



2016 Virginia Scholastic Rowing

Official Results

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|---------------------------------------|------|------------------------------------|-----------------------|-------|----------|-------------|-----|
| Race 1: M-1x Heat 1 @ 08:00 AM | | | | | | | |
| 1st | 3 | Ireton (M. Gottlieb) | 06:03.30 | | | | |
| 2nd | 4 | Wakefield A (J. Stalica-Galeano) | 06:09.02 | 1.6% | 00:05.72 | 00:00:05.72 | |
| 3rd | 2 | Great Bridge (Z. Driscoll) | 06:13.66 | 2.9% | 00:04.64 | 00:00:10.36 | |
| 4th | 6 | Gloucester LTW (C. Holland) | 06:19.71 | 4.5% | 00:06.05 | 00:00:16.41 | |
| 5th | 1 | W Albermarle B (J. Amtmann) | 06:36.83 | 9.2% | 00:17.12 | 00:00:33.53 | |
| 6th | 5 | Gar-Field (E. Evans) | 06:51.87 | 13.4% | 00:15.04 | 00:00:48.57 | |
| Race 2: M-1x Heat 2 @ 08:06 AM | | | | | | | |
| 1st | 3 | W Albermarle A (W. Martin) | 06:19.50 | | | | |
| 2nd | 2 | Jeb Stuart (P. McGuigan) | 06:19.82 | 0.1% | 00:00.32 | 00:00:00.32 | |
| 3rd | 6 | Kempsville (D. Callahan) | 06:33.06 | 3.6% | 00:13.24 | 00:00:13.56 | |
| 4th | 5 | Hylton A (C. Lewis) | 06:40.10 | 5.4% | 00:07.04 | 00:00:20.60 | |
| 5th | 1 | Hylton B (B. Jackson) | 06:58.33 | 10.2% | 00:18.23 | 00:00:38.83 | |
| 6th | 4 | Wakefield LTW (J. Boatner) | 07:52.60 | 24.5% | 00:54.27 | 00:01:33.10 | |
| Race 3: M-2x Heat 1 @ 08:12 AM | | | | | | | |
| 1st | 3 | Albemarle A (H. Davis) | 05:27.80 | | | | |
| 2nd | 6 | Gloucester (J. Cooper) | 05:41.28 | 4.1% | 00:13.48 | 00:00:13.48 | |
| 3rd | 1 | James River (N. McMordie) | 05:41.94 | 4.3% | 00:00.66 | 00:00:14.14 | |
| 4th | 4 | Jeb Stuart (S. Mullane) | 06:05.65 | 11.5% | 00:23.71 | 00:00:37.85 | |
| 5th | 2 | Potomac (A. Babbitt) | 06:45.15 | 23.6% | 00:39.50 | 00:01:17.35 | |
| | 5 | Wakefield (A. Box) | Did Not Finish | | | | |
| Race 4: M-2x Heat 2 @ 08:18 AM | | | | | | | |
| 1st | 3 | Great Bridge A (D. Dominguez-Tuin) | 00:00.00 | | | | |
| 2nd | 6 | Great Bridge B (T. Fridel) | 00:00.00 | | | | |
| 3rd | 5 | Mathews (L. Hudgins) | 00:00.00 | | | | |
| 4th | 1 | Albemarle B (M. Shiflett) | 00:00.00 | | | | |
| 5th | 4 | W Albermarle (H. hale) | 00:00.00 | | | | |
| 6th | 2 | Hylton (B. Bremer) | 00:00.00 | | | | |
| Race 5: W-2x Heat 1 @ 08:24 AM | | | | | | | |
| 1st | 3 | SSSA (P. Solms) | 05:59.30 | | | | |
| 2nd | 4 | Ireton (I. Shirron) | 06:40.32 | 11.4% | 00:41.02 | 00:00:41.02 | |
| 3rd | 2 | Woodbridge (K. Carpenter) | 06:49.94 | 14.1% | 00:09.62 | 00:00:50.64 | |
| 4th | 1 | Granby B (E. Shoemaker) | 07:00.14 | 16.9% | 00:10.20 | 00:01:00.84 | |
| 5th | 5 | Potomac (K. TYNES) | 07:34.85 | 26.6% | 00:34.71 | 00:01:35.55 | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|--|------|--------------------------------|----------|-------|----------|-------------|-----|
| Race 6: W-2x Heat 2 @ 08:30 AM | | | | | | | |
| 1st | 4 | Gar-Field (A. White) | 06:28.20 | | | | |
| 2nd | 2 | Forest Park (M. Bruns) | 06:51.13 | 5.9% | 00:22.93 | 00:00:22.93 | |
| 3rd | 5 | Hylton (K. Sater) | 07:20.97 | 13.6% | 00:29.84 | 00:00:52.77 | |
| | 3 | W Albermarle (K. Tarleton) | Scratch | | | | |
| Race 7: W-2x Heat 3 @ 08:36 AM | | | | | | | |
| 1st | 3 | Mathews (R. Witt) | 06:28.70 | | | | |
| 2nd | 2 | Granby A (F. Teevan-Kamhawi) | 06:30.10 | 0.4% | 00:01.40 | 00:00:01.40 | |
| 3rd | 4 | Oakton (C. Keating) | 06:38.46 | 2.5% | 00:08.36 | 00:00:09.76 | |
| 4th | 5 | James River (K. Koch) | 06:44.41 | 4.0% | 00:05.95 | 00:00:15.71 | |
| Race 8: W-LT-2x Heat 1 @ 08:42 AM | | | | | | | |
