

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 1 Boys 200 Yard Medley Relay

| | | | | | |
|----------------------|----------------|-----------------------------|------------------|---|-----------------|
| 6A North Reg: | 1:31.38 | \$ | 2/1/2019 | Oakton High School | OAKT -PV |
| | | | | A Grimm, N Highman, K McCleskey, G Evers | |
| All Time VA: | 1:30.74 | V | 2/18/2023 | Herndon | Hernd |
| | | | | Nguyen, Dyer, Graham, Rayson | |
| Nat Public: | 1:23.20 | N | 3/4/2017 | Minnetonka, HS, MN | Minne |
| | 1:32.13 | A - All America Auto | | | |
| | 1:33.91 | C - All America Cons | | | |
| | 1:37.42 | S - 6A State | | | |
| | 1:45.39 | R - Northern Region | | | |

| Team | Relay | Prelim Time | Finals Time | Points |
|------------------|--------------------------------|-----------------------------|---------------------------|-------------------------|
| A - Final | | | | |
| 1 | Langley High School | 1:32.91 | 1:32.29 C | 40 |
| | 1) Zhou, Michael SR | 2) Kuhn, Cameron SR | 3) Garvin, Parris SR | 4) Shin, Ethan SR |
| | 23.17 | 49.10 (25.93) | 1:11.57 (22.47) | 1:32.29 (20.72) |
| 2 | Chantilly Chargers | 1:33.44 | 1:33.09 C | 34 |
| | 1) Xin, Jason SR | 2) Li, Kyle SR | 3) Murphy, Lou JR | 4) Aly, Adam-Moheb SR |
| | 23.53 | 48.32 (24.79) | 1:11.94 (23.62) | 1:33.09 (21.15) |
| 3 | McLean High School | 1:34.68 | 1:33.76 C | 32 |
| | 1) Parkhomenko, Cameron JR | 2) Haggard, Bruno SR | 3) Barlotta, Connor JR | 4) Bartkowski, Nolan JR |
| | 23.50 | 49.72 (26.22) | 1:12.52 (22.80) | 1:33.76 (21.24) |
| 4 | South Lakes High School | 1:35.92 | 1:35.07 S | 30 |
| | 1) Damian, Darius JR | 2) White, Ken SR | 3) Koh, Elijah SR | 4) Gibson, Charles JR |
| | 25.36 | 50.56 (25.20) | 1:13.12 (22.56) | 1:35.07 (21.95) |
| 5 | Yorktown High School | 1:36.38 | 1:35.63 S | 28 |
| | 1) Pedicano, Nick SR | 2) Robinson, Mitchell JR | 3) Owen, Jacob SR | 4) Kohno, Sean JR |
| | 24.80 | 50.42 (25.62) | 1:13.49 (23.07) | 1:35.63 (22.14) |
| 6 | Oakton High School | 1:36.63 | 1:36.26 S | 26 |
| | 1) Edwards, Mark JR | 2) Manning, Jason JR | 3) Hayden, James JR | 4) Baxter, Liam SR |
| | 30.20 | 53.39 (23.19) | 1:16.75 (23.36) | 1:36.26 (19.51) |
| 7 | Westfield High School | 1:38.27 | 1:36.32 S | 24 |
| | 1) Campet, Luke SR | 2) Andrews, Caleb JR | 3) Zenyuh, Quinn SO | 4) Harris, Nick SO |
| | 24.16 | 51.20 (27.04) | 1:14.18 (22.98) | 1:36.32 (22.14) |
| 8 | Washington-Liberty High School | 1:36.56 | 1:37.73 R | 22 |
| | 1) Rogers, Zane SR | 2) Kambhampaty, Kedar SR | 3) Ramos, Diego JR | 4) Diouf, Elhadj SR |
| | 24.63 | 50.87 (26.24) | 1:15.69 (24.82) | 1:37.73 (22.04) |
| B - Final | | | | |
| 9 | James Madison High School | 1:41.59 | 1:41.27 R | 18 |
| | 1) Chen, Eric FR | 2) Cobb, Owen SR | 3) Leis, Jack FR | 4) Yazdani, Noah JR |
| | 25.50 | 56.65 (31.15) | 1:18.19 (21.54) | 1:41.27 (23.08) |
| 10 | George C. Marshall High School | 1:45.49 | 1:44.37 R | 14 |
| | 1) Moore, Collin JR | 2) Nicholas, Davis FR | 3) Simpson, David SR | 4) Berry, Gavin JR |
| | 26.66 | 57.38 (30.72) | 1:21.37 (23.99) | 1:44.37 (23.00) |
| 11 | Herndon Hornets | 1:44.53 | 1:48.13 | 12 |
| | 1) Baez, Rafael SR | 2) McLean, Bradley FR | 3) Jarvis, Nathan FR | 4) Patrum, Charles JR |
| | 27.18 | 57.74 (30.56) | 1:23.81 (26.07) | 1:48.13 (24.32) |
| 12 | Wakefield High School | 1:54.67 | 1:52.49 | 10 |
| | 1) Lopez, Lucas SR | 2) Wright, Miles JR | 3) Rodriguez, Nicholas JR | 4) Scheifele, Jack SR |
| | 26.00 | 59.85 (33.85) | 1:27.51 (27.66) | 1:52.49 (24.98) |
| 13 | Centreville High School | 1:59.78 | 2:00.25 | 8 |
| | 1) Kim, Brendan JR | 2) Diewtragulchai, Prawe SO | 3) Charters, David FR | 4) Nagle, Ryan FR |
| | 32.31 | 1:04.28 (31.97) | 1:29.94 (25.66) | 2:00.25 (30.31) |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 1 Boys 200 Yard Medley Relay

| | | | | | |
|----------------------|----------------|-----------------------------|------------------|---|-----------------|
| 6A North Reg: | 1:31.38 | \$ | 2/1/2019 | Oakton High School | OAKT -PV |
| | | | | A Grimm, N Highman, K McCleskey, G Evers | |
| All Time VA: | 1:30.74 | V | 2/18/2023 | Herndon | Hernd |
| | | | | Nguyen, Dyer, Graham, Rayson | |
| Nat Public: | 1:23.20 | N | 3/4/2017 | Minnetonka, HS, MN | Minne |
| | 1:32.13 | A - All America Auto | | | |
| | 1:33.91 | C - All America Cons | | | |
| | 1:37.42 | S - 6A State | | | |
| | 1:45.39 | R - Northern Region | | | |

| Team | Relay | Seed Time | Prelim Time |
|----------------------|--------------------------------|---------------------------------|---------------------------|
| Preliminaries | | | |
| 1 | Langley High School | 1:33.58 | 1:32.91 C |
| | 1) Zhou, Michael SR | 2) Kuhn, Cameron SR | 3) Garvin, Parris SR |
| | 23.40 | 49.45 (26.05) 1:11.90 (22.45) | 4) Shin, Ethan SR |
| | | 1:32.91 (21.01) | |
| 2 | Chantilly Chargers | 1:34.34 | 1:33.44 C |
| | 1) Xin, Jason SR | 2) Li, Kyle SR | 3) Murphy, Lou JR |
| | 27.35 | 48.69 (21.34) 1:12.27 (23.58) | 4) Aly, Adam-Moheb SR |
| | | 1:33.44 (21.17) | |
| 3 | McLean High School | 1:33.64 | 1:34.68 S |
| | 1) Parkhomenko, Cameron JR | 2) Haggard, Bruno SR | 3) Barlotta, Connor JR |
| | 23.92 | 50.12 (26.20) 1:13.21 (23.09) | 4) Bartkowski, Nolan JR |
| | | 1:34.68 (21.47) | |
| 4 | South Lakes High School | 1:36.50 | 1:35.92 S |
| | 1) Damian, Darius JR | 2) White, Ken SR | 3) Koh, Elijah SR |
| | 25.77 | 51.01 (25.24) 1:13.70 (22.69) | 4) Gibson, Charles JR |
| | | 1:35.92 (22.22) | |
| 5 | Yorktown High School | 1:37.44 | 1:36.38 S |
| | 1) Pedicano, Nick SR | 2) Robinson, Mitchell JR | 3) Owen, Jacob SR |
| | 24.67 | 50.41 (25.74) 1:14.00 (23.59) | 4) Kohno, Sean JR |
| | | 1:36.38 (22.38) | |
| 6 | Washington-Liberty High School | 1:38.72 | 1:36.56 S |
| | 1) Rogers, Zane SR | 2) Kambhampaty, Kedar SR | 3) Ramos, Diego JR |
| | 24.68 | 50.90 (26.22) 1:14.93 (24.03) | 4) Diouf, Elhadj SR |
| | | 1:36.56 (21.63) | |
| 7 | Oakton High School | 1:35.97 | 1:36.63 S |
| | 1) Edwards, Mark JR | 2) Manning, Jason JR | 3) Hayden, James JR |
| | 23.47 | 50.92 (27.45) 1:14.65 (23.73) | 4) Baxter, Liam SR |
| | | 1:36.63 (21.98) | |
| 8 | Westfield High School | 1:35.36 | 1:38.27 R |
| | 1) Campet, Luke SR | 2) Andrews, Caleb JR | 3) Zenyuh, Quinn SO |
| | 24.83 | 51.93 (27.10) 1:14.68 (22.75) | 4) Harris, Nick SO |
| | | 1:38.27 (23.59) | |
| 9 | James Madison High School | 1:41.80 | 1:41.59 R |
| | 1) Chen, Eric FR | 2) Cobb, Owen SR | 3) Leis, Jack FR |
| | 25.38 | 54.20 (28.82) 1:18.56 (24.36) | 4) Yazdani, Noah JR |
| | | 1:41.59 (23.03) | |
| 10 | Herndon Hornets | 1:42.83 | 1:44.53 R |
| | 1) Baez, Rafael SR | 2) McLean, Bradley FR | 3) King, Daniel SO |
| | 27.07 | 57.15 (30.08) 1:21.60 (24.45) | 4) Patrum, Charles JR |
| | | 1:44.53 (22.93) | |
| 11 | George C. Marshall High School | 1:45.43 | 1:45.49 |
| | 1) Moore, Collin JR | 2) Nicholas, Davis FR | 3) Simpson, David SR |
| | 26.68 | 57.96 (31.28) 1:22.38 (24.42) | 4) Berry, Gavin JR |
| | | 1:45.49 (23.11) | |
| 12 | Wakefield High School | 1:50.93 | 1:54.67 |
| | 1) Lopez, Lucas SR | 2) Wright, Miles JR | 3) Rodriguez, Nicholas JR |
| | 26.79 | 1:01.18 (34.39) 1:29.85 (28.67) | 4) Scheifele, Jack SR |
| | | 1:54.67 (24.82) | |
| 13 | Centreville High School | 1:53.79 | 1:59.78 |
| | 1) Kim, Brendan JR | 2) Diewtragulchai, Prawe SO | 3) Charters, David FR |
| | 30.25 | 1:07.16 (36.91) 1:29.46 (22.30) | 4) Nagle, Ryan FR |
| | | 1:59.78 (30.32) | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 2 Girls 200 Yard Medley Relay

6A North Reg: 1:43.05 \$ 2/1/2019 Yorktown High School YTNW
 M Reicherter, S Park, V Huske, C Burgeson
 All Time VA: 1:41.48 V 2022 Battlefield Battl
 Spink, Hannam, Heilen, Cornwell
 Nat Public: 1:38.13 N 2/10/2018 Fossil Ridge HS, CO Fossi
 1:44.15 A - All America Auto
 1:46.22 C - All America Cons
 1:49.51 S - 6A State
 1:57.09 R - Northern Region

| Team | Relay | Prelim Time | Finals Time | Points |
|-----------------------------------|-------------------------------|--------------------------|------------------------|--------|
| A - Final | | | | |
| 1 Yorktown High School | | 1:45.76 | 1:44.89 C | 40 |
| 1) Cory, McKenzie SO | 2) Haynes, Emory SR | 3) Fredericks, Sophie SR | 4) Bristow, Alex FR | |
| 25.25 | 55.71 (30.46) | 1:19.94 (24.23) | 1:44.89 (24.95) | |
| 2 James Madison High School | | 1:48.17 | 1:48.30 S | 34 |
| 1) Samsot, Alex SO | 2) DeLacy, Sydney JR | 3) Morgan, Alexa FR | 4) Bayer, Amelia SO | |
| 27.95 | 58.51 (30.56) | 1:23.50 (24.99) | 1:48.30 (24.80) | |
| 3 Oakton High School | | 1:49.52 | 1:48.99 S | 32 |
| 1) Thrash, Alexa JR | 2) Roth, Laura FR | 3) Gavino, Abby SO | 4) Corderman, Devon SR | |
| 27.93 | 58.15 (30.22) | 1:25.48 (27.33) | 1:48.99 (23.51) | |
| 4 McLean High School | | 1:50.85 | 1:49.67 R | 30 |
| 1) English, Ella JR | 2) Giglio, Chloe JR | 3) Raymond, Abigail FR | 4) Bui, Emma SO | |
| 27.97 | 59.45 (31.48) | 1:25.67 (26.22) | 1:49.67 (24.00) | |
| 5 Chantilly Chargers | | 1:50.33 | 1:50.59 R | 28 |
| 1) Kim, Eurie JR | 2) Lahr, Leah SO | 3) Barker, Lily JR | 4) Kovacs, Hanna JR | |
| 29.24 | 1:00.30 (31.06) | 1:26.21 (25.91) | 1:50.59 (24.38) | |
| 6 South Lakes High School | | 1:51.05 | 1:50.73 R | 26 |
| 1) Kass, Morgan SR | 2) Wagner, Amanda SR | 3) Rosade, Elyse SO | 4) Khan, Zariya SR | |
| 27.71 | 59.46 (31.75) | 1:26.34 (26.88) | 1:50.73 (24.39) | |
| 7 Centreville High School | | 1:51.45 | 1:51.17 R | 24 |
| 1) Goff, Caitlin SR | 2) Nagle, Audrey SR | 3) Kwon, Donna FR | 4) In, Emily JR | |
| 29.33 | 59.90 (30.57) | 1:25.71 (25.81) | 1:51.17 (25.46) | |
| 8 George C. Marshall High School | | 1:51.16 | 1:57.05 R | 22 |
| 1) O'Hearn, Penelope SR | 2) Baldeon Masturzo, Sofia JR | 3) Georgieva, Sophia SR | 4) Yashar, Elise JR | |
| | 31.83 () | 1:57.05 (1:25.22) | | |
| B - Final | | | | |
| 9 Westfield High School | | 1:52.75 | 1:51.42 R | 18 |
| 1) Li, Miley JR | 2) Kelliher, Anna SR | 3) Friess, Caroline JR | 4) Schmid, Rylee SR | |
| 28.28 | 1:00.88 (32.60) | 1:34.09 (33.21) | 1:51.42 (17.33) | |
| 10 Langley High School | | 1:54.90 | 1:54.55 R | 14 |
| 1) Dinh, Lam JR | 2) Young, Jessica FR | 3) Cota-Robles, Bella SO | 4) Tasber, Casey JR | |
| 29.42 | 1:02.58 (33.16) | 1:29.25 (26.67) | 1:54.55 (25.30) | |
| 11 Washington-Liberty High School | | 1:54.77 | 1:54.88 R | 12 |
| 1) McDonald, Katie JR | 2) Dent, Gillian SO | 3) Beidler, Ember FR | 4) Taylor, Kate SR | |
| 28.53 | 1:01.04 (32.51) | 1:29.29 (28.25) | 1:54.88 (25.59) | |
| 12 Herndon Hornets | | 1:57.33 | 1:56.78 R | 10 |
| 1) Gattoni, Bianca JR | 2) Johnson, Abi SO | 3) Ramsey, Dani SR | 4) Leveto, Spencer FR | |
| 30.18 | 1:01.99 (31.81) | 1:30.21 (28.22) | 1:56.78 (26.57) | |
| 13 Wakefield High School | | 2:02.74 | 2:03.00 | 8 |
| 1) Macdonald, Abigail SO | 2) Sonn, Camille SO | 3) Larson, Gabrielle SO | 4) Oliphant, Lucile FR | |
| 32.07 | 1:12.55 (40.48) | 1:37.58 (25.03) | 2:03.00 (25.42) | |

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Results

Event 2 Girls 200 Yard Medley Relay

6A North Reg: 1:43.05 \$ 2/1/2019 Yorktown High School YTNW
 M Reicherter, S Park, V Huske, C Burgeson
 All Time VA: 1:41.48 V 2022 Battlefield Battl
 Spink, Hannam, Heilen, Cornwell
 Nat Public: 1:38.13 N 2/10/2018 Fossil Ridge HS, CO Fossi
 1:44.15 A - All America Auto
 1:46.22 C - All America Cons
 1:49.51 S - 6A State
 1:57.09 R - Northern Region

| Team | Relay | Seed Time | Prelim Time |
|-----------------------------------|-----------------------|--------------------------|-------------------------|
| Preliminaries | | | |
| 1 Yorktown High School | | 1:46.13 | 1:45.76 C |
| 1) Cory, McKenzie SO | 2) Haynes, Emory SR | 3) Fredericks, Sophie SR | 4) Bristow, Alex FR |
| 25.38 | 56.27 (30.89) | 1:20.64 (24.37) | 1:45.76 (25.12) |
| 2 James Madison High School | | 1:52.34 | 1:48.17 S |
| 1) Samsot, Alex SO | 2) DeLacy, Sydney JR | 3) Morgan, Alexa FR | 4) Bayer, Amelia SO |
| 27.97 | 58.46 (30.49) | 1:23.04 (24.58) | 1:48.17 (25.13) |
| 3 Oakton High School | | 1:49.07 | 1:49.52 R |
| 1) Thrash, Alexa JR | 2) Roth, Laura FR | 3) Gavino, Abby SO | 4) Corderman, Devon SR |
| 28.42 | 58.90 (30.48) | 1:25.11 (26.21) | 1:49.52 (24.41) |
| 4 Chantilly Chargers | | 1:51.20 | 1:50.33 R |
| 1) Kim, Eurie JR | 2) Lahr, Leah SO | 3) Barker, Lily JR | 4) Kovacs, Hanna JR |
| 29.40 | 1:00.00 (30.60) | 1:26.25 (26.25) | 1:50.33 (24.08) |
| 5 McLean High School | | 1:51.95 | 1:50.85 R |
| 1) English, Ella JR | 2) Giglio, Chloe JR | 3) Raymond, Abigail FR | 4) Bui, Emma SO |
| 34.54 | 1:00.15 (25.61) | 1:26.52 (26.37) | 1:50.85 (24.33) |
| 6 South Lakes High School | | 1:51.44 | 1:51.05 R |
| 1) Kass, Morgan SR | 2) Wagner, Amanda SR | 3) Rosade, Elyse SO | 4) Khan, Zariya SR |
| 27.41 | 59.28 (31.87) | 1:26.32 (27.04) | 1:51.05 (24.73) |
| 7 George C. Marshall High School | | 1:55.25 | 1:51.16 R |
| 1) O'Hearn, Penelope SR | 2) Watts, Emma SR | 3) Gramlich, Hazel SO | 4) Georgieva, Sophia SR |
| 29.13 | 1:00.69 (31.56) | 1:26.83 (26.14) | 1:51.16 (24.33) |
| 8 Centreville High School | | 1:50.89 | 1:51.45 R |
| 1) Goff, Caitlin SR | 2) Nagle, Audrey SR | 3) Kwon, Donna FR | 4) In, Emily JR |
| 28.87 | 1:00.33 (31.46) | 1:26.22 (25.89) | 1:51.45 (25.23) |
| 9 Westfield High School | | 1:53.36 | 1:52.75 R |
| 1) Li, Miley JR | 2) Kelliher, Anna SR | 3) Friess, Caroline JR | 4) Schmid, Rylee SR |
| 28.63 | 1:01.17 (32.54) | 1:28.19 (27.02) | 1:52.75 (24.56) |
| 10 Washington-Liberty High School | | 1:55.04 | 1:54.77 R |
| 1) Woodworth, Taylor SR | 2) McDonald, Katie JR | 3) Taylor, Sasha SR | 4) Taylor, Kate SR |
| 28.92 | 1:01.15 (32.23) | 1:28.66 (27.51) | 1:54.77 (26.11) |
| 11 Langley High School | | 1:52.50 | 1:54.90 R |
| 1) Dinh, Lam JR | 2) Young, Jessica FR | 3) Cota-Robles, Bella SO | 4) Tasber, Casey JR |
| 29.44 | 1:02.03 (32.59) | 1:29.29 (27.26) | 1:54.90 (25.61) |
| 12 Herndon Hornets | | 1:58.83 | 1:57.33 |
| 1) Gattoni, Bianca JR | 2) Johnson, Abi SO | 3) Ramsey, Dani SR | 4) Leveto, Spencer FR |
| 30.44 | 1:02.07 (31.63) | 1:30.66 (28.59) | 1:57.33 (26.67) |
| 13 Wakefield High School | | 2:00.68 | 2:02.74 |
| 1) Macdonald, Abigail SO | 2) Sonn, Camille SO | 3) Larson, Gabrielle SO | 4) Oliphant, Lucile FR |
| 31.87 | 1:08.14 (36.27) | 1:36.94 (28.80) | 2:02.74 (25.80) |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 3 Boys 200 Yard Freestyle

6A North Reg: 1:36.30 \$ 2/10/2023 Noah Dyer
 All Time VA: 1:35.76 V 2014 Andrew Seliskar
 Nat Public: 1:32.85 N 2/24/2023 Aaron Shackell
 1:37.93 A - All America Auto
 1:39.57 C - All America Cons
 1:45.44 S - 6A State
 1:48.59 R - Northern Region

HERN
 Thomas Jefferson
 Carmel, IN

| Name | Yr | School | Prelim Time | Finals Time | Points |
|--------------------|---------------|---------------------------|-----------------|-------------|--------|
| A - Final | | | | | |
| 1 Haggard, Bruno | SR | McLean High School | 1:41.35 | 1:39.43 C | 20 |
| 23.43 | 49.02 (25.59) | 1:14.39 (25.37) | 1:39.43 (25.04) | | |
| 2 Maher, Manu | FR | Yorktown High School | 1:40.98 | 1:40.35 S | 17 |
| 23.53 | 49.39 (25.86) | 1:15.12 (25.73) | 1:40.35 (25.23) | | |
| 3 Zhou, Oscar | SR | James Madison High School | 1:43.27 | 1:42.70 S | 16 |
| 23.87 | 49.99 (26.12) | 1:16.22 (26.23) | 1:42.70 (26.48) | | |
| 4 Rodriguez, Isaac | SR | Oakton High School | 1:44.37 | 1:43.13 S | 15 |
| 23.67 | 49.64 (25.97) | 1:16.19 (26.55) | 1:43.13 (26.94) | | |
| 5 Ho, CJ | SR | Herndon Hornets | 1:44.84 | 1:44.01 S | 14 |
| 24.27 | 50.51 (26.24) | 1:17.33 (26.82) | 1:44.01 (26.68) | | |
| 6 Harris, Nick | SO | Westfield High School | 1:44.55 | 1:45.09 S | 13 |
| 24.30 | 50.99 (26.69) | 1:18.21 (27.22) | 1:45.09 (26.88) | | |
| 7 Damian, Darius | JR | South Lakes High School | 1:46.62 | 1:45.50 R | 12 |
| 24.36 | 51.15 (26.79) | 1:18.50 (27.35) | 1:45.50 (27.00) | | |
| 8 Thornton, Sandro | JR | Langley High School | 1:46.83 | 1:46.13 R | 11 |
| 24.14 | 50.78 (26.64) | 1:18.42 (27.64) | 1:46.13 (27.71) | | |
| B - Final | | | | | |
| 9 Dilber, Sarp | JR | McLean High School | 1:47.93 | 1:46.69 R | 9 |
| 25.11 | 52.20 (27.09) | 1:19.93 (27.73) | 1:46.69 (26.76) | | |
| 10 Guthrie, Hunter | SR | James Madison High School | 1:48.15 | 1:47.43 R | 7 |
| 24.71 | 51.56 (26.85) | 1:19.80 (28.24) | 1:47.43 (27.63) | | |
| 11 King, Daniel | SO | Herndon Hornets | 1:48.53 | 1:48.29 R | 6 |
| 25.17 | 52.66 (27.49) | 1:20.66 (28.00) | 1:48.29 (27.63) | | |
| 12 Bockman, Isaac | JR | Langley High School | 1:50.64 | 1:49.75 | 5 |
| 25.51 | 53.52 (28.01) | 1:21.76 (28.24) | 1:49.75 (27.99) | | |
| 13 Sim, James | SO | Centreville High School | 1:49.96 | 1:50.02 | 4 |
| 26.11 | 54.45 (28.34) | 1:22.65 (28.20) | 1:50.02 (27.37) | | |
| 14 Wilson, Griffin | SO | James Madison High School | 1:50.95 | 1:50.22 | 3 |
| 25.75 | 53.45 (27.70) | 1:22.24 (28.79) | 1:50.22 (27.98) | | |
| 15 Perlish, Jack | JR | McLean High School | 1:52.28 | 1:51.13 | 2 |
| 25.84 | 53.47 (27.63) | 1:22.05 (28.58) | 1:51.13 (29.08) | | |
| 16 Lavin, Connor | SO | Yorktown High School | 1:51.74 | 1:51.16 | 1 |

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Results

Event 3 Boys 200 Yard Freestyle

6A North Reg: 1:36.30 \$ 2/10/2023 Noah Dyer HERN
 All Time VA: 1:35.76 V 2014 Andrew Seliskar Thomas Jefferson
 Nat Public: 1:32.85 N 2/24/2023 Aaron Shackell Carmel, IN
 1:37.93 A - All America Auto
 1:39.57 C - All America Cons
 1:45.44 S - 6A State
 1:48.59 R - Northern Region

