

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 1 Boys 200 Yard Medley Relay

Occoquan Reg: 1:32.39 O 2/8/2020

Woodson Cavaliers

WTWD

E Lundgren, J Schaefer, K Coddling, J Schaefer

1:32.13 AAA

1:33.91 AAC

1:37.42 STA

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 West Springfield		1:34.58	1:33.83 AAC	40
1) Davis, Wyatt JR	2) Wargin, Hugh JR	3) Deekens, Jackson JR	4) Seiger, Liam SR	
24.84	50.92 (26.08)	1:13.12 (22.20)	1:33.83 (20.71)	
2 Alexandria City High School		1:35.52	1:34.87 STA	34
1) Koeppen, Finn SO	2) Ramsdell, Jonathan SR	3) Damico-Lassman, Tobias JR	4) Ellis, Leo SO	
24.83	50.61 (25.78)	1:12.41 (21.80)	1:34.87 (22.46)	
3 Robinson Secondary School		1:36.09	1:35.27 STA	32
1) Arraya, Michael	2) Wood, Alex	3) Fulwiler, Levi	4) Stockard, Dominic	
25.07	50.51 (25.44)	1:13.65 (23.14)	1:35.27 (21.62)	
4 Woodson Cavaliers		1:36.32	1:36.80 STA	30
1) Wang, Aiden SO	2) McNamara, Seamus JR	3) Middleton, Evan SR	4) Lee, Michael SR	
24.27	50.98 (26.71)	1:14.69 (23.71)	1:36.80 (22.11)	
5 Lake Braddock Secondary School		1:36.69	1:37.18 STA	28
1) Rockefeller, Brendan SR	2) Feazell, Noah JR	3) Engstrom, Russell SO	4) Armentrout, Owen SR	
25.08	53.53 (28.45)	1:16.90 (23.37)	1:37.18 (20.28)	
6 South County High School		1:40.12	1:39.77	26
1) Johns, Ethan FR	2) Iaci, Dominic FR	3) Storer, Trey SR	4) Iaci, Luca SR	
24.86	53.29 (28.43)	1:17.32 (24.03)	1:39.77 (22.45)	
7 Edison High School		1:39.13	1:39.89	24
1) Kogut, Cameron SR	2) Basom, Timothy SR	3) Downey, Wyatt JR	4) Phillips, J. Coulson JR	
27.34	55.38 (28.04)	1:18.12 (22.74)	1:39.89 (21.77)	
8 Falls Church High School		1:42.33	1:41.61	22
1) Hoddinott, Cooper SO	2) Yeh, Finn JR	3) Pabotoy, Sam SR	4) Musgrove, Aidan SR	
27.02	54.77 (27.75)	1:18.53 (23.76)	1:41.61 (23.08)	
B - Final				
9 Thomas Jefferson		1:42.64	1:40.78	18
1) Sim, Jake FR	2) Vladimiroff, Daniel SO	3) McQuirter, Wroten SO	4) Abboud, Alexander SR	
26.50	54.35 (27.85)	1:18.08 (23.73)	1:40.78 (22.70)	
10 Annandale High School		1:44.08	1:44.18	14
1) Corbett, Quade FR	2) Uzokoff, Connor JR	3) Nicholson, Adam SO	4) Uzokoff, Nolan SO	
	55.55 ()	1:21.83 (26.28)	1:44.18 (22.35)	
11 West Potomac High School		1:45.57	1:47.17	12
1) Ploetz, Jason JR	2) Dietz, Leo JR	3) Gibson, Beau FR	4) Millimet, Shane SO	
28.39	56.24 (27.85)	1:23.26 (27.02)	1:47.17 (23.91)	
12 Fairfax High School		1:48.66	1:47.62	10
1) Jacob, Ethan SO	2) McCleary, Carter SO	3) Prudencio Lara, Alejandro SR	4) Cecere, Matthew SO	
	58.30 ()	1:22.80 (24.50)	1:47.62 (24.82)	
13 Mount Vernon High School		1:51.00	1:48.44	8
1) Carrado, Sam	2) VanZandt, Jim	3) Fortes, Elijah	4) Carrado, Ryan	
28.18	57.50 (29.32)	1:23.12 (25.62)	1:48.44 (25.32)	
14 Hayfield Secondary School		1:53.16	1:52.27	6
1) Eanes, Cole FR	2) Morrison, Colin SO	3) Joyner, Ramon FR	4) Mereand, Jackson JR	
29.53	59.97 (30.44)	1:27.63 (27.66)	1:52.27 (24.64)	
15 Justice High School Wolves		2:01.14	2:00.87	4
1) Underdown, Parks 9	2) Hilbers, Caleb 11	3) Balthis, Wyatt 10	4) Al-Hiari, Talal 11	
28.10	1:03.15 (35.05)	1:40.21 (37.06)	2:00.87 (20.66)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 1 Boys 200 Yard Medley Relay

Occoquan Reg: 1:32.39 O 2/8/2020

Woodson Cavaliers

WTWD

E Lundgren, J Schaefer, K Coddling, J Schaefer

1:32.13 AAA

1:33.91 AAC

1:37.42 STA

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 West Springfield		1:35.21	1:34.58 qSTA
1) Davis, Wyatt JR	2) Wargin, Hugh JR	3) Deekens, Jackson JR	4) Seiger, Liam SR
24.87	51.31 (26.44) 1:13.48 (22.17)	1:34.58 (21.10)	
2 Alexandria City High School		1:37.75	1:35.52 qSTA
1) Koeppen, Finn SO	2) Ramsdell, Jonathan SR	3) Damico-Lassman, Tobias JR	4) Ellis, Leo SO
25.15	51.31 (26.16) 1:13.09 (21.78)	1:35.52 (22.43)	
3 Robinson Secondary School		1:36.24	1:36.09 qSTA
1) Fulwiler, Levi	2) Wood, Alex	3) Heron, Caelen	4) Stockard, Dominic
24.67	50.51 (25.84) 1:14.43 (23.92)	1:36.09 (21.66)	
4 Woodson Cavaliers		1:37.00	1:36.32 qSTA
1) Wang, Aiden SO	2) McNamara, Seamus JR	3) Middleton, Evan SR	4) Lee, Michael SR
24.50	51.03 (26.53) 1:14.21 (23.18)	1:36.32 (22.11)	
5 Lake Braddock Secondary School		1:39.14	1:36.69 qSTA
1) Tranchemontagne, Daniel JR	2) Feazell, Noah JR	3) Engstrom, Russell SO	4) Armentrout, Owen SR
24.65	52.87 (28.22) 1:16.16 (23.29)	1:36.69 (20.53)	
6 Edison High School		1:40.22	1:39.13 q
1) Kogut, Cameron SR	2) Basom, Timothy SR	3) Downey, Wyatt JR	4) Phillips, J. Coulson JR
26.92	54.72 (27.80) 1:17.77 (23.05)	1:39.13 (21.36)	
7 South County High School		1:40.26	1:40.12 q
1) Johns, Ethan FR	2) Iaci, Dominic FR	3) Storer, Trey SR	4) Iaci, Luca SR
24.96	53.24 (28.28) 1:17.55 (24.31)	1:40.12 (22.57)	
8 Falls Church High School		1:41.77	1:42.33 q
1) Hoddinott, Cooper SO	2) Yeh, Finn JR	3) Pabotoy, Sam SR	4) Musgrove, Aidan SR
27.31	54.87 (27.56) 1:19.23 (24.36)	1:42.33 (23.10)	
9 Thomas Jefferson		1:42.65	1:42.64 q
1) Sim, Jake FR	2) Vladimiroff, Daniel SO	3) McQuirter, Wroten SO	4) Abboud, Alexander SR
27.05	55.47 (28.42) 1:19.95 (24.48)	1:42.64 (22.69)	
10 Annandale High School		1:43.22	1:44.08 q
1) Corbett, Quade FR	2) Uzokoff, Connor JR	3) Nicholson, Adam SO	4) Uzokoff, Nolan SO
28.42	55.64 (27.22) 1:21.53 (25.89)	1:44.08 (22.55)	
11 West Potomac High School		1:37.02	1:45.57 q
1) Ploetz, Jason JR	2) Dietz, Leo JR	3) Gibson, Beau FR	4) Millimet, Shane SO
28.20	55.61 (27.41) 1:22.06 (26.45)	1:45.57 (23.51)	
12 Fairfax High School		2:02.18	1:48.66 q
1) Jacob, Ethan SO	2) McCleary, Carter SO	3) Prudencio Lara, Alejandro SR	4) Cecere, Matthew SO
28.62	59.00 (30.38) 1:23.74 (24.74)	1:48.66 (24.92)	
13 Mount Vernon High School		1:51.57	1:51.00 q
1) Carrado, Sam	2) VanZandt, Jim	3) Fortes, Elijah	4) Carrado, Ryan
28.88	58.97 (30.09) 1:26.27 (27.30)	1:51.00 (24.73)	
14 Hayfield Secondary School		1:53.71	1:53.16 q
1) Eanes, Cole FR	2) Morrison, Colin SO	3) Joyner, Ramon FR	4) Mereand, Jackson JR
30.32	1:00.85 (30.53) 1:53.16 (52.31)		
15 Justice High School Wolves		1:58.43	2:01.14 q
1) Underdown, Parks 9	2) Hilbers, Caleb 11	3) Balthis, Wyatt 10	4) Al-Hiari, Talal 11
28.92	1:05.23 (36.31) 1:33.98 (28.75)	2:01.14 (27.16)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 1 Boys 200 Yard Medley Relay)

Team	Relay	Seed Time	Prelim Time
16 John Lewis High School		2:07.00	2:03.61 q
1) Dinh, Luke FR	2) Dinh, Noah SO	3) Grajkowski, Dominic FR	4) Sheppard, Owen JR
29.21	1:06.11 (36.90)	1:37.53 (31.42)	2:03.61 (26.08)

Event 2 Girls 200 Yard Medley Relay

Occoquan Reg:	1:45.46 O	2/10/2024	Justice High School Wolves	Justi
			C Coughlin, R Kampschorr, E Redman, A Wentland	
	1:44.15	AAA		
	1:46.22	AAC		
	1:49.51	STA		

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Robinson Secondary School		1:47.74	1:47.09 STA	40
1) Morrison, Lexie	2) Weatherbee, Alexandra	3) Vazquez, Lucia	4) Nemets, Alli	
26.61	56.49 (29.88)	1:22.42 (25.93)	1:47.09 (24.67)	
2 Woodson Cavaliers		1:53.12	1:48.85 STA	34
1) Frank, Lucie SO	2) Colon, Ava JR	3) Nguyen, Lien SR	4) Troth, Ellie SR	
27.86	58.35 (30.49)	1:24.44 (26.09)	1:48.85 (24.41)	
3 West Potomac High School		1:50.10	1:48.90 STA	32
1) Petronello, Hadley JR	2) Valasco, Anna SO	3) Mancari, Emerson FR	4) Althouse, Anna SR	
26.09	57.37 (31.28)	1:22.96 (25.59)	1:48.90 (25.94)	
4 West Springfield		1:49.93	1:49.20 STA	30
1) Juster, Anne SO	2) Burke, Caroline SO	3) Kent, Elizabeth FR	4) Miller, Kenzie SO	
28.01	57.93 (29.92)	1:23.66 (25.73)	1:49.20 (25.54)	
5 Annandale High School		1:50.96	1:50.21	28
1) Decareau, Samantha FR	2) Decareau, Melanie SR	3) Corbett, CC FR	4) Spencer, Delaney FR	
28.19	57.98 (29.79)	1:24.22 (26.24)	1:50.21 (25.99)	
6 Alexandria City High School		1:51.34	1:51.88	26
1) Cotton, Rachel SR	2) Aiken, Eleanor FR	3) Fitzgerald, Maya JR	4) O'Brien, Bridget SO	
27.36	58.80 (31.44)	1:26.33 (27.53)	1:51.88 (25.55)	
7 Thomas Jefferson		1:52.31	1:53.44	24
1) Roche, Madeline JR	2) Fulton, Evelyn SO	3) Van Buskirk, Mandy SR	4) Markovitz, Helianne FR	
27.39	1:00.37 (32.98)	1:28.25 (27.88)	1:53.44 (25.19)	
8 Lake Braddock Secondary School		1:52.32	1:53.67	22
1) van Waesberghe, Isabella SR	2) Detrisac, Marissa FR	3) Stegmaier, Shannon SO	4) Kiddey, Olivia SR	
27.36	1:00.01 (32.65)	1:27.84 (27.83)	1:53.67 (25.83)	
B - Final				
9 Falls Church High School		1:53.28	1:52.58	18
1) Wallinger, Ella SR	2) Loftis, Ella SO	3) Thomas, Emma FR	4) Alvarez, Kathryn JR	
30.09	59.80 (29.71)	1:27.17 (27.37)	1:52.58 (25.41)	
10 Edison High School		1:54.77	1:53.95	14
1) Flores, Adrianna FR	2) Smith, Victoria SR	3) Hirsch, Mikayla SO	4) Hoeflich Rodgers, Eleanor SO	
29.01	59.95 (30.94)	1:28.87 (28.92)	1:53.95 (25.08)	
11 South County High School		2:00.56	2:00.26	12
1) Lasut, Claire FR	2) Keating, Thea JR	3) Stevens, Audrey JR	4) Robinson, Ashley SO	
32.88	1:06.05 (33.17)	1:34.39 (28.34)	2:00.26 (25.87)	
12 Hayfield Secondary School		2:02.26	2:06.92	10
1) Meek, Rylie SO	2) Davis, Julia SO	3) Kong, Yuna SO	4) Shotlander, Sara SO	
29.24	1:09.47 (40.23)	1:38.91 (29.44)	2:06.92 (28.01)	
13 Fairfax High School		2:08.08	2:08.69	8
1) Lucas, Abbey SR	2) Chan, Ella FR	3) Lucas, Annalise SO	4) Estrada, Arianna SO	
31.89	1:09.24 (37.35)	1:45.44 (36.20)	2:08.69 (23.25)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

B - Final ... (Event 2 Girls 200 Yard Medley Relay)

Team	Relay	Prelim Time	Finals Time	Points
14 John Lewis High School		2:35.79	2:33.61	6
1) Ha, Lam JR	2) Kamplia, Olivia SO	3) Park, Chloe FR	4) Sander, Keiko SR	
	1:22.41 ()	2:33.61 (1:11.20)		

Event 2 Girls 200 Yard Medley Relay

Occoquan Reg: 1:45.46 O 2/10/2024 Justice High School Wolves Justi
C Coughlin, R Kampschorr, E Redman, A Wentland

1:44.15 AAA

1:46.22 AAC

1:49.51 STA

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Robinson Secondary School		1:47.38	1:47.74 qSTA
1) Morrison, Lexie	2) Weatherbee, Alexandra	3) Vazquez, Lucia	4) Nemets, Alli
26.81	56.65 (29.84)	1:23.10 (26.45)	1:47.74 (24.64)
2 West Springfield		1:50.63	1:49.93 q
1) Juster, Anne SO	2) Burke, Caroline SO	3) Holmes, Sophie SR	4) Miller, Kenzie SO
27.98	57.65 (29.67)	1:24.26 (26.61)	1:49.93 (25.67)
3 West Potomac High School		1:48.92	1:50.10 q
1) Petronello, Hadley JR	2) Valasco, Anna SO	3) Mancari, Emerson FR	4) Althouse, Anna SR
26.47	57.99 (31.52)	1:23.95 (25.96)	1:50.10 (26.15)
4 Annandale High School		1:50.98	1:50.96 q
1) Decareau, Samantha FR	2) Decareau, Melanie SR	3) Corbett, CC FR	4) Spencer, Delaney FR
28.56	58.67 (30.11)	1:24.97 (26.30)	1:50.96 (25.99)
5 Alexandria City High School		1:52.25	1:51.34 q
1) Cotton, Rachel SR	2) Aiken, Eleanor FR	3) Fitzgerald, Maya JR	4) O'Brien, Bridget SO
27.25	58.17 (30.92)	1:25.80 (27.63)	1:51.34 (25.54)
6 Thomas Jefferson		1:53.30	1:52.31 q
1) Roche, Madeline JR	2) Fulton, Evelyn SO	3) Van Buskirk, Mandy SR	4) Markovitz, Helianne FR
27.69	59.53 (31.84)	1:27.12 (27.59)	1:52.31 (25.19)
7 Lake Braddock Secondary School		1:49.24	1:52.32 q
1) van Waesberghe, Isabella SR	2) Detrisac, Marissa FR	3) Stegmaier, Shannon SO	4) Kiddey, Olivia SR
27.28	59.40 (32.12)	1:26.82 (27.42)	1:52.32 (25.50)
8 Woodson Cavaliers		1:48.25	1:53.12 q
1) Frank, Lucie SO	2) Woody, Anna JR	3) Nguyen, Lien SR	4) Peters, Riley SR
28.36	1:01.11 (32.75)	1:27.68 (26.57)	1:53.12 (25.44)
9 Falls Church High School		1:54.71	1:53.28 q
1) Wallinger, Ella SR	2) Loftis, Ella SO	3) Thomas, Emma FR	4) Alvarez, Kathryn JR
30.00	1:01.13 (31.13)	1:27.31 (26.18)	1:53.28 (25.97)
10 Edison High School		1:55.05	1:54.77 q
1) Flores, Adrianna FR	2) Smith, Victoria SR	3) Hirsch, Mikayla SO	4) Hoeflich Rodgers, Eleanor SO
31.70	1:00.30 (28.60)	1:29.38 (29.08)	1:54.77 (25.39)
11 South County High School		1:55.02	2:00.56 q
1) Lasut, Claire FR	2) Keating, Thea JR	3) Stevens, Audrey JR	4) Robinson, Ashley SO
32.13	1:05.84 (33.71)	1:34.57 (28.73)	2:00.56 (25.99)
12 Hayfield Secondary School		2:04.16	2:02.26 q
1) Meek, Rylie SO	2) Davis, Julia SO	3) Kong, Yuna SO	4) Shotlander, Sara SO
28.95	1:05.97 (37.02)	1:34.63 (28.66)	2:02.26 (27.63)
13 Fairfax High School		2:12.34	2:08.08 q
1) Lucas, Abbey SR	2) Chan, Ella FR	3) Lucas, Annalise SO	4) Estrada, Arianna SO
31.68	1:08.79 (37.11)	1:39.69 (30.90)	2:08.08 (28.39)

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 2 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Prelim Time
14 John Lewis High School		2:24.82	2:35.79 q
1) Ha, Lam JR	2) Kamplia, Olivia SO	3) Park, Chloe FR	4) Sander, Keiko SR
57.20	1:23.11 (25.91)	2:35.79 (1:12.68)	
--- Justice High School Wolves		2:15.31	DQ
1) Bailey, Kate 10	2) Ngo, Ava 10	3) Monsky, Maclain 12	4) Ferrari, Gabriella 12
	1:19.04 ()	1:42.36 (23.32)	DQ (28.55)
--- Mount Vernon High School		2:05.75	DQ
1) Lussier, Lacey	2) Dresch, Michaela	3) Hood, Kate	4) Henderson, Jackie
33.70	1:09.05 (35.35)	DQ (57.69)	

Event 3 Boys 200 Yard Freestyle

Occoquan Reg: 1:39.61 O 2/4/2023 Josh Howat
 1:37.93 AAA
 1:39.57 AAC
 1:45.44 STA

Lake Braddock

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Curb, Tristan	JR	West Springfield	1:42.35	1:42.36 STA	20
23.53	48.95 (25.42)	1:15.16 (26.21)	1:42.36 (27.20)		
2 Godlove, Carter	JR	Woodson Cavaliers	1:43.36	1:43.72 STA	17
23.91	49.86 (25.95)	1:16.23 (26.37)	1:43.72 (27.49)		
3 Heron, Caelen		Robinson Secondary School	1:46.19	1:44.84 STA	16
24.35	50.59 (26.24)	1:17.49 (26.90)	1:44.84 (27.35)		
4 Koeppen, Finn	SO	Alexandria City High School	1:47.35	1:44.93 STA	15
25.16	51.93 (26.77)	1:18.63 (26.70)	1:44.93 (26.30)		
5 McNeely, Connor	SR	Fairfax High School	1:46.48	1:45.30 STA	14
24.60	51.03 (26.43)	1:18.11 (27.08)	1:45.30 (27.19)		
6 O'Neill, Four	SR	West Potomac High School	1:47.84	1:46.38	13
24.52	51.04 (26.52)	1:18.26 (27.22)	1:46.38 (28.12)		
7 Kelly, Kieran	JR	Woodson Cavaliers	1:46.60	1:46.71	12
24.76	51.35 (26.59)	1:18.94 (27.59)	1:46.71 (27.77)		
8 Johnson, Finn	SO	Lake Braddock Secondary School	1:47.49	1:49.05	11
24.91	52.26 (27.35)	1:20.55 (28.29)	1:49.05 (28.50)		
B - Final					
9 Leather, James		Robinson Secondary School	1:49.72	1:47.05	9
24.80	52.12 (27.32)	1:19.65 (27.53)	1:47.05 (27.40)		
10 van Schagen, Asher	JR	West Springfield	1:49.50	1:47.79	7
25.52	52.82 (27.30)	1:20.42 (27.60)	1:47.79 (27.37)		
11 Jacobs, Ben	JR	Hayfield Secondary School	1:50.19	1:48.38	6
25.16	52.47 (27.31)	1:20.49 (28.02)	1:48.38 (27.89)		
12 Sim, Jake	FR	Thomas Jefferson	1:48.80	1:48.60	5
25.27	52.10 (26.83)	1:19.89 (27.79)	1:48.60 (28.71)		
13 Hadi, Samuel	SO	Woodson Cavaliers	1:48.28	1:49.32	4
25.79	53.45 (27.66)	1:21.45 (28.00)	1:49.32 (27.87)		
14 Garavito, Camilo	SR	Lake Braddock Secondary School	1:49.39	1:50.08	3
25.87	54.01 (28.14)	1:22.46 (28.45)	1:50.08 (27.62)		
15 Ellis, Leo	SO	Alexandria City High School	1:47.87	1:50.95	2
25.60	53.83 (28.23)	1:22.02 (28.19)	1:50.95 (28.93)		
16 Yohn, Melvin	SR	Lake Braddock Secondary School	1:50.95	1:51.62	1
25.87	53.95 (28.08)	1:22.68 (28.73)	1:51.62 (28.94)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 3 Boys 200 Yard Freestyle

Occoquan Reg: 1:39.61 O 2/4/2023 Josh Howat
 1:37.93 AAA
 1:39.57 AAC
 1:45.44 STA

