

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 1 Boys 200 Yard Medley Relay

6A North Reg: 1:31.38 \$ 2/1/2019 Oakton High School OAKT -PV
 A Grimm, N Highman, K McCleskey, G Evers
 All Time VA: 1:30.74 V 2/18/2023 Herndon Hernd
 Nguyen, Dyer, Graham, Rayson
 Nat Public: 1:23.20 N 3/4/2017 Minnetonka, HS, MN Minne
 1:32.38 A - All America Auto
 1:34.11 C - All America Cons
 1:37.88 S - Class 6 State
 1:43.89 R - Northern Region

Team	Relay	Prelim Time	Finals Time	Points
Championship Final				
1 Chantilly Chargers		1:33.30	1:31.70 A	40
1) Xin, Jason JR	2) Li, Kyle JR	3) Madsen, Blake JR	4) Clabeaux, Ben SR	
24.10	49.23 (25.13)	1:11.22 (21.99)	1:31.70 (20.48)	
2 Oakton High School		1:35.89	1:34.74 S	34
1) Edwards, Mark SO	2) Souders, Beau SR	3) Flickinger, Owen SR	4) Li, Andrew SO	
24.50	50.89 (26.39)	1:13.62 (22.73)	1:34.74 (21.12)	
3 South Lakes High School		1:36.08	1:35.55 S	32
1) Harriot, Jackson SR	2) White, Ken JR	3) Fritz, Andrew SR	4) Koh, Elijah JR	
25.07	50.43 (25.36)	1:13.87 (23.44)	1:35.55 (21.68)	
4 McLean High School		1:37.24	1:37.32 S	30
1) Williams, Henry SO	2) Sutanto, Zach JR	3) Weinstock, Harrison SR	4) Lohman, Andrew SR	
24.71	51.81 (27.10)	1:15.19 (23.38)	1:37.32 (22.13)	
5 Yorktown High School		1:37.69	1:37.39 S	28
1) Owen, Jacob JR	2) Robinson, Mitchell SO	3) Aslaksen, Matthew SR	4) Pedicano, Nicholas JR	
24.82	51.06 (26.24)	1:15.01 (23.95)	1:37.39 (22.38)	
6 Herndon Hornets		1:38.42	1:37.73 S	26
1) Rayson, Kellan SR	2) Saunders, Daniel SR	3) Leveto, Mason SR	4) Speer, Eric SO	
25.15	51.97 (26.82)	1:15.94 (23.97)	1:37.73 (21.79)	
7 Centreville High School		1:37.68	1:38.06 R	24
1) Brown, Kaeden SR	2) Soh, Mike SR	3) Anderson, James JR	4) Lintott, Aidan SR	
23.62	52.93 (29.31)	1:15.48 (22.55)	1:38.06 (22.58)	
--- Langley High School		1:33.65	DQ	
1) Zhou, Michael JR	2) Kuhn, Cameron JR	3) Zipperer, Hunter SR	4) Thompson, Max FR	
23.83	50.62 (26.79)	1:11.22 (20.60)	DQ (20.83)	
Consolation Final				
9 Washington-Liberty High School		1:38.77	1:38.91 R	18
1) Rogers, Zane JR	2) Kambhampaty, Kedar JR	3) Ramos, Diego SO	4) Strong, Samuel SR	
25.86	52.01 (26.15)	1:16.63 (24.62)	1:38.91 (22.28)	
10 James Madison High School		1:42.42	1:41.82 R	14
1) Eachus, Robert SR	2) Cobb, Owen JR	3) Atkinson, Jace JR	4) Yazdani, Noah SO	
25.63	54.33 (28.70)	1:19.35 (25.02)	1:41.82 (22.47)	
11 George C Marshall High School		1:41.05	1:42.01 R	12
1) Allvin, Eli SR	2) Simpson, David JR	3) Redding, Dylan SR	4) Mar, Hudson SR	
26.21	54.21 (28.00)	1:18.50 (24.29)	1:42.01 (23.51)	
12 Westfield High School		1:45.53	1:43.73 R	10
1) Brooks, Harry SR	2) Andrews, Caleb SO	3) Wall, Evan FR	4) McDonough, Desmond FR	
26.49	55.23 (28.74)	1:21.06 (25.83)	1:43.73 (22.67)	
13 Wakefield High School		1:51.00	1:52.89	8
1) Lopez, Lucas JR	2) Hamill, Alexander JR	3) Rodriguez, Nicholas JR	4) Biggs, Benjamin SO	
24.57	57.87 (33.30)	1:26.34 (28.47)	1:52.89 (26.55)	

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Results

Event 1 Boys 200 Yard Medley Relay

6A North Reg:	1:31.38	\$	2/1/2019	Oakton High School	OAKT -PV
				A Grimm, N Highman, K McCleskey, G Evers	
All Time VA:	1:30.74	V	2/18/2023	Herndon	Hernd
				Nguyen, Dyer, Graham, Rayson	
Nat Public:	1:23.20	N	3/4/2017	Minnetonka, HS, MN	Minne
	1:32.38	A	- All America Auto		
	1:34.11	C	- All America Cons		
	1:37.88	S	- Class 6 State		
	1:43.89	R	- Northern Region		

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Chantilly Chargers		1:33.50	1:33.30 C
1) Xin, Jason JR	2) Li, Kyle JR	3) Madsen, Blake JR	4) Clabeaux, Ben SR
24.20	50.14 (25.94)	1:12.46 (22.32)	1:33.30 (20.84)
2 Langley High School		1:34.89	1:33.65 C
1) Zhou, Michael JR	2) Kuhn, Cameron JR	3) Zipperer, Hunter SR	4) Thompson, Max FR
23.79	50.18 (26.39)	1:12.45 (22.27)	1:33.65 (21.20)
3 Oakton High School		1:35.29	1:35.89 S
1) Edwards, Mark SO	2) Souders, Beau SR	3) Flickinger, Owen SR	4) Li, Andrew SO
24.59	51.23 (26.64)	1:14.13 (22.90)	1:35.89 (21.76)
4 South Lakes High School		1:35.64	1:36.08 S
1) Harriot, Jackson SR	2) White, Ken JR	3) Fritz, Andrew SR	4) Koh, Elijah JR
25.04	50.41 (25.37)	1:14.32 (23.91)	1:36.08 (21.76)
5 McLean High School		1:36.04	1:37.24 S
1) Williams, Henry SO	2) Sutanto, Zach JR	3) Weinstock, Harrison SR	4) Lohman, Andrew SR
24.74	51.97 (27.23)	1:15.24 (23.27)	1:37.24 (22.00)
6 Centreville High School		1:37.06	1:37.68 S
1) van de Graaf, Tony SO	2) Soh, Mike SR	3) Anderson, James JR	4) Lintott, Aidan SR
23.88	52.87 (28.99)	1:15.40 (22.53)	1:37.68 (22.28)
7 Yorktown High School		1:38.36	1:37.69 S
1) Owen, Jacob JR	2) Robinson, Mitchell SO	3) Aslaksen, Matthew SR	4) Pedicano, Nicholas JR
25.20	51.75 (26.55)	1:15.37 (23.62)	1:37.69 (22.32)
8 Herndon Hornets		1:38.81	1:38.42 R
1) Ho, CJ JR	2) Saunders, Daniel SR	3) Rayson, Kellan SR	4) Speer, Eric SO
26.31	53.32 (27.01)	1:16.85 (23.53)	1:38.42 (21.57)
9 Washington-Liberty High School		1:42.01	1:38.77 R
1) Rogers, Zane JR	2) Kambhampaty, Kedar JR	3) Ramos, Diego SO	4) Strong, Samuel SR
25.93	52.46 (26.53)	1:16.76 (24.30)	1:38.77 (22.01)
10 George C Marshall High School		1:42.19	1:41.05 R
1) Allvin, Eli SR	2) Simpson, David JR	3) Redding, Dylan SR	4) Mar, Hudson SR
26.12	54.04 (27.92)	1:17.94 (23.90)	1:41.05 (23.11)
11 James Madison High School		1:41.38	1:42.42 R
1) Eachus, Robert SR	2) Cobb, Owen JR	3) Atkinson, Jace JR	4) Yazdani, Noah SO
25.85	54.71 (28.86)	1:19.84 (25.13)	1:42.42 (22.58)
12 Westfield High School		1:37.19	1:45.53
1) Brooks, Harry SR	2) Andrews, Caleb SO	3) Wall, Evan FR	4) Harris, Nick FR
26.80	56.32 (29.52)	1:21.52 (25.20)	1:45.53 (24.01)
13 Wakefield High School		1:52.92	1:51.00
1) Lopez, Lucas JR	2) Wright, Miles SO	3) Rodriguez, Nicholas JR	4) Scheifele, Jack JR
24.69	58.65 (33.96)	1:27.06 (28.41)	1:51.00 (23.94)

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 2 Girls 200 Yard Medley Relay

6A North Reg: 1:43.05 \$ 2/1/2019 Yorktown High School YTNW
 M Reicherter, S Park, V Huske, C Burgeson
 All Time VA: 1:41.48 V 2022 Battlefield Battl
 Spink, Hannam, Heilen, Cornwell
 Nat Public: 1:38.13 N 2/10/2018 Fossil Ridge HS, CO Fossi
 1:44.31 A - All America Auto
 1:46.22 C - All America Cons
 1:49.60 S - Class 6 State
 1:57.29 R - Northern Region

Team	Relay	Prelim Time	Finals Time	Points
Championship Final				
1 Yorktown High School		1:46.03	1:45.64 C	40
1) Cory, McKenzie FR	2) Haynes, Emory JR	3) Fredericks, Sophie JR	4) Cobb, Emme SR	
25.98	55.73 (29.75)	1:20.74 (25.01)	1:45.64 (24.90)	
2 Oakton High School		1:48.24	1:47.66 S	34
1) Thrash, Alexa SO	2) Corderman, Devon JR	3) Gavino, Alessandra FR	4) Lim, Charlotte SR	
28.31	56.58 (28.27)	1:23.46 (26.88)	1:47.66 (24.20)	
3 South Lakes High School		1:49.43	1:48.58 S	32
1) Kass, Morgan JR	2) Wagner, Amanda JR	3) Gilman, Heidi SR	4) Khan, Zariya JR	
27.63	58.79 (31.16)	1:24.12 (25.33)	1:48.58 (24.46)	
4 McLean High School		1:49.95	1:49.54 S	30
1) English, Ella SO	2) Falzone, Ana SR	3) Hughes, Danielle SR	4) Murphy, Eleanor SR	
27.44	58.91 (31.47)	1:25.05 (26.14)	1:49.54 (24.49)	
5 Washington-Liberty High School		1:50.35	1:49.66 R	28
1) MacIvor, Amelia FR	2) Scogna, Charlie SR	3) McCarthy, Willa SR	4) McCarthy, Clara SR	
27.25	57.64 (30.39)	1:25.34 (27.70)	1:49.66 (24.32)	
6 Herndon Hornets		1:52.67	1:51.05 R	26
1) Gattoni, Bianca SO	2) Johnson, Abbygail FR	3) Indrisano, Ariel SR	4) Wright, Morgan SR	
29.09	59.22 (30.13)	1:26.33 (27.11)	1:51.05 (24.72)	
7 Centreville High School		1:52.33	1:51.88 R	24
1) Portella, Arianna SR	2) Nagle, Audrey JR	3) Goff, Caitlin JR	4) In, Emily SO	
29.30	1:00.42 (31.12)	1:26.81 (26.39)	1:51.88 (25.07)	
8 Westfield High School		1:54.72	1:55.71 R	22
1) Li, Miley SO	2) Kelliher, Anna JR	3) McArthur, Katherine SR	4) Schmid, Rylee JR	
29.57	1:07.77 (38.20)	1:30.17 (22.40)	1:55.71 (25.54)	
Consolation Final				
9 James Madison High School		1:54.78	1:53.39 R	18
1) Mikell, Megan SR	2) Mallare, Lilyanna JR	3) Samsot, Alex FR	4) Bayer, Amelia FR	
28.89	1:01.40 (32.51)	1:28.40 (27.00)	1:53.39 (24.99)	
10 Chantilly Chargers		1:55.04	1:54.20 R	14
1) Small, Sara SR	2) Lahr, Leah FR	3) Erickson, Sydney SR	4) Carrol, Bailey JR	
30.89	1:00.54 (29.65)	1:28.38 (27.84)	1:54.20 (25.82)	
11 Langley High School		1:55.20	1:54.79 R	12
1) Dinh, Lam SO	2) Xing, Chloe FR	3) Cota-Robles, Bella FR	4) Miller, Elisabeth SO	
28.96	1:02.26 (33.30)	1:29.53 (27.27)	1:54.79 (25.26)	
12 George C Marshall High School		1:54.80	1:55.10 R	10
1) Ice, Megan SR	2) McDermott, Kate SR	3) O'Hearn, Penelope JR	4) Spignardo, Calla SR	
30.15	1:03.18 (33.03)	1:30.09 (26.91)	1:55.10 (25.01)	

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6A North Reg:	1:43.05	\$	2/1/2019	Yorktown High School	YTWN
				M Reicherter, S Park, V Huske, C Burgeson	
All Time VA:	1:41.48	V	2022	Battlefield	Battl
				Spink, Hannam, Heilen, Cornwell	
Nat Public:	1:38.13	N	2/10/2018	Fossil Ridge HS, CO	Fossi
	1:44.31	A	- All America Auto		
	1:46.22	C	- All America Cons		
	1:49.60	S	- Class 6 State		
	1:57.29	R	- Northern Region		

Team	Relay		Seed Time	Prelim Time
Preliminaries				
1 Yorktown High School			1:47.15	1:46.03 C
1) Cory, McKenzie FR	2) Haynes, Emory JR	3) Fredericks, Sophie JR	4) Cobb, Emme SR	
26.23	56.20 (29.97)	1:21.02 (24.82)	1:46.03 (25.01)	
2 Oakton High School			1:48.27	1:48.24 S
1) Thrash, Alexa SO	2) Corderman, Devon JR	3) Gavino, Alessandra FR	4) Lim, Charlotte SR	
27.67	57.48 (29.81)	1:24.18 (26.70)	1:48.24 (24.06)	
3 South Lakes High School			1:48.87	1:49.43 S
1) Kass, Morgan JR	2) Wagner, Amanda JR	3) Gilman, Heidi SR	4) Khan, Zariya JR	
27.89	59.10 (31.21)	1:24.95 (25.85)	1:49.43 (24.48)	
4 McLean High School			1:50.65	1:49.95 R
1) English, Ella SO	2) Falzone, Ana SR	3) Hughes, Danielle SR	4) Murphy, Eleanor SR	
27.58	1:05.90 (38.32)	1:25.56 (19.66)	1:49.95 (24.39)	
5 Washington-Liberty High School			1:50.08	1:50.35 R
1) MacIvor, Amelia FR	2) Scogna, Charlie SR	3) McCarthy, Willa SR	4) McCarthy, Clara SR	
27.90	58.34 (30.44)	1:25.79 (27.45)	1:50.35 (24.56)	
6 Centreville High School			1:51.79	1:52.33 R
1) Portella, Arianna SR	2) Nagle, Audrey JR	3) Goff, Caitlin JR	4) In, Emily SO	
29.99	1:00.74 (30.75)	1:27.35 (26.61)	1:52.33 (24.98)	
7 Herndon Hornets			1:54.75	1:52.67 R
1) Gattoni, Bianca SO	2) Johnson, Abbygail FR	3) Indrisano, Ariel SR	4) Wright, Morgan SR	
29.93	1:00.26 (30.33)	1:27.67 (27.41)	1:52.67 (25.00)	
8 Westfield High School			1:56.33	1:54.72 R
1) Li, Miley SO	2) Kelliher, Anna JR	3) McArthur, Katherine SR	4) Schmid, Rylee JR	
29.62	1:03.31 (33.69)	1:29.49 (26.18)	1:54.72 (25.23)	
9 James Madison High School			1:52.22	1:54.78 R
1) Mikell, Megan SR	2) Mallare, Lilyanna JR	3) Samsot, Alex FR	4) Mikhin, Lydia SR	
28.87	1:01.62 (32.75)	1:28.96 (27.34)	1:54.78 (25.82)	
10 George C Marshall High School			1:53.18	1:54.80 R
1) Ice, Megan SR	2) Watts, Emma JR	3) McDermott, Kate SR	4) Spignardo, Calla SR	
29.72	1:01.23 (31.51)	1:29.65 (28.42)	1:54.80 (25.15)	
11 Chantilly Chargers			1:54.19	1:55.04 R
1) Small, Sara SR	2) Lahr, Leah FR	3) Erickson, Sydney SR	4) Carrol, Bailey JR	
29.05	1:01.28 (32.23)	1:29.39 (28.11)	1:55.04 (25.65)	
12 Langley High School			1:52.15	1:55.20 R
1) Dinh, Lam SO	2) Xing, Chloe FR	3) Cota-Robles, Bella FR	4) Miller, Elisabeth SO	
28.82	1:07.24 (38.42)	1:29.98 (22.74)	1:55.20 (25.22)	
--- Wakefield High School			2:19.02	DQ
1) Hoil, Camila SO	2) Sonn, Camille FR	3) Yates, Emilia JR	4) Everling, Lauren SO	
39.31	1:23.39 (44.08)	1:53.24 (29.85)	DQ (31.17)	

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Results

Event 3 Boys 200 Yard Freestyle

6A North Reg: 1:36.30 \$ 2/10/2023 Noah Dyer HERN
 All Time VA: 1:35.76 V 2014 Andrew Seliskar Thomas Jefferson
 Nat Public: 1:32.85 N 2/24/2023 Aaron Shackell Carmel, IN
 1:38.21 A - All America Auto
 1:39.81 C - All America Cons
 1:45.32 S - Class 6 State
 1:48.89 R - Northern Region

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Garvin, Parris	JR	Langley High School	1:41.95	1:40.14 S	20
23.79	49.37 (25.58)	1:14.85 (25.48)	1:40.14 (25.29)		
2 Farello, Ben	SR	Chantilly Chargers	1:43.38	1:41.07 S	17
22.97	48.34 (25.37)	1:14.80 (26.46)	1:41.07 (26.27)		
3 Jia, Aaron	SR	McLean High School	1:42.30	1:41.17 S	16
23.45	49.10 (25.65)	1:15.04 (25.94)	1:41.17 (26.13)		
4 Rayson, Kellan	SR	Herndon Hornets	1:44.10	1:44.71 S	15
24.70	50.96 (26.26)	1:17.89 (26.93)	1:44.71 (26.82)		
5 Ho, CJ	JR	Herndon Hornets	1:45.07	1:44.91 S	14
24.77	51.47 (26.70)	1:18.17 (26.70)	1:44.91 (26.74)		
6 Wolf, Colin	SR	Oakton High School	1:45.76	1:44.93 S	13
24.56	51.29 (26.73)	1:18.16 (26.87)	1:44.93 (26.77)		
7 Rodriguez, Isaac	JR	Oakton High School	1:45.21	1:45.13 S	12
24.31	51.11 (26.80)	1:18.27 (27.16)	1:45.13 (26.86)		
8 Pahlevanpour, Alex	JR	Langley High School	1:45.61	1:46.38 R	11
25.02	51.82 (26.80)	1:19.10 (27.28)	1:46.38 (27.28)		
Consolation Final					
9 Shin, Ethan	JR	Langley High School	1:46.19	1:43.62 S	9
23.89	49.47 (25.58)	1:16.30 (26.83)	1:43.62 (27.32)		
10 Zhou, Oscar	JR	James Madison High School	1:46.31	1:46.54 R	7
24.39	50.96 (26.57)	1:18.43 (27.47)	1:46.54 (28.11)		
11 Dilber, Sarp	SO	McLean High School	1:46.46	1:46.77 R	6
24.91	51.57 (26.66)	1:19.34 (27.77)	1:46.77 (27.43)		
12 Harris, Nick	FR	Westfield High School	1:47.80	1:46.81 R	5
25.37	52.79 (27.42)	1:19.90 (27.11)	1:46.81 (26.91)		
13 Wong, Aiden	SR	Chantilly Chargers	1:47.28	1:47.85 R	4
24.96	51.81 (26.85)	1:19.76 (27.95)	1:47.85 (28.09)		
14 Rogers, Zane	JR	Washington-Liberty High School	1:48.76	1:48.39 R	3
25.44	52.82 (27.38)	1:20.28 (27.46)	1:48.39 (28.11)		
15 Matyas, Ben	SO	Chantilly Chargers	1:49.42	1:48.77 R	2
25.71	53.60 (27.89)	1:21.13 (27.53)	1:48.77 (27.64)		
16 Hussey, Liam	SO	Yorktown High School	1:49.53	1:49.88	1
25.80	53.58 (27.78)	1:21.99 (28.41)	1:49.88 (27.89)		

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6A North Reg: 1:36.30 \$ 2/10/2023 Noah Dyer HERN
 All Time VA: 1:35.76 V 2014 Andrew Seliskar Thomas Jefferson
 Nat Public: 1:32.85 N 2/24/2023 Aaron Shackell Carmel, IN
 1:38.21 A - All America Auto
 1:39.81 C - All America Cons
 1:45.32 S - Class 6 State
 1:48.89 R - Northern Region

