

2023 VHSL Regional 3A - 2/4/2023**Results - Region 3A****Event 1 Boys 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time
1 Colonial Heights High School	A	1:44.85	1:42.37
1) Hanshew, Parker JR	2) Galyen, Austin SO	3) Marks, Travis JR	4) Gilmore, Brennon SR
2 Lafayette High School	A	1:41.80	1:45.14
1) Lee, Braden JR	2) Thibeault, Jason FR	3) Cummings, Nathan SR	4) Gregory, William SR
3 York	A	1:50.79	1:50.68
1) Landis, Kasey SR	2) Fields, Elijah SR	3) Pelletier, Ryan SO	4) Vasques, Lucas JR
4 New Kent High School Trojans	A	1:55.62	1:51.87
1) Harris, Cooper SR	2) Newton, Blake SR	3) Stroop, Logan SO	4) Leggett, Finn FR
5 Lakeland High School	A	NT	2:08.78
1) Feliciano, Tyler SO	2) Jache, Noah SO	3) Damico, Matthew SR	4) Strawhand, Gavin SR
6 Tabb High School	A	2:05.91	2:10.60
1) Cox, David SR	2) Burkhart, Brandon SO	3) Pingulkar, Om SO	4) Maddox, Ryan FR
7 Phoebus High School	A	2:29.50	2:26.20
1) Goodwin, Conner	2) Mungal, Nathaniel	3) Pauls, William	4) Nunez, Andres
--- I.C. Norcom High School	A	NT	DQ
1) Sayoto, Ray JR	2) Peterson, DeVonte' SO	3) Aguinaldo, Aden SR	4) Muhammad, Mikail SO

Event 2 Girls 200 Yard Medley Relay

Team	Relay	Seed Time	Finals Time
1 York	A	1:50.42	1:50.92
1) Mayo, Phoebe SO	2) Butler, Kendall JR	3) McMullen, Nora JR	4) Tingen, Casey SR
2 Lafayette High School	A	1:52.36	1:52.31
1) Cox, Delaney SR	2) Gregory, Mary JR	3) Gregory, Elizabeth FR	4) Bollinger, Abigail JR
3 New Kent High School Trojans	A	2:11.26	2:09.84
1) Allen, Olivia SO	2) Wetherington, Summer JR	3) Hardy, JoJo SO	4) Fly, Meghan SO
4 Colonial Heights High School	A	2:15.33	2:10.60
1) Bailey, Madison FR	2) Buffalow, Kayla SO	3) Moody, Emma SR	4) Runyon, Kelly SR
5 Tabb High School	A	2:12.92	2:10.72
1) Elias, Abby JR	2) Chung, Emma SR	3) Weisiger, Mia JR	4) Melton, Jacoby SR
6 Lakeland High School	A	NT	2:39.81
1) Baines, Peyton SR	2) Maynard, Audrey SO	3) Boyd, Emma SR	4) Maynard, Ashley SR
7 Phoebus High School	A	2:57.33	2:59.71
1) Sokkar, Joyce	2) Hooks, Julia	3) Ledesma, Gabriella	4) Lurz, Jordan

Event 3 Boys 200 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Pelletier, Ryan	SO	York	1:55.35	1:55.43
2 Thibeault, Jason	FR	Lafayette High School	1:59.51	2:01.57
3 Hankins, Brice	SR	Lafayette High School	2:07.34	2:05.61
4 Russell, Nolan	SR	Tabb High School	NT	2:09.88
5 Konings, Dylan	FR	New Kent High School Trojans	2:18.56	2:11.18
6 Hassan, Graydon	FR	Lafayette High School	2:21.87	2:17.13
7 Bavuso, Conner	FR	York	NT	2:21.18
8 Burkhart, Brandon	SO	Tabb High School	2:22.16	2:22.41
9 Kim, Benson	SO	Lafayette High School	2:30.63	2:28.70
10 Strawhand, Gavin	SR	Lakeland High School	2:33.57	2:32.82
11 Nunez, Andres		Phoebus High School	3:21.20	2:51.02
12 Beach, Robert		Phoebus High School	3:21.31	3:07.82
13 Aguinaldo, Aden	SR	I.C. Norcom High School	NT	3:27.41
--- Smelser, Marcus	FR	York	2:18.51	DFS

