

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****Event 1 Men 200 Yard Medley Relay**

Meet Record: 1:38.35		2015	Lafayette High School			
Team			Relay	Seed Time		Finals Time
1	Tabb High School-VA		A	1:37.83		1:39.19
	25.76	53.04 (27.28)	1:16.88 (23.84)	1:39.19 (22.31)		
2	Brentsville District HS-VA		A	1:43.33		1:44.32
	28.11	55.44 (27.33)	1:20.83 (25.39)	1:44.32 (23.49)		
3	Riverside High School-VA		A	1:47.96		1:46.41
	27.97	57.25 (29.28)	1:22.78 (25.53)	1:46.41 (23.63)		
4	Warhill High School		A	1:51.61		1:52.06
	29.14	57.82 (28.68)	1:24.73 (26.91)	1:52.06 (27.33)		
5	William Monroe High School-VA		A	1:54.53		1:52.62
	29.97	1:01.77 (31.80)	1:27.51 (25.74)	1:52.62 (25.11)		
6	York High School Falcons		A	1:57.15		1:54.59
	29.67	1:03.20 (33.53)	1:30.01 (26.81)	1:54.59 (24.58)		
7	James Monroe High School-VA		A	1:58.60		1:55.13
	29.07	1:03.35 (34.28)	1:30.52 (27.17)	1:55.13 (24.61)		
8	Poquoson High School		A	1:57.89		1:55.63
	29.27	59.89 (30.62)	1:29.69 (29.80)	1:55.63 (25.94)		
9	Culpeper County High School-VA		A	1:58.85		1:56.87
	32.21	1:02.06 (29.85)	1:31.60 (29.54)	1:56.87 (25.27)		
10	Spotsylvania High School Swim		A	1:59.48		1:57.71
	31.38	1:05.96 (34.58)	1:33.33 (27.37)	1:57.71 (24.38)		
11	Colonial Heights High School-VA		A	2:03.73		1:59.03
	31.60	1:07.43 (35.83)	1:34.60 (27.17)	1:59.03 (24.43)		
12	Manassas Park High School-VA		A	2:00.95		2:01.42
	31.45	1:06.46 (35.01)	1:33.46 (27.00)	2:01.42 (27.96)		
13	Lakeland High School Swim Team		A	2:04.81		2:02.86
	31.33	1:06.74 (35.41)	1:37.17 (30.43)	2:02.86 (25.69)		
14	New Kent High School		A	2:07.88		2:06.68
	33.69	1:10.88 (37.19)	1:37.83 (26.95)	2:06.68 (28.85)		
15	IC Norcom-VA		A	2:25.91		2:31.49
	43.03	1:24.61 (41.58)	2:00.39 (35.78)	2:31.49 (31.10)		

Event 2 Women 200 Yard Medley Relay

Meet Record: 1:52.77		2016	Warhill High School			
Team			Relay	Seed Time		Finals Time
1	Riverside High School-VA		A	1:52.44		1:49.47
	29.23	1:00.52 (31.29)	1:25.69 (25.17)	1:49.47 (23.78)		
2	Warhill High School		A	1:52.77		1:52.20
	28.23	1:00.37 (32.14)	1:25.82 (25.45)	1:52.20 (26.38)		
3	New Kent High School		A	1:58.98		1:53.56
	29.06	1:00.27 (31.21)	1:28.68 (28.41)	1:53.56 (24.88)		
4	Tabb High School-VA		A	1:57.39		1:57.26
	30.80	1:03.58 (32.78)	1:32.75 (29.17)	1:57.26 (24.51)		
5	York High School Falcons		A	1:58.27		2:02.96
	31.51	1:06.85 (35.34)	1:36.26 (29.41)	2:02.96 (26.70)		
6	Brentsville District HS-VA		A	2:01.91		2:04.58
	32.73	1:07.84 (35.11)	1:37.04 (29.20)	2:04.58 (27.54)		
7	Colonial Heights High School-VA		A	2:04.59		2:05.45
	33.62	1:09.77 (36.15)	1:37.34 (27.57)	2:05.45 (28.11)		
8	James Monroe High School-VA		A	1:59.60		2:05.70
	30.00	1:05.80 (35.80)	1:36.86 (31.06)	2:05.70 (28.84)		
9	Culpeper County High School-VA		A	1:57.96		2:06.65
	30.35	1:08.12 (37.77)	1:37.79 (29.67)	2:06.65 (28.86)		

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(Event 2 Women 200 Yard Medley Relay)

Team	Relay	Seed Time	Finals Time
10 William Monroe High School-VA 32.19 1:10.00 (37.81)	A 1:42.00 (32.00)	2:11.43 2:12.29 (30.29)	2:12.29
11 Spotsylvania High School Swim- 33.47 1:11.86 (38.39)	A 1:44.93 (33.07)	2:15.88 2:15.09 (30.16)	2:15.09
12 Manassas Park High School-VA 39.24 1:18.14 (38.90)	A 1:48.01 (29.87)	2:10.60 2:19.15 (31.14)	2:19.15
13 Lakeland High School Swim Tear 37.86 1:23.25 (45.39)	A 2:05.46 (42.21)	2:40.22 2:36.91 (31.45)	2:36.91
14 IC Norcom-VA 1:02.93 2:02.83 (59.90)	A 2:18.21 (15.38)	NT 3:10.00 (51.79)	3:10.00

Event 3 Men 200 Yard Freestyle

Meet Record:	1:45.55	2015	Brad E. Allison			
Name	Yr	School	Seed Time	Finals Time		
1 Harnish, Brian 24.92	SR	Brentsville District HS-VA 1:20.33 (27.93)	1:49.99 1:48.60 (28.27)	1:48.60		
2 Penn, Gabriel 25.35	SR	Brentsville District HS-VA 1:21.69 (28.68)	1:52.99 1:49.41 (27.72)	1:49.41		
3 Du, Sean 25.74	SR	Tabb High School-VA 1:22.41 (28.70)	1:50.56 1:51.44 (29.03)	1:51.44		
4 Young, Ben 26.12	JR	Culpeper County High School-VA 1:23.85 (29.15)	1:53.21 1:52.27 (28.42)	1:52.27		
5 McCummings, Jackson M 25.78	SO	Riverside High School-VA 1:23.48 (29.51)	1:55.41 1:53.24 (29.76)	1:53.24		
6 Rice, Jacob 26.73		York High School Falcons 1:27.05 (30.65)	1:56.63 1:56.87 (29.82)	1:56.87		
7 Gerstl, Otto G 26.55	FR	Riverside High School-VA 1:26.92 (30.45)	1:58.28 1:57.04 (30.12)	1:57.04		
8 Kaminer, Jacob L 27.02	SR	Tabb High School-VA 1:26.52 (29.98)	1:58.16 1:57.32 (30.80)	1:57.32		
9 Cataneo, Jack 27.38	FR	Brentsville District HS-VA 1:28.26 (30.89)	2:03.01 1:59.11 (30.85)	1:59.11		
10 Kaseloo, Christian 27.26	JR	Colonial Heights High School-VA 1:28.69 (31.38)	2:03.94 1:59.23 (30.54)	1:59.23		
11 Creelman, James 27.45		York High School Falcons 1:28.90 (31.20)	1:59.81 2:00.09 (31.19)	2:00.09		
12 Ruiz, Julian 27.78	JR	Warhill High School 1:29.98 (31.63)	1:59.38 2:01.17 (31.19)	2:01.17		
13 Lind, Jack 28.41	JR	Riverside High School-VA 1:31.04 (31.81)	2:03.90 2:02.52 (31.48)	2:02.52		
14 Gomez, Samuel J 28.50	FR	Riverside High School-VA 1:33.60 (33.67)	2:07.13 2:08.29 (34.69)	2:08.29		
15 Gideonse, Cole 29.16	JR	Brentsville District HS-VA 1:35.94 (33.85)	2:08.77 2:09.57 (33.63)	2:09.57		
16 Jackson, Logan R 29.25	FR	Tabb High School-VA 1:37.94 (35.52)	2:16.15 2:10.35 (32.41)	2:10.35		
17 McMullen, Andrew 30.54		York High School Falcons 1:39.84 (35.46)	2:23.52 2:14.28 (34.44)	2:14.28		
18 Castonguay, Christian B 29.93	SR	Tabb High School-VA 1:40.19 (37.01)	2:16.73 2:14.35 (34.16)	2:14.35		
19 Buchanan, Nick 28.31	JR	Spotsylvania High School Swim-VA 1:35.48 (35.76)	2:14.09 2:15.74 (40.26)	2:15.74		
20 Marks, Austin 30.91	SO	Colonial Heights High School-VA 1:43.95 (37.32)	2:32.62 2:18.30 (34.35)	2:18.30		

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(Event 3 Men 200 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time
21 Knight, Christian	SO	Colonial Heights High School-VA	2:17.38	2:19.75
30.14	1:05.00 (34.86)	1:42.31 (37.31)	2:19.75 (37.44)	
22 Elliott, Stephen	SO	Manassas Park High School-VA	2:37.28	2:24.33
33.52	1:11.12 (37.60)	1:49.53 (38.41)	2:24.33 (34.80)	
23 Calderon-Lameda, Daniel A	FR	Manassas Park High School-VA	2:24.36	2:25.08
31.28	1:08.91 (37.63)	1:49.06 (40.15)	2:25.08 (36.02)	
24 Anderson, Cody	JR	Lakeland High School Swim Team-VA	2:34.50	2:25.51
30.54	1:05.80 (35.26)	1:44.42 (38.62)	2:25.51 (41.09)	
25 Coleman, Brett	SO	Spotsylvania High School Swim-VA	2:37.69	2:27.28
29.18	1:05.83 (36.65)	1:47.42 (41.59)	2:27.28 (39.86)	
26 McBride, Thomas J	FR	Culpeper County High School-VA	2:34.06	2:30.19
30.96	1:05.20 (34.24)	1:40.36 (35.16)	2:30.19 (49.83)	
27 Bunyea, Tyler A	SR	William Monroe High School-VA	2:29.20	2:30.34
32.82	1:10.59 (37.77)	2:30.34 (1:19.75)		
28 Holland, Matt		York High School Falcons	2:38.06	2:30.91
33.70	1:12.97 (39.27)	1:53.37 (40.40)	2:30.91 (37.54)	
29 Parker, Hart	SR	Lakeland High School Swim Team-VA	2:35.93	2:31.35
31.88	1:10.76 (38.88)	2:31.35 (1:20.59)		
30 Miller, Trevor	JR	Lakeland High School Swim Team-VA	2:37.03	2:32.46
30.95	1:08.38 (37.43)	1:49.49 (41.11)	2:32.46 (42.97)	
31 McKinney, Noah	SR	James Monroe High School-VA	2:40.29	2:33.01
32.55	1:09.72 (37.17)	1:51.93 (42.21)	2:33.01 (41.08)	
32 Nevin, Elijah	FR	Culpeper County High School-VA	2:44.02	2:35.48
32.96	1:10.62 (37.66)	1:53.49 (42.87)	2:35.48 (41.99)	
33 Bernard, Johnny	SO	Spotsylvania High School Swim-VA	2:28.26	2:35.91
33.32	1:12.86 (39.54)	1:55.61 (42.75)	2:35.91 (40.30)	
34 Hopkinson, Austin	SO	Warhill High School	3:15.00	2:40.52
33.30	1:13.65 (40.35)	1:58.43 (44.78)	2:40.52 (42.09)	
35 Driscoll, Thomas	JR	James Monroe High School-VA	2:46.09	2:52.71
34.77	1:17.80 (43.03)	2:04.78 (46.98)	2:52.71 (47.93)	
36 Lau, Anthony	FR	Lakeland High School Swim Team-VA	3:01.70	2:54.90
36.28	1:17.63 (41.35)	2:54.90 (1:37.27)		
37 Wayman, Baylor	FR	New Kent High School	2:54.54	2:55.09
35.67	1:19.28 (43.61)	2:06.20 (46.92)	2:55.09 (48.89)	
38 Nguyen, Duc-Lo	FR	Manassas Park High School-VA	4:02.09	3:07.74
38.66	1:25.79 (47.13)	2:19.94 (54.15)	3:07.74 (47.80)	

Event 4 Women 200 Yard Freestyle

Meet Record:	1:51.47	2014	Abigail Richey	Seed Time	Finals Time
Name	Yr	School	Seed Time	Finals Time	
1 Nguyen, Claire P	SO	Riverside High School-VA	1:53.13	1:49.17	
25.58	53.03 (27.45)	1:20.92 (27.89)	1:49.17 (28.25)		
2 Kopac, Allison N	FR	Riverside High School-VA	1:57.60	1:51.75	
26.09	54.10 (28.01)	1:23.02 (28.92)	1:51.75 (28.73)		
3 Jones, Julianna	SR	New Kent High School	1:59.00	1:58.82	
27.07	56.45 (29.38)	1:27.28 (30.83)	1:58.82 (31.54)		
4 Slominski, Anna E	SO	James Monroe High School-VA	2:03.12	2:00.28	
27.87	57.70 (29.83)	1:28.94 (31.24)	2:00.28 (31.34)		
5 Bonfadini, Brooke	SR	Culpeper County High School-VA	2:04.87	2:05.13	
28.64	1:00.07 (31.43)	1:32.57 (32.50)	2:05.13 (32.56)		
6 Gaffney, Megan		York High School Falcons	2:07.93	2:06.23	
28.77	1:00.35 (31.58)	1:33.69 (33.34)	2:06.23 (32.54)		
7 Dayyani, Ainsley E	FR	Riverside High School-VA	2:09.84	2:07.15	
28.73	1:00.89 (32.16)	1:34.11 (33.22)	2:07.15 (33.04)		

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Name	Yr	School	Seed Time	Finals Time
8 Boswell, Yasmine	SR	Riverside High School-VA	2:16.72	2:10.51
30.21	1:03.55 (33.34)	1:37.33 (33.78)	2:10.51 (33.18)	
9 Coppage, Ashley		York High School Falcons	2:17.39	2:13.49
30.58	1:04.24 (33.66)	1:39.05 (34.81)	2:13.49 (34.44)	
10 Becker, Lucy	SO	Brentsville District HS-VA	2:21.26	2:15.85
31.04	1:05.38 (34.34)	1:41.29 (35.91)	2:15.85 (34.56)	
11 Tarantino, Grace	FR	Warhill High School	2:22.43	2:18.41
31.20	1:06.26 (35.06)	1:42.43 (36.17)	2:18.41 (35.98)	
12 Watson, Samantha L	FR	Tabb High School-VA	2:24.36	2:19.17
32.57	1:08.22 (35.65)	1:43.94 (35.72)	2:19.17 (35.23)	
13 Martin, Gwyneth	SR	Warhill High School	2:13.12	2:19.62
31.21	1:04.85 (33.64)	1:41.55 (36.70)	2:19.62 (38.07)	
14 Liang, Annie		York High School Falcons	NT	2:19.93
32.65	1:07.75 (35.10)	1:43.74 (35.99)	2:19.93 (36.19)	
15 Froehlich, Zoe	SO	Warhill High School	2:23.22	2:20.29
32.92	1:08.87 (35.95)	1:45.84 (36.97)	2:20.29 (34.45)	
16 Butler, Gib	JR	James Monroe High School-VA	2:26.03	2:22.99
33.23	1:09.13 (35.90)	1:46.18 (37.05)	2:22.99 (36.81)	
17 Vaughn, Colette	JR	Brentsville District HS-VA	2:19.46	2:23.29
30.91	1:06.15 (35.24)	1:44.58 (38.43)	2:23.29 (38.71)	
18 Skelley, Caroline	SR	Brentsville District HS-VA	2:21.80	2:24.09
33.25	1:09.80 (36.55)	1:47.31 (37.51)	2:24.09 (36.78)	
19 Homan, Rylee		York High School Falcons	NT	2:24.37
32.60	1:08.61 (36.01)	1:46.00 (37.39)	2:24.37 (38.37)	
20 Vargas, Anna M	FR	Tabb High School-VA	2:24.97	2:24.74
33.34	1:10.23 (36.89)	1:47.35 (37.12)	2:24.74 (37.39)	
21 Comerford, Natalie	SR	James Monroe High School-VA	2:32.43	2:25.83
33.97	1:11.24 (37.27)	1:49.05 (37.81)	2:25.83 (36.78)	
22 Tsipas, Amalia	SO	Warhill High School	2:29.94	2:27.69
33.01	1:11.04 (38.03)	1:49.57 (38.53)	2:27.69 (38.12)	
23 Slack, Summer	JR	Spotsylvania High School Swim-VA	2:36.62	2:33.97
35.64	1:14.91 (39.27)	1:55.48 (40.57)	2:33.97 (38.49)	
24 Hood, Erin	SR	Colonial Heights High School-VA	2:37.13	2:35.40
34.09	1:12.69 (38.60)	1:54.55 (41.86)	2:35.40 (40.85)	
25 Proffitt, Abigail	SO	Colonial Heights High School-VA	2:45.04	2:37.94
36.78	1:16.21 (39.43)	1:58.73 (42.52)	2:37.94 (39.21)	
26 Conway, Hannah	SO	Brentsville District HS-VA	2:41.14	2:38.47
32.86	1:12.21 (39.35)	1:55.35 (43.14)	2:38.47 (43.12)	
27 Baroody, Eden		James Monroe High School-VA	2:44.27	2:41.10
35.35	1:16.46 (41.11)	1:59.65 (43.19)	2:41.10 (41.45)	
28 Boseman, Celeste M	FR	Tabb High School-VA	NT	2:42.83
35.05	1:16.70 (41.65)	2:00.32 (43.62)	2:42.83 (42.51)	
29 Williams, Elena	JR	William Monroe High School-VA	2:45.84	2:43.21
37.61	1:20.33 (42.72)	2:04.51 (44.18)	2:43.21 (38.70)	
30 Light, Alexia	FR	Colonial Heights High School-VA	2:49.66	2:44.67
34.91	1:16.83 (41.92)	2:02.32 (45.49)	2:44.67 (42.35)	
31 Jenkins, Bailee	JR	New Kent High School	2:43.14	2:45.33
36.72	1:18.85 (42.13)	2:02.71 (43.86)	2:45.33 (42.62)	
32 Seay, Katelyn	SO	Spotsylvania High School Swim-VA	2:47.35	2:45.90
37.92	1:20.39 (42.47)	2:03.71 (43.32)	2:45.90 (42.19)	
33 Foote, Dallas	JR	Spotsylvania High School Swim-VA	2:45.92	2:46.88
37.91	1:21.98 (44.07)	2:06.07 (44.09)	2:46.88 (40.81)	
34 Hendrix, Mackenzie	FR	Culpeper County High School-VA	2:52.00	2:48.37
37.73	1:19.87 (42.14)	2:04.83 (44.96)	2:48.37 (43.54)	

