



FEARLESS

"IF YOU WANT TO BE THE BEST, YOU HAVE TO DO THINGS THAT OTHER PEOPLE AREN'T WILLING TO DO."

MICHAEL PHELPS



THE ONLY
DIFFERENCE
BETWEEN TRY AND
TRIUMPH IS A
LITTLE
UMPH

speedo

THE BODY
ACHIEVES
WHAT THE
MIND
BELIEVES

- SWIMLIKEACHAMPION

#GETSPEEDOFIT

speedo

SWIM

BALANCE
YOUR
BUILD

EVERY
LAP
COUNTS

STRENGTHEN
YOUR
CORE

KICK | STROKE | GLIDE | REGENERATE | REPEAT

ALL IT TAKES
IS ONE
PERFECT REP

DON'T COUNT LAPS
MAKE EVERY LAP COUNT

H2O = 2 PARTS HEART, ONE PART OBSESSION

IF YOU THINK YOUR
SPORT IS HARD, TRY
DOING IT WHILE HOLDING
YOUR BREATH

THE MORE YOU DREAM
THE FARTHER
YOU GET

SEVEN DAYS OF NO SWIMMING MAKES ONE WEAK

OXYGEN
IS OVERRATED

NO MAN DROWNS IF HE
PERSEVERES IN PRAYING
AND CAN SWIM

SWIM
YOUR WORRIES
AWAY

YOU'RE ONLY ONE SWIM AWAY FROM A GOOD MOOD

BODY DOES WHAT MIND PREFERS

ONCE YOU LEARN THE STROKE, YOU NEVER FORGET

LIFE IS BETTER



WHEN YOU'RE
SWIMMING

TURBO

HIT THE
BUTTON



Greetings and welcome to your 2023 **Divisional** Championship Meet!

The RSL is holding six Division Championship Meets today - SPOTSY Y and Idewild are hosting National, Chancellor is hosting American, Fox Point is hosting Freedom, and Hampton Oaks is hosting Battlefield. Thank **you** to Dixon Pool, Jeff Rouse Swim and Sports Center, Massad Y, and King George Y, for allowing us to have our exciting finals **at** your pools. I would like to thank these teams, facilities, their management, and their staff for **working** with us and allowing us to be here today.

Please join me in congratulating our Division Champions: Salem Fields of National **Division**, and as the following undefeated division winners: Dahlgren of American Division, Massad Marlins of Battlefield Division and the Patriot Division winners - Spotswood,

I am very impressed with all of the teams this year!!! We worked really **hard** to put the emphasis on having fun and recognizing all of the positive things that each team brings to table. I have enjoyed hearing from parents, swim boards, and reps complementing and helping each other out.

The Tish Frey and the Data Committee put in innumerable hours this season and I am forever thankful for all of their help!! This is also the first season for online training for a majority of our trained positions. Megan Hubbard put in countless hours to get us into this position and we appreciate all the hard work.

Congratulations swimmers, I know you've worked hard to get here and you'll work even harder as you swim your races today. Congratulations to this year's RSL record breakers, Kyle Peck, Emmilyn Hamilton, Savannah Duffy, and Cohen Hasselhorst, it is always a joy watching records being broken. Best wishes to those of you who are aging out of eligibility to swim in the RSL. We wish you a fond farewell and much success as you start the next chapter of your lives.

The biggest thank you and congratulations goes to the parents - you made it!!! Countless hours of practice, meets, volunteering and all of it to see the greatest smiles on the faces of the children. This crazy swim world can drive you crazy at times but the reward of seeing **these** kids so happy is worth it!!

Remember, the **RSL** would like **our** Division Championship Meets to **run** smoothly **and** we ask for your cooperation in **making** that happen. Please be respectful to **everyone** and to the pools that **are** letting us use their venues. Good sportsmanship is expected of everyone in attendance including parents and guests.

At every meet during the season the following announcement is supposed to be made: "This meet is hosted and sponsored by the Rappahannock Swim League, Incorporated. All spectators, athletes and coaches are **reminded that** the RSL is committed to the development of sportsmanship, teamwork, dedication and a love for the sport of swimming." The athletes are what it's all about. If they're having a good time, then we, the board, the coaches, and the parents, have all done our jobs.

I hope I served you well **and** I hope your children had a wonderful season. Developing a love **for** the sport and staying active is always our goal **and** I hope to see these names **and** faces for many more years to come!!

Swim Fast, Have Fun!!

Danielle H. Euker, President
Rappahannock Swim League, Inc.

RSL Executive Board

President - Danielle Euker

Vice-President - Elizabeth Michalik

Treasurer – Matt Pifer

Secretary – Stephanie Breeden

Aquia Harbor

RSL Rep – Ambrose Harris

Austin Ridge

RSL Rep - Kari Futch

Caroline YMCA

RSL Rep - Angela Carneal

Chancellor

RSL Rep - Helen Kilinski

College Heights

RSL Rep – Jeff Hlywa

Country Club

RSL Rep – Katie Long

Curtis Park

RSL Rep – Jill Cesar

Dahlgren

RSL Rep – Heather Brown

Eden Estates

RSL Rep - Karla Poley

Fawn Lake

RSL Rep – Stephanie Taylor

Ferry Farm

RSL Rep – Justin Barcas

Fox Point

RSL Rep - Frances Bernier-Lopez

Grafton

RSL Rep – Nathan Macey

Hampton Oaks

RSL Rep - Megan Hubbard

Hopyard

RSL Rep – Kelly Evans

Idlewild

RSL Rep - Lauren Reed

Lake of the Woods

RSL Rep - Eugene Slagle

Lake Wilderness

RSL Rep - Tish Frey

Leeland Station

RSL Rep - Eric Futrell

Lee's Hill

RSL Rep – Iana Fulayter

Massad YMCA

RSL Rep - Amy Ellis

Salem Fields

RSL Rep – Mandy Billings

Spotswood

RSL Rep – Matt McCorkle

Spotsylvania YMCA

RSL Rep - Ron Dahart

Woodlands

RSL Rep – Heather Gabbard

Aquia Harbor

Head Coach: No Information Submitted

Austin Ridge

Head Coach: No Information Submitted

Caroline YMCA

Head Coach: Kemie Smith

Assistant Coaches: Kelly Shields,

Eric Smith, and Kaylin Waldron

Chancellor

Head Coach: Claire Hebertson

Assistant Coaches: Kendra Hull, Andrew Le

Junior Coaches: Claire Boetig, Emma Kilinski

College Heights

Head Coach: No Information Submitted

Curtis Park

Head Coach: Austin Farrar

Assistant Coach: Gigi Avery

Senior Coaches: Andy Fiore, Janie Whatley,

Madison Simons, Paul Bass,

Junior Coaches: Molly Tuttle, Ryan Moore,

Zanin Draper

Dahlgren

Head Coach: Jonathan Taleton

Assistant Coach: AJ Green

Assistant Coach: Sarah Green

Junior Volunteer Coaches: Jake Brown,

Reagan Wood,

Sophia Connolly, Sarah Parker, Wayne

Thomason

Eden Estates

Head Coach: No Information Submitted

Fawn Lake

Head Coach: Nicole Kent

Assistant Coaches: Faith Fowler, Mallory

Muilenburg

Junior Coaches: Olivia Gay, Audrey Gay, Lina

Hansen, Dylan Harris, Xander Kent, Sophie

Lee, Liam McHugh, Sofia Visoni

Ferry Farm

Head Coach: No Information Submitted

Fox Point

Head Coach: Olivia Knerr

Assistant Head Coach: Jake Smith

Assistant Coaches: Walker Berndt, Alx Storen,

Alexis Thai-Nguyen

Fredericksburg Country Club

Head Coach: Luke Osleger

Assistant Coaches: Kevin Bennet and Amelia

Dedecker

Junior Coaches: Matthew Franklin, Liam

Long, Emry Brewer, Christy Myers, Marcie

Strapp, Kendal Hoiska, Elizabeth Harding,

Jake Haynes

Grafton

Head Coach: Joey McDonnel

Assistant Head Coaches: Brandi Dawson,

Brianne Dawson

Step Swimmer Coaches: Rita Born, Emily

O'Dell

Hampton Oaks

Head Coach: Samuel Yakulis

Assistant Head Coaches: Ryan Hoy, Zack

Hubbard

Assistant Coach: Alex Fortiz

Junior Coaches: Tessa Garcia, Catherine Hall,

Owen Hoy, Alison Webb, Liam Wittwer

Hopyard

Head Coaches: Ciara Graves and Natalie

Knoke

Assistant Coaches: Ethan Damon and Kyrsten

Trowbridge

Volunteer Coaches: Breana Herbolsheimer,

Ruth Louise Page, Emilee Trowbridge, and

Virginia Yergey

Idlewild

Head Coach: No Information Submitted

Lake of the Woods

Head Coach: Jeff George
Assistant Coaches: Teresa Swagler and Riley Harrington
Junior Coaches: Aiden Fargo and Emma Tuttle

Lake Wilderness

Head Coach: Marissa Ross
Assistant Coach: Conner Henriques, Evan Frey
Junior Coaches: Kaylen Stonebreaker, Ella Stonebreaker, Will Stroffolino

Leeland Station

Head Coach: Jack Spinnanger
Assistant Head Coach: Lauren Meyer
Coaches: Coleen Desmond, Sam King, Peyton Meyer, Andrew Spinnanger, Jonah Unruh
DSP Head Coach: Maggie Kennedy
DSP Assistant Head Coach: Jacob Brothers
DSP Coaches: Sienna Armstrong, Devum Dave, Rudra Dave, Zachary Stevenson, Jeremy Wallo, Julianna Wallo

Lee's Hill

Head Coach: No Information Submitted

Massad YMCA

Head Coach: Meg Williamson
Assistant Head Coaches: Alex Goshorn, Fiona Williamson
Assistant Coaches: Lily Eichberg, Benjamin Hunter, Elize Krushinski, Luke Martin
Coaches-in-Training (CIT Program): Savannah Duffy, Hannah Ellis, Morgan Hildebrand, Kathryn Kainu, Mikayla Kainu, London Kelson, Ava Krushinski, Emily Miles, Georgia Verbel, Finn Williamson

Salem Fields

Head Coach: Logan Euker
Assistant Coaches: Garrett Peck, Mason Pifer, Madison Brown

Spotswood

Head Coach: No Information Submitted

Spotsylvania YMCA

Head Coach: No Information Submitted

Woodlands

Head Coach: No Information Submitted

The RSL proudly recognizes these swimmers who have completed their summer swim eligibility!

Aquia Harbor

No information submitted

Austin Ridge

No information submitted

Caroline YMCA

No information submitted

Chancellor

Matthew Earnhart: Matthew has been on the Chancellor Swim Team for ten seasons, beginning in 2012. His favorite event has been the 50 yard backstroke, and his favorite memory of swim team is of playing ultimate frisbee while waiting for his events. Matthew graduated from Riverbend High School in May of 2023 and will attend Yale University in the fall.

College Heights

No information submitted

Curtis Park

Janie Whatley: Janie has enjoyed swimming since she was 4 years old. She swam for Curtis Park for 12 years and coached for the last 3 years. She swam for both Rays and Mountain View Swim Teams and gives individual swim lessons. Janie will be attending Franciscan University in Steubenville, Ohio to study Human Development and Family Studies, and to swim for them as well!

Andy Fiore: Andrew has been swimming with Curtis Park for 11 years. He has coached them for the past 5 years. His friends and teammates know him as Andy and ask any of them and they have a funny story to tell you about him. He swam with STAT for 7 years and finished the season setting two new team records and Senior Finals. Andy has plans to continue his journey at the University of Lynchburg where he will be studying Criminology and swimming for their team. Andy is so thankful for everything Curtis Team has done for him over the past decade and says keep swimming.

Dahlgren

Sara Cox: Sara graduated this year from King George High School. She has been swimming with the Sharks since she was 13. She also swam for 4 years on the high school swim team. Sara will attend Longwood University in the fall, pursuing a degree in Biology with a Pre-Med concentration.

Amber Miller: Amber began swimming in 2016 when she lived in Maryland. She did not know how to swim, and her parents signed her up to swim with the Indian Head Torpedoes Swim Team. Coach Jo Proctor assigned a teenager to coach her lane so there was always an eye on the swimmers who

were learning to swim. Amber's progress that year was remarkable. She was only 11 years old and in her first meet she swam the 50-meter freestyle with a time of 2:08.00, but by the end of the season she dropped 26.10 seconds! During this first year she had not conquered the fear of diving and began all her events in the water at the wall. Her fastest 50-meter freestyle so far is now 43.31 seconds. For the next two years Amber swam for the Torpedoes. In 2017 Amber was ready to add backstroke to her events. Her time for the 50-meter backstroke in June of that year was 1:37.19. To date her fastest backstroke time is 56.59 seconds. She conquered the fear of diving in 2018 and began diving from the edge of the pool. In 2019 Amber moved to Virginia and the first team her family looked for was a swim team. She has been with the Dahlgren Sharks ever since. In 2019 Amber began swimming the 50-meter breaststroke with a time of 2:00.97. Her fastest time so far is 1:14.52. She overcame another fear this year and began diving off the block. When 2021 came around she was added to a new event. Amber swam the 100-meter freestyle with a time of 2:09.95 and ended the season at 1:59.96. Last year, 2022, has been her fastest so far. Hopefully, in 2023 she will continue to drop times in all her events. Amber has never been the fastest and has been happy just to improve her time. She is especially joyful when she does not come in last. Swimming is her favorite sport and will be a lifelong hobby. Amber is looking forward to what comes next for her. As far as her aquatic future is concerned, she is thinking about becoming a lifeguard and a swim instructor. She has many other aspirations as well. Amber will succeed in everything she does because of things she has learned through swimming. What she has learned is to do her best no matter how others are doing around her, to value being on time, to be diligent, and to persevere no matter what.

AJ Green: A.J. began his swimming career with the Dahlgren Sharks in the summer of 2014. He has continued to swim as a Shark every summer, and has been an assistant coach for the team for the last 3 years. As a coach, A.J. has worked to teach the younger kids on the team (including several siblings) the joys of swimming. Throughout his later years on the Sharks, A.J. has also performed the national anthem multiple times to share his love for music. In addition to the Sharks, A.J. has also been a longtime member of the RAYS, and a 4-year letterman for the King George High School Swim Team. As a RAY, he has competed as a finalist at VSI Senior Championships multiple times. After graduating as salutatorian from King George High School, A.J. will be studying and swimming at the University of Mary Washington in the fall. He has truly enjoyed his time in the sport, and looks forward to seeing some familiar faces at meets and poolside in the future.

Eden Estates

No information submitted

Fawn Lake

Olivia Gay: Olivia started swimming with the Fawn Lake Fliers when she was only four years old, making this her 14th season. She spent many years as a junior volunteer, shifting to a coaching role three years ago. In addition to competing at the travel soccer level since elementary school, while a student at Riverbend High School Olivia was active in many clubs and organizations as well as a four-year varsity athlete on both the swim and soccer teams. Olivia will be attending the University of Georgia in the fall, studying psychology and criminal justice.

Xander Kent: Xander has been swimming with the Fawn Lake Fliers since he was four. He has always been proud to swim for an amazing coach who was also his mom and has truly appreciated being able to work as a junior coach under her the past two years. Xander graduated from Riverbend High School this spring and will be attending Christopher Newport University in Newport News where he will be working towards a Creative Studies degree with a concentration in music production and recording and is excited to be joining the Marching Captains marching band in the fall.

Rylie McCloskey: Rylie joined the Fawn Lake Fliers at the age of 5, and this will be her 13th season with the team. She also swam competitively with Regency and the Rays from ages 7 to 15. In high school, Rylie swam varsity for Riverbend all four years, serving as team captain for two of them. Alongside her love for swimming, Rylie has developed a passion for art. In college, she will pursue her interest in 2-D animation at Pratt Institute in Brooklyn, New York, hoping to work for animation studios such as Disney and DreamWork.

Mark Percy: Mark, a 2023 honors graduate of Riverbend High School, has been swimming in RSL for thirteen years, much of that time with his older brothers David and Adam. Mark will be attending Middlebury College (Vermont) in fall 2023 and will compete this winter with the men's swim team in the NESCAC Conference - the same conference where his brother, David, was an All American for rival Williams College (Class of 2022). The three brothers first developed a love of competitive swimming from Coach Nicole on the Fawn Lake Fliers.

Ferry Farm

Maria Clapp: Maria has been swimming for the Flying Fish since she was a 6&under. Her favorite memory from summer swim was when she had to swim backstroke with a soda can on her head. In the fall she will be attending community college for two years then plans to transfer to University of Kentucky to study equine science and medicine

Ian Jones: Ian started swimming when he was 11 for the Flying Fish and was an assistant coach this year. In the fall he will be heading to George Mason where he plans to continue his swimming career at the D1 level

Andrew Smith: Andrew started swimming for the Flying Fish when he was 13. When asked his favorite summer swim memory, he said everything about swimming has been awesome except swimming the backstroke. He plans to go to Old Dominion University in the fall with a major in History. He will also be participating in their Marine Corps ROTC program with intention of becoming an Officer in the Marine Corps

Owen Thompson: Owen has been swimming for the Flying Fish since he was 14. His favorite memory from summer swim is doing the James Bond relays on fun days. In the fall he is going to start training to pursue his dream of becoming an underwater Rubik's cube solver

Fox Point

Emma Green: Emma has been swimming since she was five years old. She started on Lake Of The Woods swim team, and has been on several different RSL teams over the last 13 years. She currently swims for the Fox Point Fintastics! She has been swimming for the Stingrays year-round for 10 years! While on the RAYS she has qualified (5 years in a row) to compete at Age Group Champs & Senior Champs. She just graduated from Courtland High School. This was her 4th year on Courtland's Varsity Swim Team, where she was a captain. She went to states and competed all 4 years. Her freshman year contributed to beating the school's medley relay record and 3 years later still holds it. Junior and Senior year she was a 4A state finalist in 100breast. She placed in top 5 at regionals for breaststroke all 4 years & was Battlefield District Champion for 100breast this year. Last November she signed her commitment to swim for Barton College, an NCAA Division II school in North Carolina. She is receiving an athletic as well as academic scholarship and plans to study to be a Forensic Psychologist.

