

**SST Swim Meet 1-16-10 - 1/16/2010****Dual Meet Scores - Through Event 24****Men**

Fredericksburg Christian	108.00	49.00	Bishop Ireton Swim and Dive Te
Bishop Ireton Swim and Dive Te	50.00	11.00	John Paul The Great
Notre Dame Academy Swim Team	111.00	47.00	Bishop Ireton Swim and Dive Te
Paul VI Catholic High School	211.00	43.00	Bishop Ireton Swim and Dive Te
Richmond Christian School	71.00	50.00	Bishop Ireton Swim and Dive Te
Seton School	222.00	39.00	Bishop Ireton Swim and Dive Te
st Michael the Archangel	78.00	50.00	Bishop Ireton Swim and Dive Te
Trinity Episcopal School	118.00	45.00	Bishop Ireton Swim and Dive Te
Bishop Ireton Swim and Dive Te	49.00	26.00	Wakefield Country Day School
Wakefield School Fighting Owls	75.00	49.00	Bishop Ireton Swim and Dive Te
Fredericksburg Christian	118.00	16.00	John Paul The Great
Fredericksburg Christian	101.00	92.00	Notre Dame Academy Swim Team
Paul VI Catholic High School	233.00	47.00	Fredericksburg Christian
Fredericksburg Christian	105.00	66.00	Richmond Christian School
Seton School	231.00	51.00	Fredericksburg Christian
Fredericksburg Christian	116.00	54.00	st Michael the Archangel
Trinity Episcopal School	124.00	74.00	Fredericksburg Christian
Fredericksburg Christian	116.00	24.00	Wakefield Country Day School
Fredericksburg Christian	110.00	58.00	Wakefield School Fighting Owls
Notre Dame Academy Swim Team	118.00	16.00	John Paul The Great
Paul VI Catholic High School	236.00	6.00	John Paul The Great
Richmond Christian School	82.00	16.00	John Paul The Great
Seton School	240.00	9.00	John Paul The Great
st Michael the Archangel	85.00	16.00	John Paul The Great
Trinity Episcopal School	130.00	9.00	John Paul The Great
Wakefield Country Day School	30.00	16.00	John Paul The Great
Wakefield School Fighting Owls	83.00	14.00	John Paul The Great
Paul VI Catholic High School	229.00	49.00	Notre Dame Academy Swim Team
Notre Dame Academy Swim Team	112.00	56.00	Richmond Christian School
Seton School	236.00	44.00	Notre Dame Academy Swim Team
Notre Dame Academy Swim Team	115.00	54.00	st Michael the Archangel
Trinity Episcopal School	123.00	65.00	Notre Dame Academy Swim Team
Notre Dame Academy Swim Team	114.00	26.00	Wakefield Country Day School

**SST Swim Meet 1-16-10 - 1/16/2010****Dual Meet Scores - Through Event 24****Men**

Notre Dame Academy Swim Team	106.00	57.00	Wakefield School Fighting Owls
Paul VI Catholic High School	236.00	31.00	Richmond Christian School
Paul VI Catholic High School	160.00	152.00	Seton School
Paul VI Catholic High School	235.00	34.00	st Michael the Archangel
Paul VI Catholic High School	201.00	79.00	Trinity Episcopal School
Paul VI Catholic High School	234.00	15.00	Wakefield Country Day School
Paul VI Catholic High School	236.00	29.00	Wakefield School Fighting Owls
Seton School	238.00	34.00	Richmond Christian School
Richmond Christian School	78.00	68.00	st Michael the Archangel
Trinity Episcopal School	129.00	44.00	Richmond Christian School
Richmond Christian School	78.00	30.00	Wakefield Country Day School
Wakefield School Fighting Owls	75.00	63.00	Richmond Christian School
Seton School	240.00	32.00	st Michael the Archangel
Seton School	206.00	77.00	Trinity Episcopal School
Seton School	240.00	14.00	Wakefield Country Day School
Seton School	237.00	33.00	Wakefield School Fighting Owls
Trinity Episcopal School	129.00	42.00	st Michael the Archangel
st Michael the Archangel	75.00	30.00	Wakefield Country Day School
Wakefield School Fighting Owls	78.00	59.00	st Michael the Archangel
Trinity Episcopal School	128.00	16.00	Wakefield Country Day School
Trinity Episcopal School	129.00	38.00	Wakefield School Fighting Owls
Wakefield School Fighting Owls	76.00	29.00	Wakefield Country Day School

**Women**

Fredericksburg Christian	167.00	37.00	Bishop Ireton Swim and Dive Te
John Paul The Great	131.00	51.00	Bishop Ireton Swim and Dive Te
Notre Dame Academy Swim Team	102.00	49.00	Bishop Ireton Swim and Dive Te
Paul VI Catholic High School	201.00	37.00	Bishop Ireton Swim and Dive Te
Bishop Ireton Swim and Dive Te	49.00	30.00	Richmond Christian School
Seton School	234.00	31.00	Bishop Ireton Swim and Dive Te
st Michael the Archangel	56.00	51.00	Bishop Ireton Swim and Dive Te
Trinity Episcopal School	150.00	35.00	Bishop Ireton Swim and Dive Te
Bishop Ireton Swim and Dive Te	50.00	30.00	Wakefield Country Day School
Wakefield School Fighting Owls	96.00	51.00	Bishop Ireton Swim and Dive Te

**SST Swim Meet 1-16-10 - 1/16/2010****Dual Meet Scores - Through Event 24****Women**

Fredericksburg Christian	136.00	108.00	John Paul The Great
Fredericksburg Christian	163.00	76.00	Notre Dame Academy Swim Team
Paul VI Catholic High School	195.00	82.00	Fredericksburg Christian
Fredericksburg Christian	179.00	23.00	Richmond Christian School
Seton School	233.00	69.00	Fredericksburg Christian
Fredericksburg Christian	172.00	40.00	st Michael the Archangel
Trinity Episcopal School	142.00	114.00	Fredericksburg Christian
Fredericksburg Christian	170.00	32.00	Wakefield Country Day School
Fredericksburg Christian	155.00	68.00	Wakefield School Fighting Owls
John Paul The Great	134.00	86.00	Notre Dame Academy Swim Team
Paul VI Catholic High School	199.00	69.00	John Paul The Great
John Paul The Great	152.00	26.00	Richmond Christian School
Seton School	227.00	67.00	John Paul The Great
John Paul The Great	145.00	44.00	st Michael the Archangel
Trinity Episcopal School	158.00	84.00	John Paul The Great
John Paul The Great	143.00	32.00	Wakefield Country Day School
John Paul The Great	114.00	96.00	Wakefield School Fighting Owls
Paul VI Catholic High School	210.00	55.00	Notre Dame Academy Swim Team
Notre Dame Academy Swim Team	117.00	30.00	Richmond Christian School
Seton School	239.00	52.00	Notre Dame Academy Swim Team
Notre Dame Academy Swim Team	111.00	55.00	st Michael the Archangel
Trinity Episcopal School	151.00	74.00	Notre Dame Academy Swim Team
Notre Dame Academy Swim Team	113.00	32.00	Wakefield Country Day School
Wakefield School Fighting Owls	102.00	95.00	Notre Dame Academy Swim Team
Paul VI Catholic High School	218.00	18.00	Richmond Christian School
Seton School	186.00	122.00	Paul VI Catholic High School
Paul VI Catholic High School	218.00	28.00	st Michael the Archangel
Paul VI Catholic High School	160.00	121.00	Trinity Episcopal School
Paul VI Catholic High School	202.00	32.00	Wakefield Country Day School
Paul VI Catholic High School	211.00	43.00	Wakefield School Fighting Owls
Seton School	245.00	18.00	Richmond Christian School
st Michael the Archangel	70.00	32.00	Richmond Christian School
Trinity Episcopal School	157.00	23.00	Richmond Christian School
Richmond Christian School	39.00	32.00	Wakefield Country Day School

**SST Swim Meet 1-16-10 - 1/16/2010****Dual Meet Scores - Through Event 24****Women**

Wakefield School Fighting Owls	121.00	24.00	Richmond Christian School
Seton School	243.00	30.00	st Michael the Archangel
Seton School	201.00	96.00	Trinity Episcopal School
Seton School	236.00	25.00	Wakefield Country Day School
Seton School	238.50	42.50	Wakefield School Fighting Owls
Trinity Episcopal School	158.00	35.00	st Michael the Archangel
st Michael the Archangel	68.00	32.00	Wakefield Country Day School
Wakefield School Fighting Owls	116.00	39.00	st Michael the Archangel
Trinity Episcopal School	153.00	28.00	Wakefield Country Day School
Trinity Episcopal School	155.00	61.00	Wakefield School Fighting Owls
Wakefield School Fighting Owls	120.00	32.00	Wakefield Country Day School

**SST Swim Meet 1-16-10 - 1/16/2010****Results****Event 1 Boys 200 Yard Medley Relay****SST Record: 1:39.82 2/17/2006 Koehr, Cook, Morch, Koehr****Nat Cath QT: 1:46.50****VSIS QT: 2:00.20**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1 Seton School	A	1:43.15	1:42.89	
1) Cook, Connor SR	2) Koehr, Daniel SR	3) Basinger, David JR	4) Hill, Jameson SR	
27.30 29.16 25.51 20.92				
2 Paul VI Catholic High School	A	1:42.83	1:44.21	
1) Yelmgren, Michael SR	2) Martinez, Marcus SR	3) Nasakaitis, Eric JR	4) Marrero, Frankie JR	
26.29 30.05 24.50 23.37				
3 Trinity Episcopal School-VA	A	1:53.54	1:53.48	
1) Pankey, Joseph 9	2) Sallade, Cooper 11	3) Hodges, Hayden 12	4) Dunbar, Holt 10	
29.65 33.25 25.68 24.90				
4 Paul VI Catholic High School	B	NT	1:55.56	
1) Wiltshire, James SR	2) Morrissey, John FR	3) Knowles, Tim FR	4) Hale-Kupiec, Michael FR	
5 Seton School	B	1:55.26	2:00.19	
1) Kenna, Patrick JR	2) Hill, Michael SO	3) Smith, Jamie 8	4) Kenna, Joseph 8	
30.96 33.06 30.24 25.93				
6 Fredericksburg Christian-VA	A	2:11.76	2:02.93	
1) Sharp, Landon 9	2) Higgins, Eric 11	3) Andrews, Seth 10	4) Schools, David 9	
34.19 32.09 30.95 25.70				
7 Notre Dame Academy Swim	A	2:16.00	2:07.77	
1) Nicholes, Matthew FR	2) Fletcher, Nick SR	3) Houle, Jake SR	4) Smedley, Curtis SR	
38.13 37.20 25.64 26.80				
8 Wakefield School Fighting Ov	A	2:15.30	2:15.35	
1) Dolan, Phillip FR	2) Fraser, Will SR	3) Fraser, Simon SR	4) Mahoney, Bailey	
39.21 35.01 33.19 27.94				
9 st Michael the Archangel	A	NT	2:20.13	
1) VanDeusen, John JR	2) Sampson, Matthew SO	3) Sampson, John FR	4) Cronin, Dominic FR	
10 Notre Dame Academy Swim	B	2:33.00	2:25.28	
1) Heim, Raphael JR	2) Graves, Griffin JR	3) Dimoff, David JR	4) Sherman, Kevin SR	
11 Richmond Christian School-V	A	2:28.20	2:27.61	
1) Kinser, Anthony FR	2) Moore, Eric SO	3) Moore, Sean 8	4) Ray, Jake FR	
12 Fredericksburg Christian-VA	B	2:30.64	2:28.10	
1) Weidenhoeft, Tim 9	2) Barham, Bret 9	3) Martone, Luke 11	4) Brad, Sam 11	
--- Seton School	C	2:15.00	X2:29.33	
1) Scheetz, Joseph JR	2) Rosato, Jonathan JR	3) Shaw, Steven FR	4) Manley, Michael 8	
44.10 36.52 31.19 37.52				
--- Seton School	G	2:22.00	X2:34.10	
1) Corkery, Jack FR	2) Kosten, Joseph 8	3) Koehr, Patrick 8	4) Hall, Patrick JR	
--- Seton School	H	2:20.00	X2:36.63	
1) Quinan, Peter FR	2) Van de Voorde, Jude 7	3) Bliss, Kevin SO	4) Cuomo, Kenneth 8	
--- Seton School	F	2:25.00	X2:38.08	
1) Pechie, Paul 7	2) Irving, Joseph 7	3) Minarik, Andrew SR	4) Mosimann, Paul 7	
--- Seton School	D	2:20.00	X2:53.94	
1) Mosimann, James FR	2) Lambrecht, David FR	3) Verry, Matthew JR	4) Hilleary, Pat SO	
--- Trinity Episcopal School-VA	B	2:05.34	DQ	
1) Ellis, Tommy 9	2) Willett, Preston 11	3) Mayberry, Carter 12	4) Gross, Ben 10	
37.77 38.80 28.56 30.43				
--- Seton School	E	2:20.00	XDQ	
1) Shaw, Tommy 7	2) Collins, Michael SO	3) Kosten, Thomas SO	4) Geiran, Jack FR	
41.58 43.58 31.11 39.43				
--- Notre Dame Academy Swim	C	2:59.00	NS	
1) Yoo, Jimmy JR	2) Gustafson, Leif JR	3) Sherman, Chris SO	4) Erba, David JR	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****Event 2 Girls 200 Yard Medley Relay****SST Record: 1:57.15 1/28/2008 Dunn, Kenna, Mazz, Donohoe****Nat Cath QT: 2:06.49****VSIS QT: 2:12.71**

