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**Reston Swim Team Association**  
**P.O. Box 2668 Reston, Virginia 20195**  
**www.rsta.org**  
**Email: rstaboard@rsta.org**  
**Facebook: www.facebook.com/swimRSTA**  
**Twitter: https://twitter.com/SwimRSTA**

## **2017 Officers and Board of Directors**

<b>President</b>	Terry Redican	Lake Newport
<b>Vice President</b>	Lyn Cordts	Lake Audubon
	Bibhash Das	Lake Anne
<b>Treasurer</b>	Eric Johnson	Ridge Heights
<b>Secretary</b>	Alisa Harriot	Lake Audubon
<b>Registrar</b>	Cyndy Norford	Autumnwood

### **Autumnwood**

- Cyndy Norford
- Clarence Taylor
- Steve Thompson

### **Glade**

- Lisa Mahon
- Radhika Murari

### **Hunters Woods**

- Charles Li
- Sumi Vintimilla
- Judson Harvey

### **Lake Anne**

- Angela Cramer
- Bill Dealey
- Andrew Freeman

### **Lake Audubon**

- Nancy Cole
- Lyn Cordts
- Alisa Harriot

### **Lake Newport**

- Keith Jacobson
- Blake Kohn
- Alexander Romero

### **North Hills**

- Nancy Cazenias
- Myles Flint
- Colene Luczak

### **Ridge Heights**

- Katy Boswell
- Liz Falcone
- Eric Johnson

### **At-Large**

- Bibhash Das
- Jerome Ferrara
- Louis Fiori
- Mitch Harris
- Ed Keusenkothen
- Terry Redican

## Welcome to the Reston Swim Team Association

The Reston Swim Team Association (RSTA) is a year-round developmental swim league open to all swimmers between the ages of 6 and 18. RSTA's purposes include:

- to foster and promote the ideals of good sportsmanship, honesty, and perseverance in the children of Reston, Virginia, and environs, so they will grow into finer, stronger, and healthier men and women
- to encourage parental participation in RSTA activities so as to foster those benefits derived from the mutual involvement of parents and children in a common endeavor
- to provide a means for teaching and a forum for learning both the fundamentals and the fine points of swimming, so as to heighten appreciation of such activity as well as to encourage healthful, lifelong participation in swimming activities.

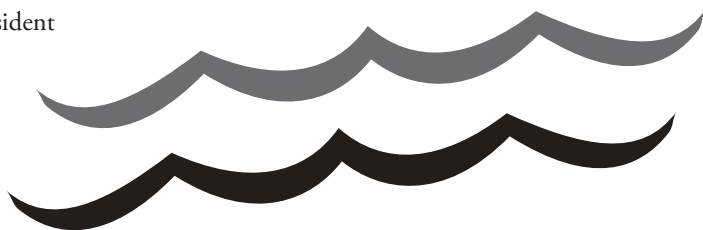
RSTA accomplishes these purposes by providing coaching to teach the fundamentals and fine points of swimming and by providing opportunities for supervised competitive swimming. The summer league brings together up to 880 swimmers from the greater Reston area. These swimmers practice and compete on eight teams with up to 110 swimmers per team. During the course of a summer season from late May to the end of July, swimmers practice almost daily and compete in six dual meets, an optional Individual Medley meet, and a select All Star meet. Six coaches for each team are hired each summer. Many are current or former RSTA swimmers.

Our winter program offers sessions on Sundays and Tuesday/Thursday evenings from September through May. It provides developmental clinics and sessions designed to improve swimmers' stroke technique and endurance.

This handbook was created to provide information about RSTA, its teams, and events. If you don't find the information you're looking for here, please visit our website at [www.rsta.org](http://www.rsta.org) where you'll find an abundance of additional information.

See you on the pool deck!

Terry Redican  
RSTA President



## RSTA Parent Code of Conduct

I hereby pledge to provide positive support, care, and encouragement for my child participating in RSTA by following this Parent Code of Conduct:

I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials.

I will do my best to make RSTA fun for my child.

I will ask my child to treat other swimmers, coaches, officials, parents, and spectators with respect regardless, of race, age, gender, creed, or ability.

I will treat officials and coaches with respect. They are there to ensure a safe and healthy environment. Officials and coaches deserve the same type of environment from the parents and spectators.

I will strive to be a good role model for my child and the other children in RSTA.

I will encourage my child to learn to lose with dignity and win with grace.

I will respect my child's coach and do my best to have my child at all practices and meets on time.

I will recognize the importance of young coaches. I realize they are important to the development of my child and the program. I also recognize that this league is a developmental opportunity for the coaches as well. I will support their decisions and provide constructive feedback to Managers, Officials, and members of RSTA's Personnel Committee so they can help our coaches develop.

Furthermore, I understand that if my conduct or language at a meet is deemed to be un-sportsmanlike by the Managers or Meet Officials, I may be asked to leave the pool area. The decision to ask a spectator to leave is at the discretion of the Referee after consultation with the other Officials (Stroke and Turn Judges, Starter) for the meet.

Based on [http://www.ymcanwnc.org/wp-content/uploads/2011/07/ao\\_sports\\_parent\\_code\\_of\\_conduct.pdf](http://www.ymcanwnc.org/wp-content/uploads/2011/07/ao_sports_parent_code_of_conduct.pdf) and [http://www.aareced.com/reced.youthsports/code\\_of\\_ethics\\_for\\_coaches\\_and\\_parents](http://www.aareced.com/reced.youthsports/code_of_ethics_for_coaches_and_parents)

## SafeKids Program

Reston Swim Team Association is committed to provide a safe environment and to prevent child abuse and sexual misconduct. The following constitute our policies with regard to awareness and prevention of abuse within our organization:

- RSTA will make every reasonable effort to ensure that every person involved in coaching/training a sport activity in our organization will abide by the SafeKids guidelines.
- RSTA will make every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization.
- RSTA will perform a criminal background check on every person offered a coaching or manager position at our organization.
- RSTA will take appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and RSTA will cooperate fully with any such investigation.

The following represent the preventive measures of our organization with regard to abuse:

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted.
- Inappropriate touching of any kind is forbidden.
- We agree to provide more than one adult to work at or oversee every activity. If a child needs special attention (one-on-one training or an individual meeting), it will be handled with the assistance or presence of another adult.
- Coaches/managers should not socialize with the participants outside of the sponsored activities of the organization.
- Coaches/managers should never ride alone with a child or participant in the car. Procedures will be established for coaches to follow in the event a participant is stranded at an activity.
- Parents are encouraged to attend sponsored activities.

## Autumnwood Piranhas Team Information

Home Pool: Autumnwood 703-467-0903

Head Coach: Olivia Heatherly

Assistant Head Coach: Anna Byrd

Second Assistant Coach: Andrey Smiryagin & Vikrant Mahajan

Team Lifeguard: Logan King & Anne Kennedy

Team Representatives: Cyndy Norford 703-467-8276

Clarence Taylor 703-975-0043

Steve Thompson 703-862-6535

Team Managers: Stacy Bushee 703-888-8060

Kim Douglas 571-334-4305

Lorrie-Ann Melnick 703-470-3820

Anne Taylor 703-975-2867

Computer Coordinator: Eric Lyon 703-430-2828

Equipment Manager: Sean Willson 571-230-7682

Webmaster: David Nielsen 703-628-4337

### Practice and Meet Schedule

Date	Event	Time *	Pool
May 30	First Night of Practice:		Autumnwood
	10 & Under	7:00 – 7:40 pm	
	11 & Older	7:45 – 8:30 pm	
June 10	Glade @ AW	7:30 am*	Autumnwood
June 17	AW @ Lake Anne	7:30 am*	Golf Course Island
June 24	Ridge Heights @ AW	7:30 am*	Autumnwood
June 26	Morning Practice Begins:		Autumnwood
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
July 1	BYE Happy 4th of July!!		
July 8	AW @ Lake Newport	7:30 am*	Lake Newport
July 15	North Hills @ AW	7:30 am*	Autumnwood
July 19	IM Finals Meet	6:00 pm	Lake Newport
July 20	IM Finals Meet (rain date)	6:00 pm	Lake Newport
July 22	AW @ Hunters Woods	7:30 am*	Hunters Woods
July 23	Team Pool Party	6:00 – 9:00 pm	Autumnwood
July 29	All Star Meet	7:30 am	Lake Newport
July 30	All Star Meet (rain date)	7:30 am	Lake Newport
TBD	Team Photos	Morning Practice	Autumnwood

\* Dual Meet Warm-ups: Home Team @ 7:00 am; Away Team @ 7:15 am.

## Glade Dolphins Team Information

Home Pool:	Glade	703-476-5732
Head Coach:	Patrick O'Malley	
Assistant Head Coach:	Andy Carro	
Second Assistant Coach:	Emma Stiglitz & Laine Davison	
Team Lifeguard:	Sam Joyner & Amelia Flavin	
Team Representatives:	Lisa Mahon	703-774-7922
	Radhika Murari	703-332-4474
Team Managers:	Debbie Wagner	703-201-3456
	Kathy Joyner	703-283-1971
	Beth McCloskey	571-235-2365
Computer Coordinator:	David Stiglitz	571-225-1986
	Vladimir Milosevic	571-969-2497
Equipment Manager:	TBD	
Webmaster:	Debbie Wagner	703-201-3456

### Practice and Meet Schedule

Date	Event	Time *	Pool
May 30	First Night of Practice:		Glade
	10 & Under	7:00 – 7:40 pm	
	11 & Older	7:45 – 8:30 pm	
June 10	GL @ Autumnwood	7:30 am*	Autumnwood
June 17	Lake Audubon @ GL	7:30 am*	Glade
June 24	GL @ Lake Anne	7:30 am*	Golf Course Island
June 26	Morning Practice Begins:		Glade
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
July 1	BYE Happy 4th of July!!		
July 8	North Hills @ GL	7:30 am*	Glade
July 15	GL @ Lake Newport	7:30 am*	Lake Newport
July 19	IM Finals Meet	6:00 pm	Lake Newport
July 20	IM Finals Meet (rain date)	6:00 pm	Lake Newport
July 22	Ridge heights @ GL	7:30 am*	Glade
July 23	Team Pool Party	6:00 – 9:00 pm	Glade
All Star Meet	7:30 am	Lake Newport	July 29
July 30	All Star Meet (rain date)	7:30 am	Lake Newport
TBD	Team Photos	Morning Practice	Autumnwood

*\* Dual Meet Warm-ups: Home Team @ 7:00 am; Away Team @ 7:15 am.*

## Hunters Woods Blue Marlins Team Information

Home Pool: Hunters Woods 703-391-2187

Head Coach: Christian Kalinowski

Assistant Head Coach: Kevin Vintimilla

Second Assistant: Jack-Henry Ham & Katie Vintimilla

Team Lifeguard: Matthew Beach & Chris Yang

Team Representatives: Sumi Vintimilla 703-547-7863

Charles Li 202-330-1009

Jud Harvey 571-420-7616

Team Managers: Sumi Vintimilla 703-547-7863

Anne Loehr 202-390-2711

Katie le 703-587-8911

Anne Rae 703-626-3454

Computer Coordinator: Evie Zou 703-624-8952

Laura Zheng 202-330-1008

Equipment Manager: Hal Beach 703-608-6930

Webmaster: Michele Jerome 703-505-8071

### Practice and Meet Schedule

Date	Event	Time *	Pool
May 30	First Night of Practice:		Hunters Woods
	10 & Under	7:00 – 7:40 pm	
	11 & Older	7:45 – 8:30 pm	
June 10	HW @ North Hills	7:30 am*	Lake Newport
June 17	Lake Newport @ HW	7:30 am*	Hunters Woods
June 24	HW @ Lake Audubon	7:30 am*	Lake Audubon
June 26	Morning Practice Begins:		Autumnwood
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
July 1	BYE Happy 4th of July!!		
July 8	HW @ Ridge Heights	7:30 am*	Ridge heights
July 15	North Hills @ AW	7:30 am*	Autumnwood
July 19	IM Finals Meet	6:00 pm	Lake Newport
July 20	IM Finals Meet (rain date)	6:00 pm	Lake Newport
July 22	Autumnwood @ HW	7:30 am*	Hunters Woods
July 23	Team Pool Party	6:00 – 9:00 pm	Hunters Woods
July 29	All Star Meet	7:30 am	Lake Newport
July 30	All Star Meet (rain date)	7:30 am	Lake Newport
TBD	Team Photos	Morning Practice	Hunters Woods

\* Dual Meet Warm-ups: Home Team @ 7:00 am; Away Team @ 7:15 am.



## Lake Anne Stingrays Team Information

Home Pool	Golf Course Island	703-435-8397
Head Coach:	Patrick Dealey	
Assistant Head Coach:	Jocelyn Wulf	
Second Assistant Coach:	Hannah Ziaii & Joseph Letteri	
Team Lifeguard:	Ben Dealey & Sage Raphael	
Team Representatives	Angela Cramer	703-862-2643
	Bill Dealey	703-475-7152
	Andrew Freeman	703-945-4243
Team Managers	Susan Randerson	614-804-4047
	Marion Greene	303-725-0246
Computer Coordinator	Bill Dealey	703-475-7152
Equipment Manager	Ed Keusenkothen	703-338-5770
Webmaster	Bill Dealey	703-475-7152

### Practice and Meet Schedule

Date	Event	Time *	Pool
May 30	First Night of Practice:		Golf Course Island
10 & Under	7:00 – 7:40 pm		
	11 & Older	7:45 – 8:30 pm	
June 10	AN @ Ridge Heights	7:30 am*	Ridge Heights
June 17	Autumnwood @ AN	7:30 am*	Golf Course Island
June 24	Glade @ AN	7:30 am*	Golf Course Island
June 26	Morning Practice Begins:		Autumnwood
	10 & Under	8:00 – 8:45 am	
	11 & Older	8:45 – 9:45 am	
July 1	BYE Happy 4th of July!!		
July 8	AN @ Lake Audubon	7:30 am*	Lake Audubon
July 15	AN @ Hunters Woods	7:30 am*	Hunters Woods
July 19	IM Finals Meet	6:00 pm	Lake Newport
July 20	IM Finals Meet (rain date)	6:00 pm	Lake Newport
July 22	Lake Newport @ AN	7:30 am*	Golf Course Island
July 23	Team Pool Party	6:00 – 9:00 pm	Golf Course Island
July 29	All Star Meet	7:30 am	Lake Newport
July 30	All Star Meet (rain date)	7:30 am	Lake Newport
TBD	Team Photos	Morning Practice	Golf Course Island

*\* Dual Meet Warm-ups: Home Team @ 7:00 am; Away Team @ 7:15 am.*

## Lake Audubon Barracudas Team Information

Home Pool Lake Audubon 703-860-3080

Head Coach: Kathryn Cole  
 Assistant Head Coach: Robby Cordts  
 Second Assistant Coach: Emily Fritz & Griffin Scanlan  
 Team Lifeguard: Zac Bell & Spencer Harris

Team Representatives Nancy Cole 703-673-6076  
 Lyn Cordts 703-860-2259  
 Alisa Harriot 703-434-1251

Team Managers Lisa Fritz 703-862-1687  
 Amy Lender 703-869-7372  
 Khuong Mulvaney 703-476-0995

Computer Coordinator Jeff Fritz 703-860-1550

Equipment Manager Adam Macaluso 703-203-6154

Webmaster Khuong Mulvaney 703-476-0995

### Practice and Meet Schedule

Date	Event	Time *	Pool
May 30	First Night of Practice:		Lake Audubon
	10 & Under	7:00 – 7:40 pm	
	11 & Older	7:45 – 8:30 pm	
June 10	Lake Newport @ LA	7:30 am*	Lake Audubon
June 17	LA @ Glade	7:30 am*	Glade
June 24	Ridge Heights @ AW	7:30 am*	Lake Audubon
June 26	Morning Practice Begins:		Lake Audubon
10 & Under	8:00 – 8:45 am		
	11 & Older	8:45 – 9:45 am	
July 1	BYE Happy 4th of July!!		
July 8	Lake Anne @ LA	7:30 am*	Lake Audubon
July 15	LA @ Ridge Heights	7:30 am*	Ridge Heights
July 19	IM Finals Meet	6:00 pm	Lake Newport
July 20	IM Finals Meet (rain date)	6:00 pm	Lake Newport
July 22	LA @ North Hills	7:30 am*	Lake Newport
July 23	Team Pool Party	6:00 – 9:00 pm	Lake Audubon
July 29	All Star Meet	7:30 am	Lake Newport
July 30	All Star Meet (rain date)	7:30 am	Lake Newport
TBD	Team Photos	Morning Practice	Lake Audubon

\* Dual Meet Warm-ups: Home Team @ 7:00 am; Away Team @ 7:15 am.

## Lake Newport Lightning Team Information

Home Pool                                  Lake Newport (practice)                                  703-467-0694

Head Coach:                                  Amy Zhao

Assistant Head Coach:                                  Grant Bommer

Second Assistant Coach:                                  Siena Shannon & Emi Redican

Team Lifeguard:                                  Jack Edgemond & Morgan Giebel

Team Representatives                                  Keith Jacobson                                  703-582-4270

Blake Khon                                  703-626-5588

Alexander Romero                                  703-994-3919

Team Managers                                  Jennifer Johns                                  703-869-7161

Jenn Dell'Orto                                  703-585-7296

Koen Van Winckel                                  703-901-9727

Computer Coordinator                                  John George                                  703-624-3006

Equipment Manager                                  Tom Jones                                  404-844-9820

Webmaster                                  Jennifer Johns                                  703-869-7161

### Practice and Meet Schedule

Date	Event	Time *	Pool
May 30	First Night of Practice:		Lake Newport
	10 & Under	7:00 – 7:40 pm	
	11 & Older	7:45 – 8:30 pm	
June 10	LN @ Lake Audubon	7:30 am*	Lake Audubon
June 17	LN @ Hunters Woods	7:30 am*	Hunters Woods
June 24	Morning Practice Begins:		Lake Newport
	10 & Under	8:15 – 9:00 am	
	11 & Older	9:00 – 10:00 am	
June 26	North Hills @ LN	7:30 am*	Lakes Newport
July 1	BYE Happy 4th of July!		
July 8	Autumnwood @ LN	7:30 am*	Lake Newport
July 15	Glade @ LN	7:30 am*	Lake Newport
July 19	IM Finals Meet	6:00 pm	Lake Newport
July 20	IM Finals Meet (rain date)	6:00 pm	Lake Newport
July 22	LN @ Lake Anne	7:30 am*	Golf Course Island
July 23	Team Pool Party	6:00 – 9:00 pm	Lake Newport
July 29	All Star Meet	7:30 am	Lake Newport
July 30	All Star Meet (rain date)	7:30 am	Lake Newport
TBD	Team Photos	Morning Practice	Lake Newport

\*Dual Meet Warm-ups: Home Team @ 7:00 am; Away Team @ 7:15 am.

## North Hills Hurricanes Team Information

Home Pool:	Lake Newport (practice) North Hills (party)	703-467-0694 703-707-9367
Head Coach:	Kurtis Kunkel	
Assistant Head Coach:	Natalie Flint	
Second Assistant Coach:	Allison Boone & Nicole Flint	
Team Lifeguard:	Madeline Bennett & Ryan Luczak	
Team Representatives:	Nancy Cazenias Myles Flint Colene Luczak	202-549-7905 202-532-3377 703-307-1096
Team Managers:	Charlie Shoening Beth Shaw Lindsey Grilliot	703-517-7756 703-622-1110 703-888-7518
Computer Coordinator:	Celia Ramsey	571-286-1088
Equipment Manager	Abby Schopp	703-868-7882
Webmaster:	Beth Shaw	703-622-1110

### Practice and Meet Schedule

Date	Event	Time *	Pool
May 30	First Night of Practice: 10 & Under 11 & Older	7:00 – 7:40 pm 7:45 – 8:30 pm	Lake Newport
June 10	Hunters Woods @ NH	7:30 am*	Lakes Newport
June 17	Ridge Heights @ NH	7:30 am*	Lake Newport
June 24	NH @ Lake Newport	7:30 am*	Lake Newport
June 26	Morning Practice Begins: 10 & Under 11 & Older	8:15 – 9:00 am 9:00 – 10:00 am	Lake Newport
July 1	BYE Happy 4th of July!!		
July 8	NH @ Glade	7:30 am*	Glade
July 15	NH @ Autumnwood	7:30 am*	Autumnwood
July 19	IM Finals Meet	6:00 pm	Lake Newport
July 20	IM Finals Meet (rain date)	6:00 pm	Lake Newport
July 22	Lake Audubon @ NH	7:30 am*	Lake Newport
July 23	Team Pool Party	6:00 – 9:00 pm	North Shore
July 29	All Star Meet	7:30 am	Lake Newport
July 30	All Star Meet (rain date)	7:30 am	Lake Newport
TBD	Team Photos	Morning Practice	Lake Newport

*\*Dual Meet Warm-ups: Home Team @ 7:00 am; Away Team @ 7:15 am.*

## Ridge Heights Sharks Team Information

Home Pool	Ridge Heights	703-476-7084
Head Coach:	Mac Sogandares	
Assistant Head Coach:	Andrew Shedlock	
Second Assistant Coach:	Kati Imel & Paige Sognandares	
Team Lifeguard:	Ian Hansing & Karina Silva	
Team Representatives	Liz Falcone	571-243-4915
	Katy Boswell	703-975-1669
	Eric Johnson	
Team Managers	Annette Bobby	703-217-5684
	Kristin Dougherty	703-581-7569
	Elizabeth Russell	703-599-7282
Computer Coordinator	Liz Falcone	571-243-4915
Equipment Manager	Handy Handerahan	571-296-7783
Webmaster	Liz Falcone	571-243-4915

### Practice and Meet Schedule

Date	Event	Time *	Pool
May 30	First Night of Practice:		Ridge Heights
	10 & Under	7:00 – 7:40 pm	
	11 & Older	7:45 – 8:30 pm	
June 10	Lake Anne @ RH	7:30 am*	Ridge Heights
June 17	RH @ North Hills	7:30 am*	Lake Newport
June 24	RH @ Autumnwood	7:30 am*	Autumnwood
June 26	Morning Practice Begins:		Ridge Heights
10 & Under	8:00 – 8:45 am		
	11 & Older	8:45 – 9:45 am	
July 1	BYE Happy 4th of July!!		
July 8	Hunters Woods @ RH	7:30 am*	Ridge Heights
July 15	Lake Audubon @ RH	7:30 am*	Ridge Heights
July 19	IM Finals Meet	6:00 pm	Lake Newport
July 20	IM Finals Meet (rain date)	6:00 pm	Lake Newport
July 22	RH @ Glade	7:30 am*	Glade
July 23	Team Pool Party	6:00 – 9:00 pm	Ridge Heights
July 29	All Star Meet	7:30 am	Lake Newport
July 30	All Star Meet (rain date)	7:30 am	Lake Newport
TBD	Team Photos	Morning Practice	Ridge Heights

*\*Dual Meet Warm-ups: Home Team @ 7:00 am; Away Team @ 7:15 am.*

## Pool Locations and Phone Numbers

*NOTE: These directions start from Reston Town Center (Market Street) at Reston Parkway.*

### **Autumnwood (AW)**

**11950 Walnut Branch Road – (703) 467-0903**

Head north on Reston Parkway for 1 mile (past Baron Cameron). Turn left onto Bennington Woods Road and go .3 miles. Turn right onto Walnut Branch Road and proceed .1 mile. The pool is on the right. Parking is in the lot and on the street.

### **Glade (GL)**

**11550 Glade Drive – (703) 476-5732**

Head south on Reston Parkway for 1.8 miles (over the Dulles Toll Road). Turn left onto Glade Drive and proceed 1.4 miles. The pool is on the left just before reaching Soapstone Drive. Parking is in the lot and on the street.

### **Golf Course Island (GCI)**

**11301 Links Drive – (703) 435-8397**

Head north (briefly) on Reston Parkway for .1 mile. Turn right on Temporary Road and continue to end. Turn right onto North Shore Drive and go .9 miles. Turn left into Links Drive. The pool is on the left. Parking is in the lot and on the street.

### **Hunters Woods (HW)**

**2501 Reston Parkway – (703) 391-2187**

Hunters Woods pool has two parking lots and directions differ coming from the north versus the south. **FROM NORTH:** (Reston Town Center), head south on Reston Parkway for 1.8 miles (over the Dulles Toll Road). Turn left onto Glade Drive and proceed .2 miles. Turn right at the light onto Colts Neck Road and go .2 miles. Turn right at the stop sign onto Steeplechase Drive and go another .3 miles. Parking is in the lot and on the street. Street parking is in a residential area so please be considerate.

**ALTERNATELY FROM NORTH:** Proceed 0.2 miles past Glade Drive and turn left at the Reston Animal Hospital. Parking is in the Hunters Woods Park lot. Walk down the path past the garden plots to the pool area. (Note there is no left turn into the Hunters Woods pool parking lot when traveling south from Reston Parkway.)

**FROM SOUTH:** If traveling north on Reston Parkway, proceed 0.3 miles past the light at Fox Mill Rd. Turn right into the Hunters Woods pool parking lot.

### **Lake Audubon (LA)**

**2070 Twin Branches Road – (703) 860-3080**

Head south on Reston Parkway for 1 mile (over the Dulles Toll Road). Turn left onto Sunrise Valley Drive and go 1.9 miles. Turn right onto South Lakes Drive and go .2 miles. Turn left at the first light onto Twin Branches Road and proceed down the hill .4 miles. The pool will be on the right before the lake. Parking is in the lot and on Twin Branches Road.

### **Lake Newport (LN)**

**11601 Lake Newport Road – (703) 467-0694**

Head north on Reston Parkway for 1.4 miles (past Baron Cameron). Turn right onto Lake Newport Road. The pool is on the right side. Parking is in the lot and on the street. Parking is not allowed in front of the entrance on the outer curb of the circle.

**Lake Thoreau (LT)****2040 Upper Lakes Drive – (703) 860-0640**

Head south on Reston Parkway for 1 mile (over the Dulles Toll Road). Turn left onto Sunrise Valley Drive and proceed 1.7 miles (past Wiehle). The pool is on the right. Parking is in the lot or on side streets surrounding the pool.

**Newbridge (NB)****11718 Golf Course Square – (703) 476-1301**

Head south Reston Parkway for 1 mile (over the Dulles Toll Road). Turn left onto Sunrise Valley Drive and go .9 miles. Turn right onto Soapstone Drive and go .1 mile. Take second right onto Golf Course Square and proceed .2 miles. The pool will be on the right before the first curve. Parking is in the lot and on the street.

**North Shore (NS)****11515 North Shore Drive – (703) 689-4091**

Head north (briefly) on Reston Parkway for .1 mile. Turn right onto Temporary Road and continue to end. Turn left onto North Shore Drive and proceed for .8 miles (past Lake Anne Elementary). The pool will be on the right side. Parking is only on the street.

