



## 2025 NVSL Division 4 Relay Carnival

Vienna Aquatic Club  
625 Marshall Road SW  
Vienna, VA 22180

July 2, 2025

# D4 RELAYS



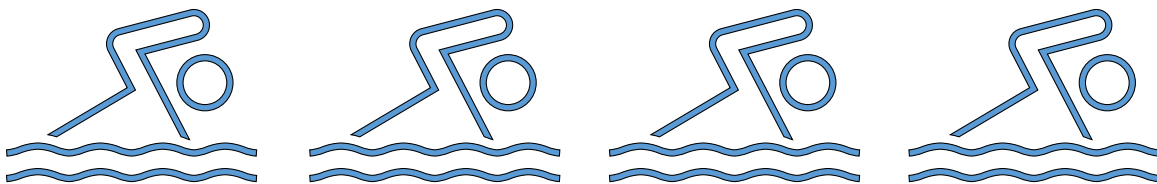


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625 Marshall Road SW  
Vienna, VA 22180

The Vienna Aquatic Club Gators would like to thank NVSL for their commitment to summer swimming in our region. We would also like to recognize and thank our Division Coordinator, Mary Burrows, our Assistant Division Coordinator, Julianne Kass, and our Division Data Coordinator, Jen Flickinger, for all of their hard work and dedication to all of the Division 4 teams.

On behalf of the Division 4 teams, we would also like to extend our heartfelt appreciation to the countless volunteers that make the Divisional Relay Carnival possible. Your time and effort truly make this a successful meet. Thank you!

Finally, thank you to the Vienna Aquatic Club pool board, lifeguards, and our entire VAC community for your overwhelming support of NVSL swimming and our Vienna Aquatic Gators.



# Events and Lane Assignments

## NVSL Division 4 Relay Carnival - July 2, 2025

**(Scoring: 14-10-8-6-4-2)**

2024 18th place seed	Event No.	Event	Lane					
informational			1	2	3	4	5	6
02:05.82	1	Mixed Age Girls 200 M Free	PC	OH	VW	VAC	HSC	HB
01:58.41	2	Mixed Age Boys 200 M Free	HB	PC	OH	VW	VAC	HSC
01:36.36	3	8 & Under Girls 100 M Medley	HSC	HB	PC	OH	VW	VAC
01:38.73	4	8 & Under Boys 100 M Medley	VAC	HSC	HB	PC	OH	VW
01:18.88	5	9-10 Girls 100 M Medley	VW	VAC	HSC	HB	PC	OH
01:17.58	6	9-10 Boys 100 M Medley	OH	VW	VAC	HSC	HB	PC
01:07.77	7	11-12 Girls 100 M Medley	PC	OH	VW	VAC	HSC	HB
01:07.64	8	11-12 Boys 100 M Medley	HB	PC	OH	VW	VAC	HSC
02:17.70	9	13-14 Girls 200 M Medley	HSC	HB	PC	OH	VW	VAC
02:08.56	10	13-14 Boys 200 M Medley	VAC	HSC	HB	PC	OH	VW
02:08.46	11	15-18 Girls 200 M Medley	VW	VAC	HSC	HB	PC	OH
01:53.82	12	15-18 Boys 200 M Medley	OH	VW	VAC	HSC	HB	PC
01:25.45	13	8 & Under Girls 100 M Free	PC	OH	VW	VAC	HSC	HB
01:24.04	14	8 & Under Boys 100 M Free	HB	PC	OH	VW	VAC	HSC
01:09.63	15	9-10 Girls 100 M Free	HSC	HB	PC	OH	VW	VAC
01:08.20	16	9-10 Boys 100 M Free	VAC	HSC	HB	PC	OH	VW
01:01.08	17	11-12 Girls 100 M Free	VW	VAC	HSC	HB	PC	OH
59.85	18	11-12 Boys 100 M Free	OH	VW	VAC	HSC	HB	PC
02:04.86	19	13-14 Girls 200 M Free	PC	OH	VW	VAC	HSC	HB
01:56.94	20	13-14 Boys 200 M Free	HB	PC	OH	VW	VAC	HSC
01:57.13	21	15-18 Girls 200 M Free	HSC	HB	PC	OH	VW	VAC
01:43.64	22	15-18 Boys 200 M Free	VAC	HSC	HB	PC	OH	VW

HSC = Hamlet  
 HB = Hiddenbrook  
 OH = Orange Hunt  
 PC = Pinecrest  
 VAC = Vienna Aquatic Club  
 VW = Vienna Woods

