

Kamiak v Lake Stevens - 9/17/2019

Results - one

Event 1 Women 200 Yard Medley Relay

1:53.50 4A S 4A state

| Team | Relay | Finals Time |
|-------------------------------|------------------------------|-------------|
| 1 LSHS | A | 1:57.87 8 |
| 1) Olsen, Emma 16 | 2) r:NRT Kreide, Cheyenne 16 | |
| 3) r:NRT Fricke, Aaliyha 17 | 4) r:NRT Butler, Madelynn 15 | |
| 32.97 31.36 | 27.41 26.13 | |
| 2 KAM | A | 2:01.85 4 |
| 1) Vo, Phung | 2) r:NRT Person, Jacquelynn | |
| 3) r:NRT Ryu, Sophia | 4) r:NRT Seaberg, Annika | |
| 30.74 34.74 | 28.66 27.71 | |
| 3 KAM | B | 2:05.10 2 |
| 1) Gordon, Keonamarie | 2) r:NRT Lorenzo, Jasmine | |
| 3) r:NRT Hatscher, Grace | 4) r:NRT Cunningham, Eva | |
| 32.37 34.19 | 28.71 29.83 | |
| 4 LSHS | B | 2:12.12 |
| 1) Watkins, Maraida 16 | 2) r:NRT Freeman, Kyra 15 | |
| 3) r:NRT Stewart, Kayla 15 | 4) r:NRT Anderson, Maya 15 | |
| 32.62 37.17 | 33.16 29.17 | |
| 5 KAM | F | 2:14.59 |
| 1) Lynch, Ashley | 2) r:NRT Forsyth, Parker | |
| 3) r:NRT Zundel, Katy | 4) r:NRT Ireland, Abigale | |
| | 33.22 30.84 | |
| 6 LSHS | C | 2:16.23 |
| 1) Fleischmann, Sarah 14 | 2) r:NRT Holland, Kathryn 17 | |
| 3) r:NRT Courtenay, Emma 15 | 4) r:NRT Haack, Taylor 15 | |
| 35.01 36.59 | 35.05 29.58 | |
| 7 KAM | C | 2:22.53 |
| 1) Green, Maya | 2) r:NRT Kameda, Toko | |
| 3) r:NRT Lannertone, Izzy | 4) r:NRT McAllister, Maria | |
| 37.75 40.36 | 31.82 32.60 | |
| 8 KAM | D | 2:30.12 |
| 1) Freeman, Clare | 2) r:NRT Zundel, Sarah | |
| 3) r:NRT Solomon, Sarah | 4) r:NRT Song, Erin | |
| 40.10 40.91 | 37.86 31.25 | |
| 9 KAM | E | 2:38.06 |
| 1) Rojas, Caley | 2) r:NRT Coate, Allie | |
| 3) r:NRT Miller, Skye | 4) r:NRT Hollow, Alicia | |
| 38.74 40.58 | 39.20 39.54 | |
| --- LSHS | F | X2:49.41 |
| 1) Fritzler, Lizzie 16 | 2) r:NRT Nolan, Kaylyn | |
| 3) r:NRT Kingsbury, Bailey 17 | 4) r:NRT Schultz, Lauren 17 | |
| 41.21 57.57 | 33.30 37.33 | |
| --- LSHS | E | X2:51.14 |
| 1) Defrang, Hillary 15 | 2) r:NRT Svob, Serena 17 | |
| 3) r:NRT Swanson, Sofia 14 | 4) r:NRT Hansen, Abby 15 | |
| 48.86 41.73 | 41.19 39.36 | |
| --- LSHS | D | XDQ |
| 1) Smith, Mackenzie 14 | 2) r:NRT Winston, Laura 16 | |
| 3) r:NRT Balan, Holly 15 | 4) r:NRT Osburn, Veronica 14 | |
| 33.08 40.39 | 34.75 46.15 | |

