

2023 Cardinal District Championship - 1/26/2023 to 1/28/2023**Results - Swimming****Event 1 Boys 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time
1 Woodbridge Senior High School-I 1) Bohabot, Jorge	A 2) White, Donovan C	1:48.71 3) Brown, Carter M	1:40.00 4) Grendysz, Aiden C
2 Colgan High School-VA 1) Lingafelt, Sean SO	A 2) Jensen, Matthew SO	1:39.47 3) Stormer, Will JR	1:40.16 4) Carbonell, Luis SR
3 Forest Park High School-VA 1) Mendoza, Ramses JR	A 2) Juhlin, Parker JR	1:38.39 3) Okun, Ethan SR	1:40.23 4) Alachnowicz, Zach FR
4 Hylton HS Swim Team-VA 1) Friend, AJ JR	A 2) Montesino, Jayden FR	2:08.31 3) Cadisal, Jared JR	2:00.12 4) House, Jonah FR
5 Gar-Field High School-VA 1) Sigman, Connor FR	A 2) Helms, Mikal SR	2:01.58 3) Lopez-Medrano, Daniel SO	2:03.41 4) Coates, Keyen SO
--- Potomac Senior High School-VA 1) Dsouza, Marcus	A 2) Mumford, Dylan SR	1:48.77 3) Doty, David SR	DQ 4) Edwards, Amani SO

Event 2 Girls 200 Yard Medley Relay

Team	Relay	Seed Time	Finals Time
1 Forest Park High School-VA 1) Giovinazzo, Alyssa JR	A 2) Kayne, Samantha A SR	1:49.57 3) Benway, Kayley J SR	1:51.00 4) Bookstein, Delaney K SR
2 Colgan High School-VA 1) Sistrunk, Hanah SO	A 2) Runnels, Kira SR	1:53.67 3) Worth, Brooke JR	1:54.20 4) Grocholski, Alaina SO
3 Woodbridge Senior High School-I 1) Ridge, Siri L	A 2) Hudisteanu, Diana L	2:05.39 3) Ludwick, Molly P	2:04.75 4) Firtag, Olivia V
4 Hylton HS Swim Team-VA 1) Cartagena, Tori SR	A 2) McCloy, Lillianna SR	2:08.17 3) Cortez, Adrianna JR	2:06.46 4) Stabler, Ainsley SO
5 Potomac Senior High School-VA 1) Carter, Ari SR	A 2) Hulett, Kelsey SO	2:09.36 3) Carter, Rania R SO	2:25.01 4) Lee, Ryleigh FR

Event 3 Boys 200 Yard Freestyle

Name	Yr School	Seed Time	Finals Time
1 Grendysz, Aiden C	Woodbridge Senior High School-HS	1:50.04	1:46.55
2 Brown, Carter M	Woodbridge Senior High School-HS	1:49.99	1:46.66
3 Fowkes, Isaak	JR Colgan High School-VA	1:49.35	1:48.93
4 Anderson, Nick	SR Forest Park High School-VA	1:51.04	1:49.00
5 Alachnowicz, Zach	FR Forest Park High School-VA	1:51.16	1:51.93
6 Parkzes, Mason	SO Forest Park High School-VA	1:54.48	1:52.54
7 Carbonell, Luis	SR Colgan High School-VA	1:56.15	1:54.01
8 Bussenger, Ryan	FR Forest Park High School-VA	1:57.38	1:56.13
9 Gold, Josh	FR Colgan High School-VA	1:58.72	1:57.62
10 Fisher, Adam L	Woodbridge Senior High School-HS	2:02.08	1:58.59
11 Jensen, Drew	SR Colgan High School-VA	1:56.71	1:59.13
12 Wong, Aidan G	Woodbridge Senior High School-HS	2:02.89	2:01.55
13 Mihalovich, Mark	FR Hylton HS Swim Team-VA	2:32.47	2:31.47
14 Penado, Mauricio	JR Gar-Field High School-VA	2:38.27	2:35.73
15 Montesino, Jayden	FR Hylton HS Swim Team-VA	2:35.39	2:39.46
16 Lo Piano, Matteo	JR Hylton HS Swim Team-VA	3:02.06	2:50.43
17 ElAlaoui, Omar	SR Gar-Field High School-VA	3:10.77	3:06.01
18 Dubois, Charles	JR Hylton HS Swim Team-VA	3:19.78	3:07.71
19 Miranda, Nicholas	JR Gar-Field High School-VA	3:32.59	4:04.50