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Garvin, Parris	JR Langley High School	1:42.82	1:41.95	S
	23.73	49.33 (25.60) 1:15.48 (26.15)	1:41.95 (26.47)		
2	Jia, Aaron	SR McLean High School	1:43.78	1:42.30	S
	23.92	49.66 (25.74) 1:16.17 (26.51)	1:42.30 (26.13)		
3	Farello, Ben	SR Chantilly Chargers	1:41.27	1:43.38	S
	23.73	50.14 (26.41) 1:16.95 (26.81)	1:43.38 (26.43)		
4	Rayson, Kellan	SR Herndon Hornets	1:46.38	1:44.10	S
	24.33	50.28 (25.95) 1:16.90 (26.62)	1:44.10 (27.20)		
5	Ho, CJ	JR Herndon Hornets	1:48.18	1:45.07	S
	25.21	52.20 (26.99) 1:18.78 (26.58)	1:45.07 (26.29)		
6	Rodriguez, Isaac	JR Oakton High School	1:44.59	1:45.21	S
	24.04	50.52 (26.48) 1:17.74 (27.22)	1:45.21 (27.47)		
7	Pahlevanpour, Alex	JR Langley High School	1:45.73	1:45.61	R
	24.68	51.44 (26.76) 1:18.78 (27.34)	1:45.61 (26.83)		
8	Wolf, Colin	SR Oakton High School	1:45.47	1:45.76	R
	24.61	51.13 (26.52) 1:18.50 (27.37)	1:45.76 (27.26)		
9	Shin, Ethan	JR Langley High School	1:47.00	1:46.19	R
	24.94	52.34 (27.40) 1:19.25 (26.91)	1:46.19 (26.94)		
10	Zhou, Oscar	JR James Madison High School	1:47.39	1:46.31	R
	24.62	51.60 (26.98) 1:18.93 (27.33)	1:46.31 (27.38)		
11	Dilber, Sarp	SO McLean High School	1:47.47	1:46.46	R
	24.70	51.35 (26.65) 1:19.02 (27.67)	1:46.46 (27.44)		
12	Wong, Aiden	SR Chantilly Chargers	1:48.16	1:47.28	R
	24.70	51.57 (26.87) 1:19.57 (28.00)	1:47.28 (27.71)		
13	Harris, Nick	FR Westfield High School	1:46.86	1:47.80	R
	24.91	51.98 (27.07) 1:20.02 (28.04)	1:47.80 (27.78)		
14	Damian, Darius	SO South Lakes High School	1:47.52	1:48.71	R
	25.32	52.92 (27.60) 1:20.73 (27.81)	1:48.71 (27.98)		
15	Rogers, Zane	JR Washington-Liberty High School	1:48.26	1:48.76	R
	24.73	51.73 (27.00) 1:19.84 (28.11)	1:48.76 (28.92)		
16	Matyas, Ben	SO Chantilly Chargers	1:49.82	1:49.42	
	24.54	52.20 (27.66) 1:20.40 (28.20)	1:49.42 (29.02)		
17	Hussey, Liam	SO Yorktown High School	1:51.58	1:49.53	
	25.37	52.68 (27.31) 1:20.94 (28.26)	1:49.53 (28.59)		
18	King, Daniel	FR Herndon Hornets	1:51.12	1:49.63	
	24.97	52.89 (27.92) 1:21.13 (28.24)	1:49.63 (28.50)		
19	Suarez, Zach	JR Oakton High School	1:50.51	1:51.64	
	25.99	54.41 (28.42) 1:23.42 (29.01)	1:51.64 (28.22)		
20	Perlish, Jack	SO McLean High School	1:52.83	1:52.07	
	25.64	53.73 (28.09) 1:22.63 (28.90)	1:52.07 (29.44)		
21	Kauffman, Matthew	JR South Lakes High School	1:48.01	1:52.75	
	25.08	52.97 (27.89) 1:22.82 (29.85)	1:52.75 (29.93)		

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 3 Boys 200 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
22 McDonough, Desmond	FR	Westfield High School	1:50.87	1:54.63
26.24	55.36 (29.12)	1:25.44 (30.08)	1:54.63 (29.19)	

Event 4 Girls 200 Yard Freestyle

6A North Reg:	1:46.91	\$	2/4/2017	Sinead Eksteen	McClellan
All Time VA:	1:46.07	V	2/2/2020	Victoria Huske	Yorktown
Nat Public:	1:42.81	N	11/14/2008	Dagny Knutson	Minot HS, ND
	1:48.79	A	- All America Auto		
	1:50.65	C	- All America Cons		
	1:54.89	S	- Class 6 State		
	1:58.99	R	- Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Sherman, Lila	SO	Yorktown High School	1:52.73	1:51.33 S	20
25.57	53.75 (28.18)	1:22.86 (29.11)	1:51.33 (28.47)		
2 McCarthy, Clara	SR	Washington-Liberty High School	1:55.18	1:54.76 S	17
26.71	55.39 (28.68)	1:24.72 (29.33)	1:54.76 (30.04)		
3 Furches, Jackie	SO	Yorktown High School	1:56.46	1:56.17 R	16
26.93	56.28 (29.35)	1:26.25 (29.97)	1:56.17 (29.92)		
4 Watson, Marina	SR	Langley High School	2:00.07	1:56.86 R	15
27.34	56.73 (29.39)	1:26.82 (30.09)	1:56.86 (30.04)		
5 De, Lara	JR	Langley High School	1:58.05	1:57.95 R	14
27.34	57.13 (29.79)	1:27.80 (30.67)	1:57.95 (30.15)		
6 Wilson, Genevieve	JR	James Madison High School	1:59.58	1:58.57 R	13
27.06	56.84 (29.78)	1:28.15 (31.31)	1:58.57 (30.42)		
7 Wright, Morgan	SR	Herndon Hornets	2:00.64	1:58.71 R	12
27.23	56.97 (29.74)	1:28.15 (31.18)	1:58.71 (30.56)		
8 Swanson, Esther	SR	Oakton High School	1:58.58	2:00.56	11
27.36	56.98 (29.62)	1:27.91 (30.93)	2:00.56 (32.65)		
Consolation Final					
9 Bui, Emma	FR	McLean High School	2:02.18	2:00.47	9
28.61	1:00.24 (31.63)	1:30.37 (30.13)	2:00.47 (30.10)		
10 Young, Amelia	FR	Wakefield High School	2:02.40	2:00.78	7
27.73	58.49 (30.76)	1:29.09 (30.60)	2:00.78 (31.69)		
11 Sun, Faith	SO	Oakton High School	2:01.71	2:01.68	6
28.48	59.76 (31.28)	1:30.85 (31.09)	2:01.68 (30.83)		
12 Cline, Hanna	SO	James Madison High School	2:01.89	2:01.78	5
28.54	59.59 (31.05)	1:30.61 (31.02)	2:01.78 (31.17)		
13 Kovacs, Hanna	SO	Chantilly Chargers	2:03.94	2:03.18	4
29.05	1:00.76 (31.71)	1:31.74 (30.98)	2:03.18 (31.44)		
14 Carrol, Bailey	JR	Chantilly Chargers	2:04.15	2:04.45	3
28.58	1:00.20 (31.62)	1:32.48 (32.28)	2:04.45 (31.97)		
15 McCarthy, Willa	SR	Washington-Liberty High School	2:05.24	2:08.78	2
29.39	1:02.23 (32.84)	1:35.64 (33.41)	2:08.78 (33.14)		
16 Barakat, Dana	FR	Oakton High School	2:06.08	2:09.13	1
29.50	1:02.21 (32.71)	1:35.48 (33.27)	2:09.13 (33.65)		

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 4 Girls 200 Yard Freestyle

6A North Reg: 1:46.91 \$ 2/4/2017 Sinead Eksteen McClean
 All Time VA: 1:46.07 V 2/2/2020 Victoria Huske Yorktown
 Nat Public: 1:42.81 N 11/14/2008 Dagny Knutson Minot HS, ND
 1:48.79 A - All America Auto
 1:50.65 C - All America Cons
 1:54.89 S - Class 6 State
 1:58.99 R - Northern Region

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Sherman, Lila	SO	Yorktown High School	1:51.39	1:52.73	S
26.05	54.48 (28.43)	1:23.93 (29.45)	1:52.73 (28.80)		
2 McCarthy, Clara	SR	Washington-Liberty High School	1:55.67	1:55.18	R
26.87	55.64 (28.77)	1:25.26 (29.62)	1:55.18 (29.92)		
3 Furches, Jackie	SO	Yorktown High School	1:58.65	1:56.46	R
26.85	56.44 (29.59)	1:26.70 (30.26)	1:56.46 (29.76)		
4 De, Lara	JR	Langley High School	2:00.29	1:58.05	R
27.35	57.05 (29.70)	1:27.55 (30.50)	1:58.05 (30.50)		
5 Swanson, Esther	SR	Oakton High School	1:58.37	1:58.58	R
27.66	57.50 (29.84)	1:28.20 (30.70)	1:58.58 (30.38)		
6 Wilson, Genevieve	JR	James Madison High School	1:58.55	1:59.58	
27.26	57.00 (29.74)	1:28.56 (31.56)	1:59.58 (31.02)		
7 Watson, Marina	SR	Langley High School	1:57.09	2:00.07	
27.29	57.46 (30.17)	1:28.61 (31.15)	2:00.07 (31.46)		
8 Wright, Morgan	SR	Herndon Hornets	1:58.84	2:00.64	
27.50	57.69 (30.19)	1:29.23 (31.54)	2:00.64 (31.41)		
9 Sun, Faith	SO	Oakton High School	2:03.57	2:01.71	
27.92	58.78 (30.86)	1:30.31 (31.53)	2:01.71 (31.40)		
10 Cline, Hanna	SO	James Madison High School	2:03.53	2:01.89	
28.01	58.94 (30.93)	1:30.40 (31.46)	2:01.89 (31.49)		
11 Bui, Emma	FR	McLean High School	2:01.82	2:02.18	
28.36	59.20 (30.84)	1:30.64 (31.44)	2:02.18 (31.54)		
12 Young, Amelia	FR	Wakefield High School	2:02.22	2:02.40	
28.04	58.65 (30.61)	1:30.11 (31.46)	2:02.40 (32.29)		
13 Kovacs, Hanna	SO	Chantilly Chargers	2:02.09	2:03.94	
28.37	59.80 (31.43)	1:31.83 (32.03)	2:03.94 (32.11)		
14 Carrol, Bailey	JR	Chantilly Chargers	2:07.40	2:04.15	
28.52	1:00.34 (31.82)	1:32.49 (32.15)	2:04.15 (31.66)		
15 McCarthy, Willa	SR	Washington-Liberty High School	2:02.29	2:05.24	
28.52	59.93 (31.41)	1:32.85 (32.92)	2:05.24 (32.39)		
16 Barakat, Dana	FR	Oakton High School	2:07.74	2:06.08	
29.04	1:00.69 (31.65)	2:06.08 (1:05.39)			
17 Hispiche, Claire	SO	Centreville High School	2:05.21	2:09.67	
29.57	1:02.58 (33.01)	1:36.27 (33.69)	2:09.67 (33.40)		
--- Yangas, Alicia	SO	Oakton High School	1:59.24	DQ	
27.25	57.57 (30.32)	1:28.85 (31.28)	DQ (31.62)		

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 5 Boys 200 Yard IM

6A North Reg: 1:51.36 \$ 2/8/2014 John Shebat Oakton
 All Time VA: 1:43.01 V 2/21/2015 Andrew Seliskar Thomas Jefferson
 Nat Public: 1:41.39 N 3/18/2011 David Nolan Hershey HS, PA
 1:49.14 A - All America Auto
 1:51.34 C - All America Cons
 1:56.77 S - Class 6 State
 2:01.59 R - Northern Region

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Li, Kyle	JR	Chantilly Chargers	1:51.99	1:50.25\$ C	20
23.61	52.16 (28.55)	1:23.87 (31.71)	1:50.25 (26.38)		
2 Madsen, Blake	JR	Chantilly Chargers	1:54.39	1:52.00 S	17
24.22	52.98 (28.76)	1:24.63 (31.65)	1:52.00 (27.37)		
3 Edwards, Mark	SO	Oakton High School	1:57.08	1:55.43 S	16
25.54	54.47 (28.93)	1:28.03 (33.56)	1:55.43 (27.40)		
4 Haggard, Bruno	JR	McLean High School	1:52.38	1:55.74 S	15
24.17	52.54 (28.37)	1:28.38 (35.84)	1:55.74 (27.36)		
5 Saunders, Daniel	SR	Herndon Hornets	1:56.51	1:56.08 S	14
25.41	55.44 (30.03)	1:28.48 (33.04)	1:56.08 (27.60)		
6 Kambhampaty, Kedar	JR	Washington-Liberty High School	1:56.83	1:56.20 S	13
25.15	54.80 (29.65)	1:27.31 (32.51)	1:56.20 (28.89)		
7 Eachus, Robert	SR	James Madison High School	1:58.52	1:57.01 R	12
25.54	54.83 (29.29)	1:28.77 (33.94)	1:57.01 (28.24)		
8 Williams, Henry	SO	McLean High School	2:00.22	1:58.79 R	11
25.66	54.70 (29.04)	1:30.24 (35.54)	1:58.79 (28.55)		
Consolation Final					
9 Lees, Jeremy	SR	McLean High School	2:05.73	2:02.25	9
27.56	58.64 (31.08)	1:32.64 (34.00)	2:02.25 (29.61)		
10 Manning, Jason	SO	Oakton High School	2:04.50	2:02.34	7
26.39	58.58 (32.19)	1:34.15 (35.57)	2:02.34 (28.19)		
11 Andrews, Caleb	SO	Westfield High School	2:03.04	2:02.65	6
26.49	58.99 (32.50)	1:32.41 (33.42)	2:02.65 (30.24)		
12 Flickinger, Ryan	JR	Langley High School	2:08.34	2:04.24	5
25.55	54.96 (29.41)	1:33.58 (38.62)	2:04.24 (30.66)		
13 Thornton, Sandro	SO	Langley High School	2:05.61	2:05.07	4
26.80	58.19 (31.39)	1:35.62 (37.43)	2:05.07 (29.45)		
14 Li, Andy	SO	Langley High School	2:05.06	2:05.18	3
27.23	57.18 (29.95)	1:33.92 (36.74)	2:05.18 (31.26)		
15 Wong, Isaiah	FR	Chantilly Chargers	2:08.83	2:08.03	2
27.54	59.98 (32.44)	1:36.04 (36.06)	2:08.03 (31.99)		

Event 5 Boys 200 Yard IM

6A North Reg: 1:51.36 \$ 2/8/2014 John Shebat Oakton
 All Time VA: 1:43.01 V 2/21/2015 Andrew Seliskar Thomas Jefferson
 Nat Public: 1:41.39 N 3/18/2011 David Nolan Hershey HS, PA
 1:49.14 A - All America Auto
 1:51.34 C - All America Cons
 1:56.77 S - Class 6 State
 2:01.59 R - Northern Region

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Li, Kyle	JR	Chantilly Chargers	1:51.85	1:51.99 S
24.67	54.31 (29.64)	1:26.16 (31.85)	1:51.99 (25.83)	

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Results

Preliminaries ... (Event 5 Boys 200 Yard IM)

Name	Yr	School	Seed Time	Prelim Time	
2 Haggard, Bruno	JR	McLean High School	1:57.91	1:52.38	S
24.19	52.74 (28.55)	1:27.20 (34.46)	1:52.38 (25.18)		
3 Madsen, Blake	JR	Chantilly Chargers	1:54.00	1:54.39	S
24.98	54.68 (29.70)	1:27.28 (32.60)	1:54.39 (27.11)		
4 Saunders, Daniel	SR	Herndon Hornets	1:56.34	1:56.51	S
25.74	56.11 (30.37)	1:29.22 (33.11)	1:56.51 (27.29)		
5 Kambhampaty, Kedar	JR	Washington-Liberty High School	1:59.64	1:56.83	R
26.04	55.92 (29.88)	1:28.36 (32.44)	1:56.83 (28.47)		
6 Edwards, Mark	SO	Oakton High School	1:56.93	1:57.08	R
25.60	54.59 (28.99)	1:28.78 (34.19)	1:57.08 (28.30)		
7 Eachus, Robert	SR	James Madison High School	2:00.64	1:58.52	R
25.75	56.14 (30.39)	1:30.26 (34.12)	1:58.52 (28.26)		
8 Ramos, Diego	SO	Washington-Liberty High School	1:58.77	1:59.31	R
25.80	56.77 (30.97)	1:30.43 (33.66)	1:59.31 (28.88)		
9 Williams, Henry	SO	McLean High School	1:59.70	2:00.22	R
26.03	55.32 (29.29)	1:32.38 (37.06)	2:00.22 (27.84)		
10 Andrews, Caleb	SO	Westfield High School	2:04.08	2:03.04	
26.37	59.14 (32.77)	1:32.53 (33.39)	2:03.04 (30.51)		
11 Manning, Jason	SO	Oakton High School	2:03.51	2:04.50	
26.05	58.16 (32.11)	2:04.50 (1:06.34)			
12 Li, Andy	SO	Langley High School	2:04.83	2:05.06	
27.59	57.79 (30.20)	1:35.02 (37.23)	2:05.06 (30.04)		
13 Thornton, Sandro	SO	Langley High School	2:03.24	2:05.61	
28.32	59.54 (31.22)	1:37.26 (37.72)	2:05.61 (28.35)		
14 Lees, Jeremy	SR	McLean High School	2:01.83	2:05.73	
26.84	58.96 (32.12)	1:34.63 (35.67)	2:05.73 (31.10)		
15 Flickinger, Ryan	JR	Langley High School	2:03.02	2:08.34	
26.27	56.59 (30.32)	1:36.33 (39.74)	2:08.34 (32.01)		
16 Wong, Isaiah	FR	Chantilly Chargers	2:05.92	2:08.83	
27.55	1:01.69 (34.14)	1:37.45 (35.76)	2:08.83 (31.38)		

Event 6 Girls 200 Yard IM

6A North Reg:	1:58.13	\$	2/1/2019	Torri Huske	YTWN
All Time VA:	1:53.73	V	2/24/2021	Torri Huske	YTWN
Nat Public:	1:53.73	N	2/24/2021	Torri Huske	YTWN
	2:01.38	A	All America Auto		
	2:04.11	C	All America Cons		
	2:08.39	S	Class 6 State		
	2:13.89	R	Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Goff, Caitlin	JR	Centreville High School	2:07.49	2:04.57	S 20
28.34	1:00.92 (32.58)	1:36.41 (35.49)	2:04.57 (28.16)		
2 Kuang, Gloria	JR	Langley High School	2:06.35	2:04.72	S 17
26.50	57.22 (30.72)	1:35.37 (38.15)	2:04.72 (29.35)		
3 Scogna, Charlie	SR	Washington-Liberty High School	2:07.45	2:06.88	S 16
28.32	59.86 (31.54)	1:36.85 (36.99)	2:06.88 (30.03)		
4 Sherman, Nora	SR	Yorktown High School	2:08.00	2:06.94	S 15
26.42	57.51 (31.09)	1:35.64 (38.13)	2:06.94 (31.30)		
5 Indrisano, Ariel	SR	Herndon Hornets	2:10.13	2:10.01	R 14
28.67	1:02.31 (33.64)	1:39.00 (36.69)	2:10.01 (31.01)		
6 Thrash, Alexa	SO	Oakton High School	2:14.41	2:13.67	R 13
28.08	59.49 (31.41)	1:41.12 (41.63)	2:13.67 (32.55)		

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Championship Final ... (Event 6 Girls 200 Yard IM)

Name	Yr	School	Prelim Time	Finals Time	Points
7 Falzone, Ana	SR	McLean High School	2:13.24	2:15.74	12
28.36	1:02.47 (34.11)	2:15.74 (1:13.27)			
8 Dinh, Lam	SO	Langley High School	2:13.97	2:16.41	11
29.30	1:02.11 (32.81)	1:44.15 (42.04)	2:16.41 (32.26)		

Consolation Final

9 McDonald, Katie	SO	Washington-Liberty High School	2:17.00	2:12.38	R	9
29.87	1:02.55 (32.68)	1:40.70 (38.15)	2:12.38 (31.68)			
10 MacIvor, Amelia	FR	Washington-Liberty High School	2:14.90	2:14.01		7
27.99	1:00.34 (32.35)	1:43.77 (43.43)	2:14.01 (30.24)			
11 Kim, Eurie	SO	Chantilly Chargers	2:16.06	2:15.26		6
28.66	1:01.45 (32.79)	1:42.86 (41.41)	2:15.26 (32.40)			
12 Gareau, Mira	FR	Oakton High School	2:16.29	2:16.84		5
28.43	1:02.59 (34.16)	1:44.79 (42.20)	2:16.84 (32.05)			
13 Nagle, Audrey	JR	Centreville High School	2:17.19	2:17.05		4
30.16	1:07.21 (37.05)	1:44.81 (37.60)	2:17.05 (32.24)			
14 Chow, Ady	SO	Oakton High School	2:18.87	2:17.60		3
28.49	1:03.07 (34.58)	1:45.42 (42.35)	2:17.60 (32.18)			
15 Wagner, Amanda	JR	South Lakes High School	2:20.11	2:18.25		2
29.64	1:06.68 (37.04)	1:44.99 (38.31)	2:18.25 (33.26)			
16 Anderson, Claire	FR	Centreville High School	2:21.07	2:20.79		1
28.90	1:05.62 (36.72)	1:47.36 (41.74)	2:20.79 (33.43)			