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|---------------|---------------------------|-----------------|-------------|---|
| Preliminaries | | | | | |
| 1 Maher, Manu | FR | Yorktown High School | 1:42.34 | 1:40.98 | S |
| 23.26 | 48.81 (25.55) | 1:14.84 (26.03) | 1:40.98 (26.14) | | |
| 2 Haggard, Bruno | SR | McLean High School | 1:43.35 | 1:41.35 | S |
| 23.42 | 48.81 (25.39) | 1:14.87 (26.06) | 1:41.35 (26.48) | | |
| 3 Zhou, Oscar | SR | James Madison High School | 1:43.61 | 1:43.27 | S |
| 24.25 | 50.44 (26.19) | 1:16.88 (26.44) | 1:43.27 (26.39) | | |
| 4 Rodriguez, Isaac | SR | Oakton High School | 1:42.96 | 1:44.37 | S |
| 24.17 | 50.90 (26.73) | 1:17.84 (26.94) | 1:44.37 (26.53) | | |
| 5 Harris, Nick | SO | Westfield High School | 1:47.09 | 1:44.55 | S |
| 24.75 | 51.44 (26.69) | 1:18.45 (27.01) | 1:44.55 (26.10) | | |
| 6 Ho, CJ | SR | Herndon Hornets | 1:44.77 | 1:44.84 | S |
| 24.75 | 51.59 (26.84) | 1:18.28 (26.69) | 1:44.84 (26.56) | | |
| 7 Damian, Darius | JR | South Lakes High School | 1:47.11 | 1:46.62 | R |
| 24.20 | 50.79 (26.59) | 1:18.89 (28.10) | 1:46.62 (27.73) | | |
| 8 Thornton, Sandro | JR | Langley High School | 1:46.78 | 1:46.83 | R |
| 24.27 | 51.02 (26.75) | 1:18.95 (27.93) | 1:46.83 (27.88) | | |
| 9 Dilber, Sarp | JR | McLean High School | 1:46.91 | 1:47.93 | R |
| 25.26 | 52.56 (27.30) | 1:20.52 (27.96) | 1:47.93 (27.41) | | |
| 10 Guthrie, Hunter | SR | James Madison High School | 1:48.44 | 1:48.15 | R |
| 24.86 | 52.18 (27.32) | 1:20.21 (28.03) | 1:48.15 (27.94) | | |
| 11 King, Daniel | SO | Herndon Hornets | 1:49.94 | 1:48.53 | R |
| 25.31 | 52.52 (27.21) | 1:20.86 (28.34) | 1:48.53 (27.67) | | |
| 12 Sim, James | SO | Centreville High School | 1:49.11 | 1:49.96 | |
| 25.48 | 53.18 (27.70) | 1:21.25 (28.07) | 1:49.96 (28.71) | | |
| 13 Bockman, Isaac | JR | Langley High School | 1:48.19 | 1:50.64 | |
| 25.22 | 53.05 (27.83) | 1:21.90 (28.85) | 1:50.64 (28.74) | | |
| 14 Wilson, Griffin | SO | James Madison High School | 1:50.23 | 1:50.95 | |
| 25.13 | 53.33 (28.20) | 1:22.03 (28.70) | 1:50.95 (28.92) | | |
| 15 Lavin, Connor | SO | Yorktown High School | 1:51.69 | 1:51.74 | |
| 25.34 | 53.56 (28.22) | 1:22.90 (29.34) | 1:51.74 (28.84) | | |
| 16 Perlish, Jack | JR | McLean High School | 1:51.11 | 1:52.28 | |
| 26.42 | 54.69 (28.27) | 1:23.66 (28.97) | 1:52.28 (28.62) | | |
| 17 Suarez, Zach | SR | Oakton High School | 1:51.04 | 1:52.98 | |
| 25.90 | 54.36 (28.46) | 1:23.37 (29.01) | 1:52.98 (29.61) | | |
| 18 McDonough, Brock | SO | Westfield High School | 1:51.32 | 1:54.84 | |
| 26.36 | 54.75 (28.39) | 1:24.63 (29.88) | 1:54.84 (30.21) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 4 Girls 200 Yard Freestyle

6A North Reg: 1:46.91 \$ 2/4/2017 Sinead Eksteen McClean
 All Time VA: 1:46.07 V 2/2/2020 Victoria Huske Yorktown
 Nat Public: 1:42.81 N 11/14/2008 Dagny Knutson Minot HS, ND
 1:45.81 A - All America Auto
 1:50.65 C - All America Cons
 1:55.25 S - 6A State
 1:59.79 R - Northern Region

| Name | Yr | School | Prelim Time | Finals Time | Points |
|---------------------|-----------------|--------------------------------|-----------------|-------------|--------|
| A - Final | | | | | |
| 1 Sherman, Lila | JR | Yorktown High School | 1:51.04 | 1:49.90 C | 20 |
| 25.42 | 53.12 (27.70) | 1:21.60 (28.48) | 1:49.90 (28.30) | | |
| 2 Furches, Jackie | JR | Yorktown High School | 1:53.61 | 1:52.07 S | 17 |
| 26.60 | 55.10 (28.50) | 1:23.69 (28.59) | 1:52.07 (28.38) | | |
| 3 Watts, Emma | SR | George C. Marshall High School | 1:53.36 | 1:53.20 S | 16 |
| 25.67 | 54.21 (28.54) | 1:23.60 (29.39) | 1:53.20 (29.60) | | |
| 4 Friess, Caroline | JR | Westfield High School | 1:55.95 | 1:55.94 R | 15 |
| 27.20 | 56.11 (28.91) | 1:25.83 (29.72) | 1:55.94 (30.11) | | |
| 5 De, Lara | SR | Langley High School | 1:56.90 | 1:56.92 R | 14 |
| 27.03 | 56.40 (29.37) | 1:56.92 (1:00.52) | | | |
| 6 Wilson, Genevieve | SR | James Madison High School | 1:56.90 | 1:57.13 R | 13 |
| 26.81 | 56.34 (29.53) | 1:26.55 (30.21) | 1:57.13 (30.58) | | |
| 7 Haggard, Esme | FR | McLean High School | 1:58.79 | 1:57.26 R | 12 |
| 27.59 | 57.24 (29.65) | 1:27.78 (30.54) | 1:57.26 (29.48) | | |
| 8 Kovacs, Hanna | JR | Chantilly Chargers | 2:00.26 | 1:58.68 R | 11 |
| 27.79 | 57.71 (29.92) | 1:27.92 (30.21) | 1:58.68 (30.76) | | |
| B - Final | | | | | |
| 9 Cline, Hanna | JR | James Madison High School | 2:02.22 | 1:58.79 R | 9 |
| 27.55 | 57.41 (29.86) | 1:58.79 (1:01.38) | | | |
| 10 Gareau, Mira | SO | Oakton High School | 2:00.56 | 1:59.58 R | 7 |
| 27.90 | 57.20 (29.30) | 1:28.22 (31.02) | 1:59.58 (31.36) | | |
| 11 Yangas, Alicia | JR | Oakton High School | 2:01.74 | 2:00.70 | 6 |
| 28.16 | 58.08 (29.92) | 1:28.87 (30.79) | 2:00.70 (31.83) | | |
| 12 Tasber, Casey | JR | Langley High School | 2:01.29 | 2:01.27 | 5 |
| 26.76 | 56.24 (29.48) | 2:01.27 (1:05.03) | | | |
| 13 Sun, Faith | JR | Oakton High School | 2:02.31 | 2:03.85 | 4 |
| 28.36 | 59.43 (31.07) | 1:31.86 (32.43) | 2:03.85 (31.99) | | |
| 14 Rosade, Elyse | SO | South Lakes High School | 2:04.37 | 2:04.31 | 3 |
| 28.95 | 1:00.17 (31.22) | 1:32.34 (32.17) | 2:04.31 (31.97) | | |
| 15 Robyak, Brooke | SO | George C. Marshall High School | 2:06.00 | 2:04.40 | 2 |
| 28.85 | 1:00.36 (31.51) | 1:32.68 (32.32) | 2:04.40 (31.72) | | |
| 16 Wu, Kacie | FR | McLean High School | 2:05.45 | 2:06.21 | 1 |
| 28.16 | 59.86 (31.70) | 1:32.83 (32.97) | 2:06.21 (33.38) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 4 Girls 200 Yard Freestyle

6A North Reg: 1:46.91 \$ 2/4/2017 Sinead Eksteen McClean
 All Time VA: 1:46.07 V 2/2/2020 Victoria Huske Yorktown
 Nat Public: 1:42.81 N 11/14/2008 Dagny Knutson Minot HS, ND
 1:45.81 A - All America Auto
 1:50.65 C - All America Cons
 1:55.25 S - 6A State
 1:59.79 R - Northern Region

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|-----------------|--------------------------------|-----------------|-------------|---|
| Preliminaries | | | | | |
| 1 Sherman, Lila | JR | Yorktown High School | 1:49.84 | 1:51.04 | S |
| 25.42 | 53.41 (27.99) | 1:22.40 (28.99) | 1:51.04 (28.64) | | |
| 2 Watts, Emma | SR | George C. Marshall High School | 1:53.64 | 1:53.36 | S |
| 25.70 | 54.05 (28.35) | 1:23.89 (29.84) | 1:53.36 (29.47) | | |
| 3 Furches, Jackie | JR | Yorktown High School | 1:51.82 | 1:53.61 | S |
| 26.49 | 55.45 (28.96) | 1:24.67 (29.22) | 1:53.61 (28.94) | | |
| 4 Friess, Caroline | JR | Westfield High School | 1:55.28 | 1:55.95 | R |
| 27.19 | 56.21 (29.02) | 1:26.27 (30.06) | 1:55.95 (29.68) | | |
| *5 De, Lara | SR | Langley High School | 1:57.87 | 1:56.90 | R |
| 27.11 | 56.23 (29.12) | 1:56.90 (1:00.67) | | | |
| *5 Wilson, Genevieve | SR | James Madison High School | 1:57.07 | 1:56.90 | R |
| 26.96 | 56.46 (29.50) | 1:26.68 (30.22) | 1:56.90 (30.22) | | |
| 7 Haggard, Esme | FR | McLean High School | 1:57.99 | 1:58.79 | R |
| 27.18 | 57.25 (30.07) | 1:28.19 (30.94) | 1:58.79 (30.60) | | |
| 8 Kovacs, Hanna | JR | Chantilly Chargers | 1:59.27 | 2:00.26 | |
| 27.94 | 58.27 (30.33) | 1:29.22 (30.95) | 2:00.26 (31.04) | | |
| 9 Gareau, Mira | SO | Oakton High School | 1:59.21 | 2:00.56 | |
| 27.45 | 56.63 (29.18) | 1:27.88 (31.25) | 2:00.56 (32.68) | | |
| 10 Tasber, Casey | JR | Langley High School | 1:59.22 | 2:01.29 | |
| 27.32 | 57.28 (29.96) | 1:28.91 (31.63) | 2:01.29 (32.38) | | |
| 11 Yangas, Alicia | JR | Oakton High School | 2:02.29 | 2:01.74 | |
| 27.65 | 57.62 (29.97) | 2:01.74 (1:04.12) | | | |
| 12 Cline, Hanna | JR | James Madison High School | 2:00.43 | 2:02.22 | |
| 28.19 | 58.71 (30.52) | 1:30.37 (31.66) | 2:02.22 (31.85) | | |
| 13 Sun, Faith | JR | Oakton High School | 2:02.81 | 2:02.31 | |
| 28.05 | 58.95 (30.90) | 1:30.91 (31.96) | 2:02.31 (31.40) | | |
| 14 Rosade, Elyse | SO | South Lakes High School | 2:01.11 | 2:04.37 | |
| 28.86 | 1:00.26 (31.40) | 1:32.01 (31.75) | 2:04.37 (32.36) | | |
| 15 Wu, Kacie | FR | McLean High School | 2:07.29 | 2:05.45 | |
| 27.84 | 59.20 (31.36) | 1:32.05 (32.85) | 2:05.45 (33.40) | | |
| 16 Robyak, Brooke | SO | George C. Marshall High School | 2:06.16 | 2:06.00 | |
| 29.06 | 1:00.29 (31.23) | 1:33.03 (32.74) | 2:06.00 (32.97) | | |
| 17 Joung, Jessica | FR | Oakton High School | 2:02.84 | 2:07.96 | |
| 27.88 | 59.38 (31.50) | 1:33.53 (34.15) | 2:07.96 (34.43) | | |
| 18 Sheehan, Kate | SR | McLean High School | 2:07.82 | 2:08.08 | |
| 29.16 | 1:01.13 (31.97) | 1:34.37 (33.24) | 2:08.08 (33.71) | | |
| 19 Raymond, Abigail | FR | McLean High School | 2:05.34 | 2:09.77 | |
| 29.61 | 1:02.60 (32.99) | 1:36.06 (33.46) | 2:09.77 (33.71) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 5 Boys 200 Yard IM

6A North Reg: 1:51.36 \$ 2/8/2014 John Shebat
 All Time VA: 1:43.01 V 2/21/2015 Andrew Seliskar
 Nat Public: 1:41.39 N 3/18/2011 David Nolan
 1:48.96 A - All America Auto
 1:50.99 C - All America Cons
 1:56.23 S - 6A State
 2:02.09 R - Northern Region

Oakton
 Thomas Jefferson
 Hershey HS, PA

| Name | Yr | School | Prelim Time | Finals Time | Points |
|----------------------|-----------------|--------------------------------|-----------------|-------------|--------|
| A - Final | | | | | |
| 1 Li, Kyle | SR | Chantilly Chargers | 1:49.60 | 1:48.65\$ A | 20 |
| 23.71 | 51.69 (27.98) | 1:22.43 (30.74) | 1:48.65 (26.22) | | |
| 2 Zhou, Michael | SR | Langley High School | 1:51.09 | 1:48.99\$ C | 17 |
| 23.54 | 50.77 (27.23) | 1:22.45 (31.68) | 1:48.99 (26.54) | | |
| 3 White, Ken | SR | South Lakes High School | 1:53.84 | 1:51.52 S | 16 |
| 24.44 | 53.03 (28.59) | 1:24.91 (31.88) | 1:51.52 (26.61) | | |
| 4 Edwards, Mark | JR | Oakton High School | 1:53.22 | 1:51.83 S | 15 |
| 24.95 | 52.44 (27.49) | 1:25.09 (32.65) | 1:51.83 (26.74) | | |
| 5 Sanchez, Luca | JR | Langley High School | 1:57.50 | 1:54.94 S | 14 |
| 25.14 | 53.41 (28.27) | 1:28.69 (35.28) | 1:54.94 (26.25) | | |
| 6 Kambhampaty, Kedar | SR | Washington-Liberty High School | 1:56.14 | 1:55.43 S | 13 |
| 25.15 | 54.23 (29.08) | 1:26.71 (32.48) | 1:55.43 (28.72) | | |
| 7 Williams, Henry | JR | McLean High School | 1:56.97 | 1:56.55 R | 12 |
| 24.89 | 53.37 (28.48) | 1:28.66 (35.29) | 1:56.55 (27.89) | | |
| 8 Andrews, Caleb | JR | Westfield High School | 1:56.18 | 1:56.61 R | 11 |
| 25.30 | 56.38 (31.08) | 1:28.38 (32.00) | 1:56.61 (28.23) | | |
| B - Final | | | | | |
| 9 Barlotta, Connor | JR | McLean High School | 2:00.60 | 1:59.33 R | 9 |
| 24.46 | 54.63 (30.17) | 1:31.22 (36.59) | 1:59.33 (28.11) | | |
| 10 Flickinger, Ryan | SR | Langley High School | 2:02.89 | 2:00.03 R | 7 |
| 25.87 | 55.83 (29.96) | 1:31.52 (35.69) | 2:00.03 (28.51) | | |
| 11 Chen, Eric | FR | James Madison High School | 2:04.31 | 2:03.51 | 6 |
| 26.18 | 56.03 (29.85) | 1:33.94 (37.91) | 2:03.51 (29.57) | | |
| 12 Li, Andy | JR | Langley High School | 2:04.50 | 2:03.73 | 5 |
| 27.05 | 57.23 (30.18) | 1:33.11 (35.88) | 2:03.73 (30.62) | | |
| 13 Zhou, Owen | FR | James Madison High School | 2:05.06 | 2:04.61 | 4 |
| 26.44 | 58.27 (31.83) | 1:34.76 (36.49) | 2:04.61 (29.85) | | |
| 14 Do, Ben | JR | Chantilly Chargers | 2:07.16 | 2:06.35 | 3 |
| 26.64 | 58.19 (31.55) | 1:35.71 (37.52) | 2:06.35 (30.64) | | |
| 15 Chan, David | FR | Oakton High School | 2:05.97 | 2:06.62 | 2 |
| 27.33 | 1:00.32 (32.99) | 1:37.96 (37.64) | 2:06.62 (28.66) | | |
| 16 Wang, Kenny | JR | Westfield High School | 2:06.49 | 2:06.66 | 1 |
| 26.80 | 59.29 (32.49) | 1:35.70 (36.41) | 2:06.66 (30.96) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 5 Boys 200 Yard IM

6A North Reg: 1:51.36 \$ 2/8/2014 John Shebat Oakton
 All Time VA: 1:43.01 V 2/21/2015 Andrew Seliskar Thomas Jefferson
 Nat Public: 1:41.39 N 3/18/2011 David Nolan Hershey HS, PA
 1:48.96 A - All America Auto
 1:50.99 C - All America Cons
 1:56.23 S - 6A State
 2:02.09 R - Northern Region

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|-----------------|--------------------------------|-----------------|--------------|
| Preliminaries | | | | |
| 1 Li, Kyle | SR | Chantilly Chargers | 1:49.85 | 1:49.60 \$ C |
| 23.93 | 52.06 (28.13) | 1:22.86 (30.80) | 1:49.60 (26.74) | |
| 2 Zhou, Michael | SR | Langley High School | 1:50.92 | 1:51.09 \$ S |
| 24.06 | 51.92 (27.86) | 1:24.42 (32.50) | 1:51.09 (26.67) | |
| 3 Edwards, Mark | JR | Oakton High School | 1:53.44 | 1:53.22 S |
| 25.48 | 52.69 (27.21) | 1:26.15 (33.46) | 1:53.22 (27.07) | |
| 4 White, Ken | SR | South Lakes High School | 1:55.17 | 1:53.84 S |
| 24.51 | 53.34 (28.83) | 1:25.91 (32.57) | 1:53.84 (27.93) | |
| 5 Kambhampaty, Kedar | SR | Washington-Liberty High School | 1:57.10 | 1:56.14 S |
| 25.39 | 54.74 (29.35) | 1:27.16 (32.42) | 1:56.14 (28.98) | |
| 6 Andrews, Caleb | JR | Westfield High School | 1:56.93 | 1:56.18 S |
| 25.45 | 56.59 (31.14) | 1:28.24 (31.65) | 1:56.18 (27.94) | |
| 7 Williams, Henry | JR | McLean High School | 1:56.62 | 1:56.97 R |
| 25.49 | 54.77 (29.28) | 1:29.26 (34.49) | 1:56.97 (27.71) | |
| 8 Sanchez, Luca | JR | Langley High School | 1:56.01 | 1:57.50 R |
| 25.07 | 53.97 (28.90) | 1:29.98 (36.01) | 1:57.50 (27.52) | |
| 9 Barlotta, Connor | JR | McLean High School | 2:01.06 | 2:00.60 R |
| 24.74 | 55.89 (31.15) | 1:32.18 (36.29) | 2:00.60 (28.42) | |
| 10 Flickinger, Ryan | SR | Langley High School | 2:01.13 | 2:02.89 |
| 25.88 | 56.40 (30.52) | 1:33.06 (36.66) | 2:02.89 (29.83) | |
| 11 Chen, Eric | FR | James Madison High School | 2:04.54 | 2:04.31 |
| 26.12 | 56.00 (29.88) | 1:34.05 (38.05) | 2:04.31 (30.26) | |
| 12 Li, Andy | JR | Langley High School | 2:02.43 | 2:04.50 |
| 27.91 | 58.64 (30.73) | 1:35.57 (36.93) | 2:04.50 (28.93) | |
| 13 Zhou, Owen | FR | James Madison High School | 2:06.66 | 2:05.06 |
| 27.09 | 59.12 (32.03) | 1:35.20 (36.08) | 2:05.06 (29.86) | |
| 14 Chan, David | FR | Oakton High School | 2:08.74 | 2:05.97 |
| 27.18 | 59.06 (31.88) | 1:36.78 (37.72) | 2:05.97 (29.19) | |
| 15 Wang, Kenny | JR | Westfield High School | 2:07.01 | 2:06.49 |
| 26.55 | 59.40 (32.85) | 1:35.85 (36.45) | 2:06.49 (30.64) | |
| 16 Do, Ben | JR | Chantilly Chargers | 2:09.54 | 2:07.16 |
| 27.02 | 1:00.03 (33.01) | 1:37.77 (37.74) | 2:07.16 (29.39) | |
| 17 Wong, Isaiah | SO | Chantilly Chargers | 2:04.00 | 2:07.37 |
| 28.15 | 1:01.64 (33.49) | 1:36.74 (35.10) | 2:07.37 (30.63) | |
| 18 Newell, Brady | SO | Oakton High School | 2:08.39 | 2:09.55 |
| 28.20 | 1:02.00 (33.80) | 1:39.23 (37.23) | 2:09.55 (30.32) | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 6 Girls 200 Yard IM

6A North Reg: 1:58.13 \$ 2/1/2019 Torri Huske YTWN
 All Time VA: 1:53.73 V 2/24/2021 Torri Huske YTWN
 Nat Public: 1:53.73 N 2/24/2021 Torri Huske YTWN
 2:01.47 A - All America Auto
 2:03.99 C - All America Cons
 2:08.84 S - 6A State
 2:14.39 R - Northern Region

| Name | Yr | School | Prelim Time | Finals Time | Points |
|----------------------|-----------------|--------------------------------|-----------------|-------------|--------|
| A - Final | | | | | |
| 1 Goff, Caitlin | SR | Centreville High School | 2:07.26 | 2:04.60 S | 20 |
| 27.67 | 1:00.42 (32.75) | 2:04.60 (1:04.18) | | | |
| 2 Roth, Laura | FR | Oakton High School | 2:07.78 | 2:05.09 S | 17 |
| 27.48 | 59.96 (32.48) | 1:35.86 (35.90) | 2:05.09 (29.23) | | |
| 3 Kuang, Gloria | SR | Langley High School | 2:09.40 | 2:08.11 S | 16 |
| 27.35 | 57.97 (30.62) | 1:37.79 (39.82) | 2:08.11 (30.32) | | |
| 4 Roth, Anna | FR | Oakton High School | 2:09.81 | 2:09.04 R | 15 |
| 28.77 | 1:01.72 (32.95) | 1:39.12 (37.40) | 2:09.04 (29.92) | | |
| 5 Taylor, Sasha | SR | Washington-Liberty High School | 2:14.84 | 2:13.08 R | 14 |
| 28.77 | 1:01.43 (32.66) | 1:41.11 (39.68) | 2:13.08 (31.97) | | |
| 6 Cota-Robles, Bella | SO | Langley High School | 2:14.75 | 2:15.21 | 13 |
| 27.80 | 1:02.27 (34.47) | 1:43.69 (41.42) | 2:15.21 (31.52) | | |
| 7 Kim, Eurie | JR | Chantilly Chargers | 2:15.70 | 2:15.87 | 12 |
| 28.51 | 1:02.19 (33.68) | 1:44.18 (41.99) | 2:15.87 (31.69) | | |
| 8 In, Emily | JR | Centreville High School | 2:15.07 | 2:17.89 | 11 |
| 28.48 | 1:03.95 (35.47) | 1:44.42 (40.47) | 2:17.89 (33.47) | | |
| B - Final | | | | | |
| 9 Cai, Cindy | FR | Oakton High School | 2:17.74 | 2:15.93 | 9 |
| 28.34 | 1:01.98 (33.64) | 1:42.87 (40.89) | 2:15.93 (33.06) | | |
| 10 Samsot, Alex | SO | James Madison High School | 2:18.55 | 2:16.97 | 7 |
| 31.03 | 1:04.77 (33.74) | 1:45.10 (40.33) | 2:16.97 (31.87) | | |
| 11 Nagle, Audrey | SR | Centreville High School | 2:20.95 | 2:17.99 | 6 |
| 29.63 | 1:06.57 (36.94) | 1:44.84 (38.27) | 2:17.99 (33.15) | | |
| 12 Young, Jessica | FR | Langley High School | 2:21.32 | 2:20.67 | 5 |
| 30.77 | 1:07.20 (36.43) | 1:48.15 (40.95) | 2:20.67 (32.52) | | |
| 13 Beidler, Ember | FR | Washington-Liberty High School | 2:20.57 | 2:21.05 | 4 |
| 30.65 | 1:07.34 (36.69) | 1:49.53 (42.19) | 2:21.05 (31.52) | | |
| 14 Wagner, Amanda | SR | South Lakes High School | 2:22.52 | 2:21.34 | 3 |
| 28.86 | 1:06.79 (37.93) | 1:46.63 (39.84) | 2:21.34 (34.71) | | |
| 15 Traboulsi, Sophia | FR | Oakton High School | 2:21.40 | 2:24.39 | 2 |
| 30.31 | 1:07.80 (37.49) | 1:50.67 (42.87) | 2:24.39 (33.72) | | |
| 16 Dent, Gillian | SO | Washington-Liberty High School | 2:22.68 | 2:28.91 | 1 |
| 32.89 | 1:12.34 (39.45) | 1:53.46 (41.12) | 2:28.91 (35.45) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 6 Girls 200 Yard IM

