

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## Event 1 Men 400 Yard Medley Relay

MEET RECORD: 3:47.30 # 1/18/2014 Steilacoom HS  
Scott, Scott, Gonzales, Lamb

Team	Relay	Finals Time	Points
1 Steilacoom Sentinels	A	3:53.69	64
1) Burlingame, Noah JR	2) Koivisto, Seth SR	3) Christensen, Vaughn SR	4) Grandinette, Chris SR
1:02.08	1:29.39 (1:29.39)	2:02.74 (33.35)	2:29.49 (1:00.10)
3:01.34 (31.85)	3:25.82 (56.33)	3:53.69 (27.87)	
2 Olympia High School Mens Swin	A	4:03.27	56
1) Liu, Andrew FR	2) Kamimura, Jordan SO	3) Matthews, Andrew SO	4) Walker, Zach SR
29.79	1:02.82 (1:02.82)	1:33.27 (30.45)	2:08.80 (1:05.98)
2:36.39 (27.59)	3:12.04 (1:03.24)	3:35.38 (23.34)	4:03.27 (51.23)
3 Lakes High School-PN	A	4:05.67	54
1) Bocchi, Preston SR	2) Nguyen, Brandon	3) Fischer, P.J. SR	4) Franco, Zach SO
27.09	56.87 (56.87)	1:32.18 (35.31)	2:19.95 (1:23.08)
2:40.27 (20.32)	3:11.12 (51.17)	3:36.66 (25.54)	4:05.67 (54.55)
4 Shelton High Climbers-PN	A	4:14.67	52
1) Toguchi, Toshio FR	2) Toney, Taylor SR	3) Ordonez, Brayden JR	4) Youngquist, Ryan SR
32.76	1:07.04 (1:07.04)	1:37.22 (30.18)	2:13.60 (1:06.56)
2:42.91 (29.31)	3:19.42 (1:05.82)	3:45.43 (26.01)	4:14.67 (55.25)
5 Aberdeen High School	A	4:29.00	50
1) Gates, Connor SO	2) Kawashima, Kai SO	3) Bridges, Sage JR	4) Lewis, Robby SR
32.93	1:08.56 (1:08.56)	1:44.10 (35.54)	2:26.75 (1:18.19)
2:56.58 (29.83)	3:33.93 (1:07.18)	3:59.69 (25.76)	4:29.00 (55.07)
6 Puyallup High School	A	4:35.31	48
1) Visser, Mikah SR	2) DeShayes, Cyrus FR	3) Feist, Kobe JR	4) Sheets, Nathan JR
32.95	1:06.40 (1:06.40)	1:41.32 (34.92)	2:23.43 (1:17.03)
2:54.37 (30.94)	3:36.25 (1:12.82)	4:03.73 (27.48)	4:35.31 (59.06)
7 River Ridge High School-PN	A	5:21.84	46
1) Williams, Jake	2) Poindexter, David	3) Labrecque, William	4) Kim, Kevin
39.13	1:22.51 (1:22.51)	2:05.63 (43.12)	2:56.73 (1:34.22)
3:30.31 (33.58)	4:18.09 (1:21.36)	4:35.71 (17.62)	5:21.84 (1:03.75)
8 Tahoma High School	A	9:49.68	44
1) Hatch, Preston SO	2) Grobbelaar, Jan JR	3) Wichelmann, Parker FR	4) Wold, Jared SR
4:18.69	9:49.68 (9:49.68)		

## Event 2 Men 2x200 Yard Freestyle Relay

MEET RECORD: 3:50.69 # 1/16/2016 Olympia HS  
Mattews, Hougan

Team	Relay	Finals Time	Points
1 Puyallup High School	A	3:53.53	64
1) Kiuchi, Levi FR	2) Bouchard, Aidan SO	3) Feist, Kobe JR	4) Sheets, Nathan JR
25.32	54.15 (54.15)	1:24.95 (1:24.95)	1:55.52 (1:55.52)
2:21.13 (25.61)	2:50.80 (55.28)	3:22.05 (1:26.53)	3:53.53 (1:58.01)
2 Puyallup High School	B	4:02.23	56
1) Kinne, Jakob SR	2) Braddock, Carson FR	3) Feist, Kobe JR	4) Sheets, Nathan JR
27.98	59.43 (59.43)	1:32.28 (1:32.28)	2:02.26 (2:02.26)
2:28.25 (25.99)	2:58.15 (55.89)	3:30.55 (1:28.29)	4:02.23 (1:59.97)
3 Shelton High Climbers-PN	A	4:05.69	54
1) Schreiber, Jacob SR	2) Womer, Sam SO	3) Feist, Kobe JR	4) Sheets, Nathan JR
28.38	59.98 (59.98)	1:32.94 (1:32.94)	2:04.83 (2:04.83)
2:32.06 (27.23)	3:02.59 (57.76)	3:34.44 (1:29.61)	4:05.69 (2:00.86)
4 Olympia High School Mens Swin	A	4:08.70	52
1) Waltz, James SR	2) Pitzler, Hunter SO	3) Feist, Kobe JR	4) Sheets, Nathan JR
25.63	54.57 (54.57)	1:26.64 (1:26.64)	1:59.88 (1:59.88)
2:28.12 (28.24)	3:00.50 (1:00.62)	3:34.67 (1:34.79)	4:08.70 (2:08.82)

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 2 Men 2x200 Yard Freestyle Relay)

Team	Relay	Finals Time	Points
5 Steilacoom Sentinels	A	4:12.45	50
1) Appel, Timothy JR	2) Abramyan, Vartan SO		
27.14	58.08 (58.08)	1:32.23 (1:32.23)	2:04.66 (2:04.66)
2:32.14 (27.48)	3:03.23 (58.57)	3:36.98 (1:32.32)	4:12.45 (2:07.79)
6 Steilacoom Sentinels	B	4:13.59	48
1) Taylor, William SR	2) Froehle, Steven JR		
28.76	1:01.46 (1:01.46)	1:35.96 (1:35.96)	2:11.01 (2:11.01)
2:37.80 (26.79)	3:08.97 (57.96)	3:42.30 (1:31.29)	4:13.59 (2:02.58)
7 Puyallup High School	C	4:17.30	46
1) Chappell, Bryan JR	2) Lingley, Tatum JR		
27.80	59.84 (59.84)	1:34.17 (1:34.17)	2:11.88 (2:11.88)
2:38.98 (27.10)	3:11.50 (59.62)	3:45.09 (1:33.21)	4:17.30 (2:05.42)
8 Shelton High Climbers-PN	B	4:23.76	44
1) Karr, Austin FR	2) Youngquist, Tyler FR		
30.56	1:04.81 (1:04.81)	1:40.67 (1:40.67)	2:16.50 (2:16.50)
2:44.57 (28.07)	3:17.84 (1:01.34)	3:52.03 (1:35.53)	4:23.76 (2:07.26)
9 Olympia High School Mens Swin	C	4:31.29	40
1) Kosa, Ben FR	2) Burrows, Diego SR		
32.80	1:10.76 (1:10.76)	1:48.35 (1:48.35)	2:23.55 (2:23.55)
2:51.06 (27.51)	3:23.17 (59.62)	3:57.08 (1:33.53)	4:31.29 (2:07.74)
10 Tahoma High School	A	4:31.33	34
1) Ainsworth, Nathan FR	2) Brannon, David SR		
27.57	1:01.94 (1:01.94)	1:40.04 (1:40.04)	2:16.03 (2:16.03)
2:45.69 (29.66)	3:20.22 (1:04.19)	3:56.25 (1:40.22)	4:31.33 (2:15.30)
11 Olympia High School Mens Swin	B	4:36.99	32
1) Henderson, Josh JR	2) Nesmith, George SO		
30.53	1:05.06 (1:05.06)	1:42.16 (1:42.16)	2:18.81 (2:18.81)
2:49.43 (30.62)	3:24.75 (1:05.94)	4:01.45 (1:42.64)	4:36.99 (2:18.18)
12 Steilacoom Sentinels	C	4:42.20	30
1) Sandvik, Ryan JR	2) White, Kristopher SR		
4:42.34	4:42.20 (4:42.20)		
13 Shelton High Climbers-PN	C	4:45.85	28
1) Matheny, Scion FR	2) Matheny, Caleb		
31.03	1:09.80 (1:09.80)	1:50.89 (1:50.89)	2:30.26 (2:30.26)
2:46.61 (16.35)	3:33.90 (1:03.64)	4:10.06 (1:39.80)	4:45.85 (2:15.59)
14 Tahoma High School	B	4:52.44	26
1) Flem, Luke JR	2) Shinas, Mike SO		
32.48	1:10.60 (1:10.60)	1:52.05 (1:52.05)	2:33.37 (2:33.37)
3:03.51 (30.14)	3:40.51 (1:07.14)	4:17.95 (1:44.58)	4:52.44 (2:19.07)
15 River Ridge High School-PN	A	4:58.46	24
1) Williams, Jake	2) Conway, Brock		
31.91	1:08.57 (1:08.57)	1:48.86 (1:48.86)	2:29.28 (2:29.28)
3:02.69 (33.41)	3:42.45 (1:13.17)	4:22.02 (1:52.74)	4:58.46 (2:29.18)
16 Lakes High School-PN	A	4:58.80	22
1) Ennassime, Ben SR	2) White, Nolan		
31.70	1:07.50 (1:07.50)	1:45.77 (1:45.77)	2:23.26 (2:23.26)
2:56.33 (33.07)	3:35.74 (1:12.48)	4:18.92 (1:55.66)	4:58.80 (2:35.54)
17 Aberdeen High School	A	5:01.78	18
1) Durr, Jared JR	2) Mullin, Trevor SO		
33.48	1:12.01 (1:12.01)	1:51.32 (1:51.32)	2:30.64 (2:30.64)
3:03.91 (33.27)	3:42.69 (1:12.05)	4:24.75 (1:54.11)	5:01.78 (2:31.14)
18 Tahoma High School	C	5:04.53	14
1) Hong, Leon FR	2) Osborne, Gabe SO		
32.22	1:10.61 (1:10.61)	1:52.75 (1:52.75)	2:40.35 (2:40.35)
3:07.87 (27.52)	3:46.47 (1:06.12)	4:25.46 (1:45.11)	5:04.53 (2:24.18)