Event 2 Women 200 Yard Freestyle

1:59.70 4A S 4A state

| Name | AgeSchool | Finals Time |
|-------------------|-------------|-------------|
| 1 Brown, Grace | 17 LSHS | 2:11.58 6 |
| 29.54 32.63 | 34.10 35.31 | |
| 2 Marlatt, Autumn | 15 LSHS | 2:13.18 4 |
| 29.99 33.80 | 34.74 34.65 | |

| | | |
|--------------------|-------------|-----------|
| 3 Whalen, Eleanor | KAM | 2:17.36 3 |
| 30.87 34.37 | 35.39 36.73 | |
| 4 Stinson, Paige | KAM | 2:17.71 2 |
| 31.10 34.35 | 35.59 36.67 | |
| 5 Green, Maya | KAM | 2:29.27 1 |
| 33.62 38.02 | 39.11 38.52 | |
| 6 Howard, Rachel | 15 LSHS | 2:29.36 |
| 32.24 36.81 | 40.47 39.84 | |
| 7 Luong, Chloe | KAM | 2:34.23 |
| 31.02 37.04 | 43.74 42.43 | |
| 8 Freeman, Clare | KAM | 2:38.06 |
| 33.46 39.00 | 43.34 42.26 | |
| 9 Coate, Allie | KAM | 2:44.65 |
| 35.68 41.24 | 1:27.73 | |
| 10 Debolt, CJ | KAM | 2:52.73 |
| 38.18 45.94 | 45.93 42.68 | |
| --- Howard, Kelly | 14 LSHS | X2:35.74 |
| 34.74 39.33 | 41.77 39.90 | |
| --- Vangala, Raaga | 15 LSHS | X2:41.49 |
| 33.74 40.65 | 43.55 43.55 | |

Event 3 Women 200 Yard IM

2:12.00 4A S 4A state

| Name | AgeSchool | Finals Time |
|----------------------|-------------|-------------|
| 1 Straume, Elli k | 17 KAM | 2:14.92 6 |
| 29.23 34.04 | 40.25 31.40 | |
| 2 Fricke, Aaliyha R | 17 LSHS | 2:30.35 4 |
| 28.99 39.01 | 46.55 35.80 | |
| 3 Kameda, Toko | KAM | 2:41.54 3 |
| 32.57 39.99 | 50.54 38.44 | |
| 4 Fleischmann, Sarah | 14 LSHS | 2:43.96 2 |
| 35.69 41.68 | 49.83 36.76 | |
| 5 Freeman, Kyra | 15 LSHS | 2:48.65 1 |
| 36.20 43.42 | 47.55 41.48 | |
| 6 Cunningham, Eva | KAM | 2:49.45 |
| 38.28 53.59 | 40.25 37.33 | |
| --- Lynch, Ashley | KAM | X2:31.69 |
| 34.11 37.41 | 46.12 34.05 | |
| --- Holland, Kathryn | 17 LSHS | X2:42.07 |
| 38.99 41.74 | 43.76 37.58 | |
| --- Stewart, Kayla | 15 LSHS | X2:46.33 |
| 36.07 42.89 | 49.23 38.14 | |
| --- Zundel, Katy | KAM | X2:48.10 |
| 35.33 39.98 | 52.42 40.37 | |
| --- Ireland, Abigale | KAM | X3:00.77 |
| 38.95 45.26 | 55.00 41.56 | |
| --- Balan, Holly | 15 LSHS | X3:02.25 |
| 1:23.86 55.57 | 42.82 | |

Event 4 Women 50 Yard Freestyle

24.90 4A S 4A state

| Name | AgeSchool | Finals Time |
|----------------------|-----------|-------------|
| 1 Butler, Madelynn | 15 LSHS | 25.93 6 |
| 2 Hatscher, Grace | KAM | 26.65 4 |
| 3 Person, Jacquelynn | KAM | 27.07 3 |
| 4 Seaberg, Annika | KAM | 27.46 2 |
| 5 Olsen, Emma | 16 LSHS | 27.84 1 |
| 6 Clement, Sydney | 16 LSHS | 28.27 |

