

# BOYS SWIMMING AND DIVING

## Team Champions

(champion, runner-up)

### AAA

2012	Frank W. Cox	246.0	Oakton	168.0
2011	Westfield	238.0	Frank W. Cox	215.5
2010	Oakton	202.0	Langley	173.0
2009	James Robinson	206.0	James Madison	156.5
2008	James Robinson	241.0	Oakton	213.0
2007	James Robinson	274.0	Oakton	158.0
2006	James Robinson	283.0	Lake Braddock	177.0
2005	James Robinson	300.0	Lake Braddock	188.0
2004	James Robinson	274.0	Lake Braddock	192.0
2003	James Robinson	239.0	Menchville	180.0
2002	Thomas Jefferson S&T	187.0	Menchville	185.0
2001	Cave Spring	179.5	Menchville	170.0
2000	Cave Spring	188.0	South Lakes	183.0
1999	South Lakes	286.5	Menchville	218.5
1998	Kempsville	253.0	South Lakes	245.0
1997	Thomas Jefferson S&T	216.0	South Lakes	181.0

### AA/A

2012				
2011	Brentsville District	236.0	Hidden Valley	217.0
2010	Brentsville District	206.0	Hidden Valley	201.0
2009	Lafayette	216.0	Jamestown	213.0
2008	Jamestown	248.0	Lafayette	228.0
2007	Jamestown	329.5	Lafayette	216.0
2006	Jamestown	301.0	Lafayette	230.0
2005	Tabb	273.0	Hidden Valley	254.0
2004	Hidden Valley	289.0	Jamestown	268.0
2003	Tabb	292.0	Jamestown	267.0
2002	Tabb	291.5	Blacksburg	232.0
2001	Jamestown	280.5	Lafayette	275.0
2000	Lafayette	285.0	Jamestown	236.0

## Individual Champions

### AAA

#### 200 Medley Relay

2012	Frank W. Cox	1:33.78
2011*	Westfield	1:47.13
2010*	Langley	1:45.38
2009	James Robinson	1:36.24
2008	Oakton	1:34.85
2007*	James Robinson	1:48.65
2006	Herndon	1:37.82
2005	James Robinson	1:38.57
2004	James Robinson	1:37.34
2003*	Menchville	1:49.18
2002	Thomas Jefferson S&T	1:38.61
2001	Menchville	1:38.71

2000	Oakton	1:38.49
1999	Menchville	1:38.72
1998*	Kempsville	1:49.12
1997	Mount Vernon	1:38.75

#### 200 Freestyle

2012	Cyrus Hashemi	George C. Marshall	1:39.83
2011*	Cyrus Hashemi	George C. Marshall	1:52.36
2010*	Bradley Phillips	Oakton	1:51.60
2009	Bradley Phillips	Oakton	1:40.62
2008	John Schnittker	James Madison	1:40.29
2007*	Cameron Gledhill	McLean	1:53.01
2006	Drew Finelli	James Robinson	1:41.59
2005	Drew Finelli	James Robinson	1:44.44
2004	Drew Finelli	James Robinson	1:44.55
2003*	Chris Meleski	South Lakes	1:53.56
2002	Chris Meleski	South Lakes	1:41.79
2001	Chris Meleski	South Lakes	1:43.13
2000	Chris Bassler	Thomas Jefferson	1:43.54
1999	Marc Severin	South Lakes	1:42.72
1998*	Greg Long	South Lakes	1:54.74
1997	Brett Cline	Warwick	1:41.62

#### 200 Individual Medley

2012	Andrew Seliskar	Thomas Jefferson	1:49.83
2011*	Chuck Katis	Langley	2:02.83
2010*	KJ Park	Oakton	2:04.40
2009	David Kiss	Thomas Edison	1:51.72
2008	Jonathan Christensen	Thomas Jefferson	1:53.01
2007*	Andy Brake	Lake Braddock	2:05.53
2006	Andy Brake	Lake Braddock	1:54.07
2005	Zachary Hayden	Stonewall Jackson	1:53.99
2004	John Hutchison	West Springfield	1:55.95
2003*	Brett MacLennan	Gar-Field	2:05.62
2002	Mike Ott	Oakton	1:53.61
2001	Matt Ott	Oakton	1:54.44
2000	Markus Rogan	Mt. Vernon	1:52.66
1999	Greg Long	South Lakes	1:53.73
1998*	Marc Severin	South Lakes	2:08.08
1997	Marc Severin	South Lakes	1:55.76

#### 50 Freestyle

2012	Wesley Francis	Frank W. Cox	21.11
2011*	Wesley Francis	Frank W. Cox	23.71
2010*	Joey Kelly	Fairfax	23.67
2009	Robbie Parker	James Madison	20.88
2008	Geoff Bobsin	James Robinson	21.34
2007*	Zach Holmes	James Robinson	23.84
2006	Zach Holmes	James Robinson	21.28
2005	Steve Scheren	James Robinson	21.07
2004	Steve Scheren	James Robinson	21.14
2003*	Michael Balint	Thomas Jefferson S&T	24.10
2002	Casey Moore	Great Bridge	21.66
2001	Joel Cross	Bethel	21.06