**Ridge Heights (RH)****11400 Ridge Heights Road – (703) 476-7084**

Head south on Reston Parkway for 1 mile (over the Dulles Toll Road). Turn left onto Sunrise Valley Drive and go .9 miles. Turn right onto Soapstone Drive and go .6 miles. Turn left onto Ridge Heights Road and go .3 miles. The pool will be on the left side. Parking is in the lot and on the street.

**Tall Oaks (TO)****12025 North Shore Drive – (703) 435-1072**

Head south on Reston Parkway for ¼ mile. Turn left on Sunset Hills Drive and proceed about 1 mile. Turn left onto Wiehle Avenue and proceed about .6 miles. Turn right onto North Shore drive and proceed .1 miles. The pool is on the right across from the Tall Oaks village center. There is limited parking in the pool area. More parking is available in the Tall Oaks Village Center with the pool accessible via a pedestrian walkway tunnel.

# RESTON ASSOCIATION FACILITIES

**RESTON ASSOCIATION HEADQUARTERS (14)**

12001 SUNRISE VALLEY DRIVE  
703-435-6530

**NORTH HILLS POOL (1)**

1325 NORTH VILLAGE ROAD  
703-707-9367

**AUTUMNWOOD POOL (2)**

11950 WALNUT BRANCH ROAD  
703-437-3847

**DOGWOOD POOL (24)**

2460 Green Range Road

**GLADE POOL (29)**

11550 GLADE DRIVE  
703-860-9765

**GOLF COURSE ISLAND POOL (12)**

11301 LINKS DRIVE  
703-437-9792

**HUNTERS WOODS POOL (26)**

2501 RESTON PARKWAY  
703-860-9763

**LAKE AUDUBON POOL (22)**

2070 TWIN BRANCHES ROAD  
703-620-9801

**LAKE NEWPORT POOL (3)**

11601 LAKE NEWPORT ROAD  
703-689-9862

**LAKE THOREAU POOL (19)**

2040 UPPER LAKES DRIVE  
703-860-9843

**NEWBRIDGE POOL (17)**

11718 GOLF COURSE SQUARE  
703-860-9713

**TALL OAKS POOL (13)**

12025 NORTH SHORE DRIVE  
703-437-9854

**UPLANDS POOL (7)**

11032 RING ROAD  
703-437-9784

**NORTH SHORE POOL (8)**

11515 NORTH SHORE DRIVE  
703-437-9888

**RIDGE HEIGHTS POOL (21)**

11400 RIDGE HEIGHTS ROAD

**SHADOWOOD POOL (23)**

2201 SPRINGWOOD DRIVE  
703-860-9708

**LAKE ANNE PICNIC PAVILION (6)**

11301 NORTH SHORE DRIVE

**POLO FIELDS RECREATION AREA (15)**

THUNDER CHASE DRIVE



Reston Association Staff Liason

Willa Suter 703-435-6532

Willa@reston.org



# Rules of Competition

The objective and primary purpose of the Reston Swim Team Association shall be the education (i.e., instruction and training) of all individuals ages 6–18 for the purpose of developing and improving their capabilities in the sport of swimming. In addition to the development of competitive skills, RSTA shall promote the virtues of good conduct and sportsmanship.

## Rules

All interpretations of rules contained in this handbook will be made by the Rules of Competition and Officiating Committee. Protests regarding conduct of the meet and/or violations of the RSTA Rules of Competition shall be made to the Referee immediately. As the senior meet official, the Referee's review and decision regarding any protests at the meet are final. The protestor(s) may appeal the Referee's decision by filing a written protest with the RSTA Board of Directors within twenty-four (24) hours of the meet's conclusion. Written protests will be heard by the Rules of Competition Officiating Committee as set forth in Section Two (2) L2 of the Bylaws.

## League Structure and Competition

The RSTA shall consist of eight (8) teams. Each team shall compete in dual meets in accordance with the 2017 RSTA schedule. For the 2017 season the RSTA teams shall be:

- Autumnwood (AW)
- Glade (GL)
- Hunters Woods (HW)
- Lake Anne (AN)
- Lake Audubon (LA)
- Lake Newport (LN)
- North Hills (NH)
- Ridge Heights (RH)

The following RSTA Championship Teams shall be determined by the best win-loss percentage with any ties being considered co-champions:

- Overall League Championship Team
- Five Age Group Championship Teams (8 & Under, 9–10, 11–12, 13–14 and 15–18)
- Three Class Championship Teams ("A", "B" and "C")

## Swimmer Eligibility and Team Assignment

To qualify for participation in RSTA, a swimmer must:

- Be registered in accordance with the policies of RSTA
- Be six (6) years of age by June 15, 2017

All children under the age of 11 are required to participate in and pass the new swimmer evaluation to register in the summer league. RSTA has revised its new swimmer assessment process to give new swimmers and their families a more realistic understanding of the demands of a daily swim practice and the likelihood that their child is capable enough in the water to be safe and have a fun and rewarding swim team experience. New swimmer evaluations will take place prior to new family registration.

During the evaluations, RSTA coaches will conduct a 45-minute practice that incorporates the skills detailed below. New swimmers will be evaluated by RSTA evaluators, who are

representative of RSTA teams. Final decisions will be communicated to parents within 48 hours after the end of the evaluation.

Evaluations will be based on performance in the following categories:

- **Swim Team Readiness:** comfort level in water, as well as willingness and interest to practice developmental swimming with teammates for 45 minutes in the pool.
- **Water Readiness:** ability to function safely in shallow and deep water while swimming, diving, bobbing, and treading water.
- **Stroke Readiness:** ability to complete an age appropriate distance of front crawl stroke and backstroke (25 meters for 8 and under, 50 meters for older ages) as well as willingness to learn, practice, and improve the four competitive strokes through drills and instruction.

The criteria for Water Readiness and Stroke Readiness are based upon a combination of published American Red Cross Level 3 and Level 4 swimming skills. Swim Team Readiness criteria is based upon RSTA new swimmer development standards.

## Registration

RSTA follows a tiered registration process:

- **Returning families:** Registration opens first to returning RSTA families whose children swam on an RSTA team the previous summer. They can register new siblings, who must then also register for and participate in the new swimmer evaluation if they are under the age of 11. During registration, returning swimmers who wish to swim for a different team may submit a request to change teams. Requests will be accommodated if openings are available.
- **RSTA Winter Swim:** Registration then extends to RSTA Winter Swim participants.
- **New families:** New family registration opens after Winter Swim participant registration. For new children under age 11, the registration system requires a code to be entered indicating that the child passed the new swimmer evaluation. Winter swim and new families are encouraged to select teams with open positions if their first choice for team is full.

For safety reasons, teams are capped at 110 swimmers, which includes all swimming coaches. RSTA does not offer waiting lists, but may offer openings if swimmers drop from teams prior to the registration close date.

Swimmers must pay all fees as requested. Financial assistance can be requested with registrations. No refunds will be issued except in the case of failed swim evaluations, team limits, moves greater than 50 miles, and major medical emergencies. RSTA reserves the right to revoke the registration or participation of any swimmer if unreasonable demands are placed on the time and attention of coaching staff and/or team managers. These cases will be reviewed and acted upon by the RSTA Executive Committee.

## Safety Rules

These safety rules apply to all RSTA events (practices, warm-ups, and meets):

- No breakable containers are allowed on deck.
- No running on deck.

- No dunking, tripping, pushing, or other rough play is allowed.
- No one is allowed on the diving boards or in baby pools.
- Only Reston Association employees are allowed on lifeguard towers.
- Only feet-first entry is allowed into general warm-up lanes during warm-ups.
- Only feet-first entry is allowed in preparation for starting backstroke events.
- Sprint lanes (one direction swimming only) will be used to practice racing starts.
- Swimmers should stay to the right when swimming in practices or warm-ups.
- At least two coaches shall be present.

### **Alcohol**

- No alcoholic beverages shall be permitted in the pool area during meets or practices.

### **Smoking**

- There shall be no smoking in the pool area.

## **Time Classifications**

Each RSTA swimmer's times shall be classified as an "A," "B," or "C" time for each event swum based on the swimmer's recorded times relative to the RSTA 2017 Time Standards (see the chart inside the back cover).

## **2017 Time Standards**

See page 82 of this handbook for the 2017 time standards. Time Standards are also viewable on the website ([www.RSTA.org](http://www.RSTA.org)).

## **Rankings**

The RSTA shall maintain a ranking of swimmers for each stroke by gender and age group. The ranking shall be updated each week of the season to reflect improved times with the time used always being the swimmer's best time. Rankings will be posted each week on the RSTA website. The ranking shall determine each swimmer's All Star qualification.

## **Dual Meet Competition**

A dual meet is a regularly scheduled meet between any two teams in the RSTA. See elsewhere in this handbook (refer to table of contents) for Order of Events and 2017 schedule.

## **General Rules of Competition**

Except as modified herein, the rules governing the conduct of swimming meets are the "2017 United States Swimming Rules and Regulations."

Only those swimmers on a team's official roster in compliance with RSTA rules shall be eligible to compete in a dual meet.

A swimmer may enter a maximum of three (3) individual events and two (2) relays in any dual meet. Regular attendance at meets is important! A swimmer must attend at least three (3) dual meets during the 2017 Summer Season in order to register as a Returning Swimmer for the 2018 Summer Season.

Swimmers shall swim their age as of June 15, 2017 for the entire season.

A swimmer may "swim up" only in team relay events provided no swimmer from that age

group is displaced or otherwise denied participation. Any swimmer who “swims up” in one relay may still swim with his/her age group relay. However, the “maximum two (2) relays per dual meet” rule still applies.

Entry Sheets shall be submitted by both teams to their respective Meet Managers no later than Tuesday evening prior to the meet. Each entry shall note the swimmer’s age, and “best time” in the event. Deck entries will be allowed prior to the start of each stroke.

The referee at a meet and/or manager(s) at a practice or team event may bar, suspend, or expel from an RSTA event any swimmer, coach, manager, official, members of the RSTA, or any person (including spectators), who has violated any of its rules or regulations, or who encourages another to violate or who has acted in an unsportsmanlike manner that brings disrepute upon the RSTA, or upon the sport of swimming.

Starting blocks will not be used in any RSTA dual meet, IM Finals Meet, or the All Star Meet. RSTA will operate under a “No False Starts Allowed” rule, except for 8 & under swimmers, who are allowed one false start.

Swimmers shall not be permitted to compete in swim caps that include the name or insignia of any team other than an RSTA team.

Due to RSTA liability insurance, no RSTA swimmers, coaches, officials, parents, siblings, spectators, etc., may enter the water after the last event.

## **Changes to the Published Meet Program**

The published meet program refers to the meet program that is posted on the RSTA website on the Friday before the meet. The host team cannot make changes to the meet manager database created for the meet by the League Computer Coordinator. Changes to the published meet program, “deck changes,” must be presented to the Clerk of Course at the meet before the event begins.

**RSTA Deck Change Slip Procedures:** The deck change slip will be reviewed and initialed by the requesting team manager and the opposing team manager. The Deck Change Slip is presented to the Clerk of Course and attached to the Lane Time Sheet. The slip summarizes the additions, changes, and scratches in swimmer entries as well as the approvals for them.

## **Official Times**

Official RSTA times shall be expressed to the 100th-of-a-second (e.g., 36.94; 1:04.93).

To the best of our ability, each swimmer shall be timed with three (3) digital electronic stop-watches and the official time shall be either:

- The “middle time” (e.g., 36.54, 36.56, 36.51— the official time will be 36.54)
- The time appearing on two (2) watches in agreement (e.g., 36.55, 36.56, 36.56 — the official time will be 36.56).

Where circumstances (missed start, watch malfunctions, etc.) prevent the use of three (3) watches and the time appearing on two (2) watches is in disagreement, the official time shall be determined by the Scorers as follows: Average the two (2) times. Round up the average to the next highest 1/100th of a second. Examples:

- 36.51, 36.49-official time is 36.50.

- 36.50, 36.51-official time is 36.51.

No time from just one (1) watch shall be deemed an official time. In the event a swimmer, who has finished a race legally, can not be given an official time, the entire heat will be repeated, after at least a one heat break, and the times in this heat will be official.

A disqualified swimmer shall not receive an official time. Any disqualified swimmer shall abide by the decision of the referee, whose decision shall be final. No official judgment shall be rendered by another meet official (e.g., timers, starter, etc.).

## **Protests**

Protests against official judgment decisions must be made immediately to the Referee by a Manager. Spectators may not challenge officials or rulings. Once a Referee's decision has been handed down, it shall become final. A meet protest can be made if and only if the outcome of the meet would be reversed. A written protest (e-mail) must be made to the Rules of Competition and Officiating Committee within 24 hours of completion of the meet. The Rules of Competition and Officiating Committee would have 72 hours to either uphold or reverse the Referee's decision. During a meet protest, neither the meet results nor those of a specific heat or event under protest shall become official and no awards or point will be granted. A grievance could be filed by a Manager to the Rules of Competition and Officiating Committee whereby the committee would work to find a solution to prevent the issue from repeating itself in the future.

## **Competition and Scoring**

**Individual Events**—Competition and scoring in each individual event shall be based upon the points scored by each team's classification of swimmers' times competing against the other team's same classification of swimmers' times ("A," "B," "C"). To the extent possible, heats shall be organized to fairly reflect the different time classifications of the swimmers competing in the event and shall be run in order of descending time ("C," "B," "A"). Place shall be determined solely by official time.

First through third places shall be scored in each swimmer time category for each event and weighted accordingly:

1st = 5 points

2nd = 3 points

3rd = 1 point

**Relay Events**—Competition and scoring of relays shall be organized without regard to individual swimmer classifications and scored as follows:

1st = 8 points

2nd = 4 points

3rd = 2 points

In case of ties, the points of the places involved shall be split by the competitors. (A two-way tie for first place would equally share first and second place combined points, with no second place awarded. A three-way tie for first place would equally share first, second, and third place combined points, with no second or third place awarded. A two-way tie for second place would equally share second and third place combined points with no third place awarded. Points for any tie for third place would be split equally among the third place

winners.) Ribbons shall be awarded to first through third place in each stroke and class. Heat ribbons shall be awarded to any swimmer placing first in his or her heat but NOT placing first through third in their event or class (i.e., no swimmer shall receive both a heat and a place ribbon).

## **Results**

Total points as computed by the Hy-Tek Meet Manager Program at the conclusion of the meet shall determine the winning team. Results are official at the end of the meet unless the meet is under protest. A manager from each team and the chief scorer will verify the validity of the final scores at the conclusion of the meet. After the managers and chief scorer have verified the scores, the Referee will certify the results by signing the official score sheet. No meets will be re-scored after the meet. In the event of an equipment failure that prevents the computation of the final meet results during the meet, the official score will be manually computed during the meet.

## **Postponement or Delay of Meet**

The decision to delay a meet shall be by the sole decision of the most senior Reston Association (RA) employee at the pool who is not a coach of either team involved in the meet. The designated RA employee has the sole authority to close the pool. The decision to postpone a delayed meet shall be made by the referee at the request of both team managers.

NOTE: If lightning bolts or heat lightning is sighted, the pool is required to be closed for 30 minutes after the last lightning is sighted.

## **Rain Date Rules for Dual Meets**

In the event that a meet must be postponed prior to completion of all events, it will be declared completed if the age group relays have been swum, and the team leading in the results will be declared the winner, except that the meet will be declared a draw under the following conditions:

- If the age group relays have been swum and the point differential is less than 50 points
- If the breaststroke events have been completed and the point differential is less than 25 points
- If the freestyle events have been completed and the point differential is less than 10 points.
- If the meet is swum through backstroke, a make-up will be scheduled to complete the meet. If the make-up meet is rained out, the meet will be considered completed and the team leading in the results will be declared the winner except that the meet will be declared a draw if the point differential is less than 50 points.
- If the meet is not swum through backstroke and if the make-up date is rained out, the meet will not be rescheduled and a score will not count toward championship standings. Individual times for all events swum, however, will be considered for All Star rankings.
- If the meet is stopped in the middle of a stroke (all age groups of stroke not swum) and that stroke is not completed on a make-up date, team points for that stroke will not be scored. However, individual times will be considered for All Star rankings.

There will be no make-up dates for meets not swum or not completed on or before Saturday, July 22, 2017

## Other Meets

**I.M. FINALS MEET—JULY 19, 2017** A special Individual Medley (I.M.) Finals meet will be held on Wednesday, July 19, 2017 (rain date: Thursday, July 20, 2017) at the Lake Newport Pool at 6 p.m. If the rain date is used, only those swimmers entered for the original date may swim in the make-up meet. Awards will be given for places 1–12.

The meet will be swum by age group from youngest to oldest (8 & Under to 15–18). Swimmers need to be on time and swim with their own age group. All DQs are final. The false start rules will apply at this meet except that the swimmer will be allowed to swim the event unofficially.

Swimmers who wish to compete in this event, and who are deemed capable of doing so by their team coaches, may do so. It is strongly recommended that swimmers have a valid time for each stroke before being entered in this strenuous event.

**ALL STAR MEET—JULY 29, 2017** An All Star Meet will be held on the last Saturday of the season, July 29, 2017 (rain date: Sunday, July 30, 2017) at the Lake Newport Pool beginning at 7:30 a.m. Team warm up times will be assigned prior to the All Star Meet.

To the extent possible, the top 12 swimmers in each stroke by gender and age group, as determined by the final RSTA rankings, shall be invited to compete in this meet with no swimmer competing in more than two (2) of the four (4) individual events (Free, Back, Breast, Fly). A swimmer also will be able to swim in the age group and mixed age relays should the coach select them.

A list of the fastest swimmers in each age, gender, and stroke will be maintained during the season with a list of these swimmers being published weekly. Swimmers may still qualify up to and including the last dual meet of the season. Due to the limit on the number of strokes (2) a swimmer is allowed to swim in the meet and the fact that some swimmers will be unavailable for the meet, swimmers ranked beyond #12 frequently will be invited to swim in the meet. It's important for swimmers to let coaches and managers know if they will not be available to swim in the All Star Meet.

After the last dual meet, a list of the top 12 available swimmers in each age, gender, and stroke will be drawn up with each eligible swimmer being allowed to swim in two of the four strokes. Any swimmers qualifying as #1 in four strokes will be asked to choose the two strokes they wish to swim, all others will be placed using an automated software process to manage the seeding in a fair, equitable, and repeatable manner. The software process seeds the #1 swimmer in fly, back, breast, then free and then seeds the #2 swimmer in that same stroke order, with each swimmer only being selected for two individual events. Once a swimmer has been selected for two events, their name drops out of consideration for the other two events and other swimmers may move up in the overall rankings. Swimmers who are ranked #1 in more than two events are the only swimmers given the option of expressing a preference.

The order of events at the All Star Meet shall be:

Strokes: Fly, Back, Age Group Relays, Breast, Free, Mixed Age Relays

Age Groups: 8 & Under, 9–10, 11–12, 13–14, 15–18

Gender: Boys then Girls

*Note: This follows the same order as the regular season dual meets.*

Special awards shall be given for the All Star Meet. For individual events, swimmers placing 1–6 shall receive medals; those placing 7–12 shall receive rosette ribbons. In the relay events, the top three teams shall receive medals and places 4–9 shall receive rosette ribbons. DQs shall receive participation ribbons if the event is swum. The false start rules will apply at this meet except that the swimmer will be allowed to swim the event for a participation ribbon.

Pins or badges for records set at this meet will be given to the swimmer with their award. Officials shall be selected by the All Star Committee. Except as noted above, the All Star Meet shall be conducted in accordance with the RSTA Rules of Competition.

Souvenir programs listing each swimmer's name, team and qualifying time will be available on the RSTA website for downloading and printing at home prior to the meet. Food and beverages will be available for purchase.

*Note:* Every effort must be made to let your coaches or managers know if a swimmer will be unavailable to swim in the All Star Meet. It is important to fill all 12 slots for every event and it is very disheartening to have “no-shows.” This consideration also applies to relays. Swimmers must swim in their designated age groups. Swimmers may not swim up in age group relays at the All Star Meet.



# Rules for Swimming the Strokes

In case of any questions or disputes concerning the rules for swimming the strokes, the 2017 United States Swimming Rules and Regulations shall govern.

## Breaststroke

**Start**—The forward start shall be used.

**Stroke**— After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inwards at the widest part of the second stroke.

**Kick**— After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**Turns and Finish**—At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

## Butterfly

**Start**—The forward start shall be used.

**Stroke**— After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a

swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

**Kick**—All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

**Turns**—At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The swimmer's shoulders must be at or past the vertical toward the breast when the feet leave the wall.

**Finish**—At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

## **Backstroke**

**Start**—The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the ankles of a volunteer. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

**Stroke**—The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. At that point, the head must have broken the surface of the water.

**Turns**—Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.

If, upon completion of the first length, but prior to the turn, the swimmer rolls over onto the stomach and immediately touches the edge of the pool, he may push off the wall in a position on the back. If the swimmer rolls over onto the stomach prior to reaching the edge of the pool, but does not perform a flip turn, the swimmer has turned past the vertical toward the breast but has not maintained a continuous turning motion, and is therefore disqualified.

**Finish**—Upon the finish of the race, the swimmer must touch the wall while on the back.

## Freestyle

**Start**—The forward start shall be used.

**Stroke**—In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

**Turns**—Upon completion of each length the swimmer must touch the wall.

**Finish**—The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

## Individual Medley

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

**Start**—The forward start shall be used.

**Stroke**—The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

**Turns**—The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

- **Butterfly to Backstroke**—The swimmer must touch as described in Butterfly Finish. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
- **Backstroke to Breaststroke**—The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
- **Breaststroke to Freestyle**—The swimmer must touch as described in Breaststroke Finish. Once a legal touch has been made, the swimmer may turn in any manner.

**Finish**—The swimmer shall have finished the race when any part of his or her person touches the wall after the prescribed distance.

## Relays

**Freestyle Relay**—Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

**Medley Relay**—Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

**Mixed Age Freestyle Relay**—Five swimmers on each team, consisting of one swimmer from each of the five age groups: 10 & under swimmers shall swim 25 meters each; 11 & over swimmers shall swim 50 meters each. Freestyle rules apply. It shall be the responsibility of the swimmers in the mixed age freestyle relay to swim in the following order: 8 & Under swimmer, 9–10 swimmer, 11–12 swimmer, 13–14 swimmer, and 15–18 swimmer. If a team is unable to create a mixed age relay because they do not have an available swimmer from each of the five age groups, swimmers may age up to create relays and participate in the event. A swimmer may “swim up” only in team relay events provided no swimmer from that age group is displaced or otherwise denied participation. Any swimmer who “swims up” in one relay may still swim with his or her age group relay.

### **Rules Pertaining to Relay Races**

- For all age group relays at least one swimmer must be of that age group. No swimmer shall swim more than one leg in any relay event.
- In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg. Swimmers cannot run when making a relay takeoff.
- Any relay team member and his relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
- Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- In relay races, the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- Relay lanes for the home team shall be 2, 4, and 6 and for the away team shall be 1, 3 and 5.

## RSTA Winter Swim Program

RSTA provides a year round swimming opportunity for area swimmers. While the summer league runs from the end of May through the end of July, the winter swim program runs from September to the end of May. Sessions are held at the indoor pool of the Hunters Woods Reston Community Center (RCC) facility. Winter swim, like all RSTA programs, has prerequisites. Participants must be proficient in at least 1 or more stroke (American crawl, back stroke, breast stroke or butterfly) and be able to that stroke for one lap without assistance and without stopping. The classes offered (based on eligibility requirements and schedule) are listed below.

**The Sunday Night program** is perfect for younger swimmers. This program focuses on developing proper stroke technique. In the 25-meter pool, swimmers learn and practice the four competitive strokes. All coaches work on deck and in the water with the swimmers to improve their technique.

- Fall Sunday Night Program (September to December)
- Winter Sunday Night Program (January to May)

**The Tuesday/Thursday night program** is an advanced program focusing on improving proper stroke technique and endurance. All coaches work on deck and in the water with the swimmers to improve their technique.

- Fall Tuesday/Thursday Program (September to December)
- Winter Tuesday/Thursday Program (January to March)

**The Spring Stroke and Turn program** is geared toward swimmers who would like to improve their stroke technique with a specific focus on starts and turns. Swimmers practice drills to improve their technique before the summer swim team season begins. Coaches work on deck and in the water with the swimmers to correct their technique.

- Spring Stroke and Turn (Sunday Mornings from January to May)

**Pre-Season Prep** will help swimmers get a jump start on the summer season by reviewing the four competitive strokes, working on drills to improve their stroke technique, and practicing starts and turns. Pre-Season Prep runs Tuesday/Thursday from March to May.

### **Important information Regarding Registration and Participation:**

- The programs are run at the RCC facility which is leased for the sessions.
- Registration is on a first-come-first-serve basis; there are no wait lists.
- No refunds are issued on the registration fee, unless in case of a medical emergency.
- There are no swim tests; swimmers who do not meet eligibility requirements in the first class will be required to withdraw from the program with NO refund.

In order to provide a safe and rewarding swimming experience:

- Parents and siblings are NOT allowed on the pool deck once a session starts.
- Please refrain from talking to the coaches once the session has started; they need to focus on the swimmers' safety and learning. Questions and/or concerns can be addressed with the coaches at the end of the class.
- The Winter Swim Coordinator is always open to discussing your child's progress, along with the Head Coach (prior to or after the session).

**Check [www.rsta.org](http://www.rsta.org) for additional information.**

## Frequently Asked Questions

### **When and how often are summer practices?**

Practices are scheduled every day during the week. Until school gets out, practices are in the evenings: 10 and under swimmers practice from 7:00 pm – 7:40 pm and 11 and older swimmers practice from 7:45 pm – 8:30 pm. Once school gets out, practices are every morning during the week: 10 and under swimmers practice from 8:00 am – 8:40 am and 11 and older swimmers practice from 8:45 am – 9:45 am. (*Note: Some teams have logistical concerns that may cause their practice times to be adjusted slightly. Please check your team's information page for the exact times.*)

### **Are swimmers required to wear an official team suit?**

No. Each team selects an official suit each year—and Sport Fair comes to the pool one night early in the season for swimmers to buy the suit—but a previous year's team suit or any competition swim suit is acceptable for meets and practices.

### **Are swimmers required to swim in every meet?**

No. While we encourage swimmers to swim in every meet, swimmers must swim in at least three regular season dual meets to retain their eligibility to be on the team again next year. It's very important to let one of the managers know if a swimmer will not be at a meet, or will be arriving late or leaving early—it's very frustrating when coaches and managers spend time looking for someone who isn't even there!

### **How are meets seeded?**

Coaches seed the meets (that means they determine which swimmers are swimming in which events) during the week before a meet, so it is very important to let one of the managers know as soon as possible if a swimmer will not be at a meet. Each event has several heats, with up to six swimmers in each heat. The number of heats will be determined by how many swimmers are entered in the event. The slower heats are run first, and the fastest swimmers are in the last heat. Within each heat, the swimmers with the fastest times will be in lanes 3 and 4, and the swimmers with the slower times will be in lanes 1 and 6.

