

## 2023 VCAC Championship Meet - 2/11/2023

## Results

## Event 1 Boys 200 Yard Medley Relay

VCAC: 1:43.49 # 2/4/2006

Seton School

SST

K Koehr, N Cook, B Morch, S Koehr

VISAA QT: 1:57.18 @

SST Record: 1:39.82 + 2/17/2006

Koehr, Cook, Morch, Koehr

Team	Relay	Seed Time	Finals Time	Points
1 Seton Swimming	A	1:45.54	1:45.49 @	32
1) Koehr, Connor SO	2) Brox, JJ SR	3) Wilson, Joe SR	4) Martinez, Lionel 8	
27.64 29.35 25.86	22.64			
2 Trinity Christian School	A	1:49.20	1:51.58 @	26
1) Yancey, Ben SO	2) Cole, Carter JR	3) Bang, Caleb FR	4) Park, Zach JR	
28.89 30.40 27.21	25.08			
3 Fredericksburg Christian	A	1:54.58	1:54.66 @	24
1) Howell, Luke SO	2) DiBlasi, John-Parker FR	3) Knewtson, Jack JR	4) Ross, Andrew 8	
27.79 33.07 26.08	27.72			
4 Saint John Paul the Great	A	1:57.86	1:54.72 @	22
1) Williams, Charlie SR	2) Koler, Eric FR	3) Mastrianni, Dominic JR	4) Koler, Evan SO	
29.15 29.72 30.23	25.62			
--- Seton Swimming	B	1:50.26	X1:53.48 @	
1) Fioramonti, Mick JR	2) Nguyen, Drew SO	3) Hudson, David JR	4) Halisky, Liam SO	
30.72 31.19 27.06	24.51			

## Event 2 Girls 200 Yard Medley Relay

VCAC: 1:52.65 # 2/13/2022

Seton Swimming

Seton

L Garvey, A Testani, C Condon, M Pennefather

VISAA QT: 2:14.01 @

SST Record: 1:50.25 + 2/18/2011

Doonis,Rogers,Wunderly,Donohoe

Team	Relay	Seed Time	Finals Time	Points
1 Seton Swimming	A	1:54.32	1:53.81 @	32
1) Aldegue, Ariana 8	2) Condon, Clara SO	3) Garvey, Anastasia FR	4) Gibbons, Maggie JR	
28.39 31.07 28.98	25.37			
2 Saint John Paul the Great	A	1:56.38	1:57.45 @	26
1) Pattie, Sydney SO	2) Koler, Isabella FR	3) Roder, Mia SR	4) Davis, Gianna SO	
30.96 32.96 29.11	24.42			
3 Trinity Christian School	A	1:57.63	1:58.68 @	24
1) Womack, Kristen JR	2) Schlieter, Audrey FR	3) Klanderman, Liz SO	4) Phillips, Amy SR	
29.91 33.75 28.60	26.42			
4 Fredericksburg Christian	A	2:03.91	2:02.77 @	22
1) Roberson, Emma FR	2) Ryan, Gabriella FR	3) Ellis, Hannah 8	4) Baroody, Isabel FR	
32.98 35.97 27.10	26.72			
5 Oakcrest School Chargers	A	2:04.78	2:04.47 @	20
1) Adams, Amelia SO	2) Bryan, Elizabeth FR	3) Walke, Belle 8	4) Erickson, Katelyn FR	
31.88 30.79 33.32	28.48			
--- Seton Swimming	B	2:05.40	X2:08.05 @	
1) Fifield, Haley SO	2) Waldron, Rose SO	3) Kay, Philomena 8	4) Halisky, Amelie SR	
31.67 35.98 31.40	29.00			
--- Trinity Christian School	B	2:08.64	X2:15.63	
1) Witdoeck, Karis SO	2) Bailey, Holly FR	3) Bang, Selah SR	4) Mitchell, Ajai JR	
32.56 38.35 33.02	31.70			
--- Saint John Paul the Great	B	2:07.38	X2:19.45	
1) Weina, Virginia SR	2) Kay, Sandra FR	3) Miller, Elizabeth FR	4) Vitkovsky, Maggie SR	
34.10 38.69 36.24	30.42			
--- Oakcrest School Chargers	B	2:14.23	X2:19.55	
1) Magee, Amelia FR	2) Guenther, Louise JR	3) Meunier, Cecelia SR	4) Mochen, Catherine SO	
34.11 38.30 32.91	34.23			

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Team	Relay	Seed Time	Finals Time	Points
--- Fredericksburg Christian	B	2:21.08	X2:22.78	
1) Meadows, Payton JR	2) Sebero, Emmah FR	3) Blevins, Hannah FR	4) Heth, Rachel SR	
37.37 39.64 35.29	30.48			

**Event 3 Boys 200 Yard Freestyle**

VCAC: 1:46.54 # 2/13/2022 Josh Kim TCS!  
 VISAA QT: 2:01.47 @  
 SST Record: 1:38.54 + 1/31/2010 S.J. Hill

Name	Yr	School	Seed Time	Finals Time	Points
1 Phillips, Tyler	FR	Trinity Christian School	1:54.49	1:49.62 @	16
26.14 28.10 28.11	27.27				
2 Yun, Noah	FR	Trinity Christian School	1:59.00	1:54.01 @	13
25.56 28.41 29.68	30.36				
3 Nguyen, Drew	SO	Seton Swimming	2:07.29	2:04.88	12
28.66 30.55 32.13	33.54				
4 Sokban, Daniel	8	Seton Swimming	2:13.79	2:13.30	11
27.48 32.64 36.14	37.04				
5 Jang, Elliot	JR	Trinity Christian School	2:17.09	2:14.94	10
28.20 32.55 36.32	37.87				
6 Dealey, Joey	SR	Seton Swimming	2:14.95	2:21.01	9
28.07 33.85 39.85	39.24				
7 Koler, Evan	SO	Saint John Paul the Great	2:24.58	2:23.01	7
29.91 34.16 38.50	40.44				
8 Fioramonti, Josh	FR	Seton Swimming	2:21.17	2:28.49	5
29.04 36.91 41.62	40.92				
9 Abidin, Christian	JR	Trinity Christian School	2:42.15	2:28.71	4
30.61 36.75 40.74	40.61				
10 Ogniek, Gabe	JR	Fredericksburg Christian	2:51.07	2:49.28	3
31.80 38.46 47.88	51.14				
11 Volk, Jimmy	SR	Fredericksburg Christian	2:53.36	2:53.76	2
34.96 42.96 1:35.84					