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Name	Yr	School	Seed Time	Finals Time
35 Norris, Gracie G	FR	Tabb High School-VA	NT	2:52.40
36.49	1:18.81 (42.32)	2:04.89 (46.08)	2:52.40 (47.51)	
36 Hendrix, Victoria	JR	Culpeper County High School-VA	2:56.32	2:53.71
37.93	1:21.97 (44.04)	2:09.04 (47.07)	2:53.71 (44.67)	
37 Rudacille, Kiana L	SR	Culpeper County High School-VA	3:01.41	2:54.61
38.34	1:21.39 (43.05)	2:09.51 (48.12)	2:54.61 (45.10)	
38 Barlow, Delaney	FR	William Monroe High School-VA	2:47.65	2:56.38
38.41	1:22.89 (44.48)	2:56.38 (1:33.49)		
39 Funda, Holly	SR	Colonial Heights High School-VA	NT	3:06.52
40.16	1:26.86 (46.70)	2:17.83 (50.97)	3:06.52 (48.69)	
40 Truslow, Maggie	SO	Spotsylvania High School Swim-VA	NT	3:11.39
38.10	1:28.31 (50.21)	2:21.41 (53.10)	3:11.39 (49.98)	
41 Hasson, Kyleigh	FR	Lakeland High School Swim Team-VA	3:19.14	3:17.19
42.43	1:31.20 (48.77)	2:25.56 (54.36)	3:17.19 (51.63)	
42 McCartney, Marley	SO	New Kent High School	2:48.60	3:22.39
46.51	1:39.41 (52.90)	2:34.30 (54.89)	3:22.39 (48.09)	
43 Moore, Ashton	SO	Lakeland High School Swim Team-VA	3:34.89	3:23.42
44.04	1:36.94 (52.90)	3:23.42 (1:46.48)		
44 Kilgore, Darcy	SO	Lakeland High School Swim Team-VA	3:26.55	3:23.52
44.74	1:37.23 (52.49)	2:31.59 (54.36)	3:23.52 (51.93)	
45 Murray, Louise	FR	Lakeland High School Swim Team-VA	3:43.01	3:32.32
50.08	1:44.44 (54.36)	2:40.90 (56.46)	3:32.32 (51.42)	

Event 5 Men 200 Yard IM

Meet Record:	1:56.00	2014	Zacahary Webb		
Name	Yr	School	Seed Time	Finals Time	
1 Talati, Nick R	SO	Tabb High School-VA	1:57.65	1:56.66	
24.88	53.92 (29.04)	1:28.93 (35.01)	1:56.66 (27.73)		
2 Romanowski, Nate	SR	Brentsville District HS-VA	2:01.47	2:00.23	
24.56	54.77 (30.21)	1:32.00 (37.23)	2:00.23 (28.23)		
3 Brooks, Jonathan	JR	Brentsville District HS-VA	2:06.14	2:02.80	
27.19	59.34 (32.15)	1:33.90 (34.56)	2:02.80 (28.90)		
4 Fields, Noah		York High School Falcons	2:05.05	2:05.45	
26.17	57.27 (31.10)	1:35.48 (38.21)	2:05.45 (29.97)		
5 Semper, Ari	FR	Warhill High School	2:14.47	2:09.62	
28.34	1:04.28 (35.94)	1:40.26 (35.98)	2:09.62 (29.36)		
6 Young, Declan R	SO	Tabb High School-VA	2:06.66	2:10.12	
27.59	59.90 (32.31)	1:37.95 (38.05)	2:10.12 (32.17)		
7 Bennett, Zachary	SO	Poquoson High School	2:15.57	2:12.58	
28.82	1:03.62 (34.80)	1:41.44 (37.82)	2:12.58 (31.14)		
8 Sallade, Jason	SR	Brentsville District HS-VA	2:29.78	2:17.92	
30.84	1:06.82 (35.98)	1:46.43 (39.61)	2:17.92 (31.49)		
9 Kahng, Vincent B	FR	Riverside High School-VA	2:21.47	2:18.01	
29.36	1:04.57 (35.21)	1:45.55 (40.98)	2:18.01 (32.46)		
10 Creelman, Andrew		York High School Falcons	2:15.54	2:19.41	
28.78	1:02.45 (33.67)	1:44.90 (42.45)	2:19.41 (34.51)		
11 Kane, Jake	JR	Riverside High School-VA	2:19.81	2:21.51	
28.75	1:04.36 (35.61)	1:45.64 (41.28)	2:21.51 (35.87)		
12 Silpacharn, Leo	SO	Riverside High School-VA	2:35.62	2:22.52	
29.88	1:05.04 (35.16)	1:50.44 (45.40)	2:22.52 (32.08)		
13 Chin, Ray P	JR	Riverside High School-VA	2:25.63	2:23.86	
29.75	1:05.93 (36.18)	1:48.45 (42.52)	2:23.86 (35.41)		
14 Kenneally, JP	JR	Brentsville District HS-VA	NT	2:28.33	
30.47	1:08.08 (37.61)	1:54.53 (46.45)	2:28.33 (33.80)		

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(Event 5 Men 200 Yard IM)

Name	Yr	School	Seed Time	Finals Time
15 Slack, Wade	SO	Spotsylvania High School Swim-VA	2:31.57	2:28.90
30.58	1:08.58 (38.00)	1:55.42 (46.84)	2:28.90 (33.48)	
16 Lugo, Will V	JR	Tabb High School-VA	2:33.11	2:31.98
31.92	1:10.24 (38.32)	1:55.97 (45.73)	2:31.98 (36.01)	
17 Ward, Jackson	FR	William Monroe High School-VA	2:38.68	2:32.47
30.16	1:11.59 (41.43)	1:54.77 (43.18)	2:32.47 (37.70)	
18 Means, Matthew F	FR	Tabb High School-VA	NT	2:41.33
33.40	1:16.57 (43.17)	2:05.68 (49.11)	2:41.33 (35.65)	
19 Gardner, Kris	FR	Manassas Park High School-VA	3:04.03	2:44.23
34.60	1:20.55 (45.95)	2:07.54 (46.99)	2:44.23 (36.69)	
20 Vu, Thien	JR	Manassas Park High School-VA	2:48.30	2:44.46
34.50	1:16.71 (42.21)	2:07.54 (50.83)	2:44.46 (36.92)	
21 Wright, Joey	SO	William Monroe High School-VA	2:46.44	2:44.51
32.28	1:15.34 (43.06)	2:05.33 (49.99)	2:44.51 (39.18)	
22 Reingruber, Peyton J	SO	Culpeper County High School-VA	2:56.96	2:47.48
33.15	1:16.08 (42.93)	2:08.78 (52.70)	2:47.48 (38.70)	
23 Parker, Hart	SR	Lakeland High School Swim Team-VA	3:03.64	2:50.34
32.60	1:15.02 (42.42)	2:08.12 (53.10)	2:50.34 (42.22)	
24 Coleman, Andrew	JR	Spotsylvania High School Swim-VA	2:53.00	2:52.18
36.06	1:26.73 (50.67)	2:11.53 (44.80)	2:52.18 (40.65)	
25 Bennett, Josh	JR	Lakeland High School Swim Team-VA	2:50.69	2:52.90
38.09	1:21.21 (43.12)	2:14.18 (52.97)	2:52.90 (38.72)	
26 Spalthoff, Matthew	FR	Warhill High School	2:56.50	2:55.59
38.16	1:20.32 (42.16)	2:15.00 (54.68)	2:55.59 (40.59)	
27 Prince, Joseph	FR	Culpeper County High School-VA	2:57.12	2:55.83
40.54	1:26.61 (46.07)	2:17.67 (51.06)	2:55.83 (38.16)	
28 Blanchard, Cooper		York High School Falcons	3:03.68	3:02.71
39.68	1:25.84 (46.16)	2:20.90 (55.06)	3:02.71 (41.81)	
--- Matthews, Philip	SO	Spotsylvania High School Swim-VA	3:03.43	DQ
37.87	1:22.64 (44.77)	2:18.90 (56.26)	DQ (41.62)	
--- Friedel, Kyle	FR	Spotsylvania High School Swim-VA	3:08.05	DQ
39.16	1:29.62 (50.46)	2:24.91 (55.29)	DQ (42.17)	

Event 6 Women 200 Yard IM

Meet Record:	2:06.83	2016	Claire Nguyen		
Name	Yr	School	Seed Time	Finals Time	
1 Katzer, Danika		York High School Falcons	2:03.44	2:04.44	
26.86	58.12 (31.26)	1:34.92 (36.80)	2:04.44 (29.52)		
2 Ye, Hannah	FR	Riverside High School-VA	2:15.99	2:15.44	
28.61	1:03.06 (34.45)	1:42.92 (39.86)	2:15.44 (32.52)		
3 Bae, Ashley W	FR	Riverside High School-VA	2:19.82	2:17.28	
29.69	1:03.74 (34.05)	1:44.68 (40.94)	2:17.28 (32.60)		
4 Toledo, Hailey M	SR	Tabb High School-VA	NT	2:17.76	
29.34	1:04.64 (35.30)	1:45.59 (40.95)	2:17.76 (32.17)		
5 Verastek, Caitlyn N	FR	Tabb High School-VA	2:18.06	2:18.34	
30.06	1:05.90 (35.84)	1:46.27 (40.37)	2:18.34 (32.07)		
6 Whitman, Juliet	SR	James Monroe High School-VA	2:26.11	2:18.72	
28.33	1:04.44 (36.11)	1:46.26 (41.82)	2:18.72 (32.46)		
7 Watson, Shelby	SO	Warhill High School	2:19.03	2:20.26	
30.49	1:06.42 (35.93)	1:45.89 (39.47)	2:20.26 (34.37)		
8 Behnke, Maria E	SR	James Monroe High School-VA	2:23.90	2:20.80	
31.07	1:05.69 (34.62)	1:47.91 (42.22)	2:20.80 (32.89)		
9 Young, Madison	SR	Poquoson High School	2:24.94	2:21.14	
31.18	1:08.12 (36.94)	1:48.50 (40.38)	2:21.14 (32.64)		

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 6 Women 200 Yard IM)**

	Name	Yr	School	Seed Time	Finals Time
10	Simpson, Rylee B	FR	Culpeper County High School-VA	2:29.53	2:22.45
	29.62		1:04.37 (34.75) 1:48.64 (44.27)	2:22.45 (33.81)	
11	Streeter, Ellie	SR	Riverside High School-VA	2:36.95	2:27.64
	32.63		1:10.00 (37.37) 1:53.81 (43.81)	2:27.64 (33.83)	
12	LeClair, Amy A	FR	Tabb High School-VA	2:29.19	2:28.18
	32.12		1:11.00 (38.88) 1:53.74 (42.74)	2:28.18 (34.44)	
13	Kahng, Isabelle M	FR	Riverside High School-VA	2:31.15	2:28.50
	32.51		1:10.84 (38.33) 1:53.93 (43.09)	2:28.50 (34.57)	
14	Orellana, D	JR	Brentsville District HS-VA	2:38.28	2:29.66
	32.06		1:10.24 (38.18) 1:53.95 (43.71)	2:29.66 (35.71)	
15	Rozman, Cassie	FR	Brentsville District HS-VA	2:36.57	2:33.27
	34.88		1:12.19 (37.31) 1:55.75 (43.56)	2:33.27 (37.52)	
16	Bergeron, Annabel	SO	Brentsville District HS-VA	2:47.40	2:33.84
	30.86		1:10.22 (39.36) 1:58.54 (48.32)	2:33.84 (35.30)	
17	Watts, Cassie		York High School Falcons	NT	2:35.14
	32.84		1:11.48 (38.64) 1:57.39 (45.91)	2:35.14 (37.75)	
18	Putze, Alyssa	SO	Spotsylvania High School Swim-VA	2:39.88	2:38.77
	35.34		1:13.45 (38.11) 2:01.36 (47.91)	2:38.77 (37.41)	
19	Becke, Kennedy	JR	Warhill High School	2:42.12	2:40.53
	31.99		1:14.36 (42.37) 2:02.26 (47.90)	2:40.53 (38.27)	
20	Froehlich, Zoe	SO	Warhill High School	2:43.47	2:43.82
	33.67		1:16.45 (42.78) 2:07.44 (50.99)	2:43.82 (36.38)	
21	Cazares, Jasmine	SO	New Kent High School	2:24.68	2:43.92
	31.96		1:13.54 (41.58) 2:04.52 (50.98)	2:43.92 (39.40)	
22	Honig, Jillian		York High School Falcons	2:44.65	2:44.17
	34.86		1:17.23 (42.37) 2:05.27 (48.04)	2:44.17 (38.90)	
23	Hyde, Kellie	SR	Culpeper County High School-VA	2:45.85	2:45.88
	34.76		1:17.58 (42.82) 2:04.91 (47.33)	2:45.88 (40.97)	
24	Flannigan, Mackenzie	FR	Warhill High School	2:57.20	2:47.56
	37.10		1:17.38 (40.28) 2:07.88 (50.50)	2:47.56 (39.68)	
25	Young, Hannah M	JR	William Monroe High School-VA	2:47.75	2:48.99
	33.69		1:15.76 (42.07) 2:09.37 (53.61)	2:48.99 (39.62)	
26	Kolowicz, Megan	SR	Brentsville District HS-VA	2:47.60	2:49.92
	37.82		1:20.24 (42.42) 2:08.31 (48.07)	2:49.92 (41.61)	
27	Green, Kylie	JR	Colonial Heights High School-VA	NT	2:55.11
	36.16		1:19.30 (43.14) 2:12.85 (53.55)	2:55.11 (42.26)	
28	Moreno, Gabriella	SR	Manassas Park High School-VA	2:55.40	2:55.30
	37.88		1:21.57 (43.69) 2:12.50 (50.93)	2:55.30 (42.80)	
29	Grubb, Madison	SO	Colonial Heights High School-VA	2:58.99	2:57.84
	40.49		1:26.67 (46.18) 2:14.45 (47.78)	2:57.84 (43.39)	
30	Hatton, Hannah	FR	Spotsylvania High School Swim-VA	3:00.83	3:01.13
	39.37		1:26.03 (46.66) 2:16.30 (50.27)	3:01.13 (44.83)	
31	Madren, Hannah	SO	Colonial Heights High School-VA	3:07.56	3:04.21
	39.98		1:25.85 (45.87) 2:22.22 (56.37)	3:04.21 (41.99)	
32	Van Oort, Jersey	FR	Manassas Park High School-VA	3:10.38	3:06.18
	44.70		1:31.68 (46.98) 2:23.97 (52.29)	3:06.18 (42.21)	
33	Buchanan, Natalie	FR	Spotsylvania High School Swim-VA	3:08.64	3:07.79
	41.64		1:28.92 (47.28) 2:24.19 (55.27)	3:07.79 (43.60)	
34	Pingulkar, Sanika	FR	Tabb High School-VA	NT	3:12.45
	39.95		1:30.17 (50.22) 2:27.06 (56.89)	3:12.45 (45.39)	
35	Williams, Cameron	SR	Colonial Heights High School-VA	3:13.50	3:18.26
	44.25		1:36.89 (52.64) 2:33.41 (56.52)	3:18.26 (44.85)	
36	Davis, Angeline	FR	Spotsylvania High School Swim-VA	4:08.37	3:37.09
	47.02		1:39.62 (52.60) 2:48.88 (1:09.26)	3:37.09 (48.21)	