2023 VHSL Regional 3A - 2/4/2023**Results - Region 3A****Event 4 Girls 200 Yard Freestyle**

	Name	Yr	School	Seed Time	Finals Time
1	Gregory, Elizabeth	FR	Lafayette High School	1:52.39	1:55.58
2	Tingen, Casey	SR	York	1:57.66	2:01.94
3	McMullen, Nora	JR	York	2:04.28	2:04.16
4	Robertson, Logan	FR	Lafayette High School	2:07.67	2:09.50
5	Elias, Abby	JR	Tabb High School	2:15.80	2:09.60
6	Kalloch, Grace	FR	Lafayette High School	2:23.04	2:17.03
7	Castonguay, Kiera	FR	Tabb High School	2:24.63	2:25.42
8	Gerhardt, Naira	JR	York	2:29.85	2:29.05
9	Butler, Amelia	SO	Lafayette High School	2:22.09	2:31.43
10	Cox, Lucie	SO	Tabb High School	NT	2:35.64
11	Allen, Ema	SR	New Kent High School Trojans	2:37.54	2:36.33
12	Nagele, Harper	SR	York	2:43.08	2:37.59
13	Paxton, Lauryn	JR	New Kent High School Trojans	2:54.88	2:48.25
14	Maynard, Ashley	SR	Lakeland High School	3:08.83	3:01.20
15	Lambaiso, Angel	JR	Lakeland High School	3:07.32	3:05.09
16	Feliciano, Malia	SR	Lakeland High School	3:26.98	3:18.05
17	Boyd, Emma	SR	Lakeland High School	3:18.87	3:21.81
18	Noll, Libby	SO	New Kent High School Trojans	NT	3:29.97

Event 5 Boys 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Fields, Elijah	SR	York	2:00.39	2:00.56
2	Lee, Braden	JR	Lafayette High School	2:04.62	2:05.88
3	Hanshew, Parker	JR	Colonial Heights High School	2:18.47	2:11.25
4	McDaniel, Wyatt	SR	Tabb High School	2:22.36	2:22.76
5	Lamprecht, Isaac	JR	New Kent High School Trojans	2:24.91	2:25.68
6	Lee, Coleman	FR	Lafayette High School	2:30.50	2:27.72
7	Crisci, Colin	JR	Lafayette High School	2:37.75	2:35.34
8	Kolar, Alexander	SO	Lafayette High School	2:38.25	2:41.67
---	Galyen, Austin	SO	Colonial Heights High School	2:05.93	DQ

Event 6 Girls 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Gregory, Mary	JR	Lafayette High School	2:11.16	2:20.65
2	Persson, Lilyanna	SR	York	2:26.99	2:25.74
3	Mason, Taylor	FR	Lafayette High School	2:29.56	2:27.40
4	Nast, Elsie	SO	Lafayette High School	2:29.79	2:30.50
5	Moser, Nora	FR	York	2:30.76	2:31.90
6	Weisiger, Mia	JR	Tabb High School	2:35.51	2:32.74
7	Yates, Libby	JR	Tabb High School	2:43.58	2:43.07
8	Doyle, Makayla	FR	Tabb High School	3:15.43	3:17.56
9	Ledesma, Gabriella		Phoebus High School	3:30.85	3:20.83
10	Brauner, Carly	SO	York	3:19.78	3:21.40
11	Bentz, Ava	FR	Lakeland High School	3:41.70	3:39.02
---	Frerichs, Julianna	SR	Lafayette High School	2:51.12	DFS

