

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

Event 1 Girls 13-14 400 Yard IM

Name	Age	Team	Seed Time	Finals Time
1 O'Connor, Natalie C	13	Occoquan Swimming-PV	4:57.46	5:04.14
32.36	1:10.67 (38.31)	1:50.12 (39.45)	2:30.19 (40.07)	
3:11.31 (41.12)	3:54.94 (43.63)	4:30.46 (35.52)	5:04.14 (33.68)	
2 Justus, Juliana E	13	Occoquan Swimming-PV	5:08.19	5:04.31
31.67	1:08.55 (36.88)	1:46.59 (38.04)	2:24.25 (37.66)	
3:09.90 (45.65)	3:56.21 (46.31)	4:31.13 (34.92)	5:04.31 (33.18)	
3 Aiken, Eleanor R	13	Arlington Aquatic Club-PV	NT	5:06.44
31.85	1:11.08 (39.23)	1:50.28 (39.20)	2:28.96 (38.68)	
3:10.64 (41.68)	3:54.10 (43.46)	4:30.92 (36.82)	5:06.44 (35.52)	
4 Harders, Abby G	13	Occoquan Swimming-PV	5:27.30	5:09.43
33.02	1:10.52 (37.50)	1:50.19 (39.67)	2:31.49 (41.30)	
3:15.39 (43.90)	4:00.15 (44.76)	4:35.47 (35.32)	5:09.43 (33.96)	
5 Corbett, CC C	14	Arlington Aquatic Club-PV	5:37.30	5:13.80
32.74	1:10.25 (37.51)	1:50.96 (40.71)	2:31.93 (40.97)	
3:19.97 (48.04)	4:06.93 (46.96)	4:40.84 (33.91)	5:13.80 (32.96)	
6 Zimmerman, Emily A	13	Occoquan Swimming-PV	5:40.29	5:18.07
34.63	1:13.91 (39.28)	1:53.22 (39.31)	2:32.25 (39.03)	
3:20.82 (48.57)	4:09.88 (49.06)	4:44.17 (34.29)	5:18.07 (33.90)	
7 Heller, Zoe B	13	Occoquan Swimming-PV	5:46.21	5:20.30
35.99	1:18.18 (42.19)	1:58.69 (40.51)	2:38.51 (39.82)	
3:23.04 (44.53)	4:06.92 (43.88)	4:43.93 (37.01)	5:20.30 (36.37)	
8 Young, Amelia C	14	Arlington Aquatic Club-PV	5:39.31	5:23.66
34.48	1:13.34 (38.86)	1:53.35 (40.01)	2:34.53 (41.18)	
3:20.51 (45.98)	4:08.97 (48.46)	4:45.96 (36.99)	5:23.66 (37.70)	
9 Pineiro, Carolina S	13	Arlington Aquatic Club-PV	5:31.38	5:23.73
34.41	1:14.04 (39.63)	1:54.05 (40.01)	2:37.56 (43.51)	
3:24.40 (46.84)	4:11.60 (47.20)	4:47.76 (36.16)	5:23.73 (35.97)	
10 Abrams, Summer R	13	Occoquan Swimming-PV	5:50.00	5:24.96
35.89	1:16.59 (40.70)	1:59.95 (43.36)	2:41.02 (41.07)	
3:27.63 (46.61)	4:13.53 (45.90)	4:50.68 (37.15)	5:24.96 (34.28)	
11 Brown, Lydia E	13	Occoquan Swimming-PV	6:15.32	5:29.60
33.43	1:13.83 (40.40)	1:53.02 (39.19)	2:32.07 (39.05)	
3:24.35 (52.28)	4:14.56 (50.21)	4:52.97 (38.41)	5:29.60 (36.63)	
12 Rosero, Violet G	14	Occoquan Swimming-PV	5:50.23	5:31.21
37.88	1:21.21 (43.33)	2:03.21 (42.00)	2:44.09 (40.88)	
3:33.38 (49.29)	4:19.73 (46.35)	4:55.91 (36.18)	5:31.21 (35.30)	
13 Glaudi, Clover S	13	Occoquan Swimming-PV	NT	5:36.71
37.63	1:21.61 (43.98)	2:05.51 (43.90)	2:49.36 (43.85)	
3:34.82 (45.46)	4:21.67 (46.85)	5:00.83 (39.16)	5:36.71 (35.88)	
14 Rossi, Madelyn E	14	Occoquan Swimming-PV	5:40.09	5:39.07
34.18	1:19.67 (45.49)	2:01.76 (42.09)	2:43.69 (41.93)	
3:33.22 (49.53)	4:23.35 (50.13)	5:01.84 (38.49)	5:39.07 (37.23)	
15 Sonn, Cami A	14	Arlington Aquatic Club-PV	5:41.22	5:41.79
34.64	1:15.12 (40.48)	2:00.22 (45.10)	2:46.71 (46.49)	
3:32.72 (46.01)	4:19.88 (47.16)	5:00.91 (41.03)	5:41.79 (40.88)	
16 Abrams, Sky H	14	Occoquan Swimming-PV	NT	5:42.44
33.76	1:14.52 (40.76)	2:00.65 (46.13)	2:43.85 (43.20)	
3:32.77 (48.92)	4:22.10 (49.33)	5:03.68 (41.58)	5:42.44 (38.76)	
17 Moore, Danielle C	13	Occoquan Swimming-PV	6:15.60	5:46.34
35.80	1:18.24 (42.44)	1:59.33 (41.09)	2:39.89 (40.56)	
3:35.79 (55.90)	4:31.92 (56.13)	5:09.70 (37.78)	5:46.34 (36.64)	
18 McCarthy, Alma G	13	Arlington Aquatic Club-PV	NT	5:53.90
39.24	1:25.49 (46.25)	2:12.35 (46.86)	2:59.71 (47.36)	
3:46.82 (47.11)	4:35.21 (48.39)	5:15.76 (40.55)	5:53.90 (38.14)	

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 1 Girls 13-14 400 Yard IM)

Name	Age	Team	Seed Time	Finals Time
19 Mills, Emily G	14	Occoquan Swimming-PV	6:59.98	5:57.70
38.90	1:23.58 (44.68)	2:12.64 (49.06)	2:59.81 (47.17)	
3:45.50 (45.69)	4:34.65 (49.15)	5:16.95 (42.30)	5:57.70 (40.75)	
20 Ewell, Taylor M	13	Occoquan Swimming-PV	6:33.55	6:17.14
38.85	1:29.10 (50.25)	2:17.37 (48.27)	3:07.14 (49.77)	
3:58.31 (51.17)	4:51.09 (52.78)	5:34.87 (43.78)	6:17.14 (42.27)	
21 Azekri, Lina	14	Occoquan Swimming-PV	6:35.72	6:21.74
44.93	1:37.31 (52.38)	2:24.37 (47.06)	3:09.30 (44.93)	
4:06.28 (56.98)	5:02.03 (55.75)	5:42.50 (40.47)	6:21.74 (39.24)	
22 Harris, Ariana R	13	Occoquan Swimming-PV	6:59.14	6:22.50
41.92	1:33.80 (51.88)	2:20.57 (46.77)	3:07.55 (46.98)	
4:03.72 (56.17)	5:00.08 (56.36)	5:41.59 (41.51)	6:22.50 (40.91)	
23 Kitchen, Roslyn M	13	Occoquan Swimming-PV	NT	6:42.34
41.89	1:36.15 (54.26)		3:19.75 ()	
4:17.10 (57.35)	5:16.52 (59.42)	5:59.68 (43.16)	6:42.34 (42.66)	
--- Nunes Fuller, Melinha	13	Occoquan Swimming-PV	6:27.46	DQ
39.16	1:28.14 (48.98)	2:10.99 (42.85)	2:54.40 (43.41)	
3:43.94 (49.54)	4:33.63 (49.69)	5:11.62 (37.99)	DQ (39.36)	

