

2025 VHSL 5D Regional Championship - 2/10/2025**Results****Event 1 Boys 200 Yard Medley Relay****1:45.03 ST 5 ST CLASS 5**

Team	Relay	Seed Time	Finals Time	Points
1 Independence High School-VA	A	1:37.50	1:36.31 ST 5	40
1) Gadsby, Kyle SO	2) Rowley, Jake JR	3) Seo, Aiden SR	4) Menz, Mason SR	
23.33	50.43 (27.10)	1:14.45 (24.02)	1:36.31 (21.86)	
2 Potomac Falls High School	A	1:39.53	1:37.57 ST 5	34
1) Kalka, Thomas R JR	2) Coleman, Joey JR	3) Hendershot, Ethan JR	4) Anderson, Jake F SR	
23.74	49.91 (26.17)	1:16.03 (26.12)	1:37.57 (21.54)	
3 Briar Woods High School-PV	A	1:40.70	1:38.09 ST 5	32
1) Cather, Owen M SR	2) Char, Matthew SO	3) Gaddi, Landon FR	4) Saravanan, Surya SR	
23.79	50.82 (27.03)	1:15.65 (24.83)	1:38.09 (22.44)	
4 Riverside High School-VA	A	1:39.59	1:38.85 ST 5	30
1) Kilic, Tolga FR	2) Kresin, Nikita A SR	3) Pham, Lucas A SR	4) Freeman, Harper P SR	
25.39	52.83 (27.44)	1:17.34 (24.51)	1:38.85 (21.51)	
5 Stone Bridge-PV	A	1:45.52	1:42.92 ST 5	28
1) Miceli, Jack	2) Hutchison, Mejd	3) Mitran, Christopher	4) O'Hair, Patrick	
25.06	52.68 (27.62)	1:18.75 (26.07)	1:42.92 (24.17)	
6 Lightridge High School-VA	A	1:42.69	1:46.82	26
1) Seelam, Aarush JR	2) Matabang, Gian SR	3) Hartanto, Alexander SO	4) Richards, Nicholas JR	
28.29	57.88 (29.59)	1:22.98 (25.10)	1:46.82 (23.84)	
7 Riverbend High School	A	1:46.66	1:47.06	24
1) Buttram, Noah W	2) Mugavero, Ethan G	3) Barnes, Jack P	4) Clarkson, Nick	
25.09	58.03 (32.94)	1:23.51 (25.48)	1:47.06 (23.55)	
8 Massaponax High School	A	1:59.40	1:49.83	22
1) Tiberio, Trevor D JR	2) Platenik, Will M	3) Amidon, Avery J SR	4) Hayden, Oliver M SR	
26.53	58.17 (31.64)	1:24.29 (26.12)	1:49.83 (25.54)	

Event 2 Girls 200 Yard Medley Relay**1:55.79 ST 5 ST CLASS 5**

Team	Relay	Seed Time	Finals Time	Points
1 Briar Woods High School-PV	A	1:54.13	1:50.89 ST 5	40
1) Kilty, Caroline R JR	2) Valdecanas, Savannah FR	3) Hudson, Kayley SR	4) Hayward, Audrey I JR	
26.75	59.92 (33.17)	1:27.45 (27.53)	1:50.89 (23.44)	
2 Lightridge High School-VA	A	1:52.47	1:51.49 ST 5	34
1) Cushman, McKinley FR	2) Cortez-Martinez, Ariana FR	3) Thaivalappil, Maya JR	4) Lohman, Alexa SO	
29.30	58.02 (28.72)	1:25.07 (27.05)	1:51.49 (26.42)	
3 Riverside High School-VA	A	1:57.89	1:54.51 ST 5	32
1) Santucci, Elle M SR	2) Cadd, Sophie FR	3) Perham, Emily FR	4) Cisneros, Gigi SR	
27.98	1:02.03 (34.05)	1:28.37 (26.34)	1:54.51 (26.14)	
4 Independence High School-VA	A	1:53.88	1:54.65 ST 5	30
1) Menz, Maddie SR	2) Roy, Asha SO	3) Thai, Natalie SO	4) Chen, Sara SR	
29.56	1:00.61 (31.05)	1:29.48 (28.87)	1:54.65 (25.17)	
5 Potomac Falls High School	A	1:55.07	1:55.29 ST 5	28
1) Minkara, Lina H JR	2) McMahan, Claire M SR	3) Kish, Sydney M JR	4) Antognoli, Soleil L SR	
29.43	1:01.70 (32.27)	1:30.36 (28.66)	1:55.29 (24.93)	
6 Stone Bridge-PV	A	2:04.56	2:02.74	26
1) Lombardo, Marie	2) Cheyenne Diaz, Adrielle	3) Scranton, Avery	4) Delong, Abigail	
32.61	1:11.41 (38.80)	1:37.34 (25.93)	2:02.74 (25.40)	
7 Riverbend High School	A	2:06.99	2:06.67	24
1) Gardiner, Abbey G	2) Lewis, Addy E	3) Krushinski, Ava R	4) Cao, Grace	
30.37	1:15.48 (45.11)	1:39.29 (23.81)	2:06.67 (27.38)	
8 Massaponax High School	A	2:30.42	2:17.63	22
1) Field, Evie J FR	2) Van Reenen, Breelyn H FR	3) Cinco, Ava G SR	4) Coleman, Nyah A JR	
35.48	1:15.73 (40.25)	1:47.68 (31.95)	2:17.63 (29.95)	

2025 VHSL 5D Regional Championship - 2/10/2025

Results

Event 3 Boys 200 Yard Freestyle

1:48.76 ST 5 ST CLASS 5

Name	Yr	School	Seed Time	Finals Time	Points
1 Coleman, Joey	JR	Potomac Falls High School	1:44.33	1:41.73 ST 5	20
23.27	48.47 (25.20)	1:14.77 (26.30)	1:41.73 (26.96)		
2 Freeman, Harper P	SR	Riverside High School-VA	1:48.22	1:46.22 ST 5	17
24.75	51.56 (26.81)	1:19.00 (27.44)	1:46.22 (27.22)		
3 Gaddi, Landon	FR	Briar Woods High School-PV	1:52.95	1:50.39	16
25.74	53.33 (27.59)	1:21.88 (28.55)	1:50.39 (28.51)		
4 Griffin, Wyatt	JR	Independence High School-VA	1:52.28	1:51.37	15
24.95	52.59 (27.64)	1:21.89 (29.30)	1:51.37 (29.48)		
5 Abbineni, Yogi	FR	Independence High School-VA	1:57.34	1:54.41	14
26.36	54.06 (27.70)	1:24.12 (30.06)	1:54.41 (30.29)		
6 Ahmed, Bassem	JR	Riverside High School-VA	2:01.46	1:56.54	13
26.58	55.78 (29.20)	1:26.12 (30.34)	1:56.54 (30.42)		
7 Hartanto, Alexander	SO	Lightridge High School-VA	1:56.21	1:56.64	12
25.84	55.13 (29.29)	1:25.79 (30.66)	1:56.64 (30.85)		
8 Ellinger, Jack O	SR	Briar Woods High School-PV	1:58.88	1:56.84	11
26.81	56.92 (30.11)	1:27.12 (30.20)	1:56.84 (29.72)		
9 Johnson, Caleb C	SR	Riverside High School-VA	2:00.26	1:59.62	9
26.07	55.69 (29.62)	1:26.79 (31.10)	1:59.62 (32.83)		
10 Grenke, Dexter	FR	Briar Woods High School-PV	1:59.94	1:59.99	7
26.27	55.34 (29.07)	1:27.32 (31.98)	1:59.99 (32.67)		
11 Hitt, Kayden A		Riverbend High School	2:05.20	2:00.43	6
27.44	57.74 (30.30)	1:29.30 (31.56)	2:00.43 (31.13)		
12 Hally, Ben	SR	Lightridge High School-VA	2:00.46	2:00.80	5
26.79	57.21 (30.42)	1:28.41 (31.20)	2:00.80 (32.39)		
13 Martin, Andrew	JR	Lightridge High School-VA	2:01.33	2:01.98	4
26.73	57.31 (30.58)	1:29.47 (32.16)	2:01.98 (32.51)		
14 Villalta, Xavier	SR	Independence High School-VA	2:07.91	2:02.01	3
27.31	58.04 (30.73)	1:30.44 (32.40)	2:02.01 (31.57)		
15 Fiermen, Michael C	SO	Massaponax High School	2:03.82	2:03.78	2
28.14	59.14 (31.00)	1:32.06 (32.92)	2:03.78 (31.72)		
16 Hudson, Avery A		Riverbend High School	2:01.75	2:06.88	1
28.78	1:00.55 (31.77)	1:33.69 (33.14)	2:06.88 (33.19)		
17 Ramsey, James A		Riverbend High School	2:15.78	2:14.48	
18 Joy, Dylan D	JR	Massaponax High School	2:23.21	2:21.76	
32.22	1:08.25 (36.03)	2:21.76 (1:13.51)			
19 Smith, Brady		Stone Bridge-PV	2:19.79	2:29.64	
33.45	1:12.04 (38.59)	1:52.13 (40.09)	2:29.64 (37.51)		
20 Oliver, Joshua	SR	Potomac Falls High School	2:31.00	2:30.53	
33.07	1:10.77 (37.70)	1:51.69 (40.92)	2:30.53 (38.84)		
21 Hom, Alex		Stone Bridge-PV	2:37.13	2:38.41	
35.45	1:16.24 (40.79)	2:00.22 (43.98)	2:38.41 (38.19)		
22 Hasbrouck, Collin	SO	Potomac Falls High School	2:37.89	2:44.69	
32.97	1:13.03 (40.06)	1:57.24 (44.21)	2:44.69 (47.45)		
23 Elhudhud, Wajeeh		Stone Bridge-PV	2:44.32	2:52.38	
37.07	1:19.46 (42.39)	2:06.08 (46.62)	2:52.38 (46.30)		

Event 4 Girls 200 Yard Freestyle

1:59.96 ST 5 ST CLASS 5

Name	Yr	School	Seed Time	Finals Time	Points
1 Verbel, Georgia C	JR	Massaponax High School	2:02.76	1:57.63 ST 5	20
27.14	56.05 (28.91)	1:26.13 (30.08)	1:57.63 (31.50)		

