

2021 VHSL Region 5C Swimming Championships - 2/6/2021

Meet Program

Event 1 Boys 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

1			---
2			---
3	JLHS-VA	A	2:11.13
4	Rock Ridge-PV	A	1:50.21
5	Woodgrove-VA	A	1:50.52
6			---
7			---
8			---

Heat 2 of 2 Finals

1			---
2	Stone Bridge	A	1:45.52
3	BWHS-PV	A	1:40.83
4	TJ	A	1:37.03
5	Riverside Rams-VA	A	1:38.18
6	FREL-VA	A	1:44.81
7	PFHS	A	1:48.58
8			---

Event 2 Girls 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

1			---
2			---
3	JLHS-VA	A	2:12.38
4	Stone Bridge	A	2:04.90
5	Rock Ridge-PV	A	2:12.00
6			---
7			---
8			---

Heat 2 of 2 Finals

1			---
2	Woodgrove-VA	A	1:58.50
3	Riverside Rams-VA	A	1:56.08
4	BWHS-PV	A	1:50.12
5	FREL-VA	A	1:55.20
6	PFHS	A	1:56.37
7	TJ	A	1:58.67
8			---

Event 3 Boys 200 Yard Freestyle

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1				---
2	Raab, Tristan J	FR	FREL-VA	2:37.47
3	Phillips, Sheldon M	SO	Stone Bridge	2:27.72
4	Hart, Brantley M	SR	Stone Bridge	2:16.79
5	Gandhi, Sachin	SR	Rock Ridge-PV	2:27.65
6	Acker, Noah	SR	Woodgrove-VA	2:31.54
7	Floch, Togen	JR	PFHS	NT
8				---

Heat 2 of 3 Finals

1	Thompson, Riley W	FR	FREL-VA	2:09.66
2	Warwick, Justin	JR	Rock Ridge-PV	2:04.81
3	Randall, Andrew R	SO	BWHS-PV	2:02.95
4	Rounds, Ryan M	SO	BWHS-PV	1:58.50
5	Tyson, Sam E	JR	Rock Ridge-PV	2:00.40
6	Grimes, Phillip	SR	PFHS	2:03.53
7	Baker, Chase	FR	Woodgrove-VA	2:08.85
8	Rangu, Ritwik S	JR	FREL-VA	2:11.78

Heat 3 of 3 Finals

1	Coppola, Michael F	SR	Stone Bridge	1:54.69
2	Hastings, Beck	TJ		1:48.90
3	Kang, Albert	TJ		1:46.99
4	Quan, Robert M	SR	Riverside Rams-VA	1:44.66
5	Quan, Jacob M	SO	Riverside Rams-VA	1:46.90
6	Char, Andrew T	FR	BWHS-PV	1:47.71
7	Gonsalves, John Paul	TJ		1:51.37
8	Lu, Max	SO	Riverside Rams-VA	1:56.01

Event 4 Girls 200 Yard Freestyle

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1	Muju, Anya	SO	Rock Ridge-PV	2:51.48
2	Rao, Mihika	SR	Rock Ridge-PV	2:45.01
3	Tuladhar, Niva	FR	Stone Bridge	2:31.81
4	Collins, Megan	SO	Woodgrove-VA	2:26.62
5	Calo, Emily M	SO	FREL-VA	2:30.14
6	Campbell, Ellie	SO	PFHS	2:39.95
7	Adams, Rachel	FR	Rock Ridge-PV	2:46.58
8	Durham, Tess	JR	PFHS	NT

Heat 2 of 3 Finals

1	Balboni, Maya	SR	Woodgrove-VA	2:22.91
2	Chen, Amy	TJ		2:18.90
3	Creighton, Ellen	SR	Woodgrove-VA	2:15.29
4	Ogango, Layla M	SO	Riverside Rams-VA	2:11.26
5	Bryant, Sadie C	SO	Riverside Rams-VA	2:14.52
6	Spehlmann, Lauren	TJ		2:16.14
7	Coppola, Natalie K	SO	Stone Bridge	2:18.96
8	Horn, Danielle I	FR	FREL-VA	2:23.90

