

**WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs**

Results

#301 Women 200 Yard Medley Relay

Meet Record: 1:43.52! 2021 Bainbridge Island

T Lenahan, E Solseng, M Hayes, A McDevitt

State Record: 1:43.52\$ 2021 Bainbridge Island

T Lenahan, E Solseng, M Hayes, A McDevitt

Team	Relay	Finals Time	NISCA
A - Final			
1 BLVU	A	1:44.91	447
Siripipat, Lily 12		Howard, Cecilia 11	
Segerson, Sophie 11		Segerson, Sammy 11	
		27.20 28.36 24.89	24.46
2 MI	A	1:45.86	435
Woare, Vivian 12		Enge, Piper 12	
Nowakowski, Emma 9		Enge, Hope 10	
		28.53 27.58 25.59	24.16
3 GAR	A	1:48.76	402
Liffmann, Cole 12		Rivard, Maddie 11	
Pham, Sophie 10		Risse, Kate 12	
		27.77 29.83 24.29	26.87
4 STAD	A	1:50.68	378
Cheng-Lucey, Sienna 12		Mihaluta, Patricia 12	
Lopes, Brooke 11		Kula, Samara 9	
		26.83 31.35 27.19	25.31
5 SHRCR	A	1:51.68	369
Fralick, Owan 12		Howson, Aila 11	
Whorley, Quinn 11		Thompson, Miranda 12	
		29.07 31.19 26.66	24.76
6 ROOS	A	1:52.55	357
Andrews, Catherine 12		Jaeger, Elyse 12	
Clarke, Olive 11		Sherwood, Gigi 12	
		26.21 33.95 27.25	25.14
7 BAIN	A	1:56.48	318
Longridge, Olivia 9		Everett, Lena 9	
Atchison, Emma 12		Lin, Iris 12	
		29.39 32.79 27.56	26.74
---	LKSD	A	DQ
Derstadt, Sadye 11		Dull, Stella 12	
Jablonski, Ella 11		McCarthy, Nora 9	
		26.47 31.14 23.31	23.71
B - Final			
9 HNA	A	1:53.03	354
Jarrett, Maisey 10		Irani, Delana 10	
Magnotti, Ruthie 10		Williams, Moira 11	
		28.59 32.64 26.99	24.81
10 SPREP	A	1:53.12	351
Lauinger, Megan 10		Effgen, Clare 9	
McGowan, Grace 10		Wilwerding, Brooke 12	
		28.16 31.66 27.78	25.52
11 LINC	A	1:54.49	339
Chang, Aureole 10		Berg, Quincy 9	
White, Matilda 10		Elsing, Naomi 10	
		30.65 30.40 26.49	26.95
12 GH	A	1:54.69	336
Oates, Bridget 12		Benson, Frances 12	
Yevstifieieva, Karina 12		Dahlin, Eva 9	
		28.27 32.74 27.51	26.17

13 EW	A	1:55.28	330
Bennett, Simone 11		Detjen, Tatumn 10	
Morales-Tomas, Madison 11		Bates, Sydney 10	
		28.58 32.17 27.82	26.71
14 LW	A	1:55.31	330
DeBoom, Poet 11		Zhu, Amanda 12	
Bridge, Natasha 12		Nilsen, Megan 11	
		28.67 34.56 26.70	25.38
---	BALL	A	DQ
Yovanovich, Claudia 12		Chew, Alyson 11	
Onkels, Mia 11		Barba, Rosie 12	
		25.77 33.30 27.90	26.79
---	DS	A	DQ
To, Jennifer 9		Grochowicz, Keely 12	
Aiken, Annabell 9		Esser, Alexis 11	
		30.48 34.12 30.40	26.14

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T Lenahan, E Solseng, M Hayes, A McDevitt

Team	Relay	Prelim Time	NISCA
Preliminaries			
1 BLVU	A	1:46.65	426
Siripipat, Lily 12		Howard, Cecilia 11	
Segerson, Sophie 11		Segerson, Sammy 11	
		27.05 28.83 25.43	25.34
2 LKSD	A	1:46.95	423
Dull, Stella 12		Derstadt, Sadye 11	
Jablonski, Ella 11		Hall, Noli 11	
		26.36 31.70 24.02	24.87
3 GAR	A	1:48.99	399
Liffmann, Cole 12		Rivard, Maddie 11	
Pham, Sophie 10		Risse, Kate 12	
		27.62 29.86 24.41	27.10
4 MI	A	1:50.35	384
Woare, Vivian 12		Nowakowski, Emma 9	
Zhao, Jeanette 9		Enge, Hope 10	
		28.77 30.28 26.95	24.35
5 STAD	A	1:51.06	375
Cheng-Lucey, Sienna 12		Mihaluta, Patricia 12	
Lopes, Brooke 11		Kula, Samara 9	
		26.87 31.40 27.36	25.43
6 SHRCR	A	1:51.72	366
Fralick, Owan 12		Howson, Aila 11	
Whorley, Quinn 11		Thompson, Miranda 12	
		28.78 31.20 26.89	24.85
7 ROOS	A	1:52.09	363
Andrews, Catherine 12		Jaeger, Elyse 12	
Clarke, Olive 11		Sherwood, Gigi 12	
		26.27 33.91 26.82	25.09
8 BAIN	A	1:52.10	363
Houseman, Kathryn 12		Everett, Lena 9	
Atchison, Emma 12		Pal, Uma 12	
		27.22 32.52 27.16	25.20

9 HNA	A	1:52.50	360
Jarrett, Maisey 10		Irani, Delana 10	
Magnotti, Ruthie 10		Williams, Moira 11	
		28.60 32.09 27.32	24.49
10 BALL	A	1:53.27	351
Yovanovich, Claudia 12		Guist, Penelope 9	
Godwin, Freya 9		Chew, Alyson 11	
		26.24 32.54 28.49	26.00
11 SPREP	A	1:53.32	351
Lauinger, Megan 10		Effgen, Clare 9	
McGowan, Grace 10		Wilwerding, Brooke 12	
		28.24 31.36 27.85	25.87
12 LINC	A	1:54.21	342
Chang, Aureole 10		Berg, Quincy 9	
White, Matilda 10		Kinney, Deirdre 12	
		29.71 30.97 26.15	27.38
13 GH	A	1:54.48	339
Oates, Bridget 12		Benson, Frances 12	
Yevstifieieva, Karina 12		Dahlin, Eva 9	
		27.98 32.58 27.79	26.13
14 DS	A	1:54.62	336
To, Jennifer 9		Rider, Izzy 9	
Hendrickson, Linnea 10		Grochowicz, Keely 12	
		30.61 30.63 27.78	25.60
15 LW	A	1:54.77	336
DeBoom, Poet 11		Zhu, Amanda 12	
Bridge, Natasha 12		Nilsen, Megan 11	
		28.63 33.99 26.79	25.36
16 EW	A	1:55.08	333
Bennett, Simone 11		Detjen, Tatumn 10	
Morales-Tomas, Madison 11		Bates, Sydney 10	
		28.15 31.89 27.77	27.27
17 SOU	A	1:58.32	300
Badeaux, Elyza 11		Haan, Linnea 12	
Pohjola, Trinity 11		Griffith, Jaylah 10	
		30.97 31.49 29.64	26.22
18 CAP	A	1:58.66	297
Magnuson, Violet 10		Young, Sophia 12	
Dudley, Haylie 12		Webb, Cecelia 12	
		29.80 35.49 27.37	26.00
19 TJEFF	A	1:58.73	294
Policarpio, Fiona		Calin, Emma	
Kahn, Sam		Bae, Erin	
		31.18 32.86 28.53	26.16
20 SW	A	2:00.18	282
Lin, Emily 12		Mirabueno, Malaina 11	
Anderson, Brooke 12		Foral, Vivian 10	
		30.52 33.73 29.13	26.80
21 MVIEW	A	2:01.47	270
McCarty, Lorena 10		Demaray, Lucy 9	
Sweet, Peyton 9		Pentz, Audrey 12	
		31.67 32.98 29.05	27.77
22 MON	A	2:03.69	249
Hartway, Kayme 12		Grant, Rowyn 10	
Hartway, Emersyn 10		Cody, Sabrina 11	
		29.60 35.18 30.34	28.57

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Results

Preliminaries ... (#301 Women 200 Yard Medley Relay)				
NISCA				
23	STAN	A	2:05.46	234
	McCoy, Megan 12		Ingram, Mattea 11	
	Polasek, Presley 11		Legg, Jazmyn 11	
	32.56	34.80	31.90	26.20
24	CHE	A	2:08.91	204
	Schmidt, Jezelle 9		Pearson, Maddy 12	
	Ge, Hannah 10		Kissell, Kate 12	
	30.51	39.51	30.72	28.17
---	JUAN	A		DQ
	Yang, Anika 12		Magee, Tess 10	
	Merriam, Samantha 11		Yuan, Rina 12	

