

VHSL 4A Swimming & Diving Championship - 2/17/2017
Psych Sheet

#1 Boys 200 Yard Medley Relay			3 Lawson, Jake E	JR SHS	1:44.87	7 Gordon, John-Michael	SO LCA	1:58.91			
VHSL: 1:32.80 2016 Patriot High School			4 Ashton, Nick A	JR COHS	1:45.25	8 Milburn, Daniel	SR SHS!	2:01.50			
Cumberland, Rowe, Cooper, Ross			5 Greenhoe, Zachary	12 CHS	1:45.68	9 Zapp, Jack	FR RRHS	2:03.13			
4A State Rec: 1:37.65 2016 John Champe High School			6 McKinley, Tim P	SO FSR	1:46.01	10 Pins, Kyle W	SR COHS	2:03.22			
K Barker, J Gabriel, M Kaslik, A Yaunches			7 Oliver, Sam	FR JCHS	1:47.07	11 Orange, Austin	SO JFHS	2:03.22			
Team	Relay	Seed Time	8 Lawson, Nick A	FR SHS	1:47.08	12 Crisci, Flynn J	SO LHS	2:03.43			
1 LCHS#	A	1:39.43	9 Shideler, Corey	SR JHS	1:49.45	13 Heenan, Jake A	SO KRHS	2:03.53			
2 JCHS	A	1:40.08	10 Northup, Patrick	JR MHS	1:49.51	14 Watson, Taylor	SR JHS	2:03.65			
3 COHS	A	1:40.11	11 Sauls, Connor	FR JFHS	1:49.91	15 Daley, Luke	FR HAN	2:03.78			
4 HAN	A	1:40.12	12 Murray, Brendan	JR JFHS	1:50.02	16 Russello, Gage G	JR WG	2:03.92			
5 KRHS	A	1:40.47	13 Fye, Reese	FR RRHS	1:50.55	17 Moss, Jonathan	SR HAN	2:04.02			
6 FSR	A	1:40.47	14 Eisner, Cole	LCHS#	1:50.79	18 Finan, Garrett T	JR KRHS	2:04.02			
7 LHS	A	1:41.36	15 Smith, Tanner S	JR KRHS	1:51.12	19 Conway, Jacob	FR RRHS	2:04.82			
8 PV	A	1:41.99	16 Fisher, Gabe J	FR FSR	1:51.32	20 Yeager, Jake	LCHS#	2:04.84			
9 RRHS	A	1:42.81	17 Conway, Jacob	FR RRHS	1:51.35	21 Schonfelder, Sutton	JR JFHS	2:05.15			
10 KGHS	A	1:43.02	18 Newton, Ross R	JR HAN	1:51.70	22 Debopadhaya, Shayom	SO SHS	2:05.43			
11 JFHS	A	1:43.26	19 Grimmett, Brian	JR JFHS	1:52.04	23 Rossbach, John	SO HHS	2:05.65			
12 JHS	A	1:44.33	20 Sensiba, Finn M	SR LHS	1:55.96	24 Vereb, Jacob	FR JHS	2:06.60			
13 SHS	A	1:44.33	21 Salamon, Joey	JR GHS	1:56.01	25 Murray, Dan	FR JFHS	2:07.11			
14 HHS	A	1:44.34	22 Chapman, Joshua	SR GRBR	1:58.70	26 Mateer, Kostas	FR GHS	2:08.78			
15 CHS	A	1:44.64	23 Poole, Drummond D	JR LHS	1:59.54	27 Hudak, Ryan	SO CHHS	2:11.04			
16 SHS!	A	1:46.10	24 Macaluso, Matthew J	SR KGHS	2:00.42	28 Detweiler, Ethan T	JR LHS	2:12.53			
17 DHS	A	1:46.47				29 Serpa, Tyler M	SR KGHS	2:14.04			
18 CHHS	A	1:48.67									
19 DCHS	A	1:51.01									
20 SHS17	A	1:52.59									
#2 Girls 200 Yard Medley Relay			#4 Girls 200 Yard Freestyle			#6 Girls 200 Yard IM					
VHSL: 1:44.51 2015 Chantilly High School			VHSL: 1:46.32 2009 Rebecca Jones			VHSL: 1:59.19 2015 Cassidy Bayer					
Hensley, Clabeaux, Gwennap, Peters			4A State Rec: 1:50.23 2016 Nicole Fye			4A State Rec: 2:03.89 2016 Annie Boone					
4A State Rec: 1:50.78 2016 Lafayette High School			Name	Yr	School	Seed Time	Name	Yr	School	Seed Time	
G Olsen, E Freiling, J Beattie, T Hatcher			1 Fye, Nicole	SR	RRHS	1:51.75	1 Hurt, Colby K	FR	LHS	2:05.72	
Team	Relay	Seed Time	2 Hemminger, Keely M	JR	WG	1:55.33	2 Owen, Alexa M	SO	LCHS	2:06.08	