6A North Reg: 1:58.13 \$ 2/1/2019 Torri Huske YTWN
All Time VA: 1:53.73 V 2/24/2021 Torri Huske YTWN
Nat Public: 1:53.73 N 2/24/2021 Torri Huske YTWN
2:01.47 A - All America Auto
2:03.99 C - All America Cons
2:08.84 S - 6A State
2:14.39 R - Northern Region

| Name | Yr | School | Seed Time | Prelim Time | |
|-----------------------|-----------------|--------------------------------|-----------------|-------------|---|
| Preliminaries | | | | | |
| 1 Goff, Caitlin | SR | Centreville High School | 2:06.78 | 2:07.26 | S |
| 27.93 | 1:01.29 (33.36) | 1:38.25 (36.96) | 2:07.26 (29.01) | | |
| 2 Roth, Laura | FR | Oakton High School | 2:06.93 | 2:07.78 | S |
| 28.90 | 1:00.36 (31.46) | 1:38.62 (38.26) | 2:07.78 (29.16) | | |
| 3 Kuang, Gloria | SR | Langley High School | 2:09.17 | 2:09.40 | R |
| 27.67 | 59.09 (31.42) | 1:38.74 (39.65) | 2:09.40 (30.66) | | |
| 4 Roth, Anna | FR | Oakton High School | 2:11.34 | 2:09.81 | R |
| 29.26 | 1:03.09 (33.83) | 1:39.88 (36.79) | 2:09.81 (29.93) | | |
| 5 Cota-Robles, Bella | SO | Langley High School | 2:17.91 | 2:14.75 | |
| 27.48 | 1:01.24 (33.76) | 1:43.19 (41.95) | 2:14.75 (31.56) | | |
| 6 Taylor, Sasha | SR | Washington-Liberty High School | 2:15.21 | 2:14.84 | |
| 28.46 | 1:02.17 (33.71) | 1:42.55 (40.38) | 2:14.84 (32.29) | | |
| 7 In, Emily | JR | Centreville High School | 2:16.50 | 2:15.07 | |
| 28.68 | 1:03.79 (35.11) | 1:42.19 (38.40) | 2:15.07 (32.88) | | |
| 8 Kim, Eurie | JR | Chantilly Chargers | 2:18.00 | 2:15.70 | |
| 28.69 | 1:02.27 (33.58) | 1:43.80 (41.53) | 2:15.70 (31.90) | | |
| 9 Cai, Cindy | FR | Oakton High School | 2:18.49 | 2:17.74 | |
| 28.32 | 1:02.63 (34.31) | 1:44.80 (42.17) | 2:17.74 (32.94) | | |
| 10 Samsot, Alex | SO | James Madison High School | 2:18.41 | 2:18.55 | |
| 31.42 | 1:05.87 (34.45) | 1:46.84 (40.97) | 2:18.55 (31.71) | | |
| 11 Beidler, Ember | FR | Washington-Liberty High School | 2:22.55 | 2:20.57 | |
| 30.39 | 1:07.81 (37.42) | 1:49.50 (41.69) | 2:20.57 (31.07) | | |
| 12 Nagle, Audrey | SR | Centreville High School | 2:18.01 | 2:20.95 | |
| 30.30 | 1:07.22 (36.92) | 1:47.37 (40.15) | 2:20.95 (33.58) | | |
| 13 Young, Jessica | FR | Langley High School | 2:21.28 | 2:21.32 | |
| 30.71 | 1:07.43 (36.72) | 1:48.56 (41.13) | 2:21.32 (32.76) | | |
| 14 Traboulsi, Sophia | FR | Oakton High School | 2:22.35 | 2:21.40 | |
| 30.34 | 1:07.22 (36.88) | 1:48.96 (41.74) | 2:21.40 (32.44) | | |
| 15 Wagner, Amanda | SR | South Lakes High School | 2:21.24 | 2:22.52 | |
| 29.78 | 1:06.86 (37.08) | 1:47.17 (40.31) | 2:22.52 (35.35) | | |
| 16 Dent, Gillian | SO | Washington-Liberty High School | 2:20.90 | 2:22.68 | |
| 32.50 | 1:07.98 (35.48) | 1:48.80 (40.82) | 2:22.68 (33.88) | | |
| 17 Waisberg, Victoria | FR | McLean High School | 2:23.57 | 2:23.17 | |
| 31.38 | 1:07.44 (36.06) | 1:50.89 (43.45) | 2:23.17 (32.28) | | |
| 18 Haynes, Emory | SR | Yorktown High School | 2:23.57 | 2:25.80 | |
| 32.23 | 1:10.10 (37.87) | 1:51.27 (41.17) | 2:25.80 (34.53) | | |
| 19 Liu, Diane | SO | Langley High School | 2:24.95 | 2:25.95 | |
| 30.72 | 1:08.28 (37.56) | 1:52.40 (44.12) | 2:25.95 (33.55) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 7 Boys 50 Yard Freestyle

| | | | | | |
|---------------|-------|----|------------------|---------------|-----------|
| 6A North Reg: | 20.13 | \$ | 2/1/2019 | Anthony Grimm | OAKT -PV |
| All Time VA: | 19.67 | V | 2/15/2019 | Anthony Grimm | Oakton |
| Nat Public: | 19.20 | N | 2/25/2021 | Aiden Hayes | Jenks, OK |
| | 20.38 | A | All America Auto | | |
| | 20.74 | C | All America Cons | | |
| | 21.73 | S | 6A State | | |
| | 22.49 | R | Northern Region | | |

| Name | Yr | School | Prelim Time | Finals Time | Points |
|------------------|-------------------|-----------------------------------|-------------|-------------|--------|
| A - Final | | | | | |
| 1 | Li, Yaron | SR Chantilly Chargers | 20.63 | 20.42 C | 20 |
| 2 | Thompson, Max | SO Langley High School | 21.47 | 21.01 S | 17 |
| 3 | Matyas, Ben | JR Chantilly Chargers | 21.40 | 21.38 S | 16 |
| 4 | Anderson, James | SR Centreville High School | 21.46 | 21.46 S | 15 |
| 5 | Li, Andrew | JR Oakton High School | 21.67 | 21.59 S | 14 |
| 6 | Shin, Ethan | SR Langley High School | 21.54 | 21.60 S | 13 |
| 7 | Garver, Andrew | JR Oakton High School | 21.64 | 21.67 S | 12 |
| 8 | Aly, Adam-Moheb | SR Chantilly Chargers | 21.52 | 21.72 S | 11 |
| B - Final | | | | | |
| 9 | Campet, Luke | SR Westfield High School | 21.92 | 21.50 S | 9 |
| 10 | Diouf, Elhadj | SR Washington-Liberty High School | 21.78 | 21.65 S | 7 |
| 11 | Koh, Elijah | SR South Lakes High School | 21.87 | 21.74 R | 6 |
| 12 | Speer, Eric | JR Herndon Hornets | 21.85 | 21.75 R | 5 |
| 13 | Wang, Allen | JR McLean High School | 21.81 | 21.77 R | 4 |
| 14 | Rogers, Zane | SR Washington-Liberty High School | 21.77 | 21.84 R | 3 |
| 15 | Findlay, Patrick | SR McLean High School | 21.73 | 21.87 R | 2 |
| 16 | Bartkowski, Nolan | JR McLean High School | 21.69 | 21.91 R | 1 |

Event 7 Boys 50 Yard Freestyle

| | | | | | |
|---------------|-------|----|------------------|---------------|-----------|
| 6A North Reg: | 20.13 | \$ | 2/1/2019 | Anthony Grimm | OAKT -PV |
| All Time VA: | 19.67 | V | 2/15/2019 | Anthony Grimm | Oakton |
| Nat Public: | 19.20 | N | 2/25/2021 | Aiden Hayes | Jenks, OK |
| | 20.38 | A | All America Auto | | |
| | 20.74 | C | All America Cons | | |
| | 21.73 | S | 6A State | | |
| | 22.49 | R | Northern Region | | |

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|-------------------|-----------------------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 | Li, Yaron | SR Chantilly Chargers | 20.81 | 20.63 C |
| 2 | Matyas, Ben | JR Chantilly Chargers | 21.53 | 21.40 S |
| 3 | Anderson, James | SR Centreville High School | 21.49 | 21.46 S |
| 4 | Thompson, Max | SO Langley High School | 21.48 | 21.47 S |
| 5 | Aly, Adam-Moheb | SR Chantilly Chargers | 21.63 | 21.52 S |
| 6 | Shin, Ethan | SR Langley High School | 21.51 | 21.54 S |
| 7 | Garver, Andrew | JR Oakton High School | 21.84 | 21.64 S |
| 8 | Li, Andrew | JR Oakton High School | 21.72 | 21.67 S |
| 9 | Bartkowski, Nolan | JR McLean High School | 21.86 | 21.69 S |
| 10 | Findlay, Patrick | SR McLean High School | 22.09 | 21.73 S |
| 11 | Rogers, Zane | SR Washington-Liberty High School | 22.33 | 21.77 R |
| 12 | Diouf, Elhadj | SR Washington-Liberty High School | 21.50 | 21.78 R |
| 13 | Wang, Allen | JR McLean High School | 22.16 | 21.81 R |
| 14 | Speer, Eric | JR Herndon Hornets | 22.01 | 21.85 R |
| 15 | Koh, Elijah | SR South Lakes High School | 21.82 | 21.87 R |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Preliminaries ... (Event 7 Boys 50 Yard Freestyle)

| Name | Yr | School | Seed Time | Prelim Time | |
|-----------------------|----|--------------------------------|-----------|-------------|---|
| 16 Campet, Luke | SR | Westfield High School | 21.74 | 21.92 | R |
| 17 Ramos, Diego | JR | Washington-Liberty High School | 22.00 | 21.98 | R |
| 18 Bechtle, JJ | SO | James Madison High School | 22.17 | 22.01 | R |
| 19 Baxter, Liam | SR | Oakton High School | 22.29 | 22.18 | R |
| 20 Gardner, Adam | JR | Chantilly Chargers | 22.54 | 22.46 | R |
| 21 Thornsburry, Aiden | JR | Langley High School | 22.90 | 22.63 | |
| 22 Kohno, Sean | JR | Yorktown High School | 23.05 | 22.78 | |
| 23 Steele, Bennett | SO | Langley High School | 23.10 | 22.93 | |

Event 8 Girls 50 Yard Freestyle

| | | | | | |
|----------------------|-------|----|------------------|---------------|---------------|
| 6A North Reg: | 22.11 | \$ | 2/6/2014 | Janet Hu | Oakton |
| All Time VA: | 21.65 | V | 2/24/2021 | Torri Huske | YTWN |
| Nat Public: | 21.64 | N | 5/16/2016 | Abbey Weitzel | Saugus HS, CA |
| | 23.06 | A | All America Auto | | |
| | 23.48 | C | All America Cons | | |
| | 24.51 | S | 6A State | | |
| | 25.29 | R | Northern Region | | |

| Name | Yr | School | Prelim Time | Finals Time | | Points |
|-------------------------|----|--------------------------------|-------------|-------------|---|--------|
| A - Final | | | | | | |
| 1 Fredericks, Sophie | SR | Yorktown High School | 23.55 | 23.64 | S | 20 |
| 2 Cory, McKenzie | SO | Yorktown High School | 23.97 | 23.84 | S | 17 |
| 3 Morgan, Alexa | FR | James Madison High School | 23.97 | 24.00 | S | 16 |
| 4 Hecmanczuk, Mary | SR | Yorktown High School | 24.29 | 24.21 | S | 15 |
| 5 DeLacy, Sydney | JR | James Madison High School | 24.41 | 24.29 | S | 14 |
| 6 Schmid, Rylee | SR | Westfield High School | 24.63 | 24.60 | R | 13 |
| 7 Kwon, Donna | FR | Centreville High School | 24.65 | 24.78 | R | 12 |
| 8 Gramlich, Hazel | SO | George C. Marshall High School | 24.48 | 24.91 | R | 11 |
| B - Final | | | | | | |
| 9 Gavino, Abby | SO | Oakton High School | 24.68 | 24.59 | R | 9 |
| 10 Corderman, Devon | SR | Oakton High School | 25.02 | 24.81 | R | 7 |
| 11 Steber, Gretchen | JR | Langley High School | 24.85 | 24.97 | R | 6 |
| 12 Barker, Lily | JR | Chantilly Chargers | 25.18 | 25.10 | R | 5 |
| 13 Roshelli, Avery | FR | Oakton High School | 24.98 | 25.14 | R | 4 |
| 14 Miller, Elisabeth | JR | Langley High School | 25.18 | 25.19 | R | 3 |
| 15 Holmquist, Charlotte | JR | South Lakes High School | 25.26 | 25.43 | | 2 |
| 16 Kass, Morgan | SR | South Lakes High School | 25.37 | 25.69 | | 1 |

Event 8 Girls 50 Yard Freestyle

| | | | | | |
|----------------------|-------|----|------------------|---------------|---------------|
| 6A North Reg: | 22.11 | \$ | 2/6/2014 | Janet Hu | Oakton |
| All Time VA: | 21.65 | V | 2/24/2021 | Torri Huske | YTWN |
| Nat Public: | 21.64 | N | 5/16/2016 | Abbey Weitzel | Saugus HS, CA |
| | 23.06 | A | All America Auto | | |
| | 23.48 | C | All America Cons | | |
| | 24.51 | S | 6A State | | |
| | 25.29 | R | Northern Region | | |

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|----|---------------------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 Fredericks, Sophie | SR | Yorktown High School | 24.19 | 23.55 | S |
| *2 Morgan, Alexa | FR | James Madison High School | 24.44 | 23.97 | S |
| *2 Cory, McKenzie | SO | Yorktown High School | 24.72 | 23.97 | S |
| 4 Hecmanczuk, Mary | SR | Yorktown High School | 24.41 | 24.29 | S |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Seed Time | Prelim Time | |
|-------------------------|----|--------------------------------|-----------|-------------|---|
| 5 DeLacy, Sydney | JR | James Madison High School | 24.43 | 24.41 | S |
| 6 Gramlich, Hazel | SO | George C. Marshall High School | 24.78 | 24.48 | S |
| 7 Schmid, Rylee | SR | Westfield High School | 25.04 | 24.63 | R |
| 8 Kwon, Donna | FR | Centreville High School | 24.97 | 24.65 | R |
| 9 Gavino, Abby | SO | Oakton High School | 24.79 | 24.68 | R |
| 10 Steber, Gretchen | JR | Langley High School | 25.06 | 24.85 | R |
| 11 Roshelli, Avery | FR | Oakton High School | 25.10 | 24.98 | R |
| 12 Corderman, Devon | SR | Oakton High School | 25.07 | 25.02 | R |
| *13 Barker, Lily | JR | Chantilly Chargers | 24.97 | 25.18 | R |
| *13 Miller, Elisabeth | JR | Langley High School | 25.02 | 25.18 | R |
| 15 Holmquist, Charlotte | JR | South Lakes High School | 25.60 | 25.26 | R |
| 16 Kass, Morgan | SR | South Lakes High School | 25.58 | 25.37 | |
| 17 Bayer, Amelia | SO | James Madison High School | 25.03 | 25.40 | |
| 18 Georgieva, Sophia | SR | George C. Marshall High School | 24.89 | 25.44 | |
| 19 Ferris, Josephine | SR | McLean High School | 25.84 | 25.48 | |
| 20 Oliphant, Lucile | FR | Wakefield High School | 25.65 | 25.81 | |
| 21 Hare, Eva | SR | McLean High School | 25.77 | 25.84 | |
| 22 Johnson, Abi | SO | Herndon Hornets | 25.97 | 25.93 | |
| 23 Giglio, Chloe | JR | McLean High School | 26.03 | 26.48 | |

Event 9 Boys 1 mtr Diving

| | | | | | |
|----------------------|---------------|------------|------------------------|-------------------------|----------------|
| 6A North Reg: | 584.60 | \$ | 2/11/2023 | Matthew Bray | CHNT |
| All Time VA: | 607.60 | V | 2016 | Grayson Campbell | Madison |
| | 404.40 | S - | 6A State | | |
| | 300.19 | R - | Northern Region | | |

| Name | Yr | School | Finals Score | Points |
|-----------------------|----|--------------------------------|--------------|-------------|
| 1 Brown, Ivor | SR | Chantilly Chargers | 589.25 | 582.10 S 20 |
| 2 Lede, Thibault | SR | Oakton High School | 525.50 | 518.35 S 17 |
| 3 DeSando, Michael | SR | George C. Marshall High School | 265.70 | 394.30 R 16 |
| 4 Fu, Alan | JR | Langley High School | 392.05 | 370.40 R 15 |
| 5 Earle, Caleb | JR | Chantilly Chargers | 335.65 | 345.55 R 14 |
| 6 Moore, Alexandre | JR | Chantilly Chargers | 361.90 | 341.40 R 13 |
| 7 Morrison, Charlie | SO | Washington-Liberty High School | 309.70 | 341.20 R 12 |
| 8 Moore, Edward | JR | Chantilly Chargers | 316.80 | 318.35 R 11 |
| 9 Coogen, Quinn | SO | Washington-Liberty High School | 322.55 | 304.95 R 9 |
| 10 Hooton, Trent | SO | McLean High School | 282.50 | 303.20 R 7 |
| 11 Staren, Michael | SO | Washington-Liberty High School | 283.75 | 295.50 6 |
| 12 DiBenigno, Logan | SO | Yorktown High School | 226.10 | 286.55 5 |
| 13 Beck, Nate | JR | James Madison High School | 278.65 | 283.60 4 |
| 14 Negron, Alex | SO | Oakton High School | 265.50 | 273.60 3 |
| 15 McManus, Caleb | FR | Oakton High School | 286.20 | 270.85 2 |
| 16 Zarechnak, Sam | FR | Oakton High School | 278.25 | 266.50 1 |
| 17 Peduzzi, Landon | FR | Yorktown High School | 211.45 | 194.00 |
| 18 Collie, Ryan | SR | Herndon Hornets | 237.90 | 187.80 |
| 19 Brabender, Jackson | SO | George C. Marshall High School | 221.40 | 183.20 |
| 20 Martinez, Vikram | JR | Wakefield High School | 205.95 | 151.25 |
| --- Reed, Peyton | SO | James Madison High School | 458.80 | DQ |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 10 Girls 1 mtr Diving

6A North Reg: 497.00 \$ 2/11/2023 Amanda Stalfort
 All Time VA: 498.80 V 2023 Amanda Stalfort
 334.34 S - 6A State
 273.39 R - Northern Region

WFLD
 Wakefield

| Name | Yr | School | Prelim Time | Finals Score | Points |
|-------------------------|----|--------------------------------|-------------|--------------|--------|
| 1 daSilva, Marleigh | SR | James Madison High School | 515.90 | 486.20 S | 20 |
| 2 Whang, Isabelle | SR | Oakton High School | 423.10 | 406.05 S | 17 |
| 3 Yen, Cecilia | SO | Yorktown High School | 421.35 | 405.65 S | 16 |
| 4 Lawler, Cate | JR | Yorktown High School | 373.80 | 341.85 S | 15 |
| 5 Knight, Kayla | JR | Oakton High School | 310.05 | 304.25 R | 14 |
| 6 Farello, Allie | SR | Chantilly Chargers | 292.75 | 286.55 R | 13 |
| 7 O'Bryne, Samara | JR | Herndon Hornets | 280.70 | 271.80 | 12 |
| 8 Bhasin, Ziya | SR | McLean High School | 280.50 | 264.15 | 11 |
| 9 Zolotareva, Vitaliya | JR | South Lakes High School | 212.60 | 261.95 | 9 |
| 10 Henderson, Charlotte | SO | Oakton High School | 278.05 | 256.15 | 7 |
| 11 Gonzales, Mackenzie | SO | Chantilly Chargers | 273.30 | 255.60 | 6 |
| 12 Telleen, Darcy | JR | Centreville High School | 290.00 | 250.00 | 5 |
| 13 Arnz, Kendall | SR | Oakton High School | 280.10 | 249.15 | 4 |
| 14 Rothman, Danielle | SR | George C. Marshall High School | 214.05 | 238.80 | 3 |
| 15 Durmus, Bade | SR | Centreville High School | 267.60 | 229.90 | 2 |
| 16 Vasudevan, Kiran | SR | George C. Marshall High School | 212.95 | 208.75 | 1 |
| 17 Sheetz, Jenna | SR | Yorktown High School | 244.96 | 160.30 | |
| 18 Ax, Hannah | SO | Washington-Liberty High School | 235.80 | 154.15 | |
| 19 Malik, Maia | FR | Wakefield High School | 221.15 | 149.75 | |
| 20 Gorsline, Katherine | SO | McLean High School | 239.95 | 131.05 | |
| --- Threadgill, Rowan | JR | Chantilly Chargers | 377.25 | DQ | |

Event 11 Boys 100 Yard Butterfly

6A North Reg: 48.26 \$ 2/4/2017 Sam Pomajevich
 All Time VA: 46.06 V 2023 Thomas Heilman
 Nat Public: 45.08 N 2/8/2024 Spencer Nichols
 48.38 A - All America Auto
 49.37 C - All America Cons
 51.67 S - 6A State
 53.89 R - Northern Region

Raiders
 West Albemarle
 Nashville, TN

| Name | Yr | School | Prelim Time | Finals Time | Points |
|------------------------|----|-------------------------|-------------|-------------|--------|
| A - Final | | | | | |
| 1 Garvin, Parris | SR | Langley High School | 50.09 | 49.84 S | 20 |
| 23.35 | | 49.84 (26.49) | | | |
| 2 Thompson, Max | SO | Langley High School | 50.02 | 50.03 S | 17 |
| 22.93 | | 50.03 (27.10) | | | |
| 3 Robinson, Mitchell | JR | Yorktown High School | 50.61 | 50.14 S | 16 |
| 23.08 | | 50.14 (27.06) | | | |
| 4 Barlotta, Connor | JR | McLean High School | 50.91 | 50.37 S | 15 |
| 23.82 | | 50.37 (26.55) | | | |
| 5 Xin, Jason | SR | Chantilly Chargers | 51.10 | 50.54 S | 14 |
| 23.76 | | 50.54 (26.78) | | | |
| 6 Anderson, James | SR | Centreville High School | 50.62 | 50.70 S | 13 |
| 23.54 | | 50.70 (27.16) | | | |
| 7 Parkhomenko, Cameron | JR | McLean High School | 51.83 | 50.87 S | 12 |
| 24.08 | | 50.87 (26.79) | | | |
| 8 Kuang, Aaron | FR | Langley High School | 51.59 | 51.41 S | 11 |
| 23.95 | | 51.41 (27.46) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Prelim Time | Finals Time | Points |
|---------------------|----|--------------------------------|-------------|-------------|--------|
| B - Final | | | | | |
| 9 Zhou, Oscar | SR | James Madison High School | 52.12 | 51.47 S | 9 |
| 24.24 | | 51.47 (27.23) | | | |
| 10 Simpson, David | SR | George C. Marshall High School | 53.39 | 52.13 R | 7 |
| 24.24 | | 52.13 (27.89) | | | |
| 11 Owen, Jacob | SR | Yorktown High School | 52.98 | 52.85 R | 6 |
| 24.34 | | 52.85 (28.51) | | | |
| 12 Murphy, Lou | JR | Chantilly Chargers | 52.89 | 53.14 R | 5 |
| 24.24 | | 53.14 (28.90) | | | |
| 13 Li, Andrew | JR | Oakton High School | 53.60 | 54.53 | 4 |
| 25.61 | | 54.53 (28.92) | | | |
| 14 Bertin, Benjamin | FR | Langley High School | 53.92 | 54.58 | 3 |
| 25.75 | | 54.58 (28.83) | | | |
| 15 Do, Ben | JR | Chantilly Chargers | 54.86 | 54.76 | 2 |
| 26.95 | | 54.76 (27.81) | | | |
| 16 Hayden, James | JR | Oakton High School | 54.90 | 54.93 | 1 |
| 25.25 | | 54.93 (29.68) | | | |

Event 11 Boys 100 Yard Butterfly

| | | | | | |
|----------------------|--------------|-----------|---------------------------|------------------------|-----------------------|
| 6A North Reg: | 48.26 | \$ | 2/4/2017 | Sam Pomajevich | Raiders |
| All Time VA: | 46.06 | V | 2023 | Thomas Heilman | West Albemarle |
| Nat Public: | 45.08 | N | 2/8/2024 | Spencer Nichols | Nashville, TN |
| | 48.38 | A | - All America Auto | | |
| | 49.37 | C | - All America Cons | | |
| | 51.67 | S | - 6A State | | |
| | 53.89 | R | - Northern Region | | |

| Name | Yr | School | Seed Time | Prelim Time |
|------------------------|----|--------------------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Thompson, Max | SO | Langley High School | 50.34 | 50.02 S |
| 23.44 | | 50.02 (26.58) | | |
| 2 Garvin, Parris | SR | Langley High School | 52.90 | 50.09 S |
| 23.74 | | 50.09 (26.35) | | |
| 3 Robinson, Mitchell | JR | Yorktown High School | 50.66 | 50.61 S |
| 23.97 | | 50.61 (26.64) | | |
| 4 Anderson, James | SR | Centreville High School | 50.12 | 50.62 S |
| 23.82 | | 50.62 (26.80) | | |
| 5 Barlotta, Connor | JR | McLean High School | 51.25 | 50.91 S |
| 24.26 | | 50.91 (26.65) | | |
| 6 Xin, Jason | SR | Chantilly Chargers | 50.22 | 51.10 S |
| 7 Kuang, Aaron | FR | Langley High School | 52.05 | 51.59 S |
| 24.18 | | 51.59 (27.41) | | |
| 8 Parkhomenko, Cameron | JR | McLean High School | 52.29 | 51.83 R |
| 25.29 | | 51.83 (26.54) | | |
| 9 Zhou, Oscar | SR | James Madison High School | 51.65 | 52.12 R |
| 24.79 | | 52.12 (27.33) | | |
| 10 Murphy, Lou | JR | Chantilly Chargers | 53.37 | 52.89 R |
| 24.43 | | 52.89 (28.46) | | |
| 11 Owen, Jacob | SR | Yorktown High School | 54.39 | 52.98 R |
| 24.59 | | 52.98 (28.39) | | |
| 12 Simpson, David | SR | George C. Marshall High School | 53.09 | 53.39 R |
| 25.57 | | 53.39 (27.82) | | |
| 13 Li, Andrew | JR | Oakton High School | 53.43 | 53.60 R |
| 25.11 | | 53.60 (28.49) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Seed Time | Prelim Time |
|---------------------|----|-----------------------|-----------|---------------|
| 14 Bertin, Benjamin | FR | Langley High School | 53.22 | 53.92 |
| 24.31 | | | | 53.92 (29.61) |
| 15 Do, Ben | JR | Chantilly Chargers | 55.00 | 54.86 |
| 26.25 | | | | 54.86 (28.61) |
| 16 Hayden, James | JR | Oakton High School | 55.18 | 54.90 |
| 25.45 | | | | 54.90 (29.45) |
| 17 Lan, Forest | SO | Chantilly Chargers | 54.72 | 55.42 |
| 18 Lopez, Lucas | SR | Wakefield High School | 54.35 | 56.10 |
| 26.16 | | | | 56.10 (29.94) |