Alex Storen: Alex has been swimming for the Fintastics since he was four years old. He received the High Point Award for numerous seasons and was a Ken Novell Ambassador Award recipient. He was a RAYS swimmer for 8 years and was a four year state qualifier, team captain, and MVP Award recipient for the Courtland High School swim team. His favorite role has been one of swim coach for the Fins for the past four years. Alex will attend William and Mary where he plans to pursue a law degree.

Carlie Clements: Carlie's swimming career began in Myrtle Beach at the age of 3 when she refused to put her "floaty" suit on and swam across the pool like all the other kids. This is where her dad's claim that he taught her how to swim comes from. At the age of 4, she began swimming on the Chancellor Blue Dolphins RSL team. She moved to the Fox Point Fintastics at the age of 6 and continues to swim for them. At the age of 7, she joined the Rays team. When she entered high school she began swimming for the Massaponax Panthers. Over the years, she has acquired many accolades for Fox Point, RAYS, and high school swimming. She holds numerous records through all age groups for the Fox Point Fintastics. Her favorite part of summer swim team is the people and the fun she has with those she doesn't normally compete with. She will miss the fun atmosphere with no pressure the most. Unfortunately, her senior year of swimming was cut short due to an injury she succumbed to in a sport that ultimately made her a stronger swimmer. She is now looking ahead, forging towards new goals as she heads off to compete at East Carolina University in the fall. Go Pirates, ARGGHHH!

Adrián Vélez: Adrian began swimming at the age of 7 with the Salem Fields Sunfish and the last 6 years with the Fox Point Fintastics. This has been a wonderful experience for him, making many friends and exploring a sport that was very new to him. Swimming was a great compliment to his full time soccer playing for the Fredericksburg FC and his Middle School and High school teams.

Adrián graduated from Courtland High School and will be attending the University of Virginia this fall to pursue a degree in Biomedical Engineering.

Nate Sherwood: Nate has been swimming with the Fox Point Fintastics since he was 8 years old. Before that he was a part of the Massad Marlins for three years. His favorite part of summer swimming is the loving swim community. Nate was a member of the Courtland High School swim team where he served as team captain for two years. He will be heading to UVA in the fall where he plans to study neuroscience and chemistry.

Fredericksburg Country Club

Matthew Franklin: Matthew has been a part of FCC Summer Swim Team for 13 years, and for the last 2 years, he has enjoyed helping the team as a junior coach. He graduated from James Monroe High School this year, where he played football, lacrosse, and swam for 2 years. Future plans include attending University of South Carolina where he will major in business. His favorite swim team memory is celebrating with the team at McDonalds after a win, and his advice to younger swimmers: "Keep a positive attitude, and have fun!"

Trevor Brightly: Trevor started swimming for the FCC Bucs/ RSL at age 4. He attended Holy Cross Academy from pre-k to 8th grade, and St Michael Archangel High School for ninth grade, before being homeschooled and graduating high school in 2022. He now attends Randolph Macon College as a Dean's Scholar academic scholarship recipient, and will be a rising sophomore this fall. He is a Rush Chair at Kappa Sigma fraternity, and plans to be to a political science major. Trevor wants to especially thank Head Coach Luke Osleger, "for his unwavering commitment to our team. As a swimmer for the Bucs for fourteen years, and now as Head Coach, Luke has been a steadfast example of determination and commitment for our FCC community; thanks, man, we all appreciate you!"

Grafton

Justin Kelly: Justin graduated this year Summa Cum Laude. He accomplished his Eagle Scout as well. Justin started swim team right as he was turning 5 years old in 2010. It was his first experience of being in water without a life jacket. He swam for Ferry Farm Flying Fish for 9 years and has swam for the Grafton Dolphins these last 2 years. Justin plans to attend Germanna in the Fall studying Engineering and then transferring to Virginia Tech for Civil Engineering. We are so extremely proud of Justin not only for his accomplishments but for just being a kind and caring guy.

Anabelle Harvey: Anabelle started her summer swim career at the age of 6 with the YMCA Marlins, where she swam with them for 4 summer seasons. Then she went to the Ferry Farm Flying Fish for 5 seasons. After a summer off due to covid she has swam with Grafton Dolphins for 3 seasons. Anabelle also swam for Stafford Sr. High School all 4 years. She is attending Germanna in the fall. She will then pursue a career as a Firefighter.

Brandi Dawson: Brandi graduated, summa cum laude, this year from Stafford High School. She swam for her high school team four years and has enjoyed summer swim since age 5. Brandi has been on the coaching team for the Grafton Dolphins for the past 3 years and really enjoys working

with and having fun with all the team. Brandi is planning on attending a special effects school next year and then completing her degree at Virginia Tech. Congratulations and good luck Brandi!

Brianne Dawson: Brianne graduated, summa cum laude, this year from Stafford High School. She swam for her high school team four years and has enjoyed summer swim since age 5. Brianne has been on the coaching team for the Grafton Dolphins for the past 3 years and really enjoys working with and having fun with the team. Brianne will be attending Longwood University this fall and is majoring in Math. Congratulations and good luck Brianne!

Thomas Matarese: Thomas is the son of Matthew Matarese and Christine Matarese. Thomas has been swimming with the Grafton Dolphins Swim team since he was 4 years old. He was a member of the coaching staff during the 2022 swim season, where he demonstrated his ability to coach and develop other swimmers on the team. While Thomas excels at coaching, his greatest strength lies in his ability to talk trash about the most ridiculous and inconsequential things. He is a graduate of Stafford High School and served as captain for the school swim team his senior year. Last semester he studied at Christopher Newport University. In his free time he enjoys gaming and anime.

Luke Chilton: Luke is a graduate of Fredericksburg Christian High School. He began swimming for the Grafton Dolphins when he was 7. He also swam for the Rays for 5 years. He gave up year round swimming during middle school due to his love for the game of basketball. He played basketball for Fredericksburg Christian, different travel teams and finished his traveling with the Virginia Playmakers. He also played football at FCS as a tight end. Luke will attend Frostburg State University this fall where he will play football and basketball. He plans to pursue a degree in the medical field.

Hampton Oaks

Zack Hubbard: Zack is a 2023 graduate of the STAT Biomedical Program at North Stafford High School. While at North, he was a 4-year member of the Varsity Swim Team earning Team High Points winner all 4 years, 2 year MVP and qualifier for the High School State Meet. He was also a member of the Varsity Golf and Cross-Country Teams and a part of the Environmental Club. Zack joined the Hurricanes at age 4 and has been an integral member ever since. He is currently finishing his 3rd year of coaching with the team and loves the opportunity to give back and pass on his love of swimming to younger members. Zack swam for Stafford Aquatics Team (STAT) for 3 years and is now a member of the RAYS year-round swim team. He is so appreciative of all his coaches over the years. In his free time he enjoys playing card and video games with his friends. Zack will be attending Randolph-Macon College in the fall where he will be a part of their NCAA D3 Swim Team and a member of their E-Sports team. He plans to study Chemistry.

Hopyard

Ciara Graves: Ciara has been swimming in the RSL since she was six; for the Marlins, the Flying Fish, and the Hammerheads. Ciara's love for swimming is seen in the water and on-deck, as a swimmer and a coach. Ciara was honored as a Ken Novell Ambassador in 2021; and has served as an Assistant

and Co-Head Coach. The RSL ignited her love for the sport and prompted her to swim competitively for the past 9 years with her club team, Tsunami Swimming. Ciara is a 4-year varsity swimmer for King George High School, a Girl's Team Captain, school record-holder, and All-Area Team member. Ciara also has been working as a swim instructor for the past 5 years, teaching kids her love for the sport and promoting water safety. Ciara will be attending the University of Virginia this fall and swimming for their club team.

Idlewild

No information submitted

Lake of the Woods

Rachel Heth: Rachel has been swimming for the Lake of the Woods Barracudas for 5 years. She graduated from Fredericksburg Christian School (FCS). Rachel also swam for her high school swim team. Her other activities include stem club, orchestra, and she was class president. Rachel will be attending UVA to study aerospace engineering.

Riley Harrington: Riley swam for the Lake of the Woods Barracudas for 14 years. She graduated from Orange County High School. Her other activities include soccer, field hockey, and basketball. She has been a Junior coach for the Barracudas and is now an Assistant Coach. Riley will be attending JMU in the fall majoring in elementary education.

Lake Wilderness

Evan Frey: Evan graduated from Riverbend High School this year. He has been swimming in the RSL with the Lake Wilderness Torpedoes since he was 4 years old. This year in addition to swimming for the team, Evan is enjoying his 3rd year as part of the coaching staff. In middle school, he joined the RAYS swimming team and is still a member today. At Riverbend High School, Evan joined the swim team and lettered all four years. He served as a co-captain his Junior and Senior year and received the MVP award during the 2021/2022 season and the Ursa Major Award during the 2022/2023 season. Evan will be heading to Coastal Carolina University in the fall to pursue a degree in Engineering Science.

Conner J. Henriques: Conner is a graduate from Riverbend high school. Will be attending Regent University in the fall where he'll be getting a degree in business and playing as goalkeeper for their soccer program. Conner was a four-year varsity swimmer and a four-year goalkeeper at Riverbend High school. He's been a Lake Wilderness Torpedo for 15 years and the last few years as a junior /assistant coach. Summers won't be the same without swim.

Leeland Station

Jacob Brothers: Jacob graduated in 2023 from Stafford Senior High School. He has been a member of the Leeland Express since 2011, is both a lifeguard and a swim coach for the Massad YMCA and the the Assistant Head DSP Coach for Leeland. In the fall, Jacob will be attending Germanna.

Alec Desmond: Alec has been an RSL swimmer for over 10 years, starting with the Woodland Wahoos and joining the Leeland Express in 2019. He was a four-year varsity swimmer and two-year captain at Woodberry Forest School, qualifying for VISAA States, Senior Champs and Sectionals. Other interests include painting, fishing, skeet-shooting and playing guitar. Alec will be attending Christopher Newport University in the fall.

Brenna Elchenko: Brenna graduated from Stafford High School in 2023. In addition to swimming, Brenna has been active in track and cross country and placed at states in both. Brenna has been swimming for the Leeland Express for several years and plans on attending George Mason University in the fall.

Nick Futrell: Nick is a 2023 graduate of Stanford Senior High School. He joined the Leeland Express in 2012 and earned the rank of Eagle Scout with Troop 199. Nick will be attending Randolph-Macon College in the fall and will be playing NCAA volleyball.

Peyton Meyer: Peyton graduated from Mountain View High School in 2023. He has been swimming for the past 12 years, and joined the Leeland Express in 2017. In the fall, Peyton will be swimming for Roanoke College, and will be studying business.

Jonah Unruh: Jonah began his swimming career in 2015 with the Leeland Station Express. The love he found for the sport quickly led him to join the RAYS year-round team where he continues to compete. Jonah also swam for Stafford High School qualifying for the VHSL 5A State Meet all 4 years, earning 3 individual and 1 relay medal during that time. Jonah will continue his career in the Big East Conference swimming for Providence College. In addition to swimming, Jonah is a Summa Cum Laude graduate of the Commonwealth Governor's School and an Eagle Scout.

Lee's Hill

No information submitted

Massad YMCA

Megan Williams: Megan has been a swimmer on the Massad Marlins for 10 years. She recently graduated from Stafford High School in which she served as the team manager for the swim team. Megan will be attending and living on campus at the University of Mary Washington (UMW) in the fall.

Fiona Williamson: Fiona has been a competitive year round swimmer with RAYS for 13 years and is completing her 14th summer with the Massad Marlins. In addition to swimming, she has volunteered and coached the Massad Marlins swim team for the past five years. Over her swimming career, Fiona was awarded Coach's awards for both RAYS and Marlins swimming, the Helen Wang Scholarship for RAYS, acquired multiple AA and AAA times, and has received the Virginia Swimming Competitive Spirit Award. Giving pro bono swim lessons, volunteering at church functions, and

visiting elderly friends and family has been a priority for her over the years. Fiona has been homeschooled her whole life with Mother of Divine Grace and Seton Home Study School, and comes from a family of seven children. She will be attending Christendom College in Front Royal, VA this Fall. Fiona has loved all her years swimming, but most especially her summers with the Marlins family!

Salem Fields

Regan Euker: Regan graduated this spring from Lighthouse Academy of Fredericksburg as valedictorian, along with graduating as a Student of Excellence, a perfect GPA, and played varsity soccer for the Lions soccer team. He has swam for the Rappahannock Swim League for 13 years and the RAYS for 10 years. His love of swimming came from swimming for the RAYS swim team. Regan will be swimming for Roanoke College this fall where he is majoring in Political Science and Sports Management. Regan is excited to be wrapping up his 11 years in the RSL with the Salem Fields Sunfish! Regan is thankful for all of his coaches, family and friends that have helped push and motivate him to where he is today.

Spotswood

No information submitted

Spotsylvania YMCA

Lauren Higgins: Lauren graduated with distinguished honors from Riverbend High School where she attended the Commonwealth Governor's School. She has been swimming with the RSL for 12 years. She swam for 2 years with the Regency Riptides, followed by 10 years with the Spotsy Dragons. Lauren also enjoys dancing, acting, and playing the flute and piano. In the fall, she will be attending Virginia Tech where she will major in Elementary Education with a minor in Disabilities Studies. Lauren would like to thank her coaches and teammates for making swimming such a fun and positive experience for her.

Samantha Potts: Samantha started swimming for the Dragons in 2015. She graduated from Riverbend High School with Distinguished Honors where she was NHS Secretary and Cornhole Club Vice-President/Co-Founder. She also competed on the Varsity Track and Field team all four years where she set school records in pole vault and discus. This Fall, Sami will attend The Ohio State University where she will major in Exercise Science and compete in women's pole vault for the Buckeyes.

Lilly Wallach: Lilly graduated from Massaponax High, as a member of the National Technical Honor Society and with a Vet Assistant certificate. Lilly swam for Massaponax High all 4 years. She also swam for the StingRAYS, Spotswood Sea Serpents, and Spotsylvania YMCA Dragons. Lilly loves riding horses and complaining about swim. Lilly's future plans include studying Veterinary Medicine at Virginia Tech.

Kiyan Zahabi: We discovered Kiyan loved the water when he was four and knew we had to get him into swimming lessons. From there he was introduced to the Spotsy Dragons Swim Team and has been swimming with them for 10 years. He soon developed an interest in competitive swimming and began swimming with the Stingrays. He still enjoys going to swim meets with the Dragons and reuniting with his original swim friends. He also loves dancing to the music at the meets and helping with concessions. Kiyan plans to attend Embry-Riddle Aeronautical University this fall and hopes to become an aerospace engineer in the future. Before he parts ways, Kiyan wants to let aspiring young swimmers know that swimming performance is not dependent on speed and power alone, but on a good diet, proper rest, and attention to form.

Kenya Lawson: Kenya has been on the Dragons for 11 years. Her favorite memory from summer swim is when the team would do relays and play water polo on fun Fridays. In the fall, Kenya will be attending the University of Delaware to study Marine Science.