# Pre-Meet Schedule

## Schedule for Officials

5:00-6:10 pm	Warm Ups as listed below
4:45,5:10,5:30	Warm-up Marshals Briefings at <u>Announcer's Table</u>
5:40	Stroke & Turn briefing with Referee at <u>Lifeguard Office</u>
5:50	Head Clerk of Course briefing in <u>Clerk of Course</u>
5:55	RTO and RTO/timer briefing with Referee at the <u>Baby Pool Area</u>
6:05	Marshals' briefing with Ref, if needed at <u>Announcer's Table</u>
6:10	Team Rep Meeting with Ref/DC at <u>Team Rep Viewing Area</u>
6:10	Table workers in place at tables
6:10	Timers' briefing with Chief Timer at <u>Baby Pool Area</u>
6:10	Clear pool
6:15	Coach Meeting with Ref/DC – <u>Team Rep Viewing Area</u>
6:20	First Event called to <u>Clerk of Course</u>
6:25	Second Event called to <u>Clerk of Course</u>
6:25	All officials and timers in place on <u>deck</u>
6:29	National Anthem
6:30	Meet Starts

## Warm-ups

<u>TIME</u>	<u>Lanes 1-4</u>	<u>Lanes 5-8</u>
5:00-5:20	Vienna Aquatic Club	Vienna Woods
5:25-5:45	Pinecrest	Hamlet
5:50-6:10	Orange Hunt	Hiddenbrook