<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Seton School	A	2:04.00	2:03.55	
1) Talbott, Laura SR 31.37 33.70 28.85	2) Rogers, Cat SO 29.63	3) Wunderly, Bridget JR	4) Zapiain, Sarah SO	
2 Trinity Episcopal School-VA	A	2:06.54	2:06.35	
1) Barnes, Carly 11 33.30 34.83 30.33	2) Call, Lucy 9 27.89	3) Hazelgrove, Jessie 12	4) Woodrum, Sally 12	
3 Paul VI Catholic High School	A	2:00.42	2:07.46	
1) Yost, Katie FR 33.58 36.43 29.21	2) Freeman, Julia JR 28.24	3) Quint, Christina SR	4) Covert, Lisa SR	
4 Paul VI Catholic High School	B	NT	2:13.39	
1) Salzano, Jackie JR 34.41 37.61 31.53	2) Schmank, Katie JR 29.84	3) McGrath, Ashley SR	4) Meruvia, Maddie SR	
5 Seton School	B	2:10.00	2:13.51	
1) Byers, Monica SO 35.08 35.86 32.33	2) Lambrecht, Rachel JR 30.24	3) Bennett, Lucy SO	4) Cook, Keeley FR	
6 Fredericksburg Christian-VA	A	2:18.81	2:13.73	
1) Pleban, Kaley 11 31.77 38.39 36.05	2) Lambertson, Jennifer 11 27.52	3) Swauger, Abby 11	4) Eagal, Cassie 12	
7 Wakefield School Fighting Ov	A	2:15.30	2:16.13	
1) Weimer, Kate FR 36.40 37.87 32.43	2) Hutcheson, Haleigh SO 29.43	3) Santoro, Lyndsay SR	4) Cole, Rachel JR	
8 Notre Dame Academy Swim	A	2:29.00	2:18.11	
1) York, Sammi SR 41.46 36.44 31.70	2) Bernabeau, Alex SO 28.51	3) Houle, Morgan SO	4) Houle, Nicole SO	
9 Trinity Episcopal School-VA	B	2:13.50	2:19.98	
1) Dean, Maddy 10 37.12 38.74 34.67	2) Applebaugh, Drew 11 29.45	3) Kuhlman, Meg 11	4) Sullivan, Conner 11	
10 John Paul The Great	A	2:27.85	2:25.87	
1) Villagomez, Christa SO 40.87 41.09 32.46	2) Flanagan, Casey SO 31.45	3) Donohoe, Clare FR	4) Mugnolo, Lydia FR	
11 Fredericksburg Christian-VA	B	2:27.07	2:30.15	
1) Pressley, Mary Kathryn 8 37.81 1:21.30 31.04	2) Rutherford, Rachel 10	3) Palmeri, Kaylin 8	4) Pleban, Tessa 9	
12 Wakefield School Fighting Ov	B	2:35.00	2:31.00	
1) Zontine, Hannah FR 37.37 45.04 33.43	2) Gorman, Jackie FR 35.16	3) Stiehm, Claire	4) Martin, Rachel SO	
13 st Michael the Archangel	A	NT	2:31.50	
1) Carmarca, Maria FR 44.67 38.99 37.23	2) Mandese, Jessica SO 30.61	3) Britton, Katharine FR	4) Heckman, Michaela FR	
14 John Paul The Great	B	2:50.85	2:33.59	
1) Moghtadaie, Daniela SO 37.37 42.77 39.30	2) Myrvold, Maureen SO 34.15	3) Glascock, Samantha SO	4) Crean, Liz SO	
--- Paul VI Catholic High School	C	NT	X2:13.35	
1) Early, Krista SO 34.31 39.87 29.84	2) Carome, Mary FR 29.33	3) Knowles, Haley SR	4) O'Neill, Meghan SO	
--- Paul VI Catholic High School	D	NT	X2:28.54	
1) Baldacci, Spencer JR 37.98 41.38 36.23	2) Callahan, Meg SO 32.95	3) Kondas, Katie SR	4) D'Alelio, Christina SO	
--- Seton School	C	2:20.00	X2:30.13	
1) Marrasso, Sally 7 40.27 44.59 32.92	2) Wittlinger, Mikey FR 32.35	3) McGurk, Sarah SO	4) Lowell, Hannah SR	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 2 Girls 200 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
--- Seton School	D	2:21.00	X2:33.10	
1) Rogers, Lizzie JR 43.12 36.29 37.59	2) Zapiain, Leslie JR 36.10	3) Heim, Sarah 8	4) Geiran, Fiona 7	
--- Seton School	E	2:25.00	X2:37.73	
1) Pennefather, Ann 7 42.53 40.80 40.52	2) Murphy, Maggie SO 33.88	3) Irving, Julia 8	4) Seoh, Fiona 8	
--- Seton School	F	2:28.00	X2:37.94	
1) Kerns, Shannon FR 39.59 42.40 36.54	2) Verry, Theresa FR 39.41	3) Wunderly, Bernadette FR	4) Salas, Ali FR	
--- Seton School	G	2:29.00	X2:41.61	
1) Lowell, Emily 8 40.42 47.25 39.09	2) Fusco, Emilia JR 34.85	3) Cummings, Judith SO	4) Fusco, Sophia 8	
--- Wakefield School Fighting Ov	C	NT	DQ	
1) Simon, Alex FR 38.11 45.43 43.00	2) Dickson, Marianna FR 37.03	3) Gunberg, Emily FR	4) Fortney, Julie SO	
--- Richmond Christian School-V	A	2:30.01	NS	
1) Wenner, Melanie 8	2) Bradon, Taylor SO	3) Stanearth, Kellyn FR	4) Ray, Jamie SR	
--- John Paul The Great	D	NT	NS	
--- John Paul The Great	C	NT	NS	

**Event 3 Boys 200 Yard Freestyle**SST Record: **1:38.59** 2/13/2009 **S.J. Hill**Nat Cath QT: **1:57.50**VSIS QT: **2:02.34**

Name	Yr	School	Seed Time	Finals Time	Points
1 Hill, Jameson 23.71 26.53 25.51	SR	Seton School	1:38.59	1:42.22	
2 MacDonald, Cptn Angus Beel 24.01 26.25 27.04	SR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:44.00	1:44.10	
3 Hodges, Hayden 27.95 30.45 30.18	12	Trinity Episcopal School-VA	2:00.54	1:58.51	
4 Ellis, Cptm Crnch Sam 26.91 30.66 32.04	SR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:58.82	1:59.31	
5 Lowry, Ryan 28.00 31.89 33.68	FR	Paul VI Catholic High School	2:08.11	2:07.55	
6 Wiltshire, James 28.35 32.91 33.86	SR	Paul VI Catholic High School	2:06.84	2:08.48	
7 Smith, Jamie 30.97 33.89 34.24	8	Seton School	2:09.28	2:11.71	
8 Kenna, Joseph 29.66 33.95 33.68	8	Seton School	2:25.07	2:15.26	
9 Gormley, Ryan 29.94 34.91 37.10	JR	Paul VI Catholic High School	2:21.22	2:15.70	
10 Howard, Kenny 29.94 34.24 37.91	SO	Paul VI Catholic High School	2:14.33	2:16.17	
11 Borneman, Ben 30.86 35.05 36.41	FR	John Paul The Great	2:20.09	2:21.83	
12 Moore, Sean 32.27 36.45 39.24	8	Richmond Christian School-VA	2:25.76	2:25.11	
13 Shaw, Steven 30.41 35.63 41.21	FR	Seton School	2:27.56	2:26.91	
14 Martone, Luke 34.59 39.92 40.84	11	Fredericksburg Christian-VA	2:49.77	2:35.46	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 3 Boys 200 Yard Freestyle)**

	<b>Name</b>			<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
15	Nicholes, Matthew			FR	Notre Dame Academy Swim Team	2:58.00	2:48.84	
	36.07	43.26	45.32	44.19				
---	Marrazzo, Luke			FR	Seton School	NT	X2:36.17	
	32.89	40.44	40.01	42.83				
---	Chang, Brandon			8	Fredericksburg Christian-VA	NT	NS	

**Event 4 Girls 200 Yard Freestyle****SST Record: 1:55.74 2/18/2000 K. Shipko****Nat Cath QT: 2:15.50****VSIS QT: 2:15.81**

	<b>Name</b>			<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Claybrooks, Carolyn			SR	Seton School	2:09.09	2:08.71	
	29.09	32.29	33.93	33.40				
2	Hazelgrove, Jessie			12	Trinity Episcopal School-VA	2:16.91	2:13.44	
	30.96	34.34	35.03	33.11				
3	Mulvey, Madison			8	Wakefield Country Day School	2:22.49	2:17.35	
	31.40	35.55	35.66	34.74				
4	Donohoe, Clare			FR	John Paul The Great	2:15.20	2:17.79	
	31.71	35.55	35.57	34.96				
5	Plombon, Sarah			SO	Paul VI Catholic High School	2:24.28	2:20.29	
	31.07	35.91	36.84	36.47				
6	Planchak, Kelly			SO	John Paul The Great	2:39.90	2:27.29	
	33.41	36.97	39.44	37.47				
7	Cook, Keeley			FR	Seton School	2:26.08	2:27.80	
	33.71	37.15	39.33	37.61				
8	Zapiain, Leslie			JR	Seton School	2:31.90	2:30.59	
	34.26	38.60	38.63	39.10				
9	Lambertson, Jennifer			11	Fredericksburg Christian-VA	2:30.07	2:34.17	
	34.64	38.91	40.34	40.28				
10	Yost, Katie			FR	Paul VI Catholic High School	NT	2:34.51	
	34.14	39.15	41.25	39.97				
11	Kurtenbach, Bonnie			JR	Paul VI Catholic High School	NT	2:34.95	
	32.51	38.72	41.88	41.84				
12	Mugnolo, Lydia			FR	John Paul The Great	2:29.30	2:39.36	
	35.65	39.53	42.90	41.28				
13	Lowell, Hannah			SR	Seton School	2:43.34	2:44.34	
	36.17	41.77	43.77	42.63				
14	Swientisky, Gabby			FR	Paul VI Catholic High School	NT	2:45.11	
	34.63	43.08	44.87	42.53				
15	Monroe, Sam			11	Fredericksburg Christian-VA	2:56.36	2:59.00	
			48.12	45.64				
16	Clay, Hannah			11	Fredericksburg Christian-VA	2:52.86	3:04.69	
	38.86	47.59	49.39	48.85				
17	Klainer, Lili			JR	Notre Dame Academy Swim Team	3:12.00	3:35.66	
	45.57	53.11	59.63	57.35				
---	Wittlinger, Mikey			FR	Seton School	NT	X2:37.26	
	34.29	39.07	42.46	41.44				
---	Wunderly, Bernadette			FR	Seton School	2:44.47	X2:37.91	
	34.23	40.38	41.65	41.65				
---	Marrazzo, Sally			7	Seton School	NT	X2:50.64	
	39.29	44.09	44.49	42.77				
---	Kerns, Shannon			FR	Seton School	2:43.98	X2:55.45	
	37.26	43.68	46.75	47.76				

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 4 Girls 200 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Villagomez, Christa 37.93	SO	John Paul The Great	2:55.20	X2:58.78	
--- Fusco, Emilia 1:34.53	JR	Seton School	NT	X2:59.13	
--- Geiran, Fiona 39.13 47.78 51.75 48.61	7	Seton School	NT	X3:07.27	
--- Pennefather, Ann 39.23 47.81 53.07 50.08	7	Seton School	NT	X3:10.19	
--- Smith, Caroline	FR	John Paul The Great	2:40.72	NS	
--- Kroesen, Saskia	JR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	2:02.16	NS	
--- Fusco, Sophia	8	Seton School	NT	XNS	