Woodlands

No information submitted



RSL Records - Meters - Individual

Records displayed in course (pool length): **Short Course Meters (25m)**

★ indicates record set in current season

Girls			6 & Under	Boys		
2011	Jordan Durocher	19.56	25 Free	19.62	Kyle Pins	2006
★2023	Emmilyn Hamilton	26.85	25 Back	26.59	Cohen Haselhorst	2023★

Girls			8 & Under	Boys		
2000	Meredith Cavalier	17.59	25 Fly	17.09	Phillip Sasser	1996
2013	Jordan Durocher	21.44	25 Breast	21.15	John O'Hara	2010

Girls			7-8	Boys		
1996	Cameron Wallace	16.16	25 Free	15.75	Phillip Sasser	1996
1986	Jaime Pyle	19.60	25 Back	18.87	Phillip Sasser	1996

Girls			9-10	Boys		
1988	Erin Chinn	14.10	25 Free	13.21	Nolan Monahan	2009
2000	Ann O'Brien	14.99	25 Fly	14.90	David Johnson	1980
1992	Marion Brothers	17.06	25 Back	16.78	Luke Durocher	2011
2013	Kinsey Brooks	18.16	25 Breast	17.53	Danny Pyle	1990

Girls			12 & Under	Boys		
2004	Meredith Cavalier	1:01.59	100 Free	58.48	Luke Durocher	2013
2004	Meredith Cavalier	1:10.09	100 IM	1:03.78	Luke Durocher	2013

Girls			11-12	Boys		
2015	Caroline Bentz	28.19	50 Free	26.72	Luke Durocher	2013
2004	Meredith Cavalier	30.68	50 Fly	27.69	Luke Durocher	2013
2004	Meredith Cavalier	32.73	50 Back	29.72	Luke Durocher	2013
2007	Kayla Brumbaum	36.06	50 Breast	34.07	Danny Pyle	1992

Girls			13-14	Boys		
2005	Meredith Cavalier	27.66	50 Free	25.09	Brandon Hamblin	2014
2005	Jackie Hynson	29.79	50 Fly	26.66	Luke Durocher	2015
2005	Meredith Cavalier	31.48	50 Back	27.39	Luke Durocher	2015
2009	Kayla Brumbaum	34.64	50 Breast	31.09	Danny Pyle	1994

Girls			13-18	Boys		
2008	Meredith Cavalier	58.19	100 Free	52.87	Dylan Eichberg	2017
2012	Bailie Monahan	1:06.06	100 IM	59.12	Kyle Peck	2023★

Women			15-18	Men		
2008	Meredith Cavalier	26.88	50 Free	23.93	Aaron Peterson	1998
2010	Bailie Monahan	28.97	50 Fly	25.38	Kyle Peck	2022
2008	Meredith Cavalier	30.31	50 Back	27.03	Micheal Fox-Moles	2011
2011	Kayla Brumbaum	33.41	50 Breast	30.12	Dale Parker	2003

RSL Records - Meters - Relays

Records displayed in course (pool length): Short Course Meters (25m)

★ indicates record set in current season

Girls			8 & Under	Boys		
2012	Jordan Durocher, Nia Robinson, Sydney Brown, Marisa Ross	1:17.85	100 Free Relay	1:17.03	Kucas Kopp, Gunther Braendel, Olav Brooks, Ben Eichberg	2012

Girls			9–10	Boys		
2014	Jordan Durocher, Mallory Burns, Sydney Brown, Marisa Ross	1:08.87	100 Free Relay	1:07.37	Avery Amidon, Ryan Lipscomb, Travis Bright, Trevor Tiberio	2018

Girls			12 & Under	Boys		
2015	Carter Wasser, Caroline Bentz, Jenna Kapp, Becca Tidwell	1:05.60	100 Medley Relay	1:06.38	Andrew Rusnak, Collin Feliciano, Nathan Pechacek, Coleman Cassell	2015

Girls			11–12	Boys		
2015	Syndney Duffy, Chloe Schmitz, Madelyn Forman, Shay Walker	59.02	100 Free Relay	57.96	Jack Spinnager, Alex Steuart, Matt Conniff, Devin Bateman	2015

Girls			13–14	Boys		
2021	Kailyn Boutte, Madi Bean, Lily Eichberg, Sami Sowers	56.47	100 Free Relay	50.68	Jacon Ball, Mason Harris, William Rader, Jacobs Ragsdell	2011

Girls			18 & Under	Boys		
2012	Marissa Ross, Alice Sandoval, Gracie Paterson, Rheagan Horne, Nicole Mulienburg	1:15.03	125 Free Relay	1:11.76	Ben Eichberg, Patrick Pins, Kyle Pins, Brad Allison, Michael Slattery	2012

Girls			13–18	Boys		
2012	Keara Garrity, Elyse MacIlsac, Bailie Monahan, Rylie Waisanen	1:00.34	100 Medley Relay	52.46	Jacob Miller, Ben Eichberg, Dylan Eichberg, Nick Ashton	2018

Women			15–18	Men		
2015	Ryan Ulrich, Annalee Johnson, Alexis Delgado, Katie Sell	54.15	100 Free Relay	46.38	Jacob Miller, Nick Ashton, Joe Stephens, Dylan Eichberg	2018

RSL Records - Yards - Individual

Records displayed in course (pool length): **Short Course Yards (25yd)**

★ indicates record set in current season

Girls			6 & Under	Boys		
2009	Caroline Bentz	18.44	25 Free	17.89	Jacob Miller	2007
★2023	Emmilyn Hamilton	22.77	25 Back	24.07	Declan Parker	2018

Girls			8 & Under	Boys		
2000	Meredith Cavalier	17.59	25 Fly	16.12	Cameron Murray	2011
2013	Ashley Wang	19.09	25 Breast	20.49	Mahlon Newlin	1987

Girls			7-8	Boys		
2011	Caroline Bentz	14.70	25 Free	14.54	Kyle Pins	2008
2013	Ashley Wang	17.49	25 Back	18.46	Ryan McOsker	2014

Girls			9-10	Boys		
2002	Meredith Cavalier	13.04	25 Free	12.66	Brandon Hamblin	2010
2002	Meredith Cavalier	13.97	25 Fly	13.82	Devin Bateman	2014
1993	Trisha Blackwell	15.72	25 Back	15.12	Steen Loccisano	1999
2013	Kinsey Brooks	16.93	25 Breast	17.56	Matt Rodkey	1994

Girls			12 & Under	Boys		
2004	Meredith Cavalier	56.45	100 Free	51.97	Luke Durocher	2013
2017	Jordan Durocher	1:03.21	100 IM	58.97	Luke Durocher	2013

Girls			11-12	Boys		
2004	Meredith Cavalier	25.12	50 Free	24.22	Luke Durocher	2013
2004	Meredith Cavalier	27.87	50 Fly	25.50	Luke Durocher	2013
2004	Meredith Cavalier	29.35	50 Back	26.88	Luke Durocher	2013
2007	Kayla Brumbaum	32.79	50 Breast	30.50	Luke Durocher	2013

Girls			13-14	Boys		
2006	Meredith Cavalier	24.56	50 Free	22.91	Ben Eichberg	2018
★2023	Savannah Duffy	26.68	50 Fly	24.47	Luke Durocher	2014
2005	Meredith Cavalier	27.71	50 Back	24.86	Luke Durocher	2015
2008	Kayla Brumbaum	30.55	50 Breast	28.90	Danny Pyle	1994

Girls			13-18	Boys		
2009	Meredith Cavalier	53.12	100 Free	47.74	Steven Loccisano	2006
2012	Kayla Brumbaum	1:01.07	100 IM	52.46	Luke Durocher	2016

Women			15-18	Men		
2009	Caroline Simmons	24.47	50 Free	21.85	Garrett Ross	2016
2009	Meredith Cavalier	26.82	50 Fly	23.24	Luke Durocher	2016
1999	Krystal Ball	27.50	50 Back	24.41	Kyle Peck	2022
2012	Kayla Brumbaum	30.40	50 Breast	27.29	Jake Ball	2016

RSL Records - Yards - Relays

Records displayed in course (pool length): **Short Course Yards (25yd)**

★ indicates record set in current season

Girls			8 & Under	Boys		
2012	Jordan Durocher, Nia Robinson, Katy Bronski, Marissa Ross	1:11.12	100 Free Relay	1:13.11	Jesse Chewing, Jeremy Wallo, Brent Miller, Michael Krushinski	2018

Girls			9-10	Boys		
2014	Jordan Durocher, Mallory Burns, Marissa Ross, Sydney Brown	1:01.24	100 Free Relay	1:01.16	Avery Amidon, Ethan Greene, Tracis Bright , Trevor Tiberio	2018

Girls			12 & Under	Boys		
2014	Alice Sandoval, Maddie Urian, Cristal Perdomo, Marissa Ross	1:00.47	100 Medley Relay	1:01.34	Teighan MacDougall, Nicholas Pachec, Lance Young, Ethan Skees	2018

Girls			11-12	Boys		
2013	Nina Banzon, Alice Sandoval, Maddie Urian, Katrina Yankovich	54.94	100 Free Relay	52.75	Brennan Paterson, Jeffery George, Noah Ross, Luke Durocher	2013

Girls			13-14	Boys		
2021	Mikayla Kainu, Madi Bean, Lily Eichberg, Sami Sowers	51.69	100 Free Relay	47.36	Nathan Pechacek, Micah Hunt, Connor Smith, Collin Feliciano	2017

Girls			18 & Under	Boys		
2012	Marissa Ross, Alice Sandoval, Gracie Paterson, Rheagan Horne, Nicole Mulienburg	1:08.63	125 Free Relay	1:06.85	Michael Krushinski, Eric Pelham, Alex Fortiz, Ben Eichberg, Jacob Miller	2018

Girls			13-18	Boys		
2018	Courtney Wolfgang, Carlie Clements, Pia Basilica, Caroline Storen	54.66	100 Medley Relay	46.70	Jacob Miller, Ben Eichberg, Dylan Eichberg, Nick Ashton	2018

Women			15-18	Men		
2015	Courtney Jones, Nicole Mulienburg, Gracie Paterson, Rheagan Horne	50.60	100 Free Relay	42.16	Luke Duroche, David Turbyfill, Jake Ball, Garrett Ross	2016

2023 Battlefield

Team	Win	Loss
MY – Massad YMCA Marlins	5	0
HO – Hampton Oaks Hurricanes	4	1
W – Woodland Wahoos	3	2
LS – Leeland Station Leeland Express	2	3
CP – Curtis Park Swim Team	1	4
FL – Fawn Lake Fliers Swim Team	0	5

2023 Patriot

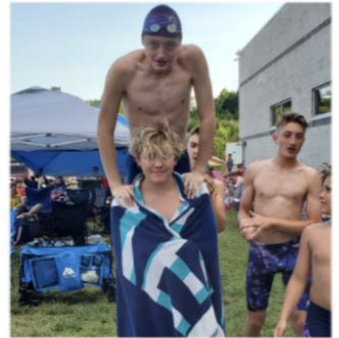
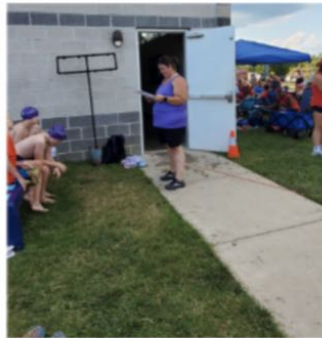
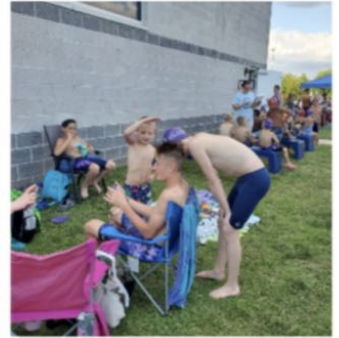
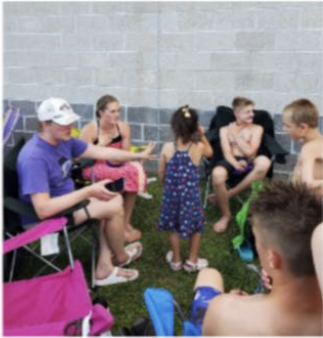
Team	Win	Loss
S – Spotswood Sea Serpents	5	0
FP – Fox Point Fintastics	4	1
AH – Aquia Harbour Dolphins	2	2
LH – Lee's Hill Lightning Swim Team	1	3
FF – Ferry Farm Flying Fish	1	4
H – Hopyard Hammerheads	1	4

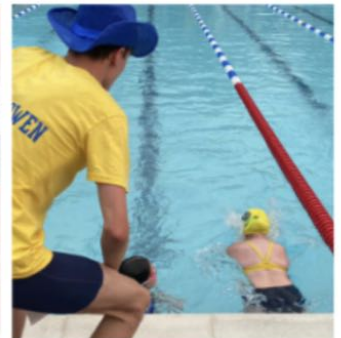
2023 American

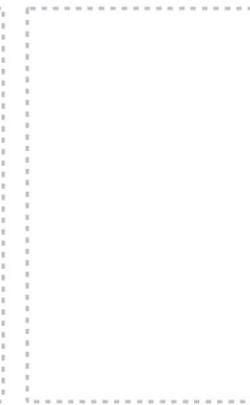
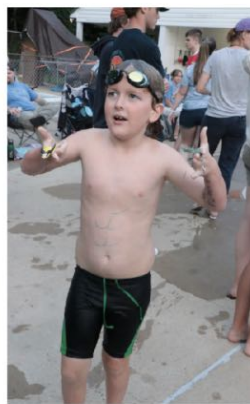
Team	Win	Loss
D – Dahlgren Sharks	5	0
AR – Austin Ridge Rapids Swim Team	4	1
LW – Lake Wilderness Torpedoes	3	2
LOW – Lake of the Woods Barracudas	2	3
CY – Caroline Orcas	1	4
C – Chancellor Blue Dolphins	0	5

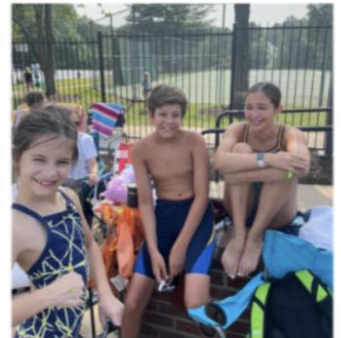
2023 National

Team	Win	Loss
SF – Salem Fields	5	1
CH – College Heights Swim Team	4	2
CC – FCC Buccaneers	4	2
G – Grafton Dolphins	4	2
EE – Eden Estates Eels	3	3
SY – Spotsylvania YMCA Dragons	1	5
I – Idlewild Tidal Waves	0	6











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2023



**Happy
11th
Birthday
Blake Jones**

**GO
ORCAS**

**Coaches:
Thank you
for a
great
season!**

**Bryant,
I am so proud
of all the hard
work you have
put in this
season! Keep
giving it your
all! Just keep
swimming!**

**DON'T
MESS
WITH
OUR
POD!**

**In Memory
of Nicholas Layne
08/01/2005–07/01/2023**

**May you
Rest in
Peace Nick,

Your Orcas Family**



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Dolphins!



Thanks for a
great season
coaches!

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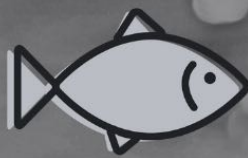
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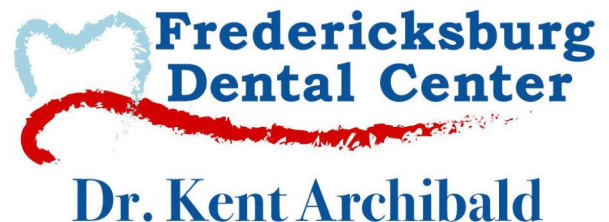


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West Virginia University

Samuel Calder

U. S. Merchant Marine

Carlie Clements

East Carolina University

Regan Euker

Roanoke College

Evan Frey

Coastal Carolina University

Danny Gibbs

U. S. Merchant Marine

AJ Green

University of Mary Washington

Emma Green

Barton College

Zachary Hubbard

Randolph-Macon College

Trevor Hudson

West Virginia University

Ian Jones

George Mason University

Matt Jones

Marymount University

Asher Joseph

Virginia Tech University

Michael Kratowicz

Old Dominion University

Kevin McGowan

George Mason University

Peyton Meyer

Roanoke College

Mark Pearcy

Middlebury College

Katelyn Spuchesi

Randolph College

Alexis Thai-Nguyen

Christopher Newport University

Jonah Unruh

Providence College

Ashley Wang

Columbia University

Jillian Wedding

Ithaca College

Fiona Williamson

Christopher Newport University

Kiyan Zahabi

Embry-Riddle Aeronautical University

We are proud of our student athletes' achievements, in and out of the pool. Our swim team family wishes all of our seniors the best of luck in their next stage of life! We will miss you all.

www.swimrays.org

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#1 Girls 6 & Under 25m Freestyle Girls 6 & Under**Heat 1 of 2**

3	Plemons, Becca	4 CY	1:08.74
4	Bothel, Caroline	5 D	1:02.22
5	Jones, Aspen	6 C	1:07.22
6	Sullivan, Gabrielle	5 LW	1:19.92

Heat 2 of 2

1	Smith, Bella	5 LOW	53.88
2	Greenaway, Kelsey	5 LW	46.55
3	Koch, Charlotte	6 D	40.93
4	Miller, Olivia	6 CY	27.88
5	Gallagher, Katie	6 AR	28.21
6	Phipps, Elliana	4 D	46.19
7	Gruszecki, Olivia	6 D	51.35
8	Lambert, Adeline/Addy	4 AR	57.78

#2 Boys 6 & Under 25m Freestyle Boys 6 & Under**Heat 1 of 2**

3	Berchtold, Joseph	5 C	2:08.01
4	Shay, Luke	6 AR	46.81
5	Shay, Ryan	6 AR	54.70

Heat 2 of 2

1	Norman, Aedan	5 LW	45.75
2	Gasiorowski, Hank	5 AR	43.22
3	Bourne, Surya	6 C	39.44
4	Carroll, Will	6 LOW	31.31
5	Fitch, Keegan	6 LOW	35.40
6	Fitch, Declan	6 LOW	41.13
7	Stevens, Cliff	5 LOW	43.67

#3A Girls 8 & Under 25m Freestyle**Heat 1 of 2**

3	Warnick, Madelyn	7 C	24.81
4	Gruszecki, Cathrine	8 D	24.60
5	Haderlie, Ellie	8 AR	24.63

Heat 2 of 2

2	Caro, Lucia	8 D	24.42
3	Smith, Charleigh	8 LOW	22.72
4	Taylor, Shelby	8 CY	20.96
5	Pyryt, Penny	8 AR	22.30
6	Brown, Taryn	8 CY	23.44
7	Connolly, Sydney	8 D	24.60

#3B Girls 8 & Under 25m Freestyle**Heat 1 of 2**

3	Green, Sadie	7 D	34.57
4	Holder, Brantley	8 LOW	33.79
5	Feltner, Nora	7 D	34.09

Heat 2 of 2

2	Kobiolka, Katie	8 C	29.04
3	Reeder, Emerson	7 AR	26.06
4	Jenkins, Mackenzie	7 CY	25.06
5	Workman, Sonya	8 LW	25.32
6	Crawford, Adeliah	8 CY	26.28
7	Mastin, Ava	8 CY	30.81

#3C Girls 8 & Under 25m Freestyle**Heat 1 of 2**

3	Berchtold, Annaliese	7 C	41.77
4	Tierney, Leah	7 LW	39.15
5	Hague, Adeline	7 LOW	40.07

Heat 2 of 2

1	Gimenez, Ashley	7 LOW	37.25
2	Smith, KJ	7 CY	36.02
3	Davis, Felicity	8 AR	35.28
4	Valentin-Eclipse, Lele	7 LOW	34.68
5	Moore, Clara	7 CY	35.14
6	Foulks, Lillian	7 D	35.34
7	Sullivan, Emily	7 LW	36.11
8	Epps, Camryn	7 D	37.88

