

2010 HYCAT November High School
Host: Charleston Catholic High School
Results - Session #1

Event 1 Women 200 Yard Medley Relay

Nov-Region4: 1:58.09 * 11/13/2004

George Washington High School

GWHS-WV

C Stroebel, S Supcoe, N Northcutt, S Wegmann

| Team | Relay | Seed Time | Finals Time | Points |
|----------------------------|--------------------------|-------------------------|-------------------------|--------|
| 1 CHARLESTON CATHOLIC HS | A | NT | 2:02.24 | 32 |
| 1) Sotomayor, Emily JR | 2) Dupay, Allyson FR | 3) Vorholt, Abigail SR | 4) Merrill, Whitney SR | |
| 27.49 32.41 30.49 | 31.85 | | | |
| 2 GEORGE WASHINGTON HIGH | A | NT | 2:04.68 | 26 |
| 1) Slaughter, Savannah JR | 2) Moore, Allison FR | 3) Gacek, Heather JR | 4) Pitchford, Allison | |
| 26.36 35.34 38.46 | 24.52 | | | |
| 3 HUNTINGTON HIGH SCHOOL | A | NT | 2:11.94 | 24 |
| 1) Chambers, Emily FR | 2) Georgel-Walz, Alex SR | 3) Walz, Sophie FR | 4) Marshall, Kristen SO | |
| 32.51 38.01 31.23 | 30.19 | | | |
| 4 NITRO HIGH SCHOOL | A | NT | 2:12.90 | 22 |
| 1) Moffatt, Lexie SO | 2) Ross, Emily JR | 3) Clemens, Megan JR | 4) Johnson, Annie SO | |
| 36.86 35.72 30.15 | 30.17 | | | |
| 5 ST. ALBANS HIGH SCHOOL | A | NT | 2:14.12 | 20 |
| 1) Bulriss, Mary Beth 12 | 2) Drury, Bethany 11 | 3) Looney, Kiersten 10 | 4) Sampson, Amanda 11 | |
| 33.52 35.60 33.66 | 31.34 | | | |
| 6 CHARLESTON CATHOLIC HS | B | NT | 2:15.63 | 18 |
| 1) James, Sarah SR | 2) Merrill, Lindsey JR | 3) Deer, Taylor JR | 4) Zekan, Caroline SR | |
| 37.00 36.60 34.76 | 27.27 | | | |
| 7 ST. JOSEPH HIGH SCHOOL | A | NT | 2:17.82 | 14 |
| 1) Setser, Caitlin SR | 2) Linz, Schelli JR | 3) Johnson, Meghan JR | 4) Lobo, Dani SR | |
| 35.62 34.94 35.58 | 31.68 | | | |
| 8 CABELL MIDLAND HIGH SCH | A | NT | 2:23.63 | 10 |
| 1) Whisman, Lauren JR | 2) Iaquinto, Grace SR | 3) Morris, Alyssa SO | 4) Emory, Alex FR | |
| 40.33 43.88 29.07 | 30.35 | | | |
| 9 GEORGE WASHINGTON HIGH | B | NT | 2:24.54 | 8 |
| 1) Helmick, Abbi FR | 2) Anderson, Yasmin FR | 3) Babiak, Laura JR | 4) Sears, Carli SO | |
| 31.40 42.79 32.18 | 38.17 | | | |
| 10 ST. JOSEPH HIGH SCHOOL | B | NT | 2:31.94 | 6 |
| 1) Kanouse, Alyssa | 2) Walters, Calla SR | 3) Jordan, Emily JR | 4) Anderson, Kara JR | |
| 40.56 41.93 36.00 | 33.45 | | | |
| 11 SPRING VALLEY HIGH SCHO | A | NT | 2:34.03 | 4 |
| 1) Parsons, Alexis JR | 2) Robertson, Lindsey SO | 3) Conway, Keiko SO | 4) Obregon, Celine FR | |
| 39.71 45.14 34.35 | 34.83 | | | |
| 12 CAPITAL HIGH SCHOOL | A | NT | 2:47.39 | 2 |
| 1) Townsend, Arden JR | 2) Brown, Lexi FR | 3) Wang, Joy JR | 4) Moore, Hannah FR | |
| 45.52 50.52 37.32 | 34.03 | | | |
| --- HUNTINGTON HIGH SCHOOL | B | NT | DQ | |
| 1) Hardy, Meghan JR | 2) Yuhasz, Stephanie FR | 3) Canterbury, Sarah FR | 4) Brescoach, Carrie FR | |
| 40.35 52.89 40.64 | 35.56 | | | |
| --- NITRO HIGH SCHOOL | B | NT | DQ | |
| 1) Klemm, Allison FR | 2) Childers, Sydni FR | 3) Johnson, Molly FR | 4) Engle, Renee FR | |

Event 2 Men 200 Yard Medley Relay

Nov-Region4: 1:47.17 * 11/20/2010

George Washington High School

GW

M Lynch, C Meadows, T Moore, B Johnson

| Team | Relay | Seed Time | Finals Time | Points |
|--------------------------|-----------------------|---------------------|----------------------|--------|
| 1 GEORGE WASHINGTON HIGH | A | NT | 1:47.17* | 32 |
| 1) Lynch, Michael SR | 2) Meadows, Collin JR | 3) Moore, Thomas SR | 4) Johnson, Bryce JR | |
| 26.70 31.11 24.06 | 25.30 | | | |

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(Event 2 Men 200 Yard Medley Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|----------------------------|-------------------------|-----------------------|-----------------------|--------|
| 2 CAPITAL HIGH SCHOOL | A | NT | 1:54.91 | 26 |
| 1) Warden, Tate JR | 2) Griffith, Zach SR | 3) Moore, Hayden SR | 4) Adams, Scott JR | |
| 26.89 34.17 29.37 | 24.48 | | | |
| 3 NITRO HIGH SCHOOL | A | NT | 1:57.69 | 24 |
| 1) Vagheei, Cavon JR | 2) Judd, Eric SR | 3) Douglas, Jacob SO | 4) Engle, Richard SR | |
| 33.79 30.22 28.83 | 24.85 | | | |
| 4 CHARLESTON CATHOLIC HS | A | NT | 1:59.07 | 22 |
| 1) McKown, Isaac SO | 2) Stricker, Vincent SO | 3) Crain, Jacob JR | 4) Kessler, Samuel SO | |
| 31.78 37.33 26.31 | 23.65 | | | |
| 5 SPRING VALLEY HIGH SCHO | A | NT | 2:00.19 | 20 |
| 1) Mannon, Sam FR | 2) Spence, Matt FR | 3) Davis, Benjamin SR | 4) Meade, Tyler SO | |
| 31.26 34.56 25.72 | 28.65 | | | |
| 6 NITRO HIGH SCHOOL | B | NT | 2:34.02 | 18 |
| 1) Lewis, Jordan SO | 2) French, Nathan SO | 3) Slater, Bryce JR | 4) Stuck, David SR | |
| 41.82 43.58 37.10 | 31.52 | | | |
| --- GEORGE WASHINGTON HIGH | B | NT | DQ | |
| 1) Kay, Chris FR | 2) Lilly, Jackson JR | 3) Kidd, Zach FR | 4) Barnette, Josh FR | |
| 27.91 32.53 28.55 | 26.14 | | | |
| --- HUNTINGTON HIGH SCHOOL | A | NT | DQ | |
| 1) Ching, Andrew SO | 2) Aulick, Ben SO | 3) Vega, Evan SO | 4) Duncan, Matt JR | |
| 35.77 39.38 32.72 | 27.95 | | | |

Event 3 Women 200 Yard Freestyle

| Nov-Region4: | 2:00.33 | * | 11/17/2007 | Katherine Crain | CCHS - | | |
|----------------------|---------|----------------------------|------------|-----------------|--------|--|--|
| Name | Yr | School | Seed Time | Finals Time | Points | | |
| 1 Clemens, Megan | JR | NITRO HIGH SCHOOL | 1:58.97 | 2:03.72 | 16 | | |
| 29.30 31.35 31.94 | 31.13 | | | | | | |
| 2 Merrill, Whitney | SR | CHARLESTON CATHOLIC HS | 2:10.90 | 2:12.25 | 13 | | |
| 31.02 33.63 34.39 | 33.21 | | | | | | |
| 3 Chambers, Emily | FR | HUNTINGTON HIGH SCHOOL | NT | 2:22.11 | 12 | | |
| 32.24 36.01 37.17 | 36.69 | | | | | | |
| 4 Wheeler, Rachael | SR | GEORGE WASHINGTON HIGH SC | 2:28.09 | 2:23.19 | 11 | | |
| 31.89 35.51 37.16 | 38.63 | | | | | | |
| 5 Merrill, Lindsey | SR | CHARLESTON CATHOLIC HS | 2:18.39 | 2:27.87 | 10 | | |
| 32.14 37.20 39.00 | 39.53 | | | | | | |
| 6 Georgel-Walz, Alex | SR | HUNTINGTON HIGH SCHOOL | NT | 2:33.01 | 9 | | |
| 33.89 39.13 41.30 | 38.69 | | | | | | |
| 7 Conway, Keiko | SO | SPRING VALLEY HIGH SCHOOL | NT | 2:37.80 | 7 | | |
| 35.15 41.12 42.06 | 39.47 | | | | | | |
| 8 Sampson, Amanda | 11 | ST. ALBANS HIGH SCHOOL | 2:40.00 | 2:45.05 | 5 | | |
| 35.05 40.40 43.88 | 45.72 | | | | | | |
| 9 Thomas, Daisy | SO | GEORGE WASHINGTON HIGH SC | NT | 2:45.28 | 4 | | |
| 35.76 40.22 44.38 | 44.92 | | | | | | |
| 10 Whisman, Lauren | JR | CABELL MIDLAND HIGH SCHOOL | 2:46.02 | 2:46.25 | 3 | | |
| 36.10 40.16 45.98 | 44.01 | | | | | | |
| 11 Emory, Alex | FR | CABELL MIDLAND HIGH SCHOOL | NT | 2:56.98 | 2 | | |
| 35.74 43.87 48.53 | 48.84 | | | | | | |
| 12 Hanna, Emma | FR | GEORGE WASHINGTON HIGH SC | NT | 3:01.09 | 1 | | |
| 34.70 43.29 49.37 | 53.73 | | | | | | |
| 13 Myers, Anna | FR | SPRING VALLEY HIGH SCHOOL | NT | 3:15.19 | | | |
| 42.98 48.65 53.80 | 49.76 | | | | | | |
| --- Higgins, Kelsey | JR | CHARLESTON CATHOLIC HS | 2:43.88 | DQ | | | |
| 33.56 38.99 41.28 | 40.54 | | | | | | |