Event 12 Girls 100 Yard Butterfly

| | | | | | |
|----------------------|----------------|-----------|---------------------------|--------------------|---------------------|
| 6A North Reg: | 52.95 | \$ | 2/1/2019 | Lexi Cuomo | CNTV -PV |
| All Time VA: | 49.95 | V | 2/24/2021 | Torri Huske | YTWN |
| Nat Public: | 49.95 | N | 2/24/2021 | Torri Huske | Yorktown, VA |
| | 54.29 | A | - All America Auto | | |
| | 55.44 | C | - All America Cons | | |
| | 57.91 | S | - 6A State | | |
| | 1:00.19 | R | - Northern Region | | |

| Name | Yr | School | Prelim Time | Finals Time | Points |
|----------------------|----|--------------------------------|-------------|-------------|--------|
| A - Final | | | | | |
| 1 Fredericks, Sophie | SR | Yorktown High School | 54.13 | 53.73 A | 20 |
| 25.37 | | | | | |
| 2 Hecmanczuk, Mary | SR | Yorktown High School | 55.81 | 54.94 C | 17 |
| 26.03 | | | | | |
| 3 Morgan, Alexa | FR | James Madison High School | 55.28 | 55.55 S | 16 |
| 26.04 | | | | | |
| 4 Gavino, Abby | SO | Oakton High School | 58.78 | 58.07 R | 15 |
| 27.06 | | | | | |
| 5 Friess, Caroline | JR | Westfield High School | 59.12 | 58.50 R | 14 |
| 27.50 | | | | | |
| 6 Chow, Ady | JR | Oakton High School | 58.93 | 58.81 R | 13 |
| 27.16 | | | | | |
| 7 Cota-Robles, Bella | SO | Langley High School | 59.08 | 59.32 R | 12 |
| 27.64 | | | | | |
| 8 Miller, Elisabeth | JR | Langley High School | 59.33 | 59.53 R | 11 |
| 28.77 | | | | | |
| B - Final | | | | | |
| 9 Cai, Cindy | FR | Oakton High School | 1:00.32 | 59.12 R | 9 |
| 27.98 | | | | | |
| 10 Raymond, Abigail | FR | McLean High School | 1:01.21 | 59.28 R | 7 |
| 27.76 | | | | | |
| 11 Haggard, Esme | FR | McLean High School | 1:00.05 | 1:00.39 | 6 |
| 28.24 | | | | | |
| 12 Sun, Faith | JR | Oakton High School | 1:00.27 | 1:00.75 | 5 |
| 28.14 | | | | | |
| 13 Beidler, Ember | FR | Washington-Liberty High School | 1:01.87 | 1:01.74 | 4 |
| 29.32 | | | | | |
| 14 Pilot, Elizabeth | JR | Yorktown High School | 1:02.50 | 1:02.05 | 3 |
| 28.85 | | | | | |
| 15 Lama, Sehana | FR | Centreville High School | 1:01.38 | 1:02.13 | 2 |
| 28.30 | | | | | |
| 16 Miller, Etta | SO | James Madison High School | 1:03.33 | 1:03.76 | 1 |
| 30.37 | | | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 12 Girls 100 Yard Butterfly

| | | | | | |
|----------------------|---------|----|-------------------------|--------------------|---------------------|
| 6A North Reg: | 52.95 | \$ | 2/1/2019 | Lexi Cuomo | CNTV -PV |
| All Time VA: | 49.95 | V | 2/24/2021 | Torri Huske | YTWN |
| Nat Public: | 49.95 | N | 2/24/2021 | Torri Huske | Yorktown, VA |
| | 54.29 | A | All America Auto | | |
| | 55.44 | C | All America Cons | | |
| | 57.91 | S | 6A State | | |
| | 1:00.19 | R | Northern Region | | |

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|--------------------|-----------------------------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 | Fredericks, Sophie | SR Yorktown High School | 54.46 | 54.13 | A |
| | 25.38 | 54.13 (28.75) | | | |
| 2 | Morgan, Alexa | FR James Madison High School | 56.23 | 55.28 | C |
| | 26.09 | 55.28 (29.19) | | | |
| 3 | Hecmanczuk, Mary | SR Yorktown High School | 57.72 | 55.81 | S |
| | 26.08 | 55.81 (29.73) | | | |
| 4 | Gavino, Abby | SO Oakton High School | 59.80 | 58.78 | R |
| | 27.38 | 58.78 (31.40) | | | |
| 5 | Chow, Ady | JR Oakton High School | 59.24 | 58.93 | R |
| | 28.57 | 58.93 (30.36) | | | |
| 6 | Cota-Robles, Bella | SO Langley High School | 59.25 | 59.08 | R |
| | 27.57 | 59.08 (31.51) | | | |
| 7 | Friess, Caroline | JR Westfield High School | 58.59 | 59.12 | R |
| | 27.67 | 59.12 (31.45) | | | |
| 8 | Miller, Elisabeth | JR Langley High School | 59.28 | 59.33 | R |
| | 27.83 | 59.33 (31.50) | | | |
| 9 | Haggard, Esme | FR McLean High School | 1:00.33 | 1:00.05 | R |
| | 27.98 | 1:00.05 (32.07) | | | |
| 10 | Sun, Faith | JR Oakton High School | 1:01.56 | 1:00.27 | |
| | 28.04 | 1:00.27 (32.23) | | | |
| 11 | Cai, Cindy | FR Oakton High School | 59.91 | 1:00.32 | |
| | 28.39 | 1:00.32 (31.93) | | | |
| 12 | Raymond, Abigail | FR McLean High School | 59.55 | 1:01.21 | |
| | 28.09 | 1:01.21 (33.12) | | | |
| 13 | Lama, Sehana | FR Centreville High School | 1:00.83 | 1:01.38 | |
| | 28.23 | 1:01.38 (33.15) | | | |
| 14 | Beidler, Ember | FR Washington-Liberty High School | 1:01.73 | 1:01.87 | |
| | 29.14 | 1:01.87 (32.73) | | | |
| 15 | Pilot, Elizabeth | JR Yorktown High School | 1:02.57 | 1:02.50 | |
| | 28.89 | 1:02.50 (33.61) | | | |
| 16 | Miller, Etta | SO James Madison High School | 1:03.82 | 1:03.33 | |
| | 29.42 | 1:03.33 (33.91) | | | |
| 17 | Nelson, Maya | JR South Lakes High School | 1:04.04 | 1:03.43 | |
| | 28.85 | 1:03.43 (34.58) | | | |
| 18 | Oliphant, Lucile | FR Wakefield High School | 1:01.95 | 1:04.01 | |
| | 29.64 | 1:04.01 (34.37) | | | |
| 19 | Farello, Allie | SR Chantilly Chargers | 1:05.80 | 1:04.23 | |
| | 29.62 | 1:04.23 (34.61) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 13 Boys 100 Yard Freestyle

| | | | | | |
|----------------------|--------------|-----------|---------------------------|--------------------------|-------------------------|
| 6A North Reg: | 44.58 | \$ | 2/4/2017 | Tommy Hallock | Oakton |
| All Time VA: | 42.77 | V | 2023 | Brendan Whitfield | Jefferson Forest |
| Nat Public: | 42.34 | N | 3/19/2011 | David Nolan | Hershey HS, PA |
| | 44.69 | A | - All America Auto | | |
| | 45.41 | C | - All America Cons | | |
| | 48.01 | S | - 6A State | | |
| | 49.29 | R | - Northern Region | | |

| | Name | Yr | School | Prelim Time | Finals Time | | Points |
|------------------|-------------------|-----------|--------------------------------|--------------------|--------------------|---|---------------|
| A - Final | | | | | | | |
| 1 | Li, Yaron | SR | Chantilly Chargers | 45.59 | 44.97 | C | 20 |
| | 22.12 | | 44.97 (22.85) | | | | |
| 2 | Kuhn, Cameron | SR | Langley High School | 46.67 | 46.68 | S | 17 |
| | 22.19 | | 46.68 (24.49) | | | | |
| 3 | Campet, Luke | SR | Westfield High School | 47.09 | 46.95 | S | 16 |
| | 22.19 | | 46.95 (24.76) | | | | |
| 4 | Shin, Ethan | SR | Langley High School | 47.08 | 47.16 | S | 15 |
| | 22.42 | | 47.16 (24.74) | | | | |
| 5 | Rogers, Zane | SR | Washington-Liberty High School | 47.47 | 47.27 | S | 14 |
| | 22.59 | | 47.27 (24.68) | | | | |
| 6 | Koh, Elijah | SR | South Lakes High School | 47.51 | 47.29 | S | 13 |
| | 22.51 | | 47.29 (24.78) | | | | |
| 7 | Bechtle, JJ | SO | James Madison High School | 47.43 | 47.62 | S | 12 |
| | 22.50 | | 47.62 (25.12) | | | | |
| 8 | Matyas, Ben | JR | Chantilly Chargers | 47.42 | 47.63 | S | 11 |
| | 22.69 | | 47.63 (24.94) | | | | |
| B - Final | | | | | | | |
| 9 | Wang, Allen | JR | McLean High School | 47.68 | 46.79 | S | 9 |
| | 22.58 | | 46.79 (24.21) | | | | |
| 10 | Diouf, Elhadj | SR | Washington-Liberty High School | 47.53 | 47.68 | S | 7 |
| | 22.53 | | 47.68 (25.15) | | | | |
| 11 | Garver, Andrew | JR | Oakton High School | 47.93 | 47.81 | S | 6 |
| | 23.15 | | 47.81 (24.66) | | | | |
| 12 | Manning, Jason | JR | Oakton High School | 48.56 | 48.51 | R | 5 |
| | 23.59 | | 48.51 (24.92) | | | | |
| 13 | Findlay, Patrick | SR | McLean High School | 48.56 | 48.55 | R | 4 |
| | 23.42 | | 48.55 (25.13) | | | | |
| 14 | Sharabi, Noah | JR | Chantilly Chargers | 48.75 | 49.23 | R | 3 |
| | 23.97 | | 49.23 (25.26) | | | | |
| 15 | Baxter, Liam | SR | Oakton High School | 49.48 | 49.48 | | 2 |
| | 23.53 | | 49.48 (25.95) | | | | |
| 16 | Bartkowski, Nolan | JR | McLean High School | 49.85 | 50.46 | | 1 |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 13 Boys 100 Yard Freestyle

| | | | | | |
|----------------------|--------------|-----------|---------------------------|--------------------------|-------------------------|
| 6A North Reg: | 44.58 | \$ | 2/4/2017 | Tommy Hallock | Oakton |
| All Time VA: | 42.77 | V | 2023 | Brendan Whitfield | Jefferson Forest |
| Nat Public: | 42.34 | N | 3/19/2011 | David Nolan | Hershey HS, PA |
| | 44.69 | A | - All America Auto | | |
| | 45.41 | C | - All America Cons | | |
| | 48.01 | S | - 6A State | | |
| | 49.29 | R | - Northern Region | | |

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|-------------------|-----------------------------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 | Li, Yaron | SR Chantilly Chargers | 45.64 | 45.59 | S |
| | 22.15 | 45.59 (23.44) | | | |
| 2 | Kuhn, Cameron | SR Langley High School | 46.58 | 46.67 | S |
| | 22.27 | 46.67 (24.40) | | | |
| 3 | Shin, Ethan | SR Langley High School | 47.59 | 47.08 | S |
| | 22.47 | 47.08 (24.61) | | | |
| 4 | Campet, Luke | SR Westfield High School | 46.58 | 47.09 | S |
| | 22.20 | 47.09 (24.89) | | | |
| 5 | Matyas, Ben | JR Chantilly Chargers | 48.00 | 47.42 | S |
| | 22.88 | 47.42 (24.54) | | | |
| 6 | Bechtle, JJ | SO James Madison High School | 48.52 | 47.43 | S |
| | 22.51 | 47.43 (24.92) | | | |
| 7 | Rogers, Zane | SR Washington-Liberty High School | 48.00 | 47.47 | S |
| | 22.64 | 47.47 (24.83) | | | |
| 8 | Koh, Elijah | SR South Lakes High School | 48.56 | 47.51 | S |
| | 22.88 | 47.51 (24.63) | | | |
| 9 | Diouf, Elhadj | SR Washington-Liberty High School | 48.50 | 47.53 | S |
| | 22.60 | 47.53 (24.93) | | | |
| 10 | Wang, Allen | JR McLean High School | 47.73 | 47.68 | S |
| | 22.80 | 47.68 (24.88) | | | |
| 11 | Garver, Andrew | JR Oakton High School | 48.21 | 47.93 | S |
| | 22.65 | 47.93 (25.28) | | | |
| *12 | Manning, Jason | JR Oakton High School | 49.78 | 48.56 | R |
| | 23.48 | 48.56 (25.08) | | | |
| *12 | Findlay, Patrick | SR McLean High School | 49.16 | 48.56 | R |
| | 23.25 | 48.56 (25.31) | | | |
| 14 | Sharabi, Noah | JR Chantilly Chargers | 49.00 | 48.75 | R |
| | 23.18 | 48.75 (25.57) | | | |
| 15 | Baxter, Liam | SR Oakton High School | 49.32 | 49.48 | |
| | 23.57 | 49.48 (25.91) | | | |
| 16 | Bartkowski, Nolan | JR McLean High School | 50.02 | 49.85 | |
| | 23.35 | 49.85 (26.50) | | | |
| 17 | Kohno, Sean | JR Yorktown High School | 49.98 | 49.89 | |
| | 23.87 | 49.89 (26.02) | | | |
| 18 | Suarez, Zach | SR Oakton High School | 50.10 | 50.11 | |
| | 23.99 | 50.11 (26.12) | | | |
| 19 | Gardner, Adam | JR Chantilly Chargers | 49.20 | 50.14 | |
| | 23.86 | 50.14 (26.28) | | | |
| 20 | Pedicano, Nick | SR Yorktown High School | 49.89 | 50.51 | |
| | 24.06 | 50.51 (26.45) | | | |
| 21 | Sanderson, Emmett | JR George C. Marshall High School | 49.96 | 50.99 | |
| | 24.91 | 50.99 (26.08) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 14 Girls 100 Yard Freestyle

6A North Reg: 50.04 \$ 2/1/2019 Torri Huske YTWN
 All Time VA: 48.04 V 2/24/2021 Torri Huske YTWN
 Nat Public: 47.09 N 5/16/2015 Abbey Weitzel Saugus HS, CA
 50.13 A - All America Auto
 50.99 C - All America Cons
 53.20 S - 6A State
 54.99 R - Northern Region

| Name | Yr | School | Prelim Time | Finals Time | Points |
|----------------------|----|--------------------------------|-------------|-------------|--------|
| A - Final | | | | | |
| 1 Kuang, Gloria | SR | Langley High School | 53.04 | 52.74 S | 20 |
| 25.53 | | 52.74 (27.21) | | | |
| 2 Roth, Anna | FR | Oakton High School | 53.57 | 53.20 S | 17 |
| 25.55 | | 53.20 (27.65) | | | |
| 3 Gramlich, Hazel | SO | George C. Marshall High School | 53.21 | 53.42 R | 16 |
| 25.61 | | 53.42 (27.81) | | | |
| 4 Bui, Emma | SO | McLean High School | 54.19 | 53.57 R | 15 |
| 25.93 | | 53.57 (27.64) | | | |
| 5 Kwon, Donna | FR | Centreville High School | 54.06 | 54.31 R | 14 |
| 25.79 | | 54.31 (28.52) | | | |
| 6 Thrash, Alexa | JR | Oakton High School | 54.76 | 54.41 R | 13 |
| 26.04 | | 54.41 (28.37) | | | |
| 7 DeLacy, Sydney | JR | James Madison High School | 54.72 | 54.42 R | 12 |
| 26.03 | | 54.42 (28.39) | | | |
| 8 Kovacs, Hanna | JR | Chantilly Chargers | 54.77 | 54.60 R | 11 |
| 26.24 | | 54.60 (28.36) | | | |
| B - Final | | | | | |
| 9 Barker, Lily | JR | Chantilly Chargers | 55.06 | 54.89 R | 9 |
| 25.94 | | 54.89 (28.95) | | | |
| 10 Cline, Hanna | JR | James Madison High School | 55.57 | 55.28 | 7 |
| 26.89 | | 55.28 (28.39) | | | |
| 11 Steber, Gretchen | JR | Langley High School | 55.38 | 55.37 | 6 |
| 26.49 | | 55.37 (28.88) | | | |
| 12 Yangas, Alicia | JR | Oakton High School | 55.88 | 55.43 | 5 |
| 26.74 | | 55.43 (28.69) | | | |
| 13 Lay, Sydney | SO | Westfield High School | 55.30 | 55.62 | 4 |
| 26.50 | | 55.62 (29.12) | | | |
| 14 Ferris, Josephine | SR | McLean High School | 56.86 | 56.02 | 3 |
| 26.32 | | 56.02 (29.70) | | | |
| 15 Shin, Claudia | JR | Centreville High School | 56.54 | 56.66 | 2 |
| 26.83 | | 56.66 (29.83) | | | |
| 16 Dinh, Lam | JR | Langley High School | 57.13 | 57.19 | 1 |
| 27.44 | | 57.19 (29.75) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 14 Girls 100 Yard Freestyle

6A North Reg: 50.04 \$ 2/1/2019 **Torri Huske** YTWN
All Time VA: 48.04 V 2/24/2021 **Torri Huske** YTWN
Nat Public: 47.09 N 5/16/2015 **Abbey Weitzel** Saugus HS, CA
 50.13 A - All America Auto
 50.99 C - All America Cons
 53.20 S - 6A State
 54.99 R - Northern Region

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|----|--------------------------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 Kuang, Gloria | SR | Langley High School | 54.52 | 53.04 | S |
| 25.78 | | 53.04 (27.26) | | | |
| 2 Gramlich, Hazel | SO | George C. Marshall High School | 53.82 | 53.21 | R |
| 25.60 | | 53.21 (27.61) | | | |
| 3 Roth, Anna | FR | Oakton High School | 53.93 | 53.57 | R |
| 25.82 | | 53.57 (27.75) | | | |
| 4 Kwon, Donna | FR | Centreville High School | 54.55 | 54.06 | R |
| 25.76 | | 54.06 (28.30) | | | |
| 5 Bui, Emma | SO | McLean High School | 53.94 | 54.19 | R |
| 26.21 | | 54.19 (27.98) | | | |
| 6 DeLacy, Sydney | JR | James Madison High School | 55.18 | 54.72 | R |
| 25.94 | | 54.72 (28.78) | | | |
| 7 Thrash, Alexa | JR | Oakton High School | 54.76 | 54.76 | R |
| 8 Kovacs, Hanna | JR | Chantilly Chargers | 55.00 | 54.77 | R |
| 26.13 | | 54.77 (28.64) | | | |
| 9 Barker, Lily | JR | Chantilly Chargers | 54.89 | 55.06 | |
| 26.35 | | 55.06 (28.71) | | | |
| 10 Lay, Sydney | SO | Westfield High School | 55.63 | 55.30 | |
| 26.14 | | 55.30 (29.16) | | | |
| 11 Steber, Gretchen | JR | Langley High School | 55.35 | 55.38 | |
| 26.55 | | 55.38 (28.83) | | | |
| 12 Cline, Hanna | JR | James Madison High School | 54.96 | 55.57 | |
| 26.91 | | 55.57 (28.66) | | | |
| 13 Yangas, Alicia | JR | Oakton High School | 56.01 | 55.88 | |
| 27.06 | | 55.88 (28.82) | | | |
| 14 Shin, Claudia | JR | Centreville High School | 56.15 | 56.54 | |
| 27.02 | | 56.54 (29.52) | | | |
| 15 Ferris, Josephine | SR | McLean High School | 56.95 | 56.86 | |
| 27.30 | | 56.86 (29.56) | | | |
| 16 Dinh, Lam | JR | Langley High School | 57.15 | 57.13 | |
| 27.39 | | 57.13 (29.74) | | | |
| 17 Bristow, Alex | FR | Yorktown High School | 56.81 | 57.35 | |
| 27.14 | | 57.35 (30.21) | | | |
| 18 Gattoni, Bianca | JR | Herndon Hornets | 57.78 | 57.40 | |
| 27.47 | | 57.40 (29.93) | | | |
| 19 Kelly, Audrey | JR | Langley High School | 57.69 | 57.76 | |
| 27.10 | | 57.76 (30.66) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 15 Boys 500 Yard Freestyle

6A North Reg: 4:23.73 \$ 2/6/2016 Lane Stone
 All Time VA: 4:22.99 V 2/22/2020 Sam Oliver
 Nat Public: 4:14.68 N 2/29/2020 Jake Mitchell
 4:27.94 A - All America Auto
 4:32.84 C - All America Cons
 4:47.61 S - 6A State
 4:56.99 R - Northern Region

WS
 John Champe
 Carmel, IN

| Name | Yr | School | Prelim Time | Finals Time | Points |
|----------------------|-----------------|---------------------------|-----------------|-----------------|--------|
| A - Final | | | | | |
| 1 Maher, Manu | FR | Yorktown High School | 4:36.33 | 4:33.13 S | 20 |
| | 24.66 | 52.33 (27.67) | 1:20.50 (28.17) | 1:48.78 (28.28) | |
| | 2:17.11 (28.33) | 2:45.23 (28.12) | 3:13.25 (28.02) | 3:40.73 (27.48) | |
| | 4:07.24 (26.51) | 4:33.13 (25.89) | | | |
| 2 Sanchez, Luca | JR | Langley High School | 4:39.92 | 4:37.26 S | 17 |
| | 25.07 | 52.35 (27.28) | 1:20.38 (28.03) | 1:48.69 (28.31) | |
| | 2:17.15 (28.46) | 2:45.27 (28.12) | 3:13.46 (28.19) | 3:41.69 (28.23) | |
| | 4:09.85 (28.16) | 4:37.26 (27.41) | | | |
| 3 Thornton, Sandro | JR | Langley High School | 4:43.97 | 4:40.15 S | 16 |
| | 25.13 | 52.43 (27.30) | 1:20.59 (28.16) | 1:48.82 (28.23) | |
| | 2:17.33 (28.51) | 2:45.81 (28.48) | 3:14.40 (28.59) | 3:43.26 (28.86) | |
| | 4:12.36 (29.10) | 4:40.15 (27.79) | | | |
| 4 Dilber, Sarp | JR | McLean High School | 4:45.52 | 4:40.60 S | 15 |
| | 25.67 | 53.42 (27.75) | 1:21.59 (28.17) | 1:49.79 (28.20) | |
| | 2:18.20 (28.41) | 2:46.80 (28.60) | 3:15.30 (28.50) | 3:44.16 (28.86) | |
| | 4:12.84 (28.68) | 4:40.60 (27.76) | | | |
| 5 Ho, CJ | SR | Herndon Hornets | 4:45.41 | 4:41.27 S | 14 |
| | 26.02 | 54.54 (28.52) | 1:23.05 (28.51) | 1:51.69 (28.64) | |
| | 2:20.29 (28.60) | 2:48.98 (28.69) | 3:17.91 (28.93) | 3:46.65 (28.74) | |
| | 4:14.57 (27.92) | 4:41.27 (26.70) | | | |
| 6 Harris, Nick | SO | Westfield High School | 4:43.18 | 4:44.81 S | 13 |
| | 25.44 | 53.19 (27.75) | 1:21.60 (28.41) | 1:50.36 (28.76) | |
| | 2:19.26 (28.90) | 2:48.34 (29.08) | 3:17.83 (29.49) | 3:47.20 (29.37) | |
| | 4:16.52 (29.32) | 4:44.81 (28.29) | | | |
| 7 McDonough, Desmond | SO | Westfield High School | 4:48.68 | 4:47.23 S | 12 |
| | 25.74 | 54.00 (28.26) | 1:22.68 (28.68) | 1:51.14 (28.46) | |
| | 2:20.01 (28.87) | 2:49.15 (29.14) | 3:18.90 (29.75) | 3:48.49 (29.59) | |
| | 4:18.23 (29.74) | 4:47.23 (29.00) | | | |
| 8 Guthrie, Hunter | SR | James Madison High School | 4:53.18 | 4:49.20 R | 11 |
| | 25.74 | 53.82 (28.08) | 1:22.73 (28.91) | 1:51.86 (29.13) | |
| | 2:21.36 (29.50) | 2:50.92 (29.56) | 3:20.58 (29.66) | 3:50.48 (29.90) | |
| | 4:20.46 (29.98) | 4:49.20 (28.74) | | | |
| B - Final | | | | | |
| 9 Damian, Darius | JR | South Lakes High School | 4:53.65 | 4:50.24 R | 9 |
| | 25.52 | 53.59 (28.07) | 1:22.92 (29.33) | 1:52.48 (29.56) | |
| | 2:22.59 (30.11) | 2:52.35 (29.76) | 3:22.40 (30.05) | 3:52.25 (29.85) | |
| | 4:22.04 (29.79) | 4:50.24 (28.20) | | | |
| 10 Bockman, Isaac | JR | Langley High School | 5:00.91 | 4:54.93 R | 7 |
| | 26.15 | 55.10 (28.95) | 1:24.95 (29.85) | 1:55.14 (30.19) | |
| | 2:25.26 (30.12) | 2:55.60 (30.34) | 3:26.09 (30.49) | 3:56.45 (30.36) | |
| | 4:26.15 (29.70) | 4:54.93 (28.78) | | | |
| 11 Sim, James | SO | Centreville High School | 4:57.31 | 4:57.19 | 6 |
| | 27.09 | 56.24 (29.15) | 1:25.74 (29.50) | 1:55.47 (29.73) | |
| | 2:25.50 (30.03) | 2:55.79 (30.29) | 3:26.57 (30.78) | 3:57.66 (31.09) | |
| | 4:28.13 (30.47) | 4:57.19 (29.06) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Prelim Time | Finals Time | Points |
|--------------------|-----------------|--------------------------------|-----------------|-------------|--------|
| 12 Koay, Kyle | JR | McLean High School | 5:01.60 | 5:01.75 | 5 |
| 27.18 | 56.59 (29.41) | 1:27.05 (30.46) | 1:57.80 (30.75) | | |
| 2:28.46 (30.66) | 2:59.23 (30.77) | 3:30.27 (31.04) | 4:01.40 (31.13) | | |
| 4:31.97 (30.57) | 5:01.75 (29.78) | | | | |
| 13 Abel, Lucas | JR | Chantilly Chargers | 5:06.95 | 5:01.81 | 4 |
| 26.20 | 55.37 (29.17) | 1:25.63 (30.26) | 1:56.16 (30.53) | | |
| 2:27.00 (30.84) | 2:58.15 (31.15) | 3:29.63 (31.48) | 4:00.95 (31.32) | | |
| 4:32.43 (31.48) | 5:01.81 (29.38) | | | | |
| 14 Moore, Collin | JR | George C. Marshall High School | 5:10.19 | 5:04.79 | 3 |
| 27.31 | 57.76 (30.45) | 1:29.00 (31.24) | 2:00.91 (31.91) | | |
| 2:32.06 (31.15) | 3:03.02 (30.96) | 3:33.84 (30.82) | 4:04.41 (30.57) | | |
| 4:35.28 (30.87) | 5:04.79 (29.51) | | | | |
| 15 Zhou, Owen | FR | James Madison High School | 5:06.65 | 5:05.17 | 2 |
| 26.71 | 56.59 (29.88) | 1:27.58 (30.99) | 1:58.75 (31.17) | | |
| 2:29.88 (31.13) | 3:01.23 (31.35) | 3:32.60 (31.37) | 4:03.87 (31.27) | | |
| 5:05.17 (1:01.30) | | | | | |
| 16 Smouha, Jackson | JR | South Lakes High School | 5:05.77 | 5:09.30 | 1 |
| 27.11 | 56.96 (29.85) | 1:27.71 (30.75) | 1:59.06 (31.35) | | |
| 2:30.24 (31.18) | 3:02.66 (32.42) | 3:34.48 (31.82) | 4:06.75 (32.27) | | |
| 4:38.64 (31.89) | 5:09.30 (30.66) | | | | |

