

NVSL A-Meet VH@SHR - 7/6/2024
Northern Virginia Swimming League
Meet Program

Event 1 Boys 8 & Under 25 SC Meter Freestyle

NVSL Meter: 15.10 7/10/1965 Roger McLeod
 VH Team Mete: 17.08 7/22/2017 Timothy Basom at NVSL A-Meet
 SHRA Records: 16.40 6/15/1975 Chris Ahrens
 17.56 ALL*

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
1	Lanzas, Israel	8 SHR	___
2	Murphy, Clark	7 VH	___
3	Wisniewski, Hank	8 SHR	___
4	Beckett, Kelo	6 VH	___
5	Sheriff, Keo	6 SHR	___
6	Szamosfalvi, Walker	8 VH	___

Event 2 Girls 8 & Under 25 SC Meter Freestyle

NVSL Meter: 15.25 6/24/2017 Charis Roundtree
 VH Team Mete: 16.98 7/1/1985 Tracy Rankin
 SHRA Records: 15.67 8/1/2015 Emma Redman at All Stars @LRI
 18.34 ALL*

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
1	Jackson, Sierra	8 SHR	___
2	Collins, Ellie	8 VH	___
3	Clow, Addi	8 SHR	___
4	Beckett, Maali	8 VH	___
5	Frame, Addie	6 SHR	___
6	Leary, Alexandra	7 VH	___

Event 3 Boys 9-10 50 SC Meter Freestyle

NVSL Meter: 29.38 7/12/2014 Johnny Bradshaw
 VH Team Mete: 32.85 6/25/2022 Logan Phillips
 SHRA Records: 31.31 7/14/2014 Liam Redman
 34.94 ALL*

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
1	Jackson, Peyton	10 SHR	___
2	James, Asher	10 VH	___
3	Ross, Liam	10 SHR	___
4	James, Nathan	10 VH	___
5	Hopwood, Stanley	10 SHR	___
6	Schwarz, Cooper	9 VH	___

Event 4 Girls 9-10 50 SC Meter Freestyle

NVSL Meter: 29.43 6/22/2019 Charis Roundtree
 VH Team Mete: 33.60 7/1/1983 Laura Rankin
 SHRA Records: 30.32 7/22/2017 Emma Redman at NVSL A-Meet |
 35.53 ALL*

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
1	Crawford, Kiersten	9 SHR	___
2	Wilson Segovia, Suzanna	10 VH	___
3	Carpenter, Katherine	10 SHR	___
4	Krolowitz, Isla	10 VH	___
5	Vida, Harper	9 SHR	___
6	Ward, Vivian	10 VH	___

Event 5 Boys 11-12 50 SC Meter Freestyle

NVSL Meter: 26.18 8/4/2018 Michael Mullen
 VH Team Mete: 29.13 7/11/2022 Benjamin Jacobs at B-Meet VH@
 SHRA Records: 27.23 7/23/2016 Liam Redman at A-Meet CCH @ S
 30.06 ALL*

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
1	Hopwood, Walter	12 SHR	___
2	Garcia, Antonio	11 VH	___
3	Owens, Harrison	11 SHR	___
4	Wilson Segovia, Jonathan	12 VH	___
5	Sheriff, Kai	11 SHR	___
6	Fritz, Griffy	11 VH	___

Event 6 Girls 11-12 50 SC Meter Freestyle

NVSL Meter: 27.36 6/23/2012 Cassidy Bayer
 VH Team Mete: 30.13 7/28/2018 Eleanor McNichols
 SHRA Records: 28.25 7/20/2019 Emma Redman at NVSL A-Meet C
 31.12 ALL*

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
1	Marra, Coco	11 SHR	___
2	Irvin, Natalie	12 VH	___
3	Ferrari, Victoria	12 SHR	___
4	McNichols, Rita	12 VH	___
5	Erceg-Schneekloth, Cara	12 SHR	___
6	Silis, Mary	12 VH	___

Event 7 Boys 13-14 50 SC Meter Freestyle

NVSL Meter: 24.03 8/2/2014 Tommy Hallock
 VH Team Mete: 27.37 6/10/2024 Benjamin Jacobs at B-Meet LH@
 SHRA Records: 25.71 6/16/2018 Liam Redman at Time Trials SHI
 26.79 ALL*

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
1	Wong, Isaiah	14 SHR	___
2	Mereand, Jackson	14 VH	___
3	Wentland, Phoenix	13 SHR	___
4	Jacobs, Benjamin	14 VH	___
5	Lavin, Connor	13 SHR	___
6	Wollmershauser, Graysor	13 VH	___

