

**VHSL 3A State Swimming & Diving Championship - 2/18/2017 to 2/19/2017**  
**Psych Sheet**

**#1 Boys 200 Yard Medley Relay**

**VHSL: 1:32.80 2016 Patriot High School**  
**Cumberland, Rowe, Cooper, Ross**  
**3A State Rec: 1:36.35 2015 Lafayette**  
**C. Kale, B. Huckstep, C. Flannery, D. Lueker**

Team	Relay	Seed Time
1 THS-VA	A	1:37.83
2 HVHS-VA	A	1:38.57
3 WAHS-VA	A	1:40.90
4 CSHS	A	1:42.16
5 YORK	A	1:42.69
6 BDHS-VA	A	1:43.33
7 BHSVA-VA	A	1:44.11
8 JM-VA	A	1:46.25
9 RVHS-VA	A	1:46.41
10 SPWD-VA	A	1:46.90
11 RCHS-VA	A	1:47.24
12 BHS-VA	A	1:50.42
13 MHS-VA	A	1:51.15
14 WHS!	A	1:52.06
15 WMHS-VA	A	1:52.62
16 POQ	A	1:55.63

**#2 Girls 200 Yard Medley Relay**

**VHSL: 1:44.51 2015 Chantilly High School**  
**Hensley, Clabeaux, Gwennap, Peters**  
**3A State Rec: 1:47.43 2015 Cave Spring High School**  
**P. Assaid, T. Muzzy, E. Muzzy, M. Harman**

Team	Relay	Seed Time
1 RVHS-VA	A	1:49.47
2 YORK	A	1:51.62
3 WHS!	A	1:52.20
4 NKHS-VA	A	1:53.56
5 CSHS	A	1:55.02
6 HVHS-VA	A	1:56.47
7 BHSVA-VA	A	1:57.19
8 THS-VA	A	1:57.26
9 FCHS	A	1:57.63
10 JM-VA	A	1:57.94
11 BHS-VA	A	1:58.24
12 WAHS-VA	A	1:58.29
13 LDBT-VA	A	1:58.81
14 MHS-VA	A	2:01.04
15 TASH-VA	A	2:01.53
16 BWAY-VA	A	2:02.61
17 BDHS-VA	A	2:04.58
18 CHHS-VA	A	2:05.45

**#3 Boys 200 Yard Freestyle**

**VHSL: 1:35.76 2014 Andrew Seliskar**  
**3A State Rec: 1:42.09 2016 Greg C Reed**

Name	Yr	School	Seed Time
1 Reed, Greg C		SR HVHS-VA	1:41.55
2 Talati, Nick R		SO THS-VA	1:44.02
3 Apisa, Ethan A		SR BHSVA-V/	1:44.90
4 Romanowski, Nate		SR BDHS-VA	1:45.99
5 Harnish, Brian		SR BDHS-VA	1:48.60
6 Yang, Leo z		FR BHSVA-V/	1:50.40
7 Hargrove, Noah A		FR WAHS-VA	1:51.02
8 Gibbons, Colin J		JR HVHS-VA	1:51.37
9 Jearls, Chandler C		SR NHSVA-V/	1:51.57
10 Atkins, Caleb M		FR HVHS-VA	1:51.94

11 Young, Ben	JR CCHS-VA	1:52.27
12 McCummings, Jackson	MSO RVHS-VA	1:53.24
13 Bowen, Zach	SO WAHS-VA	1:53.92
14 Phelps, Trevor	JR WAHS-VA	1:54.74
15 Emmerman, Jacob	JR SPWD-VA	1:54.84
16 Linville, Owen	JR MHS-VA	1:56.43
17 Gerstl, Otto G	FR RVHS-VA	1:57.04
18 Kaminer, Jacob L	SR THS-VA	1:57.32
19 Cataneo, Jack	FR BDHS-VA	1:59.11
20 Kaseloo, Christian	JR CHHS-VA	1:59.23

