

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

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

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

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

2025 VHSL 5D Regional Championship - 2/10/2025**Results****Event 3 Boys 200 Yard Freestyle****1:48.76 ST 5 ST CLASS 5**

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

Event 4 Girls 200 Yard Freestyle**1:59.96 ST 5 ST CLASS 5**

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

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

Event 5 Boys 200 Yard IM**2:02.04 ST 5 ST CLASS 5**

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

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

	Name	Yr	School	Seed Time	Finals Time	
2	Rabe, Chase	SO	Independence High School	1:57.70	1:55.11	ST 5
	25.47	54.68 (29.21)	1:26.93 (32.25)	1:55.11 (28.18)		
3	Kresin, Nikita	SR	Riverside High School	1:59.88	1:57.98	ST 5
	25.73	56.29 (30.56)	1:29.41 (33.12)	1:57.98 (28.57)		
4	Cortez-Martinez, Adrian	SO	Lightridge High School	2:02.75	2:01.05	ST 5
	25.41	56.85 (31.44)	1:32.01 (35.16)	2:01.05 (29.04)		
5	Rowley, Jake	JR	Independence High School	2:02.35	2:01.69	ST 5
	25.61	56.83 (31.22)	1:31.10 (34.27)	2:01.69 (30.59)		
6	Nguyen, Giang	SO	Briar Woods High School	2:05.82	2:02.43	
	27.17	57.99 (30.82)	1:33.43 (35.44)	2:02.43 (29.00)		
7	Song, Josh	SO	Riverside High School	2:05.12	2:03.00	
	26.17	57.12 (30.95)	1:33.26 (36.14)	2:03.00 (29.74)		
8	Matabang, Gian	SR	Lightridge High School	2:10.12	2:05.53	
	27.23	1:00.52 (33.29)	1:35.93 (35.41)	2:05.53 (29.60)		
9	Ledyashov, Sergey	SR	Riverside High School	2:09.60	2:06.42	
	27.21	59.37 (32.16)	1:35.31 (35.94)	2:06.42 (31.11)		
10	Heise, Hayes	FR	Independence High School	2:16.53	2:11.89	
	28.83	1:03.15 (34.32)	1:40.00 (36.85)	2:11.89 (31.89)		
11	Mugavero, Ethan		Riverbend High School	2:14.20	2:18.71	
	28.57	1:05.04 (36.47)	1:45.74 (40.70)	2:18.71 (32.97)		
12	Mitran, Christopher		Stone Bridge	2:23.93	2:22.07	
	28.03	1:04.59 (36.56)	1:48.27 (43.68)	2:22.07 (33.80)		
13	Platenik, Will		Massaponax High School	2:23.02	2:22.32	
	30.82	1:07.00 (36.18)	1:48.41 (41.41)	2:22.32 (33.91)		
14	Hendershot, Ethan	JR	Potomac Falls High School	2:24.32	2:22.84	
	29.03	1:05.83 (36.80)	1:50.08 (44.25)	2:22.84 (32.76)		
15	Mao, Zidane	SO	Potomac Falls High School	2:34.26	2:34.17	
	29.93	1:12.43 (42.50)	2:34.17 (1:21.74)			
16	Obenhein, Josh	FR	Massaponax High School	2:53.65	2:54.10	
	34.42	1:20.47 (46.05)	2:15.00 (54.53)	2:54.10 (39.10)		
17	Van Dusen, Colin		Riverbend High School	3:02.15	3:00.64	
	37.07	1:25.52 (48.45)	3:00.64 (1:35.12)			
18	Ordonez, Bryan		Riverbend High School	2:54.64	3:00.84	
	31.75	1:20.14 (48.39)	2:20.08 (59.94)	3:00.84 (40.76)		
---	Cather, Owen	SR	Briar Woods High School	1:59.53	NS	
---	Kerns, Nate	SO	Lightridge High School	2:15.40	NS	

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

	Name	Yr	School	Seed Time	Finals Time	
1	Kilty, Caroline	JR	Briar Woods High School	2:09.65	2:04.21	ST 5
	26.95	57.81 (30.86)	1:34.59 (36.78)	2:04.21 (29.62)		
2	McCarney, Maya	FR	Potomac Falls High School	2:09.81	2:09.22	ST 5
	27.27	59.64 (32.37)	1:38.16 (38.52)	2:09.22 (31.06)		
3	Santucci, Elle	SR	Riverside High School	2:12.62	2:09.47	ST 5
	28.07	1:00.09 (32.02)	1:39.44 (39.35)	2:09.47 (30.03)		
4	Chen, Sara	SR	Independence High School	2:21.08	2:16.63	
	28.05	1:04.60 (36.55)	1:44.35 (39.75)	2:16.63 (32.28)		
5	Nguyen, Dan	SO	Briar Woods High School	2:22.34	2:17.47	
	28.85	1:02.50 (33.65)	2:17.47 (1:14.97)			
6	Thai, Natalie	SO	Independence High School	2:22.06	2:19.58	
	29.83	1:06.36 (36.53)	1:46.09 (39.73)	2:19.58 (33.49)		
7	Cadd, Sophie	FR	Riverside High School	2:31.25	2:27.39	
	32.45	1:09.59 (37.14)	2:27.39 (1:17.80)			

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 6 Girls 200 Yard IM)**

Name	Yr	School	Seed Time	Finals Time
8 Rao, Sahana	SR	Riverside High School	2:35.25	2:29.25
30.62	1:06.51 (35.89)	1:54.11 (47.60)	2:29.25 (35.14)	
9 Trinh, Teralynn	FR	Lightridge High School	2:35.41	2:31.77
31.58	1:11.26 (39.68)	1:55.30 (44.04)	2:31.77 (36.47)	
10 Dolan, Leah		Stone Bridge	2:32.83	2:34.94
36.59	1:16.18 (39.59)	2:34.94 (1:18.76)		
11 Donaldson, Ciara	SO	Potomac Falls High School	2:41.06	2:37.20
32.80	1:14.41 (41.61)	1:59.16 (44.75)	2:37.20 (38.04)	
12 Schwartz, Katherine	SO	Harrisonburg High School	2:42.24	2:43.94
33.86	1:14.69 (40.83)	2:04.22 (49.53)	2:43.94 (39.72)	
13 Krushinski, Ava		Riverbend High School	2:43.88	2:45.10
34.14	1:19.05 (44.91)	2:08.34 (49.29)	2:45.10 (36.76)	
14 Cinco, Ava	SR	Massaponax High School	2:53.38	2:45.20
35.86	1:17.34 (41.48)	2:08.35 (51.01)	2:45.20 (36.85)	
15 McMahan, Angelina	SR	Potomac Falls High School	2:43.45	2:46.72
34.85	1:16.39 (41.54)	2:03.21 (46.82)	2:46.72 (43.51)	
16 Platenik, Kylie	FR	Massaponax High School	2:54.00	2:48.56
37.52	1:18.91 (41.39)	2:10.73 (51.82)	2:48.56 (37.83)	
17 Van Reenen, Breelyn	FR	Massaponax High School	2:56.28	2:50.40
36.59	1:20.01 (43.42)	2:10.00 (49.99)	2:50.40 (40.40)	
18 Walter, Emily		Riverbend High School	2:56.07	2:53.79
35.78	1:20.41 (44.63)	2:12.62 (52.21)	2:53.79 (41.17)	
19 Barrientos, Thisani		Stone Bridge	2:56.70	2:54.64
40.43	1:23.82 (43.39)	2:14.33 (50.51)	2:54.64 (40.31)	
20 Baker-Schiel, Gia		Riverbend High School	2:50.94	2:57.27
37.10	1:24.82 (47.72)	2:15.49 (50.67)	2:57.27 (41.78)	
21 Keppel, Alexa		Stone Bridge	3:03.08	2:58.49
36.46	1:20.05 (43.59)	2:16.70 (56.65)	2:58.49 (41.79)	
22 Krick, Raquel	SO	Briar Woods High School	2:59.52	2:59.11
37.00	1:21.18 (44.18)	2:12.36 (51.18)	2:59.11 (46.75)	
23 Montilla, Paulina	JR	Lightridge High School	3:02.51	3:01.63
36.80	1:23.76 (46.96)	2:18.69 (54.93)	3:01.63 (42.94)	
24 Waldron, Linleigh	SO	Lightridge High School	3:02.09	3:08.04
37.52	3:08.04 (2:30.52)			