1 JHS	A	1:49.12	3 Fanz, Lindsey	JR	PHS	1:55.48	3 Schlemmer, Rachel	FR	DHS	2:06.56	
2 LHS	A	1:49.62	4 Kerrigan, Erin M	FR	KRHS	1:57.94	4 Tinneney, Jacqueline	JR	GHS	2:09.17	
3 KRHS	A	1:54.29	5 Grant, Mattie	SR	HAN	1:58.15	5 Oliver, Maren	JR	JCHS	2:13.00	
4 DHS	A	1:54.66	6 Storen, Caroline M	FR	COHS	1:58.76	6 McKinley, Sophie M	JR	FSR	2:13.10	
5 FSR	A	1:54.96	7 Johnson, Kylie	FR	JHS	1:58.96	7 Herbstritt, Katie	SO	RRHS	2:14.72	
6 CHHS	A	1:55.83	8 Burrows, Kathryn	SO	JHS	1:59.70	8 Miller, Jessica E	JR	KGHS	2:15.36	
7 RRHS	A	1:56.01	9 Carvajal, Kailey	FR	JHS	1:59.99	9 Roehrle, Carter Catherine	JR	JHS	2:15.36	
8 KGHS	A	1:56.22	10 Rubino, Lauren	SO	JCHS	2:00.11	10 Esslinger, Abbey	SR	MHS	2:16.25	
9 JCHS	A	1:56.60	11 McKinley, Mia K	JR	FSR	2:00.30	11 Fleenor, Anna Clare C	FR	SHS	2:16.35	
10 WBHS	A	1:57.11	12 Littlepage, Maddie	SR	JCHS	2:00.37	12 Plogger, Lexi	SO	JFHS	2:16.78	
11 HHS	A	1:57.33	13 McKay, Madison	SR	HHS	2:00.59	13 Buirski, Shea	FR	JHS	2:17.35	
12 JFHS	A	1:57.76	14 Erquiaga, Carrington M	JR	LCA	2:00.77	14 Horacek, Madison	JR	WBHS	2:17.81	
13 WG	A	1:58.43	15 Carter, Hannah M	JR	WG	2:01.16	15 Ross, McKenzie	FR	RRHS	2:17.88	
14 SHS	A	1:58.89	16 Thompson, Gabby R	SO	KGHS	2:02.18	16 Triolet, Bella	FR	GRBR	2:20.62	
15 ECG	A	1:59.41	17 Eckert, Ellisa	FR	ECG	2:02.41	17 Shearer, Jordan N	JR	CHHS	2:21.70	
16 LV	A	1:59.47	18 Segrest, Sam H	SR	COHS	2:03.17	18 King, Ashley M	JR	LHS	2:21.85	
17 SHS!	A	1:59.61	19 Baker, Brandi	FR	LV	2:03.33	19 Knoke, Zandy L	JR	KGHS	2:23.66	
18 FHS	A	1:59.73	20 Tiller, Anne-Elaine	SO	ECG	2:03.48					
19 SHS17	A	2:02.90	21 Plaster, Chelie	FR	WBHS	2:03.49					
20 HAN	A	2:04.13	22 Anama, Ellyn L	FR	SHS	2:03.93					
21 PHS	A	2:05.00	23 Spuchesi, Amber N	JR	KGHS	2:04.17					
22 GRBR	A	2:07.47	24 Gibson, Sierra	SO	CHHS	2:05.01					
#3 Boys 200 Yard Freestyle			#5 Boys 200 Yard IM			#7 Boys 50 Yard Freestyle					
VHSL: 1:35.76 2014 Andrew Seliskar			VHSL: 1:43.01 2015 Andrew Seliskar			VHSL: 20.19 2015 James Jones					
4A State Rec: 1:41.16 2016 Matthew Popovich			4A State Rec: 1:53.60 2016 Michael Burris			4A State Rec: 20.98 2016 Colin Wright					
Name	Yr	School	Seed Time	Name	Yr	School	Seed Time	Name	Yr	School	Seed Time
1 Popovich, Matthew	SR	DHS	1:41.45	1 Conway, Sean	SO	LV	1:49.59	1 Miller, Jacob J	JR	KGHS	21.45
2 Kostelni, Chris H	SO	LHS	1:44.05	2 Burris, Michael	SR	HHS	1:51.75	2 Hughes, Collin		LCHS#	21.57
				3 Townsend, Patrick	JR	HAN	1:55.92	3 Johnson, Graham M	SR	FSR	21.63
				4 Barker, Kyle	JR	JCHS	1:57.39	4 Palmieri, Nick D	SR	WG	22.09
				5 Peck, Dylan W	SR	CHHS	1:58.31	5 McMahan-Gioeli, Cole	12	CHS	22.10
				6 Stevens, Carson	JR	PV	1:58.44	6 Fallows, Nicholas R	SR	KRHS	22.28
								7 Dominick, Tyler G	JR	DCHS	22.34
								8 Smith, Austin	FR	JHS	22.39
								9 Piliere, Ben R	JR	WG	22.79
								10 Whitted, Andy J	JR	KRHS	22.81