Event 7 Boys 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Elias, Emmanuel	SR	Tabb High School	23.43	22.21
2	Cummings, Nathan	SR	Lafayette High School	22.42	22.33
3	Leggett, Finn	FR	New Kent High School Trojans	23.59	23.15
4	Gilmore, Brennon	SR	Colonial Heights High School	23.80	23.31

2023 VHSL Regional 3A - 2/4/2023**Results - Region 3A****(Event 7 Boys 50 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
5	Andrews, Matthew	SR	Tabb High School	25.72	23.94
6	Hale, Matthew	JR	York	26.01	25.84
7	Landis, Kasey	SR	York	25.47	25.89
8	Newton, Blake	SR	New Kent High School Trojans	26.05	25.97
9	Butler, Aiden	SO	Lafayette High School	26.23	26.01
10	Oliver, Ethan	SR	Colonial Heights High School	26.51	26.04
11	Vasques, Lucas	JR	York	26.14	26.37
12	Feliciano, Tyler	SO	Lakeland High School	29.05	26.76
13	Herath, Michael	SO	York	26.43	26.78
14	Harris, Cooper	SR	New Kent High School Trojans	27.94	26.90
15	Pingulkar, Om	SO	Tabb High School	27.36	27.03
16	Pauls, William		Phoebus High School	28.62	27.13
17	Damico, Matthew	SR	Lakeland High School	28.07	27.48
18	Cox, David	SR	Tabb High School	NT	27.57
19	Copeland, Terrell	FR	Colonial Heights High School	30.68	29.15
20	Silsby, Ethan	FR	New Kent High School Trojans	32.57	32.07
21	Johnson, Henry		Phoebus High School	32.40	32.14
22	Nunez, Andres		Phoebus High School	29.09	32.45
23	Sarro, Scott		Phoebus High School	32.09	33.86
24	Sayoto, Ray	JR	I.C. Norcom High School	35.10	34.60
25	Beazer, Kashka	SO	I.C. Norcom High School	35.77	40.28
---	Moore, Brendan	FR	Lafayette High School	36.89	DFS

Event 8 Girls 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Butler, Kendall	JR	York	24.61	25.00
2	Bollinger, Abigail	JR	Lafayette High School	26.85	26.55
3	Wallace, McKenzie	JR	York	27.34	27.28
4	Moody, Emma	SR	Colonial Heights High School	27.79	27.29
5	Melton, Jacoby	SR	Tabb High School	27.87	27.49
6	Fly, Meghan	SO	New Kent High School Trojans	28.37	27.87
7	Farley, Maryn	FR	Lafayette High School	28.67	28.13
8	Cox, Lucie	SO	Tabb High School	27.44	28.48
9	Fields, Trinity	SO	York	27.39	28.79
10	Reid, Meredith	SO	York	29.52	28.92
11	Runyon, Kelly	SR	Colonial Heights High School	30.55	29.16
12	Wetherington, Summer	JR	New Kent High School Trojans	29.94	29.17
13	Bailey, Madison	FR	Colonial Heights High School	29.05	29.33
14	Chung, Emma	SR	Tabb High School	30.08	29.72
15	Dymond, Mya	JR	Tabb High School	30.88	30.32
16	Sullivan, Bri	FR	Lafayette High School	30.75	30.50
17	Maynard, Audrey	SO	Lakeland High School	31.08	30.76
18	Janssen, Maya	FR	Lafayette High School	30.42	30.91
19	Buffalow, Kayla	SO	Colonial Heights High School	32.43	32.12
20	Jones, Anaya	SR	I.C. Norcom High School	32.10	33.36
21	Meredith, Emerie	FR	New Kent High School Trojans	37.77	35.34
22	Smith, Emma	JR	Lakeland High School	38.41	36.62
23	Ayala, Adrianna		Lake Taylor High School	NT	38.58
24	Milby, Molly	SR	New Kent High School Trojans	44.65	38.75
25	Eley, Aaminah	FR	Lakeland High School	44.93	41.96
26	Bravo, Isabella		Lake Taylor High School	NT	43.94
27	Elliott, Julia		Lake Taylor High School	NT	44.21