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(Event 6 Women 200 Yard IM)

Name	Yr	School	Seed Time	Finals Time
37 Harpine, Caylie A	SO	Culpeper County High School-VA	4:00.97	3:54.83
			52.82 1:55.59 (1:02.77) 2:58.42 (1:02.83) 3:54.83 (56.41)	
--- Barlow, Kieran E	SR	William Monroe High School-VA	3:02.55	DQ
			38.58 1:28.19 (49.61) 2:20.50 (52.31) DQ (44.11)	

Event 7 Men 50 Yard Freestyle

Meet Record:	21.58	2015	James Patrick		
Name	Yr	School	Seed Time	Finals Time	
1 Harp, Parker		York High School Falcons	22.02	22.14	
2 Verastek, Chris S	JR	Tabb High School-VA	22.47	22.28	
3 Hutcherson, Ryan	JR	Brentsville District HS-VA	22.67	22.77	
4 Mastracci, Kyle		York High School Falcons	23.28	23.07	
5 Zaatar, Ahmed W	JR	William Monroe High School-VA	23.69	23.54	
6 Young, Ben	JR	Culpeper County High School-VA	23.53	23.57	
7 Koo, Noah M	SR	Riverside High School-VA	23.66	23.77	
8 Frizzell, Hunter	SR	James Monroe High School-VA	23.62	23.85	
9 Lippy, Brock	SO	Riverside High School-VA	24.31	23.86	
10 Balgoyen, Andrew	JR	Spotsylvania High School Swim-VA	24.27	24.03	
11 Coyle, Mason	JR	Riverside High School-VA	24.02	24.11	
*12 Seymour, Robbie	SR	Brentsville District HS-VA	24.94	24.44	
*12 MacDonnell, Connor J	JR	Tabb High School-VA	24.68	24.44	
14 Stall, Nate		York High School Falcons	24.65	24.51	
15 Williams, Blaine	JR	New Kent High School	25.51	24.54	
16 Graham, John	JR	Poquoson High School	25.34	24.67	
17 Marks, Jacob	SR	Colonial Heights High School-VA	24.76	24.69	
18 Jin, Ahron W	FR	Tabb High School-VA	24.81	24.93	
19 DaCruz, Joao	SO	Brentsville District HS-VA	24.99	24.97	
20 Deaderick, David	JR	James Monroe High School-VA	25.38	25.11	
21 Kempton, Harrison		York High School Falcons	24.78	25.18	
22 McManus, Conor	JR	William Monroe High School-VA	25.49	25.42	
23 List, Tristan	JR	William Monroe High School-VA	26.43	25.57	
24 Smith, Barrett	SO	Colonial Heights High School-VA	25.96	25.70	
25 Sorochin, Michael		William Monroe High School-VA	26.41	25.88	
26 Costa, Matthew	SO	Poquoson High School	27.07	25.90	
27 Pla, Tyler	SR	Riverside High School-VA	25.53	26.01	
28 Armati, Jake	SR	Manassas Park High School-VA	25.94	26.07	
29 Hasson, Corey	SO	Lakeland High School Swim Team-VA	26.63	26.58	
30 Garland, Craig	SR	Poquoson High School	26.84	26.61	
31 Kiser, Christopher	JR	Colonial Heights High School-VA	28.58	26.98	
32 Hicks, Joshua	JR	James Monroe High School-VA	27.25	27.38	
33 Stoughton, Derek	JR	Manassas Park High School-VA	26.72	27.50	
34 Forseth, Brett	FR	Brentsville District HS-VA	29.48	27.77	
35 McKinney, Noah	SR	James Monroe High School-VA	28.89	27.96	
36 Niemerski, Garrett	SO	Warhill High School	27.28	28.11	
37 Cordy III, Willie		IC Norcom-VA	28.90	28.13	
38 Treat, Tyler	JR	Lakeland High School Swim Team-VA	28.94	28.69	
39 Nevin, Elijah	FR	Culpeper County High School-VA	28.78	29.31	
40 Kurek, Kevin	FR	New Kent High School	28.21	29.65	
41 Kennedy, Zak	JR	Spotsylvania High School Swim-VA	30.09	29.69	
42 Riggins, Drake	FR	Spotsylvania High School Swim-VA	31.53	29.72	
43 Hopkinson, Austin	SO	Warhill High School	30.97	29.77	
44 Means, Matthew F	FR	Tabb High School-VA	29.96	29.79	

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Name	Yr	School	Seed Time	Finals Time
45 Sessoms, Chandler	SO	Lakeland High School Swim Team-VA	31.85	30.97
46 Devine, Devin	JR	Warhill High School	30.07	31.22
47 Nottingham-Jackson, Dominic		IC Norcom-VA	NT	31.65
48 Beaton, Christopher		IC Norcom-VA	30.30	31.79
49 Hansen, Mark	JR	New Kent High School	32.70	31.84
50 Wayman, Baylor	FR	New Kent High School	34.37	32.93
51 Hernandez, Joshua	SO	Manassas Park High School-VA	39.34	33.20
52 Miller, Chase	JR	Culpeper County High School-VA	33.04	33.50
53 Montgomery, John		IC Norcom-VA	33.56	33.69
54 Packer, Carl	SO	Warhill High School	33.65	33.71
55 Peters, Ty	FR	Culpeper County High School-VA	34.84	33.99
56 Panragua, Matias	JR	Manassas Park High School-VA	34.56	34.01
57 Qazi, Yusef	FR	Colonial Heights High School-VA	35.63	34.31
--- Hough, James	JR	Spotsylvania High School Swim-VA	26.56	DQ
--- Askew, Colby	JR	Lakeland High School Swim Team-VA	27.30	DFS

Event 8 Women 50 Yard Freestyle

Meet Record:	23.97	2015	Alex Slayton		
Name	Yr	School	Seed Time	Finals Time	
1 Slayton, Alex		York High School Falcons	24.14	24.14	
2 Harrison, Tristan T	FR	Tabb High School-VA	25.32	24.64	
3 Tyranski, Faith	JR	Warhill High School	26.26	25.15	
4 Pham, Jordan E	FR	Riverside High School-VA	26.51	25.73	
5 Moore, Caitlyn	SO	Brentsville District HS-VA	27.54	26.04	
6 Oh, Rebecca	SR	Riverside High School-VA	27.03	26.49	
7 Baker, Anna	SO	William Monroe High School-VA	27.38	26.92	
8 Henley, Kate	SO	Brentsville District HS-VA	27.33	27.03	
9 Forjan, Keara	JR	James Monroe High School-VA	27.50	27.10	
10 Rippel, Zoe	JR	Warhill High School	28.10	27.14	
*11 Colgan, Kate E	SR	Tabb High School-VA	28.23	27.38	
*11 Adenauer, Ava	SR	Colonial Heights High School-VA	27.76	27.38	
13 Body, Taylor	SO	Riverside High School-VA	27.19	27.43	
14 Wynn, TJ	SO	James Monroe High School-VA	28.38	27.63	
15 May, Keona	JR	Manassas Park High School-VA	28.12	27.68	
16 Greig, Morgan E	FR	Riverside High School-VA	27.00	27.87	
17 Lott, Rhianon	FR	James Monroe High School-VA	27.84	28.16	
18 Parziale, Caroline		York High School Falcons	28.32	28.22	
19 Rowe, Aubrey	SO	Colonial Heights High School-VA	29.04	28.41	
20 McAuliffe, Laura C	JR	William Monroe High School-VA	NT	28.46	
*21 Wiatrowski, Lucy	FR	Warhill High School	29.17	28.48	
*21 Vander Kooi, Willow		York High School Falcons	28.81	28.48	
23 Jones, Jessica	SR	Brentsville District HS-VA	28.15	28.53	
24 Casperson, Abby	JR	James Monroe High School-VA	29.82	29.05	
25 Stevens, Savannah	SR	William Monroe High School-VA	29.77	30.06	
26 Brodie, Jillian R	FR	Tabb High School-VA	30.14	30.16	
27 Friedel, Lilly	SO	Spotsylvania High School Swim-VA	30.81	30.31	
28 Miller, Ashley	SR	Culpeper County High School-VA	29.88	30.39	
29 Clarke, Abigail	SO	New Kent High School	30.66	30.59	
30 Miles, Claudia	FR	Colonial Heights High School-VA	31.14	30.84	
31 Natour, Juliana	JR	Brentsville District HS-VA	31.57	30.90	
32 Christmas, Jenna	SR	Lakeland High School Swim Team-VA	31.02	30.91	
33 Froehlich, Hanna	JR	Warhill High School	32.60	31.17	

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(Event 8 Women 50 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time
34 Coffman, Sydney	SO	Spotsylvania High School Swim-VA	31.89	31.69
35 Gill, Helena	JR	Spotsylvania High School Swim-VA	31.86	31.91
36 Harrah, Shawn M	SR	Culpeper County High School-VA	30.33	31.98
37 Adams, Rebekah R	FR	William Monroe High School-VA	31.16	32.25
38 Brockwell, Avery	FR	Colonial Heights High School-VA	32.75	32.54
39 Maddox, Jordan		Tabb High School-VA	33.91	33.32
40 Claud, Kiana		IC Norcom-VA	38.84	34.04
41 Curliss, Kim	SO	Lakeland High School Swim Team-VA	36.96	34.68
42 McGuire, Sydney M	FR	Culpeper County High School-VA	38.12	37.09
43 McCartney, Marley	SO	New Kent High School	34.80	37.52
44 Leon, Maria F	JR	Manassas Park High School-VA	40.24	38.63
45 Winchester, Laura	SR	Manassas Park High School-VA	36.94	39.36
46 Thompson, Allison	SO	Lakeland High School Swim Team-VA	42.21	39.60
47 Afriye-Opoku, Diana	SO	Manassas Park High School-VA	39.47	39.88
48 Greene, Noa	JR	Lakeland High School Swim Team-VA	40.45	40.12
49 Sharma, Ishrya	SO	Spotsylvania High School Swim-VA	47.28	43.73
50 Navarrete, Katy	SO	New Kent High School	42.90	45.25
51 Brimage, Jordan		IC Norcom-VA	41.95	48.45
52 Wright, Angel		IC Norcom-VA	40.66	52.08
53 Thompson, Dallas		IC Norcom-VA	43.71	52.32
54 Henley, Tallyssa M	JR	Culpeper County High School-VA	59.92	1:02.24

Event 11 Men 100 Yard Butterfly

Meet Record:	51.28	2015	Carter Kale		
Name	Yr	School	Seed Time	Finals Time	
1 Hutcherson, Ryan	JR	Brentsville District HS-VA	56.46	53.89	
25.16				53.89 (28.73)	
2 Omweg, C.J. J	JR	Tabb High School-VA	56.34	55.19	
25.95				55.19 (29.24)	
3 Brewer, Brandon A	SO	Tabb High School-VA	57.40	56.12	
26.53				56.12 (29.59)	
4 Rice, Jacob		York High School Falcons	56.44	56.33	
26.37				56.33 (29.96)	
5 Creelman, Andrew		York High School Falcons	57.97	58.47	
27.19				58.47 (31.28)	
6 DaCruz, Joao	SO	Brentsville District HS-VA	1:00.00	58.53	
27.60				58.53 (30.93)	
7 Barmak, Taylor W	JR	Riverside High School-VA	58.61	58.84	
27.12				58.84 (31.72)	
8 Koo, Noah M	SR	Riverside High School-VA	58.75	59.11	
27.07				59.11 (32.04)	
9 Seymour, Robbie	SR	Brentsville District HS-VA	1:02.80	59.77	
27.62				59.77 (32.15)	
10 Frerichs, Noah	FR	Warhill High School	59.62	1:00.47	
27.84				1:00.47 (32.63)	
11 Wood, Parker W	FR	Tabb High School-VA	1:03.44	1:02.49	
28.71				1:02.49 (33.78)	
12 Gomez, Samuel J	FR	Riverside High School-VA	1:03.35	1:03.62	
27.80				1:03.62 (35.82)	
13 Lynch, Jonathan		York High School Falcons	1:03.36	1:03.89	
28.13				1:03.89 (35.76)	
14 Maksimowicz, Chris	JR	Brentsville District HS-VA	NT	1:04.59	
30.03				1:04.59 (34.56)	

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 11 Men 100 Yard Butterfly)**

Name	Yr	School	Seed Time	Finals Time
15 Ward, Lukas G	SR	William Monroe High School-VA	1:07.47	1:05.67
30.06				1:05.67 (35.61)
16 Azzurrini, Dominic	JR	Spotsylvania High School Swim-VA	1:04.65	1:06.22
29.23				1:06.22 (36.99)
17 Srinivasan, Srutha R	SR	Riverside High School-VA	1:08.71	1:08.02
30.55				1:08.02 (37.47)
18 Tobler, Tyler	JR	Warhill High School	1:10.53	1:09.42
31.77				1:09.42 (37.65)
19 Lugo, Will V	JR	Tabb High School-VA	1:11.28	1:11.52
33.14				1:11.52 (38.38)
20 Wagner, Evan	FR	William Monroe High School-VA	1:20.20	1:12.87
31.39				1:12.87 (41.48)
21 Mulholland, Christopher S	JR	Culpeper County High School-VA	1:10.86	1:14.20
33.42				1:14.20 (40.78)
22 Wright, Joey	SO	William Monroe High School-VA	1:18.52	1:15.09
32.13				1:15.09 (42.96)
23 Holland, Matt		York High School Falcons	NT	1:15.10
34.87				1:15.10 (40.23)
24 Armati, Jake	SR	Manassas Park High School-VA	1:19.37	1:16.76
37.37				1:16.76 (39.39)
25 Calderon-Lameda, Daniel A	FR	Manassas Park High School-VA	1:21.45	1:17.25
36.08				1:17.25 (41.17)
26 Colyer, Noah	SO	Lakeland High School Swim Team-VA	1:13.74	1:17.80
33.98				1:17.80 (43.82)
27 Wright, Ryan	JR	Lakeland High School Swim Team-VA	1:24.19	1:20.97
34.48				1:20.97 (46.49)
28 Matthews, Philip	SO	Spotsylvania High School Swim-VA	1:21.45	1:26.40
40.00				1:26.40 (46.40)
--- McAuliff, Michael	JR	James Monroe High School-VA	1:09.64	DQ
31.04				DQ (35.59)
--- Schooley, Wyatt	FR	Spotsylvania High School Swim-VA	1:33.83	DQ
39.67				DQ (46.61)

Event 12 Women 100 Yard Butterfly

Meet Record:	56.38	2016	Morgan Whaley		
Name	Yr	School	Seed Time	Finals Time	
1 Whaley, Morgan	JR	Warhill High School	55.86	56.85	
26.34				56.85 (30.51)	
2 Harrison, Tristan T	FR	Tabb High School-VA	59.09	58.68	
27.48				58.68 (31.20)	
3 Sargent, Laurie-Ann	SO	New Kent High School	1:01.33	59.61	
27.97				59.61 (31.64)	
4 Haast, Mikaela A	FR	Riverside High School-VA	1:02.88	1:00.16	
28.05				1:00.16 (32.11)	
5 Whitman, Juliet	SR	James Monroe High School-VA	1:02.84	1:00.36	
28.42				1:00.36 (31.94)	
6 Reilly, Alyssa		York High School Falcons	1:00.66	1:01.46	
28.91				1:01.46 (32.55)	
7 Coleson, Meghan	JR	New Kent High School	1:03.99	1:02.10	
28.81				1:02.10 (33.29)	
8 Ramirez, Chloe A	FR	Riverside High School-VA	1:04.53	1:03.16	
29.19				1:03.16 (33.97)	
9 Moore, Caitlyn	SO	Brentsville District HS-VA	1:07.24	1:03.45	
29.51				1:03.45 (33.94)	

