

## WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

## Results

## #1 Girls 200 Yard Medley Relay

3A District: 1:50.74# 2022 Shorecrest

Fralick, Howson, Whorley, Thompson

1:54.40 STAT 3A State

Team	Relay	Finals Time	
<b>A - Final</b>			
1 SHRCR	A	1:50.48#	STAT
Fralick, Owan 11		Howson, Aila 10	
Whorley, Quinn 10		Thompson, Miranda 11	
28.85	30.23	26.67	24.73
2 SNO	A	1:52.77	STAT
Clarke, Mary 11		Huber, Olivia 09	
Andrews, Grace 11		Nakamura-Doudt, Kimi 12	
26.30	34.03	26.44	26.00
3 SWHS	A	1:54.30	STAT
Lin, Emily 11		Mirabueno, Malaina 10	
Lindberg, Grace 12		Anderson, Brooke 11	
31.10	31.94	25.41	25.85
4 EWHS	A	1:55.50	30.0
Bennett, Simone 10		Detjen, Tatumn 09	
Morales-Tomas, Madison 11		Bates, Sydney 09	
28.13	32.59	27.69	27.09
5 MTHS	A	1:57.69	28.0
Van Hooser, Madeline 10		Vuong, Jeslyn 10	
Lombard, Katie 10		Veleber, Molly 11	
28.33	32.20	29.80	27.36
6 MON	A	2:03.75	26.0
Hartway, Kayme 11		Grant, Rowyn 09	
Izquierdo del Arco, Claudia		Said, Summayah 11	
29.71	35.27	31.12	27.65
7 MV	A	2:08.24	24.0
Lewis, Kathryn 12		Fernandez, Gabby 11	
Blair, Ella 12		Horan, Nina 11	
31.60	43.00	30.71	22.93
8 STAN	A	2:08.74	22.0
Hess, Ella 12		Ingram, Mattea 10	
McCoy, Megan 11		Dilworth, Faith 10	
32.90	36.73	31.97	27.14
<b>B - Final</b>			
9 OAK	A	2:06.91	18.0
Cabigting, Jaedine 12		Tyson, Kiersten 11	
Chargualaf, Lola 11		Forbes, Lila 09	
33.25	36.75	28.28	28.63
10 LHS	A	2:09.17	14.0
Schreiner, Mina 11		Bayarbayasgala, Amira 12	
Coates, Rebecca 10		Weeks, Caitlin 12	
33.52	35.00	31.27	29.38
11 MDHS	A	2:15.33	12.0
Osborne, Maya 12		Ross, Kyra 12	
Broderhausen, Audrey 11		Lopez, Lizzy 12	
34.81	36.61	34.37	29.54
12 MG	A	2:15.83	10.0
Pringle, Lorelei 12		Kempma, Nanako 11	
Yanagida, Milee 09		Barrow, Eleanor 12	
35.79	36.54	33.23	30.27

13 CASC	A	2:18.66	8.0
Osmonson, Catherine 09		Phan, Rowan 12	
Barrett, Grace 12		Nguyen, Nhi 10	
38.79	39.44	1:00.43	
14 EV	A	2:24.04	6.0
Caldart, Sonja 11		Fleshman, Rebekah 10	
Johnson, McKenzie 12		Chaussee, Kayla 12	
35.54	41.06	36.71	30.73
--- FHS	A	DQ	
Helt, Madi 12		James, Alicia 10	
Sytsma, Cara 11		Brown, Aiyanna 10	
47.79	32.17	45.74	

## #1 Girls 200 Yard Medley Relay

3A District: 1:50.74# 2022 Shorecrest

Fralick, Howson, Whorley, Thompson

1:54.40 STAT 3A State

Team	Relay	Prelim Time	
<b>Preliminaries</b>			
1 SHRCR	A	1:50.74#	qSTAT
Fralick, Owan 11		Howson, Aila 10	
Whorley, Quinn 10		Thompson, Miranda 11	
28.42	30.49	26.82	25.01
2 SNO	A	1:54.59	q
Clarke, Mary 11		Huber, Olivia 09	
Andrews, Grace 11		Nakamura-Doudt, Kimi 12	
26.87	34.16	27.30	26.26
3 SWHS	A	1:54.79	q
Lin, Emily 11		Mirabueno, Malaina 10	
Lindberg, Grace 12		Anderson, Brooke 11	
30.96	31.55	26.15	26.13
4 EWHS	A	1:57.20	q
Bennett, Simone 10		Detjen, Tatumn 09	
Morales-Tomas, Madison 10		Bates, Sydney 09	
28.91	32.29	56.00	
5 MTHS	A	1:57.87	q
Van Hooser, Madeline 10		Vuong, Jeslyn 10	
Lombard, Katie 10		Veleber, Molly 11	
28.50	32.05	29.81	27.51
6 MON	A	2:03.54	q
Hartway, Kayme 11		Grant, Rowyn 09	
Izquierdo del Arco, Claudia		Said, Summayah 11	
29.26	40.09	25.96	28.23
7 MV	A	2:10.22	q
Lewis, Kathryn 12		Fernandez, Gabby 11	
Blair, Ella 12		Horan, Nina 11	
31.84	38.05	36.69	23.64
8 STAN	A	2:10.25	q
Hess, Ella 12		Dilworth, Faith 10	
McCoy, Megan 11		Jacobs, Brooke 10	
		31.65	29.59
9 OAK	A	2:10.65	q
Cabigting, Jaedine 12		Tyson, Kiersten 11	
Chargualaf, Lola 11		Forbes, Lila 09	
33.72	37.60	29.48	29.85
10 MDHS	A	2:13.55	q
Osborne, Maya 12		Ross, Kyra 12	
Broderhausen, Audrey 11		Lopez, Lizzy 12	
34.58	35.55	1:03.42	

11 LHS	A	2:14.78	q
Schreiner, Mina 11		Bayarbayasgala, Amira 12	
Coates, Rebecca 10		Cordova, Sophia 09	
33.84	33.56	32.18	35.20
12 MG	A	2:14.99	q
Pringle, Lorelei 12		Kempma, Nanako 11	
Yanagida, Milee 09		Barrow, Eleanor 12	
34.95	36.61	33.64	29.79
13 CASC	A	2:18.55	q
Osmonson, Catherine 09		Phan, Rowan 12	
Barrett, Grace 12		Nguyen, Nhi 10	
		39.73	20.83
14 EV	A	2:21.41	q
Caldart, Sonja 11		Johnson, McKenzie 12	
Stanley, Ellie 12		Chaussee, Kayla 12	
35.60	42.26	33.16	30.39
15 FHS	A	2:31.01	q
Helt, Madi 12		James, Alicia 10	
Sytsma, Cara 11		Brown, Aiyanna 10	
41.46	41.14	35.24	33.17

## #2 Girls 200 Yard Free

3A District: 1:52.20# 2019 Grace Lindberg

1:58.80 STAT 3A State

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1 Lindberg, Grace	12	SWHS	1:52.89	STAT
26.20	28.17	28.99	29.53	
2 Dean, Summer	12	EV	1:59.12	17.0
26.60	29.65	31.37	31.50	
3 Urquhart, Faith	12	MDHS	2:01.87	16.0
27.74	30.15	31.74	32.24	
4 Hartway, Kayme	11	MON	2:04.22	15.0
28.02	30.77	32.29	33.14	
5 Huber, Olivia	09	SNO	2:05.67	14.0
28.52	31.19	33.03	32.93	
6 Karlsen, Jenny	09	MTHS	2:05.98	13.0
28.83	31.28	32.82	33.05	
7 O'Shea, Maggie	12	SWHS	2:10.46	12.0
29.02	32.75	34.64	34.05	
8 Pettross, Clara	10	SHRCR	2:14.41	11.0
29.74	33.93	35.75	34.99	
<b>B - Final</b>				
9 MacDonald, Zoe	09	EWHS	2:10.83	9.0
29.86	33.01	34.05	33.91	
10 Takeya, Kaylyn	12	MTHS	2:13.40	7.0
30.10	33.16	35.03	35.11	
11 Falkin, Addy	09	SWHS	2:14.73	6.0
31.22	33.84	34.80	34.87	
12 Harrick, Eliana	12	SHRCR	2:15.32	5.0
31.25	34.13	34.85	35.09	
13 Stinson, Makenzie	10	SNO	2:15.35	4.0
31.27	34.89	35.37	33.82	
14 Anderson, Hazel	09	SHRCR	2:15.42	3.0
32.34	34.93	35.06	33.09	
15 Norberg, Maggie	10	SWHS	2:17.34	2.0
31.69	34.76	35.48	35.41	

## WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

## Results

## B - Final ... (#2 Girls 200 Yard Free)

16	Lanter, Elisabeth	12 SHRCR	2:17.84	1.0
			31.25	34.33 35.77 36.49

## #2 Girls 200 Yard Free

3A District: 1:52.20# 2019 Grace Lindberg  
1:58.80 STAT 3A State

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1	Lindberg, Grace	12 SWHS	1:55.89	qSTAT
			26.79	28.93 30.17 30.00
2	Dean, Summer	12 EV	2:00.38	q
			27.25	30.19 31.49 31.45
3	Urquhart, Faith	12 MDHS	2:02.75	q
			27.94	30.61 32.08 32.12
4	Hartway, Kayme	11 MON	2:02.94	q
			27.71	30.36 32.42 32.45
5	Huber, Olivia	09 SNO	2:06.18	q
			29.02	32.08 33.04 32.04
6	Karlsen, Jenny	09 MTHS	2:07.89	q
			28.71	32.46 33.62 33.10
7	O'Shea, Maggie	12 SWHS	2:10.13	q
			28.99	32.86 34.69 33.59
8	Pettiross, Clara	10 SHRCR	2:12.02	q
			29.16	32.87 35.13 34.86
9	MacDonald, Zoe	09 EWHS	2:12.34	q
			30.08	32.97 34.82 34.47
10	Takeya, Kaylyn	12 MTHS	2:13.02	q
			29.78	32.88 35.04 35.32
11	Falkin, Addy	09 SWHS	2:13.91	q
			30.83	33.78 34.84 34.46
12	Lanter, Elisabeth	12 SHRCR	2:15.65	q
			30.62	34.02 35.58 35.43
13	Stinson, Makenzie	10 SNO	2:16.52	q
			30.70	34.73 36.28 34.81
14	Harrick, Eliana	12 SHRCR	2:17.35	q
			31.28	33.74 35.53 36.80
*15	Norberg, Maggie	10 SWHS	2:17.66	q
			31.05	34.55 36.08 35.98
*15	Anderson, Hazel	09 SHRCR	2:17.66	q
			31.38	35.34 36.99 33.95
17	Baldock, Hannah	10 EWHS	2:21.88	
			31.19	35.22 37.20 38.27
18	Caldart, Sonja	11 EV	2:22.49	
			32.47	35.75 37.62 36.65
19	Polasek, Presley	10 STAN	2:22.91	
			32.29	35.33 37.48 37.81
20	Howe, Lydia	11 STAN	2:25.74	
			31.57	36.63 39.31 38.23
21	Peterson, Lauren	09 SNO	2:26.19	
			32.31	35.88 38.75 39.25
22	Royce, Kyla	09 EV	2:26.42	
			34.21	36.54 38.10 37.57
23	Russell-Hoff, Sophie	11 EWHS	2:28.84	
			30.62	36.02 40.48 41.72

24	Lucero, Taryn	09 OAK	2:30.14	
			35.11	37.80 39.44 37.79
25	Weeks, Caitlin	12 LHS	2:30.21	
			34.23	38.17 39.83 37.98
26	Narwal, Amanat	09 MV	2:30.87	
			34.29	37.52 40.12 38.94
27	Diaz, Fiorella	10 MTHS	2:31.18	
			32.99	37.18 39.65 41.36
28	Miller, Sophia	10 EWHS	2:31.62	
			33.65	37.57 39.95 40.45
29	Hartway, Emersyn	09 MON	2:32.39	
			32.89	39.41 40.82 39.27
30	Darr-Rehmet, Nat	12 FHS	2:53.43	
			36.90	43.69 47.30 45.54
31	Anderson, Maya	10 CASC	2:57.47	
			39.42	44.89 1:33.16

## #3 Girls 200 Yard IM

3A District: 2:06.79# 2017 Bindi Pedersen  
2:13.30 STAT 3A State

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1	Howson, Aila	10 SHRCR	2:12.72	STAT
			29.21	36.84 35.17 31.50
2	Van Hooser, Madeline	10 MTHS	2:16.98	17.0
			29.82	32.24 41.18 33.74
3	Andrews, Grace	11 SNO	2:17.02	16.0
			27.20	34.40 42.85 32.57
4	Howson, Elle	12 SHRCR	2:19.30	15.0
			30.68	36.67 39.01 32.94
5	Bell, Cameron	12 SWHS	2:21.03	14.0
			30.56	35.06 41.55 33.86
6	Hoff, Evie	12 SWHS	2:21.34	13.0
			30.07	36.36 40.85 34.06
7	Kempma, Nanako	11 MG	2:26.15	12.0
			32.34	36.80 42.77 34.24
8	Mirabueno, Malaina	10 SWHS	2:27.44	11.0
			32.33	38.85 42.23 34.03

## B - Final

9	Blair, Ella	12 MV	2:27.86	9.0
			30.88	37.07 45.33 34.58
10	Hoff, Paulina	10 SWHS	2:27.87	7.0
			32.40	39.39 40.58 35.50
11	Izquierdo del Arco, C	11 MON	2:28.43	6.0
			32.74	37.89 41.87 35.93
12	Coates, Rebecca	10 LHS	2:30.09	5.0
			33.55	39.14 43.11 34.29
13	Reyes, Mikaela	11 MDHS	2:30.12	4.0
			31.34	38.03 46.09 34.66
14	Landrum, Estee	09 SHRCR	2:36.37	3.0
			35.26	40.15 42.81 38.15
15	Pringle, Lorelei	12 MG	2:44.48	2.0
			35.77	41.89 48.76 38.06
---	Hess, Ella	12 STAN		DQ
			34.67	38.85 48.56

## #3 Girls 200 Yard IM

3A District: 2:06.79# 2017 Bindi Pedersen  
2:13.30 STAT 3A State

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1	Howson, Aila	10 SHRCR	2:13.61	q
			30.05	36.11 36.81 30.64
2	Van Hooser, Madeline	10 MTHS	2:17.93	q
			30.38	32.34 41.51 33.70
3	Andrews, Grace	11 SNO	2:19.69	q
			28.08	34.10 43.40 34.11
4	Hoff, Evie	12 SWHS	2:20.23	q
			29.67	36.23 40.01 34.32
5	Howson, Elle	12 SHRCR	2:20.37	q
			30.16	36.39 39.94 33.88
6	Kempma, Nanako	11 MG	2:22.41	q
			30.33	35.50 43.12 33.46
7	Bell, Cameron	12 SWHS	2:23.74	q
			30.57	36.46 41.84 34.87
8	Mirabueno, Malaina	10 SWHS	2:25.41	q
			31.85	39.11 40.10 34.35
9	Hoff, Paulina	10 SWHS	2:29.02	q
			32.00	38.28 41.72 37.02
10	Izquierdo del Arco, C	11 MON	2:30.08	q
			32.84	38.30 43.04 35.90
11	Reyes, Mikaela	11 MDHS	2:31.59	q
			31.86	39.24 46.16 34.33
12	Blair, Ella	12 MV	2:32.57	q
			30.90	37.06 46.18 38.43
13	Coates, Rebecca	10 LHS	2:32.73	q
			32.73	40.58 43.56 35.86
14	Landrum, Estee	09 SHRCR	2:34.09	q
			34.87	40.73 40.70 37.79
15	Hess, Ella	12 STAN	2:39.01	q
			32.99	39.53 48.38 38.11
16	Pringle, Lorelei	12 MG	2:41.03	q
			35.29	40.82 47.85 37.07
17	Jacobs, Brooke	10 STAN	2:41.09	
			36.24	42.21 46.84 35.80
18	Ross, Kyra	12 MDHS	2:43.24	
			36.08	42.44 47.39 37.33
19	Artamonova, Anna	12 LHS	2:46.76	
			35.50	42.94 51.07 37.25
20	Arnold, Amelia	11 SNO	2:48.21	
			34.07	45.26 48.04 40.84
21	Davis, Bela	10 SNO	2:49.40	
			33.78	44.19 50.78 40.65
22	Cabigting, Jaedine	12 OAK	2:51.82	
			37.40	41.13 51.84 41.45
23	Raring, Mika	11 MTHS	2:52.50	
			35.44	42.90 53.91 40.25
24	Fleshman, Rebekah	10 EV	2:54.01	
			39.76	47.23 47.10 39.92
25	Schreiner, Mina	11 LHS	2:55.56	
			36.61	39.37 1:00.63 38.95

## WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

## Results

## Preliminaries ... (#3 Girls 200 Yard IM)

26	Gibson, Audrey	10 EWHS	2:57.05	
	39.00	47.58	49.88	40.59
27	Ho, Joyce	11 EWHS	3:01.70	
	37.24	45.26	53.30	45.90
28	Tran, Mifa	10 MTHS	3:04.99	
	44.10	42.49	55.03	43.37
29	Meyer, Raegan	09 CASC	3:12.85	
	40.99	50.12	57.72	44.02
30	George, Taylor	11 FHS	3:24.73	
	44.15	54.27	1:46.31	
---	Barrie, Lauren	11 STAN	DQ	
	37.79	46.83	53.71	

## #4 Girls 50 Yard Free

3A District: 23.71# 2021 Mary Clarke

25.10 STAT 3A State

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1	Clarke, Mary	11 SNO	23.83	STAT
2	Vuong, Jeslyn	10 MTHS	24.85	STAT
3	Granger, Mya	12 MDHS	25.36	16.0
4	Fralick, Owan	11 SHRCR	25.57	15.0
5	Lin, Emily	11 SWHS	26.13	14.0
6	Nakamura-Doudt, Ki	12 SNO	26.30	13.0
7	Lombard, Katie	10 MTHS	26.98	12.0
8	Rand, Lindsay	12 SWHS	27.12	11.0
<b>B - Final</b>				
9	Bates, Sydney	09 EWHS	27.59	9.0
10	Tyson, Kiersten	11 OAK	27.83	7.0
11	Foral, Vivian	09 SWHS	27.84	6.0
12	Johnson, Quinn	10 SHRCR	28.09	5.0
13	Oliver, Paige	12 EWHS	28.12	4.0
14	Nwapa, Natalie	11 EV	28.42	3.0
15	Figueroa, Ilana	12 SHRCR	28.56	2.0
16	Veleber, Molly	11 MTHS	28.64	1.0

## #4 Girls 50 Yard Free

3A District: 23.71# 2021 Mary Clarke

25.10 STAT 3A State

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1	Clarke, Mary	11 SNO	24.22	qSTAT
2	Vuong, Jeslyn	10 MTHS	24.61	qSTAT
3	Granger, Mya	12 MDHS	25.60	q
4	Fralick, Owan	11 SHRCR	26.11	q
5	Nakamura-Doudt, Ki	12 SNO	26.36	q
6	Lin, Emily	11 SWHS	26.37	q
7	Rand, Lindsay	12 SWHS	27.02	q
8	Lombard, Katie	10 MTHS	27.31	q
9	Morales-Tomas, Mad	10 EWHS	27.48	q
10	Tyson, Kiersten	11 OAK	27.90	q
11	Bates, Sydney	09 EWHS	28.08	q
12	Foral, Vivian	09 SWHS	28.16	q
13	Nwapa, Natalie	11 EV	28.26	q
14	Oliver, Paige	12 EWHS	28.33	q

15	Veleber, Molly	11 MTHS	28.49	q
16	Johnson, Quinn	10 SHRCR	28.64	q
17	Figueroa, Ilana	12 SHRCR	28.88	
18	Nguyen, Nhi	10 CASC	28.90	
19	Craft, Alex	11 SWHS	28.92	
20	Reed, Ana	12 SHRCR	28.93	
21	Said, Summayah	11 MON	29.10	
22	Cody, Sabrina	10 MON	29.12	
23	Horan, Nina	11 MV	29.74	
24	Seaman, Ava	10 SNO	29.77	
25	Barrow, Eleanor	12 MG	29.89	
26	Jacobs, Brooke	10 STAN	29.99	
27	Sytsma, Cara	11 FHS	30.13	
28	Laidlaw, Molly	12 MON	30.14	
29	Mohlin, Sofia	12 SNO	30.33	
30	Stanley, Ellie	12 EV	30.36	
31	Hornaday, Holland	11 EWHS	30.43	
---	Bayarbayasgala, Ami	12 LHS	DQ	

## #5 Girls 1 mtr Diving

3A District: 489.40# 2005 Samantha Young

315.00 STAT 3A State

Name	Yr	Team	Finals Score	
<b>Finals</b>				
1	Anderson, Saige	12 CASC	376.15	STAT
2	Magelson, Brynn	09 MON	297.40	17.0
3	Clark, Madelyn	09 MON	282.55	16.0
4	Croff, Jaila	12 EV	214.10	15.0
5	Darby, Klara	11 SHRCR	194.80	14.0
6	Laidlaw, Charlie	10 MON	157.60	13.0
7	Murry, Zia	09 MP	125.20	12.0
8	Smith, Caitlyn	10 SNO	118.55	11.0
9	Swinney, Rebecca	12 SHRCR	116.65	9.0

## #5 Girls 1 mtr Diving

3A District: 489.40# 2005 Samantha Young

315.00 STAT 3A State

Name	Yr	Team	Prelim Score	
<b>Preliminaries</b>				
1	Anderson, Saige	12 CASC	266.55	q
2	Magelson, Brynn	09 MON	218.00	q
3	Clark, Madelyn	09 MON	198.45	q
4	Croff, Jaila	12 EV	156.85	q
5	Darby, Klara	11 SHRCR	142.40	q
6	Laidlaw, Charlie	10 MON	110.10	q
7	Murry, Zia	09 MP	97.70	q
8	Smith, Caitlyn	10 SNO	95.00	q
9	Swinney, Rebecca	12 SHRCR	88.65	q

## #6 Girls 100 Yard Fly

3A District: 56.17# 2001 Rebecca Sturdy

59.70 STAT 3A State

Name	Yr	Team	Finals Time	
<b>A - Final</b>				
1	Lindberg, Grace	12 SWHS	56.39	STAT
	26.41	29.98		

2	Andrews, Grace	11 SNO	59.33	STAT
	27.04	32.29		
3	Bennett, Simone	10 EWHS	1:00.17	16.0
	28.09	32.08		
4	Whorley, Quinn	10 SHRCR	1:00.35	15.0
	27.53	32.82		
5	Morales-Tomas, Mad	10 EWHS	1:05.78	14.0
	30.31	35.47		
6	Lewis, Kathryn	12 MV	1:05.87	13.0
	29.89	35.98		
7	Detjen, Tatumn	09 EWHS	1:06.43	12.0
	31.34	35.09		
8	Hoff, Evie	12 SWHS	1:08.11	11.0
	31.69	36.42		

## B - Final

9	Corujo, Isa	12 MDHS	1:07.37	9.0
	31.20	36.17		
10	Deiparine, Jaclyn	11 SHRCR	1:07.89	7.0
	31.36	36.53		
11	Karlsen, Jenny	09 MTHS	1:08.28	6.0
	30.70	37.58		
12	Barrett, Grace	12 CASC	1:12.25	5.0
	32.85	39.40		
13	VonGunten, Piper	12 SWHS	1:13.94	4.0
	34.03	39.91		
14	Broderhausen, Audre	11 MDHS	1:14.22	3.0
	35.22	39.00		
15	Chaussee, Kayla	12 EV	1:15.89	2.0
16	Avelenda, Isabella	11 STAN	1:16.03	1.0
	35.40	40.63		

## #6 Girls 100 Yard Fly

3A District: 56.17# 2001 Rebecca Sturdy

59.70 STAT 3A State

Name	Yr	Team	Prelim Time	
<b>Preliminaries</b>				
1	Lindberg, Grace	12 SWHS	58.28	qSTAT
	27.27	31.01		
2	Whorley, Quinn	10 SHRCR	1:00.17	q
	27.45	32.72		
3	Andrews, Grace	11 SNO	1:00.49	q
	27.81	32.68		
4	Bennett, Simone	10 EWHS	1:01.66	q
	28.63	33.03		
5	Lewis, Kathryn	12 MV	1:04.67	q
	29.86	34.81		
6	Chargualaf, Lola	11 OAK	1:04.89	q
	30.57	34.32		
7	Detjen, Tatumn	09 EWHS	1:06.29	q
	31.08	35.21		
8	Hoff, Evie	12 SWHS	1:06.36	q
	30.24	36.12		
9	Morales-Tomas, Mad	10 EWHS	1:07.10	q
	29.70	37.40		
10	Corujo, Isa	12 MDHS	1:07.63	q
	30.85	36.78		

WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

Results

Preliminaries ... (#6 Girls 100 Yard Fly)

11	Deiparine, Jaclyn	11 SHRCR	1:07.79	q
	31.29	36.50		
12	Karlsen, Jenny	09 MTHS	1:09.62	q
	31.63	37.99		
13	Lombard, Katie	10 MTHS	1:10.81	q
	31.90	38.91		
14	Oliver, Adison	10 EWHS	1:12.83	q
	34.23	38.60		
15	Barrett, Grace	12 CASC	1:13.20	q
	34.01	39.19		
16	VonGunten, Piper	12 SWHS	1:14.55	q
	34.39	40.16		
17	Chaussee, Kayla	12 EV	1:15.58	
	34.42	41.16		
18	Broderhausen, Audre	11 MDHS	1:15.62	
	36.62	39.00		
19	Avelenda, Isabella	11 STAN	1:15.82	
	35.46	40.36		
20	Davis, Bela	10 SNO	1:16.06	
	34.75	41.31		
21	Artamonova, Anna	12 LHS	1:16.48	
	34.92	41.56		
22	Craft, Alex	11 SWHS	1:16.49	
	33.71	42.78		
23	Whitehill, Anika	10 SHRCR	1:16.55	
	35.58	40.97		
24	Sieling, October	10 MON	1:17.53	
	33.85	43.68		
25	Reed, Ana	12 SHRCR	1:17.56	
	33.46	44.10		
26	Polasek, Presley	10 STAN	1:17.74	
	35.22	42.52		
27	Stanley, Ellie	12 EV	1:18.36	
	34.85	43.51		
28	Royce, Kyla	09 EV	1:23.00	
	39.41	43.59		
29	Barrie, Lauren	11 STAN	1:24.90	
	39.72	45.18		
30	Whitley, Indiana	10 OAK	1:25.33	
	39.81	45.52		
31	Osborne, Maya	12 MDHS	1:26.28	
	37.22	49.06		
---	Yanagida, Milee	09 MG		DQ
	35.47			

#7 Girls 100 Yard Free

3A District: 51.43# 2021 Mary Clarke			
55.00 STAT 3A State			
Name	Yr	Team	Finals Time

A - Final

1	Clarke, Mary	11 SNO	52.24	STAT
	25.23	27.01		
2	Granger, Mya	12 MDHS	55.64	17.0
	26.55	29.09		

3	Thompson, Miranda	11 SHRCR	55.73	16.0
	26.45	29.28		
4	Kempma, Nanako	11 MG	56.08	15.0
	26.83	29.25		
5	Anderson, Brooke	11 SWHS	56.84	14.0
	27.28	29.56		
6	Nakamura-Doudt, Ki	12 SNO	57.39	13.0
	27.49	29.90		
7	McCoy, Megan	11 STAN	1:01.13	12.0
	28.95	32.18		
8	Rand, Lindsay	12 SWHS	1:01.76	11.0
	28.70	33.06		

B - Final

9	Foral, Vivian	09 SWHS	1:00.54	9.0
	28.72	31.82		
10	Reyes, Mikaela	11 MDHS	1:00.97	7.0
	29.15	31.82		
11	Harrick, Eliana	12 SHRCR	1:01.83	6.0
	29.66	32.17		
12	Fernandez, Gabby	11 MV	1:02.70	5.0
	28.92	33.78		
13	Baldock, Hannah	10 EWHS	1:03.35	4.0
	29.75	33.60		
14	Said, Summayah	11 MON	1:03.44	3.0
	29.74	33.70		
15	Veleber, Molly	11 MTHS	1:03.70	2.0
	29.69	34.01		
16	Ward, Sadie	09 EWHS	1:03.76	1.0
	30.20	33.56		

#7 Girls 100 Yard Free

3A District: 51.43# 2021 Mary Clarke			
55.00 STAT 3A State			
Name	Yr	Team	Prelim Time

Preliminaries

1	Clarke, Mary	11 SNO	52.76	qSTAT
	25.40	27.36		
2	Thompson, Miranda	11 SHRCR	55.76	q
	26.10	29.66		
3	Granger, Mya	12 MDHS	55.99	q
	26.97	29.02		
4	Anderson, Brooke	11 SWHS	56.35	q
	27.11	29.24		
5	Kempma, Nanako	11 MG	56.52	q
	27.09	29.43		
6	Nakamura-Doudt, Ki	12 SNO	57.80	q
	27.60	30.20		
7	Rand, Lindsay	12 SWHS	59.85	q
	28.01	31.84		
8	McCoy, Megan	11 STAN	1:01.12	q
	29.13	31.99		
9	Reyes, Mikaela	11 MDHS	1:01.70	q
	29.30	32.40		
10	Foral, Vivian	09 SWHS	1:01.82	q
	29.37	32.45		
11	Veleber, Molly	11 MTHS	1:01.99	q
	29.97	32.02		

12	Oliver, Paige	12 EWHS	1:02.27	q
	29.30	32.97		
13	Harrick, Eliana	12 SHRCR	1:02.72	q
	29.99	32.73		
14	Fernandez, Gabby	11 MV	1:03.67	q
	29.43	34.24		
15	Baldock, Hannah	10 EWHS	1:03.74	q
	30.09	33.65		
16	Said, Summayah	11 MON	1:04.29	q
	29.62	34.67		

17	Ward, Sadie	09 EWHS	1:04.37	
	29.73	34.64		
18	Johnson, Quinn	10 SHRCR	1:04.49	
	30.07	34.42		

19	Figueroa, Ilana	12 SHRCR	1:04.52	
	30.51	34.01		
20	Nwapa, Natalie	11 EV	1:04.80	
	31.03	33.77		

21	Cody, Sabrina	10 MON	1:05.49	
	30.40	35.09		
22	Stroh, Ranie	09 SWHS	1:05.66	
	31.03	34.63		

23	Weeks, Caitlin	12 LHS	1:05.92	
	31.34	34.58		
24	Russell-Hoff, Sophie	11 EWHS	1:06.23	
	30.39	35.84		

25	Mentel, Emilie	12 MV	1:06.46	
	32.10	34.36		
26	Lopez, Lizzy	12 MDHS	1:06.63	
	31.10	35.53		

27	Narwal, Amanat	09 MV	1:06.81	
	32.49	34.32		
28	Forbes, Lila	09 OAK	1:07.08	
	32.00	35.08		

29	Hogan, Linnea	11 EV	1:07.39	
	32.07	35.32		
30	Carlson, Kennedy	10 OAK	1:10.27	
	33.05	37.22		

31	Lebeau, Caroline	10 CASC	1:12.55	
	34.46	38.09		
32	Brown, Aiyanna	10 FHS	1:13.42	
	33.63	39.79		

#8 Girls 500 Yard Free

3A District: 4:59.12# 1996 Tera Sherard			
5:20.70 STAT 3A State			
Name	Yr	Team	Finals Time

A - Final

1	Whorley, Quinn	10 SHRCR	5:14.31	STAT
	29.58	31.55	32.19	32.02
	32.19	32.15	31.64	31.48
	30.87	30.64		
2	Dean, Summer	12 EV	5:18.16	STAT
	27.96	30.84	31.60	32.18
	32.45	32.53	32.67	32.73
	32.32	32.88		

## WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

## Results

## A - Final ... (#8 Girls 500 Yard Free)

3	Urquhart, Faith	12 MDHS	5:26.37	16.0	16	Anderson, Hazel	09 SHRCR	6:09.92	1.0	12	Pettiross, Clara	10 SHRCR	6:06.18	q	
	28.91	31.56	32.17	32.33		33.89	36.26	38.77	39.54		31.53	36.15	37.38	37.83	
	32.64	32.87	33.74	34.17		37.90	37.57	37.38	37.03		38.05	37.79	37.75	38.41	
	34.46	33.52				37.44	34.14				36.26	35.03			
4	Hartway, Kayme	11 MON	5:35.78	15.0	<b>#8 Girls 500 Yard Free</b>										
	29.12	32.87	34.06	34.19	<b>3A District: 4:59.12# 1996 Tera Sherard</b>										
	33.80	33.98	34.15	34.93	<b>5:20.70 STAT 3A State</b>										
	34.80	33.88			<b>Name Yr Team Prelim Time</b>										
5	Bell, Cameron	12 SWHS	5:44.39	14.0	<b>Preliminaries</b>										
	30.28	33.21	33.67	34.23	1	Dean, Summer	12 EV	5:19.49	q	STAT	14	Stinson, Makenzie	10 SNO	6:06.83	q
	34.73	35.17	35.55	36.00		27.84	31.30	32.06	32.23		31.85	35.90	37.06	37.80	
	36.67	34.88				32.62	32.60	32.84	32.90		38.11	37.66	37.71	37.76	
						32.95	32.15				37.36	35.62			
6	MacDonald, Zoe	09 EWHS	5:47.23	13.0	2	Whorley, Quinn	10 SHRCR	5:22.02	q	15	Anderson, Hazel	09 SHRCR	6:11.05	q	
	30.22	33.58	35.12	35.54		29.94	32.34	33.24	32.76		32.81	37.92	38.42	38.09	
	35.63	35.86	36.02	35.74		32.81	33.29	32.52	32.05		38.92	37.87	39.11	38.02	
	35.33	34.19				31.90	31.17				36.24	33.65			
7	O'Shea, Maggie	12 SWHS	5:56.77	12.0	3	Hartway, Kayme	11 MON	5:31.66	q	16	Hess, Ella	12 STAN	6:16.08	q	
	30.17	34.86	36.41	36.64		29.20	33.09	33.44	33.66		33.17	36.60	37.14	38.79	
	37.15	37.05	37.34	36.97		33.90	33.84	33.90	34.25		39.19	38.46	38.20	38.76	
	36.00	34.18				33.50	32.88				38.68	37.09			
8	Takeya, Kaylyn	12 MTHS	6:01.88	11.0	4	Urquhart, Faith	12 MDHS	5:33.43	q	17	Norberg, Maggie	10 SWHS	6:16.12		
	31.66	34.34	35.83	36.38		29.69	32.24	32.89	33.37		32.73	36.89	37.63	37.28	
	36.86	36.91	37.98	38.00		34.17	33.99	34.29	34.82		37.71	38.43	38.64	39.58	
	37.77	36.15				34.45	33.52				39.12	38.11			
<b>B - Final</b>					5	Bell, Cameron	12 SWHS	5:44.67	q	18	Howe, Lydia	11 STAN	6:17.06		
9	Coates, Rebecca	10 LHS	5:56.94	9.0		30.23	33.24	33.90	34.48		34.08	37.63	37.83	38.78	
	31.74	34.89	35.95	36.09		35.04	35.53	35.26	36.20		38.70	38.67	38.81	38.99	
	36.70	36.98	36.78	37.03		35.54	35.25				38.03	35.54			
	37.34	33.44			6	MacDonald, Zoe	09 EWHS	5:50.45	q	19	Caldart, Sonja	11 EV	6:29.71		
10	Pettiross, Clara	10 SHRCR	5:57.31	7.0		30.99	34.47	35.76	35.82		33.35	36.78	38.84	39.42	
	31.54	35.56	36.25	36.75		35.88	35.94	35.80	36.30		40.43	40.72	40.96	40.70	
	36.90	37.54	37.14	36.86		35.47	34.02				40.32	38.19			
	35.39	33.38			7	O'Shea, Maggie	12 SWHS	5:54.50	q	20	Peterson, Lauren	09 SNO	6:30.83		
11	Tyson, Kiersten	11 OAK	6:02.27	6.0		30.13	34.53	35.93	36.57		34.39	37.29	38.86	39.80	
	31.69	35.12	37.01	37.05		36.58	37.16	36.97	36.77		39.66	40.43	41.54	41.47	
	37.70	37.45	37.32	37.14		35.74	34.12				39.31	38.08			
	36.88	34.91			8	Takeya, Kaylyn	12 MTHS	5:59.97	q	21	Osborne, Maya	12 MDHS	6:39.29		
12	Stinson, Makenzie	10 SNO	6:04.80	5.0		31.16	34.23	35.76	36.32		34.58	38.59	40.56	41.64	
	31.52	36.25	37.19	37.39		36.78	36.90	37.30	38.05		42.27	42.07	42.05	41.32	
	37.84	37.28	37.78	37.58		37.26	36.21				39.57	36.64			
	36.95	35.02			9	Hoff, Paulina	10 SWHS	6:01.52	q	22	Zastoupil, Sarah	10 STAN	6:40.56		
13	Lanter, Elisabeth	12 SHRCR	6:05.45	4.0		31.48	35.01	36.16	37.15		33.44	37.80	40.25	41.83	
	33.27	36.39	36.58	37.57		37.16	37.46	37.62	37.16		40.97	42.22	41.14	42.16	
	37.39	36.39	36.95	38.99		36.79	35.53				41.68	39.07			
	37.45	34.47			10	Coates, Rebecca	10 LHS	6:02.24	q	23	Muise, Jenna	09 MG	6:49.98		
14	Hoff, Paulina	10 SWHS	6:05.90	3.0		31.46	35.15	36.77	37.31		35.29	39.92	41.68	42.76	
	31.48	35.06	36.30	36.69		36.69	37.75	38.19	37.68		42.42	43.02	41.90	42.50	
	37.87	37.67	37.74	38.39		36.77	34.47				41.32	39.17			
	38.16	36.54			11	Lanter, Elisabeth	12 SHRCR	6:02.54	q	24	Luscher, Mia	12 EV	6:50.22		
15	Hess, Ella	12 STAN	6:09.30	2.0		32.81	36.13	36.79	36.92		36.51	39.43	41.04	42.33	
	32.26	36.21	37.21	37.55		37.50	36.73	37.46	37.29		41.88	42.56	42.71	41.91	
	37.72	37.46	38.11	37.98		36.47	34.44				41.97	39.88			
	38.33	36.47									41.96	38.16			
											25	Raring, Mika	11 MTHS	6:51.09	
											34.54	40.80	43.03	42.66	
											42.62	41.57	42.67	43.08	
											41.96	38.16			

WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

Results

Preliminaries ... (#8 Girls 500 Yard Free)				
26	Miller, Sophia	10 EWHS	6:56.40	
	35.08	39.61	41.21	41.93
	42.37	43.87	43.68	44.18
	43.49	40.98		
27	Smith, Caitlyn	10 SNO	7:05.39	
	36.46	41.38	42.41	43.62
	44.72	44.52	44.13	44.43
	43.52	40.20		
28	Helt, Madi	12 FHS	7:06.58	
	34.26	41.00	42.75	43.91
	43.96	44.70	44.97	44.38
	44.44	42.21		
29	Hornaday, Holland	11 EWHS	7:08.26	
	35.55	41.94	43.32	44.45
	44.40	44.00	44.15	44.69
	44.83	40.93		
30	Nore, Rhiannon	10 MV	7:19.66	
	37.19	43.37	44.94	45.68
	45.52	45.29	45.52	45.70
	44.91	41.54		
31	Anderson, Maya	10 CASC	7:52.99	
	42.78	47.72	48.68	48.64
	47.83	47.78	48.62	48.81
	47.33	44.80		
---	Thompson, Brie	11 MG	DQ	
	33.01	38.76	41.17	41.95
	42.26	41.96	41.39	41.58
	40.85			

#9 Girls 200 Yard Free Relay  
 3A District: 1:40.68# 2005 Squalicum  
 1:42.70 STAT 3A State

Team	Relay	Finals Time
<b>A - Final</b>		
1 SHRCR	A	1:42.55 STAT
	Thompson, Miranda 11	Howson, Elle 12
	Fralick, Owan 11	Whorley, Quinn 10
	25.48	26.15 25.53 25.39
2 SWHS	A	1:46.23 34.0
	Anderson, Brooke 11	Rand, Lindsay 12
	Mirabueno, Malaina 10	Lin, Emily 11
	26.50	27.38 27.02 25.33
3 MDHS	A	1:46.70 32.0
	Urquhart, Faith 12	Corujo, Isa 12
	Reyes, Mikaela 11	Granger, Mya 12
	26.33	28.09 26.97 25.31
4 MTHS	A	1:49.00 30.0
	Karlsen, Jenny 09	Khasanov, Dana 11
	Veleber, Molly 11	Vuong, Jeslyn 10
	26.60	29.55 28.08 24.77
5 EWHS	A	1:49.38 28.0
	Detjen, Tatumn 09	Bates, Sydney 09
	Oliver, Paige 12	Morales-Tomas, Madison 11
	27.75	26.85 27.88 26.90

