

2023 VHSL Region 4C Championships - 2/11/2023**Results - 4C Region Champs****Event 1 Boys 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time
1 James Wood High School 1) Warnagiris, Joseph J	A 2) Warnagiris, Paul D	1:41.21 3) Thompson, Andrew	1:38.91 4) Hua, Alex T
2 Loudoun County High School 1) Vanderloo, JP	A 2) Tjader, Kai	1:40.37 3) Armitage, Kyle	1:40.60 4) Chang, Kenneth
3 Lightridge High School 1) Sopheareak, Augustin	A 2) Gabriel, Lucas	1:41.71 3) Kretzing, Dominic	1:41.90 4) Sopheareak, Aryan
4 Kettle Run High School 1) Black III, Tres J	A 2) Hess, Aiden T	1:43.62 3) Tishler, Jackson D	1:42.69 4) Fallin, Mark C
5 Rock Ridge High School 1) Metu, Jeet	A 2) Midda, Nikhil K	1:41.85 3) Cabezas, Oliver E	1:43.06 4) Fowle, Morgan R
6 Sherando High School 1) Ubert, Jack	A 2) Mercer, Evan W	1:49.14 3) Winston, Toby K	1:47.54 4) Moe, Joe
7 Dominion High School 1) Yanev, Yani	A 2) Regan, Joey	1:47.92 3) Egbert, Mason	1:48.73 4) Ly, Jonathan
8 Heritage High School 1) Davis, Brayden	A 2) Tansey, Liam	1:47.37 3) Van Tuyle, Aaron	1:50.86 4) Hays, Christopher J
9 Liberty High School 1) Howard, Marshall	A 2) Dodson, Reed	1:56.11 3) Laine, Chase L	1:55.13 4) Cannon, Jonathan
--- Broad Run High School 1) Fujino Sala, Alex A	A 2) Wells, Benjamin T	1:44.63 3) Barker, Charlie M	DQ 4) Gehley, Michael R

Event 2 Girls 200 Yard Medley Relay

Team	Relay	Seed Time	Finals Time
1 Sherando High School 1) Twigg, Madelynn	A 2) Smith, Taylor O	1:50.48 3) Jones, Chelsey	1:48.67 4) Reed, Madison N
2 Broad Run High School 1) Atkins, Caroline	A 2) Pakiela, Helena	2:00.77 3) Will, Isabel	1:55.89 4) Hindi, Alyah
3 Tuscarora High School 1) Patel, Lily	A 2) Hudson, Kylie	1:57.84 3) Malarkey, Cadence	1:56.91 4) Collins, Madison
4 Lightridge High School 1) Shum, Monet	A 2) Torres, Samantha	1:56.63 3) Ramey, Addilynn	1:58.00 4) Deza, Micaela
5 Loudoun Valley High School 1) Cates, Ainsley	A 2) Renehan, Kailey	2:01.17 3) Bannerton, Avery	2:00.06 4) Bevans, Jade
6 James Wood High School 1) Krueger, Samantha	A 2) Gyurisin, Kallie E	2:02.57 3) Masters, Lauren K	2:01.97 4) Hua, Annie T
7 Loudoun County High School 1) Smith, Ellie	A 2) Gatlin, Emerson	2:04.38 3) Encinas, Valerie	2:05.89 4) Lechelt, Reese
8 Millbrook High School 1) Dennard, Lauren	A 2) Rosenthal, Lauren	2:07.46 3) Alvarado-Leyva, Anahi	2:24.04 4) Nith, Mariya
--- Kettle Run High School 1) Cigna, Emma C	A 2) Agee, Caroline L	1:49.85 3) Fallin, Megan A	DQ 4) Von Herbulis, Lily M

Event 3 Boys 200 Yard Freestyle

Name	School	Seed Time	Finals Time
1 Gehley, Michael R	Broad Run High School	1:55.56	1:49.76
2 Thompson, Andrew	James Wood High School	1:55.85	1:49.80
3 Chethan, Neel	Rock Ridge High School	1:52.86	1:50.57
4 Carter, Zackary	Millbrook High School	1:52.29	1:51.45
5 Keyser, Andre	Heritage High School	1:51.13	1:51.73
6 Laine, Chase L	Liberty High School	1:55.60	1:52.76
7 Kretzing, Pierson	Lightridge High School	1:54.07	1:53.37
8 Brown, Andrew R	Kettle Run High School	1:54.51	1:53.38
9 Nyhuis, Parker	Broad Run High School	1:55.45	1:55.56