| 1st | 3 | Albermarle (R. Lloyd) | 06:09.00 | | | | |
| 2nd | 4 | Jeb Stuart (M. Shand) | 06:35.61 | 7.2% | 00:26.61 | 00:00:26.61 | |
| 3rd | 2 | Hylton (K. Covey) | 06:53.07 | 11.9% | 00:17.46 | 00:00:44.07 | |
| Race 9: W-LT-2x Heat 2 @ 08:48 AM | | | | | | | |
| 1st | 3 | W Albermarle A (J. Dugan) | 06:25.00 | | | | |
| 2nd | 4 | W Albermarle B (M. Abrahamson) | 06:32.01 | 1.8% | 00:07.01 | 00:00:07.01 | |
| 3rd | 2 | Great Bridge (L. Arledge) | 06:42.84 | 4.6% | 00:10.83 | 00:00:17.84 | |
| 4th | 5 | W Albermarle C (N. Kipnis) | 06:54.54 | 7.7% | 00:11.70 | 00:00:29.54 | |
| Race 10: W-1-4x Heat 1 @ 08:54 AM | | | | | | | |
| 1st | 3 | W Albermarle A (E. Barlow) | 05:36.50 | | | | |
| 2nd | 4 | Mathews (L. Howlett) | 05:56.66 | 6.0% | 00:20.16 | 00:00:20.16 | |
| 3rd | 2 | Woodbridge (V. Chambers) | 06:16.73 | 12.0% | 00:20.07 | 00:00:40.23 | |
| 4th | 1 | Hylton (A. Kandetzki) | 07:34.42 | 35.0% | 01:17.69 | 00:01:57.92 | |
| | 5 | Gar-Field (B. Roth) | Scratch | | | | |
| Race 11: W-1-4x Heat 2 @ 09:00 AM | | | | | | | |
| 1st | 3 | Albermarle (E. Wuensch) | 05:43.40 | | | | |
| 2nd | 4 | Jeb Stuart (E. Dubas) | 05:47.97 | 1.3% | 00:04.57 | 00:00:04.57 | |
| 3rd | 2 | W Albermarle B (J. Neuman) | 05:52.27 | 2.6% | 00:04.30 | 00:00:08.87 | |
| 4th | 1 | Ireton (A. Guzzo) | 06:34.05 | 14.7% | 00:41.78 | 00:00:50.65 | |
| 5th | 5 | Potomac (J. GRAY) | 06:53.32 | 20.4% | 00:19.27 | 00:01:09.92 | |
| Race 12: W-1x Heat 1 @ 09:06 AM | | | | | | | |
| 1st | 3 | Osborn Park (M. Finley) | 06:32.20 | | | | |
| 2nd | 2 | Henrico (S. Cliborne) | 06:52.00 | 5.0% | 00:19.80 | 00:00:19.80 | |
| 3rd | 5 | Ireton (E. McCabe) | 07:16.52 | 11.3% | 00:24.52 | 00:00:44.32 | |
| 4th | 4 | Cox (J. Peck) | 07:33.60 | 15.7% | 00:17.08 | 00:01:01.40 | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|---|------|-------------------------------------|-----------------|-------|----------|-------------|-----|
| Race 13: W-1x Heat 2 @ 09:12 AM | | | | | | | |
| 1st | 3 | W Albermarle (G. von Elten) | 06:40.30 | | | | |
| 2nd | 2 | Howard Gardner (S. Creskoff) | 06:43.81 | 0.9% | 00:03.51 | 00:00:03.51 | |
| 3rd | 5 | Great Bridge (H. Woolridge) | 06:56.82 | 4.1% | 00:13.01 | 00:00:16.52 | |
| 4th | 4 | Gloucester (H. Cooper) | 07:05.79 | 6.4% | 00:08.97 | 00:00:25.49 | |
| Race 14: M-1-8 Heat 1 @ 09:18 AM | | | | | | | |
| 1st | 3 | St. Albans (M. Dent) | 04:32.90 | | | | |
| 2nd | 4 | Robinson (S. Ghalayini) | 04:38.32 | 2.0% | 00:05.42 | 00:00:05.42 | |
| 3rd | 2 | W.T. Woodson (T. von Christerson) | 04:39.54 | 2.4% | 00:01.22 | 00:00:06.64 | |
| 4th | 5 | Norfolk Acad (T. Ferguson) | 04:59.54 | 9.8% | 00:20.00 | 00:00:26.64 | |
| 5th | 1 | West Potomac (E. Walker) | 05:13.54 | 14.9% | 00:14.00 | 00:00:40.64 | |
| Race 15: M-1-8 Heat 2 @ 09:25 AM | | | | | | | |
| 1st | 3 | Washington-Lee (I. Estevao) | 04:32.20 | | | | |
| 2nd | 4 | Jefferson (M. Koeniger) | 04:34.00 | 0.7% | 00:01.80 | 00:00:01.80 | |
| 3rd | 2 | Oakton (C. Garrett) | 04:43.82 | 4.3% | 00:09.82 | 00:00:11.62 | |
| 4th | 5 | Briar Woods (G. Verfurth) | 04:54.12 | 8.1% | 00:10.30 | 00:00:21.92 | |
| Race 16: M-1-8 Heat 3 @ 09:32 AM | | | | | | | |
| 1st | 3 | James Madison (D. Tucker) | 04:36.00 | | | | |
| 2nd | 4 | Woodbridge (N. Borg) | 04:41.48 | 2.0% | 00:05.48 | 00:00:05.48 | |
| 3rd | 5 | Yorktown (M. Pollock) | 04:44.55 | 3.1% | 00:03.07 | 00:00:08.55 | |
| 4th | 2 | Westfield (P. Anhalt) | 04:48.76 | 4.6% | 00:04.21 | 00:00:12.76 | |
