

## BHS v Tahoma 10.14.22 - 10/14/2022

## Results - Timed Finals

## Event 1 Girls 200 Yard Medley Relay

1:54.40 3A  
2:38.00 DIST

Team	Relay	Finals Time
1 BHS	A	1:51.41 3A
1) Houseman, Kathryn JR	2) Segerson, Sophie SO	
3) Kriegh, Sara SO	4) Solseng, Emma SR	
27.22 31.36	27.45 25.38	
2 TAH	A	1:54.15 3A
1) Warner, Elena SO	2) Portmann, Makenna SR	
3) Gaul, Rowan JR	4) Sears, Sierra JR	
29.28 31.07	27.48 26.32	
3 BHS	B	2:01.86 DIST
1) Schramling, Natalie SO	2) Ramadan, Ghadir SR	
3) Lin, Iris JR	4) Tuinukuafe, Anna SR	
32.33 33.25	29.46 26.82	
4 TAH	B	2:06.78 DIST
1) Jose, Norah JR	2) Hagen, Leah SR	
3) McDonald, Baillie FR	4) Neal, Anna SR	
31.58 35.70	31.37 28.13	
5 BHS	C	x2:13.70 DIST
1) Fiore, Alexa SR	2) Lincoln, Laura SR	
3) Herten, Amanda FR	4) Deng, Lydia FR	
33.87 36.49	31.88 31.46	
6 TAH	C	x2:28.55 DIST
1) Nguyen, Elexis FR	2) Cagle, Lily SR	
3) Wyckoff, London SR	4) Martinez, Addison FR	
40.21 44.10	33.67 30.57	

## Event 2 Girls 200 Yard Freestyle

1:58.80 3A  
2:23.00 DIST

Name	YrSchool	Finals Time
1 Conklin, Karis	SR TAH	2:00.33 DIST
28.14 30.58	31.03 30.58	
2 Kriegh, Sara	SO BHS	2:01.65 DIST
28.08 30.34	31.61 31.62	
3 Geddes, Maya	SO BHS	2:04.23 DIST
28.12 31.31	32.81 31.99	
4 Pal, Uma	JR BHS	2:05.12 DIST
28.78 31.92	32.36 32.06	
5 Artemdize, Sophie	JR TAH	2:06.12 DIST
29.03 31.82	32.75 32.52	
6 Heil, Riah	SR TAH	2:13.38 DIST
30.64 33.28	34.28 35.18	
--- Hammerstrom, Laasya	SR TAH	X2:27.35
33.45 36.86	38.64 38.40	
--- Buchanan, Fiona	SR BHS	X2:34.56
35.11 38.63	40.53 40.29	
--- West, Kaija	JR TAH	X2:36.54
34.44 40.83	42.30 38.97	
--- Deng, Lydia	FR BHS	X2:42.79
34.24 41.15	44.59 42.81	
--- Nardella, Claire	JR TAH	X2:45.59
37.03 42.00	1:26.56	

## Event 3 Girls 200 Yard IM

2:13.30 3A  
2:41.00 DIST

Name	YrSchool	Finals Time
1 Segerson, Sammy	SO BHS	2:10.49 3A
28.98 32.79	37.64 31.08	
2 Portmann, Makenna	SR TAH	2:17.03 DIST
29.18 35.16	38.37 34.32	
3 Warner, Elena	SO TAH	2:20.81 DIST
30.02 33.92	42.92 33.95	
4 Tuinukuafe, Anna	SR BHS	2:29.98 DIST
31.21 41.26	41.69 35.82	
5 Hagen, Leah	SR TAH	2:35.72 DIST
34.47 40.13	42.97 38.15	
6 Herten, Amanda	FR BHS	2:38.50 DIST
32.43 39.18	49.04 37.85	
--- Schramling, Natalie	SO BHS	X2:33.51 DIST
32.59 38.49	45.66 36.77	
--- Everett, Cate	SO BHS	X2:33.96 DIST
33.33 39.20	44.86 36.57	
--- Wyckoff, London	SR TAH	X2:41.10
34.59 42.30	47.02 37.19	
--- Cagle, Lily	SR TAH	X2:54.98
41.32 44.12	51.45 38.09	
--- Keefe, Ava	FR TAH	X3:37.13
56.75 58.57	55.29 46.52	

