

Free Fartlek - 10/7/2023 to 10/8/2023

Results

Event 1 Girls 13 & Over 50 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Hawver, Gabby L	14	Occoquan Swimming-PV	24.85	25.54	
2	Aldeguer, Ariana D	14	Occoquan Swimming-PV	25.89	26.11	
3	Stabler, Ainsley	16	Occoquan Swimming-PV	25.88	26.18	
4	Lavedas, Emma C	15	Occoquan Swimming-PV	26.39	26.29	
5	Stahl, Annaleagh N	18	Occoquan Swimming-PV	25.56	26.35	
6	Evans, Juliana V	14	Occoquan Swimming-PV	27.96	26.57	
7	Hull, Sabrina M	14	Occoquan Swimming-PV	26.72	26.59	
8	Velarde Maynard, Matilda C	13	Occoquan Swimming-PV	26.32	26.60	
9	Linton, Peyton B	13	Occoquan Swimming-PV	27.18	26.73	
10	Epifanio, Allyson E	13	Occoquan Swimming-PV	25.61	26.75	
11	Mercer, Maddie O	14	Occoquan Swimming-PV	26.89	26.83	
12	Harper, Grace E	14	Occoquan Swimming-PV	27.06	27.01	
13	Snyder, Emma G	14	Occoquan Swimming-PV	26.97	27.07	
14	Simmons, Tori A	13	Occoquan Swimming-PV	27.40	27.26	
15	Sabahi, Kimiya N	16	Occoquan Swimming-PV	26.54	27.33	
16	Toczyłowski, Hannah L	17	Occoquan Swimming-PV	26.03	27.48	
17	Lucas, Darcy F	16	Occoquan Swimming-PV	NT	27.54	
18	Heller, Mia C	16	Occoquan Swimming-PV	26.78	27.58	
19	Lesly, Hannah G	16	Occoquan Swimming-PV	27.00	27.65	
20	Manko, Valentina L	16	Occoquan Swimming-PV	26.80	27.69	
21	Picardo, Kiara B	15	Occoquan Swimming-PV	27.86	27.75	
22	McCook, Isabellla G	14	Occoquan Swimming-PV	37.15	27.77	
23	Davis, Averie N	14	Occoquan Swimming-PV	28.96	27.88	
24	Rossi, Madelyn E	13	Occoquan Swimming-PV	29.20	27.91	
25	Hennessy, Jillian C	15	Occoquan Swimming-PV	29.17	27.96	
26	Ridge, Siri L	15	Occoquan Swimming-PV	27.38	27.99	
27	Rahmouni, Noel J	13	Occoquan Swimming-PV	28.86	28.24	
28	Coughenour, Audrey	16	Occoquan Swimming-PV	28.58	28.27	
29	Windmiller, Lexi J	15	Occoquan Swimming-PV	27.99	28.30	
30	DeNard, Riley C	16	Occoquan Swimming-PV	27.67	28.38	
31	Glass, Mia J	14	Occoquan Swimming-PV	29.25	28.42	
32	Stahl, Kayeleagh E	14	Occoquan Swimming-PV	29.69	28.52	
33	Oliver, Olivia A	15	Occoquan Swimming-PV	27.30	28.53	
34	Vasquez, Sophie S	14	Occoquan Swimming-PV	28.53	28.59	
35	Zarow, Alexis N	14	Occoquan Swimming-PV	29.35	28.70	
36	Wallace, Alyssa M	13	Occoquan Swimming-PV	28.36	28.74	
37	Pace, Emily M	14	Occoquan Swimming-PV	30.53	28.84	
38	Stenger, Ruby A	14	Occoquan Swimming-PV	30.54	28.87	
39	Feindt, Morgan K	14	Occoquan Swimming-PV	29.64	28.95	
40	Matt, Tis K	13	Occoquan Swimming-PV	28.53	29.00	
41	Eyre, Elyse L	17	Occoquan Swimming-PV	27.22	29.11	
42	McMillan, Ava M	15	Occoquan Swimming-PV	29.61	29.21	
43	Doyle, Emilia F	13	Occoquan Swimming-PV	32.02	29.36	
44	Carter, Samantha R	16	Occoquan Swimming-PV	29.74	29.43	
45	Sindt, Madeline G	15	Occoquan Swimming-PV	29.23	29.47	
46	Lund, Emily K	17	Occoquan Swimming-PV	28.59	29.52	



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	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
47	McClutchy, Lilly P	14	Occoquan Swimming-PV	31.12	29.60	
48	Correll, Hannah	13	Occoquan Swimming-PV	29.48	29.65	
49	Johnson, Olivia G	13	Occoquan Swimming-PV	31.70	29.70	
50	Cook, Kristina M	15	Occoquan Swimming-PV	29.15	29.84	
51	Hartz, Elizabeth A	16	Occoquan Swimming-PV	29.66	29.85	
52	Orantes, Carys E	14	Occoquan Swimming-PV	30.54	30.00	
53	Holtom, Sophia F	15	Occoquan Swimming-PV	29.61	30.07	
54	Gondek, Zoey G	14	Occoquan Swimming-PV	29.94	30.18	
55	Rose, Kennedy M	17	Occoquan Swimming-PV	30.38	30.23	
56	Allen, Brooklyn	13	Occoquan Swimming-PV	32.85	30.62	
57	Pak, Kayla S	16	Occoquan Swimming-PV	29.66	30.82	
58	Lugiai, McKenna G	13	Occoquan Swimming-PV	30.15	30.86	
*59	Hutchins, Trista A	14	Occoquan Swimming-PV	34.39	30.98	
*59	Hulse, Abby L	14	Occoquan Swimming-PV	NT	30.98	
61	Rowlison, Nia E	13	Occoquan Swimming-PV	30.25	31.24	
62	Stike, Stella R	14	Occoquan Swimming-PV	30.38	31.38	
63	deAsis, Vivi E	14	Occoquan Swimming-PV	29.96	31.44	
64	Rainey-Stokes, London C	14	Occoquan Swimming-PV	33.46	31.59	
65	Anders, Emma N	13	Occoquan Swimming-PV	32.83	31.64	
66	Holtom, Emma G	13	Occoquan Swimming-PV	31.31	31.67	
67	O'Connor, El G	15	Occoquan Swimming-PV	30.08	31.73	
68	Ozcan, Cansu	13	Occoquan Swimming-PV	33.82	31.80	
69	Holtom, Hannah E	17	Occoquan Swimming-PV	31.33	31.97	
70	Kislowski, Ashley M	14	Occoquan Swimming-PV	36.07	32.50	
71	Rosero, Violet G	13	Occoquan Swimming-PV	30.58	32.59	
72	Bales, Addie M	13	Occoquan Swimming-PV	NT	32.89	
73	Azekri, Lina	13	Occoquan Swimming-PV	38.95	33.24	
74	Curisincbe, Abigail P	14	Occoquan Swimming-PV	NT	33.58	
75	Miller, Ellie M	15	Occoquan Swimming-PV	31.48	34.15	
76	Garrity, Ava E	13	Occoquan Swimming-PV	NT	34.26	
77	Friedlander, Addison J	13	Occoquan Swimming-PV	36.84	35.61	
78	Mills, Emily G	13	Occoquan Swimming-PV	NT	35.69	
80	Rodriguez, Ally R	13	Occoquan Swimming-PV	33.58	36.04	
81	Intihar, Ashley L	13	Occoquan Swimming-PV	NT	36.74	
82	Reyes Gonzalez, Helen M	13	Occoquan Swimming-PV	NT	36.98	
83	Rice, Elaina R	13	Occoquan Swimming-PV	NT	37.50	
84	Alemzadeh, Nikki	15	Occoquan Swimming-PV	37.98	38.25	

Event 2 Boys 13 & Over 50 Yard Freestyle

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Pearson, Boden J	17	Occoquan Swimming-PV	22.24	22.82	
2	Martinez, Lionel L	14	Occoquan Swimming-PV	22.61	22.92	
3	Lavedas, Liam A	14	Occoquan Swimming-PV	23.93	23.38	
4	Fisher, Adam L	16	Occoquan Swimming-PV	23.85	23.60	
5	Bae, Alex Y	17	Occoquan Swimming-PV	24.15	23.61	
6	Orndorff, Parker H	15	Occoquan Swimming-PV	24.28	23.92	
*7	Gardiner, Logan J	16	Occoquan Swimming-PV	24.52	23.95	



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Name	Age	Team	Seed Time	Finals Time	Points
*7 Deshmukh, Ayaan Z	15	Occoquan Swimming-PV	23.52	23.95	
9 Nunes Fuller, Mateus	13	Occoquan Swimming-PV	24.68	24.09	
10 Ward, Evan M	15	Occoquan Swimming-PV	24.93	24.17	
11 Mussie, Samuel	16	Occoquan Swimming-PV	23.88	24.21	
*12 Brown, Andrew R	17	Occoquan Swimming-PV	24.08	24.51	
*12 Koler, Eric J	15	Occoquan Swimming-PV	NT	24.51	
14 Supon, Jack V	14	Occoquan Swimming-PV	24.53	24.57	
15 Arredondo, Leo A	14	Occoquan Swimming-PV	25.11	24.72	
16 Green, Ayden A	15	Occoquan Swimming-PV	24.63	24.78	
17 Moats, Jake W	14	Occoquan Swimming-PV	25.12	24.86	
18 Gayle, Joshua P	15	Occoquan Swimming-PV	25.37	24.89	
19 Neri Sanchez, Guillermo	15	Occoquan Swimming-PV	25.54	24.90	
20 Nourse, Zach W	15	Occoquan Swimming-PV	25.71	24.93	
21 Henriques, Rome John C	14	Occoquan Swimming-PV	25.29	25.03	
22 Sullivan, Quinn T	15	Occoquan Swimming-PV	25.64	25.12	
*23 Comeau, Charlie J	15	Occoquan Swimming-PV	25.67	25.19	
*23 Avelis, Theo P	16	Occoquan Swimming-PV	24.79	25.19	
*25 Alexander, Colby H	14	Occoquan Swimming-PV	26.82	25.22	
*25 Ahmad, Rehan	14	Occoquan Swimming-PV	25.35	25.22	
27 Sobecke, Ryan A	13	Occoquan Swimming-PV	25.59	25.29	
28 Montgomery, Joshua D	17	Occoquan Swimming-PV	NT	25.30	
29 Eyre, Grant W	14	Occoquan Swimming-PV	26.06	25.33	
30 Roeske, Logan D	16	Occoquan Swimming-PV	25.45	25.64	
31 Shields, Erik J	15	Occoquan Swimming-PV	25.34	25.65	
32 Grendysz, Carter D	14	Occoquan Swimming-PV	25.43	25.67	
33 Knott, Grayson A	14	Occoquan Swimming-PV	25.43	25.69	
34 Gold, Josh M	15	Occoquan Swimming-PV	25.44	25.75	
35 Thorpe, Jacob S	14	Occoquan Swimming-PV	27.23	25.76	
36 Bonura, Mateo M	13	Occoquan Swimming-PV	26.25	26.23	
37 Uppalapati, Yuvraj V	14	Occoquan Swimming-PV	26.91	26.40	
38 Martinez, Thiago E	13	Occoquan Swimming-PV	27.12	26.42	
39 Haddock, Ethan K	13	Occoquan Swimming-PV	28.35	26.77	
40 Colov, Alex I	15	Occoquan Swimming-PV	26.99	26.96	
41 Nichols, RJ J	13	Occoquan Swimming-PV	27.74	26.98	
42 Carder, Sam G	15	Occoquan Swimming-PV	28.65	27.06	
43 Hurtado, Grayson G	15	Occoquan Swimming-PV	26.07	27.17	
44 Zimmer, Evan E	14	Occoquan Swimming-PV	28.33	27.21	
45 Park, Jun N	15	Occoquan Swimming-PV	27.10	27.23	
46 Kieffer, Samuel M	17	Occoquan Swimming-PV	29.29	27.29	
47 Wilson, Nathaniel A	14	Occoquan Swimming-PV	27.53	27.31	
48 Hurst, Easton R	13	Occoquan Swimming-PV	29.40	27.35	
49 Comeau, Max P	14	Occoquan Swimming-PV	28.98	27.40	
50 Ege, Christopher W	14	Occoquan Swimming-PV	27.90	27.42	
51 Wiles, Landon H	14	Occoquan Swimming-PV	30.07	27.48	
*52 Cala, Philip T	15	Occoquan Swimming-PV	29.85	27.60	
*52 Foster, Payton W	13	Occoquan Swimming-PV	28.88	27.60	
54 Dailly, Mason J	14	Occoquan Swimming-PV	29.47	27.63	



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Name	Age	Team	Seed Time	Finals Time	Points
55 Ball, Tristan M	13	Occoquan Swimming-PV	38.19	27.74	
56 Ward, Micah J	13	Occoquan Swimming-PV	30.00	28.19	
57 Crupi, Michael J	15	Occoquan Swimming-PV	28.50	28.26	
58 Soucy, Ben J	14	Occoquan Swimming-PV	29.50	28.61	
59 McGrath, Shane A	13	Occoquan Swimming-PV	NT	28.87	
60 Lesly, Noah A	14	Occoquan Swimming-PV	30.94	28.95	
*61 Chouinard, Trevor J	14	Occoquan Swimming-PV	29.56	29.28	
*61 Sorto, Anthony J	13	Occoquan Swimming-PV	40.28	29.28	
63 Santos, Alek D	15	Occoquan Swimming-PV	29.69	29.30	
64 Kieffer, Forrest J	14	Occoquan Swimming-PV	NT	29.37	
65 Garon, Rohan H	15	Occoquan Swimming-PV	NT	29.59	
66 Burlingame, Josh I	13	Occoquan Swimming-PV	31.38	29.87	
67 Natale, Dominic G	13	Occoquan Swimming-PV	32.40	30.65	
68 Diaz, Lucas A	14	Occoquan Swimming-PV	NT	31.21	
69 Herrera, Jean A	13	Occoquan Swimming-PV	32.90	31.50	
70 Manon, Noah E	13	Occoquan Swimming-PV	33.71	31.98	
71 Costilla, Renzo R	14	Occoquan Swimming-PV	38.04	38.38	