### **How do I know what my swimmer is swimming?**

Meet sheets—a guide to all the heats in all the events—are posted on the RSTA website ([www.rsta.org](http://www.rsta.org)) on Friday nights. It's a good idea to print one out to bring to the meet so you can follow along and know who's swimming. Especially for younger swimmers, it's a good idea to write the swimmer's events on his or her arm with a Sharpie. For example, if the swimmer is swimming backstroke in heat three, lane three, write BK H3L3 on their arm.

### **Why do all swimmers need to check in with the clerk of course?**

The clerk of course—usually located under a big umbrella at the pool—is charged with confirming swimmers in each event (heats and lanes) and for lining up the 8 & Under swimmers in their heats. By checking in with the clerk of course meet delays can be avoided.

### **How many events can a swimmer be entered in during a meet, and who decides what events a swimmer is entered in?**

A swimmer may enter a maximum of three (3) individual events and two (2) relays in any

dual meet. Coaches make the determination of what events a swimmer will be entered in, based on their knowledge of the swimmer's skills.

### **What is the order of events at a meet?**

Events are swum from youngest to oldest (8 & under first, then 9–10, 11–12, 13–14, 15–18) with boys swimming first, in the following order:

Butterfly

Backstroke

Freestyle Relay

Breaststroke

Freestyle

Age group medley relay

### **How are meets scored?**

Swimmers are divided into A, B, or C classes based on how fast their times are relative to the RSTA Time Standards (available on the RSTA website and the handbook). First, second, and third place points are awarded in each class for each event (so C class swimmers can earn as many points for the team as A class swimmers) and weighted accordingly:

- 1st = 5 points
- 2nd = 3 points
- 3rd = 1 point

Relay Events—Competition and scoring of relays shall be organized without regard to individual swimmer classifications and scored as follows:

- 1st = 8 points
- 2nd = 4 points
- 3rd = 2 points

### **Where can I find meet results?**

Event results are posted as soon as possible at the meets. Final results can be found on the RSTA website a day or two after the meets.

### **My child finished first in her heat: why didn't she get a first place award?**

RSTA dual meets may include multiple heats for a given stroke and age group. If your child swam in a heat and placed first in that heat, he or she may have a time that qualifies him/her to be in an A, B, or C swim category. All swimmers in a particular category compete against each other. For example, your child swam in heat 2 against other Category B swimmers, and placed first in that heat. However, his time ended up being an "A" time according to RSTA rules. If the swimmer's time placed first through third within the "A" group swimmers, he/she will receive a ribbon; if not, he/she will not receive a ribbon. Your child should then receive a heat winner ribbon.

### **My child didn't finish first in his heat, yet he received a first place award; why is that?**

Awards are given based on final times for each stroke and age group in A, B, and C swim categories (see time standards elsewhere in this handbook). Sometimes a swimmer swims in a heat with swimmers from different categories, so for example, a swimmer could earn a first

place award in C category if he or she “lost” to B category swimmers in the same heat.

### **What is the IM Finals Meet?**

The Individual Medley (IM) Finals meet is a special RSTA-wide event held once each summer. This year, the IM Finals meet will be held on Wednesday, July 19, 2017 at 6:00 p.m. at Lake Newport Pool. The rain date is Thursday, July 20, 2017 at Lake Newport Pool.

### **What is an Individual Medley?**

In RSTA, the Individual Medley is a 100-meter event — each swimmer swims 25 meter butterfly, 25 meter backstroke, 25 meter breaststroke, and 25 meter freestyle, in that order.

### **Who can participate in the IM Finals Meet?**

RSTA encourages maximum participation in league-wide events. Swimmers who wish to compete in this event and who are deemed capable by their team coaches may do so. Swimmers must be able to swim four legal strokes and preferably have no “C” times. Please note the 100-meter IM is a long and strenuous event and may not be suited to the stamina of all swimmers, especially younger and/or less experienced swimmers.

### **How is the IM Finals Meet seeded?**

Swimmers will be seeded according to a composite time using all four strokes. We strongly encourage any swimmers who participate in the IM Finals meet to have legal times in all four strokes and preferably have no “C” times. If for some reason a swimmer does not have a time for a stroke (i.e., a meet cancelled due to weather, sickness, etc.), but their coach verifies that they have a legal stroke, then the fastest “C” time for that stroke, gender and age-group from the RSTA 2017 Standards will be used.

### **What is the All Star Meet?**

The All Star Meet is a league-wide event held once each summer and marks the end of the RSTA season. This year, the All Star meet will be held on Saturday, July 29, 2017 at 7:30 a.m. at Lake Newport Pool. The rain date is Sunday, July 30, 2017 at Lake Newport Pool.

### **Who can participate in the All Star Meet?**

To the extent possible, the top 12 swimmers in each stroke by gender and age group are invited to compete in the All Star Meet, with the caveat that no swimmer will compete in more than two of the four individual events. This caveat is designed to allow for maximum participation in this league-wide meet. Swimmers may qualify for All Stars up to and including the last dual meet of the season. League-wide top times are posted on the RSTA website after each weekend of dual meets, so swimmers can check where they are in the rankings for their age group.

### **How is the All Star Meet seeded?**

RSTA uses an automated software process to manage the seeding in a fair, equitable, and repeatable manner. The software process seeds the #1 swimmer in fly, back, breast, then free and then seeds the #2 swimmer in that same stroke order, with each swimmer only being selected for two individual events. Once a swimmer has been selected for two events, their name drops out of consideration for the other two events and other swimmers may move up in the overall rankings. Swimmers who are ranked #1 in more than two events are the only



swimmers given the option of expressing a preference.

### **Why can't my child chose what events he or she wants to swim at All Stars?**

Allowing swimmers to choose their events complicates the seeding process immensely. Following a standard, automated seeding process ensures the seeding process is fair and equitable for all swimmers and also simplifies and streamlines what in the past was a very complex, error-prone, and labor-intensive method.

### **Why does my team manager keep asking me if my child will be available for All Stars?**

In concert with RSTA's desire for maximum participation in this special event, we want to see every lane filled at the All Star Meet. If for some reason a swimmer who is ranked in the top twelve is not able to swim, that opens up a spot for another participant. Swimmers ranked beyond #12 are frequently invited to swim at All Stars. Please, don't wait until the last minute to let your coach or manager know if you WON'T be available for All Stars—re-seeding the meet is very complicated and time consuming!

### **Are there relays at All Stars?**

Yes, there are relays at All Stars. There are Age-Group Relays as well as Mixed-Age Relays. Swimmers may swim in two individual events and two relays, if they are selected by their coaches for the relays. Note that some swimmers may only be selected for relays and might not swim in individual events.

### **What volunteer opportunities are available for parents?**

Our teams depend on parent volunteers—it really does take a village to run a swim meet! Parents are expected to volunteer to work at a minimum of three meets. Volunteer positions include such things as lane timer (we need three per lane!), stroke and turn judge, concessions, 8 and under helper, and so forth. In addition to volunteering at meets, teams also need parent volunteers for such tasks as organizing the end of season party, handling spirit wear orders, updating the website, organizing pasta parties, and more! Teams handle sign-ups for volunteers in a variety of ways, so check with your team managers to see how you can help.

### **Why do swimmers dive in to the shallow end of the pool to start RSTA events when RA has a no diving rule for that end of the pool?**

RSTA takes the safety of our swimmers very seriously, and that is why the older swimmers start from the shallow end of the pool. This allows them to perform their flip turns in the deeper end of the pool, avoiding scrapes that would occur if they were trying to flip in the shallow end. At the beginning of the season, coaches have all swimmers first demonstrate the ability to do shallow head-first entries into deep water. They ensure that swimmers can execute a shallow head-first entry before attempting to teach racing starts. Swimmers are not allowed to practice any racing starts unsupervised; a coach must be near the swimmer when they are practicing diving or during a meet. Because both the Head Coach and the Assistant Head Coach have Water Safety Instructor certifications, one of those two individuals will supervise diving activities. Reston Association makes an exception to the diving rule during RSTA practice and meets based on the direct supervision and knowledge of the certified Water Safety Instructors who teach the skill.

# RSTA Bylaws

## ARTICLE I - ORGANIZATION

**SECTION 1. INCORPORATION—RESTON SWIM TEAM ASSOCIATION, INC.,** herein called RSTA or the association, is incorporated in the Commonwealth of Virginia under the Virginia non-profit corporation code to qualify as an exempt organization, and shall be managed at all times in such a manner as to qualify the corporation for such exemption. RSTA shall not be operated for pecuniary gain or profit, and shall have no capital stock and no stockholders.

**SECTION 2. PURPOSE—**The Reston Swim Team Association is a developmental and recreational program. The intent of this organization is to foster and promote the ideals of good sportsmanship, honesty, and perseverance in the children of Reston, Virginia, and environs, so that they will grow into finer, stronger, and healthier men and women; to encourage parental participation in the Association's activities so as to foster those benefits derived from the mutual involvement of parents and children in common endeavor; to provide a means for teaching and a forum for learning both the fundamentals and the fine points of swimming, so as to heighten appreciation of such activity as well as to encourage healthful, lifelong participation in swimming activities. The purpose of this organization will be accomplished by providing coaching to teach the fundamentals and fine points required in swimming activities, and by providing opportunities for supervised competitive swimming.

**SECTION 3. GOVERNANCE AND MANAGEMENT—**RSTA shall be managed by a Board of Directors, herein called the Board, acting in accordance with these Bylaws.

## ARTICLE II - MEMBERSHIP

**SECTION 1. MEMBERSHIP—**Membership is available to any family registering a swimmer(s) upon payment of the RSTA summer season registration fee(s) with the limit of one (1) membership per family.

**SECTION 2. VOTING—**Each member family in RSTA shall be entitled to one vote in the affairs of RSTA. Voting shall be in person.

**SECTION 3. PROXIES—**There shall be no proxies.

### SECTION 4. MEMBERSHIP RIGHTS

(a) A member in good standing shall be entitled to participate in any activity sponsored by RSTA.

(b) The property rights and interests of all members shall be equal on a per family basis.

**SECTION 5. TERMINATION—**Membership shall terminate automatically if a family membership is not renewed during the next year's registration period, or if dues are more than thirty (30) days in arrears as determined by the Registrar.

## ARTICLE III – FEES, SCHOLARSHIPS, AND PARTICIPATION

**SECTION 1. MEMBERSHIP FEES**—Registration Fees will be set by the Board of Directors, with the concurrence of a majority of the members present, to cover the projected expenses of the program. The Board of Directors shall, upon review of the financial position of the Association, recommend any fee adjustments necessary to maintain the financial health of the Association. Fees may not be adjusted retroactively.

**SECTION 2. SCHOLARSHIPS**— Scholarships may be made available. Any family participating under a scholarship shall have full membership in RSTA. All scholarship information shall be held in the strictest confidence.

**SECTION 3. VOLUNTEER PARTICIPATION** – A quality program as conducted by RSTA requires the active participation of all members in the operation of this league and the teams, in the operation and maintenance of the necessary facilities and equipment, and in other activities. Membership carries with it the obligation to participate in these activities to the extent and in accordance with such rules and regulations as the Board shall promulgate to assure that these obligations are fairly shared by all members.

## ARTICLE IV – MEETINGS OF MEMBERS

### SECTION 1. BI-ANNUAL MEMBERSHIP MEETINGS

- (a) **Time and Place** – At least two (2) general meetings shall be held each year, one before the summer season on or before March 15 and one after the conclusion of the summer season on or before October 31.
- (b) **Purpose** – The first general membership meeting of the calendar year shall be for the purposes of approving the annual operating budget of the association, receiving committee reports, and transacting such other business as may be required. The second general membership meeting of the calendar year shall be for the purpose of electing Directors to take office at the beginning of the next term, receiving committee reports, and transacting such other business as may be necessary.

### SECTION 2. SPECIAL MEMBERSHIP MEETINGS

- (a) **Call** – A special meeting of the membership shall be called upon the presentation of a petition to the Board of Directors containing the signatures of at least twenty-five (25) members or by vote of an absolute majority of the Board of Directors. Any special meeting shall be open to the general membership.
- (b) **Time and Place** – Special meetings of RSTA shall be held at such reasonable time and place as the Board may designate.
- (c) **Purpose** – The purpose of any special meeting shall be stated in the notice of the call, and no other business shall be transacted.

**SECTION 3. NOTICE OF MEMBERSHIP MEETING**—Written notice of any meeting of members shall be given to each member not less than 10 days or more than 45 days prior to such meeting.

- (a) **Delivery** – Delivery of notice to each family shall be by email or by US mail.
- (b) **Posting** – Notice of meetings shall be posted on the RSTA website.

**SECTION 4. QUORUM** – One-tenth (1/10) of members in good standing and eligible to vote or fifteen (15) members present, whichever is less, at any properly called meeting shall constitute a quorum. Each membership unit (hereinafter referred to as voter) shall be eligible to cast one (1) vote.

## **SECTION 5. MEETING ORGANIZATION AND AGENDA**

- (a) **Presiding Officer** – The RSTA President shall preside at any meeting of members, and if absent, a Vice President shall preside. If neither is present, the members present shall elect a presiding officer.
- (b) **Secretary** – the RSTA Secretary shall serve as secretary for the meeting, and if absent, the presiding officer shall appoint an acting secretary.
- (c) **Order of Business** – The order of business at any meeting, if applicable, shall be:
  - (1) Call to Order;
  - (2) Proof of Notice of Meeting;
  - (3) Approval of Previous Minutes;
  - (4) Reports of Officers;
  - (5) Reports of Committees and Task Groups;
  - (6) Old Business;
  - (7) New Business.
  - (8) Adjournment

## **SECTION 6. VOTING**

- (a) **Method** – Voting may be viva voca, but ten (10) members or the president shall have the right to demand voting by roll call.
- (b) **Decision** – All matters coming before the meeting for vote shall be decided by majority vote of those voting, except where different requirements are given elsewhere in these Bylaws.

**SECTION 7. MINUTES OF MEETING** – Minutes of each meeting shall be available for inspection by any member desiring to do so as soon as practicable but no later than sixty days after completion of a general membership meeting.

## **ARTICLE V—BOARD OF DIRECTORS**

### **SECTION 1. BOARD COMPOSITION**

The Board of Directors shall be comprised of a maximum of 37 directors allocated as follows:

- a) Three (3) directors from each of the teams participating in the RSTA League
- b) Up to nine (9) directors-at-large, and
- c) The immediate past president.

The three directors from each team will be known as Team Representatives. The team representative's team affiliation is to be determined by the team on which the candidates' child or children swims.

## **SECTION 2. QUALIFICATIONS**

Candidates for the Board of Directors must:

- a) Be members in good standing of RSTA and
- b) Be willing to work to advance the mission of RSTA.

## **SECTION 3. TERMS**

- a) Directors shall be elected to serve a one-year term.
- b) Directors may serve terms in succession. Team Representatives shall not serve as Team Representatives more than five years in succession.
- c) The term of office shall be considered to begin upon election at the October General Membership meeting and continue until the following year's October General Membership meeting.

## **SECTION 4. ELECTION OF DIRECTORS**

- a) **Nomination.** Directors from teams in the Association who will serve as Team Representatives may be nominated by the team they will represent, be self-nominated, or be nominated from the floor at the General Membership meeting.
- b) **Election.**
  - 1) **Team Representatives** shall be elected annually by a plurality vote of those members attending the General Membership meeting on or before October 31 of each year. The top three vote recipients from each team will be declared the Team Representatives for that team.
  - 2) **Directors-at-Large** shall be elected by a ballot cast by the newly elected Team Representatives and the immediate past president. Up to nine (9) directors-at-large shall be elected, with those receiving the greatest number of votes being elected.
- c) **Vacancies.** Should vacancies occur in the Board for any reason, they shall be filled by another member upon a majority vote of the Board. At the discretion of the Board, by majority decision, a position may remain vacant until the next general election of the board of directors.

## **SECTION 5. REMOVAL OF DIRECTORS FROM OFFICE**

- a) **Removal by Board Action.** Members of the Board of Directors may be removed from

office for just cause. Just cause shall be determined by a quorum of the Board of Directors by three-fourths (3/4) vote, excluding such member. A Director missing three (3) consecutive meetings of the Board without an excused absence may be removed from office by majority vote of all the other Board members.

- b) **Automatic Removal.** A Director whose membership is terminated in accordance with ARTICLE II, SECTION 5, shall automatically be removed from the office.

## **SECTION 6. MEETINGS OF THE BOARD**

- a) **Frequency of Meetings.** The Board of Directors shall hold monthly meetings, or as necessary with the exception of a recess in August.
- b) **Notice.** Seven (7) days' notice, by email or by telephone, shall be given all Directors of meetings called by the President or by the majority of Directors. Notice of meetings shall be distributed at each location where sponsored teams are practicing if time permits or by posting to the RSTA website and by email notification.
- c) **Open Meetings.** All meetings of the Board shall be open to any RSTA member except that executive sessions shall be permitted for the purpose of contract negotiations, employment issues, and for administering the financial assistance fund.
- d) **Quorum.** A majority of the Directors shall constitute a quorum for the transaction of business and the act of a majority of the Directors present at a meeting at which a quorum is present shall be the act of the Board. If at any meeting of the Board there shall be less than a quorum present, a majority of those present may adjourn the meeting without further notice, until such quorum shall have been attained.
- e) **Special Meetings of the Board.** Special meetings of the Board of Directors shall be convened at the request of at least five (5) members of the Board or at the direction of the president. The request should be accommodated within 30 days of the request unless extenuating circumstances prevent it. The purpose of the special meeting shall be stated in the notification of the meeting to all Board members.
- f) **Meetings by Electronic Conference.** Any meeting, regular or special, may be held by electronic conference, webinar, or similar communication method, so long as all directors participating in the meeting can communicate with one another and their identities can be confirmed.

**SECTION 7. POWERS OF THE BOARD** – The Board shall provide governance of the association, as well as regulate and supervise the management and operation of RSTA. It shall attend to all internal affairs of RSTA, shall make such arrangements for carrying on the business as it deems best and in addition to the powers by these bylaws expressly conferred upon the Board, it may exercise all the powers of the association and to all such lawful acts and things as are not by statute or by the charter or by these bylaws required to be done or exercised by the members. The control of the Board over these affairs of RSTA shall be subject to any action from time to time taken by vote of the members of RSTA.

## ARTICLE VI—OFFICERS

### SECTION 1. SELECTION

- (a) **Officers** – Only members of the Board of Directors are eligible to hold office in the Association. Officers of RSTA shall be President, two Vice Presidents, Secretary, Registrar, and Treasurer; and shall be elected by the Board of Directors.
- (b) **Election**— At the Board meeting which shall be held immediately after the adjournment of the fall general membership meeting, the Board of Directors Elect shall elect the officers of the association. Officers shall be elected by a plurality of the board of directors.
- (c) **Terms** – The elected term of officers shall be from the date of election until October 31 of the following year. No officer, with the exception of treasurer, shall succeed him/herself for more than two terms and in no case shall serve as an officer in any capacity for more than four (4) full consecutive terms.
- (d) **Vacancies** – Should vacancies occur in the officers of the Association due to any reason, the Board of Directors shall solicit and select a replacement for such vacancy from the remaining members of the Board of Directors, and such person selected shall be deemed elected to such office. Should a further vacancy be created by such process, the process would be repeated until all such vacancies are filled.

**SECTION 2. REMOVAL OF OFFICERS** – Any officer may be removed for “just cause.” The Board of Directors shall determine “just cause” by three-fourths (3/4) vote of the Board excluding such officer.

**SECTION 3. POWERS AND DUTIES OF THE PRESIDENT** –The President shall:

- (a) Preside at all meetings of members of the Board, have general and active management of the business of RSTA, and see that all orders and resolutions of the Board are carried into effect.
- (b) Appoint standing and ad hoc committees, subject to approval of the Board, and serve as ex-officio member of such committees except for the nominating committee.
- (c) Authorize, with the Treasurer, all checks and other instruments of payment by the treasury in excess of \$3,000.00.
- (d) Be responsible for the timely sending of notices and calls of meetings and for keeping members informed of decisive actions by the Board and of issues to be brought before the membership.
- (e) Perform such other duties as the Board may direct.

**SECTION 4. POWERS AND DUTIES OF THE VICE-PRESIDENTS** – The Vice-Presidents shall:

- (a) In the absence of the President, or in case of his failure to act, in conjunction with the

Secretary, have all the powers of the President, and the two of them acting together shall see that all orders and resolutions of the Board are carried into effect.

- (b) Perform such other duties as the Board may direct or the president may delegate.

**SECTION 5. POWERS AND DUTIES OF THE SECRETARY** – The Secretary shall:

- (a) Have charge of the records and of the Corporation, and perform all the duties inherent to the office of the Secretary of the Corporation subject at all times to the direction and control of the Board.
- (b) Record and the minutes of all general membership meetings.
- (c) Record the minutes of all meetings of the Board of Directors, which minutes shall be presented to the next meeting of Directors for approval.
- (d) Keep a copy of the Charter of the Corporation, together with a dated copy of the current bylaws and amendments.
- (e) Maintain a current list of members with addresses, and prior to any meeting of members, with the assistance of the treasurer update this list in accordance with ARTICLE II, SECTION 6.
- (f) Conduct the general correspondence of RSTA.

**SECTION 6. POWERS AND DUTIES OF THE TREASURER** – The Treasurer shall supervise the bookkeeper in the following:

- (a) Keep accurate and full accounts of receipts and disbursements, collect and deposit all monies and other properties and effects in the name of and to the credit of RSTA in such depositories as the Board may direct.
- (b) Disburse the funds of RSTA as may be ordered by the Board, taking proper vouchers for such disbursements.
- (c) Render to the Board upon its request, an account of any and all transactions as Treasurer and of the financial condition of RSTA, and at the annual meeting of members present a like report for the preceding year.
- (d) Authorize disbursement and payment by the bookkeeper of \$3,000.00 or less.
- (e) Perform such other duties as are inherent in the office of treasurer or as directed by the Board.

**SECTION 7. POWERS AND DUTIES OF THE REGISTRAR** – The Registrar shall:

- (a) Chair the registration committee.
- (b) Manage the annual registration process.
- (c) Manage the annual new swimmer evaluation process.
- (d) Supervise the registration administrative assistant in processing registrations.



- (e) Make final assignments of swimmers to teams.

## **ARTICLE VII – COMMITTEES**

### **SECTION 1. COMMITTEE STRUCTURE**

To facilitate the business and management of RSTA, work shall be accomplished through standing and ad hoc committees with duties and responsibilities as established and enumerated by these bylaws.

- a) **Powers.** All powers assigned to standing committees are subject to the authority of the Board.
- b) **Membership.** Membership in standing committees may be comprised of both board members and general members. The president of RSTA may be an ex officio member of all committees.
- c) **Chair.** Standing Committees shall be chaired by a director who is elected by the members of the committee at the start of each term of office following the October election. Co-chairs may be elected at the discretion of the committee, as needed.
- d) **Size.** Committee size will vary depending on the number of members needed to accomplish the work of the committee and shall be not smaller than three nor more than fifteen.

### **SECTION 2. STANDING COMMITTEES**

Standing Committees shall be as follows: All Stars, Audit, Awards, Computer, Equipment, Executive, Fundraising, Handbook, Managers, Personnel, Registration, Rules of Competition and Officiating, Schedule & Meet Management, and Winter Swim.

- a) **All Stars & IMs Committee** shall be responsible for organizing and conducting the IM Meet and the All Star Meet to be held at the end of the season. This will include (but is not limited to) ranking and invitation of swimmers, establishing meet rules and order of events, coordination of volunteers, distribution of awards, choosing of officials, publication of results, recording of records, and coordination with fundraising committee on the sale of any items deemed worthy (e.g., food, programs, shirts, caps, etc.)
- b) **Audit Committee** shall be responsible for validating the bank accounts and other accounts of RSTA, and for auditing the treasurer's records of income, expenses and bank balances at least once per year and no later than 15 January of their term.
- c) **Awards Committee** shall be responsible for the development and recommendation of an achievement awards program for participants in RSTA; the design and purchase of all materials needed to implement the achievement awards program; and the distribution of RSTA records awards.
- d) **Computer Committee** shall be responsible for compiling times for each meet; producing labels for meet cards; updating records; maintaining all individual and relay team and league records; authorizing RSTA record awards; and publishing results of meets.

- e) **Equipment Committee** shall be responsible for the maintenance and repair of all equipment; the recommendation and purchase of new or replacement equipment; and making equipment required for the conduct of swim meets available to Team Managers.
- f) **Executive Committee** of RSTA shall be the elected officers and the immediate past president. A quorum of the Executive Committee for any meeting shall be at least three members of the Executive Committee. The Executive Committee shall conduct such business as is deemed necessary by the president or the officers. The executive committee is authorized to conduct urgent business of the association when there is not time or it is not feasible to wait for a regularly scheduled meeting of the board of directors.
- g) **Fundraising Committee** shall be responsible for organizing fundraising events and sales for the benefit of the league, including concessions at IM and All-Star meets and sale of any items deemed worthy (e.g., food, programs, shirts, caps, etc.) This committee also will identify and recommend to the Board vendors for supplying team apparel, concessions, and other supplies not associated with other committees.
- h) **Handbook Committee** shall be responsible for updating and publishing the handbook.
- i) **Managers Committee** shall be responsible for the training of Team Managers and the distribution of all materials and information to Team Managers prior to the season.
- j) **Personnel Committee** shall consist of one team representative from each team. It shall be responsible for the recommendation and implementation of RSTA personnel policies governing the duties, salary, recruitment, hiring, dismissal, and performance evaluation of the RSTA coaching staff. The Personnel Committee shall select the coaches with consideration for age, swimming background, maturity, temperament, and past employment, including RSTA tenure, from the pool of available candidates. The Personnel Committee shall provide direction and guidance to all coaches in personnel matters, and shall provide counseling and support for the Team Managers in their daily activities with the coaching staff.
- k) **Registration Committee** shall be responsible for the design, implementation, and administration of a summer season registration program, including the assignment of swimmers to teams in accordance with the approved guidelines. The committee recommends registration tiers and dates, fees, and team cap levels for Board approval.
- l) **Rules of Competition & Officiating Committee** shall be responsible for the development and recommendation of policies governing competition in the RSTA; the technical implementation of Board policies governing League competition and the conduct of meets; the training of officials; the establishment and implementation of safety policies and procedures for practices and meets (including warm-ups). They shall also be responsible for hearing and acting upon any and all disputes regarding interpretation of the rules in accordance with Board policy. Any member of this committee who has a personal interest in any party involved in a dispute (i.e., parent of swimmer or coach, team representative, manager or spouse of manager, etc., of the team or teams involved) shall disqualify him/herself from the committee until the matter has been settled. In the

event that the committee is reduced to fewer than three (3) members by the application of this rule, the dispute shall be referred to the Board for immediate consideration.