2023 VHSL Region 4C Championships - 2/11/2023**Results - 4C Region Champs****(Event 3 Boys 200 Yard Freestyle)**

	Name	School	Seed Time	Finals Time
10	Larson, Barrett	Loudoun County High School	1:56.98	1:56.59
11	Metu, Jeet	Rock Ridge High School	2:01.65	1:57.01
12	Britton, Ethan	James Wood High School	2:02.19	1:58.73
13	Howard, Marshall	Liberty High School	1:59.92	1:58.79
14	Hou, Daniel	Broad Run High School	2:06.03	2:03.41
15	Alfaro Vargas, Mariano	Loudoun Valley High School	2:04.18	2:03.44
16	Kite, Reagan	James Wood High School	2:03.41	2:07.01
17	Bell, Zachary	Loudoun County High School	2:05.56	2:10.34
---	Hopkins, Nicholas S	Kettle Run High School	2:11.18	DFS

Event 4 Girls 200 Yard Freestyle

	Name	School	Seed Time	Finals Time
1	Morgan, Grace R	John Handley High School	1:57.24	1:55.83
2	Webster, Kiera	Millbrook High School	2:01.72	1:58.32
3	Pauley, Meghan K	Kettle Run High School	1:59.97	1:59.77
4	Lechelt, Reese	Loudoun County High School	2:02.25	2:01.19
5	Laine, Bryar J	Liberty High School	2:08.90	2:04.95
6	Cates, Ainsley	Loudoun Valley High School	2:07.14	2:07.38
7	Doyle, Mairin A	Kettle Run High School	2:06.37	2:07.45
8	Encinas, Valerie	Loudoun County High School	2:10.87	2:10.27
9	Levin, Ava	Heritage High School	2:13.94	2:13.08
10	Marfia, Emma	Tuscarora High School	2:14.26	2:13.88
11	Kauffman, Audrey K	Sherando High School	2:20.56	2:14.28
12	Cady, Natalie	Liberty High School	2:17.76	2:16.12
13	Forrer, Sienna	Sherando High School	2:22.55	2:18.06
14	Stacy, Ashlynn	James Wood High School	2:28.34	2:29.57
---	Deza, Micaela	Lightridge High School	2:05.99	DFS

Event 5 Boys 200 Yard IM

	Name	School	Seed Time	Finals Time
1	Barker, Charlie M	Broad Run High School	2:06.74	1:55.81
2	Vanderloo, JP	Loudoun County High School	1:55.89	1:55.83
3	Warnagiris, Paul D	James Wood High School	1:59.07	1:56.55
4	Takach, Andrew J	Rock Ridge High School	2:03.93	2:05.02
5	Kretzing, Dominic	Lightridge High School	2:07.71	2:05.12
6	Matabang, Gian	Lightridge High School	2:10.21	2:08.24
7	Armitage, Kyle	Loudoun County High School	2:07.73	2:08.71
8	Black III, Tres J	Kettle Run High School	2:07.04	2:08.79
9	Mercer, Evan W	Sherando High School	2:17.50	2:11.72
10	Post, Wyatt	Millbrook High School	2:14.66	2:15.01
11	Truong, Nathan	Millbrook High School	2:15.93	2:15.31
12	Ly, Jonathan	Dominion High School	2:17.25	2:15.66
13	Griffin, Wayne	Loudoun County High School	2:19.33	2:18.32
14	Hua, Alex T	James Wood High School	2:15.14	2:19.37
15	Dodson, Reed	Liberty High School	2:29.82	2:32.84
---	Hendrickson, Andrew D	Kettle Run High School	2:01.34	DFS

