

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****Event 1 Boys 200 Yard Medley Relay**

|   | <b>Team</b>                   | <b>Relay</b> | <b>Seed Time</b> | <b>Finals Time</b> |
|---|-------------------------------|--------------|------------------|--------------------|
| 1 | Deep Run High School Swimming | A            | 1:40.34          | 1:39.22            |
| 2 | Glen Allen High School        | A            | 1:45.89          | 1:43.59            |
| 3 | Grassfield High School        | A            | 1:48.57          | 1:43.61            |
| 4 | Cosby High School             | A            | 1:43.91          | 1:43.80            |
| 5 | Landstown High School         | A            | 1:54.20          | 1:44.95            |
| 6 | Thomas Dale High School       | A            | 1:47.45          | 1:46.44            |
| 7 | Weatern Branch High School    | A            | 1:57.63          | 1:54.73            |
| 8 | Manchester Swim Team          | A            | 2:05.81          | 2:05.69            |
| 9 | Highland Springs High School  | A            | 2:11.11          | 2:19.41            |

**Event 2 Girls 200 Yard Medley Relay**

|   | <b>Team</b>                   | <b>Relay</b> | <b>Seed Time</b> | <b>Finals Time</b> |
|---|-------------------------------|--------------|------------------|--------------------|
| 1 | Glen Allen High School        | A            | 1:50.99          | 1:49.97            |
| 2 | Cosby High School             | A            | 1:51.94          | 1:50.30            |
| 3 | Thomas Dale High School       | A            | 1:52.18          | 1:52.15            |
| 4 | Weatern Branch High School    | A            | 2:04.63          | 1:57.29            |
| 5 | Deep Run High School Swimming | A            | 1:56.11          | 1:58.04            |
| 6 | Grassfield High School        | A            | 2:06.56          | 2:00.28            |
| 7 | Manchester Swim Team          | A            | 2:12.26          | 2:10.57            |
| 8 | Landstown High School         | A            | 2:28.90          | 2:29.66            |
| 9 | Highland Springs High School  | A            | 2:38.62          | 2:32.30            |

**Event 3 Boys 200 Yard Freestyle**

|    | <b>Name</b>            | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|------------------------|-----------|-------------------------------|------------------|--------------------|
| 1  | Stowell, Daniel        | SO        | Grassfield High School        | 1:45.56          | 1:45.75            |
| 2  | Whitescarver, Carter   | SR        | Cosby High School             | 1:54.79          | 1:50.97            |
| 3  | Royster, Camden        | SO        | Thomas Dale High School       | 1:50.91          | 1:51.55            |
| 4  | Konig, Oliver          | SO        | Landstown High School         | 1:55.23          | 1:53.43            |
| 5  | Irvine, Jackson        | SO        | Cosby High School             | 1:56.27          | 1:53.45            |
| 6  | Basola, Paulo          | SO        | Deep Run High School Swimming | 1:56.80          | 1:53.71            |
| 7  | Ehrensberger, Benedict | SO        | Deep Run High School Swimming | 1:55.08          | 1:55.37            |
| 8  | Suarez, Renzo          | SR        | Cosby High School             | 1:56.18          | 1:56.18            |
| 9  | Jones, Elliott         | JR        | Landstown High School         | 2:01.30          | 1:56.87            |
| 10 | Madaras, Aiden         | FR        | Deep Run High School Swimming | 1:57.31          | 1:57.88            |
| 11 | Ippolito, Peyton       | FR        | Grassfield High School        | 2:10.50          | 2:03.31            |
| 12 | Collins, Ezekiel       | JR        | Grassfield High School        | 2:16.58          | 2:11.78            |
| 13 | Lancaster, Carter      | FR        | Weatern Branch High School    | 2:17.33          | 2:16.59            |
| 14 | Danielson, Leo         | FR        | Glen Allen High School        | 2:16.85          | 2:16.79            |
| 15 | Swanson, Dominic       | JR        | Deep Run High School Swimming | 2:24.52          | x2:21.75           |
| 16 | Frazer, Reece          | JR        | Manchester Swim Team          | 2:29.14          | 2:30.09            |
| 17 | Edwards, Cameron       | SO        | Thomas Dale High School       | 2:32.40          | 2:36.10            |
| 18 | Dawson, Greyson        | FR        | Manchester Swim Team          | 2:48.79          | 2:45.26            |

**Event 4 Girls 200 Yard Freestyle**

|   | <b>Name</b>         | <b>Yr</b> | <b>School</b>          | <b>Seed Time</b> | <b>Finals Time</b> |
|---|---------------------|-----------|------------------------|------------------|--------------------|
| 1 | Rose, Sydney        | SO        | Cosby High School      | 1:56.41          | 1:54.10            |
| 2 | Clemens, Gabriella  | SR        | Glen Allen High School | 2:01.27          | 1:54.98            |
| 3 | Gallant, Emma       | SO        | Landstown High School  | 2:03.11          | 1:55.04            |
| 4 | Newman, Emily       | SR        | Manchester Swim Team   | 1:55.62          | 1:55.25            |
| 5 | Pogorzelski, Camryn | JR        | Grassfield High School | 1:58.95          | 1:59.35            |
| 6 | Hull, Elliana       | FR        | Glen Allen High School | 2:04.47          | 2:01.02            |
| 7 | Lambert, Callie     | JR        | Cosby High School      | 2:06.90          | 2:01.33            |

