

2024 Cardinal District Championship - 1/25/2024 to 1/27/2024**Results****Event 1 Boys 200 Yard Medley Relay**

	Team	Relay	Seed Time	Finals Time
1	Colgan High School-VA	A	1:38.51	1:37.05
2	Forest Park High School-VA	A	1:39.49	1:38.07
3	Woodbridge Senior High School-I	A	1:43.36	1:38.86
4	Hylton HS Swim Team-VA	A	1:57.87	2:08.65
5	Gar-Field High School-VA	A	2:12.73	2:09.13

Event 2 Girls 200 Yard Medley Relay

	Team	Relay	Seed Time	Finals Time
1	Forest Park High School-VA	A	1:55.75	1:52.15
2	Colgan High School-VA	A	1:51.94	1:53.83
3	Woodbridge Senior High School-I	A	1:59.87	1:59.71
4	Hylton HS Swim Team-VA	A	2:15.79	2:21.62

Event 3 Boys 200 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Cooper, Ben	SR	Colgan High School-VA	1:45.14	1:47.34
2	Fowkes, Isaak	SR	Colgan High School-VA	1:48.45	1:49.04
3	Parkzes, Mason	JR	Forest Park High School-VA	1:54.73	1:52.92
4	Deshmukh, Ayaan	SO	Forest Park High School-VA	1:54.20	1:53.38
5	Sullivan, Quinn T		Woodbridge Senior High School-HS	1:56.03	1:54.97
6	Gold, Josh	SO	Colgan High School-VA	1:53.93	1:55.45
7	Grendysz, Carter D		Woodbridge Senior High School-HS	1:56.54	1:57.59
8	Roeske, Logan	JR	Colgan High School-VA	1:59.54	1:57.84
9	Giovinazzo, Dominick	SO	Forest Park High School-VA	1:56.59	1:58.10
10	Bussenger, Ryan	SO	Forest Park High School-VA	1:59.94	2:00.99
11	Ludwick, Parker E		Woodbridge Senior High School-HS	2:11.10	2:11.11
12	Hutchison, Thomas E		Woodbridge Senior High School-HS	NT	2:17.71
13	Kwon, Ethan	SO	Hylton HS Swim Team-VA	2:24.20	2:25.30
14	Vanegas Neira, Alejandro	JR	Hylton HS Swim Team-VA	2:35.13	2:52.37
15	Lopez-Medrano, Daniel	JR	Gar-Field High School-VA	2:45.02	3:02.76

Event 4 Girls 200 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Worth, Brooke	SR	Colgan High School-VA	1:57.77	1:59.01
2	Vasquez, Maya S	FR	Forest Park High School-VA	2:07.75	2:08.11
3	Earhart, Haylee	SO	Forest Park High School-VA	2:08.95	2:08.48
4	Norman, Isabelle G		Woodbridge Senior High School-HS	2:11.56	2:10.62
5	Lee, Becca	SR	Colgan High School-VA	2:13.11	2:14.49
6	McMillan, Ava M	SO	Colgan High School-VA	2:22.36	2:16.01
7	Hulett, Kelsey	JR	Forest Park High School-VA	2:21.68	2:17.56
8	Bartlett, Tirayan	SR	Colgan High School-VA	2:19.88	2:17.58
9	Turner, Kayden	FR	Forest Park High School-VA	2:24.09	2:22.22
10	Weis, Kaitlyn		Woodbridge Senior High School-HS	2:33.25	2:31.97
11	Haddock, Kathryn G		Woodbridge Senior High School-HS	2:35.59	2:37.09
12	St. Louis, Ginger	FR	Hylton HS Swim Team-VA	2:56.69	2:50.77
13	Wheeler, Sera E		Woodbridge Senior High School-HS	3:01.05	2:57.32

Event 5 Boys 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Grocholski, Alexander	SO	Colgan High School-VA	1:54.15	1:52.20
2	Lingafelt, Sean	JR	Colgan High School-VA	1:58.00	1:56.84
3	Makin, Matthew J		Woodbridge Senior High School-HS	2:08.17	2:07.48

