

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****Event 1 Men 200 Yard Medley Relay**

League Rec: 1:34.04 \$ 2007 **Georgetown Prep**
Meet Record: 1:35.89 % 2009 **Gonzaga**
Metros: 1:52.99
 1:37.02 AAA
 1:38.50 AAC

Team	Relay	Seed Time	Finals Time	Points
1 GEORGETOWN PREPARATOF	A	1:39.18	1:39.98	40
1) Ekstrom, Jonathan A JR	2) Chi, Raymond J JR	3) Thomas, Matt C SR	4) Truluck, Sutton A SR	
25.78	55.31 (29.53)	1:18.69 (23.38)	1:39.98 (21.29)	
2 Good Counsel	A	1:39.20	1:40.12	34
1) Devlin, Joey JR	2) Garfield, Evan SO	3) Conger, Jack FR	4) Schwartz, Colin JR	
26.39	54.95 (28.56)	1:17.91 (22.96)	1:40.12 (22.21)	
3 DeMatha Catholic High School	A	1:42.89	1:40.65	32
1) Brothman, Eric J SR	2) Trigonoplos, Paul A SR	3) Smith, Ethan D JR	4) Hungerford, Darell E SR	
26.40	54.22 (27.82)	1:18.68 (24.46)	1:40.65 (21.97)	
4 Gonzaga College High School	A	1:41.81	1:40.73	30
1) Spata, Sean J SO	2) Michael, James P SO	3) Leach, Willie SR	4) Sullivan, Sean SO	
26.16	55.65 (29.49)	1:19.57 (23.92)	1:40.73 (21.16)	
5 ST. ALBANS/M	A	1:43.10	1:42.55	28
1) Nasser, Cyrus S 10	2) McDermott, Danny J 10	3) Clancy, Tim 10	4) Otoo, Ben K 10	
26.46	54.59 (28.13)	1:19.38 (24.79)	1:42.55 (23.17)	
6 Bishop Ireton Swim and Dive Te	A	1:44.22	1:42.72	26
1) Clark, Michael R SO	2) McGinty, Brian JR	3) MacDonald, Angus SR	4) Ellis, Samuel W SR	
27.12	57.36 (30.24)	1:20.73 (23.37)	1:42.72 (21.99)	
7 Paul VI Catholic High School	A	1:42.83	1:44.11	24
1) Yelmgren, Michael A SR	2) Chauvin, Dan J SR	3) Nasakaitis, Eric J JR	4) Martinez, Marcus L SR	
25.65	56.80 (31.15)	1:21.48 (24.68)	1:44.11 (22.63)	
8 Saints	A	1:47.35	1:48.72	22
1) Atkins, Ferrel	2) MacNair, Conor	3) Jennings, Lucas	4) Davis, Parker	
28.09	56.83 (28.74)	1:23.58 (26.75)	1:48.72 (25.14)	
9 Bishop O'Connell High School	A	1:46.61	1:49.92	18
1) Tucker, Don FR	2) Rudolph, Alex JR	3) Luciani, Michael FR	4) Hughes, Danny A SO	
29.44	59.00 (29.56)	1:26.12 (27.12)	1:49.92 (23.80)	
10 St. John's College High School	A	1:49.74	1:50.51	14
1) Simmons, Tucker M JR	2) Rurka, Alexander A FR	3) von Heeringen, Mark C SO	4) Crock, Lucas E JR	
28.55	59.61 (31.06)	1:26.06 (26.45)	1:50.51 (24.45)	
11 Maret School	A	1:51.21	1:51.08	12
1) Sorenson, Isaac SR	2) Spigler, Alex FR	3) Ballen, Scott JR	4) Spigler, Robert FR	
26.71	57.43 (30.72)	1:24.69 (27.26)	1:51.08 (26.39)	
12 Landon School	A	1:48.22	1:52.76	10
1) Baca, Alex	2) Garner, Alex	3) Freeman, John	4) Blue, Ty	
29.38	1:00.93 (31.55)	1:27.81 (26.88)	1:52.76 (24.95)	
13 The Heights School	A	1:44.89	1:52.77	8
1) Finnell, Tim JR	2) Kime, Nolan JR	3) Royals, John Paul SO	4) Falcone, Vincent SR	
27.92	1:01.38 (33.46)	1:28.68 (27.30)	1:52.77 (24.09)	
14 The Bullis School	A	2:03.36	2:00.19	6
1) Bramson, Max FR	2) Shuster, Michael SR	3) Redlack, Stephen JR	4) Towe, Maxwell SR	
32.98	1:07.75 (34.77)	1:35.17 (27.42)	2:00.19 (25.02)	
15 Bishop McNamara High School	A	1:56.04	2:00.60	4
1) Holmes, Tyler JR	2) Miller, Jesse	3) Holmes, Austin SO	4) Holloman, Cole FR	
30.81	1:04.35 (33.54)	1:34.79 (30.44)	2:00.60 (25.81)	
16 Sidwell Friends School	A	2:02.18	2:05.71	2
1) Benson, Jack	2) Malone, Matthew	3) Kessler, Duncan	4) Wilson, Kyle	
32.10	1:10.62 (38.52)	1:39.13 (28.51)	2:05.71 (26.58)	

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 1 Men 200 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
--- DeMatha Catholic High School	B	NT	X1:48.58	
1) Daronco, Matt B FR	2) Husson, Patrick A SR	3) Sabin, Jack SR	4) Shanklin, Eli W SR	
29.67	58.13 (28.46)	1:24.41 (26.28)	1:48.58 (24.17)	
--- Gonzaga College High School	B	NT	X1:51.61	
1) Hogan, John JR	2) Weitzel, Patrick SR	3) Marquet, Bryan JR	4) Dunn, Pat SR	
29.06	1:00.50 (31.44)	1:26.95 (26.45)	1:51.61 (24.66)	
--- Bishop O'Connell High School	B	1:55.60	X1:52.07	
1) Chamness, Conor FR	2) Brenac, Sacha L JR	3) Byrne, Dan SO	4) DiBenedetto, PJ SO	
28.92	59.70 (30.78)	1:27.84 (28.14)	1:52.07 (24.23)	
--- Landon School	B	1:52.00	X1:56.31	
1) Scott, Andrew	2) Baker, David	3) Spiegel, Allan	4) Selowsky, Alex	
29.97	1:03.51 (33.54)	1:32.20 (28.69)	1:56.31 (24.11)	
--- GEORGETOWN PREPARATOF	B	NT	X1:58.53	
1) Royer, Matthew W SO	2) Kynoch, Cole FR	3) Spencer, Todd FR	4) Sheehan, Jarrod	
28.49	1:01.91 (33.42)	1:31.14 (29.23)	1:58.53 (27.39)	
--- The Heights School	B	2:02.93	X2:01.09	
1) Reim, Brendan JR	2) Moss, Alex SR	3) Sainvilier, Ben SR	4) Rowedder, Paul JR	
30.03	1:07.87 (37.84)	1:37.49 (29.62)	2:01.09 (23.60)	
--- St. John's College High School	B	NT	X2:01.80	
1) Gibeily, Tommy FR	2) Claro, Andre O FR	3) O'Brien, Bill J JR	4) Gaffney, Andrew SO	
33.76	1:05.00 (31.24)	1:35.30 (30.30)	2:01.80 (26.50)	
--- Saints	B	NT	X2:10.90	
1) Blair, Carter	2) Frerichs, Luke	3) Teague, Sam	4) Dupree, PJ	
36.89	1:10.30 (33.41)	1:39.92 (29.62)	2:10.90 (30.98)	
--- The Bullis School	B	2:20.00	X2:18.28	
1) Elmaani, Amir SR	2) Clayton, Kevin SR	3) Barpoulis, Nick FR	4) Manesh, Keon FR	
36.61	1:13.38 (36.77)	1:51.83 (38.45)	2:18.28 (26.45)	
--- Bishop McNamara High School	B	NT	X2:19.87	
1) Gouldman, Steve FR	2) Glotfelty, James JR	3) Kelly, Justin FR	4) Gessner, Nick JR	
37.07	1:14.52 (37.45)	2:02.81 (48.29)	2:19.87 (17.06)	
--- Bishop Ireton Swim and Dive Te	B	NT	X2:20.25	
1) Fannon, Jake JR	2) True, Alex JR	3) Louison, Cliff SO	4) Becker, Max SO	
33.80	1:19.57 (45.77)	2:03.06 (43.49)	2:20.25 (17.19)	
--- Sidwell Friends School	B	NT	X2:29.36	
1) Brown, Gabe	2) Marco, Bruno	3) Harris, Todd	4) Ross, Forrister	
54.53	1:29.79 (35.26)	2:02.29 (32.50)	2:29.36 (27.07)	
--- Paul VI Catholic High School	B	NT	XDQ	
1) Dovi, Matthew J SO	2) McAlevy, Connor M SO	3) Gormley, Ryan H JR	4) Gilbert, Dan S JR	
32.23	1:06.24 (34.01)	1:34.91 (28.67)	DQ (28.44)	

Event 3 Men 200 Yard Freestyle

League Rec: 1:39.81 \$ 2009 **Matt Thomas**
Meet Record: 1:42.19 % 2009 **Hunter Perot**
Metros: 1:56.49
1:41.46 AAA
1:42.97 AAC

Name	Yr	School	Seed Time	Finals Time	Points
1 Thomas, Matt C	SR	GEORGETOWN PREPARATORY S	1:44.04	1:44.52	20
24.84	51.26 (26.42)	1:18.17 (26.91)	1:44.52 (26.35)		
2 Kundrat, John A	SR	DeMatha Catholic High School	1:46.17	1:45.53	17
24.69	51.02 (26.33)	1:18.05 (27.03)	1:45.53 (27.48)		
3 Spencer, Robert		Landon School	1:44.16	1:46.12	16
24.21	50.32 (26.11)	1:17.55 (27.23)	1:46.12 (28.57)		