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#7 ... (Boys 50 Yard Freestyle)

11	Lamb, Alex J	SO FSR	22.81
12	Brooks, Marshall	JR HAN	22.93
13	Bruni, Ryan	SO JCHS	22.96
14	Ibrahim, Ayman	JR SHS!	22.98
15	Muller, August	SR PV	23.05
16	Gaston, Henry C	SR LHS	23.10
17	Williams, Matt	FR JHS	23.37
18	Francis, Aiden	SO JHS	23.50
19	Sizemore, Carson	SR HAN	23.70
20	Rice, Matthew R	JR LHS	23.72
21	Darcy, Graham G	JR KGHS	23.80

#8 Girls 50 Yard Freestyle

VHSL: 22.29 2014 Janet Hu			
4A State Rec: 23.79 2016 Abby Larson			
Name	Yr	School	Seed Time
1 Larson, Abby	JR	JHS	24.26
2 Joyce, Kaitlin A	SR	FHS	24.55
3 Bentz, Caroline G	SO	KGHS	24.62
4 Frie, Rita C	SO	WG	24.71
5 Enneking, Tara	SO	JFHS	25.10
6 MacMillan, Allie	SO	RRHS	25.18
7 Adair, Caitlyn R	SO	KRHS	25.19
8 Wheeler, Tamara D	SO	KGHS	25.40
9 McKay, Madison	SR	HHS	25.40
10 Missing, Annabel	SO	HHS	25.53
11 Bogushesky, Ashley	FR	DHS	25.61
12 Dizon, Ingrid E	JR	FSR	25.69
13 Morrow, Emma K	JR	KGHS	25.78
14 Davis, Emerson	SO	RRHS	25.78
15 Schisa, Kelly M	FR	LHS	25.81
16 Freiling, Emma C	SR	LHS	25.93
17 Nice, Olivia M	SR	LHS	26.00
18 Wagner, Nerissa		LCHS#	26.02
19 Vogt, Emily	SR	GHS	26.05
20 Weatherford, Zoe	11	CHS	26.07
21 Wilson, Abby J	SO	KGHS	26.27
22 McDuffie, Cara	FR	LV	26.31
23 Baccus, Allison L	SR	KRHS	26.60

