

**WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS 2010**

Psych Sheet

#1 Boys 200 Yard Medley Relay
METROS: 1:34.04 2007 Georgetown Prep
J Hafkin, A Relihan, B Fox, A Spencer
MCPS: 1:37.44 2001 Walter Johnson
H Ras, J Kaufman, M Raab, L Emilio
Meet Qualifying: 1:52.99

Team	Relay	Seed Time
1 PREP	A	1:34.99
2 DJO	A	1:38.81
3 SHER	A	1:38.91
4 CH	A	1:39.02
5 GC	A	1:39.20
6 BISH	A	1:39.66
7 DEM	A	1:40.65
8 GONZ	A	1:40.73
9 WTN	A	1:40.79
10 WHIT	A	1:41.21
11 BL	A	1:41.69
12 WJ	A	1:41.79
13 STA	A	1:41.81
14 NWHS	A	1:41.97
15 PVI	A	1:42.16
16 BCC	A	1:44.09
17 BLAKE	A	1:44.34
18 SSSA	A	1:45.16
19 RM	A	1:45.26
20 QO	A	1:46.81
21 BEARS	A	1:49.09
22 SJC	A	1:49.74
23 CHS	A	1:50.09
24 DHS	A	1:50.42
25 GHS	A	1:50.76
26 PHS	A	1:50.77
27 SVHS	A	1:50.84
28 MARET	A	1:51.08
29 KHS	A	1:51.38
30 MAG	A	1:52.61
31 HGHTS	A	1:52.77

#2 Girls 200 Yard Medley Relay
METROS: 1:43.51 2006 Good Counsel
K Kyle, C Haase, L Kemp, M Waters
MCPS: 1:48.29 2010 Walt Whitman High
V Kuhn, R Tong, D Schulkin, L Poore
Meet Qualifying: 2:05.99

Team	Relay	Seed Time
1 DJO	A	1:47.00
2 CH	A	1:48.92
3 WHIT	A	1:49.06
4 GC	A	1:50.66
5 BISH	A	1:51.43
6 PHS	A	1:52.62
7 SHER	A	1:53.37
8 AHC	A	1:53.61
9 WTN	A	1:55.30
10 HA	A	1:56.28
11 NWHS	A	1:56.33
12 BL	A	1:57.15
13 BCC	A	1:57.48
14 SJC	A	1:57.96

15 QO	A	1:57.97
16 WJ	A	1:58.00
17 MARET	A	1:58.14
18 NCS	A	1:58.21
19 RM	A	1:58.31
20 WIL	A	1:59.54
21 SR	A	2:02.36
22 BLAKE	A	2:02.52
23 BMHS	A	2:02.59
24 GHS	A	2:02.67
25 MAG	A	2:02.72
26 CHC	A	2:02.96
27 ES	A	2:03.70
28 PVI	A	2:03.90
29 GV	A	2:04.15
30 SID	A	2:05.37

#3 Boys 200 Yard Freestyle
METROS: 1:39.50 2008 Sean Stewart
MCPS: 1:39.50 2008 Sean Stewart
Meet Qualifying: 1:56.49

Name	Yr	School	Seed Time
1 Thomas, Matt	SR	PREP	1:39.81
2 Spencer, Robert	BEARS		1:44.16
3 Anderson, Mike	SR	SHER	1:44.85
4 Decker, Ian	JR	DJO	1:45.45
5 Finn, Thomas	JR	WTN	1:45.46
6 Kundrat, John	SR	DEM	1:45.53
7 Huizinga, Ben	BEARS		1:46.23
8 Lawler, Will	JR	PREP	1:46.42
9 Tollefson, Andrew	SR	WJ	1:46.66
10 Gyenis, Andrew	SO	PREP	1:47.03
11 Janezich, Anton Jackson	SR	WHIT	1:47.53
12 Irish, Trevor	SO	DEM	1:47.86
13 Zhou, Raymond	SR	WTN	1:48.55
14 Wysocki, Christopher	SO	CH	1:48.58
15 Kiehl, Joshua	FR	CHS	1:48.88
16 McVerry, Michael	JR	PREP	1:48.95
17 Smith, Ethan	JR	DEM	1:49.32
18 Pugliese, Xavier	JR	GONZ	1:49.53
19 Mangold, Barry	FR	WJ	1:49.59
20 Hardimon, Madison	SO	GONZ	1:50.00
21 Foley, Michael	SR	GC	1:50.26
22 Flamand, Michael	SR	SHER	1:50.71
23 Ledecy, Michael	SO	GONZ	1:51.47
24 Ridgway, Gregory	SO	SPR	1:51.63
25 Choung, Richard	SR	NWHS	1:51.64
26 Royals, John Paul	SO	HGHTS	1:51.69
27 Kellman, Michael	JR	WHIT	1:51.77
28 Sheerin, Danny	JR	DEM	1:51.87
29 Liu, Winston	JR	BL	1:52.26
30 Wu, Alex	FR	NWHS	1:52.56
31 Shiang, Eric	SO	CH	1:52.66
32 Svenson, Ross	10	STA	1:52.67
33 Barry, Tim	SO	GONZ	1:52.96
34 Stevenson, Jamie	FR	BCC	1:53.03
35 Schwartz, Colin	JR	GC	1:53.10
36 Bieda, Josef	SO	CH	1:53.43
37 Moore, Austin	SO	NORT	1:53.47
38 Kopp, Jeff	BEARS		1:53.56
39 Berry, Mark	SR	RM	1:53.77

40 Kannan, Matthew	SR	BL	1:53.87
41 Fu, Kevin	FR	WTN	1:54.56
42 Rubenstein, Jake	FR	PHS	1:55.44
43 Colket, Thomas	FR	GC	1:55.52
44 Pritchard, Thomas	SR	BCC	1:56.09
45 Smoot, Alex	JR	MAG	1:56.25
46 Falcone, Vincent	SR	HGHTS	1:56.45

#4 Girls 200 Yard Freestyle
METROS: 1:45.49 2006 Kate Ziegler
MCPS: 1:49.45 2007 Katura Harvey
Meet Qualifying: 2:08.59

Name	Yr	School	Seed Time
1 Pepper, Elizabeth	JR	WJ	1:50.55
2 Watkins, Maria	SR	CH	1:51.77
3 Rogers, Katie	JR	AHC	1:53.60
4 Anderson, Ellen	SO	GHS	1:55.00
5 Poore, Lauren	SR	WHIT	1:55.35
6 Kelly, Grace	SR	BMHS	1:56.79
7 Drill, Sidney	JR	WJ	1:57.02
8 Yuan, Jessica	SR	WJ	1:57.30
9 Ladas, Joanna	SR	SJC	1:57.78
10 Marsilii, Elena	SO	DJO	1:57.83
11 Pietrantonio, Anna	SR	MARET	1:57.86
12 Martinko, Jordan	FR	GC	1:59.88
13 Dinn, Celia	SO	AHC	1:59.89
14 Merley, Caitlin	10	NCS	1:59.97
15 Bolek, Emily	JR	WTN	2:00.18
16 Pankratz, Sarah	JR	SJC	2:01.42
17 Dai, Grace	FR	NWHS	2:01.49
18 Conrad, Megan	FR	SHER	2:01.89
19 Martin, Emily	JR	SHER	2:02.36
20 Swinnerton, Grace	FR	BCC	2:03.10
21 Kincaid, Stephanie	SO	GC	2:03.64
22 Popera, Ashleigh	CHC		2:03.66
23 Callahan, Bridget	SO	AHC	2:03.79
24 Arai, Jennifer	FR	BL	2:04.00
25 Cali, Nikki	SR	BLAKE	2:04.07
26 Dickerson, Brittany	FR	RM	2:04.13
27 Kwon, Sara	JR	WJ	2:04.19
28 Srou, Allison	SO	CH	2:04.38
29 Vanderweele, Chelsea	SO	NORT	2:04.43
30 McGehee, Laura	JR	BL	2:04.56
31 Erickson, Mellissa	SR	AHC	2:05.11
32 Szymczak, Michelle	SR	BCC	2:05.19
33 James, Moira	JR	GC	2:05.37
34 Bush, Adrienne	SR	BLAKE	2:05.61
35 Stout, Kelly	SR	SHER	2:06.07
36 Lin, Lisa	SR	HA	2:06.38
37 Kuhn, Amanda	FR	WHIT	2:06.45
38 Wainer, Nicolle	JR	HA	2:07.14
39 O'Connor, Erin	SR	CH	2:07.90
40 O'Keefe, Ashley	JR	PHS	2:08.32
41 Connor, Rebecca	SO	MAG	2:08.38