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 3 Men 200 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
4 Irish, Trevor R	SO	DeMatha Catholic High School	1:49.83	1:47.86	15
25.03	52.07 (27.04)	1:20.11 (28.04)	1:47.86 (27.75)		
5 Lawler, Will C	JR	GEORGETOWN PREPARATORY S	1:47.11	1:48.04	14
25.14	52.30 (27.16)	1:20.55 (28.25)	1:48.04 (27.49)		
6 Gyenis, Andrew I	SO	GEORGETOWN PREPARATORY S	1:47.03	1:48.67	13
25.38	52.96 (27.58)	1:21.19 (28.23)	1:48.67 (27.48)		
7 Smith, Ethan D	JR	DeMatha Catholic High School	1:51.11	1:49.32	12
25.51	53.30 (27.79)	1:21.13 (27.83)	1:49.32 (28.19)		
8 Huizinga, Ben		Landon School	1:46.47	1:49.69	11
24.93	52.52 (27.59)	1:20.91 (28.39)	1:49.69 (28.78)		
9 Hardimon, Madison C	SO	Gonzaga College High School	1:52.56	1:50.00	9
25.40	52.92 (27.52)	1:21.19 (28.27)	1:50.00 (28.81)		
10 Pugliese, Xavier C	JR	Gonzaga College High School	1:49.53	1:50.78	7
25.42	53.74 (28.32)	1:21.97 (28.23)	1:50.78 (28.81)		
11 Ledecy, Michael D	SO	Gonzaga College High School	1:52.01	1:51.47	6
25.55	53.27 (27.72)	1:21.86 (28.59)	1:51.47 (29.61)		
12 Sheerin, Danny W	JR	DeMatha Catholic High School	1:54.71	1:51.87	5
25.08	53.18 (28.10)	1:22.43 (29.25)	1:51.87 (29.44)		
13 Royals, John Paul	SO	The Heights School	1:51.69	1:52.25	4
26.45	55.05 (28.60)	1:22.61 (27.56)	1:52.25 (29.64)		
14 Natoli, Carey	SR	Bishop Ireton Swim and Dive Te	1:54.95	1:52.47	3
26.00	54.90 (28.90)	1:23.87 (28.97)	1:52.47 (28.60)		
15 Barry, Tim R	SO	Gonzaga College High School	1:53.00	1:52.96	2
25.07	53.04 (27.97)	1:22.48 (29.44)	1:52.96 (30.48)		
16 Schwartz, Colin	JR	Good Counsel	1:53.10	1:54.02	1
26.06	55.11 (29.05)	1:24.89 (29.78)	1:54.02 (29.13)		
17 Colket, Thomas	FR	Good Counsel	1:56.76	1:55.52	
27.23	56.85 (29.62)	1:27.13 (30.28)	1:55.52 (28.39)		
18 Svenson, Ross	10	ST. ALBANS/M	1:56.07	1:55.68	
26.84	56.12 (29.28)	1:26.41 (30.29)	1:55.68 (29.27)		
19 Falcone, Vincent	SR	The Heights School	1:57.20	1:56.74	
26.98	56.08 (29.10)	1:26.50 (30.42)	1:56.74 (30.24)		
20 Dougherty, Ryan	JR	Bishop Ireton Swim and Dive Te	2:01.99	1:57.19	
26.42	55.76 (29.34)	1:26.62 (30.86)	1:57.19 (30.57)		
21 Fireman, Seth		Landon School	2:02.65	2:01.71	
27.85	58.04 (30.19)	1:30.00 (31.96)	2:01.71 (31.71)		
22 Murphy, Brian	SO	Good Counsel	2:08.35	2:02.36	
28.18	59.20 (31.02)	1:30.54 (31.34)	2:02.36 (31.82)		
23 Quint, Marcus	FR	Paul VI Catholic High School	2:01.34	2:02.61	
28.02	58.20 (30.18)	1:30.17 (31.97)	2:02.61 (32.44)		
24 Pongrace, Aidan	FR	GEORGETOWN PREPARATORY S	2:02.73	2:02.92	
27.82	58.74 (30.92)	1:30.82 (32.08)	2:02.92 (32.10)		
25 Navale, Rahul	FR	Good Counsel	2:05.43	2:03.96	
28.63	1:00.09 (31.46)	1:32.54 (32.45)	2:03.96 (31.42)		
26 Merley, Connor E	13	ST. ALBANS/M	2:02.56	2:04.61	
27.57	59.45 (31.88)	1:32.35 (32.90)	2:04.61 (32.26)		
27 Thompson, Graham M	10	ST. ALBANS/M	2:06.75	2:05.26	
27.22	59.12 (31.90)	1:32.31 (33.19)	2:05.26 (32.95)		
28 Medish, Vadim A	12	ST. ALBANS/M	2:06.18	2:06.48	
28.46	1:01.06 (32.60)	1:34.79 (33.73)	2:06.48 (31.69)		
29 Wiltshire, James	SR	Paul VI Catholic High School	2:06.84	2:07.07	
27.90	59.66 (31.76)	1:33.35 (33.69)	2:07.07 (33.72)		
30 Kelso, Aidan		Landon School	2:03.98	2:08.77	
28.51	1:01.20 (32.69)	1:35.21 (34.01)	2:08.77 (33.56)		

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 3 Men 200 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
31 Morris, Patrick	JR	Bishop O'Connell High School	2:08.00	2:09.10	
29.28			1:01.66 (32.38)	1:35.42 (33.76)	2:09.10 (33.68)
32 Lowry, Ryan	FR	Paul VI Catholic High School	2:06.88	2:09.38	
28.72			59.99 (31.27)	1:34.29 (34.30)	2:09.38 (35.09)
33 Rowan, James	FR	Bishop O'Connell High School	2:04.70	2:10.18	
28.44			1:00.85 (32.41)	1:35.67 (34.82)	2:10.18 (34.51)
34 Nary, Richard	SO	Bishop O'Connell High School	2:12.44	2:14.08	
29.78			1:01.89 (32.11)	1:37.78 (35.89)	2:14.08 (36.30)
35 Wilson, Kyle		Sidwell Friends School	2:19.05	2:14.86	
30.73			1:05.92 (35.19)	1:41.42 (35.50)	2:14.86 (33.44)
36 Krauland, William E	FR	St. John's College High School	2:15.06	2:15.52	
31.20			1:04.74 (33.54)	1:40.34 (35.60)	2:15.52 (35.18)
37 Hale-Kupiec, Michael	FR	Paul VI Catholic High School	2:10.37	2:16.00	
28.05				1:39.04 ()	2:16.00 (36.96)
38 Draim, Evan		Saints	2:28.10	2:16.13	
30.10			1:04.38 (34.28)	1:39.88 (35.50)	2:16.13 (36.25)
39 Moss, Alex	SR	The Heights School	2:20.89	2:19.78	
40 Ramjug, Patrick M	FR	St. John's College High School	2:18.23	2:20.10	
31.05			1:05.92 (34.87)	1:42.51 (36.59)	2:20.10 (37.59)
41 Gibeily, Tommy	FR	St. John's College High School	2:17.95	2:20.80	
28.95			1:03.04 (34.09)	1:41.35 (38.31)	2:20.80 (39.45)
42 Griffiths, Joey	FR	Flint Hill Varsity Swim Team	2:26.79	2:22.57	
33.62			1:11.17 (37.55)	1:47.91 (36.74)	2:22.57 (34.66)
43 Pearing, Joseph	SO	Bishop O'Connell High School	2:20.15	2:23.34	
31.42			1:07.06 (35.64)	1:46.00 (38.94)	2:23.34 (37.34)
44 Elmaani, Amir	SR	The Bullis School	2:30.21	2:27.42	
32.53			1:09.36 (36.83)	1:49.72 (40.36)	2:27.42 (37.70)
45 Conroy, James	SO	St. John's College High School	2:38.51	2:27.81	
46 Starr, Ryan		Saints	2:37.76	2:32.75	
32.18			1:10.30 (38.12)	1:52.01 (41.71)	2:32.75 (40.74)
47 Holmes, Austin	SO	Bishop McNamara High School	2:38.89	2:36.34	
32.01				2:36.34 (2:04.33)	
48 Young, Parker	SO	The Bullis School	3:02.87	2:53.35	
38.67				2:08.47 ()	2:53.35 (44.88)
49 Corley, John	SO	Bishop McNamara High School	2:48.67	2:54.53	
			1:19.17 ()	2:06.27 (47.10)	2:54.53 (48.26)
50 Stroup, Michael	SR	The Bullis School	2:43.08	2:57.05	
37.49			1:21.82 (44.33)	2:10.61 (48.79)	2:57.05 (46.44)
51 Manesh, Keon	FR	The Bullis School	3:05.00	3:05.20	
38.72			1:25.28 (46.56)	2:16.56 (51.28)	3:05.20 (48.64)

Event 5 Men 200 Yard IMLeague Rec: **1:51.15** \$ **2009** **Michael Flach**Meet Record: **1:54.11** % **2009** **Matt Thomas**Metros: **2:14.99****1:54.02** AAA**1:55.96** AAC

Name	Yr	School	Seed Time	Finals Time	Points
1 Decker, Ian S	JR	Bishop O'Connell High School	1:59.48	1:57.14	20
26.34			56.38 (30.04)	1:30.26 (33.88)	1:57.14 (26.88)
2 Ekstrom, Jonathan A	JR	GEORGETOWN PREPARATORY S	1:54.02	1:57.15	17
25.78			54.94 (29.16)	1:29.25 (34.31)	1:57.15 (27.90)

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010

Results - Men's Timed Finals

(Event 5 Men 200 Yard IM)

Name	Yr	School	Seed Time	Finals Time	Points
3 McDermott, Danny J 25.77	10	ST. ALBANS/M	1:57.44 1:30.15 (33.88)	1:58.67 1:58.67 (28.52)	16
4 Curl, Tyler 27.25	JR	Gonzaga College High School	2:03.51 1:32.55 (35.30)	2:00.86 2:00.86 (28.31)	15
5 Kotonias, Nick J 26.01	SR	DeMatha Catholic High School	2:01.76 1:32.98 (35.55)	2:01.53 2:01.53 (28.55)	14
6 Brothman, Eric J 26.52	SR	DeMatha Catholic High School	2:03.67 1:34.31 (37.54)	2:02.19 2:02.19 (27.88)	13
7 Spata, Sean J 26.15	SO	Gonzaga College High School	2:03.08 1:35.16 (38.22)	2:02.98 2:02.98 (27.82)	12
8 St.John, Carl A 25.78	SO	GEORGETOWN PREPARATORY S	2:01.21 1:33.46 (36.57)	2:03.18 2:03.18 (29.72)	11
9 MacNair, Conor 27.06		Saints	2:04.77 1:33.67 (34.67)	2:03.37 2:03.37 (29.70)	9
10 Tarbrake, Daniel F 26.22	SO	Gonzaga College High School	2:03.13 1:35.22 (37.63)	2:04.70 2:04.70 (29.48)	7
11 Byrd, Matt 27.22	SR	Good Counsel	2:03.45 1:36.94 (38.48)	2:05.12 2:05.12 (28.18)	6
12 Chi, Raymond J 28.42	JR	GEORGETOWN PREPARATORY S	2:03.61 1:01.78 (33.36)	2:05.39 1:37.03 (35.25)	5
13 McVerry, Michael A 26.35	JR	GEORGETOWN PREPARATORY S	2:06.68 59.90 (33.55)	2:05.52 1:36.32 (36.42)	4
14 Trigonoplos, Paul A 27.12	SR	DeMatha Catholic High School	2:08.51 1:00.62 (33.50)	2:05.68 1:36.67 (36.05)	3
15 Garfield, Evan 28.01	SO	Good Counsel	2:04.36 1:01.30 (33.29)	2:06.21 1:37.47 (36.17)	2
16 Brooks, Nick A 26.58	SO	Gonzaga College High School	2:09.19 57.07 (30.49)	2:06.56 1:36.79 (39.72)	1
17 Chavez, Alejandro E 27.17	JR	DeMatha Catholic High School	2:09.78 1:00.61 (33.44)	2:08.24 1:38.60 (37.99)	
18 Nasakaitis, Eric J 26.72	JR	Paul VI Catholic High School	2:06.86 58.86 (32.14)	2:08.27 1:37.81 (38.95)	
19 Foley, Michael 26.69	SR	Good Counsel	2:06.54 59.18 (32.49)	2:09.66 1:38.48 (39.30)	
20 Atkins, Ferrel 27.00		Saints	2:13.09 1:01.06 (34.06)	2:11.51 1:40.45 (39.39)	
21 Freeman, John 28.90		Landon School	2:13.09 1:03.19 (34.29)	2:12.18 1:42.94 (39.75)	
22 Luciani, Michael 28.33	FR	Bishop O'Connell High School	2:11.40 1:03.87 (35.54)	2:12.49 1:42.32 (38.45)	
23 Clark, Michael R 28.42	SO	Bishop Ireton Swim and Dive Te	2:15.95 59.79 (31.37)	2:12.90 1:40.83 (41.04)	
24 Schmid, Stephen 28.90	JR	Good Counsel	2:05.50 1:02.83 (33.93)	2:15.85 1:42.21 (39.38)	
25 Rudolph, Alex 30.04	JR	Bishop O'Connell High School	2:16.49 1:05.59 (35.55)	2:16.33 1:44.04 (38.45)	
26 Brenac, Sacha L 29.33	JR	Bishop O'Connell High School	2:12.69 1:04.51 (35.18)	2:16.75 1:42.85 (38.34)	
27 Rurka, Alexander A 30.63	FR	St. John's College High School	2:16.46 1:06.42 (35.79)	2:17.48 1:46.96 (40.54)	
28 Brown, Andrew B 30.10	11	ST. ALBANS/M	2:18.10 1:05.72 (35.62)	2:19.58 1:45.75 (40.03)	
29 Spigler, Alex 32.55	FR	Maret School	2:20.97 1:09.07 (36.52)	2:22.77 1:49.15 (40.08)	