#9 Boys 1 mtr Diving

VHSL: 607.60 2016 Grayson Campbell			
4A State Rec: 451.95 2014 Bryce Campanelli			
Name	Yr	School	
1 Fleming, Jack	SO	HBRG	388.90

#10 Girls 1 mtr Diving

VHSL: 483.50 2003 Mary Yarrison			
4A State Rec: 275.50 2015 Anna Hurdle			
Name	Yr	School	
1 Morris, Shyanne A	JR	LCHS	253.95

#11 Boys 100 Yard Butterfly

VHSL: 46.13 2015 Andrew Seliskar			
4A State Rec: 49.02 2016 Khalil Fonder			
Name	Yr	School	Seed Time
1 Fonder, Khalil	JR	WBHS	50.40
2 Dominick, Tyler G	JR	DCHS	51.75
3 Barker, Kyle	JR	JCHS	51.75
4 Hankey, Josh	SR	JFHS	52.20
5 Ashton, Nick A	JR	COHS	53.22

6 Long, Sam C	FR	LHS	53.59
7 Aiken, Connor D	SR	FHS	53.78
8 Wilson, Nate A	JR	KGHS	54.10
9 Woodside, Brady	JR	EVHS	54.18
10 Armstrong, Eric	SR	PV	54.22
11 Finan, Garrett T	JR	KRHS	54.58
12 McMahon-Gioeli, Cole	12	CHS	54.86
13 Debopadhaya, Shayom	SO	SHS	54.97
14 Watson, Taylor	SR	JHS	55.25
15 Rossbach, John	SO	HHS	55.26
16 Littlepage, Harrison G	FR	JCHS	55.31
17 Zhang, Nicky	SR	JHS	55.36
18 Backus, Kyle		LCHS#	55.38
19 Newton, Ross R	JR	HAN	55.64
20 Johnson, Kyle	FR	PV	55.81
21 Montes Martinez, Julian	SO	JHS	55.86
22 Gage, Tanner	JR	JFHS	55.97
23 Hunter, Shane		LCHS#	56.34
24 Hudak, Ryan	SO	CHHS	57.42
25 Mateer, Kostas	FR	GHS	57.97

#12 Girls 100 Yard Butterfly

VHSL: 52.46 2014 Janet Hu			
4A State Rec: 54.63 2016 Joelle Vereb			
Name	Yr	School	Seed Time
1 Vereb, Joelle	SR	JHS	56.26
2 Schlemmer, Rachel	FR	DHS	56.88
3 Long, Sofia R	FR	LHS	57.59
4 Zhang, Gabby	JR	RRHS	58.21
5 Davis, Emerson	SO	RRHS	58.56
6 Frie, Sarah	FR	WG	59.63
7 Roehrl, Carter Catherine	JR	JHS	1:00.86
8 Wardell, Mady	FR	RRHS	1:01.19
9 Kinney, Yaiza	JR	HHS	1:01.41
10 McKinley, Sophie M	JR	FSR	1:01.63
11 Schopick, Zoe	SR	JW	1:01.93
12 Creveling, Kat A	JR	FHS	1:02.09
13 Shearer, Jordan N	JR	CHHS	1:02.15
14 Pegram, Kaitlyn	FR	JHS	1:02.38
15 Walters, Maddie	SO	HAN	1:02.41
16 Baker, Brandi	FR	LV	1:02.51
17 Missing, Emilia	SR	HHS	1:03.00
18 King, Ashley M	JR	LHS	1:03.99
19 Russell, Emma K	JR	ECG	1:04.15
20 Malkerson, Kathleen	FR	PHS	1:04.21
21 Chu, Yenna	SO	GHS	1:05.07
22 Bryant, Katelyn		SHS17	1:05.46

#13 Boys 100 Yard Freestyle

VHSL: 44.45 2015 James Jones			
4A State Rec: 45.75 2015 Jonathan Spires			
Name	Yr	School	Seed Time
1 Miller, Jacob J	JR	KGHS	46.83
2 Popovich, Matthew	SR	DHS	47.44
3 Leupold, Ryland Z	JR	COHS	48.21
4 Peck, Dylan W	SR	CHHS	49.01
5 Cassidy, Hunter W	SO	BHS	49.25
6 Johnson, Graham M	SR	FSR	49.34
7 Palmieri, Nick D	SR	WG	49.46
8 Fallows, Nicholas R	SR	KRHS	49.48
9 Woodside, Brady	JR	EVHS	49.49
10 Greenhoe, Zachary	12	CHS	49.86