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 12 Women 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time
10	Bowman, Morgan	SO	New Kent High School	1:07.96	1:03.62
	29.99				1:03.62 (33.63)
11	McMullen, Rose		York High School Falcons	1:04.39	1:04.93
	30.18				1:04.93 (34.75)
12	Watkins, Kate	JR	Warhill High School	1:01.22	1:05.22
	30.16				1:05.22 (35.06)
13	Welch, Megan	SR	Warhill High School	1:08.87	1:05.95
	31.16				1:05.95 (34.79)
14	Bergeron, Annabel	SO	Brentsville District HS-VA	1:13.83	1:07.88
	30.94				1:07.88 (36.94)
15	Becker, Lucy	SO	Brentsville District HS-VA	1:13.72	1:11.00
	33.17				1:11.00 (37.83)
16	Heller, Eva	SO	James Monroe High School-VA	1:19.03	1:11.39
	32.34				1:11.39 (39.05)
17	Rehm, Claire	SO	James Monroe High School-VA	1:11.31	1:11.82
	32.84				1:11.82 (38.98)
18	Roberson, Greta	SO	Spotsylvania High School Swim-VA	1:13.26	1:13.51
	33.82				1:13.51 (39.69)
19	Simpson, Rylee B	FR	Culpeper County High School-VA	1:07.10	1:13.55
	32.99				1:13.55 (40.56)
20	Knox, Kacey		York High School Falcons	1:15.05	1:13.86
	33.49				1:13.86 (40.37)
21	Homan, Rylee		York High School Falcons	NT	1:14.29
	33.48				1:14.29 (40.81)
22	Becke, Kennedy	JR	Warhill High School	1:11.44	1:14.58
	34.03				1:14.58 (40.55)
23	Banachoski, Emmary	FR	Brentsville District HS-VA	1:22.07	1:14.62
	16.03				1:14.62 (58.59)
24	Miller, Gabby	JR	Spotsylvania High School Swim-VA	1:16.01	1:17.55
	34.61				1:17.55 (42.94)
25	Trent, Julie	JR	Riverside High School-VA	1:21.09	1:18.08
	34.03				1:18.08 (44.05)
26	Stockov, Cheney C	FR	Riverside High School-VA	1:22.77	1:18.70
	35.76				1:18.70 (42.94)
27	Green, Kylie	JR	Colonial Heights High School-VA	1:19.69	1:19.45
	34.84				1:19.45 (44.61)
28	Woodson, Hannah	JR	William Monroe High School-VA	1:18.21	1:20.82
	34.95				1:20.82 (45.87)
29	Munoz, Laura Sofia	JR	Tabb High School-VA	NT	1:22.42
	37.25				1:22.42 (45.17)
30	Critz, Jennifer	SO	New Kent High School	1:23.96	1:23.87
	37.90				1:23.87 (45.97)
31	Simpson, Lauren E	SR	Culpeper County High School-VA	1:21.18	1:25.43
	38.92				1:25.43 (46.51)
32	Miles, Claudia	FR	Colonial Heights High School-VA	1:26.40	1:25.85
	39.91				1:25.85 (45.94)
33	Madren, Hannah	SO	Colonial Heights High School-VA	1:25.35	1:26.35
	40.96				1:26.35 (45.39)
34	Williams, Elena	JR	William Monroe High School-VA	1:25.14	1:27.83
35	Cox, Erin A	SO	Tabb High School-VA	1:28.22	1:29.32
	41.76				1:29.32 (47.56)
36	Buchanan, Natalie	FR	Spotsylvania High School Swim-VA	1:39.81	1:36.68
	41.70				1:36.68 (54.98)

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 12 Women 100 Yard Butterfly)**

Name	Yr	School	Seed Time	Finals Time
37 Thompson, Autumn 47.93	JR	Lakeland High School Swim Team-VA	1:38.55	1:41.20
				1:41.20 (53.27)
38 Meyers, Megan 46.72	SR	Manassas Park High School-VA	1:36.84	1:43.48
				1:43.48 (56.76)
39 Davis, Angeline 49.19	FR	Spotsylvania High School Swim-VA	1:45.81	1:44.54
				1:44.54 (55.35)
40 Walters, Kira M 45.74	FR	Tabb High School-VA	NT	1:58.98
				1:58.98 (1:13.24)
41 Sheppard, Starlina 53.14	SO	Lakeland High School Swim Team-VA	1:48.49	2:00.22
				2:00.22 (1:07.08)
--- Jenkins, Lauren 49.34	JR	Culpeper County High School-VA	1:49.54	DQ
				DQ (1:04.45)
--- Young, Hannah M 34.47	JR	William Monroe High School-VA	1:16.40	DQ
				DQ (40.93)
--- Hendrix, Mackenzie	FR	Culpeper County High School-VA	1:34.11	NS

Event 13 Men 100 Yard Freestyle

Meet Record:	47.51	2014	James Patrick		
Name	Yr	School	Seed Time	Finals Time	
1 Harp, Parker 23.05		York High School Falcons	48.84	47.77	
				47.77 (24.72)	
2 Talati, Nick R 23.14	SO	Tabb High School-VA	48.12	47.78	
				47.78 (24.64)	
3 McCummings, Jackson M 24.14	SO	Riverside High School-VA	51.70	50.32	
				50.32 (26.18)	
4 Harnish, Brian 24.16	SR	Brentsville District HS-VA	51.37	50.45	
				50.45 (26.29)	
5 Penn, Gabriel 24.53	SR	Brentsville District HS-VA	51.45	51.03	
				51.03 (26.50)	
6 Zaatar, Ahmed W 24.90	JR	William Monroe High School-VA	NT	52.92	
				52.92 (28.02)	
7 Frizzell, Hunter 24.92	SR	James Monroe High School-VA	53.16	52.99	
				52.99 (28.07)	
8 MacDonnell, Connor J 25.59	JR	Tabb High School-VA	55.16	53.74	
				53.74 (28.15)	
9 Tran, Johnathan Q 25.57	FR	Riverside High School-VA	55.21	53.96	
				53.96 (28.39)	
10 Lippy, Brock 25.98	SO	Riverside High School-VA	54.18	54.71	
				54.71 (28.73)	
11 Williams, Blaine 26.53	JR	New Kent High School	57.64	54.95	
				54.95 (28.42)	
12 Marks, Jacob 26.16	SR	Colonial Heights High School-VA	56.67	55.29	
				55.29 (29.13)	
13 Graham, John 27.38	JR	Poquoson High School	58.31	56.57	
				56.57 (29.19)	
14 Balgoyen, Andrew 27.17	JR	Spotsylvania High School Swim-VA	55.12	56.80	
				56.80 (29.63)	
15 Stall, Nate 27.21		York High School Falcons	56.72	57.25	
				57.25 (30.04)	
16 Deaderick, David 27.35	JR	James Monroe High School-VA	NT	57.49	
				57.49 (30.14)	
17 Higgins, Ryan 27.53	SR	Brentsville District HS-VA	58.95	58.63	
				58.63 (31.10)	

2017 3A East Regional Swimming Championships - 2/10/2017

Results - 2017 3A-East Regional Swimming Championships

(Event 13 Men 100 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time
18 List, Tristan 27.46	JR	William Monroe High School-VA	58.88	58.64
19 Huffman, Josh 27.94	JR	Brentsville District HS-VA	59.19	58.80
20 Coyle, Mason 26.52	JR	Riverside High School-VA	57.53	58.88
21 Costa, Matthew 28.66	SO	Poquoson High School	58.80	59.03
22 McManus, Conor 27.48	JR	William Monroe High School-VA	59.01	59.32
23 Mahaffy, Paul 26.72		York High School Falcons	1:01.50	59.48
24 O'Brien, Joseph 27.66		York High School Falcons	59.06	59.81
25 Adams, Cooper W 28.28	JR	Tabb High School-VA	1:04.03	59.88
26 Garland, Craig 28.48	SR	Poquoson High School	1:01.27	1:00.20
27 Smith, Barrett 28.25	SO	Colonial Heights High School-VA	1:00.79	1:00.27
28 Hough, James	JR	Spotsylvania High School Swim-VA	1:00.34	1:00.49
29 Hicks, Jake 28.93	JR	James Monroe High School-VA	NT	1:01.28
30 Peters, Carson 28.37	JR	Culpeper County High School-VA	1:00.47	1:01.59
31 Kiser, Christopher 30.15	JR	Colonial Heights High School-VA	1:06.81	1:02.42
32 Niemerski, Garrett 30.64	SO	Warhill High School	1:03.83	1:03.24
33 Hicks, Joshua 31.38	JR	James Monroe High School-VA	1:01.84	1:03.59
34 Bernard, Johnny 31.25	SO	Spotsylvania High School Swim-VA	1:03.10	1:04.26
35 McBride, Thomas J 30.33	FR	Culpeper County High School-VA	1:03.10	1:04.35
36 Ward, Lukas G 31.33	SR	William Monroe High School-VA	NT	1:04.42
37 Young, DJ		Phoebus High School-US	1:03.99	1:04.60
38 Tobler, Tyler 31.37	JR	Warhill High School	1:09.44	1:04.96
39 Elliott, Stephen 33.03	SO	Manassas Park High School-VA	1:05.76	1:05.44
40 Miller, Trevor 30.79	JR	Lakeland High School Swim Team-VA	1:08.56	1:06.12
41 Kurek, Kevin 31.87	FR	New Kent High School	1:04.52	1:06.29
42 Berry, Adam 31.54	SR	Warhill High School	1:08.72	1:08.04
43 Salazar, Edward 33.39	FR	Lakeland High School Swim Team-VA	1:16.87	1:10.12
44 Devine, Devin 34.82	JR	Warhill High School	1:08.51	1:11.69

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 13 Men 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
45	Williams, Colton D	SO	Culpeper County High School-VA	1:16.18	1:13.05
	34.57			1:13.05 (38.48)	
46	Ouelette, Austin	SO	Colonial Heights High School-VA	1:17.07	1:13.26
	34.34			1:13.26 (38.92)	
47	Klix, Tyler	SR	Spotsylvania High School Swim-VA	1:30.82	1:14.08
	33.12			1:14.08 (40.96)	
48	Sessoms, Chandler	SO	Lakeland High School Swim Team-VA	1:23.37	1:14.35
	34.65			1:14.35 (39.70)	
49	Hansen, Mark	JR	New Kent High School	1:16.57	1:14.50
	34.21			1:14.50 (40.29)	
50	Miller, Chase	JR	Culpeper County High School-VA	1:16.75	1:16.94
	35.62			1:16.94 (41.32)	
51	Nguyen, Duc-Lo	FR	Manassas Park High School-VA	1:37.58	1:18.07
	37.55			1:18.07 (40.52)	
52	Hernandez, Joshua	SO	Manassas Park High School-VA	1:22.53	1:21.08
	38.65			1:21.08 (42.43)	
---	Jin, Ahron W	FR	Tabb High School-VA	56.75	DQ
---	Panragua, Matias	JR	Manassas Park High School-VA	1:18.81	DFS
---	Askew, Colby	JR	Lakeland High School Swim Team-VA	1:13.19	DFS

Event 14 Women 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
	Meet Record: 53.30	2016	Julianna Jones		
1	Kopac, Allison N	FR	Riverside High School-VA	53.89	51.99
	25.24			51.99 (26.75)	
2	Slayton, Alex		York High School Falcons	55.09	53.08
	25.65			53.08 (27.43)	
3	Jones, Julianna	SR	New Kent High School	55.19	54.66
	26.36			54.66 (28.30)	
4	Oh, Rebecca	SR	Riverside High School-VA	57.75	56.73
	27.45			56.73 (29.28)	
5	Toledo, Hailey M	SR	Tabb High School-VA	1:00.26	57.41
	28.00			57.41 (29.41)	
6	Pham, Jordan E	FR	Riverside High School-VA	57.92	57.79
	28.16			57.79 (29.63)	
7	Bonfadini, Brooke	SR	Culpeper County High School-VA	58.09	57.86
	27.61			57.86 (30.25)	
8	Rippel, Zoe	JR	Warhill High School	59.92	58.85
	28.60			58.85 (30.25)	
9	Baker, Anna	SO	William Monroe High School-VA	1:00.70	59.67
	28.51			59.67 (31.16)	
10	Forjan, Keara	JR	James Monroe High School-VA	1:00.60	59.68
	29.07			59.68 (30.61)	
11	Boswell, Yasmine	SR	Riverside High School-VA	1:02.62	1:00.03
	28.73			1:00.03 (31.30)	
12	Colgan, Kate E	SR	Tabb High School-VA	1:02.72	1:01.06
	29.21			1:01.06 (31.85)	
13	Watts, Cassie		York High School Falcons	1:04.72	1:01.35
	29.03			1:01.35 (32.32)	
14	Henley, Kate	SO	Brentsville District HS-VA	1:04.43	1:01.36
	29.36			1:01.36 (32.00)	
15	Lott, Rhianon	FR	James Monroe High School-VA	1:01.44	1:01.87
	29.94			1:01.87 (31.93)	

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 14 Women 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
16	Martin, Gwyneth	SR	Warhill High School	1:00.68	1:02.53
	29.17		1:02.53 (33.36)		
17	Jones, Jessica	SR	Brentsville District HS-VA	1:02.92	1:03.74
	30.01		1:03.74 (33.73)		
18	Adenauer, Ava	SR	Colonial Heights High School-VA	1:04.06	1:04.20
	30.66		1:04.20 (33.54)		
19	Cazares, Jasmine	SO	New Kent High School	1:05.90	1:04.23
	30.70		1:04.23 (33.53)		
20	Snyder, Rachel		York High School Falcons	NT	1:04.61
	30.13		1:04.61 (34.48)		
21	Vaughn, Colette	JR	Brentsville District HS-VA	1:03.91	1:04.84
	30.32		1:04.84 (34.52)		
22	Valentin, Skylar B	SR	William Monroe High School-VA	1:04.41	1:04.94
	30.82		1:04.94 (34.12)		
23	Wiatrowski, Lucy	FR	Warhill High School	1:06.81	1:05.57
	30.67		1:05.57 (34.90)		
24	Rowe, Aubrey	SO	Colonial Heights High School-VA	1:04.13	1:05.63
	32.00		1:05.63 (33.63)		
25	Vargas, Anna M	FR	Tabb High School-VA	1:05.41	1:05.67
	31.35		1:05.67 (34.32)		
26	Montecalvo, Emily	SO	New Kent High School	1:07.90	1:06.87
	33.05		1:06.87 (33.82)		
27	Hood, Erin	SR	Colonial Heights High School-VA	1:08.18	1:07.68
	32.53		1:07.68 (35.15)		
28	Lam, Vivian	JR	Manassas Park High School-VA	1:15.92	1:08.81
	33.12		1:08.81 (35.69)		
29	Harrah, Shawn M	SR	Culpeper County High School-VA	1:09.05	1:09.99
	33.39		1:09.99 (36.60)		
30	Barlow, Kieran E	SR	William Monroe High School-VA	NT	1:10.06
	31.85		1:10.06 (38.21)		
31	Dunn, Brooke	JR	Manassas Park High School-VA	1:23.40	1:10.23
	34.05		1:10.23 (36.18)		
32	Gill, Helena	JR	Spotsylvania High School Swim-VA	1:09.72	1:10.64
	34.43		1:10.64 (36.21)		
33	Moreno, Gabriella	SR	Manassas Park High School-VA	1:08.96	1:10.77
	34.21		1:10.77 (36.56)		
34	Knox, Kacey		York High School Falcons	NT	1:12.25
	34.03		1:12.25 (38.22)		
35	Young, Claire	JR	James Monroe High School-VA	1:13.78	1:12.37
	34.05		1:12.37 (38.32)		
36	Pollard, Bella	SR	New Kent High School	1:06.20	1:14.32
	34.78		1:14.32 (39.54)		
37	Barlow, Delaney	FR	William Monroe High School-VA	1:15.69	1:14.94
	34.63		1:14.94 (40.31)		
38	Seay, Katelyn	SO	Spotsylvania High School Swim-VA	1:16.66	1:15.03
	35.41		1:15.03 (39.62)		
39	Stark, Rebecka	FR	Brentsville District HS-VA	1:17.90	1:15.68
	35.86		1:15.68 (39.82)		
40	Brockwell, Avery	FR	Colonial Heights High School-VA	1:19.71	1:15.72
	35.54		1:15.72 (40.18)		
41	Concepcion, Aine	SO	James Monroe High School-VA	1:16.32	1:16.29
	36.20		1:16.29 (40.09)		
42	Froehlich, Hanna	JR	Warhill High School	1:14.39	1:16.91
	36.31		1:16.91 (40.60)		

