

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 1 Boys 200 Yard Medley Relay

Occoquan Reg: 1:32.39 O 2/8/2020 Woodson Cavaliers WTWD
E Lundgren, J Schaefer, K Coddling, J Schaefer

1:32.38 AAA
1:34.41 AAC
1:37.88 STA

Team	Relay	Seed Time	Finals Time	Points
1 Woodson Cavaliers		1:35.93	1:33.15 AAC	40
1) Eriksen, Alex SR	2) Bauernshub, Brady SR	3) Plath, Tyler SR	4) Reddish, Bobby SR	
2 Lake Braddock		1:35.05	1:35.39 STA	34
1) Donovan, Joshua	2) Mowbray, Nick	3) Miller, Ryan	4) Howat, Josh	
3 West Springfield		1:36.48	1:35.86 STA	32
1) Naranjo, Ian JR	2) Wargin, Hugh SO	3) Lynch, Cooper SR	4) Deekens, Jackson SO	
4 Robinson Secondary School		1:36.16	1:36.46 STA	30
1) Fulwiler, Levi	2) Wood, Alex	3) Cade, Garrison	4) Lasmanis, Miles	
5 Alexandria City High School		1:38.22	1:36.84 STA	28
1) Koeppen, Finn FR	2) Ramsdell, Jonathan JR	3) Damico-Lassman, Tobias SO	4) Sutherland, Jack SR	
6 Annandale High School		1:38.64	1:37.45 STA	26
1) Popp, Noah SR	2) Uzokoff, Connor SO	3) Chilton, James JR	4) Sample, Finn SR	
7 West Potomac High School		1:38.52	1:37.84 STA	24
1) O'Neill, Four JR	2) Roeseler, Armin SR	3) O'Neill, Connor FR	4) Wolverton, Alexander FR	
8 Falls Church High School		1:38.51	1:37.87 STA	22
1) Sites, Thomas SR	2) Yeh, Finn SO	3) Steider, Jackson SR	4) Pabotoy, Sam JR	
9 Edison High School		1:38.52	1:38.02	18
1) Kogut, Cameron JR	2) Montano, Jesse SR	3) Downey, Wyatt SO	4) Phillips, J. Coulson SO	
10 Thomas Jefferson		1:37.84	1:38.12	14
1) Elakari, Nabil SR	2) Turatbekov, Rem SR	3) Xiao, Harry SR	4) Valli, Leonardo SR	
11 Fairfax High School		1:47.82	1:46.95	12
1) Buckley, Brogan SR	2) Garcia Rivera, Leonardo SO	3) Kim, Jayden SR	4) Bryk, Everett JR	
12 South County High School		1:50.19	1:50.77	10
1) Williams, Darius SO	2) Lloyd, Michael SR	3) Smetek, Connor SR	4) Bierstine, Nick SR	
13 Justice High School Wolves		1:49.07	1:51.38	8
1) Wentland, Phoenix 9	2) Laboy, Hayden 11	3) Liller, Joe 12	4) Dokken, Paul 11	
14 Hayfield Secondary School		1:57.27	1:53.59	6
1) Pulsoni, Brian JR	2) Merand, Jackson FR	3) Belt, Christopher JR	4) Bright, Erik SR	
15 John Lewis High School		2:02.75	1:54.85	4
1) Gonzales, Andrew SR	2) Torrez, Anthony SR	3) Sheppard, Owen JR	4) Gonzales, Daniel SR	
16 Mount Vernon High School Swim		1:56.30	1:58.32	2
1) Stankewick, Walter SR	2) Vanzandt, James FR	3) Carrado, Ryan JR	4) Henderson, Levi JR	

Event 2 Girls 200 Yard Medley Relay

Occoquan Reg: 1:45.46 O 2/10/2024 Justice High School Wolves Justice Wolves
C Coughlin, R Kampschror, E Redman, A Wentland

1:44.31 AAA
1:46.22 AAC
1:49.60 STA

Team	Relay	Seed Time	Finals Time	Points
1 Woodson Cavaliers		1:47.12	1:47.06 STA	40
1) Casas, Emma SR	2) Devlin, Lyla SO	3) Nguyen, Lien JR	4) Peters, Riley JR	
	28.11 56.34 (28.23) 1:23.01 (26.67)	1:47.06 (24.05)		
2 South County High School		1:57.17	1:49.59 STA	34
1) Trinh, Lili SR	2) Powell, Sophia JR	3) Harris, Savannah JR	4) Trinh, Ellie FR	
	58.61 1:30.00 (31.39) 1:49.76 (19.76)	1:49.59 ()		

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(Event 2 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Finals Time	Points
3 Robinson Secondary School		1:46.83	1:50.41	32
1) Lundy, Emma	2) Weatherbee, Alexandra	3) Vazquez, Lucia	4) Nemets, Alli	
28.74	59.16 (30.42)	1:25.24 (26.08)	1:50.41 (25.17)	
4 Alexandria City High School		1:52.25	1:50.67	30
1) Cotton, Rachel JR	2) Aida, Mila JR	3) Hubbard, Leia SR	4) O'Brien, Bridget FR	
27.21	58.16 (30.95)	1:24.88 (26.72)	1:50.67 (25.79)	
5 Lake Braddock		1:48.55	1:51.64	28
1) Van Waesberghe, Isabella	2) Janczyk, Megan	3) Tibayan, Leryn	4) O'Hara, Vivien	
27.75	58.12 (30.37)	1:26.35 (28.23)	1:51.64 (25.29)	
6 West Springfield		1:57.08	1:53.02	26
1) Juster, Anne FR	2) Burke, Caroline FR	3) Holmes, Sophie SO	4) Miller, Kenzie FR	
38.75	1:00.17 (21.42)	1:27.34 (27.17)	1:53.02 (25.68)	
7 Falls Church High School		1:54.33	1:54.99	24
1) Du, Madelyn SR	2) Loftis, Ella FR	3) Roca, Olivia SO	4) Wallinger, Ella JR	
31.87	1:01.01 (29.14)	1:28.90 (27.89)	1:54.99 (26.09)	
8 West Potomac High School		1:55.16	1:55.43	22
1) Lakatos Alcantara, Lucia FR	2) Valasco, Anna FR	3) Petronello, Hadley SO	4) Althouse, Anna JR	
31.55	1:02.49 (30.94)	1:28.40 (25.91)	1:55.43 (27.03)	
9 Thomas Jefferson		1:54.41	1:56.22	18
1) Roche, Madeline SO	2) Fulton, Evelyn FR	3) Dewhirst, Emma FR	4) Pham, Gabby JR	
28.68	1:02.11 (33.43)	1:29.90 (27.79)	1:56.22 (26.32)	
10 Hayfield Secondary School		2:00.23	1:58.18	14
1) Floros, Katerina SR	2) Kong, Yuna FR	3) Johnson, Lilah JR	4) Meek, Rylie FR	
27.82	1:02.40 (34.58)	1:32.92 (30.52)	1:58.18 (25.26)	
11 Edison High School		1:57.06	1:58.67	12
1) Hirsch, Mikayla FR	2) Smith, Victoria JR	3) McCahill, Cassidy SR	4) Hoeflich Rodgers, Eleanor FR	
31.28	1:04.37 (33.09)	1:33.25 (28.88)	1:58.67 (25.42)	
12 Justice High School Wolves		1:59.84	1:59.61	10
1) Perez Fernandez, Camila 12	2) Kampschror, Reagan 12	3) Monsky, Maclain 11	4) Bailey, Kate	
33.85	1:03.76 (29.91)	1:32.08 (28.32)	1:59.61 (27.53)	
13 Fairfax High School		2:00.61	1:59.92	8
1) Lucas, Abbey JR	2) Colwill, Jackie SO	3) Akers, Charlotte SR	4) Rupp, Sarah SR	
31.30	1:04.19 (32.89)	1:33.29 (29.10)	1:59.92 (26.63)	
14 Mount Vernon High School Swim		2:04.42	2:04.35	6
1) Lussier, Molly JR	2) Dresch, Michaela SO	3) Henderson, Jackie SO	4) Kolovos, Katherine SR	
30.73	1:06.26 (35.53)	1:36.37 (30.11)	2:04.35 (27.98)	
15 Annandale High School		2:10.25	2:05.93	4
1) Fitzgerald, Louise JR	2) Chapman, Harper JR	3) Popp, Miriam SO	4) McKenna, Ella FR	
33.15	1:08.57 (35.42)	1:38.55 (29.98)	2:05.93 (27.38)	
--- John Lewis High School		2:27.57	DQ	
1) McLaughlin, Madison SR	2) Lazear, Mae SR	3) Dunlap, Addison SO	4) Somchanmavong, Serena SR	
44.47	1:21.50 (37.03)	DQ (37.09)		

Event 3 Boys 200 Yard Freestyle

Occoquan Reg: 1:39.61 O 2/4/2023 Josh Howat
 1:38.21 AAA
 1:39.81 AAC
 1:45.32 STA

Lake Braddock

Name	Yr	School	Seed Time	Finals Time	Points
1 Fulham, Jack		Robinson Secondary School	1:41.58	1:40.96 STA	20
23.37	48.75 (25.38)	1:14.70 (25.95)	1:40.96 (26.26)		
2 Eriksen, Alex		SR Woodson Cavaliers	1:42.13	1:43.77 STA	17
23.54	49.21 (25.67)	1:16.23 (27.02)	1:43.77 (27.54)		

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(Event 3 Boys 200 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
3 Curb, Tristan	SO	West Springfield	1:43.93	1:45.60	16
24.49	51.13 (26.64)	1:18.66 (27.53)	1:45.60 (26.94)		
4 Downey, Wyatt	SO	Edison High School	1:47.05	1:45.77	15
24.60	50.87 (26.27)	1:18.84 (27.97)	1:45.77 (26.93)		
5 Kockler, Matthew		Lake Braddock	1:47.62	1:46.46	14
24.41	51.11 (26.70)	1:18.89 (27.78)	1:46.46 (27.57)		
6 Page, Rece	SR	West Springfield	1:47.28	1:47.40	13
24.61	51.93 (27.32)	1:20.25 (28.32)	1:47.40 (27.15)		
7 Kelly, Kieran	SO	Woodson Cavaliers	1:46.54	1:47.96	12
24.90	52.24 (27.34)	1:19.99 (27.75)	1:47.96 (27.97)		
8 O'Neill, Four	JR	West Potomac High School	1:50.13	1:48.43	11
25.29	52.21 (26.92)	1:20.05 (27.84)	1:48.43 (28.38)		
9 Rana, Shriyan		Lake Braddock	1:48.69	1:49.18	9
24.88	52.47 (27.59)	1:49.18 (56.71)			
10 Garavito, Camilo		Lake Braddock	1:49.63	1:49.65	7
25.65	53.31 (27.66)	1:22.08 (28.77)	1:49.65 (27.57)		
11 Jacobs, Ben	SO	Hayfield Secondary School	1:49.52	1:49.75	6
25.49	53.39 (27.90)	1:21.67 (28.28)	1:49.75 (28.08)		
12 Ellis, Leo	FR	Alexandria City High School	1:49.08	1:49.88	5
25.97	54.34 (28.37)	1:21.87 (27.53)	1:49.88 (28.01)		
13 Plath, Tyler	SR	Woodson Cavaliers	1:50.53	1:50.26	4
25.38	53.43 (28.05)	1:22.07 (28.64)	1:50.26 (28.19)		
14 Yakes, James	JR	Hayfield Secondary School	1:52.89	1:50.31	3
25.71	53.63 (27.92)	1:22.58 (28.95)	1:50.31 (27.73)		
15 Nickel, Jonathan		Robinson Secondary School	1:52.13	1:50.80	2
24.56	51.85 (27.29)	1:21.01 (29.16)	1:50.80 (29.79)		
16 McNeely, Connor	JR	Fairfax High School	1:49.18	1:52.44	1
26.19	54.88 (28.69)	1:23.76 (28.88)	1:52.44 (28.68)		
17 Downey, Jack	SO	Edison High School	1:52.90	1:52.58	
25.61	53.94 (28.33)	1:23.29 (29.35)	1:52.58 (29.29)		
18 Winkler, Donovan	SO	Woodson Cavaliers	1:51.98	1:52.71	
26.07	54.59 (28.52)	1:23.82 (29.23)	1:52.71 (28.89)		
19 Schaper, Ian	JR	West Springfield	1:52.20	1:52.84	
25.18	52.94 (27.76)	1:22.91 (29.97)	1:52.84 (29.93)		
20 Heron, Caelen		Robinson Secondary School	1:50.09	1:52.92	
25.75	53.99 (28.24)	1:23.24 (29.25)	1:52.92 (29.68)		
21 Dalton, Caiden	SO	Annandale High School	1:54.43	1:55.66	
25.87	54.56 (28.69)	1:25.16 (30.60)	1:55.66 (30.50)		
22 D'Ambrogi, Colton	SO	Annandale High School	1:56.67	1:56.51	
26.04	55.14 (29.10)	1:26.06 (30.92)	1:56.51 (30.45)		
23 Lam, Sam	SO	Thomas Jefferson	1:56.21	1:57.94	
25.97	54.93 (28.96)	1:25.90 (30.97)	1:57.94 (32.04)		
24 Ghareeb, Hamza		Robinson Secondary School	1:57.61	1:59.65	
24.80	54.62 (29.82)	1:27.12 (32.50)	1:59.65 (32.53)		

Event 4 Girls 200 Yard Freestyle

Occoquan Reg: 1:48.20 O 2/3/2018 Cassidy Bayer WPOT
 1:48.79 AAA
 1:50.65 AAC
 1:54.89 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Trinh, Lili	SR	South County High School	1:58.39	1:55.07	20
27.09	56.46 (29.37)	1:25.73 (29.27)	1:55.07 (29.34)		