**Event 5 Boys 200 Yard IM**SST Record: **1:54.70** 2/17/2008 N. CookNat Cath QT: **2:14.00**VSIS QT: **2:24.15**

Name	Yr	School	Seed Time	Finals Time	Points
1 Nasakaitis, Eric 26.84 32.70 38.74 28.58	JR	Paul VI Catholic High School	2:12.68	2:06.86	
2 Dunn, Catfish 27.25 32.73 39.05 30.34	SO	Seton School	2:16.68	2:09.37	
3 Cook, Connor 28.05 32.83 40.49 29.16	SR	Seton School	2:07.00	2:10.53	
4 Yelmgren, Michael 27.10 31.70 43.49 29.09	SR	Paul VI Catholic High School	2:22.79	2:11.38	
5 Marrero, Frankie 28.95 34.54 45.31 32.80	JR	Paul VI Catholic High School	2:26.84	2:21.60	
6 Morrissey, John 30.18 38.62 42.03 33.93	FR	Paul VI Catholic High School	2:24.55	2:24.76	
7 Cronin, Dominic 31.09 35.91 45.99 37.28	FR	st Michael the Archangel	NT	2:30.27	
8 Higgins, Eric 32.33 39.42 44.46 36.09	11	Fredericksburg Christian-VA	2:22.70	2:32.30	
9 Mahoney, Bailey 33.92 38.97 53.40 36.33		Wakefield School Fighting Owls- <sup>1</sup>	2:38.84	2:42.62	
10 Verry, Matthew 34.52 44.09 47.62 38.69	JR	Seton School	2:43.13	2:44.92	
11 Koehr, Patrick 37.14 40.28 49.80 39.11	8	Seton School	2:43.23	2:46.33	
--- Kosten, Joseph 37.84 47.06 47.50 36.49	8	Seton School	NT	X2:48.89	
--- Irving, Joseph 39.57 50.05 56.47 43.17	7	Seton School	NT	X3:09.26	
--- Collins, Michael 45.25 55.09 52.10 39.40	SO	Seton School	3:28.45	X3:11.84	
--- Quinan, Peter 42.16 52.59 53.99 43.95	FR	Seton School	NT	X3:12.69	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****Event 6 Girls 200 Yard IM****SST Record: 2:11.80 2/16/2008 J. Dunn****Nat Cath QT: 2:35.00****VSIS QT: 2:34.08**

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Wunderly, Bridget 30.42 36.81 44.47	JR	Seton School	2:28.43	2:24.75	
2	Woodrum, Sally 32.93 41.51 46.04	12	Trinity Episcopal School-VA	2:40.88	2:35.55	
3	Shaw, Krista 34.66 40.47 48.79	JR	John Paul The Great	2:46.27	2:42.36	
4	O'Neill, Meghan	SO	Paul VI Catholic High School	2:46.72	2:43.21	
5	Byers, Monica 35.45 41.54 49.26	SO	Seton School	2:49.01	2:45.01	
6	Sullivan, Conner 37.23 40.80 50.49	11	Trinity Episcopal School-VA	2:44.80	2:45.35	
7	Zapiain, Sarah 35.97 43.28 49.05	SO	Seton School	2:47.21	2:48.02	
8	Covert, Mary 34.50 41.91 51.85	SO	Paul VI Catholic High School	2:56.92	2:49.21	
9	Houle, Nicole 34.11 44.21 51.92	SO	Notre Dame Academy Swim Team	2:35.00	2:50.25	
10	Astorino, Meagan 37.09 42.27 1:33.93	JR	Paul VI Catholic High School	2:52.98	2:53.29	
11	Irving, Julia 38.34 44.11 53.16	8	Seton School	3:01.05	2:55.93	
12	Harrington, Rebecca 43.96 51.36 1:00.99	11	Fredericksburg Christian-VA	NT	3:17.66	
13	Rutherford, Rachel 51.85 51.63 54.75	10	Fredericksburg Christian-VA	NT	3:22.83	
---	Gunberg, Emily 45.00 1:00.04 1:11.85	FR	Wakefield School Fighting Owls- <sup>1</sup>	3:53.30	DQ	
---	Power, Kaitlyn	JR	Paul VI Catholic High School	2:25.09	NS	

**Event 7 Boys 50 Yard Freestyle****SST Record: 21.90 12/20/2008 S.J. Hill****Nat Cath QT: 24.50****VSIS QT: 24.05**

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Basinger, David	JR	Seton School	23.68	23.56	
2	Houle, Jake	SR	Notre Dame Academy Swim Team	26.00	24.13	
3	Grant, Kevin	FR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	24.35	24.40	
4	Dunbar, Holt	10	Trinity Episcopal School-VA	24.60	24.88	
5	Hale-Kupiec, Michael	FR	Paul VI Catholic High School	25.23	25.00	
6	Pankey, Joseph	9	Trinity Episcopal School-VA	25.16	25.33	
7	Schulze, Eric	SR	Paul VI Catholic High School	26.07	25.34	
8	Kenna, Patrick	JR	Seton School	25.36	25.45	
9	Koehr, Brendan	JR	Seton School	25.42	25.65	
10	Fowler, Ward	11	Trinity Episcopal School-VA	25.16	25.69	
11	Larson, Wells	11	Trinity Episcopal School-VA	24.70	25.98	
12	Howard, Kenny	SO	Paul VI Catholic High School	26.06	26.19	
13	Schools, David	9	Fredericksburg Christian-VA	28.48	26.64	
14	O'Heir, Michael	10	Wakefield Country Day School	26.76	26.75	
15	Gilbert, Dan	JR	Paul VI Catholic High School	26.27	27.08	

## SST Swim Meet 1-16-10 - 1/16/2010

## Results

## (Event 7 Boys 50 Yard Freestyle)

Name	Yr	School	Seed Time	Finals Time	Points
16 Mahoney, Bailey		Wakefield School Fighting Owls- <sup>1</sup>	27.66	27.19	
17 Sullivan, Cptn John		Bishop Ireton Swim and Dive Te- <sup>1</sup>	27.13	27.33	
18 Sharp, Landon	9	Fredericksburg Christian-VA	33.36	27.93	
19 Smedley, Curtis	SR	Notre Dame Academy Swim Team	28.00	27.96	
20 Murphy, Timothy	8	Seton School	28.13	28.26	
21 O'Heir, Conor	9	Wakefield Country Day School	28.00	28.34	
22 Fraser, Simon	SR	Wakefield School Fighting Owls- <sup>1</sup>	30.00	28.68	
23 Sherman, Kevin	SR	Notre Dame Academy Swim Team	29.00	29.23	
24 Ray, Jake	FR	Richmond Christian School-VA	28.23	29.76	
25 Sherman, Chris	SO	Notre Dame Academy Swim Team	30.00	29.92	
26 Sampson, Matthew	SO	st Michael the Archangel	31.95	30.18	
27 Dimoff, David	JR	Notre Dame Academy Swim Team	29.00	x30.33	
28 Fraser, Will	SR	Wakefield School Fighting Owls- <sup>1</sup>	30.00	31.18	
29 Kinser, Anthony	FR	Richmond Christian School-VA	32.26	32.52	
30 Graves, Griffin	JR	Notre Dame Academy Swim Team	36.00	x32.81	
31 Yoo, Jimmy	JR	Notre Dame Academy Swim Team	33.00	x32.99	
32 VanDeusen, John	JR	st Michael the Archangel	32.63	33.47	
33 Gustafson, Leif	JR	Notre Dame Academy Swim Team	40.00	x34.77	
34 Kinser, Ryan	JR	Richmond Christian School-VA	37.11	35.84	
35 Heim, Raphael	JR	Notre Dame Academy Swim Team	38.00	x37.07	
36 D'Addio, Joey	FR	st Michael the Archangel	37.84	38.26	
37 Kim, James	11	Fredericksburg Christian-VA	NT	42.64	
--- Dovi, Matthew	SO	Paul VI Catholic High School	26.49	X26.08	
--- Mayberry, Carter	12	Trinity Episcopal School-VA	26.70	X26.16	
--- Morin, Alec	FR	st Michael the Archangel	NT	X26.56	
--- Sallade, Cooper	11	Trinity Episcopal School-VA	26.52	X26.79	
--- Lowry, Ryan	FR	Paul VI Catholic High School	27.89	X27.33	
--- Bliss, Kevin	SO	Seton School	28.36	X27.60	
--- Jacobeen, Jonathan	SR	Seton School	31.82	X29.86	
--- Schifferli, AJ	SR	Paul VI Catholic High School	NT	X29.86	
--- Gross, Ben	10	Trinity Episcopal School-VA	30.11	X30.85	
--- Shaw, Tommy	7	Seton School	32.58	X31.36	
--- Willett, Preston	11	Trinity Episcopal School-VA	30.92	X32.25	
--- Scheetz, Joseph	JR	Seton School	32.34	X32.48	
--- Pechie, Paul	7	Seton School	30.09	X33.18	
--- Cuomo, Kenneth	8	Seton School	32.08	X33.24	
--- Lambrecht, David	FR	Seton School	33.34	X33.48	
--- Manley, Michael	8	Seton School	38.81	X37.81	
--- Van de Voorde, Jude	7	Seton School	36.62	X38.22	
--- Mosimann, Paul	7	Seton School	38.96	X39.35	
--- Geiran, Jack	FR	Seton School	41.16	X40.92	
--- Hall, Patrick	JR	Seton School	37.34	X41.75	
--- Hilleary, Pat	SO	Seton School	46.66	X51.17	
--- Erba, David	JR	Notre Dame Academy Swim Team	54.00	NS	
--- Ellis, Cam	SR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	24.59	NS	
--- Absher, Andrew	8	Fredericksburg Christian-VA	43.10	NS	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****Event 8 Girls 50 Yard Freestyle**

**SST Record:** 24.72 2/13/2009 A. Doonis  
**Nat Cath QT:** 28.50  
**VSIS QT:** 27.37

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Donohoe, Lauren	JR	Seton School	24.93	25.80	
2	Talbott, Laura	SR	Seton School	26.56	27.11	
3	Woodrum, Sally	12	Trinity Episcopal School-VA	27.77	27.76	
4	Pleban, Kaley	11	Fredericksburg Christian-VA	28.04	28.01	
5	Eagal, Cassie	12	Fredericksburg Christian-VA	28.22	28.11	
6	Quinn, Emi	FR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	28.35	28.30	
7	Call, Lucy	9	Trinity Episcopal School-VA	28.37	28.33	
8	Salzano, Jackie	JR	Paul VI Catholic High School	28.36	28.55	
9	Covert, Lisa	SR	Paul VI Catholic High School	28.13	28.63	
10	Bernabeau, Alex	SO	Notre Dame Academy Swim Tean	29.00	28.75	
11	Staneart, Kellyn	FR	Richmond Christian School-VA	29.52	28.80	
12	Spivack, Cara	SO	Bishop Ireton Swim and Dive Te- <sup>1</sup>	28.41	28.89	
13	McGrath, Ashley	SR	Paul VI Catholic High School	28.62	28.91	
14	Barnes, Carly	11	Trinity Episcopal School-VA	28.59	28.96	
15	Irwin, Madee		Bishop Ireton Swim and Dive Te- <sup>1</sup>	29.06	29.13	
16	Kuhlman, Meg	11	Trinity Episcopal School-VA	29.24	29.43	
17	Lambrecht, Rachel	JR	Seton School	30.11	29.58	
18	Santoro, Lyndsay	SR	Wakefield School Fighting Owls- <sup>1</sup>	31.13	29.97	
19	Stiehm, Claire		Wakefield School Fighting Owls- <sup>1</sup>	30.34	29.98	
20	Weimer, Kate	FR	Wakefield School Fighting Owls- <sup>1</sup>	30.02	30.07	
21	Cole, Rachel	JR	Wakefield School Fighting Owls- <sup>1</sup>	30.12	30.15	
22	Swauger, Abby	11	Fredericksburg Christian-VA	31.00	30.19	
23	McGurk, Sarah	SO	Seton School	30.71	30.69	
24	Pleban, Tessa	9	Fredericksburg Christian-VA	30.59	30.85	
25	Hutcheson, Haleigh	SO	Wakefield School Fighting Owls- <sup>1</sup>	31.78	x30.92	
26	Lariviere, Sasha	SR	Paul VI Catholic High School	30.80	30.96	
27	Flanagan, Casey	SO	John Paul The Great	30.78	31.56	
28	Myrvold, Maureen	SO	John Paul The Great	34.30	32.23	
29	Carmarca, Maria	FR	st Michael the Archangel	34.38	32.88	
30	Gorman, Jackie	FR	Wakefield School Fighting Owls- <sup>1</sup>	40.00	x34.36	
31	York, Sammi	SR	Notre Dame Academy Swim Tean	33.00	35.07	
32	Glascock, Samantha	SO	John Paul The Great	36.97	36.36	
33	Mandese, Jessica	SO	st Michael the Archangel	36.41	36.84	
34	Ray, Jamie	SR	Richmond Christian School-VA	39.55	37.58	
35	Wenner, Melanie	8	Richmond Christian School-VA	37.29	37.85	
36	Klainer, Lili	JR	Notre Dame Academy Swim Tean	38.00	39.44	
---	Meruvia, Maddie	SR	Paul VI Catholic High School	32.44	X29.11	
---	Baldwin, Emma	JR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	30.09	X29.47	
---	Chandler, Cpnt D'Elia	SR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	30.15	X29.73	
---	Sullivan, Conner	11	Trinity Episcopal School-VA	29.78	X29.76	
---	Camardella, Tori	SO	Bishop Ireton Swim and Dive Te- <sup>1</sup>	29.83	X29.98	
---	Sullivan, Brenna	9	Trinity Episcopal School-VA	29.41	X30.11	
---	Herzog, Laure	SR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	29.46	X30.12	
---	Astorino, Meagan	JR	Paul VI Catholic High School	NT	X30.14	
---	Knowles, Haley	SR	Paul VI Catholic High School	NT	X30.17	
---	Muskett, Ashley	JR	Paul VI Catholic High School	31.13	X31.13	
---	Kondas, Katie	SR	Paul VI Catholic High School	NT	X31.33	
---	Soos, Christen	FR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	29.85	X31.89	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 8 Girls 50 Yard Freestyle)**