| Race 17: W-1-8 Heat 1 @ 09:39 AM | | | | | | | |
| 1st | 3 | NCS (S. Bredenkamp) | 05:04.40 | | | | |
| 2nd | 4 | Visitation (E. Kinyon) | 05:22.36 | 5.9% | 00:17.96 | 00:00:17.96 | |
| 3rd | 2 | Jefferson (K. Mclaughlan) | 05:26.22 | 7.2% | 00:03.86 | 00:00:21.82 | |
| 4th | 5 | Norfolk Acad (T. Wing) | 05:45.24 | 13.4% | 00:19.02 | 00:00:40.84 | |
| 5th | 1 | Hickory (K. Halberg) | 05:59.96 | 18.3% | 00:14.72 | 00:00:55.56 | |
| Race 18: W-1-8 Heat 2 @ 09:46 AM | | | | | | | |
| 1st | 3 | McLean (I. Wyerman) | 05:13.80 | | | | |
| 2nd | 4 | TC Williams (M. Justiniano) | 05:19.20 | 1.7% | 00:05.40 | 00:00:05.40 | |
| 3rd | 2 | Westfield (D. Schultz) | 05:24.59 | 3.4% | 00:05.39 | 00:00:10.79 | |
| 4th | 5 | West Potomac (H. Paros) | 05:56.63 | 13.6% | 00:32.04 | 00:00:42.83 | |
| Race 19: W-1-8 Heat 3 @ 09:53 AM | | | | | | | |
| 1st | 3 | James Madison (S. Chenen) | 05:11.70 | | | | |
| 2nd | 4 | Washington-Lee (S. Crittenden-Toth) | 05:14.61 | 0.9% | 00:02.91 | 00:00:02.91 | |
| 3rd | 2 | Robinson (I. Beckler) | 05:16.35 | 1.5% | 00:01.74 | 00:00:04.65 | |
| 4th | 5 | Briar Woods (N. Shanley) | 05:39.85 | 9.0% | 00:23.50 | 00:00:28.15 | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|---|------|-------------------------------|----------|-------|----------|-------------|-----|
| Race 20: M-1-4 Heat 1 @ 10:00 AM | | | | | | | |
| 1st | 3 | Langley (J. Meeker) | 05:19.70 | | | | |
| 2nd | 2 | Lake Braddock (G. Colmenarez) | 05:22.31 | 0.8% | 00:02.61 | 00:00:02.61 | |
| 3rd | 4 | West Potomac (J. Hammer) | 05:28.50 | 2.8% | 00:06.19 | 00:00:08.80 | |
| 4th | 1 | Woodbridge (T. Suthard) | 05:44.37 | 7.7% | 00:15.87 | 00:00:24.67 | |
| 5th | 5 | Mount Vernon (E. aparicio) | 06:06.72 | 14.7% | 00:22.35 | 00:00:47.02 | |
| Race 21: M-1-4 Heat 2 @ 10:06 AM | | | | | | | |
| 1st | 4 | McLean (D. McCarthy) | 05:09.70 | | | | |
| 2nd | 3 | South County (T. Johnson) | 05:11.78 | 0.7% | 00:02.08 | 00:00:02.08 | |
| 3rd | 2 | Stone Bridge (A. Calpin) | 05:23.23 | 4.4% | 00:11.45 | 00:00:13.53 | |
| 4th | 5 | First Colonial (J. Davis) | 05:36.03 | 8.5% | 00:12.80 | 00:00:26.33 | |
| 5th | 1 | James River (D. Szilagyi) | 06:07.22 | 18.6% | 00:31.19 | 00:00:57.52 | |
| Race 22: M-1-4 Heat 3 @ 10:12 AM | | | | | | | |
| 1st | 5 | Fairfax (S. Newman) | 05:09.10 | | | | |
| 2nd | 4 | TC Williams (P. Tracy) | 05:09.47 | 0.1% | 00:00.37 | 00:00:00.37 | |
| 3rd | 3 | W. Springfield (M. Larvie) | 05:10.83 | 0.6% | 00:01.36 | 00:00:01.73 | |
| 4th | 2 | Forest Park (M. Lynn) | 05:19.85 | 3.5% | 00:09.02 | 00:00:10.75 | |
| 5th | 1 | Briar Woods (K. Long) | 05:59.23 | 16.2% | 00:39.38 | 00:00:50.13 | |
| Race 23: W-1-4 Heat 1 @ 10:18 AM | | | | | | | |
| 1st | 3 | Gloucester (C. Martin) | 05:44.30 | | | | |
| 2nd | 2 | West Potomac (C. Lane) | 05:49.55 | 1.5% | 00:05.25 | 00:00:05.25 | |
| 3rd | 4 | Episcopal (S. Thomas) | 05:56.07 | 3.4% | 00:06.52 | 00:00:11.77 | |
| 4th | 5 | South County (M. LeMay) | 06:20.06 | 10.4% | 00:23.99 | 00:00:35.76 | |
| 5th | 1 | Granby (V. Chekas) | 06:20.27 | 10.4% | 00:00.21 | 00:00:35.97 | |
| Race 24: W-1-4 Heat 2 @ 10:24 AM | | | | | | | |
| 1st | 3 | W. Springfield (K. Rupinen) | 05:47.30 | | | | |
| 2nd | 4 | Fairfax (J. BAE) | 05:48.69 | 0.4% | 00:01.39 | 00:00:01.39 | |
| 3rd | 2 | Mount Vernon (D. Alpar) | 05:49.26 | 0.6% | 00:00.57 | 00:00:01.96 | |
| 4th | 1 | First Colonial (L. Acosta) | 06:04.60 | 5.0% | 00:15.34 | 00:00:17.30 | |
| 5th | 5 | Briar Woods (H. Herbstritt) | 06:14.56 | 7.8% | 00:09.96 | 00:00:27.26 | |
