

2016 South Sound Relays - 10/1/2016

Results - SSR

Event 1 Women 400 Yard Medley Relay

| Team | Relay | Seed Time | Finals Time | Points |
|--------------------------------|-----------------------|----------------------|---------------------------|--------|
| 1 Ohs Lady Bears-MR | A | 4:27.57 | 4:23.49 | 49 |
| 1) Moore, Amelia | 2) Song, Emma | 3) Norman, Ally | 4) Wright, Lacey | |
| 2:49.94 | 4:23.49 (4:23.49) | | | |
| 2 Puyallup High School | A | 4:29.87 | 4:31.72 | 45 |
| 1) Kiuchi, Kacey | 2) Messineo, Tabitha | 3) Kegans, Chelsea | 4) Anderson, Sara | |
| 29.71 | 1:01.18 (1:01.18) | 1:36.03 (34.85) | | |
| 2:49.08 (32.46) | 3:31.24 (1:14.62) | 3:58.52 (27.28) | | |
| 3 Rogers Rams-PN | A | 5:05.08 | 4:48.13 | 41 |
| 1) Patterson, Rebecca | 2) Millington, Rachel | 3) Hill, Mackenzie | 4) Shakespeare, Brynley | |
| 34.95 | 1:17.31 (1:17.31) | 1:53.20 (35.89) | | |
| 3:10.15 (31.41) | 3:46.70 (1:07.96) | 4:16.14 (29.44) | | |
| 4 Steilacoom Sentinels | A | NT | 4:58.52 | 39 |
| 1) Just, Miranda | 2) Mazikowski, Meeah | 3) Lange, Sydney | 4) VanSteenvort, Kiersten | |
| 33.40 | 1:10.30 (1:10.30) | 1:48.41 (38.11) | | |
| 3:04.91 (32.99) | 3:47.41 (1:15.49) | 4:21.51 (34.10) | | |
| 5 Lakes High School-PN | A | NT | 5:14.14 | 37 |
| 1) Edgecomb, Sarah | 2) Morrow, Savannah | 3) Eaton, Kyndyl | 4) Hamil, Lauren | |
| 33.63 | 1:10.26 (1:10.26) | 1:59.77 (49.51) | | |
| 4:10.17 (39.86) | 4:40.32 (1:10.01) | 5:14.31 (33.99) | | |
| 6 Shelton High Climbers-PN | A | NT | 5:22.97 | 35 |
| 1) BP, Angellica | 2) Leach, Morgan | 3) Oliver, Hannah | 4) Gonella, Becky | |
| 39.09 | 1:24.87 (1:24.87) | 2:02.62 (37.75) | | |
| 3:27.35 (38.94) | 4:13.35 (1:24.94) | 4:45.85 (32.50) | | |
| --- Black Hills High School | A | 5:25.75 | DQ | |
| 1) Prybylski, Emma | 2) Pennella, CeCe 16 | 3) Krynski, Josie 17 | 4) Benton, Breeanna 15 | |
| 31.90 | 1:07.96 (1:07.96) | 1:48.88 (40.92) | | |
| 3:18.01 (37.54) | 4:05.45 (1:24.98) | DQ (1:13.53) | | |
| --- Central Kitsap HS Girls-PN | A | NT | NS | |

Event 2 Women 2x200 Yard Freestyle Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|-----------------------|-------------------|-------------|--------|
| 1 Steilacoom Sentinels | A | NT | 4:30.65 | 49 |
| 1) Forbes, Rachel | 2) Forbes, Emily | | | |
| 30.22 | 1:04.73 (1:04.73) | 1:40.50 (1:40.50) | | |
| 2:44.65 (30.31) | 3:21.14 (1:06.80) | 3:57.68 (1:43.34) | | |
| 2 Central Kitsap HS Girls-PN | A | NT | 4:39.86 | 45 |
| 1) Tubberville, Tatertot 16 | 2) McCann, Emily 16 | | | |
| 29.34 | 1:01.58 (1:01.58) | 1:34.69 (1:34.69) | | |
| 2:40.69 (32.97) | 3:18.48 (1:10.76) | 3:59.34 (1:51.62) | | |
| 3 Puyallup High School | A | 4:35.21 | 4:39.90 | 41 |
| 1) McClure, Jillian | 2) Fitzsimmons, Jenna | | | |
| 30.94 | 1:06.40 (1:06.40) | 1:43.60 (1:43.60) | | |
| 2:48.73 (29.37) | 3:23.90 (1:04.54) | 4:01.47 (1:42.11) | | |
| 4 Ohs Lady Bears-MR | A | 4:10.69 | 4:43.34 | 39 |
| 1) Wright, Maddie | 2) Pruet, Kelsey | | | |
| 32.42 | 1:07.31 (1:07.31) | 1:42.80 (1:42.80) | | |
| 2:51.79 (33.27) | 3:28.53 (1:10.01) | 4:05.98 (1:47.46) | | |
| 5 Rogers Rams-PN | A | NT | 4:46.49 | 37 |
| 1) Ko, Sophia | 2) Patterson, Rebecca | | | |
| 31.86 | 1:06.86 (1:06.86) | 1:43.94 (1:43.94) | | |
| 2:55.42 (33.26) | 3:32.89 (1:10.73) | 4:11.34 (1:49.18) | | |

2016 South Sound Relays - 10/1/2016

Results - SSR

(Event 2 Women 2x200 Yard Freestyle Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|-----------------------------|------------------------|-------------------|-------------------|--------|
| 6 Rogers Rams-PN | B | NT | 4:49.61 | 35 |
| 1) Todd, Laura | 2) Strayhorne, Asia | | | |
| 32.72 | 1:08.80 (1:08.80) | 1:46.90 (1:46.90) | 2:25.41 (2:25.41) | |
| 2:56.58 (31.17) | 3:32.71 (1:07.30) | 4:11.79 (1:46.38) | 4:49.61 (2:24.20) | |
| 7 Ohs Lady Bears-MR | B | NT | 5:01.28 | 33 |
| 1) Grant, Emi | 2) Klotz, Taryn | | | |
| 36.04 | 1:15.53 (1:15.53) | 1:56.18 (1:56.18) | 2:36.14 (2:36.14) | |
| 3:08.03 (31.89) | 3:45.06 (1:08.92) | 4:24.15 (1:48.01) | 5:01.28 (2:25.14) | |
| 8 Puyallup High School | B | 5:05.48 | 5:04.92 | 31 |
| 1) Bosworth, Ireland | 2) Coffman, Kya | | | |
| 32.67 | 1:11.12 (1:11.12) | 1:50.75 (1:50.75) | 2:28.86 (2:28.86) | |
| 3:03.49 (34.63) | 3:42.93 (1:14.07) | 4:24.58 (1:55.72) | 5:04.92 (2:36.06) | |
| 9 Steilacoom Sentinels | B | NT | 5:17.04 | 29 |
| 1) Park, Hannah | 2) Sheppard, Mia | | | |
| 34.35 | 1:12.00 (1:12.00) | 1:50.89 (1:50.89) | 2:30.53 (2:30.53) | |
| 3:07.94 (37.41) | 3:52.68 (1:22.15) | 4:36.96 (2:06.43) | 5:17.04 (2:46.51) | |
| 10 Rogers Rams-PN | C | NT | 5:17.12 | 27 |
| 1) Benning, Montana | 2) Knight, Melissa | | | |
| 36.78 | 1:17.18 (1:17.18) | 1:56.92 (1:56.92) | 2:36.67 (2:36.67) | |
| 3:13.95 (37.28) | 3:55.39 (1:18.72) | 4:37.51 (2:00.84) | 5:17.12 (2:40.45) | |
| 11 Lakes High School-PN | A | NT | 5:19.00 | 25 |
| 1) Hamil, Amber | 2) Kassman, Shelby | | | |
| 33.62 | 1:11.16 (1:11.16) | 1:50.04 (1:50.04) | 2:27.13 (2:27.13) | |
| 3:04.40 (37.27) | 3:47.50 (1:20.37) | 4:34.39 (2:07.26) | 5:19.00 (2:51.87) | |
| 12 Puyallup High School | C | 5:17.11 | 5:22.56 | 24 |
| 1) Seiberlich, Katie | 2) Witham, Trixie | | | |
| 35.39 | 1:17.92 (1:17.92) | 2:01.38 (2:01.38) | 2:39.89 (2:39.89) | |
| 3:13.45 (33.56) | 3:54.60 (1:14.71) | 4:39.11 (1:59.22) | 5:22.56 (2:42.67) | |
| 13 Black Hills High School | B | 5:40.00 | 5:25.88 | 22 |
| 1) Cagle, Lauren 17 | 2) Olson, Kristen M 15 | | | |
| 35.49 | 1:15.44 (1:15.44) | 1:55.76 (1:55.76) | 2:34.48 (2:34.48) | |
| 3:11.82 (37.34) | 3:55.27 (1:20.79) | 4:41.15 (2:06.67) | 5:25.88 (2:51.40) | |
| 14 Ohs Lady Bears-MR | C | NT | 5:31.83 | 21 |
| 1) Javier, Ashley | 2) Giang, Diana | | | |
| 34.85 | 1:16.38 (1:16.38) | 2:02.02 (2:02.02) | 2:45.26 (2:45.26) | |
| 3:20.60 (35.34) | 4:01.39 (1:16.13) | 4:46.52 (2:01.26) | 5:31.83 (2:46.57) | |
| 15 Black Hills High School | C | 6:00.00 | 5:39.54 | 20 |
| 1) Gwinn, Madeline 16 | 2) Rogers, Jessika 17 | | | |
| 36.72 | 1:18.00 (1:18.00) | 1:59.24 (1:59.24) | 2:37.58 (2:37.58) | |
| 3:19.24 (41.66) | 4:07.02 (1:29.44) | 4:55.87 (2:18.29) | 5:39.54 (3:01.96) | |
| 16 Steilacoom Sentinels | C | NT | 5:54.80 | 19 |
| 1) Bright, Alyssa | 2) Scroggins, Dakota | | | |
| 38.02 | 1:20.77 (1:20.77) | 2:07.08 (2:07.08) | 2:52.74 (2:52.74) | |
| 3:33.81 (41.07) | 4:21.60 (1:28.86) | 5:10.14 (2:17.40) | 5:54.80 (3:02.06) | |
| 17 Shelton High Climbers-PN | A | NT | 6:19.74 | 18 |
| 1) Gordham, Emma | 2) Walters, Kaitlyn | | | |
| 44.44 | 1:35.80 (1:35.80) | 2:26.63 (2:26.63) | 3:21.20 (3:21.20) | |
| 4:00.31 (39.11) | 4:46.82 (1:25.62) | 5:35.68 (2:14.48) | 6:19.74 (2:58.54) | |
| --- Ohs Lady Bears-MR | F | NT | X5:33.61 | |
| 1) Lang, Clare | 2) Yin, Daisy | | | |
| 36.83 | 1:19.74 (1:19.74) | 2:03.53 (2:03.53) | 2:46.52 (2:46.52) | |
| 3:24.41 (37.89) | 4:05.98 (1:19.46) | 4:51.38 (2:04.86) | 5:33.61 (2:47.09) | |
| --- Rogers Rams-PN | E | NT | X5:34.20 | |
| 1) Ulloa, Monzerrat | 2) Perkins, Madison | | | |
| 4:24.61 | 6:02.46 (6:02.46) | 5:34.20 (5:34.20) | | |