Event 1 Women 15 & Over 400 Yard IM

Name	Age	Team	Seed Time	Finals Time
1 Zimmer, Ava M	17	Occoquan Swimming-PV	5:00.13	4:46.31
32.69	1:09.65 (36.96)	1:44.92 (35.27)	2:19.34 (34.42)	
3:02.50 (43.16)	3:44.91 (42.41)	4:16.28 (31.37)	4:46.31 (30.03)	
2 Picardo, Nika B	17	Occoquan Swimming-PV	4:44.89	4:46.75
30.19	1:04.68 (34.49)	1:39.43 (34.75)	2:15.18 (35.75)	
2:54.63 (39.45)	3:36.41 (41.78)	4:11.82 (35.41)	4:46.75 (34.93)	
3 Brazier, Lexie N	17	Occoquan Swimming-PV	5:00.11	4:56.46
31.55	1:08.44 (36.89)	1:46.37 (37.93)	2:23.49 (37.12)	
3:08.43 (44.94)	3:52.75 (44.32)	4:25.35 (32.60)	4:56.46 (31.11)	
4 McCook, Isabella G	15	Occoquan Swimming-PV	5:00.63	4:57.54
31.80	1:07.13 (35.33)	1:44.33 (37.20)	2:20.89 (36.56)	
3:05.25 (44.36)	3:50.20 (44.95)	4:24.77 (34.57)	4:57.54 (32.77)	
5 Lavedas, Emma C	17	Occoquan Swimming-PV	5:02.01	4:57.99
32.34	1:11.23 (38.89)	1:51.08 (39.85)	2:29.83 (38.75)	
3:11.02 (41.19)	3:52.89 (41.87)	4:26.26 (33.37)	4:57.99 (31.73)	
6 Mercer, Maddie O	15	Occoquan Swimming-PV	5:14.67	4:58.14
31.10	1:06.94 (35.84)	1:45.03 (38.09)	2:22.13 (37.10)	
3:04.88 (42.75)	3:49.53 (44.65)	4:24.55 (35.02)	4:58.14 (33.59)	
7 Hull, Sabrina M	15	Occoquan Swimming-PV	4:55.94	4:59.96
30.26	1:05.91 (35.65)	1:42.38 (36.47)	2:18.09 (35.71)	
3:03.70 (45.61)	3:50.36 (46.66)	4:25.90 (35.54)	4:59.96 (34.06)	
8 DeNard, Riley C	17	Occoquan Swimming-PV	5:15.35	5:11.28
32.40	1:11.41 (39.01)	1:50.73 (39.32)	2:29.95 (39.22)	
3:14.17 (44.22)	3:58.76 (44.59)	4:35.56 (36.80)	5:11.28 (35.72)	
9 Coughenour, Audrey	17	Occoquan Swimming-PV	5:13.27	5:12.07
34.04	1:13.28 (39.24)	1:52.37 (39.09)	2:31.89 (39.52)	
3:16.13 (44.24)	4:00.79 (44.66)	4:36.72 (35.93)	5:12.07 (35.35)	
10 Davis, Averie N	15	Occoquan Swimming-PV	5:18.24	5:20.38
32.21	1:10.34 (38.13)	1:51.88 (41.54)	2:33.42 (41.54)	
3:22.09 (48.67)	4:11.20 (49.11)	4:46.87 (35.67)	5:20.38 (33.51)	
11 Pace, Emily M	15	Occoquan Swimming-PV	5:51.39	5:20.93
36.14	1:18.84 (42.70)	2:00.38 (41.54)	2:41.01 (40.63)	
3:25.45 (44.44)	4:11.10 (45.65)	4:47.33 (36.23)	5:20.93 (33.60)	

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 1 Women 15 & Over 400 Yard IM)

	Name	Age	Team	Seed Time	Finals Time
12	Vasquez, Sophie S	15	Occoquan Swimming-PV	5:27.62	5:33.50
	36.26	1:18.68 (42.42)	1:59.86 (41.18)	2:40.07 (40.21)	
	3:30.83 (50.76)	4:21.15 (50.32)	4:58.68 (37.53)	5:33.50 (34.82)	
13	Johnson, Olivia G	15	Occoquan Swimming-PV	5:26.58	5:33.71
	34.20	1:15.08 (40.88)	2:00.14 (45.06)	2:42.75 (42.61)	
	3:29.54 (46.79)	4:18.36 (48.82)	4:57.14 (38.78)	5:33.71 (36.57)	
14	McClutchy, Lilly P	16	Occoquan Swimming-PV	5:54.99	5:42.97
	33.05	1:16.21 (43.16)	1:59.63 (43.42)	2:43.11 (43.48)	
	3:31.67 (48.56)	4:21.60 (49.93)	5:03.25 (41.65)	5:42.97 (39.72)	
15	Bruenjes, Annie E	15	Arlington Aquatic Club-PV	5:43.93	5:43.80
	37.14	1:20.39 (43.25)	2:07.41 (47.02)	2:48.18 (40.77)	
	3:38.58 (50.40)	4:28.36 (49.78)	5:07.40 (39.04)	5:43.80 (36.40)	
16	Waltz, Rebekah L	16	Occoquan Swimming-PV	5:48.17	5:44.87
	35.98	1:20.59 (44.61)	2:02.96 (42.37)	2:43.61 (40.65)	
	3:35.31 (51.70)	4:27.83 (52.52)	5:06.55 (38.72)	5:44.87 (38.32)	
17	Glass, Mia J	15	Occoquan Swimming-PV	5:16.22	5:51.20
	35.02	1:18.85 (43.83)	2:01.54 (42.69)	2:43.39 (41.85)	
	3:36.88 (53.49)	4:31.91 (55.03)	5:12.39 (40.48)	5:51.20 (38.81)	
---	Boyce, Ahna P	15	Occoquan Swimming-PV	5:32.00	DQ
	35.47	1:18.51 (43.04)	2:03.63 (45.12)	2:47.41 (43.78)	
	3:36.99 (49.58)	4:27.54 (50.55)	5:07.30 (39.76)	DQ (37.05)	

Event 1 Boys 13-14 400 Yard IM

	Name	Age	Team	Seed Time	Finals Time
1	Sobecke, Ryan A	14	Occoquan Swimming-PV	4:32.93	4:34.08
	28.91	1:01.74 (32.83)	1:38.09 (36.35)	2:13.71 (35.62)	
	2:52.47 (38.76)	3:32.11 (39.64)	4:03.31 (31.20)	4:34.08 (30.77)	
2	Wall, Victor R	13	Occoquan Swimming-PV	4:42.70	4:34.35
	28.70	1:01.65 (32.95)	1:36.83 (35.18)	2:11.48 (34.65)	
	2:51.17 (39.69)	3:31.46 (40.29)	4:03.43 (31.97)	4:34.35 (30.92)	
3	Martinez, Thiago E	14	Occoquan Swimming-PV	4:39.45	4:40.01
	28.19	1:01.64 (33.45)	1:38.56 (36.92)	2:12.87 (34.31)	
	2:53.99 (41.12)	3:34.70 (40.71)	4:08.92 (34.22)	4:40.01 (31.09)	
4	Kuang, Aaron	13	Arlington Aquatic Club-PV	NT	4:40.22
	27.14	59.27 (32.13)	1:35.09 (35.82)	2:10.16 (35.07)	
	2:52.39 (42.23)	3:35.22 (42.83)	4:08.50 (33.28)	4:40.22 (31.72)	
5	Nunes Fuller, Mateus	14	Occoquan Swimming-PV	4:39.59	4:42.82
	28.82	1:03.52 (34.70)	1:37.16 (33.64)	2:10.83 (33.67)	
	2:53.93 (43.10)	3:35.72 (41.79)	4:09.66 (33.94)	4:42.82 (33.16)	
6	Daniel, Jaxson C	13	Occoquan Swimming-PV	4:54.99	4:43.69
	30.21	1:05.74 (35.53)	1:40.70 (34.96)	2:15.60 (34.90)	
	2:56.83 (41.23)	3:38.33 (41.50)	4:11.67 (33.34)	4:43.69 (32.02)	
7	Bonura, Mateo M	14	Occoquan Swimming-PV	4:51.42	4:45.27
	29.92	1:04.05 (34.13)	1:40.37 (36.32)	2:16.41 (36.04)	
	2:57.72 (41.31)	3:40.01 (42.29)	4:12.83 (32.82)	4:45.27 (32.44)	
8	Pak, Karson S	14	Occoquan Swimming-PV	5:00.40	4:51.73
	32.40	1:10.41 (38.01)	1:49.22 (38.81)	2:26.81 (37.59)	
	3:06.78 (39.97)	3:45.89 (39.11)	4:20.22 (34.33)	4:51.73 (31.51)	
9	Adame, David A	13	Occoquan Swimming-PV	5:54.25	5:00.73
	31.14	1:07.46 (36.32)	1:48.32 (40.86)	2:28.52 (40.20)	
	3:09.02 (40.50)	3:50.96 (41.94)	4:26.68 (35.72)	5:00.73 (34.05)	
10	Ball, Tristan	14	Occoquan Swimming-PV	5:31.47	5:03.91
	31.31	1:07.59 (36.28)	1:46.94 (39.35)	2:27.18 (40.24)	
	3:10.38 (43.20)	3:56.29 (45.91)	4:31.61 (35.32)	5:03.91 (32.30)	