- m) **Schedule & Meet Management Committee** shall be responsible for the recommendation and implementation of the RSTA competition schedule to include the times and locations for all regular and special meets, rain dates, pool parties, and any other items deemed necessary by the Board. In preparing the schedule, the Committee shall coordinate with Reston Association (RA) and, upon Board approval, conclude all arrangements with RA to implement the schedule. This committee shall be responsible for developing the forms required prior, during, and after a meet to make a meet run smoothly and efficiently (e.g., meet sheets, swimmers individual times, entry cards, etc.).
- n) **Winter Swim Committee** shall be responsible for providing swimmers eligible to swim with RSTA an opportunity to improve their swimming skills during the off-season. The committee shall define each of the winter swim programs (e.g., number & age range of swimmers; swimming pre-requisites; and fees), handle registration and staffing, and provide on-going oversight for the duration of all programs.

**SECTION 3. AD HOC COMMITTEES**— Ad Hoc committees shall be formed as deemed necessary by the Board of Directors. To form an ad hoc committee, the committee must be approved by a simple majority of the Directors present and voting at any regular meeting or at a special meeting called for this purpose. Upon approval of an ad hoc committee, members shall be selected from among the Directors and general membership. The committee shall designate its own chair and will disband upon completion of the purpose of the committee.

## **ARTICLE VIII – ACCOUNTING, BUDGET FINANCE**

### **SECTION 1. AUDITS**

- (a) **Annual Audit** – the Books of the association shall be closed on the last day of the fiscal year to be audited by a qualified individual or individuals other than the Treasurer and approved by the Board. The audit shall encompass a review of the bank accounts, financial assets, cash flow, and deposits and expenditures. The written report of the audit shall be prepared in time to be presented to the members at the first general membership meeting of the calendar year.
- (b) **Special Audits** – An audit similar to the annual audit shall be prepared at any time there is a change in the office of Treasurer during the fiscal year.

**SECTION 2. FISCAL YEAR** – The fiscal year of RSTA for reporting and filing purposes shall be from October 1 to the following September 3. The operational year will run from January 1 to the following December 31.

**SECTION 3. BUDGET** – An annual operating budget year shall be prepared by the Treasurer with the assistance of the executive committee with input from all standing committees, for presentation and approval at the first general membership meeting of the calendar year. A copy of this budget shall be posted on the RSTA website not later than ten (10) days prior to

this meeting.

**SECTION 4. CONTRACTS** – Contracts for personal services shall require approval of two-thirds (2/3) of the full Board of Directors. Contracts involving loans, leases or other obligations of more than twelve (12) months' duration shall have to be ratified by a majority of all members of the association. Contracts with the Reston Association shall be signed by the president or the president's delegated representative.

**SECTION 5. REIMBURSEMENT** – Officers and Directors may be reimbursed for reasonable out of pocket expenses made on behalf of RSTA, but shall not otherwise be compensated.

**SECTION 6. INDEMNIFICATION** – RSTA shall indemnify and save harmless any individual against the expense of any action, suit or proceedings in which they are made a part by reason of his being or having been a Director, Officer or duly authorized agent of RSTA, except in relation as to matters to which they shall be adjudged in such action, suit or proceedings to be liable for gross negligence or willful misconduct in the performance of their duties. This right shall extend to all such persons, their successors, heirs and legal representatives.

**SECTION 7. INSURANCE** – The board shall obtain sufficient insurance from commercial carriers to manage the financial and legal risks to the association, to provide "directors and officers" liability insurance, and to meet any reasonable insurance requirements stipulated by the Reston Association.

**SECTION 8. DISSOLUTION** – In the event this organization dissolves, splits, or otherwise ceases to legally exist under the terms and conditions of these bylaws, the remaining assets of RSTA, after all just debts have been discharged, shall be disbursed to any non-profit organization or organizations. These other organizations shall be determined by the individual members; and their pro rata share of the assets shall be sent to that non-profit organization.

## **ARTICLE IX – BYLAWS AND RULES OF ORDER**

**SECTION 1. BYLAWS** – These bylaws, duly revised and adopted on the 11th day of February, 2008 succeed any and all previous bylaws and amendments thereto, which are declared null and void.

**SECTION 2. INTERPRETATION** – Any question as to the proper interpretation of any provision of these bylaws shall be determined by the Board.

**SECTION 3. AMENDMENTS** – These Bylaws may be amended by two-thirds (2/3) majority vote of those eligible voters present at any general meeting of the Association duly constituted in accordance with Article IV, provided that fifteen (15) days prior notice has been given to all eligible members of the nature of the proposed amendment.

Adopted September 25, 1979

Amended November 11, 1981

Amended October 13, 1982

Amended October 12, 1983

Amended October 15, 1984

Amended February 25, 1985

Amended October 7, 1985

Amended October 20, 1986

Amended October 11, 1988

Amended October 7, 1991

Amended March 14, 1994

Amended October 4, 1999

Revised and reissued February 11, 2008

Amended February 10, 1986

Amended February 8, 1987

Amended February 13, 1989

Amended October 19, 1992

Amended March 20, 1995

Amended October 10, 2000

Amended April 13, 2015

**SECTION 4. RULES OF ORDER** – *Roberts Revised Rules of Order* shall be the parliamentary guide for all meetings of the general membership, the Board of Directors or of Committees, but shall not take precedence over these bylaws.

## RSTA Awards

### Kevin Coffey Spirit Award

The Kevin Coffey Spirit Award is given to a swimmer on each team who participates regularly in practices and meets and who has exhibited exceptional team spirit, sportsmanship, reliability, and dedication to RSTA's goal of providing a positive swim team experience for all swimmers. The award is given in memory of Kevin Coffey, who for 15 years was part of RSTA as a swimmer and a coach and personified the criteria on which his memorial is based.

#### 2016 Recipients

Andrew Sheclock and Ian Champney	Ridge Heights
Greg Mayo	Glade
Kathleen Wilson	Autumnwood
Grant Bommer	Lake Newport
Joseph Sciortino	North Hills
William Harvey	Hunters Woods

#### 2015 Recipients

Dylan Hawley	Ridge Heights
Elise Baldwin	Newbridge
Jason Fu	Lake Anne
Vikrant Mahajan & Andrey Smiryagin	Autumnwood
Emi Redican	Lake Newport
John Medvid	North Hills
Mary Byron	Hunters Woods

### Kim Klarman Award

In 2012 RSTA established an award in memory and honor of Kim Klarman. Kim held many important positions for RSTA during her fifteen years of service to the organization: president of the Board, Autumnwood team manager, board member, volunteer, coach, and manager mentor. She also was involved in other charity organizations. Kim had a large impact throughout the league and the community. This annual award is given to an individual who truly makes a difference to RSTA and to the community at large with a commitment to long-term service. In the recipient's honor the league will donate a check for \$250 to a charity of the recipient's choice.

\*No Kim Klarman Award was given in 2016

**2015 Recipient:** Judy Minogue

**2014 Recipient:** Chuck Najjourn

**2013 Recipient:** Janie Odlen

**2012 Recipient:** Gail Romansky

# RESTON ALL-TIME BEST RECORDS

## 8 & Under Boys

Tim Evans	72	18.00
Michael Zhou	16	20.06
John Fedak	73	21.60
Roger Kordes	78	15.60
Michael Zhou	16	1:33.77
Michael Satterfield	99	1:18.04
Sean McGuire		
Mark Hyland		
Jonathan Christensen		

## 9-10 Boys

Brad Dillon	02	16.01
Evan Elsaesser	94	37.65
Brendan Gill	88	40.96
Brad Dillon	02	32.20
Jonathan Christensen	01	1:21.39
Brendan Gill	88	1:12.71
Kris Skrzycki		
Reinaldo Faberlle		
Jeremy Aisenberg		

## 11-12 Boys

Darius Truong	14	30.13
Darius Truong	15	31.55
Darius Truong	15	35.06
Darius Truong	15	27.63
Darius Truong	15	1:04.95
Obie Obenchain	86	1:04.42
Ethan Gill		
Andy Faberlle		
Scott Moore		

## 13-14 Boys

Tyler Ellis	14	27.58
Ryan Ha	14	29.85
Josh Zhang	15	33.07
Tyler Ellis	14	25.60
Jonathan Christensen	05	1:04.08
Albert Xu	16	2:07.33
Philip Pan		
Daniel Li		
Liam Tolbert		

## 15-18 Boys

Adam Orton	99	26.70
Adam Brenneman	03	27.73
Adam Brenneman	03	30.78
Adam Brenneman	02	24.43
Casey Storch	16	59.57
Steve Webb	99	1:55.30
Alan Webb		
Adam Orton		
Domenic Bourgeois		

## Boys 200 Mixed Age Freestyle Relay

Grant Romero	13	2:01.25
Garrett Linn		
Alan Yu		
Casey Storch		
Nathan Williams		

## 8 & Under Girls

Lauren Stinnett	89	17.32
Lauren Stinnett	89	18.42
Jennifer Lichtblau	93	21.14
Sophia Landeryou	11	15.83
Jennifer Lichtblau	93	1:29.84
Katie Hodgdon	88	1:14.14
Mary Mittendorf		
Christianne Voegele		
Lauren Stinnett		

## 9-10 Girls

Lauren Stinnett	91	14.95
Lauren Stinnett	91	34.63
Jennifer Lichtblau	95	39.71
Lauren Stinnett	91	31.02
Lauren Stinnett	91	1:16.19
Sarah Durkin	83	1:14.42
Hannah Schuster		
Mischi Carter		
Jessica Paul		

## 11-12 Girls

Lauren Stinnett	93	30.40
Lauren Stinnett	93	31.86
Jennifer Lichtblau	97	35.80
Lauren Stinnett	93	28.19
Lauren Stinnett	93	1:09.70
Monica Kriso	96	1:04.95
Katie Tatman		
Diana Winings		
Kelly Burke		

## 13-14 Girls

Emily Landeryou	13	29.94
Emily Meilus	13	30.60
Jasmine Jones	06	34.94
Emily Meilus	13	28.02
Emily Meilus	13	1:06.96
Katie Tatman	98	2:13.15
Kelly Burke		
Monica Kriso		
Diana Winings		

## 15-18 Girls

Joanne Fu	15	29.68
Emily Meilus	14	29.81
Jasmine Jones	07	33.91
Lauren Stinnett	96	27.20
Sabrina Groves	13	1:08.12
Katie Sennett	07	2:11.41
Jasmine Jones		
Laura Dillon		
Elisa Becker		

## Girls 200 Mixed Age Freestyle Relay

Sarah Zhong	16	2:01.61
Vania Zeledon		
Meghna Sharma		
Ana Redican		
Emi Redican		

# AUTUMNWOOD TEAM RECORDS

## 8 & Under Boys

Andrew Ferraro	01	20.36
Adam Brenneman	93	21.14
Brian Brett	95	22.60
Andrew Ferraro	01	17.07
Andrew Ferraro	01	1:40.80
Andrew Freeman	13	1:21.12
Luke McDermott		
Michael Norford		
Liam Willson		

## 9-10 Boys

Christian Matthews	02	16.70
Adam Brenneman	95	38.70
Brian Brett	97	41.05
Seth Zoracki	92	33.41
Brian Brett	97	1:23.65
Jeremy Brenneman	97	1:22.27
Brian Brett		
Mike Holland		
Andy Holland		

## 11-12 Boys

Brian Brett	99	33.93
Adam Brenneman	97	33.66
Brian Brett	99	36.96
Brian Brett	99	28.99
Adam Brenneman	97	1:13.82
Jeremy Brenneman	98	1:07.54
Alex Jendzejec		
Spencer McKenna		
Brian Brett		

## 13-14 Boys

Adam Brenneman	99	31.34
Adam Brenneman	99	30.81
Brian Brett	01	35.20
Adam Brenneman	99	27.09
Allen Zoracki	93	1:11.21
Adam Brenneman	99	2:19.63
Alex Jendzejec		
Spencer McKenna		
Patrick Mabry		

## 15-18 Boys

Adam Brenneman	03	27.16
Adam Brenneman	03	27.73
Adam Brenneman	03	30.78
Adam Brenneman	02	24.43
Adam Brenneman	02	1:01.59
Adam Brenneman	02	1:56.44
Alex Jendzejec		
RJ Dunn		
Michael Pickup		

## Boys 200 Mixed Age Freestyle Relay

Andrew Ferraro	01	2:03.51	8 & Under
Christian Matthews			9-10
Steven Gasparis			11-12
Brian Brett			13-14
Michael Pickup			15-18

## 8 & Under Girls

Diya Murthy	10	20.20
Diya Murthy	10	21.15
Jessie Hill	95	23.31
Claire Romansky	03	18.09
Diya Murthy	10	1:36.31
Taylor Brininstool	02	1:24.49
Bridget Newell		
Inanje Mintz		
Jennifer Johnson		

## 9-10 Girls

Jessica Kim	99	17.09
Alexandra Ferraro	01	37.78
Diya Murthy	12	42.40
Alexandra Ferraro	01	32.82
Jessica Kim	99	1:22.95
Jessica Kim	99	1:16.60
Chelsea Hill		
Catherine Kim		
Kathryn Ozimek		

## 11-12 Girls

Catherine Kim	02	35.54
Jessica Kim	01	34.13
Jessica Kim	01	39.07
Jessica Kim	01	30.92
Jessica Kim	01	1:15.95
Jessica Kim	01	1:07.26
Chelsea Hill		
Catherine Kim		
Kathryn Ozimek		

## 13-14 Girls

Emily Trakas	93	32.24
Jessica Kim	02	34.11
Danielle Theberge	05	39.02
Emily Trakas	93	28.48
Emily Trakas	92	1:11.11
Michelle Le	07	2:28.03
Emily Ayuso		
Robin Brazier		
Inanje Mintz		

## 15-18 Girls

Robin Brazier	11	31.73
Emily Trakas	95	33.31
Emily Trakas	97	37.45
Emily Trakas	96	27.88
Emily Trakas	95	1:09.78
Robin Brazier	08	2:21.28
Danielle Theberge		
Katie Maxwell		
Jillian Klarman		

## Girls 200 Mixed Age Freestyle Relay

Jennifer Johnson	02	2:14.53
Jillian Klarman		
Catherine Kim		
Chelsea Hill		
Gwen Jenkins		



# GLADE TEAM RECORDS

## 8 & Under Boys

R.J. Dunn	92	19.68
R.J. Dunn	92	21.49
Jonathan Christensen	99	21.70
Steven Aguayo	86	17.14
Jonathan Christensen	99	1:33.88
Michael Satterfield	99	1:18.04
Sean McGuire		
Mark Hyland		
Jonathan Christensen		

## 9-10 Boys

Hunter Ellis	12	16.70
Jonathan Christensen	01	40.22
Jonathan Christensen	01	41.66
Jonathan Christensen	01	33.64
Jonathan Christensen	01	1:21.39
Sean McGuire	01	1:18.00
Jonathan Christensen		
Mark Hyland		
Michael Satterfield		

## 11-12 Boys

Hunter Ellis	14	31.53
Hunter Ellis	14	34.86
Jonathan Christensen	03	37.30
Hunter Ellis	14	29.03
Jonathan Christensen	03	1:15.05
Matt Tillman	95	1:11.14
Dan Kipperman		
R.J. Dunn		
Peter Day		

## 13-14 Boys

Tyler Ellis	14	27.58
Tyler Ellis	14	30.83
Jonathan Christensen	05	33.34
Tyler Ellis	14	25.60
Jonathan Christensen	05	1:04.08
Craig Stevens	84	2:14.84
Nicholas Harding		
Chris Hines		
Blair Choate		

## 15-18 Boys

Jonathan Christensen	08	27.29
Jonathan Christensen	08	29.40
Jonathan Christensen	08	30.84
Chris Hines	86	25.33
Jonathan Christensen	08	1:00.51
William Catterson	91	2:04.49
James Harding		
Kevin Moran		
Jason Crump		

## Boys 200 Mixed Age Freestyle Relay

Aaron Letteri	12	2:05.73
Hunter Ellis		
Tyler Ellis		
Andrew Huang		
Andrew Draganov		

## 8 & Under Girls

Clara Landeryou	14	18.42
Sophia Landeryou	11	19.19
Sophia Landeryou	11	22.31
Sophia Landeryou	11	15.83
Sophia Landeryou	11	1:35.61
Lindsey Hirshfeld	10	1:23.22
Amelia Flavin		
Rachel Smith		
Sophia Landeryou		

## 9-10 Girls

Emily Landeryou	10	15.47
Emily Landeryou	10	37.20
Sophia Landeryou	13	41.70
Sophia Landeryou	13	31.32
Sophia Landeryou	13	1:19.83
Kaitlin Mahon	10	1:15.85
Amelia Pimentel		
Clara Landeryou		
Maggie Novak		

## 11-12 Girls

Emily Landeryou	12	30.97
Sophia Landeryou	15	32.53
Mei Christensen	00	39.02
ESophia Landeryou	15	28.79
Mei Christensen	01	1:10.00
Emily Landeryou	12	1:07.97
Meghan Benedetto		
Madeline LaPorte		
Kellie McCrea		

## 13-14 Girls

Emily Landeryou	13	29.94
Mei Christensen	03	30.70
Johanna Fedak	82	37.03
Natalie Bardach	15	29.10
Mei Christensen	02	1:09.27
Madeline LaPorte	13	2:16.89
Olivia Heatherly		
Lainie Davison		
Emily Landeryou		

## 15-18 Girls

Isabella Gati	15	30.08
Mei Christensen	04	30.93
Lisa Hering	81	36.68
Mei Christensen	04	28.41
Mei Christensen	05	1:08.13
Madeline LaPorte	15	2:15.12
Meghan Benedetto		
Isabella Gati		
Emily Landeryou		

## Girls 200 Mixed Age Freestyle Relay

Emilie Fiske	16	2:02.88
Clara Landeryou		
Niki Chava		
Sophia Landeryou		
Madeline LaPorte		

# HUNTERS WOODS TEAM RECORDS

## 8 & Under Boys

Nolan Dunkel	14	18.82
Nolan Dunkel	14	20.82
Alex Li	05	24.14
Roger Kordes	78	15.60
Daniel Rizk	99	1:34.31
Lloyd Ramey	01	1:24.13
Jon Grove		
Kevin Murphy		
Sean Shada		

## 9-10 Boys

Philip Pan	12	16.56
Nicholas Hazelton	02	39.65
Nicholas Hazelton	02	41.54
Jeremy Aisenberg	88	33.43
Nicholas Hazelton	02	1:21.86
Eric Tang	07	1:19.93
Connor Herron		
Alex Li		
Kevin Wan		

## 11-12 Boys

Alex Li	09	33.38
Philip Pan	14	33.38
Alex Li	09	33.54
Nicholas Hazelton	04	37.23
Alex Li	09	29.20
Alex Li	09	1:10.05
Donny Beckwith	89	1:07.64
Jay O'Connor		
Ben Moore		
Jeremy Aisenberg		

## 13-14 Boys

Albert Xu	16	29.81
Jack Ham	14	31.01
Ian Chadsey	95	34.44
Alex Li	11	27.17
Albert Xu	16	1:07.09
Albert Xu	16	2:07.33
Philip Pan		
Daniel Li		
Liam Tolbert		

## 15-18 Boys

Mike Stassi	86	27.51
Mike Stassi	86	29.88
Ian Chadsey	97	32.17
Steven Webb	97	25.80
Mike Stassi	86	1:03.18
Aaron Ford	97	2:01.96
Steven Webb		
Ian Chadsey		
Drew Williams		

## Boys 200 Mixed Age Freestyle Relay

Philip Pan	09	2:03.68
Thomas Evans		
Alex Li		
Logan Nasr		
Kevin Cho		

## 8 & Under Girls

Dana Constantino	96	18.08
Dana Constantino	96	19.90
Jennifer Williams	83	24.61
Dana Constantino	96	17.45
Caroline Bellis	95	1:37.95
Tracey Constantino	97	1:29.34
Susan Finch		
Mara Hedblom		
Dana Wanjon		

## 9-10 Girls

Sarah Ramey	00	15.70
Dana Constantino	98	37.21
Sarah Ramey	00	42.99
Sarah Ramey	00	32.94
Sarah Ramey	00	1:20.82
Lucy Tamberrino	00	1:17.40
Sarah Hazelton		
Sarah Ramey		
Rebecca Kinsey		

## 11-12 Girls

Sarah Ramey	02	31.29
Dana Constantino	00	34.13
Sarah Ramey	02	38.89
Dana Constantino	00	29.41
Sarah Ramey	02	1:12.59
Dana Constantino	99	1:06.92
Caroline Bellis		
Wendy Campbell		
Caroline Kriso		

## 13-14 Girls

Caroline Bellis	01	30.95
Dana Constantino	02	32.63
Rebecca Dister	03	38.86
Dana Constantino	02	28.45
Caroline Bellis	01	1:11.60
Nicole Evans	03	2:20.46
Rebecca Dister		
Sarah Ramey		
Alison Brooks		

## 15-18 Girls

Caroline Bellis	04	30.28
Margaret Brandenstein	90	31.99
Lisa Hering	82	34.84
Caroline Bellis	04	28.05
Caroline Bellis	04	1:10.22
Dana Constantino	04	2:17.52
Rebecca Dister		
Caroline Bellis		
Tracy Constantino		

## Girls 200 Mixed Age Freestyle Relay

Cassie Grabski	02	2:09.27
Mallory El-Khatib		
Sarah Ramey		
Dana Constantino		
Caroline Belli		

# LAKE ANNE TEAM RECORDS

## 8 & Under Boys

Evan Elsaesser	92	20.06
Evan Elsaesser	92	20.12
Evan Elsaesser	92	24.88
Evan Elsaesser	92	17.50
Evan Elsaesser	92	1:42.86
Marshall Severin	98	1:21.86
Joseph Daniels		
Michael Ziiai		
Ben Frey		

## 9-10 Boys

Matthew Tillman	92	18.38
Matthew Tillman	92	42.56
Matthew Tillman	92	46.09
Devin Conley	12	35.09
Bobby Burns	95	1:29.52
Chris Edwards	94	1:19.93
Michael Pickup		
Brad Morris		
Bobby Burns		

## 11-12 Boys

Darius Truong	14	30.13
Darius Truong	15	31.55
Darius Truong	15	35.06
Darius Truong	15	27.63
Darius Truong	15	1:04.95
Chris Edwards	96	1:11.19
Michael Pickup		
Brad Morris		
Bobby Burns		

## 13-14 Boys

Marc Severin	95	30.41
Marc Severin	95	30.52
Mark Rodakowski	05	34.24
Marc Severin	95	26.45
Marc Severin	95	1:04.79
Greg Mayo	11	2:12.43
Jason Fu		
Joseph Hosi		
Dillon Jiang		

## 15-18 Boys

Devin Truong	16	27.57
Devin Truong	14	29.12
Mark Rodakowski	08	32.24
Michael Ziiai	08	25.33
Devin Truong	15	1:02.28
Michael Ziiai	08	1:58.28
Mark Rodakowski		
Christopher Hall-Tipping		
Nicholas Adagio		

## Boys 200 Mixed Age Freestyle Relay

Joseph Dealey	14	2:05.40
Frank Keusenkothen		
Darius Truong		
Fred Zhang		
Jason Fu		

## 8 & Under Girls

Suzanne Ziiai	02	21.91
Suzanne Ziiai	02	21.81
Emily Aldrich	95	24.49
Suzanne Ziiai	02	19.74
Suzanne Ziiai	02	1:52.94
Amber Lu	15	1:22.43
Jacqui Go		
Claire Munro		
Katie Semanchik		

## 9-10 Girls

Joanne Fu	10	16.40
Joanne Fu	10	38.62
Joanne Fu	10	45.19
Joanne Fu	10	32.07
Joanne Fu	10	1:17.68
Gwen Jenkins	97	1:21.29
Emily Stocking		
Deanna Rooths		
Jackie Cantwell		

## 11-12 Girls

Joanne Fu	12	32.68
Joanne Fu	12	33.48
Joanne Fu	12	40.13
Joanne Fu	12	29.47
Joanne Fu	11	1:14.03
Emily Stocking	99	1:09.88
Gwen Jenkins		
Deanna Rooths		
Deborah Perl		

## 13-14 Girls

Joanne Fu	14	30.14
Emily Meilus	13	30.60
Emily Meilus	13	38.80
Emily Meilus	13	28.02
Emily Meilus	13	1:06.96
Emily Meilus	13	2:24.63
Sage Raphael		
Joanne Fu		
Joanna Barkhordari		

## 15-18 Girls

Joanne Fu	15	29.68
Emily Meilus	14	29.81
Emily Meilus	14	37.39
Emily Meilus	15	27.83
Emily Meilus	15	1:06.44
Margit Severin	98	2:17.32
Kate Stuard		
Julia Fox		
Molly Newman		

## Girls 200 Mixed Age Freestyle Relay

Ireland DiBacco	12	2:08.82
Hannah Lane		
Joanne Fu		
Emily Meilus		
Tope Oladimeji		

# LAKE AUDUBON TEAM RECORDS

## 8 & Under Boys

Nicolas Sobenes	13	19.68
Reinaldo Faberlle	86	20.84
Jonathan Pfothenhauer	98	23.59
David Stinnett	91	16.85
David Stinnett	91	1:38.90
Benjamin Pfothenhauer	01	1:19.79
Austin Chute		
Kevin Ball		
Will Sickenberger		

## 9-10 Boys

Jonathan Pfothenhauer	00	16.25
John Hughes	08	39.10
Shane Scoggin	06	44.58
John Hughes	08	32.66
Shane Scoggin	06	1:27.19
Reinaldo Faberlle	88	1:19.59
Nate Dewey		
Bjorn Tobey		
Brent Burkman		

## 11-12 Boys

Matthew Fritz	15	31.63
Matthew Fritz	15	34.59
Matthew Fritz	15	39.93
John Hughes	10	29.06
Matthew Fritz	15	1:13.44
Nick Hunt	05	1:07.02
Kevin Ball		
Austin Chute		
Will Sickenberger		

## 13-14 Boys

Andy Faberlle	88	28.35
Andy Faberlle	88	31.05
Jamie Harding	87	34.94
John Hughes	12	27.18
Andy Faberlle	88	1:07.33
Spencer Harris	16	2:07.75
Ian Ha		
Matthew Fritz		
Maxwell Wilson		

## 15-18 Boys

Andy Faberlle	89	26.85
Ryan Ha	16	29.05
Austin Chute	11	32.61
Scott Moore	91	25.49
Andy Faberlle	89	1:03.63
Austin Chute	09	2:09.41
Zachary Batts		
Will Sickenberger		
Andy Reinhold		

## Boys 200 Mixed Age Freestyle Relay

John Hughes	06	2:02.24
Shane Scoggin		
Andy Reinhold		
Will Sickenberger		
Daniel Speek		

## 8 & Under Girls

Lauren Stinnett	89	17.32
Lauren Stinnett	89	18.42
Lauren Stinnett	89	22.49
Lauren Stinnett	89	16.14
Lauren Stinnett	89	1:30.71
Mikayla Serrell	14	1:20.51
Marley Mulvaney		
Brenna Scanlan		
Suya Haering		