Event 3 Girls 13 & Over 100 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Hawver, Gabby L	14	Occoquan Swimming-PV	53.90	55.14	
2 Aldeguer, Ariana D	14	Occoquan Swimming-PV	54.55	55.99	
3 Stahl, Annaleagh N	18	Occoquan Swimming-PV	55.23	56.84	
4 Stabler, Ainsley	16	Occoquan Swimming-PV	54.69	56.99	
5 Velarde Maynard, Matilda C	13	Occoquan Swimming-PV	57.37	57.83	
6 Lavedas, Emma C	15	Occoquan Swimming-PV	57.02	58.21	
7 Mercer, Maddie O	14	Occoquan Swimming-PV	57.45	58.26	
*8 Hull, Sabrina M	14	Occoquan Swimming-PV	57.64	58.44	
*8 Manko, Valentina L	16	Occoquan Swimming-PV	58.60	58.44	
10 Harper, Grace E	14	Occoquan Swimming-PV	57.28	58.46	
11 Snyder, Emma G	14	Occoquan Swimming-PV	58.94	58.94	
12 Epifanio, Allyson E	13	Occoquan Swimming-PV	57.67	59.00	
13 Simmons, Tori A	13	Occoquan Swimming-PV	58.96	59.44	
14 Linton, Peyton B	13	Occoquan Swimming-PV	59.65	59.80	
*15 Evans, Juliana V	14	Occoquan Swimming-PV	1:01.99	59.90	
*15 Ridge, Siri L	15	Occoquan Swimming-PV	58.37	59.90	
17 Lucas, Darcy F	16	Occoquan Swimming-PV	NT	59.94	
18 Sabahi, Kimiya N	16	Occoquan Swimming-PV	58.29	1:00.10	
19 Heller, Mia C	16	Occoquan Swimming-PV	59.29	1:00.16	
20 McCook, Isabella G	14	Occoquan Swimming-PV	1:24.70	1:00.20	
21 Toczykowski, Hannah L	17	Occoquan Swimming-PV	56.81	1:00.64	
22 Davis, Averie N	14	Occoquan Swimming-PV	1:03.97	1:00.88	
23 DeNard, Riley C	16	Occoquan Swimming-PV	59.70	1:01.17	
24 Glass, Mia J	14	Occoquan Swimming-PV	1:01.30	1:01.24	
25 Coughenour, Audrey	16	Occoquan Swimming-PV	1:00.34	1:01.48	
26 Hennessy, Jillian C	15	Occoquan Swimming-PV	1:03.82	1:01.72	
27 Oliver, Olivia A	15	Occoquan Swimming-PV	58.55	1:01.88	



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	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
28	Stahl, Kayeleagh E	14	Occoquan Swimming-PV	59.19	1:02.06	
29	Lesly, Hannah G	16	Occoquan Swimming-PV	1:00.10	1:02.10	
30	Rahmouni, Noel J	13	Occoquan Swimming-PV	1:01.10	1:02.29	
31	Picardo, Kiara B	15	Occoquan Swimming-PV	59.53	1:02.60	
*32	Matt, Tis K	13	Occoquan Swimming-PV	1:02.72	1:02.61	
*32	Rossi, Madelyn E	13	Occoquan Swimming-PV	1:04.68	1:02.61	
34	Pace, Emily M	14	Occoquan Swimming-PV	1:06.50	1:02.84	
35	McMillan, Ava M	15	Occoquan Swimming-PV	1:03.87	1:03.06	
36	Vasquez, Sophie S	14	Occoquan Swimming-PV	1:02.65	1:03.23	
37	Zarow, Alexis N	14	Occoquan Swimming-PV	1:05.38	1:03.97	
38	Windmiller, Lexi J	15	Occoquan Swimming-PV	1:03.65	1:04.08	
39	Wallace, Alyssa M	13	Occoquan Swimming-PV	1:03.93	1:04.22	
40	Eyre, Elyse L	17	Occoquan Swimming-PV	58.55	1:04.28	
41	Carter, Samantha R	16	Occoquan Swimming-PV	1:03.56	1:04.32	
42	Hartz, Elizabeth A	16	Occoquan Swimming-PV	1:04.33	1:04.34	
43	Correll, Hannah	13	Occoquan Swimming-PV	1:03.79	1:04.46	
44	Cook, Kristina M	15	Occoquan Swimming-PV	1:02.60	1:04.94	
45	Gondek, Zoey G	14	Occoquan Swimming-PV	1:06.43	1:05.98	
46	Stenger, Ruby A	14	Occoquan Swimming-PV	1:07.42	1:05.99	
47	Johnson, Olivia G	13	Occoquan Swimming-PV	1:11.09	1:06.29	
48	Lund, Emily K	17	Occoquan Swimming-PV	1:03.04	1:06.51	
49	McClutchy, Lilly P	14	Occoquan Swimming-PV	1:08.19	1:06.57	
50	Feindt, Morgan K	14	Occoquan Swimming-PV	1:06.17	1:06.86	
51	Doyle, Emilia F	13	Occoquan Swimming-PV	1:12.19	1:07.05	
52	Rosero, Violet G	13	Occoquan Swimming-PV	1:07.83	1:07.58	
53	Pak, Kayla S	16	Occoquan Swimming-PV	1:04.98	1:07.72	
54	Rose, Kennedy M	17	Occoquan Swimming-PV	1:08.08	1:07.81	
55	Sindt, Madeline G	15	Occoquan Swimming-PV	1:04.86	1:08.46	
56	Hutchins, Trista A	14	Occoquan Swimming-PV	1:18.17	1:09.80	
57	Hulse, Abby L	14	Occoquan Swimming-PV	1:09.44	1:09.88	
58	Holtom, Sophia F	15	Occoquan Swimming-PV	1:05.18	1:10.07	
59	Lugiai, McKenna G	13	Occoquan Swimming-PV	1:03.55	1:10.63	
60	Orantes, Carys E	14	Occoquan Swimming-PV	1:16.72	1:11.02	
61	Holtom, Emma G	13	Occoquan Swimming-PV	1:10.25	1:11.41	
62	Rowlison, Nia E	13	Occoquan Swimming-PV	1:06.53	1:11.53	
63	Ozcan, Cansu	13	Occoquan Swimming-PV	1:14.58	1:12.53	
64	Rainey-Stokes, London C	14	Occoquan Swimming-PV	1:16.65	1:12.56	
65	Allen, Brooklyn	13	Occoquan Swimming-PV	1:18.62	1:12.68	
66	O'Connor, El G	15	Occoquan Swimming-PV	1:08.19	1:12.94	
67	Anders, Emma N	13	Occoquan Swimming-PV	1:15.15	1:12.95	
68	Venturini, Samantha K	15	Occoquan Swimming-PV	1:09.02	1:13.15	
69	Holtom, Hannah E	17	Occoquan Swimming-PV	1:09.67	1:14.13	
70	Miller, Ellie M	15	Occoquan Swimming-PV	1:08.65	1:14.31	
71	Kislowski, Ashley M	14	Occoquan Swimming-PV	1:20.22	1:14.54	
72	deAsis, Vivi E	14	Occoquan Swimming-PV	1:09.13	1:15.85	
73	Azekri, Lina	13	Occoquan Swimming-PV	1:28.03	1:17.18	
74	Bales, Addie M	13	Occoquan Swimming-PV	NT	1:17.44	



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Name	Age	Team	Seed Time	Finals Time	Points
75 Rodriguez, Ally R	13	Occoquan Swimming-PV	1:15.61	1:18.50	
76 Curisynche, Abigail P	14	Occoquan Swimming-PV	NT	1:18.56	
77 Garrity, Ava E	13	Occoquan Swimming-PV	NT	1:21.46	
78 Friedlander, Addison J	13	Occoquan Swimming-PV	1:20.33	1:21.56	
79 Intihar, Ashley L	13	Occoquan Swimming-PV	NT	1:25.18	
80 Reyes Gonzalez, Helen M	13	Occoquan Swimming-PV	NT	1:26.64	
81 Mills, Emily G	13	Occoquan Swimming-PV	NT	1:26.72	
83 Alemzadeh, Nikki	15	Occoquan Swimming-PV	1:28.43	1:27.09	
84 Rice, Elaina R	13	Occoquan Swimming-PV	NT	1:29.78	

Event 4 Boys 13 & Over 100 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Bae, Alex Y	17	Occoquan Swimming-PV	54.62	50.52	
2 Pearson, Boden J	17	Occoquan Swimming-PV	48.81	50.68	
3 Martinez, Lionel L	14	Occoquan Swimming-PV	51.22	51.00	
4 Orndorff, Parker H	15	Occoquan Swimming-PV	52.87	51.44	
5 Supon, Jack V	14	Occoquan Swimming-PV	53.05	51.96	
6 Deshmukh, Ayaan Z	15	Occoquan Swimming-PV	51.62	52.25	
7 Nunes Fuller, Mateus	13	Occoquan Swimming-PV	56.68	52.54	
8 Lavedas, Liam A	14	Occoquan Swimming-PV	51.60	52.80	
9 Fisher, Adam L	16	Occoquan Swimming-PV	55.21	52.92	
10 Mussie, Samuel	16	Occoquan Swimming-PV	51.67	53.28	
11 Gardiner, Logan J	16	Occoquan Swimming-PV	54.57	53.36	
12 Moats, Jake W	14	Occoquan Swimming-PV	54.73	53.89	
13 Avelis, Theo P	16	Occoquan Swimming-PV	53.03	54.06	
14 Sobecke, Ryan A	13	Occoquan Swimming-PV	54.35	54.13	
15 Brown, Andrew R	17	Occoquan Swimming-PV	51.96	54.34	
16 Nourse, Zach W	15	Occoquan Swimming-PV	54.75	55.02	
17 Gayle, Joshua P	15	Occoquan Swimming-PV	54.56	55.15	
18 Neri Sanchez, Guillermo	15	Occoquan Swimming-PV	55.89	55.38	
19 Green, Ayden A	15	Occoquan Swimming-PV	55.41	55.47	
20 Eyre, Grant W	14	Occoquan Swimming-PV	54.83	55.51	
21 Knott, Grayson A	14	Occoquan Swimming-PV	55.81	55.77	
22 Ward, Evan M	15	Occoquan Swimming-PV	54.82	55.88	
23 Ahmad, Rehan	14	Occoquan Swimming-PV	56.81	55.94	
24 Shields, Erik J	15	Occoquan Swimming-PV	55.38	55.98	
25 Comeau, Charlie J	15	Occoquan Swimming-PV	57.10	56.09	
26 Thorpe, Jacob S	14	Occoquan Swimming-PV	57.34	56.24	
27 Gold, Josh M	15	Occoquan Swimming-PV	55.39	56.39	
28 Grendysz, Carter D	14	Occoquan Swimming-PV	53.87	56.40	
29 Sullivan, Quinn T	15	Occoquan Swimming-PV	56.97	56.60	
30 Alexander, Colby H	14	Occoquan Swimming-PV	1:00.78	56.65	
31 Roeske, Logan D	16	Occoquan Swimming-PV	57.23	56.97	
32 Koler, Eric J	15	Occoquan Swimming-PV	NT	57.46	
33 Arredondo, Leo A	14	Occoquan Swimming-PV	55.47	57.53	
34 Uppalapati, Yuvraj V	14	Occoquan Swimming-PV	58.24	57.70	
35 Carder, Sam G	15	Occoquan Swimming-PV	1:00.71	58.06	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 4 Boys 13 & Over 100 Yard Freestyle)

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
36	Zimmer, Evan E	14	Occoquan Swimming-PV	1:01.00	58.07	
37	Bonura, Mateo M	13	Occoquan Swimming-PV	58.21	58.33	
38	Colov, Alex I	15	Occoquan Swimming-PV	1:01.87	58.59	
39	Martinez, Thiago E	13	Occoquan Swimming-PV	57.27	58.83	
40	Hurst, Easton R	13	Occoquan Swimming-PV	1:03.08	59.19	
41	Nichols, RJ J	13	Occoquan Swimming-PV	1:03.29	59.82	
42	Haddock, Ethan K	13	Occoquan Swimming-PV	1:01.81	59.92	
43	Park, Jun N	15	Occoquan Swimming-PV	1:00.68	1:00.19	
44	Comeau, Max P	14	Occoquan Swimming-PV	1:06.82	1:00.78	
45	Ege, Christopher W	14	Occoquan Swimming-PV	1:03.68	1:00.88	
46	Foster, Payton W	13	Occoquan Swimming-PV	1:03.96	1:01.63	
47	Kieffer, Samuel M	17	Occoquan Swimming-PV	1:05.85	1:01.76	
48	Dailly, Mason J	14	Occoquan Swimming-PV	1:05.94	1:01.78	
49	Ball, Tristan M	13	Occoquan Swimming-PV	1:27.90	1:02.20	
50	Cala, Philip T	15	Occoquan Swimming-PV	1:05.91	1:02.52	
51	Hurtado, Grayson G	15	Occoquan Swimming-PV	1:01.14	1:02.54	
52	Montgomery, Joshua D	17	Occoquan Swimming-PV	NT	1:02.95	
53	Ward, Micah J	13	Occoquan Swimming-PV	1:05.34	1:03.51	
54	Crupi, Michael J	15	Occoquan Swimming-PV	1:06.86	1:03.69	
55	Soucy, Ben J	14	Occoquan Swimming-PV	1:05.88	1:03.98	
56	Chouinard, Trevor J	14	Occoquan Swimming-PV	1:06.47	1:04.69	
57	Sorto, Anthony J	13	Occoquan Swimming-PV	1:39.22	1:04.75	
58	Wiles, Landon H	14	Occoquan Swimming-PV	1:12.40	1:04.78	
59	Wilson, Nathaniel A	14	Occoquan Swimming-PV	1:04.48	1:05.19	
*60	Lesly, Noah A	14	Occoquan Swimming-PV	1:09.26	1:05.56	
*60	McGrath, Shane A	13	Occoquan Swimming-PV	NT	1:05.56	
62	Santos, Alek D	15	Occoquan Swimming-PV	1:07.27	1:05.76	
63	Burlingame, Josh I	13	Occoquan Swimming-PV	1:15.04	1:05.77	
64	Garon, Rohan H	15	Occoquan Swimming-PV	NT	1:07.69	
65	Kieffer, Forrest J	14	Occoquan Swimming-PV	NT	1:09.76	
66	Diaz, Lucas A	14	Occoquan Swimming-PV	NT	1:12.14	
67	Natale, Dominic G	13	Occoquan Swimming-PV	1:28.03	1:14.47	
68	Herrera, Jean A	13	Occoquan Swimming-PV	1:17.26	1:15.60	
69	Manon, Noah E	13	Occoquan Swimming-PV	1:21.23	1:15.69	
70	Costilla, Renzo R	14	Occoquan Swimming-PV	1:29.88	1:26.83	
---	Henriques, Rome John C	14	Occoquan Swimming-PV	57.71	DQ	