Event 8 Girls 13-14 50 SC Meter Freestyle

NVSL Meter: 26.00 7/31/2010 Janet Hu
 VH Team Mete: 28.49 6/15/2013 Allie Beckett
 SHRA Records: 28.30 6/15/2002 Katie Connor
 29.41 ALL*

Lane Name	Age	Team	Seed Time
Heat 1 of 1 Finals			
1	Scherer, Lily	13 SHR	___
2	Van Meter, Juliet	14 VH	___
3	O'Hara, Kalyn	14 SHR	___
4	Beckett, Isla	14 VH	___
5	Venus, Carmen	13 SHR	___
6	Howard, Maddie	14 VH	___

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Event 9 Boys 15-18 50 SC Meter Freestyle

NVSL Meter: 22.45 7/20/2019 Anthony Grimm
 VH Team Mete: 25.21 7/27/2019 Javier Talavera
 SHRA Records: 24.03 7/24/2021 Liam Redman at NVSL Div. 5 Ind
 25.04 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Rice, Parker	18 SHR	___
2 Lentini, Jack	15 VH	___
3 Adye, Timmy	17 SHR	___
4 Lentini IV, Joseph	18 VH	___
5 Milligan, Ryan	16 SHR	___
6 Basom, Timothy	15 VH	___

Event 10 Girls 15-18 50 SC Meter Freestyle

NVSL Meter: 25.67 7/27/2013 Janet Hu
 VH Team Mete: 27.76 7/18/2015 Allie Beckett
 SHRA Records: 27.60 6/10/2023 Emma Redman at 2023 SHRA Ti
 28.31 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 McIntosh, Caeli	16 SHR	___
2 Lentini, Emma	17 VH	___
3 Wentland, Annika	18 SHR	___
4 McNichols, Inez	18 VH	___
5 Feeley, Emerson	16 SHR	___
6 Montante, Olivia	18 VH	___

Event 11 Boys 8 & Under 25 SC Meter Backstroke

NVSL Meter: 18.15 7/28/2007 Roman Lowery
 VH Team Mete: 20.27 7/15/2023 Jonathan Brado at NVSL A-Meet
 SHRA Records: 19.22 6/15/2002 Danny Hughes
 22.46 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Ross, Jack	8 SHR	___
2 Beckett, Kelo	6 VH	___
3 Rhoades, Caleb	8 SHR	___
4 Krolowitz, Cameron	7 VH	___
5 Whatley, Shepard	7 SHR	___
6 Szamosfalvi, Walker	8 VH	___

Event 12 Girls 8 & Under 25 SC Meter Backstroke

NVSL Meter: 17.70 8/2/2014 Courtney Watts
 VH Team Mete: 20.50 7/1/1985 Tracy Rankin
 SHRA Records: 18.69 8/1/2015 Emma Redman at All Stars @ LR
 23.01 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Thome, Emery	7 SHR	___
2 Wimpey, Sasha	7 VH	___
3 Scherer, Ada	7 SHR	___
4 Hornok, Miriam	8 VH	___
5 Carpenter, Keira	6 SHR	___
6 Krolowitz, Willa	6 VH	___

Event 13 Boys 9-10 50 SC Meter Backstroke

NVSL Meter: 33.37 7/5/2014 Johnny Bradshaw
 VH Team Mete: 36.62 7/30/2022 Logan Phillips
 SHRA Records: 35.62 6/16/2014 Liam Redman at B Meet vs Dowd
 41.45 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Lefbom, Quinn	9 SHR	___
2 Brado, Jonathan	9 VH	___
3 Underdown, Reid	10 SHR	___
4 James, Nathan	10 VH	___
5 Hopwood, Stanley	10 SHR	___
6 Talavera, Rafa	9 VH	___

Event 14 Girls 9-10 50 SC Meter Backstroke

NVSL Meter: 33.16 7/9/2016 Courtney Watts
 VH Team Mete: 37.41 8/15/2020 Mary McNichols
 SHRA Records: 35.14 6/24/2017 Emma Redman at NVSL A-Meet [
 42.50 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Wisniewski, Amelia	10 SHR	___
2 Beckett, Zuri	10 VH	___
3 Bailey, Alex	10 SHR	___
4 Krolowitz, Isla	10 VH	___
5 Hodgins, Penny	9 SHR	___
6 Whitener, Avilea	9 VH	___