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 1 Boys 13-14 400 Yard IM)

	Name	Age	Team	Seed Time	Finals Time
11	Lesly, Zaiyah C	13	Occoquan Swimming-PV	5:23.53	5:07.24
	32.11	1:10.25 (38.14)	1:50.31 (40.06)	2:30.44 (40.13)	
	3:15.53 (45.09)	4:00.28 (44.75)	4:34.47 (34.19)	5:07.24 (32.77)	
12	Arredondo, Max R	13	Occoquan Swimming-PV	5:23.80	5:11.36
	32.25	1:11.71 (39.46)	1:54.13 (42.42)	2:36.90 (42.77)	
	3:18.52 (41.62)	4:00.68 (42.16)	4:36.57 (35.89)	5:11.36 (34.79)	
13	Avelis, Benjamin T	13	Occoquan Swimming-PV	5:12.95	5:12.20
	31.21	1:08.17 (36.96)	1:49.22 (41.05)	2:32.04 (42.82)	
	3:16.26 (44.22)	4:01.88 (45.62)	4:38.40 (36.52)	5:12.20 (33.80)	
14	Roberts, Layne I	13	Occoquan Swimming-PV	5:23.00	5:12.35
	34.34	1:15.11 (40.77)	1:56.84 (41.73)	2:37.13 (40.29)	
	3:19.64 (42.51)	4:04.21 (44.57)	4:38.72 (34.51)	5:12.35 (33.63)	
15	Kaczor, Damian N	14	Arlington Aquatic Club-PV	5:24.73	5:15.54
	31.59	1:10.39 (38.80)	1:50.13 (39.74)	2:31.17 (41.04)	
	3:15.66 (44.49)	4:02.03 (46.37)	4:38.12 (36.09)	5:15.54 (37.42)	
16	Coughenour, Evan W	13	Occoquan Swimming-PV	6:07.76	5:16.71
	35.39	1:16.63 (41.24)	1:58.60 (41.97)	2:40.28 (41.68)	
	3:23.38 (43.10)	4:06.97 (43.59)	4:42.85 (35.88)	5:16.71 (33.86)	
17	Roccogranti, Landon R	13	Occoquan Swimming-PV	5:47.62	5:27.27
	34.63	1:14.95 (40.32)	1:55.88 (40.93)	2:36.89 (41.01)	
	3:27.90 (51.01)	4:16.24 (48.34)	4:52.50 (36.26)	5:27.27 (34.77)	
18	Corbett, Quade J	14	Arlington Aquatic Club-PV	5:52.04	5:28.41
	34.30	1:15.98 (41.68)	1:56.70 (40.72)	2:38.65 (41.95)	
	3:29.48 (50.83)	4:21.47 (51.99)	4:54.53 (33.06)	5:28.41 (33.88)	
19	Hartz, Nathan T	13	Occoquan Swimming-PV	5:52.71	5:34.80
	35.26	1:17.69 (42.43)	2:02.04 (44.35)	2:45.64 (43.60)	
	3:32.56 (46.92)	4:18.36 (45.80)	4:57.53 (39.17)	5:34.80 (37.27)	
20	Anderson, James J	13	Occoquan Swimming-PV	5:41.30	5:34.96
	36.38	1:20.64 (44.26)	2:00.87 (40.23)	2:40.90 (40.03)	
	3:29.97 (49.07)	4:21.29 (51.32)	4:58.30 (37.01)	5:34.96 (36.66)	
21	Sumner, George P	13	Arlington Aquatic Club-PV	5:45.92	5:34.97
	35.19	1:19.39 (44.20)	2:04.01 (44.62)	2:46.66 (42.65)	
	3:35.54 (48.88)	4:25.62 (50.08)	4:59.62 (34.00)	5:34.97 (35.35)	
22	Ege, Jonathan T	13	Occoquan Swimming-PV	5:38.96	5:35.35
	39.34	1:29.61 (50.27)	2:09.27 (39.66)	2:48.81 (39.54)	
	3:34.30 (45.49)	4:20.30 (46.00)	4:58.57 (38.27)	5:35.35 (36.78)	
23	Kress, John A	13	Arlington Aquatic Club-PV	NT	5:36.40
	38.32	1:22.06 (43.74)	2:05.89 (43.83)	2:48.85 (42.96)	
	3:37.88 (49.03)	4:26.92 (49.04)	5:02.65 (35.73)	5:36.40 (33.75)	
24	Friend, Joshua J	13	Arlington Aquatic Club-PV	NT	5:38.57
	36.76	1:20.72 (43.96)	2:01.31 (40.59)	2:42.75 (41.44)	
	3:33.52 (50.77)	4:24.72 (51.20)	5:01.73 (37.01)	5:38.57 (36.84)	
25	Wellington-Menzie, London E	13	Occoquan Swimming-PV	6:10.00	5:43.67
	31.49	1:09.88 (38.39)		2:42.73 ()	
	3:32.86 (50.13)	4:25.50 (52.64)	5:43.67 (1:18.17)		
26	Murray, Logan L	13	Occoquan Swimming-PV	5:50.00	5:49.59
	34.85	1:16.72 (41.87)	2:00.28 (43.56)	2:44.47 (44.19)	
	3:35.48 (51.01)	4:27.03 (51.55)	5:49.59 (1:22.56)		
---	de Asis, Nicko J	13	Occoquan Swimming-PV	6:13.70	DQ
	Non-simultaneous touch - fly				
	35.60	1:18.38 (42.78)	2:04.83 (46.45)	2:51.79 (46.96)	
	3:42.89 (51.10)	4:35.62 (52.73)	5:15.61 (39.99)	DQ (38.72)	