2010 HYCAT November High School
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Event 4 Men 200 Yard Freestyle

| Nov-Region4: 1:49.08 * 11/12/2005 Ed Kowal | | | | CMHS | | |
|--|-------|---------------------------|-----------|-------------|--------|--|
| Name | Yr | School | Seed Time | Finals Time | Points | |
| 1 Warden, Tate | JR | CAPITAL HIGH SCHOOL | 1:50.25 | 1:52.53 | 16 | |
| 25.50 28.40 | 29.76 | 28.87 | | | | |
| 2 Case, Michael | JR | GEORGE WASHINGTON HIGH SC | 2:03.48 | 2:00.08 | 13 | |
| 27.21 30.16 | 31.68 | 31.03 | | | | |
| 3 Barnette, Josh | FR | GEORGE WASHINGTON HIGH SC | NT | 2:05.50 | 12 | |
| 27.90 31.34 | 33.13 | 33.13 | | | | |
| 4 McKown, Isaac | SO | CHARLESTON CATHOLIC HS | 2:08.65 | 2:13.21 | 11 | |
| 30.02 32.88 | 34.73 | 35.58 | | | | |
| 5 Webb, Cody | FR | HERBERT HOOVER HIGH SCHOO | NT | 2:15.58 | 10 | |
| 29.89 34.12 | 36.18 | 35.39 | | | | |
| 6 Vega, Evan | SO | HUNTINGTON HIGH SCHOOL | NT | 2:20.01 | 9 | |
| 30.50 33.56 | 36.87 | 39.08 | | | | |
| 7 Dent, Jake | SR | SPRING VALLEY HIGH SCHOOL | NT | 2:25.17 | 7 | |
| 30.88 35.79 | 38.55 | 39.95 | | | | |
| 8 Simpkins, Nathan | FR | SPRING VALLEY HIGH SCHOOL | NT | 2:34.07 | 5 | |
| 35.01 39.77 | 41.83 | 37.46 | | | | |
| 9 Meade, Tanner | FR | SPRING VALLEY HIGH SCHOOL | NT | 3:08.25 | 4 | |
| 36.92 46.01 | 50.68 | 54.64 | | | | |

Event 5 Women 200 Yard IM

| Nov-Region4: 2:17.08 * 11/11/2006 Katherine Crain | | | | CCHS | | |
|---|---------|---------------------------|-----------|-------------|--------|--|
| Name | Yr | School | Seed Time | Finals Time | Points | |
| 1 Dupay, Allyson | FR | CHARLESTON CATHOLIC HS | NT | 2:17.26 | 16 | |
| 30.18 35.31 | 39.94 | 31.83 | | | | |
| 2 James, Sarah | SR | CHARLESTON CATHOLIC HS | 2:41.53 | 2:45.93 | 13 | |
| 33.71 42.55 | 49.50 | 40.17 | | | | |
| 3 Babiak, Laura | JR | GEORGE WASHINGTON HIGH SC | 2:42.79 | 2:47.79 | 12 | |
| 34.75 41.93 | 51.33 | 39.78 | | | | |
| 4 Anderson, Yasmin | FR | GEORGE WASHINGTON HIGH SC | NT | 3:09.92 | 11 | |
| 38.07 47.74 | 57.31 | 46.80 | | | | |
| 5 Brown, Lexi | FR | CAPITAL HIGH SCHOOL | NT | 3:15.42 | 10 | |
| 38.66 54.16 | 55.15 | 47.45 | | | | |
| 6 Sears, Carli | SO | GEORGE WASHINGTON HIGH SC | 3:06.74 | 3:27.56 | 9 | |
| 43.65 48.67 | 1:06.77 | 48.47 | | | | |
| --- Earl, Mikaela | SO | SPRING VALLEY HIGH SCHOOL | NT | DQ | | |
| 1:57.50 57.90 | 54.64 | | | | | |

Event 6 Men 200 Yard IM

| Nov-Region4: 1:59.98 * 11/12/2005 Todd McGraw | | | | Woodrow Wilson- | | |
|---|-------|---------------------------|-----------|-----------------|--------|--|
| Name | Yr | School | Seed Time | Finals Time | Points | |
| 1 Moore, Thomas | SR | GEORGE WASHINGTON HIGH SC | 2:01.53 | 2:03.79 | 16 | |
| 25.77 32.76 | 34.96 | 30.30 | | | | |
| 2 Nason, Jacob | SO | GEORGE WASHINGTON HIGH SC | 2:17.60 | 2:11.87 | 13 | |
| 27.60 34.48 | 39.98 | 29.81 | | | | |
| 3 Kay, Chris | FR | GEORGE WASHINGTON HIGH SC | NT | 2:19.36 | 12 | |
| 29.82 32.79 | 43.77 | 32.98 | | | | |
| 4 Meadows, Collin | JR | GEORGE WASHINGTON HIGH SC | 2:20.93 | 2:22.06 | 11 | |
| 30.98 37.68 | 39.85 | 33.55 | | | | |
| 5 Hageboeck, Charlie | SO | GEORGE WASHINGTON HIGH SC | 2:36.53 | 2:39.53 | 10 | |
| 34.41 41.87 | 44.32 | 38.93 | | | | |

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(Event 6 Men 200 Yard IM)

| Name | Yr | School | Seed Time | Finals Time | Points |
|-------------------------|----|---------------------------|-----------|-------------|--------|
| 6 Griffith, Zach | SR | CAPITAL HIGH SCHOOL | 2:45.45 | 2:43.88 | 9 |
| 32.65 43.11 50.06 38.06 | | | | | |
| 7 Shaffer, Corrie | SO | CAPITAL HIGH SCHOOL | 2:38.45 | 2:46.51 | 7 |
| 32.33 43.48 52.46 38.24 | | | | | |
| 8 Sharp, Marshall | FR | CAPITAL HIGH SCHOOL | NT | 2:48.62 | 5 |
| 36.88 43.19 50.72 37.83 | | | | | |
| --- Mannon, Sam | FR | SPRING VALLEY HIGH SCHOOL | NT | DQ | |
| 34.83 37.76 46.70 34.50 | | | | | |

Event 7 Women 50 Yard Freestyle

| Nov-Region4: | 25.81 | * 11/15/2008 | Meredith Davis | GWHS | | |
|------------------------|-------|-------------------------------|----------------|-------------|--------|--|
| Name | Yr | School | Seed Time | Finals Time | Points | |
| 1 Morris, Alyssa | SO | CABELL MIDLAND HIGH SCHOOL | 25.39 | 26.62 | 16 | |
| 2 Davis, Anna | SO | GEORGE WASHINGTON HIGH SCHOOL | 27.62 | 27.12 | 13 | |
| 3 Zekan, Caroline | SR | CHARLESTON CATHOLIC HS | 27.53 | 28.16 | 12 | |
| 4 Deer, Taylor | JR | CHARLESTON CATHOLIC HS | 28.83 | 28.93 | 11 | |
| 5 Deer, Morgan | SR | CHARLESTON CATHOLIC HS | 28.81 | 29.03 | 10 | |
| 6 Lobo, Dani | SR | ST. JOSEPH HIGH SCHOOL | NT | 30.13 | 9 | |
| 7 Bulriss, Mary Beth | 12 | ST. ALBANS HIGH SCHOOL | 30.00 | 30.22 | 7 | |
| 8 Marshall, Kristen | SO | HUNTINGTON HIGH SCHOOL | NT | 30.42 | 5 | |
| 9 Setser, Caitlin | SR | ST. JOSEPH HIGH SCHOOL | 29.56 | 30.46 | 4 | |
| 10 Helmick, Abbi | FR | GEORGE WASHINGTON HIGH SCHOOL | NT | 30.57 | 3 | |
| 11 Pitkin, Taylor | JR | CABELL MIDLAND HIGH SCHOOL | NT | 30.75 | 2 | |
| 12 Setser, Zoe | FR | ST. JOSEPH HIGH SCHOOL | NT | 31.12 | 1 | |
| 13 Miller, Kelly | SR | CHARLESTON CATHOLIC HS | 32.05 | 31.78 | | |
| 14 Canterbury, Sarah | FR | HUNTINGTON HIGH SCHOOL | NT | 31.80 | | |
| 15 Jordan, Emily | JR | ST. JOSEPH HIGH SCHOOL | NT | 32.15 | | |
| 16 Moffatt, Lexie | SO | NITRO HIGH SCHOOL | 31.72 | 32.26 | | |
| 17 Engle, Renee | FR | NITRO HIGH SCHOOL | NT | 32.53 | | |
| 18 Parsons, Alexis | JR | SPRING VALLEY HIGH SCHOOL | NT | 32.83 | | |
| 19 Anderson, Kara | JR | ST. JOSEPH HIGH SCHOOL | 32.23 | 32.94 | | |
| 20 Rhodes, Heather | SO | GEORGE WASHINGTON HIGH SCHOOL | NT | 32.99 | | |
| 21 Teed, Jacqueline | FR | GEORGE WASHINGTON HIGH SCHOOL | NT | 33.13 | | |
| 22 Magoun, Jade | 10 | ST. ALBANS HIGH SCHOOL | 33.00 | 33.24 | | |
| 23 Emory, Alex | FR | CABELL MIDLAND HIGH SCHOOL | NT | 33.40 | | |
| 24 Rhodes, Holly | SO | GEORGE WASHINGTON HIGH SCHOOL | NT | 33.46 | | |
| 25 Pulliam, Kathryn | FR | CHARLESTON CATHOLIC HS | NT | 33.66 | | |
| 26 Childers, Sydni | FR | NITRO HIGH SCHOOL | NT | 33.77 | | |
| *27 Bronikowski, Diane | SR | CHARLESTON CATHOLIC HS | 32.99 | 33.80 | | |
| *27 Pilcher, Summer | JR | ST. JOSEPH HIGH SCHOOL | NT | 33.80 | | |
| 29 Blanton, Morgan | JR | SPRING VALLEY HIGH SCHOOL | NT | 34.19 | | |
| 30 Johnson, Molly | FR | NITRO HIGH SCHOOL | NT | 34.20 | | |
| 31 Williams, Amanda | JR | CAPITAL HIGH SCHOOL | NT | 34.39 | | |
| 32 Walters, Calla | SR | ST. JOSEPH HIGH SCHOOL | 34.03 | 34.84 | | |
| 33 Burns, Morgan | JR | ST. JOSEPH HIGH SCHOOL | 35.50 | 35.17 | | |
| 34 Knipp, Haley | JR | ST. JOSEPH HIGH SCHOOL | 36.76 | 35.91 | | |
| 35 Kanouse, Alyssa | | ST. JOSEPH HIGH SCHOOL | 34.05 | 35.95 | | |
| 36 Klemm, Allison | FR | NITRO HIGH SCHOOL | NT | 36.33 | | |
| 37 Obregon, Celine | FR | SPRING VALLEY HIGH SCHOOL | NT | 36.68 | | |
| 38 Asbury, Katie | 12 | ST. ALBANS HIGH SCHOOL | 36.00 | 37.36 | | |
| 39 George, Alexandra | SR | CHARLESTON CATHOLIC HS | 38.37 | 37.38 | | |