Event 6 Girls 200 Yard IM

6A North Reg:	1:58.13	\$	2/1/2019	Torri Huske	YTWN
All Time VA:	1:53.73	V	2/24/2021	Torri Huske	YTWN
Nat Public:	1:53.73	N	2/24/2021	Torri Huske	YTWN
	2:01.38	A	- All America Auto		
	2:04.11	C	- All America Cons		
	2:08.39	S	- Class 6 State		
	2:13.89	R	- Northern Region		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Kuang, Gloria	JR	Langley High School	2:05.67	2:06.35	S
27.27	57.91 (30.64)	1:36.01 (38.10)	2:06.35 (30.34)		
2 Scogna, Charlie	SR	Washington-Liberty High School	2:09.07	2:07.45	S
27.28	59.77 (32.49)	1:38.50 (38.73)	2:07.45 (28.95)		
3 Goff, Caitlin	JR	Centreville High School	2:06.46	2:07.49	S
28.60	1:01.76 (33.16)	1:38.70 (36.94)	2:07.49 (28.79)		
4 Sherman, Nora	SR	Yorktown High School	2:07.10	2:08.00	S
27.31	58.85 (31.54)	1:37.64 (38.79)	2:08.00 (30.36)		
5 Indrisano, Ariel	SR	Herndon Hornets	2:12.15	2:10.13	R
28.46	1:02.91 (34.45)	1:39.11 (36.20)	2:10.13 (31.02)		
6 Falzone, Ana	SR	McLean High School	2:12.35	2:13.24	R
28.34	1:01.76 (33.42)	1:40.84 (39.08)	2:13.24 (32.40)		
7 Dinh, Lam	SO	Langley High School	2:18.60	2:13.97	
29.17	1:01.69 (32.52)	1:43.14 (41.45)	2:13.97 (30.83)		
8 Thrash, Alexa	SO	Oakton High School	2:12.94	2:14.41	
27.86	1:00.09 (32.23)	1:41.54 (41.45)	2:14.41 (32.87)		
9 MacIvor, Amelia	FR	Washington-Liberty High School	2:14.34	2:14.90	
28.74	1:01.38 (32.64)	1:43.91 (42.53)	2:14.90 (30.99)		
10 Kim, Eurie	SO	Chantilly Chargers	2:19.29	2:16.06	
29.09	1:02.47 (33.38)	1:43.83 (41.36)	2:16.06 (32.23)		

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 6 Girls 200 Yard IM)

Name	Yr	School	Seed Time	Prelim Time
11 Gareau, Mira	FR	Oakton High School	2:16.49	2:16.29
27.78	1:00.76 (32.98)	1:43.80 (43.04)	2:16.29 (32.49)	
12 Siraj, Hannah	SR	South Lakes High School	2:15.95	2:16.71
29.44	1:03.91 (34.47)	1:45.95 (42.04)	2:16.71 (30.76)	
13 McDonald, Katie	SO	Washington-Liberty High School	2:13.12	2:17.00
29.81	1:04.10 (34.29)	1:44.34 (40.24)	2:17.00 (32.66)	
14 Nagle, Audrey	JR	Centreville High School	2:16.47	2:17.19
30.22	1:06.86 (36.64)	1:45.08 (38.22)	2:17.19 (32.11)	
15 Chow, Ady	SO	Oakton High School	2:14.94	2:18.87
29.87	1:04.19 (34.32)	1:46.72 (42.53)	2:18.87 (32.15)	
16 Wagner, Amanda	JR	South Lakes High School	2:18.64	2:20.11
29.83	1:07.01 (37.18)	1:46.10 (39.09)	2:20.11 (34.01)	
17 Anderson, Claire	FR	Centreville High School	2:20.74	2:21.07
29.86	1:07.02 (37.16)	2:21.07 (1:14.05)		
18 Haynes, Emory	JR	Yorktown High School	2:20.36	2:22.71
31.55	1:09.07 (37.52)	2:22.71 (1:13.64)		
19 Porter, Drew	SR	Centreville High School	2:25.08	2:29.82
31.78	1:08.34 (36.56)	1:52.87 (44.53)	2:29.82 (36.95)	

Event 7 Boys 50 Yard Freestyle

6A North Reg:	20.13	\$	2/1/2019	Anthony Grimm	OAKT -PV
All Time VA:	19.67	V	2/15/2019	Anthony Grimm	Oakton
Nat Public:	19.20	N	2/25/2021	Aiden Hayes	Jenks, OK
	20.41	A	All America Auto		
	20.80	C	All America Cons		
	21.86	S	Class 6 State		
	22.59	R	Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Zipperer, Hunter	SR	Langley High School	20.97	20.37 A	20
2 Li, Yaron	JR	Chantilly Chargers	21.00	20.57 C	17
3 Thompson, Max	FR	Langley High School	21.31	21.19 S	16
4 Clabeaux, Ben	SR	Chantilly Chargers	21.43	21.28 S	15
5 Souders, Beau	SR	Oakton High School	21.79	21.62 S	14
6 Anderson, James	JR	Centreville High School	21.71	21.69 S	13
7 Wang, Allen	SO	McLean High School	21.79	21.72 S	12
8 Flickinger, Owen	SR	Oakton High School	21.80	21.92 R	11
Consolation Final					
9 Kuhn, Cameron	JR	Langley High School	21.90	21.70 S	9
10 White, Ken	JR	South Lakes High School	22.00	21.72 S	7
11 Murphy, Nate	SR	Chantilly Chargers	22.29	21.80 S	6
12 Li, Andrew	SO	Oakton High School	21.88	21.84 S	5
13 Campet, Luke	JR	Westfield High School	22.01	22.06 R	4
14 Aly, Adam	JR	Chantilly Chargers	22.13	22.08 R	3
15 Fleury, Peter	SR	Westfield High School	22.24	22.32 R	2
16 Garver, Andrew	SO	Oakton High School	22.02	22.36 R	1

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Event 7 Boys 50 Yard Freestyle

6A North Reg: 20.13 \$ 2/1/2019 Anthony Grimm OAKT -PV
 All Time VA: 19.67 V 2/15/2019 Anthony Grimm Oakton
 Nat Public: 19.20 N 2/25/2021 Aiden Hayes Jenks, OK
 20.41 A - All America Auto
 20.80 C - All America Cons
 21.86 S - Class 6 State
 22.59 R - Northern Region

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Zipperer, Hunter	SR	Langley High School	21.72	20.97	S
2 Li, Yaron	JR	Chantilly Chargers	20.67	21.00	S
3 Thompson, Max	FR	Langley High School	21.40	21.31	S
4 Clabeaux, Ben	SR	Chantilly Chargers	21.29	21.43	S
5 Anderson, James	JR	Centreville High School	21.81	21.71	S
*6 Souders, Beau	SR	Oakton High School	21.73	21.79	S
*6 Wang, Allen	SO	McLean High School	22.22	21.79	S
8 Flickinger, Owen	SR	Oakton High School	21.59	21.80	S
9 Li, Andrew	SO	Oakton High School	22.11	21.88	R
10 Kuhn, Cameron	JR	Langley High School	22.19	21.90	R
11 White, Ken	JR	South Lakes High School	22.40	22.00	R
12 Campet, Luke	JR	Westfield High School	22.10	22.01	R
13 Garver, Andrew	SO	Oakton High School	22.46	22.02	R
14 Aly, Adam	JR	Chantilly Chargers	21.85	22.13	R
15 Fleury, Peter	SR	Westfield High School	22.43	22.24	R
16 Murphy, Nate	SR	Chantilly Chargers	22.10	22.29	R
17 Lemire, Noah	SR	Herndon Hornets	22.60	22.42	R
18 Koh, Elijah	JR	South Lakes High School	22.44	22.53	R
19 Speer, Eric	SO	Herndon Hornets	22.39	22.57	R
20 Weinstock, Harrison	SR	McLean High School	22.59	22.63	
21 Soh, Mike	SR	Centreville High School	22.32	22.67	
22 Fritz, Andrew	SR	South Lakes High School	22.28	22.70	
23 Thornsbury, Aiden	SO	Langley High School	22.98	22.80	
24 Leveto, Mason	SR	Herndon Hornets	23.10	22.86	
25 Bechtle, JJ	FR	James Madison High School	22.56	22.88	
26 Hans, Alex	JR	Yorktown High School	23.31	22.94	

Event 8 Girls 50 Yard Freestyle

6A North Reg: 22.11 \$ 2/6/2014 Janet Hu Oakton
 All Time VA: 21.65 V 2/24/2021 Torri Huske YTWN
 Nat Public: 21.64 N 5/16/2016 Abbey Weitzel Saugus HS, CA
 23.08 A - All America Auto
 23.54 C - All America Cons
 24.51 S - Class 6 State
 25.19 R - Northern Region

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Hecmanczuk, Mary	JR	Yorktown High School	24.10	23.95	S 20
2 DeLacy, Sydney	SO	James Madison High School	24.44	24.25	S 17
3 Murphy, Eleanor	SR	McLean High School	24.40	24.41	S 16
4 Steber, Gretchen	SO	Langley High School	24.75	24.49	S 15
5 Cory, McKenzie	FR	Yorktown High School	24.63	24.55	R 14

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Championship Final ... (Event 8 Girls 50 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time		Points
6 Gilman, Heidi	SR	South Lakes High School	24.82	24.71	R	13
7 Khan, Zariya	JR	South Lakes High School	25.19	24.87	R	12
8 Lim, Charlotte	SR	Oakton High School	24.85	24.98	R	11

Consolation Final

9 Corderman, Devon	JR	Oakton High School	25.25	24.62	R	9
10 Gavino, Alessandra	FR	Oakton High School	25.38	25.10	R	7
11 Barker, Lily	SO	Chantilly Chargers	25.41	25.25		6
12 Charters, Shannon	SR	Centreville High School	25.51	25.27		5
13 Schmid, Rylee	JR	Westfield High School	25.25	25.28		4
14 Boyko, Sophia	SO	Washington-Liberty High School	25.48	25.37		3
15 Desautels, Alaina	SR	Yorktown High School	25.44	25.46		2
16 Ebert, Shelby	SR	Washington-Liberty High School	25.52	25.63		1

Event 8 Girls 50 Yard Freestyle

6A North Reg:	22.11	\$	2/6/2014	Janet Hu	Oakton
All Time VA:	21.65	V	2/24/2021	Torri Huske	YTWN
Nat Public:	21.64	N	5/16/2016	Abbey Weitzel	Saugus HS, CA
	23.08	A	- All America Auto		
	23.54	C	- All America Cons		
	24.51	S	- Class 6 State		
	25.19	R	- Northern Region		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Hecmanczuk, Mary	JR	Yorktown High School	24.06	24.10	S
2 Murphy, Eleanor	SR	McLean High School	24.89	24.40	S
3 DeLacy, Sydney	SO	James Madison High School	24.25	24.44	S
4 Cory, McKenzie	FR	Yorktown High School	24.71	24.63	R
5 Steber, Gretchen	SO	Langley High School	25.14	24.75	R
6 Gilman, Heidi	SR	South Lakes High School	24.78	24.82	R
7 Lim, Charlotte	SR	Oakton High School	25.06	24.85	R
8 Khan, Zariya	JR	South Lakes High School	25.07	25.19	R
*9 Schmid, Rylee	JR	Westfield High School	25.16	25.25	
*9 Corderman, Devon	JR	Oakton High School	24.73	25.25	
11 Portella, Arianna	SR	Centreville High School	25.16	25.30	
12 Gavino, Alessandra	FR	Oakton High School	25.03	25.38	
13 Barker, Lily	SO	Chantilly Chargers	25.27	25.41	
14 Desautels, Alaina	SR	Yorktown High School	25.55	25.44	
15 Boyko, Sophia	SO	Washington-Liberty High School	25.53	25.48	
16 Charters, Shannon	SR	Centreville High School	25.32	25.51	
17 Ebert, Shelby	SR	Washington-Liberty High School	25.70	25.52	
18 Georgieva, Sophia	JR	George C Marshall High School	25.39	25.68	
19 Cobb, Emme	SR	Yorktown High School	25.63	25.83	
20 Spignardo, Calla	SR	George C Marshall High School	25.80	25.84	
21 Gary, Morgan	SR	McLean High School	25.92	26.17	

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Event 9 Boys 1 mtr Diving

6A North Reg: 584.60 \$ 2/11/2023 Matthew Bray CHNT
 All Time VA: 607.60 V 2016 Grayson Campbell Madison
 410.02 S - Class 6 State
 303.99 R - Northern Region

Name	Yr	School	544.80	533.15	Points
1 Brown, Ivor	JR	Chantilly Chargers	544.80	533.15 S	20
2 Lede, Thibault	JR	Oakton High School	508.50	484.00 S	17
3 Doe, Brendan	SR	Oakton High School	470.75	455.70 S	16
4 Reed, Peyton	FR	James Madison High School	424.40	455.10 S	15
5 Martinez, Paxton	SR	Chantilly Chargers	426.15	426.55 S	14
6 DeSando, Michael	JR	George C Marshall High School	395.45	377.70 R	13
7 Fu, Alan	SO	Langley High School	345.10	363.80 R	12
8 Paci, Dylan	SR	James Madison High School	353.80	350.55 R	11
9 Thomas, Jackson	FR	McLean High School	269.15	318.15 R	9
10 Waterfield, Mason	SR	Chantilly Chargers	284.60	313.75 R	7
11 Moore, Edward	SO	Chantilly Chargers	255.75	312.70 R	6
12 Coogen, Quinn	FR	Washington-Liberty High School	250.30	281.15	5
13 Bowman, Jack	SR	Washington-Liberty High School	236.20	275.20	4
14 Pilonieta Sherril, Alejo	SO	South Lakes High School	253.40	267.10	3
15 Valencic, Alex	JR	McLean High School	209.25	251.10	2
16 Hooton, Trent	FR	McLean High School	220.75	250.35	1
17 Staren, Michael	FR	Washington-Liberty High School	255.60	190.20	
18 Reed, Jack	SR	Yorktown High School	279.95	187.50	
19 Beck, Nate	SO	James Madison High School	245.25	175.00	
20 DiBenigno, Logan	FR	Yorktown High School	243.15	156.40	
21 Collie, Ryan	JR	Herndon Hornets	221.95	88.80	

Event 10 Girls 1 mtr Diving

6A North Reg: 497.00 \$ 2/11/2023 Amanda Stalfort WFLD
 All Time VA: 498.80 V 2023 Amanda Stalfort Wakefield
 341.92 S - Class 6 State
 274.29 R - Northern Region

Name	Yr	School	460.60	476.20	Points
1 daSilva, Marleigh	JR	James Madison High School	460.60	476.20 S	20
2 Whang, Isabelle	JR	Oakton High School	384.15	388.90 S	17
3 Yen, Cecilia	FR	Yorktown High School	234.95	365.70 S	16
4 Farello, Allie	JR	Chantilly Chargers	274.60	332.65 R	15
5 Lawler, Cate	SO	Yorktown High School	334.95	331.85 R	14
6 Knight, Kayla	SO	Oakton High School	321.20	313.05 R	13
7 Threadgill, Rowan	SO	Chantilly Chargers	352.30	312.95 R	12
8 Bhasin, Ziya	JR	McLean High School	295.20	299.00 R	11
9 Barclay, Stella	JR	Yorktown High School	201.25	290.95 R	9
10 Winn, Arissona	SR	Yorktown High School	296.90	289.40 R	7
11 Telleen, Darcy	SO	Centreville High School	285.25	280.95 R	6
12 Abba, Lauren	JR	McLean High School	268.65	268.75	5
13 Schramm, Jaida	JR	South Lakes High School	280.50	268.45	4
14 Arnz, Kendall	JR	Oakton High School	259.90	257.60	3
15 Boswell, Jordyn	SR	South Lakes High School	264.85	255.55	2
16 Travis, Rachel	SO	James Madison High School	273.50	245.30	1
17 O'Bryne, Samara	SO	Herndon Hornets	246.55	184.60	
18 Mar, Zoe	SO	George C Marshall High School	232.60	179.70	
19 Bowman, Audrey	SO	Washington-Liberty High School	224.95	169.95	

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(Event 10 Girls 1 mtr Diving)

Name	Yr	School	Prelim Time	Finals Score	Points
20 Page, Sierra	SR	Langley High School	260.05	151.30	

Event 11 Boys 100 Yard Butterfly

6A North Reg:	48.26	\$ 2/4/2017	Sam Pomajevich	Raiders
All Time VA:	46.06	V 2023	Thomas Heilman	West Albemarle
Nat Public:	45.08	N 2/8/2024	Spencer Nichols	Nashville, TN
	48.38	A - All America Auto		
	49.53	C - All America Cons		
	51.88	S - Class 6 State		
	53.99	R - Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Zipperer, Hunter	SR	Langley High School	50.13	49.46 C	20
22.49		49.46 (26.97)			
2 Farello, Ben	SR	Chantilly Chargers	50.73	49.83 S	17
23.00		49.83 (26.83)			
3 Anderson, James	JR	Centreville High School	50.59	50.16 S	16
23.51		50.16 (26.65)			
4 Thompson, Max	FR	Langley High School	50.86	50.79 S	15
23.78		50.79 (27.01)			
5 Robinson, Mitchell	SO	Yorktown High School	51.47	50.94 S	14
24.14		50.94 (26.80)			
6 Xin, Jason	JR	Chantilly Chargers	51.35	51.00 S	13
23.82		51.00 (27.18)			
7 Rayson, Kellan	SR	Herndon Hornets	52.00	51.31 S	12
23.85		51.31 (27.46)			
8 Flickinger, Owen	SR	Oakton High School	51.93	52.86 R	11
23.78		52.86 (29.08)			
Consolation Final					
9 Lopez, Lucas	JR	Wakefield High School	52.44	52.48 R	9
25.06		52.48 (27.42)			
10 Weinstock, Harrison	SR	McLean High School	53.11	52.62 R	7
24.76		52.62 (27.86)			
11 Murphy, Lou	SO	Chantilly Chargers	52.77	52.77 R	6
24.34		52.77 (28.43)			
12 Zenyuh, Quinn	FR	Westfield High School	52.86	52.79 R	5
24.47		52.79 (28.32)			
13 Matyas, Ben	SO	Chantilly Chargers	53.24	52.95 R	4
24.72		52.95 (28.23)			
14 Simpson, David	JR	George C Marshall High School	53.94	53.18 R	3
24.97		53.18 (28.21)			
15 Owen, Jacob	JR	Yorktown High School	53.08	53.26 R	2
25.39		53.26 (27.87)			
16 Zhou, Oscar	JR	James Madison High School	53.63	53.47 R	1
25.07		53.47 (28.40)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

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Event 11 Boys 100 Yard Butterfly

6A North Reg:	48.26	\$	2/4/2017	Sam Pomajevich	Raiders
All Time VA:	46.06	V	2023	Thomas Heilman	West Albemarle
Nat Public:	45.08	N	2/8/2024	Spencer Nichols	Nashville, TN
	48.38	A	A - All America Auto		
	49.53	C	C - All America Cons		
	51.88	S	S - Class 6 State		
	53.99	R	R - Northern Region		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Zipperer, Hunter	SR	Langley High School	51.85	50.13	S
22.94		50.13 (27.19)			
2 Anderson, James	JR	Centreville High School	50.50	50.59	S
23.87		50.59 (26.72)			
3 Farello, Ben	SR	Chantilly Chargers	50.03	50.73	S
23.42		50.73 (27.31)			
4 Thompson, Max	FR	Langley High School	51.54	50.86	S
24.08		50.86 (26.78)			
5 Xin, Jason	JR	Chantilly Chargers	51.32	51.35	S
24.07		51.35 (27.28)			
6 Robinson, Mitchell	SO	Yorktown High School	53.88	51.47	S
24.19		51.47 (27.28)			
7 Flickinger, Owen	SR	Oakton High School	52.46	51.93	R
23.96		51.93 (27.97)			
8 Rayson, Kellan	SR	Herndon Hornets	53.13	52.00	R
24.08		52.00 (27.92)			
9 Lopez, Lucas	JR	Wakefield High School	53.09	52.44	R
24.86		52.44 (27.58)			
10 Murphy, Lou	SO	Chantilly Chargers	52.69	52.77	R
24.95		52.77 (27.82)			
11 Zenyuh, Quinn	FR	Westfield High School	52.62	52.86	R
24.86		52.86 (28.00)			
12 Owen, Jacob	JR	Yorktown High School	53.45	53.08	R
25.12		53.08 (27.96)			
13 Weinstock, Harrison	SR	McLean High School	52.91	53.11	R
25.39		53.11 (27.72)			
14 Matyas, Ben	SO	Chantilly Chargers	53.52	53.24	R
24.90		53.24 (28.34)			
15 Zhou, Oscar	JR	James Madison High School	53.34	53.63	R
25.54		53.63 (28.09)			
16 Simpson, David	JR	George C Marshall High School	55.32	53.94	R
25.54		53.94 (28.40)			
17 Koh, Elijah	JR	South Lakes High School	54.21	54.86	
25.59		54.86 (29.27)			
18 Piccolo, Ethan	SR	Oakton High School	54.35	55.06	
25.54		55.06 (29.52)			
19 Quintero, Elvis	SR	McLean High School	54.62	55.22	
25.40		55.22 (29.82)			
20 Parkhomenko, Cameron	SO	McLean High School	54.37	55.32	
26.25		55.32 (29.07)			

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Event 12 Girls 100 Yard Butterfly

6A North Reg: 52.95 \$ 2/1/2019 Lexi Cuomo CNTV -PV
 All Time VA: 49.95 V 2/24/2021 Torri Huske YTWN
 Nat Public: 49.95 N 2/24/2021 Torri Huske Yorktown, VA
 54.32 A - All America Auto
 55.58 C - All America Cons
 58.04 S - Class 6 State
 59.79 R - Northern Region