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 4 Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
2 Hudson, Kayley	SR	Briar Woods High School-PV	2:02.00	1:59.23 ST 5	17
26.93	56.82 (29.89)	1:28.09 (31.27)	1:59.23 (31.14)		
3 Coelho, Melissa	SO	Riverside High School-VA	2:03.57	1:59.85 ST 5	16
27.38	57.50 (30.12)	1:28.78 (31.28)	1:59.85 (31.07)		
4 Minkara, Lina H	JR	Potomac Falls High School	2:07.52	2:00.78	15
28.12	58.67 (30.55)	1:29.84 (31.17)	2:00.78 (30.94)		
5 Duggan, Charlotte A	JR	Riverside High School-VA	2:09.50	2:04.59	14
28.64	1:00.10 (31.46)	2:04.59 (1:04.49)			
6 Moore, Cate	FR	Briar Woods High School-PV	2:11.40	2:06.38	13
28.70	1:00.47 (31.77)	1:33.45 (32.98)	2:06.38 (32.93)		
7 Deza, Micaela	JR	Lightridge High School-VA	2:07.22	2:06.50	12
28.52	59.60 (31.08)	1:32.78 (33.18)	2:06.50 (33.72)		
8 Bayarjargal, Jessica	SO	Briar Woods High School-PV	2:07.40	2:08.62	11
28.57	1:00.80 (32.23)	1:34.89 (34.09)	2:08.62 (33.73)		
9 Ramey, Addilynn	SR	Lightridge High School-VA	2:16.41	2:10.33	9
30.68	1:03.87 (33.19)	1:37.24 (33.37)	2:10.33 (33.09)		
10 Pearson, Peyton	SO	Independence High School-VA	2:11.47	2:11.30	7
30.45	1:03.46 (33.01)	1:37.24 (33.78)	2:11.30 (34.06)		
11 Gardiner, Abbey G		Riverbend High School	2:12.52	2:13.86	6
29.56	1:02.84 (33.28)	1:38.08 (35.24)	2:13.86 (35.78)		
12 Jackson, Gwyneth	SR	Potomac Falls High School	2:20.23	2:16.79	5
31.15	1:05.24 (34.09)	1:40.67 (35.43)	2:16.79 (36.12)		
13 Mattos, Jennifer	SO	Riverside High School-VA	2:18.20	2:17.36	4
30.07	1:04.17 (34.10)	1:40.97 (36.80)	2:17.36 (36.39)		
14 Lyons, McKenna	SR	Potomac Falls High School	2:20.90	2:20.23	3
31.42	1:07.53 (36.11)	1:45.13 (37.60)	2:20.23 (35.10)		
15 Buttram, Savannah G		Riverbend High School	2:29.64	2:20.91	2
31.53	1:06.93 (35.40)	2:20.91 (1:13.98)			
16 Coleman, Nyah A	JR	Massaponax High School	2:17.25	2:22.29	1
31.48	1:06.93 (35.45)	1:44.37 (37.44)	2:22.29 (37.92)		
17 Regal, Isa		Stone Bridge-PV	2:30.56	2:33.41	
32.83	1:11.06 (38.23)	1:51.94 (40.88)	2:33.41 (41.47)		
18 Lipple, Caroline	FR	Independence High School-VA	2:30.07	2:33.43	
32.22	1:10.33 (38.11)	2:33.43 (1:23.10)			
19 Khanna, Aarohi	FR	Lightridge High School-VA	2:39.84	2:34.34	
32.98	1:13.23 (40.25)	2:34.52 (1:21.29)	2:34.34 ()		
20 Johnson, Allison E		Riverbend High School	2:33.90	2:36.58	
34.98	1:14.34 (39.36)	1:55.77 (41.43)	2:36.58 (40.81)		
21 Hall, Madison L	JR	Massaponax High School	2:43.95	2:48.14	
35.00	1:17.39 (42.39)	2:02.97 (45.58)	2:48.14 (45.17)		
22 Treiber, Hailey		Stone Bridge-PV	2:51.74	2:50.01	
35.07	1:19.22 (44.15)	2:05.21 (45.99)	2:50.01 (44.80)		
23 Liwanag, Peyton	FR	Independence High School-VA	3:01.86	2:51.01	
37.90	1:20.23 (42.33)	2:05.59 (45.36)	2:51.01 (45.42)		
24 Keller, Claire	JR	Harrisonburg High School-VA	3:18.90	3:26.59	
39.15	1:31.00 (51.85)	2:29.86 (58.86)	3:26.59 (56.73)		
--- Embert, Aida		Stone Bridge-PV	2:17.83	DQ	
30.62	1:04.67 (34.05)	1:39.86 (35.19)	DQ (34.15)		

Event 5 Boys 200 Yard IM

2:02.04 ST 5 ST CLASS 5

Name	Yr	School	Seed Time	Finals Time	Points
1 Char, Matthew	SO	Briar Woods High School-PV	1:57.78	1:55.09 ST 5	20
24.99	54.56 (29.57)	1:27.62 (33.06)	1:55.09 (27.47)		

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 5 Boys 200 Yard IM)**

Name	Yr	School	Seed Time	Finals Time	Points
2 Rabe, Chase	SO	Independence High School-VA	1:57.70	1:55.11 ST 5	17
25.47	54.68 (29.21)	1:26.93 (32.25)	1:55.11 (28.18)		
3 Kresin, Nikita A	SR	Riverside High School-VA	1:59.88	1:57.98 ST 5	16
25.73	56.29 (30.56)	1:29.41 (33.12)	1:57.98 (28.57)		
4 Cortez-Martinez, Adrian	SO	Lightridge High School-VA	2:02.75	2:01.05 ST 5	15
25.41	56.85 (31.44)	1:32.01 (35.16)	2:01.05 (29.04)		
5 Rowley, Jake	JR	Independence High School-VA	2:02.35	2:01.69 ST 5	14
25.61	56.83 (31.22)	1:31.10 (34.27)	2:01.69 (30.59)		
6 Nguyen, Giang	SO	Briar Woods High School-PV	2:05.82	2:02.43	13
27.17	57.99 (30.82)	1:33.43 (35.44)	2:02.43 (29.00)		
7 Song, Josh	SO	Riverside High School-VA	2:05.12	2:03.00	12
26.17	57.12 (30.95)	1:33.26 (36.14)	2:03.00 (29.74)		
8 Matabang, Gian	SR	Lightridge High School-VA	2:10.12	2:05.53	11
27.23	1:00.52 (33.29)	1:35.93 (35.41)	2:05.53 (29.60)		
9 Ledyashov, Sergey	SR	Riverside High School-VA	2:09.60	2:06.42	9
27.21	59.37 (32.16)	1:35.31 (35.94)	2:06.42 (31.11)		
10 Heise, Hayes	FR	Independence High School-VA	2:16.53	2:11.89	7
28.83	1:03.15 (34.32)	1:40.00 (36.85)	2:11.89 (31.89)		
11 Mugavero, Ethan G		Riverbend High School	2:14.20	2:18.71	6
28.57	1:05.04 (36.47)	1:45.74 (40.70)	2:18.71 (32.97)		
12 Mitran, Christopher		Stone Bridge-PV	2:23.93	2:22.07	5
28.03	1:04.59 (36.56)	1:48.27 (43.68)	2:22.07 (33.80)		
13 Platenik, Will M		Massaponax High School	2:23.02	2:22.32	4
30.82	1:07.00 (36.18)	1:48.41 (41.41)	2:22.32 (33.91)		
14 Hendershot, Ethan	JR	Potomac Falls High School	2:24.32	2:22.84	3
29.03	1:05.83 (36.80)	1:50.08 (44.25)	2:22.84 (32.76)		
15 Mao, Zidane	SO	Potomac Falls High School	2:34.26	2:34.17	2
29.93	1:12.43 (42.50)	2:34.17 (1:21.74)			
16 Obenhein, Josh D	FR	Massaponax High School	2:53.65	2:54.10	1
34.42	1:20.47 (46.05)	2:15.00 (54.53)	2:54.10 (39.10)		
17 Van Dusen, Colin M		Riverbend High School	3:02.15	3:00.64	
37.07	1:25.52 (48.45)	3:00.64 (1:35.12)			
18 Ordonez, Bryan		Riverbend High School	2:54.64	3:00.84	
31.75	1:20.14 (48.39)	2:20.08 (59.94)	3:00.84 (40.76)		

Event 6 Girls 200 Yard IM**2:14.71 ST 5 ST CLASS 5**

Name	Yr	School	Seed Time	Finals Time	Points
1 Kilty, Caroline R	JR	Briar Woods High School-PV	2:09.65	2:04.21 ST 5	20
26.95	57.81 (30.86)	1:34.59 (36.78)	2:04.21 (29.62)		
2 McCarney, Maya	FR	Potomac Falls High School	2:09.81	2:09.22 ST 5	17
27.27	59.64 (32.37)	1:38.16 (38.52)	2:09.22 (31.06)		
3 Santucci, Elle M	SR	Riverside High School-VA	2:12.62	2:09.47 ST 5	16
28.07	1:00.09 (32.02)	1:39.44 (39.35)	2:09.47 (30.03)		
4 Chen, Sara	SR	Independence High School-VA	2:21.08	2:16.63	15
28.05	1:04.60 (36.55)	1:44.35 (39.75)	2:16.63 (32.28)		
5 Nguyen, Dan	SO	Briar Woods High School-PV	2:22.34	2:17.47	14
28.85	1:02.50 (33.65)	2:17.47 (1:14.97)			
6 Thai, Natalie	SO	Independence High School-VA	2:22.06	2:19.58	13
29.83	1:06.36 (36.53)	1:46.09 (39.73)	2:19.58 (33.49)		
7 Cadd, Sophie	FR	Riverside High School-VA	2:31.25	2:27.39	12
32.45	1:09.59 (37.14)	2:27.39 (1:17.80)			
8 Rao, Sahana J	SR	Riverside High School-VA	2:35.25	2:29.25	11
30.62	1:06.51 (35.89)	1:54.11 (47.60)	2:29.25 (35.14)		

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 6 Girls 200 Yard IM)