6 MV	A	1:52.44 26.0
	Blair, Ella 12	Horan, Nina 11
	Fernandez, Gabby 11	Lewis, Kathryn 12
	27.44	29.40 28.09 27.51
7 EV	A	1:53.76 24.0
	Nwapa, Natalie 11	Hogan, Linnea 11
	Chaussee, Kayla 12	Dean, Summer 12
	28.71	29.99 29.55 25.51
8 LHS	A	1:55.77 22.0
	Weeks, Caitlin 12	Artamonova, Anna 12
	Coates, Rebecca 10	Bayarbayasgala, Amira 12
	29.29	30.60 29.96 25.92

B - Final

9 STAN	A	1:58.27 18.0
	Polasek, Presley 10	Hannum, Katelin 12
	Howe, Lydia 11	Dilworth, Faith 10
	29.40	30.44 28.28 30.15
10 MON	A	1:58.72 14.0
	Cody, Sabrina 10	Nipper, Sky 11
	Hartway, Emersyn 09	Laidlaw, Molly 12
	29.71	28.69 30.64 29.68
11 SNO	A	1:59.33 12.0
	Mohlin, Sofia 12	Arnold, Amelia 11
	Peterson, Lauren 09	Stinson, Makenzie 10
	30.12	30.62 31.11 27.48
12 CASC	A	2:04.23 10.0
	Barrett, Grace 12	Phan, Rowan 12
	Lebeau, Caroline 10	Nguyen, Nhi 10
		32.86 28.99
13 MG	A	2:04.48 8.0
	Abele, Emma 10	Muise, Jenna 09
	Yanagida, Milee 09	Barrow, Eleanor 12
	32.89	38.95 23.33 29.31
14 OAK	A	2:07.20 6.0
	Caceda, Hailey 09	Dominguez, Leylah 11
	Lucero, Taryn 09	Forbes, Lila 09
	35.14	30.12 33.12 28.82
15 FHS	A	2:16.62 4.0
	George, Taylor 11	Darr-Rehmer, Nat 12
	Hougen, Carley 10	Brown, Aiyanna 10
		1:06.51

#9 Girls 200 Yard Free Relay  
 3A District: 1:40.68# 2005 Squalicum  
 1:42.70 STAT 3A State

Team	Relay	Prelim Time
<b>Preliminaries</b>		
1 SHRCR	A	1:44.27 q
	Thompson, Miranda 11	Howson, Elle 12
	Fralick, Owan 11	Whorley, Quinn 10
	25.45	26.32 26.04 26.46
2 MDHS	A	1:48.23 q
	Urquhart, Faith 12	Corujo, Isa 12
	Reyes, Mikaela 11	Granger, Mya 12
	27.39	28.20 27.71 24.93
3 SWHS	A	1:48.48 q
	Anderson, Brooke 11	Rand, Lindsay 12
	Hoff, Evie 12	Mirabueno, Malaina 10
	26.66	27.05 27.65 27.12

4 MTHS	A	1:49.42 q
	Karlsen, Jenny 09	Khasanov, Dana 11
	Veleber, Molly 11	Vuong, Jeslyn 10
	26.64	41.62 16.65 24.51
5 EWHS	A	1:50.02 q
	Detjen, Tatumn 09	Bates, Sydney 09
	Oliver, Paige 12	Morales-Tomas, Madison 11
	27.44	27.96 27.84 26.78
6 MV	A	1:53.60 q
	Horan, Nina 11	Blair, Ella 12
	Fernandez, Gabby 11	Lewis, Kathryn 12
	30.50	28.99 26.90 27.21
7 EV	A	1:54.72 q
	Nwapa, Natalie 11	Hogan, Linnea 11
	Chaussee, Kayla 12	Dean, Summer 12
	29.39	29.45 30.07 25.81
8 LHS	A	1:57.07 q
	Bayarbayasgala, Amira 12	Artamonova, Anna 12
	Weeks, Caitlin 12	Coates, Rebecca 10
	26.79	30.73 30.06 29.49

9 SNO	A	2:00.62 q
	Mohlin, Sofia 12	Arnold, Amelia 11
	Peterson, Lauren 09	Stinson, Makenzie 10
	30.17	31.11 31.56 27.78
10 STAN	A	2:00.67 q
	Polasek, Presley 10	Hannum, Katelin 12
	Ingram, Mattea 10	Dilworth, Faith 10
	30.81	30.87 30.35 28.64
11 MON	A	2:01.49 q
	Cody, Sabrina 10	Nipper, Sky 11
	Hartway, Emersyn 09	Laidlaw, Molly 12
	29.76	30.46 30.59 30.68
12 CASC	A	2:06.30 q
	Barrett, Grace 12	Phan, Rowan 12
	Lebeau, Caroline 10	Nguyen, Nhi 10
	42.03	21.02 37.72 25.53
13 OAK	A	2:07.07 q
	Caceda, Hailey 09	Dominguez, Leylah 11
	Lucero, Taryn 09	Forbes, Lila 09
	34.79	30.57 20.64 41.07
14 MG	A	2:07.32 q
	Abele, Emma 10	Muise, Jenna 09
	Yanagida, Milee 09	Barrow, Eleanor 12
	32.64	40.18 24.11 30.39
15 FHS	A	2:17.64 q
	George, Taylor 11	Darr-Rehmer, Nat 12
	Hougen, Carley 10	Brown, Aiyanna 10
	34.70	34.86 34.86 33.22

#10 Girls 100 Yard Back  
 3A District: 55.73# 2002 Rebecca Sturdy  
 1:00.50 STAT 3A State

Name	Yr	Team	Finals Time
<b>A - Final</b>			
1 Bennett, Simone	10	EWHS	59.30 STAT
		30.48	
2 Van Hooser, Madelin	10	MTHS	59.63 STAT
		30.55	

WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

Results

**A - Final ... (#10 Girls 100 Yard Back)**

3	Thompson, Miranda	11 SHRCR	1:00.17	STAT
	29.45	30.72		
4	Fralick, Owan	11 SHRCR	1:00.73	15.0
	29.81	30.92		
5	Chargualaf, Lola	11 OAK	1:02.83	14.0
	30.85	31.98		
6	Lewis, Kathryn	12 MV	1:07.31	13.0
	32.21	35.10		
7	Lin, Emily	11 SWHS	1:07.83	12.0
	32.39	35.44		
8	McLaughlin, Raine	10 SHRCR	1:08.57	11.0
	34.07	34.50		

**B - Final**

9	Gallagher, Allie Mae	09 SWHS	1:06.23	9.0
	31.73	34.50		
10	McCoy, Megan	11 STAN	1:08.76	7.0
	33.05	35.71		
11	Deiparine, Jaclyn	11 SHRCR	1:09.38	6.0
	33.71	35.67		
12	Falkin, Addy	09 SWHS	1:09.42	5.0
	33.44	35.98		
13	Myers, Annika	12 EWHS	1:12.82	4.0
	34.94	37.88		
14	Pringle, Lorelei	12 MG	1:14.70	3.0
	36.47	38.23		
15	Broderhausen, Audre	11 MDHS	1:14.71	2.0
	36.71	38.00		
---	Seaman, Ava	10 SNO		DQ
	35.04			

**#10 Girls 100 Yard Back**  
**3A District: 55.73# 2002 Rebecca Sturdy**  
**1:00.50 STAT 3A State**

Name	Yr	Team	Prelim Time
<b>Preliminaries</b>			
1	Thompson, Miranda	11 SHRCR	59.98 qSTAT
	29.40	30.58	
2	Van Hooser, Madelin	10 MTHS	1:00.28 qSTAT
	29.08	31.20	
3	Fralick, Owan	11 SHRCR	1:01.02 q
	29.28	31.74	
4	Bennett, Simone	10 EWHS	1:01.83 q
	30.14	31.69	
5	Chargualaf, Lola	11 OAK	1:04.44 q
	31.83	32.61	
6	Lewis, Kathryn	12 MV	1:06.57 q
	32.25	34.32	
7	Lin, Emily	11 SWHS	1:08.02 q
	32.53	35.49	
8	McLaughlin, Raine	10 SHRCR	1:08.15 q
	33.52	34.63	
9	Gallagher, Allie Mae	09 SWHS	1:09.27 q
	33.31	35.96	
10	Falkin, Addy	09 SWHS	1:09.76 q
	33.89	35.87	

