

2025 VHSL 5D Regional Championship - 2/10/2025**Results****Event 1 Boys 200 Yard Medley Relay**

	Team	Relay	Seed Time	Finals Time
1	Independence High School-VA	A	1:37.50	1:36.31
2	Potomac Falls High School-VA	A	1:39.53	1:37.57
3	Briar Woods High School-VA	A	1:40.70	1:38.09
4	Stone Bridge-VA	A	1:45.52	1:42.92
5	Lightridge High School-VA	A	1:42.69	1:46.82
6	Riverbend High School-VA	A	1:46.66	1:47.06
7	Massaponax High School-VA	A	1:59.40	1:49.83
---	Riverside High School-VA	A	1:39.59	DQ

Event 2 Girls 200 Yard Medley Relay

	Team	Relay	Seed Time	Finals Time
1	Briar Woods High School-VA	A	1:54.13	1:50.89
2	Lightridge High School-VA	A	1:52.47	1:51.49
3	Riverside High School-VA	A	1:57.89	1:54.51
4	Independence High School-VA	A	1:53.88	1:54.65
5	Potomac Falls High School-VA	A	1:55.07	1:55.29
6	Stone Bridge-VA	A	2:04.56	2:02.74
7	Riverbend High School-VA	A	2:06.99	2:06.67
---	Massaponax High School-VA	A	2:30.42	DQ

Event 3 Boys 200 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Coleman, Joey	JR	Potomac Falls High School-VA	1:44.33	1:41.73
2	Freeman, Harper P	SR	Riverside High School-VA	1:48.22	1:46.22
3	Gaddi, Landon	FR	Briar Woods High School-VA	1:52.95	1:50.39
4	Griffin, Wyatt	JR	Independence High School-VA	1:52.28	1:51.37
5	Abbineni, Yogi	FR	Independence High School-VA	1:57.34	1:54.41
6	Ahmed, Bassem	JR	Riverside High School-VA	2:01.46	1:56.54
7	Hartanto, Alexander	SO	Lightridge High School-VA	1:56.21	1:56.64
8	Ellinger, Jack O	SR	Briar Woods High School-VA	1:58.88	1:56.84
9	Johnson, Caleb C	SR	Riverside High School-VA	2:00.26	1:59.62
10	Grenke, Dexter	FR	Briar Woods High School-VA	1:59.94	1:59.99
11	Hitt, Kayden A		Riverbend High School-VA	2:05.20	2:00.43
12	Hally, Ben	SR	Lightridge High School-VA	2:00.46	2:00.80
13	Martin, Andrew	JR	Lightridge High School-VA	2:01.33	2:01.98
14	Villalta, Xavier	SR	Independence High School-VA	2:07.91	2:02.01
15	Fiermen, Michael C	SO	Massaponax High School-VA	2:03.82	2:03.78
16	Hudson, Avery A		Riverbend High School-VA	2:01.75	2:06.88
17	Ramsey, James A		Riverbend High School-VA	2:15.78	2:14.48
18	Joy, Dylan D	JR	Massaponax High School-VA	2:23.21	2:21.76
19	Smith, Brady		Stone Bridge-VA	2:19.79	2:29.64
20	Oliver, Joshua	SR	Potomac Falls High School-VA	2:31.00	2:30.53
21	Hom, Alex		Stone Bridge-VA	2:37.13	2:38.41
22	Hasbrouck, Collin	SO	Potomac Falls High School-VA	2:37.89	2:44.69
23	Elhudhud, Wajeeth		Stone Bridge-VA	2:44.32	2:52.38

Event 4 Girls 200 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Verbel, Georgia C	JR	Massaponax High School-VA	2:02.76	1:57.63
2	Hudson, Kayley	SR	Briar Woods High School-VA	2:02.00	1:59.23
3	Coelho, Melissa	SO	Riverside High School-VA	2:03.57	1:59.85
4	Minkara, Lina H	JR	Potomac Falls High School-VA	2:07.52	2:00.78