2024 Cardinal District Championship - 1/25/2024 to 1/27/2024**Results****(Event 5 Boys 200 Yard IM)**

	Name	Yr	School	Seed Time	Finals Time
4	Avelis, Theo P	JR	Forest Park High School-VA	2:07.46	2:08.34
5	Sullivan, Quinn T		Woodbridge Senior High School-HS	2:11.36	2:08.66
6	Stormer, Will	SR	Colgan High School-VA	2:14.73	2:10.13
7	Orndorff, Parker	FR	Forest Park High School-VA	2:11.93	2:11.83
8	Gayle, Joshua	JR	Colgan High School-VA	2:25.33	2:17.30
9	Knott, Grayson	FR	Forest Park High School-VA	2:14.64	2:18.20
10	Haslem, Bryce	FR	Forest Park High School-VA	2:14.65	2:18.48
11	Evans, Caleb		Woodbridge Senior High School-HS	2:22.48	2:18.64
12	Mihalovich, Mark	SO	Hylton HS Swim Team-VA	2:49.91	2:52.93
---	Fisher, Adam L		Woodbridge Senior High School-HS	2:15.36	DQ

Event 6 Girls 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Sistrunk, Hanah	JR	Colgan High School-VA	2:09.04	2:06.99
2	Oliver, Sarah	JR	Forest Park High School-VA	2:19.92	2:19.07
3	Manko, Valentina L		Woodbridge Senior High School-HS	2:24.49	2:19.66
4	DeNard, Riley C	JR	Forest Park High School-VA	2:23.26	2:24.52
5	Carreon, Carmina	FR	Forest Park High School-VA	2:28.33	2:27.18
6	Magnell, Ava	SR	Colgan High School-VA	2:29.56	2:29.07
7	Saha, Adritaa		Woodbridge Senior High School-HS	2:46.11	2:31.80
8	Cook, Kristina	SO	Colgan High School-VA	2:34.52	2:31.97
9	Sanchez, Mia	SO	Forest Park High School-VA	2:41.34	2:33.42
10	Windmiller, Lexi J		Woodbridge Senior High School-HS	2:38.80	2:39.51
11	Fischer, Sophia	SO	Colgan High School-VA	2:40.97	2:45.69
12	Boyce, Ahna	FR	Hylton HS Swim Team-VA	2:47.49	2:49.07
13	Bowling, Megan		Woodbridge Senior High School-HS	2:53.62	3:07.47

Event 7 Boys 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Grendysz, Aiden C		Woodbridge Senior High School-HS	21.77	21.86
2	Jensen, Matthew	JR	Colgan High School-VA	21.99	22.02
*3	Juhlin, Parker	JR	Forest Park High School-VA	22.12	22.58
*3	Alachnowicz, Zach	SO	Forest Park High School-VA	22.84	22.58
5	Shahateet, Justin	JR	Forest Park High School-VA	22.99	22.81
6	Cioletti, Robert	JR	Colgan High School-VA	22.99	22.96
7	Utley, Michael	SO	Colgan High School-VA	23.16	23.29
8	Ward, Evan	SO	Colgan High School-VA	24.01	23.88
9	Green, Ayden	SO	Forest Park High School-VA	23.42	24.03
10	Evans, Caleb		Woodbridge Senior High School-HS	24.08	25.51
11	Manion, Jack T		Woodbridge Senior High School-HS	27.35	26.77
12	Causey, Justin	JR	Hylton HS Swim Team-VA	26.98	27.62
13	Siemiet, Riley	SO	Hylton HS Swim Team-VA	28.21	27.73
14	Bush, Varian	FR	Gar-Field High School-VA	27.10	27.77
15	Sigman, Connor	SO	Gar-Field High School-VA	28.95	27.89
16	Davila, Hewattineo H		Woodbridge Senior High School-HS	27.84	27.94
17	Haynes, Kynan		Potomac Senior High School-VA	28.14	28.20
18	Montesino, Jayden	SO	Hylton HS Swim Team-VA	28.21	28.73
19	Lopez-Medrano, Daniel	JR	Gar-Field High School-VA	29.02	29.16
20	Edwards, Amani	JR	Potomac Senior High School-VA	29.77	29.35
21	Pineda Lama, Daniel	SO	Gar-Field High School-VA	34.70	32.47
22	Miller, Ezekhiel	JR	Hylton HS Swim Team-VA	37.44	38.93

