

Meadowbrook Makos vs. Dale City Frogs - 7/20/2019
Prince William County Swim League - 2019
Meadowbrook Makos vs. Dale City Frogs
Psych Sheet - Session 1

#66 Boys 15-18 200 SC Meter Freestyle Relay

PWSL: 1:38.28 2017 Sudley 2017
S.Butler,N.Klipp,B.Harnish,S.Pomajevich
DCST: 1:47.59 1989
MMST: 1:45.56 2014 Meadowbrook Makos
M Healey, B Cudahy, K Olsen, M Weiser

Team	Relay	Seed Time
1 MMST-PW	A	1:48.64
Turner, James 18	Quimby, Paul David 15	
Smith, Josh 15	Smith, Jason 17	
2 MMST-PW	B	1:56.18
Ogden, Jacob 16	Meink, Troy 16	
Colbert, Brady 15	Healey, Andrew 16	
3 DCST-VA	A	1:57.90
Moffatt, Zeth 18	Reid, Evan 18	
Ong, Marcus 15	Dias, Joshua 15	
4 MMST-PW	C	2:01.54
Lingafelt, Andrew 16	Lacy, Nicholas 15	
Rehrig, Nolan 15	Guice, Carter 17	
5 DCST-VA	B	2:05.99
Reid, Sheldon 15	Kelly, Robbie 18	
House, Malcolm 18	Stevenson, Max 15	
6 DCST-VA	C	2:17.53
Dietrichson, Gabe 16	Hinson, Zach 17	
Dietrichson, Eric 18	Darfour, Kofi 16	

#67 Girls 15-18 200 SC Meter Freestyle Relay

PWSL: 1:50.96 2016 Bridlewaves
K Tillotson, K Stronko, E Quinn, R Moshos
DCST: 2:01.20 2010 T. Hood, C. Claybrook, S. Harper
MMST: 2:01.22 2011 Meadowbrook
L. Sargent, A. Rouffa, R. Baumstark, C. Mizerak

Team	Relay	Seed Time
1 DCST-VA	A	2:04.28
House, Jamelia 15	Alvarez Oberg, Lauren	
Creedon, Courtney 17	Pumpurs, Natalija 18	
2 MMST-PW	A	2:15.68
Kennedy, Victoria 17	Darr, Taryn 16	
Vaccaro, Julia 18	Nguyen, Angelina 16	
3 DCST-VA	B	2:18.30
Rocha, Alanny 15	Larkin, Bella 16	
Robelly, Olivia 17	Molle, Allie 16	
4 DCST-VA	C	2:31.47
Staats, Jillian 16	Causey, Brianna 17	
Downey, Gwen 18	Black, Eliana 16	
5 MMST-PW	B	2:33.56
Cossio, Shannon 16	Orefice, Kalie 15	
Weaver, Emma 15	Colletti Hao, Katie 18	

#1 Mixed 8 & Under 100 SC Meter Medley Relay

PWSL: 1:21.43 2013 SUDLEY SWIM TEAM
J Cornwell, H Craft, N Klipp, M Pennefather
DCST: 1:25.58 1995 C. Keith / J. R. Kapur / M. Lyons
MMST: 1:30.02 2005 Meadowbrook
Weinberg, Pomajevich, Vanderzyl, Parker

Team	Relay	Seed Time
1 MMST-PW	A	1:33.93
Whitworth, Ava W7	Kennedy, Mark M8	
Wall, Victor M8	Hawver, Ethan M8	

2 DCST-VA A 1:36.10

Justus, Juliana W7	Jones, Shiloh W8	
Dmochowski, Vivian Lo	Friend, Kylie W8	
3 MMST-PW B 1:46.76		
Boomgarden, Kendall W	Gross, Ceci W8	
Rossi, Aubrey W7	Sorden, Connor M7	
4 MMST-PW C 1:53.60		
Lui, Ryan M8	Schilling, Emmitt M6	
Lateef, Deen M8	Feser, Sebastian M8	
5 DCST-VA B NT		
George, Ashley W8	Palacio, Gabriel M8	
Lesly, Zaiyah M7	Snead, William M8	
6 DCST-VA C NT		
Mitchler, Trenton M7	Fanon, Justis W8	
Howard, Amare M8	Ghafoerkhan, Rhea W8	

#2 Boys 9-10 100 SC Meter Medley Relay

PWSL: 1:06.52 2016 Braemar Blasters
M Santee, J Evans, M Mullen, A Martins
DCST: 1:18.41 1999
MMST: 1:19.56 2016 Meadowbrook Makos
A Kinitz, N Waiss, M Jensen, S Lingafelt

Team	Relay	Seed Time
1 DCST-VA A 1:28.75		
Ward, Micah 9	Lesly, Noah 9	
Ward, Evan 10	Salley, Ethan 9	
2 DCST-VA B NT		
Marsh, Gabriel 9	Stabler, Luke 10	
Barton-Rivera, Angelus	Arias, Fernando 10	
3 DCST-VA C NT		
Mitchler, Bryant 9	Stacy, JJ 10	
Kennon, Kyle 9	Downey, Jacob 9	
4 MMST-PW A NT		
Carr, Cooper 10	Colbert, Gunner 10	
Stormer, Patrick 10	Lui, Ronald 10	
5 MMST-PW B NT		
Pierret, Logan 9	Smith, Adam 9	
Schilling, Grady 9	Lecca, Kaden 9	

#3 Girls 9-10 100 SC Meter Medley Relay

PWSL: 1:11.93 2014 Kingsbrooke Sea Lions
K Benton, A Daniel, M Wong, A Kottler
DCST: 1:17.06 1999
MMST: 1:13.44 2002 Meadowbrook
Ralph, Hagen, G Mizerak, R Lund

Team	Relay	Seed Time
1 DCST-VA A 1:21.53		
Rojas, Isabel 9	Le, Rosaphi 9	
Burns, Tatiana 10	Fevrier, Kymora 9	
2 MMST-PW A 1:25.38		
Lingafelt, Kara 10	Hawver, Gabby 10	
Rossi, Madelyn 9	Kennedy, Samantha 10	
3 DCST-VA B NT		
Kelley, Madison 10	Voith, Amy 10	
Trinh, Ellie 9	Pendleton, Bella 9	
4 DCST-VA C NT		
Perrin, Maria 9	Bogan, Jessie 9	
Forysiak, Genevieve 9	Jimenez, Caelyn 9	
5 MMST-PW B NT		
Sherdil, Salma 10	Gross, Sally 9	
Stormer, Livy 10	Hao, Maggie 10	

6 MMST-PW C NT

McMillan, Kiley 9 Medeiros, Isabella 9
 Paim, Sofia 9 Ames, Hannah 10

#4 Boys 11-12 100 SC Meter Medley Relay
PWSL: 1:00.31 2016 Piedmont Tsunamis
T Drescher, M Pianoto, J Poletto, R Barshov
DCST: 1:07.45 2017 M. Zamora, D. Truon
nd, L. Bauer
MMST: 1:06.51 2014 Meadowbrook Makos
J Smith, C Guice, J Rouffa, M Gerhart

Team	Relay	Seed Time
1 MMST-PW A 1:07.10		
Lingafelt, Sean 12	Colbert, Cash 12	
Lingafelt, Chase 12	Jensen, Matt 12	
2 DCST-VA A 1:12.06		
Forysiak, Adam 12	Martin, Tyler 12	
Dias, Daniel 12	Bussenger, Ryan 11	
3 DCST-VA B NT		
Joyner, Kyle 12	Reid, Donovan 12	
Carder, Samuel 11	Dias, Gabriel 11	
4 DCST-VA C NT		
Carter, Mick 11	Roberts, Triston 11	
Black, Alexander 11	Zuniga, Mateo 12	
5 MMST-PW B NT		
Doty, Brian 11	Burke, Patrick 12	
Gross, Patrick 11	Burge, Leo 11	

#5 Girls 11-12 100 SC Meter Medley Relay

PWSL: 1:03.37 2016 Kingsbrooke Sea Lions
K Benton, A Daniel, M Wong, E Flynn
DCST: 1:06.37 2019 R. Le, A. Stabler, L. Lesly
MMST: 1:08.28 2004 Meadowbrook
Ferrone, Hagen, Mizerak, Lund

Team	Relay	Seed Time
1 DCST-VA A 1:06.37		
Le, Rosangela 12	Stabler, Ainsley 12	
Trinh, Lili 12	Lesly, Hannah 12	
2 DCST-VA B NT		
Zibung, Selina 11	Carter, Rania 11	
Rojas, Elyse 12	Smith, Sophie 12	
3 DCST-VA C NT		
Sierra, Crystal 12	Dias, Natalia 12	
Ong, Gabby 11	Stacy, Emily 12	
4 MMST-PW A NT		
Bradley, Jenna 12	Tully, Katelyn 11	
Orwig, Keira 12	Lateef, Rania 12	
5 MMST-PW B NT		
Posey, Audrey 11	Cook, Maggie 12	
Bradley, Jordis 12	Sposato, Eliana 11	

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#6 Boys 13-14 200 SC Meter Medley Relay
PWSL: 1:56.38 2019 Braemar Blasters
L Sowers, J Evans, L Grant, A Martins
DCST: 2:08.34 2000 T. Sattgast / J. R. Ka
T. Rooney / B. Mann
MMST: 2:09.50 2016 Meadowbrook Makos
M Gerhart, C Guice, J Rouffa, J Smith

Team	Relay	Seed Time
1 DCST-VA	A	2:09.71
Zamora, Marco 14	Truong, Dawson 14	
Friend, AJ 13	Zuniga, Niko 14	
2 MMST-PW	A	2:24.05
Jensen, Drew 14	Baker, Aaron 13	
Doty, David 13	Lacy, Dominic 14	
3 DCST-VA	B	2:36.65
Lee, Alex 14	Soto, DeWayne 13	
Bauer, Lucas 14	Sager, Andrew 14	
4 MMST-PW	B	2:40.71
Shepherd, Hayden 14	Flanders, Bryce 13	
Silver, Liam 13	Orefice, Tyler 13	
5 MMST-PW	C	2:59.68
Stormer, Will 13	Smith, Zach 13	
Bright, Tony 13	Kaufman, Sam 14	
6 DCST-VA	C	3:07.08
Svechnikov, Yegor 13	Le, Ben 13	
Black, Aidan 14	Bui, Tim 14	

#7 Girls 13-14 200 SC Meter Medley Relay
PWSL: 2:08.62 2018 SUDLEY SWIM TEAM
D Palenscar, S Craft, L Garvey, J Cornwell
DCST: 2:19.44 2010 K. Gaskill, H. Livingston
Jordan, S. Owens
MMST: 2:21.29 2005 Meadowbrook
Mizerak, Hagen, Lund, Ferrone

Team	Relay	Seed Time
1 DCST-VA	A	2:31.50
George, Melissa 13	Trinh, Amy 14	
Welsby, Tess 14	Carter, Ariana 14	
2 MMST-PW	A	2:32.54
Gerhart, Sarah 14	Beckett, Jasmine 14	
Riedy, Bailey 13	Cassedy, Katelyn 14	
3 DCST-VA	B	2:43.92
Moffatt, Zamantha 13	Saulsbery, Mary 14	
Palacio, Abby 14	Salley, Angela 13	
4 MMST-PW	B	2:45.43
Quimby, Lily 13	Meink, Jenna 13	
Paim, Arianna 13	Meltzer, Sarah 13	
5 DCST-VA	C	2:49.51
Voith, Jane 14	Martin, Madison 13	
Darfour, Danielle 13	Dietrichson, Susannah 13	
6 MMST-PW	C	NT
Lanham, Georgie 14	Rehrig, Gillian 13	
Quint, Vivian 13	Cooper-Witter, Olivia 13	

#8 Boys 15-18 200 SC Meter Medley Relay
PWSL: 1:49.19 2015 Bridlewaves
J Pfannenstien, S Rowe, T Hall, A Ross
DCST: 2:01.68 1989
MMST: 2:00.51 2014 Meadowbrook Makos
M Healey, S Rouffa, B Cudahy, M Weiser