Event 6 Girls 200 Yard IM

	Name	School	Seed Time	Finals Time
1	Macik, Jane E	Park View High School-Sterling	2:12.19	2:10.82
2	Bannerton, Avery	Loudoun Valley High School	2:18.39	2:15.11
3	Craft, Allegra M	Kettle Run High School	2:17.68	2:15.76

2023 VHSL Region 4C Championships - 2/11/2023**Results - 4C Region Champs****(Event 6 Girls 200 Yard IM)**

	Name	School	Seed Time	Finals Time
4	Ramey, Addilynn	Lightridge High School	2:20.09	2:18.83
5	Heller, Mia C	Kettle Run High School	2:20.08	2:19.22
6	Woodside, Nina K	Fauquier High School Swim Team	2:22.72	2:22.85
7	Pakiela, Helena	Broad Run High School	2:22.02	2:24.16
8	Torres, Samantha	Lightridge High School	2:25.72	2:28.47
9	Gyurisin, Kallie E	James Wood High School	2:32.17	2:29.31
10	Smith, Ellie	Loudoun County High School	2:32.16	2:30.18
11	Malarkey, Cadence	Tuscarora High School	2:39.22	2:42.83
---	Laduca, Deanna	Sherando High School	2:46.40	DQ
---	Levine, Rachael	Heritage High School	2:38.15	DQ

Event 7 Boys 50 Yard Freestyle

	Name	School	Seed Time	Finals Time
1	Chang, Kenneth	Loudoun County High School	22.12	22.16
2	Fallin, Mark C	Kettle Run High School	22.52	22.54
3	Rakowski, Trent	James Wood High School	23.67	23.04
*4	Sopheareak, Augustin	Lightridge High School	22.99	23.14
*4	Sopheareak, Aryan	Lightridge High School	22.90	23.14
6	Lukin, Myro	Tuscarora High School	23.35	23.15
7	Winston, Toby K	Sherando High School	22.34	23.16
8	Britton, Ethan	James Wood High School	23.52	23.41
9	Ubert, Jack	Sherando High School	24.45	23.88
10	Kaslik, Bryce	Lightridge High School	23.90	24.21
11	Hess, Aiden T	Kettle Run High School	24.37	24.63
12	Barreda, Nicholas	Millbrook High School	24.83	24.88

Event 8 Girls 50 Yard Freestyle

	Name	School	Seed Time	Finals Time
1	Masters, Lauren K	James Wood High School	24.74	24.33
2	Will, Isabel	Broad Run High School	24.96	24.83
3	Von Herbulis, Lily M	Kettle Run High School	26.07	25.04
4	Shum, Monet	Lightridge High School	26.05	25.27
5	Schellhammer, Alexis T	Sherando High School	25.56	25.36
6	Fallin, Megan A	Kettle Run High School	25.62	25.51
7	Augustine, Ashlyn G	Kettle Run High School	25.87	25.55
8	Pillo, Riley	Millbrook High School	26.49	25.80
9	Collins, Madison	Tuscarora High School	26.28	25.90
10	Luong, Ellie	Sherando High School	26.03	26.15
11	Hindi, Alyah	Broad Run High School	26.59	26.45
12	Macik, Emma E	Park View High School-Sterling	26.97	26.72
13	Albanese, Riley	Dominion High School	27.54	27.47
14	Hwang, Reese	Lightridge High School	27.24	27.58
15	Cowan, Campbell	Heritage High School	27.47	28.22
16	Stravinski, Gabrielle	Dominion High School	27.80	28.43

Event 11 Boys 100 Yard Butterfly

	Name	School	Seed Time	Finals Time
1	Tishler, Jackson D	Kettle Run High School	51.48	51.07
2	Thompson, Andrew	James Wood High School	55.92	54.21
3	Gabriel, Lucas	Lightridge High School	57.35	54.33
4	Carter, Zackary	Millbrook High School	55.22	55.23
5	Armitage, Kyle	Loudoun County High School	55.10	55.45