2024 Cardinal District Championship - 1/25/2024 to 1/27/2024**Results****Event 8 Girls 50 Yard Freestyle**

	Name	Yr	School	Seed Time	Finals Time
1	Robinette, Ally	JR	Forest Park High School-VA	25.75	24.99
2	Evans, Juliana	FR	Colgan High School-VA	24.94	25.29
3	Sullivan, Caila	SR	Forest Park High School-VA	25.82	25.80
4	Stabler, Ainsley	JR	Hylton HS Swim Team-VA	26.68	26.35
5	Warner, Ari	FR	Colgan High School-VA	26.85	27.18
6	Lingafelt, Kara	FR	Colgan High School-VA	28.34	27.69
7	Matthews, Kayden	JR	Colgan High School-VA	28.12	27.95
8	Johnson, Cori	JR	Forest Park High School-VA	28.55	28.09
9	Reichert, Sarah-Joy	JR	Forest Park High School-VA	28.14	28.18
10	Matory, Alessia		Woodbridge Senior High School-HS	28.16	29.23
11	Nolan, Danielle R		Woodbridge Senior High School-HS	30.17	30.09
12	Haddock, Kathryn G		Woodbridge Senior High School-HS	30.09	31.10
13	Kougueng, Malaika	SO	Potomac Senior High School-VA	33.69	31.99
14	Crespo, Ali	SO	Gar-Field High School-VA	33.81	32.16
15	Castillo, Camila		Woodbridge Senior High School-HS	32.42	32.25
16	Kelley, Madison	FR	Hylton HS Swim Team-VA	33.88	34.29
17	Samren, Shams	SR	Hylton HS Swim Team-VA	33.49	34.61
18	Torres, Dania	SO	Potomac Senior High School-VA	38.30	37.66
19	Lee, Ryleigh	SO	Potomac Senior High School-VA	40.33	39.43
20	Benedict, Meera	SO	Potomac Senior High School-VA	39.32	40.44
21	Rich, Leah	SR	Gar-Field High School-VA	44.96	42.65
22	Lopez, Violet	FR	Gar-Field High School-VA	45.40	47.84
23	Lin, Alex	SO	Gar-Field High School-VA	53.54	55.67

Event 9 Boys 1 mtr Diving

	Name	Yr	School		Finals Score
1	Keith, Travis	SR	Colgan High School-VA	589.10	639.15
2	Riggle, Ethan	SO	Colgan High School-VA	400.50	394.90
3	Braday, Victor	SO	Forest Park High School-VA	341.60	314.70
4	Hudson, Chase		Woodbridge Senior High School-HS	NP	292.85
5	Harris, Jake	SO	Forest Park High School-VA	NP	230.50
6	Saldivar, Kai	FR	Colgan High School-VA	NP	225.85

Event 10 Girls 1 mtr Diving

	Name	Yr	School		Finals Score
1	Bermudez, Liliana	SR	Colgan High School-VA	423.20	429.75
2	Garcia, Erika	JR	Colgan High School-VA	288.55	328.65
3	Rehrig, Gillian	SR	Colgan High School-VA	248.05	282.20
4	Matory, Alessia		Woodbridge Senior High School-HS	NP	257.20
5	Schoolcraft, Kaylin	JR	Forest Park High School-VA	281.65	251.70
6	Johnson, Bria	FR	Colgan High School-VA	255.75	245.50
7	Philips, Kaley	SO	Forest Park High School-VA	NP	225.85
---	Smith, Emily	FR	Forest Park High School-VA	NP	DQ

Event 11 Boys 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Friend, AJ	SR	Hylton HS Swim Team-VA	51.72	50.56
2	Mendoza, Ramses	SR	Forest Park High School-VA	52.08	52.65
3	Stormer, Will	SR	Colgan High School-VA	52.92	53.15
4	Lattanzi, Jacob	JR	Forest Park High School-VA	55.03	54.64
5	Gardiner, Logan J		Woodbridge Senior High School-HS	56.79	56.72
6	Ghosh, Aayush	JR	Colgan High School-VA	57.86	57.86