2023 VHSL Regional 3A - 2/4/2023**Results - Region 3A****(Event 8 Girls 50 Yard Freestyle)**

	Name	Yr School	Seed Time	Finals Time
28	Harris, ZaiNaiya	Phoebus High School	48.61	45.10
29	Porter, Cheyanne	Phoebus High School	58.15	52.25
30	Orange, Renea	Phoebus High School	54.01	57.87
31	Cook, Kimora	Phoebus High School	1:18.52	1:19.85

Event 11 Boys 100 Yard Butterfly

	Name	Yr School	Seed Time	Finals Time
1	Fields, Elijah	SR York	52.64	53.84
2	Gregory, William	SR Lafayette High School	55.16	54.51
3	Marks, Travis	JR Colonial Heights High School	58.90	57.69
4	Andrews, Matthew	SR Tabb High School	1:01.81	1:00.57
5	Butler, Aiden	SO Lafayette High School	1:01.69	1:02.13
6	Stroop, Logan	SO New Kent High School Trojans	1:02.29	1:02.22
7	Kim, Benson	SO Lafayette High School	1:10.08	1:11.12
---	Smelser, Marcus	FR York	1:02.64	DFS
---	Damico, Matthew	SR Lakeland High School	1:16.74	DFS

Event 12 Girls 100 Yard Butterfly

	Name	Yr School	Seed Time	Finals Time
1	Gregory, Elizabeth	FR Lafayette High School	56.34	56.56
2	McMullen, Nora	JR York	1:02.84	1:03.97
3	Persson, Lilyanna	SR York	1:04.50	1:04.92
4	South, Alice	SO York	1:05.83	1:06.60
5	Nast, Elsie	SO Lafayette High School	1:06.68	1:09.83
6	Maddox, Natalie	SR Tabb High School	1:17.87	1:20.58
7	Dodson, Emerson	FR Lafayette High School	NT	1:27.06
8	Doyle, Makayla	FR Tabb High School	1:28.58	1:35.25
---	Frerichs, Julianna	SR Lafayette High School	1:21.13	DFS

Event 13 Boys 100 Yard Freestyle

	Name	Yr School	Seed Time	Finals Time
1	Elias, Emmanuel	SR Tabb High School	51.98	49.50
2	Cummings, Nathan	SR Lafayette High School	50.84	49.64
3	Thibeault, Jason	FR Lafayette High School	54.77	55.28
4	Hankins, Brice	SR Lafayette High School	56.22	55.58
5	Azaltovic, Robert	SR York	57.94	56.01
6	McDaniel, Wyatt	SR Tabb High School	57.20	56.44
7	Oliver, Ethan	SR Colonial Heights High School	58.50	56.83
8	Landis, Kasey	SR York	58.00	58.42
9	Carnley, Austin	FR New Kent High School Trojans	1:02.02	59.17
10	Vasques, Lucas	JR York	1:01.40	59.80
11	Young, Carson	JR Colonial Heights High School	NT	1:01.31
12	Peel, Stepan	FR Lafayette High School	59.75	1:01.72
13	Maddox, Ryan	FR Tabb High School	NT	1:03.70
14	Burkhart, Brandon	SO Tabb High School	NT	1:04.07
15	Strawhand, Gavin	SR Lakeland High School	1:10.88	1:04.95
16	Longest, Aiden	JR New Kent High School Trojans	1:05.57	1:06.09
17	Dozier, Jacques	Phoebus High School	1:22.22	1:14.70
18	Purgason, Clayton	FR New Kent High School Trojans	1:18.22	1:18.39
19	Aguinaldo, Aden	SR I.C. Norcom High School	1:15.70	1:20.65
20	Lambaiso, Graham	FR Lakeland High School	1:20.81	1:21.67
21	Cheeley, Will	FR New Kent High School Trojans	1:23.63	1:23.58