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

**(Event 2 Men 2x200 Yard Freestyle Relay)**

Team	Relay	Finals Time	Points
19 Lakes High School-PN	B	5:23.80	12
1) Gilbert, Matthew SO	2) Mundine, Alex		
1:07.02	1:45.85 (1:45.85)	2:22.55 (2:22.55)	
2:59.31 (36.76)	3:44.05 (1:21.50)	4:33.29 (2:10.74)	5:23.80 (3:01.25)
20 Lakes High School-PN	C	5:59.73	10
1) Braaten, Colin	2) Lee, Sean		
35.82	1:17.33 (1:17.33)	1:58.66 (1:58.66)	2:43.49 (2:43.49)
3:19.73 (36.24)	4:08.98 (1:25.49)	5:06.24 (2:22.75)	5:59.73 (3:16.24)
--- Puyallup High School	D	X4:34.84	
1) Braddock, Caden JR	2) Vogt, Kellen JR		
29.29	1:03.36 (1:03.36)	1:40.25 (1:40.25)	2:16.74 (2:16.74)
2:46.76 (30.02)	3:21.50 (1:04.76)	3:57.57 (1:40.83)	4:34.84 (2:18.10)
--- Tahoma High School	D	X5:26.38	
1) Harris, Nathaniel FR	2) Krier, Piper FR		
36.20	1:19.82 (1:19.82)	2:08.59 (2:08.59)	2:52.42 (2:52.42)
3:07.57 (15.15)	3:28.55 (36.13)	4:07.66 (1:15.24)	5:26.38 (2:33.96)
--- Shelton High Climbers-PN	D	X5:31.91	
1) Edwards, Dalton SO	2) Stevens, Jarod FR		
33.46	1:14.73 (1:14.73)	1:59.34 (1:59.34)	2:44.19 (2:44.19)
3:19.73 (35.54)	4:02.22 (1:18.03)	4:47.47 (2:03.28)	5:31.91 (2:47.72)
--- Olympia High School Mens Swin	D	X5:32.18	
1) Mrazek, Bob SO	2) Shim, Allen SO		
34.56	2:32.60 (2:32.60)	3:07.16 (3:07.16)	3:49.36 (3:49.36)
5:32.18 (1:42.82)			
--- Lakes High School-PN	D	X6:05.67	
1) Godinez, Alfonso	2) Escobido, Max		
42.43	1:31.14 (1:31.14)	2:25.44 (2:25.44)	3:17.07 (3:17.07)
3:51.56 (34.49)	4:33.42 (1:16.35)	5:20.21 (2:03.14)	6:05.67 (2:48.60)

**Event 3 Men 2x100 Yard Medley Relay**

**MEET RECORD: 1:57.37 # 1/17/2015 Steilacoom HS Roman, James**

Team	Relay	Finals Time	Points
1 Steilacoom Sentinels	A	1:57.36#	64
1) Grandinette, Chris SR	2) Koivisto, Seth SR		
27.66	1:01.45 (1:01.45)	1:26.92 (25.47)	1:57.36 (55.91)
2 Steilacoom Sentinels	B	2:05.51	56
1) Christensen, Vaughn SR	2) Burlingame, Noah JR		
29.02	1:04.44 (1:04.44)	1:31.69 (27.25)	2:05.51 (1:01.07)
3 Tahoma High School	A	2:08.22	54
1) Wichelmann, Parker FR	2) Spencer, Ethan SR		
28.62	1:02.19 (1:02.19)	1:31.84 (29.65)	2:08.22 (1:06.03)
4 River Ridge High School-PN	A	2:09.51	52
1) Cannizzo, Cato	2) Provost, Christian		
30.68	1:05.32 (1:05.32)	1:34.60 (29.28)	2:09.51 (1:04.19)
5 Shelton High Climbers-PN	B	2:14.26	50
1) Toney, Taylor SR	2) Matheny, Caleb		
31.15	1:06.08 (1:06.08)	1:36.72 (30.64)	2:14.26 (1:08.18)
6 Puyallup High School	A	2:14.97	48
1) Visser, Mikah SR	2) Webster, Andrew SR		
31.63	1:10.40 (1:10.40)	1:38.51 (28.11)	2:14.97 (1:04.57)
7 Olympia High School Mens Swin	A	2:16.51	46
1) Liu, Max FR	2) Jacobs, Kaleb SO		
33.03	1:10.94 (1:10.94)	1:40.16 (29.22)	2:16.51 (1:05.57)

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 3 Men 2x100 Yard Medley Relay)

Team	Relay	Finals Time	Points
8 Shelton High Climbers-PN	A	2:16.96	44
1) Toguchi, Toshio FR	2) Ordonez, Brayden JR		
31.81	1:10.12 (1:10.12)	1:25.57 (15.45)	2:16.96 (1:06.84)
9 Puyallup High School	C	2:18.33	40
1) Cockerham, Jarod SR	2) Taylor, Alec SO		
34.03	1:11.95 (1:11.95)	1:43.11 (31.16)	2:18.33 (1:06.38)
10 Olympia High School Mens Swin	C	2:19.47	34
1) Stegemeier, Josh SO	2) Pan, Thomas JR		
32.56	1:11.88 (1:11.88)	1:43.00 (31.12)	2:19.47 (1:07.59)
11 Puyallup High School	B	2:20.13	32
1) Braddock, Caden JR	2) Sheets, Nathan JR		
30.68	1:07.55 (1:07.55)	1:40.63 (33.08)	2:20.13 (1:12.58)
12 Olympia High School Mens Swin	B	2:24.68	30
1) Henderson, Josh JR	2) Eads, Connor SO		
34.43	1:13.76 (1:13.76)	1:46.20 (32.44)	2:24.68 (1:10.92)
13 Tahoma High School	B	2:31.83	28
1) Wunschel, Oliver FR	2) Seely, Peter SR		
37.13	1:15.88 (1:15.88)	1:53.33 (37.45)	2:31.83 (1:15.95)
14 Tahoma High School	C	2:31.97	26
1) Hatch, Preston SO	2) Casey, Noah SR		
33.76	1:14.32 (1:14.32)	1:48.77 (34.45)	2:31.97 (1:17.65)
15 River Ridge High School-PN	B	2:33.00	24
1) Doane, Aiden	2) Kim, Kevin		
39.05	1:19.65 (1:19.65)	1:53.36 (33.71)	2:33.00 (1:13.35)
16 Aberdeen High School	A	2:33.45	22
1) Rounsivill, Jordan FR	2) Mullin, Trevor SO		
36.23	1:19.90 (1:19.90)	1:53.67 (33.77)	2:33.45 (1:13.55)
17 Steilacoom Sentinels	C	2:33.72	18
1) Phillips, Antwon 12	2) Allport, Alden JR		
33.47	1:13.76 (1:13.76)	1:51.62 (37.86)	2:33.72 (1:19.96)
18 Shelton High Climbers-PN	C	2:36.68	14
1) Morson, Sam FR	2) Matheny, Scion FR		
37.94	1:22.46 (1:22.46)	1:54.97 (32.51)	2:36.68 (1:14.22)
19 Lakes High School-PN	A	2:39.49	12
1) Ennassime, Ben SR	2) Thiessen, Kenneth		
37.64	1:18.95 (1:18.95)	1:56.80 (37.85)	2:39.49 (1:20.54)
20 Lakes High School-PN	B	2:41.48	10
1) Smith, Joshua	2) Taylor, Chris		
39.30	1:23.85 (1:23.85)	2:00.20 (36.35)	2:41.48 (1:17.63)
21 Lakes High School-PN	C	2:48.50	8
1) White, Drew SR	2) White, Nolan		
38.98	1:24.96 (1:24.96)	2:01.86 (36.90)	2:48.50 (1:23.54)
--- Olympia High School Mens Swin	E	X2:26.93	
1) Monchilov, Em SR	2) Hansen-Tilkens, Ian SR		
32.11	1:11.24 (1:11.24)	1:45.05 (33.81)	2:26.93 (1:15.69)
--- Puyallup High School	D	X2:28.17	
1) DeShayes, Cyrus FR	2) Looney, Ben SO		
35.86	1:13.99 (1:13.99)	1:46.36 (32.37)	2:28.17 (1:14.18)
--- Olympia High School Mens Swin	G	X2:32.27	
1) Plumley, Aidan FR	2) Goh, Nathan FR		
37.99	1:19.65 (1:19.65)	1:51.43 (31.78)	2:32.27 (1:12.62)
--- Olympia High School Mens Swin	D	X2:44.33	
1) Bernsten, Logan 10	2) Ingram, Raymond SR		
38.76	1:25.63 (1:25.63)	1:59.81 (34.18)	2:44.33 (1:18.70)