| Race 25: W-1-4 Heat 3 @ 10:30 AM | | | | | | | |
| 1st | 3 | W.T. Woodson (R. Bodrog) | 05:53.60 | | | | |
| 2nd | 4 | Yorktown (T. Bischof) | 05:55.05 | 0.4% | 00:01.45 | 00:00:01.45 | |
| 3rd | 5 | Oakton (E. Dhue) | 05:55.29 | 0.5% | 00:00.24 | 00:00:01.69 | |
| 4th | 2 | Stone Bridge (N. Liston) | 05:56.32 | 0.8% | 00:01.03 | 00:00:02.72 | |
| 5th | 6 | Norfolk Acad (A. Galumbeck) | 06:34.94 | 11.7% | 00:38.62 | 00:00:41.34 | |
| 6th | 1 | Sullivan (G. Kayal) | 07:08.14 | 21.1% | 00:33.20 | 00:01:14.54 | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|--|------|---------------------------------|----------|-------|----------|-------------|-----|
| Race 26: M-JR-8 Heat 1 @ 10:36 AM | | | | | | | |
| 1st | 3 | Langley (P. Halm) | 04:50.40 | | | | |
| 2nd | 2 | Fairfax (A. Hirji) | 04:53.60 | 1.1% | 00:03.20 | 00:00:03.20 | |
| 3rd | 5 | Yorktown (J. Lacey) | 04:55.06 | 1.6% | 00:01.46 | 00:00:04.66 | |
| 4th | 6 | McLean (M. Gilliam) | 04:55.26 | 1.7% | 00:00.20 | 00:00:04.86 | |
| 5th | 4 | Forest Park (J. Stouffer) | 05:01.35 | 3.8% | 00:06.09 | 00:00:10.95 | |
| 6th | 1 | W.T. Woodson (E. Kutia) | 05:15.41 | 8.6% | 00:14.06 | 00:00:25.01 | |
| Race 27: M-JR-8 Heat 2 @ 10:43 AM | | | | | | | |
| 1st | 3 | Jefferson (J. Khan) | 04:48.90 | | | | |
| 2nd | 4 | Lake Braddock (C. Hodges) | 04:55.73 | 2.4% | 00:06.83 | 00:00:06.83 | |
| 3rd | 2 | Robinson (A. Willis) | 04:59.44 | 3.6% | 00:03.71 | 00:00:10.54 | |
| 4th | 5 | Hickory (J. Dietzel) | 04:59.63 | 3.7% | 00:00.19 | 00:00:10.73 | |
| 5th | 1 | South County (A. Gilmore) | 05:02.65 | 4.8% | 00:03.02 | 00:00:13.75 | |
| 6th | 6 | Wakefield (A. Lane) | 05:05.14 | 5.6% | 00:02.49 | 00:00:16.24 | |
| Race 28: W-JR-8 Heat 1 @ 10:50 AM | | | | | | | |
| 1st | 3 | TC Williams (H. Parsons) | 05:20.20 | | | | |
| 2nd | 4 | W.T. Woodson (E. Field) | 05:22.04 | 0.6% | 00:01.84 | 00:00:01.84 | |
| 3rd | 2 | Sidwell Friends (K. Ogden-Lord) | 05:27.54 | 2.3% | 00:05.50 | 00:00:07.34 | |
| 4th | 5 | Robinson (E. O'Lare) | 05:37.78 | 5.5% | 00:10.24 | 00:00:17.58 | |
| 5th | 6 | Norfolk Acad (G. Diskin) | 06:02.43 | 13.2% | 00:24.65 | 00:00:42.23 | |
| 6th | 1 | Westfield (A. Liagouris) | 06:09.40 | 15.4% | 00:06.97 | 00:00:49.20 | |
| Race 29: W-JR-8 Heat 2 @ 10:57 AM | | | | | | | |
| 1st | 4 | Lake Braddock (M. Morris) | 05:20.70 | | | | |
| 2nd | 3 | Langley (K. Slade) | 05:24.30 | 1.1% | 00:03.60 | 00:00:03.60 | |
| 3rd | 1 | Cox (C. Brennan) | 05:32.81 | 3.8% | 00:08.51 | 00:00:12.11 | |
| 4th | 2 | Yorktown (J. Williams) | 05:37.56 | 5.3% | 00:04.75 | 00:00:16.86 | |
| 5th | 5 | West Potomac (C. Hammer) | 05:42.27 | 6.7% | 00:04.71 | 00:00:21.57 | |
| Race 30: M-JR-4 Heat 1 @ 11:04 AM | | | | | | | |
| 1st | 3 | St. Albans (J. Boers) | 05:06.70 | | | | |
| 2nd | 4 | Stone Bridge (R. Wright) | 05:28.56 | 7.1% | 00:21.86 | 00:00:21.86 | |
| 3rd | 2 | Granby (R. Bartlett Jr.) | 05:34.65 | 9.1% | 00:06.09 | 00:00:27.95 | |
| 4th | 5 | Jeb Stuart (C. Haver) | 06:07.31 | 19.8% | 00:32.66 | 00:01:00.61 | |
| 5th | 1 | Hylton (C. Benge-Meredith) | 06:15.40 | 22.4% | 00:08.09 | 00:01:08.70 | |
| Race 31: M-JR-4 Heat 2 @ 11:10 AM | | | | | | | |
| 1st | 3 | Great Bridge (Z. Williams) | 05:07.40 | | | | |
| 2nd | 2 | Hickory (A. Wallace) | 05:29.10 | 7.1% | 00:21.70 | 00:00:21.70 | |
| 3rd | 5 | Yorktown (W. Satrom) | 05:33.08 | 8.4% | 00:03.98 | 00:00:25.68 | |
| 4th | 4 | Gloucester (J. Raha) | 05:35.27 | 9.1% | 00:02.19 | 00:00:27.87 | |