Event 4 Girls 200 Yard Freestyle

Name	Yr School	Seed Time	Finals Time
1 Worth, Brooke	JR Colgan High School-VA	1:55.50	1:55.42
2 DeNard, Riley	SO Forest Park High School-VA	2:07.87	2:06.54
3 Ridge, Siri L	Woodbridge Senior High School-HS	2:13.46	2:10.58

2023 Cardinal District Championship - 1/26/2023 to 1/28/2023**Results - Swimming****(Event 4 Girls 200 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
4 Lee, Becca	JR	Colgan High School-VA	2:11.79	2:11.34
5 Molina Otaiza, Gabriela	JR	Colgan High School-VA	2:19.29	2:11.52
6 Earhart, Haylee	FR	Forest Park High School-VA	2:11.99	2:11.75
7 Cook, Kristina	FR	Colgan High School-VA	2:19.43	2:15.01
8 Sindt, Madeline G		Woodbridge Senior High School-HS	2:27.66	2:17.92
9 Oliver, Rachel	SR	Forest Park High School-VA	2:18.12	2:20.89
10 Ludwick, Molly P		Woodbridge Senior High School-HS	2:23.36	2:33.72
11 Gardiner, Olivia L		Woodbridge Senior High School-HS	2:38.09	2:35.80
12 Dick, Jane		Forest Park High School-VA	2:39.70	2:39.32
13 Rojas Sandoval, Anso	FR	Hylton HS Swim Team-VA	3:40.12	3:18.49
14 Latorre, Eliana	SO	Hylton HS Swim Team-VA	3:23.05	3:21.41

Event 5 Boys 200 Yard IM

Name	Yr	School	Seed Time	Finals Time
1 Okun, Ethan	SR	Forest Park High School-VA	2:02.64	2:01.74
2 White, Donovan C		Woodbridge Senior High School-HS	2:11.03	2:07.59
3 Mussie, Sam		Woodbridge Senior High School-HS	2:16.23	2:08.47
4 Cioletti, Robert	SO	Colgan High School-VA	2:16.47	2:08.82
5 Avelis, Theo	SO	Forest Park High School-VA	2:10.50	2:10.07
6 Stormer, Will	JR	Colgan High School-VA	2:12.64	2:10.21
7 Makin, Matthew J		Woodbridge Senior High School-HS	2:15.42	2:10.77
8 Pendergraft, Aidan	FR	Forest Park High School-VA	2:15.55	2:12.39
9 Deshmukh, Ayaan	FR	Forest Park High School-VA	2:11.79	2:13.36
10 Gardiner, Logan J		Woodbridge Senior High School-HS	2:18.46	2:13.85
11 Jampole, Nolan	SR	Colgan High School-VA	2:15.96	2:14.45
12 Ward, Evan	FR	Colgan High School-VA	2:20.51	2:23.73
13 Cadisal, Jared	JR	Hylton HS Swim Team-VA	2:35.97	2:55.78
--- Kwon, Ethan	FR	Hylton HS Swim Team-VA	3:10.98	DQ
--- Hrebinnyk, Maksym	FR	Hylton HS Swim Team-VA	3:15.72	DQ

Event 6 Girls 200 Yard IM

Name	Yr	School	Seed Time	Finals Time
1 Bookstein, Delaney K	SR	Forest Park High School-VA	2:07.05	2:07.32
2 Sistrunk, Hanah	SO	Colgan High School-VA	2:13.58	2:11.28
3 Runnels, Kira	SR	Colgan High School-VA	2:14.72	2:13.83
4 Oliver, Sarah	SO	Forest Park High School-VA	2:21.38	2:21.82
5 Manko, Valentina L		Woodbridge Senior High School-HS	2:34.00	2:25.79
6 Magnell, Ava	JR	Colgan High School-VA	2:28.87	2:28.17
7 Bartlett, Tirayan	JR	Colgan High School-VA	2:35.76	2:36.55
8 Sanchez, Mia		Forest Park High School-VA	2:46.86	2:39.98
9 Windmiller, Lexi J		Woodbridge Senior High School-HS	2:44.08	2:40.75
10 Carter, Rania R	SO	Potomac Senior High School-VA	2:41.48	2:42.36
11 Platt, Anna P	SR	Forest Park High School-VA	2:40.69	2:44.53
12 Weis, Kaitlyn		Woodbridge Senior High School-HS	2:56.84	2:55.12
13 Borja Diestra, Sophia		Woodbridge Senior High School-HS	2:57.04	2:59.98
14 Voith, Jane	SR	Hylton HS Swim Team-VA	3:07.78	3:10.22
--- Atkins, Kaci	SR	Hylton HS Swim Team-VA	3:15.21	DQ