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****(Event 4 Girls 200 Yard Freestyle)**

|     | <b>Name</b>        | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|--------------------|-----------|-------------------------------|------------------|--------------------|
| 8   | Carlson, Annie     | SO        | Deep Run High School Swimming | 2:01.40          | 2:01.68            |
| 9   | Hanson, Margaret   | SO        | Thomas Dale High School       | 2:06.68          | 2:05.68            |
| 10  | Dee, Tamara        | FR        | Deep Run High School Swimming | 2:12.06          | 2:06.32            |
| 11  | Gilley, Caroline   | SO        | Cosby High School             | 2:05.25          | 2:07.76            |
| 12  | Estes, Raquel      | SR        | Thomas Dale High School       | 2:10.31          | 2:08.91            |
| 13  | Gray, Sydney       | SO        | Weatern Branch High School    | 2:16.67          | 2:10.50            |
| 14  | Lancto, Madelyn    | SO        | Glen Allen High School        | 2:16.08          | 2:10.97            |
| *15 | Martin, Audrey     | FR        | Cosby High School             | 2:11.30          | x2:12.32           |
| *15 | Concepcion, Mia    | SO        | Glen Allen High School        | 2:13.57          | x2:12.32           |
| 17  | Ozlin, Addison     | FR        | Deep Run High School Swimming | 2:19.03          | 2:15.60            |
| 18  | Pape, Hannah       | SR        | Grassfield High School        | 2:23.46          | 2:18.64            |
| 19  | Glebocki, Viktoria | SR        | Grassfield High School        | 2:30.44          | 2:27.97            |
| 20  | Soderlund, Marina  | JR        | Oscar Smith High School       | 2:24.69          | 2:31.59            |
| 21  | Graham, Katie      | JR        | Landstown High School         | 2:37.57          | 2:37.75            |
| 22  | Golden, Addison    | SO        | Manchester Swim Team          | 2:39.64          | 2:39.31            |
| 23  | Wallace, Kinsley   | FR        | Weatern Branch High School    | 2:48.82          | 2:43.95            |
| 24  | Twiddy, Kaylee     | FR        | Manchester Swim Team          | 2:39.56          | 2:46.19            |
| --- | Illy, Elena        | FR        | Landstown High School         | 2:43.39          | DQ                 |

**Event 5 Boys 200 Yard IM**

|    | <b>Name</b>        | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|--------------------|-----------|-------------------------------|------------------|--------------------|
| 1  | Farnsworth, Joshua | SO        | Deep Run High School Swimming | 2:02.07          | 1:58.66            |
| 2  | Harrington, Cullen | SO        | Deep Run High School Swimming | 2:01.36          | 1:58.90            |
| 3  | Bradley, Connor    | FR        | Landstown High School         | 2:02.03          | 2:01.91            |
| 4  | Cook, Aaron        | FR        | Deep Run High School Swimming | 2:13.70          | 2:08.16            |
| 5  | Flores, Ayden      | SR        | Grassfield High School        | 2:12.59          | 2:10.75            |
| 6  | Jarrett, Hudson    | SO        | Landstown High School         | 2:17.42          | 2:12.59            |
| 7  | Lewis, David       | FR        | Cosby High School             | 2:19.54          | 2:17.56            |
| 8  | Madaras, Jacob     |           | Deep Run High School Swimming | 2:18.30          | 2:18.80            |
| 9  | Bartelt, Cooper    | FR        | Cosby High School             | 2:23.14          | 2:19.82            |
| 10 | Sammataro, Logan   | SO        | Grassfield High School        | 2:25.67          | 2:26.73            |
| 11 | Sheldon, Mason     | JR        | Glen Allen High School        | 2:24.33          | 2:27.24            |
| 12 | Ladman, Noah       | SO        | Thomas Dale High School       | 2:33.81          | 2:27.70            |
| 13 | Bruner, Bodie      | FR        | Landstown High School         | 2:34.44          | 2:35.15            |
| 14 | Coker, Ryan        | FR        | Thomas Dale High School       | 2:39.81          | 2:39.25            |
| 15 | Sylvia, Parker     | JR        | Weatern Branch High School    | 2:42.53          | 2:43.14            |
| 16 | Tynch, Logan       | JR        | Weatern Branch High School    | 3:00.64          | 2:56.20            |
| 17 | Hodgson, Charles   | SR        | Glen Allen High School        | 3:01.41          | 3:03.59            |

**Event 6 Girls 200 Yard IM**

|    | <b>Name</b>          | <b>Yr</b> | <b>School</b>              | <b>Seed Time</b> | <b>Finals Time</b> |
|----|----------------------|-----------|----------------------------|------------------|--------------------|
| 1  | Vernon, Allison      | JR        | Cosby High School          | 2:02.99          | 2:03.52            |
| 2  | Bonham, Abigail      | FR        | Glen Allen High School     | 2:06.64          | 2:09.86            |
| 3  | Seay, Madelyn        | JR        | Cosby High School          | 2:11.81          | 2:11.35            |
| 4  | Miyashita, Elizabeth | SR        | Glen Allen High School     | 2:11.17          | 2:11.53            |
| 5  | Gray, Lauren         | SR        | Weatern Branch High School | 2:24.82          | 2:12.80            |
| 6  | Nelson, Clara        | JR        | Thomas Dale High School    | 2:14.91          | 2:13.98            |
| 7  | Flores, Addison      | SO        | Grassfield High School     | 2:20.02          | 2:20.23            |
| 8  | Grammer, Mackenzie   | SO        | Thomas Dale High School    | 2:22.62          | 2:21.29            |
| 9  | Wilson, Lorelei      | FR        | Grassfield High School     | 2:24.49          | 2:21.43            |
| 10 | McCann, Lauren       | SR        | Glen Allen High School     | 2:22.00          | 2:21.95            |
| 11 | Karunaratne, Madison | FR        | Weatern Branch High School | 2:29.62          | 2:24.38            |

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****(Event 6 Girls 200 Yard IM)**

|    | <b>Name</b>       | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|-------------------|-----------|-------------------------------|------------------|--------------------|
| 12 | Boughton, Kelsey  | SO        | Glen Allen High School        | 2:31.61          | x2:30.45           |
| 13 | Garrett, Emaleigh | SR        | Cosby High School             | 2:33.55          | 2:31.18            |
| 14 | Link, Ansley      | FR        | Cosby High School             | 2:31.50          | x2:32.18           |
| 15 | Mannion, Addison  | SR        | Deep Run High School Swimming | 2:38.14          | 2:35.12            |
| 16 | Drayton, Anna     | SO        | Deep Run High School Swimming | 2:37.77          | 2:43.04            |
| 17 | Phelps, Lillian   | JR        | Landstown High School         | 3:02.52          | 3:02.23            |
| 18 | Gholson, Sade     | SO        | Thomas Dale High School       | 3:10.32          | 3:02.30            |
| 19 | Burton, Krista    | FR        | Landstown High School         | 3:08.17          | 3:11.85            |
| 20 | Sink, Jessica     | SO        | Manchester Swim Team          | 3:19.82          | 3:17.54            |

