

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****Event 1 Boys 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time
1 Hidden Valley High School-VA	A	1:47.85	1:48.51
2 Carroll County High School-VA	A	1:55.70	1:52.60
3 Abingdon High School-VA	A	2:19.66	2:06.63
4 William Byrd High School-VA	A	1:55.18	2:08.21
5 Christiansburg High School-VA	A	2:17.04	2:16.85
6 Bassett High School-VA	A	2:22.38	2:17.43
7 Lord Botetourt High School-VA	A	2:20.31	2:20.04
8 Northside High School-VA	A	2:58.43	3:11.76
--- Staunton River High School-VA	A	2:11.18	DQ

Event 2 Girls 200 Yard Medley Relay

Team	Relay	Seed Time	Finals Time
1 Cave Spring High School-VA	A	1:55.88	1:54.31
2 Hidden Valley High School-VA	A	2:04.51	2:07.50
3 William Byrd High School-VA	A	2:36.69	2:13.31
4 Christiansburg High School-VA	A	2:25.05	2:15.81
5 Pulaski County High School-VA	A	2:30.12	2:17.02
6 MagnaVista High School-VA	A	2:33.30	2:34.39
7 Bassett High School-VA	A	2:50.31	2:39.99
8 Abingdon High School-VA	A	3:25.90	3:13.44
--- Lord Botetourt High School-VA	A	1:59.91	DQ
--- Carroll County High School-VA	A	2:39.28	DQ

Event 3 Boys 200 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Diaz Espinoza, Santiago	FR	Christiansburg High School-VA	2:08.62	2:05.01
2 Edwards, Ethan	JR	Carroll County High School-VA	2:12.80	2:09.47
3 Parrish, Brody M	FR	William Byrd High School-VA	2:15.95	2:09.95
4 Hoyos, Michael P	SR	William Byrd High School-VA	2:14.31	2:16.09
5 Bayarmunkh, Temuun	SO	Cave Spring High School-VA	2:20.71	2:19.81
6 Brislin, Drew	JR	Hidden Valley High School-VA	2:19.03	2:21.67
7 Bolling, Christian	FR	Hidden Valley High School-VA	2:24.13	2:22.35
8 Schutt, Keith	SO	William Byrd High School-VA	2:29.28	2:26.17
9 Musik, Noah	SO	Abingdon High School-VA	2:39.54	2:33.66
10 Frederickson, Noah	FR	Lord Botetourt High School-VA	2:41.07	2:46.59
*11 Holdren, Landon	JR	Staunton River High School-VA	2:37.39	2:56.40
*11 Taylor, Andrew	SO	Carroll County High School-VA	2:57.47	2:56.40
13 Conner, Braden	SR	Staunton River High School-VA	3:27.90	3:16.90

Event 4 Girls 200 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Jones, Layne	SR	Lord Botetourt High School-VA	1:54.68	1:52.87
2 Murtaugh, Lindsay E	SO	William Byrd High School-VA	2:01.96	1:55.12
3 McLaughlin, Delaney	SR	Cave Spring High School-VA	1:58.07	1:59.00
4 Sanford, Anna M	JR	Christiansburg High School-VA	2:17.29	2:01.77
5 Durbin, Kathryn	SO	Christiansburg High School-VA	2:06.41	2:03.81
6 Gorby, Tessa	JR	Cave Spring High School-VA	2:05.09	2:04.11
7 Meadows, Emma F	FR	Cave Spring High School-VA	2:24.04	2:19.69
8 Wright, Grace	FR	Christiansburg High School-VA	2:29.22	2:24.10
9 Weaver, Addy	FR	Hidden Valley High School-VA	2:25.10	2:24.95
10 Jarrett, Kate K	FR	MagnaVista High School-VA	2:30.32	2:29.01
11 Hamblin, Josie	SO	Pulaski County High School-VA	2:30.11	2:30.13

