

12:24 AM

Northwest Regional Swimming Championships
 Demond Center, Radford University
 Results

Event 1 Boys 200 Yard Medley Relay

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 State Record: ! 1:34.85 2/9/2008 Oakton High School
 M Hallock, K Park, M Piantedosi, T Daniels
 NW REG: # 1:39.74 2/13/2009 Osbourn High School
 C Campbell, C Wittenauer, M Perez, D Jansen
 1:37.22 AA-A
 1:38.50 AA-C
 1:42.09 AAA
 1:50.35 REGN

School	Seed	Finals
Points		
===== =====		
1 Battlefield High School 'A'	1:41.92	1:41.91 AAA
40		
1) Croasdell, Jacob 15	2) Mathis, Nicholas 17	
3) Tremols, Nick 18	4) Whitticar, Ford 15	
26.77 56.67 1:19.48 1:41.91		
2 Albemarle High School 'A'	1:44.97	1:42.97 REGN
34		
1) McGhee, Ryan 16	2) Cudahy, Sean 17	
3) Webb, Tim 15	4) Tubridy, Patrick	
26.37 55.10 1:20.56 1:42.97		
3 Osbourn High School 'A'	1:44.16	1:43.14 REGN
32		
1) Campbell, Conor 19	2) Perez, Tyler 17	
3) Mustafa, Adam 14	4) McGrory, Reilly	
25.64 54.82 1:20.34 1:43.14		
4 Osbourn Park High School 'A'	1:46.39	1:43.30 REGN
30		
1) Blakely, Steven 15	2) Barone, Jacob 16	
3) Shields, AJ 14	4) Minick, Grant 15	
25.56 55.63 1:20.92 1:43.30		
5 Brooke Point High School 'A'	1:43.60	1:43.32 REGN
28		
1) Fox-Moles, Michael 16	2) Deal, Forrest	
3) Blevins, Phillip 16	4) Garcia, Alex	
25.18 56.10 1:20.93 1:43.32		
6 Massaponax High School 'A'	1:44.10	1:43.36 REGN
26		
1) Hunt, Tommy 16	2) Young, Mike 16	
3) Kauppert, Tyler 16	4) Keen, Dylan	
27.65 56.36 1:20.98 1:43.36		
7 Mountain View Wildcats 'A'	1:43.44	1:43.45 REGN
24		
1) Sell, Michael 14	2) Stockner, Daniel 14	
3) Friedel, Josh 16	4) Johnson, Mike 15	
27.25 57.51 1:20.94 1:43.45		

8	Heritage High School 'A'		1:43.59	1:44.15	REGN
22					
	1) McAllister, Daniel 14				
	2) Rosenburg, Damon 16				
	3) Wright, Geoffrey 17				
	4) Frye, Ian 17				
	28.21 56.80 1:20.92 1:44.15				
9	Riverbend High School 'A'		1:44.90	1:44.94	REGN
18					
	1) Camper, Michael 15				
	2) McClure, Sean 14				
	3) Shafer, Jake 15				
	4) Bogue, Patrick				
	25.63 56.60 1:22.15 1:44.94				
10	Patrick Henry High School 'A'		1:48.87	1:47.19	REGN
14					
	1) McGraw, Trey 17				
	2) Catron, Matthew				
	3) Thornhill, Alan 16				
	4) Potter, Tim				
	26.88 59.13 1:23.84 1:47.19				
11	Woodbridge Senior High School 'A'		1:48.06	1:47.35	REGN
12					
	1) Prescott, Jay 17				
	2) Francis, Daniel 17				
	3) Langhauser, Keith 15				
	4) Sweeney, Harrison 14				
	27.06 57.28 1:23.27 1:47.35				
12	Forest Park High School 'A'		1:49.90	1:48.32	REGN
10					
	1) Yang, John 16				
	2) Murrin, Jordan 16				
	3) Blevins, Philip 16				
	4) Reichling, Eric 17				
	28.39 59.22 1:25.33 1:48.32				
13	North Stafford High School 'A'		1:48.89	1:49.96	REGN
8					
	1) Resch, Robert 16				
	2) Faherty, Nolan 14				
	3) Troy, Winston 15				
	4) Young, Derek 15				
	27.73 1:00.46 1:25.69 1:49.96				
14	Stonewall Jackson High School 'A'		1:53.32	1:55.67	
6					
	1) Seltzer, Dieter 16				
	2) Goulet, Zachary 15				
	3) Utt, Daniel 15				
	4) Beavers, Duncan 14				
	30.29 1:03.20 1:30.91 1:55.67				
15	Gar-Field Senior High School 'A'		1:49.78	1:56.96	
4					
	1) Green, John 15				
	2) Anderson, Brandon 17				
	3) Kem, Thokeyna 16				
	4) Karlen, Mark 16				
	30.80 1:04.41 1:30.65 1:56.96				
16	Halifax County High School 'A'		1:56.16	1:59.66	
2					
	1) Keck, Jordon 15				
	2) Fulcher, Hunter 16				
	3) Ford, Zak 15				
	4) Henderson, Dru 18				
	30.33 1:04.96 1:33.67 1:59.66				
17	George Washington HS 'A'		2:05.61	2:06.48	
	1) Collins, David 15				
	2) Feldman, James				
	3) Russell, Patrick				
	4) Phelps, John				
	30.79 1:05.90 1:40.17 2:06.48				
--	Franklin County High School 'A'		1:56.33		DFS
	Declared false start - Misc				
	1) Boyd, Nicholas 14				
	2) Taylor, Brent 16				
	3) Girani, Thomas 15				
	4) Lovell, Duncan 15				

Event 2 Girls 200 Yard Medley Relay

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State Record: ! 1:37.54 2/11/2000

Langley

NW REG: # 1:49.21 2/10/2003 Culpeper High School
J Brick, L Brick, G DeToll, K McDonnell

1:49.32 AA-A

1:50.85 AA-C

1:54.19 AAA

2:00.30 REGN

School	Seed	Finals
Points		
=====		
=====		
1 Battlefield High School 'A'	1:53.46	1:53.09 AAA
40		
1) Tremols, Nina 15	2) Martin, Natalie 15	
3) Criscuolo, Holly	4) Crider, Lara 16	
29.41 1:00.50 1:27.43 1:53.09		
2 Osbourn High School 'A'	1:53.00	1:54.31 REGN
34		
1) Ansley, Kameron 17	2) Boyle, Casie 16	
3) Turner, Heidi	4) Nowak, Haley 17	
28.75 1:01.04 1:30.63 1:54.31		
3 Riverbend High School 'A'	1:54.56	1:54.33 REGN
32		
1) Kalista, Maria	2) Brumbaum, Kayla 14	
3) Bauers, Tori 16	4) Fletcher, Dani 16	
30.68 1:00.32 1:29.46 1:54.33		
4 North Stafford High School 'A'	1:55.22	1:54.90 REGN
30		
1) Schmitz, Catie 15	2) Sherman, Paige 14	
3) Suhling, Maggie 14	4) Bedwell, Caitlyn 15	
29.30 1:01.73 1:29.01 1:54.90		
5 Osbourn Park High School 'A'	1:54.66	1:55.62 REGN
28		
1) Harrison, Elizabeth 16	2) Young, Carmen 15	
3) Kula, Audrey 14	4) Souther, Christine 14	
30.81 1:02.88 1:30.21 1:55.62		
6 Heritage High School 'A'	1:54.56	1:56.18 REGN
26		
1) Grecco, Allison 15	2) Rosenburg, Kaleigh 14	
3) Rember, Bailey 16	4) Gold, Jordan 16	
30.40 1:00.66 1:28.76 1:56.18		
7 Albemarle High School 'A'	1:55.22	1:57.18 REGN
24		
1) Miller, Kelly	2) Ross, Nikki 14	
3) Harper, Holly 15	4) Pajewski, Christine	
31.00 1:03.95 1:30.89 1:57.18		
8 Stafford Indians Swim Team 'A'	1:58.48	1:57.45 REGN
22		
1) Wuckovich, Zoe 17	2) Melkun, Hannah 16	
3) Lloyd, Allison 14	4) Lewis, Hannah 16	
30.15 1:02.30 1:30.93 1:57.45		
9 Mountain View Wildcats 'A'	1:58.68	1:59.07 REGN
18		
1) Angers, Dani 15	2) Pfannenstein, Ashley 16	
3) Slattery, Molly 16	4) Pfannenstein, Alyssa 15	
32.83 1:05.73 1:32.68 1:59.07		

10	Massaponax High School 'A'	1:59.73	1:59.64	REGN
14	1) Keen, Kiyomi	2) Herbek, Laurie 15		
	3) Minnich, Shannon 14	4) Hill, Emilee		
	30.59 1:06.23 1:34.07 1:59.64			
11	Woodbridge Senior High School 'A'	1:59.66	2:00.33	
12	1) Lisbon, Megan 17	2) Lisbon, Kelsey 14		
	3) Owens, Shelby	4) Woll, Jade 15		
	29.41 1:03.66 1:34.37 2:00.33			
12	Loudoun Valley 'A'	2:05.06	2:06.73	
10	1) Barattino, Nikki 16	2) Shayka, Bridget 17		
	3)	4) Sullivan, Meghan 18		
	33.04 1:10.01 1:37.31 2:06.73			
13	Gar-Field Senior High School 'A'	1:58.53	2:08.94	
8	1) Anastasio, Christine 18	2) Emert, Heather 15		
	3) Fox, Casey 16	4) Fleming, Kathleen 17		
	34.18 1:10.39 1:41.58 2:08.94			
14	Patrick Henry High School 'A'	2:08.33	2:09.11	
6	1) Baldrige, Anne	2) Black, Gracie 14		
	3) Martin, Allison	4) Casola, Grace 13		
	36.79 1:10.91 1:39.75 2:09.11			
15	Stonewall Jackson High School 'A'	2:01.97	2:12.98	
4	1) Pendegrass, Aimee 17	2) Thai, Melissa 14		
	3) VanBuskirk, Carrie 15	4) Cotton, Katie 15		
	35.71 1:12.25 1:44.72 2:12.98			
16	George Washington HS 'A'	2:22.26	2:21.97	
2	1) Jones, Rachel	2) Stephens-Pickeral, Ali 14		
	3) Turner, Julie	4) Waldman, Stephanie		
	49.81 1:09.65 1:52.64 2:21.97			
17	Halifax County High School 'A'	2:21.29	2:23.16	
	1) Essig, Melissa 18	2) Conner, Jessica 14		
	3) Snead, Rebecca 17	4) Farley, Morgan 17		
	36.89 1:18.42 1:52.47 2:23.16			
--	Forest Park High School 'A'	1:52.96	DQ	
	Early take-off swimmer #3			
	1) Leong, Samantha 15	2) Bodmer, Allyson 14		
	3) Harper, Shannon 15	4) Murphy, Briana 17		
	29.93 1:00.65 1:26.18	DQ		
--	Colonial Forge High School 'A'	1:57.36	DFS	
	Declared false start - Misc			
	1) Burlingham, Eva 16	2) Monahan, Bailie 15		
	3) McTarsney, Ciara 14	4) Hutchinson, Andrea 15		
--	Franklin County High School 'A'	2:10.52	DFS	
	Declared false start - Misc			
	1) Borellis, MacKenzie	2) Hoch, Caitlin 15		
	3) Parcell, Margaret 16	4) Delpport, Charne 16		

Event 3 Men 200 Yard Freestyle

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State Record: ! 1:39.88 2/20/2009 Andrew Starr, AHS

NW REG: # 1:42.16 2/1/2008 Andrew Starr, AHS
 1:41.75 AA-A
 1:42.97 AA-C
 1:47.49 AAA
 1:55.39 REGN