**Event 7 Boys 50 Yard Freestyle**

|     | <b>Name</b>         | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|---------------------|-----------|-------------------------------|------------------|--------------------|
| 1   | Lutz, Ian           | JR        | Landstown High School         | 21.05            | 21.54              |
| 2   | VanLesser, Brogan   | JR        | Glen Allen High School        | 22.27            | 22.03              |
| 3   | Thornton, Christian | SR        | Deep Run High School Swimming | 22.11            | 22.18              |
| 4   | Filipek, Sebastian  | SR        | Cosby High School             | 22.68            | 22.30              |
| 5   | Pflanz, Linas       | SR        | Grassfield High School        | 22.69            | 22.58              |
| 6   | Burney, Atticus     | SO        | Grassfield High School        | 23.13            | 23.39              |
| 7   | Walker, Demetrius   | SR        | Cosby High School             | 23.39            | 23.42              |
| 8   | Lehr, Matthew       | FR        | Glen Allen High School        | 24.00            | 23.45              |
| 9   | Ogletree, Evan      | SR        | Cosby High School             | 23.42            | 23.61              |
| 10  | Leary, Jonathan     | JR        | Deep Run High School Swimming | 23.49            | 23.85              |
| *11 | Miner, Nikolas      | SR        | Grassfield High School        | 24.08            | 24.09              |
| *11 | Widgeon, Taylor     | JR        | Landstown High School         | 24.02            | 24.09              |
| 13  | Sims, Carson        | JR        | Weatern Branch High School    | 24.74            | 24.12              |
| 14  | Madaras, Aiden      | FR        | Deep Run High School Swimming | 23.96            | 24.78              |
| 15  | Herold, Evan        | SO        | Glen Allen High School        | 25.14            | 25.09              |
| 16  | Patton, William     | SR        | Grassfield High School        | 25.75            | x25.60             |
| 17  | Ridout, Kellen      | JR        | Thomas Dale High School       | 25.61            | 25.61              |
| 18  | Bayuk, Carter       | JR        | Manchester Swim Team          | 25.64            | 26.04              |
| 19  | Concepcion, Jaxon   | FR        | Landstown High School         | 25.86            | 26.06              |
| 20  | Robinson, Turner    | FR        | Highland Springs High School  | 26.57            | 26.14              |
| 21  | Tucker, Jordan      | SR        | Thomas Dale High School       | 27.20            | 26.99              |
| 22  | Shaw, Bradley       | FR        | Manchester Swim Team          | 26.36            | 27.28              |
| 23  | Davis, Shea         | SR        | Highland Springs High School  | 29.68            | 29.51              |
| 24  | Adams, John         | JR        | Weatern Branch High School    | 28.13            | 29.90              |
| 25  | Piersall, Benjamin  | JR        | Oscar Smith High School       | 31.24            | 31.36              |

**Event 8 Girls 50 Yard Freestyle**

|    | <b>Name</b>          | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|----------------------|-----------|-------------------------------|------------------|--------------------|
| 1  | Hedrick, Gracie      | SR        | Thomas Dale High School       | 25.07            | 24.43              |
| 2  | Witthoeft, Charlotte | JR        | Cosby High School             | 25.79            | 24.72              |
| 3  | McCain, Maya         | FR        | Grassfield High School        | 25.04            | 25.00              |
| 4  | Miklos, Cassidy      | SR        | Deep Run High School Swimming | 26.22            | 25.05              |
| 5  | Shearin, Nevaeh      | JR        | Grassfield High School        | 25.38            | 25.27              |
| 6  | Lake, Chloe          | SO        | Cosby High School             | 25.98            | 25.51              |
| 7  | Stroud, Elizabeth    | SR        | Cosby High School             | 26.49            | 26.16              |
| 8  | Cowart, Chloe        | JR        | Glen Allen High School        | 26.61            | 26.72              |
| 9  | Walker, Kathryn      | JR        | Thomas Dale High School       | 26.83            | 26.77              |
| 10 | Juhl, Yena           | JR        | Cosby High School             | 27.01            | x27.14             |
| 11 | Cabugason, Hazel     | JR        | Deep Run High School Swimming | 27.49            | 27.44              |
| 12 | Hartney, Vera        | SO        | Grassfield High School        | 27.61            | 27.91              |

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****(Event 8 Girls 50 Yard Freestyle)**

|     | <b>Name</b>          | <b>Yr</b> | <b>School</b>                | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|----------------------|-----------|------------------------------|------------------|--------------------|
| 13  | Baake, Camryn        | SR        | Thomas Dale High School      | 28.08            | 28.01              |
| 14  | Azzarello, Isabella  | FR        | Landstown High School        | 28.68            | 28.11              |
| 15  | Lydens, Ava          | FR        | Weatern Branch High School   | 28.01            | 28.35              |
| 16  | Winslow, Addison     | JR        | Weatern Branch High School   | 29.54            | 28.54              |
| 17  | Anderson, Ella Grace | FR        | Glen Allen High School       | 28.22            | 28.75              |
| 18  | Jacobson, Jade       | SR        | Manchester Swim Team         | 29.49            | 29.26              |
| 19  | Padilla, Isabel      | SO        | Oscar Smith High School      | 29.98            | 29.44              |
| 20  | Laratta, Brianna     | FR        | Landstown High School        | 31.41            | 31.19              |
| *21 | Morris, Anna         | JR        | Highland Springs High School | 32.18            | 32.63              |
| *21 | Sink, Joanna         | SO        | Manchester Swim Team         | 31.35            | 32.63              |
| 23  | Hale, Emma           | FR        | Highland Springs High School | 34.01            | 33.73              |

**Event 9 Boys 1 mtr Diving**

|   | <b>Name</b>       | <b>Yr</b> | <b>School</b>                |    | <b>Finals Score</b> |
|---|-------------------|-----------|------------------------------|----|---------------------|
| 1 | Beagle, Jefferson | FR        | Glen Allen High School       | NP | 269.55              |
| 2 | Dortch, Shawn     | JR        | Highland Springs High School | NP | 197.85              |