Event 7 Boys 50 Yard Freestyle**22.62 ST 5 ST CLASS 5**

Name	Yr	School	Seed Time	Finals Time
1 Menz, Mason	SR	Independence High School	21.75	21.96 ST 5
2 Kretzing, Pierson	SR	Lightridge High School	22.62	22.14 ST 5
3 Tragle, Harrison	SO	Riverside High School	22.50	22.17 ST 5
4 Pham, Lucas	SR	Riverside High School	22.34	22.56 ST 5
5 Buttram, Noah		Riverbend High School	22.40	22.82
*6 Saravanan, Surya	SR	Briar Woods High School	23.94	23.57
*6 Barnes, Jack		Riverbend High School	23.35	23.57
8 Wahlquist, Brayden	FR	Independence High School	23.89	23.66
9 McCarney, Jaden	JR	Potomac Falls High School	24.47	23.82
10 O'Hair, Patrick		Stone Bridge	23.90	23.88
11 Richards, Nicholas	JR	Lightridge High School	23.53	23.89
12 Watson, Gabriel	JR	Independence High School	23.65	23.93
13 Sexton, Logan	JR	Briar Woods High School	24.32	23.99
*14 Clarkson, Nick		Riverbend High School	24.20	24.09
*14 Hutchison, Mejd		Stone Bridge	24.07	24.09

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

Results

(Event 7 Boys 50 Yard Freestyle)

	Name	Yr	School	Seed Time	Finals Time
*14	Amidon, Avery	SR	Massaponax High School	23.82	24.09
17	Kim, Evan	SR	Briar Woods High School	24.29	24.65
18	Thompson, Peyton	JR	Lightridge High School	24.09	24.75
19	Mitran, Christopher		Stone Bridge	24.94	25.36
20	Seweryniak, Jack	SR	Riverside High School	24.76	25.46
21	Hayden, Oliver	SR	Massaponax High School	24.67	25.65
22	Greene, Ethan	SR	Massaponax High School	25.82	26.18
23	Elieson, Seth	SR	Potomac Falls High School	26.77	26.57
24	Weld, Fernando	JR	Potomac Falls High School	28.89	29.21
25	Bush, Jack	FR	Harrisonburg High School	34.12	32.47
---	Marusich, Daniel	SO	Harrisonburg High School	30.15	NS

Event 8 Girls 50 Yard Freestyle

25.32 ST 5 ST CLASS 5

	Name	Yr	School	Seed Time	Finals Time	
1	Hayward, Audrey	JR	Briar Woods High School	24.46	24.22	ST 5
2	Perham, Emily	FR	Riverside High School	25.20	24.61	ST 5
3	Valdecanas, Savannah	FR	Briar Woods High School	25.58	25.20	ST 5
4	Antognoli, Soleil	SR	Potomac Falls High School	25.70	25.34	
5	Perezous, Micaela	SR	Potomac Falls High School	25.89	25.39	
6	Thaivalappil, Maya	JR	Lightridge High School	25.69	25.57	
7	DeLong, Abigail		Stone Bridge	26.84	26.05	
8	Cao, Grace		Riverbend High School	27.00	26.95	
9	Cisneros, Gigi	SR	Riverside High School	27.09	27.01	
10	Lohman, Alexa	SO	Lightridge High School	27.65	27.30	
11	Hwang, Reese	SR	Lightridge High School	27.40	27.36	
12	Sabetto, Harper	JR	Independence High School	27.71	27.94	
13	Scranton, Avery		Stone Bridge	27.81	28.07	
14	Edmundson, Bailey	SR	Riverside High School	28.20	28.20	
15	Kritsky, Josephina	SO	Potomac Falls High School	27.90	28.36	
16	Hensen, Reese	JR	Massaponax High School	28.11	28.60	
17	Swick, Caelyn		Riverbend High School	29.31	28.85	
18	Winborne, Levee	FR	Massaponax High School	28.65	29.40	
19	Hickey, Reagan	SO	Independence High School	30.43	30.38	
20	Quinn, Haven		Riverbend High School	31.13	30.81	
21	Alcala, Angela	JR	Independence High School	32.95	32.33	
22	Kulkarni, Mansi	SO	Briar Woods High School	33.26	33.31	
23	Farahmad-Azad, Sania		Stone Bridge	36.56	35.96	
---	Bain, Jenna	SR	Massaponax High School	29.75	NS	

Event 12 Girls 100 Yard Butterfly

1:00.52 ST 5 ST CLASS 5

	Name	Yr	School	Seed Time	Finals Time	
1	Cushman, McKinley	FR	Lightridge High School	59.19	57.52	ST 5
	26.86		57.52 (30.66)			
2	Chen, Sara	SR	Independence High School	1:02.81	59.84	ST 5
	27.78		59.84 (32.06)			
3	Perham, Emily	FR	Riverside High School	1:02.01	59.86	ST 5
	27.42		59.86 (32.44)			
4	Menz, Maddie	SR	Independence High School	1:02.47	1:01.45	
	28.50		1:01.45 (32.95)			
5	Speilman, Mackenzie	SR	Potomac Falls High School	1:03.59	1:01.80	

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 12 Girls 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time
6	Valdecanas, Savannah	FR	Briar Woods High School	1:03.20	1:02.22
	28.93		1:02.22 (33.29)		
7	Kish, Sydney	JR	Potomac Falls High School	1:07.25	1:04.15
	29.90		1:04.15 (34.25)		
8	Thaivalappil, Maya	JR	Lightridge High School	1:05.08	1:05.27
9	Musni, Adriana	FR	Briar Woods High School	1:10.12	1:06.15
	30.63		1:06.15 (35.52)		
10	Keller, Madison	SR	Harrisonburg High School	1:09.02	1:06.67
	30.37		1:06.67 (36.30)		
11	McMahan, Claire	SR	Potomac Falls High School	1:12.63	1:10.34
12	Scranton, Avery		Stone Bridge	1:11.59	1:10.98
	33.47		1:10.98 (37.51)		
*13	Embert, Aida		Stone Bridge	1:10.47	1:11.08
	32.42		1:11.08 (38.66)		
*13	Fassacesia, Giada	SR	Riverside High School	1:09.94	1:11.08
	31.97		1:11.08 (39.11)		
15	Zang, Emma		Stone Bridge	1:12.11	1:13.52
	33.21		1:13.52 (40.31)		
16	Prajapati, Sasha	JR	Riverside High School	1:14.59	1:13.62
17	Krushinski, Ava		Riverbend High School	1:12.00	1:14.01
	35.29		1:14.01 (38.72)		
18	Sexton, Avery	FR	Briar Woods High School	1:18.68	1:14.05
	32.55		1:14.05 (41.50)		
19	Schwartz, Katherine	SO	Harrisonburg High School	1:13.54	1:14.57
20	Cinco, Ava	SR	Massaponax High School	1:15.78	1:17.71
	35.85		1:17.71 (41.86)		
21	Dodson, Kenley		Riverbend High School	1:20.10	1:19.42
22	Liwanag, Peyton	FR	Independence High School	1:22.27	1:19.71
	36.64		1:19.71 (43.07)		
23	Baker-Schiel, Gia		Riverbend High School	1:21.60	1:22.63
24	Montilla, Paulina	JR	Lightridge High School	1:23.75	1:23.44
25	Rau, Morgan	JR	Massaponax High School	1:25.37	1:24.89
---	Bain, Jenna	SR	Massaponax High School	1:15.31	NS