2023 VHSL Regional 3A - 2/4/2023**Results - Region 3A****(Event 13 Boys 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
22	Peterson, DeVonte'	SO	I.C. Norcom High School	1:12.50	1:30.00
23	Muhammad, Mikail	SO	I.C. Norcom High School	1:26.99	1:32.83
---	Galyen, Austin	SO	Colonial Heights High School	50.26	DQ
---	Johnson, Aziah		Phoebus High School	1:50.81	DFS

Event 14 Girls 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Mayo, Phoebe	SO	York	54.65	54.19
2	Cox, Delaney	SR	Lafayette High School	54.68	55.11
3	Mayo, Olivia	JR	York	56.91	57.13
4	Elias, Abby	JR	Tabb High School	1:02.65	59.53
*5	Melton, Jacoby	SR	Tabb High School	NT	59.94
*5	Bollinger, Abigail	JR	Lafayette High School	1:00.43	59.94
7	Wallace, McKenzie	JR	York	1:02.44	1:02.60
8	Farley, Maryn	FR	Lafayette High School	1:04.37	1:02.96
9	Fields, Trinity	SO	York	1:05.54	1:05.26
10	Hardy, JoJo	SO	New Kent High School Trojans	1:06.49	1:06.56
11	Spicer, Brynn	FR	Lafayette High School	1:06.99	1:07.66
12	Dymond, Mya	JR	Tabb High School	1:09.96	1:10.11
13	Shaffar, Taylor	FR	New Kent High School Trojans	1:13.57	1:14.79
14	Lugo, Emma	SR	Tabb High School	1:14.37	1:15.72
15	Gravley, Madison	SR	New Kent High School Trojans	1:16.80	1:16.79
16	Maynard, Ashley	SR	Lakeland High School	1:22.94	1:17.17
17	Bentz, Ava	FR	Lakeland High School	1:23.74	1:18.35
18	Meredith, Emerie	FR	New Kent High School Trojans	1:28.82	1:24.51
19	Baines, Peyton	SR	Lakeland High School	1:30.49	1:26.89
20	Ayala, Adrianna		Lake Taylor High School	NT	1:31.86
21	Boyd, Liliana	SO	Lakeland High School	1:36.77	1:34.90
22	Sokkar, Joyce		Phoebus High School	1:37.97	1:35.17
23	Conow, Niyanna		Phoebus High School	1:57.34	1:43.50
24	Bravo, Isabella		Lake Taylor High School	NT	1:44.62

Event 15 Boys 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Gregory, William	SR	Lafayette High School	4:54.83	5:01.21
2	Gilmore, Brennon	SR	Colonial Heights High School	5:11.40	5:14.53
3	Lamprecht, Isaac	JR	New Kent High School Trojans	5:32.21	5:34.84
4	Hassan, Graydon	FR	Lafayette High School	6:25.35	6:10.27
5	Kolar, Alexander	SO	Lafayette High School	NT	7:03.50
6	Kim, Griffin	SO	Lafayette High School	NT	7:20.28
7	Sarro, Scott		Phoebus High School	8:44.96	8:11.04
8	Mungal, Nathaniel		Phoebus High School	8:38.59	8:19.29

Event 16 Girls 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Gregory, Mary	JR	Lafayette High School	5:10.36	5:26.90
2	Tingen, Casey	SR	York	5:16.38	5:28.25
3	Robertson, Logan	FR	Lafayette High School	5:35.69	5:38.21
4	South, Alice	SO	York	5:42.73	5:44.67
5	Jones, Eliza	JR	York	6:03.66	5:49.44
6	Weisiger, Mia	JR	Tabb High School	NT	5:50.42
7	Bailey, Madison	FR	Colonial Heights High School	6:02.09	5:54.19