2023 VHSL Region 4C Championships - 2/11/2023**Results - 4C Region Champs****(Event 11 Boys 100 Yard Butterfly)**

	Name	School	Seed Time	Finals Time
6	Larson, Barrett	Loudoun County High School	55.76	56.01
7	Post, Wyatt	Millbrook High School	57.47	56.51
8	Keyser, Andre	Heritage High School	56.90	57.61
9	Regan, Joey	Dominion High School	58.88	58.94
10	Wells, Benjamin T	Broad Run High School	59.23	1:00.23
11	Fujino Sala, Alex A	Broad Run High School	59.71	1:00.29
12	Ballentine, Chris	James Wood High School	1:02.63	1:00.56

Event 12 Girls 100 Yard Butterfly

	Name	School	Seed Time	Finals Time
1	Agee, Caroline L	Kettle Run High School	1:00.80	56.65
2	Smith, Taylor O	Sherando High School	56.73	56.77
3	Cigna, Emma C	Kettle Run High School	59.49	59.15
4	Fallin, Megan A	Kettle Run High School	1:01.54	1:00.60
5	Pillo, Riley	Millbrook High School	1:03.17	1:00.65
6	Defibaugh, Gracie L	Sherando High School	1:02.70	1:01.49
7	Bevans, Jade	Loudoun Valley High School	1:07.99	1:06.98
8	Smith, Ellie	Loudoun County High School	1:07.66	1:07.95
9	Schlabach, Sydney	Dominion High School	1:09.45	1:08.19
10	Salley, Laura K	John Handley High School	1:07.58	1:08.32
11	Shah, Aanya	Heritage High School	1:11.21	1:10.01
12	Malarkey, Cadence	Tuscarora High School	1:10.45	1:11.60
13	Gatlin, Emerson	Loudoun County High School	1:12.34	1:12.82
14	Sian, Ela	Broad Run High School	1:12.09	1:13.02
15	Brown, Kelsye	John Handley High School	1:14.69	1:15.15

Event 13 Boys 100 Yard Freestyle

	Name	School	Seed Time	Finals Time
1	Barker, Charlie M	Broad Run High School	46.74	46.67
2	Fowle, Morgan R	Rock Ridge High School	47.93	47.54
3	Winston, Toby K	Sherando High School	49.65	48.41
4	Chang, Kenneth	Loudoun County High School	49.49	49.21
5	Rakowski, Trent	James Wood High School	51.19	50.26
6	Fallin, Mark C	Kettle Run High School	50.35	50.29
7	Lukin, Myro	Tuscarora High School	51.41	51.12
8	Sopheareak, Augustin	Lightridge High School	51.12	51.24
9	Long, Carter	Lightridge High School	51.45	51.76
10	Nyhuis, Parker	Broad Run High School	52.42	52.34
11	Mammano, Lucas	John Handley High School	57.84	55.11
12	Savage, Graham	Fauquier High School Swim Team	56.15	55.27
13	Kite, Reagan	James Wood High School	54.78	55.51
14	Forrer, Austin	Sherando High School	54.44	55.87
15	Barreda, Nicholas	Millbrook High School	55.78	56.19
16	Hess, Aiden T	Kettle Run High School	56.89	56.36

Event 14 Girls 100 Yard Freestyle

	Name	School	Seed Time	Finals Time
1	Masters, Lauren K	James Wood High School	54.40	52.59
2	Von Herbulis, Lily M	Kettle Run High School	54.31	53.09
3	Macik, Jane E	Park View High School-Sterling	54.62	53.32
4	Shum, Monet	Lightridge High School	54.07	54.22
5	Will, Isabel	Broad Run High School	54.27	54.61