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****(Event 4 Girls 200 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
12	Kullos, Katie	SR	Pulaski County High School-VA	2:31.12	2:32.98
13	Johnston, Ella	SR	Lord Botetourt High School-VA	2:28.54	2:33.64
14	Murray, Lauren	SR	Hidden Valley High School-VA	2:31.82	2:35.85
15	Bishop, Sam	SR	Lord Botetourt High School-VA	2:59.43	2:45.33
16	Wheatley, Katelyn	SR	Carroll County High School-VA	2:50.47	2:45.79
17	Harris, Anna	JR	Lord Botetourt High School-VA	2:59.38	2:57.11
18	Forestier, Diem	FR	MagnaVista High School-VA	3:03.12	2:59.17
19	Haas, Julia	JR	Staunton River High School-VA	3:00.45	2:59.50
20	Davis, Madelyn	SR	William Byrd High School-VA	3:02.42	3:02.38
21	Furcron, Lucy	JR	Hidden Valley High School-VA	3:02.58	3:06.33
22	Barr, Elizabeth	SR	Carroll County High School-VA	3:21.66	3:07.80
23	Greer, Breanna	SR	Bassett High School-VA	3:55.46	3:09.25
24	Hale, Cobe	FR	Christiansburg High School-VA	NT	3:11.58
25	Bowman, Eden	FR	Pulaski County High School-VA	3:17.89	3:14.75
---	Speed, Mia	SR	Pulaski County High School-VA	3:05.11	DQ

Event 5 Boys 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Mizuba, Max	FR	Lord Botetourt High School-VA	2:12.35	2:05.97
2	Baxley, Nathan	JR	Hidden Valley High School-VA	2:09.95	2:09.97
3	Dalton, Bradley	SO	Carroll County High School-VA	2:16.88	2:16.53
4	Copening, Evan	JR	William Byrd High School-VA	2:17.54	2:19.22
5	Luckie, Elisha	SO	Northside High School-VA	2:35.56	2:33.20
6	Goad, Nathan	SO	Bassett High School-VA	2:35.85	2:36.24
7	Hurd, Christopher	FR	William Byrd High School-VA	2:40.37	2:45.44
8	Rozenboom, Johnathan	JR	William Byrd High School-VA	3:00.13	2:58.13
---	DeHaven, Camden	SO	Carroll County High School-VA	2:57.40	DQ

Event 6 Girls 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Schaaf, Alexis	FR	Cave Spring High School-VA	2:14.60	2:14.81
2	Spurlock, Avery	SO	Cave Spring High School-VA	2:17.86	2:19.63
3	Zeff, Viktoria	SO	Christiansburg High School-VA	2:30.75	2:24.12
4	Davis, Morgan	SO	Cave Spring High School-VA	2:30.40	2:28.74
5	Sanford, Emily	FR	Christiansburg High School-VA	2:44.94	2:41.02
6	Frederickson, Sarah	JR	Lord Botetourt High School-VA	2:44.69	2:42.97
7	Brown, Kaitlyn	SO	Christiansburg High School-VA	2:46.45	2:49.27
8	Wrenn, Leeanne	SR	Hidden Valley High School-VA	2:58.69	2:58.15
9	Pippin, Mia	FR	William Byrd High School-VA	2:59.29	3:00.12
10	Jones, Cary	SO	William Byrd High School-VA	2:56.26	3:01.49
11	Bailey, Savannah	SR	Staunton River High School-VA	3:20.05	3:13.97
12	Lemons, Kemileigh	SO	Hidden Valley High School-VA	3:24.41	3:19.51
13	Melton, Haley	FR	Pulaski County High School-VA	3:23.23	3:25.32
---	Conforti, Sophia	JR	Hidden Valley High School-VA	2:36.66	DFS

Event 7 Boys 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Hagadorn, Caleb	SR	Hidden Valley High School-VA	22.13	22.22
2	Grisso, Luke	SR	Staunton River High School-VA	23.76	23.01
3	Ogle, Wyatt	SO	Carroll County High School-VA	24.38	23.73
4	Radu, Sebastian L	SR	Cave Spring High School-VA	23.95	24.01
5	Rawlings, Grayson	JR	Christiansburg High School-VA	24.52	24.30