2016 South Sound Relays - 10/1/2016

Results - SSR

(Event 2 Women 2x200 Yard Freestyle Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|----------------------|-------------------|-------------------|--------|
| --- Rogers Rams-PN | D | NT | X5:40.81 | |
| 1) Green, Natalie | 2) Hopkins, Heidi | | | |
| 1:06.90 | 5:40.81 (5:40.81) | | | |
| --- Ohs Lady Bears-MR | E | NT | X5:44.23 | |
| 1) Stagnone, Caleigh | 2) Moon, Madeline | | | |
| 38.83 | 1:23.38 (1:23.38) | 2:08.98 (2:08.98) | 2:53.71 (2:53.71) | |
| 3:30.79 (37.08) | 4:16.54 (1:22.83) | 5:02.96 (2:09.25) | 5:44.23 (2:50.52) | |
| --- Rogers Rams-PN | F | NT | X5:56.48 | |
| 1) Perez, Gabriella | 2) Loveless, Shaina | | | |
| 41.92 | 1:28.60 (1:28.60) | 2:19.48 (2:19.48) | 3:07.46 (3:07.46) | |
| 3:45.22 (37.76) | 4:28.62 (1:21.16) | 5:14.27 (2:06.81) | 5:56.48 (2:49.02) | |
| --- Ohs Lady Bears-MR | D | NT | X6:07.93 | |
| 1) Mathesoon, Celee | 2) Owens, Abbey | | | |
| 43.68 | 1:34.55 (1:34.55) | 2:26.72 (2:26.72) | 3:23.31 (3:23.31) | |
| 3:54.16 (30.85) | 4:37.21 (1:13.90) | 6:07.93 (2:44.62) | | |
| --- Steilacoom Sentinels | D | NT | X6:16.23 | |
| 1) Crow, Rebekah | 2) Sandoval, Talina | | | |
| 39.99 | 1:27.51 (1:27.51) | 2:22.03 (2:22.03) | 3:17.08 (3:17.08) | |
| 3:54.87 (37.79) | 4:40.75 (1:23.67) | 5:29.99 (2:12.91) | 6:16.23 (2:59.15) | |
| --- Steilacoom Sentinels | E | NT | X6:37.31 | |
| 1) Hedge, Rio | 2) Sherwood, Sydney | | | |
| 4:40.59 | 6:37.31 (6:37.31) | | | |
| --- Shelton High Climbers-PN | B | NT | DQ | |
| 1) Gonella, Vicky | 2) Moran-Perez, Ruth | | | |
| 51.52 | 1:57.26 (1:57.26) | 3:02.87 (3:02.87) | 4:04.28 (4:04.28) | |
| 6:48.97 (2:44.69) | DQ (3:44.67) | | | |

Event 3 Women 2x100 Yard Medley Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|------------------------|-----------------|-------------------|--------|
| 1 Central Kitsap HS Girls-PN | A | NT | 2:12.10 | 49 |
| 1) Smith, Grace 18 | 2) Sims, Taylor M 15 | | | |
| 32.26 | 1:10.57 (1:10.57) | 1:37.30 (26.73) | 2:12.10 (1:01.53) | |
| 2 Puyallup High School | A | 2:20.00 | 2:18.63 | 45 |
| 1) Dunayski, Gabi | 2) Messineo, Tabitha | | | |
| 31.39 | 1:07.68 (1:07.68) | 1:42.01 (34.33) | 2:18.63 (1:10.95) | |
| 3 Steilacoom Sentinels | A | NT | 2:21.64 | 41 |
| 1) Murphy, Megan | 2) Mazikowski, Meeah | | | |
| 30.34 | 1:07.83 (1:07.83) | 1:43.35 (35.52) | 2:21.64 (1:13.81) | |
| 4 Ohs Lady Bears-MR | A | 1:59.84 | 2:22.77 | 39 |
| 1) Moore, Amelia | 2) Daniels-Brown, Anna | | | |
| 32.85 | 1:10.54 (1:10.54) | 1:42.53 (31.99) | 2:22.77 (1:12.23) | |
| 5 Black Hills High School | A | 2:09.33 | 2:25.12 | 37 |
| 1) Rietema, Leah 16 | 2) Bryan, Brielle 15 | | | |
| 32.42 | 1:11.29 (1:11.29) | 1:43.34 (32.05) | 2:25.12 (1:13.83) | |
| 6 Rogers Rams-PN | A | 2:08.13 | 2:27.66 | 35 |
| 1) Hill, Mackenzie | 2) Ko, Sophia | | | |
| 34.09 | 1:13.58 (1:13.58) | 1:48.07 (34.49) | 2:27.66 (1:14.08) | |
| 7 Lakes High School-PN | A | NT | 2:29.51 | 33 |
| 1) Eaton, Kyndyl | 2) Edgecomb, Sarah | | | |
| 31.68 | 2:29.51 (2:29.51) | | | |
| 8 Puyallup High School | B | 2:25.00 | 2:29.64 | 31 |
| 1) Gill, Ireigh | 2) Santos, Jenna | | | |
| 34.84 | 1:14.66 (1:14.66) | 1:50.16 (35.50) | 2:29.64 (1:14.98) | |

2016 South Sound Relays - 10/1/2016**Results - SSR****(Event 3 Women 2x100 Yard Medley Relay)**

| Team | Relay | Seed Time | Finals Time | Points |
|-----------------------------|-----------------------|------------------|--------------------|---------------|
| 9 Ohs Lady Bears-MR | B | NT | 2:30.13 | 29 |
| 1) Bonauto, Sydney | 2) Ho, Florence | | | |
| 34.97 | 1:15.05 (1:15.05) | 1:51.41 (36.36) | 2:30.13 (1:15.08) | |
| 10 South Kitsap High School | A | NT | 2:34.13 | 27 |
| 1) Green, Naomi | 2) Millet, Aspen | | | |
| 33.29 | 1:15.03 (1:15.03) | 1:51.04 (36.01) | 2:34.13 (1:19.10) | |
| 11 Rogers Rams-PN | C | NT | 2:47.26 | 25 |
| 1) Knight, Melissa | 2) Wilkerson, Amy | | | |
| 38.90 | 1:24.15 (1:24.15) | 2:00.57 (36.42) | 2:47.26 (1:23.11) | |
| 12 Lakes High School-PN | B | NT | 2:48.17 | 24 |
| 1) McCarthy, Emma | 2) Walters, Abi | | | |
| 13 Ohs Lady Bears-MR | C | NT | 2:51.30 | 22 |
| 1) Merrigan, Clare | 2) Marzella, Julia | | | |
| 41.65 | 1:27.40 (1:27.40) | 2:06.91 (39.51) | 2:51.30 (1:23.90) | |
| 14 Shelton High Climbers-PN | A | NT | 2:51.86 | 21 |
| 1) Oliver, Hannah | 2) Clarey,Carolynn | | | |
| 40.21 | 1:21.92 (1:21.92) | 2:05.53 (43.61) | 2:51.86 (1:29.94) | |
| 15 Steilacoom Sentinels | B | NT | 2:54.52 | 20 |
| 1) VanSteenwort, Kiersten | 2) Merritt, Karena | | | |
| 40.62 | 1:29.46 (1:29.46) | 2:08.26 (38.80) | 2:54.52 (1:25.06) | |
| 16 Steilacoom Sentinels | C | NT | 3:01.00 | 19 |
| 1) Lovell, Abigail | 2) Anderson, Amanda | | | |
| 37.59 | 1:27.42 (1:27.42) | 2:10.54 (43.12) | 3:01.00 (1:33.58) | |
| 17 Black Hills High School | C | NT | 3:07.28 | 18 |
| 1) Bishop, Kalli 15 | 2) Evans, Courtney | | | |
| 1:26.53 | 2:09.76 (2:09.76) | 3:07.28 (57.52) | | |
| --- Rogers Rams-PN | E | NT | X2:49.07 | |
| 1) Benning, Montana | 2) Millington, Rachel | | | |
| 39.55 | 1:24.38 (1:24.38) | 2:05.97 (41.59) | 2:49.07 (1:24.69) | |
| --- Rogers Rams-PN | D | NT | X3:06.62 | |
| 1) Ulloa, Monzerrat | 2) Green, Natalie | | | |
| 48.84 | 1:39.12 (1:39.12) | 2:21.81 (42.69) | 3:06.62 (1:27.50) | |
| --- Rogers Rams-PN | B | NT | DQ | |
| 1) Perkins, Madison | 2) Fifield, Mandy | | | |
| 37.10 | 1:21.73 (1:21.73) | 1:56.20 (34.47) | DQ (1:15.36) | |
| --- Puyallup High School | C | 2:30.00 | DQ | |
| 1) Holmquist, Britt | 2) Trebilcock, Ave | | | |
| 37.31 | 1:23.40 (1:23.40) | 1:59.19 (35.79) | DQ (1:19.80) | |
| --- Black Hills High School | B | NT | DQ | |
| 1) Rogers, Jessika 17 | 2) Prybylski, Emma | | | |
| 1:18.50 | 2:13.38 (2:13.38) | 2:45.77 (32.39) | DQ (1:10.50) | |