Kamiak v Lake Stevens - 9/17/2019

Results - one

(Event 4 Women 50 Yard Freestyle)

| Name | Age | School | Finals Time |
|---------------------------|-----|--------|-------------|
| --- Anderson, Maya | 15 | LSHS | X29.81 |
| --- Kingsbury, Bailey | 17 | LSHS | X29.90 |
| --- Courtenay, Emma | 15 | LSHS | X31.08 |
| --- Svob, Serena | 17 | LSHS | X31.76 |
| --- Rojas, Caley | | KAM | X33.04 |
| --- Fritzier, Lizzie | 16 | LSHS | X33.22 |
| --- Seo, Allison | | KAM | X33.44 |
| --- Song, Kaitlin | | KAM | X33.50 |
| --- Miller, Skye | | KAM | X33.97 |
| --- Defrang, Hillary | 15 | LSHS | X34.16 |
| --- Solomon, Sarah | | KAM | X34.70 |
| --- Oh, Young | | KAM | X35.29 |
| --- Zundel, Sarah | | KAM | X35.36 |
| --- Swanson, Sofia | 14 | LSHS | X35.90 |
| --- Nolan, Kaylyn | | LSHS | X37.28 |
| --- Hansen, Maddy | | KAM | X37.63 |
| --- Johnson, Ella | | KAM | X38.08 |
| --- Schultz, Lauren | 17 | LSHS | X38.54 |
| --- Hansen, Abby | 15 | LSHS | X39.81 |
| --- Oldham, Casey | 15 | LSHS | X41.60 |
| --- Ralbovsky, Rhiannon | | KAM | X41.85 |
| --- Bishop, Abby | 14 | LSHS | X41.87 |
| --- Beardsley, Amilia | | KAM | X42.06 |
| --- Hollow, Alicia | | KAM | X42.72 |
| --- Weaver, Aaliyah | 14 | LSHS | X42.90 |
| --- Kirk, Eliza | | KAM | X48.78 |
| --- Black, Carmen | 14 | LSHS | X48.78 |
| --- Osburn, Veronica | 14 | LSHS | X48.84 |
| --- Hanford, Allison | 16 | LSHS | X1:00.54 |
| --- Puentes-Santos, Danna | | KAM | X3:14.57 |
| --- Buckhalter, Sierra | 14 | LSHS | XDQ |

Event 5 Women 1 mtr Diving

| Name | Age | School | Finals Score |
|--------------------------|-----|--------|--------------|
| 1 Chen, Connie | | KAM | 204.85 6 |
| 2 Reed, Makenna | | KAM | 191.60 4 |
| 3 Phanhtthavilay, Hannah | | KAM | 140.55 3 |
| 4 Eckhardt, Kayleigh | 15 | LSHS | 140.40 2 |
| --- Sims, Lieza | 16 | LSHS | NS |
| --- VanHorn, Elya | | KAM | NS |
| --- Coupez, Natalia | | KAM | NS |

Event 6 Women 100 Yard Butterfly

| Name | 59.00 | 4A S 4A state | Age | School | Finals Time |
|---------------------|-------|---------------|-----|--------|-------------|
| 1 Butler, Madelynn | | | 15 | LSHS | 1:01.08 6 |
| | 28.57 | 32.51 | | | |
| 2 Ryu, Sophia | | | | KAM | 1:02.09 4 |
| | 29.19 | 32.90 | | | |
| 3 Fricke, Aaliyha R | | | 17 | LSHS | 1:03.57 3 |
| | 29.49 | 34.08 | | | |
| 4 Seaberg, Annika | | | | KAM | 1:09.03 2 |
| | 31.71 | 37.32 | | | |
| 5 Lannertone, Izzy | | | | KAM | 1:14.92 1 |
| | 33.30 | 41.62 | | | |

| | | | |
|----------------------|-------|-------|----------|
| 6 Stewart, Kayla | 15 | LSHS | 1:16.23 |
| | 34.54 | 41.69 | |
| --- Forsyth, Parker | | KAM | X1:13.39 |
| | 33.82 | 39.57 | |
| --- Zundel, Katy | | KAM | X1:14.96 |
| | 35.66 | 39.30 | |
| --- Smith, Mackenzie | 14 | LSHS | X1:22.85 |
| | 37.35 | 45.50 | |
| --- Courtenay, Emma | 15 | LSHS | X1:25.84 |
| | 38.24 | 47.60 | |
| --- Ireland, Abigale | | KAM | X1:28.10 |
| | 39.68 | 48.42 | |
| --- Debolt, CJ | | KAM | X1:45.95 |
| | 48.28 | 57.67 | |