| 5th | 1 | Norfolk Acad (K. Duan) | 06:09.76 | 20.3% | 00:34.49 | 00:01:02.36 | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|--|------|---------------------------------|-----------------|-------|----------|-------------|-----|
| Race 32: M-JR-4 Heat 3 @ 11:16 AM | | | | | | | |
| 1st | 6 | TC Williams (I. Willmore) | 05:10.10 | | | | |
| 2nd | 3 | West Potomac (K. White) | 05:23.42 | 4.3% | 00:13.32 | 00:00:13.32 | |
| 3rd | 4 | James River (R. Keenum) | 05:29.96 | 6.4% | 00:06.54 | 00:00:19.86 | |
| 4th | 2 | Fairfax (S. Morrow) | 05:36.80 | 8.6% | 00:06.84 | 00:00:26.70 | |
| 5th | 1 | Wakefield (B. Rafky) | 05:54.74 | 14.4% | 00:17.94 | 00:00:44.64 | |
| | 5 | W.T. Woodson (S. Shear) | Scratch | | | | |
| Race 33: W-JR-4 Heat 1 @ 11:22 AM | | | | | | | |
| 1st | 3 | West Potomac (R. Hardison) | 05:44.00 | | | | |
| 2nd | 1 | South County (A. Taradash) | 06:00.51 | 4.8% | 00:16.51 | 00:00:16.51 | |
| 3rd | 4 | Wakefield (A. Henkle) | 06:04.96 | 6.1% | 00:04.45 | 00:00:20.96 | |
| 4th | 5 | James River (S. Manson) | 06:16.82 | 9.5% | 00:11.86 | 00:00:32.82 | |
| 5th | 2 | Langley (H. Chambers) | 06:30.29 | 13.5% | 00:13.47 | 00:00:46.29 | |
| Race 34: W-JR-4 Heat 2 @ 11:28 AM | | | | | | | |
| 1st | 3 | W. Springfield (M. Gordon) | 05:55.10 | | | | |
| 2nd | 4 | Fairfax (E. Rutan) | 05:58.28 | 0.9% | 00:03.18 | 00:00:03.18 | |
| 3rd | 1 | Yorktown (J. Lounsbury) | 06:25.72 | 8.6% | 00:27.44 | 00:00:30.62 | |
| 4th | 5 | Briar Woods (R. Eda) | 06:33.80 | 10.9% | 00:08.08 | 00:00:38.70 | |
| 5th | 2 | Mount Vernon (E. Turner) | 06:43.11 | 13.5% | 00:09.31 | 00:00:48.01 | |
| Race 35: W-JR-4 Heat 3 @ 11:34 AM | | | | | | | |
| 1st | 3 | Jeb Stuart (M. Wiley) | 05:56.40 | | | | |
| 2nd | 4 | Forest Park (E. Nguyen-Lambert) | 06:00.62 | 1.2% | 00:04.22 | 00:00:04.22 | |
| 3rd | 5 | Episcopal (J. Moses) | 06:06.72 | 2.9% | 00:06.10 | 00:00:10.32 | |
| 4th | 1 | Sullivan (C. Driscoll) | 06:15.60 | 5.4% | 00:08.88 | 00:00:19.20 | |
| 5th | 2 | Visitation (C. CONNELL) | 06:15.78 | 5.4% | 00:00.18 | 00:00:19.38 | |
| Race 36: M-LT-4 Heat 1 @ 11:40 AM | | | | | | | |
| 1st | 3 | Wakefield (S. Fontaine) | 05:10.50 | | | | |
| 2nd | 4 | Woodbridge (M. Gonzales) | 05:23.85 | 4.3% | 00:13.35 | 00:00:13.35 | |
| 3rd | 1 | TC Williams (S. Psaltis-Ivanis) | 05:24.24 | 4.4% | 00:00.39 | 00:00:13.74 | |
| 4th | 5 | Langley (S. Hunt) | 05:28.82 | 5.9% | 00:04.58 | 00:00:18.32 | |
| 5th | 2 | Great Bridge (H. Jessee) | 05:29.13 | 6.0% | 00:00.31 | 00:00:18.63 | |
| Race 37: M-LT-4 Heat 2 @ 11:46 AM | | | | | | | |
| 1st | 3 | Cox (J. Howells) | 05:17.30 | | | | |
| 2nd | 5 | Oakton (C. Skangos) | 05:20.46 | 1.0% | 00:03.16 | 00:00:03.16 | |
| 3rd | 4 | James River (S. Richbourg) | 05:24.73 | 2.3% | 00:04.27 | 00:00:07.43 | |
| 4th | 2 | Lake Braddock (T. Smith) | 05:33.88 | 5.2% | 00:09.15 | 00:00:16.58 | |
| Race 38: W-LT-4 Heat 1 @ 11:52 AM | | | | | | | |
| 1st | 3 | Woodbridge (C. Conrad) | 06:05.10 | | | | |
| 2nd | 4 | W. Springfield (L. Pavlak) | 06:20.45 | 4.2% | 00:15.35 | 00:00:15.35 | |
| 3rd | 2 | James River (G. Delano) | 06:25.50 | 5.6% | 00:05.05 | 00:00:20.40 | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|--|------|---------------------------------|----------|-------|----------|-------------|-----|
| Race 39: W-LT-4 Heat 2 @ 11:58 AM | | | | | | | |
| 1st | 2 | Granby (I. Casey) | 05:58.40 | | | | |
| 2nd | 4 | Langley (B. Kidder) | 06:02.20 | 1.1% | 00:03.80 | 00:00:03.80 | |