Event 15 Boys 500 Yard Freestyle

| | | | | | |
|----------------------|----------------|-----------|---------------------------|----------------------|--------------------|
| 6A North Reg: | 4:23.73 | \$ | 2/6/2016 | Lane Stone | WS |
| All Time VA: | 4:22.99 | V | 2/22/2020 | Sam Oliver | John Champe |
| Nat Public: | 4:14.68 | N | 2/29/2020 | Jake Mitchell | Carmel, IN |
| | 4:27.94 | A | - All America Auto | | |
| | 4:32.84 | C | - All America Cons | | |
| | 4:47.61 | S | - 6A State | | |
| | 4:56.99 | R | - Northern Region | | |

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|-----------------|-----------------------|-----------------|-------------|---|
| Preliminaries | | | | | |
| 1 Maher, Manu | FR | Yorktown High School | 4:42.66 | 4:36.33 | S |
| 24.60 | 52.64 (28.04) | 1:21.44 (28.80) | 1:50.11 (28.67) | | |
| 2:18.51 (28.40) | 2:46.08 (27.57) | 3:14.26 (28.18) | 3:42.71 (28.45) | | |
| 4:09.93 (27.22) | 4:36.33 (26.40) | | | | |
| 2 Sanchez, Luca | JR | Langley High School | 4:37.65 | 4:39.92 | S |
| 25.42 | 53.33 (27.91) | 1:21.81 (28.48) | 1:50.19 (28.38) | | |
| 2:18.62 (28.43) | 2:46.97 (28.35) | 3:15.38 (28.41) | 3:43.73 (28.35) | | |
| 4:12.11 (28.38) | 4:39.92 (27.81) | | | | |
| 3 Harris, Nick | SO | Westfield High School | 4:50.76 | 4:43.18 | S |
| 25.91 | 53.74 (27.83) | 1:22.29 (28.55) | 1:51.19 (28.90) | | |
| 2:20.09 (28.90) | 2:48.76 (28.67) | 3:17.92 (29.16) | 3:47.07 (29.15) | | |
| 4:15.77 (28.70) | 4:43.18 (27.41) | | | | |
| 4 Thornton, Sandro | JR | Langley High School | 4:43.70 | 4:43.97 | S |
| 25.07 | 52.92 (27.85) | 1:21.56 (28.64) | 1:50.26 (28.70) | | |
| 2:19.03 (28.77) | 2:47.66 (28.63) | 3:16.69 (29.03) | 3:45.98 (29.29) | | |
| 4:15.60 (29.62) | 4:43.97 (28.37) | | | | |
| 5 Ho, CJ | SR | Herndon Hornets | 4:48.41 | 4:45.41 | S |
| 25.94 | 54.08 (28.14) | 1:23.00 (28.92) | 1:51.90 (28.90) | | |
| 2:20.80 (28.90) | 2:49.71 (28.91) | 3:18.72 (29.01) | 3:47.56 (28.84) | | |
| 4:16.64 (29.08) | 4:45.41 (28.77) | | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|-----------------|--------------------------------|-----------------|-------------|---|
| 6 Dilber, Sarp | JR | McLean High School | 4:41.65 | 4:45.52 | S |
| 26.44 | 55.10 (28.66) | 1:24.34 (29.24) | 1:53.25 (28.91) | | |
| 2:22.22 (28.97) | 2:50.86 (28.64) | 3:19.68 (28.82) | 3:49.11 (29.43) | | |
| 4:18.15 (29.04) | 4:45.52 (27.37) | | | | |
| 7 McDonough, Desmond | SO | Westfield High School | 4:52.96 | 4:48.68 | R |
| 25.02 | 53.14 (28.12) | 1:21.79 (28.65) | 1:50.72 (28.93) | | |
| 2:19.91 (29.19) | 2:49.64 (29.73) | 3:18.99 (29.35) | 3:48.97 (29.98) | | |
| 4:19.24 (30.27) | 4:48.68 (29.44) | | | | |
| 8 Guthrie, Hunter | SR | James Madison High School | 4:47.57 | 4:53.18 | R |
| 26.22 | 55.12 (28.90) | 1:24.76 (29.64) | 1:54.53 (29.77) | | |
| 2:24.10 (29.57) | 2:53.96 (29.86) | 3:24.20 (30.24) | 3:54.24 (30.04) | | |
| 4:24.21 (29.97) | 4:53.18 (28.97) | | | | |
| 9 Damian, Darius | JR | South Lakes High School | 4:55.07 | 4:53.65 | R |
| 25.07 | 53.70 (28.63) | 1:23.01 (29.31) | 1:52.39 (29.38) | | |
| 2:22.39 (30.00) | 2:52.69 (30.30) | 3:23.18 (30.49) | 3:53.73 (30.55) | | |
| 4:23.99 (30.26) | 4:53.65 (29.66) | | | | |
| 10 Sim, James | SO | Centreville High School | 5:00.72 | 4:57.31 | |
| 27.48 | 56.97 (29.49) | 1:27.15 (30.18) | 1:57.33 (30.18) | | |
| 2:27.67 (30.34) | 2:57.89 (30.22) | 3:28.06 (30.17) | 3:58.26 (30.20) | | |
| 4:28.40 (30.14) | 4:57.31 (28.91) | | | | |
| 11 Bockman, Isaac | JR | Langley High School | 4:55.24 | 5:00.91 | |
| 26.58 | 55.86 (29.28) | 1:26.09 (30.23) | 1:56.77 (30.68) | | |
| 2:27.51 (30.74) | 2:58.46 (30.95) | 3:29.15 (30.69) | 4:00.09 (30.94) | | |
| 4:30.78 (30.69) | 5:00.91 (30.13) | | | | |
| 12 Koay, Kyle | JR | McLean High School | 5:02.59 | 5:01.60 | |
| 27.03 | 56.48 (29.45) | 1:26.78 (30.30) | 1:57.29 (30.51) | | |
| 2:27.71 (30.42) | 2:58.47 (30.76) | 3:29.01 (30.54) | 4:00.37 (31.36) | | |
| 4:31.40 (31.03) | 5:01.60 (30.20) | | | | |
| 13 Smouha, Jackson | JR | South Lakes High School | 5:14.55 | 5:05.77 | |
| 27.48 | 57.30 (29.82) | 1:27.91 (30.61) | 1:59.08 (31.17) | | |
| 2:30.10 (31.02) | 3:01.45 (31.35) | 3:32.92 (31.47) | 4:04.47 (31.55) | | |
| 4:35.82 (31.35) | 5:05.77 (29.95) | | | | |
| 14 Zhou, Owen | FR | James Madison High School | 5:09.38 | 5:06.65 | |
| 26.92 | 56.87 (29.95) | 1:27.44 (30.57) | 1:58.17 (30.73) | | |
| 2:29.40 (31.23) | 3:01.02 (31.62) | 3:32.75 (31.73) | 4:04.51 (31.76) | | |
| 4:36.08 (31.57) | 5:06.65 (30.57) | | | | |
| 15 Abel, Lucas | JR | Chantilly Chargers | 5:01.29 | 5:06.95 | |
| 26.83 | 56.86 (30.03) | 1:27.85 (30.99) | 1:58.83 (30.98) | | |
| 2:30.36 (31.53) | 3:01.89 (31.53) | 3:33.13 (31.24) | 4:04.75 (31.62) | | |
| 4:36.20 (31.45) | 5:06.95 (30.75) | | | | |
| 16 Moore, Collin | JR | George C. Marshall High School | 5:09.48 | 5:10.19 | |
| 27.89 | 59.44 (31.55) | 1:30.92 (31.48) | 2:02.45 (31.53) | | |
| 2:33.88 (31.43) | 3:05.40 (31.52) | 3:37.20 (31.80) | 4:08.65 (31.45) | | |
| 4:40.06 (31.41) | 5:10.19 (30.13) | | | | |
| 17 Cramer, Aaron | JR | South Lakes High School | 5:13.19 | 5:10.47 | |
| 27.33 | 57.56 (30.23) | 1:28.65 (31.09) | 2:00.30 (31.65) | | |
| 2:31.62 (31.32) | 3:03.57 (31.95) | 3:35.06 (31.49) | 4:06.76 (31.70) | | |
| 4:39.06 (32.30) | 5:10.47 (31.41) | | | | |
| 18 Holguin, Sinclair | SO | George C. Marshall High School | 5:08.96 | 5:12.89 | |
| 27.28 | 57.45 (30.17) | 1:28.56 (31.11) | 1:59.79 (31.23) | | |
| 2:32.25 (32.46) | 3:04.59 (32.34) | 3:36.66 (32.07) | 4:08.53 (31.87) | | |
| 4:41.38 (32.85) | 5:12.89 (31.51) | | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Prelim Time | Finals Time | Points |
|--------------------|-----------------|--------------------------------|-----------------|-------------|--------|
| 10 Barakat, Dana | SO | Oakton High School | 5:31.77 | 5:27.14 | 7 |
| 29.91 | 1:02.84 (32.93) | 1:36.35 (33.51) | 2:10.46 (34.11) | | |
| 2:43.07 (32.61) | 3:16.16 (33.09) | 3:49.42 (33.26) | 4:22.64 (33.22) | | |
| 4:55.30 (32.66) | 5:27.14 (31.84) | | | | |
| 11 Edwards, Sophia | FR | Oakton High School | 5:29.79 | 5:30.11 | 6 |
| 29.54 | 1:02.30 (32.76) | 1:35.77 (33.47) | 2:09.42 (33.65) | | |
| 2:43.32 (33.90) | 3:17.47 (34.15) | 3:51.71 (34.24) | 4:25.57 (33.86) | | |
| 4:57.93 (32.36) | 5:30.11 (32.18) | | | | |
| 12 Joung, Jessica | FR | Oakton High School | 5:37.99 | 5:34.65 | 5 |
| 30.26 | 1:03.29 (33.03) | 1:36.84 (33.55) | 2:10.77 (33.93) | | |
| 2:44.88 (34.11) | 3:19.54 (34.66) | 3:55.13 (35.59) | 4:29.75 (34.62) | | |
| 5:04.08 (34.33) | 5:34.65 (30.57) | | | | |
| 13 Sheehan, Kate | SR | McLean High School | 5:33.76 | 5:36.40 | 4 |
| 29.87 | 1:02.35 (32.48) | 1:35.56 (33.21) | 2:09.23 (33.67) | | |
| 2:43.27 (34.04) | 3:17.64 (34.37) | 3:52.09 (34.45) | 4:26.61 (34.52) | | |
| 5:01.44 (34.83) | 5:36.40 (34.96) | | | | |
| 14 Carrol, Bailey | SR | Chantilly Chargers | 5:39.32 | 5:36.49 | 3 |
| 30.14 | 1:03.55 (33.41) | 1:37.81 (34.26) | 2:12.14 (34.33) | | |
| 2:46.76 (34.62) | 3:20.91 (34.15) | 3:55.15 (34.24) | 4:29.06 (33.91) | | |
| 5:36.49 (1:07.43) | | | | | |
| 15 Murphy, Sofia | SO | James Madison High School | 5:42.83 | 5:36.77 | 2 |
| 29.84 | 1:03.52 (33.68) | 1:37.81 (34.29) | 2:12.15 (34.34) | | |
| 2:46.76 (34.61) | 3:20.97 (34.21) | 3:55.13 (34.16) | 4:29.29 (34.16) | | |
| 5:03.68 (34.39) | 5:36.77 (33.09) | | | | |
| 16 Robyak, Brooke | SO | George C. Marshall High School | 5:38.83 | 5:42.41 | 1 |
| 29.78 | 1:02.95 (33.17) | 1:37.07 (34.12) | 2:11.17 (34.10) | | |
| 2:46.82 (35.65) | 3:21.64 (34.82) | 3:56.55 (34.91) | 4:31.74 (35.19) | | |
| 5:42.41 (1:10.67) | | | | | |

Event 16 Girls 500 Yard Freestyle

| | | | | | |
|----------------------|----------------|-----------|---------------------------|-----------------------|---------------------|
| 6A North Reg: | 4:44.92 | \$ | 2/8/2014 | Megan Byrnes | Oakton |
| All Time VA: | 4:43.43 | V | 2/20/2015 | Megan E Byrnes | Oakton |
| Nat Public: | 4:34.78 | N | 11/14/2008 | Dagny Knutson | Minot HS, ND |
| | 4:53.01 | A | - All America Auto | | |
| | 4:58.10 | C | - All America Cons | | |
| | 5:10.17 | S | - 6A State | | |
| | 5:26.29 | R | - Northern Region | | |

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|-----------------|--------------------------------|-----------------|-------------|---|
| Preliminaries | | | | | |
| 1 Sherman, Lila | JR | Yorktown High School | 4:55.43 | 4:55.29 | C |
| 26.10 | 55.37 (29.27) | 1:25.34 (29.97) | 1:55.64 (30.30) | | |
| 2:25.90 (30.26) | 2:56.19 (30.29) | 3:26.44 (30.25) | 3:56.98 (30.54) | | |
| 4:26.77 (29.79) | 4:55.29 (28.52) | | | | |
| 2 Watts, Emma | SR | George C. Marshall High School | 5:11.72 | 4:59.96 | S |
| 26.93 | 56.70 (29.77) | 1:26.92 (30.22) | 1:57.59 (30.67) | | |
| 2:28.18 (30.59) | 2:58.84 (30.66) | 3:29.22 (30.38) | 3:59.45 (30.23) | | |
| 4:30.19 (30.74) | 4:59.96 (29.77) | | | | |
| 3 Furches, Jackie | JR | Yorktown High School | 5:08.19 | 5:03.11 | S |
| 27.15 | 56.98 (29.83) | 1:27.38 (30.40) | 1:58.24 (30.86) | | |
| 2:28.81 (30.57) | 2:59.34 (30.53) | 3:30.50 (31.16) | 4:01.23 (30.73) | | |
| 4:32.49 (31.26) | 5:03.11 (30.62) | | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Seed Time | Prelim Time | |
|---------------------|-----------------|--------------------------------|-----------------|-------------|---|
| 4 De, Lara | SR | Langley High School | 5:11.02 | 5:09.04 | S |
| 27.43 | 57.64 (30.21) | 1:28.50 (30.86) | 1:59.68 (31.18) | | |
| 2:31.02 (31.34) | 3:02.71 (31.69) | 3:34.11 (31.40) | 4:05.96 (31.85) | | |
| 4:37.83 (31.87) | 5:09.04 (31.21) | | | | |
| 5 Wilson, Genevieve | SR | James Madison High School | 5:10.48 | 5:12.57 | R |
| 28.05 | 58.65 (30.60) | 1:29.38 (30.73) | 2:00.74 (31.36) | | |
| 2:32.42 (31.68) | 3:04.51 (32.09) | 3:36.79 (32.28) | 4:09.15 (32.36) | | |
| 4:41.32 (32.17) | 5:12.57 (31.25) | | | | |
| 6 Gareau, Mira | SO | Oakton High School | 5:18.13 | 5:24.04 | R |
| 28.67 | 59.79 (31.12) | 1:31.73 (31.94) | 2:04.61 (32.88) | | |
| 2:37.87 (33.26) | 3:11.59 (33.72) | 3:45.44 (33.85) | 4:18.97 (33.53) | | |
| 4:52.11 (33.14) | 5:24.04 (31.93) | | | | |
| 7 Tasber, Casey | JR | Langley High School | 5:26.55 | 5:27.13 | |
| 27.96 | 58.70 (30.74) | 1:30.51 (31.81) | 2:03.39 (32.88) | | |
| 2:36.83 (33.44) | 3:10.65 (33.82) | 3:44.88 (34.23) | 4:18.75 (33.87) | | |
| 4:53.36 (34.61) | 5:27.13 (33.77) | | | | |
| 8 Lahr, Leah | SO | Chantilly Chargers | 5:18.86 | 5:27.68 | |
| 28.87 | 1:01.32 (32.45) | 1:34.21 (32.89) | 2:06.64 (32.43) | | |
| 2:39.61 (32.97) | 3:13.49 (33.88) | 3:47.66 (34.17) | 4:21.95 (34.29) | | |
| 4:55.21 (33.26) | 5:27.68 (32.47) | | | | |
| 9 Rosade, Elyse | SO | South Lakes High School | 5:26.95 | 5:28.28 | |
| 29.67 | 1:01.91 (32.24) | 1:34.84 (32.93) | 2:07.92 (33.08) | | |
| 2:41.27 (33.35) | 3:14.88 (33.61) | 3:48.16 (33.28) | 4:21.70 (33.54) | | |
| 4:55.40 (33.70) | 5:28.28 (32.88) | | | | |
| 10 Edwards, Sophia | FR | Oakton High School | 5:29.38 | 5:29.79 | |
| 29.29 | 1:02.35 (33.06) | 1:35.49 (33.14) | 2:09.21 (33.72) | | |
| 2:42.98 (33.77) | 3:17.06 (34.08) | 3:51.26 (34.20) | 4:25.01 (33.75) | | |
| 4:57.88 (32.87) | 5:29.79 (31.91) | | | | |
| 11 Barakat, Dana | SO | Oakton High School | 5:33.21 | 5:31.77 | |
| 29.96 | 1:02.91 (32.95) | 1:36.76 (33.85) | 2:10.78 (34.02) | | |
| 2:43.41 (32.63) | 3:16.58 (33.17) | 3:50.67 (34.09) | 4:24.50 (33.83) | | |
| 4:58.04 (33.54) | 5:31.77 (33.73) | | | | |
| 12 Sheehan, Kate | SR | McLean High School | 5:35.93 | 5:33.76 | |
| 29.98 | 1:02.39 (32.41) | 1:35.60 (33.21) | 2:09.25 (33.65) | | |
| 2:43.45 (34.20) | 3:17.70 (34.25) | 3:51.86 (34.16) | 4:26.03 (34.17) | | |
| 4:59.96 (33.93) | 5:33.76 (33.80) | | | | |
| 13 Joug, Jessica | FR | Oakton High School | 5:34.44 | 5:37.99 | |
| 30.33 | 1:03.69 (33.36) | 1:37.73 (34.04) | 2:12.16 (34.43) | | |
| 2:46.55 (34.39) | 3:20.92 (34.37) | 3:55.88 (34.96) | 4:30.71 (34.83) | | |
| 5:05.57 (34.86) | 5:37.99 (32.42) | | | | |
| 14 Robyak, Brooke | SO | George C. Marshall High School | 5:45.36 | 5:38.83 | |
| 30.50 | 1:03.56 (33.06) | 1:37.78 (34.22) | 2:12.52 (34.74) | | |
| 2:46.95 (34.43) | 3:21.54 (34.59) | 3:56.47 (34.93) | 4:31.49 (35.02) | | |
| 5:06.34 (34.85) | 5:38.83 (32.49) | | | | |
| 15 Carrol, Bailey | SR | Chantilly Chargers | 5:44.76 | 5:39.32 | |
| 30.13 | 1:03.82 (33.69) | 1:37.81 (33.99) | 2:12.21 (34.40) | | |
| 2:46.45 (34.24) | 3:21.43 (34.98) | 3:56.65 (35.22) | 4:31.69 (35.04) | | |
| 5:06.16 (34.47) | 5:39.32 (33.16) | | | | |
| 16 Murphy, Sofia | SO | James Madison High School | 5:37.21 | 5:42.83 | |
| 29.33 | 1:02.25 (32.92) | 1:36.40 (34.15) | 2:11.50 (35.10) | | |
| 2:46.59 (35.09) | 3:22.04 (35.45) | 3:57.69 (35.65) | 4:33.22 (35.53) | | |
| 5:08.55 (35.33) | 5:42.83 (34.28) | | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Seed Time | Prelim Time |
|-----------------------|-----------------|---------------------------|-----------------|-------------|
| 17 Endo, Hanna | FR | Yorktown High School | 5:50.32 | 5:44.02 |
| 30.00 | 1:03.17 (33.17) | 1:37.75 (34.58) | 2:12.56 (34.81) | |
| 2:47.83 (35.27) | 3:22.60 (34.77) | 3:57.76 (35.16) | 4:33.47 (35.71) | |
| 5:08.99 (35.52) | 5:44.02 (35.03) | | | |
| 18 Wu, Kacie | FR | McLean High School | 5:44.05 | 5:44.81 |
| 29.46 | 1:02.44 (32.98) | 1:35.91 (33.47) | 2:09.99 (34.08) | |
| 2:44.70 (34.71) | 3:20.02 (35.32) | 3:55.82 (35.80) | 4:32.22 (36.40) | |
| 5:08.71 (36.49) | 5:44.81 (36.10) | | | |
| 19 Morgan, Anna | FR | James Madison High School | 5:42.90 | 5:45.68 |
| 29.64 | 1:02.79 (33.15) | 1:37.31 (34.52) | 2:12.34 (35.03) | |
| 2:47.72 (35.38) | 3:23.03 (35.31) | 3:58.77 (35.74) | 4:34.29 (35.52) | |
| 5:10.00 (35.71) | 5:45.68 (35.68) | | | |
| 20 Volovar, Evelyn | SO | Langley High School | 5:50.54 | 5:50.35 |
| 30.06 | 1:03.40 (33.34) | 1:37.93 (34.53) | 2:13.36 (35.43) | |
| 2:48.95 (35.59) | 3:25.00 (36.05) | 4:01.28 (36.28) | 4:37.95 (36.67) | |
| 5:50.35 (1:12.40) | | | | |
| 21 Waisberg, Victoria | FR | McLean High School | 5:45.88 | 5:52.21 |
| 30.64 | 1:05.62 (34.98) | 1:41.61 (35.99) | 2:17.45 (35.84) | |
| 2:53.93 (36.48) | 3:29.90 (35.97) | 4:06.28 (36.38) | 4:42.20 (35.92) | |
| 5:17.83 (35.63) | 5:52.21 (34.38) | | | |
| 22 Xing, Chloe | SO | Langley High School | 5:46.89 | 5:55.05 |
| 30.74 | 1:05.49 (34.75) | 1:40.68 (35.19) | 2:16.55 (35.87) | |
| 2:52.60 (36.05) | 3:28.97 (36.37) | 4:06.22 (37.25) | 4:42.69 (36.47) | |
| 5:19.65 (36.96) | 5:55.05 (35.40) | | | |

Event 17 Boys 200 Yard Freestyle Relay

| | | | | | |
|----------------------|----------------|-----------|---------------------------|---|--------------|
| 6A North Reg: | 1:22.89 | \$ | 2/7/2015 | Oakton High School | Oakto |
| All Time VA: | 1:22.46 | V | 2023 | M Ambrose, M Pettinichi, T Hallock, J Shebat | Jeffe |
| Nat Public: | 1:19.60 | N | 3/15/2018 | Jefferson Forest | N. Al |
| | 1:24.02 | A | - All America Auto | Mills, Schonfelder, Frasier, Whitfield | |
| | 1:25.36 | C | - All America Cons | | |
| | 1:28.12 | S | - 6A State | | |
| | 1:32.99 | R | - Northern Region | | |

| Team | Relay | Prelim Time | Finals Time | Points |
|----------------------------------|------------------------|--------------------------|----------------------|--------|
| A - Final | | | | |
| 1 Chantilly Chargers | | 1:24.68 | 1:23.84 A | 40 |
| 1) Aly, Adam-Moheb SR | 2) Matyas, Ben JR | 3) Li, Kyle SR | 4) Li, Yaron SR | |
| 21.78 | 43.17 (21.39) | 1:07.29 (24.12) | 1:23.84 (16.55) | |
| 2 McLean High School | | 1:26.24 | 1:24.89 C | 34 |
| 1) Wang, Allen JR | 2) Findlay, Patrick SR | 3) Bartkowski, Nolan JR | 4) Haggard, Bruno SR | |
| 21.83 | 43.08 (21.25) | 1:04.39 (21.31) | 1:24.89 (20.50) | |
| 3 Langley High School | | 1:25.49 | 1:25.01 C | 32 |
| 1) Kuhn, Cameron SR | 2) Thornton, Sandro JR | 3) Shin, Ethan SR | 4) Thompson, Max SO | |
| 21.21 | 43.46 (22.25) | 1:04.50 (21.04) | 1:25.01 (20.51) | |
| 4 Oakton High School | | 1:26.69 | 1:26.11 S | 30 |
| 1) Li, Andrew JR | 2) Rodriguez, Isaac SR | 3) Manning, Jason JR | 4) Garver, Andrew JR | |
| 21.54 | 42.94 (21.40) | 1:05.16 (22.22) | 1:26.11 (20.95) | |
| 5 Washington-Liberty High School | | 1:27.90 | 1:27.57 S | 28 |
| 1) Rogers, Zane SR | 2) Ramos, Diego JR | 3) Kambhampaty, Kedar SR | 4) Diouf, Elhadj SR | |
| 21.73 | 43.94 (22.21) | 1:06.19 (22.25) | 1:27.57 (21.38) | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