**Event 4 Girls 200 Yard Freestyle**

VCAC: 1:53.80 # 2/1/2020 Annalise Cornett TCS!  
 VISAA QT: 2:13.44 @  
 SST Record: 1:55.74 + 2/18/2000 K. Shipko

Name	Yr	School	Seed Time	Finals Time	Points
1 Aldeguer, Ariana	8	Seton Swimming	1:58.07	1:57.99 @	16
28.23 29.97 30.15	29.64				
2 Roder, Mia	SR	Saint John Paul the Great	2:04.97	2:07.59 @	13
29.56 33.00 33.18	31.85				
3 Buff, Reagan	JR	Trinity Christian School	2:14.39	2:08.75 @	12
29.24 32.62 33.41	33.48				
4 Gibbons, Maggie	JR	Seton Swimming	2:12.56	2:10.27 @	11
29.88 32.70 34.43	33.26				
5 Bailey, Mary	JR	Trinity Christian School	2:24.59	2:13.72	10
31.00 33.04 35.78	33.90				
6 Yaraschak, Bella	JR	Trinity Christian School	2:16.91	2:15.29	9
30.23 33.71 35.89	35.46				
7 Oswald, Jacqueline	SR	Seton Swimming	2:25.68	2:22.93	7
30.39 35.83 37.99	38.72				
8 Kay, Sandra	FR	Saint John Paul the Great	2:25.00	2:25.63	5
33.02 36.64 38.38	37.59				

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**(Event 4 Girls 200 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
9 Howell, Katherine 31.76 36.98 38.81	8	Fredericksburg Christian	2:23.47	2:25.67	4
10 Cunningham, Lucy 33.86 37.03 39.25	SO	Seton Swimming	2:33.08	2:30.70	3
11 McDonnell, Maddie 32.15 37.71 42.56	FR	Oakcrest School Chargers	2:39.23	2:34.08	2
12 Miller, Elizabeth 35.40 39.41 40.83	FR	Saint John Paul the Great	2:39.04	2:38.62	1
13 Blevins, Colby 36.20 40.19 42.51	FR	Fredericksburg Christian	3:00.34	2:41.46	
14 Larson, Elle 36.79 42.55 44.22	FR	Oakcrest School Chargers	2:55.10	2:45.10	
15 Mitchell, Ajai 34.39 42.56 50.47	JR	Trinity Christian School	2:57.70	2:57.00	
16 Updike, Anna 38.62 45.98 49.09	JR	Fredericksburg Christian	3:13.16	3:02.51	
17 Thornburg, Fio 38.40 46.58 52.04	SO	Oakcrest School Chargers	NT	3:06.65	
18 McCormick, Madison 38.51 48.49 53.48	SO	Saint John Paul the Great	2:50.00	3:14.65	
--- Schindler, Kathryn	JR	Oakcrest School Chargers	2:55.58	SCR	

**Event 5 Boys 200 Yard IM**

VCAC: 1:58.42 # 2/8/2020 Andrew Turbyfill FCS  
 VISAA QT: 2:18.04 @  
 SST Record: 1:54.70 + 2/17/2008 N. Cook

Name	Yr	School	Seed Time	Finals Time	Points
1 Martinez, Lionel 26.64 33.47 36.57	8	Seton Swimming	2:04.24	2:07.97 @	16
2 Yancey, Ben 27.95 35.46 42.85	SO	Trinity Christian School	2:21.37	2:18.85	13
3 Wilson, Max 29.70 34.87 44.58	SO	Seton Swimming	2:29.97	2:26.11	12
4 Hudson, David 28.94 37.61 45.40	JR	Seton Swimming	2:25.10	2:29.84	11
5 Konstanty, Peter 33.70 42.04 46.12	JR	Seton Swimming	2:34.70	2:37.43	10
6 Park, Zach 31.50 39.64 47.66	JR	Trinity Christian School	2:40.44	2:38.30	9
7 Ryan, Nathan 36.23 42.91 50.81	8	Fredericksburg Christian	2:53.02	2:48.93	7

**Event 6 Girls 200 Yard IM**

VCAC: 2:11.47 # 2/2/2019 Annalise Cornett TCS!  
 VISAA QT: 2:29.40 @  
 SST Record: 2:11.55 + 2/4/2023 A. Aldeguer

Name	Yr	School	Seed Time	Finals Time	Points
1 Bryan, Elizabeth 28.25 31.54 38.20	FR	Oakcrest School Chargers	2:08.81	2:10.47 #	16
2 Condon, Clara 28.74 35.81 41.17	SO	Seton Swimming	2:19.48	2:20.07 @	13
3 Schlieter, Audrey 30.54 34.54 43.69	FR	Trinity Christian School	2:24.39	2:21.24 @	12

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**(Event 6 Girls 200 Yard IM)**

Name	Yr	School	Seed Time	Finals Time	Points
4 Klanderma, Liz 29.97 35.61 41.75	SO	Trinity Christian School	2:24.50	2:22.25 @	11
5 Baroody, Isabel 31.81 38.78 1:23.82	FR	Fredericksburg Christian	2:31.83	2:34.41	10
6 Witdoeck, Karis 32.31 37.32 48.78	SO	Trinity Christian School	2:33.88	2:37.19	9
7 Fifield, Haley 33.73 36.58 48.82	SO	Seton Swimming	2:37.28	2:37.92	7
8 Bingham, Lucia 32.73 41.08 49.50	SO	Seton Swimming	2:49.96	2:39.23	5
9 Halisky, Amelie 33.85 38.45 51.18	SR	Seton Swimming	2:51.33	2:42.70	4
10 Runyan, Emily 36.34 45.25 56.90	JR	Saint John Paul the Great	2:53.90	2:55.91	3
11 Angarag, Alice 37.22 43.26 53.53	FR	Saint John Paul the Great	3:02.19	2:56.76	2
12 Meadows, Payton 39.28 44.78 51.77	JR	Fredericksburg Christian	2:55.43	2:58.39	1
13 Sebero, Emmah 38.53 45.84 1:36.08	FR	Fredericksburg Christian	3:10.94	3:00.45	
14 Heath, Laurel 41.47 47.89 55.82	FR	Saint John Paul the Great	3:15.00	3:10.65	
15 Meadows, Morgan 41.41 47.61 57.67	8	Fredericksburg Christian	3:21.00	3:11.97	
16 Larson, Zoe 40.77 48.98 56.32	FR	Oakcrest School Chargers	3:10.22	3:13.23	
--- Pattie, Sydney Downward butterfly kick - breast 32.87 37.92 41.52	SO	Saint John Paul the Great	2:26.76	DQ	
--- Bailey, Holly Declared false start - Misc	FR	Trinity Christian School	3:23.94	DFS	