2010 HYCAT November High School
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(Event 7 Women 50 Yard Freestyle)

| Name | Yr | School | Seed Time | Finals Time | Points |
|-------------------------|----|----------------------------|-----------|-------------|--------|
| 40 Adkins, Taylor | SR | CABELL MIDLAND HIGH SCHOOL | NT | 37.90 | |
| 41 Brescoach, Carrie | FR | HUNTINGTON HIGH SCHOOL | NT | 38.07 | |
| 42 Mays, Sarah | FR | ST. JOSEPH HIGH SCHOOL | NT | 38.19 | |
| 43 Wang, Joy | JR | CAPITAL HIGH SCHOOL | 29.45 | 38.66 | |
| 44 Shivel, Kristina | SR | CABELL MIDLAND HIGH SCHOOL | 37.07 | 38.77 | |
| 45 Daly, Claire | FR | CHARLESTON CATHOLIC HS | NT | 38.89 | |
| 46 Ridenour, Courtney | FR | HERBERT HOOVER HIGH SCHOO | NT | 39.19 | |
| 47 Lobo, Kasey | FR | ST. JOSEPH HIGH SCHOOL | NT | 39.21 | |
| 48 Petrie, Rachel | FR | HUNTINGTON HIGH SCHOOL | NT | 40.07 | |
| 49 Hickman, Kasey | 11 | ST. ALBANS HIGH SCHOOL | 36.00 | 40.37 | |
| 50 Whitehair, Ashli | SR | HERBERT HOOVER HIGH SCHOO | NT | 40.49 | |
| 51 Klemm, Emily | FR | NITRO HIGH SCHOOL | NT | 41.62 | |
| 52 Sonnenschein, Devin | SR | CABELL MIDLAND HIGH SCHOOL | NT | 41.73 | |
| 53 Fields, Madison | JR | CAPITAL HIGH SCHOOL | NT | 42.27 | |
| 54 Blackwood, Catherine | JR | CAPITAL HIGH SCHOOL | NT | 42.73 | |
| 55 Ferrell, Maddie | JR | CAPITAL HIGH SCHOOL | NT | 42.88 | |

Event 8 Men 50 Yard Freestyle

| Nov-Region4: 22.73 * 11/20/2010 | | Benjamin Davis | | Spring Valley | | |
|---------------------------------|----|----------------------------|-----------|---------------|--------|--|
| Name | Yr | School | Seed Time | Finals Time | Points | |
| 1 Davis, Benjamin | SR | SPRING VALLEY HIGH SCHOOL | 23.11 | 22.73 * | 16 | |
| 2 Kessler, Samuel | SO | CHARLESTON CATHOLIC HS | 26.02 | 25.22 | 13 | |
| 3 Smolder, Daniel | SR | CHARLESTON CATHOLIC HS | NT | 25.61 | 12 | |
| 4 Engle, Richard | SR | NITRO HIGH SCHOOL | 26.54 | 25.65 | 11 | |
| 5 Johnson, Bryce | JR | GEORGE WASHINGTON HIGH SC | 26.47 | 25.71 | 10 | |
| 6 Douglas, Jacob | SO | NITRO HIGH SCHOOL | 25.72 | 25.72 | 9 | |
| 7 Adams, Scott | JR | CAPITAL HIGH SCHOOL | 26.58 | 26.70 | 7 | |
| 8 Hettlinger, Blake | JR | CABELL MIDLAND HIGH SCHOOL | 28.52 | 27.00 | 5 | |
| 9 Craze, Sean | SO | HERBERT HOOVER HIGH SCHOO | NT | 27.07 | 4 | |
| 10 Duncan, Matt | JR | HUNTINGTON HIGH SCHOOL | NT | 27.57 | 3 | |
| *11 Mays, Quinton | JR | ST. JOSEPH HIGH SCHOOL | 28.16 | 27.66 | 1.50 | |
| *11 Vagheei, Cavon | JR | NITRO HIGH SCHOOL | 26.86 | 27.66 | 1.50 | |
| 13 Ching, Andrew | SO | HUNTINGTON HIGH SCHOOL | NT | 27.69 | | |
| 14 Barnette, Caleb | SO | GEORGE WASHINGTON HIGH SC | 29.43 | 28.30 | | |
| 15 Spence, Matt | FR | SPRING VALLEY HIGH SCHOOL | NT | 28.76 | | |
| 16 Shimp, Stephen | SR | ST. JOSEPH HIGH SCHOOL | NT | 29.21 | | |
| 17 Eplin, Nick | JR | CAPITAL HIGH SCHOOL | 28.89 | 29.25 | | |
| 18 Massie, Jacob | SR | SPRING VALLEY HIGH SCHOOL | NT | 30.04 | | |
| 19 Grist, Bruce | SR | CHARLESTON CATHOLIC HS | NT | 30.56 | | |
| 20 Bryant, Kevin | JR | ST. JOSEPH HIGH SCHOOL | 30.89 | 30.95 | | |
| 21 Williams, Jacob | FR | CAPITAL HIGH SCHOOL | NT | 31.65 | | |
| 22 Zegeer, Josh | JR | CAPITAL HIGH SCHOOL | NT | 31.86 | | |
| 23 Slater, Bryce | JR | NITRO HIGH SCHOOL | NT | 31.87 | | |
| 24 McQuain, Thomas | JR | CHARLESTON CATHOLIC HS | 33.97 | 31.93 | | |
| 25 Hall, Tyler | SR | SPRING VALLEY HIGH SCHOOL | NT | 32.02 | | |
| 26 Stuck, David | SR | NITRO HIGH SCHOOL | NT | 32.12 | | |
| 27 Karnes, Patrick | JR | ST. JOSEPH HIGH SCHOOL | 31.94 | 32.29 | | |
| 28 White, Alexander | SO | CHARLESTON CATHOLIC HS | 33.07 | 32.30 | | |
| 29 Browning, Luke | SO | ST. JOSEPH HIGH SCHOOL | NT | 32.48 | | |
| 30 Beckett, Tanner | SR | CABELL MIDLAND HIGH SCHOOL | 34.91 | 33.91 | | |
| 31 French, Nathan | SO | NITRO HIGH SCHOOL | NT | 33.92 | | |

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(Event 8 Men 50 Yard Freestyle)

| Name | Yr | School | Seed Time | Finals Time | Points |
|--------------------|----|----------------------------|-----------|-------------|--------|
| 32 Mercer, Andrew | SO | HERBERT HOOVER HIGH SCHOO | NT | 33.96 | |
| 33 Huffman, Gabe | FR | CAPITAL HIGH SCHOOL | NT | 34.19 | |
| 34 Lewis, Jordan | SO | NITRO HIGH SCHOOL | 36.90 | 34.32 | |
| 35 Burgess, Seth | SR | SPRING VALLEY HIGH SCHOOL | NT | 34.46 | |
| 36 Moody, Noah | JR | CAPITAL HIGH SCHOOL | NT | 34.71 | |
| 37 Kinder, Kaleb | FR | CAPITAL HIGH SCHOOL | NT | 34.81 | |
| 38 Carpenter, Jake | SO | GEORGE WASHINGTON HIGH SC | NT | 35.30 | |
| 39 Smith, Kane | FR | HUNTINGTON HIGH SCHOOL | NT | 35.64 | |
| 40 Braucher, Tyler | SO | HERBERT HOOVER HIGH SCHOO | NT | 35.80 | |
| 41 Newfeld, Joey | SO | CABELL MIDLAND HIGH SCHOOL | NT | 36.28 | |
| --- Moore, Hayden | SR | CAPITAL HIGH SCHOOL | 27.58 | DQ | |