2023 VHSL Region 4C Championships - 2/11/2023**Results - 4C Region Champs****(Event 14 Girls 100 Yard Freestyle)**

	Name	School	Seed Time	Finals Time
6	Twigg, Madelynn	Sherando High School	55.04	54.69
7	Webster, Kiera	Millbrook High School	55.91	55.11
8	Pauley, Meghan K	Kettle Run High School	57.37	55.34
9	Augustine, Ashlyn G	Kettle Run High School	56.19	55.62
10	Reed, Madison N	Sherando High School	56.77	56.16
11	Collins, Madison	Tuscarora High School	58.95	58.37
12	Morefield, Sullivan	John Handley High School	1:00.99	58.39
13	Bevans, Jade	Loudoun Valley High School	58.01	58.57
14	Hindi, Alyah	Broad Run High School	58.00	58.73
15	Patel, Lily	Tuscarora High School	59.82	58.94
16	Judy, Savannah	Sherando High School	1:05.06	59.95
17	Kauffman, Audrey K	Sherando High School	1:01.35	59.96
18	Stravinski, Gabrielle	Dominion High School	1:01.67	1:01.40
19	Arias, Carolina	Millbrook High School	1:03.12	1:01.76
20	Cowan, Campbell	Heritage High School	1:01.76	1:02.42
21	Cady, Natalie	Liberty High School	1:04.09	1:03.01
22	Bianchini, Leah	Loudoun County High School	1:04.42	1:04.23
---	Deza, Micaela	Lightridge High School	58.86	DFS

Event 15 Boys 500 Yard Freestyle

	Name	School	Seed Time	Finals Time
1	Vanderloo, JP	Loudoun County High School	4:42.40	4:42.74
2	Warnagiris, Joseph J	James Wood High School	4:55.65	4:47.54
3	Takach, Andrew J	Rock Ridge High School	5:07.16	5:04.95
4	Tjader, Kai	Loudoun County High School	4:59.80	5:06.57
5	Kretzing, Dominic	Lightridge High School	5:09.96	5:06.83
6	Brown, Andrew R	Kettle Run High School	5:11.23	5:12.04
7	Egbert, Mason	Dominion High School	5:20.38	5:20.83
8	Truong, Nathan	Millbrook High School	5:25.19	5:22.29
9	Edwards, Jack	Broad Run High School	5:33.53	5:27.43
10	Hou, Daniel	Broad Run High School	5:31.33	5:27.61
11	Cates, Jordan	Loudoun Valley High School	5:33.33	5:33.89
12	Thompson, Michael	James Wood High School	5:57.93	5:49.59
13	Dodson, Reed	Liberty High School	6:03.13	6:26.98
14	Malony, Reid	James Wood High School	6:44.94	6:36.61
15	Ames, Ryan M	Sherando High School	7:12.58	7:05.23
16	Rojas-Cabrera, Ronald	Millbrook High School	8:02.53	7:50.84
---	Kaslik, Bryce	Lightridge High School	5:44.75	DFS

Event 16 Girls 500 Yard Freestyle

	Name	School	Seed Time	Finals Time
1	Morgan, Grace R	John Handley High School	5:14.05	5:15.19
2	Jones, Chelsey	Sherando High School	5:41.50	5:22.74
3	Ramey, Addilynn	Lightridge High School	5:24.74	5:24.15
4	Lechelt, Reese	Loudoun County High School	5:24.52	5:27.97
5	Laine, Bryar J	Liberty High School	5:46.84	5:33.52
6	Doyle, Mairin A	Kettle Run High School	5:38.76	5:34.41
7	Cates, Ainsley	Loudoun Valley High School	5:31.03	5:36.00
8	McFadden, Sarah	Loudoun Valley High School	5:49.08	5:40.57
9	Defibaugh, Gracie L	Sherando High School	5:41.20	5:40.89
10	Thompson, Lauren	James Wood High School	6:06.09	5:49.87
11	Encinas, Valerie	Loudoun County High School	5:56.36	5:53.54

2023 VHSL Region 4C Championships - 2/11/2023**Results - 4C Region Champs****(Event 16 Girls 500 Yard Freestyle)**

	Name	School	Seed Time	Finals Time
12	Levin, Ava	Heritage High School	6:07.32	6:02.54
13	Luong, Ellie	Sherando High School	6:10.86	6:12.23
14	Forrer, Sienna	Sherando High School	6:13.63	6:13.10
15	Hanlin, Carly A	Broad Run High School	6:18.26	6:18.88
16	Peterson, Sophia T	Kettle Run High School	6:17.64	6:19.82