#5 Boys 200 Yard IM
METROS: 1:47.59 2008 Eric Friedland
MCPS: 1:47.59 2008 Eric Friedland
Meet Qualifying: 2:14.99

Name	Yr	School	Seed Time
1 Ekstrom, Jonathan	JR	PREP	1:54.02

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#5 ... (Boys 200 Yard IM)

2	Gould, Serge	SR WHIT	1:54.73
3	Kaiser, Clemens	JR RM	1:55.66
4	McDermott, Danny	10 STA	1:57.44
5	Lin, Jeffrey	SR BL	1:58.34
6	MacNair, Conor	SSSA	1:58.89
7	Curl, Tyler	JR GONZ	2:00.86
8	St.John, Carl	SO PREP	2:01.21
9	Chi, Raymond	JR PREP	2:01.37
10	Kotonias, Nick	SR DEM	2:01.53
11	Brothman, Eric	SR DEM	2:02.19
12	Kulesza, Ryan	WWS	2:02.21
13	Tarbrake, Daniel	SO GONZ	2:03.13
14	Lee, Matt	SR SHER	2:03.19
15	Lee, Samuel	SO CH	2:03.97
16	Garfield, Evan	SO GC	2:04.36
17	Foster, Jack	FR BL	2:04.50
18	Rios, Jorge	FR BCC	2:04.79
19	Ruggieri, Eric	JR BL	2:04.88
20	Schmid, Stephen	JR GC	2:05.64
21	Trigonoplos, Paul	SR DEM	2:05.68
22	Witkop, Bobby	JR BCC	2:05.75
23	Shu, Jack	SR CH	2:05.82
24	Woodard, Eric	JR WTN	2:05.85
25	Tollefson, Fletcher	SO WJ	2:05.89
26	Brooks, Nick	SO GONZ	2:06.56
27	Lechner, Nick	SO WMHS	2:07.30
28	Pratt, Michael	JR CH	2:07.45
29	Camp, Cory	FR BLAKE	2:07.81
30	Natoli, Carey	SR BISH	2:08.06
31	Tucker, Don	FR DJO	2:08.14
32	Chavez, Alejandro	JR DEM	2:08.24
33	Din, Matt	FR RM	2:08.54
34	Rhinehart, Sean	JR WTN	2:08.88
35	Atkins, Ferrel	SSSA	2:08.96
36	Qian, Andrew	FR CHS	2:09.12
37	Reinhardt, Brenton	JR CH	2:09.78
38	Michael, James	SO GONZ	2:09.82
39	Boluda, Miguel	SR BMHS	2:10.10
40	Luciani, Michael	FR DJO	2:11.40
41	Stasiuk, Peter	SR PREP	2:11.45
42	Jaffe, Sam	FR BLAKE	2:11.72
43	Latona, Andrew	FR BLAKE	2:11.94
44	Freeman, John	BEARS	2:12.10
45	Norris, Patrick	SR GHS	2:12.43
46	Ge, Steve	FR BL	2:12.50
47	Brenac, Sacha	JR DJO	2:12.69
48	Bouvier, Ben	FR WHIT	2:13.08
49	Schwarzenberg, Matthew	SO DHS	2:13.36
50	Tribble, Samuel	SO DHS	2:13.71
51	Kidwell, Justin	JR KHS	2:14.49

#6 Girls 200 Yard IM

METROS: 2:03.86 1997 Molly Freedman			
MCPS: 2:04.77 2003 LeeAnn Chang			
Meet Qualifying: 2:26.09			
Name	Yr	School	Seed Time
1 Haase, Sarah	SO	GC	2:04.17
2 Chuang, Cara	SR	PHS	2:05.04
3 Liu, Kelsey	SR	QO	2:08.02

4 Meyer, Charlotte	FR	WHIT	2:08.28
5 Pietrantonio, Sofie	FR	MARET	2:10.32
6 Fosburgh, Callie		WIL	2:10.93
7 Hanson, Diana	FR	PHS	2:11.50
8 Wilson, Amina	JR	SJC	2:12.36
9 Chen, Karen	SR	CH	2:12.61
10 Kolanowski, Anna	FR	GC	2:12.72
11 Mills, Kaitlin	SR	GC	2:13.13
12 Gould, Audrey	FR	WHIT	2:13.14
13 Gragnani, Karen	JR	GC	2:13.48
14 Ridge, Shannon	SO	CH	2:14.25
15 Levy, Lauren	SO	WHIT	2:14.80
16 Floria, Emily	JR	QO	2:15.50
17 Sargent, Rikki	SO	SHER	2:16.26
18 Yuan, Jessica	SR	WJ	2:16.31
19 Sheapp, Kylie	FR	SHER	2:17.03
20 Gil, Lauren	SO	MAG	2:17.16
21 Collins, Liz	JR	BISH	2:17.59
22 Vistica, Hannah	SR	RM	2:17.64
23 Donahue, Kelsey	SO	AHC	2:18.00
24 Lathrop, Emily	FR	BL	2:18.17
25 Cason, Molly	SO	AHC	2:18.72
26 Schipani, Jessica	FR	AHC	2:19.69
27 Colevas, Sophia	JR	SJC	2:19.96
28 Gathright, Jenny	SO	HA	2:20.25
29 Clark, Rachel	JR	SHER	2:22.23
30 Hall, Emily	JR	CH	2:22.58
31 Cohen, Nina	FR	HA	2:22.95
32 Ferraro, Carmen	SR	HA	2:23.11
33 Arai, Allison	SR	BL	2:23.30
34 Power, Kaitlyn	JR	PVI	2:23.40
35 Gannon, Genavera	FR	BCC	2:23.44
36 Bajorek, Theresa	SR	NWHS	2:23.54
37 Overly, Catherine		CHC	2:23.72
38 Cason, Mallory	SR	AHC	2:23.90
39 Powell, Shannon	JR	MAG	2:24.37
40 Sheapp, Kaitlyn	FR	SHER	2:24.63
41 Movius, Rachel		SSSA	2:24.83
42 Cernoch, Chrissy	FR	WJ	2:25.28
43 Szymczak, Michelle	SR	BCC	2:25.69
44 Carroll, Kelly	JR	PBHS	2:25.79
45 Allen, Sarah	FR	GV	2:25.95