Name	Yr	School	Seed Time	Finals Time	Points
9 Trinh, Teralynn	FR	Lightridge High School-VA	2:35.41	2:31.77	9
31.58	1:11.26 (39.68)	1:55.30 (44.04)	2:31.77 (36.47)		
10 Dolan, Leah		Stone Bridge-PV	2:32.83	2:34.94	7
36.59	1:16.18 (39.59)	2:34.94 (1:18.76)			
11 Donaldson, Ciara	SO	Potomac Falls High School	2:41.06	2:37.20	6
32.80	1:14.41 (41.61)	1:59.16 (44.75)	2:37.20 (38.04)		
12 Schwartz, Katherine G	SO	Harrisonburg High School-VA	2:42.24	2:43.94	5
33.86	1:14.69 (40.83)	2:04.22 (49.53)	2:43.94 (39.72)		
13 Krushinski, Ava R		Riverbend High School	2:43.88	2:45.10	4
34.14	1:19.05 (44.91)	2:08.34 (49.29)	2:45.10 (36.76)		
14 Cinco, Ava G	SR	Massaponax High School	2:53.38	2:45.20	3
35.86	1:17.34 (41.48)	2:08.35 (51.01)	2:45.20 (36.85)		
15 McMahan, Angelina	SR	Potomac Falls High School	2:43.45	2:46.72	2
34.85	1:16.39 (41.54)	2:03.21 (46.82)	2:46.72 (43.51)		
16 Platenik, Kylie J	FR	Massaponax High School	2:54.00	2:48.56	1
37.52	1:18.91 (41.39)	2:10.73 (51.82)	2:48.56 (37.83)		
17 Van Reenen, Breelyn H	FR	Massaponax High School	2:56.28	2:50.40	
36.59	1:20.01 (43.42)	2:10.00 (49.99)	2:50.40 (40.40)		
18 Walter, Emily		Riverbend High School	2:56.07	2:53.79	
35.78	1:20.41 (44.63)	2:12.62 (52.21)	2:53.79 (41.17)		
19 Barrientos, Thisani		Stone Bridge-PV	2:56.70	2:54.64	
40.43	1:23.82 (43.39)	2:14.33 (50.51)	2:54.64 (40.31)		
20 Baker-Schiel, Gia G		Riverbend High School	2:50.94	2:57.27	
37.10	1:24.82 (47.72)	2:15.49 (50.67)	2:57.27 (41.78)		
21 Keppel, Alexa		Stone Bridge-PV	3:03.08	2:58.49	
36.46	1:20.05 (43.59)	2:16.70 (56.65)	2:58.49 (41.79)		
22 Krick, Raquel	SO	Briar Woods High School-PV	2:59.52	2:59.11	
37.00	1:21.18 (44.18)	2:12.36 (51.18)	2:59.11 (46.75)		
23 Montilla, Paulina	JR	Lightridge High School-VA	3:02.51	3:01.63	
36.80	1:23.76 (46.96)	2:18.69 (54.93)	3:01.63 (42.94)		
24 Waldron, Linleigh	SO	Lightridge High School-VA	3:02.09	3:08.04	
37.52	3:08.04 (2:30.52)				

Event 7 Boys 50 Yard Freestyle

22.62 ST 5 ST CLASS 5

Name	Yr	School	Seed Time	Finals Time	Points
1 Menz, Mason	SR	Independence High School-VA	21.75	21.96 ST 5	20
2 Kretzing, Pierson	SR	Lightridge High School-VA	22.62	22.14 ST 5	17
3 Tragle, Harrison	SO	Riverside High School-VA	22.50	22.17 ST 5	16
4 Pham, Lucas A	SR	Riverside High School-VA	22.34	22.56 ST 5	15
5 Buttram, Noah W		Riverbend High School	22.40	22.82	14
*6 Saravanan, Surya	SR	Briar Woods High School-PV	23.94	23.57	12.50
*6 Barnes, Jack P		Riverbend High School	23.35	23.57	12.50
8 Wahlquist, Brayden	FR	Independence High School-VA	23.89	23.66	11
9 McCarney, Jaden	JR	Potomac Falls High School	24.47	23.82	9
10 O'Hair, Patrick		Stone Bridge-PV	23.90	23.88	7
11 Richards, Nicholas	JR	Lightridge High School-VA	23.53	23.89	6
12 Watson, Gabriel	JR	Independence High School-VA	23.65	23.93	5
13 Sexton, Logan R	JR	Briar Woods High School-PV	24.32	23.99	4
*14 Clarkson, Nick		Riverbend High School	24.20	24.09	2
*14 Hutchison, Mejd		Stone Bridge-PV	24.07	24.09	2
*14 Amidon, Avery J	SR	Massaponax High School	23.82	24.09	2
17 Kim, Evan T	SR	Briar Woods High School-PV	24.29	24.65	

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 7 Boys 50 Yard Freestyle)

	Name	Yr	School	Seed Time	Finals Time	Points
18	Thompson, Peyton	JR	Lightridge High School-VA	24.09	24.75	
19	Mitran, Christopher		Stone Bridge-PV	24.94	25.36	
20	Seweryniak, Jack S	SR	Riverside High School-VA	24.76	25.46	
21	Hayden, Oliver M	SR	Massaponax High School	24.67	25.65	
22	Greene, Ethan J	SR	Massaponax High School	25.82	26.18	
23	Elieson, Seth	SR	Potomac Falls High School	26.77	26.57	
24	Weld, Fernando	JR	Potomac Falls High School	28.89	29.21	
25	Bush, Jack	FR	Harrisonburg High School-VA	34.12	32.47	

Event 8 Girls 50 Yard Freestyle

25.32 ST 5 ST CLASS 5

	Name	Yr	School	Seed Time	Finals Time	Points
1	Hayward, Audrey I	JR	Briar Woods High School-PV	24.46	24.22	ST 5 20
2	Perham, Emily	FR	Riverside High School-VA	25.20	24.61	ST 5 17
3	Valdecanas, Savannah	FR	Briar Woods High School-PV	25.58	25.20	ST 5 16
4	Antognoli, Soleil L	SR	Potomac Falls High School	25.70	25.34	15
5	Perezous, Micaela S	SR	Potomac Falls High School	25.89	25.39	14
6	Thaivalappil, Maya	JR	Lightridge High School-VA	25.69	25.57	13
7	DeLong, Abigail		Stone Bridge-PV	26.84	26.05	12
8	Cao, Grace		Riverbend High School	27.00	26.95	11
9	Cisneros, Gigi	SR	Riverside High School-VA	27.09	27.01	9
10	Lohman, Alexa	SO	Lightridge High School-VA	27.65	27.30	7
11	Hwang, Reese	SR	Lightridge High School-VA	27.40	27.36	6
12	Sabetto, Harper	JR	Independence High School-VA	27.71	27.94	5
13	Scranton, Avery		Stone Bridge-PV	27.81	28.07	4
14	Edmundson, Bailey	SR	Riverside High School-VA	28.20	28.20	3
15	Kritsky, Josephina	SO	Potomac Falls High School	27.90	28.36	2
16	Hensen, Reese D	JR	Massaponax High School	28.11	28.60	1
17	Swick, Caelyn B		Riverbend High School	29.31	28.85	
18	Winborne, Levee E	FR	Massaponax High School	28.65	29.40	
19	Hickey, Reagan	SO	Independence High School-VA	30.43	30.38	
20	Quinn, Haven		Riverbend High School	31.13	30.81	
21	Alcala, Angela	JR	Independence High School-VA	32.95	32.33	
22	Kulkarni, Mansi	SO	Briar Woods High School-PV	33.26	33.31	
23	Farahmad-Azad, Sania		Stone Bridge-PV	36.56	35.96	

Event 11 Boys 100 Yard Butterfly

54.66 ST 5 ST CLASS 5

	Name	Yr	School	Seed Time	Finals Time	Points
1	Gadsby, Kyle	SO	Independence High School-VA	53.06	50.56	ST 5 20
	24.45		50.56 (26.11)			
2	Cortez-Martinez, Adrian	SO	Lightridge High School-VA	53.26	51.72	ST 5 17
	24.20		51.72 (27.52)			
3	Gabriel, Lucas	SR	Lightridge High School-VA	53.50	51.81	ST 5 16
	24.69		51.81 (27.12)			
4	Kalka, Thomas R	JR	Potomac Falls High School	53.13	51.91	ST 5 15
	24.23		51.91 (27.68)			
5	Griffin, Wyatt	JR	Independence High School-VA	54.03	54.37	ST 5 14
	25.66		54.37 (28.71)			
6	Hartanto, Alexander	SO	Lightridge High School-VA	55.70	55.66	13
7	Nguyen, Darren	FR	Independence High School-VA	56.99	56.08	12
	26.15		56.08 (29.93)			

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 11 Boys 100 Yard Butterfly)

Name	Yr	School	Seed Time	Finals Time	Points
8 Pham, Lucas A 26.21	SR	Riverside High School-VA	57.12	56.30	11
				56.30 (30.09)	
9 Sexton, Logan R 26.40	JR	Briar Woods High School-PV	58.72	57.05	9
				57.05 (30.65)	
10 Bryant, Thomas 25.75	SR	Riverside High School-VA	59.62	57.15	7
				57.15 (31.40)	
11 Zhang, Adam 27.10	SR	Riverside High School-VA	1:02.51	58.70	6
				58.70 (31.60)	
12 Marshall, Owen 28.22		Stone Bridge-PV	1:00.88	59.57	5
				59.57 (31.35)	
13 Tiberio, Trevor D 28.01	JR	Massaponax High School	1:01.10	1:00.22	4
				1:00.22 (32.21)	
14 Hendershot, Ethan 29.04	JR	Potomac Falls High School	1:01.74	1:01.60	3
				1:01.60 (32.56)	
15 McClellan, Gareth	JR	Briar Woods High School-PV	1:03.14	1:02.87	2
16 Hitt, Kayden A 29.47		Riverbend High School	1:03.47	1:03.59	1
				1:03.59 (34.12)	
17 Youmans, Jonathan 29.00		Stone Bridge-PV	NT	1:04.27	
				1:04.27 (35.27)	
18 Fiermen, Michael C 29.27	SO	Massaponax High School	1:03.06	1:04.38	
				1:04.38 (35.11)	
19 Xiao, Daniel 29.87	FR	Briar Woods High School-PV	1:05.08	1:06.53	
				1:06.53 (36.66)	
20 Borley, Jack 30.20		Stone Bridge-PV	1:09.78	1:06.67	
				1:06.67 (36.47)	
21 Weld, Fernando 31.22	JR	Potomac Falls High School	1:11.92	1:11.36	
				1:11.36 (40.14)	
22 Frey, Nathan C 32.16		Riverbend High School	1:12.41	1:11.81	
				1:11.81 (39.65)	
23 Fairchild, Laythan R	SO	Massaponax High School	1:20.06	1:18.60	

