

2025 VHSL Class 3 Region D Championship - 2/10/2025 to 2/11/2025**Results - 2025 VHSL Class 3 Region D Swimming****Event 1 Boys 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time
1 Carroll County High School-VA	A	1:53.42	1:49.87
2 William Byrd High School-VA	A	1:54.72	1:55.08
3 Hidden Valley High School-VA	A	2:00.25	2:01.31
4 Christiansburg High School-VA	A	2:05.70	2:03.23
5 Northside High School-VA	A	2:52.41	2:57.30
--- Abingdon High School-VA	A	2:12.17	DQ

Event 2 Girls 200 Yard Medley Relay

Team	Relay	Seed Time	Finals Time
1 Cave Spring High School-VA	A	1:56.00	1:55.28
2 Hidden Valley High School-VA	A	1:58.21	1:56.40
3 William Byrd High School-VA	A	2:02.33	1:57.21
4 Lord Botetourt High School-VA	A	2:03.78	1:58.90
5 Abingdon High School-VA	A	2:18.86	2:14.46
6 Christiansburg High School-VA	A	2:21.81	2:15.79
7 Staunton River High School-VA	A	2:40.35	2:36.56
--- Carroll County High School-VA	A	2:48.70	DQ

Event 3 Boys 200 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Baxley, Nathan	SR	Hidden Valley High School-VA	1:52.20	1:54.46
2 Hodges, Mason	FR	Christiansburg High School-VA	2:01.74	1:56.43
3 Diaz Espinoza, Santiago	SO	Christiansburg High School-VA	2:13.76	1:56.53
4 Parrish, Brody M	SO	William Byrd High School-VA	2:09.16	2:06.22
5 Edwards, Ethan	SR	Carroll County High School-VA	2:16.22	2:11.03
6 Gardner, Ben W	FR	William Byrd High School-VA	2:14.72	2:13.60
7 Bayarmunkh, Temuun	JR	Cave Spring High School-VA	2:18.70	2:18.77
8 Brislin, Drew	SR	Hidden Valley High School-VA	2:20.80	2:19.76
9 DeHaven, Camden	JR	Carroll County High School-VA	2:42.76	2:33.26
10 Fleisher, Michael P	FR	William Byrd High School-VA	2:47.78	2:48.69
11 Wheatley, Garrison	JR	Carroll County High School-VA	3:08.23	2:54.02
--- Wheeler, Connor L	SR	William Byrd High School-VA	2:42.22	DFS

Event 4 Girls 200 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Murtaugh, Lindsay E	JR	William Byrd High School-VA	1:56.97	1:55.79
2 Baxley, Erin	FR	Hidden Valley High School-VA	2:00.76	1:58.80
3 Durbin, Kathryn	JR	Christiansburg High School-VA	2:06.50	2:00.56
4 Cooper, Amelia	SO	Cave Spring High School-VA	2:07.63	2:01.06
5 Sanford, Anna M	SR	Christiansburg High School-VA	2:05.93	2:03.85
6 Meadows, Emma	SO	Cave Spring High School-VA	2:21.62	2:15.17
7 Weaver, Addy	SO	Hidden Valley High School-VA	2:21.25	2:20.04
8 Wright, Grace	SO	Christiansburg High School-VA	2:30.60	2:23.18
9 Floyd, Caroline	SO	Cave Spring High School-VA	2:22.15	2:25.02
10 Sinclair, Ava	JR	Hidden Valley High School-VA	2:28.73	2:27.64
11 Kinzie, Grace	SR	Hidden Valley High School-VA	2:33.03	2:32.12
12 Smith, Molly	FR	Abingdon High School-VA	2:35.78	2:33.03
13 Shuler, Callie	SO	Lord Botetourt High School-VA	2:46.25	2:47.10
14 Harris, Anna	SR	Lord Botetourt High School-VA	2:51.99	2:48.09
15 Maddox, Abigail	SO	Lord Botetourt High School-VA	3:16.98	3:11.43
16 Frederickson, Lois	FR	Lord Botetourt High School-VA	NT	3:29.68
--- Collins, Addison S	SO	William Byrd High School-VA	2:39.79	DFS

