

Region 4C Championship Meet

Results

#1 Boys 200 Yard Medley Relay

1:45.79 4A VHSL 4A
1:50.23 REG REG 4C

Team	Relay	Finals Time
1 KRHS-VA	A	1:37.62 4A
Heenan, Jake JR	Smith, Tanner SR	
Finan, Garrett SR	Whitted, Andy SR	
24.39	27.45	23.86 21.92
2 LCHS#	A	1:39.56 4A
Koenig, Colby	Backus, Kyle	
Hughes, Collin	Hunter, Shane	
26.67	27.49	23.08 22.32
3 RVHS-VA	A	1:41.84 4A
Quan, Robert FR	Barmak, Taylor SR	
McCummings, Jackson JR	Lippy, Brock JR	
26.14	28.75	24.49 22.46
4 HHS-VA	A	1:42.30 4A
Smolsky, Jordan FR	Lees, Tommy SO	
Rossbach, John JR	Walsh, Thomas SR	
25.65	28.05	24.61 23.99
5 SHS	A	1:45.23 4A
Pham, Peter FR	Pham, Mathew JR	
Ibrahim, Ayman SR	Gannon, Angelo SR	
28.02	29.00	24.13 24.08
6 WGST	A	1:46.74 REG
Russello, Gage SR	Turman, Vincent SO	
Piliere, Ben SR	Markey, Liam SO	
28.28	28.78	24.45 25.23
7 DHS	A	1:47.17 REG
Curran, Michael SO	Blusiewicz, Andrew FR	
Milenski, Jack SO	Wright, Kieran JR	
28.51	28.91	26.69 23.06
8 PVHS	A	1:48.10 REG
Muller, Christian SR	Stevens, Carson SR	
Johnson, Kyle SO	Carroll, Brandon SR	
30.29	27.53	24.95 25.33
9 MHS-VA	A	1:56.10 8.0
McCarthy, Tim FR	Sherman, Joel SR	
Northrup, Patrick SR	Hicks, Zach SR	
29.34	35.86	26.60 24.30
10 JHHS-VA	A	1:57.79 6.0
Love, Mercer	Moss, Ethan	
Tufts, Brian	Mckay, Tommy	
30.32	34.63	27.68 25.16
11 LV-VA	A	2:00.81 4.0
Vaillancourt, Luke SR	Conklin, Adam SR	
Middleton, Kaden JR	Serafin, Wyatt SR	
29.61	35.23	32.22 23.75

#2 Girls 200 Yard Medley Relay

1:59.29 4A VHSL 4A
2:04.05 REG REG 4C

Team	Relay	Finals Time
1 RVHS-VA	A	1:49.17 4A
Porter, Claire FR	Ye, Hannah SO	
Nguyen, Claire JR	Kopac, Allison SO	
28.49	31.39	25.18 24.11

2 WGST	A	1:49.81 4A
Carter, Hannah SR	Bernal, Daphne FR	
Frie, Sarah SO	Pyle, Ellee FR	
28.94	29.36	25.64 25.87
3 DHS	A	1:50.58 4A
Bogushesky, Ashley SO	Wiles, Taylor FR	
Schlemmer, Rachel SO	McMillan, Kelli FR	
26.68	31.73	24.90 25.27
4 KRHS-VA	A	1:53.46 4A
Adair, Caitlyn JR	Talomie, Peyton FR	
Kerrigan, Erin SO	Sutliff, Claire JR	
27.29	33.13	27.14 25.90
5 SHS	A	1:56.73 4A
Jones, Jordyn SO	De Jong, Emma FR	
Schultz, Kyra SO	Armell, Lindley FR	
29.92	30.57	29.10 27.14
6 LCHS#	A	1:57.49 4A
Wagner, Nerissa	Davis, Spencer	
Vanderloo, Lexie	Calvert, Julia	
30.22	33.79	27.90 25.58
7 HHS-VA	A	1:59.67 REG
Champ, Melody SR	Kinney, Yaiza SR	
Missing, Annabel JR	Overton, Audrey JR	
31.86	33.19	27.58 27.04
8 JHHS-VA	A	2:01.00 REG
Fergus, Kenzi	Felix, Kendall	
Young, Molly	Watts, Meredith	
29.29	34.67	30.77 26.27
9 LV-VA	A	2:03.44 REG
Lu, Jessica SR	Manzo, Madison SO	
Baker, Brandi SO	McGreen, Tabitha SO	
30.31	36.23	27.76 29.14
10 JW-VA	A	2:11.51 6.0
Cavanagh, Rachel JR	Burch, Keilena JR	
Warnagiris, Kimberly FR	Lilly, Grace FR	
34.75	39.26	26.09 31.41

#3 Boys 200 Yard Free

1:51.39 4A VHSL 4A
1:55.73 REG REG 4C

Name	Yr	Team	Finals Time
1 Conway, Sean	JR	LV-VA	1:40.05 4A
22.89	25.53	26.44	25.19
2 Quan, Robert	FRR	RVHS-VA	1:45.35 4A
24.51	26.32	27.35	27.17
3 Smith, Tanner	SR	KRHS-VA	1:46.37 4A
24.75	26.91	27.56	27.15
4 Blusiewicz, Andrew	FR	DHS	1:48.72 4A
24.93	27.50	28.54	27.75
5 Hunter, Shane	LCHS#		1:49.17 4A
24.43	27.58	28.64	28.52
6 Gerstl, Otto	SOR	VHS-VA	1:49.84 4A
24.81	27.32	28.46	29.25
7 Northrup, Patrick	SR	MHS-VA	1:49.88 4A
26.37	27.72	28.34	27.45
8 Rossbach, John	JR	HHS-VA	1:50.11 4A
25.94	27.77	28.19	28.21
9 Eisner, Cole	LCHS#		1:50.14 4A
24.91	27.50	28.88	28.85