Name	Age	School	Seed	Finals
1 Tremols, Nick	18	Battlefield	1:46.29	1:43.94 AAA
20	24.74	51.40	1:17.58	1:43.94
2 Camper, Michael	15	Riverbend	1:47.94	1:45.31 AAA
17	24.84	51.83	1:18.52	1:45.31
3 Campbell, Conor	19	Osbourn	1:46.41	1:46.10 AAA
16	24.98	52.48	1:19.26	1:46.10
4 Stronko, Sam	14	Osbourn Park	1:51.86	1:48.92 REGN
15	25.36	53.10	1:21.00	1:48.92
5 McGraw, Trey	17	Patrick Henry	1:53.11	1:49.10 REGN
14	24.95	52.55	1:20.91	1:49.10
6 Shafer, Jake	15	Riverbend	1:52.25	1:50.86 REGN
13	25.89	54.12	1:22.83	1:50.86
7 Bogle, Justin	17	Battlefield	1:52.67	1:51.11 REGN
12	25.68	53.95	1:22.84	1:51.11
8 Kimble, Cole	15	North Stafford	1:53.85	1:51.60 REGN
11	24.66	52.19	1:21.23	1:51.60
9 Mustafa, Adam	14	Osbourn	1:52.40	1:51.63 REGN
9	26.38	54.63	1:23.40	1:51.63
10 Robbins, Chase		Albemarle	1:54.03	1:53.29 REGN
7	25.56	53.73	1:23.39	1:53.29
11 Solomon, Matt		Albemarle	1:54.39	1:54.37 REGN
6	25.16	53.53	1:23.64	1:54.37
12 Blevins, Philip	16	Forest Park	1:54.75	1:54.68 REGN
5	26.85	55.67	1:25.58	1:54.68
13 Smith, Bryan	17	Forest Park	1:56.48	1:54.97 REGN
4	27.23	55.61	1:25.17	1:54.97
14 Brower, Michael	16	Brooke Point	1:54.13	1:55.28 REGN
3	26.74	55.57	1:25.42	1:55.28
15 Sell, Michael	14	Mountain View	1:56.27	1:55.73
2	26.09	55.37	1:26.09	1:55.73
16 Wanner, Jackson	17	Brooke Point	1:55.01	1:57.85
1	26.42	55.89	1:26.77	1:57.85

17	Heckman, Trevor	15	Osborn Park	1:59.84	1:58.90
	26.85 56.67	1:27.95	1:58.90		
18	Hannan, Mark	14	Woodbridge	1:58.60	1:59.43
	26.91 57.10	1:28.41	1:59.43		
19	Schuetz, Matt	16	Forest Park	1:58.28	2:01.54
	26.61 56.86	1:29.38	2:01.54		
20	Langhauser, Keith	15	Woodbridge	2:00.38	2:02.49
	28.08 58.26	1:29.12	2:02.49		
21	Perez, Matthew		Osborn	2:04.40	2:05.44
	28.86 1:00.82	1:32.90	2:05.44		
22	Ray, Andrew	15	LV	2:04.03	2:05.90
	28.89 1:00.36	1:32.93	2:05.90		
23	Thornburg, Michael	16	Stonewall Jackso	2:04.64	2:08.78
	1:00.45	1:34.48	2:08.78		
24	Utt, Daniel	15	Stonewall Jackso	2:01.39	2:11.03
	28.67 1:01.89	1:36.78	2:11.03		
25	Collins, David	15	George Washingto	2:16.71	2:15.46
	29.46 1:03.10	1:39.29	2:15.46		
26	Elliott, Taylor	17	Halifax County	2:27.69	2:30.62
	32.33 1:09.37	1:50.61	2:30.62		
27	Ross, Kirtland	17	Franklin County	2:37.69	2:34.13
	35.87 1:15.39	1:56.67	2:34.13		
28	Akers, Hunter		Franklin County	2:50.16	2:41.96
	36.27 1:17.89	2:00.52	2:41.96		
29	Jumper, Terrell		Patrick Henry	2:49.06	2:42.90
	32.80 1:13.29	2:42.90			
30	Huffman, Brady		William Fleming	2:49.18	2:55.08
	35.01 1:19.77	2:08.69	2:55.08		
--	Hess, Wade	15	Franklin County	2:31.27	DQ

Event 4 Girls 200 Yard Freestyle

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 State Record: ! 1:46.32 2/21/2009 Becca Jones, Patriots
 NW REG: # 1:52.55 2/1/2008 Caitlin Perks, FQHS
 1:51.56 AA-A
 1:52.99 AA-C
 1:57.39 AAA
 2:03.25 REGN

Name	Age	School	Seed	Finals
Points				
===== =====				
1 Harper, Shannon	15	Forest Park	1:53.72	1:53.60 AAA
20	26.27 54.56	1:23.53	1:53.60	
2 Allen, Abbey	17	North Stafford	1:58.45	1:56.31 AAA
17	26.59 55.26	1:25.44	1:56.31	
3 Nowak, Haley	17	Osborn	1:57.60	1:57.62 REGN
16	27.98 57.32	1:27.37	1:57.62	
4 Kula, Audrey	14	Osborn Park	1:59.84	1:59.08 REGN
15	27.47 56.84	1:27.64	1:59.08	
5 Lund, Rachel	17	Osborn Park	2:02.76	1:59.87 REGN
14				

6	27.95	57.58	1:28.44	1:59.87			
13	Flinn, Mary		15 Brooke Point		2:02.58	2:00.59	REGN
7	27.58	57.29	1:28.35	2:00.59			
12	Gully, Kendra		Osborn Park		2:00.46	2:01.33	REGN
8	28.30	58.39	1:29.55	2:01.33			
11	Skelley, Emma		13 Osborn Park		2:03.07	2:01.49	REGN
9	28.48	59.17	1:30.76	2:01.49			
9	Turner, Heidi		Osborn		2:02.22	2:02.89	REGN
10	28.01	58.76	1:30.70	2:02.89			
7	Wuckovich, Zoe		17 Stafford		2:03.52	2:03.08	REGN
11	28.17	58.67	1:30.85	2:03.08			
6	Winkler, Claire		Massaponax		2:03.00	2:03.76	
12	28.92	1:00.16	1:32.18	2:03.76			
5	Herbek, Laurie		15 Massaponax		2:03.15	2:04.24	
13	28.81	1:00.22	1:33.13	2:04.24			
4	McTarsney, Ciara		14 Colonial Forge		2:04.50	2:06.10	
14	28.93	1:00.09	1:33.13	2:06.10			
3	Heflin, Sam		15 Stafford		2:09.46	2:09.96	
15	29.92	1:02.75	1:36.30	2:09.96			
2	Owens, Shelby		Woodbridge		2:07.34	2:10.30	
16	30.15	1:02.67	1:36.36	2:10.30			
1	Varela, Courtney		17 Woodbridge		2:12.88	2:12.50	
17	30.98	1:04.51	1:38.78	2:12.50			
18	Gold, Jordan		16 Heritage		2:08.65	2:13.28	
18	30.02	1:02.86	1:37.41	2:13.28			
19	Murphy, Moira		14 Forest Park		2:15.19	2:14.53	
19	29.69	1:03.92	1:39.19	2:14.53			
20	Cotton, Katie		15 Stonewall Jackso		2:12.81	2:17.27	
20	31.30	1:05.76	1:41.37	2:17.27			
21	Martin, Erin		14 LV		2:16.78	2:18.73	
21	32.51	1:08.15	1:44.04	2:18.73			
22	Storey, Elizabeth		Osborn		2:15.13	2:18.74	
22	32.42	1:07.02	1:42.85	2:18.74			
23	Goodfellow, Amber		Osborn		2:14.85	2:18.83	
23	31.85	1:06.62	1:43.30	2:18.83			
24	VanBuskirk, Carrie		15 Stonewall Jackso		2:16.93	2:23.85	
24	31.55	1:07.85	1:45.86	2:23.85			
25	Baldrige, Anne		Patrick Henry		2:29.89	2:31.10	
25	32.18	1:08.63	1:49.18	2:31.10			
26	Jones, Rachel		George Washingto		2:40.60	2:42.88	
26	34.69	1:15.17	2:42.88				
27	Spencer, Johanna		17 Halifax County		2:43.15	2:50.93	
27	34.37	1:15.55	2:02.15	2:50.93			
28	McEvoy, Katie		14 Patrick Henry		2:48.00	2:54.35	
28	36.44	1:19.11	2:06.47	2:54.35			
28	Conner, Emily		17 Halifax County		3:00.35	3:08.10	

37.75 1:24.49 2:15.64 3:08.10
 -- Hart, Elizabeth 17 Franklin County 2:41.83 DQ
 -- Trout, Alexa 16 Franklin County 2:43.37 DQ
 -- Greer, Sarah 15 Franklin County 2:53.14 DQ

Event 5 Boys 200 Yard IM

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State Record: ! 1:51.72 2/21/2009 David Kiss, Edison
 NW REG: # 1:54.80 2/2/2005 Zachary Hayden, SJHS
 1:54.33 AA-A
 1:55.96 AA-C
 2:00.49 AAA
 2:09.51 REGN

Name	Age	School	Seed	Finals
1 Perez, Tyler	17	Osbourn	2:00.75	1:59.36 AAA
20	25.93	56.53	1:31.44	1:59.36
2 Cudahy, Sean	17	Albemarle	2:03.13	2:00.73 REGN
17	26.72	57.28	1:31.37	2:00.73
3 Stoffa, Gregory	14	Osbourn Park	2:01.08	2:01.08 REGN
16	26.91	1:00.12	1:33.73	2:01.08
4 Schwalm, Connor	16	Potomac	2:04.06	2:01.63 REGN
15	25.36	56.60	1:31.52	2:01.63
5 Blakely, Steven	15	Osbourn Park	2:06.22	2:02.23 REGN
14	27.03	56.51	1:32.85	2:02.23
6 Webb, Tim	15	Albemarle	2:06.54	2:03.24 REGN
13	27.17	57.98	1:33.75	2:03.24
7 McGhee, Ryan	16	Albemarle	2:09.30	2:05.66 REGN
12	27.91	59.14	1:36.28	2:05.66
8 Mathis, Nicholas	17	Battlefield	2:04.75	2:06.73 REGN
11	28.59	1:00.75	1:36.95	2:06.73
9 Rosenberg, Damon	16	Heritage	2:06.12	2:07.63 REGN
9	28.13	1:02.27	1:37.86	2:07.63
10 Hunt, Tommy	16	Massaponax	2:08.20	2:08.81 REGN
7	28.13	1:00.21	1:38.46	2:08.81
11 Jaeger, Marck	17	Hylton	2:06.40	2:09.12 REGN
6	28.38	1:02.35	1:39.06	2:09.12
12 Murrin, Jordan	16	Forest Park	2:10.75	2:10.91
5	28.15	1:02.66	1:39.89	2:10.91
13 Nye, Connor	15	Woodbridge	2:11.32	2:12.29
3.5	30.09	1:02.80	1:42.21	2:12.29

13	Karlovich, Zach	18	Stafford	2:12.69	2:12.29
3.5	28.00	1:02.72	1:41.39	2:12.29	
15	Mikeal, Jessup		Brooke Point	2:13.83	2:13.09
2	28.19	1:01.14	1:42.62	2:13.09	
16	Stockner, Daniel	14	Mountain View	2:11.15	2:13.29
1	28.70	1:03.15	1:42.09	2:13.29	
17	Yang, John	16	Forest Park	2:11.77	2:13.40
	28.23	1:02.31	1:41.93	2:13.40	
18	Girani, Thomas	15	Franklin County	2:16.84	2:14.19
	29.03	1:01.59	1:43.59	2:14.19	
19	Chapman, Zachary	14	Battlefield	2:15.18	2:17.15
	29.62	1:03.09	1:43.98	2:17.15	
20	Dooley, Kenta	16	Battlefield	2:19.29	2:19.51
	28.73	1:05.24	1:46.26	2:19.51	
21	Kerber, Sam		Osborn	2:19.27	2:22.97
	30.98	1:08.61	1:48.79	2:22.97	
22	Ross, Alex	18	Battlefield	2:23.19	2:29.84
	30.56	1:08.05	1:53.78	2:29.84	
23	Catron, Matthew		Patrick Henry	2:32.39	2:29.91
	31.15	1:09.19	1:52.65	2:29.91	
24	Ford, Zak	15	Halifax County	2:31.58	2:36.49
	32.14	1:09.78	2:00.27	2:36.49	
25	Harris, Will		William Fleming	2:36.88	2:43.79
	35.94	1:18.63	2:06.49	2:43.79	
26	Fulcher, Hunter	16	Halifax County	2:45.54	2:52.10
	34.70	1:19.24	2:07.13	2:52.10	
--	Lord, Peter	15	Osborn Park	2:08.66	DFS
	Declared false start - Misc				

Event 6 Girls 200 Yard IM

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State Record: ! 2:01.19 2/9/2008 Ashley Danner, Lake Braddock
 NW REG: # 2:08.40 2/1/2008 Casie Boyle, OHS
 2:05.74 AA-A
 2:07.60 AA-C
 2:12.79 AAA
 2:19.35 REGN

Name	Age	School	Seed	Finals	
Points					
===== =====					
1	Ansley, Kameron	17	Osborn	2:16.66	2:11.49 AAA
18.5	27.55	1:00.58	1:41.50	2:11.49	
1	Boyle, Casie	16	Osborn	2:10.22	2:11.49 AAA
18.5	29.27	1:03.15	1:41.68	2:11.49	
3	Rosenburg, Kaleigh	14	Heritage	2:11.84	2:12.70 AAA
16	29.54	1:05.35	1:41.97	2:12.70	
4	Young, Carmen	15	Osborn Park	2:20.18	2:14.30 REGN
15	30.16	1:05.57	1:44.00	2:14.30	