#302 Women 200 Yard Free				
Meet Record: 1:47.93! 2017 Amy Tang				
State Record: 1:46.55\$ 2010 Andie Taylor				
Name	Yr	Team	Finals Time	NISCA

A - Final				
1	Kehoe, Gracyn	10 MI	1:49.91	142
	26.04	27.98	28.61	27.28
2	Clarke, Mary	12 SNOH	1:50.18	141
	25.76	28.02	28.69	27.71
3	Cancelmo, Caroline	11 LKSD	1:51.50	135
	26.24	28.65	28.68	27.93
4	Segerson, Sammy	11 BLVU	1:52.25	132
	26.21	28.66	29.04	28.34
5	Liffmann, Cole	12 GAR	1:53.55	127
	26.41	28.44	29.21	29.49
6	McCorriston, Molly	10 HAZ	1:55.38	119
	26.59	29.18	29.87	29.74
7	Peng, Isabel	11 MI	1:55.95	117
	27.13	28.97	29.73	30.12
8	Chang, Aureole	10 LINC	1:57.55	111
	26.84	28.95	30.55	31.21

B - Final				
9	Wang, Ellie	10 HNA	1:55.75	118
	26.95	29.52	29.82	29.46
10	Wyzga, Sofia	10 BLVU	1:55.98	117
	26.92	29.13	30.01	29.92
11	Majors, Piper	11 BAIN	1:58.02	109
	27.39	29.72	30.19	30.72
12	Whorley, Quinn	11 SHRCR	1:58.38	108
	26.98	30.03	30.74	30.63
13	Halfman, Zoe	10 SPREP	1:59.39	104
	27.46	29.92	31.18	30.83
14	Kriegh, Sara	11 BAIN	2:02.23	93
	28.02	31.16	31.85	31.20
15	Hartway, Kayme	12 MON	2:02.28	93
	27.57	30.35	31.37	32.99
16	Lohse, Maddy	11 BLAKE	2:02.36	93
	28.05	31.25	32.22	30.84

#302 Women 200 Yard Free				
Meet Record: 1:47.93! 2017 Amy Tang				
State Record: 1:46.55\$ 2010 Andie Taylor				
Name	Yr	Team	Prelim Time	NISCA

Preliminaries				
1	Kehoe, Gracyn	10 MI	1:51.18	137
	26.48	28.66	28.71	27.33
2	Clarke, Mary	12 SNOH	1:51.92	134
	25.90	28.49	29.02	28.51
3	Cancelmo, Caroline	11 LKSD	1:52.98	129
	26.61	28.37	28.91	29.09
4	Liffmann, Cole	12 GAR	1:53.22	128
	26.35	28.57	29.07	29.23
5	Chang, Aureole	10 LINC	1:53.67	126
	26.41	29.00	29.76	28.50
6	Segerson, Sammy	11 BLVU	1:53.98	125
	26.75	29.00	29.12	29.11
7	McCorriston, Molly	10 HAZ	1:54.10	125
	27.14	29.21	28.96	28.79
8	Peng, Isabel	11 MI	1:55.01	121
	26.73	28.69	30.06	29.53

9	Wang, Ellie	10 HNA	1:55.98	117
	27.09	29.10	29.74	30.05
10	Whorley, Quinn	11 SHRCR	1:56.75	114
	27.18	29.53	30.18	29.86
11	Wyzga, Sofia	10 BLVU	1:57.40	111
	27.29	29.56	30.06	30.49
12	Halfman, Zoe	10 SPREP	1:58.90	106
	27.78	30.16	30.62	30.34
13	Majors, Piper	11 BAIN	1:59.22	104
	27.42	29.67	30.96	31.17
14	Kriegh, Sara	11 BAIN	2:00.38	100
	28.21	30.54	30.21	31.42
15	Hartway, Kayme	12 MON	2:01.46	96
	27.77	30.39	31.42	31.88
16	Lohse, Maddy	11 BLAKE	2:02.44	93
	27.92	31.44	31.67	31.41
17	Demaray, Lucy	9 MVIEW	2:02.62	92
	28.64	30.95	31.92	31.11
18	Smith, Eleanor	11 STAD	2:03.36	89
	28.31	31.29	32.36	31.40

19	Killoran, Lorelai	12 DS	2:03.90	88
	27.85	30.73	32.70	32.62
20	Pepich, Ashlyn	12 GH	2:03.95	87
	28.85	31.24	31.95	31.91
21	Huber, Olivia	10 SNOH	2:06.28	79
	29.36	31.61	32.45	32.86
22	Pohjola, Trinity	11 SOU	2:06.77	78
	29.33	31.51	33.07	32.86
23	MacDonald, Zoe	10 EW	2:08.28	73
	29.87	32.37	32.93	33.11
24	Guest, Abi	11 WAL	2:09.56	69
	30.13	32.67	33.99	32.77
25	Anderson, Hazel	11 SHRCR	2:12.32	60
	30.39	33.81	34.48	33.64

#303 Women 200 Yard IM				
Meet Record: 1:58.13! 2022 Piper Enge				
State Record: 1:58.13\$ 2022 Piper Enge				
Name	Yr	Team	Finals Time	NISCA

A - Final				
1	Engel, Piper	12 MI	1:58.23	165
	25.78	30.19	33.33	28.93
2	Segerson, Sophie	11 BLVU	2:01.32	152
	26.31	30.23	35.55	29.23
3	Howard, Cecilia	11 BLVU	2:03.95	141
	27.06	31.60	35.42	29.87
4	Pham, Sophie	10 GAR	2:07.14	129
	26.28	31.02	39.13	30.71
5	Woare, CJ	11 MI	2:10.20	118
	27.92	32.54	39.29	30.45
6	Rivard, Maddie	11 GAR	2:10.31	117
	27.98	34.04	37.29	31.00
7	Haan, Linnea	12 SOU	2:11.04	115
	27.97	32.33	40.05	30.69
8	Lauinger, Anna	12 SPREP	2:11.41	113
	28.23	32.78	39.52	30.88

B - Final				
9	Rider, Izzy	9 DS	2:13.19	107
	28.63	35.86	38.21	30.49
10	Magnotti, Ruthie	10 HNA	2:13.26	107
	28.58	35.21	39.26	30.21
11	Hooper, Caroline	10 HNA	2:14.02	104
	28.07	33.45	40.65	31.85
12	Nguyen, Elizabeth	11 HAZ	2:15.44	100
	29.46	35.42	39.92	30.64
13	Howson, Aila	11 SHRCR	2:15.72	99
	30.50	36.20	36.71	32.31
14	Chang, Ysabella	11 AMV	2:17.85	92
	30.59	34.21	39.42	33.63
15	Atchison, Emma	12 BAIN	2:19.23	87
	28.30	34.83	43.47	32.63
16	Dudley, Haylie	12 CAP	2:20.74	83
	28.21	33.59	44.43	34.51

#303 Women 200 Yard IM				
Meet Record: 1:58.13! 2022 Piper Enge				
State Record: 1:58.13\$ 2022 Piper Enge				
Name	Yr	Team	Prelim Time	NISCA

Preliminaries				
1	Engel, Piper	12 MI	2:02.23	148
	26.25	31.53	34.66	29.79
2	Segerson, Sophie	11 BLVU	2:02.31	148
	26.44	30.79	35.95	29.13
3	Howard, Cecilia	11 BLVU	2:05.01	137
	27.32	32.48	35.65	29.56
4	Pham, Sophie	10 GAR	2:07.68	127
	25.70	30.16	40.07	31.75
5	Haan, Linnea	12 SOU	2:09.64	120
	28.40	32.17	38.90	30.17
6	Lauinger, Anna	12 SPREP	2:10.51	117
	28.70	32.00	39.25	30.56

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Preliminaries ... (#303 Women 200 Yard IM)				
NISCA				
Name	Yr	Team	Time	NISCA
7	Woare, CJ	11 MI	2:11.24	114
	28.53	33.13	38.87	30.71
8	Rivard, Maddie	11 GAR	2:11.45	113
	28.36	33.72	37.64	31.73
9	Hooper, Caroline	10 HNA	2:12.39	110
	28.10	33.45	39.31	31.53
10	Nguyen, Elizabeth	11 HAZ	2:14.29	103
	28.90	35.07	39.15	31.17
11	Magnotti, Ruthie	10 HNA	2:14.84	102
	28.94	34.05	40.03	31.82
12	Howson, Aila	11 SHRCR	2:16.24	97
	30.18	36.70	36.33	33.03
13	Rider, Izzy	9 DS	2:16.72	95
	28.17	34.79	40.47	33.29
14	Chang, Ysabella	11 AMV	2:17.50	93
	30.25	34.40	39.37	33.48
15	Atchison, Emma	12 BAIN	2:19.03	88
	28.62	34.47	43.67	32.27
16	Dudley, Haylie	12 CAP	2:19.58	86
	29.30	34.15	43.69	32.44
17	Everett, Lena	9 BAIN	2:20.10	85
	29.92	35.64	41.04	33.50
18	Ensminger, Beau	11 GH	2:22.09	79
	29.60	36.25	42.74	33.50
19	Bauman, Madi	9 CHE	2:22.13	78
	29.64	35.51	44.73	32.25
20	Andrews, Grace	12 SNOH	2:23.52	74
	29.18	35.97	44.38	33.99
21	Mirabueno, Malaina	11 SW	2:24.94	70
	31.54	38.44	41.42	33.54
22	Hoff, Paulina	11 SW	2:25.41	69
	31.46	37.63	41.10	35.22
23	Beam, Lisa	9 MLT	2:31.45	52
	32.06	39.26	46.09	34.04
24	Atkins, Peyton	10 PRA	2:35.78	41
	31.88	38.05	48.45	37.40