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Fredericks, Sophie	JR	Yorktown High School	55.63	55.36 C	20
26.02		55.36 (29.34)			
2 Kuang, Gloria	JR	Langley High School	57.34	56.68 S	17
26.79		56.68 (29.89)			
3 Gilman, Heidi	SR	South Lakes High School	57.94	57.71 S	16
27.13		57.71 (30.58)			
4 Gavino, Alessandra	FR	Oakton High School	59.28	59.16 R	15
27.53		59.16 (31.63)			
5 Chow, Ady	SO	Oakton High School	59.03	59.45 R	14
28.02		59.45 (31.43)			
6 Falzone, Ana	SR	McLean High School	59.80	1:00.22	13
7 Sun, Faith	SO	Oakton High School	1:00.69	1:00.57	12
28.47		1:00.57 (32.10)			
8 Miller, Elisabeth	SO	Langley High School	1:00.70	1:00.82	11
28.80		1:00.82 (32.02)			
Consolation Final					
9 Wright, Morgan	SR	Herndon Hornets	1:00.84	1:00.09	9
28.11		1:00.09 (31.98)			
10 Samsot, Alex	FR	James Madison High School	1:01.62	1:00.95	7
29.03		1:00.95 (31.92)			
11 Cota-Robles, Bella	FR	Langley High School	1:02.08	1:01.75	6
28.64		1:01.75 (33.11)			
12 Lim, Charlotte	SR	Oakton High School	1:01.28	1:01.88	5
28.98		1:01.88 (32.90)			
13 O'Hearn, Penelope	JR	George C Marshall High School	1:02.45	1:02.03	4
28.16		1:02.03 (33.87)			
14 Pilot, Elizabeth	SO	Yorktown High School	1:02.93	1:02.43	3
28.57		1:02.43 (33.86)			
15 Nelson, Maya	SO	South Lakes High School	1:02.72	1:03.06	2
28.83		1:03.06 (34.23)			
16 Taylor, Sasha	JR	Washington-Liberty High School	1:02.79	1:04.26	1
29.56		1:04.26 (34.70)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

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Event 12 Girls 100 Yard Butterfly

6A North Reg: 52.95 \$ 2/1/2019 Lexi Cuomo CNTV -PV
 All Time VA: 49.95 V 2/24/2021 Torri Huske YTWN
 Nat Public: 49.95 N 2/24/2021 Torri Huske Yorktown, VA
 54.32 A - All America Auto
 55.58 C - All America Cons
 58.04 S - Class 6 State
 59.79 R - Northern Region

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Fredericks, Sophie	JR Yorktown High School	57.79	55.63	S
	25.79	55.63 (29.84)			
2	Kuang, Gloria	JR Langley High School	58.90	57.34	S
	27.22	57.34 (30.12)			
3	Gilman, Heidi	SR South Lakes High School	57.26	57.94	S
	27.70	57.94 (30.24)			
4	Chow, Ady	SO Oakton High School	59.28	59.03	R
	27.85	59.03 (31.18)			
5	Gavino, Alessandra	FR Oakton High School	1:00.05	59.28	R
	27.76	59.28 (31.52)			
6	Falzone, Ana	SR McLean High School	1:00.11	59.80	
	27.77	59.80 (32.03)			
7	Sun, Faith	SO Oakton High School	1:00.92	1:00.69	
	28.45	1:00.69 (32.24)			
8	Miller, Elisabeth	SO Langley High School	1:02.35	1:00.70	
	28.27	1:00.70 (32.43)			
9	Wright, Morgan	SR Herndon Hornets	1:00.57	1:00.84	
	28.57	1:00.84 (32.27)			
10	Lim, Charlotte	SR Oakton High School	1:01.19	1:01.28	
	28.69	1:01.28 (32.59)			
11	Samsot, Alex	FR James Madison High School	1:02.17	1:01.62	
	28.62	1:01.62 (33.00)			
12	Cota-Robles, Bella	FR Langley High School	1:01.97	1:02.08	
	29.05	1:02.08 (33.03)			
13	O'Hearn, Penelope	JR George C Marshall High School	1:02.38	1:02.45	
	28.16	1:02.45 (34.29)			
14	Hughes, Danielle	SR McLean High School	1:01.00	1:02.52	
	29.30	1:02.52 (33.22)			
15	Nelson, Maya	SO South Lakes High School	1:03.78	1:02.72	
	28.83	1:02.72 (33.89)			
16	Taylor, Sasha	JR Washington-Liberty High School	1:02.91	1:02.79	
	29.07	1:02.79 (33.72)			
17	Pilot, Elizabeth	SO Yorktown High School	1:01.89	1:02.93	
	29.22	1:02.93 (33.71)			
18	MacDonald, Sophia	SO James Madison High School	1:05.44	1:03.61	
	29.65	1:03.61 (33.96)			
19	McDermott, Kate	SR George C Marshall High School	1:02.89	1:03.69	
	29.86	1:03.69 (33.83)			
20	Mikhin, Lydia	SR James Madison High School	1:04.72	1:03.72	
21	Miller, Etta	FR James Madison High School	1:05.40	1:04.26	
	30.21	1:04.26 (34.05)			

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Results

Event 13 Boys 100 Yard Freestyle

6A North Reg:	44.58	\$	2/4/2017	Tommy Hallock	Oakton
All Time VA:	42.77	V	2023	Brendan Whitfield	Jefferson Forest
Nat Public:	42.34	N	3/19/2011	David Nolan	Hershey HS, PA
	44.72	A	A - All America Auto		
	45.56	C	C - All America Cons		
	48.19	S	S - Class 6 State		
	49.29	R	R - Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Li, Yaron	JR	Chantilly Chargers	46.37	45.13 C	20
21.76		45.13 (23.37)			
2 Haggard, Bruno	JR	McLean High School	45.95	46.12 S	17
22.20		46.12 (23.92)			
3 Zhou, Michael	JR	Langley High School	46.49	46.46 S	16
22.45		46.46 (24.01)			
4 Clabeaux, Ben	SR	Chantilly Chargers	47.55	47.09 S	15
22.68		47.09 (24.41)			
5 Shin, Ethan	JR	Langley High School	47.63	47.36 S	14
22.83		47.36 (24.53)			
6 Kuhn, Cameron	JR	Langley High School	47.91	47.55 S	13
22.88		47.55 (24.67)			
7 Campet, Luke	JR	Westfield High School	47.92	47.84 S	12
22.77		47.84 (25.07)			
8 Wang, Allen	SO	McLean High School	47.54	47.96 S	11
23.14		47.96 (24.82)			
Consolation Final					
9 Souders, Beau	SR	Oakton High School	48.35	47.65 S	9
22.56		47.65 (25.09)			
10 Li, Andrew	SO	Oakton High School	48.34	47.74 S	7
22.94		47.74 (24.80)			
11 Manning, Jason	SO	Oakton High School	48.75	48.87 R	6
23.78		48.87 (25.09)			
12 Wong, Aiden	SR	Chantilly Chargers	48.83	49.07 R	5
23.35		49.07 (25.72)			
13 Sutanto, Zach	JR	McLean High School	48.65	49.31	4
23.50		49.31 (25.81)			
14 Bechtle, JJ	FR	James Madison High School	49.68	49.42	3
23.46		49.42 (25.96)			
15 Rogers, Zane	JR	Washington-Liberty High School	49.68	49.46	2
23.75		49.46 (25.71)			
16 Garver, Andrew	SO	Oakton High School	49.50	49.66	1
23.53		49.66 (26.13)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 13 Boys 100 Yard Freestyle

6A North Reg:	44.58	\$	2/4/2017	Tommy Hallock	Oakton
All Time VA:	42.77	V	2023	Brendan Whitfield	Jefferson Forest
Nat Public:	42.34	N	3/19/2011	David Nolan	Hershey HS, PA
	44.72	A	A - All America Auto		
	45.56	C	C - All America Cons		
	48.19	S	S - Class 6 State		
	49.29	R	R - Northern Region		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Haggard, Bruno	JR McLean High School	48.31	45.95	S
	22.20	45.95 (23.75)			
2	Li, Yaron	JR Chantilly Chargers	44.98	46.37	S
	23.20	46.37 (23.17)			
3	Zhou, Michael	JR Langley High School	48.31	46.49	S
	22.35	46.49 (24.14)			
4	Wang, Allen	SO McLean High School	47.49	47.54	S
	23.21	47.54 (24.33)			
5	Clabeaux, Ben	SR Chantilly Chargers	46.90	47.55	S
	22.74	47.55 (24.81)			
6	Shin, Ethan	JR Langley High School	47.73	47.63	S
	22.88	47.63 (24.75)			
7	Kuhn, Cameron	JR Langley High School	47.68	47.91	S
	23.25	47.91 (24.66)			
8	Campet, Luke	JR Westfield High School	48.05	47.92	S
	22.66	47.92 (25.26)			
9	Li, Andrew	SO Oakton High School	48.78	48.34	R
	23.38	48.34 (24.96)			
10	Souders, Beau	SR Oakton High School	48.12	48.35	R
	23.04	48.35 (25.31)			
11	Sutanto, Zach	JR McLean High School	48.91	48.65	R
	23.42	48.65 (25.23)			
12	Manning, Jason	SO Oakton High School	48.81	48.75	R
	23.53	48.75 (25.22)			
13	Wong, Aiden	SR Chantilly Chargers	49.24	48.83	R
	23.53	48.83 (25.30)			
14	Garver, Andrew	SO Oakton High School	49.18	49.50	
	23.67	49.50 (25.83)			
*15	Rogers, Zane	JR Washington-Liberty High School	49.92	49.68	
	23.53	49.68 (26.15)			
*15	Bechtle, JJ	FR James Madison High School	50.38	49.68	
	24.00	49.68 (25.68)			
17	Fleury, Peter	SR Westfield High School	49.68	49.83	
	24.06	49.83 (25.77)			
18	Lemire, Noah	SR Herndon Hornets	49.71	50.05	
	24.21	50.05 (25.84)			
19	Hans, Alex	JR Yorktown High School	51.10	50.06	
	24.09	50.06 (25.97)			
20	Redding, Dylan	SR George C Marshall High School	50.82	51.01	
	24.10	51.01 (26.91)			
21	King, Daniel	FR Herndon Hornets	51.24	51.03	
	24.41	51.03 (26.62)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 13 Boys 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
22 Sanderson, Emmett	SO	George C Marshall High School	51.04	51.81
25.03		51.81 (26.78)		

Event 14 Girls 100 Yard Freestyle

6A North Reg:	50.04	\$	2/1/2019	Torri Huske	YTWN
All Time VA:	48.04	V	2/24/2021	Torri Huske	YTWN
Nat Public:	47.09	N	5/16/2015	Abbey Weitzel	Saugus HS, CA
	50.16	A	- All America Auto		
	50.99	C	- All America Cons		
	53.14	S	- Class 6 State		
	54.79	R	- Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Hecmanczuk, Mary	JR	Yorktown High School	52.18	51.63 S	20
24.72		51.63 (26.91)			
2 Watson, Marina	SR	Langley High School	54.11	52.94 S	17
25.53		52.94 (27.41)			
3 DeLacy, Sydney	SO	James Madison High School	54.20	53.09 S	16
25.13		53.09 (27.96)			
4 McCarthy, Clara	SR	Washington-Liberty High School	53.88	53.58 R	15
26.06		53.58 (27.52)			
5 Swanson, Esther	SR	Oakton High School	54.10	53.78 R	14
25.71		53.78 (28.07)			
6 Yangas, Alicia	SO	Oakton High School	54.82	53.92 R	13
25.67		53.92 (28.25)			
7 Portella, Arianna	SR	Centreville High School	55.24	54.18 R	12
25.82		54.18 (28.36)			
8 Steber, Gretchen	SO	Langley High School	54.54	54.77 R	11
26.25		54.77 (28.52)			
Consolation Final					
9 Khan, Zariya	JR	South Lakes High School	55.40	55.19	9
26.80		55.19 (28.39)			
10 Cobb, Emme	SR	Yorktown High School	55.58	55.27	7
27.16		55.27 (28.11)			
11 Murphy, Eleanor	SR	McLean High School	55.43	55.48	6
26.31		55.48 (29.17)			
12 Cline, Hanna	SO	James Madison High School	55.78	55.53	5
27.26		55.53 (28.27)			
13 Lay, Sydney	FR	Westfield High School	55.63	55.74	4
26.66		55.74 (29.08)			
14 Young, Amelia	FR	Wakefield High School	55.70	55.89	3
26.75		55.89 (29.14)			
15 Knepper, Taryn	SR	Oakton High School	55.64	56.03	2
26.57		56.03 (29.46)			
16 Johnson, Abbygail	FR	Herndon Hornets	55.32	56.40	1
26.79		56.40 (29.61)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 14 Girls 100 Yard Freestyle

6A North Reg: 50.04 \$ 2/1/2019 Torri Huske YTWN
 All Time VA: 48.04 V 2/24/2021 Torri Huske YTWN
 Nat Public: 47.09 N 5/16/2015 Abbey Weitzel Saugus HS, CA
 50.16 A - All America Auto
 50.99 C - All America Cons
 53.14 S - Class 6 State
 54.79 R - Northern Region

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Hecmanczuk, Mary	JR	Yorktown High School	54.40	52.18	S
25.35		52.18 (26.83)			
2 McCarthy, Clara	SR	Washington-Liberty High School	54.00	53.88	R
26.29		53.88 (27.59)			
3 Swanson, Esther	SR	Oakton High School	54.27	54.10	R
26.04		54.10 (28.06)			
4 Watson, Marina	SR	Langley High School	53.39	54.11	R
26.19		54.11 (27.92)			
5 DeLacy, Sydney	SO	James Madison High School	53.46	54.20	R
25.33		54.20 (28.87)			
6 Steber, Gretchen	SO	Langley High School	54.30	54.54	R
26.20		54.54 (28.34)			
7 Yangas, Alicia	SO	Oakton High School	54.10	54.82	
26.50		54.82 (28.32)			
8 Portella, Arianna	SR	Centreville High School	54.26	55.24	
26.30		55.24 (28.94)			
9 Johnson, Abbygail	FR	Herndon Hornets	55.16	55.32	
26.59		55.32 (28.73)			
10 Khan, Zariya	JR	South Lakes High School	54.98	55.40	
26.70		55.40 (28.70)			
11 Murphy, Eleanor	SR	McLean High School	55.01	55.43	
26.46		55.43 (28.97)			
12 Cobb, Emme	SR	Yorktown High School	56.28	55.58	
26.82		55.58 (28.76)			
13 Lay, Sydney	FR	Westfield High School	55.50	55.63	
26.64		55.63 (28.99)			
14 Knepper, Taryn	SR	Oakton High School	55.79	55.64	
26.67		55.64 (28.97)			
15 Young, Amelia	FR	Wakefield High School	55.61	55.70	
26.48		55.70 (29.22)			
16 Cline, Hanna	SO	James Madison High School	58.61	55.78	
27.29		55.78 (28.49)			
17 Barker, Lily	SO	Chantilly Chargers	56.00	55.87	
26.80		55.87 (29.07)			
18 English, Ella	SO	McLean High School	56.24	55.90	
26.34		55.90 (29.56)			
19 Kovacs, Hanna	SO	Chantilly Chargers	54.86	56.18	
26.83		56.18 (29.35)			
20 Desautels, Alaina	SR	Yorktown High School	57.20	57.61	
28.03		57.61 (29.58)			
21 Spignardo, Calla	SR	George C Marshall High School	56.17	57.65	
27.63		57.65 (30.02)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 15 Boys 500 Yard Freestyle

6A North Reg: 4:23.73 \$ 2/6/2016 Lane Stone
 All Time VA: 4:22.99 V 2/22/2020 Sam Oliver
 Nat Public: 4:14.68 N 2/29/2020 Jake Mitchell
 4:28.60 A - All America Auto
 4:32.95 C - All America Cons
 4:47.10 S - Class 6 State
 4:56.49 R - Northern Region

WS
 John Champe
 Carmel, IN

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Madsen, Blake	JR	Chantilly Chargers	4:45.29	4:42.29 S	20
25.24	53.33 (28.09)	1:21.92 (28.59)	1:50.82 (28.90)		
2:19.72 (28.90)	2:48.73 (29.01)	3:17.59 (28.86)	3:46.55 (28.96)		
4:15.31 (28.76)	4:42.29 (26.98)				
2 Dilber, Sarp	SO	McLean High School	4:47.94	4:44.41 S	17
26.24	54.12 (27.88)	1:22.76 (28.64)	1:51.45 (28.69)		
2:20.46 (29.01)	2:49.44 (28.98)	3:18.58 (29.14)	3:47.49 (28.91)		
4:16.49 (29.00)	4:44.41 (27.92)				
3 Sanchez, Luca	SO	Langley High School	4:43.07	4:44.46 S	16
24.63	52.20 (27.57)	1:20.59 (28.39)	1:49.31 (28.72)		
2:18.26 (28.95)	2:47.57 (29.31)	3:17.27 (29.70)	3:46.85 (29.58)		
4:16.11 (29.26)	4:44.46 (28.35)				
4 Harris, Nick	FR	Westfield High School	4:45.40	4:46.05 S	15
25.59	53.43 (27.84)	1:22.45 (29.02)	1:51.59 (29.14)		
2:21.47 (29.88)	2:51.21 (29.74)	3:20.64 (29.43)	3:49.74 (29.10)		
4:18.66 (28.92)	4:46.05 (27.39)				
5 Ho, CJ	JR	Herndon Hornets	4:47.46	4:46.12 S	14
26.59	55.08 (28.49)	1:24.10 (29.02)	1:53.04 (28.94)		
2:22.42 (29.38)	2:51.71 (29.29)	3:20.99 (29.28)	3:50.03 (29.04)		
4:18.37 (28.34)	4:46.12 (27.75)				
6 Damian, Darius	SO	South Lakes High School	4:48.20	4:47.40 R	13
25.93	54.44 (28.51)	1:23.54 (29.10)	1:52.76 (29.22)		
2:22.34 (29.58)	2:51.91 (29.57)	3:21.23 (29.32)	3:50.70 (29.47)		
4:19.61 (28.91)	4:47.40 (27.79)				
7 Thornton, Sandro	SO	Langley High School	4:49.11	4:48.99 R	12
25.64	54.06 (28.42)	1:23.03 (28.97)	1:51.97 (28.94)		
2:20.90 (28.93)	2:50.42 (29.52)	3:20.05 (29.63)	3:49.39 (29.34)		
4:18.76 (29.37)	4:48.99 (30.23)				
8 Pahlevanpour, Alex	JR	Langley High School	4:45.83	4:52.62 R	11
25.80	54.24 (28.44)	1:23.07 (28.83)	1:52.28 (29.21)		
2:21.48 (29.20)	2:50.89 (29.41)	3:20.74 (29.85)	3:50.87 (30.13)		
4:21.92 (31.05)	4:52.62 (30.70)				
Consolation Final					
9 Kauffman, Matthew	JR	South Lakes High School	5:08.36	4:49.07 R	9
26.54	55.20 (28.66)	1:24.03 (28.83)	1:53.40 (29.37)		
2:22.97 (29.57)	2:52.59 (29.62)	3:22.11 (29.52)	3:51.57 (29.46)		
4:20.73 (29.16)	4:49.07 (28.34)				
10 Campet, Ben	SR	Westfield High School	4:50.39	4:51.45 R	7
26.01	54.83 (28.82)	1:24.02 (29.19)	1:53.36 (29.34)		
2:23.03 (29.67)	2:53.02 (29.99)	3:23.09 (30.07)	3:53.32 (30.23)		
4:22.86 (29.54)	4:51.45 (28.59)				
11 Guthrie, Hunter	JR	James Madison High School	4:58.33	4:51.98 R	6
25.94	54.18 (28.24)	1:22.80 (28.62)	1:52.37 (29.57)		
2:22.26 (29.89)	2:52.62 (30.36)	3:22.49 (29.87)	3:52.82 (30.33)		
4:23.11 (30.29)	4:51.98 (28.87)				

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Consolation Final ... (Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
12 Wilson, Griffin	FR	James Madison High School	5:00.23	4:55.22 R	5
25.93	54.33 (28.40)	1:23.44 (29.11)	1:52.78 (29.34)		
2:23.10 (30.32)	2:53.51 (30.41)	3:24.02 (30.51)	3:54.69 (30.67)		
4:25.16 (30.47)	4:55.22 (30.06)				
13 Hussey, Liam	SO	Yorktown High School	4:58.77	4:56.98	4
26.95	56.31 (29.36)	1:26.36 (30.05)	1:56.58 (30.22)		
2:27.00 (30.42)	2:57.14 (30.14)	3:27.28 (30.14)	3:57.67 (30.39)		
4:28.27 (30.60)	4:56.98 (28.71)				
14 McDonough, Desmond	FR	Westfield High School	5:08.22	5:01.92	3
26.75	56.09 (29.34)	1:26.32 (30.23)	1:57.57 (31.25)		
2:28.26 (30.69)	2:58.77 (30.51)	3:29.30 (30.53)	3:59.97 (30.67)		
4:31.44 (31.47)	5:01.92 (30.48)				
15 Moore, Collin	SO	George C Marshall High School	5:07.36	5:05.61	2
27.76	58.49 (30.73)	1:29.32 (30.83)	2:00.10 (30.78)		
2:31.16 (31.06)	3:02.19 (31.03)	3:33.28 (31.09)	4:04.15 (30.87)		
4:35.21 (31.06)	5:05.61 (30.40)				
16 Beall, Sam	SR	Yorktown High School	5:08.52	5:10.81	1
28.93	59.66 (30.73)	1:30.88 (31.22)	2:02.35 (31.47)		
2:33.89 (31.54)	3:05.36 (31.47)	3:37.45 (32.09)	4:09.18 (31.73)		
4:40.45 (31.27)	5:10.81 (30.36)				

