

2025 Cardinal District Championship - 1/30/2025 to 2/1/2025**Results - Swimming****Event 1 Boys 200 Yard Medley Relay**

	Team	Relay	Seed Time	Finals Time
1	Colgan High School-VA	A	1:33.64	1:36.41
2	Woodbridge Senior High School-V	A	1:40.48	1:37.59
3	Forest Park High School-VA	A	1:40.55	1:42.33
4	Hylton HS Swim Team-VA	A	1:56.59	2:01.57
---	Gar-Field High School-VA	A	2:13.82	DQ

Event 2 Girls 200 Yard Medley Relay

	Team	Relay	Seed Time	Finals Time
1	Colgan High School-VA	A	1:48.88	1:50.80
2	Forest Park High School-VA	A	1:56.19	1:56.07
3	Woodbridge Senior High School-V	A	2:04.33	1:59.74
4	Hylton HS Swim Team-VA	A	2:10.29	2:12.35
5	Gar-Field High School-VA	A	3:16.99	3:05.90

Event 3 Boys 200 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Lingafelt, Sean M	SR	Colgan High School-VA	1:44.71	1:45.78
2	Parkzes, Mason	SR	Forest Park High School-VA	1:46.20	1:47.32
3	Amatori, Davide	JR	Hylton HS Swim Team-VA	1:52.14	1:47.57
4	Sobecke, Ryan	FR	Forest Park High School-VA	1:53.29	1:50.64
5	Gardiner, Logan J		Woodbridge Senior High School-VA	1:55.44	1:51.23
6	Bussenger, Ryan	JR	Forest Park High School-VA	1:52.36	1:52.81
7	Roeske, Logan D	SR	Colgan High School-VA	1:54.55	1:53.02
8	Gold, Josh	JR	Colgan High School-VA	1:52.52	1:53.75
9	Grendysz, Carter D		Woodbridge Senior High School-VA	1:56.94	1:54.36
10	Ahmad, Rehan	SO	Forest Park High School-VA	1:54.76	1:57.70
11	Ludwick, Parker E		Woodbridge Senior High School-VA	2:08.06	2:02.90
12	Love, Aiden E	SR	Colgan High School-VA	2:03.06	2:04.29
13	Wong, Alex G		Woodbridge Senior High School-VA	2:04.50	2:05.71
14	Bush, Varian	SO	Gar-Field High School-VA	2:23.03	2:24.27
15	Eldredge, Bryce	JR	Hylton HS Swim Team-VA	2:55.99	2:53.32

Event 4 Girls 200 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Earhart, Haylee	JR	Forest Park High School-VA	2:05.05	2:03.94
2	Hennessy, Jillian C	JR	Colgan High School-VA	2:16.00	2:06.60
3	Mumley, Reese	FR	Forest Park High School-VA	2:05.97	2:06.67
4	Saha, Adritaa		Woodbridge Senior High School-VA	2:23.27	2:11.33
5	Fetchko, Anna G	JR	Colgan High School-VA	2:18.80	2:12.22
6	McMillan, Ava M	JR	Colgan High School-VA	2:16.01	2:18.71
7	Stenger, Ruby	SO	Forest Park High School-VA	2:19.43	2:20.46
8	Sindt, Madeline G		Woodbridge Senior High School-VA	2:31.12	2:20.48
9	Baerga, Ashley M	SO	Colgan High School-VA	2:21.97	2:20.58
10	Gondek, Zoey	SO	Forest Park High School-VA	2:29.28	2:23.94
11	Feindt, Morgan K		Woodbridge Senior High School-VA	2:29.41	2:25.81
12	Brasov, Elisabeth	FR	Hylton HS Swim Team-VA	2:36.38	2:36.93
13	St. Louis, Ginger	SO	Hylton HS Swim Team-VA	2:44.19	2:46.87
14	Tallent-Fox, Paige	FR	Hylton HS Swim Team-VA	2:59.82	3:06.78
15	Lee, Ryleigh	JR	Potomac Senior High School-VA	NT	3:07.13
16	Evangelista, Gieshai D		Woodbridge Senior High School-VA	3:30.28	3:24.17
17	Lopez, Violet	SO	Gar-Field High School-VA	3:10.32	3:39.63