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

Event 1 Men 15 & Over 400 Yard IM

	Name	Age	Team	Seed Time	Finals Time
1	Grocholski, Alex J	16	Occoquan Swimming-PV	3:54.68	4:00.24
	25.21	53.86 (28.65)	1:24.49 (30.63)	1:54.20 (29.71)	
	2:28.86 (34.66)	3:03.43 (34.57)	3:32.87 (29.44)	4:00.24 (27.37)	
2	Lingafelt, Sean M	17	Occoquan Swimming-PV	4:04.67	4:09.21
	25.88	55.11 (29.23)	1:26.08 (30.97)	1:56.63 (30.55)	
	2:34.20 (37.57)	3:11.71 (37.51)	3:41.00 (29.29)	4:09.21 (28.21)	
3	Grendysz, Aiden C	17	Occoquan Swimming-PV	4:34.74	4:13.67
	25.17	53.65 (28.48)	1:28.39 (34.74)	2:01.55 (33.16)	
	2:38.32 (36.77)	3:15.26 (36.94)	3:44.84 (29.58)	4:13.67 (28.83)	
4	Martinez, Lionel L	15	Occoquan Swimming-PV	4:18.17	4:14.74
	26.85	57.23 (30.38)	1:30.80 (33.57)	2:03.50 (32.70)	
	2:40.58 (37.08)	3:17.49 (36.91)	3:47.11 (29.62)	4:14.74 (27.63)	
5	Lavedas, Liam A	15	Occoquan Swimming-PV	4:40.79	4:22.27
	26.78	57.15 (30.37)	1:30.36 (33.21)	2:03.08 (32.72)	
	2:43.95 (40.87)	3:23.99 (40.04)	3:53.47 (29.48)	4:22.27 (28.80)	
6	Moats, Jake W	15	Occoquan Swimming-PV	4:30.21	4:25.77
	27.09	57.24 (30.15)	1:32.93 (35.69)	2:09.76 (36.83)	
	2:48.65 (38.89)	3:26.44 (37.79)	3:56.49 (30.05)	4:25.77 (29.28)	
7	Craine, Ricky M	16	Occoquan Swimming-PV	4:31.10	4:26.33
	27.90	59.76 (31.86)	1:35.14 (35.38)	2:09.33 (34.19)	
	2:46.73 (37.40)	3:24.39 (37.66)	3:56.45 (32.06)	4:26.33 (29.88)	
8	Eyre, Grant W	15	Occoquan Swimming-PV	4:27.26	4:28.24
	26.47	57.84 (31.37)	1:32.96 (35.12)	2:07.37 (34.41)	
	2:45.63 (38.26)	3:24.51 (38.88)	3:57.17 (32.66)	4:28.24 (31.07)	
9	Sullivan, Quinn T	16	Occoquan Swimming-PV	4:40.23	4:28.31
	28.09	59.39 (31.30)	1:33.53 (34.14)	2:07.68 (34.15)	
	2:46.45 (38.77)	3:25.84 (39.39)	3:57.16 (31.32)	4:28.31 (31.15)	
10	Thorpe, Jacob S	15	Occoquan Swimming-PV	4:31.49	4:33.59
	28.53	1:01.09 (32.56)	1:36.23 (35.14)	2:10.75 (34.52)	
	2:50.19 (39.44)	3:29.73 (39.54)	4:02.52 (32.79)	4:33.59 (31.07)	
11	Millsaps, Ian M	15	Occoquan Swimming-PV	4:56.04	4:38.32
	26.85	57.94 (31.09)	1:34.26 (36.32)	2:09.69 (35.43)	
	2:49.34 (39.65)	3:30.36 (41.02)	4:04.75 (34.39)	4:38.32 (33.57)	
12	Bussenger, Ryan C	17	Occoquan Swimming-PV	4:45.79	4:41.55
	28.63	1:01.55 (32.92)	1:38.23 (36.68)	2:14.05 (35.82)	
	2:54.89 (40.84)	3:36.51 (41.62)	4:09.57 (33.06)	4:41.55 (31.98)	
13	Li, Andy W	15	Arlington Aquatic Club-PV	4:56.63	4:41.66
	30.97	1:07.48 (36.51)	1:42.62 (35.14)	2:16.79 (34.17)	
	2:55.80 (39.01)	3:35.45 (39.65)	4:08.92 (33.47)	4:41.66 (32.74)	
14	Nourse, Zach W	16	Occoquan Swimming-PV	4:52.09	4:42.25
	30.72	1:06.55 (35.83)	1:42.68 (36.13)	2:18.82 (36.14)	
	2:59.57 (40.75)	3:40.41 (40.84)	4:12.13 (31.72)	4:42.25 (30.12)	
15	Avelis, Theo P	17	Occoquan Swimming-PV	4:36.02	4:43.64
	28.63	1:03.01 (34.38)	1:40.41 (37.40)	2:17.29 (36.88)	
	2:56.22 (38.93)	3:37.26 (41.04)	4:10.51 (33.25)	4:43.64 (33.13)	
16	Zimmer, Evan	15	Occoquan Swimming-PV	5:00.79	4:47.09
	32.10	1:07.97 (35.87)	1:44.72 (36.75)	2:21.04 (36.32)	
	3:04.67 (43.63)	3:46.33 (41.66)	4:17.19 (30.86)	4:47.09 (29.90)	
17	Ege, Christopher W	15	Occoquan Swimming-PV	5:02.66	4:50.53
	30.87	1:06.65 (35.78)	1:44.80 (38.15)	2:22.64 (37.84)	
	3:05.49 (42.85)	3:47.14 (41.65)	4:20.22 (33.08)	4:50.53 (30.31)	
18	Arredondo, Leo A	15	Occoquan Swimming-PV	4:50.78	4:52.23
	28.90	1:03.48 (34.58)	1:40.31 (36.83)	2:15.68 (35.37)	
	2:58.30 (42.62)	3:42.80 (44.50)	4:18.01 (35.21)	4:52.23 (34.22)	

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 1 Men 15 & Over 400 Yard IM)

	Name	Age	Team	Seed Time	Finals Time
19	Henriques, Rome John C	15	Occoquan Swimming-PV	4:59.70	4:55.10
	27.67	1:00.72 (33.05)	1:41.11 (40.39)	2:19.93 (38.82)	
	3:03.24 (43.31)	3:46.72 (43.48)	4:21.35 (34.63)	4:55.10 (33.75)	
20	Grendysz, Carter D	15	Occoquan Swimming-PV	4:55.25	4:58.57
	30.39	1:05.82 (35.43)	1:43.69 (37.87)	2:20.34 (36.65)	
	3:05.35 (45.01)	3:52.01 (46.66)	4:25.70 (33.69)	4:58.57 (32.87)	
21	Carder, Sam G	16	Occoquan Swimming-PV	5:14.48	4:58.97
	31.39	1:08.51 (37.12)	1:48.59 (40.08)	2:27.60 (39.01)	
	3:09.09 (41.49)	3:51.38 (42.29)	4:26.00 (34.62)	4:58.97 (32.97)	
22	Dailly, Mason J	15	Occoquan Swimming-PV	5:26.84	5:01.15
	31.63	1:10.10 (38.47)	1:49.46 (39.36)	2:28.46 (39.00)	
	3:11.50 (43.04)	3:54.40 (42.90)	4:28.24 (33.84)	5:01.15 (32.91)	
23	Alexander, Colby H	15	Occoquan Swimming-PV	5:03.63	5:02.81
	30.36	1:04.62 (34.26)	1:41.08 (36.46)	2:17.75 (36.67)	
	3:05.55 (47.80)	3:53.18 (47.63)	4:28.41 (35.23)	5:02.81 (34.40)	
24	McCormack, James P	16	Occoquan Swimming-PV	NT	5:03.43
	29.96	1:05.94 (35.98)	1:46.42 (40.48)	2:25.43 (39.01)	
	3:12.80 (47.37)	3:58.86 (46.06)	4:31.72 (32.86)	5:03.43 (31.71)	
25	Wilson, Max J	17	Occoquan Swimming-PV	NT	5:04.35
	29.30	1:02.95 (33.65)	1:40.61 (37.66)	2:18.17 (37.56)	
	3:04.17 (46.00)	3:51.75 (47.58)	4:29.22 (37.47)	5:04.35 (35.13)	
26	Gastright, Thomas K	16	Arlington Aquatic Club-PV	5:11.52	5:07.54
	30.43	1:08.62 (38.19)	1:49.45 (40.83)	2:29.80 (40.35)	
	3:12.66 (42.86)	3:56.69 (44.03)	4:31.66 (34.97)	5:07.54 (35.88)	
27	Uppalapati, Yuvi V	16	Occoquan Swimming-PV	5:18.74	5:11.65
	32.62	1:10.61 (37.99)	1:50.26 (39.65)	2:29.66 (39.40)	
	3:16.11 (46.45)	4:02.85 (46.74)	4:37.43 (34.58)	5:11.65 (34.22)	
28	Verosko, Chris D	15	Occoquan Swimming-PV	5:25.65	5:21.80
	30.90	1:07.56 (36.66)	1:47.51 (39.95)	2:27.12 (39.61)	
	3:16.81 (49.69)	4:07.47 (50.66)	4:45.43 (37.96)	5:21.80 (36.37)	
29	Sheehey, Pete D	15	Arlington Aquatic Club-PV	6:16.11	5:26.03
	31.56	1:08.44 (36.88)	2:32.21 (1:23.77)		
	3:21.18 ()	4:10.08 (48.90)	4:49.65 (39.57)	5:26.03 (36.38)	
30	Voigt, Matt I	18	Arlington Aquatic Club-PV	5:31.03	5:28.86
	30.56	1:11.14 (40.58)	1:54.78 (43.64)	2:39.28 (44.50)	
	3:26.42 (47.14)	4:14.48 (48.06)	4:52.20 (37.72)	5:28.86 (36.66)	
31	Sasaki, Keaton A	16	Occoquan Swimming-PV	5:35.00	5:30.14
	35.32	1:16.79 (41.47)	1:57.11 (40.32)	2:38.70 (41.59)	
	3:27.75 (49.05)	4:18.49 (50.74)	4:55.06 (36.57)	5:30.14 (35.08)	
32	Sumner, Henry R	15	Arlington Aquatic Club-PV	5:47.41	5:47.98
	34.52	1:18.83 (44.31)		2:49.78 ()	
		4:27.34 ()	5:47.98 (1:20.64)		
33	Hurtado, Grayson G	16	Occoquan Swimming-PV	NT	5:52.69
	35.52	1:15.28 (39.76)	2:06.43 (51.15)	2:52.37 (45.94)	
	3:43.45 (51.08)	4:36.93 (53.48)	5:16.04 (39.11)	5:52.69 (36.65)	
34	Sanmateo, Ryder F	15	Occoquan Swimming-PV	6:15.00	5:53.95
	35.09	1:20.01 (44.92)	2:06.33 (46.32)	2:52.37 (46.04)	
	3:43.85 (51.48)	4:35.69 (51.84)	5:15.12 (39.43)	5:53.95 (38.83)	

