

2023 NVSL All-Star Relays@HSC - 7/12/2023

Northern Virginia Swimming League

Psych Sheet - NVSL ASR

**Event 1 Girls 18 & Under 200 SC Meter Freestyle Relay Mixed Age**

Team	Relay	Seed Time
1	Chesterbrook	1:58.71
2	Donaldson Run	1:59.16
3	Langley	1:59.22
4	Old Keene Mill	1:59.34
5	Overlee	1:59.89
6	Tuckahoe	2:01.26
7	Sleepy Hollow Re	2:01.88
8	Fairfax Station	2:02.05
9	Hamlet	2:02.34
10	Camelot	2:02.37
11	Kent Gardens	2:02.58
12	Oakton	2:03.72
13	Little Rocky Run	2:03.87
14	Lakeview	2:03.88
15	Virginia Run	2:03.94
16	Vienna Woods	2:04.62
16	Highlands	2:04.62
18	McLean	2:04.63
19	Dunn Loring	2:05.22

**Event 2 Boys 18 & Under 200 SC Meter Freestyle Relay Mixed Age**

Team	Relay	Seed Time
1	Overlee	1:51.96
2	Chesterbrook	1:52.32
3	Donaldson Run	1:52.93
4	Old Keene Mill	1:53.28
5	Crosspointe	1:53.40
6	Kent Gardens	1:54.14
7	Highlands	1:54.89
8	McLean	1:54.97

9	Tuckahoe	1:55.03
10	Vienna Aquatic	1:56.08
11	Wakefield Chapel	1:57.33
12	Shouse Village	1:58.33
13	Hamlet	1:58.86
14	Orange Hunt	1:58.95
15	Little Rocky Run	1:58.97
16	Langley	1:59.15
17	High Point Pool	1:59.31
18	Vienna Woods	2:00.08
19	Highland Park	2:00.11

**Event 3 Girls 8 & Under 100 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Chesterbrook	1:24.52
2	Old Keene Mill	1:25.43
3	Tuckahoe	1:26.90
4	Crosspointe	1:28.75
5	Overlee	1:29.07
6	Fox Hunt	1:30.03
7	Highlands	1:30.70
8	Shouse Village	1:30.72
9	Donaldson Run	1:30.82
10	Villa Aquatic	1:30.93
11	Kent Gardens	1:31.10
12	Langley	1:31.70
13	Little Rocky Run	1:31.96
14	Lakeview	1:34.05
15	Oakton	1:34.52
16	Hiddenbrook	1:34.74
17	Kings Ridge	1:37.01
18	Lee Graham	1:37.13

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**Event 3 ... (Girls 8 & Under 100 SC Meter Medley Relay)**

Team	Relay	Seed Time
19	Vienna Woods	1:39.08

**Event 4 Boys 8 & Under 100 SC Meter Medley Relay**

Team	Relay	Seed Time
1	McLean	1:18.90
2	Donaldson Run	1:22.69
3	Chesterbrook	1:27.20
4	Overlee	1:27.66
5	Tuckahoe	1:28.06
6	Oakton	1:30.13
7	Sully Station	1:30.93
8	High Point Pool	1:31.12
9	Orange Hunt	1:31.53
10	Lakevale Estates	1:34.37
11	Poplar Heights	1:34.46
12	Fox Hunt	1:36.22
13	Cardinal Hill	1:36.42
14	Hunter Mill	1:37.29
14	Arlington Forest	1:37.29
16	Fairfax	1:37.45
17	Wakefield Chapel	1:37.65
18	Hiddenbrook	1:39.02
19	Fairfax Station	1:40.11

**Event 5 Girls 9-10 100 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Old Keene Mill	1:11.65
2	Overlee	1:13.20
3	Chesterbrook	1:13.42
4	Tuckahoe	1:13.79
5	Donaldson Run	1:13.95
6	Langley	1:14.28

7	McLean	1:14.50
8	Rolling Hills	1:15.07
9	Springboard	1:15.59
10	Crosspointe	1:16.68
11	Cardinal Hill	1:16.87
12	Kent Gardens	1:17.39
13	Highlands	1:17.46
14	Canterbury Woods	1:17.78
15	Lee Graham	1:18.39
16	Camelot	1:18.61
17	Parliament	1:19.34
18	Hamlet	1:19.58
19	CountryClubHills	1:19.75

**Event 6 Boys 9-10 100 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Overlee	1:10.43
2	Fair Oaks Sharks	1:11.64
3	Tuckahoe	1:13.28
4	Highlands	1:14.12
5	Old Keene Mill	1:14.78
6	Donaldson Run	1:15.59
7	Chesterbrook	1:15.66
8	Mantua	1:16.45
9	Wakefield Chapel	1:16.50
10	Little Rocky Run	1:17.09
11	LittleHuntingPrk	1:17.52
12	Crosspointe	1:17.65
13	Highland Park	1:17.95
14	Rolling Forest	1:18.94
15	Parklawn	1:18.97
16	Fairfax	1:19.02