**Event 10 Girls 1 mtr Diving**

|   | <b>Name</b>        | <b>Yr</b> | <b>School</b>          |    | <b>Finals Score</b> |
|---|--------------------|-----------|------------------------|----|---------------------|
| 1 | Thompson, Jasmine  |           | Cosby High School      | NP | 310.95              |
| 2 | Schwind, Catherine | JR        | Grassfield High School | NP | 262.45              |
| 3 | Greene, Addison    | SR        | Cosby High School      | NP | 189.60              |

**Event 11 Boys 100 Yard Butterfly**

|     | <b>Name</b>        | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|--------------------|-----------|-------------------------------|------------------|--------------------|
| 1   | Burkey, Tucker     | SR        | Cosby High School             | 51.26            | 50.92              |
| 2   | Miklos, Owen       | FR        | Deep Run High School Swimming | 52.35            | 52.68              |
| 3   | Farnsworth, Joshua | SO        | Deep Run High School Swimming | 54.33            | 54.17              |
| 4   | Suarez, Renzo      | SR        | Cosby High School             | 56.07            | 56.29              |
| 5   | Jones, Elliott     | JR        | Landstown High School         | 1:01.42          | 58.52              |
| 6   | Liang, Jake        | FR        | Deep Run High School Swimming | 58.91            | 58.98              |
| 7   | Gilbert, Grayson   | SR        | Cosby High School             | 59.93            | 59.19              |
| 8   | Morgan, Jeremiah   | SR        | Cosby High School             | 1:01.73          | x59.88             |
| 9   | Bell, Gavin        | FR        | Deep Run High School Swimming | 59.81            | x1:00.85           |
| 10  | Lancaster, Carter  | FR        | Weatern Branch High School    | 1:09.31          | 1:02.76            |
| 11  | Golden, Brody      | SO        | Manchester Swim Team          | 1:06.00          | 1:05.52            |
| 12  | Patton, William    | SR        | Grassfield High School        | 1:10.95          | 1:08.07            |
| 13  | Sammataro, Logan   | SO        | Grassfield High School        | 1:06.57          | 1:08.51            |
| 14  | Danielson, Leo     | FR        | Glen Allen High School        | 1:06.80          | 1:08.71            |
| 15  | Coker, Ryan        | FR        | Thomas Dale High School       | 1:11.01          | 1:12.35            |
| 16  | Miller, Tyler      | SO        | Glen Allen High School        | 1:11.89          | 1:12.90            |
| 17  | Koepke, John       | SO        | Weatern Branch High School    | 1:24.68          | 1:23.09            |
| --- | Bruner, Bodie      | FR        | Landstown High School         | 1:09.08          | DQ                 |

**Event 12 Girls 100 Yard Butterfly**

|   | <b>Name</b>         | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|---|---------------------|-----------|-------------------------------|------------------|--------------------|
| 1 | Wenert, Olivia      | JR        | Deep Run High School Swimming | 1:00.23          | 56.68              |
| 2 | Hedrick, Gracie     | SR        | Thomas Dale High School       | 59.04            | 58.46              |
| 3 | Van Schaften, Riley | SR        | Deep Run High School Swimming | 58.98            | 58.53              |
| 4 | Van Schaften, Josie | SR        | Deep Run High School Swimming | 58.95            | 58.55              |
| 5 | Gallant, Emma       | SO        | Landstown High School         | 59.15            | 59.00              |
| 6 | Seay, Madelyn       | JR        | Cosby High School             | 59.32            | 59.08              |
| 7 | Patterson, Madelynn | SO        | Weatern Branch High School    | 1:06.13          | 1:02.51            |

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****(Event 12 Girls 100 Yard Butterfly)**

|     | <b>Name</b>           | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|-----------------------|-----------|-------------------------------|------------------|--------------------|
| 8   | Cabugason, Hazel      | JR        | Deep Run High School Swimming | 1:04.39          | x1:02.99           |
| 9   | Sandlin, Ashlyn       | SR        | Cosby High School             | 1:03.32          | 1:03.34            |
| 10  | Hintos, Makenna       | FR        | Cosby High School             | 1:03.74          | 1:04.44            |
| 11  | McGuffin, Kathryn     | JR        | Thomas Dale High School       | 1:09.76          | 1:07.75            |
| 12  | Flores, Abigail       | JR        | Grassfield High School        | 1:15.34          | 1:08.91            |
| 13  | Royster, McKenna      | SR        | Thomas Dale High School       | 1:13.57          | 1:09.72            |
| 14  | Stith, Brianna        | SO        | Cosby High School             | 1:12.80          | x1:11.08           |
| 15  | Rodrigues, Gabriella  | SO        | Weatern Branch High School    | 1:17.05          | 1:12.10            |
| 16  | Herold, Anna          | SR        | Glen Allen High School        | 1:14.59          | 1:14.31            |
| 17  | Soderlund, Marina     | JR        | Oscar Smith High School       | 1:27.46          | 1:19.52            |
| 18  | Graham, Katie         | JR        | Landstown High School         | 1:29.77          | 1:26.97            |
| 19  | Pietruszkiewicz, Kate | JR        | Glen Allen High School        | 1:26.38          | 1:27.23            |
| 20  | King, Ava             | JR        | Manchester Swim Team          | 1:29.41          | 1:27.68            |
| 21  | Sink, Joanna          | SO        | Manchester Swim Team          | 1:28.75          | 1:30.38            |
| --- | Corbin, Grace         | SR        | Grassfield High School        | 1:16.86          | DQ                 |
| --- | Wang, Abigail         | SR        | Glen Allen High School        | 1:03.97          | DQ                 |