## Team Reps

Dana Rice  
Katie Steele  
Lisa Ghazal



## Coaches

Sara Clarke, *Head Coach*  
Colin Flickinger  
Ashley Varacalli

Neal Jarvis  
Marc Anderson



Meghan Voyack, *Head Coach*  
Paige Dury  
Samantha Dell

Jenn Schneider  
Lauren York



Jill Kelly, *Head Coach*  
Charlotte Grieve  
Billy Rhodes

Rebecca Gibson  
Laura Manning  
Melinda Holler



Kevin Mallon, *Head Coach*  
Ashlyn Diederich  
Caden Madden  
Evan Meade

Katie Meredith  
Barb Hamill  
Lacey Meenaghan



Alex Miller, *Head Coach*  
Celia Bredehoeft  
Annika Rieger  
Corban Paganini

Jason Somansatto  
Scott Trubisz



Dan Jacobs, *Head Coach*  
Daniel Gyennis  
Kristen Womack

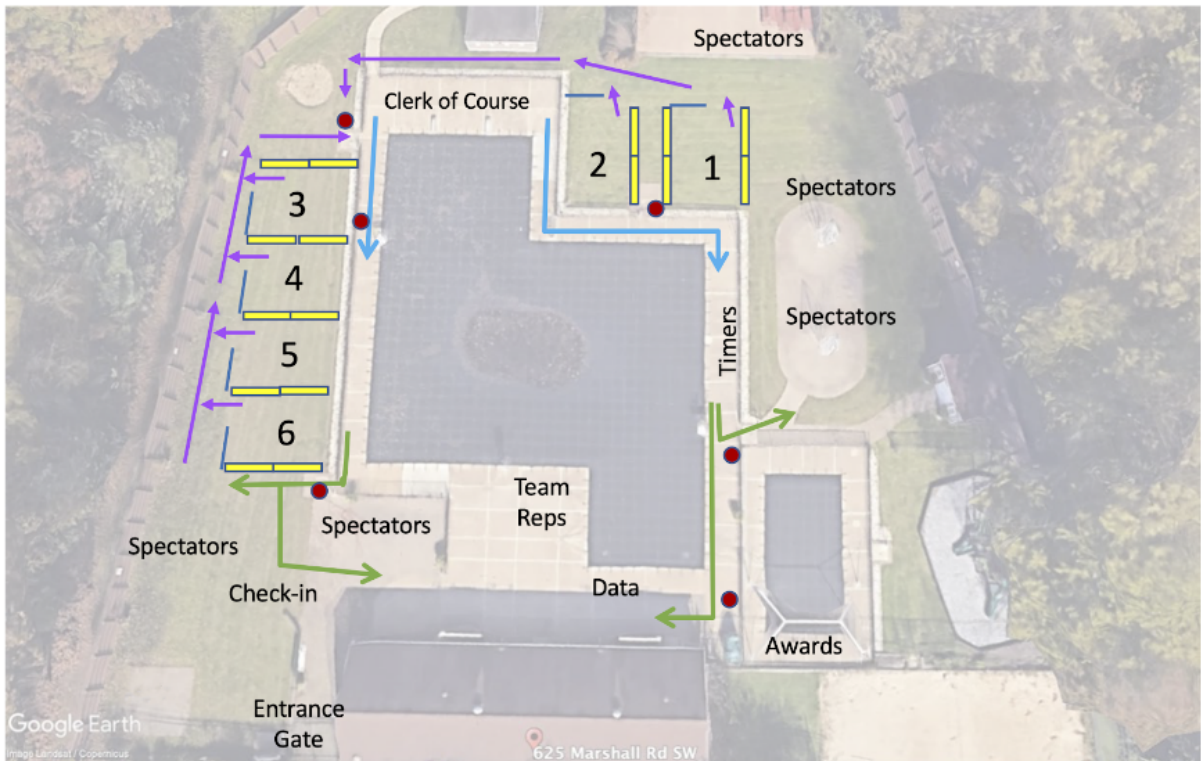
# Meet Officials

<b>Division Coordinator</b>	Mary Burrows	
<b>Asst Division Coordinator</b>	Julianne Kass	
<b>Referee</b>	Mark Overend	
<b>Starter</b>	Adam Cummins	VAC
<b>Chief Judge</b>	Jonathan Saunders	HB
<b>Stroke and Turn</b>	Adam Bussey	OH
	Greg Indrisano	HB
	Lisa Nguyen	VW
	Matt Lear	PC
<b>Chief Timer</b>	Beth Eachus	VAC
<b>Asst Chief Timer</b>	Trey Rowan	VW
<b>Announcers</b>	Matt Glassman, Dan Bagley	VAC
<b>Chief of Tables</b>	Suzanne Main	OH
<b>Place Recorders</b>	Patty Fersizzidis	PC
	Beth Livingston	HB
<b>Verifiers</b>	Lauren Bross	HSC
	Aaron Tate	VAC
<b>Division Data Coordinator</b>	Jen Flickinger	HSC
<b>Asst Data Coordinator</b>	Renea Rowan	VW
<b>Chief Clerk of Course</b>	Casey Cassara	HB

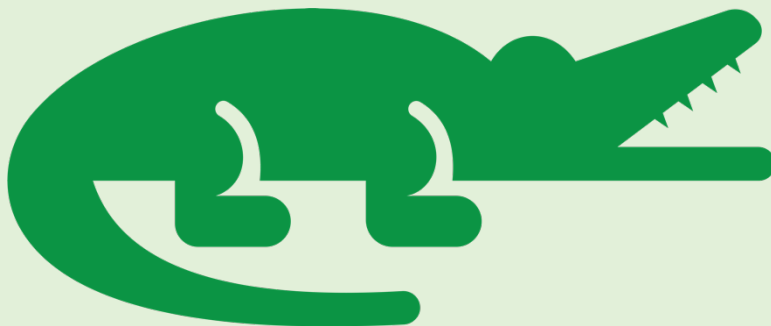
## Relay Take Off Officials

<b>Corner RTO</b>	<b>Turn End RTO</b>	<b>Timer/RTO</b>
Allison Hetzel, OH	Matt Hergenroeder, OH	Dara Canzano, VAC
Dorean Kass, VAC	Juliana Mastroianni, VAC	Ayu Guadie, OH
Erik Pozo, HB	Lingli Peng, HSC	Matt King, HB
Eric Thornsbury, HSC	Monica Saunders, HB	Dave Kuhn, HSC
	Evan Thayer, VW	Mark Manning, VW
	Dan Willerth, PC	Emily Rische, PC

# Facility Map



-  Lounge chair barriers
-  Flow into clerk
-  Staked tape
-  From clerk to race
-  Marshals
-  From race to team area



## Visit the Gator Grill

A poolside dining experience  
Cash, Venmo, PayPal  
No shirt, no shoes, no problem

Burgers  
Hot Dogs  
Pizza

Bagels  
Donuts

Snacks  
Jello  
Cold Drinks

## Relays T-shirts

\$ 18



While  
supplies  
last!

Soft tri-  
blend  
material!

Youth Sizes: S, M, L, XL  
Adult Sizes: S, M, L, XL

Cash  
Card  
Venmo  
PayPal

## Weather Delay Policy

The Relay Carnival must go on, but only when it is safe for our swimmers and spectators. Vienna Aquatic, in communication with the Division Coordinator, all Team Representatives, and pool officials, will decide when a rain/thunder/lightning delay must be called.