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**Event 6 ... (Boys 9-10 100 SC Meter Medley Relay)**

Team	Relay	Seed Time
17	Langley	1:19.27
18	Shouse Village	1:19.83
19	Mosby Woods	1:19.94

**Event 7 Girls 11-12 100 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Tuckahoe	1:01.50
2	Chesterbrook	1:02.08
3	Overlee	1:02.33
4	Hamlet	1:02.46
5	Langley	1:04.62
6	Parklawn	1:04.78
7	Oakton	1:05.15
8	Highlands	1:05.28
9	Lakeview	1:05.52
10	Old Keene Mill	1:05.79
11	Vienna Aquatic	1:06.13
12	Fair Oaks Sharks	1:06.14
13	Donaldson Run	1:06.33
14	SleepyHollow B&R	1:06.88
15	McLean	1:06.94
16	High Point Pool	1:07.25
17	Wakefield Chapel	1:07.27
18	Kent Gardens	1:07.70
19	Mantua	1:07.84

**Event 8 Boys 11-12 100 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Crosspointe	1:01.28
2	Highlands	1:02.50
3	Kent Gardens	1:03.18
4	Chesterbrook	1:03.19

5	Donaldson Run	1:05.06
6	Rolling Valley	1:05.46
7	Old Keene Mill	1:05.53
8	Wakefield Chapel	1:05.62
9	Cottontail	1:05.68
10	Lakeview	1:06.26
11	Vienna Aquatic	1:06.52
12	Pincrest	1:06.70
13	Virginia Run	1:06.71
14	Hiddenbrook	1:06.75
15	Overlee	1:06.77
16	Tuckahoe	1:07.02
17	Mantua	1:07.52
18	Oakton	1:08.09
19	Sleepy Hollow Re	1:08.50

**Event 9 Girls 13-14 200 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Fairfax	2:05.29
2	Dowden Terrace	2:09.46
3	Crosspointe	2:10.22
4	Virginia Run	2:10.58
5	Tuckahoe	2:11.35
6	Highlands	2:12.13
7	Hunter Mill	2:13.03
8	Overlee	2:13.84
9	Fair Oaks Sharks	2:13.88
10	Hunt Valley	2:15.15
11	Donaldson Run	2:15.32
12	McLean	2:15.68
13	Truro	2:16.01
14	Vienna Woods	2:16.77

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**Event 9 ... (Girls 13-14 200 SC Meter Medley Relay)**

Team	Relay	Seed Time
15	Chesterbrook	2:17.06
16	Brandywine	2:17.16
17	Rolling Hills	2:17.46
18	Ravensworth Farm	2:17.71
19	Fairfax Station	2:17.72

**Event 10 Boys 13-14 200 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Fair Oaks Sharks	1:58.12
2	Langley	1:59.89
3	Orange Hunt	2:01.71
4	Chesterbrook	2:02.23
5	McLean	2:02.59
6	Tuckahoe	2:04.03
7	Hamlet	2:04.09
8	Highlands	2:04.31
9	Waynewood	2:04.62
10	Virginia Hills	2:05.16
11	Old Keene Mill	2:05.21
12	Rolling Valley	2:05.39
13	Sully Station	2:05.82
14	Overlee	2:05.90
15	Oakton	2:06.84
16	Hollin Meadows	2:07.32
17	Mantua	2:07.33
18	Donaldson Run	2:07.56
19	Somerset Olde Cr	2:08.49

**Event 11 Girls 15-18 200 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Sleepy Hollow Re	2:01.45
2	Donaldson Run	2:02.75

3	Chesterbrook	2:03.59
4	Highlands	2:05.84
5	Tuckahoe	2:06.57
6	Dominion Hills	2:07.60
7	Wakefield Chapel	2:07.69
8	Crosspointe	2:07.96
9	Dunn Loring	2:08.15
10	Overlee	2:08.25
11	Oakton	2:08.83
12	SleepyHollow B&R	2:08.92
13	Langley	2:09.06
14	Hunt Valley	2:09.50
15	Vienna Woods	2:09.54
16	Kent Gardens	2:09.59
17	Woodley	2:09.80
18	Poplar Tree	2:10.00
19	Villa Aquatic	2:10.34