Event 4 Women 2x50 Yard Freestyle Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------|-------------------------|------------------|--------------------|---------------|
| 1 Puyallup High School | A | 54.46 | 54.44 | 49 |
| 1) Anderson, Sara | 2) Liu, Kaitlyn | | | |
| 27.21 | 54.44 (27.23) | | | |
| 2 Puyallup High School | B | 55.34 | 55.52 | 45 |
| 1) Fitzsimmons, Jenna | 2) Gamache, Olivia | | | |
| 27.98 | 55.52 (27.54) | | | |
| 3 Rogers Rams-PN | A | 57.57 | 56.14 | 41 |
| 1) Hert, Natalie | 2) Shakespeare, Brynley | | | |
| 28.09 | 56.14 (28.05) | | | |

2016 South Sound Relays - 10/1/2016**Results - SSR****(Event 4 Women 2x50 Yard Freestyle Relay)**

| Team | Relay | Seed Time | Finals Time | Points |
|-------------------------------|----------------------|------------------|--------------------|---------------|
| 4 Ohs Lady Bears-MR | A | NT | 57.46 | 39 |
| 1) Yen, Ashley | 2) Ho, Florence | | | |
| 28.03 | 57.46 (29.43) | | | |
| 5 Ohs Lady Bears-MR | C | NT | 58.55 | 37 |
| 1) Whitney, Emily | 2) Shang, Elizabeth | | | |
| 29.66 | 58.55 (28.89) | | | |
| 6 Shelton High Climbers-PN | A | NT | 59.48 | 35 |
| 1) Gonella, Becky | 2) Leach, Morgan | | | |
| 30.85 | 59.48 (28.63) | | | |
| 7 South Kitsap High School | A | NT | 1:00.48 | 33 |
| 1) Millet, Aspen | 2) Green, Naomi | | | |
| 1:13.93 | 1:00.48 () | | | |
| 8 Central Kitsap HS Girls-PN | A | NT | 1:01.27 | 31 |
| 1) Geddes, Leah 17 | 2) McCann, Emily 16 | | | |
| 30.92 | 1:01.27 (30.35) | | | |
| 9 Rogers Rams-PN | B | NT | 1:01.30 | 29 |
| 1) Fifield, Mandy | 2) Strayhorne, Asia | | | |
| 30.78 | 1:01.30 (30.52) | | | |
| 10 Puyallup High School | C | 1:00.50 | 1:02.58 | 27 |
| 1) Pittman, Dana | 2) Kurpius, Sarah | | | |
| 30.06 | 1:02.58 (32.52) | | | |
| 11 Ohs Lady Bears-MR | B | NT | 1:02.69 | 25 |
| 1) Lemon, Fiona | 2) Lemon, Phoebe | | | |
| 31.72 | 1:02.69 (30.97) | | | |
| 12 Black Hills High School | A | 1:01.00 | 1:04.04 | 24 |
| 1) Pennella, CeCe 16 | 2) Bishop, Kalli 15 | | | |
| 31.64 | 1:04.04 (32.40) | | | |
| 13 Central Kitsap HS Girls-PN | B | NT | 1:04.73 | 22 |
| 1) Lamy, Kora 14 | 2) yi, Winter 14 | | | |
| 31.37 | 1:04.73 (33.36) | | | |
| 14 Steilacoom Sentinels | A | NT | 1:06.06 | 21 |
| 1) Sheppard, Mia | 2) Scroggins, Dakota | | | |
| 32.08 | 1:06.06 (33.98) | | | |
| 15 Ohs Lady Bears-MR | E | NT | 1:07.67 | 20 |
| 1) Watson, Carissa | 2) Price, Sophia | | | |
| 28.76 | 1:07.67 (38.91) | | | |
| 16 Shelton High Climbers-PN | B | NT | 1:08.99 | 19 |
| 1) Clarey, Carolynn | 2) Walters, Kaitlyn | | | |
| 41.66 | 1:08.99 (27.33) | | | |
| 17 Lakes High School-PN | A | NT | 1:09.08 | 18 |
| 1) Kassman, Shelby | 2) McCarthy, Emma | | | |
| 35.13 | 1:09.08 (33.95) | | | |
| 18 Steilacoom Sentinels | C | NT | 1:09.45 | 17 |
| 1) Hedge, Rio | 2) Sandoval, Talina | | | |
| 36.05 | 1:09.45 (33.40) | | | |
| 19 Steilacoom Sentinels | B | NT | 1:09.73 | 16 |
| 1) Cushman, Isabelle | 2) Bright, Alyssa | | | |
| 38.10 | 1:09.73 (31.63) | | | |
| 20 Rogers Rams-PN | C | NT | 1:09.89 | 15 |
| 1) Millington, Rachel | 2) Hopkins, Heidi | | | |
| 35.94 | 1:09.89 (33.95) | | | |
| 21 South Kitsap High School | B | NT | 1:14.57 | 14 |
| 1) Irwin, Emma | 2) Scheibner, Hailee | | | |
| 32.40 | 1:14.57 (42.17) | | | |

2016 South Sound Relays - 10/1/2016

Results - SSR

(Event 4 Women 2x50 Yard Freestyle Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|---|--|-----------|-------------|--------|
| 22 Black Hills High School 1) Evans, Courtney 39.57 | B 2) Ruzicka, Bethany 1:16.72 (37.15) | 1:17.00 | 1:16.72 | 13 |
| 23 Lakes High School-PN 1) Alves, Mali 40.99 | B 2) Dixon, Korenna 1:19.52 (38.53) | NT | 1:19.52 | 12 |
| 24 Central Kitsap HS Girls-PN 1) Debenon, Claire 15 41.06 | C 2) Grundt, Madeline 15 1:19.92 (38.86) | NT | 1:19.92 | 10 |
| 25 Lakes High School-PN 1) Pogoncheff, Kialie 42.05 | C 2) Morrow, Savannah 1:21.10 (39.05) | NT | 1:21.10 | 9 |
| 26 South Kitsap High School 1) Townsend, Allie 36.15 | C 2) Jones, Sarra 1:23.57 (47.42) | NT | 1:23.57 | 8 |
| 27 Shelton High Climbers-PN 1) Moran-Perez, Ruth 44.32 | C 2) Goldy, Chloe 16 1:36.74 (52.42) | NT | 1:36.74 | 7 |
| --- Puyallup High School 1) Seiberlich, Katie 31.45 | G 2) Maher, Ciara 1:02.07 (30.62) | 1:02.62 | X1:02.07 | |
| --- Puyallup High School 1) Benning, Sydney 31.93 | E 2) Pittser, Jordan 1:03.48 (31.55) | 1:04.19 | X1:03.48 | |
| --- Puyallup High School 1) Essman, Elissa 31.53 | D 2) Coffman, Kya 1:04.58 (33.05) | 1:02.74 | X1:04.58 | |
| --- Puyallup High School 1) Christenson, Alana 32.64 | F 2) Skaggs, Taylor 1:05.38 (32.74) | 1:05.45 | X1:05.38 | |
| --- Steilacoom Sentinels 1) Crow, Sariah 39.01 | F 2) Gehring, Julia 1:14.79 (35.78) | NT | X1:14.79 | |
| --- Steilacoom Sentinels 1) Crow, Rebekah 39.02 | D 2) Sherwood, Sydney 1:17.50 (38.48) | NT | X1:17.50 | |
| --- Steilacoom Sentinels 1) Forrey, Ivagene | E 2) Duenas, Kaitlin | NT | X1:17.86 | |
| --- Lakes High School-PN 1) Soper, Jane 40.80 | E 2) Myers, Zoe 1:19.97 (39.17) | NT | X1:19.97 | |
| --- Steilacoom Sentinels 1) Felker, Tiffany 41.26 | G 2) Turner, Aylish 1:25.85 (44.59) | NT | X1:25.85 | |
| --- Central Kitsap HS Girls-PN 1) Cramer, Sarina 14 42.22 | D 2) Higgins, Claire 14 1:28.23 (46.01) | NT | X1:28.23 | |
| --- Steilacoom Sentinels 1) Malone, Desiree 40.14 | H 2) Mendoza, Tiffany 1:30.17 (50.03) | NT | X1:30.17 | |
| --- Ohs Lady Bears-MR 1) Plattner, Makenzie 49.98 | D 2) Alam, Amelia 1:32.30 (42.32) | NT | X1:32.30 | |