A - Final ... (Event 17 Boys 200 Yard Freestyle Relay)

| Team | Relay | Prelim Time | Finals Time | Points |
|-----------------------------|-----------------------|-----------------------|-----------------------|--------|
| 6 Yorktown High School | | 1:28.20 | 1:27.73 S | 26 |
| 1) Maher, Manu FR | 2) Hans, Alex SR | 3) Owen, Jacob SR | 4) Pedicano, Nick SR | |
| 21.58 | 43.68 (22.10) | 1:05.74 (22.06) | 1:27.73 (21.99) | |
| 7 James Madison High School | | 1:28.69 | 1:28.30 R | 24 |
| 1) Zhou, Oscar SR | 2) Wilson, Griffin SO | 3) Guthrie, Hunter SR | 4) Bechtle, JJ SO | |
| 22.02 | 44.23 (22.21) | 1:06.39 (22.16) | 1:28.30 (21.91) | |
| 8 South Lakes High School | | 1:27.48 | 1:29.41 R | 22 |
| 1) Koh, Elijah SR | 2) Damian, Darius JR | 3) Pierce, Andrew JR | 4) Gibson, Charles JR | |
| 21.66 | 44.05 (22.39) | 1:07.34 (23.29) | 1:29.41 (22.07) | |

B - Final

| | | | | |
|-----------------------------------|--------------------------|---------------------------|-------------------------|----|
| 9 Westfield High School | | 1:28.85 | 1:28.11 S | 18 |
| 1) Harris, Nick SO | 2) McDonough, Desmond SO | 3) Zenyuh, Quinn SO | 4) Campet, Luke SR | |
| 22.51 | 44.86 (22.35) | 1:06.81 (21.95) | 1:28.11 (21.30) | |
| 10 Herndon Hornets | | 1:29.31 | 1:28.69 R | 14 |
| 1) Ho, CJ SR | 2) King, Daniel SO | 3) Baez, Rafael SR | 4) Speer, Eric JR | |
| 21.95 | 43.44 (21.49) | 1:06.16 (22.72) | 1:28.69 (22.53) | |
| 11 George C. Marshall High School | | 1:32.25 | 1:33.72 | 12 |
| 1) Moore, Collin JR | 2) Berry, Gavin JR | 3) Simpson, David SR | 4) Sanderson, Emmett JR | |
| 23.76 | 48.58 (24.82) | 1:11.00 (22.42) | 1:33.72 (22.72) | |
| 12 Centreville High School | | 1:33.87 | 1:33.95 | 10 |
| 1) Anderson, James SR | 2) Sim, James SO | 3) van de Graaf, Tony JR | 4) Charters, David FR | |
| 22.04 | 45.46 (23.42) | 1:08.67 (23.21) | 1:33.95 (25.28) | |
| 13 Wakefield High School | | 1:43.98 | 1:39.64 | 8 |
| 1) Shoman, Anas FR | 2) Scheifele, Jack SR | 3) Rodriguez, Nicholas JR | 4) Wright, Miles JR | |
| 24.49 | 48.54 (24.05) | 1:15.84 (27.30) | 1:39.64 (23.80) | |

Event 17 Boys 200 Yard Freestyle Relay

| | | | | | |
|----------------------|----------------|-----------|------------------|---|--------------|
| 6A North Reg: | 1:22.89 | \$ | 2/7/2015 | Oakton High School | Oakto |
| | | | | M Ambrose, M Pettinichi, T Hallock, J Shebat | |
| All Time VA: | 1:22.46 | V | 2023 | Jefferson Forest | Jeffe |
| | | | | Mills, Schonfelder, Frasier, Whitfield | |
| Nat Public: | 1:19.60 | N | 3/15/2018 | N. Allegheny HS, PA | N. Al |
| | 1:24.02 | | | A - All America Auto | |
| | 1:25.36 | | | C - All America Cons | |
| | 1:28.12 | | | S - 6A State | |
| | 1:32.99 | | | R - Northern Region | |

| Team | Relay | Seed Time | Prelim Time |
|---------------------------|------------------------|-----------------------|-------------------------|
| Preliminaries | | | |
| 1 Chantilly Chargers | | 1:25.54 | 1:24.68 C |
| 1) Aly, Adam-Moheb SR | 2) Matyas, Ben JR | 3) Li, Kyle SR | 4) Li, Yaron SR |
| 21.72 | 43.25 (21.53) | 1:04.11 (20.86) | 1:24.68 (20.57) |
| 2 Langley High School | | 1:26.00 | 1:25.49 S |
| 1) Kuhn, Cameron SR | 2) Thornton, Sandro JR | 3) Shin, Ethan SR | 4) Thompson, Max SO |
| 21.45 | 43.78 (22.33) | 1:04.82 (21.04) | 1:25.49 (20.67) |
| 3 McLean High School | | 1:27.31 | 1:26.24 S |
| 1) Haggard, Bruno SR | 2) Findlay, Patrick SR | 3) Wang, Allen JR | 4) Bartkowski, Nolan JR |
| 21.37 | 42.94 (21.57) | 1:04.87 (21.93) | 1:26.24 (21.37) |
| 4 Oakton High School | | 1:26.09 | 1:26.69 S |
| 1) Li, Andrew JR | 2) Rodriguez, Isaac SR | 3) Manning, Jason JR | 4) Garver, Andrew JR |
| 22.07 | 43.43 (21.36) | 1:05.61 (22.18) | 1:26.69 (21.08) |
| 5 South Lakes High School | | 1:31.77 | 1:27.48 S |
| 1) Koh, Elijah SR | 2) Damian, Darius JR | 3) Gibson, Charles JR | 4) White, Ken SR |
| 21.53 | 44.05 (22.52) | 1:06.32 (22.27) | 1:27.48 (21.16) |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Team | Relay | Seed Time | Prelim Time |
|-----------------------------------|-----------------------|--------------------------|--------------------------|
| 6 Washington-Liberty High School | | 1:28.78 | 1:27.90 S |
| 1) Rogers, Zane SR | 2) Ramos, Diego JR | 3) Diouf, Elhadj SR | 4) Kambhampaty, Kedar SR |
| 22.05 | 44.42 (22.37) | 1:05.85 (21.43) | 1:27.90 (22.05) |
| 7 Yorktown High School | | 1:28.69 | 1:28.20 R |
| 1) Owen, Jacob SR | 2) Hans, Alex SR | 3) Maher, Manu FR | 4) Pedicano, Nick SR |
| 22.60 | 44.96 (22.36) | 1:06.07 (21.11) | 1:28.20 (22.13) |
| 8 James Madison High School | | 1:29.70 | 1:28.69 R |
| 1) Zhou, Oscar SR | 2) Wilson, Griffin SO | 3) Guthrie, Hunter SR | 4) Bechtle, JJ SO |
| 22.07 | 44.32 (22.25) | 1:06.51 (22.19) | 1:28.69 (22.18) |
| 9 Westfield High School | | 1:30.64 | 1:28.85 R |
| 1) Campet, Luke SR | 2) Harris, Nick SO | 3) McDonough, Brock SO | 4) Zenyuh, Quinn SO |
| 21.76 | 43.99 (22.23) | 1:06.83 (22.84) | 1:28.85 (22.02) |
| 10 Herndon Hornets | | 1:29.72 | 1:29.31 R |
| 1) Ho, CJ SR | 2) King, Daniel SO | 3) Baez, Rafael SR | 4) Speer, Eric JR |
| 21.95 | 44.65 (22.70) | 1:07.78 (23.13) | 1:29.31 (21.53) |
| 11 George C. Marshall High School | | 1:34.89 | 1:32.25 R |
| 1) Moore, Collin JR | 2) Berry, Gavin JR | 3) Simpson, David SR | 4) Sanderson, Emmett JR |
| 23.44 | 46.82 (23.38) | 1:09.27 (22.45) | 1:32.25 (22.98) |
| 12 Centreville High School | | 1:33.16 | 1:33.87 |
| 1) Anderson, James SR | 2) Sim, James SO | 3) van de Graaf, Tony JR | 4) Charters, David FR |
| 21.96 | 45.88 (23.92) | 1:09.81 (23.93) | 1:33.87 (24.06) |
| 13 Wakefield High School | | 1:42.18 | 1:43.98 |
| 1) Shoman, Anas FR | 2) Scheifele, Jack SR | 3) Seekford, Grant JR | 4) Wright, Miles JR |
| 25.46 | 52.00 (26.54) | 1:18.42 (26.42) | 1:43.98 (25.56) |

Event 18 Girls 200 Yard Freestyle Relay

| | | | | | |
|----------------------|----------------|-----------------------------|------------------|---|-----------------|
| 6A North Reg: | 1:34.61 | \$ | 2/1/2019 | Oakton High School | OAKT -PV |
| | | | | A Zindler, L Ma, E Pickett, B Curtis | |
| All Time VA: | 1:34.17 | V | 2/15/2019 | First Colonial | FCOL |
| | | | | Godfrey, Caldow, Mckendry, Tadder | |
| Nat Public: | 1:30.72 | N | 2/14/2015 | Carmel HS, IN | Carme |
| | 1:33.48 | A - All America Auto | | | |
| | 1:37.13 | C - All America Cons | | | |
| | 1:39.75 | S - 6A State | | | |
| | 1:44.79 | R - Northern Region | | | |

| Team | Relay | Prelim Time | Finals Time | Points |
|-----------------------------|--------------------------|-------------------------|------------------------|--------|
| A - Final | | | | |
| 1 Yorktown High School | | 1:37.17 | 1:34.78 C | 40 |
| 1) Fredericks, Sophie SR | 2) Hecmanczuk, Mary SR | 3) Furches, Jackie JR | 4) Sherman, Lila JR | |
| 23.76 | 47.57 (23.81) | 1:11.35 (23.78) | 1:34.78 (23.43) | |
| 2 James Madison High School | | 1:37.76 | 1:36.85 C | 34 |
| 1) Bayer, Amelia SO | 2) Morgan, Alexa FR | 3) Wilson, Genevieve SR | 4) DeLacy, Sydney JR | |
| 25.21 | 48.63 (23.42) | 1:13.08 (24.45) | 1:36.85 (23.77) | |
| 3 Langley High School | | 1:39.86 | 1:38.94 S | 32 |
| 1) Steber, Gretchen JR | 2) Cota-Robles, Bella SO | 3) Miller, Elisabeth JR | 4) Kuang, Gloria SR | |
| 25.05 | 50.42 (25.37) | 1:14.72 (24.30) | 1:38.94 (24.22) | |
| 4 Oakton High School | | 1:39.09 | 1:39.11 S | 30 |
| 1) Roth, Anna FR | 2) Roth, Laura FR | 3) Roshelli, Avery FR | 4) Corderman, Devon SR | |
| 24.76 | 49.17 (24.41) | 1:14.36 (25.19) | 1:39.11 (24.75) | |
| 5 Chantilly Chargers | | 1:40.88 | 1:39.26 S | 28 |
| 1) Barker, Lily JR | 2) Kim, Eurie JR | 3) Kovacs, Hanna JR | 4) Radcliffe, Emily JR | |
| 25.10 | 50.32 (25.22) | 1:14.60 (24.28) | 1:39.26 (24.66) | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Team | Relay | Prelim Time | Finals Time | Points |
|----------------------------|---------------------|-------------------------|---------------------|--------|
| 6 South Lakes High School | | 1:40.74 | 1:39.91 R | 26 |
| 1) Holmquist, Charlotte JR | 2) Rosade, Elyse SO | 3) Kass, Morgan SR | 4) Khan, Zariya SR | |
| 25.49 | 50.71 (25.22) | 1:15.64 (24.93) | 1:39.91 (24.27) | |
| 7 Centreville High School | | 1:40.66 | 1:40.54 R | 24 |
| 1) Kwon, Donna FR | 2) Goff, Caitlin SR | 3) In, Emily JR | 4) Shin, Claudia JR | |
| 25.15 | 50.68 (25.53) | 1:15.55 (24.87) | 1:40.54 (24.99) | |
| 8 McLean High School | | 1:41.27 | 1:41.92 R | 22 |
| 1) Haggard, Esme FR | 2) Hare, Eva SR | 3) Ferris, Josephine SR | 4) Bui, Emma SO | |
| 25.52 | 51.40 (25.88) | 1:17.12 (25.72) | 1:41.92 (24.80) | |

B - Final

| | | | | |
|-----------------------------------|--------------------------|------------------------|-------------------------|----|
| 9 Westfield High School | | 1:41.98 | 1:40.62 R | 18 |
| 1) Schmid, Rylee SR | 2) Kelliher, Anna SR | 3) Li, Miley JR | 4) Lay, Sydney SO | |
| 24.76 | 50.45 (25.69) | 1:40.62 (50.17) | | |
| 10 Washington-Liberty High School | | 1:46.17 | 1:44.59 R | 14 |
| 1) Dent, Gillian SO | 2) McDonald, Katie JR | 3) Taylor, Sasha SR | 4) Taylor, Kate SR | |
| 26.92 | 53.00 (26.08) | 1:19.11 (26.11) | 1:44.59 (25.48) | |
| 11 Herndon Hornets | | 1:45.02 | 1:45.23 | 12 |
| 1) Gattoni, Bianca JR | 2) Ramsey, Dani SR | 3) Leveto, Spencer FR | 4) Johnson, Abi SO | |
| 26.39 | 52.31 (25.92) | 1:19.31 (27.00) | 1:45.23 (25.92) | |
| 12 Wakefield High School | | 1:53.68 | 1:53.28 | 10 |
| 1) Oliphant, Lucile FR | 2) Macdonald, Abigail SO | 3) Everling, Lauren JR | 4) Larson, Gabrielle SO | |
| 25.73 | 55.59 (29.86) | 1:25.25 (29.66) | 1:53.28 (28.03) | |

Event 18 Girls 200 Yard Freestyle Relay

| | | | | | |
|----------------------|----------------|-----------|---------------------------|---|-----------------|
| 6A North Reg: | 1:34.61 | \$ | 2/1/2019 | Oakton High School | OAKT -PV |
| | | | | A Zindler, L Ma, E Pickett, B Curtis | |
| All Time VA: | 1:34.17 | V | 2/15/2019 | First Colonial | FCOL |
| | | | | Godfrey, Caldwell, Mckendry, Tadder | |
| Nat Public: | 1:30.72 | N | 2/14/2015 | Carmel HS, IN | Carme |
| | 1:33.48 | A | - All America Auto | | |
| | 1:37.13 | C | - All America Cons | | |
| | 1:39.75 | S | - 6A State | | |
| | 1:44.79 | R | - Northern Region | | |

| Team | Relay | Seed Time | Prelim Time |
|-----------------------------|--------------------------|-------------------------|------------------------|
| Preliminaries | | | |
| 1 Yorktown High School | | 1:36.06 | 1:37.17 S |
| 1) Fredericks, Sophie SR | 2) Hecmanczuk, Mary SR | 3) Furches, Jackie JR | 4) Sherman, Lila JR |
| 23.88 | 48.41 (24.53) | 1:13.04 (24.63) | 1:37.17 (24.13) |
| 2 James Madison High School | | 1:38.04 | 1:37.76 S |
| 1) Bayer, Amelia SO | 2) Morgan, Alexa FR | 3) Wilson, Genevieve SR | 4) DeLacy, Sydney JR |
| 25.44 | 48.86 (23.42) | 1:13.66 (24.80) | 1:37.76 (24.10) |
| 3 Oakton High School | | 1:38.84 | 1:39.09 S |
| 1) Roth, Anna FR | 2) Roth, Laura FR | 3) Roshelli, Avery FR | 4) Corderman, Devon SR |
| 25.09 | 49.91 (24.82) | 1:14.54 (24.63) | 1:39.09 (24.55) |
| 4 Langley High School | | 1:42.09 | 1:39.86 R |
| 1) Steber, Gretchen JR | 2) Cota-Robles, Bella SO | 3) Miller, Elisabeth JR | 4) Kuang, Gloria SR |
| 25.16 | 50.74 (25.58) | 1:15.69 (24.95) | 1:39.86 (24.17) |
| 5 Centreville High School | | 1:40.40 | 1:40.66 R |
| 1) Kwon, Donna FR | 2) Goff, Caitlin SR | 3) In, Emily JR | 4) Shin, Claudia JR |
| 24.97 | 1:15.54 (50.57) | 1:40.66 (25.12) | |
| 6 South Lakes High School | | 1:42.73 | 1:40.74 R |
| 1) Holmquist, Charlotte JR | 2) Rosade, Elyse SO | 3) Kass, Morgan SR | 4) Khan, Zariya SR |
| 25.27 | 50.92 (25.65) | 1:16.05 (25.13) | 1:40.74 (24.69) |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Team | Relay | | Seed Time | Prelim Time |
|------------------------------------|--------------------------|-------------------------|-------------------------|-------------|
| 7 Chantilly Chargers | | | 1:41.18 | 1:40.88 R |
| 1) Barker, Lily JR | 2) Kim, Eurie JR | 3) Kovacs, Hanna JR | 4) Radcliffe, Emily JR | |
| 25.50 | 51.08 (25.58) | 1:15.79 (24.71) | 1:40.88 (25.09) | |
| 8 McLean High School | | | 1:41.27 | 1:41.27 R |
| 1) Bui, Emma SO | 2) Hare, Eva SR | 3) Ferris, Josephine SR | 4) Haggard, Esme FR | |
| 25.12 | 50.24 (25.12) | 1:15.55 (25.31) | 1:41.27 (25.72) | |
| 9 Westfield High School | | | 1:42.28 | 1:41.98 R |
| 1) Schmid, Rylee SR | 2) Kelliher, Anna SR | 3) Li, Miley JR | 4) Lay, Sydney SO | |
| 24.72 | 50.20 (25.48) | 1:16.95 (26.75) | 1:41.98 (25.03) | |
| 10 Herndon Hornets | | | 1:46.05 | 1:45.02 |
| 1) Gattoni, Bianca JR | 2) Ramsey, Dani SR | 3) Leveto, Spencer FR | 4) Johnson, Abi SO | |
| 26.12 | 52.27 (26.15) | 1:20.01 (27.74) | 1:45.02 (25.01) | |
| 11 Washington-Liberty High School | | | 1:45.91 | 1:46.17 |
| 1) Dent, Gillian SO | 2) McDonald, Katie JR | 3) Taylor, Kate SR | 4) Taylor, Sasha SR | |
| 26.29 | 52.95 (26.66) | 1:19.27 (26.32) | 1:46.17 (26.90) | |
| 12 Wakefield High School | | | 1:52.72 | 1:53.68 |
| 1) Oliphant, Lucile FR | 2) Macdonald, Abigail SO | 3) Snow, Jessie FR | 4) Larson, Gabrielle SO | |
| 26.10 | 56.44 (30.34) | 1:25.41 (28.97) | 1:53.68 (28.27) | |
| --- George C. Marshall High School | | | 1:38.75 | DQ |
| 1) Georgieva, Sophia SR | 2) Yashar, Elise JR | 3) O'Hearn, Penelope SR | 4) Robyak, Brooke SO | |
| 25.63 | 51.42 (25.79) | 1:16.95 (25.53) | DQ (25.87) | |

Event 19 Boys 100 Yard Backstroke

| | | | | | |
|----------------------|--------------|-----------|---------------------------|----------------------|-------------------|
| 6A North Reg: | 46.63 | \$ | 2/1/2019 | Anthony Grimm | OAKT -PV |
| All Time VA: | 46.48 | V | 2/2024 | Kyle Peck | Chancellor |
| Nat Public: | 45.08 | N | 2/24/2023 | Will Modglin | Zion HS |
| | 48.90 | A | - All America Auto | | |
| | 50.07 | C | - All America Cons | | |
| | 52.78 | S | - 6A State | | |
| | 55.09 | R | - Northern Region | | |

| Name | Yr | School | Prelim Time | Finals Time | Points |
|------------------------|----|------------------------------|-------------|-------------|--------|
| A - Final | | | | | |
| 1 Zhou, Michael | | SR Langley High School | 49.74 | 49.94 C | 20 |
| 24.30 | | 49.94 (25.64) | | | |
| 2 Rodriguez, Isaac | | SR Oakton High School | 51.37 | 50.60 S | 17 |
| 24.44 | | 50.60 (26.16) | | | |
| 3 Edwards, Mark | | JR Oakton High School | 51.32 | 50.81 S | 16 |
| 24.43 | | 50.81 (26.38) | | | |
| 4 Parkhomenko, Cameron | | JR McLean High School | 51.50 | 51.08 S | 15 |
| 24.66 | | 51.08 (26.42) | | | |
| 5 Williams, Henry | | JR McLean High School | 52.05 | 51.75 S | 14 |
| 25.21 | | 51.75 (26.54) | | | |
| 6 Xin, Jason | | SR Chantilly Chargers | 51.89 | 51.87 S | 13 |
| 25.07 | | 51.87 (26.80) | | | |
| 7 Kuang, Aaron | | FR Langley High School | 52.41 | 52.36 S | 12 |
| 25.19 | | 52.36 (27.17) | | | |
| 8 Zenyuh, Quinn | | SO Westfield High School | 52.35 | 52.44 S | 11 |
| 25.42 | | 52.44 (27.02) | | | |
| B - Final | | | | | |
| 9 Chen, Eric | | FR James Madison High School | 53.80 | 53.14 R | 9 |
| 25.84 | | 53.14 (27.30) | | | |
| 10 Pedicano, Nick | | SR Yorktown High School | 53.68 | 53.19 R | 7 |
| 25.88 | | 53.19 (27.31) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

B - Final ... (Event 19 Boys 100 Yard Backstroke)

| Name | Yr | School | Prelim Time | Finals Time | Points |
|-----------------------|---------------|-----------------------|-------------|-------------|--------|
| 11 Flickinger, Ryan | SR | Langley High School | 53.72 | 53.34 R | 6 |
| 25.66 | 53.34 (27.68) | | | | |
| 12 Budharaju, Pranav | SR | McLean High School | 54.34 | 53.39 R | 5 |
| 25.79 | 53.39 (27.60) | | | | |
| 13 McDonough, Desmond | SO | Westfield High School | 55.28 | 54.21 R | 4 |
| 25.88 | 54.21 (28.33) | | | | |
| 14 Bertin, Benjamin | FR | Langley High School | 54.39 | 54.37 R | 3 |
| 25.35 | 54.37 (29.02) | | | | |
| 15 Lopez, Lucas | SR | Wakefield High School | 55.81 | 54.78 R | 2 |
| 26.45 | 54.78 (28.33) | | | | |
| 16 Abel, Lucas | JR | Chantilly Chargers | 55.37 | 55.31 | 1 |
| 26.65 | 55.31 (28.66) | | | | |

Event 19 Boys 100 Yard Backstroke

| | | | | | |
|---------------|-------|----------------------|-----------|---------------|------------|
| 6A North Reg: | 46.63 | \$ | 2/1/2019 | Anthony Grimm | OAKT -PV |
| All Time VA: | 46.48 | V | 2/2024 | Kyle Peck | Chancellor |
| Nat Public: | 45.08 | N | 2/24/2023 | Will Modglin | Zion HS |
| | 48.90 | A - All America Auto | | | |
| | 50.07 | C - All America Cons | | | |
| | 52.78 | S - 6A State | | | |
| | 55.09 | R - Northern Region | | | |

| Name | Yr | School | Seed Time | Prelim Time |
|------------------------|---------------|---------------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Zhou, Michael | SR | Langley High School | 49.81 | 49.74 C |
| 24.37 | 49.74 (25.37) | | | |
| 2 Edwards, Mark | JR | Oakton High School | 53.20 | 51.32 S |
| 24.84 | 51.32 (26.48) | | | |
| 3 Rodriguez, Isaac | SR | Oakton High School | 50.82 | 51.37 S |
| 24.85 | 51.37 (26.52) | | | |
| 4 Parkhomenko, Cameron | JR | McLean High School | 51.62 | 51.50 S |
| 24.83 | 51.50 (26.67) | | | |
| 5 Xin, Jason | SR | Chantilly Chargers | 51.86 | 51.89 S |
| 25.10 | 51.89 (26.79) | | | |
| 6 Williams, Henry | JR | McLean High School | 52.15 | 52.05 S |
| 25.27 | 52.05 (26.78) | | | |
| 7 Zenyuh, Quinn | SO | Westfield High School | 52.86 | 52.35 S |
| 25.66 | 52.35 (26.69) | | | |
| 8 Kuang, Aaron | FR | Langley High School | 53.05 | 52.41 S |
| 25.67 | 52.41 (26.74) | | | |
| 9 Pedicano, Nick | SR | Yorktown High School | 53.80 | 53.68 R |
| 25.81 | 53.68 (27.87) | | | |
| 10 Flickinger, Ryan | SR | Langley High School | 54.15 | 53.72 R |
| 25.65 | 53.72 (28.07) | | | |
| 11 Chen, Eric | FR | James Madison High School | 54.55 | 53.80 R |
| 26.34 | 53.80 (27.46) | | | |
| 12 Budharaju, Pranav | SR | McLean High School | 55.21 | 54.34 R |
| 26.35 | 54.34 (27.99) | | | |
| 13 Bertin, Benjamin | FR | Langley High School | 54.10 | 54.39 R |
| 26.13 | 54.39 (28.26) | | | |
| 14 McDonough, Desmond | SO | Westfield High School | 54.73 | 55.28 |
| 26.57 | 55.28 (28.71) | | | |
| 15 Abel, Lucas | JR | Chantilly Chargers | 55.22 | 55.37 |
| 26.99 | 55.37 (28.38) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Name | Yr | School | Seed Time | Prelim Time |
|-----------------------|----|-------------------------|-----------|-------------|
| 16 Lopez, Lucas | SR | Wakefield High School | 55.26 | 55.81 |
| 26.64 | | 55.81 (29.17) | | |
| 17 Kang, Ian | SR | Oakton High School | 57.70 | 56.46 |
| 27.23 | | 56.46 (29.23) | | |
| 18 Frantz, Landon | SR | McLean High School | 56.83 | 56.89 |
| 27.57 | | 56.89 (29.32) | | |
| 19 van de Graaf, Tony | JR | Centreville High School | 56.44 | 56.93 |
| 27.52 | | 56.93 (29.41) | | |
| 20 Hejmo, Alexandros | SR | South Lakes High School | 59.13 | 58.99 |
| 28.48 | | 58.99 (30.51) | | |
| 21 Tonthat, Nathan | SO | Westfield High School | 58.40 | 59.66 |
| 28.30 | | 59.66 (31.36) | | |