<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
---	Swientisky, Gabby	FR Paul VI Catholic High School	NT	X32.23	
---	Dean, Maddy	10 Trinity Episcopal School-VA	31.94	X32.25	
---	Lowell, Emily	8 Seton School	34.08	X32.26	
---	Heim, Sarah	8 Seton School	33.01	X32.56	
---	Fusco, Sophia	8 Seton School	36.98	X32.80	
---	D'Alelio, Christina	SO Paul VI Catholic High School	NT	X32.90	
---	Rogers, Lizzie	JR Seton School	32.98	X32.98	
---	Verry, Theresa	FR Seton School	32.70	X33.37	
---	Le, Claribel	FR Paul VI Catholic High School	36.58	X33.54	
---	Murphy, Maggie	SO Seton School	31.29	X33.59	
---	Cummings, Judith	SO Seton School	32.33	X33.70	
---	Cosner, Lindsey	7 Fredericksburg Christian-VA	32.78	X33.83	
---	Crean, Liz	SO John Paul The Great	36.27	X34.35	
---	Bauernfeind, Bethany	FR Paul VI Catholic High School	NT	X34.71	
---	Schmitz, Friederike	FR John Paul The Great	34.60	X35.10	
---	Walker, Norma	SR Paul VI Catholic High School	34.73	X35.90	
---	Geiran, Fiona	7 Seton School	34.82	X36.59	
---	Applebaugh, Drew	11 Trinity Episcopal School-VA	31.87	X38.21	
---	Byrnes, Katie	10 Fredericksburg Christian-VA	38.20	X38.76	
---	Mullen, Veronica	FR John Paul The Great	39.24	X38.98	
---	Woodard, Carley	10 Fredericksburg Christian-VA	41.15	X39.10	
---	Sullivan, Karley	8 Fredericksburg Christian-VA	38.88	X39.69	
---	Salas, Ali	FR Seton School	38.71	X39.88	
---	Seoh, Fiona	8 Seton School	38.74	X40.12	
---	Lennen, Kathleen	JR Paul VI Catholic High School	NT	X42.68	
---	Kim, Hyojin	FR Paul VI Catholic High School	43.90	X46.73	
---	Shevock, Kelsey	SR Notre Dame Academy Swim Team	39.00	NS	
---	Carias, Maria	SO John Paul The Great	48.39	NS	
---	Trueman, Elizabeth	JR Paul VI Catholic High School	NT	XNS	
---	Buising, Charlie	FR Bishop Ireton Swim and Dive Te-1	30.68	XNS	
---	Irwin, E V A	Bishop Ireton Swim and Dive Te-1	30.63	XNS	
---	Hargroder, Lydia	FR John Paul The Great	56.10	XNS	

**Event 9 Boys 1 mtr Diving**

<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals Score</b>	<b>Points</b>
1	Ebeling, Steve	10 Trinity Episcopal School-VA	NT	175.20
2	Duran, Joseph	Seton School	NT	144.65
3	Kassis, Mickey	SR Paul VI Catholic High School	93.52	101.35
4	Koniszewski, Jake	Paul VI Catholic High School	NT	98.75
5	Manley, Michael	8 Seton School	NT	87.35
6	Chrisinger, Kevin	SR Paul VI Catholic High School	84.38	53.10

**Event 10 Girls 1 mtr Diving**

<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals Score</b>	<b>Points</b>
1	Cochran, Nicole	10 Trinity Episcopal School-VA	NT	177.65
2	Denny, Sarah	9 Trinity Episcopal School-VA	NT	158.05
3	Duran, Ann	Seton School	NT	129.75
4	Zapiain, Sarah	SO Seton School	92.15	120.40
5	Higginbottom, Keziah	8 Seton School	72.35	94.95
6	Duran, Mary	Seton School	NT	92.55
---	Holmes, Carolyn	Seton School	NT	X72.70
---	Ostrich, Kristie	Seton School	NT	X83.80

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 10 Girls 1 mtr Diving)**

Name	Yr	School	Finals Score	Points
--- Bartnick, Shannon		Seton School	68.60	NS

**Event 11 Boys 100 Yard Butterfly**

SST Record: 52.71 1/10/2009 S.J. Hill

Nat Cath QT: 58.50

VSIS QT: 1:02.60

Name	Yr	School	Seed Time	Finals Time	Points
1 MacDonald, Cptn Angus Beel 24.24 27.44	SR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	51.05	51.68	
2 Hill, Jameson 24.52 27.24	SR	Seton School	52.71	51.76	
3 Martinez, Marcus 25.89 31.99	SR	Paul VI Catholic High School	1:00.90	57.88	
4 Ellis, Cptm Crnch Sam 28.67 32.81	SR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:00.55	1:01.48	
5 Marrero, Frankie 29.19 33.70	JR	Paul VI Catholic High School	1:02.33	1:02.89	
6 Quint, Marcus 31.14 34.74	FR	Paul VI Catholic High School	1:03.93	1:05.88	
7 Koehr, Daniel 29.59 37.17	SR	Seton School	1:15.54	1:06.76	
8 Gibbons, Patrick 29.66 37.87	SR	Paul VI Catholic High School	1:15.30	1:07.53	
9 Moore, Sean 31.91 39.24	8	Richmond Christian School-VA	1:13.96	1:11.15	
10 Andrews, Seth 33.07 42.55	10	Fredericksburg Christian-VA	1:15.28	1:15.62	
11 Minarik, Andrew 36.01 43.33	SR	Seton School	1:22.21	1:19.34	
12 Rosato, Jonathan 37.99 43.29	JR	Seton School	1:21.23	1:21.28	
--- Morin, Alec 30.32 35.93	FR	st Michael the Archangel	1:09.45	X1:06.25	
--- Hill, Michael 36.41 46.58	SO	Seton School	NT	X1:22.99	
--- Pechie, Paul 43.34 57.89	7	Seton School	NT	X1:41.23	
--- Lambrecht, David 49.47 1:02.67	FR	Seton School	NT	X1:52.14	
--- Quinan, Peter 44.43 56.71	FR	Seton School	NT	XDQ	

**Event 12 Girls 100 Yard Butterfly**

SST Record: 1:02.21 12/1/2007 J, Dunn

Nat Cath QT: 1:10.50

VSIS QT: 1:09.83

Name	Yr	School	Seed Time	Finals Time	Points
1 DuMez, Rachel 29.48 33.51	9	Wakefield Country Day School	1:03.82	1:02.99	
2 Doonis, Alex 29.75 35.19	SO	Seton School	1:07.60	1:04.94	
3 Claybrooks, Carolyn 32.60 36.63	SR	Seton School	1:09.60	1:09.23	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 12 Girls 100 Yard Butterfly)**

Name	Yr	School	Seed Time	Finals Time	Points
4 Quint, Christina 31.93 37.50	SR	Paul VI Catholic High School	1:05.57	1:09.43	
5 Hazelgrove, Jessie 31.86 38.74	12	Trinity Episcopal School-VA	1:10.52	1:10.60	
6 Donohoe, Clare 33.34 38.27	FR	John Paul The Great	1:10.93	1:11.61	
7 Bennett, Lucy 33.90 40.77	SO	Seton School	1:16.72	1:14.67	
8 Houle, Morgan 35.43 45.02	SO	Notre Dame Academy Swim Team	1:22.00	1:20.45	
9 Schmank, Katie 38.16 45.51	JR	Paul VI Catholic High School	1:21.15	1:23.67	
10 Carome, Mary 39.21 44.81	FR	Paul VI Catholic High School	1:21.38	1:24.02	
11 Monroe, Sam 42.89 52.85	11	Fredericksburg Christian-VA	1:38.54	1:35.74	
12 Rivera, Kelly 47.83 52.12	10	Fredericksburg Christian-VA	NT	1:39.95	
--- Dillon, Isabella 34.96 42.69	7	Fredericksburg Christian-VA	1:15.82	X1:17.65	
--- Lariviere, Margaret 36.47 46.22	JR	Paul VI Catholic High School	1:30.00	X1:22.69	
--- Utley, Leah 38.97 45.67	JR	Paul VI Catholic High School	1:25.96	X1:24.64	
--- Stiehm, Claire 48.18 56.33		Wakefield School Fighting Owls- <sup>1</sup>	1:20.00	DQ	
--- Morrison, Leah 43.50 51.77	SO	John Paul The Great	1:18.10	DQ	
--- Power, Kaitlyn	JR	Paul VI Catholic High School	1:07.38	NS	

**Event 13 Boys 100 Yard Freestyle**

SST Record: 45.76 1/31/2009 S. J. Hill

Nat Cath QT: 53.00

VSIS QT: 53.56

Name	Yr	School	Seed Time	Finals Time	Points
1 Yelmgren, Michael 23.90 25.27	SR	Paul VI Catholic High School	49.80	49.17	
2 Basinger, David 24.83 27.12	JR	Seton School	52.29	51.95	
3 Grant, Kevin 26.72 29.06	FR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	55.73	55.78	
4 Dunbar, Holt 26.72 29.62	10	Trinity Episcopal School-VA	56.93	56.34	
5 Gormley, Ryan 27.86 29.79	JR	Paul VI Catholic High School	1:00.86	57.65	
6 Kenna, Joseph 27.98 30.80	8	Seton School	57.32	58.78	
7 Fowler, Ward 27.87 31.24	11	Trinity Episcopal School-VA	59.11	59.11	
8 Schulze, Eric 27.98 32.02	SR	Paul VI Catholic High School	59.92	1:00.00	
9 Larson, Wells 28.43 31.65	11	Trinity Episcopal School-VA	59.16	1:00.08	
10 Mayberry, Carter	12	Trinity Episcopal School-VA	1:01.38	1:00.50	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 13 Boys 100 Yard Freestyle)**