Event 17 Boys 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Lightridge High School	A	1:31.71	1:31.01
	1) Sopheareak, Augustin	2) Long, Carter	3) Kretzing, Pierson	4) Sopheareak, Aryan
2	Rock Ridge High School	A	1:32.93	1:31.43
	1) Chethan, Neel	2) Midda, Nikhil K	3) Takach, Andrew J	4) Fowle, Morgan R
3	Heritage High School	A	1:35.87	1:32.36
	1) Van Tuyle, Aaron	2) Tansey, Liam	3) Davis, Brayden	4) Keyser, Andre
4	James Wood High School	A	1:32.37	1:32.62
	1) Kite, Reagan	2) Hua, Alex T	3) Rakowski, Trent	4) Britton, Ethan
5	Sherando High School	A	1:33.67	1:35.21
	1) Ubert, Jack	2) Forrer, Austin	3) Mercer, Evan W	4) Winston, Toby K
6	Kettle Run High School	A	1:31.80	1:36.38
	1) Fallin, Mark C	2) Hopkins, Nicholas S	3) Brown, Andrew R	4) Hess, Aiden T
7	Broad Run High School	A	1:31.53	1:36.72
	1) Nyhuis, Parker	2) Sian, Geo	3) Wells, Benjamin T	4) Atkinson, Cooper
8	Loudoun County High School	A	1:31.59	1:36.78
	1) Larson, Barrett	2) Aho, Michael	3) Bell, Zachary	4) Porter, Ryan
9	Loudoun Valley High School	A	1:37.50	1:36.94
	1) White, Jolyon	2) Watts, Charlie	3) Alfaro Vargas, Mariano	4) Pownall, Zack
10	Millbrook High School	A	1:40.81	1:38.92
	1) Barreda, Nicholas	2) Menay, Franco	3) Post, Wyatt	4) Carter, Zackary

Event 18 Girls 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Sherando High School	A	1:41.81	1:39.86
	1) Twigg, Madelynn	2) Schellhammer, Alexis T	3) Reed, Madison N	4) Smith, Taylor O
2	Kettle Run High School	A	1:42.48	1:40.67
	1) Augustine, Ashlyn G	2) Cigna, Emma C	3) Pauley, Meghan K	4) Fallin, Megan A
3	Lightridge High School	A	1:46.09	1:45.43
	1) Torres, Samantha	2) Ramey, Addilynn	3) Hwang, Reese	4) Shum, Monet
4	Millbrook High School	A	1:49.29	1:45.92
	1) Pillo, Riley	2) Pendleton, Ansley	3) Arias, Carolina	4) Webster, Kiera
5	Tuscarora High School	A	1:47.91	1:46.28
	1) Patel, Lily	2) Malarkey, Cadence	3) Hudson, Kylie	4) Collins, Madison
6	Broad Run High School	A	1:45.30	1:49.87
	1) Atkins, Caroline	2) Hindi, Alyah	3) Sian, Ela	4) Hanlin, Carly A
7	John Handley High School	A	1:50.10	1:50.85
	1) Salley, Laura K	2) Delaney, Ren	3) Morefield, Sullivan	4) Morgan, Grace R
8	Loudoun Valley High School	A	1:50.54	2:02.09
	1) Edwards, Abby	2) Kelly, Brooke	3) Swartz, Kate	4) Bell, Caroline

Event 19 Boys 100 Yard Backstroke

	Name	School	Seed Time	Finals Time
1	Warnagiris, Joseph J	James Wood High School	53.93	51.52
2	Tishler, Jackson D	Kettle Run High School	54.56	51.53
3	Gehley, Michael R	Broad Run High School	56.10	56.06
4	Metu, Jeet	Rock Ridge High School	57.02	56.47