## Event 4 Girls 50 Yard Freestyle

25.10 3A  
28.75 DIST

Name	YrSchool	Finals Time
1 Solseng, Emma	SR BHS	25.13 DIST
2 Gaul, Rowan	JR TAH	25.34 DIST
3 Houseman, Kathryn	JR BHS	25.58 DIST
4 Sears, Sierra	JR TAH	27.18 DIST
5 Lin, Iris	JR BHS	27.58 DIST
6 Rasmussen, Tamar	JR TAH	27.93 DIST
--- Lincoln, Laura	SR BHS	X27.83 DIST
--- Rist, Montana	JR BHS	X29.01
--- Carroll, Frances	SO BHS	X30.28
--- Guy, Micah	SO BHS	X30.47
--- Kovacs, Elizabeth	JR TAH	X30.82
--- Fiore, Alexa	SR BHS	X31.24
--- Martinez, Addison	FR TAH	X31.66
--- Gonzales, Ilana	SO BHS	X32.33
--- Paulson-Houser, Allie	FR BHS	X32.45
--- Shepard, Olyvia	FR BHS	X32.81
--- Triboi, Lory	FR TAH	X33.31
--- Nguyen, Elexis	FR TAH	X33.45
--- LaBarre, Ava	SO BHS	X33.61
--- Buchanan, Eliza	SO BHS	X33.94
--- Eldon-Everts, Tanna	SO BHS	X35.04
--- Goluborich, Karina	FR TAH	X35.29
--- Hanlon, Francine	SO BHS	X36.13
--- Jessen, Catherine	SO BHS	X38.28
--- Fowler, Gwen	SR BHS	X42.24
--- Reardon, Elizabeth	FR BHS	X46.49

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## Results - Timed Finals

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

Name	YrSchool	Finals Time
--- Neal, Anna	SR TAH	XDQ

**Event 5 Girls 1 mtr Diving**

315.00 3A

Name	YrSchool	Finals Score
1 Nelson, Addie	SO TAH	165.40 6
2 Murdock, Eli	FR TAH	163.10 4
3 Bereman, Jade	SO BHS	141.41 3
4 Hamilton, Lilly	FR BHS	124.70 2
5 Laukala, Paisley	SO TAH	119.95 1
6 Stockton, Shannon	SR BHS	101.90
--- Reeb, Grace	SO BHS	X93.45
--- Deitrich, Phare	SO BHS	X73.20
--- Rist, Montana	JR BHS	X68.55
--- Hertzke, Gracen	SO TAH	X57.60
--- Armstrong, Effie	SO TAH	X57.05

**Event 6 Girls 100 Yard Butterfly**

59.70 3A

1:15.00 DIST

Name	YrSchool	Finals Time
1 Kriegh, Sara	SO BHS	1:00.87 DIST
28.19 32.68		
2 Gaul, Rowan	JR TAH	1:01.95 DIST
28.96 32.99		
3 Lin, Iris	JR BHS	1:06.99 DIST
31.59 35.40		
4 Jose, Norah	JR TAH	1:10.26 DIST
33.24 37.02		
5 Herten, Amanda	FR BHS	1:12.35 DIST
33.52 38.83		
6 McDonald, Baillie	FR TAH	1:14.18 DIST
33.21 40.97		

**Event 7 Girls 100 Yard Freestyle**

55.00 3A

1:03.00 DIST

Name	YrSchool	Finals Time
1 Pal, Uma	JR BHS	56.97 DIST
27.33 29.64		
2 Geddes, Maya	SO BHS	57.07 DIST
27.71 29.36		
3 Artemdize, Sophie	JR TAH	58.26 DIST
28.24 30.02		
4 Tuinukuafe, Anna	SR BHS	59.32 DIST
28.55 30.77		
5 Heil, Riah	SR TAH	1:00.44 DIST
28.91 31.53		
6 Sears, Sierra	JR TAH	1:00.80 DIST
29.04 31.76		
--- Neal, Anna	SR TAH	X1:03.50
29.81 33.69		
--- Buchanan, Fiona	SR BHS	X1:05.88
31.12 34.76		
--- Fiore, Alexa	SR BHS	X1:08.74
32.52 36.22		