Heat 3 of 3 Finals

1	Holstein, Sarah M	SR	BWHS-PV	2:10.84
2	Heath, Samantha A	FR	BWHS-PV	2:09.00
3	Rand, Zoe C	FR	BWHS-PV	2:04.34
4	Martin, Natalie	TJ		1:54.65
5	Kennedy, Molly A	SR	Stone Bridge	2:03.43
6	Church, Abby L	SR	FREL-VA	2:06.78
7	Belogay, Isabella	SR	PFHS	2:09.63
8	Elias, Isabel L	SO	Riverside Rams-VA	2:11.12

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Meet Program

Event 5 Boys 200 Yard IM

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1				---
2				---
3	Lynch, Paul R	SR	Stone Bridge	NT
4	Goli, Vinay	SR	Rock Ridge-PV	2:50.76
5	Koeneke, Justin J	SO	FREL-VA	3:09.50
6				---
7				---
8				---

Heat 2 of 3 Finals

1	Weston, Will	SR	Rock Ridge-PV	2:28.63
2	Yi, Isaac S	FR	BWHS-PV	2:17.96
3	Pilaro, Jack	SO	PFHS	2:13.19
4	Curran, Nathan D	SR	BWHS-PV	2:12.00
5	Flores, Gabe	SR	Rock Ridge-PV	2:12.09
6	Jordan, Patrick J	FR	BWHS-PV	2:17.69
7	Hendershot, Carter	FR	PFHS	2:21.06
8	Yoo, Sean T	JR	FREL-VA	2:34.95

Heat 3 of 3 Finals

1	Tragle, HT I	FR	Riverside Rams-VA	2:05.47
2	Wong, Anthony		TJ	2:02.18
3	Church, Anderson	FR	FREL-VA	2:01.50
4	Zhang, Michael		TJ	1:58.19
5	Kopac, Christopher M	SR	Riverside Rams-VA	1:58.52
6	Wang, Kai		TJ	2:02.13
7	Hain, Alex	JR	Woodgrove-VA	2:04.81
8	Ferguson, Zach O	JR	Riverside Rams-VA	2:09.24

Event 6 Girls 200 Yard IM

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1	Ramachandran, Anika	SR	Rock Ridge-PV	3:16.26
2	Halstead, Sophia	SR	Rock Ridge-PV	2:47.78
3	Crooks, Kaitlyn L	SR	FREL-VA	2:46.26
4	Neff, Bella G	JR	FREL-VA	2:39.95
5	Dinh, Vy X	SR	Stone Bridge	2:41.00
6	Logue, Grace A	SO	Stone Bridge	2:46.52
7	Leitner, Claire	SO	Woodgrove-VA	2:49.87
8	McCarty, Helen	SO	PFHS	NT

Heat 2 of 3 Finals

1	Sullivan, Emma M	SO	Riverside Rams-VA	2:37.22
2	Sullivan, Gabriella V	SO	Riverside Rams-VA	2:35.89
3	Vargas, Maddie A	JR	Riverside Rams-VA	2:33.12
4	Voss, Madigan	JR	Woodgrove-VA	2:30.84
5	Stalcup, Maria C	SO	Stone Bridge	2:31.06
6	Davis, Carly	JR	Rock Ridge-PV	2:34.76
7	Sun, Selina		TJ	2:36.59
8	Speilman, Madison L	FR	PFHS	2:39.34

Heat 3 of 3 Finals

1	Moore, Melodie	SO	BWHS-PV	2:27.59
2	Winklosky, Nicole D	JR	BWHS-PV	2:26.02
3	Bernal, Daphne	SR	Woodgrove-VA	2:17.90
4	Luong, Jennifer T	SR	FREL-VA	2:06.65
5	Grishaeva, Maria A	FR	BWHS-PV	2:17.21
6	Wang, Kathleen		TJ	2:20.66
7	Merrill, Katie		TJ	2:26.58
8	Dykes, Ani	SO	PFHS	2:29.81