**#4 Girls 200 Yard Freestyle**

**VHSL: 1:46.32 2009 Rebecca Jones**  
**3A State Rec: 1:50.12 2014 Abigail Richey**

Name	Yr	School	Seed Time
1 Nguyen, Claire P		SO RVHS-VA	1:49.17
2 Hodge, Laura N		JR BHSVA-V/	1:57.77
3 Jones, Julianna		SR NKHS-VA	1:58.82
4 Slominski, Anna E		SO JM-VA	2:00.28
5 Smith, Sydney P		SR HVHS-VA	2:01.25
6 DiSanto, Camilla		SR CHHS-VA	2:01.47
7 Cummins, Megan P		JR CBURG-V/	2:01.86
8 McNaull, Caylyn D		JR FCHS	2:02.75
9 Sitton, Madison		JR BHS-VA	2:03.50
10 Bonfadini, Brooke		SR CCHS-VA	2:05.13
11 Martin, Meredith a		SO WAHS-VA	2:05.17
12 Gaffney, Megan		YORK	2:06.23
13 Dayyani, Ainsley E		FR RVHS-VA	2:07.15
14 Spahr, Madeline		JR BHS-VA	2:09.26
15 Boswell, Yasmine		SR RVHS-VA	2:10.51
16 Burnsied, Ava		SO MHS-VA	2:10.94
17 Burkholder, Hannah		JR TASH-VA	2:12.65
18 Coppage, Ashley		YORK	2:13.49
19 Becker, Lucy		SO BDHS-VA	2:15.85

**#5 Boys 200 Yard IM**

**VHSL: 1:43.01 2015 Andrew Seliskar**  
**3A State Rec: 1:51.00 2015 Michael Craddock**

Name	Yr	School	Seed Time
1 Myburgh, Keith M		JR HVHS-VA	1:55.98
2 Verastek, Chris S		JR THS-VA	1:56.65
3 Eddy, Bracken		SO MHS-VA	1:59.25
4 Lamb, August b		SO WAHS-VA	1:59.26
5 Hamilton, Jason A		JR HVHS-VA	1:59.62
6 Brooks, Jonathan		JR BDHS-VA	2:02.80
7 Penn, Gabriel		SR BDHS-VA	2:03.46
8 Rice, Jacob		YORK	2:04.69
9 Fields, Noah		YORK	2:05.05
10 Mandell, Matt n		SR WAHS-VA	2:06.45
11 Naylor, Brandon		FR BHS-VA	2:06.49
12 Zolovick, Ryan A		JR BHSVA-V/	2:06.56
13 Pettyjohn, Daniel		FR BHS-VA	2:06.56
14 Young, Declan R		SO THS-VA	2:06.66
15 Harris, Mills H		FR CSHS	2:07.09
16 Lough, Justin N		TASH-VA	2:07.91
17 Sudweeks, Issac		FR BHSVA-V/	2:08.43
18 Sposato, Evan j		SO WAHS-VA	2:08.77
19 Semper, Ari		FR WHS!	2:09.62
20 Bennett, Zachary		SO POQ	2:12.58
21 Creelman, Andrew		YORK	2:15.54
22 Sallade, Jason		SR BDHS-VA	2:17.92
23 Kahng, Vincent B		FR RVHS-VA	2:18.01

**#6 Girls 200 Yard IM**

**VHSL: 1:59.19 2015 Cassidy Bayer**  
**3A State Rec: 2:02.65 2016 Danika Katzer**

Name	Yr	School	Seed Time
1 Katzer, Danika		YORK	2:03.44
2 Sargent, Zorey		SO NKHS-VA	2:09.73
3 Muzzy, Emma E		JR CSHS	2:10.92
4 Childress, Kelsey		SR BHS-VA	2:15.41
5 Ye, Hannah		FR RVHS-VA	2:15.44
6 Bae, Ashley W		FR RVHS-VA	2:17.28
7 Toledo, Hailey M		SR THS-VA	2:17.76
8 Greiner, Kaylee G		SR CBURG-V/	2:17.94
9 Verastek, Caitlyn N		FR THS-VA	2:18.06
10 Whitman, Juliet		SR JM-VA	2:18.72
11 Behnke, Maria E		SR JM-VA	2:18.76
12 Watson, Shelby		SO WHS!	2:20.26
13 Young, Madison		SR POQ	2:21.14
14 Simpson, Rylee B		FR CCHS-VA	2:22.45
15 Riggan, Maggie		SR WHS-VA	2:23.60
16 Jones, Kayla R		FR HVHS-VA	2:24.45
17 Dutton, Sydney		FR WAHS-VA	2:26.01
18 Rohrer, Brittany		JR TASH-VA	2:26.96
19 Moneyhun, Holly		JR BHSVA-V/	2:28.75
20 Sheng, Anna z		FR BHSVA-V/	2:29.27
21 Hill, Emma		SO WHS-VA	2:31.31