Event 20 Girls 100 Yard Backstroke

| | | | | | |
|---------------|---------|----|----------------------|----------------|---------------|
| 6A North Reg: | 52.35 | \$ | 2/8/2014 | Janet Hu | Oakton |
| All Time VA: | 52.27 | V | 2/16/2013 | Janet Hu | Oakton |
| Nat Public: | 51.43 | N | 11/17/2012 | Olivia Smoliga | Glenbrook, IL |
| | 54.71 | A | A - All America Auto | | |
| | 55.91 | C | C - All America Cons | | |
| | 58.44 | S | S - 6A State | | |
| | 1:00.59 | R | R - Northern Region | | |

| Name | Yr | School | Prelim Time | Finals Time | Points |
|-------------------------|----|--------------------------------|-------------|-------------|--------|
| A - Final | | | | | |
| 1 Cory, McKenzie | SO | Yorktown High School | 54.19 | 53.98 | A 20 |
| 26.06 | | 53.98 (27.92) | | | |
| 2 Kass, Morgan | SR | South Lakes High School | 58.12 | 58.48 | R 17 |
| 28.77 | | 58.48 (29.71) | | | |
| 3 Bui, Emma | SO | McLean High School | 59.31 | 58.56 | R 16 |
| 28.63 | | 58.56 (29.93) | | | |
| 4 Thrash, Alexa | JR | Oakton High School | 1:00.39 | 59.10 | R 15 |
| 28.52 | | 59.10 (30.58) | | | |
| 5 Roshelli, Avery | FR | Oakton High School | 59.18 | 59.74 | R 14 |
| 28.48 | | 59.74 (31.26) | | | |
| 6 English, Ella | JR | McLean High School | 1:01.03 | 1:00.06 | R 13 |
| 28.76 | | 1:00.06 (31.30) | | | |
| 7 Samsot, Alex | SO | James Madison High School | 1:01.13 | 1:00.64 | 12 |
| 29.09 | | 1:00.64 (31.55) | | | |
| 8 Edwards, Sophia | FR | Oakton High School | 1:01.21 | 1:01.39 | 11 |
| B - Final | | | | | |
| 9 O'Hearn, Penelope | SR | George C. Marshall High School | 1:01.27 | 1:00.36 | R 9 |
| 29.34 | | 1:00.36 (31.02) | | | |
| 10 Woodworth, Taylor | SR | Washington-Liberty High School | 1:01.91 | 1:01.66 | 7 |
| 29.77 | | 1:01.66 (31.89) | | | |
| 11 Hispiche, Claire | JR | Centreville High School | 1:02.50 | 1:01.92 | 6 |
| 29.93 | | 1:01.92 (31.99) | | | |
| 12 Li, Miley | JR | Westfield High School | 1:02.17 | 1:01.98 | 5 |
| 30.43 | | 1:01.98 (31.55) | | | |
| 13 Vayra, Emilia | FR | McLean High School | 1:02.25 | 1:02.00 | 4 |
| 14 Pilot, Elizabeth | JR | Yorktown High School | 1:02.31 | 1:02.18 | 3 |
| 29.46 | | 1:02.18 (32.72) | | | |
| 15 Holmquist, Charlotte | JR | South Lakes High School | 1:02.15 | 1:02.64 | 2 |
| 29.80 | | 1:02.64 (32.84) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

B - Final ... (Event 20 Girls 100 Yard Backstroke)

| Name | Yr | School | Prelim Time | Finals Time | Points |
|--------------|-------|--------------------|-------------|-------------|--------|
| 16 Chow, Ady | JR | Oakton High School | 1:01.93 | 1:03.79 | 1 |
| | 30.94 | 1:03.79 (32.85) | | | |

Event 20 Girls 100 Yard Backstroke

| | | | | | |
|----------------------|---------|----|----------------------|----------------|---------------|
| 6A North Reg: | 52.35 | \$ | 2/8/2014 | Janet Hu | Oakton |
| All Time VA: | 52.27 | V | 2/16/2013 | Janet Hu | Oakton |
| Nat Public: | 51.43 | N | 11/17/2012 | Olivia Smoliga | Glenbrook, IL |
| | 54.71 | A | A - All America Auto | | |
| | 55.91 | C | C - All America Cons | | |
| | 58.44 | S | S - 6A State | | |
| | 1:00.59 | R | R - Northern Region | | |

| Name | Yr | School | Seed Time | Prelim Time | |
|-------------------------|-------|--------------------------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 Cory, McKenzie | SO | Yorktown High School | 54.00 | 54.19 | A |
| | 26.11 | 54.19 (28.08) | | | |
| 2 Kass, Morgan | SR | South Lakes High School | 58.64 | 58.12 | S |
| | 28.07 | 58.12 (30.05) | | | |
| 3 Roshelli, Avery | FR | Oakton High School | 1:02.48 | 59.18 | R |
| | 28.91 | 59.18 (30.27) | | | |
| 4 Bui, Emma | SO | McLean High School | 58.31 | 59.31 | R |
| | 29.12 | 59.31 (30.19) | | | |
| 5 Thrash, Alexa | JR | Oakton High School | 59.64 | 1:00.39 | R |
| | 29.09 | 1:00.39 (31.30) | | | |
| 6 English, Ella | JR | McLean High School | 1:01.62 | 1:01.03 | |
| | 29.04 | 1:01.03 (31.99) | | | |
| 7 Samsot, Alex | SO | James Madison High School | 1:01.58 | 1:01.13 | |
| | 29.23 | 1:01.13 (31.90) | | | |
| 8 Edwards, Sophia | FR | Oakton High School | 1:02.36 | 1:01.21 | |
| | 29.53 | 1:01.21 (31.68) | | | |
| 9 O'Hearn, Penelope | SR | George C. Marshall High School | 1:00.64 | 1:01.27 | |
| | 29.62 | 1:01.27 (31.65) | | | |
| 10 Woodworth, Taylor | SR | Washington-Liberty High School | 1:01.27 | 1:01.91 | |
| | 29.93 | 1:01.91 (31.98) | | | |
| 11 Chow, Ady | JR | Oakton High School | 1:02.50 | 1:01.93 | |
| | 30.11 | 1:01.93 (31.82) | | | |
| 12 Holmquist, Charlotte | JR | South Lakes High School | 1:01.95 | 1:02.15 | |
| | 29.53 | 1:02.15 (32.62) | | | |
| 13 Li, Miley | JR | Westfield High School | 1:03.09 | 1:02.17 | |
| | 30.63 | 1:02.17 (31.54) | | | |
| 14 Vayra, Emilia | FR | McLean High School | 1:02.31 | 1:02.25 | |
| | 29.94 | 1:02.25 (32.31) | | | |
| 15 Pilot, Elizabeth | JR | Yorktown High School | 1:02.01 | 1:02.31 | |
| | 29.72 | 1:02.31 (32.59) | | | |
| 16 Hispiche, Claire | JR | Centreville High School | 1:02.79 | 1:02.50 | |
| | 30.37 | 1:02.50 (32.13) | | | |
| 17 Dinh, Lam | JR | Langley High School | 1:02.80 | 1:03.24 | |
| | 30.45 | 1:03.24 (32.79) | | | |
| 18 Lammers, Sarah | JR | South Lakes High School | 1:03.47 | 1:03.59 | |
| | 29.78 | 1:03.59 (33.81) | | | |
| 19 Bristow, Alex | FR | Yorktown High School | 1:01.80 | 1:03.90 | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 21 Boys 100 Yard Breaststroke

6A North Reg: 55.85 \$ 2/14/2025 Kyle Li CHNT
 All Time VA: 53.84 V 2/24/2021 Anthony Grimm OAKT -PV
 Nat Public: 51.62 N 2/16/2018 Max McHugh Sturgeon Bay WI
 55.04 A - All America Auto
 56.27 C - All America Cons
 58.95 S - 6A State
 1:01.29 R - Northern Region

| Name | Yr | School | Prelim Time | Finals Time | Points |
|----------------------|----|--------------------------------|-------------|-------------|--------|
| A - Final | | | | | |
| 1 Li, Kyle | SR | Chantilly Chargers | 54.41 | 54.09\$ A | 20 |
| 25.39 | | 54.09 (28.70) | | | |
| 2 White, Ken | SR | South Lakes High School | 55.35 | 55.29\$ C | 17 |
| 26.25 | | 55.29 (29.04) | | | |
| 3 Garvin, Parris | SR | Langley High School | 56.16 | 55.41\$ C | 16 |
| 25.68 | | 55.41 (29.73) | | | |
| 4 Robinson, Mitchell | JR | Yorktown High School | 56.75 | 56.25 C | 15 |
| 26.30 | | 56.25 (29.95) | | | |
| 5 Kuhn, Cameron | SR | Langley High School | 57.94 | 57.57 S | 14 |
| 27.04 | | 57.57 (30.53) | | | |
| 6 Andrews, Caleb | JR | Westfield High School | 58.82 | 58.25 S | 13 |
| 27.50 | | 58.25 (30.75) | | | |
| 7 Kambhampaty, Kedar | SR | Washington-Liberty High School | 57.62 | 58.36 S | 12 |
| 27.59 | | 58.36 (30.77) | | | |
| 8 Haggard, Bruno | SR | McLean High School | 57.36 | 59.32 R | 11 |
| 27.01 | | 59.32 (32.31) | | | |
| B - Final | | | | | |
| 9 Speer, Eric | JR | Herndon Hornets | 59.03 | 58.22 S | 9 |
| 27.28 | | 58.22 (30.94) | | | |
| 10 Ramos, Diego | JR | Washington-Liberty High School | 59.77 | 58.97 R | 7 |
| 27.88 | | 58.97 (31.09) | | | |
| 11 Young, Marcus | JR | Langley High School | 1:00.85 | 59.79 R | 6 |
| 27.65 | | 59.79 (32.14) | | | |
| 12 Ha, Everett | SR | Oakton High School | 1:00.97 | 1:00.87 R | 5 |
| 28.44 | | 1:00.87 (32.43) | | | |
| 13 Lan, Forest | SO | Chantilly Chargers | 1:01.94 | 1:01.15 R | 4 |
| 28.67 | | 1:01.15 (32.48) | | | |
| 14 Manning, Jason | JR | Oakton High School | 1:01.98 | 1:01.34 | 3 |
| 28.85 | | 1:01.34 (32.49) | | | |
| 15 Li, Andy | JR | Langley High School | 1:01.96 | 1:01.52 | 2 |
| 28.86 | | 1:01.52 (32.66) | | | |
| 16 Wu, Andy | SO | McLean High School | 1:02.28 | 1:02.07 | 1 |
| 29.20 | | 1:02.07 (32.87) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 21 Boys 100 Yard Breaststroke

6A North Reg: 55.85 \$ 2/14/2025 Kyle Li CHNT
 All Time VA: 53.84 V 2/24/2021 Anthony Grimm OAKT -PV
 Nat Public: 51.62 N 2/16/2018 Max McHugh Sturgeon Bay WI
 55.04 A - All America Auto
 56.27 C - All America Cons
 58.95 S - 6A State
 1:01.29 R - Northern Region

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|----|--------------------------------|-----------|-------------|------|
| Preliminaries | | | | | |
| 1 Li, Kyle | SR | Chantilly Chargers | 54.88 | 54.41 | \$ A |
| 25.65 | | 54.41 (28.76) | | | |
| 2 White, Ken | SR | South Lakes High School | 58.50 | 55.35 | \$ C |
| 26.23 | | 55.35 (29.12) | | | |
| 3 Garvin, Parris | SR | Langley High School | 56.25 | 56.16 | C |
| 26.72 | | 56.16 (29.44) | | | |
| 4 Robinson, Mitchell | JR | Yorktown High School | 57.67 | 56.75 | S |
| 26.95 | | 56.75 (29.80) | | | |
| 5 Haggard, Bruno | SR | McLean High School | 58.98 | 57.36 | S |
| 6 Kambhampaty, Kedar | SR | Washington-Liberty High School | 58.58 | 57.62 | S |
| 26.96 | | 57.62 (30.66) | | | |
| 7 Kuhn, Cameron | SR | Langley High School | 58.78 | 57.94 | S |
| 26.66 | | 57.94 (31.28) | | | |
| 8 Andrews, Caleb | JR | Westfield High School | 59.92 | 58.82 | S |
| 27.89 | | 58.82 (30.93) | | | |
| 9 Speer, Eric | JR | Herndon Hornets | 57.87 | 59.03 | R |
| 28.00 | | 59.03 (31.03) | | | |
| 10 Ramos, Diego | JR | Washington-Liberty High School | 1:00.26 | 59.77 | R |
| 28.16 | | 59.77 (31.61) | | | |
| 11 Young, Marcus | JR | Langley High School | 1:00.95 | 1:00.85 | R |
| 28.27 | | 1:00.85 (32.58) | | | |
| 12 Ha, Everett | SR | Oakton High School | 1:02.63 | 1:00.97 | R |
| 28.49 | | 1:00.97 (32.48) | | | |
| 13 Lan, Forest | SO | Chantilly Chargers | 1:02.27 | 1:01.94 | |
| 29.17 | | 1:01.94 (32.77) | | | |
| 14 Li, Andy | JR | Langley High School | 1:01.21 | 1:01.96 | |
| 28.75 | | 1:01.96 (33.21) | | | |
| 15 Manning, Jason | JR | Oakton High School | 1:01.67 | 1:01.98 | |
| 28.76 | | 1:01.98 (33.22) | | | |
| 16 Wu, Andy | SO | McLean High School | 1:02.99 | 1:02.28 | |
| 29.35 | | 1:02.28 (32.93) | | | |
| 17 Wong, Isaiah | SO | Chantilly Chargers | 1:01.90 | 1:02.33 | |
| 28.87 | | 1:02.33 (33.46) | | | |
| 18 Wang, Kenny | JR | Westfield High School | 1:03.34 | 1:02.44 | |
| 29.07 | | 1:02.44 (33.37) | | | |
| 19 Perlish, Jack | JR | McLean High School | 1:01.66 | 1:02.48 | |
| 29.24 | | 1:02.48 (33.24) | | | |
| 20 Hayden, James | JR | Oakton High School | 1:02.10 | 1:02.69 | |
| 29.07 | | 1:02.69 (33.62) | | | |
| 21 Cobb, Owen | SR | James Madison High School | 1:02.95 | 1:03.15 | |
| 29.11 | | 1:03.15 (34.04) | | | |
| 22 Newell, Brady | SO | Oakton High School | 1:02.67 | 1:03.33 | |
| 29.47 | | 1:03.33 (33.86) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 22 Girls 100 Yard Breaststroke

6A North Reg: 59.83 \$ 2/1/2019 Anna Keating JMAD
 All Time VA: 59.65 V 1/26/2019 Anna Keating JMAD
 Nat Public: 58.35 N 2/22/2020 Kaitlyn Dobler Beaverton, OR
 1:02.52 A - All America Auto
 1:03.75 C - All America Cons
 1:06.19 S - 6A State
 1:09.59 R - Northern Region

| Name | Yr | School | Prelim Time | Finals Time | Points |
|--------------------|----|--------------------------------|-------------|-------------|--------|
| A - Final | | | | | |
| 1 Roth, Laura | FR | Oakton High School | 1:05.95 | 1:05.59 S | 20 |
| 31.14 | | 1:05.59 (34.45) | | | |
| 2 Corderman, Devon | SR | Oakton High School | 1:05.84 | 1:05.64 S | 17 |
| 30.52 | | 1:05.64 (35.12) | | | |
| 3 Goff, Caitlin | SR | Centreville High School | 1:06.89 | 1:05.82 S | 16 |
| 31.29 | | 1:05.82 (34.53) | | | |
| 4 Taylor, Sasha | SR | Washington-Liberty High School | 1:08.62 | 1:07.55 R | 15 |
| 31.34 | | 1:07.55 (36.21) | | | |
| 5 Dent, Gillian | SO | Washington-Liberty High School | 1:09.99 | 1:08.59 R | 14 |
| 32.77 | | 1:08.59 (35.82) | | | |
| 6 Haynes, Emory | SR | Yorktown High School | 1:09.48 | 1:08.72 R | 13 |
| 31.99 | | 1:08.72 (36.73) | | | |
| 7 Nagle, Audrey | SR | Centreville High School | 1:09.86 | 1:08.88 R | 12 |
| 31.98 | | 1:08.88 (36.90) | | | |
| 8 Johnson, Abi | SO | Herndon Hornets | 1:09.45 | 1:09.19 R | 11 |
| 32.39 | | 1:09.19 (36.80) | | | |
| B - Final | | | | | |
| 9 Lahr, Leah | SO | Chantilly Chargers | 1:10.16 | 1:09.66 | 9 |
| 33.02 | | 1:09.66 (36.64) | | | |
| 10 Wagner, Amanda | SR | South Lakes High School | 1:10.46 | 1:10.36 | 7 |
| 32.59 | | 1:10.36 (37.77) | | | |
| 11 Campbell, Mary | SR | Westfield High School | 1:11.45 | 1:11.05 | 6 |
| 33.11 | | 1:11.05 (37.94) | | | |
| 12 Young, Jessica | FR | Langley High School | 1:11.24 | 1:11.41 | 5 |
| 33.48 | | 1:11.41 (37.93) | | | |
| 13 Kelliher, Anna | SR | Westfield High School | 1:11.36 | 1:11.60 | 4 |
| 33.67 | | 1:11.60 (37.93) | | | |
| 14 In, Emily | JR | Centreville High School | 1:10.21 | 1:12.49 | 3 |
| 15 Zheng, Kayla | FR | Oakton High School | 1:11.73 | 1:12.96 | 2 |
| 34.19 | | 1:12.96 (38.77) | | | |
| --- Ramsey, Dani | SR | Herndon Hornets | 1:10.75 | DQ | |
| 33.60 | | DQ (37.24) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 22 Girls 100 Yard Breaststroke

6A North Reg: 59.83 \$ 2/1/2019 Anna Keating JMAD
 All Time VA: 59.65 V 1/26/2019 Anna Keating JMAD
 Nat Public: 58.35 N 2/22/2020 Kaitlyn Dobler Beaverton, OR
 1:02.52 A - All America Auto
 1:03.75 C - All America Cons
 1:06.19 S - 6A State
 1:09.59 R - Northern Region

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|-------|--------------------------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 Corderman, Devon | SR | Oakton High School | 1:07.17 | 1:05.84 | S |
| | 31.11 | 1:05.84 (34.73) | | | |
| 2 Roth, Laura | FR | Oakton High School | 1:06.17 | 1:05.95 | S |
| | 31.76 | 1:05.95 (34.19) | | | |
| 3 Goff, Caitlin | SR | Centreville High School | 1:06.60 | 1:06.89 | R |
| 4 Taylor, Sasha | SR | Washington-Liberty High School | 1:08.52 | 1:08.62 | R |
| | 32.55 | 1:08.62 (36.07) | | | |
| 5 Johnson, Abi | SO | Herndon Hornets | 1:08.99 | 1:09.45 | R |
| | 32.79 | 1:09.45 (36.66) | | | |
| 6 Haynes, Emory | SR | Yorktown High School | 1:09.51 | 1:09.48 | R |
| | 32.20 | 1:09.48 (37.28) | | | |
| 7 Nagle, Audrey | SR | Centreville High School | 1:08.43 | 1:09.86 | |
| | 32.45 | 1:09.86 (37.41) | | | |
| 8 Dent, Gillian | SO | Washington-Liberty High School | 1:10.98 | 1:09.99 | |
| | 33.13 | 1:09.99 (36.86) | | | |
| 9 Lahr, Leah | SO | Chantilly Chargers | 1:09.32 | 1:10.16 | |
| | 32.55 | 1:10.16 (37.61) | | | |
| 10 In, Emily | JR | Centreville High School | 1:10.80 | 1:10.21 | |
| | 32.99 | 1:10.21 (37.22) | | | |
| 11 Wagner, Amanda | SR | South Lakes High School | 1:10.21 | 1:10.46 | |
| | 32.77 | 1:10.46 (37.69) | | | |
| 12 Ramsey, Dani | SR | Herndon Hornets | 1:11.62 | 1:10.75 | |
| | 33.15 | 1:10.75 (37.60) | | | |
| 13 Young, Jessica | FR | Langley High School | 1:10.80 | 1:11.24 | |
| | 33.41 | 1:11.24 (37.83) | | | |
| 14 Kelliher, Anna | SR | Westfield High School | 1:11.38 | 1:11.36 | |
| | 33.34 | 1:11.36 (38.02) | | | |
| 15 Campbell, Mary | SR | Westfield High School | 1:12.93 | 1:11.45 | |
| | 34.19 | 1:11.45 (37.26) | | | |
| 16 Giglio, Chloe | JR | McLean High School | 1:11.18 | 1:11.53 | |
| | 33.99 | 1:11.53 (37.54) | | | |
| 17 Zheng, Kayla | FR | Oakton High School | 1:10.91 | 1:11.73 | |
| | 33.01 | 1:11.73 (38.72) | | | |
| 18 Vanegas, Isabelle | SR | McLean High School | 1:12.76 | 1:13.32 | |
| | 34.34 | 1:13.32 (38.98) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

Event 23 Boys 400 Yard Freestyle Relay

| | | | | | |
|----------------------|----------------|-----------|---------------------------|--|--------------|
| 6A North Reg: | 3:04.68 | \$ | 2/6/2016 | Robinson Secondary School | Robin |
| All Time VA: | 3:03.81 | V | 2023 | J Murphy, P Brukx, T Jones, J Jones | Jeffe |
| Nat Public: | 2:53.81 | N | 3/15/2018 | Jefferson Forest | Grana |
| | 3:04.70 | A | - All America Auto | Mills, Wildzisz, Schonfelder, Whitfield | |
| | 3:07.61 | C | - All America Cons | | |
| | 3:15.26 | S | - 6A State | | |
| | 3:30.19 | R | - Northern Region | | |

| Team | Relay | Prelim Time | Finals Time | Points |
|------------------|--------------------------------|--------------------------|-------------------------|----------------------------|
| A - Final | | | | |
| 1 | Langley High School | 3:09.34 | 3:06.35 C | 40 |
| | 1) Thompson, Max SO | 2) Sanchez, Luca JR | 3) Garvin, Parris SR | 4) Zhou, Michael SR |
| | 22.21 | 46.63 (46.63) | 1:09.42 (22.79) | 1:34.28 (47.65) |
| | 1:56.74 (22.46) | 2:20.80 (46.52) | 2:42.48 (21.68) | 3:06.35 (45.55) |
| 2 | Oakton High School | 3:13.09 | 3:07.87 S | 34 |
| | 1) Li, Andrew JR | 2) Garver, Andrew JR | 3) Edwards, Mark JR | 4) Rodriguez, Isaac SR |
| | 22.72 | 46.93 (46.93) | 1:09.11 (22.18) | 1:34.26 (47.33) |
| | 1:56.60 (22.34) | 2:21.36 (47.10) | 2:43.75 (22.39) | 3:07.87 (46.51) |
| 3 | Chantilly Chargers | 3:14.01 | 3:08.21 S | 32 |
| | 1) Aly, Adam-Moheb SR | 2) Sharabi, Noah JR | 3) Matyas, Ben JR | 4) Li, Yaron SR |
| | 23.08 | 48.72 (48.72) | 1:12.01 (23.29) | 1:37.56 (48.84) |
| | 2:00.05 (22.49) | 2:24.99 (47.43) | 2:45.02 (20.03) | 3:08.21 (43.22) |
| 4 | Yorktown High School | 3:12.45 | 3:10.83 S | 30 |
| | 1) Maher, Manu FR | 2) Owen, Jacob SR | 3) Kohno, Sean JR | 4) Robinson, Mitchell JR |
| | 22.58 | 46.77 (46.77) | 1:09.71 (22.94) | 1:35.31 (48.54) |
| | 1:58.21 (22.90) | 2:23.81 (48.50) | 2:46.10 (22.29) | 3:10.83 (47.02) |
| 5 | McLean High School | 3:14.86 | 3:11.61 S | 28 |
| | 1) Findlay, Patrick SR | 2) Wang, Allen JR | 3) Williams, Henry JR | 4) Parkhomenko, Cameron JR |
| | 23.12 | 48.38 (48.38) | 1:10.94 (22.56) | 1:35.43 (47.05) |
| | 1:58.50 (23.07) | 2:23.79 (48.36) | 2:46.70 (22.91) | 3:11.61 (47.82) |
| 6 | James Madison High School | 3:16.75 | 3:13.81 S | 26 |
| | 1) Bechtle, JJ SO | 2) Wilson, Griffin SO | 3) Guthrie, Hunter SR | 4) Zhou, Oscar SR |
| | 23.19 | 48.54 (48.54) | 1:11.75 (23.21) | 1:37.90 (49.36) |
| | 2:00.74 (22.84) | 2:26.42 (48.52) | 2:49.35 (22.93) | 3:13.81 (47.39) |
| 7 | Herndon Hornets | 3:23.54 | 3:17.97 R | 24 |
| | 1) Ho, CJ SR | 2) King, Daniel SO | 3) Baez, Rafael SR | 4) Speer, Eric JR |
| | 23.41 | 48.32 (48.32) | 1:11.92 (23.60) | 1:38.17 (49.85) |
| | 2:02.33 (24.16) | 2:29.35 (51.18) | 2:52.08 (22.73) | 3:17.97 (48.62) |
| 8 | Westfield High School | 3:22.54 | 3:19.98 R | 22 |
| | 1) Andrews, Caleb JR | 2) McDonough, Desmond SO | 3) McDonough, Brock SO | 4) Zenyuh, Quinn SO |
| | 23.62 | 49.04 (49.04) | 1:12.66 (23.62) | 1:39.91 (50.87) |
| | 2:03.87 (23.96) | 2:30.89 (50.98) | 2:54.35 (23.46) | 3:19.98 (49.09) |
| B - Final | | | | |
| 9 | George C. Marshall High School | 3:25.88 | 3:21.27 R | 18 |
| | 1) Berry, Gavin JR | 2) Moore, Collin JR | 3) Holguin, Sinclair SO | 4) Sanderson, Emmett JR |
| | 24.10 | 50.37 (50.37) | 1:13.89 (23.52) | 1:40.78 (50.41) |
| | 2:04.72 (23.94) | 2:31.44 (50.66) | 3:21.27 (49.83) | |
| 10 | South Lakes High School | 3:27.93 | 3:25.85 R | 14 |
| | 1) Kauffman, Matthew SR | 2) Gibson, Charles JR | 3) Pierce, Matthew SO | 4) Pierce, Andrew JR |
| | 23.98 | 50.29 (50.29) | 1:14.33 (24.04) | 1:41.12 (50.83) |
| | 2:05.36 (24.24) | 2:34.03 (52.91) | 2:57.74 (23.71) | 3:25.85 (51.82) |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Team | Relay | | | Prelim Time | Finals Time | Points |
|-----------------------------------|-----------------------------|---------------------------|----------------------|-------------|-------------|--------|
| 11 Washington-Liberty High School | | | | 3:30.10 | 3:28.87 R | 12 |
| 1) Langsdale, Griffin JR | 2) Rubin, Erik SO | 3) Benchoff, Alexander SO | 4) Huggler, Peter JR | | | |
| 24.17 | 50.02 (50.02) | 1:15.33 (25.31) | 1:43.28 (53.26) | | | |
| 2:08.45 (25.17) | 2:37.25 (53.97) | 3:01.72 (24.47) | 3:28.87 (51.62) | | | |
| 12 Centreville High School | | | | 3:33.41 | 3:30.36 | 10 |
| 1) Anderson, James SR | 2) Diewtragulchai, Prawe SO | 3) van de Graaf, Tony JR | 4) Sim, James SO | | | |
| 24.02 | 50.48 (50.48) | 1:16.98 (26.50) | 1:46.30 (55.82) | | | |
| 2:10.80 (24.50) | 2:38.62 (52.32) | 3:03.31 (24.69) | 3:30.36 (51.74) | | | |
| 13 Wakefield High School | | | | 4:09.04 | 3:49.72 | 8 |
| 1) Lopez, Lucas SR | 2) Rodriguez, Nicholas JR | 3) Biggs, Benjamin JR | 4) Wright, Miles JR | | | |
| 25.82 | 54.33 (54.33) | 1:21.68 (27.35) | 1:52.61 (58.28) | | | |
| | 2:53.18 (1:00.57) | 3:19.53 (26.35) | 3:49.72 (56.54) | | | |