#7 Boys 50 Yard Freestyle

METROS: 20.73 2007 Josh Hafkin			
MCPS: 20.91 2008 Sean Stewart			
Meet Qualifying: 23.79			
Name	Yr	School	Seed Time
1 Truluck, Sutton	SR	PREP	21.73
2 Heller, Josh	SR	MAG	21.89
3 Sullivan, Sean	SO	GONZ	21.89
4 Ellis, Samuel	SR	BISH	21.98
5 Conger, Jack	FR	GC	22.02
6 Verboncoeur, Christopher	SR	CH	22.23
7 Hauri, Kevin	SR	QO	22.30
8 Karel, Greg	SR	WJ	22.37
9 Knise, Nick	JR	GONZ	22.41
10 Fu, Michael	SO	WTN	22.50
11 Ortmyer, Tory	JR	GONZ	22.60
12 Hungerford, Darell	SR	DEM	22.68
13 Asbury, Colin	SO	CH	22.70

14 Scordato, Patrick	FR	WHIT	22.72
15 Owen, Luke	SR	NWHS	22.80
16 Spak, Kevin	SR	WJ	22.88
17 Clancy, Tim		10 STA	22.88
18 Deshields, Tony	SR	PREP	22.90
19 Hammond, Niklas	SO	BL	22.93
20 Cramp, Trevor	SR	PREP	22.95
21 Cutler, James	SR	GONZ	22.99
22 Stanhope, Collin	SO	CH	23.02
23 Edmunds, Ryan	SO	GC	23.06
24 Malloy, John	JR	DEM	23.07
25 Mion, Nick	FR	DEM	23.08
26 Gallagher, Daniel	JR	DEM	23.10
27 Martinez, Marcus	SR	PVI	23.18
28 Sorenson, Isaac	SR	MARET	23.25
29 Clark, Michael	SO	BISH	23.28
30 Cole, Austin	FR	CH	23.30
31 Allsopp, Matthew	SR	NWHS	23.31
32 Li, Dennis	JR	BL	23.35
33 Garrity, Chris	JR	BCC	23.37
34 Root, Chris	FR	WJ	23.39
35 Wise, Adam	SR	WHIT	23.54
36 Jensen, Derek	JR	WTN	23.55
37 Tjonneland, Fred	SR	BCC	23.55
38 Baker, Brandon	SR	NWHS	23.56
39 Buterbaugh, Hunter	SR	SMG	23.59
40 Otoo, Ben		10 STA	23.60
41 Moore, Austin	SO	NORT	23.62
42 Ray, Jordan	JR	WJ	23.62
43 Finnell, Tim	JR	HGHTS	23.64
44 Reis, Ryan	JR	QO	23.66
45 Luciani, Danny	SR	DJO	23.69
46 Mumford, Tyler	SR	PHS	23.72
47 Hughes, Danny	SO	DJO	23.72
48 Strang, Justin	SO	GC	23.75
49 Mooers, Stephen	SR	PREP	23.77
50 Dougherty, Ryan	JR	BISH	23.79

#8 Girls 50 Yard Freestyle

METROS: 23.27 2007 Megan Waters			
MCPS: 23.49 2004 Kassy Kugler			
Meet Qualifying: 26.59			
Name	Yr	School	Seed Time
1 Ryzek, Emily	JR	SHER	23.99
2 Huo, Yvonne	JR	CH	24.22
3 Kuhn, Victoria	SO	WHIT	24.33
4 Ares, Natalya	SO	CH	24.47
5 Whyte, Morgan	SO	SJC	24.47
6 Tong, Reia	SO	WHIT	24.49
7 Ferguson, Ashleigh	SO	AHC	24.49
8 Mulquin, Catherine	FR	GC	25.05
9 Mahaffie, Katie	SO	WHIT	25.08
10 Erickson, Jenny	SR	CH	25.21
11 Miskiel, Ellie	SR	QO	25.24
12 Rholl, Christine		10 NCS	25.37
13 Slater, Bridgette		SID	25.41
14 Barber, Amanda	JR	BMHS	25.43
15 Illig, Michelle	FR	CH	25.45
16 Kroesen, Saskia	JR	BISH	25.46
17 Levy, Yahly	FR	WTN	25.50
18 Hixenbaugh, Faye	SO	RM	25.54

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Psych Sheet

#8 ... (Girls 50 Yard Freestyle)

19	Tjonneland, Ida	SO BCC	25.56
20	Dailey, Morgan	JR GC	25.60
21	Cleary, Katherine	FR GC	25.61
22	Mahaffie, Jenna	SR WHIT	25.62
23	Considine, Nora	JR GC	25.62
24	Wang, Sophia	SR WTN	25.79
25	Hall, Alina	SR BISH	25.81
26	Marcus, Sophie	FR NWHS	25.84
27	Williams, Jenna	SR BL	25.92
28	Epstein, Anna	SID	25.92
29	Poon, Alex	SR HA	25.99
30	Hondros, Julia	SR AHC	26.03
31	Mackail, Cameron	JR PHS	26.06
32	Marcus, Sara	FR NWHS	26.16
33	Umberger, Ryan	JR DJO	26.21
34	Whiteis, Sara	JR QO	26.34
35	Dickerson, Liz	JR WTN	26.44
36	D'Ambrosio, Stefania	SR BCC	26.47
37	Heffernan, Katie	SR GV	26.50
38	Chang, Christiana	SR WTN	26.56

#9 Boys 1 mtr Diving

METROS: 585.10 2007 Matt Cooper			
MCPS: 501.70 2009 Logan Shinholser			
Name	Yr	School	
1 Kanga, Justin	JR	BL	NP
2 Seidell, Nick	FR	BL	NP
3 Bennett, Victor	SO	BLAKE	NP
4 Bank, Matthew	SR	CH	NP
5 Faerber, Timothy	SO	CH	NP
6 Hann, Kevin	FR	CH	NP
7 Abelman, Kevin	JR	DHS	NP
8 Borst, Brian	SR	MAG	NP
9 Goldschmidts, Andy	SR	MAG	NP
10 Meekins, Kevin	SR	MAG	NP
11 Richter, Noah	SO	MAG	NP
12 Horton, Christain	SR	NWHS	NP
13 Carpentier, Eric	SR	PHS	NP
14 Greenwald, Zachary	SO	PHS	NP
15 Weber, Sam	SR	PHS	NP
16 Vlahakis, Michael	SR	RHS	NP
17 Kittelberger, Christopher	SO	SPR	NP
18 Shinholser, Colby	SO	SPR	NP
19 Pareja-Lecaros, Alvaro	JR	WMHS	NP
20 Cohen, Nick	JR	WHIT	NP
21 Kreutzberg, Brent	FR	WHIT	NP
22 Levine, Noah	SR	WHIT	NP
23 Miller, Andy	SO	WJ	NP
24 Devine, Wolfgang	SR	WTN	NP
25 Doremus, Bryan	JR	WTN	NP
26 Lesser, Jordan	JR	WTN	NP
27 Milano, Steven		PBHS	NP
28 Shinholser, TJ	FR	PBHS	NP
29 Fives, Connor	JR	DEM	NP
30 Hartig, Sean	SO	DEM	NP
31 Murray, Jamie	JR	DEM	NP
32 Schmitz, Robert	JR	DEM	NP
33 Dillon, Wyatt	FR	GONZ	NP
34 Fergus, Thomas	SO	GONZ	NP

35	Fitzgerald, Connor	SO GONZ	NP
36	Pugliese, Matt	SR GONZ	NP
37	Winkler, Luke	SO SJC	NP
38	Lozupone, Anthony	FR GC	NP
39	Hack, Brian	JR PREP	NP
40	Beattie, Brett	SR PREP	NP
41	Mosca, Mike	JR PREP	NP
42	Belaga, Pat	BEARS	NP
43	Butts, Kyle	JR PBHS	NP
44	Sadeghian, Cyrus	12 STA	NP
45	Rigaux, Alex	SR BCC	NP
46	Rigaux, Parker	FR BCC	NP
47	Wallace, Cameron	SO BISH	NP
48	Ayala, Brenden	FR BCC	NP