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 5 Men 200 Yard IM)**

Name	Yr	School	Seed Time	Finals Time	Points
30 Abboud, Philip J	13	ST. ALBANS/M	2:29.24	2:25.94	
29.80	1:06.21 (36.41)	1:51.06 (44.85)	2:25.94 (34.88)		
31 Morrissey, John	FR	Paul VI Catholic High School	2:24.55	2:27.43	
31.12	1:11.24 (40.12)	1:53.94 (42.70)	2:27.43 (33.49)		
32 Bramson, Max	FR	The Bullis School	2:24.29	2:27.88	
29.45	1:09.15 (39.70)	1:55.79 (46.64)	2:27.88 (32.09)		
33 Garner, Alex		Landon School	2:30.38	2:29.17	
34.22	1:13.45 (39.23)	1:54.74 (41.29)	2:29.17 (34.43)		
34 Benson, Jack		Sidwell Friends School	2:32.90	2:29.43	
31.05	1:09.51 (38.46)	1:55.31 (45.80)	2:29.43 (34.12)		
35 Spiegel, Allan		Landon School	2:32.58	2:33.94	
31.78	1:10.41 (38.63)	1:58.47 (48.06)	2:33.94 (35.47)		
36 Kelly, Scott S	SO	St. John's College High School	2:35.28	2:35.27	
30.79		1:56.97 ()	2:35.27 (38.30)		
37 McAlevy, Connor M	SO	Paul VI Catholic High School	NT	2:36.97	
34.46	1:15.30 (40.84)	2:00.04 (44.74)	2:36.97 (36.93)		
38 Claro, Andre O	FR	St. John's College High School	2:40.68	2:41.10	
33.46	1:16.09 (42.63)	2:01.40 (45.31)	2:41.10 (39.70)		
--- Baker, David		Landon School	2:33.89	DQ	
	1:25.40 ()	2:09.09 (43.69)	DQ (34.91)		
--- Lukas, Beau B	10	ST. ALBANS/M	2:49.65	DQ	
30.51	1:12.54 (42.03)	2:01.49 (48.95)	DQ (36.45)		
--- Schifferli, AJ J	SR	Paul VI Catholic High School	NT	DQ	
40.62	1:26.23 (45.61)	2:17.07 (50.84)	DQ (45.35)		

Event 7 Men 50 Yard Freestyle

League Rec:	20.70	\$ 2009	Pat Sullivan
Meet Record:	20.70	% 2009	Pat Sullivan
Metros:	23.79		
	21.15	AAA	
	21.48	AAC	

Name	Yr	School	Seed Time	Finals Time	Points
1 MacDonald, Angus	SR	Bishop Ireton Swim and Dive Te	21.45	21.56	20
2 Truluck, Sutton A	SR	GEORGETOWN PREPARATORY S	22.04	21.73	17
3 Ellis, Samuel W	SR	Bishop Ireton Swim and Dive Te	21.96	22.01	16
4 Conger, Jack	FR	Good Counsel	23.52	22.02	15
5 Sullivan, Sean	SO	Gonzaga College High School	21.89	22.22	14
6 Knise, Nick	JR	Gonzaga College High School	22.70	22.46	13
7 Ortmyer, Torey T	JR	Gonzaga College High School	23.03	22.60	12
8 Hungerford, Darell E	SR	DeMatha Catholic High School	22.76	22.68	11
9 Cutler, James A	SR	Gonzaga College High School	23.00	22.99	9
10 Clancy, Tim	10	ST. ALBANS/M	23.61	23.03	7
11 Gallagher, Daniel P	JR	DeMatha Catholic High School	23.10	23.22	6
12 Mion, Nick D	FR	DeMatha Catholic High School	23.08	23.27	5
13 Malloy, John F	JR	DeMatha Catholic High School	23.07	23.31	4
14 Cramp, Trevor J	SR	GEORGETOWN PREPARATORY S	23.35	23.44	3
15 Deshields, Tony C	SR	GEORGETOWN PREPARATORY S	23.16	23.45	2
16 Edmunds, Ryan	SO	Good Counsel	23.06	23.59	1
17 Otoo, Ben K	10	ST. ALBANS/M	23.60	23.68	
18 Mooers, Stephen D	SR	GEORGETOWN PREPARATORY S	23.77	24.04	
19 Rowedder, Paul	JR	The Heights School	24.12	24.11	
20 Strang, Justin	SO	Good Counsel	23.75	24.19	
21 von Heeringen, Mark C	SO	St. John's College High School	24.18	24.37	

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 7 Men 50 Yard Freestyle)**

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
22	Gigioli, Paul	JR Good Counsel	24.18	24.40	
23	Ellis, Cam	SR Bishop Ireton Swim and Dive Te	24.59	24.42	
24	Moynahan, Patrick S	SR Bishop O'Connell High School	23.86	24.48	
25	Selowsky, Alex	Landon School	24.25	24.49	
26	DiBenedetto, PJ	SO Bishop O'Connell High School	24.31	24.68	
27	Luciani, Danny P	SR Bishop O'Connell High School	23.69	24.71	
28	Kelso, Ian	Landon School	24.45	24.79	
29	Grant, Kevin	FR Bishop Ireton Swim and Dive Te	24.35	24.81	
30	McJunkin, Matt R	12 ST. ALBANS/M	25.65	24.92	
31	Cromwell, Dylan M	12 ST. ALBANS/M	24.26	24.95	
32	Hughes, Danny A	SO Bishop O'Connell High School	23.72	25.04	
33	Smith, Keven V	SR St. John's College High School	25.33	25.10	
34	Carey, Randy	Landon School	24.61	25.18	
35	Towe, Maxwell	SR The Bullis School	26.99	25.19	
36	Holmes, Tyler	JR Bishop McNamara High School	24.49	25.29	
37	Lindsay, Joe	Saints	25.20	25.37	
38	Gibbons, Patrick C	SR Paul VI Catholic High School	25.49	25.41	
39	Hale-Kupiec, Michael	FR Paul VI Catholic High School	25.00	25.46	
40	Holloman, Cole	FR Bishop McNamara High School	24.50	25.79	
41	Davis, Parker	Saints	25.45	25.84	
42	Blue, Ty	Landon School	24.48	25.87	
43	Howard, Kenny	SO Paul VI Catholic High School	26.06	25.91	
44	Dovi, Matthew J	SO Paul VI Catholic High School	26.08	25.95	
45	Gaffney, Andrew	SO St. John's College High School	26.67	26.76	
46	Kolb, Brandon	JR The Heights School	27.08	26.89	
47	Miller, Jesse	Bishop McNamara High School	NT	27.22	
48	Shuster, Michael	SR The Bullis School	26.53	27.28	
49	Ross, Forrister	Sidwell Friends School	26.35	27.30	
50	Malone, Matthew	Sidwell Friends School	27.98	27.31	
51	Wimalasiri, Thilan	SO The Heights School	27.07	27.80	
52	Gessner, Nick	JR Bishop McNamara High School	27.95	28.26	
53	Sneeringer, David	SR Maret School	28.49	28.49	
54	Suarez, Nick R	FR St. John's College High School	28.27	28.57	
55	Frederick, Aaron	SO Flint Hill Varsity Swim Team	28.71	29.03	
56	Elmaani, Amir	SR The Bullis School	26.97	29.27	
57	Tcheyan, Lucas	SR Maret School	29.04	30.70	
58	Glick, Paul	SR Maret School	33.56	31.24	
59	Dupree, PJ	Saints	33.59	31.25	
60	Hakopian, Alex	FR Flint Hill Varsity Swim Team	32.77	31.99	
61	Barpoulis, Nick	FR The Bullis School	30.45	32.32	
62	Brown, Gabe	Sidwell Friends School	38.50	41.05	

Event 11 Men 100 Yard Butterfly

League Rec: 48.71 \$ 2009 **Brady Fox**

Meet Record: 49.71 % 2009 **Brady Fox**

Metros: 59.99

50.80 AAA

51.72 AAC

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
*1 Nasserri, Cyrus S	10	ST. ALBANS/M	54.19	53.32	18.50
	24.78	53.32 (28.54)			

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 11 Men 100 Yard Butterfly)**

	Name	Yr	School	Seed Time	Finals Time	Points
*1	Leach, Willie	SR	Gonzaga College High School	53.86	53.32	18.50
	24.94		53.32 (28.38)			
3	Nasakaitis, Eric J	JR	Paul VI Catholic High School	53.25	53.59	16
	25.21		53.59 (28.38)			
4	St.John, Carl A	SO	GEORGETOWN PREPARATORY S	54.69	54.92	15
	25.51		54.92 (29.41)			
5	McVerry, Michael A	JR	GEORGETOWN PREPARATORY S	54.64	55.04	14
	25.81		55.04 (29.23)			
6	Smith, Ethan D	JR	DeMatha Catholic High School	55.44	55.08	13
	25.74		55.08 (29.34)			
7	Brothman, Eric J	SR	DeMatha Catholic High School	55.94	55.32	12
	26.04		55.32 (29.28)			
8	Tarbrake, Daniel F	SO	Gonzaga College High School	54.73	55.93	11
	26.51		55.93 (29.42)			
9	Schwartzman, Kevin G	JR	GEORGETOWN PREPARATORY S	56.72	56.27	9
	26.36		56.27 (29.91)			
10	Brooks, Nick A	SO	Gonzaga College High School	57.37	56.48	7
	26.67		56.48 (29.81)			
11	Cowden, Billy	SO	Gonzaga College High School	56.92	56.49	6
	26.21		56.49 (30.28)			
12	Foley, Michael	SR	Good Counsel	55.71	56.83	5
	27.08		56.83 (29.75)			
13	Natoli, Carey	SR	Bishop Ireton Swim and Dive Te	58.73	57.70	4
	26.86		57.70 (30.84)			
14	Finnell, Tim	JR	The Heights School	59.21	58.36	3
	26.59		58.36 (31.77)			
15	Devlin, Joey	JR	Good Counsel	56.94	58.73	2
	26.94		58.73 (31.79)			
16	Martinez, Marcus L	SR	Paul VI Catholic High School	57.88	58.85	1
	25.90		58.85 (32.95)			
17	Freeman, John		Landon School	1:01.74	59.19	
	27.96		59.19 (31.23)			
18	Daronco, Matt B	FR	DeMatha Catholic High School	59.59	59.96	
	28.12		59.96 (31.84)			
19	Tucker, Don	FR	Bishop O'Connell High School	59.32	1:00.25	
	27.35		1:00.25 (32.90)			
20	Sabin, Jack	SR	DeMatha Catholic High School	1:00.59	1:00.71	
	27.23		1:00.71 (33.48)			
21	Clancy, Tim	10	ST. ALBANS/M	59.85	1:01.77	
	27.20		1:01.77 (34.57)			
22	Jennings, Lucas		Saints	1:01.26	1:02.20	
	27.56		1:02.20 (34.64)			
23	Chauvin, Dan J	SR	Paul VI Catholic High School	1:05.58	1:02.28	
	28.54		1:02.28 (33.74)			
24	Hall, Jack D	JR	Bishop O'Connell High School	1:04.24	1:02.29	
	28.17		1:02.29 (34.12)			
25	Marrero, Frankie	JR	Paul VI Catholic High School	1:02.33	1:02.42	
	28.50		1:02.42 (33.92)			
26	Ballen, Scott	JR	Maret School	59.77	1:02.88	
	28.95		1:02.88 (33.93)			
27	McJunkin, Matt R	12	ST. ALBANS/M	1:03.98	1:03.21	
	28.87		1:03.21 (34.34)			
28	Crock, Lucas E	JR	St. John's College High School	1:03.08	1:03.27	
	28.36		1:03.27 (34.91)			