Event 7 Boys 50 Yard Freestyle

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

1				---
2				---
3	Isenberg, Alex	FR	JLHS-VA	31.32
4	Killmer, Ian	SO	JLHS-VA	28.13
5	McClellan, Samuel	SO	Woodgrove-VA	28.83
6				---
7				---
8				---

Heat 2 of 4 Finals

1	Russell, Riley J	JR	Stone Bridge	26.37
2	Yurek, Nikolai	SR	JLHS-VA	25.53
3	Jackson, Ryan R	SR	FREL-VA	24.88
4	Gill, Ethan M	SO	Stone Bridge	24.71
5	Char, Benjamin	JR	BWHS-PV	24.75
6	Fowle, Morgan	SO	Rock Ridge-PV	25.53
7	Moyer, Peyton	SO	PFHS	25.59
8	Mhatre, Sahil	JR	Rock Ridge-PV	27.18

Heat 3 of 4 Finals

1	Tran, Aison	JR	FREL-VA	24.62
2	Anderson, Jimmy W	JR	PFHS	24.45
3	Mercker, Henry	SO	Woodgrove-VA	24.11
4	Chen, Andy		TJ	23.64
5	Crowe, Parker J	SR	Riverside Rams-VA	23.65
6	Morris, Tyler	SR	Rock Ridge-PV	24.27
7	Hanes, Rowan	SR	Woodgrove-VA	24.46
8	Timmins, Liam E	SR	BWHS-PV	24.69

Heat 4 of 4 Finals

1	Qian, Christopher		TJ	23.31
2	Hendershot, Owen	SR	PFHS	22.52
3	Heiskanen, Alec M	SR	BWHS-PV	22.28
4	Zhang, Evan		TJ	21.56
5	Kim, Eric C	JR	Stone Bridge	22.09
6	Szilagy, Christian T	JR	Riverside Rams-VA	22.41
7	Yu, Nathan W	SR	FREL-VA	22.59
8	Iglesias, Justin L	SR	Riverside Rams-VA	23.57

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Meet Program

Event 8 Girls 50 Yard Freestyle

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

1				---
2				---
3	Trieu, Kim	FR	Rock Ridge-PV	NT
4	Patel, Ava	JR	Rock Ridge-PV	32.64
5	Baldeon, Bianca	SO	JLHS-VA	34.32
6				---
7				---
8				---

Heat 2 of 4 Finals

1	McCarty, Jane	SR	PFHS	29.26
2	Martin, Abigail V	SO	Riverside Rams-VA	27.82
3	Jackman, Riley C	SO	Stone Bridge	27.73
4	Stone, Sidney O	SO	BWHS-PV	27.69
5	So, Payton	JR	Rock Ridge-PV	27.70
6	McNulty, Lindsey		TJ	27.78
7	Crook, Hannah	SR	Riverside Rams-VA	27.90
8				---

Heat 3 of 4 Finals

1	Rand, Grace	JR	Woodgrove-VA	27.56
2	Nguyen, MaryAnna	JR	PFHS	27.47
3	Wang, Zichang		TJ	27.25
4	Rosales, Paige E	SO	BWHS-PV	26.90
5	Hays, Sophia	SO	Woodgrove-VA	27.10
6	Arciniega, Angelina	JR	Riverside Rams-VA	27.45
7	Jackson, Caitlyn D	SO	FREL-VA	27.47
8	Nguyen, Claire B	JR	FREL-VA	27.60

Heat 4 of 4 Finals

1	Woolfe, Kaia E	FR	Stone Bridge	26.83
2	Buswell, Amelia	SR	PFHS	26.68
3	Burke, Paige		TJ	26.36
4	Whittaker, Ava E	FR	FREL-VA	26.02
5	Moran, Kathryn	SR	JLHS-VA	26.14
6	Cunnane, Mackenzie I	JR	BWHS-PV	26.44
7	Pyle, Ellee	SR	Woodgrove-VA	26.78
8	Clodfelter, Charlotte R	FR	Stone Bridge	26.87

Event 11 Boys 100 Yard Butterfly

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1				---
2				---
3	Sutherlin, Evan J	JR	FREL-VA	1:09.78
4	Floch, Togen	JR	PFHS	1:08.15
5	Poduri, Kethan	JR	Rock Ridge-PV	1:08.43
6				---
7				---
8				---