Team	Relay	Seed Time
1 MMST-PW	A	2:02.12
Guice, Carter 17	Turner, James 18	
Smith, Jason 17	Smith, Josh 15	
2 MMST-PW	B	2:08.43
Meink, Troy 16	Quimby, Paul David 15	
Lingafelt, Andrew 16	Healey, Andrew 16	
3 DCST-VA	A	2:15.87
Ong, Marcus 15	Dias, Joshua 15	
Moffatt, Zeth 18	Reid, Evan 18	
4 MMST-PW	C	2:17.00
Ogden, Jacob 16	Turner, Chris 16	
Rehrig, Nolan 15	Colbert, Brady 15	
5 DCST-VA	B	2:25.29
Redmond, James 16	Hinson, Zach 17	
Reid, Sheldon 15	Stevenson, Max 15	
6 DCST-VA	C	2:35.55
Dietrichson, Eric 18	Darfour, Kofi 16	
Kelly, Robbie 18	House, Malcolm 18	

#9 Girls 15-18 200 SC Meter Medley Relay
PWSL: 2:04.09 2016 Bridlewaves
K Stronko, R Moshos, E Quinn, K Tillotson
DCST: 2:16.12 2011 T. Hood, A. Livingston
dan, Melody Nordberg
MMST: 2:15.45 2011 Meadowbrook
R. Baumstark, C. Mizerak, L. Sargent, A. Rouffa

Team	Relay	Seed Time
1 DCST-VA	A	2:19.64
Creedon, Courtney 17	Alvarez Oberg, Lauren 17	
Pumpurs, Natalija 18	House, Jamelia 15	
2 MMST-PW	A	2:31.74
Nguyen, Angelina 16	Orefice, Kalie 15	
Darr, Taryn 16	Kennedy, Victoria 17	
3 DCST-VA	B	2:40.75
Rocha, Alanny 15	Staats, Jillian 16	
Larkin, Bella 16	Molle, Allie 16	
4 MMST-PW	B	2:47.54
Weaver, Emma 15	Marks, Katie 17	
Ouellette, Avery 18	Vaccaro, Julia 18	
5 DCST-VA	C	2:59.45
Pappas, Zoe 17	Black, Eliana 16	
Robelly, Olivia 17	Causey, Brianna 17	

#10 Boys 8 & Under 25 SC Meter Freestyle
PWSL: 15.55 2016 Ryan Maynard
DCST: 17.13 2005 Brandon Barbery
MMST: 16.86 2007 S.Pomajevich

Name	Age	Team	Seed Time
1 Wall, Victor	8	MMST-PW	16.90
2 Kennedy, Mark	8	MMST-PW	22.24
3 Sorden, Connor	7	MMST-PW	22.34
4 Feser, Sebastian	8	MMST-PW	23.07
5 Palacio, Gabriel	8	DCST-VA	23.13
6 Mckibben, Trey	8	MMST-PW	23.41

7 Lui, Ryan	8 MMST-PW	23.41
8 Rotante, Dominic	8 MMST-PW	24.58
9 Russo, Hudson	8 MMST-PW	24.61
10 Posey, Ryan	6 MMST-PW	25.97
11 Howard, Amare	8 DCST-VA	26.13
12 Pierret, Marcus	7 MMST-PW	26.31
13 Savage, Gabriel	8 MMST-PW	26.50
14 Schilling, Emmitt	6 MMST-PW	27.16
15 Pendleton, Connor	7 DCST-VA	28.20
16 Villatoro, Dominik	7 DCST-VA	28.31
17 Wheeler, Mateo	8 DCST-VA	31.85
18 Robelly, Isaiah	8 DCST-VA	34.71
19 Mitchler, Trenton	7 DCST-VA	36.78
20 Le, King	7 DCST-VA	36.81
21 Martinez, Cameron	7 DCST-VA	37.85
22 Lui, Robby	6 MMST-PW	37.91
23 Wall, Nicholas	4 MMST-PW	38.06
24 Meador, Leighton	6 MMST-PW	41.32
25 Russo, Parker	5 MMST-PW	46.74
26 Pluska, Cameron	7 MMST-PW	47.82
27 Bolick, Ridley	6 DCST-VA	48.06
28 Fanion, Jacoby	6 DCST-VA	54.40
29 Usman, Rayed	7 DCST-VA	NT
30 Colbert, Nixon	4 MMST-PW	NT
31 Moyer, Kristian	8 MMST-PW	NT
32 Shields, Camden	5 MMST-PW	NT
33 Stinson, James	5 MMST-PW	NT
34 Rios, Ian	7 MMST-PW	NT

#11 Girls 8 & Under 25 SC Meter Freestyle
PWSL: 16.56 2014 Lori Anne Madison
DCST: 16.84 2019 Vivian Dmochowski
MMST: 17.32 2002 C. Mizerak

Name	Age	Team	Seed Time
1 Dmochowski, Vivian Lou	8	DCST-VA	16.84
2 Friend, Kyliee	8	DCST-VA	17.08
3 Shields, Riley	7	MMST-PW	23.24
4 Hawver, Allie	6	MMST-PW	23.84
5 Whitworth, Ava	7	MMST-PW	23.84
6 Boomgarden, Kendall	7	MMST-PW	24.68
7 Jones, Shiloh	8	DCST-VA	24.78
8 Fanion, Justis	8	DCST-VA	24.95
9 Mills, Emily	8	MMST-PW	25.12
10 Ghafoerkhan, Rhea	8	DCST-VA	25.25
11 George, Ashley	8	DCST-VA	26.31
12 Hao, Lindsey	8	MMST-PW	26.34
13 Medeiros, Elizabeth	8	MMST-PW	27.37
14 Soto, Malaysia	7	DCST-VA	29.09
15 Ramos, Aliya	8	DCST-VA	31.56
16 Feser, Mia	6	MMST-PW	31.72
17 Gross, Frances	6	MMST-PW	32.27
18 Whitworth, Emma	6	MMST-PW	33.84
19 Conteh, Gabrielle	8	DCST-VA	35.03
20 Boomgarden, Peyton	4	MMST-PW	36.75
21 Frederick, Samantha	5	DCST-VA	37.59
22 Fevrier, Kinaya	5	DCST-VA	37.77
23 Carr, Harper	6	MMST-PW	38.47
24 Smith, Emily	6	DCST-VA	40.75
25 Snead, Aaliyah	5	DCST-VA	48.84
26 Marsh, Leila	5	DCST-VA	50.25

2019 Frogs Retiring Seniors

Eric Dietrichson

Eric Dietrichson joined the Frogs in 2011 along with older sister Jessica and younger siblings Gabe and Susannah. He will be graduating from Forest Park High School in June of next year.

Besides his activities with the Frogs, Eric is active with Prince William Special Olympics having participated in flag football, cross country, track and field, basketball, powerlifting, and of course swimming. In 2016, he competed at the Special Olympics Virginia State Games in track and field, returning for the 2019 Games where he won a silver medal in the 200 meter!



Eric enjoys ski trips with his family and gives back to the community through his volunteer work with his church's Vacation Bible School program. Eric, the Frogs bid you a fond farewell and wish you all the best in your future endeavors.



Gwen Downey



Gwen Downey joined the Frogs in 2007 along with older siblings Will, Kate and Thomas. She is a recent graduate of Freedom High School where she completed the Center for Environmental and Natural Sciences program (CENS), receiving the CENS Honors Medal. She was invited into and received a scholarship for George Mason University's study abroad program Global Gateway (which will enable her to study in Greece next spring), in addition to a scholarship for the Smithsonian-Mason Scholars program at the Smithsonian Conservation Biology Institute in Front Royal, VA (where she will attend in spring or fall of 2022).

Gwen was the principal cellist and section leader for Freedom's orchestra all four years of high school and as a senior received the National School Orchestra Award (the high school equivalent of the Sousa Band Award). She was also a member of Freedom's swim team where she served as a captain her senior year and was recognized with a Coach's Award at the end of the season.

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#11 ... (Girls 8 & Under 25 SC Meter Freestyle)

27	Doty, April	5	MMST-PW	53.00
28	Alfaro, Lucille	8	DCST-VA	57.89
29	Staats, Amelia	4	DCST-VA	1:16.03
30	Rossi, Isabella	4	MMST-PW	NT
31	Short, Ella	4	MMST-PW	NT
32	Hartley, Grace	7	MMST-PW	NT

#12 Boys 9-10 50 SC Meter Freestyle

PWSL:	29.41	2016	Michael Mullen	
DCST:	32.27	1991	Tommy Quimby	
MMST:	33.88	2016	Aaron Kinitz	
Name	Age	Team	Seed Time	
1	Ward, Evan	10	DCST-VA	36.76
2	Lui, Ronald	10	MMST-PW	44.32
3	Lesly, Noah	9	DCST-VA	45.19
4	Arias, Fernando	10	DCST-VA	45.84
5	Stabler, Luke	10	DCST-VA	47.47
6	Marsh, Gabriel	9	DCST-VA	48.03
7	Pierret, Logan	9	MMST-PW	48.41
8	Lecca, Kaden	9	MMST-PW	52.19
9	Downey, Jacob	9	DCST-VA	55.47
10	Carr, Cooper	10	MMST-PW	55.59
11	Barton-Rivera, Angelus	9	DCST-VA	56.57
12	Yacob, Semour	10	DCST-VA	56.76
13	Mitchler, Bryant	9	DCST-VA	57.97
14	Sager, Kevin	10	DCST-VA	59.06
15	Yacob, Yared	9	DCST-VA	1:01.59
16	Kennon, Kyle	9	DCST-VA	1:08.62
17	Rios, Jorge	10	MMST-PW	1:09.69
18	Crawford, Nathaniel	9	DCST-VA	1:17.34

#13 Girls 9-10 50 SC Meter Freestyle

PWSL:	31.65	2015	Jamie Cornwell	
DCST:	33.16	2017	Ainsley Stabler	
MMST:	32.28	2004	C. Mizerak	
Name	Age	Team	Seed Time	
1	Rojas, Isabel	9	DCST-VA	36.18
2	Kennedy, Samantha	10	MMST-PW	40.14
3	Fevrier, Kymora	9	DCST-VA	40.37
4	Pendleton, Bella	9	DCST-VA	41.03
5	Voith, Amy	10	DCST-VA	42.28
6	Trinh, Ellie	9	DCST-VA	43.03
7	Burns, Tatiana	10	DCST-VA	43.56
8	Rossi, Madelyn	9	MMST-PW	44.02
9	Hao, Maggie	10	MMST-PW	44.55
10	Stormer, Livy	10	MMST-PW	44.72
11	Bogan, Jessie	9	DCST-VA	44.75
12	Kelley, Madison	10	DCST-VA	44.81
13	Sherdil, Salma	10	MMST-PW	47.31
14	Gross, Sally	9	MMST-PW	49.58
15	Perrin, Maria	9	DCST-VA	53.09
16	Ames, Hannah	10	MMST-PW	57.53
17	Forysiak, Genevieve	9	DCST-VA	57.56
18	Bright, Ava	9	DCST-VA	58.34
19	Diaz, Jazlene	9	DCST-VA	1:03.15
20	Medeiros, Isabella	9	MMST-PW	1:04.37
21	Thorpe, Kandis	9	DCST-VA	1:22.47

#14 Boys 11-12 50 SC Meter Freestyle

PWSL:	27.50	2004	Patrick Lytle (SUD)	
DCST:	28.64	1999	Joey R. Kapurch	
MMST:	28.19	2019	Matt Jensen	
Name	Age	Team	Seed Time	
1	Jensen, Matt	12	MMST-PW	28.19
2	Lingafelt, Sean	12	MMST-PW	31.21
3	Dias, Daniel	12	DCST-VA	31.90
4	Forysiak, Adam	12	DCST-VA	34.69
5	Colbert, Cash	12	MMST-PW	35.08
6	Martin, Tyler	12	DCST-VA	36.52
7	Doty, Brian	11	MMST-PW	37.09
8	Dias, Gabriel	11	DCST-VA	39.50
9	Joyner, Kyle	12	DCST-VA	39.82
10	Carder, Samuel	11	DCST-VA	39.97
11	Zuniga, Mateo	12	DCST-VA	40.20
12	Black, Alexander	11	DCST-VA	41.70
13	Causey, Justin	12	DCST-VA	43.16
14	Sager, Justin	12	DCST-VA	43.97
15	Jimenez, Donovan	12	DCST-VA	47.93
16	Carter, Mick	11	DCST-VA	48.07
17	Robelly, Josh	11	DCST-VA	50.59
18	Sanil, Giri	11	DCST-VA	50.69
19	Kennon, Troy	12	DCST-VA	52.50
20	Yacob, Camlak	12	DCST-VA	53.68
21	Burge, Leo	11	MMST-PW	1:03.16