2024 Cardinal District Championship - 1/25/2024 to 1/27/2024**Results****(Event 11 Boys 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time
7	Knott, Grayson	FR	Forest Park High School-VA	58.99	58.86
8	Mussie, Sam		Woodbridge Senior High School-HS	58.07	59.12
9	Ward, Evan	SO	Colgan High School-VA	58.39	59.24
10	Green, Ayden	SO	Forest Park High School-VA	58.79	59.44
11	Ludwick, Parker E		Woodbridge Senior High School-HS	1:02.25	1:01.09
12	Wehmeyer, Nils	JR	Colgan High School-VA	1:04.56	1:01.66
13	Gonzalez, Pablo		Woodbridge Senior High School-HS	1:16.86	1:15.75

Event 12 Girls 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Giovinazzo, Alyssa	SR	Forest Park High School-VA	59.29	58.94
2	Oliver, Olivia	SO	Forest Park High School-VA	1:01.87	1:01.29
3	Hennessy, Jillian	SO	Colgan High School-VA	1:05.06	1:04.47
4	Saha, Adritaa		Woodbridge Senior High School-HS	1:09.48	1:05.79
5	Cortez, Adrianna	SR	Hylton HS Swim Team-VA	1:08.16	1:07.04
6	Norman, Isabelle G		Woodbridge Senior High School-HS	1:07.17	1:08.17
7	Reichert, Sarah-Joy	JR	Forest Park High School-VA	1:09.48	1:09.39
8	Bartlett, Tirayan	SR	Colgan High School-VA	1:12.93	1:14.24
9	Jones, Reign	SO	Colgan High School-VA	1:14.67	1:15.66
10	Philips, Kaley	SO	Forest Park High School-VA	1:18.90	1:17.79
11	Boyce, Ahna	FR	Hylton HS Swim Team-VA	1:17.78	1:18.95
12	Matthews, Kayden	JR	Colgan High School-VA	1:15.12	1:20.66
13	Mitolo, Sophie G		Woodbridge Senior High School-HS	1:21.18	1:22.02
14	Philyaw, Angie		Woodbridge Senior High School-HS	1:43.72	1:42.58

Event 13 Boys 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Lingafelt, Sean	JR	Colgan High School-VA	49.64	48.16
2	Parkzes, Mason	JR	Forest Park High School-VA	48.96	49.90
3	Jensen, Matthew	JR	Colgan High School-VA	48.99	50.36
4	Supon, Jack	FR	Colgan High School-VA	51.68	51.14
5	Utle, Michael	SO	Colgan High School-VA	52.13	52.06
6	Eura Jr, Toronto D		Woodbridge Senior High School-HS	52.56	53.29
7	Oglesby, Dayton	SR	Forest Park High School-VA	53.30	53.31
8	Orndorff, Parker	FR	Forest Park High School-VA	51.55	53.58
9	Juhlin, Parker	JR	Forest Park High School-VA	50.82	53.69
10	Wong, Alex G		Woodbridge Senior High School-HS	59.49	59.18
11	Kwon, Ethan	SO	Hylton HS Swim Team-VA	1:03.23	1:00.68
12	Neher, Caleb		Woodbridge Senior High School-HS	1:02.12	1:02.01
13	Siemiet, Riley	SO	Hylton HS Swim Team-VA	1:01.67	1:02.35
14	Bush, Varian	FR	Gar-Field High School-VA	1:09.05	1:04.40
15	Wright, Connor D		Woodbridge Senior High School-HS	1:12.37	1:07.68
16	Downes, Jaden	SR	Gar-Field High School-VA	1:13.83	1:12.99
17	Pineda Lama, Daniel	SO	Gar-Field High School-VA	1:23.27	1:16.95
18	Eldredge, Bryce	SO	Hylton HS Swim Team-VA	1:30.06	1:24.30

Event 14 Girls 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Robinette, Ally	JR	Forest Park High School-VA	56.12	55.33
2	Sullivan, Caila	SR	Forest Park High School-VA	58.81	57.50
3	Stabler, Ainsley	JR	Hylton HS Swim Team-VA	59.13	57.67
4	Hennessy, Jillian	SO	Colgan High School-VA	59.41	58.62