5	Martin, Natalie	15	Battlefield	2:17.43	2:14.91	REGN
14						
	30.27	1:04.84	1:42.50	2:14.91		
6	Lisbon, Megan	17	Woodbridge	2:17.18	2:15.34	REGN
13						
	29.97	1:03.43	1:43.25	2:15.34		
7	Melkun, Hannah	16	Stafford	2:17.92	2:15.79	REGN
12						
	29.83	1:04.31	1:43.51	2:15.79		
8	Harrison, Elizabeth	16	Osbourn Park	2:16.75	2:15.87	REGN
11						
	30.24	1:03.46	1:45.07	2:15.87		
9	Stephens-Pickeral,	14	George Washingto	2:17.84	2:16.03	REGN
9						
	30.53	1:05.53	1:43.42	2:16.03		
10	Schmitz, Catie	15	North Stafford	2:17.26	2:17.82	REGN
7						
	29.58	1:04.20	1:45.59	2:17.82		
11	Livingston, April	16	Hylton	2:21.16	2:17.94	REGN
6						
	30.41	1:08.25	1:45.42	2:17.94		
12	Souther, Christine	14	Osbourn Park	2:17.64	2:19.67	
5						
	29.48	1:04.85	1:47.02	2:19.67		
13	Rember, Bailey	16	Heritage	2:17.81	2:21.67	
4						
	30.24	1:06.29	1:47.42	2:21.67		
14	Sherman, Paige	14	North Stafford	2:24.93	2:21.92	
3						
	30.23	1:06.24	1:46.75	2:21.92		
15	Dix, Sara	14	North Stafford	2:24.24	2:25.82	
2						
	31.21	1:07.81	1:53.03	2:25.82		
16	Perry, Hayley		Massaponax	2:24.57	2:26.84	
1						
	31.70	1:09.73	1:53.88	2:26.84		
17	Bodmer, Allyson	14	Forest Park	2:26.49	2:30.85	
	34.45	1:14.48	1:54.73	2:30.85		
18	Jamison, Jill	14	Battlefield	2:42.82	2:43.17	
	35.67	1:16.62	2:04.83	2:43.17		
19	Hoch, Caitlin	15	Franklin County	2:40.37	2:43.80	
	34.19	1:15.12	2:03.56	2:43.80		
20	Cunicelli, Mia	17	Heritage	2:41.86	2:46.69	
	36.77	1:19.76	2:08.24	2:46.69		
21	Miller, Jordon	14	Halifax County	2:48.74	2:53.32	
	42.31	1:21.46	2:16.01	2:53.32		
22	Turner, Julie		George Washingto	3:19.32	3:22.72	
	44.90		2:35.24	3:22.72		
--	Ober, Shannon	16	Heritage	2:43.27		DQ
	38.23	1:21.12	2:08.12			DQ
--	Venning, Allison	15	Franklin County	3:04.25		DQ
--	Hoch, Breanna	14	Franklin County	3:16.84		DFS
	Declared false start - Misc					
--	Haynes, Erica		Franklin County	4:03.58		DFS
	Declared false start - Misc					

Event 7 Boys 50 Yard Freestyle

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State Record: ! 21.06    2/10/2001 Joel Cross, BHS
                NW REG: # 21.34    2/10/2006 Zachary Hayden, SJHS
                    21.20    AA-A
                    21.48    AA-C
                    22.29    AAA
                    23.57    REGN

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Name	Age	School	Seed	Finals
Points				
=====				
1 Minick, Grant	15	Osbourn Park	23.05	22.59 REGN
20				
2 Hickenbottom, Conn	17	Potomac	23.08	22.82 REGN
17				
3 Tubridy, Patrick		Albemarle	23.24	22.86 REGN
15.5				
3 Young, Mike	16	Massaponax	22.75	22.86 REGN
15.5				
5 Lockman, Matt		Albemarle	22.97	22.93 REGN
14				
6 Wright, Geoffrey	17	Heritage	22.25	22.96 REGN
13				
7 Reinertson, Christ	16	LV	22.86	22.99 REGN
12				
8 McGrory, Reilly		Osbourn	22.89	23.00 REGN
11				
9 Hensley, Calvin		Brooke Point	23.82	23.01 REGN
9				
10 Johnson, Mike	15	Mountain View	23.06	23.15 REGN
7				
11 Kauppert, Tyler	16	Massaponax	23.17	23.38 REGN
6				
12 Hughes, Ryan	16	Forest Park	23.51	23.48 REGN
5				
13 Taylor, Capwell	14	LV	23.44	23.49 REGN
4				
14 Garcia, Alex		Brooke Point	23.67	23.50 REGN
3				
15 Sanders, Brandon	14	Colonial Forge	23.76	23.52 REGN
2				
16 Parker, Jack	17	LV	23.38	23.60
1				
17 Lee, Kevin	17	Battlefield	23.18	23.62
18 Mernin, Ethan	14	Osbourn	23.91	23.69
19 Bassford, John		Osbourn Park	23.32	23.73
20 Bogue, Patrick		Riverbend	23.87	23.80
21 Potter, Tim		Patrick Henry	23.63	23.97
22 Reichling, Eric	17	Forest Park	23.92	24.00
23 Foskett, Andrew		Osbourn Park	23.99	24.03
24 Chamberlain, Alec		Forest Park	23.75	24.05
25 Carlyle, Jaegar	17	Heritage	23.98	24.23
26 Frye, Ian	17	Heritage	23.86	24.44
27 Freeman, Will	15	Woodbridge	24.05	24.54
28 Boyd, Andrew	17	Battlefield	23.62	24.60
29 Feldman, James		George Washingto	25.73	25.84

30 Taylor, Brent	16 Franklin County	26.14	25.85
31 Henderson, Dru	18 Halifax County	25.09	26.05
32 Phelps, John	George Washingto	26.61	26.46
-- Whitefleet, Bill	Franklin County	25.90	DQ
-- Lovell, Duncan	15 Franklin County	25.88	NS
-- Phifer, Sam	Franklin County	25.83	NS

Event 8 Girls 50 Yard Freestyle

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 State Record: ! 23.61 2/11/2000 Lauren Cornet, LHS
 NW REG: # 23.89 2/1/2008 Meredith Cavalier, BPHS
 23.86 AA-A
 24.12 AA-C
 24.49 AAA
 26.27 REGN

Name	Age School	Seed	Finals
Points			
===== =====			
1 Vincent, Taylor	13 Gar-Field	24.72	24.55 REGN
20			
2 Monahan, Bailie	15 Colonial Forge	24.73	24.97 REGN
17			
3 Parcell, Margaret	16 Franklin County	25.69	25.09 REGN
16			
4 Murphy, Briana	17 Forest Park	25.23	25.13 REGN
15			
5 Burlingham, Eva	16 Colonial Forge	25.19	25.28 REGN
14			
6 Deubler, Mackenzie	16 North Stafford	25.42	25.47 REGN
13			
7 Leong, Samantha	15 Forest Park	25.32	25.50 REGN
12			
8 Brumbaum, Kayla	14 Riverbend	25.84	25.67 REGN
11			
9 Fletcher, Dani	16 Riverbend	25.33	25.72 REGN
9			
10 Woll, Jade	15 Woodbridge	26.07	26.00 REGN
7			
11 Turner, Heidi	Osbourn	25.29	26.06 REGN
6			
12 Crider, Lara	16 Battlefield	26.07	26.26 REGN
5			
13 Brana, Alexis	16 North Stafford	26.54	26.28
4			
14 West, Maddie	14 Woodbridge	26.53	26.33
3			
15 Boyd, Brigette	Battlefield	26.42	26.94
2			
16 Bedwell, Caitlyn	15 North Stafford	26.89	26.96
0.5			
16 Minnich, Shannon	14 Massaponax	26.94	26.96
0.5			
18 Pajewski, Christin	Albemarle	26.61	26.97
19 Sharp, Corinne	Albemarle	26.71	27.05
20 Hood, Taylor	15 Forest Park	26.90	27.15

21	Pfannenstein, Alys	15	Mountain View	26.75	27.26
22	Nowak, Emma		Osborn	27.08	27.45
23	Hummer, Lilly	15	Forest Park	27.16	27.54
24	Fleming, Kathleen	17	Gar-Field	27.41	27.80
25	Pyles, Megan	16	Battlefield	27.32	27.82
26	Waletzki, Nicole	17	Heritage	27.67	28.00
27	Ferrone, Melissa	17	Osborn Park	27.46	28.05
28	Boyle, Erica		Osborn	27.59	28.10
29	Perussault, Lauren	18	Heritage	27.40	28.32
30	Meyer, Alyssa	15	Heritage	27.73	28.80
31	Black, Gracie	14	Patrick Henry	28.83	29.23
32	Brailsford, Caroli		Patrick Henry	28.46	29.36
33	Waldman, Stephanie		George Washingto	29.80	29.69
34	White, Kelsey	15	Halifax County	29.91	30.54
35	Farley, Morgan	17	Halifax County	30.45	30.58
--	Delpport, Charne	16	Franklin County	30.72	DQ
--	Borellis, MacKenzi		Franklin County	29.15	DQ

Event 8I Girls 50 Yard Freestyle

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State Record: ! 23.61 2/11/2000 Lauren Cornet, LHS
 NW REG: # 23.89 2/1/2008 Meredith Cavalier, BPHS
 23.86 AA-A
 24.12 AA-C
 24.49 AAA
 26.27 REGN

Name	Age	School	Seed	Finals
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Points
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1	Allen, Abbey	17	North Stafford	NT	25.84 REGN
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Event 11 Boys 100 Yard Butterfly

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State Record: ! 47.08 2/21/2009 Sean Fletcher, MAD-B-VA
 NW REG: # 49.98 2/1/2008 Jake Lucas, LHS
 50.92 AA-A
 51.72 AA-C
 53.89 AAA
 56.77 REGN

Name	Age	School	Seed	Finals
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Points
 =====
 =====

1	Tremols, Nick	18	Battlefield	51.58	51.20 AA-C
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20 24.38 51.20

2	Friedel, Josh	16	Mountain View	52.28	52.95 AAA
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17 24.84 52.95

3	Fox-Moles, Michael	16	Brooke Point	54.66	54.43 REGN
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16 25.41 54.43

4	Whitticar, Ford	15	Battlefield	55.74	55.32 REGN
---	-----------------	----	-------------	-------	------------

15

	25.48	55.32				
5	Thornhill, Alan		16	Patrick Henry	55.99	56.05 REGN
14						
	25.84	56.05				
6	Reinertson, Christ		16	LV	56.45	56.31 REGN
13						
	25.80	56.31				
7	Shields, AJ		14	Osbourn Park	57.04	56.38 REGN
12						
8	Blevins, Philip		16	Forest Park	57.09	57.17
11						
	27.49	57.17				
9	Topping, Stephen		15	Albemarle	57.26	57.28
9						
	25.90	57.28				
10	Blevins, Phillip		16	Brooke Point	57.29	57.61
7						
	26.52	57.61				
11	Smith, Bryan		17	Forest Park	58.56	57.86
6						
	26.94	57.86				
12	Langhauser, Keith		15	Woodbridge	57.78	57.94
5						
	27.13	57.94				
13	Slattery, Michel		15	Mountain View	57.92	58.02
4						
	26.96	58.02				
14	Shafer, Jake		15	Riverbend	57.59	58.33
3						
	27.41	58.33				
15	Adams, Brendon		16	Osbourn Park	57.78	58.35
2						
	26.60	58.35				
16	Lee, Kevin		17	Battlefield	58.43	59.03
1						
	27.43	59.03				
17	Mernin, Ethan		14	Osbourn	58.71	59.17
	28.21	59.17				
18	Hannan, Mark		14	Woodbridge	58.62	59.75
	27.62	59.75				
19	Barone, Jacob		16	Osbourn Park	1:00.50	1:01.60
	29.03	1:01.60				
20	Stroud, Fisher			Brooke Point	1:00.67	1:02.11
	27.82	1:02.11				
21	Yeung, Matthew			Osbourn	1:00.36	1:02.18
	29.74	1:02.18				
22	Utt, Daniel		15	Stonewall Jackso	59.09	1:02.33
	28.76	1:02.33				
23	McDonald, Alex			Osbourn Park	1:00.64	1:02.39
	29.00	1:02.39				
24	Popek, James		15	Halifax County	1:11.47	1:09.07
	29.76	1:09.07				
25	Russell, Patrick			George Washingto	1:26.98	1:25.97
	36.68	1:25.97				
--	Bernardino, Michae		16	Albemarle	58.16	DQ
	27.49					
--	Keck, Jordon		15	Halifax County	1:06.28	DQ

