

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

Event 1 Boys 200 Yard Medley Relay

Team	Relay	Finals Time	
1 TJEFF	A	1:36.18	40
1) Kohn, Will	2) Xu, Jason		
3) Zhang, Evan	4) Zhang, Michael		
24.17 26.89	22.79 22.33		
2 BWHS-PV	A	1:39.63	34
1) Rounds, Ryan M SO	2) Curran, Nathan D SR		
3) Lewis, Colin W SR	4) Heiskanen, Alec M SR		
25.46 28.35	24.63 21.19		
3 RVHS-VA	A	1:40.05	32
1) Tragle, HT I FR	2) Kopac, Christopher M SR		
3) Iglesias, Justin L SR	4) Quan, Jacob M SO		
26.05 26.83	24.53 22.64		
4 FREL-VA	A	1:41.61	30
1) Church, Anderson FR	2) Yu, Nathan W SR		
3) Yoo, Sean T JR	4) Tran, Aison JR		
29.49 22.65	25.30 24.17		
5 STBR	A	1:50.52	28
1) Bruley, Nathan A FR	2) Gill, Ethan M SO		
3) Russell, Riley J JR	4) Horrigan, Robert M FR		
27.26 30.65	28.04 24.57		
6 WHST-VA	A	1:52.77	26
1) Koester, Griffin FR	2) Mercker, Henry SO		
3) Hain, Alex JR	4) Hanes, Rowan SR		
29.35 33.18	25.08 25.16		
7 PFHS	A	1:55.19	24
1) Pilaro, Jack SO	2) Hendershot, Carter FR		
3) Grimes, Phillip SR	4) Moyer, Peyton SO		
29.81 35.66	24.12 25.60		
8 RRHS-PV	A	1:56.37	22
1) Sridhar, Shuban SR	2) Weston, Will SR		
3) Poduri, Kethan JR	4) Fowle, Morgan SO		
29.76 32.70	28.75 25.16		
9 JLHS-VA	A	2:07.29	
1) Killmer, Ian SO	2) Isenberg, Alex FR		
3) Partain, Wiliam SR	4) Yurek, Nikolai SR		
36.14 30.90	29.89 30.36		

Event 2 Girls 200 Yard Medley Relay

Team	Relay	Finals Time	
1 BWHS-PV	A	1:50.07	40
1) Grishaeva, Maria A FR	2) Rand, Zoe C FR		
3) Gupton, Mackenzie L SO	4) Cunnane, Mackenzie I JR		
27.86 31.73	26.36 24.12		
2 FREL-VA	A	1:51.91	34
1) Church, Abby L SR	2) Luong, Jennifer T SR		
3) Burns, Carly R SR	4) Whittaker, Ava E FR		
29.15 28.86	28.12 25.78		
3 PFHS	A	1:52.80	32
1) Perezous, Janika SR	2) Nichols, Jocelyn SR		
3) Buswell, Amelia SR	4) Nguyen, MaryAnna JR		
26.00 31.68	33.02 22.10		
4 RVHS-VA	A	1:53.42	30
1) Porter, Claire Z SR	2) Sessions, Kylee N SO		
3) Rebich, Lizzie M FR	4) Arciniega, Angelina JR		
28.91 29.42	28.51 26.58		

5 WHST-VA	A	1:55.60	28
1) Pyle, Ellee SR	2) Bernal, Daphne SR		
3) Voss, Madigan JR	4) Hays, Sophia SO		
29.25 31.18	28.69 26.48		
6 TJEFF	A	1:56.74	26
1) Wang, Zichang	2) Heilen, Naomi		
3) Wang, Kathleen	4) McAllister, Clara		
29.34 33.51	27.45 26.44		
7 STBR	A	2:02.31	24
1) Helge, Megan A SO	2) Stalcup, Maria C SO		
3) Clodfelter, Charlotte R FR	4) Kennedy, Molly A SR		
31.49 39.84	24.10 26.88		
8 RRHS-PV	A	2:07.79	22
1) Davis, Carly JR	2) Guttikonda, Meghana SR		
3) So, Payton JR	4) Halstead, Sophia SR		
33.87 35.51	29.77 28.64		
9 JLHS-VA	A	2:11.63	
1) Bangs, Abigail SR	2) Martinez, Paige JR		
3) Moran, Kathryn SR	4) Partain, Grace SO		
36.10 35.14	28.16 32.23		

Event 3 Boys 200 Yard Freestyle

Name	YrSchool	Finals Time	
1 Quan, Robert M	SR RVHS-VA	1:42.28	20
23.20 25.73	26.67 26.68		
2 Hastings, Beck	TJEFF	1:44.89	17
23.94 26.22	27.39 27.34		
3 Quan, Jacob M	SO RVHS-VA	1:45.81	16
24.55 26.05	27.51 27.70		
4 Char, Andrew T	FR BWHS-PV	1:46.80	15
25.16 26.75	27.51 27.38		
5 Kang, Albert	TJEFF	1:47.59	14
24.52 26.55	28.22 28.30		
6 Gonsalves, John Paul	TJEFF	1:51.66	13
24.95 27.63	29.45 29.63		
7 Coppola, Michael F	SR STBR	1:53.12	12
25.19 27.79	29.87 30.27		
8 Lu, Max	SO RVHS-VA	1:53.22	11
25.24 28.02	29.96 30.00		
9 Rounds, Ryan M	SO BWHS-PV	1:54.95	9
26.03 29.42	30.40 29.10		
10 Randall, Andrew R	SO BWHS-PV	2:00.73	7
28.01 30.60	31.47 30.65		
11 Warwick, Justin	JR RRHS-PV	2:00.74	6
26.79 31.11	32.32 30.52		
12 Tyson, Sam E	JR RRHS-PV	2:00.99	5
26.92 30.37	31.70 32.00		
13 Grimes, Phillip	SR PFHS	2:04.80	4
28.41 31.09	32.69 32.61		
14 Baker, Chase	FR WHST-VA	2:05.64	3
28.71 31.14	32.86 32.93		
15 Rangu, Ritwik S	JR FREL-VA	2:07.61	2
28.53 31.44	33.40 34.24		
16 Thompson, Riley W	FR FREL-VA	2:08.14	1
28.76 32.27	33.97 33.14		
17 Hart, Brantley M	SR STBR	2:13.52	
29.24 33.38	35.27 35.63		

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

(Event 3 Boys 200 Yard Freestyle)

Name	Yr	School	Finals Time
18 Floch, Togen	JR	PFHS	2:18.77
29.50	34.85	37.60	36.82
19 Gandhi, Sachin	SR	RRHS-PV	2:27.80
32.52	36.91	39.86	38.51
20 Acker, Noah	SR	WHST-VA	2:28.03
32.34	37.30	40.47	37.92
21 Phillips, Sheldon M	SO	STBR	2:36.24
		1:24.33	
22 Raab, Tristan J	FR	FREL-VA	2:37.19
33.45	40.18	42.95	40.61