In the event of a thunderstorm during the meet, please adhere to the following procedures:

1. All spectators, swimmers, coaches, and officials must **immediately** return to their cars. A pool is one of the most dangerous places to be during a thunderstorm so decisions to clear the pool and halt the meet will be made without hesitation. We will take no chances with the safety of our children.
2. Team Reps should report to the pool office with the Pool Manager, Meet Manager, and Referee.
3. We will make a final decision concerning the continuation of the meet. If we can **safely** complete the meet after the storm passes, we will do so. Vienna Aquatic follows a 30-minute wait between a lightning strike or a 30-minute wait after the last thunderclap before continuing the meet.
4. No one should leave the meet until hearing the official word on the meet's continuation. You will be informed of any and all official decisions by your Team Rep or by the Meet Manager. Information from other sources may be false.

**Thank you in advance for your patience.**

# Congratulations 2025 Seniors

## Hamlet

Matthew Mack (*Rollins College*)  
Hayley Varacalli (*Yale University*)

## Hiddenbrook

Christa Anderson (*VCU*)  
Maggie Huse (*Northeastern (Manhattan)*)  
Ariel Indrisano (*Univ of Vermont*)  
Mason Leveto (*Virginia Tech*)  
Danny Saunders (*Virginia Tech*)  
Ryan Savage (*Univ of Tennessee*)

## Orange Hunt

Ethan Daniels (*NOVA*)  
Maddie Du (*Butler University*)  
Blythe Steahly (*Univ of Alabama*)  
Alana Thaler (*Goucher College*)  
JJ Tiago (*JMU*)

## Pinecrest

Nate Carbaugh (*West Point*)  
Matteo Cossio  
Alessandra Fiore (*Virginia Tech*)  
Colin Guggenmos (*Virginia Tech*)  
Michael Kibsey  
Evan Meade (*Univ of Virginia*)  
Graci Vlattas (*Sewanee, Univ of the South*)  
Victor Winterstein (*JMU*)

## Vienna Aquatic Club

Jude Caldwell (*College of William & Mary*)  
Miranda Dine (*Bucknell University*)  
Robert Eachus (*University of Michigan*)  
Doug Hyslop (*UNC, NC State Univ - joint*)  
Chiara Mastroianni (*JMU*)  
Gabby McCluer (*University of Oklahoma*)  
Charis Paganini (*Liberty University*)  
James Radgowski (*VCU*)  
Charlotte Steffens (*Penn State University*)

## Vienna Woods

Jonah Cline (*Virginia Tech*)  
Noah Craner (*Seton Hall Univ*)  
Charlotte Feigin (*Harvard Univ*)  
Lydia Mikhin (*Virginia Tech*)  
Abby Siddon (*Auburn Univ*)  
Cole Stux  
Claire Thompson

# Relays Scoring Sheets

Ln	Event 1 - Girls	Time	Place	Points	Mixed Age 200M Freestyle	Ln	Event 2 - Boys	Time	Place	Points
1	Pinecrest					1	Hiddenbrook			
2	Orange Hunt					2	Pinecrest			
3	Vienna Woods					3	Orange Hunt			
4	Vienna Aquatic					4	Vienna Woods			
5	Hamlet					5	Vienna Aquatic			
6	Hiddenbrook				6	Hamlet				

1:54.89\* 2018 CH

1:48.76\* 2018 HSC

Ln	Event 3 - Girls	Time	Place	Points	8 & U 100M Medley	Ln	Event 4 - Boys	Time	Place	Points
1	Hamlet					1	Vienna Aquatic			
2	Hiddenbrook					2	Hamlet			
3	Pinecrest					3	Hiddenbrook			
4	Orange Hunt					4	Pinecrest			
5	Vienna Woods					5	Orange Hunt			
6	Vienna Aquatic				6	Vienna Woods				

1:17.56\* 2014 T

1:17.89\* 2024 RH

Ln	Event 5 - Girls	Time	Place	Points	9 - 10 100M Medley	Ln	Event 6 - Boys	Time	Place	Points
1	Vienna Woods					1	Orange Hunt			
2	Vienna Aquatic					2	Vienna Woods			
3	Hamlet					3	Vienna Aquatic			
4	Hiddenbrook					4	Hamlet			
5	Pinecrest					5	Hiddenbrook			
6	Orange Hunt				6	Pinecrest				