2025 Cardinal District Championship - 1/30/2025 to 2/1/2025**Results - Swimming****Event 5 Boys 200 Yard IM**

	Name	Yr	School	Seed Time	Finals Time
1	Jensen, Matt D	SR	Colgan High School-VA	2:10.04	2:01.24
2	White, Donovan C		Woodbridge Senior High School-VA	NT	2:02.84
3	Nunes Fuller, Mateus	FR	Colgan High School-VA	2:07.38	2:03.69
4	Deshmukh, Ayaan	JR	Forest Park High School-VA	2:02.54	2:04.76
5	Pindle, Christian	FR	Forest Park High School-VA	2:11.32	2:09.77
6	Ghosh, Aayush	SR	Colgan High School-VA	2:07.58	2:11.22
7	Viggiani, James J	FR	Colgan High School-VA	2:12.65	2:11.45
8	Haslem, Bryce	SO	Forest Park High School-VA	2:12.15	2:14.75
9	Orndorff, Parker	SO	Forest Park High School-VA	2:15.88	2:14.95
10	Kitta, Alex J		Woodbridge Senior High School-VA	2:23.36	2:16.16
11	Foster, Payton W		Woodbridge Senior High School-VA	2:23.06	2:22.91
12	Mihalovich, Mark	JR	Hylton HS Swim Team-VA	2:46.96	2:47.58
---	Makin, Matthew J		Woodbridge Senior High School-VA	2:09.41	DQ

Event 6 Girls 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Sistrunk, Hanah	SR	Colgan High School-VA	2:03.67	2:07.39
2	Harper, Grace E		Woodbridge Senior High School-VA	2:19.91	2:17.46
3	Oliver, Sarah	SR	Forest Park High School-VA	2:24.21	2:20.93
4	DeNard, Riley C	SR	Forest Park High School-VA	2:21.98	2:21.35
5	Lingafelt, Kara P	SO	Colgan High School-VA	2:26.15	2:23.37
6	Hudisteanu, Diana L		Woodbridge Senior High School-VA	2:34.22	2:28.39
7	Cook, Kristina M	JR	Colgan High School-VA	2:31.97	2:30.12
8	Vasquez, Maya S	SO	Forest Park High School-VA	2:36.12	2:32.26
9	Norman, Isabelle G		Woodbridge Senior High School-VA	2:47.31	2:33.39
10	Abrams, Sky Lynn H	FR	Colgan High School-VA	2:34.00	2:34.26
11	Matthes, Hannah	JR	Hylton HS Swim Team-VA	2:44.44	2:43.30
12	Kuhns, Kate E		Woodbridge Senior High School-VA	2:50.53	2:45.91
13	Philips, Kaley	JR	Forest Park High School-VA	2:54.61	2:54.87
14	Hastleton, Audrey	FR	Hylton HS Swim Team-VA	3:07.50	3:03.79

Event 7 Boys 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Lattanzi, Jacob	SR	Forest Park High School-VA	21.78	21.82
2	Utley, Michael T	JR	Colgan High School-VA	22.15	22.20
3	Cioletti, Robert G	SR	Colgan High School-VA	22.78	22.34
4	Fisher, Adam L		Woodbridge Senior High School-VA	22.62	22.73
5	Ward, Evan	JR	Colgan High School-VA	22.97	22.90
6	Murphy, Colin	JR	Forest Park High School-VA	23.52	23.03
7	Evans, Caleb		Woodbridge Senior High School-VA	23.57	23.15
8	Green, Ayden	JR	Forest Park High School-VA	22.98	23.43
9	Carver, Khalil D	SO	Colgan High School-VA	23.89	24.05
10	Doyle, Braden	JR	Forest Park High School-VA	24.98	24.51
11	Vanegas Neira, Alejandro	SR	Hylton HS Swim Team-VA	29.40	27.76
12	Lopez-Medrano, Daniel	SR	Gar-Field High School-VA	29.39	28.93
13	Tolin, Jimmy		Woodbridge Senior High School-VA	29.54	29.63
14	Chapman, Logan	FR	Potomac Senior High School-VA	31.72	32.48
15	Helms, Marquis	JR	Gar-Field High School-VA	32.82	33.03
16	Diaz Rojas, Samuel	SO	Potomac Senior High School-VA	33.59	33.27
17	Mihalovich, Simon	FR	Hylton HS Swim Team-VA	32.89	34.15
18	Bui, Nguyen	SO	Hylton HS Swim Team-VA	39.29	35.29

