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NoVa Synchro Registers Multiple Wins at Spring Fling Invitational

Arlington, VA March 24 - NoVa Synchro, an Arlington-based youth synchronized swimming team, turned in three victories at the Spring Fling Invitational in Annandale last Sunday. Kathleen McLean lead the way with two victories, as she opened up the meet by winning the 16-17 Age Group Figure competition and later joined with Lauren Wengrovitz and Marie O'Shaughnessy to take first place in the 16-17 Age Group Trio competition. Also registering a win for NoVa Synchro were Courtney Gistaro and Marissa Ramsey, who placed first in the 13-15 Intermediate Duet competition.

The team also turned in two silver-medal performances, the first from Sofie Ravesteijn in the 13-15 Age Group Figure competition, and the second from the group effort of Cassie Block, Caroline Frias, Kelsey O'Malia, Lydia Packard, and Marisa Shotwell in the 11-12 Age Group Team competition. In placing second in the 11-12 Age Group Team competition, the group inched closer to the team from the Northern Virginia Nereids, finishing three points behind their local rivals to close the six-point gap from their last head-to-head competition and improve their chances for qualifying for nationals later this season.

NoVa Synchro invites all girls ages 6-18 with an interest in synchronized swimming to try the sport at any one of their practices this season. The team holds practices in Arlington and Falls Church several times a week, and welcomes girls of all ability levels, including those who have never done the sport before. For more information about the programs that the team offers, please visit www.NoVaSynchro.net or email novasynchro99@yahoo.com.

Complete Results for NoVa Synchro - Spring Fling Invitational

Place	Athletes (Age)	Score
<i>13-15 Intermediate Duet</i>		
3	Courtney Gistaro (12), Marissa Ramsey (14)	50.436
<i>13-15 Age Group Duet</i>		
5	Marie O'Shaughnessy (13), Lauren Wengrovitz (13)	56.012
<i>16-17 Age Group Trio</i>		
1	Kathleen McLean (15), O'Shaughnessy, Wengrovitz	60.226
<i>11-12 Age Group Team</i>		
2	Cassie Block (9), Caroline Frias (11), Kelsey O'Malia (10), Lydia Packard (10), Marisa Shotwell (10)	49.021
<i>11-12 Age Group Figures</i>		
4	Packard	51.941
12	O'Malia	47.086
13	Block	46.763
14	Shotwell	46.684
17	Frias	45.651
<i>13-15 Intermediate Figures</i>		
5	Gistaro	50.336
10	Ramsey	47.408

13-15 Age Group Figures

2	Sofie Ravesteijn (13)	58.966
4	Julie Calvert (14)	57.392
20	O'Shaughnessy	52.733
21	Wengrovitz	52.313

16-17 Age Group Figures

1	McLean	58.889
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