

Lake vs Cascade - 9/13/2012

Results

Event 1 Girls 200 Yard Medley Relay

Team	Relay	Finals Time	
1 CASC	A	<u>1:36.83</u>	8
1) Hopper, Carissa 18	2) Carlson, Nichole 17	<u>2:04.78</u>	
3) Laurent, Demetra 14	4) Leathers, Shelby 17		
33.04 17.02	16.06 30.71		
2 LSHS-PN	A	2:13.53	4
1) Brown, Javon	2) Pan, Amanda		
3) Reid, Chloe	4) Rasmussen, Taryn		
35.07 39.17	30.67 28.62		
3 CASC	B	2:16.02	2
1) Lebaron, Brooklyn 16	2) Hanks, Kirsten 17		
3) DeLong, Jackie 17	4) Bandringa, Lyndsay 15		
34.70 39.90	33.13 28.29		
4 LSHS-PN	B	2:26.55	
1) Mosca, Michele	2) Goodrich, Jasmine		
3) Vergara, Jailine	4) Carden, Liz		
36.49 44.15	35.69 30.22		
5 LSHS-PN	C	x2:29.48	
1) Chase, Malia	2) Wilson, Alicia		
3) Reid, Parker	4) Panelli, Mylena		
37.09 45.63	34.50 32.26		
6 CASC	C	x2:32.51	
1) Isarankura, Tanya 14	2) Engebretson, Megan 17		
3) McAleer, Jemimah C	4) Doty, Jessica 17		
40.64 41.27	36.83 33.77		
--- LSHS-PN	D	X2:09.05	
1) Geiger, Alexis	2) Mosca, Angela		
3) Mckenzie, Melia	4) Peralta, Liana		
42.29 20.80	26.48 39.48		
--- LSHS-PN	F	X2:50.93	
1) Babst, Jessica	2) White, Ellie		
3) Tuck, Sara	4) Bray, EmilyAnne		
45.86 42.96	42.95 39.16		
--- CASC	D	X3:03.07	
1) Minca, Tieghler 15	2) Smith, McKaela S		
3) McBride, Morgan 14	4) Vreeland, Chani 16		
50.62 1:07.06	44.91 20.48		
--- CASC	E	X3:08.22	
1) Moore, Maddison 14	2) Aoll, Kimberly S 15		
3) Morris, Ky	4) Nava, Abigail		
53.19 53.24	43.65 38.14		
--- LSHS-PN	E	X3:11.86	
1) Vickery, Molly	2) Blomquist, Sarah		
3) Asprey, Amelia	4) Yepassis-Zembrou, Glory		
46.83 47.71	45.73 51.59		
--- CASC	F	X3:25.90	
1) Davis, Caitlyn L	2) Van Horne, Cameron		
3) Williams, Addie	4) Grider, Eryn		
50.92 53.84	45.28 55.86		

Event 2 Girls 200 Yard Freestyle

Name	Age	School	Finals Time	
1 Laurent, Kalena	18	CASC	1:57.57	6
26.86 29.46	30.47 30.78			
2 Speirs, Felicity		LSHS-PN	2:11.57	4
29.33 32.93	34.58 34.73			
3 DeLong, Jackie	17	CASC	2:25.05	3
33.06 37.40	38.67 35.92			

4 Pan, Amanda		LSHS-PN	2:25.44	2
17.51 14.68	37.16 1:16.09			
5 Boswell, Amy		17 CASC	2:28.67	1
33.39 38.53	39.73 37.02			
6 Franklin, Tyra		CASC	x3:15.97	
45.39 48.59	51.36 50.63			
7 Smith, McKaela S		CASC	x3:22.89	
44.31 51.78	54.99 51.81			
8 Nava, Abigail		CASC	x3:49.06	
47.26 56.35	1:00.46 1:04.99			
--- Stemler, Angela		LSHS-PN	X2:34.53	
33.56 39.37	41.48 40.12			
--- Geiger, Alexis		LSHS-PN	X2:51.28	
38.62 44.04	45.64 42.98			

Event 3 Girls 200 Yard IM

Name	Age	School	Finals Time	
1 Laurent, Demetra	14	CASC	2:22.74	6
31.00 36.59	42.81 32.34			
2 Booth, Danielle		CASC	2:27.00	4
31.62 38.67	40.83 35.88			
3 Libra, Kara		LSHS-PN	2:32.80	3
33.90 38.78	45.44 34.68			
4 Bandringa, Lyndsay	15	CASC	2:54.79	2
36.09 43.79	53.05 41.86			
5 Chase, Malia		LSHS-PN	3:00.59	1
37.42 44.69	56.70 41.78			
6 Mckenzie, Melia		LSHS-PN	3:25.30	
41.34 50.49	1:06.31 47.16			

