

2021 Northern Region Championships - 2/5/2021 to 2/6/2021

2021 Northern Region Swim and Dive Championships

Results - Girls Northern Region Timed Finals

Event 2 Girls 200 Yard Medley Relay

6A North Reg: 1:43.05 \$ 2/1/2019 Yorktown High School

M Reicherter, S Park, V Huske, C Burgeson

National HS: 1:38.13 # 2/10/2018 Fossil Ridge HS, CO

1:44.21 A - All America Auto

1:46.21 C - All America Cons

Team	Relay	Finals Time	
1 JMAD		1:45.92	C
1) Rice, Erica SR	2) Hau, Regan JR		
3) Galbraith, Darby SR	4) Howat, Morgan SR		
2 YTWN		1:46.60	34
1) Burgeson, Caroline JR	2) Morris Larkin, Bridget SO		
3) Conley, Rachel FR	4) Grabman, Olivia JR		
3 WLIB		1:47.04	32
1) Mowery, Claire JR	2) Grabman, Sophia SR		
3) Lee, Alexis JR	4) Browne, Alexandra SR		
4 OAKT		1:48.68	30
1) Jones, Ava SR	2) Zindler, Abigail SR		
3) Lim, Catherine JR	4) Swanson, Aubrey FR		
5 HERN		1:50.64	28
1) Czenas, Katherine JR	2) Leveto, Kennedy JR		
3) Cutrell, Georgia SR	4) Platt, Sierra JR		
6 LANG		1:51.56	26
1) Jones, Tessa FR	2) Schone, Liliana JR		
3) Wallach, Audrey SR	4) Reinhardt, Kariana SO		
7 MCLN		1:52.19	24
1) Frothingham, Katherine JR	2) Hughes, Catherine FR		
3) Laszlo, Anna SO	4) Tennant, Skylar SR		
8 SOLK		1:52.20	22
1) Diederich, Ashlyn SO	2) Wagner, Lauren SO		
3) Landeryou, Clara FR	4) Hernandez, Juana JR		
9 CHNT		1:52.97	18
1) Fish, Lillianne SO	2) Blazquez, Lucy SR		
3) Lahr, Carly FR	4) Mozeleski, Leah JR		
10 CNTV		1:55.54	14
1) Spence, Ellie SO	2) Rojas, Samantha JR		
3) Kim, Jasmin JR	4) Kim, Allison FR		
11 WFLD		1:55.61	12
1) Brooks, Parker SO	2) Fajer, Sarah JR		
3) Sanfield, Sarah SR	4) Whitton, Maddie JR		
12 GMAR		1:58.25	10
1) Farrace, Nicole	2) Spignardo, Bella FR		
3) DeGidio, Allie SO	4) Simpson, Julia		

Event 4 Girls 200 Yard Freestyle

6A North Reg: 1:46.91 \$ 2/4/2017 Sinead Eksteen

National HS: 1:42.81 # 11/14/2008 Dagny Knutson

1:48.74 A - All America Auto

1:50.57 C - All America Cons

Name	YrSchool	Finals Time	
1 Hartel, Lauren	JR YTWN	1:53.41	20
2 Dixon, Charlotte	FR JMAD	1:53.53	17
3 Webb, Alyssa	FR LANG	1:54.53	16
4 Jansen, Grace	JR YTWN	1:56.45	15
5 Lahr, Carly	FR CHNT	1:56.47	14
6 Rongione, Natalia	SR LANG	1:56.97	13
7 Khorramshahgol, Salma	SR CNTV	1:57.07	12
8 Carmen, Hannah	JR JMAD	1:57.37	11

*9 Lasmane, Agnese	SO OAKT	1:57.53	8
*9 Knepper, Leena	SO OAKT	1:57.53	8
11 Wainwright, Emma	JR JMAD	1:59.02	6
12 Gregory, Ashley	SO YTWN	1:59.25	5
13 Tsai, Katie	SR CHNT	2:00.86	4
14 Baterdene, Yalguun	FR WAKE	2:02.13	3
15 Boughanem, Sabrina	FR MCLN	2:03.71	2
16 DeGidio, Allie	SO GMAR	2:09.91	1