## 9-10 Girls

Lauren Stinnett	91	14.95
Lauren Stinnett	91	34.63
Lauren Stinnett	91	42.56
Lauren Stinnett	91	31.02
Lauren Stinnett	91	1:16.19
Callie Chute	07	1:15.86
Sabrina Groves		
Kaelin O'Donnell		
Madeleine Daum		

## 11-12 Girls

Lauren Stinnett	93	30.40
Lauren Stinnett	93	31.86
Lauren Stinnett	92	39.05
Lauren Stinnett	93	28.19
Lauren Stinnett	93	1:09.70
Callie Chute	08	1:08.33
Sabrina Groves		
Sasha Avilov		
Madeleine Daum		

## 13-14 Girls

Lauren Stinnett	94	29.95
Lauren Stinnett	94	31.63
Sabrina Groves	11	36.54
Lauren Stinnett	94	28.03
Lauren Stinnett	95	1:08.27
Vella McBride	11	2:15.63
Kaylyn Macaluso		
Sabrina Groves		
Madeleine Daum		

## 15-18 Girls

Lauren Stinnett	96	30.18
Lauren Stinnett	96	30.07
Sabrina Groves	12	35.62
Lauren Stinnett	96	27.20
Sabrina Groves	13	1:08.12
Sierra Scoggin	12	2:12.06
Sabrina Groves		
Sasha Avilov		
Kaylyn Macaluso		

## Girls 200 Mixed Age Freestyle Relay

Suya Haering	14	2:02.06
Sophia Sobenes		
Julia Nassau		
Molly Ellor		
Sabrina Groves		

# LAKE NEWPORT TEAM RECORDS

## 8 & Under Boys

Ryan McLaughlin	05	18.47
Seth Zoracki	90	20.58
Seth Zoracki	90	23.62
Zachary Taylor	91	17.07
Michael Zhou	16	1:33.77
Cameron Romero	15	1:18.33
David Egge		
Tyler Richards		
Michael Zhou		

## 9-10 Boys

Zachary Taylor	93	16.08
Evan Elsaesser	94	37.65
Domenic Bourgeois	93	44.51
Zachary Taylor	93	33.28
Nicholas Curl	04	1:26.58
Evan Elsaesser	93	1:16.04
Domenic Bourgeois		
Graham Terban		
Zachary Taylor		

## 11-12 Boys

Ben Miller	99	31.94
Evan Elsaesser	96	33.54
Domenic Bourgeois	95	39.90
Ben Miller	99	28.87
Casey Storch	11	1:15.32
Evan Elsaesser	95	1:08.41
Domenic Bourgeois		
Graham Terban		
Zachary Taylor		

## 13-14 Boys

Ben Miller	01	29.42
Casey Storch	13	30.11
Domenic Bourgeois	97	35.40
Domenic Bourgeois	97	26.40
Casey Storch	13	1:04.92
Dylan Jones	15	2:18.03
Dan Ni		
Alan Yu		
Zach Wang		

## 15-18 Boys

Casey Storch	16	26.92
Casey Storch	16	28.44
Casey Storch	16	31.43
Casey Storch	16	25.06
Casey Storch	16	59.57
Jack Edgemond	16	1:56.82
Casey Storch		
Michael George		
Dan Ni		

## Boys 200 Mixed Age Freestyle Relay

Grant Romero	13	2:01.25
Garrett Linn		
Alan Yu		
Casey Storch		
Nathan Williams		

## 8 & Under Girls

Carolyn Kriso	95	19.32
Anna Redican	10	21.26
Aimee Sostillo	97	24.08
Carolyn Kriso	95	16.71
Carolyn Kriso	95	1:36.13
Greta Larne	14	1:22.33
Caroline Kohn		
Bridget Brennan		
Vania Zeledon		

## 9-10 Girls

Anna Redican	12	15.97
Anna Redican	12	39.32
Carolyn Kriso	97	45.35
Anna Redican	12	32.97
Anna Redican	12	1:22.68
Aimee Sostillo	98	1:18.49
Molly Hogwood		
Katie McGrath		
Kenisha Marks		

## 11-12 Girls

Anna Redican	14	31.96
Anna Redican	14	33.28
Elizabeth Burns	00	38.56
Monica Kriso	96	30.33
Monica Kriso	96	1:12.57
Monica Kriso	96	1:04.95
Katie Tatman		
Diana Winings		
Kelly Burke		

## 13-14 Girls

Anna Redican	15	31.07
Anna Redican	15	32.04
Kelly Burke	98	36.45
Monica Kriso	97	28.39
Anna Redican	16	1:08.94
Katie Tatman	98	2:13.15
Kelly Burke		
Monica Kriso		
Diana Winings		

## 15-18 Girls

Diana Winings	01	30.36
Emi Redican	16	32.97
Kelly Burke	02	34.63
Diana Winings	00	28.36
Kelly Burke	99	1:10.46
Courtney O'Brien	99	2:13.04
Katie Tatman		
Diana Winings		
Kelly Burke		

## Girls 200 Mixed Age Freestyle Relay

Sarah Zhong	16	2:01.61
Vania Zeledon		
Meghna Sharma		
Anna Redican		
Emi Redican		

# NORTH HILLS TEAM RECORDS

## 8 & Under Boys

Kerem Atalay	99	21.48
Miles Yang	12	21.41
Caleb Kinas	01	24.59
Jonathan Pickering	01	17.73
Miles Yang	12	1:47.04
Bomani Mintz	98	1:23.03
Kerem Atalay		
Steven Gasparis		
William Chantry		

## 9-10 Boys

Jonathan Pickering	03	16.52
Jonathan Pickering	03	37.87
Joseph Sciortino	13	44.91
Joseph Sciortino	13	34.05
Jonathan Pickering	03	1:27.00
Miles Yang	13	1:19.00
Joseph Sciortino		
Evan Zhang		
James Xu		

## 11-12 Boys

Joseph Sciortino	15	32.38
Joseph Sciortino	15	35.32
Courtner Clark	07	39.30
Joseph Sciortino	15	29.40
Joseph Sciortino	15	1:13.82
Miles Yang	15	1:08.58
Joseph Sciortino		
Evan Zhang		
William Xu		

## 13-14 Boys

JoJoshua Kinas	02	29.63
Joseph Sciortino	16	31.04
Joshua Kinas	02	34.03
Ryan Grimes	15	26.35
Joshua Kinas	02	1:08.09
Joseph Sciortino	16	2:10.31
Caelen Grange		
Abhishek Bazaz		
Evan Zhang		

## 15-18 Boys

Josh Kinas	05	28.47
Christopher Clark	08	29.39
Josh Kinas	05	32.93
Christopher Clark	05	26.05
Josh Kinas	05	1:04.69
Christopher Clark	08	2:05.18
Will Chantry		
William Fehringer		
William Cormier		

## Boys 200 Mixed Age Freestyle Relay

Grayson Williams	15	2:04.75
Albert Huang		
Joseph Sciortino		
Ryan Luczak		
Ryan Grimes		

## 8 & Under Girls

Ellie Shelton	04	19.20
Rachel Swarts	03	21.42
Kelly Pease	02	23.52
Rachel Swarts	03	17.19
Sarah Sciortino	15	1:44.13
Stephanie Cors	04	1:18.40
Katherine Pease		
Tyla Cothill		
Ellie Shelton		

## 9-10 Girls

Rachel Swarts	05	16.32
Katie Cazenias	15	38.98
Rachel Swarts	05	45.75
Rachel Swarts	05	33.02
Katie Cazenias	15	1:23.38
Caroline Xu	15	1:17.17
Zoe Burke		
Betty Yakobson		
Katie Cazenias		

## 11-12 Girls

Rachel Swarts	07	32.18
Rachel Swarts	07	33.66
Rachel Swarts	07	38.20
Sarah Sciortino	16	30.36
Rachel Swarts	07	1:12.51
Alison Wan	16	1:07.53
Sarah Sciortino		
Ada Langston		
Katie Cazenias		

## 13-14 Girls

Rachel Swarts	08	31.89
Rachel Swarts	08	33.52
Lyn Moore	01	38.22
Rachel Swarts	08	29.82
Rachel Swarts	08	1:11.37
Christina Poirier	08	2:27.13
Keara Jones		
Rachel Swarts		
Kayla Kent		

## 15-18 Girls

Rachel Swarts	12	30.50
Rachel Swarts	11	32.64
Rachel Swarts	11	38.00
Rachel Swarts	11	28.92
Rachel Swarts	11	1:09.37
Rachel Swarts	11	2:17.56
Keara Jones		
Kayla Kent		
Lindsay Najjoun		

## Girls 200 Mixed Age Freestyle Relay

Sarah Sciortino	15	2:05.40
Katie Cazenias		
Samantha Sciortino		
Marlee Czarny		
Lindsey Hill		

# RIDGE HEIGHTS TEAM RECORDS

## 8 & Under Boys

Brad Dillon	00	19.27
Brad Dillon	00	20.48
Joseph Bleich	93	22.65
Brad Dillon	00	17.51
Brad Dillon	00	1:40.59
Tommy Goodman	87	1:24.36
Jeff Skrzycki		
Scott Burke		
Nathaniel Higgins		

## 9-10 Boys

Brad Dillon	02	16.01
Brendan Gill	88	38.14
Brendan Gill	88	40.96
Brad Dillon	02	32.20
Brendan Gill	88	1:22.50
Steven Webb	91	1:16.77
Billy Blake		
Adam Orton		
Eric Nelson		

## 11-12 Boys

Adam Orton	93	31.47
Adam Orton	93	33.41
Brendan Gill	90	35.69
Brendan Gill	90	28.99
Brendan Gill	90	1:10.37
Mike Golembe	90	1:08.31
Brendan Gill		
Kris Skrzycki		
Bryan Schell		

## 13-14 Boys

Adam Orton	95	27.87
Adam Orton	95	29.88
Josh Zhang	15	33.07
Josh Zhang	15	26.33
Adam Orton	95	1:04.56
Adam Orton	95	2:12.61
Billy Blake		
Steven Webb		
Owen Zachariasse		

## 15-18 Boys

Adam Orton	99	26.70
Adam Orton	97	28.51
Kevin Harmon	83	31.16
Dylan Hawley	15	24.59
Mac Sogandares	15	1:01.87
Steve Webb	99	1:55.30
Alan Webb		
Adam Orton		
Domenic Bourgeois		

## Boys 200 Mixed Age Freestyle Relay

Erik Sorenson	90	2:02.28
Tyler Sande		
Brendan Gill		
Brett Bares		
Ethan Gill		

## 8 & Under Girls

Hailey Wang	12	19.07
Hailey Brown	14	21.34
Rhiannon Shaub	87	22.13
Emily Williams	86	17.01
Rhiannon Shaub	87	1:39.59
Catherine Winslow	00	1:25.56
Katie Sennett		
Casey Dawson		
Onalee Makem		

## 9-10 Girls

Laura Dillon	00	16.05
Laura Dillon	00	40.26
Rhiannon Shaub	89	41.73
Hailey Brown	16	33.25
Hailey Brown	16	1:21.08
Katie Sennett	02	1:19.83
Jasmine Jones		
Elisa Becker		
Casey Dawson		

## 11-12 Girls

Laura Dillon	02	31.92
Rhiannon Shaub	91	35.36
Laura Dillon	02	38.13
Laura Dillon	02	31.51
Laura Dillon	02	1:13.44
Katie Sennett	04	1:08.87
Jasmine Jones		
Elisa Becker		
Katherine Cunningham		

## 13-14 Girls

Laura Dillon	04	31.56
Katie Sennett	06	33.61
Jasmine Jones	06	34.85
Jennifer Wojick	86	30.06
Laura Dillon	04	1:10.63
Katie Sennett	06	2:16.77
Jasmine Jones		
Valerie Moyer		
Elisa Becker		

## 15-18 Girls

Caroline Bellis	05	30.39
Katie Sennett	07	33.11
Jasmine Jones	07	33.91
Caroline Bellis	05	28.52
Emily Sennett	10	1:09.37
Katie Sennett	07	2:11.41
Jasmine Jones		
Laura Dillon		
Elisa Becker		

## Girls 200 Mixed Age Freestyle Relay

Kelsye Brown	16	2:08.95
Hailey Brown		
Hailey Wang		
Katie Falcone		
Paige Sogandares		

## 2016 RSTA League Standings

### Overall Standings

1	LAKE NEWPORT	6-0-0
2	LAKE AUDUBON	5-1-0
3	HUNTERS WOODS	4-2-0
	NORTH HILLS	4-2-0
5	GLADE	3-3-0
6	AUTUMNWOOD	1-5-0
	RIDGE HEIGHTS	1-5-0
8	LAKE ANNE	0-6-0

### "A" class

1	LAKE NEWPORT	6-0-0
2	LAKE AUDUBON	5-1-0
	NORTH HILLS	5-1-0
4	RIDGE HEIGHTS	3-3-0
5	GLADE	2-4-0
	HUNTERS WOODS	2-4-0
7	AUTUMNWOOD	1-5-0
8	LAKE ANNE	0-6-0

### "B" class

1	AUTUMNWOOD	5-1-0
	LAKE AUDUBON	5-1-0
3	NORTH HILLS	4-2-0
4	HUNTERS WOODS	3-3-0
	LAKE NEWPORT	3-3-0
6	GLADE	2-4-0
7	LAKE ANNE	1-5-0
	RIDGE HEIGHTS	1-5-0

### "C" class

1	GLADE	5-1-0
2	RIDGE HEIGHTS	4-2-0
3	AUTUMNWOOD	3-3-0
	HUNTERS WOODS	3-3-0
	LAKE NEWPORT	3-3-0
6	LAKE ANNE	2-4-0
	LAKE AUDUBON	2-4-0
	NORTH HILLS	2-4-0

### 8 & under

1	RIDGE HEIGHTS	6-0-0
2	LAKE NEWPORT	5-1-0
3	LAKE AUDUBON	4-2-0
	NORTH HILLS	4-2-0
	LAKE ANNE	2-4-0
6	AUTUMNWOOD	1-5-0
	GLADE	1-5-0
	HUNTERS WOODS	1-5-0

### 9-10 year olds

1	AUTUMNWOOD	6-0-0
2	LAKE NEWPORT	5-1-0
3	LAKE AUDUBON	3-2-1
4	GLADE	3-3-05
	RIDGE HEIGHTS	3-3-0
6	HUNTERS WOODS	2-4-0
7	LAKE ANNE	1-4-1
8	NORTH HILLS	0-6-0

### 11-12 year old

1	AUTUMNWOOD	5-1-0
	LAKE NEWPORT	5-1-0
3	LAKE AUDUBON	4-2-0
	NORTH HILLS	4-2-0
5	RIDGE HEIGHTS	3-3-0
6	HUNTERS WOODS	2-4-0
7	GLADE	1-5-0
8	LAKE ANNE	0-6-0

### 13-14 year olds

1	GLADE	6-0-0
	HUNTERS WOODS	6-0-0
3	LAKE AUDUBON	4-2-0
4	LAKE NEWPORT	3-3-0
5	AUTUMNWOOD	2-4-0
	NORTH HILLS	2-4-0
7	LAKE ANNE	1-5-0
8	RIDGE HEIGHTS	0-6-0

### 15-18 year olds

1	LAKE NEWPORT	6-0-0
2	GLADE	5-1-0
3	NORTH HILLS	4-2-0
4	HUNTERS WOODS	3-3-0
	LAKE AUDUBON	3-3-0
6	LAKE ANNE	2-4-0
7	RIDGE HEIGHTS	1-5-0
8	AUTUMNWOOD	0-6-0



# 2016 Top 20 in League

## Boys 8 & Under

### 25 Butterfly

11	19.41	Zhou, Michael (LN) 8
2	20.27	Ho, Christopher (LN) 8
3	20.57	Jackson, Blake (AW) 8
4	20.83	McDermott, Max (AW) 8
5	23.18	Huang, Gabriel (NH) 8
6	23.62	Russell, Alex (RH) 8
7	24.27	Li, Andrew (HW) 7
8	24.53	Bowen, Luke (AN) 8
9	24.80	Voges, Jonathan (RH) 8
10	25.28	Chadsey, Christopher (LA) 8
11	25.65	Trucksess, Brady A (LN) 8
12	27.52	DeHoust, Blake (LA) 8
13	28.09	Mescall, Elvis (AN) 8
14	28.23	Vikhman, Lenn (LA) 8
15	28.52	Cramer, Aaron (AN) 7
16	29.03	Bishop, Levi (RH) 8
17	29.12	Echeverri, Daniel (AN) 8
18	29.81	Hejmo, Alexandros (AN) 8
19	29.99	Blase, Spencer (RH) 7
20	31.78	Hahn, Joel (LA) 7

### 25 Breaststroke

1	23.20	Jackson, Blake (AW) 8
2	24.27	Zhou, Michael (LN) 8
3	26.98	Li, Andrew (HW) 7
4	28.28	Voges, Jonathan (RH) 8
5	28.66	Huang, Gabriel (NH) 8
6	28.98	Bowen, Luke (AN) 8
7	29.03	Vikhman, Lenn (LA) 8
8	29.09	Russell, Alex (RH) 8
9	29.41	McDermott, Max (AW) 8
10	29.75	Brown, Chase (AW) 8
11	30.40	Ho, Christopher (LN) 8
12	31.03	DeHoust, Blake (LA) 8
13	31.16	Chadsey, Christopher (LA) 8
14	31.37	Mescall, Elvis (AN) 8
15	32.69	Trucksess, Brady A (LN) 8
16	32.71	Harriot, Erik (LA) 7
17	32.83	Hahn, Joel (LA) 7
18	33.13	Dougherty, Calvin (RH) 7
19	35.21	Wiemer, Zachary (GL) 8
20	35.53	Cramer, Aaron (AN) 7

### 25 Backstroke

20.06	Zhou, Michael (LN) 8
22.43	Ho, Christopher (LN) 8
23.71	Bowen, Luke (AN) 8
24.39	Huang, Gabriel (NH) 8
24.39	McDermott, Max (AW) 8
25.39	Li, Andrew (HW) 7
26.37	Vikhman, Lenn (LA) 8
26.45	Fricker, Elliot (LA) 8
26.53	LeJeune, Raphael (LA) 8
26.67	Chadsey, Christopher (LA) 8
26.85	Chen, Aaron (RH) 7
27.63	Dowling, Cade (LN) 8
27.65	DeHoust, Blake (LA) 8
27.66	Mescall, Elvis (AN) 8
28.20	Voges, Jonathan (RH) 8
28.23	Doman, Daniel (NH) 8
28.85	Hejmo, Alexandros (AN) 8
28.94	Brown, Chase (AW) 8
29.16	Deason, Robert (RH) 8
29.49	Pan-Wang, Evan (GL) 6

### 25 Freestyle

17.25	Zhou, Michael (LN) 8
18.59	Russell, Alex (RH) 8
18.84	Ho, Christopher (LN) 8
19.72	Chadsey, Christopher (LA) 8
19.93	Jackson, Blake (AW) 8
20.10	Li, Andrew (HW) 7
20.22	Fricker, Elliot (LA) 8
20.42	DeHoust, Blake (LA) 8
20.45	LeJeune, Raphael (LA) 8
21.13	Dowling, Cade (LN) 8
22.22	Blase, Spencer (RH) 7
22.40	Bowen, Luke (AN) 8
22.41	Brown, Chase (AW) 8
22.54	McDermott, Max (AW) 8
22.63	Vikhman, Lenn (LA) 8
23.17	Hejmo, Alexandros (AN) 8
23.60	Voges, Jonathan (RH) 8
24.10	Huang, Gabriel (NH) 8
24.21	Pierce, Andrew (RH) 7
24.45	Lindsay, Aidric (LA) 8

# 2016 Top 20 in League

## Girls 8 & Under

### 25 Butterfly

1	21.07	Ramsey, Daniella (NH)	8
2	22.26	Zhong, Sarah (LN)	8
3	23.67	Wagner, Amanda (GL)	7
4	23.93	Zhang, Ella (NH)	8
5	24.20	Kohn, Caroline (LN)	8
6	24.57	Berdach, Mika (NH)	8
7	24.97	Liu, Hannah (RH)	8
8	25.22	Ryan, Aya (RH)	8
9	25.34	Brown, Kelsye (RH)	8
10	26.13	Wang, Julia (LN)	7
11	26.56	Novoa, Valeria (LA)	8
12	26.97	Hamilton, Charlotte (AN)	8
13	27.17	Shaw, Fiona (NH)	7
14	27.58	Fiske, Emilie (GL)	8
15	27.84	Crowe, Adrienne (RH)	8
16	28.02	Birkland, Kelsey (GL)	8
17	28.05	Norford, Sara (AW)	8
18	28.68	Owen, Quinn (HW)	7
19	30.03	Ryan, Maggie (LN)	8
20	30.30	Kortanek, Sofia (LN)	8

### 25 Breaststroke

1	24.58	Zhong, Sarah (LN)	8
2	24.95	Holland, Avery (LA)	8
3	26.68	Ramsey, Daniella (NH)	8
4	27.13	Novoa, Valeria (LA)	8
5	27.19	Brown, Kelsye (RH)	8
6	28.39	Flynn, Audrey F (HW)	8
7	28.57	Crowe, Adrienne (RH)	8
8	29.71	Owen, Quinn (HW)	7
9	29.83	Kohn, Caroline (LN)	8
10	30.15	Liu, Hannah (RH)	8
11	30.36	Birkland, Kelsey (GL)	8
12	30.43	Ryan, Aya (RH)	8
13	31.51	Berdach, Mika (NH)	8
14	31.52	Johns, Avery (LN)	8
15	31.68	Inglefield, Olivia (GL)	8
16	32.37	Phadke, Rasika (RH)	8
17	32.69	Willson, Shea (AW)	6
18	33.02	Norford, Sara (AW)	8
19	33.93	Kortanek, Sofia (LN)	8
20	34.06	Wang, Julia (LN)	7

### 25 Backstroke

21.71	Zhong, Sarah (LN)	8
23.48	Fiske, Emilie (GL)	8
24.04	Zhang, Ella (NH)	8
24.32	Brown, Kelsye (RH)	8
24.34	Kohn, Caroline (LN)	8
24.52	Ramsey, Daniella (NH)	8
24.94	Berdach, Mika (NH)	8
25.24	Ryan, Maggie (LN)	8
25.42	Ryan, Aya (RH)	8
25.49	Wagner, Amanda (GL)	7
26.39	Novoa, Valeria (LA)	8
26.68	Wang, Julia (LN)	7
26.84	Phadke, Rasika (RH)	8
26.84	Grilliot, Ava (NH)	7
27.35	Zanellato, AnaSofia (LA)	8
27.57	Webb, Bridget (NH)	8
27.68	Owen, Quinn (HW)	7
28.15	Crowe, Adrienne (RH)	8
28.28	McCloskey, Ellie (GL)	8
28.29	Hamilton, Charlotte (AN)	8

### 25 Freestyle

18.84	Brown, Kelsye (RH)	8
19.12	Zhong, Sarah (LN)	8
19.42	Ramsey, Daniella (NH)	8
19.87	Ryan, Aya (RH)	8
20.23	Kohn, Caroline (LN)	8
20.44	Fiske, Emilie (GL)	8
20.57	Novoa, Valeria (LA)	8
21.41	Zhang, Ella (NH)	8
21.81	Crowe, Adrienne (RH)	8
21.88	Wagner, Amanda (GL)	7
22.32	Holmquist, Charlotte (LA)	7
22.62	Owen, Quinn (HW)	7
22.91	Grilliot, Ava (NH)	7
23.08	Ryan, Maggie (LN)	8
23.37	Zhang, Isabella (NH)	8
23.38	Jackson, Brooke (LA)	7
23.43	Swartzbaugh, Lillian (GL)	7
23.45	Birkland, Kelsey (GL)	8
23.59	Shaw, Fiona (NH)	7
24.20	Hernandez, Luna (LA)	8

# 2016 Top 20 in League

## Boys 9-10

### 25 Butterfly

1	18.46	Redican, Joseph (LN) 10
2	18.95	Redican, Sean (LN) 10
3	18.96	Vikhman, Nathan (LA) 10
4	19.18	McDermott, Luke (AW) 10
5	19.69	Blase, Evan (RH) 9
6	19.84	Murari, Karan (GL) 10
7	20.81	Romero, Cameron (LN) 9
8	20.81	Anguizola, Marco (GL) 9
9	20.84	Coughlin, Aidan (RH) 10
10	21.01	Zhou, Brian (HW) 9
11	21.03	Dealey, Joseph (AN) 10
12	21.21	Pierce, Connor (RH) 10
13	21.73	Zhang, Kevin (HW) 10
14	22.12	Willson, Donovan (AW) 9
15	22.13	Fang-Weeden, Max (RH) 10
16	22.51	Price, William (AW) 10
17	22.53	Curren, Montgomery (RH) 10
18	22.97	Lender, Aidan (LA) 10
19	23.01	Parcell, Seth (HW) 9
20	23.07	Winfree, Tommy (AN) 10

### 50 Breaststroke

1	49.14	Redican, Joseph (LN) 10
2	49.22	Anguizola, Marco (GL) 9
3	49.56	McDermott, Luke (AW) 10
4	51.78	Fritz, Andrew (LA) 9
5	52.40	Bowen, Jacob (LA) 10
6	52.75	Murari, Karan (GL) 10
7	53.59	Zhang, Kevin (HW) 10
8	53.84	Tosado, Dante A (AW) 10
9	54.17	Coughlin, Aidan (RH) 10
10	54.41	Romero, Cameron (LN) 9
11	55.58	Charvet, Noah (AN) 10
12	55.73	EGGE, David (LN) 9
13	55.74	Blase, Evan (RH) 9
14	56.15	Redican, Sean (LN) 10
15	56.49	Tipler, Jason (LN) 9
16	56.50	Pierce, Connor (RH) 10
17	56.51	Willson, Donovan (AW) 9
18	56.77	Van Winkel, Lucas (LN) 9
19	57.21	Vikhman, Nathan (LA) 10
20	58.41	Smith, Thomas (GL) 10

### 50 Backstroke

39.83	Redican, Sean (LN) 10
41.87	Pierce, Connor (RH) 10
42.37	Murari, Karan (GL) 10
44.54	Redican, Joseph (LN) 10
45.82	Coughlin, Aidan (RH) 10
46.40	Zhou, Brian (HW) 9
47.87	Blase, Evan (RH) 9
48.02	Romero, Cameron (LN) 9
48.33	Lender, Aidan (LA) 10
48.80	Vikhman, Nathan (LA) 10
48.81	Murthy, Deep (AW) 9
48.83	McDermott, Luke (AW) 10
49.59	Fang-Weeden, Max (RH) 10
49.61	Anguizola, Marco (GL) 9
50.36	Richards, Tyler (LN) 9
50.88	Daly, Will (AW) 9
51.40	Collins, Henry (LN) 9
51.41	Zhang, Kevin (HW) 10
51.89	Bowen, Jacob (LA) 10
52.11	EGGE, David (LN) 9