11	McCoy, Megan	11 STAN	1:10.00	q
	33.78	36.22		
12	Deiparine, Jaclyn	11 SHRCR	1:10.32	q
	34.14	36.18		
13	Myers, Annika	12 EWHS	1:11.68	q
	34.43	37.25		
14	Seaman, Ava	10 SNO	1:12.59	q
	35.15	37.44		
15	Broderhausen, Audre	11 MDHS	1:13.64	q
	36.38	37.26		
16	Pringle, Lorelei	12 MG	1:13.70	q
	36.26	37.44		

17	Khasanov, Dana	11 MTHS	1:13.92	
	35.42	38.50		
18	Kudo-King, Maika	11 SWHS	1:14.27	
	34.98	39.29		
19	Sieling, October	10 MON	1:14.70	
	36.18	38.52		
20	Schreiner, Mina	11 LHS	1:15.47	
21	Hogan, Linnea	11 EV	1:17.43	
	38.12	39.31		
22	James, Alicia	10 FHS	1:17.45	
	37.24	40.21		
23	Mentel, Emilie	12 MV	1:17.57	
	37.99	39.58		
24	Forbes, Lila	09 OAK	1:18.54	
	38.79	39.75		
25	Diaz, Fiorella	10 MTHS	1:19.33	
	38.58	40.75		
26	Vanderveen, Aspen	09 MON	1:19.40	
27	Dumo, Alison	11 MTHS	1:19.47	
	38.84	40.63		
28	Hartway, Emersyn	09 MON	1:19.76	
	37.40	42.36		
29	Le, Grace	10 EWHS	1:20.53	
	38.16	42.37		
30	Hougen, Carley	10 FHS	1:31.72	
	43.58	48.14		
---	Osmonson, Catherine	09 CASC		DQ
	40.84			

**#11 Girls 100 Yard Breast**  
**3A District: 1:04.44# 2019 Jetlynn Hau**  
**1:08.50 STAT 3A State**

Name	Yr	Team	Finals Time
<b>A - Final</b>			
1	Howson, Aila	10 SHRCR	1:06.18 STAT
	31.61	34.57	
2	Howson, Elle	12 SHRCR	1:09.63 17.0
	32.77	36.86	
3	Mirabueno, Malaina	10 SWHS	1:10.20 16.0
	33.10	37.10	
4	Vuong, Jeslyn	10 MTHS	1:11.84 15.0
	34.09	37.75	
5	Landrum, Estee	09 SHRCR	1:13.96 14.0
	35.25	38.71	

6	Detjen, Tatumn	09 EWHS	1:14.64	13.0
	35.38	39.26		
7	Bayarbayasgala, Ami	12 LHS	1:15.24	12.0
	34.02	41.22		
---	Anderson, Brooke	11 SWHS		DQ
	33.85			
<b>B - Final</b>				
9	Huber, Olivia	09 SNO	1:15.64	9.0
	36.02	39.62		
10	Izquierdo del Arco, C	11 MON	1:17.73	7.0
	36.22	41.51		
*11	Grant, Rowyn	09 MON	1:18.04	5.5
	36.32	41.72		
*11	Dobson, Amelia	12 SWHS	1:18.04	5.5
	36.18	41.86		
13	Blair, Ella	12 MV	1:18.59	4.0
	37.19	41.40		
14	Dilworth, Faith	10 STAN	1:19.00	3.0
	36.61	42.39		
15	Tra, Lauren	09 EWHS	1:19.01	2.0
	36.54	42.47		
---	Ingram, Mattea	10 STAN		DQ
	39.18			

**#11 Girls 100 Yard Breast**  
**3A District: 1:04.44# 2019 Jetlynn Hau**  
**1:08.50 STAT 3A State**

Name	Yr	Team	Prelim Time
<b>Preliminaries</b>			
1	Howson, Aila	10 SHRCR	1:05.90 qSTAT
	31.42	34.48	
2	Howson, Elle	12 SHRCR	1:10.05 q
	32.88	37.17	
3	Mirabueno, Malaina	10 SWHS	1:10.89 q
	32.78	38.11	
4	Anderson, Brooke	11 SWHS	1:11.91 q
	33.95	37.96	
5	Vuong, Jeslyn	10 MTHS	1:13.00 q
	34.75	38.25	
6	Bayarbayasgala, Ami	12 LHS	1:13.87 q
	34.13	39.74	
7	Landrum, Estee	09 SHRCR	1:14.33 q
	34.22	40.11	
8	Detjen, Tatumn	09 EWHS	1:15.58 q
	34.15	41.43	
9	Huber, Olivia	09 SNO	1:16.46 q
	36.18	40.28	
10	Izquierdo del Arco, C	11 MON	1:17.76 q
	37.54	40.22	
11	Tra, Lauren	09 EWHS	1:17.78 q
	36.29	41.49	
12	Grant, Rowyn	09 MON	1:18.23 q
	35.38	42.85	
13	Dobson, Amelia	12 SWHS	1:18.24 q
	36.17	42.07	
14	Blair, Ella	12 MV	1:19.12 q
	37.27	41.85	

WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

Results

Preliminaries ... (#11 Girls 100 Yard Breast)			
15	Dilworth, Faith	10 STAN	1:19.24 q
	37.12	42.12	
16	Ingram, Mattea	10 STAN	1:19.33 q
	36.72	42.61	
17	Ross, Kyra	12 MDHS	1:19.64
18	Stroh, Ranie	09 SWHS	1:21.35
	37.23	44.12	
19	Arnold, Amelia	11 SNO	1:25.15
	39.49	45.66	
20	Fernandez, Gabby	11 MV	1:25.34
	40.15	45.19	
21	Wuerch, Natalie	12 SNO	1:26.25
	40.51	45.74	
22	Mohlin, Sofia	12 SNO	1:26.57
	40.76	45.81	
23	Weyrauch, Nora	12 MON	1:26.89
	39.43	47.46	
24	Fleshman, Rebekah	10 EV	1:27.21
	42.39	44.82	
25	Richardson, Ella	12 SHRCR	1:28.24
	41.44	46.80	
26	Gibson, Audrey	10 EWHS	1:28.92
	42.00	46.92	
27	Phan, Rowan	12 CASC	1:29.92
	41.62	48.30	
28	Carlson, Kennedy	10 OAK	1:30.74
	42.35	48.39	
29	Tran, Mifa	10 MTHS	1:32.12
	43.19	48.93	
30	James, Alicia	10 FHS	1:32.64
	44.25	48.39	
31	Zimmerman, Taylor	09 OAK	1:34.09
	43.78	50.31	

#12 Girls 400 Yard Free Relay			
3A District: 3:37.98# 2016 Squalicum			
3:45.90 STAT 3A State			
Team	Relay	Finals Time	
<b>A - Final</b>			
1	SNO	A	3:42.04 STAT
	Andrews, Grace 11	Nakamura-Doudt, Kimi 12	
	Huber, Olivia 09	Clarke, Mary 11	
	26.20	55.84	26.88 57.21
	27.70	57.81	24.32 51.18
2	SWHS	A	3:49.46 34.0
	O'Shea, Maggie 12	Bell, Cameron 12	
	Hoff, Evie 12	Lindberg, Grace 12	
	28.14	59.22	28.17 59.37
	27.21	58.03	25.10 52.84
3	MTHS	A	3:54.81 32.0
	Karlsen, Jenny 09	Takeya, Kaylyn 12	
	Lombard, Katie 10	Van Hooser, Madeline 10	
	27.80	57.75	29.17 1:01.28
	27.61	59.16	27.13 56.62