2016 South Sound Relays - 10/1/2016

Results - SSR

(Event 4 Women 2x50 Yard Freestyle Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|------------------|-----------|-------------|--------|
| --- South Kitsap High School | D | NT | X1:37.85 | |
| 1) Wellman, Ronnie | 2) Crain, Morgan | | | |

Event 5 Women 800 Yard Freestyle Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|------------------------|------------------------|---------------------|--------|
| 1 Ohs Lady Bears-MR | A | NT | 9:10.65 | 49 |
| 1) Norman, Ally | 2) Wright, Maddie | 3) Lang, Clare | 4) Wright, Lacey | |
| 29.09 | 1:00.85 (1:00.85) | 1:33.87 (1:33.87) | 2:06.92 (2:06.92) | |
| 2:38.93 (32.01) | 3:13.62 (1:06.70) | 3:49.33 (1:42.41) | 4:24.41 (2:17.49) | |
| 4:59.70 (35.29) | 5:42.65 (1:18.24) | 6:25.65 (2:01.24) | 7:06.80 (2:42.39) | |
| 7:34.44 (27.64) | 8:05.75 (58.95) | 8:38.07 (1:31.27) | 9:10.65 (2:03.85) | |
| 2 Steilacoom Sentinels | A | NT | 9:23.41 | 45 |
| 1) Forbes, Emily | 2) Just, Miranda | 3) Park, Hannah | 4) Forbes, Rachel | |
| 31.92 | 1:08.87 (1:08.87) | 1:44.93 (1:44.93) | 2:19.18 (2:19.18) | |
| 2:50.82 (31.64) | 3:26.40 (1:07.22) | 4:04.41 (1:45.23) | 4:41.35 (2:22.17) | |
| 5:14.18 (32.83) | 5:51.99 (1:10.64) | 6:29.91 (1:48.56) | 7:05.39 (2:24.04) | |
| 7:34.44 (29.05) | 8:08.67 (1:03.28) | 8:46.13 (1:40.74) | 9:23.41 (2:18.02) | |
| 3 Puyallup High School | A | 9:22.47 | 9:33.33 | 41 |
| 1) Kiuchi, Kacey | 2) Bosworth, Ireland | 3) Coffman, Kya | 4) McClure, Jillian | |
| 4 Rogers Rams-PN | A | 9:56.27 | 9:59.89 | 39 |
| 1) Lewis, Hannah | 2) Knight, Melissa | 3) Todd, Laura | 4) Hert, Natalie | |
| 33.01 | 1:08.78 (1:08.78) | 1:46.57 (1:46.57) | 2:26.12 (2:26.12) | |
| 3:02.66 (36.54) | 3:44.39 (1:18.27) | 4:28.11 (2:01.99) | 5:10.44 (2:44.32) | |
| 5:43.00 (32.56) | 6:20.44 (1:10.00) | 6:59.61 (1:49.17) | 7:37.57 (2:27.13) | |
| 8:07.66 (30.09) | 8:42.49 (1:04.92) | 9:20.62 (1:43.05) | 9:59.89 (2:22.32) | |
| 5 Lakes High School-PN | A | NT | 10:29.97 | 37 |
| 1) Bruner, Maddie | 2) Walters, Abi | 3) Alves, Mali | 4) Robb, Abby | |
| 32.38 | 1:09.22 (1:09.22) | 1:48.73 (1:48.73) | 2:26.64 (2:26.64) | |
| 2:42.38 (15.74) | 3:03.28 (36.64) | 3:43.70 (1:17.06) | 4:25.58 (1:58.94) | |
| 5:07.71 (42.13) | 5:50.51 (1:24.93) | 6:39.70 (2:14.12) | 7:33.39 (3:07.81) | |
| 8:28.61 (55.22) | 9:03.83 (1:30.44) | 9:45.70 (2:12.31) | 10:29.97 (2:56.58) | |
| 6 Black Hills High School | A | 9:47.40 | 10:57.92 | 35 |
| 1) Krysinski, Josie 17 | 2) Olson, Kristen M 15 | 3) Benton, Breeanna 15 | 4) Cagle, Lauren 17 | |
| 32.89 | 1:10.96 (1:10.96) | 1:50.46 (1:50.46) | 2:28.76 (2:28.76) | |
| 3:06.71 (37.95) | 3:52.14 (1:23.38) | 4:39.32 (2:10.56) | 5:24.69 (2:55.93) | |
| 6:02.28 (37.59) | 6:46.45 (1:21.76) | 7:34.33 (2:09.64) | 8:20.64 (2:55.95) | |
| 8:56.60 (35.96) | 9:36.56 (1:15.92) | 10:18.60 (1:57.96) | 10:57.92 (2:37.28) | |
| --- Shelton High Climbers-PN | A | NT | NS | |

Event 6 Women 2x100 Yard Butterfly Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|----------------------|-----------------|-------------------|--------|
| 1 Central Kitsap HS Girls-PN | A | NT | 2:10.40 | 49 |
| 1) Smith, Grace 18 | 2) Sims, Taylor M 15 | | | |
| 30.51 | 1:11.53 (1:11.53) | 1:36.93 (25.40) | 2:10.40 (58.87) | |
| 2 Ohs Lady Bears-MR | A | NT | 2:18.01 | 45 |
| 1) Norman, Ally | 2) Shang, Elizabeth | | | |
| 29.73 | 1:03.86 (1:03.86) | 1:37.48 (33.62) | 2:18.01 (1:14.15) | |
| 3 Rogers Rams-PN | A | NT | 2:20.82 | 41 |
| 1) Ko, Sophia | 2) Hill, Mackenzie | | | |
| 32.75 | 1:12.19 (1:12.19) | 1:44.14 (31.95) | 2:20.82 (1:08.63) | |
| 4 Steilacoom Sentinels | A | NT | 2:24.97 | 39 |
| 1) Murphy, Megan | 2) Lange, Sydney | | | |
| 31.69 | 1:11.49 (1:11.49) | 1:45.63 (34.14) | 2:24.97 (1:13.48) | |

2016 South Sound Relays - 10/1/2016**Results - SSR****(Event 6 Women 2x100 Yard Butterfly Relay)**

| Team | Relay | Seed Time | Finals Time | Points |
|-----------------------------|-----------------------|-----------------|-------------------|--------|
| 5 Puyallup High School | A | 2:22.96 | 2:28.62 | 37 |
| 1) Kegans, Chelsea | 2) Fitzsimmons, Jenna | | | |
| 33.05 | 1:15.92 (1:15.92) | 1:47.91 (31.99) | 2:28.62 (1:12.70) | |
| 6 Black Hills High School | A | 2:25.04 | 2:28.63 | 35 |
| 1) Prybylski, Emma | 2) Bryan, Brielle 15 | | | |
| 33.19 | 1:11.52 (1:11.52) | 1:47.06 (35.54) | 2:28.63 (1:17.11) | |
| 7 Puyallup High School | B | 2:33.49 | 2:31.84 | 33 |
| 1) Dunayski, Gabi | 2) Gill, Ireigh | | | |
| 34.36 | 1:14.13 (1:14.13) | 1:48.83 (34.70) | 2:31.84 (1:17.71) | |
| 8 Steilacoom Sentinels | B | NT | 2:40.35 | 31 |
| 1) Mazikowski, Meeah | 2) Park, Hannah | | | |
| 36.17 | 1:19.90 (1:19.90) | 1:56.59 (36.69) | 2:40.35 (1:20.45) | |
| 9 Ohs Lady Bears-MR | B | NT | 2:42.67 | 29 |
| 1) Bonauto, Sydney | 2) Hufford, Sidney | | | |
| 35.23 | 1:17.30 (1:17.30) | 1:55.43 (38.13) | 2:42.67 (1:25.37) | |
| 10 Rogers Rams-PN | B | NT | 2:48.18 | 27 |
| 1) Wilkerson, Amy | 2) Perkins, Madison | | | |
| 38.61 | 1:23.12 (1:23.12) | 2:00.68 (37.56) | 2:48.18 (1:25.06) | |
| 11 Puyallup High School | C | 2:43.61 | 2:51.61 | 25 |
| 1) Loomis, Bryn | 2) Trebilcock, Ave | | | |
| 38.22 | 1:25.28 (1:25.28) | 2:03.73 (38.45) | 2:51.61 (1:26.33) | |
| 12 Steilacoom Sentinels | C | NT | 3:11.88 | 24 |
| 1) Sheppard, Mia | 2) Lovell, Abigail | | | |
| 43.50 | 1:37.07 (1:37.07) | 2:17.97 (40.90) | 3:11.88 (1:34.81) | |
| 13 Ohs Lady Bears-MR | C | NT | 3:13.31 | 22 |
| 1) Merrigan, Clare | 2) Lemon, Fiona | | | |
| 44.19 | 1:36.20 (1:36.20) | 2:20.18 (43.98) | 3:13.31 (1:37.11) | |
| --- Ohs Lady Bears-MR | D | NT | X3:07.51 | |
| 1) Lemon, Phoebe | 2) Javier, Ashley | | | |
| 38.28 | 1:25.04 (1:25.04) | 2:08.93 (43.89) | 3:07.51 (1:42.47) | |
| --- Rogers Rams-PN | C | NT | DQ | |
| 1) Ulloa, Monzerrat | 2) Perez, Gabriella | | | |
| 48.60 | 1:46.93 (1:46.93) | 2:34.45 (47.52) | DQ (1:48.27) | |
| --- Black Hills High School | B | NT | DQ | |
| 1) Rietema, Leah 16 | 2) Ruzicka, Bethany | | | |
| 33.98 | 1:17.80 (1:17.80) | 2:01.21 (43.41) | DQ (1:45.93) | |
| --- Lakes High School-PN | A | NT | DQ | |
| 1) Eaton, Kyndyl | 2) Kassman, Shelby | | | |
| 34.27 | 1:13.18 (1:13.18) | 1:58.08 (44.90) | DQ (1:38.70) | |