2000	Mike Sihler	Oakton	21.45	1998*	Greg Long	South Lakes	4:00.99
1999	Matt Morrisette	Frank W. Cox	21.69				
1998*	John McLaren	Kempsville	23.80	<b>200 Freestyle Relay</b>			
1997	Jon Lowell	Lake Braddock	21.35	2012	Frank W. Cox		1:24.85
				2011*	Frank W. Cox		1:35.47
<b>100 Butterfly</b>				2010*	W.T. Woodson		1:36.59
2012	Andrew Seliskar	Thomas Jefferson	59.64	2009	James Madison		1:25.43
2011*	Kurtis Ratcliff	Westfield	56.20	2008	James Robinson		1:25.89
2010*	Nick Tremols	Battlefield	56.24	2007*	James Robinson		1:37.08
2009	Sean Fletcher	James Madison	47.08	2006	James Robinson		1:27.91
2008	Sean Fletcher	James Madison	48.97	2005	James Robinson		1:28.12
2007*	Sean Fletcher	James Madison	56.1	2004	James Robinson		1:27.57
2006	Zack Wise	R.E. Lee, Springfield	50.26	2003*	James Robinson		1:39.93
2005	Ian deToll	Culpeper County	50.76	2002	Thomas Jefferson S&T		1:28.94
2004	J.B. Walsh	Ocean Lakes	50.70	2001	Mount Vernon		1:29.51
2003*	J.B. Walsh	Ocean Lakes	56.54	2000	Oakton		1:27.16
2002	Peter Verhoef	Warwick	50.01	1999	South Lakes		1:27.70
2001	Josh Fulton	Menchville	50.14	1998*	South Lakes		1:37.20
2000	Adam Orton	South Lakes	49.95	1997	West Springfield		1:28.04
1999	Adam Orton	South Lakes	50.12				
1998*	Matt Morrisette	Frank Cox	56.42	<b>100 Backstroke</b>			
1997	Matt Morrisette	Frank Cox	52.49	2012	Stephen Seliskar	Thomas Jefferson	50.08
				2011*	Charlie Putnam	McLean	56.74
<b>100 Freestyle</b>				2010*	Josh Friedel	Mountain View	56.89
2012	Cyrus Hashemi	George C. Marshall	45.39	2009	Michael Hallock	Oakton	50.33
2011*	C.J. Fiala	Westfield	51.74	2008	Sean Fletcher	James Madison	51.54
2010*	Joey Kelly	Fairfax	52.09	2007*	Wade Gong	Thomas Jefferson	59.00
2009	Sean Fletcher	James Madison	45.58	2006	Jimmy McLaughlin	Herndon	51.63
2008	Tim Wingert	James Robinson	45.56	2005	Nick Loyd	Stafford	51.99
2007*	Zach Holmes	James Robinson	51.76	2004	John Lyles	Lake Braddock	52.42
2006	Zachary Hayden	Stonewall Jackson	46.49	2003*	Brett MacLennan	Gar-Field	58:16
2005	Steve Scheren	James Robinson	45.59	2002	Alan Fishman	JEB Stuart	52.16
2004	Steve Scheren	James Robinson	46.09	2001	Josh Fulton	Menchville	51.06
2003*	Mike Ott	Oakton	52.68	2000	Markus Rogan	Mt. Vernon	50.20
2002	Mike Ott	Oakton	47.24	1999	Adam Orton	South Lakes	51.76
2001	Mike Anstrom	Braddock	46.60	1998*	Chris Mousetis	Woodside	58.68
2000	Mike Ott	Oakton	47.49		Ryan Buckham	Thomas Jefferson S&T	
1999	Marc Severin	South Lakes	46.96	1997	Markus Rogan	Mount Vernon	52.73
1998*	Matt Brado	R.E. Lee	52.28				
1997	Jon Lowell	Lake Braddock	46.41	<b>100 Breaststroke</b>			
				2012	Austin Temple	Frank W. Cox	57.04
<b>500 Freestyle</b>				2011*	Chuck Katis	Langley	1:02.85
2012	Christian Vivadelli	Maggie Walker	4:32.68	2010*	KJ Park	Oakton	1:03.59
2009	Matt Benecki	Chantilly	4:25.72	2009	Stephen Richards	Langley	57.15
2008	Matt Benecki	Chantilly	4:30.16	2008	Derek Bui	James Robinson	57.34
2007*	Bryan Uncur	Hickory	5:05.34	2007*	Derek Bui	James Robinson	1:04.03
2006	Alex Anderson	James Madison	4:30.57	2006	Derek Bui	James Robinson	57.69
2005	Drew Finelli	James Robinson	4:34.83	2005	Zachary Hayden	St. Jackson	58.19
2004	Alex Anderson	James Madison	4:37.85	2004	Russell Smyth	Culpeper County	58.75
2003*	Chris Meleski	South Lakes	5:09.00	2003*	Andy Pelenberg	Annandale	1:05.82
2002	Chris Meleski	South Lakes	4:36.40	2002	Rick Eddy	Westfield	58.14
2001	Tim Norton	Kempsville	4:40.94	2001	Rick Eddy	Westfield	57.89
2000	Chris Bassler	Thomas Jefferson	4:40.75	2000	Rick Eddy	Chantilly	58.57
1999	Greg Long	South Lakes	4:39.97	1999	Conrad Mapp	Frank Cox	59.00
1997	Greg Long	South Lakes	4:42.16	1998*	Ed Moses	Lake Braddock	1:03.35
				1997	Ed Moses	Lake Braddock	58.98
<b>400 Freestyle</b>				<b>400 Freestyle Relay</b>			
2011*	Gregory Stoffa	Osborn Park	3:57.84	2012	Chantilly		3:09.72
2010*	Bradley Phillips	Oakton	3:54.88				

2011*	Westfield	3:32.56
2010*	Oakton	3:31.44
2009	James Madison	3:06.81
2008	James Robinson	3:08.20
2007*	James Robinson	3:32.98
2006	James Robinson	3:11.83
2005	James Robinson	3:12.98
2004	James Robinson	3:16.07
2003*	Menchville	3:35.83
2002	Menchville	3:12.92
2001	South Lakes	3:15.61
2000	Mt. Vernon	3:13.11
1999	South Lakes	3:08.23
1998*	South Lakes	3:34.18
1997	South Lakes	3:15.32

### 1-Meter Diving

2012	Cory Bowersox	James Robinson	551.00
2011	Carl Buergler	Washington-Lee	510.55
2010	Cory Bowersox	James Robinson	540.25
2009	Cory Bowersox	James Robinson	504.65
2008	Bryan Bahr	Mount Vernon	454.05
2007	Daniel Martin	W.T. Woodson	481.05
2006	Michael McDonald	W.T. Woodson	519.15
2005	Mike Papageorge	James Robinson	502.56
2004	Mike McDonald	W. T. Woodson	476.70
2003	Scott Hudson	Lake Braddock	440.37
2002	Andrew Barber	Marshall	497.37
2001	Andy Bradley	James Robinson	528.55
2000	Andrew Barber	George Marshall	478.53
1999	Stephen Krebs	W. T. Woodson	495.50
1998	Stephen Krebs	W. T. Woodson	482.00
1997	Stephen Krebs	W. T. Woodson	470.95