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024**Results****Event 2 Girls 13-14 500 Yard Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Harders, Abby G	13	Occoquan Swimming-PV	6:03.05	5:46.91
	31.84	1:06.38 (34.54)	1:41.77 (35.39)	2:17.06 (35.29)	
	2:52.21 (35.15)	3:27.55 (35.34)	4:02.69 (35.14)	4:37.81 (35.12)	
	5:12.82 (35.01)	5:46.91 (34.09)			
2	O'Connor, Natalie C	13	Occoquan Swimming-PV	5:36.87	5:50.40
	30.61	1:05.05 (34.44)	1:40.57 (35.52)	2:16.33 (35.76)	
	2:52.28 (35.95)	3:28.29 (36.01)	4:04.31 (36.02)	4:40.26 (35.95)	
	5:16.09 (35.83)	5:50.40 (34.31)			

Event 2 Women 15 & Over 500 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Zimmer, Ava M	17	Occoquan Swimming-PV	5:09.29	5:15.30
	30.12	1:02.71 (32.59)	1:35.55 (32.84)	2:07.57 (32.02)	
	2:39.35 (31.78)	3:10.47 (31.12)	3:42.19 (31.72)	4:14.13 (31.94)	
	4:45.49 (31.36)	5:15.30 (29.81)			
2	Lavedas, Emma C	17	Occoquan Swimming-PV	5:23.48	5:16.85
	28.97	1:00.79 (31.82)	1:32.98 (32.19)	2:04.99 (32.01)	
	2:37.07 (32.08)	3:09.20 (32.13)	3:41.28 (32.08)	4:13.63 (32.35)	
	4:45.90 (32.27)	5:16.85 (30.95)			
3	Brazier, Lexie N	17	Occoquan Swimming-PV	5:09.94	5:18.36
	29.45	1:02.05 (32.60)	1:34.81 (32.76)	2:07.43 (32.62)	
	2:39.71 (32.28)	3:11.90 (32.19)	3:44.27 (32.37)	4:16.28 (32.01)	
	4:47.92 (31.64)	5:18.36 (30.44)			
4	Picardo, Nika B	17	Occoquan Swimming-PV	5:24.13	5:26.17
	30.17	1:02.63 (32.46)	1:35.12 (32.49)	2:07.97 (32.85)	
	2:40.69 (32.72)	3:14.26 (33.57)	3:48.79 (34.53)	4:22.80 (34.01)	
	4:54.67 (31.87)	5:26.17 (31.50)			
5	Mercer, Maddie O	15	Occoquan Swimming-PV	5:37.20	5:30.49
	29.99	1:02.54 (32.55)	1:35.68 (33.14)	2:09.42 (33.74)	
	2:42.80 (33.38)	3:16.28 (33.48)	3:49.85 (33.57)	4:23.30 (33.45)	
	4:57.15 (33.85)	5:30.49 (33.34)			
6	McCook, Isabella G	15	Occoquan Swimming-PV	5:38.91	5:32.32
	30.44	1:03.49 (33.05)	1:36.87 (33.38)	2:11.07 (34.20)	
	2:44.36 (33.29)	3:18.39 (34.03)	3:52.15 (33.76)	4:25.93 (33.78)	
	4:59.75 (33.82)	5:32.32 (32.57)			
7	Pace, Emily M	15	Occoquan Swimming-PV	5:51.04	5:40.23
	31.04	1:05.13 (34.09)	1:39.15 (34.02)	2:13.28 (34.13)	
	2:48.25 (34.97)	3:23.62 (35.37)	3:58.27 (34.65)	4:33.02 (34.75)	
	5:07.35 (34.33)	5:40.23 (32.88)			
8	Hull, Sabrina M	15	Occoquan Swimming-PV	5:34.68	5:40.24
	30.63	1:04.48 (33.85)	1:38.31 (33.83)	2:13.00 (34.69)	
	2:48.02 (35.02)	3:22.86 (34.84)	3:57.03 (34.17)	4:32.08 (35.05)	
	5:07.20 (35.12)	5:40.24 (33.04)			
9	Coughenour, Audrey	17	Occoquan Swimming-PV	5:40.64	5:49.89
	31.05	1:05.28 (34.23)	1:40.20 (34.92)	2:15.37 (35.17)	
	2:51.19 (35.82)	3:27.10 (35.91)	4:03.34 (36.24)	4:39.18 (35.84)	
	5:14.84 (35.66)	5:49.89 (35.05)			
10	DeNard, Riley C	17	Occoquan Swimming-PV	5:39.63	5:52.11
	32.19	1:06.71 (34.52)	1:42.08 (35.37)	2:18.13 (36.05)	
	2:54.46 (36.33)	3:30.15 (35.69)	4:05.60 (35.45)	4:41.35 (35.75)	
	5:17.11 (35.76)	5:52.11 (35.00)			

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 2 Women 15 & Over 500 Yard Freestyle)

	Name	Age	Team	Seed Time	Finals Time
11	Dowler, Callie C	16	Arlington Aquatic Club-PV	NT	6:04.27
	32.67	1:08.48 (35.81)	1:45.30 (36.82)	2:22.64 (37.34)	
	3:00.53 (37.89)	3:36.89 (36.36)	4:13.15 (36.26)	4:50.22 (37.07)	
	5:27.71 (37.49)	6:04.27 (36.56)			
12	Vasquez, Sophie S	15	Occoquan Swimming-PV	5:45.69	6:08.87
	33.95	1:11.20 (37.25)	1:48.76 (37.56)	2:26.24 (37.48)	
	3:04.08 (37.84)	3:41.52 (37.44)	4:19.46 (37.94)	4:56.75 (37.29)	
	5:34.04 (37.29)	6:08.87 (34.83)			
13	Eliot, Anna C	17	Arlington Aquatic Club-PV	NT	6:15.67
	33.18	1:10.13 (36.95)	1:48.55 (38.42)	2:27.63 (39.08)	
	3:06.58 (38.95)	3:45.25 (38.67)	4:24.64 (39.39)	5:03.66 (39.02)	
	5:40.80 (37.14)	6:15.67 (34.87)			
14	Popp, Miriam E	15	Arlington Aquatic Club-PV	5:56.33	6:24.34
	34.77	1:13.41 (38.64)	1:52.36 (38.95)	2:31.79 (39.43)	
	3:11.08 (39.29)	3:50.80 (39.72)	4:30.18 (39.38)	5:09.11 (38.93)	
	5:47.92 (38.81)	6:24.34 (36.42)			
15	Johnson, Olivia G	15	Occoquan Swimming-PV	6:02.86	6:26.00
	34.35	1:13.24 (38.89)	1:53.06 (39.82)	2:32.65 (39.59)	
	3:12.24 (39.59)	3:51.89 (39.65)	4:31.74 (39.85)	5:11.21 (39.47)	
	5:49.97 (38.76)	6:26.00 (36.03)			