**Event 13 Boys 100 Yard Freestyle**

|    | <b>Name</b>            | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|------------------------|-----------|-------------------------------|------------------|--------------------|
| 1  | VanLesser, Brogan      | JR        | Glen Allen High School        | 51.04            | 48.83              |
| 2  | Thornton, Christian    | SR        | Deep Run High School Swimming | 49.40            | 49.21              |
| 3  | Filipek, Sebastian     | SR        | Cosby High School             | 49.74            | 49.28              |
| 4  | Burney, Atticus        | SO        | Grassfield High School        | 51.65            | 49.45              |
| 5  | Williams, Carson       | JR        | Glen Allen High School        | 50.24            | 49.94              |
| 6  | Whitescarver, Carter   | SR        | Cosby High School             | 51.99            | 50.61              |
| 7  | Konig, Oliver          | SO        | Landstown High School         | 51.53            | 51.35              |
| 8  | Ehrensberger, Benedict | SO        | Deep Run High School Swimming | 51.54            | 52.02              |
| 9  | Ogletree, Evan         | SR        | Cosby High School             | 54.75            | 52.07              |
| 10 | Jury, Patrick          | JR        | Thomas Dale High School       | 52.76            | 52.15              |
| 11 | Edwards, Stephen       | FR        | Deep Run High School Swimming | 53.61            | 52.77              |
| 12 | Miner, Nikolas         | SR        | Grassfield High School        | 55.14            | 53.80              |
| 13 | Sims, Carson           | JR        | Weatern Branch High School    | 57.92            | 53.86              |
| 14 | Felix, Maximus         | SO        | Cosby High School             | 54.65            | x54.69             |
| 15 | Lighthart, Emmett      | FR        | Landstown High School         | 56.59            | 56.12              |
| 16 | Mincey, Luke           | FR        | Thomas Dale High School       | 57.10            | 57.60              |
| 17 | Oberle, Liam           | SR        | Glen Allen High School        | 58.14            | 58.92              |
| 18 | Wright, Peter          | SR        | Grassfield High School        | 1:01.82          | 59.94              |
| 19 | Bayuk, Carter          | JR        | Manchester Swim Team          | 59.56            | 1:00.50            |
| 20 | Dodd, Sal              | SO        | Landstown High School         | 1:00.59          | 1:01.99            |
| 21 | Robinson, Lukas        | FR        | Manchester Swim Team          | 1:03.92          | 1:02.71            |
| 22 | Bonham, Thaddeus       | JR        | Glen Allen High School        | 1:03.62          | x1:05.82           |
| 23 | Loving, Cohen          | SO        | Weatern Branch High School    | 1:09.64          | 1:07.36            |
| 24 | Piersall, Benjamin     | JR        | Oscar Smith High School       | 1:11.15          | 1:09.41            |
| 25 | Mahan, Jonah           | JR        | Highland Springs High School  | 1:11.89          | 1:14.72            |
| 26 | Bundy, Teray           | SO        | Highland Springs High School  | 1:29.58          | 1:20.21            |

**Event 14 Girls 100 Yard Freestyle**

|   | <b>Name</b>     | <b>Yr</b> | <b>School</b>           | <b>Seed Time</b> | <b>Finals Time</b> |
|---|-----------------|-----------|-------------------------|------------------|--------------------|
| 1 | Shearin, Nevaeh | JR        | Grassfield High School  | 55.36            | 53.64              |
| 2 | McCain, Maya    | FR        | Grassfield High School  | 55.46            | 54.78              |
| 3 | Newman, Emily   | SR        | Manchester Swim Team    | 57.29            | 54.81              |
| 4 | Nelson, Clara   | JR        | Thomas Dale High School | 55.69            | 55.13              |

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****(Event 14 Girls 100 Yard Freestyle)**

|    | <b>Name</b>         | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|---------------------|-----------|-------------------------------|------------------|--------------------|
| 5  | Miklos, Cassidy     | SR        | Deep Run High School Swimming | 58.61            | 55.25              |
| 6  | Henry, Emami        | SR        | Cosby High School             | 55.74            | 55.66              |
| 7  | Lake, Chloe         | SO        | Cosby High School             | 57.52            | 55.87              |
| 8  | Sivak, Audrey       | SR        | Cosby High School             | 57.25            | 56.61              |
| 9  | Estes, Raquel       | SR        | Thomas Dale High School       | 57.43            | 58.38              |
| 10 | Dee, Tamara         | FR        | Deep Run High School Swimming | 59.05            | 58.48              |
| 11 | Cowart, Chloe       | JR        | Glen Allen High School        | 59.31            | 58.71              |
| 12 | Hanson, Margaret    | SO        | Thomas Dale High School       | 58.70            | 58.89              |
| 13 | Holloway, Claire    | JR        | Glen Allen High School        | 1:03.23          | 59.33              |
| 14 | Juhl, Yena          | JR        | Cosby High School             | 1:00.21          | x1:01.25           |
| 15 | Azzarello, Isabella | FR        | Landstown High School         | 1:08.93          | 1:01.72            |
| 16 | Dodson, Maria       | JR        | Grassfield High School        | 1:08.64          | 1:01.76            |
| 17 | Lydens, Ava         | FR        | Weatern Branch High School    | 1:03.95          | 1:03.04            |
| 18 | Hartney, Vera       | SO        | Grassfield High School        | 1:04.74          | x1:03.82           |
| 19 | Winslow, Addison    | JR        | Weatern Branch High School    | 1:07.14          | 1:04.20            |
| 20 | Ingerick, Abigail   | SO        | Thomas Dale High School       | 1:05.93          | x1:05.06           |
| 21 | Padilla, Isabel     | SO        | Oscar Smith High School       | 1:09.78          | 1:05.60            |
| 22 | van Duijl, Valerie  | FR        | Highland Springs High School  | 1:11.56          | 1:11.39            |
| 23 | Dostie, Aniston     | FR        | Manchester Swim Team          | 1:15.03          | 1:15.06            |
| 24 | Harding, Faith      | FR        | Manchester Swim Team          | 1:17.75          | 1:15.80            |
| 25 | Loftis, Danielle    | SO        | Landstown High School         | 1:17.34          | 1:18.49            |
| 26 | Evers, Ellie        | JR        | Highland Springs High School  | 1:29.12          | 1:29.63            |