**Event 7 Boys 50 Yard Freestyle**

VCAC: 21.91 # 2/13/2010 S. Jameson Hill SST

VISAA QT: 24.14 @

SST Record: 21.22 + 2/19/2010 S.J. Hill

Name	Yr	School	Seed Time	Finals Time	Points
1 Kim, Justin	JR	Trinity Christian School	23.27	22.75 @	16
2 Knewton, Jack	JR	Fredericksburg Christian	23.33	23.16 @	13
3 Wilson, Joe	SR	Seton Swimming	23.80	23.58 @	12
4 Salafia, Luca	FR	Fredericksburg Christian	25.04	24.88	11
5 Borneman, Joseph	SO	Seton Swimming	25.71	25.37	10
6 Halisky, Liam	SO	Seton Swimming	24.86	25.66	9
7 Mastrianni, Dominic	JR	Saint John Paul the Great	26.41	26.37	7
8 Sokban, Daniel	8	Seton Swimming	25.94	26.57	5
9 Koler, Eric	FR	Saint John Paul the Great	26.99	26.81	4
10 Ross, Andrew	8	Fredericksburg Christian	28.98	28.90	3
11 Donovan, Patrick	SR	Saint John Paul the Great	28.50	29.06	2
12 Smith, James	JR	Saint John Paul the Great	28.96	30.00	1
13 Misiano, Thomas	SR	Fredericksburg Christian	32.77	34.76	
--- Brox, JJ	SR	Seton Swimming	25.92	X24.68	
--- Koehr, Connor	SO	Seton Swimming	25.49	X24.93	
--- Fioramonti, Mick	JR	Seton Swimming	26.68	X25.93	

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**(Event 7 Boys 50 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Updike, Spencer	JR	Fredericksburg Christian	32.47	X31.47	
--- Volk, Jimmy	SR	Fredericksburg Christian	30.25	X31.61	
--- Pitner, Samuel	8	Fredericksburg Christian	36.21	X37.56	

**Event 8 Girls 50 Yard Freestyle**

VCAC: 24.20 # 2/8/2020 Brooke Williams TCS!  
 VISAA QT: 26.96 @  
 SST Record: 24.06 + 2/16/2018 A. Kenna

Name	Yr	School	Seed Time	Finals Time	Points
1 Davis, Gianna	SO	Saint John Paul the Great	24.38	24.46 @	16
2 Pennefather, Mary	SR	Seton Swimming	26.01	26.01 @	13
3 Wiggins, Allie	FR	Trinity Christian School	26.64	26.55 @	12
4 Brox, Elodie	SO	Seton Swimming	26.81	26.63 @	11
5 Bailey, Mary	JR	Trinity Christian School	28.51	26.92 @	10
6 Womack, Kristen	JR	Trinity Christian School	26.48	26.99	9
7 Mantooth, Kateri	SR	Seton Swimming	28.58	27.63	7
8 Koler, Isabella	FR	Saint John Paul the Great	26.87	28.04	5
*9 Erickson, Katelyn	FR	Oakcrest School Chargers	28.75	28.69	3.50
*9 Magee, Amelia	FR	Oakcrest School Chargers	29.62	28.69	3.50
11 Weina, Virginia	SR	Saint John Paul the Great	29.50	29.61	2
12 Roberson, Emma	FR	Fredericksburg Christian	29.79	30.01	1
13 Hurley, Mary Catherine	SO	Seton Swimming	30.26	30.02	
14 Myers, Christy	JR	Fredericksburg Christian	30.45	30.69	
15 Blevins, Hannah	FR	Fredericksburg Christian	30.50	30.79	
16 DiBlasi, Isabelle	JR	Fredericksburg Christian	30.46	31.35	
17 Angarag, Alice	FR	Saint John Paul the Great	30.70	32.32	
18 Ryan, Fiona	FR	Oakcrest School Chargers	32.34	32.53	
--- Waldron, Rose	SO	Seton Swimming	29.59	X29.81	
--- Haggerty, Moira	SR	Seton Swimming	31.65	X30.73	
--- Salafia, Siena	JR	Fredericksburg Christian	31.51	X31.19	
--- Peters, Aria	SO	Fredericksburg Christian	35.06	X33.53	
--- Diller, Bethany	SO	Oakcrest School Chargers	33.29	X33.57	
--- Mochen, Catherine	SO	Oakcrest School Chargers	35.47	X35.09	
--- Nugent, Katie	SO	Oakcrest School Chargers	36.69	X36.42	
--- Webb, Ella	JR	Fredericksburg Christian	35.97	X37.18	
--- Shepard, Sarah	8	Fredericksburg Christian	36.40	X37.23	
--- Kissinger, Norah	JR	Oakcrest School Chargers	29.23	SCR	
--- Ratcliffe, Eliana	SO	Trinity Christian School	31.58	SCR	

**Event 9 Boys 1 mtr Diving**

VCAC: 304.20 # 2/4/2022 Harper Thornett TCS!  
 SST Record: 207.40 + 1/19/2013 J. Doran

Name	Yr	School	Seed Time	Finals Score	Points
1 Koehr, Connor	SO	Seton Swimming	188.18	167.00	16
2 Fioramonti, Mick	JR	Seton Swimming	152.70	149.05	13
3 Brox, JJ	SR	Seton Swimming	146.77	137.40	12
4 Gonzalez, Max	SO	Seton Swimming	143.55	124.75	11
5 Wang, Luke	JR	Trinity Christian School	104.47	86.10	10
--- Kohlhaas, Gus	SO	Seton Swimming	131.48	X120.20	
--- Oswald, Jacob	SO	Seton Swimming	142.87	X114.65	

## 2023 VCAC Championship Meet - 2/11/2023

## Results

## Event 10 Girls 1 mtr Diving

VCAC: 161.00 # 2/4/2022

Keri Hough

TCS!

