

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Event 2 Girls 200 Yard Medley Relay

METROS: 1:41.62 M 2/8/2020

Stone Ridge

P Bacon, E Sun, E Gemmell, T Thomas

1:44.25 AAAU

1:46.16 AAAC

Team	Relay	Prelim Time	Finals Time
Championship			
1 Walter Johnson High School		1:45.22	1:43.49 AAAU
1) Conze, Maren SR	2) Karp, Sienna SR	3) Simmons, Madeleine SO	4) Morgan, Healey JR
26.72 28.14 25.07	23.56		
2 Bethesda-Chevy Chase HS		1:47.57	1:44.72 AAAC
1) Hinds, Virginia FR	2) Morse, Victoria SO	3) Hammond, Hailey FR	4) Allen, Nina SR
25.42 31.68 24.79	22.83		
3 Stone Ridge		1:46.33	1:46.00 AAAC
1) LeFaivre, Darby SR	2) House, Cameron SO	3) Goetcheus, Liza SR	4) Tucker, Lauren SR
26.95 28.96 25.60	24.49		
4 Richard Montgomery High S		1:47.06	1:46.29
1) Venditti, Livia JR	2) Eliason, Sarah JR	3) Schwieters, Julie SO	4) Mitchum, Anna SO
26.96 29.04 25.83	24.46		
5 The Holton-Arms School		1:47.38	1:46.33
1) Watts, Courtney SR	2) Wu, Joyce SR	3) Johnson, Kiera SR	4) Ndu, Omannaya FR
26.90 28.96 26.60	23.87		
6 Wootton High School		1:48.87	1:47.66
1) Woo, Ashley SR	2) Qin, Amy JR	3) Scofield, Campbell JR	4) Thompson, Sidney SR
27.70 29.44 25.76	24.76		
7 Winston Churchill Swim/Div		1:49.73	1:48.71
1) Lespada, Candela SR	2) Bu, Catherine FR	3) Yang, Georgia SR	4) Reed, Bailey SR
28.60 29.83 25.48	24.80		
8 St. Paul VI High School		1:50.18	1:49.36
1) Celi, Zoe JR	2) Kirby, Ashley SR	3) Torrey, Kaitlyn SO	4) Foley, Abigail SR
27.41 29.14 27.21	25.60		
9 Magruder High School		1:50.00	1:49.81
1) Webb, Natalie SR	2) O'Hara, Megan SO	3) Webb, Maria SO	4) Dean, Skylar FR
28.76 30.08 25.88	25.09		
10 Our Lady of Good Counsel		1:49.75	1:50.27
1) Watkins, Celia FR	2) Weinberg, Brookelynn SR	3) Smith, Madison SR	4) Miller, Kate SO
29.43 30.34 26.06	24.44		
Consolation			
11 Walt Whitman High School		1:50.78	1:49.58
1) Harrison, Elena SR	2) Fleck, Kristina SO	3) Yang, Julie FR	4) Green, Chloe SO
26.51 31.50 26.98	24.59		
12 Montgomery Blair		1:54.10	1:51.02
1) Young, Lindsay FR	2) Moore, Mimi SO	3) Wu, Jingjing SO	4) Baumann, Alyssa SO
27.75 30.36 27.27	25.64		
13 National Cathedral School		1:53.59	1:52.84
1) Gutierrez, Keira 24	2) Albert, Katherine 23	3) Garre, Natalie 24	4) Muoio, Adele 26
28.03 32.36 27.16	25.29		
14 Einstein High School		1:54.09	1:53.52
1) Daniel, Alisa JR	2) Lantry, Emma JR	3) Schulz, Paige SO	4) Landa, Sophia JR
28.04 30.80 27.70	26.98		
15 Academy OF The Holy Cross		1:54.88	1:53.60
1) Linck, Elizabeth SO	2) Grahl, Sophie FR	3) Mongelli, Mary JR	4) Grenham, Kaitlyn FR
26.96 32.78 28.36	25.50		

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Consolation ... (Event 2 Girls 200 Yard Medley Relay)

Team	Relay	Prelim Time	Finals Time
16 Poolesville High School		1:54.03	1:54.47
1) Huang, Sophie FR	2) Li, Anna SR	3) Ye, Avery SR	4) Abzakh, Lina SR
31.13 30.17 27.85 25.32			
17 Quince Orchard High School		1:55.49	1:54.92
1) Kim, Madison JR	2) Katz, Rachel JR	3) Taylor, Ainsley JR	4) Marks, Stephanie FR
30.45 31.60 26.41 26.46			
18 Sherwood Warriors		1:55.92	1:56.16
1) Smith, Lilian SR	2) Gravel, Kylie FR	3) Williams, Jill FR	4) Caponiti, Adrianna JR
29.91 33.39 27.40 25.46			
19 St. Andrew's Episcopal Scho		1:57.35	1:56.42
1) Xiao, Alice FR	2) Phillips, Reagan JR	3) Long, Piper FR	4) Matal, Elizabeth SR
29.77 30.98 28.32 27.35			
20 St. John's College High Schoc		1:57.49	1:57.10
1) Grimberg, Olivia	2) Yetter, Felicity	3) Hooff, Olivia	4) Kelly, Bridget
30.77 33.01 28.38 24.94			

Event 2 Girls 200 Yard Medley Relay

**METROS: 1:41.62 M 2/8/2020 Stone Ridge
P Bacon, E Sun, E Gemmell, T Thomas
1:44.25 AAAU
1:46.16 AAAC**

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Walter Johnson High School		1:45.56	1:45.22 qAAAC
1) Conze, Maren SR	2) Karp, Sienna SR	3) Simmons, Madeleine SO	4) Morgan, Healey JR
26.98 29.10 25.54 23.60			
2 Stone Ridge		1:44.64	1:46.33 q
1) LeFaivre, Darby SR	2) House, Cameron SO	3) Goetcheus, Liza SR	4) Tucker, Lauren SR
27.44 28.93 25.08 24.88			
3 Richard Montgomery High S		1:49.21	1:47.06 q
1) Venditti, Livia JR	2) Eliason, Sarah JR	3) Schwieters, Julie SO	4) Mitchum, Anna SO
26.83 29.47 26.27 24.49			
4 The Holton-Arms School		1:46.62	1:47.38 q
1) Watts, Courtney SR	2) Wu, Joyce SR	3) Johnson, Kiera SR	4) Ndu, Omannaya FR
26.99 29.59 50.80			
5 Bethesda-Chevy Chase HS		1:45.08	1:47.57 q
1) Hinds, Virginia FR	2) Morse, Victoria SO	3) Hammond, Hailey FR	4) Allen, Nina SR
26.21 31.84 25.78 23.74			
6 Wootton High School		1:48.16	1:48.87 q
1) Woo, Ashley SR	2) Qin, Amy JR	3) Scofield, Campbell JR	4) Thompson, Sidney SR
27.92 29.35 26.18 25.42			
7 Winston Churchill Swim/Div		1:48.76	1:49.73 q
1) Lespada, Candela SR	2) Bu, Catherine FR	3) Yang, Georgia SR	4) Reed, Bailey SR
28.59 30.47 25.87 24.80			
8 Our Lady of Good Counsel		1:52.80	1:49.75 q
1) Watkins, Celia FR	2) Weinberg, Brookelynn SR	3) Smith, Madison SR	4) Miller, Kate SO
28.38 30.65 25.94 24.78			
9 Magruder High School		1:52.38	1:50.00 q
1) Webb, Natalie SR	2) O'Hara, Megan SO	3) Webb, Maria SO	4) Dean, Skylar FR
28.92 30.16 25.97 24.95			
10 St. Paul VI High School		1:48.03	1:50.18 q
1) Celi, Zoe JR	2) Kirby, Ashley SR	3) Torrey, Kaitlyn SO	4) Foley, Abigail SR
27.81 29.05 27.40 25.92			

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Preliminaries ... (Event 2 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Prelim Time
11 Walt Whitman High School		1:49.00	1:50.78 q
1) Harrison, Elena SR	2) Fleck, Kristina SO	3) Yang, Julie FR	4) Green, Chloe SO
27.25 31.97 26.95	24.61		
12 National Cathedral School		1:51.62	1:53.59 q
1) Gutierrez, Keira 24	2) Albert, Katherine 23	3) Garre, Natalie 24	4) Muoio, Adele 26
28.16 31.88 28.40	25.15		
13 Poolesville High School		1:52.27	1:54.03 q
1) Huang, Sophie FR	2) Li, Anna SR	3) Ye, Avery SR	4) Abzakh, Lina SR
29.93 30.43 28.18	25.49		
14 Einstein High School		1:49.66	1:54.09 q
1) Daniel, Alisa JR	2) Lantry, Emma JR	3) Schulz, Paige SO	4) Landa, Sophia JR
28.33 30.25 28.09	27.42		
15 Montgomery Blair		1:50.31	1:54.10 q
1) Young, Lindsay FR	2) Moore, Mimi SO	3) Wu, Jingjing SO	4) Baumann, Alyssa SO
28.74 30.57 28.49	26.30		
16 Academy OF The Holy Cross		1:53.59	1:54.88 q
1) Linck, Elizabeth SO	2) Grahl, Sophie FR	3) Mongelli, Mary JR	4) Grenham, Kaitlyn FR
27.62 32.70 28.60	25.96		
17 Quince Orchard High School		1:53.73	1:55.49 q
1) Kim, Madison JR	2) Katz, Rachel JR	3) Taylor, Ainsley JR	4) Marks, Stephanie FR
30.95 31.17 36.99	16.38		
18 Sherwood Warriors		1:57.18	1:55.92 q
1) Smith, Lilian SR	2) Gravell, Kylie FR	3) Williams, Jill FR	4) Caponiti, Adrianna JR
29.83 33.53 27.07	25.49		
19 St. Andrew's Episcopal Scho		1:55.21	1:57.35 q
1) Xiao, Alice FR	2) Phillips, Reagan JR	3) Long, Piper FR	4) Poffenroth, Ella SO
30.08 31.22 27.84	28.21		
20 St. John's College High Schoc		1:56.13	1:57.49 q
1) Grimberg, Olivia	2) Yetter, Felicity	3) Hooff, Olivia	4) Kelly, Bridget
30.70 33.37 27.90	25.52		
21 Northwest High School		1:57.59	1:57.93
1) McDonald, Claire SO	2) Stoudt, Kaitlyn JR	3) Cardenas Gaviria, Jaylinne	4) Crown, Ella FR
31.31 32.47 28.03	26.12		
22 Damascus High School		1:49.10	1:58.44
1) Beabout, Claire SO	2) Iorio, Sophia JR	3) Hebert, Sadie SR	4) Douglas, Hannah SO
30.70 35.41 25.87	26.46		
23 Elizabeth Seton Varsity Swir		1:57.52	1:58.58
1) Schultz, Eva SO	2) King, Georgia JR	3) Schultz, Emma JR	4) Smart, Lia SR
28.75 34.56 27.93	27.34		
24 Potomac School Swim Team		1:54.50	1:59.70
1) Reynolds, Kate FR	2) Steves, Madeleine FR	3) Barbee, Sabine FR	4) Schedler, Paige SO
31.03 32.55 29.19	26.93		
25 Maret School		1:59.36	2:00.44
1) Orlic, Anastasia FR	2) van Duijnhoven, Margot SR	3) Gebre, Azmera JR	4) Gebre, Arriam FR
29.98 36.21 27.99	26.26		
26 Bishop McNamara High Schc		2:01.57	2:01.41
1) Allbritton, Jada SO	2) Johnson, Mia SO	3) Smith, Charlotte SO	4) Amelechkin, Kyla SR
32.22 33.32 28.73	27.14		
27 Clarksburg High School		2:00.07	2:01.63
1) Cook, Eleanor SR	2) Haughton, Minjae SO	3) Kenyon, Brooke SR	4) Mei, Tiffany SO
32.32 34.61 27.41	27.29		

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Preliminaries ... (Event 2 Girls 200 Yard Medley Relay)

Team	Relay	Seed Time	Prelim Time
28 Bullis School		2:01.42	2:02.15
1) Vinal, Clare JR	2) Phillips, Kyla SR	3) Norman, Clarke SR	4) Chesson, Gabrielle SO
30.62 36.86 28.67	26.00		
29 Seneca Valley High School		2:04.63	2:02.54
1) Chrobak, Emma FR	2) Johnson, Niah-Marie SR	3) Ahn, Kirsten SO	4) Hmem, Rania FR
32.89 33.22 30.82	25.61		
30 Blake Bengals		1:59.72	2:03.36
1) Vaonakis, Sophia 11	2) Trang, Kimberley 9	3) Curtis, Camille 12	4) Lamb, Amy 12
32.12 34.68 30.79	25.77		
31 Wheaton High School		2:03.12	2:04.90
1) Martinez, Denise SO	2) Kasper, Sunita SO	3) Walker, Mia SO	4) Hooker, Cora SO
30.27 40.54 27.92	26.17		
32 Georgetown Visitation		2:03.45	2:05.60
1) Smith, Emerson SO	2) Viola, Maeve FR	3) DeLuca, Campbell SO	4) Flanagan, Emma SO
31.95 38.59 27.91	27.15		

Event 4 Girls 200 Yard Freestyle

METROS: 1:41.55 M 2/7/2015 Kathleen Ledecy Stone Ridge
1:48.76 AAAU
1:50.26 AAAC

Name	Yr	School	Prelim Time	Finals Time
Championship				
1 Gemmell, Erin		SR Stone Ridge	1:46.14	1:43.45 AAAU
23.78 25.99 26.75		26.93		
2 Dworak, Andrea		10 Blake Bengals	1:50.03	1:47.71 AAAU
24.82 27.04 27.88		27.97		
3 Eliason, Sarah		JR Richard Montgomery High Schoc	1:51.39	1:49.72 AAAC
25.92 28.00 28.37		27.43		
4 Smith, Madison		SR Our Lady of Good Counsel	1:52.76	1:49.83 AAAC
25.58 28.00 28.69		27.56		
5 Yang, Georgia		SR Winston Churchill Swim/Dive	1:54.85	1:51.56
26.28 28.29 28.62		28.37		
6 Conze, Maren		SR Walter Johnson High School	1:52.24	1:52.03
25.77 28.24 29.09		28.93		
7 Tucker, Lauren		SR Stone Ridge	1:54.36	1:55.04
26.68 29.06 29.92		29.38		
8 Mostofi, Addison		SO Bethesda-Chevy Chase HS	1:56.65	1:55.55
26.92 29.27 29.79		29.57		
9 Rook, Maggie Rose		SR Poolesville High School	1:56.22	1:55.92
26.29 28.93 30.27		30.43		
10 Webb, Natalie		SR Magruder High School	1:55.82	1:55.96
27.20 29.13 30.28		29.35		
Consolation				
11 Caiazza-Blum, Alice		SO Bethesda-Chevy Chase HS	1:57.12	1:55.66
26.88 28.84 29.74		30.20		
12 Mulkey, Anne		FR Walter Johnson High School	1:58.80	1:57.03
26.99 29.67 30.50		29.87		
13 Hinds, Clara		SR Bethesda-Chevy Chase HS	1:57.03	1:57.15
27.09 29.53 30.38		30.15		
14 Fritz, Delia		SR Academy OF The Holy Cross	1:58.56	1:57.35
27.22 29.39 30.48		30.26		
15 Salazar-Aparicio, Rachel		JR Springbrook High School	1:59.22	1:57.58
26.91 29.65 30.34		30.68		

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Consolation ... (Event 4 Girls 200 Yard Freestyle)

	Name	Yr	School	Prelim Time	Finals Time
16	Watkins, Celia	FR	Our Lady of Good Counsel	1:58.22	1:57.66
	27.58 29.66 30.64		29.78		
17	Caponiti, Adrianna	JR	Sherwood Warriors	1:59.19	1:57.94
	26.93 29.70 30.78		30.53		
18	Drakakis, Rena	SR	Bethesda-Chevy Chase HS	1:58.42	1:57.97
	26.73 29.74 30.51		30.99		
19	Johnson, Jordan	SO	Richard Montgomery High Schoc	1:59.75	2:00.09
	27.82 29.98 30.90		31.39		
20	Burlina, Emma	JR	Walter Johnson High School	2:00.32	2:02.06
	27.31 30.06 31.93		32.76		