2025 Cardinal District Championship - 1/30/2025 to 2/1/2025**Results - Swimming****(Event 7 Boys 50 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
19	Miller, Ezekhiel	SR	Hylton HS Swim Team-VA	37.44	38.12
20	Edwards, Amani	SR	Potomac Senior High School-VA	29.81	39.56

Event 8 Girls 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Evans, Juliana	SO	Colgan High School-VA	24.94	24.69
2	Robinette, Ally	SR	Forest Park High School-VA	25.48	25.04
3	Linton, Peyton B	FR	Colgan High School-VA	25.36	25.38
4	Grocholski, Alaina	SR	Colgan High School-VA	26.20	26.01
5	Boyce, Ahna	SO	Hylton HS Swim Team-VA	26.51	26.07
6	Stabler, Ainsley	SR	Hylton HS Swim Team-VA	26.35	26.97
7	Johnson, Cori	SR	Forest Park High School-VA	28.86	27.11
8	Matory, Alessia		Woodbridge Senior High School-VA	27.95	27.31
9	Reichert, Sarah-Joy	SR	Forest Park High School-VA	27.54	27.73
10	Windmiller, Lexi J		Woodbridge Senior High School-VA	27.40	27.90
11	Matthews, Kayden E	SR	Colgan High School-VA	27.05	27.98
12	Turner, Kayden	SO	Forest Park High School-VA	27.70	28.19
13	Le, Emily	FR	Potomac Senior High School-VA	29.84	29.34
14	Burns, Madelynn	SO	Hylton HS Swim Team-VA	NT	30.80
15	Haddock, Kathryn G		Woodbridge Senior High School-VA	30.85	30.86
16	Walters, Lilly K		Woodbridge Senior High School-VA	30.49	31.23
17	Crespo, Ali	JR	Gar-Field High School-VA	32.92	33.37
18	Wells, Devyn	SO	Potomac Senior High School-VA	36.98	35.21
19	Reyes, Alexa	SO	Hylton HS Swim Team-VA	34.06	35.77
20	Carvajal Villegas, Silas	SR	Potomac Senior High School-VA	34.97	39.54
21	Orellana Cabrera, Karen	JR	Gar-Field High School-VA	39.59	40.27
22	Kerns, Taylor	FR	Potomac Senior High School-VA	47.35	44.41
23	Orellana Rodriguez, Ana	SR	Gar-Field High School-VA	44.81	44.42
24	Carcamo, Jessly	SO	Gar-Field High School-VA	57.40	56.53

Event 11 Boys 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Grendysz, Aiden C		Woodbridge Senior High School-VA	49.84	50.44
2	Lingafelt, Sean M	SR	Colgan High School-VA	50.78	52.65
3	Amatori, Davide	JR	Hylton HS Swim Team-VA	54.51	53.24
4	Makin, Matthew J		Woodbridge Senior High School-VA	55.80	55.12
5	Lattanzi, Jacob	SR	Forest Park High School-VA	54.58	55.38
6	Sullivan, Quinn T		Woodbridge Senior High School-VA	56.51	55.59
7	Ghosh, Aayush	SR	Colgan High School-VA	55.77	55.76
8	Ward, Evan	JR	Colgan High School-VA	55.27	56.60
9	Green, Ayden	JR	Forest Park High School-VA	55.83	58.82
10	Arredondo, Leo A	FR	Colgan High School-VA	57.61	59.29
11	Knott, Grayson	SO	Forest Park High School-VA	1:01.93	1:01.98
12	Soucy, Benjamin J		Woodbridge Senior High School-VA	1:02.72	1:02.53
13	Arias, Fernando	JR	Forest Park High School-VA	1:05.64	1:06.27
14	Siemiet, Riley	JR	Hylton HS Swim Team-VA	1:09.12	1:09.53
15	Sigman, Connor	JR	Gar-Field High School-VA	1:08.51	1:09.61

Event 12 Girls 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Hawver, Gabby	SO	Colgan High School-VA	57.65	56.53
2	Oliver, Olivia	JR	Forest Park High School-VA	1:00.88	1:00.61