Lake Braddock

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Curb, Tristan	JR West Springfield	1:42.77	1:42.35	qSTA
	24.00	49.76 (25.76) 1:15.86 (26.10)	1:42.35 (26.49)		
2	Godlove, Carter	JR Woodson Cavaliers	1:43.79	1:43.36	qSTA
	23.86	50.42 (26.56) 1:17.45 (27.03)	1:43.36 (25.91)		
3	Heron, Caelen	Robinson Secondary School	1:46.47	1:46.19	q
	24.54	51.56 (27.02) 1:18.94 (27.38)	1:46.19 (27.25)		
4	McNeely, Connor	SR Fairfax High School	1:46.95	1:46.48	q
	25.13	51.96 (26.83) 1:19.45 (27.49)	1:46.48 (27.03)		
5	Kelly, Kieran	JR Woodson Cavaliers	1:47.55	1:46.60	q
	24.51	51.42 (26.91) 1:19.02 (27.60)	1:46.60 (27.58)		
6	Koeppen, Finn	SO Alexandria City High School	1:46.45	1:47.35	q
	24.96	52.43 (27.47) 1:20.04 (27.61)	1:47.35 (27.31)		
7	Johnson, Finn	SO Lake Braddock Secondary School	1:51.09	1:47.49	q
	24.79	52.25 (27.46) 1:19.88 (27.63)	1:47.49 (27.61)		
8	O'Neill, Four	SR West Potomac High School	1:50.28	1:47.84	q
	24.71	51.72 (27.01) 1:19.56 (27.84)	1:47.84 (28.28)		
9	Ellis, Leo	SO Alexandria City High School	1:48.80	1:47.87	q
	25.01	52.52 (27.51) 1:19.87 (27.35)	1:47.87 (28.00)		
10	Hadi, Samuel	SO Woodson Cavaliers	1:49.77	1:48.28	q
	25.32	52.51 (27.19) 1:20.16 (27.65)	1:48.28 (28.12)		
11	Sim, Jake	FR Thomas Jefferson	1:49.67	1:48.80	q
	25.36	52.96 (27.60) 1:20.70 (27.74)	1:48.80 (28.10)		
12	Garavito, Camilo	SR Lake Braddock Secondary School	1:50.55	1:49.39	q
	25.42	53.11 (27.69) 1:21.37 (28.26)	1:49.39 (28.02)		
13	van Schagen, Asher	JR West Springfield	1:49.32	1:49.50	q
	25.34	53.16 (27.82) 1:21.40 (28.24)	1:49.50 (28.10)		
14	Leather, James	Robinson Secondary School	1:48.20	1:49.72	q
	24.79	52.17 (27.38) 1:20.72 (28.55)	1:49.72 (29.00)		
15	Jacobs, Ben	JR Hayfield Secondary School	1:49.48	1:50.19	q
	25.67	53.63 (27.96) 1:22.26 (28.63)	1:50.19 (27.93)		
16	Yohn, Melvin	SR Lake Braddock Secondary School	1:52.17	1:50.95	q
	26.08	54.13 (28.05) 1:22.50 (28.37)	1:50.95 (28.45)		
17	Anyalebechi, Kamsi	SR Thomas Jefferson	1:52.95	1:51.68	
	24.98	52.42 (27.44) 1:21.05 (28.63)	1:51.68 (30.63)		
18	Schaper, Ian	SR West Springfield	1:50.95	1:52.11	
	25.10	53.24 (28.14) 1:23.07 (29.83)	1:52.11 (29.04)		
19	Fiore, Leyton	SO Edison High School	1:54.32	1:52.29	
	26.11	54.29 (28.18) 1:23.50 (29.21)	1:52.29 (28.79)		
20	Nickel, Jonathan	Robinson Secondary School	1:50.86	1:52.39	
	25.29	53.51 (28.22) 1:22.87 (29.36)	1:52.39 (29.52)		
21	Hosseini, Ayaan	Robinson Secondary School	1:53.76	1:54.34	
	25.42	54.29 (28.87) 1:24.54 (30.25)	1:54.34 (29.80)		
22	Pabotoy, Sam	SR Falls Church High School	1:54.77	1:54.82	
	25.62	55.10 (29.48) 1:25.44 (30.34)	1:54.82 (29.38)		
23	Caldwell, Luke	SO Thomas Jefferson	1:56.99	1:56.65	
	26.07	54.78 (28.71) 1:25.22 (30.44)	1:56.65 (31.43)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 3 Boys 200 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
24 D'Ambrogi, Colton	JR	Annandale High School	1:56.17	1:56.95
	25.82	55.04 (29.22)	1:25.83 (30.79)	1:56.95 (31.12)

Event 4 Girls 200 Yard Freestyle

Occoquan Reg: 1:48.20 O 2/3/2018 Cassidy Bayer WPOT
 1:48.81 AAA
 1:50.65 AAC
 1:55.25 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Wilbur, Lilla		Robinson Secondary School	1:51.32	1:51.38	STA 20
	25.43	53.31 (27.88)	1:22.45 (29.14)	1:51.38 (28.93)	
2 Nguyen, Lien		SR Woodson Cavaliers	1:54.21	1:51.79	STA 17
	26.19	54.49 (28.30)	1:23.35 (28.86)	1:51.79 (28.44)	
3 Fleming, Brianna		JR West Springfield	1:53.55	1:55.74	16
	25.85	54.25 (28.40)	1:24.04 (29.79)	1:55.74 (31.70)	
4 Scherber, Naomi		Robinson Secondary School	1:57.15	1:56.70	15
	26.86	56.29 (29.43)	1:26.32 (30.03)	1:56.70 (30.38)	
5 Rollings, Tenley		SO West Springfield	1:57.09	1:57.34	14
	26.97	56.36 (29.39)	1:26.61 (30.25)	1:57.34 (30.73)	
6 Coddling, Cally		SO Woodson Cavaliers	1:59.44	1:57.61	13
	27.67	57.28 (29.61)	1:27.36 (30.08)	1:57.61 (30.25)	
7 Hymans, Aubrey		JR Woodson Cavaliers	1:59.49	1:59.58	12
	27.53	57.91 (30.38)	1:28.63 (30.72)	1:59.58 (30.95)	
8 Petronello, Hadley		JR West Potomac High School	1:57.97	2:01.06	11
	27.19	57.76 (30.57)	1:29.52 (31.76)	2:01.06 (31.54)	
B - Final					
9 Steiner, Lilly		FR Lake Braddock Secondary School	1:59.99	1:57.73	9
	27.44	57.12 (29.68)	1:27.63 (30.51)	1:57.73 (30.10)	
10 Murphy, Caitlyn		Robinson Secondary School	2:00.25	1:59.72	7
	27.53	57.68 (30.15)	1:28.50 (30.82)	1:59.72 (31.22)	
11 Feinberg, Mad		Robinson Secondary School	2:00.11	1:59.98	6
	28.12	58.44 (30.32)	1:29.22 (30.78)	1:59.98 (30.76)	
12 Anderson, Mira		FR Woodson Cavaliers	2:01.35	2:00.76	5
	28.11	58.83 (30.72)	1:29.99 (31.16)	2:00.76 (30.77)	
13 Dewhirst, Emma		SO Thomas Jefferson	2:01.79	2:02.45	4
	27.90	58.49 (30.59)	1:30.36 (31.87)	2:02.45 (32.09)	
*14 Lasut, Tess		SR South County High School	2:02.05	2:02.86	2.50
	28.75	59.46 (30.71)	1:31.07 (31.61)	2:02.86 (31.79)	
*14 Miller, Kenzie		SO West Springfield	2:01.40	2:02.86	2.50
	28.53	59.44 (30.91)	1:31.42 (31.98)	2:02.86 (31.44)	
16 Snow, Sophie		JR West Springfield	2:03.36	2:04.07	1
	28.47	59.65 (31.18)	1:31.75 (32.10)	2:04.07 (32.32)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 4 Girls 200 Yard Freestyle

Occoquan Reg: 1:48.20 O 2/3/2018 Cassidy Bayer
 1:48.81 AAA
 1:50.65 AAC
 1:55.25 STA

WPOT

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Wilbur, Lilla		Robinson Secondary School	1:56.70	1:51.32	qSTA
25.10	52.81 (27.71)	1:22.19 (29.38)	1:51.32 (29.13)		
2 Fleming, Brianna		JR West Springfield	1:53.87	1:53.55	qSTA
25.66	53.98 (28.32)	1:23.26 (29.28)	1:53.55 (30.29)		
3 Nguyen, Lien		SR Woodson Cavaliers	1:52.37	1:54.21	qSTA
26.21	54.80 (28.59)	1:24.53 (29.73)	1:54.21 (29.68)		
4 Rollings, Tenley		SO West Springfield	1:58.76	1:57.09	q
26.72	55.93 (29.21)	1:57.09 (1:01.16)			
5 Scherber, Naomi		Robinson Secondary School	1:56.91	1:57.15	q
26.79	56.54 (29.75)	1:26.68 (30.14)	1:57.15 (30.47)		
6 Petronello, Hadley		JR West Potomac High School	1:57.10	1:57.97	q
26.87	56.19 (29.32)	1:26.87 (30.68)	1:57.97 (31.10)		
7 Coddling, Cally		SO Woodson Cavaliers	1:57.37	1:59.44	q
26.75	56.33 (29.58)	1:27.77 (31.44)	1:59.44 (31.67)		
8 Hymans, Aubrey		JR Woodson Cavaliers	2:02.64	1:59.49	q
27.43	57.52 (30.09)	1:28.16 (30.64)	1:59.49 (31.33)		
9 Steiner, Lilly		FR Lake Braddock Secondary School	1:59.10	1:59.99	q
26.92	56.97 (30.05)	1:28.50 (31.53)	1:59.99 (31.49)		
10 Feinberg, Mad		Robinson Secondary School	2:00.74	2:00.11	q
27.99	58.20 (30.21)	1:29.27 (31.07)	2:00.11 (30.84)		
11 Murphy, Caitlyn		Robinson Secondary School	2:03.07	2:00.25	q
27.50	57.82 (30.32)	1:29.41 (31.59)	2:00.25 (30.84)		
12 Anderson, Mira		FR Woodson Cavaliers	2:03.26	2:01.35	q
27.87	58.36 (30.49)	1:29.87 (31.51)	2:01.35 (31.48)		
13 Miller, Kenzie		SO West Springfield	2:05.06	2:01.40	q
28.33	59.05 (30.72)	1:30.31 (31.26)	2:01.40 (31.09)		
14 Dewhirst, Emma		SO Thomas Jefferson	2:01.25	2:01.79	q
27.68	58.33 (30.65)	1:30.07 (31.74)	2:01.79 (31.72)		
15 Lasut, Tess		SR South County High School	2:02.61	2:02.05	q
28.24	58.64 (30.40)	1:30.08 (31.44)	2:02.05 (31.97)		
16 Snow, Sophie		JR West Springfield	2:02.04	2:03.36	q
28.18	59.38 (31.20)	1:31.61 (32.23)	2:03.36 (31.75)		
17 Hood, Caroline		SR Lake Braddock Secondary School	2:04.32	2:05.08	
27.97	59.28 (31.31)	1:31.58 (32.30)	2:05.08 (33.50)		
18 Fasano, Lily		SO Edison High School	2:05.56	2:06.57	
29.08	1:00.42 (31.34)	1:33.37 (32.95)	2:06.57 (33.20)		
19 Kong, Yuna		SO Hayfield Secondary School	2:10.59	2:07.06	
29.28	1:00.99 (31.71)	1:33.99 (33.00)	2:07.06 (33.07)		
20 Allard, Maddie		SO Falls Church High School	2:09.09	2:08.45	
28.39	1:00.08 (31.69)	1:33.82 (33.74)	2:08.45 (34.63)		
21 Field, Reese		Mount Vernon High School	2:07.88	2:10.07	
28.55	1:00.81 (32.26)	1:35.59 (34.78)	2:10.07 (34.48)		
22 Van Buskirk, Mandy		SR Thomas Jefferson	2:11.40	2:12.75	
30.17	1:03.23 (33.06)	1:37.72 (34.49)	2:12.75 (35.03)		
23 Na, Audrey		SO Thomas Jefferson	2:11.31	2:12.98	
30.03	1:03.75 (33.72)	1:38.65 (34.90)	2:12.98 (34.33)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 5 Boys 200 Yard IM

Occoquan Reg: 1:49.59 O 2/10/2024 JT Schmid
 1:48.96 AAA
 1:50.99 AAC
 1:56.23 STA

Robinson

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Wood, Alex		Robinson Secondary School	1:52.86	1:51.64 STA	20
24.30	53.43 (29.13)	1:24.66 (31.23)	1:51.64 (26.98)		
2 O'Neill, Connor	SO	West Potomac High School	1:57.78	1:54.40 STA	17
24.49	52.92 (28.43)	1:26.68 (33.76)	1:54.40 (27.72)		
*3 Tranchemontagne, Daniel	JR	Lake Braddock Secondary School	1:56.95	1:56.10 STA	15.50
24.87	53.24 (28.37)	1:27.47 (34.23)	1:56.10 (28.63)		
*3 Davis, Wyatt	JR	West Springfield	1:57.92	1:56.10 STA	15.50
25.25	54.61 (29.36)	1:29.04 (34.43)	1:56.10 (27.06)		
5 Wargin, Hugh	JR	West Springfield	1:55.72	1:56.79	14
24.69	56.68 (31.99)	1:28.26 (31.58)	1:56.79 (28.53)		
6 Ramsdell, Jonathan	SR	Alexandria City High School	1:59.29	1:57.60	13
25.34	55.49 (30.15)	1:29.20 (33.71)	1:57.60 (28.40)		
7 McNamara, Seamus	JR	Woodson Cavaliers	1:58.03	1:57.62	12
25.31	56.47 (31.16)	1:28.94 (32.47)	1:57.62 (28.68)		
8 Kasemsuwannakaeth, Peyton	SO	West Springfield	2:00.15	2:01.63	11
26.26	58.76 (32.50)	1:32.92 (34.16)	2:01.63 (28.71)		
B - Final					
9 Wang, Aiden	SO	Woodson Cavaliers	2:00.19	1:58.95	9
25.55	55.40 (29.85)	1:30.05 (34.65)	1:58.95 (28.90)		
10 Loeffert, Clark	SO	West Springfield	2:02.52	2:02.53	7
25.17	54.54 (29.37)	1:32.68 (38.14)	2:02.53 (29.85)		
11 Iaci, Dominic	FR	South County High School	2:03.66	2:02.55	6
26.38	57.52 (31.14)	1:33.82 (36.30)	2:02.55 (28.73)		
12 Dietz, Leo	JR	West Potomac High School	2:03.85	2:02.73	5
26.21	57.32 (31.11)	1:32.83 (35.51)	2:02.73 (29.90)		
13 Yeh, Finn	JR	Falls Church High School	2:04.03	2:03.11	4
26.18	57.75 (31.57)	1:33.40 (35.65)	2:03.11 (29.71)		
14 Hariharan, Samvit	SO	Thomas Jefferson	2:06.10	2:03.39	3
25.93	59.00 (33.07)	1:34.61 (35.61)	2:03.39 (28.78)		
15 Fulham, West		Robinson Secondary School	2:04.03	2:04.01	2
26.52	57.55 (31.03)	1:35.28 (37.73)	2:04.01 (28.73)		
16 Scott, Liam	FR	Woodson Cavaliers	2:05.86	2:04.92	1
27.28	59.09 (31.81)	1:35.71 (36.62)	2:04.92 (29.21)		

Event 5 Boys 200 Yard IM

Occoquan Reg: 1:49.59 O 2/10/2024 JT Schmid
 1:48.96 AAA
 1:50.99 AAC
 1:56.23 STA

Robinson

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Wood, Alex		Robinson Secondary School	1:53.56	1:52.86 qSTA
24.40	53.79 (29.39)	1:25.74 (31.95)	1:52.86 (27.12)	
2 Wargin, Hugh	JR	West Springfield	1:57.61	1:55.72 qSTA
24.65	55.88 (31.23)	1:27.44 (31.56)	1:55.72 (28.28)	
3 Tranchemontagne, Daniel	JR	Lake Braddock Secondary School	1:59.99	1:56.95 q
25.45	54.21 (28.76)	1:29.12 (34.91)	1:56.95 (27.83)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 5 Boys 200 Yard IM)

Name	Yr	School	Seed Time	Prelim Time	
4 O'Neill, Connor	SO	West Potomac High School	1:57.11	1:57.78	q
24.65	54.90 (30.25)	1:29.01 (34.11)	1:57.78 (28.77)		
5 Davis, Wyatt	JR	West Springfield	2:00.09	1:57.92	q
25.83	55.07 (29.24)	1:29.85 (34.78)	1:57.92 (28.07)		
6 McNamara, Seamus	JR	Woodson Cavaliers	1:58.47	1:58.03	q
25.14	56.23 (31.09)	1:28.55 (32.32)	1:58.03 (29.48)		
7 Ramsdell, Jonathan	SR	Alexandria City High School	2:01.46	1:59.29	q
25.40	56.22 (30.82)	1:30.08 (33.86)	1:59.29 (29.21)		
8 Kasemsuwannakaeth, Peyton	SO	West Springfield	2:01.45	2:00.15	q
25.95	57.38 (31.43)	1:30.94 (33.56)	2:00.15 (29.21)		
9 Wang, Aiden	SO	Woodson Cavaliers	2:00.49	2:00.19	q
25.91	56.20 (30.29)	1:31.48 (35.28)	2:00.19 (28.71)		
10 Loeffert, Clark	SO	West Springfield	2:01.27	2:02.52	q
25.16	54.91 (29.75)	1:32.96 (38.05)	2:02.52 (29.56)		
11 Iaci, Dominic	FR	South County High School	2:04.58	2:03.66	q
26.06	57.43 (31.37)	1:34.67 (37.24)	2:03.66 (28.99)		
12 Dietz, Leo	JR	West Potomac High School	2:04.02	2:03.85	q
27.17	58.23 (31.06)	1:34.44 (36.21)	2:03.85 (29.41)		
*13 Fulham, West		Robinson Secondary School	2:05.16	2:04.03	q
26.69	58.36 (31.67)	1:35.10 (36.74)	2:04.03 (28.93)		
*13 Yeh, Finn	JR	Falls Church High School	2:03.55	2:04.03	q
27.10	1:00.20 (33.10)	1:34.13 (33.93)	2:04.03 (29.90)		
15 Finnegan, Collin	SR	Edison High School	2:04.19	2:04.11	q
26.73	58.79 (32.06)	1:33.22 (34.43)	2:04.11 (30.89)		
16 Scott, Liam	FR	Woodson Cavaliers	2:07.14	2:05.86	q
27.56	59.93 (32.37)	1:36.27 (36.34)	2:05.86 (29.59)		
17 Hariharan, Samvit	SO	Thomas Jefferson	2:05.65	2:06.10	
26.34	58.73 (32.39)	1:36.70 (37.97)	2:06.10 (29.40)		
18 Hernandez-Giblin, Javier	JR	Woodson Cavaliers	2:05.52	2:06.22	
27.96	1:00.27 (32.31)	1:37.04 (36.77)	2:06.22 (29.18)		
19 Vladimiroff, Daniel	SO	Thomas Jefferson	2:09.62	2:07.14	
27.23	59.34 (32.11)	1:35.62 (36.28)	2:07.14 (31.52)		
20 Peterson, Liam	SO	Edison High School	2:07.01	2:07.50	
27.69	1:00.13 (32.44)	1:37.12 (36.99)	2:07.50 (30.38)		
21 Yakes, Robby	SR	Hayfield Secondary School	2:07.21	2:08.93	
26.56	59.68 (33.12)	1:38.20 (38.52)	2:08.93 (30.73)		
22 Raybon, Xavier	FR	Lake Braddock Secondary School	2:09.73	2:11.85	
27.89	1:02.84 (34.95)	1:40.73 (37.89)	2:11.85 (31.12)		
23 Prasad, Jagrav	SO	Thomas Jefferson	2:10.41	2:12.96	
28.01	1:01.61 (33.60)	1:41.14 (39.53)	2:12.96 (31.82)		
24 Musgrove, Aidan	SR	Falls Church High School	2:10.43	2:15.39	
27.07	1:01.48 (34.41)	1:42.34 (40.86)	2:15.39 (33.05)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 6 Girls 200 Yard IM

Occoquan Reg: 1:57.16 O 2/14/2026 Sadie Buckley Fairfax
 2:01.47 AAA
 2:03.99 AAC
 2:08.84 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Buckley, Sadie	JR	Fairfax High School	1:57.59	1:57.16 O AAA	20
25.27		53.90 (28.63) 1:29.23 (35.33)	1:57.16 (27.93)		
2 Loftis, Ella	SO	Falls Church High School	2:06.74	2:05.04 STA	17
26.75		57.94 (31.19) 1:34.08 (36.14)	2:05.04 (30.96)		
3 Valasco, Anna	SO	West Potomac High School	2:10.56	2:10.16	16
28.07		1:01.01 (32.94) 1:38.08 (37.07)	2:10.16 (32.08)		
4 Rizzard, Anna	FR	Lake Braddock Secondary School	2:09.88	2:10.31	15
27.78		59.42 (31.64) 1:38.84 (39.42)	2:10.31 (31.47)		
5 Stark, Kiera	JR	Woodson Cavaliers	2:12.61	2:12.22	14
29.31		1:00.41 (31.10) 1:41.12 (40.71)	2:12.22 (31.10)		
6 Trinh, Ellie	SO	South County High School	2:13.67	2:14.04	13
28.94		1:02.54 (33.60) 1:43.97 (41.43)	2:14.04 (30.07)		
7 Woody, Anna	JR	Woodson Cavaliers	2:15.46	2:15.31	12
28.68		1:03.92 (35.24) 1:42.89 (38.97)	2:15.31 (32.42)		
8 Juster, Anne	SO	West Springfield	2:14.16	2:15.52	11
29.49		1:01.93 (32.44) 2:15.52 (1:13.59)			
B - Final					
9 Suma, Sydney		Robinson Secondary School	2:16.69	2:15.75	9
28.52		1:01.77 (33.25) 1:41.91 (40.14)	2:15.75 (33.84)		
10 Klaiber, Anna	FR	Woodson Cavaliers	2:16.68	2:17.53	7
29.55		1:04.41 (34.86) 1:45.65 (41.24)	2:17.53 (31.88)		
11 Waller, Elli	SO	West Springfield	2:20.55	2:18.83	6
29.45		1:05.42 (35.97) 1:47.50 (42.08)	2:18.83 (31.33)		
12 Amatucci, Gina		Robinson Secondary School	2:20.62	2:19.75	5
29.83		1:06.11 (36.28) 1:46.16 (40.05)	2:19.75 (33.59)		
13 Pham, Gabby	SR	Thomas Jefferson	2:21.54	2:20.95	4
30.65		1:05.80 (35.15) 1:48.11 (42.31)	2:20.95 (32.84)		
14 Smith, Victoria	SR	Edison High School	2:20.94	2:21.16	3
31.68		1:08.36 (36.68) 1:47.56 (39.20)	2:21.16 (33.60)		
15 Mosford, Claire	SR	West Springfield	2:20.99	2:21.26	2
30.65		1:06.21 (35.56) 1:48.34 (42.13)	2:21.26 (32.92)		
16 Robinson, Ashley	SO	South County High School	2:21.06	2:23.04	1
30.15		1:05.82 (35.67) 1:49.22 (43.40)	2:23.04 (33.82)		

Event 6 Girls 200 Yard IM

Occoquan Reg: 1:57.16 O 2/14/2026 Sadie Buckley Fairfax
 2:01.47 AAA
 2:03.99 AAC
 2:08.84 STA

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Buckley, Sadie	JR	Fairfax High School	2:04.94	1:57.59 qAAA
25.58		54.64 (29.06) 1:29.82 (35.18)	1:57.59 (27.77)	
2 Loftis, Ella	SO	Falls Church High School	2:08.60	2:06.74 qSTA
27.07		58.12 (31.05) 1:35.00 (36.88)	2:06.74 (31.74)	
3 Rizzard, Anna	FR	Lake Braddock Secondary School	2:11.93	2:09.88 q
27.97		59.61 (31.64) 1:38.72 (39.11)	2:09.88 (31.16)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 6 Girls 200 Yard IM)