Event 4 Girls 200 Yard Freestyle

METROS: 1:41.55 M 2/7/2015 Kathleen Ledecy Stone Ridge
1:48.76 AAAU
1:50.26 AAAC

	Name	Yr	School	Seed Time	Prelim Time	
Preliminaries						
1	Gemmell, Erin	SR	Stone Ridge	1:44.37	1:46.14	qAAAAU
	24.26 26.95 27.57		27.36			
2	Dworak, Andrea	10	Blake Bengals	1:52.22	1:50.03	qAAAC
	25.65 28.04 28.55		27.79			
3	Eliason, Sarah	JR	Richard Montgomery High Schoc	1:53.57	1:51.39	q
	25.53 28.48 28.91		28.47			
4	Conze, Maren	SR	Walter Johnson High School	1:48.86	1:52.24	q
	26.01 28.03 28.94		29.26			
5	Smith, Madison	SR	Our Lady of Good Counsel	1:49.76	1:52.76	q
	25.99 28.40 29.23		29.14			
6	Tucker, Lauren	SR	Stone Ridge	1:54.05	1:54.36	q
	26.28 28.46 29.96		29.66			
7	Yang, Georgia	SR	Winston Churchill Swim/Dive	1:51.87	1:54.85	q
	26.63 28.99 29.53		29.70			
8	Webb, Natalie	SR	Magruder High School	1:56.93	1:55.82	q
	27.49 29.31 30.05		28.97			
9	Rook, Maggie Rose	SR	Poolesville High School	1:53.65	1:56.22	q
	26.54 29.16 30.22		30.30			
10	Mostofi, Addison	SO	Bethesda-Chevy Chase HS	1:57.34	1:56.65	q
	27.65 29.39 29.85		29.76			
11	Hinds, Clara	SR	Bethesda-Chevy Chase HS	1:56.52	1:57.03	q
	27.04 29.26 30.30		30.43			
12	Caiazza-Blum, Alice	SO	Bethesda-Chevy Chase HS	1:59.92	1:57.12	q
	27.29 29.68 30.19		29.96			
13	Watkins, Celia	FR	Our Lady of Good Counsel	1:58.65	1:58.22	q
	27.41 29.63 30.68		30.50			
14	Drakakis, Rena	SR	Bethesda-Chevy Chase HS	1:55.78	1:58.42	q
	26.85 29.74 30.86		30.97			
15	Fritz, Delia	SR	Academy OF The Holy Cross	1:56.90	1:58.56	q
	27.27 29.66 30.90		30.73			
16	Mulkey, Anne	FR	Walter Johnson High School	1:58.57	1:58.80	q
	27.86 29.89 30.57		30.48			
17	Caponiti, Adrianna	JR	Sherwood Warriors	1:56.65	1:59.19	q
	27.07 30.00 31.30		30.82			

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Preliminaries ... (Event 4 Girls 200 Yard Freestyle)

	Name	Yr	School	Seed Time	Prelim Time	
18	Salazar-Aparicio, Rachel	JR	Springbrook High School	2:01.91	1:59.22	q
	26.61 29.62 31.47		31.52			
19	Johnson, Jordan	SO	Richard Montgomery High Schoc	2:00.81	1:59.75	q
	27.96 30.06 30.87		30.86			
20	Burlina, Emma	JR	Walter Johnson High School	2:01.95	2:00.32	q
	27.54 30.03 30.80		31.95			
21	Monkevich, Madison	SR	Quince Orchard High School	2:00.27	2:00.56	
	27.31 30.23 31.51		31.51			
22	Connelly, Lauren	JR	Stone Ridge	1:58.22	2:00.63	
	27.50 30.09 31.42		31.62			
23	Foley, Abigail	SR	St. Paul VI High School	1:59.71	2:00.74	
	27.63 30.38 31.39		31.34			
24	Xiao, Alice	FR	St. Andrew's Episcopal School	1:59.00	2:00.81	
	27.83 30.39 31.13		31.46			
25	Hu, Angelica	JR	Winston Churchill Swim/Dive	2:00.50	2:01.13	
	28.14 30.13 30.90		31.96			
26	Schultz, Emma	JR	Elizabeth Seton Varsity Swimmi	2:07.00	2:01.92	
	27.83 30.83 31.93		31.33			
27	Eng, Elisa	JR	The Holton-Arms School	2:02.47	2:02.08	
	27.68 30.31 31.62		32.47			
28	Smith, Lauren	SO	Our Lady of Good Counsel	2:03.01	2:02.97	
	28.22 30.83 32.18		31.74			
29	Marks, Stephanie	FR	Quince Orchard High School	2:06.55	2:02.98	
	28.62 30.97 31.60		31.79			
30	Staley, Isla	SO	The Holton-Arms School	2:01.91	2:03.00	
	28.09 30.66 31.78		32.47			
31	Gondi, Zoe	SO	Montgomery Blair	2:03.15	2:03.04	
	27.36 30.93 32.50		32.25			
32	Henry, Paige	FR	Rockville High School	2:07.05	2:03.45	
	27.97 30.49 32.21		32.78			
*33	Grenham, Kaitlyn	FR	Academy OF The Holy Cross	2:01.14	2:03.62	
	27.62 31.10 32.70		32.20			
*33	Weliwitigoda, Sonia	SO	Walt Whitman High School	2:02.72	2:03.62	
	27.63 30.65 32.23		33.11			
35	Hudalla, Grace	SR	Walter Johnson High School	2:00.25	2:03.71	
	27.57 31.32 32.35		32.47			
36	Memon, Zoya	SR	Walt Whitman High School	2:08.16	2:04.03	
	27.94 31.34 32.38		32.37			
37	Gotting, Lauren	SO	Richard Montgomery High Schoc	2:01.37	2:04.71	
	28.14 31.22 32.83		32.52			
38	Chang, Charlotte	FR	Wootton High School	2:01.62	2:05.54	
	28.49 31.73 32.54		32.78			
39	Stillman, Maeve	FR	Our Lady of Good Counsel	2:06.27	2:06.08	
	28.47 31.59 33.69		32.33			
40	Watanabe, Amy	SO	Montgomery Blair	2:04.94	2:06.27	
	29.37 31.78 33.00		32.12			
41	Aukhert, Aleca	SO	The Holton-Arms School	2:04.16	2:07.15	
	29.37 31.49 33.07		33.22			
42	Landa, Sophia	JR	Einstein High School	2:06.84	2:07.94	
	28.93 32.04 33.60		33.37			
43	Vazquez-Quiroga, Leire	SR	Winston Churchill Swim/Dive	2:05.39	2:08.03	
	28.78 32.14 33.19		33.92			

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Preliminaries ... (Event 4 Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
44 Martinez, Denise 29.13 32.44 34.19 33.37	SO	Wheaton High School	2:07.62	2:09.13
45 Gao, Elizabeth 29.66 32.35 33.83 34.02	SO	Wootton High School	2:07.29	2:09.86
46 Quiroga, Maya 28.66 32.03 34.47 35.37	FR	Sherwood Warriors	2:04.45	2:10.53

Event 6 Girls 200 Yard IM

METROS: 1:55.39 M 2/8/2020 Phoebe Bacon
2:01.46 AAAU
2:03.55 AAAC

Stone Ridge

Name	Yr	School	Prelim Time	Finals Time
Championship				
1 Karp, Sienna 26.30 30.07 33.74 27.59	SR	Walter Johnson High School	2:04.28	1:57.70 AAAU
2 Sun, Eleanor 25.83 29.80 34.66 28.55	SR	Stone Ridge	2:03.31	1:58.84 AAAU
3 Simmons, Madeleine 26.66 31.72 36.53 29.54	SO	Walter Johnson High School	2:06.61	2:04.45
4 Jackson, Elizabeth 27.45 32.72 37.29 30.40	SR	Sandy Spring Friends School	2:09.35	2:07.86
5 Webb, Maria 26.96 32.50 39.15 29.48	SO	Magruder High School	2:08.03	2:08.09
6 Phillips, Reagan 27.67 32.39 38.25 30.21	JR	St. Andrew's Episcopal School	2:09.04	2:08.52
7 Kwon, Alyssa 28.74 32.61 37.72 29.84	SO	Montgomery Blair	2:10.68	2:08.91
8 Miller, Kelsie 27.64 32.24 39.27 29.82	SR	Winston Churchill Swim/Dive	2:09.55	2:08.97
9 Thomas, Nadia 28.80 30.82 39.69 30.37	JR	The Holton-Arms School	2:10.76	2:09.68
10 Hammond, Hailey 27.33 33.17 40.16 30.33	FR	Bethesda-Chevy Chase HS	2:10.70	2:10.99
Consolation				
11 Kincaid, Kellie 27.84 32.11 39.85 29.79	FR	Our Lady of Good Counsel	2:12.94	2:09.59
12 Alisbah, Lindsay 28.26 33.97 38.73 29.14	JR	The Holton-Arms School	2:11.45	2:10.10
13 Dean, Skylar 29.09 32.72 40.55 29.52	FR	Magruder High School	2:13.06	2:11.88
14 Yo, Abigail 27.90 32.82 40.68 30.83	JR	Richard Montgomery High Schoc	2:12.11	2:12.23
15 Fleck, Kristina 28.74 35.78 37.02 30.77	SO	Walt Whitman High School	2:12.68	2:12.31
16 Oblon, Samantha 28.95 33.75 38.54 31.12	SR	Winston Churchill Swim/Dive	2:13.81	2:12.36
17 Johnson, Kiera 27.94 34.37 39.49 30.80	SR	The Holton-Arms School	2:13.16	2:12.60
18 Williams, Jill 28.95 35.75 36.71 31.44	FR	Sherwood Warriors	2:13.52	2:12.85
19 Kenyon, Brooke 28.18 33.34 41.52 30.76	SR	Clarksburg High School	2:14.16	2:13.80

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Consolation ... (Event 6 Girls 200 Yard IM)

Name	Yr	School	Prelim Time	Finals Time
20 Moore, Mimi	SO	Montgomery Blair	2:14.35	2:15.64
30.13 35.12 37.70	32.69			

Event 6 Girls 200 Yard IM

METROS: 1:55.39 M 2/8/2020 Phoebe Bacon
2:01.46 AAAU
2:03.55 AAAC

Stone Ridge

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Sun, Eleanor	SR	Stone Ridge	1:59.37	2:03.31 qAAAC
25.95 31.26 36.30	29.80			
2 Karp, Sienna	SR	Walter Johnson High School	2:03.15	2:04.28 q
27.35 31.47 35.53	29.93			
3 Simmons, Madeleine	SO	Walter Johnson High School	2:07.28	2:06.61 q
26.83 32.74 37.03	30.01			
4 Webb, Maria	SO	Magruder High School	2:06.65	2:08.03 q
27.37 32.34 38.59	29.73			
5 Phillips, Reagan	JR	St. Andrew's Episcopal School	2:06.33	2:09.04 q
27.53 32.51 38.62	30.38			
6 Jackson, Elizabeth	SR	Sandy Spring Friends School	2:11.86	2:09.35 q
27.16 33.16 37.74	31.29			
7 Miller, Kelsie	SR	Winston Churchill Swim/Dive	2:10.49	2:09.55 q
28.01 31.78 39.59	30.17			
8 Kwon, Alyssa	SO	Montgomery Blair	2:10.27	2:10.68 q
28.79 32.59 39.28	30.02			
9 Hammond, Hailey	FR	Bethesda-Chevy Chase HS	2:10.85	2:10.70 q
28.44 32.58 39.97	29.71			
10 Thomas, Nadia	JR	The Holton-Arms School	2:11.26	2:10.76 q
28.71 31.33 40.17	30.55			
11 Alisbah, Lindsay	JR	The Holton-Arms School	2:12.75	2:11.45 q
28.39 34.18 39.37	29.51			
12 Yo, Abigail	JR	Richard Montgomery High Schoc	2:17.81	2:12.11 q
28.12 32.56 41.29	30.14			
13 Fleck, Kristina	SO	Walt Whitman High School	2:13.94	2:12.68 q
28.44 36.40 36.93	30.91			
14 Kincaid, Kellie	FR	Our Lady of Good Counsel	2:10.18	2:12.94 q
28.43 32.61 40.02	31.88			
15 Dean, Skylar	FR	Magruder High School	2:21.16	2:13.06 q
29.82 32.79 40.38	30.07			
16 Johnson, Kiera	SR	The Holton-Arms School	2:14.06	2:13.16 q
27.87 33.81 39.39	32.09			
17 Williams, Jill	FR	Sherwood Warriors	2:15.56	2:13.52 q
29.02 35.55 37.42	31.53			
18 Oblon, Samantha	SR	Winston Churchill Swim/Dive	2:12.89	2:13.81 q
28.57 34.91 39.19	31.14			
19 Kenyon, Brooke	SR	Clarksburg High School	2:12.70	2:14.16 q
28.38 33.62 41.28	30.88			
20 Moore, Mimi	SO	Montgomery Blair	2:23.27	2:14.35 q
29.26 36.32 36.97	31.80			
21 McGee, Zoe	FR	Walter Johnson High School	2:14.33	2:14.50
28.32 33.36 41.97	30.85			

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Preliminaries ... (Event 6 Girls 200 Yard IM)

	Name			Yr	School	Seed Time	Prelim Time
22	Celi, Zoe			JR	St. Paul VI High School	2:12.18	2:14.52
	27.97	31.90	41.13	33.52			
23	Gaskin, Cate			SO	The Holton-Arms School	2:13.97	2:14.61
	28.09	35.99	38.86	31.67			
24	Leopold, Mary				School Without Walls HS	2:22.79	2:14.87
	27.42	33.91	42.95	30.59			
25	Alguard, Kiana			SO	Richard Montgomery High Schoc	2:16.09	2:15.45
	29.39	35.34	38.71	32.01			
26	Feltrin, Isadora			FR	Magruder High School	2:16.46	2:15.56
	30.93	33.85	39.21	31.57			
27	Carr, Hannah				Washington Christian Academy	2:18.50	2:16.24
	28.65	34.43	40.75	32.41			
28	Katz, Rachel			JR	Quince Orchard High School	2:15.39	2:16.72
	30.39	35.46	39.18	31.69			
29	Wu, Jingjing			SO	Montgomery Blair	2:16.70	2:16.86
	29.24	34.68	42.07	30.87			
30	Steves, Madeleine			FR	Potomac School Swim Team	2:16.00	2:17.04
	30.52	33.34	40.62	32.56			
31	Pollitt, Addison			SO	Walter Johnson High School	2:14.46	2:17.11
	29.80	32.98	41.58	32.75			
32	Arias, Samantha Mae			FR	Gaithersburg High School	2:17.13	2:17.23
	27.70	35.23	40.21	34.09			
33	Stubner, Madeleine			SR	Stone Ridge	2:18.90	2:17.36
	29.40	33.55	42.56	31.85			
34	Gebre, Azmera			JR	Maret School	2:21.05	2:17.46
	30.38	34.36	40.88	31.84			
35	Murphy, Caroline			SR	St. Paul VI High School	2:17.00	2:18.05
	28.81	35.07	42.31	31.86			
36	Erkan, Alara			SO	Wootton High School	2:21.22	2:18.25
	29.52	33.78	42.31	32.64			
37	Albert, Katherine			23	National Cathedral School	2:18.79	2:18.27
	30.07	35.87	40.69	31.64			
38	Lantry, Emma			JR	Einstein High School	2:18.59	2:18.45
	28.78	36.70	40.20	32.77			
39	Haines, Erin			SR	Our Lady of Good Counsel	2:11.33	2:18.49
	28.63	35.22	40.33	34.31			
40	Hirschberger, Isabelle			SR	Stone Ridge	2:22.28	2:18.57
	28.67	35.79	40.55	33.56			
41	Crane, Zoe			JR	Bethesda-Chevy Chase HS	2:23.57	2:21.01
	29.71	35.46	42.52	33.32			
42	Gravell, Kylie			FR	Sherwood Warriors	2:19.40	2:21.20
	31.33	36.40	40.92	32.55			
43	McKinley, Lilia			JR	St. Paul VI High School	2:19.35	2:21.57
	29.78	34.67	42.98	34.14			
44	Hooff, Olivia				St. John's College High School	2:18.47	2:21.58
	29.91	34.94	44.62	32.11			
45	Long, Piper			FR	St. Andrew's Episcopal School	2:16.62	2:21.59
	30.52	36.17	41.29	33.61			
46	Tovar, Ana			JR	Academy OF The Holy Cross	2:18.05	2:21.64
	29.72	34.92	42.66	34.34			
47	Fiery, Eden			FR	Academy OF The Holy Cross	2:20.98	2:22.02
	30.43	35.13	43.33	33.13			

