

SWIMMING & DIVING

Compiled by Bryan Flaherty



JONATHAN NEWTON/THE WASHINGTON POST

BOYS' SWIMMER OF THE YEAR

Andrew Seliskar

Jefferson / Jr. A first-team selection as a freshman and sophomore, Seliskar continued his dominance of the Virginia high school pool this year. With area-best times in the 50 free, 200 free, 500 free, 100 butterfly and 100 breast, the nation's No. 1 recruit in his class was limited only by the number of events he could enter in a meet. He set the national high school record in the 100 breaststroke in a time of 53.24 seconds and has earned nine career all-American designations.



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GIRLS' SWIMMER OF THE YEAR

Katie Ledecky

Stone Ridge / Jr. After setting two world records at the 2013 FINA World Championships, Ledecky returned to the high school pool to lead the Gators to a fifth-place finish at Metros. During prelims, she set the American record in the 500-yard freestyle with a time of 4 minutes 28.71 seconds to become the first woman in history under the 4:30 barrier. She also set the national high school record in the 200 free (1:42.32). Her opening 100 yards in the 200 free stand as the area's best time in the 100 free.

FIRST TEAM



Grayson Campbell
Madison / So.
Recorded three straight scores better than 500 points on the 1-meter board during the Virginia postseason, including an area-best 546.40.



Grant Goddard
Georgetown Prep / Jr.
Three-time Metros champ in 100 butterfly. Set record in butterfly and won 50 free to help the Little Hoyas win Metros title.



James Jones
Robinson / So.
Led Robinson to second straight Virginia 6A title with key splits on medley and free relays. Swept 50 and 100 free events at states and regions.



Adrian Lin
Georgetown Prep / Jr.
Led Prep to Metros title with second-place swims in 100 and 200 free, plus swam key relay legs throughout the postseason.

FIRST TEAM



Laura Branton
Oakton / Jr.
Recorded an automatic all-American cut in the 100 fly, plus two all-American consideration cuts, to help Oakton win the Virginia 6A state title.



Megan Byrnes
Oakton / So.
Virginia 6A state runner-up in 200 and 500 free. Provided key legs to Oakton's winning relays.



Masha Hashem
Churchill / Sr.
Swept Metros, Maryland state and Montgomery County Division I diving titles.



Morgan Hill
Sherwood / So.
Set a Metros record in the 50 free (22.97) and was Metros runner-up in the 100 free.



James Murphy
Robinson / So.
Won 200 and 500 free to lead Robinson to repeat Virginia 6A title. Posted second-best time in area in 100 breast and 200 IM. Two-time state champ.



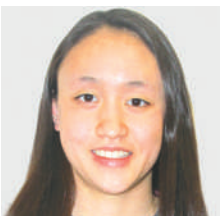
John Shebat
Oakton / Jr.
Led Cougars to second-place finish at Virginia 6A states with automatic all-American cuts in 50 free, 100 back and 200 IM. Two-time state champ.



Grayson Smith
Madison / Sr.
Posted an automatic all-American cut and three all-American consideration cuts for four area top-five times to help Madison place fourth at states.



Gavin Springer
Sidwell Friends / Jr.
Two-time Metros champ with automatic all-American cuts in 200 and 500 free. Led Sidwell to its highest finish at Metros in team history.



Janet Hu
Oakton / Sr.
Area-best times in the 50 free, 100 back, 100 fly and 200 IM. Nearly broke three national high school records. Will swim for Stanford.



Kylie Jordan
Madeira / So.
Set VISAA records in 100 butterfly and 200 IM in automatic all-American cut times. Second best in area in both.



Kristina Li
Wootton / Sr.
Repeated as Metros champ in 100 fly and set a Metros record with her winning time in the 100 back. Will swim for Harvard.



Hannah Lindsey
Churchill / So.
Metros runner-up in 100 back and 200 free in automatic all-American cut times.



Carsten Vissering
Georgetown Prep / Jr.
Led Little Hoyas to Metros title with repeat wins in 100 breast and 200 IM. Set national independent high school record in 100 breast.