Heat 2 of 3 Finals

1	Yi, Isaac S	FR	BWHS-PV	1:02.46
2	Sridhar, Shuban	SR	Rock Ridge-PV	1:02.38
3	Tyson, Sam E	JR	Rock Ridge-PV	1:00.59
4	Crowe, Parker J	SR	Riverside Rams-VA	1:00.38
5	Bruley, Nathan A	FR	Stone Bridge	1:00.44
6	Horrigan, Robert M	FR	Stone Bridge	1:02.17
7	Moore, Paul V	JR	BWHS-PV	1:02.41
8	Habersaat, Colin R	JR	Riverside Rams-VA	1:03.37

Heat 3 of 3 Finals

1	Crabb, Nick	SR	BWHS-PV	58.01
2	Iglesias, Justin L	SR	Riverside Rams-VA	56.10
3	Wang, Kai		TJ	55.92
4	Kohn, Will		TJ	52.62
5	Kim, Eric C	JR	Stone Bridge	53.24
6	Hain, Alex	JR	Woodgrove-VA	56.10
7	Philipov, Daniel		TJ	56.25
8	Yoo, Sean T	JR	FREL-VA	59.90

Event 12 Girls 100 Yard Butterfly

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1	Weimer, Haley	SO	Woodgrove-VA	1:39.49
2	Seibel, Sam	FR	FREL-VA	1:19.59
3	Owings, Rowan O	FR	FREL-VA	1:16.39
4	Guttikonda, Meghana	SR	Rock Ridge-PV	1:14.02
5	Alvis, Rachel R	FR	Stone Bridge	1:14.39
6	Logue, Grace A	SO	Stone Bridge	1:18.03
7	Harris, Carissa	SR	Woodgrove-VA	1:35.08
8				---

Heat 2 of 3 Finals

1	Speilman, Madison L	FR	PFHS	1:13.08
2	Dykes, Ani	SO	PFHS	1:08.90
3	Voss, Madigan	JR	Woodgrove-VA	1:07.00
4	Sullivan, Gabriella V	SO	Riverside Rams-VA	1:05.36
5	Porter, Claire Z	SR	Riverside Rams-VA	1:06.23
6	Yu, Megan		TJ	1:08.29
7	Saran, Sarina		TJ	1:10.95
8	Helge, Megan A	SO	Stone Bridge	1:13.84

Heat 3 of 3 Finals

1	Winklosky, Nicole D	JR	BWHS-PV	1:03.27
2	Buswell, Amelia	SR	PFHS	1:02.51
3	Wang, Kathleen		TJ	1:01.90
4	McConagha, Mackenzie B	SR	BWHS-PV	56.21
5	Gupton, Mackenzie L	SO	BWHS-PV	1:01.25
6	Moran, Kathryn	SR	JLHS-VA	1:02.40
7	Rebich, Lizzie M	FR	Riverside Rams-VA	1:03.07
8	Burns, Carly R	SR	FREL-VA	1:05.19

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Meet Program

Event 13 Boys 100 Yard Freestyle

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

1				---
2				---
3	Isenberg, Alex	FR	JLHS-VA	1:11.48
4	Mills, Matt C	SR	Stone Bridge	1:05.88
5	Lynch, Paul R	SR	Stone Bridge	1:05.97
6				---
7				---
8				---

Heat 2 of 4 Finals

1				---
2	Reed, Evan J	FR	FREL-VA	59.77
3	Hart, Brantley M	SR	Stone Bridge	58.33
4	Koester, Griffin	FR	Woodgrove-VA	56.55
5	Tran, Aison	JR	FREL-VA	57.38
6	Baker, Chase	FR	Woodgrove-VA	58.52
7	MacDuffie, Trevor	FR	Woodgrove-VA	1:02.61
8				---