#10 Girls 1 mtr Diving

METROS: 512.10 2007 Meg Hostage			
MCPS: 473.75 2009 Brittany Powell			
Name	Yr	School	
1 Winston, Jada	SR	BMHS	NP
2 Buchek, Hannah	SO	BL	NP
3 Hoffman, Claire	JR	BL	NP
4 Seidell, Sophia	JR	BL	NP
5 Edoja, Paula	SO	BLAKE	NP
6 Haley, Anna	FR	BLAKE	NP
7 Kalinich, Rebecca	SO	BLAKE	NP
8 Looney, Monika	SO	BLAKE	NP
9 Stanton, Alexandra	SR	CH	NP
10 Stanton, Jackie	FR	CH	NP
11 Cornell, Mackenzie	FR	NWHS	NP
12 Contreras, Alexandra	SR	PHS	NP
13 Kibbey, Siobhan	JR	PHS	NP
14 Snyder, Natalie	SO	RHS	NP
15 Fury, Christy	SR	SHER	NP
16 Meyer, Annette	SR	SHER	NP
17 Stichnoth, Rachel	SR	SPR	NP
18 Hatcher, Lindsay	JR	WHIT	NP
19 Longstreth, Molly	JR	WHIT	NP
20 Schmidt, Emily	JR	WHIT	NP
21 Seibel, Caroline	FR	WHIT	NP
22 Bernstein, Sarah	SO	WJ	NP
23 Collins, Katie	JR	WJ	NP
24 Kastler, Annie	SO	WJ	NP
25 Narkis, Molly	FR	WJ	NP
26 Crocker, Amanda	SR	WTN	NP
27 Snyder, Cori	SR	WTN	NP
28 Calder, Katie	SO	BU	NP
29 Kerkhof, Casey	JR	GV	NP
30 Russo, Ally	SO	GV	NP
31 Carey, Ellen	SO	HA	NP
32 Cohen, Ariel	SR	HA	NP
33 Sanders, Abby		CHC	NP
34 Grinker, Olivia		SID	NP
35 Stowers, Kelsey		SSSA	NP
36 Richardson, Emily	JR	SR	NP
37 Warburton, Paige	FR	SR	NP
38 White, Sophie	SR	SR	NP
39 Peters, Olivia	SO	GC	NP
40 Hoppler, Cindy	FR	GC	NP
41 Koff, Catelyn	SO	GC	NP
42 Peters, Caroline	FR	GC	NP

43	Donahue, Mallory	JR AHC	NP
44	David, Adrianna	SO AHC	NP
45	Starr, Lindsay	12 NCS	NP
46	Kania, Brooke	10 NCS	NP
47	Glazer, Niki	SR BCC	NP
48	Fyffe, Sarah	JR BISH	NP
49	Haberman, Melissa	SR BISH	NP
50	Imbrigilia, Mandy	SR BISH	NP
51	Schaefermeier, Elizabeth	SO BISH	NP

#11 Boys 100 Yard Butterfly

METROS: 48.71 2009 Brady Fox			
MCPS: 49.66 2001 Michael Raab			
Meet Qualifying: 59.99			
Name	Yr	School	Seed Time
1 Conrad, Eric	SR	SHER	51.25
2 MacDonald, Angus	SR	BISH	51.58
3 Verboncoeur, Christopher	SR	CH	51.60
4 Sterling, Spencer	JR	BLAKE	52.09
5 Lancon, Cameron	JR	BLAKE	52.21
6 Nasakaitis, Eric	JR	PVI	53.04
7 Jackson, Warren	SR	NORT	53.09
8 Leach, Willie	SR	GONZ	53.32
9 Nasser, Cyrus	10	STA	53.32
10 Lin, Jeffrey	SR	BL	53.50
11 Xiao, Brian	JR	CH	53.53
12 Pham, Tyler	SO	GHS	53.74
13 Knopf, J.P.	SR	SVHS	53.77
14 Witkop, Bobby	JR	BCC	54.63
15 McVerry, Michael	JR	PREP	54.64
16 St.John, Carl	SO	PREP	54.69
17 Tarbrake, Daniel	SO	GONZ	54.73
18 Smith, Ethan	JR	DEM	55.08
19 Brothman, Eric	SR	DEM	55.32
20 Shu, Jack	SR	CH	55.45
21 Jolissaint, Joe	JR	SVP	55.47
22 Foley, Michael	SR	GC	55.71
23 Franklin, Chris	SR	NWHS	55.82
24 Scordato, Patrick	FR	WHIT	55.92
25 Petersen, Thor	SR	NWHS	55.94
26 Schwartzman, Kevin	JR	PREP	56.04
27 Hsieh, Ben	SO	RM	56.19
28 Woodard, Eric	JR	WTN	56.20
29 Brooks, Nick	SO	GONZ	56.48
30 Cowden, Billy	SO	GONZ	56.49
31 Rhinehart, Sean	JR	WTN	56.51
32 Morel, Henri	SR	RM	56.84
33 Berry, Patrick	SO	WJ	56.86
34 Devlin, Joey	JR	GC	56.94
35 Pepper, Joseph	JR	PHS	57.32
36 Shiang, Eric	SO	CH	57.54
37 Liberman, Lucas	JR	WJ	57.86
38 Shein, Elliot	JR	RHS	58.23
39 Finnell, Tim	JR	HGHTS	58.38
40 Taswell, Jacob	SO	WHIT	58.54
41 Sperbeck, Matthew	SR	QO	58.68
42 Boluda, Miguel	SR	BMHS	58.87
43 Lam, Huy	SO	PHS	58.97
44 Freeman, John		BEARS	59.12
45 Bouvier, Ben	FR	WHIT	59.20
46 VanDoren, Brian	SR	DHS	59.31

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Psych Sheet

#11 ... (Boys 100 Yard Butterfly)

47	Mannella, Nicholas	FR MAG	59.40
48	Berry, Dylan	SR PREP	59.46
49	Liu, Matthew	SO PHS	59.52
50	Daronco, Matt	FR DEM	59.59
51	Brower, Micheal	JR SMG	59.60
52	Baca, Alex	BEARS	59.66
53	Ballen, Scott	JR MARET	59.77
54	Wesley, Matt	SR KHS	59.99