Event 7 Boys 50 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1 Friend, AJ	JR	Hylton HS Swim Team-VA	21.84	21.55
2 Grendysz, Aiden C		Woodbridge Senior High School-HS	22.16	22.04

2023 Cardinal District Championship - 1/26/2023 to 1/28/2023**Results - Swimming****(Event 7 Boys 50 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
*3	Juhlin, Parker	JR	Forest Park High School-VA	22.35	22.35
*3	Jensen, Matthew	SO	Colgan High School-VA	21.80	22.35
5	Helms, Mikal	SR	Gar-Field High School-VA	23.34	22.72
6	Lattanzi, Jacob	SO	Forest Park High School-VA	23.05	22.79
7	Parkzes, Ryan	SR	Forest Park High School-VA	23.00	22.83
8	Doty, David	SR	Potomac Senior High School-VA	23.04	22.97
9	Shahateet, Justin	SO	Forest Park High School-VA	23.08	23.06
10	Mumford, Dylan	SR	Potomac Senior High School-VA	23.51	24.20
11	Utley, Michael	FR	Colgan High School-VA	25.00	24.47
12	Doyle, Ian J		Woodbridge Senior High School-HS	25.23	24.59
13	Eura Jr, Toronto D		Woodbridge Senior High School-HS	24.40	24.61
14	Doughty, Wyatt		Woodbridge Senior High School-HS	25.17	25.23
15	Wehmeyer, Nils	SO	Colgan High School-VA	26.85	25.79
16	Love, Aiden	SO	Colgan High School-VA	27.13	26.13
17	Coates, Keyen	SO	Gar-Field High School-VA	27.61	27.61
18	White, Braydon	SR	Hylton HS Swim Team-VA	28.16	27.94
19	Dsouza, Marcus		Potomac Senior High School-VA	NT	29.62
20	Soto, Dewayne	JR	Hylton HS Swim Team-VA	31.26	30.46
21	Lopez-Medrano, Daniel	SO	Gar-Field High School-VA	30.38	30.84
22	Hill, Cinsere	JR	Freedom High School-VA	36.48	37.96
23	Abdelbaret, Nabil	JR	Gar-Field High School-VA	44.42	43.97
24	Osoroto, David	SR	Freedom High School-VA	39.70	49.76

Event 8 Girls 50 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Robinette, Ally	SO	Forest Park High School-VA	26.36	25.23
2	Grocholski, Alaina	SO	Colgan High School-VA	25.88	25.90
3	Sullivan, Caila	JR	Forest Park High School-VA	26.11	26.42
4	Kayne, Samantha A	SR	Forest Park High School-VA	26.69	26.90
5	Welsby, Tess	SR	Colgan High School-VA	26.56	26.98
6	Hurley, Courtland	JR	Colgan High School-VA	27.53	27.23
7	Sindt, Caitlin R		Woodbridge Senior High School-HS	28.35	27.63
8	Roberts, Ryan K		Woodbridge Senior High School-HS	27.66	27.66
9	Musman, Chloe	SR	Colgan High School-VA	28.00	28.04
10	Matory, Alessia		Woodbridge Senior High School-HS	28.72	28.40
11	Firtag, Olivia V		Woodbridge Senior High School-HS	27.48	28.57
12	Reichert, Sarah-Joy	SO	Forest Park High School-VA	29.72	29.55
13	McCloy, Lillianna	SR	Hylton HS Swim Team-VA	29.57	29.56
14	Carter, Ari	SR	Potomac Senior High School-VA	30.77	29.99
15	Ly, Pauline	SO	Hylton HS Swim Team-VA	32.64	31.88
16	Evans, Sarah	SR	Freedom High School-VA	32.66	32.01
17	Samren, Shams	JR	Hylton HS Swim Team-VA	33.33	33.75
18	Vaca Cespedes, Naomi	SO	Gar-Field High School-VA	33.53	34.28
19	Rhine, Bex	JR	Freedom High School-VA	38.41	39.42
20	Benedict, Meera	FR	Potomac Senior High School-VA	39.60	39.70
21	Kougueng, Malaika	FR	Potomac Senior High School-VA	39.76	42.54
22	King, Amiera	FR	Freedom High School-VA	45.50	44.23
23	Lee, Ryleigh	FR	Potomac Senior High School-VA	40.61	46.12