Event 9 Women 100 Yard Butterfly

| Nov-Region4: 1:00.36 * 11/13/2004 | | Sara Wegmann | | GWHS-WV | | |
|---------------------------------------|----|---------------------------|-----------|-------------|--------|--|
| Name | Yr | School | Seed Time | Finals Time | Points | |
| 1 Gacek, Heather 31.95 36.80 | JR | GEORGE WASHINGTON HIGH SC | 1:07.55 | 1:08.75 | 16 | |
| 2 Sotomayor, Emily 32.18 39.37 | JR | CHARLESTON CATHOLIC HS | NT | 1:11.55 | 13 | |
| 3 Ross, Emily 33.94 40.56 | JR | NITRO HIGH SCHOOL | NT | 1:14.50 | 12 | |
| 4 Johnson, Meghan 35.00 39.72 | JR | ST. JOSEPH HIGH SCHOOL | 1:17.50 | 1:14.72 | 11 | |
| 5 Looney, Kiersten 35.75 41.64 | 10 | ST. ALBANS HIGH SCHOOL | 1:19.00 | 1:17.39 | 10 | |
| 6 Conway, Keiko 37.70 42.97 | SO | SPRING VALLEY HIGH SCHOOL | 1:21.17 | 1:20.67 | 9 | |
| 7 Rembrandt, Christine 35.52 45.47 | SO | CHARLESTON CATHOLIC HS | NT | 1:20.99 | 7 | |
| 8 Sampson, Amanda 38.70 47.92 | 11 | ST. ALBANS HIGH SCHOOL | 1:25.00 | 1:26.62 | 5 | |
| 9 Thomas, Daisy 40.70 49.93 | SO | GEORGE WASHINGTON HIGH SC | NT | 1:30.63 | 4 | |
| 10 Johnson, Molly 42.04 52.78 | FR | NITRO HIGH SCHOOL | NT | 1:34.82 | 3 | |
| 11 Teed, Jacqueline 46.73 58.07 | FR | GEORGE WASHINGTON HIGH SC | NT | 1:44.80 | 2 | |
| --- Obregon, Celine 46.32 1:05.63 | FR | SPRING VALLEY HIGH SCHOOL | NT | DQ | | |
| --- Childers, Sydni 46.12 58.49 | FR | NITRO HIGH SCHOOL | NT | DQ | | |
| --- Vorholt, Abigail 32.83 40.90 | SR | CHARLESTON CATHOLIC HS | 1:12.92 | DQ | | |
| --- Klemm, Allison 44.52 51.95 | FR | NITRO HIGH SCHOOL | NT | DQ | | |

Event 10 Men 100 Yard Butterfly

| Nov-Region4: 53.35 * 11/12/2005 | | Todd McGraw | | Woodrow Wilson- | | |
|---------------------------------|----|------------------------|-----------|-----------------|--------|--|
| Name | Yr | School | Seed Time | Finals Time | Points | |
| 1 Crain, Jacob 26.29 30.41 | JR | CHARLESTON CATHOLIC HS | 56.33 | 56.70 | 16 | |

2010 HYCAT November High School
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(Event 10 Men 100 Yard Butterfly)

| | <u>Name</u> | <u>Yr</u> | <u>School</u> | <u>Seed Time</u> | <u>Finals Time</u> | <u>Points</u> |
|---|--------------------------------|-----------|-------------------------------|------------------|--------------------|---------------|
| 2 | Lynch, Michael 27.51 30.69 | SR | GEORGE WASHINGTON HIGH SCHOOL | 58.54 | 58.20 | 13 |
| 3 | Davis, Benjamin 28.04 31.01 | SR | SPRING VALLEY HIGH SCHOOL | 1:01.30 | 59.05 | 12 |
| 4 | Nason, Jacob 28.04 31.05 | SO | GEORGE WASHINGTON HIGH SCHOOL | 59.88 | 59.09 | 11 |
| 5 | Kidd, Zach 29.00 32.58 | FR | GEORGE WASHINGTON HIGH SCHOOL | NT | 1:01.58 | 10 |
| 6 | Griffith, Zach 31.92 39.41 | SR | CAPITAL HIGH SCHOOL | 1:10.94 | 1:11.33 | 9 |

Event 11 Women 100 Yard Freestyle

| | <u>Name</u> | <u>Yr</u> | <u>School</u> | <u>Seed Time</u> | <u>Finals Time</u> | <u>Points</u> |
|----|---|-----------|-------------------------------|------------------|--------------------|---------------|
| | Nov-Region4: 56.55 * 11/13/2004 Sara Wegmann | | | | GWHS-WV | |
| 1 | Morris, Alyssa 29.35 30.39 | SO | CABELL MIDLAND HIGH SCHOOL | NT | 59.74 | 16 |
| 2 | Slaughter, Savannah 28.64 31.27 | JR | GEORGE WASHINGTON HIGH SCHOOL | 58.97 | 59.91 | 13 |
| 3 | Wheeler, Rachael 29.97 33.07 | SR | GEORGE WASHINGTON HIGH SCHOOL | 1:06.37 | 1:03.04 | 12 |
| 4 | Zekan, Caroline 31.13 34.24 | SR | CHARLESTON CATHOLIC HS | 1:04.11 | 1:05.37 | 11 |
| 5 | Drury, Bethany 31.24 34.32 | 11 | ST. ALBANS HIGH SCHOOL | 1:09.00 | 1:05.56 | 10 |
| 6 | Deer, Taylor 30.71 35.35 | JR | CHARLESTON CATHOLIC HS | 1:07.06 | 1:06.06 | 9 |
| 7 | Johnson, Meghan 32.90 34.99 | JR | ST. JOSEPH HIGH SCHOOL | 1:10.28 | 1:07.89 | 7 |
| 8 | Deer, Morgan 31.49 36.60 | SR | CHARLESTON CATHOLIC HS | 1:06.61 | 1:08.09 | 5 |
| 9 | Johnson, Annie 32.07 38.30 | SO | NITRO HIGH SCHOOL | 1:00.32 | 1:10.37 | 4 |
| 10 | Setser, Caitlin 32.23 38.56 | SR | ST. JOSEPH HIGH SCHOOL | 1:08.93 | 1:10.79 | 3 |
| 11 | Setser, Zoe 32.91 38.50 | FR | ST. JOSEPH HIGH SCHOOL | NT | 1:11.41 | 2 |
| 12 | Marshall, Kristen 33.68 38.03 | SO | HUNTINGTON HIGH SCHOOL | NT | 1:11.71 | 1 |
| 13 | Lefevre, Anna 35.27 40.85 | JR | CABELL MIDLAND HIGH SCHOOL | 1:16.31 | 1:16.12 | |
| 14 | Hanna, Emma 34.68 41.51 | FR | GEORGE WASHINGTON HIGH SCHOOL | NT | 1:16.19 | |
| 15 | Burns, Morgan 36.63 41.40 | JR | ST. JOSEPH HIGH SCHOOL | 1:19.51 | 1:18.03 | |
| 16 | Breese, Molly 35.84 42.26 | FR | CHARLESTON CATHOLIC HS | NT | 1:18.10 | |
| 17 | Blanton, Morgan 35.76 42.88 | JR | SPRING VALLEY HIGH SCHOOL | NT | 1:18.64 | |
| 18 | Anderson, Kara 37.44 41.32 | JR | ST. JOSEPH HIGH SCHOOL | 1:15.33 | 1:18.76 | |
| 19 | Bronikowski, Diane 35.70 43.42 | SR | CHARLESTON CATHOLIC HS | 1:15.11 | 1:19.12 | |

2010 HYCAT November High School
Host: Charleston Catholic High School
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(Event 11 Women 100 Yard Freestyle)

| Name | Yr | School | Seed Time | Finals Time | Points |
|--|----|-------------------------------|-----------|-------------|--------|
| 20 Helmick, Mackenzie 37.89 41.77 | SO | CHARLESTON CATHOLIC HS | 1:21.24 | 1:19.66 | |
| 21 Iaquinto, Grace 38.85 41.58 | SR | CABELL MIDLAND HIGH SCHOOL | 1:19.42 | 1:20.43 | |
| 22 Sears, Carli 37.88 42.88 | SO | GEORGE WASHINGTON HIGH SCHOOL | 1:17.83 | 1:20.76 | |
| 23 Townsend, Arden 36.87 45.07 | JR | CAPITAL HIGH SCHOOL | 1:11.23 | 1:21.94 | |
| 24 Hardy, Meghan 38.14 44.72 | JR | HUNTINGTON HIGH SCHOOL | 1:28.33 | 1:22.86 | |
| 25 Moore, Hannah 39.51 43.81 | FR | CAPITAL HIGH SCHOOL | NT | 1:23.32 | |
| 26 Shivel, Kristina 40.64 44.08 | SR | CABELL MIDLAND HIGH SCHOOL | 1:29.41 | 1:24.72 | |
| 27 Kanouse, Alyssa 38.97 45.80 | | ST. JOSEPH HIGH SCHOOL | 1:24.05 | 1:24.77 | |
| 28 Robertson, Lindsey 42.38 43.41 | SO | SPRING VALLEY HIGH SCHOOL | NT | 1:25.79 | |
| 29 George, Alexandra 39.13 47.55 | SR | CHARLESTON CATHOLIC HS | 1:30.44 | 1:26.68 | |
| 30 Myers, Anna 40.79 46.49 | FR | SPRING VALLEY HIGH SCHOOL | NT | 1:27.28 | |
| 31 Knipp, Haley 40.20 47.18 | JR | ST. JOSEPH HIGH SCHOOL | 1:25.52 | 1:27.38 | |
| 32 Brumley, Sarah 42.06 45.53 | FR | GEORGE WASHINGTON HIGH SCHOOL | NT | 1:27.59 | |
| 33 Yuhasz, Stephanie 40.48 47.52 | FR | HUNTINGTON HIGH SCHOOL | NT | 1:28.00 | |
| 34 Daly, Claire 41.75 48.09 | FR | CHARLESTON CATHOLIC HS | NT | 1:29.84 | |
| 35 Adkins, Taylor 43.20 47.39 | SR | CABELL MIDLAND HIGH SCHOOL | NT | 1:30.59 | |
| 36 Asbury, Katie 40.57 53.20 | 12 | ST. ALBANS HIGH SCHOOL | 12.00 | 1:33.77 | |
| 37 Lobo, Kasey 41.96 52.91 | FR | ST. JOSEPH HIGH SCHOOL | NT | 1:34.87 | |
| 38 Ferrell, Maddie 44.53 52.12 | JR | CAPITAL HIGH SCHOOL | NT | 1:36.65 | |
| 39 Fields, Madison 47.85 49.98 | JR | CAPITAL HIGH SCHOOL | NT | 1:37.83 | |
| 40 Sonnenschein, Devin 45.19 54.65 | SR | CABELL MIDLAND HIGH SCHOOL | NT | 1:39.84 | |
| 41 Blackwood, Catherine 46.09 55.13 | JR | CAPITAL HIGH SCHOOL | NT | 1:41.22 | |