| 3rd | 5 | Norfolk Acad (C. Debbas) | 06:05.47 | 2.0% | 00:03.27 | 00:00:07.07 | |
| 4th | 3 | Sidwell Friends (S. Christian) | 06:05.96 | 2.1% | 00:00.49 | 00:00:07.56 | |
| Race 40: M-2-8 Heat 1 @ 12:04 PM | | | | | | | |
| 1st | 3 | St. Albans (C. Alcus) | 04:32.30 | | | | |
| 2nd | 2 | Woodbridge (Z. Hyzy) | 04:47.61 | 5.6% | 00:15.31 | 00:00:15.31 | |
| 3rd | 4 | Robinson (D. Whited) | 04:49.06 | 6.2% | 00:01.45 | 00:00:16.76 | |
| 4th | 1 | Oakton (S. Gustafson) | 04:52.26 | 7.3% | 00:03.20 | 00:00:19.96 | |
| 5th | 5 | Westfield (D. Shank-Rowe) | 04:58.34 | 9.6% | 00:06.08 | 00:00:26.04 | |
| Race 41: M-2-8 Heat 2 @ 12:11 PM | | | | | | | |
| 1st | 3 | Jefferson (A. Anugu) | 04:42.40 | | | | |
| 2nd | 4 | James Madison (W. Gallagher) | 04:46.86 | 1.6% | 00:04.46 | 00:00:04.46 | |
| 3rd | 2 | W.T. Woodson (R. Torgersen) | 04:49.02 | 2.3% | 00:02.16 | 00:00:06.62 | |
| 4th | 5 | Washington-Lee (N. Charles) | 04:50.50 | 2.9% | 00:01.48 | 00:00:08.10 | |
| 5th | 6 | Norfolk Acad (A. McNider) | 05:06.42 | 8.5% | 00:15.92 | 00:00:24.02 | |
| 6th | 1 | Briar Woods (J. Pathammavong) | 05:08.80 | 9.3% | 00:02.38 | 00:00:26.40 | |
| Race 42: W-2-8 Heat 1 @ 12:18 PM | | | | | | | |
| 1st | 3 | NCS (N. Davy) | 05:11.90 | | | | |
| 2nd | 4 | James Madison (L. Kassilke) | 05:28.58 | 5.3% | 00:16.68 | 00:00:16.68 | |
| 3rd | 2 | Washington-Lee (L. Banks) | 05:31.66 | 6.3% | 00:03.08 | 00:00:19.76 | |
| 4th | 5 | Robinson (A. Verster) | 05:56.24 | 14.2% | 00:24.58 | 00:00:44.34 | |
| Race 43: W-2-8 Heat 2 @ 12:25 PM | | | | | | | |
| 1st | 3 | TC Williams (C. Carey) | 05:12.80 | | | | |
| 2nd | 4 | McLean (T. Stirling) | 05:16.37 | 1.1% | 00:03.57 | 00:00:03.57 | |
| 3rd | 5 | Jefferson (A. Veizi) | 05:27.35 | 4.7% | 00:10.98 | 00:00:14.55 | |
| 4th | 2 | Visitation (J. Sloniewsky) | 05:40.92 | 9.0% | 00:13.57 | 00:00:28.12 | |
| Race 44: M-2-4 Heat 1 @ 12:32 PM | | | | | | | |
| 1st | 3 | TC Williams (J. Elkins) | 05:19.80 | | | | |
| 2nd | 4 | W. Springfield 2nd (N. Becht) | 05:26.34 | 2.0% | 00:06.54 | 00:00:06.54 | |
| 3rd | 2 | McLean (T. Nappi) | 05:30.51 | 3.3% | 00:04.17 | 00:00:10.71 | |
| 4th | 5 | James River (J. smouse) | 05:38.83 | 6.0% | 00:08.32 | 00:00:19.03 | |
| 5th | 1 | West Potomac (A. Hill) | 05:42.20 | 7.0% | 00:03.37 | 00:00:22.40 | |
| Race 45: M-2-4 Heat 2 @ 12:38 PM | | | | | | | |
| 1st | 3 | Langley (M. Grim) | 05:24.80 | | | | |
| 2nd | 4 | South County (J. Eldredge) | 05:31.91 | 2.2% | 00:07.11 | 00:00:07.11 | |
| 3rd | 2 | Stone Bridge (G. Hall) | 05:42.67 | 5.5% | 00:10.76 | 00:00:17.87 | |
| 4th | 5 | Forest Park (C. Westhoff) | 05:46.38 | 6.6% | 00:03.71 | 00:00:21.58 | |
| 5th | 6 | W. Springfield 3rd (N. beadles) | 06:13.10 | 14.9% | 00:26.72 | 00:00:48.30 | |
| | 1 | Mount Vernon (A. Yoblick) | Scratch | | | | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|---|------|------------------------------------|-----------------|-------|----------|-------------|-----|
| Race 46: W-2-4 Heat 1 @ 12:44 PM | | | | | | | |
| 1st | 3 | Yorktown (H. Grove) | 06:20.60 | | | | |
| 2nd | 2 | W. Springfield (C. Elwell) | 06:33.95 | 3.5% | 00:13.35 | 00:00:13.35 | |
| 3rd | 4 | Oakton (K. Straker) | 06:39.37 | 4.9% | 00:05.42 | 00:00:18.77 | |
| 4th | 5 | Granby (H. Hudgins) | 06:45.93 | 6.7% | 00:06.56 | 00:00:25.33 | |
| Race 47: W-2-4 Heat 2 @ 12:50 PM | | | | | | | |
| 1st | 2 | W.T. Woodson (K. Wahlbeck) | 06:16.40 | | | | |
| 2nd | 3 | Mount Vernon (K. Brown) | 06:20.53 | 1.1% | 00:04.13 | 00:00:04.13 | |