\* events measured in meters rather than yards;  
meet staged at Princess Anne Recreation Center

## Individual Champions

### AA/A

#### 200 Medley Relay

2011	Hidden Valley	1:36.94
2010	Hidden Valley	1:40.05
2009	Lafayette	1:37.03
2008	Brentsville District	1:37.47
2007	Lafayette	1:38.53
2006	Lafayette	1:38.81
2005	Tabb	1:38.79
2004	Hidden Valley	1:39.96
2003	Tabb	1:40.11
2002	Tabb	1:36.87
2001	Tabb	1:38.54
2000	Jamestown	1:41.19

#### 200 Freestyle

2011	Caleb Williams	Jefferson Forest	1:42.56
2010	Austin Criss	Salem	1:42.42
2009	Seth Wensel	Christiansburg	1:39.09
2008	Seth Wensel	Christiansburg	1:40.99
2007	Andy Mears	Potomac Falls	1:42.50

2006	Matt McLean	Potomac Falls	1:40.30
2005	Matt McLean	Potomac Falls	1:39.96
2004	Lee Robertson	Waynesboro	1:44.31
2003	Tommy Evans	Blacksburg	1:42.90
2002	Tommy Evans	Blacksburg	1:43.16
2001	John Hartman	Jamestown	1:45.29
2000	Tommy Evans	Blacksburg	1:48.38

#### 200 Individual Medley

2011	Alex Vance	Hidden Valley	1:51.56
2010	Mark Sarman	Broad Run	1:54.30
2009	Evan Gregg	Blacksburg	1:48.29
2008	Todd McGraw	William Byrd	1:51.26
2007	Evan Gregg	Blacksburg	1:54.85
2006	Scott Harkins	Lafayette	1:56.50
2005	John Kegelman	Tabb	1:57.36
2004	Austin Fiehler	Jamestown	1:56.64
2003	Tim Kegelman	Tabb	1:53.61
2002	Tim Kegelman	Tabb	1:55.34
2001	Bobby Huneycutt	Jamestown	1:58.51
2000	Kenny Flory	Liberty-Beaeton	1:57.74

#### 50 Freestyle

2011	Ryan Dunne	Brentsville District	21.36
2010	Luke Munson	Cave Spring	21.80
2009	Daniel Foky	Charlottesville	21.12
2008	Evan Gregg	Blacksburg	21.18
2007	Stephen Hawkins	Jefferson Forest	20.84
2006	Andy Arey	Turner Ashby	21.87
2005	David Walters	Tabb	20.73
2004	William Copeland	Rockbridge Co.	20.97
2003	William Copeland	Rockbridge Co.	21.77
2002	Jon Keefe	Tabb	21.52
2001	Tim Kegelman	Tabb	21.79
2000	Will Powell	Poquoson	22.05

#### 100 Butterfly

2011	Mark Sarman	Broad Run	50.12
2010	Mark Sarman	Broad Run	51.23
2009	Jon Keltner	Jamestown	50.67
2008	Matt Baumler	Lafayette	50.91
2007	Matt Baumler	Lafayette	52.08
2006	Jordan Anderson	Hidden Valley	50.70
2005	Jordan Anderson	Hidden Valley	49.72
2004	Jordan Anderson	Hidden Valley	50.31
2003	Tim Kegelman	Tabb	51.21
2002	Lyle Babcock	Tabb	51.05
2001	Lyle Babcock	Tabb	50.97
2000	Lyle Babcock	Tabb	51.33

#### 100 Freestyle

2011	Ryan Dunne	Brentsville District	46.65
2010	Carter Watson	Jefferson Forest	46.59
2009	Evan Gregg	Blacksburg	44.63
2008	Evan Gregg	Blacksburg	46.12
2007	Stephen Hawkins	Jefferson Forest	45.52
2006	Andy Mears	Potomac Falls	47.56
2005	Nate Aligood	Rockbridge County	47.23
2004	William Copeland	Rockbridge County	46.14