**#7 Boys 50 Yard Freestyle**

**VHSL: 20.19 2015 James Jones**  
**3A State Rec: 20.85 2016 Aaron D James**

Name	Yr	School	Seed Time
1 Harp, Parker		YORK	22.02
2 Donovan, AJ		SR WAHS-VA	22.22
3 Gray, Jackson W		SR HVHS-VA	22.34
4 Finucane, Aidan T		SR HVHS-VA	22.59
5 Du, Sean		SR THS-VA	22.67
6 Sterling, Sam D		SO BHSVA-V/	22.68
7 DiFazio, Michael L		SR FCHS	22.75
8 Riordan, Johnny		JR WAHS-VA	22.86
9 Mastracci, Kyle		YORK	22.96
10 Rush, Alex S		SR RCHS-VA	23.00
11 Heilman, Jason D		SO WAHS-VA	23.15
12 McHenry, Chris		AHS-VA	23.20
13 O'Shea, Kevin		SR WAHS-VA	23.24
14 Berberich, Mikey		SR CSHS	23.52
15 Zaatari, Ahmed W		JR WMHS-VA	23.54
16 Frizzell, Hunter		SR JM-VA	23.62
17 Koo, Noah M		SR RVHS-VA	23.66
18 Corder, John		JR SPWD-VA	23.76
19 Lippy, Brock		SO RVHS-VA	23.86
20 Balgoyen, Andrew		JR SHS17-VA	24.03

**#8 Girls 50 Yard Freestyle**

**VHSL: 22.29 2014 Janet Hu**  
**3A State Rec: 23.42 2016 Emma E Muzzy**

Name	Yr	School	Seed Time
1 Slayton, Alex		YORK	24.14
2 James, Morgan A		SR WAHS-VA	24.46
3 Harrison, Tristan T		FR THS-VA	24.64
4 Large, Kimberly M		SO AHS!-VA	24.75
5 Tyranski, Faith		JR WHS!	25.15
6 Watson, Samantha L		FR THS-VA	25.32
7 Lloyd, Elena K		SO HVHS-VA	25.64

## VHSL 3A State Swimming &amp; Diving Championship - 2/18/2017 to 2/19/2017

## Psych Sheet

## #8 ... (Girls 50 Yard Freestyle)

8	Pham, Jordan E	FR RVHS-VA	25.73
9	James, Claudia M	SO WAHS-VA	25.82
10	Jirsa, Hannah J	SO BHSVA-V/2	25.86
11	Moore, Caitlyn	SO BDHS-VA	26.04
12	Shickel, Molly S	SR TASH-VA	26.40
13	Walín, Meghan	SO MHS-VA	26.45
14	Oh, Rebecca	SR RVHS-VA	26.49
15	Woodworth, Emma	FR WHS-VA	26.52
16	Summy, Emmie	JR BHS-VA	26.56
17	Baker, Anna	SO WMHS-VA	26.92
18	Henley, Kate	SO BDHS-VA	27.03
19	Forjan, Keara	JR JM-VA	27.10
20	Rippel, Zoe	JR WHS!	27.14

## #9 Boys 1 mtr Diving

VHSL: 607.60 2016 Grayson Campbell			
3A State Rec: 492.40 2015 Ronnie Piemonte			
Name	Yr	School	
1	Peritz, William	FR WAHS-VA	368.55
2	Hatcher, Caleb	FR CBURG-V.	353.20
3	Dye, Seth	JR TASH-VA	289.15
4	Neeble, Cooper	SO CBURG-V.	287.20
5	Turner, Benton	SO WAHS-VA	284.25
6	Smidt, Jacob J	SO HVHS-VA	NP