Event 11 Boys 100 Yard Butterfly

	Name	Yr	School	Seed Time	Finals Time
1	Truong, Dawson	SR	Forest Park High School-VA	50.67	51.32

2023 Cardinal District Championship - 1/26/2023 to 1/28/2023**Results - Swimming****(Event 11 Boys 100 Yard Butterfly)**

Name	Yr	School	Seed Time	Finals Time
2	Lingafelt, Sean	SO Colgan High School-VA	52.36	52.45
3	Okun, Ethan	SR Forest Park High School-VA	53.56	52.60
4	Mendoza, Ramses	JR Forest Park High School-VA	54.15	55.10
5	Stormer, Will	JR Colgan High School-VA	56.37	56.09
6	Pendergraft, Aidan	FR Forest Park High School-VA	58.34	57.65
7	Ward, Evan	FR Colgan High School-VA	58.36	1:00.37
8	Ghosh, Aayush	SO Colgan High School-VA	1:02.17	1:00.56
9	Gardiner, Logan J	Woodbridge Senior High School-HS	1:06.10	1:00.67
10	Urick, Charlie D	Woodbridge Senior High School-HS	1:02.55	1:01.09
11	Hatfield, Geoff	Woodbridge Senior High School-HS	1:02.03	1:01.19
12	Lopez, Matthew A	Woodbridge Senior High School-HS	1:03.00	1:02.02
13	Kwon, Ethan	FR Hylton HS Swim Team-VA	1:31.45	1:15.23
14	Causey, Justin	SO Hylton HS Swim Team-VA	1:21.29	1:17.12
15	Cadisal, Jared	JR Hylton HS Swim Team-VA	1:11.49	1:28.02

Event 12 Girls 100 Yard Butterfly

Name	Yr	School	Seed Time	Finals Time
1	Giovinazzo, Alyssa	JR Forest Park High School-VA	59.80	58.31
2	Benway, Kayley J	SR Forest Park High School-VA	1:00.84	1:01.03
3	Oliver, Olivia	FR Forest Park High School-VA	1:04.69	1:01.98
4	Hennessy, Jillian	FR Colgan High School-VA	1:10.08	1:07.74
5	Magnell, Ava	JR Colgan High School-VA	1:09.42	1:08.06
6	Cortez, Adrianna	JR Hylton HS Swim Team-VA	1:14.08	1:09.75
7	Bartlett, Tirayan	JR Colgan High School-VA	1:11.31	1:12.07
8	Ludwick, Molly P	Woodbridge Senior High School-HS	1:10.67	1:12.78
9	Hudisteanu, Diana L	Woodbridge Senior High School-HS	1:14.13	1:12.85
10	Fischer, Sophia	FR Colgan High School-VA	1:12.82	1:13.23
11	Carter, Rania R	SO Potomac Senior High School-VA	1:13.00	1:14.48
12	Marcy, Alacoque	SR Forest Park High School-VA	1:16.90	1:14.61
13	Haddock, Kathryn G	Woodbridge Senior High School-HS	1:30.13	1:30.33
14	Atkins, Kaci	SR Hylton HS Swim Team-VA	1:36.37	1:40.41
---	Bowling, Megan	Woodbridge Senior High School-HS	1:31.96	DQ

Event 13 Boys 100 Yard Freestyle

Name	Yr	School	Seed Time	Finals Time
1	Bohabot, Jorge	Woodbridge Senior High School-HS	50.87	49.38
2	Jensen, Matthew	SO Colgan High School-VA	47.47	49.48
3	Helms, Mikal	SR Gar-Field High School-VA	52.00	50.21
4	Parkzes, Mason	SO Forest Park High School-VA	50.81	50.58
5	Doty, David	SR Potomac Senior High School-VA	51.57	50.92
6	Lattanzi, Jacob	SO Forest Park High School-VA	51.59	51.15
7	Mussie, Sam	Woodbridge Senior High School-HS	55.02	51.89
8	Fisher, Adam L	Woodbridge Senior High School-HS	54.80	53.33
9	Jensen, Drew	SR Colgan High School-VA	53.69	53.66
10	Shahateet, Justin	SO Forest Park High School-VA	52.49	53.89
11	Gayle, Joshua	SO Colgan High School-VA	54.96	53.94
12	Utley, Michael	FR Colgan High School-VA	57.48	54.20
13	Evans, Caleb	Woodbridge Senior High School-HS	55.73	56.28
14	Sigman, Connor	FR Gar-Field High School-VA	1:05.47	1:03.60
15	White, Braydon	SR Hylton HS Swim Team-VA	1:13.51	1:05.38
16	Vanegas Neira, Alejandro	SO Hylton HS Swim Team-VA	1:09.50	1:06.98
17	Edwards, Amani	SO Potomac Senior High School-VA	1:07.72	1:08.95