Event 15 Boys 11-12 50 SC Meter Backstroke

NVSL Meter: 29.09 7/7/2007 Philip Hu
 VH Team Mete: 33.56 7/16/2022 Benjamin Jacobs at A-Meet LHP(
 SHRA Records: 30.72 6/20/2016 Liam Redman at SHRA-Dowden '
 36.13 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Hopwood, Walter	12 SHR	___
2 Bennett, Dylan	11 VH	___
3 Feeley, Finn	11 SHR	___
4 Jackson, Rori	12 VH	___
5 Owens, Harrison	11 SHR	___
6 Garcia, Antonio	11 VH	___

Event 16 Girls 11-12 50 SC Meter Backstroke

NVSL Meter: 30.02 6/15/2024 Kennedy Masten
 VH Team Mete: 33.80 8/4/2018 Inez N. McNichols at NVSL 2018
 SHRA Records: 32.10 8/4/2018 Emma Redman at NVSL 2018 Inc
 35.98 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Cannon, Isla	11 SHR	___
2 Silis, Mary	12 VH	___
3 Feeley, Elle	11 SHR	___
4 McNichols, Rita	12 VH	___
5 Erceg-Schneekloth, Cara	12 SHR	___
6 Morrisette, Maddie	12 VH	___

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Event 17 Boys 13-14 50 SC Meter Backstroke

NVSL Meter: 26.19 7/15/2017 Anthony Grimm
 VH Team Mete: 30.84 6/22/2024 Leo Ellis at NVSL A-Meet VH @
 SHRA Records: 29.01 6/30/2018 Liam Redman at NVSL A-Meet SF
 31.13 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Thompson, Levi	14 SHR	___
2 Mohr, Gavin	14 VH	___
3 Wentland, Phoenix	13 SHR	___
4 Ellis, Leo	14 VH	___
5 Underdown, Parks	13 SHR	___
6 Upham, Daniel	13 VH	___

Event 18 Girls 13-14 50 SC Meter Backstroke

NVSL Meter: 29.42 7/16/2022 Charis Roundtree
 VH Team Mete: 31.75 8/3/2019 Inez N. McNichols at NVSL 2019
 SHRA Records: 31.42 7/29/2023 Kaly'n O'Hara at 2023 All-Stars
 33.56 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Swimmer-Grl, No	13 SHR	___
2 McNichols, Mary	14 VH	___
3 Bailey, Kate	13 SHR	___
4 Beckett, Isla	14 VH	___
5 Venus, Carmen	13 SHR	___
6 Basom, Elizabeth	13 VH	___

Event 19 Boys 15-18 50 SC Meter Backstroke

NVSL Meter: 23.82 7/20/2019 Anthony Grimm
 VH Team Mete: 28.78 6/8/2024 Joseph R. Lentini IV at Time T
 SHRA Records: 27.68 7/10/2021 Liam Redman at A- Meet B@SHF
 28.63 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Dokken, Paul	16 SHR	___
2 Teal, Nick	18 VH	___
3 Sample, Finn	17 SHR	___
4 Lentini, Jack	15 VH	___
5 Allvin, Eli	16 SHR	___
6 Hales, Luke	16 VH	___

Event 20 Girls 15-18 50 SC Meter Backstroke

NVSL Meter: 28.21 8/4/2012 Janet Hu
 VH Team Mete: 30.93 7/25/2015 Allie Beckett
 SHRA Records: 30.03 7/8/2023 Emma Redman at NVSL A Meet V
 31.75 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Weldon, Courtney	16 SHR	___
2 Beckett, Ava	18 VH	___
3 Redman, Emma	17 SHR	___
4 Lentini, Emma	17 VH	___
5 Kampschorr, Reagan	17 SHR	___
6 King, Abigail	17 VH	___

Event 21 Boys 8 & Under 25 SC Meter Breaststroke

NVSL Meter: 19.35 7/28/2018 Andy Li
 VH Team Mete: 22.80 7/1/1978 Kurt Korneman
 SHRA Records: 22.40 6/15/1977 Steve Teller
 25.50 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Ross, Jack	8 SHR	___
2 Morgan, James	7 VH	___
3 Squire, Brody	8 SHR	___
4 Jacobs, Bailey	8 VH	___
5 Wisniewski, Hank	8 SHR	___
6 NoSwimmer, Boy1	8 VH	___

Event 22 Girls 8 & Under 25 SC Meter Breaststroke

NVSL Meter: 19.61 7/22/2017 Elizabeth Bryan
 VH Team Mete: 23.11 7/1/1985 Tracy Rankin
 SHRA Records: 21.40 7/18/2015 Emma Redman at A-Meet SOC @
 26.21 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Walter, Afton	6 SHR	___
2 Wimpey, Sasha	7 VH	___
3 Jackson, Sierra	8 SHR	___
4 Beckett, Maali	8 VH	___
5 Clow, Addi	8 SHR	___
6 Collins, Ellie	8 VH	___