## #10 Girls 1 mtr Diving

VHSL: 483.50 2003 Mary Yarrison			
3A State Rec: 425.85 2015 Pearl Hurst			
Name	Yr	School	
1	Leftwich, Brooke	JR CSHS	434.15
2	Reynard, Lydia	SR FCHS	344.65
3	Wilberger, Alyssa	SR BWAY-VA	342.50
4	Norris, Charlotte	SR WAHS-VA	332.55
5	D'Atre, Carey	FR WAHS-VA	319.65
6	Donalson, Mia	SO WAHS-VA	310.35
7	Estes, Bethany	SR TASH-VA	299.10
8	Baker, Emily	SR FCHS	276.40
9	Hurdle, Anna	SR FCHS	270.20
10	Gemeny, Sarah	JR WAHS-VA	260.90
11	Young, Hannah M	JR WMHS-VA	NP
12	Barlow, Delaney	FR WMHS-VA	NP
13	Treser, Heidi z	FR BHSVA-V/2	NP
14	Miller, Lindsay	FR BHSVA-V/2	NP
15	Harding, Celia J	SR HVHS-VA	NP
16	Nichols, Maddie A	JR HVHS-VA	NP
17	Mills, Lexi	NKHS-VA	NP

## #11 Boys 100 Yard Butterfly

VHSL: 46.13 2015 Andrew Seliskar			
3A State Rec: 49.97 2016 Angelo J Russo			
Name	Yr	School	Seed Time
1	Russo, Angelo J	SR CSHS	50.16
2	Talati, Nick R	SO THS-VA	53.56
3	Romanowski, Nate	SR BDHS-VA	53.59
4	Gibbons, Colin J	JR HVHS-VA	54.54
5	Myburgh, Collin A	FR HVHS-VA	54.60
6	Jearls, Chandler C	SR NHSVA-V/2	54.74
7	Yang, Leo z	FR BHSVA-V/2	54.75
8	Snyder, Tate	SO WHS-VA	55.00
9	Omweg, C.J. J	JR THS-VA	55.19
10	Weakley, Evan	SO SPWD-VA	55.44

11	Donovan, AJ	SR WAHS-VA	55.80
12	Beyeler, Daniel	JR BWAY-VA	55.94
13	Brewer, Brandon A	SO THS-VA	56.12
14	Heilman, Jason D	SO WAHS-VA	56.23
15	Vaughn, Jack D	JR WAHS-VA	56.30
16	Rice, Jacob	YORK	56.33
17	Bowen, Zach	SO WAHS-VA	56.39
18	Lough, Justin N	TASH-VA	56.45
19	Naylor, Brandon	FR BHS-VA	56.56
20	Creelman, Andrew	YORK	57.97
21	DaCruz, Joao	SO BDHS-VA	58.53
22	Barmak, Taylor W	JR RVHS-VA	58.61
23	Koo, Noah M	SR RVHS-VA	58.75
24	Frerichs, Noah	FR WHS!	59.62
25	Seymour, Robbie	SR BDHS-VA	59.77

## #12 Girls 100 Yard Butterfly

VHSL: 52.46 2014 Janet Hu			
3A State Rec: 53.05 2015 Remedy Rule			
Name	Yr	School	Seed Time
1	Nguyen, Claire P	SO RVHS-VA	55.39
2	Bray, Oliva	FR LDBT-VA	55.46
3	Whaley, Morgan	JR WHS!	56.85
4	Harrison, Tristan T	FR THS-VA	58.68
5	Nardone, Fefe	SR FCHS	59.24
6	Haast, Mikaela A	FR RVHS-VA	1:00.16
7	Whitman, Juliet	SR JM-VA	1:00.36
8	Reilly, Alyssa	YORK	1:00.66
9	O'Donnell, Sophie K	FR WAHS-VA	1:00.75
10	Wagner, Kristen	FR WHS-VA	1:01.42
11	Coleson, Meghan	JR NKHS-VA	1:02.10
12	Jirsa, Hannah J	SO BHSVA-V/2	1:03.09
13	Ramirez, Chloe A	FR RVHS-VA	1:03.16
14	Morris, Aubree	JR BWAY-VA	1:03.26
15	Moore, Caitlyn	SO BDHS-VA	1:03.45
16	Jumper, Kayleigh	SO WAHS-VA	1:03.48
17	Bowman, Morgan	SO NKHS-VA	1:03.62
18	Lawson, Allie	SR CSHS	1:03.84
19	O'Connell, Clare	SO WAHS-VA	1:04.90