Heat 3 of 4 Finals

1	Fowle, Morgan	SO	Rock Ridge-PV	56.11
2	Sumner, Jason K	JR	FREL-VA	55.45
3	Morris, Tyler	SR	Rock Ridge-PV	54.05
4	Warwick, Justin	JR	Rock Ridge-PV	53.75
5	Pappalardo, Daniel	JR	PFHS	53.95
6	Timmins, Liam E	SR	BWHS-PV	54.51
7	Anderson, Jimmy W	JR	PFHS	55.86
8	Randall, Andrew R	SO	BWHS-PV	56.22

Heat 4 of 4 Finals

1	Lewis, Colin W	SR	BWHS-PV	51.65
2	Xu, Jason		TJ	50.54
3	Kang, Albert		TJ	49.62
4	Quan, Jacob M	SO	Riverside Rams-VA	48.75
5	Szilagyi, Christian T	JR	Riverside Rams-VA	49.12
6	Hendershot, Owen	SR	PFHS	50.12
7	Choi, Eugene		TJ	50.59
8	Lu, Max	SO	Riverside Rams-VA	52.88

Event 14 Girls 100 Yard Freestyle

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

1				---
2				---
3	Nichols, Jocelyn	SR	PFHS	NT
4	Muju, Anya	SO	Rock Ridge-PV	1:13.82
5	Starnes, Sania	SR	JLHS-VA	1:19.63
6				---
7				---
8				---

Heat 2 of 4 Finals

1	Rao, Nikita	FR	Rock Ridge-PV	1:09.65
2	Batjargal, Naska	SO	Stone Bridge	1:05.20
3	Thompson, Kaylie J	SO	FREL-VA	1:02.75
4	Coppola, Natalie K	SO	Stone Bridge	1:01.50
5	Rand, Grace	JR	Woodgrove-VA	1:01.57
6	Ill, McKenna	SO	Woodgrove-VA	1:05.03
7	Brady, Caroline	SR	PFHS	1:06.83
8	Partain, Grace	SO	JLHS-VA	1:13.57

Heat 3 of 4 Finals

1	Rosales, Paige E	SO	BWHS-PV	1:00.89
2	So, Payton	JR	Rock Ridge-PV	1:00.76
3	Nguyen, MaryAnna	JR	PFHS	1:00.29
4	Martin, Abigail V	SO	Riverside Rams-VA	1:00.07
5	Woolfe, Kaia E	FR	Stone Bridge	1:00.27
6	Jackson, Caitlyn D	SO	FREL-VA	1:00.75
7	Silverstein, Leah	FR	Woodgrove-VA	1:00.82
8	Merrill, Katie		TJ	1:00.95

Heat 4 of 4 Finals

1	Arciniega, Angelina	JR	Riverside Rams-VA	59.91
2	McAllister, Clara		TJ	59.59
3	Cunnane, Mackenzie I	JR	BWHS-PV	58.90
4	Sessions, Kylee N	SO	Riverside Rams-VA	53.71
5	Zary, Aurora		TJ	54.79
6	Whittaker, Ava E	FR	FREL-VA	59.33
7	Martinez, Paige	JR	JLHS-VA	59.61
8	Heath, Samantha A	FR	BWHS-PV	59.98

Event 15 Boys 500 Yard Freestyle

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1				---
2				---
3	Iyer, Rohan	SO	Rock Ridge-PV	7:41.94
4	Weicker, Dylan	FR	Rock Ridge-PV	7:15.37
5	McCormack, Owen	JR	Woodgrove-VA	7:30.84
6	Misra, Rohan	SO	Rock Ridge-PV	7:46.63
7				---
8				---

Heat 2 of 3 Finals

1	Aslam, Camren	JR	PFHS	7:09.65
2	Partain, Wiliam	SR	JLHS-VA	6:21.04
3	Byer, Dylan I	JR	Riverside Rams-VA	5:27.84
4	Chua, Daniel		TJ	5:22.95
5	Scott, James A	FR	BWHS-PV	5:27.77
6	Horrigan, Robert M	FR	Stone Bridge	5:34.65
7	Raab, Tristan J	FR	FREL-VA	7:01.69
8	Russell, Riley J	JR	Stone Bridge	7:13.20

