

2009-2010 Cedar Run District Championships - 1/29/2010

Results - HS

Event 1 Boys 200 Yard Medley Relay

2009BHS: 1:41.92 ! 1/8/2010 J. Croasdell, N. Mathis, N. Tremols, F. Whitticar

2009Heritage: 1:43.59 @ 1/8/2010 Dan McAllister, Damon g, Geoffrey Wright, Ian Frye

0910OHS: 1:38.73 \$ 2/20/2009 C. Campbell, M. Perez, C. enauer, D. Jansen

2009SJHS: 1:42.48 # 2/17/2006 Stonewall Jackson High School Z. Hayden, D. Vaugn, R. Badr, M. Klossner

1:41.69 STAT

1:49.88 REGN

Team	Relay	Finals Time	
1 BFHS	A	1:42.24	REG
1) Croasdell, Jacob SO	2) Mathis, Nicholas JR		
3) Tremols, Nick SR	4) Whitticar, Ford SO		
2 OHS	A	1:44.16	REG
1) Campbell, Conor SR	2) Perez, Tyler SR		
3) Mernin, Ethan FR	4) Mustafa, Adam SO		
3 HHS	A	1:45.86	REG
1) Wright, Geoffrey SR	2) Rosenburg, Damon JR		
3) Frye, Ian SR	4) Carlyle, Jaegar SR		
4 SJHS	A	1:53.32	
1) Seltzer, Dieter SR	2) Goulet, Zachary SO		
3) Utt, Daniel SO	4) Beavers, Duncan SO		
5 LV	A	1:53.58	
1) Lamana, Nick SR	2) Van Vleet, Max JR		
3) Reinertson, Christian JR	4) Parker, Jack SR		

Event 2 Girls 200 Yard Medley Relay

2009BHS: 1:53.46 ! 1/8/2010 N. Tremols, N. Martin, H. Criscuolo, L. Crider

2009Heritage: 1:56.08 @ 1/8/2010 Allison Gre, Kaleigh , Bailey Rember, Lauren Perussault

0910OHS: 1:50.25 \$ 2/20/2009 D. Kalnins, C. Boyle, K. Ansley, H. Nowak

2009SJHS: 1:52.91 # 2/15/2002 K. Urso, A. Behrle, A. Razo, K. Urso at 2002 Virginia State Swim & Div

1:53.59 STAT

2:00.06 REGN

Team	Relay	Finals Time	
1 OHS	A	1:53.14	STAT
1) Ansley, Kameron SR	2) Boyle, Casie JR		
3) Turner, Heidi FR	4) Nowak, Haley SR		
2 BFHS	A	1:54.54	REG
1) Tremols, Nina FR	2) Martin, Natalie SO		
3) Criscuolo, Holly SO	4) Crider, Lara SR		
3 HHS	A	1:54.56@	REG
1) Grecco, Allison FR	2) Rosenburg, Kaleigh FR		
3) Rember, Bailey JR	4) Perussault, Lauren SR		
4 LV	A	2:05.24	
1) Barrattino, Nikki SO	2) Shayka, Bridget JR		
3) Ryan, Kelsey JR	4) Sullivan, Meghan SR		
5 SJHS	A	2:05.66	
1) Vahdati, Mina SR	2) Thai, Melissa FR		
3) VanBuskirk, Carrie JR	4) Cotton, Katie JR		

Event 3 Boys 200 Yard Freestyle

2009BHS: 1:43.69 ! 2/20/2009 Nick Tremols

2009Heritage: 1:50.96 @ 1/11/2008 Geoffrey Wright

0910OHS: 1:44.03 \$ 2/20/2009 Conor Campbell at VA State

2009SJHS: 1:45.93 # 1/27/2006 Zachary Hayden at 2006

1:46.59 STAT

1:54.70 REGN

Name	Yr School	Finals Time	
1 Tremols, Nick	SR BFHS	1:46.29	STAT
2 Campbell, Conor	SR OHS	1:46.41	STAT
3 Mustafa, Adam	SO OHS	1:52.40	REG
4 Bogle, Justin	JR BFHS	1:52.67	REG
5 Utt, Daniel	SO SJHS	2:01.39	
6 Perez, Matthew	JR OHS	2:04.40	
7 Thornburg, Michael	SR SJHS	2:04.64	
8 Ray, Andrew	FR LV	2:05.56	
9 Lerch, Bobby	SR BFHS	2:05.69	
10 Storey, Robert	FR OHS	2:06.50	
11 Haupt, Connor	JR BFHS	2:06.56	
12 Stonerook, Adam	SO HHS	2:11.88	
13 Paige, Evan	SO HHS	2:13.55	
14 Torraca, Daniel	FR HHS	2:16.40	
15 Bartholomew, Paul	JR HHS	2:20.07	
16 Taylor, Mitchell	SO SJHS	2:26.30	
17 Lohr, Kevin	SR LV	2:29.31	
18 Blaylock, Kendall	SO LV	2:34.68	
19 Utt, James	FR LV	2:39.74	
20 Thornburg, Christopher	FR SJHS	2:40.09	