Name	Yr	School	Seed Time	Prelim Time	
4 Valasco, Anna	SO	West Potomac High School	2:10.74	2:10.56	q
28.42	1:01.44 (33.02)	1:38.34 (36.90)	2:10.56 (32.22)		
5 Stark, Kiera	JR	Woodson Cavaliers	2:14.30	2:12.61	q
29.32	1:01.09 (31.77)	1:42.34 (41.25)	2:12.61 (30.27)		
6 Trinh, Ellie	SO	South County High School	2:16.62	2:13.67	q
27.89	1:02.19 (34.30)	1:43.10 (40.91)	2:13.67 (30.57)		
7 Juster, Anne	SO	West Springfield	2:17.79	2:14.16	q
29.31	1:01.84 (32.53)	1:43.05 (41.21)	2:14.16 (31.11)		
8 Woody, Anna	JR	Woodson Cavaliers	2:15.90	2:15.46	q
29.08	1:04.04 (34.96)	1:42.70 (38.66)	2:15.46 (32.76)		
9 Klaiber, Anna	FR	Woodson Cavaliers	2:18.01	2:16.68	q
29.83	1:03.64 (33.81)	1:45.77 (42.13)	2:16.68 (30.91)		
10 Suma, Sydney		Robinson Secondary School	2:16.30	2:16.69	q
29.14	1:02.86 (33.72)	1:43.76 (40.90)	2:16.69 (32.93)		
11 Waller, Elli	SO	West Springfield	2:20.31	2:20.55	q
30.10	1:06.62 (36.52)	1:49.47 (42.85)	2:20.55 (31.08)		
12 Amatucci, Gina		Robinson Secondary School	2:19.72	2:20.62	q
30.12	1:07.17 (37.05)	1:47.58 (40.41)	2:20.62 (33.04)		
13 Smith, Victoria	SR	Edison High School	2:18.46	2:20.94	q
31.76	1:08.70 (36.94)	1:47.11 (38.41)	2:20.94 (33.83)		
14 Mosford, Claire	SR	West Springfield	2:22.36	2:20.99	q
30.79	1:07.01 (36.22)	1:48.15 (41.14)	2:20.99 (32.84)		
15 Robinson, Ashley	SO	South County High School	2:23.75	2:21.06	q
30.47	1:06.00 (35.53)	1:49.52 (43.52)	2:21.06 (31.54)		
16 Pham, Gabby	SR	Thomas Jefferson	2:20.96	2:21.54	q
30.61	1:06.08 (35.47)	1:47.98 (41.90)	2:21.54 (33.56)		
17 Sisco, Tabitha		Robinson Secondary School	2:24.09	2:21.91	
29.19	1:04.88 (35.69)	1:48.63 (43.75)	2:21.91 (33.28)		
18 Fulton, Evelyn	SO	Thomas Jefferson	2:21.75	2:22.52	
31.47	1:08.88 (37.41)	1:49.35 (40.47)	2:22.52 (33.17)		
19 Lasut, Claire	FR	South County High School	2:25.13	2:25.33	
32.66	1:09.08 (36.42)	1:51.69 (42.61)	2:25.33 (33.64)		
20 Mikulski, Lally	JR	West Potomac High School	2:24.11	2:25.36	
30.15	1:07.30 (37.15)	1:50.69 (43.39)	2:25.36 (34.67)		
21 Bailey, Kate	10	Justice High School Wolves	2:25.15	2:25.50	
32.32	1:07.34 (35.02)	1:51.58 (44.24)	2:25.50 (33.92)		
22 Markovitz, Helianne	FR	Thomas Jefferson	2:29.03	2:25.85	
29.83	1:07.73 (37.90)	1:53.88 (46.15)	2:25.85 (31.97)		
23 Li, Samantha	JR	Thomas Jefferson	2:33.53	2:34.48	
32.09	1:13.80 (41.71)	1:58.31 (44.51)	2:34.48 (36.17)		
--- Forde, Lizzie	SR	Falls Church High School	2:23.15		DQ

Event 7 Boys 50 Yard Freestyle

Occoquan Reg: 20.40 O 2/7/2025 Josh Howat LB
 20.38 AAA
 20.74 AAC
 21.73 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Armentrout, Owen	SR	Lake Braddock Secondary School	20.92	20.89	STA 20
2 Damico-Lassman, Tobias	JR	Alexandria City High School	21.19	21.17	STA 17

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

A - Final ... (Event 7 Boys 50 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
3 Kockler, Matthew	SO	Lake Braddock Secondary School	21.68	21.37 STA	16
4 Hillman, Logan	FR	Woodson Cavaliers	21.54	21.45 STA	15
5 Seiger, Liam	SR	West Springfield	21.47	21.46 STA	14
6 Downey, Wyatt	JR	Edison High School	21.40	21.50 STA	13
7 Chilton, James	SR	Annandale High School	21.55	21.51 STA	12
8 Phillips, J. Coulson	JR	Edison High School	21.65	21.95	11

B - Final

9 Wargin, Neil	JR	West Springfield	21.79	21.36 STA	9
10 Bryk, Everett	SR	Fairfax High School	22.00	21.99	7
11 Rockefeller, Brendan	SR	Lake Braddock Secondary School	21.93	22.02	6
12 Wolverton, Alexander	SO	West Potomac High School	22.09	22.05	5
13 Matis, Landen	JR	Thomas Jefferson	22.18	22.29	4
14 McQuarter, Wroten	SO	Thomas Jefferson	22.28	22.30	3
15 Alexander, Matthew	SR	West Springfield	22.45	22.35	2
16 Nguyen, Ricky	SR	Annandale High School	22.49	22.39	1

Event 7 Boys 50 Yard Freestyle

Occoquan Reg:	20.40	O	2/7/2025	Josh Howat	LB
	20.38	AAA			
	20.74	AAC			
	21.73	STA			

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Armentrout, Owen	SR	Lake Braddock Secondary School	21.01	20.92	qSTA
2 Damico-Lassman, Tobias	JR	Alexandria City High School	21.41	21.19	qSTA
3 Downey, Wyatt	JR	Edison High School	21.85	21.40	qSTA
4 Seiger, Liam	SR	West Springfield	21.63	21.47	qSTA
5 Hillman, Logan	FR	Woodson Cavaliers	21.70	21.54	qSTA
6 Chilton, James	SR	Annandale High School	21.74	21.55	qSTA
7 Phillips, J. Coulson	JR	Edison High School	21.94	21.65	qSTA
8 Kockler, Matthew	SO	Lake Braddock Secondary School	22.41	21.68	qSTA
9 Wargin, Neil	JR	West Springfield	21.74	21.79	q
10 Rockefeller, Brendan	SR	Lake Braddock Secondary School	22.25	21.93	q
11 Bryk, Everett	SR	Fairfax High School	22.27	22.00	q
12 Wolverton, Alexander	SO	West Potomac High School	22.25	22.09	q
13 Matis, Landen	JR	Thomas Jefferson	22.73	22.18	q
14 McQuarter, Wroten	SO	Thomas Jefferson	22.45	22.28	q
15 Alexander, Matthew	SR	West Springfield	22.69	22.45	q
16 Nguyen, Ricky	SR	Annandale High School	22.94	22.49	q
17 Kim, Darren	FR	Thomas Jefferson	22.71	22.56	
18 Barlow, Quincy	JR	West Springfield	22.65	22.63	
19 Stockard, Dominic		Robinson Secondary School	22.47	22.66	
20 Uzokoff, Nolan	SO	Annandale High School	22.99	22.69	
21 Morris, Luke	FR	West Potomac High School	22.79	22.71	
22 Abboud, Alexander	SR	Thomas Jefferson	23.16	22.74	
23 Lee, Michael	SR	Woodson Cavaliers	22.79	22.75	
24 Storer, Trey	SR	South County High School	22.49	22.76	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 8 Girls 50 Yard Freestyle

Occoquan Reg: 22.78 O 2/12/2022 Katherine Helms
 23.06 AAA
 23.48 AAC
 24.51 STA

South County-PV

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Morrison, Lexie		Robinson Secondary School	23.86	23.94 STA	20
2 Helms, Anna	JR	South County High School	24.53	24.02 STA	17
3 Decareau, Samantha	FR	Annandale High School	24.42	24.12 STA	16
4 O'Hara, Tori	SR	Lake Braddock Secondary School	24.21	24.14 STA	15
5 Song, Gabriela	JR	West Springfield	24.52	24.19 STA	14
6 Kent, Elizabeth	FR	West Springfield	24.43	24.20 STA	13
7 Decareau, Melanie	SR	Annandale High School	24.50	24.66	12
8 Troth, Ellie	SR	Woodson Cavaliers	24.76	24.76	11
B - Final					
9 Flores, Adrianna	FR	Edison High School	24.80	24.46 STA	9
10 Morris, Payton	SR	Thomas Jefferson	24.76	24.77	7
11 Mata, Bianca	SR	Woodson Cavaliers	25.27	24.94	6
12 Peters, Riley	SR	Woodson Cavaliers	25.04	25.03	5
13 Clark, Kira	JR	South County High School	24.89	25.08	4
14 Hoeflich Rodgers, Eleanor	SO	Edison High School	25.13	25.27	3
15 He, Emma	SR	Thomas Jefferson	25.19	25.37	2
16 Prudius, Laura	SO	Thomas Jefferson	25.17	25.42	1

Event 8 Girls 50 Yard Freestyle

Occoquan Reg: 22.78 O 2/12/2022 Katherine Helms
 23.06 AAA
 23.48 AAC
 24.51 STA

South County-PV

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Morrison, Lexie		Robinson Secondary School	24.33	23.86 qSTA
2 O'Hara, Tori	SR	Lake Braddock Secondary School	24.79	24.21 qSTA
3 Decareau, Samantha	FR	Annandale High School	25.04	24.42 qSTA
4 Kent, Elizabeth	FR	West Springfield	24.12	24.43 qSTA
5 Decareau, Melanie	SR	Annandale High School	24.62	24.50 qSTA
6 Song, Gabriela	JR	West Springfield	24.64	24.52 q
7 Helms, Anna	JR	South County High School	25.23	24.53 q
8 Troth, Ellie	SR	Woodson Cavaliers	24.89	24.76 q
9 Morris, Payton	SR	Thomas Jefferson	25.32	24.76 q
10 Flores, Adrianna	FR	Edison High School	25.50	24.80 q
11 Clark, Kira	JR	South County High School	25.32	24.89 q
12 Peters, Riley	SR	Woodson Cavaliers	24.99	25.04 q
13 Hoeflich Rodgers, Eleanor	SO	Edison High School	25.13	25.13 q
14 Prudius, Laura	SO	Thomas Jefferson	25.44	25.17 q
15 He, Emma	SR	Thomas Jefferson	25.70	25.19 q
16 Mata, Bianca	SR	Woodson Cavaliers	25.17	25.27 q
17 Weatherbee, Alexandra		Robinson Secondary School	25.56	25.29
18 Redford, Harper	SR	Woodson Cavaliers	25.35	25.33
19 Nemets, Alli		Robinson Secondary School	25.53	25.39

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 8 Girls 50 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
20 Burke, Caroline	SO	West Springfield	25.41	25.47
21 van Waesberghe, Isabella	SR	Lake Braddock Secondary School	25.64	25.54
22 Meek, Rylie	SO	Hayfield Secondary School	25.88	25.85
23 Alvarez, Kathryn	JR	Falls Church High School	26.25	25.89
24 Lussier, Molly		Mount Vernon High School	26.22	26.39

Event 9 Boys 1 mtr Diving

Occoquan Reg: 579.30 O 2/2/2018 Conor Casey WTWD
 404.40 STA
 375.00 AAC

Name	Yr	School	Semis Score	Finals Score	Points
Finals					
1 Schneider, Cody	SR	Fairfax High School	313.15	457.20	STA 20
2 Andrews, Sawyer		Robinson Secondary School	300.75	404.80	STA 17
3 Scott, Nolan	FR	Lake Braddock Secondary School	273.85	369.05	16
4 Lum, Alex	SO	Falls Church High School	266.80	362.00	15
5 McClure, Grant	SR	West Springfield	255.65	351.45	14
6 Eng, Jasper	FR	Woodson Cavaliers	224.05	314.40	13
7 Vink, Evan	SR	West Springfield	225.65	298.65	12
8 Ryuh, Daniel		Robinson Secondary School	233.45	287.30	11
9 Themely, Jacob	JR	Falls Church High School	197.10	269.35	9
10 Matlis, Grayson	FR	Falls Church High School	190.45	259.05	7
11 Braswell, Roman	SR	Woodson Cavaliers	182.10	251.90	6
12 Schoennauer, Daniel	JR	Hayfield Secondary School	156.40	217.60	5
13 Whitecar, MJ	9	Justice High School Wolves	156.55	214.65	4
14 Keller, Asa	FR	Falls Church High School	158.25	212.40	3
15 Johnson, Nathaniel	FR	Hayfield Secondary School	135.65	199.00	2
16 Beatty, Peter	JR	Thomas Jefferson	138.20	190.45	1

Event 9 Boys 1 mtr Diving

Occoquan Reg: 579.30 O 2/2/2018 Conor Casey WTWD
 404.40 STA
 375.00 AAC

Name	Yr	School	Prelim Score	Semis Score
Semi-Finals				
1 Schneider, Cody	SR	Fairfax High School	206.25	313.15 q
2 Andrews, Sawyer		Robinson Secondary School	179.95	300.75 q
3 Scott, Nolan	FR	Lake Braddock Secondary School	187.45	273.85 q
4 Lum, Alex	SO	Falls Church High School	169.80	266.80 q
5 McClure, Grant	SR	West Springfield	167.95	255.65 q
6 Ryuh, Daniel		Robinson Secondary School	148.70	233.45 q
7 Vink, Evan	SR	West Springfield	136.05	225.65 q
8 Eng, Jasper	FR	Woodson Cavaliers	153.50	224.05 q
9 Themely, Jacob	JR	Falls Church High School	116.85	197.10 q
10 Matlis, Grayson	FR	Falls Church High School	122.95	190.45 q
11 Braswell, Roman	SR	Woodson Cavaliers	114.80	182.10 q
12 Keller, Asa	FR	Falls Church High School	105.80	158.25 q
13 Whitecar, MJ	9	Justice High School Wolves	106.95	156.55 q
14 Schoennauer, Daniel	JR	Hayfield Secondary School	97.60	156.40 q
15 Beatty, Peter	JR	Thomas Jefferson	86.80	138.20 q
16 Johnson, Nathaniel	FR	Hayfield Secondary School	72.95	135.65 q

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 9 Boys 1 mtr Diving

Occoquan Reg: 579.30 O 2/2/2018 Conor Casey WTWD
 404.40 STA
 375.00 AAC

Name	Yr	School	Prelim Score
Preliminaries			
1 Schneider, Cody	SR	Fairfax High School	435.55 206.25 q
2 Scott, Nolan	FR	Lake Braddock Secondary School	355.40 187.45 q
3 Andrews, Sawyer		Robinson Secondary School	422.05 179.95 q
4 Lum, Alex	SO	Falls Church High School	389.10 169.80 q
5 McClure, Grant	SR	West Springfield	382.40 167.95 q
6 Eng, Jasper	FR	Woodson Cavaliers	294.15 153.50 q
7 Ryuh, Daniel		Robinson Secondary School	295.50 148.70 q
8 Vink, Evan	SR	West Springfield	315.05 136.05 q
9 Matlis, Grayson	FR	Falls Church High School	243.30 122.95 q
10 Themely, Jacob	JR	Falls Church High School	272.90 116.85 q
11 Braswell, Roman	SR	Woodson Cavaliers	201.15 114.80 q
12 Whitecar, MJ	9	Justice High School Wolves	198.00 106.95 q
13 Keller, Asa	FR	Falls Church High School	236.45 105.80 q
14 Schoennauer, Daniel	JR	Hayfield Secondary School	188.35 97.60 q
15 Beatty, Peter	JR	Thomas Jefferson	191.10 86.80 q
16 Johnson, Nathaniel	FR	Hayfield Secondary School	228.45 72.95 q

Event 10 Girls 1 mtr Diving

Occoquan Reg: 477.45 O 2/3/2023 Elisabeth Rockefeller Lake Braddock
 375.00 AAC
 334.34 STA

Name	Yr	School	Semis Score	Finals Score	Points
Finals					
1 Sultanaeva, Beatrice		Robinson Secondary School	272.45	372.50 STA	20
2 Leland, Sophie	SO	West Springfield	265.15	349.15 STA	17
3 Nam, Amy	SR	Thomas Jefferson	233.25	341.40 STA	16
4 Pollack, Eliza	FR	Falls Church High School	205.90	289.90	15
5 Harrison, Anamarie		Robinson Secondary School	209.20	280.75	14
6 Kowalchick, Emma	SO	Hayfield Secondary School	201.25	270.90	13
7 Drobnis, Rebecca	SO	West Springfield	193.90	267.35	12
8 Fitzgerald, Anna	SR	Annandale High School	188.45	262.50	11
9 Copes, Caroline	JR	Lake Braddock Secondary School	195.45	252.85	9
10 Burnside, Aubree	SO	Lake Braddock Secondary School	190.65	250.40	7
11 Schwenzer, Eva	FR	Woodson Cavaliers	180.40	239.80	6
12 Butler, Helen	FR	Thomas Jefferson	170.40	238.35	5
13 Nguyen, Jolie	SR	Edison High School	161.90	217.65	4
14 Carter, Nadin	SR	Hayfield Secondary School	137.45	181.85	3

Event 10 Girls 1 mtr Diving

Occoquan Reg: 477.45 O 2/3/2023 Elisabeth Rockefeller Lake Braddock
 375.00 AAC
 334.34 STA

Name	Yr	School	Prelim Score	Semis Score
Semi-Finals				
1 Sultanaeva, Beatrice		Robinson Secondary School	181.80	272.45 q
2 Leland, Sophie	SO	West Springfield	163.25	265.15 q

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Semi-Finals ... (Event 10 Girls 1 mtr Diving)

Name	Yr	School	Prelim Score	Semis Score	
3 Nam, Amy	SR	Thomas Jefferson	145.75	233.25	q
4 Harrison, Anamarie		Robinson Secondary School	123.00	209.20	q
5 Pollack, Eliza	FR	Falls Church High School	131.60	205.90	q
6 Kowalchick, Emma	SO	Hayfield Secondary School	121.95	201.25	q
7 Copes, Caroline	JR	Lake Braddock Secondary School	125.65	195.45	q
8 Drobnis, Rebecca	SO	West Springfield	115.55	193.90	q
9 Burnside, Aubree	SO	Lake Braddock Secondary School	114.95	190.65	q
10 Fitzgerald, Anna	SR	Annandale High School	120.75	188.45	q
11 Schwenger, Eva	FR	Woodson Cavaliers	117.15	180.40	q
12 Butler, Helen	FR	Thomas Jefferson	102.60	170.40	q
13 Nguyen, Jolie	SR	Edison High School	108.15	161.90	q
14 Carter, Nadin	SR	Hayfield Secondary School	81.50	137.45	q

Event 10 Girls 1 mtr Diving

Occoquan Reg: 477.45 O 2/3/2023 Elisabeth Rockefeller Lake Braddock
 375.00 AAC
 334.34 STA

Name	Yr	School	Prelim Score	
Preliminaries				
1 Sultanaeva, Beatrice		Robinson Secondary School	380.10	181.80 q
2 Leland, Sophie	SO	West Springfield	364.90	163.25 q
3 Nam, Amy	SR	Thomas Jefferson	378.65	145.75 q
4 Pollack, Eliza	FR	Falls Church High School	300.30	131.60 q
5 Copes, Caroline	JR	Lake Braddock Secondary School	246.50	125.65 q
6 Harrison, Anamarie		Robinson Secondary School	294.31	123.00 q
7 Kowalchick, Emma	SO	Hayfield Secondary School	273.95	121.95 q
8 Fitzgerald, Anna	SR	Annandale High School	246.85	120.75 q
9 Schwenger, Eva	FR	Woodson Cavaliers	259.00	117.15 q
10 Drobnis, Rebecca	SO	West Springfield	282.70	115.55 q
11 Burnside, Aubree	SO	Lake Braddock Secondary School	261.60	114.95 q
12 Nguyen, Jolie	SR	Edison High School	215.90	108.15 q
13 Butler, Helen	FR	Thomas Jefferson	233.85	102.60 q
14 Carter, Nadin	SR	Hayfield Secondary School	183.80	81.50 q

Event 11 Boys 100 Yard Butterfly

Occoquan Reg: 49.00 O 2/8/2020 Kent H Coddling WTWD
 48.38 AAA
 49.37 AAC
 51.67 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Naranjo, Ian	SR	West Springfield	50.96	50.20 STA	20
				23.52 50.20 (26.68)	
2 Fulwiler, Levi		Robinson Secondary School	51.06	50.91 STA	17
				23.98 50.91 (26.93)	
3 Engstrom, Russell	SO	Lake Braddock Secondary School	51.55	51.53 STA	16
				23.91 51.53 (27.62)	
4 Deekens, Jackson	JR	West Springfield	51.82	51.99	15
				23.89 51.99 (28.10)	
5 Anyalebechi, Kamsi	SR	Thomas Jefferson	53.76	53.17	14
				24.37 53.17 (28.80)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

A - Final ... (Event 11 Boys 100 Yard Butterfly)

Name	Yr	School	Prelim Time	Finals Time	Points
6 Middleton, Evan	SR	Woodson Cavaliers	54.08	53.94	13
24.69		53.94 (29.25)			
7 Morris, Luke	FR	West Potomac High School	53.71	54.26	12
24.53		54.26 (29.73)			
8 Fulham, West		Robinson Secondary School	55.15	55.53	11
25.90		55.53 (29.63)			

B - Final

9 Nickel, Jonathan		Robinson Secondary School	56.23	55.24	9
25.55		55.24 (29.69)			
10 Jones, Chase	JR	West Springfield	55.62	55.32	7
25.10		55.32 (30.22)			
11 Hariharan, Samvit	SO	Thomas Jefferson	55.95	55.36	6
25.92		55.36 (29.44)			
12 Hadi, Samuel	SO	Woodson Cavaliers	56.51	55.71	5
26.49		55.71 (29.22)			
13 Pabotoy, Sam	SR	Falls Church High School	56.29	55.80	4
25.59		55.80 (30.21)			
14 Lee, Michael	SR	Woodson Cavaliers	56.73	56.13	3
25.77		56.13 (30.36)			
15 Raybon, Xavier	FR	Lake Braddock Secondary School	56.50	57.41	2
26.67		57.41 (30.74)			
16 Nicholson, Adam	SO	Annandale High School	56.82	57.49	1
26.79		57.49 (30.70)			

Event 11 Boys 100 Yard Butterfly

Occoquan Reg: 49.00 O 2/8/2020 Kent H Coddling WTWD
 48.38 AAA
 49.37 AAC
 51.67 STA