Event 12 Men 100 Yard Freestyle

| Nov-Region4: 48.84 * 11/21/2009 | | Joseph AbuRahma | CCHS | | |
|---------------------------------|----|-------------------------------|-----------|-------------|--------|
| Name | Yr | School | Seed Time | Finals Time | Points |
| 1 Case, Michael 26.23 27.79 | JR | GEORGE WASHINGTON HIGH SCHOOL | 56.10 | 54.02 | 16 |
| 2 Vega, Evan 26.92 30.64 | SO | HUNTINGTON HIGH SCHOOL | NT | 57.56 | 13 |

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(Event 12 Men 100 Yard Freestyle)

| | <u>Name</u> | <u>Yr</u> | <u>School</u> | <u>Seed Time</u> | <u>Finals Time</u> | <u>Points</u> |
|----|----------------------------------|-----------|----------------------------|------------------|--------------------|---------------|
| 3 | Judd, Eric 26.33 31.41 | SR | NITRO HIGH SCHOOL | 59.20 | 57.74 | 12 |
| 4 | Douglas, Jacob 27.48 30.34 | SO | NITRO HIGH SCHOOL | 58.37 | 57.82 | 11 |
| 5 | Smolder, Daniel 28.47 30.02 | SR | CHARLESTON CATHOLIC HS | NT | 58.49 | 10 |
| 6 | Engle, Richard 29.22 31.08 | SR | NITRO HIGH SCHOOL | 1:03.99 | 1:00.30 | 9 |
| 7 | Shaffer, Corrie 29.91 31.56 | SO | CAPITAL HIGH SCHOOL | 1:00.32 | 1:01.47 | 7 |
| 8 | Craze, Sean 29.34 33.25 | SO | HERBERT HOOVER HIGH SCHOO | NT | 1:02.59 | 5 |
| 9 | Hettlinger, Blake 29.42 33.78 | JR | CABELL MIDLAND HIGH SCHOOL | 1:01.72 | 1:03.20 | 4 |
| 10 | Duncan, Matt 29.41 35.87 | JR | HUNTINGTON HIGH SCHOOL | 1:02.60 | 1:05.28 | 3 |
| 11 | Mays, Quinton 30.15 36.14 | JR | ST. JOSEPH HIGH SCHOOL | 1:06.76 | 1:06.29 | 2 |
| 12 | Meade, Tyler 31.83 36.57 | SO | SPRING VALLEY HIGH SCHOOL | NT | 1:08.40 | 1 |
| 13 | Smith, JD 32.47 36.53 | FR | SPRING VALLEY HIGH SCHOOL | NT | 1:09.00 | |
| 14 | Massie, Jacob | SR | SPRING VALLEY HIGH SCHOOL | NT | 1:10.30 | |
| 15 | Stricker, Vincent 32.97 37.40 | SO | CHARLESTON CATHOLIC HS | 1:18.29 | 1:10.37 | |
| 16 | Grist, Bruce 32.14 38.65 | SR | CHARLESTON CATHOLIC HS | NT | 1:10.79 | |
| 17 | Eplin, Nick 32.89 39.44 | JR | CAPITAL HIGH SCHOOL | 1:09.95 | 1:12.33 | |
| 18 | Sutherland, Sean 35.55 37.43 | SO | HUNTINGTON HIGH SCHOOL | NT | 1:12.98 | |
| 19 | Aulick, Ben 34.20 39.44 | SO | HUNTINGTON HIGH SCHOOL | NT | 1:13.64 | |
| 20 | Hall, Tyler 33.87 41.12 | SR | SPRING VALLEY HIGH SCHOOL | NT | 1:14.99 | |
| 21 | Shimp, Stephen 34.65 41.45 | SR | ST. JOSEPH HIGH SCHOOL | NT | 1:16.10 | |
| 22 | Karnes, Patrick 35.20 40.97 | JR | ST. JOSEPH HIGH SCHOOL | 1:14.09 | 1:16.17 | |
| 23 | Browning, Luke 36.10 40.95 | SO | ST. JOSEPH HIGH SCHOOL | NT | 1:17.05 | |
| 24 | McQuain, Thomas 35.70 41.92 | JR | CHARLESTON CATHOLIC HS | 1:21.06 | 1:17.62 | |
| 25 | Stuck, David 35.87 41.96 | SR | NITRO HIGH SCHOOL | NT | 1:17.83 | |
| 26 | Huffman, Gabe 36.06 43.86 | FR | CAPITAL HIGH SCHOOL | NT | 1:19.92 | |
| 27 | Zegeer, Josh 35.35 45.59 | JR | CAPITAL HIGH SCHOOL | NT | 1:20.94 | |
| 28 | Williams, Jacob 35.88 45.08 | FR | CAPITAL HIGH SCHOOL | NT | 1:20.96 | |

2010 HYCAT November High School
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(Event 12 Men 100 Yard Freestyle)

| Name | Yr | School | Seed Time | Finals Time | Points |
|-----------------------------------|----|-------------------------------|-----------|-------------|--------|
| 29 Burgess, Seth 36.88 44.83 | SR | SPRING VALLEY HIGH SCHOOL | NT | 1:21.71 | |
| 30 Kinder, Kaleb 37.21 44.55 | FR | CAPITAL HIGH SCHOOL | NT | 1:21.76 | |
| 31 Meade, Tanner 37.87 45.15 | FR | SPRING VALLEY HIGH SCHOOL | NT | 1:23.02 | |
| 32 Carpenter, Jake 38.80 44.69 | SO | GEORGE WASHINGTON HIGH SCHOOL | NT | 1:23.49 | |
| 33 Mercer, Andrew 39.21 49.29 | SO | HERBERT HOOVER HIGH SCHOOL | NT | 1:28.50 | |
| 34 Smith, Kane 42.46 50.38 | FR | HUNTINGTON HIGH SCHOOL | NT | 1:32.84 | |
| 35 Oxley, Sam | FR | HUNTINGTON HIGH SCHOOL | NT | 1:37.30 | |

Event 13 Women 500 Yard Freestyle

Nov-Region4: 5:17.65 * 11/17/2007 Katherine Crain

CCHS -

| Name | Yr | School | Seed Time | Finals Time | Points |
|--|----|-------------------------------|------------------|-------------|--------|
| 1 Clemens, Megan 29.29 31.39 32.03 32.38 31.06 | JR | NITRO HIGH SCHOOL | 5:15.69 33.09 | 5:20.72 | 16 |
| 2 Merrill, Whitney 32.37 34.75 35.39 34.89 33.25 | SR | CHARLESTON CATHOLIC HS | 5:43.51 35.64 | 5:48.70 | 13 |
| 3 Gacek, Heather 32.69 34.93 35.54 36.83 35.69 | JR | GEORGE WASHINGTON HIGH SCHOOL | 5:59.87 37.17 | 5:59.55 | 12 |
| 4 Walz, Sophie 30.30 34.56 36.29 37.07 35.73 | FR | HUNTINGTON HIGH SCHOOL | NT 37.74 | 6:00.51 | 11 |
| 5 Linz, Schelli 32.43 35.89 36.97 37.55 36.58 | JR | ST. JOSEPH HIGH SCHOOL | 5:51.99 37.21 | 6:05.97 | 10 |
| 6 Babiak, Laura 34.14 37.77 39.51 41.65 40.29 | JR | GEORGE WASHINGTON HIGH SCHOOL | 6:28.38 42.38 | 6:40.53 | 9 |
| 7 Helmick, Abbi 34.87 40.72 45.13 48.11 42.08 | FR | GEORGE WASHINGTON HIGH SCHOOL | NT 47.90 | 7:30.16 | 7 |
| 8 Earl, Mikaela 45.08 52.18 55.21 52.82 49.76 | SO | SPRING VALLEY HIGH SCHOOL | NT 54.74 | 8:50.98 | 5 |

Event 14 Men 500 Yard Freestyle

Nov-Region4: 4:50.86 * 11/11/2006 Travis Green

SCHS-WV

| Name | Yr | School | Seed Time | Finals Time | Points |
|--|----|-------------------------------|-------------|-------------|--------|
| 1 Kidd, Zach 27.62 30.14 31.71 33.30 32.20 | FR | GEORGE WASHINGTON HIGH SCHOOL | NT 33.79 | 5:21.87 | 16 |
| 2 Barnette, Josh 29.50 32.84 34.15 35.77 34.28 | FR | GEORGE WASHINGTON HIGH SCHOOL | NT 36.34 | 5:47.52 | 13 |