10 Finan, Garrett	SR	KRHS-VA	1:50.89 4A
26.23	28.54	27.35	28.77
11 Sitton, Jackson	JHHS-VA		1:56.05 2.0
25.84	28.92	30.02	31.27
12 Lind, Jack	SR	VHS-VA	1:56.19 1.0
25.83	28.76	30.45	31.15
13 Dorsey, David	JR	JW-VA	2:00.66
26.35	30.27	32.33	31.71
14 Baines, Lukas	SOK	RHS-VA	2:01.58
27.43	30.90	32.05	31.20
15 Tulupov, Mikhail	FR	HHS-VA	2:06.06
28.36	31.57	33.54	32.59
16 Hays, Brian	LCHS#		2:06.49
27.59	31.37	33.18	34.35
17 Tufts, Brian	JHHS-VA		2:14.79
29.39	34.10	36.57	34.73
18 Knight, Zack	JR	KRHS-VA	2:25.46
31.39	36.10	39.20	38.77

#4 Girls 200 Yard Free

2:03.19 4A VHSL 4A
2:08.48 REG REG 4C

Name	Yr	Team	Finals Time
1 Kopac, Allison	SOR	VHS-VA	1:52.16 4A
26.15	28.43	29.01	28.57
2 Hemminger, Keely	SR	WGST	1:56.66 4A
27.59	29.60	29.72	29.75
3 Vanderloo, Lexie	LCHS#		1:57.59 4A
27.97	29.84	30.04	29.74
4 Baker, Brandi	SOL	V-VA	2:00.27 4A
27.53	30.36	31.11	31.27
5 Talomie, Peyton	FR	KRHS-VA	2:03.07 4A
28.09	30.86	32.00	32.12
6 Dayyani, Ainsley	SOR	VHS-VA	2:05.10 REG
28.44	32.15	32.38	32.13
7 Monahan, Darby	SOK	RHS-VA	2:07.02 REG
28.73	31.57	33.30	33.42
8 Logan, Jenna	JHHS-VA		2:19.15 5.0
31.39	34.95	36.78	36.03
9 McVey, Madie	SR	SHS	2:20.33 4.0
31.34	34.75	37.25	36.99
10 Champ, Melody	SR	HHS-VA	2:20.71 3.0
31.16	34.73	37.43	37.39
11 Gannon, Addy	FR	SHS	2:21.35 2.0
31.35	35.60	37.42	36.98

#5 Boys 200 Yard IM

2:06.29 4A VHSL 4A
2:10.00 REG REG 4C

Name	Yr	Team	Finals Time
1 Hughes, Collin	LCHS#		1:54.26 4A
24.72	28.79	34.27	26.48
2 Heenan, Jake	JR	KRHS-VA	1:59.14 4A
25.27	28.37	35.59	29.91
3 Johnson, Kyle	SOP	VHS	2:00.77 4A
25.75	31.90	34.56	28.56
4 O'Brien, Sam	FR	LV-VA	2:03.48 4A
26.57	30.38	38.05	28.48

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#5 Boys 200 Yard IM

5	ConlonPhillips, Ethai	JR FHS-VA	2:03.63	4A
	26.41	30.88	36.69	29.65
6	Kopac, Christopher	FRRVHS-VA	2:03.76	4A
	26.14	31.82	36.85	28.95
7	Backus, Kyle	LCHS#	2:05.57	4A
	26.95	32.81	37.16	28.65
8	Pham, Peter	FRSHS	2:09.41	REG
	27.60	33.04	38.42	30.35
9	Lees, Tommy	SOHHS-VA	2:10.28	4.0
	27.48	35.02	36.44	31.34
10	Pham, Mathew	JR SHS	2:11.11	3.0
	27.42	35.04	38.00	30.65
11	Kahng, Vincent	SORVHS-VA	2:11.40	2.0
	27.16	32.92	38.80	32.52
12	Cram, Trevor	FRSHS	2:31.15	1.0
	30.10	42.83	43.60	34.62
13	Woodrum, Daniel	SRJW-VA	2:34.86	
	31.62	38.92	47.43	36.89

#6 Girls 200 Yard IM

2:19.29 4A VHSL 4A
2:27.61 REG REG 4C

Name	Yr	Team	Finals Time	
1 Nguyen, Claire	JR	RVHS-VA	2:03.05	4A
	26.36	30.76	36.78	29.15
2 Schlemmer, Rachel	SODHS		2:06.53	4A
	26.77	31.99	36.85	30.92
3 Frie, Sarah	SOWGST		2:09.68	4A
	27.00	32.98	39.72	29.98
4 Warnagiris, Kimberly	FRJW-VA		2:10.16	4A
	26.84	34.60	38.09	30.63
5 Kerrigan, Erin	SOKRHS-VA		2:12.71	4A
	28.67	33.25	40.44	30.35
6 Bernal, Daphne	FRWGST		2:14.92	4A
	29.45	36.66	37.07	31.74
7 Ye, Hannah	SORVHS-VA		2:17.06	4A
	28.93	35.07	39.06	34.00
8 Missing, Annabel	JR HHS-VA		2:20.31	REG
	29.48	37.56	40.89	32.38
9 De Jong, Emma	FRSHS		2:20.97	REG
	31.53	36.44	42.00	31.00
10 Schultz, Kyra	SOSHS		2:21.31	REG
	29.95	35.82	42.50	33.04
11 Maranto, Molly	SRKRHS-VA		2:22.88	REG
	30.92	36.18	42.95	32.83
12 McCummings, Delan	SORVHS-VA		2:24.44	REG
	30.60	34.90	45.77	33.17
13 Bernal, Ariel	SOWGST		2:25.06	REG
	33.02	36.87	43.10	32.07
14 Kahng, Isabelle	SORVHS-VA		2:25.56	REG
	31.78	37.01	41.49	35.28
15 Bengston, Leah	SOFHS-VA		2:28.52	
	31.13	38.45	43.27	35.67
16 Restrepo, Anne	JR SHS		2:30.49	
	31.58	37.31	45.92	35.68