2003	Tommy Evans	Blacksburg	47.06	2000	Aaron Nester	Lafayette	59.47
2002	Tommy Evans	Blacksburg	46.91	<b>400 Freestyle Relay</b>			
2001	Drew Pittman	Lafayette	47.94	2011	Jefferson Forest		3:10.75
2000	Aaron Mabery	Brookville	48.41	2010	Jefferson Forest		3:14.88
<b>500 Freestyle</b>				2009	Brentsville District		3:15.78
2011	Kemp Pettyjohn	Brookville	4:35.14	2008	Jamestown		3:13.26
2010	Kemp Pettyjohn	Brookville	4:39.96	2007	Jamestown		3:15.55
2009	Seth Wensel	Christiansburg	4:34.69	2006	Hidden Valley		3:12.97
2008	Todd McGraw	William Byrd	4:33.45	2005	Tabb		3:10.65
2007	Alexander Morres	Brentsville District	4:44.63	2004	Rockbridge County		3:14.41
2006	Matt McLean	Potomac Falls	4:36.00	2003	Tabb		3:15.38
2005	David Walters	Tabb	4:31.74	2002	Blacksburg		3:16.39
2004	Tyler Bradshaw	Salem	4:44.34	2001	Tabb		3:14.79
2003	David Walters	Tabb	4:43.84	2000	Tabb		3:23.56
2002	Anthony Chung	Poquoson	4:46.35	<b>1-Meter Diving</b>			
2001	Bobby Huneycutt	Jamestown	4:51.51	2011	Ryan Antal	Jamestown	426.20
2000	Chris Malone	Brookville	4:53.24	2010	Evan Walter	Jamestown	378.60
<b>200 Freestyle Relay</b>				2009	Ben Davidson	Jamestown	378.40
2011	Brentsville District		1:27.43	2008	Ben Davidson	Jamestown	367.25
2010	Broad Run		1:29.09	2007	Mike Newcomb	Jamestown	342.45
2009	Lafayette		1:28.10	2006	Mike Newcomb	Jamestown	348.70
2008	Lafayette		1:27.91	2005	Patrick Russell	Jamestown	356.80
2007	Lafayette		1:28.40	2004	Neil Hebbert	Virginia	308.70
2006	Lafayette		1:28.90	2003	Stephen Lepsche	Tabb	255.50
2005	Lafayette		1:28.03	2002	Paul Sebring	Charolttesville	243.90
2004	Rockbridge County		1:27.87	2001	Sean Carlton	Charlottesville	347.45
2003	Blacksburg		1:29.68	2000	Eran Martin	Virginia	364.90
2002	Tabb		1:28.18	<b>State Meet Records</b>			
2001	Lafayette		1:31.17	<b>AAA</b>			
2000	Tabb		1:31.88	* events measured in meters rather than yards; meet staged at Princess Anne Recreation Center; # NFHS National Record			
<b>100 Backstroke</b>				<b>200-yard Medley Relay</b>			
2011	Ben Colley	Lafayette	50.07	2012	Frank W. Cox		1:33.78
2010	Ben Colley	Lafayette	51.96	(Nate Dacruz, Austin Temple, Carson Black, Wesley Francis)			
2009	Jon Keltner	Jamestown	51.87	<b>200-meter Medley Relay</b>			
2008	Alvaro Vega	Waynesboro	52.00	2010*	Langley		1:45.38
2007	Matt Baumler	Lafayette	51.75	<b>200-yard Freestyle</b>			
2006	Matt Baumler	Lafayette	53.40	22012	Cyrus Hashemi	George Marshall	1:39.83
2005	Kyle Kammer	Lafayette	53.42	<b>200-meter Freestyle</b>			
2004	John Kegelman	Tabb	54.57	2010*	Bradley Phillips	Oakton	1:51.60
2003	Josh Fowler	Jamestown	54.16	<b>200-yard Individual Medley</b>			
2002	Stephen Shomberger	Courtland	52.93	2012	Andrew Seliskar	Thomas Jefferson	1:49.83
2001	John Hartmann	Jamestown	53.09	<b>200-meter Individual Medley</b>			
2000	Will Powell	Poquoson	53.41	2010*	Chuck Katis	Langley	2:02.83
<b>100 Breaststroke</b>				<b>50-yard Freestyle</b>			
2011	Alex Vance	Hidden Valley	56.60	2009	Robbie Parker	James Madison	20.88
2010	Ben Grove	John Handley	57.43	<b>50-meter Freestyle</b>			
2009	Ben Grove	John Handley	57.77	1998*	John McLaren	Kempsville	23.80
2008	Alexander Morres	Brentsville District	57.79	<b>100-yard Butterfly</b>			
2007	Alexander Morres	Brentsville District	59.42	2009	Sean Fletcher	James Madison	#47.08
2006	Bryan Durazo	Heritage	1:00.20	<b>100-meter Butterfly</b>			
2005	Scott Thacker	Jefferson Forest	59.19	2007*	Sean Fletcher	James Madison	56.13
2004	Tom Maddux	Loudoun Valley	58.37	<b>100-yard Freestyle</b>			
2003	Dale Parker	Massaponax	59.89	2012	Cyrus Hashemi	George C. Marshall	45.39
2002	Tim Kegelman	Tabb	59.35				
2001	Tim Kegelman	Tabb	59.24				

<b>100-meter Freestyle</b>			
2007*	Zach Holmes	James Robinson	51.76
<b>500-yard Freestyle</b>			
2009	Matt Benecki	Chantilly	4:25.72
<b>500-meter Freestyle</b>			
2007*	Bryan Uncur	Hickory	5:05.34
<b>400-meter Freestyle</b>			
2010*	Bradley Phillips	Oakton	3:54.88
<b>200-yard Freestyle Relay</b>			
2012	Frank W. Cox		1:24.85
	(Ben Hansen, Austin Temple, Dalton Malaby, Wesley Francis)		
<b>200-meter Freestyle Relay</b>			
2011*	Frank W. Cox		1:35.47
	(Reid Moran, Ben Hansen, Dalton Malaby, Wesley Francis)		
<b>100-yard Backstroke</b>			
2012	Stephen Seliskar	Thomas Jefferson	50.08
<b>100-meter Backstroke</b>			
2003*	Brett MacLennan	Gar-Field	58:16
<b>100-yard Breaststroke</b>			
2012	Austin Temple	Frank W. Cox	57.04
<b>100-meter Breaststroke</b>			
1998*	Ed Moses	Lake Braddock	1:03.35
<b>400-yard Freestyle Relay</b>			
2009	James Madison		3:06.81
	(Robbie Parker, Matt Russiello, Adam Pennington, Sean Fletcher)		
<b>400-meter Freestyle Relay</b>			
2010*	Oakton		3:31.44
	(Philip Hu, KJ Park, Chris Megaw, Bradley Phillips)		
<b>1-Meter Diving</b>			
2012	Cory Bowersox	James Robinson	551.00
<b>AA/A</b>			
<b>200 Medley Relay</b>			
2002	Tabb		1:36.87
<b>200 Freestyle</b>			
2009	Seth Wensel	Christiansburg	1:39.09
<b>200 Individual Medley</b>			
2009	Evan Gregg	Blacksburg	1:48.29
<b>50 Freestyle</b>			
2005	David Walters	Tabb	20.73
<b>100 Butterfly</b>			
2005	Jordan Anderson	Hidden Valley	49.72
<b>100 Freestyle</b>			
2009	Evan Gregg	Blacksburg	44.63
<b>500 Freestyle</b>			
2005	David Walters	Tabb	4:31.74
<b>200 Freestyle Relay</b>			
2011	Brentsville District		1:27.43
	(Ryan Dunne, Ben Cumberland, Justin Doye, Nathan Brown)		
<b>100 Backstroke</b>			
2011	Ben Colley	Lafayette	50.07
<b>100 Breaststroke</b>			
2011	Alex Vance	Hidden Valley	56.60
<b>400 Freestyle Relay</b>			
2005	Tabb		3:10.65
<b>1-Meter Diving</b>			
2011	Ryan Antal	Jamestown	426.20