Event 4 Girls 200 Yard Freestyle

Name	Yr	School	Finals Time
1 Martin, Natalie	TJEFF		1:54.65 20
26.31	28.68	29.49	30.17
2 Rand, Zoe C	FR	BWHS-PV	1:59.16 17
26.65	29.00	31.22	32.29
3 Kennedy, Molly A	SR	STBR	2:00.85 16
28.01	30.64	31.43	30.77
4 Church, Abby L	SR	FREL-VA	2:02.21 15
27.02	30.23	32.17	32.79
5 Holstein, Sarah M	SR	BWHS-PV	2:03.77 14
28.88	30.80	31.79	32.30
6 Elias, Isabel L	SO	RVHS-VA	2:05.13 13
29.37	31.37	32.34	32.05
7 Heath, Samantha A	FR	BWHS-PV	2:07.85 12
28.90	31.71	33.09	34.15
8 Belogay, Isabella	SR	PFHS	2:08.02 11
29.36	31.93	33.15	33.58
9 Ogango, Layla M	SO	RVHS-VA	2:11.08 9
29.91	32.96	34.28	33.93
10 Creighton, Ellen	SR	WHST-VA	2:12.65 7
29.20	32.95	35.39	35.11
11 Spehlmann, Lauren	TJEFF		2:13.26 6
30.50	34.09	34.84	33.83
12 Bryant, Sadie C	SO	RVHS-VA	2:14.86 5
29.19	33.53	36.15	35.99
13 Chen, Amy	TJEFF		2:18.88 4
31.24	35.06	36.41	36.17
14 Coppola, Natalie K	SO	STBR	2:20.15 3
30.93	34.98	37.07	37.17
15 Calo, Emily M	SO	FREL-VA	2:23.01 2
33.13	35.95	37.59	36.34
16 Horn, Danielle I	FR	FREL-VA	2:23.87 1
31.59	35.90	38.61	37.77
17 Balboni, Maya	SR	WHST-VA	2:24.02
32.50	36.06	37.64	37.82
18 Campbell, Ellie	SO	PFHS	2:24.40
30.79	35.38	39.11	39.12
19 Durham, Tess	JR	PFHS	2:27.94
32.98	37.96	38.88	38.12
20 Tuladhar, Niva	FR	STBR	2:28.50
32.18	36.65	39.35	40.32
21 Collins, Megan	SO	WHST-VA	2:32.92
32.53	38.03	40.81	41.55

22 Adams, Rachel	FR	RRHS-PV	2:41.41
35.00	41.58	43.88	40.95
23 Rao, Mihika	SR	RRHS-PV	2:43.68
33.70	39.45	45.39	45.14
24 Muju, Anya	SO	RRHS-PV	2:48.61
34.38	41.71	46.19	46.33

Event 5 Boys 200 Yard IM

Name	Yr	School	Finals Time
1 Kopac, Christopher M	SR	RVHS-VA	1:55.16 20
24.72	31.04	32.75	26.65
2 Zhang, Michael	TJEFF		1:56.45 17
24.97	30.31	33.91	27.26
3 Church, Anderson	FR	FREL-VA	1:59.67 16
25.28	30.01	35.87	28.51
4 Wong, Anthony	TJEFF		2:00.75 15
26.13	30.75	34.89	28.98
5 Tragle, HT I	FR	RVHS-VA	2:02.73 14
26.28	30.87	37.10	28.48
6 Wang, Kai	TJEFF		2:02.98 13
25.94	30.28	38.02	28.74
7 Hain, Alex	JR	WHST-VA	2:04.92 12
26.00	29.78	38.55	30.59
8 Flores, Gabe	SR	RRHS-PV	2:08.07 11
27.41	31.53	39.31	29.82
9 Curran, Nathan D	SR	BWHS-PV	2:09.40 9
28.09	34.92	34.59	31.80
10 Ferguson, Zach O	JR	RVHS-VA	2:11.53 7
27.28	35.53	35.54	33.18
11 Yi, Isaac S	FR	BWHS-PV	2:14.82 6
28.28	32.45	42.95	31.14
12 Pilaro, Jack	SO	PFHS	2:15.26 5
29.11	33.70	40.24	32.21
13 Jordan, Patrick J	FR	BWHS-PV	2:18.32 4
30.43	36.27	40.10	31.52
14 Hendershot, Carter	FR	PFHS	2:19.03 3
29.08	36.61	41.38	31.96
15 Weston, Will	SR	RRHS-PV	2:27.54 2
29.88	39.94	42.46	35.26
16 Yoo, Sean T	JR	FREL-VA	2:35.04 1
28.94	38.10	48.12	39.88
17 Koeneker, Justin J	SO	FREL-VA	2:44.75
32.23	41.60	50.05	40.87
18 Lynch, Paul R	SR	STBR	2:45.58
34.68	41.85	52.17	36.88
19 Goli, Vinay	SR	RRHS-PV	2:50.92
32.31	44.97	52.24	41.40

Event 6 Girls 200 Yard IM

Name	Yr	School	Finals Time
1 Luong, Jennifer T	SR	FREL-VA	2:05.89 20
26.09	30.70	38.57	30.53
2 Bernal, Daphne	SR	WHST-VA	2:10.22 17
28.47	34.14	37.06	30.55
3 Grishaeva, Maria A	FR	BWHS-PV	2:12.93 16
28.72	32.55	38.92	32.74
4 Winklosky, Nicole D	JR	BWHS-PV	2:17.53 15
28.69	36.29	40.72	31.83

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

**(Event 6 Girls 200 Yard IM)**

Name	YrSchool	Finals Time		
5 Wang, Kathleen	TJEFF	2:18.24	14	
29.66	34.71	41.88	31.99	
6 Dykes, Ani	SO PFHS	2:24.47	13	
30.49	37.36	42.65	33.97	
7 Merrill, Katie	TJEFF	2:24.49	12	
30.90	37.42	42.20	33.97	
8 Moore, Melodie	SO BWHS-PV	2:25.71	11	
31.69	35.78	43.22	35.02	
9 Stalcup, Maria C	SO STBR	2:26.78	9	
31.12	36.21	45.00	34.45	
10 Vargas, Maddie A	JR RVHS-VA	2:27.25	7	
31.05	36.45	45.71	34.04	
11 Sullivan, Gabriella V	SO RVHS-VA	2:31.46	6	
30.32	39.90	44.31	36.93	
12 Voss, Madigan	JR WHST-VA	2:32.13	5	
30.76	37.58	49.60	34.19	
13 Sun, Selina	TJEFF	2:33.10	4	
32.96	39.53	44.33	36.28	
14 Sullivan, Emma M	SO RVHS-VA	2:34.81	3	
31.32	40.85	45.27	37.37	
15 Davis, Carly	JR RRHS-PV	2:36.60	2	
36.93	37.15	46.74	35.78	
16 Speilman, Madison L	FR PFHS	2:37.66	1	
31.94	39.49	50.14	36.09	
17 Neff, Bella G	JR FREL-VA	2:38.20		
33.17	38.14	49.72	37.17	
18 McCarty, Helen	SO PFHS	2:40.84		
34.95	40.82	48.85	36.22	
19 Logue, Grace A	SO STBR	2:44.01		
35.25	40.92	49.54	38.30	
20 Dinh, Vy X	SR STBR	2:44.89		
36.15	40.80	48.31	39.63	
21 Crooks, Kaitlyn L	SR FREL-VA	2:45.14		
35.13	42.77	48.37	38.87	
22 Halstead, Sophia	SR RRHS-PV	2:45.70		
34.89	41.99	48.89	39.93	
23 Leitner, Claire	SO WHST-VA	2:54.72		
36.09	42.78	55.65	40.20	
24 Ramachandran, Anika	SR RRHS-PV	3:13.58		
39.15	52.16	1:42.27		