17 Manzo, Madison	SOLV-VA		2:31.74	
	33.63	37.83	44.11	36.17
18 Nefferdorf, Elizabeth	SRKRHS-VA		2:40.18	
	32.09	43.28	48.11	36.70
19 Bohon, Adriana	JR KRHS-VA		2:40.25	
	32.52	38.69	54.27	34.77
20 Lilly, Grace	FRJW-VA		2:48.19	
	37.79	41.74	50.12	38.54
--- Richards, Brooklyn	SOFHS-VA		DFS	

#7 Boys 50 Yard Free

23.09 4A VHSL 4A
23.47 REG REG 4C

Name	Yr	Team	Finals Time	
1 Conway, Sean	JR	LV-VA	21.34	4A
2 Stevens, Carson	SR	PVHS	22.45	4A
3 Whitted, Andy	SR	KRHS-VA	22.52	4A
4 Piliere, Ben	SR	WGST	22.73	4A
5 Ibrahim, Ayman	SR	SHS	22.77	4A
6 Ramberg, Jack		LCHS#	22.87	4A
7 Lippy, Brock	JR	RVHS-VA	23.07	4A
8 Webb, Parker	SR	KRHS-VA	23.53	5.0
9 Wright, Kieran	JR	DHS	23.94	4.0
10 Bell, Silas		JHHS-VA	24.00	3.0
11 Barmak, Taylor	SR	RVHS-VA	24.04	2.0
12 Kim, Nathan	FR	KRHS-VA	24.22	1.0
13 McAndrew, Tyler		SOFHS-VA	24.27	
14 Walsh, Thomas	SR	HHS-VA	24.31	
15 Hicks, Zach	SR	MHS-VA	24.64	
16 Gannon, Angelo	SR	SHS	24.75	
17 Stearns, Chris		JHHS-VA	26.00	

#8 Girls 50 Yard Free

25.99 4A VHSL 4A
26.40 REG REG 4C

Name	Yr	Team	Finals Time	
1 Frie, Rita	JR	WGST	24.95	4A
2 Bogushefsky, Ashley	SODHS		25.38	4A
3 Greig, Morgan	SORVHS-VA		25.49	4A
4 McMillan, Kelli	FR	DHS	25.58	4A
5 Pyle, Ellee	FR	WGST	26.03	REG
6 Sutliff, Claire	JR	KRHS-VA	26.46	9.0
7 Pham, Jordan	SORVHS-VA		26.64	7.0
8 Watts, Meredith		JHHS-VA	26.83	5.0
9 Wagner, Nerissa		LCHS#	27.09	4.0
10 Twigg, Gracie	SOSHS		27.25	3.0
11 Body, Taylor	JR	RVHS-VA	27.33	2.0
12 Fahey, Natalie	SOKRHS-VA		27.49	1.0
13 Armel, Lindley	FR	SHS	28.19	
14 Keefer, Breanna	SR	SHS	28.28	
15 Morefield, Quincy		JHHS-VA	28.66	
--- McDuffie, Cara	SOLV-VA		DFS	

#11 Boys 100 Yard Fly

56.19 4A VHSL 4A
57.71 REG REG 4C

Name	Yr	Team	Finals Time	
1 Johnson, Kyle	SOPVHS		53.24	4A
	25.12	28.12		
2 Rossbach, John	JR	HHS-VA	53.92	4A
	24.89	29.03		
3 Blusiewicz, Andrew	FR	DHS	54.12	4A
	25.53	28.59		
4 Finan, Garrett	SR	KRHS-VA	54.27	4A
	25.78	28.49		
5 Goldman, Jake	FR	FHS-VA	54.48	4A
	25.88	28.60		
6 Heenan, Jake	JR	KRHS-VA	54.98	4A
	25.87	29.11		
7 Barmak, Taylor	SR	RVHS-VA	55.04	4A
	25.17	29.87		
8 Koenig, Colby		LCHS#	55.75	4A
	26.44	29.31		
9 Hua, Brian	JR	JW-VA	56.00	4A
	26.01	29.99		
10 Sitton, Jackson		JHHS-VA	56.54	REG
	25.59	30.95		
11 Russello, Gage	SR	WGST	57.27	REG
	26.33	30.94		
12 Pham, Peter	FR	SHS	58.31	1.0
	26.28	32.03		
13 Tran, Johnathan	SORVHS-VA		59.87	
	26.87	33.00		
14 Milenski, Jack	SODHS		1:00.44	
	27.19	33.25		
15 Whitted, Liam	SR	KRHS-VA	1:04.99	
16 Green, Ridge	SR	SHS	1:07.13	
	31.39	35.74		
17 Obetz, Presley	SOFHS-VA		1:15.33	
	34.82	40.51		

#12 Girls 100 Yard Fly

1:02.69 4A VHSL 4A
1:04.70 REG REG 4C

Name	Yr	Team	Finals Time	
1 Schlemmer, Rachel	SODHS		56.51	4A
	26.77	29.74		
2 Frie, Sarah	SOWGST		57.17	4A
	27.20	29.97		
3 Warnagiris, Kimberly	FRJW-VA		57.45	4A
	26.92	30.53		
4 Kerrigan, Erin	SOKRHS-VA		1:00.00	4A
	28.70	31.30		
5 Haast, Mikaela	SORVHS-VA		1:00.51	4A
	28.19	32.32		
6 Baker, Brandi	SOLV-VA		1:01.57	4A
	29.11	32.46		
7 Kinney, Yaiza	SR	HHS-VA	1:02.13	4A
	28.67	33.46		