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****(Event 7 Boys 50 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
6	Richardson, Ethan	JR	Carroll County High School-VA	24.92	24.37
7	Batista, Samuel	SR	Hidden Valley High School-VA	24.59	24.63
8	Allran, Colton S	JR	Cave Spring High School-VA	23.84	25.12
9	Richardson, Blake E	JR	William Byrd High School-VA	24.83	25.17
10	Lampkin, Gray	SR	Hidden Valley High School-VA	25.83	25.19
11	Allen, Logan	SO	Bassett High School-VA	24.93	25.50
12	Garretson, Jeremiah	SR	Christiansburg High School-VA	25.65	25.80
13	Woodford, Bryce	FR	Staunton River High School-VA	26.70	26.66
14	Gallagher, Demetrius	JR	Christiansburg High School-VA	27.93	27.13
15	DeMelo, Bruno	SR	William Byrd High School-VA	26.25	27.58
16	Boling, Lucas	SR	Northside High School-VA	27.32	28.36
17	Wilson, Brayden	SR	MagnaVista High School-VA	29.21	29.18
18	Willis, Elijah	SR	Carroll County High School-VA	28.72	29.28
19	Holland, Miles	FR	Cave Spring High School-VA	29.51	29.87
20	Wheeler, Connor	JR	William Byrd High School-VA	29.49	30.06
21	Yates, Ethan	JR	Bassett High School-VA	30.48	30.35
22	Lee, Matthew	JR	Lord Botetourt High School-VA	29.20	30.62
23	Quesenberry, Kade	SO	Pulaski County High School-VA	31.61	31.20
24	Greever, Tanner	SO	Pulaski County High School-VA	32.11	32.13
25	Patel, Amar	SR	Hidden Valley High School-VA	31.17	32.28
26	Basham, Kent	JR	Lord Botetourt High School-VA	31.76	32.36
27	Soto-Raygoza, Jesus	JR	MagnaVista High School-VA	32.82	32.44
28	Wells, Dallas	SR	Christiansburg High School-VA	31.78	32.49
29	Nichols, Sydney	FR	William Byrd High School-VA	33.33	33.40
30	Moncure, Daniel	FR	Pulaski County High School-VA	35.12	33.67
31	Sechrist, Nathan	SR	Bassett High School-VA	34.46	34.56
32	Flores, Aaron	SR	MagnaVista High School-VA	34.92	35.41
33	Medires, Daniel	SO	Abingdon High School-VA	36.65	36.21
34	Smith, Sean	SO	Northside High School-VA	37.32	36.38
35	Easter, Ethan	SO	Pulaski County High School-VA	37.81	38.23
36	Young, Matthew	FR	Cave Spring High School-VA	37.31	39.20
37	Cruz, Jarib	SO	Carroll County High School-VA	41.01	39.52
38	Smith, Hunter	SR	Bassett High School-VA	43.01	47.64
39	McClurre, Levi	SO	Northside High School-VA	57.16	59.82

Event 8 Girls 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Mizuba, Hannah	JR	Lord Botetourt High School-VA	25.02	24.73
2	Sylvester'Johnson, Jillian B	SO	Cave Spring High School-VA	25.22	24.81
3	Cooper, Amelia C	FR	Cave Spring High School-VA	27.02	26.25
4	Viar, Olivia	FR	Hidden Valley High School-VA	26.75	26.48
5	Carter, Emmi	SO	Hidden Valley High School-VA	27.97	27.20
6	Nicely, Olivia	SO	Lord Botetourt High School-VA	28.58	27.40
7	Speed, Eleanor	SO	Pulaski County High School-VA	28.59	28.45
8	Steiner, Madison	SO	Christiansburg High School-VA	29.08	28.59
9	Sanchez, Isabella	SR	Lord Botetourt High School-VA	29.23	29.23
10	Taylor, Madison	SO	Christiansburg High School-VA	30.79	29.94
11	Hamblin, Charlie	FR	Pulaski County High School-VA	29.11	30.04
12	Johnson, Natasha	JR	Hidden Valley High School-VA	30.19	30.82
13	Soucie, Lydia	FR	Cave Spring High School-VA	31.30	31.23
14	Kasmer, Ruby	SR	Hidden Valley High School-VA	30.96	31.24
15	Coley, Kaitlyn	JR	Staunton River High School-VA	31.74	31.40