#15 Girls 11-12 50 SC Meter Freestyle

PWSL:	27.94	2017	Jamie Cornwell	
DCST:	30.18	2019	Ainsley Stabler	
MMST:	30.82	2002	K. Gaskill	
Name	Age	Team	Seed Time	
1	Le, Rosangela	12	DCST-VA	31.28
2	Lesly, Hannah	12	DCST-VA	33.62
3	Rojas, Elyse	12	DCST-VA	34.97
4	Carter, Rania	11	DCST-VA	35.65
5	Zibung, Selina	11	DCST-VA	36.31
6	Smith, Sophie	12	DCST-VA	37.34
7	Ong, Gabby	11	DCST-VA	37.84
8	Lateef, Rania	12	MMST-PW	38.25
9	Dias, Natalia	12	DCST-VA	38.56
10	Orwig, Keira	12	MMST-PW	40.50
11	Posey, Audrey	11	MMST-PW	41.75
12	Sposato, Eliana	11	MMST-PW	43.09
13	Snead, Samia	11	DCST-VA	44.12
14	Hobbs-Collier, Haley	11	DCST-VA	47.88
15	Cook, Maggie	12	MMST-PW	49.50
16	Le, Victoria	11	DCST-VA	52.53
17	Harris, LT	11	DCST-VA	55.47
18	Kirk, Zoe	12	DCST-VA	1:04.13

#16 Boys 13-14 50 SC Meter Freestyle

PWSL:	25.50	2006	Patrick Lytle (SUD)	
DCST:	26.63	2019	Dawson Truong	
MMST:	26.26	2016	Jason Smith	
Name	Age	Team	Seed Time	
1	Truong, Dawson	14	DCST-VA	26.63
2	Friend, AJ	13	DCST-VA	28.97
3	Jensen, Drew	14	MMST-PW	30.49
4	Lacy, Dominic	14	MMST-PW	31.09

5	Zuniga, Niko	14	DCST-VA	32.09
6	Lee, Alex	14	DCST-VA	32.76
7	Sager, Andrew	14	DCST-VA	32.85
8	Silver, Liam	13	MMST-PW	33.25
9	Shepherd, Hayden	14	MMST-PW	33.47
10	Black, Aidan	14	DCST-VA	34.45
11	Smith, Zach	13	MMST-PW	36.01
12	Baker, Aaron	13	MMST-PW	37.01
13	Kaufman, Sam	14	MMST-PW	37.59
14	Bui, Tim	14	DCST-VA	38.63
15	Le, Ben	13	DCST-VA	41.03
16	Svechnikov, Yegor	13	DCST-VA	43.50
17	Robelly, Lu	13	DCST-VA	43.84
18	Elsherbiny, Fares	13	MMST-PW	44.03
19	Lateef, Arman	13	MMST-PW	44.72
20	Young, Jr., Sherman	13	DCST-VA	1:10.38
21	Morgan, Caleb	13	MMST-PW	NT

#17 Girls 13-14 50 SC Meter Freestyle

PWSL:	26.34	2019	Camille Spink	
DCST:	29.59	2010	Shelby Jordan	
MMST:	28.57	2006	G. Mizerak	
Name	Age	Team	Seed Time	
1	Welsby, Tess	14	DCST-VA	30.37
2	Cassedy, Katelyn	14	MMST-PW	33.41
3	Salley, Angela	13	DCST-VA	33.90
4	Paim, Arianna	13	MMST-PW	34.87
5	Dietrichson, Susannah	14	DCST-VA	35.22
6	Darfour, Danielle	13	DCST-VA	35.22
7	Riedy, Bailey	13	MMST-PW	35.34
8	Saulsbery, Mary	14	DCST-VA	35.44
9	George, Melissa	13	DCST-VA	35.59
10	Trinh, Amy	14	DCST-VA	35.62
11	Palacio, Abby	14	DCST-VA	36.84
12	Moffatt, Zamantha	13	DCST-VA	37.06
13	Martin, Madison	13	DCST-VA	37.21
14	Quimby, Lily	13	MMST-PW	37.91
15	Meltzer, Sarah	13	MMST-PW	38.12
16	Kelly, Lizzy	14	DCST-VA	38.33
17	Alvarez Oberg, Layla	13	DCST-VA	39.06
18	Cordova, Nicole	13	DCST-VA	39.28
19	Cho, Agnes	14	DCST-VA	40.40
20	Harvey, Haiden	13	DCST-VA	43.97
21	Ghafoerkhan, Anjali	13	DCST-VA	44.82
22	Lanham, Georgie	14	MMST-PW	47.56
23	Genari, Amanda	14	DCST-VA	47.95
24	Bussenger, Reagan	13	DCST-VA	48.34
25	Cooper-Witter, Olivia	13	MMST-PW	48.79
26	Hobbs-Collier, Hannah	13	DCST-VA	49.13
27	Martin, Samantha	14	DCST-VA	1:07.28
28	Tucker, Ashley	14	MMST-PW	NT

#18 Boys 15-18 50 SC Meter Freestyle

PWSL:	23.47	2017	Sam Pomajevich	
DCST:	25.62	2004	Thomas Rooney	
MMST:	24.66	2016	Brock Cudahy	
Name	Age	Team	Seed Time	
1	Smith, Josh	15	MMST-PW	28.19
2	Quimby, Paul David	15	MMST-PW	28.34
3	Healey, Andrew	16	MMST-PW	28.56

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#18 ... (Boys 15-18 50 SC Meter Freestyle)

4	Ogden, Jacob	16	MMST-PW	28.91
5	Colbert, Brady	15	MMST-PW	29.20
6	Meink, Troy	16	MMST-PW	29.51
7	Ong, Marcus	15	DCST-VA	29.66
8	Lingafelt, Andrew	16	MMST-PW	29.97
9	Stevenson, Max	15	DCST-VA	30.38
10	Reid, Sheldon	15	DCST-VA	30.81
11	Lacy, Nicholas	15	MMST-PW	31.13
12	Olsen, Nick	18	MMST-PW	32.24
13	Kelly, Robbie	18	DCST-VA	32.33
14	House, Malcolm	18	DCST-VA	32.47
15	Darfour, Kofi	16	DCST-VA	33.19
16	Dietrichson, Gabe	16	DCST-VA	34.75
17	Dietrichson, Eric	18	DCST-VA	34.81
18	Redmond, James	16	DCST-VA	34.84
19	Kelly, Aiden	15	DCST-VA	35.52
20	Kelly, Sean	16	DCST-VA	36.06
21	Harvey, Dylan	16	DCST-VA	1:01.09
22	Brill, Jacob	15	DCST-VA	1:08.76

#19 Girls 15-18 50 SC Meter Freestyle

PWSL: 26.58 2018 Erin Quinn
DCST: 28.50 2016 Emily Nordberg
MMST: 29.00 2011 C. Mizerak at Division

Name	Age	Team	Seed Time
1	Pumpurs, Natalija	18	DCST-VA 29.44
2	Kennedy, Victoria	17	MMST-PW 31.40
3	Alvarez Oberg, Lauren	16	DCST-VA 32.31
4	Creedon, Courtney	17	DCST-VA 32.44
5	Rocha, Alanny	15	DCST-VA 33.78
6	Larkin, Bella	16	DCST-VA 34.15
7	Vaccaro, Julia	18	MMST-PW 36.56
8	Darr, Taryn	16	MMST-PW 36.77
9	Robelly, Olivia	17	DCST-VA 37.09
10	Black, Eliana	16	DCST-VA 37.25
11	Staats, Jillian	16	DCST-VA 37.40
12	Causey, Brianna	17	DCST-VA 37.70
13	Colletti Hao, Katie	18	MMST-PW 37.78
14	Cossio, Shannon	16	MMST-PW 37.81
15	Weaver, Emma	15	MMST-PW 38.00
16	Pappas, Zoe	17	DCST-VA 42.25
17	Marks, Katie	17	MMST-PW 44.23
18	Kennon, Lexi	16	DCST-VA 47.07
19	Stacy, Arianna	15	DCST-VA 47.25
20	Samren, Shaymaa	15	DCST-VA 49.02
21	Lee, Abigail	17	MMST-PW NT

#20 Boys 10 & Under 100 SC Meter IM

PWSL: 1:13.58 2016 Michael Mullen
DCST: 1:24.30 1991 Tommy Quimby
MMST: 1:26.17 2016 Aaron Kinitz

Name	Age	Team	Seed Time
1	Ward, Evan	10	DCST-VA 1:47.88
2	Colbert, Gunner	10	MMST-PW 1:52.84
3	Lesly, Noah	9	DCST-VA 2:00.68
4	Salley, Ethan	9	DCST-VA 2:00.78
5	Stormer, Patrick	10	MMST-PW 2:06.47
6	Smith, Adam	9	MMST-PW 2:15.25

7	Pierret, Logan	9	MMST-PW	2:25.96
8	Schilling, Grady	9	MMST-PW	2:26.34
9	Stabler, Luke	10	DCST-VA	2:37.72
10	Mitchler, Bryant	9	DCST-VA	2:41.65
11	Downey, Jacob	9	DCST-VA	3:01.75

#21 Girls 10 & Under 100 SC Meter IM

PWSL: 1:18.72 2018 Lucy Daniel
DCST: 1:25.46 2008 Emily Nordberg
MMST: 1:23.21 2004 C. Mizerak

Name	Age	Team	Seed Time
1	Hawver, Gabby	10	MMST-PW 1:25.62
2	Le, Rosaphi	9	DCST-VA 1:40.75
3	Lingafelt, Kara	10	MMST-PW 1:41.90
4	Kennedy, Samantha	10	MMST-PW 1:49.32
5	Rossi, Madelyn	9	MMST-PW 1:58.72
6	Kelley, Madison	10	DCST-VA 1:59.48
7	Forysiak, Genevieve	9	DCST-VA 2:22.78
8	Perrin, Maria	9	DCST-VA 2:23.38
9	McMillan, Kiley	9	MMST-PW 2:24.75
10	Jimenez, Caelyn	9	DCST-VA 2:32.95
11	Friend, Kyliee	8	DCST-VA NT
12	Ghafoerkhan, Nadira	10	DCST-VA NT
13	Hao, Maggie	10	MMST-PW NT

#22 Boys 11-12 100 SC Meter IM

PWSL: 1:07.06 2018 Jordan Evans
DCST: 1:10.87 1999 Joey R. Kapurch
MMST: 1:13.28 2019 Matt Jensen

Name	Age	Team	Seed Time
1	Lingafelt, Sean	12	MMST-PW 1:18.46
2	Lingafelt, Chase	12	MMST-PW 1:25.79
3	Bussenger, Ryan	11	DCST-VA 1:34.50
4	Colbert, Cash	12	MMST-PW 1:36.54
5	Doty, Brian	11	MMST-PW 1:44.57
6	Martin, Tyler	12	DCST-VA 1:45.81
7	Burke, Patrick	12	MMST-PW 1:46.88
8	Reid, Donovan	12	DCST-VA 1:54.41
9	Roberts, Tristun	11	DCST-VA 1:55.12
10	Dias, Gabriel	11	DCST-VA 1:55.82
11	Sager, Justin	12	DCST-VA 2:05.20
12	Causey, Justin	12	DCST-VA 2:12.40
13	Jimenez, Donovan	12	DCST-VA 2:22.66
14	Kennon, Troy	12	DCST-VA 2:33.27
15	Sanil, Giri	11	DCST-VA 2:38.81
16	Joyner, Kyle	12	DCST-VA NT
17	Yacob, Camlak	12	DCST-VA NT

#23 Girls 11-12 100 SC Meter IM

PWSL: 1:09.83 2016 Aris Runnels
DCST: 1:15.63 2010 Emily Nordberg
MMST: 1:17.91 2004 Gabrielle Mizerak at Division