Event 4 Girls 200 Yard Freestyle

2009BHS: 1:57.78 ! 12/10/2004 Chelsea L. Geckler

2009Heritage: 1:54.46 @ 1/25/2008 Valerie McMullan

0910OHS: 1:55.12 \$ 2/20/2009 Haley Nowak at VA State

2009SJHS: 1:56.44 # 2/3/2001 Kelly Urso at CARDINAL

1:57.09 STAT

2:03.03 REGN

Name	Yr School	Finals Time	
1 Nowak, Haley	SR OHS	1:58.26	REG
2 Gold, Jordan	JR HHS	2:08.65	
3 Cotton, Katie	JR SJHS	2:12.81	
4 Goodfellow, Amber	SR OHS	2:14.85	
5 Storey, Elizabeth	SR OHS	2:15.13	
6 VanBuskirk, Carrie	JR SJHS	2:16.93	
7 Martin, Erin	FR LV	2:17.85	
8 Johnson, Michelle	SR HHS	2:18.42	
9 Kamalanathan, Kashne	JR BFHS	2:19.77	
10 Dooley, Kaitlyn	FR HHS	2:20.99	
11 Havrilla, Kristen	JR BFHS	2:21.55	
12 McRory, Ivey	BFHS	2:26.02	
13 Arnold, Samantha	SO BFHS	2:26.12	
14 Maxfield, Becky	SO LV	2:26.61	
15 Ritner, Alyssa	JR OHS	2:26.87	
16 Doiron, Alaina	JR HHS	2:30.83	
17 Backman, Hannah	SO LV	2:31.45	
18 Gassan, Ashley	JR SJHS	2:33.84	
19 Broshkevitch, Cara	FR LV	2:37.32	
20 Sendaj, Emilee	SO SJHS	2:39.15	

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Results - HS

Event 5 Boys 200 Yard IM

2009BHS: 2:00.59 ! 1/8/2010 Nick Tremols
 2009Heritage: 2:02.25 @ 2/5/2005 Bryan Durazo
 0910OHS: 1:55.41 \$ 2/8/2008 Philip LaRosa at VA State
 2009SJHS: 1:53.99 # 2/11/2005 Zachary Hayden at 2005
 1:59.99 STAT
 2:08.91 REGN

Name	Yr School	Finals Time	
1 Perez, Tyler	SR OHS	2:01.03	REG
2 Rosenburg, Damon	JR HHS	2:06.25	REG
3 Mathis, Nicholas	JR BFHS	2:06.48	REG
4 Taylor, Capwell	SO LV	2:09.67	
5 Chapman, Zachary	FR BFHS	2:15.18	
6 Kerber, Sam	SO OHS	2:19.27	
7 Dooley, Kenta	JR BFHS	2:19.29	
8 Ross, Alex	SR BFHS	2:23.19	
9 Goodman, Scott	SO OHS	2:24.50	
10 Seltzer, Dieter	SR SJHS	2:26.24	
11 Goodman, Evan	FR LV	2:29.30	
12 Goldman, Luke	JR SJHS	2:29.43	
13 Cunicelli, Marco	JR HHS	2:34.85	
14 Richardson, Michael	FR HHS	2:35.00	
15 Thornburg, Zachary	FR SJHS	2:38.66	
16 Mull, Sam	SR HHS	2:44.91	
17 Mason, William	JR SJHS	2:58.05	

Event 6 Girls 200 Yard IM

2009BHS: 2:12.24 ! 2/10/2007 Amy Crider
 2009Heritage: 2:05.67 @ 2/9/2008 Kaitlin Pawlowicz
 0910OHS: 2:08.40 \$ 2/1/2008 Casie Boyle at NW Regl
 2009SJHS: 2:08.10 # 2/15/2002 Ashley Razo at 2002 Virginia
 2:12.69 STAT
 2:18.96 REGN