| 3rd | 4 | Fairfax (H. Ferens) | 06:58.72 | 11.2% | 00:38.19 | 00:00:42.32 | |
| 4th | 5 | LCHS (K. Eilo) | 07:16.38 | 15.9% | 00:17.66 | 00:00:59.98 | |
| Race 48: M-1x Final @ 01:28 PM | | | | | | | |
| 1st | 3 | Ireton (M. Gottlieb) | 06:02.70 | | | | |
| 2nd | 5 | Wakefield A (J. Stalica-Galeano) | 06:08.03 | 1.5% | 00:05.33 | 00:00:05.33 | |
| 3rd | 1 | Great Bridge (Z. Driscoll) | 06:11.86 | 2.5% | 00:03.83 | 00:00:09.16 | |
| 4th | 4 | W Albermarle A (W. Martin) | 06:12.06 | 2.6% | 00:00.20 | 00:00:09.36 | |
| 5th | 2 | Jeb Stuart (P. McGuigan) | 06:32.62 | 8.2% | 00:20.56 | 00:00:29.92 | |
| 6th | 6 | Kempsville (D. Callahan) | 06:43.52 | 11.3% | 00:10.90 | 00:00:40.82 | |
| Race 49: W-1x Final @ 01:35 PM | | | | | | | |
| 1st | 3 | Osbourn Park (M. Finley) | 06:29.30 | | | | |
| 2nd | 4 | W Albermarle (G. von Elten) | 06:35.46 | 1.6% | 00:06.16 | 00:00:06.16 | |
| 3rd | 2 | Howard Gardner (S. Creskoff) | 06:40.30 | 2.8% | 00:04.84 | 00:00:11.00 | |
| 4th | 5 | Henrico (S. Cliborne) | 06:43.03 | 3.5% | 00:02.73 | 00:00:13.73 | |
| 5th | 6 | Great Bridge (H. Woolridge) | 06:53.17 | 6.1% | 00:10.14 | 00:00:23.87 | |
| 6th | 1 | Ireton (E. McCabe) | 07:03.69 | 8.8% | 00:10.52 | 00:00:34.39 | |
| Race 50: M-2x Final @ 01:42 PM | | | | | | | |
| 1st | 3 | Albemarle A (H. Davis) | 05:29.50 | | | | |
| 2nd | 1 | James River (N. McMordie) | 05:35.16 | 1.7% | 00:05.66 | 00:00:05.66 | |
| 3rd | 4 | Great Bridge A (D. Dominguez-Tuin) | 05:44.87 | 4.7% | 00:09.71 | 00:00:15.37 | |
| 4th | 7 | W Albermarle (H. hale) | 05:53.04 | 7.1% | 00:08.17 | 00:00:23.54 | |
| 5th | 6 | Mathews (L. Hudgins) | 05:54.94 | 7.7% | 00:01.90 | 00:00:25.44 | |
| 6th | 2 | Great Bridge B (T. Fridel) | 05:58.15 | 8.7% | 00:03.21 | 00:00:28.65 | |
| | 5 | Gloucester (J. Cooper) | Scratch | | | | |
| Race 51: W-2x Final @ 01:49 PM | | | | | | | |
| 1st | 4 | SSSA (P. Solms) | 06:01.50 | | | | |
| 2nd | 3 | Gar-Field (A. White) | 06:22.60 | 5.8% | 00:21.10 | 00:00:21.10 | |
| 3rd | 1 | Granby A (F. Teevan-Kamhawi) | 06:29.73 | 7.8% | 00:07.13 | 00:00:28.23 | |
| 4th | 5 | Mathews (R. Witt) | 06:40.10 | 10.7% | 00:10.37 | 00:00:38.60 | |
| 5th | 2 | Ireton (I. Shirron) | 06:43.93 | 11.7% | 00:03.83 | 00:00:42.43 | |
| 6th | 6 | Forest Park (M. Bruns) | 07:01.29 | 16.5% | 00:17.36 | 00:00:59.79 | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|--|------|-------------------------------------|-----------------|-------|----------|-------------|-----|
| Race 52: M-LT-2x Final @ 01:56 PM | | | | | | | |
| 1st | 2 | Albemarle (A. Pierce) | 05:37.80 | | | | |
| 2nd | 3 | Great Bridge (J. Brannan) | 05:40.56 | 0.8% | 00:02.76 | 00:00:02.76 | |
| 3rd | 4 | Gloucester (J. Lineberry) | 06:12.36 | 10.2% | 00:31.80 | 00:00:34.56 | |
| Race 53: W-LT-2x Final @ 02:03 PM | | | | | | | |
| 1st | 3 | Albemarle (R. Lloyd) | 06:11.50 | | | | |
| 2nd | 4 | W Albermarle A (J. Dugan) | 06:16.74 | 1.4% | 00:05.24 | 00:00:05.24 | |
| 3rd | 2 | W Albermarle B (M. Abrahamson) | 06:28.24 | 4.5% | 00:11.50 | 00:00:16.74 | |
| 4th | 5 | Jeb Stuart (M. Shand) | 06:33.07 | 5.8% | 00:04.83 | 00:00:21.57 | |
| 5th | 6 | Great Bridge (L. Arledge) | 06:40.66 | 7.8% | 00:07.59 | 00:00:29.16 | |
| Race 54: M-1-8 Final @ 02:10 PM | | | | | | | |
| 1st | 4 | St. Albans (M. Dent) | 04:33.80 | | | | |
| 2nd | 3 | Washington-Lee (I. Estevao) | 04:36.72 | 1.1% | 00:02.92 | 00:00:02.92 | |
| 3rd | 6 | Jefferson (M. Koeniger) | 04:37.92 | 1.5% | 00:01.20 | 00:00:04.12 | |