Event 23 Boys 9-10 50 SC Meter Breaststroke

NVSL Meter: 37.26 8/4/2018 Brandon Lesser
 VH Team Mete: 44.34 7/1/1989 Tom Boyd
 SHRA Records: 44.38 6/14/2014 Liam Redman at Time Trials
 47.00 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Marra, Louie	9 SHR	___
2 Upham, David	10 VH	___
3 Scherer, Zach	10 SHR	___
4 James, Asher	10 VH	___
5 Squire, Wade	10 SHR	___
6 Brady, Daniel	9 VH	___

Event 24 Girls 9-10 50 SC Meter Breaststroke

NVSL Meter: 36.38 8/3/2019 Elizabeth Bryan
 VH Team Mete: 43.57 7/22/2017 Moira P. Irvin at NVSL A-Meet
 SHRA Records: 39.76 6/19/2017 Emma Redman at B Meet @ DT
 46.50 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Wisniewski, Amelia	10 SHR	___
2 Beckett, Zuri	10 VH	___
3 Hodgins, Penny	9 SHR	___
4 Wilson Segovia, Suzanna	10 VH	___
5 Vida, Harper	9 SHR	___
6 Morgan, Virginia	10 VH	___

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Event 25 Boys 11-12 50 SC Meter Breaststroke

NVSL Meter: 32.99 7/30/2016 Johnny Bradshaw
 VH Team Mete: 38.00 7/1/1991 Tom Boyd
 SHRA Records: 35.44 7/18/2016 Liam Redman at B-Meet SHRAvL
 40.22 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Graham, Peyton	11 SHR	___
2 Ellis, Peter	11 VH	___
3 Ross, Aidan	12 SHR	___
4 Wilson Segovia, Jonathan	12 VH	___
5 Sheriff, Kai	11 SHR	___
6 Fritz, Griffy	11 VH	___

Event 26 Girls 11-12 50 SC Meter Breaststroke

NVSL Meter: 34.40 7/28/2018 Catherine Hughes
 VH Team Mete: 39.94 7/1/1988 Angie Berzansky
 SHRA Records: 36.00 7/20/2019 Emma Redman at NVSL A-Meet
 41.06 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Jackson, Avery	11 SHR	___
2 Parks, Catherine	12 VH	___
3 Feeley, Elle	11 SHR	___
4 Irvin, Natalie	12 VH	___
5 Crawford, Emerson	11 SHR	___
6 Hales, Faye	11 VH	___

Event 27 Boys 13-14 50 SC Meter Breaststroke

NVSL Meter: 30.41 7/28/2018 Aiken Do
 VH Team Mete: 34.95 7/22/2023 Timothy Basom at NVSL Division
 SHRA Records: 33.59 8/4/2018 Aidan Grady at NVSL 2018 Indiv
 34.93 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Thompson, Levi	14 SHR	___
2 Mohr, Gavin	14 VH	___
3 Wong, Isaiah	14 SHR	___
4 Mereand, Jackson	14 VH	___
5 Connelly, Nate	13 SHR	___
6 Wollmershauser, Graysor	13 VH	___

Event 28 Girls 13-14 50 SC Meter Breaststroke

NVSL Meter: 32.83 6/21/1997 Lindsey Ertter
 VH Team Mete: 39.14 6/22/2024 Eleanor Hoefflich Rodgers at NV
 SHRA Records: 35.81 6/17/2017 Sarah Hardy at 06-17-2017-TT-
 37.75 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Scherer, Lily	13 SHR	___
2 Basom, Elizabeth	13 VH	___
3 O'Hara, Kalyn	14 SHR	___
4 Hales, Hazel	14 VH	___
5 Castorina, Mia	13 SHR	___
6 Szamosfalvi, Sadie	14 VH	___

Event 29 Boys 15-18 50 SC Meter Breaststroke

NVSL Meter: 27.57 7/13/2019 Anthony Grimm
 VH Team Mete: 33.07 7/1/1987 Andy Earle
 SHRA Records: 29.02 7/24/2021 Aidan Grady at NVSL Div. 5 Ind
 31.72 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 SwimmerBoy, No	15 SHR	___
2 Ellis, Max	18 VH	___
3 Sample, Finn	17 SHR	___
4 Basom, Timothy	15 VH	___
5 Rice, Parker	18 SHR	___
6 Ross, Duncan	18 VH	___