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	Name	Yr	School	Seed Time	Finals Time
5	Duggan, Charlotte A	JR	Riverside High School-VA	2:09.50	2:04.59
6	Moore, Cate	FR	Briar Woods High School-VA	2:11.40	2:06.38
7	Deza, Micaela	JR	Lightridge High School-VA	2:07.22	2:06.50
8	Bayarjargal, Jessica	SO	Briar Woods High School-VA	2:07.40	2:08.62
9	Ramey, Addilynn	SR	Lightridge High School-VA	2:16.41	2:10.33
10	Pearson, Peyton	SO	Independence High School-VA	2:11.47	2:11.30
11	Gardiner, Abbey G		Riverbend High School-VA	2:12.52	2:13.86
12	Jackson, Gwyneth	SR	Potomac Falls High School-VA	2:20.23	2:16.79
13	Mattos, Jennifer	SO	Riverside High School-VA	2:18.20	2:17.36
14	Lyons, McKenna	SR	Potomac Falls High School-VA	2:20.90	2:20.23
15	Buttram, Savannah G		Riverbend High School-VA	2:29.64	2:20.91
16	Coleman, Nyah A	JR	Massaponax High School-VA	2:17.25	2:22.29
17	Regal, Isa		Stone Bridge-VA	2:30.56	2:33.41
18	Lipple, Caroline	FR	Independence High School-VA	2:30.07	2:33.43
19	Khanna, Aarohi	FR	Lightridge High School-VA	2:39.84	2:34.34
20	Johnson, Allison E		Riverbend High School-VA	2:33.90	2:36.58
21	Hall, Madison L	JR	Massaponax High School-VA	2:43.95	2:48.14
22	Treiber, Hailey		Stone Bridge-VA	2:51.74	2:50.01
23	Liwanag, Peyton	FR	Independence High School-VA	3:01.86	2:51.01
24	Keller, Claire	JR	Harrisonburg High School-VA	3:18.90	3:26.59
---	Embert, Aida		Stone Bridge-VA	2:17.83	DQ

Event 5 Boys 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Char, Matthew	SO	Briar Woods High School-VA	1:57.78	1:55.09
2	Rabe, Chase	SO	Independence High School-VA	1:57.70	1:55.11
3	Kresin, Nikita A	SR	Riverside High School-VA	1:59.88	1:57.98
4	Cortez-Martinez, Adrian	SO	Lightridge High School-VA	2:02.75	2:01.05
5	Rowley, Jake	JR	Independence High School-VA	2:02.35	2:01.69
6	Nguyen, Giang	SO	Briar Woods High School-VA	2:05.82	2:02.43
7	Song, Josh	SO	Riverside High School-VA	2:05.12	2:03.00
8	Matabang, Gian	SR	Lightridge High School-VA	2:10.12	2:05.53
9	Ledyashov, Sergey	SR	Riverside High School-VA	2:09.60	2:06.42
10	Mugavero, Ethan G		Riverbend High School-VA	2:14.20	2:18.71
11	Mitran, Christopher		Stone Bridge-VA	2:23.93	2:22.07
12	Hendershot, Ethan	JR	Potomac Falls High School-VA	2:24.32	2:22.84
13	Mao, Zidane	SO	Potomac Falls High School-VA	2:34.26	2:34.17
14	Obenheim, Josh D	FR	Massaponax High School-VA	2:53.65	2:54.10
15	Van Dusen, Colin M		Riverbend High School-VA	3:02.15	3:00.64
16	Ordonez, Bryan		Riverbend High School-VA	2:54.64	3:00.84
---	Heise, Hayes	FR	Independence High School-VA	2:16.53	DQ
---	Platenik, Will M		Massaponax High School-VA	2:23.02	DQ

Event 6 Girls 200 Yard IM

	Name	Yr	School	Seed Time	Finals Time
1	Kilty, Caroline R	JR	Briar Woods High School-VA	2:09.65	2:04.21
2	McCarney, Maya	FR	Potomac Falls High School-VA	2:09.81	2:09.22
3	Santucci, Elle M	SR	Riverside High School-VA	2:12.62	2:09.47
4	Chen, Sara	SR	Independence High School-VA	2:21.08	2:16.63
5	Nguyen, Dan	SO	Briar Woods High School-VA	2:22.34	2:17.47
6	Thai, Natalie	SO	Independence High School-VA	2:22.06	2:19.58
7	Cadd, Sophie	FR	Riverside High School-VA	2:31.25	2:27.39

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	Name	Yr	School	Seed Time	Finals Time
8	Rao, Sahana J	SR	Riverside High School-VA	2:35.25	2:29.25
9	Trinh, Teralynn	FR	Lightridge High School-VA	2:35.41	2:31.77
10	Donaldson, Ciara	SO	Potomac Falls High School-VA	2:41.06	2:37.20
11	Schwartz, Katherine G	SO	Harrisonburg High School-VA	2:42.24	2:43.94
12	Krushinski, Ava R		Riverbend High School-VA	2:43.88	2:45.10
13	Cinco, Ava G	SR	Massaponax High School-VA	2:53.38	2:45.20
14	Platenik, Kylie J	FR	Massaponax High School-VA	2:54.00	2:48.56
15	Walter, Emily		Riverbend High School-VA	2:56.07	2:53.79
16	Krick, Raquel	SO	Briar Woods High School-VA	2:59.52	2:59.11
17	Montilla, Paulina	JR	Lightridge High School-VA	3:02.51	3:01.63
18	Waldron, Linleigh	SO	Lightridge High School-VA	3:02.09	3:08.04
---	Barrientos, Thisani		Stone Bridge-VA	2:56.70	DQ
---	Keppel, Alexa		Stone Bridge-VA	3:03.08	DQ
---	Dolan, Leah		Stone Bridge-VA	2:32.83	DQ
---	Van Reenen, Breelyn H	FR	Massaponax High School-VA	2:56.28	DQ
---	McMahan, Angelina	SR	Potomac Falls High School-VA	2:43.45	DQ
---	Baker-Schiel, Gia G		Riverbend High School-VA	2:50.94	DQ