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 14 Women 100 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
43 Robnett, Logan M 38.02	FR	Tabb High School-VA	1:21.28	1:19.50
			1:19.50 (41.48)	
44 O'Connor, Kate 40.41		Manassas Park High School-VA	1:24.51	1:19.75
			1:19.75 (39.34)	
45 Pareno, Myasia 37.47	FR	Lakeland High School Swim Team-VA	NT	1:20.15
			1:20.15 (42.68)	
46 Riggins, Cheyenne 38.88	JR	Spotsylvania High School Swim-VA	1:27.94	1:23.49
			1:23.49 (44.61)	
47 McGuire, Sydney M 42.18	FR	Culpeper County High School-VA	1:25.90	1:25.82
			1:25.82 (43.64)	
48 Walsh, Katie 41.26	JR	Spotsylvania High School Swim-VA	1:27.91	1:28.71
			1:28.71 (47.45)	
49 Curliss, Kim 44.77	SO	Lakeland High School Swim Team-VA	1:26.24	1:32.39
			1:32.39 (47.62)	
50 Murray, Louise 45.78	FR	Lakeland High School Swim Team-VA	1:43.76	1:34.60
			1:34.60 (48.82)	
51 Greene, Noa 46.58	JR	Lakeland High School Swim Team-VA	1:41.50	1:37.69
			1:37.69 (51.11)	
52 Henley, Tallyssa M 1:08.27	JR	Culpeper County High School-VA	2:01.69	2:14.00
			2:14.00 (1:05.73)	

Event 15 Men 500 Yard Freestyle

Meet Record:	4:37.23	2015	Carter Kale		
Name		Yr	School	Seed Time	Finals Time
1 Romanowski, Nate 25.14		SR	Brentsville District HS-VA	4:48.12	4:49.66
	2:22.36 (29.73)		1:23.10 (29.29)	1:52.63 (29.53)	
	4:21.25 (29.71)		3:21.67 (29.43)	3:51.54 (29.87)	
			4:49.66 (28.41)		
2 Fields, Noah 26.55			York High School Falcons	4:59.52	5:05.45
	2:29.23 (30.78)		1:27.03 (30.76)	1:58.45 (31.42)	
	4:34.87 (31.55)		3:31.96 (31.64)	4:03.32 (31.36)	
			5:05.45 (30.58)		
3 Gerstl, Otto G 27.45		FR	Riverside High School-VA	5:18.88	5:12.06
	2:33.61 (32.08)		1:29.86 (31.53)	2:01.53 (31.67)	
	4:42.42 (31.92)		3:38.05 (32.39)	4:10.50 (32.45)	
			5:12.06 (29.64)		
4 Gregory, Justin 27.26		JR	Brentsville District HS-VA	5:17.18	5:12.38
	2:34.43 (32.03)		1:29.65 (31.78)	2:02.40 (32.75)	
	4:43.40 (31.98)		3:39.16 (32.60)	4:11.42 (32.26)	
			5:12.38 (28.98)		
5 Kaminer, Jacob L 28.69		SR	Tabb High School-VA	5:20.34	5:22.42
	2:37.84 (32.49)		1:32.60 (32.20)	2:05.35 (32.75)	
	4:49.99 (33.43)		3:43.59 (32.98)	4:16.56 (32.97)	
			5:22.42 (32.43)		
6 Kaseloo, Christian 28.79		JR	Colonial Heights High School-VA	5:38.25	5:33.84
	2:39.75 (33.55)		1:32.89 (32.57)	2:06.20 (33.31)	
	5:00.16 (34.93)		3:49.99 (35.30)	4:25.23 (35.24)	
			5:33.84 (33.68)		
7 Ruiz, Julian 29.73		JR	Warhill High School	5:33.78	5:35.97
	2:43.26 (33.78)		1:35.97 (33.19)	2:09.48 (33.51)	
	5:02.25 (34.50)		3:52.92 (34.95)	4:27.75 (34.83)	
			5:35.97 (33.72)		

2017 3A East Regional Swimming Championships - 2/10/2017

Results - 2017 3A-East Regional Swimming Championships

(Event 15 Men 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time
8 Frerichs, Noah	FR	Warhill High School	5:32.23	5:36.60
27.75	58.94 (31.19)	1:31.97 (33.03)	2:05.89 (33.92)	
2:39.81 (33.92)	3:14.93 (35.12)	3:50.39 (35.46)	4:26.11 (35.72)	
5:01.76 (35.65)	5:36.60 (34.84)			
9 Cataneo, Jack	FR	Brentsville District HS-VA	5:58.50	5:37.37
29.28	1:01.88 (32.60)	1:35.66 (33.78)	2:10.38 (34.72)	
2:44.88 (34.50)	3:19.26 (34.38)	3:53.99 (34.73)	4:29.23 (35.24)	
5:04.24 (35.01)	5:37.37 (33.13)			
10 Harlan, Ryan	SO	Manassas Park High School-VA	5:55.93	5:43.78
30.08	1:02.84 (32.76)	1:36.46 (33.62)	2:11.11 (34.65)	
2:45.06 (33.95)	3:20.38 (35.32)	3:55.40 (35.02)	4:31.51 (36.11)	
5:07.76 (36.25)	5:43.78 (36.02)			
11 Wallace, John J	SO	Tabb High School-VA	NT	5:50.88
29.95	1:04.07 (34.12)	1:39.84 (35.77)	2:16.45 (36.61)	
2:54.27 (37.82)	3:31.07 (36.80)	4:09.15 (38.08)	4:46.10 (36.95)	
5:21.48 (35.38)	5:50.88 (29.40)			
12 Barmak, Taylor W	JR	Riverside High School-VA	6:00.21	5:58.22
30.97	1:05.90 (34.93)	1:41.96 (36.06)	2:18.17 (36.21)	
2:54.74 (36.57)	3:30.57 (35.83)	4:07.80 (37.23)	4:45.78 (37.98)	
5:22.92 (37.14)	5:58.22 (35.30)			
13 McMullen, Andrew		York High School Falcons	6:20.22	6:08.60
32.35	1:09.60 (37.25)	1:47.38 (37.78)	2:25.69 (38.31)	
3:03.37 (37.68)	3:40.92 (37.55)	4:18.73 (37.81)	4:56.07 (37.34)	
5:32.62 (36.55)	6:08.60 (35.98)			
14 Buchanan, Nick	JR	Spotsylvania High School Swim-VA	6:26.17	6:11.81
30.08	1:04.18 (34.10)	1:40.69 (36.51)	2:18.30 (37.61)	
2:57.02 (38.72)	3:36.03 (39.01)	4:15.40 (39.37)	4:54.88 (39.48)	
5:33.85 (38.97)	6:11.81 (37.96)			
15 McAuliff, Michael	JR	James Monroe High School-VA	6:15.19	6:14.41
31.09	1:05.62 (34.53)	1:43.05 (37.43)	2:21.42 (38.37)	
2:59.69 (38.27)	3:38.39 (38.70)	4:17.63 (39.24)	4:57.13 (39.50)	
5:37.34 (40.21)	6:14.41 (37.07)			
16 Clark, Mitchell	JR	Brentsville District HS-VA	6:31.49	6:16.35
	1:06.99 ()	6:16.35 (5:09.36)		
17 Robnett, Noah R	SR	Tabb High School-VA	6:35.06	6:17.49
32.47	1:08.97 (36.50)	1:46.99 (38.02)	2:26.80 (39.81)	
3:06.10 (39.30)	3:46.19 (40.09)	4:26.11 (39.92)	5:06.46 (40.35)	
5:44.12 (37.66)	6:17.49 (33.37)			
18 Srinivasan, Srutha R	SR	Riverside High School-VA	6:24.91	6:20.85
32.57	1:08.18 (35.61)	1:45.72 (37.54)	2:24.10 (38.38)	
3:03.42 (39.32)	3:43.38 (39.96)	4:23.34 (39.96)	5:04.09 (40.75)	
5:43.83 (39.74)	6:20.85 (37.02)			
19 Castonguay, Christian B	SR	Tabb High School-VA	NT	6:21.36
31.44	1:07.46 (36.02)	1:44.95 (37.49)	2:23.68 (38.73)	
3:02.50 (38.82)	3:42.75 (40.25)	4:23.64 (40.89)	5:02.73 (39.09)	
5:41.85 (39.12)	6:21.36 (39.51)			
20 Brown, Colton	FR	Lakeland High School Swim Team-VA	6:30.97	6:24.42
31.54	1:07.68 (36.14)	1:46.38 (38.70)	2:24.87 (38.49)	
3:05.70 (40.83)	3:46.39 (40.69)	4:26.51 (40.12)	5:07.69 (41.18)	
5:48.36 (40.67)	6:24.42 (36.06)			
21 Joo, William M	SO	Riverside High School-VA	6:36.57	6:32.40
31.74	1:09.39 (37.65)	1:49.94 (40.55)	2:30.15 (40.21)	
3:11.42 (41.27)	3:53.75 (42.33)	4:35.68 (41.93)	5:16.20 (40.52)	
5:55.45 (39.25)	6:32.40 (36.95)			

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 15 Men 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
22 Critz, Anthony	SR	New Kent High School	6:41.63	6:39.44
31.80	1:08.25 (36.45)	1:46.87 (38.62)	2:26.43 (39.56)	
3:08.05 (41.62)	3:49.52 (41.47)	4:33.36 (43.84)	5:16.20 (42.84)	
5:57.33 (41.13)	6:39.44 (42.11)			
23 Reingruber, Peyton J	SO	Culpeper County High School-VA	7:00.26	6:50.16
35.24	1:15.14 (39.90)	1:57.47 (42.33)		
3:22.06 ()	4:05.77 (43.71)	4:46.59 (40.82)	5:30.52 (43.93)	
6:14.25 (43.73)	6:50.16 (35.91)			
24 Blanchard, Cooper		York High School Falcons	6:46.03	6:51.71
35.04	1:15.85 (40.81)	1:58.68 (42.83)	2:41.02 (42.34)	
3:24.32 (43.30)	4:07.50 (43.18)	4:49.34 (41.84)	5:32.62 (43.28)	
6:14.52 (41.90)	6:51.71 (37.19)			
25 Colliflower, Lane	FR	Lakeland High School Swim Team-VA	7:29.92	7:11.55
34.36	1:12.76 (38.40)	1:53.54 (40.78)	2:36.70 (43.16)	
3:21.34 (44.64)	4:07.42 (46.08)	4:55.24 (47.82)	5:41.69 (46.45)	
6:28.66 (46.97)	7:11.55 (42.89)			
26 Dickinson, Phillip	JR	Spotsylvania High School Swim-VA	7:43.49	7:29.02
33.73	1:17.65 (43.92)	2:02.53 (44.88)	2:49.26 (46.73)	
3:36.18 (46.92)	4:23.15 (46.97)	5:11.31 (48.16)	5:59.17 (47.86)	
6:46.57 (47.40)	7:29.02 (42.45)			
27 Friedel, Kyle	FR	Spotsylvania High School Swim-VA	7:34.00	7:49.10
36.13	1:20.20 (44.07)	2:07.82 (47.62)	2:56.72 (48.90)	
3:46.41 (49.69)	4:36.71 (50.30)	5:27.34 (50.63)	6:18.11 (50.77)	
7:06.95 (48.84)	7:49.10 (42.15)			
28 Peters, Ty	FR	Culpeper County High School-VA	8:22.10	8:26.98
37.55	1:26.74 (49.19)	2:17.51 (50.77)	3:09.94 (52.43)	
4:02.82 (52.88)	4:58.00 (55.18)	5:51.13 (53.13)	6:45.00 (53.87)	
7:38.25 (53.25)	8:26.98 (48.73)			

Event 16 Women 500 Yard Freestyle

Meet Record:	4:59.07	2014	Abigail Richey		
Name	Yr	School	Seed Time	Finals Time	
1 Nguyen, Claire P	SO	Riverside High School-VA	5:01.20	4:51.14	
26.47	55.11 (28.64)	1:24.09 (28.98)	1:53.35 (29.26)		
2:22.99 (29.64)	2:52.26 (29.27)	3:21.82 (29.56)	3:51.63 (29.81)		
4:21.57 (29.94)	4:51.14 (29.57)				
2 DiSanto, Camilla	SR	Colonial Heights High School-VA	5:10.17	5:12.05	
28.55	59.71 (31.16)	1:31.59 (31.88)	2:03.07 (31.48)		
2:35.08 (32.01)	3:06.91 (31.83)	3:38.79 (31.88)	4:10.36 (31.57)		
4:41.64 (31.28)	5:12.05 (30.41)				
3 McMullen, Rose		York High School Falcons	5:44.38	5:33.64	
30.57	1:03.46 (32.89)	1:36.75 (33.29)	2:10.73 (33.98)		
2:44.87 (34.14)	3:18.84 (33.97)	3:52.54 (33.70)	4:26.69 (34.15)		
5:00.53 (33.84)	5:33.64 (33.11)				
4 Stefanick, Alexis		York High School Falcons	NT	5:40.60	
30.40	1:03.98 (33.58)	1:38.47 (34.49)	2:12.39 (33.92)		
2:46.97 (34.58)	3:22.49 (35.52)	3:57.75 (35.26)	4:32.39 (34.64)		
5:06.95 (34.56)	5:40.60 (33.65)				
5 Dayyani, Ainsley E	FR	Riverside High School-VA	5:42.55	5:41.51	
30.11	1:03.71 (33.60)	1:37.95 (34.24)	2:12.50 (34.55)		
2:47.12 (34.62)	3:22.41 (35.29)	3:56.82 (34.41)	4:32.00 (35.18)		
5:07.08 (35.08)	5:41.51 (34.43)				