Event 12 Girls 100 Yard Butterfly

1:00.52 ST 5 ST CLASS 5

Name	Yr	School	Seed Time	Finals Time	Points
1 Cushman, McKinley 26.86	FR	Lightridge High School-VA	59.19	57.52	20
				57.52 (30.66)	
2 Chen, Sara 27.78	SR	Independence High School-VA	1:02.81	59.84	17
				59.84 (32.06)	
3 Perham, Emily 27.42	FR	Riverside High School-VA	1:02.01	59.86	16
				59.86 (32.44)	
4 Menz, Maddie 28.50	SR	Independence High School-VA	1:02.47	1:01.45	15
				1:01.45 (32.95)	
5 Speilman, Mackenzie L	SR	Potomac Falls High School	1:03.59	1:01.80	14
6 Valdecanas, Savannah 28.93	FR	Briar Woods High School-PV	1:03.20	1:02.22	13
				1:02.22 (33.29)	
7 Kish, Sydney M 29.90	JR	Potomac Falls High School	1:07.25	1:04.15	12
				1:04.15 (34.25)	
8 Thaivalappil, Maya	JR	Lightridge High School-VA	1:05.08	1:05.27	11
9 Musni, Adriana 30.63	FR	Briar Woods High School-PV	1:10.12	1:06.15	9
				1:06.15 (35.52)	
10 Keller, Madison G 30.37	SR	Harrisonburg High School-VA	1:09.02	1:06.67	7
				1:06.67 (36.30)	
11 McMahan, Claire M	SR	Potomac Falls High School	1:12.63	1:10.34	6

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 12 Girls 100 Yard Butterfly)

Name	Yr	School	Seed Time	Finals Time	Points
12 Scranton, Avery		Stone Bridge-PV	1:11.59	1:10.98	5
33.47		1:10.98 (37.51)			
*13 Fassacesia, Giada L	SR	Riverside High School-VA	1:09.94	1:11.08	3.50
31.97		1:11.08 (39.11)			
*13 Embert, Aida		Stone Bridge-PV	1:10.47	1:11.08	3.50
32.42		1:11.08 (38.66)			
15 Zang, Emma		Stone Bridge-PV	1:12.11	1:13.52	2
33.21		1:13.52 (40.31)			
16 Prajapati, Sasha	JR	Riverside High School-VA	1:14.59	1:13.62	1
17 Krushinski, Ava R		Riverbend High School	1:12.00	1:14.01	
35.29		1:14.01 (38.72)			
18 Sexton, Avery	FR	Briar Woods High School-PV	1:18.68	1:14.05	
32.55		1:14.05 (41.50)			
19 Schwartz, Katherine G	SO	Harrisonburg High School-VA	1:13.54	1:14.57	
20 Cinco, Ava G	SR	Massaponax High School	1:15.78	1:17.71	
35.85		1:17.71 (41.86)			
21 Dodson, Kenley S		Riverbend High School	1:20.10	1:19.42	
22 Liwanag, Peyton	FR	Independence High School-VA	1:22.27	1:19.71	
36.64		1:19.71 (43.07)			
23 Baker-Schiel, Gia G		Riverbend High School	1:21.60	1:22.63	
24 Montilla, Paulina	JR	Lightridge High School-VA	1:23.75	1:23.44	
25 Rau, Morgan G	JR	Massaponax High School	1:25.37	1:24.89	

Event 13 Boys 100 Yard Freestyle**49.84 ST 5 ST CLASS 5**

Name	Yr	School	Seed Time	Finals Time	Points
1 Menz, Mason	SR	Independence High School-VA	48.47	47.49 ST 5	20
22.64		47.49 (24.85)			
2 Tragle, Harrison	SO	Riverside High School-VA	49.63	47.94 ST 5	17
23.12		47.94 (24.82)			
3 Anderson, Jake F	SR	Potomac Falls High School	49.70	48.81 ST 5	16
23.27		48.81 (25.54)			
4 Kretzing, Pierson	SR	Lightridge High School-VA	49.78	48.94 ST 5	15
23.31		48.94 (25.63)			
5 Seo, Aiden	SR	Independence High School-VA	50.09	49.05 ST 5	14
23.21		49.05 (25.84)			
6 Kilic, Tolga	FR	Riverside High School-VA	49.39	49.15 ST 5	13
23.23		49.15 (25.92)			
7 Song, Josh	SO	Riverside High School-VA	50.03	49.46 ST 5	12
8 Cather, Eli	SO	Briar Woods High School-PV	53.12	51.53	11
24.26		51.53 (27.27)			
9 Barnes, Jack P		Riverbend High School	52.59	51.66	9
24.76		51.66 (26.90)			
10 O'Hair, Patrick		Stone Bridge-PV	54.05	52.41	7
25.71		52.41 (26.70)			
11 Martin, Andrew	JR	Lightridge High School-VA	53.62	53.23	6
25.66		53.23 (27.57)			
12 Ellinger, Jack O	SR	Briar Woods High School-PV	53.08	53.45	5
25.70		53.45 (27.75)			
13 Watson, Gabriel	JR	Independence High School-VA	54.53	53.46	4
25.49		53.46 (27.97)			
14 Amidon, Avery J	SR	Massaponax High School	53.59	54.18	3
26.04		54.18 (28.14)			

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 13 Boys 100 Yard Freestyle)

	Name	Yr	School	Seed Time	Finals Time	Points
15	Thompson, Peyton 26.20	JR	Lightridge High School-VA	52.91	54.59	2
			54.59 (28.39)			
16	McCarney, Jaden 26.86	JR	Potomac Falls High School	56.00	56.27	1
			56.27 (29.41)			
17	McClellan, Gareth	JR	Briar Woods High School-PV	55.56	57.05	
18	Knapp, Noah W 27.19	SR	Massaponax High School	56.45	59.15	
			59.15 (31.96)			
19	Elieson, Seth 28.32	SR	Potomac Falls High School	1:03.10	59.60	
			59.60 (31.28)			
20	Greene, Ethan J 29.75	SR	Massaponax High School	1:01.65	1:01.80	
			1:01.80 (32.05)			
21	Ivanov, Ivan 29.52		Stone Bridge-PV	1:07.72	1:08.16	
			1:08.16 (38.64)			
22	Ellis, Hunter 32.54		Riverbend High School	1:06.12	1:08.25	
			1:08.25 (35.71)			
23	Hagmaier, Will		Riverbend High School	1:07.66	1:09.20	
24	Elhudhud, Wajeeh 35.27		Stone Bridge-PV	1:10.09	1:12.87	
			1:12.87 (37.60)			
25	Bush, Jack	FR	Harrisonburg High School-VA	1:20.61	1:13.68	

Event 14 Girls 100 Yard Freestyle**55.28 ST 5 ST CLASS 5**

	Name	Yr	School	Seed Time	Finals Time	Points
1	Cortez-Martinez, Ariana 25.33	FR	Lightridge High School-VA	53.15	52.43 ST 5	20
			52.43 (27.10)			
2	Hayward, Audrey I 25.34	JR	Briar Woods High School-PV	54.64	52.92 ST 5	17
			52.92 (27.58)			
3	Roy, Asha 26.12	SO	Independence High School-VA	57.41	54.29 ST 5	16
			54.29 (28.17)			
4	Antognoli, Soleil L 26.76	SR	Potomac Falls High School	58.77	56.75	15
			56.75 (29.99)			
5	Perezous, Micaela S 26.91	SR	Potomac Falls High School	58.03	57.10	14
			57.10 (30.19)			
6	Hensen, Reese D 28.98	JR	Massaponax High School	1:01.90	1:00.38	13
			1:00.38 (31.40)			
7	Kim, Sophia 29.21	JR	Riverside High School-VA	1:03.72	1:01.56	12
			1:01.56 (32.35)			
8	Lombardo, Marie 29.23		Stone Bridge-PV	1:03.40	1:02.00	11
			1:02.00 (32.77)			
9	Jackson, Gwyneth 29.36	SR	Potomac Falls High School	1:03.82	1:02.12	9
			1:02.12 (32.76)			
10	Cao, Grace 28.71		Riverbend High School	1:01.84	1:02.59	7
			1:02.59 (33.88)			
11	Ulloa, Victoria 29.19	SO	Lightridge High School-VA	1:04.69	1:02.68	6
			1:02.68 (33.49)			
12	Hwang, Reese 29.18	SR	Lightridge High School-VA	1:07.50	1:03.51	5
			1:03.51 (34.33)			
13	Vyzarsu, Ashwika 29.18	SR	Riverside High School-VA	1:04.32	1:03.96	4
			1:03.96 (34.78)			
14	Winborne, Levee E 31.01	FR	Massaponax High School	1:05.39	1:04.91	3
			1:04.91 (33.90)			
15	Steis, Avery P 31.55	JR	Massaponax High School	1:10.06	1:08.19	2
			1:08.19 (36.64)			

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 14 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
16 Quinn, Haven		Riverbend High School	1:09.41	1:08.89	1
32.60	1:08.89 (36.29)				
17 Hickey, Reagan	SO	Independence High School-VA	1:09.31	1:10.20	
18 Nguyen, Lucy	FR	Independence High School-VA	1:17.88	1:12.16	
35.25	1:12.16 (36.91)				
19 McGee, Olivia		Stone Bridge-PV	1:15.69	1:13.29	
33.56	1:13.29 (39.73)				
20 Johnson, Helene	FR	Harrisonburg High School-VA	1:21.77	1:15.94	
37.35	1:15.94 (38.59)				
21 Kulkarni, Mansi	SO	Briar Woods High School-PV	1:17.68	1:19.33	
36.29	1:19.33 (43.04)				
22 Kurl, Rennay		Stone Bridge-PV	1:26.40	1:22.06	
37.84	1:22.06 (44.22)				