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(Event 4 Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
2 Nguyen, Lien	JR	Woodson Cavaliers	1:55.81	1:55.19	17
27.02	56.04 (29.02)	1:25.81 (29.77)	1:55.19 (29.38)		
3 Bell, Charlotte		Lake Braddock	1:58.89	1:56.20	16
26.97	56.01 (29.04)	1:26.17 (30.16)	1:56.20 (30.03)		
4 Helms, Anna	SO	South County High School	1:56.94	1:56.90	15
26.80	56.70 (29.90)	1:26.81 (30.11)	1:56.90 (30.09)		
5 Petronello, Hadley	SO	West Potomac High School	1:58.22	1:57.59	14
26.62	56.77 (30.15)	1:26.91 (30.14)	1:57.59 (30.68)		
6 Scherber, Naomi		Robinson Secondary School	1:58.04	1:58.72	13
27.35	57.49 (30.14)	1:28.57 (31.08)	1:58.72 (30.15)		
7 Hymans, Aubrey	SO	Woodson Cavaliers	1:58.37	1:59.42	12
26.74	56.01 (29.27)	1:27.26 (31.25)	1:59.42 (32.16)		
8 Dewhirst, Emma	FR	Thomas Jefferson	2:03.97	2:00.17	11
28.04	58.74 (30.70)	1:29.47 (30.73)	2:00.17 (30.70)		
9 Coddling, Cally	FR	Woodson Cavaliers	2:00.77	2:00.68	9
28.24	58.65 (30.41)	1:29.56 (30.91)	2:00.68 (31.12)		
10 Stein, Abby	SR	West Springfield	1:59.82	2:02.05	7
27.98	58.58 (30.60)	1:30.23 (31.65)	2:02.05 (31.82)		
11 Hood, Caroline		Lake Braddock	2:03.48	2:02.85	6
28.49	1:00.03 (31.54)	1:31.57 (31.54)	2:02.85 (31.28)		
12 Lasut, Tess	JR	South County High School	2:01.55	2:02.90	5
28.28	58.79 (30.51)	1:30.72 (31.93)	2:02.90 (32.18)		
13 Hughes, Sydney	SO	Woodson Cavaliers	2:04.67	2:03.28	4
29.00	1:00.71 (31.71)	1:32.51 (31.80)	2:03.28 (30.77)		
14 Miller, Kenzie	FR	West Springfield	2:01.52	2:03.31	3
28.35	59.64 (31.29)	2:03.31 (1:03.67)			
15 Murphy, Caitlyn		Robinson Secondary School	2:02.71	2:04.14	2
28.34	1:00.08 (31.74)	1:32.18 (32.10)	2:04.14 (31.96)		
16 Snow, Sophie	SO	West Springfield	2:05.65	2:05.15	1
28.81	1:00.15 (31.34)	1:32.55 (32.40)	2:05.15 (32.60)		
17 Fischer, Lily		Lake Braddock	2:09.43	2:07.78	
28.99	1:01.64 (32.65)	1:34.27 (32.63)	2:07.78 (33.51)		
18 Forde, Steffi	JR	Falls Church High School	2:09.93	2:10.25	
30.18	1:03.72 (33.54)	1:37.85 (34.13)	2:10.25 (32.40)		
19 Fasano, Lily	FR	Edison High School	2:10.62	2:11.05	
29.68	1:03.07 (33.39)	1:37.41 (34.34)	2:11.05 (33.64)		
20 Fitzgerald, Louise	JR	Annandale High School	2:11.78	2:11.57	
30.58	1:04.25 (33.67)	1:38.03 (33.78)	2:11.57 (33.54)		
21 Wilson, Viola	SR	Edison High School	2:13.86	2:12.47	
30.21	1:03.08 (32.87)	1:37.96 (34.88)	2:12.47 (34.51)		
22 Perez Fernandez, Camila	12	Justice High School Wolves	2:15.59	2:15.14	
31.29	1:05.22 (33.93)	1:40.65 (35.43)	2:15.14 (34.49)		
23 Kong, Yuna	FR	Hayfield Secondary School	2:14.90	2:16.74	
31.15	1:05.05 (33.90)	1:40.37 (35.32)	2:16.74 (36.37)		

Event 5 Boys 200 Yard IM

Occoquan Reg: 1:49.59 O 2/10/2024 JT Schmid Robinson
 1:49.14 AAA
 1:51.34 AAC
 1:56.77 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Steider, Jackson	SR	Falls Church High School	1:59.57	1:53.07	20
24.31	53.10 (28.79)	1:26.64 (33.54)	1:53.07 (26.43)		

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(Event 5 Boys 200 Yard IM)

Name	Yr	School	Seed Time	Finals Time	Points
2 Wood, Alex		Robinson Secondary School	1:58.52	1:55.95 STA	17
25.37	55.39 (30.02)	1:28.54 (33.15)	1:55.95 (27.41)		
3 Wargin, Hugh		SO West Springfield	1:57.64	1:56.86	16
24.32	55.40 (31.08)	1:27.50 (32.10)	1:56.86 (29.36)		
4 Tranchemontagne, Daniel		Lake Braddock	1:58.69	1:57.89	15
25.38	53.95 (28.57)	1:29.67 (35.72)	1:57.89 (28.22)		
5 Fulwiler, Levi		Robinson Secondary School	2:01.15	1:58.41	14
25.00	54.43 (29.43)	1:30.25 (35.82)	1:58.41 (28.16)		
6 McNamara, Seamus		SO Woodson Cavaliers	1:59.80	1:59.22	13
25.46	56.90 (31.44)	1:30.00 (33.10)	1:59.22 (29.22)		
7 Godlove, Carter		SO Woodson Cavaliers	1:58.82	1:59.25	12
25.89	54.89 (29.00)	1:31.91 (37.02)	1:59.25 (27.34)		
8 Ramsdell, Jonathan		JR Alexandria City High School	1:58.91	1:59.54	11
25.34	55.94 (30.60)	1:30.36 (34.42)	1:59.54 (29.18)		
9 Davis, Wyatt		SO West Springfield	2:00.10	2:00.56	9
26.46	57.59 (31.13)	1:32.57 (34.98)	2:00.56 (27.99)		
10 Popp, Noah		SR Annandale High School	1:58.94	2:01.00	7
26.26	56.32 (30.06)	1:34.01 (37.69)	2:01.00 (26.99)		
11 Garcia Rivera, Leonardo		SO Fairfax High School	2:04.98	2:03.75	6
26.65	58.86 (32.21)	1:34.49 (35.63)	2:03.75 (29.26)		
12 Wang, Aiden		FR Woodson Cavaliers	2:05.48	2:04.29	5
26.53	57.26 (30.73)	1:34.14 (36.88)	2:04.29 (30.15)		
13 Finnegan, Collin		JR Edison High School	2:04.87	2:04.36	4
26.25	58.63 (32.38)	1:33.77 (35.14)	2:04.36 (30.59)		
14 Kim, Ethan		JR West Springfield	2:05.05	2:05.58	3
26.56	59.91 (33.35)	1:36.49 (36.58)	2:05.58 (29.09)		
15 Kaplan, Ari		SR Thomas Jefferson	2:07.43	2:06.07	2
28.12	1:02.46 (34.34)	1:36.45 (33.99)	2:06.07 (29.62)		
16 Junius, Xavier		Lake Braddock	2:06.50	2:06.15	1
27.00	58.66 (31.66)	1:35.60 (36.94)	2:06.15 (30.55)		
17 Fulwiler, Soma		Robinson Secondary School	2:06.15	2:07.70	
26.24	58.53 (32.29)	1:37.28 (38.75)	2:07.70 (30.42)		
18 Loughmiller, Ben		SR West Springfield	2:05.50	2:07.85	
25.51	56.27 (30.76)	1:36.35 (40.08)	2:07.85 (31.50)		
19 Steinhelper, Lukas		Lake Braddock	2:08.81	2:08.69	
26.42	1:00.65 (34.23)	1:37.90 (37.25)	2:08.69 (30.79)		
20 Yang, Jayden		JR Thomas Jefferson	2:09.77	2:10.60	
26.41	1:00.11 (33.70)	1:39.13 (39.02)	2:10.60 (31.47)		
21 Sheppard, Owen		JR John Lewis High School	2:10.74	2:13.00	
29.07	1:02.77 (33.70)	1:43.32 (40.55)	2:13.00 (29.68)		
22 Musgrove, Aidan		JR Falls Church High School	2:12.04	2:13.31	
26.81	1:00.01 (33.20)	1:41.22 (41.21)	2:13.31 (32.09)		
23 Uzokoff, Connor		SO Annandale High School	2:13.04	2:13.82	
27.93	1:04.38 (36.45)	1:41.88 (37.50)	2:13.82 (31.94)		
24 Uzokoff, Nolan		FR Annandale High School	2:14.26	2:15.96	
27.75	1:02.68 (34.93)	1:44.99 (42.31)	2:15.96 (30.97)		

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Results

Event 6 Girls 200 Yard IM

Occoquan Reg: 1:59.81 O 2/7/2025 Sadie Buckley Fairfax
 2:01.38 AAA
 2:04.11 AAC
 2:08.39 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Buckley, Sadie	SO	Fairfax High School	2:07.06	1:59.81 O AAA	20
26.50	55.50 (29.00)	1:31.19 (35.69)	1:59.81 (28.62)		
2 Wilbur, Lilla		Robinson Secondary School	2:04.06	2:02.89 AAC	17
26.84	59.27 (32.43)	1:33.67 (34.40)	2:02.89 (29.22)		
3 Devlin, Lyla	SO	Woodson Cavaliers	2:07.67	2:07.83 STA	16
27.54	59.75 (32.21)	1:35.80 (36.05)	2:07.83 (32.03)		
4 Loftis, Ella	FR	Falls Church High School	2:09.99	2:08.94	15
27.96	59.96 (32.00)	1:38.17 (38.21)	2:08.94 (30.77)		
5 Fleming, Brianna	SO	West Springfield	2:12.75	2:09.19	14
28.17	1:01.59 (33.42)	1:39.20 (37.61)	2:09.19 (29.99)		
6 Engstrom, Annika		Lake Braddock	2:17.21	2:11.98	13
28.68	1:03.04 (34.36)	1:41.28 (38.24)	2:11.98 (30.70)		
7 Valasco, Anna	FR	West Potomac High School	2:13.22	2:13.20	12
28.88	1:02.20 (33.32)	1:39.81 (37.61)	2:13.20 (33.39)		
8 Stark, Kiera	SO	Woodson Cavaliers	2:15.97	2:15.06	11
29.23	1:01.16 (31.93)	1:43.83 (42.67)	2:15.06 (31.23)		
9 Woody, Anna	SO	Woodson Cavaliers	2:15.67	2:16.29	9
29.36	1:04.60 (35.24)	1:43.51 (38.91)	2:16.29 (32.78)		
10 Janczyk, Megan		Lake Braddock	2:17.29	2:16.88	7
29.61	1:06.18 (36.57)	1:45.24 (39.06)	2:16.88 (31.64)		
11 Amatucci, Gina		Robinson Secondary School	2:17.09	2:17.11	6
29.20	1:04.65 (35.45)	1:44.59 (39.94)	2:17.11 (32.52)		
12 Suma, Sydney		Robinson Secondary School	2:15.50	2:17.84	5
29.08	1:03.34 (34.26)	1:44.42 (41.08)	2:17.84 (33.42)		
13 Frank, Lucie	FR	Woodson Cavaliers	2:20.76	2:18.86	4
30.64	1:04.58 (33.94)	1:47.75 (43.17)	2:18.86 (31.11)		
14 Forde, Lizzie	JR	Falls Church High School	2:22.70	2:19.53	3
29.48	1:04.22 (34.74)	2:19.53 (1:15.31)			
15 Feehs, Maryn	SR	South County High School	2:20.57	2:20.58	2
30.41	1:05.53 (35.12)	1:48.07 (42.54)	2:20.58 (32.51)		
16 Prudius, Laura	FR	Thomas Jefferson	2:23.43	2:20.67	1
29.93	1:04.36 (34.43)	1:47.70 (43.34)	2:20.67 (32.97)		
*17 Powell, Sophia	JR	South County High School	2:16.42	2:20.84	
29.84	1:06.80 (36.96)	2:20.84 (1:14.04)			
*17 Mosford, Claire	JR	West Springfield	2:20.56	2:20.84	
30.19	1:05.78 (35.59)	1:48.10 (42.32)	2:20.84 (32.74)		
19 Bird, Karina		Robinson Secondary School	2:20.84	2:21.73	
29.95	1:06.44 (36.49)	1:48.62 (42.18)	2:21.73 (33.11)		
20 Smith, Victoria	JR	Edison High School	2:19.82	2:21.74	
31.32	1:07.04 (35.72)	1:46.94 (39.90)	2:21.74 (34.80)		
21 Juster, Anne	FR	West Springfield	2:17.88	2:25.95	
31.43	1:05.77 (34.34)	2:25.95 (1:20.18)			
22 Pham, Gabby	JR	Thomas Jefferson	2:24.70	2:27.26	
31.66	1:08.65 (36.99)	1:52.99 (44.34)	2:27.26 (34.27)		
23 Popp, Miriam	SO	Annandale High School	2:31.33	2:35.00	
32.68	1:12.19 (39.51)	1:58.88 (46.69)	2:35.00 (36.12)		
--- Allard, Maddie	FR	Falls Church High School	2:29.18	DQ	
31.68	1:08.37 (36.69)	1:52.00 (43.63)	DQ (37.56)		