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****(Event 8 Girls 50 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
16	Whitlow, Emily	SO	Bassett High School-VA	30.37	31.78
17	Greever, Laken	SR	Pulaski County High School-VA	34.21	32.51
18	Simkins, Samantha	SO	Cave Spring High School-VA	32.53	32.54
19	Wheatley, Katelyn	SR	Carroll County High School-VA	33.89	32.80
20	Floyd, Amiah	SO	Staunton River High School-VA	33.17	33.04
21	King, Tristyn	JR	Lord Botetourt High School-VA	33.63	33.75
22	Motley, Chandler	JR	MagnaVista High School-VA	34.57	33.86
23	Smith, Karmen	JR	Carroll County High School-VA	33.41	34.12
24	Underwood, Camille	SR	MagnaVista High School-VA	33.37	34.13
25	Dempsey, Molly	SR	Christiansburg High School-VA	34.31	34.41
26	Gee, Chole	FR	Northside High School-VA	33.69	34.88
27	Feit, Ava	SR	Christiansburg High School-VA	34.06	34.90
28	Davis, Madelyn	SR	William Byrd High School-VA	33.87	35.01
29	DeMelo, Bianca	SO	William Byrd High School-VA	36.60	35.33
30	Shupe, Bailey	FR	Carroll County High School-VA	34.88	35.66
31	Knouse, Caroline	JR	Bassett High School-VA	35.46	35.70
32	Kirby, Caroline	SR	MagnaVista High School-VA	35.01	36.22
33	Kincer, Addi	SO	William Byrd High School-VA	37.06	36.61
34	Ballif, Annabelle	JR	Northside High School-VA	36.58	37.52
35	Cooley, Madeline	SO	Bassett High School-VA	36.78	38.08
36	Cantrell, Victoria	SR	Pulaski County High School-VA	37.05	38.31
37	Campbell, Sarah	SO	Bassett High School-VA	40.25	38.49
38	Etheridge, Skylar	SO	Northside High School-VA	36.58	39.15
39	Mena, Xitalli	SR	MagnaVista High School-VA	41.85	41.69
40	Widner, Chloe	FR	Abingdon High School-VA	44.86	43.01
41	Price, Alona	JR	Abingdon High School-VA	44.73	43.41
42	Heukel, Danica	SO	Abingdon High School-VA	45.20	43.96
---	Smith, Maggie	SR	Abingdon High School-VA	27.62	DQ

Event 11 Boys 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Votta, Robert	SR	Cave Spring High School-VA	51.37	52.14
2	Grisso, Luke	SR	Staunton River High School-VA	1:00.00	59.05
3	Richardson, Blake E	JR	William Byrd High School-VA	1:00.48	1:00.02
4	Edwards, Ethan	JR	Carroll County High School-VA	1:03.97	1:01.00
5	Allen, Logan	SO	Bassett High School-VA	1:07.79	1:08.00

Event 12 Girls 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Schaaf, Alexis	FR	Cave Spring High School-VA	59.18	58.09
2	Lusk, Zoey M	SR	Cave Spring High School-VA	59.65	58.51
3	McLaughlin, Delaney	SR	Cave Spring High School-VA	1:07.03	1:02.57
4	Misicko, Julia	FR	Lord Botetourt High School-VA	1:04.29	1:04.98
5	Viar, Olivia	FR	Hidden Valley High School-VA	1:08.41	1:05.72
6	Carter, Emmi	SO	Hidden Valley High School-VA	1:06.04	1:06.08
7	Romeo, Gabrielle	SO	William Byrd High School-VA	1:10.94	1:07.52
8	Kadela, Ann Elise	JR	Hidden Valley High School-VA	1:09.95	1:08.15
9	Hagadorn, Kaylee	SR	Hidden Valley High School-VA	1:14.09	1:12.67
10	Sanford, Emily	FR	Christiansburg High School-VA	1:14.45	1:16.50
11	Floyd, Caroline	FR	Cave Spring High School-VA	1:21.99	1:21.92
12	Hairston-France, Myssia	SO	MagnaVista High School-VA	1:26.24	1:26.42

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****Event 13 Boys 100 Yard Freestyle**