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(Event 14 Men 500 Yard Freestyle)

| Name | Yr | School | Seed Time | Finals Time | Points |
|----------------------|-------|----------------------------|-----------|-------------|--------|
| 3 McKown, Isaac | SO | CHARLESTON CATHOLIC HS | 5:51.76 | 5:57.73 | 12 |
| 31.78 34.29 35.74 | 36.88 | 36.85 36.28 36.00 | 37.10 | | |
| 36.92 35.89 | | | | | |
| 4 Webb, Cody | FR | HERBERT HOOVER HIGH SCHOO | NT | 6:08.82 | 11 |
| 30.26 35.03 37.26 | 37.52 | 38.02 38.63 39.03 | 38.93 | | |
| 37.32 36.82 | | | | | |
| 5 Dent, Jake | SR | SPRING VALLEY HIGH SCHOOL | NT | 6:37.53 | 10 |
| 31.55 36.16 39.16 | 39.86 | 40.54 41.76 42.66 | 43.67 | | |
| 41.87 40.30 | | | | | |
| 6 Sharp, Marshall | FR | CAPITAL HIGH SCHOOL | NT | 6:44.20 | 9 |
| 7 Hageboeck, Charlie | SO | GEORGE WASHINGTON HIGH SC | 6:27.48 | 6:44.49 | 7 |
| 34.40 38.75 40.05 | 41.55 | 41.73 41.90 42.96 | 42.89 | | |
| 42.11 38.15 | | | | | |
| 8 Simpkins, Nathan | FR | SPRING VALLEY HIGH SCHOOL | NT | 7:24.26 | 5 |
| 39.30 45.52 47.02 | 46.27 | 46.30 45.89 46.10 | 46.08 | | |
| 44.42 37.36 | | | | | |
| 9 Beckett, Tanner | SR | CABELL MIDLAND HIGH SCHOOL | 8:21.43 | 8:03.07 | 4 |
| 40.37 43.17 45.97 | 47.58 | 48.57 50.60 53.58 | 52.58 | | |
| 53.13 47.52 | | | | | |

Event 15 Women 200 Yard Freestyle Relay

Nov-Region4: 1:49.22 * 11/15/2008

Nitro High School

Wildcats

E Ross, A Clemens, M Clemens, L Kerns

| Team | Relay | Seed Time | Finals Time | Points |
|----------------------------|--------------------------|--------------------------|-----------------------|--------|
| 1 GEORGE WASHINGTON HIGH | A | NT | 1:53.17 | 32 |
| 1) Wheeler, Rachael SR | 2) Moore, Allison FR | 3) Pitchford, Allison | 4) Davis, Anna SO | |
| 28.89 27.74 32.27 | 24.27 | | | |
| 2 CHARLESTON CATHOLIC HS | A | NT | 1:53.94 | 26 |
| 28.23 28.95 27.97 | 28.79 | | | |
| 3 HUNTINGTON HIGH SCHOOL | A | NT | 1:56.24 | 24 |
| 1) Walz, Sophie FR | 2) Georgel-Walz, Alex SR | 3) Marshall, Kristen SO | 4) Chambers, Emily FR | |
| 28.45 29.62 32.55 | 25.62 | | | |
| 4 NITRO HIGH SCHOOL | A | NT | 2:00.61 | 22 |
| 1) Clemens, Megan JR | 2) Johnson, Annie SO | 3) Moffatt, Lexie SO | 4) Ross, Emily JR | |
| 28.66 31.86 32.26 | 27.83 | | | |
| 5 ST. JOSEPH HIGH SCHOOL | A | NT | 2:09.46 | 20 |
| 1) Setser, Caitlin SR | 2) Setser, Zoe FR | 3) Burns, Morgan JR | 4) Lobo, Dani SR | |
| 31.90 31.51 36.50 | 29.55 | | | |
| 6 ST. ALBANS HIGH SCHOOL | A | NT | 2:11.32 | 18 |
| 1) Looney, Kiersten 10 | 2) Drury, Bethany 11 | 3) Bulriss, Mary Beth 12 | 4) Magoun, Jade 10 | |
| 38.91 33.06 30.04 | 29.31 | | | |
| 7 GEORGE WASHINGTON HIGH | B | NT | 2:15.41 | 14 |
| 1) Teed, Jacqueline FR | 2) Hanna, Emma FR | 3) Rhodes, Heather SO | 4) Thomas, Daisy SO | |
| 34.59 34.55 33.38 | 32.89 | | | |
| 8 CHARLESTON CATHOLIC HS | B | NT | 2:17.64 | 10 |
| 38.30 31.58 34.79 | 32.97 | | | |
| 9 SPRING VALLEY HIGH SCHO | A | NT | 2:19.25 | 8 |
| 1) Obregon, Celine FR | 2) Parsons, Alexis JR | 3) Earl, Mikaela SO | 4) Conway, Keiko SO | |
| 39.66 31.69 37.46 | 30.44 | | | |
| 10 CABELL MIDLAND HIGH SCH | A | NT | 2:21.51 | 6 |
| 1) Lefevre, Anna JR | 2) Shivel, Kristina SR | 3) Iaquinto, Grace SR | 4) Emory, Alex FR | |
| 34.98 38.76 34.67 | 33.10 | | | |

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(Event 15 Women 200 Yard Freestyle Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|---------------------------|-------------------------|-------------------------|-------------------------|--------|
| 11 ST. JOSEPH HIGH SCHOOL | B | NT | 2:22.17 | 4 |
| 1) Mays, Sarah FR | 2) Lobo, Kasey FR | 3) Pilcher, Summer JR | 4) Knipp, Haley JR | |
| 38.75 32.07 35.53 | 35.82 | | | |
| 12 HUNTINGTON HIGH SCHOOL | B | NT | 2:26.69 | 2 |
| 1) Hardy, Meghan JR | 2) Yuhasz, Stephanie FR | 3) Brescoach, Carrie FR | 4) Canterbury, Sarah FR | |
| 37.10 39.85 38.46 | 31.28 | | | |
| 13 NITRO HIGH SCHOOL | B | NT | 2:29.79 | |
| 1) Johnson, Molly FR | 2) Klemm, Allison FR | 3) Klemm, Emily FR | 4) Childers, Sydni FR | |
| 35.09 43.03 36.60 | 35.07 | | | |
| 14 CAPITAL HIGH SCHOOL | A | NT | 2:43.65 | |
| 1) Wang, Joy JR | 2) Williams, Amanda JR | 3) Fields, Madison JR | 4) Ferrell, Maddie JR | |
| 46.37 40.35 42.76 | 34.17 | | | |

Event 16 Men 200 Yard Freestyle Relay

Nov-Region4: 1:38.73 * 11/21/2009 George Washington High School GW
J Hall, R Davis, M Lynch, E Walker

| Team | Relay | Seed Time | Finals Time | Points |
|---------------------------|-----------------------|--------------------------|-----------------------|--------|
| 1 GEORGE WASHINGTON HIGH | A | NT | 1:40.04 | 32 |
| 1) Nason, Jacob SO | 2) Kay, Chris FR | 3) Johnson, Bryce JR | 4) Case, Michael JR | |
| 25.38 25.27 25.25 | 24.14 | | | |
| 2 CHARLESTON CATHOLIC HS | A | NT | 1:41.49 | 26 |
| 1) McKown, Isaac SO | 2) Smolder, Daniel SR | 3) Kessler, Samuel SO | 4) Crain, Jacob JR | |
| 25.26 26.60 24.61 | 25.02 | | | |
| 3 NITRO HIGH SCHOOL | A | NT | 1:43.62 | 24 |
| 1) Judd, Eric SR | 2) Vagheel, Cavon JR | 3) Engle, Richard SR | 4) Douglas, Jacob SO | |
| 25.34 26.46 25.43 | 26.39 | | | |
| 4 SPRING VALLEY HIGH SCHO | A | NT | 1:45.53 | 22 |
| 1) Mannon, Sam FR | 2) Spence, Matt FR | 3) Meade, Tyler SO | 4) Davis, Benjamin SR | |
| 25.70 27.62 29.64 | 22.57 | | | |
| 5 GEORGE WASHINGTON HIGH | B | NT | 1:50.33 | 20 |
| 1) Barnette, Caleb SO | 2) Lilly, Jackson JR | 3) Hageboeck, Charlie SO | 4) Meadows, Collin JR | |
| 28.81 26.81 28.74 | 25.97 | | | |
| 6 HUNTINGTON HIGH SCHOOL | A | NT | 1:50.63 | 18 |
| 1) Vega, Evan SO | 2) Aulick, Ben SO | 3) Ching, Andrew SO | 4) Duncan, Matt JR | |
| 25.67 28.99 27.91 | 28.06 | | | |
| 7 CAPITAL HIGH SCHOOL | A | NT | 1:57.29 | 14 |
| 1) Griffith, Zach SR | 2) Sharp, Marshall FR | 3) Eplin, Nick JR | 4) Zegeer, Josh JR | |
| 29.40 33.01 27.88 | 27.00 | | | |
| 8 SPRING VALLEY HIGH SCHO | B | NT | 1:59.71 | 10 |
| 1) Dent, Jake SR | 2) Massie, Jacob SR | 3) Simpkins, Nathan FR | 4) Smith, JD FR | |
| 29.14 30.11 30.74 | 29.72 | | | |
| 9 CHARLESTON CATHOLIC HS | B | NT | 2:02.85 | 8 |
| 1) Stricker, Vincent SO | 2) Grist, Bruce SR | 3) White, Alexander SO | 4) McQuain, Thomas JR | |
| 29.77 30.00 31.27 | 31.81 | | | |
| 10 CAPITAL HIGH SCHOOL | B | NT | 2:15.64 | 6 |
| 1) Williams, Jacob FR | 2) Kinder, Kaleb FR | 3) Huffman, Gabe FR | 4) Moody, Noah JR | |
| 34.01 33.16 35.19 | 33.28 | | | |
| 11 NITRO HIGH SCHOOL | B | NT | 2:19.50 | 4 |
| 1) Stuck, David SR | 2) French, Nathan SO | 3) Lewis, Jordan SO | 4) Slater, Bryce JR | |
| 36.16 34.17 38.59 | 30.58 | | | |