2025 Cardinal District Championship - 1/30/2025 to 2/1/2025**Results - Swimming****(Event 12 Girls 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time
3	Hennessy, Jillian C	JR	Colgan High School-VA	1:03.85	1:03.13
4	Mumley, Reese	FR	Forest Park High School-VA	1:03.04	1:03.23
5	Manko, Valentina L		Woodbridge Senior High School-VA	1:04.41	1:04.02
6	Boyce, Ahna	SO	Hylton HS Swim Team-VA	1:06.16	1:05.19
7	Reichert, Sarah-Joy	SR	Forest Park High School-VA	1:09.22	1:07.96
8	Bukarau, Lenikali	FR	Potomac Senior High School-VA	1:07.41	1:09.44
9	Saha, Adritaa		Woodbridge Senior High School-VA	1:08.97	1:10.52
10	Varner, Cameron	SO	Colgan High School-VA	1:09.15	1:11.41
11	Baerga, Ashley M	SO	Colgan High School-VA	1:15.16	1:17.78
12	Chen, Angie	FR	Forest Park High School-VA	1:25.22	1:20.05
13	Hickling, Miranda		Woodbridge Senior High School-VA	1:37.30	1:33.11
14	Kegler, Audrianna L		Woodbridge Senior High School-VA	2:45.69	1:58.74

Event 13 Boys 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Jensen, Matt D	SR	Colgan High School-VA	46.80	47.53
2	Parkzes, Mason	SR	Forest Park High School-VA	47.60	48.37
3	Supon, Jack	SO	Colgan High School-VA	50.23	49.82
4	Utley, Michael T	JR	Colgan High School-VA	50.22	50.36
5	Gardiner, Logan J		Woodbridge Senior High School-VA	52.44	50.46
6	Sobecke, Ryan	FR	Forest Park High School-VA	51.31	51.21
7	Murphy, Colin	JR	Forest Park High School-VA	50.65	51.71
8	Bussenger, Ryan	JR	Forest Park High School-VA	51.79	52.52
9	Carver, Lane H	SO	Colgan High School-VA	54.64	53.77
10	Neher, Caleb		Woodbridge Senior High School-VA	59.01	56.96
11	Bush, Varian	SO	Gar-Field High School-VA	1:01.28	59.32
12	Manion, Jack T		Woodbridge Senior High School-VA	59.02	59.79
13	Causey, Justin	SR	Hylton HS Swim Team-VA	1:01.07	59.95
14	Montesino, Jayden	JR	Hylton HS Swim Team-VA	1:01.10	1:01.63
15	Gonzalez, Pablo		Woodbridge Senior High School-VA	1:14.26	1:01.73
16	Lopez-Medrano, Daniel	SR	Gar-Field High School-VA	1:02.33	1:10.38
17	Downey, Jacob	FR	Gar-Field High School-VA	1:13.59	1:13.92
18	Bui, Nguyen	SO	Hylton HS Swim Team-VA	1:30.03	1:21.91
19	Helms, Marquis	JR	Gar-Field High School-VA	1:18.53	1:23.63

Event 14 Girls 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Evans, Juliana	SO	Colgan High School-VA	55.86	53.71
2	Robinette, Ally	SR	Forest Park High School-VA	57.02	53.98
3	Linton, Peyton B	FR	Colgan High School-VA	57.37	56.56
4	Grocholski, Alaina	SR	Colgan High School-VA	58.29	57.24
5	Johnson, Cori	SR	Forest Park High School-VA	1:05.96	1:01.01
6	Matthews, Kayden E	SR	Colgan High School-VA	1:03.00	1:03.99
7	Hulett, Kelsey	SR	Forest Park High School-VA	1:06.46	1:04.42
8	Matthes, Hannah	JR	Hylton HS Swim Team-VA	1:06.09	1:05.46
9	Le, Emily	FR	Potomac Senior High School-VA	1:05.95	1:05.61
10	Brasov, Juliette	FR	Hylton HS Swim Team-VA	1:08.50	1:06.78
11	Carrasco, Scarlett	SR	Forest Park High School-VA	1:07.32	1:07.39
12	Burns, Madelynn	SO	Hylton HS Swim Team-VA	1:08.57	1:08.02
13	Haddock, Kathryn G		Woodbridge Senior High School-VA	1:10.95	1:09.24
14	Kahak, Allison J		Woodbridge Senior High School-VA	1:11.62	1:09.96
15	Castillo, Camila		Woodbridge Senior High School-VA	1:11.85	1:11.15