SST Record: 152.55 + 2/12/2022

M.C. Waldron

Name	Yr	School	Seed Time	Finals Score	Points
1 Kissinger, Norah	JR	Oakcrest School Chargers	175.95	159.25 +	16
2 Miller, Maria	FR	Seton Swimming	110.95	131.60	13
3 Kissinger, Meghan	SR	Oakcrest School Chargers	169.86	131.50	12
4 Waldron, Rose	SO	Seton Swimming	132.37	126.55	11
5 Rolwes, Patricia	SR	Oakcrest School Chargers	158.10	119.95	10
6 Hill, Emma	FR	Trinity Christian School	112.43	115.45	9
7 Guenther, Louise	JR	Oakcrest School Chargers	130.35	110.00	7
8 Francis, Elizabeth	SO	Seton Swimming	102.30	78.60	5
9 Mauk, Sam	SR	Trinity Christian School	66.75	45.45	4
--- Bailey, Mary	JR	Trinity Christian School	NP	X57.30	

## Event 11 Boys 100 Yard Butterfly

VCAC: 53.90 # 2/4/2012

Vincent Dunn

SST

VISAA QT: 1:01.02 @

SST Record: 51.76 + 1/16/2010

S.J. Hill

Name	Yr	School	Seed Time	Finals Time	Points
1 Phillips, Tyler 25.08 27.66	FR	Trinity Christian School	51.80	52.74 #	16
2 Brox, Michael 27.69 32.42	SO	Seton Swimming	1:06.53	1:00.11 @	13
3 Hudson, David 29.52 35.51	JR	Seton Swimming	1:04.23	1:05.03	12
4 Bang, Caleb 29.45 35.98	FR	Trinity Christian School	1:04.03	1:05.43	11
5 Mantooth, Luke 31.00 37.48	JR	Seton Swimming	1:10.35	1:08.48	10
6 Sokban, William 32.40 39.49	SO	Seton Swimming	1:10.20	1:11.89	9
7 Abidin, Christian 41.88 48.97	JR	Trinity Christian School	1:35.27	1:30.85	7

## Event 12 Girls 100 Yard Butterfly

VCAC: 58.62 # 2/3/2018

Anna Kenna

Seton

VISAA QT: 1:06.82 @

SST Record: 58.51 + 12/16/2017

A. Kenna

Name	Yr	School	Seed Time	Finals Time	Points
1 Witdoeckt, Allie 26.61 29.19	JR	Trinity Christian School	56.45	55.80 +	16
2 Davis, Gianna 28.92 32.20	SO	Saint John Paul the Great	1:03.96	1:01.12 @	13
3 Ellis, Hannah 28.01 33.45	8	Fredericksburg Christian	1:02.29	1:01.46 @	12
4 Schlieter, Audrey 30.77 32.79	FR	Trinity Christian School	1:05.58	1:03.56 @	11
5 Pattie, Sydney 32.56 37.06	SO	Saint John Paul the Great	1:12.27	1:09.62	10
6 Garvey, Anastasia 31.99 39.37	FR	Seton Swimming	1:10.55	1:11.36	9
7 Bingham, Lucia 32.75 40.98	SO	Seton Swimming	1:18.51	1:13.73	7

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	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
8	Kay, Philomena 33.35 40.78	8	Seton Swimming	1:16.97	1:14.13	5
9	Adams, Amelia 34.83 39.76	SO	Oakcrest School Chargers	1:16.27	1:14.59	4
10	Bang, Selah 33.67 41.18	SR	Trinity Christian School	1:18.23	1:14.85	3
11	Runyan, Emily 35.00 42.47	JR	Saint John Paul the Great	1:17.47	1:17.47	2
12	Meunier, Cecelia 35.65 43.41	SR	Oakcrest School Chargers	1:21.15	1:19.06	1
13	Zadnik, Madelyn 35.28 45.54	JR	Seton Swimming	1:17.03	1:20.82	
---	Williams, Luisa	SO	Oakcrest School Chargers	1:30.22	SCR	

**Event 13 Boys 100 Yard Freestyle**

**VCAC: 48.78 # 2/13/2010 S. Jameson Hill SST**  
**VISAA QT: 53.09 @**  
**SST Record: 45.67 + 2/20/2010 S. J. Hill**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Kim, Justin 23.80 26.29	JR	Trinity Christian School	49.53	50.09@	16
2	Wilson, Joe 25.33 27.46	SR	Seton Swimming	52.21	52.79@	13
3	Williams, Charlie 25.61 28.27	SR	Saint John Paul the Great	56.29	53.88	12
4	Cole, Carter	JR	Trinity Christian School	56.59	55.01	11
5	Borneman, Joseph 26.80 30.43	SO	Seton Swimming	57.24	57.23	10
6	Halisky, Liam 26.87 30.81	SO	Seton Swimming	58.86	57.68	9
7	Salafia, Luca 27.20 30.95	FR	Fredericksburg Christian	59.08	58.15	7
8	Konstanty, Peter 27.92 31.09	JR	Seton Swimming	59.79	59.01	5
9	Jang, Elliot 27.72 32.10	JR	Trinity Christian School	1:02.46	59.82	4
10	Mastrianni, Dominic 30.25 31.12	JR	Saint John Paul the Great	1:01.96	1:01.37	3
11	Ryan, Nathan 31.92 34.28	8	Fredericksburg Christian	1:07.02	1:06.20	2
12	DiBlasi, John-Parker 30.56 37.83	FR	Fredericksburg Christian	1:09.52	1:08.39	1
13	Misiano, Thomas 37.56 44.41	SR	Fredericksburg Christian	1:21.42	1:21.97	
---	Ognek, Gabe 31.98 36.37	JR	Fredericksburg Christian	1:12.79	X1:08.35	
---	Berg, Jackson	JR	Saint John Paul the Great	1:04.85	NS	

## 2023 VCAC Championship Meet - 2/11/2023

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## Event 14 Girls 100 Yard Freestyle