Event 4 Girls 50 Yard Freestyle

Name	Age	School	Finals Time	
1 Booth, Darcie	17	CASC	26.18	6
2 Carlson, Nichole	17	CASC	26.37	4
3 Leathers, Shelby	17	CASC	27.81	3
4 Slater, Athens		LSHS-PN	28.05	2
5 Brown, Javon		LSHS-PN	29.04	1
6 Rasmussen, Taryn		LSHS-PN	30.32	
--- Lebaron, Brooklyn	16	CASC	X29.58	
--- Hanks, Kirsten	17	CASC	X30.36	
--- Reid, Parker		LSHS-PN	X31.29	
--- Engebretson, Megan	17	CASC	X32.07	
--- Geiger, Alexis		LSHS-PN	X34.03	
--- White, Ellie		LSHS-PN	X34.07	
--- Forbes, Kelsey	14	CASC	X34.39	
--- Anderson, Apryl	14	CASC	X36.90	
--- Babst, Jessica		LSHS-PN	X37.52	
--- Jordan, Tricia	18	CASC	X38.24	
--- Asprey, Amelia		LSHS-PN	X38.26	
--- Spargur, Stefanye	17	CASC	X38.45	
--- Goodrich, Jasmine		LSHS-PN	X38.76	
--- Avila-Maechler, Maria		LSHS-PN	X39.05	
--- Bray, EmilyAnne		LSHS-PN	X39.87	
--- Peralta, Liana		LSHS-PN	X40.75	
--- Mosca, Angela		LSHS-PN	X41.28	
--- Aoll, Kimberly S	15	CASC	X48.47	
--- Vreeland, Chani	16	CASC	X52.28	
--- Sahota, Annika		CASC	X55.69	

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**(Event 4 Girls 50 Yard Freestyle)**

Name	Age School	Finals Time
--- Yepassis-Zembrou, Glory	LSHS-PN	X56.12
--- Grider, Eryn	CASC	X58.13

**Event 5 Girls 1 mtr Diving**

Name	Age School	Finals Score
1 Olliges, Hannah	LSHS-PN	114.10 <i>206</i>
2 Tuck, Sara	LSHS-PN	98.15 <i>174</i>
3 Mabanag, Marissa	15 CASC	95.55 <i>163</i>
4 Anderson, Apryl	14 CASC	92.55 <i>152</i>
5 Mulligen, Nikole	LSHS-PN	x83.75 <i>✓</i>
6 Williams, Addie	CASC	x43.35 <i>✓</i>
7 Vergara, Jailine	LSHS-PN	x40.90 <i>✓</i>
--- Davis, Caitlyn L	CASC	X28.85 <i>✓</i>
--- Moore, Maddison	14 CASC	X38.45 <i>✓</i>

**Event 6 Girls 100 Yard Butterfly**

Name	Age School	Finals Time
1 Laurent, Kalena	18 CASC	59.39 6
27.91 31.48		
2 Hopper, Carissa	18 CASC	1:09.63 4
33.21 36.42		
3 Reid, Chloe	LSHS-PN	1:12.30 3
32.96 39.34		
4 Panelli, Mylena	LSHS-PN	1:22.20 2
37.77 44.43		
5 Vergara, Jailine	LSHS-PN	1:22.85 1
35.93 46.92		
6 Bandringa, Lyndsay	15 CASC	1:24.31
39.07 45.24		
--- Carden, Liz	LSHS-PN	X1:37.01
39.46 57.55		
--- Morris, Ky	CASC	X1:41.17
45.96 55.21		
--- Mckenzie, Melia	LSHS-PN	X1:41.52
44.12 57.40		
--- Brown-Butler, Ashleigh	14 CASC	X1:48.64
42.55 1:06.09		
--- Doty, Jessica	17 CASC	X1:49.16
46.30 1:02.86		

**Event 7 Girls 100 Yard Freestyle**

Name	Age School	Finals Time
1 Booth, Darcie	17 CASC	57.75 6
27.57 30.18		
2 Leathers, Shelby	17 CASC	1:01.83 4
29.68 32.15		
3 Libra, Kara	LSHS-PN	1:01.91 3
29.61 32.30		
4 Brown, Javon	LSHS-PN	1:03.26 2
30.06 33.20		
5 Engebretson, Megan	17 CASC	1:09.94 <i>1</i>
33.07 36.97		
6 Stemler, Angela	LSHS-PN	1:10.04 <i>1</i>
33.77 38.62		
7 Carlson, Nichole	17 CASC	x1:12.39
37.08 40.60		
8 Stoller, Laura	17 CASC	x1:17.68