2017 3A East Regional Swimming Championships - 2/10/2017

Results - 2017 3A-East Regional Swimming Championships

(Event 16 Women 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time
6 Bowman, Morgan	SO	New Kent High School	5:47.93	5:43.13
31.11	1:05.28 (34.17)	1:40.75 (35.47)	2:15.72 (34.97)	
2:50.92 (35.20)	3:26.00 (35.08)	4:00.83 (34.83)	4:35.72 (34.89)	
5:10.38 (34.66)	5:43.13 (32.75)			
7 Ramirez, Chloe A	FR	Riverside High School-VA	5:54.21	5:46.38
30.90	1:04.56 (33.66)	1:39.23 (34.67)	2:13.83 (34.60)	
2:49.06 (35.23)	3:24.50 (35.44)	4:00.27 (35.77)	4:36.38 (36.11)	
5:12.17 (35.79)	5:46.38 (34.21)			
8 Coppage, Ashley		York High School Falcons	5:51.69	5:52.14
31.54	1:06.20 (34.66)	1:41.32 (35.12)	2:16.71 (35.39)	
2:52.77 (36.06)	3:28.94 (36.17)	4:05.11 (36.17)	4:41.43 (36.32)	
5:17.33 (35.90)	5:52.14 (34.81)			
9 Park, Anna	SO	Brentsville District HS-VA	6:10.80	6:00.00
31.20	1:06.25 (35.05)	1:42.67 (36.42)	2:18.85 (36.18)	
2:55.55 (36.70)	3:32.65 (37.10)	4:10.29 (37.64)	4:46.87 (36.58)	
5:24.39 (37.52)	6:00.00 (35.61)			
10 McCummings, Delaney S	FR	Riverside High School-VA	6:11.21	6:00.64
31.04	1:06.04 (35.00)	1:42.61 (36.57)	2:19.76 (37.15)	
2:56.34 (36.58)	3:33.73 (37.39)	4:11.00 (37.27)	4:48.21 (37.21)	
5:25.37 (37.16)	6:00.64 (35.27)			
11 LeClair, Amy A	FR	Tabb High School-VA	6:03.68	6:01.91
31.84	1:07.37 (35.53)	1:43.62 (36.25)	2:20.33 (36.71)	
2:57.34 (37.01)	3:33.54 (36.20)	4:10.92 (37.38)	4:48.84 (37.92)	
5:26.29 (37.45)	6:01.91 (35.62)			
12 Orellana, D	JR	Brentsville District HS-VA	6:23.09	6:02.99
31.41	1:06.38 (34.97)	1:42.72 (36.34)	2:19.29 (36.57)	
2:56.10 (36.81)	3:33.48 (37.38)	4:11.14 (37.66)	4:49.61 (38.47)	
5:27.68 (38.07)	6:02.99 (35.31)			
13 Welch, Megan	SR	Warhill High School	6:27.01	6:09.14
34.21	1:10.73 (36.52)	1:48.14 (37.41)	2:25.82 (37.68)	
3:03.14 (37.32)	3:41.33 (38.19)	4:18.81 (37.48)	4:56.50 (37.69)	
5:34.01 (37.51)	6:09.14 (35.13)			
14 Tarantino, Grace	FR	Warhill High School	6:24.25	6:11.56
33.11	1:09.33 (36.22)	1:47.08 (37.75)	2:24.48 (37.40)	
3:02.63 (38.15)	3:40.94 (38.31)	4:18.53 (37.59)	4:57.39 (38.86)	
5:34.93 (37.54)	6:11.56 (36.63)			
15 Valentin, Skylar B	SR	William Monroe High School-VA	6:33.74	6:18.25
34.10	1:11.78 (37.68)	1:50.45 (38.67)	2:28.84 (38.39)	
3:07.53 (38.69)	3:45.99 (38.46)	4:24.62 (38.63)	5:03.35 (38.73)	
5:41.89 (38.54)	6:18.25 (36.36)			
16 Post, Alannah	SO	Brentsville District HS-VA	6:22.86	6:19.21
33.38	1:09.14 (35.76)	1:46.37 (37.23)	2:24.59 (38.22)	
3:02.85 (38.26)	3:41.64 (38.79)	4:20.91 (39.27)	5:01.54 (40.63)	
5:40.47 (38.93)	6:19.21 (38.74)			
17 Butler, Gib	JR	James Monroe High School-VA	6:34.39	6:30.47
34.98	1:12.72 (37.74)	1:51.83 (39.11)	2:31.72 (39.89)	
3:12.26 (40.54)	3:52.33 (40.07)	4:33.71 (41.38)	5:14.24 (40.53)	
5:53.67 (39.43)	6:30.47 (36.80)			
18 Roberson, Greta	SO	Spotsylvania High School Swim-VA	6:28.87	6:36.83
32.78	1:10.55 (37.77)	1:51.08 (40.53)	2:31.77 (40.69)	
3:12.57 (40.80)	3:53.60 (41.03)	4:35.34 (41.74)	5:16.03 (40.69)	
5:56.77 (40.74)	6:36.83 (40.06)			

2017 3A East Regional Swimming Championships - 2/10/2017

Results - 2017 3A-East Regional Swimming Championships

(Event 16 Women 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time
19 Honig, Jillian		York High School Falcons	6:46.07	6:40.01
34.36	1:12.63 (38.27)	1:53.37 (40.74)	2:34.19 (40.82)	
3:14.99 (40.80)	3:56.49 (41.50)	4:37.91 (41.42)	5:19.55 (41.64)	
6:00.14 (40.59)	6:40.01 (39.87)			
20 Croom, Kelsey L	SR	Tabb High School-VA	6:54.97	6:50.28
34.12	1:12.54 (38.42)	1:52.24 (39.70)	2:32.99 (40.75)	
3:14.91 (41.92)	3:58.17 (43.26)	4:41.43 (43.26)	5:25.25 (43.82)	
6:08.10 (42.85)	6:50.28 (42.18)			
21 Friedel, Lilly	SO	Spotsylvania High School Swim-VA	7:14.81	6:59.77
36.60	1:17.53 (40.93)	2:00.40 (42.87)	2:44.56 (44.16)	
3:28.41 (43.85)	4:11.76 (43.35)	4:54.94 (43.18)	5:38.27 (43.33)	
6:20.35 (42.08)	6:59.77 (39.42)			
22 Fua, Sydney		Tabb High School-VA	6:24.50	7:00.48
34.06	1:12.06 (38.00)	1:53.08 (41.02)	2:34.56 (41.48)	
3:18.87 (44.31)	4:03.41 (44.54)	4:48.42 (45.01)	5:33.26 (44.84)	
6:18.29 (45.03)	7:00.48 (42.19)			
23 Slack, Summer	JR	Spotsylvania High School Swim-VA	7:18.81	7:03.35
37.88	1:19.28 (41.40)	2:01.84 (42.56)	2:45.47 (43.63)	
3:29.59 (44.12)	4:13.31 (43.72)	4:57.57 (44.26)	5:40.49 (42.92)	
6:23.46 (42.97)	7:03.35 (39.89)			
24 Williams, Cameron	SR	Colonial Heights High School-VA	7:07.49	7:08.33
37.64	1:18.61 (40.97)	2:00.85 (42.24)	2:44.75 (43.90)	
3:28.06 (43.31)	4:11.82 (43.76)	4:57.21 (45.39)	5:42.30 (45.09)	
6:27.71 (45.41)	7:08.33 (40.62)			
25 Tsipas, Amalia	SO	Warhill High School	6:59.84	7:12.62
34.75	1:14.58 (39.83)	1:56.49 (41.91)	2:40.17 (43.68)	
3:25.04 (44.87)	4:10.53 (45.49)	4:56.05 (45.52)	5:41.48 (45.43)	
6:27.76 (46.28)	7:12.62 (44.86)			
26 Foote, Dallas	JR	Spotsylvania High School Swim-VA	7:38.87	7:29.86
40.73	1:25.26 (44.53)	2:11.95 (46.69)	2:59.20 (47.25)	
3:44.46 (45.26)	4:31.08 (46.62)	5:18.08 (47.00)	6:03.48 (45.40)	
6:48.25 (44.77)	7:29.86 (41.61)			
27 Munoz, Laura Sofia	JR	Tabb High School-VA	NT	7:31.24
39.56	1:23.92 (44.36)	2:09.63 (45.71)	2:55.40 (45.77)	
3:42.02 (46.62)	4:28.21 (46.19)	5:15.30 (47.09)	6:02.33 (47.03)	
6:48.04 (45.71)	7:31.24 (43.20)			
28 Becker, Mary	SR	Brentsville District HS-VA	7:45.38	7:34.54
40.10	1:23.94 (43.84)	2:09.59 (45.65)	2:55.51 (45.92)	
3:42.26 (46.75)	4:28.93 (46.67)	5:15.32 (46.39)	6:01.57 (46.25)	
6:48.50 (46.93)	7:34.54 (46.04)			
29 Lathers, Verena	SO	Warhill High School	NT	7:36.94
41.26	1:26.21 (44.95)	2:12.44 (46.23)	2:58.66 (46.22)	
3:44.84 (46.18)	4:32.40 (47.56)	5:19.69 (47.29)	6:07.35 (47.66)	
6:53.41 (46.06)	7:36.94 (43.53)			
30 O'Connor, Sadie L	SO	Culpeper County High School-VA	7:35.96	7:39.51
41.10	1:25.79 (44.69)	2:11.35 (45.56)	2:58.21 (46.86)	
3:44.99 (46.78)	4:32.14 (47.15)	5:19.44 (47.30)	6:07.09 (47.65)	
6:54.20 (47.11)	7:39.51 (45.31)			
31 Davis, Kathryn M	JR	Colonial Heights High School-VA	8:04.28	7:46.23
42.71		2:15.76 ()	3:03.93 (48.17)	
3:51.37 (47.44)	4:38.88 (47.51)	5:27.43 (48.55)	6:15.42 (47.99)	
7:03.01 (47.59)	7:46.23 (43.22)			

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 16 Women 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
32 Kerr, Eva	SO	James Monroe High School-VA	NT	7:51.23
38.55		1:24.93 (46.38)	2:12.07 (47.14)	2:59.33 (47.26)
3:47.85 (48.52)		4:37.75 (49.90)	5:26.78 (49.03)	6:15.41 (48.63)
7:05.08 (49.67)		7:51.23 (46.15)		
33 Jones, Ingrid	SO	James Monroe High School-VA	NT	8:08.53
41.54		1:27.35 (45.81)	2:16.72 (49.37)	3:06.50 (49.78)
3:57.55 (51.05)		4:48.94 (51.39)	5:39.40 (50.46)	6:30.22 (50.82)
7:20.73 (50.51)		8:08.53 (47.80)		
34 Sparks, Alexis B	FR	Culpeper County High School-VA	9:48.91	9:47.06
49.13		1:47.23 (58.10)	2:48.35 (1:01.12)	3:50.62 (1:02.27)
4:52.25 (1:01.63)		5:54.08 (1:01.83)	6:56.01 (1:01.93)	7:56.64 (1:00.63)
8:55.48 (58.84)		9:47.06 (51.58)		
--- Miller, Ashley	SR	Culpeper County High School-VA	7:17.82	DFS

Event 17 Men 200 Yard Freestyle Relay

Meet Record:	1:30.19	2015	Kettle Run High School	Relay	Seed Time	Finals Time
1	Tabb High School-VA	A	1:31.78	1:30.66		
	22.34	44.89 (22.55)	1:08.70 (23.81)	1:30.66 (21.96)		
2	York High School Falcons	A	1:30.51	1:31.03		
	22.96	46.35 (23.39)	1:10.20 (23.85)	1:31.03 (20.83)		
3	Riverside High School-VA	A	1:35.37	1:33.57		
	23.97	47.38 (23.41)	1:10.89 (23.51)	1:33.57 (22.68)		
4	William Monroe High School-VA	A	1:42.27	1:40.44		
	25.48	51.05 (25.57)	1:16.78 (25.73)	1:40.44 (23.66)		
5	James Monroe High School-VA	A	1:44.63	1:40.76		
	25.30	51.64 (26.34)	1:17.47 (25.83)	1:40.76 (23.29)		
6	Colonial Heights High School-VA	A	1:44.04	1:41.80		
	26.00	52.31 (26.31)	1:17.04 (24.73)	1:41.80 (24.76)		
7	Poquoson High School	A	1:44.10	1:41.91		
	24.92	51.15 (26.23)	1:17.25 (26.10)	1:41.91 (24.66)		
8	Culpeper County High School-VA	A	1:44.53	1:43.34		
	26.13	52.93 (26.80)	1:20.34 (27.41)	1:43.34 (23.00)		
9	Lakeland High School Swim Team	A	1:45.21	1:44.29		
	27.10	52.70 (25.60)	1:18.97 (26.27)	1:44.29 (25.32)		
10	Manassas Park High School-VA	A	1:45.86	1:48.08		
	28.92	54.45 (25.53)	1:22.05 (27.60)	1:48.08 (26.03)		
11	Spotsylvania High School Swim-	A	1:45.95	1:51.74		
	28.19	57.75 (29.56)	1:25.16 (27.41)	1:51.74 (26.58)		
12	New Kent High School	A	1:49.63	1:53.78		
	25.51	55.04 (29.53)	1:24.66 (29.62)	1:53.78 (29.12)		
13	Warhill High School	A	1:49.72	1:57.17		
	28.89	58.47 (29.58)	1:28.48 (30.01)	1:57.17 (28.69)		
14	IC Norcom-VA	A	2:03.87	2:12.46		
	28.97	1:08.24 (39.27)	1:41.42 (33.18)	2:12.46 (31.04)		
---	Brentsville District HS-VA	A	1:32.23	DQ		
	22.80	45.53 (22.73)	1:08.21 (22.68)	DQ (21.73)		

Event 18 Women 200 Yard Freestyle Relay

Meet Record:	1:41.50	2014	Colonial Heights High School	Relay	Seed Time	Finals Time
1	York High School Falcons	A	1:41.34	1:41.31		
	24.60	50.95 (26.35)	1:17.38 (26.43)	1:41.31 (23.93)		

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Team	Relay	Seed Time	Finals Time
2 Riverside High School-VA 26.20 52.34 (26.14)	A 1:18.31 (25.97)	1:44.87 1:43.98 (25.67)	1:43.98
3 Tabb High School-VA 27.35 53.75 (26.40)	A 1:21.60 (27.85)	1:47.25 1:46.40 (24.80)	1:46.40
4 James Monroe High School-VA 27.50 55.85 (28.35)	A 1:21.60 (25.75)	1:49.97 1:47.26 (25.66)	1:47.26
5 Brentsville District HS-VA 27.76 56.18 (28.42)	A 1:24.79 (28.61)	1:44.38 1:49.96 (25.17)	1:49.96
6 Warhill High School 28.60 56.04 (27.44)	A 1:25.13 (29.09)	1:44.07 1:52.32 (27.19)	1:52.32
7 Colonial Heights High School-VA 28.04 59.06 (31.02)	A 1:26.55 (27.49)	1:54.32 1:52.35 (25.80)	1:52.35
8 Culpeper County High School-VA 28.16 57.96 (29.80)	A 1:27.71 (29.75)	2:10.65 1:54.51 (26.80)	1:54.51
9 William Monroe High School-VA 29.64 58.91 (29.27)	A 1:27.71 (28.80)	1:58.66 1:56.50 (28.79)	1:56.50
10 Manassas Park High School-VA 28.49 1:01.44 (32.95)	A 1:32.01 (30.57)	1:57.16 2:00.59 (28.58)	2:00.59
11 Spotsylvania High School Swim- 33.74 1:10.18 (36.44)	A 1:42.88 (32.70)	2:04.49 2:15.20 (32.32)	2:15.20
12 Lakeland High School Swim Tear 34.81 1:08.62 (33.81)	A 1:47.65 (39.03)	2:27.48 2:19.42 (31.77)	2:19.42
13 IC Norcom-VA 37.15 1:29.46 (52.31)	A 3:14.80 (1:45.34)	2:25.57	3:14.80
--- New Kent High School 29.52 59.82 (30.30)	A 1:31.11 (31.29)	1:48.26 DQ (27.47)	DQ

Event 19 Men 100 Yard Backstroke

Meet Record:	52.79	2015	Connor Webb	Seed Time	Finals Time
Name	Yr	School			
1 Omweg, C.J. J 26.96	JR	Tabb High School-VA		55.79	55.57
2 Mastracci, Kyle 28.00		York High School Falcons		57.49	57.15
3 Gregory, Justin 29.05	JR	Brentsville District HS-VA		1:00.46	1:00.08
4 Silpacharn, Leo 29.58	SO	Riverside High School-VA		1:03.88	1:00.56
5 Brewer, Brandon A 29.43	SO	Tabb High School-VA		1:00.66	1:00.75
6 Chin, Ray P 30.03	JR	Riverside High School-VA		1:05.38	1:01.74
7 Tran, Johnathan Q 29.57	FR	Riverside High School-VA		1:02.53	1:01.89
8 Lind, Jack 29.80	JR	Riverside High School-VA		1:02.64	1:02.39
9 Gideonse, Cole 31.72	JR	Brentsville District HS-VA		1:04.66	1:05.64
10 Huffman, Josh 32.11	JR	Brentsville District HS-VA		1:07.68	1:06.28
11 Slack, Wade 33.68	SO	Spotsylvania High School Swim-VA		1:06.56	1:07.51
12 Harlan, Ryan 32.54	SO	Manassas Park High School-VA		1:10.77	1:07.82

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(Event 19 Men 100 Yard Backstroke)

