

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025

Results

Event 1 Women 1 mtr Diving

Meet: 543.35 ! 2002

Amanda Blong

Sidwell Friends

League: 543.35 * 2002

Amanda Blong

Sidwell Friends

Name	Yr	School	Finals Score	Points	
1 Kashatus, Ainsley	SR	The Holton-Arms School	316.65	376.50	16
2 Amprey, Desi	SR	Sidwell Friends School	338.40	354.45	13
3 Walsh, Calleigh	FR	Stone Ridge	NP	315.35	12
4 Rudick, Julia	JR	The Holton-Arms School	230.85	207.80	11
5 Tracy, Grace	25	National Cathedral School	228.05	191.25	10
6 Lockard, Cate	SO	St. Andrew's Episcopal School	NP	188.35	9
7 Kaizer, Maddie	JR	Bullis School	101.00	188.20	7
8 Levy, Whitney	SO	Stone Ridge	191.30	182.35	5
9 Tracy, Riley	26	National Cathedral School	192.35	176.30	4
10 Pisula, Casimir	SO	The Holton-Arms School	175.85	174.70	3
--- Schick, India		Madeira	124.70	DQ	
--- Haag, Amela	SO	Stone Ridge	NP	DQ	
--- Pao, Lauren	25	Flint Hill School	NP	DQ	
--- Merideth, Isabel	SO	Sidwell Friends School	NP	DQ	
--- Jacobs, Naomi	26	Flint Hill School	NP	DQ	
--- Kearney, Brooke	26	Flint Hill School	58.70	DQ	
--- Nackman, Annemarie	FR	Madeira	151.90	DNF	
Did not finish					

Event 2 Women 200 Yard Medley Relay

Meet: 1:43.62 ! 2020

Stone Ridge

Stone Ridge

League: 1:41.62 * 2020

Bacon, Sun, Gemmell, Thomas

Stone Ridge

Stone Ridge

Bacon, Sun, Gemmell, Thomas

Team	Relay	Seed Time	Finals Time	Points
1 Stone Ridge	A	1:47.15	1:46.30	32
1) Roemer, Samantha FR	2) House, Cameron SR	3) Rushton, Harper SO	4) Webb, Addison JR	
26.68	55.84 (29.16)	1:22.37 (26.53)	1:46.30 (23.93)	
2 Potomac School Swim Team	A	1:46.87	1:49.11	26
1) Douglas, Kate JR	2) Schwarz, Maren SR	3) Russell, Cecelia SO	4) Schedler, Paige SR	
26.62	57.00 (30.38)	1:22.92 (25.92)	1:49.11 (26.19)	
3 The Holton-Arms School	A	1:49.07	1:51.40	24
1) Holley, Palmer SR	2) Rogers, Lily JR	3) Gaskin, Cate SR	4) Ndu, Omannaya JR	
29.20	1:00.60 (31.40)	1:27.02 (26.42)	1:51.40 (24.38)	
4 Madeira	A	1:56.65	1:51.91	22
1) Redburn, Diya JR	2) Desmond, Coleen SR	3) Smith, Kylee FR	4) Fioravanti, Claire	
28.78	1:00.27 (31.49)	1:26.76 (26.49)	1:51.91 (25.15)	
5 St. Stephen's & St. Agnes	A	1:49.01	1:52.49	20
1) Brock, Lila SO	2) Bremner, Annabelle SO	3) Lehman, Haley SR	4) Carroll, Elisabeth SR	
28.54	1:00.19 (31.65)	1:26.73 (26.54)	1:52.49 (25.76)	
6 Maret School	A	1:56.95	1:53.68	18
1) Sislen, Tea SO	2) Gebre, Arriam JR	3) Orlic, Anastasia JR	4) Clattenburg, Hannah SO	
30.13	1:02.93 (32.80)	1:29.92 (26.99)	1:53.68 (23.76)	
7 Georgetown Visitation	A	1:51.92	1:58.61	14
1) Carter, Shelby SR	2) Ingrassia, Katherine SO	3) DeLuca, Campbell SR	4) Krantz, Celia SO	
30.12	1:05.87 (35.75)	1:32.99 (27.12)	1:58.61 (25.62)	
8 Sidwell Friends School	A	1:59.89	2:00.20	10
1) Merideth, Isabel SO	2) Lopez Murphy, Malena FR	3) Harms, Sofia SO	4) Goch, Elliot FR	
30.09	1:07.10 (37.01)	1:34.22 (27.12)	2:00.20 (25.98)	

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 2 Women 200 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
9 St. Andrew's Episcopal School	A	2:02.80	2:03.21	8
1) Xiao, Alice JU	2) Long, Piper JU	3) Goodweather, Isabelle SN	4) Hartman, Caroline F	
29.22	1:03.91 (34.69)	1:32.74 (28.83)	2:03.21 (30.47)	
10 National Cathedral School	A	2:04.89	2:06.35	6
1) Kumar, Neharika 25	2) Verma, Emma 27	3) Mascott, Avery 26	4) Musslewhite, Parker 25	
31.47	1:10.14 (38.67)	1:40.57 (30.43)	2:06.35 (25.78)	
11 Flint Hill School	A	2:09.36	2:08.45	4
1) Murdock, Mackenzie 25	2) Simons, Zoe 27	3) Michaels, Fiona 28	4) Zur, Brooke 28	
42.49	1:11.87 (29.38)	1:41.38 (29.51)	2:08.45 (27.07)	
12 Georgetown Day School	A	2:05.79	2:11.88	2
1) Genia, Madeleine JR	2) Hirsh, Rebecca FR	3) Neppl, Ridgely FR	4) Lim, Sophie SO	
34.63	1:14.37 (39.74)	1:45.54 (31.17)	2:11.88 (26.34)	
13 Holy Child	A	2:03.37	2:12.18	
1) Highfill, Maddie FR	2) Cherry, Ava FR	3) Opipari, Fran FR	4) Burkett, Autumn FR	
37.40	1:08.40 (31.00)	1:39.95 (31.55)	2:12.18 (32.23)	
14 Episcopal High School	A	2:10.74	2:14.74	
1) Chen, Chloe SO	2) Fu, Alina JR	3) Lin, Ava FR	4) Billo, Alexa JR	
32.80	1:10.81 (38.01)	1:47.08 (36.27)	2:14.74 (27.66)	
--- Madeira	B	2:03.74	X2:00.29	
1) Griest, Addison SR	2) Chen, Katie SO	3) Shepard, Lauren JR	4) DiBella, Clara FR	
31.74	1:05.43 (33.69)	1:34.35 (28.92)	2:00.29 (25.94)	
--- Stone Ridge	B	1:57.47	X2:00.77	
1) Swezey, Charlotte JR	2) Perna, Mia JR	3) Lowell, Sylvie FR	4) Bernasek, Isabelle SR	
29.65	1:05.80 (36.15)	1:35.52 (29.72)	2:00.77 (25.25)	
--- St. Stephen's & St. Agnes	B	2:07.65	X2:01.57	
1) Perkins, Lucy JR	2) Dixon, Jordon SR	3) Lehman, Chloe FR	4) Knutson, Finley SR	
29.91	1:05.36 (35.45)	1:33.53 (28.17)	2:01.57 (28.04)	
--- Potomac School Swim Team	B	2:06.50	X2:04.29	
1) Gray, Ella SO	2) McEwen, Claire JR	3) Abbot, Logan SO	4) Shen, Taylor SO	
31.24	1:07.91 (36.67)	1:36.58 (28.67)	2:04.29 (27.71)	
--- Georgetown Visitation	B	2:12.60	X2:13.17	
1) Boyd, Adeline JR	2) Viola, Maeve JR	3) Sheridan, Bridget SR	4) Moore, Gilleran FR	
31.63	1:11.83 (40.20)	1:45.16 (33.33)	2:13.17 (28.01)	
--- Sidwell Friends School	B	2:19.39	X2:19.57	
1) Chi, Claire JR	2) Labrou, Lucy SO	3) Olsson, Mayan FR	4) Kountoupes, Luca JR	
33.53	1:14.04 (40.51)	1:49.93 (35.89)	2:19.57 (29.64)	
--- National Cathedral School	B	2:26.60	X2:20.55	
1) Yingling, Maggie 25	2) Calhoun, Ophelia 27	3) Hur, Lucy 27	4) Plishker, Callie 28	
34.86	1:16.37 (41.51)	1:50.08 (33.71)	2:20.55 (30.47)	
--- Holy Child	B	2:40.00	X2:31.04	
1) Houston, Sanna SO	2) Tellez-Leon, Mariana	3) Agnew, Emma	4) Weigold, Fiona SO	
38.79	1:22.43 (43.64)	1:58.46 (36.03)	2:31.04 (32.58)	
--- Episcopal High School	B	2:25.12	X2:31.05	
1) Vesey, Lillian SO	2) Sinclair, Emma Blue FR	3) Gibbons, Grey JR	4) Jung, Annie SO	
41.45	1:21.23 (39.78)	1:59.11 (37.88)	2:31.05 (31.94)	
--- The Holton-Arms School	B	2:16.50	X2:35.56	
1) Cohen, Phoebe SR	2) Boerstling, Abigail SR	3) Perry, Sanaa SR	4) Wenchel, Josie SR	
48.71	1:25.87 (37.16)	2:02.87 (37.00)	2:35.56 (32.69)	
--- Flint Hill School	B	2:27.18	X2:43.46	
1) Baker, Devon 26	2) Crickenberger, Brooke 26	3) Parker, Camdyn 26	4) Raj, Henna 26	
41.21	1:26.88 (45.67)	2:00.41 (33.53)	2:43.46 (43.05)	