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

**(Event 3 Men 2x100 Yard Medley Relay)**

Team	Relay	Finals Time	Points
--- Olympia High School Mens Swin	F	X2:50.27	
1) Lin, Andy SO	2) Mrazek, Bob SO		
35.76	2:03.95 (2:03.95)	2:50.27 (46.32)	
--- Tahoma High School	D	X2:50.78	
1) Spencer, Kyle FR	2) Smith, Eli SO		
38.37	1:28.40 (1:28.40)	2:03.52 (35.12)	2:50.78 (1:22.38)
--- Lakes High School-PN	D	X2:55.12	
1) Lee, Sean	2) Habersetzer, Ryan		
46.26	1:33.64 (1:33.64)	2:15.75 (42.11)	2:55.12 (1:21.48)

**Event 4 Men 2x50 Yard Freestyle Relay**

**MEET RECORD: 45.46 # 1/19/2013 North Thurston HS  
Harn, Ridgeway**

Team	Relay	Finals Time	Points
1 Olympia High School Mens Swin	A	46.68	64
1) Walker, Zach SR	2) Waltz, James SR		
24.23	46.68 (22.45)		
2 Shelton High Climbers-PN	A	48.27	56
1) Toney, Taylor SR	2) Womer, Sam SO		
24.57	48.27 (23.70)		
3 Puyallup High School	A	48.35	54
1) Pasquier, Beau SR	2) Webster, Andrew SR		
24.07	48.35 (24.28)		
4 River Ridge High School-PN	A	48.56	52
1) Provost, Christian	2) Cannizzo, Cato		
24.04	48.56 (24.52)		
5 Steilacoom Sentinels	A	49.22	50
1) Froehle, Steven JR	2) Taylor, William SR		
23.70	49.22 (25.52)		
6 Tahoma High School	A	49.35	48
1) Brannon, David SR	2) Wold, Jared SR		
25.58	49.35 (23.77)		
7 Lakes High School-PN	A	50.60	46
1) Franco, Zach SO	2) Ennassime, Ben SR		
24.89	50.60 (25.71)		
8 Tahoma High School	B	50.61	44
1) Shinas, Mike SO	2) Grobbelaar, Jan JR		
25.82	50.61 (24.79)		
9 Aberdeen High School	A	51.23	40
1) Lewis, Robby SR	2) Gates, Connor SO		
25.03	51.23 (26.20)		
10 Shelton High Climbers-PN	B	51.54	34
1) Netzel, Zach SR	2) Ruschner, Travis SR		
25.54	51.54 (26.00)		
11 Puyallup High School	B	51.57	32
1) Cockerham, Jarod SR	2) Chappell, Bryan JR		
27.19	51.57 (24.38)		
12 Olympia High School Mens Swin	B	51.90	30
1) Eads, Connor SO	2) Skjervold, Adam FR		
26.99	51.90 (24.91)		
13 Puyallup High School	C	52.85	28
1) Feist, Kobe JR	2) Sheets, Nathan JR		
26.58	52.85 (26.27)		

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 4 Men 2x50 Yard Freestyle Relay)

Team	Relay	Finals Time	Points
14 Olympia High School Mens Swin	C	53.53	26
1) Burrows, Diego SR	2) Nesmith, George SO		
27.54	53.53 (25.99)		
15 Tahoma High School	C	54.76	24
1) Osborne, Gabe SO	2) Ainsworth, Nathan FR		
30.89	54.76 (23.87)		
16 Shelton High Climbers-PN	C	55.01	22
1) Ostheller, Nathaniel FR	2) Willis, Mikey SR		
29.45	55.01 (25.56)		
17 Steilacoom Sentinels	B	56.72	18
1) White, Kristopher SR	2) Sandvik, Nolan FR		
28.30	56.72 (28.42)		
18 Aberdeen High School	B	56.82	14
1) Rounsivill, Jordan FR	2) Bridges, Sage JR		
29.78	56.82 (27.04)		
19 Aberdeen High School	C	57.46	12
1) Durr, Jared JR	2) Kawashima, Kai SO		
30.02	57.46 (27.44)		
20 River Ridge High School-PN	B	1:00.02	10
1) Poindexter, David	2) Labrecque, William		
31.36	1:00.02 (28.66)		
21 Lakes High School-PN	B	1:02.39	8
1) Braaten, Colin	2) Kang, Jaden		
31.33	1:02.39 (31.06)		
22 River Ridge High School-PN	C	1:04.49	6
1) Chambers, Peter	2) Levi, Bobbie		
28.42	1:04.49 (36.07)		
23 Lakes High School-PN	C	1:09.15	4
1) Thiessen, Kenneth	2) Habersetzer, Ryan		
34.58	1:09.15 (34.57)		
--- Puyallup High School	D	X53.85	
1) Taylor, Alec SO	2) DeShayes, Cyrus FR		
27.18	53.85 (26.67)		
--- Olympia High School Mens Swin	K	X54.13	
1) Pan, Thomas JR	2) Stegemeier, Josh SO		
26.57	54.13 (27.56)		
--- Puyallup High School	E	X54.29	
1) Looney, Ben SO	2) Maxwell, Dan SR		
27.28	54.29 (27.01)		
--- Olympia High School Mens Swin	L	X54.86	
1) Plumley, Aidan FR	2) Monchilov, Em SR		
29.05	54.86 (25.81)		
--- Olympia High School Mens Swin	J	X55.89	
1) Liu, Max FR	2) Kosa, Ben FR		
28.10	55.89 (27.79)		
--- Steilacoom Sentinels	C	X56.70	
1) White, Kenneth SR	2) Mullen, Jack SR		
29.21	56.70 (27.49)		
--- Puyallup High School	F	X57.16	
1) Kinne, Brock SO	2) Elliot, George SO		
29.88	57.16 (27.28)		
--- Olympia High School Mens Swin	D	X57.99	
1) Hansen-Tilkens, Ian SR	2) Henderson, Josh JR		
28.96	57.99 (29.03)		

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 4 Men 2x50 Yard Freestyle Relay)

Team	Relay	Finals Time	Points
--- Olympia High School Mens Swin	E	X58.17	
1) Mrazek, Bob SO	2) Matthews, Andrew SO		
31.66	58.17 (26.51)		
--- Shelton High Climbers-PN	D	X58.55	
1) Cornwell, Robert JR	2) Edwards, Dalton SO		
29.63	58.55 (28.92)		
--- Lakes High School-PN	D	X59.42	
1) Simon, Dorien SO	2) Smith, Joshua		
29.08	59.42 (30.34)		
--- Olympia High School Mens Swin	F	X1:00.12	
1) Diaz-Gualco, Guillermo FR	2) Walker, Ben FR		
29.46	1:00.12 (30.66)		
--- Shelton High Climbers-PN	G	X1:00.75	
1) Stevens, Jarod FR	2) Wilson, Tad SR		
32.47	1:00.75 (28.28)		
--- Olympia High School Mens Swin	I	X1:00.77	
1) Lin, Andy SO	2) Goh, Nathan FR		
32.71	1:00.77 (28.06)		
--- Puyallup High School	H	X1:00.96	
1) Bitseff, Jace SO	2) Stachofsky, Andrew JR		
30.35	1:00.96 (30.61)		
--- Aberdeen High School	E	X1:01.11	
1) Williams, Tanner JR	2) Churlin, Anthony SR		
30.92	1:01.11 (30.19)		
--- Steilacoom Sentinels	F	X1:01.20	
1) Maxwell, Chris FR	2) Forbes, Michael SR		
30.39	1:01.20 (30.81)		
--- Puyallup High School	G	X1:01.57	
1) *Guichard, Sylvain JR	2) Hartung, Evan FR		
31.31	1:01.57 (30.26)		
--- Shelton High Climbers-PN	F	X1:01.63	
1) Crossan, Tyler FR	2) Pruitt, Damien		
29.63	1:01.63 (32.00)		
--- Tahoma High School	D	X1:03.47	
1) Krier, Piper FR	2) Harris, Nathaniel FR		
32.21	1:03.47 (31.26)		
--- Puyallup High School	I	X1:03.49	
1) Chynoweth, Liam SO	2) Stachofsky, Logan FR		
32.68	1:03.49 (30.81)		
--- Steilacoom Sentinels	H	X1:03.80	
1) Cortez, Angelo SO	2) Metcalfe, Samuel SO		
31.90	1:03.80 (31.90)		
--- Steilacoom Sentinels	I	X1:03.90	
1) Shirkey, Nik SR	2) Drennan, Zachary JR		
32.27	1:03.90 (31.63)		
--- Aberdeen High School	D	X1:04.41	
1) Mullin, Trevor SO	2) Curry, Ryan JR		
31.63	1:04.41 (32.78)		
--- Aberdeen High School	H	X1:04.55	
1) Munoz, Brennan FR	2) Kola, Brice FR		
34.20	1:04.55 (30.35)		
--- Olympia High School Mens Swin	H	X1:05.24	
1) Bernsten, Logan 10	2) Goldstein, Nathan FR		
30.19	1:05.24 (35.05)		