Event 6 Girls 200 Yard IM

6A North Reg: 1:58.13 \$ 2/1/2019 Victoria Huske

National HS: 1:53.82 # 11/13/2009 Dagny Knutson

2:01.51 A - All America Auto

2:03.64 C - All America Cons

Name	YrSchool	Finals Time	
1 Huske, Torri	SR YTWN	1:54.90	A
2 Radle, Sarah	SR LANG	2:05.84	17
3 Hughes, Catherine	FR MCLN	2:06.09	16
4 Brown, Sophia	SO JMAD	2:07.55	15
5 Rice, Erica	SR JMAD	2:07.71	14
6 Shi, Maggie	JR JMAD	2:08.85	13
7 Sunderhauf, Skylar	SR MCLN	2:09.09	12
8 Bonfield, Alexis	SR WLIB	2:10.07	11
9 Hau, Regan	JR JMAD	2:10.12	9
10 Lerke, Allyson	SR CNTV	2:10.33	7
11 Lim, Catherine	JR OAKT	2:10.47	6
12 Lee, Alexis	JR WLIB	2:12.27	5
13 Wilson, Emerson	SO OAKT	2:13.31	4
14 Schuman, Miranda	JR CHNT	2:14.13	3
15 Kaldahl, Natalie	FR WAKE	2:14.61	2
16 Young-Smith, Gabriella	SO WAKE	2:23.30	1

Event 8 Girls 50 Yard Freestyle

6A North Reg: 22.11 \$ 2/6/2014 Janet Hu

National HS: 21.64 # 5/16/2016 Abbey Weitzel

23.20 A - All America Auto

23.54 C - All America Cons

Name	YrSchool	Finals Time	
1 Dicks, Alexandra	SR JMAD	22.83	A
2 Flint, Lily	JR MCLN	23.82	17
3 Valko, Victoria	SO LANG	24.07	16
4 Charters, Hannah	SO CNTV	24.36	15
5 Browne, Alexandra	SR WLIB	24.42	14
6 Mowery, Claire	JR WLIB	24.44	13
7 Simpson, Julia	GMAR	24.52	12
8 Howat, Morgan	SR JMAD	24.76	11
9 Bruce, Alice	SR WLIB	24.82	9
10 Grabman, Olivia	JR YTWN	24.87	7
11 Friedman, Emily	JR MCLN	24.88	6
12 Kweon, Ellia	SO CHNT	24.89	5
13 Kim, Allison	FR CNTV	24.91	4
14 Larsen, Emily	SR YTWN	24.98	3
15 Czenas, Katherine	JR HERN	25.23	2
16 Mozeleski, Leah	JR CHNT	25.92	1

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Event 10 Girls 1 mtr Diving

6A North Reg: 448.85 \$ 2/2/2016 Hailey Fisher

Name	YrSchool	Finals Score	
1 Joyce, Ellie	SO WLIB	470.50	20
2 Stalfort, Amanda	SO WFLD	443.25	17
3 Reese, Maddie	SR OAKT	441.70	16
4 Vroom, Claire	JR LANG	410.85	15
5 Pioso, Julia	SR CNTV	404.35	14
6 Brooks, Jocelyn	FR MCLN	383.90	13
7 Vaughan, Katie	SO OAKT	376.00	12
8 Smith, Sadie	SR WLIB	359.95	11
9 Marsden, Elsa	JR JMAD	315.65	9
10 Wood, Sarah	SR MCLN	309.90	7
11 Simmons, Ellie	JR YTNW	308.60	6
12 Doe, Elise	SO OAKT	299.45	5
13 Conner, Kenzie	JR WFLD	292.60	4
14 Whang, Sophie	SO OAKT	274.30	3
15 Mozeleski, Leah	JR CHNT	270.05	2
16 Hersh, Madeleine	JR MCLN	269.70	1
17 Xie, Cadence	JR MCLN	195.00	
18 Kumashiro, Anne	SR WAKE	184.45	
19 Wills, Erin	FR WLIB	180.20	
20 Sliverstein, Lucy	FR JMAD	174.35	
21 Pollock, Ainsley	SR WAKE	95.70	