Event 7 Women 100 Yard Freestyle

| Name | 55.00 | 4A S 4A state | Age | School | Finals Time |
|-----------------------|-------|---------------|----------|--------|-------------|
| 1 Kreide, Cheyenne | 16 | LSHS | 57.34 | 6 | |
| | 27.44 | 29.90 | | | |
| 2 Watkins, Maraida | 16 | LSHS | 59.99 | 4 | |
| | 28.42 | 31.57 | | | |
| 3 Vo, Phung | | KAM | 1:01.29 | 3 | |
| | 28.87 | 32.42 | | | |
| 4 Gordon, Keaonamarie | | KAM | 1:02.47 | 2 | |
| | 29.47 | 33.00 | | | |
| 5 Stinson, Paige | | KAM | 1:03.18 | 1 | |
| | 30.02 | 33.16 | | | |
| 6 Clement, Sydney | 16 | LSHS | 1:05.65 | | |
| | 31.20 | 34.45 | | | |
| --- Lorenzo, Jasmine | | KAM | X1:03.75 | | |
| | 29.94 | 33.81 | | | |
| --- Haack, Taylor C | 15 | LSHS | X1:08.27 | | |
| | 32.57 | 35.70 | | | |
| --- Anderson, Maya | 15 | LSHS | X1:08.82 | | |
| | 32.13 | 36.69 | | | |
| --- Swanson, Sofia | 14 | LSHS | X1:11.94 | | |
| | 33.76 | 38.18 | | | |
| --- Rojas, Caley | | KAM | X1:12.96 | | |
| | 35.14 | 37.82 | | | |
| --- Howard, Kelly | 14 | LSHS | X1:13.32 | | |
| | 35.40 | 37.92 | | | |
| --- McAllister, Maria | | KAM | X1:13.36 | | |
| | 35.83 | 37.53 | | | |
| --- Song, Erin | | KAM | X1:14.14 | | |
| | 34.41 | 39.73 | | | |
| --- Coate, Allie | | KAM | X1:15.48 | | |
| | 36.10 | 39.38 | | | |
| --- Seo, Allison | | KAM | X1:15.76 | | |
| | 34.00 | 41.76 | | | |
| --- Solomon, Sarah | | KAM | X1:16.30 | | |
| | 37.09 | 39.21 | | | |
| --- King, Devin | | KAM | X1:16.56 | | |
| | 37.13 | 39.43 | | | |
| --- Song, Kaitlin | | KAM | X1:17.78 | | |
| | 37.82 | 39.96 | | | |
| --- Miller, Skye | | KAM | X1:18.59 | | |
| | 37.92 | 40.67 | | | |

Kamiak v Lake Stevens - 9/17/2019

Results - one

(Event 7 Women 100 Yard Freestyle)

| Name | Age | School | Finals Time |
|-------------------------|---------|--------|-------------|
| --- Oh, Young | | KAM | X1:26.00 |
| 38.89 | 47.11 | | |
| --- Johnson, Ella | | KAM | X1:28.66 |
| 40.58 | 48.08 | | |
| --- Hansen, Maddy | | KAM | X1:31.32 |
| 41.63 | 49.69 | | |
| --- Ralbovsky, Rhiannon | | KAM | X1:32.56 |
| 44.16 | 48.40 | | |
| --- Bishop, Abby | 14 | LSHS | X1:32.71 |
| 44.03 | 48.68 | | |
| --- Beardsley, Amilia | | KAM | X1:35.26 |
| 44.19 | 51.07 | | |
| --- Smith, Ava | | KAM | X1:46.45 |
| 42.42 | 1:04.03 | | |
| --- Kirk, Eliza | | KAM | XDQ |
| 50.47 | 56.94 | | |
| --- Winston, Laura | 16 | LSHS | XNS |