Heat 3 of 3 Finals

1	Coppola, Michael F	SR	Stone Bridge	5:07.93
2	Gonsalves, John Paul		TJ	4:53.39
3	Kopac, Christopher M	SR	Riverside Rams-VA	4:49.32
4	Quan, Robert M	SR	Riverside Rams-VA	4:46.31
5	Hastings, Beck		TJ	4:47.84
6	Char, Andrew T	FR	BWHS-PV	4:53.01
7	Church, Anderson	FR	FREL-VA	4:54.87
8	Medde-Witage, TD D	FR	BWHS-PV	5:16.91

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Meet Program

Event 16 Girls 500 Yard Freestyle

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Finals				
1	Adams, Rachel	FR	Rock Ridge-PV	7:35.58
2	Mendoza-Lozano, Michelle	FR	Stone Bridge	7:25.02
3	Calo, Emily M	SO	FREL-VA	6:51.63
4	Swanson, Camilla	FR	Woodgrove-VA	6:30.21
5	Balboni, Maya	SR	Woodgrove-VA	6:36.31
6	Patel, Ava	JR	Rock Ridge-PV	7:17.37
7	Tran, Alexis	SO	Rock Ridge-PV	7:33.97
8				
Heat 2 of 3 Finals				
1	Kovacs, Valerie		TJ	6:22.67
2	Creighton, Ellen	SR	Woodgrove-VA	6:15.56
3	Alvis, Rachel R	FR	Stone Bridge	6:09.84
4	Elias, Isabel L	SO	Riverside Rams-VA	5:53.71
5	Stone, Sidney O	SO	BWHS-PV	5:54.05
6	Bryant, Sadie C	SO	Riverside Rams-VA	6:13.32
7	Neff, Bella G	JR	FREL-VA	6:21.54
8	Xu, Caroline		TJ	6:27.39
Heat 3 of 3 Finals				
1	Holstein, Sarah M	SR	BWHS-PV	5:51.88
2	Belogay, Isabella	SR	PFHS	5:39.51
3	Kennedy, Molly A	SR	Stone Bridge	5:24.64
4	Perezous, Janika	SR	PFHS	5:08.09
5	Martin, Natalie		TJ	5:18.67
6	Burns, Carly R	SR	FREL-VA	5:37.41
7	Ogango, Layla M	SO	Riverside Rams-VA	5:51.78
8	Riegel, Allie P	JR	BWHS-PV	5:51.90

Event 17 Boys 200 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1			
2			
3	JLHS-VA	A	1:55.50
4	Rock Ridge-PV	A	1:37.47
5	Woodgrove-VA	A	1:39.68
6			
7			
8			
Heat 2 of 2 Finals			
1			
2	PFHS	A	1:35.32
3	Riverside Rams-VA	A	1:33.01
4	TJ	A	1:29.33
5	BWHS-PV	A	1:32.30
6	FREL-VA	A	1:34.76
7	Stone Bridge	A	1:36.71
8			

Event 18 Girls 200 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1			
2			
3	JLHS-VA	A	1:57.38
4	Stone Bridge	A	1:51.41
5	Rock Ridge-PV	A	1:56.56
6			
7			
8			
Heat 2 of 2 Finals			
1			
2	Riverside Rams-VA	A	1:47.56
3	FREL-VA	A	1:45.89
4	TJ	A	1:43.24
5	BWHS-PV	A	1:43.65
6	PFHS	A	1:46.70
7	Woodgrove-VA	A	1:48.65
8			