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025

Results

(Event 2 Women 200 Yard Medley Relay)

Team	Relay	Seed Time	Finals Time	Points
--- Bullis School	A	2:21.99	DQ	
Early take-off swimmer #4				
1) Zaft, June FR	2) Zheng, Emma SO	3) Chawla, Maia SO	4) Fasuyi, Taqiyah JR	
34.65	1:13.71 (39.06)	1:42.42 (28.71)	DQ (34.18)	

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time	Points
1 Lehman, Haley	SR	St. Stephen's & St. Agnes	1:52.98	1:51.76	16
26.09		53.84 (27.75)	1:22.62 (28.78)	1:51.76 (29.14)	
2 Orlic, Anastasia	JR	Maret School	1:54.79	1:55.24	13
26.88		55.77 (28.89)	1:25.58 (29.81)	1:55.24 (29.66)	
3 Day, Gabrielle	SO	Bullis School	2:04.17	1:55.85	12
26.19		55.27 (29.08)	1:25.53 (30.26)	1:55.85 (30.32)	
4 Chen, Sunny	JR	Madeira	1:59.25	1:57.13	11
27.03		56.31 (29.28)	1:26.23 (29.92)	1:57.13 (30.90)	
5 Russell, Cecelia	SO	Potomac School Swim Team	2:04.23	1:57.52	10
26.93		56.29 (29.36)	1:26.73 (30.44)	1:57.52 (30.79)	
6 Lim, Sophie	SO	Georgetown Day School	2:01.69	1:57.71	9
27.41		57.22 (29.81)	1:27.43 (30.21)	1:57.71 (30.28)	
7 Propper, Ella	SO	Bullis School	1:56.75	1:59.03	7
27.15		56.44 (29.29)	1:27.23 (30.79)	1:59.03 (31.80)	
8 Ji, Kelly	FR	The Holton-Arms School	2:01.72	1:59.50	5
26.95		56.68 (29.73)	1:28.02 (31.34)	1:59.50 (31.48)	
9 Georgiou, Maria Olympia	FR	The Holton-Arms School	2:02.23	2:02.29	4
27.65		58.43 (30.78)	2:02.29 (1:03.86)		
10 Swezey, Charlotte	JR	Stone Ridge	2:02.58	2:03.10	3
27.84		58.62 (30.78)	1:31.01 (32.39)	2:03.10 (32.09)	
11 Latcovich, Madeline	28	National Cathedral School	2:06.05	2:04.22	2
27.73		58.25 (30.52)	1:30.98 (32.73)	2:04.22 (33.24)	
12 Gomez-Espinoza, Isabella	SO	Stone Ridge	2:06.23	2:06.26	1
28.41		1:00.08 (31.67)	1:33.70 (33.62)	2:06.26 (32.56)	
13 Felgenhauer, Willa	25	National Cathedral School	2:05.98	2:06.75	
28.58		1:00.19 (31.61)	1:33.35 (33.16)	2:06.75 (33.40)	
14 Southerling, Shawn	SO	The Holton-Arms School	2:06.97	2:10.23	
28.33		1:00.56 (32.23)	1:35.11 (34.55)	2:10.23 (35.12)	
15 Bustamante, Joelle	SR	Stone Ridge	2:13.54	2:11.83	
29.79		1:02.09 (32.30)	1:35.75 (33.66)	2:11.83 (36.08)	
16 DiBella, Clara	FR	Madeira	2:15.06	2:13.10	
29.19		1:02.01 (32.82)	1:37.08 (35.07)	2:13.10 (36.02)	
17 Cho, April	SO	Madeira	2:13.89	2:15.36	
29.98		1:03.29 (33.31)	1:39.17 (35.88)	2:15.36 (36.19)	
18 Dixon, Lordon	FR	St. Stephen's & St. Agnes	2:20.59	2:21.22	
31.91		1:07.87 (35.96)	1:45.57 (37.70)	2:21.22 (35.65)	
19 Zaft, June	FR	Bullis School	2:24.88	2:21.33	
32.43		1:07.45 (35.02)	1:45.31 (37.86)	2:21.33 (36.02)	
20 Backus, Helena	FR	Potomac School Swim Team	2:25.42	2:23.96	
		1:05.70 ()	2:23.96 (1:18.26)		
21 Fisher, Elsie	FR	Georgetown Visitation	2:20.92	2:24.02	
31.12		1:06.70 (35.58)	2:24.02 (1:17.32)		
22 Moore, Gilleran	FR	Georgetown Visitation	2:10.70	2:24.68	
30.85		1:06.36 (35.51)	1:44.77 (38.41)	2:24.68 (39.91)	

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 3 Women 200 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
23 Eliot, Ruth	28	National Cathedral School	2:44.43	2:26.05	
32.24	1:09.64 (37.40)	2:26.05 (1:16.41)			
24 Strauss, Anna	SR	St. Stephen's & St. Agnes	2:41.57	2:26.85	
33.19	1:10.78 (37.59)	1:49.84 (39.06)	2:26.85 (37.01)		
25 Piester, Charis	FR	Potomac School Swim Team	NT	2:27.25	
31.01	1:07.72 (36.71)	1:47.50 (39.78)	2:27.25 (39.75)		
26 Michaels, Fiona	28	Flint Hill School	2:38.14	2:29.86	
34.76	1:14.11 (39.35)	1:52.02 (37.91)	2:29.86 (37.84)		
27 Bhatia, Samina	SN	St. Andrew's Episcopal School	2:33.49	2:30.63	
34.71	1:13.27 (38.56)	1:53.02 (39.75)	2:30.63 (37.61)		
28 Chasin, Zara	SO	Maret School	2:33.63	2:32.01	
35.29	1:13.89 (38.60)	1:54.40 (40.51)	2:32.01 (37.61)		
29 Chi, Claire	JR	Sidwell Friends School	2:37.58	2:39.21	
33.35	1:13.00 (39.65)	2:39.21 (1:26.21)			
30 Labrou, Lucy	SO	Sidwell Friends School	2:45.28	2:43.17	
35.69		2:02.23 ()	2:43.17 (40.94)		
31 Genia, Madeleine	JR	Georgetown Day School	2:54.59	2:47.78	
37.98	1:20.92 (42.94)	2:06.12 (45.20)	2:47.78 (41.66)		