#12 Girls 100 Yard Butterfly

METROS: 55.18 1997 Molly Freedman
MCPS: 55.55 2008 Anais Menguy

Meet Qualifying: 1:07.09

Name	Yr	School	Seed Time
1	Schulkin, Danielle	SR WHIT	56.08
2	Epstein, Anna	SID	57.38
3	Pietrantonio, Sofie	FR MARET	58.54
4	Kroesen, Saskia	JR BISH	59.20
5	Watkins, Maria	SR CH	59.44
6	Klatzkin, Allie	FR WTN	59.66
7	Dinn, Celia	SO AHC	59.75
8	Chen, Cathy	SR CH	1:00.23
9	Kolanowski, Anna	FR GC	1:00.42
10	Hicks, Taylor	FR MARET	1:00.77
11	Fosburgh, Elizabeth	WIL	1:00.98
12	Urovsky, Tessa	JR WTN	1:01.05
13	Mahaffie, Katie	SO WHIT	1:01.33
14	Considine, Nora	JR GC	1:01.71
15	Gagnani, Karen	JR GC	1:01.71
16	Sargent, Rikki	SO SHER	1:01.93
17	Von Heeringen, Julia	SR SVHS	1:02.06
18	Relihan, Katie	SO SHER	1:02.09
19	Hondros, Julia	SR AHC	1:02.20
20	Kelly, Grace	SR BMHS	1:02.21
21	Sheapp, Kylie	FR SHER	1:03.59
22	Machlin, Cara	SO WJ	1:03.60
23	Lathrop, Emily	FR BL	1:03.83
24	Srouer, Allison	SO CH	1:04.05
25	Powell, Shannon	JR MAG	1:04.13
26	Benjamin, Ali	SR RM	1:04.40
27	Luigard, Emma	SO ES	1:04.69
28	Zeigler, Maddie	SO BISH	1:04.70
29	Jacome, Sabrina	JR SJC	1:04.71
30	Hartman, Katie	SR MAG	1:04.78
31	Gillespie, Mary	JR PHS	1:04.78
32	Kettl, Caroline	JR QO	1:04.81
33	Colevas, Alexandra	JR SJC	1:04.91
34	Wainer, Nicolle	JR HA	1:04.92
35	Jih, Cynthia	FR PHS	1:05.09
36	Lindlaw, Casey	JR GV	1:05.22
37	Hagerty, Caroline	SO WJ	1:05.28
38	Overly, Catherine	CHC	1:05.35
39	Quint, Christina	SR PVI	1:05.57
40	Jacobson, Katie	SR WJ	1:05.85
41	Fox, Paige	JR GC	1:05.89
42	McGinley, Bridget	SR DJO	1:05.98
43	Moyer, Andria	FR SVP	1:05.98
44	Allen, Sarah	FR GV	1:06.06
45	Marders, Nicole	FR CH	1:06.51

46 Power, Kaitlyn JR PVI 1:06.75

#13 Boys 100 Yard Freestyle

METROS: 45.61 2008 Sean Stewart
MCPS: 45.61 2008 Sean Stewart

Meet Qualifying: 53.59

Name	Yr	School	Seed Time
1	Thomas, Matt	SR PREP	46.99
2	Center, Michael	SR BCC	48.03
3	Hauri, Kevin	SR QO	48.67
4	Kundrat, John	SR DEM	48.74
5	Gibson, Matt	FR WTN	48.81
6	Karel, Greg	SR WJ	48.98
7	Yelmgren, Michael	SR PVI	48.99
8	Spata, Sean	SO GONZ	49.10
9	Conger, Jack	FR GC	49.38
10	Heller, Josh	SR MAG	49.48
11	Deshields, Tony	SR PREP	49.49
12	Curl, Tyler	JR GONZ	49.50
13	Hukill, Nate	SR BL	49.84
14	Asbury, Colin	SO CH	49.85
15	Mooers, Stephen	SR PREP	49.96
16	Knise, Nick	JR GONZ	50.09
17	Wu, Alex	FR NWHS	50.28
18	Gallagher, Sean	JR SHER	50.38
19	Hammond, Niklas	SO BL	50.39
20	Pugliaresi, Nick	12 STA	50.42
21	Salgado, Christian	JR CH	50.43
22	Sorenson, Isaac	SR MARET	50.45
23	Malloy, John	JR DEM	50.56
24	Choung, Richard	SR NWHS	50.70
25	Franklin, Chris	SR NWHS	50.79
26	Root, Chris	FR WJ	50.80
27	Mion, Nick	FR DEM	50.83
28	Hardimon, Madison	SO GONZ	50.86
29	Ke, Kenneth	SO WTN	51.10
30	Spak, Kevin	SR WJ	51.15
31	Royals, John Paul	SO HGHTS	51.32
32	Owen, Luke	SR NWHS	51.48
33	Martinez, Marcus	SR PVI	51.53
34	Lechner, Nick	SO WMHS	51.66
35	Edmunds, Ryan	SO GC	51.78
36	Truluck, Sutton	SR PREP	51.78
37	McGinty, Brian	JR BISH	51.89
38	Strang, Justin	SO GC	51.98
39	Garry, Chris	JR BCC	52.03
40	Hodges, Rio	FR RM	52.11
41	Jensen, Derek	JR WTN	52.13
42	Cole, Austin	FR CH	52.15
43	Soevik, Odin	SO CH	52.18
44	Morel, JB	SR RM	52.28
45	Chavez, Alejandro	JR DEM	52.41
46	Dougherty, Ryan	JR BISH	52.59
47	Mittil, Matt	FR RM	52.66
48	Smoot, Alex	JR MAG	52.70
49	Altobelli, David	SO BLAKE	52.72
50	Fritz, Jackson	SO BCC	52.82
51	Falcone, Vincent	SR HGHTS	52.83
52	Tjonneland, Fred	SR BCC	52.96
53	Svenson, Ross	10 STA	53.00
54	Liu, Matthew	SO PHS	53.09

55	Taswell, Jacob	SO WHIT	53.12
56	Ge, Steve	FR BL	53.20
57	Ray, Jordan	JR WJ	53.21
58	Buterbaugh, Hunter	SR SMG	53.22
59	Berry, Mark	SR RM	53.25
60	Clancy, Tim	10 STA	53.28
61	Suthard, Zachary	FR DHS	53.34
62	Moynahan, Patrick	SR DJO	53.36
63	Bloom, Adam	SO WHIT	53.38
64	Engel, Jake	FR QO	53.40
65	Norris, Patrick	SR GHS	53.43
66	Reis, Ryan	JR QO	53.57

#14 Girls 100 Yard Freestyle

METROS: 50.35 2004 Kassy Kugler
MCPS: 50.35 2004 Kassy Kugler

Meet Qualifying: 58.69

Name	Yr	School	Seed Time
1	Ryzek, Emily	JR SHER	51.72
2	Gentry, Marissa	JR SJC	52.29
3	Ares, Natalya	SO CH	53.43
4	Poore, Lauren	SR WHIT	53.51
5	Tong, Reia	SO WHIT	53.82
6	Mackail, Cameron	JR PHS	54.17
7	Fosburgh, Elizabeth	WIL	54.37
8	Mulquin, Catherine	FR GC	54.42
9	Drill, Sidney	JR WJ	54.44
10	Rholl, Christine	10 NCS	54.56
11	Tjonneland, Ida	SO BCC	55.27
12	Erickson, Jenny	SR CH	55.28
13	Mahaffie, Jenna	SR WHIT	55.29
14	Barber, Amanda	JR BMHS	55.46
15	Wang, Sophia	SR WTN	55.67
16	Hixenbaugh, Faye	SO RM	56.36
17	Williams, Jenna	SR BL	56.56
18	Cali, Nikki	SR BLAKE	56.63
19	Lair-Ferrari, Malena	GER	56.81
20	Slater, Bridgette	SID	56.90
21	Illig, Michelle	FR CH	56.91
22	Dailey, Morgan	JR GC	57.20
23	Chang, Christiana	SR WTN	57.31
24	Freeman, Amanda	SO BLAKE	57.35
25	Cohen, Nina	FR HA	57.41
26	Gannon, Genavera	FR BCC	57.42
27	Choung, Grace	SO NWHS	57.60
28	Liang, Ellie	SO NWHS	57.65
29	Cleary, Katherine	FR GC	57.96
30	Kwon, Sara	JR WJ	58.02
31	Umberger, Ryan	JR DJO	58.06
32	Ferraro, Carmen	SR HA	58.11
33	Benjamin, Ali	SR RM	58.21
34	Cernoch, Chrissy	FR WJ	58.32
35	Lin, Lisa	SR HA	58.33
36	Bauer, Samantha	JR SPR	58.40
37	Hedda, Boege	WWS	58.40
38	Connor, Rebecca	SO MAG	58.46
39	Dickerson, Liz	JR WTN	58.69