Event 7 Women 2x100 Yard Freestyle Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------|------------------------|-----------------|-------------------|--------|
| 1 Steilacoom Sentinels | A | NT | 2:01.45 | 49 |
| 1) Forbes, Rachel | 2) Just, Miranda | | | |
| 28.06 | 59.96 (59.96) | 1:29.41 (29.45) | 2:01.45 (1:01.49) | |
| 2 Ohs Lady Bears-MR | A | 1:56.55 | 2:03.12 | 45 |
| 1) Wright, Lacey | 2) Daniels-Brown, Anna | | | |
| 29.09 | 1:00.30 (1:00.30) | 1:30.37 (30.07) | 2:03.12 (1:02.82) | |
| 3 Puyallup High School | C | 2:04.89 | 2:05.11 | 41 |
| 1) Liu, Kaitlyn | 2) Gamache, Olivia | | | |
| 29.57 | 1:02.08 (1:02.08) | 1:31.99 (29.91) | 2:05.11 (1:03.03) | |
| 4 Ohs Lady Bears-MR | B | NT | 2:05.57 | 39 |
| 1) Song, Emma | 2) Watson, Carissa | | | |
| 29.69 | 1:03.03 (1:03.03) | 1:32.40 (29.37) | 2:05.57 (1:02.54) | |

2016 South Sound Relays - 10/1/2016

Results - SSR

(Event 7 Women 2x100 Yard Freestyle Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|-------------------------------|-------------------------|-------------------|-------------------|--------|
| 5 Ohs Lady Bears-MR | C | NT | 2:06.57 | 37 |
| 1) Whitney, Emily | 2) Yen, Ashley | | | |
| 30.92 | 1:04.64 (1:04.64) | 1:33.84 (29.20) | 2:06.57 (1:01.93) | |
| 6 Rogers Rams-PN | A | 1:51.15 | 2:08.42 | 35 |
| 1) Hert, Natalie | 2) Todd, Laura | | | |
| 29.72 | 1:01.79 (1:01.79) | 1:33.60 (31.81) | 2:08.42 (1:06.63) | |
| 7 Lakes High School-PN | A | NT | 2:09.69 | 33 |
| 1) Hamil, Lauren | 2) Hamil, Amber | | | |
| 30.96 | 1:05.32 (1:05.32) | 1:36.00 (30.68) | 2:09.69 (1:04.37) | |
| 8 South Kitsap High School | A | 1:52.50 | 2:09.81 | 31 |
| 1) Millet, Aspen | 2) Green, Naomi | | | |
| 32.04 | 1:07.76 (1:07.76) | 1:37.45 (29.69) | 2:09.81 (1:02.05) | |
| 9 Puyallup High School | B | 2:16.52 | 2:14.32 | 29 |
| 1) Bosworth, Ireland | 2) Pittman, Dana | | | |
| 31.81 | 1:06.64 (1:06.64) | 1:38.57 (31.93) | 2:14.32 (1:07.68) | |
| 10 Puyallup High School | A | 2:12.84 | 2:14.37 | 27 |
| 1) Seiberlich, Katie | 2) McClure, Jillian | | | |
| 32.25 | 1:08.30 (1:08.30) | 1:39.30 (31.00) | 2:14.37 (1:06.07) | |
| 11 Rogers Rams-PN | B | NT | 2:15.00 | 25 |
| 1) Strayhorne, Asia | 2) Lewis, Hannah | | | |
| 31.51 | 1:05.91 (1:05.91) | 1:39.31 (33.40) | 2:15.00 (1:09.09) | |
| 12 Central Kitsap HS Girls-PN | A | NT | 2:17.50 | 24 |
| 1) Geddes, Leah 17 | 2) McCann, Emily 16 | | | |
| 31.85 | 1:10.66 (1:10.66) | 1:39.58 (28.92) | 2:17.50 (1:06.84) | |
| 13 Shelton High Climbers-PN | A | NT | 2:24.96 | 22 |
| 1) Clarey,Carolynn | 2) Gonella, Becky | | | |
| 35.37 | 1:14.67 (1:14.67) | 1:46.86 (32.19) | 2:24.96 (1:10.29) | |
| 14 Ohs Lady Bears-MR | H | NT | 2:25.72 | 21 |
| 1) Pruet, Kelsey | 2) Owens, Abbey | | | |
| 33.74 | 1:09.49 (1:09.49) | 1:46.58 (37.09) | 2:25.72 (1:16.23) | |
| 15 Central Kitsap HS Girls-PN | B | NT | 2:26.70 | 20 |
| 1) Labow, Lauren 16 | 2) Thompson, Abigail 14 | | | |
| 32.62 | 1:09.59 (1:09.59) | 2:26.82 (1:17.23) | 2:26.70 (1:17.11) | |
| 16 Black Hills High School | B | NT | 2:27.91 | 19 |
| 1) Gwinn, Madeline 16 | 2) Cagle, Lauren 17 | | | |
| 34.81 | 1:12.82 (1:12.82) | 1:49.28 (36.46) | 2:27.91 (1:15.09) | |
| 17 Rogers Rams-PN | C | NT | 2:30.23 | 18 |
| 1) Benning, Montana | 2) Hopkins, Heidi | | | |
| 34.32 | 1:11.44 (1:11.44) | 1:47.52 (36.08) | 2:30.23 (1:18.79) | |
| 18 Steilacoom Sentinels | B | NT | 2:31.24 | 17 |
| 1) Bright, Alyssa | 2) Merritt, Karena | | | |
| 36.61 | 1:17.88 (1:17.88) | 1:53.41 (35.53) | 2:31.24 (1:13.36) | |
| 19 Black Hills High School | A | 2:20.00 | 2:39.77 | 16 |
| 1) Bishop, Kalli 15 | 2) Ruzicka, Bethany | | | |
| 33.07 | 1:11.82 (1:11.82) | 1:52.42 (40.60) | 2:39.77 (1:27.95) | |
| 20 Steilacoom Sentinels | C | NT | 2:43.66 | 15 |
| 1) Scroggins, Dakota | 2) Hedge, Rio | | | |
| 38.26 | 1:20.14 (1:20.14) | 1:59.57 (39.43) | 2:43.66 (1:23.52) | |
| 21 Lakes High School-PN | C | NT | 2:47.96 | 14 |
| 1) Morrow, Savannah | 2) McCarthy, Emma | | | |
| 43.22 | 1:31.01 (1:31.01) | 2:06.00 (34.99) | 2:47.96 (1:16.95) | |
| 22 Black Hills High School | C | NT | 2:59.00 | 13 |
| 1) Evans, Courtney | 2) Rogers, Jessika 17 | | | |
| 39.36 | 1:34.63 (1:34.63) | 2:13.13 (38.50) | 2:59.00 (1:24.37) | |