Event 23 Boys 400 Yard Freestyle Relay

| | | | | | |
|---------------|---------|----|------------------|---|-------|
| 6A North Reg: | 3:04.68 | \$ | 2/6/2016 | Robinson Secondary School | Robin |
| | | | | J Murphy, P Brukx, T Jones, J Jones | |
| All Time VA: | 3:03.81 | V | 2023 | Jefferson Forest | Jeffe |
| | | | | Mills, Wildzisz, Schonfelder, Whitfield | |
| Nat Public: | 2:53.81 | N | 3/15/2018 | N. Allegheny HS, PA | Grana |
| | 3:04.70 | A | All America Auto | | |
| | 3:07.61 | C | All America Cons | | |
| | 3:15.26 | S | 6A State | | |
| | 3:30.19 | R | Northern Region | | |

| Team | Relay | | | Seed Time | Prelim Time |
|-----------------------------|--------------------------|----------------------------|------------------------|-----------|-------------|
| Preliminaries | | | | | |
| 1 Langley High School | | | | 3:06.53 | 3:09.34 S |
| 1) Thompson, Max SO | 2) Sanchez, Luca JR | 3) Garvin, Parris SR | 4) Zhou, Michael SR | | |
| 22.58 | 47.03 (47.03) | 1:09.80 (22.77) | 1:34.90 (47.87) | | |
| 1:58.03 (23.13) | 2:23.72 (48.82) | 2:45.40 (21.68) | 3:09.34 (45.62) | | |
| 2 Yorktown High School | | | | 3:16.63 | 3:12.45 S |
| 1) Owen, Jacob SR | 2) Kohno, Sean JR | 3) Robinson, Mitchell JR | 4) Maher, Manu FR | | |
| 23.51 | 49.29 (49.29) | 1:12.63 (23.34) | 1:38.67 (49.38) | | |
| 2:01.06 (22.39) | 2:26.03 (47.36) | 2:48.15 (22.12) | 3:12.45 (46.42) | | |
| 3 Oakton High School | | | | 3:11.77 | 3:13.09 S |
| 1) Li, Andrew JR | 2) Garver, Andrew JR | 3) Edwards, Mark JR | 4) Rodriguez, Isaac SR | | |
| 22.90 | 47.37 (47.37) | 1:09.86 (22.49) | 1:36.01 (48.64) | | |
| 1:59.28 (23.27) | 2:24.58 (48.57) | 2:47.84 (23.26) | 3:13.09 (48.51) | | |
| 4 Chantilly Chargers | | | | 3:09.44 | 3:14.01 S |
| 1) Aly, Adam-Moheb SR | 2) Gardner, Adam JR | 3) Sharabi, Noah JR | 4) Li, Yaron SR | | |
| 23.58 | 49.64 (49.64) | 1:12.61 (22.97) | 1:38.55 (48.91) | | |
| 2:02.19 (23.64) | 2:28.19 (49.64) | 2:50.19 (22.00) | 3:14.01 (45.82) | | |
| 5 McLean High School | | | | 3:14.56 | 3:14.86 S |
| 1) Dilber, Sarp JR | 2) Findlay, Patrick SR | 3) Parkhomenko, Cameron JR | 4) Williams, Henry JR | | |
| 24.40 | 50.12 (50.12) | 1:12.74 (22.62) | 1:38.35 (48.23) | | |
| 2:01.36 (23.01) | 2:26.33 (47.98) | 2:49.61 (23.28) | 3:14.86 (48.53) | | |
| 6 James Madison High School | | | | 3:18.81 | 3:16.75 R |
| 1) Bechtle, JJ SO | 2) Wilson, Griffin SO | 3) Guthrie, Hunter SR | 4) Zhou, Oscar SR | | |
| 23.87 | 49.72 (49.72) | 1:13.79 (24.07) | 1:40.06 (50.34) | | |
| 2:03.30 (23.24) | 2:29.06 (49.00) | 2:52.09 (23.03) | 3:16.75 (47.69) | | |
| 7 Westfield High School | | | | 3:13.95 | 3:22.54 R |
| 1) Andrews, Caleb JR | 2) McDonough, Desmond SO | 3) McDonough, Brock SO | 4) Zenyuh, Quinn SO | | |
| 23.39 | 48.92 (48.92) | 1:13.05 (24.13) | 1:40.57 (51.65) | | |
| 2:05.27 (24.70) | 2:32.82 (52.25) | 2:56.57 (23.75) | 3:22.54 (49.72) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Team | Relay | | | Seed Time | Prelim Time |
|-----------------------------------|-----------------------------|---------------------------|--------------------------|-----------|-------------|
| 8 Herndon Hornets | | | | 3:19.04 | 3:23.54 R |
| 1) Ho, CJ SR | 2) King, Daniel SO | 3) Baez, Rafael SR | 4) Speer, Eric JR | | |
| 24.23 | 50.64 (50.64) | 1:14.94 (24.30) | 1:42.25 (51.61) | | |
| 2:07.10 (24.85) | 2:34.93 (52.68) | 2:57.99 (23.06) | 3:23.54 (48.61) | | |
| 9 George C. Marshall High School | | | | 3:26.04 | 3:25.88 R |
| 1) Moore, Collin JR | 2) Holguin, Sinclair SO | 3) Simpson, David SR | 4) Sanderson, Emmett JR | | |
| 24.78 | 51.98 (51.98) | 1:16.88 (24.90) | 1:44.55 (52.57) | | |
| 2:08.47 (23.92) | 2:35.20 (50.65) | 2:58.96 (23.76) | 3:25.88 (50.68) | | |
| 10 South Lakes High School | | | | 3:12.26 | 3:27.93 R |
| 1) Kauffman, Matthew SR | 2) Birch, Liam SR | 3) Pierce, Matthew SO | 4) Pierce, Andrew JR | | |
| 24.13 | 50.58 (50.58) | 1:14.56 (23.98) | 1:42.21 (51.63) | | |
| 2:06.81 (24.60) | 2:35.99 (53.78) | 3:00.38 (24.39) | 3:27.93 (51.94) | | |
| 11 Washington-Liberty High School | | | | 3:29.78 | 3:30.10 R |
| 1) Huggler, Peter JR | 2) Rubin, Erik SO | 3) Benchoff, Alexander SO | 4) Langsdale, Griffin JR | | |
| 25.27 | 53.57 (53.57) | 1:18.67 (25.10) | 1:46.50 (52.93) | | |
| 2:12.07 (25.57) | 2:40.26 (53.76) | 3:03.99 (23.73) | 3:30.10 (49.84) | | |
| 12 Centreville High School | | | | 3:30.44 | 3:33.41 |
| 1) Anderson, James SR | 2) Diewtragulchai, Prawe SO | 3) van de Graaf, Tony JR | 4) Sim, James SO | | |
| 23.95 | 50.45 (50.45) | 1:16.50 (26.05) | 1:45.97 (55.52) | | |
| 2:11.52 (25.55) | 2:40.48 (54.51) | 3:33.41 (52.93) | | | |
| 13 Wakefield High School | | | | 3:57.34 | 4:09.04 |
| 1) Shoman, Anas FR | 2) Harbour, Rhys SR | 3) Gunville, Noah SR | 4) Biggs, Benjamin JR | | |
| 26.09 | 56.27 (56.27) | 1:27.93 (31.66) | 2:02.06 (1:05.79) | | |
| 2:32.96 (30.90) | 3:06.94 (1:04.88) | 3:35.06 (28.12) | 4:09.04 (1:02.10) | | |

Event 24 Girls 400 Yard Freestyle Relay

| | | | | | |
|---------------|---------|----------------------|-----------|--------------------------------------|-------|
| 6A North Reg: | 3:26.79 | \$ | 2/8/2014 | Oakton High School | Oakto |
| | | | | L Branton, K Lawhorn, M Byrnes, J Hu | |
| All Time VA: | 3:25.66 | V | 2/15/2019 | First Colonial | FCOL |
| | | | | Tillet, Caldwell, Godfrey, Tadder | |
| Nat Public: | 3:15.38 | N | 2/14/2015 | Carmel HS, IN | Carme |
| | 3:27.78 | A - All America Auto | | | |
| | 3:31.16 | C - All America Cons | | | |
| | 3:37.33 | S - 6A State | | | |
| | 3:52.19 | R - Northern Region | | | |

| Team | Relay | | | Prelim Time | Finals Time | Points |
|----------------------------------|-------------------------|-------------------------|-----------------------|-------------|-------------|--------|
| A - Final | | | | | | |
| 1 Yorktown High School | | | | 3:33.82 | 3:30.96 C | 40 |
| 1) Cory, McKenzie SO | 2) Sherman, Lila JR | 3) Hecmanczuk, Mary SR | 4) Furches, Jackie JR | | | |
| 24.86 | 52.08 (52.08) | 1:16.91 (24.83) | 1:44.26 (52.18) | | | |
| 2:09.66 (25.40) | 2:38.48 (54.22) | 3:03.41 (24.93) | 3:30.96 (52.48) | | | |
| 2 Langley High School | | | | 3:36.85 | 3:35.41 S | 34 |
| 1) Miller, Elisabeth JR | 2) De, Lara SR | 3) Steber, Gretchen JR | 4) Kuang, Gloria SR | | | |
| 26.17 | 54.60 (54.60) | 1:20.35 (25.75) | 1:49.39 (54.79) | | | |
| 2:15.10 (25.71) | 2:43.51 (54.12) | 3:08.11 (24.60) | 3:35.41 (51.90) | | | |
| 3 Oakton High School | | | | 3:40.37 | 3:37.39 R | 32 |
| 1) Roth, Anna FR | 2) Gareau, Mira SO | 3) Gavino, Abby SO | 4) Thrash, Alexa JR | | | |
| 25.87 | 53.99 (53.99) | 1:20.22 (26.23) | 1:49.21 (55.22) | | | |
| 2:14.64 (25.43) | 2:43.39 (54.18) | 3:09.07 (25.68) | 3:37.39 (54.00) | | | |
| 4 George C. Marshall High School | | | | 3:37.10 | 3:37.98 R | 30 |
| 1) Watts, Emma SR | 2) Georgieva, Sophia SR | 3) O'Hearn, Penelope SR | 4) Gramlich, Hazel SO | | | |
| 25.28 | 53.29 (53.29) | 1:19.57 (26.28) | 1:49.16 (55.87) | | | |
| 2:15.17 (26.01) | 2:44.36 (55.20) | 3:09.69 (25.33) | 3:37.98 (53.62) | | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Team | Relay | | | Prelim Time | Finals Time | Points |
|-----------------------------|----------------------|------------------------|----------------------------|-------------|-------------|--------|
| 5 James Madison High School | | | | 3:44.09 | 3:40.72 R | 28 |
| 1) Bayer, Amelia SO | 2) Cline, Hanna JR | 3) Mikell, Meredith FR | 4) Wilson, Genevieve SR | | | |
| 26.20 | 1:00.44 (1:00.44) | 1:21.48 (21.04) | 1:55.51 (55.07) | | | |
| 2:15.76 (20.25) | 2:45.70 (50.19) | 3:11.32 (25.62) | 3:40.72 (55.02) | | | |
| 6 Westfield High School | | | | 3:42.97 | 3:42.23 R | 26 |
| 1) Friess, Caroline JR | 2) Kelliher, Anna SR | 3) Lay, Sydney SO | 4) Schmid, Rylee SR | | | |
| 26.60 | 54.74 (54.74) | 1:21.52 (26.78) | 1:51.65 (56.91) | | | |
| 2:17.49 (25.84) | 2:46.75 (55.10) | 3:42.23 (55.48) | | | | |
| 7 Chantilly Chargers | | | | 3:48.65 | 3:44.07 R | 24 |
| 1) Carrol, Bailey SR | 2) Kim, Eurie JR | 3) Lahr, Leah SO | 4) Radcliffe, Emily JR | | | |
| 26.94 | 56.65 (56.65) | 1:22.88 (26.23) | 1:52.47 (55.82) | | | |
| 2:18.90 (26.43) | 2:48.60 (56.13) | 3:14.08 (25.48) | 3:44.07 (55.47) | | | |
| 8 South Lakes High School | | | | 3:50.81 | 3:53.48 | 22 |
| 1) Elster, Fiona SO | 2) Koh, Noelle FR | 3) Lammers, Sarah JR | 4) Holmquist, Charlotte JR | | | |
| 26.84 | 57.37 (57.37) | 1:25.62 (28.25) | 1:58.72 (1:01.35) | | | |
| 2:25.51 (26.79) | | 3:22.90 () | 3:53.48 () | | | |

B - Final

| | | | | | | |
|-----------------------------------|-------------------------|------------------------|-----------------------|---------|---------|----|
| 9 Centreville High School | | | | 3:55.30 | 3:52.29 | 18 |
| 1) Lee, Victoria SO | 2) Kim, Leah FR | 3) Anderson, Claire SO | 4) Lama, Sehana FR | | | |
| 27.07 | 58.19 (58.19) | 1:26.26 (28.07) | 1:57.91 (59.72) | | | |
| 2:24.99 (27.08) | 2:55.42 (57.51) | 3:22.28 (26.86) | 3:52.29 (56.87) | | | |
| 10 Washington-Liberty High School | | | | 3:58.11 | 3:56.29 | 14 |
| 1) Beidler, Ember FR | 2) Woodworth, Taylor SR | 3) Dowler, Callie SR | 4) Torg, Carrie SR | | | |
| 27.85 | 57.64 (57.64) | 1:26.46 (28.82) | 1:57.76 (1:00.12) | | | |
| 2:26.29 (28.53) | 2:58.07 (1:00.31) | 3:25.33 (27.26) | 3:56.29 (58.22) | | | |
| 11 Herndon Hornets | | | | 4:01.38 | 4:00.07 | 12 |
| 1) Leveto, Spencer FR | 2) Kimsey, Zoe SO | 3) Ramsey, Dani SR | 4) Gattoni, Bianca JR | | | |
| 28.38 | 59.58 (59.58) | 1:28.67 (29.09) | 2:02.03 (1:02.45) | | | |
| 2:29.96 (27.93) | 3:00.88 (58.85) | 3:28.47 (27.59) | 4:00.07 (59.19) | | | |
| 12 McLean High School | | | | 3:51.16 | 4:04.19 | 10 |
| 1) Ferris, Josephine SR | 2) English, Ella JR | 3) Winston, Sarah JR | 4) Haggard, Esme FR | | | |
| 26.60 | 55.06 (55.06) | 1:22.29 (27.23) | 1:54.05 (58.99) | | | |
| 2:20.01 (25.96) | 2:55.53 (1:01.48) | 3:16.67 (21.14) | 4:04.19 (1:08.66) | | | |
| 13 Wakefield High School | | | | 4:38.24 | 4:31.08 | 8 |
| 1) Snow, Jessie FR | 2) Hoil, Camila JR | 3) Everling, Lauren JR | 4) Sonn, Camille SO | | | |
| 32.05 | 1:06.55 (1:06.55) | 1:41.12 (34.57) | 2:18.07 (1:11.52) | | | |
| 2:50.40 (32.33) | 3:26.01 (1:07.94) | 3:56.92 (30.91) | 4:31.08 (1:05.07) | | | |

Event 24 Girls 400 Yard Freestyle Relay

| | | | | | |
|---------------|---------|----|------------------|--------------------------------------|-------|
| 6A North Reg: | 3:26.79 | \$ | 2/8/2014 | Oakton High School | Oakto |
| | | | | L Branton, K Lawhorn, M Byrnes, J Hu | |
| All Time VA: | 3:25.66 | V | 2/15/2019 | First Colonial | FCOL |
| | | | | Tillet, Caldow, Godfrey, Tadder | |
| Nat Public: | 3:15.38 | N | 2/14/2015 | Carmel HS, IN | Carme |
| | 3:27.78 | A | All America Auto | | |
| | 3:31.16 | C | All America Cons | | |
| | 3:37.33 | S | 6A State | | |
| | 3:52.19 | R | Northern Region | | |

| Team | Relay | | | Seed Time | Prelim Time |
|------------------------|---------------------|------------------------|-----------------------|-----------|-------------|
| Preliminaries | | | | | |
| 1 Yorktown High School | | | | 3:31.41 | 3:33.82 S |
| 1) Cory, McKenzie SO | 2) Sherman, Lila JR | 3) Hecmanczuk, Mary SR | 4) Furches, Jackie JR | | |
| 24.90 | 52.00 (52.00) | 1:17.67 (25.67) | 1:45.70 (53.70) | | |
| 2:11.45 (25.75) | 2:40.18 (54.48) | 3:05.67 (25.49) | 3:33.82 (53.64) | | |

2026 Northern Region Championships - 2/6/2026 to 2/7/2026

Results

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

| Team | Relay | | | Seed Time | Prelim Time |
|-----------------------------------|-------------------------|-------------------------|-------------------|----------------------------|-------------|
| 2 Langley High School | | | | 3:38.00 | 3:36.85 S |
| 1) Miller, Elisabeth JR | 2) De, Lara SR | 3) Steber, Gretchen JR | | 4) Kuang, Gloria SR | |
| 26.22 | 54.93 (54.93) | 1:20.98 (26.05) | 1:49.72 (54.79) | | |
| 2:15.81 (26.09) | 2:44.44 (54.72) | 3:09.90 (25.46) | 3:36.85 (52.41) | | |
| 3 George C. Marshall High School | | | | 3:38.60 | 3:37.10 S |
| 1) Gramlich, Hazel SO | 2) Georgieva, Sophia SR | 3) O'Hearn, Penelope SR | | 4) Watts, Emma SR | |
| 25.52 | 53.20 (53.20) | 1:19.30 (26.10) | 1:48.72 (55.52) | | |
| 2:15.02 (26.30) | 2:44.43 (55.71) | 3:09.34 (24.91) | 3:37.10 (52.67) | | |
| 4 Oakton High School | | | | 3:38.54 | 3:40.37 R |
| 1) Roth, Anna FR | 2) Gareau, Mira SO | 3) Gavino, Abby SO | | 4) Thrash, Alexa JR | |
| 26.16 | 54.04 (54.04) | 1:19.84 (25.80) | 1:49.37 (55.33) | | |
| 2:15.10 (25.73) | 2:43.87 (54.50) | 3:10.74 (26.87) | 3:40.37 (56.50) | | |
| 5 Westfield High School | | | | 3:50.19 | 3:42.97 R |
| 1) Friess, Caroline JR | 2) Kelliher, Anna SR | 3) Lay, Sydney SO | | 4) Schmid, Rylee SR | |
| 26.24 | 54.22 (54.22) | 1:22.35 (28.13) | 1:58.85 (1:04.63) | | |
| 2:17.93 (19.08) | 2:47.24 (48.39) | 3:13.01 (25.77) | 3:42.97 (55.73) | | |
| 6 James Madison High School | | | | 3:36.28 | 3:44.09 R |
| 1) Bayer, Amelia SO | 2) Cline, Hanna JR | 3) Mikell, Meredith FR | | 4) Wilson, Genevieve SR | |
| 26.36 | 55.87 (55.87) | 1:22.63 (26.76) | 1:52.30 (56.43) | | |
| 2:18.02 (25.72) | 2:53.87 (1:01.57) | 3:15.20 (21.33) | 3:44.09 (50.22) | | |
| 7 Chantilly Chargers | | | | 3:47.68 | 3:48.65 R |
| 1) Carrol, Bailey SR | 2) Kim, Eurie JR | 3) Lahr, Leah SO | | 4) Radcliffe, Emily JR | |
| 27.51 | 57.84 (57.84) | 1:24.43 (26.59) | 1:54.11 (56.27) | | |
| 2:21.95 (27.84) | 2:52.94 (58.83) | 3:18.81 (25.87) | 3:48.65 (55.71) | | |
| 8 South Lakes High School | | | | 3:56.68 | 3:50.81 R |
| 1) Elster, Fiona SO | 2) Koh, Noelle FR | 3) Lammers, Sarah JR | | 4) Holmquist, Charlotte JR | |
| 27.37 | 57.24 (57.24) | 1:25.30 (28.06) | 1:56.67 (59.43) | | |
| 2:23.87 (27.20) | 3:21.05 (1:24.38) | 3:50.81 (29.76) | | | |
| 9 McLean High School | | | | 3:42.44 | 3:51.16 R |
| 1) Raymond, Abigail FR | 2) Ferris, Josephine SR | 3) Winston, Sarah JR | | 4) English, Ella JR | |
| 28.23 | 59.72 (59.72) | 1:26.24 (26.52) | 1:56.37 (56.65) | | |
| 2:23.58 (27.21) | 2:55.15 (58.78) | 3:20.89 (25.74) | 3:51.16 (56.01) | | |
| 10 Centreville High School | | | | 3:56.29 | 3:55.30 |
| 1) Lee, Victoria SO | 2) Kim, Leah FR | 3) Anderson, Claire SO | | 4) Lama, Sehana FR | |
| 27.13 | 58.41 (58.41) | 1:27.06 (28.65) | 1:59.10 (1:00.69) | | |
| 2:26.88 (27.78) | 2:58.25 (59.15) | 3:25.25 (27.00) | 3:55.30 (57.05) | | |
| 11 Washington-Liberty High School | | | | 4:03.98 | 3:58.11 |
| 1) Torg, Carrie SR | 2) Dowler, Callie SR | 3) Woodworth, Taylor SR | | 4) Beidler, Ember FR | |
| 27.86 | 59.33 (59.33) | 1:27.60 (28.27) | 1:59.24 (59.91) | | |
| 2:28.53 (29.29) | 3:00.87 (1:01.63) | 3:28.43 (27.56) | 3:58.11 (57.24) | | |
| 12 Herndon Hornets | | | | 4:06.15 | 4:01.38 |
| 1) Gattoni, Bianca JR | 2) Ramsey, Dani SR | 3) Leveto, Spencer FR | | | |
| 28.69 | 1:00.74 (1:00.74) | 1:29.46 (28.72) | 2:02.45 (1:01.71) | | |
| 2:30.80 (28.35) | 3:02.25 (59.80) | 3:29.77 (27.52) | 4:01.38 (59.13) | | |
| 13 Wakefield High School | | | | 4:36.71 | 4:38.24 |
| 1) Rothschild, Elizabeth FR | 2) Hoil, Camila JR | 3) Everling, Lauren JR | | 4) Yates, Emilia SR | |
| 33.01 | 1:10.52 (1:10.52) | 1:43.45 (32.93) | 2:20.19 (1:09.67) | | |
| 2:52.30 (32.11) | 3:28.10 (1:07.91) | 4:01.23 (33.13) | 4:38.24 (1:10.14) | | |