Name	Yr	School	Seed Time	Finals Time
13 Azzurrini, Dominic 33.00	JR	Spotsylvania High School Swim-VA	1:08.74	1:07.98
				1:07.98 (34.98)
14 Kenneally, JP 33.61	JR	Brentsville District HS-VA	1:11.02	1:08.73
				1:08.73 (35.12)
15 O'Brien, Joseph 33.05		York High School Falcons	1:08.62	1:08.82
				1:08.82 (35.77)
16 Kempton, Harrison		York High School Falcons	1:13.89	1:09.78
17 Knight, Christian 34.33	SO	Colonial Heights High School-VA	1:12.78	1:10.52
				1:10.52 (36.19)
18 Lynch, Jonathan 34.23		York High School Falcons	1:12.30	1:10.63
				1:10.63 (36.40)
19 Wallace, John J 34.36	SO	Tabb High School-VA	1:12.71	1:10.93
				1:10.93 (36.57)
20 Sorochin, Michael 35.85		William Monroe High School-VA	1:12.56	1:13.26
				1:13.26 (37.41)
21 Robnett, Noah R 36.10	SR	Tabb High School-VA	1:14.78	1:13.36
				1:13.36 (37.26)
22 Matern, Cole 34.47	SO	Lakeland High School Swim Team-VA	1:12.67	1:13.99
				1:13.99 (39.52)
23 Critz, Anthony 37.53	SR	New Kent High School	1:19.00	1:16.45
				1:16.45 (38.92)
24 Bennett, Josh 39.25	JR	Lakeland High School Swim Team-VA	1:19.48	1:17.83
				1:17.83 (38.58)
25 Peters, Carson 37.90	JR	Culpeper County High School-VA	1:16.16	1:18.22
				1:18.22 (40.32)
26 Vu, Thien 38.59	JR	Manassas Park High School-VA	1:19.70	1:18.64
				1:18.64 (40.05)
27 Bunyea, Tyler A 37.41	SR	William Monroe High School-VA	1:16.41	1:18.73
				1:18.73 (41.32)
28 Schooley, Wyatt 40.02	FR	Spotsylvania High School Swim-VA	1:23.36	1:19.49
				1:19.49 (39.47)
29 Qazi, Yusef 40.84	FR	Colonial Heights High School-VA	1:26.09	1:20.89
				1:20.89 (40.05)
30 Petsopoulos, Alex 39.99	JR	Manassas Park High School-VA	1:21.19	1:21.07
				1:21.07 (41.08)
31 Spalthoff, Matthew 39.84	FR	Warhill High School	1:21.97	1:21.71
				1:21.71 (41.87)
32 Williams, Colton D 40.28	SO	Culpeper County High School-VA	1:33.86	1:23.84
				1:23.84 (43.56)
33 Treat, Tyler 40.86	JR	Lakeland High School Swim Team-VA	1:27.71	1:24.13
				1:24.13 (43.27)
34 Kennedy, Zak 43.03	JR	Spotsylvania High School Swim-VA	1:33.31	1:28.17
				1:28.17 (45.14)
35 Salazar, Edward 42.68	FR	Lakeland High School Swim Team-VA	1:39.97	1:28.40
				1:28.40 (45.72)
36 Green, Parker	SO	Warhill High School	1:46.75	1:34.14
37 Cordy III, Willie 41.93	IC	Norcom-VA	1:28.20	1:34.16
				1:34.16 (52.23)
38 Montgomery, John 47.05	IC	Norcom-VA	NT	1:45.68
				1:45.68 (58.63)
39 Packer, Carl 53.29	SO	Warhill High School	NT	1:51.69
				1:51.69 (58.40)
--- Nottingham-Jackson, Dominic	IC	Norcom-VA	NT	DQ

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(Event 19 Men 100 Yard Backstroke)

Name	Yr	School	Seed Time	Finals Time
--- Barardi, Brenden	SO	Warhill High School	1:39.26	DFS

Event 20 Women 100 Yard Backstroke

Meet Record:	57.62	2016	Morgan Whaley	Seed Time	Finals Time
Name	Yr	School	Seed Time	Finals Time	
1 Whaley, Morgan	JR	Warhill High School	57.62	58.37	
28.47				58.37 (29.90)	
2 Tyranski, Faith	JR	Warhill High School	1:00.55	1:01.44	
28.98				1:01.44 (32.46)	
3 Sargent, Laurie-Ann	SO	New Kent High School	NT	1:01.82	
29.81				1:01.82 (32.01)	
4 Behnke, Maria E	SR	James Monroe High School-VA	1:04.55	1:01.85	
30.03				1:01.85 (31.82)	
5 Reilly, Alyssa		York High School Falcons	1:02.74	1:02.09	
30.50				1:02.09 (31.59)	
6 DiSanto, Camilla	SR	Colonial Heights High School-VA	1:02.86	1:02.19	
30.42				1:02.19 (31.77)	
7 Bae, Ashley W	FR	Riverside High School-VA	1:03.50	1:02.55	
30.33				1:02.55 (32.22)	
8 Coleson, Meghan	JR	New Kent High School	1:04.53	1:02.81	
30.22				1:02.81 (32.59)	
9 Haast, Mikaela A	FR	Riverside High School-VA	1:06.87	1:03.06	
30.75				1:03.06 (32.31)	
10 Body, Taylor	SO	Riverside High School-VA	1:08.41	1:04.87	
30.92				1:04.87 (33.95)	
11 Watkins, Kate	JR	Warhill High School	1:02.08	1:04.96	
31.24				1:04.96 (33.72)	
12 Gaffney, Megan		York High School Falcons	1:04.98	1:05.10	
31.89				1:05.10 (33.21)	
13 Turner, Meagan J	FR	Tabb High School-VA	1:05.60	1:06.38	
32.18				1:06.38 (34.20)	
14 Parziale, Caroline		York High School Falcons	1:11.16	1:09.59	
33.02				1:09.59 (36.57)	
15 Post, Alannah	SO	Brentsville District HS-VA	1:12.26	1:10.41	
34.16				1:10.41 (36.25)	
16 Young, Kelly	FR	William Monroe High School-VA	1:12.82	1:10.64	
33.55				1:10.64 (37.09)	
17 Cawthon, Sydney	SO	Warhill High School	1:13.98	1:10.91	
34.16				1:10.91 (36.75)	
18 Vander Kooi, Willow		York High School Falcons	1:13.53	1:10.94	
34.01				1:10.94 (36.93)	
19 Putze, Alyssa	SO	Spotsylvania High School Swim-VA	1:12.06	1:11.71	
34.68				1:11.71 (37.03)	
20 Park, Anna	SO	Brentsville District HS-VA	1:12.59	1:12.53	
35.13				1:12.53 (37.40)	
21 Heller, Eva	SO	James Monroe High School-VA	1:19.16	1:12.89	
34.77				1:12.89 (38.12)	
22 May, Keona	JR	Manassas Park High School-VA	1:15.37	1:12.90	
35.82				1:12.90 (37.08)	
23 Croom, Kelsey L	SR	Tabb High School-VA	1:15.34	1:14.49	
35.30				1:14.49 (39.19)	
24 Skelley, Caroline	SR	Brentsville District HS-VA	1:15.72	1:15.66	
36.81				1:15.66 (38.85)	

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(Event 20 Women 100 Yard Backstroke)

Name	Yr	School	Seed Time	Finals Time
25 Rehm, Claire	SO	James Monroe High School-VA	1:18.59	1:16.10
36.87				1:16.10 (39.23)
26 Montecalvo, Emily	SO	New Kent High School	1:16.15	1:16.22
37.20				1:16.22 (39.02)
27 Todhunter, Sydney L	JR	Tabb High School-VA	1:17.94	1:17.33
37.39				1:17.33 (39.94)
28 Simpson, Lauren E	SR	Culpeper County High School-VA	1:15.25	1:19.67
38.08				1:19.67 (41.59)
29 Stockov, Cheney C	FR	Riverside High School-VA	1:20.36	1:20.71
39.20				1:20.71 (41.51)
30 Proffitt, Abigail	SO	Colonial Heights High School-VA	1:28.45	1:23.11
40.97				1:23.11 (42.14)
31 Wallace-Stansick, Sarah	SO	Lakeland High School Swim Team-VA	1:23.60	1:23.39
39.89				1:23.39 (43.50)
32 Meyers, Emily	SO	Manassas Park High School-VA	1:28.13	1:23.99
41.59				1:23.99 (42.40)
33 Brown, Katie N	SO	Tabb High School-VA	1:21.32	1:24.17
34 Barody, Eden		James Monroe High School-VA	1:23.14	1:25.53
40.79				1:25.53 (44.74)
35 Adams, Rebekah R	FR	William Monroe High School-VA	1:30.35	1:25.82
40.57				1:25.82 (45.25)
36 Jenkins, Bailee	JR	New Kent High School	1:20.30	1:26.21
41.94				1:26.21 (44.27)
37 Boyd, Lauren	SO	Colonial Heights High School-VA	1:32.62	1:27.99
41.51				1:27.99 (46.48)
38 Alexander, Macy	SR	Manassas Park High School-VA	1:29.68	1:28.44
39 O'Connor, Kate		Manassas Park High School-VA	1:32.68	1:29.41
43.55				1:29.41 (45.86)
40 Davis, Kathryn M	JR	Colonial Heights High School-VA	1:29.81	1:30.85
43.28				1:30.85 (47.57)
41 Missar, Katherine	JR	Brentsville District HS-VA	1:48.03	1:32.46
42 O'Connor, Sadie L	SO	Culpeper County High School-VA	1:36.89	1:34.10
46.53				1:34.10 (47.57)
43 Jenkins, Lauren	JR	Culpeper County High School-VA	1:40.27	1:35.14
45.93				1:35.14 (49.21)
44 Truslow, Maggie	SO	Spotsylvania High School Swim-VA	1:40.50	1:36.95
45.27				1:36.95 (51.68)
45 Walsh, Katie	JR	Spotsylvania High School Swim-VA	1:37.87	1:38.27
46.22				1:38.27 (52.05)
46 Kilgore, Darcy	SO	Lakeland High School Swim Team-VA	1:54.96	1:48.00
50.31				1:48.00 (57.69)
47 Moore, Ashton	SO	Lakeland High School Swim Team-VA	1:53.98	1:52.83
48 Sharma, Ishrya	SO	Spotsylvania High School Swim-VA	2:07.10	2:05.14
1:00.42				2:05.14 (1:04.72)
49 Fox, Sydney	FR	Lakeland High School Swim Team-VA	2:21.59	2:08.23
1:03.90				2:08.23 (1:04.33)
50 Thompson, Dallas	IC	Norcom-VA	1:59.98	2:18.48
1:05.95				2:18.48 (1:12.53)
--- Wright, Angel	IC	Norcom-VA	NT	DQ
56.85				DQ (1:07.88)

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Event 21 Men 100 Yard Breaststroke

Meet Record: 58.72		2015	Joaquin Gabriel			
Name			Yr	School	Seed Time	Finals Time
1	Verastek, Chris S		JR	Tabb High School-VA	58.69	59.95
	28.35	59.95 (31.60)				
2	Brooks, Jonathan		JR	Brentsville District HS-VA	1:01.24	1:00.10
	28.39	1:00.10 (31.71)				
3	Semper, Ari		FR	Warhill High School	1:06.11	1:03.14
	30.38	1:03.14 (32.76)				
4	Kahng, Vincent B		FR	Riverside High School-VA	1:08.40	1:05.91
	30.84	1:05.91 (35.07)				
5	Kane, Jake		JR	Riverside High School-VA	1:09.25	1:07.16
	31.79	1:07.16 (35.37)				
6	Young, Declan R		SO	Tabb High School-VA	1:07.27	1:07.31
	31.69	1:07.31 (35.62)				
7	Bennett, Zachary		SO	Poquoson High School	1:08.91	1:08.60
	32.50	1:08.60 (36.10)				
8	Sallade, Jason		SR	Brentsville District HS-VA	1:10.43	1:10.32
	33.50	1:10.32 (36.82)				
9	Maksimowicz, Chris		JR	Brentsville District HS-VA	1:11.74	1:10.62
	32.81	1:10.62 (37.81)				
10	Creelman, James			York High School Falcons	1:10.45	1:10.67
	32.92	1:10.67 (37.75)				
11	Ward, Jackson		FR	William Monroe High School-VA	1:13.37	1:11.74
	33.40	1:11.74 (38.34)				
12	Hicks, Jake		JR	James Monroe High School-VA	1:15.19	1:14.19
	34.50	1:14.19 (39.69)				
13	Stoughton, Derek		JR	Manassas Park High School-VA	1:14.12	1:14.28
	34.09	1:14.28 (40.19)				
14	Jackson, Logan R		FR	Tabb High School-VA	1:14.47	1:14.38
	34.50	1:14.38 (39.88)				
15	Pla, Tyler		SR	Riverside High School-VA	1:13.78	1:14.83
	34.74	1:14.83 (40.09)				
16	Mickus, Andrew		SO	Brentsville District HS-VA	1:16.31	1:14.96
	35.46	1:14.96 (39.50)				
17	Joo, William M		SO	Riverside High School-VA	1:17.01	1:15.85
	35.61	1:15.85 (40.24)				
18	Mahaffy, Paul			York High School Falcons	1:17.00	1:17.97
	36.27	1:17.97 (41.70)				
19	Coleman, Brett		SO	Spotsylvania High School Swim-VA	1:22.09	1:20.13
	36.93	1:20.13 (43.20)				
20	Wilson, Connor		FR	William Monroe High School-VA	1:22.72	1:20.72
	37.12	1:20.72 (43.60)				
21	Marks, Austin		SO	Colonial Heights High School-VA	1:21.84	1:20.97
	37.89	1:20.97 (43.08)				
22	Coleman, Andrew		JR	Spotsylvania High School Swim-VA	1:20.57	1:21.83
	38.07	1:21.83 (43.76)				
23	Gardner, Kris		FR	Manassas Park High School-VA	1:22.05	1:22.77
	38.94	1:22.77 (43.83)				
24	Finkenauer, Marcus P		FR	Tabb High School-VA	1:23.53	1:23.52
	40.21	1:23.52 (43.31)				
25	Young, DJ			Phoebus High School-US	1:28.99	1:25.79
	40.58	1:25.79 (45.21)				
26	Wright, Ryan		JR	Lakeland High School Swim Team-VA	1:21.30	1:26.02
	38.81	1:26.02 (47.21)				

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	Name	Yr	School	Seed Time	Finals Time
27	Dickinson, Phillip	JR	Spotsylvania High School Swim-VA	1:30.46	1:27.18
	39.91			1:27.18 (47.27)	
28	Anderson, Cody	JR	Lakeland High School Swim Team-VA	1:31.82	1:29.91
	41.20			1:29.91 (48.71)	
29	Prince, Joseph	FR	Culpeper County High School-VA	1:25.68	1:30.58
	40.41			1:30.58 (50.17)	
30	Berry, Adam	SR	Warhill High School	1:29.84	1:32.01
	42.78			1:32.01 (49.23)	
31	Lau, Anthony	FR	Lakeland High School Swim Team-VA	1:35.33	1:34.20
	44.80			1:34.20 (49.40)	
32	Klix, Tyler	SR	Spotsylvania High School Swim-VA	1:34.00	1:34.59
	42.55			1:34.59 (52.04)	
33	Ouelette, Austin	SO	Colonial Heights High School-VA	1:38.75	1:34.60
	44.56			1:34.60 (50.04)	
34	Mulholland, Christopher S	JR	Culpeper County High School-VA	1:32.50	1:35.07
	43.74			1:35.07 (51.33)	
35	Green, Parker	SO	Warhill High School	1:45.33	1:37.62
	47.47			1:37.62 (50.15)	
36	Beaton, Christopher	IC	Norcom-VA	1:46.54	1:45.96
	48.42			1:45.96 (57.54)	
---	Colliflower, Lane	FR	Lakeland High School Swim Team-VA	1:32.99	DQ
	42.48		DQ (45.61)		
---	Whitehurst, Walker	SO	Warhill High School	NT	DFS

Event 22 Women 100 Yard Breaststroke

Meet Record:	1:06.96	2016	Danika Katzer		
Name		Yr	School	Seed Time	Finals Time
1	Katzer, Danika		York High School Falcons	1:04.67	1:06.50
	31.65				1:06.50 (34.85)
2	Ye, Hannah	FR	Riverside High School-VA	1:08.68	1:09.08
	33.31				1:09.08 (35.77)
3	Slominski, Anna E	SO	James Monroe High School-VA	1:12.48	1:09.81
	32.84				1:09.81 (36.97)
4	Verastek, Caitlyn N	FR	Tabb High School-VA	1:11.19	1:10.35
	33.35				1:10.35 (37.00)
5	Watson, Shelby	SO	Warhill High School	1:10.16	1:10.84
	33.60				1:10.84 (37.24)
6	Young, Madison	SR	Poquoson High School	1:14.69	1:13.19
	34.68				1:13.19 (38.51)
7	Turner, Meagan J	FR	Tabb High School-VA	1:09.36	1:13.57
	34.69				1:13.57 (38.88)
8	Greig, Morgan E	FR	Riverside High School-VA	1:15.29	1:14.63
	34.89				1:14.63 (39.74)
9	Stefanick, Alexis		York High School Falcons	1:19.18	1:14.92
	35.44				1:14.92 (39.48)
10	Kahng, Isabelle M	FR	Riverside High School-VA	1:18.47	1:15.23
	35.54				1:15.23 (39.69)
11	Watson, Samantha L	FR	Tabb High School-VA	1:14.69	1:15.34
	36.17				1:15.34 (39.17)
12	Streeter, Ellie	SR	Riverside High School-VA	1:18.20	1:16.96
	36.62				1:16.96 (40.34)
13	Rozman, Cassie	FR	Brentsville District HS-VA	1:19.30	1:17.39
	35.98				1:17.39 (41.41)