**Event 15 Boys 500 Yard Freestyle**

|    | <b>Name</b>            | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|------------------------|-----------|-------------------------------|------------------|--------------------|
| 1  | Miklos, Owen           | FR        | Deep Run High School Swimming | 4:50.13          | 4:42.22            |
| 2  | Bradley, Connor        | FR        | Landstown High School         | 4:49.86          | 4:45.64            |
| 3  | Stowell, Daniel        | SO        | Grassfield High School        | 4:43.94          | 4:47.77            |
| 4  | Royster, Camden        | SO        | Thomas Dale High School       | 4:54.87          | 5:00.97            |
| 5  | Basola, Paulo          | SO        | Deep Run High School Swimming | 5:14.01          | 5:05.73            |
| 6  | Irvine, Jackson        | SO        | Cosby High School             | 5:10.85          | 5:07.88            |
| 7  | Ippolito, Peyton       | FR        | Grassfield High School        | 5:41.43          | 5:38.37            |
| 8  | Wickramarachchi, Kasun | SO        | Cosby High School             | 5:57.18          | 5:44.61            |
| 9  | Lewis, David           | FR        | Cosby High School             | 5:47.06          | 5:48.60            |
| 10 | Hill, Scott            | JR        | Weatern Branch High School    | 6:10.03          | 5:55.08            |
| 11 | Gregory, Cohen         | FR        | Landstown High School         | 6:14.79          | 6:17.56            |
| 12 | Rancour, Gabriel       | FR        | Landstown High School         | 6:22.87          | 6:22.18            |
| 13 | Swanson, Dominic       | JR        | Deep Run High School Swimming | 6:21.20          | 6:24.68            |
| 14 | Shea, Austin           | FR        | Grassfield High School        | 6:13.36          | 6:30.75            |
| 15 | Tynch, Logan           | JR        | Weatern Branch High School    | 6:50.71          | 7:02.98            |

**Event 16 Girls 500 Yard Freestyle**

|   | <b>Name</b>         | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|---|---------------------|-----------|-------------------------------|------------------|--------------------|
| 1 | Wenert, Olivia      | JR        | Deep Run High School Swimming | 5:20.39          | 5:00.21            |
| 2 | Rose, Sydney        | SO        | Cosby High School             | 5:06.76          | 5:04.49            |
| 3 | Pogorzelski, Camryn | JR        | Grassfield High School        | 5:18.67          | 5:15.72            |
| 4 | Lambert, Callie     | JR        | Cosby High School             | 5:26.57          | 5:22.20            |
| 5 | Gray, Sydney        | SO        | Weatern Branch High School    | 5:51.33          | 5:34.09            |
| 6 | Gilley, Caroline    | SO        | Cosby High School             | 5:44.18          | 5:41.98            |
| 7 | Ozlin, Addison      | FR        | Deep Run High School Swimming | 6:16.31          | 5:59.48            |
| 8 | Concepcion, Mia     | SO        | Glen Allen High School        | 6:07.96          | 6:05.34            |
| 9 | Link, Ansley        | FR        | Cosby High School             | 5:58.27          | x6:06.87           |

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****(Event 16 Girls 500 Yard Freestyle)**

|     | <b>Name</b>      | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|------------------|-----------|-------------------------------|------------------|--------------------|
| 10  | Erickson, Ada    | SO        | Thomas Dale High School       | 6:30.31          | 6:13.40            |
| 11  | McKinnon, Ashley | FR        | Grassfield High School        | 6:35.45          | 6:14.52            |
| 12  | Nadeau, Alexis   | SR        | Glen Allen High School        | 6:29.17          | 6:29.28            |
| 13  | Boyle, Meredith  | FR        | Deep Run High School Swimming | 6:53.10          | 6:57.08            |
| 14  | Yeiter, Ava      | SO        | Landstown High School         | 7:09.86          | 7:06.21            |
| 15  | Illy, Elena      | FR        | Landstown High School         | 7:02.80          | 7:07.94            |
| 16  | Golden, Addison  | SO        | Manchester Swim Team          | 7:34.52          | 7:20.60            |
| 17  | Webb, Taylor     | SO        | Weatern Branch High School    | 7:36.56          | 7:32.56            |
| 18  | King, Ava        | JR        | Manchester Swim Team          | 8:26.86          | 8:56.02            |
| --- | Pape, Hannah     | SR        | Grassfield High School        | 6:15.66          | DQ                 |

**Event 17 Boys 200 Yard Freestyle Relay**

|     | <b>Team</b>                   | <b>Relay</b> | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|-------------------------------|--------------|------------------|--------------------|
| 1   | Deep Run High School Swimming | A            | 1:32.80          | 1:30.05            |
| 2   | Cosby High School             | A            | 1:33.12          | 1:30.79            |
| 3   | Grassfield High School        | A            | 1:32.51          | 1:31.85            |
| 4   | Glen Allen High School        | A            | 1:37.10          | 1:33.67            |
| 5   | Thomas Dale High School       | A            | 1:36.97          | 1:36.70            |
| 6   | Weatern Branch High School    | A            | 1:42.85          | 1:39.02            |
| 7   | Manchester Swim Team          | A            | 1:46.69          | 1:50.00            |
| 8   | Highland Springs High School  | A            | 1:58.20          | 2:04.35            |
| --- | Landstown High School         | A            | 1:30.10          | DQ                 |

**Event 18 Girls 200 Yard Freestyle Relay**

|   | <b>Team</b>                   | <b>Relay</b> | <b>Seed Time</b> | <b>Finals Time</b> |
|---|-------------------------------|--------------|------------------|--------------------|
| 1 | Cosby High School             | A            | 1:43.08          | 1:39.03            |
| 2 | Deep Run High School Swimming | A            | 1:44.07          | 1:40.98            |
| 3 | Thomas Dale High School       | A            | 1:42.14          | 1:41.06            |
| 4 | Grassfield High School        | A            | 1:42.98          | 1:42.08            |
| 5 | Glen Allen High School        | A            | 1:43.12          | 1:42.30            |
| 6 | Weatern Branch High School    | A            | 1:54.51          | 1:52.02            |
| 7 | Manchester Swim Team          | A            | 1:58.91          | 1:58.10            |
| 8 | Landstown High School         | A            | 1:58.28          | 1:58.52            |
| 9 | Highland Springs High School  | A            | 2:21.31          | 2:22.39            |