#4A Boys 8 & Under 25m Freestyle**Heat 1 of 2**

3	Norman, Liam	7 LW	23.93
4	Lambert, Henry	7 AR	23.53
5	McGarritty, John	8 D	23.85
6	Jones, Luke	8 C	24.56

Heat 2 of 2

1	Preut, Joel	7 C	21.97
2	Rayford, Lawson	8 C	21.47
3	Miller, Bryce	8 CY	20.61
4	Fiefhaus V, Johnny	8 CY	19.40
5	Preut, Reid	8 C	19.86
6	Szczechowski, Eli	8 LOW	21.25
7	Wiederman, Fult	8 LW	21.64
8	Lumpkins, Campbell	7 D	23.47

#4B Boys 8 & Under 25m Freestyle**Heat 1 of 2**

3	Zaremba, Owen	7 D	30.22
4	Aanerud, Parker	7 D	30.13
5	Zaremba, Grayson	8 D	30.19
6	Jefferies, Logan	7 LOW	30.32

Heat 2 of 2

1	Westphal, Robert	8 C	28.54
2	Phipps, Lincoln	7 D	27.06
3	David, Owen	8 AR	25.94
4	Brezee, Jasper	7 C	25.60
5	Hichak, Andy	7 C	25.66
6	Leon, Noah	7 LOW	27.01
7	Warren, Sean	7 CY	27.29
8	Koch, Drew	8 D	29.69

#4C Boys 8 & Under 25m Freestyle**Heat 1 of 2**

4	Schietinger, Declan	7 LOW	1:05.84
5	Lewis, Noah	8 AR	44.32
6	Robinson, Jakob	7 LOW	38.93
7	Shumaker, William	7 LW	42.62
8	Myers, Colton	7 CY	48.53

Heat 2 of 2

1	Todd, John	7 LW	34.25
2	Collins, Freddie	7 AR	33.13
3	Wainwright, Owen	7 D	31.45
4	Sluszk, Vincent	7 LW	31.18
5	Bailey, Jayden	7 CY	31.25
6	Campbell, Torin	8 AR	31.64
7	Bourne, Satyadhar	7 C	33.27
8	Williams, Eli	7 CY	36.77

#5A Girls 9-10 25m Freestyle**Heat 1 of 2**

3	Finger, Chloe	10 LOW	20.65
4	Moore, Lilah	10 CY	19.42
5	Connolly, Scarlett	10 D	19.81
6	Tran, Gianna	10 CY	20.84

Heat 2 of 2

1	Matlock, Jillian	9 C	18.94
2	Hitt, Kaylee	10 LW	18.47
3	Pyryt, Emily	10 AR	17.93
4	Preut, Clara	10 C	16.47
5	David, Madeline	10 AR	17.78
6	Melo, Gen	10 CY	18.13
7	Aman, Kynzie	10 LW	18.83
8	Pyryt, Molly	9 AR	19.19

#5B Girls 9-10 25m Freestyle

Heat 1 of 2

3	Beesley, Katie	9 LOW	24.37
4	Tierney, Anne	9 LW	23.62
5	Plemons, Hannah	9 CY	24.09
6	Breeze, Quinn	9 C	24.53

Heat 2 of 2

1	Taylor, Tristan	10 CY	23.18
2	Alexander, Bella	9 LW	22.51
3	Jefferies, Riley	10 LOW	21.22
4	Greenaway, Hallie	9 LW	21.21
5	Winfrey, Fiona	9 D	21.21
6	Wiederman, Cae	10 LW	21.89
7	Coleman-Layne, Josephine	10 CY	22.92
8	Aanerud, Zoe	9 D	23.22

#5C Girls 9-10 25m Freestyle

Heat 1 of 2

2	Pascal, Arianna	10 LOW	33.24
3	Denning, Rebecca	9 AR	27.89
4	Ziegler, Scarlett	10 AR	27.10
5	Weisman, Zoe	9 D	27.88
6	Doty, Cora	9 AR	31.23

Heat 2 of 2

1	Crawford, Judah	10 CY	26.95
2	Libeau, Lily	9 D	26.22
3	Wood, Margaret	10 LW	25.04
4	Thompson, Emma	10 CY	24.68
5	Payden, Charlotte	9 LOW	24.83
6	Davis, Ava	10 AR	26.20
7	Ziegler, Josselyn	9 AR	26.78
8	Campbell, Ellamarie	10 D	27.02

#6A Boys 9-10 25m Freestyle

Heat 1 of 2

3	Sellers, Weston	9 LW	19.88
4	Smith, Alex (EXH)	10 LOW	18.78
5	Rayford, Levi	9 C	19.47

Heat 2 of 2

1	Foulks, Ward	10 D	18.77
2	Jones, Blake	10 CY	18.61
3	Tweedy, Blaize	10 CY	16.82
4	Thomason, Jordan	10 D	15.81
5	Campbell, True	10 AR	16.40
6	Hopewell, Caspian (EXH)	9 LOW	18.41
7	Gonzalez, Ethan (EXH)	10 LOW	18.72

#6B Boys 9-10 25m Freestyle

Heat 1 of 2

3	Stevens, Logan (EXH)	9 LOW	21.29
4	Goedert, Victor	10 D	21.17
5	Henderson, Flynn (EXH)	9 LOW	21.21

Heat 2 of 2

2	Hall, Eli	9 AR	20.48
3	Ortega, Joey	10 AR	20.16
4	Carroll, Colin (EXH)	9 LOW	20.08
5	Schietinger, Graham (EXH)	10 LOW	20.12
6	Brown, Bay	10 CY	20.40
7	Payden, Jackson (EXH)	10 LOW	20.50

#6C Boys 9-10 25m Freestyle

Heat 1 of 2

3	Lewis, Patrick	10 LW	46.97
4	Mark, Robbie	9 D	27.09
5	Niemi, Samuel	9 D	30.09

Heat 2 of 2

1	Dimmer, Mateo	9 AR	25.94
2	Arnold, Kyle	9 LW	24.72
3	Whitaker, Hudson	10 D	24.19
4	Melendez, Felix	9 D	23.10
5	Itoh, Logan	9 AR	23.22
6	Usina, Connor	10 D	24.28
7	Jones, Finnley	10 C	25.87
8	Woodward, Liam	9 AR	26.06

#7A Girls 8 & Under 25m Butterfly

Heat 1 of 1

3	Workman, Sonya	8 LW	31.32
4	Pyryt, Penny	8 AR	27.41
5	Taylor, Shelby	8 CY	29.73
6	Smith, Charleigh	8 LOW	32.62

#7B Girls 8 & Under 25m Butterfly

Heat 1 of 1

1	Reeder, Emerson	7 AR	33.60
2	Jenkins, Mackenzie	7 CY	33.09
7	Brown, Taryn	8 CY	33.27
8	Porter, Emma	8 LOW	35.19

#7C Girls 8 & Under 25m Butterfly

Heat 1 of 1

2	Warnick, Madelyn	7 C	40.45
3	Gallagher, Katie	6 AR	38.46
4	Connolly, Sydney	8 D	35.62
5	Welch, Addison	8 AR	36.72
6	Miller, Olivia	6 CY	40.05

#8A Boys 8 & Under 25m Butterfly

Heat 1 of 1

2	Norman, Liam	7 LW	29.87
3	Preut, Joel	7 C	25.79
4	Fiefhaus V, Johnny	8 CY	23.31
5	Preut, Reid	8 C	24.97
6	Miller, Bryce	8 CY	28.65

#8B Boys 8 & Under 25m Butterfly

Heat 1 of 1

2	Ortega, Anthony	7 AR	38.19
3	Jones, Luke	8 C	34.65
4	Wiederman, Fult	8 LW	29.94
5	Lumpkins, Campbell	7 D	34.03
6	McGarrity, John	8 D	35.66

#8C Boys 8 & Under 25m Butterfly

Heat 1 of 1

2	Collins, Freddie	7 AR	1:04.90
3	Carroll, Will	6 LOW	49.56
4	Zaremba, Grayson	8 D	40.52
5	Breeze, Jasper	7 C	49.56
6	David, Owen	8 AR	50.54

#9A Girls 9-10 25m Butterfly

Heat 1 of 1

1	Moore, Lilah	10 CY	22.79
2	Pyryt, Molly	9 AR	22.39
3	Cianci, G	10 LOW	21.47
4	Preut, Clara	10 C	19.95
5	Hitt, Kaylee	10 LW	20.36
6	Pyryt, Emily	10 AR	21.80
7	David, Madeline	10 AR	22.72
8	Melo, Gen	10 CY	23.03

#9B Girls 9-10 25m Butterfly

Heat 1 of 1

1	Tran, Gianna	10 CY	29.97
2	Greenaway, Hallie	9 LW	28.65
3	Aanerud, Grace	9 D	27.47
4	Kaye, Maggie	9 C	24.06
5	Gasiorowski, Avery	9 AR	24.91
6	Connolly, Scarlett	10 D	27.70
7	Winfrey, Fiona	9 D	29.57
8	Jefferies, Riley	10 LOW	30.01

#9C Girls 9-10 25m Butterfly

Heat 1 of 1

1	Warren, Amelia	9 CY	41.56
2	Alexander, Bella	9 LW	36.44
3	McLachlan, McKenna	9 AR	33.83
4	Sullivan, Julia	10 LW	31.90
5	Plemons, Hannah	9 CY	33.25
6	Wood, Margaret	10 LW	34.00
7	Payden, Charlotte	9 LOW	38.82
8	Coleman-Laynez, Josephine	10 CY	43.88

#10A Boys 9-10 25m Butterfly

Heat 1 of 1

2	Smith, Alex	10 LOW	21.68
3	Tweedy, Blaize	10 CY	20.35
4	Thomason, Jordan	10 D	18.29
5	Campbell, True	10 AR	19.99
6	Jones, Blake	10 CY	21.30
7	Schietinger, Graham	10 LOW	24.36

#10B Boys 9-10 25m Butterfly

Heat 1 of 1

1	Whitaker, Hudson	10 D	29.57
2	Ortega, Joey	10 AR	26.13
3	Hichak, Max	10 C	24.75
4	Lumpkins, Barrett	9 D	24.45
5	Gonzalez, Ethan	10 LOW	24.75
6	Sellars, Weston	9 LW	24.87
7	Foulks, Ward	10 D	28.57

#10C Boys 9-10 25m Butterfly

Heat 1 of 1

1	Dimmer, Mateo	9 AR	44.16
2	Bothel, Emerson	9 D	37.33
3	Melendez, Felix	9 D	33.03
4	Rayford, Levi	9 C	31.13
5	Johnson, Andrew	10 LOW	31.47
6	Itoh, Logan	9 AR	36.18
7	Woodward, Liam	9 AR	39.28

#11 Girls 6 & Under 25m Backstroke Girls 6 & under

Heat 1 of 1

1	Lambert, Adeline/Addy	4 AR	1:01.42
2	Gruszecki, Olivia	6 D	54.38
3	Smith, Bella	5 LOW	43.02
4	Miller, Olivia	6 CY	31.77
5	Koch, Charlotte	6 D	41.38
6	Phipps, Elliana	4 D	52.11
7	Bothel, Caroline	5 D	56.78
8	Plemons, Becca	4 CY	1:06.94

#12 Boys 6 & Under 25m Backstroke Boys 6 & Under

Heat 1 of 1

1	Norman, Aedan	5 LW	1:21.80
2	Fitch, Declan	6 LOW	55.02
3	Shay, Luke	6 AR	46.58
4	Fitch, Keegan	6 LOW	41.25
5	Stevens, Cliff	5 LOW	44.87
6	Gasiorowski, Hank	5 AR	47.94
7	Shay, Ryan	6 AR	57.59

#13A Girls 8 & Under 25m Backstroke

Heat 1 of 1

1	Welch, Addison	8 AR	29.87
2	Crawford, Adeliah	8 CY	29.07
3	Smith, Charleigh	8 LOW	28.42
4	Caro, Lucia	8 D	26.61
5	Gruszecki, Cathrine	8 D	27.61
6	Porter, Emma	8 LOW	28.72
7	Mastin, Ava	8 CY	29.38
8	Kobiolka, Katie	8 C	30.33

#13B Girls 8 & Under 25m Backstroke

Heat 1 of 1

1	Davis, Felicity	8 AR	37.31
2	Green, Sadie	7 D	35.83
3	Brown, Taryn	8 CY	33.02
4	Haderlie, Ellie	8 AR	31.85
5	Reeder, Emerson	7 AR	32.96
6	Foulks, Lillian	7 D	35.18
7	Holder, Brantley	8 LOW	36.37
8	Feltner, Nora	7 D	38.22

#13C Girls 8 & Under 25m Backstroke

Heat 1 of 2

3	Tierney, Leah	7 LW	58.80
4	Gimenez, Ashley	7 LOW	47.53
5	Berchtold, Annaliese	7 C	50.75

Heat 2 of 2

2	Moore, Clara	7 CY	42.11
3	Epps, Camryn	7 D	40.87
4	Smith, KJ	7 CY	39.83
5	Valentin-Eclipse, Lele	7 LOW	40.01
6	Hague, Adeline	7 LOW	40.87
7	Sullivan, Emily	7 LW	45.96

#14A Boys 8 & Under 25m Backstroke

Heat 1 of 2

3	Phipps, Lincoln	7 D	32.99
4	Campbell, Torin	8 AR	31.43
5	Brezee, Jasper	7 C	32.36

Heat 2 of 2

1	Szczechowski, Eli	8 LOW	30.00
2	Lambert, Henry	7 AR	28.94
3	Rayford, Lawson	8 C	26.69
4	Fiefhaus V, Johnny	8 CY	24.66
5	Preut, Reid	8 C	25.41
6	McGarrity, John	8 D	27.46
7	Wiederman, Fult	8 LW	29.28

#14B Boys 8 & Under 25m Backstroke

Heat 1 of 2

3	Aanerud, Parker	7 D	36.31
4	Sluska, Vincent	7 LW	35.94
5	Westphal, Robert	8 C	36.09

Heat 2 of 2

1	Leon, Noah	7 LOW	35.31
2	Warren, Sean	7 CY	34.93
3	Williams, Eli	7 CY	34.52
4	Norman, Liam	7 LW	33.20
5	Hichak, Andy	7 C	34.16
6	Bailey, Jayden	7 CY	34.72
7	Bourne, Satyadhar	7 C	35.21
8	Wainwright, Owen	7 D	35.53

#14C Boys 8 & Under 25m Backstroke**Heat 1 of 2**

4	DaSilva, Dominic	7 LW	53.96
6	Lewis, Noah	8 AR	51.31
8	Myers, Colton	7 CY	1:03.76

Heat 2 of 2

1	Todd, John	7 LW	43.94
2	Koch, Drew	8 D	38.46
3	Jefferies, Logan	7 LOW	37.91
4	Collins, Freddie	7 AR	36.33
5	Zaremba, Owen	7 D	36.73
6	Robinson, Jakob	7 LOW	38.37
7	Schietinger, Declan	7 LOW	40.25
8	Ortega, Anthony	7 AR	46.31

#15A Girls 9-10 25m Backstroke**Heat 1 of 2**

3	Aman, Kynzie	10 LW	27.00
4	Kaye, Maggie	9 C	25.67
5	Tran, Gianna	10 CY	25.79

Heat 2 of 2

1	Aanerud, Grace	9 D	25.56
2	Libeau, Lily	9 D	25.13
3	Hitt, Kaylee	10 LW	23.07
4	Pryt, Emily	10 AR	22.03
5	Cianci, G	10 LOW	22.87
6	Matlock, Jillian	9 C	23.91
7	Winfrey, Fiona	9 D	25.53

#15B Girls 9-10 25m Backstroke**Heat 1 of 2**

3	Doty, Cora	9 AR	29.75
4	Alexander, Bella	9 LW	29.01
5	Weisman, Zoe	9 D	29.58
6	Ziegler, Scarlett	10 AR	29.93

Heat 2 of 2

2	Taylor, Tristan	10 CY	28.61
3	Wiederman, Cae	10 LW	28.48
4	Campbell, Ellamarie	10 D	27.06
5	Beesley, Katie	9 LOW	28.39
6	Thompson, Emma	10 CY	28.58
7	Aanerud, Zoe	9 D	28.84

#15C Girls 9-10 25m Backstroke**Heat 1 of 2**

3	Crawford, Judah	10 CY	36.25
4	Warren, Amelia	9 CY	33.58
5	Pascal, Arianna	10 LOW	34.47

Heat 2 of 2

1	Denning, Rebecca	9 AR	32.03
2	Herman, Sarah	10 AR	31.47
3	Davis, Ava	10 AR	31.18
4	Sullivan, Julia	10 LW	30.44
5	Coleman-Laynez, Josephine	10 CY	31.18
6	Breeze, Quinn	9 C	31.25
7	Tierney, Anne	9 LW	31.57

#16A Boys 9-10 25m Backstroke**Heat 1 of 1**

1	Stevens, Logan	9 LOW	24.94
2	Carroll, Colin	9 LOW	24.68
3	Tuttle, Milo	9 LOW	24.37
4	Smith, Alex	10 LOW	24.03
5	Hall, Eli	9 AR	24.31
6	Lumpkins, Barrett	9 D	24.55
7	Sellers, Weston	9 LW	24.80

#16B Boys 9-10 25m Backstroke**Heat 1 of 1**

1	Usina, Connor	10 D	29.22
2	Hichak, Max	10 C	26.90
3	Foulks, Ward	10 D	25.74
4	Johnson, Andrew	10 LOW	25.36
5	Brown, Bay	10 CY	25.50
6	Henderson, Flynn	9 LOW	26.12
7	Jones, Finnley	10 C	27.46