--- Carroll, Frances	SO BHS	X1:09.37
32.85 36.52		
--- Gonzales, Ilana	SO BHS	X1:09.95
34.20 35.75		
--- Deng, Lydia	FR BHS	X1:10.09
31.77 38.32		
--- Martinez, Addison	FR TAH	X1:10.27
33.45 36.82		
--- West, Kaija	JR TAH	X1:11.32
33.17 38.15		
--- Paulson-Houser, Allie	FR BHS	X1:11.52
34.96 36.56		
--- Triboi, Lory	FR TAH	X1:14.43
34.70 39.73		
--- LaBarre, Ava	SO BHS	X1:15.78
36.95 38.83		
--- Shepard, Olyvia	FR BHS	X1:17.00
37.60 39.40		
--- Hanlon, Francine	SO BHS	X1:17.42
37.33 40.09		
--- Buchanan, Eliza	SO BHS	X1:19.39
37.77 41.62		
--- Goluborich, Karina	FR TAH	X1:19.65
37.52 42.13		
--- Jessen, Catherine	SO BHS	X1:26.91
39.96 46.95		
--- Keefe, Ava	FR TAH	X1:27.98
41.88 46.10		
--- Fowler, Gwen	SR BHS	X1:39.27
45.91 53.36		

**Event 8 Girls 500 Yard Freestyle**

5:20.70 3A

6:30.00 DIST

Name	YrSchool	Finals Time
1 Segerson, Sophie	SO BHS	5:18.57 3A
27.14 30.39 31.22 31.77		
32.37 33.41 33.35 32.95		
33.43 32.54		
2 Conklin, Karis	SR TAH	5:27.34 DIST
29.76 32.74 32.94 33.00		
32.96 33.28 33.67 33.17		
33.58 32.24		
3 Guy, Micah	SO BHS	6:11.71 DIST
31.62 36.49 37.91 38.34		
37.91 38.18 38.62 38.86		
37.93 35.85		
4 Everett, Cate	SO BHS	6:14.01 DIST
32.12 36.90 37.62 38.12		
38.33 38.36 38.84 38.56		
38.09 37.07		
5 Wyckoff, London	SR TAH	6:23.51 DIST
32.82 37.90 39.07 39.38		
39.40 39.07 39.89 39.81		
38.61 37.56		

## BHS v Tahoma 10.14.22 - 10/14/2022

## Results - Timed Finals

**(Event 8 Girls 500 Yard Freestyle)**

Name	YrSchool	Finals Time	
6 Hammerstrom, Laasya	SR TAH	6:52.75	
		36.08	39.44
		41.52	42.48
		42.36	42.56
		42.77	43.14
		42.64	39.76

**Event 9 Girls 200 Yard Freestyle Relay**

1:42.70 3A

2:20.00 DIST

Team	Relay	Finals Time	
1 BHS	A	1:44.87 DIST	
1) Segerson, Sammy SO	2) Pal, Uma JR		
3) Geddes, Maya SO	4) Solseng, Emma SR		
		26.02	26.69
		26.56	25.60
2 TAH	A	1:46.87 DIST	
1) Portmann, Makenna SR	2) Sears, Sierra JR		
3) Artemdize, Sophie JR	4) Conklin, Karis SR		
		27.16	26.61
		26.80	26.30
3 BHS	B	1:51.28 DIST	
1) Lincoln, Laura SR	2) Lin, Iris JR		
3) Tuinukuafe, Anna SR	4) Ramadan, Ghadir SR		
		28.32	28.13
		27.14	27.69
4 TAH	B	1:55.39 DIST	
1) Hagen, Leah SR	2) Neal, Anna SR		
3) Rasmussen, Tamar JR	4) Heil, Riah SR		
		29.42	28.98
		28.32	28.67
5 BHS	C	x2:06.29 DIST	
1) Deng, Lydia FR	2) Carroll, Frances SO		
3) Gonzales, Ilana SO	4) Fiore, Alexa SR		
		32.23	30.39
6 TAH	C	x2:06.35 DIST	
1) Martinez, Addison FR	2) West, Kaija JR		
3) Hammerstrom, Laasya SR	4) Wyckoff, London SR		
		32.30	31.91
		30.71	31.43
--- BHS	D	X2:11.62 DIST	
1) Buchanan, Eliza SO	2) Buchanan, Fiona SR		
3) LaBarre, Ava SO	4) Shepard, Olyvia FR		
		35.63	28.59
		33.93	33.47
--- TAH	D	X2:20.55	
1) Kovacs, Elizabeth JR	2) Goluborich, Karina FR		
3) Keefe, Ava FR	4) Triboi, Lory FR		
		30.80	35.64
		40.26	33.85
--- BHS	E	X2:24.20	
1) Eldon-Everts, Tanna SO	2) Hanlon, Francine SO		
3) Paulson-Houser, Allie FR	4) Fowler, Gwen SR		
		35.07	41.15