	Name	Yr	School	Seed Time	Finals Time
1	Baxley, Nathan	JR	Hidden Valley High School-VA	52.22	52.45
2	Radu, Sebastian L	SR	Cave Spring High School-VA	55.15	55.03
3	Richardson, Ethan	JR	Carroll County High School-VA	57.08	55.74
4	Kovacevic, Cole	SR	William Byrd High School-VA	57.48	57.48
5	Lampkin, Gray	SR	Hidden Valley High School-VA	58.01	57.72
6	Rawlings, Grayson	JR	Christiansburg High School-VA	56.20	59.70
7	Hoyos, Michael P	SR	William Byrd High School-VA	59.77	1:01.27
8	Garretson, Jeremiah	SR	Christiansburg High School-VA	1:00.92	1:02.15
9	Bayarmunkh, Temuun	SO	Cave Spring High School-VA	1:03.49	1:03.34
10	DeMelo, Bruno	SR	William Byrd High School-VA	1:02.88	1:03.59
11	Boling, Lucas	SR	Northside High School-VA	1:05.90	1:03.66
12	Winn, Gavin	FR	Christiansburg High School-VA	1:07.37	1:05.58
13	Lee, Matthew	JR	Lord Botetourt High School-VA	1:09.00	1:08.48
14	Zimmerman, Landon	JR	MagnaVista High School-VA	1:03.89	1:08.67
15	Holland, Miles	FR	Cave Spring High School-VA	1:07.98	1:09.23
16	Yates, Ethan	JR	Bassett High School-VA	1:03.82	1:10.38
17	Willis, Elijah	SR	Carroll County High School-VA	1:11.17	1:11.03
18	Wilson, Brayden	SR	MagnaVista High School-VA	1:20.66	1:12.05
19	Vinci, Aiden	FR	Hidden Valley High School-VA	1:13.05	1:13.38
20	Greever, Tanner	SO	Pulaski County High School-VA	1:19.81	1:15.27
21	Wheeler, Connor	JR	William Byrd High School-VA	1:12.36	1:15.43
22	Harris, Colby	SR	Staunton River High School-VA	1:15.76	1:16.98
23	Quesenberry, Kade	SO	Pulaski County High School-VA	1:17.25	1:20.99
24	Patel, Amar	SR	Hidden Valley High School-VA	1:17.25	1:21.02
25	Moncure, Daniel	FR	Pulaski County High School-VA	1:24.85	1:21.99
26	Smith, Sean	SO	Northside High School-VA	1:30.14	1:22.70
27	Medires, Daniel	SO	Abingdon High School-VA	1:25.40	1:23.05
28	Basham, Kent	JR	Lord Botetourt High School-VA	1:24.48	1:24.71
29	McClurre, Levi	SO	Northside High School-VA	2:07.45	2:14.12

Event 14 Girls 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Mizuba, Hannah	JR	Lord Botetourt High School-VA	54.20	53.72
2	Gorby, Tessa	JR	Cave Spring High School-VA	55.63	53.81
3	Spurlock, Avery	SO	Cave Spring High School-VA	57.50	57.31
4	Cooper, Amelia C	FR	Cave Spring High School-VA	59.79	57.56
5	Nicely, Olivia	SO	Lord Botetourt High School-VA	1:01.14	59.22
6	Smith, Maggie	SR	Abingdon High School-VA	1:00.85	59.62
7	Kadela, Kate	FR	Hidden Valley High School-VA	1:04.58	1:00.39
8	Byrnes, Jia	SO	Hidden Valley High School-VA	1:00.66	1:00.48
9	Sofi, Alishba	FR	Hidden Valley High School-VA	1:06.00	1:02.72
10	Thompson, Maya	SO	Cave Spring High School-VA	1:05.46	1:04.11
11	Steiner, Madison	SO	Christiansburg High School-VA	1:05.80	1:04.25
12	Speed, Eleanor	SO	Pulaski County High School-VA	1:08.91	1:05.04
13	Haga, Katherine	FR	MagnaVista High School-VA	1:06.95	1:06.96
14	Sanchez, Isabella	SR	Lord Botetourt High School-VA	1:09.06	1:08.12
15	Hamblin, Charlie	FR	Pulaski County High School-VA	1:12.12	1:08.61
16	Kasmer, Ruby	SR	Hidden Valley High School-VA	1:09.59	1:11.36
17	Collins, Addison	FR	William Byrd High School-VA	1:12.05	1:15.09
18	Hairston-France, Myssia	SO	MagnaVista High School-VA	1:21.59	1:16.05
19	Coley, Kaitlyn	JR	Staunton River High School-VA	1:15.83	1:16.51

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****(Event 14 Girls 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
20	King, Tristyn	JR	Lord Botetourt High School-VA	1:15.33	1:16.57
21	Lawson, Breanna	JR	Bassett High School-VA	1:19.38	1:17.71
22	Greever, Laken	SR	Pulaski County High School-VA	1:26.12	1:18.70
23	Amos, Nicole	SR	Christiansburg High School-VA	1:18.99	1:20.30
24	Smith, Karmen	JR	Carroll County High School-VA	1:20.98	1:21.26
25	Gee, Chole	FR	Northside High School-VA	1:19.52	1:22.67
26	Underwood, Camille	SR	MagnaVista High School-VA	1:19.94	1:23.54
27	Forsyth, Amelia	FR	Carroll County High School-VA	1:25.13	1:23.74
28	Martin, Myah	SR	Staunton River High School-VA	1:21.60	1:24.69
29	Taylor, Josie	JR	William Byrd High School-VA	1:20.89	1:24.75
30	Manning, Maggie	FR	Carroll County High School-VA	1:33.29	1:24.97
31	Dalton, Savannah	JR	Carroll County High School-VA	1:26.29	1:25.75
32	Kirby, Caroline	SR	MagnaVista High School-VA	1:24.27	1:25.84
33	Greer, Breanna	SR	Bassett High School-VA	1:32.35	1:26.44
34	Ballif, Annabelle	JR	Northside High School-VA	1:27.89	1:28.55
35	Hale, Cobe	FR	Christiansburg High School-VA	1:26.10	1:29.30
36	Easter, Caitlyn	FR	Pulaski County High School-VA	1:33.84	1:33.51
37	Etheridge, Skylar	SO	Northside High School-VA	1:30.15	1:34.87
38	Heukel, Danica	SO	Abingdon High School-VA	1:42.25	1:39.58
39	Lane, Lauren	JR	Christiansburg High School-VA	2:07.28	2:04.18
---	Price, Alona	JR	Abingdon High School-VA	1:45.34	DQ