Event 7 Boys 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Menz, Mason	SR	Independence High School-VA	21.75	21.96
2	Kretzing, Pierson	SR	Lightridge High School-VA	22.62	22.14
3	Tragle, Harrison	SO	Riverside High School-VA	22.50	22.17
4	Pham, Lucas A	SR	Riverside High School-VA	22.34	22.56
5	Buttram, Noah W		Riverbend High School-VA	22.40	22.82
*6	Saravanan, Surya	SR	Briar Woods High School-VA	23.94	23.57
*6	Barnes, Jack P		Riverbend High School-VA	23.35	23.57
8	Wahlquist, Brayden	FR	Independence High School-VA	23.89	23.66
9	McCarney, Jaden	JR	Potomac Falls High School-VA	24.47	23.82
10	O'Hair, Patrick		Stone Bridge-VA	23.90	23.88
11	Richards, Nicholas	JR	Lightridge High School-VA	23.53	23.89
12	Watson, Gabriel	JR	Independence High School-VA	23.65	23.93
13	Sexton, Logan R	JR	Briar Woods High School-VA	24.32	23.99
*14	Clarkson, Nick		Riverbend High School-VA	24.20	24.09
*14	Hutchison, Mejd		Stone Bridge-VA	24.07	24.09
*14	Amidon, Avery J	SR	Massaponax High School-VA	23.82	24.09
17	Kim, Evan T	SR	Briar Woods High School-VA	24.29	24.65
18	Thompson, Peyton	JR	Lightridge High School-VA	24.09	24.75
19	Mitran, Christopher		Stone Bridge-VA	24.94	25.36
20	Seweryniak, Jack S	SR	Riverside High School-VA	24.76	25.46
21	Hayden, Oliver M	SR	Massaponax High School-VA	24.67	25.65
22	Greene, Ethan J	SR	Massaponax High School-VA	25.82	26.18
23	Elieson, Seth	SR	Potomac Falls High School-VA	26.77	26.57
24	Weld, Fernando	JR	Potomac Falls High School-VA	28.89	29.21
25	Bush, Jack	FR	Harrisonburg High School-VA	34.12	32.47

Event 8 Girls 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Hayward, Audrey I	JR	Briar Woods High School-VA	24.46	24.22
2	Perham, Emily	FR	Riverside High School-VA	25.20	24.61
3	Valdecanas, Savannah	FR	Briar Woods High School-VA	25.58	25.20
4	Antognoli, Soleil L	SR	Potomac Falls High School-VA	25.70	25.34

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	Name	Yr	School	Seed Time	Finals Time
5	Perezous, Micaela S	SR	Potomac Falls High School-VA	25.89	25.39
6	Thaivalappil, Maya	JR	Lightridge High School-VA	25.69	25.57
7	Delong, Abigail		Stone Bridge-VA	26.84	26.05
8	Cao, Grace		Riverbend High School-VA	27.00	26.95
9	Cisneros, Gigi	SR	Riverside High School-VA	27.09	27.01
10	Lohman, Alexa	SO	Lightridge High School-VA	27.65	27.30
11	Hwang, Reese	SR	Lightridge High School-VA	27.40	27.36
12	Sabetto, Harper	JR	Independence High School-VA	27.71	27.94
13	Scranton, Avery		Stone Bridge-VA	27.81	28.07
14	Edmundson, Bailey	SR	Riverside High School-VA	28.20	28.20
15	Kritsky, Josephina	SO	Potomac Falls High School-VA	27.90	28.36
16	Hensen, Reese D	JR	Massaponax High School-VA	28.11	28.60
17	Swick, Caelyn B		Riverbend High School-VA	29.31	28.85
18	Winborne, Levee E	FR	Massaponax High School-VA	28.65	29.40
19	Hickey, Reagan	SO	Independence High School-VA	30.43	30.38
20	Quinn, Haven		Riverbend High School-VA	31.13	30.81
21	Alcala, Angela	JR	Independence High School-VA	32.95	32.33
22	Kulkarni, Mansi	SO	Briar Woods High School-VA	33.26	33.31
23	Farahmad-Azad, Sania		Stone Bridge-VA	36.56	35.96