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Preliminaries ... (Event 6 Girls 200 Yard IM)

Name	Yr	School	Seed Time	Prelim Time
48 Rubin, Sonya 30.86 37.28 42.42	JR	Einstein High School	2:23.55	2:22.36
49 Starr, Isabella 29.68 37.58 42.68	SO	Walt Whitman High School	2:23.37	2:22.55
50 Grahl, Sophie 30.60 36.04 41.57	FR	Academy OF The Holy Cross	2:23.44	2:22.69
51 King, Georgia 29.81 36.01 42.41	JR	Elizabeth Seton Varsity Swimmi	2:24.54	2:23.05
52 Smith, Charlotte 30.91 36.41 43.42	SO	Bishop McNamara High School	2:23.99	2:23.63
53 Kim, Madison 30.88 35.48 44.63	JR	Quince Orchard High School	2:21.64	2:24.03
54 Heitzmann, Madison 31.14 37.33 41.30	SO	Richard Montgomery High Schoc	2:24.12	2:24.35
55 Zhang, Clara Ann 30.77 39.93 40.95	SR	Wootton High School	2:22.62	2:24.44
56 Cardenas Gaviria, Jaylinne 29.63 37.26 43.17	SO	Northwest High School	2:25.96	2:24.67
57 Barbee, Sabine 30.25 35.31 46.62	FR	Potomac School Swim Team	2:25.82	2:25.81
58 Decatur, Selah 33.02 37.66 41.08	JR	Our Lady of Good Counsel	2:24.51	2:26.19
59 Kertajaya, Evelyn 32.77 35.88 43.53	FR	Winston Churchill Swim/Dive	2:23.10	2:26.93
60 Yetter, Felicity 32.70 38.56 40.64		St. John's College High School	2:25.62	2:27.11
61 Evans-Gibson, Natalia 30.34 35.77 45.42	JR	Richard Montgomery High Schoc	2:20.90	2:27.31
62 Parker, Claudia 32.17 36.56 45.76	SO	Sherwood Warriors	2:25.54	2:28.12
--- Ye, Avery Re-Submerged - fly 29.29 35.89 40.62	SR	Poolesville High School	2:19.60	DQ
--- McKinley, Tess Declared false start - Misc	JR	St. Paul VI High School	2:18.60	DFS
--- Yu, Allison	SR	Wootton High School	2:17.37	NS

Event 8 Girls 50 Yard Freestyle

METROS: 22.69 M 2/7/2015 Caroline McTaggart Holton-Arms
23.17 AAAU
23.53 AAAC

Name	Yr	School	Prelim Time	Finals Time
Championship				
1 Allen, Nina	SR	Bethesda-Chevy Chase HS	23.42	23.07 AAAU
2 Hinds, Virginia	FR	Bethesda-Chevy Chase HS	24.16	23.56
3 Qin, Amy	JR	Wootton High School	23.44	23.68
4 Brindle, Devin	SR	Bethesda-Chevy Chase HS	24.09	23.81
5 Morgan, Healey	JR	Walter Johnson High School	23.81	23.93
6 Douglas, Kate	FR	Potomac School Swim Team	24.18	24.32
*7 Nishnianidze, Anna	FR	Wootton High School	24.29	24.33
*7 Woo, Ashley	SR	Wootton High School	24.47	24.33
9 Schwieters, Julie	SO	Richard Montgomery High Schoc	24.52	24.55

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
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Championship ... (Event 8 Girls 50 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time
10 House, Cameron	SO	Stone Ridge	24.51	24.72
Consolation				
11 Ndu, Omannaya	FR	The Holton-Arms School	24.75	24.31
12 Depman, Megan	SO	Academy OF The Holy Cross	24.80	24.72
13 Harvey, Mattison	SR	Walter Johnson High School	24.74	24.83
14 Taylor, Ainsley	JR	Quince Orchard High School	24.95	24.92
15 Thompson, Sidney	SR	Wootton High School	25.18	24.96
16 Reed, Bailey	SR	Winston Churchill Swim/Dive	24.77	24.99
17 Denney, Ellie	25	National Cathedral School	25.17	25.02
18 Green, Chloe	SO	Walt Whitman High School	25.05	25.07
19 Burton, Sophia	SR	Richard Montgomery High Schoc	24.83	25.16
20 Miller, Kate	SO	Our Lady of Good Counsel	24.79	25.17

Event 8 Girls 50 Yard Freestyle

METROS: 22.69 M 2/7/2015 **Caroline McTaggart** **Holton-Arms**
 23.17 AAAU
 23.53 AAAC

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Allen, Nina	SR	Bethesda-Chevy Chase HS	22.81	23.42	qAAAC
2 Qin, Amy	JR	Wootton High School	23.04	23.44	qAAAC
3 Morgan, Healey	JR	Walter Johnson High School	23.76	23.81	q
4 Brindle, Devin	SR	Bethesda-Chevy Chase HS	23.90	24.09	q
5 Hinds, Virginia	FR	Bethesda-Chevy Chase HS	24.28	24.16	q
6 Douglas, Kate	FR	Potomac School Swim Team	24.83	24.18	q
7 Nishnianidze, Anna	FR	Wootton High School	24.40	24.29	q
8 Woo, Ashley	SR	Wootton High School	24.06	24.47	q
9 House, Cameron	SO	Stone Ridge	24.25	24.51	q
10 Schwieters, Julie	SO	Richard Montgomery High Schoc	24.25	24.52	q
11 Harvey, Mattison	SR	Walter Johnson High School	24.97	24.74	q
12 Ndu, Omannaya	FR	The Holton-Arms School	23.99	24.75	q
13 Reed, Bailey	SR	Winston Churchill Swim/Dive	25.12	24.77	q
14 Miller, Kate	SO	Our Lady of Good Counsel	25.18	24.79	q
15 Depman, Megan	SO	Academy OF The Holy Cross	24.93	24.80	q
16 Burton, Sophia	SR	Richard Montgomery High Schoc	24.94	24.83	q
17 Taylor, Ainsley	JR	Quince Orchard High School	23.93	24.95	q
18 Green, Chloe	SO	Walt Whitman High School	24.92	25.05	q
19 Denney, Ellie	25	National Cathedral School	25.09	25.17	q
20 Thompson, Sidney	SR	Wootton High School	24.94	25.18	q
21 Alston, Elizabeth		Saint Vincent Pallotti	26.55	25.31	
22 Bailey, Caroline	SR	Stone Ridge	25.37	25.34	
23 Baumann, Alyssa	SO	Montgomery Blair	25.40	25.45	
24 Muoio, Adele	26	National Cathedral School	26.01	25.63	
25 Allen, Sydney	SR	Bethesda-Chevy Chase HS	25.33	25.65	
26 De Souza, Paige	FR	Winston Churchill Swim/Dive	25.66	25.67	
27 Murphy, Chloe	JR	Walt Whitman High School	25.09	25.70	
28 Ossi, Luciana	JR	Montgomery Blair	26.00	25.72	
29 Holcomb, Kelly	JR	Holy Child	26.30	25.80	
30 Schwarz, Maren	SO	Potomac School Swim Team	25.76	25.85	
31 Kelly, Bridget		St. John's College High School	25.70	25.88	

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

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

Name	Yr	School	Seed Time	Prelim Time
*32 Beabout, Claire	SO	Damascus High School	25.94	25.95
*32 Schultz, Eva	SO	Elizabeth Seton Varsity Swimmi	25.57	25.95
34 Darcey, Lily	SR	The Holton-Arms School	25.34	25.98
35 Zalalutdinov, Darya	FR	Montgomery Blair	26.13	26.08
36 Abzakh, Lina	SR	Poolesville High School	25.31	26.16
37 Crocker, Jaynna	SR	Our Lady of Good Counsel	26.45	26.18
38 Hmem, Rania	FR	Seneca Valley High School	26.45	26.19
39 Ache, Madeleine	SR	Richard Montgomery High Schoc	25.90	26.20
*40 Mongelli, Mary	JR	Academy OF The Holy Cross	25.98	26.25
*40 Douglas, Hannah	SO	Damascus High School	25.71	26.25
42 Case, Charlotte	SO	Northwood	26.06	26.26
43 Schulz, Paige	SO	Einstein High School	26.14	26.28
44 Lamb, Amy	12	Blake Bengals	26.07	26.31
45 Thatch, Rebecca	FR	Walt Whitman High School	26.15	26.41
*46 Chavez, Daniela	SR	Wheaton High School	25.74	26.47
*46 Najarro, Isabella	SO	Gaithersburg High School	26.09	26.47
*48 Kincer, Suzette	SR	Academy OF The Holy Cross	26.45	26.49
*48 Chesson, Gabrielle	SO	Bullis School	26.55	26.49
50 Gebre, Arriam	FR	Maret School	26.43	26.63
51 Bowen-Longino, Taylor	JR	Stone Ridge	25.25	26.70
52 Egwim, Tiffany	FR	Springbrook High School	26.54	26.73
53 Hennelly, Samantha	FR	Damascus High School	26.49	26.83
54 Hanson, Abigail	SR	Northwest High School	26.33	26.90
55 Smith, Lilian	SR	Sherwood Warriors	26.01	27.01
56 Congdon, Lilian	FR	Poolesville High School	26.28	27.03
--- Webb, Addison	FR	Stone Ridge	24.24	DQ
False start				
--- Klemann, Cora	JR	Damascus High School	26.31	DFS
Declared false start				

Event 10 Girls 1 mtr Diving

METROS: 512.10 M 2/8/2007		Meg Hostage	Holy Cross	
Name	Yr	School		Finals Score
1 Mazzara, Michelle	SR	Stone Ridge	NP	506.85
2 Atanda, Lilia	SR	Sherwood Warriors	NP	498.05
3 Eisenberg, Michayla		Flint Hill School	NP	415.70
4 Williams, Kaarina	FR	Walt Whitman High School	NP	413.25
5 Borzekowski, Ruby	SR	Montgomery Blair	NP	396.95
6 Moffitt, Avery	FR	Bethesda-Chevy Chase HS	NP	376.50
7 Peresunko, Katya	FR	Walt Whitman High School	NP	369.05
8 Tworowski, Fiona	SO	Our Lady of Good Counsel	NP	357.95
9 Hsu, Zoe	JR	Walt Whitman High School	NP	353.80
10 Cook, Eleanor	SR	Clarksburg High School	NP	351.15
11 Kessner, Annie	SO	Walt Whitman High School	NP	350.95
12 Gupta, Arya	SR	Walter Johnson High School	NP	344.85
13 Lebedev, Elice	JR	Stone Ridge	NP	332.50
14 Poffenroth, Ella	SO	St. Andrew's Episcopal School	NP	309.50
15 Kashatus, Ainsley	SO	The Holton-Arms School	NP	295.70
16 Hart, Elianna	SR	Richard Montgomery High Schoc	NP	280.95
17 Lee, Ava	SR	Poolesville High School	NP	279.50
18 Gee, Audrey	SO	Bethesda-Chevy Chase HS	NP	252.60

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

(Event 10 Girls 1 mtr Diving)

	Name	Yr	School		Finals Score
19	Schramm, Rosie	SR	Stone Ridge	NP	250.90
20	Stockschlaeder, Mary Elizab	SR	Winston Churchill Swim/Dive	NP	249.75
21	Young, Dorothy	FR	Sherwood Warriors	NP	184.25
22	Butler, Bailey	JR	Gaithersburg High School	NP	179.50
23	Bouvier, Arina	SO	Richard Montgomery High Schoc	NP	174.40
24	Schulsinger, Magan	FR	Winston Churchill Swim/Dive	NP	166.75
25	Jacobs, CC	SR	St. Stephen's & St. Agnes	NP	120.05
26	Evans, Caroline	JR	Einstein High School	NP	119.55
27	Moffitt, Riley	SR	Bethesda-Chevy Chase HS	NP	113.00
28	Tracy, Grace	25	National Cathedral School	NP	111.90
29	Simmons, Summer	FR	Our Lady of Good Counsel	NP	109.15
30	Williams, Lily	FR	Our Lady of Good Counsel	NP	108.25
31	Sun, Stacy	SR	Wootton High School	NP	107.25
32	Ryan, Samantha	11	Blake Bengals	NP	106.90
33	Henderson, Ella	FR	The Holton-Arms School	NP	106.85
34	Young, Rachael	SR	Montgomery Blair	NP	105.60
35	DeSarbo, Alyssa	SR	The Holton-Arms School	NP	103.95
36	Springer, Madison	SR	Magruder High School	NP	100.80
37	Tang, Isabel	FR	Wootton High School	NP	98.80
38	Ryba, Joy	FR	Magruder High School	NP	96.10
39	Pucci, Adelaide	JR	Montgomery Blair	NP	95.90
40	Silva, Lily	SR	Magruder High School	NP	94.00
41	Mongelli, Megan	FR	Academy OF The Holy Cross	NP	93.15
42	Lewis, Isabel	FR	Our Lady of Good Counsel	NP	93.05
43	Myers, Sophie	JR	Winston Churchill Swim/Dive	NP	90.20
44	Tracy, Riley	26	National Cathedral School	NP	88.10
45	Kamensky, Madison	SO	Damascus High School	NP	86.40

Event 12 Girls 100 Yard Butterfly

METROS: 52.91 M 2/10/2018 Phoebe Bacon
54.39 AAAU
55.48 AAAC

Stone Ridge

	Name	Yr	School	Prelim Time	Finals Time	
Championship						
1	Eliason, Sarah	JR	Richard Montgomery High Schoc	53.99	54.00	AAAU
	25.77 28.23					
2	Sun, Eleanor	SR	Stone Ridge	54.42	54.12	AAAU
	25.70 28.42					
3	Qin, Amy	JR	Wootton High School	55.43	55.08	AAAC
	26.28 28.80					
4	Moschella, Clara	JR	Georgetown Visitation	56.14	55.36	AAAC
	25.84 29.52					
*5	Scofield, Campbell	JR	Wootton High School	56.60	56.05	
	26.77 29.28					
*5	Webb, Maria	SO	Magruder High School	56.60	56.05	
	26.08 29.97					
7	Harrison, Elena	SR	Walt Whitman High School	56.78	56.40	
	26.30 30.10					
8	Clark, Lauren	SR	Quince Orchard High School	56.92	56.82	
	26.65 30.17					

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
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Results

Championship ... (Event 12 Girls 100 Yard Butterfly)

	Name	Yr	School	Prelim Time	Finals Time
9	Wu, Joyce 26.79 30.16	SR	The Holton-Arms School	57.15	56.95
10	Miller, Kelsie 27.53 29.56	SR	Winston Churchill Swim/Dive	56.89	57.09
Consolation					
11	Yang, Georgia 26.30 30.00	SR	Winston Churchill Swim/Dive	58.14	56.30
12	Hammond, Hailey 26.94 30.49	FR	Bethesda-Chevy Chase HS	57.33	57.43
13	Leopold, Mary 27.52 29.97		School Without Walls HS	57.39	57.49
14	Li, Anna 26.99 30.73	SR	Poolesville High School	58.29	57.72
15	Goetcheus, Liza 26.80 30.95	SR	Stone Ridge	58.15	57.75
16	Kaiser, Gabriela 27.34 30.48	FR	Winston Churchill Swim/Dive	58.47	57.82
17	Jackson, Elizabeth 26.98 30.94	SR	Sandy Spring Friends School	57.28	57.92
18	McGee, Zoe 27.83 30.37	FR	Walter Johnson High School	58.45	58.20
19	Hebert, Sadie 27.73 30.83	SR	Damascus High School	58.39	58.56
20	McNichols, Inez 26.29 32.77	SR	Georgetown Visitation	58.32	59.06