Event 15 Boys 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Votta, Robert	SR	Cave Spring High School-VA	4:51.52	4:53.96
2	Dalton, Bradley	SO	Carroll County High School-VA	5:43.70	5:32.70
3	Parrish, Brody M	FR	William Byrd High School-VA	5:55.56	5:54.70
4	Gallagher, Demetrius	JR	Christiansburg High School-VA	6:43.90	6:35.13
5	Brislin, Drew	JR	Hidden Valley High School-VA	7:03.93	7:00.11
6	Rozenboom, Johnathan	JR	William Byrd High School-VA	7:17.31	7:14.94
7	Selvaggi, Ralph	FR	Abingdon High School-VA	7:37.54	7:30.23
8	Hart, Avery	SR	Carroll County High School-VA	8:53.24	8:51.58
9	Berrier, Britt	JR	Carroll County High School-VA	8:10.19	9:04.57

Event 16 Girls 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Murtaugh, Lindsay E	SO	William Byrd High School-VA	5:27.10	5:15.31
2	Sanford, Anna M	JR	Christiansburg High School-VA	5:38.19	5:24.16
3	Durbin, Kathryn	SO	Christiansburg High School-VA	5:31.41	5:25.32
4	Gorby, Lila	FR	Cave Spring High School-VA	5:32.72	5:29.92
5	Misicko, Julia	FR	Lord Botetourt High School-VA	5:42.46	5:50.98
6	Davis, Morgan	SO	Cave Spring High School-VA	6:07.89	5:52.13
7	Romeo, Gabrielle	SO	William Byrd High School-VA	6:22.40	6:23.22
8	Wright, Grace	FR	Christiansburg High School-VA	6:48.27	6:30.76
9	Jarrett, Kate K	FR	MagnaVista High School-VA	6:39.08	6:41.92
10	Johnston, Ella	SR	Lord Botetourt High School-VA	6:49.71	6:46.96
11	Hamblin, Josie	SO	Pulaski County High School-VA	6:52.76	6:46.98
12	Murray, Lauren	SR	Hidden Valley High School-VA	6:47.02	7:09.16
13	Taylor, Madison	SO	Christiansburg High School-VA	7:08.95	7:11.33
14	Wrenn, Leeanne	SR	Hidden Valley High School-VA	7:29.49	7:27.38
15	Shupe, Bailey	FR	Carroll County High School-VA	7:55.35	7:39.24

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****Event 17 Boys 200 Yard Freestyle Relay**

Team	Relay	Seed Time	Finals Time
1 Cave Spring High School-VA	A	1:39.48	1:40.73
2 William Byrd High School-VA	A	1:42.37	1:42.95
3 Christiansburg High School-VA	A	1:44.44	1:49.90
4 Abingdon High School-VA	A	1:58.18	1:51.64
5 Hidden Valley High School-VA	A	1:37.91	1:59.27
6 Lord Botetourt High School-VA	A	2:00.23	2:00.09
7 Carroll County High School-VA	A	2:10.99	2:03.84
8 MagnaVista High School-VA	A	2:02.50	2:07.42
9 Northside High School-VA	A	2:35.44	2:30.69

Event 18 Girls 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Cave Spring High School-VA	A	1:42.04	1:39.81
2 Hidden Valley High School-VA	A	1:51.46	1:49.50
3 Christiansburg High School-VA	A	1:55.15	1:50.12
4 William Byrd High School-VA	A	1:59.27	1:56.29
5 Lord Botetourt High School-VA	A	2:00.37	1:56.30
6 Pulaski County High School-VA	A	2:06.12	2:02.17
7 MagnaVista High School-VA	A	2:09.68	2:08.20
8 Abingdon High School-VA	A	2:20.89	2:20.09
9 Carroll County High School-VA	A	2:22.93	2:32.43
10 Bassett High School-VA	A	2:21.17	2:33.08