Event 11 Boys 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Gadsby, Kyle	SO	Independence High School-VA	53.06	50.56
2	Cortez-Martinez, Adrian	SO	Lightridge High School-VA	53.26	51.72
3	Gabriel, Lucas	SR	Lightridge High School-VA	53.50	51.81
4	Kalka, Thomas R	JR	Potomac Falls High School-VA	53.13	51.91
5	Griffin, Wyatt	JR	Independence High School-VA	54.03	54.37
6	Hartanto, Alexander	SO	Lightridge High School-VA	55.70	55.66
7	Nguyen, Darren	FR	Independence High School-VA	56.99	56.08
8	Pham, Lucas A	SR	Riverside High School-VA	57.12	56.30
9	Sexton, Logan R	JR	Briar Woods High School-VA	58.72	57.05
10	Bryant, Thomas	SR	Riverside High School-VA	59.62	57.15
11	Zhang, Adam	SR	Riverside High School-VA	1:02.51	58.70
12	Marshall, Owen		Stone Bridge-VA	1:00.88	59.57
13	Tiberio, Trevor D	JR	Massaponax High School-VA	1:01.10	1:00.22
14	Hendershot, Ethan	JR	Potomac Falls High School-VA	1:01.74	1:01.60
15	McClellan, Gareth	JR	Briar Woods High School-VA	1:03.14	1:02.87
16	Hitt, Kayden A		Riverbend High School-VA	1:03.47	1:03.59
17	Youmans, Jonathan		Stone Bridge-VA	NT	1:04.27
18	Fiermen, Michael C	SO	Massaponax High School-VA	1:03.06	1:04.38
19	Xiao, Daniel	FR	Briar Woods High School-VA	1:05.08	1:06.53
20	Borley, Jack		Stone Bridge-VA	1:09.78	1:06.67
21	Weld, Fernando	JR	Potomac Falls High School-VA	1:11.92	1:11.36
22	Frey, Nathan C		Riverbend High School-VA	1:12.41	1:11.81
23	Fairchild, Laythan R	SO	Massaponax High School-VA	1:20.06	1:18.60

Event 12 Girls 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Cushman, McKinley	FR	Lightridge High School-VA	59.19	57.52
2	Chen, Sara	SR	Independence High School-VA	1:02.81	59.84
3	Perham, Emily	FR	Riverside High School-VA	1:02.01	59.86
4	Menz, Maddie	SR	Independence High School-VA	1:02.47	1:01.45

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	Name	Yr	School	Seed Time	Finals Time
5	Speilman, Mackenzie L	SR	Potomac Falls High School-VA	1:03.59	1:01.80
6	Valdecanas, Savannah	FR	Briar Woods High School-VA	1:03.20	1:02.22
7	Kish, Sydney M	JR	Potomac Falls High School-VA	1:07.25	1:04.15
8	Thaivalappil, Maya	JR	Lightridge High School-VA	1:05.08	1:05.27
9	Musni, Adriana	FR	Briar Woods High School-VA	1:10.12	1:06.15
10	Keller, Madison G	SR	Harrisonburg High School-VA	1:09.02	1:06.67
11	McMahan, Claire M	SR	Potomac Falls High School-VA	1:12.63	1:10.34
12	Scranton, Avery		Stone Bridge-VA	1:11.59	1:10.98
*13	Fassacesia, Giada L	SR	Riverside High School-VA	1:09.94	1:11.08
*13	Embert, Aida		Stone Bridge-VA	1:10.47	1:11.08
15	Zang, Emma		Stone Bridge-VA	1:12.11	1:13.52
16	Prajapati, Sasha	JR	Riverside High School-VA	1:14.59	1:13.62
17	Krushinski, Ava R		Riverbend High School-VA	1:12.00	1:14.01
18	Sexton, Avery	FR	Briar Woods High School-VA	1:18.68	1:14.05
19	Schwartz, Katherine G	SO	Harrisonburg High School-VA	1:13.54	1:14.57
20	Cinco, Ava G	SR	Massaponax High School-VA	1:15.78	1:17.71
21	Dodson, Kenley S		Riverbend High School-VA	1:20.10	1:19.42
22	Liwanag, Peyton	FR	Independence High School-VA	1:22.27	1:19.71
23	Baker-Schiel, Gia G		Riverbend High School-VA	1:21.60	1:22.63
24	Montilla, Paulina	JR	Lightridge High School-VA	1:23.75	1:23.44
25	Rau, Morgan G	JR	Massaponax High School-VA	1:25.37	1:24.89