2023 VHSL Regional 3A - 2/4/2023**Results - Region 3A****(Event 16 Girls 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
8 Moser, Nora	FR	York	6:11.53	6:24.99
9 Castonguay, Kiera	FR	Tabb High School	6:29.97	6:30.26
10 Runyon, Kelly	SR	Colonial Heights High School	6:30.00	6:38.86
11 Butler, Amelia	SO	Lafayette High School	NT	6:52.54
12 Ledesma, Gabriella		Phoebus High School	8:46.28	8:12.40
13 Lambaiso, Angel	JR	Lakeland High School	8:34.00	8:28.01
14 Lurz, Jordan		Phoebus High School	8:53.03	8:47.27
15 Elliott, Julia		Lake Taylor High School	NT	12:03.57

Event 17 Boys 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Lafayette High School	A	1:34.87	1:36.25
1) Cummings, Nathan SR	2) Thibeault, Jason FR	3) Butler, Aiden SO	4) Lee, Braden JR
2 York	A	1:37.55	1:37.54
1) Pelletier, Ryan SO	2) Vasques, Lucas JR	3) Hale, Matthew JR	4) Fields, Elijah SR
3 Tabb High School	A	NT	1:39.19
1) McDaniel, Wyatt SR	2) Cox, David SR	3) Andrews, Matthew SR	4) Elias, Emmanuel SR
4 New Kent High School Trojans	A	1:42.24	1:40.81
1) Carnley, Austin FR	2) Newton, Blake SR	3) Stroop, Logan SO	4) Leggett, Finn FR
5 Lakeland High School	A	1:57.91	1:50.21
1) Feliciano, Tyler SO	2) Jache, Noah SO	3) Strawhand, Gavin SR	4) Damico, Matthew SR
6 Phoebus High School	A	2:42.01	2:16.16
1) Wright II, Quatavis	2) Beltran, Leony	3) Williams, Chaz	4) Johnson, Henry
7 I.C. Norcom High School	A	NT	2:36.10
1) Aguinaldo, Aden SR	2) Beazer, Kashka SO	3) Sayoto, Ray JR	4) Muhammad, Mikail SO

Event 18 Girls 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 York	A	1:40.07	1:41.85
1) Tingen, Casey SR	2) Mayo, Phoebe SO	3) Mayo, Olivia JR	4) Butler, Kendall JR
2 Tabb High School	A	1:53.57	1:51.73
1) Weisiger, Mia JR	2) Castonguay, Kiera FR	3) Melton, Jacoby SR	4) Elias, Abby JR
3 Lafayette High School	A	1:43.03	1:52.10
1) Bollinger, Abigail JR	2) Mason, Taylor FR	3) Robertson, Logan FR	4) Nast, Elsie SO
4 New Kent High School Trojans	A	1:56.85	1:57.48
1) Allen, Olivia SO	2) Wetherington, Summer JR	3) Hardy, JoJo SO	4) Fly, Meghan SO
5 Colonial Heights High School	A	2:01.18	1:58.01
1) Bailey, Madison FR	2) Buffalow, Kayla SO	3) Runyon, Kelly SR	4) Moody, Emma SR
6 Lakeland High School	A	2:20.22	2:12.65
1) Maynard, Ashley SR	2) Baines, Peyton SR	3) Bentz, Ava FR	4) Maynard, Audrey SO
7 Phoebus High School	A	2:57.33	2:31.58
1) Hooks, Julia	2) Sokkar, Joyce	3) Lurz, Jordan	4) Ledesma, Gabriella