11 Shideler, Corey	SR	JHS	49.92
12 Smith, Austin	FR	JHS	50.05
13 Brooks, Marshall	JR	HAN	50.25
14 Davidson, Ben	SR	JFHS	50.33
15 Mills, Steven C	JR	LCA	50.39
16 Milburn, Daniel	SR	SHS!	50.45
17 Grimmer, Brian	JR	JFHS	50.56
18 Piliere, Ben R	JR	WG	50.57
19 Wall, Trace	FR	RRHS	50.60
20 Lamb, Alex J	SO	FSR	50.65
21 Whitted, Andy J	JR	KRHS	50.79
22 Ibrahim, Ayman	JR	SHS!	51.05
23 Gulas, Seth	SR	HAN	51.61
24 Salamon, Joey	JR	GHS	51.82
25 Williams, Matt	FR	JHS	52.00
26 Sizemore, Carson	SR	HAN	52.02
27 Darcy, Graham G	JR	KGHS	52.78

#14 Girls 100 Yard Freestyle

VHSL: 49.15 2009 Rebecca Jones			
4A State Rec: 51.69 2016 Abby Larson			
Name	Yr	School	Seed Time
1 Bentz, Caroline G	SO	KGHS	52.54
2 Larson, Abby	JR	JHS	52.67
3 Frie, Rita C	SO	WG	53.35
4 Olsen, Grace A	SO	LHS	53.78
5 Joyce, Kaitlin A	SR	FHS	54.33
6 Missing, Annabel	SO	HHS	54.84
7 Frie, Sarah	FR	WG	54.90
8 Sizemore, Emily A	JR	KGHS	54.93
9 Storen, Caroline M	FR	COHS	55.03
10 Rubino, Lauren	SO	JCHS	55.47
11 Carvajal, Kailey	FR	JHS	55.64
12 Dizon, Ingrid E	JR	FSR	55.81
13 Fanz, Lindsey	JR	PHS	56.09
14 Cook, Abby	FR	CHHS	56.27
15 Schisa, Kelly M	FR	LHS	56.63
16 Vogt, Emily	SR	GHS	56.79
17 Pegram, Kaitlyn	FR	JHS	56.91
18 Weatherford, Zoe	11	CHS	56.91
19 Fleenor, Anna Clare C	FR	SHS	56.96
20 Sherry, Ellie	JR	HAN	57.06
21 Wheeler, Tamara D	SO	KGHS	57.12
22 Anama, Ellyn L	FR	SHS	57.17

#15 Boys 500 Yard Freestyle

VHSL: 4:25.72 2009 Matt Benecki			
4A State Rec: 4:36.45 2016 Sean Conway			
Name	Yr	School	Seed Time
1 Conway, Sean	SO	LV	4:37.56
2 Kostelni, Chris H	SO	LHS	4:38.13
3 McKinley, Tim P	SO	FSR	4:40.76
4 Lawson, Nick A	FR	SHS	4:42.46
5 Gordon, John-Michael	SO	LCA	4:43.04
6 Lawson, Jake E	JR	SHS	4:43.05
7 Oliver, Sam	FR	JCHS	4:44.79
8 Hughes, Collin		LCHS#	4:48.17
9 Fye, Reese	FR	RRHS	4:55.44
10 Sauls, Connor	FR	JFHS	4:57.48
11 Hunter, Shane		LCHS#	4:58.25
12 Hufner, Jack	FR	HAN	5:00.31
13 Wright, Kieran	SO	DHS	5:01.78

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#15 ... (Boys 500 Yard Freestyle)