Event 4 Women 200 Yard IM

Name	Yr	School	Seed Time	Finals Time	Points
1 Xiao, Alice	JU	St. Andrew's Episcopal School	2:11.74	2:08.34	16
27.83	59.47 (31.64)	1:37.42 (37.95)	2:08.34 (30.92)		
2 Gaskin, Cate	SR	The Holton-Arms School	2:11.48	2:13.01	13
27.33	1:00.87 (33.54)	1:41.09 (40.22)	2:13.01 (31.92)		
3 Rabah, Luana	FR	The Holton-Arms School	2:17.08	2:13.50	12
28.18	1:02.28 (34.10)	1:42.33 (40.05)	2:13.50 (31.17)		
4 House, Cameron	SR	Stone Ridge	2:13.09	2:13.67	11
29.23	1:05.32 (36.09)	1:42.46 (37.14)	2:13.67 (31.21)		
5 Schwarz, Maren	SR	Potomac School Swim Team	2:14.41	2:14.50	10
29.15	1:04.26 (35.11)	1:42.74 (38.48)	2:14.50 (31.76)		
6 Brock, Lila	SO	St. Stephen's & St. Agnes	2:19.51	2:15.33	9
29.39	1:03.00 (33.61)	1:43.58 (40.58)	2:15.33 (31.75)		
7 Steves, Madeleine	JR	Potomac School Swim Team	2:17.29	2:16.79	7
28.88	1:03.48 (34.60)	1:43.45 (39.97)	2:16.79 (33.34)		
8 Goch, Elliot	FR	Sidwell Friends School	2:24.29	2:19.02	5
29.89	1:05.26 (35.37)	1:47.43 (42.17)	2:19.02 (31.59)		
9 Harms, Sofia	SO	Sidwell Friends School	2:20.12	2:19.16	4
29.96	1:04.54 (34.58)	1:46.90 (42.36)	2:19.16 (32.26)		
10 Sislen, Tea	SO	Maret School	2:21.15	2:21.68	3
30.51	1:04.79 (34.28)	1:48.10 (43.31)	2:21.68 (33.58)		
11 Redburn, Diya	JR	Madeira	2:21.90	2:22.38	2
30.74	1:04.61 (33.87)	1:48.08 (43.47)	2:22.38 (34.30)		
12 Rogers, Lily	JR	The Holton-Arms School	2:19.27	2:23.13	1
29.47	1:06.15 (36.68)	1:47.57 (41.42)	2:23.13 (35.56)		
13 Zheng, Emma	SO	Bullis School	2:22.48	2:23.99	
31.95	1:09.04 (37.09)	1:51.36 (42.32)	2:23.99 (32.63)		
14 Braden, Cara	FR	Stone Ridge	2:31.20	2:26.34	
31.91	1:06.62 (34.71)	1:52.75 (46.13)	2:26.34 (33.59)		
15 Lehman, Chloe	FR	St. Stephen's & St. Agnes	2:35.38	2:29.29	
33.80	1:12.20 (38.40)	1:56.93 (44.73)	2:29.29 (32.36)		

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 4 Women 200 Yard IM)**

	Name	Yr	School	Seed Time	Finals Time	Points
16	Lowell, Sylvie	FR	Stone Ridge	2:29.29	2:29.56	
	30.92	1:08.96 (38.04)	1:52.61 (43.65)	2:29.56 (36.95)		
17	Shepard, Lauren	JR	Madeira	2:28.23	2:29.69	
	31.00	1:08.02 (37.02)	1:54.22 (46.20)	2:29.69 (35.47)		
18	Yellin, Valentina	SO	Georgetown Visitation	2:41.43	2:34.51	
	32.64	1:12.94 (40.30)	1:57.95 (45.01)	2:34.51 (36.56)		
19	Kumar, Neharika	25	National Cathedral School	2:39.25	2:35.79	
	32.57	1:11.76 (39.19)	1:59.76 (48.00)	2:35.79 (36.03)		
20	Mascott, Avery	26	National Cathedral School	2:28.71	2:35.91	
	31.76	1:09.02 (37.26)	1:56.28 (47.26)	2:35.91 (39.63)		
21	Choi, Isabella	FR	Madeira	2:33.83	2:37.22	
	35.47	1:13.27 (37.80)	1:58.60 (45.33)	2:37.22 (38.62)		
22	Shen, Taylor	SO	Potomac School Swim Team	2:35.41	2:38.74	
		1:11.26 ()	1:59.26 (48.00)	2:38.74 (39.48)		
23	Dixon, Jordon	SR	St. Stephen's & St. Agnes	2:41.93	2:38.91	
	36.05	1:16.63 (40.58)	2:02.48 (45.85)	2:38.91 (36.43)		
24	Tobin, Caroline	FR	Georgetown Visitation	2:41.34	2:41.60	
	33.97	1:15.08 (41.11)	2:07.04 (51.96)	2:41.60 (34.56)		
25	Neppl, Ridgely	FR	Georgetown Day School	2:39.17	2:42.59	
	33.55	1:14.34 (40.79)	2:05.84 (51.50)	2:42.59 (36.75)		
26	Yingling, Maggie	25	National Cathedral School	2:44.46	2:43.46	
	33.78	1:15.09 (41.31)	2:04.04 (48.95)	2:43.46 (39.42)		
27	Hirsh, Rebecca	FR	Georgetown Day School	2:45.90	2:48.22	
	35.75	1:23.80 (48.05)	2:11.02 (47.22)	2:48.22 (37.20)		
28	Smith, Emerson	SR	Georgetown Visitation	2:41.31	2:53.30	
	34.08	1:16.19 (42.11)	2:09.69 (53.50)	2:53.30 (43.61)		
29	Crickenberger, Brooke	26	Flint Hill School	NT	3:40.04	
	47.56	1:45.06 (57.50)	2:46.58 (1:01.52)	3:40.04 (53.46)		

Event 5 Women 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time	Points
	Meet: 22.73 ! 2022		Erin Gemmell		Stone Ridge	
	League: 22.69 * 2015		Caroline McTaggart		Holton-Arms	
1	Roemer, Samantha	FR	Stone Ridge	24.60	23.68	16
2	Douglas, Kate	JR	Potomac School Swim Team	23.43	23.69	13
3	Clattenburg, Hannah	SO	Maret School	24.39	23.83	12
4	Smith, Kayla	SR	Madeira	24.58	24.53	11
5	Webb, Addison	JR	Stone Ridge	24.31	24.64	10
6	Smith, Kylee	FR	Madeira	25.95	24.72	9
7	Foster, Lydia	JR	Madeira	25.27	24.78	7
8	Denney, Ellie	25	National Cathedral School	24.29	24.95	5
9	Ndu, Omannaya	JR	The Holton-Arms School	24.36	25.06	4
10	Muoio, Adele	26	National Cathedral School	25.30	25.88	3
11	Holley, Palmer	SR	The Holton-Arms School	25.39	25.95	2
12	Carroll, Elisabeth	SR	St. Stephen's & St. Agnes	25.34	26.09	1
13	Simon, Olivia	FR	Bullis School	26.42	26.14	
14	Krantz, Celia	SO	Georgetown Visitation	26.15	26.34	
*15	Bernasek, Isabelle	SR	Stone Ridge	25.74	26.38	
*15	Cherry, Ava	FR	Holy Child	25.87	26.38	
17	Perkins, Lucy	JR	St. Stephen's & St. Agnes	27.63	26.50	
18	Staley, Blythe	JR	The Holton-Arms School	26.33	26.58	
19	Merideth, Isabel	SO	Sidwell Friends School	26.76	26.67	
20	Musslewhite, Parker	25	National Cathedral School	26.93	26.81	

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 5 Women 50 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time	Points
21	Goodweather, Isabelle	SN	St. Andrew's Episcopal School	27.39	26.82	
22	Schedler, Paige	SR	Potomac School Swim Team	26.01	27.03	
23	Zur, Brooke	28	Flint Hill School	26.81	27.06	
24	Simons, Zoe	27	Flint Hill School	27.54	27.66	
25	Zidlicky, MK	SO	Georgetown Visitation	28.31	28.72	
26	Knutson, Finley	SR	St. Stephen's & St. Agnes	27.82	28.83	
27	Billo, Alexa	JR	Episcopal High School	28.30	29.00	
28	Sheridan, Bridget	SR	Georgetown Visitation	28.44	29.43	
29	Guerrieri Brown, Giulia	SO	Maret School	30.02	29.44	
30	Murdock, Mackenzie	25	Flint Hill School	NT	29.71	
31	Fu, Alina	JR	Episcopal High School	29.26	29.82	
32	McEwen, Claire	JR	Potomac School Swim Team	28.49	29.93	
33	Zaft, June	FR	Bullis School	30.28	30.04	
34	Kountoupes, Luca	JR	Sidwell Friends School	30.42	30.40	
35	Chawla, Maia	SO	Bullis School	29.78	30.61	
*36	Burkett, Autumn	FR	Holy Child	32.89	32.82	
*36	Houston, Sanna	SO	Holy Child	32.44	32.82	
38	Agnew, Emma		Holy Child	33.54	32.91	
39	Weigold, Fiona	SO	Holy Child	35.14	33.97	
40	Mesa, Gabby	SN	St. Andrew's Episcopal School	33.67	33.99	
41	Hao, Hedy	JR	Sidwell Friends School	33.55	34.31	
42	Coyne, Layla	SR	Georgetown Day School	34.15	34.76	
43	Terlep, Lucy	FR	Holy Child	35.62	35.58	
44	Babolian, Parisa	SO	Georgetown Day School	36.29	36.92	
45	Dougherty, Carly	SR	Holy Child	40.28	37.55	
46	Jackson, Kailani	FR	Maret School	39.48	37.90	
47	Beltran, Sofia	FR	Holy Child	45.28	42.64	
48	Olivos, Jennifer		Holy Child	46.52	44.87	