Event 19 Boys 100 Yard Backstroke

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Finals				
1				
2	Acker, Noah	SR	Woodgrove-VA	1:18.00
3	Killmer, Ian	SO	JLHS-VA	1:16.37
4	Reed, Evan J	FR	FREL-VA	1:15.77
5	Costanzo, Tyler	FR	Stone Bridge	1:16.13
6	Poduri, Kethan	JR	Rock Ridge-PV	1:17.70
7	Gandhi, Sachin	SR	Rock Ridge-PV	1:18.81
8				
Heat 2 of 3 Finals				
1	Pappalardo, Daniel	JR	PFHS	1:06.12
2	Thompson, Riley W	FR	FREL-VA	1:04.44
3	Joo, Edward	JR	Riverside Rams-VA	1:02.51
4	El-Aassar, Ali A	JR	Riverside Rams-VA	1:00.09
5	Moore, Paul V	JR	BWHS-PV	1:00.59
6	Pilaro, Jack	SO	PFHS	1:03.56
7	Koester, Griffin	FR	Woodgrove-VA	1:04.87
8	Rangu, Ritwik S	JR	FREL-VA	1:09.39
Heat 3 of 3 Finals				
1	Bruley, Nathan A	FR	Stone Bridge	58.12
2	Rounds, Ryan M	SO	BWHS-PV	58.07
3	Choi, Eugene		TJ	56.89
4	Kohn, Will		TJ	52.93
5	Qian, Christopher		TJ	54.92
6	Tragle, HT I	FR	Riverside Rams-VA	57.46
7	Crabb, Nick	SR	BWHS-PV	58.09
8	Flores, Gabe	SR	Rock Ridge-PV	59.91

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Meet Program

Event 20 Girls 100 Yard Backstroke

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

1				---
2				---
3	Raghubandan, Vaishnavi	FR	Rock Ridge-PV	1:32.21
4	Rao, Nikita	FR	Rock Ridge-PV	1:16.64
5	Bangs, Abigail	SR	JLHS-VA	1:22.13
6				---
7				---
8				---

Heat 2 of 4 Finals

1				---
2	Durham, Tess	JR	PFHS	1:15.46
3	McCarty, Jane	SR	PFHS	1:13.12
4	Ill, McKenna	SO	Woodgrove-VA	1:12.47
5	Davies, Parker	JR	Woodgrove-VA	1:12.99
6	Seibel, Sam	FR	FREL-VA	1:13.69
7	Thompson, Kaylie J	SO	FREL-VA	1:16.19
8				---

Heat 3 of 4 Finals

1	Jackman, Riley C	SO	Stone Bridge	1:10.17
2	Silverstein, Leah	FR	Woodgrove-VA	1:08.78
3	Porter, Claire Z	SR	Riverside Rams-VA	1:06.88
4	Rebich, Lizzie M	FR	Riverside Rams-VA	1:06.09
5	Stalcup, Maria C	SO	Stone Bridge	1:06.66
6	Vargas, Maddie A	JR	Riverside Rams-VA	1:07.68
7	Helge, Megan A	SO	Stone Bridge	1:08.95
8	Davis, Carly	JR	Rock Ridge-PV	1:12.19

Heat 4 of 4 Finals

1	Church, Abby L	SR	FREL-VA	1:03.94
2	Zary, Aurora		TJ	1:02.08
3	Grishaeva, Maria A	FR	BWHS-PV	1:01.16
4	McConagha, Mackenzie B	SR	BWHS-PV	56.01
5	Perezous, Janika	SR	PFHS	56.58
6	Gupton, Mackenzie L	SO	BWHS-PV	1:01.58
7	Wang, Zichang		TJ	1:03.42
8	Yu, Megan		TJ	1:04.62

Event 21 Boys 100 Yard Breaststroke

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

1				---
2				---
3	McCormack, Owen	JR	Woodgrove-VA	1:34.88
4	Trieu, Tai D	JR	Rock Ridge-PV	1:22.31
5	Koeneke, Justin J	SO	FREL-VA	1:22.58
6				---
7				---
8				---

Heat 2 of 4 Finals

1				---
2	Sumner, Jason K	JR	FREL-VA	1:19.09
3	Hanes, Rowan	SR	Woodgrove-VA	1:14.89
4	Partain, William	SR	JLHS-VA	1:13.50
5	Weston, Will	SR	Rock Ridge-PV	1:13.58
6	Costanzo, Tyler	FR	Stone Bridge	1:15.16
7	Aslam, Camren	JR	PFHS	1:21.55
8				---