Event 12 Girls 100 Yard Butterfly

METROS: 52.91 M 2/10/2018 **Phoebe Bacon** Stone Ridge
54.39 AAAU
55.48 AAAC

	Name	Yr	School	Seed Time	Prelim Time	
Preliminaries						
1	Eliason, Sarah 25.02 28.97	JR	Richard Montgomery High Schoc	54.74	53.99	qAAAAU
2	Sun, Eleanor 25.59 28.83	SR	Stone Ridge	54.60	54.42	qAAAC
3	Qin, Amy 26.28 29.15	JR	Wootton High School	56.33	55.43	qAAAC
4	Moschella, Clara 26.58 29.56	JR	Georgetown Visitation	56.72	56.14	q
*5	Webb, Maria 26.60 30.00	SO	Magruder High School	56.42	56.60	q
*5	Scofield, Campbell 27.31 29.29	JR	Wootton High School	56.83	56.60	q
7	Harrison, Elena 26.29 30.49	SR	Walt Whitman High School	56.59	56.78	q
8	Miller, Kelsie 26.52 30.37	SR	Winston Churchill Swim/Dive	57.10	56.89	q
9	Clark, Lauren 26.76 30.16	SR	Quince Orchard High School	57.72	56.92	q
10	Wu, Joyce 27.26 29.89	SR	The Holton-Arms School	57.76	57.15	q

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Preliminaries ... (Event 12 Girls 100 Yard Butterfly)

	Name	Yr	School	Seed Time	Prelim Time	
11	Jackson, Elizabeth 26.64 30.64	SR	Sandy Spring Friends School	58.08	57.28	q
12	Hammond, Hailey 27.10 30.23	FR	Bethesda-Chevy Chase HS	56.94	57.33	q
13	Leopold, Mary 26.75 30.64		School Without Walls HS	1:02.66	57.39	q
14	Yang, Georgia 27.00 31.14	SR	Winston Churchill Swim/Dive	55.46	58.14	q
15	Goetcheus, Liza 26.18 31.97	SR	Stone Ridge	57.63	58.15	q
16	Li, Anna 27.36 30.93	SR	Poolesville High School	56.98	58.29	q
17	McNichols, Inez 26.48 31.84	SR	Georgetown Visitation	57.50	58.32	q
18	Hebert, Sadie 26.70 31.69	SR	Damascus High School	59.65	58.39	q
19	McGee, Zoe 27.56 30.89	FR	Walter Johnson High School	59.33	58.45	q
20	Kaiser, Gabriela 27.80 30.67	FR	Winston Churchill Swim/Dive	59.32	58.47	q
21	Schwieters, Julie 27.40 31.27	SO	Richard Montgomery High Schoc	57.08	58.67	
22	Linck, Elizabeth 27.43 31.34	SO	Academy OF The Holy Cross	58.51	58.77	
23	Xiao, Alice 27.98 30.95	FR	St. Andrew's Episcopal School	58.16	58.93	
24	Yang, Julie 27.68 31.28	FR	Walt Whitman High School	59.78	58.96	
25	Gaskin, Cate 27.99 31.23	SO	The Holton-Arms School	58.76	59.22	
26	Johnson, Kiera 27.75 31.72	SR	The Holton-Arms School	58.98	59.47	
27	Burlina, Emma 28.16 31.63	JR	Walter Johnson High School	1:00.25	59.79	
28	Mulkey, Anne 27.90 31.91	FR	Walter Johnson High School	1:00.16	59.81	
29	Yo, Abigail 28.08 31.96	JR	Richard Montgomery High Schoc	59.45	1:00.04	
30	Markovitz, Kaley 28.17 32.07	JR	Our Lady of Good Counsel	59.81	1:00.24	
31	Linkie, Sophie 28.04 32.35	JR	Walter Johnson High School	1:00.56	1:00.39	
32	Garre, Natalie 28.17 32.29	24	National Cathedral School	1:00.84	1:00.46	
33	Kenyon, Brooke 28.66 31.81	SR	Clarksburg High School	59.29	1:00.47	
34	Daniel, Alisa 27.84 32.66	JR	Einstein High School	1:00.93	1:00.50	
35	Torrey, Kaitlyn 28.79 31.83	SO	St. Paul VI High School	59.25	1:00.62	
36	DeLuca, Campbell 28.85 31.80	SO	Georgetown Visitation	1:00.92	1:00.65	

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Preliminaries ... (Event 12 Girls 100 Yard Butterfly)

	Name	Yr	School	Seed Time	Prelim Time
37	Marks, Stephanie 28.74 31.93	FR	Quince Orchard High School	1:01.46	1:00.67
38	Weinberg, Brookelynn 28.29 32.56	SR	Our Lady of Good Counsel	1:06.45	1:00.85
39	Oblon, Samantha 28.59 32.54	SR	Winston Churchill Swim/Dive	1:01.00	1:01.13
40	Khani, Allison 28.21 33.08	SO	Walt Whitman High School	1:00.77	1:01.29
41	Young, Lindsay 28.27 33.16	FR	Montgomery Blair	1:02.59	1:01.43
42	Ye, Avery 28.55 33.05	SR	Poolesville High School	1:01.09	1:01.60
43	Wu, Jingjing 28.52 33.11	SO	Montgomery Blair	1:01.38	1:01.63
44	Hooff, Olivia 29.09 32.66		St. John's College High School	1:01.72	1:01.75
45	Chang, Charlotte 28.77 33.25	FR	Wootton High School	1:01.56	1:02.02
46	Shad, Sophia 28.05 34.00	SR	Wootton High School	1:01.25	1:02.05
47	Evans-Gibson, Natalia 29.34 32.72	JR	Richard Montgomery High Schoc	1:00.59	1:02.06
48	Ossi, Luciana 28.99 33.23	JR	Montgomery Blair	1:03.21	1:02.22
49	Takada Jacobson, Hannah 29.81 32.48	SO	Quince Orchard High School	1:03.06	1:02.29
50	Tovar, Ana 28.74 33.92	JR	Academy OF The Holy Cross	1:02.09	1:02.66
51	Cosgrove, Eileen 28.48 34.19	FR	Stone Ridge	1:02.83	1:02.67
52	Schulz, Paige 30.00 32.87	SO	Einstein High School	1:02.28	1:02.87
53	Murphy, Caroline 29.02 33.86	SR	St. Paul VI High School	1:01.65	1:02.88
54	Zalalutdinov, Darya 29.22 33.84	FR	Montgomery Blair	1:03.25	1:03.06
55	Smith, Charlotte 29.99 33.09	SO	Bishop McNamara High School	1:03.87	1:03.08
56	Majeed-Hall, Aliyah 27.79 35.66	FR	Potomac School Swim Team	1:03.61	1:03.45
57	Crane, Zoe 30.23 33.53	JR	Bethesda-Chevy Chase HS	1:04.47	1:03.76
58	McKinley, Lilia 29.81 33.96	JR	St. Paul VI High School	1:04.12	1:03.77
59	Cardenas Gaviria, Jaylinne 30.37 33.50	SO	Northwest High School	1:06.03	1:03.87
60	Gilbert, Samantha 28.97 35.18	JR	The Holton-Arms School	1:02.94	1:04.15
61	Gutierrez, Keira 30.06 34.19	24	National Cathedral School	1:02.97	1:04.25
62	Ecker, Sophia 29.86 34.45	FR	Bethesda-Chevy Chase HS	1:06.59	1:04.31

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
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Preliminaries ... (Event 12 Girls 100 Yard Butterfly)

	Name	Yr	School	Seed Time	Prelim Time
63	McDonald, Claire 30.32 34.01	SO	Northwest High School	1:04.54	1:04.33
64	Walker, Mia 30.11 34.76	SO	Wheaton High School	1:05.97	1:04.87
65	Rubin, Sonya 30.78 34.35	JR	Einstein High School	1:04.38	1:05.13
66	Rothman, Norah 29.78 35.45	SR	Walt Whitman High School	1:04.33	1:05.23
67	Mascott, Avery 30.27 35.27	26	National Cathedral School	1:06.28	1:05.54
68	Lockard, Ava 30.39 35.33	JR	Magruder High School	1:05.94	1:05.72
69	Iorio, Sophia 30.00 36.30	JR	Damascus High School	1:05.16	1:06.30
70	Hennelly, Samantha 29.62 36.70	FR	Damascus High School	1:04.00	1:06.32
71	Rees, Sophia 31.22 35.46	23	National Cathedral School	1:06.33	1:06.68
72	Phillips, Kyla 30.90 36.08	SR	Bullis School	1:06.13	1:06.98
---	Nehring, Elizabeth	23	Flint Hill School	1:01.09	NS

Event 14 Girls 100 Yard Freestyle

METROS: 48.75 M 2/7/2015 **Caroline McTaggart** **Stone Ridge**
50.17 AAAU
51.00 AAAC

	Name	Yr	School	Prelim Time	Finals Time
Championship					
1	Gemmell, Erin 23.29 24.90	SR	Stone Ridge	49.05	48.19 M AAAU
2	Allen, Nina 24.56 26.79	SR	Bethesda-Chevy Chase HS	51.97	51.35
3	Brindle, Devin 24.95 26.74	SR	Bethesda-Chevy Chase HS	52.51	51.69
4	Webb, Addison 25.07 27.22	FR	Stone Ridge	53.40	52.29
5	Morgan, Healey 25.21 27.38	JR	Walter Johnson High School	51.67	52.59
6	Venditti, Livia 25.14 27.46	JR	Richard Montgomery High Schoc	52.36	52.60
7	LeFaivre, Darby 25.30 27.33	SR	Stone Ridge	52.69	52.63
8	Douglas, Kate 25.29 27.41	FR	Potomac School Swim Team	53.14	52.70
9	Watts, Courtney 25.66 27.77	SR	The Holton-Arms School	53.31	53.43
10	Bu, Catherine 26.09 28.08	FR	Winston Churchill Swim/Dive	53.82	54.17
Consolation					
11	Nishnianidze, Anna 25.42 28.07	FR	Wootton High School	53.85	53.49

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Consolation ... (Event 14 Girls 100 Yard Freestyle)

	Name	Yr	School	Prelim Time	Finals Time
12	Mitchum, Anna 25.93 27.99	SO	Richard Montgomery High Schoc	54.05	53.92
13	Alisbah, Lindsay 26.32 27.62	JR	The Holton-Arms School	53.98	53.94
14	Rook, Maggie Rose 26.12 27.89	SR	Poolesville High School	53.86	54.01
15	Kirby, Ashley 25.91 28.26	SR	St. Paul VI High School	54.11	54.17
16	Bartholomew, Isla 26.14 28.08	SO	Walter Johnson High School	53.97	54.22
17	Phillips, Reagan 25.88 28.53	JR	St. Andrew's Episcopal School	54.23	54.41
18	Drakakis, Rena 26.04 28.79	SR	Bethesda-Chevy Chase HS	54.49	54.83
19	Levine, Lauren 26.33 28.62	SO	Walter Johnson High School	54.37	54.95
20	Gotting, Lauren 25.80 29.28	SO	Richard Montgomery High Schoc	54.64	55.08

Event 14 Girls 100 Yard Freestyle

METROS: 48.75 M 2/7/2015 Caroline McTaggart Stone Ridge
50.17 AAAU
51.00 AAAC

	Name	Yr	School	Seed Time	Prelim Time	
Preliminaries						
1	Gemmell, Erin 23.60 25.45	SR	Stone Ridge	48.80	49.05	qAAAU
2	Morgan, Healey 24.86 26.81	JR	Walter Johnson High School	51.71	51.67	q
3	Allen, Nina 24.94 27.03	SR	Bethesda-Chevy Chase HS	50.96	51.97	q
4	Venditti, Livia 25.03 27.33	JR	Richard Montgomery High Schoc	51.57	52.36	q
5	Brindle, Devin 25.17 27.34	SR	Bethesda-Chevy Chase HS	51.93	52.51	q
6	LeFaivre, Darby 25.43 27.26	SR	Stone Ridge	52.67	52.69	q
7	Douglas, Kate 25.36 27.78	FR	Potomac School Swim Team	52.43	53.14	q
8	Watts, Courtney 25.60 27.71	SR	The Holton-Arms School	52.41	53.31	q
9	Webb, Addison 25.66 27.74	FR	Stone Ridge	53.26	53.40	q
10	Bu, Catherine 25.83 27.99	FR	Winston Churchill Swim/Dive	54.28	53.82	q
11	Nishnianidze, Anna 25.70 28.15	FR	Wootton High School	53.53	53.85	q
12	Rook, Maggie Rose 25.99 27.87	SR	Poolesville High School	53.84	53.86	q
13	Bartholomew, Isla 25.99 27.98	SO	Walter Johnson High School	54.87	53.97	q

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
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Preliminaries ... (Event 14 Girls 100 Yard Freestyle)

	Name	Yr	School	Seed Time	Prelim Time	
14	Alisbah, Lindsay 26.11 27.87	JR	The Holton-Arms School	53.97	53.98	q
15	Mitchum, Anna 25.98 28.07	SO	Richard Montgomery High Schoc	53.40	54.05	q
16	Kirby, Ashley 25.72 28.39	SR	St. Paul VI High School	53.58	54.11	q
17	Phillips, Reagan 25.79 28.44	JR	St. Andrew's Episcopal School	52.53	54.23	q
18	Levine, Lauren 26.51 27.86	SO	Walter Johnson High School	55.25	54.37	q
19	Drakakis, Rena 25.85 28.64	SR	Bethesda-Chevy Chase HS	54.28	54.49	q
20	Gotting, Lauren 26.02 28.62	SO	Richard Montgomery High Schoc	54.97	54.64	q
21	Denney, Ellie 25.99 28.98	25	National Cathedral School	56.06	54.97	
22	Wang, Josephina 26.28 28.79	SR	The Holton-Arms School	55.28	55.07	
*23	Bajwa, Elisabeth 25.84 29.26	SR	Brookewood School	57.09	55.10	
*23	Foley, Abigail 26.17 28.93	SR	St. Paul VI High School	54.69	55.10	
25	Kelly, Bridget 26.47 28.69		St. John's College High School	55.62	55.16	
26	Huang, Sophie 26.58 28.62	FR	Poolesville High School	55.52	55.20	
27	Stoudt, Kaitlyn 26.76 28.59	JR	Northwest High School	55.56	55.35	
28	Bailey, Caroline 26.66 28.82	SR	Stone Ridge	55.48	55.48	
29	Harvey, Mattison 26.75 28.77	SR	Walter Johnson High School	55.73	55.52	
30	Hu, Angelica 26.56 29.02	JR	Winston Churchill Swim/Dive	56.14	55.58	
31	Thompson, Sidney 26.83 28.79	SR	Wootton High School	55.88	55.62	
32	Celi, Zoe 26.54 29.09	JR	St. Paul VI High School	55.76	55.63	
33	O'Hara, Megan 26.62 29.06	SO	Magruder High School	56.01	55.68	
34	Grenham, Kaitlyn 26.81 28.99	FR	Academy OF The Holy Cross	57.37	55.80	
35	Johnson, Jordan 27.27 28.65	SO	Richard Montgomery High Schoc	57.75	55.92	
36	Green, Chloe 26.71 29.54	SO	Walt Whitman High School	55.43	56.25	
37	Morse, Victoria 26.97 29.30	SO	Bethesda-Chevy Chase HS	55.10	56.27	
38	Schultz, Eva 26.88 29.45	SO	Elizabeth Seton Varsity Swimmi	56.77	56.33	
39	Monkevich, Madison 26.90 29.47	SR	Quince Orchard High School	55.51	56.37	

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS**

Results

Preliminaries ... (Event 14 Girls 100 Yard Freestyle)