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#12 Girls 100 Yard Fly

8	Sullivan, Angela	FRRVHS-VA	1:03.03	REG
	29.12	33.91		
9	Porter, Claire	FRRVHS-VA	1:03.07	REG
	28.72	34.35		
10	Creveling, Kat	SRFHHS-VA	1:03.40	REG
	29.69	33.71		
11	Ramirez, Chloe	SORVHS-VA	1:05.04	
	30.38	34.66		
12	Schultz, Kyra	SOSHS	1:05.49	2.0
	30.37	35.12		
13	Dinosa, Kathleen	SRDHS	1:05.93	1.0
	30.39	35.54		
14	Restrepo, Anne	JR SHS	1:08.49	
	32.14	36.35		
15	Bohon, Adriana	JR KRHS-VA	1:08.74	
	31.46	37.28		
16	Damico, Sydney	SOSHS	1:09.00	
	30.80	38.20		
17	Nefferdorf, Elizabeth	SRKRHS-VA	1:09.53	
	32.34	37.19		
18	Young, Molly	JHHS-VA	1:11.64	
	32.99	38.65		

#13 Boys 100 Yard Free

50.79 4A VHSL 4A
52.04 REG REG 4C

Name	Yr	Team	Finals Time	
1 Hughes, Collin		LCHS#	46.93	4A
		22.50	24.43	
2 Ibrahim, Ayman		SRS SHS	48.95	4A
		23.93	25.02	
3 Piliere, Ben		SRWGST	49.06	4A
		23.41	25.65	
4 Whitted, Andy		SRKRHS-VA	50.89	REG
		23.99	26.90	
5 Smolsky, Jordan		FRHHS-VA	51.27	REG
		24.48	26.79	
6 McCummings, Jacks		JR RVHS-VA	51.32	REG
		24.33	26.99	
7 Lippy, Brock		JR RVHS-VA	52.63	7.0
		25.20	27.43	
8 Walsh, Thomas		SRHHS-VA	53.24	5.0
		25.63	27.61	
9 Bell, Silas		JHHS-VA	53.30	4.0
		25.17	28.13	
10 Wagner, Gavin		LCHS#	53.73	3.0
		25.09	28.64	
11 Hicks, Zach		SRMHS-VA	54.64	2.0
12 McAndrew, Tyler		SOFHHS-VA	54.69	1.0
		25.40	29.29	
13 Gannon, Angelo		SRS SHS	55.76	
		26.75	29.01	
14 McDonald, Keeyan		JR JW-VA	58.31	
		27.72	30.59	
15 Stearns, Chris		JHHS-VA	59.10	
		28.60	30.50	

#14 Girls 100 Yard Free

56.89 4A VHSL 4A
58.44 REG REG 4C

Name	Yr	Team	Finals Time	
1 Nguyen, Claire		JR RVHS-VA	52.14	4A
		25.24	26.90	
2 Adair, Caitlyn		JR KRHS-VA	54.60	4A
		26.06	28.54	
3 Frie, Rita		JR WGST	54.82	4A
		26.84	27.98	
4 McMillan, Kelli		FRDHS	55.26	4A
		26.77	28.49	
5 Bae, Ashley		SORVHS-VA	56.00	4A
		27.07	28.93	
6 Greig, Morgan		SORVHS-VA	56.30	4A
		27.35	28.95	
7 Calvert, Julia		LCHS#	57.94	REG
		27.78	30.16	
8 Sutliff, Claire		JR KRHS-VA	58.63	5.0
		27.73	30.90	
9 Jones, Jordyn		SOSHS	58.89	4.0
		28.26	30.63	
10 Watts, Meredith		JHHS-VA	59.88	3.0
		28.96	30.92	
11 Twigg, Gracie		SOSHS	1:01.03	2.0
		28.85	32.18	
12 Keefer, Breanna		SRS SHS	1:02.27	1.0
		29.63	32.64	
13 Tucker, Meghan		SOLHS	1:02.52	
		29.97	32.55	
14 Starustka, Hannah		JR SHS	1:03.64	
		30.25	33.39	
15 Logan, Jenna		JHHS-VA	1:03.76	
		31.00	32.76	
--- McDuffie, Cara		SOLV-VA		DFS

#15 Boys 500 Yard Free

5:00.69 4A VHSL 4A
5:09.97 REG REG 4C

Name	Yr	Team	Finals Time	
1 Quan, Robert		FRRVHS-VA	4:44.76	4A
		25.64	27.92	28.92 28.88
		29.26	29.07	28.94 28.85
		28.74	28.54	
2 Hunter, Shane		LCHS#	4:47.13	4A
		26.06	28.24	29.39 29.11
		28.97	29.06	29.54 29.26
		29.18	28.32	
3 O'Brien, Sam		FR LV-VA	4:47.17	4A
		26.02	28.23	29.00 29.00
		29.11	29.33	29.34 29.78
		29.19	28.17	
4 Maranto, Nick		FRKRHS-VA	4:59.18	4A
		27.29	29.22	29.45 30.43
		30.43	30.61	30.61 30.91
		30.73	29.50	