Event 8 Women 500 Yard Freestyle

| Name | Age | School | Finals Time |
|-----------------------|-------|--------|--------------|
| 5:19.00 4A S 4A state | | | |
| 1 Straume, Elli k | 17 | KAM | 5:17.96 4A S |
| 28.60 | 31.71 | 31.93 | 32.41 |
| 32.73 | 32.36 | 32.92 | 32.89 |
| 32.10 | 30.31 | | |
| 2 Brown, Grace | 17 | LSHS | 5:53.93 4 |
| 30.10 | 34.35 | 35.45 | 35.91 |
| 35.53 | 36.68 | 36.76 | 36.59 |
| 36.35 | 36.21 | | |
| 3 Whalen, Eleanor | | KAM | 6:02.44 3 |
| 31.08 | 34.54 | 35.72 | 36.50 |
| 36.26 | 36.71 | 37.79 | 38.53 |
| 38.17 | 37.14 | | |
| 4 Marlatt, Autumn | 15 | LSHS | 6:05.02 2 |
| 31.54 | 35.74 | 36.83 | 36.84 |
| 37.88 | 37.45 | 37.81 | 37.25 |
| 37.50 | 36.18 | | |
| 5 Cunningham, Eva | | KAM | 6:39.29 1 |
| 36.25 | 40.82 | 41.27 | 41.45 |
| 41.64 | 40.95 | 40.66 | 40.96 |
| 40.55 | 34.74 | | |
| 6 Howard, Rachel | 15 | LSHS | 6:39.34 |
| 33.91 | 38.61 | 40.82 | 40.42 |
| 42.04 | 41.44 | 41.48 | 41.08 |
| 41.70 | 37.84 | | |

Event 9 Women 200 Yard Freestyle Relay

| Team | Relay | Finals Time |
|------------------------------|------------------------------|-------------|
| 1 KAM | A | 1:45.31 8 |
| 1) Person, Jacquelynn | 2) r:NRT Seaberg, Annika | |
| 3) r:NRT Hatscher, Grace | 4) r:NRT Straume, Elli 17 | |
| 26.90 | 27.37 | 26.16 24.88 |
| 2 LSHS | A | 1:46.08 4 |
| 1) Kreide, Cheyenne 16 | 2) r:NRT Fricke, Aaliyha 17 | |
| 3) r:NRT Watkins, Maraida 16 | 4) r:NRT Butler, Madelynn 15 | |
| 26.86 | 26.63 | 27.08 25.51 |

| | | |
|--------------------------------|--------------------------------|---------------|
| 3 LSHS | B | 1:56.35 2 |
| 1) Clement, Sydney 16 | 2) r:NRT Anderson, Maya 15 | |
| 3) r:NRT Marlatt, Autumn 15 | 4) r:NRT Brown, Grace 17 | |
| 29.80 | 30.24 | 29.09 27.22 |
| 4 KAM | B | 1:56.38 |
| 1) Lorenzo, Jasmine | 2) r:NRT Whalen, Eleanor | |
| 3) r:NRT Green, Maya | 4) r:NRT Stinson, Paige | |
| 29.08 | 28.31 | 30.36 28.63 |
| 5 KAM | C | 2:03.75 |
| 1) Lannertone, Izzy | 2) r:NRT Freeman, Clare | |
| 3) r:NRT Luong, Chloe | 4) r:NRT McAllister, Maria | |
| 30.36 | 30.28 | 30.41 32.70 |
| 6 LSHS | C | 2:10.59 |
| 1) Courtenay, Emma 15 | 2) r:NRT Fritzler, Lizzie 16 | |
| 3) r:NRT Howard, Rachel 15 | 4) r:NRT Howard, Kelly 14 | |
| 39.00 | 25.84 | 32.51 33.24 |
| --- KAM | F | X2:20.34 |
| 1) Forsyth, Parker | 2) r:NRT Zundel, Sarah | |
| 3) r:NRT Ireland, Abigale | 4) r:NRT Hollow, Alicia | |
| 36.16 | 30.20 | 30.12 43.86 |
| --- LSHS | F | X2:40.66 |
| 1) Oldham, Casey 15 | 2) r:NRT Osburn, Veronica 14 | |
| 3) r:NRT Vangala, Raaga 15 | 4) r:NRT Weaver, Aaliyah 14 | |
| 39.45 | 51.10 | 29.27 40.84 |
| --- LSHS | E | X2:45.65 |
| 1) Nolan, Kaylyn | 2) r:NRT Freeman, Kyra 15 | |
| 3) r:NRT Hansen, Abby 15 | 4) r:NRT Hanford, Allison 16 | |
| 36.57 | 30.28 | 41.60 57.20 |
| --- LSHS | D | X3:03.88 |
| 1) Bishop, Abby 14 | 2) r:NRT Black, Carmen 14 | |
| 3) r:NRT Buckhalter, Sierra 14 | 4) r:NRT Defrang, Hillary 15 | |
| 45.02 | 57.85 | 48.48 32.53 |
| --- KAM | E | X5:48.39 |
| 1) Kirk, Eliza | 2) r:NRT Hansen, Maddy | |
| 3) r:NRT Beardsley, Amilia | 4) r:NRT Puentes-Santos, Danna | |
| 51.97 | 33.84 | 45.55 3:37.03 |
| --- KAM | D | XDQ |
| 1) Oh, Young | 2) r:NRT Smith, Ava | |
| 3) r:NRT Song, Kaitlin | 4) r:NRT Ralbovsky, Rhiannon | |
| 36.92 | 42.31 | 31.82 40.64 |