Event 2 Boys 13-14 500 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Wall, Victor R	13	Occoquan Swimming-PV	5:11.10	5:08.37
	27.50	57.48 (29.98)	1:28.04 (30.56)	1:58.68 (30.64)	
	2:29.73 (31.05)	3:01.18 (31.45)	3:33.16 (31.98)	4:05.38 (32.22)	
	4:37.25 (31.87)	5:08.37 (31.12)			
2	Sobecke, Ryan A	14	Occoquan Swimming-PV	5:07.31	5:13.89
	27.35	57.89 (30.54)	1:28.78 (30.89)	2:00.25 (31.47)	
	2:32.35 (32.10)	3:04.50 (32.15)	3:36.72 (32.22)	4:09.57 (32.85)	
	4:42.05 (32.48)	5:13.89 (31.84)			
3	Bonura, Mateo M	14	Occoquan Swimming-PV	5:30.79	5:14.69
	29.22	1:00.58 (31.36)	1:32.22 (31.64)	2:04.15 (31.93)	
	2:36.43 (32.28)	3:08.57 (32.14)	3:40.90 (32.33)	4:13.36 (32.46)	
	4:45.61 (32.25)	5:14.69 (29.08)			
4	Nunes Fuller, Mateus	14	Occoquan Swimming-PV	5:06.58	5:15.42
	28.16	58.96 (30.80)	1:30.59 (31.63)	2:01.89 (31.30)	
	2:34.38 (32.49)	3:07.14 (32.76)	3:39.81 (32.67)	4:12.93 (33.12)	
	4:46.28 (33.35)	5:15.42 (29.14)			
5	Martinez, Thiago E	14	Occoquan Swimming-PV	5:23.54	5:20.29
	27.83	59.22 (31.39)	1:31.92 (32.70)	2:04.10 (32.18)	
	2:37.28 (33.18)	3:10.28 (33.00)	3:43.30 (33.02)	4:17.00 (33.70)	
	4:49.20 (32.20)	5:20.29 (31.09)			
6	Daniel, Jaxson C	13	Occoquan Swimming-PV	5:28.19	5:27.69
	28.49	1:00.47 (31.98)	1:33.27 (32.80)	2:07.01 (33.74)	
	2:40.10 (33.09)	3:13.59 (33.49)	3:47.54 (33.95)	4:21.58 (34.04)	
	4:55.53 (33.95)	5:27.69 (32.16)			
7	Loeffert, Clark W	14	Arlington Aquatic Club-PV	4:57.09	5:35.65
	27.96	59.38 (31.42)	1:32.53 (33.15)	2:05.77 (33.24)	
	2:39.91 (34.14)	3:14.51 (34.60)	3:50.07 (35.56)	4:25.71 (35.64)	
	5:01.34 (35.63)	5:35.65 (34.31)			
8	Pak, Karson S	14	Occoquan Swimming-PV	5:48.23	5:43.24
	30.72	1:05.33 (34.61)	1:40.95 (35.62)	2:17.16 (36.21)	
	2:53.07 (35.91)	3:28.46 (35.39)	4:02.93 (34.47)	4:37.79 (34.86)	
	5:10.92 (33.13)	5:43.24 (32.32)			

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 2 Boys 13-14 500 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time
9 Kaczor, Damian N	14	Arlington Aquatic Club-PV	5:24.73	6:13.55
30.74	1:07.02 (36.28)	1:43.78 (36.76)	2:22.37 (38.59)	
3:01.74 (39.37)	3:40.10 (38.36)	4:19.70 (39.60)	4:58.19 (38.49)	
5:36.60 (38.41)	6:13.55 (36.95)			

(Event 2 Men 15 & Over 500 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time
1 Grocholski, Alex J	16	Occoquan Swimming-PV	4:24.55	4:32.19
25.01	52.05 (27.04)	1:19.54 (27.49)	1:47.31 (27.77)	
2:15.11 (27.80)	2:42.89 (27.78)	3:10.85 (27.96)	3:38.35 (27.50)	
4:05.73 (27.38)	4:32.19 (26.46)			
2 Grendysz, Aiden C	17	Occoquan Swimming-PV	4:46.66	4:46.66
25.68	53.72 (28.04)	1:22.54 (28.82)	1:52.02 (29.48)	
2:21.88 (29.86)	2:51.35 (29.47)	3:20.83 (29.48)	3:50.82 (29.99)	
4:21.05 (30.23)	4:46.66 (25.61)			
3 Martinez, Lionel L	15	Occoquan Swimming-PV	4:52.87	4:47.85
26.16	54.68 (28.52)	1:23.66 (28.98)	1:53.01 (29.35)	
2:22.39 (29.38)	2:51.77 (29.38)	3:21.14 (29.37)	3:50.55 (29.41)	
4:19.71 (29.16)	4:47.85 (28.14)			
4 Lingafelt, Sean M	17	Occoquan Swimming-PV	4:41.74	4:50.09
25.95	54.31 (28.36)	1:23.36 (29.05)	1:52.64 (29.28)	
2:22.82 (30.18)	2:52.69 (29.87)	3:21.91 (29.22)	3:51.92 (30.01)	
4:21.86 (29.94)	4:50.09 (28.23)			
5 Lavedas, Liam A	15	Occoquan Swimming-PV	4:51.27	4:52.84
26.70	55.95 (29.25)	1:25.40 (29.45)	1:54.86 (29.46)	
2:24.40 (29.54)	2:53.57 (29.17)	3:23.64 (30.07)	3:53.58 (29.94)	
4:23.73 (30.15)	4:52.84 (29.11)			
6 Moats, Jake W	15	Occoquan Swimming-PV	5:05.66	5:01.16
26.51	55.67 (29.16)	1:25.87 (30.20)	1:56.60 (30.73)	
2:27.53 (30.93)	2:58.47 (30.94)	3:29.58 (31.11)	4:01.29 (31.71)	
4:31.35 (30.06)	5:01.16 (29.81)			
7 Nourse, Zach W	16	Occoquan Swimming-PV	5:05.87	5:04.72
27.11	56.57 (29.46)	1:27.28 (30.71)	1:58.64 (31.36)	
2:30.31 (31.67)	3:01.53 (31.22)	3:33.34 (31.81)	4:04.72 (31.38)	
4:35.58 (30.86)	5:04.72 (29.14)			
8 Sullivan, Quinn T	16	Occoquan Swimming-PV	5:12.42	5:10.74
28.02	59.08 (31.06)	1:30.91 (31.83)	2:02.65 (31.74)	
2:34.35 (31.70)	3:06.07 (31.72)	3:38.16 (32.09)	4:10.26 (32.10)	
4:42.11 (31.85)	5:10.74 (28.63)			
9 Avelis, Theo P	17	Occoquan Swimming-PV	5:14.17	5:11.33
27.85	58.57 (30.72)	1:30.45 (31.88)	2:02.61 (32.16)	
2:34.77 (32.16)	3:06.98 (32.21)	3:39.17 (32.19)	4:10.99 (31.82)	
4:42.16 (31.17)	5:11.33 (29.17)			
10 Thorpe, Jacob S	15	Occoquan Swimming-PV	5:01.48	5:14.82
28.12	59.23 (31.11)	1:30.92 (31.69)	2:02.90 (31.98)	
2:34.91 (32.01)	3:07.10 (32.19)	3:39.46 (32.36)	4:11.80 (32.34)	
4:43.86 (32.06)	5:14.82 (30.96)			
11 Millsaps, Ian M	15	Occoquan Swimming-PV	5:36.06	5:15.00
28.25	59.36 (31.11)	1:31.54 (32.18)	2:03.46 (31.92)	
2:35.30 (31.84)	3:07.64 (32.34)	3:40.46 (32.82)	4:13.13 (32.67)	
4:45.17 (32.04)	5:15.00 (29.83)			
12 Eyre, Grant W	15	Occoquan Swimming-PV	5:16.77	5:16.60
27.83	59.13 (31.30)	1:31.41 (32.28)	2:03.55 (32.14)	
2:35.61 (32.06)	3:07.91 (32.30)	3:40.72 (32.81)	4:13.09 (32.37)	
4:45.54 (32.45)	5:16.60 (31.06)			

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 2 Men 15 & Over 500 Yard Freestyle)