<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
11 Gilbert, Dan 29.78 31.87	JR	Paul VI Catholic High School	1:01.35	1:01.65	
12 McDonald, Tavish 28.82 32.92	8	Wakefield School Fighting Owls- <sup>1</sup>	NT	1:01.74	
13 Borneman, Ben 28.39 33.70	FR	John Paul The Great	1:00.00	1:02.09	
14 Moore, Eric 31.63 32.77	SO	Richmond Christian School-VA	1:05.61	1:04.40	
15 Murphy, Timothy 30.59 34.06	8	Seton School	1:03.12	1:04.65	
16 Smedley, Curtis 31.19 34.18	SR	Notre Dame Academy Swim Team	1:12.00	1:05.37	
17 Weidenhoeft, Tim 31.69 34.39	9	Fredericksburg Christian-VA	1:16.91	1:06.08	
18 Jacobeen, Jonathan 31.67 35.10	SR	Seton School	1:00.68	1:06.77	
19 Fraser, Simon 30.88 38.00	SR	Wakefield School Fighting Owls- <sup>1</sup>	1:10.00	1:08.88	
20 Sherman, Kevin	SR	Notre Dame Academy Swim Team	1:14.00	1:11.03	
21 Ray, Jake 32.51 38.63	FR	Richmond Christian School-VA	1:09.94	1:11.14	
22 Fletcher, Nick 34.63 36.89	SR	Notre Dame Academy Swim Team	1:12.00	1:11.52	
23 Nicholes, Matthew 33.92 37.66	FR	Notre Dame Academy Swim Team	1:16.00	1:11.58	
24 Barham, Bret 35.05 39.04	9	Fredericksburg Christian-VA	NT	1:14.09	
25 Dimoff, David 35.24 40.57	JR	Notre Dame Academy Swim Team	1:12.00	x1:15.81	
26 Dolan, Phillip 35.67 42.26	FR	Wakefield School Fighting Owls- <sup>1</sup>	1:20.59	1:17.93	
27 Sampson, John 36.00 42.38	FR	st Michael the Archangel	NT	1:18.38	
28 Fraser, Will 34.81 44.36	SR	Wakefield School Fighting Owls- <sup>1</sup>	1:10.00	1:19.17	
29 Kinser, Ryen 39.55 44.85	JR	Richmond Christian School-VA	1:32.14	1:24.40	
30 D'Addio, Joey 44.79 47.35	FR	st Michael the Archangel	NT	1:32.14	
--- Dovi, Matthew 28.81 31.02	SO	Paul VI Catholic High School	1:04.59	X59.83	
--- Bliss, Kevin 30.19 33.05	SO	Seton School	1:03.81	X1:03.24	
--- Ellis, Tommy 32.17 33.29	9	Trinity Episcopal School-VA	1:05.50	X1:05.46	
--- Verry, Matthew 31.92 34.72	JR	Seton School	1:19.26	X1:06.64	
--- Gross, Ben 33.07 36.52	10	Trinity Episcopal School-VA	NT	X1:09.59	
--- Collins, Michael 33.40 38.01	SO	Seton School	1:14.08	X1:11.41	
--- Irving, Joseph 34.32 37.66	7	Seton School	1:20.70	X1:11.98	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 13 Boys 100 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Shaw, Tommy 33.55 39.11	7	Seton School	1:13.63	X1:12.66	
--- Cuomo, Kenneth 36.16 37.05	8	Seton School	1:26.40	X1:13.21	
--- Corkery, Jack 34.87 40.77	FR	Seton School	1:22.73	X1:15.64	
--- Harrington, David 36.08 40.89	7	Fredericksburg Christian-VA	1:24.19	X1:16.97	
--- Mosimann, James 34.89 42.98	FR	Seton School	1:19.80	X1:17.87	
--- Van de Voorde, Jude 41.65 46.03	7	Seton School	1:29.50	X1:27.68	
--- Hilleary, Pat 53.92 1:04.94	SO	Seton School	2:03.48	X1:58.86	
--- Rohan, Peter	FR	Seton School	1:53.18	XNS	
--- Absher, Andrew	8	Fredericksburg Christian-VA	1:31.22	NS	
--- Sullivan, Cptn John		Bishop Ireton Swim and Dive Te- <sup>1</sup>	NT	NS	
--- Knowles, Tim	FR	Paul VI Catholic High School	NT	XNS	
--- Erba, David	JR	Notre Dame Academy Swim Team	2:00.00	NS	

**Event 14 Girls 100 Yard Freestyle**SST Record: **54.15** 2/13/2009 **L. Donohoe**Nat Cath QT: **1:01.50**VSIS QT: **1:00.26**

Name	Yr	School	Seed Time	Finals Time	Points
1 Donohoe, Lauren 26.99 29.44	JR	Seton School	54.15	56.43	
2 Rogers, Cat 27.44 30.78	SO	Seton School	59.56	58.22	
3 Becht, Laura 28.60 32.28	JR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:02.55	1:00.88	
4 Overby, Ellen 29.98 32.77	9	Trinity Episcopal School-VA	1:04.99	1:02.75	
5 Mulvey, Madison 29.76 33.48	8	Wakefield Country Day School	1:01.17	1:03.24	
6 Quinn, Emi 30.28 33.89	FR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:06.17	1:04.17	
7 Freeman, Julia 30.40 34.75	JR	Paul VI Catholic High School	1:03.21	1:05.15	
8 Santoro, Lyndsay 32.03 35.65	SR	Wakefield School Fighting Owls- <sup>1</sup>	1:15.00	1:07.68	
9 Mugnolo, Lydia 31.79 36.15	FR	John Paul The Great	1:07.07	1:07.94	
10 Astorino, Meagan 33.02 35.34	JR	Paul VI Catholic High School	1:09.58	1:08.36	
11 Byers, Monica 33.35 36.64	SO	Seton School	1:07.93	1:09.99	
12 Flanagan, Casey 34.44 36.48	SO	John Paul The Great	1:10.36	1:10.92	
13 Kondas, Katie 34.29 36.91	SR	Paul VI Catholic High School	1:12.90	1:11.20	
14 Pressley, Mary Kathryn 32.81 38.90	8	Fredericksburg Christian-VA	1:13.18	1:11.71	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 14 Girls 100 Yard Freestyle)**

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
15	Heckman, Michaela	FR	st Michael the Archangel	NT	1:12.38	
16	Lariviere, Sasha 34.07 38.39	SR	Paul VI Catholic High School	1:12.42	1:12.46	
17	Morrison, Leah 36.11 36.42	SO	John Paul The Great	1:12.00	1:12.53	
18	Britton, Katharine 35.53 38.06	FR	st Michael the Archangel	NT	1:13.59	
*19	Mosimann, Monica 34.43 40.01	JR	Seton School	1:10.68	1:14.44	
*19	Zontine, Hannah 36.09 38.35	FR	Wakefield School Fighting Owls- <sup>v</sup>	1:20.00	1:14.44	
21	Long, Ruth 35.73 39.15	SO	John Paul The Great	1:15.20	1:14.88	
22	Farmer, Sheridan 36.95 41.13	8	Fredericksburg Christian-VA	1:18.79	1:18.08	
23	Simon, Alex 38.08 40.42	FR	Wakefield School Fighting Owls- <sup>v</sup>	1:55.00	1:18.50	
24	Clay, Hannah 36.57 42.79	11	Fredericksburg Christian-VA	1:15.85	1:19.36	
25	Gilmore, Courtney 36.78 43.24	SR	Notre Dame Academy Swim Team	1:22.00	1:20.02	
26	Wenner, Melanie 39.96 44.03	8	Richmond Christian School-VA	1:23.65	1:23.99	
27	Martin, Rachel 38.48 46.98	SO	Wakefield School Fighting Owls- <sup>v</sup>	1:25.00	1:25.46	
28	Shevock, Kelsey 38.96 50.16	SR	Notre Dame Academy Swim Team	1:23.00	1:29.12	
29	Sullivan, Jenna 42.46 48.17	11	Fredericksburg Christian-VA	1:30.42	1:30.63	
30	Gunberg, Emily 41.24 51.19	FR	Wakefield School Fighting Owls- <sup>v</sup>	1:30.72	x1:32.43	
31	Fortney, Julie 43.45 54.88	SO	Wakefield School Fighting Owls- <sup>v</sup>	1:36.55	x1:38.33	
32	Brown, Emily 49.38 58.39	FR	Wakefield School Fighting Owls- <sup>v</sup>	2:20.00	x1:47.77	
33	Gilmore, Caitlin	FR	Wakefield School Fighting Owls- <sup>v</sup>	2:00.00	x1:55.14	
---	Chandler, Cpnt D'Elia 31.47 33.40	SR	Bishop Ireton Swim and Dive Te- <sup>v</sup>	1:11.97	X1:04.87	
---	Callahan, Meg 35.07 36.78	SO	Paul VI Catholic High School	1:15.84	X1:11.85	
---	Myrvold, Maureen 13.50 59.64	SO	John Paul The Great	1:15.92	X1:13.14	
---	Moghtadaie, Daniela 35.62 40.05	SO	John Paul The Great	1:22.20	X1:15.67	
---	Crean, Liz 36.35 41.67	SO	John Paul The Great	1:21.96	X1:18.02	
---	Baldacci, Spencer 36.24 42.13	JR	Paul VI Catholic High School	1:15.76	X1:18.37	
---	D'Alelio, Christina 37.03 41.67	SO	Paul VI Catholic High School	1:14.29	X1:18.70	
---	Schmitz, Friederike 37.13 42.74	FR	John Paul The Great	1:21.85	X1:19.87	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 14 Girls 100 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Walker, Norma 39.87 43.19	SR	Paul VI Catholic High School	1:22.73	X1:23.06	
--- Armstrong, Loxi 41.20 45.74	SO	John Paul The Great	1:31.16	X1:26.94	
--- Salas, Ali 43.78 52.19	FR	Seton School	1:33.21	X1:35.97	
--- Lennen, Kathleen 51.13 1:03.47	JR	Paul VI Catholic High School	NT	X1:54.60	
--- Bradon, Taylor	SO	Richmond Christian School-VA	NT	NS	
--- Trueman, Elizabeth	JR	Paul VI Catholic High School	NT	XNS	
--- Irwin, Madee		Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:08.38	XNS	
--- Herzog, Laure	SR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:05.57	NS	

**Event 15 Boys 500 Yard Freestyle****SST Record: 4:29.41 2/13/2009 S.J. Hill****Nat Cath QT: 5:20.00****VSIS QT: 5:40.76**

Name	Yr	School	Seed Time	Finals Time	Points
1 Nasakaitis, Eric 26.31 29.77 30.61 31.39 29.68	JR	Paul VI Catholic High School	5:05.53 32.60	5:06.32	
2 Cook, Connor 27.66 30.91 32.47 33.77 31.99	SR	Seton School	4:59.36 33.27	5:22.68	
3 Smith, Jamie 30.48 34.24 35.33 34.76 32.67	8	Seton School	6:15.11 35.96	5:45.92	
4 Houle, Jake 29.18 32.57 33.72 37.89 34.60	SR	Notre Dame Academy Swim Team	6:00.00 37.52	5:49.34	
5 Hale-Kupiec, Michael 29.15 1:51.49 39.12	FR	Paul VI Catholic High School	NT 40.30 40.51 40.58 1:17.49	6:18.64	
6 Gibbons, Patrick 1:06.88	SR	Paul VI Catholic High School	6:24.52 22.78	6:23.95	
7 Koehr, Brendan 32.70 39.07 41.61 42.40 38.25	JR	Seton School	6:44.37 44.20	6:50.42	
8 Kosten, Thomas 33.42 39.10 42.27	SO	Seton School	6:46.96 43.28 42.82 3:33.73	6:54.62	
9 Brad, Sam 35.66 41.89 43.54 44.39 43.01	11	Fredericksburg Christian-VA	7:21.29 43.99	7:07.44	
--- Marrazzo, Luke 31.68 37.46 42.21 43.50 37.26	FR	Seton School	NT 44.29 43.24 42.69 43.11 42.89	X6:48.33	