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

	Name	Yr	School	Seed Time	Finals Time
1	Menz, Mason	SR	Independence High School	48.47	47.49 ST 5
	22.64		47.49 (24.85)		
2	Tragle, Harrison	SO	Riverside High School	49.63	47.94 ST 5
	23.12		47.94 (24.82)		
3	Anderson, Jake	SR	Potomac Falls High School	49.70	48.81 ST 5
	23.27		48.81 (25.54)		
4	Kretzing, Pierson	SR	Lightridge High School	49.78	48.94 ST 5
	23.31		48.94 (25.63)		
5	Seo, Aiden	SR	Independence High School	50.09	49.05 ST 5
	23.21		49.05 (25.84)		
6	Kilic, Tolga	FR	Riverside High School	49.39	49.15 ST 5
	23.23		49.15 (25.92)		
7	Song, Josh	SO	Riverside High School	50.03	49.46 ST 5
8	Cather, Eli	SO	Briar Woods High School	53.12	51.53
	24.26		51.53 (27.27)		

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 13 Boys 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
9	Barnes, Jack		Riverbend High School	52.59	51.66
	24.76				51.66 (26.90)
10	O'Hair, Patrick		Stone Bridge	54.05	52.41
	25.71				52.41 (26.70)
11	Martin, Andrew		JR Lightridge High School	53.62	53.23
	25.66				53.23 (27.57)
12	Ellinger, Jack		SR Briar Woods High School	53.08	53.45
	25.70				53.45 (27.75)
13	Watson, Gabriel		JR Independence High School	54.53	53.46
	25.49				53.46 (27.97)
14	Amidon, Avery		SR Massaponax High School	53.59	54.18
	26.04				54.18 (28.14)
15	Thompson, Peyton		JR Lightridge High School	52.91	54.59
	26.20				54.59 (28.39)
16	McCarney, Jaden		JR Potomac Falls High School	56.00	56.27
	26.86				56.27 (29.41)
17	McClellan, Gareth		JR Briar Woods High School	55.56	57.05
18	Knapp, Noah		SR Massaponax High School	56.45	59.15
	27.19				59.15 (31.96)
19	Elieson, Seth		SR Potomac Falls High School	1:03.10	59.60
	28.32				59.60 (31.28)
20	Greene, Ethan		SR Massaponax High School	1:01.65	1:01.80
	29.75				1:01.80 (32.05)
21	Ivanov, Ivan		Stone Bridge	1:07.72	1:08.16
	29.52				1:08.16 (38.64)
22	Ellis, Hunter		Riverbend High School	1:06.12	1:08.25
	32.54				1:08.25 (35.71)
23	Hagmaier, Will		Riverbend High School	1:07.66	1:09.20
24	Elhudhud, Wajeeh		Stone Bridge	1:10.09	1:12.87
	35.27				1:12.87 (37.60)
25	Bush, Jack		FR Harrisonburg High School	1:20.61	1:13.68
---	Marusich, Daniel		SO Harrisonburg High School	1:11.01	NS

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

	Name	Yr	School	Seed Time	Finals Time
1	Cortez-Martinez, Ariana		FR Lightridge High School	53.15	52.43 ST 5
	25.33				52.43 (27.10)
2	Hayward, Audrey		JR Briar Woods High School	54.64	52.92 ST 5
	25.34				52.92 (27.58)
3	Roy, Asha		SO Independence High School	57.41	54.29 ST 5
	26.12				54.29 (28.17)
4	Antognoli, Soleil		SR Potomac Falls High School	58.77	56.75
	26.76				56.75 (29.99)
5	Perezous, Micaela		SR Potomac Falls High School	58.03	57.10
	26.91				57.10 (30.19)
6	Hensen, Reese		JR Massaponax High School	1:01.90	1:00.38
	28.98				1:00.38 (31.40)
7	Kim, Sophia		JR Riverside High School	1:03.72	1:01.56
	29.21				1:01.56 (32.35)
8	Lombardo, Marie		Stone Bridge	1:03.40	1:02.00
	29.23				1:02.00 (32.77)
9	Jackson, Gwyneth		SR Potomac Falls High School	1:03.82	1:02.12
	29.36				1:02.12 (32.76)

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 14 Girls 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
10	Cao, Grace		Riverbend High School	1:01.84	1:02.59
	28.71	1:02.59 (33.88)			
11	Ulloa, Victoria	SO	Lightridge High School	1:04.69	1:02.68
	29.19	1:02.68 (33.49)			
12	Hwang, Reese	SR	Lightridge High School	1:07.50	1:03.51
	29.18	1:03.51 (34.33)			
13	Vyzarsu, Ashwika	SR	Riverside High School	1:04.32	1:03.96
	29.18	1:03.96 (34.78)			
14	Winborne, Levee	FR	Massaponax High School	1:05.39	1:04.91
	31.01	1:04.91 (33.90)			
15	Steis, Avery	JR	Massaponax High School	1:10.06	1:08.19
	31.55	1:08.19 (36.64)			
16	Quinn, Haven		Riverbend High School	1:09.41	1:08.89
	32.60	1:08.89 (36.29)			
17	Hickey, Reagan	SO	Independence High School	1:09.31	1:10.20
18	Nguyen, Lucy	FR	Independence High School	1:17.88	1:12.16
	35.25	1:12.16 (36.91)			
19	McGee, Olivia		Stone Bridge	1:15.69	1:13.29
	33.56	1:13.29 (39.73)			
20	Johnson, Helene	FR	Harrisonburg High School	1:21.77	1:15.94
	37.35	1:15.94 (38.59)			
21	Kulkarni, Mansi	SO	Briar Woods High School	1:17.68	1:19.33
	36.29	1:19.33 (43.04)			
22	Kurl, Rennay		Stone Bridge	1:26.40	1:22.06
	37.84	1:22.06 (44.22)			
---	Cisneros, Gigi	SR	Riverside High School	1:00.75	NS
---	Ellinger, Sophia	SO	Briar Woods High School	1:33.00	NS
---	Regan, Carrington		Riverbend High School	1:10.34	NS