Event 12 Girls 100 Yard Butterfly

6A North Reg: 52.95 \$ 2/1/2019 Lexi Cuomo

National HS: 50.35 # 2/7/2020 Claire Curzan

54.42 A - All America Auto

55.49 C - All America Cons

Name	YrSchool	Finals Time	
1 Huske, Torri	SR YTNW	50.67	A
2 Lahr, Carly	FR CHNT	56.98	17
3 Galbraith, Darby	SR JMAD	57.06	16
4 Conley, Rachel	FR YTNW	57.09	15
5 Shi, Maggie	JR JMAD	57.20	14
6 Sunderhauf, Skylar	SR MCLN	57.75	13
7 Brown, Sophia	SO JMAD	57.84	12
8 Radle, Sarah	SR LANG	58.23	11
9 Lerke, Allyson	SR CNTV	58.36	9
10 Jansen, Grace	JR YTNW	58.74	7
11 Landeryou, Clara	FR SOLK	58.86	6
12 Cutrell, Georgia	SR HERN	58.87	5
13 Rieger, Annika	FR OAKT	59.47	4
14 Zindler, Abigail	SR OAKT	59.72	3
15 Wilson, Emerson	SO OAKT	1:00.54	2
16 Baterdene, Yalguun	FR WAKE	1:00.74	1

Event 14 Girls 100 Yard Freestyle

6A North Reg: 50.04 \$ 2/1/2019 Victoria Huske

National HS: 47.09 # 5/16/2015 Abbey Weitzel

50.19 A - All America Auto

51.05 C - All America Cons

Name	YrSchool	Finals Time	
1 Dicks, Alexandra	SR JMAD	50.20	C
2 Valko, Victoria	SO LANG	51.76	17
3 Flint, Lily	JR MCLN	51.95	16

4 Burgeson, Caroline	JR YTNW	52.51	15
5 Dixon, Charlotte	FR JMAD	52.61	14
6 Charters, Hannah	SO CNTV	52.72	13
7 Mowery, Claire	JR WLIB	52.82	12
8 Knepper, Leena	SO OAKT	53.24	11
9 Lasmane, Agnese	SO OAKT	53.73	9
10 Kweon, Ellia	SO CHNT	54.43	7
11 Howat, Morgan	SR JMAD	54.51	6
12 Browne, Alexandra	SR WLIB	54.63	5
13 Newman, Sarah	SO YTNW	54.80	4
14 Friedman, Emily	JR MCLN	54.81	3
15 Simpson, Julia	GMAR	54.93	2
16 Conley, Rachel	FR YTNW	56.92	1

Event 16 Girls 500 Yard Freestyle

6A North Reg: 4:44.92 \$ 2/8/2014 Megan Byrnes

National HS: 4:34.78 # 11/14/2008 Dagny Knutson

4:52.18 A - All America Auto

4:56.85 C - All America Cons

Name	YrSchool	Finals Time	
1 Hartel, Lauren	JR YTNW	5:02.11	20
2 Carmen, Hannah	JR JMAD	5:05.84	17
3 Webb, Alyssa	FR LANG	5:08.52	16
4 Fatouros, Lauren	SO YTNW	5:12.56	15
5 Gregory, Ashley	SO YTNW	5:16.11	14
6 Huffstutler, Anabel	SO JMAD	5:16.45	13
7 Khorramshahgol, Salma	SR CNTV	5:16.48	12
8 Blazquez, Lucy	SR CHNT	5:21.98	11
9 Kim, Megan	SR CHNT	5:22.98	9
10 Bredehoeft, Celia	FR JMAD	5:23.16	7
11 Kotarski, Lindsey	SR OAKT	5:24.43	6
12 Campo, GG	SO OAKT	5:24.74	5
13 Boughanem, Sabrina	FR MCLN	5:25.46	4
14 Wood, Augusta	JR HERN	5:30.46	3
15 Young-Smith, Gabriella	SO WAKE	5:38.81	2
16 Smalera, Frances	FR GMAR	5:55.95	1