Head did not break the surface by 15 meters

Event 5 Girls 13 & Over 200 Yard Freestyle

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Hawver, Gabby L	14	Occoquan Swimming-PV	1:57.49	1:58.75	
2	Aldeguer, Ariana D	14	Occoquan Swimming-PV	1:55.70	1:59.56	
3	Stahl, Annaleagh N	18	Occoquan Swimming-PV	1:58.00	2:04.73	
4	Harper, Grace E	14	Occoquan Swimming-PV	2:03.30	2:04.93	
5	Simmons, Tori A	13	Occoquan Swimming-PV	2:07.87	2:07.41	
6	Velarde Maynard, Matilda C	13	Occoquan Swimming-PV	2:03.58	2:07.44	
7	Stabler, Ainsley	16	Occoquan Swimming-PV	2:02.19	2:08.19	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 5 Girls 13 & Over 200 Yard Freestyle)

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
8	Manko, Valentina L	16	Occoquan Swimming-PV	2:06.01	2:08.42	
9	Ridge, Siri L	15	Occoquan Swimming-PV	2:04.61	2:08.71	
10	Hull, Sabrina M	14	Occoquan Swimming-PV	2:07.31	2:09.51	
11	Mercer, Maddie O	14	Occoquan Swimming-PV	2:05.69	2:09.84	
12	Lavedas, Emma C	15	Occoquan Swimming-PV	2:06.07	2:11.50	
13	Coughenour, Audrey	16	Occoquan Swimming-PV	2:09.60	2:11.60	
14	Epifanio, Allyson E	13	Occoquan Swimming-PV	2:06.47	2:11.73	
15	DeNard, Riley C	16	Occoquan Swimming-PV	2:09.13	2:12.27	
16	Linton, Peyton B	13	Occoquan Swimming-PV	2:12.44	2:12.69	
17	Snyder, Emma G	14	Occoquan Swimming-PV	2:10.24	2:13.02	
18	Heller, Mia C	16	Occoquan Swimming-PV	2:06.94	2:13.43	
19	Evans, Juliana V	14	Occoquan Swimming-PV	2:21.68	2:13.56	
20	Oliver, Olivia A	15	Occoquan Swimming-PV	2:02.89	2:13.68	
21	Matt, Tis K	13	Occoquan Swimming-PV	2:15.20	2:14.25	
22	Toczyłowski, Hannah L	17	Occoquan Swimming-PV	2:03.79	2:14.27	
23	Lucas, Darcy F	16	Occoquan Swimming-PV	NT	2:14.83	
24	McCook, Isabella G	14	Occoquan Swimming-PV	3:03.91	2:14.95	
25	Stahl, Kayeleagh E	14	Occoquan Swimming-PV	2:07.04	2:15.00	
26	McMillan, Ava M	15	Occoquan Swimming-PV	2:15.15	2:15.31	
27	Rahmouni, Noel J	13	Occoquan Swimming-PV	2:11.89	2:15.81	
28	Hartz, Elizabeth A	16	Occoquan Swimming-PV	2:17.92	2:16.62	
29	Vasquez, Sophie S	14	Occoquan Swimming-PV	2:13.89	2:16.91	
30	Sabahi, Kimiya N	16	Occoquan Swimming-PV	2:08.85	2:17.21	
31	Hennessy, Jillian C	15	Occoquan Swimming-PV	2:32.60	2:17.48	
32	Davis, Averie N	14	Occoquan Swimming-PV	2:23.18	2:18.66	
33	Lesly, Hannah G	16	Occoquan Swimming-PV	2:15.68	2:18.67	
34	Picardo, Kiara B	15	Occoquan Swimming-PV	NT	2:19.02	
35	Pace, Emily M	14	Occoquan Swimming-PV	2:29.83	2:19.16	
36	Rossi, Madelyn E	13	Occoquan Swimming-PV	2:21.14	2:19.24	
37	Zarow, Alexis N	14	Occoquan Swimming-PV	2:25.00	2:21.12	
38	Wallace, Alyssa M	13	Occoquan Swimming-PV	2:23.06	2:22.07	
39	Windmiller, Lexi J	15	Occoquan Swimming-PV	2:18.86	2:22.97	
40	Cook, Kristina M	15	Occoquan Swimming-PV	2:15.01	2:23.25	
41	Gondek, Zoey G	14	Occoquan Swimming-PV	2:22.68	2:24.49	
42	Stenger, Ruby A	14	Occoquan Swimming-PV	2:34.11	2:24.65	
43	Johnson, Olivia G	13	Occoquan Swimming-PV	2:32.56	2:24.76	
44	Correll, Hannah	13	Occoquan Swimming-PV	2:15.97	2:25.07	
45	Doyle, Emilia F	13	Occoquan Swimming-PV	2:48.24	2:25.76	
46	Eyre, Elyse L	17	Occoquan Swimming-PV	2:14.54	2:25.78	
47	Carter, Samantha R	16	Occoquan Swimming-PV	2:21.66	2:26.63	
48	Pak, Kayla S	16	Occoquan Swimming-PV	2:21.13	2:27.91	
49	McClutchy, Lilly P	14	Occoquan Swimming-PV	2:34.48	2:28.51	
50	Lund, Emily K	17	Occoquan Swimming-PV	2:23.92	2:29.14	
51	Hutchins, Trista A	14	Occoquan Swimming-PV	2:51.59	2:31.94	
52	Venturini, Kaitlyn A	14	Occoquan Swimming-PV	2:28.25	2:32.04	
53	Rose, Kennedy M	17	Occoquan Swimming-PV	2:28.96	2:32.57	
54	Sindt, Madeline G	15	Occoquan Swimming-PV	2:17.92	2:33.44	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 5 Girls 13 & Over 200 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
55 Holtom, Sophia F	15	Occoquan Swimming-PV	2:25.05	2:34.95	
56 Rowlison, Nia E	13	Occoquan Swimming-PV	2:34.87	2:35.38	
57 Feindt, Morgan K	14	Occoquan Swimming-PV	2:28.51	2:36.16	
58 Hulse, Abby L	14	Occoquan Swimming-PV	2:40.04	2:36.67	
59 Rosero, Violet G	13	Occoquan Swimming-PV	2:27.59	2:38.18	
60 Anders, Emma N	13	Occoquan Swimming-PV	3:04.86	2:43.15	
61 Rainey-Stokes, London C	14	Occoquan Swimming-PV	2:56.64	2:44.12	
62 deAsis, Vivi E	14	Occoquan Swimming-PV	2:29.18	2:44.24	
63 Kislowski, Ashley M	14	Occoquan Swimming-PV	2:57.44	2:44.34	
64 Stike, Stella R	14	Occoquan Swimming-PV	2:44.92	2:44.68	
65 Lugiai, McKenna G	13	Occoquan Swimming-PV	2:19.90	2:45.66	
66 Ozcan, Cansu	13	Occoquan Swimming-PV	3:02.74	2:45.68	
67 O'Connor, El G	15	Occoquan Swimming-PV	2:31.67	2:45.97	
68 Azekri, Lina	13	Occoquan Swimming-PV	3:16.63	2:46.07	
69 Orantes, Carys E	14	Occoquan Swimming-PV	3:21.03	2:48.23	
70 Rodriguez, Ally R	13	Occoquan Swimming-PV	2:38.26	2:48.91	
71 Holtom, Hannah E	17	Occoquan Swimming-PV	2:41.82	2:49.29	
72 Miller, Ellie M	15	Occoquan Swimming-PV	2:33.07	2:49.72	
73 Curisinche, Abigail P	14	Occoquan Swimming-PV	NT	2:55.07	
74 Garrity, Ava E	13	Occoquan Swimming-PV	NT	3:12.95	
75 Mills, Emily G	13	Occoquan Swimming-PV	NT	3:13.98	
--- Friedlander, Addison J	13	Occoquan Swimming-PV	NT	DQ	
False start					
--- Intihar, Ashley L	13	Occoquan Swimming-PV	NT	DNF	
Did not finish					

Event 6 Boys 13 & Over 200 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Martinez, Lionel L	14	Occoquan Swimming-PV	1:52.04	1:51.96	
2 Pearson, Boden J	17	Occoquan Swimming-PV	1:45.05	1:52.11	
3 Deshmukh, Ayaan Z	15	Occoquan Swimming-PV	1:56.14	1:55.41	
4 Orndorff, Parker H	15	Occoquan Swimming-PV	1:58.73	1:55.65	
5 Bae, Alex Y	17	Occoquan Swimming-PV	2:24.82	1:55.75	
6 Lavedas, Liam A	14	Occoquan Swimming-PV	1:54.06	1:56.44	
7 Grendysz, Carter D	14	Occoquan Swimming-PV	1:56.30	1:57.84	
8 Mussie, Samuel	16	Occoquan Swimming-PV	1:56.64	1:57.87	
9 Sobecke, Ryan A	13	Occoquan Swimming-PV	1:57.05	1:58.17	
10 Nunes Fuller, Mateus	13	Occoquan Swimming-PV	2:40.62	1:58.98	
11 Avelis, Theo P	16	Occoquan Swimming-PV	1:56.62	2:00.41	
12 Gold, Josh M	15	Occoquan Swimming-PV	1:57.62	2:00.49	
13 Supon, Jack V	14	Occoquan Swimming-PV	2:00.48	2:00.69	
14 Gardiner, Logan J	16	Occoquan Swimming-PV	2:00.07	2:01.08	
15 Brown, Andrew R	17	Occoquan Swimming-PV	1:50.39	2:01.69	
16 Nourse, Zach W	15	Occoquan Swimming-PV	2:01.71	2:01.71	
17 Shields, Erik J	15	Occoquan Swimming-PV	2:00.81	2:02.18	
18 Thorpe, Jacob S	14	Occoquan Swimming-PV	2:03.02	2:02.24	
19 Koler, Eric J	15	Occoquan Swimming-PV	NT	2:02.99	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 6 Boys 13 & Over 200 Yard Freestyle)

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
20	Moats, Jake W	14	Occoquan Swimming-PV	1:58.69	2:03.24	
21	Green, Ayden A	15	Occoquan Swimming-PV	2:04.68	2:03.29	
22	Fisher, Adam L	16	Occoquan Swimming-PV	1:59.82	2:03.47	
23	Sullivan, Quinn T	15	Occoquan Swimming-PV	2:05.71	2:03.64	
24	Carder, Sam G	15	Occoquan Swimming-PV	2:10.07	2:03.85	
25	Eyre, Grant W	14	Occoquan Swimming-PV	1:58.92	2:05.01	
26	Ahmad, Rehan	14	Occoquan Swimming-PV	2:08.43	2:05.22	
27	Comeau, Charlie J	15	Occoquan Swimming-PV	2:09.04	2:05.26	
28	Roeske, Logan D	16	Occoquan Swimming-PV	2:07.02	2:05.69	
29	Neri Sanchez, Guillermo	15	Occoquan Swimming-PV	2:06.74	2:06.22	
30	Ward, Evan M	15	Occoquan Swimming-PV	2:07.52	2:06.25	
31	Martinez, Thiago E	13	Occoquan Swimming-PV	2:05.40	2:06.36	
32	Bonura, Mateo M	13	Occoquan Swimming-PV	2:04.71	2:06.58	
33	Alexander, Colby H	14	Occoquan Swimming-PV	2:14.96	2:06.73	
34	Zimmer, Evan E	14	Occoquan Swimming-PV	2:13.26	2:06.81	
35	Arredondo, Leo A	14	Occoquan Swimming-PV	2:07.66	2:06.96	
36	Knott, Grayson A	14	Occoquan Swimming-PV	2:07.54	2:07.02	
37	Uppalapati, Yuvraj V	14	Occoquan Swimming-PV	2:06.59	2:07.24	
38	Henriques, Rome John C	14	Occoquan Swimming-PV	2:10.18	2:07.52	
39	Gayle, Joshua P	15	Occoquan Swimming-PV	2:04.93	2:08.09	
40	Hurst, Easton R	13	Occoquan Swimming-PV	2:17.73	2:09.49	
41	Haddock, Ethan K	13	Occoquan Swimming-PV	2:16.27	2:10.95	
42	Ege, Christopher W	14	Occoquan Swimming-PV	2:14.83	2:11.51	
43	Colov, Alex I	15	Occoquan Swimming-PV	2:28.96	2:11.85	
44	Nichols, RJ J	13	Occoquan Swimming-PV	2:18.85	2:14.54	
45	Foster, Payton W	13	Occoquan Swimming-PV	2:16.60	2:14.80	
46	Park, Jun N	15	Occoquan Swimming-PV	NT	2:16.58	
47	Comeau, Max P	14	Occoquan Swimming-PV	2:32.26	2:18.26	
48	Dailly, Mason J	14	Occoquan Swimming-PV	2:31.84	2:18.42	
49	Ward, Micah J	13	Occoquan Swimming-PV	2:21.47	2:20.27	
50	Kieffer, Samuel M	17	Occoquan Swimming-PV	2:39.19	2:20.45	
51	Ball, Tristan M	13	Occoquan Swimming-PV	NT	2:21.06	
52	Chouinard, Trevor J	14	Occoquan Swimming-PV	2:28.14	2:21.45	
53	Hurtado, Grayson G	15	Occoquan Swimming-PV	3:02.25	2:22.84	
54	Santos, Alek D	15	Occoquan Swimming-PV	2:28.08	2:23.94	
55	Cala, Philip T	15	Occoquan Swimming-PV	2:30.91	2:24.02	
56	Lesly, Noah A	14	Occoquan Swimming-PV	2:33.47	2:24.39	
57	Crupi, Michael J	15	Occoquan Swimming-PV	2:31.80	2:28.35	
58	Wiles, Landon H	14	Occoquan Swimming-PV	2:52.90	2:28.96	
59	Burlingame, Josh I	13	Occoquan Swimming-PV	2:33.69	2:31.16	
60	Soucy, Ben J	14	Occoquan Swimming-PV	2:35.65	2:32.01	
61	Sorto, Anthony J	13	Occoquan Swimming-PV	NT	2:33.35	
62	McGrath, Shane A	13	Occoquan Swimming-PV	NT	2:33.97	
63	Garon, Rohan H	15	Occoquan Swimming-PV	NT	2:36.90	
64	Diaz, Lucas A	14	Occoquan Swimming-PV	NT	2:38.74	
65	Kieffer, Forrest J	14	Occoquan Swimming-PV	NT	2:39.39	
66	Wilson, Nathaniel A	14	Occoquan Swimming-PV	2:37.21	2:40.76	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 6 Boys 13 & Over 200 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
67 Natale, Dominic G	13	Occoquan Swimming-PV	3:06.98	2:48.52	
68 Manon, Noah E	13	Occoquan Swimming-PV	3:15.02	2:52.76	
69 Herrera, Jean A	13	Occoquan Swimming-PV	3:02.14	2:57.41	
70 Costilla, Renzo R	14	Occoquan Swimming-PV	NT	3:16.45	

