VA	A	3:21.38 10
1) Jacob Quan FR	2) Christian Szilagyi SO	
3) Robert Quan JR	4) Christopher Kopac JR	
2 RVHS-VA	B	3:43.13 5
1) Otto Gerstl SR	2) Nick Ghods JR	
3) Dylan Byer SO	4) David Lee JR	
3 FREL-VA	A	3:49.89 3
1) Caleb Crooks SR	2) Aison Tran SO	
3) Kyle Phan JR	4) Jonathan Ung SR	
4 RVHS-VA	C	x3:53.26
1) Samuel Gomez SR	2) Matthew Sporre SO	
3) Charlie Steinman SO	4) Colin Habersaat SO	
5 RVHS-VA	D	x4:08.99
1) Greyson Barmak FR	2) Leo Bruce JR	
3) Josh Feit JR	4) Johnathan Tran SR	
6 FREL-VA	B	4:09.84
1) Carlton Krueger SO	2) Mark Wagner SR	
3) Sean Yoo SO	4) Will Holt SR	
7 FREL-VA	C	x4:34.96
1) Evan Sutherlin SO	2) Justin Koeneke FR	
3) Supreet Bonthala FR	4) Jason Sumner SO	

Event 24 Girls 400 Yard Freestyle Relay1920Freedom: 3:41.67 \$ 1/26/2018 Freedom High School
M. McKinley, K. Oakford, A. Church, J. Luong

Team	Relay	Finals Time
1 RVHS-VA	A	4:04.96 10
1) Ainsley Dayyani SR	2) Isabel Elias FR	
3) Chloe Ramirez SR	4) Ashley Bae SR	
2 RVHS-VA	B	4:19.19 5
1) Abigail Martin FR	2) Macy Barmack SR	
3) Claire Porter JR	4) Mikaela Haast SR	
3 RVHS-VA	C	x4:20.66
1) Delaney McCummings SR	2) Layla Ogango FR	
3) Angelina Arciniega SO	4) Emma Sullivan FR	
4 FREL-VA	A	4:31.65 3
1) Claire Nguyen SO	2) Sarah Koltisko FR	
3) Mia Tran FR	4) Abby Harrington SR	
5 FREL-VA	B	4:35.09
1) Bella Neff SO	2) Vivien Trent SR	
3) Abbie Gorman SO	4) Kaylie Thompson FR	
6 RVHS-VA	D	x4:40.16
1) Gabriella Sullivan FR	2) Emily Olsen SR	
3) Betsy Kinstle SR	4) Shreya Paliwal SO	
7 FREL-VA	C	x5:04.97
1) Emily Calo FR	2) Lauren Hall SO	
3) Audrey Hood SO	4) Gwen Novotny JR	

Event 25 Boys 50 Yard Freestyle

1920Freedom: 21.43 \$ 2/17/2017 Graham Johnson at VHSL 4

Name	YrSchool	Finals Time
1 Robert Quan	JR RVHS-VA	21.92

FREL vs RVHS - 12/14/2019

Results

Event 26 Girls 50 Yard Freestyle

1920Freedom: 24.50 \$ 12/15/2018 Jennifer Luong

	Name	YrSchool	Finals Time
1	Jordan Pham	SR RVHS-VA	26.64
2	Macy Barmack	SR RVHS-VA	26.93

Event 27 Boys 100 Yard Freestyle

1920Freedom: 48.23 \$ 2/17/2017 Graham Johnson at VHSL 4

	Name	YrSchool	Finals Time
1	Jacob Quan	FR RVHS-VA	50.41
2	Otto Gerstl	SR RVHS-VA	52.59

Event 28 Girls 100 Yard Freestyle

1920Freedom: 52.29 \$ 2/2/2019 Jennifer Luong at 2019 VH

	Name	YrSchool	Finals Time
1	Ainsley Dayyani	SR RVHS-VA	58.56

Scores - Women

Women - Team Rankings - Through Event 28

1.	Riverside High School	207.5
2.	Freedom High School	78.5

Scores - Men

Men - Team Rankings - Through Event 28

1.	Riverside High School	169
2.	Freedom High School	117

KO FHHS
 JM RVHS