Event 19 Boys 100 Yard Backstroke

Name	Yr	School	Seed Time	Finals Time
1 Lee, Braden	JR	Lafayette High School	55.11	56.11
2 Hanshew, Parker	JR	Colonial Heights High School	1:01.08	58.23
3 Pelletier, Ryan	SO	York	1:00.88	59.44
4 Lee, Coleman	FR	Lafayette High School	1:10.01	1:06.12
5 Azaltovic, Robert	SR	York	1:09.29	1:06.24
6 Longest, Aiden	JR	New Kent High School Trojans	1:11.25	1:10.57
7 Peel, Stepan	FR	Lafayette High School	1:13.14	1:12.07
8 Bavuso, Conner	FR	York	1:14.16	1:12.77
9 Maddox, Ryan	FR	Tabb High School	1:18.27	1:14.22

2023 VHSL Regional 3A - 2/4/2023**Results - Region 3A****(Event 19 Boys 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time
10	Pauls, William		Phoebus High School	1:19.13	1:18.35
11	Cox, David	SR	Tabb High School	1:20.28	1:19.56
12	Silsby, Ethan	FR	New Kent High School Trojans	1:21.93	1:20.74
13	Feliciano, Tyler	SO	Lakeland High School	1:20.05	1:22.35
14	Kim, Griffin	SO	Lafayette High School	1:21.34	1:24.03
15	Goodwin, Conner		Phoebus High School	1:39.69	1:30.00
---	Lambaiso, Graham	FR	Lakeland High School	1:33.91	DQ

Event 20 Girls 100 Yard Backstroke

	Name	Yr	School	Seed Time	Finals Time
1	Mayo, Phoebe	SO	York	57.18	57.51
2	Cox, Delaney	SR	Lafayette High School	58.76	59.00
3	Mayo, Olivia	JR	York	1:05.11	1:05.65
4	Mason, Taylor	FR	Lafayette High School	1:06.68	1:05.92
5	Jones, Eliza	JR	York	1:11.79	1:09.29
6	Allen, Olivia	SO	New Kent High School Trojans	1:11.15	1:09.74
7	Moody, Emma	SR	Colonial Heights High School	NT	1:12.38
8	Janssen, Maya	FR	Lafayette High School	1:15.59	1:16.89
9	Spicer, Brynn	FR	Lafayette High School	1:16.37	1:17.41
10	Mathews, Eden	FR	York	1:20.14	1:21.54
11	Allen, Ema	SR	New Kent High School Trojans	1:24.17	1:21.78
12	Maddox, Natalie	SR	Tabb High School	1:25.80	1:22.01
13	Gravley, Madison	SR	New Kent High School Trojans	1:23.16	1:23.19
14	Baines, Peyton	SR	Lakeland High School	1:38.64	1:32.66
15	Jones, Anaya	SR	I.C. Norcom High School	1:32.85	1:35.60
16	Milby, Molly	SR	New Kent High School Trojans	NT	1:36.59
17	Thorne, Rosemary	FR	Lakeland High School	1:46.20	1:48.82
---	Kim, Summer	SR	Tabb High School	NT	DQ

Event 21 Boys 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Newton, Blake	SR	New Kent High School Trojans	1:09.73	1:07.39
2	Crisci, Colin	JR	Lafayette High School	1:13.80	1:09.47
3	Russell, Nolan	SR	Tabb High School	1:13.76	1:12.31
4	Young, Carson	JR	Colonial Heights High School	1:18.20	1:13.88
5	Carnley, Austin	FR	New Kent High School Trojans	1:18.71	1:20.55
6	Herath, Michael	SO	York	1:20.86	1:20.60
7	Schwarting, Carl	JR	York	1:24.61	1:23.12
8	Hale, Matthew	JR	York	1:22.41	1:23.17
9	Jache, Noah	SO	Lakeland High School	1:31.61	1:30.27
10	Mungal, Nathaniel		Phoebus High School	1:36.02	1:37.51
11	Copeland, Terrell	FR	Colonial Heights High School	1:43.08	1:39.93
---	Konings, Dylan	FR	New Kent High School Trojans	NT	DQ
---	Cheeley, Will	FR	New Kent High School Trojans	1:41.27	DQ
---	Moore, Brendan	FR	Lafayette High School	NT	DFS