Name	Age	Team	Seed Time
1	Trinh, Lili	12	DCST-VA 1:17.00
2	Stabler, Ainsley	12	DCST-VA 1:17.02
3	Lesly, Hannah	12	DCST-VA 1:24.91
4	Carter, Rania	11	DCST-VA 1:29.44
5	Tully, Katelyn	11	MMST-PW 1:48.66
6	Stacy, Emily	12	DCST-VA 1:50.53
7	Sierra, Crystal	12	DCST-VA 1:52.75
8	Lateef, Rania	12	MMST-PW 1:54.00

9	Bradley, Jordis	12	MMST-PW	1:54.22
10	Posey, Audrey	11	MMST-PW	1:54.31
11	Bradley, Jenna	12	MMST-PW	1:56.47
12	Hobbs-Collier, Haley	11	DCST-VA	2:16.50
13	Le, Victoria	11	DCST-VA	2:22.38
14	Harris, LT	11	DCST-VA	2:28.21
15	Kirk, Sydney	12	DCST-VA	NT

#24 Boys 13-14 100 SC Meter IM

PWSL: 1:01.04 2018 Landon Gentry
DCST: 1:05.18 2019 Dawson Truog
MMST: 1:08.31 2016 Jason Smith

Name	Age	Team	Seed Time
1	Friend, AJ	13	DCST-VA 1:16.00
2	Jensen, Drew	14	MMST-PW 1:17.53
3	Doty, David	13	MMST-PW 1:21.12
4	Silver, Liam	13	MMST-PW 1:27.53
5	Bauer, Lucas	14	DCST-VA 1:30.84
6	Baker, Aaron	13	MMST-PW 1:31.14
7	Sager, Andrew	14	DCST-VA 1:34.56
8	Flanders, Bryce	13	MMST-PW 1:35.33
9	Orefice, Tyler	13	MMST-PW 1:37.94
10	Bui, Tim	14	DCST-VA 1:44.69
11	Lateef, Arman	13	MMST-PW 1:55.62
12	Stormer, Will	13	MMST-PW 1:58.94
13	Robelly, Lu	13	DCST-VA 2:10.18
14	Svechnikov, Yegor	13	DCST-VA NT

#25 Girls 13-14 100 SC Meter IM

PWSL: 1:05.01 2018 Aris Runnels
DCST: 1:11.72 2012 Emily Nordberg
MMST: 1:12.07 2006 G.Mizerak

Name	Age	Team	Seed Time
1	Welsby, Tess	14	DCST-VA 1:20.39
2	Paim, Arianna	13	MMST-PW 1:26.91
3	Gerhart, Sarah	14	MMST-PW 1:27.75
4	George, Melissa	13	DCST-VA 1:28.40
5	Riedy, Bailey	13	MMST-PW 1:28.46
6	Carter, Ariana	14	DCST-VA 1:29.28
7	Trinh, Amy	14	DCST-VA 1:31.44
8	Voith, Jane	14	DCST-VA 1:32.16
9	Beckett, Jasmine	14	MMST-PW 1:32.71
10	Meink, Jenna	13	MMST-PW 1:33.18
11	Saulsbery, Mary	14	DCST-VA 1:34.44
12	Cassedy, Katelyn	14	MMST-PW 1:35.82
13	Salley, Angela	13	DCST-VA 1:38.41
14	Alvarez Oberg, Layla	13	DCST-VA 1:43.81
15	Rehrig, Gillian	13	MMST-PW 1:49.35
16	Samren, Shams	13	DCST-VA 1:53.15
17	Quint, Vivian	13	MMST-PW 1:55.00
18	Garland, Abigail	13	DCST-VA 1:57.94
19	Sanil, Indu	14	DCST-VA 1:59.26
20	Cho, Catherine	13	DCST-VA NT

#26 Boys 15-18 100 SC Meter IM

PWSL: 57.46 2017 Sam Pomajevich
DCST: 1:01.54 1991 Eric Thompson
MMST: 1:00.27 2016 Brock Cudahy

Name	Age	Team	Seed Time
1	Smith, Jason	17	MMST-PW 1:05.56
2	Ogden, Jacob	16	MMST-PW 1:11.34

2019 Frogs Retiring Seniors

Malcolm House

Malcolm House joined the Frogs in 2009 with older brother Marcus and younger sister Jamelia. He is a recent graduate of Osbourn Park High School where he received various awards for his academic achievements. Malcolm will be attending Old Dominion University this fall to pursue a degree in Political Science. Good luck, Malcolm!



Robbie Kelly

Robbie joined the Frogs with his sister Lizzy and has been with the team for 9 years. He has served as a swimmer-coach for the Frogs and also coaches with SwimKids. Robbie is a recent graduate of Potomac High School, where he participated as a member of the Panthers' swim team. Robbie plans to continue his employment with SwimKids and will be attending Northern Virginia Community College this fall, later transferring to a 4 year university to pursue a degree in Sports Journalism. The Frogs wish you well, Robbie!



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3	Meink, Troy	16	MMST-PW	1:14.78
4	Smith, Josh	15	MMST-PW	1:15.06
5	Lingafelt, Andrew	16	MMST-PW	1:15.22
6	Dias, Joshua	15	DCST-VA	1:18.58
7	Moffatt, Zeth	18	DCST-VA	1:18.90
8	Reid, Sheldon	15	DCST-VA	1:23.20
9	Colbert, Brady	15	MMST-PW	1:24.25
10	Redmond, James	16	DCST-VA	1:25.57
11	Rehrig, Nolan	15	MMST-PW	1:27.70
12	Kelly, Robbie	18	DCST-VA	1:29.22
13	Hinson, Zach	17	DCST-VA	1:34.09
14	Kelly, Aiden	15	DCST-VA	1:51.09
15	Healey, Andrew	16	MMST-PW	NT
16	Lawson, Max	15	MMST-PW	NT

#27 Girls 15-18 100 SC Meter IM

PWSL:	1:04.84	2014	Eireni Moshos
DCST:	1:09.44	2016	Emily Nordberg
MMST:	1:10.47	2011	C. Mizerak at Division
Name	Age	Team	Seed Time
1	House, Jamelia	15	DCST-VA 1:18.33
2	Nguyen, Angelina	16	MMST-PW 1:19.53
3	Larkin, Bella	16	DCST-VA 1:29.16
4	Darr, Taryn	16	MMST-PW 1:31.81
5	Molle, Allie	16	DCST-VA 1:33.78
6	Staats, Jillian	16	DCST-VA 1:34.76
7	Orefice, Kalie	15	MMST-PW 1:34.91
8	Cossio, Shannon	16	MMST-PW 1:38.06
9	Robelly, Olivia	17	DCST-VA 1:39.84
10	Weaver, Emma	15	MMST-PW 1:43.56
11	Causey, Brianna	17	DCST-VA 1:45.01
12	Ouellette, Avery	18	MMST-PW 1:47.18
13	Darfour, Michelle	15	DCST-VA 1:51.50
14	Downey, Gwen	18	DCST-VA 1:54.70
15	Samren, Shaymaa	15	DCST-VA 2:18.44
16	Pappas, Zoe	17	DCST-VA NT

#28 Boys 8 & Under 25 SC Meter Backstroke

PWSL:	18.63	2005	Brandon Doyle (WST)
DCST:	20.36	2005	Brandon Barbery
MMST:	20.84	2005	K.Parker
Name	Age	Team	Seed Time
1	Hawver, Ethan	8	MMST-PW 25.35
2	Lesly, Zaiyah	7	DCST-VA 27.88
3	Kennedy, Mark	8	MMST-PW 27.97
4	Snead, William	8	DCST-VA 28.75
5	Rotante, Dominic	8	MMST-PW 28.84
6	Mckibben, Trey	8	MMST-PW 29.78
7	Feser, Sebastian	8	MMST-PW 30.36
8	Savage, Gabriel	8	MMST-PW 31.69
9	Russo, Hudson	8	MMST-PW 32.24
10	Posey, Ryan	6	MMST-PW 32.84
11	Lateef, Deen	8	MMST-PW 33.40
12	Mitchler, Trenton	7	DCST-VA 34.69
13	Palacio, Gabriel	8	DCST-VA 38.22
14	Howard, Amare	8	DCST-VA 39.13
15	Wheeler, Mateo	8	DCST-VA 39.91
16	Pendleton, Connor	7	DCST-VA 42.22

17	Le, King	7	DCST-VA 46.44
18	Robelly, Isaiah	8	DCST-VA 46.87
19	Lui, Robby	6	MMST-PW 51.50
20	Martinez, Cameron	7	DCST-VA 53.75
21	Meador, Leighton	6	MMST-PW 53.91
22	Pluska, Cameron	7	MMST-PW 1:00.16
23	Bolick, Ridley	6	DCST-VA 1:10.13
24	Fanion, Jacoby	6	DCST-VA 1:47.43
25	Usman, Rayed	7	DCST-VA NT
26	Lui, Ryan	8	MMST-PW NT
27	Russo, Parker	5	MMST-PW NT
28	Stinson, James	5	MMST-PW NT

#29 Girls 8 & Under 25 SC Meter Backstroke

PWSL:	18.93	2014	Lori Anne Madison
DCST:	20.08	2019	Vivian L. Dmochowski
MMST:	20.13	2000	Leanne Ralph at FAS
Name	Age	Team	Seed Time
1	Dmochowski, Vivian Lou	8	DCST-VA 20.08
2	Justus, Juliana	7	DCST-VA 24.66
3	Whitworth, Ava	7	MMST-PW 24.98
4	Rossi, Aubrey	7	MMST-PW 26.32
5	Boomgarden, Kendall	7	MMST-PW 27.56
6	Shields, Riley	7	MMST-PW 31.04
7	Gross, Ceci	8	MMST-PW 33.03
8	Hao, Lindsey	8	MMST-PW 34.34
9	Feser, Mia	6	MMST-PW 34.36
10	Jones, Shiloh	8	DCST-VA 34.89
11	Medeiros, Elizabeth	8	MMST-PW 35.58
12	Gross, Frances	6	MMST-PW 36.37
13	Soto, Malaysia	7	DCST-VA 38.51
14	Fanion, Justis	8	DCST-VA 40.16
15	Fevrier, Kinaya	5	DCST-VA 40.25
16	Whitworth, Emma	6	MMST-PW 41.03
17	Carr, Harper	6	MMST-PW 41.96
18	Conteh, Gabrielle	8	DCST-VA 42.39
19	Boomgarden, Peyton	4	MMST-PW 44.69
20	Ramos, Aliya	8	DCST-VA 45.07
21	Frederick, Samantha	5	DCST-VA 50.26
22	Doty, April	5	MMST-PW 55.14
23	Marsh, Leila	5	DCST-VA 55.62
24	Snead, Aaliyah	5	DCST-VA 1:03.45
25	Smith, Emily	6	DCST-VA 1:07.93
26	Alfaro, Lucille	8	DCST-VA 1:11.10
27	Lesly, Leah	4	DCST-VA NT
28	Staats, Amelia	4	DCST-VA NT

#30 Boys 9-10 50 SC Meter Backstroke

PWSL:	34.68	2016	Michael Mullen
DCST:	38.68	1991	Tommy Quimby
MMST:	39.56	2007	K.Parker @ Rldgew
Name	Age	Team	Seed Time
1	Ward, Micah	9	DCST-VA 51.20
2	Salley, Ethan	9	DCST-VA 55.33
3	Lui, Ronald	10	MMST-PW 55.75
4	Carr, Cooper	10	MMST-PW 58.12
5	Marsh, Gabriel	9	DCST-VA 1:02.07
6	Arias, Fernando	10	DCST-VA 1:02.56
7	Smith, Adam	9	MMST-PW 1:03.68
8	Pierret, Logan	9	MMST-PW 1:04.35

9	Stacy, JJ	10	DCST-VA 1:06.69
10	Barton-Rivera, Angelus	9	DCST-VA 1:07.44
11	Mitchler, Bryant	9	DCST-VA 1:07.50
12	Lecca, Kaden	9	MMST-PW 1:18.79
13	Yacob, Semour	10	DCST-VA 1:19.20
14	Crawford, Nathaniel	9	DCST-VA 1:20.35
15	Yacob, Yared	9	DCST-VA 1:22.00
16	Rios, Jorge	10	MMST-PW 1:33.77