Event 15 Boys 500 Yard Freestyle

4:58.71 ST 5 ST CLASS 5

Name	Yr	School	Seed Time	Finals Time	Points
1 Freeman, Harper P	SR	Riverside High School-VA	4:53.15	4:43.26 ST 5	20
25.65	53.52 (27.87)	1:22.22 (28.70)	1:51.52 (29.30)		
2:20.87 (29.35)	2:50.26 (29.39)	3:19.25 (28.99)	3:47.81 (28.56)		
4:15.70 (27.89)	4:43.26 (27.56)				
2 Miceli, Jack		Stone Bridge-PV	4:52.03	4:43.75 ST 5	17
24.99	52.55 (27.56)	1:20.91 (28.36)	1:49.91 (29.00)		
2:48.44 (58.53)		3:17.74 ()	3:47.00 (29.26)		
4:16.00 (29.00)	4:43.75 (27.75)				
3 Rabe, Chase	SO	Independence High School-VA	4:57.09	4:47.93 ST 5	16
24.11	50.71 (26.60)	1:18.83 (28.12)	1:47.94 (29.11)		
2:17.61 (29.67)	2:47.72 (30.11)	3:18.10 (30.38)	3:48.35 (30.25)		
4:18.75 (30.40)	4:47.93 (29.18)				
4 Gaddi, Landon	FR	Briar Woods High School-PV	4:58.96	4:53.02 ST 5	15
26.36	54.79 (28.43)	1:23.95 (29.16)	1:53.56 (29.61)		
2:23.21 (29.65)	2:52.97 (29.76)	3:23.04 (30.07)	3:53.20 (30.16)		
4:23.52 (30.32)	4:53.02 (29.50)				
5 Abbineni, Yogi	FR	Independence High School-VA	5:20.53	5:22.81	14
28.19	58.96 (30.77)	1:31.13 (32.17)	2:03.69 (32.56)		
2:37.05 (33.36)	3:10.30 (33.25)	3:44.22 (33.92)	4:17.49 (33.27)		
4:50.61 (33.12)	5:22.81 (32.20)				
6 Ahmed, Bassem	JR	Riverside High School-VA	5:43.28	5:24.65	13
27.46	58.16 (30.70)	1:30.53 (32.37)	2:03.61 (33.08)		
2:36.99 (33.38)	3:10.84 (33.85)	3:44.86 (34.02)	4:19.06 (34.20)		
4:53.03 (33.97)	5:24.65 (31.62)				
7 Grenke, Dexter	FR	Briar Woods High School-PV	5:25.78	5:26.17	12
8 Delaney, Keelan	SO	Briar Woods High School-PV	5:30.34	5:26.97	11
28.02	58.62 (30.60)	1:30.43 (31.81)	2:03.00 (32.57)		
2:36.12 (33.12)	3:09.76 (33.64)	3:44.08 (34.32)	4:18.67 (34.59)		
4:53.27 (34.60)	5:26.97 (33.70)				
9 Mahes, Dhevash	FR	Lightridge High School-VA	5:29.24	5:31.06	9
			2:04.49 ()		
2:37.86 (33.37)	3:12.46 (34.60)	3:47.40 (34.94)	4:22.44 (35.04)		
4:57.69 (35.25)	5:31.06 (33.37)				
10 Johnson, Caleb C	SR	Riverside High School-VA	5:47.16	5:36.79	7
27.29	58.36 (31.07)	1:31.96 (33.60)	2:06.88 (34.92)		
2:42.58 (35.70)	3:18.07 (35.49)	3:52.87 (34.80)	4:26.46 (33.59)		
5:01.83 (35.37)	5:36.79 (34.96)				

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
11 Roy, Michael	SO	Lightridge High School-VA	5:49.25	5:42.15	6
30.16		1:04.60 (34.44) 1:39.05 (34.45)	2:14.26 (35.21)		
2:49.39 (35.13)		3:25.13 (35.74) 4:00.20 (35.07)	4:35.85 (35.65)		
5:10.88 (35.03)		5:42.15 (31.27)			
12 Hally, Ben	SR	Lightridge High School-VA	5:38.43	5:47.81	5
29.48		1:02.72 (33.24) 1:36.91 (34.19)	2:11.91 (35.00)		
2:47.72 (35.81)		3:23.36 (35.64) 3:59.97 (36.61)	4:36.64 (36.67)		
5:12.82 (36.18)		5:47.81 (34.99)			
13 Borley, Jack		Stone Bridge-PV	6:03.66	5:49.14	4
29.91		1:04.83 (34.92) 1:41.08 (36.25)	2:16.22 (35.14)		
2:52.09 (35.87)		3:28.05 (35.96) 4:04.57 (36.52)	4:40.03 (35.46)		
5:16.22 (36.19)		5:49.14 (32.92)			
14 Salehi, Matin	FR	Independence High School-VA	5:46.69	5:51.72	3
27.94		59.31 (31.37) 1:33.11 (33.80)	2:43.39 (1:10.28)		
3:18.99 (35.60)		3:55.23 (36.24) 4:31.29 (36.06)	5:08.33 (37.04)		
5:51.72 (43.39)					
15 Simpson, Levi	FR	Potomac Falls High School	6:16.45	6:10.57	2
16 Ramsey, James A		Riverbend High School	6:12.19	6:12.45	1
31.41		1:08.03 (36.62) 1:46.94 (38.91)	2:25.63 (38.69)		
3:03.19 (37.56)		3:41.85 (38.66) 4:58.76 (1:16.91)			
5:37.52 ()		6:12.45 (34.93)			
17 Hayden, Oliver M	SR	Massaponax High School	6:26.30	6:27.81	
33.16		1:10.00 (36.84) 1:48.77 (38.77)	2:27.33 (38.56)		
3:06.49 (39.16)		3:46.77 (40.28) 4:28.17 (41.40)	5:08.24 (40.07)		
5:48.97 (40.73)		6:27.81 (38.84)			
18 Joy, Dylan D	JR	Massaponax High School	6:39.03	6:34.14	
35.22		1:14.56 (39.34) 1:54.05 (39.49)	2:34.82 (40.77)		
3:15.34 (40.52)		3:56.40 (41.06) 4:37.55 (41.15)	5:18.19 (40.64)		
5:57.69 (39.50)		6:34.14 (36.45)			
19 Frey, Nathan C		Riverbend High School	6:33.55	6:34.96	
34.33		1:13.67 (39.34) 1:54.84 (41.17)	2:35.63 (40.79)		
3:16.64 (41.01)		3:57.50 (40.86) 4:38.98 (41.48)	5:20.45 (41.47)		
5:59.89 (39.44)		6:34.96 (35.07)			
20 Smith, Brady		Stone Bridge-PV	6:53.97	6:49.46	
36.06		1:16.35 (40.29) 1:59.01 (42.66)	2:41.50 (42.49)		
3:23.15 (41.65)		4:05.15 (42.00) 4:47.49 (42.34)	5:29.86 (42.37)		
6:11.67 (41.81)		6:49.46 (37.79)			
21 Oliver, Joshua	SR	Potomac Falls High School	6:42.34	7:07.82	
34.91		1:14.39 (39.48) 1:56.93 (42.54)	2:40.98 (44.05)		
3:25.46 (44.48)		4:10.30 (44.84) 4:55.59 (45.29)	5:41.16 (45.57)		
6:26.54 (45.38)		7:07.82 (41.28)			
22 Elieson, Jude	SO	Potomac Falls High School	7:40.77	7:21.13	
36.38		1:17.61 (41.23) 2:01.76 (44.15)	2:47.81 (46.05)		
3:32.78 (44.97)		4:19.64 (46.86) 5:06.64 (47.00)	5:52.87 (46.23)		
6:39.03 (46.16)		7:21.13 (42.10)			
--- Hudson, Avery A		Riverbend High School	6:21.60	DFS	

Event 16 Girls 500 Yard Freestyle

5:24.74 ST 5 ST CLASS 5

Name	Yr	School	Seed Time	Finals Time	Points
1 Kilty, Caroline R	JR	Briar Woods High School-PV	5:18.06	5:01.90	20
26.68		56.32 (29.64) 1:26.64 (30.32)	1:57.43 (30.79)	ST 5	
2:28.26 (30.83)		2:58.65 (30.39) 4:31.94 (1:33.29)	5:01.90 (29.96)		