**Event 7 Boys 50 Yard Freestyle**

Name	YrSchool	Finals Time		
1 Zhang, Evan	TJEFF	21.36	20	
2 Heiskanen, Alec M	SR BWHS-PV	21.82	17	
3 Kim, Eric C	JR STBR	22.10	16	
4 Szilagyi, Christian T	JR RVHS-VA	22.21	15	
5 Hendershot, Owen	SR PFHS	22.51	14	
6 Yu, Nathan W	SR FREL-VA	22.78	13	
7 Qian, Christopher	TJEFF	22.85	12	
8 Chen, Andy	TJEFF	23.11	11	
9 Crowe, Parker J	SR RVHS-VA	23.30	9	
10 Iglesias, Justin L	SR RVHS-VA	23.46	7	
11 Morris, Tyler	SR RRHS-PV	23.89	6	
12 Timmins, Liam E	SR BWHS-PV	24.17	5	
13 Mercker, Henry	SO WHST-VA	24.30	4	

14 Anderson, Jimmy W	JR PFHS	24.40	3
15 Char, Benjamin	JR BWHS-PV	24.59	2
16 Hanes, Rowan	SR WHST-VA	24.62	1
17 Tran, Aison	JR FREL-VA	24.81	
18 Jackson, Ryan R	SR FREL-VA	24.97	
19 Gill, Ethan M	SO STBR	25.00	
20 Fowle, Morgan	SO RRHS-PV	25.15	
21 Yurek, Nikolai	SR JLHS-VA	25.36	
22 Moyer, Peyton	SO PFHS	26.00	
23 Russell, Riley J	JR STBR	26.08	
24 Killmer, Ian	SO JLHS-VA	28.07	
25 McClellan, Samuel	SO WHST-VA	28.21	
26 Mhatre, Sahil	JR RRHS-PV	28.53	
27 Isenberg, Alex	FR JLHS-VA	29.74	

**Event 8 Girls 50 Yard Freestyle**

Name	YrSchool	Finals Time		
1 Cunnane, Mackenzie I	JR BWHS-PV	24.71	20	
2 Moran, Kathryn	SR JLHS-VA	25.33	17	
3 Pyle, Ellee	SR WHST-VA	25.79	16	
4 Burke, Paige	TJEFF	25.82	15	
5 Whittaker, Ava E	FR FREL-VA	26.10	14	
6 Stone, Sidney O	SO BWHS-PV	26.40	13	
7 Clodfelter, Charlotte R	FR STBR	26.45	12	
8 Buswell, Amelia	SR PFHS	26.46	11	
9 Woolfe, Kaia E	FR STBR	26.52	9	
10 Crook, Hannah	SR RVHS-VA	26.58	7	
11 Rand, Grace	JR WHST-VA	26.75	6	
12 Rosales, Paige E	SO BWHS-PV	26.79	5	
13 Hays, Sophia	SO WHST-VA	26.91	4	
14 Wang, Zichang	TJEFF	27.15	3	
15 Arciniega, Angelina	JR RVHS-VA	27.23	2	
*16 Nguyen, Claire B	JR FREL-VA	27.32	0.5	
*16 So, Payton	JR RRHS-PV	27.32	0.5	
18 Martin, Abigail V	SO RVHS-VA	27.57		
19 Nguyen, MaryAnna	JR PFHS	27.66		
20 Jackson, Caitlyn D	SO FREL-VA	27.76		
21 McNulty, Lindsey	TJEFF	28.14		
22 Jackman, Riley C	SO STBR	28.21		
23 McCarty, Jane	SR PFHS	28.39		
24 Trieu, Kim	FR RRHS-PV	29.67		
25 Baldeon, Bianca	SO JLHS-VA	31.99		

**Event 9 Boys 1 mtr Diving**

Name	YrSchool	Finals Score		
1 Snow, Ari	SR JLHS-VA	382.30	20	
2 Butler, Jadon	FR JLHS-VA	328.90	17	
3 Moffitt, Anderson	TJEFF	191.00	16	
4 Mitchell, Champe	TJEFF	182.35	15	
5 Lyons, David	TJEFF	101.30	14	

**Event 10 Girls 1 mtr Diving**

Name	YrSchool	Finals Score		
1 Wells, Micaela	TJEFF	323.00	20	
2 Bangs, Abigail	SR JLHS-VA	285.05	17	
3 Partain, Grace	SO JLHS-VA	226.05	16	
4 Saran, Sarina	TJEFF	217.90	15	
5 McAllister, Clara	TJEFF	194.15	14	
6 Baldeon, Bianca	SO JLHS-VA	158.20	13	

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

Event 11 Boys 100 Yard Butterfly

Name	YrSchool	Finals Time		
1 Kohn, Will	TJEFF	52.37	20	
24.38	27.99			
2 Kim, Eric C	JR STBR	54.14	17	
25.16	28.98			
3 Philipov, Daniel	TJEFF	54.52	16	
25.22	29.30			
4 Wang, Kai	TJEFF	54.89	15	
26.74	28.15			
5 Iglesias, Justin L	SR RVHS-VA	54.99	14	
25.74	29.25			
6 Hain, Alex	JR WHST-VA	56.00	13	
25.91	30.09			
7 Crabb, Nick	SR BWHS-PV	56.26	12	
26.35	29.91			
8 Crowe, Parker J	SR RVHS-VA	56.95	11	
26.75	30.20			
9 Moore, Paul V	JR BWHS-PV	59.07	9	
27.38	31.69			
10 Bruley, Nathan A	FR STBR	59.41	7	
27.54	31.87			
11 Tyson, Sam E	JR RRHS-PV	1:01.01	6	
28.64	32.37			
12 Horrigan, Robert M	FR STBR	1:02.32	5	
29.60	32.72			
13 Yi, Isaac S	FR BWHS-PV	1:03.64	4	
28.89	34.75			
14 Yoo, Sean T	JR FREL-VA	1:03.75	3	
28.90	34.85			
15 Habersaat, Colin R	JR RVHS-VA	1:04.74	2	
29.04	35.70			
16 Sridhar, Shuban	SR RRHS-PV	1:05.82	1	
27.94	37.88			
17 Poduri, Kethan	JR RRHS-PV	1:06.46		
30.79	35.67			
18 Sutherlin, Evan J	JR FREL-VA	1:08.76		
31.00	37.76			
19 Floch, Togen	JR PFHS	1:09.40		
31.07	38.33			