2017 3A East Regional Swimming Championships - 2/10/2017

Results - 2017 3A-East Regional Swimming Championships

(Event 22 Women 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Finals Time
14 Wynn, TJ	SO	James Monroe High School-VA	1:20.28	1:18.39
36.79				1:18.39 (41.60)
15 Liang, Annie		York High School Falcons	1:19.13	1:18.77
38.11				1:18.77 (40.66)
16 Grubb, Madison	SO	Colonial Heights High School-VA	1:20.25	1:19.70
37.79				1:19.70 (41.91)
17 Snyder, Rachel		York High School Falcons	1:19.06	1:19.94
36.36				1:19.94 (43.58)
18 Todhunter, Sydney L	JR	Tabb High School-VA	1:19.09	1:20.68
37.96				1:20.68 (42.72)
19 Critz, Jennifer	SO	New Kent High School	1:20.77	1:20.86
39.15				1:20.86 (41.71)
20 Rivenburg, Nicole	SR	Brentsville District HS-VA	1:17.54	1:22.18
37.89				1:22.18 (44.29)
21 Comerford, Natalie	SR	James Monroe High School-VA	1:23.52	1:23.00
39.16				1:23.00 (43.84)
22 Casperson, Abby	JR	James Monroe High School-VA	1:26.41	1:23.28
39.11				1:23.28 (44.17)
23 Kolowicz, Megan	SR	Brentsville District HS-VA	1:21.20	1:23.48
39.92				1:23.48 (43.56)
24 Hyde, Kellie	SR	Culpeper County High School-VA	1:24.13	1:23.73
39.22				1:23.73 (44.51)
25 McAuliffe, Laura C	JR	William Monroe High School-VA	1:27.06	1:24.54
38.24				1:24.54 (46.30)
26 Young, Kelly	FR	William Monroe High School-VA	1:24.47	1:25.00
39.22				1:25.00 (45.78)
27 Miller, Gabby	JR	Spotsylvania High School Swim-VA	1:24.41	1:26.01
40.64				1:26.01 (45.37)
28 Flannigan, Mackenzie	FR	Warhill High School	1:29.18	1:26.84
41.14				1:26.84 (45.70)
29 Coffman, Sydney	SO	Spotsylvania High School Swim-VA	1:28.94	1:27.20
40.94				1:27.20 (46.26)
30 Key, Isabelle	FR	Brentsville District HS-VA	1:31.88	1:29.08
41.41				1:29.08 (47.67)
31 Dunn, Brooke	JR	Manassas Park High School-VA	1:29.19	1:29.50
40.54				1:29.50 (48.96)
32 Cawthon, Sydney	SO	Warhill High School	1:32.91	1:29.69
41.78				1:29.69 (47.91)
33 Van Oort, Jersey	FR	Manassas Park High School-VA	1:32.66	1:29.71
43.23				1:29.71 (46.48)
34 Hatton, Hannah	FR	Spotsylvania High School Swim-VA	1:31.82	1:29.76
42.22				1:29.76 (47.54)
35 Rudacille, Kiana L	SR	Culpeper County High School-VA	1:34.50	1:30.89
43.51				1:30.89 (47.38)
36 Meyers, Emily	SO	Manassas Park High School-VA	1:30.03	1:31.33
43.60				1:31.33 (47.73)
37 Lam, Vivian	JR	Manassas Park High School-VA	1:31.34	1:31.41
43.18				1:31.41 (48.23)
38 Clarke, Abigail	SO	New Kent High School	1:26.30	1:31.52
43.42				1:31.52 (48.10)
39 Light, Alexia	FR	Colonial Heights High School-VA	1:31.96	1:32.17
43.83				1:32.17 (48.34)
40 Lathers, Verena	SO	Warhill High School	1:34.69	1:32.92
44.41				1:32.92 (48.51)

2017 3A East Regional Swimming Championships - 2/10/2017

Results - 2017 3A-East Regional Swimming Championships

(Event 22 Women 100 Yard Breaststroke)

	Name	Yr	School	Seed Time	Finals Time
41	Hendrix, Victoria	JR	Culpeper County High School-VA	1:32.59	1:33.00
	43.90		1:33.00 (49.10)		
42	Funda, Holly	SR	Colonial Heights High School-VA	1:35.46	1:36.50
	45.46		1:36.50 (51.04)		
43	Thompson, Autumn	JR	Lakeland High School Swim Team-VA	1:38.51	1:38.57
44	Pollard, Bella	SR	New Kent High School	1:27.10	1:40.49
	45.86		1:40.49 (54.63)		
45	Pareno, Myasia	FR	Lakeland High School Swim Team-VA	1:41.36	1:42.59
	49.50		1:42.59 (53.09)		
46	Carr, Raven	SO	Lakeland High School Swim Team-VA	1:59.78	1:52.16
	50.25		1:52.16 (1:01.91)		
47	Harpine, Caylie A	SO	Culpeper County High School-VA	2:00.56	1:53.09
	50.56		1:53.09 (1:02.53)		
48	Claud, Kiana	IC	Norcom-VA	1:45.46	1:54.76
	51.95		1:54.76 (1:02.81)		
49	Riggins, Cheyenne	JR	Spotsylvania High School Swim-VA	1:52.18	1:57.20
	55.55		1:57.20 (1:01.65)		
---	Navarrete, Katy	SO	New Kent High School	NT	DQ
---	Boyd, Lauren	SO	Colonial Heights High School-VA	1:39.34	DQ
	47.16		DQ (53.08)		
---	Bennett, Ashlynn	SO	Lakeland High School Swim Team-VA	1:53.64	DFS

Event 23 Men 400 Yard Freestyle Relay

Meet Record:	3:17.63	2015	Lafayette High School		
Team		Relay	Seed Time	Finals Time	
1	Brentsville District HS-VA	A	3:20.87	3:19.26	
	23.79	49.26 (49.26)	1:13.67 (24.41)	1:40.66 (51.40)	
	2:04.43 (23.77)	2:31.20 (50.54)	2:54.12 (22.92)	3:19.26 (48.06)	
2	York High School Falcons	A	3:23.16	3:25.93	
	24.73	50.73 (50.73)	1:15.32 (24.59)	1:42.59 (51.86)	
	2:08.45 (25.86)	2:37.23 (54.64)	3:00.33 (23.10)	3:25.93 (48.70)	
3	Tabb High School-VA	A	3:28.35	3:32.03	
	23.66	49.57 (49.57)	1:05.09 (15.52)	1:44.67 (55.10)	
	2:10.34 (25.67)	2:38.65 (53.98)	3:04.02 (25.37)	3:32.03 (53.38)	
4	Riverside High School-VA	A	3:43.46	3:33.46	
	25.25	53.29 (53.29)	1:18.59 (25.30)	1:47.52 (54.23)	
	2:13.16 (25.64)	2:41.93 (54.41)	3:05.95 (24.02)	3:33.46 (51.53)	
5	Warhill High School	A	3:55.62	3:44.90	
	26.15	55.37 (55.37)	1:20.31 (24.94)	1:48.60 (53.23)	
	2:17.56 (28.96)	2:50.20 (1:01.60)	3:15.56 (25.36)	3:44.90 (54.70)	
6	Spotsylvania High School Swim-	A	4:00.76	3:58.68	
	28.75	1:01.03 (1:01.03)	1:30.24 (29.21)	2:04.23 (1:03.20)	
	2:30.76 (26.53)	3:02.49 (58.26)	3:28.97 (26.48)	3:58.68 (56.19)	
7	Lakeland High School Swim Tear	A	4:16.82	4:03.25	
	29.60	1:03.85 (1:03.85)		2:04.51 (1:00.66)	
	2:32.67 (28.16)	3:05.26 (1:00.75)	3:32.41 (27.15)	4:03.25 (57.99)	
8	William Monroe High School-VA	A	4:14.56	4:07.73	
	29.26	1:01.66 (1:01.66)	1:31.00 (29.34)	2:04.37 (1:02.71)	
	2:33.22 (28.85)	3:09.20 (1:04.83)	3:36.57 (27.37)	4:07.73 (58.53)	
9	Culpeper County High School-VA	A	4:49.37	4:19.49	
	29.49	1:02.34 (1:02.34)	1:33.30 (30.96)	2:07.76 (1:05.42)	
	2:36.88 (29.12)	3:13.83 (1:06.07)	4:19.49 (1:05.66)		

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Event 23 Men 400 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
10 Manassas Park High School-VA	A	4:09.66	4:25.43
31.12 1:05.37 (1:05.37)	1:37.17 (31.80)	2:10.49 (1:05.12)	
2:42.94 (32.45) 3:18.17 (1:07.68)	3:49.95 (31.78)	4:25.43 (1:07.26)	
11 Colonial Heights High School-VA	A	4:43.41	4:44.96
29.23 1:03.38 (1:03.38)	1:40.70 (37.32)	2:21.51 (1:18.13)	
2:51.65 (30.14) 3:24.98 (1:03.47)	4:02.53 (37.55)	4:44.96 (1:19.98)	
--- New Kent High School	A	4:10.63	NS

Event 24 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Riverside High School-VA	A	3:43.27	3:36.35
25.35 52.41 (52.41)	1:19.34 (26.93)	1:48.64 (56.23)	
2:14.66 (26.02) 2:43.76 (55.12)	3:08.85 (25.09)	3:36.35 (52.59)	
2 York High School Falcons	A	3:35.99	3:43.88
28.36 58.37 (58.37)	1:26.65 (28.28)	1:57.14 (58.77)	
2:22.91 (25.77) 2:51.43 (54.29)	3:16.52 (25.09)	3:43.88 (52.45)	
3 New Kent High School	A	4:41.89	3:46.85
27.83 57.82 (57.82)	1:25.54 (27.72)	1:55.95 (58.13)	
2:22.85 (26.90) 2:52.26 (56.31)	3:18.18 (25.92)	3:46.85 (54.59)	
4 Warhill High School	A	3:48.73	3:50.57
27.42 56.82 (56.82)	1:25.30 (28.48)	1:56.34 (59.52)	
2:24.56 (28.22) 2:55.99 (59.65)	3:22.12 (26.13)	3:50.57 (54.58)	
5 James Monroe High School-VA	A	4:00.94	3:55.02
29.23 1:00.54 (1:00.54)	1:30.05 (29.51)	2:02.42 (1:01.88)	
2:29.07 (26.65) 2:58.93 (56.51)	3:25.93 (27.00)	3:55.02 (56.09)	
6 Brentsville District HS-VA	A	4:01.72	4:08.98
29.29 1:02.21 (1:02.21)	1:33.49 (31.28)	2:08.75 (1:06.54)	
2:38.20 (29.45) 3:12.12 (1:03.37)	3:39.77 (27.65)	4:08.98 (56.86)	
7 Tabb High School-VA	A	4:09.28	4:11.75
29.35 1:01.65 (1:01.65)	1:32.46 (30.81)	2:06.75 (1:05.10)	
2:36.03 (29.28) 3:09.67 (1:02.92)	3:38.82 (29.15)	4:11.75 (1:02.08)	
8 William Monroe High School-VA	A	4:31.20	4:25.04
31.69 1:08.48 (1:08.48)	1:39.52 (31.04)	2:14.89 (1:06.41)	
2:46.67 (31.78) 3:22.69 (1:07.80)	3:51.97 (29.28)	4:25.04 (1:02.35)	
9 Spotsylvania High School Swim-	A	4:43.24	4:27.88
32.42 1:08.91 (1:08.91)	1:24.79 (15.88)	1:41.06 (32.15)	
2:16.84 (35.78) 3:23.33 (1:42.27)	4:27.88 (1:04.55)		
10 Colonial Heights High School-VA	A	4:56.60	4:42.47
33.29 1:11.29 (1:11.29)	1:42.89 (31.60)	2:20.53 (1:09.24)	
2:36.02 (15.49) 2:54.29 (33.76)	3:33.14 (38.85)	4:42.47 (1:48.18)	
11 Culpeper County High School-VA	A	4:43.38	4:59.19
36.32 1:17.13 (1:17.13)	1:51.93 (34.80)	2:32.83 (1:15.70)	
3:10.45 (37.62) 3:50.13 (1:17.30)	4:23.03 (32.90)	4:59.19 (1:09.06)	
12 Manassas Park High School-VA	A	4:38.47	5:18.38
42.24 1:29.37 (1:29.37)	2:08.99 (39.62)	2:49.77 (1:20.40)	
3:26.70 (36.93) 4:06.87 (1:17.10)	4:40.35 (33.48)	5:18.38 (1:11.51)	
13 Lakeland High School Swim Tear	A	5:27.46	5:50.69
38.35 1:21.87 (1:21.87)	2:02.38 (40.51)	2:50.74 (1:28.87)	
3:37.13 (46.39) 4:33.12 (1:42.38)	5:10.61 (37.49)	5:50.69 (1:17.57)	

Scores - Women

Women - Team Rankings - Through Event 24

2017 3A East Regional Swimming Championships - 2/10/2017**Results - 2017 3A-East Regional Swimming Championships****(Scores - Women)**

1. Riverside High School	451	2. York High School Falcons	302
3. Warhill High School	242	4. Tabb High School	226.5
5. New Kent High School	191	6. James Monroe High School	190
7. Brentsville District HS	156	8. Colonial Heights High School	98.5
9. William Monroe High School	95	10. Culpeper County High School	85
11. Spotsylvania High School Swim	42	12. Manassas Park High School	36
13. Lakeland High School Swim Team	26	14. Poquoson High School	22
15. IC Norcom	14		

Scores - MenMen - Team Rankings - Through Event 24

1. Brentsville District HS	381.5	2. Tabb High School	352.5
3. Riverside High School	341	4. York High School Falcons	276
5. Warhill High School	131	6. William Monroe High School	115
7. Culpeper County High School	86	8. James Monroe High School	83
9. Spotsylvania High School Swim	78	10. Colonial Heights High School	75
10. Poquoson High School	75	12. Manassas Park High School	54
13. Lakeland High School Swim Team	50	14. New Kent High School	24
15. IC Norcom	10		

2017 3A East Regional Swimming Championships - 2/10/2017**Team Rankings - Through Event 24****Women - Team Scores**

Place	School		Points
1	Riverside High School	Riverside High School	451
2	York High School Falcons	York High School Falcons	302
3	Warhill High School	Warhill High School	242
4	Tabb High School	Tabb High School	226.50
5	New Kent High School	New Kent High School	191
6	James Monroe High School	James Monroe High School	190
7	Brentsville District HS	Brentsville District HS	156
8	Colonial Heights High School	Colonial Heights High School	98.50
9	William Monroe High School	William Monroe High School	95
10	Culpeper County High School	Culpeper County High School	85
11	Spotsylvania High School Swim	Spotsylvania High School Swim	42
12	Manassas Park High School	Manassas Park High School	36
13	Lakeland High School Swim Team	Lakeland High School Swim Team	26
14	Poquoson High School	Poquoson High School	22
15	IC Norcom	IC Norcom	14
Total			2,177.00

Men - Team Scores

Place	School		Points
1	Brentsville District HS	Brentsville District HS	381.50
2	Tabb High School	Tabb High School	352.50
3	Riverside High School	Riverside High School	341
4	York High School Falcons	York High School Falcons	276
5	Warhill High School	Warhill High School	131
6	William Monroe High School	William Monroe High School	115
7	Culpeper County High School	Culpeper County High School	86
8	James Monroe High School	James Monroe High School	83
9	Spotsylvania High School Swim	Spotsylvania High School Swim	78
10	Colonial Heights High School	Colonial Heights High School	75
10	Poquoson High School	Poquoson High School	75
12	Manassas Park High School	Manassas Park High School	54
13	Lakeland High School Swim Team	Lakeland High School Swim Team	50
14	New Kent High School	New Kent High School	24
15	IC Norcom	IC Norcom	10
Total			2,132.00