2023 Cardinal District Championship - 1/26/2023 to 1/28/2023**Results - Swimming****(Event 13 Boys 100 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time
18	Lopez-Medrano, Daniel	SO	Gar-Field High School-VA	1:14.12	1:11.55
19	Carter, Mick L	SO	Potomac Senior High School-VA	1:10.42	1:12.52
20	Lo Piano, Matteo	JR	Hylton HS Swim Team-VA	1:12.04	1:12.56
21	Downes, Jaden	JR	Gar-Field High School-VA	1:19.03	1:16.76
22	Dubois, Charles	JR	Hylton HS Swim Team-VA	1:21.13	1:26.89
---	Parkzes, Ryan	SR	Forest Park High School-VA	51.53	DQ

Event 14 Girls 100 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Stabler, Ainsley	SO	Hylton HS Swim Team-VA	56.80	54.69
2	Robinette, Ally	SO	Forest Park High School-VA	56.72	55.44
3	Grocholski, Alaina	SO	Colgan High School-VA	56.63	56.88
4	Manko, Valentina L		Woodbridge Senior High School-HS	59.42	58.21
5	Sullivan, Caila	JR	Forest Park High School-VA	58.29	59.19
6	Welsby, Tess	SR	Colgan High School-VA	58.66	59.34
7	Roberts, Ryan K		Woodbridge Senior High School-HS	1:00.03	59.75
8	Cartagena, Tori	SR	Hylton HS Swim Team-VA	1:01.25	1:01.63
9	Gardner, Eden	SR	Colgan High School-VA	1:03.09	1:02.85
10	Nolan, Stella	SR	Colgan High School-VA	1:00.94	1:02.93
11	Gardiner, Olivia L		Woodbridge Senior High School-HS	1:10.52	1:07.56
12	Reichert, Sarah-Joy	SO	Forest Park High School-VA	1:06.94	1:07.68
13	Borja Diestra, Sophia		Woodbridge Senior High School-HS	1:06.90	1:07.69
14	Carrasco, Scarlett	SO	Forest Park High School-VA	1:09.19	1:08.11
15	Evans, Sarah	SR	Freedom High School-VA	1:15.92	1:13.86
16	Vaca Cespedes, Naomi	SO	Gar-Field High School-VA	1:17.56	1:17.38
17	Voith, Jane	SR	Hylton HS Swim Team-VA	1:18.39	1:18.49

Event 15 Boys 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Friend, AJ	JR	Hylton HS Swim Team-VA	4:55.90	4:47.41
2	Brown, Carter M		Woodbridge Senior High School-HS	4:58.40	4:50.17
3	Anderson, Nick	SR	Forest Park High School-VA	5:01.98	4:55.63
4	Carbonell, Luis	SR	Colgan High School-VA	5:04.44	5:09.68
5	Gold, Josh	FR	Colgan High School-VA	5:20.06	5:12.41
6	Giovinazzo, Dominick	FR	Forest Park High School-VA	5:26.63	5:13.13
7	Bussenger, Ryan	FR	Forest Park High School-VA	5:19.05	5:14.19
8	Bauer, Lucas	SR	Forest Park High School-VA	5:30.09	5:16.41
9	Ghosh, Aayush	SO	Colgan High School-VA	5:42.66	5:31.01
10	Roeske, Logan	SO	Colgan High School-VA	5:34.05	5:32.90
11	Wong, Aidan G		Woodbridge Senior High School-HS	5:43.41	5:40.86
12	Doughty, Wyatt		Woodbridge Senior High School-HS	6:10.96	6:09.91
13	Lopez, Matthew A		Woodbridge Senior High School-HS	6:23.59	6:29.72
14	House, Jonah	FR	Hylton HS Swim Team-VA	6:49.81	6:39.84
15	Mihalovich, Mark	FR	Hylton HS Swim Team-VA	7:28.35	7:32.24
16	Sarager, Carson	SR	Hylton HS Swim Team-VA	7:53.70	7:45.66