Event 10 Women 100 Yard Backstroke

| Name | Age | School | Finals Time |
|-----------------------|-------|--------|-------------|
| 1:00.80 4A S 4A state | | | |
| 1 Vo, Phung | | KAM | 1:06.26 6 |
| 32.30 | 33.96 | | |
| 2 Gordon, Keonamarie | | KAM | 1:08.78 4 |
| 33.83 | 34.95 | | |
| 3 Olsen, Emma | 16 | LSHS | 1:11.08 3 |
| 33.76 | 37.32 | | |
| 4 Kameda, Toko | | KAM | 1:12.68 2 |
| 35.88 | 36.80 | | |
| 5 Watkins, Maraida | 16 | LSHS | 1:13.98 1 |
| 35.01 | 38.97 | | |
| 6 Fleischmann, Sarah | 14 | LSHS | 1:16.89 |
| 36.91 | 39.98 | | |
| --- Lynch, Ashley | | KAM | X1:08.59 |
| 33.67 | 34.92 | | |

Kamiak v Lake Stevens - 9/17/2019

Results - one

(Event 10 Women 100 Yard Backstroke)

| Name | Age | School | Finals Time |
|----------------------|-------|--------|-------------|
| --- Smith, Mackenzie | 14 | LSHS | X1:13.97 |
| 36.25 | 37.72 | | |
| --- Haack, Taylor C | 15 | LSHS | X1:20.54 |
| 39.23 | 41.31 | | |
| --- Song, Erin | | KAM | X1:25.49 |
| 41.90 | 43.59 | | |
| --- Balan, Holly | 15 | LSHS | X1:26.73 |
| 1:26.73 | | | |
| --- King, Devin | | KAM | X1:36.64 |
| 46.78 | 49.86 | | |

Event 11 Women 100 Yard Breaststroke

1:08.25 4A S 4A state

| Name | Age | School | Finals Time |
|----------------------|---------|--------|-------------|
| 1 Kreide, Cheyenne | 16 | LSHS | 1:08.57 6 |
| 32.62 | 35.95 | | |
| 2 Ryu, Sophia | | KAM | 1:09.42 4 |
| 33.36 | 36.06 | | |
| 3 Person, Jacquelynn | | KAM | 1:14.37 3 |
| 34.66 | 39.71 | | |
| 4 Lorenzo, Jasmine | | KAM | 1:16.76 2 |
| 35.75 | 41.01 | | |
| 5 Holland, Kathryn | 17 | LSHS | 1:21.75 1 |
| 38.58 | 43.17 | | |
| 6 Freeman, Kyra | 15 | LSHS | 1:22.13 |
| 37.58 | 44.55 | | |
| --- Forsyth, Parker | | KAM | X1:23.14 |
| 39.48 | 43.66 | | |
| --- Winston, Laura | 16 | LSHS | X1:27.87 |
| 41.46 | 46.41 | | |
| --- Zundel, Sarah | | KAM | X1:31.68 |
| 42.96 | 48.72 | | |
| --- Luong, Chloe | | KAM | X1:33.97 |
| 42.86 | 51.11 | | |
| --- Svob, Serena | 17 | LSHS | X1:36.02 |
| 45.51 | 50.51 | | |
| --- Fritzier, Lizzie | 16 | LSHS | XDQ |
| 51.70 | 1:05.68 | | |