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
2 Verbel, Georgia C	JR	Massaponax High School	5:28.99	5:11.77 ST 5	17
28.79	59.93 (31.14)	1:31.49 (31.56)	2:03.14 (31.65)		
2:34.94 (31.80)	3:06.39 (31.45)	3:37.98 (31.59)	4:09.53 (31.55)		
4:40.96 (31.43)	5:11.77 (30.81)				
3 Hudson, Kayley	SR	Briar Woods High School-PV	5:24.91	5:17.76 ST 5	16
29.19	1:00.69 (31.50)	1:32.34 (31.65)	2:04.38 (32.04)		
2:36.09 (31.71)	3:08.42 (32.33)	3:41.02 (32.60)	4:13.80 (32.78)		
4:46.24 (32.44)	5:17.76 (31.52)				
4 Coelho, Melissa	SO	Riverside High School-VA	5:30.69	5:25.76	15
29.14	1:00.82 (31.68)	1:33.16 (32.34)	2:05.93 (32.77)		
2:39.10 (33.17)	3:12.25 (33.15)	3:45.78 (33.53)	4:19.66 (33.88)		
4:53.21 (33.55)	5:25.76 (32.55)				
5 Delong, Abigail		Stone Bridge-PV	5:37.39	5:26.22	14
29.04	1:00.50 (31.46)	1:32.63 (32.13)	2:05.71 (33.08)		
2:39.10 (33.39)	3:12.77 (33.67)	3:46.49 (33.72)	4:20.30 (33.81)		
4:53.73 (33.43)	5:26.22 (32.49)				
6 Bayarjargal, Jessica	SO	Briar Woods High School-PV	5:42.00	5:39.21	13
7 Deza, Micaela	JR	Lightridge High School-VA	5:47.50	5:39.89	12
30.13	1:02.89 (32.76)	1:36.65 (33.76)	2:10.70 (34.05)		
2:45.50 (34.80)	3:20.03 (34.53)	3:55.00 (34.97)	4:30.13 (35.13)		
5:05.89 (35.76)	5:39.89 (34.00)				
8 Ramey, Addilynn	SR	Lightridge High School-VA	5:50.63	5:40.21	11
31.18	1:04.65 (33.47)	1:38.89 (34.24)	2:13.56 (34.67)		
2:48.08 (34.52)	3:22.75 (34.67)	3:57.40 (34.65)	4:32.04 (34.64)		
5:06.38 (34.34)	5:40.21 (33.83)				
9 Pearson, Peyton	SO	Independence High School-VA	5:53.69	5:42.46	9
31.78	1:05.76 (33.98)	1:40.44 (34.68)	2:15.09 (34.65)		
2:50.02 (34.93)	3:24.75 (34.73)	3:59.44 (34.69)	5:42.46 (1:43.02)		
10 Lewis, Addy E		Riverbend High School	5:46.01	5:43.26	7
30.83	1:04.44 (33.61)	1:38.81 (34.37)	2:13.61 (34.80)		
2:48.46 (34.85)	3:23.31 (34.85)	3:58.19 (34.88)	4:33.47 (35.28)		
5:43.26 (1:09.79)					
11 Duggan, Charlotte A	JR	Riverside High School-VA	5:44.72	5:43.38	6
30.13	1:03.76 (33.63)	1:38.53 (34.77)	2:14.37 (35.84)		
2:49.55 (35.18)	3:24.33 (34.78)	4:00.00 (35.67)	4:35.07 (35.07)		
5:43.38 (1:08.31)					
12 Kish, Sydney M	JR	Potomac Falls High School	5:56.09	5:59.88	5
32.28	1:07.58 (35.30)	1:43.68 (36.10)	2:20.20 (36.52)		
2:57.03 (36.83)	3:33.80 (36.77)	4:10.62 (36.82)	4:47.36 (36.74)		
5:24.03 (36.67)	5:59.88 (35.85)				
13 Mattos, Jennifer	SO	Riverside High School-VA	6:23.72	6:10.20	4
31.65	1:09.33 (37.68)	1:47.21 (37.88)	2:24.89 (37.68)		
3:03.33 (38.44)	3:41.67 (38.34)	4:20.42 (38.75)	4:56.22 (35.80)		
5:34.37 (38.15)	6:10.20 (35.83)				
14 Lyons, McKenna	SR	Potomac Falls High School	6:19.30	6:14.06	3
32.67	1:09.21 (36.54)	1:47.62 (38.41)	2:25.70 (38.08)		
3:04.35 (38.65)	3:42.90 (38.55)	4:20.18 (37.28)	4:59.57 (39.39)		
5:38.22 (38.65)	6:14.06 (35.84)				
15 Yang, Lizzie	SO	Lightridge High School-VA	6:23.81	6:19.47	2
16 Buttram, Savannah G		Riverbend High School	6:18.74	6:19.58	1
33.08	1:10.96 (37.88)	1:50.14 (39.18)	2:28.53 (38.39)		
3:07.74 (39.21)	3:46.40 (38.66)	4:25.73 (39.33)	5:04.13 (38.40)		
5:41.99 (37.86)	6:19.58 (37.59)				

2025 VHSL 5D Regional Championship - 2/10/2025

Results

(Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
17 Field, Evie J	FR	Massaponax High School	6:31.45	6:22.04	
33.53			1:10.57 (37.04)	1:48.30 (37.73)	2:26.75 (38.45)
3:05.42 (38.67)			3:44.67 (39.25)	4:24.17 (39.50)	5:04.35 (40.18)
5:43.80 (39.45)			6:22.04 (38.24)		
18 McCurry, Eva	SR	Potomac Falls High School	6:23.84	6:31.40	
32.58			1:10.65 (38.07)	1:50.15 (39.50)	2:30.03 (39.88)
3:10.24 (40.21)			3:50.57 (40.33)	4:32.07 (41.50)	5:12.82 (40.75)
5:52.81 (39.99)			6:31.40 (38.59)		
19 Johnson, Allison E		Riverbend High School	6:54.77	6:57.99	
36.24			1:15.96 (39.72)	1:57.95 (41.99)	2:40.89 (42.94)
3:23.45 (42.56)			4:06.26 (42.81)	4:49.62 (43.36)	
6:17.37 ()			6:57.99 (40.62)		
20 Regal, Isa		Stone Bridge-PV	6:57.59	6:58.04	
34.08			1:12.77 (38.69)	1:52.58 (39.81)	2:35.03 (42.45)
3:18.84 (43.81)			4:03.10 (44.26)	4:47.42 (44.32)	5:32.17 (44.75)
6:15.55 (43.38)			6:58.04 (42.49)		
21 Lipple, Caroline	FR	Independence High School-VA	6:58.97	7:06.83	
34.51			1:13.54 (39.03)	1:55.11 (41.57)	2:39.76 (44.65)
3:25.13 (45.37)			4:10.99 (45.86)	4:55.82 (44.83)	5:40.48 (44.66)
6:24.43 (43.95)			7:06.83 (42.40)		
22 Alcalá, Angela	JR	Independence High School-VA	7:36.03	7:24.02	
37.67			1:19.51 (41.84)	2:03.71 (44.20)	2:49.18 (45.47)
3:34.66 (45.48)			4:21.11 (46.45)	5:07.45 (46.34)	5:55.26 (47.81)
6:40.69 (45.43)			7:24.02 (43.33)		

Event 17 Boys 200 Yard Freestyle Relay

1:33.27 ST 5 ST CLASS 5

Team	Relay	Seed Time	Finals Time	Points
1 Riverside High School-VA	A	1:30.84	1:28.91 ST 5	40
1) Song, Josh SO	2) Pham, Lucas A SR	3) Tragle, Harrison SO	4) Kresin, Nikita A SR	
23.06	44.93 (21.87)	1:07.02 (22.09)	1:28.91 (21.89)	
2 Lightridge High School-VA	A	1:32.69	1:29.05 ST 5	34
1) Kretzing, Pierson SR	2) Richards, Nicholas JR	3) Cortez-Martinez, Adrian SO	4) Gabriel, Lucas SR	
22.09	45.27 (23.18)	1:07.36 (22.09)	1:29.05 (21.69)	
3 Independence High School-VA	A	1:30.13	1:29.26 ST 5	32
1) Seo, Aiden SR	2) Rowley, Jake JR	3) Griffin, Wyatt JR	4) Rabe, Chase SO	
23.14	45.32 (22.18)	1:07.70 (22.38)	1:29.26 (21.56)	
4 Briar Woods High School-PV	A	1:30.97	1:30.93 ST 5	30
1) Cather, Eli SO	2) Kim, Evan T SR	3) Char, Matthew SO	4) Cather, Owen M SR	
23.78	47.64 (23.86)	1:09.59 (21.95)	1:30.93 (21.34)	
5 Stone Bridge-PV	A	1:38.39	1:35.26	28
1) Mitran, Christopher	2) Batjar, Max	3) Hutchison, Mejd	4) O'Hair, Patrick	
24.69	48.62 (23.93)	1:11.76 (23.14)	1:35.26 (23.50)	
6 Riverbend High School	A	1:40.65	1:36.37	26
1) Barnes, Jack P	2) Hitt, Kayden A	3) Hudson, Avery A	4) Clarkson, Nick	
23.47	47.76 (24.29)	1:12.42 (24.66)	1:36.37 (23.95)	
7 Massaponax High School	A	1:39.57	1:38.58	24
1) Hayden, Oliver M SR	2) Tiberio, Trevor D JR	3) Fiermen, Michael C SO	4) Amidon, Avery J SR	
26.02	1:38.58 (1:12.56)			
8 Potomac Falls High School	A	1:32.21	1:46.09	22
1) McCarney, Jaden JR	2) Simpson, Levi FR	3) Mao, Zidane SO	4) Elieson, Seth SR	
24.12	50.95 (26.83)	1:19.92 (28.97)	1:46.09 (26.17)	

2025 VHSL 5D Regional Championship - 2/10/2025**Results****Event 18 Girls 200 Yard Freestyle Relay****1:44.97 ST 5 ST CLASS 5**

Team	Relay	Seed Time	Finals Time	Points
1 Potomac Falls High School	A	1:45.47	1:40.61 ST 5	40
1) Antognoli, Soleil L SR 25.54	2) Speilman, Mackenzie L SR 51.08 (25.54)	3) Perezous, Micaela S SR 1:40.61 (24.47)	4) McCarney, Maya FR	
2 Independence High School-VA	A	1:47.15	1:45.00	34
1) Roy, Asha SO 25.44	2) Thai, Natalie SO 52.11 (26.67)	3) Sabetto, Harper JR 1:45.00 (25.11)	4) Chen, Sara SR	
3 Riverside High School-VA	A	1:45.75	1:45.87	32
1) Cisneros, Gigi SR 27.07	2) Duggan, Charlotte A JR 1:20.73 ()	3) Edmundson, Bailey SR 1:45.87 (25.14)	4) Coelho, Melissa SO	
4 Briar Woods High School-PV	A	1:43.47	1:48.09	30
1) Moore, Cate FR 27.35	2) Musni, Adriana FR 1:00.58 (33.23)	3) Nguyen, Dan SO 1:48.09 (47.51)	4) Bayarjargal, Jessica SO	
5 Lightridge High School-VA	A	1:44.28	1:48.45	28
1) Hwang, Reese SR 27.46	2) Trinh, Teralynn FR 54.35 (26.89)	3) Lohman, Alexa SO 1:48.45 (27.53)	4) Deza, Micaela JR	
6 Stone Bridge-PV	A	1:59.08	1:49.20	26
1) Cheyenne Diaz, Adrielle 33.42	2) Lombardo, Marie 56.39 (22.97)	3) Scranton, Avery 1:49.20 (18.76)	4) Delong, Abigail	
7 Massaponax High School	A	1:54.20	1:52.79	24
1) Hensen, Reese D JR 28.34	2) Cinco, Ava G SR 57.84 (29.50)	3) Winborne, Levee E FR 1:52.79 (26.73)	4) Verbel, Georgia C JR	
8 Riverbend High School	A	1:56.21	2:00.91	22
1) Swick, Caelyn B	2) Boetig, Audrey S	3) Krushinski, Ava R	4) Buttram, Savannah G	