#304 Women 50 Yard Free

Meet Record: 22.36! 2019 Janelle Rudolph

State Record: 22.36\$ 2019 Janelle Rudolph

Name	Yr	Team	Finals Time	NISCA
A - Final				
1	Yovanovich, Claudia	12 BALL	23.40	144
2	Ong, Katreeya	12 JUAN	24.11	130
3	White, Matilda	10 LINC	24.31	127
*4	Howe, Lauren	11 CHE	24.50	123
*4	Gooding, Lane	11 SPREP	24.50	123
6	Buchholz, Daniel	9 SW	24.60	121
7	Enge, Hope	10 MI	24.61	121
8	Dahlin, Meg	10 MI	24.67	120
B - Final				
9	Vuong, Jeslyn	11 MLT	24.61	121
10	Bridge, Natasha	12 LW	24.97	115

11	Williams, Moira	11 HNA	25.05	113
12	Pal, Uma	12 BAIN	25.16	112
13	Gunderson, Haley	11 HER	25.43	107
14	Yu, Angelina	11 LW	25.48	106
15	Hendrickson, Linnea	10 DS	25.63	104
16	Sherwood, Gigi	12 ROOS	25.76	102

#304 Women 50 Yard Free

Meet Record: 22.36! 2019 Janelle Rudolph

State Record: 22.36\$ 2019 Janelle Rudolph

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Yovanovich, Claudia	12 BALL	23.58	140
2	Ong, Katreeya	12 JUAN	24.09	131
3	Gooding, Lane	11 SPREP	24.32	126
*4	Geddes, Maya	11 BAIN	24.39	125
*4	Dahlin, Meg	10 MI	24.39	125
6	White, Matilda	10 LINC	24.40	125
7	Howe, Lauren	11 CHE	24.46	124
8	Enge, Hope	10 MI	24.57	122
9	Buchholz, Daniel	9 SW	24.81	118
10	Williams, Moira	11 HNA	24.91	116
11	Vuong, Jeslyn	11 MLT	24.92	116
12	Bridge, Natasha	12 LW	25.22	111
13	Gunderson, Haley	11 HER	25.38	108
14	Yu, Angelina	11 LW	25.39	108
15	Pal, Uma	12 BAIN	25.46	107
16	Hendrickson, Linnea	10 DS	25.50	106
17	Sherwood, Gigi	12 ROOS	25.56	105
18	Fralick, Owan	12 SHRCR	25.63	104
19	Grochowicz, Keely	12 DS	25.75	102
20	Kempma, Nanako	12 MG	25.81	101
21	Kula, Samara	9 STAD	25.88	100
22	Phut, May	9 CAS	26.10	96
23	Griffith, Jaylah	10 SOU	26.67	87
24	Bland, Sydney	12 STAD	26.90	84

#305 Women 1 mtr Diving

Meet Record: 473.30! 2005 Jesse Snowden

State Record: 488.20\$ 2012 Caitlin Chambers

Name	Yr	Team	Finals Score	NISCA
Finals				
1	Lear, Ava	12 AR	360.10	123
2	Post, Makenna	12 PEN	345.75	118
3	Springer, Finley	10 INGR	277.70	94
4	Clark, Madelyn	10 MON	274.65	93
5	Wilhelm, Sasha	12 JUAN	273.80	93
6	McMurdie, Emy	9 CAP	271.00	92
7	De Boer, Claire	11 LINC	269.90	91
8	Reynolds, Addison	10 AUB	268.65	91
9	Rush, Delaney	11 KENN	262.85	88
10	Forrester, Ardaea	11 INGR	257.60	86
11	Moncaster, Maya	10 MI	252.90	84
12	Gamble, Greta	12 LW	252.50	84
13	Magelsen, Brynn	10 MON	252.35	84
14	Ellis, Emi	12 LW	246.90	81

15	Webb, Cecelia	12 CAP	217.05	67
16	Fisher, Maggie	11 LIB	213.40	65

#305 Women 1 mtr Diving

Meet Record: 473.30! 2005 Jesse Snowden

State Record: 488.20\$ 2012 Caitlin Chambers

Name	Yr	Team	Semis Score	NISCA
Semi-Finals				
1	Lear, Ava	12 AR	255.30	85
2	Post, Makenna	12 PEN	244.20	80
3	McMurdie, Emy	9 CAP	209.95	63
4	Wilhelm, Sasha	12 JUAN	209.05	63
5	Clark, Madelyn	10 MON	207.10	62
6	Springer, Finley	10 INGR	202.80	59
7	De Boer, Claire	11 LINC	200.20	58
8	Rush, Delaney	11 KENN	199.80	58
9	Reynolds, Addison	10 AUB	194.35	55
10	Forrester, Ardaea	11 INGR	191.75	53
11	Moncaster, Maya	10 MI	190.70	53
12	Gamble, Greta	12 LW	184.80	49
13	Webb, Cecelia	12 CAP	179.55	46
14	Magelsen, Brynn	10 MON	179.20	46
15	Ellis, Emi	12 LW	175.60	44
16	Fisher, Maggie	11 LIB	175.55	44
17	Cook, Baylee	10 LW	167.55	38
18	Thomas, Jill	10 MP	159.70	33
19	Zanes, Elliot	11 WAL	153.15	28
20	Retchless, Alana	12 BLAKE	137.35	16

#305 Women 1 mtr Diving

Meet Record: 473.30! 2005 Jesse Snowden

State Record: 488.20\$ 2012 Caitlin Chambers

Name	Yr	Team	Prelim Score	NISCA
Preliminaries				
1	Lear, Ava	12 AR	168.85	39
2	Wilhelm, Sasha	12 JUAN	143.50	21
3	Post, Makenna	12 PEN	143.20	21
4	McMurdie, Emy	9 CAP	137.90	17
5	De Boer, Claire	11 LINC	133.50	13
6	Clark, Madelyn	10 MON	133.00	13
7	Magelsen, Brynn	10 MON	131.05	11
8	Gamble, Greta	12 LW	126.00	7
9	Reynolds, Addison	10 AUB	123.35	5
10	Moncaster, Maya	10 MI	119.95	1
11	Forrester, Ardaea	11 INGR	119.75	1
12	Springer, Finley	10 INGR	114.70	
13	Fisher, Maggie	11 LIB	113.75	
14	Ellis, Emi	12 LW	111.70	
15	Rush, Delaney	11 KENN	111.45	
16	Webb, Cecelia	12 CAP	111.30	
17	Zanes, Elliot	11 WAL	108.15	
18	Retchless, Alana	12 BLAKE	105.65	
19	Cook, Baylee	10 LW	105.00	
20	Thomas, Jill	10 MP	103.95	
21	Hutchens, Miriam	11 WAL	103.90	
22	Jallow, Aisha	10 MG	101.10	
23	Davis, Bela	11 SNOH	88.00	

**WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs**

Results

Preliminaries ... (#305 Women 1 mtr Diving)																						
					NISCA																	
24	Teplitsky, Sunshine	10	GAR	83.25	5	Cancelmo, Caroline	11	LKSD	56.29	136	4	Liffmann, Cole	12	GAR	52.40	129						
					26.47	29.82						25.42	26.98									
					6	Kriegh, Sara	11	BAIN	57.90	125	5	Chang, Aureole	10	LINC	52.85	125						
					27.38	30.52						25.67	27.18									
#306 Women 100 Yard Fly					7	Nowakowski, Emma	9	MI	57.99	124	6	Cheng-Lucey, Sienna	12	STAD	52.86	125						
Meet Record: 52.05! 2022 Ella Jablonski					27.18	30.81						25.10	27.76									
State Record: 52.05\$ 2022 Ella Jablonski					8	Yu, Angelina	11	LW	58.03	124	7	Derstadt, Sadye	11	LKSD	53.07	123						
Name	Yr	Team	Finals Time	NISCA	27.43	30.60						25.21	27.86									
A - Final					9	Borja, Haley	11	CK	58.15	123	8	Ong, Katreeya	12	JUAN	53.39	121						
1	Jablonski, Ella	11	LKSD	53.29	158	27.43	30.72						25.29	28.10								
	24.77	28.52						10	Best, Julia	12	LKSD	58.51	121									
2	Pham, Sophie	10	GAR	54.40	150	26.85	31.66						B - Final									
	25.48	28.92						11	Woare, Vivian	12	MI	58.61	120	9	Gooding, Lane	11	SPREP	53.43	120			
3	Meyer, Aziza	11	CK	55.85	139	27.69	30.92						25.54	27.89								
	25.55	30.30						12	White, Matilda	10	LINC	58.78	119	10	Enge, Hope	10	MI	53.78	117			
4	Cancelmo, Caroline	11	LKSD	56.10	137	27.20	31.58						25.71	28.07								
	26.31	29.79						13	Jarrett, Maisey	10	HNA	58.79	119	11	Dahlin, Meg	10	MI	53.83	117			
5	Peng, Isabel	11	MI	56.46	135	27.81	30.98						26.23	27.60								
	26.66	29.80						14	Zhao, Jeanette	9	MI	58.99	117	12	Majors, Piper	11	BAIN	54.11	114			
6	Kriegh, Sara	11	BAIN	57.58	127	27.88	31.11						26.14	27.97								
	27.11	30.47						15	Thompson, Miranda	12	SHRCR	59.20	116	*13	Hall, Noli	11	LKSD	54.71	109			
7	Nowakowski, Emma	9	MI	57.71	126	27.77	31.43						26.16	28.55								
	26.86	30.85						16	Houseman, Kathryn	12	BAIN	59.72	113	*13	Howe, Lauren	11	CHE	54.71	109			
8	Yu, Angelina	11	LW	58.08	123	27.00	32.72						26.16	28.55								
	26.92	31.16						17	Magnotti, Ruthie	10	HNA	1:00.23	110	15	Buchholz, Daniel	9	SW	55.29	105			
B - Final					28.35	31.88						26.03	29.26									
9	Borja, Haley	11	CK	58.04	124	28.29	32.69						26.75	29.18								
	26.25	31.79						18	Bennett, Simone	11	EW	1:00.98	105	16	Pal, Uma	12	BAIN	55.93	100			
10	Thompson, Miranda	12	SHRCR	58.65	120	27.98	33.28						#307 Women 100 Yard Free									
	27.65	31.00						19	Oates, Bridget	12	GH	1:01.26	103	Meet Record: 49.60! 2018 Janelle Rudolph								
11	Jarrett, Maisey	10	HNA	58.70	119	29.05	33.88						State Record: 49.60\$ 2018 Janelle Rudolph									
	27.39	31.31						20	Andrews, Grace	12	SNOH	1:02.93	94	Name Yr Team Prelim Time NISCA								
12	Zhao, Jeanette	9	MI	58.77	119	29.70	33.68						Preliminaries									
	27.15	31.62						21	Garcia, Olivia	9	EW	1:03.38	91	1	Kehoe, Gracyn	10	MI	51.04	142			
13	Woare, Vivian	12	MI	58.82	119	29.10	34.60						24.94	26.10								
	27.57	31.25						22	Chargualaf, Lola	12	OH	1:03.70	89	2	Andrews, Catherine	12	ROOS	51.56	137			
14	Best, Julia	12	LKSD	58.98	118	29.32	34.43						25.17	26.39								
	27.04	31.94						23	Lopes, Brooke	11	STAD	1:03.75	89	3	Clarke, Mary	12	SNOH	51.72	135			
15	White, Matilda	10	LINC	59.01	117	29.62	34.67						25.17	26.55								
	27.78	31.23						24	Sweet, Peyton	9	MVIEW	1:04.29	86	4	Liffmann, Cole	12	GAR	52.45	129			
16	Houseman, Kathryn	12	BAIN	1:00.71	107	29.62	34.67						25.51	26.94								
	27.38	33.33						25	Pohjola, Trinity	11	SOU	1:05.74	78	5	Cheng-Lucey, Sienna	12	STAD	52.47	129			
#306 Women 100 Yard Fly					30.39	35.35						25.21	27.26									
Meet Record: 52.05! 2022 Ella Jablonski					33.01	38.08						25.15	27.51									
State Record: 52.05\$ 2022 Ella Jablonski					#307 Women 100 Yard Free					Meet Record: 49.60! 2018 Janelle Rudolph					6	Derstadt, Sadye	11	LKSD	52.66	127		
Name	Yr	Team	Prelim Time	NISCA	State Record: 49.60\$ 2018 Janelle Rudolph					Name Yr Team Prelim Time NISCA					7	Ong, Katreeya	12	JUAN	52.74	126		
Preliminaries					Name Yr Team Finals Time NISCA					A - Final					8	Chang, Aureole	10	LINC	52.90	125		
1	Pham, Sophie	10	GAR	54.19	151	1	Clarke, Mary	12	SNOH	50.78	144						9	Gooding, Lane	11	SPREP	53.16	123
	25.64	28.55						24.74	26.04						25.64	27.52						
2	Jablonski, Ella	11	LKSD	54.45	149	2	Kehoe, Gracyn	10	MI	50.79	144	10	Enge, Hope	10	MI	54.02	115					
	25.09	29.36						24.68	26.11						25.70	28.32						
3	Peng, Isabel	11	MI	55.66	140	3	Andrews, Catherine	12	ROOS	51.09	141	11	Dahlin, Meg	10	MI	54.05	115					
	26.21	29.45						24.83	26.26						26.12	27.93						
4	Meyer, Aziza	11	CK	55.76	140																	
	26.23	29.53																				

WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs

Results

Preliminaries ... (#307 Women 100 Yard Free)					NISCA									
12	Geddes, Maya	11 BAIN	54.31	113	6	Woare, CJ	11 MI	5:12.72	114	2	McCarthy, Nora	9 LKSD	5:03.54	127
	26.27	28.04				28.14	30.92	31.64	31.57		27.36	29.66	30.81	30.97
						31.76	31.86	32.07	32.00		30.99	31.08	30.88	31.06
						31.94	30.82				30.64	30.09		
13	Hall, Noli	11 LKSD	54.36	112	7	Wang, Ellie	10 HNA	5:15.67	109	3	Whorley, Quinn	11 SHRCR	5:09.33	119
	26.26	28.10				28.00	30.76	31.20	32.01		28.77	30.93	31.40	31.35
						32.21	32.28	32.30	32.76		31.47	31.41	31.04	30.91
						32.59	31.56				31.22	30.83		
14	Howe, Lauren	11 CHE	54.70	110	8	Hooper, Caroline	10 HNA	5:30.88	88	4	Wyzga, Sofia	10 BLVU	5:10.77	116
	26.00	28.70				28.57	30.86	32.16	32.91		27.49	30.27	31.17	31.57
						33.39	33.81	34.04	34.81		31.77	31.33	32.09	31.81
						35.33	35.00				32.09	31.18		
15	Majors, Piper	11 BAIN	54.86	108	B - Final					5	McCorriston, Molly	10 HAZ	5:13.39	113
	26.58	28.28			9	Ewers, Emma	11 INGR	5:22.84	99		28.86	31.31	31.41	31.52
						28.82	31.48	32.49	32.72		31.62	31.68	31.73	31.92
						32.63	32.77	33.11	33.40		31.88	31.46		
						33.33	32.09			6	Woare, CJ	11 MI	5:14.20	111
16	Pal, Uma	12 BAIN	55.67	102	10	Smith, Eleanor	11 STAD	5:23.54	98		28.50	30.86	31.72	31.89
	26.59	29.08				29.07	32.19	32.40	32.95		31.59	31.95	32.16	32.32
						32.68	32.93	33.13	33.18		32.21	31.00		
						33.00	32.01			7	Wang, Ellie	10 HNA	5:17.48	107
17	Buchholz, Daniel	9 SW	56.04	99	11	Allison, Grace	10 BBLAN	5:23.90	98		28.26	31.24	31.82	32.57
	26.62	29.42				29.65	31.97	32.49	32.77		32.45	32.56	32.64	32.81
						33.23	33.01	33.07	33.26		31.89	31.24		
						32.99	31.46			8	Hooper, Caroline	10 HNA	5:22.78	99
18	Kempma, Nanako	12 MG	56.49	95	12	Pepich, Ashlyn	12 GH	5:24.87	96		29.27	31.19	32.24	32.45
	27.16	29.33				29.12	31.76	32.39	33.03		32.86	32.82	32.87	33.25
						33.14	33.37	33.23	33.26		33.19	32.64		
						33.19	32.38			9	Allison, Grace	10 BBLAN	5:24.33	97
19	Bauman, Madi	9 CHE	56.64	94	13	Hartway, Kayme	12 MON	5:26.76	94		30.02	32.38	32.54	32.87
	27.09	29.55				29.47	32.61	33.13	33.54		32.46	32.96	32.83	33.13
						33.44	33.59	32.87	33.05		33.31	31.83		
						32.78	32.28			10	Ewers, Emma	11 INGR	5:26.42	94
20	Hendrickson, Linnea	10 DS	57.19	90	14	Killoran, Lorelai	12 DS	5:29.81	90		29.40	31.83	32.64	32.78
	27.01	30.18				29.24	31.95	32.99	32.78		32.73	33.13	33.59	33.44
						33.16	33.42	33.57	34.49		33.63	33.25		
						34.58	33.63			11	Smith, Eleanor	11 STAD	5:26.49	94
21	Anderson, Brooke	12 SW	58.08	83	15	Lauinger, Megan	10 SPREP	5:33.28	85		29.15	32.52	33.05	32.86
	28.32	29.76				30.37	32.77	33.25	33.75		32.97	33.71	33.37	33.39
						33.88	33.51	33.78	34.14		33.36	32.11		
						34.38	33.45			12	Pepich, Ashlyn	12 GH	5:29.04	91
22	Yevstifieieva, Karina	12 GH	58.31	82	16	Magnuson, Violet	10 CAP	5:36.12	81		30.21	32.50	32.86	33.55
	27.37	30.94				29.73	33.08	33.43	34.35		33.62	33.59	33.85	33.07
						34.01	34.65	34.75	34.76		33.44	32.35		
						34.48	32.88			13	Hartway, Kayme	12 MON	5:29.37	90
23	Huber, Olivia	10 SNOH	58.82	78	#308 Women 500 Yard Free						29.65	32.59	33.55	33.72
	28.17	30.65			Meet Record: 4:49.56! 1996 Corrie Murphy						33.53	33.72	33.79	33.46
					State Record: 4:41.98\$ 2008 Amber McDermott						32.97	32.39		
					Name Yr Team Prelim Time NISCA					14	Killoran, Lorelai	12 DS	5:33.06	85
24	Griffith, Jaylah	10 SOU	59.57	73	Preliminaries						29.39	32.21	32.66	32.96
	28.39	31.18			1	Segerson, Sammy	11 BLVU	4:56.25	139		33.04	33.56	34.51	35.18
	---	Larsen, Julia	11 LW	DQ		26.82	29.34	29.77	30.11		35.21	34.34		
						30.12	30.14	30.47	30.10	15	Lauinger, Megan	10 SPREP	5:35.52	82
						30.26	29.12				29.93	32.16	32.93	33.28
											33.56	34.21	34.73	35.01
											35.48	34.23		

**WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs**

Results

Preliminaries ... (#308 Women 500 Yard Free)				
				NISCA
16	Magnuson, Violet	10 CAP	5:38.35	79
	30.77	32.98	33.39	33.51
	34.20	34.67	34.97	35.05
	34.87	33.94		
17	MacDonald, Zoe	10 EW	5:38.37	79
	29.96	32.94	34.00	34.02
	34.43	34.58	34.98	34.84
	34.79	33.83		
18	Tujo, Alexis	12 GH	5:41.18	75
	30.54	33.01	33.92	34.18
	34.73	34.92	35.09	35.34
	34.91	34.54		
19	Coates, Rebecca	11 LYNN	5:46.42	69
	31.50	34.07	34.24	35.05
	34.98	35.06	35.64	35.66
	35.51	34.71		
20	Guest, Abi	11 WAL	5:52.05	62
	31.73	34.76	35.04	36.11
	36.05	36.02	36.17	36.10
	36.00	34.07		
21	Chamorro Coto, Laur	11 RR	5:56.19	57
	29.84	33.91	34.34	34.51
	35.24	37.08	37.58	37.81
	38.83	37.05		
22	Hoff, Paulina	11 SW	5:58.70	54
	30.98	34.08	35.68	36.14
	36.61	36.63	37.20	37.67
	37.48	36.23		
23	West, Lindsay	11 WAL	6:17.25	35
	33.65	37.03	38.11	38.58
	38.46	39.06	38.53	38.41
	38.35	37.07		
24	Shillinger, Audrey	12 MVIEW	6:33.90	18
	34.83	38.44	39.61	40.09
	40.40	40.99	41.59	40.23
	40.18	37.54		

#309 Women 200 Yard Free Relay
Meet Record: 1:35.23! 2015 Lakeside (Seattle)

H Teegan, C Wagner, A Wagner, H Shabb
State Record: 1:34.96\$ 2018 Newport

S Baron, R Nguyen, G Wang, J Chen

Team	Relay	Finals Time	NISCA
A - Final			
1 MI	A	1:36.82	423
	Dahlin, Meg 10	Kehoe, Gracyn 10	
	Peng, Isabel 11	Enge, Hope 10	
	24.52	23.53	24.38
2 GAR	A	1:39.04	396
	Pham, Sophie 10	Rivard, Maddie 11	
	Risse, Kate 12	Liffmann, Cole 12	
	23.89	24.34	26.80

3 LKSD	A	1:39.10	396
	Hall, Noli 11	Best, Julia 12	
	Liu, Chloe 10	Cancelmo, Caroline 11	
	25.10	25.18	25.06
			23.76
4 BAIN	A	1:39.28	393
	Houseman, Kathryn 12	Pal, Uma 12	
	Majors, Piper 11	Kriegh, Sara 11	
	25.16	25.26	24.81
			24.05
5 LW	A	1:39.92	384
	Larsen, Julia 11	Yu, Angelina 11	
	Nilsen, Megan 11	Bridge, Natasha 12	
	24.98	25.30	25.01
			24.63
6 SPREP	A	1:41.50	366
	Halfman, Zoe 10	Wilwerding, Brooke 12	
	Lauinger, Anna 12	Gooding, Lane 11	
	25.53	25.81	25.15
			25.01
7 JUAN	A	1:42.26	357
	Merriam, Samantha 11	Yang, Anika 12	
	Crawford, Hailey 10	Ong, Katreeya 12	
	26.50	26.54	25.33
			23.89
8 HNA	A	1:42.43	357
	Williams, Moira 11	Irani, Delana 10	
	Hooper, Caroline 10	Wang, Ellie 10	
	25.04	25.93	26.09
			25.37

B - Final

9 SHRCR	A	1:42.30	357
	Thompson, Miranda 12	Howson, Aila 11	
	Fralick, Owan 12	Whorley, Quinn 11	
	25.13	27.02	25.44
			24.71
10 LINC	A	1:42.44	357
	Chang, Aureole 10	Kinney, Deirdre 12	
	White, Matilda 10	Berg, Quincy 9	
	24.93	27.23	24.93
			25.35
11 SNOH	A	1:42.78	351
	Clarke, Mary 12	Huber, Olivia 10	
	Misner, Cal 11	Andrews, Grace 12	
	24.20	26.28	26.75
			25.55
12 ROOS	A	1:43.78	339
	Eleveld, Kate 12	Clarke, Olive 11	
	Jaeger, Elyse 12	Sherwood, Gigi 12	
	26.57	25.70	26.37
			25.14
13 GH	A	1:44.39	333
	Oates, Bridget 12	Dahlin, Eva 9	
	Ensminger, Beau 11	Yevstifieieva, Karina 12	
	25.89	26.54	26.62
			25.34
14 SW	A	1:44.60	330
	Anderson, Brooke 12	Lin, Emily 12	
	Mirabueno, Malaina 11	Buchholz, Daniel 9	
	26.92	25.40	27.02
			25.26
15 BLVU	A	1:44.71	330
	Lloyd, Jordan 12	Audia, Sophia 12	
	Kwon, Ashley 11	Wyza, Sofia 10	
	26.53	26.57	26.53
			25.08
16 CHE	A	1:46.83	306
	Bauman, Madi 9	Kissell, Kate 12	
	Bleam, Bethany 9	Howe, Lauren 11	
	26.53	28.34	27.14
			24.82

#309 Women 200 Yard Free Relay
Meet Record: 1:35.23! 2015 Lakeside (Seattle)