2025 VHSL Class 3 Region D Championship - 2/10/2025 to 2/11/2025**Results - 2025 VHSL Class 3 Region D Swimming****(Event 4 Girls 200 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
--- Darling, Maddi	FR	Christiansburg High School-VA	2:45.05	DFS

Event 5 Boys 200 Yard IM

Name	Yr	School	Seed Time	Finals Time
1 Dalton, Bradley	JR	Carroll County High School-VA	2:16.45	2:13.13
2 Ridge, Michael	SO	Christiansburg High School-VA	2:24.71	2:16.08
3 Copening, Evan J	SR	William Byrd High School-VA	2:17.62	2:16.61
4 Nishida, James	SR	Abingdon High School-VA	2:45.08	2:41.14
5 Goad, Nathan	JR	Bassett Swim Team-VA	2:35.86	2:43.11
6 Hoyos, Ben T	FR	William Byrd High School-VA	2:53.56	2:50.45
7 Taylor, Andrew	JR	Carroll County High School-VA	3:21.97	3:14.81

Event 6 Girls 200 Yard IM

Name	Yr	School	Seed Time	Finals Time
1 Alderman, Laney	FR	Christiansburg High School-VA	2:13.78	2:08.11
2 Schaaf, Alexis	SO	Cave Spring High School-VA	2:13.40	2:11.62
3 Terrell, Hadyn R	FR	William Byrd High School-VA	2:14.55	2:12.42
4 Spurlock, Avery	JR	Cave Spring High School-VA	2:18.12	2:18.31
5 Zeff, Viktoria	JR	Christiansburg High School-VA	2:35.38	2:33.85
6 Conforti, Sophia	SR	Hidden Valley High School-VA	2:37.08	2:33.90
7 Romeo, Gabby V	JR	William Byrd High School-VA	2:41.11	2:40.71
8 Barber, Kayleigh V	FR	William Byrd High School-VA	2:52.74	2:40.88
9 Buyalos, Analise	FR	Lord Botetourt High School-VA	2:38.50	2:41.81
10 Sanford, Emily	SO	Christiansburg High School-VA	2:48.65	2:44.39
11 Brown, Kaitlyn	JR	Christiansburg High School-VA	2:45.84	2:44.55
12 Jones, Cary E	JR	William Byrd High School-VA	2:52.66	2:52.93
--- Frederickson, Sarah	SR	Lord Botetourt High School-VA	2:48.61	DFS

Event 7 Boys 50 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Mizuba, Max	SO	Lord Botetourt High School-VA	22.80	22.57
2 Ogle, Wyatt	JR	Carroll County High School-VA	23.57	22.64
3 Richardson, Ethan	SR	Carroll County High School-VA	24.28	23.72
4 Rawlings, Grayson	SR	Christiansburg High School-VA	24.44	24.42
5 Stoakley, Henry	FR	Abingdon High School-VA	26.02	25.81
6 Hunley, Ethan	FR	Cave Spring High School-VA	26.45	26.67
7 Holland, Miles	SO	Cave Spring High School-VA	27.82	27.75
8 Meyer, Benjamin	SO	Cave Spring High School-VA	27.77	28.99
9 Greever, Tanner	JR	Pulaski County High School-VA	30.89	29.27
10 Yates, Ethan	SR	Bassett Swim Team-VA	27.84	29.31
11 Winn, Gavin	SO	Christiansburg High School-VA	28.80	29.81
12 Rodrigues, Liam	FR	Cave Spring High School-VA	30.03	30.27
13 Musick, Noah	JR	Abingdon High School-VA	29.42	30.30
14 Huffman, River	SO	Staunton River High School-VA	32.95	30.62
15 Herndon, Matthew	FR	Northside High School-VA	28.64	30.89
16 Kilbourne, Isaiah	FR	Pulaski County High School-VA	31.32	31.66
17 Wright, Matthias	JR	Pulaski County High School-VA	31.65	32.70
18 Bockhorst, Raleigh	FR	Abingdon High School-VA	35.17	32.82
19 Furooq, Abdullah	SR	MagnaVista High School-VA	32.88	33.23
20 Walter, KoLee	FR	William Byrd High School-VA	34.72	34.29
21 Mederaris, Daniel	JR	Abingdon High School-VA	35.03	35.69
22 Smith, Sean	JR	Northside High School-VA	31.18	35.99