Name	Yr School	Finals Time	
1 Boyle, Casie	JR OHS	2:10.22	STAT
2 Rosenburg, Kaleigh	FR HHS	2:11.84	STAT
3 Martin, Natalie	SO BFHS	2:17.43	REG
4 Rember, Bailey	JR HHS	2:17.81	REG
5 Crider, Lara	SR BFHS	2:22.44	
6 Cunicelli, Mia	SR HHS	2:41.86	
7 Jamison, Jill	FR BFHS	2:42.82	
8 Ober, Shannon	JR HHS	2:43.27	
9 Goodfellow, Katelyn	SR OHS	2:43.69	
10 Murphy, Erin	JR OHS	2:44.46	
11 Proper, Sarah	SR BFHS	2:44.90	
12 Morgan, Elizabeth	JR OHS	2:47.31	
13 Johnson, Kelly	JR LV	2:48.20	
14 Shayka, Bridget	JR LV	2:48.38	
15 Heavner, Stephanie	SR SJHS	2:50.21	
16 Robinson, Molly	SR LV	2:53.28	
17 Kazem, Hannah	SR LV	2:53.87	
18 Purnell, Grace	SR SJHS	3:08.82	
19 Keaton, Katie	SR SJHS	3:17.65	
20 Harding, Lena	FR SJHS	3:42.52	

Event 7 Boys 50 Yard Freestyle

2009BHS: 23.11 ! 11/30/2007 Nick Tremols
 2009Heritage: 22.25 @ 12/4/2009 Geoffrey Wright
 0910OHS: 21.58 \$ 2/20/2009 Devin Jansen at VA State
 2009SJHS: 21.34 # 2/10/2006 Zachary Hayden at 2006
 22.29 STAT
 23.51 REGN

Name	Yr School	Finals Time	
1 Reinertson, Christian	JR LV	22.86	REG
2 McGrory, Reilly	SO OHS	22.89	REG
3 Lee, Kevin	JR BFHS	23.18	REG
4 Parker, Jack	SR LV	23.38	REG
5 Boyd, Andrew	JR BFHS	23.62	
6 Frye, Ian	SR HHS	23.86	
7 Carlyle, Jaegar	SR HHS	23.98	
*8 Mernin, Ethan	FR OHS	24.12	
*8 Mitchell, Travis	SO HHS	24.12	
10 Sprague, Matt	SR BFHS	24.16	
11 Beavers, Duncan	SO SJHS	24.40	
12 Frerichs, Tim	SR BFHS	24.64	
13 Rabung, Chris	SR LV	24.91	
14 Goodman, Scott	SO OHS	25.10	
15 Cerniuk, Alex	SO SJHS	25.12	
16 Cabera, Will	SO OHS	25.15	
17 Stoll, Jordon	SO SJHS	25.54	
18 Mandros, Nick	SO SJHS	25.60	
19 Van Vleet, Max	JR LV	25.61	
20 Dorozynski, Justin	SR HHS	25.83	

Event 8 Girls 50 Yard Freestyle

2009BHS: 25.83 ! 1/23/2009 Natalie Martin
 2009Heritage: 24.87 @ 1/25/2008 Valerie McMullan
 0910OHS: 24.28 \$ 2/17/2006 Sarah Ameen at VA State
 2009SJHS: 25.25 # 1/12/1997 Tiffany Seal
 24.59 STAT
 26.20 REGN

Name	Yr School	Finals Time	
1 Turner, Heidi	FR OHS	25.83	REG
2 Boyd, Brigitte	SO BFHS	26.42	
3 Nowak, Emma	FR OHS	27.08	
4 Pyles, Meghan	SO BFHS	27.44	
5 Perussault, Lauren	SR HHS	27.49	
6 Boyle, Erica	JR OHS	27.59	
7 Waletzki, Nicole	SR HHS	27.67	
8 Meyer, Alyssa	SO HHS	27.73	
9 McRory, Ramsey	SR BFHS	28.29	
10 Thai, Melissa	FR SJHS	28.61	
11 Ritner, Alyssa	JR OHS	28.65	
12 Sullivan, Meghan	SR LV	28.69	
13 Suminski, Sheridan	FR LV	29.28	
14 Sovereign, Monica	SO HHS	29.39	
15 Larco, Dani	JR LV	29.65	
16 Halterman, Courtney	SO LV	29.68	
17 Taylor, Erin	SR SJHS	30.31	
18 Bravo, Caileigh	SO BFHS	30.35	
19 Ordonez, Cindy	JR SJHS	30.80	

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Results - HS

Event 11 Boys 100 Yard Butterfly

2009BHS: 51.56 ! 2/20/2009 Nick Tremols
 2009Heritage: 53.09 @ 2/19/2005 Bryan Durazo
 0910OHS: 54.18 \$ 2/21/1993 Lee Hutchens
 2009SJHS: 53.96 # 2/15/2002 Michael Cartwright at 2002
 53.79 STAT
 56.54 REGN