2025 Cardinal District Championship - 1/30/2025 to 2/1/2025**Results - Swimming****(Event 14 Girls 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
16	Bisase, Lyra P		Woodbridge Senior High School-VA	1:17.99	1:13.91
17	Kougueng, Malaika	JR	Potomac Senior High School-VA	1:17.98	1:17.76
18	Lee, Ryleigh	JR	Potomac Senior High School-VA	1:22.81	1:25.19
19	Vaca Cespedes, Naomi	SR	Gar-Field High School-VA	1:26.34	1:27.96
20	Diaz, Jazlene	SO	Hylton HS Swim Team-VA	1:25.67	1:29.37
21	Orellana Cabrera, Karen	JR	Gar-Field High School-VA	1:35.50	1:32.03
22	Lopez, Violet	SO	Gar-Field High School-VA	1:46.25	1:39.71

Event 15 Boys 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Grocholski, Alex	JR	Colgan High School-VA	4:27.99	4:39.69
2	Avelis, Theo P	SR	Forest Park High School-VA	5:01.01	5:01.48
3	Gold, Josh	JR	Colgan High School-VA	5:05.34	5:05.99
4	Grendysz, Carter D		Woodbridge Senior High School-VA	5:02.75	5:10.29
5	Roeske, Logan D	SR	Colgan High School-VA	5:15.80	5:10.55
6	Giovinazzo, Dominick	JR	Forest Park High School-VA	5:18.23	5:20.27
7	Kitta, Alex J		Woodbridge Senior High School-VA	5:53.25	5:38.76
8	Cala, Philip T		Woodbridge Senior High School-VA	6:19.36	5:39.30
9	Hutchison, Thomas E		Woodbridge Senior High School-VA	6:11.86	5:47.68
10	Carver, Wylde S	SO	Colgan High School-VA	6:03.35	6:09.63
11	Le, Ethan	SR	Forest Park High School-VA	6:25.67	6:18.09
12	Smith, Anthony	JR	Forest Park High School-VA	6:17.42	6:21.66
13	Mihalovich, Mark	JR	Hylton HS Swim Team-VA	7:06.14	7:10.24
14	Vanegas Neira, Alejandro	SR	Hylton HS Swim Team-VA	7:29.49	7:50.14

Event 16 Girls 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Sistrunk, Hanah	SR	Colgan High School-VA	5:00.05	5:02.63
2	Velarde Maynard, Matilda	FR	Colgan High School-VA	5:27.08	5:17.42
3	Harper, Grace E		Woodbridge Senior High School-VA	5:26.67	5:26.54
4	Earhart, Haylee	JR	Forest Park High School-VA	5:39.88	5:38.11
5	Rossi, Madelyn E	FR	Colgan High School-VA	5:49.73	5:52.79
6	Cook, Kristina M	JR	Colgan High School-VA	5:57.19	6:05.25
7	Gondek, Zoey	SO	Forest Park High School-VA	6:20.43	6:26.55
8	Sindt, Madeline G		Woodbridge Senior High School-VA	6:08.62	6:39.03
9	Turner, Kayden	SO	Forest Park High School-VA	6:41.49	6:40.11
10	Philips, Kaley	JR	Forest Park High School-VA	6:42.26	6:40.65
11	Burgos Flores, Lisney Y		Woodbridge Senior High School-VA	7:10.74	7:10.63
12	Ferrufino, Catalina B		Woodbridge Senior High School-VA	7:56.39	7:44.60
13	Tallent-Fox, Paige	FR	Hylton HS Swim Team-VA	8:09.40	8:33.28

Event 17 Boys 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Colgan High School-VA	A	1:27.77	1:26.77
2	Woodbridge Senior High School-VA	A	1:30.77	1:28.51
3	Forest Park High School-VA	A	1:28.47	1:28.67
4	Hylton HS Swim Team-VA	A	1:42.31	1:44.39
5	Gar-Field High School-VA	A	1:55.47	1:54.90

Event 18 Girls 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Forest Park High School-VA	A	1:44.83	1:42.57
2	Colgan High School-VA	A	1:41.85	1:43.81