2024 Cardinal District Championship - 1/25/2024 to 1/27/2024**Results****(Event 14 Girls 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
5	Lingafelt, Kara	FR	Colgan High School-VA	1:02.06	1:01.03
6	Hurley, Courtland	SR	Colgan High School-VA	1:00.84	1:01.47
7	Sindt, Madeline G		Woodbridge Senior High School-HS	59.67	1:01.74
8	Varner, Cameron	FR	Colgan High School-VA	1:03.48	1:03.70
9	Johnson, Cori	JR	Forest Park High School-VA	1:04.46	1:03.97
10	Turner, Kayden	FR	Forest Park High School-VA	1:07.11	1:04.04
11	Gardiner, Olivia L		Woodbridge Senior High School-HS	1:07.99	1:07.13
12	Burgos Flores, Lisney Y		Woodbridge Senior High School-HS	1:12.07	1:11.49
13	Burns, Madelynn	FR	Hylton HS Swim Team-VA	1:17.33	1:14.07
14	Kougueng, Malaika	SO	Potomac Senior High School-VA	1:21.99	1:18.18
15	Wells, Devyn	FR	Potomac Senior High School-VA	1:17.16	1:22.15
16	Kegler, Audrianna L		Woodbridge Senior High School-HS	1:29.52	1:27.67
17	Reyes, Alexa	FR	Hylton HS Swim Team-VA	1:34.74	1:32.07
18	Benedict, Meera	SO	Potomac Senior High School-VA	1:37.99	1:40.76
19	Lopez, Violet	FR	Gar-Field High School-VA	2:01.21	1:49.82
---	Lara, Melanie	FR	Hylton HS Swim Team-VA	3:47.29	DNF

Event 15 Boys 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Grocholski, Alexander	SO	Colgan High School-VA	4:37.44	4:32.47
2	Bohabot, Jorge I		Woodbridge Senior High School-HS	4:57.89	4:50.28
3	Gold, Josh	SO	Colgan High School-VA	5:10.74	5:10.64
4	Giovinazzo, Dominick	SO	Forest Park High School-VA	5:18.59	5:15.42
5	Roeske, Logan	JR	Colgan High School-VA	5:24.95	5:18.29
6	Grendysz, Carter D		Woodbridge Senior High School-HS	5:09.91	5:18.78
7	Ghosh, Aayush	JR	Colgan High School-VA	5:28.17	5:27.43
8	Carder, Samuel	FR	Forest Park High School-VA	5:31.09	5:36.40
9	Kitta, Alex J		Woodbridge Senior High School-HS	6:02.91	5:51.32
10	May, Caleb	SO	Forest Park High School-VA	6:06.58	6:03.60
11	Hutchison, Thomas E		Woodbridge Senior High School-HS	6:29.68	6:10.24
12	Le, Ethan	JR	Forest Park High School-VA	6:13.52	6:16.23
13	Sigman, Connor	SO	Gar-Field High School-VA	6:42.97	6:45.98
14	Mihalovich, Mark	SO	Hylton HS Swim Team-VA	7:14.67	7:06.14

Event 16 Girls 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Worth, Brooke	SR	Colgan High School-VA	5:11.62	5:19.28
2	Harper, Grace E		Woodbridge Senior High School-HS	5:31.57	5:26.67
3	DeNard, Riley C	JR	Forest Park High School-VA	5:39.63	5:48.43
4	Earhart, Haylee	SO	Forest Park High School-VA	5:44.36	5:49.09
5	Cook, Kristina	SO	Colgan High School-VA	6:00.27	5:59.17
6	McMillan, Ava M	SO	Colgan High School-VA	6:04.72	5:59.80
7	Gondek, Zoey	FR	Forest Park High School-VA	6:12.44	6:11.05
8	Lee, Becca	SR	Colgan High School-VA	6:09.26	6:18.25
9	Sindt, Madeline G		Woodbridge Senior High School-HS	6:15.79	6:26.09
10	Miller, Mackenzie	FR	Forest Park High School-VA	6:36.54	6:32.15
11	Mitolo, Sophie G		Woodbridge Senior High School-HS	6:52.76	6:52.37
12	Walters, Lilly K		Woodbridge Senior High School-HS	7:31.51	7:09.88
13	Kelley, Madison	FR	Hylton HS Swim Team-VA	7:51.13	7:46.95