**Event 19 Boys 100 Yard Backstroke**

|    | <b>Name</b>       | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|-------------------|-----------|-------------------------------|------------------|--------------------|
| 1  | Burkey, Tucker    | SR        | Cosby High School             | 52.08            | 51.46              |
| 2  | Williams, Carson  | JR        | Glen Allen High School        | 53.55            | 54.41              |
| 3  | Walker, Demetrius | SR        | Cosby High School             | 58.16            | 55.52              |
| 4  | Weston, Christian | FR        | Thomas Dale High School       | 57.54            | 56.86              |
| 5  | Cook, Aaron       | FR        | Deep Run High School Swimming | 58.19            | 57.46              |
| 6  | Lehr, Matthew     | FR        | Glen Allen High School        | 59.33            | 57.62              |
| 7  | Price, Ryan       | FR        | Deep Run High School Swimming | 59.48            | 58.25              |
| 8  | Jarrett, Hudson   | SO        | Landstown High School         | 1:03.54          | 1:01.09            |
| 9  | Edwards, Stephen  | FR        | Deep Run High School Swimming | 1:00.70          | 1:01.54            |
| 10 | Fibich, Griffin   | SR        | Cosby High School             | 1:04.57          | 1:03.61            |
| 11 | Morgan, Jeremiah  | SR        | Cosby High School             | 1:04.36          | x1:03.71           |
| 12 | Golden, Brody     | SO        | Manchester Swim Team          | 1:04.87          | 1:04.42            |
| 13 | Bell, Gavin       | FR        | Deep Run High School Swimming | 1:07.33          | x1:04.72           |
| 14 | Lighthart, Emmett | FR        | Landstown High School         | 1:04.02          | 1:04.78            |
| 15 | Ladman, Noah      | SO        | Thomas Dale High School       | 1:05.48          | 1:05.82            |

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****(Event 19 Boys 100 Yard Backstroke)**

|    | <b>Name</b>      | <b>Yr</b> | <b>School</b>                | <b>Seed Time</b> | <b>Finals Time</b> |
|----|------------------|-----------|------------------------------|------------------|--------------------|
| 16 | Oberle, Liam     | SR        | Glen Allen High School       | 1:09.03          | 1:06.36            |
| 17 | Collins, Ezekiel | JR        | Grassfield High School       | 1:13.00          | 1:07.04            |
| 18 | Hill, Scott      | JR        | Weatern Branch High School   | 1:10.27          | 1:07.45            |
| 19 | Sheldon, Mason   | JR        | Glen Allen High School       | 1:08.85          | x1:09.92           |
| 20 | Baake, Paul      | FR        | Thomas Dale High School      | 1:13.81          | 1:11.89            |
| 21 | Shaw, Bradley    | FR        | Manchester Swim Team         | 1:11.67          | 1:16.24            |
| 22 | Shea, Austin     | FR        | Grassfield High School       | 1:18.09          | 1:17.59            |
| 23 | Mahan, Jonah     | JR        | Highland Springs High School | 1:19.19          | 1:18.48            |
| 24 | Loving, Cohen    | SO        | Weatern Branch High School   | 1:30.20          | 1:25.81            |

**Event 20 Girls 100 Yard Backstroke**

|     | <b>Name</b>          | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|----------------------|-----------|-------------------------------|------------------|--------------------|
| 1   | Vernon, Allison      | JR        | Cosby High School             | 59.39            | 56.82              |
| 2   | Van Schaften, Josie  | SR        | Deep Run High School Swimming | 59.20            | 59.20              |
| 3   | Sivak, Audrey        | SR        | Cosby High School             | 1:02.35          | 1:00.32            |
| 4   | Carlson, Annie       | SO        | Deep Run High School Swimming | 1:05.45          | 1:00.36            |
| 5   | Van Schaften, Riley  | SR        | Deep Run High School Swimming | 1:00.74          | 1:00.49            |
| 6   | Cunningham, Emma     | SO        | Deep Run High School Swimming | 1:02.92          | x1:01.08           |
| 7   | Hull, Elliana        | FR        | Glen Allen High School        | 1:05.30          | 1:02.16            |
| 8   | McCann, Lauren       | SR        | Glen Allen High School        | 1:03.23          | 1:02.29            |
| 9   | Grammer, Mackenzie   | SO        | Thomas Dale High School       | 1:02.47          | 1:02.36            |
| 10  | Patterson, Madelynn  | SO        | Weatern Branch High School    | 1:06.40          | 1:03.18            |
| 11  | Wilson, Lorelei      | FR        | Grassfield High School        | 1:09.13          | 1:04.32            |
| 12  | Baake, Camryn        | SR        | Thomas Dale High School       | 1:03.38          | 1:06.13            |
| 13  | Lancto, Madelyn      | SO        | Glen Allen High School        | 1:07.87          | 1:07.00            |
| 14  | Flores, Abigail      | JR        | Grassfield High School        | 1:12.87          | 1:08.45            |
| 15  | Stith, Brianna       | SO        | Cosby High School             | 1:08.22          | 1:08.48            |
| 16  | Rodrigues, Gabriella | SO        | Weatern Branch High School    | 1:17.25          | 1:09.87            |
| 17  | McGuffin, Kathryn    | JR        | Thomas Dale High School       | 1:11.24          | 1:10.07            |
| 18  | Garrett, Emaleigh    | SR        | Cosby High School             | 1:11.37          | x1:11.42           |
| 19  | Ridout, Adaline      | FR        | Thomas Dale High School       | 1:15.97          | x1:14.85           |
| 20  | Phelps, Lillian      | JR        | Landstown High School         | 1:22.82          | 1:23.39            |
| 21  | Twiddy, Kaylee       | FR        | Manchester Swim Team          | 1:22.92          | 1:24.76            |
| 22  | Sink, Jessica        | SO        | Manchester Swim Team          | 1:34.74          | 1:32.72            |
| --- | Calaman, Maddie      | FR        | Landstown High School         | 1:39.00          | DQ                 |

**Event 21 Boys 100 Yard Breaststroke**

|    | <b>Name</b>        | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|--------------------|-----------|-------------------------------|------------------|--------------------|
| 1  | Harrington, Cullen | SO        | Deep Run High School Swimming | 1:09.29          | 1:03.42            |
| 2  | Widgeon, Taylor    | JR        | Landstown High School         | 1:06.31          | 1:03.88            |
| 3  | Pflanz, Linas      | SR        | Grassfield High School        | 1:03.31          | 1:03.90            |
| 4  | Price, Ryan        | FR        | Deep Run High School Swimming | 1:09.73          | 1:07.82            |
| 5  | Gilbert, Grayson   | SR        | Cosby High School             | 1:09.70          | 1:07.83            |
| 6  | Felix, Maximus     | SO        | Cosby High School             | 1:09.36          | 1:09.26            |
| 7  | Pflanz, Liudas     | SO        | Grassfield High School        | 1:15.24          | 1:10.07            |
| 8  | Robinson, Turner   | FR        | Highland Springs High School  | 1:11.07          | 1:11.92            |
| 9  | Herold, Evan       | SO        | Glen Allen High School        | 1:13.53          | 1:13.20            |
| 10 | Sylvia, Parker     | JR        | Weatern Branch High School    | 1:18.77          | 1:15.96            |
| 11 | Ridout, Kellen     | JR        | Thomas Dale High School       | 1:14.56          | 1:16.64            |
| 12 | Almalki, Essam     | SO        | Landstown High School         | 1:22.67          | 1:22.41            |
| 13 | Mack, Tyler        | JR        | Landstown High School         | 1:35.16          | 1:27.80            |
| 14 | Frazer, Reece      | JR        | Manchester Swim Team          | 1:30.29          | 1:28.79            |