Event 6 Women 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time	Points
	Meet:	52.84	!	2020		
	League:	52.84	*	2020		
			Phoebe Bacon		Stone Ridge	
			Phoebe Bacon		Stone Ridge	
1	Xiao, Alice	JU	St. Andrew's Episcopal School	58.16	57.17	16
	26.74		57.17 (30.43)			
2	Chen, Sunny	JR	Madeira	57.21	57.72	13
	26.92		57.72 (30.80)			
3	Russell, Cecelia	SO	Potomac School Swim Team	57.55	58.13	12
	27.36		58.13 (30.77)			
4	Rushton, Harper	SO	Stone Ridge	58.37	58.53	11
	27.62		58.53 (30.91)			
5	Gaskin, Cate	SR	The Holton-Arms School	58.97	59.72	10
	28.79		59.72 (30.93)			
6	Rabah, Luana	FR	The Holton-Arms School	1:01.39	1:00.31	9
	28.59		1:00.31 (31.72)			
7	DeLuca, Campbell	SR	Georgetown Visitation	1:00.72	1:01.01	7
	28.48		1:01.01 (32.53)			
8	Harms, Sofia	SO	Sidwell Friends School	1:02.24	1:01.18	5
	29.25		1:01.18 (31.93)			
9	Bremner, Annabelle	SO	St. Stephen's & St. Agnes	1:01.35	1:01.33	4
	28.11		1:01.33 (33.22)			
10	Smith, Kayla	SR	Madeira	1:01.02	1:02.10	3
	28.76		1:02.10 (33.34)			

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 6 Women 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time	Points
11	Abbot, Logan	SO	Potomac School Swim Team	1:10.66	1:05.04	2
	29.80		1:05.04 (35.24)			
*12	Goch, Elliot	FR	Sidwell Friends School	1:07.72	1:05.93	.50
	30.95		1:05.93 (34.98)			
*12	Lopez Murphy, Malena	FR	Sidwell Friends School	1:05.63	1:05.93	.50
14	DiBella, Clara	FR	Madeira	1:11.36	1:06.20	
	30.99		1:06.20 (35.21)			
15	Gebre, Arriam	JR	Maret School	1:04.40	1:06.31	
	30.08		1:06.31 (36.23)			
16	Boyd, Adeline	JR	Georgetown Visitation	1:10.20	1:06.51	
	29.93		1:06.51 (36.58)			
17	Mascott, Avery	26	National Cathedral School	1:07.13	1:07.67	
	31.99		1:07.67 (35.68)			
18	Cosgrove, Eileen	JR	Stone Ridge	1:03.68	1:07.82	
	30.37		1:07.82 (37.45)			
19	Lehman, Chloe	FR	St. Stephen's & St. Agnes	1:14.65	1:08.46	
	31.96		1:08.46 (36.50)			
20	Ingrassia, Katherine	SO	Georgetown Visitation	1:07.91	1:10.45	
	32.83		1:10.45 (37.62)			
21	Lowell, Sylvie	FR	Stone Ridge	1:10.83	1:11.18	
	32.18		1:11.18 (39.00)			
22	Michaels, Fiona	28	Flint Hill School	1:14.61	1:13.53	
	33.39		1:13.53 (40.14)			
23	Shen, Taylor	SO	Potomac School Swim Team	1:11.28	1:14.01	
	32.64		1:14.01 (41.37)			
24	Strauss, Anna	SR	St. Stephen's & St. Agnes	1:11.47	1:14.16	
	33.61		1:14.16 (40.55)			
25	Opipari, Fran	FR	Holy Child	1:07.58	1:14.24	
	33.45		1:14.24 (40.79)			
26	Walker, Alice	SO	The Holton-Arms School	1:21.15	1:15.18	
	35.24		1:15.18 (39.94)			
27	Chawla, Maia	SO	Bullis School	NT	1:17.49	
	34.11		1:17.49 (43.38)			
28	Highfill, Maddie	FR	Holy Child	1:21.24	1:22.49	
	37.65		1:22.49 (44.84)			

Event 7 Women 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time	Points
	Meet: 48.80 ! 2023		Erin Gemmell		Stone Ridge	
	League: 48.19 * 2023		Erin Gemmell		Stone Ridge	
1	Roemer, Samantha	FR	Stone Ridge	54.35	51.04	16
	24.58		51.04 (26.46)			
2	Clattenburg, Hannah	SO	Maret School	53.16	51.35	13
	25.34		51.35 (26.01)			
3	Lehman, Haley	SR	St. Stephen's & St. Agnes	53.92	52.52	12
	25.65		52.52 (26.87)			
4	Day, Gabrielle	SO	Bullis School	51.64	53.17	11
	25.57		53.17 (27.60)			
5	Denney, Ellie	25	National Cathedral School	52.72	53.59	10
	25.74		53.59 (27.85)			
6	Webb, Addison	JR	Stone Ridge	52.53	53.94	9
	25.70		53.94 (28.24)			
7	Foster, Lydia	JR	Madeira	55.22	54.04	7

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 7 Women 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time	Points
8	Ji, Kelly	FR	The Holton-Arms School	55.04	54.34	5
	25.99		54.34 (28.35)			
9	Desmond, Coleen	SR	Madeira	55.47	55.20	4
	25.97		55.20 (29.23)			
10	Smith, Kylee	FR	Madeira	57.40	55.51	3
	26.13		55.51 (29.38)			
11	Davy-Brown, Layla	FR	Bullis School	59.60	55.53	2
	26.45		55.53 (29.08)			
12	Carroll, Elisabeth	SR	St. Stephen's & St. Agnes	54.64	56.61	1
	27.02		56.61 (29.59)			
13	Ndu, Omannaya	JR	The Holton-Arms School	55.93	57.33	
	27.13		57.33 (30.20)			
14	Simon, Olivia	FR	Bullis School	59.92	57.68	
	27.30		57.68 (30.38)			
15	Felgenhauer, Willa	25	National Cathedral School	57.46	58.05	
	28.33		58.05 (29.72)			
16	Muoio, Adele	26	National Cathedral School	56.43	58.15	
	27.69		58.15 (30.46)			
17	Goodweather, Isabelle	SN	St. Andrew's Episcopal School	59.62	58.17	
	28.03		58.17 (30.14)			
18	Staley, Isla	SR	The Holton-Arms School	56.66	58.30	
	27.32		58.30 (30.98)			
19	Bernasek, Isabelle	SR	Stone Ridge	1:00.29	58.74	
	28.11		58.74 (30.63)			
20	Carter, Shelby	SR	Georgetown Visitation	58.18	59.71	
	28.19		59.71 (31.52)			
21	Gray, Ella	SO	Potomac School Swim Team	1:01.05	1:00.18	
	28.34		1:00.18 (31.84)			
22	Zur, Brooke	28	Flint Hill School	1:01.82	1:00.59	
	28.55		1:00.59 (32.04)			
23	Schedler, Paige	SR	Potomac School Swim Team	58.67	1:00.93	
	27.89		1:00.93 (33.04)			
24	Simons, Zoe	27	Flint Hill School	1:03.33	1:01.95	
	30.26		1:01.95 (31.69)			
25	Tobin, Caroline	FR	Georgetown Visitation	1:02.63	1:03.32	
	29.40		1:03.32 (33.92)			
26	Gabriel, Charlotte	SR	Potomac School Swim Team	1:03.98	1:04.00	
	30.53		1:04.00 (33.47)			
27	Dixon, Lordon	FR	St. Stephen's & St. Agnes	1:03.74	1:04.32	
	30.98		1:04.32 (33.34)			
28	Neppl, Ridgely	FR	Georgetown Day School	NT	1:05.20	
	31.01		1:05.20 (34.19)			
29	Fisher, Elsie	FR	Georgetown Visitation	1:05.50	1:05.43	
30	Murdock, Mackenzie	25	Flint Hill School	1:06.04	1:05.98	
	31.25		1:05.98 (34.73)			
31	Gibbons, Grey	JR	Episcopal High School	1:06.99	1:06.67	
	32.19		1:06.67 (34.48)			
32	Claud, Amelia	JR	Maret School	NT	1:07.84	
	32.88		1:07.84 (34.96)			
33	Kountoupes, Luca	JR	Sidwell Friends School	1:09.65	1:07.98	
	32.47		1:07.98 (35.51)			
34	Olsson, Mayan	FR	Sidwell Friends School	NT	1:10.69	
	33.41		1:10.69 (37.28)			