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 7 Boys 50 Yard Freestyle

Occoquan Reg: 20.40 O 2/7/2025 Josh Howat LB
 20.41 AAA
 20.80 AAC
 21.86 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Howat, Josh		Lake Braddock	20.84	20.40 O AAA	20
2 Storer, Rece	SR	South County High School	20.80	21.12 STA	17
3 Bauernshub, Brady	SR	Woodson Cavaliers	21.06	21.44 STA	16
4 Wargin, Neil	SO	West Springfield	21.82	21.74 STA	15
5 Reddish, Bobby	SR	Woodson Cavaliers	21.89	21.78 STA	14
6 Cade, Garrison		Robinson Secondary School	22.15	21.92	13
7 Chilton, James	JR	Annandale High School	21.91	22.00	12
8 Sites, Thomas	SR	Falls Church High School	22.19	22.01	11
9 Seiger, Liam	JR	West Springfield	21.72	22.04	9
10 Sample, Finn	SR	Annandale High School	22.47	22.29	7
11 Armentrout, Owen		Lake Braddock	22.17	22.32	6
12 Montano, Jesse	SR	Edison High School	22.75	22.40	5
13 Valli, Leonardo	SR	Thomas Jefferson	22.30	22.44	4
*14 Phillips, J. Coulson	SO	Edison High School	22.57	22.46	2.50
*14 Alexander, Matthew	JR	West Springfield	22.76	22.46	2.50
16 Nguyen, Ricky	JR	Annandale High School	23.06	22.59	1
17 Buckley, Brogan	SR	Fairfax High School	22.39	22.60	
18 Miller, Ryan		Lake Braddock	22.49	22.77	
19 Lasmanis, Miles		Robinson Secondary School	22.93	22.85	
20 Sutherland, Jack	SR	Alexandria City High School	22.87	22.88	
21 Spillmann, Phin	SO	Woodson Cavaliers	23.05	22.99	
22 Storer, Trey	JR	South County High School	22.91	23.09	
23 Daniels, Ethan	SR	South County High School	22.93	23.11	
24 Anyalebechi, Kamsi	JR	Thomas Jefferson	23.09	23.30	

Event 8 Girls 50 Yard Freestyle

Occoquan Reg: 22.78 O 2/12/2022 Katherine Helms South County-PV
 23.08 AAA
 23.54 AAC
 24.51 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Casas, Emma	SR	Woodson Cavaliers	24.53	24.20 STA	20
2 Peters, Riley	JR	Woodson Cavaliers	24.72	24.27 STA	17
3 Morrison, Lexie		Robinson Secondary School	24.05	24.40 STA	16
4 Clark, Kira	SO	South County High School	24.81	24.42 STA	15
5 Strosin, Olivia	FR	Woodson Cavaliers	24.44	24.55	14
*6 Song, Gabriela	SO	West Springfield	25.35	24.68	12.50
*6 Bedford, Madison		Robinson Secondary School	25.29	24.68	12.50
8 Floros, Katerina	SR	Hayfield Secondary School	24.62	24.71	11
9 Trinh, Ellie	FR	South County High School	24.66	24.81	9
10 Yoon, Michelle		Lake Braddock	25.12	25.09	7
11 Morris, Payton	JR	Thomas Jefferson	25.46	25.31	6
12 O'Hara, Vivien		Lake Braddock	25.04	25.57	5
13 He, Emma	JR	Thomas Jefferson	25.75	25.60	4
*14 Meek, Rylie	FR	Hayfield Secondary School	25.98	25.62	2.50
*14 Hoefflich Rodgers, Eleanor	FR	Edison High School	25.78	25.62	2.50
*16 Vazquez, Lucia		Robinson Secondary School	25.24	25.63	.50

2025 VHSL Occoquan Region - 2/7/2025

Results

(Event 8 Girls 50 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
*16 Decareau, Melanie	JR	Annandale High School	25.59	25.63	.50
18 Troth, Ellie	JR	Woodson Cavaliers	25.37	25.70	
19 Hood, Caroline		Lake Braddock	25.74	25.83	
20 Nemets, Alli		Robinson Secondary School	25.86	25.86	
21 Van Waesberghe, Isabella		Lake Braddock	26.07	25.91	
22 Carr, Samantha	SR	Thomas Jefferson	25.76	26.09	
23 Burke, Caroline	FR	West Springfield	25.71	26.18	
24 Lussier, Molly	JR	Mount Vernon High School Swim	26.37	26.36	

Event 9 Boys 1 mtr Diving

Occoquan Reg: 579.30 O 2/2/2018 Conor Casey WTWD
 410.02 STA
 375.00 AAC
 375.00 AAA

Name	Yr	School	Semis Score	Finals Score	Points
Finals					
1 Grannis, Nathaniel	SR	Woodson Cavaliers	411.15	567.10 STA	20
2 Turatbekov, Rem	SR	Thomas Jefferson	320.90	474.50 STA	17
3 Schneider, Cody	JR	Fairfax High School	297.80	422.25 STA	16
4 Wells, Ryan	SR	Thomas Jefferson	283.00	397.30 AAC	15
5 Andrews, Sawyer		Robinson Secondary School	282.50	392.00 AAC	14
6 Vink, Evan	JR	West Springfield	245.55	319.50	13
7 McClure, Grant	JR	West Springfield	228.15	310.85	12
8 Townes, Will	SR	Hayfield Secondary School	210.25	298.90	11
9 Lum, Alex	FR	Falls Church High School	204.30	291.70	9
10 Themely, Jacob	SO	Falls Church High School	183.40	274.85	7
11 Wothington, Madison	FR	Woodson Cavaliers	189.05	261.65	6
12 Damico Lassman, Desmond	SR	Alexandria City High School	184.60	261.20	5
13 Hubbard, Shawn		Robinson Secondary School	202.15	250.05	4
14 Liller, Joe	12	Justice High School Wolves	169.35	239.95	3
15 Simone, Ethan	JR	Annandale High School	177.90	233.55	2
16 Smith, Alex		Lake Braddock	166.25	233.25	1

Event 9 Boys 1 mtr Diving

Occoquan Reg: 579.30 O 2/2/2018 Conor Casey WTWD
 410.02 STA
 375.00 AAC
 375.00 AAA

Name	Yr	School	Prelim Score	Semis Score	
Semi-Finals					
1 Grannis, Nathaniel	SR	Woodson Cavaliers	268.35	411.15	qSTA
2 Turatbekov, Rem	SR	Thomas Jefferson	199.70	320.90	q
3 Schneider, Cody	JR	Fairfax High School	175.90	297.80	q
4 Wells, Ryan	SR	Thomas Jefferson	178.60	283.00	q
5 Andrews, Sawyer		Robinson Secondary School	186.85	282.50	q
6 Vink, Evan	JR	West Springfield	155.05	245.55	q
7 McClure, Grant	JR	West Springfield	137.50	228.15	q
8 Townes, Will	SR	Hayfield Secondary School	132.70	210.25	q
9 Lum, Alex	FR	Falls Church High School	122.15	204.30	q
10 Hubbard, Shawn		Robinson Secondary School	121.80	202.15	q
11 Wothington, Madison	FR	Woodson Cavaliers	126.25	189.05	q
12 Damico Lassman, Desmond	SR	Alexandria City High School	115.30	184.60	q

2025 VHSL Occoquan Region - 2/7/2025

Results

Semi-Finals ... (Event 9 Boys 1 mtr Diving)

Name	Yr	School	Prelim Score	Semis Score	
13 Themely, Jacob	SO	Falls Church High School	113.80	183.40	q
14 Simone, Ethan	JR	Annandale High School	122.30	177.90	q
15 Liller, Joe	12	Justice High School Wolves	112.30	169.35	q
16 Smith, Alex		Lake Braddock	90.30	166.25	q
17 Lee, Sheen		Lake Braddock	92.40	162.90	
18 Ryuh, Daniel		Robinson Secondary School	89.15	158.70	
19 Caldwell, Jude	SR	Thomas Jefferson	111.60	149.30	
20 McFadden, Leo		Lake Braddock	94.45	147.10	

Event 9 Boys 1 mtr Diving

Occoquan Reg: 579.30 O 2/2/2018 Conor Casey WTWD
 410.02 STA
 375.00 AAC
 375.00 AAA

Name	Yr	School	Prelim Score	
Preliminaries				
1 Grannis, Nathaniel	SR	Woodson Cavaliers	571.65	268.35 q
2 Turatbekov, Rem	SR	Thomas Jefferson	515.25	199.70 q
3 Andrews, Sawyer		Robinson Secondary School	368.15	186.85 q
4 Wells, Ryan	SR	Thomas Jefferson	392.35	178.60 q
5 Schneider, Cody	JR	Fairfax High School	394.40	175.90 q
6 Vink, Evan	JR	West Springfield	313.45	155.05 q
7 McClure, Grant	JR	West Springfield	311.95	137.50 q
8 Townes, Will	SR	Hayfield Secondary School	NP	132.70 q
9 Wothington, Madison	FR	Woodson Cavaliers	269.00	126.25 q
10 Simone, Ethan	JR	Annandale High School	229.45	122.30 q
11 Lum, Alex	FR	Falls Church High School	301.35	122.15 q
12 Hubbard, Shawn		Robinson Secondary School	247.55	121.80 q
13 Damico Lassman, Desmond	SR	Alexandria City High School	278.65	115.30 q
14 Themely, Jacob	SO	Falls Church High School	277.00	113.80 q
15 Liller, Joe	12	Justice High School Wolves	223.50	112.30 q
16 Caldwell, Jude	SR	Thomas Jefferson	185.75	111.60 q
17 McFadden, Leo		Lake Braddock	200.00	94.45 q
18 Lee, Sheen		Lake Braddock	222.00	92.40 q
19 Smith, Alex		Lake Braddock	242.95	90.30 q
20 Ryuh, Daniel		Robinson Secondary School	273.95	89.15 q

Event 10 Girls 1 mtr Diving

Occoquan Reg: 477.45 O 2/3/2023 Elisabeth Rockefeller Lake Braddock
 375.00 AAC
 375.00 AAA
 341.92 STA

Name	Yr	School	Semis Score	Finals Score	Points
Finals					
1 Sultanaeva, Beatrice		Robinson Secondary School	271.45	380.25 AAC	20
2 Galway, Tess	12	Justice High School Wolves	229.80	326.95	17
3 Leland, Sophie	FR	West Springfield	224.15	307.30	16
4 Roca, Olivia	SO	Falls Church High School	232.10	307.10	15
5 Nam, Amy	JR	Thomas Jefferson	210.15	290.20	14
6 Buechler, Jess	SO	West Springfield	234.50	285.25	13
7 Drobnis, Rebecca	FR	West Springfield	182.85	265.40	12
8 Lamb, Sofie		Lake Braddock	191.55	256.70	11

2025 VHSL Occoquan Region - 2/7/2025

Results

Finals ... (Event 10 Girls 1 mtr Diving)

Name	Yr	School	Semis Score	Finals Score	Points
9 Harrison, Anamarie		Robinson Secondary School	184.85	254.35	9
10 Fitzgerald, Anna	JR	Annandale High School	183.70	249.10	7
11 Copes, Caroline		Lake Braddock	166.05	245.10	6
12 Wilkins, Paisley	12	Justice High School Wolves	206.20	243.90	5
13 Kowalchick, Emma	FR	Hayfield Secondary School	172.75	241.00	4
14 Payne, Clayre	SO	Hayfield Secondary School	168.10	206.90	3
15 Nguyen, Jolie	JR	Edison High School	150.90	205.25	2

Event 10 Girls 1 mtr Diving

Occoquan Reg: 477.45 O 2/3/2023 Elisabeth Rockefeller Lake Braddock
 375.00 AAC
 375.00 AAA
 341.92 STA

Name	Yr	School	Prelim Score	Semis Score	
Semi-Finals					
1 Sultanaeva, Beatrice		Robinson Secondary School	179.95	271.45	q
2 Buechler, Jess	SO	West Springfield	140.50	234.50	q
3 Roca, Olivia	SO	Falls Church High School	152.20	232.10	q
4 Galway, Tess	12	Justice High School Wolves	142.75	229.80	q
5 Leland, Sophie	FR	West Springfield	144.55	224.15	q
6 Nam, Amy	JR	Thomas Jefferson	135.85	210.15	q
7 Wilkins, Paisley	12	Justice High School Wolves	133.75	206.20	q
8 Lamb, Sofie		Lake Braddock	117.95	191.55	q
9 Harrison, Anamarie		Robinson Secondary School	121.45	184.85	q
10 Fitzgerald, Anna	JR	Annandale High School	114.65	183.70	q
11 Drobnis, Rebecca	FR	West Springfield	131.15	182.85	q
12 Kowalchick, Emma	FR	Hayfield Secondary School	101.25	172.75	q
13 Payne, Clayre	SO	Hayfield Secondary School	104.25	168.10	q
14 Copes, Caroline		Lake Braddock	110.95	166.05	q
15 Nguyen, Jolie	JR	Edison High School	94.90	150.90	q

Event 10 Girls 1 mtr Diving

Occoquan Reg: 477.45 O 2/3/2023 Elisabeth Rockefeller Lake Braddock
 375.00 AAC
 375.00 AAA
 341.92 STA