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Event 17 Women 100 Yard Backstroke

| Nov-Region4: | | 1:04.17 | * | 11/13/2004 | Caitlin Cook | CAPITAL | | |
|--------------------------------------|----|---------------------------|-----------|-------------|--------------|---------|--|--|
| Name | Yr | School | Seed Time | Finals Time | Points | | | |
| 1 Slaughter, Savannah 32.60 34.17 | JR | GEORGE WASHINGTON HIGH SC | 1:06.43 | 1:06.77 | 16 | | | |
| 2 Chambers, Emily 33.65 35.61 | FR | HUNTINGTON HIGH SCHOOL | NT | 1:09.26 | 13 | | | |
| 3 Sotomayor, Emily 33.83 36.30 | JR | CHARLESTON CATHOLIC HS | NT | 1:10.13 | 12 | | | |
| 4 Davis, Anna 33.92 36.32 | SO | GEORGE WASHINGTON HIGH SC | 1:10.71 | 1:10.24 | 11 | | | |
| 5 Moore, Allison 34.75 35.90 | FR | GEORGE WASHINGTON HIGH SC | NT | 1:10.65 | 10 | | | |
| 6 Bulriss, Mary Beth 34.97 38.11 | 12 | ST. ALBANS HIGH SCHOOL | 1:20.00 | 1:13.08 | 9 | | | |
| 7 Johnson, Annie 38.75 40.70 | SO | NITRO HIGH SCHOOL | 1:18.04 | 1:19.45 | 7 | | | |
| 8 Jordan, Emily 39.43 40.04 | JR | ST. JOSEPH HIGH SCHOOL | NT | 1:19.47 | 5 | | | |
| 9 Georgel-Walz, Alex 39.84 40.76 | SR | HUNTINGTON HIGH SCHOOL | NT | 1:20.60 | 4 | | | |
| 10 James, Sarah 38.49 43.04 | SR | CHARLESTON CATHOLIC HS | 1:17.00 | 1:21.53 | 3 | | | |
| 11 Pulliam, Kathryn 41.84 42.76 | FR | CHARLESTON CATHOLIC HS | NT | 1:24.60 | 2 | | | |
| 12 Parsons, Alexis 42.61 46.71 | JR | SPRING VALLEY HIGH SCHOOL | NT | 1:29.32 | 1 | | | |
| 13 Breese, Molly 45.26 51.88 | FR | CHARLESTON CATHOLIC HS | NT | 1:37.14 | | | | |
| 14 Higgins, Kelsey 1:28.18 15.83 | JR | CHARLESTON CATHOLIC HS | 1:30.76 | 1:44.01 | | | | |
| 15 Moffatt, Lexie 1:25.09 20.84 | SO | NITRO HIGH SCHOOL | 1:28.08 | 1:45.93 | | | | |
| 16 Petrie, Rachel 49.31 58.00 | FR | HUNTINGTON HIGH SCHOOL | NT | 1:47.31 | | | | |
| --- Hickman, Kasey 1:42.87 | 11 | ST. ALBANS HIGH SCHOOL | 1:40.00 | DQ | | | | |

Event 18 Men 100 Yard Backstroke

| Nov-Region4: | | 57.01 | * | 11/20/2010 | Tate Warden | CAP -WV | | |
|---------------------------------|----|---------------------------|-----------|-------------|-------------|---------|--|--|
| Name | Yr | School | Seed Time | Finals Time | Points | | | |
| 1 Warden, Tate 28.02 28.99 | JR | CAPITAL HIGH SCHOOL | 54.23 | 57.01* | 16 | | | |
| 2 Lynch, Michael 27.82 29.62 | SR | GEORGE WASHINGTON HIGH SC | 58.96 | 57.44 | 13 | | | |
| 3 Kay, Chris 29.79 32.78 | FR | GEORGE WASHINGTON HIGH SC | NT | 1:02.57 | 12 | | | |
| 4 Mannon, Sam 32.43 35.78 | FR | SPRING VALLEY HIGH SCHOOL | NT | 1:08.21 | 11 | | | |
| 5 Lilly, Jackson 33.41 35.47 | JR | GEORGE WASHINGTON HIGH SC | 1:08.99 | 1:08.88 | 10 | | | |
| 6 Vagheei, Cavon 35.39 38.83 | JR | NITRO HIGH SCHOOL | 1:15.49 | 1:14.22 | 9 | | | |

2010 HYCAT November High School
Host: Charleston Catholic High School
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(Event 18 Men 100 Yard Backstroke)

| Name | Yr | School | Seed Time | Finals Time | Points |
|----------------------------------|----|---------------------------|-----------|-------------|--------|
| 7 Barnette, Caleb 36.22 39.03 | SO | GEORGE WASHINGTON HIGH SC | NT | 1:15.25 | 7 |
| 8 Meade, Tyler 40.85 42.50 | SO | SPRING VALLEY HIGH SCHOOL | NT | 1:23.35 | 5 |
| 9 Sutherland, Sean | SO | HUNTINGTON HIGH SCHOOL | NT | 1:30.00 | 4 |
| 10 Lewis, Jordan | SO | NITRO HIGH SCHOOL | 1:31.45 | 1:39.66 | 3 |

Event 19 Women 100 Yard Breaststroke

| Nov-Region4: 1:11.14 * 11/11/2006 | Sarah Supcoe | GWHS-WV | | | |
|--|--------------|----------------------------|-----------|-------------|--------|
| Name | Yr | School | Seed Time | Finals Time | Points |
| 1 Dupay, Allyson 33.96 37.34 | FR | CHARLESTON CATHOLIC HS | NT | 1:11.30 | 16 |
| 2 Linz, Schelli 35.83 40.03 | JR | ST. JOSEPH HIGH SCHOOL | 1:14.05 | 1:15.86 | 13 |
| 3 Ross, Emily 36.72 41.36 | JR | NITRO HIGH SCHOOL | 1:16.71 | 1:18.08 | 12 |
| 4 Walz, Sophie 37.36 41.55 | FR | HUNTINGTON HIGH SCHOOL | NT | 1:18.91 | 11 |
| 5 Moore, Allison 37.81 41.21 | FR | GEORGE WASHINGTON HIGH SC | NT | 1:19.02 | 10 |
| 6 Merrill, Lindsey 37.83 43.42 | SR | CHARLESTON CATHOLIC HS | 1:18.75 | 1:21.25 | 9 |
| 7 Vorholt, Abigail 37.79 44.21 | SR | CHARLESTON CATHOLIC HS | 1:20.02 | 1:22.00 | 7 |
| 8 Drury, Bethany 38.76 43.87 | 11 | ST. ALBANS HIGH SCHOOL | 1:25.00 | 1:22.63 | 5 |
| 9 Pitkin, Taylor 41.59 47.82 | JR | CABELL MIDLAND HIGH SCHOOL | NT | 1:29.41 | 4 |
| 10 Rhodes, Heather 41.29 49.29 | SO | GEORGE WASHINGTON HIGH SC | NT | 1:30.58 | 3 |
| 11 Engle, Renee 43.46 47.39 | FR | NITRO HIGH SCHOOL | NT | 1:30.85 | 2 |
| 12 Rembrandt, Christine 42.45 48.56 | SO | CHARLESTON CATHOLIC HS | NT | 1:31.01 | 1 |
| 13 Looney, Kiersten 44.49 48.75 | 10 | ST. ALBANS HIGH SCHOOL | 1:32.00 | 1:33.24 | |
| 14 Lobo, Dani 42.86 50.75 | SR | ST. JOSEPH HIGH SCHOOL | NT | 1:33.61 | |
| 15 Brown, Lexi 44.14 49.82 | FR | CAPITAL HIGH SCHOOL | NT | 1:33.96 | |
| 16 Rhodes, Holly 43.00 53.30 | SO | GEORGE WASHINGTON HIGH SC | NT | 1:36.30 | |
| 17 Anderson, Yasmin 43.77 52.92 | FR | GEORGE WASHINGTON HIGH SC | NT | 1:36.69 | |
| 18 Miller, Kelly 43.53 54.42 | SR | CHARLESTON CATHOLIC HS | 1:36.16 | 1:37.95 | |
| 19 Helmick, Mackenzie 46.09 51.92 | SO | CHARLESTON CATHOLIC HS | 1:43.87 | 1:38.01 | |
| 20 Iaquinto, Grace 47.29 51.97 | SR | CABELL MIDLAND HIGH SCHOOL | 1:35.50 | 1:39.26 | |
| 21 Williams, Amanda 47.55 56.83 | JR | CAPITAL HIGH SCHOOL | NT | 1:44.38 | |

2010 HYCAT November High School
Host: Charleston Catholic High School
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(Event 19 Women 100 Yard Breaststroke)

| | Name | Yr | School | Seed Time | Finals Time | Points |
|-----|--------------------------------------|----|---------------------------|-----------|-------------|--------|
| 22 | Moore, Hannah 47.84 56.79 | FR | CAPITAL HIGH SCHOOL | NT | 1:44.63 | |
| 23 | Robertson, Lindsey 48.24 58.33 | SO | SPRING VALLEY HIGH SCHOOL | NT | 1:46.57 | |
| 24 | Wang, Joy 53.26 1:05.85 | JR | CAPITAL HIGH SCHOOL | 1:28.33 | 1:59.11 | |
| 25 | Yuhasz, Stephanie 55.96 1:08.23 | FR | HUNTINGTON HIGH SCHOOL | NT | 2:04.19 | |
| --- | Brescoach, Carrie 1:09.43 1:20.99 | FR | HUNTINGTON HIGH SCHOOL | NT | DQ | |
| --- | Whitehair, Ashli 52.66 1:04.80 | SR | HERBERT HOOVER HIGH SCHOO | NT | DQ | |
| --- | Klemm, Emily 52.25 1:04.33 | FR | NITRO HIGH SCHOOL | NT | DQ | |
| --- | Ridenour, Courtney 50.38 57.47 | FR | HERBERT HOOVER HIGH SCHOO | NT | DQ | |