# GIRLS SWIMMING AND DIVING

## Team Champions

(champion, runner-up)

### AAA

2011	Langley	187	Oakton	166
2010	James Robinson	227.5	Langley	166
2009	James Robinson	239.5	Osborn Park	185
2008	Fairfax	268.5	James Robinson	224
2007	Yorktown	249.5	Fairfax	218
2006	Yorktown	185	Fairfax	180
2005	South Lakes	221	Lake Braddock	185
2004	Thomas Jefferson S&T	225	South Lakes	184
2003	Thomas Jefferson S&T	253	South Lakes	163
2002	Thomas Jefferson S&T	259	South Lakes	151
2001	Langley	244	T. Jefferson S&T	185
2000	Langley	360	Centreville	128
			South Lakes	128
1999	Langley	328	West Springfield	152
1998	Langley	275	Cave Spring	142
1997	West Springfield	218	Lafayette	175

### AA

2010	Hidden Valley	285	Western Albemarle	173.5
2009	Hidden Valley	308	Lafayette	182
2008	Lafayette	244	Hidden Valley	226
2007	Lafayette	344	Grafton	180
2006	Lafayette	389	Jamestown	184
2005	Lafayette	334	Tabb	238
2004	Lafayette	267	Tabb	230
2003	Tabb	250	William Byrd	238
2002	Jamestown (tie)	225	Tabb	225
2001	Jamestown	309.5	Tabb	213
2000	Jamestown	273	Charlottesville	248

## Individual Champions

### AAA

\* events measured in meters rather than yards;  
meet staged at Princess Anne Recreation Center

#### 200 Medley Relay

2011*	Oakton	2:00.24
2010*	James Robinson	2:01.90
2009	Fairfax	1:47.62
2008	Fairfax	1:46.27
2007*	Yorktown	2:01.35
2006	Yorktown	1:47.66
2005	South Lake	1:48.31
2004	Thomas Jefferson S&T	1:49.50
2003*	Culpeper County	1:59.05
2002	Patrick Henry - Roanoke	1:50.46
2001	Langley	1:49.75
2000	Langley	1:47.51
1999	Langley	1:50.01

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1998*	Langley	2:04.20
1997	Langley	1:53.41

#### 200 Freestyle

2011*	Audrey Kula	Osborn Park	2:03.16
2010*	Kaitlin Schroeder	Atlee	2:02.95
2009	Rebecca Jones	First Colonial	1:46.32
2008	Rebecca Jones	First Colonial	1:48.45
2007*	Rebecca Jones	First Colonial	2:03.12
2006	Rebecca Jones	First Colonial	1:50.18
2005	Sarah Baker	James Robinson	1:51.05
2004	Sarah Baker	James Robinson	1:50.92
2003*	Jenny Basel	T. Jefferson S&T	2:03.69
2002	Kelly Freeburn	Tallwood	1:52.05
2001	Nicole Somers	Langley	1:52.94
2000	Marshi Smith	W.T. Woodson	1:53.11
1999	Allyson Hamilton,	West Springfield	1:53.30
1998*	Katherine McAdoo,	T.C. Williams	2:08.35
1997	Allyson Hamilton,	West Springfield	1:56.92

#### 200 Individual Medley

2011*	Kaitlin Pawlowicz	Oakton	2:16.06
2010*	Kaitlin Pawlowicz	Oakton	2:16.39
2009	Kaitlin Pawlowicz	Oakton	2:02.79
2008	Ashley Danner	Lake Braddock	2:01.19
2007*	Molly Emery	Lake Braddock	2:22.45
2006	Mei Christensen	South Lakes	2:03.61
2005	Mei Christensen	South Lakes	2:05.28
2004	Emily Verdin	T. Jefferson S&T	2:04.19
2003*	Emily Verdin	T. Jefferson S&T	2:19.87
2002	Emily Verdin	T. Jefferson S&T	2:05.70
2001	Lindsey Ertter	Langley	2:05.77
2000	Lindsey Ertter	Langley	2:05.64
1999	Lindsey Ertter,	Langley	2:07.95
1998*	Lacey Hlavaka,	Hayfield	2:23.23
1997	Stephanie Jenkins,	Kempsville	2:10.90

#### 50 Freestyle

2011*	Janet Hu	Oakton	26.08
2010*	Julianne Phillips	Western Branch	26.57
2009	Amanda Kendall	James Robinson	23.40
2008	Amanda Kendall	James Robinson	23.68
2007*	Amanda Kendall	James Robinson	26.47
2006	Amanda Kendall	James Robinson	23.65
2005	Christine Nichols	W.T. Woodson	24.05
2004	Amber Bialas	Tallwood	23.96
2003*	Clare Wooddall-Gainey	Patrick Henry	26.49
2002	Allision Cameron	James Madison	24.18
2001	Krissy Archer	Hickory	24.18
2000	Lauren Cornet	Langley	23.61
1999	Laura Ullrich,	Centreville	24.44
1998*	Miriam Lynch,	Lake Braddock	27.35
1997	Brandi Stergion,	George Washington	24.26

**100 Butterfly**

2011*	Janet Hu	Oakton	1:01.05
2010*	Kaitlin Pawlowicz	Oakton	1:03.27
2009	Gabrielle Mizerak	Osborn Park	55.02
2008	Suzanne Schwee	Stone Bridge	54.78
2007*	Suzanne Schwee	Stone Bridge	1:02.66
2006	Suzanne Schwee	Stone Bridge	55.43
2005	Hannah Brinks	Atlee	57.25
2004	Yeng Lan Beller	Westfield	55.63
2003*	Yeng Lan Beller	Westfield	1:01.35
2002	Gigi DeToll	Culpeper	56.34
2001	Laura Ullruch	Westfield	56.99
2000	Katherine McAdoo	T.C. Williams	56.83
1999	Cynthia Roller,	Herndon	56.21
1998*	Bridget Mallon,	Washington-Lee	1:04.06
1997	Bridget Mallon,	Washington-Lee	58.56