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Name	School	Seed Time	Finals Time
5 Black III, Tres J	Kettle Run High School	56.64	56.71
6 Chethan, Neel	Rock Ridge High School	57.94	56.78
7 Davis, Brayden	Heritage High School	58.01	57.98
8 Kretzing, Pierson	Lightridge High School	59.98	58.71
9 Laine, Chase L	Liberty High School	57.99	58.97
10 Fujino Sala, Alex A	Broad Run High School	1:00.09	59.58
11 Egbert, Mason	Dominion High School	1:00.03	59.86
12 Midda, Nikhil K	Rock Ridge High School	1:00.27	59.91
13 Watts, Charlie	Loudoun Valley High School	1:01.86	1:01.46
14 Yanev, Yani	Dominion High School	1:01.15	1:01.51
15 Hua, Alex T	James Wood High School	1:01.80	1:01.87
16 Howard, Marshall	Liberty High School	1:03.44	1:02.27
17 Hopkins, Nicholas S	Kettle Run High School	1:04.23	1:03.00
18 Hepner, Jackson	Sherando High School	1:09.88	1:06.56
19 Thompson, Michael	James Wood High School	1:08.33	1:07.25

Event 20 Girls 100 Yard Backstroke

Name	School	Seed Time	Finals Time
1 Bannerton, Avery	Loudoun Valley High School	59.93	59.68
2 Cigna, Emma C	Kettle Run High School	1:01.18	1:00.00
3 Twigg, Madelynn	Sherando High School	1:00.13	1:00.38
4 Jones, Chelsey	Sherando High School	1:02.96	1:01.61
5 Schellhammer, Alexis T	Sherando High School	1:02.44	1:01.82
6 Woodside, Nina K	Fauquier High School Swim Team	1:02.53	1:02.65
7 Atkins, Caroline	Broad Run High School	1:03.11	1:02.88
8 Heller, Mia C	Kettle Run High School	1:02.47	1:02.92
9 McFadden, Sarah	Loudoun Valley High School	1:05.61	1:04.49
10 Pakiela, Helena	Broad Run High School	1:05.74	1:04.67
11 Schlabach, Sydney	Dominion High School	1:05.12	1:05.47
12 Patel, Lily	Tuscarora High School	1:05.16	1:05.83
13 Flook, Gemma T	Kettle Run High School	1:06.60	1:06.04
14 Khare, Reva	Loudoun County High School	1:11.86	1:09.80
15 DiCarlo, Allison M	Heritage High School	1:12.08	1:13.59
--- Thompson, Lauren	James Wood High School	1:11.67	DQ

Event 21 Boys 100 Yard Breaststroke

Name	School	Seed Time	Finals Time
1 Gabriel, Lucas	Lightridge High School	59.49	1:00.47
2 Warnagiris, Paul D	James Wood High School	1:01.29	1:00.95
3 Mercer, Evan W	Sherando High School	1:04.39	1:03.31
4 Long, Carter	Lightridge High School	1:03.38	1:03.33
5 Tjader, Kai	Loudoun County High School	1:03.85	1:04.01
6 Sopheareak, Aryan	Lightridge High School	1:04.51	1:04.29
7 Matabang, Gian	Lightridge High School	1:07.50	1:05.71
8 Regan, Joey	Dominion High School	1:07.60	1:05.96
9 Van Tuyle, Aaron	Heritage High School	1:06.31	1:06.37
10 White, Jolyon	Loudoun Valley High School	1:07.04	1:08.27
11 Forrer, Austin	Sherando High School	1:11.35	1:08.93
12 Ubert, Jack	Sherando High School	1:11.81	1:09.76
13 Pollack-Lamirand, Marcus	Fauquier High School Swim Team	1:11.94	1:09.80
14 Regula, Nathan	Millbrook High School	1:13.92	1:16.39
15 Cannon, Jonathan	Liberty High School	1:15.91	1:18.35

2023 VHSL Region 4C Championships - 2/11/2023**Results - 4C Region Champs****(Event 21 Boys 100 Yard Breaststroke)**

Name	School	Seed Time	Finals Time
--- Hendrickson, Andrew D	Kettle Run High School	1:02.55	DFS