## #13 Boys 100 Yard Freestyle

VHSL: 44.45 2015 James Jones			
3A State Rec: 46.31 2015 Will Orrison			
Name	Yr	School	Seed Time
1	Harp, Parker	YORK	47.77
2	Lamb, August b	SO WAHS-VA	48.17
3	Finucane, Aidan T	SR HVHS-VA	48.97
4	Du, Sean	SR THS-VA	49.57
5	Sterling, Sam D	SO BHSVA-V/2	49.64
6	McCummings, Jackson MSO	SO RVHS-VA	50.32
7	Rush, Alex S	SR RCHS-VA	50.35
8	Harnish, Brian	SR BDHS-VA	50.45
9	Evans, Richie	JR NHSVA-V/2	50.69
10	Riordan, Johnny	JR WAHS-VA	50.75
11	Young, Ben	JR CCHS-VA	50.78
12	Karp, Stephane P	FR WAHS-VA	51.32
13	O'Shea, Kevin	SR WAHS-VA	51.93
14	Zaatar, Ahmed W	JR WMHS-VA	52.92
15	Fike, Jonah	SR BHSVA-V/2	52.99
16	Frizzell, Hunter	SR JM-VA	52.99
17	MacDonnell, Connor J	JR THS-VA	53.74
18	Tran, Johnathan Q	FR RVHS-VA	53.96

19	Lippy, Brock	SO RVHS-VA	54.18
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## #14 Girls 100 Yard Freestyle

VHSL: 49.15 2009 Rebecca Jones			
3A State Rec: 51.82 2014 Hailey Bivens			
Name	Yr	School	Seed Time
1	Kopac, Allison N	FR RVHS-VA	51.99
2	Slayton, Alex	YORK	53.08
3	Assaid, Paige E	SR CSHS	53.12
4	Large, Kimberly M	SO AHS!-VA	54.30
5	Jones, Julianna	SR NKHS-VA	54.66
6	Hodge, Laura N	JR BHSVA-V/2	55.23
7	Lloyd, Elena K	SO HVHS-VA	56.43
8	James, Morgan A	SR WAHS-VA	56.56
9	Seeley, Cameron	JR BHSVA-V/2	56.62
10	Oh, Rebecca	SR RVHS-VA	56.73
11	Arnold, Sarah	FR BWAY-VA	57.29
12	James, Claudia M	SO WAHS-VA	57.35
13	Toledo, Hailey M	SR THS-VA	57.41
14	Pham, Jordan E	FR RVHS-VA	57.79
15	Bonfadini, Brooke	SR CCHS-VA	57.86
16	Burnsed, Ava	SO MHS-VA	57.99
17	Brown, Kaitlin	SO MVHS-VA	58.11
18	Slusser, Gracie G	SR BHSVA-V/2	58.49
19	Rippel, Zoe	JR WHS!	58.85
20	Baker, Anna	SO WMHS-VA	59.67
21	Forjan, Keara	JR JM-VA	59.68

## #15 Boys 500 Yard Freestyle

VHSL: 4:25.72 2009 Matt Benecki			
3A State Rec: 4:32.49 2016 Greg C Reed			
Name	Yr	School	Seed Time
1	Reed, Greg C	SR HVHS-VA	4:34.90
2	Apisa, Ethan A	SR BHSVA-V/2	4:46.52
3	Hargrove, Noah A	FR WAHS-VA	4:49.35
4	Hamilton, Jason A	JR HVHS-VA	4:55.15
5	Fields, Noah	YORK	4:59.52
6	Childress, Colby	FR BHS-VA	5:01.80
7	Snyder, Tate	SO WHS-VA	5:02.38
8	Penn, Gabriel	SR BDHS-VA	5:03.24
9	Atkins, Caleb M	FR HVHS-VA	5:05.11
10	Baxley, Will W	FR HVHS-VA	5:08.17
11	Pettyjohn, Daniel	FR BHS-VA	5:08.54
12	Gerstl, Otto G	FR RVHS-VA	5:12.06
13	Sudweeks, Issac	FR BHSVA-V/2	5:12.33
14	Gregory, Justin	JR BDHS-VA	5:12.38
15	Phelps, Trevor	JR WAHS-VA	5:13.41
16	Sposato, Evan j	SO WAHS-VA	5:17.26
17	Hodge, Robert D	SO BHSVA-V/2	5:19.72
18	Kaminer, Jacob L	SR THS-VA	5:20.34
19	Frerichs, Noah	FR WHS!	5:32.23
20	Kaseloo, Christian	JR CHHS-VA	5:33.84
21	Ruiz, Julian	JR WHS!	5:35.97
22	Cataneo, Jack	FR BDHS-VA	5:37.37
23	Harlan, Ryan	SO MPHS-VA	5:43.78