H Teegan, C Wagner, A Wagner, H Shabb

State Record: 1:34.96\$ 2018 Newport

S Baron, R Nguyen, G Wang, J Chen

Team	Relay	Prelim Time	NISCA
Preliminaries			
1 MI	A	1:38.19	408
	Dahlin, Meg 10	Kehoe, Gracyn 10	
	Enge, Hope 10	Grogan, Ella 12	
	24.66	23.64	24.89
			25.00
2 BAIN	A	1:39.62	390
	Geddes, Maya 11	Pal, Uma 12	
	Majors, Piper 11	Kriegh, Sara 11	
	24.61	25.30	25.11
			24.60
3 GAR	A	1:39.87	387
	Pham, Sophie 10	Rivard, Maddie 11	
	Risse, Kate 12	Liffmann, Cole 12	
	24.16	24.70	26.78
			24.23
4 LKSD	A	1:39.95	384
	Liu, Chloe 10	Hall, Noli 11	
	Best, Julia 12	Cancelmo, Caroline 11	
	25.66	25.20	24.98
			24.11
5 LW	A	1:41.05	372
	Larsen, Julia 11	Yu, Angelina 11	
	Nilsen, Megan 11	Bridge, Natasha 12	
	25.45	25.35	24.98
			25.27
6 SPREP	A	1:41.97	360
	Lauinger, Anna 12	Wilwerding, Brooke 12	
	Halfman, Zoe 10	Gooding, Lane 11	
	25.92	26.02	25.11
			24.92
7 HNA	A	1:42.44	357
	Williams, Moira 11	Irani, Delana 10	
	Hooper, Caroline 10	Wang, Ellie 10	
	24.91	25.91	26.44
			25.18
8 JUAN	A	1:42.50	354
	Merriam, Samantha 11	Yang, Anika 12	
	Crawford, Hailey 10	Ong, Katreeya 12	
	26.56	26.49	25.56
			23.89
9 SHRCR	A	1:42.59	354
	Thompson, Miranda 12	Howson, Aila 11	
	Fralick, Owan 12	Whorley, Quinn 11	
	25.21	26.80	25.61
			24.97
10 LINC	A	1:42.93	351
	Chang, Aureole 10	Elsing, Naomi 10	
	White, Matilda 10	Berg, Quincy 9	
	25.16	28.33	24.85
			24.59
11 ROOS	A	1:43.27	345
	Eleveld, Kate 12	Clarke, Olive 11	
	Jaeger, Elyse 12	Sherwood, Gigi 12	
	26.51	25.48	25.99
			25.29
12 SNOH	A	1:43.53	342
	Clarke, Mary 12	Huber, Olivia 10	
	Misner, Cal 11	Andrews, Grace 12	
	24.40	26.17	27.04
			25.92

WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs
Results

Preliminaries ... (#309 Women 200 Yard Free Relay)

				NISCA
13	SW	A	1:44.38	333
	Anderson, Brooke 12	Lin, Emily 12		
	Mirabueno, Malaina 11	Buchholz, Daniel 9		
	26.96	25.50	26.80	25.12
14	GH	A	1:45.13	324
	Dahlin, Eva 9	Oates, Bridget 12		
	Ensminger, Beau 11	Yevstifieieva, Karina 12		
	26.47	25.98	26.99	25.69
15	BLVU	A	1:45.95	315
	Lloyd, Jordan 12	Keene, Domitille 9		
	Kwon, Ashley 11	Wyzga, Sofia 10		
	26.56	27.55	26.48	25.36
16	CHE	A	1:46.17	315
	Bauman, Madi 9	Schaefer, Sophie 11		
	Bleam, Bethany 9	Howe, Lauren 11		
	26.84	27.69	27.11	24.53
17	STAD	A	1:46.82	306
	Kula, Samara 9	Jones, Viviette 10		
	Stockstad, Finley 11	Bland, Sydney 12		
	25.90	28.10	26.61	26.21
18	EW	A	1:46.83	306
	Marquart, Kate 9	Detjen, Tatumn 10		
	Morales-Tomas, Madison 1	Bates, Sydney 10		
	27.15	26.09	26.82	26.77
19	AMV	A	1:48.67	288
	Wolfe, Sophie 12	Peter, Ailie 11		
	Young, Nicolette 12	Chang, Ysabella 11		
	26.43	26.99	28.17	27.08
20	MLT	A	1:49.26	282
	Lombard, Katherine 11	Raring, Mika 12		
	Beam, Lisa 9	Vuong, Jeslyn 11		
	27.56	29.91	26.87	24.92
21	MVIEW	A	1:49.70	276
	Sweet, Peyton 9	Yamamura, Avery 12		
	Pentz, Audrey 12	Demaray, Lucy 9		
	27.42	28.11	27.68	26.49
22	NT	A	1:50.25	273
	Losee, Keira 10	Ewig, Michelle 9		
	Martin, Kyleen 11	Leo, Mikhaila 10		
	27.75	29.11	26.54	26.85
23	CAP	A	1:50.43	270
	Young, Sophia 12	Webb, Cecelia 12		
	Magnuson, Violet 10	Dudley, Haylie 12		
	31.41	26.06	27.11	25.85
24	PRA	A	1:53.56	240
	Phed, Zoe 11	Hahn, Ivory 12		
	Harr, Addison 12	Atkins, Peyton 10		
	27.71	31.25	26.79	27.81

#310 Women 100 Yard Back

					NISCA
Meet Record:		52.90!	2019	Janelle Rudolph	
State Record:		52.90\$	2019	Janelle Rudolph	
Name	Yr	Team	Finals Time	NISCA	
A - Final					
1	Jablonski, Ella	11 LKSD	54.66	153	
	26.39	28.27			
2	Andrews, Catherine	12 ROOS	55.64	145	
	27.25	28.39			
3	Yovanovich, Claudia	12 BALL	55.80	144	
	27.04	28.76			
4	Derstadt, Sadye	11 LKSD	56.24	140	
	27.01	29.23			
5	McCarthy, Nora	9 LKSD	56.69	137	
	27.72	28.97			
6	Cheng-Lucey, Sienna	12 STAD	56.71	136	
	27.62	29.09			
7	Borja, Haley	11 CK	58.03	126	
	28.11	29.92			
8	Haan, Linnea	12 SOU	58.22	125	
	28.42	29.80			
B - Final					
9	Lauinger, Anna	12 SPREP	58.59	122	
	28.62	29.97			
10	Siripipat, Lily	12 BLVU	58.82	121	
	27.80	31.02			
11	Larsen, Julia	11 LW	58.89	120	
	28.86	30.03			
12	Lauinger, Megan	10 SPREP	1:00.06	112	
	29.82	30.24			
13	Thompson, Miranda	12 SHRRCR	1:00.42	109	
	29.93	30.49			
14	Fralick, Owan	12 SHRRCR	1:00.94	106	
	29.41	31.53			
15	Bennett, Simone	11 EW	1:01.29	103	
	29.39	31.90			
16	Houseman, Kathryn	12 BAIN	1:01.89	99	
	29.80	32.09			
#310 Women 100 Yard Back					
Meet Record:		52.90!	2019	Janelle Rudolph	
State Record:		52.90\$	2019	Janelle Rudolph	
Name	Yr	Team	Prelim Time	NISCA	
Preliminaries					
1	Derstadt, Sadye	11 LKSD	55.68	145	
	27.07	28.61			
2	Andrews, Catherine	12 ROOS	55.84	143	
	27.43	28.41			
3	Yovanovich, Claudia	12 BALL	55.87	143	
	27.01	28.86			
4	Cheng-Lucey, Sienna	12 STAD	55.92	143	
	27.30	28.62			
*5	McCarthy, Nora	9 LKSD	56.39	139	
	27.71	28.68			
*5	Jablonski, Ella	11 LKSD	56.39	139	
	27.53	28.86			

7	Haan, Linnea	12 SOU	57.85	128	
	27.92	29.93			
8	Borja, Haley	11 CK	57.97	127	
	27.90	30.07			
9	Lauinger, Anna	12 SPREP	58.29	124	
	28.85	29.44			
10	Larsen, Julia	11 LW	59.30	117	
	29.01	30.29			
11	Lauinger, Megan	10 SPREP	59.93	113	
	29.50	30.43			
12	Bennett, Simone	11 EW	1:00.07	112	
	29.31	30.76			
13	Fralick, Owan	12 SHRRCR	1:00.52	109	
	30.05	30.47			
14	Houseman, Kathryn	12 BAIN	1:00.60	108	
	28.36	32.24			
15	Siripipat, Lily	12 BLVU	1:00.77	107	
	28.79	31.98			
16	Thompson, Miranda	12 SHRRCR	1:00.79	107	
	30.10	30.69			
17	Hall, Noli	11 LKSD	1:01.12	104	
	29.46	31.66			
18	Gunderson, Haley	11 HER	1:02.25	97	
	30.19	32.06			
19	Chargualaf, Lola	12 OH	1:02.90	93	
	30.85	32.05			
20	Longridge, Olivia	9 BAIN	1:03.66	88	
	31.01	32.65			
21	Garcia, Olivia	9 EW	1:04.34	84	
	31.13	33.21			
22	Gailushas, Emily	12 BLAKE	1:05.45	77	
	31.87	33.58			
23	Oates, Bridget	12 GH	1:06.13	73	
	31.97	34.16			
24	Atkins, Peyton	10 PRA	1:09.43	55	
	33.53	35.90			