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

**(Event 4 Men 2x50 Yard Freestyle Relay)**

Team	Relay	Finals Time	Points
--- Steilacoom Sentinels	L	X1:06.93	
1) Warren, Christopher JR	2) Theisen, David FR		
32.19	1:06.93 (34.74)		
--- Puyallup High School	J	X1:06.97	
1) Grimoldby, Andrew JR	2) Johnston, Stephen FR		
35.34	1:06.97 (31.63)		
--- Steilacoom Sentinels	J	X1:07.82	
1) Witter, Soren SO	2) Jenkins, Keaton JR		
34.42	1:07.82 (33.40)		
--- Olympia High School Mens Swin	G	X1:07.90	
1) Shim, Allen SO	2) Nath, Hari SO		
33.81	1:07.90 (34.09)		
--- Aberdeen High School	F	X1:08.37	
1) Santiago, Uriel SR	2) Shaw, Stephen JR		
37.98	1:08.37 (30.39)		
--- Steilacoom Sentinels	K	X1:08.54	
1) Downs, Jayden SO	2) Lazarte, Nathaniel		
40.30	1:08.54 (28.24)		
--- Lakes High School-PN	F	X1:09.68	
1) Lee, Sean	2) Mundine, Alex		
38.41	1:09.68 (31.27)		
--- Lakes High School-PN	E	X1:09.99	
1) Godinez, Alfonso	2) Escobido, Max		
36.94	1:09.99 (33.05)		
--- Steilacoom Sentinels	M	X1:21.76	
1) Snow, Kevin	2) Forbes, William FR		
35.44	1:21.76 (46.32)		

**Event 5 Men 800 Yard Freestyle Relay**

**MEET RECORD: 7:44.61 # 1/16/2016 Olympia HS  
Champagne, Waltz, Hougan, Walker**

Team	Relay	Finals Time	Points
1 Puyallup High School	A	8:04.19	64
1) Lingley, Tatum JR	2) Braddock, Carson FR	3) Bouchard, Aidan SO	4) Kiuchi, Levi FR
28.11	1:00.51 (1:00.51)	1:34.88 (1:34.88)	2:07.83 (2:07.83)
2:33.78 (25.95)	3:05.38 (57.55)	3:37.60 (1:29.77)	4:08.95 (2:01.12)
4:34.57 (25.62)	5:04.45 (55.50)	5:35.75 (1:26.80)	6:06.60 (1:57.65)
6:32.67 (26.07)	7:02.11 (55.51)	7:33.31 (1:26.71)	8:04.19 (1:57.59)
2 Olympia High School Mens Swin	A	8:51.54	56
1) Ingram, Raymond SR	2) Pitzler, Hunter SO	3) Liu, Andrew FR	4) Burrows, Diego SR
33.15	1:10.75 (1:10.75)	1:50.35 (1:50.35)	2:26.68 (2:26.68)
2:54.75 (28.07)	3:26.98 (1:00.30)	4:00.56 (1:33.88)	4:34.11 (2:07.43)
5:01.92 (27.81)	5:34.12 (1:00.01)	6:08.05 (1:33.94)	6:41.00 (2:06.89)
7:09.46 (28.46)	7:42.11 (1:01.11)	8:16.98 (1:35.98)	8:51.54 (2:10.54)
*3 Steilacoom Sentinels	A	9:03.08	53
1) Phillips, Antwon 12	2) Zavala, Calin JR	3) Abramyan, Vartan SO	4) Appel, Timothy JR
32.54	1:10.05 (1:10.05)	1:51.40 (1:51.40)	2:35.95 (2:35.95)
3:03.99 (28.04)	3:36.12 (1:00.17)	4:13.34 (1:37.39)	4:55.10 (2:19.15)
5:21.76 (26.66)	5:53.97 (58.87)	6:28.19 (1:33.09)	7:02.16 (2:07.06)
7:30.44 (28.28)	8:01.43 (59.27)	8:32.84 (1:30.68)	9:03.08 (2:00.92)



## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 5 Men 800 Yard Freestyle Relay)

Team	Relay	Finals Time	Points
*3 Shelton High Climbers-PN	A	9:03.08	53
1) Youngquist, Tyler FR	2) Karr, Austin FR	3) Ostheller, Nathaniel FR	4) Youngquist, Ryan SR
29.79	1:03.72 (1:03.72)	1:38.74 (1:38.74)	2:12.46 (2:12.46)
2:43.37 (30.91)	3:18.40 (1:05.94)	3:55.53 (1:43.07)	4:31.00 (2:18.54)
5:02.50 (31.50)	5:39.37 (1:08.37)	6:19.94 (1:48.94)	6:59.68 (2:28.68)
7:27.30 (27.62)	7:58.96 (59.28)	8:32.22 (1:32.54)	9:03.08 (2:03.40)
5 Tahoma High School	A	9:53.65	50
1) Blakely, Gavin JR	2) Rogers, Eric SO	3) Wunschel, Oliver FR	4) Casey, Noah SR
31.79	1:09.36 (1:09.36)	1:48.03 (1:48.03)	2:23.91 (2:23.91)
2:58.36 (34.45)	3:37.41 (1:13.50)	4:17.82 (1:53.91)	4:56.19 (2:32.28)
5:27.30 (31.11)	6:04.26 (1:08.07)	6:43.62 (1:47.43)	7:21.61 (2:25.42)
7:58.69 (37.08)	8:37.24 (1:15.63)	9:53.82 (2:32.21)	9:53.65 (2:32.04)
6 River Ridge High School-PN	A	10:20.44	48
1) Labrecque, William	2) Williams, Jake	3) Conway, Brock	4) Doane, Aiden
31.64	1:09.84 (1:09.84)	1:54.27 (1:54.27)	2:39.13 (2:39.13)
2:55.89 (16.76)	3:11.95 (32.82)	3:49.07 (1:09.94)	4:29.40 (1:50.27)
5:11.79 (42.39)	5:44.03 (1:14.63)	6:25.14 (1:55.74)	7:07.33 (2:37.93)
7:48.92 (41.59)	8:21.70 (1:14.37)	9:00.78 (1:53.45)	10:20.44 (3:13.11)
7 Lakes High School-PN	A	11:03.44	46
1) Braaten, Colin	2) Ennassime, Ben SR	3) Escobido, Max	4) Smith, Joshua
37.22	1:20.24 (1:20.24)	2:06.90 (2:06.90)	3:22.11 (3:22.11)
3:59.72 (37.61)	4:40.61 (1:18.50)	5:23.88 (2:01.77)	6:06.06 (2:42.18)
6:00.26 (36.38)	6:42.93 (1:19.05)	7:33.20 (2:09.32)	8:20.72 (2:56.84)
8:57.90 (37.18)	10:22.95 (2:02.23)	11:03.44 (2:42.72)	

## Event 6 Men 2x100 Yard Butterfly Relay

MEET RECORD: 1:52.03 # 1/14/2012

Central Kitsap HS  
Hatch, Weiner

Team	Relay	Finals Time	Points
1 Steilacoom Sentinels	A	1:55.29	64
1) Christensen, Vaughn SR	2) Koivisto, Seth SR		
27.44	59.42 (59.42)	1:25.23 (25.81)	1:55.29 (55.87)
2 Tahoma High School	A	2:01.92	56
1) Wichelmann, Parker FR	2) Spencer, Ethan SR		
27.95	1:00.19 (1:00.19)	1:16.46 (16.27)	2:01.92 (1:01.73)
3 Puyallup High School	A	2:02.88	54
1) Kinne, Jakob SR	2) Webster, Andrew SR		
28.83	1:02.60 (1:02.60)	1:29.75 (27.15)	2:02.88 (1:00.28)
4 River Ridge High School-PN	A	2:03.18	52
1) Cannizzo, Cato	2) Provost, Christian		
28.20	1:01.94 (1:01.94)	1:17.92 (15.98)	2:03.18 (1:01.24)
5 Olympia High School Mens Swin	A	2:05.29	50
1) Matthews, Andrew SO	2) Kamimura, Jordan SO		
29.94	1:04.40 (1:04.40)	1:33.19 (28.79)	2:05.29 (1:00.89)
6 Aberdeen High School	A	2:05.56	48
1) Lewis, Robby SR	2) Bridges, Sage JR		
27.82	59.69 (59.69)	1:28.87 (29.18)	2:05.56 (1:05.87)
7 Puyallup High School	B	2:14.51	46
1) Vogt, Kellen JR	2) Taylor, Alec SO		
30.06	1:06.29 (1:06.29)	1:38.88 (32.59)	2:14.51 (1:08.22)
8 Shelton High Climbers-PN	A	2:15.24	44
1) Ordonez, Brayden JR	2) Toguchi, Toshio FR		
30.55	1:07.63 (1:07.63)	1:38.14 (30.51)	2:15.24 (1:07.61)