### 50 Freestyle

36.19	Redican, Sean (LN) 10
37.22	Anguizola, Marco (GL) 9
37.52	Pierce, Connor (RH) 10
37.59	Murari, Karan (GL) 10
37.99	Vikhman, Nathan (LA) 10
38.19	Redican, Joseph (LN) 10
38.63	Aguinaldo, John (RH) 10
39.47	Murthy, Deep (AW) 9
39.54	Coughlin, Aidan (RH) 10
39.69	Bowen, Jacob (LA) 10
39.87	McDermott, Luke (AW) 10
40.07	Zhou, Brian (HW) 9
40.23	EGGE, David (LN) 9
40.78	Jackson, Miles (AW) 10
40.98	Dealey, Joseph (AN) 10
41.81	Fang-Weeden, Max (RH) 10
42.40	Romero, Cameron (LN) 9
42.70	Lender, Aidan (LA) 10
42.90	Richards, Tyler (LN) 9
42.96	Price, William (AW) 10

# 2016 Top 20 in League

## Girls 9-10

### 25 Butterfly

1	16.08	Landeryou, Clara (GL) 10
2	16.97	Zeledon, Vania B (LN) 10
3	17.28	Haering, Suya (LA) 10
4	17.43	Brown, Hailey (RH) 10
5	17.87	Mahon, Kaitlin (GL) 10
6	17.88	Scanlan, Brenna (LA) 10
7	18.70	Sciortino, Sarah (NH) 9
8	18.71	Li, Amber (HW) 10
9	18.73	Hill, Hope (AW) 10
10	19.27	Stoops, Anna (NH) 10
11	19.31	Sjapeki, Emmalina (AN) 10
12	19.33	Ramsey, Isabella (NH) 10
13	19.52	Chaddock, Edith (RH) 10
14	19.70	Randall, Sophia (LA) 9
15	20.05	Larne, Greta (LN) 10
16	20.41	Kovacs, Valerie (NH) 9
17	20.89	Pimentel, Amelia (GL) 10
18	20.90	Novak, Maggie (GL) 10
19	21.13	Lossos, Eva (GL) 10
20	21.19	Brennan, Bridget (LN) 10

### 50 Backstroke

37.43	Landeryou, Clara (GL) 10
37.78	Brown, Hailey (RH) 10
39.65	Zeledon, Vania B (LN) 10
40.08	Mahon, Kaitlin (GL) 10
40.41	Haering, Suya (LA) 10
43.04	Vogt, Lucy M (AW) 10
43.74	Sciortino, Sarah (NH) 9
45.12	Larne, Greta (LN) 10
46.44	Tipler, Deanna (LN) 9
46.64	Mulvaney, Marley (LA) 9
47.18	Chaddock, Edith (RH) 10
47.33	Sjapeki, Emmalina (AN) 10
47.35	Li, Amber (HW) 10
48.00	Caicedo, Haley (RH) 9
48.07	Pimentel, Amelia (GL) 10
48.60	Scanlan, Brenna (LA) 10
48.88	Novak, Maggie (GL) 10
49.17	Hill, Hope (AW) 10
49.66	Stoops, Anna (NH) 10
49.73	Ramsey, Isabella (NH) 10

### 50 Breaststroke

1	43.31	Brown, Hailey (RH) 10
2	43.97	Haering, Suya (LA) 10
3	45.91	Zeledon, Vania B (LN) 10
4	46.38	Landeryou, Clara (GL) 10
5	49.01	Li, Amber (HW) 10
6	49.19	Stoops, Anna (NH) 10
7	50.15	Pimentel, Amelia (GL) 10
8	51.94	Ramsey, Isabella (NH) 10
9	52.03	Thompson, Chloe (AW) 10
10	52.87	Mahon, Kaitlin (GL) 10
11	53.43	Sciortino, Sarah (NH) 9
12	53.53	Larne, Greta (LN) 10
13	53.77	Hill, Hope (AW) 10
14	54.88	Vogt, Lucy M (AW) 10
15	55.12	Luczak, Lucy (NH) 9
16	55.60	Wagner, Evelyn (HW) 9
17	55.77	Zhang, Laura (AN) 10
18	55.81	Sjapeki, Emmalina (AN) 10
19	56.24	Chaddock, Edith (RH) 10
20	57.03	Skinner, Abigail (HW) 9

### 50 Freestyle

33.03	Haering, Suya (LA) 10
33.25	Brown, Hailey (RH) 10
34.32	Zeledon, Vania B (LN) 10
34.93	Landeryou, Clara (GL) 10
36.26	Mahon, Kaitlin (GL) 10
36.50	Sciortino, Sarah (NH) 9
38.18	Larne, Greta (LN) 10
38.34	Pimentel, Amelia (GL) 10
38.50	Tipler, Deanna (LN) 9
38.63	Scanlan, Brenna (LA) 10
38.73	Hill, Hope (AW) 10
39.66	Caicedo, Haley (RH) 9
39.72	Novak, Maggie (GL) 10
40.46	Stoops, Anna (NH) 10
40.48	Chaddock, Edith (RH) 10
41.28	Semanchik, Katie (AW) 9
41.66	Ramsey, Isabella (NH) 10
42.09	Parish, Jayne (AN) 10
42.15	Owen, Prana A (HW) 9
42.31	Pons, Olivia (AN) 10

# 2016 Top 20 in League

## Boys 11-12

### 50 Butterfly

1	36.06	Lyon, James (AW) 12
2	36.58	George, Jeffrey (LN) 12
3	36.82	Kohn, William (LN) 12
4	36.84	Liu, Derek (RH) 12
5	37.41	Scanlan, Aidan (LA) 12
6	38.14	Xu, James (NH) 12
7	38.21	Yang, Miles (NH) 12
8	38.47	Hill, Cooper (AW) 12
9	40.24	Willson, Liam (AW) 11
10	40.80	Daum, Max (LA) 11
11	40.90	Clarke, Jacob (GL) 12
12	42.18	Zhang, Evan D (NH) 11
13	42.44	Brown, Nolan (AW) 12
14	43.84	Vikhman, Mitchell (LA) 11
15	43.87	Romero, Grant (LN) 11
16	43.93	Bazaz, Arjuna (NH) 12
17	44.03	Mulvaney, Dylan (LA) 11
18	44.15	Huang, Albert (NH) 11
19	44.19	Melnick, Evan G (AW) 12
20	44.37	Ho, Nathan (LN) 11

### 50 Breaststroke

1	39.07	Yang, Miles (NH) 12
2	43.77	Scanlan, Aidan (LA) 12
3	43.87	Line, Spencer (HW) 12
4	44.86	Vikhman, Mitchell (LA) 11
5	45.25	George, Jeffrey (LN) 12
6	45.31	Xu, James (NH) 12
7	46.69	Melnick, Evan G (AW) 12
8	47.05	Ho, Nathan (LN) 11
9	47.43	Willson, Liam (AW) 11
10	47.50	McCrea, Ethan (RH) 11
11	48.15	Bazaz, Arjuna (NH) 12
12	48.62	Kohn, William (LN) 12
13	49.25	Li, Shilai (RH) 11
14	49.44	Romero, Grant (LN) 11
15	49.54	Hill, Cooper (AW) 12
16	49.87	Liu, Derek (RH) 12
17	50.18	Daum, Max (LA) 11
18	50.45	Huang, Albert (NH) 11
19	50.69	Norford, Michael P (AW) 11
20	51.40	Harriot, James (LA) 11

### 50 Backstroke

35.69	Kohn, William (LN) 12
36.63	Yang, Miles (NH) 12
37.69	Xu, James (NH) 12
37.91	George, Jeffrey (LN) 12
40.57	Daum, Max (LA) 11
41.06	Liu, Derek (RH) 12
42.12	Ho, Nathan (LN) 11
42.26	Grine, Aiden J (AW) 12
42.48	Lyon, James (AW) 12
42.68	Sipher, Marc (RH) 12
42.75	Willson, Liam (AW) 11
43.62	Romero, Grant (LN) 11
43.68	Huang, Albert (NH) 11
43.81	Melnick, Evan G (AW) 12
44.25	Mulvaney, Dylan (LA) 11
45.00	Bazaz, Arjuna (NH) 12
45.18	Clarke, Jacob (GL) 12
45.21	Espinoza, Victor (AN) 12
45.24	Line, Spencer (HW) 12
45.34	Shi, Daniel (RH) 11

### 50 Freestyle

30.42	Yang, Miles (NH) 12
31.63	George, Jeffrey (LN) 12
32.56	Kohn, William (LN) 12
32.60	Hill, Cooper (AW) 12
32.64	Xu, James (NH) 12
33.41	Daum, Max (LA) 11
34.48	Lyon, James (AW) 12
34.67	Sipher, Marc (RH) 12
34.72	Liu, Derek (RH) 12
35.55	Scanlan, Aidan (LA) 12
35.65	Brown, Nolan (AW) 12
35.85	Willson, Liam (AW) 11
35.88	Line, Spencer (HW) 12
36.36	Clarke, Jacob (GL) 12
36.62	Mulvaney, Dylan (LA) 11
36.77	Harriot, James (LA) 11
37.01	Deker, Greyson (NH) 12
37.01	Pons, Daniel (AN) 12
37.17	Bazaz, Arjuna (NH) 12
37.36	Espinoza, Victor (AN) 12

# 2016 Top 20 in League

## Girls 11–12

### 50 Butterfly

1	33.62	Wang, Hailey (RH) 12
2	35.37	Langston, Ada (NH) 12
3	36.28	Thomas, Tara (RH) 12
4	36.83	Yakobson, Betty (NH) 11
5	37.15	Boucher, Ilayda (NH) 12
6	37.42	Cazenas, Katie (NH) 11
7	37.68	Wagner, Gwyneth (HW) 11
8	37.76	Jerome, Marissa (HW) 12
9	37.78	Chava, Niki (GL) 11
10	37.88	Sharma, Meghna (LN) 12
11	38.53	Sciortino, Samantha (NH) 12
12	39.70	Handerahan, Ella N (RH) 12
13	39.72	Escamilla, Ana (NH) 12
14	39.87	Redican, Mara (LN) 12
15	40.37	Wagner, Lauren (GL) 11
16	40.62	Willson, Kathleen (AW) 12
17	40.71	Wan, Alison (NH) 12
18	41.15	Irlan, Erin (GL) 11
19	41.45	Xie, Manda (AW) 11
20	41.53	Hernandez, Juana (LA) 12

### 50 Breaststroke

1	41.00	Redican, Mara (LN) 12
2	41.36	Wang, Hailey (RH) 12
3	41.81	Sharma, Meghna (LN) 12
4	41.94	Sciortino, Samantha (NH) 12
5	43.19	Jerome, Marissa (HW) 12
6	43.53	Cazenas, Katie (NH) 11
7	43.87	Wan, Alison (NH) 12
8	44.10	Burke, Zoe (NH) 11
9	44.15	Irlan, Erin (GL) 11
10	44.39	Schiavone, Page (NH) 12
11	45.10	Luczko, Megan (AW) 12
12	45.49	Thomas, Tara (RH) 12
13	45.57	Yakobson, Betty (NH) 11
14	46.05	Slater, Emily (HW) 11
15	46.46	Chava, Niki (GL) 11
16	46.52	Le, Megan K (HW) 12
17	46.90	Spigarelli, Hannah (LA) 11
18	47.13	Wagner, Gwyneth (HW) 11
19	47.42	Berry, Maya (GL) 12
20	47.46	Wilson, Sydney (LA) 12

### 50 Backstroke

35.55	Sciortino, Samantha (NH) 12
35.80	Cazenas, Katie (NH) 11
36.11	Redican, Mara (LN) 12
37.71	Chava, Niki (GL) 11
38.40	Sharma, Meghna (LN) 12
38.84	Boucher, Ilayda (NH) 12
39.57	Thomas, Tara (RH) 12
39.58	Wan, Alison (NH) 12
40.07	Hernandez, Juana (LA) 12
40.09	Connelly, Caitlin (LN) 12
40.33	Wang, Hailey (RH) 12
40.50	Wagner, Gwyneth (HW) 11
40.66	Xie, Manda (AW) 11
40.80	Langston, Ada (NH) 12
40.84	Yakobson, Betty (NH) 11
40.97	Handerahan, Ella N (RH) 12
41.04	Larne, Ingrid (LN) 12
41.41	Jerome, Marissa (HW) 12
41.79	Irlan, Erin (GL) 11
42.60	Berry, Maya (GL) 12

### 50 Freestyle

29.65	Sharma, Meghna (LN) 12
30.36	Sciortino, Samantha (NH) 12
31.13	Wang, Hailey (RH) 12
31.43	Chava, Niki (GL) 11
31.63	Cazenas, Katie (NH) 11
32.23	Thomas, Tara (RH) 12
32.28	Redican, Mara (LN) 12
32.98	Wagner, Gwyneth (HW) 11
33.93	Yakobson, Betty (NH) 11
34.12	Irlan, Erin (GL) 11
34.37	Connelly, Caitlin (LN) 12
34.67	Boucher, Ilayda (NH) 12
34.72	Handerahan, Ella N (RH) 12
34.96	Hernandez, Juana (LA) 12
35.13	Slater, Emily (HW) 11
35.18	Cartwright, Julia (AW) 12
35.29	Jerome, Marissa (HW) 12
35.93	Langston, Ada (NH) 12
36.20	Le, Megan K (HW) 12
36.20	Milosevic, Mia (GL) 12

# 2016 Top 20 in League

## Boys 13-14

### 50 Butterfly

1	29.25	Fritz, Matthew (LA) 13
2	29.81	Xu, Albert (HW) 14
3	29.93	Bazaz, Abhishek (NH) 14
4	30.62	Pan, Philip (HW) 14
5	30.67	Sciortino, Joseph (NH) 13
6	31.11	Li, Daniel (HW) 14
7	32.34	Wang, Zach (LN) 14
8	32.43	Harris, Spencer (LA) 14
9	33.08	Zhang, Evan J (NH) 13
10	33.56	Tolbert, Liam (HW) 14
11	34.57	Ha, Ian (LA) 13
12	34.64	Wilson, Maxwell (LA) 14
13	35.55	Ham, Jacob C (HW) 14
14	35.88	Vintimilla, Ryan (HW) 14
15	36.21	Zeng, Roger (HW) 13
16	37.39	Vu, Timothy (HW) 14
17	37.86	Grange, Caelen (NH) 14
18	38.53	Amirshah, Arya (HW) 14
19	39.68	Espinoza, Francisco (AN) 14
20	40.12	Sivak, Andrew (GL) 14

### 50 Backstroke

31.04	Sciortino, Joseph (NH) 13
31.73	Fritz, Matthew (LA) 13
32.95	Harris, Spencer (LA) 14
33.00	Pan, Philip (HW) 14
33.91	Zhang, Evan J (NH) 13
33.93	Tolbert, Liam (HW) 14
34.37	Bazaz, Abhishek (NH) 14
35.13	Li, Daniel (HW) 14
35.30	Xu, Albert (HW) 14
35.33	Ha, Ian (LA) 13
36.22	Vintimilla, Ryan (HW) 14
37.17	Wang, Zach (LN) 14
37.50	Vu, Timothy (HW) 14
39.22	Kumar, Neil (LN) 14
39.70	Joyner, Sam (GL) 14
40.23	Amirshah, Arya (HW) 14
40.48	Elliott, Troy (LA) 13
40.65	Zeng, Roger (HW) 13
41.09	Grange, Caelen (NH) 14
41.33	Elliott, Kian (LA) 14

### 50 Breaststroke 50 Freestyle

1	35.25	Xu, Albert (HW) 14
2	35.51	Ha, Ian (LA) 13
3	36.69	Harris, Spencer (LA) 14
4	37.79	Li, Daniel (HW) 14
5	37.98	Fritz, Matthew (LA) 13
6	38.10	Zhang, Evan J (NH) 13
7	38.46	Pan, Philip (HW) 14
8	38.73	Bazaz, Abhishek (NH) 14
9	38.96	Tolbert, Liam (HW) 14
10	39.34	Sciortino, Joseph (NH) 13
11	39.82	Zeng, Roger (HW) 13
12	40.98	Grange, Caelen (NH) 14
13	41.61	Amirshah, Arya (HW) 14
14	42.42	Wang, Zach (LN) 14
15	42.62	Vu, Timothy (HW) 14
16	42.63	Xu, William (NH) 13
17	43.09	Vintimilla, Ryan (HW) 14
18	43.33	Elliott, Kian (LA) 14
19	43.78	Joyner, Sam (GL) 14
20	44.54	Broderick, Glenn (HW) 14

26.45	Sciortino, Joseph (NH) 13
27.38	Xu, Albert (HW) 14
27.59	Bazaz, Abhishek (NH) 14
27.75	Wang, Zach (LN) 14
27.95	Pan, Philip (HW) 14
28.18	Li, Daniel (HW) 14
28.25	Fritz, Matthew (LA) 13
28.37	Harris, Spencer (LA) 14
28.63	Tolbert, Liam (HW) 14
29.19	Zhang, Evan J (NH) 13
30.45	Wilson, Maxwell (LA) 14
30.51	Vu, Timothy (HW) 14
30.91	Zeng, Roger (HW) 13
31.89	Ha, Ian (LA) 13
32.38	Kumar, Neil (LN) 14
32.94	Xu, William (NH) 13
32.98	Vintimilla, Ryan (HW) 14
33.01	Grange, Caelen (NH) 14
33.82	Elliott, Kian (LA) 14
33.82	Amirshah, Arya (HW) 14



# 2016 Top 20 in League

## Girls 13-14

### 50 Butterfly

1	31.25	Redican, Anna (LN) 14
2	32.15	Landeryou, Sophia (GL) 13
3	33.78	Slater, Megan (HW) 14
4	34.62	Lane, Hannah (AN) 14
5	34.77	Grossback, Emma (HW) 13
6	35.31	Rothschild, Deja (LN) 14
7	35.33	Flavin, Amelia (GL) 14
8	35.86	Murthy, Diya (AW) 14
9	35.95	Kennedy, Anne (AW) 14
10	36.00	Ren, Emily (NH) 13
11	36.17	Haering, Kaliyana (LA) 13
12	36.55	Nassau, Julia Sofhia (LA) 14
13	37.05	Van Winckel, Zoe (LN) 14
14	37.82	Boone, Michelle (NH) 14
15	38.02	Falcone, Katie (RH) 13
16	38.07	Karim, Maggie (LN) 14
17	38.07	Edgington, Chloe (AW) 14
18	38.52	Curry, Deirdre (GL) 13
19	38.67	Sweeney, Jordana H (AW) 14
20	38.90	Barron, Deirdre (AW) 14

### 50 Breaststroke

38.84	Landeryou, Sophia (GL) 13
39.25	Murthy, Diya (AW) 14
39.70	Van Winckel, Zoe (LN) 14
40.09	Haering, Kaliyana (LA) 13
40.15	Waller, Hannah (GL) 14
41.30	Redican, Anna (LN) 14
41.53	Slater, Megan (HW) 14
42.17	Ji, Tiffany (HW) 13
42.88	Kennedy, Anne (AW) 14
42.93	Panneck, Taylor (GL) 14
43.04	Nassau, Julia Sofhia (LA) 14
43.12	Grossback, Emma (HW) 13
43.39	Lane, Hannah (AN) 14
44.27	Wagner, Meredith (HW) 14
44.37	XU, Catherine (NH) 14
44.54	Guan, Yaoxia (AW) 13
44.66	Flavin, Amelia (GL) 14
44.83	Silva, Karina (RH) 14
45.53	Strauss, Sophie (LA) 13
45.64	Rothschild, Deja (LN) 14

### 50 Backstroke

31.88	Redican, Anna (LN) 14
33.63	Landeryou, Sophia (GL) 13
35.68	Murthy, Diya (AW) 14
36.71	Slater, Megan (HW) 14
37.34	Flavin, Amelia (GL) 14
37.86	Grossback, Emma (HW) 13
37.95	Lane, Hannah (AN) 14
38.28	Rothschild, Deja (LN) 14
38.36	Boone, Michelle (NH) 14
38.47	Ren, Emily (NH) 13
39.25	Huddleston, Laela (GL) 14
39.41	Van Winckel, Zoe (LN) 14
39.63	Haering, Kaliyana (LA) 13
39.68	Cordts, Alaina (LA) 13
40.17	Taylor, Nadinka (AN) 14
40.20	Witt, Madison (LN) 13
40.35	Curry, Deirdre (GL) 13
40.35	Kennedy, Anne (AW) 14
40.45	Ji, Tiffany (HW) 13
40.50	Bennett, Katelyn (LA) 13

### 50 Freestyle

28.69	Landeryou, Sophia (GL) 13
30.03	Redican, Anna (LN) 14
30.36	Slater, Megan (HW) 14
30.98	Ren, Emily (NH) 13
31.02	Waller, Hannah (GL) 14
31.55	Lane, Hannah (AN) 14
31.76	Van Winckel, Zoe (LN) 14
31.81	Haering, Kaliyana (LA) 13
32.16	Rothschild, Deja (LN) 14
32.40	Murthy, Diya (AW) 14
32.51	Grossback, Emma (HW) 13
33.02	Taylor, Nadinka (AN) 14
33.19	Guan, Yaoxia (AW) 13
33.23	Flavin, Amelia (GL) 14
33.71	Nielsen, Anna C (AW) 14
33.84	Cordts, Alaina (LA) 13
33.89	Karim, Maggie (LN) 14
33.90	XU, Catherine (NH) 14
33.94	Curry, Deirdre (GL) 13
33.95	Falcone, Katie (RH) 13



# 2016 Top 20 in League

## Boys 15–18

### 50 Butterfly

1	26.92	Storch, Casey (LN) 17
2	27.57	Truong, Devin (AN) 17
3	28.52	Edgemond, Jack (LN) 16
4	28.53	O'Malley, Patrick (GL) 17
5	28.77	Hughes, John (LA) 18
6	29.15	George, Michael (LN) 17
7	29.34	Cordts, Robby (LA) 17
8	29.49	Grimes, Ryan (NH) 15
9	29.78	Ha, Ryan (LA) 16
10	29.87	Carro, Andy (GL) 17
11	29.92	Ham, Jack Henry (HW) 16
12	30.01	Beach, Matthew G (HW) 16
13	30.52	Zhang, Josh (RH) 15
14	31.07	Bell, Zachary (LA) 15
15	31.19	Bommer, Grant (LN) 16
16	31.32	Smiryagin, Andrey (AW) 16
17	31.40	Harvey, William N (HW) 17
18	31.46	Guill, Jean-Claude (RH) 18
19	31.58	Tremaine, Grant (GL) 18
20	31.88	Yang, Chris (HW) 15

### 50 Breaststroke

1	31.43	Storch, Casey (LN) 17
2	33.13	George, Michael (LN) 17
3	33.37	Zhang, Josh (RH) 15
4	33.76	Ha, Ryan (LA) 16
5	33.94	Carro, Andy (GL) 17
6	34.51	Truong, Devin (AN) 17
7	34.93	Edgemond, Jack (LN) 16
8	35.44	Cordts, Robby (LA) 17
9	35.75	Ni, Dan (LN) 15
10	36.07	Podshivalov, Michael (LA) 15
11	36.25	Guill, Jean-Claude (RH) 18
12	36.53	Luczak, Ryan (NH) 15
13	36.85	O'Malley, Patrick (GL) 17
14	36.99	King, Logan P (AW) 15
15	37.05	Jones, Dylan (LN) 15
16	37.17	Hughes, Matthew (LA) 17
17	37.22	Hughes, John (LA) 18
18	37.32	Harvey, William N (HW) 17
19	37.39	Beach, Matthew G (HW) 16
20	37.52	Yang, Chris (HW) 15

### 50 Backstroke

28.44	Storch, Casey (LN) 17
29.05	Ha, Ryan (LA) 16
29.13	Truong, Devin (AN) 17
29.90	Carro, Andy (GL) 17
30.05	Edgemond, Jack (LN) 16
31.04	Ham, Jack Henry (HW) 16
31.15	Guill, Jean-Claude (RH) 18
31.35	Cordts, Robby (LA) 17
31.44	Noser-Munoz, Jeremiah (LA) 15
31.79	Zhang, Fred (AN) 15
31.90	George, Michael (LN) 17
32.57	Luczak, Ryan (NH) 15
32.65	O'Malley, Patrick (GL) 17
32.81	Beach, Matthew G (HW) 16
33.05	Zhang, Josh (RH) 15
33.18	Hughes, John (LA) 18
33.43	Kalinowski, Christian (HW) 18
33.53	Smiryagin, Andrey (AW) 16
33.57	Jones, Dylan (LN) 15
34.01	Harvey, William N (HW) 17

### 50 Freestyle

25.06	Storch, Casey (LN) 17
25.41	O'Malley, Patrick (GL) 17
25.76	Grimes, Ryan (NH) 15
26.02	Hughes, John (LA) 18
26.42	Edgemond, Jack (LN) 16
26.42	Ham, Jack Henry (HW) 16
26.59	Beach, Matthew G (HW) 16
26.63	George, Michael (LN) 17
26.70	Zhang, Josh (RH) 15
26.81	Carro, Andy (GL) 17
26.84	Cordts, Robby (LA) 17
27.28	Ha, Ryan (LA) 16
27.34	Noser-Munoz, Jeremiah (LA) 15
27.76	Truong, Devin (AN) 17
27.94	Yang, Chris (HW) 15
28.25	Ni, Dan (LN) 15
28.26	Zhang, Fred (AN) 15
28.30	Hughes, Matthew (LA) 17
28.56	Guill, Jean-Claude (RH) 18
28.82	Luczak, Ryan (NH) 15
28.82	King, Logan P (AW) 15

# 2016 Top 20 in League

## Girls 15–18

### 50 Butterfly

1	30.35	LaPorte, Madeline (GL) 16
2	30.72	Meilus, Emily (AN) 17
3	31.09	Landeryou, Emily (GL) 16
4	32.08	Sogandares, Paige (RH) 17
5	32.38	Shannon, Siena (LN) 17
6	32.96	Boone, Allison (NH) 15
7	33.81	Davison, Lainie (GL) 17
8	34.31	Fritz, Emily (LA) 15
9	34.32	Imel, Kati (RH) 18
10	34.45	Vintimilla, Katie (HW) 16
11	34.63	Tierney, Grace (NH) 16
12	34.79	Hill, Lindsey (NH) 18
13	34.96	Beckner, Olivia (NH) 16
14	35.02	Jacobson, Lindsey (LN) 16
15	35.13	Evans, Kathryn (HW) 15
16	35.14	Ziaii, Hannah (AN) 15
17	35.22	Cook, Sydney (LA) 15
18	35.24	Redican, Emi (LN) 16
19	35.43	Zhao, Amy (LN) 18
20	35.53	Wulf, Jocelyn (AN) 17