Event 15 Boys 500 Yard Freestyle

6A North Reg:	4:23.73	\$	2/6/2016	Lane Stone	WS
All Time VA:	4:22.99	V	2/22/2020	Sam Oliver	John Champe
Nat Public:	4:14.68	N	2/29/2020	Jake Mitchell	Carmel, IN
	4:28.60	A	- All America Auto		
	4:32.95	C	- All America Cons		
	4:47.10	S	- Class 6 State		
	4:56.49	R	- Northern Region		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Sanchez, Luca	SO	Langley High School	4:52.69	4:43.07 S	
24.75	52.24 (27.49)	1:20.69 (28.45)	1:49.46 (28.77)		
2:18.19 (28.73)	2:47.48 (29.29)	3:16.56 (29.08)	3:45.63 (29.07)		
4:14.76 (29.13)	4:43.07 (28.31)				
2 Madsen, Blake	JR	Chantilly Chargers	4:44.81	4:45.29 S	
25.54	53.96 (28.42)	1:22.99 (29.03)	1:52.33 (29.34)		
2:21.72 (29.39)	2:51.14 (29.42)	3:20.85 (29.71)	3:50.03 (29.18)		
4:18.25 (28.22)	4:45.29 (27.04)				
3 Harris, Nick	FR	Westfield High School	4:47.28	4:45.40 S	
25.81	54.32 (28.51)	1:23.30 (28.98)	1:52.39 (29.09)		
2:21.87 (29.48)	2:51.18 (29.31)	3:20.71 (29.53)	3:50.00 (29.29)		
4:18.52 (28.52)	4:45.40 (26.88)				
4 Pahlevanpour, Alex	JR	Langley High School	4:56.40	4:45.83 S	
25.99	54.08 (28.09)	1:22.68 (28.60)	1:51.22 (28.54)		
2:20.18 (28.96)	2:49.03 (28.85)	3:18.41 (29.38)	3:47.75 (29.34)		
4:17.22 (29.47)	4:45.83 (28.61)				
5 Ho, CJ	JR	Herndon Hornets	4:56.14	4:47.46 R	
26.32	54.80 (28.48)	1:23.52 (28.72)	1:52.58 (29.06)		
2:21.76 (29.18)	2:51.11 (29.35)	3:20.71 (29.60)	3:50.24 (29.53)		
4:19.29 (29.05)	4:47.46 (28.17)				

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
6 Dilber, Sarp	SO	McLean High School	4:47.24	4:47.94	R
26.33	54.59 (28.26)	1:24.11 (29.52)	1:53.81 (29.70)		
2:23.37 (29.56)	2:53.55 (30.18)	3:22.99 (29.44)	3:52.59 (29.60)		
4:20.78 (28.19)	4:47.94 (27.16)				
7 Damian, Darius	SO	South Lakes High School	4:51.47	4:48.20	R
26.04	54.80 (28.76)	1:24.15 (29.35)	1:53.56 (29.41)		
2:23.08 (29.52)	2:52.53 (29.45)	3:22.04 (29.51)	3:51.71 (29.67)		
4:20.94 (29.23)	4:48.20 (27.26)				
8 Thornton, Sandro	SO	Langley High School	4:50.02	4:49.11	R
25.37	53.81 (28.44)	1:22.57 (28.76)	1:51.85 (29.28)		
2:21.29 (29.44)	2:51.20 (29.91)	3:21.13 (29.93)	3:51.21 (30.08)		
4:21.19 (29.98)	4:49.11 (27.92)				
9 Campet, Ben	SR	Westfield High School	4:56.34	4:50.39	R
25.43	53.53 (28.10)	1:22.24 (28.71)	1:51.48 (29.24)		
2:21.05 (29.57)	2:51.01 (29.96)	3:21.12 (30.11)	3:51.48 (30.36)		
4:21.36 (29.88)	4:50.39 (29.03)				
10 Harriot, Jackson	SR	South Lakes High School	4:50.59	4:51.37	R
25.75	53.86 (28.11)	1:23.15 (29.29)	1:52.99 (29.84)		
2:22.73 (29.74)	2:52.67 (29.94)	3:22.64 (29.97)	3:52.24 (29.60)		
4:22.18 (29.94)	4:51.37 (29.19)				
11 Guthrie, Hunter	JR	James Madison High School	4:46.75	4:58.33	
25.41	53.57 (28.16)	1:22.98 (29.41)	1:53.14 (30.16)		
2:23.79 (30.65)	2:54.57 (30.78)	3:25.68 (31.11)	3:56.97 (31.29)		
4:58.33 (1:01.36)					
12 Hussey, Liam	SO	Yorktown High School	5:02.40	4:58.77	
27.22	56.73 (29.51)	1:26.53 (29.80)	1:56.66 (30.13)		
2:27.03 (30.37)	2:57.62 (30.59)	3:28.20 (30.58)	3:58.93 (30.73)		
4:29.68 (30.75)	4:58.77 (29.09)				
13 Wilson, Griffin	FR	James Madison High School	5:07.11	5:00.23	
26.58	55.45 (28.87)	1:25.23 (29.78)	1:55.65 (30.42)		
2:26.25 (30.60)	2:57.11 (30.86)	3:28.31 (31.20)	3:59.41 (31.10)		
4:30.17 (30.76)	5:00.23 (30.06)				
14 Moore, Collin	SO	George C Marshall High School	5:02.61	5:07.36	
26.91	56.76 (29.85)	1:27.29 (30.53)	1:58.17 (30.88)		
2:29.35 (31.18)	3:01.32 (31.97)	3:32.80 (31.48)	4:04.89 (32.09)		
4:36.56 (31.67)	5:07.36 (30.80)				
15 McDonough, Desmond	FR	Westfield High School	5:03.59	5:08.22	
27.52	58.71 (31.19)	1:30.60 (31.89)	2:01.86 (31.26)		
2:33.00 (31.14)	3:04.07 (31.07)	3:35.84 (31.77)	4:06.94 (31.10)		
4:38.18 (31.24)	5:08.22 (30.04)				
16 Bockman, Isaac	SO	Langley High School	5:18.19	5:08.35	
27.07	56.87 (29.80)	1:27.60 (30.73)	1:58.91 (31.31)		
2:30.70 (31.79)	3:02.68 (31.98)	3:34.74 (32.06)	4:07.33 (32.59)		
4:39.41 (32.08)	5:08.35 (28.94)				
17 Kauffman, Matthew	JR	South Lakes High School	4:51.44	5:08.36	
26.36	55.90 (29.54)	1:26.54 (30.64)	1:58.41 (31.87)		
2:30.14 (31.73)	3:01.91 (31.77)	3:34.23 (32.32)	4:06.22 (31.99)		
4:38.02 (31.80)	5:08.36 (30.34)				
18 Beall, Sam	SR	Yorktown High School	5:14.03	5:08.52	
28.23	58.94 (30.71)	1:30.05 (31.11)	2:01.48 (31.43)		
2:32.58 (31.10)	3:03.79 (31.21)	3:35.83 (32.04)	4:07.15 (31.32)		
4:38.38 (31.23)	5:08.52 (30.14)				

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
19 Williams, Andrew	SR	South Lakes High School	5:11.98	5:09.49
27.77	57.50 (29.73)	1:28.45 (30.95)	1:59.82 (31.37)	
2:31.15 (31.33)	3:02.92 (31.77)	3:35.08 (32.16)	4:07.53 (32.45)	
4:38.95 (31.42)	5:09.49 (30.54)			
20 Nam, Jayden	SO	Chantilly Chargers	5:05.19	5:13.74
27.11	56.90 (29.79)	1:27.64 (30.74)	1:59.32 (31.68)	
2:31.13 (31.81)	3:03.21 (32.08)	3:35.65 (32.44)	4:08.58 (32.93)	
4:41.63 (33.05)	5:13.74 (32.11)			
21 Holguin, Sinclair	FR	George C Marshall High School	5:10.12	5:15.80
27.05	56.67 (29.62)	1:27.39 (30.72)	1:59.00 (31.61)	
2:31.33 (32.33)	3:04.22 (32.89)	3:37.19 (32.97)	4:10.32 (33.13)	
4:43.80 (33.48)	5:15.80 (32.00)			

Event 16 Girls 500 Yard Freestyle

6A North Reg:	4:44.92	\$	2/8/2014	Megan Byrnes	Oakton
All Time VA:	4:43.43	V	2/20/2015	Megan E Byrnes	Oakton
Nat Public:	4:34.78	N	11/14/2008	Dagny Knutson	Minot HS, ND
	4:53.16	A	All America Auto		
	4:58.35	C	All America Cons		
	5:09.86	S	Class 6 State		
	5:24.39	R	Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Sherman, Lila	SO	Yorktown High School	4:59.00	4:56.58 C	20
26.26	55.31 (29.05)	1:25.16 (29.85)	1:55.53 (30.37)		
2:25.79 (30.26)	2:56.17 (30.38)	3:26.95 (30.78)	3:57.60 (30.65)		
4:27.57 (29.97)	4:56.58 (29.01)				
2 Watts, Emma	JR	George C Marshall High School	5:02.29	4:59.45 S	17
26.53	56.09 (29.56)	1:26.19 (30.10)	1:56.69 (30.50)		
2:27.23 (30.54)	2:57.72 (30.49)	3:28.44 (30.72)	3:59.08 (30.64)		
4:29.61 (30.53)	4:59.45 (29.84)				
3 Young, Jay	SR	Yorktown High School	5:15.93	5:11.12 R	16
27.68	58.07 (30.39)	1:28.98 (30.91)	2:00.61 (31.63)		
2:32.41 (31.80)	3:04.08 (31.67)	3:35.99 (31.91)	4:08.22 (32.23)		
4:40.29 (32.07)	5:11.12 (30.83)				
4 Furches, Jackie	SO	Yorktown High School	5:16.38	5:13.41 R	15
27.99	58.91 (30.92)	1:30.61 (31.70)	2:02.52 (31.91)		
2:34.68 (32.16)	3:06.71 (32.03)	3:38.71 (32.00)	4:10.75 (32.04)		
4:42.45 (31.70)	5:13.41 (30.96)				
5 De, Lara	JR	Langley High School	5:12.89	5:14.73 R	14
27.92	58.84 (30.92)	1:30.57 (31.73)	2:02.45 (31.88)		
2:34.66 (32.21)	3:06.95 (32.29)	3:39.31 (32.36)	4:11.31 (32.00)		
4:43.42 (32.11)	5:14.73 (31.31)				
6 Wilson, Genevieve	JR	James Madison High School	5:18.15	5:17.13 R	13
28.57	59.56 (30.99)	1:32.15 (32.59)	2:04.93 (32.78)		
2:37.24 (32.31)	3:09.72 (32.48)	3:42.29 (32.57)	4:14.77 (32.48)		
4:46.71 (31.94)	5:17.13 (30.42)				
7 Taylor, Kate	JR	Washington-Liberty High School	5:30.12	5:26.62	12
29.44	1:01.53 (32.09)	1:34.49 (32.96)	2:07.95 (33.46)		
2:41.04 (33.09)	3:14.23 (33.19)	3:47.50 (33.27)	4:20.81 (33.31)		
4:53.85 (33.04)	5:26.62 (32.77)				

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Championship Final ... (Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
8 Rosade, Elyse	FR	South Lakes High School	5:28.18	5:32.06	11
28.99	1:01.11 (32.12)	1:34.43 (33.32)	2:07.99 (33.56)		
2:42.23 (34.24)	3:16.07 (33.84)	3:49.92 (33.85)	4:24.32 (34.40)		
4:58.64 (34.32)	5:32.06 (33.42)				
Consolation Final					
9 Gareau, Mira	FR	Oakton High School	5:38.86	5:26.66	9
29.22	1:00.79 (31.57)	1:32.94 (32.15)			
2:39.63 ()	3:13.62 (33.99)	3:47.31 (33.69)	4:20.96 (33.65)		
4:54.41 (33.45)	5:26.66 (32.25)				
10 Lahr, Leah	FR	Chantilly Chargers	5:35.67	5:33.31	7
29.58	1:02.34 (32.76)	1:35.90 (33.56)	2:09.50 (33.60)		
2:42.45 (32.95)	3:15.75 (33.30)	3:49.68 (33.93)	4:23.76 (34.08)		
4:58.48 (34.72)	5:33.31 (34.83)				
11 Barakat, Dana	FR	Oakton High School	5:37.19	5:35.00	6
30.06	1:03.31 (33.25)	1:37.12 (33.81)	2:11.63 (34.51)		
2:46.09 (34.46)	3:20.54 (34.45)	3:55.12 (34.58)	4:29.81 (34.69)		
5:03.67 (33.86)	5:35.00 (31.33)				
12 Schmitt, Katherine	SR	Yorktown High School	5:37.96	5:35.28	5
29.91	1:02.29 (32.38)	1:35.85 (33.56)	2:10.04 (34.19)		
2:44.53 (34.49)	3:19.13 (34.60)	3:53.68 (34.55)	4:28.11 (34.43)		
5:02.19 (34.08)	5:35.28 (33.09)				
13 McCarthy, Willa	SR	Washington-Liberty High School	5:34.99	5:35.65	4
29.08	1:01.57 (32.49)	1:35.20 (33.63)	2:09.13 (33.93)		
2:43.77 (34.64)	3:18.63 (34.86)	3:53.37 (34.74)	4:28.59 (35.22)		
5:03.22 (34.63)	5:35.65 (32.43)				
14 Sheehan, Kate	JR	McLean High School	5:41.22	5:38.10	3
30.22	1:03.33 (33.11)	1:36.87 (33.54)	2:10.72 (33.85)		
2:44.73 (34.01)	3:18.99 (34.26)	3:53.60 (34.61)	4:28.85 (35.25)		
5:03.58 (34.73)	5:38.10 (34.52)				
15 Robyak, Kayla	SR	George C Marshall High School	5:42.06	5:42.22	2
30.06	1:03.49 (33.43)	1:37.28 (33.79)	2:12.28 (35.00)		
2:46.85 (34.57)	3:22.25 (35.40)	3:57.95 (35.70)	4:33.60 (35.65)		
5:08.92 (35.32)	5:42.22 (33.30)				
16 Murphy, Sofia	FR	James Madison High School	5:41.39	5:43.30	1
29.57	1:02.95 (33.38)	1:37.49 (34.54)	2:12.46 (34.97)		
2:47.94 (35.48)	3:23.49 (35.55)	3:59.04 (35.55)	4:34.63 (35.59)		
5:09.76 (35.13)	5:43.30 (33.54)				

Event 16 Girls 500 Yard Freestyle

6A North Reg:	4:44.92	\$	2/8/2014	Megan Byrnes	Oakton
All Time VA:	4:43.43	V	2/20/2015	Megan E Byrnes	Oakton
Nat Public:	4:34.78	N	11/14/2008	Dagny Knutson	Minot HS, ND
	4:53.16	A	All America Auto		
	4:58.35	C	All America Cons		
	5:09.86	S	Class 6 State		
	5:24.39	R	Northern Region		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Sherman, Lila	SO	Yorktown High School	5:00.30	4:59.00	S
26.50	55.61 (29.11)	1:25.59 (29.98)	1:56.09 (30.50)		
2:26.90 (30.81)	2:57.71 (30.81)	3:28.62 (30.91)	3:59.50 (30.88)		
4:30.01 (30.51)	4:59.00 (28.99)				

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
2 Watts, Emma	JR	George C Marshall High School	5:19.53	5:02.29	S
26.64	56.31 (29.67)	1:26.75 (30.44)	1:57.70 (30.95)		
2:28.73 (31.03)	2:59.69 (30.96)	3:30.79 (31.10)	4:02.15 (31.36)		
4:32.91 (30.76)	5:02.29 (29.38)				
3 De, Lara	JR	Langley High School	5:19.56	5:12.89	R
27.90	58.32 (30.42)	1:29.57 (31.25)	2:00.92 (31.35)		
2:32.86 (31.94)	3:05.29 (32.43)	3:37.33 (32.04)	4:09.59 (32.26)		
4:41.57 (31.98)	5:12.89 (31.32)				
4 Young, Jay	SR	Yorktown High School	5:13.14	5:15.93	R
27.89	58.91 (31.02)	1:30.92 (32.01)	2:02.93 (32.01)		
2:34.98 (32.05)	3:06.94 (31.96)	3:39.43 (32.49)	4:11.59 (32.16)		
4:44.30 (32.71)	5:15.93 (31.63)				
5 Furches, Jackie	SO	Yorktown High School	5:16.23	5:16.38	R
28.35	59.93 (31.58)	1:31.99 (32.06)	2:04.39 (32.40)		
2:36.47 (32.08)	3:08.74 (32.27)	3:40.84 (32.10)	4:13.05 (32.21)		
4:45.26 (32.21)	5:16.38 (31.12)				
6 Wilson, Genevieve	JR	James Madison High School	5:15.08	5:18.15	R
28.81	59.94 (31.13)	1:32.07 (32.13)	2:04.24 (32.17)		
2:36.95 (32.71)	3:09.16 (32.21)	3:41.72 (32.56)	4:14.23 (32.51)		
4:46.66 (32.43)	5:18.15 (31.49)				
7 Rosade, Elyse	FR	South Lakes High School	5:26.33	5:28.18	
29.59	1:01.45 (31.86)	1:34.04 (32.59)	2:06.77 (32.73)		
2:39.77 (33.00)	3:13.24 (33.47)	3:46.95 (33.71)	4:20.92 (33.97)		
4:54.85 (33.93)	5:28.18 (33.33)				
8 Taylor, Kate	JR	Washington-Liberty High School	5:24.88	5:30.12	
29.96	1:02.61 (32.65)	1:35.74 (33.13)	2:09.79 (34.05)		
2:43.18 (33.39)	3:17.18 (34.00)	3:50.74 (33.56)	4:24.07 (33.33)		
4:57.19 (33.12)	5:30.12 (32.93)				
9 McCarthy, Willa	SR	Washington-Liberty High School	5:33.60	5:34.99	
29.71	1:02.48 (32.77)	1:36.13 (33.65)	2:10.21 (34.08)		
2:44.66 (34.45)	3:18.58 (33.92)	3:52.46 (33.88)	4:26.34 (33.88)		
5:00.99 (34.65)	5:34.99 (34.00)				
10 Lahr, Leah	FR	Chantilly Chargers	5:32.22	5:35.67	
29.20	1:01.48 (32.28)	1:34.51 (33.03)	2:08.18 (33.67)		
2:41.98 (33.80)	3:16.77 (34.79)	3:52.08 (35.31)	4:26.98 (34.90)		
5:01.55 (34.57)	5:35.67 (34.12)				
11 Barakat, Dana	FR	Oakton High School	5:39.87	5:37.19	
29.81	1:02.94 (33.13)	1:37.25 (34.31)	2:11.54 (34.29)		
2:45.88 (34.34)	3:20.24 (34.36)	3:54.44 (34.20)	4:28.94 (34.50)		
5:37.19 (1:08.25)					
12 Schmitt, Katherine	SR	Yorktown High School	5:42.91	5:37.96	
30.15	1:03.09 (32.94)	1:37.00 (33.91)	2:11.30 (34.30)		
2:45.68 (34.38)	3:20.22 (34.54)	3:54.89 (34.67)	4:29.78 (34.89)		
5:04.32 (34.54)	5:37.96 (33.64)				
13 Gareau, Mira	FR	Oakton High School	5:37.55	5:38.86	
29.30	1:02.20 (32.90)	1:35.78 (33.58)	2:09.57 (33.79)		
2:43.91 (34.34)	3:18.98 (35.07)	3:54.29 (35.31)	4:30.00 (35.71)		
5:04.58 (34.58)	5:38.86 (34.28)				
14 Sheehan, Kate	JR	McLean High School	5:39.98	5:41.22	
30.49	1:03.62 (33.13)	1:37.40 (33.78)	2:11.21 (33.81)		
2:44.97 (33.76)	3:19.30 (34.33)	3:54.24 (34.94)	4:29.48 (35.24)		
5:05.39 (35.91)	5:41.22 (35.83)				

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
15 Murphy, Sofia	FR	James Madison High School	5:55.59	5:41.39
29.59	1:02.80 (33.21)	1:37.00 (34.20)	2:11.81 (34.81)	
2:47.09 (35.28)	3:21.74 (34.65)	3:57.17 (35.43)	4:32.57 (35.40)	
5:07.35 (34.78)	5:41.39 (34.04)			
16 Robyak, Kayla	SR	George C Marshall High School	5:49.96	5:42.06
29.74	1:02.33 (32.59)	1:36.43 (34.10)	2:11.37 (34.94)	
2:46.04 (34.67)	3:21.37 (35.33)	3:56.95 (35.58)	4:32.46 (35.51)	
5:08.03 (35.57)	5:42.06 (34.03)			
17 Meehan, Meghan	FR	Westfield High School	5:46.56	5:42.29
31.37	1:06.42 (35.05)	1:41.58 (35.16)	2:16.59 (35.01)	
2:50.86 (34.27)	3:25.69 (34.83)	4:00.61 (34.92)	4:34.98 (34.37)	
5:08.98 (34.00)	5:42.29 (33.31)			
18 Kim, Danielle	SR	Oakton High School	5:51.18	5:47.93
31.73	1:06.09 (34.36)	1:40.85 (34.76)	2:16.10 (35.25)	
2:51.27 (35.17)	3:27.16 (35.89)	4:02.52 (35.36)	4:37.57 (35.05)	
5:13.50 (35.93)	5:47.93 (34.43)			
19 Xing, Chloe	FR	Langley High School	5:42.92	5:49.84
30.75	1:04.85 (34.10)	1:39.60 (34.75)	2:15.27 (35.67)	
2:50.63 (35.36)	3:26.58 (35.95)	4:02.75 (36.17)	4:38.12 (35.37)	
5:14.34 (36.22)	5:49.84 (35.50)			
20 Miller, Etta	FR	James Madison High School	5:51.23	5:51.28
31.70	1:06.49 (34.79)	1:42.37 (35.88)	2:18.56 (36.19)	
2:55.47 (36.91)	3:31.26 (35.79)	4:07.00 (35.74)	4:42.65 (35.65)	
5:17.62 (34.97)	5:51.28 (33.66)			
21 Zhang, Nicole	JR	Chantilly Chargers	5:54.81	5:57.31
31.06	1:04.41 (33.35)	1:39.80 (35.39)	2:16.20 (36.40)	
2:52.81 (36.61)	3:29.21 (36.40)	4:06.15 (36.94)	4:43.54 (37.39)	
5:57.31 (1:13.77)				