Event 30 Girls 15-18 50 SC Meter Breaststroke

NVSL Meter: 31.37 7/27/2019 Anna Keating
 VH Team Mete: 37.97 7/22/2023 Moira P. Irvin at NVSL Division
 SHRA Records: 34.09 7/22/2023 Emma Redman
 36.22 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Feeley, Emerson	16 SHR	___
2 King, Avery	15 VH	___
3 Kampschorr, Reagan	17 SHR	___
4 Irvin, Moira	17 VH	___
5 McIntosh, Caeli	16 SHR	___
6 King, Abigail	17 VH	___

Event 31 Boys 8 & Under 25 SC Meter Butterfly

NVSL Meter: 16.21 7/28/2018 Andy Li
 VH Team Mete: 19.56 7/29/2023 Jonathan Brado at 2023-07-29 N
 SHRA Records: 17.51 8/4/2012 Liam Redman at 2012 Individua
 21.13 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Rhoades, Caleb	8 SHR	___
2 Murphy, Clark	7 VH	___
3 Sheriff, Keo	6 SHR	___
4 Krolowitz, Cameron	7 VH	___
5 Squire, Brody	8 SHR	___
6 Ward, Zachary	7 VH	___

Event 32 Girls 8 & Under 25 SC Meter Butterfly

NVSL Meter: 16.54 7/13/2013 Kathleen Modder
 VH Team Mete: 17.72 7/5/2014 Inez N. McNichols
 SHRA Records: 18.34 7/4/2015 Emma Redman at A-Meet SHR@
 21.15 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Carpenter, Keira	6 SHR	___
2 Krolowitz, Willa	6 VH	___
3 Scherer, Ada	7 SHR	___
4 Hornok, Miriam	8 VH	___
5 Frame, Addie	6 SHR	___
6 Moran, Juliana	7 VH	___

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Event 33 Boys 9-10 25 SC Meter Butterfly

NVSL Meter: 14.36 8/2/2014 Johnny Bradshaw
 VH Team Mete: 16.15 7/2/2022 Logan Phillips
 SHRA Records: 15.81 7/31/2021 Phoenix Wentland at 2021 AS
 17.38 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Scherer, Zach	10 SHR	___
2 Talavera, Rafa	9 VH	___
3 Ross, Liam	10 SHR	___
4 Brado, Jonathan	9 VH	___
5 Underdown, Reid	10 SHR	___
6 Church, Theodore	9 VH	___

Event 34 Girls 9-10 25 SC Meter Butterfly

NVSL Meter: 14.74 7/31/2010 Cassidy Bayer
 VH Team Mete: 15.80 8/15/2020 Mary McNichols
 SHRA Records: 15.16 7/22/2017 Emma Redman at NVSL A-Meet J
 17.45 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Crawford, Kiersten	9 SHR	___
2 Ward, Vivian	10 VH	___
3 Bailey, Alex	10 SHR	___
4 Whitener, Avilea	9 VH	___
5 Carpenter, Katherine	10 SHR	___
6 Murphy, Jane	9 VH	___

Event 35 Boys 11-12 50 SC Meter Butterfly

NVSL Meter: 27.97 7/30/2022 Max Thompson
 VH Team Mete: 30.38 7/30/2022 Ben Jacobs
 SHRA Records: 30.28 7/16/2016 Liam Redman at A Meet@SS2
 33.95 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Lefbom, Spencer	11 SHR	___
2 Bennett, Dylan	11 VH	___
3 Ross, Aidan	12 SHR	___
4 Jackson, Rori	12 VH	___
5 Feeley, Finn	11 SHR	___
6 Ellis, Peter	11 VH	___

Event 36 Girls 11-12 50 SC Meter Butterfly

NVSL Meter: 28.49 7/28/2012 Cassidy Bayer
 VH Team Mete: 31.39 8/4/2018 Inez N. McNichols at NVSL 2018
 SHRA Records: 32.61 6/22/2019 Emma Redman at NVSL A-Meet (C
 34.87 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Marra, Coco	11 SHR	___
2 Morrissette, Maddie	12 VH	___
3 Ferrari, Victoria	12 SHR	___
4 Hales, Faye	11 VH	___
5 Crawford, Emerson	11 SHR	___
6 Parks, Catherine	12 VH	___