Name	Yr School	Finals Time		
1 Tremols, Nick	SR BFHS	51.58	STAT	
2 Wright, Geoffrey	SR HHS	54.43	REG	
3 Whitticar, Ford	SO BFHS	55.74	REG	
4 Reinertson, Christian	JR LV	57.52		
5 Lee, Kevin	JR BFHS	58.43		
6 Utt, Daniel	SO SJHS	59.17		
7 Mernin, Ethan	FR OHS	59.20		
8 Yeung, Matthew	SR OHS	1:00.36		
9 Mustafa, Ameen	JR OHS	1:01.17		
10 Hudson, Luke	SR BFHS	1:01.70		
11 Paige, Evan	SO HHS	1:05.01		
12 Goldman, Luke	JR SJHS	1:06.52		
13 Hinton, Kyle	JR OHS	1:06.65		
14 Stonerook, Adam	SO HHS	1:08.14		
15 Shayka, Mark	FR LV	1:09.86		
16 Stoll, Jordon	SO SJHS	1:10.95		
17 Deaver, Jaques	FR LV	1:12.60		
18 Dorozynski, Justin	SR HHS	1:14.44		
19 Gross, James	JR SJHS	1:16.85		
20 Deaver, Oscar	JR LV	1:18.36		

Event 12 Girls 100 Yard Butterfly

2009BHS: 58.62 ! 2/12/2005 Chelsea Geckler
 2009Heritage: 57.36 @ 2/9/2008 Kaitlin Pawlowicz
 0910OHS: 57.18 \$ 2/20/2009 Kameron Ansley at VA State
 2009SJHS: 56.58 # 2/15/2002 Ashley Razo at 2002 Virginia
 59.39 STAT
 1:03.14 REGN

Name	Yr School	Finals Time		
1 Ansley, Kameron	SR OHS	58.53	STAT	
2 Ryan, Kelsey	JR LV	59.78	REG	
3 Criscuolo, Holly	SO BFHS	1:02.14	REG	
4 Rember, Bailey	JR HHS	1:02.42	REG	
5 Tremols, Nina	FR BFHS	1:03.58		
6 Goodfellow, Amber	SR OHS	1:09.16		
7 Attansio, Shelby	FR OHS	1:10.07		
8 VanBuskirk, Carrie	JR SJHS	1:10.47		
9 Clark, Michelle	SR OHS	1:11.92		
10 Pyles, Meghan	SO BFHS	1:13.41		
11 Martin, Michelle	SR BFHS	1:13.50		
12 Gassan, Ashley	JR SJHS	1:14.50		
13 Barrattino, Nikki	SO LV	1:14.71		
14 Harbour, Gabby	SO LV	1:16.55		
15 Dann, Emily	SO HHS	1:19.60		
16 Gallagher, Paige	FR LV	1:23.18		
17 Waletzki, Nicole	SR HHS	1:24.20		
18 Gennello, Monica	FR SJHS	1:26.37		
19 Winters, Staci	SR HHS	1:32.32		

Event 13 Boys 100 Yard Freestyle

2009BHS: 48.40 ! 1/8/2010 Nick Tremols
 2009Heritage: 48.22 @ 2/9/2008 Geoffrey Wright
 0910OHS: 47.43 \$ 2/20/2009 Devin Jansen at VA State State
 2009SJHS: 46.49 # 2/17/2006 Zachary Hayden at 2006 AAA
 48.79 STAT
 52.41 REGN

Name	Yr School	Finals Time		
1 Wright, Geoffrey	SR HHS	49.62	REG	
2 Taylor, Capwell	SO LV	50.79	REG	
3 Mustafa, Adam	SO OHS	50.91	REG	
4 McGrory, Reilly	SO OHS	51.37	REG	
5 Bogle, Justin	JR BFHS	51.44	REG	
6 Frye, Ian	SR HHS	53.06		
7 Sprague, Matt	SR BFHS	54.54		
8 Beavers, Duncan	SO SJHS	54.67		
9 Dooley, Kenta	JR BFHS	54.72		
10 Mitchell, Travis	SO HHS	54.89		
11 Hudson, Parker	SO OHS	55.07		
12 Thornburg, Michael	SR SJHS	55.08		
13 Carlyle, Jaegar	SR HHS	55.37		
14 Lerch, Bobby	SR BFHS	56.05		
15 Cerniuk, Alex	SO SJHS	56.16		
16 Cowne, Luke	SO LV	57.04		
17 Cabera, Will	SO OHS	58.30		
18 Fochtman, Nick	JR LV	1:02.08		
19 Smith, Jake	FR LV	1:09.54		
20 Kharel, Aayush	SO SJHS	1:13.12		

Event 14 Girls 100 Yard Freestyle

2009BHS: 56.53 ! 2/20/2009 Holly Criscuolo
 2009Heritage: 53.60 @ 2/8/2008 Valerie McMullan
 0910OHS: 53.20 \$ 2/20/2009 Casie Boyle at VA State State
 2009SJHS: 54.89 # 2/15/2002 Kerry Urso at 2002 Virginia
 53.89 STAT
 57.37 REGN