Event 7 Girls 8 & Under 25 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Collins, Jordyn R	8	Occoquan Swimming-PV	NT	18.53	
2 Matt, Ariana N	7	Occoquan Swimming-PV	23.08	18.79	
3 Payne, Katie Jane J	7	Occoquan Swimming-PV	NT	18.91	
4 Mattran, Finley R	8	Occoquan Swimming-PV	22.81	19.09	
5 Foster, Lora V	7	Occoquan Swimming-PV	NT	19.13	
6 Wilkins, Abigail R	7	Occoquan Swimming-PV	22.21	19.52	
7 Pilkington, Olivia R	8	Occoquan Swimming-PV	20.59	19.66	
8 Baylor, Blair M	8	Occoquan Swimming-PV	22.72	20.04	
9 Bovee, Natalie A	8	Occoquan Swimming-PV	NT	20.99	
10 Harris, Aaliyah J	8	Occoquan Swimming-PV	26.37	21.34	
11 Mobley, Izzy L	7	Occoquan Swimming-PV	27.65	21.39	
12 Schroeder, Vivian R	7	Occoquan Swimming-PV	NT	21.55	
13 Massey, Savannah R	8	Occoquan Swimming-PV	NT	22.18	
14 Iezzi, Isabelle V	8	Occoquan Swimming-PV	NT	22.33	
15 Ellis, Carson K	7	Occoquan Swimming-PV	NT	22.58	
16 Nunes Fuller, Victoria	6	Occoquan Swimming-PV	NT	22.71	
17 Hafen, Harper J	7	Occoquan Swimming-PV	26.59	23.11	
18 Gray, Adeline R	7	Occoquan Swimming-PV	25.95	23.59	
19 Zimmerman, Grace E	8	Occoquan Swimming-PV	32.77	23.74	
20 Wilkins, Anna C	6	Occoquan Swimming-PV	NT	24.95	
21 Hamblet, Kayla J	8	Occoquan Swimming-PV	NT	26.03	
22 Johnson, Izzy J	6	Occoquan Swimming-PV	33.92	26.45	
23 Challgren, Sophie M	7	Occoquan Swimming-PV	NT	26.75	
24 Baker, Madde E	8	Occoquan Swimming-PV	NT	27.33	
25 Carson, Brooke N	8	Occoquan Swimming-PV	NT	27.76	
26 Reyes Gonzalez, Jazlyn A	7	Occoquan Swimming-PV	NT	28.24	

Event 8 Boys 8 & Under 25 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Dean, Dashed A	7	Occoquan Swimming-PV	23.80	18.66	
2 McClutchy, Ricky M	8	Occoquan Swimming-PV	24.73	20.86	
3 MacWhorter, Cameron R	8	Occoquan Swimming-PV	NT	20.94	
4 Thorpe, Caleb C	7	Occoquan Swimming-PV	26.08	22.89	
5 Corrigan, Jasper R	7	Occoquan Swimming-PV	NT	24.19	
6 Tucker, Gage M	7	Occoquan Swimming-PV	NT	24.58	
7 Peredo, Ives C	6	Occoquan Swimming-PV	NT	24.74	
8 Ha, Matthew D	7	Occoquan Swimming-PV	NT	26.12	
9 Thompson, Simon J	6	Occoquan Swimming-PV	NT	26.88	
10 Gray, Anderson R	5	Occoquan Swimming-PV	NT	34.00	
11 Kepler, Oliver J	6	Occoquan Swimming-PV	NT	39.74	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

Event 9 Girls 12 & Under 50 Yard Freestyle

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Harders, Abby G	12	Occoquan Swimming-PV	29.74	27.59	
2	O'Connor, Natalie C	12	Occoquan Swimming-PV	27.83	27.63	
3	Rossi, Aubrey G	11	Occoquan Swimming-PV	29.84	28.18	
4	Hull, Christine S	11	Occoquan Swimming-PV	29.77	28.52	
5	Phommachanh, Macy T	11	Occoquan Swimming-PV	30.92	29.28	
6	Justus, Juliana E	11	Occoquan Swimming-PV	31.23	29.31	
7	Martinez, Lara A	11	Occoquan Swimming-PV	29.98	29.64	
8	Zimmerman, Emily A	12	Occoquan Swimming-PV	33.38	29.70	
9	Nunes Fuller, Melinha	12	Occoquan Swimming-PV	31.40	29.83	
10	Heller, Zoe B	12	Occoquan Swimming-PV	33.12	30.15	
11	Brown, Lydia E	12	Occoquan Swimming-PV	30.65	30.27	
12	Lugiai, Brooke E	11	Occoquan Swimming-PV	31.55	30.63	
13	George, Olivia M	11	Occoquan Swimming-PV	31.69	30.74	
14	George, Ashley A	12	Occoquan Swimming-PV	32.27	30.82	
15	Rickman, Raina C	10	Occoquan Swimming-PV	31.34	30.93	
16	Moats, Jamie A	11	Occoquan Swimming-PV	31.92	31.10	
17	Rankin, Brielle T	11	Occoquan Swimming-PV	34.74	31.12	
18	Zimmer, Aubrey L	11	Occoquan Swimming-PV	32.61	31.13	
19	Myers, Samantha A	11	Occoquan Swimming-PV	30.68	31.35	
20	Moore, Danielle C	12	Occoquan Swimming-PV	35.14	31.67	
21	Doyle, Julia K	12	Occoquan Swimming-PV	34.79	31.72	
22	Lugiai, Ainsley R	11	Occoquan Swimming-PV	33.01	31.88	
23	Dolan, Emma K	12	Occoquan Swimming-PV	35.90	32.10	
*24	Ewell, Riley H	10	Occoquan Swimming-PV	33.66	32.12	
*24	Salazar, Madi I	11	Occoquan Swimming-PV	NT	32.12	
26	Mason, Layla	11	Occoquan Swimming-PV	34.02	32.20	
27	Ewell, Taylor M	12	Occoquan Swimming-PV	34.69	32.45	
28	Burlingame, Becca E	10	Occoquan Swimming-PV	36.08	32.73	
29	McClutchy, Lucy J	11	Occoquan Swimming-PV	37.73	32.87	
30	Bono, Ashley S	12	Occoquan Swimming-PV	38.85	32.95	
31	Christensen, Kate J	11	Occoquan Swimming-PV	35.85	32.97	
*32	Harris, Ariana R	12	Occoquan Swimming-PV	33.00	33.11	
*32	Scott, Maddie G	10	Occoquan Swimming-PV	33.57	33.11	
34	Holtom, Bella H	10	Occoquan Swimming-PV	34.97	33.20	
35	Rossi, Isabella A	9	Occoquan Swimming-PV	35.16	33.79	
36	Jeyamani, Padma S	12	Occoquan Swimming-PV	36.95	33.84	
37	Shaffer, Victoria L	11	Occoquan Swimming-PV	37.97	34.33	
38	Aldeguer, Sarah D	9	Occoquan Swimming-PV	36.13	34.42	
39	Oli, Aslesha	12	Occoquan Swimming-PV	NT	34.53	
40	Hulse, Ali L	11	Occoquan Swimming-PV	38.85	34.62	
41	Tartaglia, Amelia C	10	Occoquan Swimming-PV	NT	34.72	
42	Solada, Emily C	11	Occoquan Swimming-PV	NT	35.12	
43	Horni, Maeve A	12	Occoquan Swimming-PV	NT	35.28	
44	Thorpe, Rachel E	11	Occoquan Swimming-PV	34.55	35.55	
45	Allen, Mckenzie R	12	Occoquan Swimming-PV	NT	35.56	
46	McClutchy, Stella M	12	Occoquan Swimming-PV	40.39	35.71	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 9 Girls 12 & Under 50 Yard Freestyle)

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
47 Lawless, Ava M	12	Occoquan Swimming-PV	38.94	35.83	
48 Barber, Lamees A	11	Occoquan Swimming-PV	NT	36.04	
49 James, Natavia M	11	Occoquan Swimming-PV	41.23	36.08	
50 Lesly, Leah F	9	Occoquan Swimming-PV	39.11	36.20	
51 Hurley, Gigi H	12	Occoquan Swimming-PV	36.41	36.22	
52 Salgado, Juliet L	9	Occoquan Swimming-PV	NT	37.09	
53 Corrigan, Scarlett L	8	Occoquan Swimming-PV	47.20	37.11	
54 Yassin, Zoe M	10	Occoquan Swimming-PV	46.16	37.19	
55 Coleman, Esperanza A	9	Occoquan Swimming-PV	41.35	37.77	
56 Murray, Jules G	11	Occoquan Swimming-PV	40.25	37.92	
57 Doty, April M	9	Occoquan Swimming-PV	NT	37.93	
58 Gliem, Sydney E	9	Occoquan Swimming-PV	NT	38.95	
59 Alger, Samantha R	9	Occoquan Swimming-PV	41.95	39.02	
60 Nourse, Ava C	12	Occoquan Swimming-PV	41.89	39.07	
61 Nair, Avni V	11	Occoquan Swimming-PV	59.07	39.19	
62 Spence, Isla M	10	Occoquan Swimming-PV	41.79	39.38	
63 Seo, Morgan K	11	Occoquan Swimming-PV	43.05	39.50	
64 Ball, Kate I	12	Occoquan Swimming-PV	NT	40.09	
65 Emery, Marti B	10	Occoquan Swimming-PV	47.55	41.29	
66 Matt, Shayla N	9	Occoquan Swimming-PV	NT	41.61	
67 Escobar, Darlyn C	11	Occoquan Swimming-PV	NT	41.73	
68 Swain, Darcy P	9	Occoquan Swimming-PV	54.07	42.06	
69 Cook, Emily C	10	Occoquan Swimming-PV	43.83	42.07	
70 Stevens, Anna M	10	Occoquan Swimming-PV	44.19	42.91	
71 Payne, Katie Jane J	7	Occoquan Swimming-PV	NT	43.65	
*72 Steele, Annora M	9	Occoquan Swimming-PV	NT	43.82	
*72 Dobbins, Lexi P	11	Occoquan Swimming-PV	NT	43.82	
74 Mattran, Finley R	8	Occoquan Swimming-PV	47.01	43.99	
75 Matt, Ariana N	7	Occoquan Swimming-PV	51.91	44.10	
*76 Perreault, Annabelle J	12	Occoquan Swimming-PV	NT	44.58	
*76 Foster, Lora V	7	Occoquan Swimming-PV	NT	44.58	
78 Collins, Jordyn R	8	Occoquan Swimming-PV	NT	45.15	
79 Diaz-Nunez, Samantha G	11	Occoquan Swimming-PV	48.53	45.32	
80 Richardson, Hailey G	10	Occoquan Swimming-PV	NT	45.54	
81 Kane, Julia G	9	Occoquan Swimming-PV	43.41	46.01	
82 Montes, Eloise F	11	Occoquan Swimming-PV	NT	46.27	
83 Roark, Khloe K	12	Occoquan Swimming-PV	NT	46.30	
84 Wilkins, Abigail R	7	Occoquan Swimming-PV	57.14	46.83	
85 Pilkington, Olivia R	8	Occoquan Swimming-PV	49.41	46.89	
86 Konstanty, Maria T	9	Occoquan Swimming-PV	NT	48.03	
87 Mobley, Izzy L	7	Occoquan Swimming-PV	1:04.70	48.55	
88 Baylor, Blair M	8	Occoquan Swimming-PV	52.92	48.69	
89 Harris, Aaliyah J	8	Occoquan Swimming-PV	58.46	48.79	
90 Kubiak, Hope E	12	Occoquan Swimming-PV	NT	49.01	
91 Schroeder, Vivian R	7	Occoquan Swimming-PV	NT	49.44	
92 Martin del Campo Dom, Brianna	9	Occoquan Swimming-PV	NT	50.70	
93 Ellis, Carson K	7	Occoquan Swimming-PV	NT	51.91	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 9 Girls 12 & Under 50 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
94 Foster, Anna E	9	Occoquan Swimming-PV	1:01.25	52.84	
95 Gray, Adeline R	7	Occoquan Swimming-PV	59.12	54.12	
96 Seo, Adeline P	9	Occoquan Swimming-PV	54.63	54.41	
97 Massey, Savannah R	8	Occoquan Swimming-PV	NT	55.08	
98 Iezzi, Isabelle V	8	Occoquan Swimming-PV	NT	55.35	
99 Wilkins, Anna C	6	Occoquan Swimming-PV	NT	56.05	
100 Nunes Fuller, Victoria	6	Occoquan Swimming-PV	NT	56.77	
101 Hamblet, Kayla J	8	Occoquan Swimming-PV	NT	56.92	
102 Hafen, Harper J	7	Occoquan Swimming-PV	1:10.83	57.44	
103 Grove, River L	9	Occoquan Swimming-PV	1:17.56	57.74	
104 Carson, Brooke N	8	Occoquan Swimming-PV	NT	58.36	
105 Challgren, Sophie M	7	Occoquan Swimming-PV	NT	59.33	
106 Zimmerman, Grace E	8	Occoquan Swimming-PV	1:18.41	59.37	
107 Kimble, Alyssa M	11	Occoquan Swimming-PV	NT	1:00.01	
108 Johnson, Izzy J	6	Occoquan Swimming-PV	1:14.78	1:01.90	
109 Grant, Alex G	9	Occoquan Swimming-PV	NT	1:03.76	
110 Reyes Gonzalez, Jazlyn A	7	Occoquan Swimming-PV	NT	1:05.17	
--- Grado, Maria C	9	Occoquan Swimming-PV	NT	DQ	