Event 15 Boys 500 Yard Freestyle**4:58.71 ST 5 ST CLASS 5**

	Name	Yr	School	Seed Time	Finals Time
1	Freeman, Harper	SR	Riverside High School	4:53.15	4:43.26 ST 5
	25.65	53.52 (27.87)	1:22.22 (28.70)	1:51.52 (29.30)	
	2:20.87 (29.35)	2:50.26 (29.39)	3:19.25 (28.99)	3:47.81 (28.56)	
	4:15.70 (27.89)	4:43.26 (27.56)			
2	Miceli, Jack		Stone Bridge	4:52.03	4:43.75 ST 5
	24.99	52.55 (27.56)	1:20.91 (28.36)	1:49.91 (29.00)	
	2:48.44 (58.53)		3:17.74 ()	3:47.00 (29.26)	
	4:16.00 (29.00)	4:43.75 (27.75)			
3	Rabe, Chase	SO	Independence High School	4:57.09	4:47.93 ST 5
	24.11	50.71 (26.60)	1:18.83 (28.12)	1:47.94 (29.11)	
	2:17.61 (29.67)	2:47.72 (30.11)	3:18.10 (30.38)	3:48.35 (30.25)	
	4:18.75 (30.40)	4:47.93 (29.18)			
4	Gaddi, Landon	FR	Briar Woods High School	4:58.96	4:53.02 ST 5
	26.36	54.79 (28.43)	1:23.95 (29.16)	1:53.56 (29.61)	
	2:23.21 (29.65)	2:52.97 (29.76)	3:23.04 (30.07)	3:53.20 (30.16)	
	4:23.52 (30.32)	4:53.02 (29.50)			
5	Abbineni, Yogi	FR	Independence High School	5:20.53	5:22.81
	28.19	58.96 (30.77)	1:31.13 (32.17)	2:03.69 (32.56)	
	2:37.05 (33.36)	3:10.30 (33.25)	3:44.22 (33.92)	4:17.49 (33.27)	
	4:50.61 (33.12)	5:22.81 (32.20)			

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 15 Boys 500 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
6	Ahmed, Bassem	JR	Riverside High School	5:43.28	5:24.65
	27.46	58.16 (30.70)	1:30.53 (32.37)	2:03.61 (33.08)	
	2:36.99 (33.38)	3:10.84 (33.85)	3:44.86 (34.02)	4:19.06 (34.20)	
	4:53.03 (33.97)	5:24.65 (31.62)			
7	Grenke, Dexter	FR	Briar Woods High School	5:25.78	5:26.17
8	Delaney, Keelan	SO	Briar Woods High School	5:30.34	5:26.97
	28.02	58.62 (30.60)	1:30.43 (31.81)	2:03.00 (32.57)	
	2:36.12 (33.12)	3:09.76 (33.64)	3:44.08 (34.32)	4:18.67 (34.59)	
	4:53.27 (34.60)	5:26.97 (33.70)			
9	Mahes, Dhevash	FR	Lightridge High School	5:29.24	5:31.06
				2:04.49 ()	
	2:37.86 (33.37)	3:12.46 (34.60)	3:47.40 (34.94)	4:22.44 (35.04)	
	4:57.69 (35.25)	5:31.06 (33.37)			
10	Johnson, Caleb	SR	Riverside High School	5:47.16	5:36.79
	27.29	58.36 (31.07)	1:31.96 (33.60)	2:06.88 (34.92)	
	2:42.58 (35.70)	3:18.07 (35.49)	3:52.87 (34.80)	4:26.46 (33.59)	
	5:01.83 (35.37)	5:36.79 (34.96)			
11	Roy, Michael	SO	Lightridge High School	5:49.25	5:42.15
	30.16	1:04.60 (34.44)	1:39.05 (34.45)	2:14.26 (35.21)	
	2:49.39 (35.13)	3:25.13 (35.74)	4:00.20 (35.07)	4:35.85 (35.65)	
	5:10.88 (35.03)	5:42.15 (31.27)			
12	Hally, Ben	SR	Lightridge High School	5:38.43	5:47.81
	29.48	1:02.72 (33.24)	1:36.91 (34.19)	2:11.91 (35.00)	
	2:47.72 (35.81)	3:23.36 (35.64)	3:59.97 (36.61)	4:36.64 (36.67)	
	5:12.82 (36.18)	5:47.81 (34.99)			
13	Borley, Jack		Stone Bridge	6:03.66	5:49.14
	29.91	1:04.83 (34.92)	1:41.08 (36.25)	2:16.22 (35.14)	
	2:52.09 (35.87)	3:28.05 (35.96)	4:04.57 (36.52)	4:40.03 (35.46)	
	5:16.22 (36.19)	5:49.14 (32.92)			
14	Salehi, Matin	FR	Independence High School	5:46.69	5:51.72
	27.94	59.31 (31.37)	1:33.11 (33.80)	2:43.39 (1:10.28)	
	3:18.99 (35.60)	3:55.23 (36.24)	4:31.29 (36.06)	5:08.33 (37.04)	
	5:51.72 (43.39)				
15	Simpson, Levi	FR	Potomac Falls High School	6:16.45	6:10.57
16	Ramsey, James		Riverbend High School	6:12.19	6:12.45
	31.41	1:08.03 (36.62)	1:46.94 (38.91)	2:25.63 (38.69)	
	3:03.19 (37.56)	3:41.85 (38.66)	4:58.76 (1:16.91)		
	5:37.52 ()	6:12.45 (34.93)			
17	Hayden, Oliver	SR	Massaponax High School	6:26.30	6:27.81
	33.16	1:10.00 (36.84)	1:48.77 (38.77)	2:27.33 (38.56)	
	3:06.49 (39.16)	3:46.77 (40.28)	4:28.17 (41.40)	5:08.24 (40.07)	
	5:48.97 (40.73)	6:27.81 (38.84)			
18	Joy, Dylan	JR	Massaponax High School	6:39.03	6:34.14
	35.22	1:14.56 (39.34)	1:54.05 (39.49)	2:34.82 (40.77)	
	3:15.34 (40.52)	3:56.40 (41.06)	4:37.55 (41.15)	5:18.19 (40.64)	
	5:57.69 (39.50)	6:34.14 (36.45)			
19	Frey, Nathan		Riverbend High School	6:33.55	6:34.96
	34.33	1:13.67 (39.34)	1:54.84 (41.17)	2:35.63 (40.79)	
	3:16.64 (41.01)	3:57.50 (40.86)	4:38.98 (41.48)	5:20.45 (41.47)	
	5:59.89 (39.44)	6:34.96 (35.07)			
20	Smith, Brady		Stone Bridge	6:53.97	6:49.46
	36.06	1:16.35 (40.29)	1:59.01 (42.66)	2:41.50 (42.49)	
	3:23.15 (41.65)	4:05.15 (42.00)	4:47.49 (42.34)	5:29.86 (42.37)	
	6:11.67 (41.81)	6:49.46 (37.79)			

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 15 Boys 500 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
21	Oliver, Joshua	SR	Potomac Falls High School	6:42.34	7:07.82
	34.91	1:14.39 (39.48)	1:56.93 (42.54)	2:40.98 (44.05)	
	3:25.46 (44.48)	4:10.30 (44.84)	4:55.59 (45.29)	5:41.16 (45.57)	
	6:26.54 (45.38)	7:07.82 (41.28)			
22	Elieson, Jude	SO	Potomac Falls High School	7:40.77	7:21.13
	36.38	1:17.61 (41.23)	2:01.76 (44.15)	2:47.81 (46.05)	
	3:32.78 (44.97)	4:19.64 (46.86)	5:06.64 (47.00)	5:52.87 (46.23)	
	6:39.03 (46.16)	7:21.13 (42.10)			
---	Hudson, Avery		Riverbend High School	6:21.60	DFS