## #16 Girls 500 Yard Freestyle

VHSL: 4:43.43 2015 Megan Byrnes			
3A State Rec: 4:52.36 2016 Emma E Muzzy			
Name	Yr	School	Seed Time
1	DiSanto, Camilla	SR CHHS-VA	5:10.17
2	Kopac, Allison N	FR RVHS-VA	5:10.23
3	Cummins, Megan P	JR CBURG-V.	5:20.01

## VHSL 3A State Swimming &amp; Diving Championship - 2/18/2017 to 2/19/2017

## Psych Sheet

## #16 ... (Girls 500 Yard Freestyle)

4	Smith, Sydney P	SR HVHS-VA	5:20.96
5	Sennett, Ashley	JR BHS-VA	5:25.39
6	Wagner, Kristen	FR WHS-VA	5:25.66
7	Landolt, Grace A	SR HVHS-VA	5:27.37
8	Sitton, Madison	JR BHS-VA	5:28.68
9	Martin, Meredith a	SO WAHS-VA	5:33.05
10	McMullen, Rose	YORK	5:33.64
11	Stefanick, Alexis	YORK	5:40.60
12	Reilly, Abby J	FR BHSVA-V/	5:41.28
13	Dayyani, Ainsley E	FR RVHS-VA	5:41.51
14	Bowman, Morgan	SO NKHS-VA	5:43.13
15	Moneyhun, Holly	JR BHSVA-V/	5:43.54
16	Ramirez, Chloe A	FR RVHS-VA	5:46.38
17	Horton, Rickey E	SO CBURG-V.	5:49.60
18	Eide, Michaela W	SO NHSVA-V/	5:51.18
19	Sheng, Anna z	FR BHSVA-V/	5:51.68
20	Coppage, Ashley	YORK	5:51.69
21	Park, Anna	SO BDHS-VA	6:00.00
22	McCummings, Delaney S	FR RVHS-VA	6:00.64

## #17 Boys 200 Yard Freestyle Relay

VHSL: 1:23.26 2015 Oakton High School  
 Hallock, Pettinichi, Ambrose, Shebat  
 3A State Rec: 1:27.32 2016 Western Albemarle H  
 A Donovan, A Lamb, J Heilman, A James

Team	Relay	Seed Time	
1	HVHS-VA	A	1:29.69
2	JM-VA	A	1:29.81
3	THS-VA	A	1:30.66
4	YORK	A	1:31.03
5	WAHS-VA	A	1:31.34
6	BDHS-VA	A	1:31.81
7	BHSVA-VA	A	1:33.21
8	RVHS-VA	A	1:33.57
9	CSHS	A	1:33.88
10	SPWD-VA	A	1:36.65
11	TASH-VA	A	1:36.75
12	FCHS	A	1:38.17
13	BWAY-VA	A	1:38.77
14	AHS-VA	A	1:39.61
15	WMHS-VA	A	1:40.44
16	CHHS-VA	A	1:41.80
17	POQ	A	1:41.91
18	CCHS-VA	A	1:43.34

## #18 Girls 200 Yard Freestyle Relay

VHSL: 1:35.53 2015 Oakton High School  
 Byrnes, Sheridan, Bourdelais, Branton  
 3A State Rec: 1:37.79 2014 Western Albemarle  
 M. James, C. Rumsey, C. Riordan, B. Rule

Team	Relay	Seed Time	
1	YORK	A	1:41.31
2	CSHS	A	1:43.33
3	JM-VA	A	1:43.33
4	RVHS-VA	A	1:43.98
5	WAHS-VA	A	1:44.12
6	BHSVA-VA	A	1:44.63
7	FCHS	A	1:45.07
8	HVHS-VA	A	1:45.56
9	NKHS-VA	A	1:46.01

10	THS-VA	A	1:46.40
11	MHS-VA	A	1:46.67
12	TASH-VA	A	1:47.82
13	BHS-VA	A	1:48.16
14	WHS!	A	1:48.81
15	WHS-VA	A	1:49.05
16	BDHS-VA	A	1:49.96
17	CHHS-VA	A	1:52.35
18	CCHS-VA	A	1:54.51