2025 VHSL Class 3 Region D Championship - 2/10/2025 to 2/11/2025**Results - 2025 VHSL Class 3 Region D Swimming****(Event 7 Boys 50 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
23	Lintecum, Landon	FR	Carroll County High School-VA	37.60	36.20
24	Fischer, Leandro	SO	Bassett Swim Team-VA	38.95	38.20
25	Easter, Ethan	SR	Pulaski County High School-VA	39.12	38.46
26	McClure, Levi	JR	Northside High School-VA	53.19	50.49
---	Gallagher, Demetrius	SR	Christiansburg High School-VA	26.74	DQ
---	Graham, Grayson	FR	Christiansburg High School-VA	27.72	DFS
---	Walters, Kenton	SO	Hidden Valley High School-VA	31.56	DFS
---	Burke, Cullen	FR	Hidden Valley High School-VA	28.55	DFS
---	Allen, Logan	JR	Bassett Swim Team-VA	25.63	DFS
---	Wheeler, Connor L	SR	William Byrd High School-VA	28.99	DFS
---	Wheatley, Griffin	FR	Carroll County High School-VA	37.14	DFS

Event 8 Girls 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Gorby, Tessa	SR	Cave Spring High School-VA	24.81	24.84
2	Sylvester'Johnson, Jillian	JR	Cave Spring High School-VA	25.26	25.19
3	Mizuba, Hannah	SR	Lord Botetourt High School-VA	26.01	25.43
4	Cooper, Amelia	SO	Cave Spring High School-VA	26.16	25.57
5	Byrnes, Jia	JR	Hidden Valley High School-VA	26.90	26.28
6	Kadela, Ann Elise	JR	Hidden Valley High School-VA	27.20	26.99
7	Combs, Annabelle	FR	Hidden Valley High School-VA	27.97	27.24
8	Carter, Maddi	SR	Hidden Valley High School-VA	27.88	27.47
9	Speed, Eleanor	JR	Pulaski County High School-VA	28.22	28.21
10	Horton, Emree	FR	Cave Spring High School-VA	28.14	28.76
11	Haga, Katherine	SO	MagnaVista High School-VA	28.44	28.78
12	Nishida, Maggie	FR	Abingdon High School-VA	31.50	29.94
13	Whitlow, Emily	JR	Bassett Swim Team-VA	31.15	31.78
14	Shuler, Ella	SR	Lord Botetourt High School-VA	33.07	32.07
15	Coley, Kaitlyn	SR	Staunton River High School-VA	33.35	33.10
16	Bockhorst, Astrid	FR	Abingdon High School-VA	34.15	33.14
17	Pippin, Mia B	SO	William Byrd High School-VA	33.54	33.48
18	Smith, Karmen	SR	Carroll County High School-VA	34.25	33.52
19	Tishman, Harriet	FR	Northside High School-VA	34.18	36.92
20	Tawney, Amalie	FR	Christiansburg High School-VA	37.15	37.01
21	Forsyth, Amelia	SO	Carroll County High School-VA	37.97	37.24
22	Kincer, Addi S	JR	William Byrd High School-VA	34.29	37.55
23	Maddox, Abigail	SO	Lord Botetourt High School-VA	37.15	37.63
24	Cooley, Madeline	JR	Bassett Swim Team-VA	42.98	38.91
25	Bowman, Eden	SO	Pulaski County High School-VA	38.56	39.69
26	Patel, Arya	FR	Christiansburg High School-VA	40.06	40.06
27	Easter, Caitlyn	SO	Pulaski County High School-VA	38.77	41.04
28	Etheridge, Skylar	JR	Northside High School-VA	35.17	41.59
29	Megow, Neela	FR	Lord Botetourt High School-VA	43.34	42.20
30	Widener, Chloe	SO	Abingdon High School-VA	40.08	42.27
31	Walker, Destiny	SR	Bassett Swim Team-VA	45.05	45.21
32	Lane, Lauren	SR	Christiansburg High School-VA	48.91	50.11
---	Hamblin, Charlie	SO	Pulaski County High School-VA	29.82	DQ
---	Price, Alona	SR	Abingdon High School-VA	42.32	DQ
---	Motley, Chandler	SR	MagnaVista High School-VA	33.90	DFS
---	Hairston-France, Myssia	JR	MagnaVista High School-VA	33.30	DFS
---	Grisso, Emma	JR	Staunton River High School-VA	33.53	DFS
---	DeMelo, Bianca M	JR	William Byrd High School-VA	35.01	DFS