29.40
 -- Boyd, Nicholas 14 Franklin County 1:11.19 DQ
 -- Wells, G.W. Franklin County 1:26.38 DQ

Event 12 Girls 100 Yard Butterfly

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State Record: ! 56.21 2/9/1999 Cynthia Roller, HHS
 NW REG: # 56.93 2002 Gigi DeToll, CHS
 56.75 AA-A
 57.50 AA-C
 59.59 AAA
 1:03.61 REGN

Name	Age	School	Seed	Finals
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Points

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1	Harper, Shannon	15 Forest Park	58.67	57.13 AA-C
20	27.24	57.13		
2	Monahan, Bailie	15 Colonial Forge	58.30	57.42 AA-C
17	27.23	57.42		
3	Ansley, Kameron	17 Osbourn	58.53	57.49 AA-C
16	27.25	57.49		
4	Vincent, Mandy	17 Gar-Field	58.85	59.30 AAA
15	28.24	59.30		
5	Slattery, Molly	16 Mountain View	1:00.37	1:00.12 REGN
14	28.27	1:00.12		
6	Ryan, Kelsey	16 LV	59.78	1:00.24 REGN
13	28.57	1:00.24		
7	Kula, Audrey	14 Osbourn Park	1:00.16	1:00.63 REGN
12	28.49	1:00.63		
8	Criscuolo, Holly	Battlefield	1:01.22	1:00.95 REGN
11	28.58	1:00.95		
9	Suhling, Maggie	14 North Stafford	1:02.93	1:01.09 REGN
9	28.39	1:01.09		
10	Minnich, Shannon	14 Massaponax	1:01.25	1:01.54 REGN
7	28.90	1:01.54		
11	Martin, Allison	Patrick Henry	1:03.73	1:02.72 REGN
6	29.76	1:02.72		
12	Rember, Bailey	16 Heritage	1:02.42	1:03.79
5	29.91	1:03.79		
13	Tremols, Nina	15 Battlefield	1:03.58	1:03.91
4	29.91	1:03.91		

14	Brana, Alexis	16 North Stafford	1:04.92	1:04.52
3	30.44	1:04.52		
15	Schmitz, Karaline	14 North Stafford	1:07.07	1:04.85
2	30.50	1:04.85		
16	Lloyd, Allison	14 Stafford	1:05.89	1:05.45
1	30.54	1:05.45		
17	Keen, Kiyomi	Massaponax	1:06.31	1:06.96
	31.51	1:06.96		
18	Stevens, Jillian	13 Osbourn Park	1:08.59	1:07.95
	31.87	1:07.95		
19	Varela, Courtney	17 Woodbridge	1:08.25	1:08.54
	31.87	1:08.54		
20	Pederson, Gabriell	Hylton	1:06.19	1:09.79
	31.57	1:09.79		
21	Moore, Julia	15 Forest Park	1:09.49	1:10.99
	32.42	1:10.99		
22	Sterling, Mary Kat	15 Osbourn Park	1:10.69	1:11.61
	32.49	1:11.61		
23	Attansio, Shelby	Osbourn	1:10.07	1:11.64
	33.35	1:11.64		
24	Goodfellow, Amber	Osbourn	1:08.95	1:11.72
	32.87	1:11.72		
25	VanBuskirk, Carrie	15 Stonewall Jackso	1:10.47	1:12.10
	32.43	1:12.10		
26	Conner, Jessica	14 Halifax County	1:33.05	1:32.30
	42.46	1:32.30		
27	Rutledge, Shelby	18 Halifax County	1:33.84	1:38.44
	42.71	1:38.44		
--	Brown, Melissa	Franklin County	1:56.96	DQ
	Declared false start			
--	Casola, Grace	13 Patrick Henry	1:15.25	DQ
	32.90			
--	Venning, Allison	15 Franklin County	1:30.27	DQ
	Declared false start			

Event 13 Boys 100 Yard Freestyle

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 State Record: ! 45.56 2/9/2008 Tim Wingert, Robinson-
 NW REG: # 46.87 2/1/2008 Joey Girani, FCHS
 46.44 AA-A
 46.98 AA-C
 48.99 AAA
 52.56 REGN

Name	Age	School	Seed	Finals
1 Minick, Grant	15	Osbourn Park	50.69	49.34 REGN
20	24.23	49.34		
2 Young, Mike	16	Massaponax	49.49	49.78 REGN
17	23.65	49.78		

3	Wright, Geoffrey	17 Heritage	49.01	49.91	REGN
16	24.04	49.91			
4	McGraw, Trey	17 Patrick Henry	49.81	50.16	REGN
15	24.33	50.16			
5	Hensley, Calvin	Brooke Point	52.47	50.19	REGN
14	24.07	50.19			
6	Bogle, Justin	17 Battlefield	51.44	50.22	REGN
13	24.08	50.22			
7	Johnson, Mike	15 Mountain View	50.41	50.23	REGN
12	24.44	50.23			
8	Hickenbottom, Conn	17 Potomac	52.00	50.72	REGN
11	24.63	50.72			
9	Lockman, Matt	Albemarle	50.90	51.10	REGN
9	24.62	51.10			
10	Mustafa, Adam	14 Osbourn	50.91	51.57	REGN
7	25.00	51.57			
11	Taylor, Capwell	14 LV	50.79	51.63	REGN
6	25.11	51.63			
12	Mikeal, Jessup	Brooke Point	52.04	51.79	REGN
5	25.25	51.79			
13	McGrory, Reilly	Osbourn	51.37	52.36	REGN
3.5	25.42	52.36			
13	Bassford, John	Osbourn Park	52.77	52.36	REGN
3.5	24.70	52.36			
15	Thornhill, Alan	16 Patrick Henry	50.10	52.87	
2	25.28	52.87			
16	Slattery, Michel	15 Mountain View	52.31	53.00	
1	25.15	53.00			
17	McAllister, Daniel	14 Heritage	52.07	53.20	
	25.71	53.20			
18	Hughes, Ryan	16 Forest Park	52.64	53.57	
	25.58	53.57			
19	Frye, Ian	17 Heritage	53.05	53.63	
	25.57	53.63			
20	Reichling, Eric	17 Forest Park	53.39	53.96	
	25.91	53.96			
21	Heckman, Trevor	15 Osbourn Park	53.69	53.97	
	25.93	53.97			
22	Schuetz, Matt	16 Forest Park	53.25	54.44	
	25.81	54.44			
23	Prescott, Jay	17 Woodbridge	52.97	54.94	
	26.46	54.94			
24	Sweeney, Harrison	14 Woodbridge	53.14	55.16	

26.89	55.16				
25 Sprague, Matt		17 Battlefield	54.54	56.33	
26.59	56.33				
25 Potter, Tim		Patrick Henry	55.80	56.33	
27.00	56.33				
27 Blevins, Phillip		16 Brooke Point	52.19	56.36	
25.67	56.36				
28 Beavers, Duncan		14 Stonewall Jackso	54.67	56.62	
27.44	56.62				
29 Ford, Zak		15 Halifax County	56.91	57.21	
26.95	57.21				
30 Feldman, James		George Washingto	58.42	59.38	
31 Henderson, Dru		18 Halifax County	59.32	1:01.58	
29.42	1:01.58				
32 Garner, Brandon		17 Halifax County	1:02.59	1:02.35	
29.92	1:02.35				
-- Lovell, Duncan		15 Franklin County	59.33	DQ	
-- Phifer, Sam		Franklin County	59.01	DQ	
-- Solomon, Matt		Albemarle	50.98	DQ	
24.07					
-- Whitefleet, Bill		Franklin County	1:00.31	NS	

Event 14 Girls 100 Yard Freestyle

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State Record: ! 49.15 2/21/2009 Becca Jones, Patriots
 NW REG: # 51.78 2/10/2006 Nancy Baar, Patrick Henry
 51.72 AA-A
 52.39 AA-C
 53.89 AAA
 57.42 REGN

Name	Age	School	Seed	Finals
Points				
=====				
=====				
1 Vincent, Taylor	13	Gar-Field	53.19	53.23 AAA
20				
25.19	53.23			
2 Murphy, Briana	17	Forest Park	54.24	53.96 REGN
17				
25.90	53.96			
3 Mizerak, Courtney	16	Osbourn Park	54.51	54.23 REGN
16				
25.67	54.23			
4 Harper, Holly	15	Albemarle	53.49	54.35 REGN
15				
25.86	54.35			
5 Deubler, Mackenzie	14	North Stafford	54.73	54.36 REGN
14				
25.90	54.36			
6 Parcell, Margaret	13	Franklin County	56.74	54.55 REGN
13				
26.97	54.55			
7 Burlingham, Eva	12	Colonial Forge	55.28	54.84 REGN
12				
26.54	54.84			

11	8	Criscuolo, Holly	Battlefield	56.37	55.74	REGN
		27.08 55.74				
9	9	Boyle, Casie	16 Osbourn	54.34	55.90	REGN
		26.93 55.90				
7	10	Fletcher, Dani	16 Riverbend	56.44	56.88	REGN
		27.19 56.88				
6	11	Herbek, Laurie	15 Massaponax	56.50	57.28	REGN
		27.53 57.28				
5	12	Woll, Jade	15 Woodbridge	58.13	57.76	
		27.62 57.76				
4	13	Flinn, Caitlin	Brooke Point	59.08	58.51	
		27.79 58.51				
3	14	Lewis, Hannah	16 Stafford	1:00.03	59.50	
		28.67 59.50				
2	15	Heflin, Sam	15 Stafford	1:00.01	59.65	
		28.44 59.65				
1	16	Gilgannon, Kelly	Albemarle	58.84	59.90	
		28.42 59.90				
	17	Pfannenstein, Alys	15 Mountain View	59.96	1:00.45	
		28.78 1:00.45				
	18	Ferrone, Melissa	17 Osbourn Park	1:00.47	1:00.55	
		29.35 1:00.55				
	19	Waller, Antoinette	15 Forest Park	1:00.12	1:00.80	
		28.19 1:00.80				
	20	Nowak, Emma	Osbourn	59.88	1:01.80	
		29.31 1:01.80				
	21	Perussault, Lauren	18 Heritage	1:01.73	1:03.34	
		30.04 1:03.34				
	22	Chen, Jessica	William Fleming	1:03.83	1:03.64	
		29.51 1:03.64				
	23	Lowell, Peri	16 Battlefield	1:02.02	1:04.24	
		29.31 1:04.24				
	24	Sterling, Lindsay	Osbourn Park	1:02.06	1:04.47	
		30.89 1:04.47				
	25	Boyle, Erica	Osbourn	1:02.23	1:05.66	
		31.15 1:05.66				
	26	Baldrige, Anne	Patrick Henry	1:07.66	1:07.62	
		31.57 1:07.62				
	27	White, Kelsey	15 Halifax County	1:08.48	1:10.34	
		33.38 1:10.34				
	28	Brailsford, Caroli	Patrick Henry	1:09.09	1:11.19	
		33.59 1:11.19				
	--	Borellis, MacKenzi	Franklin County	1:06.13	NS	
	--	Trotter, Lyric	14 Franklin County	1:08.63	NS	

Event 14I Girls 100 Yard Freestyle

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State Record: ! 49.15 2/21/2009 Becca Jones, Patriots
 NW REG: # 51.78 2/10/2006 Nancy Baar, Patrick Henry
 51.72 AA-A
 52.39 AA-C
 53.89 AAA
 57.42 REGN

Name	Age	School	Seed	Finals
1 Allen, Abbey	17	North Stafford	NT	54.12 REGN

Event 15 Boys 500 Yard Freestyle

State Record: ! 4:25.72 2/21/2009 Matt Benecki, Chantilly
 NW REG: # 4:38.98 2/1/2008 Philip LaRosa, OHS
 4:36.08 AA-A
 4:39.82 AA-C
 4:52.59 AAA
 5:14.86 REGN

Name	Age	School	Seed	Finals
1 Camper, Michael	15	Riverbend	4:47.53	4:43.54 AAA
20	24.93	52.83	1:21.94	1:51.34
	2:20.48	2:49.33	3:18.57	
	3:47.99	4:17.00	4:43.54	
2 Stoffa, Gregory	14	Osbourn Park	4:47.35	4:43.80 AAA
17	25.89	53.79	1:22.53	1:51.80
	2:20.48	2:49.33	3:18.52	
	3:48.10	4:16.84	4:43.80	
3 Stronko, Sam	14	Osbourn Park	4:59.72	4:53.96 REGN
16	26.61	55.74	1:25.32	1:55.08
	2:24.86	2:55.15	3:25.26	
	3:55.56	4:25.45	4:53.96	
4 Croasdell, Jacob	15	Battlefield	4:52.66	4:54.24 REGN
15	25.94	54.25	1:23.02	1:52.52
	2:22.45	2:53.16	3:23.84	
	3:54.81	4:25.52	4:54.24	
5 Jaeger, Marck	17	Hylton	4:57.06	4:58.14 REGN
14	26.98	56.05	1:25.84	1:56.14
	2:26.06	2:56.13	3:26.52	
	3:56.87	4:27.68	4:58.14	
6 Kimble, Cole	15	North Stafford	5:10.37	4:59.65 REGN
13	26.33	55.65	1:25.96	1:56.47
	2:27.41	2:58.56	3:28.97	
	3:59.88	4:30.54	4:59.65	
7 Resch, Robert	16	North Stafford	5:02.04	5:01.60 REGN
12				