Event 18 Girls 200 Yard Freestyle Relay

6A North Reg: 1:34.61 \$ 2/1/2019 Oakton High School

A Zindler, L Ma, E Pickett, B Curtis

National HS: 1:30.72 # 2/14/2015 Carmel HS, IN

1:35.36 A - All America Auto

1:36.94 C - All America Cons

Team	Relay	Finals Time	
1 YTNW		1:35.63	C
1) Huske, Torri SR	2) Grabman, Olivia JR		
3) Larsen, Emily SR	4) Jansen, Grace JR		
2 JMAD		1:35.96	C
1) Dicks, Alexandra SR	2) Howat, Morgan SR		
3) Brown, Sophia SO	4) Dixon, Charlotte FR		
3 LANG		1:36.53	C
1) Radle, Sarah SR	2) Valko, Victoria SO		
3) Webb, Alyssa FR	4) Rongione, Natalia SR		
4 WLIB		1:37.46	30
1) Browne, Alexandra SR	2) Lee, Alexis JR		
3) Bruce, Alice SR	4) Mowery, Claire JR		

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(Event 18 Girls 200 Yard Freestyle Relay)

Team	Relay	Finals Time	
5 CNTV		1:38.47	28
1) Lerke, Allyson SR	2) Kim, Allison FR		
3) Khorramshahgol, Salma SR	4) Charters, Hannah SO		
6 MCLN		1:38.66	26
1) Friedman, Emily JR	2) Sunderhauf, Skylar SR		
3) Tennant, Skylar SR	4) Flint, Lily JR		
7 OAKT		1:39.10	24
1) Knepper, Leena SO	2) Lasmane, Agnese SO		
3) Wang, Hailey SR	4) Swanson, Aubrey FR		
8 HERN		1:41.79	22
1) Platt, Sierra JR	2) Blevins, Lauren SR		
3) Leveto, Kennedy JR	4) Langston, Ada JR		
9 CHNT		1:42.26	18
1) Mozeleski, Leah JR	2) Small, Skylar FR		
3) Tsai, Katie SR	4) Kweon, Ellia SO		
10 SOLK		1:42.53	14
1) Wagner, Gwyneth JR	2) Owen, Veronika FR		
3) Kennedy, Sophia SO	4) Hernandez, Juana JR		
11 WFLD		1:43.72	12
1) Brooks, Parker SO	2) Zanotti, Lara SR		
3) Whitton, Maddie JR	4) Fajer, Sarah JR		
12 GMAR		1:46.25	10
1) DeGidio, Allie SO	2) Spignardo, Bella FR		
3) Harrington, Katie	4) Simpson, Julia		
13 WAKE		1:46.66	8
1) Enochs, Natalie JR	2) Branch, Lily JR		
3) Baterdene, Yalguun FR	4) Kaldahl, Natalie FR		

Event 20 Girls 100 Yard Backstroke

Name	YrSchool	Finals Time	
6A North Reg:	52.35 \$ 2/8/2014	Janet Hu	
National HS:	51.43 # 11/17/2012	Olivia Smoliga	
	54.80 A - All America Auto		
	55.92 C - All America Cons		
1 Rice, Erica	SR JMAD	56.96	20
*2 Galbraith, Darby	SR JMAD	57.43	16.5
*2 Burgeson, Caroline	JR YTNW	57.43	16.5
4 Wainwright, Emma	JR JMAD	58.14	15
5 Lee, Alexis	JR WLIB	58.71	14
6 Cutrell, Georgia	SR HERN	58.90	13
7 Flatin, Ainsley	SR YTNW	59.40	12
8 Grabman, Olivia	JR YTNW	1:00.04	11
9 Bruce, Alice	SR WLIB	1:00.11	9
10 Jones, Tessa	FR LANG	1:00.41	7
11 Rieger, Annika	FR OAKT	1:00.42	6
12 Ha, Elise	SO OAKT	1:00.59	5
13 Brooks, Parker	SO WFLD	1:00.61	4
14 Czenas, Katherine	JR HERN	1:01.03	3
15 Reinhardt, Kariana	SO LANG	1:01.13	2
16 Sughrue, Margaret	SO WAKE	1:01.49	1