2025 VHSL Class 3 Region D Championship - 2/10/2025 to 2/11/2025**Results - 2025 VHSL Class 3 Region D Swimming****Event 11 Boys 100 Yard Butterfly**

	Name	Yr	School	Seed Time	Finals Time
1	Baxley, Nathan	SR	Hidden Valley High School-VA	55.64	55.08
2	Edwards, Ethan	SR	Carroll County High School-VA	1:05.60	1:02.37
3	Ridge, Michael	SO	Christiansburg High School-VA	1:03.68	1:02.78
4	Richardson, Blake E	SR	William Byrd High School-VA	1:01.93	1:02.95
5	Rozenboom, Jay H	SR	William Byrd High School-VA	1:20.95	1:09.10
6	Burke, Cullen	FR	Hidden Valley High School-VA	1:12.16	1:11.69
---	Allen, Logan	JR	Bassett Swim Team-VA	1:12.42	DFS

Event 12 Girls 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Schaaf, Alexis	SO	Cave Spring High School-VA	59.35	58.92
2	Morgan, Molly	FR	Hidden Valley High School-VA	1:05.79	1:00.06
3	Misicko, Julia	SO	Lord Botetourt High School-VA	1:02.51	1:00.56
4	Carter, Maddi	SR	Hidden Valley High School-VA	1:07.96	1:08.17
5	Romeo, Gabby V	JR	William Byrd High School-VA	1:09.57	1:08.47
6	Sinclair, Ava	JR	Hidden Valley High School-VA	1:14.20	1:10.96
7	Smith, Molly	FR	Abingdon High School-VA	1:21.89	1:18.43
8	Sanford, Emily	SO	Christiansburg High School-VA	1:21.54	1:20.80
9	Johnson, Natasha	SR	Hidden Valley High School-VA	1:31.97	1:25.03
10	Bradley, Marley	FR	Staunton River High School-VA	1:33.01	1:32.95
11	Forsyth, Amelia	SO	Carroll County High School-VA	1:46.53	2:01.13
---	Cooley, Madeline	JR	Bassett Swim Team-VA	1:54.32	DQ
---	Darling, Maddi	FR	Christiansburg High School-VA	1:32.56	DFS
---	Hairston-France, Myssia	JR	MagnaVista High School-VA	1:33.25	DFS

Event 13 Boys 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Allran, Colton	SR	Cave Spring High School-VA	52.72	51.58
2	Richardson, Ethan	SR	Carroll County High School-VA	56.67	54.09
3	Rawlings, Grayson	SR	Christiansburg High School-VA	55.39	54.92
4	Woodford, Bryce	SO	Staunton River High School-VA	57.81	56.35
5	Luckie, Elisha	JR	Northside High School-VA	59.51	58.47
6	Richardson, Blake E	SR	William Byrd High School-VA	56.38	1:00.61
7	Hurd, Christopher L	SO	William Byrd High School-VA	1:00.82	1:01.53
8	Meyer, Benjamin	SO	Cave Spring High School-VA	1:04.01	1:02.47
9	Musick, Noah	JR	Abingdon High School-VA	1:08.24	1:06.80
10	Bissonnette, Matthew	FR	Carroll County High School-VA	1:07.89	1:07.00
11	Nichols, Sydney A	SO	William Byrd High School-VA	1:10.30	1:08.93
12	Herndon, Matthew	FR	Northside High School-VA	1:10.41	1:09.89
13	Greever, Tanner	JR	Pulaski County High School-VA	1:11.58	1:11.59
14	Yates, Ethan	SR	Bassett Swim Team-VA	1:09.71	1:12.40
15	Wright, Matthias	JR	Pulaski County High School-VA	1:19.12	1:14.48
16	Walter, KoLee	FR	William Byrd High School-VA	1:19.22	1:18.24
17	Mederaris, Daniel	JR	Abingdon High School-VA	1:21.38	1:19.69
18	Lintecum, Landon	FR	Carroll County High School-VA	1:25.70	1:23.50
19	Moncure, Daniel	SO	Pulaski County High School-VA	1:23.63	1:28.24
20	Smith, Sean	JR	Northside High School-VA	1:18.43	1:29.64
21	Russell, Clark	JR	Abingdon High School-VA	1:28.99	1:32.46
22	Lin, Chun	SO	Bassett Swim Team-VA	1:40.76	1:42.28
23	McClure, Levi	JR	Northside High School-VA	1:50.30	1:51.69
---	Graham, Grayson	FR	Christiansburg High School-VA	1:06.39	DFS