Event 16 Girls 500 Yard Freestyle

	Name	Yr	School	Seed Time	Finals Time
1	Bookstein, Delaney K	SR	Forest Park High School-VA	4:59.28	4:55.79
2	Worth, Brooke	JR	Colgan High School-VA	5:05.06	5:03.83
3	DeNard, Riley	SO	Forest Park High School-VA	5:46.37	5:42.31
4	Ridge, Siri L		Woodbridge Senior High School-HS	5:47.07	5:50.76

2023 Cardinal District Championship - 1/26/2023 to 1/28/2023**Results - Swimming****(Event 16 Girls 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time
5 Earhart, Haylee	FR	Forest Park High School-VA	5:56.13	5:55.77
6 Lee, Becca	JR	Colgan High School-VA	5:49.73	5:59.98
7 Cook, Kristina	FR	Colgan High School-VA	6:12.25	6:00.96
8 Molina Otaiza, Gabriela	JR	Colgan High School-VA	6:04.47	6:04.06
9 Hulett, Kelsey	SO	Potomac Senior High School-VA	6:03.78	6:15.23
10 Platt, Anna P	SR	Forest Park High School-VA	6:13.02	6:19.67
11 Sindt, Caitlin R		Woodbridge Senior High School-HS	6:30.92	6:26.52
12 Matory, Makaela		Woodbridge Senior High School-HS	7:26.51	7:23.32
13 Cortez, Adrianna	JR	Hylton HS Swim Team-VA	7:22.61	7:37.89
14 Mihalovich, Eva	JR	Hylton HS Swim Team-VA	7:35.14	7:41.20
15 Wheeler, Sera E		Woodbridge Senior High School-HS	8:39.41	8:20.53

Event 17 Boys 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Forest Park High School-VA	A	1:30.12	1:28.66
1) Juhlin, Parker JR	2) Parkzes, Mason SO	3) Lattanzi, Jacob SO	4) Truong, Dawson SR
2 Woodbridge Senior High School-I	A	1:33.66	1:29.64
1) Grendysz, Aiden C	2) Bohabot, Jorge	3) White, Donovan C	4) Brown, Carter M
3 Colgan High School-VA	A	1:30.04	1:34.72
1) Fowkes, Isaak JR	2) Cioletti, Robert SO	3) Stormer, Will JR	4) Jensen, Drew SR
4 Potomac Senior High School-VA	A	1:37.49	1:46.89
1) Mumford, Dylan SR	2) Boczkowski, Luke JR	3) Carter, Mick L SO	4) Doty, David SR
5 Hylton HS Swim Team-VA	A	1:44.53	1:47.05
1) Friend, AJ JR	2) House, Jonah FR	3) White, Braydon SR	4) Cadisal, Jared JR
6 Gar-Field High School-VA	A	1:50.35	1:51.75
1) Coates, Keyen SO	2) Lopez-Medrano, Daniel SO	3) Sigman, Connor FR	4) Helms, Mikal SR

Event 18 Girls 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Forest Park High School-VA	A	1:40.80	1:43.36
1) Kayne, Samantha A SR	2) Sullivan, Caila JR	3) Robinette, Ally SO	4) Bookstein, Delaney K SR
2 Colgan High School-VA	A	1:47.24	1:48.26
1) Magnell, Ava JR	2) Hurley, Courtland JR	3) Bartlett, Tirayan JR	4) Welsby, Tess SR
3 Hylton HS Swim Team-VA	A	1:52.40	1:48.37
1) Cartagena, Tori SR	2) Cortez, Adrianna JR	3) McCloy, Lillianna SR	4) Stabler, Ainsley SO
4 Woodbridge Senior High School-I	A	1:51.66	1:49.93
1) Roberts, Ryan K	2) Manko, Valentina L	3) Sindt, Caitlin R	4) Firtag, Olivia V
5 Potomac Senior High School-VA	A	1:55.38	2:12.69
1) Carter, Rania R SO	2) Lee, Ryleigh FR	3) Carter, Ari SR	4) Hulett, Kelsey SO

Event 19 Boys 100 Yard Backstroke

Name	Yr	School	Seed Time	Finals Time
1 Lingafelt, Sean	SO	Colgan High School-VA	54.49	53.80
2 Bohabot, Jorge		Woodbridge Senior High School-HS	57.11	54.71
3 Fowkes, Isaak	JR	Colgan High School-VA	57.66	56.01
4 Alachnowicz, Zach	FR	Forest Park High School-VA	57.72	56.21
5 Mendoza, Ramses	JR	Forest Park High School-VA	56.88	57.57
6 Deshmukh, Ayaan	FR	Forest Park High School-VA	57.84	59.06
7 Heaton, Caleb	SR	Forest Park High School-VA	1:01.02	59.51
8 Hatfield, Geoff		Woodbridge Senior High School-HS	1:04.14	1:02.75
9 Urick, Charlie D		Woodbridge Senior High School-HS	1:03.59	1:02.79
10 Mumford, Dylan	SR	Potomac Senior High School-VA	1:02.84	1:02.96
11 Doyle, Ian J		Woodbridge Senior High School-HS	1:05.00	1:03.23