2016 South Sound Relays - 10/1/2016

Results - SSR

(Event 7 Women 2x100 Yard Freestyle Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|-------------------------------|-----------------------|---|-------------------|--------|
| 23 Shelton High Climbers-PN | B | NT | 3:01.83 | 12 |
| | | 3) Gordham, Emma | 4) Gonella, Vicky | |
| | | 48.53 1:44.73 (1:44.73) 2:17.18 (32.45) | 3:01.83 (1:17.10) | |
| 24 Central Kitsap HS Girls-PN | C | NT | 3:02.26 | 10 |
| 1) Dayley, Jenna 15 | 2) Mangan, Gillian 16 | | | |
| | | 38.87 1:32.31 (1:32.31) 2:14.23 (41.92) | 3:02.26 (1:29.95) | |
| 25 Lakes High School-PN | B | NT | 3:02.71 | 9 |
| 1) Alves, Mali | 2) Dixon, Korenna | | | |
| | | 44.39 1:33.09 (1:33.09) 2:15.37 (42.28) | 3:02.71 (1:29.62) | |
| 26 South Kitsap High School | B | NT | 3:05.12 | 8 |
| 1) Irwin, Emma | 2) Jones, Sarra | | | |
| | | 38.92 1:30.81 (1:30.81) 3:05.46 (1:34.65) | 3:05.12 (1:34.31) | |
| 27 Shelton High Climbers-PN | C | NT | 3:24.50 | 7 |
| 1) Moran-Perez, Ruth | 2) Goldy, Chloe 16 | | | |
| | | 46.54 1:37.40 (1:37.40) 1:53.38 (15.98) | 3:24.50 (1:47.10) | |
| --- Puyallup High School | D | 2:19.89 | X2:17.66 | |
| 1) Witham, Trixie | 2) Santos, Jenna | | | |
| | | 32.96 1:10.48 (1:10.48) 1:43.13 (32.65) | 2:17.66 (1:07.18) | |
| --- Puyallup High School | E | 2:23.74 | X2:21.47 | |
| 1) Kurpius, Sarah | 2) Maher, Ciara | | | |
| | | 33.89 1:12.01 (1:12.01) 1:44.81 (32.80) | 2:21.47 (1:09.46) | |
| --- Rogers Rams-PN | D | NT | X2:24.21 | |
| 1) Perkins, Madison | 2) Wilkerson, Amy | | | |
| | | 34.05 1:11.98 (1:11.98) 1:46.36 (34.38) | 2:24.21 (1:12.23) | |
| --- Puyallup High School | F | 2:26.92 | X2:27.89 | |
| 1) Holmquist, Britt | 2) Christenson, Alana | | | |
| | | 34.53 1:14.26 (1:14.26) 1:46.64 (32.38) | 2:27.89 (1:13.63) | |
| --- Puyallup High School | G | 2:28.91 | X2:28.67 | |
| 1) Essman, Elissa | 2) Skaggs, Taylor | | | |
| | | 33.54 1:10.82 (1:10.82) 2:28.71 (1:17.89) | 2:28.67 (1:17.85) | |
| --- Ohs Lady Bears-MR | F | NT | X2:32.16 | |
| 1) Marzella, Julia | 2) Yin, Daisy | | | |
| | | 37.25 1:18.45 (1:18.45) 1:53.47 (35.02) | 2:32.16 (1:13.71) | |
| --- Ohs Lady Bears-MR | E | NT | X2:41.85 | |
| 1) Stagnone, Caleigh | 2) Moon, Madeline | | | |
| | | 38.77 1:20.86 (1:20.86) 1:59.26 (38.40) | 2:41.85 (1:20.99) | |
| --- Steilacoom Sentinels | E | NT | X2:51.65 | |
| 1) Forrey, Ivagene | 2) Sherwood, Sydney | | | |
| | | 40.49 2:04.50 (2:04.50) 2:51.92 (47.42) | 2:51.65 (47.15) | |
| --- Steilacoom Sentinels | G | NT | X2:53.99 | |
| 1) Malone, Desiree | 2) Cushman, Isabelle | | | |
| | | 43.89 1:29.19 (1:29.19) 2:08.98 (39.79) | 2:53.99 (1:24.80) | |
| --- Steilacoom Sentinels | F | NT | X2:54.43 | |
| 1) Crow, Sariah | 2) Gehring, Julia | | | |
| | | 40.51 1:24.03 (1:24.03) 2:09.31 (45.28) | 2:54.43 (1:30.40) | |
| --- Steilacoom Sentinels | D | NT | X2:56.68 | |
| 1) Crow, Rebekah | 2) Sandoval, Talina | | | |
| | | 40.25 1:29.96 (1:29.96) 2:10.75 (40.79) | 2:56.68 (1:26.72) | |
| --- Ohs Lady Bears-MR | D | NT | X2:58.89 | |
| 1) Price, Sophia | 2) Mathesoon, Celee | | | |
| | | 43.78 1:32.67 (1:32.67) 2:10.32 (37.65) | 2:58.89 (1:26.22) | |
| --- Steilacoom Sentinels | H | NT | X3:08.66 | |
| 1) Duenas, Kaitlin | 2) Turner, Aylish | | | |
| | | 45.47 1:32.65 (1:32.65) 2:18.86 (46.21) | 3:08.66 (1:36.01) | |

2016 South Sound Relays - 10/1/2016**Results - SSR****(Event 7 Women 2x100 Yard Freestyle Relay)**

| Team | Relay | Seed Time | Finals Time | Points |
|--------------------------|-----------------------|-----------------|-------------------|--------|
| --- Lakes High School-PN | D | NT | X3:12.62 | |
| 1) Myers, Zoe | 2) Pogoncheff, Kialie | | | |
| 46.06 | 1:37.09 (1:37.09) | 2:22.89 (45.80) | 3:12.62 (1:35.53) | |
| --- Steilacoom Sentinels | I | NT | X3:28.31 | |
| 1) Felker, Tiffany | 2) Mendoza, Tiffany | | | |
| 45.99 | 1:37.62 (1:37.62) | 2:28.51 (50.89) | 3:28.31 (1:50.69) | |
| --- Ohs Lady Bears-MR | G | NT | X3:42.21 | |
| 1) Alam, Amelia | 2) Plattner, Makenzie | | | |
| 53.40 | 2:03.55 (2:03.55) | 2:47.87 (44.32) | 3:42.21 (1:38.66) | |
| --- Lakes High School-PN | E | NT | XDQ | |
| 1) Soper, Jane | 2) Campbell, Sky | | | |
| 42.37 | 1:33.14 (1:33.14) | 2:16.78 (43.64) | DQ (1:40.71) | |

Event 8 Women 200 Yard Freestyle Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|---------------------------|-----------------------------|----------------------|--------|
| 1 Central Kitsap HS Girls-PN | A | NT | 1:50.80 | 49 |
| 1) Smith, Grace 18 | 2) Sims, Taylor M 15 | 3) Tubberville, Tatertot 16 | 4) Geddes, Leah 17 | |
| 28.22 | 54.26 (26.04) | 1:26.99 (32.73) | 1:50.80 (23.81) | |
| 2 Puyallup High School | A | 1:51.09 | 1:51.03 | 45 |
| 1) Dunayski, Gabi | 2) Fitzsimmons, Jenna | 3) Liu, Kaitlyn | 4) Messineo, Tabitha | |
| 27.39 | 55.25 (27.86) | 1:23.08 (27.83) | 1:51.03 (27.95) | |
| 3 Black Hills High School | A | 1:53.39 | 1:53.41 | 41 |
| 1) Prybylski, Emma | 2) Pennella, CeCe 16 | 3) Rietema, Leah 16 | 4) Bryan, Brielle 15 | |
| 27.42 | 57.90 (30.48) | 1:25.11 (27.21) | 1:53.41 (28.30) | |
| 4 Rogers Rams-PN | A | 1:51.15 | 2:00.90 | 39 |
| 1) Fifield, Mandy | 2) Shakespeare, Brynley | 3) Lewis, Hannah | 4) Ko, Sophia | |
| 28.62 | 1:01.00 (32.38) | 1:31.50 (30.50) | 2:00.90 (29.40) | |
| 5 Ohs Lady Bears-MR | A | 1:56.55 | 2:07.05 | 37 |
| 1) Whitney, Emily | 2) Lang, Clare | 3) Merrigan, Clare | 4) Ho, Florence | |
| 29.95 | 1:03.36 (33.41) | 1:37.63 (34.27) | 2:07.05 (29.42) | |
| 6 Steilacoom Sentinels | A | NT | 2:12.25 | 35 |
| 1) Lange, Sydney | 2) VanSteenwort, Kiersten | 3) Sheppard, Mia | 4) Anderson, Amanda | |
| 28.81 | 1:04.60 (35.79) | 1:37.18 (32.58) | 2:12.25 (35.07) | |
| 7 Shelton High Climbers-PN | A | NT | 2:21.49 | 33 |
| 1) Walters, Kaitlyn | 2) Clarey,Carolynn | 3) Gonella, Vicky | 4) BP, Angellica | |
| 38.28 | 1:11.04 (32.76) | 1:51.56 (40.52) | 2:21.49 (29.93) | |
| 8 South Kitsap High School | A | NT | 2:54.70 | 31 |
| 1) Wellman, Ronnie | 2) Scheibner, Hailee | 3) Townsend, Allie | 4) Crain, Morgan | |
| 33.11 | 1:11.80 (38.69) | 1:52.92 (41.12) | 2:54.70 (1:01.78) | |
| --- Lakes High School-PN | A | NT | DQ | |
| 1) Hamil, Lauren | 2) Edgecomb, Sarah | 3) Hamil, Amber | 4) Bruner, Maddie | |
| 29.67 | 59.04 (29.37) | 1:28.62 (29.58) | DQ (29.40) | |

Event 9 Women 2x100 Yard Backstroke Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------|--------------------|-----------------|-------------------|--------|
| 1 Puyallup High School | A | 2:11.78 | 2:11.78 | 49 |
| 1) Kiuchi, Kacey | 2) Kegans, Chelsea | | | |
| 30.69 | 1:03.19 (1:03.19) | 1:35.27 (32.08) | 2:11.78 (1:08.59) | |
| 2 Ohs Lady Bears-MR | A | NT | 2:13.83 | 45 |
| 1) Norman, Ally | 2) Moore, Amelia | | | |
| 32.43 | 1:06.58 (1:06.58) | 1:38.57 (31.99) | 2:13.83 (1:07.25) | |
| 3 Steilacoom Sentinels | A | NT | 2:14.49 | 41 |
| 1) Murphy, Megan | 2) Forbes, Emily | | | |
| 32.28 | 1:07.93 (1:07.93) | 1:39.56 (31.63) | 2:14.49 (1:06.56) | |