2025 VHSL Class 3 Region D Championship - 2/10/2025 to 2/11/2025**Results - 2025 VHSL Class 3 Region D Swimming****(Event 13 Boys 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
---	Osborne, Kai	FR	Abingdon High School-VA	1:07.50	DFS
---	Holdren, Landon	SR	Staunton River High School-VA	1:09.08	DFS
---	Wheatley, Griffin	FR	Carroll County High School-VA	1:32.60	DFS

Event 14 Girls 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Morgan, Molly	FR	Hidden Valley High School-VA	56.34	54.66
2	Gorby, Tessa	SR	Cave Spring High School-VA	54.21	54.71
3	Spurlock, Avery	JR	Cave Spring High School-VA	57.39	56.48
4	Nicely, Olivia	JR	Lord Botetourt High School-VA	1:02.01	57.70
5	Kadela, Kate	SO	Hidden Valley High School-VA	1:02.39	1:00.19
6	Sofi, Alishba	SO	Hidden Valley High School-VA	1:06.36	1:02.57
7	Speed, Eleanor	JR	Pulaski County High School-VA	1:06.38	1:05.39
8	Jarrett, Kate K	SO	MagnaVista High School-VA	1:05.97	1:05.87
9	Taylor, Madison	JR	Christiansburg High School-VA	1:08.48	1:06.65
10	Michalski, Mary	FR	Cave Spring High School-VA	1:08.45	1:07.20
11	Brown, Kaitlyn	JR	Christiansburg High School-VA	1:05.72	1:07.41
12	Cornforth, Ava	FR	Abingdon High School-VA	1:13.76	1:11.44
13	Taylor, Ali	SO	Christiansburg High School-VA	1:11.88	1:11.76
14	Pippin, Mia B	SO	William Byrd High School-VA	1:17.56	1:15.21
15	Shuler, Ella	SR	Lord Botetourt High School-VA	1:15.62	1:15.99
16	Dellinger, Samantha	JR	Cave Spring High School-VA	1:16.67	1:17.07
17	Lawson, Bre	SR	Bassett Swim Team-VA	1:24.96	1:18.73
18	Haas, Julia	SR	Staunton River High School-VA	1:19.30	1:19.27
19	Floyd, Amiah	JR	Staunton River High School-VA	1:20.21	1:19.45
20	Tishman, Harriet	FR	Northside High School-VA	1:21.87	1:20.50
21	Bedwell, Melanie	SR	Abingdon High School-VA	1:21.79	1:20.60
22	Bowman, Eden	SO	Pulaski County High School-VA	1:22.13	1:31.06
23	Etheridge, Skylar	JR	Northside High School-VA	1:38.40	1:33.52
24	Patel, Arya	FR	Christiansburg High School-VA	1:35.93	1:36.35
25	Widener, Chloe	SO	Abingdon High School-VA	1:36.28	1:38.97
26	Megow, Neela	FR	Lord Botetourt High School-VA	1:46.90	1:39.50
27	Easter, Caitlyn	SO	Pulaski County High School-VA	1:28.75	1:39.66
28	Walker, Destiny	SR	Bassett Swim Team-VA	1:50.09	1:44.25
---	Rock, Luci	FR	Lord Botetourt High School-VA	1:30.81	DFS
---	Furcron, Lucy	SR	Hidden Valley High School-VA	1:26.31	DFS
---	DeMelo, Bianca M	JR	William Byrd High School-VA	1:19.47	DFS
---	Smith, Karmen	SR	Carroll County High School-VA	1:18.39	DFS
---	Taylor, Josie M	SR	William Byrd High School-VA	1:16.52	DFS