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#15 Boys 500 Yard Freestyle

METROS: 4:26.02 2009 Michael Flach

MCPS: 4:33.15 2007 Sean Stewart

Meet Qualifying: 5:19.99

Name	Yr	School	Seed Time
1 Kaiser, Clemens	JR	RM	4:37.83
2 Anderson, Mike	SR	SHER	4:39.12
3 Decker, Ian	JR	DJO	4:39.40
4 Spencer, Robert		BEARS	4:41.33
5 Powell, Garrett	SO	PREP	4:42.04
6 Finn, Thomas	JR	WTN	4:43.05
7 Janezich, Anton Jackson	SR	WHIT	4:43.33
8 Lawler, Will	JR	PREP	4:45.20
9 Gyenis, Andrew	SO	PREP	4:46.84
10 Wysocki, Christopher	SO	CH	4:47.92
11 Kiehl, Joshua	FR	CHS	4:48.50
12 Byrd, Matt	SR	GC	4:51.77
13 Kotonias, Nick	SR	DEM	4:51.98
14 Schwartz, Colin	JR	GC	4:52.54
15 Huizinga, Ben		BEARS	4:52.61
16 Flamand, Michael	SR	SHER	4:53.43
17 Irish, Trevor	SO	DEM	4:54.14
18 Pugliese, Xavier	JR	GONZ	4:56.59
19 Foster, Jack	FR	BL	4:56.71
20 Camp, Cory	FR	BLAKE	4:56.94
21 Kopp, Jeff		BEARS	5:00.07
22 Rosenthal, Andrew	SO	CH	5:02.01
23 Mangold, Barry	FR	WJ	5:02.76
24 Ridgway, Gregory	SO	SPR	5:02.85
25 O'Hara, Paul	FR	GONZ	5:04.08
26 Lucian, Tyler	SO	DEM	5:04.26
27 Colket, Thomas	FR	GC	5:04.53
28 Fu, Kevin	FR	WTN	5:05.41
29 Nasakaitis, Eric	JR	PVI	5:05.53
30 Curl, Nick	SO	GONZ	5:06.18
31 Bieda, Josef	SO	CH	5:06.71
32 Ledecy, Michael	SO	GONZ	5:06.71
33 Stevenson, Jamie	FR	BCC	5:08.19
34 Rubenstein, Jake	FR	PHS	5:08.55
35 Berry, Dylan	SR	PREP	5:11.23
36 Kannan, Matthew	SR	BL	5:11.81
37 Caverly, Robert	FR	NWHS	5:13.33
38 Pritchard, Thomas	SR	BCC	5:14.97
39 Parker, Jake	FR	RM	5:15.31
40 Flamand, Matthew	SO	SHER	5:18.87
41 Mittil, Matt	FR	RM	5:19.39

#16 Girls 500 Yard Freestyle

METROS: 4:33.35 2006 Kate Zeigler

MCPS: 4:48.12 1989 Pam Minthorn

Meet Qualifying: 5:47.99

Name	Yr	School	Seed Time
1 Rogers, Katie	JR	AHC	4:57.78
2 Anderson, Ellen	SO	GHS	5:00.53
3 Meyer, Charlotte	FR	WHIT	5:05.15
4 Fosburgh, Callie		WIL	5:07.10
5 Marsilii, Elena	SO	DJO	5:09.18
6 Pietrantonio, Anna	SR	MARET	5:11.35
7 Pepper, Elizabeth	JR	WJ	5:11.52
8 Ladas, Joanna	SR	SJC	5:11.84

9 Relihan, Katie	SO	SHER	5:14.61
10 Levy, Lauren	SO	WHIT	5:14.66
11 Bolek, Emily	JR	WTN	5:15.30
12 Dickerson, Brittany	FR	RM	5:15.41
13 Merley, Caitlin	10	NCS	5:20.86
14 Segreti, Sophia	SO	QO	5:20.87
15 Pankratz, Sarah	JR	SJC	5:21.78
16 Gathright, Jenny	SO	HA	5:23.75
17 Arai, Jennifer	FR	BL	5:24.41
18 Martinko, Jordan	FR	GC	5:24.69
19 Hall, Emily	JR	CH	5:27.52
20 Kincaid, Stephanie	SO	GC	5:28.05
21 Erickson, Mellissa	SR	AHC	5:28.20
22 Martin, Emily	JR	SHER	5:29.31
23 Callahan, Bridget	SO	AHC	5:31.93
24 Popera, Ashleigh		CHC	5:32.04
25 Bush, Adrienne	SR	BLAKE	5:32.65
26 Colevas, Alexandra	JR	SJC	5:32.78
27 Gillis, Mary	SR	BLAKE	5:35.29
28 O'Connor, Erin	SR	CH	5:35.69
29 Stout, Kelly	SR	SHER	5:36.94
30 Klausing, Kimberly	FR	WTN	5:37.94
31 Jih, Cynthia	FR	PHS	5:38.08
32 Palmer, Kelly	FR	BISH	5:39.82
33 Jacome, Natasha	FR	SJC	5:40.32
34 Rhoades, Alex	SO	AHC	5:40.35
35 Murray, Jean		SID	5:40.75
36 O'Keefe, Ashley	JR	PHS	5:40.83
37 Huizinga, Milly	JR	HA	5:43.66
38 Whalen, Hallie	SO	MAG	5:44.66
39 Bischoff, Hannah	SO	NWHS	5:44.93
40 Anderson, Carol	FR	AEHS	5:45.43
41 Hinkle, Jenny	SR	SHER	5:46.00
42 Fox, Paige	JR	GC	5:47.07

#17 Boys 200 Yard Freestyle Relay

METROS: 1:25.71 2009 Good Counsel

Z Wepasnick, M Reinheimer, C Stodter, K Vallario

MCPS: 1:27.72 2006 Walt Whitman

J Klotz, M Cooper, M Meyer, A Meyer

Meet Qualifying: 1:42.99

Team	Relay	Seed Time
1 GC	A	1:25.71
2 GONZ	A	1:28.40
3 PREP	A	1:29.35
4 DEM	A	1:29.68
5 PVI	A	1:29.69
6 WJ	A	1:30.09
7 WTN	A	1:30.46
8 STA	A	1:30.59
9 BCC	A	1:30.75
10 CH	A	1:31.04
11 BISH	A	1:31.28
12 NWHS	A	1:32.05
13 BLAKE	A	1:32.56
14 BL	A	1:34.33
15 DJO	A	1:34.43
16 HGHTS	A	1:34.55
17 RM	A	1:34.61
18 WHIT	A	1:34.72
19 MAG	A	1:35.67

20 BEARS	A	1:36.16
21 SJC	A	1:36.42
22 QO	A	1:36.71
23 SVHS	A	1:36.79
24 SHER	A	1:36.94
25 PHS	A	1:38.00
26 RHS	A	1:38.57
27 DHS	A	1:38.90
28 KHS	A	1:41.68
29 SMG	A	1:41.75
30 BMHS	A	1:41.97
31 SSSA	A	1:42.33
32 MARET	A	1:42.38
33 CHS	A	1:42.63