Event 16 Girls 500 Yard Freestyle**5:24.74 ST 5 ST CLASS 5**

	Name	Yr	School	Seed Time	Finals Time
1	Kilty, Caroline	JR	Briar Woods High School	5:18.06	5:01.90 ST 5
	26.68	56.32 (29.64)	1:26.64 (30.32)	1:57.43 (30.79)	
	2:28.26 (30.83)	2:58.65 (30.39)	4:31.94 (1:33.29)	5:01.90 (29.96)	
2	Verbel, Georgia	JR	Massaponax High School	5:28.99	5:11.77 ST 5
	28.79	59.93 (31.14)	1:31.49 (31.56)	2:03.14 (31.65)	
	2:34.94 (31.80)	3:06.39 (31.45)	3:37.98 (31.59)	4:09.53 (31.55)	
	4:40.96 (31.43)	5:11.77 (30.81)			
3	Hudson, Kayley	SR	Briar Woods High School	5:24.91	5:17.76 ST 5
	29.19	1:00.69 (31.50)	1:32.34 (31.65)	2:04.38 (32.04)	
	2:36.09 (31.71)	3:08.42 (32.33)	3:41.02 (32.60)	4:13.80 (32.78)	
	4:46.24 (32.44)	5:17.76 (31.52)			
4	Coelho, Melissa	SO	Riverside High School	5:30.69	5:25.76
	29.14	1:00.82 (31.68)	1:33.16 (32.34)	2:05.93 (32.77)	
	2:39.10 (33.17)	3:12.25 (33.15)	3:45.78 (33.53)	4:19.66 (33.88)	
	4:53.21 (33.55)	5:25.76 (32.55)			
5	Delong, Abigail		Stone Bridge	5:37.39	5:26.22
	29.04	1:00.50 (31.46)	1:32.63 (32.13)	2:05.71 (33.08)	
	2:39.10 (33.39)	3:12.77 (33.67)	3:46.49 (33.72)	4:20.30 (33.81)	
	4:53.73 (33.43)	5:26.22 (32.49)			
6	Bayarjargal, Jessica	SO	Briar Woods High School	5:42.00	5:39.21
7	Deza, Micaela	JR	Lightridge High School	5:47.50	5:39.89
	30.13	1:02.89 (32.76)	1:36.65 (33.76)	2:10.70 (34.05)	
	2:45.50 (34.80)	3:20.03 (34.53)	3:55.00 (34.97)	4:30.13 (35.13)	
	5:05.89 (35.76)	5:39.89 (34.00)			
8	Ramey, Addilynn	SR	Lightridge High School	5:50.63	5:40.21
	31.18	1:04.65 (33.47)	1:38.89 (34.24)	2:13.56 (34.67)	
	2:48.08 (34.52)	3:22.75 (34.67)	3:57.40 (34.65)	4:32.04 (34.64)	
	5:06.38 (34.34)	5:40.21 (33.83)			
9	Pearson, Peyton	SO	Independence High School	5:53.69	5:42.46
	31.78	1:05.76 (33.98)	1:40.44 (34.68)	2:15.09 (34.65)	
	2:50.02 (34.93)	3:24.75 (34.73)	3:59.44 (34.69)	5:42.46 (1:43.02)	
10	Lewis, Addy		Riverbend High School	5:46.01	5:43.26
	30.83	1:04.44 (33.61)	1:38.81 (34.37)	2:13.61 (34.80)	
	2:48.46 (34.85)	3:23.31 (34.85)	3:58.19 (34.88)	4:33.47 (35.28)	
	5:43.26 (1:09.79)				
11	Duggan, Charlotte	JR	Riverside High School	5:44.72	5:43.38
	30.13	1:03.76 (33.63)	1:38.53 (34.77)	2:14.37 (35.84)	
	2:49.55 (35.18)	3:24.33 (34.78)	4:00.00 (35.67)	4:35.07 (35.07)	
	5:43.38 (1:08.31)				

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 16 Girls 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
12 Kish, Sydney	JR	Potomac Falls High School	5:56.09	5:59.88
32.28	1:07.58 (35.30)	1:43.68 (36.10)	2:20.20 (36.52)	
2:57.03 (36.83)	3:33.80 (36.77)	4:10.62 (36.82)	4:47.36 (36.74)	
5:24.03 (36.67)	5:59.88 (35.85)			
13 Mattos, Jennifer	SO	Riverside High School	6:23.72	6:10.20
31.65	1:09.33 (37.68)	1:47.21 (37.88)	2:24.89 (37.68)	
3:03.33 (38.44)	3:41.67 (38.34)	4:20.42 (38.75)	4:56.22 (35.80)	
5:34.37 (38.15)	6:10.20 (35.83)			
14 Lyons, McKenna	SR	Potomac Falls High School	6:19.30	6:14.06
32.67	1:09.21 (36.54)	1:47.62 (38.41)	2:25.70 (38.08)	
3:04.35 (38.65)	3:42.90 (38.55)	4:20.18 (37.28)	4:59.57 (39.39)	
5:38.22 (38.65)	6:14.06 (35.84)			
15 Yang, Lizzie	SO	Lightridge High School	6:23.81	6:19.47
16 Buttram, Savannah		Riverbend High School	6:18.74	6:19.58
33.08	1:10.96 (37.88)	1:50.14 (39.18)	2:28.53 (38.39)	
3:07.74 (39.21)	3:46.40 (38.66)	4:25.73 (39.33)	5:04.13 (38.40)	
5:41.99 (37.86)	6:19.58 (37.59)			
17 Field, Evie	FR	Massaponax High School	6:31.45	6:22.04
33.53	1:10.57 (37.04)	1:48.30 (37.73)	2:26.75 (38.45)	
3:05.42 (38.67)	3:44.67 (39.25)	4:24.17 (39.50)	5:04.35 (40.18)	
5:43.80 (39.45)	6:22.04 (38.24)			
18 McCurry, Eva	SR	Potomac Falls High School	6:23.84	6:31.40
32.58	1:10.65 (38.07)	1:50.15 (39.50)	2:30.03 (39.88)	
3:10.24 (40.21)	3:50.57 (40.33)	4:32.07 (41.50)	5:12.82 (40.75)	
5:52.81 (39.99)	6:31.40 (38.59)			
19 Johnson, Allison		Riverbend High School	6:54.77	6:57.99
36.24	1:15.96 (39.72)	1:57.95 (41.99)	2:40.89 (42.94)	
3:23.45 (42.56)	4:06.26 (42.81)	4:49.62 (43.36)		
6:17.37 ()	6:57.99 (40.62)			
20 Regal, Isa		Stone Bridge	6:57.59	6:58.04
34.08	1:12.77 (38.69)	1:52.58 (39.81)	2:35.03 (42.45)	
3:18.84 (43.81)	4:03.10 (44.26)	4:47.42 (44.32)	5:32.17 (44.75)	
6:15.55 (43.38)	6:58.04 (42.49)			
21 Lipple, Caroline	FR	Independence High School	6:58.97	7:06.83
34.51	1:13.54 (39.03)	1:55.11 (41.57)	2:39.76 (44.65)	
3:25.13 (45.37)	4:10.99 (45.86)	4:55.82 (44.83)	5:40.48 (44.66)	
6:24.43 (43.95)	7:06.83 (42.40)			
22 Alcalá, Angela	JR	Independence High School	7:36.03	7:24.02
37.67	1:19.51 (41.84)	2:03.71 (44.20)	2:49.18 (45.47)	
3:34.66 (45.48)	4:21.11 (46.45)	5:07.45 (46.34)	5:55.26 (47.81)	
6:40.69 (45.43)	7:24.02 (43.33)			

Event 17 Boys 200 Yard Freestyle Relay**1:33.27 ST 5 ST CLASS 5**

Team	Relay	Seed Time	Finals Time
1 Riverside High School	A	1:30.84	1:28.91 ST 5
1) Song, Josh SO	2) Pham, Lucas SR	3) Tragle, Harrison SO	4) Kresin, Nikita SR
23.06	44.93 (21.87)	1:07.02 (22.09)	1:28.91 (21.89)
2 Lightridge High School	A	1:32.69	1:29.05 ST 5
1) Kretzing, Pierson SR	2) Richards, Nicholas JR	3) Cortez-Martinez, Adrian SO	4) Gabriel, Lucas SR
22.09	45.27 (23.18)	1:07.36 (22.09)	1:29.05 (21.69)
3 Independence High School	A	1:30.13	1:29.26 ST 5
1) Seo, Aiden SR	2) Rowley, Jake JR	3) Griffin, Wyatt JR	4) Rabe, Chase SO
23.14	45.32 (22.18)	1:07.70 (22.38)	1:29.26 (21.56)