	Name	Yr	School	Seed Time	Prelim Time
40	Gondi, Zoe 26.94 29.45	SO	Montgomery Blair	58.44	56.39
41	Vickerman, Sofia 26.54 29.92	26	National Cathedral School	57.23	56.46
42	Alston, Elizabeth 27.10 29.37		Saint Vincent Pallotti	57.29	56.47
43	Holcomb, Kelly 26.66 29.83	JR	Holy Child	55.90	56.49
44	Ndu, Omannaya 27.27 29.24	FR	The Holton-Arms School	56.17	56.51
45	Kim, Madison	JR	Quince Orchard High School	56.38	56.52
46	Brown, Brea 27.27 29.31	SO	Our Lady of Good Counsel	57.67	56.58
47	Barbee, Sabine 27.08 29.69	FR	Potomac School Swim Team	57.17	56.77
48	Polmateer, Lily 27.28 29.62	SO	Academy OF The Holy Cross	57.03	56.90
49	Markovitz, Kaley 27.54 29.37	JR	Our Lady of Good Counsel	56.78	56.91
50	Watanabe, Amy 27.59 29.33	SO	Montgomery Blair	57.84	56.92
51	Palmerino, Lily 27.13 29.82	JR	Sidwell Friends School	56.86	56.95
52	Allbritton, Jada 27.81 29.51	SO	Bishop McNamara High School	57.65	57.32
53	Henry, Paige 27.71 29.74	FR	Rockville High School	56.53	57.45
54	Gebre, Arriam 27.28 30.21	FR	Maret School	57.10	57.49
55	Johnson, Mia 27.03 30.59	SO	Bishop McNamara High School	58.46	57.62
56	Douglas, Hannah 27.77 30.17	SO	Damascus High School	56.97	57.94
57	Kincer, Suzette 27.64 30.33	SR	Academy OF The Holy Cross	58.14	57.97
58	Murphy, Chloe 27.52 30.46	JR	Walt Whitman High School	57.77	57.98
59	Abzakh, Lina 28.38 29.63	SR	Poolesville High School	58.01	58.01
60	Katz, Ariana 27.96 30.10	FR	Quince Orchard High School	58.19	58.06
61	Seo, Lina 27.64 30.52	FR	Wootton High School	57.50	58.16
62	Carter, Shelby 28.09 30.30	SO	Georgetown Visitation	58.17	58.39
63	Najarro, Isabella 27.35 31.29	SO	Gaithersburg High School	58.38	58.64
64	Muoio, Adele 27.85 30.87	26	National Cathedral School	58.17	58.72
65	Wong, Lydia 28.00 30.77	JR	Poolesville High School	58.36	58.77

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
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Preliminaries ... (Event 14 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
66 Beabout, Claire 27.73 31.19	SO	Damascus High School	58.38	58.92
67 Felgenhauer, Willa 27.85 31.21	25	National Cathedral School	57.69	59.06
68 Han, Bailey 28.15 30.97	FR	Walt Whitman High School	58.22	59.12
69 Mongelli, Mary 27.56 31.78	JR	Academy OF The Holy Cross	57.19	59.34
70 Quiroga, Maya 28.13 31.25	FR	Sherwood Warriors	58.07	59.38
71 Chan, Catherine 28.39 32.49	SO	Winston Churchill Swim/Dive	57.18	1:00.88

Event 16 Girls 500 Yard Freestyle

METROS: 4:26.58 M 2/6/2015 Kathleen Ledecy Stone Ridge
4:52.54 AAAU
4:57.06 AAAC

Name	Yr	School	Prelim Time	Finals Time
Championship				
1 Dworak, Andrea 25.44 27.99 28.46 29.43 28.42	10	Blake Bengals	4:50.99 29.74	4:46.77 AAAU
2 Smith, Madison 25.93 28.41 29.34 30.20 28.96	SR	Our Lady of Good Counsel	4:56.77 30.20	4:52.70 AAAC
3 Scofield, Campbell 26.75 29.27 30.51 30.71 30.22	JR	Wootton High School	5:00.52 30.86	5:01.41
4 Simmons, Madeleine 27.56 30.18 30.96 31.43 30.56	SO	Walter Johnson High School	5:01.17 31.23	5:05.90
5 Kincaid, Kellie 27.45 30.31 31.34 31.69 29.69	FR	Our Lady of Good Counsel	5:09.66 31.90	5:08.41
6 Orlic, Anastasia 27.52 30.30 31.59 31.27 30.70	FR	Maret School	5:09.47 31.41	5:08.88
7 Webb, Natalie 28.35 30.68 31.59 31.55 29.63	SR	Magruder High School	5:09.55 31.70	5:10.12
8 Caiazza-Blum, Alice 28.39 30.85 31.53 30.96 29.83	SO	Bethesda-Chevy Chase HS	5:08.58 31.42	5:10.33
9 Caponiti, Adrianna 27.43 30.62 31.61 32.19 31.13	JR	Sherwood Warriors	5:03.61 32.43	5:13.75
--- Tucker, Lauren False start 26.26 28.93 30.03 31.10 30.23	SR	Stone Ridge	4:55.57 30.94	DQ

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

Name		Yr School		Prelim Time		Finals Time	
Consolation							
11	Clark, Lauren	SR	Quince Orchard High School	5:10.84		5:10.07	
	28.16 30.79 31.18		31.42 31.62 31.68 31.50	30.96			
	31.32 31.44						
12	Hinds, Clara	SR	Bethesda-Chevy Chase HS	5:10.38		5:11.72	
	28.04 30.50 31.85		32.01 32.17 31.90 32.03	31.80			
	31.28 30.14						
13	Mostofi, Addison	SO	Bethesda-Chevy Chase HS	5:11.21		5:11.80	
	28.34 30.56 31.87		31.99 31.74 31.64 31.58	31.64			
	31.51 30.93						
14	Dean, Skylar	FR	Magruder High School	5:11.49		5:12.28	
	28.06 30.89 31.57		31.83 31.78 31.91 32.14	31.77			
	31.56 30.77						
15	Fritz, Delia	SR	Academy OF The Holy Cross	5:11.78		5:13.57	
	27.94 30.92 31.70		32.10 32.35 32.29 31.96	31.83			
	31.57 30.91						
16	Smith, Lauren	SO	Our Lady of Good Counsel	5:16.17		5:13.94	
	28.45 30.58 31.14		31.36 31.69 31.99 32.42	32.31			
	32.57 31.43						
17	Kwon, Alyssa	SO	Montgomery Blair	5:15.62		5:15.61	
	28.27 31.18 31.77		32.05 32.20 32.40 32.37	32.57			
	32.13 30.67						
18	Connelly, Lauren	JR	Stone Ridge	5:18.23		5:18.64	
	28.37 30.80 31.64		32.05 32.36 32.57 32.66	33.08			
	32.98 32.13						
19	Crown, Ella	FR	Northwest High School	5:16.80		5:19.84	
	28.46 31.21 31.97		32.31 32.46 32.49 32.86	32.79			
	33.18 32.11						
20	Salazar-Aparicio, Rachel	JR	Springbrook High School	5:19.74		5:21.93	
	28.44 31.20 32.19		32.47 32.74 32.61 33.48	33.51			
	33.24 32.05						

Event 16 Girls 500 Yard Freestyle

METROS: 4:26.58 M 2/6/2015 Kathleen Ledecy Stone Ridge
4:52.54 AAAU
4:57.06 AAAC

Name		Yr School		Seed Time		Prelim Time	
Preliminaries							
1	Dworak, Andrea	10	Blake Bengals	4:56.03		4:50.99	qAAAU
	26.30 29.05 29.38		29.62 29.61 29.68 29.62	29.70			
	29.29 28.74						
2	Tucker, Lauren	SR	Stone Ridge	4:57.85		4:55.57	qAAAC
	26.79 28.97 29.66		29.94 29.89 30.01 30.15	30.37			
	30.05 29.74						
3	Smith, Madison	SR	Our Lady of Good Counsel	4:49.51		4:56.77	qAAAC
	26.56 29.08 29.69		29.90 29.83 30.21 30.66	30.50			
	30.36 29.98						
4	Scofield, Campbell	JR	Wootton High School	4:56.75		5:00.52	q
	26.94 29.60 30.28		30.81 30.72 30.78 30.62	30.50			
	30.41 29.86						
5	Simmons, Madeleine	SO	Walter Johnson High School	5:03.75		5:01.17	q
	27.27 29.84 30.18		30.38 30.55 30.71 30.86	30.50			
	30.85 30.03						

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
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Preliminaries ... (Event 16 Girls 500 Yard Freestyle)

Name		Yr	School	Seed Time				Prelim Time	
6	Caponiti, Adrianna	JR	Sherwood Warriors	5:09.02				5:03.61	q
	27.10 29.95 30.88		31.02 30.74 30.98 31.15	31.14					
	30.88 29.77								
7	Caiazza-Blum, Alice	SO	Bethesda-Chevy Chase HS	5:08.38				5:08.58	q
	28.12 30.48 31.07		31.32 31.47 31.37 31.51	31.21					
	31.23 30.80								
8	Orlic, Anastasia	FR	Maret School	5:08.55				5:09.47	q
	27.53 30.09 31.18		31.46 31.47 31.56 31.70	31.40					
	31.77 31.31								
9	Webb, Natalie	SR	Magruder High School	5:08.63				5:09.55	q
	27.77 30.32 30.95		31.13 31.15 31.55 31.80	31.98					
	31.90 31.00								
10	Kincaid, Kellie	FR	Our Lady of Good Counsel	5:06.16				5:09.66	q
	27.27 30.25 31.11		31.48 31.40 32.01 31.79	31.62					
	31.86 30.87								
11	Hinds, Clara	SR	Bethesda-Chevy Chase HS	5:08.55				5:10.38	q
	27.98 30.75 31.60		32.03 31.66 31.64 31.75	31.88					
	30.94 30.15								
12	Clark, Lauren	SR	Quince Orchard High School	5:18.22				5:10.84	q
	27.82 30.69 31.63		31.65 31.76 31.87 31.63	31.42					
	31.62 30.75								
13	Mostofi, Addison	SO	Bethesda-Chevy Chase HS	5:17.66				5:11.21	q
	28.15 30.94 31.61		31.66 31.03 31.27 31.84	31.87					
	32.02 30.82								
14	Dean, Skylar	FR	Magruder High School	5:22.07				5:11.49	q
	27.79 30.61 31.25		31.62 31.57 31.42 31.92	32.11					
	32.09 31.11								
15	Fritz, Delia	SR	Academy OF The Holy Cross	5:06.63				5:11.78	q
	27.58 30.34 31.19		31.80 32.02 32.14 32.20	31.85					
	31.76 30.90								
16	Kwon, Alyssa	SO	Montgomery Blair	5:21.14				5:15.62	q
	28.22 31.56 31.53		32.26 31.94 31.99 32.36	32.68					
	32.13 30.95								
17	Smith, Lauren	SO	Our Lady of Good Counsel	5:17.80				5:16.17	q
	28.46 31.25 31.92		32.25 32.47 32.45 32.66	32.35					
	31.73 30.63								
18	Crown, Ella	FR	Northwest High School	5:20.37				5:16.80	q
	28.72 31.38 31.91		32.23 32.35 32.24 32.29	32.23					
	32.25 31.20								
19	Connelly, Lauren	JR	Stone Ridge	5:14.78				5:18.23	q
	28.18 30.66 31.36		31.83 32.61 32.79 32.79	33.00					
	33.01 32.00								
20	Salazar-Aparicio, Rachel	JR	Springbrook High School	5:29.87				5:19.74	q
	27.79 30.67 31.42		32.10 32.53 32.87 33.05	33.42					
	32.95 32.94								
21	Takada Jacobson, Hannah	SO	Quince Orchard High School	5:23.47				5:20.57	
	28.69 31.50 31.93		32.31 32.44 32.59 32.53	32.92					
	33.11 32.55								
22	Garre, Natalie	24	National Cathedral School	5:12.59				5:22.45	
	28.04 31.04 31.98		32.18 33.01 33.13 33.58	33.68					
	33.72 32.09								

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

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

	Name	Yr	School	Seed Time	Prelim Time
23	Memon, Zoya	SR	Walt Whitman High School	5:33.79	5:22.77
	29.09 32.25 32.49		32.61 32.78 32.74 32.91	33.42	
	33.01 31.47				
24	Fulton, Elsa	FR	Walter Johnson High School	5:37.08	5:22.92
	28.88 31.65 32.76		33.17 33.30 33.38 33.34	33.33	
	32.90 30.21				
25	De Souza, Paige	FR	Winston Churchill Swim/Dive	5:23.34	5:23.40
	29.17 31.99 32.10		32.97 32.98 33.00 32.98	32.97	
	33.17 32.07				
26	DeLuca, Campbell	SO	Georgetown Visitation	5:29.91	5:23.51
	28.57 31.60 32.64		32.64 32.66 33.08 33.27	33.12	
	33.32 32.61				
27	Eng, Elisa	JR	The Holton-Arms School	5:22.15	5:23.55
	28.94 31.46 32.08		32.35 32.81 32.92 33.16	33.30	
	33.10 33.43				
28	Schultz, Emma	JR	Elizabeth Seton Varsity Swimmi	5:27.13	5:26.05
	29.07 32.24 32.91		33.59 33.48 33.23 33.25	33.72	
	32.97 31.59				
29	McKinley, Tess	JR	St. Paul VI High School	5:25.83	5:26.29
	28.72 31.62 32.32		32.95 33.11 33.35 33.37	33.51	
	33.78 33.56				
30	Shelton, Pearl	SO	Walter Johnson High School	5:39.64	5:28.88
	28.45 31.72 33.08		34.10 33.82 33.90 34.34	33.91	
	33.51 32.05				
31	Khani, Allison	SO	Walt Whitman High School	5:41.94	5:28.93
	29.11 32.33 33.18		34.00 33.72 33.86 34.05	33.90	
	33.74 31.04				
32	Staley, Isla	SO	The Holton-Arms School	5:30.21	5:29.43
	29.35 32.66 33.19		33.27 33.48 33.64 33.86	34.07	
	33.93 31.98				
33	Blachere, Corinne	FR	Sherwood Warriors	5:32.83	5:30.25
	29.48 32.03 32.95		33.49 33.88 34.16 33.75	34.38	
	33.66 32.47				
34	Landa, Sophia	JR	Einstein High School	5:31.82	5:31.81
	30.00 32.81 33.37		33.44 33.56 33.45 33.94	33.66	
	34.09 33.49				
35	Swezey, Charlotte	FR	Stone Ridge	5:29.94	5:32.66
	29.59 32.66 33.58		33.96 33.94 33.69 34.13	34.42	
	33.97 32.72				
36	Weliwitigoda, Sonia	SO	Walt Whitman High School	5:26.86	5:32.72
	28.81 31.55 32.88		33.30 33.71 34.19 34.42	34.58	
	34.71 34.57				
37	Cosgrove, Eileen	FR	Stone Ridge	5:39.53	5:34.58
	29.16 32.31 33.39		33.74 34.20 33.93 34.72	35.06	
	35.27 32.80				
38	Ross, Elinor	SO	Bethesda-Chevy Chase HS	5:34.07	5:35.80
	29.66 32.57 33.62		34.26 34.58 34.15 34.83	34.55	
	34.09 33.49				
39	Ahyick-Wong, Ashley	FR	Walter Johnson High School	5:45.68	5:37.16
	29.86 32.50 33.62		33.83 34.13 34.35 35.01	35.19	
	34.93 33.74				