2023 Cardinal District Championship - 1/26/2023 to 1/28/2023**Results - Swimming****(Event 19 Boys 100 Yard Backstroke)**

Name	Yr	School	Seed Time	Finals Time
12 Murphy, Casey	SR	Potomac Senior High School-VA	1:03.18	1:04.67
13 Love, Aiden	SO	Colgan High School-VA	1:08.17	1:06.99
14 Roeske, Logan	SO	Colgan High School-VA	1:06.54	1:10.44
15 Sigman, Connor	FR	Gar-Field High School-VA	1:17.03	1:16.64
16 Causey, Justin	SO	Hylton HS Swim Team-VA	1:24.52	1:23.37
17 Sarager, Carson	SR	Hylton HS Swim Team-VA	1:31.01	1:30.92
--- Vanegas Neira, Alejandro	SO	Hylton HS Swim Team-VA	1:31.94	DQ

Event 20 Girls 100 Yard Backstroke

Name	Yr	School	Seed Time	Finals Time
1 Giovinazzo, Alyssa	JR	Forest Park High School-VA	1:00.39	58.20
2 Sistrunk, Hanah	SO	Colgan High School-VA	59.83	58.58
3 Oliver, Olivia	FR	Forest Park High School-VA	1:05.90	1:04.64
4 Oliver, Rachel	SR	Forest Park High School-VA	1:08.20	1:09.10
5 Cartagena, Tori	SR	Hylton HS Swim Team-VA	1:07.60	1:09.43
6 Hurley, Courtland	JR	Colgan High School-VA	1:10.29	1:10.73
7 Sindt, Madeline G		Woodbridge Senior High School-HS	1:13.33	1:11.16
8 Smith, Sophie	JR	Colgan High School-VA	1:13.04	1:12.33
9 Marcy, Alacoque	SR	Forest Park High School-VA	1:14.95	1:13.50
10 Fischer, Sophia	FR	Colgan High School-VA	1:12.01	1:13.92
11 Weis, Kaitlyn		Woodbridge Senior High School-HS	1:17.80	1:18.23
12 Mihalovich, Eva	JR	Hylton HS Swim Team-VA	1:20.37	1:19.33
13 Carter, Ari	SR	Potomac Senior High School-VA	1:20.96	1:22.64
14 Haddock, Kathryn G		Woodbridge Senior High School-HS	1:23.08	1:22.68
15 Castillo, Camilla		Woodbridge Senior High School-HS	1:26.26	1:27.69
16 Rojas Sandoval, Anso	FR	Hylton HS Swim Team-VA	1:41.23	1:42.03
17 Latorre, Eliana	SO	Hylton HS Swim Team-VA	1:48.42	1:46.71
--- Benedict, Meera	FR	Potomac Senior High School-VA	1:59.87	DQ

Event 21 Boys 100 Yard Breaststroke

Name	Yr	School	Seed Time	Finals Time
1 Truong, Dawson	SR	Forest Park High School-VA	56.16	55.76
2 Cioletti, Robert	SO	Colgan High School-VA	1:06.64	1:03.28
3 Makin, Matthew J		Woodbridge Senior High School-HS	1:03.81	1:03.83
4 Juhlin, Parker	JR	Forest Park High School-VA	1:03.54	1:03.90
5 White, Donovan C		Woodbridge Senior High School-HS	1:04.83	1:03.94
6 Avelis, Theo	SO	Forest Park High School-VA	1:07.31	1:07.41
7 Lee, Alex	SR	Forest Park High School-VA	1:10.21	1:08.30
8 Gualavisi, Alex M		Woodbridge Senior High School-HS	1:12.90	1:09.50
9 Jampole, Nolan	SR	Colgan High School-VA	1:11.28	1:10.02
10 Evans, Caleb		Woodbridge Senior High School-HS	1:12.28	1:11.07
11 Gayle, Joshua	SO	Colgan High School-VA	1:10.17	1:11.39
12 Duncan, Josh	JR	Colgan High School-VA	1:18.74	1:17.58
13 Montesino, Jayden	FR	Hylton HS Swim Team-VA	1:20.94	1:21.07
14 Soto, Dewayne	JR	Hylton HS Swim Team-VA	1:29.00	1:26.89
15 Dsouza, Marcus		Potomac Senior High School-VA	NT	1:27.09
16 House, Jonah	FR	Hylton HS Swim Team-VA	1:30.93	1:27.32
17 Hrebinnyk, Maksym	FR	Hylton HS Swim Team-VA	1:29.05	1:30.97
18 Edwards, Amani	SO	Potomac Senior High School-VA	1:29.10	1:31.89
19 Downes, Jaden	JR	Gar-Field High School-VA	1:48.83	1:49.28
--- Miranda, Nicholas	JR	Gar-Field High School-VA	2:10.08	DQ
--- Carter, Mick L	SO	Potomac Senior High School-VA	1:32.20	DQ