Event 17 Boys 200 Yard Freestyle Relay

6A North Reg:	1:22.89	\$	2/7/2015	Oakton High School	Oakton
All Time VA:	1:22.46	V	2023	M Ambrose, M Pettinichi, T Hallock, J Shebat	Jeffe
Nat Public:	1:19.60	N	3/15/2018	Mills, Schonfelder, Frasier, Whitfield	N. Al
	1:24.15	A	- All America Auto		
	1:25.57	C	- All America Cons		
	1:28.25	S	- Class 6 State		
	1:33.09	R	- Northern Region		

Team	Relay	Prelim Time	Finals Time	Points
Championship Final				
1 Chantilly Chargers		1:25.59	1:23.97 A	40
1) Li, Kyle JR	2) Murphy, Nate SR	3) Farello, Ben SR	4) Li, Yaron JR	
21.61	43.19 (21.58)	1:03.83 (20.64)	1:23.97 (20.14)	
2 Langley High School		1:25.88	1:25.19 C	34
1) Kuhn, Cameron JR	2) Thornsbury, Aiden SO	3) Shin, Ethan JR	4) Zipperer, Hunter SR	
21.67	44.01 (22.34)	1:05.24 (21.23)	1:25.19 (19.95)	
3 McLean High School		1:27.27	1:26.44 S	32
1) Jia, Aaron SR	2) Weinstock, Harrison SR	3) Wang, Allen SO	4) Haggard, Bruno JR	
22.21	43.93 (21.72)	1:05.59 (21.66)	1:26.44 (20.85)	
4 Oakton High School		1:26.96	1:26.62 S	30
1) Rodriguez, Isaac JR	2) Wolf, Colin SR	3) Garver, Andrew SO	4) Souders, Beau SR	
22.05	43.46 (21.41)	1:05.40 (21.94)	1:26.62 (21.22)	

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Championship Final ... (Event 17 Boys 200 Yard Freestyle Relay)

Team	Relay	Prelim Time	Finals Time	Points
5 Herndon Hornets		1:28.56	1:28.10 S	28
1) Speer, Eric SO	2) Lemire, Noah SR	3) Rayson, Kellan SR	4) Ho, CJ JR	
22.42	44.44 (22.02)	1:06.23 (21.79)	1:28.10 (21.87)	
6 Washington-Liberty High School		1:28.29	1:28.53 R	26
1) Ramos, Diego SO	2) Kambhampaty, Kedar JR	3) Strong, Samuel SR	4) Rogers, Zane JR	
22.31	44.28 (21.97)	1:06.38 (22.10)	1:28.53 (22.15)	
7 South Lakes High School		1:29.81	1:29.53 R	24
1) White, Ken JR	2) Kauffman, Matthew JR	3) Damian, Darius SO	4) Fritz, Andrew SR	
21.63	44.48 (22.85)	1:07.35 (22.87)	1:29.53 (22.18)	
8 Westfield High School		1:29.43	1:29.60 R	22
1) Campet, Luke JR	2) Fleury, Peter SR	3) McDonough, Desmond FR	4) Harris, Nick FR	
22.75	44.47 (21.72)	1:07.29 (22.82)	1:29.60 (22.31)	
Consolation Final				
9 Centreville High School		1:30.24	1:29.76 R	18
1) Soh, Mike SR	2) Lintott, Aidan SR	3) van de Graaf, Tony SO	4) Anderson, James JR	
22.53	45.41 (22.88)	1:08.09 (22.68)	1:29.76 (21.67)	
10 Yorktown High School		1:31.83	1:30.54 R	14
1) Pedicano, Nicholas JR	2) Robinson, Mitchell SO	3) Owen, Jacob JR	4) Hotra, Charlie SR	
23.23	45.25 (22.02)	1:07.52 (22.27)	1:30.54 (23.02)	
11 James Madison High School		1:31.17	1:30.55 R	12
1) Bechtle, JJ FR	2) Zhou, Oscar JR	3) Yazdani, Noah SO	4) Guthrie, Hunter JR	
22.77	45.46 (22.69)	1:08.32 (22.86)	1:30.55 (22.23)	
12 George C Marshall High School		1:32.91	1:32.18 R	10
1) Redding, Dylan SR	2) Redding, Ian SR	3) Sanderson, Emmett SO	4) Mar, Hudson SR	
23.36	46.02 (22.66)	1:08.94 (22.92)	1:32.18 (23.24)	
13 Wakefield High School		1:42.87	1:45.94	8
1) Wright, Miles SO	2) Hamill, Alexander JR	3) Rodriguez, Nicholas JR	4) Biggs, Benjamin SO	
26.41	52.87 (26.46)	1:19.68 (26.81)	1:45.94 (26.26)	

Event 17 Boys 200 Yard Freestyle Relay

6A North Reg:	1:22.89	\$	2/7/2015	Oakton High School	Oakton
				M Ambrose, M Pettinichi, T Hallock, J Shebat	
All Time VA:	1:22.46	V	2023	Jefferson Forest	Jeffe
				Mills, Schonfelder, Frasier, Whitfield	
Nat Public:	1:19.60	N	3/15/2018	N. Allegheny HS, PA	N. Al
	1:24.15	A	- All America Auto		
	1:25.57	C	- All America Cons		
	1:28.25	S	- Class 6 State		
	1:33.09	R	- Northern Region		

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Chantilly Chargers		1:23.61	1:25.59 S
1) Matyas, Ben SO	2) Li, Yaron JR	3) Farello, Ben SR	4) Aly, Adam JR
22.03	42.32 (20.29)	1:03.42 (21.10)	1:25.59 (22.17)
2 Langley High School		1:28.29	1:25.88 S
1) Kuhn, Cameron JR	2) Garvin, Parris JR	3) Shin, Ethan JR	4) Zipperer, Hunter SR
21.82	43.78 (21.96)	1:05.11 (21.33)	1:25.88 (20.77)
3 Oakton High School		1:26.66	1:26.96 S
1) Rodriguez, Isaac JR	2) Wolf, Colin SR	3) Garver, Andrew SO	4) Souders, Beau SR
22.20	43.66 (21.46)	1:05.51 (21.85)	1:26.96 (21.45)
4 McLean High School		1:29.29	1:27.27 S
1) Wang, Allen SO	2) Weinstock, Harrison SR	3) Jia, Aaron SR	4) Haggard, Bruno JR
22.58	44.32 (21.74)	1:06.47 (22.15)	1:27.27 (20.80)

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 17 Boys 200 Yard Freestyle Relay)

Team	Relay			Seed Time	Prelim Time
5 Washington-Liberty High School				1:29.72	1:28.29 R
1) Ramos, Diego SO	2) Kambhampaty, Kedar JR	3) Strong, Samuel SR	4) Rogers, Zane JR		
21.79	43.84 (22.05)	1:06.20 (22.36)	1:28.29 (22.09)		
6 Herndon Hornets				1:29.82	1:28.56 R
1) Speer, Eric SO	2) Lemire, Noah SR	3) Rayson, Kellan SR	4) Ho, CJ JR		
22.37	44.35 (21.98)	1:06.45 (22.10)	1:28.56 (22.11)		
7 Westfield High School				1:28.60	1:29.43 R
1) Fleury, Peter SR	2) Zenyuh, Quinn FR	3) Campet, Ben SR	4) Campet, Luke JR		
22.38	44.47 (22.09)	1:07.50 (23.03)	1:29.43 (21.93)		
8 South Lakes High School				1:27.69	1:29.81 R
1) Fritz, Andrew SR	2) Kauffman, Matthew JR	3) Damian, Darius SO	4) White, Ken JR		
22.68	45.33 (22.65)	1:08.67 (23.34)	1:29.81 (21.14)		
9 Centreville High School				1:31.06	1:30.24 R
1) Soh, Mike SR	2) Lintott, Aidan SR	3) van de Graaf, Tony SO	4) Anderson, James JR		
22.85	45.88 (23.03)	1:08.92 (23.04)	1:30.24 (21.32)		
10 James Madison High School				1:32.66	1:31.17 R
1) Bechtle, JJ FR	2) Zhou, Oscar JR	3) Yazdani, Noah SO	4) Guthrie, Hunter JR		
22.91	45.45 (22.54)	1:08.05 (22.60)	1:31.17 (23.12)		
11 Yorktown High School				1:31.39	1:31.83 R
1) Cocker, George SO	2) Hans, Alex JR	3) Pedicano, Nicholas JR	4) Hotra, Charlie SR		
23.23	46.07 (22.84)	1:08.95 (22.88)	1:31.83 (22.88)		
12 George C Marshall High School				1:32.80	1:32.91 R
1) Redding, Dylan SR	2) Redding, Ian SR	3) Sanderson, Emmett SO	4) Mar, Hudson SR		
23.61	46.45 (22.84)	1:32.91 (46.46)			
13 Wakefield High School				1:42.56	1:42.87
1) Scheifele, Jack JR	2) Bode, Luke SR	3) Biggs, Benjamin SO	4) Wright, Miles SO		
24.22	50.17 (25.95)	1:16.98 (26.81)	1:42.87 (25.89)		

Event 18 Girls 200 Yard Freestyle Relay

6A North Reg:	1:34.61	\$	2/1/2019	Oakton High School	OAKT -PV
				A Zindler, L Ma, E Pickett, B Curtis	
All Time VA:	1:34.17	V	2/15/2019	First Colonial	FCOL
				Godfrey, Caldwell, Mckendry, Tadder	
Nat Public:	1:30.72	N	2/14/2015	Carmel HS, IN	Carme
	1:35.48	A - All America Auto			
	1:37.15	C - All America Cons			
	1:39.62	S - Class 6 State			
	1:45.09	R - Northern Region			

Team	Relay			Prelim Time	Finals Time	Points
Championship Final						
1 Yorktown High School				1:38.83	1:36.56 C	40
1) Hecmanczuk, Mary JR	2) Fredericks, Sophie JR	3) Cory, McKenzie FR	4) Sherman, Lila SO			
24.29	48.61 (24.32)	1:12.60 (23.99)	1:36.56 (23.96)			
2 Oakton High School				1:38.73	1:38.26 S	34
1) Corderman, Devon JR	2) Swanson, Esther SR	3) Yangas, Alicia SO	4) Lim, Charlotte SR			
24.82	49.22 (24.40)	1:13.92 (24.70)	1:38.26 (24.34)			
3 Langley High School				1:39.89	1:38.42 S	32
1) Watson, Marina SR	2) Miller, Elisabeth SO	3) Steber, Gretchen SO	4) Kuang, Gloria JR			
24.92	50.15 (25.23)	1:14.69 (24.54)	1:38.42 (23.73)			
4 Centreville High School				1:40.25	1:39.27 S	30
1) Portella, Arianna SR	2) In, Emily SO	3) Charters, Shannon SR	4) Goff, Caitlin JR			
25.40	50.35 (24.95)	1:15.09 (24.74)	1:39.27 (24.18)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

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Championship Final ... (Event 18 Girls 200 Yard Freestyle Relay)

Team	Relay		Prelim Time	Finals Time	Points
5 James Madison High School			1:40.84	1:39.40 S	28
1) Bayer, Amelia FR	2) Mikhin, Lydia SR	3) Wilson, Genevieve JR	4) DeLacy, Sydney SO		
25.29	50.85 (25.56)	1:15.72 (24.87)	1:39.40 (23.68)		
6 Chantilly Chargers			1:41.13	1:39.90 R	26
1) Barker, Lily SO	2) Small, Sara SR	3) Kim, Eurie SO	4) Kovacs, Hanna SO		
25.24	50.35 (25.11)	1:15.35 (25.00)	1:39.90 (24.55)		
7 McLean High School			1:40.22	1:40.05 R	24
1) Falzone, Ana SR	2) Hughes, Danielle SR	3) English, Ella SO	4) Murphy, Eleanor SR		
25.42	50.86 (25.44)	1:15.90 (25.04)	1:40.05 (24.15)		
8 George C Marshall High School			1:40.75	1:40.41 R	22
1) Georgieva, Sophia JR	2) Robyak, Brooke FR	3) Spignardo, Calla SR	4) Watts, Emma JR		
25.64	51.22 (25.58)	1:16.18 (24.96)	1:40.41 (24.23)		
Consolation Final					
9 Washington-Liberty High School			1:42.32	1:41.27 R	18
1) Ebert, Shelby SR	2) MacIvor, Amelia FR	3) Boyko, Sophia SO	4) Taylor, Kate JR		
25.88	50.47 (24.59)	1:15.81 (25.34)	1:41.27 (25.46)		
10 Herndon Hornets			1:43.89	1:42.55 R	14
1) Indrisano, Ariel SR	2) Ramsey, Daniella JR	3) Wright, Morgan SR	4) Johnson, Abbygail FR		
26.51	52.74 (26.23)	1:17.63 (24.89)	1:42.55 (24.92)		
11 Westfield High School			1:43.70	1:42.82 R	12
1) Schmid, Rylee JR	2) Lay, Sydney FR	3) Kelliher, Anna JR	4) McArthur, Katherine SR		
26.06	51.57 (25.51)	1:17.64 (26.07)	1:42.82 (25.18)		
12 South Lakes High School			1:41.82	1:42.86 R	10
1) Holmquist, Charlotte SO	2) Wagner, Amanda JR	3) Nelson, Maya SO	4) Kass, Morgan JR		
25.61	51.71 (26.10)	1:17.55 (25.84)	1:42.86 (25.31)		
13 Wakefield High School			1:56.07	2:00.38	8
1) Young, Amelia FR	2) Yates, Emilia JR	3) Everling, Lauren SO	4) Hoil, Camila SO		
26.09	58.27 (32.18)	1:29.77 (31.50)	2:00.38 (30.61)		

Event 18 Girls 200 Yard Freestyle Relay

6A North Reg:	1:34.61	\$	2/1/2019	Oakton High School	OAKT -PV
				A Zindler, L Ma, E Pickett, B Curtis	
All Time VA:	1:34.17	V	2/15/2019	First Colonial	FCOL
				Godfrey, Caldwell, Mckendry, Tadder	
Nat Public:	1:30.72	N	2/14/2015	Carmel HS, IN	Carme
	1:35.48	A - All America Auto			
	1:37.15	C - All America Cons			
	1:39.62	S - Class 6 State			
	1:45.09	R - Northern Region			

Team	Relay		Seed Time	Prelim Time
Preliminaries				
1 Oakton High School			1:39.00	1:38.73 S
1) Corderman, Devon JR	2) Swanson, Esther SR	3) Yangas, Alicia SO	4) Lim, Charlotte SR	
25.19	49.61 (24.42)	1:14.55 (24.94)	1:38.73 (24.18)	
2 Yorktown High School			1:40.53	1:38.83 S
1) Desautels, Alaina SR	2) Cory, McKenzie FR	3) Hecmanczuk, Mary JR	4) Cobb, Emme SR	
25.74	50.16 (24.42)	1:14.20 (24.04)	1:38.83 (24.63)	
3 Langley High School			1:41.94	1:39.89 R
1) Steber, Gretchen SO	2) Kuang, Gloria JR	3) De, Lara JR	4) Watson, Marina SR	
25.07	49.59 (24.52)	1:15.30 (25.71)	1:39.89 (24.59)	
4 McLean High School			1:41.04	1:40.22 R
1) Falzone, Ana SR	2) Hughes, Danielle SR	3) English, Ella SO	4) Murphy, Eleanor SR	
25.91	51.09 (25.18)	1:16.03 (24.94)	1:40.22 (24.19)	

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Preliminaries ... (Event 18 Girls 200 Yard Freestyle Relay)

Team	Relay			Seed Time	Prelim Time
5 Centreville High School				1:40.26	1:40.25 R
1) Portella, Arianna SR	2) In, Emily SO	3) Charters, Shannon SR	4) Goff, Caitlin JR		
25.56	50.65 (25.09)	1:15.80 (25.15)	1:40.25 (24.45)		
6 George C Marshall High School				1:40.91	1:40.75 R
1) Georgieva, Sophia JR	2) Robyak, Brooke FR	3) Spignardo, Calla SR	4) Watts, Emma JR		
25.49	51.35 (25.86)	1:16.70 (25.35)	1:40.75 (24.05)		
7 James Madison High School				1:39.84	1:40.84 R
1) Mikell, Megan SR	2) Bayer, Amelia FR	3) Wilson, Genevieve JR	4) DeLacy, Sydney SO		
26.24	51.79 (25.55)	1:16.95 (25.16)	1:40.84 (23.89)		
8 Chantilly Chargers				1:40.85	1:41.13 R
1) Barker, Lily SO	2) Small, Sara SR	3) Kovacs, Hanna SO	4) Kim, Eurie SO		
25.64	50.80 (25.16)	1:16.03 (25.23)	1:41.13 (25.10)		
9 South Lakes High School				1:39.38	1:41.82 R
1) Holmquist, Charlotte SO	2) Siraj, Hannah SR	3) Nelson, Maya SO	4) Kass, Morgan JR		
25.82	51.30 (25.48)	1:16.80 (25.50)	1:41.82 (25.02)		
10 Washington-Liberty High School				1:41.92	1:42.32 R
1) Ebert, Shelby SR	2) MacIvor, Amelia FR	3) Boyko, Sophia SO	4) Taylor, Kate JR		
25.67	50.77 (25.10)	1:16.54 (25.77)	1:42.32 (25.78)		
11 Westfield High School				1:43.85	1:43.70 R
1) Schmid, Rylee JR	2) Lay, Sydney FR	3) Kelliher, Anna JR	4) McArthur, Katherine SR		
26.76	54.54 (27.78)	1:18.40 (23.86)	1:43.70 (25.30)		
12 Herndon Hornets				1:43.74	1:43.89 R
1) Indrisano, Ariel SR	2) Ramsey, Daniella JR	3) Wright, Morgan SR	4) Johnson, Abbygail FR		
26.81	53.67 (26.86)	1:19.06 (25.39)	1:43.89 (24.83)		
13 Wakefield High School				1:54.44	1:56.07
1) Young, Amelia FR	2) Young-Smith, Isabelle SR	3) Marston, Hadley SR	4) Sonn, Camille FR		
25.96	52.58 (26.62)	1:24.07 (31.49)	1:56.07 (32.00)		

Event 19 Boys 100 Yard Backstroke

6A North Reg:	46.63	\$	2/1/2019	Anthony Grimm	OAKT -PV
All Time VA:	46.48	V	2/2024	Kyle Peck	Chancellor
Nat Public:	45.08	N	2/24/2023	Will Modglin	Zion HS
	48.94	A	- All America Auto		
	50.13	C	- All America Cons		
	52.90	S	- Class 6 State		
	55.19	R	- Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Soh, Mike		SR Centreville High School	49.81	49.38 C	20
24.02		49.38 (25.36)			
2 Zhou, Michael		JR Langley High School	50.79	50.78 S	17
24.73		50.78 (26.05)			
3 Rodriguez, Isaac		JR Oakton High School	52.07	51.37 S	16
25.15		51.37 (26.22)			
4 Wolf, Colin		SR Oakton High School	51.61	51.50 S	15
25.12		51.50 (26.38)			
5 Xin, Jason		JR Chantilly Chargers	52.45	52.22 S	14
25.21		52.22 (27.01)			
6 Williams, Henry		SO McLean High School	53.00	52.59 S	13
25.36		52.59 (27.23)			
7 Edwards, Mark		SO Oakton High School	53.20	52.85 S	12
25.47		52.85 (27.38)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

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Championship Final ... (Event 19 Boys 100 Yard Backstroke)

Name	Yr	School	Prelim Time	Finals Time		Points
8 Sanchez, Luca	SO	Langley High School	52.15	53.10	R	11
25.33		53.10 (27.77)				
Consolation Final						
9 Lopez, Lucas	JR	Wakefield High School	53.56	52.50	S	9
25.30		52.50 (27.20)				
10 Eachus, Robert	SR	James Madison High School	53.50	52.57	S	7
25.77		52.57 (26.80)				
11 Flickinger, Ryan	JR	Langley High School	54.32	53.78	R	6
25.58		53.78 (28.20)				
12 Owen, Jacob	JR	Yorktown High School	53.97	54.06	R	5
25.75		54.06 (28.31)				
13 Parkhomenko, Cameron	SO	McLean High School	55.14	54.13	R	4
26.09		54.13 (28.04)				
14 Zenyuh, Quinn	FR	Westfield High School	54.25	54.20	R	3
26.20		54.20 (28.00)				
15 Pedicano, Nicholas	JR	Yorktown High School	54.33	54.52	R	2
26.33		54.52 (28.19)				
16 van de Graaf, Tony	SO	Centreville High School	54.96	54.69	R	1
26.42		54.69 (28.27)				