	26.73	56.74	1:27.05	1:57.96	2:28.58	2:59.45	3:30.45	
4:01.94	4:32.88	5:01.60						
8 Francis, Daniel			17 Woodbridge			4:59.69	5:02.73	REGN
11	27.35	57.05	1:27.31	1:58.23	2:28.97	3:00.17	3:31.00	
4:01.97	4:33.13	5:02.73						
9 Wanner, Jackson			17 Brooke Point			5:06.62	5:09.37	REGN
9	26.52	56.37	1:26.86	1:57.99	2:29.96	3:02.05	3:34.67	
4:07.61	4:39.79	5:09.37						
10 Nye, Connor			15 Woodbridge			5:08.43	5:09.82	REGN
7	27.13	56.94	1:27.51	1:58.69	2:30.40	3:02.05	3:34.15	
4:06.61	4:38.84	5:09.82						
11 Faust, Michael			14 Mountain View			5:07.60	5:10.15	REGN
6	26.76	56.54	1:27.47	1:58.89	2:30.72	3:02.75	3:34.67	
4:07.09	4:39.02	5:10.15						
12 Brower, Michael			16 Brooke Point			5:08.11	5:11.17	REGN
5	27.39	57.35	1:27.99	1:59.41	2:31.32	3:02.97	3:35.22	
4:08.05	4:40.31	5:11.17						
13 Wineinger, Andrew			14 Colonial Forge			5:16.75	5:15.76	
4	28.01	58.74	1:30.29	2:02.18	2:34.03	3:06.70	3:39.25	
4:11.76	4:44.05	5:15.76						
14 Lopacki, Jonathan			14 Osbourn Park			5:09.46	5:16.53	
3	27.68	58.09	1:29.77	2:01.85	2:34.17	3:06.72	3:39.46	
4:12.22	4:44.85	5:16.53						
15 Meyer, Kyle			16 North Stafford			5:04.70	5:18.91	
2	27.63	57.29	1:28.54	2:00.93	2:33.43	3:06.65	3:39.97	
4:13.14	4:46.47	5:18.91						
16 Pomaievich, Matthe			14 Osbourn Park			5:25.81	5:22.77	
1	27.52	57.81	1:29.21	2:01.60	2:34.33	3:07.69	3:41.63	
4:15.48	4:49.78	5:22.77						
17 Ray, Andrew			15 LV			5:29.03	5:34.95	
	29.40	1:01.48	1:34.45	2:08.41	2:42.86	3:17.31	3:51.79	
4:26.72	5:01.59	5:34.95						
18 Goulet, Zachary			15 Stonewall Jackso			5:30.56	5:39.56	
	30.45	1:02.95	1:36.51	2:10.75	2:45.27	3:20.06	3:54.93	
4:30.08	5:05.02	5:39.56						
19 Dailey, Christophe			18 Battlefield			5:23.36	5:49.39	

	27.84	58.55	1:30.81	2:04.53	2:39.36	3:16.37	3:54.93
4:33.76							
	5:12.01	5:49.39					
20 Storey, Robert			Osborn		5:47.91	5:51.89	
	31.38	1:06.15	1:41.25	2:17.08	2:52.68	3:28.41	4:05.35
4:41.95							
	5:18.08	5:51.89					
21 Byrne, Daniel			Osborn		5:52.62	6:01.99	
	30.48	1:05.05	1:40.59	2:17.84	2:55.44	3:33.39	4:11.84
4:49.74							
	5:27.01	6:01.99					
22 Bergmann, Johnatha			15 Woodbridge		6:01.27	6:02.72	
	29.60	1:03.96	1:40.55	2:18.37	2:56.09	3:34.83	4:13.56
4:50.62							
	5:28.10	6:02.72					
23 Collins, David			15 George Washingto		6:24.18	6:10.61	
	30.78	1:05.35	1:42.50	2:20.67	2:59.65	3:38.00	4:16.94
4:56.64							
	5:34.23	6:10.61					
24 Haupt, Connor			16 Battlefield		6:05.59	6:11.44	
	31.90	1:08.53	1:45.80	2:24.03	3:03.18	3:42.41	4:20.70
4:58.91							
	5:36.07	6:11.44					
25 Seitz, Ryan			Osborn		6:09.03	6:23.25	
	30.77	1:04.43	1:41.38	2:19.75	2:59.51	3:40.38	4:21.37
5:03.19							
	5:45.06	6:23.25					
26 Mulcahy, Liam			Patrick Henry		7:07.56	6:43.82	
	31.77	1:09.19	1:50.72	2:32.55	3:14.47	3:56.47	4:39.17
5:21.95							
	6:05.29	6:43.82					
27 Conner, Chase			14 Halifax County		7:39.56	7:47.85	
	37.13	1:21.20	2:08.21	2:56.83	3:45.97	4:37.44	5:26.66
6:15.60							
	7:06.62	7:47.85					
-- Boyd, Nicholas			14 Franklin County		6:45.56	DQ	
-- Holden, Taylor			Franklin County		7:57.53	DQ	

Event 16 Girls 500 Yard Freestyle

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State Record: ! 4:50.14 2/21/2009 Rachael Burnett, Annandale
 NW REG: # 5:05.71 2/1/2008 Mandy Vincent, GFHS
 4:58.13 AA-A
 5:02.19 AA-C
 5:13.29 AAA
 5:30.35 REGN

Name	Age	School	Seed	Finals
1 Nowak, Haley	17	Osborn	5:11.78	5:07.97 AAA
20				
	29.35	1:00.48	1:31.72	2:03.14
			2:34.16	3:04.71
				3:35.43
4:06.26				
	4:37.36	5:07.97		

2	Allen, Abbey	17 North Stafford	5:17.22	5:13.49	REGN
17					
	27.20	57.90	1:29.00	2:00.69	2:32.01 3:03.34 3:35.69
4:08.21					
	4:41.04	5:13.49			
3	Vincent, Mandy	17 Gar-Field	5:14.44	5:16.76	REGN
16					
	29.83	1:01.73	1:33.53	2:05.17	2:36.97 3:08.83 3:40.59
4:12.49					
	4:44.96	5:16.76			
4	Skelley, Emma	13 Osbourn Park	5:17.92	5:17.63	REGN
15					
	28.72	1:00.01	1:31.86	2:04.35	2:36.58 3:08.99 3:41.52
4:14.05					
	4:46.18	5:17.63			
5	Lund, Rachel	17 Osbourn Park	5:22.50	5:20.59	REGN
14					
	30.22	1:01.77	1:34.27	2:06.59	2:39.27 3:11.25 3:43.68
4:16.07					
	4:48.46	5:20.59			
6	Gully, Kendra	Osbourn Park	5:21.44	5:24.21	REGN
13					
	30.65	1:02.40	1:34.13	2:06.63	2:39.46 3:12.14 3:45.57
4:19.44					
	4:52.58	5:24.21			
7	Winkler, Claire	15 Massaponax	5:30.00	5:24.48	REGN
12					
	29.56	1:01.48	1:33.61	2:06.09	2:39.04 3:12.20 3:45.45
4:18.71					
	4:52.06	5:24.48			
8	Glavy, Jenna	16 Mountain View	5:36.95	5:35.01	
11					
	30.15	1:02.51	1:36.10	2:09.93	2:43.73 3:18.15 3:52.58
4:27.00					
	5:01.36	5:35.01			
9	Lisbon, Kelsey	14 Woodbridge	5:35.56	5:36.46	
9					
	31.18	1:04.73	1:38.71	2:12.90	2:47.36 3:21.46 3:55.88
4:29.77					
	5:03.48	5:36.46			
10	McTarsney, Ciara	14 Colonial Forge	5:37.53	5:38.10	
7					
	30.52	1:03.75	1:37.32	2:10.53	2:44.38 3:18.94 3:53.47
4:28.62					
	5:03.27	5:38.10			
11	Hosseini, Rachel	14 Osbourn Park	5:39.84	5:42.54	
6					
	31.05	1:04.79	1:39.27	2:13.99	2:48.97 3:23.97 3:58.82
4:33.77					
	5:08.69	5:42.54			
12	Owens, Shelby	Woodbridge	5:41.82	5:43.32	
5					
	30.57	1:04.53	1:37.99	2:12.37	2:47.14 3:21.84 3:57.15
4:33.19					
	5:08.99	5:43.32			
13	Martinich, Alex	15 Mountain View	5:43.90	5:44.26	
4					

	31.14	1:05.23	1:39.93	2:15.14	2:50.07	3:25.36	4:00.12
4:35.59		5:10.67	5:44.26				
	14 Comer, Megan		15 North Stafford		5:55.44	5:45.12	
3							
	31.25	1:05.01	1:39.78	2:15.10	2:49.46	3:24.41	3:59.59
4:35.30		5:10.80	5:45.12				
	15 Dix, Sara		14 North Stafford		5:41.31	5:48.38	
2							
	30.61	1:04.67	1:39.30	2:14.92	2:49.82	3:25.36	4:01.38
4:37.78		5:13.63	5:48.38				
	16 Grecco, Allison		15 Heritage		5:42.42	5:48.87	
1							
	30.24	1:04.04	1:38.64	2:14.11	2:49.81	3:25.73	4:01.80
4:38.46		5:14.25	5:48.87				
	17 Gold, Jordan		16 Heritage		5:48.66	5:49.74	
	30.78	1:05.09	1:40.21	2:15.43	2:50.77	3:26.34	4:02.84
4:39.35		5:15.60	5:49.74				
	18 Crowley, Michelle		15 LV		5:44.57	5:54.59	
	32.28	1:07.11	1:42.35	2:18.24	2:54.26	3:29.94	4:06.53
4:42.32		5:19.61	5:54.59				
	19 Ball, Shelby		14 Colonial Forge		6:00.13	6:00.54	
	32.55	1:08.65	1:45.50	2:21.95	2:58.89	3:35.53	4:12.26
4:48.95		5:26.05	6:00.54				
	20 Anastasio, Christi		18 Gar-Field		5:57.54	6:03.27	
	32.84	1:09.01	1:45.83	2:22.43	2:59.11	3:36.12	4:12.96
4:49.77		5:26.71	6:03.27				
	21 Casola, Grace		13 Patrick Henry		6:02.21	6:05.67	
	32.98	1:09.57	1:46.35	2:22.54	2:59.82	3:37.50	4:14.74
4:52.79		5:30.76	6:05.67				
	22 Storey, Elizabeth		Osbourn		6:04.69	6:06.05	
	33.36	1:09.30	1:46.37	2:23.25	3:00.22	3:37.25	4:14.56
4:51.90		5:29.62	6:06.05				
	23 Cotton, Katie		15 Stonewall Jackso		5:56.46	6:15.54	
	32.25	1:08.16	1:45.19	2:22.39	3:00.43	3:40.00	4:19.56
4:58.24		5:37.16	6:15.54				
	24 Kamalanathan, Kash		16 Battlefield		6:25.67	6:34.17	
	34.65	1:14.09		2:35.56	3:16.39	3:56.64	4:36.96
5:18.05		5:58.08	6:34.17				
	25 Clark, Michelle		Osbourn		6:18.68	6:34.41	
	32.79	1:09.89	1:47.68	2:26.55	3:06.44	3:47.52	4:29.59
5:11.71		5:54.44	6:34.41				
	26 Spencer, Johanna		17 Halifax County		7:25.11	7:39.59	
	36.35	1:20.28	2:06.87	2:53.50	3:42.43	4:32.08	5:21.09
6:07.09							