Brady Welch
Good Counsel / Sr.
Set Metros record in 100 free with area-best time of 45.00 and provided key legs to the Falcons' relays.

SECOND TEAM

Player	School	Yr.
Evan Baker	Chantilly	Sr.
Ryan Baker	Gonzaga	So.
Brandon Goldstein	Georgetown Prep	Jr.
Harrison Gu	Churchill	Sr.
Ben Lawless	Northern	Sr.
Rory Lewis	Einstein	Jr.
Cole McGarry	Lake Braddock	Jr.
Chris Murphy	McLean	So.
Brennan Novak	Gonzaga	Jr.
Ben Schiesl	W.T. Woodson	Jr.



Caroline McTaggart
Holton-Arms / Jr.
Three-time All-Met remained undefeated in 100 free at Metros. Runner-up in 50 free.



Isabella Rongione
Langley / Fr.
Virginia 6A state champ in 200 and 500 free. Second-best times in area behind Ledecky.

SECOND TEAM

Player	School	Yr.
Schuyler Bailar	Georgetown Day	Sr.
Hanna Baker	Robinson	So.
Robyn Dryer	West Springfield	Jr.
Elaina Gu	Churchill	Jr.
Lea Gwennap	Chantilly	Fr.
Carrie Heilbrun	Jefferson	Jr.
Emily Langworthy	Damascus	Sr.
Emily Meilus	Herndon	Fr.
Leah Rogers	W.T. Woodson	Jr.
M.J. Ulrich	McLean	Sr.

HONORABLE MENTION

Griffin Alaniz, Rockville, So.; Jase Ashkin, Gonzaga, So.; Joseph Canova, Quince Orchard, Fr.; John Crow, Bethesda-Chevy Chase, Jr.; Jay DeLancey, Washington-Lee, Sr.; Jake Dickens, West Springfield, Sr.; Bouke Edsikes, Richard Montgomery, So.; Brandon Fabian, South County, So.; Carter Flint, McLean, Fr.; Andrew Gibson, Wootton, Sr.; David Herbert, Paul VI, So.; Matthew Hirschberger, Georgetown Prep, Fr.; Ken Huber-Wilker, T.C. Williams, Sr.; John Janeczko, Whitman, Sr.; Duncan Johnson, Einstein, Sr.; Parker Johnston, Centreville, Fr.; Luke Jones, Robinson, So.; Matt Jones, Robinson, Sr.; Dennis Lai, Chantilly, So.; Ben Lambert, Hayfield, Jr.; Xavier Laracuente, Poolesville, Sr.; Kevin Mackenzie, St. John's, Sr.; Bennett Magliato, Sidwell Friends, Jr.; John Mooers, Whitman, Sr.; Denny Nguyen, Oakton, Sr.; Jean-Marc Nugent, Walter Johnson, Sr.; Ryan O'Leary, Damascus, So.; Miles Oakley, Jefferson, Sr.; Chris Outlaw, O'Connell, Jr.; Nathan Pawlowicz, Oakton, Jr.; Reid Penzler, W.T. Woodson, Sr.; Sam Pomajewich, Stonewall Jackson, Fr.; Ian Russiello, Madison, Jr.; Ian Shelton, Marshall, So.; Gregory Song, Richard Montgomery, Sr.; Lane Stone, West Springfield, Fr.; James Sturges, Falls Church, Sr.; Mike Sullivan, Whitman, Jr.; Samuel Tarter, Georgetown Prep, Fr.; Michael Thomas, Blair, Sr.; Luke Thorsell, Jefferson, Jr.; Christian Tiernan, O'Connell, Sr.; Nikos Tragotsis, Wootton, Sr.; Devin Truong, Langley, Fr.; Brian Tsau, Blair, Jr.; Andrew Valentine, Gonzaga, Sr.; Garrett Walsh, Langley, Jr.; Timothy Wu, McLean, Fr.; Noah Yanchulis, Broadneck, Sr.; Jacob Zucker, Walter Johnson, Jr.