9 Smith, Alex	17 CASC	x1:18.24
35.74 42.50		
10 Spargur, Stefanye	17 CASC	x1:27.32
40.61 46.71		
11 Franklin, Tyra	CASC	x1:28.94
43.61 45.33		
12 Brown-Butler, Ashleigh	14 CASC	x1:29.47
40.56 48.91		
13 Smith, McKaela S	CASC	x1:29.94
42.60 47.34		
14 Nava, Abigail	CASC	x1:30.50
45.81 44.69		
15 Moore, Maddison	14 CASC	x1:32.79
43.98 48.81		
16 Minea, Tieghler	15 CASC	x1:34.67
45.52 49.15		
17 Van Horne, Cameron	CASC	x1:34.96
43.90 51.06		
18 McBride, Morgan	14 CASC	x1:41.38
47.16 54.22		
--- Reid, Parker	LSHS-PN	X1:11.27
33.77 37.50		
--- Wilson, Alicia	LSHS-PN	X1:13.69
34.80 38.89		
--- White, Ellie	LSHS-PN	X1:20.38
37.27 43.11		
--- Tuck, Sara	LSHS-PN	X1:21.91
38.91 43.00		
--- Vickery, Molly	LSHS-PN	X1:23.36
39.34 44.02		
--- Babst, Jessica	LSHS-PN	X1:23.96
39.74 44.22		
--- Blomquist, Sarah	LSHS-PN	X1:24.04
39.81 44.23		
--- Asprey, Amelia	LSHS-PN	X1:28.37
41.19 47.18		
--- Bray, EmilyAnne	LSHS-PN	X1:29.32
45.25 44.07		
--- Avila-Maechler, Maria	LSHS-PN	X1:30.71
42.89 47.82		
--- Peralta, Liana	LSHS-PN	X1:31.47
41.04 50.43		
--- Davis, Caitlyn L	CASC	X1:32.62
44.89 47.73		

**Event 8 Girls 500 Yard Freestyle**

Name	Age School	Finals Time
1 Laurent, Demetra	14 CASC	5:28.89 6
28.92 32.87		33.02 33.47
33.84 33.70		33.60 33.62
33.50 32.35		
2 Speirs, Felicity	LSHS-PN	6:00.21 4
29.60 34.00		35.34 36.52
37.56 37.35		37.57 37.56
37.78 36.93		

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(Event 8 Girls 500 Yard Freestyle)

Name	Age	School	Finals Time	
3 Mosca, Michele		LSHS-PN	6:42.55	3
	34.87	39.27	40.14	40.49
	41.05	40.80	41.77	41.77
	41.83	40.56		
4 Boswell, Amy	17	CASC	6:45.47	2
	36.14	40.97	41.24	41.53
	42.36	42.32	42.37	41.24
	39.94	37.36		
5 Dibble, Maddy	16	CASC	6:47.47	1
	34.93	38.72	40.45	41.26
	41.71	42.44	42.98	43.76
	42.46	38.76		
6 Vickery, Danae		LSHS-PN	7:07.43	
	37.76	41.70	42.53	43.58
	43.55	43.82	44.13	43.56
	43.67	43.13		

Event 9 Girls 200 Yard Freestyle Relay

Team	Relay	Finals Time
1 CASC <i>Shelby Leathers</i>	A	1:46.39 8
1) Carlson, Nichole 17	2) Booth, Danielle	
3) Booth, Darcie 17	4) Laurent, Kalena 18	
38.87 15.37	26.28 25.87	
2 LSHS-PN	A	1:50.41 4
1) Slater, Athens	2) Libra, Kara	
3) Brown, Javon	4) Speirs, Felicity	
28.07 27.17	28.32 26.85	
3 CASC	C	2:01.31 2
1) Doty, Jessica 17	2) Engebretson, Megan 17	
3) Smith, Alex 17	4) Brown-Butler, Ashleigh 14	
35.43 33.17	36.04 16.67	
4 CASC	B	<u>2:02.02</u>
1) McAleer, Jemimah C	2) Boswell, Amy 17	
3) Leathers, Shelby 17	4) Hanks, Kirsten 17	
30.60 30.80	30.57 30.05	
5 LSHS-PN	B	2:04.61
1) Chase, Malia	2) Carden, Liz	
3) Reid, Parker	4) Rasmussen, Taryn	
30.93 31.97	31.03 30.68	
6 LSHS-PN	C	x2:21.79
1) Stemler, Angela	2) Wilson, Alicia	
3) Peralta, Liana	4) Mckenzie, Melia	
32.49 33.37	40.45 35.48	
--- CASC	E	X2:01.84
1) Franklin, Tyra	2) Morris, Ky	
3) Nava, Abigail	4) Smith, McKaela S	
40.37 24.58	15.48 41.41	
--- CASC	D	X2:22.21
1) Forbes, Kelsey 14	2) Isarankura, Tanya 14	
3) Anderson, Apryl 14	4) Stoller, Laura 17	
34.67 34.78	36.82 35.94	
--- LSHS-PN	D	X2:27.87
1) Mosca, Angela	2) Vergara, Jailine	
3) Goodrich, Jasmine	4) Tuck, Sara	
41.29 33.49	37.83 35.26	