VCAC: 53.08 # 2/10/2018 Anna Kenna

SST

VISAA QT: 59.70 @

SST Record: 52.05 + 2/16/2018 A. Kenna

Name	Yr	School	Seed Time	Finals Time	Points
1 Pennefather, Mary 26.97 30.95	SR	Seton Swimming	59.07	57.92 @	16
2 Buff, Reagan 28.07 30.41	JR	Trinity Christian School	59.55	58.48 @	13
3 Womack, Kristen 28.10 30.72	JR	Trinity Christian School	59.06	58.82 @	12
4 Gibbons, Maggie 28.87 30.44	JR	Seton Swimming	59.60	59.31 @	11
5 Phillips, Amy 28.41 32.16	SR	Trinity Christian School	1:01.60	1:00.57	10
6 Williams, Maeve 30.29 32.79	SO	Saint John Paul the Great	1:04.74	1:03.08	9
7 Mantooh, Kateri 29.59 33.67	SR	Seton Swimming	1:05.04	1:03.26	7
*8 Magee, Amelia 29.98 34.40	FR	Oakcrest School Chargers	1:06.58	1:04.38	4.50
*8 White, Cecilia 31.63 32.75	JR	Saint John Paul the Great	1:03.94	1:04.38	4.50
10 O'Malley, Shannon 30.98 33.89	SO	Seton Swimming	1:08.30	1:04.87	3
11 Howell, Katherine 31.85 35.62	8	Fredericksburg Christian	1:04.50	1:07.47	2
12 Heth, Rachel 33.01 36.11	SR	Fredericksburg Christian	1:08.36	1:09.12	1
13 Myers, Christy 32.16 37.12	JR	Fredericksburg Christian	1:09.65	1:09.28	
14 Blevins, Hannah 34.18 36.77	FR	Fredericksburg Christian	1:09.19	1:10.95	
15 Vitkovsky, Maggie 32.75 38.63	SR	Saint John Paul the Great	1:05.16	1:11.38	
16 Larson, Elle 34.05 38.48	FR	Oakcrest School Chargers	1:15.73	1:12.53	
17 Ryan, Fiona 35.86 39.80	FR	Oakcrest School Chargers	1:15.61	1:15.66	
18 Hooff, Mary Shelton 38.56 46.25	SO	Oakcrest School Chargers	1:26.91	1:24.81	
19 Kattah, Kayla 38.56 47.04	SO	Saint John Paul the Great	1:19.59	1:25.60	
20 Yu, Laela ---	JR	Trinity Christian School	1:30.84	1:29.46	
--- Sebero, Emmah 32.87 36.73	FR	Fredericksburg Christian	1:11.31	X1:09.60	
--- Blevins, Colby 34.80 38.84	FR	Fredericksburg Christian	1:12.46	X1:13.64	
--- Updike, Anna	JR	Fredericksburg Christian	1:23.22	XNS	



**2023 VCAC Championship Meet - 2/11/2023****Results****Event 15 Boys 500 Yard Freestyle**

VCAC: 4:43.83 # 2/13/2010 S. Jameson Hill

SST

VISAA QT: 5:41.90 @

SST Record: 4:27.19 + 1/31/2010 S.J. Hill

Name	Yr	School	Seed Time	Finals Time	Points
1 Martinez, Lionel	8	Seton Swimming	5:09.16	5:10.21@	16
27.14 30.50	31.48	31.68 31.89 32.16 31.78	31.82		
31.72 30.04					
2 Yancey, Ben	SO	Trinity Christian School	5:39.65	5:40.21@	13
28.01 31.82	33.58	34.37 35.74 35.20 36.70	36.18		
35.71 32.90					
3 Brox, Michael	SO	Seton Swimming	6:06.52	6:10.72	12
29.01 33.24	36.78	38.14 39.22 39.46 40.88	39.65		
37.87 36.47					
4 Judge, Dominic	8	Seton Swimming	6:28.98	6:28.63	11
31.90 38.12	39.56	41.05 41.06 40.58 40.73	40.64		
40.10 34.89					
5 Sokban, William	SO	Seton Swimming	6:20.12	6:32.75	10
31.69 36.63	38.96	40.89 41.58 41.52 40.86	41.99		
42.16 36.47					
6 Sicks, Campbell	SR	Trinity Christian School	6:53.19	6:38.77	9
33.38 38.19	39.41	41.01 40.21 40.32 40.61	1:21.58		
44.06					
7 Bang, Caleb	FR	Trinity Christian School	6:33.35	6:42.99	7
32.97 38.94	40.15	41.56 40.75 41.39 42.83	42.55		
42.05 39.80					
8 Valenzuela, David	SR	Trinity Christian School	8:23.97	7:58.13	5

**Event 16 Girls 500 Yard Freestyle**

VCAC: 5:03.43 # 2/13/2021 Annalise Cornett

TCS!

VISAA QT: 5:58.88 @

SST Record: 5:06.98 + 2/1/1999 K. Shipko

Name	Yr	School	Seed Time	Finals Time	Points
1 Wiggins, Allie	FR	Trinity Christian School	6:01.38	5:56.92@	16
29.04 33.33	35.41	36.22 36.35 37.58 37.37	37.57		
38.22 35.83					
2 Garvey, Anastasia	FR	Seton Swimming	6:16.98	6:12.55	13
32.68 35.84	38.47	38.24 38.36 38.29 37.99	38.64		
38.34 35.70					
3 Yaraschak, Bella	JR	Trinity Christian School	6:19.44	6:13.73	12
30.28 34.06	35.89	37.37 38.39 38.96 40.12	40.13		
40.31 38.22					
4 Walke, Belle	8	Oakcrest School Chargers	6:16.34	6:13.98	11
29.94 36.35	38.34	38.88 39.43 39.49 38.18	39.80		
38.25 35.32					
5 Roberson, Emma	FR	Fredericksburg Christian	7:12.94	6:26.74	10
33.71 37.85	39.13	39.56 39.52 39.63 40.59	39.91		
38.77 38.07					
6 Kay, Philomena	8	Seton Swimming	6:32.32	6:28.31	9
34.17 37.96	40.04	40.10 40.05 39.98 40.27	40.16		
39.35 36.23					
7 Cunningham, Lucy	SO	Seton Swimming	6:53.20	6:36.26	7
35.23 38.54	39.96	41.05 41.34 40.81 40.69	40.69		
40.43 37.52					

## 2023 VCAC Championship Meet - 2/11/2023

## Results

**(Event 16 Girls 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
8 Oswald, Jacqueline	SR	Seton Swimming	6:42.60	6:40.90	5
32.36 37.29 40.69	41.69 41.42 42.01 42.84	42.49			
1:20.11					
9 Diller, Bethany	SO	Oakcrest School Chargers	8:43.47	8:28.84	4
40.22 49.16 50.99	51.80 53.33 53.69 54.47	52.12			
1:43.06					
10 Nugent, Katie	SO	Oakcrest School Chargers	8:43.50	8:35.62	3
40.24 48.92 52.75	52.43 53.29 53.28 54.41	54.74			
54.37 51.19					
--- Caron, Mary Alice	FR	Saint John Paul the Great	6:40.00	NS	
--- Ratcliffe, Eliana	SO	Trinity Christian School	7:03.17	SCR	