5	Kopac, Christopher	FRRVHS-VA	4:59.67	4A
		26.45	29.29	30.30 30.50
		30.77	30.38	30.39 30.63
		30.61	30.35	
6	Gerstl, Otto	SORVHS-VA	5:00.30	4A
		26.30	29.30	30.26 30.54
		30.98	30.87	30.87 31.08
		31.19	28.91	
7	Eisner, Cole	LCHS#	5:04.93	REG
		27.41	29.41	29.41 30.66
		31.39	30.68	31.32 30.87
		32.29	31.49	
8	Northrup, Patrick	SRMHS-VA	5:11.95	5.0
		27.62	28.92	30.73 30.98
		31.15	31.79	32.21 33.24
		33.56	31.75	
9	Baines, Lukas	SOKRHS-VA	5:34.96	4.0
		28.40	32.39	34.06 34.45
		34.14	34.19	34.27 35.17
		34.67	33.22	
10	Tulupov, Mikhail	FRHHS-VA	5:39.68	3.0
		29.02	32.75	33.30 34.13
		34.97	34.88	35.39 35.88
		35.59	33.77	
11	Dorsey, David	JR JW-VA	5:43.73	2.0
		27.90	32.96	34.36 34.73
		35.49	35.39	37.18 36.88
		34.92	33.92	
12	McCarthy, Tim	FRMHS-VA	5:50.16	1.0
		28.83	33.11	34.89 35.06
		35.43	36.32	36.72 37.15
		37.05	35.60	
13	Tufts, Brian	JHHS-VA	6:04.53	
		29.76	34.67	36.31 37.92
		38.09	38.24	39.25 37.81
		37.65	34.83	
14	Bauer, Joshua	SOSHS	6:11.63	
		31.65	36.29	38.58 37.94
		38.42	39.28	37.77 38.21
		37.87	35.62	
15	Woodrum, Daniel	SRJW-VA	6:23.08	
		30.60	35.79	38.18 39.11
		39.14	39.40	40.57 40.87
		1:19.42		

#16 Girls 500 Yard Free

5:29.19 4A VHSL 4A
5:51.55 REG REG 4C

Name	Yr	Team	Finals Time	
1 Kopac, Allison		SORVHS-VA	5:01.10	4A
		26.64	29.36	29.95 30.60
		30.57	30.70	31.14 31.34
		31.20	29.60	
2 Hemminger, Keely		SRWGST	5:06.99	4A
		27.39	29.81	30.89 30.87
		31.27	31.11	31.07 31.42
		31.74	31.42	

Region 4C Championship Meet

Results

#16 Girls 500 Yard Free

3	Vanderloo, Lexie	LCHS#	5:10.46	4A
	28.57	30.62	31.40	31.32
	31.50	31.72	31.72	31.68
	31.37	30.56		
4	Carter, Hannah	SRWGST	5:15.11	4A
	29.28	31.22	31.35	31.36
	31.49	31.69	32.20	32.25
	32.54	31.73		
5	Fergus, Kenzi	JHHS-VA	5:23.30	4A
	28.71	31.20	32.03	32.39
	32.85	32.37	32.88	33.78
	33.84	33.25		
6	Dayyani, Ainsley	SORVHS-VA	5:33.89	REG
	29.46	33.07	33.91	34.39
	34.16	33.94	34.52	34.21
	34.09	32.14		
7	Missing, Annabel	JR HHS-VA	5:33.93	REG
	30.38	33.66	34.52	34.79
	34.75	33.90	34.65	33.95
	32.83	30.50		
8	Hanson, Sophia	SOWGST	5:40.75	REG
	30.24	33.24	34.16	34.31
	34.69	34.77	35.15	35.35
	35.05	33.79		
9	Sullivan, Angela	FRRVHS-VA	5:44.50	REG
	31.56	34.60	34.88	35.95
	34.88	34.84	35.22	35.92
	34.20	32.45		
10	Monahan, Darby	SOKRHS-VA	5:44.57	REG
	31.53	34.86	35.02	35.12
	35.25	35.17	35.12	35.04
	34.57	32.89		
11	Armel, Lindley	FRSHS	5:46.48	REG
	30.87	34.31	34.65	35.09
	35.24	35.63	35.86	35.34
	35.13	34.36		
12	Creveling, Kat	SRFHS-VA	5:49.89	REG
	30.87	34.14	35.23	35.33
	35.20	35.94	35.67	36.14
	36.18	35.19		
13	Hain, Mikayla	SOWGST	5:57.93	
	31.63	34.73	35.36	36.01
	36.31	36.89	37.47	37.02
	37.48	35.03		
14	Ramirez, Chloe	SORVHS-VA	5:59.55	
	32.29	34.50	35.38	36.34
	36.33	37.07	37.49	37.48
	37.07	35.60		
15	Boyle, Josephine	LCHS#	6:01.16	
	31.06	34.86	36.45	36.33
	36.74	37.54	37.06	37.79
	37.08	36.25		
16	Ho, Jovia	SRHHS-VA	6:06.83	
	33.03	36.23	36.58	37.04
	37.34	38.01	38.08	37.36
	37.30	35.86		

17	Young, Molly	JHHS-VA	6:11.80	
	32.66	36.18	37.44	38.35
	38.17	38.15	38.39	38.71
	37.53	36.22		
18	Gannon, Addy	FRSHS	6:24.09	
	32.59	36.02	37.94	38.61
	39.54	40.03	40.43	39.90
	40.68	38.35		