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Naranjo, Ian	SR	West Springfield	51.72	50.96	qSTA
23.61		50.96 (27.35)			
2 Fulwiler, Levi		Robinson Secondary School	50.59	51.06	qSTA
24.15		51.06 (26.91)			
3 Engstrom, Russell	SO	Lake Braddock Secondary School	51.97	51.55	qSTA
23.88		51.55 (27.67)			
4 Deekens, Jackson	JR	West Springfield	52.06	51.82	q
23.94		51.82 (27.88)			
5 Morris, Luke	FR	West Potomac High School	54.32	53.71	q
24.44		53.71 (29.27)			
6 Anyalebechi, Kamsi	SR	Thomas Jefferson	55.31	53.76	q
24.59		53.76 (29.17)			
7 Middleton, Evan	SR	Woodson Cavaliers	54.64	54.08	q
25.08		54.08 (29.00)			
8 Fulham, West		Robinson Secondary School	55.41	55.15	q
26.02		55.15 (29.13)			
9 Jones, Chase	JR	West Springfield	55.88	55.62	q
25.30		55.62 (30.32)			
10 Hariharan, Samvit	SO	Thomas Jefferson	55.72	55.95	q
11 Nickel, Jonathan		Robinson Secondary School	55.37	56.23	q
25.90		56.23 (30.33)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 11 Boys 100 Yard Butterfly)

Name	Yr	School	Seed Time	Prelim Time	
12 Pabotoy, Sam	SR	Falls Church High School	56.71	56.29	q
26.49		56.29 (29.80)			
13 Raybon, Xavier	FR	Lake Braddock Secondary School	56.34	56.50	q
27.23		56.50 (29.27)			
14 Hadi, Samuel	SO	Woodson Cavaliers	56.06	56.51	q
26.41		56.51 (30.10)			
15 Lee, Michael	SR	Woodson Cavaliers	55.53	56.73	q
16 Nicholson, Adam	SO	Annandale High School	57.47	56.82	q
26.16		56.82 (30.66)			
17 Lavinder, Dylan	JR	West Springfield	56.96	56.85	
26.32		56.85 (30.53)			
18 Zhao, Lucas	FR	Thomas Jefferson	56.69	56.92	
26.78		56.92 (30.14)			
19 Cleary, Patrick	FR	Woodson Cavaliers	58.68	57.90	
26.70		57.90 (31.20)			
20 Nguyen, Landon		Robinson Secondary School	57.66	58.25	
27.33		58.25 (30.92)			
21 Hoddinott, Cooper	SO	Falls Church High School	57.58	58.32	
25.39		58.32 (32.93)			
22 Yakes, Robby	SR	Hayfield Secondary School	55.47	58.48	
27.24		58.48 (31.24)			
23 Ahmed, Shayan	SO	South County High School	58.79	58.88	
26.32		58.88 (32.56)			
--- Wentland, Phoenix	10	Justice High School Wolves	55.49	DQ	

Event 12 Girls 100 Yard Butterfly

Occoquan Reg: 53.95 O 2/3/2018 Cassidy Bayer WPOT
 54.29 AAA
 55.44 AAC
 57.91 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Morrison, Lexie		Robinson Secondary School	57.22	55.58	STA 20
26.12		55.58 (29.46)			
2 Devlin, Lyla	JR	Woodson Cavaliers	55.89	55.72	STA 17
25.36		55.72 (30.36)			
3 Harris, Savannah	SR	South County High School	55.99	56.53	STA 16
26.29		56.53 (30.24)			
4 Kent, Elizabeth	FR	West Springfield	58.57	58.12	15
27.40		58.12 (30.72)			
5 O'Hara, Tori	SR	Lake Braddock Secondary School	58.81	58.66	14
27.28		58.66 (31.38)			
6 Corbett, CC	FR	Annandale High School	59.30	58.71	13
27.50		58.71 (31.21)			
7 Vazquez, Lucia		Robinson Secondary School	1:00.55	59.50	12
27.51		59.50 (31.99)			
8 Prudius, Laura	SO	Thomas Jefferson	1:00.00	1:00.46	11
27.82		1:00.46 (32.64)			
B - Final					
9 Kiddey, Olivia	SR	Lake Braddock Secondary School	1:00.80	1:00.57	9
28.02		1:00.57 (32.55)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

B - Final ... (Event 12 Girls 100 Yard Butterfly)

Name	Yr	School	Prelim Time	Finals Time	Points
10 Woody, Anna	JR	Woodson Cavaliers	1:00.92	1:01.30	7
28.70		1:01.30 (32.60)			
11 Dewhirst, Emma	SO	Thomas Jefferson	1:01.81	1:01.33	6
28.50		1:01.33 (32.83)			
12 Anderson, Mira	FR	Woodson Cavaliers	1:02.17	1:01.58	5
29.07		1:01.58 (32.51)			
13 Stegmaier, Shannon	SO	Lake Braddock Secondary School	1:01.40	1:01.86	4
28.55		1:01.86 (33.31)			
14 Holmes, Sophie	SR	West Springfield	1:01.88	1:02.01	3
28.60		1:02.01 (33.41)			
15 Fitzgerald, Maya	JR	Alexandria City High School	1:02.19	1:02.27	2
28.59		1:02.27 (33.68)			
16 O'Brien, Bridget	SO	Alexandria City High School	1:02.25	1:03.68	1
29.57		1:03.68 (34.11)			

Event 12 Girls 100 Yard Butterfly

Occoquan Reg: 53.95 O 2/3/2018 Cassidy Bayer WPOT
 54.29 AAA
 55.44 AAC
 57.91 STA

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Devlin, Lyla	JR	Woodson Cavaliers	59.88	55.89	qSTA
25.67		55.89 (30.22)			
2 Harris, Savannah	SR	South County High School	56.81	55.99	qSTA
26.08		55.99 (29.91)			
3 Morrison, Lexie		Robinson Secondary School	57.18	57.22	qSTA
26.82		57.22 (30.40)			
4 Kent, Elizabeth	FR	West Springfield	1:00.07	58.57	q
28.10		58.57 (30.47)			
5 O'Hara, Tori	SR	Lake Braddock Secondary School	1:01.08	58.81	q
27.21		58.81 (31.60)			
6 Corbett, CC	FR	Annandale High School	59.65	59.30	q
27.45		59.30 (31.85)			
7 Prudius, Laura	SO	Thomas Jefferson	1:01.67	1:00.00	q
28.55		1:00.00 (31.45)			
8 Vazquez, Lucia		Robinson Secondary School	1:00.80	1:00.55	q
28.22		1:00.55 (32.33)			
9 Kiddey, Olivia	SR	Lake Braddock Secondary School	1:02.22	1:00.80	q
28.87		1:00.80 (31.93)			
10 Woody, Anna	JR	Woodson Cavaliers	1:01.32	1:00.92	q
27.97		1:00.92 (32.95)			
11 Stegmaier, Shannon	SO	Lake Braddock Secondary School	1:01.96	1:01.40	q
28.69		1:01.40 (32.71)			
12 Dewhirst, Emma	SO	Thomas Jefferson	1:01.20	1:01.81	q
29.73		1:01.81 (32.08)			
13 Holmes, Sophie	SR	West Springfield	1:03.71	1:01.88	q
28.93		1:01.88 (32.95)			
14 Anderson, Mira	FR	Woodson Cavaliers	1:02.44	1:02.17	q
29.95		1:02.17 (32.22)			
15 Fitzgerald, Maya	JR	Alexandria City High School	1:02.48	1:02.19	q
29.83		1:02.19 (32.36)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 12 Girls 100 Yard Butterfly)

Name	Yr	School	Seed Time	Prelim Time	
16 O'Brien, Bridget	SO	Alexandria City High School	1:02.50	1:02.25	q
29.53		1:02.25 (32.72)			
17 Lundy, Emma		Robinson Secondary School	1:03.70	1:02.32	
29.10		1:02.32 (33.22)			
18 Sisco, Tabitha		Robinson Secondary School	1:02.12	1:02.38	
29.17		1:02.38 (33.21)			
19 Thomas, Emma	FR	Falls Church High School	1:01.46	1:02.44	
27.53		1:02.44 (34.91)			
20 Klaiber, Anna	FR	Woodson Cavaliers	1:02.43	1:03.08	
29.82		1:03.08 (33.26)			
21 Van Buskirk, Mandy	SR	Thomas Jefferson	1:04.27	1:04.71	
29.74		1:04.71 (34.97)			
22 Prunty, Rebecca	SR	West Springfield	1:04.15	1:04.88	
30.45		1:04.88 (34.43)			
23 Hirsch, Mikayla	SO	Edison High School	1:08.25	1:08.21	
31.03		1:08.21 (37.18)			
--- Forde, Lizzie	SR	Falls Church High School	1:05.02		DQ

Event 13 Boys 100 Yard Freestyle

Occoquan Reg: 45.03 O 2/3/2023 Josh Howat

Lake Braddock

44.69 AAA

45.41 AAC

48.01 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Damico-Lassman, Tobias	JR	Alexandria City High School	45.87	46.00	STA 20
21.96		46.00 (24.04)			
2 Wargin, Neil	JR	West Springfield	47.16	46.28	STA 17
22.27		46.28 (24.01)			
3 Seiger, Liam	SR	West Springfield	47.08	47.10	STA 16
22.37		47.10 (24.73)			
4 Chilton, James	SR	Annandale High School	47.40	47.23	STA 15
22.54		47.23 (24.69)			
*5 Hillman, Logan	FR	Woodson Cavaliers	47.56	47.32	STA 13.50
22.71		47.32 (24.61)			
*5 Kockler, Matthew	SO	Lake Braddock Secondary School	47.64	47.32	STA 13.50
23.11		47.32 (24.21)			
7 Armentrout, Owen	SR	Lake Braddock Secondary School	47.52	47.39	STA 12
22.83		47.39 (24.56)			
8 Godlove, Carter	JR	Woodson Cavaliers	46.86	47.45	STA 11
22.67		47.45 (24.78)			
B - Final					
9 Heron, Caelen		Robinson Secondary School	48.73	48.83	9
23.44		48.83 (25.39)			
10 Schaper, Ian	SR	West Springfield	48.80	48.87	7
23.42		48.87 (25.45)			
11 O'Neill, Four	SR	West Potomac High School	48.82	49.01	6
23.42		49.01 (25.59)			
12 Alexander, Matthew	SR	West Springfield	49.09	49.05	5
23.76		49.05 (25.29)			
13 Johns, Ethan	FR	South County High School	49.03	49.20	4
23.65		49.20 (25.55)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

B - Final ... (Event 13 Boys 100 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
14 Leather, James		Robinson Secondary School	49.22	49.29	3
	23.62	49.29 (25.67)			
15 Bryk, Everett		SR Fairfax High School	49.24	49.32	2
	23.40	49.32 (25.92)			
16 Kim, Darren		FR Thomas Jefferson	49.01	49.47	1
	23.65	49.47 (25.82)			

Event 13 Boys 100 Yard Freestyle

Occoquan Reg: 45.03 O 2/3/2023 Josh Howat

Lake Braddock

44.69 AAA

45.41 AAC

48.01 STA

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Damico-Lassman, Tobias		JR Alexandria City High School	46.42	45.87	qSTA
	21.94	45.87 (23.93)			
2 Godlove, Carter		JR Woodson Cavaliers	47.35	46.86	qSTA
	22.23	46.86 (24.63)			
3 Seiger, Liam		SR West Springfield	47.78	47.08	qSTA
	22.64	47.08 (24.44)			
4 Wargin, Neil		JR West Springfield	48.09	47.16	qSTA
	22.73	47.16 (24.43)			
5 Chilton, James		SR Annandale High School	47.90	47.40	qSTA
	22.88	47.40 (24.52)			
6 Armentrout, Owen		SR Lake Braddock Secondary School	47.23	47.52	qSTA
	22.98	47.52 (24.54)			
7 Hillman, Logan		FR Woodson Cavaliers	48.31	47.56	qSTA
	23.00	47.56 (24.56)			
8 Kockler, Matthew		SO Lake Braddock Secondary School	49.52	47.64	qSTA
	23.36	47.64 (24.28)			
9 Heron, Caelen		Robinson Secondary School	48.87	48.73	q
	23.36	48.73 (25.37)			
10 Schaper, Ian		SR West Springfield	49.02	48.80	q
	23.50	48.80 (25.30)			
11 O'Neill, Four		SR West Potomac High School	49.50	48.82	q
	23.61	48.82 (25.21)			
12 Kim, Darren		FR Thomas Jefferson	49.60	49.01	q
	23.45	49.01 (25.56)			
13 Johns, Ethan		FR South County High School	49.91	49.03	q
	23.35	49.03 (25.68)			
14 Alexander, Matthew		SR West Springfield	49.45	49.09	q
	23.42	49.09 (25.67)			
15 Leather, James		Robinson Secondary School	48.80	49.22	q
	23.54	49.22 (25.68)			
16 Bryk, Everett		SR Fairfax High School	49.62	49.24	q
	23.44	49.24 (25.80)			
17 Nguyen, Ricky		SR Annandale High School	51.21	49.86	
	23.83	49.86 (26.03)			
18 Garavito, Camilo		SR Lake Braddock Secondary School	50.07	50.02	
	24.49	50.02 (25.53)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 13 Boys 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
19 Phillips, J. Coulson	JR	Edison High School	49.87	50.21
24.23				50.21 (25.98)
20 Uzokoff, Nolan	SO	Annandale High School	51.57	50.74
24.37				50.74 (26.37)
21 Kemper, Scott	SR	Hayfield Secondary School	50.98	51.41
24.25				51.41 (27.16)
22 Yang, Jayden	SR	Thomas Jefferson	51.40	52.00
24.70				52.00 (27.30)
23 D'Ambrogi, Colton	JR	Annandale High School	52.09	52.05
24.96				52.05 (27.09)
24 Abboud, Alexander	SR	Thomas Jefferson	52.20	52.06
24.99				52.06 (27.07)

Event 14 Girls 100 Yard Freestyle

Occoquan Reg: 49.57 O 2/12/2022 Katherine Helms
 50.13 AAA
 50.99 AAC
 53.20 STA

South County-PV

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Fleming, Brianna	JR	West Springfield	52.07	52.22 STA	20
24.90				52.22 (27.32)	
2 Helms, Anna	JR	South County High School	52.95	52.36 STA	17
25.38				52.36 (26.98)	
3 Mancari, Emerson	FR	West Potomac High School	53.06	52.68 STA	16
25.24				52.68 (27.44)	
4 Decareau, Samantha	FR	Annandale High School	53.94	52.80 STA	15
25.19				52.80 (27.61)	
5 Flores, Adrianna	FR	Edison High School	53.77	53.54	14
25.77				53.54 (27.77)	
6 Trinh, Ellie	SO	South County High School	54.18	53.56	13
26.15				53.56 (27.41)	
7 Yoon, Michelle	SR	Lake Braddock Secondary School	54.27	54.88	12
26.13				54.88 (28.75)	
8 Hymans, Aubrey	JR	Woodson Cavaliers	54.68	55.27	11
26.55				55.27 (28.72)	
B - Final					
9 Song, Gabriela	JR	West Springfield	55.08	53.49	9
25.58				53.49 (27.91)	
10 Peters, Riley	SR	Woodson Cavaliers	55.59	55.19	7
26.29				55.19 (28.90)	
11 Howard, Gwyn		Robinson Secondary School	55.76	55.27	6
26.45				55.27 (28.82)	
12 Morris, Payton	SR	Thomas Jefferson	54.97	56.13	5
27.05				56.13 (29.08)	
13 He, Emma	SR	Thomas Jefferson	56.16	56.33	4
26.95				56.33 (29.38)	
14 Bird, Karina		Robinson Secondary School	56.44	56.80	3
26.99				56.80 (29.81)	
15 Clark, Kira	JR	South County High School	56.25	56.98	2
27.11				56.98 (29.87)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

B - Final ... (Event 14 Girls 100 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
--- Frank, Lucie	SO	Woodson Cavaliers	54.84	DQ	
25.99		DQ (28.17)			

Event 14 Girls 100 Yard Freestyle

Occoquan Reg:	49.57	O	2/12/2022	Katherine Helms	South County-PV
	50.13	AAA			
	50.99	AAC			
	53.20	STA			

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Fleming, Brianna	JR	West Springfield	52.33	52.07	qSTA
24.87		52.07 (27.20)			
2 Helms, Anna	JR	South County High School	55.75	52.95	qSTA
25.63		52.95 (27.32)			
3 Mancari, Emerson	FR	West Potomac High School	53.75	53.06	qSTA
25.53		53.06 (27.53)			
4 Flores, Adrianna	FR	Edison High School	54.61	53.77	q
25.92		53.77 (27.85)			
5 Decareau, Samantha	FR	Annandale High School	53.51	53.94	q
25.64		53.94 (28.30)			
6 Trinh, Ellie	SO	South County High School	54.89	54.18	q
26.33		54.18 (27.85)			
7 Yoon, Michelle	SR	Lake Braddock Secondary School	54.92	54.27	q
26.15		54.27 (28.12)			
8 Hymans, Aubrey	JR	Woodson Cavaliers	55.64	54.68	q
26.50		54.68 (28.18)			
9 Frank, Lucie	SO	Woodson Cavaliers	54.98	54.84	q
26.33		54.84 (28.51)			
10 Morris, Payton	SR	Thomas Jefferson	56.20	54.97	q
26.71		54.97 (28.26)			
11 Song, Gabriela	JR	West Springfield	54.88	55.08	q
26.08		55.08 (29.00)			
12 Peters, Riley	SR	Woodson Cavaliers	55.54	55.59	q
26.34		55.59 (29.25)			
13 Howard, Gwyn		Robinson Secondary School	55.84	55.76	q
26.78		55.76 (28.98)			
14 He, Emma	SR	Thomas Jefferson	56.99	56.16	q
26.75		56.16 (29.41)			
15 Clark, Kira	JR	South County High School	56.90	56.25	q
26.98		56.25 (29.27)			
16 Bird, Karina		Robinson Secondary School	56.77	56.44	q
26.82		56.44 (29.62)			
17 Harris, Savannah	SR	South County High School	55.76	56.65	
26.48		56.65 (30.17)			
18 Carroll, Maddie		Robinson Secondary School	57.09	56.73	
27.36		56.73 (29.37)			
19 Decareau, Melanie	SR	Annandale High School	56.03	56.80	
26.30		56.80 (30.50)			
20 Meek, Rylie	SO	Hayfield Secondary School	56.35	56.98	
27.55		56.98 (29.43)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 14 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
21 Alvarez, Kathryn	JR	Falls Church High School	57.39	57.21
28.03		57.21 (29.18)		
22 Troth, Ellie	SR	Woodson Cavaliers	56.26	57.77
23 Allard, Maddie	SO	Falls Church High School	58.70	58.26
27.57		58.26 (30.69)		
24 Hood, Caroline	SR	Lake Braddock Secondary School	57.18	58.48
27.67		58.48 (30.81)		

Event 15 Boys 500 Yard Freestyle

Occoquan Reg: 4:37.61 O 2/10/2024 Josh Howat
 4:27.94 AAA
 4:32.84 AAC
 4:47.61 STA

Lake Braddock

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Curb, Tristan	JR	West Springfield	4:41.16	4:40.67	STA 20
25.01		52.48 (27.47)	1:20.95 (28.47)	1:49.50 (28.55)	
2:18.12 (28.62)		2:46.89 (28.77)	3:15.74 (28.85)	3:44.86 (29.12)	
4:13.56 (28.70)		4:40.67 (27.11)			
2 Kelly, Kieran	JR	Woodson Cavaliers	4:49.39	4:49.19	17
26.17		54.84 (28.67)	1:23.82 (28.98)	1:53.11 (29.29)	
2:22.67 (29.56)		2:52.07 (29.40)	3:21.97 (29.90)	3:51.89 (29.92)	
4:21.13 (29.24)		4:49.19 (28.06)			
3 Johnson, Finn	SO	Lake Braddock Secondary School	4:49.79	4:49.96	16
25.59		54.11 (28.52)	1:22.92 (28.81)	1:52.45 (29.53)	
2:22.64 (30.19)		2:52.61 (29.97)	3:22.36 (29.75)	3:51.91 (29.55)	
4:21.30 (29.39)		4:49.96 (28.66)			
4 McNeely, Connor	SR	Fairfax High School	4:51.07	4:51.95	15
26.10		55.07 (28.97)	1:24.33 (29.26)	1:53.95 (29.62)	
2:23.95 (30.00)		2:54.10 (30.15)	3:23.93 (29.83)	3:54.01 (30.08)	
4:23.38 (29.37)		4:51.95 (28.57)			
5 van Schagen, Asher	JR	West Springfield	4:55.66	4:56.16	14
26.45		55.03 (28.58)	1:24.64 (29.61)	1:54.79 (30.15)	
2:24.96 (30.17)		2:55.25 (30.29)	3:25.72 (30.47)	3:56.28 (30.56)	
4:26.80 (30.52)		4:56.16 (29.36)			
6 Sim, Jake	FR	Thomas Jefferson	4:58.15	4:58.40	13
27.20		56.48 (29.28)	1:26.26 (29.78)	1:56.30 (30.04)	
2:26.45 (30.15)		2:56.96 (30.51)	3:27.58 (30.62)	3:58.46 (30.88)	
4:28.93 (30.47)		4:58.40 (29.47)			
7 Phillips, Logan	FR	Woodson Cavaliers	5:01.15	5:01.04	12
27.19		56.67 (29.48)	1:26.87 (30.20)	1:57.31 (30.44)	
2:27.75 (30.44)		2:58.63 (30.88)	3:29.59 (30.96)	4:00.41 (30.82)	
4:31.27 (30.86)		5:01.04 (29.77)			
8 Jacobs, Ben	JR	Hayfield Secondary School	4:59.87	5:01.47	11
27.05		56.67 (29.62)	1:27.10 (30.43)	1:57.78 (30.68)	
2:29.12 (31.34)		3:00.04 (30.92)	3:30.87 (30.83)	4:01.76 (30.89)	
4:32.36 (30.60)		5:01.47 (29.11)			
B - Final					
9 Fiore, Leyton	SO	Edison High School	5:04.42	5:01.02	9
27.20		56.75 (29.55)	1:26.85 (30.10)	1:57.12 (30.27)	
2:27.60 (30.48)		2:58.22 (30.62)	3:29.04 (30.82)	4:00.14 (31.10)	
4:30.84 (30.70)		5:01.02 (30.18)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

B - Final ... (Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
10 Iaci, Dominic	FR	South County High School	5:05.71	5:03.49	7
27.54	57.18 (29.64)	1:27.83 (30.65)	1:58.77 (30.94)		
2:29.96 (31.19)	3:00.56 (30.60)	3:31.08 (30.52)	4:01.82 (30.74)		
4:32.73 (30.91)	5:03.49 (30.76)				
11 Salazar, JT	FR	Woodson Cavaliers	5:06.88	5:05.26	6
27.62	57.94 (30.32)	1:28.56 (30.62)	1:59.63 (31.07)		
2:30.63 (31.00)	3:02.00 (31.37)	3:33.39 (31.39)	4:04.59 (31.20)		
4:35.48 (30.89)	5:05.26 (29.78)				
12 Hossein, Ayaan		Robinson Secondary School	5:11.58	5:06.88	5
26.50	55.50 (29.00)	1:25.90 (30.40)	1:56.67 (30.77)		
2:27.73 (31.06)	2:59.85 (32.12)	3:31.96 (32.11)	4:04.38 (32.42)		
4:36.12 (31.74)	5:06.88 (30.76)				
13 Clark, Logan	FR	South County High School	5:07.96	5:08.56	4
26.80	56.99 (30.19)	1:28.12 (31.13)	1:59.47 (31.35)		
2:30.84 (31.37)	3:01.83 (30.99)	3:34.02 (32.19)	4:06.20 (32.18)		
4:37.85 (31.65)	5:08.56 (30.71)				
14 Gruendel, Josef		Robinson Secondary School	5:07.16	5:10.52	3
26.46	56.47 (30.01)	1:26.94 (30.47)	1:57.50 (30.56)		
2:28.28 (30.78)	2:59.42 (31.14)	3:31.17 (31.75)	4:03.76 (32.59)		
4:37.01 (33.25)	5:10.52 (33.51)				
15 Eriksen, Nathaniel	JR	Woodson Cavaliers	5:13.25	5:13.65	2
28.18	58.85 (30.67)	1:30.21 (31.36)	2:01.93 (31.72)		
2:33.86 (31.93)	3:05.99 (32.13)	3:38.44 (32.45)	4:11.35 (32.91)		
4:43.29 (31.94)	5:13.65 (30.36)				
16 Kogut, Cameron	SR	Edison High School	5:15.73	5:19.12	1
27.76	58.27 (30.51)	1:30.01 (31.74)	2:02.24 (32.23)		
2:34.54 (32.30)	3:07.68 (33.14)	3:40.66 (32.98)	4:13.45 (32.79)		
4:46.32 (32.87)	5:19.12 (32.80)				