#16C Boys 9-10 25m Backstroke**Heat 1 of 1**

1	Mark, Robbie	9 D	34.52
2	Arnold, Kyle	9 LW	32.47
3	Dimmer, Mateo	9 AR	31.19
4	Goedert, Victor	10 D	29.53
5	Reeder, Hudson	9 AR	30.36
6	Woodward, Liam	9 AR	31.59
7	Niemi, Samuel	9 D	32.84
8	Lewis, Patrick	10 LW	56.77

#17A Girls 8 & Under 25m Breaststroke**Heat 1 of 1**

2	Workman, Sonya	8 LW	33.67
3	Pryt, Penny	8 AR	30.94
4	Crawford, Adeliah	8 CY	29.97
5	Taylor, Shelby	8 CY	30.39
6	Porter, Emma	8 LOW	32.27
7	Welch, Addison	8 AR	34.21

#17B Girls 8 & Under 25m Breaststroke**Heat 1 of 1**

2	Gruszecki, Cathrine	8 D	41.84
3	Connolly, Sydney	8 D	38.47
4	Warnick, Madelyn	7 C	34.97
5	Jenkins, Mackenzie	7 CY	37.60
6	Haderlie, Ellie	8 AR	38.99
7	Gallagher, Katie	6 AR	42.91

#17C Girls 8 & Under 25m Breaststroke**Heat 1 of 1**

1	Moore, Clara	7 CY	1:01.29
2	Mastin, Ava	8 CY	57.75
3	Kobiolka, Katie	8 C	43.19
4	Holder, Brantley	8 LOW	43.00
5	Caro, Lucia	8 D	43.10
6	Valentin-Eclipse, Lele	7 LOW	56.41
7	Feltner, Nora	7 D	58.45

#18A Boys 8 & Under 25m Breaststroke

Heat 1 of 1

2	Aanerud, Parker	7 D	33.23
3	Jones, Luke	8 C	31.51
4	Szczechowski, Eli	8 LOW	25.72
5	Sluska, Vincent	7 LW	30.15
6	Lumpkins, Campbell	7 D	32.82
7	Preut, Joel	7 C	33.97

#18B Boys 8 & Under 25m Breaststroke

Heat 1 of 1

1	Wainwright, Owen	7 D	42.27
2	Westphal, Robert	8 C	41.78
3	Rayford, Lawson	8 C	36.16
4	Zaremba, Grayson	8 D	34.26
5	Miller, Bryce	8 CY	35.59
6	Carroll, Will	6 LOW	37.91
7	Ortega, Anthony	7 AR	41.84

#18C Boys 8 & Under 25m Breaststroke

Heat 1 of 1

1	Fitch, Keegan	6 LOW	59.37
2	David, Owen	8 AR	46.31
3	Robinson, Jakob	7 LOW	44.72
4	Jefferies, Logan	7 LOW	43.02
5	Bourne, Satyadhar	7 C	44.26
6	Bailey, Jayden	7 CY	45.18
7	Warren, Sean	7 CY	54.29

#19A Girls 9-10 25m Breaststroke

Heat 1 of 2

3	Moore, Lilah	10 CY	30.67
4	Aanerud, Zoe	9 D	29.66
5	Tierney, Anne	9 LW	30.25

Heat 2 of 2

1	Wiederman, Cae	10 LW	29.54
2	Gasiorowski, Avery	9 AR	28.25
3	Pyryt, Molly	9 AR	25.50
4	Finger, Chloe	10 LOW	23.87
5	Preut, Clara	10 C	25.50
6	Connolly, Scarlett	10 D	28.06
7	Greenaway, Hallie	9 LW	28.27

#19B Girls 9-10 25m Breaststroke

Heat 1 of 2

3	Weisman, Zoe	9 D	36.25
4	Jefferies, Riley	10 LOW	32.36
5	Payden, Charlotte	9 LOW	33.34

Heat 2 of 2

1	Aman, Kynzie	10 LW	32.01
2	Sullivan, Julia	10 LW	31.95
3	Matlock, Jillian	9 C	30.98
4	Aanerud, Grace	9 D	30.73
5	Thompson, Emma	10 CY	30.74
6	Kaye, Maggie	9 C	31.05
7	Wood, Margaret	10 LW	31.98
8	Beesley, Katie	9 LOW	32.09

#19C Girls 9-10 25m Breaststroke

Heat 1 of 2

3	Pascal, Arianna	10 LOW	1:05.56
4	Warren, Amelia	9 CY	39.72
5	Denning, Rebecca	9 AR	44.50

Heat 2 of 2

1	Herman, Sarah	10 AR	38.36
2	Davis, Ava	10 AR	38.16
3	Breeze, Quinn	9 C	37.30
4	Plemons, Hannah	9 CY	36.74
5	Crawford, Judah	10 CY	37.22
6	McLachlan, McKenna	9 AR	37.53
7	Taylor, Tristan	10 CY	38.22
8	Campbell, Ellamarie	10 D	39.16

#20A Boys 9-10 25m Breaststroke

Heat 1 of 1

1	Carroll, Colin	9 LOW	27.44
2	Tweedy, Blaize	10 CY	26.26
3	Hopewell, Caspian	9 LOW	24.41
4	Thomason, Jordan	10 D	21.97
5	Jones, Blake	10 CY	23.22
6	Henderson, Flynn	9 LOW	25.09
7	Ortega, Joey	10 AR	27.10

#20B Boys 9-10 25m Breaststroke

Heat 1 of 1

1	Brown, Bay	10 CY	28.85
2	Arnold, Kyle	9 LW	28.55
3	Melendez, Felix	9 D	28.32
4	Goedert, Victor	10 D	27.51
5	Stevens, Logan	9 LOW	28.28
6	Reeder, Hudson	9 AR	28.40
7	Lumpkins, Barrett	9 D	28.75
8	Hichak, Max	10 C	29.00

#20C Boys 9-10 25m Breaststroke

Heat 1 of 1

1	Usina, Connor	10 D	35.48
2	Jones, Finnley	10 C	33.43
3	Hall, Eli	9 AR	32.67
4	Tuttle, Milo	9 LOW	30.46
5	Payden, Jackson	10 LOW	31.28
6	Rayford, Levi	9 C	32.74
7	Itoh, Logan	9 AR	33.96
8	Bothel, Emerson	9 D	36.11

#21A Girls 8 & Under 100m Freestyle Relay

Heat 1 of 1

2	Lake Wilderness	A LW	2:27.13
3	Dahlgren Sharks	A D	1:47.71
4	ARRST	A AR	1:37.24
5	Caroline Orcas	A CY	1:42.66
6	LOW Barracudas	A LOW	1:59.76
7	ChanBlueDolphins	A C	2:42.84

Combined

#21B Girls 8 & Under 100m Freestyle Relay

Heat 1 of 1

1	Caroline Orcas	EXH	B CY	2:09.85
8	Dahlgren Sharks	EXH	B D	2:28.72

#22A Boys 8 & Under 100m Freestyle Relay

Heat 1 of 1

3	Lake Wilderness	A LW	1:51.00
4	Dahlgren Sharks	A D	1:44.07
5	ChanBlueDolphins	A C	1:27.86
6	LOW Barracudas	A LOW	1:49.89
7	ARRST	A AR	1:52.17
8	Caroline Orcas	A CY	1:38.55

#22B Boys 8 & Under 100m Freestyle Relay

Heat 1 of 1

3	LOW Barracudas	(EXH) B LOW	2:39.13
4	ChanBlueDolphins	(EXH) B C	1:59.24
5	Dahlgren Sharks	(EXH) B D	2:01.99

#23A Girls 9-10 100m Freestyle Relay

Heat 1 of 1

2	LOW Barracudas	A LOW	1:24.56
3	Caroline Orcas	A CY	1:21.31
4	ARRST	A AR	1:13.62
5	Lake Wilderness	A LW	1:20.40
6	ChanBlueDolphins	A C	1:21.51
7	Dahlgren Sharks	A D	1:29.46

#23B Girls 9-10 100m Freestyle Relay

Heat 1 of 1

3	Caroline Orcas	(EXH) B CY	1:42.87
4	Lake Wilderness	(EXH) B LW	1:33.14
5	ARRST	(EXH) B AR	1:41.58

#24A Boys 9-10 100m Freestyle Relay

Heat 1 of 1

2	ChanBlueDolphins	A C	1:28.95
3	Dahlgren Sharks	A D	1:16.68
4	Caroline Orcas	A CY	1:15.23
5	LOW Barracudas	A LOW	1:15.99
6	ARRST	A AR	1:17.20

combined

#24B Boys 9-10 100m Freestyle Relay

Heat 1 of 1

1	Dahlgren Sharks	(EXH) B D	1:38.66
7	LOW Barracudas	(EXH) B LOW	1:23.12

Scheduled Break: 2nd/3rd Session Warm-Ups

Duration: 60 minutes

#25A Girls 18 & Under 125m Freestyle Relay
Graduated

Heat 1 of 1

2	Dahlgren Sharks	A D	1:34.69
3	LOW Barracudas	A LOW	1:32.82
4	ARRST	A AR	1:25.83
5	Caroline Orcas	A CY	1:28.13
6	ChanBlueDolphins	A C	1:33.21
7	Lake Wilderness	A LW	1:39.75

#25B Girls 18 & Under 125m Freestyle Relay
Graduated

Heat 1 of 1

2	Dahlgren Sharks	(EXH) B D	1:35.43
3	ChanBlueDolphins	(EXH) B C	1:34.46
4	Caroline Orcas	(EXH) B CY	1:28.21
5	ARRST	(EXH) B AR	1:29.66
6	LOW Barracudas	(EXH) B LOW	1:34.81
7	Lake Wilderness	(EXH) B LW	1:41.39

#26A Boys 18 & Under 125m Freestyle Relay
Graduated

Heat 1 of 1

2	LOW Barracudas	A LOW	1:26.82
3	Lake Wilderness	A LW	1:26.65
4	Dahlgren Sharks	A D	1:22.04
5	Caroline Orcas	A CY	1:24.50
6	ARRST	A AR	1:26.76
7	ChanBlueDolphins	A C	1:28.83

#26B Boys 18 & Under 125m Freestyle Relay
Graduated

Heat 1 of 1

3	Caroline Orcas	(EXH) B CY	1:28.03
4	LOW Barracudas	(EXH) B LOW	1:27.03
5	Lake Wilderness	(EXH) B LW	1:27.68
6	ARRST	(EXH) B AR	1:28.44

#27A Girls 12 & Under 100m IM

Heat 1 of 1

2	Rayford, Lacie	12 C	1:39.19
3	David, Leila	12 AR	1:30.31
4	Connolly, Sophia	11 D	1:29.06
5	Hopewell, Aibreann	12 LOW	1:30.00
6	O Byrne, Finnley	11 CY	1:30.51

#27B Girls 12 & Under 100m IM

Heat 1 of 1

2	Melo, Gen	10 CY	1:52.21
3	David, Madeline	10 AR	1:46.71
4	Bothel, Hailey	12 D	1:42.97
5	Preut, Ellie	11 C	1:45.79
6	Cianci, G	10 LOW	1:47.47

#27C Girls 12 & Under 100m IM

Heat 1 of 1

2	Downey, Ava	12 LOW	2:10.00
3	Soltz, Addison	11 D	2:04.87
4	Haderlie, Evie	12 AR	1:55.56
5	Greenaway, Ruby	11 LW	1:58.44
6	Pascal, Emily	11 LOW	2:08.75

#28A Boys 12 & Under 100m IM

Heat 1 of 1

3	Taylor, Jake	12 CY	1:35.04
4	Hitt, Kayden	12 LW	1:20.31
5	Morrow, Levi	12 D	1:22.81
6	Aanerud, Wade	12 D	1:40.90

#28B Boys 12 & Under 100m IM

Heat 1 of 1

2	Melendez, Lucas	11 D	1:57.62
3	Hichak, Alex	12 C	1:47.15
4	Cianci, Jack	11 LOW	1:41.13
5	Davis, Sawyer	11 AR	1:43.02
6	Wallace, Liam	12 AR	1:52.25

#28C Boys 12 & Under 100m IM

Heat 1 of 1

2	Szczachowski, Jude	12 LOW	2:13.07
3	Merida, Lucas	12 AR	2:03.87
4	Welch, Brayden	11 AR	1:59.91
5	Payden, Jackson	10 LOW	2:03.63
6	Hopewell, Caspian	9 LOW	2:04.34

#29A Girls 13-18 100m IM

Heat 1 of 1

2	Shay, Lily	16 AR	1:25.40
3	Wood, Raegan	13 D	1:20.79
4	David, Nora	14 AR	1:10.82
5	Hull, Kendra	18 C	1:20.02
6	Taylor, Keegan	15 CY	1:24.85

#29B Girls 13-18 100m IM

Heat 1 of 1

2	Adams, Elli	15 AR	1:34.45
3	Stonebreaker, Ella	17 LW	1:30.87
4	Doty, Claire	14 AR	1:25.94
5	Kim, Olivia	13 LW	1:28.41
6	Twynner, Rory	14 CY	1:31.20

#29C Girls 13-18 100m IM

Heat 1 of 1

2	Perez-Diaz, Dalila	16 C	1:49.27
3	Landreth, Caleigh	14 D	1:39.31
4	Tuttle, Emma	14 LOW	1:36.19
5	Slagle, Katherine	16 LOW	1:38.53
6	Westphal, Eva	14 C	1:41.81
7	Hayden, Brooke	15 D	1:49.56

#30A Boys 13-18 100m IM

Heat 1 of 1

3	Morin, PA	16 C	1:10.84
4	Green, AJ	18 D	1:06.19
5	Buttram, Noah	15 LW	1:09.16
6	Frey, Evan	18 LW	1:11.60

#30B Boys 13-18 100m IM

Heat 1 of 1

2	Casaretto, Jorden	13 CY	1:22.07
3	Kelley, Brycen	15 CY	1:18.42
4	Acton, Brayden	13 LOW	1:14.15
5	Brown, Jake	14 D	1:14.24
6	Thomason, Wayne	13 D	1:19.07

#30C Boys 13-18 100m IM

Heat 1 of 1

2	Denning, Ephraim	13 AR	1:46.20
3	Rayford, Landon	13 C	1:32.37
4	Shay, Colin	13 AR	1:25.49
5	Henriques, Conner	18 LW	1:30.18
6	Westphal, Kenny	15 C	1:34.73

#31A Girls 12 & Under 100m Medley Relay

Heat 1 of 1

2	Dahlgren Sharks	A D	1:29.41
3	Caroline Orcas	A CY	1:25.23
4	ARRST	A AR	1:23.85
5	ChanBlueDolphins	A C	1:24.34
6	LOW Barracudas	A LOW	1:28.08
7	Lake Wilderness	A LW	1:31.46

#31B Girls 12 & Under 100m Medley Relay

Heat 1 of 1

2	LOW Barracudas	EXH B LOW	1:51.49
3	Lake Wilderness	EXH B LW	1:38.65
4	ARRST	EXH B AR	1:35.12
5	Caroline Orcas	EXH B CY	1:37.54
6	Dahlgren Sharks	EXH B D	1:41.57

#32A Boys 12 & Under 100m Medley Relay

Heat 1 of 1

2	ARRST	A AR	1:30.49
3	LOW Barracudas	A LOW	1:29.17
4	Dahlgren Sharks	A D	1:16.59
5	Caroline Orcas	A CY	1:25.10
6	Lake Wilderness	A LW	1:29.18
7	ChanBlueDolphins	A C	1:35.43

#32B Boys 12 & Under 100m Medley Relay

Heat 1 of 1

3	ARRST	EXH B AR	1:40.57
4	LOW Barracudas	EXH B LOW	1:32.85
5	Dahlgren Sharks	EXH B D	1:33.53
6	Caroline Orcas	EXH B CY	1:52.58

#33A Girls 13-18 100m Medley Relay

Heat 1 of 1

2	LOW Barracudas	A LOW	1:18.49
3	Caroline Orcas	A CY	1:16.19
4	ARRST	A AR	1:14.42
5	Dahlgren Sharks	A D	1:15.49
6	Lake Wilderness	A LW	1:18.20
7	ChanBlueDolphins	A C	1:22.69

#33B Girls 13-18 100m Medley Relay

Heat 1 of 1

2	Caroline Orcas	EXH B CY	1:39.05
3	Lake Wilderness	EXH B LW	1:27.04
4	ARRST	EXH B AR	1:22.45
5	LOW Barracudas	EXH B LOW	1:26.84
6	Dahlgren Sharks	EXH B D	1:29.91

#34A Boys 13-18 100m Medley Relay

Heat 1 of 1

2	Caroline Orcas	A CY	1:13.21
3	LOW Barracudas	A LOW	1:09.60
4	Lake Wilderness	A LW	1:04.45
5	Dahlgren Sharks	A D	1:08.19
6	ChanBlueDolphins	A C	1:10.06
7	ARRST	A AR	1:16.16

#34B Boys 13-18 100m Medley Relay

Heat 1 of 1

3	Caroline Orcas	EXH B CY	1:38.58
4	Lake Wilderness	EXH B LW	1:13.39
5	ARRST	EXH B AR	1:32.66

#35A Girls 12 & Under 100m Freestyle

Heat 1 of 1

2	Bothel, Hailey	12 D	1:24.34
3	VonTomaszewski, Vanna	12 CY	1:21.91
4	Connolly, Sophia	11 D	1:17.37
5	Kaye, Charlotte	11 C	1:20.52
6	Green, Falyen	12 AR	1:22.24
7	Burt, Sarah	11 CY	1:28.25

#35B Girls 12 & Under 100m Freestyle

Heat 1 of 1

2	DeBruhl, Charlotte	11 C	1:36.57
3	Wiederman, LA	11 LW	1:31.53
4	Westphal, Hannah	12 C	1:30.12
5	Beck, Amelia	11 AR	1:30.22
6	Bullerwell, Kendall	12 AR	1:32.88
7	Thomas, Lily	12 LW	1:37.75