No touch on turn

Event 10 Boys 12 & Under 50 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Francisco, Julian A	11	Occoquan Swimming-PV	26.13	25.96	
2 Wall, Victor R	12	Occoquan Swimming-PV	26.98	26.08	
3 Hawver, Ethan J	12	Occoquan Swimming-PV	26.82	26.25	
4 Daniel, Jaxson C	12	Occoquan Swimming-PV	28.04	27.57	
5 Hochard, Jacob A	12	Occoquan Swimming-PV	30.11	27.92	
6 Lesly, Zaiiah C	11	Occoquan Swimming-PV	32.08	28.14	
7 Avelis, Benjamin T	12	Occoquan Swimming-PV	29.03	28.84	
8 Arredondo, Max R	11	Occoquan Swimming-PV	29.38	28.98	
9 George, Nathan C	11	Occoquan Swimming-PV	31.24	29.49	
10 Yang, Justin J	11	Occoquan Swimming-PV	28.79	29.66	
11 Ege, Jonathan T	12	Occoquan Swimming-PV	31.15	29.87	
12 Hartz, Nathan T	12	Occoquan Swimming-PV	33.97	29.94	
13 Coughenour, Evan W	12	Occoquan Swimming-PV	35.18	30.23	
14 Adame, David A	12	Occoquan Swimming-PV	NT	30.45	
15 Wall, Nicholas J	9	Occoquan Swimming-PV	31.40	30.77	
16 Lavedas, Garrett T	11	Occoquan Swimming-PV	29.70	30.84	
17 Roccograndi, Landon R	12	Occoquan Swimming-PV	32.35	30.95	
18 Carter, David W	12	Occoquan Swimming-PV	33.42	31.10	
19 Wellington-Menzie, London E	12	Occoquan Swimming-PV	38.54	31.61	
20 Cioletti, Jack M	12	Occoquan Swimming-PV	33.29	31.72	
21 Toczylowski, RJ J	10	Occoquan Swimming-PV	33.10	32.00	
22 Murray, Logan L	12	Occoquan Swimming-PV	NT	32.20	
23 Miller, Greysen N	12	Occoquan Swimming-PV	33.74	32.21	
24 Vega, Dorian A	11	Occoquan Swimming-PV	34.07	32.60	
25 Kolas, Kyri Y	12	Occoquan Swimming-PV	NT	32.86	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 10 Boys 12 & Under 50 Yard Freestyle)

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
26 Aguirre, Jack G	12	Occoquan Swimming-PV	36.61	33.03	
27 Foster, Sasha J	9	Occoquan Swimming-PV	34.61	33.32	
28 McCoppin, Rhys H	12	Occoquan Swimming-PV	NT	33.37	
29 Sobecke, Alex R	9	Occoquan Swimming-PV	33.74	33.40	
30 Oh, Nathaniel M	11	Occoquan Swimming-PV	35.56	33.49	
31 de Asis, Nicko J	12	Occoquan Swimming-PV	36.95	33.83	
32 Balough, Ethan M	12	Occoquan Swimming-PV	NT	33.90	
33 Baker, Dean A	11	Occoquan Swimming-PV	42.30	33.94	
34 Edwards, Avery J	12	Occoquan Swimming-PV	38.92	34.06	
35 Naber, Saif S	12	Occoquan Swimming-PV	36.71	34.11	
36 Howell, Landon H	10	Occoquan Swimming-PV	43.44	34.91	
37 Steele, Isaac R	10	Occoquan Swimming-PV	42.68	35.39	
38 Bruckart, Lucas B	11	Occoquan Swimming-PV	40.05	35.57	
39 Wiles, Trenton W	12	Occoquan Swimming-PV	37.98	35.87	
40 Brown, Lincoln N	9	Occoquan Swimming-PV	38.98	36.00	
41 Shaffer, Avery L	9	Occoquan Swimming-PV	39.22	36.21	
42 Nalls, Bear	10	Occoquan Swimming-PV	35.82	36.50	
43 Roberts, Layne I	12	Occoquan Swimming-PV	NT	36.51	
44 Kurzinger, Charlie L	12	Occoquan Swimming-PV	38.98	36.58	
45 Bomar, Landon J	12	Occoquan Swimming-PV	45.06	36.73	
46 Yue, Jason R	11	Occoquan Swimming-PV	NT	36.74	
47 Bengtson, Gareth I	10	Occoquan Swimming-PV	39.54	36.89	
48 Roby, Zachary K	11	Occoquan Swimming-PV	38.14	37.55	
49 Olaru, Gabriel	12	Occoquan Swimming-PV	NT	37.77	
50 Tucker, Colton R	10	Occoquan Swimming-PV	41.09	38.24	
51 Bactad, Connor-James P	12	Occoquan Swimming-PV	NT	39.61	
52 Bryan, Phillip R	9	Occoquan Swimming-PV	40.95	40.20	
53 Carpenter, Oliver H	11	Occoquan Swimming-PV	43.92	40.57	
54 Larson, Oliver G	10	Occoquan Swimming-PV	NT	40.94	
55 Wilkins, Caleb M	10	Occoquan Swimming-PV	43.36	41.71	
56 Dean, Dashed A	7	Occoquan Swimming-PV	57.73	41.78	
57 Doyle, Michael T	11	Occoquan Swimming-PV	NT	42.14	
58 Edwards, Chase H	8	Occoquan Swimming-PV	NT	42.70	
59 MacDonald, Edwin M	9	Occoquan Swimming-PV	NT	42.73	
60 Martinez, Cristian M	11	Occoquan Swimming-PV	NT	43.14	
61 Komitsky, Andrew G	11	Occoquan Swimming-PV	NT	45.87	
62 Diaz-Nunez, James M	11	Occoquan Swimming-PV	54.44	45.97	
63 Deshmukh, Eshan Z	12	Occoquan Swimming-PV	45.72	46.50	
64 McClutchy, Ricky M	8	Occoquan Swimming-PV	57.51	46.74	
65 Meador, Leighton P	11	Occoquan Swimming-PV	NT	47.42	
66 Stike, Calvin E	9	Occoquan Swimming-PV	50.28	47.45	
67 Nalls, Ziggy E	9	Occoquan Swimming-PV	53.69	47.61	
68 Roberts, Aaron J	9	Occoquan Swimming-PV	NT	49.15	
69 Bradley, Liam E	10	Occoquan Swimming-PV	NT	49.85	
70 MacWhorter, Cameron R	8	Occoquan Swimming-PV	NT	50.70	
71 Peredo, Ives C	6	Occoquan Swimming-PV	NT	50.75	
72 Corrigan, Jasper R	7	Occoquan Swimming-PV	NT	53.88	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 10 Boys 12 & Under 50 Yard Freestyle)

	Name	Age	Team	Seed Time	Finals Time	Points
73	Thorpe, Caleb C	7	Occoquan Swimming-PV	1:01.16	55.10	
74	Tucker, Gage M	7	Occoquan Swimming-PV	NT	59.47	
75	Ha, Matthew D	7	Occoquan Swimming-PV	NT	1:04.66	
76	Thompson, Simon J	6	Occoquan Swimming-PV	NT	1:17.81	

Event 11 Girls 12 & Under 100 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Harders, Abby G	12	Occoquan Swimming-PV	1:04.14	1:00.24	
2	O'Connor, Natalie C	12	Occoquan Swimming-PV	1:01.03	1:00.49	
3	Rossi, Aubrey G	11	Occoquan Swimming-PV	1:04.47	1:01.37	
4	Justus, Juliana E	11	Occoquan Swimming-PV	1:11.00	1:02.76	
5	Hull, Christine S	11	Occoquan Swimming-PV	1:03.12	1:03.06	
6	Martinez, Lara A	11	Occoquan Swimming-PV	1:07.62	1:05.25	
7	Lugiai, Brooke E	11	Occoquan Swimming-PV	1:09.49	1:06.06	
8	Zimmerman, Emily A	12	Occoquan Swimming-PV	1:12.04	1:06.14	
9	Moats, Jamie A	11	Occoquan Swimming-PV	1:08.66	1:07.22	
10	Phommachanh, Macy T	11	Occoquan Swimming-PV	1:14.79	1:07.56	
11	Heller, Zoe B	12	Occoquan Swimming-PV	1:17.28	1:08.19	
12	Myers, Samantha A	11	Occoquan Swimming-PV	1:08.27	1:08.34	
13	George, Ashley A	12	Occoquan Swimming-PV	1:08.89	1:08.57	
14	Nunes Fuller, Melinha	12	Occoquan Swimming-PV	1:08.61	1:08.65	
15	Brown, Lydia E	12	Occoquan Swimming-PV	1:13.48	1:08.93	
16	Rickman, Raina C	10	Occoquan Swimming-PV	1:08.96	1:08.97	
17	Rankin, Brielle T	11	Occoquan Swimming-PV	1:19.99	1:09.32	
18	Lugiai, Ainsley R	11	Occoquan Swimming-PV	1:19.73	1:09.82	
19	Zimmer, Aubrey L	11	Occoquan Swimming-PV	1:12.43	1:09.83	
20	Moore, Danielle C	12	Occoquan Swimming-PV	1:18.61	1:09.93	
21	George, Olivia M	11	Occoquan Swimming-PV	1:09.83	1:10.65	
22	Scott, Maddie G	10	Occoquan Swimming-PV	1:13.84	1:11.69	
23	Mason, Layla	11	Occoquan Swimming-PV	1:22.55	1:11.93	
24	Doyle, Julia K	12	Occoquan Swimming-PV	1:14.33	1:12.36	
25	Bono, Ashley S	12	Occoquan Swimming-PV	1:31.34	1:13.26	
26	Ewell, Riley H	10	Occoquan Swimming-PV	1:16.04	1:13.31	
27	Christensen, Kate J	11	Occoquan Swimming-PV	1:18.93	1:13.78	
28	Thorpe, Rachel E	11	Occoquan Swimming-PV	1:13.06	1:14.02	
29	Salazar, Madi I	11	Occoquan Swimming-PV	NT	1:14.29	
30	Dolan, Emma K	12	Occoquan Swimming-PV	1:19.26	1:14.42	
31	Ewell, Taylor M	12	Occoquan Swimming-PV	1:14.84	1:15.16	
32	Shaffer, Victoria L	11	Occoquan Swimming-PV	1:22.33	1:15.64	
33	Harris, Ariana R	12	Occoquan Swimming-PV	1:14.80	1:15.99	
34	Rossi, Isabella A	9	Occoquan Swimming-PV	1:21.27	1:16.59	
35	Aldeguer, Sarah D	9	Occoquan Swimming-PV	1:16.18	1:16.62	
36	Holtom, Bella H	10	Occoquan Swimming-PV	1:19.96	1:16.63	
37	Burlingame, Becca E	10	Occoquan Swimming-PV	1:20.21	1:18.08	
38	Tartaglia, Amelia C	10	Occoquan Swimming-PV	NT	1:19.90	
39	Hulse, Ali L	11	Occoquan Swimming-PV	1:27.84	1:20.80	
40	Oli, Aslesha	12	Occoquan Swimming-PV	NT	1:21.12	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 11 Girls 12 & Under 100 Yard Freestyle)