Event 19 Boys 100 Yard Backstroke**56.44 ST 5 ST CLASS 5**

Name	Yr	School	Seed Time	Finals Time	Points
1 Gadsby, Kyle	SO	Independence High School-VA	52.28	50.39 ST 5	20
24.50	50.39 (25.89)				
2 Kalka, Thomas R	JR	Potomac Falls High School	53.52	51.14 ST 5	17
24.80	51.14 (26.34)				
3 Kilic, Tolga	FR	Riverside High School-VA	53.38	53.03 ST 5	16
25.76	53.03 (27.27)				
4 Miceli, Jack		Stone Bridge-PV	54.94	53.46 ST 5	15
26.01	53.46 (27.45)				
5 Buttram, Noah W		Riverbend High School	53.18	55.07 ST 5	14
26.89	55.07 (28.18)				
6 Anderson, Jake F	SR	Potomac Falls High School	56.32	55.44 ST 5	13
7 Tiberio, Trevor D	JR	Massaponax High School	57.87	56.67	12
8 Saravanan, Surya	SR	Briar Woods High School-PV	59.69	56.76	11
27.45	56.76 (29.31)				
9 Bryant, Thomas	SR	Riverside High School-VA	58.09	56.99	9
27.39	56.99 (29.60)				
10 Nguyen, Darren	FR	Independence High School-VA	1:01.71	57.50	7
27.63	57.50 (29.87)				
11 Cather, Eli	SO	Briar Woods High School-PV	1:00.83	58.72	6
28.31	58.72 (30.41)				
12 Clarkson, Nick		Riverbend High School	1:01.88	59.72	5
28.98	59.72 (30.74)				
13 Seelam, Aarush	JR	Lightridge High School-VA	1:02.18	1:01.18	4
29.09	1:01.18 (32.09)				
14 Seweryniak, Austin	FR	Riverside High School-VA	1:04.54	1:02.07	3

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 19 Boys 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time	Points
15	Marshall, Owen		Stone Bridge-PV	1:03.33	1:02.62	2
	30.35			1:02.62 (32.27)		
16	Delaney, Keelan		SO Briar Woods High School-PV	1:03.71	1:03.48	1
	30.63			1:03.48 (32.85)		
17	Youmans, Jonathan		Stone Bridge-PV	1:08.34	1:05.44	
	31.75			1:05.44 (33.69)		
18	Gonzalez, Chase		FR Independence High School-VA	1:08.19	1:07.00	
19	Kim, Stephen		SR Lightridge High School-VA	1:09.91	1:09.11	
	33.38			1:09.11 (35.73)		
20	Simpson, Levi		FR Potomac Falls High School	1:13.59	1:12.81	
	36.10			1:12.81 (36.71)		
21	Miller, Nicholas		JR Lightridge High School-VA	1:14.57	1:16.25	
	36.34			1:16.25 (39.91)		
22	Ellis, Hunter		Riverbend High School	1:16.19	1:16.35	
23	Obenhein, Josh D		FR Massaponax High School	1:22.69	1:18.59	
	38.04			1:18.59 (40.55)		

Event 20 Girls 100 Yard Backstroke**1:00.60 ST 5 ST CLASS 5**

	Name	Yr	School	Seed Time	Finals Time	Points
1	Cushman, McKinley		FR Lightridge High School-VA	1:01.40	58.71 ST 5	20
	28.38			58.71 (30.33)		
2	Santucci, Elle M		SR Riverside High School-VA	1:01.26	58.84 ST 5	17
	28.52			58.84 (30.32)		
3	Speilman, Mackenzie L		SR Potomac Falls High School	1:04.77	1:01.76	16
	29.84			1:01.76 (31.92)		
4	Minkara, Lina H		JR Potomac Falls High School	1:05.56	1:01.90	15
	30.35			1:01.90 (31.55)		
5	Nguyen, Dan		SO Briar Woods High School-PV	1:04.25	1:02.03	14
	30.07			1:02.03 (31.96)		
6	Menz, Maddie		SR Independence High School-VA	1:05.91	1:03.57	13
	31.14			1:03.57 (32.43)		
7	Gardiner, Abbey G		Riverbend High School	1:07.92	1:04.36	12
	31.31			1:04.36 (33.05)		
8	Rao, Sahana J		SR Riverside High School-VA	1:09.08	1:04.49	11
	31.59			1:04.49 (32.90)		
9	Lewis, Addy E		Riverbend High School	1:06.88	1:06.19	9
10	Lohman, Alexa		SO Lightridge High School-VA	1:12.03	1:06.86	7
	32.19			1:06.86 (34.67)		
11	Keller, Madison G		SR Harrisonburg High School-VA	1:11.30	1:08.41	6
	31.75			1:08.41 (36.66)		
12	Donaldson, Ciara		SO Potomac Falls High School	1:12.65	1:11.40	5
	34.17			1:11.40 (37.23)		
13	Field, Evie J		FR Massaponax High School	1:14.57	1:13.17	4
	35.81			1:13.17 (37.36)		
14	Yang, Lizzie		SO Lightridge High School-VA	1:12.81	1:13.71	3
	36.07			1:13.71 (37.64)		
15	Nader, Ariana		JR Riverside High School-VA	1:14.56	1:13.72	2
	35.56			1:13.72 (38.16)		
16	Sexton, Avery		FR Briar Woods High School-PV	NT	1:14.12	1
	35.35			1:14.12 (38.77)		
17	Coleman, Nyah A		JR Massaponax High School	1:15.14	1:15.62	
18	Platenik, Kylie J		FR Massaponax High School	1:17.36	1:16.56	

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 20 Girls 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time	Points
19	Nguyen, Lucy	FR	Independence High School-VA	1:23.75	1:22.73	
	40.40			1:22.73 (42.33)		
20	Walter, Emily		Riverbend High School	1:24.34	1:23.55	
21	McGee, Olivia		Stone Bridge-PV	1:33.25	1:26.23	
	41.77			1:26.23 (44.46)		
22	Johnson, Helene	FR	Harrisonburg High School-VA	1:31.52	1:27.91	
23	McLaughlin, Helen		Stone Bridge-PV	1:39.88	1:38.11	
	46.97			1:38.11 (51.14)		

Event 21 Boys 100 Yard Breaststroke**1:02.90 ST 5 ST CLASS 5**

	Name	Yr	School	Seed Time	Finals Time	Points
1	Coleman, Joey	JR	Potomac Falls High School	59.76	57.59 ST 5	20
2	Kresin, Nikita A	SR	Riverside High School-VA	1:00.03	58.65 ST 5	17
	27.93			58.65 (30.72)		
3	Gabriel, Lucas	SR	Lightridge High School-VA	1:06.68	59.07 ST 5	16
	27.53			59.07 (31.54)		
4	Rowley, Jake	JR	Independence High School-VA	1:00.47	1:00.03 ST 5	15
	28.12			1:00.03 (31.91)		
5	Seo, Aiden	SR	Independence High School-VA	1:03.09	1:00.86 ST 5	14
	28.69			1:00.86 (32.17)		
6	Hutchison, Mejd		Stone Bridge-PV	1:04.38	1:01.15 ST 5	13
	28.49			1:01.15 (32.66)		
7	Ledyashov, Sergey	SR	Riverside High School-VA	1:04.01	1:02.33 ST 5	12
	29.13			1:02.33 (33.20)		
8	Matabang, Gian	SR	Lightridge High School-VA	1:06.41	1:03.55	11
9	Nguyen, Giang	SO	Briar Woods High School-PV	1:07.09	1:03.75	9
	30.44			1:03.75 (33.31)		
10	Heise, Hayes	FR	Independence High School-VA	1:08.38	1:08.21	7
11	Carrier, Jackson	JR	Riverside High School-VA	1:11.20	1:08.45	6
12	Kim, Evan T	SR	Briar Woods High School-PV	1:16.02	1:08.49	5
	31.17			1:08.49 (37.32)		
13	Mao, Zidane	SO	Potomac Falls High School	1:11.48	1:09.70	4
	33.54			1:09.70 (36.16)		
14	Platenik, Will M		Massaponax High School	1:09.34	1:09.92	3
	32.21			1:09.92 (37.71)		
15	Fairchild, Laythan R	SO	Massaponax High School	1:10.05	1:10.25	2
	32.35			1:10.25 (37.90)		
16	Batjar, Max		Stone Bridge-PV	1:09.82	1:10.37	1
	32.24			1:10.37 (38.13)		
17	Knapp, Noah W	SR	Massaponax High School	1:11.73	1:10.62	
	32.44			1:10.62 (38.18)		
18	Mugavero, Ethan G		Riverbend High School	1:08.06	1:10.67	
	32.72			1:10.67 (37.95)		
19	Xiao, Daniel	FR	Briar Woods High School-PV	1:11.15	1:12.85	
	34.15			1:12.85 (38.70)		
20	Hom, Alex		Stone Bridge-PV	1:24.20	1:22.26	
	39.51			1:22.26 (42.75)		
---	Grant, Landon	SO	Potomac Falls High School	1:31.22	DQ	
---	Van Dusen, Colin M		Riverbend High School	1:24.62	DQ	
	47.27			DQ (47.34)		
---	Kerns, Nate	SO	Lightridge High School-VA	1:09.63	DQ	