2016 South Sound Relays - 10/1/2016

Results - SSR

(Event 9 Women 2x100 Yard Backstroke Relay)

| Team | Relay | Seed Time | Finals Time | Points |
|-------------------------------|-----------------------------|-------------------|-------------------|--------|
| 4 Ohs Lady Bears-MR | B | NT | 2:22.66 | 39 |
| 1) Daniels-Brown, Anna | 2) Hufford, Sidney | | | |
| 34.07 | 1:11.04 (1:11.04) | 1:44.70 (33.66) | 2:22.66 (1:11.62) | |
| 5 Puyallup High School | B | 2:44.57 | 2:24.65 | 37 |
| 1) Anderson, Sara | 2) Maher, Ciara | | | |
| 32.53 | 1:09.01 (1:09.01) | 1:45.24 (36.23) | 2:24.65 (1:15.64) | |
| 6 Central Kitsap HS Girls-PN | A | NT | 2:29.27 | 35 |
| 1) McCann, Emily 16 | 2) Tubberville, Tatertot 16 | | | |
| 39.36 | 1:53.57 (1:53.57) | 2:37.40 (43.83) | 2:29.27 (35.70) | |
| 7 Ohs Lady Bears-MR | C | NT | 2:30.63 | 33 |
| 1) Shang, Elizabeth | 2) Bonauto, Sydney | | | |
| 38.25 | 1:18.96 (1:18.96) | 1:52.80 (33.84) | 2:30.63 (1:11.67) | |
| 8 Rogers Rams-PN | A | 2:31.59 | 2:31.34 | 31 |
| 1) Patterson, Rebecca | 2) Lewis, Hannah | | | |
| 35.18 | 1:13.65 (1:13.65) | 1:51.04 (37.39) | 2:31.34 (1:17.69) | |
| 9 Steilacoom Sentinels | B | NT | 2:34.44 | 29 |
| 1) Just, Miranda | 2) Merritt, Karena | | | |
| 33.92 | 1:11.77 (1:11.77) | 1:51.65 (39.88) | 2:34.44 (1:22.67) | |
| 10 Lakes High School-PN | A | NT | 2:35.96 | 27 |
| 1) Edgecomb, Sarah | 2) Walters, Abi | | | |
| 34.63 | 1:12.30 (1:12.30) | 1:52.67 (40.37) | 2:35.96 (1:23.66) | |
| 11 Puyallup High School | C | 2:50.30 | 2:39.82 | 25 |
| 1) Pittser, Jordan | 2) Trebilcock, Ave | | | |
| 37.55 | 1:19.45 (1:19.45) | 1:57.69 (38.24) | 2:39.82 (1:20.37) | |
| 12 Rogers Rams-PN | B | NT | 2:40.28 | 24 |
| 1) Knight, Melissa | 2) Todd, Laura | | | |
| 40.13 | 1:23.44 (1:23.44) | 2:00.28 (36.84) | 2:40.28 (1:16.84) | |
| 13 Rogers Rams-PN | C | NT | 2:47.88 | 22 |
| 1) Wilkerson, Amy | 2) Hopkins, Heidi | | | |
| 1:23.44 | 2:02.93 (2:02.93) | 2:48.01 (45.08) | 2:47.88 (44.95) | |
| 14 Steilacoom Sentinels | C | NT | 2:54.06 | 21 |
| 1) Lovell, Abigail | 2) Cushman, Isabelle | | | |
| 40.67 | 1:23.56 (1:23.56) | 2:08.18 (44.62) | 2:54.06 (1:30.50) | |
| 15 Shelton High Climbers-PN | A | NT | 2:54.54 | 20 |
| 1) BP, Angellica | 2) Walters, Kaitlyn | | | |
| 39.82 | 1:33.53 (1:33.53) | 2:08.35 (34.82) | 2:54.54 (1:21.01) | |
| 16 Central Kitsap HS Girls-PN | B | NT | 2:54.67 | 19 |
| 1) yi, Winter 14 | 2) Thompson, Abigail 14 | | | |
| 42.42 | 1:27.52 (1:27.52) | 2:08.54 (41.02) | 2:54.67 (1:27.15) | |
| 17 Black Hills High School | B | NT | 2:55.39 | 18 |
| 1) Krysinski, Josie 17 | 2) Cagle, Lauren 17 | | | |
| 39.78 | 1:24.42 (1:24.42) | 2:07.65 (43.23) | 2:55.39 (1:30.97) | |
| 18 Black Hills High School | C | NT | 3:20.73 | 17 |
| 1) Gwinn, Madeline 16 | 2) Rogers, Jessika 17 | | | |
| 43.75 | 1:30.11 (1:30.11) | 3:20.73 (1:50.62) | | |
| 19 South Kitsap High School | A | NT | 3:23.01 | 16 |
| 1) Jones, Sarra | 2) Wellman, Ronnie | | | |
| 59.16 | 1:59.55 (1:59.55) | 3:23.01 (1:23.46) | | |
| 20 Lakes High School-PN | B | NT | 3:29.55 | 15 |
| 1) Dixon, Korena | 2) Kassman, Shelby | | | |
| 54.40 | 1:54.37 (1:54.37) | 2:39.94 (45.57) | 3:29.55 (1:35.18) | |
| --- Ohs Lady Bears-MR | F | NT | X2:42.04 | |
| 1) Klotz, Taryn | 2) Yin, Daisy | | | |
| 37.61 | 1:17.96 (1:17.96) | 1:58.38 (40.42) | 2:42.04 (1:24.08) | |

2016 South Sound Relays - 10/1/2016**Results - SSR****(Event 9 Women 2x100 Yard Backstroke Relay)**

| Team | Relay | Seed Time | Finals Time | Points |
|--------------------------------|-----------------------|-------------------|-------------------|--------|
| --- Ohs Lady Bears-MR | E | NT | X2:56.95 | |
| 1) Marzella, Julia | 2) Javier, Ashley | | | |
| 41.81 | 1:30.17 (1:30.17) | 2:08.43 (38.26) | 2:56.95 (1:26.78) | |
| --- Steilacoom Sentinels | D | NT | X3:10.13 | |
| 1) Forrey, Ivagene | 2) Bright, Alyssa | | | |
| 44.59 | 1:32.39 (1:32.39) | 2:19.49 (47.10) | 3:10.13 (1:37.74) | |
| --- Steilacoom Sentinels | E | NT | X3:45.03 | |
| 1) Sandoval, Talina | 2) Turner, Aylish | | | |
| 49.11 | 1:43.16 (1:43.16) | 2:40.83 (57.67) | 3:45.03 (2:01.87) | |
| --- Ohs Lady Bears-MR | G | NT | XDQ | |
| 1) Owens, Abbey | 2) Moon, Madeline | | | |
| 51.32 | 1:40.08 (1:40.08) | 2:22.21 (42.13) | DQ (1:29.12) | |
| --- Central Kitsap HS Girls-PN | C | NT | DQ | |
| 1) Dayley, Jenna 15 | 2) Debenon, Claire 15 | | | |
| 47.85 | 1:40.66 (1:40.66) | 2:39.14 (58.48) | DQ (2:12.93) | |
| --- Shelton High Climbers-PN | B | NT | DQ | |
| 1) Moran-Perez, Ruth | 2) Gordham, Emma | | | |
| 2:41.19 | 3:14.06 (3:14.06) | DQ (1:02.55) | | |
| --- Ohs Lady Bears-MR | D | NT | XDQ | |
| 1) Price, Sophia | 2) Mathesoon, Celee | | | |
| 2:08.91 | DQ (3:55.07) | | | |
| --- Black Hills High School | A | 2:41.35 | DQ | |
| 1) Evans, Courtney | 2) Ruzicka, Bethany | | | |
| 48.96 | 1:46.90 (1:46.90) | 3:19.63 (1:32.73) | | |

Event 10 Women 2x100 Yard Breaststroke Relay

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|---------------------|-----------------|-------------------|--------|
| 1 Ohs Lady Bears-MR | A | NT | 2:31.54 | 49 |
| 1) Wright, Maddie | 2) Song, Emma | | | |
| 37.00 | 1:18.35 (1:18.35) | 1:51.81 (33.46) | 2:31.54 (1:13.19) | |
| 2 Puyallup High School | A | 2:36.57 | 2:34.73 | 45 |
| 1) Messineo, Tabitha | 2) Gill, Ireigh | | | |
| 35.33 | 1:15.62 (1:15.62) | 1:52.30 (36.68) | 2:34.73 (1:19.11) | |
| 3 Ohs Lady Bears-MR | B | NT | 2:42.25 | 41 |
| 1) Yen, Ashley | 2) Hufford, Sidney | | | |
| 37.46 | 1:21.12 (1:21.12) | 1:59.07 (37.95) | 2:42.25 (1:21.13) | |
| 4 Puyallup High School | B | 2:44.57 | 2:43.34 | 39 |
| 1) Santos, Jenna | 2) Holmquist, Britt | | | |
| 37.36 | 1:20.05 (1:20.05) | 1:58.10 (38.05) | 2:43.34 (1:23.29) | |
| 5 Shelton High Climbers-PN | A | NT | 2:47.81 | 37 |
| 1) Oliver, Hannah | 2) Leach, Morgan | | | |
| 39.29 | 1:24.81 (1:24.81) | 2:03.73 (38.92) | 2:47.81 (1:23.00) | |
| 6 Central Kitsap HS Girls-PN | A | NT | 2:48.52 | 35 |
| 1) Sims, Taylor M 15 | 2) Labow, Lauren 16 | | | |
| 37.06 | 1:16.11 (1:16.11) | 1:58.94 (42.83) | 2:48.52 (1:32.41) | |
| 7 Steilacoom Sentinels | A | NT | 2:49.62 | 33 |
| 1) Mazikowski, Meeah | 2) Park, Hannah | | | |
| 39.33 | 1:21.23 (1:21.23) | 2:02.76 (41.53) | 2:49.62 (1:28.39) | |
| 8 Rogers Rams-PN | A | 2:51.29 | 2:49.96 | 31 |
| 1) Millington, Rachel | 2) Hill, Mackenzie | | | |
| 40.21 | 1:25.72 (1:25.72) | 2:06.15 (40.43) | 2:49.96 (1:24.24) | |
| 9 Ohs Lady Bears-MR | C | NT | 2:52.23 | 29 |
| 1) Ho, Florence | 2) Grant, Emi | | | |
| 40.20 | 1:25.75 (1:25.75) | 2:05.39 (39.64) | 2:52.23 (1:26.48) | |