	Name	Age	Team	Seed Time	Finals Time
13	Bussenger, Ryan C	17	Occoquan Swimming-PV	5:21.12	5:16.95
	27.44	57.86 (30.42)	1:29.67 (31.81)	2:01.90 (32.23)	
	2:34.26 (32.36)	3:06.84 (32.58)	3:39.54 (32.70)	4:12.47 (32.93)	
	4:45.69 (33.22)	5:16.95 (31.26)			
14	Grendysz, Carter D	15	Occoquan Swimming-PV	5:02.75	5:21.73
	27.60	58.47 (30.87)	1:30.30 (31.83)	2:02.49 (32.19)	
	2:35.54 (33.05)	3:05.09 (29.55)	3:38.80 (33.71)	4:13.66 (34.86)	
	4:48.14 (34.48)	5:21.73 (33.59)			
15	Zimmer, Evan	15	Occoquan Swimming-PV	5:23.14	5:28.06
	30.62	1:04.25 (33.63)	1:38.34 (34.09)	2:11.67 (33.33)	
	2:45.31 (33.64)	3:18.80 (33.49)	3:51.87 (33.07)	4:25.02 (33.15)	
	4:57.59 (32.57)	5:28.06 (30.47)			
16	Ege, Christopher W	15	Occoquan Swimming-PV	5:33.40	5:28.87
	28.69	1:00.88 (32.19)	1:34.14 (33.26)	2:07.55 (33.41)	
	2:41.08 (33.53)	3:15.18 (34.10)	3:50.29 (35.11)	4:24.21 (33.92)	
	4:57.75 (33.54)	5:28.87 (31.12)			
17	McCormack, James P	16	Occoquan Swimming-PV	NT	5:29.97
	27.60	59.10 (31.50)	1:31.86 (32.76)	2:05.55 (33.69)	
	2:39.72 (34.17)	3:14.54 (34.82)	3:49.52 (34.98)	4:23.78 (34.26)	
	4:58.27 (34.49)	5:29.97 (31.70)			
18	Alexander, Colby H	15	Occoquan Swimming-PV	5:38.02	5:36.29
	29.88	1:03.47 (33.59)	1:37.41 (33.94)	2:11.86 (34.45)	
	2:45.80 (33.94)	3:19.71 (33.91)	3:53.87 (34.16)	4:28.30 (34.43)	
	5:02.61 (34.31)	5:36.29 (33.68)			
19	Carder, Sam G	16	Occoquan Swimming-PV	5:37.68	5:37.94
	31.04	1:05.17 (34.13)	1:39.87 (34.70)	2:15.38 (35.51)	
	2:50.25 (34.87)	3:24.43 (34.18)	3:59.27 (34.84)	4:33.22 (33.95)	
	5:06.43 (33.21)	5:37.94 (31.51)			
20	Wilson, Max J	17	Occoquan Swimming-PV	5:56.08	5:39.61
	28.82	1:01.27 (32.45)	1:35.24 (33.97)	2:09.59 (34.35)	
	2:45.07 (35.48)	3:20.84 (35.77)	3:55.92 (35.08)	4:32.28 (36.36)	
	5:06.32 (34.04)	5:39.61 (33.29)			
21	Henriques, Rome John C	15	Occoquan Swimming-PV	4:59.70	5:40.35
	27.00	58.24 (31.24)	1:31.87 (33.63)	2:07.27 (35.40)	
	2:42.61 (35.34)	3:18.76 (36.15)	3:54.72 (35.96)	4:30.94 (36.22)	
	5:06.41 (35.47)	5:40.35 (33.94)			
22	Dailly, Mason J	15	Occoquan Swimming-PV	5:59.09	5:41.50
	29.75	1:04.05 (34.30)	1:39.18 (35.13)	2:14.61 (35.43)	
	2:49.76 (35.15)	3:25.09 (35.33)	4:00.52 (35.43)	4:35.29 (34.77)	
	5:09.37 (34.08)	5:41.50 (32.13)			
23	Arredondo, Leo A	15	Occoquan Swimming-PV	5:39.21	5:46.49
	29.70	1:03.08 (33.38)	1:36.89 (33.81)	2:12.45 (35.56)	
	2:48.09 (35.64)	3:24.37 (36.28)	4:00.43 (36.06)	4:36.52 (36.09)	
	5:11.62 (35.10)	5:46.49 (34.87)			
24	Uppalapati, Yuvi V	16	Occoquan Swimming-PV	5:32.78	5:48.19
	30.77	1:04.67 (33.90)	1:39.47 (34.80)	2:14.73 (35.26)	
	2:49.96 (35.23)	3:25.85 (35.89)	4:01.76 (35.91)	4:37.50 (35.74)	
	5:12.93 (35.43)	5:48.19 (35.26)			
25	Wright, Miles F	15	Arlington Aquatic Club-PV	5:18.66	5:52.08
	30.27	1:04.26 (33.99)	1:38.94 (34.68)	2:13.39 (34.45)	
	2:48.87 (35.48)		4:01.87 ()	4:38.75 (36.88)	
	5:15.99 (37.24)	5:52.08 (36.09)			

Ococoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 2 Men 15 & Over 500 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time
26 Huggler, Peter D	15	Arlington Aquatic Club-PV	NT	5:57.86
32.76	1:08.21 (35.45)	1:45.50 (37.29)	2:22.82 (37.32)	
2:59.58 (36.76)	3:36.41 (36.83)	4:13.32 (36.91)	4:49.73 (36.41)	
5:25.92 (36.19)	5:57.86 (31.94)			
27 Sheehy, Pete D	15	Arlington Aquatic Club-PV	6:16.11	6:10.29
33.15	1:10.13 (36.98)	1:47.60 (37.47)	2:25.60 (38.00)	
3:03.63 (38.03)	3:41.53 (37.90)	4:20.31 (38.78)	4:58.37 (38.06)	
6:10.29 (1:11.92)				
28 Hurtado, Grayson G	16	Ococoquan Swimming-PV	6:44.65	6:11.03
32.18	1:07.31 (35.13)	1:44.42 (37.11)	2:21.38 (36.96)	
2:58.92 (37.54)	3:37.50 (38.58)	4:16.61 (39.11)	4:56.01 (39.40)	
5:35.51 (39.50)	6:11.03 (35.52)			
29 Rodriguez, Nicholas	16	Arlington Aquatic Club-PV	NT	6:24.77
33.91	1:12.09 (38.18)	1:50.97 (38.88)	2:30.45 (39.48)	
3:10.27 (39.82)	3:49.41 (39.14)	4:29.40 (39.99)	5:08.64 (39.24)	
5:46.96 (38.32)	6:24.77 (37.81)			

Event 113 Girls 10 & Under 400 Yard IM

Name	Age	Team	Seed Time	Finals Time
1 Aldeguer, Sarah	10	Ococoquan Swimming-PV	NT	6:01.99
41.13	1:27.85 (46.72)	2:12.65 (44.80)	2:56.91 (44.26)	
3:50.37 (53.46)	4:43.23 (52.86)	5:24.54 (41.31)	6:01.99 (37.45)	
2 Lesly, Leah F	10	Ococoquan Swimming-PV	NT	6:39.12
44.63	1:38.58 (53.95)	2:27.48 (48.90)	3:16.72 (49.24)	
4:14.69 (57.97)	5:13.63 (58.94)	5:58.46 (44.83)	6:39.12 (40.66)	
3 Corrigan, Scarlett L	9	Ococoquan Swimming-PV	NT	6:40.02
47.39		2:37.66 ()	3:25.44 (47.78)	
4:20.86 (55.42)	5:18.10 (57.24)	6:01.06 (42.96)	6:40.02 (38.96)	