Event 22 Girls 100 Yard Breaststroke

Name	YrSchool	Finals Time	
6A North Reg:	59.83 \$ 2/1/2019	Anna Keating	
National HS:	58.40 # 2/10/2018	Emily Weiss	
	1:02.58 A - All America Auto		
	1:03.80 C - All America Cons		
1 Hughes, Catherine	FR MCLN	1:02.77	C
2 Hau, Regan	JR JMAD	1:04.39	17
3 Zindler, Abigail	SR OAKT	1:04.94	16
4 Morris Larkin, Bridget	SO YTNW	1:05.69	15
5 Lim, Catherine	JR OAKT	1:06.14	14
6 Schone, Liliana	JR LANG	1:06.99	13
7 Rongione, Natalia	SR LANG	1:07.21	12
8 Grabman, Sophia	SR WLIB	1:07.30	11
9 Couture, Charlie	SR WLIB	1:07.37	9
10 Bonfield, Alexis	SR WLIB	1:07.38	7
11 Jones, Ava	SR OAKT	1:07.45	6
12 Blazquez, Lucy	SR CHNT	1:08.86	5
13 Thornton, Kira	FR LANG	1:09.07	4
14 Rojas, Samantha	JR CNTV	1:10.12	3
15 Kaldahl, Natalie	FR WAKE	1:11.19	2
16 Spignardo, Bella	FR GMAR	1:14.66	1

Event 24 Girls 400 Yard Freestyle Relay

Team	Relay	Finals Time	
6A North Reg:	3:26.79 \$ 2/8/2014	Oakton High School	
L Branton, K Lawhorn, M Byrnes, J Hu			
National HS:	3:15.38 # 2/14/2015	Carmel HS, IN	
	3:27.65 A - All America Auto		
	3:31.02 C - All America Cons		
1 YTNW		3:28.31	C
1) Huske, Torri SR	2) Jansen, Grace JR		
3) Larsen, Emily SR	4) Burgeson, Caroline JR		
2 JMAD		3:29.73	C
1) Dicks, Alexandra SR	2) Galbraith, Darby SR		
3) Brown, Sophia SO	4) Dixon, Charlotte FR		
3 LANG		3:29.85	C
1) Radle, Sarah SR	2) Valko, Victoria SO		
3) Webb, Alyssa FR	4) Rongione, Natalia SR		
4 MCLN		3:32.57	30
1) Sunderhauf, Skylar SR	2) Friedman, Emily JR		
3) Hughes, Catherine FR	4) Flint, Lily JR		
5 OAKT		3:36.72	28
1) Knepper, Leena SO	2) Lasmane, Agnese SO		
3) Wang, Hailey SR	4) Zindler, Abigail SR		
6 CNTV		3:38.70	26
1) Khorramshahgol, Salma SR	2) Lerke, Allyson SR		
3) Kim, Allison FR	4) Charters, Hannah SO		
7 HERN		3:41.47	24
1) Platt, Sierra JR	2) Leveto, Kennedy JR		
3) Czenas, Katherine JR	4) Cutrell, Georgia SR		
8 CHNT		3:41.93	22
1) Santino, Victoria FR	2) Lahr, Carly FR		
3) Tsai, Katie SR	4) Kweon, Ellia SO		
9 SOLK		3:44.31	18
1) Landeryou, Clara FR	2) Owen, Veronika FR		
3) Hernandez, Juana JR	4) Wagner, Gwyneth JR		

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	Team	Relay	Finals Time	
10	WLIB		3:44.51	14
	1) Bruce, Alice SR	2) Hartmann, Elyse SR		
	3) Gieseman, Josephine FR	4) Bonfield, Alexis SR		
11	WAKE		3:49.50	12
	1) Young-Smith, Gabriella SO	2) Sughrue, Margaret SO		
	3) Kaldahl, Natalie FR	4) Baterdene, Yalguun FR		
12	WFLD		3:53.75	10
	1) Zanotti, Lara SR	2) Nguyen, Chelsea SR		
	3) Molloy, Jessica SR	4) Sanfield, Sarah SR		
13	GMAR		4:07.92	8
	1) Smalera, Frances FR	2) Farrace, Nicole		
	3) Wang, Joylyn	4) Harrington, Katie		

Scores - Women

Women - Team Rankings - Through Event 24		
1.	James Madison High School	420.5
2.	Yorktown High School	355.5
3.	Langley High School	249
4.	Oakton High School	231
5.	Washington-Liberty High School	226
6.	McLean High School	210
7.	Centreville High School	157
8.	Chantilly Chargers	136
9.	Herndon Hornets	100
10.	South Lakes High School	60
11.	Westfield High School	59
12.	George C. Marshall High School	45
13.	Wakefield High School	32