Event 22 Girls 100 Yard Breaststroke

Name	School	Seed Time	Finals Time
1 Agee, Caroline L	Kettle Run High School	1:05.47	1:03.89
2 Smith, Taylor O	Sherando High School	1:05.47	1:05.39
3 Craft, Allegra M	Kettle Run High School	1:11.65	1:10.72
4 Torres, Samantha	Lightridge High School	1:10.97	1:11.18
5 Reed, Madison N	Sherando High School	1:13.54	1:11.40
6 Albanese, Riley	Dominion High School	1:14.21	1:13.85
7 Hudson, Kylie	Tuscarora High School	1:16.08	1:15.34
8 Wallin, Addy	Sherando High School	1:17.29	1:15.39
9 Gyurisin, Kallie E	James Wood High School	1:16.56	1:16.70
10 Levine, Rachael	Heritage High School	1:19.01	1:17.30
11 Hua, Annie T	James Wood High School	1:20.74	1:17.51
12 Ansah, Priscilla	Lightridge High School	1:18.49	1:18.21
13 Renehan, Kailey	Loudoun Valley High School	1:21.47	1:19.00
14 Gatlin, Emerson	Loudoun County High School	1:21.80	1:21.34
15 Gehlmann, Abigail	Lightridge High School	1:21.08	1:23.63

Event 23 Boys 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 James Wood High School	A	3:22.99	3:17.18
1) Rakowski, Trent	2) Thompson, Andrew	3) Warnagiris, Paul D	4) Warnagiris, Joseph J
2 Loudoun County High School	A	3:17.81	3:18.47
1) Vanderloo, JP	2) Chang, Kenneth	3) Armitage, Kyle	4) Larson, Barrett
3 Rock Ridge High School	A	3:22.65	3:22.12
1) Chethan, Neel	2) Metu, Jeet	3) Takach, Andrew J	4) Fowle, Morgan R
4 Broad Run High School	A	3:21.12	3:23.30
1) Nyhuis, Parker	2) Gehley, Michael R	3) Fujino Sala, Alex A	4) Barker, Charlie M
5 Lightridge High School	A	3:25.63	3:24.60
1) Kretzing, Pierson	2) Long, Carter	3) Gabriel, Lucas	4) Kretzing, Dominic
6 Millbrook High School	A	3:37.95	3:38.20
1) Post, Wyatt	2) Barreda, Nicholas	3) Truong, Nathan	4) Carter, Zackary
7 Kettle Run High School	A	3:26.77	3:38.57
1) Brown, Andrew R	2) Hopkins, Nicholas S	3) Black III, Tres J	4) Tishler, Jackson D
--- Liberty High School	A	3:47.81	DQ
1) Laine, Chase L	2) Cannon, Jonathan	3) Dodson, Reed	4) Howard, Marshall

Event 24 Girls 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Kettle Run High School	A	3:40.37	3:37.98
1) Agee, Caroline L	2) Augustine, Ashlyn G	3) Pauley, Meghan K	4) Von Herbulis, Lily M
2 Sherando High School	A	3:46.07	3:51.27
1) Defibaugh, Gracie L	2) Luong, Ellie	3) Jones, Chelsey	4) Schellhammer, Alexis T
3 Broad Run High School	A	3:49.39	3:51.54
1) Atkins, Caroline	2) Pakiela, Helena	3) Sian, Ela	4) Will, Isabel
4 Loudoun Valley High School	A	4:01.45	3:57.83
1) Bannerton, Avery	2) Bevans, Jade	3) Bell, Caroline	4) Cates, Ainsley
5 Loudoun County High School	A	4:01.80	4:00.49
1) Lechelt, Reese	2) Smith, Ellie	3) Encinas, Valerie	4) Bianchini, Leah
6 John Handley High School	A	4:06.01	4:02.67
1) Brown, Kelsye	2) Salley, Laura K	3) Morefield, Sullivan	4) Morgan, Grace R

2023 VHSL Region 4C Championships - 2/11/2023**Results - 4C Region Champs****(Event 24 Girls 400 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
7 Tuscarora High School	A	4:05.80	4:08.08
1) Hudson, Kylie	2) Scoffield, Lillian	3) Marfia, Emma	4) Fox, Jane
8 Lightridge High School	A	4:12.22	4:44.00
1) Gehlmann, Abigail	2) Giron, Isabella	3) Bush, Meghan	4) Hwang, Reese
--- Millbrook High School	A	4:04.12	DQ
1) Pillo, Riley	2) Arias, Carolina	3) Pendleton, Ansley	4) Webster, Kiera