Event 19 Boys 100 Yard Backstroke

6A North Reg:	46.63	\$	2/1/2019	Anthony Grimm	OAKT -PV
All Time VA:	46.48	V	2/2024	Kyle Peck	Chancellor
Nat Public:	45.08	N	2/24/2023	Will Modglin	Zion HS
	48.94	A	- All America Auto		
	50.13	C	- All America Cons		
	52.90	S	- Class 6 State		
	55.19	R	- Northern Region		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Soh, Mike	SR	Centreville High School	49.96	49.81	C
24.42		49.81 (25.39)			
2 Zhou, Michael	JR	Langley High School	50.68	50.79	S
24.98		50.79 (25.81)			
3 Wolf, Colin	SR	Oakton High School	51.66	51.61	S
25.30		51.61 (26.31)			
4 Rodriguez, Isaac	JR	Oakton High School	52.05	52.07	S
25.16		52.07 (26.91)			
5 Sanchez, Luca	SO	Langley High School	54.90	52.15	S
25.02		52.15 (27.13)			
6 Xin, Jason	JR	Chantilly Chargers	52.10	52.45	S
25.41		52.45 (27.04)			
7 Williams, Henry	SO	McLean High School	53.47	53.00	R
25.66		53.00 (27.34)			
8 Edwards, Mark	SO	Oakton High School	54.10	53.20	R
25.82		53.20 (27.38)			
9 Eachus, Robert	SR	James Madison High School	53.90	53.50	R
26.22		53.50 (27.28)			
10 Lopez, Lucas	JR	Wakefield High School	52.42	53.56	R
25.45		53.56 (28.11)			
11 Owen, Jacob	JR	Yorktown High School	53.58	53.97	R
25.91		53.97 (28.06)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

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Preliminaries ... (Event 19 Boys 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time	
12 Zenyuh, Quinn	FR	Westfield High School	53.47	54.25	R
26.51		54.25 (27.74)			
13 Flickinger, Ryan	JR	Langley High School	53.33	54.32	R
25.95		54.32 (28.37)			
14 Pedicano, Nicholas	JR	Yorktown High School	55.07	54.33	R
26.50		54.33 (27.83)			
15 van de Graaf, Tony	SO	Centreville High School	55.30	54.96	R
26.73		54.96 (28.23)			
16 Parkhomenko, Cameron	SO	McLean High School	54.15	55.14	R
26.85		55.14 (28.29)			
17 Quintero, Elvis	SR	McLean High School	55.10	55.35	
26.58		55.35 (28.77)			
18 Murphy, Nate	SR	Chantilly Chargers	54.75	55.44	
26.59		55.44 (28.85)			
19 Li, Andy	SO	Langley High School	56.01	55.71	
26.84		55.71 (28.87)			
20 Brooks, Harry	SR	Westfield High School	57.54	56.62	
27.54		56.62 (29.08)			
21 Abel, Lucas	SO	Chantilly Chargers	57.42	56.82	
27.77		56.82 (29.05)			
22 Budharaju, Pranav	JR	McLean High School	56.74	57.22	
27.68		57.22 (29.54)			

Event 20 Girls 100 Yard Backstroke

6A North Reg:	52.35	\$	2/8/2014	Janet Hu	Oakton
All Time VA:	52.27	V	2/16/2013	Janet Hu	Oakton
Nat Public:	51.43	N	11/17/2012	Olivia Smoliga	Glenbrook, IL
	54.69	A	- All America Auto		
	55.91	C	- All America Cons		
	58.43	S	- Class 6 State		
	1:00.39	R	- Northern Region		

Name	Yr	School	Prelim Time	Finals Time		Points
Championship Final						
1 Cory, McKenzie	FR	Yorktown High School	55.04	54.80	C	20
26.67		54.80 (28.13)				
2 Fredericks, Sophie	JR	Yorktown High School	55.52	55.69	C	17
26.78		55.69 (28.91)				
3 MacIvor, Amelia	FR	Washington-Liberty High School	58.02	57.36	S	16
28.17		57.36 (29.19)				
4 Kass, Morgan	JR	South Lakes High School	58.65	58.01	S	15
28.45		58.01 (29.56)				
5 English, Ella	SO	McLean High School	1:00.10	58.98	R	14
27.72		58.98 (31.26)				
6 Sherman, Nora	SR	Yorktown High School	58.44	59.03	R	13
28.54		59.03 (30.49)				
7 Thrash, Alexa	SO	Oakton High School	59.40	59.79	R	12
28.25		59.79 (31.54)				
8 Woodworth, Taylor	JR	Washington-Liberty High School	1:00.56	1:00.09	R	11
28.84		1:00.09 (31.25)				
Consolation Final						
9 Boyko, Sophia	SO	Washington-Liberty High School	1:01.12	1:00.44		9
29.32		1:00.44 (31.12)				

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Consolation Final ... (Event 20 Girls 100 Yard Backstroke)

Name	Yr	School	Prelim Time	Finals Time	Points
10 Samsot, Alex	FR	James Madison High School	1:00.98	1:00.52	7
29.11		1:00.52 (31.41)			
11 Bui, Emma	FR	McLean High School	1:01.81	1:01.10	6
29.78		1:01.10 (31.32)			
12 Kim, Eurie	SO	Chantilly Chargers	1:01.69	1:01.23	5
29.90		1:01.23 (31.33)			
13 Pilot, Elizabeth	SO	Yorktown High School	1:02.49	1:01.65	4
29.56		1:01.65 (32.09)			
14 Small, Sara	SR	Chantilly Chargers	1:01.98	1:03.06	3
30.15		1:03.06 (32.91)			
15 Rosade, Elyse	FR	South Lakes High School	1:01.82	1:03.99	2
30.84		1:03.99 (33.15)			
16 Li, Miley	SO	Westfield High School	1:03.61	1:04.26	1
30.65		1:04.26 (33.61)			

Event 20 Girls 100 Yard Backstroke

6A North Reg:	52.35	\$	2/8/2014	Janet Hu	Oakton
All Time VA:	52.27	V	2/16/2013	Janet Hu	Oakton
Nat Public:	51.43	N	11/17/2012	Olivia Smoliga	Glenbrook, IL
	54.69	A	- All America Auto		
	55.91	C	- All America Cons		
	58.43	S	- Class 6 State		
	1:00.39	R	- Northern Region		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Cory, McKenzie	FR	Yorktown High School	54.77	55.04	C
26.57		55.04 (28.47)			
2 Fredericks, Sophie	JR	Yorktown High School	57.69	55.52	C
26.74		55.52 (28.78)			
3 MacIvor, Amelia	FR	Washington-Liberty High School	57.95	58.02	S
28.46		58.02 (29.56)			
4 Sherman, Nora	SR	Yorktown High School	58.90	58.44	R
27.98		58.44 (30.46)			
5 Kass, Morgan	JR	South Lakes High School	59.02	58.65	R
28.73		58.65 (29.92)			
6 Thrash, Alexa	SO	Oakton High School	58.75	59.40	R
28.21		59.40 (31.19)			
7 English, Ella	SO	McLean High School	1:00.38	1:00.10	R
28.55		1:00.10 (31.55)			
8 Woodworth, Taylor	JR	Washington-Liberty High School	59.84	1:00.56	
29.56		1:00.56 (31.00)			
9 Samsot, Alex	FR	James Madison High School	1:00.41	1:00.98	
29.57		1:00.98 (31.41)			
10 Boyko, Sophia	SO	Washington-Liberty High School	1:00.77	1:01.12	
29.53		1:01.12 (31.59)			
11 Siraj, Hannah	SR	South Lakes High School	1:00.67	1:01.62	
30.10		1:01.62 (31.52)			
12 Kim, Eurie	SO	Chantilly Chargers	1:02.56	1:01.69	
30.19		1:01.69 (31.50)			
13 Bui, Emma	FR	McLean High School	1:01.43	1:01.81	
30.17		1:01.81 (31.64)			
14 Rosade, Elyse	FR	South Lakes High School	1:01.73	1:01.82	
30.28		1:01.82 (31.54)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 20 Girls 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time
15 Small, Sara	SR	Chantilly Chargers	1:02.64	1:01.98
16 Pilot, Elizabeth	SO	Yorktown High School	1:00.98	1:02.49
	30.24	1:02.49 (32.25)		
17 Li, Miley	SO	Westfield High School	1:03.41	1:03.61
	31.21	1:03.61 (32.40)		
18 Bayer, Jillian	FR	James Madison High School	1:03.87	1:03.66
	30.83	1:03.66 (32.83)		
19 Mikell, Megan	SR	James Madison High School	1:03.15	1:06.75

Event 21 Boys 100 Yard Breaststroke

6A North Reg:	55.85	\$	2/14/2025	Kyle Li	CHNT
All Time VA:	53.84	V	2/24/2021	Anthony Grimm	OAKT -PV
Nat Public:	51.62	N	2/16/2018	Max McHugh	Sturgeon Bay WI
	55.22	A	All America Auto		
	56.46	C	All America Cons		
	59.20	S	Class 6 State		
	1:01.29	R	Northern Region		

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Li, Kyle	JR	Chantilly Chargers	55.85	55.67 \$ C	20
	26.47	55.67 (29.20)			
2 Garvin, Parris	JR	Langley High School	56.87	56.48 S	17
	26.67	56.48 (29.81)			
*3 Kambhampaty, Kedar	JR	Washington-Liberty High School	57.59	57.97 S	15.50
	27.11	57.97 (30.86)			
*3 Jia, Aaron	SR	McLean High School	57.39	57.97 S	15.50
	27.38	57.97 (30.59)			
5 Saunders, Daniel	SR	Herndon Hornets	58.35	58.02 S	14
	27.37	58.02 (30.65)			
6 Robinson, Mitchell	SO	Yorktown High School	58.18	58.11 S	13
	27.38	58.11 (30.73)			
7 Harriot, Jackson	SR	South Lakes High School	58.36	58.16 S	12
	27.12	58.16 (31.04)			
8 Campet, Ben	SR	Westfield High School	59.62	59.00 S	11
	27.82	59.00 (31.18)			
Consolation Final					
9 Ramos, Diego	SO	Washington-Liberty High School	1:00.14	58.58 S	9
	27.21	58.58 (31.37)			
10 Speer, Eric	SO	Herndon Hornets	1:00.41	59.29 R	7
	27.72	59.29 (31.57)			
11 Bucha, William	SR	Oakton High School	1:00.49	1:00.76 R	6
	28.06	1:00.76 (32.70)			
12 Piccolo, Ethan	SR	Oakton High School	1:01.35	1:00.98 R	5
	28.52	1:00.98 (32.46)			
13 Fritz, Andrew	SR	South Lakes High School	1:00.99	1:01.33	4
	28.27	1:01.33 (33.06)			
14 Ha, Everett	JR	Oakton High School	1:01.01	1:01.43	3
	28.93	1:01.43 (32.50)			
15 Sutanto, Zach	JR	McLean High School	1:00.72	1:01.63	2
	28.48	1:01.63 (33.15)			
16 Lees, Jeremy	SR	McLean High School	1:00.98	1:02.13	1
	28.81	1:02.13 (33.32)			

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Results

Event 21 Boys 100 Yard Breaststroke

6A North Reg: 55.85 \$ 2/14/2025 Kyle Li CHNT
 All Time VA: 53.84 V 2/24/2021 Anthony Grimm OAKT -PV
 Nat Public: 51.62 N 2/16/2018 Max McHugh Sturgeon Bay WI
 55.22 A - All America Auto
 56.46 C - All America Cons
 59.20 S - Class 6 State
 1:01.29 R - Northern Region

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Li, Kyle	JR Chantilly Chargers	55.84	55.85	\$ C
	26.44	55.85 (29.41)			
2	Garvin, Parris	JR Langley High School	56.87	56.87	S
	27.38	56.87 (29.49)			
3	Jia, Aaron	SR McLean High School	59.83	57.39	S
	26.96	57.39 (30.43)			
4	Kambhampaty, Kedar	JR Washington-Liberty High School	59.95	57.59	S
	27.02	57.59 (30.57)			
5	Robinson, Mitchell	SO Yorktown High School	59.22	58.18	S
	27.57	58.18 (30.61)			
6	Saunders, Daniel	SR Herndon Hornets	58.89	58.35	S
	27.72	58.35 (30.63)			
7	Harriot, Jackson	SR South Lakes High School	59.09	58.36	S
	27.26	58.36 (31.10)			
8	Campet, Ben	SR Westfield High School	59.45	59.62	R
	28.23	59.62 (31.39)			
9	Ramos, Diego	SO Washington-Liberty High School	59.84	1:00.14	R
	28.28	1:00.14 (31.86)			
10	Speer, Eric	SO Herndon Hornets	1:00.39	1:00.41	R
	28.68	1:00.41 (31.73)			
11	Bucha, William	SR Oakton High School	1:03.19	1:00.49	R
	28.09	1:00.49 (32.40)			
12	Sutanto, Zach	JR McLean High School	1:01.05	1:00.72	R
	28.65	1:00.72 (32.07)			
13	Lees, Jeremy	SR McLean High School	1:01.26	1:00.98	R
	28.57	1:00.98 (32.41)			
14	Fritz, Andrew	SR South Lakes High School	1:00.25	1:00.99	R
	28.56	1:00.99 (32.43)			
15	Ha, Everett	JR Oakton High School	1:01.94	1:01.01	R
	28.63	1:01.01 (32.38)			
16	Piccolo, Ethan	SR Oakton High School	1:02.59	1:01.35	
	28.70	1:01.35 (32.65)			
17	Andrews, Caleb	SO Westfield High School	1:01.12	1:02.25	
	29.84	1:02.25 (32.41)			
18	Li, Jason	JR Chantilly Chargers	1:02.61	1:02.29	
	29.37	1:02.29 (32.92)			
19	Wang, Kenny	SO Westfield High School	1:02.94	1:03.98	

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Event 22 Girls 100 Yard Breaststroke

6A North Reg: 59.83 \$ 2/1/2019 Anna Keating JMAD
 All Time VA: 59.65 V 1/26/2019 Anna Keating JMAD
 Nat Public: 58.35 N 2/22/2020 Kaitlyn Dobler Beaverton, OR
 1:02.53 A - All America Auto
 1:03.85 C - All America Cons
 1:06.21 S - Class 6 State
 1:09.49 R - Northern Region

Name	Yr	School	Prelim Time	Finals Time	Points
Championship Final					
1 Corderman, Devon	JR	Oakton High School	1:05.82	1:04.72 S	20
30.18		1:04.72 (34.54)			
2 Goff, Caitlin	JR	Centreville High School	1:06.53	1:05.02 S	17
30.87		1:05.02 (34.15)			
3 Indrisano, Ariel	SR	Herndon Hornets	1:06.83	1:05.81 S	16
31.32		1:05.81 (34.49)			
4 Scogna, Charlie	SR	Washington-Liberty High School	1:06.21	1:06.24 R	15
30.65		1:06.24 (35.59)			
5 Haynes, Emory	JR	Yorktown High School	1:07.64	1:06.29 R	14
30.31		1:06.29 (35.98)			
6 Nagle, Audrey	JR	Centreville High School	1:07.10	1:07.32 R	13
31.82		1:07.32 (35.50)			
7 Johnson, Abbygail	FR	Herndon Hornets	1:07.44	1:07.43 R	12
31.97		1:07.43 (35.46)			
8 Watts, Emma	JR	George C Marshall High School	1:08.52	1:08.55 R	11
32.66		1:08.55 (35.89)			
Consolation Final					
9 Young, Jay	SR	Yorktown High School	1:12.41	1:09.70	9
32.13		1:09.70 (37.57)			
10 Wagner, Amanda	JR	South Lakes High School	1:10.65	1:09.88	7
32.24		1:09.88 (37.64)			
11 In, Emily	SO	Centreville High School	1:09.26	1:09.94	6
32.44		1:09.94 (37.50)			
12 Taylor, Sasha	JR	Washington-Liberty High School	1:09.41	1:10.03	5
32.71		1:10.03 (37.32)			
13 Lahr, Leah	FR	Chantilly Chargers	1:10.91	1:11.03	4
32.74		1:11.03 (38.29)			
14 Mallare, Lilyanna	JR	James Madison High School	1:10.89	1:11.51	3
32.87		1:11.51 (38.64)			
15 McDermott, Kate	SR	George C Marshall High School	1:12.04	1:11.90	2
33.13		1:11.90 (38.77)			
16 Ramsey, Daniella	JR	Herndon Hornets	1:12.47	1:12.57	1
34.18		1:12.57 (38.39)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 22 Girls 100 Yard Breaststroke

6A North Reg: 59.83 \$ 2/1/2019 Anna Keating JMAD
 All Time VA: 59.65 V 1/26/2019 Anna Keating JMAD
 Nat Public: 58.35 N 2/22/2020 Kaitlyn Dobler Beaverton, OR
 1:02.53 A - All America Auto
 1:03.85 C - All America Cons
 1:06.21 S - Class 6 State
 1:09.49 R - Northern Region

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Corderman, Devon	JR	Oakton High School	1:05.37	1:05.82	S
30.70			1:05.82 (35.12)		
2 Scogna, Charlie	SR	Washington-Liberty High School	1:08.04	1:06.21	S
30.79			1:06.21 (35.42)		
3 Goff, Caitlin	JR	Centreville High School	1:05.11	1:06.53	R
31.51			1:06.53 (35.02)		
4 Indrisano, Ariel	SR	Herndon Hornets	1:08.65	1:06.83	R
31.86			1:06.83 (34.97)		
5 Nagle, Audrey	JR	Centreville High School	1:07.83	1:07.10	R
31.75			1:07.10 (35.35)		
6 Johnson, Abbygail	FR	Herndon Hornets	1:07.18	1:07.44	R
31.90			1:07.44 (35.54)		
7 Haynes, Emory	JR	Yorktown High School	1:06.60	1:07.64	R
32.15			1:07.64 (35.49)		
8 Watts, Emma	JR	George C Marshall High School	1:09.04	1:08.52	R
32.57			1:08.52 (35.95)		
9 In, Emily	SO	Centreville High School	1:09.82	1:09.26	R
32.55			1:09.26 (36.71)		
10 Taylor, Sasha	JR	Washington-Liberty High School	1:10.71	1:09.41	R
32.79			1:09.41 (36.62)		
11 Wagner, Amanda	JR	South Lakes High School	1:10.57	1:10.65	
32.51			1:10.65 (38.14)		
12 Mallare, Lilyanna	JR	James Madison High School	1:10.11	1:10.89	
13 Lahr, Leah	FR	Chantilly Chargers	1:09.30	1:10.91	
33.21			1:10.91 (37.70)		
14 McDermott, Kate	SR	George C Marshall High School	1:12.21	1:12.04	
33.55			1:12.04 (38.49)		
15 Young, Jay	SR	Yorktown High School	1:09.73	1:12.41	
33.10			1:12.41 (39.31)		
16 Ramsey, Daniella	JR	Herndon Hornets	1:11.88	1:12.47	
34.49			1:12.47 (37.98)		
17 Berg, Becca	SR	James Madison High School	1:12.99	1:12.49	
34.44			1:12.49 (38.05)		
18 Kelliher, Anna	JR	Westfield High School	1:12.89	1:13.00	
34.62			1:13.00 (38.38)		
19 Tobin, Madison	FR	Centreville High School	1:12.77	1:13.13	
35.36			1:13.13 (37.77)		
20 Maloney, Evie	SO	Washington-Liberty High School	1:11.84	1:14.62	
35.74			1:14.62 (38.88)		

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Event 23 Boys 400 Yard Freestyle Relay

6A North Reg: 3:04.68 \$ 2/6/2016 Robinson Secondary School Robin
J Murphy, P Brukx, T Jones, J Jones

All Time VA: 3:03.81 V 2023 Jefferson Forest Jeffe
Mills, Wildzisz, Schonfelder, Whitfield

Nat Public: 2:53.81 N 3/15/2018 N. Allegheny HS, PA Grana

3:05.17 A - All America Auto

3:08.08 C - All America Cons

3:15.62 S - Class 6 State

3:27.89 R - Northern Region

Team	Relay	Prelim Time	Finals Time	Points
Championship Final				
1 Chantilly Chargers		3:09.65	3:04.22 \$ A	40
1) Madsen, Blake JR	2) Clabeaux, Ben SR	3) Farello, Ben SR	4) Li, Yaron JR	
22.87	47.48 (47.48)	1:09.22 (21.74)	1:33.68 (46.20)	
1:55.28 (21.60)	2:19.37 (45.69)	2:40.84 (21.47)	3:04.22 (44.85)	
2 Langley High School		3:08.99	3:08.68 S	34
1) Thompson, Max FR	2) Shin, Ethan JR	3) Garvin, Parris JR	4) Zhou, Michael JR	
22.77	47.28 (47.28)	1:09.35 (22.07)	1:33.93 (46.65)	
1:56.85 (22.92)	2:21.83 (47.90)	2:43.78 (21.95)	3:08.68 (46.85)	
3 Oakton High School		3:17.88	3:10.60 S	32
1) Rodriguez, Isaac JR	2) Flickinger, Owen SR	3) Li, Andrew SO	4) Wolf, Colin SR	
23.45	48.49 (48.49)	1:10.89 (22.40)	1:36.24 (47.75)	
1:58.67 (22.43)	2:23.66 (47.42)	2:45.83 (22.17)	3:10.60 (46.94)	
4 South Lakes High School		3:14.05	3:11.93 S	30
1) White, Ken JR	2) Kauffman, Matthew JR	3) Koh, Elijah JR	4) Harriot, Jackson SR	
22.87	47.32 (47.32)	1:10.25 (22.93)	1:35.85 (48.53)	
1:58.23 (22.38)	2:23.45 (47.60)	2:46.62 (23.17)	3:11.93 (48.48)	
5 Westfield High School		3:17.80	3:14.92 S	28
1) Fleury, Peter SR	2) Zenyuh, Quinn FR	3) Campet, Ben SR	4) Campet, Luke JR	
23.66	49.55 (49.55)	1:12.49 (22.94)	1:37.93 (48.38)	
2:01.28 (23.35)	2:27.21 (49.28)	2:49.56 (22.35)	3:14.92 (47.71)	
6 McLean High School		3:17.19	3:15.88 R	26
1) Wang, Allen SO	2) Sutanto, Zach JR	3) Jia, Aaron SR	4) Haggard, Bruno JR	
23.34	48.72 (48.72)	1:11.87 (23.15)	1:38.16 (49.44)	
2:01.76 (23.60)	2:27.10 (48.94)	2:49.74 (22.64)	3:15.88 (48.78)	
7 James Madison High School		3:20.06	3:17.29 R	24
1) Eachus, Robert SR	2) Guthrie, Hunter JR	3) Bechtle, JJ FR	4) Zhou, Oscar JR	
23.74	49.37 (49.37)	1:12.55 (23.18)	1:38.74 (49.37)	
2:02.00 (23.26)	2:28.19 (49.45)	2:51.61 (23.42)	3:17.29 (49.10)	
8 Herndon Hornets		3:22.02	3:18.53 R	22
1) King, Daniel FR	2) Baez, Rafael JR	3) Saunders, Daniel SR	4) Lemire, Noah SR	
23.96	50.49 (50.49)	1:14.01 (23.52)	1:41.05 (50.56)	
2:04.60 (23.55)	2:30.21 (49.16)	2:53.04 (22.83)	3:18.53 (48.32)	
Consolation Final				
9 Yorktown High School		3:22.60	3:19.98 R	18
1) Cocker, George SO	2) Hans, Alex JR	3) Hussey, Liam SO	4) Pedicano, Nicholas JR	
24.25	50.69 (50.69)	1:13.60 (22.91)	1:39.72 (49.03)	
2:03.76 (24.04)	2:29.59 (49.87)	2:53.58 (23.99)	3:19.98 (50.39)	
10 George C Marshall High School		3:28.33	3:25.52 R	14
1) Redding, Dylan SR	2) Simpson, David JR	3) Sanderson, Emmett SO	4) Mar, Hudson SR	
24.84	51.65 (51.65)	1:15.37 (23.72)	1:42.36 (50.71)	
2:06.07 (23.71)	2:33.01 (50.65)	3:25.52 (52.51)		