Name	Yr School	Finals Time		
1 Boyle, Casie	JR OHS	54.71	REG	
2 Criscuolo, Holly	SO BFHS	56.37!	REG	
3 Turner, Heidi	FR OHS	57.09	REG	
4 Nowak, Emma	FR OHS	59.97		
5 Perussault, Lauren	SR HHS	1:01.73		
6 Lowell, Peri	JR BFHS	1:02.02		
7 Vahdati, Mina	SR SJHS	1:02.21		
8 Boyle, Erica	JR OHS	1:02.23		
9 Boyd, Brigitte	SO BFHS	1:03.00		
10 Martin, Erin	FR LV	1:03.42		
11 Thai, Melissa	FR SJHS	1:04.02		
12 Meyer, Alyssa	SO HHS	1:04.80		
13 Pendegrass, Aimee	SR SJHS	1:05.23		
14 Huebner, Hannah	SR LV	1:06.20		
15 Taylor, Erin	SR SJHS	1:07.03		
16 Doiron, Alaina	JR HHS	1:08.00		
17 Thomas, Leia	FR HHS	1:09.52		
18 Devenoge, Michelle	JR LV	1:12.70		
19 Sweeney, Celeste	JR LV	1:13.44		

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Results - HS

Event 15 Boys 500 Yard Freestyle

2009BHS: 4:45.18 ! 12/12/2009 Nick Tremols

2009Heritage: 5:07.00 @ 2/8/2008 Danny Durazo

0910OHS: 4:37.88 \$ 2/8/2008 Philip LaRosa at VA State

2009SJHS: 4:55.41 # 1/21/2006 Zachary Hayden at SJHS vs

4:50.99 STAT

5:13.45 REGN

Name	Yr School	Finals Time	
1 Croasdell, Jacob	SO BFHS	4:57.90	REG
2 Dailey, Christopher	SR BFHS	5:23.36	
3 Ray, Andrew	FR LV	5:34.01	
4 Goulet, Zachary	SO SJHS	5:36.76	
5 Storey, Robert	FR OHS	5:47.91	
6 Byrne, Daniel	SR OHS	5:52.62	
7 Haupt, Connor	JR BFHS	6:05.59	
8 Seitz, Ryan	SO OHS	6:09.03	
9 Rooney, Kevin	SR BFHS	6:09.48	
10 Fabian, Constantin	SO HHS	6:09.65	
11 Richardson, Michael	FR HHS	6:18.62	
12 Thornburg, Zachary	FR SJHS	6:31.18	
13 Torraca, Daniel	FR HHS	6:34.75	
14 Johnson, William	JR LV	6:55.80	
15 Zook, Dylan	SR LV	7:02.79	
16 Thornburg, Christopher	FR SJHS	7:05.63	
17 Nguyen, Kevin	JR OHS	7:11.78	
18 Sullivan, Gavin	JR LV	7:31.73	
19 Missar, Gregory	FR SJHS	7:58.45	

Event 16 Girls 500 Yard Freestyle

2009BHS: 5:15.99 ! 12/3/2004 Chelsea Geckler

2009Heritage: 5:03.32 @ 1/25/2008 Kaitlin Pawlowicz

0910OHS: 5:07.07 \$ 1/31/2007 Haley Nowak at NW Reg

2009SJHS: 5:06.74 # 2/9/2002 Ashley Razo at 2002

5:13.09 STAT

5:29.82 REGN

Name	Yr School	Finals Time	
1 Nowak, Haley	SR OHS	5:11.78	STAT
2 Grecco, Allison	FR HHS	5:42.42	
3 Crowley, Michelle	SO LV	5:44.57	
4 Gold, Jordan	JR HHS	5:52.77	
5 Cotton, Katie	JR SJHS	5:56.46	
6 Storey, Elizabeth	SR OHS	6:04.69	
7 Clark, Michelle	SR OHS	6:18.68	
8 Kamalanathan, Kashne	JR BFHS	6:25.67	
9 Dooley, Kaitlyn	FR HHS	6:30.32	
10 Harbour, Gabby	SO LV	6:30.84	
11 Muonio, Blake	SR OHS	6:37.70	
12 Arnold, Samantha	SO BFHS	6:42.82	
13 Heavner, Stephanie	SR SJHS	6:45.31	
14 Proper, Sarah	SR BFHS	6:47.27	
15 Weaver, Kaitlyn	SO LV	6:50.20	
16 Jamison, Jill	FR BFHS	6:51.01	
17 Cartwright, Jennifer	FR HHS	6:51.31	
18 Aron-Schiavone, Andrea	JR SJHS	7:24.38	
19 Ordonez, Cindy	JR SJHS	7:32.64	
20 Music, Megan	SR LV	7:55.01	