**Event 12 Boys 15-18 200 SC Meter Medley Relay**

Team	Relay	Seed Time
1	Tuckahoe	1:45.59
2	Overlee	1:48.34
3	Highland Park	1:50.28
4	Chesterbrook	1:50.56
5	Donaldson Run	1:51.39
6	Orange Hunt	1:51.51
7	Hunt Valley	1:52.14
8	Highlands	1:53.06
9	Crosspointe	1:53.31
10	Poplar Tree	1:53.37
11	Oakton	1:53.83
12	Sully Station	1:53.92

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**Event 12 ... (Boys 15-18 200 SC Meter Medley Relay)**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
13	Fox Mill Estates		1:54.15
14	Lee Graham		1:54.21
15	Old Keene Mill		1:54.31
16	Fair Oaks Sharks		1:54.58
17	Greenbriar		1:54.71
18	Dowden Terrace		1:55.01
19	Vienna Aquatic		1:55.06

**Event 13 Girls 8 & Under 100 SC Meter Freestyle Relay**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Old Keene Mill		1:14.06
2	Tuckahoe		1:14.39
3	Chesterbrook		1:14.59
4	Overlee		1:16.78
5	Crosspointe		1:17.35
6	Little Rocky Run		1:18.01
7	Hiddenbrook		1:19.11
8	Fox Hunt		1:19.32
9	Lakeview		1:20.63
10	Lee Graham		1:20.96
11	Donaldson Run		1:21.53
12	Kent Gardens		1:21.72
13	Shouse Village		1:22.06
14	Oakton		1:22.51
15	Villa Aquatic		1:22.69
16	Langley		1:24.78
17	Kings Ridge		1:24.88
18	Holmes Run Acres		1:26.37
19	Vienna Woods		1:26.84

**Event 14 Boys 8 & Under 100 SC Meter Freestyle Relay**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	McLean		1:08.52
2	Donaldson Run		1:14.09
3	Overlee		1:15.38
4	Tuckahoe		1:16.40
5	Orange Hunt		1:17.81
6	Chesterbrook		1:19.03
7	Lakevale Estates		1:19.56
8	High Point Pool		1:20.21
9	Wakefield Chapel		1:20.52
10	Poplar Heights		1:20.64
11	Fox Hunt		1:20.98
12	Arlington Forest		1:20.99
13	Sully Station		1:22.27
14	Virginia Hills		1:22.65
15	Mantua		1:22.72
16	Oakton		1:22.81
17	Cardinal Hill		1:23.09
18	Rolling Hills		1:23.68
19	SleepyHollow B&R		1:24.59

**Event 15 Girls 9-10 100 SC Meter Freestyle Relay**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Overlee		1:04.51
2	Donaldson Run		1:05.17
3	Old Keene Mill		1:05.20
4	McLean		1:05.74
5	Tuckahoe		1:05.75
6	Langley		1:06.37
7	Oakton		1:07.21
8	Rolling Hills		1:07.82

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**Event 15 ... (Girls 9-10 100 SC Meter Freestyle Relay)**

Team	Relay	Seed Time
9	CountryClubHills	1:07.87
10	Lakeview	1:08.04
11	Camelot	1:08.56
12	Kent Gardens	1:09.10
13	Springboard	1:09.15
14	Mosby Woods	1:09.26
15	Crosspointe	1:09.56
16	Lee Graham	1:09.59
17	Canterbury Woods	1:09.63
18	Cardinal Hill	1:09.72
18	Fox Hunt	1:09.72

**Event 16 Boys 9-10 100 SC Meter Freestyle Relay**

Team	Relay	Seed Time
1	Overlee	1:02.31
2	Tuckahoe	1:04.53
3	Fair Oaks Sharks	1:04.87
4	Donaldson Run	1:05.47
5	Old Keene Mill	1:06.47
6	Wakefield Chapel	1:07.09
7	Highlands	1:07.61
8	Crosspointe	1:07.70
9	Rolling Forest	1:08.32
10	LittleHuntingPrk	1:08.54
11	Fairfax	1:08.82
12	Mantua	1:09.09
12	Parklawn	1:09.09
14	South Run	1:09.27
15	Virginia Hills	1:09.84
16	Chesterbrook	1:09.85

17	Mosby Woods	1:09.90
18	Langley	1:09.96
19	Shouse Village	1:10.00

**Event 17 Girls 11-12 100 SC Meter Freestyle Relay**

Team	Relay	Seed Time
1	Overlee	55.51
2	Chesterbrook	56.07
3	Tuckahoe	56.08
4	Parklawn	57.53
5	Oakton	58.32
6	Hamlet	58.45
7	Langley	58.63
8	Old Keene Mill	58.88
9	Fair Oaks Sharks	59.28
10	Mantua	59.51
11	Donaldson Run	59.69
12	Little Rocky Run	59.83
13	Wakefield Chapel	59.86
14	Lakeview	59.90
15	Vienna Woods	1:00.05
16	Vienna Aquatic	1:00.19
17	Orange Hunt	1:00.51
18	South Run	1:00.69
19	McLean	1:00.76