Event 15 Boys 500 Yard Freestyle

Occoquan Reg: 4:37.61 O 2/10/2024 Josh Howat

Lake Braddock

4:27.94 AAA

4:32.84 AAC

4:47.61 STA

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Curb, Tristan	JR	West Springfield	4:42.49	4:41.16	qSTA
25.23	52.89 (27.66)	1:21.37 (28.48)	1:50.06 (28.69)		
2:18.90 (28.84)	2:47.74 (28.84)	3:16.60 (28.86)	3:45.55 (28.95)		
4:14.22 (28.67)	4:41.16 (26.94)				
2 Kelly, Kieran	JR	Woodson Cavaliers	4:51.33	4:49.39	q
26.05	54.55 (28.50)	1:23.72 (29.17)	1:53.38 (29.66)		
2:22.68 (29.30)	2:52.45 (29.77)	3:22.64 (30.19)	3:53.21 (30.57)		
4:22.45 (29.24)	4:49.39 (26.94)				
3 Johnson, Finn	SO	Lake Braddock Secondary School	4:59.23	4:49.79	q
26.09	55.28 (29.19)	1:25.30 (30.02)	1:55.33 (30.03)		
2:24.93 (29.60)	2:54.41 (29.48)	3:23.82 (29.41)	3:53.19 (29.37)		
4:22.12 (28.93)	4:49.79 (27.67)				
4 McNeely, Connor	SR	Fairfax High School	4:57.89	4:51.07	q
26.62	55.67 (29.05)	1:25.34 (29.67)	1:54.67 (29.33)		
2:24.24 (29.57)	2:53.89 (29.65)	3:23.37 (29.48)	3:52.85 (29.48)		
4:22.34 (29.49)	4:51.07 (28.73)				

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
5 van Schagen, Asher	JR	West Springfield	4:59.95	4:55.66	q
26.55	55.67 (29.12)	1:25.63 (29.96)	1:55.47 (29.84)		
2:25.58 (30.11)	2:55.38 (29.80)	3:25.11 (29.73)	3:55.35 (30.24)		
4:25.68 (30.33)	4:55.66 (29.98)				
6 Sim, Jake	FR	Thomas Jefferson	4:58.29	4:58.15	q
26.50	55.57 (29.07)	1:25.54 (29.97)	1:55.66 (30.12)		
2:25.78 (30.12)	2:56.30 (30.52)	3:26.91 (30.61)	3:57.89 (30.98)		
4:28.61 (30.72)	4:58.15 (29.54)				
7 Jacobs, Ben	JR	Hayfield Secondary School	5:02.02	4:59.87	q
26.85	56.42 (29.57)	1:26.57 (30.15)	1:57.56 (30.99)		
2:28.10 (30.54)	2:58.79 (30.69)	3:29.40 (30.61)	3:59.88 (30.48)		
4:30.44 (30.56)	4:59.87 (29.43)				
8 Phillips, Logan	FR	Woodson Cavaliers	5:02.86	5:01.15	q
26.58	55.77 (29.19)	1:25.76 (29.99)	1:55.81 (30.05)		
2:26.17 (30.36)	2:57.10 (30.93)	3:28.28 (31.18)	3:59.56 (31.28)		
4:30.83 (31.27)	5:01.15 (30.32)				
9 Fiore, Leyton	SO	Edison High School	5:04.44	5:04.42	q
27.23	57.23 (30.00)	1:27.72 (30.49)	1:58.45 (30.73)		
2:29.27 (30.82)	3:00.58 (31.31)	3:31.84 (31.26)	4:03.07 (31.23)		
4:33.87 (30.80)	5:04.42 (30.55)				
10 Iaci, Dominic	FR	South County High School	5:11.61	5:05.71	q
27.07	56.64 (29.57)	1:26.66 (30.02)	1:57.59 (30.93)		
2:28.50 (30.91)	2:59.54 (31.04)	3:30.90 (31.36)	4:02.49 (31.59)		
4:34.27 (31.78)	5:05.71 (31.44)				
11 Salazar, JT	FR	Woodson Cavaliers	5:10.13	5:06.88	q
27.30	56.87 (29.57)	1:27.41 (30.54)	1:58.32 (30.91)		
2:29.77 (31.45)	3:01.97 (32.20)	3:33.78 (31.81)	4:05.58 (31.80)		
4:36.98 (31.40)	5:06.88 (29.90)				
12 Gruendel, Josef		Robinson Secondary School	5:05.26	5:07.16	q
27.19	57.74 (30.55)	1:28.79 (31.05)	1:59.75 (30.96)		
2:30.84 (31.09)	3:02.07 (31.23)	3:33.41 (31.34)	4:04.88 (31.47)		
4:36.31 (31.43)	5:07.16 (30.85)				
13 Clark, Logan	FR	South County High School	5:19.84	5:07.96	q
27.29	57.58 (30.29)	1:28.26 (30.68)	1:59.44 (31.18)		
2:31.38 (31.94)	3:03.56 (32.18)	3:35.15 (31.59)	4:06.75 (31.60)		
4:38.20 (31.45)	5:07.96 (29.76)				
14 Hossein, Ayaan		Robinson Secondary School	5:10.13	5:11.58	q
27.47	57.64 (30.17)	1:28.89 (31.25)	2:00.70 (31.81)		
2:32.71 (32.01)	3:04.78 (32.07)	3:36.79 (32.01)	4:08.92 (32.13)		
4:40.82 (31.90)	5:11.58 (30.76)				
15 Eriksen, Nathaniel	JR	Woodson Cavaliers	5:13.72	5:13.25	q
27.35	57.31 (29.96)	1:28.35 (31.04)	2:00.32 (31.97)		
2:32.07 (31.75)	3:03.75 (31.68)	3:35.56 (31.81)	4:07.87 (32.31)		
4:40.97 (33.10)	5:13.25 (32.28)				
16 Kogut, Cameron	SR	Edison High School	5:12.76	5:15.73	q
27.98	58.37 (30.39)	1:30.22 (31.85)	2:01.99 (31.77)		
2:34.61 (32.62)	3:06.60 (31.99)	3:38.59 (31.99)	4:11.02 (32.43)		
4:43.39 (32.37)	5:15.73 (32.34)				
17 Jones, Max		Robinson Secondary School	5:15.09	5:20.85	
27.17	58.41 (31.24)	1:30.26 (31.85)	2:02.60 (32.34)		
2:35.48 (32.88)	3:08.50 (33.02)	3:42.13 (33.63)	4:16.09 (33.96)		
4:48.97 (32.88)	5:20.85 (31.88)				

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 15 Boys 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
18 Morrison, Colin	SO	Hayfield Secondary School	5:23.59	5:21.54
27.31	57.10 (29.79)	1:28.35 (31.25)	2:00.46 (32.11)	
2:33.22 (32.76)	3:06.65 (33.43)	3:40.52 (33.87)	4:14.08 (33.56)	
4:47.81 (33.73)	5:21.54 (33.73)			
*19 Andrews, Rowan	FR	South County High School	5:34.35	5:24.42
28.08	59.47 (31.39)	1:33.17 (33.70)	2:05.83 (32.66)	
2:39.32 (33.49)	3:12.71 (33.39)	3:46.23 (33.52)	4:20.08 (33.85)	
4:53.54 (33.46)	5:24.42 (30.88)			
*19 Caldwell, Luke	SO	Thomas Jefferson	5:25.62	5:24.42
28.38	59.90 (31.52)	1:32.77 (32.87)	2:05.88 (33.11)	
2:39.92 (34.04)	3:13.37 (33.45)	3:46.83 (33.46)	4:20.42 (33.59)	
4:53.18 (32.76)	5:24.42 (31.24)			
21 Dalton, Caiden	JR	Annandale High School	5:38.17	5:26.55
26.36	56.02 (29.66)	1:27.59 (31.57)	1:59.62 (32.03)	
2:32.66 (33.04)	3:06.52 (33.86)	3:41.30 (34.78)	4:16.78 (35.48)	
5:26.55 (1:09.77)				
22 Moeller, Owen	JR	Lake Braddock Secondary School	5:41.77	5:35.72
29.47	1:01.45 (31.98)	1:35.18 (33.73)	2:09.21 (34.03)	
2:43.81 (34.60)	3:18.88 (35.07)	3:53.41 (34.53)	4:28.77 (35.36)	
5:03.10 (34.33)	5:35.72 (32.62)			
23 Haase, Brandon	FR	Falls Church High School	5:42.05	5:55.70
29.10	1:02.01 (32.91)	1:37.48 (35.47)	2:14.10 (36.62)	
2:50.66 (36.56)	3:28.21 (37.55)	4:05.19 (36.98)	4:44.05 (38.86)	
5:20.84 (36.79)	5:55.70 (34.86)			

Event 16 Girls 500 Yard Freestyle

Occoquan Reg: 4:55.69 O 2/7/2020 Katherine Helms SOCO
 4:53.01 AAA
 4:58.10 AAC
 5:10.17 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Nguyen, Lien	SR	Woodson Cavaliers	4:59.04	5:02.25 STA	20
26.87	56.17 (29.30)	1:26.21 (30.04)	1:56.98 (30.77)		
2:27.84 (30.86)	2:58.78 (30.94)	3:29.93 (31.15)	4:01.12 (31.19)		
4:32.40 (31.28)	5:02.25 (29.85)				
2 Mancari, Emerson	FR	West Potomac High School	5:07.31	5:06.36 STA	17
27.19	56.61 (29.42)	1:26.98 (30.37)	1:57.86 (30.88)		
2:29.31 (31.45)	3:00.84 (31.53)	3:32.48 (31.64)	4:04.49 (32.01)		
4:36.04 (31.55)	5:06.36 (30.32)				
3 Roche, Madeline	JR	Thomas Jefferson	5:13.65	5:08.89 STA	16
27.87	57.66 (29.79)	1:28.23 (30.57)	1:59.32 (31.09)		
2:30.79 (31.47)	3:02.38 (31.59)	3:34.14 (31.76)	4:05.90 (31.76)		
4:37.66 (31.76)	5:08.89 (31.23)				
4 Scherber, Naomi		Robinson Secondary School	5:11.50	5:10.26	15
27.72	58.21 (30.49)	1:29.64 (31.43)	2:01.31 (31.67)		
2:32.82 (31.51)	3:04.40 (31.58)	3:36.12 (31.72)	4:07.90 (31.78)		
4:39.41 (31.51)	5:10.26 (30.85)				
5 Corbett, CC	FR	Annandale High School	5:13.50	5:11.86	14
27.26	57.98 (30.72)	1:29.14 (31.16)	2:01.05 (31.91)		
2:32.88 (31.83)	3:05.39 (32.51)	3:37.45 (32.06)	4:09.46 (32.01)		
4:41.30 (31.84)	5:11.86 (30.56)				

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

A - Final ... (Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
6 Thomas, Emma	FR	Falls Church High School	5:14.81	5:11.92	13
27.35	57.47 (30.12)	1:28.42 (30.95)	1:59.87 (31.45)		
2:31.85 (31.98)	3:03.64 (31.79)	3:35.79 (32.15)	4:08.03 (32.24)		
4:40.57 (32.54)	5:11.92 (31.35)				
7 Detrisac, Marissa	FR	Lake Braddock Secondary School	5:18.21	5:20.96	12
28.31	59.35 (31.04)	1:31.63 (32.28)	2:04.71 (33.08)		
2:37.35 (32.64)	3:09.76 (32.41)	3:42.42 (32.66)	4:15.80 (33.38)		
4:49.00 (33.20)	5:20.96 (31.96)				
8 Steiner, Lilly	FR	Lake Braddock Secondary School	5:18.70	5:21.56	11
27.61	58.37 (30.76)	1:30.21 (31.84)	2:02.43 (32.22)		
2:35.27 (32.84)	3:08.52 (33.25)	3:41.88 (33.36)	4:15.32 (33.44)		
4:48.82 (33.50)	5:21.56 (32.74)				
B - Final					
9 Miller, Kenzie	SO	West Springfield	5:21.18	5:19.64	9
28.87	1:00.29 (31.42)	1:32.11 (31.82)	2:04.27 (32.16)		
2:36.81 (32.54)	3:09.30 (32.49)	3:41.93 (32.63)	4:14.85 (32.92)		
4:47.77 (32.92)	5:19.64 (31.87)				
10 Gruendel, Petra		Robinson Secondary School	5:29.62	5:21.17	7
29.31	1:00.80 (31.49)	1:33.17 (32.37)	2:05.60 (32.43)		
2:38.02 (32.42)	3:10.43 (32.41)	3:43.11 (32.68)	4:16.29 (33.18)		
4:49.45 (33.16)	5:21.17 (31.72)				
11 Coddling, Cally	SO	Woodson Cavaliers	5:23.91	5:22.47	6
29.35	1:00.71 (31.36)	1:33.11 (32.40)	2:05.85 (32.74)		
2:39.13 (33.28)	3:12.82 (33.69)	3:46.03 (33.21)	4:19.81 (33.78)		
4:52.22 (32.41)	5:22.47 (30.25)				
12 Feinberg, Mad		Robinson Secondary School	5:23.61	5:23.26	5
29.24	1:00.81 (31.57)	1:33.34 (32.53)	2:05.80 (32.46)		
2:38.63 (32.83)	3:12.17 (33.54)	3:45.63 (33.46)	4:19.18 (33.55)		
4:52.23 (33.05)	5:23.26 (31.03)				
13 Murphy, Caitlyn		Robinson Secondary School	5:26.22	5:23.64	4
28.67	1:00.29 (31.62)	1:32.80 (32.51)	2:05.50 (32.70)		
2:38.80 (33.30)	3:12.01 (33.21)	3:45.62 (33.61)	4:18.90 (33.28)		
4:52.32 (33.42)	5:23.64 (31.32)				
14 Snow, Sophie	JR	West Springfield	5:26.49	5:29.63	3
29.20	1:01.77 (32.57)	1:35.23 (33.46)	2:08.99 (33.76)		
2:43.08 (34.09)	3:17.41 (34.33)	3:51.49 (34.08)	4:25.11 (33.62)		
4:58.39 (33.28)	5:29.63 (31.24)				
15 Hughes, Sydney	JR	Woodson Cavaliers	5:27.53	5:30.39	2
30.26	1:02.28 (32.02)	1:34.96 (32.68)	2:08.11 (33.15)		
2:41.56 (33.45)	3:15.90 (34.34)	3:49.70 (33.80)	4:23.73 (34.03)		
4:57.90 (34.17)	5:30.39 (32.49)				
16 Lasut, Tess	SR	South County High School	5:28.13	5:31.04	1
29.58	1:01.84 (32.26)	1:34.70 (32.86)	2:07.81 (33.11)		
2:41.29 (33.48)	3:15.51 (34.22)	3:49.76 (34.25)	4:23.75 (33.99)		
4:58.10 (34.35)	5:31.04 (32.94)				

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 16 Girls 500 Yard Freestyle

Occoquan Reg: 4:55.69 O 2/7/2020

Katherine Helms

SOCO

4:53.01 AAA

4:58.10 AAC

5:10.17 STA

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Nguyen, Lien	SR Woodson Cavaliers	4:59.62	4:59.04	qSTA
	27.27	56.68 (29.41)	1:26.61 (29.93)	1:56.75 (30.14)	
	2:27.06 (30.31)	2:57.73 (30.67)	3:28.30 (30.57)	3:58.99 (30.69)	
	4:29.63 (30.64)	4:59.04 (29.41)			
2	Mancari, Emerson	FR West Potomac High School	5:20.06	5:07.31	qSTA
	27.31	57.12 (29.81)	1:27.42 (30.30)	1:58.17 (30.75)	
	2:29.49 (31.32)	3:01.11 (31.62)	3:32.99 (31.88)	4:04.74 (31.75)	
	4:36.81 (32.07)	5:07.31 (30.50)			
3	Scherber, Naomi	Robinson Secondary School	5:12.92	5:11.50	q
	27.85	58.70 (30.85)	1:30.23 (31.53)	2:02.27 (32.04)	
	2:34.05 (31.78)	3:05.47 (31.42)	3:37.01 (31.54)	4:08.86 (31.85)	
	4:40.35 (31.49)	5:11.50 (31.15)			
4	Corbett, CC	FR Annandale High School	5:22.02	5:13.50	q
	27.68	58.86 (31.18)	1:30.31 (31.45)	2:02.34 (32.03)	
	2:34.58 (32.24)	3:06.57 (31.99)	3:38.99 (32.42)	4:10.97 (31.98)	
	4:43.02 (32.05)	5:13.50 (30.48)			
5	Roche, Madeline	JR Thomas Jefferson	5:11.20	5:13.65	q
	27.56	57.80 (30.24)	1:29.04 (31.24)	2:00.93 (31.89)	
	2:33.23 (32.30)	3:05.79 (32.56)	3:38.45 (32.66)	4:11.12 (32.67)	
	4:43.47 (32.35)	5:13.65 (30.18)			
6	Thomas, Emma	FR Falls Church High School	5:13.09	5:14.81	q
	27.30	57.23 (29.93)	1:28.12 (30.89)	2:00.03 (31.91)	
	2:32.16 (32.13)	3:04.09 (31.93)	3:36.72 (32.63)	4:09.58 (32.86)	
	4:42.53 (32.95)	5:14.81 (32.28)			
7	Detrisac, Marissa	FR Lake Braddock Secondary School	5:24.73	5:18.21	q
	28.60	59.79 (31.19)	1:31.40 (31.61)	2:03.53 (32.13)	
	2:35.63 (32.10)	3:07.69 (32.06)	3:40.84 (33.15)	4:13.38 (32.54)	
	4:46.57 (33.19)	5:18.21 (31.64)			
8	Steiner, Lilly	FR Lake Braddock Secondary School	5:18.86	5:18.70	q
	27.86	58.06 (30.20)	1:29.71 (31.65)	2:02.09 (32.38)	
	2:34.25 (32.16)	3:06.56 (32.31)	3:39.29 (32.73)	4:12.80 (33.51)	
	4:45.74 (32.94)	5:18.70 (32.96)			
9	Miller, Kenzie	SO West Springfield	5:27.82	5:21.18	q
	28.88	1:00.46 (31.58)	1:32.78 (32.32)	2:05.60 (32.82)	
	2:38.64 (33.04)	3:11.29 (32.65)	3:43.93 (32.64)	4:16.74 (32.81)	
	4:49.40 (32.66)	5:21.18 (31.78)			
10	Feinberg, Mad	Robinson Secondary School	5:27.07	5:23.61	q
	29.47	1:01.45 (31.98)	1:34.33 (32.88)	2:06.61 (32.28)	
	2:39.53 (32.92)	3:12.65 (33.12)	3:45.60 (32.95)	4:18.76 (33.16)	
	4:51.66 (32.90)	5:23.61 (31.95)			
11	Codding, Cally	SO Woodson Cavaliers	5:21.74	5:23.91	q
	29.42	1:01.10 (31.68)	1:33.54 (32.44)	2:06.43 (32.89)	
	2:39.50 (33.07)	3:12.63 (33.13)	3:45.28 (32.65)	4:18.15 (32.87)	
	4:51.62 (33.47)	5:23.91 (32.29)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 16 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
12 Murphy, Caitlyn		Robinson Secondary School	5:37.35	5:26.22	q
29.33	1:01.67 (32.34)	1:34.53 (32.86)	2:07.52 (32.99)		
2:40.85 (33.33)	3:14.06 (33.21)	3:47.51 (33.45)	4:20.89 (33.38)		
4:53.91 (33.02)	5:26.22 (32.31)				
13 Snow, Sophie	JR	West Springfield	5:25.43	5:26.49	q
28.51	1:00.44 (31.93)	1:33.69 (33.25)	2:06.94 (33.25)		
2:40.72 (33.78)	3:14.34 (33.62)	3:47.81 (33.47)	4:21.22 (33.41)		
4:54.42 (33.20)	5:26.49 (32.07)				
14 Hughes, Sydney	JR	Woodson Cavaliers	5:29.36	5:27.53	q
30.05	1:02.15 (32.10)	1:35.10 (32.95)	2:08.02 (32.92)		
2:40.86 (32.84)	3:13.96 (33.10)	3:47.30 (33.34)	4:21.19 (33.89)		
4:55.27 (34.08)	5:27.53 (32.26)				
15 Lasut, Tess	SR	South County High School	5:30.82	5:28.13	q
29.40	1:01.00 (31.60)	1:32.92 (31.92)	2:05.23 (32.31)		
2:38.39 (33.16)	3:12.07 (33.68)	3:46.38 (34.31)	4:20.67 (34.29)		
4:55.02 (34.35)	5:28.13 (33.11)				
16 Gruendel, Petra		Robinson Secondary School	5:24.83	5:29.62	q
28.69	1:00.15 (31.46)	1:32.16 (32.01)	2:05.49 (33.33)		
2:39.52 (34.03)	3:13.17 (33.65)	3:47.44 (34.27)	4:21.91 (34.47)		
4:56.39 (34.48)	5:29.62 (33.23)				
17 Fasano, Lily	SO	Edison High School	5:32.42	5:33.47	
29.96	1:02.81 (32.85)	1:36.80 (33.99)	2:10.50 (33.70)		
2:44.16 (33.66)	3:17.99 (33.83)	3:51.98 (33.99)	4:25.96 (33.98)		
5:33.47 (1:07.51)					
18 Waller, Elli	SO	West Springfield	5:34.94	5:33.83	
29.83	1:03.36 (33.53)	1:37.86 (34.50)	2:11.78 (33.92)		
2:45.56 (33.78)	3:19.81 (34.25)	3:53.79 (33.98)	4:27.99 (34.20)		
5:01.74 (33.75)	5:33.83 (32.09)				
19 Robinson, Ashley	SO	South County High School	5:51.18	5:37.79	
29.87	1:02.68 (32.81)	1:36.57 (33.89)	2:10.88 (34.31)		
2:45.30 (34.42)	3:20.12 (34.82)	3:54.75 (34.63)	4:29.45 (34.70)		
5:04.02 (34.57)	5:37.79 (33.77)				
20 Markovitz, Helianne	FR	Thomas Jefferson	5:48.40	5:44.99	
28.98	1:03.38 (34.40)	1:38.42 (35.04)	2:14.47 (36.05)		
2:49.95 (35.48)	3:25.82 (35.87)	4:01.96 (36.14)	4:38.04 (36.08)		
5:12.93 (34.89)	5:44.99 (32.06)				
21 Saunders, Riley	SO	Woodson Cavaliers	5:47.97	5:53.16	
30.44	1:04.04 (33.60)	1:38.87 (34.83)	2:14.56 (35.69)		
2:50.64 (36.08)	3:27.19 (36.55)	4:04.03 (36.84)	4:40.38 (36.35)		
5:17.38 (37.00)	5:53.16 (35.78)				
22 Wallinger, Josephine	SR	Falls Church High School	6:06.74	6:05.37	
31.85	1:06.61 (34.76)	1:42.92 (36.31)	2:20.06 (37.14)		
2:57.38 (37.32)	3:35.04 (37.66)	4:13.05 (38.01)	4:50.93 (37.88)		
5:29.23 (38.30)	6:05.37 (36.14)				
23 Zheng, Emma	SR	Thomas Jefferson	6:14.79	6:09.98	
32.04	1:07.05 (35.01)	1:44.31 (37.26)	2:21.65 (37.34)		
2:59.22 (37.57)	3:37.15 (37.93)	4:15.49 (38.34)	4:53.98 (38.49)		
5:32.84 (38.86)	6:09.98 (37.14)				
24 deVore, Sarah	11	Justice High School Wolves	6:07.78	6:12.99	
31.39	1:07.21 (35.82)	1:44.67 (37.46)	2:22.72 (38.05)		
3:00.95 (38.23)	3:39.80 (38.85)	4:18.53 (38.73)	4:57.61 (39.08)		
5:35.82 (38.21)	6:12.99 (37.17)				