Name	Yr	School	Prelim Score	
Preliminaries				
1 Sultanaeva, Beatrice		Robinson Secondary School	355.85	179.95 q
2 Roca, Olivia	SO	Falls Church High School	343.50	152.20 q
3 Leland, Sophie	FR	West Springfield	324.85	144.55 q
4 Galway, Tess	12	Justice High School Wolves	311.05	142.75 q
5 Buechler, Jess	SO	West Springfield	298.05	140.50 q
6 Nam, Amy	JR	Thomas Jefferson	317.40	135.85 q
7 Wilkins, Paisley	12	Justice High School Wolves	251.15	133.75 q
8 Drobnis, Rebecca	FR	West Springfield	278.00	131.15 q
9 Harrison, Anamarie		Robinson Secondary School	252.60	121.45 q
10 Lamb, Sofie		Lake Braddock	249.45	117.95 q
11 Fitzgerald, Anna	JR	Annandale High School	243.80	114.65 q
12 Copes, Caroline		Lake Braddock	254.15	110.95 q
13 Payne, Clayre	SO	Hayfield Secondary School	NP	104.25 q
14 Kowalchick, Emma	FR	Hayfield Secondary School	NP	101.25 q

2025 VHSL Occoquan Region - 2/7/2025

Results

Preliminaries ... (Event 10 Girls 1 mtr Diving)

Name	Yr	School	206.00	Prelim Score	
15 Nguyen, Jolie	JR	Edison High School	206.00	94.90	q

Event 11 Boys 100 Yard Butterfly

Occoquan Reg: 49.00 O 2/8/2020 Kent H Coddling WTWD
 48.38 AAA
 49.53 AAC
 51.88 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Fulham, Jack		Robinson Secondary School	50.16	50.00	STA 20
	23.50	50.00 (26.50)			
2 Donovan, Joshua		Lake Braddock	51.22	50.19	STA 17
	23.55	50.19 (26.64)			
3 Naranjo, Ian	JR	West Springfield	50.91	51.43	STA 16
	24.88	51.43 (26.55)			
4 Damico-Lassman, Tobias	SO	Alexandria City High School	52.37	51.51	STA 15
	23.46	51.51 (28.05)			
5 Eriksen, Alex	SR	Woodson Cavaliers	53.19	51.61	STA 14
	23.56	51.61 (28.05)			
6 Seiger, Liam	JR	West Springfield	51.63	51.89	13
	24.15	51.89 (27.74)			
7 O'Neill, Connor	FR	West Potomac High School	51.70	52.12	12
	24.19	52.12 (27.93)			
8 Engstrom, Russell		Lake Braddock	52.45	52.15	11
	24.24	52.15 (27.91)			
9 Fulwiler, Levi		Robinson Secondary School	51.28	52.19	9
	24.73	52.19 (27.46)			
10 Deekens, Jackson	SO	West Springfield	52.21	52.47	7
	25.06	52.47 (27.41)			
11 Plath, Tyler	SR	Woodson Cavaliers	53.43	53.34	6
	24.65	53.34 (28.69)			
12 Lynch, Cooper	SR	West Springfield	53.07	53.49	5
13 Steinhelper, Lukas		Lake Braddock	55.04	54.25	4
	25.18	54.25 (29.07)			
14 Heron, Caelen		Robinson Secondary School	54.90	54.56	3
	24.85	54.56 (29.71)			
15 Anyalebechi, Kamsi	JR	Thomas Jefferson	54.58	54.67	2
	25.22	54.67 (29.45)			
16 Xiao, Harry	SR	Thomas Jefferson	54.47	55.05	1
	25.47	55.05 (29.58)			
17 Kim, Jayden	SR	Fairfax High School	56.62	55.39	
	25.75	55.39 (29.64)			
18 Pabotoy, Sam	JR	Falls Church High School	57.04	55.80	
	26.13	55.80 (29.67)			
19 Ung, Lucas		Lake Braddock	56.97	57.21	
20 Albittibssi, Belal	SO	Edison High School	58.58	58.32	
	27.14	58.32 (31.18)			
21 Schwartz, Nathan	JR	Thomas Jefferson	58.61	59.26	
	27.99	59.26 (31.27)			
22 Belt, Christopher	JR	Hayfield Secondary School	1:00.35	59.92	
	27.49	59.92 (32.43)			
23 Liller, Joe	12	Justice High School Wolves	59.19	1:00.60	
	28.40	1:00.60 (32.20)			

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Results

(Event 11 Boys 100 Yard Butterfly)

Name	Yr	School	Seed Time	Finals Time	Points
--- Jia, Chris	SR	Thomas Jefferson	58.64	DQ	
27.00		DQ (30.39)			

Event 12 Girls 100 Yard Butterfly

Occoquan Reg: 53.95 O 2/3/2018 Cassidy Bayer WPOT
 54.32 AAA
 55.58 AAC
 58.04 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Devlin, Lyla	SO	Woodson Cavaliers	1:00.71	56.45 STA	20
26.67		56.45 (29.78)			
2 Bell, Charlotte		Lake Braddock	57.75	58.17	17
26.98		58.17 (31.19)			
3 Harris, Savannah	JR	South County High School	59.20	58.44	16
27.11		58.44 (31.33)			
4 O'Hara, Victoria		Lake Braddock	1:01.13	59.26	15
27.47		59.26 (31.79)			
5 Vazquez, Lucia		Robinson Secondary School	59.47	59.78	14
27.75		59.78 (32.03)			
6 Coddling, Cally	FR	Woodson Cavaliers	1:00.47	1:01.21	13
27.90		1:01.21 (33.31)			
7 Hymans, Aubrey	SO	Woodson Cavaliers	1:01.78	1:01.39	12
29.05		1:01.39 (32.34)			
8 Holmes, Sophie	SO	West Springfield	1:01.97	1:01.65	11
29.73		1:01.65 (31.92)			
9 Hubbard, Leia	SR	Alexandria City High School	1:01.41	1:01.88	9
28.47		1:01.88 (33.41)			
10 Dewhirst, Emma	FR	Thomas Jefferson	1:01.67	1:02.00	7
29.16		1:02.00 (32.84)			
11 Roca, Olivia	SO	Falls Church High School	1:03.15	1:02.02	6
29.01		1:02.02 (33.01)			
12 Sisco, Tabitha		Robinson Secondary School	1:02.15	1:02.21	5
29.55		1:02.21 (32.66)			
13 Stegmaier, Shannon		Lake Braddock	1:02.27	1:02.58	4
29.71		1:02.58 (32.87)			
14 Mata, Bianca	JR	Woodson Cavaliers	1:03.07	1:02.67	3
28.65		1:02.67 (34.02)			
15 Lundy, Emma		Robinson Secondary School	1:02.56	1:03.39	2
28.79		1:03.39 (34.60)			
16 Prunty, Rebecca	JR	West Springfield	1:05.58	1:04.22	1
30.86		1:04.22 (33.36)			
17 Stevens, Audrey	SO	South County High School	1:03.92	1:04.25	
29.87		1:04.25 (34.38)			
18 Forde, Lizzie	JR	Falls Church High School	1:05.24	1:04.79	
30.06		1:04.79 (34.73)			
19 Monsky, Maclain	11	Justice High School Wolves	1:06.63	1:05.69	
30.53		1:05.69 (35.16)			
20 Waller, Elli	FR	West Springfield	1:05.32	1:05.96	
31.97		1:05.96 (33.99)			
21 Hurt, Taylor		Lake Braddock	1:04.12	1:06.31	
22 Fulton, Evelyn	FR	Thomas Jefferson	1:06.68	1:06.39	
30.63		1:06.39 (35.76)			
23 Lee-Truesdell, Isabella	JR	Thomas Jefferson	1:08.77	1:09.83	

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 13 Boys 100 Yard Freestyle

Occoquan Reg: 45.03 O 2/3/2023 Josh Howat
 44.72 AAA
 45.56 AAC
 48.19 STA

Lake Braddock

Name	Yr	School	Seed Time	Finals Time	Points
1 Howat, Josh		Lake Braddock	47.38	46.58 STA	20
23.05		46.58 (23.53)			
2 Wargin, Neil		SO West Springfield	46.68	46.71 STA	17
22.92		46.71 (23.79)			
3 Hickey, Liam		Robinson Secondary School	47.84	47.31 STA	16
22.69		47.31 (24.62)			
4 Storer, Rece		SR South County High School	47.38	47.42 STA	15
22.82		47.42 (24.60)			
5 Downey, Wyatt		SO Edison High School	47.65	47.46 STA	14
22.94		47.46 (24.52)			
6 Sites, Thomas		SR Falls Church High School	49.59	47.67 STA	13
22.89		47.67 (24.78)			
7 Elakari, Nabil		SR Thomas Jefferson	48.43	48.19 STA	12
23.16		48.19 (25.03)			
8 Chilton, James		JR Annandale High School	47.82	48.28	11
23.18		48.28 (25.10)			
9 Godlove, Carter		SO Woodson Cavaliers	48.20	48.34	9
23.04		48.34 (25.30)			
10 Rana, Shriyan		Lake Braddock	49.57	48.70	7
23.48		48.70 (25.22)			
11 Reddish, Bobby		SR Woodson Cavaliers	48.87	49.54	6
23.34		49.54 (26.20)			
12 Garavito, Camilo		Lake Braddock	49.90	49.67	5
24.04		49.67 (25.63)			
13 Roeseler, Armin		SR West Potomac High School	49.36	49.73	4
23.66		49.73 (26.07)			
14 Schaper, Ian		JR West Springfield	50.14	49.75	3
24.09		49.75 (25.66)			
15 Matis, Landen		SO Thomas Jefferson	50.48	49.80	2
23.54		49.80 (26.26)			
16 Alexander, Matthew		JR West Springfield	50.15	50.14	1
24.41		50.14 (25.73)			
17 Koeppen, Finn		FR Alexandria City High School	50.08	50.15	
24.14		50.15 (26.01)			
18 Lasmanis, Miles		Robinson Secondary School	49.83	50.23	
24.03		50.23 (26.20)			
19 Nickel, Jonathan		Robinson Secondary School	50.75	50.30	
24.14		50.30 (26.16)			
20 Riley, James		Lake Braddock	50.07	50.51	
24.16		50.51 (26.35)			
21 Nguyen, Ricky		JR Annandale High School	51.35	50.72	
24.22		50.72 (26.50)			
22 Jacobs, Ben		SO Hayfield Secondary School	51.40	50.80	
23 Spillmann, Phin		SO Woodson Cavaliers	50.57	51.07	
24.52		51.07 (26.55)			
24 Yang, Jayden		JR Thomas Jefferson	51.61	51.95	
24.98		51.95 (26.97)			
25 Storer, Trey		JR South County High School	50.75	52.15	
25.31		52.15 (26.84)			

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 14 Girls 100 Yard Freestyle

Occoquan Reg: 49.57 O 2/12/2022 Katherine Helms

South County-PV

50.16 AAA

50.99 AAC

53.14 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Bedford, Madison		Robinson Secondary School	52.99	52.64 STA	20
25.35		52.64 (27.29)			
2 Morrison, Lexie		Robinson Secondary School	54.93	53.26	17
25.56		53.26 (27.70)			
3 Clark, Kira	SO	South County High School	53.99	53.59	16
25.89		53.59 (27.70)			
4 Song, Gabriela	SO	West Springfield	55.89	53.97	15
25.82		53.97 (28.15)			
5 Kampschorr, Reagan	12	Justice High School Wolves	54.36	54.10	14
26.06		54.10 (28.04)			
6 Helms, Anna	SO	South County High School	54.47	54.51	13
26.56		54.51 (27.95)			
7 Strosin, Olivia	FR	Woodson Cavaliers	54.88	54.62	12
26.14		54.62 (28.48)			
8 Johnston, Maggie	FR	Woodson Cavaliers	54.81	54.76	11
26.38		54.76 (28.38)			
9 Peters, Riley	JR	Woodson Cavaliers	54.57	55.18	9
26.46		55.18 (28.72)			
10 Trinh, Ellie	FR	South County High School	54.35	55.69	7
27.02		55.69 (28.67)			
11 Feinberg, Mad		Robinson Secondary School	55.34	55.83	6
26.77		55.83 (29.06)			
12 Hoefflich Rodgers, Eleanor	FR	Edison High School	56.04	56.19	5
27.11		56.19 (29.08)			
13 Troth, Ellie	JR	Woodson Cavaliers	55.95	56.22	4
27.20		56.22 (29.02)			
14 He, Emma	JR	Thomas Jefferson	56.46	56.96	3
27.49		56.96 (29.47)			
15 Carr, Samantha	SR	Thomas Jefferson	56.63	57.18	2
27.98		57.18 (29.20)			
16 Bird, Karina		Robinson Secondary School	57.34	57.26	1
27.45		57.26 (29.81)			
17 Kiddey, Olivia		Lake Braddock	57.37	57.30	
27.55		57.30 (29.75)			
18 Tibayan, Leryn		Lake Braddock	57.81	57.70	
27.69		57.70 (30.01)			
19 Decareau, Melanie	JR	Annandale High School	57.47	57.92	
27.21		57.92 (30.71)			
20 Snow, Sophie	SO	West Springfield	58.04	58.16	
28.21		58.16 (29.95)			
21 Valenzuela, Arianne		Lake Braddock	57.81	58.19	
28.03		58.19 (30.16)			
22 Morris, Payton	JR	Thomas Jefferson	56.83	58.20	
28.10		58.20 (30.10)			
23 Wallinger, Ella	JR	Falls Church High School	58.02	58.37	
28.03		58.37 (30.34)			
24 Lussier, Molly	JR	Mount Vernon High School Swim	58.04	59.00	
27.77		59.00 (31.23)			