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 17 Boys 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
4 Briar Woods High School	A	1:30.97	1:30.93 ST 5
1) Cather, Eli SO	2) Kim, Evan SR	3) Char, Matthew SO	4) Cather, Owen SR
23.78	47.64 (23.86)	1:09.59 (21.95)	1:30.93 (21.34)
5 Stone Bridge	A	1:38.39	1:35.26
1) Mitran, Christopher	2) Batjar, Max	3) Hutchison, Mejd	4) O'Hair, Patrick
24.69	48.62 (23.93)	1:11.76 (23.14)	1:35.26 (23.50)
6 Riverbend High School	A	1:40.65	1:36.37
1) Barnes, Jack	2) Hitt, Kayden	3) Hudson, Avery	4) Clarkson, Nick
23.47	47.76 (24.29)	1:12.42 (24.66)	1:36.37 (23.95)
7 Massaponax High School	A	1:39.57	1:38.58
1) Hayden, Oliver SR	2) Tiberio, Trevor JR	3) Fiermen, Michael SO	4) Amidon, Avery SR
26.02	1:38.58 (1:12.56)		
8 Potomac Falls High School	A	1:32.21	1:46.09
1) McCarney, Jaden JR	2) Simpson, Levi FR	3) Mao, Zidane SO	4) Elieson, Seth SR
24.12	50.95 (26.83)	1:19.92 (28.97)	1:46.09 (26.17)

Event 18 Girls 200 Yard Freestyle Relay**1:44.97 ST 5 ST CLASS 5**

Team	Relay	Seed Time	Finals Time
1 Potomac Falls High School	A	1:45.47	1:40.61 ST 5
1) Antognoli, Soleil SR	2) Speilman, Mackenzie SR	3) Perezous, Micaela SR	4) McCarney, Maya FR
25.54	51.08 (25.54)	1:16.14 (25.06)	1:40.61 (24.47)
2 Independence High School	A	1:47.15	1:45.00
1) Roy, Asha SO	2) Thai, Natalie SO	3) Sabetto, Harper JR	4) Chen, Sara SR
25.44	52.11 (26.67)	1:19.89 (27.78)	1:45.00 (25.11)
3 Riverside High School	A	1:45.75	1:45.87
1) Cisneros, Gigi SR	2) Duggan, Charlotte JR	3) Edmundson, Bailey SR	4) Coelho, Melissa SO
27.07	1:20.73 ()	1:45.87 (25.14)	
4 Briar Woods High School	A	1:43.47	1:48.09
1) Moore, Cate FR	2) Musni, Adriana FR	3) Nguyen, Dan SO	4) Bayarjargal, Jessica SO
27.35	1:00.58 (33.23)	1:48.09 (47.51)	
5 Lightridge High School	A	1:44.28	1:48.45
1) Hwang, Reese SR	2) Trinh, Teralynn FR	3) Lohman, Alexa SO	4) Deza, Micaela JR
27.46	54.35 (26.89)	1:20.92 (26.57)	1:48.45 (27.53)
6 Stone Bridge	A	1:59.08	1:49.20
1) Cheyenne Diaz, Adrielle	2) Lombardo, Marie	3) Scranton, Avery	4) Delong, Abigail
33.42	56.39 (22.97)	1:30.44 (34.05)	1:49.20 (18.76)
7 Massaponax High School	A	1:54.20	1:52.79
1) Hensen, Reese JR	2) Cinco, Ava SR	3) Winborne, Levee FR	4) Verbel, Georgia JR
28.34	57.84 (29.50)	1:26.06 (28.22)	1:52.79 (26.73)
8 Riverbend High School	A	1:56.21	2:00.91
1) Swick, Caelyn	2) Boetig, Audrey	3) Krushinski, Ava	4) Buttram, Savannah

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

Name	Yr School	Seed Time	Finals Time
1 Gadsby, Kyle	SO Independence High School	52.28	50.39 ST 5
24.50	50.39 (25.89)		
2 Kalka, Thomas	JR Potomac Falls High School	53.52	51.14 ST 5
24.80	51.14 (26.34)		
3 Kilic, Tolga	FR Riverside High School	53.38	53.03 ST 5
25.76	53.03 (27.27)		
4 Miceli, Jack	Stone Bridge	54.94	53.46 ST 5
26.01	53.46 (27.45)		

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

	Name	Yr	School	Seed Time	Finals Time	
5	Buttram, Noah		Riverbend High School	53.18	55.07	ST 5
	26.89	55.07	(28.18)			
6	Anderson, Jake	SR	Potomac Falls High School	56.32	55.44	ST 5
7	Tiberio, Trevor	JR	Massaponax High School	57.87	56.67	
8	Saravanan, Surya	SR	Briar Woods High School	59.69	56.76	
	27.45	56.76	(29.31)			
9	Bryant, Thomas	SR	Riverside High School	58.09	56.99	
	27.39	56.99	(29.60)			
10	Nguyen, Darren	FR	Independence High School	1:01.71	57.50	
	27.63	57.50	(29.87)			
11	Cather, Eli	SO	Briar Woods High School	1:00.83	58.72	
	28.31	58.72	(30.41)			
12	Clarkson, Nick		Riverbend High School	1:01.88	59.72	
	28.98	59.72	(30.74)			
13	Seelam, Aarush	JR	Lightridge High School	1:02.18	1:01.18	
	29.09	1:01.18	(32.09)			
14	Seweryniak, Austin	FR	Riverside High School	1:04.54	1:02.07	
15	Marshall, Owen		Stone Bridge	1:03.33	1:02.62	
	30.35	1:02.62	(32.27)			
16	Delaney, Keelan	SO	Briar Woods High School	1:03.71	1:03.48	
	30.63	1:03.48	(32.85)			
17	Youmans, Jonathan		Stone Bridge	1:08.34	1:05.44	
	31.75	1:05.44	(33.69)			
18	Gonzalez, Chase	FR	Independence High School	1:08.19	1:07.00	
19	Kim, Stephen	SR	Lightridge High School	1:09.91	1:09.11	
	33.38	1:09.11	(35.73)			
20	Simpson, Levi	FR	Potomac Falls High School	1:13.59	1:12.81	
	36.10	1:12.81	(36.71)			
21	Miller, Nicholas	JR	Lightridge High School	1:14.57	1:16.25	
	36.34	1:16.25	(39.91)			
22	Ellis, Hunter		Riverbend High School	1:16.19	1:16.35	
23	Obenheim, Josh	FR	Massaponax High School	1:22.69	1:18.59	
	38.04	1:18.59	(40.55)			

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

	Name	Yr	School	Seed Time	Finals Time	
1	Cushman, McKinley	FR	Lightridge High School	1:01.40	58.71	ST 5
	28.38	58.71	(30.33)			
2	Santucci, Elle	SR	Riverside High School	1:01.26	58.84	ST 5
	28.52	58.84	(30.32)			
3	Speilman, Mackenzie	SR	Potomac Falls High School	1:04.77	1:01.76	
	29.84	1:01.76	(31.92)			
4	Minkara, Lina	JR	Potomac Falls High School	1:05.56	1:01.90	
	30.35	1:01.90	(31.55)			
5	Nguyen, Dan	SO	Briar Woods High School	1:04.25	1:02.03	
	30.07	1:02.03	(31.96)			
6	Menz, Maddie	SR	Independence High School	1:05.91	1:03.57	
	31.14	1:03.57	(32.43)			
7	Gardiner, Abbey		Riverbend High School	1:07.92	1:04.36	
	31.31	1:04.36	(33.05)			
8	Rao, Sahana	SR	Riverside High School	1:09.08	1:04.49	
	31.59	1:04.49	(32.90)			