Event 19 Boys 100 Yard Backstroke

Name	Yr	School	Seed Time	Finals Time
1 Hagadorn, Caleb	SR	Hidden Valley High School-VA	51.98	51.58
2 Kovacevic, Cole	SR	William Byrd High School-VA	1:06.80	1:07.21
3 Luckie, Elisha	SO	Northside High School-VA	1:16.32	1:12.09
4 Gallagher, Marcus	JR	Christiansburg High School-VA	1:16.32	1:13.88
5 Diaz Espinoza, Santiago	FR	Christiansburg High School-VA	1:08.40	1:15.05
6 Hurd, Christopher	FR	William Byrd High School-VA	1:13.38	1:16.80
7 Bolling, Christian	FR	Hidden Valley High School-VA	1:18.97	1:18.86
8 Wells, Dallas	SR	Christiansburg High School-VA	1:28.67	1:32.20
9 Holdren, Landon	JR	Staunton River High School-VA	1:41.44	1:43.82
--- Frederickson, Noah	FR	Lord Botetourt High School-VA	1:25.81	DQ
--- Nichols, Sydney	FR	William Byrd High School-VA	1:40.78	DQ
--- Ogle, Wyatt	SO	Carroll County High School-VA	1:02.72	DQ

Event 20 Girls 100 Yard Backstroke

Name	Yr	School	Seed Time	Finals Time
1 Jones, Layne	SR	Lord Botetourt High School-VA	58.19	57.41
2 Lusk, Zoey M	SR	Cave Spring High School-VA	1:01.34	59.88
3 Gorby, Lila	FR	Cave Spring High School-VA	1:03.13	1:00.35
4 Sylvester'Johnson, Jillian B	SO	Cave Spring High School-VA	1:02.33	1:02.62
5 Kadela, Ann Elise	JR	Hidden Valley High School-VA	1:07.11	1:04.41
6 Sofi, Alishba	FR	Hidden Valley High School-VA	1:12.94	1:09.37
7 Hagadorn, Kaylee	SR	Hidden Valley High School-VA	1:10.11	1:09.88
8 Meadows, Emma F	FR	Cave Spring High School-VA	1:16.04	1:15.02
9 Weaver, Addy	FR	Hidden Valley High School-VA	1:15.58	1:15.13
10 Brown, Kaitlyn	SO	Christiansburg High School-VA	1:17.28	1:16.42
11 Frederickson, Sarah	JR	Lord Botetourt High School-VA	1:17.20	1:16.58
12 Haga, Katherine	FR	MagnaVista High School-VA	1:19.51	1:18.34

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****(Event 20 Girls 100 Yard Backstroke)**

	Name	Yr	School	Seed Time	Finals Time
13	Pippin, Mia	FR	William Byrd High School-VA	1:23.53	1:24.95
14	Bishop, Sam	SR	Lord Botetourt High School-VA	1:21.92	1:27.45
15	Whitlow, Emily	SO	Bassett High School-VA	1:30.31	1:28.02
16	Amos, Nicole	SR	Christiansburg High School-VA	1:28.81	1:28.25
17	Feit, Ava	SR	Christiansburg High School-VA	1:23.72	1:29.64
18	Dolan, Hope	FR	Staunton River High School-VA	1:28.95	1:29.83
19	Lawson, Breanna	JR	Bassett High School-VA	1:32.02	1:30.97
20	Barr, Elizabeth	SR	Carroll County High School-VA	1:36.81	1:34.59
21	Collins, Addison	FR	William Byrd High School-VA	1:31.78	1:35.43
22	Dalton, Savannah	JR	Carroll County High School-VA	1:39.46	1:43.23
23	Knouse, Caroline	JR	Bassett High School-VA	NT	1:46.31
24	Taylor, Josie	JR	William Byrd High School-VA	1:39.24	1:51.86
25	Widner, Chloe	FR	Abingdon High School-VA	2:07.43	1:52.48
26	Lane, Lauren	JR	Christiansburg High School-VA	2:03.71	2:05.88
---	Haas, Julia	JR	Staunton River High School-VA	1:38.70	DQ
---	Cooley, Madeline	SO	Bassett High School-VA	NT	DQ