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 11 Men 100 Yard Butterfly)**

Name	Yr	School	Seed Time	Finals Time	Points
29 Baca, Alex		Landon School	1:02.20	1:03.49	
29.08		1:03.49 (34.41)			
30 Navale, Rahul	FR	Good Counsel	1:01.23	1:03.56	
29.49		1:03.56 (34.07)			
31 Byrne, Dan	SO	Bishop O'Connell High School	1:02.39	1:05.06	
28.88		1:05.06 (36.18)			
32 Murphy, Brian	SO	Good Counsel	1:05.51	1:05.45	
29.79		1:05.45 (35.66)			
33 Kelley, Matt	13	ST. ALBANS/M	1:11.75	1:05.56	
29.33		1:05.56 (36.23)			
34 Kessler, Duncan		Sidwell Friends School	1:05.60	1:05.79	
29.26		1:05.79 (36.53)			
35 Kelso, Aidan		Landon School	1:06.23	1:05.88	
29.80		1:05.88 (36.08)			
36 Spencer, Todd	FR	GEORGETOWN PREPARATORY S	1:04.19	1:06.11	
29.94		1:06.11 (36.17)			
37 Macnamara, Thomas	JR	Bishop O'Connell High School	1:06.50	1:06.14	
31.33		1:06.14 (34.81)			
38 Spiegel, Allan		Landon School	1:08.26	1:06.45	
31.05		1:06.45 (35.40)			
39 Rowedder, Paul	JR	The Heights School	1:06.50	1:06.86	
29.31		1:06.86 (37.55)			
40 Teague, Sam		Saints	1:08.47	1:06.98	
31.73		1:06.98 (35.25)			
41 Kelly, Scott S	SO	St. John's College High School	1:07.88	1:09.98	
32.47		1:09.98 (37.51)			
42 Sainvilier, Ben	SR	The Heights School	1:13.97	1:11.11	
31.77		1:11.11 (39.34)			
43 Holloman, Cole	FR	Bishop McNamara High School	1:07.41	1:11.63	
31.85		1:11.63 (39.78)			
44 Holmes, Austin	SO	Bishop McNamara High School	1:08.88	1:12.80	
32.03		1:12.80 (40.77)			
45 O'Brien, Bill J	JR	St. John's College High School	1:13.20	1:15.27	
32.58		1:15.27 (42.69)			
46 Towe, Maxwell	SR	The Bullis School	1:12.79	1:15.90	
33.51		1:15.90 (42.39)			
47 Starr, Ryan		Saints	1:27.63	1:28.58	
37.15		1:28.58 (51.43)			
48 Rivera, Javier	FR	Bishop McNamara High School	NT	1:30.85	
39.24		1:30.85 (51.61)			
--- Gouldman, Steve	FR	Bishop McNamara High School	NT	DQ	
35.22		DQ (44.35)			

Event 13 Men 100 Yard Freestyle

League Rec: 45.65 \$ 2008 Kevin Vallario
Meet Record: 46.41 % 2009 Pat Sullivan
Metros: 53.59
46.35 AAA
46.98 AAC

Name	Yr	School	Seed Time	Finals Time	Points
1 Thomas, Matt C	SR	GEORGETOWN PREPARATORY S	47.18	46.99	20
22.69		46.99 (24.30)			
2 Ellis, Samuel W	SR	Bishop Ireton Swim and Dive Te	49.26	49.16	17
23.64		49.16 (25.52)			

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 13 Men 100 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
3 Kundrat, John A 23.24	SR	DeMatha Catholic High School	48.74	49.23	16
4 Sullivan, Sean 23.97	SO	Gonzaga College High School	50.16	49.76	15
5 Yelmgren, Michael A 23.75	SR	Paul VI Catholic High School	49.17	50.02	14
6 Knise, Nick 24.09	JR	Gonzaga College High School	51.77	50.09	13
7 Curl, Tyler 24.80	JR	Gonzaga College High School	51.20	50.27	12
8 Deshields, Tony C 24.15	SR	GEORGETOWN PREPARATORY S	51.04	50.39	11
9 Pugliaresi, Nick 23.76	12	ST. ALBANS/M	51.85	50.42	9
10 Sorenson, Isaac 24.00	SR	Maret School	51.73	50.45	7
11 Malloy, John F 24.30	JR	DeMatha Catholic High School	51.08	50.56	6
12 Mooers, Stephen D 24.48	SR	GEORGETOWN PREPARATORY S	50.34	50.59	5
13 Mion, Nick D 24.68	FR	DeMatha Catholic High School	51.50	50.83	4
14 Hardimon, Madison C 24.41	SO	Gonzaga College High School	50.97	50.86	3
15 Truluck, Sutton A 24.80	SR	GEORGETOWN PREPARATORY S	52.26	51.78	2
16 Royals, John Paul 24.98	SO	The Heights School	51.32	52.25	1
17 Chavez, Alejandro E 25.11	JR	DeMatha Catholic High School	52.56	52.41	
18 Dougherty, Ryan 24.94	JR	Bishop Ireton Swim and Dive Te	52.27	52.59	
19 Falcone, Vincent 25.33	SR	The Heights School	51.90	52.83	
20 Edmunds, Ryan 25.42	SO	Good Counsel	51.78	53.37	
21 Strang, Justin 25.38	SO	Good Counsel	51.98	53.55	
22 Svenson, Ross 26.05	10	ST. ALBANS/M	54.38	53.65	
23 McGinty, Brian 25.43	JR	Bishop Ireton Swim and Dive Te	51.89	53.70	
24 Moynahan, Patrick S 25.57	SR	Bishop O'Connell High School	53.36	53.84	
25 Medish, Vadim A 25.75	12	ST. ALBANS/M	54.42	54.20	
26 Humphreys, Grant A 25.11	11	ST. ALBANS/M	54.32	54.36	
27 Hall, Jack D 27.09	JR	Bishop O'Connell High School	56.16	55.23	
28 Luciani, Danny P 26.27	SR	Bishop O'Connell High School	53.53	55.33	
29 Fireman, Seth 26.70		Landon School	55.17	55.46	

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 13 Men 100 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
30 Quint, Marcus	FR	Paul VI Catholic High School	55.64	55.89	
26.77				55.89 (29.12)	
31 Lindsay, Joe		Saints	56.97	56.38	
26.57				56.38 (29.81)	
32 Rowan, James	FR	Bishop O'Connell High School	54.22	56.72	
26.70				56.72 (30.02)	
33 Smith, Keven V	SR	St. John's College High School	56.27	57.75	
34 Kelso, Ian		Landon School	55.02	57.81	
27.01				57.81 (30.80)	
35 Huey-Burns, Connor	FR	Good Counsel	NT	58.07	
27.94				58.07 (30.13)	
36 Carey, Randy		Landon School	55.26	58.08	
27.65				58.08 (30.43)	
37 Mercer, Leo	FR	Good Counsel	NT	58.24	
27.62				58.24 (30.62)	
38 Butz, David		Landon School	58.94	58.40	
27.73				58.40 (30.67)	
39 Gibbons, Patrick C	SR	Paul VI Catholic High School	57.39	58.65	
27.39				58.65 (31.26)	
40 Gormley, Ryan H	JR	Paul VI Catholic High School	57.65	59.44	
27.51				59.44 (31.93)	
41 Ide, Andrew R	JR	St. John's College High School	1:02.42	59.88	
29.02				59.88 (30.86)	
42 Glotfelty, James	JR	Bishop McNamara High School	1:01.69	1:00.10	
27.38				1:00.10 (32.72)	
43 Reim, Brendan	JR	The Heights School	1:02.94	1:00.62	
28.89				1:00.62 (31.73)	
44 Gaffney, Andrew	SO	St. John's College High School	1:00.80	1:01.80	
29.40				1:01.80 (32.40)	
45 Kuchta, Michael D	FR	St. John's College High School	1:04.76	1:01.95	
29.15				1:01.95 (32.80)	
46 Benson, Jack		Sidwell Friends School	1:03.67	1:02.18	
27.78				1:02.18 (34.40)	
47 Davis, Parker		Saints	59.40	1:03.43	
28.98				1:03.43 (34.45)	
48 Sneeringer, David	SR	Maret School	1:04.98	1:04.47	
30.56				1:04.47 (33.91)	
49 Clayton, Kevin	SR	The Bullis School	1:06.07	1:04.58	
30.44				1:04.58 (34.14)	
50 Gessner, Nick	JR	Bishop McNamara High School	1:10.21	1:04.76	
31.46				1:04.76 (33.30)	
51 Ross, Forrister		Sidwell Friends School	1:04.98	1:04.93	
30.32				1:04.93 (34.61)	
52 Cleland, Adam	FR	Flint Hill Varsity Swim Team	1:12.44	1:05.84	
31.75				1:05.84 (34.09)	
53 Blackwell, Cameron	FR	Flint Hill Varsity Swim Team	1:12.00	1:06.32	
54 Blair, Carter		Saints	NT	1:08.34	
30.38				1:08.34 (37.96)	
55 Harris, Todd		Sidwell Friends School	1:02.81	1:08.51	
31.98				1:08.51 (36.53)	
56 Young, Parker	SO	The Bullis School	1:14.47	1:12.55	
57 Glick, Paul	SR	Maret School	1:12.12	1:13.33	
34.03				1:13.33 (39.30)	

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 13 Men 100 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
58 Barpoulis, Nick	FR	The Bullis School	1:12.18	1:14.01	
34.36			1:14.01 (39.65)		
59 Stroup, Michael	SR	The Bullis School	1:13.44	1:15.23	
34.61			1:15.23 (40.62)		
60 Corley, John	SO	Bishop McNamara High School	1:18.78	1:16.19	
34.11			1:16.19 (42.08)		
61 Rivera, Javier	FR	Bishop McNamara High School	1:17.44	1:21.60	

Event 15 Men 500 Yard FreestyleLeague Rec: **4:26.02** \$ **2009** **Michael Flach**Meet Record: **4:34.44** % **2009** **Michael Flach**Metros: **5:19.99****4:35.51** AAA**4:39.82** AAC

