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NoVa Synchro Puts on Podium Performances at Spring Fling Invitational

Arlington, VA March 16 - NoVa Synchro, an Arlington-based youth synchronized swimming team, came away from the Spring Fling Invitational in Laurel, MD with a total of 11 individual medals. Leading the way for the team in terms of the medal count was Arlington resident Lydia Packard, who swept the gold in the 10&Under intermediate figures and solo routine events. Packard earned her third medal when she teamed with Marie O'Shaughnessy and Lauren Wengrovitz, also both of Arlington, to take the sliver in the 13-15 intermediate trio competition.

O'Shaughnessy and Wengrovitz earned another silver medal for their 13-15 intermediate duet, while Sofie Ravesteijn of Arlington won sliver in the 13-15 age group solo competition. Two other Arlington residents, Kathleen McLean and Ava Oaxaca, also earned silver medals in the 13-15 age group figures competition and the 13-15 novice solo competition, respectively. Rounding out the medal performances was O'Shaughnessy's bronze medal in the 13-15 intermediate figure competition.

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>10&Under Intermediate Solo</i>		
1	Lydia Packard (9)	49.050
<i>13-15 Novice Solo</i>		
2	Ava Oaxaca (12)	45.261
<i>13-15 Age Group Solo</i>		
2	Sofie Ravesteijn (12)	56.691
<i>13-15 Intermediate Duet</i>		
2	Marie O'Shaughnessy (12), Lauren Wengrovitz (12)	49.604
<i>13-15 Intermediate Trio</i>		
2	O'Shaughnessy, Packard, Wengrovitz	48.502
<i>13-15 Novice Figures</i>		
4	Oaxaca	41.355
<i>10&Under Intermediate Figures</i>		
1	Packard	48.099
<i>13-15 Intermediate Figures</i>		
3	O'Sahughnessy	50.294
10	Wengrovitz	45.120
<i>13-15 Age Group Figures</i>		
2	Kathleen McLean (14)	57.153
6	Ravesteijn	55.549

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