6:54.81	7:39.59						
27 McEvoy, Katie		14 Patrick Henry		7:45.52		8:06.85	
38.13	1:22.67	2:09.07	2:57.87	3:46.49	4:38.83	5:31.31	
6:24.01							
7:16.82	8:06.85						
28 Collins, Alexa		George Washingto		8:28.97		8:25.92	
42.10	1:30.28	2:23.73	3:15.24		5:01.87		
6:46.53							
7:38.19	8:25.92						
29 Conner, Emily		17 Halifax County		8:39.24		8:50.58	
40.98	1:30.49	2:23.96	3:19.10	4:16.21	5:12.80	6:10.26	
7:07.02							
8:02.45	8:50.58						
30 Brubaker, Kala		15 Franklin County		8:07.25		9:00.98	
40.43	1:29.28	2:24.16		4:18.31	5:16.90	6:14.94	
7:12.82							
8:09.73	9:00.98						
-- Venning, Jamie		16 Franklin County		7:19.92		DQ	
-- Greer, Sarah		15 Franklin County		8:04.07		DQ	

Event 17 Boys 200 Yard Freestyle Relay

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State Record: ! 1:25.43 2/21/2009 Madison HS Boys
S Fletcher, D Fallavollita, A Pennington, R
Parker

NW REG: # 1:28.89 2/1/2008 Osbourn High School
B Regan, C Wittenauer, P LaRosa, D Jansen
1:27.06 AA-A
1:28.29 AA-C
1:31.19 AAA
1:37.06 REGN

School	Seed	Finals
Points		
=====		
=====		
1 Albemarle High School 'A'	1:33.33	1:31.13 AAA
40		
1) Tubridy, Patrick	2) Solomon, Matt	
3) Robbins, Chase	4) Lockman, Matt	
22.70 45.31 1:08.59 1:31.13		
2 Riverbend High School 'A'	1:32.70	1:31.29 REGN
34		
1) Shafer, Jake 15	2) Goonan, Jeff 15	
3) Bogue, Patrick	4) Camper, Michael 15	
23.70 46.76 1:10.01 1:31.29		
3 Loudoun Valley 'A'	1:33.79	1:33.34 REGN
32		
1)	2) Parker, Jack 17	
3) Rabung, Chris 17	4)	
23.40 48.08 1:10.82 1:33.34		
4 Brooke Point High School 'A'	1:34.24	1:33.51 REGN
30		
1) Hensley, Calvin	2) Mikeal, Jessup	
3) Wanner, Jackson 17	4) Garcia, Alex	
22.87 46.41 1:10.88 1:33.51		

5	Heritage High School 'A'		1:33.64	1:34.45	REGN
28					
	1) McAllister, Daniel 14				2) Rosenberg, Damon 16
	3) Carlyle, Jaegar 17				4) Wright, Geoffrey 17
	24.35 47.91 1:12.05 1:34.45				
6	Battlefield High School 'A'		1:34.32	1:34.82	REGN
26					
	1) Mathis, Nicholas 17				2) Boyd, Andrew 17
	3) Bogle, Justin 17				4) Lee, Kevin 17
	24.43 48.79 1:11.81 1:34.82				
7	Forest Park High School 'A'		1:36.31	1:34.84	REGN
24					
	1) Reichling, Eric 17				2) Chamberlain, Alec
	3) Hughes, Ryan 16				4) Schuette, Matt 16
	24.26 47.78 1:10.94 1:34.84				
8	Osborn Park High School 'A'		1:35.68	1:34.88	REGN
22					
	1) Stoffa, Gregory 14				2) Foskett, Andrew
	3) Bassford, John				4) Lord, Peter 15
	24.45 48.62 1:11.78 1:34.88				
9	North Stafford High School 'A'		1:35.13	1:36.77	REGN
18					
	1) Young, Derek 15				2) Meyer, Kyle 16
	3) Troy, Winston 15				4) Kimble, Cole 15
	24.92 49.79 1:13.03 1:36.77				
10	Patrick Henry High School 'A'		1:41.65	1:37.47	
14					
	1) McGraw, Trey 17				2) Catron, Matthew
	3) Thornhill, Alan 16				4) Potter, Tim
	23.76 49.82 1:12.79 1:37.47				
11	Woodbridge Senior High School 'A'		1:41.39	1:39.55	
12					
	1) Langhauser, Keith 15				2) Nye, Connor 15
	3) Hannan, Mark 14				4) Freeman, Will 15
	24.93 49.73 1:15.37 1:39.55				
12	Osborn High School 'A'		1:34.24	1:39.63	
10					
	1) Perez, Matthew				2) Yeung, Matthew
	3) Mernin, Ethan 14				4) McGrory, Reilly
	26.32 52.42 1:16.62 1:39.63				
13	Gar-Field Senior High School 'A'		1:40.59	1:39.84	
8					
	1) Duso, Evan 16				2) Anderson, Brandon 17
	3) Green, John 15				4) Kem, Thokeina 16
	26.97 52.02 1:16.57 1:39.84				
14	Massaponax High School 'A'		1:33.74	1:41.11	
6					
	1) Brown, Paul				2) Hanson, Andrew
	3) Smith, Philip 9				4) Wendt, Christian 14
	25.44 50.51 1:16.09 1:41.11				
15	Stonewall Jackson High School 'A'		1:40.85	1:42.38	
4					
	1) Cerniuk, Alex 15				2) Goldman, Luke 16
	3) Stoll, Jordon 15				4) Thornburg, Michael 16
	24.77 50.59 1:17.02 1:42.38				
16	Halifax County High School 'A'		1:46.46	1:42.95	
2					

1) Keck, Jordon 15	2) Garner, Brandon 17
3) Ford, Zak 15	4) Henderson, Dru 18
25.06 51.24 1:16.62 1:42.95	
17 George Washington HS 'A'	1:50.81 1:50.20
1) Argyakis, N	2) Dillard, T
3) Yoder, Chris	4) Phelps, John
28.87 56.36 1:23.88 1:50.20	
-- Franklin County High School 'A'	1:43.49 NS
Declared false start	
1) Taylor, Brent 16	2) Phifer, Sam
3) Whitefleet, Bill	4) Girani, Thomas 15

Event 18 Girls 200 Yard Freestyle Relay

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State Record: ! 1:36.20 2/9/2008 Fairfax High School
 E Baumgardner, F Dowd, J DeOrnellas, T Harvey
 NW REG: # 1:41.23 2/13/2009 Colonial Forge High School
 B Monahan, C McTarsney, E Burlingham, C

Simmons

1:38.34 AA-A
 1:39.64 AA-C
 1:42.99 AAA
 1:47.46 REGN

School	Seed	Finals
Points		
=====		
=====		

1 Osbourn Park High School 'A'	1:45.37	1:41.84 AAA
40		
1) Souther, Christine 14	2) Lund, Rachel 17	
3) Gully, Kendra	4) Mizerak, Courtney	
26.18 51.76 1:17.41 1:41.84		
2 North Stafford High School 'A'	1:43.25	1:42.10 AAA
34		
1) Allen, Abbey 17	2) Bedwell, Caitlyn 15	
3) Deubler, Mackenzie 16	4) Brana, Alexis 16	
25.84 51.91 1:16.65 1:42.10		
3 Riverbend High School 'A'	1:45.93	1:44.60 REGN
32		
1) Kalista, Maria	2) Brumbaum, Kayla 14	
3) Bauers, Tori 16	4) Fletcher, Dani 16	
27.35 52.44 1:19.51 1:44.60		
4 Albemarle High School 'A'	1:46.44	1:45.27 REGN
30		
1) Pajewski, Christine	2) Freshwater, Melanie	
3) Sharp, Corinne	4) Harper, Holly 15	
27.23 54.10 1:20.46 1:45.27		
5 Colonial Forge High School 'A'	1:45.99	1:46.35 REGN
28		
1) Hutchinson, Andrea 15	2) McTarsney, Ciara 14	
3) Burlingham, Eva 16	4) Monahan, Bailie 15	
27.50 57.21 1:21.63 1:46.35		
6 Gar-Field Senior High School 'A'	1:47.88	1:46.62 REGN
26		
1) Vincent, Taylor 13	2) Emert, Heather 15	
3) Vincent, Mandy 17	4) Fleming, Kathleen 17	

	24.68	51.11	1:19.44	1:46.62		
7	Forest Park High School 'A'				1:42.63	1:47.82
24						
	1) Waller, Antoinette 15		2) Hummer, Lilly 15			
	3) Bodmer, Allyson 14		4) Hood, Taylor 15			
	27.19	53.89	1:21.33	1:47.82		
8	Heritage High School 'A'				1:47.50	1:49.07
22						
	1) Rember, Bailey 16		2) Waletzki, Nicole 17			
	3) Perussault, Lauren 18		4) Rosenburg, Kaleigh 14			
	27.17	55.10	1:22.95	1:49.07		
9	Battlefield High School 'A'				1:48.29	1:51.06
18						
	1) McRory, Ramsey		2) Lowell, Peri 16			
	3) Pyles, Megan 16		4) Boyd, Brigette			
	28.52	56.13	1:23.95	1:51.06		
10	Osborn High School 'A'				1:44.53	1:55.81
14						
	1) Ritner, Alyssa		2) Boyle, Erica			
	3) Goodfellow, Amber		4) Nowak, Emma			
	28.87	58.58	1:28.27	1:55.81		
11	Patrick Henry High School 'A'				1:54.17	1:57.38
12						
	1) Brailsford, Caroline		2) Black, Gracie 14			
	3) Martin, Allison		4) Casola, Grace 13			
	29.13	59.32	1:28.49	1:57.38		
12	Loudoun Valley 'A'				1:57.77	1:57.49
10						
	1) Suminski, Sheridan 15		2) Halterman, Courtney 15			
	3) Larco, Dani 17		4) Sullivan, Meghan 18			
	29.62	58.86	1:27.86	1:57.49		
13	Halifax County High School 'A'				1:45.04	2:02.58
8						
	1) Spencer, Johanna 17		2) Miller, Jordon 14			
	3) White, Kelsey 15		4) Farley, Morgan 17			
	30.60	1:01.09	1:31.30	2:02.58		
14	George Washington HS 'A'				2:04.98	2:10.96
6						
	1) Collins, Alexa		2) Hughes, A			
	3) Waldman, Stephanie		4) Jones, Rachel			
	30.03	1:02.60	1:45.66	2:10.96		
--	Stonewall Jackson High School 'A'				1:54.79	DQ
	1) Heavner, Stephanie 17		2) Ordonez, Cindy 16			
	3) Pendegrass, Aimee 17		4) Thai, Melissa 14			
	32.36	1:03.77	1:22.94	DQ		
--	Woodbridge Senior High School 'A'				1:51.53	DQ
	1) Varela, Courtney 17		2) Lemay, Katie			
	3) Hanson, Katherine		4) West, Maddie 14			
	28.26	58.52	1:27.41	DQ		
--	Franklin County High School 'A'				2:02.80	NS
	Declared false start					
	1) Hart, Elizabeth 17		2) Trout, Alexa 16			
	3) Trotter, Lyric 14		4) Delpport, Charne 16			

Event 19 Boys 100 Yard Backstroke

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State Record: ! 50.20 2/11/2000 Markus Rogan, MVHS
 NW REG: # 52.13 2/1/2008 Andrew Starr, AHS
 52.09 AA-A
 52.90 AA-C
 55.09 AAA
 1:00.14 REGN

Name	Age	School	Seed	Finals
1 Fox-Moles, Michael	16	Brooke Point	53.07	52.65 AA-C
20	25.77	52.65		
2 Friedel, Josh	16	Mountain View	52.09	52.68 AA-C
17	25.59	52.68		
3 Campbell, Conor	19	Osbourn	53.37	53.31 AAA
16	26.47	53.31		
4 Blakely, Steven	15	Osbourn Park	55.85	53.59 AAA
15	26.15	53.59		
5 McGhee, Ryan	16	Albemarle	57.09	55.87 REGN
14	27.01	55.87		
6 Topping, Stephen	15	Albemarle	57.25	55.89 REGN
13	27.05	55.89		
7 Lord, Peter	15	Osbourn Park	57.16	56.86 REGN
12	27.61	56.86		
8 Robbins, Chase		Albemarle	57.97	56.98 REGN
11	28.01	56.98		
9 Croasdell, Jacob	15	Battlefield	56.06	57.03 REGN
9	27.67	57.03		
10 Sell, Michael	14	Mountain View	57.90	57.19 REGN
7	28.08	57.19		
11 Shields, AJ	14	Osbourn Park	58.09	58.48 REGN
6	28.49	58.48		
12 Prescott, Jay	17	Woodbridge	58.64	58.55 REGN
5	28.56	58.55		
13 Resch, Robert	16	North Stafford	57.32	58.62 REGN
4	28.45	58.62		
14 Kem, Thokeina	16	Gar-Field	1:00.93	58.79 REGN
3	28.68	58.79		
15 Whitticar, Ford	15	Battlefield	57.35	59.11 REGN
2	28.42	59.11		
16 Girani, Thomas	15	Franklin County	59.20	59.89 REGN
1				