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
41 Solada, Emily C	11	Occoquan Swimming-PV	NT	1:21.68	
42 Jeyamani, Padma S	12	Occoquan Swimming-PV	1:26.28	1:21.88	
*43 Allen, Mckenzie R	12	Occoquan Swimming-PV	NT	1:22.99	
*43 McClutchy, Stella M	12	Occoquan Swimming-PV	1:42.02	1:22.99	
45 McClutchy, Lucy J	11	Occoquan Swimming-PV	1:27.39	1:23.03	
46 Horni, Maeve A	12	Occoquan Swimming-PV	NT	1:23.46	
47 Lesly, Leah F	9	Occoquan Swimming-PV	1:30.80	1:24.58	
48 Hurley, Gigi H	12	Occoquan Swimming-PV	1:21.85	1:24.81	
49 Lawless, Ava M	12	Occoquan Swimming-PV	1:30.33	1:24.96	
50 Murray, Jules G	11	Occoquan Swimming-PV	1:33.19	1:25.83	
51 Barber, Lamees A	11	Occoquan Swimming-PV	NT	1:25.89	
52 Coleman, Esperanza A	9	Occoquan Swimming-PV	NT	1:28.36	
53 Corrigan, Scarlett L	8	Occoquan Swimming-PV	1:41.86	1:28.94	
54 Seo, Morgan K	11	Occoquan Swimming-PV	1:38.86	1:28.96	
55 James, Natavia M	11	Occoquan Swimming-PV	1:28.58	1:30.64	
56 Alger, Samantha R	9	Occoquan Swimming-PV	1:55.32	1:30.93	
57 Salgado, Juliet L	9	Occoquan Swimming-PV	NT	1:31.11	
58 Spence, Isla M	10	Occoquan Swimming-PV	1:35.44	1:32.12	
59 Nair, Avni V	11	Occoquan Swimming-PV	1:57.90	1:32.32	
60 Swain, Darcy P	9	Occoquan Swimming-PV	1:31.56	1:32.43	
61 Fragkouli, Kyveli O	11	Occoquan Swimming-PV	NT	1:32.93	
62 Kucia, Genevieve A	10	Occoquan Swimming-PV	NT	1:33.41	
63 Ball, Kate I	12	Occoquan Swimming-PV	NT	1:33.75	
64 Gliem, Sydney E	9	Occoquan Swimming-PV	NT	1:33.93	
65 Cook, Emily C	10	Occoquan Swimming-PV	1:46.86	1:34.36	
66 Doty, April M	9	Occoquan Swimming-PV	NT	1:34.37	
67 Yassin, Zoe M	10	Occoquan Swimming-PV	NT	1:34.67	
68 Stevens, Anna M	10	Occoquan Swimming-PV	1:40.64	1:35.23	
69 Escobar, Darlyn C	11	Occoquan Swimming-PV	NT	1:36.19	
70 Nourse, Ava C	12	Occoquan Swimming-PV	1:39.49	1:38.02	
71 Payne, Katie Jane J	7	Occoquan Swimming-PV	NT	1:38.41	
72 Matt, Ariana N	7	Occoquan Swimming-PV	NT	1:39.43	
73 Emery, Marti B	10	Occoquan Swimming-PV	1:56.47	1:39.59	
74 Matt, Shayla N	9	Occoquan Swimming-PV	NT	1:41.58	
75 Diaz-Nunez, Samantha G	11	Occoquan Swimming-PV	1:46.91	1:42.83	
76 Foster, Lora V	7	Occoquan Swimming-PV	NT	1:43.15	
77 Richardson, Hailey G	10	Occoquan Swimming-PV	NT	1:44.42	
78 Perreault, Annabelle J	12	Occoquan Swimming-PV	NT	1:45.57	
79 Mattran, Finley R	8	Occoquan Swimming-PV	NT	1:46.59	
80 Roark, Khloe K	12	Occoquan Swimming-PV	NT	1:46.67	
81 Kane, Julia G	9	Occoquan Swimming-PV	1:59.63	1:48.34	
82 Baylor, Blair M	8	Occoquan Swimming-PV	NT	1:49.46	
83 Pilkington, Olivia R	8	Occoquan Swimming-PV	NT	1:51.06	
84 Steele, Annora M	9	Occoquan Swimming-PV	NT	1:54.91	
85 Foster, Anna E	9	Occoquan Swimming-PV	NT	1:55.82	
86 Martin del Campo Dom, Brianna	9	Occoquan Swimming-PV	NT	1:56.39	
87 Dobbins, Lexi P	11	Occoquan Swimming-PV	NT	1:58.77	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 11 Girls 12 & Under 100 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
88 Mobley, Izzy L	7	Occoquan Swimming-PV	NT	1:59.31	
89 Konstanty, Maria T	9	Occoquan Swimming-PV	NT	1:59.36	
90 Iezzi, Isabelle V	8	Occoquan Swimming-PV	NT	2:01.45	
91 Harris, Aaliyah J	8	Occoquan Swimming-PV	2:12.80	2:02.45	
92 Seo, Adeline P	9	Occoquan Swimming-PV	NT	2:04.35	
93 Gray, Adeline R	7	Occoquan Swimming-PV	2:17.77	2:04.67	
94 Hamblet, Kayla J	8	Occoquan Swimming-PV	NT	2:07.87	
95 Hafen, Harper J	7	Occoquan Swimming-PV	NT	2:07.95	
96 Wilkins, Anna C	6	Occoquan Swimming-PV	NT	2:12.90	
97 Zimmerman, Grace E	8	Occoquan Swimming-PV	NT	2:15.36	
98 Kimble, Alyssa M	11	Occoquan Swimming-PV	NT	2:18.70	
99 Johnson, Izzy J	6	Occoquan Swimming-PV	NT	2:38.48	
--- Grado, Maria C	9	Occoquan Swimming-PV	NT	DQ	
No touch on turn					
--- Grove, River L	9	Occoquan Swimming-PV	NT	DQ	
Pulling on lane line					
--- Kubiak, Hope E	12	Occoquan Swimming-PV	NT	DQ	
No touch on turn					

Event 12 Boys 12 & Under 100 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Wall, Victor R	12	Occoquan Swimming-PV	56.60	56.17	
2 Francisco, Julian A	11	Occoquan Swimming-PV	58.94	56.34	
3 Hawver, Ethan J	12	Occoquan Swimming-PV	57.59	56.74	
4 Daniel, Jaxson C	12	Occoquan Swimming-PV	1:00.91	1:00.67	
5 Hochard, Jacob A	12	Occoquan Swimming-PV	1:08.10	1:01.53	
6 Lesly, Zaiiah C	11	Occoquan Swimming-PV	1:09.25	1:01.73	
7 Avelis, Benjamin T	12	Occoquan Swimming-PV	1:03.32	1:02.09	
8 Arredondo, Max R	11	Occoquan Swimming-PV	1:06.11	1:05.27	
9 George, Nathan C	11	Occoquan Swimming-PV	1:07.43	1:05.85	
10 Ege, Jonathan T	12	Occoquan Swimming-PV	1:09.79	1:06.88	
11 Hartz, Nathan T	12	Occoquan Swimming-PV	1:16.46	1:07.71	
12 Yang, Justin J	11	Occoquan Swimming-PV	1:04.60	1:08.07	
13 Coughenour, Evan W	12	Occoquan Swimming-PV	1:20.18	1:08.74	
14 Adame, David A	12	Occoquan Swimming-PV	NT	1:09.36	
15 Cioletti, Jack M	12	Occoquan Swimming-PV	1:15.68	1:10.70	
*16 Roccogrondi, Landon R	12	Occoquan Swimming-PV	1:11.37	1:10.76	
*16 Carter, David W	12	Occoquan Swimming-PV	1:11.80	1:10.76	
18 Wellington-Menzie, London E	12	Occoquan Swimming-PV	1:31.94	1:11.41	
19 Lavedas, Garrett T	11	Occoquan Swimming-PV	1:07.24	1:11.53	
20 de Asis, Nicko J	12	Occoquan Swimming-PV	1:14.30	1:13.10	
21 Vega, Dorian A	11	Occoquan Swimming-PV	1:13.77	1:13.42	
22 Toczylowski, RJ J	10	Occoquan Swimming-PV	1:13.77	1:13.46	
23 Wall, Nicholas J	9	Occoquan Swimming-PV	1:19.46	1:13.52	
24 Aguirre, Jack G	12	Occoquan Swimming-PV	1:24.04	1:13.99	
25 Oh, Nathaniel M	11	Occoquan Swimming-PV	1:17.69	1:14.63	
26 Foster, Sasha J	9	Occoquan Swimming-PV	1:24.96	1:14.78	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 12 Boys 12 & Under 100 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
27 Murray, Logan L	12	Occoquan Swimming-PV	NT	1:15.74	
28 Baker, Dean A	11	Occoquan Swimming-PV	1:37.29	1:17.50	
29 Naber, Saif S	12	Occoquan Swimming-PV	1:20.76	1:17.78	
30 Roberts, Layne I	12	Occoquan Swimming-PV	NT	1:18.13	
31 Kolas, Kyri Y	12	Occoquan Swimming-PV	NT	1:19.37	
32 Balough, Ethan M	12	Occoquan Swimming-PV	NT	1:19.46	
33 McCoppin, Rhys H	12	Occoquan Swimming-PV	NT	1:19.59	
34 Sobecke, Alex R	9	Occoquan Swimming-PV	1:19.18	1:21.45	
35 Kurzinger, Charlie L	12	Occoquan Swimming-PV	1:21.97	1:21.90	
36 Brown, Lincoln N	9	Occoquan Swimming-PV	1:28.01	1:22.04	
37 Bomar, Landon J	12	Occoquan Swimming-PV	1:40.55	1:23.37	
38 Wiles, Trenton W	12	Occoquan Swimming-PV	1:26.36	1:23.67	
39 Bruckart, Lucas B	11	Occoquan Swimming-PV	1:30.28	1:23.74	
40 Yue, Jason R	11	Occoquan Swimming-PV	NT	1:25.06	
41 Howell, Landon H	10	Occoquan Swimming-PV	NT	1:26.47	
42 Shaffer, Avery L	9	Occoquan Swimming-PV	1:30.18	1:26.73	
43 Roby, Zachary K	11	Occoquan Swimming-PV	1:36.17	1:28.50	
44 Nalls, Bear	10	Occoquan Swimming-PV	1:33.61	1:28.79	
45 Bengtson, Gareth I	10	Occoquan Swimming-PV	1:25.61	1:30.21	
46 Steele, Isaac R	10	Occoquan Swimming-PV	1:31.47	1:30.83	
47 Olaru, Gabriel	12	Occoquan Swimming-PV	NT	1:31.35	
48 Tucker, Colton R	10	Occoquan Swimming-PV	1:36.14	1:31.68	
49 Bactad, Connor-James P	12	Occoquan Swimming-PV	NT	1:32.47	
50 Carpenter, Oliver H	11	Occoquan Swimming-PV	1:33.48	1:34.24	
51 Bryan, Phillip R	9	Occoquan Swimming-PV	1:35.97	1:35.48	
52 Larson, Oliver G	10	Occoquan Swimming-PV	NT	1:36.27	
53 Komitsky, Andrew G	11	Occoquan Swimming-PV	NT	1:37.55	
54 Martinez, Cristian M	11	Occoquan Swimming-PV	NT	1:38.68	
55 Meador, Leighton P	11	Occoquan Swimming-PV	NT	1:40.15	
56 Dean, Dashed A	7	Occoquan Swimming-PV	NT	1:40.53	
57 Doyle, Michael T	11	Occoquan Swimming-PV	NT	1:42.70	
58 MacDonald, Edwin M	9	Occoquan Swimming-PV	NT	1:44.06	
59 Nalls, Ziggy E	9	Occoquan Swimming-PV	2:07.54	1:45.21	
60 Deshmukh, Eshan Z	12	Occoquan Swimming-PV	1:46.31	1:49.09	
61 Roberts, Aaron J	9	Occoquan Swimming-PV	NT	1:50.17	
62 Stike, Calvin E	9	Occoquan Swimming-PV	1:59.92	1:52.86	
63 McClutchy, Ricky M	8	Occoquan Swimming-PV	2:22.93	1:52.95	
64 Diaz-Nunez, James M	11	Occoquan Swimming-PV	2:17.15	1:53.25	
65 Bradley, Liam E	10	Occoquan Swimming-PV	NT	1:53.32	
66 MacWhorter, Cameron R	8	Occoquan Swimming-PV	NT	1:55.06	
--- Wilkins, Caleb M	10	Occoquan Swimming-PV	1:41.63	DQ	
False start					

Event 13 Girls 12 & Under 200 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 O'Connor, Natalie C	12	Occoquan Swimming-PV	2:14.83	2:12.33	
2 Harders, Abby G	12	Occoquan Swimming-PV	2:19.69	2:14.66	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 13 Girls 12 & Under 200 Yard Freestyle)

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
3 Justus, Juliana E	11	Occoquan Swimming-PV	2:23.04	2:15.46	
4 Rossi, Aubrey G	11	Occoquan Swimming-PV	2:24.75	2:15.72	
5 Hull, Christine S	11	Occoquan Swimming-PV	2:18.79	2:21.18	
6 Zimmerman, Emily A	12	Occoquan Swimming-PV	2:42.16	2:22.32	
7 Martinez, Lara A	11	Occoquan Swimming-PV	2:26.73	2:23.00	
8 Lugiai, Brooke E	11	Occoquan Swimming-PV	2:27.90	2:23.63	
9 Moats, Jamie A	11	Occoquan Swimming-PV	2:27.59	2:25.43	
10 George, Ashley A	12	Occoquan Swimming-PV	2:31.66	2:25.58	
11 Myers, Samantha A	11	Occoquan Swimming-PV	2:28.70	2:26.12	
12 Rickman, Raina C	10	Occoquan Swimming-PV	2:29.92	2:30.23	
13 Zimmer, Aubrey L	11	Occoquan Swimming-PV	2:40.32	2:30.24	
14 Heller, Zoe B	12	Occoquan Swimming-PV	2:53.37	2:31.01	
15 Phommachanh, Macy T	11	Occoquan Swimming-PV	2:45.09	2:32.76	
16 Mason, Layla	11	Occoquan Swimming-PV	2:53.49	2:34.54	
17 Scott, Maddie G	10	Occoquan Swimming-PV	2:37.95	2:36.57	
18 Thorpe, Rachel E	11	Occoquan Swimming-PV	2:41.67	2:36.59	
19 Brown, Lydia E	12	Occoquan Swimming-PV	NT	2:36.62	
20 Nunes Fuller, Melinha	12	Occoquan Swimming-PV	2:51.44	2:37.34	
21 Ewell, Riley H	10	Occoquan Swimming-PV	2:43.75	2:37.46	
22 Moore, Danielle C	12	Occoquan Swimming-PV	2:55.79	2:38.10	
23 Christensen, Kate J	11	Occoquan Swimming-PV	2:55.42	2:38.51	
24 George, Olivia M	11	Occoquan Swimming-PV	2:50.33	2:38.85	
25 Rankin, Brielle T	11	Occoquan Swimming-PV	3:15.43	2:39.35	
26 Lugiai, Ainsley R	11	Occoquan Swimming-PV	2:39.89	2:39.53	
27 Bono, Ashley S	12	Occoquan Swimming-PV	3:20.67	2:43.43	
28 Harris, Ariana R	12	Occoquan Swimming-PV	2:45.61	2:44.75	
29 Doyle, Julia K	12	Occoquan Swimming-PV	2:48.31	2:44.81	
30 Aldeguer, Sarah D	9	Occoquan Swimming-PV	2:54.69	2:45.89	
31 Dolan, Emma K	12	Occoquan Swimming-PV	3:31.90	2:46.15	
32 Holtom, Bella H	10	Occoquan Swimming-PV	2:56.84	2:46.37	
33 Shaffer, Victoria L	11	Occoquan Swimming-PV	NT	2:48.32	
34 Salazar, Madi I	11	Occoquan Swimming-PV	NT	2:48.80	
35 Rossi, Isabella A	9	Occoquan Swimming-PV	2:57.76	2:48.94	
36 Ewell, Taylor M	12	Occoquan Swimming-PV	2:52.49	2:50.89	
37 Burlingame, Becca E	10	Occoquan Swimming-PV	3:06.57	2:58.07	
38 Tartaglia, Amelia C	10	Occoquan Swimming-PV	NT	2:59.59	
39 McClutchy, Stella M	12	Occoquan Swimming-PV	3:44.86	3:03.47	
40 Lesly, Leah F	9	Occoquan Swimming-PV	3:29.67	3:04.28	
41 Hurley, Gigi H	12	Occoquan Swimming-PV	3:09.51	3:05.35	
42 Lawless, Ava M	12	Occoquan Swimming-PV	NT	3:07.13	
43 Oli, Aslesha	12	Occoquan Swimming-PV	NT	3:07.29	
44 Hulse, Ali L	11	Occoquan Swimming-PV	NT	3:07.32	
45 McClutchy, Lucy J	11	Occoquan Swimming-PV	3:38.80	3:07.39	
46 Horni, Maeve A	12	Occoquan Swimming-PV	NT	3:08.40	
47 Corrigan, Scarlett L	8	Occoquan Swimming-PV	NT	3:15.18	
48 Stevens, Anna M	10	Occoquan Swimming-PV	3:41.28	3:17.51	
49 Murray, Jules G	11	Occoquan Swimming-PV	3:32.81	3:18.66	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 13 Girls 12 & Under 200 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
50 Seo, Morgan K	11	Occoquan Swimming-PV	3:32.52	3:20.87	
51 Alger, Samantha R	9	Occoquan Swimming-PV	3:56.38	3:21.25	
52 Spence, Isla M	10	Occoquan Swimming-PV	3:25.15	3:22.41	
53 Salgado, Juliet L	9	Occoquan Swimming-PV	NT	3:23.17	
54 Doty, April M	9	Occoquan Swimming-PV	NT	3:23.54	
55 Gliem, Sydney E	9	Occoquan Swimming-PV	NT	3:25.88	
56 James, Natavia M	11	Occoquan Swimming-PV	3:27.89	3:28.38	
57 Escobar, Darlyn C	11	Occoquan Swimming-PV	NT	3:28.99	
58 Nourse, Ava C	12	Occoquan Swimming-PV	3:54.84	3:32.62	
59 Fragkouli, Kyveli O	11	Occoquan Swimming-PV	NT	3:35.85	
60 Perreault, Annabelle J	12	Occoquan Swimming-PV	NT	3:36.40	
61 Diaz-Nunez, Samantha G	11	Occoquan Swimming-PV	NT	3:37.05	
62 Cook, Emily C	10	Occoquan Swimming-PV	NT	3:40.74	
63 Matt, Shayla N	9	Occoquan Swimming-PV	NT	3:42.90	
64 Kane, Julia G	9	Occoquan Swimming-PV	NT	3:54.28	
65 Wilkins, Abigail R	7	Occoquan Swimming-PV	NT	3:54.96	
66 Emery, Marti B	10	Occoquan Swimming-PV	NT	3:57.26	
67 Roark, Khloe K	12	Occoquan Swimming-PV	NT	4:02.47	
68 Konstanty, Maria T	9	Occoquan Swimming-PV	NT	4:18.32	
69 Seo, Adeline P	9	Occoquan Swimming-PV	NT	4:39.95	
--- Kubiak, Hope E	12	Occoquan Swimming-PV	NT	DQ	
Did not finish					