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

	Name	Yr	School	Seed Time	Finals Time
9	Lewis, Addy		Riverbend High School	1:06.88	1:06.19
10	Lohman, Alexa	SO	Lightridge High School	1:12.03	1:06.86
	32.19	1:06.86 (34.67)			
11	Keller, Madison	SR	Harrisonburg High School	1:11.30	1:08.41
	31.75	1:08.41 (36.66)			
12	Donaldson, Ciara	SO	Potomac Falls High School	1:12.65	1:11.40
	34.17	1:11.40 (37.23)			
13	Field, Evie	FR	Massaponax High School	1:14.57	1:13.17
	35.81	1:13.17 (37.36)			
14	Yang, Lizzie	SO	Lightridge High School	1:12.81	1:13.71
	36.07	1:13.71 (37.64)			
15	Nader, Ariana	JR	Riverside High School	1:14.56	1:13.72
	35.56	1:13.72 (38.16)			
16	Sexton, Avery	FR	Briar Woods High School	NT	1:14.12
	35.35	1:14.12 (38.77)			
17	Coleman, Nyah	JR	Massaponax High School	1:15.14	1:15.62
18	Platenik, Kylie	FR	Massaponax High School	1:17.36	1:16.56
19	Nguyen, Lucy	FR	Independence High School	1:23.75	1:22.73
	40.40	1:22.73 (42.33)			
20	Walter, Emily		Riverbend High School	1:24.34	1:23.55
21	McGee, Olivia		Stone Bridge	1:33.25	1:26.23
	41.77	1:26.23 (44.46)			
22	Johnson, Helene	FR	Harrisonburg High School	1:31.52	1:27.91
23	McLaughlin, Helen		Stone Bridge	1:39.88	1:38.11
	46.97	1:38.11 (51.14)			
---	Lynch, Katie		Stone Bridge	1:20.66	NS
---	Ellinger, Sophia	SO	Briar Woods High School	1:32.81	NS

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

	Name	Yr	School	Seed Time	Finals Time
1	Coleman, Joey	JR	Potomac Falls High School	59.76	57.59 ST 5
2	Kresin, Nikita	SR	Riverside High School	1:00.03	58.65 ST 5
	27.93	58.65 (30.72)			
3	Gabriel, Lucas	SR	Lightridge High School	1:06.68	59.07 ST 5
	27.53	59.07 (31.54)			
4	Rowley, Jake	JR	Independence High School	1:00.47	1:00.03 ST 5
	28.12	1:00.03 (31.91)			
5	Seo, Aiden	SR	Independence High School	1:03.09	1:00.86 ST 5
	28.69	1:00.86 (32.17)			
6	Hutchison, Mejd		Stone Bridge	1:04.38	1:01.15 ST 5
	28.49	1:01.15 (32.66)			
7	Ledyashov, Sergey	SR	Riverside High School	1:04.01	1:02.33 ST 5
	29.13	1:02.33 (33.20)			
8	Matabang, Gian	SR	Lightridge High School	1:06.41	1:03.55
9	Nguyen, Giang	SO	Briar Woods High School	1:07.09	1:03.75
	30.44	1:03.75 (33.31)			
10	Heise, Hayes	FR	Independence High School	1:08.38	1:08.21
11	Carrier, Jackson	JR	Riverside High School	1:11.20	1:08.45
12	Kim, Evan	SR	Briar Woods High School	1:16.02	1:08.49
	31.17	1:08.49 (37.32)			
13	Mao, Zidane	SO	Potomac Falls High School	1:11.48	1:09.70
	33.54	1:09.70 (36.16)			

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 21 Boys 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
14	Platenik, Will		Massaponax High School	1:09.34	1:09.92
	32.21	1:09.92 (37.71)			
15	Fairchild, Laythan	SO	Massaponax High School	1:10.05	1:10.25
	32.35	1:10.25 (37.90)			
16	Batjar, Max		Stone Bridge	1:09.82	1:10.37
	32.24	1:10.37 (38.13)			
17	Knapp, Noah	SR	Massaponax High School	1:11.73	1:10.62
	32.44	1:10.62 (38.18)			
18	Mugavero, Ethan		Riverbend High School	1:08.06	1:10.67
	32.72	1:10.67 (37.95)			
19	Xiao, Daniel	FR	Briar Woods High School	1:11.15	1:12.85
	34.15	1:12.85 (38.70)			
20	Hom, Alex		Stone Bridge	1:24.20	1:22.26
	39.51	1:22.26 (42.75)			
---	Grant, Landon	SO	Potomac Falls High School	1:31.22	DQ
---	Van Dusen, Colin		Riverbend High School	1:24.62	DQ
	47.27	DQ (47.34)			
---	Kerns, Nate	SO	Lightridge High School	1:09.63	DQ

Event 22 Girls 100 Yard Breaststroke**1:10.60 ST 5 ST CLASS 5**

	Name	Yr	School	Seed Time	Finals Time
1	McCarney, Maya	FR	Potomac Falls High School	1:06.70	1:04.62 ST 5
	30.72	1:04.62 (33.90)			
2	Cortez-Martinez, Ariana	FR	Lightridge High School	1:07.75	1:05.63 ST 5
	30.86	1:05.63 (34.77)			
3	Roy, Asha	SO	Independence High School	1:08.09	1:08.75 ST 5
	32.52	1:08.75 (36.23)			
4	Thai, Natalie	SO	Independence High School	1:13.14	1:11.40
	33.72	1:11.40 (37.68)			
5	McMahan, Claire	SR	Potomac Falls High School	1:14.09	1:11.48
	33.31	1:11.48 (38.17)			
6	Trinh, Teralynn	FR	Lightridge High School	1:16.25	1:12.14
7	Sabetto, Harper	JR	Independence High School	1:16.31	1:13.23
	34.37	1:13.23 (38.86)			
8	Musni, Adriana	FR	Briar Woods High School	1:14.89	1:13.77
9	Moore, Cate	FR	Briar Woods High School	1:17.38	1:15.66
	35.75	1:15.66 (39.91)			
10	Cadd, Sophie	FR	Riverside High School	1:19.03	1:15.79
	35.23	1:15.79 (40.56)			
11	Dolan, Leah		Stone Bridge	1:18.65	1:19.56
12	McCurry, Eva	SR	Potomac Falls High School	1:19.76	1:19.94
	37.28	1:19.94 (42.66)			
13	Cheyenne Diaz, Adrielle		Stone Bridge	1:17.01	1:20.31
	37.67	1:20.31 (42.64)			
14	Ruschaupt, Olivia	SR	Riverside High School	1:21.09	1:21.56
	37.91	1:21.56 (43.65)			
15	Vyzarsu, Ashwika	SR	Riverside High School	1:21.88	1:21.57
	38.05	1:21.57 (43.52)			
16	Swick, Caelyn		Riverbend High School	1:24.35	1:23.83
	39.74	1:23.83 (44.09)			
17	Clark, Sophie	JR	Lightridge High School	1:24.78	1:24.65