**100 Freestyle**

2011	Julianne Phillips	Western Branch	57.18
2010*	Julianne Phillips	Western Branch	56.97
2009	Rebecca Jones	First Colonial	49.15
2008	Amanda Kendall	James Robinson	50.76
2007*	Amanda Kendall	James Robinson	57.17
2006	Amanda Kendall	James Robinson	51.33
2005	Christine Nichols	W.T. Woodson	52.48
2004	Christine Marshall	Menchville	51.78
2003*	Clare Wooddall-Gainey	Patrick Henry	57.41
2002	Kelly Freeburn	Tallwood	51.59
2001	Marshi Smith	W. T. Woodson	51.96
2000	Lauren Cornet	Langley	52.14
1999	Marshi Smith,	W. T. Woodson	53.31
1998*	Miriam Lynch,	Lake Braddock	57.35
1997	Brandi Stergion,	George Washington	53.13

**500 Freestyle**

2009	Rachael Burnett	Annandale	4:50.14
2008	Rebecca Jones	First Colonial	4:53.19
2007*	Rachael Burnett	Annandale	5:28.82
2006	Kim Case	West Springfield	4:55.02
2005	Kim Case	West Springfield	4:54.93
2004	Sarah Baker	James Robinson	4:54.31
2003*	Meghan Thiel	Yorktown	5:26.07
2002	Meghan Thiel	Yorktown	4:54.60
2001	Meghan Thiel	Yorktown	4:54.65
2000	Nicole Somers	Langley	4:59.73
1999	Nicole Somers,	Langley	5:00.50
1997	Missy Bell, West	Springfield	5:08.83

**400 Freestyle**

2011*	Kaitlin Pawlowicz	Oakton	4:14.26
2010*	Kasey Morris	Oscar Smith	4:14.90
1998*	Lacey Hlavka,	Hayfield	5:27.33

**200 Freestyle Relay**

2011*	Langley	1:47.86
2010*	Langley	1:48.94
2009	Fairfax	1:36.60
2008	Fairfax	1:36.20
2007*	Yorktown	1:49.04

2006	Yorktown	1:36.58
2005	Yorktown	1:38.83
2004	First Colonial	1:39.51
2003*	First Colonial	1:49.76
2002	T. Jefferson S&T	1:38.57
2001	T. Jefferson S&T	1:39.24
2000	Langley	1:37.54
1999	Langley	1:39.95
1998*	Langley	1:52.35
1997	Centreville	1:41.84

**100 Backstroke**

2011*	Madison Hahn	Maury	1:01.82
2010*	Madison Hahn	Maury	1:02.76
2009	Meredith Cavalier	Brooke Point	54.85
2008	Suzanne Schwee	Stone Bridge	55.37
2007*	Meredith Cavalier	Brooke Point	1:03.42
2006	Mei Christensen	South Lakes	56.11
2005	Michell Parkhurst	George C. Marshall	56.17
2004	Emily Verdin	T. Jefferson S&T	56.16
2003*	Yeng Lan Beller	Westfield	1:03.59
2002	Katie Doggett	T. Jefferson S&T	56.79
2001	Marshi Smith	W. T. Woodson	57.63
2000	Marshi Smith	W. T. Woodson	57.37
1999	Marshi Smith,	W. T. Woodson	57.48
1998*	Martha Snead,	Patrick Henry-Roanoke	1:06.48
1997	Bethany Lindberg,	Woodbridge	57.96

**100 Breaststroke**

2011*	Kayla Brumbaum	Riverbend	1:10.91
2010*	Won SinHye	West Springfield	1:11.54
2009	Ely Baumgardner	Fairfax	1:03.57
2008	Ashley Danner	Lake Braddock	1:00.96
2007*	Ellyn Baumgardner	Fairfax	1:10.31
2006	Ashley Danner	Lake Braddock	1:02.68
2005	Ashley Danner	Lake Braddock	1:03.96
2004	Kim Case	West Springfield	1:06.76
2003*	Jenny Basel	T. Jefferson S&T	1:11.18
2002	Jenny Basel	T. Jefferson S&T	1:04.99
2001	Lindsey Ertter	Langley	1:03.82
2000	Lindsey Ertter	Langley	1:03.65
1999	Lindsey Ertter,	Langley	1:03.65
1998*	Stephanie Jenkins,	Kempsville	1:10.97
1997	Stephanie Jenkins,	Kempsville	1:04.41

**400 Freestyle Relay**

2011*	Langley	3:56.87
2010*	Osborn	3:59.07
2009	Oakton	3:33.94
2008	Lake Braddock	3:30.60
2007*	James Robinson	3:55.88
2006	Lake Braddock	3:31.22
2005	South Lakes	3:33.56
2004	South lakes	3:34.37
2003*	Thomas Jefferson S&T	3:56.87
2002	South Lakes	3:35.14
2001	Langley	3:34.68
2000	Langley	3:37.97

1999	Langley: (Shipp, Somers, Kuga, Kriso)	3:39.16
1998*	Langley	4:05.82
1997	West Springfield	3:39.93

### 1-Meter Diving

2011	Kelly Corish	James Madison	428.25
2010	Kelli Stockton	Fairfax	445.10
2009	Maren Taylor	Yorktown	478.95
2008	Maren Taylor	Yorktown	455.23
2007	Maren Taylor	Yorktown	420.93
2006	Caitlin High	Maggie Walker GS	430.55
2005	Shelby Rudd	T. Jefferson S&T	429.72
2004	Lara Beth Elder	Appomattox	421.86
2003	Mary Yarrison	R.E. Lee-Springfield	483.30
2002	Mary Yarrison	R.E. Lee-Springfield	466.23
2001	Mary Yarrison	R.E. Lee-Springfield	454.20
2000	Mary Yarrison	R.E. Lee-Springfield	476.85
1999	Amber O'Reilly,	Hayfield	481.00
1998	Amber O'Reilly,	Hayfield	440.15
1997	Amber O'Reilly,	Hayfield	470.85