## #19 Boys 100 Yard Backstroke

VHSL: 47.46 2015 John Shebat			
3A State Rec: 49.48 2016 Angelo J Russo			
Name	Yr	School	Seed Time
1	Russo, Angelo J	SR CSHS	50.47
2	Gray, Jackson W	SR HVHS-VA	53.97
3	Omweg, C.J. J	JR THS-VA	55.57
4	DiFazio, Michael L	SR FCHS	55.66
5	Eddy, Bracken	SO MHS-VA	56.84
6	Weakley, Evan	SO SPWD-VA	56.97
7	Mastracci, Kyle	YORK	57.15
8	Evans, Richie	JR NHSVA-V/	58.45
9	Tracey, Max	SO WAHS-VA	58.69
10	Childress, Colby	FR BHS-VA	59.36
11	Dudley, Dakota	FR BHSVA-V/	59.63
12	King, Brennan	SR FCHS	59.73
13	Gregory, Justin	JR BDHS-VA	1:00.08
14	Silpacharn, Leo	SO RVHS-VA	1:00.56
15	Brewer, Brandon A	SO THS-VA	1:00.66
16	Tilson, Calvin C	SR RCHS-VA	1:00.83
17	Chin, Ray P	JR RVHS-VA	1:01.74
18	Tran, Johnathan Q	FR RVHS-VA	1:01.89
19	Lind, Jack	JR RVHS-VA	1:02.39
20	Gideonse, Cole	JR BDHS-VA	1:04.66
21	Bush, Nick M	SR AHSI-VA	1:06.25
22	Huffman, Josh	JR BDHS-VA	1:06.28

## #20 Girls 100 Yard Backstroke

VHSL: 52.27 2013 Janet Hu			
3A State Rec: 54.58 2015 Remedy Rule			
Name	Yr	School	Seed Time
1	Bray, Oliva	FR LDBT-VA	56.57
2	Whaley, Morgan	JR WHS!	58.37
3	Assaid, Paige E	SR CSHS	58.63
4	Behnke, Maria E	SR JM-VA	1:00.53
5	Childress, Kelsey	SR BHS-VA	1:01.44
6	Tyranski, Faith	JR WHS!	1:01.44
7	Reilly, Alyssa	YORK	1:02.09
8	Sennett, Ashley	JR BHS-VA	1:02.28
9	Bae, Ashley W	FR RVHS-VA	1:02.55
10	Woodworth, Emma	FR WHS-VA	1:02.61
11	Coleson, Meghan	JR NKHS-VA	1:02.81
12	Jumper, Kayleigh	SO WAHS-VA	1:03.02
13	Brown, Kaitlin	SO MVHS-VA	1:03.04
14	Haast, Mikaela A	FR RVHS-VA	1:03.06
15	O'Donnell, Sophie K	FR WAHS-VA	1:03.48
16	Nardone, Fefe	SR FCHS	1:03.57
17	Body, Taylor	SO RVHS-VA	1:04.87
18	Reilly, Abby J	FR BHSVA-V/	1:05.15
19	Dutton, Sydney	FR WAHS-VA	1:05.21
20	Guillot, Mackenzie R	SO BHSVA-V/	1:05.24
21	O'Connell, Clare	SO WAHS-VA	1:05.73

22	Lawson, Allie	SR CSHS	1:06.49
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## #21 Boys 100 Yard Breaststroke

VHSL: 49.97 2014 Ted Schubert			
3A State Rec: 56.51 2016 Keith M Myburgh			
Name	Yr	School	Seed Time
1	Verastek, Chris S	JR THS-VA	58.69
2	Myburgh, Keith M	JR HVHS-VA	59.26
3	Brooks, Jonathan	JR BDHS-VA	1:00.10
4	Mandell, Matt n	SR WAHS-VA	1:00.34
5	Myburgh, Collin A	FR HVHS-VA	1:00.71
6	Winter, Tyce	FR WAHS-VA	1:02.81
7	Semper, Ari	FR WHS!	1:03.14
8	Armentrout, Paul	SR BWAY-VA	1:04.60
9	Vaughn, Jack D	JR WAHS-VA	1:04.77
10	Harris, Mills H	FR CSHS	1:04.99
11	Zolovick, Ryan A	JR BHSVA-V/	1:05.53
12	Kahng, Vincent B	FR RVHS-VA	1:05.91
13	Kane, Jake	JR RVHS-VA	1:07.16
14	Young, Declan R	SO THS-VA	1:07.27
15	Bennett, Zachary	SO POQ	1:08.60
16	Sallade, Jason	SR BDHS-VA	1:10.32
17	Creelman, James	YORK	1:10.45
18	Maksimowicz, Chris	JR BDHS-VA	1:10.62