**2017 South Sound Relays - 1/14/2017****Results - SSR****(Event 6 Men 2x100 Yard Butterfly Relay)**

Team	Relay	Finals Time	Points
9 Steilacoom Sentinels	B	2:17.32	40
1) Taylor, William SR	2) Sandvik, Ryan JR		
29.35	1:05.84 (1:05.84)	1:38.00 (32.16)	2:17.32 (1:11.48)
10 Puyallup High School	C	2:19.15	34
1) Feist, Kobe JR	2) Braddock, Caden JR		
31.32	1:10.79 (1:10.79)	1:40.65 (29.86)	2:19.15 (1:08.36)
11 Olympia High School Mens Swin	B	2:22.47	32
1) Stegemeier, Josh SO	2) Pitzler, Hunter SO		
33.43	1:13.24 (1:13.24)	1:44.26 (31.02)	2:22.47 (1:09.23)
12 Olympia High School Mens Swin	C	2:29.19	30
1) Kosa, Ben FR	2) Pan, Thomas JR		
33.34	1:12.45 (1:12.45)	1:45.66 (33.21)	2:29.19 (1:16.74)
13 Shelton High Climbers-PN	B	2:29.94	28
1) Morson, Sam FR	2) Matheny, Caleb		
38.64	1:31.41 (1:31.41)	1:54.68 (23.27)	2:29.94 (58.53)
14 Tahoma High School	B	2:34.26	26
1) Seely, Peter SR	2) Brannon, David SR		
36.21	1:23.70 (1:23.70)	1:55.03 (31.33)	2:34.26 (1:10.56)
15 Lakes High School-PN	A	2:38.58	24
1) Nguyen, Brandon	2) Gilbert, Matthew SO		
31.86	1:12.68 (1:12.68)	1:49.31 (36.63)	2:38.58 (1:25.90)
16 Lakes High School-PN	B	2:45.62	22
1) Taylor, Chris	2) White, Drew SR		
38.60	1:25.58 (1:25.58)	2:02.81 (37.23)	2:45.62 (1:20.04)
17 Tahoma High School	C	2:55.09	18
1) Smith, Eli SO	2) Hong, Leon FR		
40.90	1:33.64 (1:33.64)	1:51.47 (17.83)	2:55.09 (1:21.45)
18 Steilacoom Sentinels	C	3:18.98	14
1) Warren, Christopher JR	2) Witter, Soren SO		
38.13	1:33.64 (1:33.64)	2:17.17 (43.53)	3:18.98 (1:45.34)
--- Olympia High School Mens Swin	D	X2:28.44	
1) Nesmith, George SO	2) Liu, Max FR		
32.81	1:13.34 (1:13.34)	1:47.20 (33.86)	2:28.44 (1:15.10)
--- Olympia High School Mens Swin	F	X2:49.87	
1) Monchilov, Em SR	2) Diaz-Gualco, Guillermo FR		
30.78	1:08.30 (1:08.30)	1:53.87 (45.57)	2:49.87 (1:41.57)
--- Olympia High School Mens Swin	E	X2:54.29	
1) Lin, Andy SO	2) Plumley, Aidan FR		
36.58	1:21.54 (1:21.54)	2:01.40 (39.86)	2:54.29 (1:32.75)
--- Puyallup High School	D	X2:56.52	
1) Hartung, Evan FR	2) Kinne, Brock SO		
44.15	1:35.35 (1:35.35)	2:11.09 (35.74)	2:56.52 (1:21.17)

**Event 7 Men 2x100 Yard Freestyle Relay**

**MEET RECORD: 1:41.68 # 1/19/2013 North Thurston HS  
Anderson, Harn**

Team	Relay	Finals Time	Points
1 Olympia High School Mens Swin	A	1:42.27	64
1) Waltz, James SR	2) Walker, Zach SR		
25.13	51.98 (51.98)	1:15.69 (23.71)	1:42.27 (50.29)
2 Steilacoom Sentinels	A	1:45.67	56
1) Burlingame, Noah JR	2) Froehle, Steven JR		
26.00	53.62 (53.62)	1:18.06 (24.44)	1:45.67 (52.05)

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 7 Men 2x100 Yard Freestyle Relay)

Team	Relay	Finals Time	Points
3 Shelton High Climbers-PN	A	1:50.00	54
1) Womer, Sam SO	2) Youngquist, Ryan SR		
26.28	54.38 (54.38) 1:21.11 (26.73)	1:50.00 (55.62)	
4 Puyallup High School	A	1:54.24	52
1) Visser, Mikah SR	2) Chappell, Bryan JR		
27.83	58.29 (58.29) 1:23.41 (25.12)	1:54.24 (55.95)	
5 Tahoma High School	A	1:55.98	50
1) Grobbelaar, Jan JR	2) Wold, Jared SR		
27.73	59.15 (59.15) 1:25.77 (26.62)	1:55.98 (56.83)	
6 Steilacoom Sentinels	B	1:56.98	48
1) Appel, Timothy JR	2) Abramyan, Vartan SO		
28.29	1:00.76 (1:00.76) 1:26.96 (26.20)	1:56.98 (56.22)	
7 Puyallup High School	B	1:57.28	46
1) Lingley, Tatum JR	2) Sheets, Nathan JR		
27.09	56.81 (56.81) 1:25.18 (28.37)	1:57.28 (1:00.47)	
8 Olympia High School Mens Swin	B	1:57.57	44
1) Skjervold, Adam FR	2) Eads, Connor SO		
27.18	57.00 (57.00) 1:25.88 (28.88)	1:57.57 (1:00.57)	
9 Shelton High Climbers-PN	B	1:57.89	40
1) Karr, Austin FR	2) Schreiber, Jacob SR		
30.23	1:02.24 (1:02.24) 1:28.44 (26.20)	1:57.89 (55.65)	
10 Puyallup High School	C	1:59.84	34
1) Cockerham, Jarod SR	2) Looney, Ben SO		
26.96	59.20 (59.20) 1:27.71 (28.51)	1:59.84 (1:00.64)	
11 Olympia High School Mens Swin	C	2:03.91	32
1) Burrows, Diego SR	2) Monchilov, Em SR		
28.73	1:00.06 (1:00.06) 1:30.20 (30.14)	2:03.91 (1:03.85)	
12 Steilacoom Sentinels	C	2:04.57	30
1) Zavala, Calin JR	2) White, Kenneth SR		
29.69	1:01.03 (1:01.03) 1:31.79 (30.76)	2:04.57 (1:03.54)	
13 Tahoma High School	B	2:06.89	28
1) Blakely, Gavin JR	2) Hatch, Preston SO		
29.93	1:03.23 (1:03.23) 1:32.18 (28.95)	2:06.89 (1:03.66)	
14 Shelton High Climbers-PN	C	2:12.51	26
1) Ostheller, Nathaniel FR	2) Ruschner, Travis SR		
32.27	1:08.67 (1:08.67) 2:12.51 (1:03.84)		
15 Tahoma High School	C	2:13.95	24
1) Flem, Luke JR	2) Spencer, Kyle FR		
31.80	1:08.31 (1:08.31) 1:39.68 (31.37)	2:13.95 (1:05.64)	
16 River Ridge High School-PN	A	2:15.36	22
1) Conway, Brock	2) Doane, Aiden		
32.20	1:07.92 (1:07.92) 1:40.31 (32.39)	2:15.36 (1:07.44)	
17 Lakes High School-PN	A	2:16.92	18
1) Gilbert, Matthew SO	2) Simon, Dorien SO		
31.20	1:05.72 (1:05.72) 1:36.60 (30.88)	2:16.92 (1:11.20)	
18 Lakes High School-PN	B	2:19.12	14
1) White, Nolan	2) White, Drew SR		
32.56	1:10.24 (1:10.24) 1:43.23 (32.99)	2:19.12 (1:08.88)	
19 Aberdeen High School	A	2:19.23	12
1) Rounsivill, Jordan FR	2) Williams, Tanner JR		
32.61	1:07.68 (1:07.68) 1:40.51 (32.83)	2:19.23 (1:11.55)	
20 Lakes High School-PN	C	2:26.14	10
1) Thiessen, Kenneth	2) Habersetzer, Ryan		
36.36	1:19.39 (1:19.39) 1:51.75 (32.36)	2:26.14 (1:06.75)	

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 7 Men 2x100 Yard Freestyle Relay)