Event 21 Boys 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Allran, Colton S	JR	Cave Spring High School-VA	1:02.74	1:05.72
2	Mizuba, Max	FR	Lord Botetourt High School-VA	1:09.01	1:06.73
3	Copening, Evan	JR	William Byrd High School-VA	1:12.16	1:10.42
4	Batista, Samuel	SR	Hidden Valley High School-VA	1:13.22	1:11.43
5	Woodford, Bryce	FR	Staunton River High School-VA	1:08.75	1:12.03
6	Goad, Nathan	SO	Bassett High School-VA	1:19.57	1:20.00
7	Schutt, Keith	SO	William Byrd High School-VA	1:23.78	1:23.43
8	Winn, Gavin	FR	Christiansburg High School-VA	1:23.86	1:23.75
9	DeHaven, Camden	SO	Carroll County High School-VA	1:25.24	1:27.90
10	Gill, Colby	SO	Pulaski County High School-VA	1:30.12	1:30.19
11	Walters, Kenton	FR	Hidden Valley High School-VA	1:29.79	1:33.36
12	Young, Matthew	FR	Cave Spring High School-VA	1:37.68	1:33.96
13	Zimmerman, Landon	JR	MagnaVista High School-VA	1:28.71	1:34.27
14	Taylor, Andrew	SO	Carroll County High School-VA	1:39.35	1:37.84
---	Shu, Sam	SR	Abingdon High School-VA	1:15.22	DQ

Event 22 Girls 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Zeff, Viktoria	SO	Christiansburg High School-VA	1:15.36	1:12.79
2	Wohlford, Emma T	JR	Cave Spring High School-VA	1:19.83	1:17.19
3	Byrnes, Jia	SO	Hidden Valley High School-VA	1:18.39	1:18.19
4	Kadela, Kate	FR	Hidden Valley High School-VA	1:22.33	1:18.73
5	Conforti, Sophia	JR	Hidden Valley High School-VA	1:22.22	1:21.75
6	Thompson, Maya	SO	Cave Spring High School-VA	1:25.83	1:25.54
7	Jones, Cary	SO	William Byrd High School-VA	1:26.95	1:26.99
8	Kullos, Katie	SR	Pulaski County High School-VA	1:27.12	1:27.99
9	Harris, Anna	JR	Lord Botetourt High School-VA	1:28.63	1:28.43
10	Nguyen, Kathy	SR	Hidden Valley High School-VA	1:32.97	1:32.94
11	Grieme, Lauren	SO	Cave Spring High School-VA	1:36.66	1:35.33
12	Holland, Ellyott	JR	Cave Spring High School-VA	1:38.47	1:41.34
13	Kincer, Addi	SO	William Byrd High School-VA	1:39.72	1:41.39
14	Bailey, Savannah	SR	Staunton River High School-VA	1:40.00	1:42.06
15	Dempsey, Molly	SR	Christiansburg High School-VA	1:39.94	1:43.11

2024 Region 3D Swimming & Diving Championship - 2/5/2024 to 2/6/2024**Results - 2024 Region 3D Swimming****(Event 22 Girls 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
16	DeMelo, Bianca	SO	William Byrd High School-VA	1:49.45	1:45.25
17	Forestier, Diem	FR	MagnaVista High School-VA	1:56.30	1:52.37
18	Speed, Mia	SR	Pulaski County High School-VA	1:51.46	1:54.33
19	Manning, Maggie	FR	Carroll County High School-VA	1:52.45	1:56.95
---	Campbell, Sarah	SO	Bassett High School-VA	1:48.90	DQ

Event 23 Boys 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Hidden Valley High School-VA	A	3:48.45	3:36.58
2	Carroll County High School-VA	A	3:52.44	3:45.25
3	Cave Spring High School-VA	A	3:49.43	3:50.49
4	William Byrd High School-VA	A	3:51.76	3:56.05
5	Staunton River High School-VA	A	4:11.17	4:15.00
6	Christiansburg High School-VA	A	3:58.80	4:20.73
7	Abingdon High School-VA	A	4:33.09	4:33.80

Event 24 Girls 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Cave Spring High School-VA	A	3:52.50	3:45.62
2	Lord Botetourt High School-VA	A	3:54.43	3:53.99
3	Christiansburg High School-VA	A	4:12.27	4:02.03
4	Hidden Valley High School-VA	A	4:11.45	4:11.58
5	Staunton River High School-VA	A	5:16.65	5:15.20
6	William Byrd High School-VA	A	4:30.57	5:24.62
7	Abingdon High School-VA	A	5:35.04	5:25.85
8	Carroll County High School-VA	A	5:28.99	5:45.52