#17 Boys 200 Yard Free Relay

1:37.49 4A VHSL 4A				
1:38.20 REG REG 4C				
Team	Relay	Finals Time		
1	KRHS-VA	A	1:31.52	4A
	Whitted, Andy SR	Heenan, Jake JR		
	Webb, Parker SR	Maranto, Nick FR		
	23.30	22.19	23.26	22.77
2	LV-VA	A	1:31.69	4A
	VanTassell, Mason JR	Conway, Sean JR		
	O'Brien, Sam FR	Serafin, Wyatt SR		
	23.71	21.19	23.61	23.18
3	RVHS-VA	A	1:32.44	4A
	Kopac, Christopher FR	Barmak, Taylor SR		
	Gerstl, Otto SO	Lippy, Brock JR		
	23.81	23.33	22.80	22.50
4	LCHS#	A	1:32.94	4A
	Koenig, Colby	Ramberg, Jack		
	Seck, Michael	Eisner, Cole		
	23.35	23.00	23.93	22.66
5	HHS-VA	A	1:35.65	4A
	Walsh, Thomas SR	Lees, Tommy SO		
	Smolsky, Jordan FR	Rosbach, John JR		
	24.46	24.20	23.40	23.59
6	DHS	A	1:36.50	4A
	Wright, Kieran JR	Milenski, Jack SO		
	Curran, Michael SO	Blusiewicz, Andrew FR		
	24.31	25.32	23.49	23.38
7	PVHS	A	1:37.15	4A
	Johnson, Kyle SO	Carroll, Brandon SR		
	Muller, Christian SR	Stevens, Carson SR		
	23.35	25.76	25.32	22.72
8	WGST	A	1:38.04	REG
	Russello, Gage SR	Turman, Vincent SO		
	Markey, Liam SO	Piliere, Ben SR		
	23.83	25.66	24.98	23.57
9	JHHS-VA	A	1:38.20	REG
	Bell, Silas	Stearns, Chris		
	Tufts, Brian	Sitton, Jackson		
	24.00	24.78	25.70	23.72
10	JW-VA	A	1:40.06	6.0
	Hua, Brian JR	Dorsey, David JR		
	McDonald, Keeyan JR	Woodrum, Daniel SR		
	23.76	24.96	25.75	25.59
11	SHS	A	1:49.27	4.0
	Leckie, Michael JR	Cadd, Dylan SO		
	Cram, Trevor FR	Green, Ridge SR		
	27.18	28.47	26.64	26.98

12	FHS-VA	A	1:55.79	2.0
	McAndrew, Tyler SO	Obetz, Presley SO		
	Patusky, Luke SO	Copperthite, Alex SO		
	24.71	29.73	1:01.35	

#18 Girls 200 Yard Free Relay

1:47.29 4A VHSL 4A				
1:50.35 REG REG 4C				
Team	Relay	Finals Time		
1	DHS	A	1:41.05	4A
	Schlemmer, Rachel SO	Bogushesky, Ashley SO		
	Joyner, Rhiann SO	McMillan, Kelli FR		
	24.63	25.12	26.31	24.99
2	RVHS-VA	A	1:42.52	4A
	Haast, Mikaela SO	Pham, Jordan SO		
	Bae, Ashley SO	Greig, Morgan SO		
	26.24	26.27	25.29	24.72
3	WGST	A	1:43.72	4A
	Pyle, Ellee FR	Jones, Kameron SO		
	Hemminger, Keely SR	Frie, Rita JR		
	26.31	27.50	25.06	24.85
4	KRHS-VA	A	1:44.79	4A
	Adair, Caitlyn JR	Maranto, Molly SR		
	Talomie, Peyton FR	Sutliff, Claire JR		
	25.73	26.30	26.95	25.81
5	HHS-VA	A	1:47.98	REG
	Kinney, Yaiza SR	Overton, Audrey JR		
	Champ, Melody SR	Missing, Annabel JR		
	26.83	27.62	27.98	25.55
6	JHHS-VA	A	1:49.76	REG
	Morefield, Quincy	Logan, Jenna		
	Fergus, Kenzi	Watts, Meredith		
	28.41	28.66	26.47	26.22
7	LCHS#	A	1:50.73	14.0
	Houck, Julia	Young, Nami		
	Blest, McKenna	Boyle, Josephine		
	27.61	27.48	27.79	27.85
8	SHS	A	1:51.02	10.0
	Twigg, Gracie SO	Restrepo, Anne JR		
	Starustka, Hannah JR	Keefer, Breanna SR		
	27.80	27.76	28.22	27.24
9	FHS-VA	A	2:07.95	8.0
	Irvin, Ella SO	Ward, Bridget JR		
	Pascoe, Katelyn SO	Keilholtz, Jillian SO		
	38.93	23.37	32.87	32.78

#19 Boys 100 Yard Back

57.79 4A VHSL 4A				
1:01.00 REG REG 4C				
Name	Yr	Team	Finals Time	
1	Smolsky, Jordan	FRHHS-VA	54.96	4A
	26.95	28.01		
2	Wagner, Gavin	LCHS#	57.29	4A
	27.45	29.84		
3	VanTassell, Mason	JR LV-VA	58.11	REG
	28.13	29.98		
4	Lind, Jack	SRRVHS-VA	58.80	REG
	28.48	30.32		

Region 4C Championship Meet

Results

#19 Boys 100 Yard Back

5	Koenig, Colby	LCHS#	59.17	REG
	28.71	30.46		
6	Hua, Brian	JR JW-VA	1:00.04	REG
	29.12	30.92		
7	Chin, Ray	SRRVHS-VA	1:00.14	REG
	28.47	31.67		
8	Silpacharn, Pawon	JR RVHS-VA	1:00.16	REG
	29.04	31.12		
9	McCarthy, Tim	FRMHS-VA	1:02.19	4.0
	30.39	31.80		
10	Love, Mercer	JHHS-VA	1:04.44	3.0
11	Whitted, Liam	SRKRHS-VA	1:08.91	2.0
	32.50	36.41		
12	Bauer, Joshua	SOSHS	1:12.70	1.0
	35.63	37.07		
13	Peterson, Kyle	SOKRHS-VA	1:12.99	
	34.96	38.03		
---	Dooley, Brennan	SOMHS-VA		DFS