Team	Relay	Finals Time	Points
21 Aberdeen High School	B	2:30.32	8
1) Curry, Ryan JR	2) Dyer, Aaron JR		
36.01	1:17.43 (1:17.43)	1:52.20 (34.77)	2:30.32 (1:12.89)
--- Olympia High School Mens Swin	D	X2:01.53	
1) Hansen-Tilkens, Ian SR	2) Pan, Thomas JR		
29.96	1:03.79 (1:03.79)	1:31.18 (27.39)	2:01.53 (57.74)
--- Olympia High School Mens Swin	E	X2:06.72	
1) Goh, Nathan FR	2) Nesmith, George SO		
28.83	1:02.68 (1:02.68)	1:32.62 (29.94)	2:06.72 (1:04.04)
--- Puyallup High School	D	X2:06.99	
1) Elliot, George SO	2) Maxwell, Dan SR		
29.28	1:04.91 (1:04.91)	1:34.08 (29.17)	2:06.99 (1:02.08)
--- Shelton High Climbers-PN	F	X2:09.34	
1) Wilson, Tad SR	2) Willis, Mikey SR		
32.93	1:09.24 (1:09.24)	1:37.59 (28.35)	2:09.34 (1:00.10)
--- Tahoma High School	D	X2:13.54	
1) Rogers, Eric SO	2) Osborne, Gabe SO		
31.88	1:06.57 (1:06.57)	1:38.42 (31.85)	2:13.54 (1:06.97)
--- Olympia High School Mens Swin	F	X2:13.56	
1) Ingram, Raymond SR	2) Plumley, Aidan FR		
32.48	1:07.05 (1:07.05)	1:38.49 (31.44)	2:13.56 (1:06.51)
--- Steilacoom Sentinels	D	X2:18.05	
1) Drennan, Zachary JR	2) Mullen, Jack SR		
33.89	1:11.46 (1:11.46)	1:42.08 (30.62)	2:18.05 (1:06.59)
--- Puyallup High School	E	X2:19.93	
1) Bitseff, Jace SO	2) *Guichard, Sylvain JR		
	1:12.17 (1:12.17)	1:44.09 (31.92)	2:19.93 (1:07.76)
--- Shelton High Climbers-PN	D	X2:20.28	
1) Edwards, Dalton SO	2) Cornwell, Robert JR		
33.34	1:11.23 (1:11.23)	1:43.31 (32.08)	2:20.28 (1:09.05)
--- Olympia High School Mens Swin	H	X2:20.32	
1) Mrazek, Bob SO	2) Diaz-Gualco, Guillermo FR		
35.15	1:13.42 (1:13.42)	1:46.06 (32.64)	2:20.32 (1:06.90)
--- Steilacoom Sentinels	F	X2:21.54	
1) Allport, Alden JR	2) Maxwell, Chris FR		
33.43	1:11.79 (1:11.79)	1:43.85 (32.06)	2:21.54 (1:09.75)
--- Shelton High Climbers-PN	G	X2:22.73	
1) Stevens, Jarod FR	2) Pruitt, Damien		
34.70	1:14.24 (1:14.24)	1:46.54 (32.30)	2:22.73 (1:08.49)
--- Olympia High School Mens Swin	I	X2:25.13	
1) Shim, Allen SO	2) Walker, Ben FR		
34.59	1:19.39 (1:19.39)	1:48.39 (29.00)	2:25.13 (1:05.74)
--- Olympia High School Mens Swin	G	X2:27.12	
1) Lin, Andy SO	2) Bernsten, Logan 10		
33.99	1:13.16 (1:13.16)	1:46.87 (33.71)	2:27.12 (1:13.96)
--- Aberdeen High School	D	X2:29.77	
1) Shaw, Stephen JR	2) Kola, Brice FR		
33.84	1:16.42 (1:16.42)	1:51.74 (35.32)	2:29.77 (1:13.35)
--- Puyallup High School	F	X2:30.55	
1) Johnston, Stephen FR	2) Chynoweth, Liam SO		
36.29	1:15.41 (1:15.41)	1:50.93 (35.52)	2:30.55 (1:15.14)
--- Steilacoom Sentinels	G	X2:35.68	
1) Metcalfe, Samuel SO	2) Jenkins, Keaton JR		
35.80	1:17.89 (1:17.89)	1:51.87 (33.98)	2:35.68 (1:17.79)

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 7 Men 2x100 Yard Freestyle Relay)

Team	Relay	Finals Time	Points
--- Steilacoom Sentinels	K	X2:36.11	
1) Cortez, Angelo SO	2) Lazarte, Nathaniel		
36.50	1:15.83 (1:15.83)	1:52.33 (36.50)	2:36.11 (1:20.28)
--- Lakes High School-PN	E	X2:37.18	
1) Mundine, Alex	2) Kang, Jaden		
36.15	1:16.75 (1:16.75)	1:52.79 (36.04)	2:37.18 (1:20.43)
--- Puyallup High School	G	X2:39.84	
1) Grimoldby, Andrew JR	2) Stachofsky, Logan FR		
39.30	1:22.59 (1:22.59)	1:58.17 (35.58)	2:39.84 (1:17.25)
--- Olympia High School Mens Swin	J	X2:40.83	
1) Goldstein, Nathan FR	2) Nath, Hari SO		
38.28	1:22.89 (1:22.89)	2:00.57 (37.68)	2:40.83 (1:17.94)
--- Steilacoom Sentinels	I	X2:42.56	
1) Shirkey, Nik SR	2) Downs, Jayden SO		
36.70	1:20.38 (1:20.38)	1:58.82 (38.44)	2:42.56 (1:22.18)
--- Aberdeen High School	E	X2:45.19	
1) Santiago, Uriel SR	2) Munoz, Brennan FR		
41.37	1:26.79 (1:26.79)	2:03.64 (36.85)	2:45.19 (1:18.40)
--- Steilacoom Sentinels	J	X2:46.95	
1) Theisen, David FR	2) Snow, Kevin		
37.95	1:22.15 (1:22.15)	2:02.84 (40.69)	2:46.95 (1:24.80)
--- Steilacoom Sentinels	M	X3:01.26	
1) Forbes, Michael SR	2) Forbes, William FR		
32.11	1:13.48 (1:13.48)	2:01.56 (48.08)	3:01.26 (1:47.78)

## Event 8 Men 200 Yard Freestyle Relay

MEET RECORD: 1:35.77 # 1/16/2016 Steilacoom HS  
Barr, Taylor, Koivisto, Froehle

Team	Relay	Finals Time	Points
1 Puyallup High School	A	1:34.72#	64
1) Braddock, Carson FR	2) Webster, Andrew SR	3) Kinne, Jakob SR	4) Pasquier, Beau SR
24.25	47.59 (23.34)	1:11.16 (23.57)	1:34.72 (23.56)
2 Olympia High School Mens Swin	A	1:38.74	56
1) Skjervold, Adam FR	2) Jacobs, Kaleb SO	3) Kamimura, Jordan SO	4) Walker, Zach SR
25.41	51.26 (25.85)	1:15.80 (24.54)	1:38.74 (22.94)
3 Lakes High School-PN	A	1:38.92	54
1) Fischer, P.J. SR	2) Franco, Zach SO	3) Nguyen, Brandon	4) Bocchi, Preston SR
24.71	49.40 (24.69)	1:15.92 (26.52)	1:38.92 (23.00)
4 River Ridge High School-PN	A	1:44.74	52
1) Kim, Kevin	2) Cannizzo, Cato	3) Williams, Jake	4) Provost, Christian
27.62	52.50 (24.88)	1:21.47 (28.97)	1:44.74 (23.27)
5 Aberdeen High School	A	1:45.77	50
1) Gates, Connor SO	2) Durr, Jared JR	3) Bridges, Sage JR	4) Lewis, Robby SR
26.20	54.10 (27.90)	1:21.24 (27.14)	1:45.77 (24.53)
6 Shelton High Climbers-PN	A	1:46.89	48
1) Ordonez, Brayden JR	2) Netzel, Zach SR	3) Ruschner, Travis SR	4) Willis, Mikey SR
25.72	51.87 (26.15)	1:20.63 (28.76)	1:46.89 (26.26)
7 Steilacoom Sentinels	A	1:47.27	46
1) White, Kristopher SR	2) Phillips, Antwon 12	3) Sandvik, Nolan FR	4) Grandinette, Chris SR
28.10	54.46 (26.36)	1:23.50 (29.04)	1:47.27 (23.77)
8 Tahoma High School	A	1:54.97	44
1) Shinas, Mike SO	2) Krier, Piper FR	3) Casey, Noah SR	4) Spencer, Ethan SR
26.39	58.60 (32.21)	1:28.51 (29.91)	1:54.97 (26.46)

**2017 South Sound Relays - 1/14/2017****Results - SSR****(Event 8 Men 200 Yard Freestyle Relay)**

Team	Relay	Finals Time	Points
--- Shelton High Climbers-PN	B	X2:00.11	
1) Matheny, Scion FR	2) Morson, Sam FR	3) Stevens, Jarod FR	4) Cornwell, Robert JR
28.84	1:00.01 (31.17)	1:30.28 (30.27)	2:00.11 (29.83)
--- Shelton High Climbers-PN	D	X2:01.79	
1) Crossan, Tyler FR	2) Wilson, Tad SR	3) Ostheller, Nathaniel FR	4) Pruitt, Damien
31.15	1:03.32 (32.17)	1:31.88 (28.56)	2:01.79 (29.91)
--- River Ridge High School-PN	B	X2:14.21	
1) Chambers, Peter	2) Francom, Eli	3) Levi, Bobbie	4) Poindexter, David
29.57	1:05.28 (35.71)	1:44.31 (39.03)	2:14.21 (29.90)