#31 Girls 9-10 50 SC Meter Backstroke

PWSL:	36.14	2018	Lucy Daniel
DCST:	38.37	2008	Emily Nordberg
MMST:	38.74	2004	Courtney Mizerak vs
Name	Age	Team	Seed Time
1	Rojas, Isabel	9	DCST-VA 43.34
2	Lingafelt, Kara	10	MMST-PW 45.94
3	Trinh, Ellie	9	DCST-VA 48.87
4	Pendleton, Bella	9	DCST-VA 50.72
5	Fevrier, Kymora	9	DCST-VA 50.85
6	Rossi, Madelyn	9	MMST-PW 52.75
7	Stormer, Livy	10	MMST-PW 56.21
8	Sherdil, Salma	10	MMST-PW 56.59
9	McMillan, Kiley	9	MMST-PW 1:05.90
10	Jimenez, Caelyn	9	DCST-VA 1:06.09
11	Forysiak, Genevieve	9	DCST-VA 1:07.15
12	Paim, Sofia	9	MMST-PW 1:08.34
13	Ghafoerkhan, Nadira	10	DCST-VA 1:14.82
14	Ames, Hannah	10	MMST-PW 1:19.50
15	Thorpe, Kandis	9	DCST-VA 1:35.75

#32 Boys 11-12 50 SC Meter Backstroke

PWSL:	32.08	2018	Lleyton Arnold
DCST:	33.68	1999	Joey R. Kapurch
MMST:	32.97	2019	Matt Jensen
Name	Age	Team	Seed Time
1	Jensen, Matt	12	MMST-PW 32.97
2	Lingafelt, Sean	12	MMST-PW 34.63
3	Dias, Daniel	12	DCST-VA 38.76
4	Forysiak, Adam	12	DCST-VA 40.84
5	Carder, Samuel	11	DCST-VA 45.67
6	Doty, Brian	11	MMST-PW 47.19
7	Gross, Patrick	11	MMST-PW 48.87
8	Zuniga, Mateo	12	DCST-VA 49.75
9	Reid, Donovan	12	DCST-VA 52.44
10	Black, Alexander	11	DCST-VA 55.75
11	Robelly, Josh	11	DCST-VA 58.78
12	Roberts, Tristun	11	DCST-VA 59.47
13	Carter, Mick	11	DCST-VA 1:00.85
14	Yacob, Camlak	12	DCST-VA 1:04.70
15	Burge, Leo	11	MMST-PW 1:09.47

#33 Girls 11-12 50 SC Meter Backstroke

PWSL:	32.74	2017	Camille Spink
DCST:	33.38	2010	Emily Nordberg
MMST:	34.72	2002	Kali Gaskill Westridg
Name	Age	Team	Seed Time
1	Trinh, Lili	12	DCST-VA 35.78
2	Le, Rosangela	12	DCST-VA 36.28
3	Zibung, Selina	11	DCST-VA 40.34
4	Carter, Rania	11	DCST-VA 45.10
5	Orwig, Keira	12	MMST-PW 45.36

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6 Ong, Gabby	11 DCST-VA	46.33
7 Dias, Natalia	12 DCST-VA	46.38
8 Sierra, Crystal	12 DCST-VA	48.71
9 Bradley, Jenna	12 MMST-PW	49.85
10 Snead, Samia	11 DCST-VA	49.91
11 Stacy, Emily	12 DCST-VA	51.52
12 Bradley, Jordis	12 MMST-PW	54.34
13 Sposato, Eliana	11 MMST-PW	55.59
14 Kirk, Sydney	12 DCST-VA	57.65
15 Cook, Maggie	12 MMST-PW	59.68
16 Kirk, Zoe	12 DCST-VA	1:09.22

#34 Boys 13-14 50 SC Meter Backstroke

PWSL:	28.27	2018	Landon Gentry
DCST:	31.50	2011	Brandon Barbery
MMST:	31.59	2016	Jason Smith
Name	Age	Team	Seed Time
1 Truong, Dawson	14 DCST-VA	32.25	
2 Zamora, Marco	14 DCST-VA	32.72	
3 Jensen, Drew	14 MMST-PW	36.37	
4 Lee, Alex	14 DCST-VA	39.21	
5 Doty, David	13 MMST-PW	41.09	
6 Zuniga, Niko	14 DCST-VA	41.97	
7 Shepherd, Hayden	14 MMST-PW	42.09	
8 Bauer, Lucas	14 DCST-VA	43.42	
9 Flanders, Bryce	13 MMST-PW	45.18	
10 Smith, Zach	13 MMST-PW	47.69	
11 Kaufman, Sam	14 MMST-PW	48.78	
12 Stormer, Will	13 MMST-PW	51.06	
13 Bright, Tony	13 MMST-PW	51.77	
14 Le, Ben	13 DCST-VA	53.14	
15 Soto, DeWayne	13 DCST-VA	58.19	
16 Elsherbiny, Fares	13 MMST-PW	59.18	
17 Young, Jr., Sherman	13 DCST-VA	1:38.50	
18 Morgan, Caleb	13 MMST-PW	NT	

#35 Girls 13-14 50 SC Meter Backstroke

PWSL:	29.84	2019	Camille Spink
DCST:	32.75	2012	Emily Nordberg
MMST:	33.30	2006	G.Mizerak
Name	Age	Team	Seed Time
1 Gerhart, Sarah	14 MMST-PW	39.06	
2 Carter, Ariana	14 DCST-VA	41.60	
3 Beckett, Jasmine	14 MMST-PW	42.19	
4 Quimby, Lily	13 MMST-PW	42.49	
5 Cassidy, Katelyn	14 MMST-PW	42.90	
6 Voith, Jane	14 DCST-VA	44.32	
7 Martin, Madison	13 DCST-VA	44.32	
8 Cordova, Nicole	13 DCST-VA	45.04	
9 Kelly, Lizzy	14 DCST-VA	45.57	
10 Darfour, Danielle	13 DCST-VA	47.28	
11 Garland, Abigail	13 DCST-VA	51.25	
12 Harvey, Haiden	13 DCST-VA	54.52	
13 Lanham, Georgie	14 MMST-PW	55.12	
14 Sanil, Indu	14 DCST-VA	58.09	
15 Hobbs-Collier, Hannah	13 DCST-VA	1:02.20	
16 Genari, Amanda	14 DCST-VA	1:02.25	
17 Bussenger, Reagan	13 DCST-VA	1:05.72	

18 Cooper-Witter, Olivia	13 MMST-PW	1:08.38
19 Martin, Samantha	14 DCST-VA	1:15.75
20 Tucker, Ashley	14 MMST-PW	NT

#36 Boys 15-18 50 SC Meter Backstroke

PWSL:	26.26	2017	William Cumberland
DCST:	29.15	2004	Troy Sattgast
MMST:	28.23	2018	Jason Smith
Name	Age	Team	Seed Time
1 Smith, Jason	17 MMST-PW	30.16	
2 Guice, Carter	17 MMST-PW	32.24	
3 Meink, Troy	16 MMST-PW	32.74	
4 Smith, Josh	15 MMST-PW	33.55	
5 Turner, James	18 MMST-PW	34.32	
6 Healey, Andrew	16 MMST-PW	34.47	
7 Turner, Chris	16 MMST-PW	37.97	
8 Rehrig, Nolan	15 MMST-PW	38.07	
9 Stevenson, Max	15 DCST-VA	39.97	
10 Reid, Sheldon	15 DCST-VA	40.95	
11 Lacy, Nicholas	15 MMST-PW	41.25	
12 Lawson, Max	15 MMST-PW	41.97	
13 Reid, Evan	18 DCST-VA	42.95	
14 Dietrichson, Eric	18 DCST-VA	43.25	
15 Dietrichson, Gabe	16 DCST-VA	45.87	
16 Hinson, Zach	17 DCST-VA	46.58	
17 Kelly, Sean	16 DCST-VA	51.19	
18 Harvey, Dylan	16 DCST-VA	1:19.32	
19 Brill, Jacob	15 DCST-VA	1:27.97	

#37 Girls 15-18 50 SC Meter Backstroke

PWSL:	29.31	2016	Reni Moshos
DCST:	31.50	2018	Natalija Pumpurs
MMST:	32.53	2011	C. Mizerak at Wellings
Name	Age	Team	Seed Time
1 Creedon, Courtney	17 DCST-VA	35.31	
2 House, Jamelia	15 DCST-VA	35.64	
3 Nguyen, Angelina	16 MMST-PW	36.38	
4 Molle, Allie	16 DCST-VA	40.41	
5 Rocha, Alanny	15 DCST-VA	40.41	
6 Alvarez Oberg, Lauren	16 DCST-VA	40.78	
7 Weaver, Emma	15 MMST-PW	44.45	
8 Larkin, Bella	16 DCST-VA	44.52	
9 Colletti Hao, Katie	18 MMST-PW	44.59	
10 Ouellette, Avery	18 MMST-PW	44.60	
11 Robelly, Olivia	17 DCST-VA	44.78	
12 Cossio, Shannon	16 MMST-PW	45.38	
13 Causey, Brianna	17 DCST-VA	46.90	
14 Downey, Gwen	18 DCST-VA	51.09	
15 Marks, Katie	17 MMST-PW	51.15	
16 Davis, Kendra	15 DCST-VA	56.16	

#38 Boys 8 & Under 25 SC Meter Breaststroke

PWSL:	21.75	2002	Louis Wojciechowski
DCST:	23.30	1995	Joey R. Kapurch
MMST:	24.27	2005	Peter Pomajevich
Name	Age	Team	Seed Time
1 Kennedy, Mark	8 MMST-PW	27.07	
2 Wall, Victor	8 MMST-PW	27.12	
3 Hawver, Ethan	8 MMST-PW	30.84	
4 Schilling, Emmitt	6 MMST-PW	31.72	
5 Palacio, Gabriel	8 DCST-VA	32.37	

6 Lateef, Deen	8 MMST-PW	34.44
7 Lesly, Zaiyah	7 DCST-VA	34.70
8 Snead, William	8 DCST-VA	37.59
9 Sorden, Connor	7 MMST-PW	37.72
10 Feser, Sebastian	8 MMST-PW	37.90
11 Pierret, Marcus	7 MMST-PW	40.81
12 Lui, Robby	6 MMST-PW	43.62
13 Robelly, Isaiah	8 DCST-VA	NT
14 Villatoro, Dominik	7 DCST-VA	NT
15 Bolick, Ridley	6 DCST-VA	NT
16 Le, King	7 DCST-VA	NT
17 Wheeler, Mateo	8 DCST-VA	NT

#39 Girls 8 & Under 25 SC Meter Breaststroke

PWSL:	20.81	2014	Lori Anne Madison
DCST:	23.93	2006	Emily Nordberg
MMST:	21.72	2002	C. Mizerak
Name	Age	Team	Seed Time
1 Friend, Kyliee	8 DCST-VA	27.62	
2 Gross, Ceci	8 MMST-PW	30.66	
3 Whitworth, Ava	7 MMST-PW	32.37	
4 Mills, Emily	8 MMST-PW	33.03	
5 Justus, Juliana	7 DCST-VA	33.89	
6 Hawver, Allie	6 MMST-PW	34.12	
7 Rossi, Aubrey	7 MMST-PW	35.34	
8 George, Ashley	8 DCST-VA	35.40	
9 Ghafoerkhan, Rhea	8 DCST-VA	45.03	
10 Fanion, Justis	8 DCST-VA	50.91	
11 Feser, Mia	6 MMST-PW	57.94	
12 Snead, Aaliyah	5 DCST-VA	NT	
13 Medeiros, Elizabeth	8 MMST-PW	NT	

#40 Boys 9-10 50 SC Meter Breaststroke

PWSL:	37.72	2016	Jordan Evans
DCST:	44.34	1991	Tommy Quimby
MMST:	44.46	2016	Aaron Kinitz
Name	Age	Team	Seed Time
1 Colbert, Gunner	10 MMST-PW	55.23	
2 Ward, Micah	9 DCST-VA	58.85	
3 Stormer, Patrick	10 MMST-PW	1:00.33	
4 Salley, Ethan	9 DCST-VA	1:01.19	
5 Schilling, Grady	9 MMST-PW	1:03.20	
6 Smith, Adam	9 MMST-PW	1:03.46	
7 Stabler, Luke	10 DCST-VA	1:12.53	
8 Stacy, JJ	10 DCST-VA	1:15.54	
9 Downey, Jacob	9 DCST-VA	1:15.69	
10 Marsh, Gabriel	9 DCST-VA	1:28.43	
11 Arias, Fernando	10 DCST-VA	1:29.84	
12 Kennon, Kyle	9 DCST-VA	NT	
13 Sager, Kevin	10 DCST-VA	NT	
14 Yacob, Semour	10 DCST-VA	NT	
15 Lecca, Kaden	9 MMST-PW	NT	

#41 Girls 9-10 50 SC Meter Breaststroke

PWSL:	40.75	2016	Lori Anne Madison
DCST:	43.89	1990	Nicky Sease
MMST:	44.91	2019	Gabby Hawver
Name	Age	Team	Seed Time
1 Hawver, Gabby	10 MMST-PW	44.91	
2 Le, Rosaphi	9 DCST-VA	50.34	
3 Voith, Amy	10 DCST-VA	53.45	

2019 Frogs Retiring Seniors

Zeth Moffatt

Zeth Moffatt has been with the Frogs for 8 years, joining with his sister Zamantha. He will graduate from Hylton High School in June of 2020. In his final season of the Frogs, Zeth has anchored many of our 15-18 boys relay teams to great success!