Event 13 Boys 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Menz, Mason	SR	Independence High School-VA	48.47	47.49
2	Tragle, Harrison	SO	Riverside High School-VA	49.63	47.94
3	Anderson, Jake F	SR	Potomac Falls High School-VA	49.70	48.81
4	Kretzing, Pierson	SR	Lightridge High School-VA	49.78	48.94
5	Seo, Aiden	SR	Independence High School-VA	50.09	49.05
6	Kilic, Tolga	FR	Riverside High School-VA	49.39	49.15
7	Song, Josh	SO	Riverside High School-VA	50.03	49.46
8	Cather, Eli	SO	Briar Woods High School-VA	53.12	51.53
9	Barnes, Jack P		Riverbend High School-VA	52.59	51.66
10	O'Hair, Patrick		Stone Bridge-VA	54.05	52.41
11	Martin, Andrew	JR	Lightridge High School-VA	53.62	53.23
12	Ellinger, Jack O	SR	Briar Woods High School-VA	53.08	53.45
13	Watson, Gabriel	JR	Independence High School-VA	54.53	53.46
14	Amidon, Avery J	SR	Massaponax High School-VA	53.59	54.18
15	Thompson, Peyton	JR	Lightridge High School-VA	52.91	54.59
16	McCarney, Jaden	JR	Potomac Falls High School-VA	56.00	56.27
17	McClellan, Gareth	JR	Briar Woods High School-VA	55.56	57.05
18	Knapp, Noah W	SR	Massaponax High School-VA	56.45	59.15
19	Elieson, Seth	SR	Potomac Falls High School-VA	1:03.10	59.60
20	Greene, Ethan J	SR	Massaponax High School-VA	1:01.65	1:01.80
21	Ivanov, Ivan		Stone Bridge-VA	1:07.72	1:08.16
22	Ellis, Hunter		Riverbend High School-VA	1:06.12	1:08.25
23	Hagmaier, Will		Riverbend High School-VA	1:07.66	1:09.20
24	Elhudhud, Wajeeh		Stone Bridge-VA	1:10.09	1:12.87
25	Bush, Jack	FR	Harrisonburg High School-VA	1:20.61	1:13.68

2025 VHSL 5D Regional Championship - 2/10/2025**Results****Event 14 Girls 100 Yard Freestyle**

	Name	Yr	School	Seed Time	Finals Time
1	Cortez-Martinez, Ariana	FR	Lightridge High School-VA	53.15	52.43
2	Hayward, Audrey I	JR	Briar Woods High School-VA	54.64	52.92
3	Roy, Asha	SO	Independence High School-VA	57.41	54.29
4	Antognoli, Soleil L	SR	Potomac Falls High School-VA	58.77	56.75
5	Perezous, Micaela S	SR	Potomac Falls High School-VA	58.03	57.10
6	Hensen, Reese D	JR	Massaponax High School-VA	1:01.90	1:00.38
7	Kim, Sophia	JR	Riverside High School-VA	1:03.72	1:01.56
8	Lombardo, Marie		Stone Bridge-VA	1:03.40	1:02.00
9	Jackson, Gwyneth	SR	Potomac Falls High School-VA	1:03.82	1:02.12
10	Cao, Grace		Riverbend High School-VA	1:01.84	1:02.59
11	Ulloa, Victoria	SO	Lightridge High School-VA	1:04.69	1:02.68
12	Hwang, Reese	SR	Lightridge High School-VA	1:07.50	1:03.51
13	Vyzarsu, Ashwika	SR	Riverside High School-VA	1:04.32	1:03.96
14	Winborne, Levee E	FR	Massaponax High School-VA	1:05.39	1:04.91
15	Steis, Avery P	JR	Massaponax High School-VA	1:10.06	1:08.19
16	Quinn, Haven		Riverbend High School-VA	1:09.41	1:08.89
17	Hickey, Reagan	SO	Independence High School-VA	1:09.31	1:10.20
18	Nguyen, Lucy	FR	Independence High School-VA	1:17.88	1:12.16
19	McGee, Olivia		Stone Bridge-VA	1:15.69	1:13.29
20	Johnson, Helene	FR	Harrisonburg High School-VA	1:21.77	1:15.94
21	Kulkarni, Mansi	SO	Briar Woods High School-VA	1:17.68	1:19.33
22	Kurl, Rennay		Stone Bridge-VA	1:26.40	1:22.06

Event 15 Boys 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Freeman, Harper P	SR	Riverside High School-VA	4:53.15	4:43.26
2	Miceli, Jack		Stone Bridge-VA	4:52.03	4:43.75
3	Rabe, Chase	SO	Independence High School-VA	4:57.09	4:47.93
4	Gaddi, Landon	FR	Briar Woods High School-VA	4:58.96	4:53.02
5	Abbineni, Yogi	FR	Independence High School-VA	5:20.53	5:22.81
6	Ahmed, Bassem	JR	Riverside High School-VA	5:43.28	5:24.65
7	Grenke, Dexter	FR	Briar Woods High School-VA	5:25.78	5:26.17
8	Delaney, Keelan	SO	Briar Woods High School-VA	5:30.34	5:26.97
9	Mahes, Dhevesh	FR	Lightridge High School-VA	5:29.24	5:31.06
10	Johnson, Caleb C	SR	Riverside High School-VA	5:47.16	5:36.79
11	Roy, Michael	SO	Lightridge High School-VA	5:49.25	5:42.15
12	Hally, Ben	SR	Lightridge High School-VA	5:38.43	5:47.81
13	Borley, Jack		Stone Bridge-VA	6:03.66	5:49.14
14	Salehi, Matin	FR	Independence High School-VA	5:46.69	5:51.72
15	Simpson, Levi	FR	Potomac Falls High School-VA	6:16.45	6:10.57
16	Ramsey, James A		Riverbend High School-VA	6:12.19	6:12.45
17	Hayden, Oliver M	SR	Massaponax High School-VA	6:26.30	6:27.81
18	Joy, Dylan D	JR	Massaponax High School-VA	6:39.03	6:34.14
19	Frey, Nathan C		Riverbend High School-VA	6:33.55	6:34.96
20	Smith, Brady		Stone Bridge-VA	6:53.97	6:49.46
21	Oliver, Joshua	SR	Potomac Falls High School-VA	6:42.34	7:07.82
22	Elieson, Jude	SO	Potomac Falls High School-VA	7:40.77	7:21.13
---	Hudson, Avery A		Riverbend High School-VA	6:21.60	DFS