**Event 9 Men 2x100 Yard Backstroke Relay**

**MEET RECORD: 1:54.61 # 1/16/2016 Lakes HS Bocchi, Fischer**

Team	Relay	Finals Time	Points
1 Lakes High School-PN	A	1:51.79#	64
1) Fischer, P.J. SR	2) Bocchi, Preston SR		
27.90	57.21 (57.21)	1:23.16 (25.95)	1:51.79 (54.58)
2 Puyallup High School	A	1:58.33	56
1) Bouchard, Aidan SO	2) Kiuchi, Levi FR		
29.13	59.59 (59.59)	1:27.44 (27.85)	1:58.33 (58.74)
3 Steilacoom Sentinels	A	1:59.17	54
1) Burlingame, Noah JR	2) Koivisto, Seth SR		
29.25	1:00.59 (1:00.59)	1:28.23 (27.64)	1:59.17 (58.58)
4 Olympia High School Mens Swin	A	2:05.85	52
1) Liu, Andrew FR	2) Matthews, Andrew SO		
29.99	1:02.08 (1:02.08)	1:32.01 (29.93)	2:05.85 (1:03.77)
5 Tahoma High School	A	2:06.64	50
1) Ainsworth, Nathan FR	2) Wichelmann, Parker FR		
1:05.89 (1:05.89)	1:34.70 (28.81)	2:06.64 (1:00.75)	
6 Puyallup High School	B	2:12.53	48
1) Braddock, Carson FR	2) Visser, Mikah SR		
33.35	1:08.91 (1:08.91)	1:39.42 (30.51)	2:12.53 (1:03.62)
7 Shelton High Climbers-PN	A	2:13.46	46
1) Toguchi, Toshio FR	2) Womer, Sam SO		
33.20	1:06.91 (1:06.91)	1:38.57 (31.66)	2:13.46 (1:06.55)
8 Steilacoom Sentinels	B	2:16.92	44
1) Sandvik, Ryan JR	2) Christensen, Vaughn SR		
33.04	1:10.23 (1:10.23)	1:40.70 (30.47)	2:16.92 (1:06.69)
9 Shelton High Climbers-PN	B	2:19.30	40
1) Netzel, Zach SR	2) Schreiber, Jacob SR		
34.03	1:12.30 (1:12.30)	1:43.72 (31.42)	2:19.30 (1:07.00)
10 Aberdeen High School	A	2:22.49	34
1) Gates, Connor SO	2) Rounsivill, Jordan FR		
34.67	1:10.82 (1:10.82)	1:44.66 (33.84)	2:22.49 (1:11.67)
11 Steilacoom Sentinels	C	2:24.22	32
1) Taylor, William SR	2) White, Kenneth SR		
35.62	1:13.11 (1:13.11)	1:47.20 (34.09)	2:24.22 (1:11.11)
12 Puyallup High School	C	2:26.36	30
1) Looney, Ben SO	2) Vogt, Kellen JR		
34.83	1:13.10 (1:13.10)	1:47.61 (34.51)	2:26.36 (1:13.26)
13 Olympia High School Mens Swin	B	2:31.09	28
1) Stegemeier, Josh SO	2) Jacobs, Kaleb SO		
38.57	1:19.37 (1:19.37)	1:53.44 (34.07)	2:31.09 (1:11.72)

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## (Event 9 Men 2x100 Yard Backstroke Relay)

Team	Relay	Finals Time	Points
14 Aberdeen High School	B	2:33.39	26
1) Durr, Jared JR	2) Williams, Tanner JR		
36.61	1:16.41 (1:16.41)	1:52.57 (36.16)	2:33.39 (1:16.98)
15 Olympia High School Mens Swin	C	2:34.26	24
1) Hansen-Tilkens, Ian SR	2) Henderson, Josh JR		
39.01	1:21.23 (1:21.23)	1:56.59 (35.36)	2:34.26 (1:13.03)
16 Tahoma High School	B	2:39.43	22
1) Smith, Eli SO	2) Blakely, Gavin JR		
41.55	1:27.00 (1:27.00)	2:00.99 (33.99)	2:39.43 (1:12.43)
17 Shelton High Climbers-PN	C	2:39.63	18
1) Matheny, Caleb	2) Edwards, Dalton SO		
35.78	1:12.11 (1:12.11)	2:39.63 (1:27.52)	
18 Lakes High School-PN	B	2:40.70	14
1) Gilbert, Matthew SO	2) White, Nolan		
37.68	1:18.27 (1:18.27)	1:56.68 (38.41)	2:40.70 (1:22.43)
19 Tahoma High School	C	2:54.73	12
1) Spencer, Kyle FR	2) Rogers, Eric SO		
42.81	1:29.53 (1:29.53)	2:08.12 (38.59)	2:54.73 (1:25.20)
20 Lakes High School-PN	C	2:55.06	10
1) White, Drew SR	2) Taylor, Chris		
		2:13.22 ( )	2:55.06 ( )
21 River Ridge High School-PN	B	3:01.51	8
1) Levi, Bobbie	2) Chambers, Peter		
48.78	1:49.57 (1:49.57)	3:01.51 (1:11.94)	
22 River Ridge High School-PN	A	3:11.05	6
1) Francom, Eli	2) Poindexter, David		
52.35	1:51.71 (1:51.71)	2:28.55 (36.84)	3:11.05 (1:19.34)
--- Puyallup High School	D	X2:27.36	
1) Cockerham, Jarod SR	2) Chappell, Bryan JR		
38.35	1:21.23 (1:21.23)	1:52.27 (31.04)	2:27.36 (1:06.13)
--- Olympia High School Mens Swin	E	X2:52.30	
1) Bernsten, Logan 10	2) Ingram, Raymond SR		
43.69	1:31.07 (1:31.07)	2:10.05 (38.98)	2:52.30 (1:21.23)
--- Tahoma High School	D	X2:57.58	
1) Harris, Nathaniel FR	2) Osborne, Gabe SO		
45.14	1:33.76 (1:33.76)	2:14.31 (40.55)	2:57.58 (1:23.82)
--- Olympia High School Mens Swin	D	X2:58.43	
1) Kosa, Ben FR	2) Goldstein, Nathan FR		
37.29	1:15.45 (1:15.45)	2:03.70 (48.25)	2:58.43 (1:42.98)
--- Olympia High School Mens Swin	F	X3:03.59	
1) Nath, Hari SO	2) Walker, Ben FR		
49.23	1:45.81 (1:45.81)	3:03.59 (1:17.78)	
--- Steilacoom Sentinels	D	X3:08.31	
1) Drennan, Zachary JR	2) Forbes, Michael SR		
42.60	1:28.03 (1:28.03)	2:13.33 (45.30)	3:08.31 (1:40.28)
--- Lakes High School-PN	D	X3:26.43	
1) Godinez, Alfonso	2) Kang, Jaden		
47.63	1:45.62 (1:45.62)	2:29.75 (44.13)	3:26.43 (1:40.81)
--- Steilacoom Sentinels	E	X3:52.04	
1) Da, Vincent SR	2) Witter, Soren SO		
55.68	2:13.23 (2:13.23)	3:00.14 (46.91)	3:52.04 (1:38.81)