## SST Swim Meet 1-16-10 - 1/16/2010

## Results

## Event 16 Girls 500 Yard Freestyle

SST Record: 5:06.98 2/1/1999 K. Shipko

Nat Cath QT: 5:40.00

VSIS QT: 6:09.52

Name	Yr	School	Seed Time	Finals Time	Points
1 Wunderly, Bridget	JR	Seton School	5:43.17	5:37.61	
30.40 33.25 33.73	34.08 34.43 34.64 34.79	34.51			
34.60 33.18					
2 McGrath, Ashley	SR	Paul VI Catholic High School	6:24.28	6:31.13	
33.11 37.08 38.27	39.21 39.38 40.79 41.54	41.81			
40.76 39.18					
3 O'Neill, Meghan	SO	Paul VI Catholic High School	NT	6:32.73	
33.16 36.41 39.64	41.18 40.66 41.01 41.64	41.30			
42.27 35.46					
4 Covert, Lisa	SR	Paul VI Catholic High School	NT	6:34.39	
32.84 37.69 39.16	40.61 41.04 41.59 41.53	40.67			
1:19.51					
5 Houle, Morgan	SO	Notre Dame Academy Swim Team	6:55.00	6:35.72	
33.40 38.10 39.74	41.30 40.76 41.75 41.74	41.53			
41.14 36.26					
6 Zapiain, Leslie	JR	Seton School	6:39.90	6:38.37	
33.76 38.58 39.98	40.36 40.84 41.41 41.16	42.19			
40.77 39.32					
7 Bennett, Lucy	SO	Seton School	6:42.19	6:39.68	
33.03 38.94 40.45	41.08 41.48 41.77 41.28	42.78			
40.67 38.20					
8 Cole, Rachel	JR	Wakefield School Fighting Owls- <sup>1</sup>	6:49.63	6:47.21	
33.71 38.30 39.86	40.75 41.02 41.83 42.25	43.38			
44.06 42.05					
9 Utley, Leah	JR	Paul VI Catholic High School	7:05.52	6:55.00	
35.94 40.54 42.04	42.95 42.78 43.16 43.66	43.10			
41.86 38.97					
10 Dean, Maddy	10	Trinity Episcopal School-VA	7:30.10	7:00.20	
37.15 40.21 41.66	42.38 43.41 44.65 43.82	44.18			
42.65 40.09					
11 Wunderly, Bernadette	FR	Seton School	7:21.38	7:12.21	
35.32 40.54 41.71	43.67 45.28 45.92 45.78	45.38			
45.86 42.75					
12 Palmeri, Kaylin	8	Fredericksburg Christian-VA	NT	8:01.09	
39.09 47.00 49.14	48.08 1:40.17 51.55 52.10	1:33.96			
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Lowell, Emily	8	Seton School	7:30.60	X7:20.16	
36.45 42.55 45.58	45.33 45.70 47.06 46.42	45.99			
44.23 40.85					
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Lowell, Hannah	SR	Seton School	7:29.26	X7:21.63	
40.03 43.98 45.39	44.97 45.28 46.15 45.64	44.75			
44.01 41.43					
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Cummings, Judith	SO	Seton School	8:01.36	X7:48.58	
38.42 45.07 46.96	48.69 48.13 49.84 50.09	49.31			
47.27 44.80					
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Kerns, Shannon	FR	Seton School	7:29.14	X7:54.13	
36.92 43.06 46.88	49.40 49.89 49.95 50.65	50.19			
49.84 47.35					
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Marrazzo, Sally	7	Seton School	NT	X8:00.84	
39.05 44.54 1:40.29	52.14 48.74 51.36 52.64	51.33			
52.91					

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 16 Girls 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Pennefather, Ann	7	Seton School	NT	X8:33.08	
39.60 49.77		1:52.88	54.18		
2:32.94					
--- Verry, Theresa	FR	Seton School	8:02.94	XDQ	
36.36 41.80 46.24	44.93 44.60 45.25	48.00	46.14		
42.82 42.94					

**Event 17 Boys 200 Yard Freestyle Relay****SST Record: 1:33.21 2/17/2008 Cook, Koehr, Cook, Koehr****Nat Cath QT: 1:37.00****VSIS QT: 1:42.24**

Team	Relay	Seed Time	Finals Time	Points
1 Seton School	A	1:39.13	1:37.66	
1) Kenna, Patrick JR	2) Kenna, Joseph 8	3) Dunn, Catfish SO	4) Koehr, Daniel SR	
25.15 25.52 23.61	23.38			
2 Paul VI Catholic High School	A	1:29.69	1:39.29	
1) Quint, Marcus FR	2) Wiltshire, James SR	3) Howard, Kenny SO	4) Marrero, Frankie JR	
25.29 25.19 25.12	23.69			
3 Trinity Episcopal School-VA	A	1:39.91	1:41.13	
1) Mayberry, Carter 12	2) Dunbar, Holt 10	3) Larson, Wells 11	4) Hodges, Hayden 12	
26.17 25.05 25.64	24.27			
4 Paul VI Catholic High School	B	NT	1:44.25	
1) Schulze, Eric SR	2) Morrissey, John FR	3) Gormley, Ryan JR	4) Gilbert, Dan JR	
25.75 25.58 25.60	27.32			
5 Fredericksburg Christian-VA	A	1:51.83	1:45.45	
1) Schools, David 9	2) Sharp, Landon 9	3) Andrews, Seth 10	4) Higgins, Eric 11	
26.69 27.56 26.05	25.15			
6 Seton School	B	1:48.44	1:46.90	
1) Koehr, Brendan JR	2) Murphy, Timothy 8	3) Bliss, Kevin SO	4) Smith, Jamie 8	
25.88 27.65 26.84	26.53			
7 Notre Dame Academy Swim	A	1:57.00	1:49.40	
1) Houle, Jake SR	2) Smedley, Curtis SR	3) Sherman, Kevin SR	4) Fletcher, Nick SR	
24.83 27.42 28.22	28.93			
8 Trinity Episcopal School-VA	B	1:54.09	1:56.83	
1) Fowler, Ward 11	2) Ellis, Tommy 9	3) Willett, Preston 11	4) Gross, Ben 10	
26.13 29.28 31.92	29.50			
9 Richmond Christian School-V	A	1:54.84	1:58.83	
1) Moore, Eric SO	2) Kinser, Anthony FR	3) Ray, Jake FR	4) Moore, Sean 8	
28.48 32.42 30.62	27.31			
10 Fredericksburg Christian-VA	B	2:02.02	1:59.06	
1) Weidenhoeft, Tim 9	2) Barham, Bret 9	3) Martone, Luke 11	4) Brad, Sam 11	
29.74 30.03 29.15	30.14			
11 Wakefield School Fighting Ov	A	NT	2:03.76	
1) Fraser, Simon SR	2) Dolan, Phillip FR	3) Fraser, Will SR	4) Mahoney, Bailey	
29.14 34.11 33.01	27.50			
12 st Michael the Archangel	A	NT	2:06.89	
1) Sampson, Matthew SO	2) Sampson, John FR	3) VanDeusen, John JR	4) Cronin, Dominic FR	
31.42 35.13 32.57	27.77			
--- Paul VI Catholic High School	C	NT	X1:49.41	
1) Dovi, Matthew SO	2) Lowry, Ryan FR	3) Knowles, Tim FR	4) Schifferli, AJ SR	
26.95 28.36 23.90	30.20			
--- Seton School	F	2:05.60	X2:05.25	
1) Koehr, Patrick 8	2) Rosato, Jonathan JR	3) Kosten, Joseph 8	4) Corkery, Jack FR	
29.46 15.61 18.23	1:01.95			

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 17 Boys 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
--- Seton School	E	2:05.29	X2:07.75	
1) Hill, Michael SO 28.75 30.53 34.19	2) Verry, Matthew JR 34.28	3) Cuomo, Kenneth 8	4) Lambrecht, David FR	
--- Seton School	D	2:05.32	X2:09.63	
1) Kosten, Thomas SO 29.19 32.13 30.45	2) Irving, Joseph 7 37.86	3) Jacobeen, Jonathan SR	4) Quinan, Peter FR	
--- Seton School	H	2:19.06	X2:10.46	
1) Marrazzo, Luke FR 28.01 30.83 31.62	2) Minarik, Andrew SR 40.00	3) Mosimann, James FR	4) Hall, Patrick JR	
--- Seton School	G	2:13.82	X2:17.69	
1) Pechie, Paul 7 33.94 33.40 32.77	2) Shaw, Tommy 7 37.58	3) Scheetz, Joseph JR	4) Manley, Michael 8	
--- Seton School	C	2:08.95	X2:20.55	
1) Shaw, Steven FR 28.34 41.57 31.77	2) Geiran, Jack FR 38.87	3) Collins, Michael SO	4) Van de Voorde, Jude 7	
--- Fredericksburg Christian-VA	C	2:50.00	XNS	
1) Chang, Brandon 8	2) Kim, James 11	3) Absher, Andrew 8	4) Harrington, David 7	
--- Notre Dame Academy Swim	B	3:05.00	NS	
1) Erba, David JR	2) Heim, Raphael JR	3) Graves, Griffin JR	4) Gustafson, Leif JR	

**Event 18 Girls 200 Yard Freestyle Relay****SST Record: 1:40.99 2/13/2009 Doonis,Rogers,Talbott,Donohoe****Nat Cath QT: 1:48.50****VSIS QT: 1:55.34**

Team	Relay	Seed Time	Finals Time	Points
1 Seton School	A	1:40.99	1:45.76	
1) Claybrooks, Carolyn SR 27.61 25.86 26.20	2) Doonis, Alex SO 26.09	3) Rogers, Cat SO	4) Donohoe, Lauren JR	
2 Fredericksburg Christian-VA	A	1:58.42	1:55.01	
1) Lambertson, Jennifer 11 29.50 30.02 27.91	2) Swauger, Abby 11 27.58	3) Eagal, Cassie 12	4) Pleban, Kaley 11	
3 Paul VI Catholic High School	A	1:49.41	1:55.37	
1) Plombon, Sarah SO 29.58 27.39 28.75	2) Quint, Christina SR 29.65	3) Salzano, Jackie JR	4) Kurtenbach, Bonnie JR	
4 Trinity Episcopal School-VA	A	1:55.39	1:55.90	
1) Hazelgrove, Jessie 12 28.35 30.22 28.85	2) Sullivan, Conner 11 28.48	3) Overby, Ellen 9	4) Barnes, Carly 11	
5 Bishop Ireton Swim and Dive	A	NT	2:00.04	
1) Irwin, Madee 29.04 32.62 28.89	2) Chandler, Cpnt D'Elia SR 29.49	3) Quinn, Emi FR	4) Soos, Christen FR	
6 Paul VI Catholic High School	B	NT	2:04.25	
1) Knowles, Haley SR 30.14 31.08 30.95	2) Lariviere, Sasha SR 32.08	3) Muskett, Ashley JR	4) Early, Krista SO	
7 Seton School	B	2:04.07	2:04.54	
1) Irving, Julia 8 30.80 30.02 31.30	2) McGurk, Sarah SO 32.42	3) Bennett, Lucy SO	4) Zapiain, Leslie JR	
8 Trinity Episcopal School-VA	B	2:01.26	2:04.57	
1) Kuhlman, Meg 11 30.24 31.90 33.31	2) Applebaugh, Drew 11 29.12	3) Dean, Maddy 10	4) Sullivan, Brenna 9	
9 Notre Dame Academy Swim	A	2:11.00	2:05.13	
1) Gilmore, Courtney SR 29.57 31.31 35.96	2) Houle, Nicole SO 28.29	3) Bernabeau, Alex SO	4) Houle, Morgan SO	
10 Wakefield School Fighting Ov	A	2:04.38	2:05.68	
1) Weimer, Kate FR 31.98 33.59 28.67	2) Hutcheson, Haleigh SO 31.44	3) Santoro, Lyndsay SR	4) Cole, Rachel JR	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 18 Girls 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
11 John Paul The Great	A	2:20.20	2:05.85	
1) Shaw, Krista JR	2) Long, Ruth SO	3) Planchak, Kelly SO	4) Flanagan, Casey SO	
32.22 32.91 28.86 31.86				
12 Fredericksburg Christian-VA	B	2:18.81	2:08.70	
1) Pressley, Mary Kathryn 8	2) Rutherford, Rachel 10	3) Harrington, Rebecca 11	4) Pleban, Tessa 9	
33.16 32.58 31.76 31.20				
13 Wakefield School Fighting Ov	B	2:37.26	2:13.73	
1) Zontine, Hannah FR	2) Gorman, Jackie FR	3) Dickson, Marianna FR	4) Stiehm, Claire	
32.92 36.85 34.63 29.33				
14 st Michael the Archangel	A	NT	2:14.30	
1) Carmarca, Maria FR	2) Mandese, Jessica SO	3) Britton, Katharine FR	4) Heckman, Michaela FR	
44.34 25.78 32.99 31.19				
15 Paul VI Catholic High School	D	NT	x2:15.20	
1) Walker, Norma SR	2) Le, Claribel FR	3) Bauernfeind, Bethany FR	4) Callahan, Meg SO	
36.79 33.15 34.63 30.63				
16 Wakefield School Fighting Ov	C	2:39.78	x2:51.92	
1) Simon, Alex FR	2) Martin, Rachel SO	3) Gilmore, Caitlin FR	4) Brown, Emily FR	
34.66 36.01 1:41.25				
--- Paul VI Catholic High School	C	NT	X2:09.65	
1) Lariviere, Margaret JR	2) Kondas, Katie SR	3) D'Alelio, Christina SO	4) Covert, Mary SO	
34.74 29.41 33.59 31.91				
--- Seton School	C	2:11.88	X2:10.92	
1) Lambrecht, Rachel JR	2) Verry, Theresa FR	3) Rogers, Lizzie JR	4) Fusco, Emilia JR	
29.48 33.36 33.02 35.06				
--- Seton School	D	2:10.61	X2:12.85	
1) Cook, Keeley FR	2) Wittlinger, Mikey FR	3) Heim, Sarah 8	4) Geiran, Fiona 7	
31.80 31.98 32.83 36.24				
--- Seton School	F	2:12.27	X2:14.70	
1) Wunderly, Bernadette FR	2) Cummings, Judith SO	3) Kerns, Shannon FR	4) Lowell, Emily 8	
32.83 33.88 34.54 33.45				
--- Seton School	E	2:11.63	X2:17.25	
1) Murphy, Maggie SO	2) Penefather, Ann 7	3) Marrasso, Sally 7	4) Lowell, Hannah SR	
33.45 34.18 39.92 29.70				
--- Fredericksburg Christian-VA	C	2:25.00	X2:18.17	
1) Rivera, Kelly 10	2) Monroe, Sam 11	3) Clay, Hannah 11	4) Dillon, Isabella 7	
35.41 36.67 36.24 29.85				
--- Fredericksburg Christian-VA	D	2:30.00	X2:28.20	
1) Sullivan, Jenna 11	2) Farmer, Sheridan 8	3) Byrnes, Katie 10	4) Cosner, Lindsey 7	
38.45 35.09 39.20 35.46				
--- Richmond Christian School-V	A	2:07.85	NS	
1) Wenner, Melanie 8	2) Ray, Jamie SR	3) Bradon, Taylor SO	4) Stanearth, Kellyn FR	
--- John Paul The Great	B	NT	NS	