2025 VHSL 5D Regional Championship - 2/10/2025

Results

Event 22 Girls 100 Yard Breaststroke

1:10.60 ST 5 ST CLASS 5

Name	Yr	School	Seed Time	Finals Time	Points
1 McCarney, Maya	FR	Potomac Falls High School	1:06.70	1:04.62 ST 5	20
30.72		1:04.62 (33.90)			
2 Cortez-Martinez, Ariana	FR	Lightridge High School-VA	1:07.75	1:05.63 ST 5	17
30.86		1:05.63 (34.77)			
3 Roy, Asha	SO	Independence High School-VA	1:08.09	1:08.75 ST 5	16
32.52		1:08.75 (36.23)			
4 Thai, Natalie	SO	Independence High School-VA	1:13.14	1:11.40	15
33.72		1:11.40 (37.68)			
5 McMahan, Claire M	SR	Potomac Falls High School	1:14.09	1:11.48	14
33.31		1:11.48 (38.17)			
6 Trinh, Teralynn	FR	Lightridge High School-VA	1:16.25	1:12.14	13
7 Sabetto, Harper	JR	Independence High School-VA	1:16.31	1:13.23	12
34.37		1:13.23 (38.86)			
8 Musni, Adriana	FR	Briar Woods High School-PV	1:14.89	1:13.77	11
9 Moore, Cate	FR	Briar Woods High School-PV	1:17.38	1:15.66	9
35.75		1:15.66 (39.91)			
10 Cadd, Sophie	FR	Riverside High School-VA	1:19.03	1:15.79	7
35.23		1:15.79 (40.56)			
11 Dolan, Leah		Stone Bridge-PV	1:18.65	1:19.56	6
12 McCurry, Eva	SR	Potomac Falls High School	1:19.76	1:19.94	5
37.28		1:19.94 (42.66)			
13 Cheyenne Diaz, Adrielle		Stone Bridge-PV	1:17.01	1:20.31	4
37.67		1:20.31 (42.64)			
14 Ruschaupt, Olivia	SR	Riverside High School-VA	1:21.09	1:21.56	3
37.91		1:21.56 (43.65)			
15 Vyzarsu, Ashwika	SR	Riverside High School-VA	1:21.88	1:21.57	2
38.05		1:21.57 (43.52)			
16 Swick, Caelyn B		Riverbend High School	1:24.35	1:23.83	1
39.74		1:23.83 (44.09)			
17 Clark, Sophie	JR	Lightridge High School-VA	1:24.78	1:24.65	
18 Dodson, Kenley S		Riverbend High School	1:27.09	1:28.50	
41.06		1:28.50 (47.44)			
19 Van Reenen, Breelyn H	FR	Massaponax High School	1:31.84	1:29.48	
20 Boetig, Audrey S		Riverbend High School	1:28.66	1:30.27	
42.89		1:30.27 (47.38)			
21 Steis, Avery P	JR	Massaponax High School	1:32.41	1:31.31	
42.60		1:31.31 (48.71)			
22 Mahadevan, Sukhi		Stone Bridge-PV	1:31.53	1:31.67	
42.56		1:31.67 (49.11)			
23 Krick, Raquel	SO	Briar Woods High School-PV	NT	1:32.77	
44.00		1:32.77 (48.77)			
24 Rau, Morgan G	JR	Massaponax High School	1:36.47	1:37.90	
25 Keller, Claire	JR	Harrisonburg High School-VA	1:47.45	1:51.41	
48.14		1:51.41 (1:03.27)			

Event 23 Boys 400 Yard Freestyle Relay

3:28.39 ST 5 ST CLASS 5

Team	Relay	Seed Time	Finals Time	Points
1 Independence High School-VA	A	3:19.63	3:12.60 ST 5	40
1) Gadsby, Kyle SO	2) Rabe, Chase SO	3) Griffin, Wyatt JR	4) Menz, Mason SR	
23.22	57.53 (57.53)	1:35.83 (38.30)	1:59.52 (1:01.99)	
	2:25.56 (26.04)	2:47.82 (22.26)	3:12.60 (47.04)	

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 23 Boys 400 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
2 Riverside High School-VA	A	3:21.88	3:13.44 ST 5	34
1) Kilic, Tolga FR	2) Tragle, Harrison SO	3) Song, Josh SO	4) Freeman, Harper P SR	
23.66	49.11 (49.11)	1:11.85 (22.74)	1:37.22 (48.11)	
2:00.00 (22.78)	2:25.86 (48.64)	2:48.26 (22.40)	3:13.44 (47.58)	
3 Briar Woods High School-PV	A	3:25.13	3:20.01 ST 5	32
1) Gaddi, Landon FR	2) Ellinger, Jack O SR	3) Char, Matthew SO	4) Cather, Owen M SR	
24.37	50.54 (50.54)	1:15.17 (24.63)	1:43.11 (52.57)	
2:06.23 (23.12)	2:32.38 (49.27)	2:55.43 (23.05)	3:20.01 (47.63)	
4 Potomac Falls High School	A	3:23.96	3:20.84 ST 5	30
1) Anderson, Jake F SR	2) Hendershot, Ethan JR	3) Kalka, Thomas R JR	4) Coleman, Joey JR	
23.91	50.03 (50.03)	1:15.59 (25.56)	1:45.41 (55.38)	
2:08.12 (22.71)	2:33.78 (48.37)	2:56.46 (22.68)	3:20.84 (47.06)	
5 Lightridge High School-VA	A	3:37.03	3:23.03 ST 5	28
1) Kretzing, Pierson SR	2) Hartanto, Alexander SO	3) Gabriel, Lucas SR	4) Cortez-Martinez, Adrian SO	
23.09	48.65 (48.65)	1:12.78 (24.13)	1:40.50 (51.85)	
2:05.08 (24.58)	2:32.42 (51.92)	2:55.96 (23.54)	3:23.03 (50.61)	
6 Riverbend High School	A	3:34.91	3:40.29	26
1) Buttram, Noah W	2) Mugavero, Ethan G	3) Hitt, Kayden A	4) Hudson, Avery A	
25.20	51.81 (51.81)	1:19.71 (27.90)	1:50.33 (58.52)	
2:16.39 (26.06)	2:45.88 (55.55)	3:12.05 (26.17)	3:40.29 (54.41)	
7 Stone Bridge-PV	A	3:48.34	3:50.28	24
1) Marshall, Owen	2) Youmans, Jonathan	3) Borley, Jack	4) Miceli, Jack	
26.98	55.93 (55.93)	1:24.43 (28.50)	1:55.95 (1:00.02)	
2:23.93 (27.98)	2:57.04 (1:01.09)	3:21.84 (24.80)	3:50.28 (53.24)	
8 Massaponax High School	A	4:00.64	4:04.70	22
1) Greene, Ethan J SR	2) Knapp, Noah W SR	3) Platenik, Will M	4) Fiermen, Michael C SO	
	1:02.62 (1:02.62)	1:32.31 (29.69)	2:16.83 (1:14.21)	
2:35.14 (18.31)	3:08.12 (51.29)	3:35.63 (27.51)	4:04.70 (56.58)	

Event 24 Girls 400 Yard Freestyle Relay**3:51.18 ST 5 ST CLASS 5**

Team	Relay	Seed Time	Finals Time	Points
1 Briar Woods High School-PV	A	3:46.26	3:36.90 ST 5	40
1) Hayward, Audrey I JR	2) Valdecanas, Savannah FR	3) Hudson, Kayley SR	4) Kilty, Caroline R JR	
25.78	53.89 (53.89)	1:20.59 (26.70)	2:15.90 (1:22.01)	
	2:45.22 (29.32)	3:09.70 (24.48)	3:36.90 (51.68)	
2 Lightridge High School-VA	A	3:43.72	3:40.25 ST 5	34
1) Thaivalappil, Maya JR	2) Cushman, McKinley FR	3) Deza, Micaela JR	4) Cortez-Martinez, Ariana FR	
26.67	57.09 (57.09)	1:22.26 (25.17)	1:49.67 (52.58)	
2:17.16 (27.49)	2:46.90 (57.23)	3:11.53 (24.63)	3:40.25 (53.35)	
3 Potomac Falls High School	A	3:55.31	3:44.58 ST 5	32
1) Perezous, Micaela S SR	2) Speilman, Mackenzie L SR	3) Minkara, Lina H JR	4) McCarney, Maya FR	
27.15	57.35 (57.35)	1:25.04 (27.69)	1:55.24 (57.89)	
2:21.93 (26.69)	2:50.68 (55.44)	3:16.66 (25.98)	3:44.58 (53.90)	
4 Riverside High School-VA	A	3:51.52	3:44.95 ST 5	30
1) Perham, Emily FR	2) Duggan, Charlotte A JR	3) Coelho, Melissa SO	4) Santucci, Elle M SR	
26.08	55.20 (55.20)	1:23.27 (28.07)	1:55.11 (59.91)	
2:21.53 (26.42)	2:50.73 (55.62)	3:16.95 (26.22)	3:44.95 (54.22)	
5 Riverbend High School	A	4:09.15	4:07.87	28
1) Cao, Grace	2) Buttram, Savannah G	3) Gardiner, Abbey G	4) Lewis, Addy E	
30.61	1:16.89 (1:16.89)	1:35.52 (18.63)	2:08.89 (52.00)	
2:37.28 (28.39)	3:09.08 (1:00.19)	3:36.81 (27.73)	4:07.87 (58.79)	

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 24 Girls 400 Yard Freestyle Relay)**

Team	Relay				Seed Time	Finals Time	Points
6 Massaponax High School	A				4:08.12	4:07.88	26
1) Hensen, Reese D JR	2) Winborne, Levee E FR	3) Coleman, Nyah A JR	4) Verbel, Georgia C JR				
29.46	1:01.84 (1:01.84)	1:32.54 (30.70)	2:06.79 (1:04.95)				
2:37.95 (31.16)	3:12.38 (1:05.59)	3:39.48 (27.10)	4:07.88 (55.50)				
7 Independence High School-VA	A				4:03.45	4:18.16	24
1) Pearson, Peyton SO	2) Lipple, Caroline FR	3) Sabetto, Harper JR	4) Menz, Maddie SR				
29.82	1:03.13 (1:03.13)	1:33.27 (30.14)	2:09.91 (1:06.78)				
2:40.70 (30.79)	3:16.17 (1:06.26)	3:44.95 (28.78)	4:18.16 (1:01.99)				
--- Stone Bridge-PV	A				4:12.57	DQ	
1) Regal, Isa	2) Zang, Emma	3) Embert, Aida	4) Dolan, Leah				
32.65	1:09.71 (1:09.71)	1:40.17 (30.46)	2:16.36 (1:06.65)				
2:45.85 (29.49)	3:18.53 (1:02.17)	3:47.96 (29.43)	DQ (1:02.41)				