#35C Girls 12 & Under 100m Freestyle

Heat 1 of 1

1	Kleen, Lily	12 AR	2:13.06
2	McLachlan, McKenna	9 AR	2:01.06
3	Finger, Chloe	10 LOW	1:47.37
4	Tuttle, Anna	12 LOW	1:39.12
5	Gasiorowski, Avery	9 AR	1:40.73
6	Schatzer, Skylar	12 LOW	1:52.47
7	Coleman, Sydee	11 CY	2:02.34

#36A Boys 12 & Under 100m Freestyle

Heat 1 of 1

2	Whitaker, Fischer	12 D	1:27.61
3	Wallace, Nick	12 CY	1:23.87
4	Hitt, Kayden	12 LW	1:09.44
5	Lumpkins, Crosby	12 D	1:17.47
6	Campbell, True	10 AR	1:25.06
7	Hall, Owen	11 AR	1:32.59

#36B Boys 12 & Under 100m Freestyle

Heat 1 of 1

2	Reeder, Carter	11 AR	1:43.03
3	Jones, Caleb	11 C	1:38.14
4	Powers, JT	12 LOW	1:33.66
5	Beesley, Ethan	11 LOW	1:37.25
6	Shearer, Nick	11 C	1:39.50
7	Warnick, Ryan	11 C	1:43.30

#36C Boys 12 & Under 100m Freestyle

Heat 1 of 1

2	Eclipse, Ezra	12 LOW	1:59.09
3	Schietinger, Graham	10 LOW	1:53.12
4	Reeder, Hudson	9 AR	1:50.96
5	Gonzalez, Ethan	10 LOW	1:51.65
6	Denning, J.J.	11 AR	1:53.97
7	Desantis, Justin	12 D	2:02.80

#37A Girls 13-18 100m Freestyle

Heat 1 of 1

2	Coleman, Nyah	15 CY	1:14.96
3	Dimmer, Adrianna	14 AR	1:12.08
4	Green, Sarah	17 D	1:04.18
5	Yawgel, Tiffany	13 LOW	1:10.64
6	Smith, Ava	14 CY	1:12.74
7	Cinco, Ava	15 LW	1:16.11

#37B Girls 13-18 100m Freestyle

Heat 1 of 1

2	Buttram, Savannah	13 LW	1:20.65
3	Welch, Samantha	13 AR	1:17.71
4	Cox, Anna	14 D	1:16.72
5	Green, Lily	16 AR	1:17.39
6	Heth, Rachel	18 LOW	1:20.28
7	Walter, Emily	14 C	1:22.65

#37C Girls 13-18 100m Freestyle

Heat 1 of 1

1	Griffitts, Chloe	13 AR	1:49.43
2	Wallace, Hailey	16 CY	1:28.59
3	Miller, Julianna	13 D	1:26.48
4	Eclipse, Anastasia	15 LOW	1:24.28
5	Warnick, Emily	16 C	1:25.83
6	Walter, Ellie	16 C	1:27.28
7	Itoh, Elizabeth	14 AR	1:30.04

#38A Boys 13-18 100m Freestyle

Heat 1 of 1

2	Kim, Justin	15 LW	1:10.72
3	Thompson, Steven	14 CY	1:06.32
4	Green, AJ	18 D	57.26
5	Kyer, Noah	16 LW	1:00.81
6	Arnold, William	16 C	1:06.42

#38B Boys 13-18 100m Freestyle

Heat 1 of 1

2	Ross, Andrew	13 LW	1:14.85
3	Stroffolino, Will	16 LW	1:12.82
4	Fargo, Aiden	14 LOW	1:11.43
5	Matlock, Josh	14 C	1:11.63
6	Morrow, Isaac	14 D	1:14.51
7	Desantis, Adam	14 D	1:15.69

#38C Boys 13-18 100m Freestyle

Heat 1 of 1

2	Westphal, AJ	16 C	1:23.19
3	Warnick, William	15 C	1:22.73
4	Carneal, Jr., Bryant	15 CY	1:16.03
5	Campbell, Tyce	13 AR	1:17.00
6	Lewis, Caleb	13 AR	1:22.96
7	Adams, Zachary	13 AR	1:39.97

Scheduled Break: 3rd Session Volunteer Switch

Duration: 10 minutes

#39A Girls 11-12 50m Freestyle

Heat 1 of 2

3	Wiederman, LA	11 LW	40.77
4	Bullerwell, Kendall	12 AR	39.42
5	Taylor, Ryann	12 CY	40.24

Heat 2 of 2

1	Preut, Ellie	11 C	38.57
2	Westphal, Hannah	12 C	37.81
3	Kaye, Charlotte	11 C	35.66
4	Hopewell, Aibreann	12 LOW	33.80
5	David, Leila	12 AR	34.70
6	DiAscro, Avery	12 CY	36.64
7	deBruin, Sophia	12 D	38.37
8	Arends, Blair	11 D	39.12

#39B Girls 11-12 50m Freestyle

Heat 1 of 2

3	Kobiolka, Belle	11 C	46.72
4	Ortega, Gabby	11 AR	44.00
5	Alexander, Adriana	12 LW	45.75
6	Schatzer, Skylar	12 LOW	46.79

Heat 2 of 2

1	Eisenhardt, Brooke	12 LW	43.21
2	Downey, Ava	12 LOW	43.03
3	Pascal, Emily	11 LOW	42.19
4	Harmsen, Amelia	11 LW	41.03
5	Greenaway, Ruby	11 LW	41.51
6	Puckett, Dessie	11 CY	42.32
7	DeBruhl, Charlotte	11 C	43.11
8	Itoh, Ashlyn	12 AR	43.72

#39C Girls 11-12 50m Freestyle

Heat 1 of 2

3	Holland, Mindy	11 CY	1:02.72
4	Armstrong, Sandra	11 D	56.68
5	Kleen, Lily	12 AR	57.34
6	Hoover, Audrey	11 AR	1:15.78

Heat 2 of 2

1	Gonzalez, Stephanie	11 LOW	50.46
2	Clarke, Addison	11 D	49.15
3	Bullerwell, Brooke	12 AR	47.83
4	Carter, Sarah	12 CY	47.00
5	Gee, Bel	11 CY	47.31
6	Tierney, Colleen	11 LW	48.25
7	Sluszk, Jordan	11 LW	49.47
8	Coleman, Sydee	11 CY	52.14

#40A Boys 11-12 50m Freestyle

Heat 1 of 2

3	Merida, Lucas	12 AR	40.62
4	Jones, Caleb	11 C	39.65
5	Powers, JT	12 LOW	40.03

Heat 2 of 2

1	Workman, Cole	11 LW	38.67
2	Cianci, Jack	11 LOW	37.24
3	Taylor, Jake	12 CY	36.97
4	Morrow, Levi	12 D	30.70
5	Whitaker, Fischer	12 D	36.30
6	Aanerud, Wade	12 D	37.01
7	Davis, Sawyer	11 AR	37.57
8	Westphal, Hjalmar	11 C	39.44

#40B Boys 11-12 50m Freestyle

Heat 1 of 2

3	Thomas, Tyson	11 LW	49.00
4	Szczachowski, Jude	12 LOW	46.72
5	Warnick, Ryan	11 C	47.63

Heat 2 of 2

1	Facemire, Chase	11 LOW	46.71
2	Tuttle, Owen	11 LOW	42.87
3	Echezona, Samuel	11 CY	42.76
4	Beesley, Ethan	11 LOW	41.35
5	Melendez, Lucas	11 D	41.94
6	Sullivan, Joseph	12 LW	42.84
7	Wallace, Liam	12 AR	43.15
8	Denning, J.J.	11 AR	46.72

#40C Boys 11-12 50m Freestyle

Heat 1 of 2

3	Green, Thomas	11 D	1:25.39
4	Niemi, Henry	12 D	1:11.24
5	Tran, Mason	11 CY	1:15.02

Heat 2 of 2

1	Futch, Will	11 AR	1:06.09
2	Tran, Elijah	12 CY	56.02
3	Carroll, Grady	12 C	55.22
4	Woodward, Luke	11 AR	50.93
5	Johnson, Darren	12 LOW	51.06
6	Libeau, Caleb	11 D	55.82
7	Copic, Lucas	11 AR	1:01.88
8	Williams, Benjamin	11 LOW	1:07.50

#41A Girls 13-14 50m Freestyle

Heat 1 of 1

1	Buttram, Savannah	13 LW	35.81
2	Cox, Anna	14 D	34.62
3	Twyner, Rory	14 CY	33.09
4	Yawgel, Tiffany	13 LOW	31.41
5	Dimmer, Adrianna	14 AR	33.02
6	Welch, Samantha	13 AR	33.38
7	Tuttle, Emma	14 LOW	35.53

#41B Girls 13-14 50m Freestyle

Heat 1 of 1

1	Hall, Victoria	13 AR	38.55
2	Thomas, Ava	14 LW	38.33
3	Haderlie, Emily	14 AR	37.58
4	Landreth, Caleigh	14 D	36.44
5	Bradley, Jamyson	13 CY	37.27
6	Guitreau, Hannah	13 LW	37.90
7	Stonebreaker, Holly	14 LW	38.47
8	Westphal, Eva	14 C	39.96

#41C Girls 13-14 50m Freestyle

Heat 1 of 1

1	Leon Guerrero Norris, Nicole	14 D	50.53
2	Finger, Selah	13 LOW	44.71
3	Foulks, Alex	13 D	44.25
4	Niemi, Ella	13 D	40.55
5	Griffitts, Chloe	13 AR	43.47
6	Pack, Olivia	13 CY	44.37
7	Arends, Brayden	13 D	47.71
8	Lambert, Helen	13 AR	51.65

#42A Boys 13-14 50m Freestyle

Heat 1 of 1

1	Morrow, Isaac	14 D	32.16
2	Matlock, Josh	14 C	31.75
3	Acton, Brayden	13 LOW	29.70
4	Brown, Jake	14 D	28.88
5	Casaretto, Jorden	13 CY	29.53
6	Ross, Andrew	13 LW	31.06
7	Kirkland, Aiden	14 LOW	32.03
8	Shay, Colin	13 AR	32.34

#42B Boys 13-14 50m Freestyle

Heat 1 of 2

3	Denning, Ephraim	13 AR	37.00
4	Duncan, Exavier	13 LW	35.56
5	Forst, Brady	14 C	36.72

Heat 2 of 2

2	Lewis, Caleb	13 AR	35.30
3	Green, Sean	13 D	34.53
4	Frey, Nathan	14 LW	33.94
5	Desantis, Adam	14 D	34.14
6	Ramsey, James	14 LW	34.94
7	Stroffolino, Noah	13 LW	35.42

#42C Boys 13-14 50m Freestyle

Heat 1 of 2

4	Tierney, Quinn	14 LW	49.90
6	Armstrong, Rob	13 D	1:07.64
8	Kilinski, Conrad	14 C	2:17.56

Heat 2 of 2

2	Stargel, Robbie	13 CY	44.11
3	Davis, Britton	14 AR	41.94
4	Radford, Nathaniel	14 LW	38.12
5	Beck, Logan	13 AR	39.50
6	Caro, Michael	13 D	42.15
7	Harmsen, William	13 LW	44.53

#43A Women 15-18 50m Freestyle

Heat 1 of 1

1	Eclipse, Anastasia	15 LOW	34.99
2	Fick, Danielle	16 AR	34.00
3	Cinco, Ava	15 LW	33.93
4	Green, Sarah	17 D	28.89
5	Taylor, Keegan	15 CY	31.78
6	Morris, Regan	16 LOW	33.93
7	Slagle, Katherine	16 LOW	34.75

#43B Women 15-18 50m Freestyle

Heat 1 of 1

1	Walter, Ellie	16 C	38.61
2	Cox, Sara	18 D	38.03
3	Vazquez, Andrea	15 CY	36.66
4	Morrow, Rebekah	17 D	35.13
5	Kramer, Clarissa	15 LW	36.64
6	Wallace, Hailey	16 CY	37.35
7	Warnick, Emily	16 C	38.06
8	Hayden, Brooke	15 D	38.81

#43C Women 15-18 50m Freestyle

Heat 1 of 1

1	Miller, Jessica	16 D	50.67
2	Kilinski, Emma	17 C	47.06
3	Trask, Amber	15 LOW	40.37
4	Wiederman, Jo	16 LW	39.75
5	Stonebreaker, Kaylen	17 LW	39.83
6	Holliday, Alice	16 AR	45.72
7	Miller, Amber	18 D	48.34
8	Johnston, Sarah	16 AR	57.88

#44A Men 15-18 50m Freestyle

Heat 1 of 1

2	Kjm, Justin	15 LW	29.84
3	Barnes, Jack	15 LOW	27.96
4	Buttram, Noah	15 LW	27.72
5	Frey, Evan	18 LW	27.87
6	Kim, Mitchell	17 LW	28.11

#44B Men 15-18 50m Freestyle

Heat 1 of 1

2	Lambert, Ed	15 AR	32.66
3	Stroffolino, Will	16 LW	31.64
4	Arnold, William	16 C	30.08
5	Kelley, Brycen	15 CY	31.15
6	Ordonez, Bryan	15 LW	32.47

#44C Men 15-18 50m Freestyle

Heat 1 of 1

2	Smith, Daniel	15 CY	53.77
3	Warnick, William	15 C	35.03
4	Jackson, Ezra	17 AR	32.78
5	Casaretto, Juan	15 CY	33.58
6	Westphal, AJ	16 C	35.28

#45A Girls 11-12 50m Butterfly

Heat 1 of 1

2	DiAscro, Avery	12 CY	47.96
3	O'Byrne, Finnley	11 CY	41.19
4	VonTomaszewski, Vanna	12 CY	39.78
5	Kaye, Charlotte	11 C	40.93
6	Green, Falynd	12 AR	44.01
7	Bullerwell, Kendall	12 AR	48.47

#45B Girls 11-12 50m Butterfly

Heat 1 of 1

1	Gee, Bel	11 CY	53.34
2	Arends, Blair	11 D	51.07
3	deBruin, Sophia	12 D	50.18
4	Preut, Ellie	11 C	49.07
5	Harmsen, Amelia	11 LW	49.75
6	Burt, Sarah	11 CY	50.40
7	Thomas, Lily	12 LW	52.17

#45C Girls 11-12 50m Butterfly

Heat 1 of 1

1	Ortega, Gabby	11 AR	1:10.29
2	Beck, Amelia	11 AR	1:02.47
3	Soltez, Addison	11 D	1:01.28
4	Haderlie, Evie	12 AR	56.72
5	Carter, Sarah	12 CY	1:01.22
6	Alexander, Adriana	12 LW	1:01.75
7	Pascal, Emily	11 LOW	1:03.92

#46A Boys 11-12 50m Butterfly

Heat 1 of 1

2	Wallace, Nick	12 CY	50.46
3	Whitaker, Fischer	12 D	46.82
4	Hitt, Kayden	12 LW	35.13
5	Morrow, Levi	12 D	35.44
6	Cianci, Jack	11 LOW	49.40

#46B Boys 11-12 50m Butterfly

Heat 1 of 1

2	Reeder, Carter	11 AR	56.07
3	Shearer, Nick	11 C	54.52
4	Welch, Brayden	11 AR	52.63
5	Echezona, Samuel	11 CY	52.75
6	Wallace, Liam	12 AR	55.10

#46C Boys 11-12 50m Butterfly

Heat 1 of 1

2	Facemire, Chase	11 LOW	1:01.78
3	Westphal, Hjalmar	11 C	59.07
4	Eclipse, Ezra	12 LOW	56.68
5	Merida, Lucas	12 AR	58.87
6	Melendez, Lucas	11 D	1:01.02
7	Johnson, Darren	12 LOW	1:08.97

#47A Girls 13-14 50m Butterfly

Heat 1 of 1

3	Smith, Ava	14 CY	37.56
4	David, Nora	14 AR	32.56
5	Wood, Raegan	13 D	35.66
6	Doty, Claire	14 AR	38.07

combined

#47B Girls 13-14 50m Butterfly

Heat 1 of 1

1	Tuttle, Emma	14 LOW	46.34
2	Kim, Olivia	13 LW	38.46
7	Guitreau, Hannah	13 LW	44.74
8	Thomas, Ava	14 LW	47.76

#47C Girls 13-14 50m Butterfly

Heat 1 of 1

2	Haderlie, Emily	14 AR	1:00.71
3	Itoh, Elizabeth	14 AR	50.56
4	Westphal, Eva	14 C	49.01
5	Niemi, Ella	13 D	49.73
6	Bradley, Jamyson	13 CY	55.65
7	Arends, Brayden	13 D	1:02.16

#48A Boys 13-14 50m Butterfly

Heat 1 of 1

2	Matlock, Josh	14 C	35.93
3	Thompson, Steven	14 CY	34.18
4	Acton, Brayden	13 LOW	32.61
5	Thomason, Wayne	13 D	33.37
6	Morrow, Isaac	14 D	34.88

#48B Boys 13-14 50m Butterfly

Heat 1 of 1

2	Shay, Colin	13 AR	41.00
3	Desantis, Adam	14 D	40.28
4	Ross, Andrew	13 LW	36.49
5	Frey, Nathan	14 LW	38.30
6	Duncan, Exavier	13 LW	40.91

#48C Boys 13-14 50m Butterfly

Heat 1 of 1

2	Adams, Zachary	13 AR	1:09.87
3	Denning, Ephraim	13 AR	50.40
4	Ramsey, James	14 LW	41.58
5	Radford, Nathaniel	14 LW	45.84
6	Forst, Brady	14 C	51.48