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

Name	Yr	School	Seed Time	Prelim Time
40 Marks, Sophia	SR	Quince Orchard High School	5:35.12	5:37.60
29.68 32.99 33.97	34.05	34.41 34.42 34.64	34.96	
34.62 33.86				
41 Floyd, Elle	FR	Sherwood Warriors	5:41.08	5:39.65
28.27 31.62 33.72	34.87	35.32 35.37 35.55	34.87	
35.58 34.48				
42 Yanes, Giselle	SO	Magruder High School	5:35.50	5:40.67
29.03 32.29 33.65	33.58	34.47 34.97 35.68	35.59	
35.96 35.45				
43 Watkins, Caroline	FR	The Holton-Arms School	5:41.09	5:41.67
29.44 32.99 33.69	34.26	34.96 34.91 35.37	35.97	
35.47 34.61				
44 van Duijnhoven, Margot	SR	Maret School	5:40.46	5:45.40
31.84 34.57 35.23	35.42	35.56 35.65 35.28	35.00	
33.57 33.28				
45 Hoover, Sophia	SR	Our Lady of Good Counsel	5:47.78	5:48.04
30.27 34.71 35.41	35.30	35.88 35.40 35.41	35.86	
35.77 34.03				
46 Heitzmann, Madison	SO	Richard Montgomery High Schoc	5:45.41	5:49.86
31.06 34.77 35.60	35.69	35.34 35.46 35.69	35.83	
35.72 34.70				
47 Matthews, Noelle	SO	Winston Churchill Swim/Dive	5:47.12	5:52.13
30.39 33.89 35.30	35.98	36.38 36.59 36.74	36.47	
35.84 34.55				
48 Keeley, Katherine	23	National Cathedral School	5:46.17	5:53.69
30.51 34.82 36.10	35.66	36.57 36.44 36.56	35.97	
35.83 35.23				
--- Erkan, Alara	SO	Wootton High School	5:25.55	DQ
False start				
29.28 31.69 32.26	33.07	33.24 33.34 33.21	33.74	
33.21 32.01				

Event 18 Girls 200 Yard Freestyle Relay

METROS: 1:34.47 M 2/8/2020 Stone Ridge Stone Ridge
M Higgins, E Chen, T Thomas, E Gemmell
1:35.33 AAAU
1:36.73 AAAC

Team	Relay	Prelim Time	Finals Time
Championship			
1 Stone Ridge		1:35.26	1:33.75 M AAAU
1) Sun, Eleanor SR	2) Goetcheus, Liza SR	3) Webb, Addison FR	4) Gemmell, Erin SR
23.69 24.06 23.70	22.30		
2 Wootton High School		1:38.21	1:36.57 AAAC
1) Woo, Ashley SR	2) Nishnianidze, Anna FR	3) Thompson, Sidney SR	4) Qin, Amy JR
24.35 24.57 24.53	23.12		
3 Walter Johnson High School		1:38.79	1:38.57
1) Karp, Sienna SR	2) Bartholomew, Isla SO	3) Burlina, Emma JR	4) Harvey, Mattison SR
23.52 25.03 25.34	24.68		
4 Bethesda-Chevy Chase HS		1:40.14	1:38.72
1) Brindle, Devin SR	2) Caiazza-Blum, Alice SO	3) Drakakis, Rena SR	4) Allen, Sydney SR
24.13 24.86 24.63	25.10		

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
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Results

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

Team	Relay	Prelim Time	Finals Time
5 Winston Churchill Swim/Div		1:40.25	1:38.77
1) Miller, Kelsie SR	2) Hu, Angelica JR	3) Kaiser, Gabriela FR	4) Reed, Bailey SR
24.99 24.49 24.68	24.61		
6 The Holton-Arms School		1:40.53	1:39.92
1) Darcey, Lily SR	2) Wu, Joyce SR	3) Rogers, Lily FR	4) Ndu, Omannaya FR
25.59 24.54 25.59	24.20		
7 Richard Montgomery High S		1:40.84	1:40.74
1) Burton, Sophia SR	2) Alguard, Kiana SO	3) Yo, Abigail JR	4) Gotting, Lauren SO
25.37 25.42 25.22	24.73		
8 Walt Whitman High School		1:41.83	1:40.82
1) Murphy, Chloe JR	2) Harrison, Elena SR	3) Thatch, Rebecca FR	4) Green, Chloe SO
25.49 24.58 26.18	24.57		
9 National Cathedral School		1:41.45	1:41.49
1) Denney, Ellie 25	2) Garre, Natalie 24	3) Vickerman, Sofia 26	4) Muoio, Adele 26
25.20 25.65 25.38	25.26		
10 Montgomery Blair		1:41.32	1:41.62
1) Zalalutdinov, Darya FR	2) Baumann, Alyssa SO	3) Kwon, Alyssa SO	4) Ossi, Luciana JR
26.25 25.53 24.80	25.04		
Consolation			
11 Our Lady of Good Counsel		1:42.34	1:41.36
1) Miller, Kate SO	2) Markovitz, Kaley JR	3) Kincaid, Kellie FR	4) Haines, Erin SR
25.29 25.92 24.85	25.30		
12 St. Paul VI High School		1:42.43	1:41.55
1) Foley, Abigail SR	2) Murphy, Caroline SR	3) Celi, Zoe JR	4) Kirby, Ashley SR
25.58 25.36 25.68	24.93		
13 Georgetown Visitation		1:42.94	1:42.01
1) Moschella, Clara JR	2) Carter, Shelby SO	3) Flanagan, Emma SO	4) McNichols, Inez SR
24.44 25.97 27.02	24.58		
14 Academy OF The Holy Cross		1:43.84	1:42.09
1) Fritz, Delia SR	2) Grenham, Kaitlyn FR	3) Polmateer, Lily SO	4) Depman, Megan SO
25.98 25.58 25.99	24.54		
15 Quince Orchard High School		1:43.15	1:42.54
1) Taylor, Ainsley JR	2) Marks, Sophia SR	3) Monkevich, Madison SR	4) Clark, Lauren SR
25.02 26.64 25.91	24.97		
16 Poolesville High School		1:43.80	1:43.19
1) Rook, Maggie Rose SR	2) Abzakh, Lina SR	3) Congdon, Lilian FR	4) Wong, Lydia JR
25.45 25.32 26.14	26.28		
17 Blake Bengals		1:44.75	1:43.58
1) Lamb, Amy 12	2) Trang, Kimberley 9	3) Vaonakis, Sophia 11	4) Dworak, Andrea 10
26.22 26.61 26.99	23.76		
18 St. John's College High Schoc		1:44.07	1:43.88
1) Grimberg, Olivia	2) Alcantara, Breana	3) Hooff, Olivia	4) Kelly, Bridget
26.65 26.52 25.61	25.10		
19 Einstein High School		1:45.16	1:44.44
1) Lantry, Emma JR	2) Rubin, Sonya JR	3) Schulz, Paige SO	4) Daniel, Alisa JR
25.67 27.23 26.69	24.85		
20 St. Andrew's Episcopal Scho		1:44.44	1:45.74
1) Xiao, Alice FR	2) Long, Piper FR	3) Matal, Elizabeth SR	4) Phillips, Reagan JR
25.89 26.85 27.77	25.23		

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Event 18 Girls 200 Yard Freestyle Relay

METROS: 1:34.47 M 2/8/2020 Stone Ridge
M Higgins, E Chen, T Thomas, E Gemmell

Stone Ridge

1:35.33 AAAU
1:36.73 AAAC

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Stone Ridge		1:33.27	1:35.26 qAAAAU
1) Sun, Eleanor SR 23.71	2) Goetcheus, Liza SR 22.53	3) Webb, Addison FR	4) Gemmell, Erin SR
2 Wootton High School		1:36.42	1:38.21 q
1) Qin, Amy JR 23.84 24.53 24.65	2) Nishnianidze, Anna FR 25.19	3) Thompson, Sidney SR	4) Shad, Sophia SR
3 Walter Johnson High School		1:37.62	1:38.79 q
1) Karp, Sienna SR 23.70 26.18 23.81	2) Bartholomew, Isla SO 25.10	3) Burlina, Emma JR	4) Harvey, Mattison SR
4 Bethesda-Chevy Chase HS		1:34.58	1:40.14 q
1) Brindle, Devin SR 24.58 25.59 25.11	2) Allen, Sydney SR 24.86	3) Drakakis, Rena FR	4) Caiazza-Blum, Alice SO
5 Winston Churchill Swim/Div		1:38.49	1:40.25 q
1) Miller, Kelsie SR 25.08 25.11 25.25	2) Hu, Angelica JR 24.81	3) Kaiser, Gabriela FR	4) Reed, Bailey SR
6 The Holton-Arms School		1:35.26	1:40.53 q
1) Darcey, Lily SR 25.73 24.83 25.37	2) Wu, Joyce SR 24.60	3) Rogers, Lily FR	4) Ndu, Omannaya FR
7 Richard Montgomery High S		1:37.05	1:40.84 q
1) Gotting, Lauren SO 25.25 25.45 25.89	2) Alguard, Kiana SO 24.25	3) Yo, Abigail JR	4) Burton, Sophia SR
8 Montgomery Blair		1:42.86	1:41.32 q
1) Zalalutdinov, Darya FR 26.22 25.00 24.95	2) Baumann, Alyssa SO 25.15	3) Kwon, Alyssa SO	4) Ossi, Luciana JR
9 National Cathedral School		1:41.59	1:41.45 q
1) Denney, Ellie 25 24.99 25.61 25.55	2) Garre, Natalie 24 25.30	3) Vickerman, Sofia 26	4) Muoio, Adele 26
10 Walt Whitman High School		1:41.51	1:41.83 q
1) Harrison, Elena SR 25.16 25.82 26.01	2) Murphy, Chloe JR 24.84	3) Thatch, Rebecca FR	4) Green, Chloe SO
11 Our Lady of Good Counsel		1:40.89	1:42.34 q
1) Miller, Kate SO 25.23 26.07 25.28	2) Markovitz, Kaley JR 25.76	3) Kincaid, Kellie FR	4) Haines, Erin SR
12 St. Paul VI High School		1:40.11	1:42.43 q
1) Foley, Abigail SR 25.55 25.90 25.77	2) Murphy, Caroline SR 25.21	3) Celi, Zoe JR	4) Kirby, Ashley SR
13 Georgetown Visitation		1:41.79	1:42.94 q
1) McNichols, Inez SR 25.46 26.24 27.26	2) Carter, Shelby SO 23.98	3) Flanagan, Emma SO	4) Moschella, Clara JR
14 Quince Orchard High School		1:41.58	1:43.15 q
1) Clark, Lauren SR 25.60 26.84 25.97	2) Marks, Stephanie FR 24.74	3) Monkevich, Madison SR	4) Taylor, Ainsley JR
15 Poolesville High School		1:41.55	1:43.80 q
1) Rook, Maggie Rose SR 25.47 25.35 26.63	2) Abzakh, Lina SR 26.35	3) Congdon, Lilian FR	4) Wong, Lydia JR

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

Team	Relay	Seed Time	Prelim Time
16 Academy OF The Holy Cross		1:43.69	1:43.84 q
1) Fritz, Delia SR	2) Grenham, Kaitlyn FR	3) Kincer, Suzette SR	4) Depman, Megan SO
26.16 26.26 26.65	24.77		
17 St. John's College High Schoc		1:50.37	1:44.07 q
1) Grimberg, Olivia	2) Alcantara, Breana	3) Hooff, Olivia	4) Kelly, Bridget
26.35 27.14 25.53	25.05		
18 St. Andrew's Episcopal Scho		1:49.95	1:44.44 q
1) Long, Piper FR	2) Xiao, Alice FR	3) Matal, Elizabeth SR	4) Phillips, Reagan JR
26.86 25.21 52.37			
19 Blake Bengals		1:45.64	1:44.75 q
1) Lamb, Amy 12	2) Trang, Kimberley 9	3) Vaonakis, Sophia 11	4) Dworak, Andrea 10
26.29 26.71 28.03	23.72		
20 Einstein High School		1:47.39	1:45.16 q
1) Lantry, Emma JR	2) Daniel, Alisa JR	3) Rubin, Sonya JR	4) Schulz, Paige SO
25.41 1:19.75			
21 Potomac School Swim Team		1:43.80	1:45.53
1) McEwen, Claire FR	2) Steves, Madeleine FR	3) Schwarz, Maren SO	4) Douglas, Kate FR
29.13 26.60 25.44	24.36		
22 Bullis School		1:46.06	1:45.72
1) Vinal, Clare JR	2) Norman, Clarke SR	3) Phillips, Kyla SR	4) Chesson, Gabrielle SO
26.85 26.45 26.49	25.93		
23 Gaithersburg High School		1:50.33	1:46.24
1) Arias, Samantha Mae FR	2) Barnes, Ashleigh JR	3) Halling, Samantha SR	4) Najarro, Isabella SO
25.95 27.44 26.76	26.09		
24 Elizabeth Seton Varsity Swir		1:46.07	1:46.29
1) Schultz, Eva SO	2) King, Georgia JR	3) Schultz, Emma JR	4) Smart, Lia SR
26.44 26.68 26.06	27.11		
25 Maret School		1:45.89	1:46.62
1) Orlic, Anastasia FR	2) van Duijnhoven, Margot SR	3) Gebre, Arriam FR	4) Gebre, Azmera JR
25.78 28.18 27.32	25.34		
26 Magruder High School		1:44.83	1:46.84
1) Feltrin, Isadora FR	2) Lockard, Ava JR	3) Yanes, Giselle SO	4) Jones, Brooke SR
26.75 27.09 26.81	26.19		
27 Northwest High School		1:49.41	1:47.19
1) Cardenas Gaviria, Jaylinne	2) Lee, Juliana SO	3) Desbrow, Bailey FR	4) Hanson, Abigail SR
27.14 26.92 26.62	26.51		
28 Clarksburg High School		1:46.47	1:47.38
1) Haughton, Minjae SO	2) Cook, Eleanor SR	3) Mei, Tiffany SO	4) Kenyon, Brooke SR
27.51	25.48		
29 Wheaton High School		1:50.12	1:47.47
1) Hooker, Cora SO	2) Walker, Mia SO	3) Chavez, Daniela SR	4) Martinez, Denise SO
28.02	26.11		
30 Sherwood Warriors		1:46.76	1:47.66
1) Miller, Evelyn SR	2) Boardman, Julia FR	3) Parker, Claudia SO	4) Quiroga, Maya FR
27.40 27.20 26.27	26.79		
31 School Without Walls HS		1:51.78	1:50.30
1) Goins, Ava	2) Moffitt, Madeline	3) Klein, Hazel	4) Leopold, Mary
27.19 29.25 28.07	25.79		
32 Damascus High School		1:43.20	1:50.74
1) Hennelly, Samantha FR	2) Hunkeler, Evie SO	3) Dube, Anna SR	4) Iorio, Sophia JR
27.38 27.13 56.23			

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

Team	Relay	Seed Time	Prelim Time
33 Bishop McNamara High Schc		1:47.45	1:50.98
1) Allbritton, Jada SO	2) Tapia, Blaise SO	3) Poole, Ezmeralda SO	4) Amelechkin, Kyla SR
27.09 28.58 27.86	27.45		
34 Holy Child		1:52.03	1:51.74
1) Deegan, Sophie FR	2) Sims, Elizabeth SR	3) Murray, Abbey JR	4) Holcomb, Kelly JR
27.17 30.50 28.22	25.85		
35 Seneca Valley High School		1:53.03	1:51.91
1) Johnson, Niah-Marie SR	2) Maita, Camila JR	3) Chrobak, Emma FR	4) Hmem, Rania FR
28.31 29.34 28.28	25.98		
36 Rockville High School		1:52.23	1:52.22
1) Henry, Paige FR	2) Auroux, Sophie JR	3) Feldman, Cheyanne FR	4) Cooke, Caroline FR
27.15 29.20 27.94	27.93		
37 Springbrook High School		1:54.25	1:52.83
1) Egwim, Tiffany FR	2) Calderon, Scout JR	3) Iscoa, Desi FR	4) Salazar-Aparicio, Rachel JR
27.10 1:25.73			