Event 22 Girls 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Butler, Kendall	JR	York	1:06.78	1:10.50
2	Reid, Meredith	SO	York	1:19.30	1:19.12
3	Dodson, Emerson	FR	Lafayette High School	1:21.21	1:20.27
4	Yates, Libby	JR	Tabb High School	1:22.03	1:20.78

2023 VHSL Regional 3A - 2/4/2023**Results - Region 3A****(Event 22 Girls 100 Yard Breaststroke)**

Name	Yr	School	Seed Time	Finals Time
5 Kalloch, Grace	FR	Lafayette High School	1:21.37	1:21.19
6 Gerhardt, Naira	JR	York	1:23.19	1:23.59
7 Chung, Emma	SR	Tabb High School	1:25.54	1:25.83
8 Buffalow, Kayla	SO	Colonial Heights High School	1:29.80	1:27.72
9 Shaffar, Taylor	FR	New Kent High School Trojans	NT	1:29.30
10 Maynard, Audrey	SO	Lakeland High School	1:32.94	1:30.64
11 Sullivan, Bri	FR	Lafayette High School	1:29.41	1:31.89
12 Nagele, Harper	SR	York	1:35.05	1:33.14
13 Hunt, Jillian	SO	Lafayette High School	1:32.63	1:33.16
14 Noll, Libby	SO	New Kent High School Trojans	1:36.87	1:38.87
15 Boyd, Emma	SR	Lakeland High School	1:44.11	1:41.24
16 Feliciano, Malia	SR	Lakeland High School	1:48.04	1:41.76
17 Paxton, Lauryn	JR	New Kent High School Trojans	1:46.37	1:42.30
18 Hooks, Julia		Phoebus High School	1:52.29	1:54.91

Event 23 Boys 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Colonial Heights High School	A	3:33.10	3:27.94
1) Galyen, Austin SO	2) Hanshew, Parker JR	3) Marks, Travis JR	4) Gilmore, Brennon SR
2 Tabb High School	A	NT	3:38.99
1) McDaniel, Wyatt SR	2) Pingulkar, Om SO	3) Andrews, Matthew SR	4) Elias, Emmanuel SR
3 Lafayette High School	A	3:27.68	3:41.91
1) Gregory, William SR	2) Lee, Coleman FR	3) Hankins, Brice SR	4) Butler, Aiden SO
4 New Kent High School Trojans	A	4:04.89	3:46.98
1) Leggett, Finn FR	2) Harris, Cooper SR	3) Stroop, Logan SO	4) Lamprecht, Isaac JR
5 York	A	4:03.80	4:02.26
1) Landis, Kasey SR	2) Herath, Michael SO	3) Hale, Matthew JR	4) Azaltovic, Robert SR
6 Phoebus High School	A	5:06.20	4:59.10
1) Nunez, Andres	2) Beach, Robert	3) Sarro, Scott	4) Pauls, William

Event 24 Girls 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Lafayette High School	A	3:42.34	3:48.67
1) Cox, Delaney SR	2) Gregory, Mary JR	3) Robertson, Logan FR	4) Gregory, Elizabeth FR
2 York	A	3:38.60	4:02.99
1) McMullen, Nora JR	2) South, Alice SO	3) Persson, Lilyanna SR	4) Mayo, Olivia JR
3 New Kent High School Trojans	A	4:34.69	4:28.70
1) Allen, Olivia SO	2) Hardy, JoJo SO	3) Wetherington, Summer JR	4) Fly, Meghan SO
4 Tabb High School	A	4:31.71	4:35.02
1) Lugo, Emma SR	2) Cox, Lucie SO	3) Castonguay, Kiera FR	4) Maddox, Natalie SR