| 4th | 5 | James Madison (D. Tucker) | 04:38.25 | 1.6% | 00:00.33 | 00:00:04.45 | |
| 5th | 1 | Woodbridge (N. Borg) | 04:41.34 | 2.8% | 00:03.09 | 00:00:07.54 | |
| 6th | 2 | Robinson (S. Ghalayini) | 04:45.57 | 4.3% | 00:04.23 | 00:00:11.77 | |
| Race 55: W-1-8 Final @ 02:17 PM | | | | | | | |
| 1st | 4 | NCS (S. Bredenkamp) | 05:15.50 | | | | |
| 2nd | 3 | McLean (I. Wyerman) | 05:22.30 | 2.2% | 00:06.80 | 00:00:06.80 | |
| 3rd | 6 | TC Williams (M. Justiniano) | 05:23.31 | 2.5% | 00:01.01 | 00:00:07.81 | |
| 4th | 5 | James Madison (S. Chenen) | 05:29.46 | 4.4% | 00:06.15 | 00:00:13.96 | |
| 5th | 1 | Washington-Lee (S. Crittenden-Toth) | 05:34.38 | 6.0% | 00:04.92 | 00:00:18.88 | |
| 6th | 2 | Visitation (E. Kinyon) | 05:41.13 | 8.1% | 00:06.75 | 00:00:25.63 | |
| Race 56: M-1-4x Final @ 02:24 PM | | | | | | | |
| 1st | 3 | Albemarle (J. Haynie) | 05:16.10 | | | | |
| 2nd | 5 | Hylton (K. Lutz) | 05:30.35 | 4.5% | 00:14.25 | 00:00:14.25 | |
| 3rd | 4 | Granby (J. Jimenez) | 05:34.32 | 5.8% | 00:03.97 | 00:00:18.22 | |
| 4th | 2 | South County (S. Casabianca) | 05:35.75 | 6.2% | 00:01.43 | 00:00:19.65 | |
| 5th | 6 | Jeb Stuart (V. Gioseffi) | 05:40.59 | 7.7% | 00:04.84 | 00:00:24.49 | |
| | 1 | W Albermarle (P. Dister) | Scratch | | | | |
| Race 57: W-1-4x Final @ 02:31 PM | | | | | | | |
| 1st | 3 | W Albermarle A (E. Barlow) | 05:43.10 | | | | |
| 2nd | 4 | Albemarle (E. Wuensch) | 05:53.08 | 2.9% | 00:09.98 | 00:00:09.98 | |
| 3rd | 2 | Jeb Stuart (E. Dubas) | 05:55.55 | 3.6% | 00:02.47 | 00:00:12.45 | |
| 4th | 5 | Mathews (L. Howlett) | 06:00.17 | 5.0% | 00:04.62 | 00:00:17.07 | |
| 5th | 6 | W Albermarle B (J. Neuman) | 06:03.99 | 6.1% | 00:03.82 | 00:00:20.89 | |
| 6th | 1 | Woodbridge (V. Chambers) | 06:28.66 | 13.3% | 00:24.67 | 00:00:45.56 | |

| Place | Lane | Organization | Net Time | % | Delta | Split | Pts |
|---|------|-------------------------------|-----------------|-------|----------|-------------|-----|
| Race 58: M-1-4 Final @ 02:38 PM | | | | | | | |
| 1st | 3 | McLean (D. McCarthy) | 05:18.00 | | | | |
| 2nd | 4 | Langley (J. Meeker) | 05:19.22 | 0.4% | 00:01.22 | 00:00:01.22 | |
| 3rd | 6 | South County (T. Johnson) | 05:26.57 | 2.7% | 00:07.35 | 00:00:08.57 | |
| 4th | 1 | TC Williams (P. Tracy) | 05:27.68 | 3.0% | 00:01.11 | 00:00:09.68 | |
| 5th | 5 | Fairfax (S. Newman) | 05:33.65 | 4.9% | 00:05.97 | 00:00:15.65 | |
| 6th | 2 | Lake Braddock (G. Colmenarez) | 05:43.06 | 7.9% | 00:09.41 | 00:00:25.06 | |
| Race 59: W-1-4 Final @ 02:45 PM | | | | | | | |
| 1st | 4 | Gloucester (C. Martin) | 06:04.00 | | | | |
| 2nd | 3 | W. Springfield (K. Rupinen) | 06:05.17 | 0.3% | 00:01.17 | 00:00:01.17 | |
| 3rd | 2 | West Potomac (C. Lane) | 06:11.45 | 2.0% | 00:06.28 | 00:00:07.45 | |
| 4th | 6 | Fairfax (J. BAE) | 06:14.61 | 2.9% | 00:03.16 | 00:00:10.61 | |
| 5th | 5 | W.T. Woodson (R. Bodrog) | 06:17.14 | 3.6% | 00:02.53 | 00:00:13.14 | |
| 6th | 1 | Yorktown (T. Bischot) | 06:21.81 | 4.9% | 00:04.67 | 00:00:17.81 | |
| Race 60: M-JR-8 Final @ 02:52 PM | | | | | | | |
| 1st | 3 | Langley (P. Halm) | 05:06.70 | | | | |
| 2nd | 4 | Jefferson (J. Khan) | 05:19.56 | 4.2% | 00:12.86 | 00:00:12.86 | |
| 3rd | 5 | Fairfax (A. Hirji) | 05:25.79 | 6.2% | 00:06.23 | 00:00:19.09 | |
| 4th | 2 | Lake Braddock (C. Hodges) | 05:26.64 | 6.5% | 00:00.85 | 00:00:19.94 | |
| 5th | 1 | Yorktown (J. Lacey) | 05:33.39 | 8.7% | 00:06.75 | 00:00:26.69 | |
| 6th | 6 | Robinson (A. Willis) | 05:42.03 | 11.5% | 00:08.64 | 00:00:35.33 | |