Name	Yr	School	Seed Time	Finals Time	Points
1 Decker, Ian S	JR	Bishop O'Connell High School	4:39.40	4:39.57	AAC 20
25.36			52.85 (27.49)	1:20.95 (28.10)	1:49.31 (28.36)
2:17.31 (28.00)			2:45.67 (28.36)	3:14.21 (28.54)	3:42.75 (28.54)
4:11.18 (28.43)			4:39.57 (28.39)		
2 Spencer, Robert		Landon School	4:41.17	4:41.99	17
25.79			53.94 (28.15)	1:22.41 (28.47)	1:51.11 (28.70)
2:19.44 (28.33)			2:48.30 (28.86)	3:17.59 (29.29)	3:46.38 (28.79)
4:14.81 (28.43)			4:41.99 (27.18)		
3 Powell, Garrett G	SO	GEORGETOWN PREPARATORY S	4:42.04	4:42.76	16
24.58			51.47 (26.89)	1:19.42 (27.95)	1:48.05 (28.63)
2:17.18 (29.13)			2:46.33 (29.15)	3:15.45 (29.12)	3:44.96 (29.51)
4:14.13 (29.17)			4:42.76 (28.63)		
4 Gyenis, Andrew I	SO	GEORGETOWN PREPARATORY S	4:47.09	4:46.84	15
25.64			53.57 (27.93)	1:22.13 (28.56)	1:51.01 (28.88)
2:19.80 (28.79)			2:48.96 (29.16)	3:18.27 (29.31)	3:48.02 (29.75)
4:18.11 (30.09)			4:46.84 (28.73)		
5 Lawler, Will C	JR	GEORGETOWN PREPARATORY S	4:46.15	4:52.27	14
26.10			54.71 (28.61)	1:23.99 (29.28)	1:53.79 (29.80)
2:23.35 (29.56)			2:53.10 (29.75)	3:23.44 (30.34)	3:53.41 (29.97)
4:23.02 (29.61)			4:52.27 (29.25)		
6 Kotonias, Nick J	SR	DeMatha Catholic High School	4:51.98	4:53.69	13
26.41			55.65 (29.24)	1:25.23 (29.58)	1:55.30 (30.07)
2:25.59 (30.29)			2:56.12 (30.53)	3:25.53 (29.41)	3:55.43 (29.90)
4:25.09 (29.66)			4:53.69 (28.60)		
7 Irish, Trevor R	SO	DeMatha Catholic High School	4:58.95	4:54.14	12
26.22			55.24 (29.02)	1:24.94 (29.70)	1:54.59 (29.65)
2:24.74 (30.15)			2:54.86 (30.12)	3:24.95 (30.09)	3:55.05 (30.10)
4:25.66 (30.61)			4:54.14 (28.48)		
8 Kopp, Jeff		Landon School	5:04.24	5:00.67	11
27.40			57.47 (30.07)	1:27.79 (30.32)	1:59.15 (31.36)
2:29.88 (30.73)			3:00.41 (30.53)	3:31.20 (30.79)	4:01.78 (30.58)
4:32.31 (30.53)			5:00.67 (28.36)		
9 Pugliese, Xavier C	JR	Gonzaga College High School	4:56.59	5:00.74	9
26.84			56.71 (29.87)	1:27.50 (30.79)	1:58.61 (31.11)
2:29.79 (31.18)			3:00.26 (30.47)	3:31.01 (30.75)	4:01.83 (30.82)
4:32.09 (30.26)			5:00.74 (28.65)		

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 15 Men 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
10 Schwartz, Colin	JR	Good Counsel	4:52.54	5:01.92	7
26.45	55.88 (29.43)	1:26.07 (30.19)	1:56.71 (30.64)		
2:27.57 (30.86)	2:58.50 (30.93)	3:29.25 (30.75)	4:00.07 (30.82)		
4:31.36 (31.29)	5:01.92 (30.56)				
11 Huizinga, Ben		Landon School	4:52.01	5:02.27	6
26.70	56.04 (29.34)	1:26.56 (30.52)	1:57.33 (30.77)		
2:27.97 (30.64)	2:58.98 (31.01)	3:30.32 (31.34)	4:01.42 (31.10)		
4:32.28 (30.86)	5:02.27 (29.99)				
12 O'Hara, Paul F	FR	Gonzaga College High School	5:04.48	5:04.08	5
27.03	56.51 (29.48)	1:26.92 (30.41)	1:58.16 (31.24)		
2:29.22 (31.06)	3:00.16 (30.94)	3:31.34 (31.18)	4:02.72 (31.38)		
4:33.53 (30.81)	5:04.08 (30.55)				
13 Lucian, Tyler B	SO	DeMatha Catholic High School	5:04.54	5:04.26	4
27.28	56.45 (29.17)	1:26.71 (30.26)	1:57.45 (30.74)		
2:28.77 (31.32)	2:59.87 (31.10)	3:31.17 (31.30)	4:02.84 (31.67)		
4:34.08 (31.24)	5:04.26 (30.18)				
14 Curl, Nick	SO	Gonzaga College High School	5:06.18	5:06.63	3
27.60	58.42 (30.82)	1:30.01 (31.59)	2:00.88 (30.87)		
2:31.97 (31.09)	3:03.17 (31.20)	3:34.19 (31.02)	4:05.58 (31.39)		
4:36.76 (31.18)	5:06.63 (29.87)				
15 Colket, Thomas	FR	Good Counsel	5:04.53	5:06.77	2
28.20	58.81 (30.61)	1:29.72 (30.91)	2:00.69 (30.97)		
2:31.84 (31.15)	3:02.68 (30.84)	3:34.34 (31.66)	4:06.12 (31.78)		
4:37.14 (31.02)	5:06.77 (29.63)				
16 Ledecy, Michael D	SO	Gonzaga College High School	5:06.71	5:08.00	1
26.95	57.37 (30.42)	1:28.20 (30.83)	1:59.38 (31.18)		
2:31.31 (31.93)	3:03.02 (31.71)	3:34.89 (31.87)	4:06.89 (32.00)		
4:37.59 (30.70)	5:08.00 (30.41)				
17 Berry, Dylan A	SR	GEORGETOWN PREPARATORY S	5:11.23	5:11.48	
28.44	59.17 (30.73)	1:29.62 (30.45)	2:00.36 (30.74)		
2:31.54 (31.18)	3:03.51 (31.97)	3:35.11 (31.60)	4:07.25 (32.14)		
4:39.45 (32.20)	5:11.48 (32.03)				
18 Sheerin, Patrick W	FR	DeMatha Catholic High School	5:36.79	5:32.21	
28.96	1:00.91 (31.95)	1:34.04 (33.13)	2:07.53 (33.49)		
2:41.00 (33.47)	3:14.87 (33.87)	3:48.67 (33.80)	4:22.97 (34.30)		
4:58.02 (35.05)	5:32.21 (34.19)				
19 Billings, Abbott A	12	ST. ALBANS/M	6:08.02	5:49.63	
30.81	1:05.52 (34.71)	1:40.88 (35.36)	2:17.27 (36.39)		
2:53.70 (36.43)	3:29.83 (36.13)	4:06.14 (36.31)	4:42.04 (35.90)		
5:16.65 (34.61)	5:49.63 (32.98)				
20 Bramson, Max	FR	The Bullis School	5:37.88	5:52.21	
31.51	1:06.23 (34.72)	1:41.81 (35.58)	2:17.62 (35.81)		
2:53.17 (35.55)	3:29.52 (36.35)	4:05.82 (36.30)	4:41.91 (36.09)		
5:18.69 (36.78)	5:52.21 (33.52)				
21 Lowry, Ryan	FR	Paul VI Catholic High School	5:41.92	5:55.02	
29.17	1:02.25 (33.08)	1:37.86 (35.61)	2:14.26 (36.40)		
2:51.80 (37.54)	3:29.08 (37.28)	4:05.24 (36.16)	4:42.42 (37.18)		
5:19.15 (36.73)	5:55.02 (35.87)				
22 Macnamara, Thomas	JR	Bishop O'Connell High School	6:03.03	6:01.80	
33.11	1:09.98 (36.87)	1:46.33 (36.35)	2:23.61 (37.28)		
3:01.21 (37.60)	3:38.54 (37.33)	4:16.31 (37.77)	4:52.69 (36.38)		
5:28.08 (35.39)	6:01.80 (33.72)				

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 15 Men 500 Yard Freestyle)**

	Name	Yr	School	Seed Time	Finals Time	Points
23	Abboud, Philip J	13	ST. ALBANS/M	6:23.68	6:01.84	
	30.22	1:04.13 (33.91)	1:39.53 (35.40)	2:16.10 (36.57)		
	2:53.50 (37.40)	3:31.35 (37.85)	4:09.48 (38.13)	4:47.87 (38.39)		
	5:25.68 (37.81)	6:01.84 (36.16)				
24	Frerichs, Luke		Saints	6:13.21	6:12.30	
25	Gibeily, Tommy	FR	St. John's College High School	6:12.12	6:16.38	
	32.59	1:10.66 (38.07)	1:47.45 (36.79)	2:25.99 (38.54)		
	3:05.23 (39.24)	3:42.16 (36.93)	4:20.58 (38.42)	4:59.54 (38.96)		
	5:39.18 (39.64)	6:16.38 (37.20)				
26	Wilson, Kyle		Sidwell Friends School	6:13.21	6:20.92	
	33.46	1:10.79 (37.33)	1:49.94 (39.15)	2:29.29 (39.35)		
	3:09.35 (40.06)	3:49.58 (40.23)	4:29.29 (39.71)	5:08.59 (39.30)		
	5:45.78 (37.19)	6:20.92 (35.14)				
27	Ramjug, Patrick M	FR	St. John's College High School	6:26.37	6:28.75	
	32.89	1:10.44 (37.55)	1:50.28 (39.84)	2:30.67 (40.39)		
	3:10.50 (39.83)	3:50.20 (39.70)	4:30.62 (40.42)	5:11.92 (41.30)		
	5:51.79 (39.87)	6:28.75 (36.96)				
28	Gormley, Ryan H	JR	Paul VI Catholic High School	6:20.05	6:31.35	
	34.21	1:13.44 (39.23)	1:54.46 (41.02)	2:34.93 (40.47)		
	3:15.56 (40.63)	3:55.75 (40.19)	4:36.41 (40.66)	5:16.99 (40.58)		
	5:56.66 (39.67)	6:31.35 (34.69)				
29	Mule, Vince	SO	Bishop Ireton Swim and Dive Te	6:21.80	6:32.70	
	33.85	1:12.83 (38.98)	1:53.48 (40.65)	2:34.03 (40.55)		
	3:15.09 (41.06)	3:54.91 (39.82)	4:35.85 (40.94)	5:16.77 (40.92)		
	5:56.41 (39.64)	6:32.70 (36.29)				
30	Howard, Kenny	SO	Paul VI Catholic High School	6:22.97	6:36.14	
	33.02	1:10.23 (37.21)	1:49.59 (39.36)	2:30.01 (40.42)		
	3:11.41 (41.40)	3:53.47 (42.06)	4:37.27 (43.80)	5:21.38 (44.11)		
	6:01.24 (39.86)	6:36.14 (34.90)				
31	Bloom, Pearce		Landon School	6:21.09	6:36.67	
	32.91	1:09.73 (36.82)	1:48.58 (38.85)	2:28.50 (39.92)		
	3:09.02 (40.52)	3:50.66 (41.64)	4:32.27 (41.61)	5:14.85 (42.58)		
	5:57.19 (42.34)	6:36.67 (39.48)				
32	Pearring, Joseph	SO	Bishop O'Connell High School	NT	6:41.81	
	33.43	1:12.07 (38.64)	1:52.63 (40.56)	2:32.87 (40.24)		
	3:15.15 (42.28)	3:57.00 (41.85)	4:39.36 (42.36)	5:22.15 (42.79)		
	6:04.31 (42.16)	6:41.81 (37.50)				
33	Duesterhaus, Andrew	FR	Bishop O'Connell High School	6:43.43	6:42.19	
	32.62	1:12.24 (39.62)	1:53.23 (40.99)	2:35.31 (42.08)		
	3:15.92 (40.61)	3:58.06 (42.14)	4:40.95 (42.89)	5:22.88 (41.93)		
	6:03.98 (41.10)	6:42.19 (38.21)				
34	Kim, Joseph	12	ST. ALBANS/M	6:35.77	6:44.23	
	32.62	1:11.36 (38.74)	1:52.02 (40.66)	2:33.09 (41.07)		
	3:16.00 (42.91)	3:58.99 (42.99)	4:40.82 (41.83)	5:23.85 (43.03)		
	6:06.20 (42.35)	6:44.23 (38.03)				
35	Waters, John	FR	Good Counsel	NT	7:01.76	
	29.78	1:06.49 (36.71)	1:48.28 (41.79)	2:32.46 (44.18)		
	3:17.35 (44.89)	4:03.05 (45.70)	4:49.70 (46.65)	5:34.31 (44.61)		
	6:18.81 (44.50)	7:01.76 (42.95)				
36	Gilbert, Dan S	JR	Paul VI Catholic High School	NT	7:25.70	
	35.55	1:18.34 (42.79)	2:04.38 (46.04)			
	3:39.03 ()	4:26.64 (47.61)	5:14.81 (48.17)	6:02.80 (47.99)		
	6:49.56 (46.76)	7:25.70 (36.14)				