2025 VHSL 5D Regional Championship - 2/10/2025**Results****Event 16 Girls 500 Yard Freestyle**

	Name	Yr	School	Seed Time	Finals Time
1	Kilty, Caroline R	JR	Briar Woods High School-VA	5:18.06	5:01.90
2	Verbel, Georgia C	JR	Massaponax High School-VA	5:28.99	5:11.77
3	Hudson, Kayley	SR	Briar Woods High School-VA	5:24.91	5:17.76
4	Coelho, Melissa	SO	Riverside High School-VA	5:30.69	5:25.76
5	Delong, Abigail		Stone Bridge-VA	5:37.39	5:26.22
6	Bayarjargal, Jessica	SO	Briar Woods High School-VA	5:42.00	5:39.21
7	Deza, Micaela	JR	Lightridge High School-VA	5:47.50	5:39.89
8	Ramey, Addilynn	SR	Lightridge High School-VA	5:50.63	5:40.21
9	Pearson, Peyton	SO	Independence High School-VA	5:53.69	5:42.46
10	Lewis, Addy E		Riverbend High School-VA	5:46.01	5:43.26
11	Duggan, Charlotte A	JR	Riverside High School-VA	5:44.72	5:43.38
12	Kish, Sydney M	JR	Potomac Falls High School-VA	5:56.09	5:59.88
13	Mattos, Jennifer	SO	Riverside High School-VA	6:23.72	6:10.20
14	Lyons, McKenna	SR	Potomac Falls High School-VA	6:19.30	6:14.06
15	Yang, Lizzie	SO	Lightridge High School-VA	6:23.81	6:19.47
16	Buttram, Savannah G		Riverbend High School-VA	6:18.74	6:19.58
17	Field, Evie J	FR	Massaponax High School-VA	6:31.45	6:22.04
18	McCurry, Eva	SR	Potomac Falls High School-VA	6:23.84	6:31.40
19	Johnson, Allison E		Riverbend High School-VA	6:54.77	6:57.99
20	Regal, Isa		Stone Bridge-VA	6:57.59	6:58.04
21	Lipple, Caroline	FR	Independence High School-VA	6:58.97	7:06.83
22	Alcala, Angela	JR	Independence High School-VA	7:36.03	7:24.02

Event 17 Boys 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Riverside High School-VA	A	1:30.84	1:28.91
2	Lightridge High School-VA	A	1:32.69	1:29.05
3	Independence High School-VA	A	1:30.13	1:29.26
4	Briar Woods High School-VA	A	1:30.97	1:30.93
5	Stone Bridge-VA	A	1:38.39	1:35.26
6	Riverbend High School-VA	A	1:40.65	1:36.37
7	Massaponax High School-VA	A	1:39.57	1:38.58
8	Potomac Falls High School-VA	A	1:32.21	1:46.09

Event 18 Girls 200 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Potomac Falls High School-VA	A	1:45.47	1:40.61
2	Independence High School-VA	A	1:47.15	1:45.00
3	Riverside High School-VA	A	1:45.75	1:45.87
4	Briar Woods High School-VA	A	1:43.47	1:48.09
5	Lightridge High School-VA	A	1:44.28	1:48.45
6	Stone Bridge-VA	A	1:59.08	1:49.20
7	Massaponax High School-VA	A	1:54.20	1:52.79
8	Riverbend High School-VA	A	1:56.21	2:00.91

Event 19 Boys 100 Yard Backstroke

	Name	Yr	School	Seed Time	Finals Time
1	Gadsby, Kyle	SO	Independence High School-VA	52.28	50.39
2	Kalka, Thomas R	JR	Potomac Falls High School-VA	53.52	51.14
3	Kilic, Tolga	FR	Riverside High School-VA	53.38	53.03
4	Miceli, Jack		Stone Bridge-VA	54.94	53.46
5	Buttram, Noah W		Riverbend High School-VA	53.18	55.07