#20 Girls 100 Yard Back

1:03.69 4A VHSL 4A				
1:06.23 REG REG 4C				
Name	Yr	Team	Finals Time	
1	Adair, Caitlyn	JR KRHS-VA	59.65	4A
	28.84	30.81		
2	Carter, Hannah	SRWGST	1:00.52	4A
	29.85	30.67		
3	Haast, Mikaela	SORVHS-VA	1:00.56	4A
	29.95	30.61		
4	Bogushesky, Ashley	SODHS	1:00.76	4A
	29.25	31.51		
5	Fergus, Kenzi	JHHS-VA	1:02.10	4A
	30.20	31.90		
6	Calvert, Julia	LCHS#	1:02.57	4A
	30.02	32.55		
7	McCummings, Delan	SORVHS-VA	1:03.79	REG
	31.10	32.69		
8	Porter, Claire	FRRVHS-VA	1:03.98	REG
	30.35	33.63		
9	Jones, Jordyn	SOSHS	1:04.49	REG
	31.33	33.16		
10	Lu, Jessica	SRLV-VA	1:05.10	REG
	31.13	33.97		
11	Wagner, Nerissa	LCHS#	1:05.68	REG
	31.60	34.08		
12	Bernal, Ariel	SOWGST	1:06.74	1.0
	32.31	34.43		
13	Damico, Sydney	SOSHS	1:09.01	
	33.48	35.53		
14	Morefield, Quincy	JHHS-VA	1:10.88	
	34.04	36.84		
15	Larkin, Beth	SRFHS-VA	1:11.83	
	33.89	37.94		
16	Fahey, Natalie	SOKRHS-VA	1:12.00	
	34.26	37.74		

17	Cavanagh, Rachel	JR JW-VA	1:12.85	
	36.17	36.68		

#21 Boys 100 Yard Breast

1:04.09 4A VHSL 4A				
1:06.47 REG REG 4C				
Name	Yr	Team	Finals Time	
1	Stevens, Carson	SRPVHS	59.39	4A
	28.08	31.31		
2	Backus, Kyle	LCHS#	1:00.63	4A
	28.88	31.75		
3	Smith, Tanner	SRKRHS-VA	1:01.05	4A
	29.27	31.78		
4	Maranto, Nick	FRKRHS-VA	1:01.92	4A
	28.96	32.96		
5	Lees, Tommy	SOHHS-VA	1:02.36	4A
	29.11	33.25		
6	Goldman, Jake	FRFHS-VA	1:03.35	4A
	30.29	33.06		
7	Russello, Gage	SRWGST	1:03.53	4A
	29.50	34.03		
8	Turman, Vincent	SOWGST	1:04.06	4A
	29.36	34.70		
9	McCummings, Jack	JR RVHS-VA	1:04.79	REG
	29.88	34.91		
10	Pham, Mathew	JR SHS	1:05.20	REG
	29.68	35.52		
11	Kahng, Vincent	SORVHS-VA	1:05.48	REG
	30.83	34.65		
12	Kane, Jake	SRRVHS-VA	1:05.55	REG
	30.68	34.87		
13	ConlonPhillips, Ethar	JR FHS-VA	1:05.99	REG
	31.56	34.43		
14	Ramberg, Jack	LCHS#	1:06.08	REG
	30.85	35.23		
15	Wright, Kieran	JR DHS	1:06.30	REG
	31.17	35.13		
16	Webb, Parker	SRKRHS-VA	1:08.07	
	31.98	36.09		
17	Slater, Bobby	SOFHS-VA	1:09.84	
	31.82	38.02		
18	Green, Ridge	SRSHS	1:11.26	
	33.33	37.93		
19	Moss, Ethan	JHHS-VA	1:16.13	
	35.22	40.91		
20	Leckie, Michael	JR SHS	1:17.50	
	37.00	40.50		

#22 Girls 100 Yard Breast

1:12.69 4A VHSL 4A				
1:15.64 REG REG 4C				
Name	Yr	Team	Finals Time	
1	Bernal, Daphne	FRWGST	1:05.49	4A
	30.75	34.74		
2	Ye, Hannah	SORVHS-VA	1:08.99	4A
	32.51	36.48		
3	De Jong, Emma	FRSHS	1:09.84	4A
	32.18	37.66		

4	Kinney, Yaiza	SRHHS-VA	1:09.97	4A
	32.91	37.06		
5	Wiles, Taylor	FRDHS	1:11.17	4A
	32.65	38.52		
6	Hanson, Sophia	SOWGST	1:11.39	4A
	33.45	37.94		
7	Bae, Ashley	SORVHS-VA	1:11.44	4A
	34.05	37.39		
8	Pyle, Ellee	FRWGST	1:12.01	4A
	33.33	38.68		
9	Kahng, Isabelle	SORVHS-VA	1:12.84	REG
	34.39	38.45		
10	Talomie, Peyton	FRKRHS-VA	1:14.12	REG
	34.87	39.25		
11	Davis, Spencer	LCHS#	1:14.19	REG
	34.58	39.61		
12	Maranto, Molly	SRKRHS-VA	1:14.45	REG
	35.23	39.22		
13	Popovich, Kylee	JR DHS	1:15.38	REG
	34.75	40.63		
14	Bengston, Leah	SOFHS-VA	1:18.35	
	36.10	42.25		
15	Felix, Kendall	JHHS-VA	1:19.05	
	36.28	42.77		
16	Starustka, Hannah	JR SHS	1:19.11	
	38.27	40.84		
17	Tucker, Meghan	SOLHS	1:21.40	
	38.03	43.37		
18	O'Hara, Maura	SRKRHS-VA	1:24.56	
	39.12	45.44		
---	Richards, Brooklyn	SOFHS-VA		DFS

#23 Boys 400 Yard Free Relay

3:29.89 4A VHSL 4A				
3:39.02 REG REG 4C				
Team	Relay	Finals Time		
1	LCHS#	A	3:17.70	4A
	Ramberg, Jack	Hughes, Collin		
	Hunter, Shane	Backus, Kyle		
	24.42	51.25	22.17	46.32
	23.32	49.83	23.57	50.30
2	KRHS-VA	A	3:23.77	4A
	Finan, Garrett SR	Webb, Parker SR		
	Maranto, Nick FR	Smith, Tanner SR		
	24.03	50.04	26.05	54.01
	24.24	50.68	23.06	49.04
3	RVHS-VA	A	3:25.54	4A
	Gerstl, Otto SO	Kopac, Christopher FR		
	McCummings, Jackson JR	Quan, Robert FR		
	24.44	50.92	24.27	51.04
	26.03	54.98	23.32	48.60
4	LV-VA	A	3:28.25	4A
	Conway, Sean JR	VanTassell, Mason JR		
	Serafin, Wyatt SR	O'Brien, Sam FR		
	22.74	46.75	25.77	53.92
	26.40	55.55	24.74	52.03