2025 Cardinal District Championship - 1/30/2025 to 2/1/2025**Results - Swimming****(Event 18 Girls 200 Yard Freestyle Relay)**

	Team	Relay	Seed Time	Finals Time
3	Woodbridge Senior High School-V	A	1:50.10	1:46.63
4	Hylton HS Swim Team-VA	A	1:56.02	1:54.74
5	Gar-Field High School-VA	A	2:37.47	2:32.10

Event 19 Boys 100 Yard Backstroke

	Name	Yr	School	Seed Time	Finals Time
1	Nunes Fuller, Mateus	FR	Colgan High School-VA	52.31	53.06
2	Deshmukh, Ayaan	JR	Forest Park High School-VA	53.88	54.69
3	Arredondo, Leo A	FR	Colgan High School-VA	55.95	55.14
4	Supon, Jack	SO	Colgan High School-VA	55.97	56.19
5	Mussie, Sam		Woodbridge Senior High School-VA	57.82	56.43
6	Giovinazzo, Dominick	JR	Forest Park High School-VA	59.19	58.41
7	Lopez, Matthew		Woodbridge Senior High School-VA	1:02.51	59.12
8	Viggiani, James J	FR	Colgan High School-VA	59.95	59.46
9	Orndorff, Parker	SO	Forest Park High School-VA	59.55	59.51
10	Dawit, Jonathan	FR	Forest Park High School-VA	1:07.80	1:04.42
11	Siemiet, Riley	JR	Hylton HS Swim Team-VA	1:09.88	1:10.53
12	Sigman, Connor	JR	Gar-Field High School-VA	1:13.25	1:10.90
13	Manion, Jack T		Woodbridge Senior High School-VA	1:17.71	1:16.91
14	Wright, Connor D		Woodbridge Senior High School-VA	1:23.42	1:19.29
15	Mihalovich, Simon	FR	Hylton HS Swim Team-VA	1:29.66	1:23.66

Event 20 Girls 100 Yard Backstroke

	Name	Yr	School	Seed Time	Finals Time
1	Oliver, Olivia	JR	Forest Park High School-VA	1:01.48	1:00.32
2	Velarde Maynard, Matilda	FR	Colgan High School-VA	1:01.24	1:01.87
3	Bukarau, Lenikali	FR	Potomac Senior High School-VA	1:08.38	1:06.93
4	Lingafelt, Kara P	SO	Colgan High School-VA	1:08.28	1:07.14
5	Fetchko, Anna G	JR	Colgan High School-VA	1:08.08	1:07.15
6	Matory, Alessia		Woodbridge Senior High School-VA	1:12.55	1:08.35
7	Vasquez, Maya S	SO	Forest Park High School-VA	1:11.20	1:09.96
8	Rossi, Madelyn E	FR	Colgan High School-VA	1:13.33	1:10.51
9	Stabler, Ainsley	SR	Hylton HS Swim Team-VA	1:10.53	1:13.64
10	Stenger, Ruby	SO	Forest Park High School-VA	1:13.05	1:15.22
11	Mitolo, Sophie G		Woodbridge Senior High School-VA	1:18.72	1:17.09
12	Nowell-Shortt, Penny H		Woodbridge Senior High School-VA	1:28.70	1:20.54
13	Carrasco, Scarlett	SR	Forest Park High School-VA	1:22.44	1:21.28
14	Relihan, Eloise V		Woodbridge Senior High School-VA	1:27.99	1:21.84
15	Hastleton, Audrey	FR	Hylton HS Swim Team-VA	1:23.56	1:22.71
16	Kougueng, Malaika	JR	Potomac Senior High School-VA	1:32.27	1:27.41
17	Crespo, Ali	JR	Gar-Field High School-VA	1:34.70	1:28.44
18	Diaz, Jazlene	SO	Hylton HS Swim Team-VA	1:46.87	1:47.91
19	Vaca Cespedes, Naomi	SR	Gar-Field High School-VA	1:50.34	2:06.43
20	Orellana Rodriguez, Ana	SR	Gar-Field High School-VA	2:20.18	2:10.24
21	Carrillo, Jade		Freedom High School-VA	2:21.83	2:19.15
22	Carcamo, Jessly	SO	Gar-Field High School-VA	2:55.01	2:40.63