2016 South Sound Relays - 10/1/2016**Results - SSR****(Event 10 Women 2x100 Yard Breaststroke Relay)**

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|-----------------------|-------------------|-------------------|--------|
| 10 Rogers Rams-PN | B | NT | 2:52.26 | 27 |
| 1) Loveless, Shaina | 2) Fifield, Mandy | | | |
| 41.61 | 1:29.17 (1:29.17) | 2:07.61 (38.44) | 2:52.26 (1:23.09) | |
| 11 Puyallup High School | C | 2:50.30 | 2:52.96 | 25 |
| 1) Benning, Sydney | 2) Christenson, Alana | | | |
| 42.71 | 1:29.14 (1:29.14) | 2:07.46 (38.32) | 2:52.96 (1:23.82) | |
| 12 South Kitsap High School | A | NT | 3:00.47 | 24 |
| 1) Green, Naomi | 2) Millet, Aspen | | | |
| 41.37 | 1:28.39 (1:28.39) | 2:10.98 (42.59) | 3:00.47 (1:32.08) | |
| 13 Lakes High School-PN | A | NT | 3:00.93 | 22 |
| 1) Hamil, Amber | 2) Walters, Abi | | | |
| 40.82 | 1:25.64 (1:25.64) | 2:10.36 (44.72) | 3:00.93 (1:35.29) | |
| 14 Black Hills High School | B | NT | 3:10.63 | 21 |
| 1) Bryan, Brielle 15 | 2) Gwinn, Madeline 16 | | | |
| 42.61 | 2:19.23 (2:19.23) | 3:10.92 (51.69) | 3:10.63 (51.40) | |
| 15 Rogers Rams-PN | C | NT | 3:15.35 | 20 |
| 1) Green, Natalie | 2) Benning, Montana | | | |
| 45.66 | 1:35.73 (1:35.73) | 2:22.79 (47.06) | 3:15.35 (1:39.62) | |
| 16 Black Hills High School | A | 2:59.69 | 3:16.13 | 19 |
| 1) Olson, Kristen M 15 | 2) Rietema, Leah 16 | | | |
| 52.69 | 1:53.31 (1:53.31) | 2:32.22 (38.91) | 3:16.13 (1:22.82) | |
| 17 Steilacoom Sentinels | B | NT | 3:21.05 | 18 |
| 1) VanSteenwort, Kiersten | 2) Hedge, Rio | | | |
| 47.11 | 1:46.07 (1:46.07) | 2:26.88 (40.81) | 3:21.05 (1:34.98) | |
| 18 Lakes High School-PN | B | NT | 3:27.26 | 17 |
| 1) McCarthy, Emma | 2) Morrow, Savannah | | | |
| 44.19 | 1:35.39 (1:35.39) | 2:27.36 (51.97) | 3:27.26 (1:51.87) | |
| 19 Steilacoom Sentinels | C | NT | 3:39.08 | 16 |
| 1) Anderson, Amanda | 2) Scroggins, Dakota | | | |
| 52.10 | 1:49.07 (1:49.07) | 2:40.88 (51.81) | 3:39.08 (1:50.01) | |
| 20 South Kitsap High School | B | NT | 4:01.87 | 15 |
| 1) Irwin, Emma | 2) Scheibner, Hailee | | | |
| 56.63 | 2:04.18 (2:04.18) | 2:56.74 (52.56) | 4:01.87 (1:57.69) | |
| --- Ohs Lady Bears-MR | D | NT | X2:59.31 | |
| 1) Lemon, Fiona | 2) Lemon, Phoebe | | | |
| 40.92 | 1:27.77 (1:27.77) | 2:10.08 (42.31) | 2:59.31 (1:31.54) | |
| --- Ohs Lady Bears-MR | E | NT | X3:26.22 | |
| 1) Pruet, Kelsey | 2) Stagnone, Caleigh | | | |
| 50.29 | 1:45.86 (1:45.86) | 2:31.94 (46.08) | 3:26.22 (1:40.36) | |
| --- Steilacoom Sentinels | D | NT | X3:51.72 | |
| 1) Malone, Desiree | 2) Sherwood, Sydney | | | |
| 53.65 | 2:00.22 (2:00.22) | 2:51.56 (51.34) | 3:51.72 (1:51.50) | |
| --- Steilacoom Sentinels | E | NT | X4:03.94 | |
| 1) Crow, Rebekah | 2) Crow, Sariah | | | |
| 52.77 | 1:57.92 (1:57.92) | 2:59.28 (1:01.36) | 4:03.94 (2:06.02) | |
| --- Ohs Lady Bears-MR | F | NT | XDQ | |
| 1) Price, Sophia | 2) Giang, Diana | | | |
| 59.69 | 2:07.59 (2:07.59) | 2:44.10 (36.51) | DQ (1:23.00) | |
| --- Steilacoom Sentinels | F | NT | XDQ | |
| 1) Duenas, Kaitlin | 2) Felker, Tiffany | | | |
| 1:02.76 | 2:17.39 (2:17.39) | 3:08.41 (51.02) | DQ (1:48.71) | |
| --- Shelton High Climbers-PN | B | NT | DQ | |
| 1) Gonella, Vicky | 2) Gordham, Emma | | | |
| 57.07 | 2:02.21 (2:02.21) | 2:56.07 (53.86) | DQ (1:54.74) | |

2016 South Sound Relays - 10/1/2016**Results - SSR****Event 11 Women 400 Yard Freestyle Relay**

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|-------------------------|------------------------|------------------------|--------|
| 1 Puyallup High School | A | 3:58.79 | 3:55.04 | 49 |
| 1) Anderson, Sara | 2) Kegans, Chelsea | 3) Dunayski, Gabi | 4) Kiuchi, Kacey | |
| 27.90 | 1:00.95 (1:00.95) | 1:29.24 (28.29) | 2:01.15 (1:00.20) | |
| 2:28.45 (27.30) | 2:59.21 (58.06) | 3:26.10 (26.89) | 3:55.04 (55.83) | |
| 2 Steilacoom Sentinels | A | NT | 4:00.72 | 45 |
| 1) Murphy, Megan | 2) Lange, Sydney | 3) Forbes, Emily | 4) Forbes, Rachel | |
| 28.35 | 1:00.11 (1:00.11) | 1:29.40 (29.29) | 2:01.79 (1:01.68) | |
| 2:29.32 (27.53) | 2:59.98 (58.19) | 3:28.34 (28.36) | 4:00.72 (1:00.74) | |
| 3 Ohs Lady Bears-MR | A | 4:10.69 | 4:08.16 | 41 |
| 1) Wright, Maddie | 2) Yen, Ashley | 3) Wright, Lacey | 4) Moore, Amelia | |
| 31.59 | 1:05.93 (1:05.93) | 1:34.22 (28.29) | 2:07.52 (1:01.59) | |
| 2:35.45 (27.93) | 3:20.54 (1:13.02) | 3:36.11 (15.57) | 4:08.16 (47.62) | |
| 4 Rogers Rams-PN | A | NT | 4:15.27 | 39 |
| 1) Shakespeare, Brynley | 2) Patterson, Rebecca | 3) Strayhorne, Asia | 4) Hert, Natalie | |
| 29.77 | 1:02.58 (1:02.58) | 1:33.89 (31.31) | 2:06.97 (1:04.39) | |
| 2:38.20 (31.23) | 3:13.17 (1:06.20) | 3:42.99 (29.82) | 4:15.27 (1:02.10) | |
| 5 Lakes High School-PN | A | NT | 4:32.05 | 37 |
| 1) Bruner, Maddie | 2) Eaton, Kyndyl | 3) Robb, Abby | 4) Hamil, Lauren | |
| 32.09 | 1:08.35 (1:08.35) | 1:39.53 (31.18) | 2:12.91 (1:04.56) | |
| 2:47.57 (34.66) | 3:27.21 (1:14.30) | 3:57.47 (30.26) | 4:32.05 (1:04.84) | |
| 6 Shelton High Climbers-PN | A | NT | 4:48.01 | 35 |
| 1) Gonella, Becky | 2) Leach, Morgan | 3) Oliver, Hannah | 4) BP, Angellica | |
| 33.02 | 1:11.30 (1:11.30) | 1:46.16 (34.86) | 2:25.95 (1:14.65) | |
| 2:59.96 (34.01) | 3:36.99 (1:11.04) | 4:09.45 (32.46) | 4:48.01 (1:11.02) | |
| 7 Black Hills High School | A | 4:26.47 | 4:54.99 | 33 |
| 1) Benton, Breeanna 15 | 2) Bishop, Kalli 15 | 3) Olson, Kristen M 15 | 4) Krysinski, Josie 17 | |
| 34.80 | 1:14.45 (1:14.45) | 1:46.85 (32.40) | 2:26.35 (1:11.90) | |
| 3:02.49 (36.14) | 3:46.57 (1:20.22) | 4:18.46 (31.89) | 4:54.99 (1:08.42) | |
| 8 Central Kitsap HS Girls-PN | A | NT | 5:32.74 | 31 |
| 1) yi, Winter 14 | 2) Thompson, Abigail 14 | 3) Dayley, Jenna 15 | 4) Grundt, Madeline 15 | |
| 34.65 | 1:13.17 (1:13.17) | 1:49.41 (36.24) | 2:30.81 (1:17.64) | |
| 3:11.80 (40.99) | 4:05.43 (1:34.62) | 4:46.69 (41.26) | 5:32.74 (1:27.31) | |

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

| | | | |
|-----------------------------|-----|----------------------------|-----|
| 1. Ohs Lady Bears | 954 | 2. Puyallup High School | 885 |
| 3. Steilacoom Sentinels | 728 | 4. Rogers Rams | 703 |
| 5. Central Kitsap HS Girls | 429 | 6. Black Hills High School | 401 |
| 7. Lakes High School | 369 | 8. Shelton High Climbers | 301 |
| 9. South Kitsap High School | 207 | | |