### 50 Breaststroke

1	38.20	Meilus, Emily (AN) 17
2	38.68	Fritz, Emily (LA) 15
3	39.25	Redican, Emi (LN) 16
4	39.31	LaPorte, Madeline (GL) 16
5	40.41	Vintimilla, Katie (HW) 16
6	41.10	Heatherly, Olivia (AW) 17
7	41.27	Sogandares, Paige (RH) 17
8	41.27	Imel, Kati (RH) 18
9	41.31	Shannon, Siena (LN) 17
10	41.39	Schiavone, Peri (NH) 15
11	41.93	Cimino, Allison (NH) 17
12	42.15	Landeryou, Emily (GL) 16
13	42.44	Czarny, Marlee (NH) 15
14	42.77	Cook, Sydney (LA) 15
15	42.97	Davison, Lainie (GL) 17
16	43.03	Boone, Allison (NH) 15
17	43.03	Wulf, Jocelyn (AN) 17
18	43.11	Baldwin, Elise (GL) 18
19	43.66	Tran, Maggie (NH) 15
20	44.02	Imel, Elli (RH) 17

### 50 Backstroke

30.06	Meilus, Emily (AN) 17
31.07	LaPorte, Madeline (GL) 16
32.97	Redican, Emi (LN) 16
33.73	Landeryou, Emily (GL) 16
34.43	Czarny, Marlee (NH) 15
34.51	Sogandares, Paige (RH) 17
34.54	Vintimilla, Katie (HW) 16
34.63	Tierney, Grace (NH) 16
35.19	Shannon, Siena (LN) 17
35.96	Emery, Brenna (NH) 17
36.19	Boone, Allison (NH) 15
36.55	Stiglitz, Emma (GL) 16
36.69	Jacobson, Lindsey (LN) 16
36.75	Hill, Lindsey (NH) 18
37.26	Imel, Kati (RH) 18
37.30	Schiavone, Peri (NH) 15
37.34	Bennett, Madeline (LA) 16
38.11	Ziaii, Hannah (AN) 15
38.19	Becker, Maya K (RH) 17
38.29	Beckner, Olivia (NH) 16

### 50 Freestyle

27.92	Meilus, Emily (AN) 17
28.37	LaPorte, Madeline (GL) 16
29.23	Shannon, Siena (LN) 17
29.37	Landeryou, Emily (GL) 16
29.83	Davison, Lainie (GL) 17
29.88	Sogandares, Paige (RH) 17
30.75	Boone, Allison (NH) 15
30.88	Redican, Emi (LN) 16
31.23	Wulf, Jocelyn (AN) 17
31.26	Czarny, Marlee (NH) 15
31.43	Fritz, Emily (LA) 15
31.85	Shannon, Alina (LN) 15
31.97	Emery, Brenna (NH) 17
32.09	Baldwin, Elise (GL) 18
32.21	Ziaii, Hannah (AN) 15
32.28	Tran, Maggie (NH) 15
32.29	Jacobson, Lindsey (LN) 16
32.39	Vintimilla, Katie (HW) 16
32.44	Bennett, Madeline (LA) 16
32.64	Cook, Sydney (LA) 15

# Reston 2016 All Star Meet Results

## 8 & Under

### 25 Meter Butterfly

#### Boys

1	Zhou, Michael	LN	19.53
2	Ho, Christopher	LN	20.27
3	Jackson, Blake	AW	20.57
4	McDermott, Max	AW	20.83
5	Russell, Alex	RH	23.62
6	Voges, Jonathan	RH	24.80
7	Trucksess, Brady A	LN	25.65
8	DeHoust, Blake	LA	27.52
9	Cramer, Aaron	AN	28.52
10	Bishop, Levi	RH	29.03
11	Echeverri, Daniel	AN	29.12
12	Blase, Spencer	RH	30.30

#### Girls

1	Ramsey, Daniella	NH	21.10
2	Wagner, Amanda	GL	23.67
3	Zhang, Ella	NH	23.93
4	Berdach, Mika	NH	24.57
5	Kohn, Caroline	LN	24.78
6	Liu, Hannah	RH	24.97
7	Wang, Julia	LN	26.13
8	Shaw, Fiona	NH	27.17
9	Birkland, Kelsey	GL	28.29
10	Norford, Sara	AW	28.39
11	Willson, Shea	AW	31.15
12	Johns, Avery	LN	31.88

### 25 Meter Backstroke

#### Boys

1	Ho, Christopher	LN	22.43
2	Bowen, Luke	AN	23.71
3	Huang, Gabriel	NH	24.39
4	McDermott, Max	AW	25.22
5	Chen, Aaron	RH	26.85
6	LeJeune, Raphael	LA	27.44
7	Fricke, Elliot	LA	27.48
8	Dowling, Cade	LN	27.63
9	Doman, Daniel	NH	28.23
10	Pan-Wang, Evan	GL	29.49
11	Vikhman, Lenn	LA	30.43
12	Winfree, Nathan	AN	31.45

#### Girls

1	Zhong, Sarah	LN	21.71
2	Fiske, Emilie	GL	23.48
3	Berdach, Mika	NH	24.94
4	Zhang, Ella	NH	25.01
5	Ryan, Maggie	LN	25.24
6	Wang, Julia	LN	26.68
7	Phadke, Rasika	RH	26.84
8	Wagner, Amanda	GL	27.03
9	Radtke, Mairead E	LN	28.63
10	McCloskey, Ellie	GL	29.26
11	Webb, Bridget	NH	29.91
12	Grilliot, Ava	NH	30.09

### 25 Meter Breaststroke

#### Boys

1	Voges, Jonathan	RH	28.28
2	Li, Andrew	HW	28.40
3	Brown, Chase	AW	29.75
4	Huang, Gabriel	NH	31.13
5	Trucksess, Brady A	LN	32.69
6	Harriot, Erik	LA	32.71
7	Vikhman, Lenn	LA	32.75
8	Hahn, Joel	LA	32.83
9	Dougherty, Calvin	RH	33.13
10	Cramer, Aaron	AN	35.54
---	Jackson, Blake	AW	DQ
---	Bowen, Luke	AN	DQ

#### Girls

1	Zhong, Sarah	LN	24.58
2	Holland, Avery	LA	24.95
3	Novoa, Valeria	LA	27.13
4	Brown, Kelsye	RH	27.19
5	Flynn, Audrey F	HW	28.43
6	Crowe, Adrienne	RH	28.57
7	Birkland, Kelsey	GL	30.36
8	Liu, Hannah	RH	30.53
9	Johns, Avery	LN	31.52
10	Inglefield, Olivia	GL	31.77
11	Phadke, Rasika	RH	32.37
---	Willson, Shea	AW	DQ

# Reston 2016 All Star Meet Results

## 8 & Under

### 25 Meter Freestyle

#### Boys

1	Zhou, Michael	LN	17.25
2	Russell, Alex	RH	18.63
3	Fricke, Elliot	LA	20.22
4	LeJeune, Raphael	LA	20.45
5	Dowling, Cade	LN	21.13
6	Li, Andrew	HW	21.87
7	Blase, Spencer	RH	23.06
8	Brown, Chase	AW	23.51
9	Lindsay, Aidric	LA	24.45
10	Doman, Daniel	NH	24.64
11	Pierce, Andrew	RH	24.74
12	Bishop, Levi	RH	25.42

#### Girls

1	Brown, Kelsye	RH	19.33
2	Ramsey, Daniella	NH	19.42
3	Fiske, Emilie	GL	20.88
4	Kohn, Caroline	LN	21.13
5	Novoa, Valeria	LA	21.24
6	Holmquist, Charlotte	LA	22.32
7	Crowe, Adrienne	RH	22.68
8	Zhang, Isabella	NH	23.37
9	Swartzbaugh, Lillian	GL	23.43
10	Shaw, Fiona	NH	23.59
11	Ryan, Maggie	LN	24.39
12	Hernandez, Luna	LA	25.37

### 100 Meter Freestyle Relay

#### Boys

<b>1 Lake Newport Lightning</b>	<b>1:24.19</b>
1) Ho, Christopher 8 2) Dowling, Cade 8 3) Trucksess, Brady A 8 4) Zhou, Michael 8	
<b>2 Ridge Heights Sharks</b>	<b>1:26.50</b>
1) Blase, Spencer 7 2) Pierce, Andrew 7 3) Voges, Jonathan 8 4) Russell, Alex 8	
<b>3 Autumnwood Piranhas:</b>	<b>1:30.36</b>
1) Jackson, Blake 8 2) Bolster, William 7 3) McDermott, Max 8 4) Brown, Chase 8	
<b>4 Lake Audubon Barracudas</b>	<b>1:35.31</b>
1) Finney, Emerson 6 2) Lindsay, Aidric 8 3) Vikhman, Lenn 8 4) Fricke, Elliot 8	
<b>5 Lake Anne Stingrays</b>	<b>1:42.36</b>
1) Cramer, Aaron 7 2) Echeverri, Daniel 8 3) Winfree, Nathan 8 4) Bowen, Luke 8	
<b>6 North Hills Hurricanes</b>	<b>1:47.53</b>
1) Doman, Daniel 8 2) Raffel, Jason 8 3) Wang, Andrew 8 4) Huang, Gabriel 8	

#### Girls

<b>1 Lake Newport Lightning</b>	<b>1:27.53</b>
1) Wang, Julia 7 2) Kohn, Caroline 8 3) Ryan, Maggie 8 4) Zhong, Sarah 8	
<b>2 Ridge Heights Sharks</b>	<b>1:28.41</b>
1) Crowe, Adrienne 8 2) Phadke, Rasika 8 3) Liu, Hannah 8 4) Brown, Kelsye 8	
<b>3 North Hills Hurricanes:</b>	<b>1:31.45</b>
1) Zhang, Ella 8 2) Grilliot, Ava 7 3) Shaw, Fiona 7 4) Ramsey, Daniella 8	
<b>4 Glade Dolphins</b>	<b>1:34.07</b>
1) Wagner, Amanda 7 2) Swartzbaugh, Lillian 7 3) Birkland, Kelsey 8 4) Fiske, Emilie 8	
<b>5 Lake Audubon Barracudas:</b>	<b>1:36.13</b>
1) Holland, Avery 8 2) Hernandez, Luna 8 3) Holmquist, Charlotte 7 4) Novoa, Valeria 8	
<b>6 Lake Anne Stingrays:</b>	<b>1:55.80</b>
1) Munro, Charlotte 6 2) Quintanilla, Ana Maria 8 3) Freeman, Sabina C 7 4) Malik, Christina 7	
<b>7 Hunters Woods Blue Marlins:</b>	<b>2:00.62</b>
1) Flynn, Audrey F 8 2) Parcell, Taryn 6 3) Houldsworth, Veera 7 4) Fan, Audrey 8	
<b>8 Autumnwood Piranhas:</b>	<b>2:00.94</b>
1) Norford, Sara 8 2) Ahad, Sheeren 7 3) Grine, Maddie 7 4) Willson, Shea 6	

# Reston 2016 All Star Meet Results

## 9-10

### 25 Meter Butterfly

#### Boys

1	Redican, Joseph	LN	18.46
2	Vikhman, Nathan	LA	18.96
3	McDermott, Luke	AW	19.42
4	Blase, Evan	RH	19.69
5	Romero, Cameron	LN	20.81
6	Coughlin, Aidan	RH	21.05
7	Zhou, Brian	HW	22.08
8	Dealey, Joseph	AN	22.18
9	Willson, Donovan	AW	22.29
10	Zhang, Kevin	HW	22.57
11	Winfree, Tommy	AN	23.07
---	Price, William	AW	DQ

#### Girls

1	Landeryou, Clara	GL	16.08
2	Zeledon, Vania B	LN	16.97
3	Mahon, Kaitlin	GL	17.89
4	Scanlan, Brenna	LA	18.19
5	Hill, Hope	AW	18.73
6	Li, Amber	HW	18.90
7	Stoops, Anna	NH	19.53
8	Sjapeki, Emmalina	AN	19.68
9	Randall, Sophia	LA	19.70
10	Ramsey, Isabella	NH	20.55
11	Lossos, Eva	GL	21.54
12	Kovacs, Valerie	NH	22.07

### 50 Meter Backstroke

#### Boys

1	Redican, Sean	LN	39.83
2	Murari, Karan	GL	43.28
3	Pierce, Connor	RH	44.42
4	Coughlin, Aidan	RH	45.82
5	Zhou, Brian	HW	46.75
6	Blase, Evan	RH	47.87
7	Romero, Cameron	LN	48.02
8	Lender, Aidan	LA	48.33
9	Murthy, Deep	AW	48.81
10	Daly, Will	AW	50.88
---	Jackson, Miles	AW	DQ
---	Keusenkothen, George	AN	DQ

#### Girls

1	Landeryou, Clara	GL	37.43
2	Brown, Hailey	RH	37.78
3	Mahon, Kaitlin	GL	41.08
4	Vogt, Lucy M	AW	43.04
5	Sciortino, Sarah	NH	43.74
6	Larne, Greta	LN	45.18
7	Mulvaney, Marley	LA	46.64
8	Caicedo, Haley	RH	48.00
9	Sjapeki, Emmalina	AN	48.75
10	Novak, Maggie	GL	48.88
11	Hur, Emily	AW	53.37
---	Tipler, Deanna	LN	DQ

### 50 Meter Breaststroke

#### Boys

1	Redican, Joseph	LN	49.14
2	Anguizola, Marco	GL	49.22
3	McDermott, Luke	AW	49.56
4	Fritz, Andrew	LA	51.78
5	Bowen, Jacob	LA	52.92
6	Tosado, Dante A	AW	53.84
7	Zhang, Kevin	HW	54.06
8	Charvet, Noah	AN	55.58
9	Egge, David	LN	55.73
10	Willson, Donovan	AW	56.51
11	Wang, Frontour H	HW	59.18
---	Smith, Thomas	GL	DQ

#### Girls

1	Brown, Hailey	RH	43.31
2	Haering, Suya	LA	43.97
3	Li, Amber	HW	49.01
4	Stoops, Anna	NH	49.19
5	Pimentel, Amelia	GL	51.88
6	Ramsey, Isabella	NH	52.93
7	Vogt, Lucy M	AW	54.88
8	Luczak, Lucy	NH	55.12
9	Zhang, Laura	AN	56.21
10	Wagner, Evelyn	HW	56.69
11	Lossos, Eva	GL	58.72
12	Skinner, Abigail	HW	59.18

# Reston 2016 All Star Meet Results

9-10

## 50 Meter Freestyle

### Boys

1	Redican, Sean	LN	36.19
2	Anguizola, Marco	GL	37.22
3	Murari, Karan	GL	37.59
4	Pierce, Connor	RH	37.77
5	Vikhman, Nathan	LA	37.99
6	Bowen, Jacob	LA	39.69
7	Murthy, Deep	AW	40.09
8	Egge, David	LN	40.23
9	Jackson, Miles	AW	40.78
10	Dealey, Joseph	AN	40.98
11	Lender, Aidan	LA	42.70
12	Price, William	AW	43.75

### Girls

1	Haering, Suya	LA	33.12
2	Zeledon, Vania B	LN	34.64
3	Sciortino, Sarah	NH	37.32
4	Larne, Greta	LN	38.18
5	Pimentel, Amelia	GL	38.34
6	Tipler, Deanna	LN	38.50
7	Scanlan, Brenna	LA	38.63
8	Hill, Hope	AW	38.73
9	Caicedo, Haley	RH	39.66
10	Novak, Maggie	GL	39.72
11	Pons, Olivia	AN	42.31
12	Kovacs, Valerie	NH	43.75

## 100 Meter Freestyle Relay

### Boys

**1 Lake Newport Lightning: 1:21.82**

- 1) Redican, Joseph 10 2) Egge, David 9  
3) Redican, Sean 10 4) Romero, Cameron 9

**2 Ridge Heights Sharks: 1:25.31**

- 1) Pierce, Connor 10 2) Coughlin, Aidan 10  
3) Blase, Evan 9 4) Curren, Montgomery 10

**3 Lake Audubon Barracudas: 1:26.10**

- 1) Lender, Aidan 10 2) Fritz, Andrew 9  
3) Vikhman, Nathan 10 4) Bowen, Jacob 10

**4 Autumnwood Piranhas: 1:28.83**

- 1) Murthy, Deep 9 2) McDermott, Luke 10  
3) Willson, Donovan 9 4) Jackson, Miles 10

**5 Hunters Woods Blue Marlins: 1:31.43**

- 1) Zhou, Brian 9 2) Zhang, Kevin 10  
3) Wang, Trontour H 9 4) Parcell, Seth 9

**6 Lake Anne Stingrays: 1:34.03**

- 1) Keusenkothen, George 10 2) Charvet, Noah 10  
3) Winfree, Tommy 10 4) Dealey, Joseph 10

**7 North Hills Hurricanes: 1:41.39**

- 1) Abousleiman, Andrew 10 2) Wang, Gavin 9  
3) Ferrara, Charley 9 4) Burke, Sean 9

**--- Glade Dolphins: DQ**

- 1) Murari, Karan 10 2) Smith, Thomas 10  
3) Anguizola, Marco 9 4) Huddleston, Colin 10

### Girls

**1 Glade Dolphins: 1:15.85**

- 1) Mahon, Kaitlin 10 2) Pimentel, Amelia 10  
3) Landeryou, Clara 10 4) Novak, Maggie 10

**2 Lake Audubon Barracudas: 1:19.44**

- 1) Mulvaney, Marley 9 2) Haering, Suya 10  
3) Scanlan, Brenna 10 4) Randall, Sophia 9

**3 North Hills Hurricanes: 1:23.12**

- 1) Sciortino, Sarah 9 2) Ramsey, Isabella 10  
3) Kovacs, Valerie 9 4) Stoops, Anna 10

**4 Lake Newport Lightning: 1:23.25**

- 1) Tipler, Deanna 9 2) Zeledon, Vania B 10  
3) Larne, Greta 10 4) Connelly, Alexandra 9

**5 Autumnwood Piranhas: 1:25.64**

- 1) Vogt, Lucy M 10 2) Hur, Emily 9  
3) Hansen, Leila 10 4) Hill, Hope 10

**6 Lake Anne Stingrays: 1:27.63**

- 1) Go, Jacqui 9 2) Zhang, Laura 10  
3) Sjapeki, Emmalina 10 4) Pons, Olivia 10

**7 Ridge Heights Sharks: 1:32.51**

- 1) Caicedo, Haley 9 2) Brown, Hailey 10  
3) Dougherty, Taryn 9 4) Schofield, Esther 9

**8 Hunters Woods Blue Marlins: 1:33.97**

- 1) Li, Amber 10 2) Wagner, Evelyn 9  
3) Skinner, Abigail 9 4) Ham, Annabella 10

# Reston 2016 All Star Meet Results

11-12

## 50 Meter Butterfly

Boys				Girls			
1	Lyon, James	AW	36.18	1	Wang, Hailey	RH	33.62
2	George, Jeffrey	LN	36.58	2	Langston, Ada	NH	35.37
3	Liu, Derek	RH	36.84	3	Thomas, Tara	RH	36.28
4	Scanlan, Aidan	LA	37.41	4	Boucher, Ilayda	NH	37.64
5	Kohn, William	LN	37.64	5	Jerome, Marissa	HW	37.76
6	Hill, Cooper	AW	38.47	6	Wagner, Gwyneth	HW	37.86
7	Willson, Liam	AW	40.52	7	Handerahan, Ella N	RH	39.70
8	Zhang, Evan D	NH	42.18	8	Escamilla, Ana	NH	39.72
9	Brown, Nolan	AW	42.44	9	Wagner, Lauren	GL	40.37
10	Shi, Daniel	RH	45.44	10	Willson, Kathleen	AW	40.62
11	Cramer, Andrew	AN	45.89	11	Xie, Manda	AW	41.79
12	Vikhman, Mitchell	LA	46.78	---	Yakobson, Betty	NH	DQ

## 50 Meter Backstroke

Boys				Girls			
1	Kohn, William	LN	35.69	1	Cazenas, Katie	NH	35.80
2	Xu, James	NH	37.69	2	Redican, Mara	LN	36.11
3	Daum, Max	LA	40.57	3	Sciortino, Samantha	NH	36.54
4	Ho, Nathan	LN	42.12	4	Chava, Niki	GL	37.80
5	Grine, Aiden J	AW	42.26	5	Boucher, Ilayda	NH	38.84
6	Liu, Derek	RH	42.53	6	Hernandez, Juana	LA	40.07
7	Willson, Liam	AW	43.00	7	Connelly, Caitlin	LN	40.09
8	Huang, Albert	NH	43.69	8	Wan, Alison	NH	40.44
9	Melnick, Evan G	AW	43.81	9	Langston, Ada	NH	40.80
10	Lyon, James	AW	44.06	10	Larne, Ingrid	LN	41.04
11	Zhang, Evan D	NH	45.79	11	Xie, Manda	AW	41.85
12	Shi, Daniel	RH	46.74	12	Berry, Maya	GL	43.75

## 50 Meter Breaststroke

Boys				Girls			
1	Yang, Miles	NH	39.07	1	Redican, Mara	LN	41.00
2	Scanlan, Aidan	LA	43.95	2	Wang, Hailey	RH	41.43
3	Line, Spencer	HW	44.71	3	Sharma, Meghna	LN	41.81
4	Vikhman, Mitchell	LA	45.53	4	Jerome, Marissa	HW	43.19
5	Melnick, Evan G	AW	46.69	5	Wan, Alison	NH	43.87
6	Ho, Nathan	LN	47.32	6	Burke, Zoe	NH	44.10
7	McCrea, Ethan	RH	47.50	7	Irlan, Erin	GL	44.15
8	Bazaz, Arjuna	NH	48.81	8	Cazenas, Katie	NH	44.26
9	Li, Shilai	RH	49.25	9	Schiavone, Page	NH	44.39
10	Huang, Albert	NH	50.45	10	Luczko, Megan	AW	45.10
11	Ye, Ethan	HW	51.46	11	Slater, Emily	HW	46.05
12	Harriot, James	LA	52.43	12	Le, Megan K	HW	46.52

# Reston 2016 All Star Meet Results

11-12

## 50 Meter Freestyle

### Boys

1	Yang, Miles	NH	30.42
2	George, Jeffrey	LN	31.63
3	Hill, Cooper	AW	32.60
4	Xu, James	NH	32.64
5	Daum, Max	LA	33.41
6	Brown, Nolan	AW	35.65
7	Line, Spencer	HW	35.88
8	Harriot, James	LA	36.77
*9	Deker, Greyson	NH	37.01
*9	Pons, Daniel	AN	37.01
11	Bazaz, Arjuna	NH	37.30
12	Grine, Aiden J	AW	37.70

### Girls

1	Sharma, Meghna	LN	29.65
2	Sciortino, Samantha	NH	30.36
3	Chava, Niki	GL	31.43
4	Thomas, Tara	RH	32.23
5	Wagner, Gwyneth	HW	32.98
6	Yakobson, Betty	NH	33.93
7	Irlan, Erin	GL	34.62
8	Handerahan, Ella N	RH	34.72
9	Connelly, Caitlin	LN	35.03
10	Slater, Emily	HW	35.13
11	Hernandez, Juana	LA	35.56
12	Cartwright, Julia	AW	35.59

## 100 Meter Freestyle Relay

### Boys

<b>1 Lake Newport Lightning:</b>	<b>1:10.35</b>
1) Kohn, William 12 2) Brennan, Garrett 12	
3) George, Jeffrey 12 4) Ho, Nathan 11	
<b>2 North Hills Hurricanes:</b>	<b>1:11.79</b>
1) Xu, James 12 2) Yang, Miles 12	
3) Zhang, Evan D 11 4) Bazaz, Arjuna 12	
<b>3 Autumnwood Piranhas:</b>	<b>1:12.51</b>
1) Grine, Aiden J 12 2) Willson, Liam 11	
3) Lyon, James 12 4) Hill, Cooper 12	
<b>4 Lake Audubon Barracudas:</b>	<b>1:13.99</b>
1) Finney, Essex 11 2) Vikhman, Mitchell 11	
3) Scanlan, Aidan 12 4) Daum, Max 11	
<b>5 Ridge Heights Sharks:</b>	<b>1:19.80</b>
1) Shi, Daniel 11 2) Li, Shilai 11	
3) Liu, Derek 12 4) McCrea, Ethan 11	
<b>6 Lake Anne Stingrays:</b>	<b>1:20.30</b>
1) Keusenkothen, Frank 12 2) Randerson, Alex 12	
3) Cramer, Andrew 12 4) Letteri, Aaron 12	
<b>7 Glade Dolphins:</b>	<b>1:23.67</b>
1) Kelley, Quinlan 11 2) Panneck, Ben 12	
3) Pan-Wang, Eric 11 4) Bowen, Andrew 11	
<b>8 Hunters Woods Blue Marlins:</b>	<b>1:24.12</b>
1) Line, Spencer 12 2) Ye, Ethan 11	
3) Cheng, Nathan 11 4) Montagne, Colin 11	

### Girls

<b>1 North Hills Hurricanes:</b>	<b>1:07.53</b>
1) Wan, Alison 12 2) Sciortino, Samantha 12	
3) Langston, Ada 12 4) Czenas, Katie 11	
<b>2 Hunters Woods Blue Marlins:</b>	<b>1:10.66</b>
1) Slater, Emily 11 2) Wagner, Gwyneth 11	
3) Jerome, Marissa 12 4) Le, Megan K 12	
<b>3 Ridge Heights Sharks:</b>	<b>1:10.87</b>
1) Handerahan, Ella N 12 2) Wang, Hailey 12	
3) Thomas, Tara 12 4) Thomas, Julia 12	
<b>4 Lake Newport Lightning:</b>	<b>1:11.62</b>
1) Redican, Mara 12 2) Sharma, Meghna 12	
3) Ross, Brianna 11 4) Connelly, Caitlin 12	
<b>5 Glade Dolphins:</b>	<b>1:11.81</b>
1) Berry, Maya 12 2) Irlan, Erin 11	
3) Wagner, Lauren 11 4) Chava, Niki 11	
<b>6 Autumnwood Piranhas:</b>	<b>1:15.59</b>
1) Xie, Manda 11 2) Luczko, Megan 12	
3) Willson, Kathleen 12 4) Cartwright, Julia 12	
<b>7 Lake Audubon Barracudas:</b>	<b>1:18.38</b>
1) Evans, Catherine 12 2) Hahn, Sydney 11	
3) Hernandez, Juana 12 4) Lender, Riley 12	
<b>8 Lake Anne Stingrays:</b>	<b>1:23.37</b>
1) Taylor, Taya 12 2) Freeman, Madeleine 12	
3) Echeverri, Laura 11 4) Deccio, Zion 12	