29.30	59.89				
17	Telford, Sean	Albemarle	1:00.98	1:00.18	
	29.01	1:00.18			
18	Yang, John	16 Forest Park	1:00.19	1:00.67	
	29.52	1:00.67			
19	McDonald, Alex	Osbourn Park	1:00.37	1:00.76	
	29.15	1:00.76			
20	McAllister, Daniel	14 Heritage	59.29	1:01.20	
	29.77	1:01.20			
21	Mustafa, Ameen	14 Osbourn	1:02.04	1:01.57	
	30.19	1:01.57			
22	Paquin, Joshua	15 Battlefield	1:00.72	1:01.72	
	29.99	1:01.72			
23	Whalen-Kelly, Eric	13 Riverbend	1:00.71	1:01.98	
	30.14	1:01.98			
24	Lamana, Nick	16 LV	1:03.92	1:04.18	
	30.39	1:04.18			
25	Rooney, Kevin	18 Battlefield	1:03.55	1:04.97	
	31.04	1:04.97			
26	Seltzer, Dieter	16 Stonewall Jackso	1:04.55	1:06.33	
	31.35	1:06.33			
27	Yoder, Chris	George Washingto	1:20.91	1:19.47	
28	Zanarini, Nick	14 Halifax County	1:19.51	1:21.73	
	38.80	1:21.73			
29	Elliott, Taylor	17 Halifax County	1:19.89	1:22.87	
	40.06	1:22.87			
--	Akers, Hunter	Franklin County	1:26.30	DQ	
--	Holden, Taylor	Franklin County	1:45.68	DQ	
--	Wells, G.W.	Franklin County	1:22.98	DQ	
--	Russell, Patrick	George Washingto	1:21.17	NS	

Event 20 Girls 100 Yard Backstroke

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State Record: ! 54.85 2/21/2009 Meredith Cavalier, BPHS
 NW REG: # 57.07 1998 Bethany Lindberg, WSHS
 57.50 AA-A
 58.43 AA-C
 1:00.49 AAA
 1:03.88 REGN

Name	Age	School	Seed	Finals
Points				
===== =====				
1 Harper, Holly	15	Albemarle	58.20	58.18 AA-C
20				
28.79	58.18			
2 Ryan, Kelsey	16	LV	1:01.78	1:01.11 REGN
17				
30.03	1:01.11			
3 Flinn, Mary	15	Brooke Point	1:03.27	1:01.32 REGN
16				
29.77	1:01.32			
4 Lisbon, Megan	17	Woodbridge	1:02.16	1:01.59 REGN
15				
30.22	1:01.59			

5	Slattery, Molly	16 Mountain View	1:02.03	1:02.11	REGN
14	29.98 1:02.11				
6	Wuckovich, Zoe	17 Stafford	1:03.53	1:02.57	REGN
13	30.40 1:02.57				
7	Tremols, Nina	15 Battlefield	1:02.84	1:02.77	REGN
12	30.62 1:02.77				
8	Suhling, Maggie	14 North Stafford	1:02.67	1:03.02	REGN
11	30.32 1:03.02				
9	Harrison, Elizabet	16 Osbourn Park	1:04.69	1:03.68	REGN
9	31.46 1:03.68				
10	Crider, Lara	16 Battlefield	1:03.68	1:04.69	
7	31.34 1:04.69				
11	Leong, Samantha	15 Forest Park	1:03.47	1:04.80	
6	31.75 1:04.80				
12	Miller, Kelly	Albemarle	1:06.78	1:06.28	
5	32.00 1:06.28				
13	Grecco, Allison	15 Heritage	1:04.85	1:06.39	
4	31.72 1:06.39				
14	Roddy, Katie	16 Albemarle	1:06.18	1:06.65	
3	32.89 1:06.65				
15	Weldon, Brianna	14 Potomac	1:08.87	1:06.70	
2	32.17 1:06.70				
16	Freshwater, Melani	Albemarle	1:06.07	1:07.17	
1	32.16 1:07.17				
17	Keen, Kiyomi	Massaponax	1:05.09	1:07.23	
	33.58 1:07.23				
18	West, Maddie	14 Woodbridge	1:09.81	1:07.67	
	32.89 1:07.67				
19	Miller, Sara	Osbourn	1:07.03	1:09.44	
	34.42 1:09.44				
20	Hood, Taylor	15 Forest Park	1:09.25	1:10.50	
	33.75 1:10.50				
21	Hosseini, Rachel	14 Osbourn Park	1:10.64	1:10.88	
	35.14 1:10.88				
22	Anastasio, Christi	18 Gar-Field	1:10.41	1:12.36	
	35.02 1:12.36				
23	Johnson, Kelly	16 LV	1:10.38	1:12.63	
	34.65 1:12.63				
24	Hoch, Breanna	14 Franklin County	1:23.29	1:21.56	
	38.66 1:21.56				
25	Essig, Melissa	18 Halifax County	1:19.49	1:22.72	
	40.39 1:22.72				
26	Ferguson, Peyton	16 Halifax County	1:26.61	1:28.46	
	42.78 1:28.46				
27	Brubaker, Kala	15 Franklin County	1:31.96	1:37.03	

28	Tran, Sendy	William Fleming	1:42.99	1:58.19
	53.67	1:58.19		
--	Brown, Melissa	Franklin County	1:38.20	NS
--	Delpont, Charne	16 Franklin County	1:19.51	NS

Event 21 Boys 100 Yard Breaststroke

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State Record: ! 57.15 2/21/2009 Stephen Richards, SAXONS
 NW REG: # 58.02 2/3/2005 Zachary Hayden, SJHS
 58.58 AA-A
 59.40 AA-C
 1:01.69 AAA
 1:07.06 REGN

Name	Age	School	Seed	Finals
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Points

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1	Rosenburg, Damon	16 Heritage	1:01.25	1:02.11 REGN
20	29.66	1:02.11		
2	Perez, Tyler	17 Osbourn	1:02.24	1:02.25 REGN
17	29.72	1:02.25		
3	Schwalm, Connor	16 Potomac	1:02.59	1:02.69 REGN
16	29.23	1:02.69		
4	Keen, Dylan	Massaponax	1:06.18	1:03.35 REGN
15	29.94	1:03.35		
5	Cudahy, Sean	17 Albemarle	1:05.81	1:03.37 REGN
14	30.24	1:03.37		
6	Kauppert, Tyler	16 Massaponax	1:04.41	1:03.42 REGN
13	29.87	1:03.42		
7	Webb, Tim	15 Albemarle	1:04.72	1:04.02 REGN
12	30.52	1:04.02		
8	Francis, Daniel	17 Woodbridge	1:03.50	1:04.65 REGN
11	30.60	1:04.65		
9	Mathis, Nicholas	17 Battlefield	1:04.42	1:05.47 REGN
9	31.31	1:05.47		
10	Barone, Jacob	16 Osbourn Park	1:06.66	1:06.35 REGN
7	31.14	1:06.35		
11	Robison, Robbie	Albemarle	1:07.15	1:06.82 REGN
6	31.64	1:06.82		
12	Murrin, Jordan	16 Forest Park	1:06.56	1:06.93 REGN
5	31.17	1:06.93		
13	Deal, Forrest	Brooke Point	1:07.62	1:07.22
4	31.94	1:07.22		

14	Bernardino, Michael	16	Albemarle	1:07.09	1:07.29
3	31.67	1:07.29			
15	Worrick, Joe	14	Osborn Park	1:07.91	1:07.44
2	31.92	1:07.44			
16	Hunt, Tommy	16	Massaponax	1:06.44	1:07.49
1	32.22	1:07.49			
17	Stockner, Daniel	14	Mountain View	1:07.21	1:07.89
	32.21	1:07.89			
17	Karlovich, Zach	18	Stafford	1:07.66	1:07.89
	31.79	1:07.89			
19	Perez, Matthew		Osborn	1:09.19	1:08.85
	32.54	1:08.85			
20	Yeung, Matthew		Osborn	1:06.20	1:09.03
	32.43	1:09.03			
21	Chapman, Zachary	14	Battlefield	1:07.52	1:09.16
	32.61	1:09.16			
22	Barefoot, Nicolaus	15	Woodbridge	1:09.72	1:09.24
	33.50	1:09.24			
23	Taylor, Brent	16	Franklin County	1:11.30	1:10.06
	32.33	1:10.06			
24	Kerber, Sam		Osborn	1:08.22	1:10.28
	34.21	1:10.28			
25	Brundage, Matt	16	Forest Park	1:09.06	1:10.85
	32.92	1:10.85			
26	Freeman, Will	15	Woodbridge	1:09.77	1:10.89
	33.52	1:10.89			
27	Dailey, Christophe	18	Battlefield	1:09.50	1:11.79
	33.60	1:11.79			
28	Catron, Matthew		Patrick Henry	1:14.29	1:13.76
	34.43	1:13.76			
29	Keck, Jordon	15	Halifax County	1:13.98	1:15.57
	34.41	1:15.57			
30	Fulcher, Hunter	16	Halifax County	1:17.05	1:18.10
	35.84	1:18.10			
31	Popek, James	15	Halifax County	1:29.23	1:27.81
	39.47	1:27.81			
32	Harris, Will		William Fleming	1:21.17	1:27.96
	40.92	1:27.96			
33	Robbins, Austin	17	Halifax County	1:31.56	1:29.06
	39.66	1:29.06			
34	Bowling, Bryant		William Fleming	1:39.68	1:36.37
	42.86	1:36.37			

Event 22 Girls 100 Yard Breaststroke

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State Record: ! 1:00.96 2/9/2008 Ashley Danner, Lake Braddock
 NW REG: # 1:05.47 2/10/2003 Lauren Brick, CHS
 1:05.24 AA-A
 1:06.28 AA-C
 1:08.69 AAA
 1:12.82 REGN

Name	Age	School	Seed	Finals
Points				

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=====
=====
 1 Brumbaum, Kayla      14 Riverbend          1:06.91    1:05.74 AA-C
20
    31.05  1:05.74
 2 Mizerak, Courtney   Osbourn Park         1:09.54    1:06.40 AAA
17
    31.04  1:06.40
 3 Stephens-Pickeral,  14 George Washingto  1:08.36    1:06.73 AAA
16
    31.39  1:06.73
 4 Livingston, April   16 Hylton             1:08.28    1:07.60 AAA
15
    32.33  1:07.60
 5 Rosenberg, Kaleigh  14 Heritage           1:07.60    1:07.95 AAA
14
    32.34  1:07.95
 6 Martin, Natalie     15 Battlefield       1:08.35    1:08.82 REGN
13
    32.67  1:08.82
 7 Bodmer, Allyson     14 Forest Park        1:09.90    1:09.18 REGN
12
    32.84  1:09.18
 8 Young, Carmen       15 Osbourn Park       1:12.28    1:10.53 REGN
11
    33.77  1:10.53
 9 Melkun, Hannah     16 Stafford           1:12.04    1:10.98 REGN
9
    33.46  1:10.98
10 Sherman, Paige     14 North Stafford     1:11.25    1:11.08 REGN
7
    33.20  1:11.08
11 Pfannenstein, Ashl  16 Mountain View     1:11.69    1:11.80 REGN
6
    33.57  1:11.80
12 Schmitz, Catie     15 North Stafford     1:10.87    1:13.07
5
    34.50  1:13.07
13 Souther, Christine  14 Osbourn Park       1:12.82    1:14.01
4
    34.37  1:14.01
14 Ross, Nikki        14 Albemarle         1:15.04    1:14.96
3
    34.39  1:14.96
15 Lisbon, Kelsey     14 Woodbridge         1:15.87    1:15.34
2
    36.06  1:15.34
16 Martin, Allison    Patrick Henry        1:16.11    1:15.89
1
    35.77  1:15.89
17 Kines, Kathleen    Albemarle           1:15.09    1:16.07
    35.84  1:16.07
18 Black, Gracie     14 Patrick Henry     1:15.49    1:16.90
    36.52  1:16.90
19 Chen, Jessica      William Fleming      1:17.52    1:17.49
    35.65  1:17.49
20 Hoch, Caitlin     15 Franklin County   1:17.37    1:17.58

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36.68	1:17.58			
21 Moore, Julia		15 Forest Park	1:16.03	1:18.66
37.86	1:18.66			
22 Emert, Heather		15 Gar-Field	1:16.88	1:19.53
36.62	1:19.53			
23 Lowell, Peri		16 Battlefield	1:16.56	1:19.66
37.54	1:19.66			
24 Comer, Megan		15 North Stafford	1:18.05	1:19.68
37.50	1:19.68			
25 Crowley, Michelle		15 LV	1:18.24	1:20.53
38.29	1:20.53			
26 Shayka, Bridget		17 LV	1:18.77	1:21.26
38.71	1:21.26			
27 Sucher, Katharine		Osbourn	1:18.43	1:21.87
38.21	1:21.87			
28 Yeung, Michelle		Osbourn	1:21.04	1:23.64
39.97	1:23.64			
29 Morgan, Elizabeth		Osbourn	1:20.78	1:23.98
40.46	1:23.98			
30 Miller, Jordon		14 Halifax County	1:25.83	1:27.10
41.08	1:27.10			
31 Snead, Rebecca		17 Halifax County	1:28.03	1:27.57
40.92	1:27.57			
32 Conner, Jessica		14 Halifax County	1:30.22	1:30.47
42.70	1:30.47			