4	SHRCR	A	3:56.46 30.0
	Pettiross, Clara 10	Deiparine, Jaclyn 11	
	Howson, Aila 10	Howson, Elle 12	
	28.49	59.68	28.30 59.60
	28.57	59.14	27.86 58.04
5	MDHS	A	3:57.24 28.0
	Urquhart, Faith 12	Osborne, Maya 12	
	Reyes, Mikaela 11	Granger, Mya 12	
	27.54	57.27	29.53 1:02.97
	28.76	1:00.73	26.66 56.27
6	EWHS	A	4:05.33 26.0
	Ward, Sadie 09	Oliver, Paige 12	
	MacDonald, Zoe 09	Bennett, Simone 10	
	30.01	1:03.94	29.11 1:02.01
	29.24	1:01.98	27.39 57.40
7	MON	A	4:09.95 24.0
	Said, Summayah 11	Sieling, October 10	
	Izquierdo del Arco, Claudia	Hartway, Kayme 11	
	29.58	1:03.92	30.13 1:04.82
	29.59	1:02.78	27.41 58.43
8	STAN	A	4:16.25 22.0
	Hess, Ella 12	Howe, Lydia 11	
	Jacobs, Brooke 10	McCoy, Megan 11	
	30.53	1:03.21	30.94 1:05.49
	17.63	1:07.55	28.90 1:00.00
<b>B - Final</b>			
9	EV	A	4:18.29 18.0
	Nwapa, Natalie 11	Caldart, Sonja 11	
	Hogan, Linnea 11	Dean, Summer 12	
	31.57	1:06.30	31.18 1:05.83
	32.21	1:13.51	21.75 52.65
10	MG	A	4:20.93 14.0
	Barrow, Eleanor 12	Yanagida, Milee 09	
	Pringle, Lorelei 12	Kempma, Nanako 11	
	32.21	1:07.73	31.90 1:07.75
	32.39	1:07.93	27.12 57.52
11	MV	A	4:36.67 12.0
	Horan, Nina 11	Dowd, Danika 09	
	Mentel, Emilie 12	Narwal, Amanat 09	
	32.40	1:06.96	33.72 1:14.33
	16.76	1:08.87	31.90 1:06.51
12	CASC	A	4:40.53 10.0
	Barrett, Grace 12	Phan, Rowan 12	
	Lebeau, Caroline 10	Nguyen, Nhi 10	
	33.33	1:21.61	22.24 59.56
	35.37	1:14.02	30.77 1:05.34
13	LHS	A	4:40.79 8.0
	Nguyen, Leslie 12	Deuman, Jocelyn 09	
	Artamonova, Anna 12	Schreiner, Mina 11	
	34.48	1:12.50	35.90 1:15.58
	31.79	1:06.93	30.97 1:05.78
14	FHS	A	4:43.14 6.0
	Helt, Madi 12	Brown, Aiyanna 10	
	James, Alicia 10	Sytsma, Cara 11	
	34.70	1:13.68	35.44 1:26.58
	19.16	54.70	31.45 1:08.18

---	OAK	A	DQ
	Cabigting, Jaedine 12	De La Rosa, Savannah 09	
	Carlson, Kennedy 10	Chargualaf, Lola 11	
	31.43	1:07.68	38.57 1:22.30
	15.42	31.43	1:04.73
<b>#12 Girls 400 Yard Free Relay</b>			
3A District: 3:37.98# 2016 Squalicum			
3:45.90 STAT 3A State			
Team	Relay	Prelim Time	
<b>Preliminaries</b>			
1	SNO	A	3:44.91 qSTAT
	Andrews, Grace 11	Nakamura-Doudt, Kimi 12	
	Huber, Olivia 09	Clarke, Mary 11	
	26.79	56.97	27.31 57.19
	27.81	58.15	24.78 52.60
2	MTHS	A	3:56.58 q
	Karlsen, Jenny 09	Takeya, Kaylyn 12	
	Lombard, Katie 10	Van Hooser, Madeline 10	
	28.55	58.31	29.43 1:01.25
	27.67	59.15	27.50 57.87
3	SWHS	A	4:00.40 q
	Rand, Lindsay 12	Hoff, Evie 12	
	O'Shea, Maggie 12	Bell, Cameron 12	
	28.49	1:01.45	28.36 1:00.00
	28.29	59.56	28.70 59.39
4	MDHS	A	4:00.54 q
	Urquhart, Faith 12	Osborne, Maya 12	
	Reyes, Mikaela 11	Granger, Mya 12	
	28.34	58.77	30.19 1:04.28
	29.00	1:00.97	27.10 56.52
5	SHRCR	A	4:00.62 q
	Pettiross, Clara 10	Deiparine, Jaclyn 11	
	Howson, Aila 10	Howson, Elle 12	
	29.12	59.92	28.15 1:00.27
	28.83	1:00.16	28.80 1:00.27
6	EWHS	A	4:08.08 q
	Ward, Sadie 09	Oliver, Paige 12	
	MacDonald, Zoe 09	Bennett, Simone 10	
	30.32	1:03.45	29.59 1:03.44
	29.96	1:02.33	28.05 58.86
7	MON	A	4:12.44 q
	Said, Summayah 11	Sieling, October 10	
	Izquierdo del Arco, Claudia	Hartway, Kayme 11	
	29.91	1:04.57	31.64 1:06.55
	29.93	1:03.24	27.39 58.08
8	STAN	A	4:18.37 q
	Hess, Ella 12	Howe, Lydia 11	
	Jacobs, Brooke 10	McCoy, Megan 11	
	31.01	1:04.12	31.39 1:05.83
	15.19	31.37	34.61 1:37.05
9	MG	A	4:24.58 q
	Barrow, Eleanor 12	Yanagida, Milee 09	
	Pringle, Lorelei 12	Kempma, Nanako 11	
	31.50	1:07.10	32.25 1:08.89
	33.13	1:09.76	27.75 58.83



## WESCO 3A Girls Districts 2022 - 11/2/2022 to 11/5/2022

## Results

## Preliminaries ... (#12 Girls 400 Yard Free Relay)

10	EV	A	4:25.81	q
	Nwapa, Natalie 11	Hogan, Linnea 11		
	Caldart, Sonja 11	Dean, Summer 12		
	31.56	1:08.94	33.57	1:09.79
	32.19	1:07.43	27.67	59.65
11	MV	A	4:38.13	q
	Narwal, Amanat 09	Dowd, Danika 09		
	Mentel, Emilie 12	Horan, Nina 11		
	31.82	1:07.47	34.37	1:25.16
	23.15	58.18	32.46	1:07.32
12	CASC	A	4:43.56	q
	Barrett, Grace 12	Phan, Rowan 12		
	Lebeau, Caroline 10	Nguyen, Nhi 10		
	33.64	1:21.60		23.81
	37.02	2:58.15		
13	OAK	A	4:44.94	q
	Carlson, Kennedy 10	De La Rosa, Savannah 09		
	Cabigting, Jaedine 12	Chargualaf, Lola 11		
	34.20	1:21.54	30.82	1:15.37
	31.70	1:08.47	28.59	59.56
14	LHS	A	4:50.56	q
	Artamonova, Anna 12	Hanchinamani, Shifa 10		
	Nquyen, Leslie 12	Schreiner, Mina 11		
	32.73	1:10.07	36.99	1:54.90
	49.45	1:09.85	35.80	35.74
15	FHS	A	4:53.96	q
	Helt, Madi 12	Brown, Aiyanna 10		
	James, Alicia 10	Sytsma, Cara 11		
	35.08	1:15.78	36.23	1:30.83
	20.81	59.06	31.44	1:08.29

9.	Everett	102
10.	Stanwood	87
11.	Lynnwood	70
12.	Marysville-Getchell	64
13.	Cascade	53
14.	Oak Harbor	51
15.	Marysville-Pilchuck	12
16.	Ferndale	10

## #13 Girls 50 Yard Free

25.10 STAT 3A State

	Name	Yr	Team	Finals Time
1	Phan, Vivian	09	LHS	55.68
2	Fenlason, Kianna	10	SWHS	56.72
3	Watanabe, Miya	11	STAN	1:07.43
4	Schreiber, Ashley	11	STAN	3:16.43

## #14 Girls 50 Yard Back

	Name	Yr	Team	Finals Time
1	Fenlason, Kianna	10	SWHS	58.31
2	Watanabe, Miya	11	STAN	1:25.48
3	Schreiber, Ashley	11	STAN	2:48.97

## Scores - Women

Women - Team Rankings - Through Event 14	
1.	Shorecrest 388
2.	Shorewood 361.5
3.	Snohomish 228
4.	Mountlake Terrace 208
5.	Edmonds-Woodway 205
6.	Meadowdale 162
7.	Monroe 161.5
8.	Mount Vernon 106