Zeth intends to attend college after his senior year in high school with a major in Science Engineering.

We are all excited for your future, Zeth!



Natalija Pumpurs



Natalija Pumpurs joined the Frogs in 2012 at the age of 11. She is a recent graduate of Potomac High School, where she had the dubious distinction of having all As for her entire student life, graduating Summa Cum Laude in the top 1% of her graduating class.

While at Potomac High School, Natalija volunteered to tutor math and physics after school as part of her National Honor Society activities. She was a Virginia Aerospace Science and Technology Scholar as well as a recipient of a Youth Leadership Youth Salute Award. Natalija was vice president and treasurer of the Computer Engineering Club and participated in SeaPerch, an underwater robotics competition. She earned the Virginia House of Delegates Honor Roll Certificate of Distinction and was selected as Potomac Student of the Month.

Natalija will be attending Rose-Hulman Institute of Technology in Indiana, where she received a full tuition merit scholarship to pursue a degree in Computer Engineering and participate on the school's swim team. Best of luck, Natalija!

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#41 ... (Girls 9-10 50 SC Meter Breaststroke)

4	Fevrier, Kymora	9	DCST-VA	54.22
5	Rojas, Isabel	9	DCST-VA	55.25
6	Kennedy, Samantha	10	MMST-PW	58.25
7	Trinh, Ellie	9	DCST-VA	58.72
8	Bogan, Jessie	9	DCST-VA	59.53
9	Pendleton, Bella	9	DCST-VA	59.75
10	Gross, Sally	9	MMST-PW	1:03.96
11	Burns, Tatiana	10	DCST-VA	1:04.02
12	Sherdil, Salma	10	MMST-PW	1:08.56
13	Paim, Sofia	9	MMST-PW	1:15.25
14	Medeiros, Isabella	9	MMST-PW	1:15.41
15	Ames, Hannah	10	MMST-PW	1:24.12
16	Bright, Ava	9	DCST-VA	NT
17	Diaz, Jazlene	9	DCST-VA	NT
18	Perrin, Maria	9	DCST-VA	NT

#42 Boys 11-12 50 SC Meter Breaststroke

PWSL:	33.19	2018	Jordan Evans	
DCST:	35.75	1999	Joey R. Kapurch	
MMST:	38.22	2019	Matt Jensen	
Name	Age	Team	Seed Time	
1	Dias, Daniel	12	DCST-VA	41.93
2	Colbert, Cash	12	MMST-PW	44.44
3	Lingafelt, Chase	12	MMST-PW	46.90
4	Martin, Tyler	12	DCST-VA	49.41
5	Bussenger, Ryan	11	DCST-VA	49.56
6	Carder, Samuel	11	DCST-VA	54.97
7	Gross, Patrick	11	MMST-PW	55.30
8	Burke, Patrick	12	MMST-PW	56.21
9	Roberts, Tristun	11	DCST-VA	56.44
10	Zuniga, Mateo	12	DCST-VA	58.75
11	Carter, Mick	11	DCST-VA	59.14
12	Sager, Justin	12	DCST-VA	59.64
13	Kennon, Troy	12	DCST-VA	1:15.33
14	Burge, Leo	11	MMST-PW	NT

#43 Girls 11-12 50 SC Meter Breaststroke

PWSL:	36.22	2017	Emma Hannam	
DCST:	39.09	1995	K. Trent	
MMST:	38.26	2006	C.Mizerak	
Name	Age	Team	Seed Time	
1	Stabler, Ainsley	12	DCST-VA	39.31
2	Le, Rosangela	12	DCST-VA	47.21
3	Rojas, Elyse	12	DCST-VA	49.33
4	Dias, Natalia	12	DCST-VA	49.44
5	Ong, Gabby	11	DCST-VA	53.28
6	Sierra, Crystal	12	DCST-VA	54.37
7	Tully, Katelyn	11	MMST-PW	54.93
8	Bradley, Jordis	12	MMST-PW	56.58
9	Stacy, Emily	12	DCST-VA	56.66
10	Smith, Sophie	12	DCST-VA	57.51
11	Cook, Maggie	12	MMST-PW	59.75
12	Posey, Audrey	11	MMST-PW	1:03.44
13	Sposato, Eliana	11	MMST-PW	1:06.34
14	Le, Victoria	11	DCST-VA	1:09.33
15	Hobbs-Collier, Haley	11	DCST-VA	1:11.15
16	Kirk, Sydney	12	DCST-VA	1:14.34

#44 Boys 13-14 50 SC Meter Breaststroke

PWSL:	31.27	2019	Jordan Evans	
DCST:	32.59	2019	Dawson Truong	
MMST:	36.37	2018	Paul David Quimby	
Name	Age	Team	Seed Time	
1	Truong, Dawson	14	DCST-VA	32.59
2	Zamora, Marco	14	DCST-VA	39.69
3	Lacy, Dominic	14	MMST-PW	40.84
4	Baker, Aaron	13	MMST-PW	42.82
5	Lee, Alex	14	DCST-VA	44.33
6	Flanders, Bryce	13	MMST-PW	44.78
7	Soto, DeWayne	13	DCST-VA	45.94
8	Smith, Zach	13	MMST-PW	46.09
9	Orefice, Tyler	13	MMST-PW	46.84
10	Sager, Andrew	14	DCST-VA	47.26
11	Black, Aidan	14	DCST-VA	47.69
12	Le, Ben	13	DCST-VA	50.83
13	Bui, Tim	14	DCST-VA	52.28
14	Bright, Tony	13	MMST-PW	56.97
15	Lateef, Arman	13	MMST-PW	58.99
16	Svechnikov, Yegor	13	DCST-VA	NT
17	Elsherbiny, Fares	13	MMST-PW	NT

#45 Girls 13-14 50 SC Meter Breaststroke

PWSL:	34.41	2018	Abigail Daniel	
DCST:	37.86	1995	K. Trent	
MMST:	39.87	2016	Angelina Nguyen	
Name	Age	Team	Seed Time	
1	Welsby, Tess	14	DCST-VA	40.69
2	Beckett, Jasmine	14	MMST-PW	44.07
3	Trinh, Amy	14	DCST-VA	44.95
4	Meink, Jenna	13	MMST-PW	45.19
5	Saulsbery, Mary	14	DCST-VA	46.09
6	Rehrig, Gillian	13	MMST-PW	46.32
7	Dietrichson, Susannah	14	DCST-VA	48.94
8	Voith, Jane	14	DCST-VA	49.41
9	Palacio, Abby	14	DCST-VA	50.09
10	Salley, Angela	13	DCST-VA	50.19
11	Kelly, Lizzy	14	DCST-VA	50.71
12	Harvey, Haiden	13	DCST-VA	51.00
13	Quint, Vivian	13	MMST-PW	52.27
14	Meltzer, Sarah	13	MMST-PW	53.44
15	Genari, Amanda	14	DCST-VA	54.44
16	Moffatt, Zamantha	13	DCST-VA	55.51
17	Samren, Shams	13	DCST-VA	59.95
18	Cho, Catherine	13	DCST-VA	1:00.06
19	Cho, Agnes	14	DCST-VA	1:03.15
20	Bussenger, Reagan	13	DCST-VA	1:08.69
21	Lanham, Georgie	14	MMST-PW	1:08.69
22	Cooper-Witter, Olivia	13	MMST-PW	1:11.16
23	Ghafoerkhan, Anjali	13	DCST-VA	1:14.84

#46 Boys 15-18 50 SC Meter Breaststroke

PWSL:	28.97	2018	Spencer Rowe	
DCST:	31.95	1989	Eric Thompson	
MMST:	31.56	2015	Matthew Healey	
Name	Age	Team	Seed Time	
1	Turner, James	18	MMST-PW	34.06
2	Guice, Carter	17	MMST-PW	35.62
3	Quimby, Paul David	15	MMST-PW	35.94

4	Ogden, Jacob	16	MMST-PW	37.96
5	Colbert, Brady	15	MMST-PW	38.69
6	Turner, Chris	16	MMST-PW	38.91
7	Dias, Joshua	15	DCST-VA	39.56
8	Ong, Marcus	15	DCST-VA	41.41
9	Stevenson, Max	15	DCST-VA	42.01
10	Moffatt, Zeth	18	DCST-VA	43.63
11	House, Malcolm	18	DCST-VA	43.93
12	Darfour, Kofi	16	DCST-VA	44.13
13	Lawson, Max	15	MMST-PW	45.50
14	Olsen, Nick	18	MMST-PW	46.53
15	Reid, Evan	18	DCST-VA	46.94
16	Kelly, Aiden	15	DCST-VA	1:04.28

#47 Girls 15-18 50 SC Meter Breaststroke

PWSL:	32.81	2016	Mary Claire Tansill	
DCST:	35.48	2011	April Livingston	
MMST:	34.99	2011	C. Mizerak at Division	
Name	Age	Team	Seed Time	
1	Pumpurs, Natalija	18	DCST-VA	39.77
2	Nguyen, Angelina	16	MMST-PW	40.81
3	Kennedy, Victoria	17	MMST-PW	41.91
4	Creedon, Courtney	17	DCST-VA	44.66
5	Orefice, Kalie	15	MMST-PW	46.88
6	Molle, Allie	16	DCST-VA	48.47
7	Staats, Jillian	16	DCST-VA	48.56
8	Rocha, Alanny	15	DCST-VA	48.81
9	Vaccaro, Julia	18	MMST-PW	49.47
10	Marks, Katie	17	MMST-PW	49.72
11	Black, Eliana	16	DCST-VA	49.75
12	Kennon, Lexi	16	DCST-VA	54.22
13	Darfour, Michelle	15	DCST-VA	55.63
14	Pappas, Zoe	17	DCST-VA	57.16
15	Davis, Kendra	15	DCST-VA	1:10.87
16	Stacy, Arianna	15	DCST-VA	NT
17	Lee, Abigail	17	MMST-PW	NT

#48 Boys 8 & Under 25 SC Meter Butterfly

PWSL:	16.74	2016	Ryan Maynard	
DCST:	19.02	2005	Brandon Barbery	
MMST:	16.92	2007	S.Pomajevich @ Ridge	
Name	Age	Team	Seed Time	
1	Wall, Victor	8	MMST-PW	20.51
2	Hawver, Ethan	8	MMST-PW	30.06
3	Lateef, Deen	8	MMST-PW	30.35
4	Lesly, Zaiyah	7	DCST-VA	31.45
5	Lui, Ryan	8	MMST-PW	32.91
6	Rotante, Dominic	8	MMST-PW	33.60
7	Sorden, Connor	7	MMST-PW	34.22
8	Schilling, Emmitt	6	MMST-PW	35.09
9	Howard, Amare	8	DCST-VA	35.71
10	Savage, Gabriel	8	MMST-PW	36.95
11	Russo, Hudson	8	MMST-PW	37.85
12	Snead, William	8	DCST-VA	38.72
13	Villatoro, Dominik	7	DCST-VA	39.82
14	Pierret, Marcus	7	MMST-PW	44.06
15	Pendleton, Connor	7	DCST-VA	NT
16	Martinez, Cameron	7	DCST-VA	NT