Event 15 Boys 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Hodges, Mason	FR	Christiansburg High School-VA	5:19.93	5:10.48
2	Parrish, Brody M	SO	William Byrd High School-VA	5:36.90	5:39.30
3	Gardner, Ben W	FR	William Byrd High School-VA	6:19.96	6:21.00
4	Schult, Keith N	JR	William Byrd High School-VA	6:47.27	6:35.10
5	Gallagher, Demetrius	SR	Christiansburg High School-VA	6:38.55	6:38.32
6	Brislin, Drew	SR	Hidden Valley High School-VA	6:45.79	6:44.77
7	Rozenboom, Jay H	SR	William Byrd High School-VA	7:28.50	7:06.08
8	DeHaven, Camden	JR	Carroll County High School-VA	8:54.89	7:29.13
9	Selvaggi, Ralph	SO	Abingdon High School-VA	7:52.66	8:04.41
10	Berrier, Britt	SR	Carroll County High School-VA	9:04.57	8:46.70

2025 VHSL Class 3 Region D Championship - 2/10/2025 to 2/11/2025**Results - 2025 VHSL Class 3 Region D Swimming****Event 16 Girls 500 Yard Freestyle**

	Name	Yr	School	Seed Time	Finals Time
1	Murtaugh, Lindsay E	JR	William Byrd High School-VA	5:12.82	5:06.58
2	Durbin, Kathryn	JR	Christiansburg High School-VA	5:32.92	5:20.19
3	Sanford, Anna M	SR	Christiansburg High School-VA	5:37.86	5:25.28
4	Misicko, Julia	SO	Lord Botetourt High School-VA	5:48.70	5:29.24
5	Gorby, Lila	SO	Cave Spring High School-VA	5:34.84	5:31.06
6	Combs, Annabelle	FR	Hidden Valley High School-VA	5:54.72	5:44.27
7	Angelopoulou, Zoe	SR	Abingdon High School-VA	6:04.49	5:53.18
8	Davis, Morgan	JR	Cave Spring High School-VA	6:22.51	6:02.02
9	Floyd, Caroline	SO	Cave Spring High School-VA	6:31.46	6:30.41
10	Wright, Grace	SO	Christiansburg High School-VA	6:50.68	6:39.53
11	Kinzie, Grace	SR	Hidden Valley High School-VA	6:52.64	6:54.06
12	Hamblin, Josie	JR	Pulaski County High School-VA	6:56.11	6:56.51

Event 17 Boys 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Christiansburg High School-VA	A	1:43.14	1:41.64
2	Cave Spring High School-VA	A	1:46.67	1:46.96
3	Hidden Valley High School-VA	A	1:52.46	1:49.16
4	William Byrd High School-VA	A	1:43.28	1:53.29
5	Abingdon High School-VA	A	1:54.47	1:59.26
6	Carroll County High School-VA	A	2:04.78	2:03.38
7	Northside High School-VA	A	2:29.31	2:25.08

Event 18 Girls 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Cave Spring High School-VA	A	1:42.84	1:41.23
2	William Byrd High School-VA	A	1:49.39	1:45.47
3	Christiansburg High School-VA	A	1:51.12	1:46.26
4	Hidden Valley High School-VA	A	1:50.23	1:50.71
5	Abingdon High School-VA	A	1:57.45	1:58.17
6	Lord Botetourt High School-VA	A	2:01.06	1:58.19
---	Bassett Swim Team-VA	A	2:43.90	DQ
---	Carroll County High School-VA	A	2:29.99	DFS
---	MagnaVista High School-VA	A	2:08.95	DFS