2025 VHSL 5D Regional Championship - 2/10/2025**Results****(Event 22 Girls 100 Yard Breaststroke)**

Name	Yr	School	Seed Time	Finals Time
18 Dodson, Kenley		Riverbend High School	1:27.09	1:28.50
41.06	1:28.50 (47.44)			
19 Van Reenen, Breelyn	FR	Massaponax High School	1:31.84	1:29.48
20 Boetig, Audrey		Riverbend High School	1:28.66	1:30.27
42.89	1:30.27 (47.38)			
21 Steis, Avery	JR	Massaponax High School	1:32.41	1:31.31
42.60	1:31.31 (48.71)			
22 Mahadevan, Sukhi		Stone Bridge	1:31.53	1:31.67
42.56	1:31.67 (49.11)			
23 Krick, Raquel	SO	Briar Woods High School	NT	1:32.77
44.00	1:32.77 (48.77)			
24 Rau, Morgan	JR	Massaponax High School	1:36.47	1:37.90
25 Keller, Claire	JR	Harrisonburg High School	1:47.45	1:51.41
48.14	1:51.41 (1:03.27)			

Event 23 Boys 400 Yard Freestyle Relay**3:28.39 ST 5 ST CLASS 5**

Team	Relay	Seed Time	Finals Time
1 Independence High School	A	3:19.63	3:12.60 ST 5
1) Gadsby, Kyle SO	2) Rabe, Chase SO	3) Griffin, Wyatt JR	4) Menz, Mason SR
23.22	57.53 (57.53)	1:35.83 (38.30)	1:59.52 (1:01.99)
	2:25.56 (26.04)	2:47.82 (22.26)	3:12.60 (47.04)
2 Riverside High School	A	3:21.88	3:13.44 ST 5
1) Kilic, Tolga FR	2) Tragle, Harrison SO	3) Song, Josh SO	4) Freeman, Harper SR
23.66	49.11 (49.11)	1:11.85 (22.74)	1:37.22 (48.11)
2:00.00 (22.78)	2:25.86 (48.64)	2:48.26 (22.40)	3:13.44 (47.58)
3 Briar Woods High School	A	3:25.13	3:20.01 ST 5
1) Gaddi, Landon FR	2) Ellinger, Jack SR	3) Char, Matthew SO	4) Cather, Owen SR
24.37	50.54 (50.54)	1:15.17 (24.63)	1:43.11 (52.57)
2:06.23 (23.12)	2:32.38 (49.27)	2:55.43 (23.05)	3:20.01 (47.63)
4 Potomac Falls High School	A	3:23.96	3:20.84 ST 5
1) Anderson, Jake SR	2) Hendershot, Ethan JR	3) Kalka, Thomas JR	4) Coleman, Joey JR
23.91	50.03 (50.03)	1:15.59 (25.56)	1:45.41 (55.38)
2:08.12 (22.71)	2:33.78 (48.37)	2:56.46 (22.68)	3:20.84 (47.06)
5 Lightridge High School	A	3:37.03	3:23.03 ST 5
1) Kretzing, Pierson SR	2) Hartanto, Alexander SO	3) Gabriel, Lucas SR	4) Cortez-Martinez, Adrian SO
23.09	48.65 (48.65)	1:12.78 (24.13)	1:40.50 (51.85)
2:05.08 (24.58)	2:32.42 (51.92)	2:55.96 (23.54)	3:23.03 (50.61)
6 Riverbend High School	A	3:34.91	3:40.29
1) Buttram, Noah	2) Mugavero, Ethan	3) Hitt, Kayden	4) Hudson, Avery
25.20	51.81 (51.81)	1:19.71 (27.90)	1:50.33 (58.52)
2:16.39 (26.06)	2:45.88 (55.55)	3:12.05 (26.17)	3:40.29 (54.41)
7 Stone Bridge	A	3:48.34	3:50.28
1) Marshall, Owen	2) Youmans, Jonathan	3) Borley, Jack	4) Miceli, Jack
26.98	55.93 (55.93)	1:24.43 (28.50)	1:55.95 (1:00.02)
2:23.93 (27.98)	2:57.04 (1:01.09)	3:21.84 (24.80)	3:50.28 (53.24)
8 Massaponax High School	A	4:00.64	4:04.70
1) Greene, Ethan SR	2) Knapp, Noah SR	3) Platenik, Will	4) Fiermen, Michael SO
	1:02.62 (1:02.62)	1:32.31 (29.69)	2:16.83 (1:14.21)
2:35.14 (18.31)	3:08.12 (51.29)	3:35.63 (27.51)	4:04.70 (56.58)

2025 VHSL 5D Regional Championship - 2/10/2025**Results****Event 24 Girls 400 Yard Freestyle Relay****3:51.18 ST 5 ST CLASS 5**

Team	Relay	Seed Time	Finals Time
1 Briar Woods High School	A	3:46.26	3:36.90 ST 5
1) Hayward, Audrey JR	2) Valdecanas, Savannah FR	3) Hudson, Kayley SR	4) Kilty, Caroline JR
25.78 53.89 (53.89)	1:20.59 (26.70)	2:15.90 (1:22.01)	
2:45.22 (29.32)	3:09.70 (24.48)	3:36.90 (51.68)	
2 Lightridge High School	A	3:43.72	3:40.25 ST 5
1) Thaivalappil, Maya JR	2) Cushman, McKinley FR	3) Deza, Micaela JR	4) Cortez-Martinez, Ariana FR
26.67 57.09 (57.09)	1:22.26 (25.17)	1:49.67 (52.58)	
2:17.16 (27.49)	2:46.90 (57.23)	3:40.25 (53.35)	
3 Potomac Falls High School	A	3:55.31	3:44.58 ST 5
1) Perezous, Micaela SR	2) Speilman, Mackenzie SR	3) Minkara, Lina JR	4) McCarney, Maya FR
27.15 57.35 (57.35)	1:25.04 (27.69)	1:55.24 (57.89)	
2:21.93 (26.69)	2:50.68 (55.44)	3:44.58 (53.90)	
4 Riverside High School	A	3:51.52	3:44.95 ST 5
1) Perham, Emily FR	2) Duggan, Charlotte JR	3) Coelho, Melissa SO	4) Santucci, Elle SR
26.08 55.20 (55.20)	1:23.27 (28.07)	1:55.11 (59.91)	
2:21.53 (26.42)	2:50.73 (55.62)	3:44.95 (54.22)	
5 Riverbend High School	A	4:09.15	4:07.87
1) Cao, Grace	2) Buttram, Savannah	3) Gardiner, Abbey	4) Lewis, Addy
30.61 1:16.89 (1:16.89)	1:35.52 (18.63)	2:08.89 (52.00)	
2:37.28 (28.39)	3:09.08 (1:00.19)	4:07.87 (58.79)	
6 Massaponax High School	A	4:08.12	4:07.88
1) Hensen, Reese JR	2) Winborne, Levee FR	3) Coleman, Nyah JR	4) Verbel, Georgia JR
29.46 1:01.84 (1:01.84)	1:32.54 (30.70)	2:06.79 (1:04.95)	
2:37.95 (31.16)	3:12.38 (1:05.59)	4:07.88 (55.50)	
7 Independence High School	A	4:03.45	4:18.16
1) Pearson, Peyton SO	2) Lipple, Caroline FR	3) Sabetto, Harper JR	4) Menz, Maddie SR
29.82 1:03.13 (1:03.13)	1:33.27 (30.14)	2:09.91 (1:06.78)	
2:40.70 (30.79)	3:16.17 (1:06.26)	4:18.16 (1:01.99)	
--- Stone Bridge	A	4:12.57	DQ
1) Regal, Isa	2) Zang, Emma	3) Embert, Aida	4) Dolan, Leah
32.65 1:09.71 (1:09.71)	1:40.17 (30.46)	2:16.36 (1:06.65)	
2:45.85 (29.49)	3:18.53 (1:02.17)	3:47.96 (29.43)	DQ (1:02.41)