Event 14 Boys 12 & Under 200 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Wall, Victor R	12	Occoquan Swimming-PV	2:02.93	2:02.28	
2 Hawver, Ethan J	12	Occoquan Swimming-PV	2:05.04	2:04.22	
3 Francisco, Julian A	11	Occoquan Swimming-PV	2:09.81	2:04.82	
4 Daniel, Jaxson C	12	Occoquan Swimming-PV	2:15.74	2:10.18	
5 Lesly, Zaiyah C	11	Occoquan Swimming-PV	2:39.57	2:20.27	
6 Hochard, Jacob A	12	Occoquan Swimming-PV	3:02.16	2:22.61	
7 Ege, Jonathan T	12	Occoquan Swimming-PV	2:33.02	2:24.34	
8 George, Nathan C	11	Occoquan Swimming-PV	2:36.97	2:25.37	
9 Yang, Justin J	11	Occoquan Swimming-PV	2:18.45	2:25.79	
10 Arredondo, Max R	11	Occoquan Swimming-PV	2:27.29	2:26.00	
11 Avelis, Benjamin T	12	Occoquan Swimming-PV	2:20.86	2:26.56	
12 Roccograndi, Landon R	12	Occoquan Swimming-PV	2:35.00	2:31.62	
13 Cioletti, Jack M	12	Occoquan Swimming-PV	2:40.14	2:32.43	
14 Hartz, Nathan T	12	Occoquan Swimming-PV	2:45.95	2:32.85	
15 Coughenour, Evan W	12	Occoquan Swimming-PV	2:56.15	2:36.67	
16 de Asis, Nicko J	12	Occoquan Swimming-PV	2:38.86	2:38.39	
17 Vega, Dorian A	11	Occoquan Swimming-PV	2:43.37	2:40.18	
18 Aguirre, Jack G	12	Occoquan Swimming-PV	3:20.49	2:40.61	
19 Lavedas, Garrett T	11	Occoquan Swimming-PV	2:42.42	2:43.56	
20 Adame, David A	12	Occoquan Swimming-PV	NT	2:44.22	
21 Oh, Nathaniel M	11	Occoquan Swimming-PV	2:47.82	2:46.58	
22 Foster, Sasha J	9	Occoquan Swimming-PV	3:22.77	2:47.29	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 14 Boys 12 & Under 200 Yard Freestyle)

Name	Age	Team	Seed Time	Finals Time	Points
23 Naber, Saif S	12	Occoquan Swimming-PV	3:21.91	2:49.26	
24 Baker, Dean A	11	Occoquan Swimming-PV	NT	2:51.03	
25 Roberts, Layne I	12	Occoquan Swimming-PV	NT	2:51.27	
26 Wellington-Menzie, London E	12	Occoquan Swimming-PV	NT	2:51.56	
27 Wall, Nicholas J	9	Occoquan Swimming-PV	3:19.53	2:52.86	
28 Kurzinger, Charlie L	12	Occoquan Swimming-PV	3:25.84	2:55.72	
29 Murray, Logan L	12	Occoquan Swimming-PV	NT	2:57.57	
30 Kolas, Kyri Y	12	Occoquan Swimming-PV	NT	3:00.29	
31 McCoppin, Rhys H	12	Occoquan Swimming-PV	NT	3:01.86	
32 Brown, Lincoln N	9	Occoquan Swimming-PV	NT	3:03.27	
33 Bomar, Landon J	12	Occoquan Swimming-PV	NT	3:03.88	
34 Sobecke, Alex R	9	Occoquan Swimming-PV	2:58.70	3:04.85	
35 Miller, Greysen N	12	Occoquan Swimming-PV	2:48.53	3:04.97	
36 Yue, Jason R	11	Occoquan Swimming-PV	NT	3:08.64	
37 Wiles, Trenton W	12	Occoquan Swimming-PV	NT	3:09.03	
38 Nalls, Bear	10	Occoquan Swimming-PV	3:13.80	3:09.54	
39 Bruckart, Lucas B	11	Occoquan Swimming-PV	3:16.13	3:16.38	
40 Steele, Isaac R	10	Occoquan Swimming-PV	NT	3:17.37	
41 Roby, Zachary K	11	Occoquan Swimming-PV	3:14.91	3:18.01	
42 Bryan, Phillip R	9	Occoquan Swimming-PV	3:26.65	3:19.93	
43 Wilkins, Caleb M	10	Occoquan Swimming-PV	3:39.56	3:23.11	
44 Bengtson, Gareth I	10	Occoquan Swimming-PV	NT	3:23.42	
45 Olaru, Gabriel	12	Occoquan Swimming-PV	NT	3:25.54	
46 Carpenter, Oliver H	11	Occoquan Swimming-PV	3:40.39	3:35.75	
47 Doyle, Michael T	11	Occoquan Swimming-PV	NT	3:42.43	
48 Larson, Oliver G	10	Occoquan Swimming-PV	NT	3:45.48	
49 Meador, Leighton P	11	Occoquan Swimming-PV	NT	3:47.32	
50 Deshmukh, Eshan Z	12	Occoquan Swimming-PV	3:53.33	3:59.36	
51 Stike, Calvin E	9	Occoquan Swimming-PV	4:11.37	4:10.44	
52 Diaz-Nunez, James M	11	Occoquan Swimming-PV	NT	4:22.44	

Event 15 Mixed 500 Yard Freestyle A Flight

Name	Age	Team	Seed Time	Finals Time	Points
1 Pearson, Boden J	17	Occoquan Swimming-PV	4:44.88	5:03.02	
2 Martinez, Lionel L	14	Occoquan Swimming-PV	5:05.63	5:05.09	
3 Grendysz, Carter D	14	Occoquan Swimming-PV	5:17.00	5:14.39	
4 Aldeguer, Ariana D	14	Occoquan Swimming-PV	5:04.76	5:16.06	
5 Avelis, Theo P	16	Occoquan Swimming-PV	5:14.17	5:17.34	
6 Sobecke, Ryan A	13	Occoquan Swimming-PV	5:27.04	5:19.10	
7 Gold, Josh M	15	Occoquan Swimming-PV	5:12.41	5:20.71	
8 Moats, Jake W	14	Occoquan Swimming-PV	5:26.85	5:20.96	
9 Deshmukh, Ayaan Z	15	Occoquan Swimming-PV	5:20.08	5:22.25	
10 Supon, Jack V	14	Occoquan Swimming-PV	5:37.32	5:23.90	
11 Thorpe, Jacob S	14	Occoquan Swimming-PV	5:28.37	5:25.32	
12 Nunes Fuller, Mateus	13	Occoquan Swimming-PV	5:56.31	5:25.48	
13 Nourse, Zach W	15	Occoquan Swimming-PV	5:26.38	5:25.78	
14 Brown, Andrew R	17	Occoquan Swimming-PV	4:56.84	5:25.92	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 15 Mixed 500 Yard Freestyle A Flight)

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
15 Sullivan, Quinn T	15	Occoquan Swimming-PV	5:32.27	5:26.75	
16 Craine, Ricky M	15	Occoquan Swimming-PV	5:46.64	5:27.95	
17 Zimmer, Evan E	14	Occoquan Swimming-PV	5:55.66	5:29.14	
18 Mussie, Samuel	16	Occoquan Swimming-PV	5:30.85	5:30.41	
19 Wall, Victor R	12	Occoquan Swimming-PV	5:28.80	5:30.85	
20 Stahl, Annaleagh N	18	Occoquan Swimming-PV	5:10.05	5:31.32	
21 Gardiner, Logan J	16	Occoquan Swimming-PV	5:41.10	5:31.41	
22 Harper, Grace E	14	Occoquan Swimming-PV	5:26.88	5:33.36	
23 Hawver, Gabby L	14	Occoquan Swimming-PV	5:22.58	5:35.09	
24 Velarde Maynard, Matilda C	13	Occoquan Swimming-PV	5:40.00	5:35.32	
25 Bonura, Mateo M	13	Occoquan Swimming-PV	5:36.81	5:36.43	
26 Francisco, Julian A	11	Occoquan Swimming-PV	5:46.28	5:36.59	
27 Knott, Grayson A	14	Occoquan Swimming-PV	5:44.54	5:37.44	
28 Carder, Sam G	15	Occoquan Swimming-PV	5:41.67	5:37.68	
29 Hawver, Ethan J	12	Occoquan Swimming-PV	5:35.86	5:37.92	
30 Daniel, Jaxson C	12	Occoquan Swimming-PV	5:42.38	5:38.75	
31 Eyre, Grant W	14	Occoquan Swimming-PV	5:33.70	5:39.58	
32 Ridge, Siri L	15	Occoquan Swimming-PV	6:00.00	5:39.73	
33 Koler, Eric J	15	Occoquan Swimming-PV	5:50.00	5:40.19	
34 Fisher, Adam L	16	Occoquan Swimming-PV	5:58.27	5:41.34	
35 Roeske, Logan D	16	Occoquan Swimming-PV	5:33.79	5:42.79	
36 Arredondo, Leo A	14	Occoquan Swimming-PV	6:05.74	5:44.86	
37 Stahl, Kayeleagh E	14	Occoquan Swimming-PV	5:31.11	5:44.92	
38 Hull, Sabrina M	14	Occoquan Swimming-PV	5:41.37	5:45.01	
39 Lavedas, Emma C	15	Occoquan Swimming-PV	5:38.62	5:45.34	
40 Uppalapati, Yuvraj V	14	Occoquan Swimming-PV	5:46.48	5:47.52	
41 Green, Ayden A	15	Occoquan Swimming-PV	6:04.77	5:47.58	
42 Alexander, Colby H	14	Occoquan Swimming-PV	6:13.57	5:47.93	
43 Comeau, Charlie J	15	Occoquan Swimming-PV	6:02.40	5:48.12	
44 Epifanio, Allyson E	13	Occoquan Swimming-PV	5:45.10	5:49.57	
45 Hurst, Easton R	13	Occoquan Swimming-PV	6:01.22	5:50.17	
46 Mercer, Maddie O	14	Occoquan Swimming-PV	5:39.02	5:50.18	
47 Manko, Valentina L	16	Occoquan Swimming-PV	5:50.84	5:50.58	
48 Oliver, Olivia A	15	Occoquan Swimming-PV	5:30.67	5:51.91	
49 Snyder, Emma G	14	Occoquan Swimming-PV	5:47.56	5:53.75	
50 Foster, Payton W	13	Occoquan Swimming-PV	6:03.93	5:53.90	
51 Linton, Peyton B	13	Occoquan Swimming-PV	5:53.60	5:54.58	
52 O'Connor, Natalie C	12	Occoquan Swimming-PV	5:56.75	5:54.62	
53 Coughenour, Audrey	16	Occoquan Swimming-PV	5:40.64	5:54.87	
54 Martinez, Thiago E	13	Occoquan Swimming-PV	5:34.38	5:55.75	
55 DeNard, Riley C	16	Occoquan Swimming-PV	5:39.74	5:55.98	
56 Ward, Evan M	15	Occoquan Swimming-PV	5:59.13	5:56.90	
57 Justus, Juliana E	11	Occoquan Swimming-PV	6:49.21	5:57.98	
58 Haddock, Ethan K	13	Occoquan Swimming-PV	6:01.02	5:58.68	
59 Lesly, Zaiyah C	11	Occoquan Swimming-PV	6:40.62	5:58.70	
60 Ege, Christopher W	14	Occoquan Swimming-PV	5:56.91	5:59.33	
61 Ahmad, Rehan	14	Occoquan Swimming-PV	6:26.57	5:59.55	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 15 Mixed 500 Yard Freestyle A Flight)