**Event 17 Boys 200 Yard Freestyle Relay**

VCAC: 1:32.22 # 2/6/2016

Fredericksburg Christian

FCS

D Turbyfill, A Kearney, N Ross, G Ross

VISAA QT: 1:43.26 @

SST Record: 1:30.07 + 2/19/2010

Hill, Koehr, Cook, Basinger

Team	Relay	Seed Time	Finals Time	Points
1 Trinity Christian School	A	1:33.11	1:33.59 @	32
1) Kim, Justin JR	2) Cole, Carter JR	3) Yun, Noah FR	4) Phillips, Tyler FR	
22.87 24.74 23.77	22.21			
2 Fredericksburg Christian	A	1:42.04	1:39.89 @	26
1) Howell, Luke SO	2) Ognek, Gabe JR	3) Salafia, Luca FR	4) Knewtson, Jack JR	
24.13 27.46 25.18	23.12			
3 Saint John Paul the Great	A	1:55.20	1:49.38	24
1) Mastrianni, Dominic JR	2) Donovan, Patrick SR	3) Smith, James JR	4) Williams, Charlie SR	
26.29 28.73 29.55	24.81			
--- Seton Swimming	B	1:45.98	X1:41.57 @	
1) Brox, Michael SO	2) Borneman, Joseph SO	3) Mantooth, Luke JR	4) Dealey, Joey SR	
24.22 25.35 26.56	25.44			
--- Trinity Christian School	B	1:54.73	X1:48.81	
1) Jang, Elliot JR	2) Sicks, Campbell SR	3) Abidin, Christian JR	4) Wang, Luke JR	
27.35 28.38 26.82	26.26			
--- Fredericksburg Christian	B	2:02.25	X2:00.19	
1) DiBlasi, John-Parker FR	2) Misiano, Thomas SR	3) Ryan, Nathan 8	4) Ross, Andrew 8	
28.53 34.66 28.73	28.27			
--- Seton Swimming	A	1:38.58	DQ	
Early take-off swimmer #4				
1) Brox, JJ SR	2) Halisky, Liam SO	3) Hudson, David JR	4) Nguyen, Drew SO	
24.47 24.72 16.95	32.50			

**Event 18 Girls 200 Yard Freestyle Relay**

VCAC: 1:43.64 # 2/4/2012

Seton School

SST

A Doonis, C Kenna, A Sinner, C Rogers

VISAA QT: 1:58.53 @

SST Record: 1:40.05 + 2/19/2010

Doonis, Rogers, Talbott, Donohoe

Team	Relay	Seed Time	Finals Time	Points
1 Trinity Christian School	A	1:44.90	1:42.65 #	32
1) Wiggins, Allie FR	2) Buff, Reagan JR	3) Womack, Kristen JR	4) Witdoeck, Allie JR	
26.64 26.32 26.24	23.45			
2 Seton Swimming	A	1:44.13	1:44.18 @	26
1) Gibbons, Maggie JR	2) Brox, Elodie SO	3) Condon, Clara SO	4) Pennefather, Mary SR	
26.30 26.19 26.29	25.40			

## 2023 VCAC Championship Meet - 2/11/2023

## Results

**(Event 18 Girls 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
3 Oakcrest School Chargers	A	1:52.52	1:51.89 @	24
1) Magee, Amelia FR 29.17 29.10 28.81	2) McDonnell, Maddie FR 24.81	3) Erickson, Katelyn FR	4) Bryan, Elizabeth FR	
4 Fredericksburg Christian	A	1:53.62	1:54.16 @	22
1) Ryan, Gabriella FR 28.72 30.57 28.86	2) Heth, Rachel SR 26.01	3) Howell, Katherine 8	4) Ellis, Hannah 8	
5 Saint John Paul the Great	A	1:59.32	1:58.34 @	20
1) White, Cecilia JR 29.44 30.05 28.65	2) Weina, Virginia SR 30.20	3) Williams, Maeve SO	4) Kay, Sandra FR	
--- Seton Swimming	B	1:54.09	X1:55.25 @	
1) Fifield, Haley SO 28.92 28.85 28.36	2) Halisky, Amelie SR 29.12	3) Mantooth, Kateri SR	4) Oswald, Jacqueline SR	
--- Trinity Christian School	B	1:57.21	X1:56.79 @	
1) Bang, Selah SR 29.29 17.67 19.63	2) Bailey, Holly FR 50.20	3) Yaraschak, Bella JR	4) Bailey, Mary JR	
--- Fredericksburg Christian	B	2:02.95	X2:05.98	
1) DiBlasi, Isabelle JR 30.75 31.97 15.97	2) Myers, Christy JR 47.29	3) Meadows, Payton JR	4) Blevins, Hannah FR	
--- Oakcrest School Chargers	B	1:59.87	X2:08.39	
1) Walke, Belle 8 29.42 33.45 33.68	2) Larson, Elle FR 31.84	3) Larson, Zoe FR	4) Ryan, Fiona FR	
--- Saint John Paul the Great	B	2:04.28	X2:11.39	
1) Runyan, Emily JR 32.29 35.97 33.43	2) Heath, Laurel FR 29.70	3) McCormick, Madison SO	4) Angarag, Alice FR	

**Event 19 Boys 100 Yard Backstroke**

VCAC: 53.44 # 2/4/2006 Kevin Koehr SST

VISAA QT: 1:02.90 @

SST Record: 51.48 + 1/20/2006 K. Koehr

Name	Yr	School	Seed Time	Finals Time	Points
1 Howell, Luke 28.73 29.46	SO	Fredericksburg Christian	1:00.06	58.19 @	16
2 Yun, Noah 28.64 30.14	FR	Trinity Christian School	58.41	58.78 @	13
3 Koehr, Connor 29.32 32.75	SO	Seton Swimming	1:01.10	1:02.07 @	12
4 Williams, Charlie 30.37 32.40	SR	Saint John Paul the Great	1:03.56	1:02.77 @	11
5 Fioramonti, Mick 30.10 33.52	JR	Seton Swimming	1:03.61	1:03.62	10
6 Wilson, Max 30.69 34.41	SO	Seton Swimming	1:05.19	1:05.10	9
7 Park, Zach 32.68 36.00	JR	Trinity Christian School	1:09.06	1:08.68	7
8 Dealey, Joey 34.70 39.73	SR	Seton Swimming	1:13.53	1:14.43	5
9 Valenzuela, David	SR	Trinity Christian School	1:24.12	1:24.24	4
10 Smith, James 41.54 42.91	JR	Saint John Paul the Great	1:24.52	1:24.45	3
11 Pitner, Samuel 50.56 55.28	8	Fredericksburg Christian	1:43.70	1:45.84	2
--- Berg, Jackson	JR	Saint John Paul the Great	1:13.18	NS	

## 2023 VCAC Championship Meet - 2/11/2023

## Results

## Event 20 Girls 100 Yard Backstroke

VCAC: 58.33 # 2/2/2019 Annalise Cornett

TCS!