Event 12 Girls 100 Yard Butterfly

Name	YrSchool	Finals Time		
1 McConagha, Mackenzie B	SR BWHS-PV	53.34	20	
24.91	28.43			
2 Gupton, Mackenzie L	SO BWHS-PV	59.01	17	
27.46	31.55			
3 Wang, Kathleen	TJEFF	1:00.56	16	
28.64	31.92			
4 Buswell, Amelia	SR PFHS	1:01.10	15	
28.82	32.28			
5 Moran, Kathryn	SR JLHS-VA	1:01.93	14	
29.12	32.81			
6 Winklosky, Nicole D	JR BWHS-PV	1:01.96	13	
29.25	32.71			
7 Rebich, Lizzie M	FR RVHS-VA	1:02.89	12	
29.44	33.45			

8 Burns, Carly R	SR FREL-VA	1:03.63	11	
30.29	33.34			
9 Porter, Claire Z	SR RVHS-VA	1:03.80	9	
29.29	34.51			
10 Sullivan, Gabriella V	SO RVHS-VA	1:06.54	7	
30.90	35.64			
11 Yu, Megan	TJEFF	1:07.01	6	
12 Dykes, Ani	SO PFHS	1:07.28	5	
30.60	36.68			
13 Voss, Madigan	JR WHST-VA	1:08.00	4	
31.63	36.37			
14 Saran, Sarina	TJEFF	1:09.56	3	
31.86	37.70			
15 Alvis, Rachel R	FR STBR	1:12.01	2	
31.75	40.26			
16 Helge, Megan A	SO STBR	1:12.14	1	
32.94	39.20			
17 Speilman, Madison L	FR PFHS	1:12.34		
32.43	39.91			
18 Guttikonda, Meghana	SR RRHS-PV	1:16.13		
32.96	43.17			
19 Owings, Rowan O	FR FREL-VA	1:16.22		
34.12	42.10			
20 Logue, Grace A	SO STBR	1:16.88		
36.41	40.47			
21 Seibel, Sam	FR FREL-VA	1:17.40		
34.96	42.44			
22 Harris, Carissa	SR WHST-VA	1:31.15		
39.78	51.37			
23 Weimer, Haley	SO WHST-VA	1:40.96		
42.44	58.52			

Event 13 Boys 100 Yard Freestyle

Name	YrSchool	Finals Time		
1 Szilagyi, Christian T	JR RVHS-VA	47.83	20	
23.28	24.55			
2 Quan, Jacob M	SO RVHS-VA	48.26	17	
23.42	24.84			
3 Lewis, Colin W	SR BWHS-PV	48.87	16	
23.19	25.68			
4 Kang, Albert	TJEFF	49.79	15	
24.34	25.45			
5 Xu, Jason	TJEFF	49.93	14	
24.45	25.48			
6 Choi, Eugene	TJEFF	49.98	13	
24.04	25.94			
7 Hendershot, Owen	SR PFHS	50.60	12	
24.28	26.32			
8 Lu, Max	SO RVHS-VA	51.94	11	
25.08	26.86			
9 Timmins, Liam E	SR BWHS-PV	52.80	9	
25.13	27.67			
10 Warwick, Justin	JR RRHS-PV	53.03	7	
25.34	27.69			
11 Pappalardo, Daniel	JR PFHS	53.87	6	
25.50	28.37			
12 Morris, Tyler	SR RRHS-PV	54.55	5	
25.40	29.15			

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

(Event 13 Boys 100 Yard Freestyle)

Name	YrSchool	Finals Time		
13 Fowle, Morgan	SO RRHS-PV	54.97	4	
26.43	28.54			
14 Sumner, Jason K	JR FREL-VA	55.42	3	
25.61	29.81			
15 Anderson, Jimmy W	JR PFHS	56.15	2	
26.54	29.61			
16 Randall, Andrew R	SO BWHS-PV	56.37	1	
27.15	29.22			
17 Koester, Griffin	FR WHST-VA	56.57		
26.82	29.75			
18 Baker, Chase	FR WHST-VA	57.85		
27.87	29.98			
19 Tran, Aison	JR FREL-VA	58.58		
27.86	30.72			
20 Hart, Brantley M	SR STBR	58.81		
28.02	30.79			
21 Reed, Evan J	FR FREL-VA	59.91		
28.31	31.60			
22 Mills, Matt C	SR STBR	1:00.42		
28.10	32.32			
23 MacDuffie, Trevor	FR WHST-VA	1:00.67		
29.09	31.58			
24 Lynch, Paul R	SR STBR	1:06.37		
31.45	34.92			
25 Isenberg, Alex	FR JLHS-VA	1:08.28		
32.36	35.92			

Event 14 Girls 100 Yard Freestyle

Name	YrSchool	Finals Time		
1 Sessions, Kylee N	SO RVHS-VA	52.72	20	
24.87	27.85			
2 Cunnane, Mackenzie I	JR BWHS-PV	55.15	17	
26.15	29.00			
3 Zary, Aurora	TJEFF	55.31	16	
26.61	28.70			
4 Nichols, Jocelyn	SR PFHS	57.33	15	
26.81	30.52			
5 Woolfe, Kaia E	FR STBR	57.85	14	
27.44	30.41			
6 Heath, Samantha A	FR BWHS-PV	58.23	13	
28.04	30.19			
7 Silverstein, Leah	FR WHST-VA	58.49	12	
27.56	30.93			
*8 McAllister, Clara	TJEFF	58.74	10	
27.69	31.05			
*8 Rosales, Paige E	SO BWHS-PV	58.74	10	
28.11	30.63			
10 Merrill, Katie	TJEFF	59.03	7	
27.70	31.33			
11 Whittaker, Ava E	FR FREL-VA	59.08	6	
27.88	31.20			
12 Rand, Grace	JR WHST-VA	59.14	5	
28.15	30.99			
13 Martinez, Paige	JR JLHS-VA	59.63	4	
28.05	31.58			

14 Martin, Abigail V	SO RVHS-VA	1:00.04	3	
28.97	31.07			
15 Arciniega, Angelina	JR RVHS-VA	1:00.15	2	
28.08	32.07			
16 So, Payton	JR RRHS-PV	1:00.36	1	
28.58	31.78			
17 Batjargal, Naska	SO STBR	1:00.55		
27.90	32.65			
18 Jackson, Caitlyn D	SO FREL-VA	1:01.22		
28.57	32.65			
19 Nguyen, MaryAnna	JR PFHS	1:01.84		
29.12	32.72			
20 Coppola, Natalie K	SO STBR	1:01.97		
29.48	32.49			
21 Thompson, Kaylie J	SO FREL-VA	1:02.08		
29.50	32.58			
22 Ill, McKenna	SO WHST-VA	1:04.12		
30.56	33.56			
23 Brady, Caroline	SR PFHS	1:04.93		
29.67	35.26			
24 Rao, Nikita	FR RRHS-PV	1:07.86		
31.56	36.30			
25 Partain, Grace	SO JLHS-VA	1:11.45		
33.88	37.57			
26 Muju, Anya	SO RRHS-PV	1:12.52		
34.35	38.17			
27 Starnes, Sania	SR JLHS-VA	1:19.95		
36.47	43.48			