Event 20 Girls 100 Yard Backstroke

METROS: 50.89 M 2/8/2020 Phoebe Bacon
54.75 AAAU
55.83 AAAC

Stone Ridge

Name	Yr School	Prelim Time	Finals Time
Championship			
1 Hinds, Virginia	FR Bethesda-Chevy Chase HS	54.75	54.79 AAAC
26.23 28.56			
2 Conze, Maren	SR Walter Johnson High School	56.17	55.71 AAAC
27.18 28.53			
3 Thomas, Nadia	JR The Holton-Arms School	57.10	56.08
27.91 28.17			
4 Venditti, Livia	JR Richard Montgomery High Schoc	57.06	56.10
27.35 28.75			
5 LeFairvre, Darby	SR Stone Ridge	57.55	57.55
27.81 29.74			
6 Linck, Elizabeth	SO Academy OF The Holy Cross	57.45	57.62
27.83 29.79			
7 Moschella, Clara	JR Georgetown Visitation	58.50	58.12
28.10 30.02			
8 Harrison, Elena	SR Walt Whitman High School	58.40	58.32
28.09 30.23			
9 Goetcheus, Liza	SR Stone Ridge	57.87	58.62
28.53 30.09			
10 Watts, Courtney	SR The Holton-Arms School	58.31	58.80
28.67 30.13			
Consolation			
11 Young, Lindsay	FR Montgomery Blair	59.09	58.16
28.46 29.70			
12 Torrey, Kaitlyn	SO St. Paul VI High School	59.19	58.32
29.01 29.31			
13 Mitchum, Anna	SO Richard Montgomery High Schoc	59.03	58.41
28.47 29.94			
14 Watkins, Celia	FR Our Lady of Good Counsel	1:00.07	59.47
29.10 30.37			
15 Pollitt, Addison	SO Walter Johnson High School	1:00.23	1:00.51
29.38 31.13			

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Consolation ... (Event 20 Girls 100 Yard Backstroke)

Name	Yr	School	Prelim Time	Finals Time
16 Gutierrez, Keira 29.47 31.86	24	National Cathedral School	1:00.51	1:01.33
17 Depman, Megan 29.59 32.06	SO	Academy OF The Holy Cross	1:00.29	1:01.65
18 Levine, Lauren 30.39 31.39	SO	Walter Johnson High School	1:00.71	1:01.78
19 Woo, Ashley 29.84 32.40	SR	Wootton High School	1:00.22	1:02.24
20 Burton, Sophia 29.93 32.59	SR	Richard Montgomery High Schoc	1:00.18	1:02.52

Event 20 Girls 100 Yard Backstroke

METROS: 50.89 M 2/8/2020 Phoebe Bacon Stone Ridge
54.75 AAAU
55.83 AAAC

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Hinds, Virginia 26.43 28.32	FR	Bethesda-Chevy Chase HS	54.44	54.75	qAAAAU
2 Conze, Maren 27.55 28.62	SR	Walter Johnson High School	57.41	56.17	q
3 Venditti, Livia 27.91 29.15	JR	Richard Montgomery High Schoc	56.06	57.06	q
4 Thomas, Nadia 28.63 28.47	JR	The Holton-Arms School	55.95	57.10	q
5 Linck, Elizabeth 27.88 29.57	SO	Academy OF The Holy Cross	57.84	57.45	q
6 LeFavre, Darby 27.99 29.56	SR	Stone Ridge	56.83	57.55	q
7 Goetcheus, Liza 28.29 29.58	SR	Stone Ridge	58.44	57.87	q
8 Watts, Courtney 28.31 30.00	SR	The Holton-Arms School	57.36	58.31	q
9 Harrison, Elena 28.27 30.13	SR	Walt Whitman High School	58.22	58.40	q
10 Moschella, Clara 28.21 30.29	JR	Georgetown Visitation	1:01.91	58.50	q
11 Mitchum, Anna 29.23 29.80	SO	Richard Montgomery High Schoc	57.92	59.03	q
12 Young, Lindsay 28.98 30.11	FR	Montgomery Blair	59.71	59.09	q
13 Torrey, Kaitlyn 29.08 30.11	SO	St. Paul VI High School	58.17	59.19	q
14 Watkins, Celia 29.39 30.68	FR	Our Lady of Good Counsel	59.67	1:00.07	q
15 Burton, Sophia 29.32 30.86	SR	Richard Montgomery High Schoc	1:00.63	1:00.18	q
16 Woo, Ashley 28.78 31.44	SR	Wootton High School	1:00.59	1:00.22	q
17 Pollitt, Addison 29.37 30.86	SO	Walter Johnson High School	1:00.44	1:00.23	q

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Preliminaries ... (Event 20 Girls 100 Yard Backstroke)

	Name	Yr	School	Seed Time	Prelim Time	
18	Depman, Megan 29.13 31.16	SO	Academy OF The Holy Cross	1:00.64	1:00.29	q
19	Gutierrez, Keira 29.27 31.24	24	National Cathedral School	1:00.53	1:00.51	q
20	Levine, Lauren 29.82 30.89	SO	Walter Johnson High School	1:01.56	1:00.71	q
21	Lespada, Candela 29.29 31.52	SR	Winston Churchill Swim/Dive	1:00.60	1:00.81	
22	Stubner, Madeleine 29.69 31.22	SR	Stone Ridge	59.94	1:00.91	
23	Csokmay, Audrey 29.39 31.56	SR	Richard Montgomery High Schoc	1:04.12	1:00.95	
24	Daniel, Alisa 29.24 31.96	JR	Einstein High School	1:00.88	1:01.20	
25	Hudalla, Grace 29.62 31.62	SR	Walter Johnson High School	1:00.44	1:01.24	
26	McNichols, Inez 29.36 32.01	SR	Georgetown Visitation	1:05.54	1:01.37	
27	Crown, Ella 29.89 31.63	FR	Northwest High School	1:03.89	1:01.52	
28	Hebert, Sadie 29.23 32.69	SR	Damascus High School	1:04.49	1:01.92	
29	Kaiser, Gabriela 30.28 31.95	FR	Winston Churchill Swim/Dive	1:02.56	1:02.23	
30	Wang, Josephina 30.20 32.70	SR	The Holton-Arms School	1:02.85	1:02.90	
31	Huang, Sophie 30.81 32.44	FR	Poolesville High School	1:03.50	1:03.25	
*32	Palmerino, Lily 30.14 33.16	JR	Sidwell Friends School	1:03.66	1:03.30	
*32	Gao, Elizabeth 31.11 32.19	SO	Wootton High School	1:03.41	1:03.30	
34	Meretta, Tessa 31.08 32.61	JR	Winston Churchill Swim/Dive	1:05.45	1:03.69	
35	Orlic, Anastasia 30.81 33.05	FR	Maret School	1:02.90	1:03.86	
36	Carr, Hannah 31.12 32.78		Washington Christian Academy	1:06.20	1:03.90	
37	Fiery, Eden 30.72 33.25	FR	Academy OF The Holy Cross	1:02.18	1:03.97	
38	Krupinski, Grace 30.82 33.47	FR	Bethesda-Chevy Chase HS	1:03.53	1:04.29	
39	Swezey, Charlotte 31.11 33.43	FR	Stone Ridge	1:05.50	1:04.54	
40	Martinez, Denise 31.46 33.34	SO	Wheaton High School	1:06.53	1:04.80	
41	Lockard, Ava 31.02 33.94	JR	Magruder High School	1:04.21	1:04.96	
42	Smith, Lilian 31.18 33.87	SR	Sherwood Warriors	1:04.92	1:05.05	
43	Baumann, Alyssa 31.47 33.76	SO	Montgomery Blair	1:04.32	1:05.23	

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Preliminaries ... (Event 20 Girls 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time
44 Katz, Ariana 32.14 33.53	FR	Quince Orchard High School	1:06.08	1:05.67
45 Grimberg, Olivia 32.33 33.39		St. John's College High School	1:05.51	1:05.72
46 Aukhert, Aleca 31.79 33.94	SO	The Holton-Arms School	1:06.63	1:05.73
47 Case, Charlotte 32.08 33.76	SO	Northwood	1:04.84	1:05.84
48 Carter, Shelby 32.25 33.76	SO	Georgetown Visitation	1:06.01	1:06.01
49 Polmateer, Lily 32.21 33.85	SO	Academy OF The Holy Cross	1:04.77	1:06.06
50 Kimball, Lane 32.09 34.01		St. John's College High School	1:04.96	1:06.10
51 Han, Bailey 32.16 34.39	FR	Walt Whitman High School	1:05.70	1:06.55
52 Bollini, Maren 32.39 34.31	SO	Quince Orchard High School	1:06.64	1:06.70
53 Sha, Anabel 31.50 35.32	FR	Poolesville High School	1:06.19	1:06.82
54 McDonald, Claire 32.93 34.39	SO	Northwest High School	1:05.72	1:07.32
55 Vazquez-Quiroga, Leire 33.05 34.67	SR	Winston Churchill Swim/Dive	1:06.08	1:07.72
56 Parker, Claudia 33.19 34.82	SO	Sherwood Warriors	1:07.28	1:08.01
57 Reynolds, Kate 32.62 35.86	FR	Potomac School Swim Team	1:05.47	1:08.48
58 Barclay, Kate	FR	Montgomery Blair	1:05.62	1:08.60
59 Shad, Sophia 33.43 35.46	SR	Wootton High School	1:06.84	1:08.89
60 Speight, Jordan 32.92 37.07	25	National Cathedral School	1:07.01	1:09.99
--- Vickerman, Sofia False start 31.13 33.29	26	National Cathedral School	1:06.96	DQ
--- Nehring, Elizabeth No Show Penalty Event	23	Flint Hill School	59.06	DQ
--- Noboa, Karis Declared false start	SR	Bullis School	1:03.10	DFS

Event 22 Girls 100 Yard Breaststroke

METROS: 1:00.05 M 2/11/2012 Sarah Haase
1:02.58 AAAU
1:03.75 AAAC

Good Counsel

Name	Yr	School	Prelim Time	Finals Time
Championship 1 Karp, Sienna 29.11 32.14	SR	Walter Johnson High School	1:02.81	1:01.25 AAAU
2 Wu, Joyce 30.81 33.56	SR	The Holton-Arms School	1:04.82	1:04.37

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Championship ... (Event 22 Girls 100 Yard Breaststroke)

Name	Yr	School	Prelim Time	Finals Time
3 House, Cameron 30.30 34.50	SO	Stone Ridge	1:05.36	1:04.80
4 Bu, Catherine 30.84 34.10	FR	Winston Churchill Swim/Dive	1:05.40	1:04.94
5 Li, Anna 30.52 34.82	SR	Poolesville High School	1:06.43	1:05.34
6 Bartholomew, Isla 30.80 34.85	SO	Walter Johnson High School	1:04.72	1:05.65
7 Kirby, Ashley 30.86 34.89	SR	St. Paul VI High School	1:04.85	1:05.75
8 Weinberg, Brookelynn 31.45 34.71	SR	Our Lady of Good Counsel	1:06.76	1:06.16
9 Bajwa, Elisabeth 31.04 35.91	SR	Brookewood School	1:05.79	1:06.95
10 Arias, Samantha Mae 31.36 36.15	FR	Gaithersburg High School	1:06.83	1:07.51

Consolation

11 Lantry, Emma 30.69 35.65	JR	Einstein High School	1:07.15	1:06.34
12 O'Hara, Megan 30.95 35.45	SO	Magruder High School	1:07.16	1:06.40
13 Yanes, Giselle 32.16 34.91	SO	Magruder High School	1:07.23	1:07.07
14 Moore, Mimi 31.27 35.92	SO	Montgomery Blair	1:06.84	1:07.19
15 Katz, Rachel 32.12 35.68	JR	Quince Orchard High School	1:07.67	1:07.80
16 Williams, Jill 32.72 35.69	FR	Sherwood Warriors	1:08.79	1:08.41
17 Fleck, Kristina 32.75 36.08	SO	Walt Whitman High School	1:08.12	1:08.83
18 Alguard, Kiana 32.44 36.70	SO	Richard Montgomery High Schoc	1:08.99	1:09.14
19 Darcey, Lily 32.56 37.40	SR	The Holton-Arms School	1:09.36	1:09.96
20 Zhang, Clara Ann 32.72 37.74	SR	Wootton High School	1:10.04	1:10.46

Event 22 Girls 100 Yard Breaststroke

METROS: 1:00.05 M 2/11/2012 Sarah Haase
1:02.58 AAAU
1:03.75 AAAC

Good Counsel

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Karp, Sienna 30.23 32.58	SR	Walter Johnson High School	1:03.28	1:02.81 qAAAC
2 Bartholomew, Isla 30.76 33.96	SO	Walter Johnson High School	1:04.97	1:04.72 q
3 Wu, Joyce 30.57 34.25	SR	The Holton-Arms School	1:04.13	1:04.82 q
4 Kirby, Ashley 30.97 33.88	SR	St. Paul VI High School	1:04.98	1:04.85 q

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Preliminaries ... (Event 22 Girls 100 Yard Breaststroke)

	Name	Yr	School	Seed Time	Prelim Time	
5	House, Cameron 30.50 34.86	SO	Stone Ridge	1:04.34	1:05.36	q
6	Bu, Catherine 31.28 34.12	FR	Winston Churchill Swim/Dive	1:05.31	1:05.40	q
7	Bajwa, Elisabeth 30.86 34.93	SR	Brookewood School	1:06.37	1:05.79	q
8	Li, Anna 31.19 35.24	SR	Poolesville High School	1:06.73	1:06.43	q
9	Weinberg, Brookelynn 31.31 35.45	SR	Our Lady of Good Counsel	1:08.53	1:06.76	q
10	Arias, Samantha Mae 31.12 35.71	FR	Gaithersburg High School	1:10.50	1:06.83	q
11	Moore, Mimi 31.63 35.21	SO	Montgomery Blair	1:09.20	1:06.84	q
12	Lantry, Emma 31.37 35.78	JR	Einstein High School	1:07.18	1:07.15	q
13	O'Hara, Megan 31.42 35.74	SO	Magruder High School	1:07.40	1:07.16	q
14	Yanes, Giselle 31.99 35.24	SO	Magruder High School	1:08.58	1:07.23	q
15	Katz, Rachel 31.90 35.77	JR	Quince Orchard High School	1:08.41	1:07.67	q
16	Fleck, Kristina 32.33 35.79	SO	Walt Whitman High School	1:08.76	1:08.12	q
17	Williams, Jill 32.72 36.07	FR	Sherwood Warriors	1:10.33	1:08.79	q
18	Alguard, Kiana 32.12 36.87	SO	Richard Montgomery High Schoc	1:08.14	1:08.99	q
19	Darcey, Lily 32.37 36.99	SR	The Holton-Arms School	1:09.01	1:09.36	q
20	Zhang, Clara Ann 32.83 37.21	SR	Wootton High School	1:09.50	1:10.04	q
21	Steves, Madeleine 33.10 37.02	FR	Potomac School Swim Team	1:11.28	1:10.12	
22	Csokmay, Audrey 32.97 37.19	SR	Richard Montgomery High Schoc	1:08.49	1:10.16	
23	Albert, Katherine 32.62 37.59	23	National Cathedral School	1:10.88	1:10.21	
24	Rogers, Lily 32.82 37.58	FR	The Holton-Arms School	1:09.56	1:10.40	
25	Stoudt, Kaitlyn 33.22 37.55	JR	Northwest High School	1:11.16	1:10.77	
26	Feltrin, Isadora 33.54 37.35	FR	Magruder High School	1:12.88	1:10.89	
27	Miller, Kate 32.55 38.48	SO	Our Lady of Good Counsel	1:08.49	1:11.03	
28	Yang, Julie 33.91 37.43	FR	Walt Whitman High School	1:10.09	1:11.34	
29	Gebre, Azmera 33.73 37.64	JR	Maret School	1:12.51	1:11.37	