**Event 19 Boys 100 Yard Backstroke**SST Record: **51.48** 1/20/2006 **K. Koehr**Nat Cath QT: **1:01.00**VSIS QT: **1:04.15**

Name	Yr	School	Seed Time	Finals Time	Points
1 Dunn, Catfish	SO	Seton School	58.64	58.03	
28.46 29.57					
2 Wiltshire, James	SR	Paul VI Catholic High School	1:06.68	1:04.31	
30.69 33.62					
3 Quint, Marcus	FR	Paul VI Catholic High School	1:04.56	1:04.36	
31.45 32.91					

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 19 Boys 100 Yard Backstroke)**

Name	Yr	School	Seed Time	Finals Time	Points
4 Knowles, Tim 32.10 33.86	FR	Paul VI Catholic High School	1:07.56	1:05.96	
5 Pankey, Joseph 32.64 34.58	9	Trinity Episcopal School-VA	1:10.73	1:07.22	
6 Kenna, Patrick 32.64 36.51	JR	Seton School	1:08.89	1:09.15	
7 Shaw, Steven 33.82 36.89	FR	Seton School	1:10.39	1:10.71	
8 O'Heir, Conor 33.37 37.54	9	Wakefield Country Day School	1:13.44	1:10.91	
9 McDonald, Tavish 35.09 38.05	8	Wakefield School Fighting Owls- <sup>v</sup>	NT	1:13.14	
10 Koehr, Patrick 37.11 38.99	8	Seton School	1:13.94	1:16.10	
11 Moore, Eric 38.46 40.17	SO	Richmond Christian School-VA	1:17.66	1:18.63	
12 Sharp, Landon 35.90 43.51	9	Fredericksburg Christian-VA	1:35.56	1:19.41	
13 Ellis, Tommy	9	Trinity Episcopal School-VA	1:19.46	1:20.74	
14 Schools, David 38.75 42.37	9	Fredericksburg Christian-VA	1:38.27	1:21.12	
15 Sampson, Matthew 40.33 43.46	SO	st Michael the Archangel	NT	1:23.79	
16 Heim, Raphael 42.54 51.36	JR	Notre Dame Academy Swim Team	1:38.00	1:33.90	
17 Sherman, Chris 45.78 49.17	SO	Notre Dame Academy Swim Team	1:33.00	1:34.95	
18 Kinser, Anthony 51.67 56.10	FR	Richmond Christian School-VA	1:43.72	1:47.77	
--- Scheetz, Joseph 45.61 51.73	JR	Seton School	1:38.01	X1:37.34	
--- Yoo, Jimmy	JR	Notre Dame Academy Swim Team	NT	DQ	

**Event 20 Girls 100 Yard Backstroke**SST Record: **1:00.04** 12/2/2008 **J. Dunn**Nat Cath QT: **1:10.00**VSIS QT: **1:10.24**

Name	Yr	School	Seed Time	Finals Time	Points
1 Doonis, Alex 31.29 32.92	SO	Seton School	1:00.51	1:04.21	
2 Talbott, Laura 33.05 35.34	SR	Seton School	1:07.27	1:08.39	
3 Barnes, Carly 33.26 36.86	11	Trinity Episcopal School-VA	1:10.67	1:10.12	
4 Yost, Katie 34.20 36.62	FR	Paul VI Catholic High School	1:11.88	1:10.82	
5 Salzano, Jackie 35.14 37.47	JR	Paul VI Catholic High School	1:12.07	1:12.61	
6 Quint, Christina 35.29 37.39	SR	Paul VI Catholic High School	1:12.52	1:12.68	
7 Eagal, Cassie 35.38 38.17	12	Fredericksburg Christian-VA	1:15.18	1:13.55	
8 Overby, Ellen 35.95 37.73	9	Trinity Episcopal School-VA	1:18.50	1:13.68	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 20 Girls 100 Yard Backstroke)**

Name	Yr	School	Seed Time	Finals Time	Points
9 Spivack, Cara 35.20 38.52	SO	Bishop Ireton Swim and Dive Te-	1:12.73	1:13.72	
10 Shaw, Krista 36.64 37.55	JR	John Paul The Great	1:14.50	1:14.19	
11 Cook, Keeley 36.95 38.34	FR	Seton School	1:17.44	1:15.29	
12 Early, Krista 35.76 42.37	SO	Paul VI Catholic High School	1:14.56	1:18.13	
13 Houle, Nicole 37.81 40.68	SO	Notre Dame Academy Swim Team	1:20.00	1:18.49	
14 Pleban, Kaley	11	Fredericksburg Christian-VA	1:16.47	1:19.36	
15 Planchak, Kelly 38.93 40.77	SO	John Paul The Great	1:22.20	1:19.70	
16 Irving, Julia 39.44 40.46	8	Seton School	1:20.40	1:19.90	
17 Pressley, Mary Kathryn 39.56 42.66	8	Fredericksburg Christian-VA	1:19.27	1:22.22	
18 Moghtadaie, Daniela 40.29 42.33	SO	John Paul The Great	1:22.87	1:22.62	
19 Weimer, Kate 42.33 45.03	FR	Wakefield School Fighting Owls- <sup>1</sup>	1:24.99	1:27.36	
20 Zontine, Hannah	FR	Wakefield School Fighting Owls- <sup>1</sup>	1:28.67	1:27.62	
21 Harrington, Rebecca 44.06 48.13	11	Fredericksburg Christian-VA	NT	1:32.19	
22 Simon, Alex 43.27 50.48	FR	Wakefield School Fighting Owls- <sup>1</sup>	1:41.18	1:33.75	
23 Carmarca, Maria 1:35.05	FR	st Michael the Archangel	NT	1:34.93	
24 York, Sammi 44.03 50.95	SR	Notre Dame Academy Swim Team	1:46.00	1:34.98	
25 Martin, Rachel 48.44 53.84	SO	Wakefield School Fighting Owls- <sup>1</sup>	1:48.71	1:42.28	
26 Ray, Jamie 47.17 55.63	SR	Richmond Christian School-VA	1:58.33	1:42.80	
27 Dickson, Marianna 52.00 1:00.39	FR	Wakefield School Fighting Owls- <sup>1</sup>	1:45.00	x1:52.39	
--- Dillon, Isabella 36.78 39.00	7	Fredericksburg Christian-VA	1:17.55	X1:15.78	
--- Plombon, Sarah 37.11 39.41	SO	Paul VI Catholic High School	1:18.00	X1:16.52	
--- Covert, Mary 38.03 38.91	SO	Paul VI Catholic High School	1:19.00	X1:16.94	
--- Meruvia, Maddie 37.41 40.62	SR	Paul VI Catholic High School	1:14.91	X1:18.03	
--- Kurtenbach, Bonnie 38.98 43.89	JR	Paul VI Catholic High School	1:23.00	X1:22.87	
--- Camardella, Tori 39.65 44.37	SO	Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:32.00	X1:24.02	
--- Baldacci, Spencer	JR	Paul VI Catholic High School	1:23.22	X1:24.65	
--- Wittlinger, Mikey 43.24 45.34	FR	Seton School	1:31.13	X1:28.58	
--- Mosimann, Monica 43.35 46.38	JR	Seton School	1:27.09	X1:29.73	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 20 Girls 100 Yard Backstroke)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Villagomez, Christa	SO	John Paul The Great	1:25.10	X1:30.39	
--- Rogers, Lizzie	JR	Seton School	1:29.00	X1:34.90	
--- Fusco, Emilia	JR	Seton School	1:34.15	X1:36.72	
--- Rivera, Kelly	10	Fredericksburg Christian-VA	1:50.86	X1:37.84	
--- Le, Claribel	FR	Paul VI Catholic High School	1:37.38	X1:38.33	
44.39 53.94					
--- Sullivan, Karley	8	Fredericksburg Christian-VA	1:43.68	X1:42.88	
49.04 53.84					
--- Woodard, Carley	10	Fredericksburg Christian-VA	1:50.75	X1:50.25	
--- Sullivan, Jenna	11	Fredericksburg Christian-VA	1:52.44	X1:56.12	
54.61 1:01.51					
--- Seoh, Fiona	8	Seton School	1:48.32	XDQ	
47.20 55.87					
--- Kroesen, Saskia	JR	Bishop Ireton Swim and Dive Te- <sup>1</sup>	1:03.85	NS	
--- Bradon, Taylor	SO	Richmond Christian School-VA	NT	NS	
--- Smith, Caroline	FR	John Paul The Great	1:22.15	NS	

**Event 21 Boys 100 Yard Breaststroke**

SST Record: 58.53 1/27/2007 N. Cook

Nat Cath QT: 1:07.50

VSIS QT: 1:12.32

Name	Yr	School	Seed Time	Finals Time	Points
1 Koehr, Daniel	SR	Seton School	1:03.65	1:06.30	
30.39 35.91					
2 Martinez, Marcus	SR	Paul VI Catholic High School	1:07.43	1:07.14	
30.87 36.27					
3 Hodges, Hayden	12	Trinity Episcopal School-VA	1:12.50	1:07.68	
31.97 35.71					
4 Morrissey, John	FR	Paul VI Catholic High School	1:14.52	1:12.67	
34.09 38.58					
5 Hill, Michael	SO	Seton School	1:11.47	1:12.90	
33.61 39.29					
6 Higgins, Eric	11	Fredericksburg Christian-VA	1:13.82	1:12.99	
33.85 39.14					
7 Sallade, Cooper	11	Trinity Episcopal School-VA	1:16.68	1:14.13	
34.89 39.24					
8 Rosato, Jonathan	JR	Seton School	1:16.22	1:15.40	
35.71 39.69					
9 O'Heir, Michael	10	Wakefield Country Day School	1:16.57	1:17.02	
35.31 41.71					
10 Andrews, Seth	10	Fredericksburg Christian-VA	1:20.28	1:17.56	
36.49 41.07					
11 Cronin, Dominic	FR	st Michael the Archangel	1:25.08	1:17.91	
37.21 40.70					
12 Minarik, Andrew	SR	Seton School	1:20.07	1:20.26	
37.13 43.13					
13 Schifferli, AJ	SR	Paul VI Catholic High School	1:22.56	1:21.08	
38.26 42.82					
14 Willett, Preston	11	Trinity Episcopal School-VA	1:27.80	1:27.63	
40.61 47.02					
15 Fletcher, Nick	SR	Notre Dame Academy Swim Team	1:32.00	1:29.08	
42.02 47.06					

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 21 Boys 100 Yard Breaststroke)**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
16	VanDeusen, John 41.93 47.24	JR	st Michael the Archangel	NT	1:29.17	
17	Sampson, John 43.49 49.20	FR	st Michael the Archangel	1:37.04	1:32.69	
18	Dolan, Phillip 45.70 51.17	FR	Wakefield School Fighting Owls- <sup>1</sup>	1:28.67	1:36.87	
19	Gustafson, Leif 48.81 53.99	JR	Notre Dame Academy Swim Team	1:42.00	1:42.80	
---	Kosten, Thomas 39.44 45.29	SO	Seton School	1:24.28	X1:24.73	
---	Kosten, Joseph 42.39 43.60	8	Seton School	1:36.32	X1:25.99	
---	Corkery, Jack 44.47 52.32	FR	Seton School	1:51.29	X1:36.79	
---	Mosimann, James 47.47 54.26	FR	Seton School	1:41.68	X1:41.73	
---	Mosimann, Paul 47.85 57.40	7	Seton School	1:50.00	X1:45.25	
---	Hall, Patrick 48.07 58.38	JR	Seton School	2:00.27	X1:46.45	
---	Harrington, David 52.79 57.14	7	Fredericksburg Christian-VA	NT	X1:49.93	
---	Geiran, Jack 52.92 59.52	FR	Seton School	1:56.54	X1:52.44	
---	Graves, Griffin 44.59 58.29	JR	Notre Dame Academy Swim Team	1:49.00	DQ	
---	Rohan, Peter	FR	Seton School	1:44.25	XNS	
---	Chang, Brandon	8	Fredericksburg Christian-VA	1:46.13	NS	