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Consolation Final ... (Event 23 Boys 400 Yard Freestyle Relay)

Team	Relay			Prelim Time	Finals Time	Points
11 Washington-Liberty High School				3:27.20	3:26.33 R	12
1) Strong, Samuel SR	2) Bolfek, Jackson SR	3) Keirse, Hank FR	4) Langsdale, Griffin SO			
23.91	49.65 (49.65)	1:14.83 (25.18)	1:42.97 (53.32)			
2:06.86 (23.89)	2:34.53 (51.56)	2:59.07 (24.54)	3:26.33 (51.80)			
12 Centreville High School				3:40.99	3:41.72	10
1) Brown, Kaeden SR	2) Diem, Sloan-Hwarang FR	3) Choi, Jayden FR	4) van de Graaf, Tony SO			
24.63	52.31 (52.31)	1:18.90 (26.59)	1:49.85 (57.54)			
2:17.23 (27.38)	2:50.82 (1:00.97)	3:14.80 (23.98)	3:41.72 (50.90)			
13 Wakefield High School				3:46.24	3:58.35	8
1) Lopez, Lucas JR	2) Wright, Miles SO	3) Biggs, Benjamin SO	4) Rodriguez, Nicholas JR			
25.86	54.85 (54.85)	1:22.11 (27.26)	1:53.92 (59.07)			
2:22.67 (28.75)	2:59.71 (1:05.79)	3:26.55 (26.84)	3:58.35 (58.64)			

Event 23 Boys 400 Yard Freestyle Relay

6A North Reg:	3:04.68	\$	2/6/2016	Robinson Secondary School	Robin
				J Murphy, P Brukx, T Jones, J Jones	
All Time VA:	3:03.81	V	2023	Jefferson Forest	Jeffe
				Mills, Wildzisz, Schonfelder, Whitfield	
Nat Public:	2:53.81	N	3/15/2018	N. Allegheny HS, PA	Grana
	3:05.17	A - All America Auto			
	3:08.08	C - All America Cons			
	3:15.62	S - Class 6 State			
	3:27.89	R - Northern Region			

Team	Relay			Seed Time	Prelim Time
Preliminaries					
1 Langley High School				3:10.28	3:08.99 S
1) Thompson, Max FR	2) Shin, Ethan JR	3) Garvin, Parris JR	4) Zhou, Michael JR		
22.77	47.78 (47.78)	1:09.95 (22.17)	1:34.12 (46.34)		
1:57.28 (23.16)	2:22.12 (48.00)	2:44.62 (22.50)	3:08.99 (46.87)		
2 Chantilly Chargers				3:07.03	3:09.65 S
1) Madsen, Blake JR	2) Wong, Aiden SR	3) Farello, Ben SR	4) Li, Yaron JR		
23.31	48.45 (48.45)	1:11.61 (23.16)	1:37.32 (48.87)		
1:59.92 (22.60)	2:25.07 (47.75)	2:46.50 (21.43)	3:09.65 (44.58)		
3 South Lakes High School				3:20.87	3:14.05 S
1) White, Ken JR	2) Damian, Darius SO	3) Koh, Elijah JR	4) Harriot, Jackson SR		
22.74	46.99 (46.99)	1:11.04 (24.05)	1:37.15 (50.16)		
1:59.86 (22.71)	2:24.94 (47.79)	2:48.33 (23.39)	3:14.05 (49.11)		
4 McLean High School				3:09.55	3:17.19 R
1) Sutanto, Zach JR	2) Wang, Allen SO	3) Jia, Aaron SR	4) Haggard, Bruno JR		
24.45	51.01 (51.01)	1:14.33 (23.32)	1:40.47 (49.46)		
2:04.38 (23.91)	2:30.67 (50.20)	2:53.08 (22.41)	3:17.19 (46.52)		
5 Westfield High School				3:27.36	3:17.80 R
1) Campet, Ben SR	2) Zenyuh, Quinn FR	3) Fleury, Peter SR	4) Campet, Luke JR		
24.69	52.02 (52.02)	1:15.33 (23.31)	1:40.74 (48.72)		
2:04.25 (23.51)	2:29.89 (49.15)	2:52.56 (22.67)	3:17.80 (47.91)		
6 Oakton High School				3:10.90	3:17.88 R
1) Rodriguez, Isaac JR	2) Flickinger, Owen SR	3) Li, Andrew SO	4) Wolf, Colin SR		
23.46	48.49 (48.49)	1:14.14 (25.65)	1:41.03 (52.54)		
2:04.41 (23.38)	2:29.73 (48.70)	2:52.61 (22.88)	3:17.88 (48.15)		
7 James Madison High School				3:22.78	3:20.06 R
1) Eachus, Robert SR	2) Guthrie, Hunter JR	3) Bechtle, JJ FR	4) Zhou, Oscar JR		
24.18	50.27 (50.27)	1:13.98 (23.71)	1:40.61 (50.34)		
2:04.59 (23.98)	2:30.87 (50.26)	2:54.10 (23.23)	3:20.06 (49.19)		

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Results

Preliminaries ... (Event 23 Boys 400 Yard Freestyle Relay)

Team	Relay			Seed Time	Prelim Time
8 Herndon Hornets				3:21.62	3:22.02 R
1) King, Daniel FR	2) Baez, Rafael JR	3) Saunders, Daniel SR		4) Lemire, Noah SR	
24.41	51.30 (51.30)	1:15.58 (24.28)	1:42.57 (51.27)		
2:06.34 (23.77)	2:32.33 (49.76)	2:55.75 (23.42)	3:22.02 (49.69)		
9 Yorktown High School				3:20.77	3:22.60 R
1) Cocker, George SO	2) Hans, Alex JR	3) Hussey, Liam SO		4) Pedicano, Nicholas JR	
24.28	50.90 (50.90)	1:14.90 (24.00)	1:41.60 (50.70)		
2:05.77 (24.17)	2:31.94 (50.34)	2:55.92 (23.98)	3:22.60 (50.66)		
10 Washington-Liberty High School				3:24.29	3:27.20 R
1) Langsdale, Griffin SO	2) Bolfek, Jackson SR	3) Keirse, Hank FR		4) Strong, Samuel SR	
24.62	51.24 (51.24)	1:16.84 (25.60)	1:45.56 (54.32)		
2:09.90 (24.34)	2:37.96 (52.40)	3:01.58 (23.62)	3:27.20 (49.24)		
11 George C Marshall High School				3:32.92	3:28.33
1) Redding, Dylan SR	2) Simpson, David JR	3) Sanderson, Emmett SO		4) Mar, Hudson SR	
25.66	1:02.39 (1:02.39)	1:17.99 (15.60)	1:45.76 (43.37)		
2:09.83 (24.07)	2:37.19 (51.43)	3:01.14 (23.95)	3:28.33 (51.14)		
12 Centreville High School				3:40.84	3:40.99
1) Brown, Kaeden SR	2) Diem, Sloan-Hwarang FR	3) Choi, Jayden FR		4) van de Graaf, Tony SO	
24.62	52.50 (52.50)	1:19.24 (26.74)			
2:17.15 ()	2:50.50 ()	3:14.60 (24.10)	3:40.99 (50.49)		
13 Wakefield High School				3:41.06	3:46.24
1) Lopez, Lucas JR	2) Scheifele, Jack JR	3) Hamill, Alexander JR		4) Rodriguez, Nicholas JR	
24.71	53.97 (53.97)	1:19.58 (25.61)	1:48.10 (54.13)		
2:15.08 (26.98)	2:49.92 (1:01.82)	3:14.90 (24.98)	3:46.24 (56.32)		

Event 24 Girls 400 Yard Freestyle Relay

6A North Reg:	3:26.79	\$	2/8/2014	Oakton High School	Oakto
				L Branton, K Lawhorn, M Byrnes, J Hu	
All Time VA:	3:25.66	V	2/15/2019	First Colonial	FCOL
				Tillet, Caldwell, Godfrey, Tadder	
Nat Public:	3:15.38	N	2/14/2015	Carmel HS, IN	Carme
	3:27.68	A - All America Auto			
	3:31.16	C - All America Cons			
	3:37.16	S - Class 6 State			
	3:51.09	R - Northern Region			

Team	Relay			Prelim Time	Finals Time	Points
Championship Final						
1 Yorktown High School				3:35.81	3:34.00 S	40
1) Sherman, Lila SO	2) Furches, Jackie SO	3) Hecmanczuk, Mary JR		4) Desautels, Alaina SR		
25.24	52.14 (52.14)	1:17.67 (25.53)	1:46.07 (53.93)			
2:10.65 (24.58)	2:38.67 (52.60)	3:05.11 (26.44)	3:34.00 (55.33)			
2 Langley High School				3:37.64	3:35.36 S	34
1) Kuang, Gloria JR	2) De, Lara JR	3) Steber, Gretchen SO		4) Watson, Marina SR		
25.49	52.83 (52.83)	1:18.93 (26.10)	1:48.08 (55.25)			
2:13.99 (25.91)	2:42.67 (54.59)	3:08.01 (25.34)	3:35.36 (52.69)			
3 James Madison High School				3:42.43	3:38.30 R	32
1) Bayer, Amelia FR	2) Wilson, Genevieve JR	3) Cline, Hanna SO		4) DeLacy, Sydney SO		
26.43	55.42 (55.42)	1:21.77 (26.35)	1:51.23 (55.81)			
2:17.39 (26.16)	2:46.10 (54.87)	3:10.60 (24.50)	3:38.30 (52.20)			
4 Oakton High School				3:40.62	3:38.41 R	30
1) Yangas, Alicia SO	2) Swanson, Esther SR	3) Gavino, Alessandra FR		4) Thrash, Alexa SO		
25.95	54.28 (54.28)	1:19.61 (25.33)	1:48.82 (54.54)			
2:14.65 (25.83)	2:44.51 (55.69)	3:09.69 (25.18)	3:38.41 (53.90)			

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Championship Final ... (Event 24 Girls 400 Yard Freestyle Relay)

Team	Relay	Prelim Time	Finals Time	Points
5 Washington-Liberty High School		3:37.08	3:38.81 R	28
1) Scogna, Charlie SR	2) McCarthy, Willa SR	3) Ebert, Shelby SR	4) McCarthy, Clara SR	
25.64	53.12 (53.12)	1:19.56 (26.44)	1:48.94 (55.82)	
2:15.77 (26.83)	2:45.40 (56.46)	3:10.91 (25.51)	3:38.81 (53.41)	
6 South Lakes High School		3:44.67	3:40.04 R	26
1) Kass, Morgan JR	2) Khan, Zariya JR	3) Rosade, Elyse FR	4) Gilman, Heidi SR	
27.39	56.36 (56.36)	1:21.90 (25.54)	1:50.67 (54.31)	
2:16.87 (26.20)	2:46.54 (55.87)	3:11.65 (25.11)	3:40.04 (53.50)	
7 Chantilly Chargers		3:45.59	3:40.61 R	24
1) Barker, Lily SO	2) Kovacs, Hanna SO	3) Kim, Eurie SO	4) Lahr, Leah FR	
26.82	55.88 (55.88)	1:21.51 (25.63)	1:50.40 (54.52)	
2:16.03 (25.63)	2:44.81 (54.41)	3:10.78 (25.97)	3:40.61 (55.80)	
8 McLean High School		3:48.15	3:45.37 R	22
1) Murphy, Abigail SO	2) Xiao, Victoria SR	3) Gary, Morgan SR	4) Bui, Emma FR	
27.09	57.22 (57.22)	1:23.43 (26.21)	1:52.54 (55.32)	
2:19.44 (26.90)	2:50.23 (57.69)	3:15.84 (25.61)	3:45.37 (55.14)	
Consolation Final				
9 George C Marshall High School		3:49.86	3:45.73 R	18
1) Georgieva, Sophia JR	2) O'Hearn, Penelope JR	3) Robyak, Brooke FR	4) Ice, Megan SR	
26.53	55.92 (55.92)	1:23.08 (27.16)	1:53.27 (57.35)	
2:20.23 (26.96)	2:50.35 (57.08)	3:16.48 (26.13)	3:45.73 (55.38)	
10 Centreville High School		3:52.01	3:46.59 R	14
1) Anderson, Claire FR	2) Charters, Shannon SR	3) Shin, Claudia SO	4) Hispiche, Claire SO	
27.17	57.14 (57.14)	1:24.55 (27.41)	1:54.56 (57.42)	
2:21.51 (26.95)	2:52.10 (57.54)	3:17.54 (25.44)	3:46.59 (54.49)	
11 Westfield High School		3:57.12	3:55.77	12
1) Lay, Sydney FR	2) Zenyuh, Helena JR	3) Long, Brooke SR	4) McArthur, Katherine SR	
26.83	56.18 (56.18)	1:25.56 (29.38)	1:58.18 (1:02.00)	
2:26.74 (28.56)	2:57.80 (59.62)	3:25.66 (27.86)	3:55.77 (57.97)	
12 Herndon Hornets		3:57.23	3:57.40	10
1) Gattoni, Bianca SO	2) Kimsey, Zoe FR	3) Ramsey, Daniella JR	4) Semanchik, Katherine SR	
27.73	58.07 (58.07)	1:27.08 (29.01)	1:59.87 (1:01.80)	
2:28.13 (28.26)	2:59.06 (59.19)	3:26.20 (27.14)	3:57.40 (58.34)	
13 Wakefield High School		4:15.92	4:05.47	8
1) Young, Amelia FR	2) Young-Smith, Isabelle SR	3) Larson, Gabrielle	4) Sonn, Camille FR	
26.89	56.16 (56.16)	1:23.50 (27.34)	1:54.95 (58.79)	
2:24.31 (29.36)	2:58.71 (1:03.76)	3:29.69 (30.98)	4:05.47 (1:06.76)	

Event 24 Girls 400 Yard Freestyle Relay

6A North Reg:	3:26.79	\$	2/8/2014	Oakton High School	Oakto
				L Branton, K Lawhorn, M Byrnes, J Hu	
All Time VA:	3:25.66	V	2/15/2019	First Colonial	FCOL
				Tillet, Caldwell, Godfrey, Tadder	
Nat Public:	3:15.38	N	2/14/2015	Carmel HS, IN	Carme
	3:27.68	A	All America Auto		
	3:31.16	C	All America Cons		
	3:37.16	S	Class 6 State		
	3:51.09	R	Northern Region		

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Yorktown High School		3:34.72	3:35.81 S
1) Sherman, Lila SO	2) Hecmanczuk, Mary JR	3) Furches, Jackie SO	4) Sherman, Nora SR
25.58	52.99 (52.99)	1:18.17 (25.18)	1:45.96 (52.97)
2:11.55 (25.59)	2:40.38 (54.42)	3:06.92 (26.54)	3:35.81 (55.43)

2025 Northern Region Championships - 2/14/2025 to 2/15/2025

Results

Preliminaries ... (Event 24 Girls 400 Yard Freestyle Relay)

Team	Relay			Seed Time	Prelim Time
2 Washington-Liberty High School				3:43.79	3:37.08 S
1) Scogna, Charlie SR	2) Ebert, Shelby SR	3) Boyko, Sophia SO	4) McCarthy, Clara SR		
25.63	53.05 (53.05)	1:19.54 (26.49)	1:48.33 (55.28)		
2:14.90 (26.57)	2:44.24 (55.91)	3:09.60 (25.36)	3:37.08 (52.84)		
3 Langley High School				3:38.48	3:37.64 R
1) Kuang, Gloria JR	2) De, Lara JR	3) Steber, Gretchen SO	4) Watson, Marina SR		
25.98	53.46 (53.46)	1:20.02 (26.56)	1:50.38 (56.92)		
2:14.92 (24.54)	2:43.39 (53.01)	3:09.33 (25.94)	3:37.64 (54.25)		
4 Oakton High School				3:39.14	3:40.62 R
1) Yangas, Alicia SO	2) Swanson, Esther SR	3) Chow, Ady SO	4) Thrash, Alexa SO		
26.19	54.53 (54.53)	1:19.79 (25.26)	1:48.97 (54.44)		
2:15.75 (26.78)	2:45.36 (56.39)	3:11.18 (25.82)	3:40.62 (55.26)		
5 James Madison High School				3:40.44	3:42.43 R
1) Cline, Hanna SO	2) Mikhin, Lydia SR	3) Bayer, Amelia FR	4) DeLacy, Sydney SO		
27.07	56.67 (56.67)	1:22.55 (25.88)	1:52.36 (55.69)		
2:18.55 (26.19)	2:49.07 (56.71)	3:13.74 (24.67)	3:42.43 (53.36)		
6 South Lakes High School				3:49.76	3:44.67 R
1) Khan, Zariya JR	2) Siraj, Hannah SR	3) Kass, Morgan JR	4) Gilman, Heidi SR		
26.70	56.22 (56.22)	1:22.96 (26.74)	1:52.33 (56.11)		
2:19.38 (27.05)	2:48.90 (56.57)	3:14.94 (26.04)	3:44.67 (55.77)		
7 Chantilly Chargers				3:42.48	3:45.59 R
1) Barker, Lily SO	2) Kovacs, Hanna SO	3) Kim, Eurie SO	4) Lahr, Leah FR		
27.12	57.45 (57.45)	1:23.60 (26.15)	1:53.46 (56.01)		
2:19.74 (26.28)	2:48.77 (55.31)	3:16.07 (27.30)	3:45.59 (56.82)		
8 McLean High School				3:47.78	3:48.15 R
1) Gary, Morgan SR	2) Bui, Emma FR	3) Xiao, Victoria SR	4) Murphy, Abigail SO		
27.27	57.87 (57.87)	1:24.14 (26.27)	1:52.88 (55.01)		
2:20.98 (28.10)	2:52.16 (59.28)	3:18.41 (26.25)	3:48.15 (55.99)		
9 George C Marshall High School				3:52.17	3:49.86 R
1) Georgieva, Sophia JR	2) O'Hearn, Penelope JR	3) Robyak, Brooke FR	4) Ice, Megan SR		
26.97	56.67 (56.67)	1:23.93 (27.26)	1:54.98 (58.31)		
2:22.30 (27.32)	2:53.57 (58.59)	3:19.84 (26.27)	3:49.86 (56.29)		
10 Centreville High School				3:49.64	3:52.01
1) Anderson, Claire FR	2) Charters, Shannon SR	3) Shin, Claudia SO	4) Hispiche, Claire SO		
28.03	58.17 (58.17)	1:24.89 (26.72)	1:55.03 (56.86)		
2:22.16 (27.13)	2:53.21 (58.18)	3:21.34 (28.13)	3:52.01 (58.80)		
11 Westfield High School				3:55.68	3:57.12
1) Lay, Sydney FR	2) Zenyuh, Helena JR	3) Long, Brooke SR	4) McArthur, Katherine SR		
26.73	57.26 (57.26)	1:25.90 (28.64)	1:59.15 (1:01.89)		
2:27.83 (28.68)	2:59.50 (1:00.35)	3:27.26 (27.76)	3:57.12 (57.62)		
12 Herndon Hornets				3:49.98	3:57.23
1) Gattoni, Bianca SO	2) Kimsey, Zoe FR	3) Ramsey, Daniella JR	4) Semanchik, Katherine SR		
26.95	57.22 (57.22)	1:26.20 (28.98)	1:59.02 (1:01.80)		
2:27.55 (28.53)	2:58.42 (59.40)	3:25.56 (27.14)	3:57.23 (58.81)		
13 Wakefield High School				4:13.25	4:15.92
1) Young, Amelia FR	2) Young-Smith, Isabelle SR	3) Yates, Emilia JR	4) Hoil, Camila SO		
26.68	56.05 (56.05)	1:23.99 (27.94)	1:56.20 (1:00.15)		
2:29.71 (33.51)	3:05.29 (1:09.09)	3:37.80 (32.51)	4:15.92 (1:10.63)		