## Individual Champions

### AA

#### 200 Medley Relay

2011	William Byrd	1:49.44
2010	Briar Woods	1:50.60
2009	Hidden Valley	1:48.26
2008	Hidden Valley	1:52.24
2007	Lafayette	1:51.18
2006	Lafayette	1:51.90
2005	Lafayette	1:51.05
2004	Lafayette	1:54.22
2003	William Byrd	1:53.48
2002	Grafton	1:53.85
2001	Jamestown	1:55.88
2000	Tabb	1:54.90

#### 200 Freestyle

2011	Morgan Johnson	Patrick Henry-GS	1:51.44
2010	Rachel Sepanski	Tabb	1:53.39
2009	Katie Keefer	Waynesboro	1:52.36
2008	Ali Horn	Cave Spring	1:54.43
2007	Lauren Ritter	Dominion	1:53.60
2006	Julie Sablik	Cave Spring	1:52.59
2005	Caitlin Perks	Fauquier	1:53.27
2004	Emily Kelly	Loudoun Valley	1:52.65
2003	Sasha Malanina	William Byrd	1:51.52
2002	Becky Horning	Potomac Falls	1:54.30
2001	Becky Horning	Potomac Falls	1:57.42
2000	Stefani Lubore	Broad Run	1:59.83

#### 200 Individual Medley

2011	Ali Horn	Cave Spring	2:03.44
2010	Ali Horn	Cave Spring	2:04.86
2009	Ali Horn	Cave Spring	2:03.31
2008	Kaitlin Pawlowicz	Heritage	2:05.67
2007	Meaghan Holloway	Grafton	2:06.9

2006	Meaghan Holloway	Grafton	2:06.60
2005	Kristin Cihoski	Tabb	2:06.00
2004	Julie Sablik	Cave Spring	2:07.88
2003	Bonnie Sutton	William Byrd	2:08.49
2002	Erin Homewood	Jamestown	2:08.37
2001	Sarah Deibler	York	2:11.74
2000	Sarah Deibler	York	2:09.89

### 50 Freestyle

2011	Susanna White	Jefferson Forest	23.14
2010	Jackie Crawford	Cave Spring	24.56
2009	Caroline Chromik	Grafton	24.38
2008	Colleen Ward	Grafton	24.72
2007	Hannah Davis	Lafayette	23.92
2006	Hannah Davis	Lafayette	24.20
2005	Sara Smith	Spotswood	24.08
2004	Sara Smith	Spotswood	24.28
2003	Becky Horning	Potomac Falls	24.63
2002	Laura Campbell	Grafton	24.25
2001	Emily Welty	Bruton	25.17
2000	Rebecca Knicely	Jamestown	24.91

### 100 Butterfly

2011	Ali Horn	Cave Spring	55.45
2010	Ali Horn	Cave Spring	56.44
2009	Ali Horn	Cave Spring	54.69
2008	Kaitlin Pawlowicz	Heritage	57.36
2007	Meaghan Holloway	Grafton	56.69
2006	Julie Sablik	Cave Spring	56.60
2005	Julie Sablik	Cave Spring	56.46
2004	Julie Sablik	Cave Spring	56.26
2003	Megan Newell	Stone Bridge	56.69
2002	Becky Horning	Potomac Falls	57.28
2001	Becky Horning	Potomac Falls	59.22
2000	Rebecca Knicely	Jamestown	59.60

### 100 Freestyle

2011	Morgan Johnson	Patrick Henry-GS	52.19
2010	Susanna White	Jefferson Forest	51.64
2009	Lauren Hines	Hidden Valley	51.15
2008	Lauren Hines	Hidden Valley	53.12
2007	Hannah Davis	Lafayette	51.49
2006	Hannah Davis	Lafayette	52.50
2005	Sara Smith	Spotswood	52.03
2004	Sara Smith	Spotswood	52.83
2003	Kaitlyn Stortz	Grafton	53.18
2002	Laura Campbell	Grafton	53.11
2001	Rebecca Knicely	Jamestown	54.50
2000	Tamara Jones	James Monroe	54.65

### 500 Freestyle

2011	Lauren Gray	Hidden Valley	5:01.87
2010	Lauren Gray	Hidden Valley	5:00.95
2009	Lauren Gray	Hidden Valley	4:54.95
2008	Caylyn Tate	Potomac Falls	5:01.51
2007	Lauren Ritter	Dominion	4:55.26
2006	Lauren Ritter	Dominion	4:57.84
2005	Lauren Ritter	Dominion	5:04.89
2003	Sasha Malanina	William Byrd	4:56.51
2002	Erin Homewood	Jamestown	5:06.81



2001	Lauren Wenger	Lafayette	5:14.77
2000	Jeanette Batten	Grafton	5:16.20

### 200 Freestyle Relay

2011	Cave Spring		1:38.95
2010	Tabb		1:37.94
2009	Lafayette		1:40.60
2008	Lafayette		1:40.45
2007	Lafayette		1:39.46
2006	Lafayette		1:41.10
2005	Lafayette		1:39.74
2004	Lafayette		1:41.03
2003	Grafton		1:42.45
2002	Tabb		1:43.04
2001	Tabb		1:44.50
2000	Jamestown		1:44.41

### 100 Backstroke

2011	Kacy Edsall	William Byrd	57.37
2010	Nicole Haynes	Brensville District	58.12
2009	Lauren Hines	Hidden Valley	55.81
2008	Lauren Hines	Hidden Valley	58.72
2007	Lauren Hines	Brookville	59.03
2006	Lauren Hines	Brookville	100.32
2005	Suzanne Schwee	Stone Bridge	57.36
2004	Emily Wylam	Grafton	59.08
2003	Bonnie Sutton	William Byrd	59.34
2002	Colleen Riesbeck	Bruton	59.24
2001	Stefani Lubore	Broad Run	59.28
2000	Sarah Deibler	York	59.70