**Event 22 Girls 100 Yard Breaststroke****SST Record: 1:09.57 2/1/1998 K. Shipko****Nat Cath QT: 1:18.00****VSIS QT: 1:18.28**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Rogers, Cat 35.02 38.83	SO	Seton School	1:14.24	1:13.85	
2	DuMez, Rachel 35.34 39.42	9	Wakefield Country Day School	1:15.31	1:14.76	
3	Call, Lucy 36.29 41.44	9	Trinity Episcopal School-VA	1:21.40	1:17.73	
4	Lambrecht, Rachel 37.00 41.81	JR	Seton School	1:15.58	1:18.81	
5	Bernabeau, Alex 36.30 44.25	SO	Notre Dame Academy Swim Team	1:30.00	1:20.55	
6	Freeman, Julia 38.57 42.06	JR	Paul VI Catholic High School	1:19.54	1:20.63	
7	Schmank, Katie 38.10 43.37	JR	Paul VI Catholic High School	1:21.83	1:21.47	
8	Kuhlman, Meg 39.02 43.36	11	Trinity Episcopal School-VA	1:26.04	1:22.38	
9	Sullivan, Brenna 39.60 42.84	9	Trinity Episcopal School-VA	1:21.74	1:22.44	
10	Hutcheson, Haleigh 40.04 44.92	SO	Wakefield School Fighting Owls- <sup>1</sup>	1:27.07	1:24.96	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 22 Girls 100 Yard Breaststroke)**

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
11	Carome, Mary 41.53 44.79	FR	Paul VI Catholic High School	1:26.05	1:26.32	
12	Long, Ruth 40.52 46.00	SO	John Paul The Great	1:25.64	1:26.52	
13	Heckman, Michaela 40.52 46.39	FR	st Michael the Archangel	1:27.43	1:26.91	
14	Murphy, Maggie 41.52 45.75	SO	Seton School	1:26.50	1:27.27	
15	Staneart, Kellyn 40.67 46.97	FR	Richmond Christian School-VA	NT	1:27.64	
16	Britton, Katharine 40.32 47.56	FR	st Michael the Archangel	1:30.43	1:27.88	
17	Lambertson, Jennifer 41.69 46.61	11	Fredericksburg Christian-VA	1:25.16	1:28.30	
18	Pleban, Tessa 41.33 49.10	9	Fredericksburg Christian-VA	1:31.79	1:30.43	
19	Applebaugh, Drew 42.39 48.88	11	Trinity Episcopal School-VA	1:28.08	1:31.27	
20	Rutherford, Rachel 43.20 48.40	10	Fredericksburg Christian-VA	1:36.42	1:31.60	
21	Callahan, Meg 43.47 48.14	SO	Paul VI Catholic High School	1:29.61	1:31.61	
22	Glascoock, Samantha 44.29 47.47	SO	John Paul The Great	1:33.55	1:31.76	
23	McGurk, Sarah 43.94 49.01	SO	Seton School	1:29.70	1:32.95	
24	Swauger, Abby 43.47 51.21	11	Fredericksburg Christian-VA	1:37.93	1:34.68	
25	Gorman, Jackie 45.94 53.91	FR	Wakefield School Fighting Owls- <sup>v</sup>	1:43.29	1:39.85	
26	Gilmore, Caitlin 47.14 54.41	FR	Wakefield School Fighting Owls- <sup>v</sup>	2:19.50	1:41.55	
27	Mandese, Jessica 48.47 53.74	SO	st Michael the Archangel	1:51.18	1:42.21	
28	Fortney, Julie 49.43 56.73	SO	Wakefield School Fighting Owls- <sup>v</sup>	1:49.05	1:46.16	
29	Dickson, Marianna 50.33 55.85	FR	Wakefield School Fighting Owls- <sup>v</sup>	1:42.02	x1:46.18	
30	Armstrong, Loxi 48.44 59.77	SO	John Paul The Great	1:46.10	1:48.21	
31	Gilmore, Courtney 50.83 1:04.20	SR	Notre Dame Academy Swim Team	1:45.00	1:55.03	
32	Mullen, Veronica 54.49 1:04.99	FR	John Paul The Great	1:45.50	1:59.48	
33	Brown, Emily 57.47 1:03.84	FR	Wakefield School Fighting Owls- <sup>v</sup>	1:58.94	x2:01.31	
---	Becht, Laura 36.99 41.72	JR	Bishop Ireton Swim and Dive Te- <sup>v</sup>	1:19.91	X1:18.71	
---	Heim, Sarah 42.12 48.03	8	Seton School	1:30.10	X1:30.15	
---	Bauernfeind, Bethany 45.14 45.58	FR	Paul VI Catholic High School	1:30.38	X1:30.72	
---	Lariviere, Margaret 42.03 49.93	JR	Paul VI Catholic High School	1:32.25	X1:31.96	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 22 Girls 100 Yard Breaststroke)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Cosner, Lindsey 47.46 56.33	7	Fredericksburg Christian-VA	1:45.90	X1:43.79	
--- Kim, Hyojin 52.23 1:00.54	FR	Paul VI Catholic High School	2:02.00	X1:52.77	
--- Farmer, Sheridan 49.91 59.12	8	Fredericksburg Christian-VA	NT	XDQ	

**Event 23 Boys 400 Yard Freestyle Relay**SST Record: **3:20.62** 2/13/2009 Hill, Cook, Dunn, BasingerNat Cath QT: **3:40.00**VSIS QT: **3:59.45**

Team	Relay	Seed Time	Finals Time	Points
1 Seton School	A	3:20.62	3:22.56	
1) Hill, Jameson SR 22.44 46.87 25.18	2) Cook, Connor SR 52.51 24.59 51.51	3) Dunn, Catfish SO 17.77 51.67	4) Basinger, David JR	
2 Paul VI Catholic High School	A	2:10.61	3:25.91	
1) Nasakaitis, Eric JR 24.64 51.07 23.31	2) Yelmgren, Michael SR 48.66 25.95 54.38	3) Quint, Marcus FR 23.88 51.80	4) Martinez, Marcus SR	
3 Paul VI Catholic High School	B	NT	3:54.09	
1) Gibbons, Patrick SR 57.90 1:26.52 30.63	2) Lowry, Ryan FR 57.24 31.16 57.95	3) Hale-Kupiec, Michael FR 32.33 32.38	4) Schulze, Eric SR	
4 Trinity Episcopal School-VA	A	3:44.21	4:07.66	
1) Larson, Wells 11 27.56 1:00.19 28.90	2) Fowler, Ward 11 1:02.44 30.29 1:06.68	3) Sallade, Cooper 11 26.83 58.35	4) Pankey, Joseph 9	
5 Seton School	B	4:04.02	4:11.76	
1) Koehr, Brendan JR 26.67 57.93 29.73	2) Murphy, Timothy 8 1:05.84 28.89 1:01.94	3) Marrazzo, Luke FR 17.15 1:06.05	4) Jacobeen, Jonathan SR	
6 Notre Dame Academy Swim	A	5:10.00	5:03.86	
1) Yoo, Jimmy JR 34.55 1:20.52 34.83	2) Nicholes, Matthew FR 1:18.60 34.33 1:14.47	3) Dimoff, David JR 32.53 1:10.27	4) Sherman, Chris SO	
--- Paul VI Catholic High School	C	NT	X4:11.67	
1) Gilbert, Dan JR 30.44 1:03.49 28.64	2) Gormley, Ryan JR 1:01.59 30.35 1:04.88	3) Howard, Kenny SO 28.67 1:01.71	4) Dovi, Matthew SO	
--- Fredericksburg Christian-VA	A	6:00.00	DQ	
1) Martone, Luke 11 32.86 1:08.54 34.13	2) Barham, Bret 9 1:13.74 33.99 1:13.76	3) Brad, Sam 11 30.98 1:07.81	4) Weidenhoeft, Tim 9	

**Event 24 Girls 400 Yard Freestyle Relay**SST Record: **3:42.82** 2/13/2009 DoonisTalbotClaybrooksDonohoeNat Cath QT: **4:21.00**VSIS QT: **4:27.73**

Team	Relay	Seed Time	Finals Time	Points
1 Seton School	A	3:46.82	3:55.48	
1) Doonis, Alex SO 26.87 56.09 28.59	2) Talbott, Laura SR 1:00.66 28.50 59.72	3) Claybrooks, Carolyn SR 27.85 59.01	4) Donohoe, Lauren JR	
2 Trinity Episcopal School-VA	A	4:10.50	4:14.03	
1) Woodrum, Sally 12 28.30 1:00.05 31.11	2) Sullivan, Brenna 9 1:05.93 15.30 1:05.71	3) Call, Lucy 9 29.68 1:02.34	4) Overby, Ellen 9	
3 Paul VI Catholic High School	A	3:57.46	4:22.96	
1) Plombon, Sarah SO 31.12 1:06.47 29.84	2) Covert, Lisa SR 1:05.11 28.39 1:05.26	3) McGrath, Ashley SR 30.27 1:06.12	4) Freeman, Julia JR	
4 Paul VI Catholic High School	B	NT	4:29.77	
1) O'Neill, Meghan SO 31.86 1:06.19 33.49	2) Yost, Katie FR 1:10.62 32.05 1:06.91	3) Meruvia, Maddie SR 31.58 1:06.05	4) Schmank, Katie JR	

**SST Swim Meet 1-16-10 - 1/16/2010****Results****(Event 24 Girls 400 Yard Freestyle Relay)**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
5 Seton School	B	4:25.59	4:31.00	
1) Wunderly, Bridget JR	2) Byers, Monica SO	3) Mosimann, Monica JR	4) Zapiain, Sarah SO	
29.24 1:00.38 33.15	1:09.76 33.50 1:13.25	32.34 1:07.61		
6 John Paul The Great	A	4:54.96	4:31.01	
1) Donohoe, Clare FR	2) Mugnolo, Lydia FR	3) Planchak, Kelly SO	4) Shaw, Krista JR	
30.94 1:05.50 32.29	1:08.51 32.70 1:06.82	15.25 1:10.18		
7 Fredericksburg Christian-VA	A	5:42.21	5:22.81	
1) Monroe, Sam 11	2) Palmeri, Kaylin 8	3) Rivera, Kelly 10	4) Harrington, Rebecca 11	
38.52 1:25.73 35.53	1:17.75 39.51 1:22.46	17.35 1:16.87		
8 John Paul The Great	C	NT	5:39.85	
1) Armstrong, Loxi SO	2) Crean, Liz SO	3) Myrvold, Maureen SO	4) Glascock, Samantha SO	
1:33.44 2:09.77 44.50	1:20.05 38.87 1:20.24	49.79		
9 John Paul The Great	B	NT	x5:44.21	
1) Long, Ruth SO	2) Moghtadaie, Daniela SO	3) Schmitz, Friederike FR	4) Mullen, Veronica FR	
39.84 1:24.83 38.56	1:19.49 16.38 40.05	46.48 2:19.84		
10 Notre Dame Academy Swim	A	6:15.00	5:45.96	
1) Shevock, Kelsey SR	2) York, Sammi SR	3) Klainer, Lili JR	4) Gilmore, Courtney SR	
37.66 1:28.61 38.91	1:21.78 42.76 1:37.87	33.39 1:17.70		
--- Paul VI Catholic High School	C	NT	X4:37.17	
1) Covert, Mary SO	2) Astorino, Meagan JR	3) Knowles, Haley SR	4) Kurtenbach, Bonnie JR	
33.36 1:10.38 30.72	1:07.79 32.84 1:07.50	32.71 1:11.50		
--- Paul VI Catholic High School	D	NT	X5:02.14	
1) Baldacci, Spencer JR	2) Carome, Mary FR	3) Swientisky, Gabby FR	4) Muskett, Ashley JR	
38.47 1:22.95 33.44	1:13.23 32.52 1:12.25	1:13.82 1:13.71		