14	Murray, Brendan	JR JFHS	5:01.83
15	Eisner, Cole	LCHS#	5:02.75
16	Russello, Gage G	JR WG	5:03.56
17	Northup, Patrick	JR MHS	5:04.02
18	Serpa, Tyler M	SR KGHS	5:18.82
19	Poley, Alex W	SO KGHS	5:20.36
20	Palmer, Pace	SHS17	5:21.09
21	Poole, Drummond D	JR LHS	5:24.11
22	Altman, Josh	JR HAN	5:24.17
23	Sensiba, Finn M	SR LHS	5:25.43
24	Clevinger, Zach	JR JHS	5:31.24

#16 Girls 500 Yard Freestyle

VHSL: 4:43.43 2015 Megan Byrnes			
4A State Rec: 4:51.74 2016 Jenna M Beattie			
Name	Yr	School	Seed Time
1	Fye, Nicole	SR RRHS	4:56.38
2	Hurt, Colby K	FR LHS	5:05.28
3	Tinneney, Jacqueline	JR GHS	5:07.74
4	Kerrigan, Erin M	FR KRHS	5:08.87
5	Hemminger, Keely M	JR WG	5:10.47
6	Grant, Mattie	SR HAN	5:12.14
7	Littlepage, Maddie	SR JCHS	5:14.92
8	MacMillan, Allie	SO RRHS	5:15.06
9	Burrows, Kathryn	SO JHS	5:16.12
10	Owen, Alexa M	SO LCHS	5:16.73
11	Johnson, Kylie	FR JHS	5:19.06
12	Carter, Hannah M	JR WG	5:20.78
13	Thompson, Gabby R	SO KGHS	5:21.28
14	Fergus, Kenzi	JHHS	5:22.13
15	Eckert, Ellisa	FR ECG	5:23.40
16	Erquiaga, Carrington M	JR LCA	5:25.53
17	Ayoub, Ellen M	JR FSR	5:26.52
18	Fairbanks, Lindsay	SR MHS	5:28.39
19	Tiller, Anne-Elaine	SO ECG	5:28.45
20	Segrest, Sam H	SR COHS	5:29.87
21	Harrington, Abby M	FR FSR	5:29.90
22	Spuchesi, Amber N	JR KGHS	5:32.18
23	Hardy, Carissa	SR JHS	5:34.16
24	Neikirk, Alexandra	SHS17	5:34.99
25	Simila, Brooke	FR CHHS	5:36.66

#17 Boys 200 Yard Freestyle Relay

VHSL: 1:23.26 2015 Oakton High School			
Hallock, Pettinichi, Ambrose, Shebat			
4A State Rec: 1:26.00 2015 Grafton High School			
K. Nebe, G. Titsch, N. Kimbel, J. Spires			
Team	Relay	Seed Time	
1	JHS	A	1:30.03
2	COHS	A	1:30.10
3	FSR	A	1:31.21
4	KRHS	A	1:31.35
5	KGHS	A	1:31.91
6	PV	A	1:31.95
7	LCHS#	A	1:32.38
8	SHS!	A	1:33.12
9	JFHS	A	1:33.26
10	CHS	A	1:33.27
11	DHS	A	1:33.63
12	HAN	A	1:33.78

13	WG	A	1:34.01
14	HHS	A	1:34.99
15	LHS	A	1:35.30
16	DCHS	A	1:35.57
17	LCA	A	1:36.11
18	JCHS	A	1:36.31
19	LV	A	1:36.33
20	SHS	A	1:36.36
21	RRHS	A	1:37.13
22	GHS	A	1:37.39
23	FHS	A	1:37.96
24	HBRG	A	1:38.10
25	CHHS	A	1:38.38

#18 Girls 200 Yard Freestyle Relay

VHSL: 1:35.53 2015 Oakton High School			
Byrnes, Sheridan, Bourdelais, Branton			
4A State Rec: 1:36.09 2016 Jamestown High School			
J Vereb, H Clymer, M Williams, A Larson			
Team	Relay	Seed Time	
1	RRHS	A	1:39.38
2	JHS	A	1:39.57
3	KGHS	A	1:41.20
4	FSR	A	1:44.33
5	DHS	A	1:44.38
6	HHS	A	1:44.60
7	SHS	A	1:44.76
8	JFHS	A	1:45.17
9	WG	A	1:45.55
10	KRHS	A	1:45.69
11	LHS	A	1:45.87
12	WBHS	A	1:46.36
13	GHS	A	1:46.45
14	CHHS	A	1:46.53
15	JCHS	A	1:46.81
16	COHS	A	1:47.20
17	FHS	A	1:47.61
18	HAN	A	1:51.18
19	SHS17	A	1:51.23