Event 19 Boys 100 Yard Backstroke

	Name	Yr	School	Seed Time	Finals Time
1	Mizuba, Max	SO	Lord Botetourt High School-VA	53.73	54.01
2	Ogle, Wyatt	JR	Carroll County High School-VA	1:05.71	1:01.54
3	Copening, Evan J	SR	William Byrd High School-VA	1:00.77	1:03.29
4	Diaz Espinoza, Santiago	SO	Christiansburg High School-VA	1:06.25	1:03.75
5	Stoakley, Henry	FR	Abingdon High School-VA	1:09.50	1:08.86
6	Luckie, Elisha	JR	Northside High School-VA	1:07.23	1:09.53
7	Gallagher, Marcus	SR	Christiansburg High School-VA	1:10.12	1:09.55
8	Hurd, Christopher L	SO	William Byrd High School-VA	1:14.38	1:13.19
9	Hoyos, Ben T	FR	William Byrd High School-VA	1:16.27	1:19.13
10	Fleisher, Michael P	FR	William Byrd High School-VA	1:29.87	1:32.97
11	Fischer, Leandro	SO	Bassett Swim Team-VA	1:56.53	1:48.95
---	Holdren, Landon	SR	Staunton River High School-VA	1:34.71	DFS

2025 VHSL Class 3 Region D Championship - 2/10/2025 to 2/11/2025**Results - 2025 VHSL Class 3 Region D Swimming****Event 20 Girls 100 Yard Backstroke**

	Name	Yr	School	Seed Time	Finals Time
1	Baxley, Erin	FR	Hidden Valley High School-VA	1:01.47	59.09
2	Gorby, Lila	SO	Cave Spring High School-VA	1:02.15	1:00.67
3	Sylvester'Johnson, Jillian	JR	Cave Spring High School-VA	1:02.23	1:02.51
4	Mizuba, Hannah	SR	Lord Botetourt High School-VA	1:04.88	1:02.72
5	Kadela, Ann Elise	JR	Hidden Valley High School-VA	1:06.42	1:03.09
6	Angelopoulou, Zoe	SR	Abingdon High School-VA	1:08.90	1:06.31
7	Davis, Morgan	JR	Cave Spring High School-VA	1:09.91	1:09.52
8	Sofi, Alishba	SO	Hidden Valley High School-VA	1:13.76	1:10.08
9	Buyalos, Analise	FR	Lord Botetourt High School-VA	1:10.47	1:11.23
10	Weaver, Addy	SO	Hidden Valley High School-VA	1:14.42	1:14.41
11	Barber, Kayleigh V	FR	William Byrd High School-VA	1:15.53	1:14.89
*12	Jarrett, Kate K	SO	MagnaVista High School-VA	1:14.43	1:14.92
*12	Cornforth, Ava	FR	Abingdon High School-VA	1:15.60	1:14.92
14	Haga, Katherine	SO	MagnaVista High School-VA	1:16.91	1:15.49
15	Horton, Emree	FR	Cave Spring High School-VA	1:16.38	1:17.47
16	Taylor, Madison	JR	Christiansburg High School-VA	1:17.97	1:17.97
17	Bradley, Marley	FR	Staunton River High School-VA	1:23.67	1:25.99
18	Lawson, Bre	SR	Bassett Swim Team-VA	1:34.75	1:28.76
19	Bedwell, Melanie	SR	Abingdon High School-VA	1:32.38	1:30.11
20	Whitlow, Emily	JR	Bassett Swim Team-VA	1:28.00	1:31.58
21	Dalton, Savannah	SR	Carroll County High School-VA	1:37.42	1:38.65
22	Carico, Saige	JR	Carroll County High School-VA	1:42.84	1:40.35
23	Tawney, Amalie	FR	Christiansburg High School-VA	1:39.31	1:42.05
24	Lane, Lauren	SR	Christiansburg High School-VA	2:03.33	2:00.93
25	Price, Alona	SR	Abingdon High School-VA	1:55.20	2:10.19
---	Frederickson, Sarah	SR	Lord Botetourt High School-VA	1:16.83	DFS
---	Collins, Addison S	SO	William Byrd High School-VA	1:27.86	DFS
---	Taylor, Josie M	SR	William Byrd High School-VA	1:33.43	DFS