Event 37 Boys 13-14 50 SC Meter Butterfly

NVSL Meter: 25.88 7/22/2017 Anthony Grimm
 VH Team Mete: 28.88 7/29/2023 Benjamin Jacobs at 2023-07-29
 SHRA Records: 28.27 6/30/2018 Liam Redman at A-Meet SHR@W
 29.20 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Connelly, Nate	13 SHR	___
2 Ellis, Leo	14 VH	___
3 Lavin, Connor	13 SHR	___
4 Jacobs, Benjamin	14 VH	___
5 Underdown, Parks	13 SHR	___
6 Upham, Daniel	13 VH	___

Event 38 Girls 13-14 50 SC Meter Butterfly

NVSL Meter: 27.89 7/27/2013 Cassidy Bayer
 VH Team Mete: 30.16 8/3/2019 Inez N. McNichols at NVSL 2019
 SHRA Records: 30.46 7/12/2021 Emma Redman at B-Meet FH@S
 32.07 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Swimmer-GIrl, No	13 SHR	___
2 Van Meter, Juliet	14 VH	___
3 Bailey, Kate	13 SHR	___
4 McNichols, Mary	14 VH	___
5 Castorina, Mia	13 SHR	___
6 Hales, Hazel	14 VH	___

Event 39 Boys 15-18 50 SC Meter Butterfly

NVSL Meter: 23.63 7/13/2019 Anthony Grimm
 VH Team Mete: 26.83 6/15/2024 Joseph R. Lentini IV at NVSL A
 SHRA Records: 26.32 7/24/2021 Liam Redman at NVSL Div. 5 Ind
 27.21 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Allvin, Eli	16 SHR	___
2 Ellis, Max	18 VH	___
3 Adye, Timmy	17 SHR	___
4 Lentini IV, Joseph	18 VH	___
5 Milligan, Ryan	16 SHR	___
6 Teal, Nick	18 VH	___

Event 40 Girls 15-18 50 SC Meter Butterfly

NVSL Meter: 27.30 7/26/2014 Janet Hu
 VH Team Mete: 29.42 7/23/2022 Inez N. McNichols at NVSL Div
 SHRA Records: 29.84 6/24/2023 Emma Redman at NVSL A Meet I
 30.35 ALL*

Lane Name	Age Team	Seed Time
Heat 1 of 1 Finals		
1 Weldon, Courtney	16 SHR	___
2 Montante, Olivia	18 VH	___
3 Redman, Emma	17 SHR	___
4 McNichols, Inez	18 VH	___
5 Wentland, Annika	18 SHR	___
6 Beckett, Ava	18 VH	___

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Event 41 Boys 8 & Under 100 SC Meter Freestyle Relay

NVSL Meter: 1:07.95 7/1/2023 McLean
 A. Henry, H. Weeks, T. Wager, N. Lee
 VH Team Mete: 1:14.28 7/12/2023 VH Tidal Wave L
 . Grimm, D. Brady, R. Talavera, J. Brado
 SHRA Records: 1:15.77 7/18/2012 T. Prestholdt, A. Grady, L. Redman, C.Olnhausen
1:23.68 ALL*

Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1		---
2		---
3 Shra	A	---
1) Lanzas, Israel 8	2) Sheriff, Keo 6	
3) Squire, Brody 8	4) Wisniewski, Hank 8	
4 Virginia Hills	A	---
1) Beckett, Kelo 6	2) Szamosfalvi, Walker 8	
3) Murphy, Clark 7	4) Krolowitz, Cameron 7	
5		---
6		---

Event 42 Girls 8 & Under 100 SC Meter Freestyle Relay

NVSL Meter: 1:10.35 6/28/2014 Tuckahoe
 P. Leonard, J. Gieseman, B. Thomas, C. Hughes
 VH Team Mete: 1:14.06 7/18/2018 VH Tidal Wave
 I.Beckett,M.Howard,H.Hales,M.McNichols
 SHRA Records: 1:15.99 7/16/2014 A. Reif, A. Wentland, S. Reif, E. Redman
1:26.37 ALL*

Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1		---
2		---
3 Shra	A	---
1) Jackson, Sierra 8	2) Scherer, Ada 7	
3) Frame, Addie 6	4) Clow, Addi 8	
4 Virginia Hills	A	---
1) Wimpey, Sasha 7	2) Collins, Ellie 8	
3) Hornok, Miriam 8	4) Beckett, Maali 8	
5		---
6		---

Event 43 Boys 9-10 100 SC Meter Medley Relay

NVSL Meter: 1:08.44 7/9/2012 Chesterbrook
 O.Bernasek, N.Spicer, A.Kambhampaty, A.Bernstein
 VH Team Mete: 1:16.37 6/26/2024 Virginia Hills Tidal Wave
 J. Brado, A. James, R. Talavera, N. James
 SHRA Records: 1:12.14 7/16/2014 L. Redman, G. Prestholdt, T. Prestholdt, A. Grady
1:19.83 ALL*

Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1		---
2		---
3 Shra	A	---
1) Underdown, Reid 10	2) Scherer, Zach 10	
3) Ross, Liam 10	4) Hopwood, Stanley 10	
4 Virginia Hills	A	---
1) Brado, Jonathan 9	2) James, Asher 10	
3) Talavera, Rafa 9	4) James, Nathan 10	
5		---
6		---

Event 44 Girls 9-10 100 SC Meter Medley Relay

NVSL Meter: 1:07.34 7/23/2016 Chesterbrook
 P. Leonard, E. Leonard, K. Gutierrez, M. Turley
 VH Team Mete: 1:14.06 7/17/2019 VH Tidal Wave I
 .Beckett,A.King,M.McNichols,H.Hales
 SHRA Records: 1:13.99 7/20/2016 A. Wentland, E. Redman, A. Reif, S. Reif
1:19.58 ALL*

Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1		---
2		---
3 Shra	A	---
1) Hodgins, Penny 9	2) Vida, Harper 9	
3) Bailey, Alex 10	4) Carpenter, Katherine 10	
4 Virginia Hills	A	---
1) Beckett, Zuri 10	2) Wilson Segovia, Suzannah 10	
3) Whitener, Avilea 9	4) Krolowitz, Isla 10	
5		---
6		---

NVSL A-Meet VH@SHR - 7/6/2024
Northern Virginia Swimming League
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Event 45 Boys 11-12 100 SC Meter Medley Relay

NVSL Meter: 59.90 7/23/2016 Fairfax
 J. Singletary, J. Connors, C. Dobrydney, G. Evers
 VH Team Mete: 1:04.84 7/13/2022 VH Tidal Wave
 L.Ellis,J.Merand,B.Jacobs,G.Mohr
 SHRA Records: 1:02.66 7/20/2016 Liam Redman, Aidan Grady
 Taner Prestholdt, Gavin Prestholdt
1:08.09 ALL*

Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1		---
2		---
3 Shra	A	---
1) Owens, Harrison 11	2) Ross, Aidan 12	
3) Feeley, Finn 11	4) Sheriff, Kai 11	
4 Virginia Hills	A	---
1) Bennett, Dylan 11	2) Wilson Segovia, Jonathan 1	
3) Jackson, Rori 12	4) Garcia, Antonio 11	
5		---
6		---

Event 46 Girls 11-12 100 SC Meter Medley Relay

NVSL Meter: 1:00.66 7/18/2015 McLean
 S. Gonzalez, D. Wu, O. Brower, S. Tennant
 VH Team Mete: 1:04.91 7/18/2018 VH Tidal Wave A
 v.Beckett,M.Irvin,I.McNichols,E.McNichols
 SHRA Records: 1:07.48 7/11/2018 A. Wentland, E. Redman, A. Reif, S. Reif
1:07.70 ALL*

Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1		---
2		---
3 Shra	A	---
1) Crawford, Emerson 11	2) Feeley, Elle 11	
3) Ferrari, Victoria 12	4) Erceg-Schneekloth, Cara 12	
4 Virginia Hills	A	---
1) McNichols, Rita 12	2) Irvin, Natalie 12	
3) Hales, Faye 11	4) Silis, Mary 12	
5		---
6		---

Event 47 Boys 13-14 100 SC Meter Medley Relay

NVSL Meter: 53.50 7/13/2019 Tuckahoe
 JT Ewing, E. Rovelas, N. Dunkel, S. Jafari
 VH Team Mete: 57.89 7/1/2023 VH Tidal Wave
 L. Ellis, T. Basom, B. Jacobs, J. Lentini
 SHRA Records: 58.20 7/7/2018 L. Redman, A. Grady, T. Prestholdt, G. Prestholdt

Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1		---
2		---
3 Shra	A	---
1) Wentland, Phoenix 13	2) Wong, Isaiah 14	
3) Lavin, Connor 13	4) Underdown, Parks 13	
4 Virginia Hills	A	---
1) Ellis, Leo 14	2) Mereand, Jackson 14	
3) Jacobs, Benjamin 14	4) Mohr, Gavin 14	
5		---
6		---