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 15 Boys 500 Yard Freestyle

Occoquan Reg: 4:37.61 O 2/10/2024 Josh Howat

Lake Braddock

4:28.38 AAA

4:33.13 AAC

4:46.72 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Steider, Jackson	SR	Falls Church High School	4:49.79	4:38.61 STA	20
24.69	51.88 (27.19)	1:20.17 (28.29)	1:48.96 (28.79)		
2:17.85 (28.89)	2:46.91 (29.06)	3:15.78 (28.87)	3:43.77 (27.99)		
4:11.69 (27.92)	4:38.61 (26.92)				
2 Curb, Tristan	SO	West Springfield	4:45.80	4:45.40 STA	17
25.50	53.28 (27.78)	1:21.68 (28.40)	1:50.72 (29.04)		
2:19.94 (29.22)	2:49.30 (29.36)	3:18.50 (29.20)	3:47.86 (29.36)		
4:17.06 (29.20)	4:45.40 (28.34)				
3 Kockler, Matthew		Lake Braddock	4:52.71	4:52.86	16
25.70	54.12 (28.42)	1:23.62 (29.50)	1:53.34 (29.72)		
2:23.27 (29.93)	2:53.56 (30.29)	3:23.73 (30.17)	3:53.97 (30.24)		
4:23.92 (29.95)	4:52.86 (28.94)				
4 McNeely, Connor	JR	Fairfax High School	4:55.38	4:55.05	15
26.33	55.93 (29.60)	1:25.77 (29.84)	1:56.05 (30.28)		
2:26.30 (30.25)	2:56.44 (30.14)	3:26.68 (30.24)	3:56.95 (30.27)		
4:26.84 (29.89)	4:55.05 (28.21)				
5 Davis, Wyatt	SO	West Springfield	4:53.33	4:55.38	14
26.55	56.06 (29.51)	1:26.22 (30.16)	1:56.28 (30.06)		
2:26.38 (30.10)	2:56.63 (30.25)	3:26.66 (30.03)	3:56.79 (30.13)		
4:26.58 (29.79)	4:55.38 (28.80)				
6 Kelly, Kieran	SO	Woodson Cavaliers	4:57.58	4:56.88	13
26.87	56.88 (30.01)	1:27.97 (31.09)	1:58.43 (30.46)		
2:28.63 (30.20)	2:58.26 (29.63)	3:27.46 (29.20)	3:58.25 (30.79)		
4:28.52 (30.27)	4:56.88 (28.36)				
7 Johnson, Phineas		Lake Braddock	4:52.28	4:57.32	12
26.71	56.10 (29.39)	1:26.16 (30.06)	1:56.96 (30.80)		
2:27.30 (30.34)	2:56.97 (29.67)	3:26.99 (30.02)	3:57.29 (30.30)		
4:28.08 (30.79)	4:57.32 (29.24)				
8 van Schagen, Asher	SO	West Springfield	5:00.77	5:00.21	11
26.29	55.57 (29.28)	1:25.45 (29.88)	1:55.51 (30.06)		
2:25.82 (30.31)	2:56.41 (30.59)	3:27.38 (30.97)	3:58.43 (31.05)		
4:29.56 (31.13)	5:00.21 (30.65)				
9 Downey, Jack	SO	Edison High School	5:03.69	5:04.20	9
26.98	56.69 (29.71)	1:27.47 (30.78)	1:58.21 (30.74)		
2:29.34 (31.13)	3:00.05 (30.71)	3:31.03 (30.98)	4:02.14 (31.11)		
4:33.54 (31.40)	5:04.20 (30.66)				
10 Ellis, Leo	FR	Alexandria City High School	5:00.25	5:06.01	7
26.71	56.23 (29.52)	1:26.24 (30.01)	1:56.77 (30.53)		
2:27.41 (30.64)	2:58.59 (31.18)	3:30.28 (31.69)	4:02.27 (31.99)		
4:34.17 (31.90)	5:06.01 (31.84)				
11 Riley, James		Lake Braddock	5:03.47	5:07.06	6
26.64	56.10 (29.46)	1:26.85 (30.75)	1:58.38 (31.53)		
2:29.88 (31.50)	3:01.49 (31.61)	3:33.32 (31.83)	4:05.34 (32.02)		
4:36.63 (31.29)	5:07.06 (30.43)				
12 Yakes, James	JR	Hayfield Secondary School	5:10.55	5:08.17	5
27.15	56.78 (29.63)	1:27.42 (30.64)	1:58.56 (31.14)		
2:29.84 (31.28)	3:01.25 (31.41)	3:32.90 (31.65)	4:04.93 (32.03)		
4:37.24 (32.31)	5:08.17 (30.93)				

2025 VHSL Occoquan Region - 2/7/2025

Results

(Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
13 Gruendel, Josef		Robinson Secondary School	5:09.04	5:08.20	4
27.34	57.36 (30.02)	1:27.92 (30.56)	1:58.95 (31.03)		
2:30.07 (31.12)	3:01.30 (31.23)	3:32.63 (31.33)	4:04.19 (31.56)		
4:36.29 (32.10)	5:08.20 (31.91)				
14 Searight, Jameson	SO	West Springfield	5:11.80	5:10.27	3
27.37	58.05 (30.68)	1:29.07 (31.02)	2:00.21 (31.14)		
2:31.79 (31.58)	3:03.84 (32.05)	3:36.10 (32.26)	4:08.07 (31.97)		
4:39.28 (31.21)	5:10.27 (30.99)				
15 Yeh, Finn	SO	Falls Church High School	5:12.36	5:10.45	2
27.03	57.46 (30.43)	1:28.58 (31.12)	2:00.07 (31.49)		
2:31.96 (31.89)	3:03.85 (31.89)	3:35.83 (31.98)	4:08.35 (32.52)		
4:40.13 (31.78)	5:10.45 (30.32)				
16 Hossein, Ayaan		Robinson Secondary School	5:12.77	5:11.56	1
27.10	57.56 (30.46)	1:29.24 (31.68)	2:00.27 (31.03)		
2:31.96 (31.69)	3:04.20 (32.24)	3:36.51 (32.31)	4:09.15 (32.64)		
4:41.05 (31.90)	5:11.56 (30.51)				
17 Winkler, Donovan	SO	Woodson Cavaliers	5:16.98	5:14.60	
28.00	58.96 (30.96)	1:31.01 (32.05)	2:03.86 (32.85)		
2:36.68 (32.82)	3:09.03 (32.35)	3:41.49 (32.46)	4:14.32 (32.83)		
4:46.14 (31.82)	5:14.60 (28.46)				
18 Sheppard, Owen	JR	John Lewis High School	5:15.52	5:15.59	
28.79	59.68 (30.89)	1:31.52 (31.84)	2:03.87 (32.35)		
2:36.03 (32.16)	3:08.45 (32.42)	3:40.71 (32.26)	4:13.26 (32.55)		
4:45.61 (32.35)	5:15.59 (29.98)				
19 Hadi, Samuel	FR	Woodson Cavaliers	5:17.43	5:15.97	
28.69	1:00.31 (31.62)	1:32.70 (32.39)	2:05.52 (32.82)		
2:38.60 (33.08)	3:11.52 (32.92)	3:43.75 (32.23)	4:15.76 (32.01)		
4:46.40 (30.64)	5:15.97 (29.57)				
20 Kogut, Cameron	JR	Edison High School	5:17.07	5:19.62	
27.84	59.17 (31.33)	1:31.49 (32.32)	2:04.20 (32.71)		
2:37.30 (33.10)	3:10.83 (33.53)	3:43.51 (32.68)	4:16.46 (32.95)		
4:48.92 (32.46)	5:19.62 (30.70)				
21 Fiore, Leyton	FR	Edison High School	5:20.33	5:20.33	
28.60	59.97 (31.37)	1:32.25 (32.28)	2:04.97 (32.72)		
2:38.02 (33.05)	3:10.87 (32.85)	3:44.05 (33.18)	4:16.91 (32.86)		
4:49.35 (32.44)	5:20.33 (30.98)				
22 Eriksen, Nathaniel	SO	Woodson Cavaliers	5:21.80	5:21.33	
28.18	59.15 (30.97)	1:31.03 (31.88)	2:03.88 (32.85)		
2:36.79 (32.91)	3:09.94 (33.15)	3:43.38 (33.44)	4:16.68 (33.30)		
4:50.01 (33.33)	5:21.33 (31.32)				
23 Hariharan, Samvit	FR	Thomas Jefferson	5:20.57	5:23.67	
27.50	59.30 (31.80)	1:32.53 (33.23)	2:06.15 (33.62)		
2:39.95 (33.80)	3:13.99 (34.04)	3:47.96 (33.97)	4:21.51 (33.55)		
4:53.04 (31.53)	5:23.67 (30.63)				
24 Dalton, Caiden	SO	Annandale High School	5:21.84	5:25.80	
27.32	58.09 (30.77)	1:30.83 (32.74)	2:04.50 (33.67)		
2:38.76 (34.26)	3:12.82 (34.06)	3:47.14 (34.32)	4:20.98 (33.84)		
5:25.80 (1:04.82)					

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 16 Girls 500 Yard Freestyle

Occoquan Reg: 4:55.69 O 2/7/2020 Katherine Helms

SOCO

4:53.16 AAA

4:58.35 AAC

5:09.86 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Nguyen, Lien	JR	Woodson Cavaliers	5:03.11	5:06.15 STA	20
27.46	57.41 (29.95)	1:28.07 (30.66)	1:59.16 (31.09)		
2:30.48 (31.32)	3:02.06 (31.58)	3:33.54 (31.48)	4:04.81 (31.27)		
4:36.28 (31.47)	5:06.15 (29.87)				
2 Engstrom, Annika		Lake Braddock	5:24.70	5:12.05	17
27.53	57.92 (30.39)	1:29.10 (31.18)	2:00.64 (31.54)		
2:32.73 (32.09)	3:05.13 (32.40)	3:37.56 (32.43)	4:09.76 (32.20)		
4:41.68 (31.92)	5:12.05 (30.37)				
3 Scherber, Naomi		Robinson Secondary School	5:14.98	5:14.11	16
28.43	59.99 (31.56)	1:32.15 (32.16)	2:04.56 (32.41)		
2:36.54 (31.98)	3:08.39 (31.85)	3:39.81 (31.42)	4:11.44 (31.63)		
4:43.09 (31.65)	5:14.11 (31.02)				
4 Roche, Madeline	SO	Thomas Jefferson	5:16.95	5:16.31	15
28.93	59.93 (31.00)	1:31.62 (31.69)	2:03.41 (31.79)		
2:35.66 (32.25)	3:07.99 (32.33)	3:40.45 (32.46)	4:12.77 (32.32)		
4:44.74 (31.97)	5:16.31 (31.57)				
5 Stein, Abby	SR	West Springfield	5:18.18	5:20.03	14
28.42	59.81 (31.39)	1:32.17 (32.36)	2:04.83 (32.66)		
2:37.32 (32.49)	3:09.86 (32.54)	3:42.48 (32.62)	4:15.07 (32.59)		
4:47.78 (32.71)	5:20.03 (32.25)				
6 Du, Madelyn	SR	Falls Church High School	5:20.02	5:21.36	13
28.94	1:00.16 (31.22)	1:32.83 (32.67)	2:05.38 (32.55)		
2:38.35 (32.97)	3:10.49 (32.14)	3:43.31 (32.82)	4:16.64 (33.33)		
4:49.28 (32.64)	5:21.36 (32.08)				
7 Miller, Kenzie	FR	West Springfield	5:23.36	5:22.90	12
28.69	59.82 (31.13)	1:32.15 (32.33)	2:04.37 (32.22)		
2:37.16 (32.79)	3:10.00 (32.84)	3:43.28 (33.28)	4:16.60 (33.32)		
4:50.11 (33.51)	5:22.90 (32.79)				
8 Gruendel, Petra		Robinson Secondary School	5:23.77	5:24.42	11
28.43	59.69 (31.26)	1:32.07 (32.38)	2:04.82 (32.75)		
2:38.00 (33.18)	3:11.46 (33.46)	3:44.75 (33.29)	4:18.41 (33.66)		
4:51.61 (33.20)	5:24.42 (32.81)				
9 Feinberg, Mad		Robinson Secondary School	5:24.74	5:24.71	9
28.85	1:01.19 (32.34)	1:34.24 (33.05)	2:07.27 (33.03)		
2:40.17 (32.90)	3:13.39 (33.22)	3:46.48 (33.09)	4:19.83 (33.35)		
4:52.81 (32.98)	5:24.71 (31.90)				
10 Amatucci, Gina		Robinson Secondary School	5:32.52	5:32.26	7
29.85	1:02.57 (32.72)	1:36.34 (33.77)	2:10.29 (33.95)		
2:44.21 (33.92)	3:18.25 (34.04)	3:52.13 (33.88)	4:25.63 (33.50)		
4:59.37 (33.74)	5:32.26 (32.89)				
11 Lasut, Tess	JR	South County High School	5:29.10	5:33.52	6
29.46	1:01.57 (32.11)	1:34.32 (32.75)	2:07.73 (33.41)		
2:41.70 (33.97)	3:16.11 (34.41)	3:50.96 (34.85)	4:25.83 (34.87)		
5:00.39 (34.56)	5:33.52 (33.13)				
12 Hughes, Sydney	SO	Woodson Cavaliers	5:36.42	5:34.04	5
29.82	1:02.40 (32.58)	1:36.12 (33.72)	2:09.82 (33.70)		
2:44.18 (34.36)	3:18.02 (33.84)	3:52.52 (34.50)	4:26.97 (34.45)		
5:01.40 (34.43)	5:34.04 (32.64)				