#18 Girls 200 Yard Freestyle Relay

METROS: 1:36.63 2006 Good Counsel

L Kemp, V Reyes, M Ribar, M Waters

MCPS: 1:39.12 2006 Walter Johnson

S Hatfield, M Balk, M Vucic, E Spak

Meet Qualifying: 1:54.99

Team	Relay	Seed Time
1 BMHS	A	1:36.52
2 GC	A	1:38.14
3 CH	A	1:39.58
4 WJ	A	1:39.82
5 SJC	A	1:40.03
6 WHIT	A	1:40.03
7 AHC	A	1:42.59
8 WTN	A	1:42.94
9 QO	A	1:43.37
10 PHS	A	1:43.97
11 NWHS	A	1:44.68
12 GV	A	1:45.61
13 DJO	A	1:45.83
14 BL	A	1:45.95
15 BCC	A	1:46.15
16 HA	A	1:46.25
17 BLAKE	A	1:47.06
18 NCS	A	1:47.56
19 RM	A	1:47.96
20 SID	A	1:48.23
21 CHC	A	1:48.32
22 SHER	A	1:48.73
23 MAG	A	1:49.62
24 BISH	A	1:50.16
25 MARET	A	1:50.26
26 SR	A	1:50.64
27 WIL	A	1:51.03
28 DHS	A	1:51.96
29 RHS	A	1:52.15
30 NORT	A	1:53.00
31 SPR	A	1:53.66

#19 Boys 100 Yard Backstroke

METROS: 48.80 2007 Josh Hafkin

MCPS: 51.14 2008 Sean Stewart

Meet Qualifying: 1:02.19

Name	Yr	School	Seed Time
1 Conrad, Eric	SR	SHER	51.89
2 Ekstrom, Jonathan	JR	PREP	52.86

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#19 ... (Boys 100 Yard Backstroke)

3	Pham, Tyler	SO GHS	53.17
4	Gould, Serge	SR WHIT	53.25
5	Powell, Garrett	SO PREP	53.79
6	Center, Michael	SR BCC	53.80
7	Yelmgren, Michael	SR PVI	54.07
8	Sterling, Spencer	JR BLAKE	54.16
9	Gibson, Matt	FR WTN	54.24
10	Lancon, Cameron	JR BLAKE	54.90
11	Xiao, Brian	JR CH	55.45
12	Devlin, Joey	JR GC	55.78
13	Spata, Sean	SO GONZ	55.86
14	Gallagher, Sean	JR SHER	55.89
15	Byrd, Matt	SR GC	56.29
16	Nasseri, Cyrus	10 STA	56.70
17	Kulesza, Ryan	WWS	56.82
18	Rios, Jorge	FR BCC	56.97
19	Reinhardt, Brenton	JR CH	57.08
20	Lee, Samuel	SO CH	57.16
21	Ke, Kenneth	SO WTN	57.26
22	Barry, Tim	SO GONZ	57.30
23	Shlesinger, Aaron	SR GONZ	57.78
24	Atkins, Ferrel	SSSA	57.89
25	Sheerin, Danny	JR DEM	57.97
26	Liu, Winston	JR BL	57.99
27	Kellman, Michael	JR WHIT	57.99
28	Royer, Matthew	SO PREP	58.15
29	Wise, Adam	SR WHIT	58.16
30	Clark, Michael	SO BISH	58.33
31	Jennings, Lucas	SSSA	58.71
32	Berry, Patrick	SO WJ	58.81
33	Knopf, J.P.	SR SVHS	59.12
34	Cleary, Michael	SO GONZ	59.23
35	Natoli, Carey	SR BISH	59.24
36	Simmons, Tucker	JR SJC	59.35
37	Hodges, Rio	FR RM	59.50
38	Loo, James	JR WJ	59.65
39	Erickson, Todd	SO CH	59.93
40	Bloom, Adam	SO WHIT	59.95
41	Morel, Henri	SR RM	1:00.07
42	Latona, Andrew	FR BLAKE	1:00.09
43	Altobelli, David	SO BLAKE	1:00.23
44	Arcaz, Arthur	FR WJ	1:00.41
45	Engel, Jake	FR QO	1:00.56
46	Mumford, Tyler	SR PHS	1:00.57
47	Trible, Samuel	SO DHS	1:00.75
48	Loiacono, Christopher	JR SHER	1:01.05
49	Daronco, Matt	FR DEM	1:01.18
50	Baca, Alex	BEARS	1:01.28
51	Shein, Elliot	JR RHS	1:01.31
52	Whitescarver, Ryan	SO WJ	1:01.41
53	Marrero, Frankie	JR PVI	1:01.56
54	Mog, Marcus	JR DHS	1:01.57
55	Henderson, Clifford	FR DEM	1:01.65
56	Larson, Matt	SR PREP	1:01.84

#20 Girls 100 Yard Backstroke

METROS: 55.24 2009 Cara Chuang			
MCPS: 55.24 2009 Cara Chuang			
Meet Qualifying: 1:07.29			
Name	Yr	School	Seed Time
1 Chuang, Cara	SR	PHS	55.24
2 Ferguson, Ashleigh	SO	AHC	57.45
3 Mills, Kaitlin	SR	GC	58.52
4 Ridge, Shannon	SO	CH	59.21
5 Schulkin, Danielle	SR	WHIT	59.75
6 Kuhn, Victoria	SO	WHIT	59.97
7 Wilson, Amina	JR	SJC	1:00.15
8 Lair-Ferrari, Malena		GER	1:00.36
9 Swinnerton, Grace	FR	BCC	1:00.87
10 Klatzkin, Allie	FR	WTN	1:00.94
11 Gentry, Marissa	JR	SJC	1:01.17
12 Conrad, Megan	FR	SHER	1:01.49
13 Choung, Grace	SO	NWHS	1:01.56
14 Orme, Nicole	13	NCS	1:01.66
15 Dai, Grace	FR	NWHS	1:02.04
16 Zeigler, Maddie	SO	BISH	1:02.89
17 Vistica, Hannah	SR	RM	1:03.29
18 James, Moira	JR	GC	1:03.32
19 Hall, Alina	SR	BISH	1:03.66
20 Machlin, Cara	SO	WJ	1:03.80
21 Vanderweele, Chelsea	SO	NORT	1:04.09
22 Kuhn, Amanda	FR	WHIT	1:04.55
23 Segreti, Sophia	SO	QO	1:04.83
24 Urovsky, Tessa	JR	WTN	1:04.84
25 Gillis, Mary	SR	BLAKE	1:05.01
26 Clark, Rachel	JR	SHER	1:05.26
27 Plummer, Peyton	SR	CH	1:05.32
28 He, Michelle	FR	WTN	1:05.45
29 Colevas, Sophia	JR	SJC	1:05.45
30 Liang, Ellie	SO	NWHS	1:05.51
31 Gray, Megan	FR	GV	1:05.64
32 Gillis, Katy	SO	AHC	1:05.69
33 Freeman, Amanda	SO	BLAKE	1:05.97
34 Pellegrini, Sophie	JR	WHIT	1:06.60
35 Williams, Lacey	12	NCS	1:06.73
36 Jaffe, Rachel	SO	BLAKE	1:06.87
37 Berchem, Emily	FR	BCC	1:06.98
38 Neumann, Katie	SR	SJC	1:07.16
39 Hedda, Boege	WWS		1:07.20

#21 Boys 100 Yard Breaststroke

METROS: 54.90 2008 Eric Friedland			
MCPS: 54.90 2008 Eric Friedland			
Meet Qualifying: 1:08.29			
Name	Yr	School	Seed Time
1 Ruggieri, Eric	JR	BL	59.82
2 Chi, Raymond	JR	PREP	59.87
3 Tollefson, Andrew	SR	WJ	59.98
4 MacNair, Conor		SSSA	1:00.06
5 McDermott, Danny	10	STA	1:00.08
6 Lee, Matt	SR	SHER	1:00.27
7 Garfield, Evan	SO	GC	1:01.06
8 Petersen, Thor	SR	NWHS	1:01.41
9 Li, Dennis	JR	BL	1:02.10
10 Stanhope, Collin	SO	CH	1:02.50