**Event 10 Girls 100 Yard Backstroke**

1:00.50 3A

1:13.00 DIST

Name	YrSchool	Finals Time	
1 Houseman, Kathryn	JR BHS	58.61 3A	
		28.46	30.15
2 Warner, Elena	SO TAH	1:01.84 DIST	
		30.32	31.52
3 Segerson, Sammy	SO BHS	1:02.23 DIST	
		30.09	32.14

4 Jose, Norah	JR TAH	1:07.84 DIST	
		33.25	34.59
5 McDonald, Baillie	FR TAH	1:08.39 DIST	
		32.54	35.85
6 Schramling, Natalie	SO BHS	1:09.46 DIST	
		34.37	35.09

**Event 11 Girls 100 Yard Breaststroke**

1:08.50 3A

1:26.00 DIST

Name	YrSchool	Finals Time	
1 Segerson, Sophie	SO BHS	1:07.74 3A	
		31.98	35.76
2 Portmann, Makenna	SR TAH	1:08.83 DIST	
		32.05	36.78
3 Solseng, Emma	SR BHS	1:09.46 DIST	
		32.50	36.96
4 Ramadan, Ghadir	SR BHS	1:13.53 DIST	
		34.23	39.30
5 Hagen, Leah	SR TAH	1:17.73 DIST	
		36.70	41.03
6 Rasmussen, Tamar	JR TAH	1:18.65 DIST	
		36.86	41.79
--- Lincoln, Laura	SR BHS	X1:22.20 DIST	
		38.72	43.48
--- Eldon-Everts, Tanna	SO BHS	X1:34.38	
		44.95	49.43
--- Cagle, Lily	SR TAH	X1:35.24	
		45.27	49.97
--- Nguyen, Elexis	FR TAH	X1:36.27	
		46.56	49.71
--- Nardella, Claire	JR TAH	X1:38.98	
		46.60	52.38

**Event 12 Girls 400 Yard Freestyle Relay**

3:45.90 3A

5:08.00 DIST

Team	Relay	Finals Time	
1 BHS	A	3:47.35 DIST	
1) Kriegh, Sara SO	2) Houseman, Kathryn JR		
3) Pal, Uma JR	4) Segerson, Sammy SO		
		27.56	57.14
		26.95	55.90
2 TAH	A	3:49.97 DIST	
1) Conklin, Karis SR	2) Artemdize, Sophie JR		
3) Warner, Elena SO	4) Gaul, Rowan JR		
		27.89	57.49
		28.20	58.44
		26.62	55.53
3 BHS	B	4:08.04 DIST	
1) Geddes, Maya SO	2) Schramling, Natalie SO		
3) Rist, Montana JR	4) Ramadan, Ghadir SR		
		28.15	57.82
		31.15	1:05.18
4 TAH	B	4:12.18 DIST	
1) Jose, Norah JR	2) McDonald, Baillie FR		
3) Rasmussen, Tamar JR	4) Heil, Riah SR		
		30.19	1:02.99
		29.66	1:03.15
		29.78	1:04.35
		29.23	1:01.69

**BHS v Tahoma 10.14.22 - 10/14/2022****Results - Timed Finals****(Event 12 Girls 400 Yard Freestyle Relay)**

<b>Team</b>	<b>Relay</b>		<b>Finals Time</b>	
5 BHS	C		x4:34.99	DIST
1) Everett, Cate SO	2) Buchanan, Fiona SR			
3) Herten, Amanda FR	4) Guy, Micah SO			
31.58	1:06.51	33.56	1:11.59	
32.83	1:09.40	31.24	1:07.49	
6 TAH	C		x5:07.09	DIST
1) Hammerstrom, Laasya SR	2) Goluborich, Karina FR			
3) Nardella, Claire JR	4) West, Kaija JR			
33.98	1:13.22	39.57		

**Scores - Women**

<b>Women - Team Rankings - Through Event 12</b>	
1. Bainbridge High School	115
2. Tahoma High School	71