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	Name	Yr	School	Seed Time	Finals Time
6	Anderson, Jake F	SR	Potomac Falls High School-VA	56.32	55.44
7	Tiberio, Trevor D	JR	Massaponax High School-VA	57.87	56.67
8	Saravanan, Surya	SR	Briar Woods High School-VA	59.69	56.76
9	Bryant, Thomas	SR	Riverside High School-VA	58.09	56.99
10	Nguyen, Darren	FR	Independence High School-VA	1:01.71	57.50
11	Cather, Eli	SO	Briar Woods High School-VA	1:00.83	58.72
12	Clarkson, Nick		Riverbend High School-VA	1:01.88	59.72
13	Seelam, Aarush	JR	Lightridge High School-VA	1:02.18	1:01.18
14	Seweryniak, Austin	FR	Riverside High School-VA	1:04.54	1:02.07
15	Marshall, Owen		Stone Bridge-VA	1:03.33	1:02.62
16	Delaney, Keelan	SO	Briar Woods High School-VA	1:03.71	1:03.48
17	Youmans, Jonathan		Stone Bridge-VA	1:08.34	1:05.44
18	Gonzalez, Chase	FR	Independence High School-VA	1:08.19	1:07.00
19	Simpson, Levi	FR	Potomac Falls High School-VA	1:13.59	1:12.81
20	Miller, Nicholas	JR	Lightridge High School-VA	1:14.57	1:16.25
21	Ellis, Hunter		Riverbend High School-VA	1:16.19	1:16.35
22	Obenhein, Josh D	FR	Massaponax High School-VA	1:22.69	1:18.59
---	Kim, Stephen	SR	Lightridge High School-VA	1:09.91	DQ

Event 20 Girls 100 Yard Backstroke

	Name	Yr	School	Seed Time	Finals Time
1	Santucci, Elle M	SR	Riverside High School-VA	1:01.26	58.84
2	Speilman, Mackenzie L	SR	Potomac Falls High School-VA	1:04.77	1:01.76
3	Minkara, Lina H	JR	Potomac Falls High School-VA	1:05.56	1:01.90
4	Nguyen, Dan	SO	Briar Woods High School-VA	1:04.25	1:02.03
5	Menz, Maddie	SR	Independence High School-VA	1:05.91	1:03.57
6	Gardiner, Abbey G		Riverbend High School-VA	1:07.92	1:04.36
7	Rao, Sahana J	SR	Riverside High School-VA	1:09.08	1:04.49
8	Lewis, Addy E		Riverbend High School-VA	1:06.88	1:06.19
9	Lohman, Alexa	SO	Lightridge High School-VA	1:12.03	1:06.86
10	Donaldson, Ciara	SO	Potomac Falls High School-VA	1:12.65	1:11.40
11	Field, Evie J	FR	Massaponax High School-VA	1:14.57	1:13.17
12	Yang, Lizzie	SO	Lightridge High School-VA	1:12.81	1:13.71
13	Nader, Ariana	JR	Riverside High School-VA	1:14.56	1:13.72
14	Sexton, Avery	FR	Briar Woods High School-VA	NT	1:14.12
15	Coleman, Nyah A	JR	Massaponax High School-VA	1:15.14	1:15.62
16	Platenik, Kylie J	FR	Massaponax High School-VA	1:17.36	1:16.56
17	Nguyen, Lucy	FR	Independence High School-VA	1:23.75	1:22.73
18	Walter, Emily		Riverbend High School-VA	1:24.34	1:23.55
19	McGee, Olivia		Stone Bridge-VA	1:33.25	1:26.23
20	Johnson, Helene	FR	Harrisonburg High School-VA	1:31.52	1:27.91
21	McLaughlin, Helen		Stone Bridge-VA	1:39.88	1:38.11
---	Cushman, McKinley	FR	Lightridge High School-VA	1:01.40	DQ
---	Keller, Madison G	SR	Harrisonburg High School-VA	1:11.30	DQ

Event 21 Boys 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	Coleman, Joey	JR	Potomac Falls High School-VA	59.76	57.59
2	Kresin, Nikita A	SR	Riverside High School-VA	1:00.03	58.65
3	Gabriel, Lucas	SR	Lightridge High School-VA	1:06.68	59.07
4	Rowley, Jake	JR	Independence High School-VA	1:00.47	1:00.03
5	Seo, Aiden	SR	Independence High School-VA	1:03.09	1:00.86