HONORABLE MENTION

Gail Anderson, Einstein, So.; Rachel Anderson, Centreville, Sr.; Kali Becker, Churchill, Jr.; Sarah Cahill, O'Connell, So.; Julia Capobianco, Oakton, Jr.; Jessica Chen, Wootton, Sr.; Jacques Clebeux, Chantilly, Fr.; Maxine Clifford, West Potomac, Jr.; Logan Coulson-Moore, Chantilly, Sr.; Suzanne Dolan, Yorktown, So.; Brigid Dunn, Churchill, So.; Elaina Faerber, Churchill, So.; Joanne Fu, Langley, Fr.; Allison Goldblatt, W.T. Woodson, Fr.; Micaela Grassi, Langley, So.; Kelleigh Haley, Stone Ridge, So.; Kelly Henry, Gar-Field, Sr.; Chloe Hicks, Westfield, So.; Natsumi Horikawa, Walter Johnson, Sr.; Leah Hubert, Wootton, Sr.; Catherine Johnson, Springbrook, So.; Morgan Johnson, National Cathedral, Sr.; Isabelle Jubin, Holton-Arms, Jr.; Sarah Kannan, Whitman, Sr.; Sydney Kirsch, St. John's, So.; Sophia Kuvan, Walter Johnson, Sr.; Emily Landeryou, South Lakes, Fr.; Gloriya Mavrova, T.C. Williams, Sr.; Anise Muir, Hayfield, Jr.; Fiona Muir, Langley, Jr.; Mia Newkirk, Westfield, So.; Natalie Obando, South Lakes, Jr.; Anna Ober, Fairfax, Fr.; Michelle Owens, Langley, Fr.; Katie Parker, Severna Park, Sr.; Natalie Purnell, Stonewall Jackson, Jr.; Alexandria Puskar-Beckett, West Potomac, Fr.; Audrey Richter, Richard Montgomery, So.; Dorit Song, Poolesville, Jr.; Christin Swanepoel-Stevens, West Springfield, Jr.; Amy Tansill, Osbourn Park, Sr.; Mary Claire Tansill, Patriot, So.; Madison Waechter, Blair, Fr.; Emily Wang, Churchill, Fr.; Julia Wilson, Sidwell Friends, Sr.; Veronica Wolff, McLean, So.; Jaycee Yegher, Northwest, Fr.; Katherine Young, Walter Johnson, Sr.; Maddy Zarchin, Quince Orchard, Fr.; Emily Zhang, Wootton, Jr.

TOP RELAYS

200 medley	Georgetown Prep (Brandon Goldstein, Carsten Vissering, Grant Goddard, Adrian Lin)	1:32.95
200 freestyle	Robinson (Matt Jones, Luke Jones, James Murphy, James Jones)	1:24.20
400 freestyle	Georgetown Prep (Grant Goddard, Brandon Goldstein, Carsten Vissering, Adrian Lin)	3:04.83

TOP RELAYS

200 medley	Wootton (Kristina Li, Jessica Chen, Scarlett Sun, Emily Zhang)	1:45.22
200 freestyle	Stone Ridge (Cecila Gasaway, Kelleigh Haley, Laura Garcia, Katie Ledecky)	1:36.14
400 freestyle	Oakton (Laura Branton, Kendall Lawhorn, Megan Byrnes, Janet Hu)	3:26.79



COACH OF THE YEAR

Aryn Wheeler *Richard Montgomery*

In one of the most fiercely contested Montgomery County seasons in recent years, Wheeler led the Rockets to a Division I county championship, their first Maryland 4A/3A state title and a third-place finish at Metros, the highest by a public school team since 2011.



COACH OF THE YEAR

Parker Ramsdell *Oakton*

Led the Cougars to third consecutive state and region titles and a fourth straight conference or district title. Despite losing the country's No. 2 recruit in the class of 2014, Ramsdell has Oakton poised to compete for a fourth consecutive state title.