Event 17 Boys 200 Yard Freestyle Relay

2009BHS: 1:32.79 ! 1/26/2007 K. Heidel, E. Tremols, N.

ols, J. Bruno

2009Heritage: 1:33.72 @ 2/9/2008 Geoffrey Wright, Randy

l, Ian Frye, Danny Durazo

0910OHS: 1:28.89 \$ 2/1/2008 B. Regan, C. Wittenauer, P. La

Rosa, D. Jansen

2009SJHS: 1:33.12 # 2/10/2006 Stonewall Jackson High School

R. Badr, M. Klossner, E. Campbell, Z. Hayden

1:30.79 STAT

1:36.92 REGN

Team	Relay	Finals Time	
1 LV	A	1:33.79	REG
1) Taylor, Capwell SO	2) Parker, Jack SR		
3) Rabung, Chris SR	4) Reinertson, Christian JR		
2 BFHS	A	1:34.32	REG
1) Mathis, Nicholas JR	2) Boyd, Andrew JR		
3) Bogle, Justin JR	4) Lee, Kevin JR		
3 HHS	A	1:36.88	REG
1) Mitchell, Travis SO	2) Stonerook, Adam SO		
3) Frye, Ian SR	4) Wright, Geoffrey SR		
4 OHS	A	1:38.55	
1) Cabera, Will SO	2) Yeung, Matthew SR		
3) Perez, Matthew JR	4) McGrory, Reilly SO		
5 SJHS	A	1:41.37	
1) Cerniuk, Alex SO	2) Goldman, Luke JR		
3) Stoll, Jordon SO	4) Thornburg, Michael SR		

Event 18 Girls 200 Yard Freestyle Relay

2009BHS: 1:46.51 ! 1/28/2005 A. Fitzgerald, A. Crider, E. W

alls, C. Geckler

2009Heritage: 1:43.65 @ 2/9/2008 Bailey Rember, Valerie

n, Nicole Wright, Kaitlin Pawlowicz

0910OHS: 1:41.71 \$ 2/1/2008 C. Boyle, N. Ritner, D. Kalnin

s, H. Nowak

2009SJHS: 1:42.89 # 2/1/2002 K. Urso, A. Behrle, K. Urso, A

. Razo at Cedar Run Districts

1:42.69 STAT

1:47.45 REGN

Team	Relay	Finals Time	
1 BFHS	A	1:49.81	
1) McRory, Ramsey SR	2) Lowell, Peri JR		
3) Pyles, Meghan SO	4) Boyd, Brigitte SO		
2 OHS	A	1:51.01	
1) Ritner, Alyssa JR	2) Goodfellow, Amber SR		
3) Boyle, Erica JR	4) Nowak, Emma FR		
3 HHS	A	1:53.06	
1) Johnson, Michelle SR	2) Waletzki, Nicole SR		
3) Sovereign, Monica SO	4) Perussault, Lauren SR		
4 LV	A	1:58.56	
1) Suminski, Sheridan FR	2) Halterman, Courtney SO		
3) Larco, Dani JR	4) Sullivan, Meghan SR		
5 SJHS	A	2:03.18	
1) Taylor, Erin SR	2) Ordonez, Cindy JR		
3) Pendegrass, Aimee SR	4) Heavner, Stephanie SR		

2009-2010 Cedar Run District Championships - 1/29/2010

Results - HS

Event 19 Boys 100 Yard Backstroke

2009BHS: 54.04 ! 2/17/2006 Matthew Marquart
 2009Heritage: 56.94 @ 1/8/2010 Geoffrey Wright
 0910OHS: 52.92 \$ 2/9/1994 Michael Vanderpool
 2009SJHS: 53.90 # 1/27/2006 Zachary Hayden at 2006
 54.69 STAT
 59.84 REGN

Name	Yr School	Finals Time	
1 Campbell, Conor	SR OHS	53.37	STAT
2 Croasdell, Jacob	SO BFHS	56.87	REG
3 Whitticar, Ford	SO BFHS	57.35	REG
4 Paquin, Joshua	SO BFHS	1:00.72	
5 Mustafa, Ameen	JR OHS	1:02.04	
6 Rooney, Kevin	SR BFHS	1:03.55	
7 Lamana, Nick	SR LV	1:03.92	
8 Seltzer, Dieter	SR SJHS	1:04.55	
9 Hudson, Parker	SO OHS	1:05.82	
10 Goodman, Evan	FR LV	1:07.26	
11 Parker, Jack	SR LV	1:09.82	
12 Cunicelli, Marco	JR HHS	1:09.96	
13 Rusk, Ryan	JR HHS	1:12.11	
14 Stroud, Caleb	SO HHS	1:13.03	
15 Taylor, Mitchell	SO SJHS	1:16.44	
16 Mason, William	JR SJHS	1:16.52	
17 Walton, Sam	SO LV	1:21.25	
18 Lloyd, Bennett	FR SJHS	1:29.13	