Event 15 Boys 500 Yard Freestyle

Name	YrSchool	Finals Time		
1 Quan, Robert M	SR RVHS-VA	4:35.32	20	
24.67	27.03	28.14		
27.64	27.93	28.16	28.55	
27.70	27.22			
2 Kopac, Christopher M	SR RVHS-VA	4:35.52	17	
24.89	27.38	28.00	28.33	
28.21	28.08	28.25	28.29	
28.06	26.03			
3 Hastings, Beck	TJEFF	4:47.56	16	
24.73	27.35	28.41	29.10	
29.47	29.63	29.97	30.01	
29.84	29.05			
4 Church, Anderson	FR FREL-VA	4:49.88	15	
25.55	28.25	29.17	29.75	
29.84	29.55	29.59	29.75	
29.60	28.83			
5 Gonsalves, John Paul	TJEFF	4:51.09	14	
25.64	28.35	29.36	29.61	
29.89	30.13	30.26	29.96	
29.68	28.21			
6 Char, Andrew T	FR BWHS-PV	4:54.31	13	
26.04	28.37	29.10	29.55	
30.13	30.03	30.28	30.45	
30.62	29.74			

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

(Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Finals Time	
7 Coppola, Michael F	SR	STBR	5:04.96	12
26.59	29.36	30.27	30.49	
31.10	31.42	31.33	31.68	
31.65	31.07			
8 Byer, Dylan I	JR	RVHS-VA	5:13.51	11
27.21	30.64	31.57	31.89	
31.90	32.28	32.24	32.39	
31.92	31.47			
9 Chua, Daniel		TJEFF	5:20.59	9
27.31	31.02	32.36	32.68	
32.96	33.35	33.57	32.71	
33.09	31.54			
10 Medde-Witage, TD D	FR	BWHS-PV	5:20.82	7
27.33	30.83	32.23	32.82	
32.98	32.96	33.13	33.37	
32.69	32.48			
11 Scott, James A	FR	BWHS-PV	5:21.74	6
28.05	31.52	32.42	32.85	
33.13	33.19	33.14	33.29	
32.81	31.34			
12 Horrigan, Robert M	FR	STBR	5:27.82	5
27.74	31.91	33.07	34.25	
33.26	33.59	33.79	34.18	
34.07	31.96			
13 Partain, William	SR	JLHS-VA	6:09.13	4
30.85	35.19	36.90	37.75	
38.47	38.90	38.50	39.05	
38.37	35.15			
14 Russell, Riley J	JR	STBR	6:36.95	3
32.80	38.75	41.17	41.58	
42.22	41.58	41.24	41.62	
40.77	35.22			
15 Aslam, Camren	JR	PFHS	6:57.17	2
32.64	37.89	40.81	42.39	
42.85	43.58	44.65	45.46	
1:26.90				
16 Raab, Tristan J	FR	FREL-VA	7:05.90	1
34.17	40.61	43.23	43.91	
45.01	45.91	44.23	45.86	
43.48	39.49			
17 McCormack, Owen	JR	WHST-VA	7:11.41	
34.52	39.23	42.35	43.72	
45.44	46.57	46.60	46.38	
44.46	42.14			
18 Misra, Rohan	SO	RRHS-PV	7:36.21	
34.35	7:01.86			
19 Iyer, Rohan	SO	RRHS-PV	7:40.89	
37.42	42.12	45.71	46.21	
49.66	49.25	49.35	49.55	
48.58	43.04			
--- Weicker, Dylan	FR	RRHS-PV	DQ	
False start				

Event 16 Girls 500 Yard Freestyle

Name	Yr	School	Finals Time	
1 Perezous, Janika	SR	PFHS	4:57.99	20
26.32	29.06	29.53	29.95	
30.13	30.52	30.97	30.99	
30.91	29.61			
2 Martin, Natalie		TJEFF	5:06.52	17
27.00	29.72	30.80	31.40	
31.10	31.10	31.41	31.52	
31.56	30.91			
3 Kennedy, Molly A	SR	STBR	5:20.69	16
28.69	31.37	32.24	32.56	
32.72	32.70	32.93	32.72	
32.67	32.09			
4 Holstein, Sarah M	SR	BWHS-PV	5:29.88	15
29.50	32.09	33.16	33.55	
33.65	33.65	33.80	33.66	
33.71	33.11			
5 Burns, Carly R	SR	FREL-VA	5:30.67	14
30.28	32.65	32.97	33.32	
33.74	34.10	34.19	34.34	
33.53	31.55			
6 Belogay, Isabella	SR	PFHS	5:34.96	13
30.87	33.48	34.27	34.16	
33.53	33.45	33.97	33.79	
34.17	33.27			
7 Elias, Isabel L	SO	RVHS-VA	5:38.64	12
30.00	32.46	32.79	33.79	
34.59	35.18	35.51	35.41	
34.92	33.99			
8 Riegel, Allie P	JR	BWHS-PV	5:43.70	11
30.30	34.12	35.01	35.04	
35.40	35.19	35.23	35.19	
34.89	33.33			
9 Stone, Sidney O	SO	BWHS-PV	5:43.78	9
30.03	32.88	33.91	34.01	
34.97	35.33	36.39	35.91	
36.01	34.34			
10 Xu, Caroline		TJEFF	5:45.43	7
33.49	36.33	38.27	38.81	
38.83	39.46	39.92	40.28	
40.04				
11 Ogango, Layla M	SO	RVHS-VA	5:51.27	6
31.02	34.17	35.11	35.96	
36.52	36.32	36.43	35.86	
35.69	34.19			
12 Alvis, Rachel R	FR	STBR	5:59.60	5
31.38	35.82	36.71	36.53	
36.88	37.10	36.70	35.93	
36.81	35.74			
13 Creighton, Ellen	SR	WHST-VA	6:08.24	4
31.66	35.61	37.28	38.19	
38.47	37.82	38.30	37.64	
37.21	36.06			