## #22 Girls 100 Yard Breaststroke

VHSL: 1:00.96 2008 Ashley Danner			
3A State Rec: 1:04.03 2014 Annie Lane			
Name	Yr	School	Seed Time
1	Katzer, Danika	YORK	1:04.67
2	Ye, Hannah	FR RVHS-VA	1:08.68
3	Turner, Meagan J	FR THS-VA	1:09.36
4	Muzzy, Emma E	JR CSHS	1:09.48
5	Sargent, Zorey	SO NKHS-VA	1:09.63
6	Slominski, Anna E	SO JM-VA	1:09.81
7	McNaul, Caylyn D	JR FCHS	1:09.83
8	Verastek, Caitlyn N	FR THS-VA	1:10.35
9	Watson, Shelby	SO WHS!	1:10.84
10	Sweigart, Cathryn	JR TASH-VA	1:11.63
11	Landolt, Grace A	SR HVHS-VA	1:11.68
12	Greiner, Kaylee G	SR CBURG-V.	1:11.80
13	Young, Madison	SR POQ	1:13.19
14	Adams, Catherine	SR WAHS-VA	1:13.78
15	Slusser, Hailey	SO BHSVA-V/	1:14.01
16	Maupin, Morgan	JR FCHS	1:14.02
17	Jones, Kayla R	FR HVHS-VA	1:14.33
18	Ho, Gabriella J	JR BHSVA-V/	1:14.41
19	Riggan, Maggie	SR WHS-VA	1:14.50
20	Greig, Morgan E	FR RVHS-VA	1:14.63
21	Stefanick, Alexis	YORK	1:14.92
22	Kahng, Isabelle M	FR RVHS-VA	1:15.23

## #23 Boys 400 Yard Freestyle Relay

VHSL: 3:04.34 2015 Thomas Jefferson			
Pollock, Thorsell, Sison, Seliskar			
3A State Rec: 3:11.69 2016 Hidden Valley High S			
G Reed, J Gray, J Hamilton, K Myburgh			
Team	Relay	Seed Time	
1	HVHS-VA	A	3:17.70
2	BDHS-VA	A	3:19.26
3	WAHS-VA	A	3:19.46
4	BHSVA-VA	A	3:25.80
5	YORK	A	3:25.93

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**Psych Sheet**

**#23 ... (Boys 400 Yard Freestyle Relay)**

6	THS-VA	A	3:28.35
7	CSHS	A	3:30.63
8	RVHS-VA	A	3:33.46
9	SPWD-VA	A	3:36.66
10	RCHS-VA	A	3:37.62
11	MHS-VA	A	3:39.76
12	BHS-VA	A	3:41.99
13	NHSVA-VA	A	3:43.38
14	WHS!	A	3:44.90
15	SHS17-VA	A	4:00.76
16	LHS-VA	A	4:03.25
17	WMHS-VA	A	4:07.73

**#24 Girls 400 Yard Freestyle Relay**

**VHSL: 3:29.00 2015 Oakton High School**

**Bynes, Bourdelais, McCleskey, Branton**

**3A State Rec: 3:31.50 2015 Cave Spring**

**M. Harman, T. Muzzy, P. Assaid, E. Muzzy**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	BHS-VA	A	1:16.71
2	RVHS-VA	A	3:36.35
3	YORK	A	3:43.88
4	JM-VA	A	3:45.66
5	BHSVA-VA	A	3:46.55
6	NKHS-VA	A	3:46.85
7	WAHS-VA	A	3:47.22
8	WHS!	A	3:50.57
9	HVHS-VA	A	3:52.48
10	WHS-VA	A	3:58.03
11	CBURG-VA	A	4:00.05
12	MHS-VA	A	4:00.27
13	TASH-VA	A	4:03.90
14	BDHS-VA	A	4:08.98
15	THS-VA	A	4:09.28
16	WMHS-VA	A	4:25.04