2025 VHSL Occoquan Region - 2/7/2025

Results

(Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
13 Feehs, Maryn	SR	South County High School	5:33.04	5:34.08	4
29.96	1:02.63 (32.67)	1:36.10 (33.47)	2:09.93 (33.83)		
2:43.82 (33.89)	3:17.87 (34.05)	3:51.96 (34.09)	4:26.50 (34.54)		
5:01.00 (34.50)	5:34.08 (33.08)				
14 Robinson, Ashley	FR	South County High School	5:43.04	5:38.23	3
28.96	1:01.55 (32.59)	1:35.31 (33.76)	2:09.40 (34.09)		
2:44.33 (34.93)	3:19.26 (34.93)	3:54.66 (35.40)	4:30.07 (35.41)		
5:04.75 (34.68)	5:38.23 (33.48)				
15 Hurt, Taylor		Lake Braddock	5:38.39	5:40.87	2
30.40	1:03.45 (33.05)	1:36.95 (33.50)	2:11.10 (34.15)		
2:45.21 (34.11)	3:20.07 (34.86)	3:54.78 (34.71)	4:30.05 (35.27)		
5:05.76 (35.71)	5:40.87 (35.11)				
16 Saunders, Riley	FR	Woodson Cavaliers	5:44.60	5:41.26	1
31.19	1:05.15 (33.96)	1:39.73 (34.58)	2:14.45 (34.72)		
2:49.23 (34.78)	3:24.10 (34.87)	3:59.48 (35.38)	4:34.25 (34.77)		
5:08.45 (34.20)	5:41.26 (32.81)				
17 Whelan, Abigail	SR	South County High School	5:45.73	5:41.48	
29.52	1:02.74 (33.22)	1:36.97 (34.23)	2:11.24 (34.27)		
2:45.78 (34.54)	3:21.05 (35.27)	3:56.66 (35.61)	4:32.49 (35.83)		
5:07.43 (34.94)	5:41.48 (34.05)				
18 Meek, Rylie	FR	Hayfield Secondary School	5:43.49	5:42.47	
29.86	1:03.13 (33.27)	1:37.22 (34.09)	2:11.54 (34.32)		
2:46.47 (34.93)	3:21.83 (35.36)	3:57.18 (35.35)	4:33.06 (35.88)		
5:08.31 (35.25)	5:42.47 (34.16)				
19 Mosford, Claire	JR	West Springfield	5:45.96	5:46.08	
31.05	1:04.89 (33.84)	1:39.79 (34.90)	2:15.21 (35.42)		
2:50.69 (35.48)	3:26.23 (35.54)	4:01.28 (35.05)	4:36.50 (35.22)		
5:11.67 (35.17)	5:46.08 (34.41)				
20 Fasano, Lily	FR	Edison High School	5:51.78	5:53.44	
31.21	1:06.27 (35.06)	1:42.43 (36.16)	2:18.78 (36.35)		
2:54.84 (36.06)	3:31.28 (36.44)	4:07.22 (35.94)	4:43.38 (36.16)		
5:19.80 (36.42)	5:53.44 (33.64)				
21 Popp, Miriam	SO	Annandale High School	5:58.11	6:01.04	
31.88	1:07.19 (35.31)	1:43.25 (36.06)	2:19.69 (36.44)		
2:56.61 (36.92)	3:33.32 (36.71)	4:10.49 (37.17)	4:48.01 (37.52)		
6:01.04 (1:13.03)					
22 Wallinger, Josephine	JR	Falls Church High School	6:05.33	6:05.62	
31.28	1:06.54 (35.26)	1:43.25 (36.71)	2:20.41 (37.16)		
2:58.26 (37.85)	3:35.70 (37.44)	4:13.81 (38.11)	4:51.81 (38.00)		
5:29.81 (38.00)	6:05.62 (35.81)				
23 Zheng, Emma	JR	Thomas Jefferson	6:10.17	6:07.76	
31.80	1:07.69 (35.89)	1:44.26 (36.57)	2:21.17 (36.91)		
2:58.22 (37.05)	3:35.59 (37.37)	4:13.05 (37.46)	4:51.20 (38.15)		
5:30.38 (39.18)	6:07.76 (37.38)				
24 Dober, Leah	FR	Thomas Jefferson	6:20.59	6:27.71	
33.86	1:12.01 (38.15)	1:51.12 (39.11)	2:31.18 (40.06)		
3:11.11 (39.93)	3:51.27 (40.16)	4:31.24 (39.97)	5:10.86 (39.62)		
5:50.58 (39.72)	6:27.71 (37.13)				

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 17 Boys 200 Yard Freestyle Relay

Occoquan Reg: 1:24.08 O 2/10/2024

Robinson Secondary School

Robinson

J Fulham, L Hickey, N Byrnes, J Schmid

1:24.15 AAA

1:25.57 AAC

1:28.25 STA

Team	Relay	Seed Time	Finals Time	Points
1 Robinson Secondary School		1:26.75	1:25.17 AAC	40
1) Cade, Garrison	2) Hickey, Liam	3) Wood, Alex	4) Fulham, Jack	
21.77	42.99 (21.22)	1:04.34 (21.35)	1:25.17 (20.83)	
2 Woodson Cavaliers		1:30.40	1:25.53 AAC	34
1) Eriksen, Alex SR	2) Reddish, Bobby SR	3) Godlove, Carter SO	4) Bauernshub, Brady SR	
21.71	43.00 (21.29)	1:04.70 (21.70)	1:25.53 (20.83)	
3 West Springfield		1:26.36	1:25.76 STA	32
1) Curb, Tristan SO	2) Wargin, Hugh SO	3) Seiger, Liam JR	4) Wargin, Neil SO	
22.47	43.72 (21.25)	1:05.05 (21.33)	1:25.76 (20.71)	
*4 South County High School		1:28.54	1:27.76 STA	29
1) Storer, Rece SR	2) Daniels, Ethan SR	3) Storer, Trey JR	4) Iaci, Luca JR	
20.91	42.96 (22.05)	1:05.00 (22.04)	1:27.76 (22.76)	
*4 Annandale High School		1:28.84	1:27.76 STA	29
1) Popp, Noah SR	2) Nguyen, Ricky JR	3) Chilton, James JR	4) Sample, Finn SR	
22.38	44.85 (22.47)	1:06.30 (21.45)	1:27.76 (21.46)	
6 Lake Braddock		1:30.15	1:27.79 STA	26
1) Kockler, Matthew	2) Armentrout, Owen	3) Rana, Shriyan	4) Engstrom, Russell	
22.78	44.41 (21.63)	1:06.35 (21.94)	1:27.79 (21.44)	
7 Falls Church High School		1:30.56	1:28.75	24
1) Sites, Thomas SR	2) Pabotoy, Sam JR	3) Keefer, Cooper JR	4) Steider, Jackson SR	
22.18	44.81 (22.63)	1:07.47 (22.66)	1:28.75 (21.28)	
8 Thomas Jefferson		1:31.97	1:29.48	22
1) Xiao, Harry SR	2) Anyalebechi, Kamsi JR	3) Valli, Leonardo SR	4) Elakari, Nabil SR	
22.82	45.86 (23.04)	1:08.06 (22.20)	1:29.48 (21.42)	
9 Edison High School		1:33.26	1:32.86	18
1) Montano, Jesse SR	2) Phillips, J. Coulson SO	3) Downey, Jack SO	4) Finnegan, Collin JR	
23.84	46.62 (22.78)	1:10.39 (23.77)	1:32.86 (22.47)	
10 Hayfield Secondary School		1:35.42	1:34.05	14
1) Jacobs, Ben SO	2) Kemper, Scott JR	3) Belt, Cooper SR	4) Yakes, James JR	
23.90	47.25 (23.35)	1:10.51 (23.26)	1:34.05 (23.54)	
11 Fairfax High School		1:34.23	1:34.18	12
1) Buckley, Brogan SR	2) Bryk, Everett JR	3) Kim, Jayden SR	4) Prudencio, Alejandro JR	
23.05	46.69 (23.64)	1:09.82 (23.13)	1:34.18 (24.36)	
12 Alexandria City High School		1:32.11	1:35.50	10
1) Sutherland, Jack SR	2) Guevara, Alex FR	3) Reber, Cruz SO	4) Ellis, Leo FR	
23.22	1:16.48 ()	1:35.50 (19.02)		
13 West Potomac High School		1:38.47	1:37.24	8
1) Dietz, Leo SO	2) McMaster, Grady SR	3) Lomeli, Benjamin SR	4) Wolverton, Alexander FR	
24.40	49.12 (24.72)	1:13.69 (24.57)	1:37.24 (23.55)	
14 Justice High School Wolves		1:42.13	1:39.38	6
1) Laboy, Hayden 11	2) Al-Hiari, Talal 11	3) Tedros, Daniel 11	4) Dokken, Paul 11	
25.13	51.32 (26.19)	1:15.70 (24.38)	1:39.38 (23.68)	
15 Mount Vernon High School Swim		1:56.82	1:41.66	4
1) Carrado, Ryan JR	2) Vanzandt, James FR	3) Henderson, Levi JR	4) Stankewick, Walter SR	
30.76	51.30 (20.54)	1:17.96 (26.66)	1:41.66 (23.70)	
16 John Lewis High School		1:43.72	1:43.39	2
1) Gonzales, Andrew SR	2) Torrez, Anthony SR	3) Gonzales, Daniel SR	4) Sheppard, Owen JR	
24.25	52.37 (28.12)	1:19.47 (27.10)	1:43.39 (23.92)	

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 18 Girls 200 Yard Freestyle Relay

Occoquan Reg: 1:36.37 O 2/3/2018

Robinson Secondary School

ROBN

B Johnson, E Oswald, E Monnig, O Schmid

1:35.48 AAA

1:37.15 AAC

1:39.62 STA

Team	Relay			Seed Time	Finals Time	Points
1 Robinson Secondary School				1:36.99	1:37.01 AAC	40
1) Bedford, Madison	2) Nemets, Alli	3) Wilbur, Lilla		4) Morrison, Lexie		
24.55	55.20 (30.65)	1:13.19 (17.99)	1:37.01 (23.82)			
2 South County High School				1:40.16	1:38.47 STA	34
1) Trinh, Ellie FR	2) Trinh, Lili SR	3) Helms, Anna SO		4) Clark, Kira SO		
24.89	49.46 (24.57)	1:13.97 (24.51)	1:38.47 (24.50)			
3 Lake Braddock				1:42.81	1:39.32 STA	32
1) O'Hara, Victoria	2) Yoon, Michelle	3) O'Hara, Vivien		4) Bell, Charlotte		
25.13	50.00 (24.87)	1:15.03 (25.03)	1:39.32 (24.29)			
4 West Springfield				1:42.63	1:40.66	30
1) Song, Gabriela SO	2) Holmes, Sophie SO	3) Burke, Caroline FR		4) Fleming, Brianna SO		
24.88	51.22 (26.34)	1:16.59 (25.37)	1:40.66 (24.07)			
5 Thomas Jefferson				1:43.66	1:40.83	28
1) Carr, Samantha SR	2) Prudius, Laura FR	3) Morris, Payton JR		4) He, Emma JR		
25.88	50.69 (24.81)	1:15.90 (25.21)	1:40.83 (24.93)			
6 Alexandria City High School				1:43.69	1:42.81	26
1) Cotton, Rachel JR	2) Hubbard, Leia SR	3) O'Brien, Bridget FR		4) Fitzgerald, Maya SO		
24.99	51.07 (26.08)	1:17.17 (26.10)	1:42.81 (25.64)			
7 Falls Church High School				1:45.28	1:44.65	24
1) Wallinger, Ella JR	2) Forde, Steffi JR	3) Roca, Olivia SO		4) Forde, Lizzie JR		
34.92	52.74 (17.82)	1:18.63 (25.89)	1:44.65 (26.02)			
8 Edison High School				1:44.84	1:45.97	22
1) Reyes, Jasmine SO	2) McCahill, Cassidy SR	3) Pflugradt, Eva JR		4) Hoeflich Rodgers, Eleanor FR		
27.66	54.03 (26.37)	1:20.73 (26.70)	1:45.97 (25.24)			
9 Annandale High School				1:51.02	1:47.99	18
1) Decareau, Melanie JR	2) Chapman, Harper JR	3) McKenna, Ella FR		4) Fitzgerald, Louise JR		
26.21	55.64 (29.43)	1:47.99 (52.35)				
10 Justice High School Wolves				1:50.11	1:48.12	14
1) Bailey, Kate	2) Ferrari, Gabriella 11	3) Perez Fernandez, Camila 12		4) Kampschorr, Reagan 12		
28.93	1:00.88 (31.95)	1:23.60 (22.72)	1:48.12 (24.52)			
11 Fairfax High School				1:51.79	1:49.04	12
1) Verwys, Ellen FR	2) Rupp, Sarah SR	3) Lucas, Annalise FR		4) Worst, Eowyn SR		
26.40	53.45 (27.05)	1:21.26 (27.81)	1:49.04 (27.78)			
12 Mount Vernon High School Swim				1:50.92	1:49.11	10
1) Henderson, Jackie SO	2) Dresch, Michaela SO	3) Kolovos, Katherine SR		4) Lussier, Molly JR		
27.33	55.68 (28.35)	1:23.40 (27.72)	1:49.11 (25.71)			
13 West Potomac High School				1:50.57	1:49.77	8
1) Emery, Norah SR	2) Margolis, Mabel SO	3) Mikulski, Lally SO		4) El Bourini, Aysel SO		
27.59	54.79 (27.20)	1:22.91 (28.12)	1:49.77 (26.86)			
14 Hayfield Secondary School				1:59.69	1:51.46	6
1) Flowers, Noemi	2) Young, Alyvia SR	3) Kong, Yuna FR		4) Prael, Abigail SR		
27.57	57.06 (29.49)	1:24.67 (27.61)	1:51.46 (26.79)			
15 John Lewis High School				2:08.71	2:08.19	4
1) Dunlap, Addison SO	2) Lazear, Mae SR	3) McLaughlin, Madison SR		4) Somchanmavong, Serena SR		
30.66		1:17.32 ()	2:08.19 (50.87)			
--- Woodson Cavaliers				1:37.55	DQ	
1) Strosin, Olivia FR	2) Johnston, Maggie FR	3) Troth, Ellie JR		4) Casas, Emma SR		
26.01	50.05 (24.04)	1:15.17 (25.12)	DQ (24.02)			