### 100 Breaststroke

2011	Susanna White	Jefferson Forest	1:02.83
2010	Susanna White	Jefferson Forest	1:04.85
2009	Meaghan Holloway	Grafton	1:04.83
2008	Susanna White	Jefferson Forest	1:05.10
2007	Paige Boyer	Lafayette	1:05.72
2006	Paige Boyer	Lafayette	1:05.25
2005	Anna Linkenauer	Lafayette	1:07.38
2004	Mary Boland	Loudoun Valley	1:08.57
2003	Amy Charley	Waynesboro	1:09.61
2002	Ashlyn Williams	Grafton	1:08.96
2001	Kim Loftus	Poquoson	1:09.78
2000	Sarah Bolger	Tabb	1:09.09

### 400 Freestyle Relay

2011	Western Albemarle		3:35.37
2010	Briar Woods		3:36.14
2009	Hidden Valley		3:34.57
2008	Grafton		3:37.91
2007	Lafayette		3:38.11
2006	Lafayette		3:41.90
2005	Lafayette		3:37.60
2004	William Byrd		3:41.22
2003	William Byrd		3:41.29
2002	Jamestown		3:42.71
2001	Jamestown		3:46.09
2000	Jamestown		3:45.74

### 1-Meter Diving

2011	Leah Piemonte	Christiansburg	460.00
2010	Leah Piemonte	Christiansburg	368.60
2009	Melissa Wheeler	William Byrd	318.15
2008	Melissa Wheeler	William Byrd	263.10
2007	Julia Koff	Hidden Valley	317.30
2006	Lisa Faulkner	Lancaster	320.95
2005	Jasmine Moore	Tabb	344.45
2004	Bea Ackenbom	Charlottesville	338.55
2003	Bea Ackenbom	Charlottesville	324.60
2002	Bea Ackenborn	Charlottesville	357.95
2001	Whitney Lawson	Virginia	316.20
2000	Abby Reid	Charlottesville	333.00

## State Meet Records

### AAA

#### 200-yard Medley Relay

2008	Fairfax		1:46.27
	(Laura Benevento, Ellyn Baumgardner, Kristina Massie, Emily Ferguson)		

#### 200-meter Medley Relay

2003	Culpeper County		1:59.05
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#### 200-yard Freestyle

2009	Rebecca Jones	First Colonial	1:46.32
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#### 200-meter Freestyle

2010	Kaitlin Schroeder	Atlee	2:02.95
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#### 200-yard Individual Medley

2008	Ashley Danner	Lake Braddock	2:01.19
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#### 200-meter Individual Medley

2011	Kaitlin Pawlowicz	Oakton	2:16.06
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#### 50-yard Freestyle

2009	Amanda Kendall	James Robinson	23.40
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#### 50-meter Freestyle

2007	Amanda Kendall	James Robinson	26.47
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#### 100-yard Butterfly

2008	Suzanne Schwee	Stone Bridge	54.78
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#### 100-meter Butterfly

2011	Janet Hu	Oakton	1:01.05
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#### 100-yard Freestyle

2009	Rebecca Jones	First Colonial	49.15
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#### 100-meter Freestyle

2010	Julianne Phillips	Western Branch	56.97
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#### 500-yard Freestyle

2009	Rachael Burnett	Annandale	4:50.14
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#### 500-meter Freestyle

2003	Meghan Thiel	Yorktown	5:26.07
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#### 400-meter Freestyle

2011	Kaitlin Pawlowicz	Oakton	4:14.26
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#### 200-yard Freestyle Relay

2008	Fairfax		1:36.20
	(Ellyn Baumgardner, Frances Dowd, Jean DeOrnellas, Theresa Harvey)		

#### 200-meter Freestyle Relay

2011	Langley		1:47.86
	(Meghan Overend, Jayme Katis, Megan Howard, Abi Speers)		

#### 100-yard Backstroke

2009	Meredith Cavalier	Brooke Point	54.85
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<b>100-meter Backstroke</b>			
2011	Madison Hahn	Maury	1:01.82
<b>100-yard Breaststroke</b>			
2008	Ashley Danner	Lake Braddock	1:00.96
<b>100-meter Breaststroke</b>			
2007	Ellyn Baumgardner	Fairfax	1:10.31
<b>400-yard Freestyle Relay</b>			
2008	Lake Braddock		3:30.60
	(Sarah Lynch, Carly Ogren, Molly Emery, Ashley Danner)		
<b>400-meter Freestyle Relay</b>			
2007	James Robinson		3:55.88
<b>1-Meter Diving</b>			
2003	Mary Yarrison	Robert E. Lee	483.50
 <b>AA</b>			
<b>200 Medley Relay</b>			
2009	Hidden Valley		1:48.26
	(Lauren Hines, Katie Young, Drew Dillon, Devin Henry)		
<b>200 Freestyle</b>			
2011	Morgan Johnson	Patrick Henry-GS	1:51.44
<b>200 Individual Medley</b>			
2009	Ali Horn	Cave Spring	2:03.31
<b>500 Freestyle</b>			
2002	Laura Campbell	Grafton	24.25
<b>100 Butterfly</b>			
2004	Julie Sablik	Cave Spring	56.26
<b>100 Freestyle</b>			
2007	Hannah Davis	Lafayette	51.49
<b>500 Freestyle</b>			
2009	Lauren Gray	Hidden Valley	4:54.95
<b>200 Freestyle Relay</b>			
2010	Tabb		1:37.94
	(Katie O'Connell, Victoria Barley, Danielle Kimball, Rachel Sepanski)		
<b>100 Backstroke</b>			
2009	Lauren Hines	Hidden Valley	55.81
<b>100 Breaststroke</b>			
2011	Susanna White	Jefferson Forest	1:02.83
<b>400 Freestyle Relay</b>			
2009	Hidden Valley		3:34.57
	(Devin Henry, Katherine Moles, Lauren Gray, Lauren Hines)		
<b>1-Meter Diving</b>			
2011	Leah Piemonte	Christiansburg	460.00