1:05.77\* 2015 HS

1:06.87\* 2024 T

Ln	Event 7 - Girls	Time	Place	Points	11 - 12 100M Medley	Ln	Event 8 - Boys	Time	Place	Points
1	Pinecrest					1	Hiddenbrook			
2	Orange Hunt					2	Pinecrest			
3	Vienna Woods					3	Orange Hunt			
4	Vienna Aquatic					4	Vienna Woods			
5	Hamlet					5	Vienna Aquatic			
6	Hiddenbrook				6	Hamlet				

1:00.21\* 2015 ML

59.18\* 2016 F

## Relays Scoring Sheets, cont.

	Event 9 - Girls	Time	Place	Points		Ln	Event 10 - Boys	Time	Place	Points
1	Hamlet				13 - 14 200M Medley	1	Vienna Aquatic			
2	Hiddenbrook					2	Hamlet			
3	Pinecrest					3	Hiddenbrook			
4	Orange Hunt					4	Pinecrest			
5	Vienna Woods					5	Orange Hunt			
6	Vienna Aquatic					6	Vienna Woods			

2:03.87\* 2023 F

1:56.06\* 2014 CB

Ln	Event 11 - Girls	Time	Place	Points		Ln	Event 12 - Boys	Time	Place	Points
1	Vienna Woods				15 - 18 200M Medley	1	Orange Hunt			
2	Vienna Aquatic					2	Vienna Woods			
3	Hamlet					3	Vienna Aquatic			
4	Hiddenbrook					4	Hamlet			
5	Pinecrest					5	Hiddenbrook			
6	Orange Hunt					6	Pinecrest			

1:59.14\* 2019 O

1:43.31\* 2023 T

Ln	Event 13 - Girls	Time	Place	Points		Ln	Event 14 - Boys	Time	Place	Points
1	Pinecrest				8 & U 100M Freestyle	1	Hiddenbrook			
2	Orange Hunt					2	Pinecrest			
3	Vienna Woods					3	Orange Hunt			
4	Vienna Aquatic					4	Vienna Woods			
5	Hamlet					5	Vienna Aquatic			
6	Hiddenbrook					6	Hamlet			

1:09.37\* 2013 ML

1:08.07\* 2023 ML

Ln	Event 15 - Girls	Time	Place	Points		Ln	Event 16 - Boys	Time	Place	Points
1	Hamlet				9 - 10 100M Freestyle	1	Vienna Aquatic			
2	Hiddenbrook					2	Hamlet			
3	Pinecrest					3	Hiddenbrook			
4	Orange Hunt					4	Pinecrest			
5	Vienna Woods					5	Orange Hunt			
6	Vienna Aquatic					6	Vienna Woods			

58.43\* 2015 HS

1:00.06\* 2024 T

## Relays Scoring Sheets, cont.

Ln	Event 17 - Girls	Time	Place	Points	11 - 12 100M Freestyle	Ln	Event 18 - Boys	Time	Place	Points
1	Vienna Woods					1	Orange Hunt			
2	Vienna Aquatic					2	Vienna Woods			
3	Hamlet					3	Vienna Aquatic			
4	Hiddenbrook					4	Hamlet			
5	Pinecrest					5	Hiddenbrook			
6	Orange Hunt					6	Pinecrest			

54.21\* 2017 CB

53.26\* 2016 RFD

Ln	Event 19 - Girls	Time	Place	Points	13 - 14 200M Freestyle	Ln	Event 20 - Boys	Time	Place	Points
1	Pinecrest					1	Hiddenbrook			
2	Orange Hunt					2	Pinecrest			
3	Vienna Woods					3	Orange Hunt			
4	Vienna Aquatic					4	Vienna Woods			
5	Hamlet					5	Vienna Aquatic			
6	Hiddenbrook					6	Hamlet			

1:52.98 2019 CB

1:44.09\* 2016 CB

Ln	Event 21 - Girls	Time	Place	Points	15 - 18 200M Freestyle	Ln	Event 22 - Boys	Time	Place	Points
1	Hamlet					1	Vienna Aquatic			
2	Hiddenbrook					2	Hamlet			
3	Pinecrest					3	Hiddenbrook			
4	Orange Hunt					4	Pinecrest			
5	Vienna Woods					5	Orange Hunt			
6	Vienna Aquatic					6	Vienna Woods			

1:49.44\* 2016 O

1:34.30\* 2023 T

### Scoring:

Place	1st	2nd	3rd	4th	5th	6th
Points	14	10	8	6	4	2

\*NVSL Relay Carnival Record

**Bonus Events at end of meet: 1) Alternate Relay 2) Coach Relay**  
Same lanes as last event (Event 22)