2023 Cardinal District Championship - 1/26/2023 to 1/28/2023**Results - Swimming****Event 22 Girls 100 Yard Breaststroke**

Name	Yr	School	Seed Time	Finals Time
1 Kayne, Samantha A	SR	Forest Park High School-VA	1:09.01	1:07.96
2 Runnels, Kira	SR	Colgan High School-VA	1:09.55	1:08.08
3 Benway, Kayley J	SR	Forest Park High School-VA	1:11.32	1:09.19
4 Oliver, Sarah	SO	Forest Park High School-VA	1:14.49	1:12.98
5 Hudisteanu, Diana L		Woodbridge Senior High School-HS	1:16.52	1:15.59
6 Nolan, Stella	SR	Colgan High School-VA	1:12.55	1:17.86
7 Hennessy, Jillian	FR	Colgan High School-VA	1:21.68	1:20.02
8 Sanchez, Mia		Forest Park High School-VA	1:25.55	1:21.41
9 Windmiller, Lexi J		Woodbridge Senior High School-HS	1:26.07	1:21.43
10 Gardner, Eden	SR	Colgan High School-VA	1:25.30	1:24.85
11 Hulett, Kelsey	SO	Potomac Senior High School-VA	1:19.19	1:25.47
12 Bowling, Megan		Woodbridge Senior High School-HS	1:28.08	1:27.83
13 McCloy, Lillianna	SR	Hylton HS Swim Team-VA	1:28.23	1:29.08
14 Firtag, Olivia V		Woodbridge Senior High School-HS	1:37.82	1:36.61
15 Samren, Shams	JR	Hylton HS Swim Team-VA	1:40.61	1:38.60
16 Ly, Pauline	SO	Hylton HS Swim Team-VA	1:43.38	1:41.28
17 Rhine, Bex	JR	Freedom High School-VA	2:10.73	2:08.02

Event 23 Boys 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Forest Park High School-VA	A	3:23.94	3:16.17
1) Anderson, Nick SR	2) Lattanzi, Jacob SO	3) Okun, Ethan SR	4) Truong, Dawson SR
2 Colgan High School-VA	A	3:18.42	3:17.36
1) Lingafelt, Sean SO	2) Fowkes, Isaak JR	3) Carbonell, Luis SR	4) Jensen, Matthew SO
3 Woodbridge Senior High School-I	A	3:29.50	3:31.95
1) Mussie, Sam	2) Fisher, Adam L	3) Hatfield, Geoff	4) Gardiner, Logan J
4 Hylton HS Swim Team-VA	A	4:10.35	4:32.91
1) Mihalovich, Mark FR	2) Montesino, Jayden FR	3) Vanegas Neira, Alejandro SO	4) Causey, Justin SO

Event 24 Girls 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 Colgan High School-VA	A	3:46.73	3:40.86
1) Sistrunk, Hanah SO	2) Grocholski, Alaina SO	3) Runnels, Kira SR	4) Worth, Brooke JR
2 Forest Park High School-VA	A	3:51.02	3:52.94
1) Giovinazzo, Alyssa JR	2) DeNard, Riley SO	3) Oliver, Olivia FR	4) Robinette, Ally SO
3 Woodbridge Senior High School-I	A	4:08.33	4:07.51
1) Ridge, Siri L	2) Roberts, Ryan K	3) Windmiller, Lexi J	4) Manko, Valentina L
4 Hylton HS Swim Team-VA	A	4:34.51	5:12.36
1) Voith, Jane SR	2) Atkins, Kaci SR	3) Ly, Pauline SO	4) Mihalovich, Eva JR