#19 Boys 100 Yard Backstroke

VHSL: 47.46 2015 John Shebat			
4A State Rec: 49.91 2016 Khalil Fonder			
Name	Yr	School	Seed Time
1	Townsend, Patrick	JR HAN	51.65
2	Fonder, Khalil	JR WBHS	52.19
3	Leupold, Ryland Z	JR COHS	53.44
4	Hankey, Josh	SR JFHS	54.17
5	Heenan, Jake A	SO KRHS	54.34
6	Yeager, Jake	LCHS#	54.73
7	Wall, Trace	FR RRHS	54.87
8	Long, Sam C	FR LHS	55.44
9	Daley, Luke	FR HAN	55.86
10	Campbell, Kellen D	SO FSR	56.22
11	Cassady, Hunter W	SO BHS	56.28
12	Hufner, Jack	FR HAN	56.58
13	Whitfield, Morgan	SR JFHS	57.74
14	Littlepage, Harrison G	FR JCHS	58.17
15	Clevinger, Zach	JR JHS	58.73
16	Johnson, Kyle	FR PV	58.92
17	Gulas, Seth	SR HAN	59.25
18	Montes Martinez, Julian	SO JHS	1:00.27

19	Joo, Jared	SO JHS	1:01.30
20	Roberts, Josh	SO GRBR	1:01.63

#20 Girls 100 Yard Backstroke

VHSL: 52.27 2013 Janet Hu			
4A State Rec: 54.40 2016 Annie Boone			
Name	Yr	School	Seed Time
1	Vereb, Joelle	SR JHS	57.55
2	Zhang, Gabby	JR RRHS	58.41
3	Sizemore, Emily A	JR KGHS	1:00.34
4	Olsen, Grace A	SO LHS	1:00.45
5	Long, Sofia R	FR LHS	1:01.06
6	Ross, McKenzie	FR RRHS	1:01.40
7	Plaster, Chelie	FR WBHS	1:01.72
8	Adair, Caitlyn R	SO KRHS	1:02.15
9	McKinley, Mia K	JR FSR	1:02.70
10	Fergus, Kenzi	JHHS	1:02.88
11	Wagner, Nerissa	LCHS#	1:03.39
12	Bogushefsky, Ashley	FR DHS	1:03.54
13	Cook, Abby	FR CHHS	1:03.57
14	Lu, Jessica A	JR LV	1:04.43
15	Nguyen, Kim-Vi H	SO FSR	1:04.43
16	Wilson, Abby J	SO KGHS	1:04.45
17	Manbeck, Avery	SR JCHS	1:04.52
18	Tyler, Nikki	SR JHS	1:04.53
19	Jones, Jordyn	FR SHS!	1:04.71
20	Sherry, Ellie	JR HAN	1:05.02
21	Malkerson, Kathleen	FR PHS	1:05.56

#21 Boys 100 Yard Breaststroke

VHSL: 49.97 2014 Ted Schubert			
4A State Rec: 56.64 2016 Michael Burris			
Name	Yr	School	Seed Time
1	Burris, Michael	SR HHS	56.23
2	Wilson, Nate A	JR KGHS	58.59
3	Stevens, Carson	JR PV	58.92
4	Zhang, Nicky	SR JHS	1:01.20
5	Crisci, Flynn J	SO LHS	1:01.47
6	Backus, Kyle	LCHS#	1:01.50
7	Moss, Jonathan	SR HAN	1:02.19
8	Aiken, Connor D	SR FHS	1:02.33
9	Zapp, Jack	FR RRHS	1:02.74
10	Kinkema, Connor D	JR BHS	1:02.80
11	Schonfelder, Sutton	JR JFHS	1:02.85
12	Smith, Tanner S	JR KRHS	1:03.06
13	Kassab, Delaney	SR HAN	1:03.55
14	Orange, Austin	SO JFHS	1:03.67
15	Gaston, Henry C	SR LHS	1:04.23
16	Schafer, Dave D	SR LCA	1:04.30
17	Pins, Kyle W	SR COHS	1:05.07
18	VanTasel, Sam	JR JHS	1:07.03
19	Lockwood, Jonah	SHS17	1:07.13