2024 Cardinal District Championship - 1/25/2024 to 1/27/2024**Results****Event 17 Boys 200 Yard Freestyle Relay**

	Team	Relay	Seed Time	Finals Time
1	Colgan High School-VA	A	1:27.44	1:27.20
2	Woodbridge Senior High School-I	A	1:31.81	1:29.51
3	Forest Park High School-VA	A	1:28.18	1:33.33
4	Hylton HS Swim Team-VA	A	1:42.75	1:44.00
5	Gar-Field High School-VA	A	1:57.91	1:55.62

Event 18 Girls 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Forest Park High School-VA	A	1:44.70	1:44.02
2	Colgan High School-VA	A	1:46.54	1:47.33
3	Hylton HS Swim Team-VA	A	2:02.21	2:00.12
---	Woodbridge Senior High School-I	A	1:48.86	DQ

Event 19 Boys 100 Yard Backstroke

	Name	Yr	School	Seed Time	Finals Time
1	Mendoza, Ramses	SR	Forest Park High School-VA	52.81	53.02
2	Fowkes, Isaak	SR	Colgan High School-VA	52.94	53.78
3	Deshmukh, Ayaan	SO	Forest Park High School-VA	56.27	56.31
4	Alachnowicz, Zach	SO	Forest Park High School-VA	1:01.13	57.56
5	Supon, Jack	FR	Colgan High School-VA	1:01.01	59.46
6	Oglesby, Dayton	SR	Forest Park High School-VA	59.34	59.61
7	Mussie, Sam		Woodbridge Senior High School-HS	1:02.40	59.64
8	Lopez, Matthew		Woodbridge Senior High School-HS	1:03.33	1:01.52
9	Love, Aiden	JR	Colgan High School-VA	1:05.53	1:04.74
10	Lingafelt, Chase	JR	Colgan High School-VA	1:10.45	1:07.42
11	Manion, Jack T		Woodbridge Senior High School-HS	1:19.57	1:16.42
12	Davila, Hewattineo H		Woodbridge Senior High School-HS	1:16.80	1:20.43
13	Vanegas Neira, Alejandro	JR	Hylton HS Swim Team-VA	1:33.36	1:22.43

Event 20 Girls 100 Yard Backstroke

	Name	Yr	School	Seed Time	Finals Time
1	Sistrunk, Hanah	JR	Colgan High School-VA	58.66	57.17
2	Giovinazzo, Alyssa	SR	Forest Park High School-VA	1:00.17	59.35
3	Oliver, Olivia	SO	Forest Park High School-VA	1:01.38	1:02.97
4	Ridge, Siri L		Woodbridge Senior High School-HS	1:04.81	1:05.69
5	Warner, Ari	FR	Colgan High School-VA	1:07.10	1:06.42
6	Roberts, Ryan K		Woodbridge Senior High School-HS	1:08.70	1:07.41
7	Vasquez, Maya S	FR	Forest Park High School-VA	1:07.56	1:08.63
8	Hurley, Courtland	SR	Colgan High School-VA	1:10.78	1:11.81
9	Bragdon, Annie	JR	Colgan High School-VA	1:15.08	1:12.72
10	Cortez, Adrianna	SR	Hylton HS Swim Team-VA	1:16.58	1:13.22
11	Weis, Kaitlyn		Woodbridge Senior High School-HS	1:14.40	1:13.71
12	Dick, Jane	SO	Forest Park High School-VA	1:22.15	1:21.80
13	Salem, Sophia		Woodbridge Senior High School-HS	1:25.64	1:22.63
14	Wells, Devyn	FR	Potomac Senior High School-VA	1:29.90	1:33.10
15	Lee, Ryleigh	SO	Potomac Senior High School-VA	1:52.04	1:50.75
16	Lara, Melanie	FR	Hylton HS Swim Team-VA	3:32.25	3:05.23

Event 21 Boys 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Cooper, Ben	SR	Colgan High School-VA	59.38	59.16
2	White, Donovan C		Woodbridge Senior High School-HS	1:02.72	1:00.89