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

(Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Finals Time	
14 Kovacs, Valerie		TJEFF	6:12.94	3
	31.67	36.20	37.70	37.92
	38.27	38.22	38.86	38.08
	38.62	37.40		
15 Bryant, Sadie C		SO RVHS-VA	6:13.24	2
	30.04	33.36	36.07	37.13
	38.58	40.05	39.57	40.38
	40.54	37.52		
16 Swanson, Camilla		FR WHST-VA	6:29.53	1
	33.20	37.17	38.41	39.36
	40.11	40.58	40.96	41.38
	41.13	37.23		
17 Neff, Bella G		JR FREL-VA	6:32.44	
	32.91	36.48	38.59	39.24
	39.95	40.79	41.36	41.74
	41.56	39.82		
18 Balboni, Maya		SR WHST-VA	6:36.50	
	32.36	37.07	39.32	40.06
	40.22	41.28	42.07	42.24
	42.67	39.21		
19 Calo, Emily M		SO FREL-VA	6:53.43	
	36.45	39.89	41.78	41.84
	42.08	43.14	42.98	42.55
	42.97	39.75		
20 Adams, Rachel		FR RRHS-PV	7:29.65	
	37.28	42.81	45.40	46.74
	47.99	48.30	48.15	46.23
	47.53	39.22		
21 Tran, Alexis		SO RRHS-PV	7:30.78	
	37.45	43.54	45.70	
		47.03	47.83	46.70
	45.58	43.74		
22 Mendoza-Lozano, Michelle I		FR STBR	7:32.99	
	33.94	40.03	43.54	
	49.03	46.44		

Event 17 Boys 200 Yard Freestyle Relay

Team	Relay	Finals Time	
1 TJEFF	A	1:27.76	40
1) Zhang, Michael	2) Kang, Albert		
3) Hastings, Beck	4) Zhang, Evan		
	21.95 22.18 22.54 21.09		
2 BWHS-PV	A	1:29.33	34
1) Heiskanen, Alec M SR	2) Crabb, Nick SR		
3) Moore, Paul V JR	4) Lewis, Colin W SR		
	22.08 22.53 22.67 22.05		
3 RVHS-VA	A	1:29.83	32
1) Szilagyi, Christian T JR	2) Tragle, HT I FR		
3) Iglesias, Justin L SR	4) Quan, Robert M SR		
	22.31 22.70 23.26 21.56		
4 PFHS	A	1:33.19	30
1) Pilaro, Jack SO	2) Hendershot, Carter FR		
3) Grimes, Phillip SR	4) Moyer, Peyton SO		
	23.88 23.96 23.94 21.41		

5 RRHS-PV	A	1:35.03	28
1) Flores, Gabe SR	2) Tyson, Sam E JR		
3) Morris, Tyler SR	4) Warwick, Justin JR		
	23.89 23.92 23.66 23.56		
6 STBR	A	1:35.30	26
1) Coppola, Michael F SR	2) Gill, Ethan M SO		
3) Hart, Brantley M SR	4) Kim, Eric C JR		
	23.73 24.58 25.19 21.80		
7 FREL-VA	A	1:36.31	24
1) Jackson, Ryan R SR	2) Sumner, Jason K JR		
3) Tran, Aison JR	4) Church, Anderson FR		
	24.95 23.75 24.81 22.80		
8 WHST-VA	A	1:40.53	22
1) Hanes, Rowan SR	2) Koester, Griffin FR		
3) Mercker, Henry SO	4) Hain, Alex JR		
	25.53 25.00 27.78 22.22		
9 JLHS-VA	A	1:52.45	
1) Killmer, Ian SO	2) Isenberg, Alex FR		
3) Partain, Wiliam SR	4) Yurek, Nikolai SR		
	28.34 31.07 27.85 25.19		

Event 18 Girls 200 Yard Freestyle Relay

Team	Relay	Finals Time	
1 BWHS-PV	A	1:40.73	40
1) Rosales, Paige E SO	2) Winklosky, Nicole D JR		
3) McConagha, Mackenzie B SR	4) Cunnane, Mackenzie I JR		
	26.80 25.36 23.85 24.72		
2 FREL-VA	A	1:42.86	34
1) Church, Abby L SR	2) Whittaker, Ava E FR		
3) Burns, Carly R SR	4) Luong, Jennifer T SR		
	26.42 25.90 26.76 23.78		
3 TJEFF	A	1:42.93	32
1) Zary, Aurora	2) Wang, Zichang		
3) Burke, Paige	4) Martin, Natalie		
	25.78 26.63 25.88 24.64		
4 RVHS-VA	A	1:45.97	30
1) Sessions, Kylee N SO	2) Rebich, Lizzie M FR		
3) Arciniega, Angelina JR	4) Martin, Abigail V SO		
	24.54 27.03 27.02 27.38		
5 WHST-VA	A	1:46.13	28
1) Rand, Grace JR	2) Hays, Sophia SO		
3) Pyle, Ellee SR	4) Bernal, Daphne SR		
	27.55 27.36 25.88 25.34		
6 STBR	A	1:49.79	26
1) Stalcup, Maria C SO	2) Coppola, Natalie K SO		
3) Batjargal, Naska SO	4) Woolfe, Kaia E FR		
	29.42 27.02 26.79 26.56		
7 PFHS	A	1:52.34	24
1) McCarty, Helen SO	2) Campbell, Ellie SO		
3) Brady, Caroline SR	4) McCarty, Jane SR		
	28.14 27.03 28.34 28.83		
8 JLHS-VA	A	1:55.27	22
1) Bangs, Abigail SR	2) Partain, Grace SO		
3) Moran, Kathryn SR	4) Martinez, Paige JR		
	30.33 34.73 22.80 27.41		
9 RRHS-PV	A	2:08.23	
1) Trieu, Kim FR	2) Rao, Nikita FR		
3) Tran, Alexis SO	4) Adams, Rachel FR		
	30.07 31.05 1:07.11		

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

Event 19 Boys 100 Yard Backstroke

Name	YrSchool	Finals Time		
1 Kohn, Will	TJEFF	51.66	20	
25.19		26.47		
2 Qian, Christopher	TJEFF	54.67	17	
26.49		28.18		
3 Rounds, Ryan M	SO BWHS-PV	55.70	16	
26.89		28.81		
4 Tragle, HT I	FR RVHS-VA	55.75	15	
27.08		28.67		
5 Crabb, Nick	SR BWHS-PV	55.98	14	
27.12		28.86		
6 Choi, Eugene	TJEFF	56.06	13	
27.03		29.03		
7 Bruley, Nathan A	FR STBR	56.69	12	
27.64		29.05		
8 Moore, Paul V	JR BWHS-PV	57.88	11	
27.91		29.97		
9 El-Aassar, Ali A	JR RVHS-VA	58.20	9	
28.08		30.12		
10 Flores, Gabe	SR RRHS-PV	58.88	7	
28.30		30.58		
11 Joo, Edward	JR RVHS-VA	1:01.49	6	
30.11		31.38		
12 Pilaro, Jack	SO PFHS	1:02.85	5	
30.73		32.12		
13 Thompson, Riley W	FR FREL-VA	1:03.42	4	
30.44		32.98		
14 Koester, Griffin	FR WHST-VA	1:04.60	3	
31.62		32.98		
15 Rangu, Ritwik S	JR FREL-VA	1:05.76	2	
32.25		33.51		
16 Pappalardo, Daniel	JR PFHS	1:07.98	1	
32.35		35.63		
17 Costanzo, Tyler	FR STBR	1:13.11		
35.87		37.24		
18 Poduri, Kethan	JR RRHS-PV	1:13.31		
34.69		38.62		
19 Reed, Evan J	FR FREL-VA	1:14.28		
1:14.74				
20 Gandhi, Sachin	SR RRHS-PV	1:17.40		
37.52		39.88		
21 Acker, Noah	SR WHST-VA	1:19.26		
22 Killmer, Ian	SO JLHS-VA	1:20.27		
39.32		40.95		