--- LSHS-PN	E	X2:37.47
1) Babst, Jessica	2) Blomquist, Sarah	
3) Bray, EmilyAnne	4) Asprey, Amelia	
38.98 38.32	39.97 40.20	

Event 10 Girls 100 Yard Backstroke

Name	Age	School	Finals Time
1 Slater, Athens		LSHS-PN	1:09.21 6
	33.84	35.37	
2 Hopper, Carissa	18	CASC	1:11.31 4
	34.80	36.51	
3 DeLong, Jackie	17	CASC	1:12.51 3
	35.61	36.90	
4 Lebaron, Brooklyn	16	CASC	1:13.79 2
	34.73	39.06	
5 Mosca, Michele		LSHS-PN	1:19.87 1
	38.91	40.96	
6 Panelli, Mylena		LSHS-PN	1:21.32
	39.50	41.82	
7 Doty, Jessica	17	CASC	x1:36.68
	44.72	51.96	
--- Vickery, Danae		LSHS-PN	X1:26.79
	43.24	43.55	
--- Wilson, Alicia		LSHS-PN	X1:36.39
	43.33	53.06	
--- Vickery, Molly		LSHS-PN	X1:49.85
	53.06	56.79	

Event 11 Girls 100 Yard Breaststroke

Name	Age	School	Finals Time
1 Booth, Danielle		CASC	1:14.20 6
	34.65	39.55	
2 Pan, Amanda		LSHS-PN	1:27.13 4
	40.63	46.50	
4 Hanks, Kirsten	17	CASC	1:28.12 3
	40.85	47.27	
5 Isarankura, Tanya	14	CASC	1:33.21 1
	43.57	49.64	
6 Goodrich, Jasmine		LSHS-PN	1:38.11 0
	46.39	51.72	
8 Minea, Tieghler	15	CASC	x1:58.67
	55.16	1:03.51	
3 Reid, Chloe		LSHS-PN	X1:27.90
	41.31	46.59	
--- Mosca, Angela		LSHS-PN	X1:46.97
	50.23	56.74	
--- Blomquist, Sarah		LSHS-PN	X1:47.21
	50.64	56.57	
--- Aoll, Kimberly S	15	CASC	X1:59.95
	56.16	1:03.79	

Event 12 Girls 400 Yard Freestyle Relay

Team	Relay	Finals Time
3/ CASC	B	3:53.69 2
1) Hopper, Carissa 18	2) Boswell, Amy 17	
3) Bandringa, Lyndsay 15	4) Dibble, Maddy 16	
31.09 1:04.87	14.93 32.78	
36.46 1:08.84	35.00 1:07.20	

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Results

(Event 12 Girls 400 Yard Freestyle Relay)

Team	Relay	Finals Time
17 CASC	A	3:54.09 <i>48</i>
1) Booth, Danielle	2) Laurent, Demetra 14	
3) Booth, Darcie 17	4) Laurent, Kalena 18	
27.45 58.05	27.97 58.91	
28.87 1:02.34	26.17 54.79	
23 LSHS-PN	A	4:17.95 <i>24</i>
1) Speirs, Felicity	2) Libra, Kara	
3) Pan, Amanda	4) Slater, Athens	
28.81 1:00.58	29.31 1:01.48	
32.11 1:09.40	31.40 1:06.49	
4 LSHS-PN	B	4:50.88
1) Chase, Malia	2) Stemler, Angela	
3) Mosca, Michele	4) Reid, Chloe	
34.34 1:12.18	35.51 1:14.89	
33.84 1:14.27	33.07 1:09.54	
5 LSHS-PN	C	x5:01.47
1) Rasmussen, Taryn	2) Panelli, Mylena	
3) Vickery, Danae	4) Geiger, Alexis	
32.54 1:09.90	36.10 1:17.16	
37.17 1:18.20	35.52 1:16.21	
6 CASC	C	x5:16.95
1) McAleer, Jemimah C	2) Isarankura, Tanya 14	
3) Smith, Alex 17	4) Stoller, Laura 17	
33.82 1:11.77	37.20 1:20.92	
39.09 1:29.47	33.08 1:14.79	

*148*  
 $\frac{148}{31} = 4.77$   
 $\frac{148}{117} \rightarrow 5$  *Dive* *122*

Combined Team Scores

Combined Team Scores - Through Event 12	
1. Cascade High School	<i>148 - 31</i>
2. Lake Stevens Vikings	<i>90 - 37</i>

*53 -> 10 69*

*C.H.S. 122 - 2 = 120 - 2*  
*L.S. - 64 + 2 = 66 + 2*

*Final { 117 - CAS.  
 69 - LS.*