#22 Girls 100 Yard Breaststroke

VHSL: 1:00.96 2008 Ashley Danner			
4A State Rec: 1:05.15 2016 Joelle Vereb			
Name	Yr	School	Seed Time
1	Enneking, Tara	SO JFHS	1:06.16
2	Miller, Jessica E	JR KGHS	1:07.53
3	Herbstritt, Katie	SO RRHS	1:08.05
4	Kinney, Yaiza	JR HHS	1:08.63
5	Plogger, Lexi	SO JFHS	1:08.68
6	Harrington, Abby M	FR FSR	1:09.69

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#22 ... (Girls 100 Yard Breaststroke)

7	Freiling, Emma C	SR LHS	1:10.23
8	Hanson, Sophia	FR WG	1:10.73
9	Oliver, Maren	JR JCHS	1:10.96
10	Horacek, Madison	JR WBHS	1:11.25
11	Sears, Abigail	SR SHS!	1:11.94
12	Simila, Brooke	FR CHHS	1:12.20
13	Bryant, Katelyn	SHS17	1:12.24
14	Schlemmer, Anna	SR DHS	1:12.33
15	Fox, Andi	SO HBRG	1:12.60
16	Adams, Ashley	SO JHS	1:12.72
17	Baccus, Allison L	SR KRHS	1:12.84
18	Esslinger, Abbey	SR MHS	1:13.00
19	Early, Katrina	FR JHS	1:13.04
20	Morrow, Emma K	JR KGHS	1:13.15
21	Fehlman, Caroline A	SO LHS	1:14.55
22	Knoke, Zandy L	JR KGHS	1:14.76

11	HAN	A	3:54.11
12	JFHS	A	3:54.18
13	DHS	A	3:54.98
14	GHS	A	3:55.05
15	SHS	A	3:55.37
16	LV	A	3:56.36
17	ECG	A	3:56.70
18	FHS	A	3:57.07
19	PHS	A	4:05.69
20	GRBR	A	4:07.38

#23 Boys 400 Yard Freestyle Relay

VHSL: 3:04.34 2015 Thomas Jefferson

Pollock, Thorsell, Sison, Seliskar

4A State Rec: 3:11.05 2015 Grafton High School

T. Titsch, K. Nebe, N. Kimbel, J. Spires

Team	Relay	Seed Time	
1	JHS	A	3:17.91
2	HAN	A	3:18.71
3	LCHS#	A	3:18.87
4	JCHS	A	3:20.41
5	LHS	A	3:20.44
6	FSR	A	3:21.77
7	COHS	A	3:21.88
8	JFHS	A	3:22.24
9	SHS	A	3:24.72
10	LCA	A	3:25.38
11	RRHS	A	3:25.61
12	KRHS	A	3:25.72
13	KGHS	A	3:27.19
14	SHS!	A	3:28.79
15	DHS	A	3:30.52
16	WG	A	3:32.49
17	GHS	A	3:35.81
18	GRBR	A	3:39.61
19	DCHS	A	3:43.55
20	SHS17	A	3:45.33

#24 Girls 400 Yard Freestyle Relay

VHSL: 3:29.00 2015 Oakton High School

Bynes, Bourdelais, McCleskey, Branton

4A State Rec: 3:30.67 2016 Jamestown High School

A Larson, H Clymer, M Williams, J Vereb

Team	Relay	Seed Time	
1	RRHS	A	3:34.50
2	WG	A	3:35.50
3	LHS	A	3:41.20
4	KGHS	A	3:42.83
5	JHS	A	3:46.83
6	JCHS	A	3:49.24
7	KRHS	A	3:50.74
8	COHS	A	3:52.93
9	HHS	A	3:53.15
10	FSR	A	3:53.95