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 17 Boys 200 Yard Freestyle Relay

Occoquan Reg: 1:24.08 O 2/10/2024

Robinson Secondary School

Robin

J Fulham, L Hickey, N Byrnes, J Schmid

1:24.02 AAA

1:25.36 AAC

1:28.12 STA

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 West Springfield		1:26.20	1:25.22 AAC	40
1) Wargin, Neil JR	2) Deekens, Jackson JR	3) Curb, Tristan JR	4) Wargin, Hugh JR	
21.27	42.39 (21.12)	1:04.03 (21.64)	1:25.22 (21.19)	
2 West Potomac High School		1:27.69	1:26.98 STA	34
1) Wolverton, Alexander SO	2) Morris, Luke FR	3) O'Neill, Four SR	4) O'Neill, Connor SO	
22.12	44.30 (22.18)	1:05.94 (21.64)	1:26.98 (21.04)	
3 Thomas Jefferson		1:28.22	1:27.48 STA	32
1) McQuirter, Wroten SO	2) Anyalebechi, Kamsi SR	3) Kim, Darren FR	4) Matis, Landen JR	
22.07	44.13 (22.06)	1:05.91 (21.78)	1:27.48 (21.57)	
4 Lake Braddock Secondary School		1:28.59	1:27.60 STA	30
1) Rockefeller, Brendan SR	2) Miller, Ryan SR	3) Garavito, Camilo SR	4) Kockler, Matthew SO	
21.79	44.17 (22.38)	1:06.49 (22.32)	1:27.60 (21.11)	
5 Woodson Cavaliers		1:27.91	1:28.25	28
1) Godlove, Carter JR	2) Middleton, Evan SR	3) Lee, Michael SR	4) Hillman, Logan FR	
22.17	44.67 (22.50)	1:06.96 (22.29)	1:28.25 (21.29)	
6 Alexandria City High School		1:27.80	1:28.27	26
1) Damico-Lassman, Tobias JR	2) Koeppen, Finn SO	3) Ramsdell, Jonathan SR	4) Ellis, Leo SO	
21.28	43.80 (22.52)	1:05.98 (22.18)	1:28.27 (22.29)	
7 Robinson Secondary School		1:29.10	1:28.32	24
1) Fulwiler, Levi	2) Leather, James	3) Potter, Jadon	4) Stockard, Dominic	
22.13	44.65 (22.52)	1:06.63 (21.98)	1:28.32 (21.69)	
8 Annandale High School		1:28.48	1:28.61	22
1) Nguyen, Ricky SR	2) D'Ambrogio, Colton JR	3) Uzokoff, Nolan SO	4) Chilton, James SR	
22.60	45.05 (22.45)	1:07.39 (22.34)	1:28.61 (21.22)	
B - Final				
9 South County High School		1:31.75	1:31.74	18
1) Storer, Trey SR	2) Iaci, Luca SR	3) Clark, Logan FR	4) Ahmed, Shayan SO	
22.91	45.62 (22.71)	1:08.58 (22.96)	1:31.74 (23.16)	
10 Falls Church High School		1:35.27	1:32.38	14
1) Musgrove, Aidan SR	2) Hoddinott, Cooper SO	3) Haase, Brandon FR	4) Pabotoy, Sam SR	
23.44	46.85 (23.41)	1:10.24 (23.39)	1:32.38 (22.14)	
11 Edison High School		1:33.48	1:33.62	12
1) Finnegan, Collin SR	2) Basom, Timothy SR	3) Sadeewong, Nawin JR	4) Fiore, Leyton SO	
23.10	46.48 (23.38)	1:11.11 (24.63)	1:33.62 (22.51)	
12 Hayfield Secondary School		1:34.11	1:33.82	10
1) Zegarra, Santiago SO	2) Kemper, Scott SR	3) Yakes, Robby SR	4) Jacobs, Ben JR	
24.63	47.64 (23.01)	1:10.72 (23.08)	1:33.82 (23.10)	
13 Fairfax High School		1:34.73	1:34.66	8
1) Bryk, Everett SR	2) Cecere, Matthew SO	3) Jacob, Ethan SO	4) Prudencio Lara, Alejandro SR	
22.10	46.78 (24.68)	1:34.66 (47.88)	1:34.66 (23.10)	
14 Mount Vernon High School		1:37.24	1:36.90	6
1) Carrado, Sam	2) VanZandt, Jim	3) Carrado, Ryan	4) Fortes, Elijah	
24.49	48.47 (23.98)	1:13.34 (24.87)	1:36.90 (23.56)	
15 Justice High School Wolves		1:39.14	1:37.79	4
1) Lim, Somason 12	2) Dokken, Paul 12	3) Balthis, Wyatt 10	4) Underdown, Parks 9	
23.24	46.80 (23.56)	1:13.93 (27.13)	1:37.79 (23.86)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 17 Boys 200 Yard Freestyle Relay

Occoquan Reg: 1:24.08 O 2/10/2024

Robinson Secondary School

Robin

J Fulham, L Hickey, N Byrnes, J Schmid

1:24.02 AAA

1:25.36 AAC

1:28.12 STA

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 West Springfield		1:26.29	1:26.20 qSTA
1) Deekens, Jackson JR	2) Curb, Tristan JR	3) Wargin, Hugh JR	4) Wargin, Neil JR
22.03	43.76 (21.73)	1:05.28 (21.52)	1:26.20 (20.92)
2 West Potomac High School		1:28.70	1:27.69 qSTA
1) Wolverton, Alexander SO	2) Morris, Luke FR	3) O'Neill, Four SR	4) O'Neill, Connor SO
22.17	44.43 (22.26)	1:06.70 (22.27)	1:27.69 (20.99)
3 Alexandria City High School		1:28.61	1:27.80 qSTA
1) Damico-Lassman, Tobias JR	2) Koeppen, Finn SO	3) Ramsdell, Jonathan SR	4) Ellis, Leo SO
21.38	43.65 (22.27)	1:05.52 (21.87)	1:27.80 (22.28)
4 Woodson Cavaliers		1:27.62	1:27.91 qSTA
1) Godlove, Carter JR	2) Lee, Michael SR	3) Middleton, Evan SR	4) Hillman, Logan FR
22.01	44.84 (22.83)	1:06.98 (22.14)	1:27.91 (20.93)
5 Thomas Jefferson		1:29.40	1:28.22 q
1) McQuirter, Wroten SO	2) Anyalebechi, Kamsi SR	3) Kim, Darren FR	4) Matis, Landen JR
22.30	44.57 (22.27)	1:06.46 (21.89)	1:28.22 (21.76)
6 Annandale High School		1:29.69	1:28.48 q
1) Nguyen, Ricky SR	2) D'Ambrogi, Colton JR	3) Uzokoff, Nolan SO	4) Chilton, James SR
22.77	45.41 (22.64)	1:07.40 (21.99)	1:28.48 (21.08)
7 Lake Braddock Secondary School		1:33.28	1:28.59 q
1) Miller, Ryan SR	2) Rockefeller, Brendan SR	3) Garavito, Camilo SR	4) Kockler, Matthew SO
22.98	44.82 (21.84)	1:07.05 (22.23)	1:28.59 (21.54)
8 Robinson Secondary School		1:30.82	1:29.10 q
1) Leather, James	2) Potter, Jadon	3) Lundy, Will	4) Stockard, Dominic
22.53	44.49 (21.96)	1:07.14 (22.65)	1:29.10 (21.96)
9 South County High School		1:32.00	1:31.75 q
1) Storer, Trey SR	2) Iaci, Luca SR	3) Clark, Logan FR	4) Ahmed, Shayan SO
22.84	45.33 (22.49)	1:07.96 (22.63)	1:31.75 (23.79)
10 Edison High School		1:34.89	1:33.48 q
1) Finnegan, Collin SR	2) Basom, Timothy SR	3) Sadeewong, Nawin JR	4) Fiore, Leyton SO
23.18	46.42 (23.24)	1:11.40 (24.98)	1:33.48 (22.08)
11 Hayfield Secondary School		1:35.07	1:34.11 q
1) Zegarra, Santiago SO	2) Kemper, Scott SR	3) Yakes, Robby SR	4) Jacobs, Ben JR
47.46	1:11.03 (23.57)	1:34.11 (23.08)	
12 Fairfax High School		1:37.76	1:34.73 q
1) Bryk, Everett SR	2) Cecere, Matthew SO	3) Jacob, Ethan SO	4) Prudencio Lara, Alejandro SR
21.99	46.65 (24.66)	1:11.20 (24.55)	1:34.73 (23.53)
13 Falls Church High School		1:34.94	1:35.27 q
1) Musgrove, Aidan SR	2) Hoddinott, Cooper SO	3) Haase, Brandon FR	4) Pabotoy, Sam SR
23.82	47.07 (23.25)	1:14.34 (27.27)	1:35.27 (20.93)
14 Mount Vernon High School		1:42.60	1:37.24 q
1) Carrado, Ryan	2) VanZandt, Jim	3) Carrado, Sam	4) Fortes, Elijah
24.80	49.25 (24.45)	1:13.32 (24.07)	1:37.24 (23.92)
15 Justice High School Wolves		1:40.80	1:39.14 q
1) Underdown, Parks 9	2) Dokken, Paul 12	3) Balthis, Wyatt 10	4) Lim, Somason 12
25.04	49.09 (24.05)	1:15.87 (26.78)	1:39.14 (23.27)

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 17 Boys 200 Yard Freestyle Relay)

Team	Relay	Seed Time	Prelim Time
16 John Lewis High School		1:46.64	1:47.23 q
1) Dinh, Luke FR	2) Dinh, Noah SO	3) Sheppard, Owen JR	4) Grajkowski, Dominic FR
31.69	55.75 (24.06)	1:22.64 (26.89)	1:47.23 (24.59)

Event 18 Girls 200 Yard Freestyle Relay

Occoquan Reg:	1:36.37	O	2/3/2018	Robinson Secondary School	ROBN
				B Johnson, E Oswald, E Monnig, O Schmid	
	1:35.48	AAA			
	1:37.13	AAC			
	1:39.75	STA			

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Woodson Cavaliers		1:38.85	1:37.06 AAC	40
1) Devlin, Lyla JR	2) Mata, Bianca SR	3) Troth, Ellie SR	4) Peters, Riley SR	
23.91	48.26 (24.35)	1:12.77 (24.51)	1:37.06 (24.29)	
2 West Springfield		1:37.86	1:37.31 STA	34
1) Fleming, Brianna JR	2) Burke, Caroline SO	3) Rollings, Tenley SO	4) Song, Gabriela JR	
24.05	48.95 (24.90)	1:13.28 (24.33)	1:37.31 (24.03)	
3 South County High School		1:38.97	1:39.13 STA	32
1) Trinh, Ellie SO	2) Clark, Kira JR	3) Harris, Savannah SR	4) Helms, Anna JR	
24.74	50.24 (25.50)	1:15.04 (24.80)	1:39.13 (24.09)	
4 Robinson Secondary School		1:39.97	1:39.39 STA	30
1) Wilbur, Lilla	2) Howard, Gwyn	3) Weatherbee, Alexandra	4) Nemets, Alli	
24.62	49.67 (25.05)	1:14.75 (25.08)	1:39.39 (24.64)	
5 Thomas Jefferson		1:39.52	1:39.56 STA	28
1) Morris, Payton SR	2) Dewhirst, Emma SO	3) Prudius, Laura SO	4) He, Emma SR	
24.85	50.71 (25.86)	1:15.14 (24.43)	1:39.56 (24.42)	
6 Lake Braddock Secondary School		1:39.55	1:39.57 STA	26
1) Rizzardi, Anna FR	2) van Waesberghe, Isabella SR	3) Yoon, Michelle SR	4) O'Hara, Tori SR	
25.57	50.34 (24.77)	1:15.25 (24.91)	1:39.57 (24.32)	
7 Alexandria City High School		1:42.87	1:45.02	24
1) Cotton, Rachel SR	2) Aiken, Eleanor FR	3) Fitzgerald, Maya JR	4) O'Brien, Bridget SO	
25.35	51.67 (26.32)	1:17.91 (26.24)	1:45.02 (27.11)	
8 West Potomac High School		1:45.85	1:45.66	22
1) Hill, Sasha FR	2) Keenan, Lucinda FR	3) El Bourini, Aysel JR	4) Schourek, Lydia FR	
27.09	53.03 (25.94)	1:19.55 (26.52)	1:45.66 (26.11)	
B - Final				
9 Mount Vernon High School		1:46.20	1:44.42	18
1) Lussier, Molly	2) Lussier, Lacey	3) Henderson, Jackie	4) Field, Reese	
26.79	53.26 (26.47)	1:19.04 (25.78)	1:44.42 (25.38)	
10 Edison High School		1:48.31	1:47.04	14
1) Hirsch, Mikayla SO	2) Olave, Ellie FR	3) Fasano, Lily SO	4) Reyes, Jasmine JR	
27.47	53.79 (26.32)	1:20.46 (26.67)	1:47.04 (26.58)	
11 Hayfield Secondary School		1:49.18	1:48.14	12
1) Kong, Yuna SO	2) Shotlander, Sara SO	3) Kong, Lina SR	4) Meek, Rylie SO	
27.08	54.36 (27.28)	1:22.51 (28.15)	1:48.14 (25.63)	
12 Annandale High School		1:48.31	1:48.33	10
1) Dalton, Umi FR	2) McKenna, Ella SO	3) Fitzgerald, Louise SR	4) Spencer, Delaney FR	
27.01		1:22.61 ()	1:48.33 (25.72)	
13 Fairfax High School		1:52.23	1:54.80	8
1) Lucas, Abbey SR	2) Lucas, Annalise SO	3) Kibler, Ainsley FR	4) Dereje, Bethel SO	
27.46	44.50 (17.04)	1:23.79 (39.29)	1:54.80 (31.01)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

B - Final ... (Event 18 Girls 200 Yard Freestyle Relay)

Team	Relay			Prelim Time	Finals Time	Points
14 Justice High School Wolves				1:59.62	2:00.32	6
1) Ngo, Ava 10	2) Scherer, Lillian	3) Ferrari, Gabriella 12	4) deVore, Sarah 11			
30.66	1:04.69 (34.03)	1:32.08 (27.39)	2:00.32 (28.24)			
15 John Lewis High School				2:17.80	2:14.45	4
1) Ha, Lam JR	2) Kamplia, Olivia SO	3) Park, Chloe FR	4) Sander, Keiko SR			
29.17	1:04.98 (35.81)	2:14.45 (1:09.47)				

Event 18 Girls 200 Yard Freestyle Relay

Occoquan Reg: 1:36.37 O 2/3/2018

Robinson Secondary School

ROBN

B Johnson, E Oswald, E Monnig, O Schmid

1:35.48 AAA

1:37.13 AAC

1:39.75 STA

Team	Relay			Seed Time	Prelim Time
Preliminaries					
1 West Springfield				1:37.88	1:37.86 qSTA
1) Fleming, Brianna JR	2) Burke, Caroline SO	3) Rollings, Tenley SO	4) Song, Gabriela JR		
23.99	48.63 (24.64)	1:13.57 (24.94)	1:37.86 (24.29)		
2 Woodson Cavaliers				1:38.34	1:38.85 qSTA
1) Troth, Ellie SR	2) Mata, Bianca SR	3) Peters, Riley SR	4) Devlin, Lyla JR		
24.70	49.40 (24.70)	1:14.74 (25.34)	1:38.85 (24.11)		
3 South County High School				1:42.52	1:38.97 qSTA
1) Trinh, Ellie SO	2) Clark, Kira JR	3) Harris, Savannah SR	4) Helms, Anna JR		
24.52	49.80 (25.28)	1:15.13 (25.33)	1:38.97 (23.84)		
4 Thomas Jefferson				1:39.88	1:39.52 qSTA
1) Morris, Payton SR	2) Dewhirst, Emma SO	3) Prudius, Laura SO	4) He, Emma SR		
24.76	50.43 (25.67)	1:15.06 (24.63)	1:39.52 (24.46)		
5 Lake Braddock Secondary School				1:43.71	1:39.55 qSTA
1) Rizzardi, Anna FR	2) van Waesberghe, Isabella SR	3) Yoon, Michelle SR	4) O'Hara, Tori SR		
25.44	50.11 (24.67)	1:15.05 (24.94)	1:39.55 (24.50)		
6 Robinson Secondary School				1:41.23	1:39.97 q
1) Weatherbee, Alexandra	2) Vazquez, Lucia	3) Howard, Gwyn	4) Nemets, Alli		
25.23	50.44 (25.21)	1:15.27 (24.83)	1:39.97 (24.70)		
7 Alexandria City High School				1:43.45	1:42.87 q
1) Cotton, Rachel SR	2) Aiken, Eleanor FR	3) Fitzgerald, Maya JR	4) O'Brien, Bridget SO		
24.87	50.95 (26.08)	1:17.08 (26.13)	1:42.87 (25.79)		
8 West Potomac High School				1:46.46	1:45.85 q
1) Hill, Sasha FR	2) Keenan, Lucinda FR	3) El Bourini, Aysel JR	4) Schourek, Lydia FR		
27.05	53.17 (26.12)	1:19.65 (26.48)	1:45.85 (26.20)		
9 Mount Vernon High School				1:55.26	1:46.20 q
1) Lussier, Molly	2) Lussier, Lacey	3) Henderson, Jackie	4) Field, Reese		
27.05	1:03.29 (36.24)	1:21.00 (17.71)	1:46.20 (25.20)		
*10 Annandale High School				1:39.48	1:48.31 q
1) Dalton, Umi FR	2) D'Ambrogi, Isabella FR	3) Fitzgerald, Louise SR	4) Spencer, Delaney FR		
27.13	55.50 (28.37)	1:22.34 (26.84)	1:48.31 (25.97)		
*10 Edison High School				1:49.88	1:48.31 q
1) Hirsch, Mikayla SO	2) Olave, Ellie FR	3) Fasano, Lily SO	4) Reyes, Jasmine JR		
27.47	59.13 (31.66)	1:21.63 (22.50)	1:48.31 (26.68)		
12 Hayfield Secondary School				1:50.13	1:49.18 q
1) Kong, Yuna SO	2) Shotlander, Sara SO	3) Kong, Lina SR	4) Meek, Rylie SO		
27.26	55.22 (27.96)	1:49.18 (53.96)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 18 Girls 200 Yard Freestyle Relay)

Team	Relay		Seed Time	Prelim Time
13 Fairfax High School			1:55.57	1:52.23 q
1) Lucas, Abbey SR	2) Lucas, Annalise SO	3) Kibler, Ainsley FR	4) Dereje, Bethel SO	
27.75	1:01.72 (33.97)	1:23.08 (21.36)	1:52.23 (29.15)	
14 Justice High School Wolves			2:24.15	1:59.62 q
1) Ngo, Ava 10	2) Scherer, Lillian	3) Ferrari, Gabriella 12	4) deVore, Sarah 11	
1:04.04		1:31.08 ()	1:59.62 (28.54)	
15 John Lewis High School			2:08.84	2:17.80 q
1) Ha, Lam JR	2) Kamplia, Olivia SO	3) Park, Chloe FR	4) Sander, Keiko SR	
29.42	1:06.29 (36.87)	2:17.80 (1:11.51)		
--- Falls Church High School			1:47.36	DQ
1) Allard, Maddie SO	2) Forde, Steffi SR	3) Wallinger, Ella SR	4) Temme, Scarlet SR	
26.87	1:00.78 (33.91)	1:19.67 (18.89)	DQ (25.91)	

Event 19 Boys 100 Yard Backstroke

Occoquan Reg: 48.29 O 2/10/2024 JT Schmid Robinson
 48.90 AAA
 50.07 AAC
 52.78 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Engstrom, Russell	SO	Lake Braddock Secondary School	52.48	51.77 STA	20
25.11		51.77 (26.66)			
2 Fulwiler, Levi		Robinson Secondary School	51.68	52.16 STA	17
25.29		52.16 (26.87)			
3 Naranjo, Ian	SR	West Springfield	52.61	52.33 STA	16
25.43		52.33 (26.90)			
4 Johns, Ethan	FR	South County High School	53.03	52.50 STA	15
25.71		52.50 (26.79)			
5 Davis, Wyatt	JR	West Springfield	52.53	52.56 STA	14
25.57		52.56 (26.99)			
6 Tranchemontagne, Daniel	JR	Lake Braddock Secondary School	52.21	52.60 STA	13
25.52		52.60 (27.08)			
7 Downey, Wyatt	JR	Edison High School	52.73	53.22	12
25.41		53.22 (27.81)			
8 Loeffert, Clark	SO	West Springfield	52.71	53.47	11
25.47		53.47 (28.00)			
B - Final					
9 Arraya, Michael		Robinson Secondary School	54.20	53.04	9
25.62		53.04 (27.42)			
10 Wang, Aiden	SO	Woodson Cavaliers	53.66	53.10	7
25.41		53.10 (27.69)			
11 Koeppen, Finn	SO	Alexandria City High School	54.12	53.22	6
25.97		53.22 (27.25)			
12 Rockefeller, Brendan	SR	Lake Braddock Secondary School	53.56	53.27	5
25.79		53.27 (27.48)			
13 Hernandez-Giblin, Javier	JR	Woodson Cavaliers	55.39	54.98	4
26.53		54.98 (28.45)			
14 Peterson, Liam	SO	Edison High School	56.48	55.71	3
27.05		55.71 (28.66)			
15 Lundy, Will		Robinson Secondary School	56.20	56.65	2
27.53		56.65 (29.12)			
16 Kogut, Cameron	SR	Edison High School	58.69	59.41	1
28.61		59.41 (30.80)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 19 Boys 100 Yard Backstroke