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 15 Men 500 Yard Freestyle)**

Name	Yr	School	Seed Time	Finals Time	Points
37 Kelly, Justin	FR	Bishop McNamara High School	7:18.91	7:26.38	
36.36			1:17.30 (40.94)	2:01.42 (44.12)	2:47.56 (46.14)
3:34.39 (46.83)			4:21.89 (47.50)	5:10.31 (48.42)	5:57.70 (47.39)
6:45.37 (47.67)			7:26.38 (41.01)		
38 Jory, Ryan		Potomac School	7:35.37	7:40.15	
35.84			1:18.92 (43.08)	2:03.48 (44.56)	2:51.25 (47.77)
3:39.08 (47.83)			4:28.00 (48.92)	5:15.97 (47.97)	6:05.55 (49.58)
6:54.16 (48.61)			7:40.15 (45.99)		
39 Sullivan, John C	SR	Bishop Ireton Swim and Dive Te	NT	7:45.35	
36.82			1:19.15 (42.33)	2:05.39 (46.24)	2:51.96 (46.57)
3:40.10 (48.14)			4:29.33 (49.23)	5:19.16 (49.83)	6:07.28 (48.12)
7:00.55 (53.27)			7:45.35 (44.80)		
40 True, Alex	JR	Bishop Ireton Swim and Dive Te	NT	8:15.13	
39.97			1:26.43 (46.46)	3:06.21 ()	
3:59.13 (52.92)			4:49.43 (50.30)	5:42.01 (52.58)	6:35.67 (53.66)
7:27.51 (51.84)			8:15.13 (47.62)		

Event 17 Men 200 Yard Freestyle Relay

League Rec: 1:25.35 \$ 2009 **Gonzaga**
Meet Record: 1:26.45 % 2007 **Gonzaga**
Metros: 1:42.99
1:26.92 AAA
1:28.92 AAC

Team	Relay	Seed Time	Finals Time	Points
1 Gonzaga College High School	A	1:29.62	1:28.40 AAC	40
1) Knise, Nick JR	2) Cutler, James A SR	3) Ortmayer, Torey T JR	4) Sullivan, Sean SO	
22.41	44.47 (22.06)	1:06.56 (22.09)	1:28.40 (21.84)	
2 GEORGETOWN PREPARATOF	A	1:29.35	1:29.59	34
1) Truluck, Sutton A SR	2) Deshields, Tony C SR	3) Lawler, Will C JR	4) Powell, Garrett G SO	
22.09	45.12 (23.03)	1:07.59 (22.47)	1:29.59 (22.00)	
3 DeMatha Catholic High School	A	1:30.38	1:29.68	32
1) Kundrat, John A SR	2) Irish, Trevor R SO	3) Hungerford, Darell E SR	4) Gallagher, Daniel P JR	
22.73	44.96 (22.23)	1:07.28 (22.32)	1:29.68 (22.40)	
4 ST. ALBANS/M	A	1:32.61	1:31.23	30
1) Clancy, Tim 10	2) Otoo, Ben K 10	3) Pugliaresi, Nick 12	4) Humphreys, Grant A 11	
22.88	45.84 (22.96)	1:08.39 (22.55)	1:31.23 (22.84)	
5 The Heights School	A	1:38.02	1:34.55	28
1) Finnell, Tim JR	2) Falcone, Vincent SR	3) Rowedder, Paul JR	4) Royals, John Paul SO	
23.87	47.51 (23.64)	1:11.36 (23.85)	1:34.55 (23.19)	
6 Bishop Ireton Swim and Dive Te	A	1:33.99	1:35.50	26
1) McGinty, Brian JR	2) Dougherty, Ryan JR	3) Natoli, Carey SR	4) Ellis, Cam SR	
24.38	48.06 (23.68)	1:11.64 (23.58)	1:35.50 (23.86)	
7 Bishop O'Connell High School	A	1:35.22	1:35.64	24
1) Decker, Ian S JR	2) Luciani, Danny P SR	3) Hughes, Danny A SO	4) Moynahan, Patrick S SR	
23.16	47.75 (24.59)	1:11.45 (23.70)	1:35.64 (24.19)	
8 Good Counsel	A	1:25.71	1:36.15	22
1) Edmunds, Ryan SO	2) Foley, Michael SR	3) Gigioli, Paul JR	4) Strang, Justin SO	
24.04	47.15 (23.11)	1:11.94 (24.79)	1:36.15 (24.21)	
9 Landon School	A	1:37.97	1:36.16	18
1) Spencer, Robert	2) Selowsky, Alex	3) Kopp, Jeff	4) Huizinga, Ben	
25.13	50.02 (24.89)	1:13.05 (23.03)	1:36.16 (23.11)	
10 St. John's College High School	A	1:37.81	1:38.86	14
1) von Heeringen, Mark C SO	2) Simmons, Tucker M JR	3) Smith, Keven V SR	4) Crock, Lucas E JR	
24.71	49.94 (25.23)	1:14.95 (25.01)	1:38.86 (23.91)	

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 17 Men 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
11 Paul VI Catholic High School	A	1:39.29	1:41.70	12
1) Marrero, Frankie JR	2) Hale-Kupiec, Michael FR	3) Gibbons, Patrick C SR	4) Quint, Marcus FR	
25.03	50.05 (25.02)	1:16.41 (26.36)	1:41.70 (25.29)	
12 Maret School	A	1:44.83	1:42.38	10
1) Sorenson, Isaac SR	2) Spigler, Alex FR	3) Spigler, Robert FR	4) Ballen, Scott JR	
23.29	50.83 (27.54)	1:17.04 (26.21)	1:42.38 (25.34)	
13 Saints	A	1:42.33	1:42.46	8
1) Frerichs, Luke	2) Davis, Parker	3) Teague, Sam	4) Lindsay, Joe	
26.72	52.08 (25.36)	1:19.07 (26.99)	1:42.46 (23.39)	
14 The Bullis School	A	1:46.52	1:45.71	6
1) Bramson, Max FR	2) Towe, Maxwell SR	3) Shuster, Michael SR	4) Redlack, Stephen JR	
26.44	52.93 (26.49)	1:27.38 (34.45)	1:45.71 (18.33)	
15 Sidwell Friends School	A	1:48.99	1:47.23	4
1) Benson, Jack	2) Kessler, Duncan	3) Ross, Forrister	4) Wilson, Kyle	
27.91	54.09 (26.18)	1:21.21 (27.12)	1:47.23 (26.02)	
16 Bishop McNamara High School	A	1:38.01	1:48.52	2
1) Holloman, Cole FR	2) Kelly, Justin FR	3) Miller, Jesse	4) Holmes, Tyler JR	
26.03	55.69 (29.66)	1:22.60 (26.91)	1:48.52 (25.92)	
--- Gonzaga College High School	B	NT	X1:36.40	
1) Cove, William SR	2) Cooke, Owen SR	3) Lee, Eric SR	4) Newcomer, Christian SR	
23.54	47.58 (24.04)	1:12.48 (24.90)	1:36.40 (23.92)	
--- Bishop O'Connell High School	B	1:38.60	X1:39.11	
1) DiBenedetto, PJ SO	2) Byrne, Dan SO	3) Hall, Jack D JR	4) Tucker, Don FR	
24.90	50.35 (25.45)	1:14.30 (23.95)	1:39.11 (24.81)	
--- GEORGETOWN PREPARATOF	B	NT	X1:46.77	
1) Larson, Matt J SR	2) Spencer, Todd FR	3) Kynoch, Cole FR	4) Sheehan, Jarrod	
26.44	51.86 (25.42)	1:19.75 (27.89)	1:46.77 (27.02)	
--- Paul VI Catholic High School	B	NT	X1:48.67	
1) Gilbert, Dan S JR	2) Morrissey, John FR	3) Lowry, Ryan FR	4) McAlevy, Connor M SO	
27.62	53.88 (26.26)	1:21.95 (28.07)	1:48.67 (26.72)	
--- The Heights School	B	1:52.33	X1:51.28	
1) Reim, Brendan JR	2) Kolb, Brandon JR	3) Sainvilier, Ben SR	4) Kime, Nolan JR	
27.69	55.42 (27.73)	1:22.93 (27.51)	1:51.28 (28.35)	
--- St. John's College High School	B	NT	X1:52.01	
1) Gaffney, Andrew SO	2) Kuchta, Michael D FR	3) Kelly, Scott S SO	4) Suarez, Nick R FR	
27.36	56.69 (29.33)	1:25.49 (28.80)	1:52.01 (26.52)	
--- Flint Hill Varsity Swim Team	B	1:55.00	X1:57.20	
1) Griffiths, Joey FR	2) Cleland, Adam FR	3) Frederick, Aaron SO	4) Hakopian, Alex FR	
27.66	55.90 (28.24)	1:24.58 (28.68)	1:57.20 (32.62)	
--- Saints	B	NT	X1:58.05	
1) Blair, Carter	2) Dupree, PJ	3) Starr, Ryan	4) Draim, Evan	
29.98	1:02.11 (32.13)	1:32.02 (29.91)	1:58.05 (26.03)	
--- The Bullis School	B	2:15.00	X1:59.69	
1) Elmaani, Amir SR	2) Manesh, Keon FR	3) Young, Parker SO	4) Corrigan, Evan SR	
28.83	1:01.79 (32.96)	1:31.49 (29.70)	1:59.69 (28.20)	
--- Bishop Ireton Swim and Dive Te	B	2:06.02	X2:06.00	
1) Shaffer, Joe SO	2) Thanh, Nick SO	3) Becker, Max SO	4) Fees, Chris SO	
33.84	1:02.95 (29.11)	1:31.27 (28.32)	2:06.00 (34.73)	
--- Bishop McNamara High School	B	NT	X2:09.35	
1) Gouldman, Steve FR	2) Rivera, Javier FR	3) Corley, John SO	4) Gessner, Nick JR	
	44.56 ()	1:41.49 (56.93)	2:09.35 (27.86)	
--- Maret School	B	2:10.08	X2:12.17	
1) Tcheyan, Lucas SR	2) Emerson, Henry	3) Glick, Paul SR	4) Sneeringer, David SR	
31.13	1:12.38 (41.25)	1:44.22 (31.84)	2:12.17 (27.95)	