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
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Preliminaries ... (Event 22 Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Prelim Time
30 Morse, Victoria 33.28 38.32	SO	Bethesda-Chevy Chase HS	1:10.20	1:11.60
31 Gravell, Kylie 34.16 37.62	FR	Sherwood Warriors	1:11.56	1:11.78
32 Haines, Erin 33.76 38.09	SR	Our Lady of Good Counsel	1:07.20	1:11.85
33 Andrews, Lily 33.74 38.14	SO	Walter Johnson High School	1:12.60	1:11.88
34 Yetter, Felicity 33.56 38.33		St. John's College High School	1:11.55	1:11.89
35 Lawler, Shannon 33.67 38.30	SR	Montgomery Blair	1:12.10	1:11.97
36 Watkins, Caroline 33.35 38.74	FR	The Holton-Arms School	1:13.09	1:12.09
37 Desbrow, Bailey 33.96 38.47	FR	Northwest High School	1:14.15	1:12.43
38 Decatur, Selah 33.86 38.64	JR	Our Lady of Good Counsel	1:14.45	1:12.50
39 Grahl, Sophie 34.21 39.92	FR	Academy OF The Holy Cross	1:13.92	1:14.13
40 Johnson, Mia 34.50 39.79	SO	Bishop McNamara High School	1:14.74	1:14.29
41 Li, Bojie 36.34 37.99	JR	Winston Churchill Swim/Dive	1:14.21	1:14.33
42 Seo, Lina 34.75 39.63	FR	Wootton High School	1:14.53	1:14.38
43 Wong, Lydia 35.36 39.73	JR	Poolesville High School	1:13.37	1:15.09
44 Haughton, Minjae 35.29 40.01	SO	Clarksburg High School	1:14.09	1:15.30
45 Marks, Sophia 36.40 39.77	SR	Quince Orchard High School	1:14.69	1:16.17
46 Evans, Emily 37.42 43.09	JR	Stone Ridge	1:13.61	1:20.51
--- Yu, Allison No Show Penalty Event	SR	Wootton High School	1:11.16	DQ

Event 24 Girls 400 Yard Freestyle Relay

METROS: 3:24.25 M 2/7/2020 Stone Ridge Stone Ridge
M Higgins, E Chen, E Sun, P Bacon
3:27.49 AAAU
3:30.90 AAAC

Team	Relay	Prelim Time	Finals Time
Championship			
1 Stone Ridge		3:24.26	3:22.97 M AAAU
1) Sun, Eleanor SR 24.36 50.63 25.19	2) LeFavre, Darby SR 52.95 24.32 51.38	3) Webb, Addison FR 22.67 48.01	4) Gemmell, Erin SR
2 Bethesda-Chevy Chase HS		3:27.16	3:27.79 AAAC
1) Hinds, Virginia FR 24.88 52.12 24.23	2) Allen, Nina SR 51.66 24.74 52.54	3) Hammond, Hailey FR 24.50 51.47	4) Brindle, Devin SR
3 Richard Montgomery High S		3:30.23	3:28.64 AAAC
1) Venditti, Livia JR 25.00 52.34 25.23	2) Schwieters, Julie SO 53.52 25.35 53.15	3) Mitchum, Anna SO 23.48 49.63	4) Eliason, Sarah JR

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS**

Results

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

Team	Relay	Prelim Time	Finals Time
4 Walter Johnson High School		3:30.69	3:31.03
1) Morgan, Healey JR	2) Conze, Maren SR	3) Bartholomew, Isla SO	4) Simmons, Madeleine SO
25.01 52.48 24.61	51.17 25.56 54.16	25.08 53.22	
5 Winston Churchill Swim/Div		3:34.48	3:34.74
1) Miller, Kelsie SR	2) Hu, Angelica JR	3) Bu, Catherine FR	4) Yang, Georgia SR
26.06 54.24 25.10	53.78 25.82 54.25	25.25 52.47	
6 Magruder High School		3:37.71	3:36.78
1) Webb, Maria SO	2) Webb, Natalie SR	3) O'Hara, Megan SO	4) Dean, Skylar FR
25.70 53.42 26.19	54.16 25.93		
7 The Holton-Arms School		3:36.43	3:37.34
1) Wang, Josephina SR	2) Thomas, Nadia JR	3) Alisbah, Lindsay JR	4) Watts, Courtney SR
26.09 54.67 25.76	54.24 26.22 1:02.93	17.34 45.50	
8 Poolesville High School		3:39.89	3:39.35
1) Li, Anna SR	2) Rook, Maggie Rose SR	3) Ye, Avery SR	4) Huang, Sophie FR
25.77 53.23 26.17	54.78 26.71 56.92	25.65 54.42	
9 Academy OF The Holy Cross		3:38.53	3:41.27
1) Fritz, Delia SR	2) Linck, Elizabeth SO	3) Depman, Megan SO	4) Mongelli, Mary JR
26.70 55.35 25.74	54.84 25.80 55.16	26.42 55.92	
10 Our Lady of Good Counsel		3:38.25	3:41.70
1) Haines, Erin SR	2) Kincaid, Kellie FR	3) Watkins, Celia FR	4) Smith, Madison SR
26.71 56.09 26.36	57.23 25.46 55.57	25.04 52.81	
Consolation			
11 Wootton High School		3:41.97	3:40.88
1) Nishnianidze, Anna FR	2) Scofield, Campbell JR	3) Chang, Charlotte FR	4) Erkan, Alara SO
25.96 54.44 25.22	53.22 25.90 55.13	27.33 58.09	
12 Montgomery Blair		3:41.13	3:41.40
1) Gondi, Zoe SO	2) Kwon, Alyssa SO	3) Moore, Mimi SO	4) Ossi, Luciana JR
26.44 56.10 25.50	53.91 26.80 56.72	26.17 54.67	
13 Quince Orchard High School		3:41.99	3:42.27
1) Clark, Lauren SR	2) Monkevich, Madison SR	3) Kim, Madison JR	4) Taylor, Ainsley JR
26.27 54.70 26.77	56.12 26.49 56.95	25.44 54.50	
14 Georgetown Visitation		3:42.98	3:43.15
1) Moschella, Clara JR	2) Carter, Shelby SO	3) DeLuca, Campbell SO	4) McNichols, Inez SR
25.63 53.71 27.24	58.41 26.74 56.79	25.35 54.24	
15 National Cathedral School		3:44.47	3:44.38
1) Albert, Katherine 23	2) Felgenhauer, Willa 25	3) Vickerman, Sofia 26	4) Denney, Ellie 25
26.94 56.08 27.20	57.50 26.19 55.66	26.30 55.14	
16 Walt Whitman High School		3:49.82	3:48.82
1) Khani, Allison SO	2) Han, Bailey FR	3) Memon, Zoya SR	4) Fleck, Kristina SO
27.79 57.78 27.23	58.28 26.21 56.16	27.28 56.60	
17 Sherwood Warriors		3:49.09	3:49.91
1) Caponiti, Adrianna JR	2) Gravell, Kylie FR	3) Smith, Lilian SR	4) Quiroga, Maya FR
27.02 56.88 26.98	56.49 57.45	27.56 59.09	
18 St. Paul VI High School		3:53.40	3:51.75
1) Foley, Kate FR	2) McKinley, Tess JR	3) McKinley, Lilia JR	4) Torrey, Kaitlyn SO
28.15 1:00.45 27.33	1:24.94 30.79	27.01 55.57	
19 Northwest High School		3:51.36	3:51.83
1) Crown, Ella FR	2) Lee, Juliana SO	3) Hanson, Abigail SR	4) Stoudt, Kaitlyn JR
27.46 57.33 27.65	59.63 26.83 59.98	25.95 54.89	
20 Damascus High School		3:52.48	3:52.57
1) Douglas, Hannah SO	2) Hennelly, Samantha FR	3) Beabout, Claire SO	4) Hebert, Sadie SR
27.33 59.07 27.76	59.82 26.68 58.05	26.61 55.63	

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS
Results**

Event 24 Girls 400 Yard Freestyle Relay

METROS: 3:24.25 M 2/7/2020 Stone Ridge

Stone Ridge

M Higgins, E Chen, E Sun, P Bacon

**3:27.49 AAAU
3:30.90 AAAC**

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Stone Ridge		3:25.98	3:24.26 qAAAAU
1) Sun, Eleanor SR	2) LeFaivre, Darby SR	3) Webb, Addison FR	4) Gemmell, Erin SR
24.24 50.47 25.16	52.92 25.05 52.47	22.82 48.40	
2 Bethesda-Chevy Chase HS		3:28.26	3:27.16 qAAAAU
1) Hinds, Virginia FR	2) Allen, Nina SR	3) Hammond, Hailey FR	4) Brindle, Devin SR
24.40 51.36 24.15	51.76 25.09 52.89	15.99 51.15	
3 Richard Montgomery High S		3:33.13	3:30.23 qAAAC
1) Eliason, Sarah JR	2) Mitchum, Anna SO	3) Schwieters, Julie SO	4) Venditti, Livia JR
24.26 51.12 25.40	53.28 25.83 54.29	24.24 51.54	
4 Walter Johnson High School		3:27.47	3:30.69 qAAAC
1) Conze, Maren SR	2) Bartholomew, Isla SO	3) Simmons, Madeleine SO	4) Morgan, Healey JR
24.86 51.91 25.27	54.02 25.26 52.84	24.47 51.92	
5 Winston Churchill Swim/Div		3:35.65	3:34.48 q
1) Miller, Kelsie SR	2) Hu, Angelica JR	3) Bu, Catherine FR	4) Yang, Georgia SR
25.69 53.38 25.39	54.43 25.42 53.57	25.34 53.10	
6 The Holton-Arms School		3:27.49	3:36.43 q
1) Thomas, Nadia JR	2) Alisbah, Lindsay JR	3) Wang, Josephina SR	4) Watts, Courtney SR
26.04 54.15 25.19	53.48 26.30 55.33	25.36 53.47	
7 Magruder High School		3:44.86	3:37.71 q
1) O'Hara, Megan SO	2) Dean, Skylar FR	3) Webb, Natalie SR	4) Webb, Maria SO
26.30 55.18 26.17	54.82 26.44 54.58	25.26 53.13	
8 Our Lady of Good Counsel		3:38.74	3:38.25 q
1) Smith, Madison SR	2) Kincaid, Kellie FR	3) Watkins, Celia FR	4) Haines, Erin SR
25.77 55.65 24.25	53.21 26.30 54.43	25.88 54.96	
9 Academy OF The Holy Cross		3:41.92	3:38.53 q
1) Fritz, Delia SR	2) Linck, Elizabeth SO	3) Depman, Megan SO	4) Mongelli, Mary JR
26.77 55.69 25.19	53.30 25.32 53.98	26.33 55.56	
10 Poolesville High School		3:37.22	3:39.89 q
1) Li, Anna SR	2) Rook, Maggie Rose SR	3) Ye, Avery SR	4) Huang, Sophie FR
25.92 54.01 25.68	53.68 26.74 57.07	26.27 55.13	
11 Montgomery Blair		3:46.74	3:41.13 q
1) Moore, Mimi SO	2) Gondi, Zoe SO	3) Kwon, Alyssa SO	4) Ossi, Luciana JR
26.73 56.51 25.93	55.18 25.59 54.06	26.11 55.38	
12 Wootton High School		3:31.95	3:41.97 q
1) Nishnianidze, Anna FR	2) Chang, Charlotte FR	3) Erkan, Alara SO	4) Scofield, Campbell JR
25.46 53.43 17.90	55.92 27.42 59.81	24.17 52.81	
13 Quince Orchard High School		3:41.09	3:41.99 q
1) Clark, Lauren SR	2) Monkevich, Madison SR	3) Kim, Madison JR	4) Taylor, Ainsley JR
25.95 54.54 26.22	55.79 26.22 56.16	25.78 55.50	
14 Georgetown Visitation		3:40.67	3:42.98 q
1) Moschella, Clara JR	2) Carter, Shelby SO	3) DeLuca, Campbell SO	4) McNichols, Inez SR
25.16 53.01 27.27	57.98 26.98 57.05	25.91 54.94	
15 National Cathedral School		3:49.99	3:44.47 q
1) Albert, Katherine 23	2) Vickerman, Sofia 26	3) Felgenhauer, Willa 25	4) Denney, Ellie 25
27.06 56.28 27.00	57.70 26.37 55.93	25.80 54.56	

**2023 WASHINGTON METROPOLITAN INTERSCHOLASTIC
SWIMMING AND DIVING CHAMPIONSHIPS**

Results

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

Team	Relay						Seed Time		Prelim Time
16 Sherwood Warriors							3:52.19		3:49.09 q
1) Caponiti, Adrianna JR	2) Gravell, Kylie FR		3) Smith, Lilian SR		4) Quiroga, Maya FR				
26.42 55.23 27.00	56.86	26.81	58.68	27.05	58.32				
17 Walt Whitman High School							3:40.95		3:49.82 q
1) Khani, Allison SO	2) Han, Bailey FR		3) Memon, Zoya SR		4) Fleck, Kristina SO				
27.79 58.04 27.37	58.06	26.99	57.48	26.82	56.24				
18 Northwest High School							3:50.59		3:51.36 q
1) Crown, Ella FR	2) Lee, Juliana SO		3) Hanson, Abigail SR		4) Stoudt, Kaitlyn JR				
26.88 56.50 27.82	59.86	26.36	59.67	26.23	55.33				
19 Damascus High School							3:34.13		3:52.48 q
1) Douglas, Hannah SO	2) Hennelly, Samantha FR		3) Beabout, Claire SO		4) Hebert, Sadie SR				
27.39 59.23 27.09	59.36	26.70	58.51	25.88	55.38				
20 St. Paul VI High School							3:39.76		3:53.40 q
1) Foley, Kate FR	2) McKinley, Tess JR		3) McKinley, Lilia JR		4) Torrey, Kaitlyn SO				
28.20 1:00.82 27.94	1:25.84		30.84	26.57	55.90				
21 Einstein High School							3:40.25		3:57.56
1) Sheldon, Olivia JR	2) Landa, Sophia JR		3) Turk, Caitlin SR		4) Rubin, Sonya JR				
28.41 1:00.13 28.00	59.88	28.38	59.84	27.11	57.71				
22 Bullis School							3:51.96		3:59.24
1) Vinal, Clare JR	2) Norman, Clarke SR		3) Mathes, Maya SR		4) Phillips, Kyla SR				
27.57 59.08 27.47	1:12.83	15.95	48.83	27.50	58.50				
23 Gaithersburg High School							4:11.24		3:59.44
1) Arias, Samantha Mae FR	2) Turner, Emily JR		3) Halling, Samantha SR		4) Najarro, Isabella SO				
27.11 57.84 28.50	1:30.49	32.09							
24 Bishop McNamara High Schc							3:58.70		4:00.20
1) Johnson, Mia SO	2) Allbritton, Jada SO		3) Poole, Ezmeralda SO		4) Smith, Charlotte SO				
27.65 59.17 27.25	58.06	29.50	1:03.48	28.05	59.49				
25 Blake Bengals							4:03.47		4:03.36
1) Trang, Kimberley 9	2) Ryan, Samantha 11		3) Yu, Joyce 12		4) Dworak, Andrea 10				
28.31 1:00.36 30.72	1:06.96	29.58	1:04.38	24.63	51.66				
26 Clarksburg High School							4:05.88		4:05.25
1) Mei, Tiffany SO	2) Pham, Dulcie SR		3) Mei, Danica SR		4) Haughton, Minjae SO				
28.59 1:01.04 28.09	1:01.47	28.95	1:02.99	27.85	59.75				
27 St. John's College High Schoc							3:50.33		4:05.68
1) Fayyad, Zoe	2) Dominski, Izzy		3) Yetter, Felicity		4) Alcantara, Breana				
28.23 59.35 29.29	1:03.87	28.79	1:01.41	28.05	1:01.05				
28 Paint Branch High School							4:12.56		4:07.02
1) Shah, Amara SO	2) Liewehr, Victoria JR		3) Nguyen, Vivian FR		4) Tran, Melissa JR				
28.42 59.45 29.90	1:10.11	22.81	56.57	28.58	1:00.89				
29 Springbrook High School							4:09.90		4:09.55
1) Egwim, Tiffany FR	2) Iscoa, Desi FR		3) Calderon, Scout JR		4) Salazar-Aparicio, Rachel JR				
28.05 1:29.90 36.24	1:06.31	38.88							
30 Rockville High School							4:02.97		4:11.18
1) Henry, Paige FR	2) Feldman, Cheyanne FR		3) Ezzaki, Maha SO		4) Estrada, Illiana SR				
27.22 57.18 29.81	1:03.74	30.32	1:18.94	17.29	51.32				
31 Wheaton High School							4:09.00		4:30.50
1) Hooker, Cora SO	2) Anderson, Melina		3) Beltran, Gabriela SR		4) Walker, Lily JR				
31.34 1:06.52 33.76	1:11.55	31.93	1:08.44	30.18	1:03.99				