Event 12 Women 400 Yard Freestyle Relay

3:45.90 4A S 4A state

| Team | Relay | Finals Time |
|-----------------------------|------------------------------|-------------|
| 1 KAM | A | 3:58.26 8 |
| 1) Straume, Elli k 17 | 2) r:NRT Whalen, Eleanor | |
| 3) r:NRT Hatscher, Grace | 4) r:NRT Ryu, Sophia | |
| 26.45 54.36 | 30.06 1:03.87 | |
| 28.21 1:00.39 | 28.58 59.64 | |
| 2 LSHS | A | 4:17.47 4 |
| 1) Olsen, Emma 16 | 2) r:NRT Marlatt, Autumn 15 | |
| 3) r:NRT Clement, Sydney 16 | 4) r:NRT Brown, Grace 17 | |
| 29.96 1:33.85 | 33.78 49.39 | |
| 17.89 52.77 | 29.35 1:01.46 | |
| 3 KAM | B | 4:18.83 2 |
| 1) Cunnington, Eva | 2) r:NRT Stinson, Paige | |
| 3) r:NRT Vo, Phung | 4) r:NRT Gordon, Keaonamarie | |
| 33.48 1:08.62 | 30.59 1:04.14 | |
| 30.98 1:03.54 | 29.94 1:02.53 | |

| | | |
|----------------------------|--------------------------------|----------|
| 4 KAM | C | 4:35.31 |
| 1) Kameda, Toko | 2) r:NRT Freeman, Clare | |
| 3) r:NRT Lannertone, Izzy | 4) r:NRT Green, Maya | |
| 31.92 1:06.49 | 32.48 1:09.52 | |
| 33.34 1:12.12 | 31.95 1:07.18 | |
| 5 LSHS | B | 4:37.01 |
| 1) Smith, Mackenzie 14 | 2) r:NRT Fleischmann, Sarah 14 | |
| 3) r:NRT Haack, Taylor 15 | 4) r:NRT Holland, Kathryn 17 | |
| 34.87 1:12.05 | 30.22 1:05.84 | |
| 34.75 1:11.39 | 33.16 1:07.73 | |
| 6 LSHS | C | 4:47.17 |
| 1) Kingsbury, Bailey 17 | 2) r:NRT Howard, Rachel 15 | |
| 3) r:NRT Stewart, Kayla 15 | 4) r:NRT Winston, Laura 16 | |
| 33.80 1:08.83 | 34.63 1:19.69 | |
| 27.63 1:05.90 | 34.32 1:12.75 | |
| --- KAM | D | X5:04.67 |
| 1) Coate, Allie | 2) r:NRT Debolt, CJ | |
| 3) r:NRT Zundel, Katy | 4) r:NRT McAllister, Maria | |
| 36.26 1:15.69 | 39.16 1:21.16 | |
| 33.09 1:10.03 | 37.47 1:17.79 | |
| --- KAM | E | X5:08.35 |
| 1) Song, Erin | 2) r:NRT Johnson, Ella | |
| 3) r:NRT Solomon, Sarah | 4) r:NRT Lynch, Ashley | |
| 36.31 1:16.64 | 42.45 1:29.66 | |
| 37.83 1:19.01 | 30.93 1:03.04 | |
| --- KAM | F | X5:09.89 |
| 1) Miller, Skye | 2) r:NRT Rojas, Caley | |
| 3) r:NRT Seo, Allison | 4) r:NRT King, Devin | |
| 37.24 1:18.05 | 36.48 1:16.49 | |
| 34.56 1:14.35 | 38.61 1:21.00 | |
| --- LSHS | D | X5:12.77 |
| 1) Balan, Holly 15 | 2) r:NRT Defrang, Hillary 15 | |
| 3) r:NRT Vangala, Raaga 15 | 4) r:NRT Swanson, Sofia 14 | |
| 37.58 1:18.32 | 38.98 1:19.83 | |
| 33.32 1:14.00 | 37.16 1:20.62 | |
| --- LSHS | E | X5:19.03 |
| 1) Howard, Kelly 14 | 2) r:NRT Schultz, Lauren 17 | |
| 3) r:NRT Nolan, Kaylyn | 4) r:NRT Svob, Serena 17 | |
| 36.50 1:14.83 | 42.31 1:29.65 | |
| 36.56 1:21.60 | 34.03 1:12.95 | |

Scores - Women

| Women - Team Rankings - Through Event 12 | |
|--|-----|
| 1. Kamiak | 105 |
| 2. Lake Stevens High School | 80 |