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#49 Girls 8 & Under 25 SC Meter Butterfly

PWSL: 17.44 2014 Lori Anne Madison
DCST: 18.89 2006 Emily Nordberg
MMST: 17.72 2002 Courtney Mizerak - I

Name	Age	Team	Seed Time
1 Dmochowski, Vivian Lou	8	DCST-VA	19.00
2 Rossi, Aubrey	7	MMST-PW	26.20
3 Justus, Juliana	7	DCST-VA	28.12
4 Hawver, Allie	6	MMST-PW	31.12
5 Mills, Emily	8	MMST-PW	32.09
6 Jones, Shiloh	8	DCST-VA	33.10
7 Boomgarden, Kendall	7	MMST-PW	33.22
8 George, Ashley	8	DCST-VA	36.28
9 Ghafoerkhan, Rhea	8	DCST-VA	36.97
10 Gross, Ceci	8	MMST-PW	50.41
11 Conteh, Gabrielle	8	DCST-VA	NT
12 Fevrier, Kinaya	5	DCST-VA	NT
13 Ramos, Aliya	8	DCST-VA	NT
14 Smith, Emily	6	DCST-VA	NT
15 Soto, Malaysia	7	DCST-VA	NT

#50 Boys 9-10 25 SC Meter Butterfly

PWSL: 15.05 2016 Michael Mullen
DCST: 16.90 1981 Eric Thompson - Mat
MMST: 16.64 2008 S.Pomajevich

Name	Age	Team	Seed Time
1 Ward, Evan	10	DCST-VA	16.90
2 Colbert, Gunner	10	MMST-PW	22.78
3 Lesly, Noah	9	DCST-VA	23.35
4 Stormer, Patrick	10	MMST-PW	23.52
5 Ward, Micah	9	DCST-VA	24.35
6 Lui, Ronald	10	MMST-PW	25.94
7 Barton-Rivera, Angelus	9	DCST-VA	29.20
8 Carr, Cooper	10	MMST-PW	29.78
9 Schilling, Grady	9	MMST-PW	29.82
10 Kennon, Kyle	9	DCST-VA	32.10
11 Rios, Jorge	10	MMST-PW	36.34
12 Crawford, Nathaniel	9	DCST-VA	52.95
13 Sager, Kevin	10	DCST-VA	NT
14 Stacy, JJ	10	DCST-VA	NT

#51 Girls 9-10 25 SC Meter Butterfly

PWSL: 15.01 2014 Aris Runnels
DCST: 16.85 1999 Kelsey Vest
MMST: 15.94 2004 Courtney Mizerak at

Name	Age	Team	Seed Time
1 Hawver, Gabby	10	MMST-PW	17.09
2 Lingafelt, Kara	10	MMST-PW	19.28
3 Burns, Tatiana	10	DCST-VA	20.68
4 Le, Rosaphi	9	DCST-VA	21.62
5 Voith, Amy	10	DCST-VA	21.71
6 Stormer, Livy	10	MMST-PW	24.52
7 Hao, Maggie	10	MMST-PW	25.76
8 Kelley, Madison	10	DCST-VA	26.72
9 Bogan, Jessie	9	DCST-VA	27.09
10 Paim, Sofia	9	MMST-PW	27.75
11 Gross, Sally	9	MMST-PW	30.33
12 McMillan, Kiley	9	MMST-PW	33.09
13 Jimenez, Caelyn	9	DCST-VA	34.10
14 Ghafoerkhan, Nadira	10	DCST-VA	34.78

15 Bright, Ava	9	DCST-VA	36.00
16 Medeiros, Isabella	9	MMST-PW	37.73
17 Diaz, Jazlene	9	DCST-VA	NT
18 Thorpe, Kandis	9	DCST-VA	NT

#52 Boys 11-12 50 SC Meter Butterfly

PWSL: 29.72 2011 Sam Pomajevich
DCST: 32.46 2017 Dawson Truong
MMST: 32.03 2019 Matt Jensen

Name	Age	Team	Seed Time
1 Jensen, Matt	12	MMST-PW	32.03
2 Lingafelt, Chase	12	MMST-PW	36.97
3 Bussenger, Ryan	11	DCST-VA	43.11
4 Gross, Patrick	11	MMST-PW	45.50
5 Forsyia, Adam	12	DCST-VA	46.10
6 Black, Alexander	11	DCST-VA	50.12
7 Burke, Patrick	12	MMST-PW	50.71
8 Causey, Justin	12	DCST-VA	56.03
9 Reid, Donovan	12	DCST-VA	58.97
10 Dias, Gabriel	11	DCST-VA	1:00.81
11 Robelly, Josh	11	DCST-VA	1:10.09
12 Jimenez, Donovan	12	DCST-VA	1:16.41
13 Sanil, Giri	11	DCST-VA	1:25.95
14 Joyner, Kyle	12	DCST-VA	NT

#53 Girls 11-12 50 SC Meter Butterfly

PWSL: 30.55 2017 Camille Spink
DCST: 32.94 2022 Ainsley Stabler
MMST: 33.78 2006 C.Mizerak

Name	Age	Team	Seed Time
1 Stabler, Ainsley	12	DCST-VA	32.94
2 Trinh, Lili	12	DCST-VA	33.58
3 Rojas, Elyse	12	DCST-VA	36.53
4 Lesly, Hannah	12	DCST-VA	38.46
5 Orwig, Keira	12	MMST-PW	42.03
6 Zibung, Selina	11	DCST-VA	44.19
7 Lateef, Rania	12	MMST-PW	47.54
8 Smith, Sophie	12	DCST-VA	47.66
9 Bradley, Jenna	12	MMST-PW	48.94
10 Tully, Katelyn	11	MMST-PW	54.06
11 Snead, Samia	11	DCST-VA	57.19
12 Harris, LT	11	DCST-VA	1:12.32
13 Kirk, Zoe	12	DCST-VA	NT

#54 Boys 13-14 50 SC Meter Butterfly

PWSL: 26.90 2013 Sam Pomajevich
DCST: 28.59 2019 Dawson Truong
MMST: 29.22 2016 Jason Smith

Name	Age	Team	Seed Time
1 Friend, AJ	13	DCST-VA	32.31
2 Zamora, Marco	14	DCST-VA	33.03
3 Doty, David	13	MMST-PW	33.77
4 Lacy, Dominic	14	MMST-PW	36.84
5 Zuniga, Niko	14	DCST-VA	36.91
6 Bauer, Lucas	14	DCST-VA	38.65
7 Shepherd, Hayden	14	MMST-PW	39.09
8 Silver, Liam	13	MMST-PW	39.22
9 Black, Aidan	14	DCST-VA	41.12
10 Orefice, Tyler	13	MMST-PW	44.90
11 Bright, Tony	13	MMST-PW	44.94
12 Stormer, Will	13	MMST-PW	51.09

13 Soto, DeWayne	13	DCST-VA	1:01.84
14 Robelly, Lu	13	DCST-VA	1:18.30
15 Kaufman, Sam	14	MMST-PW	NT

#55 Girls 13-14 50 SC Meter Butterfly

PWSL: 28.62 2018 Aris Runnels
DCST: 31.37 2010 Shelby Jordan
MMST: 30.67 2006 G.Mizerak

Name	Age	Team	Seed Time
1 Riedy, Bailey	13	MMST-PW	36.00
2 Gerhart, Sarah	14	MMST-PW	36.47
3 George, Melissa	13	DCST-VA	36.77
4 Paim, Arianna	13	MMST-PW	39.63
5 Moffatt, Zamantha	13	DCST-VA	41.65
6 Carter, Ariana	14	DCST-VA	41.74
7 Palacio, Abby	14	DCST-VA	41.77
8 Darfour, Danielle	13	DCST-VA	43.00
9 Dietrichson, Susannah	14	DCST-VA	44.15
10 Quimby, Lily	13	MMST-PW	45.02
11 Meink, Jenna	13	MMST-PW	47.19
12 Martin, Madison	13	DCST-VA	47.96
13 Alvarez Oberg, Layla	13	DCST-VA	48.31
14 Meltzer, Sarah	13	MMST-PW	50.19
15 Sanil, Indu	14	DCST-VA	51.15
16 Samren, Shams	13	DCST-VA	51.44
17 Rehrig, Gillian	13	MMST-PW	53.28
18 Ghafoerkhan, Anjali	13	DCST-VA	58.44
19 Cho, Agnes	14	DCST-VA	1:00.25
20 Cho, Catherine	13	DCST-VA	1:00.97
21 Garland, Abigail	13	DCST-VA	1:05.27
22 Cordova, Nicole	13	DCST-VA	NT
23 Hobbs-Collier, Hannah	13	DCST-VA	NT
24 Quint, Vivian	13	MMST-PW	NT

#56 Boys 15-18 50 SC Meter Butterfly

PWSL: 24.84 2016 Sam Pomajevich
DCST: 27.66 1989 Eric Thompson
MMST: 27.15 2018 Jason Smith

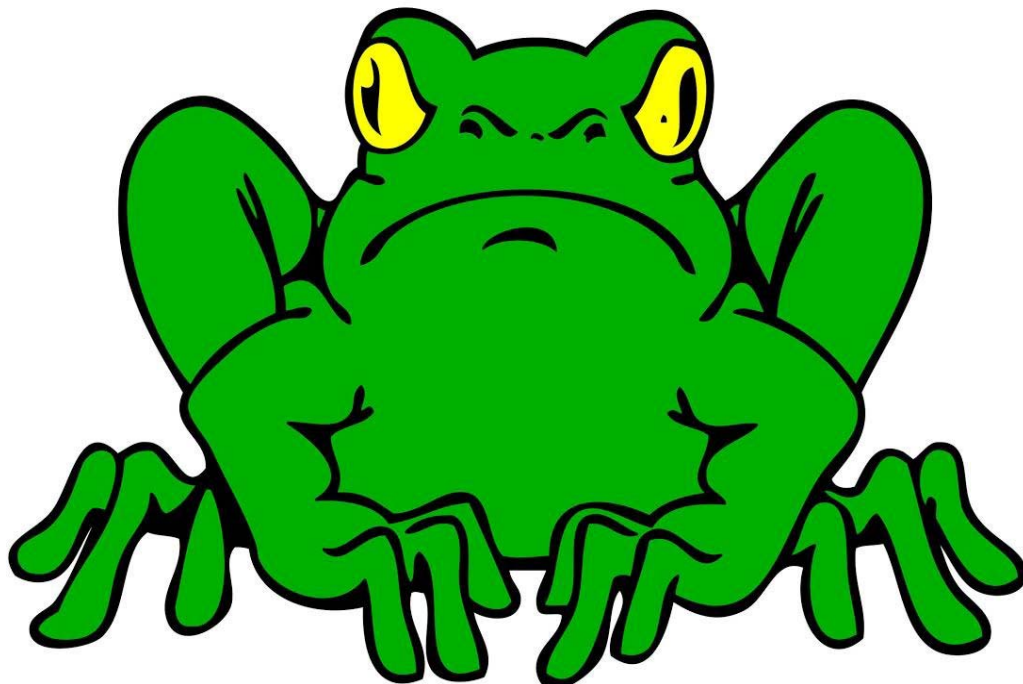
Name	Age	Team	Seed Time
1 Smith, Jason	17	MMST-PW	27.63
2 Turner, James	18	MMST-PW	29.25
3 Quimby, Paul David	15	MMST-PW	30.55
4 Lingafelt, Andrew	16	MMST-PW	31.19
5 Moffatt, Zeth	18	DCST-VA	31.34
6 Ong, Marcus	15	DCST-VA	31.58
7 Guice, Carter	17	MMST-PW	31.94
8 Dias, Joshua	15	DCST-VA	33.41
9 Rehrig, Nolan	15	MMST-PW	34.34
10 Reid, Evan	18	DCST-VA	34.90
11 Kelly, Robbie	18	DCST-VA	35.70
12 Lacy, Nicholas	15	MMST-PW	35.81
13 Turner, Chris	16	MMST-PW	35.81
14 Redmond, James	16	DCST-VA	38.56
15 Olsen, Nick	18	MMST-PW	38.81
16 House, Malcolm	18	DCST-VA	39.34
17 Darfour, Kofi	16	DCST-VA	39.98
18 Hinson, Zach	17	DCST-VA	40.29
19 Dietrichson, Eric	18	DCST-VA	40.76
20 Dietrichson, Gabe	16	DCST-VA	44.47
21 Kelly, Sean	16	DCST-VA	49.71

2019 Frogs Retiring Seniors

Evan Reid

Evan Reid joined the Frogs in 2007 when he was 6 years old, later followed by brothers Sheldon and Donovan. He is a recent graduate of Potomac High School where he excelled academically, receiving honors on the A/B honor roll.