Event 20 Men 100 Yard Breaststroke

| | Name | Yr | School | Seed Time | Finals Time | Points |
|-----|---|----|----------------------------|-----------|-------------|--------|
| | Nov-Region4: 1:03.50 * 11/20/2010 Thomas Moore | | | | GW | |
| 1 | Moore, Thomas 29.95 33.55 | SR | GEORGE WASHINGTON HIGH SC | 1:03.41 | 1:03.50* | 16 |
| 2 | Judd, Eric 32.33 35.49 | SR | NITRO HIGH SCHOOL | 1:11.12 | 1:07.82 | 13 |
| 3 | Crain, Jacob 32.52 35.62 | JR | CHARLESTON CATHOLIC HS | 1:05.87 | 1:08.14 | 12 |
| 4 | Meadows, Collin 33.64 35.98 | JR | GEORGE WASHINGTON HIGH SC | 1:09.63 | 1:09.62 | 11 |
| 5 | Lilly, Jackson 35.36 39.18 | JR | GEORGE WASHINGTON HIGH SC | 1:15.70 | 1:14.54 | 10 |
| 6 | Johnson, Bryce 34.55 40.50 | JR | GEORGE WASHINGTON HIGH SC | 1:14.02 | 1:15.05 | 9 |
| 7 | Moore, Hayden 36.79 41.52 | SR | CAPITAL HIGH SCHOOL | 1:21.33 | 1:18.31 | 7 |
| 8 | Spence, Matt 38.02 42.03 | FR | SPRING VALLEY HIGH SCHOOL | NT | 1:20.05 | 5 |
| 9 | Moody, Noah 38.83 47.42 | JR | CAPITAL HIGH SCHOOL | NT | 1:26.25 | 4 |
| 10 | Aulick, Ben 41.69 46.43 | SO | HUNTINGTON HIGH SCHOOL | NT | 1:28.12 | 3 |
| 11 | Smith, JD 40.81 48.60 | FR | SPRING VALLEY HIGH SCHOOL | NT | 1:29.41 | 2 |
| 12 | Newfeld, Joey 41.99 47.53 | SO | CABELL MIDLAND HIGH SCHOOL | NT | 1:29.52 | 1 |
| 13 | White, Alexander 44.03 50.83 | SO | CHARLESTON CATHOLIC HS | 1:35.81 | 1:34.86 | |
| 14 | Oxley, Sam 53.61 1:01.34 | FR | HUNTINGTON HIGH SCHOOL | NT | 1:54.95 | |
| --- | Stricker, Vincent 40.02 45.16 | SO | CHARLESTON CATHOLIC HS | 1:28.80 | DQ | |
| --- | French, Nathan 49.94 1:06.16 | SO | NITRO HIGH SCHOOL | NT | DQ | |

2010 HYCAT November High School
Host: Charleston Catholic High School
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Event 21 Women 400 Yard Freestyle Relay

Nov-Region4: 3:57.26 * 11/17/2007

Charleston Catholic HS

CCHS -

S Argento, L Kidd, W Merrill, K Crain

| Team | Relay | Seed Time | Finals Time | Points |
|--|-------|-----------|-------------|--------|
| 1 CHARLESTON CATHOLIC HS | A | NT | 4:02.56 | 32 |
| 29.26 1:01.29 30.65 1:04.24 29.33 59.96 27.44 57.07 | | | | |
| 2 GEORGE WASHINGTON HIGH | A | NT | 4:06.40 | 26 |
| 1) Slaughter, Savannah JR 2) Gacek, Heather JR 3) Pitchford, Allison 4) Davis, Anna SO | | | | |
| 30.39 1:02.08 29.86 1:03.00 28.82 1:02.00 27.66 59.32 | | | | |
| 3 GEORGE WASHINGTON HIGH | B | NT | 4:43.83 | 24 |
| 1) Wheeler, Rachael SR 2) Sears, Carli SO 3) Helmick, Abbi FR 4) Babiak, Laura JR | | | | |
| 31.80 1:07.41 37.45 1:21.44 32.34 1:10.82 30.10 1:04.16 | | | | |
| 4 CABELL MIDLAND HIGH SCH | A | NT | 4:49.24 | 22 |
| 1) Pitkin, Taylor JR 2) Whisman, Lauren JR 3) Lefevre, Anna JR 4) Morris, Alyssa SO | | | | |
| 35.91 1:14.52 37.08 1:19.32 33.06 1:12.22 30.11 1:03.18 | | | | |
| 5 CAPITAL HIGH SCHOOL | A | NT | 5:26.92 | 20 |
| 1) Moore, Hannah FR 2) Brown, Lexi FR 3) Williams, Amanda JR 4) Townsend, Arden JR | | | | |
| 38.33 1:23.99 40.16 1:24.36 16.47 38.21 44.77 2:00.36 | | | | |
| 6 SPRING VALLEY HIGH SCHO | A | NT | 5:46.83 | 18 |
| 1) Blanton, Morgan JR 2) Myers, Anna FR 3) Robertson, Lindsey SO 4) Earl, Mikaela SO | | | | |
| 36.74 1:20.74 41.01 1:27.21 42.57 1:31.30 39.08 1:27.58 | | | | |
| 7 ST. ALBANS HIGH SCHOOL | A | NT | 5:51.00 | 14 |
| 1) Sampson, Amanda 11 2) Hickman, Kasey 11 3) Asbury, Katie 12 4) Magoun, Jade 10 | | | | |
| 39.58 1:36.19 42.89 1:41.08 35.14 1:19.55 34.49 1:14.18 | | | | |
| --- CHARLESTON CATHOLIC HS | B | NT | DQ | |
| 34.00 1:09.95 37.62 1:26.25 24.46 59.42 15.17 35.08 | | | | |

Event 22 Men 400 Yard Freestyle Relay

Nov-Region4: 3:33.77 * 11/21/2009

George Washington High School

GW

T Moore, M Lynch, R Davis, E Walker

| Team | Relay | Seed Time | Finals Time | Points |
|--|-------|-----------|-------------|--------|
| 1 GEORGE WASHINGTON HIGH | A | NT | 3:34.37 | 32 |
| 1) Moore, Thomas SR 2) Case, Michael JR 3) Nason, Jacob SO 4) Lynch, Michael SR | | | | |
| 25.51 53.44 25.56 53.78 26.18 54.30 25.20 52.85 | | | | |
| 2 CAPITAL HIGH SCHOOL | A | NT | 4:03.53 | 26 |
| 1) Shaffer, Corrie SO 2) Moore, Hayden SR 3) Sharp, Marshall FR 4) Warden, Tate JR | | | | |
| 29.51 1:03.93 1:04.74 1:34.23 33.08 58.46 26.91 | | | | |
| 3 GEORGE WASHINGTON HIGH | B | NT | 4:06.01 | 24 |
| 1) Hageboeck, Charlie SO 2) Barnette, Caleb SO 3) Kidd, Zach FR 4) Barnette, Josh FR | | | | |
| 30.82 1:05.06 30.78 1:09.28 26.38 55.24 27.02 56.43 | | | | |
| 4 SPRING VALLEY HIGH SCHO | A | NT | 4:33.45 | 22 |
| 1) Smith, JD FR 2) Simpkins, Nathan FR 3) Massie, Jacob SR 4) Dent, Jake SR | | | | |
| 33.10 1:25.25 19.25 54.68 32.32 1:10.24 30.68 1:03.28 | | | | |
| 5 CHARLESTON CATHOLIC HS | A | NT | 4:44.56 | 20 |
| 33.05 1:11.20 35.22 1:17.60 35.14 1:16.52 28.94 59.24 | | | | |
| 6 CAPITAL HIGH SCHOOL | B | NT | 5:31.93 | 18 |
| 1) Williams, Jacob FR 2) Kinder, Kaleb FR 3) Huffman, Gabe FR 4) Zegeer, Josh JR | | | | |
| 35.52 1:20.94 39.92 1:23.72 38.31 1:25.66 35.52 1:21.61 | | | | |

Combined Team Scores

 Combined Team Scores - Through Event 22

| | | | |
|----------------------------------|-------|---------------------------|-----|
| 1. George Washington High School | 730 | 2. Charleston Catholic HS | 473 |
| 3. Nitro High School | 264.5 | 4. Capital High School | 218 |

2010 HYCAT November High School
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(Combined Team Scores)

| | | | |
|-------------------------------|-------|--------------------------------|-----|
| 5. Spring Valley High School | 209 | 6. Huntington High School | 169 |
| 7. St. Joseph High School | 112.5 | 8. St. Albans High School | 103 |
| 9. Cabell Midland High School | 95 | 10. Herbert Hoover High School | 30 |

Scores - Women

Women - Team Rankings - Through Event 22

| | | | |
|----------------------------------|-----|------------------------------|-----|
| 1. George Washington High School | 319 | 2. Charleston Catholic HS | 311 |
| 3. Huntington High School | 116 | 3. Nitro High School | 116 |
| 5. St. Joseph High School | 109 | 6. St. Albans High School | 103 |
| 7. Cabell Midland High School | 81 | 8. Spring Valley High School | 52 |
| 9. Capital High School | 32 | | |

Scores - Men

Men - Team Rankings - Through Event 22

| | | | |
|----------------------------------|-------|-------------------------------|-----|
| 1. George Washington High School | 411 | 2. Capital High School | 186 |
| 3. Charleston Catholic HS | 162 | 4. Spring Valley High School | 157 |
| 5. Nitro High School | 148.5 | 6. Huntington High School | 53 |
| 7. Herbert Hoover High School | 30 | 8. Cabell Midland High School | 14 |
| 9. St. Joseph High School | 3.5 | | |