## 2017 South Sound Relays - 1/14/2017

## Results - SSR

## Event 10 Men 2x100 Yard Breaststroke Relay

MEET RECORD: 2:05.78 # 1/17/2015 Steilacoom HS

Roman, Scott

Team	Relay	Finals Time	Points
1 Olympia High School Mens Swin	A	2:18.89	64
1) Kamimura, Jordan SO	2) Liu, Max FR		
	30.58 1:05.41 (1:05.41) 1:39.18 (33.77) 2:18.89 (1:13.48)		
2 Tahoma High School	A	2:24.21	56
1) Grobbelaar, Jan JR	2) Wold, Jared SR		
	32.34 1:09.44 (1:09.44) 1:44.62 (35.18) 2:24.21 (1:14.77)		
3 Shelton High Climbers-PN	A	2:25.04	54
1) Toney, Taylor SR	2) Youngquist, Tyler FR		
	31.86 1:08.64 (1:08.64) 1:43.87 (35.23) 2:25.04 (1:16.40)		
4 Steilacoom Sentinels	A	2:25.52	52
1) Grandinette, Chris SR	2) Appel, Timothy JR		
	33.26 1:11.15 (1:11.15) 1:45.92 (34.77) 2:25.52 (1:14.37)		
5 Puyallup High School	C	2:26.07	50
1) Pasquier, Beau SR	2) Taylor, Alec SO		
	32.35 1:09.43 (1:09.43) 1:46.23 (36.80) 2:26.07 (1:16.64)		
6 Olympia High School Mens Swin	B	2:33.04	48
1) Jacobs, Kaleb SO	2) Eads, Connor SO		
	36.22 1:18.29 (1:18.29) 1:52.99 (34.70) 2:33.04 (1:14.75)		
7 Tahoma High School	B	2:36.40	46
1) Wunschel, Oliver FR	2) Seely, Peter SR		
	35.31 1:16.68 (1:16.68) 1:52.91 (36.23) 2:36.40 (1:19.72)		
8 Puyallup High School	A	2:37.10	44
1) Braddock, Caden JR	2) DeShayes, Cyrus FR		
	36.16 1:19.20 (1:19.20) 1:54.69 (35.49) 2:37.10 (1:17.90)		
9 Aberdeen High School	A	2:38.21	40
1) Kawashima, Kai SO	2) Mullin, Trevor SO		
	37.13 1:22.12 (1:22.12) 1:57.63 (35.51) 2:38.21 (1:16.09)		
10 Tahoma High School	C	2:43.76	34
1) Hatch, Preston SO	2) Hong, Leon FR		
	38.74 1:23.82 (1:23.82) 2:01.34 (37.52) 2:43.76 (1:19.94)		
11 River Ridge High School-PN	A	2:47.23	32
1) Conway, Brock	2) Kim, Kevin		
	39.48 1:24.87 (1:24.87) 1:41.70 (16.83) 2:47.23 (1:22.36)		
12 Shelton High Climbers-PN	B	2:48.68	30
1) Karr, Austin FR	2) Matheny, Scion FR		
	39.02 1:21.46 (1:21.46) 2:01.82 (40.36) 2:48.68 (1:27.22)		
13 Lakes High School-PN	A	2:50.11	28
1) Habersetzer, Ryan	2) Lee, Sean		
	37.88 1:22.28 (1:22.28) 2:02.69 (40.41) 2:50.11 (1:27.83)		
14 Olympia High School Mens Swin	C	2:51.12	26
1) Goh, Nathan FR	2) Walker, Ben FR		
	38.94 1:24.12 (1:24.12) 2:05.20 (41.08) 2:51.12 (1:27.00)		
15 Puyallup High School	B	2:51.41	24
1) Lingley, Tatum JR	2) Stachofsky, Andrew JR		
	39.84 1:24.67 (1:24.67) 2:05.21 (40.54) 2:51.41 (1:26.74)		
16 Steilacoom Sentinels	B	2:56.28	22
1) Allport, Alden JR	2) Cortez, Angelo SO		
	41.23 1:26.03 (1:26.03) 2:10.38 (44.35) 2:56.28 (1:30.25)		
17 Shelton High Climbers-PN	C	3:03.28	18
1) Morson, Sam FR	2) Pruitt, Damien		
	43.99 1:41.89 (1:41.89) 2:16.50 (34.61) 3:03.28 (1:21.39)		



## 2017 South Sound Relays - 1/14/2017

## Results - SSR

**(Event 10 Men 2x100 Yard Breaststroke Relay)**

Team	Relay				Finals Time	Points
18 Steilacoom Sentinels	C				3:10.96	14
1) Downs, Jayden SO	2) Maxwell, Chris FR					
45.59	1:38.22 (1:38.22)	2:22.35 (44.13)	3:10.96 (1:32.74)			
19 Lakes High School-PN	C				3:16.88	12
1) Smith, Joshua	2) Taylor, Chris					
46.82	1:50.64 (1:50.64)	2:28.05 (37.41)	3:16.88 (1:26.24)			
20 Aberdeen High School	B				3:27.14	10
1) Curry, Ryan JR	2) Kola, Brice FR					
52.74	1:54.10 (1:54.10)	2:37.25 (43.15)	3:27.14 (1:33.04)			
21 River Ridge High School-PN	B				3:37.06	8
1) Francom, Eli	2) Levi, Bobbie					
44.29	1:40.03 (1:40.03)	2:33.86 (53.83)	3:37.06 (1:57.03)			
--- Tahoma High School	D				X2:47.77	
1) Brannon, David SR	2) Spencer, Ethan SR					
39.84	1:25.74 (1:25.74)	2:03.65 (37.91)	2:47.77 (1:22.03)			
--- Lakes High School-PN	D				X2:50.37	
1) Braaten, Colin	2) Thiessen, Kenneth					
40.65	1:26.14 (1:26.14)	2:04.03 (37.89)	2:50.37 (1:24.23)			
--- Puyallup High School	D				X3:05.42	
1) Bitseff, Jace SO	2) Hartung, Evan FR					
44.93	1:35.78 (1:35.78)	2:18.61 (42.83)	3:05.42 (1:29.64)			
--- Olympia High School Mens Swin	D				X3:17.28	
1) Shim, Allen SO	2) Diaz-Gualco, Guillermo FR					
44.86	1:39.50 (1:39.50)	2:24.27 (44.77)	3:17.28 (1:37.78)			
--- Steilacoom Sentinels	D				X3:23.04	
1) Shirkey, Nik SR	2) Lazarte, Nathaniel					
44.09	1:39.92 (1:39.92)	2:25.68 (45.76)	3:23.04 (1:43.12)			
--- Olympia High School Mens Swin	E				X3:56.83	
1) Nath, Hari SO	2) Goldstein, Nathan FR					
55.93	1:56.53 (1:56.53)	2:52.07 (55.54)	3:56.83 (2:00.30)			

**Event 11 Men 400 Yard Freestyle Relay**

**MEET RECORD: 3:28.89 # 1/19/2013 North Thurston HS  
Anderson, Neely, Bricley, Ridgeway**

Team	Relay				Finals Time	Points
1 Puyallup High School	A				3:30.72	64
1) Bouchard, Aidan SO	2) Kiuchi, Levi FR	3) Kinne, Jakob SR	4) Pasquier, Beau SR			
25.65	53.54 (53.54)	1:18.14 (24.60)	1:45.63 (52.09)			
2:10.56 (24.93)	2:38.64 (53.01)	3:03.35 (24.71)	3:30.72 (52.08)			
2 Olympia High School Mens Swin	A				3:40.00	56
1) Pitzler, Hunter SO	2) Skjervold, Adam FR	3) Liu, Andrew FR	4) Waltz, James SR			
27.76	58.05 (58.05)	1:24.85 (26.80)	1:55.33 (57.28)			
2:20.61 (25.28)	2:48.91 (53.58)	3:13.32 (24.41)	3:40.00 (51.09)			
3 Lakes High School-PN	A				3:41.48	54
1) Fischer, P.J. SR	2) Franco, Zach SO	3) Nguyen, Brandon	4) Bocchi, Preston SR			
26.00	53.93 (53.93)	1:21.19 (27.26)	1:50.80 (56.87)			
2:18.34 (27.54)	2:50.74 (59.94)	3:14.97 (24.23)	3:41.48 (50.74)			
4 Steilacoom Sentinels	A				3:45.92	52
1) Zavala, Calin JR	2) Sandvik, Ryan JR	3) Abramyan, Vartan SO	4) Froehle, Steven JR			
25.89	57.23 (57.23)	1:24.89 (27.66)	1:57.44 (1:00.21)			
2:23.67 (26.23)	2:53.92 (56.48)	3:18.43 (24.51)	3:45.92 (52.00)			
5 Shelton High Climbers-PN	A				3:52.15	50
1) Youngquist, Tyler FR	2) Youngquist, Ryan SR	3) Schreiber, Jacob SR	4) Ruschner, Travis SR			
27.29	56.21 (56.21)	1:25.65 (29.44)	1:59.83 (1:03.62)			
2:16.15 (16.32)	2:56.05 (56.22)	3:22.50 (26.45)	3:52.15 (56.10)			

**2017 South Sound Relays - 1/14/2017****Results - SSR****(Event 11 Men 400 Yard Freestyle Relay)**

Team	Relay				Finals Time	Points
6 Tahoma High School	A				4:11.94	48
1) Blakely, Gavin JR	2) Shinas, Mike SO	3) Flem, Luke JR	4) Ainsworth, Nathan FR			
30.01	1:04.09 (1:04.09)	1:33.32 (29.23)	2:04.72 (1:00.63)			
2:37.76 (33.04)	3:15.00 (1:10.28)	3:31.07 (16.07)	4:11.94 (56.94)			
7 River Ridge High School-PN	A				4:35.42	46
1) Labrecque, William	2) Francom, Eli	3) Chambers, Peter	4) Poindexter, David			
30.72	1:06.65 (1:06.65)	1:47.86 (41.21)	2:34.69 (1:28.04)			
3:06.37 (31.68)	3:41.45 (1:06.76)	4:07.36 (25.91)	4:35.42 (53.97)			
8 Aberdeen High School	A				4:56.04	44
1) Curry, Ryan JR	2) Churlin, Anthony SR	3) Dyer, Aaron JR	4) Kawashima, Kai SO			
35.28	1:17.89 (1:17.89)	1:52.49 (34.60)	2:34.49 (1:16.60)			
3:09.25 (34.76)	3:47.75 (1:13.26)	4:19.13 (31.38)	4:56.04 (1:08.29)			

**Scores - Men****Men - Team Rankings - Through Event 11**

1. Puyallup High School	1158	2. Olympia High School Mens Swimm	1072
3. Steilacoom Sentinels	1019	4. Shelton High Climbers	947
5. Tahoma High School	906	6. Lakes High School	556
7. River Ridge High School	488	8. Aberdeen High School	428