Event 20 Girls 100 Yard Backstroke

2009BHS: 1:00.77 ! 2/10/2007 Amy Crider
 2009Heritage: 1:02.19 @ 1/5/2008 Kaitlin Pawlowicz
 0910OHS: 59.06 \$ 2/17/2006 Sarah Ameen at VA State
 2009SJHS: 59.51 # 2/3/2001 Kelly Urso at CARDINAL
 1:00.39 STAT
 1:03.58 REGN

Name	Yr School	Finals Time	
1 Ansley, Kameron	SR OHS	1:01.26	REG
2 Ryan, Kelsey	JR LV	1:01.78	REG
3 Tremols, Nina	FR BFHS	1:02.84	REG
4 Crider, Lara	SR BFHS	1:03.68	
5 Grecco, Allison	FR HHS	1:05.15	
6 Miller, Sara	SR OHS	1:07.03	
7 Vahdati, Mina	SR SJHS	1:07.81	
8 Johnson, Kelly	JR LV	1:10.38	
9 Johnson, Michelle	SR HHS	1:10.91	
10 Dehn, Jessica	JR BFHS	1:11.07	
11 Cunicelli, Mia	SR HHS	1:11.14	
12 Attansio, Shelby	FR OHS	1:13.49	
13 Sovereign, Monica	SO HHS	1:13.86	
14 Barrattino, Nikki	SO LV	1:14.04	
15 Greaver, Brittany	BFHS	1:14.20	
16 Goodfellow, Katelyn	SR OHS	1:15.63	
17 Pendegrass, Aimee	SR SJHS	1:16.37	
18 Ryan, Jenny	SO LV	1:22.06	
19 Cornelius, Lindsay	JR SJHS	1:29.10	
20 Pendegrass, Rebecca	FR SJHS	1:30.09	

Event 21 Boys 100 Yard Breaststroke

2009BHS: 1:02.76 ! 1/26/2007 Nick Tremols
 2009Heritage: 59.71 @ 2/19/2005 Bryan Durazo
 0910OHS: 1:00.15 \$ 1/20/2001 Aaron Kendle
 2009SJHS: 57.81 # 2/11/2005 Zachary Hayden at 2005
 1:01.49 STAT
 1:06.72 REGN

Name	Yr School	Finals Time	
1 Rosenburg, Damon	JR HHS	1:01.25	STAT
2 Perez, Tyler	SR OHS	1:02.24	REG
3 Mathis, Nicholas	JR BFHS	1:05.19	REG
4 Yeung, Matthew	SR OHS	1:06.20	REG
5 Chapman, Zachary	FR BFHS	1:07.52	
6 Kerber, Sam	SO OHS	1:08.22	
7 Perez, Matthew	JR OHS	1:09.19	
8 Dailey, Christopher	SR BFHS	1:09.50	
9 Goulet, Zachary	SO SJHS	1:10.20	
10 Pratz, Scott	SR HHS	1:12.02	
11 Boyd, Andrew	JR BFHS	1:12.07	
12 Fabian, Constantin	SO HHS	1:14.36	
13 Miller, Ian	SO LV	1:14.77	
14 Mull, Sam	SR HHS	1:15.66	
15 Mandros, Nick	SO SJHS	1:15.96	
16 Miller, Alec	FR LV	1:15.97	
17 Lough, Brandon	FR LV	1:19.74	
18 Dennler, Nik	SR SJHS	1:21.20	
19 Gross, James	JR SJHS	1:24.52	

Event 22 Girls 100 Yard Breaststroke

2009BHS: 1:08.35 ! 1/8/2010 Natalie Martin
 2009Heritage: 1:07.66 @ 12/4/2009 Kaleigh Rosenburg
 0910OHS: 1:08.11 \$ 2/1/2008 Casie Boyle at NW Regl
 2009SJHS: 1:09.00 # 12/11/2009 Brooke Rodriguez at OBHS @
 1:08.49 STAT
 1:12.59 REGN