Region 4C Championship Meet

Results

(#23 Boys 400 Yard Free Relay)

5 SHS	A	3:32.15	REG
Pham, Peter FR	Gannon, Angelo SR		
Pham, Mathew JR	Ibrahim, Ayman SR		
24.93	52.61	25.51	54.24
25.89	56.17	23.62	49.13
6 FHS-VA	A	3:42.67	18.0
ConlonPhillips, Ethan JR	McAndrew, Tyler SO		
Slater, Bobby SO	Goldman, Jake FR		
25.50	52.52	26.67	56.43
28.25	1:01.27	24.72	52.45
7 DHS	A	3:45.73	14.0
Milenski, Jack SO	James, Alex FR		
Titov, Max FR	Curran, Michael SO		
26.71	56.68	26.16	54.66
27.65	59.14	25.57	55.25
8 JW-VA	A	3:46.27	10.0
Dorsey, David JR	McDonald, Keeyan JR		
Woodrum, Daniel SR	Hua, Brian JR		
26.33	55.90	27.90	58.68
27.04	57.85	25.57	53.84
9 HHS-VA	A	3:50.60	8.0
Kearin, Sean FR	McShaffrey, Dylan JR		
Stover, Danny JR	Tran, Minh SO		
26.61	57.94	15.64	57.95
27.10	59.25	25.93	55.46

#24 Girls 400 Yard Free Relay

3:56.39 4A VHSL 4A

4:07.58 REG REG 4C

Team	Relay	Finals Time
1 RVHS-VA	A	3:36.58 4A
Nguyen, Claire JR	Bae, Ashley SO	
Ye, Hannah SO	Kopac, Allison SO	
25.41	52.44	26.68 55.68
26.04	55.38	25.40 53.08
2 WGST	A	3:41.87 4A
Hemminger, Keely SR	Carter, Hannah SR	
Frie, Sarah SO	Frie, Rita JR	
27.07	55.79	26.94 56.05
25.45	53.43	26.44 56.60
3 SHS	A	3:56.51 REG
Schultz, Kyra SO	Twigg, Gracie SO	
Jones, Jordyn SO	De Jong, Emma FR	
28.48	59.22	29.09 1:02.49
27.78	58.77	26.41 56.03
4 LCHS#	A	3:59.95 REG
Vanderloo, Lexie	Calvert, Julia	
Wagner, Nerissa	Davis, Spencer	
27.33	56.04	28.72 1:01.53
29.18	1:01.11	28.28 1:01.27
5 KRHS-VA	A	4:01.31 REG
Kerrigan, Erin SO	Monahan, Darby SO	
Fahey, Natalie SO	Maranto, Molly SR	
28.34	58.25	29.06 1:00.96
30.48	1:03.82	27.64 58.28

6 DHS	A	4:02.44	REG
Dinosa, Kathleen SR	Dinosa, Ashley FR		
Downes, Dylan JR	Joyner, Rhiann SO		
28.63	59.91	29.05	1:02.76
29.10	1:01.32	28.43	58.45
7 LV-VA	A	4:06.33	REG
Manzo, Madison SO	Lu, Jessica SR		
Lear, Emma SR	Baker, Brandi SO		
29.36	1:01.37	28.86	1:00.73
32.20	1:08.61	26.46	55.62
8 FHS-VA	A	4:10.92	10.0
Bengston, Leah SO	Creveling, Kat SR		
Hardy, Quinn SO	Larkin, Beth SR		
29.09	1:02.13	29.03	1:00.84
30.33	1:04.11	30.45	1:03.84
9 HHS-VA	A	4:13.88	8.0
Frisby, Amanda SO	Porter, Abby SR		
Ho, Jovia SR	Overton, Audrey JR		
30.34	1:04.76	30.48	1:07.08
29.20	1:01.20	29.02	1:00.84
10 JHHS-VA	A	4:18.13	6.0
Logan, Jenna	Rickman, Jade		
Young, Molly	Morefield, Quincy		
31.19	1:05.27	31.89	1:04.95
29.40	1:02.11	31.01	1:05.80

Scores - Men

Men - Team Rankings - Through Event 24

1. Kettle Run High School	207
2. Loudoun County HS	206
3. Riverside High School	203
4. Loudoun Valley High School	119
5. Heritage High School	116
6. Park View High School-Sterling	81
6. Sherando High School	81
8. Dominion High School	73
9. Woodgrove Swim Team	65
10. Fauquier High School	50
11. James Wood High School	31
12. John Handley High School	29
13. Millbrook High School	27

Combined Team Scores

Combined Team Scores - Through Event 24

1. Riverside High School	494
2. Kettle Run High School	362
3. Loudoun County HS	308
4. Woodgrove Swim Team	299
5. Dominion High School	233
6. Heritage High School	191
7. Sherando High School	178
8. Loudoun Valley High School	164
9. John Handley High School	96
10. Park View High School-Sterling	81
11. Fauquier High School	72
12. James Wood High School	60
13. Millbrook High School	27

Scores - Women

Women - Team Rankings - Through Event 24

1. Riverside High School	291
2. Woodgrove Swim Team	234
3. Dominion High School	160
4. Kettle Run High School	155
5. Loudoun County HS	102
6. Sherando High School	97
7. Heritage High School	75
8. John Handley High School	67
9. Loudoun Valley High School	45
10. James Wood High School	29
11. Fauquier High School	22