Event 20 Girls 100 Yard Backstroke

Name	YrSchool	Finals Time		
1 McConagha, Mackenzie B	SR BWHS-PV	53.92	20	
26.15		27.77		
2 Perezous, Janika	SR PFHS	56.35	17	
27.19		29.16		
3 Grishaeva, Maria A	FR BWHS-PV	58.68	16	
28.43		30.25		
4 Gupton, Mackenzie L	SO BWHS-PV	59.07	15	
28.46		30.61		

5 Zary, Aurora	TJEFF	1:01.94	14	
30.38		31.56		
6 Church, Abby L	SR FREL-VA	1:02.31	13	
30.09		32.22		
7 Wang, Zichang	TJEFF	1:03.44	12	
30.99		32.45		
8 Rebich, Lizzie M	FR RVHS-VA	1:04.11	11	
31.02		33.09		
9 Porter, Claire Z	SR RVHS-VA	1:04.89	9	
31.37		33.52		
10 Stalcup, Maria C	SO STBR	1:05.00	7	
31.29		33.71		
11 Vargas, Maddie A	JR RVHS-VA	1:05.31	6	
31.63		33.68		
12 Yu, Megan	TJEFF	1:05.91	5	
32.55		33.36		
13 Silverstein, Leah	FR WHST-VA	1:06.97	4	
32.57		34.40		
14 Helge, Megan A	SO STBR	1:08.17	3	
33.28		34.89		
15 Ill, McKenna	SO WHST-VA	1:09.66	2	
33.44		36.22		
16 Jackman, Riley C	SO STBR	1:10.69	1	
34.42		36.27		
17 Davis, Carly	JR RRHS-PV	1:12.49		
35.26		37.23		
18 Davies, Parker	JR WHST-VA	1:12.66		
35.62		37.04		
19 Seibel, Sam	FR FREL-VA	1:13.19		
35.83		37.36		
20 McCarty, Jane	SR PFHS	1:13.29		
34.53		38.76		
21 Thompson, Kaylie J	SO FREL-VA	1:13.94		
36.26		37.68		
22 Rao, Nikita	FR RRHS-PV	1:14.51		
36.57		37.94		
23 Durham, Tess	JR PFHS	1:14.53		
36.11		38.42		
24 Bangs, Abigail	SR JLHS-VA	1:20.38		
39.04		41.34		
25 Raghunandan, Vaishnavi	FR RRHS-PV	1:30.68		
43.22		47.46		

Event 21 Boys 100 Yard Breaststroke

Name	YrSchool	Finals Time		
1 Zhang, Michael	TJEFF	57.41	20	
27.72		29.69		
2 Zhang, Evan	TJEFF	58.02	17	
27.31		30.71		
3 Yu, Nathan W	SR FREL-VA	58.32	16	
27.11		31.21		
4 Xu, Jason	TJEFF	59.95	15	
28.34		31.61		
5 Curran, Nathan D	SR BWHS-PV	1:01.66	14	
28.60		33.06		
6 Iglesias, Matthew	SO RVHS-VA	1:02.66	13	
29.23		33.43		



2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

**(Event 21 Boys 100 Yard Breaststroke)**

Name	YrSchool	Finals Time		
7 Ferguson, Zach O	JR RVHS-VA	1:04.65	12	
30.62	34.03			
8 Tran, Brandon M	SO RVHS-VA	1:07.18	11	
9 Tran, Alan G	SR STBR	1:08.22	9	
30.40	37.82			
10 Medde-Witage, TD D	FR BWHS-PV	1:08.99	7	
32.07	36.92			
11 Partain, William	SR JLHS-VA	1:09.15	6	
32.16	36.99			
12 Mercker, Henry	SO WHST-VA	1:09.36	5	
31.66	37.70			
13 Yurek, Nikolai	SR JLHS-VA	1:09.54	4	
33.43	36.11			
14 Char, Benjamin	JR BWHS-PV	1:09.57	3	
32.68	36.89			
15 Gill, Ethan M	SO STBR	1:10.54	2	
33.01	37.53			
16 Weston, Will	SR RRHS-PV	1:12.83	1	
33.41	39.42			
17 Sridhar, Shuban	SR RRHS-PV	1:14.51		
34.27	40.24			
18 Sumner, Jason K	JR FREL-VA	1:15.17		
34.97	40.20			
19 Hanes, Rowan	SR WHST-VA	1:15.62		
34.83	40.79			
20 Trieu, Tai D	JR RRHS-PV	1:19.60		
36.02	43.58			
21 Costanzo, Tyler	FR STBR	1:20.10		
37.07	43.03			
22 Koeneke, Justin J	SO FREL-VA	1:20.58		
37.56	43.02			
23 Hendershot, Carter	FR PFHS	1:29.09		
34.13	54.96			
24 McCormack, Owen	JR WHST-VA	1:31.81		
42.06	49.75			
25 Aslam, Camren	JR PFHS	1:33.45		
36.88	56.57			

**Event 22 Girls 100 Yard Breaststroke**

Name	YrSchool	Finals Time		
1 Luong, Jennifer T	SR FREL-VA	1:03.66	20	
29.58	34.08			
2 Sessions, Kylee N	SO RVHS-VA	1:05.62	17	
30.23	35.39			
3 Rand, Zoe C	FR BWHS-PV	1:07.30	16	
31.32	35.98			
4 Bernal, Daphne	SR WHST-VA	1:07.43	15	
31.69	35.74			
5 Pyle, Ellee	SR WHST-VA	1:10.29	14	
32.33	37.96			
6 Nichols, Jocelyn	SR PFHS	1:11.53	13	
33.06	38.47			
7 Kiriakova, Mariya D	SR BWHS-PV	1:12.77	12	
34.18	38.59			
8 Burke, Paige	TJEFF	1:13.33	11	
34.18	39.15			