VISAA QT: 1:06.85 @

SST Record: 55.62 + 2/16/2018 A. Kenna

Name	Yr	School	Seed Time	Finals Time	Points
1 Witdoeckt, Allie 27.51 28.88	JR	Trinity Christian School	1:00.57	56.39#	16
2 Aldeguer, Ariana 29.33 30.59	8	Seton Swimming	1:00.75	59.92@	13
3 Baroody, Isabel 31.63 34.20	FR	Fredericksburg Christian	1:08.48	1:05.83@	12
4 Phillips, Amy 31.78 34.14	SR	Trinity Christian School	1:07.60	1:05.92@	11
5 Fifield, Haley 32.28 35.32	SO	Seton Swimming	1:09.29	1:07.60	10
6 Witdoeckt, Karis 32.45 35.23	SO	Trinity Christian School	1:08.53	1:07.68	9
7 Adams, Amelia 32.98 36.72	SO	Oakcrest School Chargers	1:10.92	1:09.70	7
8 Halisky, Amelie 33.65 37.45	SR	Seton Swimming	1:13.67	1:11.10	5
9 Ryan, Gabriella 34.35 37.58	FR	Fredericksburg Christian	1:16.71	1:11.93	4
10 Bang, Selah 35.00 38.02	SR	Trinity Christian School	1:15.02	1:13.02	3
11 Meunier, Cecelia 35.03 38.54	SR	Oakcrest School Chargers	1:19.19	1:13.57	2
12 O'Malley, Shannon	SO	Seton Swimming	1:19.06	1:14.63	1
13 McDonnell, Maddie	FR	Oakcrest School Chargers	1:17.21	1:18.38	
14 White, Cecilia 38.10 41.11	JR	Saint John Paul the Great	1:20.04	1:19.21	
15 Vitkovsky, Maggie 41.06 44.76	SR	Saint John Paul the Great	1:21.87	1:25.82	
16 Larson, Zoe 41.77 44.19	FR	Oakcrest School Chargers	1:29.73	1:25.96	
17 Meadows, Morgan 43.87 44.91	8	Fredericksburg Christian	1:28.61	1:28.78	
18 Heath, Laurel 43.05 47.30	FR	Saint John Paul the Great	1:34.62	1:30.35	
19 Peters, Aria 45.17 49.33	SO	Fredericksburg Christian	1:44.51	1:34.50	
20 Kattah, Kayla	SO	Saint John Paul the Great	1:40.36	1:41.28	
--- Williams, Luisa	SO	Oakcrest School Chargers	1:32.44	SCR	

## Event 21 Boys 100 Yard Breaststroke

VCAC: 1:00.59 # Andrew Turbyfill

FCS

VISAA QT: 1:08.79 @

SST Record: 58.53 + 1/27/2007 N. Cook

Name	Yr	School	Seed Time	Finals Time	Points
1 Brox, JJ 31.19 36.49	SR	Seton Swimming	1:06.42	1:07.68@	16
2 Cole, Carter 31.34 37.13	JR	Trinity Christian School	1:18.73	1:08.47@	13
3 Nguyen, Drew 32.91 37.07	SO	Seton Swimming	1:10.49	1:09.98	12

## 2023 VCAC Championship Meet - 2/11/2023

## Results

**(Event 21 Boys 100 Yard Breaststroke)**

Name	Yr	School	Seed Time	Finals Time	Points
4 Wang, Luke 32.80 38.74	JR	Trinity Christian School	1:13.08	1:11.54	11
5 Sicks, Campbell 35.64 37.64	SR	Trinity Christian School	1:15.47	1:13.28	10
6 Mantooth, Luke 34.40 39.44	JR	Seton Swimming	1:15.25	1:13.84	9
7 DiBlasi, John-Parker 34.92 43.96	FR	Fredericksburg Christian	1:22.13	1:18.88	7
8 Bauer, Greg 35.91 43.00	FR	Seton Swimming	1:22.31	1:18.91	5
9 Donovan, Patrick 37.77 44.97	SR	Saint John Paul the Great	1:24.29	1:22.74	4
10 Updike, Spencer	JR	Fredericksburg Christian	1:38.16	1:25.08	3

**Event 22 Girls 100 Yard Breaststroke**

VCAC: 1:07.65 # 2/12/2021 Angie Testani SST

VISAA QT: 1:16.38 @

SST Record: 1:05.77 + 2/18/2022 A. Testani

Name	Yr	School	Seed Time	Finals Time	Points
1 Bryan, Elizabeth 31.52 34.84	FR	Oakcrest School Chargers	1:08.32	1:06.36 #	16
2 Condon, Clara 33.30 37.42	SO	Seton Swimming	1:09.30	1:10.72 @	13
3 Roder, Mia 34.67 38.44	SR	Saint John Paul the Great	1:09.85	1:13.11 @	12
4 Klanderma, Liz 35.36 39.22	SO	Trinity Christian School	1:18.20	1:14.58 @	11
5 Waldron, Rose 35.41 41.03	SO	Seton Swimming	1:17.90	1:16.44	10
6 Brox, Elodie 37.95 43.63	SO	Seton Swimming	1:18.56	1:21.58	9
7 Mochen, Catherine 40.05 44.86	SO	Oakcrest School Chargers	1:23.93	1:24.91	7
8 Williams, Maeve 39.81 45.20	SO	Saint John Paul the Great	1:18.42	1:25.01	5
9 Guenther, Louise 40.79 46.08	JR	Oakcrest School Chargers	1:28.53	1:26.87	4
10 Thornburg, Fio 41.99 46.56	SO	Oakcrest School Chargers	1:31.52	1:28.55	3
11 Bailey, Holly 41.66 47.10	FR	Trinity Christian School	1:29.87	1:28.76	2
12 Zadnik, Madelyn 41.47 48.21	JR	Seton Swimming	1:28.70	1:29.68	1
13 Salafia, Siena 41.24 48.91	JR	Fredericksburg Christian	1:34.49	1:30.15	
14 Weina, Virginia 42.45 48.29	SR	Saint John Paul the Great	1:34.44	1:30.74	
15 DiBlasi, Isabelle 42.44 50.23	JR	Fredericksburg Christian	1:31.04	1:32.67	
16 McCormick, Madison 44.99 49.95	SO	Saint John Paul the Great	1:35.72	1:34.94	
17 Shepard, Sarah 51.01 55.44	8	Fredericksburg Christian	1:54.01	1:46.45	