**2025 VHSL Region 6A Championships - 2/13/2025****Results - Region 6A****(Event 21 Boys 100 Yard Breaststroke)**

|     | <b>Name</b>     | <b>Yr</b> | <b>School</b>                | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|-----------------|-----------|------------------------------|------------------|--------------------|
| 15  | Robinson, Lukas | FR        | Manchester Swim Team         | 1:28.77          | 1:29.14            |
| 16  | Brooks, James   | JR        | Highland Springs High School | 1:37.84          | 1:36.65            |
| --- | Flores, Ayden   | SR        | Grassfield High School       | 1:07.83          | DQ                 |

**Event 22 Girls 100 Yard Breaststroke**

|    | <b>Name</b>           | <b>Yr</b> | <b>School</b>                 | <b>Seed Time</b> | <b>Finals Time</b> |
|----|-----------------------|-----------|-------------------------------|------------------|--------------------|
| 1  | Bonham, Abigail       | FR        | Glen Allen High School        | 1:04.56          | 1:05.87            |
| 2  | Garzon, Sasha         | SR        | Thomas Dale High School       | 1:07.28          | 1:07.64            |
| 3  | Witthoefft, Charlotte | JR        | Cosby High School             | 1:12.10          | 1:08.58            |
| 4  | Clemens, Gabriella    | SR        | Glen Allen High School        | 1:10.71          | 1:08.84            |
| 5  | Hintos, Makenna       | FR        | Cosby High School             | 1:10.81          | 1:09.36            |
| 6  | Gray, Lauren          | SR        | Weatern Branch High School    | 1:18.76          | 1:12.13            |
| 7  | Flores, Addison       | SO        | Grassfield High School        | 1:15.69          | 1:12.94            |
| 8  | Sandlin, Ashlyn       | SR        | Cosby High School             | 1:13.53          | 1:13.22            |
| 9  | Karunaratne, Madison  | FR        | Weatern Branch High School    | 1:21.01          | 1:15.19            |
| 10 | Hershberg, Madeline   | JR        | Grassfield High School        | 1:18.38          | 1:15.56            |
| 11 | Cunningham, Emma      | SO        | Deep Run High School Swimming | 1:19.58          | 1:15.83            |
| 12 | Martin, Audrey        | FR        | Cosby High School             | 1:16.58          | x1:17.03           |
| 13 | Boughton, Kelsey      | SO        | Glen Allen High School        | 1:18.52          | 1:17.43            |
| 14 | Jacobson, Jade        | SR        | Manchester Swim Team          | 1:22.38          | 1:19.78            |
| 15 | Anderson, Ella Grace  | FR        | Glen Allen High School        | 1:19.85          | x1:19.87           |
| 16 | Mannion, Addison      | SR        | Deep Run High School Swimming | 1:27.37          | 1:23.56            |
| 17 | Royster, McKenna      | SR        | Thomas Dale High School       | 1:27.85          | 1:23.62            |
| 18 | Morris, Anna          | JR        | Highland Springs High School  | 1:26.01          | 1:25.86            |
| 19 | Parrott, Natalie      | SR        | Thomas Dale High School       | 1:24.86          | 1:26.37            |
| 20 | Yeiter, Ava           | SO        | Landstown High School         | 1:32.42          | 1:31.64            |
| 21 | Burton, Krista        | FR        | Landstown High School         | 1:32.65          | 1:34.31            |
| 22 | Harding, Faith        | FR        | Manchester Swim Team          | 1:33.26          | 1:35.22            |
| 23 | van Duijl, Valerie    | FR        | Highland Springs High School  | 1:38.25          | 1:37.18            |

**Event 23 Boys 400 Yard Freestyle Relay**

|   | <b>Team</b>                   | <b>Relay</b> | <b>Seed Time</b> | <b>Finals Time</b> |
|---|-------------------------------|--------------|------------------|--------------------|
| 1 | Cosby High School             | A            | 3:26.32          | 3:19.52            |
| 2 | Landstown High School         | A            | 3:24.09          | 3:20.83            |
| 3 | Deep Run High School Swimming | A            | 3:25.42          | 3:30.99            |
| 4 | Thomas Dale High School       | A            | 3:37.27          | 3:34.00            |
| 5 | Grassfield High School        | A            | 3:36.33          | 3:46.29            |
| 6 | Glen Allen High School        | A            | 3:38.89          | 3:57.21            |
| 7 | Weatern Branch High School    | A            | 4:03.31          | 4:37.70            |

**Event 24 Girls 400 Yard Freestyle Relay**

|     | <b>Team</b>                   | <b>Relay</b> | <b>Seed Time</b> | <b>Finals Time</b> |
|-----|-------------------------------|--------------|------------------|--------------------|
| 1   | Cosby High School             | A            | 3:38.59          | 3:35.52            |
| 2   | Deep Run High School Swimming | A            | 3:55.85          | 3:41.64            |
| 3   | Grassfield High School        | A            | 3:43.97          | 3:42.11            |
| 4   | Glen Allen High School        | A            | 3:53.62          | 3:56.44            |
| 5   | Weatern Branch High School    | A            | 4:17.27          | 4:09.41            |
| 6   | Landstown High School         | A            | 4:30.49          | 4:32.51            |
| 7   | Manchester Swim Team          | A            | 5:01.91          | 4:56.24            |
| --- | Thomas Dale High School       | A            | 3:46.63          | DQ                 |