Event 23 Boys 400 Yard Freestyle Relay

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State Record: ! 3:06.81 2/21/2009 Madison HS Boys
R Parker, M Russiello, A Pennington, S

Fletcher

NW REG: # 3:16.37 2/13/2009 Osbourn High School
C Campbell, M Perez, C Wittenauer, D Jansen
3:11.64 AA-A
3:13.93 AA-C
3:20.99 AAA
3:38.12 REGN

School	Seed	Finals
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Points
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1 Battlefield High School 'A' 3:20.49 3:18.78 AAA

40

1) Whitticar, Ford 15	2) Bogle, Justin 17
3) Croasdell, Jacob 15	4) Tremols, Nick 18
24.72 50.84 1:14.57 1:40.92	2:05.06 2:31.50 2:54.12

3:18.78

2 Brooke Point High School 'A' 3:24.55 3:20.45 AAA

34

1) Hensley, Calvin	2) Mikeal, Jessup
3) Blevins, Phillip 16	4) Fox-Moles, Michael 16
24.04 50.42 1:15.10 1:41.85	2:05.40 2:31.77 2:54.88

3:20.45

3 Mountain View Wildcats 'A' 3:22.95 3:20.64 AAA

32

1) Friedel, Josh 16	2) Sell, Michael 14
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	3) Slattery, Michel 15		4) Johnson, Mike 15				
	23.96	49.45	1:13.73	1:41.48	2:04.98	2:31.31	2:54.72
3:20.64	4 Osbourn High School 'A'				3:24.04	3:23.93	REGN
30							
	1) Perez, Tyler 17		2) Mustafa, Adam 14				
	3) Mernin, Ethan 14		4) Campbell, Conor 19				
	24.28	51.01	1:15.28	1:41.61	2:06.68	2:33.88	2:57.96
3:23.93	5 Osbourn Park High School 'A'				3:29.43	3:24.49	REGN
28							
	1) Stoffa, Gregory 14		2) Blakely, Steven 15				
	3) Lord, Peter 15		4) Minick, Grant 15				
	24.99	51.74	1:16.62	1:44.11	2:08.25	2:34.70	2:58.46
3:24.49	6 Massaponax High School 'A'				3:26.24	3:24.75	REGN
26							
	1) Young, Mike 16		2) Keen, Dylan				
	3) Hunt, Tommy 16		4) Kauppert, Tyler 16				
	24.88	51.74	1:16.20	1:43.15	2:07.79	2:34.90	2:58.23
3:24.75	7 Albemarle High School 'A'				3:26.57	3:26.87	REGN
24							
	1) Solomon, Matt		2) Cudahy, Sean 17				
	3) Robbins, Chase		4) Lockman, Matt				
	24.14	50.55	1:15.54	1:42.50	2:07.48	2:34.55	2:59.25
3:26.87	8 North Stafford High School 'A'				3:30.51	3:32.15	REGN
22							
	1) Meyer, Kyle 16		2) Morrison, Nathan 15				
	3) Kimble, Cole 15		4) Resch, Robert 16				
	26.74	54.95	1:21.70	1:50.34	2:14.95	2:41.77	3:05.74
3:32.15	9 Forest Park High School 'A'				3:35.46	3:32.73	REGN
18							
	1) Hughes, Ryan 16		2) Schuette, Matt 16				
	3) Smith, Bryan 17		4) Blevins, Philip 16				
	25.18	53.21	1:18.66	1:47.31	2:12.77	2:40.73	3:05.67
3:32.73	10 Woodbridge Senior High School 'A'				3:37.62	3:37.20	REGN
14							
	1) Francis, Daniel 17		2) Nye, Connor 15				
	3) Sweeney, Harrison 14		4) Prescott, Jay 17				
	26.21	54.92	1:20.66	1:48.95	2:13.83	2:41.95	3:08.53
3:37.20	11 Riverbend High School 'A'				3:29.95	3:38.32	
12							
	1) McClure, Sean 14		2) Etter, Ethan 13				
	3) Whalen-Kelly, Eric 13		4) Goonan, Jeff 15				
	27.00	56.42	1:23.25	1:51.70	2:16.93	2:45.91	3:10.42
3:38.32	12 Stonewall Jackson High School 'A'				3:44.26	3:46.86	
10							
	1) Utt, Daniel 15		2) Thornburg, Michael 16				
	3) Cerniuk, Alex 15		4) Beavers, Duncan 14				
	26.41	56.44	1:23.18	1:54.01	2:20.67	2:51.52	3:17.31
3:46.86							

13 Heritage High School 'A' 3:24.76 3:51.25
8
1) Mitchell, Travis 16 2) Stonerook, Adam 15
3) Pratz, Scott 18 4) Frye, Ian 17
26.08 53.88 1:21.63 1:52.82 2:23.38 2:57.55 3:22.77
3:51.25
14 Gar-Field Senior High School 'A' 3:42.95 3:53.02
6
1) Green, John 15 2) Anderson, Brandon 17
3) Kem, Thokeina 16 4) Schwoppe, Max 17
26.74 56.71 1:22.73 1:53.03 2:19.12 2:48.40 3:18.60
3:53.02
15 George Washington HS 'A' 4:11.02 4:13.85
4
1) Yoder, Chris 2) Phelps, John
3) Feldman, James 4) Collins, David 15
30.98 1:05.48 1:37.20 2:11.94 3:13.14 3:41.21
4:13.85
16 Halifax County High School 'A' 3:59.60 4:30.08
2
1) Elliott, Taylor 17 2) Smith, Hampton 17
3) Miller, Delontae 15 4) Fulcher, Hunter 16
31.24 1:04.07 2:12.88 2:43.41 3:19.77 3:39.31
4:30.08
17 William Fleming High School 'A' 5:54.00 5:05.35
1) Ackar, Muriz 2) Brown, Dequan
3) Udyisenga, Deo 4) Huffman, Brady
35.73 1:21.18 1:56.90 2:42.54 3:00.69 3:54.72 4:29.43
5:05.35
-- Franklin County High School 'A' 4:02.94 DQ
Declared false start
1) Phifer, Sam 2) Whitefleet, Bill
3) Boyd, Nicholas 14 4) Lovell, Duncan 15

Event 24 Girls 400 Yard Freestyle Relay

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State Record: ! 3:30.60 2/9/2008 Lake Braddock Secondary School
S Lynch, C Ogren, M Emery, A Danner
NW REG: # 3:37.66 2/13/2009 Osbourn High School
C Boyle, K Ansley, D Kalnins, H Nowak
3:33.90 AA-A
3:36.76 AA-C
3:44.29 AAA
3:57.25 REGN

School	Seed	Finals
1 Osbourn High School 'A'	3:44.05	3:39.70 AAA
40 1) Boyle, Casie 16 2) Turner, Heidi 3) Ansley, Kameron 17 4) Nowak, Haley 17 26.81 55.40 1:22.51 1:52.01 2:17.83 2:46.03 3:11.75 3:39.70		
2 North Stafford High School 'A'	3:44.30	3:39.87 AAA
34		

1) Allen, Abbey 17	2) Suhling, Maggie 14
3) Brana, Alexis 16	4) Deubler, Mackenzie 16
26.06 54.14 1:20.57 1:50.16	2:15.05 2:44.09 3:10.44
3:39.87	
3 Osbourn Park High School 'A'	3:48.12 3:40.70 AAA
32	
1) Kula, Audrey 14	2) Lund, Rachel 17
3) Gully, Kendra	4) Mizerak, Courtney
26.61 55.98 1:22.35 1:51.58	2:18.08 2:47.23 3:12.44
3:40.70	
4 Forest Park High School 'A'	3:42.19 3:41.80 AAA
30	
1) Hummer, Lilly 15	2) Leong, Samantha 15
3) Murphy, Briana 17	4) Harper, Shannon 15
26.77 55.95 1:23.25 1:54.94	2:20.74 2:49.22 3:14.46
3:41.80	
5 Battlefield High School 'A'	3:50.31 3:50.43 REGN
28	
1) Tremols, Nina 15	2) Crider, Lara 16
3) Martin, Natalie 15	4) Criscuolo, Holly
28.00 58.36 1:26.37 1:57.30	2:24.34 2:54.14 3:20.69
3:50.43	
6 Colonial Forge High School 'A'	3:55.06 3:51.57 REGN
26	
1) Ball, Shelby 14	2) Burlingham, Eva 16
3) Goidas, Angie 15	4) Hutchinson, Andrea 15
26.61 55.82 1:24.66 1:56.56	2:24.52 2:56.05 3:22.62
3:51.57	
7 Stafford Indians Swim Team 'A'	3:57.11 3:53.64 REGN
24	
1) Melkun, Hannah 16	2) Lewis, Hannah 16
3) Heflin, Sam 15	4) Wuckovich, Zoe 17
28.18 58.74 1:26.77 1:57.26	2:26.02 2:57.45 3:24.34
3:53.64	
8 Mountain View Wildcats 'A'	3:56.22 3:53.93 REGN
22	
1) Pfannenstein, Alyssa 15	2) Pfannenstein, Ashley 16
3) Yacone, Marie 16	4) Slattey, Molly 16
27.96 59.74 1:28.02 1:59.72	2:27.45 2:58.67 3:24.77
3:53.93	
9 Gar-Field Senior High School 'A'	3:52.69 3:54.15 REGN
18	
1) Vincent, Taylor 13	2) Emert, Heather 15
3) Vincent, Mandy 17	4) Fleming, Kathleen 17
25.84 54.30 1:21.23 1:50.03	2:19.61 2:52.33 3:20.51
3:54.15	
10 Woodbridge Senior High School 'A'	3:55.94 3:55.49 REGN
14	
1) Lisbon, Megan 17	2) Owens, Shelby
3) Lisbon, Kelsey 14	4) Woll, Jade 15
28.87 59.23 1:28.22 1:58.96	2:27.76 2:58.63 3:25.49
3:55.49	
11 Massaponax High School 'A'	3:56.64 3:56.30 REGN
12	
1) Minnich, Shannon 14	2) Winkler, Claire
3) Perry, Hayley	4) Herbek, Laurie 15

	28.83	59.85	1:28.45	1:59.83	2:28.74	2:59.51	3:26.50
3:56.30							
12 Albemarle High School 'A'					3:54.56	4:02.26	
10							
	1) Sharp, Corinne			2) Freshwater, Melanie			
	3) Miller, Kelly			4) Gilgannon, Kelly			
	28.38	59.50	1:27.99	2:00.10	2:29.19	3:01.70	3:30.14
4:02.26							
13 Heritage High School 'A'					3:55.86	4:14.46	
8							
	1) Perussault, Lauren 18			2) Meyer, Alyssa 15			
	3) Waletzki, Nicole 17			4) Gold, Jordan 16			
	29.54	1:03.28	1:35.01	2:10.29	2:39.69	3:13.18	3:42.25
4:14.46							
14 Stonewall Jackson High School 'A'					4:13.39	4:20.93	
6							
	1) Pendegrass, Aimee 17			2) Thai, Melissa 14			
	3) VanBuskirk, Carrie 15			4) Cotton, Katie 15			
	31.43	1:08.85	1:37.78	2:11.06	2:41.25	3:26.08	3:46.58
4:20.93							
15 George Washington HS 'A'					4:48.99	4:37.57	
4							
	1) Waldman, Stephanie			2) Hughes, A			
	3) Jones, Rachel			4) Stephens-Pickeral, Ali 14			
	33.45	1:12.68	1:48.73	2:28.29	3:51.61		4:37.63
4:37.57							
16 Halifax County High School 'A'					4:44.88	4:39.88	
2							
	1) Miller, Jordon 14			2) Snead, Rebecca 17			
	3) Spencer, Johanna 17			4) White, Kelsey 15			
	1:06.20	1:41.37	2:18.32	2:53.01	3:30.28	4:03.66	
4:39.88							
17 Patrick Henry High School 'A'					4:49.50	5:09.27	
	1) Gambler, Emily 14			2) Roller, Elly			
	3) McEvoy, Katie 14			4) Baldrige, Anne			
	31.75	1:07.57	1:49.41	2:36.90	3:13.25	3:57.45	4:15.58
5:09.27							