Occoquan Reg: 48.29 O 2/10/2024 JT Schmid
 48.90 AAA
 50.07 AAC
 52.78 STA

Robinson

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Fulwiler, Levi		Robinson Secondary School	51.77	51.68	qSTA
25.32	51.68 (26.36)				
2 Tranchemontagne, Daniel	JR	Lake Braddock Secondary School	53.30	52.21	qSTA
25.37	52.21 (26.84)				
3 Engstrom, Russell	SO	Lake Braddock Secondary School	52.25	52.48	qSTA
25.25	52.48 (27.23)				
4 Davis, Wyatt	JR	West Springfield	55.09	52.53	qSTA
25.44	52.53 (27.09)				
5 Naranjo, Ian	SR	West Springfield	54.94	52.61	qSTA
25.69	52.61 (26.92)				
6 Loeffert, Clark	SO	West Springfield	53.76	52.71	qSTA
25.39	52.71 (27.32)				
7 Downey, Wyatt	JR	Edison High School	55.18	52.73	qSTA
25.54	52.73 (27.19)				
8 Johns, Ethan	FR	South County High School	53.46	53.03	q
25.88	53.03 (27.15)				
9 Rockefeller, Brendan	SR	Lake Braddock Secondary School	54.19	53.56	q
25.73	53.56 (27.83)				
10 Wang, Aiden	SO	Woodson Cavaliers	54.08	53.66	q
25.39	53.66 (28.27)				
11 Koeppen, Finn	SO	Alexandria City High School	55.06	54.12	q
26.23	54.12 (27.89)				
12 Arraya, Michael		Robinson Secondary School	55.11	54.20	q
26.13	54.20 (28.07)				
13 Hernandez-Giblin, Javier	JR	Woodson Cavaliers	56.83	55.39	q
27.04	55.39 (28.35)				
14 Lundy, Will		Robinson Secondary School	56.49	56.20	q
27.59	56.20 (28.61)				
15 Peterson, Liam	SO	Edison High School	56.87	56.48	q
27.49	56.48 (28.99)				
16 Kogut, Cameron	SR	Edison High School	58.37	58.69	q
28.15	58.69 (30.54)				
17 Dean, Wyatt		Robinson Secondary School	59.00	59.00	
28.53	59.00 (30.47)				
18 Lam, Sam	JR	Thomas Jefferson	59.29	59.48	
28.28	59.48 (31.20)				
19 Zhao, Lucas	FR	Thomas Jefferson	58.84	1:00.00	
28.80	1:00.00 (31.20)				
20 Hoddinott, Cooper	SO	Falls Church High School	59.71	1:00.27	
29.10	1:00.27 (31.17)				
21 Carrado, Sam		Mount Vernon High School	58.95	1:00.94	
29.26	1:00.94 (31.68)				
22 Taylor, Charles	SO	Thomas Jefferson	1:00.31	1:00.96	
29.00	1:00.96 (31.96)				
--- Wentland, Phoenix	10	Justice High School Wolves	56.00	DQ	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 19 Boys 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time
--- Searight, Jameson	JR	West Springfield	56.27	DQ
26.54		DQ (27.89)		

Event 20 Girls 100 Yard Backstroke

Occoquan Reg: 53.14 O 2/14/2026 Sadie Buckley Fairfax
 54.71 AAA
 55.91 AAC
 58.44 STA

Name	Yr	School	Prelim Time	Finals Time	Points
------	----	--------	-------------	-------------	--------

A - Final

1 Buckley, Sadie	JR	Fairfax High School	53.28	53.14 O AAA	20
26.29		53.14 (26.85)			
2 Devlin, Lyla	JR	Woodson Cavaliers	56.80	56.22 STA	17
27.25		56.22 (28.97)			
3 Petronello, Hadley	JR	West Potomac High School	56.06	56.28 STA	16
27.30		56.28 (28.98)			
4 Rizzard, Anna	FR	Lake Braddock Secondary School	57.75	57.57 STA	15
28.17		57.57 (29.40)			
5 Roche, Madeline	JR	Thomas Jefferson	57.89	58.19 STA	14
28.20		58.19 (29.99)			
6 Yoon, Michelle	SR	Lake Braddock Secondary School	58.38	58.67	13
28.74		58.67 (29.93)			
7 Juster, Anne	SO	West Springfield	59.35	59.06	12
28.55		59.06 (30.51)			
8 Cotton, Rachel	SR	Alexandria City High School	59.63	59.73	11
29.23		59.73 (30.50)			

B - Final

9 Frank, Lucie	SO	Woodson Cavaliers	59.72	58.97	9
28.47		58.97 (30.50)			
10 Rollings, Tenley	SO	West Springfield	59.99	59.69	7
11 van Waesberghe, Isabella	SR	Lake Braddock Secondary School	1:00.53	59.72	6
28.93		59.72 (30.79)			
12 Stark, Kiera	JR	Woodson Cavaliers	1:00.24	1:00.79	5
29.78		1:00.79 (31.01)			
13 Tyrell, Grace		Robinson Secondary School	1:02.08	1:01.29	4
29.65		1:01.29 (31.64)			
14 Althouse, Anna	SR	West Potomac High School	1:02.17	1:02.89	3
30.77		1:02.89 (32.12)			
15 Na, Audrey	SO	Thomas Jefferson	1:02.80	1:03.28	2
30.48		1:03.28 (32.80)			
16 Bauernshub, Brooke	FR	Woodson Cavaliers	1:02.78	1:03.40	1
30.71		1:03.40 (32.69)			

Event 20 Girls 100 Yard Backstroke

Occoquan Reg: 53.14 O 2/14/2026 Sadie Buckley Fairfax
 54.71 AAA
 55.91 AAC
 58.44 STA

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

Preliminaries

1 Buckley, Sadie	JR	Fairfax High School	57.33	53.28 qAAA
26.24		53.28 (27.04)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 20 Girls 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time	
2 Petronello, Hadley	JR	West Potomac High School	56.61	56.06	qSTA
26.96		56.06 (29.10)			
3 Devlin, Lyla	JR	Woodson Cavaliers	1:02.02	56.80	qSTA
27.39		56.80 (29.41)			
4 Rizzard, Anna	FR	Lake Braddock Secondary School	57.75	57.75	qSTA
28.13		57.75 (29.62)			
5 Roche, Madeline	JR	Thomas Jefferson	58.47	57.89	qSTA
28.17		57.89 (29.72)			
6 Yoon, Michelle	SR	Lake Braddock Secondary School	1:00.14	58.38	qSTA
28.90		58.38 (29.48)			
7 Juster, Anne	SO	West Springfield	1:00.16	59.35	q
28.62		59.35 (30.73)			
8 Cotton, Rachel	SR	Alexandria City High School	59.44	59.63	q
29.18		59.63 (30.45)			
9 Frank, Lucie	SO	Woodson Cavaliers	1:00.28	59.72	q
28.81		59.72 (30.91)			
10 Rollings, Tenley	SO	West Springfield	1:00.32	59.99	q
29.27		59.99 (30.72)			
11 Stark, Kiera	JR	Woodson Cavaliers	1:01.21	1:00.24	q
29.41		1:00.24 (30.83)			
12 van Waesberghe, Isabella	SR	Lake Braddock Secondary School	1:01.17	1:00.53	q
29.07		1:00.53 (31.46)			
13 Tyrell, Grace		Robinson Secondary School	1:02.13	1:02.08	q
29.71		1:02.08 (32.37)			
14 Althouse, Anna	SR	West Potomac High School	1:02.14	1:02.17	q
30.21		1:02.17 (31.96)			
15 Bauernshub, Brooke	FR	Woodson Cavaliers	1:02.94	1:02.78	q
30.41		1:02.78 (32.37)			
16 Na, Audrey	SO	Thomas Jefferson	1:05.16	1:02.80	q
30.21		1:02.80 (32.59)			
17 Lundy, Emma		Robinson Secondary School	1:03.05	1:02.99	
30.13		1:02.99 (32.86)			
18 Broderick, Sophie	FR	West Springfield	1:04.08	1:03.92	
29.97		1:03.92 (33.95)			
19 Carroll, Maddie		Robinson Secondary School	1:04.34	1:04.16	
31.45		1:04.16 (32.71)			
20 Wallinger, Ella	SR	Falls Church High School	1:06.95	1:04.63	
31.47		1:04.63 (33.16)			
21 Pham, Gabby	SR	Thomas Jefferson	1:06.06	1:06.16	
32.15		1:06.16 (34.01)			
22 Hirsch, Mikayla	SO	Edison High School	1:06.29	1:06.17	
31.48		1:06.17 (34.69)			
23 Bailey, Kate	10	Justice High School Wolves	1:07.16	1:07.55	
24 Field, Reese		Mount Vernon High School	1:08.26	1:08.44	
32.84		1:08.44 (35.60)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 21 Boys 100 Yard Breaststroke

Occoquan Reg: 54.85 O 2/12/2022 Aiken T Do
 55.04 AAA
 56.27 AAC
 58.95 STA

Woodson-PV

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Wood, Alex		Robinson Secondary School	56.99	56.40 STA	20
26.55		56.40 (29.85)			
2 Wargin, Hugh	JR	West Springfield	58.88	57.45 STA	17
27.04		57.45 (30.41)			
3 Ramsdell, Jonathan	SR	Alexandria City High School	58.38	58.81 STA	16
27.30		58.81 (31.51)			
4 McNamara, Seamus	JR	Woodson Cavaliers	58.29	58.96	15
27.72		58.96 (31.24)			
5 Kasemsuwannakaeth, Peyton	SO	West Springfield	59.88	59.01	14
27.94		59.01 (31.07)			
6 Deekens, Jackson	JR	West Springfield	58.47	59.02	13
27.42		59.02 (31.60)			
7 O'Neill, Connor	SO	West Potomac High School	59.08	59.20	12
27.78		59.20 (31.42)			
8 Dietz, Leo	JR	West Potomac High School	1:00.15	59.88	11
28.22		59.88 (31.66)			
B - Final					
9 Finnegan, Collin	SR	Edison High School	1:00.59	1:01.07	9
28.28		1:01.07 (32.79)			
10 Uzokoff, Connor	JR	Annandale High School	1:00.38	1:01.08	7
28.57		1:01.08 (32.51)			
11 Yeh, Finn	JR	Falls Church High School	1:01.56	1:01.10	6
28.75		1:01.10 (32.35)			
12 Matis, Landen	JR	Thomas Jefferson	1:00.58	1:01.61	5
29.28		1:01.61 (32.33)			
13 Basom, Timothy	SR	Edison High School	1:03.23	1:02.43	4
29.03		1:02.43 (33.40)			
14 Polutta, Noah	FR	West Springfield	1:02.40	1:02.81	3
29.66		1:02.81 (33.15)			
15 Alman, Matthew	JR	Thomas Jefferson	1:04.27	1:03.56	2
30.02		1:03.56 (33.54)			
16 Stockard, Dominic		Robinson Secondary School	1:04.34	1:03.85	1
30.17		1:03.85 (33.68)			

Event 21 Boys 100 Yard Breaststroke

Occoquan Reg: 54.85 O 2/12/2022 Aiken T Do
 55.04 AAA
 56.27 AAC
 58.95 STA

Woodson-PV

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Wood, Alex		Robinson Secondary School	57.28	56.99 qSTA
26.70		56.99 (30.29)		
2 McNamara, Seamus	JR	Woodson Cavaliers	59.37	58.29 qSTA
27.36		58.29 (30.93)		
3 Ramsdell, Jonathan	SR	Alexandria City High School	1:00.73	58.38 qSTA
27.04		58.38 (31.34)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 21 Boys 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Prelim Time	
4 Deekens, Jackson	JR	West Springfield	59.29	58.47	qSTA
27.46		58.47 (31.01)			
5 Wargin, Hugh	JR	West Springfield	58.90	58.88	qSTA
27.51		58.88 (31.37)			
6 O'Neill, Connor	SO	West Potomac High School	1:01.34	59.08	q
28.10		59.08 (30.98)			
7 Kasemsuwannakaeth, Peyton	SO	West Springfield	1:00.41	59.88	q
28.36		59.88 (31.52)			
8 Dietz, Leo	JR	West Potomac High School	1:00.59	1:00.15	q
28.19		1:00.15 (31.96)			
9 Uzokoff, Connor	JR	Annandale High School	1:01.98	1:00.38	q
28.38		1:00.38 (32.00)			
10 Matis, Landen	JR	Thomas Jefferson	1:02.08	1:00.58	q
28.44		1:00.58 (32.14)			
11 Finnegan, Collin	SR	Edison High School	1:01.57	1:00.59	q
28.17		1:00.59 (32.42)			
12 Yeh, Finn	JR	Falls Church High School	1:02.01	1:01.56	q
29.06		1:01.56 (32.50)			
13 Polutta, Noah	FR	West Springfield	1:04.06	1:02.40	q
29.30		1:02.40 (33.10)			
14 Basom, Timothy	SR	Edison High School	1:03.45	1:03.23	q
29.01		1:03.23 (34.22)			
15 Alman, Matthew	JR	Thomas Jefferson	1:04.43	1:04.27	q
30.23		1:04.27 (34.04)			
16 Stockard, Dominic		Robinson Secondary School	1:05.02	1:04.34	q
17 Feazell, Noah	JR	Lake Braddock Secondary School	1:07.64	1:04.85	
29.53		1:04.85 (35.32)			
18 Meehan, Jack	SO	Woodson Cavaliers	1:07.37	1:05.19	
30.51		1:05.19 (34.68)			
19 Yohn, Melvin	SR	Lake Braddock Secondary School	1:05.77	1:05.28	
30.66		1:05.28 (34.62)			
20 McCleary, Carter	SO	Fairfax High School	1:07.42	1:06.37	
30.95		1:06.37 (35.42)			
21 VanZandt, Jim		Mount Vernon High School	1:06.53	1:06.43	
30.52		1:06.43 (35.91)			
22 Mereand, Jackson	JR	Hayfield Secondary School	1:08.84	1:10.10	
32.55		1:10.10 (37.55)			
23 Guevara, Alex	SO	Alexandria City High School	1:07.94	1:12.24	
32.85		1:12.24 (39.39)			
--- Vladimiroff, Daniel	SO	Thomas Jefferson	1:03.67	DQ	
29.52		DQ (33.84)			

Event 22 Girls 100 Yard Breaststroke

Occoquan Reg: 1:01.33 O 2/13/2026 Lilla Wilbur ROBN
 1:02.52 AAA
 1:03.75 AAC
 1:06.19 STA

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Wilbur, Lilla		Robinson Secondary School	1:01.33	1:01.59	AAA 20
29.10		1:01.59 (32.49)			

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

A - Final ... (Event 22 Girls 100 Yard Breaststroke)

Name	Yr	School	Prelim Time	Finals Time	Points
2 Loftis, Ella	SO	Falls Church High School	1:04.73	1:03.88 STA	17
29.90		1:03.88 (33.98)			
3 Valasco, Anna	SO	West Potomac High School	1:08.03	1:06.79	16
31.36		1:06.79 (35.43)			
4 Burke, Caroline	SO	West Springfield	1:07.17	1:06.87	15
31.48		1:06.87 (35.39)			
5 Weatherbee, Alexandra		Robinson Secondary School	1:07.13	1:07.24	14
31.19		1:07.24 (36.05)			
6 Hoeflich Rodgers, Eleanor	SO	Edison High School	1:07.97	1:07.94	13
31.55		1:07.94 (36.39)			
7 Aiken, Eleanor	FR	Alexandria City High School	1:08.37	1:08.38	12
31.95		1:08.38 (36.43)			
8 Suma, Sydney		Robinson Secondary School	1:08.86	1:09.78	11
32.80		1:09.78 (36.98)			

B - Final

9 Nemets, Alli		Robinson Secondary School	1:09.70	1:08.40	9
33.07		1:08.40 (35.33)			
10 Fulton, Evelyn	SO	Thomas Jefferson	1:09.73	1:09.76	7
33.10		1:09.76 (36.66)			
11 Colon, Ava	JR	Woodson Cavaliers	1:09.11	1:09.80	6
32.36		1:09.80 (37.44)			
12 Smith, Victoria	SR	Edison High School	1:10.10	1:10.38	5
33.68		1:10.38 (36.70)			
13 Lunn, Elise	SO	Woodson Cavaliers	1:11.47	1:10.63	4
33.43		1:10.63 (37.20)			
14 Aida, Mila	SR	Alexandria City High School	1:11.70	1:10.69	3
33.14		1:10.69 (37.55)			
15 Tibayan, Leryn	SO	Lake Braddock Secondary School	1:12.51	1:12.40	2
33.58		1:12.40 (38.82)			
16 Kong, Yuna	SO	Hayfield Secondary School	1:12.61	1:13.20	1
35.43		1:13.20 (37.77)			

Event 22 Girls 100 Yard Breaststroke

Occoquan Reg: 1:01.33 O 2/13/2026 Lilla Wilbur ROBN
 1:02.52 AAA
 1:03.75 AAC
 1:06.19 STA

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Wilbur, Lilla		Robinson Secondary School	1:02.80	1:01.33 O qAAA
29.08		1:01.33 (32.25)		
2 Loftis, Ella	SO	Falls Church High School	1:07.55	1:04.73 qSTA
30.48		1:04.73 (34.25)		
3 Weatherbee, Alexandra		Robinson Secondary School	1:08.91	1:07.13 q
31.65		1:07.13 (35.48)		
4 Burke, Caroline	SO	West Springfield	1:08.07	1:07.17 q
31.86		1:07.17 (35.31)		
5 Hoeflich Rodgers, Eleanor	SO	Edison High School	1:08.96	1:07.97 q
31.93		1:07.97 (36.04)		
6 Valasco, Anna	SO	West Potomac High School	1:07.91	1:08.03 q
31.96		1:08.03 (36.07)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 22 Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Prelim Time	
7 Aiken, Eleanor	FR	Alexandria City High School	1:09.40	1:08.37	q
31.64				1:08.37 (36.73)	
8 Suma, Sydney		Robinson Secondary School	1:08.73	1:08.86	q
31.79				1:08.86 (37.07)	
9 Colon, Ava	JR	Woodson Cavaliers	1:09.51	1:09.11	q
31.99				1:09.11 (37.12)	
10 Nemets, Alli		Robinson Secondary School	1:10.61	1:09.70	q
33.57				1:09.70 (36.13)	
11 Fulton, Evelyn	SO	Thomas Jefferson	1:09.70	1:09.73	q
32.91				1:09.73 (36.82)	
12 Smith, Victoria	SR	Edison High School	1:10.36	1:10.10	q
33.34				1:10.10 (36.76)	
13 Lunn, Elise	SO	Woodson Cavaliers	1:11.50	1:11.47	q
34.75				1:11.47 (36.72)	
14 Aida, Mila	SR	Alexandria City High School	1:11.13	1:11.70	q
33.55				1:11.70 (38.15)	
15 Tibayan, Leryn	SO	Lake Braddock Secondary School	1:13.14	1:12.51	q
33.43				1:12.51 (39.08)	
16 Kong, Yuna	SO	Hayfield Secondary School	1:13.16	1:12.61	q
34.76				1:12.61 (37.85)	
17 Spans, Juliana	JR	West Springfield	1:12.56	1:12.87	
34.86				1:12.87 (38.01)	
18 Stewart, Annalise	SO	Lake Braddock Secondary School	1:13.14	1:13.43	
34.60				1:13.43 (38.83)	
19 Temme, Scarlet	SR	Falls Church High School	1:13.75	1:13.51	
34.24				1:13.51 (39.27)	
20 Mikulski, Lally	JR	West Potomac High School	1:12.80	1:13.67	
35.53				1:13.67 (38.14)	
21 Garr, Sydney	FR	Woodson Cavaliers	1:15.34	1:14.38	
35.04				1:14.38 (39.34)	
22 Radio, Lucy	FR	West Springfield	1:14.30	1:14.55	
34.88				1:14.55 (39.67)	
23 Detrisac, Marissa	FR	Lake Braddock Secondary School	1:12.26	1:15.20	
35.07				1:15.20 (40.13)	
24 Monsky, Maclain	12	Justice High School Wolves	1:17.59	1:17.35	
36.26				1:17.35 (41.09)	

Event 23 Boys 400 Yard Freestyle Relay

Occoquan Reg: 3:06.82 O 2/7/2025 Lake Braddock LB
 S Rana, R Engstrom, J Donovan, J Howat
 3:04.70 AAA
 3:07.61 AAC
 3:15.26 STA

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 West Springfield		3:08.34	3:07.84 STA	40
1) Wargin, Neil JR	2) Curb, Tristan JR	3) Naranjo, Ian SR	4) Seiger, Liam SR	
22.45	46.57 (46.57)	1:08.79 (22.22)	1:33.64 (47.07)	
1:56.10 (22.46)	2:21.18 (47.54)	2:43.12 (21.94)	3:07.84 (46.66)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

A - Final ... (Event 23 Boys 400 Yard Freestyle Relay)

Team	Relay		Prelim Time	Finals Time	Points
2 Lake Braddock Secondary School			3:12.36	3:11.37 STA	34
1) Armentrout, Owen SR	2) Garavito, Camilo SR	3) Engstrom, Russell SO	4) Kockler, Matthew SO		
22.48	47.06 (47.06)	1:10.54 (23.48)	1:36.37 (49.31)		
1:58.72 (22.35)	2:23.88 (47.51)	2:46.26 (22.38)	3:11.37 (47.49)		
3 Robinson Secondary School			3:15.72	3:12.31 STA	32
1) Heron, Caelen	2) Nickel, Jonathan	3) Leather, James	4) Wood, Alex		
23.09	48.43 (48.43)	1:11.71 (23.28)	1:37.83 (49.40)		
2:00.81 (22.98)	2:26.45 (48.62)	2:48.25 (21.80)	3:12.31 (45.86)		
4 Woodson Cavaliers			3:17.35	3:12.33 STA	30
1) Kelly, Kieran JR	2) Hadi, Samuel SO	3) Hillman, Logan FR	4) Godlove, Carter JR		
23.24	48.95 (48.95)	1:12.13 (23.18)	1:38.17 (49.22)		
2:00.65 (22.48)	2:25.34 (47.17)	2:47.49 (22.15)	3:12.33 (46.99)		
5 West Potomac High School			3:16.47	3:14.96 STA	28
1) Wolverton, Alexander SO	2) Morris, Luke FR	3) O'Neill, Four SR	4) O'Neill, Connor SO		
23.11	48.98 (48.98)	1:12.06 (23.08)	1:38.49 (49.51)		
2:01.72 (23.23)	2:27.12 (48.63)	2:49.88 (22.76)	3:14.96 (47.84)		
6 Annandale High School			3:20.30	3:18.72	26
1) Nguyen, Ricky SR	2) Dalton, Caiden JR	3) D'Ambrogi, Colton JR	4) Chilton, James SR		
24.04	50.39 (50.39)	1:14.08 (23.69)	1:40.61 (50.22)		
2:04.88 (24.27)	2:31.69 (51.08)	2:54.10 (22.41)	3:18.72 (47.03)		
7 Thomas Jefferson			3:21.39	3:18.76	24
1) Sim, Jake FR	2) Anyalebechi, Kamsi SR	3) Kim, Darren FR	4) Matis, Landen JR		
24.48	50.63 (50.63)	1:13.81 (23.18)	1:40.11 (49.48)		
2:03.18 (23.07)	2:29.68 (49.57)	2:53.04 (23.36)	3:18.76 (49.08)		
8 Edison High School			3:19.84	3:21.59	22
1) Phillips, J. Coulson JR	2) Kogut, Cameron SR	3) Finnegan, Collin SR	4) Downey, Wyatt JR		
23.60	50.14 (50.14)	1:14.30 (24.16)	1:41.64 (51.50)		
2:05.79 (24.15)	2:32.95 (51.31)	2:55.88 (22.93)	3:21.59 (48.64)		
B - Final					
9 South County High School			3:22.27	3:20.78	18
1) Storer, Trey SR	2) Johns, Ethan FR	3) Iaci, Dominic FR	4) Iaci, Luca SR		
24.47	50.79 (50.79)	1:14.17 (23.38)	1:39.68 (48.89)		
2:03.88 (24.20)	2:30.41 (50.73)	2:54.10 (23.69)	3:20.78 (50.37)		
10 Hayfield Secondary School			3:28.71	3:23.85	14
1) Zegarra, Santiago SO	2) Kemper, Scott SR	3) Yakes, Robby SR	4) Jacobs, Ben JR		
25.05	53.53 (53.53)	1:16.78 (23.25)	1:43.41 (49.88)		
2:07.36 (23.95)	2:34.01 (50.60)	2:57.68 (23.67)	3:23.85 (49.84)		
11 Falls Church High School			3:39.54	3:31.64	12
1) Allen, Will SO	2) Musgrove, Aidan SR	3) Jaeschke, Jordan SR	4) Yeh, Finn JR		
25.02	53.50 (53.50)	1:18.21 (24.71)	1:45.62 (52.12)		
2:11.04 (25.42)	2:39.31 (53.69)	3:03.97 (24.66)	3:31.64 (52.33)		
12 Mount Vernon High School			3:40.35	3:36.12	10
1) Carrado, Sam	2) VanZandt, Jim	3) Carrado, Ryan	4) Fortes, Elijah		
25.55	53.43 (53.43)	1:18.97 (25.54)	1:47.73 (54.30)		
2:13.86 (26.13)	2:42.58 (54.85)	3:08.01 (25.43)	3:36.12 (53.54)		
13 Justice High School Wolves			3:43.85	3:38.66	8
1) Hilbers, Caleb 11	2) Dokken, Paul 12	3) Underdown, Parks 9	4) Lim, Somason 12		
28.48	1:24.52 ()	1:54.26 ()			
2:18.92 (24.66)	2:46.62 (52.36)	3:11.35 (24.73)	3:38.66 (52.04)		
--- Alexandria City High School			3:37.65	DQ	
1) Reber, Cruz JR	2) Billips, Christopher SO	3) Ellis, Leo SO	4) Paz-Hernandez, Christopher SO		
24.75	54.15 (54.15)	1:20.76 (26.61)	1:51.45 (57.30)		
2:17.50 (26.05)	2:48.31 (56.86)	3:13.29 (24.98)	DQ (53.94)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Event 23 Boys 400 Yard Freestyle Relay