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025

Results

(Event 7 Women 100 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
35 Genia, Madeleine	JR	Georgetown Day School	1:10.38	1:10.80	
33.20			1:10.80 (37.60)		
36 Houston, Sanna	SO	Holy Child	1:14.60	1:15.10	
35.22			1:15.10 (39.88)		
37 Coyne, Layla	SR	Georgetown Day School	NT	1:15.24	
35.53			1:15.24 (39.71)		
38 Agnew, Emma		Holy Child	1:20.47	1:17.00	
35.78			1:17.00 (41.22)		
39 Jung, Annie	SO	Episcopal High School	NT	1:17.20	
33.86			1:17.20 (43.34)		
40 Burkett, Autumn	FR	Holy Child	1:17.97	1:21.12	
38.47			1:21.12 (42.65)		
41 Mesa, Gabby	SN	St. Andrew's Episcopal School	1:22.93	1:23.94	
37.23			1:23.94 (46.71)		
42 Jackson, Kailani	FR	Maret School	1:31.61	1:31.14	
42.53			1:31.14 (48.61)		
43 Dougherty, Carly	SR	Holy Child	1:32.72	1:31.98	
41.54			1:31.98 (50.44)		
44 Beltran, Sofia	FR	Holy Child	1:46.85	1:46.42	
45 Olivos, Jennifer		Holy Child	1:57.13	2:03.33	
50.65			2:03.33 (1:12.68)		

Event 8 Women 500 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time	Points
1 Orlic, Anastasia	JR	Maret School	5:02.40	5:06.14	16
26.91			56.75 (29.84)	1:27.77 (31.02)	
2:30.27 (31.30)			3:01.77 (31.50)	3:33.24 (31.47)	
4:36.09 (31.33)			5:06.14 (30.05)	4:04.76 (31.52)	
2 Propper, Ella	SO	Bullis School	5:10.85	5:11.43	13
29.44			1:01.26 (31.82)	1:33.01 (31.75)	
2:36.10 (31.40)			3:07.42 (31.32)	3:38.77 (31.35)	
4:41.19 (31.19)			5:11.43 (30.24)	4:10.00 (31.23)	
3 Lim, Sophie	SO	Georgetown Day School	5:19.17	5:15.50	12
29.24			1:00.82 (31.58)	1:33.14 (32.32)	
2:37.52 (32.15)			3:09.01 (31.49)	3:40.86 (31.85)	
4:44.59 (31.47)			5:15.50 (30.91)	4:13.12 (32.26)	
4 Swezey, Charlotte	JR	Stone Ridge	5:18.18	5:19.92	11
28.93			1:00.73 (31.80)	1:33.32 (32.59)	
2:38.32 (32.59)			3:10.87 (32.55)	3:43.60 (32.73)	
4:48.46 (32.25)			5:19.92 (31.46)	4:16.21 (32.61)	
5 Bremner, Annabelle	SO	St. Stephen's & St. Agnes	5:28.42	5:21.91	10
29.60			1:01.87 (32.27)	1:34.34 (32.47)	
2:40.00 (32.70)			3:12.36 (32.36)	3:44.99 (32.63)	
4:49.88 (32.52)			5:21.91 (32.03)	4:17.36 (32.37)	
6 DeLuca, Campbell	SR	Georgetown Visitation	5:17.59	5:29.02	9
29.17			1:01.09 (31.92)	1:33.52 (32.43)	
2:38.86 (32.69)			3:12.30 (33.44)	3:46.13 (33.83)	
4:54.57 (34.63)			5:29.02 (34.45)	4:19.94 (33.81)	
7 Fioravanti, Claire		Madeira	5:42.31	5:37.84	7
29.03			1:01.31 (32.28)	1:35.17 (33.86)	
2:43.68 (34.56)				3:53.55 ()	
5:03.63 ()			5:37.84 (34.21)		

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 8 Women 500 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time	Points
8	Gomez-Espinoza, Isabella	SO	Stone Ridge	5:40.71	5:42.07	5
	30.35	1:03.94 (33.59)	1:37.73 (33.79)	2:12.58 (34.85)		
	2:47.69 (35.11)	3:22.61 (34.92)	3:57.51 (34.90)	4:32.64 (35.13)		
	5:07.75 (35.11)	5:42.07 (34.32)				
9	Southerling, Shawn	SO	The Holton-Arms School	5:36.15	5:45.92	4
	29.60	1:01.98 (32.38)	1:36.08 (34.10)	2:11.13 (35.05)		
		3:22.46 ()	3:58.20 (35.74)			
	5:10.44 ()	5:45.92 (35.48)				
10	Watkins, Caroline	JR	The Holton-Arms School	5:46.39	5:52.66	3
	29.87	1:03.80 (33.93)	1:39.13 (35.33)	2:15.10 (35.97)		
	2:51.00 (35.90)	3:27.34 (36.34)	4:04.19 (36.85)	4:40.62 (36.43)		
	5:17.13 (36.51)	5:52.66 (35.53)				
11	Abbot, Logan	SO	Potomac School Swim Team	6:06.10	5:54.85	2
	31.50	1:06.16 (34.66)	1:41.99 (35.83)	2:18.07 (36.08)		
	2:54.00 (35.93)	3:30.10 (36.10)	4:06.80 (36.70)	4:43.67 (36.87)		
	5:19.78 (36.11)	5:54.85 (35.07)				
12	Staley, Blythe	JR	The Holton-Arms School	5:59.03	5:57.90	1
	29.98	1:04.17 (34.19)	1:40.14 (35.97)	2:16.43 (36.29)		
	2:53.09 (36.66)	3:30.32 (37.23)	4:08.34 (38.02)	4:46.31 (37.97)		
	5:22.97 (36.66)	5:57.90 (34.93)				
13	Thornton, Elena	SO	Stone Ridge	6:01.46	6:00.46	
	31.65	1:07.08 (35.43)	1:43.61 (36.53)	2:20.39 (36.78)		
	2:57.30 (36.91)	3:34.15 (36.85)	4:11.44 (37.29)	4:47.99 (36.55)		
	5:24.80 (36.81)	6:00.46 (35.66)				
14	Ingrassia, Katherine	SO	Georgetown Visitation	5:58.22	6:01.27	
	32.65	1:09.02 (36.37)	1:46.37 (37.35)	2:23.45 (37.08)		
	3:00.84 (37.39)	3:37.84 (37.00)	4:14.82 (36.98)	4:52.21 (37.39)		
	5:28.03 (35.82)	6:01.27 (33.24)				
15	Cho, April	SO	Madeira	6:13.93	6:16.23	
	31.72	1:07.47 (35.75)	1:44.72 (37.25)	2:23.44 (38.72)		
	3:02.02 (38.58)	3:41.47 (39.45)	4:20.82 (39.35)	5:00.38 (39.56)		
	5:38.62 (38.24)	6:16.23 (37.61)				
16	Moore, Gilleran	FR	Georgetown Visitation	6:21.28	6:26.52	
	32.07	1:08.68 (36.61)	1:47.28 (38.60)	2:26.35 (39.07)		
	3:06.03 (39.68)	3:45.26 (39.23)	4:25.51 (40.25)			
	5:48.11 ()	6:26.52 (38.41)				
17	Choi, Isabella	FR	Madeira	6:25.63	6:32.92	
	34.59	1:13.92 (39.33)	1:54.56 (40.64)	2:35.27 (40.71)		
	3:16.01 (40.74)	3:56.63 (40.62)	4:36.78 (40.15)	5:17.13 (40.35)		
	5:56.74 (39.61)	6:32.92 (36.18)				
18	Hur, Lucy	27	National Cathedral School	6:18.61	6:33.04	
	33.49	1:10.53 (37.04)	1:49.28 (38.75)	2:28.86 (39.58)		
	3:09.24 (40.38)	3:50.93 (41.69)		5:13.39 ()		
	5:53.85 (40.46)	6:33.04 (39.19)				
19	Hartman, Caroline	F	St. Andrew's Episcopal School	6:34.62	6:40.38	
	35.30	1:14.03 (38.73)	1:54.90 (40.87)	2:36.31 (41.41)		
	3:17.17 (40.86)	3:58.64 (41.47)	4:39.67 (41.03)	5:21.02 (41.35)		
	6:01.16 (40.14)	6:40.38 (39.22)				
20	Eliot, Ruth	28	National Cathedral School	6:54.61	6:46.42	
	33.79	1:13.17 (39.38)	1:55.46 (42.29)	2:37.60 (42.14)		
	3:20.53 (42.93)	4:02.14 (41.61)	4:44.77 (42.63)	5:27.17 (42.40)		
	6:09.83 (42.66)	6:46.42 (36.59)				