# Reston 2016 All Star Meet Results

13-14

## 50 Meter Butterfly

Boys				Girls			
1	Fritz, Matthew	LA	29.25	1	Redican, Anna	LN	31.25
2	Xu, Albert	HW	29.81	2	Slater, Megan	HW	33.78
3	Bazaz, Abhishek	NH	29.93	3	Lane, Hannah	AN	34.62
4	Pan, Philip	HW	30.62	4	Rothschild, Deja	LN	35.31
5	Li, Daniel	HW	31.11	5	Kennedy, Anne	AW	35.95
6	Wang, Zach	LN	33.26	6	Ren, Emily	NH	36.40
7	Wilson, Maxwell	LA	34.64	7	Nassau, Julia Sofia	LA	36.55
8	Ham, Jacob C	HW	35.55	8	Boone, Michelle	NH	37.82
9	Vintimilla, Ryan	HW	35.88	9	Falcone, Katie M	RH	38.02
10	Zeng, Roger	HW	36.23	10	Edgington, Chloe	AW	38.07
11	Sivak, Andrew	GL	40.12	11	Huddleston, Laela	GL	39.20
12	Brennan, Liam	LN	43.47	12	Sweeney, Jordana H	AW	39.53

## 50 Meter Backstroke

Boys				Girls			
1	Sciortino, Joseph	NH	31.04	1	Redican, Anna	LN	31.88
2	Fritz, Matthew	LA	31.73	2	Murthy, Diya	AW	35.68
3	Harris, Spencer	LA	32.95	3	Lane, Hannah	AN	37.95
4	Ha, Ian	LA	35.33	4	Huddleston, Laela	GL	39.25
5	Vu, Timothy	HW	37.50	5	Rothschild, Deja	LN	39.34
6	Vintimilla, Ryan	HW	37.95	6	Witt, Madison	LN	40.21
7	Kumar, Neil	LN	39.22	7	Ji, Tiffany	HW	40.47
8	Joyner, Sam	GL	39.70	8	Bennett, Katelyn	LA	40.50
9	Elliott, Troy	LA	40.48	9	Taylor, Nadinka	AN	40.64
---	Amirshah, Arya	HW	DQ	10	Wagner, Meredith	HW	41.38
---	Zhang, Evan J	NH	DQ	11	Nielsen, Anna C	AW	42.51
---	Tolbert, Liam	HW	DQ	---	Boone, Michelle	NH	DQ

## 50 Meter Breaststroke

Boys				Girls			
1	Xu, Albert	HW	35.25	1	Landeryou, Sophia	GL	38.84
2	Ha, Ian	LA	35.51	2	Murthy, Diya	AW	39.25
3	Harris, Spencer	LA	36.69	3	Haering, Kaliyana	LA	40.09
4	Li, Daniel	HW	37.79	4	Ji, Tiffany	HW	42.56
5	Zhang, Evan J	NH	38.38	5	Kennedy, Anne	AW	42.88
6	Zeng, Roger	HW	40.19	6	Nassau, Julia Sofia	LA	43.04
*7	Amirshah, Arya	HW	41.61	7	Wagner, Meredith	HW	44.27
*7	Grange, Caelen	NH	41.61	8	XU, Catherine	NH	44.37
9	Xu, William	NH	42.63	9	Guan, Yaoxia	AW	44.54
10	Elliott, Kian	LA	43.33	10	Silva, Karina	RH	45.19
11	Joyner, Sam	GL	43.90	11	George, Christina	LN	46.62
12	Bolster, Andrew	AW	46.13	12	Chava, Keya	GL	46.73

# Reston 2016 All Star Meet Results

13-14

## 50 Meter Freestyle

### Boys

1	Sciortino, Joseph	NH	26.45
2	Bazaz, Abhishek	NH	27.69
3	Wang, Zach	LN	27.75
4	Pan, Philip	HW	27.95
5	Tolbert, Liam	HW	28.63
6	Vu, Timothy	HW	30.51
7	Wilson, Maxwell	LA	31.94
8	Kumar, Neil	LN	32.38
9	Xu, William	NH	32.94
10	Elliott, Kian	LA	33.82
11	Grange, Caelen	NH	33.84
12	Sivak, Andrew	GL	33.87

### Girls

1	Landeryou, Sophia	GL	28.69
2	Slater, Megan	HW	30.36
3	Haering, Kaliyana	LA	31.93
4	Ren, Emily	NH	31.95
5	Taylor, Nadinka	AN	33.02
6	Guan, Yaoxia	AW	33.19
7	Nielsen, Anna C	AW	33.71
8	XU, Catherine	NH	33.90
9	Falcone, Katie M	RH	33.95
10	Silva, Karina	RH	34.09
11	Cordts, Alaina	LA	34.13
12	Chava, Keya	GL	35.23

## 200 Meter Freestyle Relay

### Boys

<b>1 Hunters Woods Blue Marlins:</b>	<b>2:07.33</b>
1) Xu, Albert 14 2) Pan, Philip 14 3) Li, Daniel 14 4) Tolbert, Liam 14	
<b>2 Lake Audubon Barracudas:</b>	<b>2:07.75</b>
1) Harris, Spencer 14 2) Ha, Ian 13 3) Fritz, Matthew 13 4) Wilson, Maxwell 14	
<b>3 North Hills Hurricanes:</b>	<b>2:10.31</b>
1) Sciortino, Joseph 13 2) Grange, Caelen 14 3) Bazaz, Abhishek 14 4) Zhang, Evan J 13	
<b>4 Lake Newport Lightning:</b>	<b>2:42.85</b>
1) Kumar, Neil 14 2) Giebel, Ryan 13 3) Wang, Zach 14 4) Brennan, Liam 14	
<b>5 Glade Dolphins:</b>	<b>2:47.06</b>
1) Sivak, Andrew 14 2) Joyner, Sam 14 3) Thomas, Jack 14 4) Bowen, Nicholas 13	
<b>6 Autumnwood Piranhas:</b>	<b>3:00.81</b>
1) Melnick, Evan G 12 2) Bolster, Andrew 13 3) Stultz, Grant 13 4) Hansen, Alex 13	
<b>7 Lake Anne Stingrays:</b>	<b>3:02.95</b>
1) Keusenkothen, Frank 12 2) Flood, James 14 3) Cramer, Andrew 12 4) Fu, Daniel 13	

### Girls

<b>1 Autumnwood Piranhas:</b>	<b>2:27.95</b>
1) Murthy, Diya 14 2) Guan, Yaoxia 13 3) Kennedy, Anne 14 4) Nielsen, Anna C 14	
<b>2 Lake Newport Lightning:</b>	<b>2:29.55</b>
1) Redican, Anna 14 2) George, Christina 14 3) Rothschild, Deja 14 4) Radtke, Brigid 14	
<b>3 Glade Dolphins:</b>	<b>2:31.44</b>
1) Huddleston, Laela 14 2) Chava, Keya 14 3) Landeryou, Sophia 13 4) Kelley, Audrey 14	
<b>4 Lake Audubon Barracudas:</b>	<b>2:32.69</b>
1) Bennett, Katelyn 13 2) Haering, Kaliyana 13 3) Nassau, Julia Sofia 14 4) Cordts, Alaina 13	
<b>5 Hunters Woods Blue Marlins:</b>	<b>2:36.82</b>
1) Slater, Megan 14 2) Ji, Tiffany 13 3) Wagner, Meredith 14 4) Inamdar, Ariana 11	
<b>6 North Hills Hurricanes:</b>	<b>2:37.11</b>
1) Boone, Michelle 14 2) Luczak, Piper 13 3) Ren, Emily 13 4) XU, Catherine 14	
<b>7 Lake Anne Stingrays:</b>	<b>2:49.27</b>
1) Taylor, Nadinka 14 2) Taylor, Taya 12 3) Lane, Hannah 14 4) Dealey, Kathryn 14	
<b>8 Ridge Heights Sharks:</b>	<b>2:54.97</b>
1) Russell, Kathleen 11 2) Silva, Karina 14 3) Falcone, Katie M 13 4) Ballesteros, Isabella 14	

# Reston 2016 All Star Meet Results

15-18

## 50 Meter Butterfly

Boys				Girls			
1	Storch, Casey	LN	26.92	1	LaPorte, Madeline	GL	30.35
2	Truong, Devin	AN	27.57	2	Sogandares, Paige	RH	32.26
3	Edgemond, Jack	LN	28.52	3	Boone, Allison	NH	32.96
4	Hughes, John	LA	28.77	4	Imel, Kati	RH	34.32
5	O'Malley, Patrick	GL	28.81	5	Davison, Lainie	GL	34.57
6	George, Michael	LN	29.36	6	Jacobson, Lindsey	LN	35.02
7	Grimes, Ryan	NH	29.86	7	Fritz, Emily	LA	35.04
8	Beach, Matthew G	HW	30.01	8	Evans, Kathryn	HW	35.13
9	Bell, Zachary	LA	31.07	9	Ziaii, Hannah	AN	35.15
10	Tremaine, Grant	GL	31.58	10	Cook, Sydney	LA	35.22
11	Smiryagin, Andrey	AW	31.83	11	Zhao, Amy	LN	35.82
12	Mahajan, Vikrant	AW	32.68	12	Wulf, Jocelyn	AN	36.75

## 50 Meter Backstroke

Boys				Girls			
1	Truong, Devin	AN	29.13	1	LaPorte, Madeline	GL	31.07
2	Edgemond, Jack	LN	30.05	2	Redican, Emi	LN	32.97
3	Carro, Andy	GL	30.80	3	Czarny, Marlee	NH	34.43
4	Ham, Jack Henry H	HW	31.04	4	Vintimilla, Katie	HW	34.71
5	Guill, Jean-Claude	RH	31.15	5	Stiglitz, Emma	GL	36.55
*6	Cordts, Robby	LA	31.44	6	Jacobson, Lindsey	LN	36.69
*6	Noser-Munoz, Jeremiah	LA	31.44	7	Schiavone, Peri	NH	37.30
8	Zhang, Fred	AN	31.79	8	Bennett, Madeline	LA	37.34
9	Luczak, Ryan	NH	33.23	9	Becker, Maya K	RH	38.19
10	Kalinowski, Christian	HW	33.43	10	Evans, Kathryn	HW	39.27
11	Tremaine, Grant	GL	35.28	11	Shannon, Alina	LN	39.63
12	Jones, Dylan	LN	38.24	---	Meilus, Emily	AN	DQ

## 50 Meter Breaststroke

Boys				Girls			
1	George, Michael	LN	33.28	*1	Redican, Emi	LN	39.25
2	Zhang, Josh	RH	33.38	*1	Fritz, Emily	LA	39.25
3	Carro, Andy	GL	34.78	3	Vintimilla, Katie	HW	40.41
4	Cordts, Robby	LA	35.44	4	Heatherly, Olivia	AW	41.10
5	Ni, Dan	LN	35.75	5	Imel, Kati	RH	41.27
6	Podshivalov, Michael	LA	36.07	6	Schiavone, Peri	NH	41.88
7	Guill, Jean-Claude	RH	36.75	7	Cimino, Allison	NH	41.93
8	Luczak, Ryan	NH	36.94	8	Czarny, Marlee	NH	42.44
9	Jones, Dylan	LN	37.05	9	Cook, Sydney	LA	42.97
10	Yang, Chris	HW	37.52	10	Baldwin, Elise	GL	43.11
11	King, Logan P	AW	37.54	11	Tran, Maggie	NH	43.66
12	Kalinowski, Calvin	GL	37.94	12	Giebel, Morgan	LN	44.61

# Reston 2016 All Star Meet Results

15-18

## 50 Meter Freestyle

Boys				Girls			
1	Storch, Casey	LN	25.06	1	Meilus, Emily	AN	27.92
2	O'Malley, Patrick	GL	25.41	2	Davison, Lainie	GL	29.83
3	Grimes, Ryan	NH	25.76	3	Sogandares, Paige	RH	29.88
4	Hughes, John	LA	26.02	4	Boone, Allison	NH	30.75
5	Ham, Jack Henry H	HW	26.42	5	Shannon, Alina	LN	31.85
6	Beach, Matthew G	HW	26.59	6	Wulf, Jocelyn	AN	31.93
7	Zhang, Josh	RH	26.70	7	Bennett, Madeline	LA	32.44
8	Noser-Munoz, Jeremiah	LA	27.34	8	Ziaii, Hannah	AN	32.45
9	Yang, Chris	HW	28.18	9	Baldwin, Elise	GL	32.46
10	Ni, Dan	LN	28.25	10	Tran, Maggie	NH	32.60
11	Zhang, Fred	AN	28.26	11	Zhao, Amy	LN	33.44
12	King, Logan P	AW	28.82	12	Milosevic, Sofia	GL	33.86

## 200 Meter Freestyle Relay

Boys		Girls	
<b>1 Lake Newport Lightning:</b>	<b>1:56.82</b>	<b>1 Glade Dolphins:</b>	<b>2:18.09</b>
1) Edgemond, Jack 16 2) Storch, Casey 17		1) Stiglitz, Emma 16 2) Baldwin, Elise 18	
3) George, Michael 17 4) Ni, Dan 15		3) LaPorte, Madeline 16 4) Davison, Lainie 17	
<b>2 Lake Audubon Barrucas:</b>	<b>2:03.50</b>	<b>2 Lake Anne Stingrays:</b>	<b>2:21.07</b>
1) Noser-Munoz, Jeremiah 15 2) Podshivalov, Michael 15 3) Cordts, Robby 17 4) Hughes, John 18		1) Meilus, Emily 17 2) Raphael, Sage 17	
<b>3 Glade Dolphins:</b>	<b>2:04.69</b>	3) Ziaii, Hannah 15 4) Wulf, Jocelyn 17	
1) Tremaine, Grant 18 2) Carro, Andy 17		<b>3 North Hills Hurricanes:</b>	<b>2:22.46</b>
3) O'Malley, Patrick 17 4) Gibbons, Brian 18		1) Czarny, Marlee 15 2) Schiavone, Peri 15	
<b>4 Hunters Woods Blue Marlins:</b>	<b>2:06.51</b>	3) Boone, Allison 15 4) Tran, Maggie 15	
1) Ham, Jack Henry H 16 2) Beach, Matthew G 16		<b>4 Lake Newport Lightning:</b>	<b>2:23.01</b>
3) Yang, Chris 15 4) Kalinowski, Christian 18		1) Jacobson, Lindsey 16 2) Redican, Emi 16	
<b>5 Ridge Heights Sharks:</b>	<b>2:08.59</b>	3) Zhao, Amy 18 4) Shannon, Alina 15	
1) Guill, Jean-Claude 18 2) Zhang, Josh 15		<b>5 Ridge Heights Sharks:</b>	<b>2:24.94</b>
3) Hataway, Jacob 15 4) Hansing, Ian 15		1) Becker, Maya K 17 2) Imel, Kati 18	
<b>6 North Hills Hurricanes:</b>	<b>2:13.07</b>	3) Sogandares, Paige 17 4) Silva, Karina 14	
1) Luczak, Ryan 15 2) Clark, Corey 15		<b>6 Hunters Woods Blue Marlins:</b>	<b>2:29.15</b>
3) Grimes, Ryan 15 4) Hill, Ryan 15		1) Vintimilla, Katie 16 2) Evans, Kathryn 15	
<b>7 Lake Anne Stingrays:</b>	<b>2:13.49</b>	3) Erickson, Mary Claire 16 4) Cook, Mary Carol 18	
1) Zhang, Fred 15 2) Letteri, Joseph 16		<b>7 Lake Audubon Barrucas:</b>	<b>2:33.43</b>
3) Truong, Devin 17 4) Dealey, Patrick 18		1) Giavis, Angelika 15 2) Fritz, Emily 15	
<b>8 Autumnwood Piranhas:</b>	<b>2:17.14</b>	3) Cook, Sydney 15 4) Bennett, Madeline 16	
1) Smiryagin, Andrey 16 2) King, Logan P 15		<b>8 Autumnwood Piranhas:</b>	<b>2:40.20</b>
3) Mahajan, Vikrant 15 4) Edgington, Cameron 16		1) Byrd, Anna Y 17 2) Heatherly, Olivia 17	
		3) Edgington, Chloe 14 4) Kirr, Delaney 15	

# Reston 2016 All Star Meet Results

## 200 Meter Mixed Age Relay

### Boys

1 Lake Newport Lightning: 2:02.41  
1) Zhou, Michael 8 2) Redican, Sean 10  
3) George, Jeffrey 12 4) Wang, Zach 14  
5) Storch, Casey 17

2 Lake Audubon Barracudas: 2:05.12  
1) Fricker, Elliot 8 2) Vikhman, Nathan 10  
3) Daum, Max 11 4) Fritz, Matthew 13  
5) Hughes, John 18

3 Hunters Woods Blue Marlins: 2:09.35  
1) Li, Andrew 7 2) Zhou, Brian 9  
3) Line, Spencer 12 4) Xu, Albert 14  
5) Beach, Matthew G 16

4 North Hills Hurricanes: 2:09.87  
1) Huang, Gabriel 8 2) Wang, Gavin 9  
3) Yang, Miles 12 4) Sciortino, Joseph 13  
5) Grimes, Ryan 15

5 Autumnwood Piranhas: 2:15.74  
1) Jackson, Blake 8 2) Murthy, Deep 9  
3) Hill, Cooper 12 4) Bolster, Andrew 13  
5) King, Logan P 15

6 Ridge Heights Sharks: 2:19.55  
1) Russell, Alex 8 2) Pierce, Connor 10  
3) McCrea, Ethan 11 4) Liu, Derek 12  
5) Zhang, Josh 15

7 Glade Dolphins: 2:21.47  
1) Pan-Wang, Evan 6 2) Murari, Karan 10  
3) Bowen, Andrew 11 4) Joyner, Sam 14  
5) O'Malley, Patrick 17

### Girls

1 Lake Newport Lightning: 2:01.61  
1) Zhong, Sarah 8 2) Zeledon, Vania B 10  
3) Sharma, Meghna 12 4) Redican, Anna 14  
5) Redican, Emi 16

2 Glade Dolphins: 2:02.88  
1) Fiske, Emilie 8 2) Landeryou, Clara 10  
3) Chava, Niki 11 4) Landeryou, Sophia 13  
5) LaPorte, Madeline 16

3 North Hills Hurricanes: 2:06.63  
1) Ramsey, Daniella 8 2) Sciortino, Sarah 9  
3) Sciortino, Samantha 12 4) Ren, Emily 13  
5) Boone, Allison 15

4 Ridge Heights Sharks: 2:08.95  
1) Brown, Kelsye 8 2) Brown, Hailey 10  
3) Wang, Hailey 12 4) Falcone, Katie M 13  
5) Sogandares, Paige 17

5 Lake Audubon Barracudas: 2:17.33  
1) Novoa, Valeria 8 2) Haering, Suya 10  
3) Hernandez, Juana 12 4) Haering, Kaliyana 13  
5) Fritz, Emily 15

6 Hunters Woods Blue Marlins: 2:23.91  
1) Flynn, Audrey F 8 2) Li, Amber 10  
3) Jerome, Marissa 12 4) Slater, Megan 14  
5) Vintimilla, Katie 16

7 Lake Anne Stingrays: 2:24.38  
1) Munro, Charlotte 6 2) Pons, Olivia 10  
3) Freeman, Madeleine 12 4) Lane, Hannah 14  
5) Meilus, Emily 17

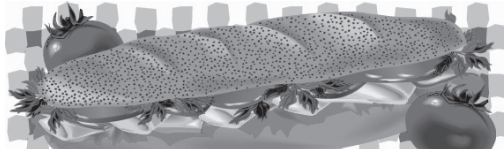
8 Autumnwood Piranhas: 2:26.81  
1) Norford, Sara 8 2) Hill, Hope 10  
3) Cartwright, Julia 12 4) Murthy, Diya 14  
5) Kirr, Delaney 15

## RSTA and RA— a great partnership since 1972



RSTA is proud of our long-standing partnership with Reston Association. Since 1972 we have been helping RA with its mission to “foster the fullest usage of the lands and facilities managed by it and serve the leisure time needs of the Association residents by establishing and seeking actively to have established leisure time programs in the Association facilities and lands.” RSTA’s swim teams engage 990 swimmers at RA pools throughout Reston each summer and bring countless other people—parents, siblings, spectators—to the pools in support of these swimmers.

**Thanks Reston Association for your support of RSTA!**



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Private Pool parties and birthday packages:  
Contact Aquatics at 703-435-7995 or [aquaticsinfo@reston.org](mailto:aquaticsinfo@reston.org)

Nature House and birthday packages:  
Contact the Nature staff at 703-476-9689 or [naturecenter@reston.org](mailto:naturecenter@reston.org)

# My Personal Swim Times

Swimmer Name \_\_\_\_\_

	Fly	Back	Breast	Free
Meet 1				
Meet 2				
Meet 3				
Meet 4				
Meet 5				
Meet 6				
IM Meet				
All Stars				



Swimmer Name \_\_\_\_\_

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## Looking for more information on RSTA?

### Check the RSTA website for the following items:

- Links to the team websites
- Meet results and top times list
- Team standings
- RSTA Bylaws
- History of RSTA
- Job descriptions and information about applying to coach
- RSTA Board meeting minutes and budget
- And more!



### Keep up with RSTA news in the following ways:

**Website:** [www.rsta.org](http://www.rsta.org)

**Facebook:** [www.facebook.com/swimRSTA](http://www.facebook.com/swimRSTA)

**Twitter:** <https://twitter.com/SwimRSTA>

## 2017 Order of Meet Events for Dual Meets

AGE GROUP	EVENT	BOYS	GIRLS
		EVENT #	EVENT #
8 & Under	25 Meter Butterfly	1	2
9 & 10	25 Meter Butterfly	3	4
11 & 12	50 Meter Butterfly	5	6
13 & 14	50 Meter Butterfly	7	8
15 – 18	50 Meter Butterfly	9	1
8 & Under	25 Meter Backstroke	11	12
9 & 10	50 Meter Backstroke	13	14
11 & 12	50 Meter Backstroke	15	16
13 & 14	50 Meter Backstroke	17	18
15 – 18	50 Meter Backstroke	19	20
8 & Under	100 Meter Freestyle Relay	21	22
9 & 10	100 Meter Medley Relay	23	24
11 & 12	100 Meter Medley Relay	25	26
13 & 14	200 Meter Medley Relay	27	28
15 – 18	200 Meter Medley Relay	29	30
8 & Under	25 Meter Breaststroke	31	32
9 & 10	50 Meter Breaststroke	33	34
11 & 12	50 Meter Breaststroke	35	36
13 & 14	50 Meter Breaststroke	37	38
15 – 18	50 Meter Breaststroke	39	40
8 & Under	25 Meter Freestyle	41	42
9 & 10	50 Meter Freestyle	43	44
11 & 12	50 Meter Freestyle	45	46
13 & 14	50 Meter Freestyle	47	48
15 – 18	50 Meter Freestyle	49	50
Mixed Age	200 Meter Freestyle Relay	51	52

The Age-Group Medley Relay is a 4-person relay whereby each person swims a different stroke for one-fourth of the prescribed distance in the following order: backstroke; breaststroke; butterfly; and freestyle (a stroke not previously swum).

The Mixed Age 200 Meter Freestyle Relay is a 5-person relay comprised of one swimmer from each of the five age groups; 10 & under swim 25M each, 11 & up swim 50M each.

## 2017 RSTA Time Standards

BOYS			GIRLS	
Fastest B-Times	Fastest C-Times		Fastest B-Times	Fastest C-Times
<b>Butterfly</b>				
29.00	37.00	8 & U 25m	28.00	37.00
22.00	29.00	9–10 25m	22.00	27.00
42.00	57.00	11–12 50m	43.00	52.00
35.00	44.00	13–14 50m	38.00	45.00
31.00	35.00	15–18 50m	35.00	41.00
<b>Backstroke</b>				
29.00	37.00	8 & U 25m	28.00	36.00
54.00	64.00	9–10 50m	52.00	62.00
46.00	57.00	11–12 50m	45.00	53.00
38.00	46.00	13–14 50m	40.00	47.00
34.00	39.00	15–18 50m	36.00	42.00
<b>Breaststroke</b>				
31.00	41.00	8 & U 25m	31.00	39.00
58.00	70.00	9–10 50m	56.00	67.00
50.00	61.00	11–12 50m	49.00	58.00
41.00	48.00	13–14 50m	44.00	51.00
37.00	42.00	15–18 50m	42.00	48.00
<b>Freestyle</b>				
24.00	31.00	8 & U 25m	24.00	32.00
44.00	53.00	9–10 50m	44.00	52.00
37.00	46.00	11–12 50m	38.00	44.00
31.00	36.00	13–14 50m	34.00	39.00
28.00	31.00	15–18 50m	31.00	36.00

## 2017 Schedule

DATE	DAY	TEAMS	TIME	POOL
May 30	Tues	First Night of Practice	Various	(see home pool info)
June 10	Sat	Glade @ Autumnwood	7:30 am	Autumnwood
		Hunters Woods @ North Hills	7:30 am	Lake Newport
		Lake Newport @ Lake Audubon	7:30 am	Lake Audubon
		Lake Anne @ Ridge Heights	7:30 am	Ridge Heights
June 17	Sat	Lake Newport @ Hunters Woods	7:30 am	Hunters Woods
		Lake Audubon @ Glade	7:30 am	Glade
		Autumnwood @ Lake Anne	7:30 am	Golf Course Island
		Ridge heights @ North Hills	7:30 am	Lake Newport
June 24	Sat	Glade @ Lane Anne	7:30 am	Golf Course Island
		Ridge heights @ Autumnwood	7:30 am	Autumnwood
		Hunters Woods @ Lake Audubon	7:30 am	Lake Audubon
		North Hills @ Lake Newport	7:30 am	Lake Newport
July 1	Sat	BYE WEEK ALL TEAMS		
July 8	Sat	North Hills @ Glade	7:30 am	Glade
		Lake Anne @ Lake Audubon	7:30 am	Lake Audubon
		Hunters Woods @ Ridge Heights	7:30 am	Ridge Heights
		Autumnwood @ Lake Newport	7:30 am	Lake Newport
July 15	Sat	Lake Audubon @ Ridge Heights	7:30 am	Ridge Heights
		Glade @ Lake Newport	7:30 am	Lake Newport
		Lake Anne @ Hunters Woods	7:30 am	Hunters Woods
		North Hills @ Autumnwood	7:30 am	Autumnwood
Jul 19	Wed	IM Finals Meet	6:00 pm	Lake Newport
Jul 20	Thur	IM Finals Meet (Rain Date)	6:00 pm	Lake Newport
Jul 22	Sat	Lake Newport @ Lake Anne	7:30 am	Gold Course Island
		Ridge Heights @ Glade	7:30 am	Glade
		Autumnwood @ Hunters Woods	7:30 am	Hunters Woods
		Lake Audubon @ North Hills	7:30 am	Lake Newport
Jul 23	Sun	Team Pool Parties	6:00 pm	Home Pools
Jul 29	Sat	All Star Meet	7:30 am	Lake Newport
Jul 30	Sun	All Star Meet Rain Date	7:30 am	Lake Newport

*\*Warm ups for all dual meets: home team—7:00 am; away team—7:15 am.*

**PLEASE NOTE: Schedule is subject to change.**