#49A Women 15-18 50m Butterfly

Heat 1 of 1

2	Heth, Rachel	18 LOW	39.29
3	Cinco, Ava	15 LW	36.03
4	Hull, Kendra	18 C	34.85
5	Taylor, Keegan	15 CY	35.80
6	Fick, Danielle	16 AR	38.53

#49B Women 15-18 50m Butterfly

Heat 1 of 1

2	Morrow, Rebekah	17 D	43.56
3	Vazquez, Andrea	15 CY	42.78
4	Morris, Regan	16 LOW	39.65
5	Green, Lily	16 AR	39.78
6	Adams, Elli	15 AR	43.12

#49C Women 15-18 50m Butterfly

Heat 1 of 1

2	Stonebreaker, Kaylen	17 LW	50.08
3	Wiederman, Jo	16 LW	46.59
4	Hayden, Brooke	15 D	43.72
5	Trask, Amber	15 LOW	44.87
6	Perez-Diaz, Dalila	16 C	47.84

#50A Men 15-18 50m Butterfly

Heat 1 of 1

3	Kyer, Noah	16 LW	29.62
4	Green, AJ	18 D	28.07
5	Morin, PA	16 C	28.79

combined with event #50A

#50B Men 15-18 50m Butterfly

Heat 1 of 1

1	Carneal, Jr., Bryant	15 CY	36.71
2	Kim, Mitchell	17 LW	32.69
6	Barnes, Jack	15 LOW	31.31
7	Ordonez, Bryan	15 LW	35.44

#50C Men 15-18 50m Butterfly

Heat 1 of 1

5	Westphal, Kenny	15 C	41.39
6	Lambert, Ed	15 AR	37.00
7	Henriques, Conner	18 LW	38.77
8	Casaretto, Juan	15 CY	41.50

#51A Girls 11-12 50m Backstroke

Heat 1 of 2

3	Thomas, Lily	12 LW	50.44
4	Tuttle, Anna	12 LOW	47.31
5	Burt, Sarah	11 CY	49.29

Heat 2 of 2

1	Arends, Blair	11 D	46.64
2	Westphal, Hannah	12 C	45.55
3	deBruin, Sophia	12 D	45.05
4	VonTomaszewski, Vanna	12 CY	43.87
5	Green, Falynd	12 AR	45.01
6	Rayford, Lacie	12 C	45.06
7	Bothel, Hailey	12 D	45.72

#51B Girls 11-12 50m Backstroke

Heat 1 of 2

3	Kobiolka, Belle	11 C	56.03
4	Sluska, Jordan	11 LW	53.84
5	DeBruhl, Charlotte	11 C	55.64

Heat 2 of 2

1	Itoh, Ashlyn	12 AR	53.71
2	Eisenhardt, Brooke	12 LW	53.35
3	Downey, Ava	12 LOW	52.20
4	Puckett, Dessie	11 CY	51.16
5	Ortega, Gabby	11 AR	52.03
6	Taylor, Ryann	12 CY	52.58
7	Harmsen, Amelia	11 LW	53.70

#51C Girls 11-12 50m Backstroke

Heat 1 of 2

3	Hoover, Audrey	11 AR	1:39.18
4	Gonzalez, Stephanie	11 LOW	1:10.25
5	Clarke, Addison	11 D	1:12.60

Heat 2 of 2

1	Tierney, Colleen	11 LW	1:06.78
2	Armstrong, Sandra	11 D	1:02.02
3	Carter, Sarah	12 CY	57.28
4	Alexander, Adriana	12 LW	56.26
5	Bullerwell, Brooke	12 AR	56.60
6	Holland, Mindy	11 CY	58.72
7	Kleen, Lily	12 AR	1:02.18

#52A Boys 11-12 50m Backstroke

Heat 1 of 2

3	Shearer, Nick	11 C	52.43
4	Westphal, Hjalmar	11 C	51.42
5	Sullivan, Joseph	12 LW	52.27

Heat 2 of 2

2	Workman, Cole	11 LW	49.04
3	Aanerud, Wade	12 D	45.59
4	Lumpkins, Crosby	12 D	40.39
5	Wallace, Nick	12 CY	45.57
6	Powers, JT	12 LOW	48.92
7	Hichak, Alex	12 C	50.44

#52B Boys 11-12 50m Backstroke

Heat 1 of 2

3	Libeau, Caleb	11 D	1:03.81
4	Thomas, Tyson	11 LW	1:01.26
5	Carroll, Grady	12 C	1:01.64

Heat 2 of 2

2	Tuttle, Owen	11 LOW	57.41
3	Szczachowski, Jude	12 LOW	55.80
4	Echezona, Samuel	11 CY	52.75
5	Warnick, Ryan	11 C	55.57
6	Hall, Owen	11 AR	55.83
7	Woodward, Luke	11 AR	57.96

#52C Boys 11-12 50m Backstroke

Heat 1 of 2

3	Green, Thomas	11 D	1:38.48
4	Niemi, Henry	12 D	1:31.04
5	Williams, Benjamin	11 LOW	1:32.05

Combined with event #50B

SwimTopia Meet Maestro™

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Heat 2 of 2

1	Futch, Will	11 AR	1:16.15
2	Desantis, Justin	12 D	1:10.94
3	Eclipse, Ezra	12 LOW	1:07.34
4	Tran, Elijah	12 CY	1:05.01
5	Copic, Lucas	11 AR	1:07.06
6	Denning, J.J.	11 AR	1:10.00
7	Tran, Mason	11 CY	1:12.64

#53A Girls 13-14 50m Backstroke**Heat 1 of 1**

1	Walter, Emily	14 C	44.09
2	Buttram, Savannah	13 LW	39.27
3	Smith, Ava	14 CY	38.26
4	David, Nora	14 AR	33.33
5	Wood, Raegan	13 D	36.97
6	Doty, Claire	14 AR	38.81
7	Guitreau, Hannah	13 LW	43.41

#53B Girls 13-14 50m Backstroke**Heat 1 of 1**

1	Lambert, Helen	13 AR	50.15
2	Niemi, Ella	13 D	48.07
3	Hall, Victoria	13 AR	47.41
4	Stonebreaker, Holly	14 LW	46.96
5	Thomas, Ava	14 LW	47.09
6	Landreth, Caleigh	14 D	47.56
7	Miller, Julianna	13 D	48.51

#53C Girls 13-14 50m Backstroke**Heat 1 of 1**

1	Griffitts, Chloe	13 AR	1:00.62
2	Finger, Selah	13 LOW	56.87
3	Foulks, Alex	13 D	53.84
4	Haderlie, Emily	14 AR	51.61
5	Bradley, Jamyson	13 CY	52.51
6	Pack, Olivia	13 CY	55.96
7	Leon Guerrero Norris, Nicole	14 D	56.91

#54A Boys 13-14 50m Backstroke**Heat 1 of 1**

2	Kirkland, Aiden	14 LOW	38.19
3	Casaretto, Jordan	13 CY	36.75
4	Brown, Jake	14 D	35.48
5	Fargo, Aiden	14 LOW	36.68
6	Frey, Nathan	14 LW	37.34
7	Rayford, Landon	13 C	41.14

#54B Boys 13-14 50m Backstroke**Heat 1 of 1**

1	Forst, Brady	14 C	48.91
2	Davis, Britton	14 AR	48.60
3	Green, Sean	13 D	44.84
4	Lewis, Caleb	13 AR	41.40
5	Campbell, Tyce	13 AR	41.78
6	Stroffolino, Noah	13 LW	46.84
7	Duncan, Exavier	13 LW	48.91

#54C Boys 13-14 50m Backstroke**Heat 1 of 1**

2	Tierney, Quinn	14 LW	1:02.26
3	Caro, Michael	13 D	58.52
4	Beck, Logan	13 AR	54.12
5	Stargel, Robbie	13 CY	56.29
6	Harmsen, William	13 LW	1:01.88
7	Armstrong, Rob	13 D	1:26.25
8	Kilinski, Conrad	14 C	2:48.28

#55A Women 15-18 50m Backstroke**Heat 1 of 1**

2	Green, Lily	16 AR	40.18
3	Fick, Danielle	16 AR	38.75
4	Green, Sarah	17 D	34.03
5	Shay, Lily	16 AR	37.93
6	Stonebreaker, Ella	17 LW	39.16
7	Coleman, Nyah	15 CY	40.87

#55B Women 15-18 50m Backstroke**Heat 1 of 1**

2	Wiederman, Jo	16 LW	45.09
3	Morrow, Rebekah	17 D	43.60
4	Morris, Regan	16 LOW	41.25
5	Kramer, Clarissa	15 LW	42.00
6	Slagle, Katherine	16 LOW	44.20
7	Walter, Ellie	16 C	45.73

#55C Women 15-18 50m Backstroke**Heat 1 of 1**

1	Johnston, Sarah	16 AR	1:04.57
2	Miller, Jessica	16 D	1:00.69
3	Cox, Sara	18 D	49.13
4	Vazquez, Andrea	15 CY	47.04
5	Holliday, Alice	16 AR	47.16
6	Kilinski, Emma	17 C	58.34
7	Miller, Amber	18 D	1:03.48

#56A Men 15-18 50m Backstroke**Heat 1 of 1**

3	Arnold, William	16 C	37.81
4	Buttram, Noah	15 LW	30.56
5	Kim, Justin	15 LW	36.39

#56B Men 15-18 50m Backstroke**Heat 1 of 1**

2	Jackson, Ezra	17 AR	39.93
6	Henriques, Conner	18 LW	39.20
7	Ordonez, Bryan	15 LW	41.35

#56C Men 15-18 50m Backstroke**Heat 1 of 1**

5	Warnick, William	15 C	46.38
6	Casaretto, Juan	15 CY	44.88
7	Westphal, AJ	16 C	46.06
8	Smith, Daniel	15 CY	1:03.54

#57A Girls 11-12 50m Breaststroke**Heat 1 of 2**

3	Wiederman, LA	11 LW	54.89
4	Haderlie, Evie	12 AR	53.93
5	Beck, Amelia	11 AR	54.87

Heat 2 of 2

2	Rayford, Lacie	12 C	49.25
3	David, Leila	12 AR	46.10
4	Connolly, Sophia	11 D	43.64
5	Hopewell, Aibreann	12 LOW	45.12
6	O'Byrne, Finnley	11 CY	48.53
7	Greenaway, Ruby	11 LW	50.99

#57B Girls 11-12 50m Breaststroke

Heat 1 of 2

3	Clarke, Addison	11 D	1:01.23
4	Soltez, Addison	11 D	1:00.86
5	Itoh, Ashlyn	12 AR	1:01.16

Heat 2 of 2

2	Eisenhardt, Brooke	12 LW	59.74
3	Puckett, Dessie	11 CY	57.51
4	DiAscro, Avery	12 CY	54.91
5	Schatzer, Skylar	12 LOW	56.38
6	Tuttle, Anna	12 LOW	57.59
7	Taylor, Ryann	12 CY	1:00.64

#57C Girls 11-12 50m Breaststroke

Heat 1 of 2

3	Hoover, Audrey	11 AR	1:37.31
4	Kobiolka, Belle	11 C	1:13.42
5	Armstrong, Sandra	11 D	1:24.30

Heat 2 of 2

2	Coleman, Sydee	11 CY	1:09.52
3	Gonzalez, Stephanie	11 LOW	1:06.44
4	Gee, Bel	11 CY	1:02.58
5	Tierney, Colleen	11 LW	1:04.69
6	Bullerwell, Brooke	12 AR	1:06.94
7	Sluska, Jordan	11 LW	1:12.32

#58A Boys 11-12 50m Breaststroke

Heat 1 of 1

2	Workman, Cole	11 LW	53.74
3	Taylor, Jake	12 CY	50.93
4	Lumpkins, Crosby	12 D	42.96
5	Davis, Sawyer	11 AR	50.35
6	Hichak, Alex	12 C	51.58
7	Sullivan, Joseph	12 LW	54.96

#58B Boys 11-12 50m Breaststroke

Heat 1 of 1

1	Beesley, Ethan	11 LOW	1:06.06
2	Tran, Elijah	12 CY	1:05.36
3	Tuttle, Owen	11 LOW	1:01.21
4	Hall, Owen	11 AR	56.89
5	Johnson, Darren	12 LOW	59.09
6	Welch, Brayden	11 AR	1:02.33
7	Facemire, Chase	11 LOW	1:05.37

#58C Boys 11-12 50m Breaststroke

Heat 1 of 1

1	Williams, Benjamin	11 LOW	1:24.27
2	Woodward, Luke	11 AR	1:11.04
3	Reeder, Carter	11 AR	1:08.37
4	Jones, Caleb	11 C	1:07.93
5	Desantis, Justin	12 D	1:08.28
6	Libeau, Caleb	11 D	1:09.75
7	Carroll, Grady	12 C	1:16.95

#59A Girls 13-14 50m Breaststroke

Heat 1 of 1

2	Kim, Olivia	13 LW	48.94
3	Cox, Anna	14 D	46.98
4	Yawgel, Tiffany	13 LOW	41.69
5	Welch, Samantha	13 AR	43.19
6	Stonebreaker, Holly	14 LW	47.00

#59B Girls 13-14 50m Breaststroke

Heat 1 of 1

2	Twynner, Rory	14 CY	51.25
3	Itoh, Elizabeth	14 AR	50.07
4	Walter, Emily	14 C	48.94
5	Dimmer, Adrianna	14 AR	49.59
6	Finger, Selah	13 LOW	50.50

#59C Girls 13-14 50m Breaststroke

Heat 1 of 1

2	Arends, Brayden	13 D	1:06.12
3	Pack, Olivia	13 CY	59.17
4	Hall, Victoria	13 AR	53.31
5	Miller, Julianna	13 D	58.72
6	Foulks, Alex	13 D	1:03.25

#60A Boys 13-14 50m Breaststroke

Heat 1 of 1

2	Kirkland, Aiden	14 LOW	45.84
3	Rayford, Landon	13 C	43.39
4	Thomason, Wayne	13 D	37.68
5	Fargo, Aiden	14 LOW	42.72
6	Thompson, Steven	14 CY	45.61
7	Radford, Nathaniel	14 LW	47.69

#60B Boys 13-14 50m Breaststroke

Heat 1 of 1

2	Adams, Zachary	13 AR	54.01
3	Green, Sean	13 D	52.47
4	Ramsey, James	14 LW	49.44
5	Campbell, Tyce	13 AR	50.41
6	Stroffolino, Noah	13 LW	53.80
7	Stargel, Robbie	13 CY	56.33

#60C Boys 13-14 50m Breaststroke

Heat 1 of 1

2	Caro, Michael	13 D	1:08.50
3	Davis, Britton	14 AR	58.25
4	Tierney, Quinn	14 LW	57.03
5	Beck, Logan	13 AR	57.40
6	Harmsen, William	13 LW	1:02.38
7	Armstrong, Rob	13 D	1:32.83

#61A Women 15-18 50m Breaststroke

Heat 1 of 1

2	Stonebreaker, Kaylen	17 LW	49.00
3	Coleman, Nyah	15 CY	45.23
4	Hull, Kendra	18 C	39.03
5	Shay, Lily	16 AR	44.03
6	Stonebreaker, Ella	17 LW	45.79
7	Wallace, Hailey	16 CY	50.29

#61B Women 15-18 50m Breaststroke

Heat 1 of 1

2	Trask, Amber	15 LOW	53.47
3	Cox, Sara	18 D	51.58
4	Heth, Rachel	18 LOW	50.81
5	Adams, Elli	15 AR	50.96
6	Kramer, Clarissa	15 LW	53.25
7	Perez-Diaz, Dalila	16 C	54.19

#61C Women 15-18 50m Breaststroke

Heat 1 of 1

2	Miller, Jessica	16 D	1:07.47
3	Holliday, Alice	16 AR	58.85
4	Kilinski, Emma	17 C	55.38
5	Eclipse, Anastasia	15 LOW	55.50
6	Johnston, Sarah	16 AR	59.64
7	Miller, Amber	18 D	1:25.81

#62A Men 15-18 50m Breaststroke

Heat 1 of 1

3	Kyer, Noah	16 LW	37.76
4	Morin, PA	16 C	34.65
5	Frey, Evan	18 LW	37.66
6	Barnes, Jack	15 LOW	39.00

Combined

#62B Men 15-18 50m Breaststroke

Heat 1 of 1

1	Stroffolino, Will	16 LW	43.25
2	Jackson, Ezra	17 AR	40.22
7	Kim, Mitchell	17 LW	41.00
8	Kelley, Brycen	15 CY	43.92

#62C Men 15-18 50m Breaststroke

Heat 1 of 1

5	Lambert, Ed	15 AR	53.01
6	Westphal, Kenny	15 C	46.97
7	Carneal, Jr., Bryant	15 CY	47.32
8	Smith, Daniel	15 CY	1:23.21

#63A Girls 11-12 100m Freestyle Relay

Heat 1 of 1

2	LOW Barracudas	A LOW	1:20.58
3	ARRST	A AR	1:16.16
4	ChanBlueDolphins	A C	1:14.80
5	Dahlgren Sharks	A D	1:15.73
6	Caroline Orcas	A CY	1:16.32
7	Lake Wilderness	A LW	1:22.59

#63B Girls 11-12 100m Freestyle Relay

Heat 1 of 1

3	Dahlgren Sharks	EXH B D	1:43.91
4	ARRST	EXH B AR	1:28.00
5	Lake Wilderness	EXH B LW	1:33.34

#64A Boys 11-12 100m Freestyle Relay

Heat 1 of 1

2	ChanBlueDolphins	A C	1:21.30
3	Lake Wilderness	A LW	1:20.35
4	Dahlgren Sharks	A D	1:10.18
5	ARRST	A AR	1:17.55
6	LOW Barracudas	A LOW	1:20.74
7	Caroline Orcas	A CY	1:27.14