Occoquan Reg: 3:06.82 O 2/7/2025

Lake Braddock

LB

S Rana, R Engstrom, J Donovan, J Howat

3:04.70 AAA

3:07.61 AAC

3:15.26 STA

Team	Relay		Seed Time	Prelim Time
Preliminaries				
1 West Springfield			3:10.11	3:08.34 qSTA
1) Naranjo, Ian SR	2) Curb, Tristan JR	3) Wargin, Neil JR	4) Seiger, Liam SR	
22.93	48.16 (48.16)	1:09.93 (21.77)	1:34.59 (46.43)	
1:56.61 (22.02)	2:21.39 (46.80)	2:43.32 (21.93)	3:08.34 (46.95)	
2 Lake Braddock Secondary School			3:12.92	3:12.36 qSTA
1) Kockler, Matthew SO	2) Garavito, Camilo SR	3) Engstrom, Russell SO	4) Armentrout, Owen SR	
23.16	48.46 (48.46)	1:11.97 (23.51)	1:37.90 (49.44)	
2:00.51 (22.61)	2:26.00 (48.10)	2:47.67 (21.67)	3:12.36 (46.36)	
3 Robinson Secondary School			3:19.28	3:15.72 q
1) Wood, Alex	2) Leather, James	3) Heron, Caelen	4) Nickel, Jonathan	
23.09	47.36 (47.36)	1:10.64 (23.28)	1:36.66 (49.30)	
1:52.90 (16.24)	2:25.94 (49.28)	2:49.37 (23.43)	3:15.72 (49.78)	
4 West Potomac High School			3:20.87	3:16.47 q
1) Wolverton, Alexander SO	2) Morris, Luke FR	3) O'Neill, Four SR	4) O'Neill, Connor SO	
23.64	49.65 (49.65)	1:13.04 (23.39)	1:39.20 (49.55)	
2:02.77 (23.57)	2:27.89 (48.69)	2:50.53 (22.64)	3:16.47 (48.58)	
5 Woodson Cavaliers			3:13.00	3:17.35 q
1) Kelly, Kieran JR	2) Hillman, Logan FR	3) Hadi, Samuel SO	4) Godlove, Carter JR	
24.08	50.37 (50.37)	1:13.97 (23.60)	1:39.40 (49.03)	
2:03.05 (23.65)	2:29.08 (49.68)	2:51.78 (22.70)	3:17.35 (48.27)	
6 Edison High School			3:22.77	3:19.84 q
1) Downey, Wyatt JR	2) Kogut, Cameron SR	3) Finnegan, Collin SR	4) Phillips, J. Coulson JR	
23.29	48.06 (48.06)	1:12.36 (24.30)	1:39.84 (51.78)	
2:03.66 (23.82)	2:30.28 (50.44)	2:53.62 (23.34)	3:19.84 (49.56)	
7 Annandale High School			3:20.50	3:20.30 q
1) Nguyen, Ricky SR	2) Dalton, Caiden JR	3) D'Ambrogi, Colton JR	4) Chilton, James SR	
24.10	50.86 (50.86)	1:14.71 (23.85)	1:41.12 (50.26)	
2:06.08 (24.96)	2:33.32 (52.20)	2:55.47 (22.15)	3:20.30 (46.98)	
8 Thomas Jefferson			3:20.04	3:21.39 q
1) Sim, Jake FR	2) Anyalebechi, Kamsi SR	3) Kim, Darren FR	4) Matis, Landen JR	
24.67	50.92 (50.92)	1:14.88 (23.96)	1:41.23 (50.31)	
2:05.11 (23.88)	2:32.19 (50.96)	2:55.49 (23.30)	3:21.39 (49.20)	
9 South County High School			3:26.91	3:22.27 q
1) Storer, Trey SR	2) Johns, Ethan FR	3) Iaci, Dominic FR	4) Iaci, Luca SR	
24.38	50.91 (50.91)	1:14.87 (23.96)	1:41.03 (50.12)	
2:05.39 (24.36)	2:31.90 (50.87)	2:55.56 (23.66)	3:22.27 (50.37)	
10 Hayfield Secondary School			3:28.02	3:28.71 q
1) Zegarra, Santiago SO	2) Kemper, Scott SR	3) Yakes, Robby SR	4) Jacobs, Ben JR	
25.45	1:03.10 (1:03.10)	1:46.12 (43.02)	3:28.71 (50.71)	
2:11.13 (25.01)	2:38.00 (51.88)	3:02.34 (24.34)	3:28.71 (50.71)	
11 Alexandria City High School			3:13.84	3:37.65 q
1) Ellis, Leo SO	2) Johnson, Isaac SO	3) Paz-Hernandez, Christopher SO	4) Reber, Cruz JR	
23.80	49.95 (49.95)	1:17.12 (27.17)	1:48.26 (58.31)	
2:14.59 (26.33)	2:43.62 (55.36)	3:08.72 (25.10)	3:37.65 (54.03)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 23 Boys 400 Yard Freestyle Relay)

Team	Relay	Seed Time	Prelim Time
12 Falls Church High School		3:42.10	3:39.54 q
1) Jaeschke, Jordan SR	2) Allen, Will SO	3) Haase, Brandon FR	4) Yeh, Finn JR
25.74	55.65 (55.65)	1:19.88 (24.23)	1:48.77 (53.12)
2:15.74 (26.97)	2:47.58 (58.81)	3:12.31 (24.73)	3:39.54 (51.96)
13 Mount Vernon High School		4:00.31	3:40.35 q
1) Carrado, Ryan	2) VanZandt, Jim	3) Carrado, Sam	4) Fortes, Elijah
25.98	54.75 (54.75)	1:21.60 (26.85)	1:51.73 (56.98)
2:16.74 (25.01)	2:45.76 (54.03)	3:11.29 (25.53)	3:40.35 (54.59)
14 Justice High School Wolves		3:35.40	3:43.85 q
1) Underdown, Parks 9	2) Dokken, Paul 12	3) Hilbers, Caleb 11	4) Lim, Somason 12
26.21	55.35 (55.35)	1:20.56 (25.21)	1:50.64 (55.29)
2:18.88 (28.24)	2:50.76 (1:00.12)	3:15.94 (25.18)	3:43.85 (53.09)
--- Fairfax High School		3:30.17	DQ
1) Prudencio Lara, Alejandro SR	2) Jacob, Ethan SO	3) McCleary, Carter SO	4) Khorshid, Soren JR
24.77	52.67 (52.67)	1:18.49 (25.82)	1:48.19 (55.52)
2:15.07 (26.88)	2:45.05 (56.86)	DQ (1:01.03)	

Event 24 Girls 400 Yard Freestyle Relay

Occoquan Reg: 3:28.76 O 2/12/2022 Robinson Secondary School Robin
 R Jones, A Scherber, S Moy-Jacobs, A Stukus
 3:27.78 AAA
 3:31.16 AAC
 3:37.33 STA

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 West Springfield		3:33.35	3:31.46 STA	40
1) Song, Gabriela JR	2) Kent, Elizabeth FR	3) Rollings, Tenley SO	4) Fleming, Brianna JR	
25.44	53.75 (53.75)	1:09.07 (15.32)	1:45.35 (51.60)	
2:11.13 (25.78)	2:39.26 (53.91)	3:04.00 (24.74)	3:31.46 (52.20)	
2 Robinson Secondary School		3:38.85	3:32.63 STA	34
1) Morrison, Lexie	2) Scherber, Naomi	3) Howard, Gwyn	4) Wilbur, Lilla	
25.12	52.57 (52.57)	1:18.33 (25.76)	1:47.15 (54.58)	
2:12.95 (25.80)	2:41.41 (54.26)	3:05.63 (24.22)	3:32.63 (51.22)	
3 Woodson Cavaliers		3:35.17	3:33.16 STA	32
1) Devlin, Lyla JR	2) Frank, Lucie SO	3) Hymans, Aubrey JR	4) Nguyen, Lien SR	
25.01	52.05 (52.05)	1:17.88 (25.83)	1:46.12 (54.07)	
2:12.08 (25.96)	2:40.72 (54.60)	3:05.75 (25.03)	3:33.16 (52.44)	
4 South County High School		3:39.18	3:37.14 STA	30
1) Harris, Savannah SR	2) Trinh, Ellie SO	3) Clark, Kira JR	4) Helms, Anna JR	
25.74	54.33 (54.33)	1:20.31 (25.98)	1:48.55 (54.22)	
2:14.66 (26.11)	2:44.64 (56.09)	3:09.76 (25.12)	3:37.14 (52.50)	
5 Lake Braddock Secondary School		3:42.02	3:39.91	28
1) Rizzardi, Anna FR	2) Hood, Caroline SR	3) Yoon, Michelle SR	4) O'Hara, Tori SR	
26.39	54.95 (54.95)	1:21.39 (26.44)	1:51.77 (56.82)	
2:17.92 (26.15)	2:46.51 (54.74)	3:11.31 (24.80)	3:39.91 (53.40)	
6 West Potomac High School		3:41.31	3:40.97	26
1) Mancari, Emerson FR	2) Canfield, Parker FR	3) Valasco, Anna SO	4) Petronello, Hadley JR	
26.02	54.45 (54.45)	1:21.38 (26.93)	1:51.57 (57.12)	
2:17.97 (26.40)	2:46.87 (55.30)	3:12.56 (25.69)	3:40.97 (54.10)	
7 Annandale High School		3:43.22	3:41.04	24
1) Corbett, CC FR	2) Spencer, Delaney FR	3) Decareau, Melanie SR	4) Decareau, Samantha FR	
26.13	54.93 (54.93)	1:22.05 (27.12)	1:53.50 (58.57)	
2:18.60 (25.10)	2:47.44 (53.94)	3:12.54 (25.10)	3:41.04 (53.60)	

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

A - Final ... (Event 24 Girls 400 Yard Freestyle Relay)

Team	Relay			Prelim Time	Finals Time	Points
8 Thomas Jefferson				3:42.84	3:42.24	22
1) Prudius, Laura SO	2) Dewhirst, Emma SO	3) He, Emma SR	4) Morris, Payton SR			
26.23	55.33 (55.33)	1:21.67 (26.34)	1:52.02 (56.69)			
2:18.11 (26.09)	2:47.16 (55.14)	3:13.18 (26.02)	3:42.24 (55.08)			

B - Final

9 Edison High School				3:47.13	3:44.01	18
1) Hoeflich Rodgers, Eleanor SO	2) Reyes, Jasmine JR	3) Smith, Victoria SR	4) Flores, Adrianna FR			
26.53	55.02 (55.02)	1:22.56 (27.54)	1:54.03 (59.01)			
2:21.48 (27.45)	2:50.77 (56.74)	3:16.06 (25.29)	3:44.01 (53.24)			
10 Falls Church High School				3:47.02	3:44.05	14
1) Thomas, Emma FR	2) Alvarez, Kathryn JR	3) Allard, Maddie SO	4) Loftis, Ella SO			
26.84	57.06 (57.06)	1:24.05 (26.99)	1:54.10 (57.04)			
2:20.89 (26.79)	2:51.76 (57.66)	3:16.52 (24.76)	3:44.05 (52.29)			
11 Alexandria City High School				3:54.73	3:48.82	12
1) Fitzgerald, Maya JR	2) Cotton, Rachel SR	3) Aiken, Eleanor FR	4) O'Brien, Bridget SO			
27.71	57.91 (57.91)	1:23.97 (26.06)	1:53.34 (55.43)			
2:20.84 (27.50)	2:51.77 (58.43)	3:18.34 (26.57)	3:48.82 (57.05)			
12 Justice High School Wolves				4:09.25	4:05.24	10
1) Bailey, Kate 10	2) Ferrari, Gabriella 12	3) deVore, Sarah 11	4) Monsky, Maclain 12			
29.45	1:01.63 (1:01.63)	1:30.15 (28.52)	2:03.15 (1:01.52)			
2:32.59 (29.44)	3:05.58 (1:02.43)	3:33.73 (28.15)	4:05.24 (59.66)			
13 Hayfield Secondary School				4:13.40	4:10.54	8
1) Zielonka, Charlotte SO	2) Kostick, Quinn JR	3) Kong, Lina SR	4) Shotlander, Sara SO			
29.45	1:31.52 ()	2:05.99 ()				
2:35.46 (29.47)	3:10.46 (1:04.47)	3:39.11 (28.65)	4:10.54 (1:00.08)			
14 Fairfax High School				4:28.37	4:21.58	6
1) Kibler, Ainsley FR	2) Leander, Nina SO	3) Lucas, Annalise SO	4) Estrada, Arianna SO			
30.51	1:05.39 (1:05.39)	1:37.47 (32.08)	2:15.11 (1:09.72)			
2:31.09 (15.98)	3:18.55 (1:03.44)	3:47.90 (29.35)	4:21.58 (1:03.03)			
15 John Lewis High School				5:15.92	5:10.41	4
1) Ha, Lam JR	2) Sander, Keiko SR	3) Park, Chloe FR	4) Kamplia, Olivia SO			
30.91	1:06.81 (1:06.81)	1:26.46 (19.65)	2:31.22 (1:24.41)			
2:47.05 (15.83)	3:17.35 (46.13)	4:07.00 (49.65)	5:10.41 (1:53.06)			

Event 24 Girls 400 Yard Freestyle Relay

Occoquan Reg: 3:28.76 O 2/12/2022 Robinson Secondary School Robin
R Jones, A Scherber, S Moy-Jacobs, A Stukus

3:27.78 AAA
3:31.16 AAC
3:37.33 STA

Team	Relay			Seed Time	Prelim Time
Preliminaries					
1 West Springfield				3:32.59	3:33.35 qSTA
1) Song, Gabriela JR	2) Rollings, Tenley SO	3) Kent, Elizabeth FR	4) Fleming, Brianna JR		
26.09	54.63 (54.63)	1:20.40 (25.77)	1:48.64 (54.01)		
2:13.26 (24.62)	2:41.18 (52.54)	3:05.67 (24.49)	3:33.35 (52.17)		
2 Woodson Cavaliers				3:37.71	3:35.17 qSTA
1) Devlin, Lyla JR	2) Frank, Lucie SO	3) Hymans, Aubrey JR	4) Nguyen, Lien SR		
25.31	52.78 (52.78)	1:18.99 (26.21)	1:47.75 (54.97)		
2:13.74 (25.99)	2:41.95 (54.20)	3:07.34 (25.39)	3:35.17 (53.22)		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 24 Girls 400 Yard Freestyle Relay)

Team	Relay			Seed Time	Prelim Time
3 Robinson Secondary School				3:46.88	3:38.85 q
1) Wilbur, Lilla	2) Scherber, Naomi	3) Feinberg, Mad	4) Howard, Gwyn		
25.02	51.61 (51.61)	1:17.71 (26.10)	1:46.95 (55.34)		
2:14.09 (27.14)	2:43.09 (56.14)	3:09.58 (26.49)	3:38.85 (55.76)		
4 South County High School				3:45.65	3:39.18 q
1) Clark, Kira JR	2) Harris, Savannah SR	3) Trinh, Ellie SO	4) Helms, Anna JR		
26.81	57.07 (57.07)	1:22.47 (25.40)	1:51.23 (54.16)		
2:17.02 (25.79)	2:45.96 (54.73)	3:11.22 (25.26)	3:39.18 (53.22)		
5 West Potomac High School				3:44.41	3:41.31 q
1) Mancari, Emerson FR	2) Canfield, Parker FR	3) Valasco, Anna SO	4) Petronello, Hadley JR		
26.01	54.13 (54.13)	1:21.23 (27.10)	1:51.79 (57.66)		
2:18.97 (27.18)	2:48.37 (56.58)	3:13.66 (25.29)	3:41.31 (52.94)		
6 Lake Braddock Secondary School				3:42.86	3:42.02 q
1) Rizzardi, Anna FR	2) Hood, Caroline SR	3) Yoon, Michelle SR	4) O'Hara, Tori SR		
26.85	55.71 (55.71)	1:22.36 (26.65)	1:52.58 (56.87)		
2:19.10 (26.52)	2:47.77 (55.19)	3:13.01 (25.24)	3:42.02 (54.25)		
7 Thomas Jefferson				3:43.55	3:42.84 q
1) Prudius, Laura SO	2) Dewhirst, Emma SO	3) He, Emma SR	4) Morris, Payton SR		
26.04	55.29 (55.29)	1:21.86 (26.57)	1:52.41 (57.12)		
2:18.51 (26.10)	2:47.61 (55.20)	3:13.66 (26.05)	3:42.84 (55.23)		
8 Annandale High School				3:58.97	3:43.22 q
1) Corbett, CC FR	2) Spencer, Delaney FR	3) Decareau, Melanie SR	4) Decareau, Samantha FR		
26.24	54.60 (54.60)	1:21.80 (27.20)	1:53.16 (58.56)		
2:18.52 (25.36)	2:50.71 (57.55)	3:14.58 (23.87)	3:43.22 (52.51)		
9 Falls Church High School				3:49.51	3:47.02 q
1) Thomas, Emma FR	2) Alvarez, Kathryn JR	3) Allard, Maddie SO	4) Loftis, Ella SO		
26.94	56.93 (56.93)	1:24.23 (27.30)	1:54.23 (57.30)		
2:21.36 (27.13)	2:52.82 (58.59)	3:18.56 (25.74)	3:47.02 (54.20)		
10 Edison High School				3:46.81	3:47.13 q
1) Hoeflich Rodgers, Eleanor SO	2) Reyes, Jasmine JR	3) Smith, Victoria SR	4) Flores, Adrianna FR		
26.87	55.44 (55.44)	1:22.94 (27.50)	1:54.46 (59.02)		
2:22.69 (28.23)	3:18.92 (1:24.46)	3:47.13 (28.21)			
11 Alexandria City High School				3:56.36	3:54.73 q
1) Fitzgerald, Maya JR	2) Cotton, Rachel SR	3) Aiken, Eleanor FR	4) O'Brien, Bridget SO		
27.86	57.61 (57.61)	1:24.59 (26.98)	1:55.66 (58.05)		
2:23.62 (27.96)	2:56.13 (1:00.47)	3:24.08 (27.95)	3:54.73 (58.60)		
12 Justice High School Wolves				5:37.37	4:09.25 q
1) Bailey, Kate 10	2) Ferrari, Gabriella 12	3) deVore, Sarah 11	4) Monsky, Maclain 12		
29.76	1:01.56 (1:01.56)	1:30.10 (28.54)	2:03.61 (1:02.05)		
2:33.57 (29.96)	3:07.89 (1:04.28)	3:37.13 (29.24)	4:09.25 (1:01.36)		
13 Hayfield Secondary School				4:18.45	4:13.40 q
1) Zielonka, Charlotte SO	2) Kostick, Quinn JR	3) Kong, Lina SR	4) Shotlander, Sara SO		
29.09	1:01.40 (1:01.40)	1:32.27 (30.87)	2:06.61 (1:05.21)		
2:36.24 (29.63)	3:10.62 (1:04.01)	3:41.08 (30.46)	4:13.40 (1:02.78)		
14 Fairfax High School				4:20.27	4:28.37 q
1) Kibler, Ainsley FR	2) Leander, Nina SO	3) Dereje, Bethel SO	4) Estrada, Arianna SO		
30.65	1:04.99 (1:04.99)	1:36.24 (31.25)	2:14.75 (1:09.76)		
2:31.23 (16.48)	3:25.89 (1:11.14)	3:55.11 (29.22)	4:28.37 (1:02.48)		
15 John Lewis High School				6:23.94	5:15.92 q
1) Ha, Lam JR	2) Sander, Keiko SR	3) Park, Chloe FR	4) Kamplia, Olivia SO		
31.38	1:07.32 (1:07.32)	1:47.76 (40.44)	2:34.07 (1:26.75)		
3:22.26 (48.19)		4:42.17 ()	5:15.92 ()		

2026 VHSL Occoquan Region - 2/13/2026 to 2/14/2026

VHSL Occoquan Region 2026

Results

Preliminaries ... (Event 24 Girls 400 Yard Freestyle Relay)

Team	Relay			Seed Time	Prelim Time
--- Mount Vernon High School				4:02.44	DQ
1) Lussier, Molly	2) Dresch, Michaela	3) Henderson, Jackie	4) Field, Reese		
28.11	59.62 (59.62)	1:28.82 (29.20)	2:03.00 (1:03.38)		
2:30.81 (27.81)	3:02.40 (59.40)	3:29.58 (27.18)	DQ (58.30)		

Event 108 Girls 50 Yard Freestyle Swim-off

Occoquan Reg: 22.78 O 2/12/2022 Katherine Helms South County-PV
 23.06 AAA
 23.48 AAC
 24.51 STA

Name	Yr	School	Seed Time	Finals Time
- Swim-off				
1 Troth, Ellie	SR	Woodson Cavaliers	24.76	24.70
2 Morris, Payton	SR	Thomas Jefferson	24.76	24.76