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	Name	Yr	School	Seed Time	Finals Time
6	Hutchison, Mejd		Stone Bridge-VA	1:04.38	1:01.15
7	Ledyashov, Sergey	SR	Riverside High School-VA	1:04.01	1:02.33
8	Matabang, Gian	SR	Lightridge High School-VA	1:06.41	1:03.55
9	Nguyen, Giang	SO	Briar Woods High School-VA	1:07.09	1:03.75
10	Heise, Hayes	FR	Independence High School-VA	1:08.38	1:08.21
11	Carrier, Jackson	JR	Riverside High School-VA	1:11.20	1:08.45
12	Kim, Evan T	SR	Briar Woods High School-VA	1:16.02	1:08.49
13	Mao, Zidane	SO	Potomac Falls High School-VA	1:11.48	1:09.70
14	Platenik, Will M		Massaponax High School-VA	1:09.34	1:09.92
15	Fairchild, Laythan R	SO	Massaponax High School-VA	1:10.05	1:10.25
16	Batjar, Max		Stone Bridge-VA	1:09.82	1:10.37
17	Knapp, Noah W	SR	Massaponax High School-VA	1:11.73	1:10.62
18	Mugavero, Ethan G		Riverbend High School-VA	1:08.06	1:10.67
19	Xiao, Daniel	FR	Briar Woods High School-VA	1:11.15	1:12.85
20	Hom, Alex		Stone Bridge-VA	1:24.20	1:22.26
---	Grant, Landon	SO	Potomac Falls High School-VA	1:31.22	DQ
---	Van Dusen, Colin M		Riverbend High School-VA	1:24.62	DQ
---	Kerns, Nate	SO	Lightridge High School-VA	1:09.63	DQ

Event 22 Girls 100 Yard Breaststroke

	Name	Yr	School	Seed Time	Finals Time
1	McCarney, Maya	FR	Potomac Falls High School-VA	1:06.70	1:04.62
2	Cortez-Martinez, Ariana	FR	Lightridge High School-VA	1:07.75	1:05.63
3	Roy, Asha	SO	Independence High School-VA	1:08.09	1:08.75
4	Thai, Natalie	SO	Independence High School-VA	1:13.14	1:11.40
5	McMahan, Claire M	SR	Potomac Falls High School-VA	1:14.09	1:11.48
6	Trinh, Teralynn	FR	Lightridge High School-VA	1:16.25	1:12.14
7	Sabetto, Harper	JR	Independence High School-VA	1:16.31	1:13.23
8	Musni, Adriana	FR	Briar Woods High School-VA	1:14.89	1:13.77
9	Moore, Cate	FR	Briar Woods High School-VA	1:17.38	1:15.66
10	Cadd, Sophie	FR	Riverside High School-VA	1:19.03	1:15.79
11	Dolan, Leah		Stone Bridge-VA	1:18.65	1:19.56
12	McCurry, Eva	SR	Potomac Falls High School-VA	1:19.76	1:19.94
13	Cheyenne Diaz, Adrielle		Stone Bridge-VA	1:17.01	1:20.31
14	Ruschaupt, Olivia	SR	Riverside High School-VA	1:21.09	1:21.56
15	Vyzarsu, Ashwika	SR	Riverside High School-VA	1:21.88	1:21.57
16	Swick, Caelyn B		Riverbend High School-VA	1:24.35	1:23.83
17	Clark, Sophie	JR	Lightridge High School-VA	1:24.78	1:24.65
18	Dodson, Kenley S		Riverbend High School-VA	1:27.09	1:28.50
19	Boetig, Audrey S		Riverbend High School-VA	1:28.66	1:30.27
21	Mahadevan, Sukhi		Stone Bridge-VA	1:31.53	1:31.67
22	Krick, Raquel	SO	Briar Woods High School-VA	NT	1:32.77
23	Rau, Morgan G	JR	Massaponax High School-VA	1:36.47	1:37.90
24	Keller, Claire	JR	Harrisonburg High School-VA	1:47.45	1:51.41
---	Van Reenen, Breelyn H	FR	Massaponax High School-VA	1:31.84	DQ
20	Steis, Avery P	JR	Massaponax High School-VA	1:32.41	DQ

Event 23 Boys 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Independence High School-VA	A	3:19.63	3:12.60
2	Riverside High School-VA	A	3:21.88	3:13.44
3	Briar Woods High School-VA	A	3:25.13	3:20.01

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	Team	Relay	Seed Time	Finals Time
4	Potomac Falls High School-VA	A	3:23.96	3:20.84
5	Lightridge High School-VA	A	3:37.03	3:23.03
6	Riverbend High School-VA	A	3:34.91	3:40.29
7	Stone Bridge-VA	A	3:48.34	3:50.28
8	Massaponax High School-VA	A	4:00.64	4:04.70

Event 24 Girls 400 Yard Freestyle Relay

	Team	Relay	Seed Time	Finals Time
1	Briar Woods High School-VA	A	3:46.26	3:36.90
2	Lightridge High School-VA	A	3:43.72	3:40.25
3	Potomac Falls High School-VA	A	3:55.31	3:44.58
4	Riverside High School-VA	A	3:51.52	3:44.95
5	Riverbend High School-VA	A	4:09.15	4:07.87
6	Massaponax High School-VA	A	4:08.12	4:07.88
7	Independence High School-VA	A	4:03.45	4:18.16
---	Stone Bridge-VA	A	4:12.57	DQ