## 2023 VCAC Championship Meet - 2/11/2023

## Results

**(Event 22 Girls 100 Yard Breaststroke)**

Name	Yr	School	Seed Time	Finals Time	Points
18 Webb, Ella 52.56 1:03.36	JR	Fredericksburg Christian	1:55.00	1:55.92	
19 Yu, Laela	JR	Trinity Christian School	2:08.72	1:58.17	
--- Hooff, Mary Shelton 51.19 59.45	SO	Oakcrest School Chargers	1:49.48	X1:50.64	
--- Mitchell, Ajai One hand touch 51.05 59.65	JR	Trinity Christian School	1:55.11	DQ	
--- Schindler, Kathryn	JR	Oakcrest School Chargers	1:38.71	SCR	

**Event 23 Boys 400 Yard Freestyle Relay**

VCAC: 3:28.44 # 2/5/2022

Trinity Christian School  
N Yun, T Phillips, J Kim, J Kim

TCS!

VISAA QT: 3:59.45 @

SST Record: 3:17.05 + 2/19/2010

Hill, Cook, Dunn, Basinger

Team	Relay	Seed Time	Finals Time	Points
1 Trinity Christian School 1) Kim, Justin JR 23.83 50.35 26.33	A 2) Bang, Caleb FR 56.79 25.17 52.27	3:33.49 23.02 48.23	3:27.64 # 4) Phillips, Tyler FR	32
2 Seton Swimming 1) Martinez, Lionel 8 24.22 51.22 25.31	A 2) Brox, Michael SO 53.98 25.32 54.09	3:34.45 24.44 52.98	3:32.27 @ 4) Wilson, Joe SR	26
3 Fredericksburg Christian 1) Howell, Luke SO 30.41 1:05.03 30.37	A 2) Ross, Andrew 8 1:05.09 27.86 59.87	3:52.13 25.06 54.32	4:04.31 4) Knewtson, Jack JR	24
--- Seton Swimming 1) Wilson, Max SO 26.90 58.28 26.27	B 2) Borneman, Joseph SO 55.98 28.75 1:01.70	3:51.44 15.88 59.47	X3:55.43 @ 4) Konstanty, Peter JR	
--- Trinity Christian School 1) Jang, Elliot JR 28.93 1:02.67 27.66	B 2) Abidin, Christian JR 1:00.60 26.82 57.70	3:56.44 26.02 55.45	X3:56.42 @ 4) Yancey, Ben SO	
--- Fredericksburg Christian 1) Ognek, Gabe JR 30.75 1:06.50 38.83	B 2) Misiano, Thomas SR 1:23.09 32.86 1:09.95	4:39.57 1:09.55	X4:49.09 4) Ryan, Nathan 8	
--- Saint John Paul the Great	A	4:11.95	SCR	

**Event 24 Girls 400 Yard Freestyle Relay**

VCAC: 3:48.76 # 2/3/2018

Trinity Chrisitan School  
B. Williams, H. Silvernail, L. Schmidt, A. Cornett

TCS!

VISAA QT: 4:38.24 @

SST Record: 3:40.51 + 2/19/2010

DoonisRogers,ClaybrooksDonohoe

Team	Relay	Seed Time	Finals Time	Points
1 Trinity Christian School 1) Witdoeckt, Allie JR 24.83 51.73 27.64	A 2) Buff, Reagan JR 58.40 27.28 58.40	3:48.87 26.59 57.54	3:46.07 # 4) Schlieter, Audrey FR	32
2 Seton Swimming 1) Aldeguer, Ariana 8 26.59 55.00 28.45	A 2) Brox, Elodie SO 1:00.14 29.15 1:02.30	3:50.91 26.43 58.15	3:55.59 @ 4) Pennefather, Mary SR	26
3 Saint John Paul the Great 1) Roder, Mia SR 29.32 1:00.23 28.70	A 2) Pattie, Sydney SO 1:00.59 30.26 1:05.31	4:04.20 26.02 55.62	4:01.75 @ 4) Davis, Gianna SO	24
4 Fredericksburg Christian 1) Baroody, Isabel FR 29.01 1:00.35 31.94	A 2) Roberson, Emma FR 1:10.03 30.95 1:06.37	4:16.52 27.60 58.12	4:14.87 @ 4) Ellis, Hannah 8	22

**2023 VCAC Championship Meet - 2/11/2023****Results****(Event 24 Girls 400 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
5 Oakcrest School Chargers	A	4:08.15	4:24.87 @	20
1) Adams, Amelia SO	2) Meunier, Cecelia SR	3) Walke, Belle 8	4) McDonnell, Maddie FR	
31.24 1:04.44 31.39	1:07.20 30.15 1:06.61	31.27 1:06.62		
--- Trinity Christian School	B	4:04.87	X4:07.54 @	
1) Bailey, Mary JR	2) Witdoeckt, Karis SO	3) Klanderman, Liz SO	4) Phillips, Amy SR	
28.84 59.12 29.26	1:02.06 30.53 1:04.85	28.66 1:01.51		
--- Seton Swimming	B	4:22.87	X4:14.39 @	
1) Bingham, Lucia SO	2) Mantooth, Kateri SR	3) Kay, Philomena 8	4) Oswald, Jacqueline SR	
29.32 1:02.76 28.88	1:02.52 30.45 1:05.02	29.83 1:04.09		
--- Saint John Paul the Great	B	4:26.41	X4:36.29 @	
1) Runyan, Emily JR	2) Vitkovsky, Maggie SR	3) Angarag, Alice FR	4) Williams, Maeve SO	
33.08 1:09.79 37.25	1:14.83 31.12 1:08.28	29.50 1:03.39		
--- Fredericksburg Christian	B	4:40.41	X4:42.55	
1) Howell, Katherine 8	2) Sebero, Emmah FR	3) Meadows, Payton JR	4) Heth, Rachel SR	
32.84 1:08.36 31.69	1:11.04 34.51 1:14.66	32.08 1:08.49		
--- Oakcrest School Chargers	B	4:47.38	SCR	

**Scores - Women****Women - Team Rankings - Through Event 110**

1. Seton Swimming	364	2. Trinity Christian School	340
3. Oakcrest School Chargers	200.5	4. Saint John Paul the Great	172.5
5. Fredericksburg Christian	123		

**Scores - Men****Men - Team Rankings - Through Event 110**

1. Seton Swimming	440	2. Trinity Christian School	338
3. Fredericksburg Christian	151	4. Saint John Paul the Great	100