11 Fu, Michael	SO	WTN	1:02.68
12 Trigonoplos, Paul	SR	DEM	1:02.70
13 Hukill, Nate	SR	BL	1:02.89
14 Tollefson, Fletcher	SO	WJ	1:02.93
15 Husson, Patrick	SR	DEM	1:03.00
16 Zhou, Raymond	SR	WTN	1:03.08
17 Hungerford, Darell	SR	DEM	1:03.55
18 Schmid, Stephen	JR	GC	1:03.77
19 Baker, Brandon	SR	NWHS	1:03.78
20 Tucker, Don	FR	DJO	1:03.78
21 Michael, James	SO	GONZ	1:04.14
22 Rudolph, Alex	JR	DJO	1:04.25
23 Belledonne, Mario	SO	PREP	1:04.45
24 Pratt, Michael	JR	CH	1:04.64
25 Reyes, Patrick	SO	GONZ	1:04.66
26 Giglioli, Paul	JR	GC	1:04.77
27 Lam, Huy	SO	PHS	1:04.79
28 Mercer, Leo	FR	GC	1:04.99
29 Daley, Patrick	JR	GONZ	1:05.06
30 Din, Matt	FR	RM	1:05.11
31 Brenac, Sacha	JR	DJO	1:05.14
32 Gallagher, Daniel	JR	DEM	1:05.19
33 Pastel, Glenn	SR	AEHS	1:05.66
34 Qian, Andrew	FR	CHS	1:05.69
35 Jaffe, Sam	FR	BLAKE	1:05.92
36 Schwartzman, Kevin	JR	PREP	1:06.35
37 Pugliese, Matt	SR	GONZ	1:06.36
38 Spinard, Alexander	JR	WJ	1:06.43
39 Liu, Jeremy	FR	QO	1:06.45
40 McGinty, Brian	JR	BISH	1:06.54
41 He, Jeff	FR	RM	1:06.72
42 Spigler, Alex	FR	MARET	1:06.84
43 Zhao, Andrew	FR	RM	1:06.94
44 Allsopp, Matthew	SR	NWHS	1:07.00
45 Ballen, Scott	JR	MARET	1:07.03
46 Stasiuk, Peter	SR	PREP	1:07.38
47 Schwarzenberg, Matthew	SO	DHS	1:07.65
48 Le, Michael	SO	CHS	1:07.81
49 Wolf, Daniel	JR	RHS	1:07.84
50 Hyndman, Wyatt	SR	BCC	1:07.90
51 Luciani, Michael	FR	DJO	1:08.18

#22 Girls 100 Yard Breaststroke

METROS: 1:01.56 2006 Colleen Haase			
MCPS: 1:04.54 2006 Susan Kim			
Meet Qualifying: 1:14.79			
Name	Yr	School	Seed Time
1 Haase, Sarah	SO	GC	1:02.51
2 Chen, Karen	SR	CH	1:06.34
3 Chen, Cathy	SR	CH	1:06.88
4 Collins, Liz	JR	BISH	1:06.99
5 Liu, Kelsey	SR	QO	1:07.13
6 Gould, Audrey	FR	WHIT	1:08.14
7 Levy, Yahly	FR	WTN	1:08.43
8 Rivera, Julia	SR	GC	1:08.57
9 Hanson, Diana	FR	PHS	1:09.29
10 Bajorek, Theresa	SR	NWHS	1:09.70
11 Cason, Molly	SO	AHC	1:09.89
12 Floria, Emily	JR	QO	1:10.16
13 Wagner, Cara	SR	SHER	1:10.54
14 Branson, Molly	SR	BL	1:10.62

**WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS 2010**

Psych Sheet

#22 ... (Girls 100 Yard Breaststroke)

15	Schipani, Jessica	FR AHC	1:10.73
16	D'Ambrosio, Stefania	SR BCC	1:11.08
17	McGehee, Laura	JR BL	1:11.27
18	Gil, Lauren	SO MAG	1:11.50
19	Arai, Allison	SR BL	1:11.51
20	Crittenberger, Lee	SR GV	1:12.16
21	Kilgallin, Elizabeth	SR DJO	1:12.17
22	Cleary, Grace	FR HA	1:12.22
23	Miskiel, Ellie	SR QO	1:12.66
24	Wulff, Allison	JR BISH	1:12.72
25	Chen, Katharine	JR WTN	1:12.95
26	Luigard, Emma	SO ES	1:13.08
27	Toth, Kaitlyn	SVP	1:13.21
28	Colevas, Katherine	FR SJC	1:13.47
29	Kronfli, Natalie	FR SR	1:13.52
30	Movius, Rachel	SSSA	1:14.31
31	Donahue, Kelsey	SO AHC	1:14.61
32	Soberman, Rachel	JR WTN	1:14.76

#23 Boys 400 Yard Freestyle Relay

METROS: 3:05.97 2009 Gonzaga College
B Murphy, B Whipkey, D Mackenzie, D Sullivan
MCPS: 3:11.51 2008 Walter Johnson
A Budner, R Dicker, A Tollefson, E Friedland
Meet Qualifying: 3:48.59

Team	Relay	Seed Time
1	PREP	A 3:06.12
2	GC	A 3:08.93
3	SHER	A 3:17.29
4	GONZ	A 3:17.71
5	WHIT	A 3:18.17
6	WJ	A 3:18.18
7	WTN	A 3:18.37
8	BISH	A 3:18.43
9	DEM	A 3:19.37
10	CH	A 3:20.05
11	BCC	A 3:20.85
12	PVI	A 3:21.28
13	NWHS	A 3:21.36
14	BL	A 3:21.86
15	RM	A 3:23.78
16	SSSA	A 3:27.39
17	BLAKE	A 3:27.61
18	STA	A 3:29.29
19	DJO	A 3:31.02
20	QO	A 3:31.43
21	SJC	A 3:34.22
22	PHS	A 3:35.13
23	MAG	A 3:36.93
24	DHS	A 3:38.58
25	CHS	A 3:45.61
26	SMG	A 3:45.98
27	RHS	A 3:46.72

#24 Girls 400 Yard Freestyle Relay

METROS: 3:29.67 2007 Richard
E Shi, A Menguy, C Chuang, K Harvey
MCPS: 3:29.67 2007 Richard
E Shi, A Menguy, C Chuang, K Harvey
Meet Qualifying: 4:16.99

Team	Relay	Seed Time
1	CH	A 3:33.12
2	GC	A 3:34.12
3	WHIT	A 3:34.68
4	WJ	A 3:35.09
5	SJC	A 3:39.63
6	AHC	A 3:39.87
7	SHER	A 3:42.46
8	NWHS	A 3:44.70
9	BISH	A 3:44.90
10	WTN	A 3:46.54
11	NCS	A 3:46.91
12	MARET	A 3:47.21
13	PHS	A 3:47.32
14	RM	A 3:48.65
15	QO	A 3:48.84
16	BL	A 3:49.64
17	HA	A 3:49.65
18	BCC	A 3:53.31
19	BLAKE	A 3:53.34
20	DJO	A 3:57.08
21	CHC	A 3:58.60
22	GV	A 3:59.71
23	SR	A 4:04.46
24	MAG	A 4:07.20
25	ES	A 4:07.32
26	PVI	A 4:08.73
27	SSSA	A 4:09.32
28	RHS	A 4:14.26
29	SPR	A 4:14.37
30	AEHS	A 4:14.78
31	DHS	A 4:15.46