9 O'Such, Claire E	JR RVHS-VA	1:14.83	9	
35.00	39.83			
10 Heilen, Naomi	TJEFF	1:15.26	7	
34.61	40.65			
11 Clodfelter, Charlotte R	FR STBR	1:16.01	6	
36.22	39.79			
12 Moore, Melodie	SO BWHS-PV	1:16.06	5	
35.74	40.32			
13 Guttikonda, Meghana	SR RRHS-PV	1:17.28	4	
36.02	41.26			
14 Wan, Alison	TJEFF	1:17.33	3	
15 Hays, Sophia	SO WHST-VA	1:17.50	2	
36.65	40.85			
16 Martinez, Paige	JR JLHS-VA	1:18.61	1	
37.66	40.95			
17 Brady, Caroline	SR PFHS	1:21.17		
38.86	42.31			
18 Tuladhar, Niva	FR STBR	1:22.08		
38.65	43.43			
19 McCarty, Helen	SO PFHS	1:22.46		
38.19	44.27			
20 Tran, Mia B	SO FREL-VA	1:22.69		
38.98	43.71			
21 Crooks, Kaitlyn L	SR FREL-VA	1:22.81		
38.55	44.26			
22 Dinh, Vy X	SR STBR	1:23.12		
39.47	43.65			
23 Trieu, Kim	FR RRHS-PV	1:23.16		
38.56	44.60			
24 Halstead, Sophia	SR RRHS-PV	1:24.36		
39.19	45.17			
25 Starnes, Sania	SR JLHS-VA	1:42.42		
47.47	54.95			
--- Balwinski, Kate	FR RVHS-VA	DQ		
False start				
36.47	42.47			

**Event 23 Boys 400 Yard Freestyle Relay**

Team	Relay	Finals Time	
1 RVHS-VA	A	3:10.61	40
1) Szilagyi, Christian T JR	2) Quan, Jacob M SO		
3) Kopac, Christopher M SR	4) Quan, Robert M SR		
23.20	48.30	22.92	47.94
22.51	47.30	22.70	47.07
2 TJEFF	A	3:15.14	34
1) Kang, Albert	2) Wong, Anthony		
3) Choi, Eugene	4) Kohn, Will		
24.04	49.24	22.74	48.65
23.90	49.72	22.74	47.53
3 BWHS-PV	A	3:18.42	32
1) Heiskanen, Alec M SR	2) Char, Andrew T FR		
3) Moore, Paul V JR	4) Lewis, Colin W SR		
23.28	48.42	23.90	49.89
24.07	50.83	23.25	49.28

2021 VHSL Region 5C Swimming Championships - 2/3/2021 to 2/6/2021

Results

**(Event 23 Boys 400 Yard Freestyle Relay)**

Team	Relay	Finals Time	
4 STBR	A	3:28.67	30
1) Bruley, Nathan A FR	2) Horrigan, Robert M FR		
3) Coppola, Michael F SR	4) Kim, Eric C JR		
26.07 55.01	26.13 55.17		
23.94 50.99	22.23 47.50		
5 RRHS-PV	A	3:32.02	28
1) Warwick, Justin JR	2) Tyson, Sam E JR		
3) Morris, Tyler SR	4) Flores, Gabe SR		
24.79 51.91	25.17 53.29		
24.63 53.87	24.91 52.95		
6 PFHS	A	3:34.67	26
1) Hendershot, Owen SR	2) Anderson, Jimmy W JR		
3) Pilaro, Jack SO	4) Pappalardo, Daniel JR		
24.83 51.14	25.21 54.42		
26.31 55.35	24.89 53.76		
7 WHST-VA	A	4:19.55	24
1) Acker, Noah SR	2) MacDuffie, Trevor FR		
3) McCormack, Owen JR	4) Baker, Chase FR		
28.80 1:02.05	33.36 1:27.37		
15.82 1:19.54	30.59		
8 FREL-VA	A	4:24.09	22
1) Koeneke, Justin J SO	2) Reed, Evan J FR		
3) Yoo, Sean T JR	4) Rangu, Ritwik S JR		
31.90 1:36.83	34.09 1:02.01		
33.16 1:01.10	44.15		

**Event 24 Girls 400 Yard Freestyle Relay**

Team	Relay	Finals Time	
1 BWHS-PV	A	3:37.71	40
1) Gupton, Mackenzie L SO	2) Winklosky, Nicole D JR		
3) Rand, Zoe C FR	4) McConagha, Mackenzie B SR		
27.20 56.18	26.57 56.13		
26.28 54.86	24.37 50.54		
2 TJJEFF	A	3:45.30	34
1) Zary, Aurora	2) Merrill, Katie		
3) Wang, Kathleen	4) Martin, Natalie		
26.79 55.43	27.63 58.66		
27.50 58.12	25.64 53.09		
3 PFHS	A	3:48.52	32
1) Perezous, Janika SR	2) Buswell, Amelia SR		
3) Nichols, Jocelyn SR	4) Nguyen, MaryAnna JR		
25.33 52.98	26.46 56.63		
27.18 58.17	28.65 1:00.74		
4 RVHS-VA	A	3:57.05	30
1) Martin, Abigail V SO	2) Elias, Isabel L SO		
3) Bryant, Sadie C SO	4) Ogango, Layla M SO		
28.59 1:00.67	27.23 58.01		
28.02 1:00.04	28.19 58.33		
5 WHST-VA	A	3:57.34	28
1) Rand, Grace JR	2) Creighton, Ellen SR		
3) Silverstein, Leah FR	4) Voss, Madigan JR		
28.69 1:01.72	27.91 59.74		
27.30 58.29	27.18 57.59		

6 STBR	A	4:00.26	26
1) Clodfelter, Charlotte R FR	2) Coppola, Natalie K SO		
3) Woolfe, Kaia E FR	4) Kennedy, Molly A SR		
28.61 1:00.23	29.59 1:03.43		
27.37 59.06	27.12 57.54		
7 FREL-VA	A	4:15.82	24
1) Nguyen, Claire B JR	2) Tran, Mia B SO		
3) Thompson, Kaylie J SO	4) Jackson, Caitlyn D SO		
29.02 1:03.81	29.90 1:05.08		
29.94 1:05.64	28.31 1:01.29		
8 RRHS-PV	A	4:20.82	22
1) Davis, Carly JR	2) Halstead, Sophia SR		
3) Guttikonda, Meghana SR	4) So, Payton JR		
31.22 1:06.58	30.97 1:05.91		
30.59 1:05.98	28.64 1:02.35		

**Combined Team Scores**

Combined Team Scores - Through Event 24	
1. Thomas Jefferson	881
2. Briar Woods High School	768
3. Riverside High School	679
4. Stone Bridge High School	364
5. Freedom High School	361.5
6. Potomac Falls High School	359
7. Woodgrove Swim Team	315
8. Rock Ridge High School	190.5
9. John R Lewis High School	155

**Scores - Women**

Women - Team Rankings - Through Event 24	
1. Briar Woods High School	452
2. Thomas Jefferson	356
3. Riverside High School	267
4. Potomac Falls High School	222
5. Freedom High School	208.5
6. Woodgrove Swim Team	202
7. Stone Bridge High School	180
8. John R Lewis High School	104
9. Rock Ridge High School	51.5

**Scores - Men**

Men - Team Rankings - Through Event 24	
1. Thomas Jefferson	525
2. Riverside High School	412
3. Briar Woods High School	316
4. Stone Bridge High School	184
5. Freedom High School	153
6. Rock Ridge High School	139
7. Potomac Falls High School	137
8. Woodgrove Swim Team	113
9. John R Lewis High School	51