Event 48 Girls 13-14 100 SC Meter Medley Relay

NVSL Meter: 57.33 7/6/2019 Chesterbrook
 C. Sheridan, E. Leonard, P. Leonard, C. Burgeson
 VH Team Mete: 1:03.76 6/22/2019 VH Tidal Wave
 Av.Beckett,E.McNichols,I.McNichols,O.Montante
 SHRA Records: 1:03.12 6/15/2002 M. Lecos, J. Bizer, K. Connor, A.Terr

Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1		---
2		---
3 Shra	A	---
1) Bailey, Kate 13	2) O'Hara, Kalyn 14	
3) Castorina, Mia 13	4) Venus, Carmen 13	
4 Virginia Hills	A	---
1) Beckett, Isla 14	2) Hales, Hazel 14	
3) McNichols, Mary 14	4) Van Meter, Juliet 14	
5		---
6		---

NVSL A-Meet VH@SHR - 7/6/2024
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Event 49 Boys 15-18 200 SC Meter Medley Relay

NVSL Meter: 1:43.20 7/15/2023 Tuckahoe
 N. Dunkel, I. Bell, JT Ewing, H. Zipperer
 VH Team Mete: 1:56.81 6/26/2024 Virginia Hills Tidal Wave
 J. Lentini IV, T. Basom, M. Ellis, J. Lentini
 SHRA Records: 1:47.64 7/13/2022 B. Early, A. Grady, L. Redman,
 T. Prestholdt @ all stars
1:55.01 ALL*

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			---
2			---
3	Shra	A	---
	1) Allvin, Eli 16	2) Sample, Finn 17	
	3) Milligan, Ryan 16	4) Adye, Timmy 17	
4	Virginia Hills	A	---
	1) Lentini IV, Joseph 18	2) Basom, Timothy 15	
	3) Ellis, Max 18	4) Lentini, Jack 15	
5			---
6			---

Event 50 Girls 15-18 200 SC Meter Medley Relay

NVSL Meter: 1:58.61 7/17/2021 Highlands Swim
 A Martin, B Morris-Larkin, S Sunderhauf, M Craven
 VH Team Mete: 2:08.98 7/13/2022 VH Tidal Wave
 Av.Beckett,M.Irvin,I.McNichols,E.Lentini
 SHRA Records: 1:59.28 7/12/2023 E. Redman, R. Kampschorr,
 A. Wentland, C. Rosson NVSL 2023 Relay All stars
2:10.00 ALL*

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			---
2			---
3	Shra	A	---
	1) Redman, Emma 17	2) Kampschorr, Reagan 17	
	3) Wentland, Annika 18	4) Feeley, Emerson 16	
4	Virginia Hills	A	---
	1) Beckett, Ava 18	2) Irvin, Moira 17	
	3) McNichols, Inez 18	4) Lentini, Emma 17	
5			---
6			---

Event 51 Boys 18 & Under 200 SC Meter Freestyle Relay Mix

NVSL Meter: 1:49.25 7/16/2022 Tuckahoe
 K. Koay, G. Nielsen, H. Zipperer, JT Ewing
 VH Team Mete: 1:57.87 7/6/2022 VH Tidal Wave
 B. Jacobs, L. Phillips, L. Hales, J Lentini IV
 SHRA Records: 1:59.31 6/29/2019 F. Sample, N. Kirby, P. Kirby,
 L. Redman
2:00.08 ALL*

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			---
2			---
3	Shra	A	---
	1) Ross, Aidan 12	2) Ross, Liam 10	
	3) Wentland, Phoenix 13	4) Adye, Timmy 17	
4	Virginia Hills	A	---
	1) Wilson Segovia, Jonathan 1	2) James, Nathan 10	
	3) Jacobs, Benjamin 14	4) Lentini IV, Joseph 18	
5			---
6			---

Event 52 Girls 18 & Under 200 SC Meter Freestyle Relay Mix

NVSL Meter: 1:55.96 7/15/2017 Tuckahoe
 C. Hughes, D. Hughes, C. Zubler, E. Gieseman
 VH Team Mete: 1:57.66 7/6/2022 Virginia Hills Tidal Wave
 E. Lentini, O. Montante, A. Beckett, I. McNichols
 SHRA Records: 2:01.88 6/28/2023 C. Venus, E. Feeley, K. O'Hara
 E. Redman
2:04.63 ALL*

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			---
2			---
3	Shra	A	---
	1) Feeley, Elle 11	2) Bailey, Alex 10	
	3) O'Hara, Kalyn 14	4) Redman, Emma 17	
4	Virginia Hills	A	---
	1) McNichols, Rita 12	2) Krolowitz, Isla 10	
	3) Beckett, Isla 14	4) McNichols, Inez 18	
5			---
6			---