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
62	Ward, Micah J	13	Occoquan Swimming-PV	6:08.90	5:59.60	
63	Heller, Mia C	16	Occoquan Swimming-PV	5:52.12	5:59.83	
64	Matt, Tis K	13	Occoquan Swimming-PV	6:02.17	6:00.71	
65	Evans, Juliana V	14	Occoquan Swimming-PV	6:34.06	6:01.00	
66	Toczyłowski, Hannah L	17	Occoquan Swimming-PV	5:57.75	6:01.85	
67	Vasquez, Sophie S	14	Occoquan Swimming-PV	6:25.07	6:02.12	
68	Colov, Alex I	15	Occoquan Swimming-PV	6:49.75	6:02.71	
69	Hartz, Elizabeth A	16	Occoquan Swimming-PV	6:03.36	6:02.93	
70	Rahmouni, Noel J	13	Occoquan Swimming-PV	6:04.47	6:03.97	
71	Henriques, Rome John C	14	Occoquan Swimming-PV	5:57.62	6:04.50	
72	Nichols, RJ J	13	Occoquan Swimming-PV	6:11.65	6:05.97	
73	McMillan, Ava M	15	Occoquan Swimming-PV	6:08.35	6:06.41	
74	Dailly, Mason J	14	Occoquan Swimming-PV	6:41.35	6:09.82	
75	Comeau, Max P	14	Occoquan Swimming-PV	6:32.59	6:10.78	
76	Rossi, Aubrey G	11	Occoquan Swimming-PV	6:47.22	6:12.17	
77	Ege, Jonathan T	12	Occoquan Swimming-PV	6:31.08	6:12.51	
78	Gayle, Joshua P	15	Occoquan Swimming-PV	5:47.06	6:12.55	
79	Cook, Kristina M	15	Occoquan Swimming-PV	6:00.96	6:13.75	
80	Avelis, Benjamin T	12	Occoquan Swimming-PV	6:15.99	6:14.47	
81	Chouinard, Trevor J	14	Occoquan Swimming-PV	6:49.15	6:15.02	
82	Rossi, Madelyn E	13	Occoquan Swimming-PV	6:22.13	6:16.28	
83	Davis, Averie N	14	Occoquan Swimming-PV	6:45.06	6:16.49	
84	Johnson, Olivia G	13	Occoquan Swimming-PV	6:44.81	6:16.77	
85	Sabahi, Kimiya N	16	Occoquan Swimming-PV	5:57.95	6:16.79	
86	Pace, Emily M	14	Occoquan Swimming-PV	6:43.83	6:19.58	
87	Harders, Abby G	12	Occoquan Swimming-PV	6:38.19	6:19.91	
88	Hennessy, Jillian C	15	Occoquan Swimming-PV	6:55.00	6:20.19	
89	Cala, Philip T	15	Occoquan Swimming-PV	6:47.33	6:20.62	
90	Yang, Justin J	11	Occoquan Swimming-PV	6:01.59	6:20.93	
91	Martinez, Lara A	11	Occoquan Swimming-PV	6:26.34	6:21.19	
92	Zimmerman, Emily A	12	Occoquan Swimming-PV	6:50.14	6:21.40	
93	Zarow, Alexis N	14	Occoquan Swimming-PV	6:28.10	6:21.62	
94	Lugiai, Brooke E	11	Occoquan Swimming-PV	6:30.74	6:21.68	
95	George, Nathan C	11	Occoquan Swimming-PV	6:37.87	6:22.83	
96	Gondek, Zoey G	14	Occoquan Swimming-PV	6:32.37	6:23.06	
97	Wallace, Alyssa M	13	Occoquan Swimming-PV	6:26.91	6:24.77	
98	Moats, Jamie A	11	Occoquan Swimming-PV	6:30.03	6:27.35	
99	George, Ashley A	12	Occoquan Swimming-PV	7:04.00	6:27.55	
100	Eyre, Elyse L	17	Occoquan Swimming-PV	6:12.19	6:28.29	
101	Santos, Alek D	15	Occoquan Swimming-PV	6:45.76	6:28.54	
102	Simmons, Tori A	13	Occoquan Swimming-PV	6:45.01	6:28.73	
103	Hull, Christine S	11	Occoquan Swimming-PV	6:23.41	6:29.07	
*104	Pak, Kayla S	16	Occoquan Swimming-PV	6:11.33	6:31.43	
*104	Lesly, Noah A	14	Occoquan Swimming-PV	6:59.59	6:31.43	
106	Arredondo, Max R	11	Occoquan Swimming-PV	6:33.91	6:31.82	
107	Rickman, Raina C	10	Occoquan Swimming-PV	6:39.98	6:38.73	
108	Heller, Zoe B	12	Occoquan Swimming-PV	6:58.47	6:41.05	



Free Fartlek - 10/7/2023 to 10/8/2023

Results

(Event 15 Mixed 500 Yard Freestyle A Flight)

Name	Age	Team	Seed Time	Finals Time	Points
109 Crupi, Michael J	15	Occoquan Swimming-PV	6:57.51	6:43.88	
110 Rowlison, Nia E	13	Occoquan Swimming-PV	7:03.10	6:44.04	
111 Hurtado, Grayson G	15	Occoquan Swimming-PV	6:45.21	6:44.65	
112 Hartz, Nathan T	12	Occoquan Swimming-PV	7:04.34	6:44.68	
113 Phommachanh, Macy T	11	Occoquan Swimming-PV	7:00.80	6:44.82	
114 Burlingame, Josh I	13	Occoquan Swimming-PV	6:55.16	6:45.18	
115 Roccogrondi, Landon R	12	Occoquan Swimming-PV	6:57.19	6:47.50	
116 Correll, Hannah	13	Occoquan Swimming-PV	6:30.74	6:47.87	
117 Lund, Emily K	17	Occoquan Swimming-PV	6:27.22	6:48.06	
118 Holtom, Sophia F	15	Occoquan Swimming-PV	6:35.44	6:50.86	
119 Thorpe, Rachel E	11	Occoquan Swimming-PV	6:55.85	6:53.52	
120 Venturini, Kaitlyn A	14	Occoquan Swimming-PV	6:43.56	7:00.35	
121 Garon, Rohan H	15	Occoquan Swimming-PV	7:00.00	7:01.11	
122 Holtom, Emma G	13	Occoquan Swimming-PV	6:42.09	7:01.75	
123 Rose, Kennedy M	17	Occoquan Swimming-PV	6:45.69	7:02.55	
124 Rosero, Violet G	13	Occoquan Swimming-PV	6:37.32	7:02.82	
125 Venturini, Samantha K	15	Occoquan Swimming-PV	6:29.10	7:08.86	
126 O'Connor, El G	15	Occoquan Swimming-PV	6:41.33	7:18.25	
--- Lavedas, Liam A	14	Occoquan Swimming-PV	5:02.46	NS	

Event 16 Mixed 500 Yard Freestyle B Flight

Name	Age	Team	Seed Time	Finals Time	Points
1 McCook, Isabellla G	14	Occoquan Swimming-PV	NT	5:49.06	
2 Ball, Tristan M	13	Occoquan Swimming-PV	NT	6:12.38	
3 Myers, Samantha A	11	Occoquan Swimming-PV	7:26.11	6:20.31	
4 Hochard, Jacob A	12	Occoquan Swimming-PV	7:49.21	6:34.36	
5 Scott, Maddie G	10	Occoquan Swimming-PV	7:26.20	6:35.28	
6 Doyle, Emilia F	13	Occoquan Swimming-PV	7:37.53	6:37.29	
7 McClutchy, Lilly P	14	Occoquan Swimming-PV	7:02.37	6:37.42	
8 Zimmer, Aubrey L	11	Occoquan Swimming-PV	7:28.49	6:40.09	
9 Cioletti, Jack M	12	Occoquan Swimming-PV	7:11.93	6:44.13	
10 Hutchins, Trista A	14	Occoquan Swimming-PV	NT	6:45.95	
11 Mason, Layla	11	Occoquan Swimming-PV	7:59.31	6:47.63	
12 Ewell, Riley H	10	Occoquan Swimming-PV	7:22.13	6:48.67	
13 Feindt, Morgan K	14	Occoquan Swimming-PV	7:03.50	6:48.71	
14 Vega, Dorian A	11	Occoquan Swimming-PV	7:14.89	6:55.13	
15 Hulse, Abby L	14	Occoquan Swimming-PV	NT	6:56.32	
16 Coughenour, Evan W	12	Occoquan Swimming-PV	7:58.80	6:58.83	
17 Rankin, Brielle T	11	Occoquan Swimming-PV	8:42.37	6:59.13	
18 de Asis, Nicko J	12	Occoquan Swimming-PV	7:26.65	7:00.64	
19 Moore, Danielle C	12	Occoquan Swimming-PV	7:54.27	7:00.81	
20 Lugiari, Ainsley R	11	Occoquan Swimming-PV	7:17.16	7:01.39	
21 Toczykowski, RJ J	10	Occoquan Swimming-PV	7:28.42	7:02.62	
22 Christensen, Kate J	11	Occoquan Swimming-PV	7:48.89	7:03.09	
23 Nunes Fuller, Melinha	12	Occoquan Swimming-PV	7:38.25	7:03.52	
24 Oh, Nathaniel M	11	Occoquan Swimming-PV	8:34.25	7:07.81	
25 Brown, Lydia E	12	Occoquan Swimming-PV	NT	7:11.01	



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Results

(Event 16 Mixed 500 Yard Freestyle B Flight)

<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
26 Azekri, Lina	13	Occoquan Swimming-PV	7:55.00	7:12.75	
27 Aldeguer, Sarah D	9	Occoquan Swimming-PV	8:03.97	7:13.71	
28 Lavedas, Garrett T	11	Occoquan Swimming-PV	7:38.89	7:14.38	
29 Kislowski, Ashley M	14	Occoquan Swimming-PV	NT	7:15.37	
30 Aguirre, Jack G	12	Occoquan Swimming-PV	7:38.00	7:16.55	
31 Dolan, Emma K	12	Occoquan Swimming-PV	NT	7:19.74	
32 Adame, David A	12	Occoquan Swimming-PV	7:52.00	7:20.18	
33 Holtom, Hannah E	17	Occoquan Swimming-PV	7:17.65	7:20.48	
34 Craine, Therese C	12	Occoquan Swimming-PV	NT	7:21.17	
35 Orantes, Carys E	14	Occoquan Swimming-PV	7:30.00	7:21.66	
36 Bono, Ashley S	12	Occoquan Swimming-PV	8:20.48	7:24.01	
37 Foster, Sasha J	9	Occoquan Swimming-PV	8:02.92	7:24.58	
38 Roberts, Layne I	12	Occoquan Swimming-PV	7:55.00	7:26.25	
39 Stike, Stella R	14	Occoquan Swimming-PV	7:28.06	7:26.66	
40 Kurzinger, Charlie L	12	Occoquan Swimming-PV	7:46.74	7:27.55	
41 Rossi, Isabella A	9	Occoquan Swimming-PV	8:00.00	7:29.54	
42 Wilson, Nathaniel A	14	Occoquan Swimming-PV	7:50.97	7:30.94	
43 Ewell, Taylor M	12	Occoquan Swimming-PV	7:29.83	7:32.29	
44 Natale, Dominic G	13	Occoquan Swimming-PV	7:54.45	7:33.13	
45 Salazar, Madi I	11	Occoquan Swimming-PV	7:59.00	7:33.83	
46 Naber, Saif S	12	Occoquan Swimming-PV	8:13.00	7:46.27	
47 Wall, Nicholas J	9	Occoquan Swimming-PV	7:50.19	7:47.26	
48 Tartaglia, Amelia C	10	Occoquan Swimming-PV	8:20.00	7:48.13	
49 Kolas, Kyri Y	12	Occoquan Swimming-PV	8:00.00	7:51.64	
50 Sobecke, Alex R	9	Occoquan Swimming-PV	8:01.50	7:52.96	
51 Brown, Lincoln N	9	Occoquan Swimming-PV	NT	7:53.30	
52 Holtom, Bella H	10	Occoquan Swimming-PV	8:04.12	7:55.21	
53 Hurley, Gigi H	12	Occoquan Swimming-PV	8:07.27	8:03.68	
54 Murray, Logan L	12	Occoquan Swimming-PV	NT	8:04.40	
55 Yue, Jason R	11	Occoquan Swimming-PV	8:15.00	8:12.30	
56 Corrigan, Scarlett L	8	Occoquan Swimming-PV	8:31.00	8:12.77	
57 Lesly, Leah F	9	Occoquan Swimming-PV	8:30.98	8:16.87	
58 Roby, Zachary K	11	Occoquan Swimming-PV	8:49.73	8:25.24	
59 Doty, April M	9	Occoquan Swimming-PV	8:30.99	8:25.70	
60 McClutchy, Lucy J	11	Occoquan Swimming-PV	8:30.00	8:28.28	
61 Stevens, Anna M	10	Occoquan Swimming-PV	9:14.72	8:33.74	
62 Spence, Isla M	10	Occoquan Swimming-PV	8:30.97	8:33.77	
63 Alger, Samantha R	9	Occoquan Swimming-PV	9:15.43	8:39.63	
64 Bryan, Phillip R	9	Occoquan Swimming-PV	9:04.18	8:40.93	
65 Seo, Morgan K	11	Occoquan Swimming-PV	9:28.06	8:41.37	
66 McClutchy, Stella M	12	Occoquan Swimming-PV	8:20.00	8:50.89	
67 Nourse, Ava C	12	Occoquan Swimming-PV	NT	8:56.66	
68 Savage, Mason J	10	Occoquan Swimming-PV	NT	10:03.84	