Event 21 Boys 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Grocholski, Alex	JR	Colgan High School-VA	56.62	57.32
2	White, Donovan C		Woodbridge Senior High School-VA	59.95	59.52
3	Grendysz, Aiden C		Woodbridge Senior High School-VA	1:00.38	1:00.28

2025 Cardinal District Championship - 1/30/2025 to 2/1/2025**Results - Swimming****(Event 21 Boys 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
4	Cioletti, Robert G	SR	Colgan High School-VA	1:02.93	1:00.76
5	Avelis, Theo P	SR	Forest Park High School-VA	1:03.76	1:03.27
6	Evans, Caleb		Woodbridge Senior High School-VA	1:07.82	1:04.65
7	Ahmad, Rehan	SO	Forest Park High School-VA	1:03.36	1:04.83
8	Pindle, Christian	FR	Forest Park High School-VA	1:08.00	1:05.20
9	Haslem, Bryce	SO	Forest Park High School-VA	1:07.17	1:07.53
10	Gayle, Josh	SR	Colgan High School-VA	1:10.47	1:09.96
11	Carver, Khalil D	SO	Colgan High School-VA	1:11.91	1:10.98
12	Montesino, Jayden	JR	Hylton HS Swim Team-VA	1:17.42	1:17.58
13	Evans, Isaiah M		Woodbridge Senior High School-VA	1:24.16	1:19.55
14	Causey, Justin	SR	Hylton HS Swim Team-VA	1:20.81	1:22.59
15	Eldredge, Bryce	JR	Hylton HS Swim Team-VA	1:40.01	1:25.19
16	Diaz Rojas, Samuel	SO	Potomac Senior High School-VA	1:42.09	1:38.11
17	Downey, Jacob	FR	Gar-Field High School-VA	1:39.13	1:42.25
18	Chapman, Logan	FR	Potomac Senior High School-VA	1:41.24	1:43.53

Event 22 Girls 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Hawver, Gabby	SO	Colgan High School-VA	1:05.24	1:07.00
2	Hudisteanu, Diana L		Woodbridge Senior High School-VA	1:14.00	1:12.14
3	DeNard, Riley C	SR	Forest Park High School-VA	1:14.11	1:13.38
4	Oliver, Sarah	SR	Forest Park High School-VA	1:18.75	1:17.59
5	Rowlison, Nia E	FR	Colgan High School-VA	1:22.16	1:17.72
6	Varner, Cameron	SO	Colgan High School-VA	1:16.94	1:18.36
7	Abrams, Sky Lynn H	FR	Colgan High School-VA	1:19.99	1:20.47
8	Feindt, Morgan K		Woodbridge Senior High School-VA	1:19.30	1:22.07
9	Brasov, Juliette	FR	Hylton HS Swim Team-VA	1:26.03	1:23.92
10	Gardiner, Olivia L		Woodbridge Senior High School-VA	1:27.51	1:25.33
11	Chen, Angie	FR	Forest Park High School-VA	1:27.85	1:26.01
12	Kuhns, Kate E		Woodbridge Senior High School-VA	1:27.23	1:27.24
13	Brasov, Elisabeth	FR	Hylton HS Swim Team-VA	1:27.48	1:29.06
14	Frigo, Emily	FR	Forest Park High School-VA	1:36.99	1:40.97
15	Wells, Devyn	SO	Potomac Senior High School-VA	1:45.03	1:43.59
16	Reyes, Alexa	SO	Hylton HS Swim Team-VA	1:52.58	1:51.45
17	Lin, Alex	JR	Gar-Field High School-VA	1:59.15	1:58.93

Event 23 Boys 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Forest Park High School-VA	A	3:23.31	3:18.08
2	Woodbridge Senior High School-VA	A	3:27.53	3:20.27
3	Colgan High School-VA	A	3:10.40	3:21.11
4	Hylton HS Swim Team-VA	A	3:49.62	4:16.79

Event 24 Girls 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Colgan High School-VA	A	3:33.39	3:41.83
2	Forest Park High School-VA	A	3:59.74	3:59.23
3	Woodbridge Senior High School-VA	A	4:12.91	4:01.75
4	Hylton HS Swim Team-VA	A	4:36.66	4:39.55