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 19 Boys 100 Yard Backstroke

Occoquan Reg: 48.29 O 2/10/2024 JT Schmid

Robinson

48.94 AAA

50.13 AAC

52.90 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Hickey, Liam		Robinson Secondary School	53.05	50.45 STA	20
24.62		50.45 (25.83)			
2 Donovan, Joshua		Lake Braddock	51.27	51.69 STA	17
25.26		51.69 (26.43)			
3 Cade, Garrison		Robinson Secondary School	53.06	52.21 STA	16
25.31		52.21 (26.90)			
*4 Elakari, Nabil	SR	Thomas Jefferson	52.93	52.72 STA	14.50
25.95		52.72 (26.77)			
*4 Naranjo, Ian	JR	West Springfield	53.35	52.72 STA	14.50
25.59		52.72 (27.13)			
6 Tranchemontagne, Daniel		Lake Braddock	52.89	53.15	13
25.84		53.15 (27.31)			
7 Page, Rece	SR	West Springfield	54.08	53.16	12
25.46		53.16 (27.70)			
8 Popp, Noah	SR	Annandale High School	54.01	53.39	11
25.71		53.39 (27.68)			
9 Engstrom, Russell		Lake Braddock	54.55	53.72	9
26.64		53.72 (27.08)			
10 Damico-Lassman, Tobias	SO	Alexandria City High School	55.20	53.82	7
25.96		53.82 (27.86)			
11 Koeppen, Finn	FR	Alexandria City High School	54.81	54.32	6
26.42		54.32 (27.90)			
12 O'Neill, Four	JR	West Potomac High School	57.24	55.58	5
27.02		55.58 (28.56)			
13 Loughmiller, Ben	SR	West Springfield	55.40	55.59	4
27.02		55.59 (28.57)			
14 Loeffert, Clark	FR	West Springfield	55.67	55.64	3
26.24		55.64 (29.40)			
15 Arraya, Michael		Robinson Secondary School	56.87	56.31	2
26.97		56.31 (29.34)			
16 Wentland, Phoenix	9	Justice High School Wolves	58.23	57.66	1
28.04		57.66 (29.62)			
17 Kollet, Cal	FR	Woodson Cavaliers	58.05	57.82	
28.22		57.82 (29.60)			
18 Johnson, Phineas		Lake Braddock	56.82	58.27	
28.02		58.27 (30.25)			
19 Kogut, Cameron	JR	Edison High School	58.22	59.02	
28.80		59.02 (30.22)			
20 Hernandez-Giblin, Javier	SO	Woodson Cavaliers	59.52	59.62	
28.58		59.62 (31.04)			
21 Peterson, Liam	FR	Edison High School	1:00.82	1:00.03	
28.76		1:00.03 (31.27)			
22 Lam, Sam	SO	Thomas Jefferson	1:00.41	1:00.09	
28.82		1:00.09 (31.27)			
23 Hoddinott, Cooper	FR	Falls Church High School	1:00.04	1:00.86	
28.74		1:00.86 (32.12)			
24 Kala, Ashvin	SR	Thomas Jefferson	1:00.53	1:00.94	
28.68		1:00.94 (32.26)			

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 20 Girls 100 Yard Backstroke

Occoquan Reg: 54.16 O 2/10/2024 Sadie Buckley

Fairfax

54.69 AAA

55.91 AAC

58.43 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Buckley, Sadie	SO	Fairfax High School	56.50	54.38 AAA	20
26.83		54.38 (27.55)			
2 Trinh, Lili	SR	South County High School	58.00	57.66 STA	17
28.11		57.66 (29.55)			
3 Petronello, Hadley	SO	West Potomac High School	56.81	57.67 STA	16
27.87		57.67 (29.80)			
4 Casas, Emma	SR	Woodson Cavaliers	58.04	58.32 STA	15
28.16		58.32 (30.16)			
5 Yoon, Michelle		Lake Braddock	58.15	58.39 STA	14
28.47		58.39 (29.92)			
6 Cotton, Rachel	JR	Alexandria City High School	59.93	59.81	13
29.19		59.81 (30.62)			
7 Johnston, Maggie	FR	Woodson Cavaliers	1:01.12	1:00.68	12
29.54		1:00.68 (31.14)			
8 Frank, Lucie	FR	Woodson Cavaliers	1:00.64	1:00.86	11
29.54		1:00.86 (31.32)			
9 Suma, Sydney		Robinson Secondary School	1:01.04	1:01.19	9
29.51		1:01.19 (31.68)			
10 Roche, Madeline	SO	Thomas Jefferson	1:00.35	1:01.20	7
29.64		1:01.20 (31.56)			
11 Floros, Katerina	SR	Hayfield Secondary School	1:02.44	1:01.55	6
28.98		1:01.55 (32.57)			
12 Harris, Savannah	JR	South County High School	1:01.58	1:01.57	5
29.32		1:01.57 (32.25)			
13 Van Waesberghe, Isabella		Lake Braddock	1:00.87	1:01.72	4
29.07		1:01.72 (32.65)			
14 Lundy, Emma		Robinson Secondary School	1:02.04	1:02.30	3
29.66		1:02.30 (32.64)			
15 Tyrell, Grace		Robinson Secondary School	1:02.98	1:02.48	2
30.21		1:02.48 (32.27)			
16 Althouse, Anna	JR	West Potomac High School	1:02.55	1:03.33	1
17 Tao, Emily	SR	Woodson Cavaliers	1:02.79	1:03.57	
30.75		1:03.57 (32.82)			
18 Juster, Anne	FR	West Springfield	1:00.96	1:03.73	
30.63		1:03.73 (33.10)			
19 Du, Madelyn	SR	Falls Church High School	1:02.74	1:04.71	
20 Pham, Gabby	JR	Thomas Jefferson	1:05.70	1:05.11	
31.75		1:05.11 (33.36)			
21 Prah, Abigail	SR	Hayfield Secondary School	1:05.56	1:05.33	
30.85		1:05.33 (34.48)			
22 Hirsch, Mikayla	FR	Edison High School	1:06.65	1:06.93	
31.87		1:06.93 (35.06)			
23 Crane, Grace	FR	Edison High School	1:09.57	1:08.95	
33.01		1:08.95 (35.94)			
24 Na, Audrey	FR	Thomas Jefferson	1:04.02	1:09.42	
32.11		1:09.42 (37.31)			

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 21 Boys 100 Yard Breaststroke

Occoquan Reg: 54.85 O 2/12/2022 Aiken T Do

Woodson-PV

55.22 AAA

56.46 AAC

59.20 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Montano, Jesse	SR	Edison High School	57.18	55.56 AAC	20
26.48		55.56 (29.08)			
2 Bauernshub, Brady	SR	Woodson Cavaliers	55.93	56.42 AAC	17
26.33		56.42 (30.09)			
3 Wood, Alex		Robinson Secondary School	57.17	58.04 STA	16
27.33		58.04 (30.71)			
4 Wargin, Hugh	SO	West Springfield	58.15	58.26 STA	15
27.15		58.26 (31.11)			
5 Ramsdell, Jonathan	JR	Alexandria City High School	1:00.54	58.77 STA	14
27.31		58.77 (31.46)			
6 Turatbekov, Rem	SR	Thomas Jefferson	58.70	59.38	13
26.93		59.38 (32.45)			
7 O'Neill, Connor	FR	West Potomac High School	59.90	59.43	12
27.87		59.43 (31.56)			
8 Roeseler, Armin	SR	West Potomac High School	58.77	59.63	11
27.44		59.63 (32.19)			
9 Valli, Leonardo	SR	Thomas Jefferson	1:00.49	1:00.26	9
27.99		1:00.26 (32.27)			
10 Kaplan, Ari	SR	Thomas Jefferson	1:01.17	1:00.32	7
28.54		1:00.32 (31.78)			
11 Sample, Finn	SR	Annandale High School	1:00.17	1:00.46	6
28.03		1:00.46 (32.43)			
12 Deekens, Jackson	SO	West Springfield	1:00.60	1:00.74	5
28.74		1:00.74 (32.00)			
13 McNamara, Seamus	SO	Woodson Cavaliers	1:01.11	1:00.91	4
28.71		1:00.91 (32.20)			
14 Finnegan, Collin	JR	Edison High School	1:01.92	1:01.83	3
28.68		1:01.83 (33.15)			
15 Garcia Rivera, Leonardo	SO	Fairfax High School	1:03.06	1:02.49	2
29.43		1:02.49 (33.06)			
16 Uzokoff, Connor	SO	Annandale High School	1:02.23	1:02.53	1
29.11		1:02.53 (33.42)			
17 Yeh, Finn	SO	Falls Church High School	1:02.49	1:02.54	
30.26		1:02.54 (32.28)			
18 Wang, Aiden	FR	Woodson Cavaliers	1:01.97	1:02.67	
29.22		1:02.67 (33.45)			
19 Yonas, Jadon	JR	West Springfield	1:03.24	1:03.53	
29.76		1:03.53 (33.77)			
20 Matis, Landen	SO	Thomas Jefferson	1:03.91	1:03.97	
30.24		1:03.97 (33.73)			
21 Nguyen, Ethan		Lake Braddock	1:05.26	1:04.04	
29.87		1:04.04 (34.17)			
22 Kim, Ethan	JR	West Springfield	1:04.26	1:05.38	
30.16		1:05.38 (35.22)			
23 Mowbray, Nick		Lake Braddock	1:01.69	1:05.71	
31.17		1:05.71 (34.54)			
24 Torrez, Anthony	SR	John Lewis High School	1:05.85	1:05.75	
31.82		1:05.75 (33.93)			

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 22 Girls 100 Yard Breaststroke

Occoquan Reg: 1:01.61 O 2/7/2025 Lilla Wilbur

ROBN

1:02.53 AAA

1:03.85 AAC

1:06.21 STA

Name	Yr	School	Seed Time	Finals Time	Points
1 Wilbur, Lilla		Robinson Secondary School	1:02.85	1:01.61 O AAA	20
29.19		1:01.61 (32.42)			
2 Kampschror, Reagan	12	Justice High School Wolves	1:05.18	1:05.94 STA	17
31.43		1:05.94 (34.51)			
3 Fleming, Brianna	SO	West Springfield	1:07.51	1:06.68	16
31.75		1:06.68 (34.93)			
4 Valasco, Anna	FR	West Potomac High School	1:06.37	1:07.04	15
31.51		1:07.04 (35.53)			
5 Janczyk, Megan		Lake Braddock	1:08.71	1:07.26	14
32.28		1:07.26 (34.98)			
6 Loftis, Ella	FR	Falls Church High School	1:07.99	1:07.59	13
32.24		1:07.59 (35.35)			
7 Burke, Caroline	FR	West Springfield	1:07.43	1:07.70	12
31.79		1:07.70 (35.91)			
8 O'Hara, Victoria		Lake Braddock	1:08.05	1:08.56	11
31.37		1:08.56 (37.19)			
9 Weatherbee, Alexandra		Robinson Secondary School	1:08.44	1:08.83	9
32.34		1:08.83 (36.49)			
10 Nemets, Alli		Robinson Secondary School	1:08.53	1:09.13	7
32.04		1:09.13 (37.09)			
11 Colwill, Jackie	SO	Fairfax High School	1:10.34	1:10.28	6
33.29		1:10.28 (36.99)			
12 Aida, Mila	JR	Alexandria City High School	1:10.23	1:10.46	5
33.46		1:10.46 (37.00)			
13 Smith, Victoria	JR	Edison High School	1:11.28	1:10.75	4
33.64		1:10.75 (37.11)			
14 Temme, Scarlet	JR	Falls Church High School	1:11.39	1:10.84	3
33.26		1:10.84 (37.58)			
15 Powell, Sophia	JR	South County High School	1:09.99	1:10.98	2
33.04		1:10.98 (37.94)			
16 Woody, Anna	SO	Woodson Cavaliers	1:12.11	1:11.20	1
32.95		1:11.20 (38.25)			
17 Emery, Norah	SR	West Potomac High School	1:12.66	1:11.58	
33.83		1:11.58 (37.75)			
18 Fulton, Evelyn	FR	Thomas Jefferson	1:12.28	1:12.17	
33.70		1:12.17 (38.47)			
19 Lunn, Elise	FR	Woodson Cavaliers	1:12.41	1:12.47	
34.99		1:12.47 (37.48)			
20 Colon, Ava	SO	Woodson Cavaliers	1:12.46	1:12.49	
33.67		1:12.49 (38.82)			
21 Tibayan, Leryn		Lake Braddock	1:11.81	1:12.55	
33.86		1:12.55 (38.69)			
22 Monsky, Maclain	11	Justice High School Wolves	1:13.25	1:13.17	
34.11		1:13.17 (39.06)			
23 Allard, Maddie	FR	Falls Church High School	1:13.02	1:14.74	
34.66		1:14.74 (40.08)			
24 Na, Audrey	FR	Thomas Jefferson	1:16.49	1:23.56	
38.14		1:23.56 (45.42)			