Heat 3 of 4 Finals

1	Hendershot, Carter	FR	PFHS	1:12.57
2	Char, Benjamin	JR	BWHS-PV	1:11.59
3	Medde-Witage, TD D	FR	BWHS-PV	1:10.72
4	Tran, Alan G	SR	Stone Bridge	1:09.69
5	Mercker, Henry	SO	Woodgrove-VA	1:10.03
6	Gill, Ethan M	SO	Stone Bridge	1:10.91
7	Sridhar, Shuban	SR	Rock Ridge-PV	1:12.28
8	Yurek, Nikolai	SR	JLHS-VA	1:13.29

Heat 4 of 4 Finals

1	Ferguson, Zach O	JR	Riverside Rams-VA	1:06.89
2	Yu, Nathan W	SR	FREL-VA	1:02.49
3	Xu, Jason		TJ	1:00.85
4	Zhang, Evan		TJ	57.56
5	Zhang, Michael		TJ	58.74
6	Curran, Nathan D	SR	BWHS-PV	1:02.25
7	Iglesias, Matthew	SO	Riverside Rams-VA	1:05.28
8	Tran, Brandon M	SO	Riverside Rams-VA	1:09.35

Event 22 Girls 100 Yard Breaststroke

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Finals

1				---
2				---
3	Starnes, Sania	SR	JLHS-VA	1:42.62
4	Tuladhar, Niva	FR	Stone Bridge	1:26.20
5	Trieu, Kim	FR	Rock Ridge-PV	1:28.45
6				---
7				---
8				---

Heat 2 of 4 Finals

1	Tran, Mia B	SO	FREL-VA	1:25.38
2	McCarty, Helen	SO	PFHS	1:22.31
3	Clodfelter, Charlotte R	FR	Stone Bridge	1:21.49
4	Brady, Caroline	SR	PFHS	1:20.72
5	Crooks, Kaitlyn L	SR	FREL-VA	1:21.07
6	Dinh, Vy X	SR	Stone Bridge	1:21.89
7	Halstead, Sophia	SR	Rock Ridge-PV	1:24.50
8				---

Heat 3 of 4 Finals

1	Balwinski, Kate	FR	Riverside Rams-VA	1:20.12
2	Hays, Sophia	SO	Woodgrove-VA	1:17.88
3	Wan, Alison		TJ	1:16.75
4	Kiriakova, Mariya D	SR	BWHS-PV	1:15.03
5	Moore, Melodie	SO	BWHS-PV	1:15.50
6	Martinez, Paige	JR	JLHS-VA	1:17.88
7	O'Such, Claire E	JR	Riverside Rams-VA	1:18.13
8	Guttikonda, Meghana	SR	Rock Ridge-PV	1:20.15

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Heat 4 Finals (#22 Girls 100 Yard Breaststroke)

1	Pyle, Ellee	SR	Woodgrove-VA	1:13.77	___
2	Nichols, Jocelyn	SR	PFHS	1:12.87	___
3	Rand, Zoe C	FR	BWHS-PV	1:09.37	___
4	Luong, Jennifer T	SR	FREL-VA	1:06.33	___
5	Sessions, Kylee N	SO	Riverside Rams-VA	1:08.33	___
6	Bernal, Daphne	SR	Woodgrove-VA	1:10.57	___
7	Burke, Paige		TJ	1:13.56	___
8	Heilen, Naomi		TJ	1:14.80	___

Event 23 Boys 400 Yard Freestyle Relay

Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
1	Woodgrove-VA	A	3:53.24	___
2	Stone Bridge	A	3:41.88	___
3	BWHS-PV	A	3:31.00	___
4	Riverside Rams-VA	A	3:19.73	___
5	TJ	A	3:21.01	___
6	Rock Ridge-PV	A	3:38.43	___
7	PFHS	A	3:51.01	___
8	FREL-VA	A	3:57.16	___

Event 24 Girls 400 Yard Freestyle Relay

Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
1	Woodgrove-VA	A	4:05.40	___
2	Riverside Rams-VA	A	4:00.03	___
3	PFHS	A	3:52.12	___
4	TJ	A	3:45.30	___
5	BWHS-PV	A	3:49.76	___
6	FREL-VA	A	3:58.90	___
7	Stone Bridge	A	4:02.70	___
8	Rock Ridge-PV	A	4:18.96	___