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 17 Men 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
--- Landon School	B	1:41.23	XDQ	
1) Kelso, Ian	2) Carey, Randy	3) Blue, Ty	4) Scott, Andrew	
25.83	50.92 (25.09)	1:15.99 (25.07)	DQ (24.86)	

Event 19 Men 100 Yard Backstroke

League Rec: 48.80 \$ 2007 Josh V Hafkin
Meet Record: 49.58 % 2006 Josh V Hafkin
Metros: 1:02.19
 51.92 AAA
 52.90 AAC

Name	Yr	School	Seed Time	Finals Time	Points
1 MacDonald, Angus	SR	Bishop Ireton Swim and Dive Te	53.86	52.23 AAC	20
25.33		52.23 (26.90)			
2 Conger, Jack	FR	Good Counsel	51.74	52.65 AAC	17
26.10		52.65 (26.55)			
3 Ekstrom, Jonathan A	JR	GEORGETOWN PREPARATORY S	52.86	53.73	16
26.61		53.73 (27.12)			
4 Powell, Garrett G	SO	GEORGETOWN PREPARATORY S	53.79	54.46	15
26.80		54.46 (27.66)			
5 Yelmgren, Michael A	SR	Paul VI Catholic High School	56.31	55.46	14
27.09		55.46 (28.37)			
6 Spata, Sean J	SO	Gonzaga College High School	56.11	55.86	13
27.14		55.86 (28.72)			
7 Byrd, Matt	SR	Good Counsel	57.83	56.29	12
27.73		56.29 (28.56)			
8 Devlin, Joey	JR	Good Counsel	55.78	56.68	11
28.08		56.68 (28.60)			
9 Nasser, Cyrus S	10	ST. ALBANS/M	56.70	56.91	9
27.65		56.91 (29.26)			
10 Barry, Tim R	SO	Gonzaga College High School	57.43	57.30	7
27.54		57.30 (29.76)			
11 Pugliaresi, Nick	12	ST. ALBANS/M	1:00.65	57.55	6
28.05		57.55 (29.50)			
12 Sheerin, Danny W	JR	DeMatha Catholic High School	58.44	57.97	5
28.22		57.97 (29.75)			
13 Shlesinger, Aaron J	SR	Gonzaga College High School	57.78	58.12	4
28.05		58.12 (30.07)			
14 Royer, Matthew W	SO	GEORGETOWN PREPARATORY S	58.59	58.15	3
28.53		58.15 (29.62)			
15 Schmid, Stephen	JR	Good Counsel	57.89	58.94	2
28.85		58.94 (30.09)			
16 Jennings, Lucas		Saints	59.50	58.97	1
28.26		58.97 (30.71)			
17 Cleary, Michael V	SO	Gonzaga College High School	59.69	59.23	
28.73		59.23 (30.50)			
18 Clark, Michael R	SO	Bishop Ireton Swim and Dive Te	58.18	59.46	
27.99		59.46 (31.47)			
19 Atkins, Ferrel		Saints	58.00	59.59	
28.69		59.59 (30.90)			
20 Sorenson, Isaac	SR	Maret School	59.65	59.77	
28.98		59.77 (30.79)			
21 Finnell, Tim	JR	The Heights School	1:00.12	1:01.31	
29.26		1:01.31 (32.05)			

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 19 Men 100 Yard Backstroke)**

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
22 Daronco, Matt B 30.01	FR	DeMatha Catholic High School	1:01.18	1:01.46	
			1:01.46 (31.45)		
*23 Henderson, Clifford V 29.62	FR	DeMatha Catholic High School	1:01.79	1:01.65	
			1:01.65 (32.03)		
*23 Simmons, Tucker M 29.91	JR	St. John's College High School	1:00.64	1:01.65	
			1:01.65 (31.74)		
25 Larson, Matt J 29.36	SR	GEORGETOWN PREPARATORY S	1:02.67	1:02.24	
			1:02.24 (32.88)		
26 Kopp, Jeff 30.44		Landon School	59.77	1:02.59	
			1:02.59 (32.15)		
27 Marrero, Frankie 30.93	JR	Paul VI Catholic High School	1:03.56	1:03.78	
			1:03.78 (32.85)		
28 Humphreys, Grant A 30.33	11	ST. ALBANS/M	1:03.81	1:03.80	
			1:03.80 (33.47)		
29 Merley, Connor E 31.08	13	ST. ALBANS/M	1:03.93	1:04.69	
			1:04.69 (33.61)		
30 Shanklin, Eli W 30.83	SR	DeMatha Catholic High School	1:04.91	1:04.70	
			1:04.70 (33.87)		
31 Baca, Alex 31.83		Landon School	1:02.15	1:04.75	
			1:04.75 (32.92)		
32 Chamness, Conor 30.70	FR	Bishop O'Connell High School	1:08.13	1:05.07	
			1:05.07 (34.37)		
33 Scott, Andrew 31.52		Landon School	1:07.36	1:05.12	
			1:05.12 (33.60)		
34 Wiltshire, James 31.07	SR	Paul VI Catholic High School	1:04.31	1:05.65	
			1:05.65 (34.58)		
35 Hughes, Danny A 32.52	SO	Bishop O'Connell High School	1:05.25	1:05.70	
			1:05.70 (33.18)		
36 Morris, Patrick 32.27	JR	Bishop O'Connell High School	1:06.59	1:07.45	
			1:07.45 (35.18)		
37 Reim, Brendan 31.79	JR	The Heights School	1:09.17	1:09.24	
			1:09.24 (37.45)		
38 Dovi, Matthew J 33.19	SO	Paul VI Catholic High School	1:14.79	1:10.85	
			1:10.85 (37.66)		
39 Duesterhaus, Andrew 34.88	FR	Bishop O'Connell High School	NT	1:12.64	
			1:12.64 (37.76)		
40 Griffiths, Joey 35.31	FR	Flint Hill Varsity Swim Team	1:12.37	1:12.76	
			1:12.76 (37.45)		
41 Spigler, Robert	FR	Maret School	1:14.18	1:14.61	
42 Collins, Conor 35.51		Landon School	1:18.76	1:15.03	
			1:15.03 (39.52)		
43 Kime, Griffin 36.17	FR	The Heights School	1:14.00	1:16.62	
			1:16.62 (40.45)		
44 Corrigan, Evan 37.50	SR	The Bullis School	1:16.23	1:17.18	
			1:17.18 (39.68)		
45 Harris, Todd		Sidwell Friends School	1:16.06	1:18.28	
46 Ide, Andrew R 38.33	JR	St. John's College High School	1:16.41	1:18.47	
			1:18.47 (40.14)		
47 Krauland, William E 38.72	FR	St. John's College High School	1:17.82	1:19.37	
			1:19.37 (40.65)		
48 Blair, Carter		Saints	1:21.93	1:20.41	
49 Blackwell, Cameron 40.83	FR	Flint Hill Varsity Swim Team	1:27.91	1:25.14	
			1:25.14 (44.31)		

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 19 Men 100 Yard Backstroke)**

Name	Yr	School	Seed Time	Finals Time	Points
50 Griffith, Paul		Saints	1:32.73	1:28.41	
42.44		1:28.41 (45.97)			

Event 21 Men 100 Yard BreaststrokeLeague Rec: **56.07** \$ **2009** Evan WollmanMeet Record: **56.31** % **2009** Evan WollmanMetros: **1:08.29**
58.40 AAA
59.40 AAC

Name	Yr	School	Seed Time	Finals Time	Points
1 McDermott, Danny J	10	ST. ALBANS/M	1:02.47	1:00.26	20
28.48		1:00.26 (31.78)			
2 MacNair, Conor		Saints	1:03.09	1:01.32	17
28.82		1:01.32 (32.50)			
3 Chi, Raymond J	JR	GEORGETOWN PREPARATORY S	1:01.62	1:02.51	16
29.78		1:02.51 (32.73)			
4 Trigonoplos, Paul A	SR	DeMatha Catholic High School	1:03.96	1:02.70	15
29.12		1:02.70 (33.58)			
5 Husson, Patrick A	SR	DeMatha Catholic High School	1:03.78	1:03.00	14
29.53		1:03.00 (33.47)			
6 Garfield, Evan	SO	Good Counsel	1:01.06	1:03.15	13
29.05		1:03.15 (34.10)			
7 Hungerford, Darell E	SR	DeMatha Catholic High School	1:04.52	1:03.55	12
29.53		1:03.55 (34.02)			
8 Michael, James P	SO	Gonzaga College High School	1:04.60	1:04.14	11
30.30		1:04.14 (33.84)			
9 Belledonne, Mario E	SO	GEORGETOWN PREPARATORY S	1:06.34	1:04.45	9
30.40		1:04.45 (34.05)			
10 Reyes, Patrick	SO	Gonzaga College High School	1:06.64	1:04.66	7
30.18		1:04.66 (34.48)			
11 Giglioli, Paul	JR	Good Counsel	1:05.25	1:04.77	6
30.62		1:04.77 (34.15)			
12 Rudolph, Alex	JR	Bishop O'Connell High School	1:04.25	1:04.92	5
30.39		1:04.92 (34.53)			
13 Daley, Patrick	JR	Gonzaga College High School	1:06.01	1:05.06	4
30.27		1:05.06 (34.79)			
14 Gallagher, Daniel P	JR	DeMatha Catholic High School	1:05.52	1:05.19	3
30.46		1:05.19 (34.73)			
15 Tucker, Don	FR	Bishop O'Connell High School	1:03.78	1:05.69	2
30.32		1:05.69 (35.37)			
16 Schwartzman, Kevin G	JR	GEORGETOWN PREPARATORY S	1:06.35	1:06.39	1
31.50		1:06.39 (34.89)			
17 Mercer, Leo	FR	Good Counsel	1:04.99	1:06.56	
30.73		1:06.56 (35.83)			
18 Brenac, Sacha L	JR	Bishop O'Connell High School	1:05.14	1:06.66	
31.09		1:06.66 (35.57)			
19 Pugliese, Matt	SR	Gonzaga College High School	1:06.36	1:06.69	
30.41		1:06.69 (36.28)			
20 Spigler, Alex	FR	Maret School	1:10.65	1:06.84	
32.02		1:06.84 (34.82)			
21 Ballen, Scott	JR	Maret School	1:07.97	1:07.03	
31.77		1:07.03 (35.26)			
22 Martinez, Marcus L	SR	Paul VI Catholic High School	1:07.14	1:07.08	
30.42		1:07.08 (36.66)			