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 8 Women 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
21 Hirsh, Rebecca	FR	Georgetown Day School	NT	6:52.66	
34.24	1:13.96 (39.72)	1:55.52 (41.56)	2:38.77 (43.25)		
3:21.66 (42.89)		5:29.59 ()			
6:13.01 ()	6:52.66 (39.65)				
22 Plishker, Callie	28	National Cathedral School	6:45.91	6:54.11	
34.99	1:14.09 (39.10)	1:54.81 (40.72)	2:36.51 (41.70)		
3:18.55 (42.04)	4:01.20 (42.65)	4:44.27 (43.07)	5:28.65 (44.38)		
6:11.72 (43.07)	6:54.11 (42.39)				
23 Piester, Charis	FR	Potomac School Swim Team	6:59.82	6:55.57	
33.62	1:11.71 (38.09)	1:52.21 (40.50)	2:34.88 (42.67)		
3:18.69 (43.81)	4:03.28 (44.59)	4:47.65 (44.37)	5:32.63 (44.98)		
6:17.33 (44.70)	6:55.57 (38.24)				
24 Dawit, Adonna	SO	Sidwell Friends School	7:44.74	8:01.40	
37.98	1:22.64 (44.66)	2:09.85 (47.21)	2:58.77 (48.92)		
3:48.26 (49.49)		5:31.56 ()	6:23.37 (51.81)		
7:15.30 (51.93)	8:01.40 (46.10)				

Event 9 Women 200 Yard Freestyle Relay

Meet: 1:35.07 ! 2020

Stone Ridge

Stone Ridge

Higgins, Chen, Sun, Gemmell

League: 1:33.27 * 2022

Stone Ridge

Stone Ridge

Sun, Goetcheus, Webb, Gemmell

Team	Relay	Seed Time	Finals Time	Points
1 Madeira	A	1:39.42	1:37.10	32
1) Foster, Lydia JR	2) Chen, Sunny JR	3) Desmond, Coleen SR	4) Smith, Kayla SR	
24.69	49.26 (24.57)	1:13.64 (24.38)	1:37.10 (23.46)	
2 The Holton-Arms School	A	1:40.64	1:40.74	26
1) Ndu, Omannaya JR	2) Georgiou, Maria Olympia FR	3) Ji, Kelly FR	4) Rabah, Luana FR	
25.28	50.89 (25.61)	1:15.74 (24.85)	1:40.74 (25.00)	
3 National Cathedral School	A	1:42.46	1:41.12	24
1) Denney, Ellie 25	2) Felgenhauer, Willa 25	3) Latcovich, Madeline 28	4) Muoio, Adele 26	
24.77	50.80 (26.03)	1:16.15 (25.35)	1:41.12 (24.97)	
4 Bullis School	A	1:54.25	1:43.06	22
1) Davy-Brown, Layla FR	2) Propper, Ella SO	3) Simon, Olivia FR	4) Day, Gabrielle SO	
26.29	51.86 (25.57)	1:18.60 (26.74)	1:43.06 (24.46)	
5 Stone Ridge	A	1:40.63	1:44.19	20
1) Gomez-Espinoza, Isabella SO	2) Bernasek, Isabelle SR	3) Marino, Chase FR	4) Webb, Addison JR	
27.91	53.64 (25.73)	1:19.96 (26.32)	1:44.19 (24.23)	
6 Potomac School Swim Team	A	1:39.53	1:47.21	18
1) Schedler, Paige SR	2) Gray, Ella SO	3) Steves, Madeleine JR	4) Abbot, Logan SO	
26.45	53.58 (27.13)	1:19.78 (26.20)	1:47.21 (27.43)	
7 St. Andrew's Episcopal School	A	1:51.35	1:49.13	14
1) Goodweather, Isabelle SN	2) Long, Piper JU	3) Bhatia, Samina SN	4) Xiao, Alice JU	
27.11	54.02 (26.91)	1:24.26 (30.24)	1:49.13 (24.87)	
8 St. Stephen's & St. Agnes	A	1:39.00	1:52.86	10
1) Perkins, Lucy JR	2) Knutson, Finley SR	3) Dixon, Jordon SR	4) Dixon, Lordon FR	
26.86	55.24 (28.38)	1:23.51 (28.27)	1:52.86 (29.35)	
9 Flint Hill School	A	1:53.30	1:53.39	8
1) Zur, Brooke 28	2) Simons, Zoe 27	3) Obeng, Stella 28	4) Riihimaki, Grace 27	
27.33	55.19 (27.86)	1:23.56 (28.37)	1:53.39 (29.83)	
10 Georgetown Visitation	A	1:50.94	1:54.04	6
1) Moore, Gilleran FR	2) Sheridan, Bridget SR	3) Zidlicky, MK SO	4) Krantz, Celia SO	
29.09	58.73 (29.64)	1:26.98 (28.25)	1:54.04 (27.06)	

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025

Results

(Event 9 Women 200 Yard Freestyle Relay)

Team	Relay	Seed Time	Finals Time	Points
11 Sidwell Friends School	A	1:44.91	1:56.62	4
1) Goch, Elliot FR	2) Kountoupes, Luca JR	3) Labrou, Lucy SO	4) Olsson, Mayan FR	
26.30	55.98 (29.68)	1:26.18 (30.20)	1:56.62 (30.44)	
12 Episcopal High School	A	1:56.53	1:57.49	2
1) Billo, Alexa JR	2) Chen, Chloe SO	3) Sinclair, Emma Blue FR	4) Fu, Alina JR	
28.53	57.67 (29.14)	1:28.97 (31.30)	1:57.49 (28.52)	
13 Maret School	A	1:58.98	2:10.99	
1) Claud, Amelia JR	2) Jackson, Kailani FR	3) Chasin, Zara SO	4) Guerrieri Brown, Giulia SO	
30.76	1:10.37 (39.61)	1:41.82 (31.45)	2:10.99 (29.17)	
14 Holy Child	A	2:21.09	2:13.74	
1) Highfill, Maddie FR	2) Weigold, Fiona SO	3) Tellez-Leon, Mariana	4) Agnew, Emma	
33.12	1:07.28 (34.16)	1:41.67 (34.39)	2:13.74 (32.07)	
--- Madeira	B	1:48.96	X1:47.76	
1) Chen, Katie SO	2) DiBella, Clara FR	3) Cho, April SO	4) Fioravanti, Claire	
27.35	54.74 (27.39)	1:21.11 (26.37)	1:47.76 (26.65)	
--- Stone Ridge	B	1:41.17	X1:51.24	
1) Lefavre, Blair FR	2) Bustamante, Joelle SR	3) Henske, Rachael SR	4) Lowell, Sylvie FR	
27.49	54.10 (26.61)	1:22.59 (28.49)	1:51.24 (28.65)	
--- Potomac School Swim Team	B	1:52.80	X1:53.84	
1) Backus, Helena FR	2) Gabriel, Charlotte SR	3) McEwen, Claire JR	4) Piester, Charis FR	
28.54	56.69 (28.15)	1:26.08 (29.39)	1:53.84 (27.76)	
--- The Holton-Arms School	B	1:57.32	X1:54.39	
1) Dorton, Eliza SR	2) Aukhert, Aleca SR	3) Bejide, Kayin SR	4) Hawkins, Sedona SR	
27.75	55.23 (27.48)	1:25.66 (30.43)	1:54.39 (28.73)	
--- Georgetown Visitation	B	1:58.91	X1:58.22	
1) Smith, Emerson SR	2) Viola, Maeve JR	3) Tobin, Caroline FR	4) Conaton, Norah SR	
30.53	1:01.22 (30.69)	1:29.22 (28.00)	1:58.22 (29.00)	
--- Episcopal High School	B	2:07.50	X2:07.97	
1) Lin, Ava FR	2) Gibbons, Grey JR	3) Vesey, Lillian SO	4) Jung, Annie SO	
31.56	1:01.80 (30.24)	1:34.88 (33.08)	2:07.97 (33.09)	
--- National Cathedral School	B	2:09.00	X2:12.79	
1) Calhoun, Ophelia 27	2) Dove, Sarah 28	3) Dove, Sophia 26	4) Verma, Emma 27	
31.32	1:05.85 (34.53)	1:42.25 (36.40)	2:12.79 (30.54)	
--- St. Stephen's & St. Agnes	B	2:06.75	X2:18.39	
1) Strauss, Anna SR	2) Lehman, Chloe FR	3) Buckley, Sophie SR	4) Cutler, Charlie FR	
30.08	59.68 (29.60)	1:36.14 (36.46)	2:18.39 (42.25)	
--- Flint Hill School	B	2:28.10	X2:21.81	
1) Crickenberger, Brooke 26	2) Michaels, Fiona 28	3) Raj, Henna 26	4) Baker, Devon 26	
37.43	1:05.63 (28.20)	1:53.88 (48.25)	2:21.81 (27.93)	
--- Holy Child	B	2:49.34	XDQ	
Early take-off swimmer #4				
1) Dougherty, Carly SR	2) Olivos, Jennifer	3) Beltran, Sofia FR	4) Terlep, Lucy FR	
40.28	1:27.35 (47.07)	2:13.48 (46.13)	DQ (33.98)	