Name	Yr School	Finals Time	
1 Rosenburg, Kaleigh	FR HHS	1:07.60@	STAT
2 Martin, Natalie	SO BFHS	1:09.30	REG
3 Lowell, Peri	JR BFHS	1:16.56	
4 Crowley, Michelle	SO LV	1:18.41	
5 Sucher, Katharine	JR OHS	1:18.43	
6 Shayka, Bridget	JR LV	1:18.88	
7 Morgan, Elizabeth	JR OHS	1:20.78	
8 Yeung, Michelle	SO OHS	1:21.04	
9 Brady, Jenna	JR BFHS	1:22.94	
*10 Ober, Shannon	JR HHS	1:23.24	
*10 Sebesky, Emily	JR OHS	1:23.24	
12 Anderson, Kylie	SO BFHS	1:24.01	
13 Robinson, Molly	SR LV	1:24.10	
14 Von Wodtke, Anna	JR HHS	1:26.39	
15 Perkins, Sophie	JR LV	1:27.06	
16 Purnell, Grace	SR SJHS	1:29.56	
17 Eudy, Kayla	FR HHS	1:30.46	
18 Keaton, Katie	SR SJHS	1:32.56	
19 Pancerella, Sara	FR SJHS	1:35.95	
20 Gennello, Monica	FR SJHS	1:36.17	

2009-2010 Cedar Run District Championships - 1/29/2010

Results - HS

Event 23 Boys 400 Yard Freestyle Relay

2009BHS: 3:18.85 ! 2/20/2009 F. Whitticar, J. Croasdell, K.

Heidel, N. Tremols

2009Heritage: 3:26.81 @ 2/9/2008 Danny Durazo, Randy

Ian Frye, Geoffrey Wright

0910OHS: 3:13.30 \$ 2/20/2009 C. Campbell, M. Perez, C.

enauer, D. Jansen

2009SJHS: 3:25.90 # 2/1/2003 Arlen Connolly, Matt

Zach Hayden, Mike Cartwright

3:20.09 STAT

3:37.03 REGN

Team	Relay	Finals Time	
1 BFHS	A	3:20.49	REG
1) Croasdell, Jacob SO	2) Bogle, Justin JR		
3) Whitticar, Ford SO	4) Tremols, Nick SR		
2 OHS	A	3:24.04	REG
1) Campbell, Conor SR	2) Mernin, Ethan FR		
3) Mustafa, Adam SO	4) Perez, Tyler SR		
3 HHS	A	3:42.76	
1) Mitchell, Travis SO	2) Rosenburg, Damon JR		
3) Stonerook, Adam SO	4) Carlyle, Jaegar SR		
4 SJHS	A	3:44.26	
1) Utt, Daniel SO	2) Cerniuk, Alex SO		
3) Thornburg, Michael SR	4) Beavers, Duncan SO		
5 LV	A	3:44.31	
1) Lamana, Nick SR	2) Rabung, Chris SR		
3) Cowne, Luke SO	4) Taylor, Capwell SO		

Event 24 Girls 400 Yard Freestyle Relay

2009BHS: 3:49.30 ! 2/13/2009 P. Lowell, L. Crider, H. Criscuolo, N. Martin

uolo, N. Martin

2009Heritage: 3:44.52 @ 2/9/2008 Bailey Rember, Valerie

n, Nicole Wright, Kaitlin Pawlowicz

0910OHS: 3:33.94 \$ 2/20/2009 C. Boyle, K. Ansley, H.

D. Kalnins

2009SJHS: 3:42.55 # 2/15/2002 K. Urso, A. Wells, K. Urso, A.

Razo at 2002 Virginia State Swim & Div

3:43.99 STAT

3:56.11 REGN

Team	Relay	Finals Time	
1 OHS	A	3:44.05	REG
1) Turner, Heidi FR	2) Boyle, Casie JR		
3) Ansley, Kameron SR	4) Nowak, Haley SR		
2 BFHS	A	3:50.31	REG
1) Tremols, Nina FR	2) Crider, Lara SR		
3) Martin, Natalie SO	4) Criscuolo, Holly SO		
3 HHS	A	3:56.09	REG
1) Gold, Jordan JR	2) Grecco, Allison FR		
3) Rember, Bailey JR	4) Rosenburg, Kaleigh FR		
4 SJHS	A	4:13.39	
1) Thai, Melissa FR	2) Pendegrass, Aimee SR		
3) VanBuskirk, Carrie JR	4) Cotton, Katie JR		
5 LV	A	4:13.86	
1) Crowley, Michelle SO	2) Martin, Erin FR		
3) Suminski, Sheridan FR	4) Ryan, Kelsey JR		

Women - Team Rankings - Through Event 24

1. Osbourn High School	510.5
2. Battlefield High School	410
3. Heritage High School	368.5
4. Loudoun Valley	248
5. Stonewall Jackson High School	195

Men - Team Rankings - Through Event 24

1. Battlefield High School	520
2. Osbourn High School	435
3. Heritage High School	304
4. Loudoun Valley	253
5. Stonewall Jackson High School	220