#64B Boys 11-12 100m Freestyle Relay

Heat 1 of 1

3	Dahlgren Sharks	EXH B D	1:50.97
4	ARRST	EXH B AR	1:30.74
5	LOW Barracudas	EXH B LOW	1:34.04

#65A Girls 13-14 100m Freestyle Relay

Heat 1 of 1

2	LOW Barracudas	A LOW	1:19.22
3	Lake Wilderness	A LW	1:13.49
4	ARRST	A AR	1:04.71
5	Dahlgren Sharks	A D	1:11.34
6	Caroline Orcas	A CY	1:13.66
7	ChanBlueDolphins	A C	1:23.25

Combined

#65B Girls 13-14 100m Freestyle Relay

Heat 1 of 1

1	ARRST	EXH B AR	1:26.31
8	Dahlgren Sharks	EXH B D	1:31.51

#66A Boys 13-14 100m Freestyle Relay

Heat 1 of 1

4	ARRST	A AR	1:08.39
5	Dahlgren Sharks	A D	1:02.36
6	Lake Wilderness	A LW	1:07.69
7	ChanBlueDolphins	A C	1:59.79

Combined

#66B Boys 13-14 100m Freestyle Relay

Heat 1 of 1

3	Lake Wilderness	EXH B LW	1:24.05
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#67A Women 15-18 100m Freestyle Relay

Heat 1 of 1

2	Lake Wilderness	A LW	1:12.78
3	Caroline Orcas	A CY	1:10.20
4	ARRST	A AR	1:09.24
5	LOW Barracudas	A LOW	1:09.82
6	Dahlgren Sharks	A D	1:10.42
7	ChanBlueDolphins	A C	1:18.32

#68A Men 15-18 100m Freestyle Relay

Heat 1 of 1

2	Caroline Orcas	A CY	1:16.01
3	ChanBlueDolphins	A C	1:06.10
4	Lake Wilderness	A LW	55.74
5	LOW Barracudas	A LOW	1:00.67
6	ARRST	A AR	1:13.12

Combined

#68B Men 15-18 100m Freestyle Relay

Heat 1 of 1

7	Lake Wilderness	EXH B LW	1:02.70
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We Aren't Just a Team; We are a Family



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DAHLGREN SHARKS





Dahlgren Shark's Coaches for
Summer 2023

Jonathan Taleton – Head Coach

Andrew Green – Assistant Coach

Sarah Green - Assistant Coach

Raegan Wood – Junior Volunteer Coach

Jake Brown – Junior Volunteer Coach

Sophia Connolly - Junior Volunteer Coach

Wayne Thomason III - Junior Volunteer Coach

Sara Parker - Junior Volunteer Coach

** A special thank you to the coaches for an amazing season!! If it wasn't for your hard work and dedication to our team our new or returning swimmers would have not had such an enjoyable summer

You Rock!

2023



Brooke Hayden



Dahlgren Sharks





2023
Way to Go!



Lincoln Phipps



Dahlgren Sharks



3rd Season





2023



Dahlgren Sharks



Eliana Phipps



You stole the show,
at just 4 years old!



#1
in
free



DREW KOCH



**So proud of you! Go
Dahlgren Sharks!**





GREAT JOB THIS
SUMMER!
GO DAHLGREN
SHARKS!







TO JAKE

YOUR DAD AND I ARE SO PROUD OF YOU! YOU DID SO WELL WORKING WITH THE YOUNGER KIDS THIS SEASON, AND THE TEAM HAD AN AWESOME SEASON!

WE LOVE YOU BUDDY!

~ MOM & DAD



Jordan,
Grandma and Paw are so very proud of you and all your accomplishments. Stay the
way you are and keep reaching for the stars!!

Love Always,
Grandma and Paw



Wayne,
Grandma and Paw are so proud to have you as our grandson. The sky is the limit, your
accomplishments will be endless.

Love Always,
Grandma and Paw

Camryn Jane! We are so proud of the improvement that you have made as a swimmer and teammate this summer! You are so strong and capable of anything you set your mind to! We love you and are your biggest cheerleaders!!

Love,
Mom, Dad, and Callie



Swim fast Lucia and Michael! We are proud of your hard work this summer!

Mom and Dad

Amber,

Congratulations on 8 great years of swimming! Your dad would be so proud of you, just like I am. Dad was always *cheering* you on.

Love,

Mom



**Congratulations Caleigh, for a great summer swim season!
Good luck at Finals.
GO SHARKS!**

**Zoe Weisman,
We couldn't be more proud of your 1 st swim season!
Love, Mom&Dad**

**Good Luck Addison you got this
Just keep swimming and do your best
Love Mom, Dad & Caroline**



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Thank you for your support of our 2023 season!

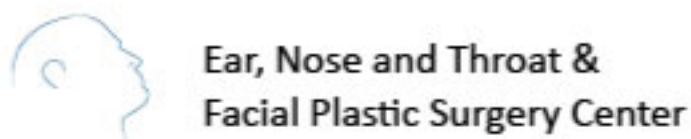


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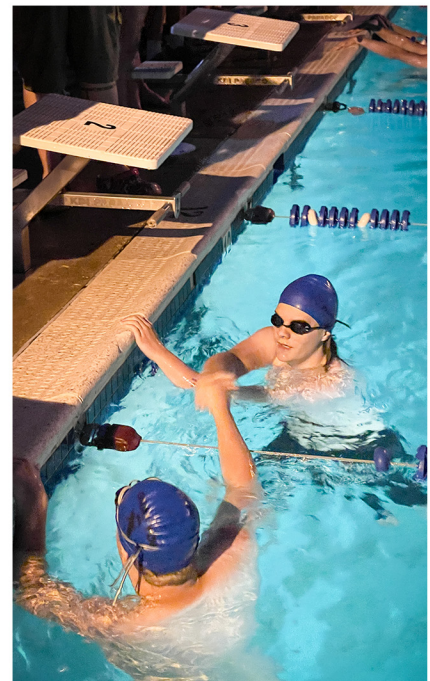
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2023









Thomas Matarese

Congratulations on 14 amazing years of summer swim!

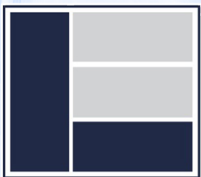


Go Dolphins!

The Hampton Oaks Hurricanes LOVE our Coaches!



...and a huge thank you to our amazing sponsors!!

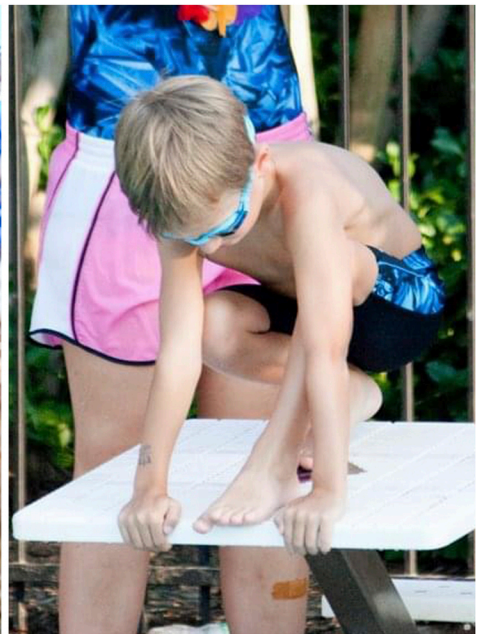


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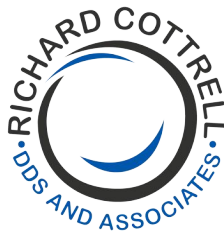


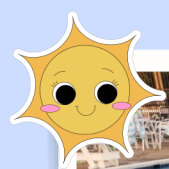
The Hampton Oaks Hurricanes congratulate Zack Hubbard on his graduation from North Stafford High School. Zack is a 14 year member of the Hurricanes and on his third year of coaching for us. He has been an integral part of our team and we wish him all the best in this future at Randolph-Macon College. Swim fast this coming college season and we look forward to seeing you again next summer for your last year swimming with the Hurricanes!

Where it all started vs now!

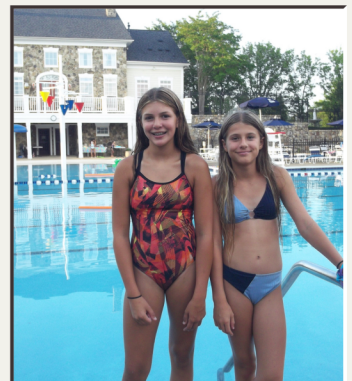


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Thank you to our 2023 sponsors!



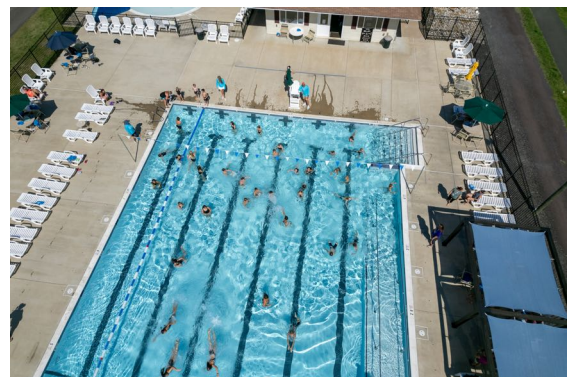


Summer Swim
with
**THE TIDAL
WAVES**





2023 Lake of the Woods Barracudas





LAKE WILDERNESS TORPEDOES



BELCHER REAL ESTATE

CONNER



CONNER J. HENRIQUES A GRADUATE FROM RIVERBEND HIGH SCHOOL. WILL BE ATTENDING REGENT UNIVERSITY IN THE FALL WHERE HE'LL BE GETTING A DEGREE IN BUSINESS AND PLAYING AS GOALKEEPER FOR THEIR SOCCER PROGRAM. CONNER WAS A FOUR-YEAR VARSITY SWIMMER AND A FOUR YEAR GOALKEEPER AT RIVERBEND HIGH SCHOOL. HE'S BEEN A LAKE WILDERNESS TORPEDO FOR 15 YEARS AND THE LAST FEW YEARS AS A JUNIOR /ASSISTANT COACH. SUMMERS WON'T BE THE SAME WITH OUT SWIM.

THANK YOU SENIORS!

EVAN

EVAN FREY JOINED THE TORPEDOES WHEN HE WAS 4 YEARS OLD. HE SWAM YEAR ROUND SWIM FOR 6+ YEARS. HE SWAM FOR RIVERBEND HIGH SCHOOL VASITY SWIM TEAM FOR 4 YEARS. THIS PAST YEAR, HE WAS ONE OF THE TEAM CAPTAINS. HE GRADUATED FROM RIVERBEND HIGH SCHOOL THIS YEAR AND WILL BE HEADING TO COASTAL CAROLINA UNIVERISTY IN THE FALL TO MAJOR IN ENGINEERING SCIENCE. LAST YEAR HE WAS AN ASSISTANT COACH AND A JUNIOR COACH THE YEAR BEFORE.



MASSAD YMCA MARLINS



**WAY TO GO
ON YOUR FIRST
SWIM YEAR
LILITH!**

LOVE,
MOM, DAD & SOPHIA

**SWIM FAST
SOPHIE
AND
JOHNNY!**

**SHE BELIEVED SHE
COULD, SO SHE DID!**

**SWIM FAST
LONDON KELSON!**

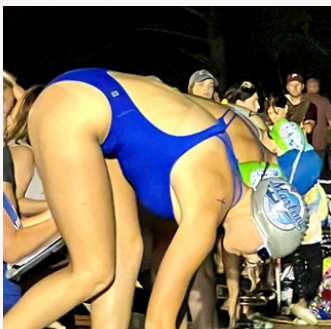
LOVE,
MOM, DAD & PRETTY

**JUST KEEP
SWIMMING
SOPHIA!
SWIM FAST &
STRONG!**

LOVE,
MOM, DAD & LILITH













**Congratulations, Salem Fields Sunfish for a
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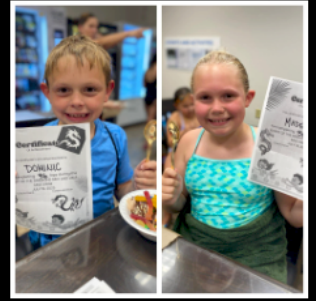
Congratulations!

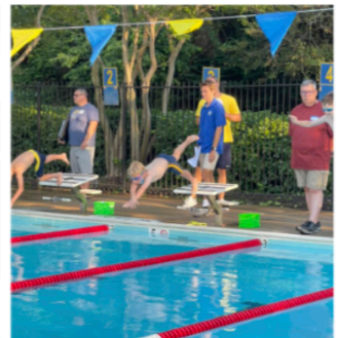
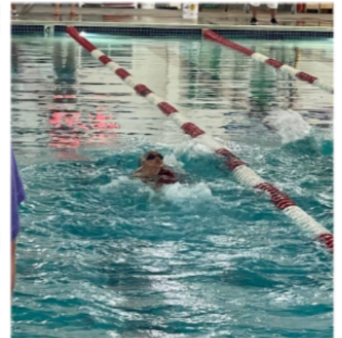
Salem Fields Sunfish for a WINNING season!

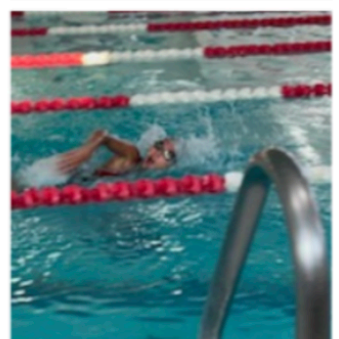
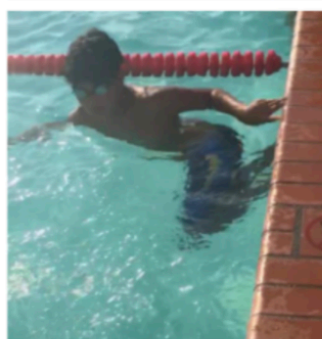
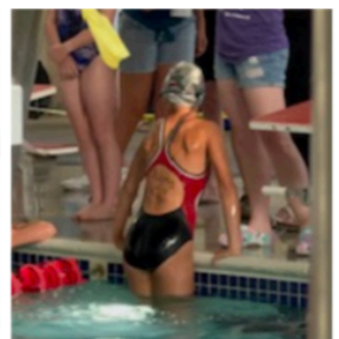
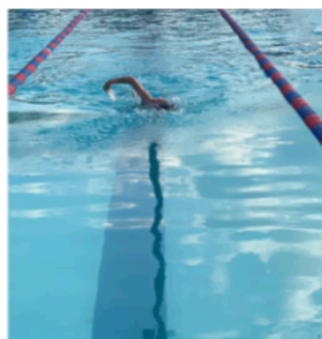
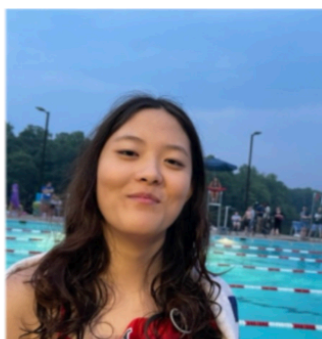
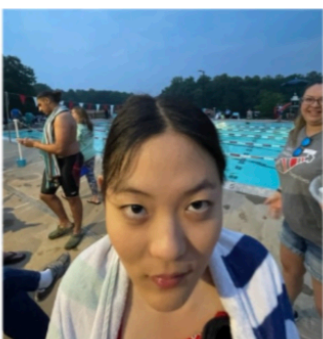
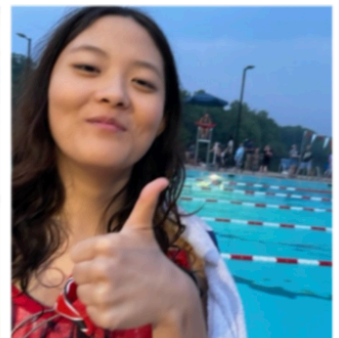


National Division Champions 2023

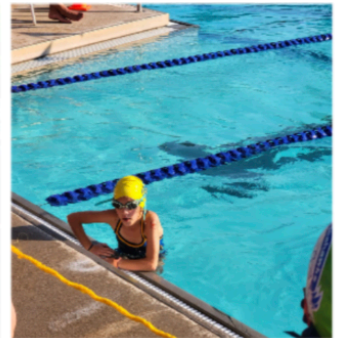












OXYGEN
IS OVERRATED



EAT



SLEEP



SWIM



REPEAT

BREATHING
IS
FOR THE
WEAK

BREASTSTROKE FINALS
BACKSTROKE
GOALS
SWIMSUIT
LANE
SWIM CAP
FLAGS
STARTING BLOCK
HEATS
PERSONAL BEST
LAPS
POOL
SWIMMING
RELAY
FREESTYLE
DISTANCE
PRACTICE
KICK BOARD
GOGGLES
BUTTERFLY

HARD DAYS
ARE THE BEST
DAYS BECAUSE
THIS IS WHEN
CHAMPIONS ARE
MADE

- Gabby Douglas

IF YOU THINK YOUR

SPORT

★ IS HARD, ★



TRY DOING IT WHILE

★ HOLDING YOUR ★

BREATH

THERE WILL BE OBSTACLES
THERE WILL BE DOUBTERS
THERE WILL BE
MISTAKES. BUT WITH
HARD WORK,
THERE ARE NO LIMITS.

- MICHAEL PHELPS

SWIMMERS

DO MORE KICKS THAN A SOCCER
PLAYER, MORE FLIPS THAN A
CHEERLEADER, MORE SETS THAN
A VOLLEYBALL PLAYER AND MORE
YARDS THAN A FOOTBALL PLAYER,
BUT IN LESS BREATHS THAN ALL
OF THEM COMBINED.