Event 10 Women 100 Yard Backstroke

Name	Yr	School	Seed Time	Finals Time	Points
1 Douglas, Kate	JR	Potomac School Swim Team	59.86	56.61	16
27.39			56.61 (29.22)		
2 Rushton, Harper	SO	Stone Ridge	58.53	1:00.19	13
28.95			1:00.19 (31.24)		
3 Redburn, Diya	JR	Madeira	1:02.02	1:01.16	12
29.73			1:01.16 (31.43)		

Meet: 51.39 ! 2020 Phoebe Bacon
 League: 50.89 * 2020 Phoebe Bacon

Stone Ridge
 Stone Ridge

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 10 Women 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time	Points
4	Braden, Cara	FR	Stone Ridge	1:04.28	1:02.31	11
	30.00			1:02.31 (32.31)		
5	Holley, Palmer	SR	The Holton-Arms School	1:03.87	1:03.53	10
	29.39			1:03.53 (34.14)		
6	Latcovich, Madeline	28	National Cathedral School	1:04.57	1:03.89	9
	31.13			1:03.89 (32.76)		
7	Sislen, Tea	SO	Maret School	1:04.03	1:04.03	7
	31.12			1:04.03 (32.91)		
8	Georgiou, Maria Olympia	FR	The Holton-Arms School	1:05.24	1:04.36	5
	31.03			1:04.36 (33.33)		
9	Carter, Shelby	SR	Georgetown Visitation	1:02.71	1:05.30	4
	31.66			1:05.30 (33.64)		
10	Perkins, Lucy	JR	St. Stephen's & St. Agnes	1:09.28	1:06.36	3
	31.57			1:06.36 (34.79)		
11	Shepard, Lauren	JR	Madeira	1:04.88	1:06.64	2
	32.30			1:06.64 (34.34)		
12	Griest, Addison	SR	Madeira	1:06.39	1:06.69	1
	32.34			1:06.69 (34.35)		
13	Gray, Ella	SO	Potomac School Swim Team	1:06.91	1:07.23	
14	Hagen, Lucy	JR	The Holton-Arms School	1:10.28	1:08.50	
	32.82			1:08.50 (35.68)		
15	Brown, Isabel	JR	Stone Ridge	1:12.72	1:09.97	
	33.28			1:09.97 (36.69)		
16	Backus, Helena	FR	Potomac School Swim Team	1:18.35	1:10.49	
	33.44			1:10.49 (37.05)		
17	Obeng, Stella	28	Flint Hill School	1:18.55	1:10.55	
	33.60			1:10.55 (36.95)		
18	Kumar, Neharika	25	National Cathedral School	1:12.64	1:11.10	
	33.08			1:11.10 (38.02)		
19	Conaton, Norah	SR	Georgetown Visitation	1:12.99	1:11.55	
	33.92			1:11.55 (37.63)		
20	Knutson, Finley	SR	St. Stephen's & St. Agnes	1:13.17	1:13.66	
	34.93			1:13.66 (38.73)		
21	Yingling, Maggie	25	National Cathedral School	1:14.78	1:13.79	
22	Opipari, Fran	FR	Holy Child	1:14.48	1:13.97	
	35.95			1:13.97 (38.02)		
23	Chi, Claire	JR	Sidwell Friends School	1:10.53	1:14.41	
	34.36			1:14.41 (40.05)		
24	Smith, Emerson	SR	Georgetown Visitation	1:10.80	1:16.40	
	35.63			1:16.40 (40.77)		
25	Claud, Amelia	JR	Maret School	1:15.90	1:16.55	
	36.99			1:16.55 (39.56)		
26	Riihimaki, Grace	27	Flint Hill School	NT	1:19.96	
	36.81			1:19.96 (43.15)		
27	Bhatia, Samina	SN	St. Andrew's Episcopal School	1:21.47	1:20.12	
	39.02			1:20.12 (41.10)		
28	Highfill, Maddie	FR	Holy Child	1:25.72	1:23.48	
	40.62			1:23.48 (42.86)		
29	Lin, Ava	FR	Episcopal High School	1:25.99	1:24.43	
30	Baker, Devon	26	Flint Hill School	1:31.23	1:27.36	
31	Tavakkoli, Ava	SO	Sidwell Friends School	NT	1:34.90	
	40.26			1:34.90 (54.64)		
32	Dawit, Adonna	SO	Sidwell Friends School	NT	1:37.98	

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 10 Women 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time	Points
33	Terlep, Lucy	FR	Holy Child	NT	1:42.42	
34	Tellez-Leon, Mariana		Holy Child	NT	1:49.26	
35	Poersch, Claire	FR	St. Stephen's & St. Agnes	NT	1:52.30	
---	Babolian, Parisa	SO	Georgetown Day School	1:51.75	DQ	
---	Davy-Brown, Layla	FR	Bullis School	1:02.34	DFS	
	Declared false start					

Event 11 Women 100 Yard Breaststroke

Meet: 1:03.85 ! 2020

Eleanor Sun

Stone Ridge

League: 1:01.46 * 2019

Phoebe Bacon

Stone Ridge

	Name	Yr	School	Seed Time	Finals Time	Points
1	House, Cameron	SR	Stone Ridge	1:04.03	1:06.15	16
	30.80		1:06.15 (35.35)			
2	Schwarz, Maren	SR	Potomac School Swim Team	1:06.11	1:06.96	13
	31.52		1:06.96 (35.44)			
3	Cherry, Ava	FR	Holy Child	1:10.26	1:07.66	12
	31.61		1:07.66 (36.05)			
4	Steves, Madeleine	JR	Potomac School Swim Team	1:08.74	1:10.49	11
	33.14		1:10.49 (37.35)			
5	Rogers, Lily	JR	The Holton-Arms School	1:10.73	1:11.58	10
	33.60		1:11.58 (37.98)			
6	Brock, Lila	SO	St. Stephen's & St. Agnes	1:13.40	1:11.78	9
	33.65		1:11.78 (38.13)			
7	Desmond, Coleen	SR	Madeira	1:14.63	1:12.48	7
	33.17		1:12.48 (39.31)			
8	Zheng, Emma	SO	Bullis School	1:17.18	1:13.98	5
	34.36		1:13.98 (39.62)			
9	Chen, Katie	SO	Madeira	1:15.19	1:14.41	4
	34.92		1:14.41 (39.49)			
10	Watkins, Caroline	JR	The Holton-Arms School	1:13.52	1:14.86	3
	34.33		1:14.86 (40.53)			
11	Dixon, Jordon	SR	St. Stephen's & St. Agnes	1:17.42	1:16.56	2
	36.27		1:16.56 (40.29)			
12	Perna, Michaela	FR	Stone Ridge	1:18.25	1:18.90	1
	36.90		1:18.90 (42.00)			
13	Zhang, Olivia	FR	The Holton-Arms School	1:24.43	1:19.62	
	38.28		1:19.62 (41.34)			
14	Henske, Rachael	SR	Stone Ridge	1:17.67	1:21.00	
	37.92		1:21.00 (43.08)			
15	Chen, Chloe	SO	Episcopal High School	1:21.65	1:22.02	
	38.53		1:22.02 (43.49)			
16	Lopez Murphy, Malena	FR	Sidwell Friends School	1:27.00	1:22.26	
	39.73		1:22.26 (42.53)			
17	Guerrieri Brown, Giulia	SO	Maret School	1:22.76	1:22.55	
	39.33		1:22.55 (43.22)			
18	McEwen, Claire	JR	Potomac School Swim Team	1:18.13	1:23.07	
	38.89		1:23.07 (44.18)			
19	Yellin, Valentina	SO	Georgetown Visitation	1:24.80	1:24.15	
	39.93		1:24.15 (44.22)			
20	Obeng, Stella	28	Flint Hill School	NT	1:24.37	
	38.50		1:24.37 (45.87)			
21	Sinclair, Emma Blue	FR	Episcopal High School	1:29.51	1:26.16	
	41.16		1:26.16 (45.00)			