**Event 18 Boys 11-12 100 SC Meter Freestyle Relay**

Team	Relay	Seed Time
1	Crosspointe	55.17
2	Highlands	56.69
3	Chesterbrook	56.83
4	Kent Gardens	57.09
5	Hiddenbrook	58.14

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**Event 18 ... (Boys 11-12 100 SC Meter Freestyle Relay)**

Team	Relay	Seed Time
6	Vienna Aquatic	58.33
7	Pinecrest	58.64
8	Cardinal Hill	58.75
9	Holmes Run Acres	58.88
10	Old Keene Mill	58.92
11	Rolling Valley	58.94
12	Cottontail	58.95
13	Overlee	59.14
14	Lakeview	59.43
15	Donaldson Run	59.46
16	Wakefield Chapel	59.61
17	Oakton	59.69
18	Tuckahoe	1:00.31
19	Virginia Run	1:00.47

**Event 19 Girls 13-14 200 SC Meter Freestyle Relay**

Team	Relay	Seed Time
1	Fairfax	1:56.97
2	Crosspointe	1:57.39
3	Virginia Run	1:58.95
4	Highlands	1:59.26
5	Fair Oaks Sharks	1:59.31
6	Hunter Mill	1:59.82
7	Hunt Valley	2:00.30
8	Dowden Terrace	2:00.65
9	Canterbury Woods	2:01.53
10	Chesterbrook	2:01.86
11	Overlee	2:01.87
12	McLean	2:01.91
13	Tuckahoe	2:02.03

14	Brandywine	2:02.25
15	Truro	2:02.28
16	Donaldson Run	2:02.38
17	Ravensworth Farm	2:03.11
18	Vienna Woods	2:03.52
19	Rolling Hills	2:03.91

**Event 20 Boys 13-14 200 SC Meter Freestyle Relay**

Team	Relay	Seed Time
1	Langley	1:48.37
2	Fair Oaks Sharks	1:48.64
3	Orange Hunt	1:48.96
4	Tuckahoe	1:51.13
5	Overlee	1:51.16
6	McLean	1:51.76
7	Hamlet	1:51.92
8	Hollin Meadows	1:52.22
9	Old Keene Mill	1:52.52
10	Rolling Valley	1:52.56
11	Chesterbrook	1:52.65
12	Waynewood	1:52.90
13	Virginia Hills	1:53.47
14	Oakton	1:53.63
15	Highlands	1:54.19
16	Donaldson Run	1:55.03
17	Mantua	1:55.08
18	Mansion House	1:55.27
19	Somerset Olde Cr	1:55.28

**Event 21 Girls 15-18 200 SC Meter Freestyle Relay**

Team	Relay	Seed Time
1	Sleepy Hollow Re	1:51.47
2	Donaldson Run	1:53.07

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**Event 21 ... (Girls 15-18 200 SC Meter Freestyle Relay)**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
3	Chesterbrook		1:53.21
4	Wakefield Chapel		1:55.26
4	Dominion Hills		1:55.26
6	SleepyHollow B&R		1:55.51
7	Tuckahoe		1:55.56
8	Little Rocky Run		1:55.96
8	Woodley		1:55.96
10	Highlands		1:56.03
11	Dunn Loring		1:56.15
12	LittleHuntingPrk		1:56.40
13	Overlee		1:56.50
14	Mantua		1:56.71
15	Crosspointe		1:57.13
16	Poplar Tree		1:57.19
17	Kings Ridge		1:57.21
18	Dowden Terrace		1:57.41
19	Lee Graham		1:57.66

11	Poplar Tree	1:43.27
12	Fair Oaks Sharks	1:43.57
13	Vienna Aquatic	1:43.59
14	Sleepy Hollow Re	1:43.90
15	Sully Station	1:43.98
16	SleepyHollow B&R	1:44.03
17	Dowden Terrace	1:44.14
18	Fox Mill Estates	1:44.20
18	Kings Ridge	1:44.20

**Event 22 Boys 15-18 200 SC Meter Freestyle Relay**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Tuckahoe		1:36.42
2	Overlee		1:37.07
3	Chesterbrook		1:37.75
4	Hunt Valley		1:40.34
5	Donaldson Run		1:41.41
6	Old Keene Mill		1:41.68
7	Highland Park		1:41.70
8	Highlands		1:42.15
9	Crosspointe		1:42.28
10	Greenbriar		1:42.62