2025 VHSL Occoquan Region - 2/7/2025

Results

Event 23 Boys 400 Yard Freestyle Relay

Occoquan Reg: 3:06.82 O 2/7/2025

Lake Braddock

LB

S Rana, R Engstrom, J Donovan, J Howat

3:05.17 AAA

3:08.08 AAC

3:15.62 STA

Team	Relay			Seed Time	Finals Time	Points
1 Lake Braddock				3:09.11	3:06.82 O AAC	40
1) Rana, Shriyan	2) Engstrom, Russell	3) Donovan, Joshua		4) Howat, Josh		
23.54	49.57 (49.57)	1:12.68 (23.11)	1:37.67 (48.10)			
1:59.15 (21.48)	2:22.57 (44.90)	2:43.83 (21.26)	3:06.82 (44.25)			
2 West Springfield				3:10.16	3:11.24 STA	34
1) Seiger, Liam JR	2) Wargin, Neil SO	3) Curb, Tristan SO		4) Page, Rece SR		
22.65	47.84 (47.84)	1:10.57 (22.73)	1:34.77 (46.93)			
1:57.68 (22.91)	2:23.13 (48.36)	2:46.09 (22.96)	3:11.24 (48.11)			
3 Robinson Secondary School				3:16.40	3:11.35 STA	32
1) Hickey, Liam	2) Fulham, Jack	3) Fulwiler, Levi		4) Lasmanis, Miles		
22.99	47.51 (47.51)	1:09.45 (21.94)	1:33.26 (45.75)			
1:56.03 (22.77)	2:21.59 (48.33)	2:45.09 (23.50)	3:11.35 (49.76)			
4 Alexandria City High School				3:19.56	3:15.89	30
1) Damico-Lassman, Tobias SO	2) Ellis, Leo FR	3) Koeppen, Finn FR		4) Ramsdell, Jonathan JR		
22.88	48.17 (48.17)	1:11.72 (23.55)	1:37.72 (49.55)			
2:01.47 (23.75)	2:26.94 (49.22)	2:50.05 (23.11)	3:15.89 (48.95)			
5 Woodson Cavaliers				3:10.86	3:16.34	28
1) Godlove, Carter SO	2) Lee, Michael JR	3) Kelly, Kieran SO		4) Plath, Tyler SR		
23.01	48.53 (48.53)	1:11.07 (22.54)	1:37.78 (49.25)			
2:01.60 (23.82)	2:27.84 (50.06)	2:50.84 (23.00)	3:16.34 (48.50)			
6 Edison High School				3:23.01	3:22.29	26
1) Phillips, J. Coulson SO	2) Downey, Jack SO	3) Finnegan, Collin JR		4) Downey, Wyatt SO		
24.96	51.44 (51.44)	1:15.97 (24.53)	1:43.27 (51.83)			
2:07.17 (23.90)	2:33.56 (50.29)	2:56.86 (23.30)	3:22.29 (48.73)			
7 South County High School				3:19.64	3:23.24	24
1) Storer, Rece SR	2) Daniels, Ethan SR	3) Storer, Trey JR		4) Iaci, Luca JR		
22.94	48.09 (48.09)	1:12.53 (24.44)	1:41.13 (53.04)			
2:04.67 (23.54)	2:32.07 (50.94)	2:55.75 (23.68)	3:23.24 (51.17)			
8 West Potomac High School				3:26.67	3:25.13	22
1) O'Neill, Four JR	2) Wolverton, Alexander FR	3) Roeseler, Armin SR		4) O'Neill, Connor FR		
24.97	51.18 (51.18)	1:16.42 (25.24)	1:43.97 (52.79)			
2:08.88 (24.91)	2:36.02 (52.05)	2:59.43 (23.41)	3:25.13 (49.11)			
9 Hayfield Secondary School				3:29.73	3:25.67	18
1) Jacobs, Ben SO	2) Kemper, Scott JR	3) Belt, Cooper SR		4) Yakes, James JR		
24.77	50.99 (50.99)	1:15.61 (24.62)	1:42.92 (51.93)			
2:06.95 (24.03)	2:34.54 (51.62)	2:59.08 (24.54)	3:25.67 (51.13)			
10 Falls Church High School				3:19.98	3:27.37	14
1) Musgrove, Aidan JR	2) Gagermeier, Trey SR	3) Keefer, Cooper JR		4) Pabotoy, Sam JR		
24.66	52.76 (52.76)	1:16.76 (24.00)	1:44.50 (51.74)			
2:08.71 (24.21)	2:36.66 (52.16)	3:00.38 (23.72)	3:27.37 (50.71)			
11 Thomas Jefferson				3:22.23	3:28.64	12
1) Yang, Jayden JR	2) Zhang, Rocco SR	3) Anyalebechi, Kamsi JR		4) Matis, Landen SO		
24.85	52.24 (52.24)	1:16.81 (24.57)	1:45.54 (53.30)			
2:09.31 (23.77)	2:36.99 (51.45)	3:00.96 (23.97)	3:28.64 (51.65)			
12 Fairfax High School				3:27.08	3:28.65	10
1) Buckley, Brogan SR	2) Bryk, Everett JR	3) McNeely, Connor JR		4) Garcia Rivera, Leonardo SO		
24.73	51.61 (51.61)	1:16.47 (24.86)	1:44.84 (53.23)			
2:09.41 (24.57)	2:36.94 (52.10)	3:01.68 (24.74)	3:28.65 (51.71)			

2025 VHSL Occoquan Region - 2/7/2025

Results

(Event 23 Boys 400 Yard Freestyle Relay)

Team	Relay	Seed Time	Finals Time	Points
13 Annandale High School		3:22.27	3:29.46	8
1) D'Ambrogi, Colton SO	2) Uzokoff, Connor SO	3) Uzokoff, Nolan FR	4) Nguyen, Ricky JR	
25.11	52.21 (52.21)	1:17.79 (25.58)	1:45.65 (53.44)	
2:10.57 (24.92)	2:38.40 (52.75)	3:02.79 (24.39)	3:29.46 (51.06)	
14 Justice High School Wolves		3:38.68	3:38.81	6
1) Wentland, Phoenix 9	2) Dokken, Paul 11	3) Laboy, Hayden 11	4) Liller, Joe 12	
24.86	52.23 (52.23)	1:19.09 (26.86)	1:56.70 (1:04.47)	
2:14.68 (17.98)	2:51.76 (55.06)	3:10.11 (18.35)	3:38.81 (47.05)	
15 Mount Vernon High School Swim		3:54.00	3:52.64	4
1) Carrado, Ryan JR	2) Vanzandt, James FR	3) Henderson, Levi JR	4) Stankewick, Walter SR	
26.57	56.05 (56.05)	1:24.55 (28.50)	1:56.75 (1:00.70)	
2:25.65 (28.90)	2:57.94 (1:01.19)	3:23.27 (25.33)	3:52.64 (54.70)	
16 John Lewis High School		4:43.41	4:23.59	2
1) Gonzales, Daniel SR	2) Gonzales, Andrew SR	3) Dinh, Noah SO	4) Lefevre, Dylan SR	
28.62	1:10.39 (1:10.39)	1:31.58 (21.19)	2:05.91 (55.52)	
2:39.23 (33.32)	3:15.94 (1:10.03)	3:47.40 (31.46)	4:23.59 (1:07.65)	

Event 24 Girls 400 Yard Freestyle Relay

Occoquan Reg: 3:28.76 O 2/12/2022 Robinson Secondary School Robinson
R Jones, A Scherber, S Moy-Jacobs, A Stukus
3:27.68 AAA
3:31.16 AAC
3:37.16 STA

Team	Relay	Seed Time	Finals Time	Points
1 Woodson Cavaliers		3:42.40	3:33.56 STA	40
1) Devlin, Lyla SO	2) Johnston, Maggie FR	3) Strosin, Olivia FR	4) Peters, Riley JR	
25.11	52.59 (52.59)	1:17.63 (25.04)	1:45.51 (52.92)	
2:11.08 (25.57)	2:46.28 (1:00.77)	3:04.16 (17.88)	3:33.56 (47.28)	
2 Robinson Secondary School		3:41.91	3:33.82 STA	34
1) Bedford, Madison	2) Vazquez, Lucia	3) Morrison, Lexie	4) Wilbur, Lilla	
25.29	53.03 (53.03)	1:19.33 (26.30)	1:48.96 (55.93)	
2:14.03 (25.07)	2:42.23 (53.27)	3:06.72 (24.49)	3:33.82 (51.59)	
3 Lake Braddock		3:38.48	3:38.71	32
1) Bell, Charlotte	2) Yoon, Michelle	3) Engstrom, Annika	4) O'Hara, Victoria	
25.58	54.14 (54.14)	1:19.94 (25.80)	1:48.93 (54.79)	
2:15.48 (26.55)	2:44.08 (55.15)	3:09.87 (25.79)	3:38.71 (54.63)	
4 West Springfield		3:42.23	3:40.21	30
1) Stein, Abby SR	2) Miller, Kenzie FR	3) Song, Gabriela SO	4) Fleming, Brianna SO	
27.13	57.01 (57.01)	1:23.72 (26.71)	1:53.30 (56.29)	
2:18.64 (25.34)	2:47.21 (53.91)	3:12.55 (25.34)	3:40.21 (53.00)	
5 South County High School		3:35.62	3:41.29	28
1) Helms, Anna SO	2) Harris, Savannah JR	3) Clark, Kira SO	4) Lasut, Tess JR	
25.96	53.90 (53.90)	1:21.46 (27.56)	1:51.84 (57.94)	
2:18.37 (26.53)	2:47.62 (55.78)	3:13.21 (25.59)	3:41.29 (53.67)	
6 Thomas Jefferson		3:43.61	3:43.79	26
1) Morris, Payton JR	2) Prudius, Laura FR	3) Carr, Samantha SR	4) He, Emma JR	
27.36	57.01 (57.01)	1:23.24 (26.23)	1:52.37 (55.36)	
2:19.20 (26.83)	2:48.64 (56.27)	3:14.60 (25.96)	3:43.79 (55.15)	
7 Falls Church High School		3:47.74	3:47.43	24
1) Du, Madelyn SR	2) Wallinger, Ella JR	3) Forde, Steffi JR	4) Loftis, Ella FR	
27.63	57.84 (57.84)	1:25.16 (27.32)	1:55.28 (57.44)	
2:22.50 (27.22)	2:52.87 (57.59)	3:18.74 (25.87)	3:47.43 (54.56)	

2025 VHSL Occoquan Region - 2/7/2025

Results

(Event 24 Girls 400 Yard Freestyle Relay)

Team	Relay			Seed Time	Finals Time	Points
8 Alexandria City High School				3:55.48	3:48.74	22
1) Cotton, Rachel JR	2) Hubbard, Leia SR	3) Fitzgerald, Maya SO	4) O'Brien, Bridget FR			
26.86	56.80 (56.80)	1:23.29 (26.49)	1:53.72 (56.92)			
2:21.16 (27.44)	2:51.21 (57.49)	3:18.79 (27.58)	3:48.74 (57.53)			
9 Fairfax High School				3:51.38	3:49.08	18
1) Buckley, Sadie SO	2) Akers, Charlotte SR	3) Verwys, Ellen FR	4) Colwill, Jackie SO			
24.78	51.23 (51.23)	1:19.60 (28.37)	1:51.78 (1:00.55)			
2:19.00 (27.22)	2:50.27 (58.49)	3:17.89 (27.62)	3:49.08 (58.81)			
10 West Potomac High School				3:51.92	3:49.81	14
1) Petronello, Hadley SO	2) El Bourini, Aysel SO	3) Valasco, Anna FR	4) Althouse, Anna JR			
26.09	54.11 (54.11)	1:21.59 (27.48)	1:51.69 (57.58)			
2:19.65 (27.96)	2:57.69 (1:06.00)	3:18.88 (21.19)	3:49.81 (52.12)			
11 Hayfield Secondary School				4:05.73	3:55.63	12
1) Flowers, Noemi	2) Prael, Abigail SR	3) Meek, Rylie FR	4) Floros, Katerina SR			
29.03	1:01.95 (1:01.95)	1:29.84 (27.89)	2:01.66 (59.71)			
2:28.73 (27.07)	2:58.69 (57.03)	3:25.01 (26.32)	3:55.63 (56.94)			
12 Edison High School				4:01.55	4:00.11	10
1) McCahill, Cassidy SR	2) Reyes, Jasmine SO	3) Wilson, Viola SR	4) Smith, Victoria JR			
28.49	59.48 (59.48)	1:28.22 (28.74)	1:59.63 (1:00.15)			
2:28.80 (29.17)	3:00.75 (1:01.12)	3:29.47 (28.72)	4:00.11 (59.36)			
13 Annandale High School				4:02.97	4:06.17	8
1) Decareau, Melanie JR	2) Chapman, Harper JR	3) Popp, Miriam SO	4) Fitzgerald, Louise JR			
27.04	58.70 (58.70)	1:28.19 (29.49)	2:04.85 (1:06.15)			
2:32.61 (27.76)	3:05.23 (1:00.38)	3:34.16 (28.93)	4:06.17 (1:00.94)			
14 Mount Vernon High School Swim				4:24.03	4:11.95	6
1) Henderson, Jackie SO	2) Dresch, Michaela SO	3) Cruz Flores, Tiffney FR	4) Kolovos, Katherine SR			
28.94	1:01.19 (1:01.19)	1:31.02 (29.83)	2:06.04 (1:04.85)			
2:35.29 (29.25)		3:24.88 ()	4:11.95 ()			
15 John Lewis High School				6:05.75	4:52.91	4
1) Dunlap, Addison SO	2) McLaughlin, Madison SR	3) Somchanmavong, Serena SR	4) Lazear, Mae SR			
33.25	1:08.36 (1:08.36)	1:45.16 (36.80)				
3:04.38 ()		4:19.56 ()	4:52.91 ()			
--- Justice High School Wolves				4:16.93	DQ	
1) deVore, Sarah 10	2) Ferrari, Gabriella 11	3) Venus, Carmen 9	4) Monsky, Maclain 11			
31.85	1:06.37 (1:06.37)	1:35.11 (28.74)	2:14.75 (1:08.38)			
2:41.64 (26.89)	3:19.00 (1:04.25)	3:47.31 (28.31)	DQ (59.52)			