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025

Results

(Event 11 Women 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Finals Time	Points
22 Hartman, Caroline	F	St. Andrew's Episcopal School	1:24.61	1:26.40	
41.73				1:26.40 (44.67)	
23 Williamson, Julia Anne	SR	Madeira	1:26.92	1:28.58	
41.67				1:28.58 (46.91)	
24 Verma, Emma	27	National Cathedral School	1:25.00	1:28.62	
41.61				1:28.62 (47.01)	
25 Viola, Maeve	JR	Georgetown Visitation	1:22.31	1:28.77	
41.68				1:28.77 (47.09)	
26 Chasin, Zara	SO	Maret School	NT	1:29.72	
42.87				1:29.72 (46.85)	
27 Olsson, Mayan	FR	Sidwell Friends School	NT	1:30.43	
43.65				1:30.43 (46.78)	
28 Glasgow, Mae	SR	Georgetown Visitation	1:33.00	1:34.00	
43.10				1:34.00 (50.90)	
29 Labrou, Lucy	SO	Sidwell Friends School	1:32.37	1:34.53	
43.56				1:34.53 (50.97)	
30 Calhoun, Ophelia	27	National Cathedral School	1:34.84	1:35.06	
44.48				1:35.06 (50.58)	
31 Fasuyi, Taqiyah	JR	Bullis School	NT	1:36.88	
43.24				1:36.88 (53.64)	
32 Weigold, Fiona	SO	Holy Child	1:43.68	1:38.09	
46.98				1:38.09 (51.11)	
33 Drossos, Maddie	28	National Cathedral School	1:41.74	1:42.50	
47.65				1:42.50 (54.85)	
34 Tellez-Leon, Mariana		Holy Child	1:42.30	1:45.73	
48.15				1:45.73 (57.58)	
35 Raj, Henna	26	Flint Hill School	1:51.77	1:54.29	
53.43				1:54.29 (1:00.86)	
36 Buckley, Sophie	SR	St. Stephen's & St. Agnes	1:59.86	2:02.94	
55.55				2:02.94 (1:07.39)	
--- Crickenberger, Brooke	26	Flint Hill School	1:36.58	DQ	
One hand touch					
48.97				DQ (56.30)	
--- Gebre, Arriam	JR	Maret School	1:12.52	DQ	
32.93				DQ (37.00)	

Event 12 Women 400 Yard Freestyle Relay

Meet: 3:26.16 ! 2020

Stone Ridge
Chen, Higgins, Thomas, Bacon

Stone Ridge

League: 3:22.97 * 2023

Stone Ridge
Sun, LeFavre, Webb, Gemmell

Stone Ridge

Team	Relay	Seed Time	Finals Time	Points
1 Madeira	A	3:38.34	3:34.71	32
1) Foster, Lydia JR	2) Chen, Sunny JR	3) Smith, Kylee FR	4) Smith, Kayla SR	
26.12	54.37 (54.37)	1:19.80 (25.43)	1:48.20 (53.83)	
2:13.26 (25.06)	2:42.09 (53.89)	3:06.62 (24.53)	3:34.71 (52.62)	
2 The Holton-Arms School	A	3:37.50	3:37.55	26
1) Ji, Kelly FR	2) Rabah, Luana FR	3) Gaskin, Cate SR	4) Georgiou, Maria Olympia FR	
25.69	53.91 (53.91)	1:19.40 (25.49)	1:47.99 (54.08)	
2:13.37 (25.38)	2:41.66 (53.67)	3:08.46 (26.80)	3:37.55 (55.89)	
3 Maret School	A	3:37.23	3:37.73	24
1) Clattenburg, Hannah SO	2) Gebre, Arriam JR	3) Sislen, Tea SO	4) Orlic, Anastasia JR	
24.93	51.40 (51.40)	1:17.62 (26.22)	1:47.72 (56.32)	
2:14.90 (27.18)	2:45.47 (57.75)	3:10.56 (25.09)	3:37.73 (52.26)	

2025 ISL Swimming & Diving Championships - 1/17/2025 to 1/18/2025**Results****(Event 12 Women 400 Yard Freestyle Relay)**

Team	Relay			Seed Time	Finals Time	Points
4 Stone Ridge	A			3:38.57	3:39.49	22
1) Rushton, Harper SO	2) House, Cameron SR	3) Swezey, Charlotte JR	4) Roemer, Samantha FR			
26.58	55.36 (55.36)	1:21.99 (26.63)	1:51.85 (56.49)			
2:08.81 (16.96)	2:48.40 (56.55)	3:12.58 (24.18)	3:39.49 (51.09)			
5 Potomac School Swim Team	A			3:57.51	3:39.79	20
1) Douglas, Kate JR	2) Russell, Cecelia SO	3) Steves, Madeleine JR	4) Schwarz, Maren SR			
25.05	52.21 (52.21)	1:18.18 (25.97)	1:46.37 (54.16)			
2:13.90 (27.53)	2:45.36 (58.99)	3:11.30 (25.94)	3:39.79 (54.43)			
6 Bullis School	A			3:41.85	3:41.22	18
1) Zheng, Emma SO	2) Propper, Ella SO	3) Simon, Olivia FR	4) Day, Gabrielle SO			
26.76	56.06 (56.06)	1:22.77 (26.71)	1:50.99 (54.93)			
2:18.00 (27.01)	2:48.90 (57.91)	3:13.49 (24.59)	3:41.22 (52.32)			
7 St. Stephen's & St. Agnes	A			3:39.38	3:45.62	14
1) Brock, Lila SO	2) Bremner, Annabelle SO	3) Carroll, Elisabeth SR	4) Lehman, Haley SR			
27.79	58.03 (58.03)	1:25.80 (27.77)	1:56.77 (58.74)			
2:23.37 (26.60)	2:53.09 (56.32)	3:18.35 (25.26)	3:45.62 (52.53)			
8 National Cathedral School	A			3:45.07	3:46.67	10
1) Denney, Ellie 25	2) Muoio, Adele 26	3) Latcovich, Madeline 28	4) Felgenhauer, Willa 25			
		1:53.30 ()				
2:20.15 (26.85)	2:49.71 (56.41)	3:16.98 (27.27)	3:46.67 (56.96)			
9 Georgetown Visitation	A			4:02.17	4:04.51	8
1) Tobin, Caroline FR	2) Boyd, Adeline JR	3) DeLuca, Campbell SR	4) Carter, Shelby SR			
29.49	1:02.93 (1:02.93)	1:31.91 (28.98)	2:07.14 (1:04.21)			
2:32.75 (25.61)	3:05.34 (58.20)	3:33.54 (28.20)	4:04.51 (59.17)			
10 Sidwell Friends School	A			3:58.03	4:06.25	6
1) Merideth, Isabel SO	2) Harms, Sofia SO	3) Chi, Claire JR	4) Lopez Murphy, Malena FR			
27.57	57.92 (57.92)	1:25.71 (27.79)	1:56.43 (58.51)			
2:27.17 (30.74)	3:04.31 (1:07.88)	4:06.25 (1:01.94)				
11 Episcopal High School	A			4:33.45	4:25.02	4
1) Billo, Alexa JR	2) Fu, Alina JR	3) Gibbons, Grey JR	4) Chen, Chloe SO			
30.14	1:04.05 (1:04.05)	1:35.45 (31.40)	2:13.86 (1:09.81)			
2:41.43 (27.57)	3:16.73 (1:02.87)	3:49.29 (32.56)	4:25.02 (1:08.29)			
12 Georgetown Day School	A			4:09.81	4:25.72	2
1) Lim, Sophie SO	2) Nepl, Ridgely FR	3) Coyne, Layla SR	4) Genia, Madeleine JR			
26.74	55.30 (55.30)	1:25.73 (30.43)	2:01.16 (1:05.86)			
2:36.93 (35.77)	3:16.98 (1:15.82)	3:49.05 (32.07)	4:25.72 (1:08.74)			
13 Holy Child	A			4:16.95	4:42.25	
1) Burkett, Autumn FR	2) Houston, Sanna SO	3) Opipari, Fran FR	4) Cherry, Ava FR			
37.29	1:21.13 (1:21.13)	2:35.93 (1:14.80)				
3:08.36 (32.43)	3:43.30 (1:07.37)	4:00.30 (17.00)	4:42.25 (58.95)			
14 Flint Hill School	A			4:34.73	4:58.25	
1) Murdock, Mackenzie 25	2) Parker, Camdyn 26	3) Baker, Devon 26	4) Riihimaki, Grace 27			
	1:07.78 (1:07.78)	1:38.77 (30.99)	2:20.29 (1:12.51)			
3:01.92 (41.63)	3:47.39 (1:27.10)	4:19.98 (32.59)	4:58.25 (1:10.86)			