2024 Cardinal District Championship - 1/25/2024 to 1/27/2024**Results****(Event 21 Boys 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
3	Friend, AJ	SR	Hylton HS Swim Team-VA	1:04.35	1:01.93
4	Cioletti, Robert	JR	Colgan High School-VA	1:03.26	1:03.30
5	Lattanzi, Jacob	JR	Forest Park High School-VA	1:05.01	1:04.38
6	Avelis, Theo P	JR	Forest Park High School-VA	1:04.59	1:04.96
7	Harris, Jude	SR	Forest Park High School-VA	1:11.34	1:10.50
8	Kitta, Alex J		Woodbridge Senior High School-HS	1:14.10	1:11.29
9	Haslem, Bryce	FR	Forest Park High School-VA	1:10.12	1:11.61
10	Duncan, Josh	SR	Colgan High School-VA	1:19.85	1:16.30
11	Wong, Alex G		Woodbridge Senior High School-HS	1:15.34	1:16.75
12	Montesino, Jayden	SO	Hylton HS Swim Team-VA	1:19.93	1:17.42
13	Haynes, Kynan		Potomac Senior High School-VA	1:20.56	1:20.96
14	Neher, Caleb		Woodbridge Senior High School-HS	1:23.21	1:21.40
15	Causey, Justin	JR	Hylton HS Swim Team-VA	1:23.71	1:23.30
16	Edwards, Amani	JR	Potomac Senior High School-VA	NT	1:29.16
17	Eldredge, Bryce	SO	Hylton HS Swim Team-VA	1:44.74	1:40.70
18	Downes, Jaden	SR	Gar-Field High School-VA	1:47.68	1:41.35
---	Gayle, Joshua	JR	Colgan High School-VA	1:10.47	DQ

Event 22 Girls 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Evans, Juliana	FR	Colgan High School-VA	1:13.77	1:10.76
2	Oliver, Sarah	JR	Forest Park High School-VA	1:13.36	1:11.73
3	Hudisteanu, Diana L		Woodbridge Senior High School-HS	1:13.56	1:12.73
4	Carreon, Carmina	FR	Forest Park High School-VA	1:16.67	1:15.40
5	Magnell, Ava	SR	Colgan High School-VA	1:17.12	1:17.01
6	Hulett, Kelsey	JR	Forest Park High School-VA	1:22.90	1:19.81
7	Sanchez, Mia	SO	Forest Park High School-VA	1:24.20	1:20.12
8	Varner, Cameron	FR	Colgan High School-VA	1:22.04	1:20.20
9	Bowling, Megan		Woodbridge Senior High School-HS	1:24.86	1:24.64
10	Borja Diestra, Sophia		Woodbridge Senior High School-HS	1:30.12	1:28.41
11	Fischer, Sophia	SO	Colgan High School-VA	1:26.95	1:29.53
12	Hamm, Julia R		Woodbridge Senior High School-HS	1:34.44	1:34.36
13	Burns, Madelynn	FR	Hylton HS Swim Team-VA	1:32.68	1:35.19
14	Rich, Leah	SR	Gar-Field High School-VA	1:43.52	1:41.05
15	St. Louis, Ginger	FR	Hylton HS Swim Team-VA	1:43.34	1:43.70
16	Lin, Alex	SO	Gar-Field High School-VA	2:19.54	2:10.30
---	Reyes, Alexa	FR	Hylton HS Swim Team-VA	2:06.80	DQ

Event 23 Boys 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Woodbridge Senior High School-I	A	3:19.55	3:16.07
2	Forest Park High School-VA	A	3:26.28	3:22.33
3	Colgan High School-VA	A	3:14.43	3:23.87
4	Hylton HS Swim Team-VA	A	4:22.55	4:01.37

Event 24 Girls 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Colgan High School-VA	A	3:41.82	3:42.26
2	Woodbridge Senior High School-I	A	3:54.32	3:55.04
3	Forest Park High School-VA	A	3:59.60	3:55.32
4	Hylton HS Swim Team-VA	A	5:25.27	4:59.55

2024 Cardinal District Championship - 1/25/2024 to 1/27/2024

Results

Event 124 Girls 100 Yard Freestyle Initial split E24

Name		Yr School	Seed Time	Finals Time
1	Oliver, Olivia	SO Forest Park High School-VA	NT	57.71