Event 21 Boys 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Allran, Colton	SR	Cave Spring High School-VA	58.43	1:04.16
2	Woodford, Bryce	SO	Staunton River High School-VA	1:10.53	1:08.47
3	Dalton, Bradley	JR	Carroll County High School-VA	1:09.75	1:09.43
4	Nishida, James	SR	Abingdon High School-VA	1:17.28	1:14.57
5	Goad, Nathan	JR	Bassett Swim Team-VA	1:16.86	1:18.69
6	Walters, Kenton	SO	Hidden Valley High School-VA	1:20.09	1:20.02
7	Winn, Gavin	SO	Christiansburg High School-VA	1:21.45	1:20.26
8	Schult, Keith N	JR	William Byrd High School-VA	1:21.70	1:22.42
9	Rodrigues, Liam	FR	Cave Spring High School-VA	1:28.93	1:28.92
10	Wheatley, Garrison	JR	Carroll County High School-VA	1:37.36	1:30.54
11	Nichols, Sydney A	SO	William Byrd High School-VA	1:41.82	1:39.97
---	Lin, Chun	SO	Bassett Swim Team-VA	1:39.40	DQ
---	Gill, Colby	JR	Pulaski County High School-VA	1:33.12	DFS

Event 22 Girls 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Alderman, Laney	FR	Christiansburg High School-VA	1:08.60	1:05.47
2	Terrell, Hadyn R	FR	William Byrd High School-VA	1:08.12	1:06.06
3	Byrnes, Jia	JR	Hidden Valley High School-VA	1:16.91	1:14.95
4	Zeff, Viktoria	JR	Christiansburg High School-VA	1:19.88	1:17.83

2025 VHSL Class 3 Region D Championship - 2/10/2025 to 2/11/2025**Results - 2025 VHSL Class 3 Region D Swimming****(Event 22 Girls 100 Yard Breaststroke)**

	Name	Yr	School	Seed Time	Finals Time
5	Kadela, Kate	SO	Hidden Valley High School-VA	1:19.67	1:17.94
6	Harris, Anna	SR	Lord Botetourt High School-VA	1:25.16	1:21.80
7	Conforti, Sophia	SR	Hidden Valley High School-VA	1:25.18	1:22.00
8	Meadows, Emma	SO	Cave Spring High School-VA	1:30.07	1:23.72
9	Jones, Cary E	JR	William Byrd High School-VA	1:25.54	1:25.60
10	Nishida, Maggie	FR	Abingdon High School-VA	1:30.79	1:28.43
11	Howitt, Kennedy	FR	Cave Spring High School-VA	1:31.92	1:28.45
12	Taylor, Ali	SO	Christiansburg High School-VA	1:32.93	1:35.78
13	Hamblin, Josie	JR	Pulaski County High School-VA	1:34.60	1:35.90
14	Grieme, Lauren	JR	Cave Spring High School-VA	1:38.54	1:37.55
15	Hamblin, Charlie	SO	Pulaski County High School-VA	1:34.22	1:37.79
16	Kincer, Addi S	JR	William Byrd High School-VA	1:40.50	1:38.89
17	Sawyers, Quinn	FR	Christiansburg High School-VA	1:45.96	1:42.65
18	Holland, Ellyott	SR	Cave Spring High School-VA	1:38.45	1:43.07
19	Frederickson, Lois	FR	Lord Botetourt High School-VA	2:02.63	1:47.73
20	Shuler, Callie	SO	Lord Botetourt High School-VA	1:48.08	1:49.71
---	Price, Eden	SO	Abingdon High School-VA	1:55.65	DQ
---	Swecker, Savannah	JR	Carroll County High School-VA	1:37.18	DFS
---	Rock, Luci	FR	Lord Botetourt High School-VA	1:45.15	DFS

Event 23 Boys 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Carroll County High School-VA	A	3:50.50	3:39.02
2	Christiansburg High School-VA	A	3:48.29	3:39.52
3	William Byrd High School-VA	A	3:59.90	3:59.91
4	Cave Spring High School-VA	A	4:05.49	4:03.90
5	Abingdon High School-VA	A	4:38.24	5:24.94

Event 24 Girls 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Hidden Valley High School-VA	A	3:56.67	3:49.30
2	Cave Spring High School-VA	A	3:51.84	3:50.00
3	Lord Botetourt High School-VA	A	4:03.26	3:53.11
4	Christiansburg High School-VA	A	4:01.98	3:53.43
5	Staunton River High School-VA	A	5:24.34	5:21.62
6	Abingdon High School-VA	A	4:46.22	5:57.48