Evan looks forward to attending Old Dominion University this fall in pursuit of a degree in Mechanical Engineering. Good luck to you, Evan!



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#57 Girls 15-18 50 SC Meter Butterfly

PWSL: 28.57 2018 Erin Quinn
DCST: 30.02 2016 Emily Nordberg
MMST: 30.75 2010 C. Mizerak vs Virginia

Name	Age	Team	Seed Time
1 Pumpurs, Natalija	18	DCST-VA	31.59
2 House, Jamelia	15	DCST-VA	34.78
3 Kennedy, Victoria	17	MMST-PW	36.21
4 Alvarez Oberg, Lauren	16	DCST-VA	36.22
5 Darr, Taryn	16	MMST-PW	37.08
6 Vaccaro, Julia	18	MMST-PW	43.66
7 Black, Eliana	16	DCST-VA	43.68
8 Orefice, Kalie	15	MMST-PW	43.69
9 Colletti Hao, Katie	18	MMST-PW	45.18
10 Ouellette, Avery	18	MMST-PW	46.06
11 Stacy, Arianna	15	DCST-VA	48.34
12 Darfour, Michelle	15	DCST-VA	51.84
13 Downey, Gwen	18	DCST-VA	52.97
14 Kennon, Lexi	16	DCST-VA	57.83
15 Davis, Kendra	15	DCST-VA	58.25
16 Samren, Shaymaa	15	DCST-VA	1:00.31
17 Lee, Abigail	17	MMST-PW	NT

#58 Boys 8 & Under 100 SC Meter Freestyle Relay

PWSL: 1:11.25 2016 Dominion Valley Shale
B Rohrbach, H Caputo, W OShea, R Maynard
DCST: 1:20.84 1991
MMST: 1:16.70 2007 Meadowbrook
Fearson, Russo, Bellamy, Pomajevich

Team	Relay	Seed Time
1 MMST-PW	A	1:22.85
Hawver, Ethan 8	Sorden, Connor 7	
Kennedy, Mark 8	Wall, Victor 8	
2 MMST-PW	B	1:34.47
Mckibben, Trey 8	Rotante, Dominic 8	
Lui, Ryan 8	Feser, Sebastian 8	
3 DCST-VA	A	1:40.26
Snead, William 8	Lesly, Zaiyah 7	
Howard, Amare 8	Palacio, Gabriel 8	
4 MMST-PW	C	1:43.39
Posey, Ryan 6	Savage, Gabriel 8	
Pierret, Marcus 7	Russo, Hudson 8	
5 DCST-VA	B	NT
Villatoro, Dominik 7	Wheeler, Mateo 8	
Robelly, Isaiah 8	Pendleton, Connor 7	
6 DCST-VA	C	NT
Martinez, Cameron 7	Bolick, Ridley 6	
Fanion, Jacoby 6	Le, King 7	

#59 Girls 8 & Under 100 SC Meter Freestyle Relay

PWSL: 1:13.87 2007 Victory Lakes 2007
L Wiecki, O Nitowski, N Smith, M Finley
DCST: 1:15.97 2018 B. Pendleton, V. Dmochowski, I. Rojas
MMST: 1:20.88 2000 Meadowbrook
E. Hagen, G. Mizerak, L. Ralph, R. Lund

Team	Relay	Seed Time
1 DCST-VA	A	1:22.56
Friend, Kyliee 8	Justus, Juliana 7	
Jones, Shiloh 8	Dmochowski, Vivian 8	

2 MMST-PW	A	1:33.29
Shields, Riley 7	Whitworth, Ava 7	
Hawver, Allie 6	Rossi, Aubrey 7	
3 MMST-PW	B	1:43.51
Mills, Emily 8	Medeiros, Elizabeth 8	
Hao, Lindsey 8	Boomgarden, Kendall 7	
4 MMST-PW	C	2:07.36
Feser, Mia 6	Whitworth, Emma 6	
Gross, Frances 6	Gross, Ceci 8	
5 DCST-VA	B	NT
Ghafoerkhan, Rhea 8	George, Ashley 8	
Soto, Malaysia 7	Fanion, Justis 8	
6 DCST-VA	C	NT
Frederick, Samantha 5	Fevrier, Kinaya 5	
Smith, Emily 6	Conteh, Gabrielle 8	

#60 Boys 9-10 100 SC Meter Freestyle Relay

PWSL: 1:00.59 2016 Braemar Blasters
J Evans, M Santee, A Martins, M Mullen
DCST: 1:08.11 1991
MMST: 1:09.16 2016 Meadowbrook Makos
N Weiss, S Lingafelt, M Jensen, A Kinitz

Team	Relay	Seed Time
1 DCST-VA	A	1:15.89
Salley, Ethan 9	Ward, Micah 9	
Lesly, Noah 9	Ward, Evan 10	
2 DCST-VA	B	NT
Stabler, Luke 10	Marsh, Gabriel 9	
Downey, Jacob 9	Arias, Fernando 10	
3 DCST-VA	C	NT
Sager, Kevin 10	Stacy, JJ 10	
Kennon, Kyle 9	Barton-Rivera, Angelus	
4 MMST-PW	A	NT
Lui, Ronald 10	Stormer, Patrick 10	
Pierret, Logan 9	Colbert, Gunner 10	
5 MMST-PW	B	NT
Lecca, Kaden 9	Schilling, Grady 9	
Carr, Cooper 10	Smith, Adam 9	

#61 Girls 9-10 100 SC Meter Freestyle Relay

PWSL: 1:02.14 2014 Kingsbrooke Sea Lions
M Wong, A Daniel, K Benton, A Kottler
DCST: 1:06.97 2002 C. Kapurch / C. J. Po
Fitzgerald / K. Gaskill
MMST: 1:03.00 2002 Meadowbrook
E. Hagen, G. Mizerak, R. Lund, L. Ralph

Team	Relay	Seed Time
1 DCST-VA	A	1:10.31
Le, Rosaphi 9	Fevrier, Kymora 9	
Pendleton, Bella 9	Rojas, Isabel 9	
2 MMST-PW	A	1:12.41
Lingafelt, Kara 10	Rossi, Madelyn 9	
Kennedy, Samantha 10	Hawver, Gabby 10	
3 MMST-PW	B	1:26.43
Stormer, Livy 10	Gross, Sally 9	
Sherdil, Salma 10	Hao, Maggie 10	
4 DCST-VA	B	NT
Trinh, Ellie 9	Burns, Tatiana 10	
Bogan, Jessie 9	Bright, Ava 9	
5 DCST-VA	C	NT
Jimenez, Caelyn 9	Perrin, Maria 9	
Forysiak, Genevieve 9	Kelley, Madison 10	

6 MMST-PW	C	NT
McMillan, Kiley 9	Medeiros, Isabella 9	
Ames, Hannah 10	Paim, Sofia 9	

#62 Boys 11-12 100 SC Meter Freestyle Relay

PWSL: 53.47 2016 Piedmont Tsunamis
J Poletto, T Drescher, R Barshow, M Pianoto
DCST: 1:00.29 2009
MMST: 58.77 2019 Meadowbrook Makos
S Lingafelt, C Colbert, C Lingafelt, M Jensen

Team	Relay	Seed Time
1 MMST-PW	A	58.77
Lingafelt, Sean 12	Colbert, Cash 12	
Lingafelt, Chase 12	Jensen, Matt 12	
2 DCST-VA	A	1:01.53
Forysiak, Adam 12	Bussenger, Ryan 11	
Martin, Tyler 12	Dias, Daniel 12	
3 DCST-VA	B	NT
Dias, Gabriel 11	Joyner, Kyle 12	
Carder, Samuel 11	Reid, Donovan 12	
4 DCST-VA	C	NT
Carter, Mick 11	Black, Alexander 11	
Causey, Justin 12	Zuniga, Mateo 12	
5 MMST-PW	B	NT
Doty, Brian 11	Burge, Leo 11	
Burke, Patrick 12	Gross, Patrick 11	

#63 Girls 11-12 100 SC Meter Freestyle Relay

PWSL: 56.33 2017 Sudley
D Palenscar S Chierico M Pennefather J Cornwell
DCST: 57.70 2019 R. Le, H. Lesly, L. Tr
Stabler
MMST: 1:00.22 2001 Meadowbrook
C. Ralph, S. Baumgartner, J. Lyons, C. Redmond

Team	Relay	Seed Time
1 DCST-VA	A	57.70
Trinh, Lili 12	Le, Rosangela 12	
Lesly, Hannah 12	Stabler, Ainsley 12	
2 MMST-PW	A	1:10.50
Bradley, Jenna 12	Orwig, Keira 12	
Bradley, Jordis 12	Lateef, Rania 12	
3 DCST-VA	B	NT
Carter, Rania 11	Zibung, Selina 11	
Smith, Sophie 12	Rojas, Elyse 12	
4 DCST-VA	C	NT
Dias, Natalia 12	Sierra, Crystal 12	
Stacy, Emily 12	Ong, Gabby 11	
5 MMST-PW	B	NT
Sposato, Eliana 11	Cook, Maggie 12	
Tully, Katelyn 11	Posey, Audrey 11	

#64 Boys 13-14 200 SC Meter Freestyle Relay

PWSL: 1:46.38 2018 Braemar Blasters
N Nham, S Cloutier, R Beckman, L Gentry
DCST: 1:54.22 2000 B. Mann / T. Rooney
ast / J. R. Kapurch
MMST: 1:57.24 2016 Meadowbrook Makos
J Rouffa, A Healey, M Gerhart, J Smith

Team	Relay	Seed Time
1 DCST-VA	A	1:56.94
Friend, AJ 13	Zamora, Marco 14	
Zuniga, Niko 14	Truong, Dawson 14	

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#64 ... (Boys 13-14 200 SC Meter Freestyle Relay)

2	MMST-PW	A	2:06.73
	Lacy, Dominic 14	Silver, Liam 13	
	Doty, David 13	Jensen, Drew 14	
3	DCST-VA	B	2:13.47
	Sager, Andrew 14	Bauer, Lucas 14	
	Black, Aidan 14	Lee, Alex 14	
4	MMST-PW	B	2:18.60
	Flanders, Bryce 13	Smith, Zach 13	
	Orefice, Tyler 13	Shepherd, Hayden 14	
5	MMST-PW	C	2:33.52
	Kaufman, Sam 14	Stormer, Will 13	
	Bright, Tony 13	Baker, Aaron 13	
6	DCST-VA	C	2:47.00
	Le, Ben 13	Svechnikov, Yegor 13	
	Robelly, Lu 13	Bui, Tim 14	

#65 Girls 13-14 200 SC Meter Freestyle Relay

PWSL: 1:55.59 2018 SUDLEY SWIM TEAM

S Craft, S Chierico, D Palenscar, J Cornwell

DCST: 2:03.49 2009 K. Gaskill, S. Jordan,

s, T. Hood

MMST: 2:02.88 2006 Meadowbrook

Lund, Ferrone, Gully, Mizerak

	Team	Relay	Seed Time
1	DCST-VA	A	2:13.13
	Carter, Ariana 14	Salley, Angela 13	
	Darfour, Danielle 13	Welsby, Tess 14	
2	MMST-PW	A	2:20.68
	Paim, Arianna 13	Meink, Jenna 13	
	Riedy, Bailey 13	Gerhart, Sarah 14	
3	DCST-VA	B	2:21.87
	Saulsbery, Mary 14	George, Melissa 13	
	Trinh, Amy 14	Dietrichson, Susannah 13	
4	DCST-VA	C	2:29.39
	Moffatt, Zamantha 13	Martin, Madison 13	
	Voith, Jane 14	Palacio, Abby 14	
5	MMST-PW	B	2:45.34
	Meltzer, Sarah 13	Rehrig, Gillian 13	
	Quint, Vivian 13	Quimby, Lily 13	