#311 Women 100 Yard Breast

					NISCA
Meet Record:		1:00.44!	2021	Piper Enge	
State Record:		1:00.44\$	2021	Piper Enge	
Name	Yr	Team	Finals Time	NISCA	
A - Final					
1	Enge, Piper	12 MI	58.95!	180	
	27.79	31.16			
2	Howard, Cecilia	11 BLVU	1:03.04	149	
	29.98	33.06			
3	Segerson, Sophie	11 BLVU	1:03.61	145	
	30.18	33.43			
4	Rivard, Maddie	11 GAR	1:03.88	144	
	30.26	33.62			
5	Meyer, Aziza	11 CK	1:05.75	131	
	30.46	35.29			
6	Rider, Izzy	9 DS	1:06.19	128	
	30.91	35.28			
7	Howson, Aila	11 SHRRCR	1:06.36	127	
	31.96	34.40			

**WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs**

Results

A - Final ... (#311 Women 100 Yard Breast)

				NISCA
8	Chang, Ysabella	11 AMV	1:08.04	117
	31.86	36.18		
B - Final				
9	Berg, Quincy	9 LINC	1:06.75	125
	31.17	35.58		
10	Nowakowski, Emma	9 MI	1:07.01	123
	31.50	35.51		
11	Effgen, Clare	9 SPREP	1:08.74	112
	32.20	36.54		
12	Irani, Delana	10 HNA	1:09.24	110
	32.42	36.82		
13	Dull, Stella	12 LKSD	1:09.83	106
	32.66	37.17		
14	Detjen, Tatumn	10 EW	1:10.25	104
	32.72	37.53		
15	Lopes, Brooke	11 STAD	1:10.50	102
	33.17	37.33		
16	Mirabueno, Malaina	11 SW	1:11.69	96
	33.63	38.06		

#311 Women 100 Yard Breast

Meet Record: 1:00.44! 2021 Piper Enge

State Record: 1:00.44\$ 2021 Piper Enge

Name	Yr	Team	Prelim Time	NISCA
Preliminaries				
1	Enge, Piper	12 MI	1:02.07	156
	29.23	32.84		
2	Howard, Cecilia	11 BLVU	1:02.93	150
	29.68	33.25		
3	Segerson, Sophie	11 BLVU	1:03.93	143
	30.22	33.71		
4	Rivard, Maddie	11 GAR	1:04.10	142
	30.40	33.70		
5	Howson, Aila	11 SHRCR	1:05.91	130
	31.51	34.40		
6	Meyer, Aziza	11 CK	1:06.45	127
	31.17	35.28		
7	Chang, Ysabella	11 AMV	1:06.83	124
	31.13	35.70		
8	Rider, Izzy	9 DS	1:07.28	121
	31.21	36.07		
9	Nowakowski, Emma	9 MI	1:07.88	118
	31.58	36.30		
10	Berg, Quincy	9 LINC	1:08.26	115
	31.86	36.40		
11	Effgen, Clare	9 SPREP	1:08.70	113
	32.42	36.28		
12	Dull, Stella	12 LKSD	1:09.74	107
	32.50	37.24		
13	Irani, Delana	10 HNA	1:09.76	106
	32.45	37.31		
14	Lopes, Brooke	11 STAD	1:10.38	103
	34.12	36.26		

15	Mirabueno, Malaina	11 SW	1:10.76	101
	33.41	37.35		
16	Detjen, Tatumn	10 EW	1:11.14	99
	33.84	37.30		
17	Weber, Clare	9 HNA	1:11.16	99
	34.05	37.11		
18	Calin, Emma	TJEFF	1:11.46	97
	33.17	38.29		
19	Everett, Lena	9 BAIN	1:11.69	96
	33.73	37.96		
20	Vuong, Jeslyn	11 MLT	1:11.95	94
	33.59	38.36		
21	Demaray, Lucy	9 MVIEW	1:12.90	89
	34.43	38.47		
22	Coates, Rebecca	11 LYNN	1:14.41	81
	34.94	39.47		
23	Thelin, Kyla	12 SOU	1:20.34	53
	37.75	42.59		
24	Thornton, Katherine	12 HER	1:21.34	49
	37.89	43.45		

#312 Women 400 Yard Free Relay

Meet Record: 3:23.43! 2022 Mercer Island

P Enge, G Kehoe, C Watson, A McDevitt

State Record: 3:23.43\$ 2022 Mercer Island

P Enge, G Kehoe, C Watson, A McDevitt

Team	Relay	Finals Time	NISCA
A - Final			
1	MI	A	3:25.93 456
	Kehoe, Gracyn 10	Dahlin, Meg 10	
	Peng, Isabel 11	Enge, Piper 12	
	24.58	50.85	25.25 53.53
	25.12	52.54	23.32 49.01
2	LKSD	A	3:26.46 453
	Jablonski, Ella 11	Derstadt, Sadye 11	
	McCarthy, Nora 9	Cancelmo, Caroline 11	
	24.05	50.06	25.15 52.75
	24.96	52.30	24.40 51.35
3	BLVU	A	3:33.89 402
	Wyzga, Sofia 10	Segerson, Sammy 11	
	Segerson, Sophie 11	Howard, Cecilia 11	
	26.65	55.83	25.48 53.45
	24.86	51.97	25.17 52.64
4	SPREP	A	3:38.22 375
	Halffman, Zoe 10	Lauinger, Megan 10	
	Lauinger, Anna 12	Gooding, Lane 11	
	26.28	54.56	26.95 55.95
	26.38	54.64	25.32 53.07
5	BAIN	A	3:39.05 369
	Houseman, Kathryn 12	Pal, Uma 12	
	Majors, Piper 11	Kriegh, Sara 11	
	26.18	55.72	26.92 56.61
	25.70	53.75	24.95 52.97

6	LW	A	3:40.62	360
	Yu, Angelina 11	Bridge, Natasha 12		
	Nilsen, Megan 11	Larsen, Julia 11		
	26.24	56.16	26.31 54.90	
	26.15	56.01	25.52 53.55	
7	ROOS	A	3:42.18	348
	Finocchio, Lyla 10	Sherwood, Gigi 12		
	Jaeger, Elyse 12	Andrews, Catherine 12		
	26.71	57.38	26.18 56.02	
	27.38	57.70	24.55 51.08	
8	HNA	A	3:44.07	339
	Williams, Moira 11	Hooper, Caroline 10		
	Jarrett, Maisey 10	Wang, Ellie 10		
	26.73	56.38	26.88 55.86	
	27.07	57.28	26.39 54.55	

B - Final

9	DS	A	3:45.53	330
	Esser, Alexis 11	Killoran, Lorelai 12		
	Hendrickson, Linnea 10	Rider, Izzy 9		
	27.05	56.84	27.36 57.27	
	26.70	56.62	25.84 54.80	
10	JUAN	A	3:46.41	324
	Merriam, Samantha 11	Yang, Anika 12		
	Crawford, Hailey 10	Ong, Katreeya 12		
	27.84	57.47	28.31 59.94	
	26.47	55.92	25.11 53.08	
11	SNOH	A	3:46.86	321
	Andrews, Grace 12	Betancourt, Emma 9		
	Huber, Olivia 10	Clarke, Mary 12		
	27.54	57.92	27.96 59.63	
	27.45	57.68	24.80 51.63	
12	SOU	A	3:49.35	306
	Griffith, Jaylah 10	Pohjola, Trinity 11		
	Badeaux, Elyza 11	Haan, Linnea 12		
	27.36	57.55	28.12 58.24	
	27.78	1:00.14	25.43 53.42	
13	GH	A	3:51.04	297
	Pepich, Ashlyn 12	Nelson, Jenna 10		
	Ensminger, Beau 11	Yevstifieieva, Karina 12		
	28.28	58.82	27.38 58.13	
	26.79	56.60	26.72 57.49	
14	STAD	A	3:51.13	297
	Kula, Samara 9	Bland, Sydney 12		
	Lopes, Brooke 11	Smith, Eleanor 11		
	27.53	58.44	27.47 1:00.02	
	26.13	55.28	27.33 57.39	
15	SW	A	3:51.71	294
	Anderson, Brooke 12	Lin, Emily 12		
	Foral, Vivian 10	Buchholz, Daniel 9		
	28.25	58.52	26.97 57.97	
	27.48	58.95	26.19 56.27	
16	CHE	A	3:54.75	276
	Howe, Lauren 11	Schaefer, Sophie 11		
	Bleam, Bethany 9	Bauman, Madi 9		
	26.28	54.62	29.43 1:01.26	
	27.92	1:00.36	27.69 58.51	

WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs

Results

#312 Women 400 Yard Free Relay

Meet Record: 3:23.43! 2022 Mercer Island

P Enge, G Kehoe, C Watson, A McDevitt

State Record: 3:23.43\$ 2022 Mercer Island

P Enge, G Kehoe, C Watson, A McDevitt

Team	Relay	Prelim Time	NISCA
Preliminaries			
1 LKSD	A	3:29.86	429
Derstadt, Sadye 11		McCarthy, Nora 9	
Jablonski, Ella 11		Cancelmo, Caroline 11	
		24.74	51.40
		24.79	52.19
		25.60	53.37
		25.26	52.90
2 MI	A	3:34.21	399
Kehoe, Gracyn 10		Dahlin, Meg 10	
Doroski, Greta 11		Peng, Isabel 11	
		25.12	51.54
		25.25	54.96
		26.31	54.88
		25.25	52.83
3 BLVU	A	3:37.28	381
Wyzga, Sofia 10		Segerson, Sammy 11	
Segerson, Sophie 11		Howard, Cecilia 11	
		27.08	56.22
		26.31	54.98
		25.26	52.61
		25.41	53.47
4 BAIN	A	3:38.57	372
Geddes, Maya 11		Majors, Piper 11	
Houseman, Kathryn 12		Kriegh, Sara 11	
		26.14	54.47
		26.40	54.78
		25.70	54.74
		25.70	54.58
5 ROOS	A	3:42.16	351
Finocchio, Lyla 10		Sherwood, Gigi 12	
Jaeger, Elyse 12		Andrews, Catherine 12	
		26.91	56.50
		27.00	56.24
		27.76	56.84
		25.30	52.58
6 SPREP	A	3:43.38	342
Halffman, Zoe 10		Lauinger, Megan 10	
Lauinger, Anna 12		Gooding, Lane 11	
		26.60	55.09
		27.60	57.16
		26.79	56.07
		26.14	55.06
7 HNA	A	3:44.76	333
Williams, Moira 11		Hooper, Caroline 10	
Jarrett, Maisey 10		Wang, Ellie 10	
		26.45	56.12
		27.11	56.54
		27.18	57.10
		26.67	55.00
8 LW	A	3:46.73	321
Yu, Angelina 11		Bridge, Natasha 12	
Nilsen, Megan 11		Larsen, Julia 11	
		26.53	57.07
		26.70	56.37
		26.65	56.25
		26.90	57.04
9 JUAN	A	3:46.79	321
Merriam, Samantha 11		Yang, Anika 12	
Crawford, Hailey 10		Ong, Katreeya 12	
		27.94	57.56
		28.15	1:00.29
		26.73	55.91
		24.98	53.03

10 STAD	A	3:48.11	315
Kula, Samara 9		Bland, Sydney 12	
Lopes, Brooke 11		Cheng-Lucey, Sienna 12	
		27.47	58.66
		27.80	59.25
		26.36	55.63
		25.70	54.57
11 SOU	A	3:49.95	303
Griffith, Jaylah 10		Pohjola, Trinity 11	
Badeaux, Elyza 11		Haan, Linnea 12	
		27.36	57.92
		28.30	58.62
		27.98	59.81
		25.53	53.60
12 SNOH	A	3:50.30	300
Andrews, Grace 12		Betancourt, Emma 9	
Huber, Olivia 10		Clarke, Mary 12	
		27.51	58.02
			1:00.10
		28.63	59.74
		25.31	52.44
13 SW	A	3:51.26	297
Anderson, Brooke 12		Lin, Emily 12	
Foral, Vivian 10		Buchholz, Daniel 9	
		28.67	58.62
		26.70	57.74
		27.20	58.46
		26.35	56.44
14 DS	A	3:51.79	294
Esser, Alexis 11		Killoran, Lorelai 12	
Hendrickson, Linnea 10		Rider, Izzy 9	
		27.19	57.17
		27.67	58.80
		27.49	58.29
		27.02	57.53
15 GH	A	3:53.53	282
Nelson, Jenna 10		Pepich, Ashlyn 12	
Ensminger, Beau 11		Yevstifieieva, Karina 12	
		27.34	57.56
		28.75	59.68
		27.68	58.97
		26.92	57.32
16 CHE	A	3:54.32	279
Bauman, Madi 9		Schaefer, Sophie 11	
Bleam, Bethany 9		Howe, Lauren 11	
		27.69	58.30
		29.82	1:01.36
		27.98	59.99
		25.62	54.67
17 PEN	A	4:00.29	246
Gjertson, Lee 9		Newton, Allyah 10	
Every, Ries 11		Henkel, Kate 11	
		28.00	57.92
		29.36	1:03.32
		28.40	59.76
		27.25	59.29
18 SHRCR	A	4:00.57	246
Anderson, Hazel 11		Bendiksen, Anna 9	
Pettiross, Clara 11		Deiparine, Jaclyn 12	
		28.56	59.97
		28.35	59.24
		28.62	1:01.44
		28.36	59.92
19 EW	A	4:00.93	243
Bennett, Simone 11		Ward, Sadie 10	
MacDonald, Zoe 10		Garcia, Olivia 9	
		28.63	59.62
		29.14	1:01.51
		28.70	1:00.59
		28.24	59.21
20 TJEFF	A	4:01.25	240
Policarpio, Fiona		Calin, Emma	
Kahn, Sam		Bae, Erin	
		28.47	59.25
		29.84	1:02.66
		28.59	1:01.65
		27.07	57.69

21 MLT	A	4:01.84	237
Lombard, Katherine 11		Patterson, Gretta 9	
Beam, Lisa 9		Vuong, Jeslyn 11	
		29.00	1:01.92
		29.70	1:03.92
		28.28	59.87
		26.21	56.13
22 LINC	A	4:03.02	231
Fox, Juliet 10		Kinney, Deirdre 12	
Elsing, Naomi 10		Berg, Quincy 9	
		29.73	1:02.37
		28.60	1:02.70
		29.04	1:01.64
		26.27	56.31
23 GAR	A	4:07.89	207
Kukreja, Mulan 9		Cortedano, Divina 12	
Gruber, Galen 11		Risse, Kate 12	
		28.59	1:00.08
		29.89	1:02.30
		29.86	1:04.84
		28.66	1:00.67
24 MVIEW	A	4:19.20	153
McCarty, Lorena 10		Shillinger, Audrey 12	
Knox, MK 12		Yamamura, Avery 12	
		29.38	1:03.07
		32.02	1:06.47
		32.12	1:07.23
		29.96	1:02.43

#313 Women 50 Yard Free Adaptive Race

Meet Record: 33.26! 2019 Madilyn Murphey

State Record: 33.26\$ 2019 Madilyn Murphey

Name	Yr	Team	Finals Time	NISCA
1 Lewis, Zoe		LINC	47.38	
2 Wickline, Sera		LINC	51.02	
3 Hannah, Lillian		TLINE	52.14	
4 Ashby, Aspen		GAR	52.61	
5 James, Annabele		LIB	54.48	
6 Watanabe, Miya	12	STAN	1:02.06	
7 Laing, Amelia		BALL	1:06.53	
8 Scheuerell, Kaya		BALL	1:30.33	
9 McDaniels, Abigail		TLINE	2:28.31	
10 Schreiber, Ashley	12	STAN	3:34.49	

#314 Women 50 Yard Back Adaptive Race

Meet Record: 40.16! 2019 Madilyn Murphey

State Record: 40.16\$ 2019 Madilyn Murphey

Name	Yr	Team	Finals Time	NISCA
1 Lewis, Zoe		LINC	57.41	
2 James, Annabele		LIB	1:05.86	
3 Ashby, Aspen		GAR	1:06.71	
4 Hannah, Lillian		TLINE	1:17.71	
5 Watanabe, Miya	12	STAN	1:18.95	
6 Laing, Amelia		BALL	1:38.48	
7 Scheuerell, Kaya		BALL	1:53.77	
8 McDaniels, Abigail		TLINE	2:07.01	
9 Schreiber, Ashley	12	STAN	3:04.94	

Scores - Women

Women - Team Rankings - Through Event 314

1. Mercer Island	314
2. Bellevue	207
3. Lakeside School	205.5
4. Garfield	155

WIAA/GESA Credit Union
3A Girls State Swim & Dive Champs
Results

(Scores - Women)

5. Seattle Prep	130.5
6. Holy Names Academy	124
7. Bainbridge Island	119
8. Shorecrest	96
9. Lake Washington	95
10. Roosevelt	94
11. Lincoln	90
12. Juanita	80
13. Stadium	71
14. Snohomish	61
15. Central Kitsap	51
16. Dr Dolores Silas	45
17. Ballard	36
18. Southridge	33
19. Hazen	32
19. Ingraham	32
21. Gig Harbor	31
22. Shorewood	26
23. Monroe	25
24. Cheney	22
25. Auburn Riverside	20
26. Peninsula	17
26. Capital	17
28. Auburn Mountainview	14
29. Edmonds-Woodway	13
30. Auburn	11
31. Kennewick	9
31. Mountlake Terrace	9
33. Bishop Blanchet	6
34. Heritage	4
35. Liberty	1
35. Bonney Lake	1