Event 113 Girls 11-12 400 Yard IM

Name	Age	Team	Seed Time	Finals Time
1 Rossi, Aubrey G	12	Ococoquan Swimming-PV	5:26.78	5:00.59
32.13	1:08.91 (36.78)	1:47.18 (38.27)	2:26.73 (39.55)	
3:10.66 (43.93)	3:56.26 (45.60)	4:28.89 (32.63)	5:00.59 (31.70)	
2 Clements, Emerie G	12	Ococoquan Swimming-PV	5:49.19	5:10.38
34.57	1:13.13 (38.56)	1:52.49 (39.36)	2:30.80 (38.31)	
3:15.32 (44.52)	4:00.51 (45.19)	4:36.41 (35.90)	5:10.38 (33.97)	
3 Lugiai, Brooke E	12	Ococoquan Swimming-PV	5:31.70	5:10.89
34.88	1:13.02 (38.14)	1:52.38 (39.36)	2:32.13 (39.75)	
3:16.87 (44.74)	4:02.41 (45.54)	4:36.96 (34.55)	5:10.89 (33.93)	
4 Hull, Christine S	12	Ococoquan Swimming-PV	5:45.00	5:13.70
33.49	1:13.62 (40.13)	1:51.97 (38.35)	2:30.42 (38.45)	
3:18.03 (47.61)	4:04.98 (46.95)	4:40.08 (35.10)	5:13.70 (33.62)	
5 Porter, Breezy R	11	Ococoquan Swimming-PV	NT	5:23.79
34.39	1:13.06 (38.67)	1:55.22 (42.16)	2:36.96 (41.74)	
3:24.86 (47.90)	4:12.73 (47.87)	4:48.15 (35.42)	5:23.79 (35.64)	
6 Martinez, Lara A	12	Ococoquan Swimming-PV	5:25.65	5:26.43
35.70	1:18.23 (42.53)	2:01.80 (43.57)	2:44.39 (42.59)	
3:26.48 (42.09)	4:10.33 (43.85)	4:49.64 (39.31)	5:26.43 (36.79)	
7 Scott, Maddie G	11	Ococoquan Swimming-PV	6:17.75	5:27.00
37.73	1:20.45 (42.72)	2:03.22 (42.77)	2:45.25 (42.03)	
3:33.16 (47.91)	4:19.63 (46.47)	4:54.07 (34.44)	5:27.00 (32.93)	
8 Phommachanh, Macy T	12	Ococoquan Swimming-PV	5:47.83	5:27.94
34.42	1:14.46 (40.04)	1:55.65 (41.19)	2:36.70 (41.05)	
3:26.98 (50.28)	4:17.16 (50.18)	4:53.52 (36.36)	5:27.94 (34.42)	

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024

Results

(Event 113 Girls 11-12 400 Yard IM)

	Name	Age	Team	Seed Time	Finals Time
9	Mason, Layla	12	Occoquan Swimming-PV	5:38.88	5:29.92
	34.11	1:14.72 (40.61)	1:56.91 (42.19)	2:39.14 (42.23)	
	3:28.73 (49.59)	4:18.45 (49.72)	4:54.81 (36.36)	5:29.92 (35.11)	
10	Myers, Samantha A	12	Occoquan Swimming-PV	5:47.44	5:30.66
	35.13	1:15.34 (40.21)	1:58.35 (43.01)	2:39.87 (41.52)	
	3:30.27 (50.40)	4:21.35 (51.08)	4:56.93 (35.58)	5:30.66 (33.73)	
11	Lugiai, Ainsley R	12	Occoquan Swimming-PV	5:57.71	5:30.68
	36.67	1:18.66 (41.99)	2:00.55 (41.89)	2:42.59 (42.04)	
	3:30.52 (47.93)	4:18.88 (48.36)	4:55.89 (37.01)	5:30.68 (34.79)	
12	Rickman, Raina C	11	Occoquan Swimming-PV	5:51.13	5:31.11
	35.06	1:16.08 (41.02)	1:59.84 (43.76)	2:42.00 (42.16)	
	3:30.22 (48.22)	4:20.08 (49.86)	4:56.62 (36.54)	5:31.11 (34.49)	
13	Thorpe, Rachel E	12	Occoquan Swimming-PV	5:42.85	5:36.99
	38.87	1:23.50 (44.63)	2:07.29 (43.79)	2:50.00 (42.71)	
	3:34.96 (44.96)	4:21.07 (46.11)	4:59.65 (38.58)	5:36.99 (37.34)	
14	Ewell, Riley H	11	Occoquan Swimming-PV	6:12.28	5:48.10
	37.21	1:25.94 (48.73)	2:11.46 (45.52)	2:55.59 (44.13)	
	3:44.45 (48.86)	4:33.45 (49.00)	5:12.51 (39.06)	5:48.10 (35.59)	
15	Burlingame, Becca E	12	Occoquan Swimming-PV	6:21.85	5:49.98
	36.47	1:27.32 (50.85)	2:12.46 (45.14)	2:55.90 (43.44)	
	3:44.74 (48.84)	4:34.10 (49.36)	5:13.10 (39.00)	5:49.98 (36.88)	
16	Carpenter, Elle B	11	Occoquan Swimming-PV	NT	6:13.39
	39.81	1:25.15 (45.34)	2:13.90 (48.75)	3:01.85 (47.95)	
	3:58.87 (57.02)	4:55.02 (56.15)	5:34.44 (39.42)	6:13.39 (38.95)	
17	Nguyen, Emma L	11	Occoquan Swimming-PV	NT	6:19.77
	40.09	1:25.82 (45.73)	2:10.85 (45.03)	2:57.79 (46.94)	
	3:52.67 (54.88)	4:49.73 (57.06)	5:38.14 (48.41)	6:19.77 (41.63)	
18	Seo, Morgan K	12	Occoquan Swimming-PV	NT	6:46.20
	51.51	1:51.69 (1:00.18)	2:39.05 (47.36)	3:28.02 (48.97)	
	4:22.22 (54.20)	5:17.09 (54.87)	6:01.68 (44.59)	6:46.20 (44.52)	
19	Stevens, Anna M	11	Occoquan Swimming-PV	7:06.44	6:51.63
	47.23	1:42.47 (55.24)	2:32.12 (49.65)	3:21.08 (48.96)	
	4:23.10 (1:02.02)	5:23.77 (1:00.67)	6:09.35 (45.58)	6:51.63 (42.28)	
20	Spence, Isla M	11	Occoquan Swimming-PV	NT	6:57.56
	45.02	1:43.28 (58.26)	2:33.09 (49.81)	3:22.73 (49.64)	
	4:24.16 (1:01.43)	5:27.98 (1:03.82)	6:13.26 (45.28)	6:57.56 (44.30)	

Event 113 Boys 10 & Under 400 Yard IM

	Name	Age	Team	Seed Time	Finals Time
1	Phucas, Elias C	10	Occoquan Swimming-PV	NT	6:37.67
	45.62	1:41.02 (55.40)	2:29.93 (48.91)	3:18.29 (48.36)	
	4:13.65 (55.36)	5:11.80 (58.15)	5:54.95 (43.15)	6:37.67 (42.72)	
---	Bryan, Phillip R	10	Occoquan Swimming-PV	NT	DQ
	Alternating Kick - breast				
	52.01	1:52.38 (1:00.37)	2:40.52 (48.14)	3:28.23 (47.71)	
	4:28.89 (1:00.66)	5:01.06 (32.17)	5:28.85 (27.79)	DQ (1:22.92)	

Event 113 Boys 11-12 400 Yard IM

	Name	Age	Team	Seed Time	Finals Time
1	Francisco, Julian A	12	Occoquan Swimming-PV	4:53.75	4:42.75
	29.64	1:02.97 (33.33)	1:40.25 (37.28)	2:15.89 (35.64)	
	2:56.64 (40.75)	3:38.35 (41.71)	4:11.79 (33.44)	4:42.75 (30.96)	
2	George, Nathan C	12	Occoquan Swimming-PV	5:28.74	5:10.31
	33.31	1:11.43 (38.12)	1:51.64 (40.21)	2:29.61 (37.97)	
	3:14.92 (45.31)	4:00.31 (45.39)	4:36.55 (36.24)	5:10.31 (33.76)	

Occoquan Swimming Medley Series 3 - 11/2/2024 to 11/3/2024**Results****(Event 113 Boys 11-12 400 Yard IM)**

	Name	Age	Team	Seed Time	Finals Time
3	Vega, Dorian A	12	Occoquan Swimming-PV	6:14.17	5:27.78
	35.19	1:17.02 (41.83)	1:59.28 (42.26)	2:40.80 (41.52)	
	3:28.94 (48.14)	4:17.95 (49.01)	4:53.78 (35.83)	5:27.78 (34.00)	
4	Roby, Zachary K	12	Occoquan Swimming-PV	NT	6:09.58
	40.69	1:28.98 (48.29)	2:16.50 (47.52)	3:03.34 (46.84)	
	3:56.88 (53.54)	4:49.22 (52.34)	5:30.50 (41.28)	6:09.58 (39.08)	
5	Nalls, Bear	11	Occoquan Swimming-PV	NT	6:48.77
	48.31	1:47.52 (59.21)	2:34.82 (47.30)	3:22.06 (47.24)	
	4:23.55 (1:01.49)	5:22.80 (59.25)	6:05.43 (42.63)	6:48.77 (43.34)	