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 21 Men 100 Yard Breaststroke)**

Name	Yr	School	Seed Time	Finals Time	Points
23 Luciani, Michael	FR	Bishop O'Connell High School	1:08.47	1:08.18	
31.78			1:08.18 (36.40)		
24 McGinty, Brian	JR	Bishop Ireton Swim and Dive Te	1:07.12	1:08.69	
31.26			1:08.69 (37.43)		
25 Rurka, Alexander A	FR	St. John's College High School	1:10.19	1:09.42	
32.37			1:09.42 (37.05)		
26 Crock, Lucas E	JR	St. John's College High School	1:10.52	1:09.78	
32.68			1:09.78 (37.10)		
27 Claro, Andre O	FR	St. John's College High School	1:12.46	1:09.81	
31.92			1:09.81 (37.89)		
28 Garner, Alex		Landon School	1:09.90	1:10.11	
33.45			1:10.11 (36.66)		
29 Grant, Kevin	FR	Bishop Ireton Swim and Dive Te	1:10.36	1:10.32	
32.70			1:10.32 (37.62)		
30 Cicatelli, Dominic	FR	Good Counsel	NT	1:10.42	
32.73			1:10.42 (37.69)		
31 Thompson, Graham M	10	ST. ALBANS/M	1:11.19	1:10.45	
33.31			1:10.45 (37.14)		
32 Chauvin, Dan J	SR	Paul VI Catholic High School	1:10.73	1:10.46	
32.99			1:10.46 (37.47)		
33 Scordato, Christopher	SR	GEORGETOWN PREPARATORY S	1:08.97	1:12.08	
33.30			1:12.08 (38.78)		
34 Baker, David		Landon School	1:13.63	1:12.24	
33.61			1:12.24 (38.63)		
35 Kelley, Matt	13	ST. ALBANS/M	1:16.73	1:13.70	
34.14			1:13.70 (39.56)		
36 Frerichs, Luke		Saints	1:14.99	1:15.57	
35.56			1:15.57 (40.01)		
37 Selowsky, Alex		Landon School	1:15.65	1:16.80	
34.51			1:16.80 (42.29)		
38 McAlevy, Connor M	SO	Paul VI Catholic High School	1:17.92	1:17.26	
35.91			1:17.26 (41.35)		
39 Draim, Evan		Saints	1:16.55	1:17.56	
36.24			1:17.56 (41.32)		
40 Kime, Nolan	JR	The Heights School	1:17.56	1:17.63	
36.17			1:17.63 (41.46)		
41 Morrissey, John	FR	Paul VI Catholic High School	1:12.67	1:17.89	
36.06			1:17.89 (41.83)		
42 Spigler, Robert	FR	Maret School	1:17.03	1:18.15	
37.01			1:18.15 (41.14)		
43 Teague, Sam		Saints	1:19.80	1:19.62	
37.13			1:19.62 (42.49)		
44 Shuster, Michael	SR	The Bullis School	1:18.82	1:20.09	
36.63			1:20.09 (43.46)		
45 Frederick, Aaron	SO	Flint Hill Varsity Swim Team	1:17.85	1:20.92	
37.56			1:20.92 (43.36)		
46 Glotfelty, James	JR	Bishop McNamara High School	1:21.38	1:21.77	
37.70			1:21.77 (44.07)		
47 Suarez, Nick R	FR	St. John's College High School	1:22.63	1:24.51	
39.05			1:24.51 (45.46)		
48 Clayton, Kevin	SR	The Bullis School	1:29.96	1:25.45	
39.41			1:25.45 (46.04)		
49 Cleland, Adam	FR	Flint Hill Varsity Swim Team	1:28.34	1:27.56	
42.20			1:27.56 (45.36)		

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 21 Men 100 Yard Breaststroke)**

Name	Yr	School	Seed Time	Finals Time	Points
50 Marco, Bruno		Sidwell Friends School	1:24.80	1:27.99	
38.41		1:27.99 (49.58)			
51 Townsend Gray, Dwight		Landon School	1:30.54	1:28.38	
41.30		1:28.38 (47.08)			
52 Moss, Alex	SR	The Heights School	1:24.69	1:28.63	
40.61		1:28.63 (48.02)			
53 Tcheyan, Lucas	SR	Maret School	1:32.58	1:29.94	
42.60		1:29.94 (47.34)			
54 Hakopian, Alex	FR	Flint Hill Varsity Swim Team	1:40.09	1:34.36	
42.79		1:34.36 (51.57)			

Event 23 Men 400 Yard Freestyle Relay

League Rec: 3:05.97 \$ 2009 **Gonzaga**
Meet Record: 3:09.31 % 2009 **Georgetown Prep**
Metros: 3:48.59
3:11.32 AAA
3:13.93 AAC

Team	Relay	Seed Time	Finals Time	Points
1 GEORGETOWN PREPARATOF	A	3:10.64	3:13.81 AAC	40
1) Lawler, Will C JR	2) Ekstrom, Jonathan A JR	3) Powell, Garrett G SO	4) Thomas, Matt C SR	
24.16	49.80 (49.80)	1:12.98 (23.18)	1:37.98 (48.18)	
2:01.25 (23.27)	2:26.70 (48.72)	2:49.18 (22.48)	3:13.81 (47.11)	
2 Gonzaga College High School	A	3:20.77	3:17.71	34
1) Curl, Tyler JR	2) Knise, Nick JR	3) Spata, Sean J SO	4) Leach, Willie SR	
23.80	49.50 (49.50)	1:12.89 (23.39)	1:38.95 (49.45)	
2:01.59 (22.64)	2:28.16 (49.21)	2:51.04 (22.88)	3:17.71 (49.55)	
3 DeMatha Catholic High School	A	3:22.34	3:19.37	32
1) Irish, Trevor R SO	2) Mion, Nick D FR	3) Kundrat, John A SR	4) Smith, Ethan D JR	
24.19	50.66 (50.66)	1:14.58 (23.92)	1:41.03 (50.37)	
2:04.14 (23.11)	2:30.16 (49.13)	2:53.03 (22.87)	3:19.37 (49.21)	
4 Bishop Ireton Swim and Dive Te	A	3:19.95	3:20.38	30
1) Ellis, Samuel W SR	2) Dougherty, Ryan JR	3) Natoli, Carey SR	4) MacDonald, Angus SR	
23.87	50.36 (50.36)	1:14.65 (24.29)	1:42.20 (51.84)	
2:05.90 (23.70)	2:33.47 (51.27)	2:55.60 (22.13)	3:20.38 (46.91)	
5 Good Counsel	A	3:08.93	3:25.37	28
1) Conger, Jack FR	2) Byrd, Matt SR	3) Schwartz, Colin JR	4) Garfield, Evan SO	
23.58	49.38 (49.38)	1:14.26 (24.88)	1:41.70 (52.32)	
2:05.85 (24.15)	2:33.34 (51.64)	2:57.59 (24.25)	3:25.37 (52.03)	
6 Paul VI Catholic High School	A	3:25.91	3:26.90	26
1) Nasakaitis, Eric J JR	2) Quint, Marcus FR	3) Martinez, Marcus L SR	4) Yelmgren, Michael A SR	
24.35	50.56 (50.56)	1:17.05 (26.49)	1:45.98 (55.42)	
2:10.08 (24.10)		3:00.65 ()	3:26.90 ()	
7 ST. ALBANS/M	A	3:33.96	3:31.09	24
1) Pugliaresi, Nick 12	2) Nasser, Cyrus S 10	3) Humphreys, Grant A 11	4) Svenson, Ross 10	
25.46	53.00 (53.00)	1:18.26 (25.26)	1:45.77 (52.77)	
2:10.82 (25.05)	2:41.09 (55.32)	3:04.52 (23.43)	3:31.09 (50.00)	
8 Landon School	A	3:34.23	3:32.89	22
1) Spencer, Robert	2) Kopp, Jeff	3) Fireman, Seth	4) Huizinga, Ben	
26.51	55.21 (55.21)	1:22.24 (27.03)	1:52.62 (57.41)	
2:16.83 (24.21)	2:43.40 (50.78)	3:06.98 (23.58)	3:32.89 (49.49)	
9 Bishop O'Connell High School	A	3:29.60	3:34.05	18
1) Decker, Ian S JR	2) Moynahan, Patrick S SR	3) Luciani, Danny P SR	4) Luciani, Michael FR	
24.31	50.90 (50.90)	1:16.45 (25.55)	1:45.50 (54.60)	
2:11.15 (25.65)	2:40.17 (54.67)	3:05.59 (25.42)	3:34.05 (53.88)	

2010 WMPSSDL Championships - 2/17/2010 to 2/18/2010**Results - Men's Timed Finals****(Event 23 Men 400 Yard Freestyle Relay)**

Team	Relay			Seed Time	Finals Time	Points
10 Saints	A			3:38.67	3:34.55	14
1) Atkins, Ferrel	2) Jennings, Lucas	3) Lindsay, Joe	4) MacNair, Conor			
25.87	54.12 (54.12)	1:20.07 (25.95)	1:50.85 (56.73)			
2:15.86 (25.01)	2:43.65 (52.80)	3:07.74 (24.09)	3:34.55 (50.90)			
11 St. John's College High School	A			3:37.86	3:41.13	12
1) Simmons, Tucker M JR	2) Rurka, Alexander A FR	3) von Heeringen, Mark C SO	4) Smith, Keven V SR			
25.75	53.72 (53.72)	1:19.21 (25.49)	1:47.70 (53.98)			
2:13.04 (25.34)	2:42.89 (55.19)	3:09.35 (26.46)	3:41.13 (58.24)			
12 Bishop McNamara High School	A			3:53.16	4:10.07	10
1) Glotfelty, James JR	2) Miller, Jesse	3) Holmes, Austin SO	4) Holmes, Tyler JR			
29.52	1:10.18 (1:10.18)	1:32.87 (22.69)	2:06.08 (55.90)			
2:37.17 (31.09)	3:11.17 (1:05.09)	3:39.14 (27.97)	4:10.07 (58.90)			
13 Flint Hill Varsity Swim Team	A			4:25.00	4:30.36	8
1) Frederick, Aaron SO	2) Griffiths, Joey FR	3) Cleland, Adam FR	4) Blackwell, Cameron FR			
33.29	1:09.33 (1:09.33)	1:39.27 (29.94)	2:12.69 (1:03.36)			
2:46.63 (33.94)	3:23.90 (1:11.21)	3:43.50 (19.60)	4:30.36 (1:06.46)			
14 Maret School	A			3:59.07	5:06.75	6
1) Sneeringer, David SR	2) Emerson, Henry	3) Glick, Paul SR	4) Tcheyan, Lucas SR			
33.97	1:16.32 (1:16.32)	1:59.79 (43.47)	2:51.20 (1:34.88)			
3:25.85 (34.65)	4:02.39 (1:11.19)	4:32.38 (29.99)	5:06.75 (1:04.36)			
--- The Bullis School	A			4:38.93	DQ	
1) Clayton, Kevin SR	2) Young, Parker SO	3) Barpoulis, Nick FR	4) Corrigan, Evan SR			
32.05	1:07.72 (1:07.72)	1:43.19 (35.47)	2:21.70 (1:13.98)			
2:55.61 (33.91)	3:35.24 (1:13.54)	4:06.28 (31.04)	DQ (1:06.05)			